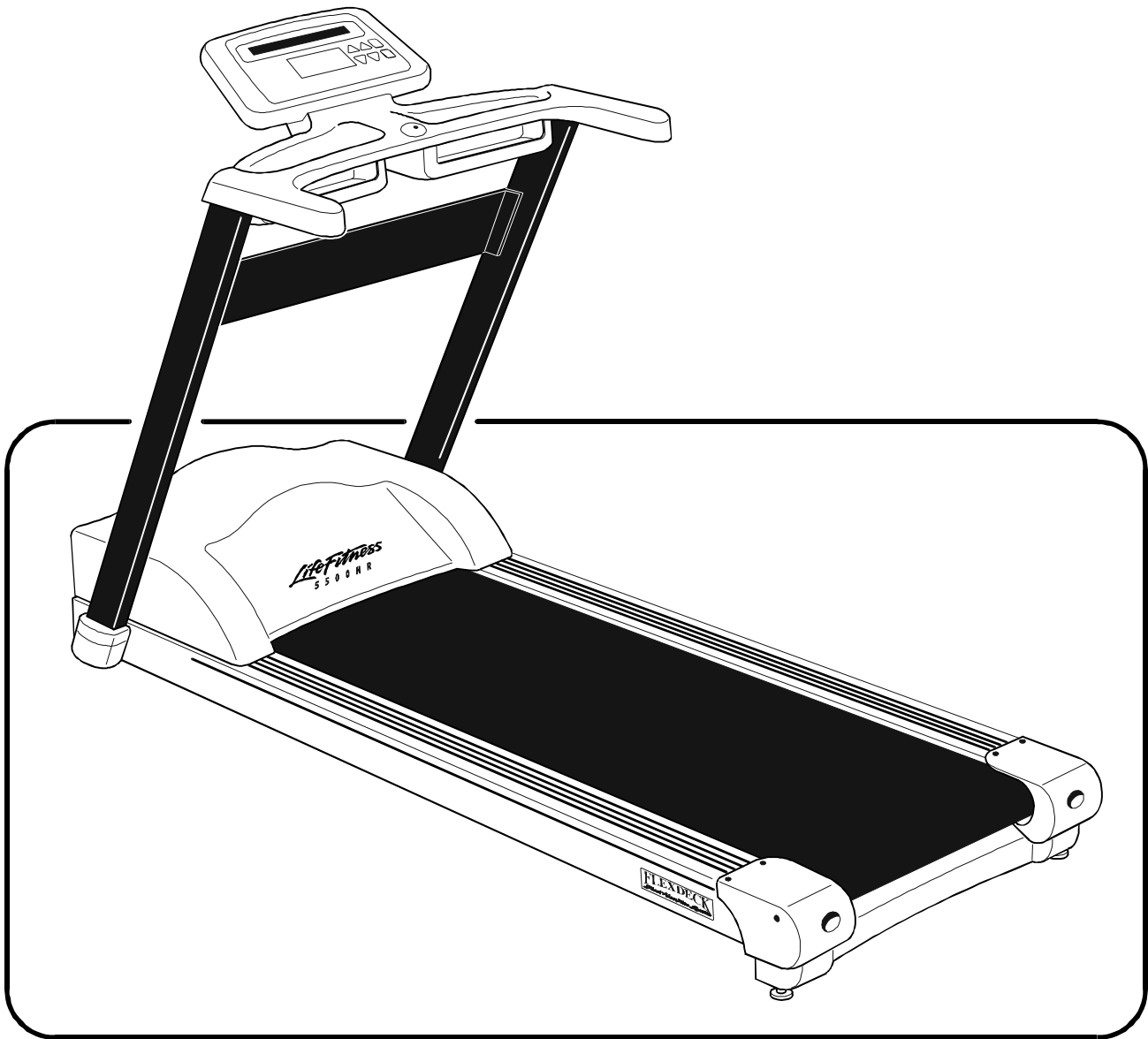


# *LifeFitness*

*Model 5500HR Treadmill*



*Customer Support Services*  
**SERVICE MANUAL**

*LifeFitness*

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U.S. Patent Numbers 3,767,195 and 4,358,105.

**M051-00K36-A032**

**12-96**

# Life Fitness Model 5500HR Treadmill

## INTRODUCTION

### HOW TO USE THIS SERVICE MANUAL

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In the unlikely event that an operating problem may occur with your Life Fitness model 5500HR aerobic trainer, this Service Manual will instruct and guide you on the quickest, most efficient manner in which to approach the situation. This Service Manual has been separated into a total of Five Sections for quick reference:

- INTRODUCTION
- TABLE OF CONTENTS
- Section I**
  - TROUBLESHOOTING GUIDES
- Section II**
  - DIAGNOSTIC TESTS
- Section III**
  - MODEL 5500HR "How To..." GUIDES
- Section IV**
  - PARTS IDENTIFICATION
- Section V**
  - WIRING DIAGRAMS
  - PREVENTIVE MAINTENANCE
  - COMMUNICATING BY FAX

If an operating problem should arise, turn to the TROUBLESHOOTING GUIDES and attempt to isolate what is causing the malfunction. The GUIDES are listed by symptoms and follow with suggestions as to the most probable cause of the problem.

Once you have pin pointed the source of the problem, turn to the appropriate "How To..." section and review the proper procedures for removing, replacing or adjusting a part. The "How To..." sections are organized by replaceable part (or assembly) name and each page lists the "Tools Required" to complete that specific function. Refer to Section IV to identify the proper name and number of the part you will now need to order to repair your machine. A form to order by FAX has also been included in Section V for your convenience.

To order a part, call Life Fitness Customer Support Services any Monday through Friday from 8:00 AM to 6:00 PM (C.S.T.). When you place a call, in order to speed our response to your particular situation, please have the following information available for the customer support phone technician who will be prepared to assist you:

1. The Treadmill model type (5500HR)
2. The six digit serial number ( Located next to the ON/OFF switch )

Serial Number:

3. The symptom of the problem you are experiencing
4. The part name and number you need to order

When you receive your order, review the appropriate "How To..." section and follow the step by step procedures designed to help you install the part quickly and correctly.

If you have any questions or comments please phone, mail, or fax us at one of the numbers listed below.

*LifeFitness*

#### CUSTOMER SUPPORT SERVICES

10601 Belmont Avenue, Franklin Park, IL 60131

Phone (800) 351-3737 Toll Free or (847) 451-0036 FAX (800) 216-8893 Toll Free or (847) 288-3702

**Life Fitness Model 5500HR Treadmill**

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**Life Fitness Model 5500HR Treadmill**  
**TROUBLESHOOTING GUIDE**

**Symptom: Noisy Treadmill**

Malfunction	Probable Cause	Corrective Action
<b>Knocking sound at rear of machine</b>	Wax build-up on roller	<input type="checkbox"/> Run unit for 10 hours of ontime use to distribute wax evenly
<b>Knocking sound coming from deck</b>	Faulty rear roller bearings.	<input type="checkbox"/> Replace rear roller assembly.
<b>Rubbing sound from underneath machine</b>	Loose deck screws.	<input type="checkbox"/> Tighten deck screws.
<b>Rubbing sound from underneath machine</b>	Foreign objects may be stuck underneath the machine.	<input type="checkbox"/> Inspect underneath belt and machine. Remove any debris or accumulation on debris brush.
<b>Squeaking noise</b>	Lifesprings may be misaligned.	<input type="checkbox"/> Reposition Lifesprings.
<b>Squeaking noise at higher speeds</b>	Drive Motor Belt may be worn or damaged.	<input type="checkbox"/> Replace Drive Motor Belt.
<b>Squeaking noise at higher speeds</b>	Noisy Drive Motor.	<input type="checkbox"/> Replace Drive Motor.
<b>Squeaking noise at higher speeds</b>	Drive Motor Belt may be squeaking.	<input type="checkbox"/> Spray with gear/belt lubricant.
<b>Squeaking noise at higher speeds</b>	Noisy Drive Motor.	<input type="checkbox"/> Align pulleys if necessary. <input type="checkbox"/> Replace Drive Motor.
<b>Loud "groaning" sound heard from front of machine while elevating</b>	Faulty Lift Motor.	<input type="checkbox"/> Replace Lift Motor.
<b>Loud "groaning" on footfall</b>	Faulty Drive Motor.	<input type="checkbox"/> Replace Drive Motor.
<b>Loud "groaning" on footfall</b>	High deck and belt friction.	<input type="checkbox"/> Perform "Power Mode" test. (See Diagnostics Section)

**For Assistance Call:  
 Life Fitness Customer Support Services  
 1-847-451-0036 or 1-800-351-3737**

**Life Fitness Model 5500HR Treadmill  
TROUBLESHOOTING GUIDE**

**Symptom: Display Does Not Illuminate or Respond To Input**

<b>Malfunction</b>	<b>Probable Cause</b>	<b>Corrective Action</b>
<p><b>Display does not illuminate when machine is powered on.</b></p>	<p>Insufficient power source.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Plug treadmill into a dedicated 120V, 15 amp circuit</li> <li><input type="checkbox"/> Turn power ON at switch while pressing the Speed Down ▾ Key and perform Display test.</li> </ul>
	<p>Pinched wire connection</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Check all electrical connections.</li> <li><input type="checkbox"/> Check cable in Control Panel for pinched cable</li> </ul>
	<p>Loose connection at Display Console or Heatsink Control Board.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Secure connections at Display Console and Heatsink Control Board.</li> </ul>
	<p>Faulty Display Console.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Replace Display Console.</li> </ul>
	<p>Faulty Heatsink Control Board.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Check all electrical connections.</li> <li><input type="checkbox"/> Replace Heatsink Control Board.</li> </ul> <p><b>For Assistance Call: Life Fitness Customer Support Services 1-847-451-0036 or 1-800-351-3737</b></p>

**Life Fitness Model 5500HR Treadmill**  
**TROUBLESHOOTING GUIDE**

**Symptom: Unit Resets Randomly**

Malfunction	Probable Cause	Corrective Action
<p><b>Unit resets randomly</b></p>	<p>Insufficient power source.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Plug treadmill into a dedicated 120V, 15 amp circuit.</li> </ul>
	<p>Damaged line cord.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Replace line cord.</li> </ul>
	<p>Line cord improperly seated in socket.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Inspect power connection at electrical outlet and at machine for proper contact.</li> </ul>
	<p>Pinched display harness.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Check all display connections.</li> </ul>
	<p>Loose connections at heatsink control board and display.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Verify cable from Display to handrail cable is not crimped between (tray) Control Panel and the handrail.</li> <li><input type="checkbox"/> Replaced damaged cable.</li> </ul>
	<p>Safety key not making proper contact.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Secure connections at heatsink control board and display.</li> <li><input type="checkbox"/> Place safety key in proper position.</li> </ul>
	<p>Faulty safety key switch</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Replace switch.</li> </ul> <p><b>For Assistance Call:  Life Fitness Customer Support Services  1-847-451-0036 or 1-800-351-3737</b></p>

**Life Fitness Model 5500HR Treadmill**  
**TROUBLESHOOTING GUIDE**

**Symptom: No Power**

**SECTION I**

Malfunction	Probable Cause	Corrective Action
<p><b>No Power</b></p>	<p>I/O or On/Off switch.</p> <p>Insufficient power source.</p> <p>Safety key at I/O switch</p> <p>Damaged line cord.</p> <p>Line cord improperly seated in socket.</p> <p>Pinched cable in Control Panel</p> <p>Power module.           <ul style="list-style-type: none"> <li>• On/Off switch</li> <li>• Heatsink</li> </ul> </p> <p>Faulty Display Console.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Is unit turned on?</li> <li><input type="checkbox"/> Plug treadmill into a dedicated 120V, 15 amp circuit.</li> <li><input type="checkbox"/> Using a meter, verify power at outlet.</li> <li><input type="checkbox"/> Safety key broken or missing. Replace safety key.</li> <li><input type="checkbox"/> Replace line cord.</li> <li><input type="checkbox"/> Inspect power connection at electrical outlet and at machine for proper contact.</li> <li><input type="checkbox"/> Verify cable from Display to handrail cable is not crimped between (tray) Control Panel and the handrail.</li> <li><input type="checkbox"/> Replaced damaged cable.</li> <li><input type="checkbox"/> Replace faulty parts</li> <li><input type="checkbox"/> OHM ON/OFF switch for continuity.</li> <li><input type="checkbox"/> Using a meter, check for voltage at TP1 for 5v DC and TP2 for 8v DC with respect to ground.</li> </ul> <p><b>For Assistance Call:            Life Fitness Customer Support Services            1-847-451-0036 or 1-800-351-3737</b></p>



**Life Fitness Model 5500HR Treadmill  
TROUBLESHOOTING GUIDE**

**Symptom: Display reads Errors**

**SECTION I**

<b>Malfunction</b>	<b>Probable Cause</b>	<b>Corrective Action</b>
<b>Belt Moving Error</b>	<p>Loose connections at electrical outlet.</p> <p>User has overdriven belt.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Verify the plug is seated properly in the electrical outlet.</li> <li><input type="checkbox"/> Reset the unit.</li> </ul>
<b>No ZX</b>	<p>Loose cable connection.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Check cable connection at Console and CPU board.</li> </ul>
<b>Belt Over Speed</b>	<p>Opto Sensor not in the proper position.</p> <p>Dust or other obstruction blocking opto sensor from reading.</p> <p>Faulty opto sensor.</p> <p>User has overdriven belt.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Adjust opto sensor.</li> <li><input type="checkbox"/> Clean opto sensor.</li> <li><input type="checkbox"/> Replace faulty opto sensor.</li> <li><input type="checkbox"/> Reset the unit.</li> </ul>
<b>No Blanking</b>	<p>Display has been taken out of its screen saver mode.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Power unit off and on to reset screensaver mode.</li> </ul>
<b>Stop, Stop, Stop</b>	<p>Safety Key not making proper contact</p> <p>Faulty Safety Key Switch</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Verify Safety Key is in proper position</li> <li><input type="checkbox"/> Replace Safety Key Switch in Control Panel</li> </ul> <p><b>For Assistance Call: Life Fitness Customer Support Services 1-847-451-0036 or 1-800-351-3737</b></p>

**Life Fitness Model 5500HR Treadmill**  
**TROUBLESHOOTING GUIDE**

**Symptom: Lift Error**

<b>Malfunction</b>	<b>Probable Cause</b>	<b>Corrective Action</b>
<p><b>Unit will not incline</b></p>	<p>Line cord in positioned over the lift leg assembly</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Position the line cord to its proper position.</li> <li><input type="checkbox"/> Perform incline test (See Diagnostics).</li> </ul>
	<p>Faulty Home Switch.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Preform incline test (See Diagnostics). If unit elevates , check home switch with an ohm meter. Replace faulty Home Switch.</li> </ul>
	<p>Faulty Lift Actuator.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Replace Lift Actuator.</li> </ul>
	<p>Unit will not elevate to 15%</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Check calibration of Lift Motor.</li> </ul> <p><b>For Assistance Call:            Life Fitness Customer Support Services            1-847-451-0036 or 1-800-351-3737</b></p>

**Life Fitness Model 5500HR Treadmill  
TROUBLESHOOTING GUIDE**

**Symptom: Heart Rate System Does Not Respond, Erratic Heart Rate Reading**

**SECTION I**

Symptom	Probable Cause	Corrective Action
<p><b>No heart rate or display reads (No chest strap detected) Erratic Heart Rate</b></p>	<p>HR receiver not installed.</p> <p>No HR transmitter (Chest strap).</p> <p>Electrodes on transmitter are dry.</p> <p>No HR reading.</p> <p>HR receiver may be near an electrical device that could interfere with the HR (i.e. television).</p> <p>HR connector not plugged in.</p> <p>Check for pinched wire.</p> <p>Bad HR receiver or transmitter.</p> <p>Bad display console.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Install HR receiver into HR receiver jack on underside of handlebar tray.</li> <li><input type="checkbox"/> Install transmitter (chest strap).</li> <li><input type="checkbox"/> Wet electrodes on transmitter.</li> <li><input type="checkbox"/> Enter into DIAGNOSTICS test to verify a good heart rate (See Section II).</li> <li><input type="checkbox"/> Move treadmill to another location.</li> <li><input type="checkbox"/> Plug HR connector to display console.</li> <li><input type="checkbox"/> Replace HR harness cable.</li> <li><input type="checkbox"/> Replace HR receiver and/or transmitter.</li> <li><input type="checkbox"/> Replace display console.</li> </ul> <p><b>For Assistance Call: Life Fitness Customer Support Services 1-847-451-0036 or 1-800-351-3737</b></p>

*Life Fitness Model 5500HR Treadmill*

**NOTES:**

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# Life Fitness Model 5500HR Treadmill

## DIAGNOSTIC TESTS

### PURPOSE:

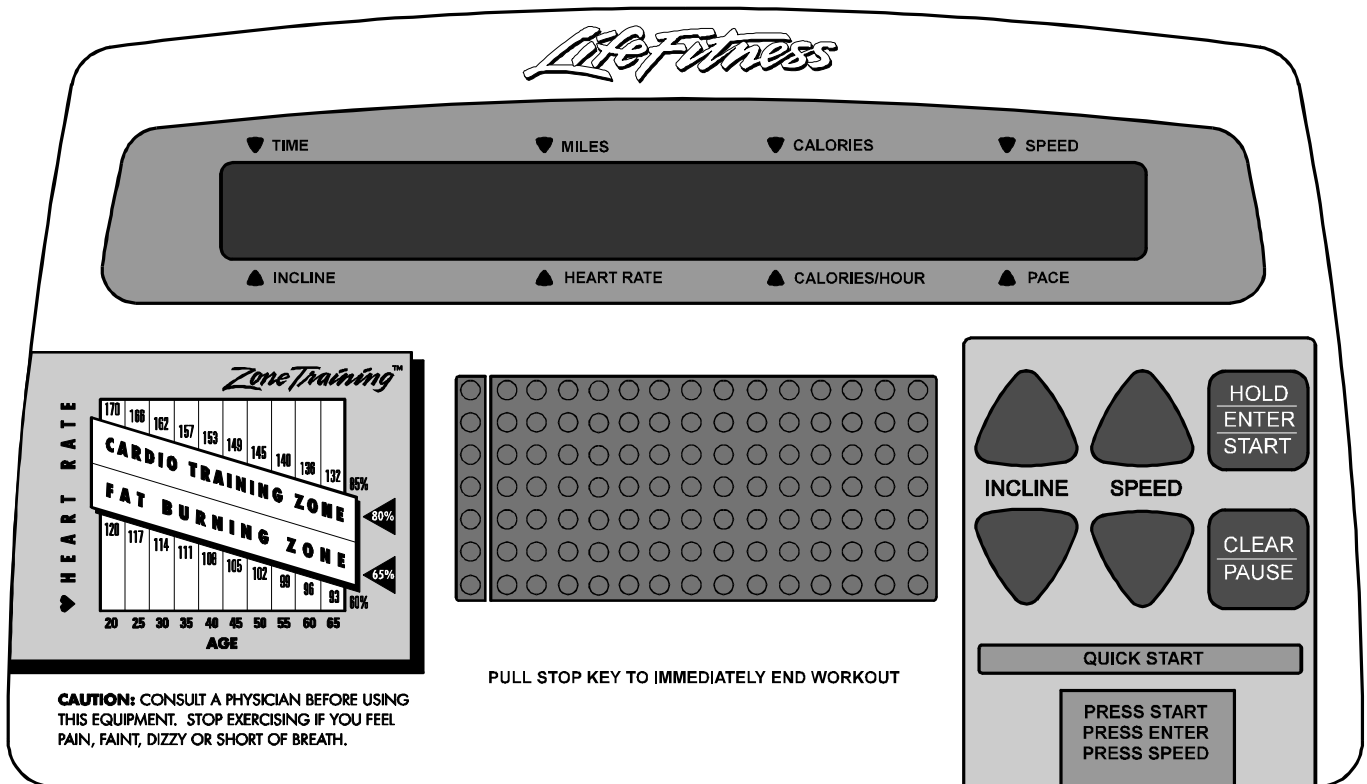
This Section describes the test procedures for the Life Fitness 5500HR Treadmill Display Console Board including those for the Heart Rate feature.

### SCOPE:

Diagnostic procedures will test the Display Console Board as used in the final Treadmill assembly. These procedures will insure proper functioning of the Console LED's, Keys and Displays as well as identify the Console version.

### PROCEDURE:

Begin with the Treadmill ON/OFF switch turned to OFF. To enter diagnostic mode, you must power unit ON while pressing the designated key for each mode of the diagnostics.



(Continued)

## Life Fitness Model 5500HR Treadmill DIAGNOSTIC TESTS ( Continued )

---

The **SPEED DOWN ▼ KEY** is used for the following testing information:

- ⇒ **CHECK THE DISPLAY/KEYPAD FUNCTIONS**
- ⇒ **REVIEW STATISTICS**
- ⇒ **IDENTIFY SOFTWARE VERSION**

Start with the Life Fitness model 5500HR treadmill turned **OFF** at the I/O switch.

To advance through this test, use the **ENTER KEY**.

Power up the unit while holding the **SPEED DOWN KEY**  $\bar{\nabla}$ . All LED's on the **Display Console** will light.

Press **ENTER once**, and Console should begin to scroll through lighting LED's individually.

Press **ENTER a second** time and this will bring you to the **Keypad** test. By pressing each key, a pattern of LED's will light. This shows that the button is responding.

Press **ENTER a third** time and the word **Stats** will appear in the display readout. Pressing the **SPEED UP D KEY** will scroll you through the individual statistics. (To scroll back through the statistics, press the **SPEED DOWN  $\bar{\nabla}$  KEY**)

1st Press	<b>Distance</b> LED Lit:	Miles
2nd Press	<b>Time</b> LED Lit:	Motor ON Time (hours)
3rd Press	<b>Incline</b> LED Lit:	Lift Motor run time
4th Press	<b>Cal/Hr</b> LED Lit:	Lift Motor (percentage of elevation usage)
5th Press	<b>Speed</b> LED Lit:	Current limiter Activation

Press **ENTER a fourth** time and this will give you the **Software Version** on the treadmill. For example, the **Display** will read **2.7EE1**.

<b>2.7</b>	Software Version
<b>E</b>	English Measurement (miles) " <b>M</b> " would designate Metric Measurement (kilometers)
<b>E</b>	English Language
<b>1</b>	120V

Press **ENTER a fifth** time and "**Units**" appears in the **Display** readout. Pressing the **SPEED UP D KEY** enables you to change the unit of measure from ENGLISH/ENGLISH to ENGLISH/METRIC. Pressing the **SPEED DOWN KEY  $\bar{\nabla}$**  enables you to change the unit from ENGLISH/METRIC to ENGLISH/ENGLISH. Press the **CLEAR** key 1 time to verify the default after you have chosen a setting.

Press **ENTER a Sixth** time and "**Lang**" appears in the **Display** readout. Pressing the **SPEED UP D KEY** enables you to change from English to a Foreign language.

At any time in this **Test Mode** you can go back to the start by pressing the **CLEAR/PAUSE KEY**.

(Continued)

## Life Fitness Model 5500HR Treadmill DIAGNOSTIC TESTS ( Continued )

---

The **INCLINE DOWN KEY**  $\tilde{N}$  is used for the following information.

- ⇒ **ELEVATION TEST/ HOME SWITCH**
- ⇒ **SPEED MODE OPERATION**
- ⇒ **HEARTRATE MODE OPERATION**

Start with the Life Fitness Model 5500HR Treadmill turned **OFF** at the **ON/OFF** switch.

Power up the unit while holding the **INCLINE DOWN KEY**  $\tilde{N}$ . The **Display Console** will read **Test Mode**.

Upon initial entry into the test mode, the left column of the program profile window will have one to two LED's lit.

The **first three** LED's (from the top) of the left column are related to jumpers which are not applicable to any of the test modes.

The **fourth** LED from the top indicates the condition of the **Opto Speed Sensor**. (Normal function of the LED is that it flashes **ON** and **OFF** as the Drive Motor turns during operation).

The **fifth** LED from the top will inform you if the unit is a 120V or a 220V unit. (When the LED is **OFF**, the unit is 120V. When the LED is **ON**, the unit is 220V).

The **sixth** LED from the top indicates the elevation (**Home Switch**). When the LED is **OFF**, the **Home Switch** is engaged and the unit is at Zero elevation. When the LED is **ON**, the **Home Switch** is disengaged and the unit is at a non-zero elevation.

The Bottom LED is the **Emergency Stop Switch** condition. When the LED is **ON**, the **Emergency Stop Switch** is engaged and the unit will operate. When the LED is **OFF**, the **Emergency Stop Switch** is disengaged and the unit will not run.

---

### **To test the ELEVATION.**

Start with the Treadmill at zero elevation and turned **OFF** at the **ON/OFF** switch.

Power up the unit while holding the **INCLINE DOWN**  $\tilde{N}$  **KEY**.

Verify the sixth LED from the top is turned **OFF**, and the unit is at **Zero**.

Press the **INCLINE UP**  $\tilde{D}$  **KEY** to start the elevation. The unit will only elevate while the **INCLINE UP**  $\tilde{D}$  **KEY** is depressed. Note that the sixth led from the top turns **ON**.

Press the **INCLINE DOWN**  $\tilde{N}$  **KEY**. Note that the sixth LED from the top will turn **OFF**. The lift will continue to decline a short while after the LED turns **OFF**.

To end this test simply turn the treadmill **OFF** at the **ON/OFF** switch.

(Continued)

## **Life Fitness Model 5500HR Treadmill**

### **DIAGNOSTIC TESTS ( Continued )**

---

#### **SPEED MODE**

Start with the Treadmill turned **OFF** at the **ON/OFF** switch.

Power up the unit while holding the **INCLINE DOWN**  $\bar{\text{N}}$  **KEY**.

Press the **SPEED UP** **D** **KEY** to start the Striding Belt moving. Notice that the **fourth** LED from the top will start flashing. This shows that the **Opto Speed Sensor** is functioning.

The Display will present two numbers. The left side number represents the actual speed. The right side number represents the power applied to the Drive Motor. The unit will supply a fixed percentage of power to the Drive Motor in the speed mode.

---

#### **HEART RATE MODE**

The user must have the Heart Rate Transmitter and Receiver attached in their proper positions for the Heart Rate to display. By pressing ENTER, the users Heart Rate will appear on the display's readout.

---

#### **POWER MODE**

Start with the Treadmill turned **OFF** at the **ON/OFF** switch.

**NOTE: DO NOT STAND ON THE STRIDING BELT DURING POWER UP.**

Power up the unit while holding the **INCLINE UP** **D** **KEY**.

The Striding Belt will begin to move at .5 mph. Grasp the handlebar and begin walking on the Striding Belt. Walk forward taking the smallest steps possible. This test will indicate the power draw on the treadmill. The average amount is 8 to 12 and will vary according to the technicians weight. Excessively high numbers may indicate either a newer, non-broken-in striding belt or a very old, worn belt.

## Life Fitness Model 5500HR Treadmill

# HOW TO ... REMOVE AND REPLACE THE MOTOR COVER

**Tools Required:** Phillips screwdriver

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### Step 1

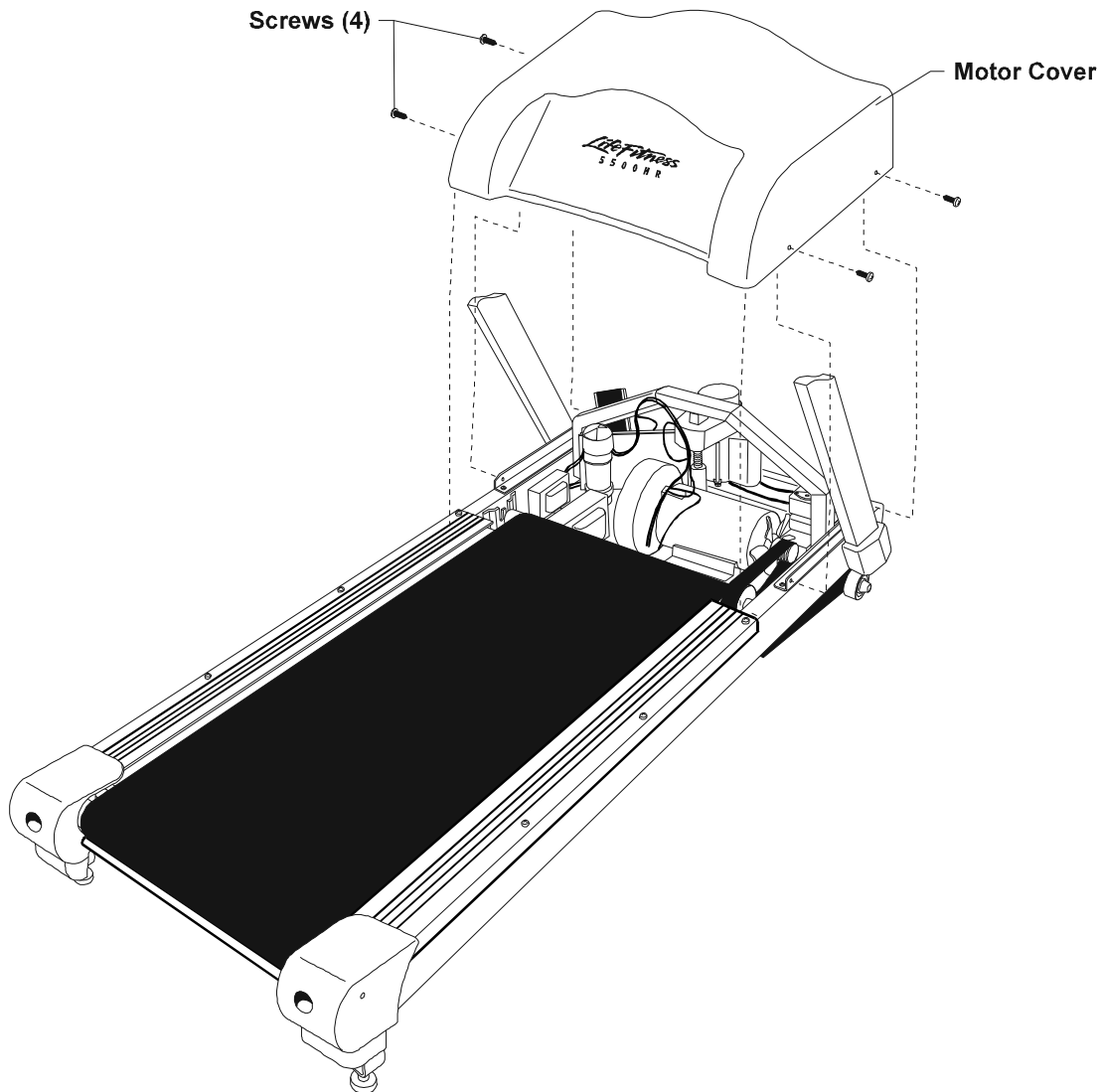
Turn the power OFF at the ON/OFF switch and then unplug the unit from the electrical outlet.

### Step 2

Using a Phillips screwdriver, remove the four SCREWS securing the MOTOR COVER and remove the damaged MOTOR COVER.

### Step 3

Place the new MOTOR COVER in position and replace the four SCREWS.



## Life Fitness Model 5500HR Treadmill

# How To... REMOVE AND REPLACE THE HEATSINK CONTROL BOARD

**Tools Required:** Phillips screwdriver

**WARNING: FAILURE TO OBSERVE SAFETY PROCEDURES WHEN SERVICING THIS UNIT COULD RESULT IN INJURY FROM ELECTRICAL SHOCK**

### Step 1

Turn the power OFF at the ON/OFF switch and then unplug the unit from the electrical outlet.

### Step 2

Remove MOTOR COVER (See "How To ...").

### Step 3

Ground yourself to the machine by positioning an ANTI-STATIC GROUNDING STRAP around your wrist and attaching the end to a MOUNTING SCREW, or a connecting GROUND WIRE SCREW.

**NOTE: TAKE A MOMENT TO NOTE THE LOCATIONS OF THE CONNECTORS PRIOR TO UNPLUGGING THEM FROM THE HEATSINK CONTROL BOARD.**

### Step 4

Unplug the eight CONNECTORS from the HEATSINK CONTROL BOARD.

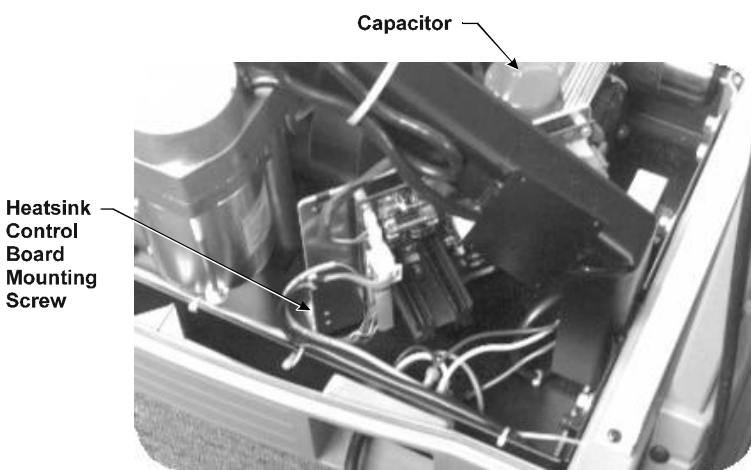
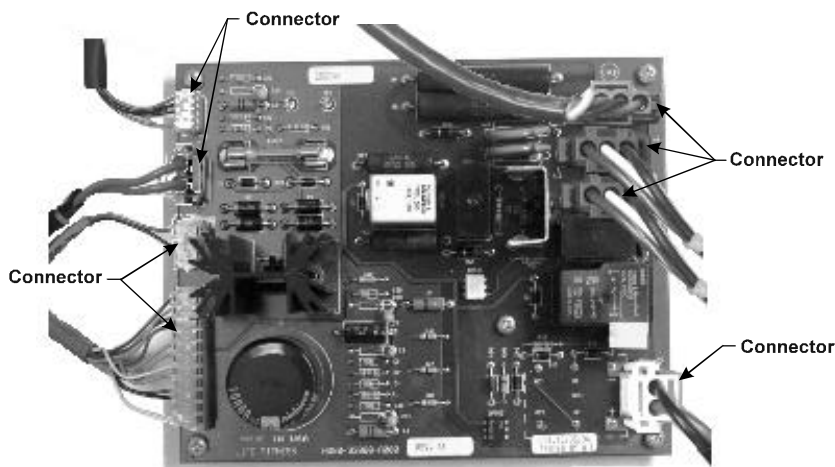
### Step 5

Remove the red CAPACITOR CAP.

**NOTE THE POLARITY OF THE WIRES ON THE CAPACITOR - POSITIVE (+) RED, NEGATIVE (-) BLACK**

### Step 6

Using a Phillips screwdriver, remove the two SCREWS securing the wires to the top of the CAPACITOR from the HEATSINK CONTROL BOARD.



### Step 7

Using a Phillips screwdriver, loosen and remove the two SCREWS securing the HEATSINK CONTROL BOARD to the MOTOR PAN.

### Step 8

Carefully lift the malfunctioning HEATSINK CONTROL BOARD from the machine and set aside.

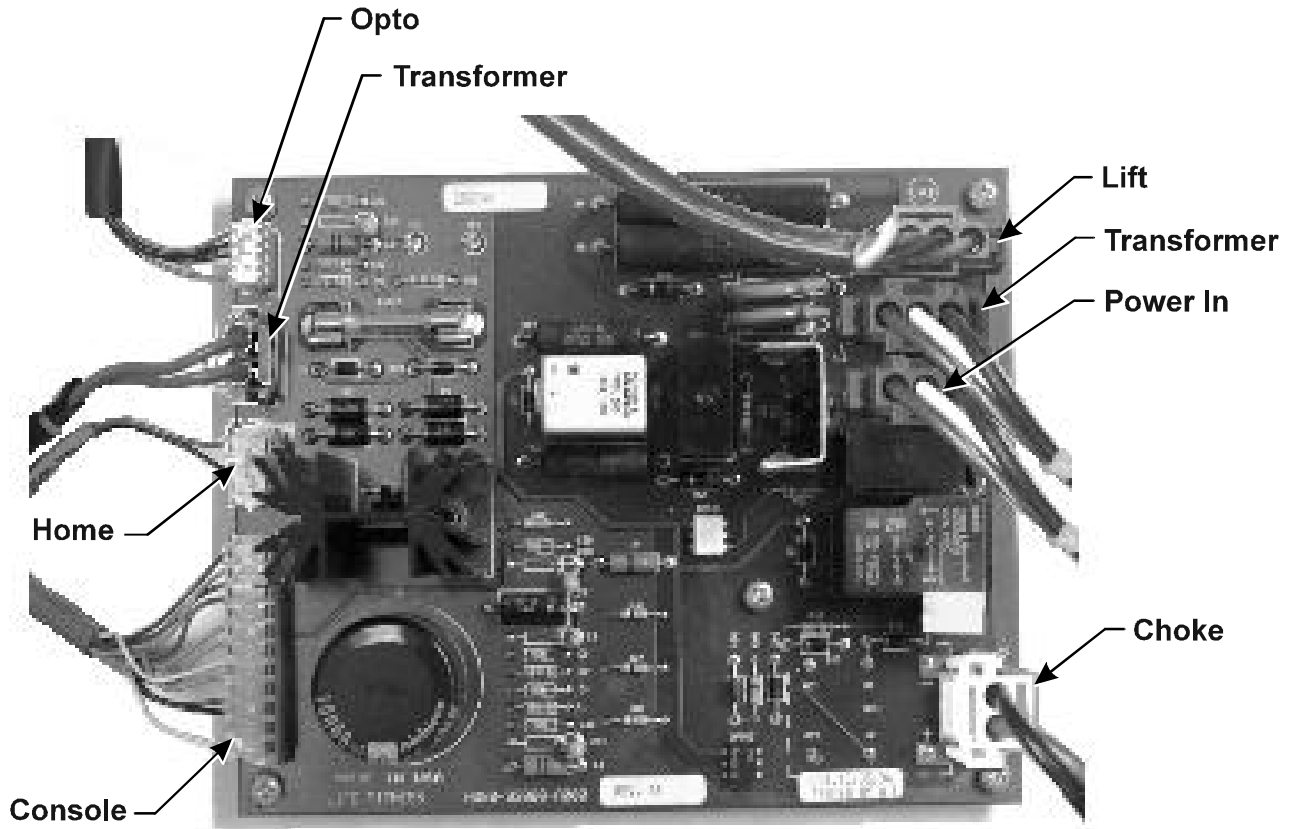
### Step 9

Place the new HEATSINK CONTROL BOARD into position and reverse steps 1 through 8 to return all parts to their proper locations.

*Continued*

HOW TO...REMOVE AND REPLACE THE HEATSINK CONTROL BOARD (Continued)

CPU CONNECTION



## Life Fitness Model 5500HR Treadmill

# How To... REMOVE AND REPLACE THE DRIVE MOTOR BELT

**Tools Required:** Phillips Screwdriver, Socket Set

**WARNING: FAILURE TO OBSERVE SAFETY PROCEDURES WHEN SERVICING THIS UNIT  
COULD RESULT IN INJURY FROM ELECTRICAL SHOCK**

### Step 1

Turn the power OFF at the ON/OFF switch and then unplug the unit from the electrical outlet.

### Step 2

Remove the MOTOR COVER (See "How To...").

### Step 3

Ground yourself to the machine by positioning an ANTI-STATIC GROUNDING STRAP around your wrist and attaching the other end to a MOUNTING SCREW or a connecting GROUND WIRE SCREW.

### Step 4

Using a Phillips screwdriver, loosen and remove the two SCREWS securing the FRONT PANEL.

**HELPFUL HINT: MARK OR SCORE THE PLACEMENT OF THE DRIVE MOTOR MOUNTING BRACKET.  
THIS WILL HELP WHEN RE-TENSIONING THE DRIVE MOTOR BELT.**

### Step 5

With a socket wrench (1/2"), loosen the four NUTS and WASHERS securing the DRIVE MOTOR ASSEMBLY to the MOTOR PAN.

### Step 6

With a socket wrench (7/16"), loosen and remove the TENSIONING BOLT from the DRIVE MOTOR ASSEMBLY MOUNTING BRACKET.

### Step 7

Push the DRIVE MOTOR ASSEMBLY towards the FRONT ROLLER to relieve the tension on the DRIVE MOTOR BELT. Roll the DRIVE MOTOR BELT off the DRIVE MOTOR PULLEY ASSEMBLY.

**HELPFUL HINT: MARK THE POSITION OF THE REAR ROLLER ON THE INSIDE OF THE MOUNTING BRACKET TO LOCATE ITS ORIGINAL PLACEMENT. THIS WILL HELP WHEN RE-TENSIONING THE STRIDING BELT**

### Step 8

Using a hex key wrench (1/4"), loosen the rear tensioning bolts to slacken the STRIDING BELT.

### Step 9

With a socket wrench (1/2"), loosen the left side of the FRONT ROLLER.

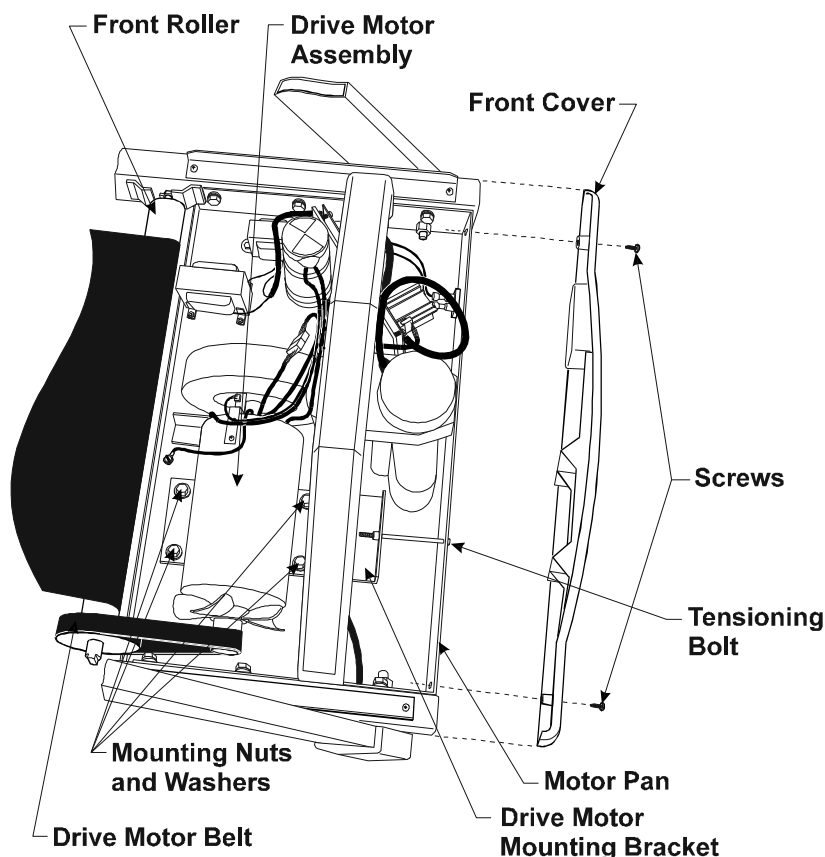
### Step 10

Carefully lift the left side of the FRONT ROLLER ASSEMBLY from the frame bracket and remove the right side of the FRONT ROLLER from the FRAME and ROLLER BELT.

### Step 11

Carefully remove the worn DRIVE MOTOR BELT from the user's right side of the unit and replace with the new DRIVE MOTOR BELT provided.

**Life Fitness Model 5500HR Treadmill**



## How To... REMOVE AND REPLACE THE DRIVE MOTOR BELT (Continued)

**Tools Required:** Phillips Screwdriver, Socket Set

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### Step 12

Position the drive pulley side of the FRONT ROLLER ASSEMBLY in the available hole and the left side of the FRONT ROLLER ASSEMBLY in the FRAME slot closest to the front of the unit.

### Step 13

Reverse Steps 1 through 10 to return all parts to their proper positions. The DRIVE MOTOR BELT tension should be set at 100 ft.lbs. If belt guages are not available, set the DRIVE MOTOR BELT tension to 1/4" deflection.

### Step 14

Refer to "How To... ADJUST AND TENSION THE STRIDING BELT" for proper belt tensioning instructions.

**NOTE: DRIVE BELT TENSION SHOULD BE BETWEEN 90 (EXISTING) AND 100 (NEW) FT/LBS. STRIDING BELT TENSION SHOULD BE .65% (IF GUAGE IS AVAILABLE). A PROPERLY CENTERED STRIDING BELT WILL LEAVE A 3 INCH MARGIN ON EITHER SIDE OF THE BELT MEASURED FROM THE EDGE OF THE STRIDING BELT TO THE EDGE OF THE DECK.**

## Life Fitness Model 5500HR Treadmill

# How To... REMOVE AND REPLACE THE DRIVE MOTOR ASSEMBLY

**Tools Required:** Phillips Screwdriver, Socket Set

**WARNING: FAILURE TO OBSERVE SAFETY PROCEDURES WHEN SERVICING THIS UNIT  
COULD RESULT IN INJURY FROM ELECTRICAL SHOCK**

### Step 1

Turn the power OFF at the ON/OFF switch and then unplug the unit from the electrical outlet.

### Step 2

Remove the MOTOR COVER (See "How To...").

### Step 3

With the power to the machine **OFF**, hold the handrails and walk on the treadmill until the STRIDING BELT completes at least one revolution around the rollers (this will aid in releasing any electrical charge which may be held in the CAPACITOR). Remove the CAPACITOR CAP and use a **DC Voltmeter to check and insure that the CAPACITOR does not hold a charge** prior to proceeding to Step 4.

### Step 4

Ground yourself to the machine by positioning an ANTI-STATIC GROUNDING STRAP around your wrist and attaching the other end to a MOUNTING SCREW or a connecting GROUND WIRE SCREW.

### Step 5

Using a Phillips screwdriver, loosen and remove the two SCREWS securing the FRONT PANEL.

**HELPFUL HINT: MARK OR SCORE THE PLACEMENT OF THE DRIVE MOTOR MOUNTING BRACKET.  
THIS WILL HELP WHEN RE-TENSIONING THE DRIVE MOTOR BELT.**

### Step 6

With a socket wrench (1/2"), loosen the four NUTS and WASHERS securing the DRIVE MOTOR ASSEMBLY to the MOTOR PAN.

### Step 7

With a socket wrench (7/16"), loosen and remove the TENSIONING BOLT from the DRIVE MOTOR ASSEMBLY MOUNTING BRACKET.

**NOTE: TAKE A MOMENT TO NOTE THE LOCATIONS OF THE DRIVE MOTOR ASSEMBLY WIRE CONNECTORS PRIOR TO DISCONNECTING THEM FROM THE DRIVE MOTOR ASSEMBLY.**

### Step 8

Push the DRIVE MOTOR ASSEMBLY towards the FRONT ROLLER to relieve the tension on the DRIVE MOTOR BELT. Roll the DRIVE MOTOR BELT off the DRIVE MOTOR PULLEY ASSEMBLY.

### Step 9

Disconnect the OPTO-SENSOR (P2) from the HEATSINK CONTROL BOARD. Cut all necessary wire ties.

### Step 10

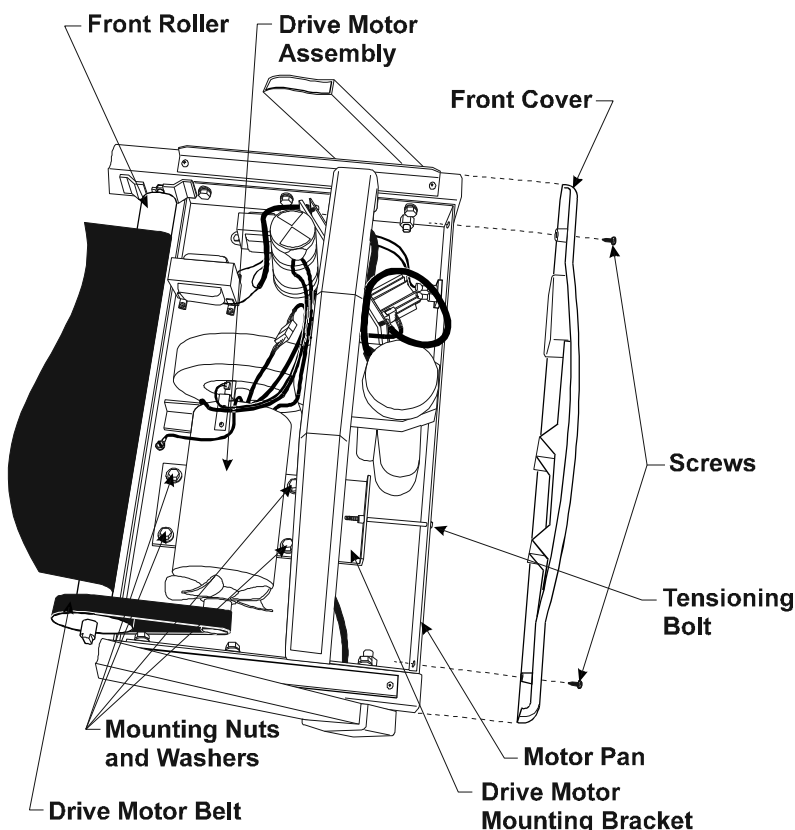
Remove the POSITIVE (A1+), NEGATIVE (A2), CASE GROUND WIRES (green wire to motor case and a grounding wire to MOTOR PAN) from their respective locations.

### Step 11

Remove the four NUTS and WASHERS securing the DRIVE MOTOR ASSEMBLY to the MOTOR PAN. Carefully lift and remove the malfunctioning DRIVE MOTOR ASSEMBLY from the machine.

### Step 12

Position the new DRIVE MOTOR ASSEMBLY in place and reverse steps 1 through 9 to return all parts to their proper locations. Replace all wire ties.



## Life Fitness Model 5500HR Treadmill

# HOW TO...REMOVE AND REPLACE THE REAR END CAP PANEL

**Tools Required:** Phillips Screwdriver

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### Step 1

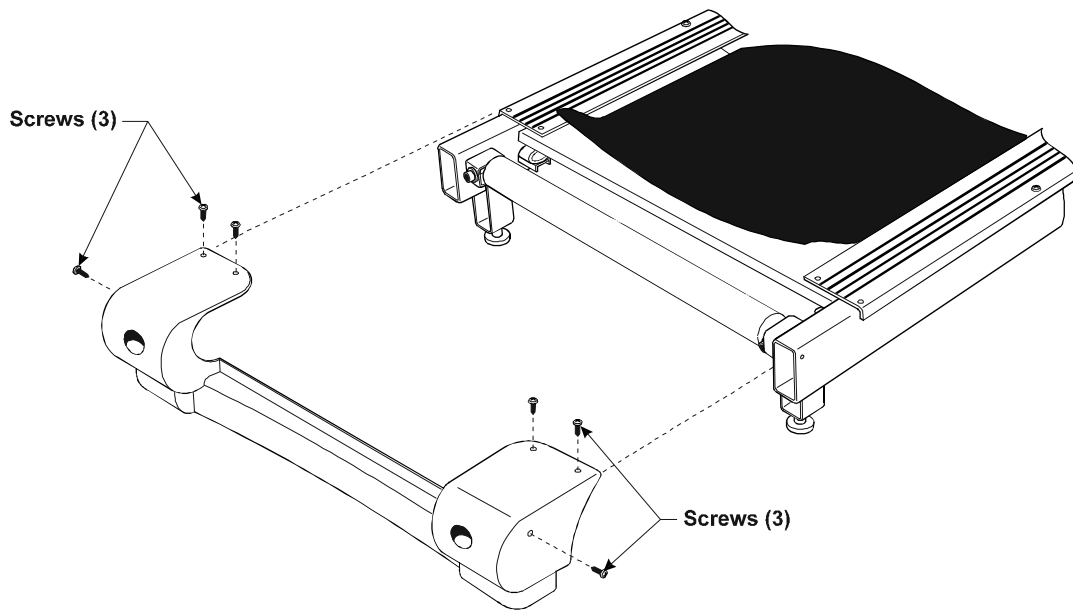
Turn the power OFF at the ON/OFF switch and then unplug the unit from the electrical outlet.

### Step 2

Using a Phillips screwdriver, remove the three SCREWS from each side of the REAR END CAP PANEL and remove the damaged REAR END CAP PANEL.

### Step 3

Position the new REAR END CAP PANEL in place and replace the three SCREWS to each side.



## Life Fitness Model 5500HR Treadmill

# HOW TO...REMOVE AND REPLACE THE FRONT ROLLER ASSEMBLY

**Tools Required:** Phillips screwdriver, hex key wrench set, socket set, open end wrench (1/2")

### Step 1

Turn the power OFF at the ON/OFF switch and then unplug the unit from the electrical outlet.

### Step 2

Remove the MOTOR COVER ("See How To...").

### Step 3

Using a Phillips screwdriver, remove the two SCREWS from the FRONT PANEL.

**HELPFUL HINT: MARK OR SCORE THE PLACEMENT OF THE DRIVE MOTOR MOUNTING BRACKET. THIS WILL AID IN RE-TENSIONING THE DRIVE MOTOR BELT.**

### Step 4

Using a socket wrench (1/2"), loosen the four NUTS securing the DRIVE MOTOR ASSEMBLY to the MOTOR PAN.

### Step 5

Using a socket wrench (7/16"), loosen the DRIVE MOTOR TENSIONING BOLT.

### Step 6

Push the DRIVE MOTOR ASSEMBLY towards the FRONT ROLLER to relieve the tension on the DRIVE MOTOR BELT. Roll the DRIVE MOTOR BELT off the FRONT ROLLER ASSEMBLY.

### Step 7

Using a hex key wrench (1/4"), alternately loosen the REAR TENSIONING BOLTS an **equal number of turns counter-clockwise** to slacken the STRIDING BELT.

### Step 8

Using an open end wrench (1/2"), loosen the screw on the left side of the FRONT ROLLER.

### Step 9

Carefully lift the left side of the FRONT ROLLER ASSEMBLY from the FRAME BRACKET. Note the location of the star washer with respect to the FRAME BRACKET.

### Step 10

Carefully pull the FRONT ROLLER ASSEMBLY out from the (users) right side of the treadmill FRAME. Position a new FRONT ROLLER in its place.

**NOTE: MAKE CERTAIN THE USER LEFT SIDE OF THE NEW FRONT ROLLER IS FULLY SEATED IN THE FRAME BRACKET.**

### Step 11

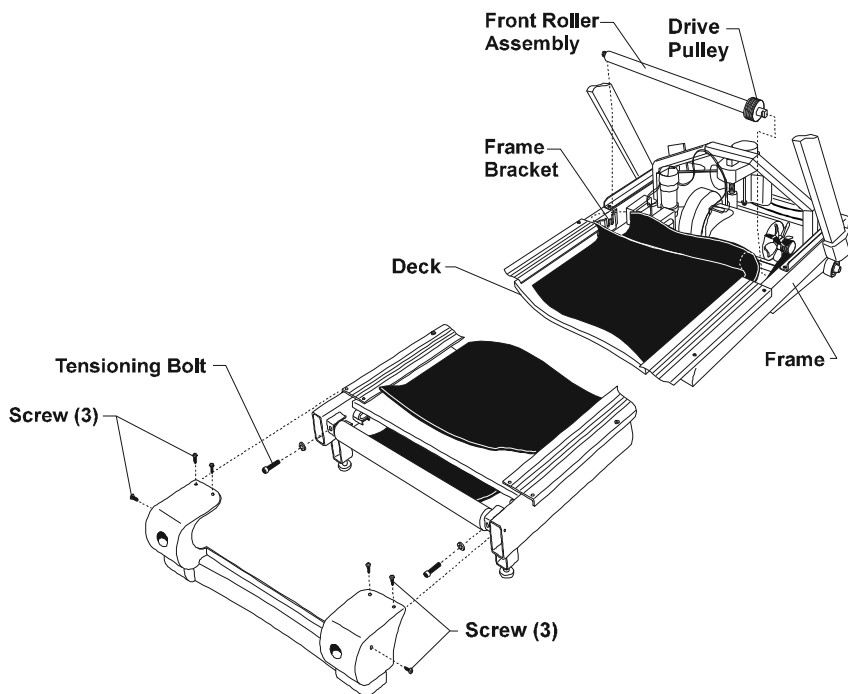
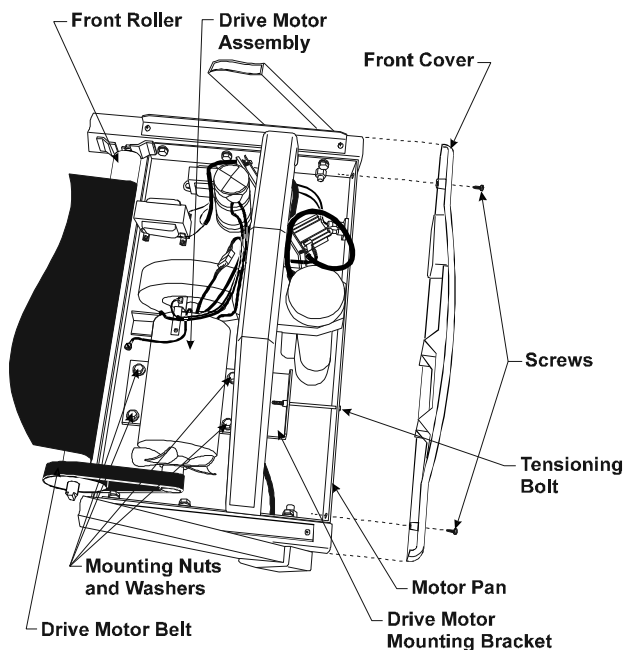
Slip the DRIVE MOTOR BELT on the PULLEY and set the DRIVE PULLEY side of the new FRONT ROLLER ASSEMBLY in the designated hole with the left side in the slot closest to the DECK.

### Step 12

Reverse Step 1 through 8 to return all parts to their proper positions. Tighten the STRIDING BELT until snug only by turning the TENSIONING BOLTS an **equal number of turns clockwise**.

### Step 13

Refer to "How To...ADJUST AND TENSION THE STRIDING BELT" for proper belt tensioning instructions.



## Life Fitness Model 5500HR Treadmill

# HOW TO...REMOVE AND REPLACE THE REAR ROLLER ASSEMBLY

**Tools Required:** Phillips screwdriver, hex key wrench set

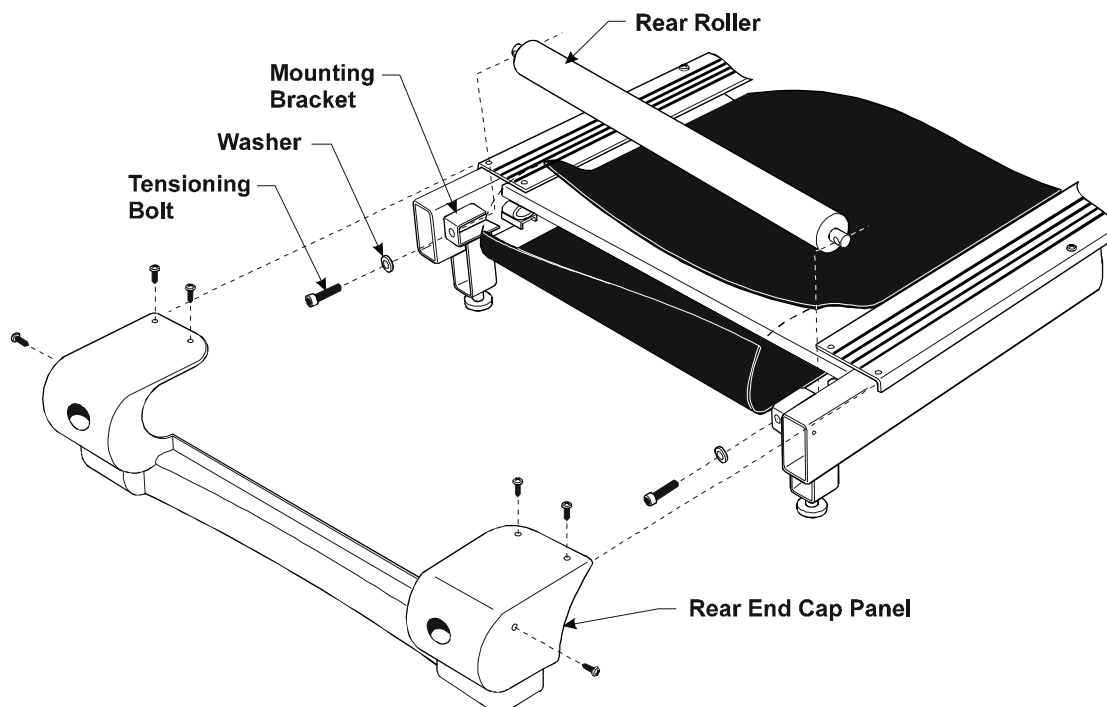
### Step 1

Turn the power OFF at the ON/OFF switch and then unplug the unit from the electrical outlet.

### Step 2

Remove the REAR END CAP PANEL ("See How To...").

**HELPFUL HINT: MARK THE POSITION OF THE REAR ROLLER ON THE INSIDE OF THE MOUNTING BRACKET TO LOCATE ITS ORIGINAL PLACEMENT. THIS WILL HELP WHEN RE-TENSIONING THE STRIDING BELT.**



### Step 3

Using a hex key wrench (1/4"), loosen and remove the TENSIONING BOLTS and WASHERS securing each side of the REAR ROLLER MOUNTING BRACKETS. Alternate between each of the TENSIONING BOLTS rotating each BOLT two (2) full turns at a time.

### Step 4

Remove the worn REAR ROLLER from the machine.

### Step 5

Position the new REAR ROLLER against the MOUNTING BRACKETS and reverse steps 1 through 3 to return all parts to their proper locations.

### Step 6

Refer to "How To...ADJUST AND TENSION THE STRIDING BELT" for proper STRIDING BELT tensioning instructions.

**NOTE: DRIVE BELT TENSION SHOULD BE BETWEEN 90 FOR EXISTING AND 100 FT/LBS FOR A NEW DRIVE BELT. STRIDING BELT'S TENSION SHOULD BE .65% (IF GAUGES ARE AVAILABLE). FOR STRIDING BELT TO BE CENTERED, THERE SHOULD BE 3 INCHES (75mm) ON EACH SIDE, MEASURED FROM THE EDGE OF THE STRIDING BELT TO THE EDGE OF THE DECK.**

# Life Fitness Model 5500HR Treadmill

## HOW TO ... REMOVE AND REPLACE THE DECK

**Tools Required:** Phillips screwdriver, hex key wrench set

**ATTENTION: THE DECK MUST ALWAYS BE REPLACED WHEN INSTALLING A NEW STRIDING BELT.**

### Step 1

Turn the power OFF at the ON/OFF switch and then unplug the unit from the electrical outlet.

### Step 2

Remove the MOTOR COVER (See "How To...").

### Step 3

Remove the REAR END CAP PANEL (See "How To...").

### Step 4

Using a Phillips screwdriver, remove the eight SCREWS securing the SIDE EXTRUSION PANELS to the frame and remove the SIDE EXTRUSION PANELS.

### Step 5

Using a hex key wrench (1/4"), alternately loosen the right and left side TENSIONING BOLTS an **equal number of turns counter-clockwise** to slacken STRIDING BELT. Alternate between each of the TENSIONING BOLTS rotating each BOLT a maximum of two (2) full turns.

### Step 6

Using a hex key wrench (5/32"), remove the four corner DECK SCREWS and carefully slide DECK from under the STRIDING BELT.

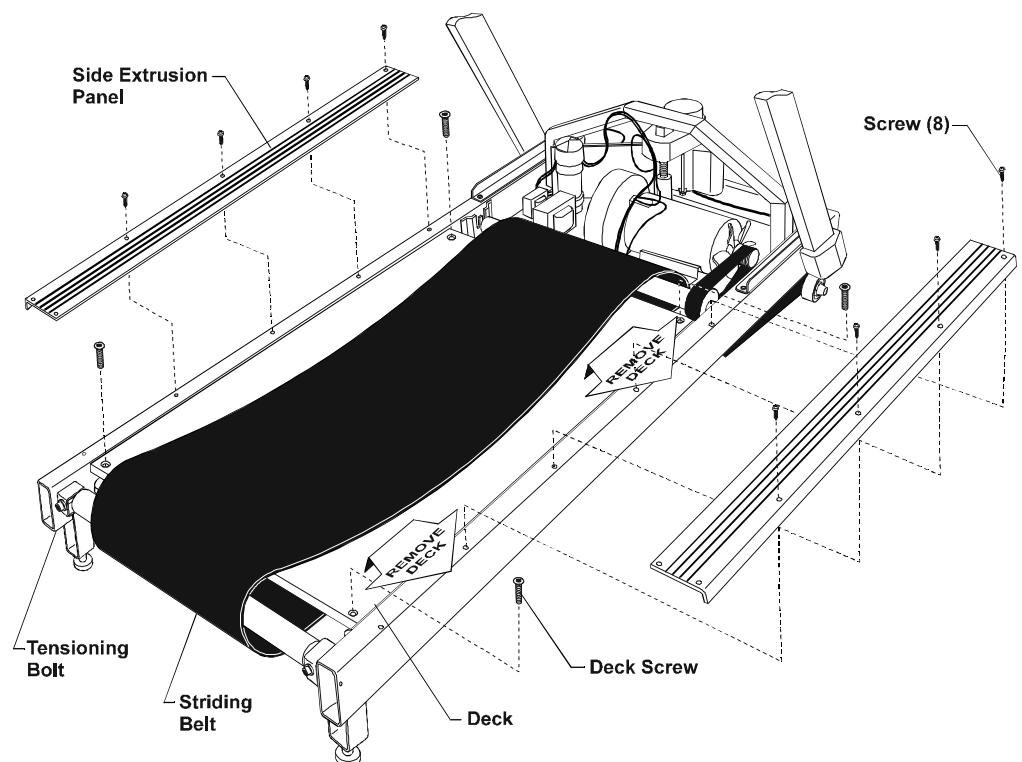
### Step 6

Using a Phillips screwdriver, loosen and remove the four screws securing the two BELT GUIDE BRACKETS located on the underside of the DECK. Attach the BELT GUIDE BRACKETS to the new DECK.

### Step 7

Slide the new DECK into position and reverse steps 1 through 5 to return all parts to their proper positions. Refer to "How To...ADJUST AND TENSION THE STRIDING BELT" for proper belt tensioning instructions.

**CAUTION: INSERT THE DECK WITH THE BELT GUIDE BRACKETS FACING THE FLOOR. BE CAREFUL NOT TO DAMAGE THE TREADMILL FRAME WHEN INSERTING THE NEW DECK.**



## Life Fitness Model 5500HR Treadmill

### HOW TO...REMOVE AND REPLACE THE STRIDING BELT

**Tools Required:** Phillips screwdriver, hex key wrench set, socket set, open end wrench (1/2")

**ATTENTION: THE DECK MUST ALWAYS BE REPLACED WHEN INSTALLING A NEW STRIDING BELT.**

#### Step 1

Turn the power OFF at the ON/OFF switch and then unplug the unit from the electrical outlet.

#### Step 2

Remove the MOTOR COVER (See "How To...").

#### Step 3

Remove the REAR ROLLER (See "How To...").

#### Step 4

Remove the DECK (See "How To...").

#### Step 5

Using an open end wrench (1/2"), loosen the user left side of the FRONT ROLLER ASSEMBLY.

#### Step 6

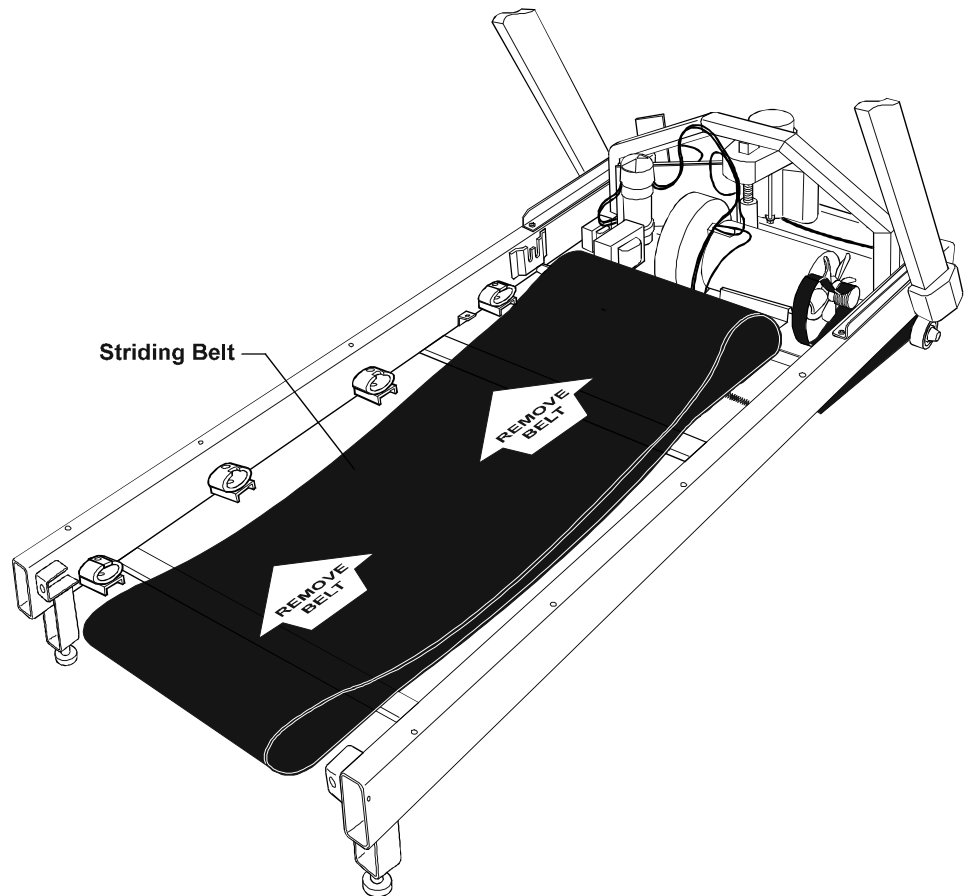
Carefully lift the user-left side of the FRONT ROLLER ASSEMBLY and slide the STRIDING BELT from the FRONT ROLLER.

#### Step 7

Reposition the new STRIDING BELT around the FRONT ROLLER ASSEMBLY. Reverse steps 1 through 5 to return all parts to their proper positions.

#### Step 8

Refer to "How To...ADJUST AND TENSION THE STRIDING BELT" for proper belt tensioning instructions.



# Life Fitness Model 5500HR Treadmill

## How To... ADJUST AND TENSION THE STRIDING BELT

**Tools Required:** Hex key wrench set, Phillips screwdriver

**CAUTION: DO NOT MOVE OR PLACE YOUR HANDS UNDER THE UNIT WHILE THE MACHINE IS PLUGGED INTO AN ELECTRICAL OUTLET.**

### Tensioning an Existing Striding Belt

#### Step 1

Locate the two BELT TENSIONING BOLTS on each side of the REAR ROLLER MOUNTING BRACKETS. The TENSIONING BOLTS are accessible from the holes provided in the END CAPS.

#### Step 2

Enter the Manual program and run unit for five minutes at 5.0 mph (8.0 kph). **DO NOT** run on the BELT.

#### Step 3

Using the speed decrease button ▽, bring the STRIDING BELT speed down to 2 mph (3.2 kph). While walking on the belt, tightly grasp the HANDRAILS and attempt to stall the STRIDING BELT. If the STRIDING BELT slips, continue to Step 4. If it does not slip, the tension is correct.

#### Step 4

Stop the treadmill and alternately turn the STRIDING BELT TENSIONING BOLTS 1/4 turn clock-wise to tension, **NOT** exceeding one full turn. (See **Tracking (Centering) an Existing or New Striding Belt** on previous page. Repeat Step 3.)

### Adjusting/Setting Proper Tension for a New Striding Belt

#### Step 1

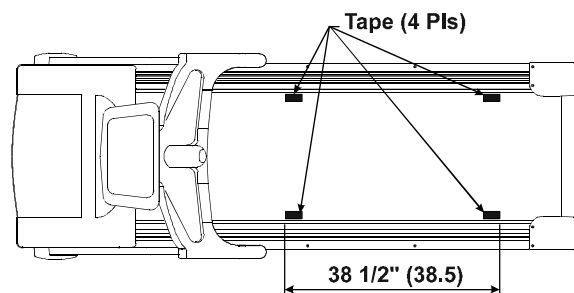
After installation but before tensioning, place two pieces of tape exactly 38 1/2 (38.5) inches apart on both right and left edges of the striding belt.

#### Step 2

Alternately tighten the right and left tensioning bolts 1/4 turn clockwise each until the distance between the tape is 38 3/4 (38.75) inches. This is the equivalent of .65% stretch.

#### Step 3

Adjust tracking.



**NOTE: IT IS EXTREMELY IMPORTANT THAT THE TREADMILL BE CORRECTLY LEVELED PRIOR TO ANY TRACKING ADJUSTMENTS. AN UNSTABLE UNIT MAY CAUSE STRIDING BELT MISALIGNMENT.**

### Tracking (Centering) an Existing or New Striding Belt

#### Step 1

Locate the two belt TENSIONING BOLTS on each side of the REAR ROLLER MOUNTING BRACKETS. The TENSIONING BOLTS are accessible from the holes provided in the REAR END CAP PANEL.

(Continued)

## Life Fitness Model 5500HR Treadmill

### How To... ADJUST AND TENSION THE STRIDING BELT (Continued)

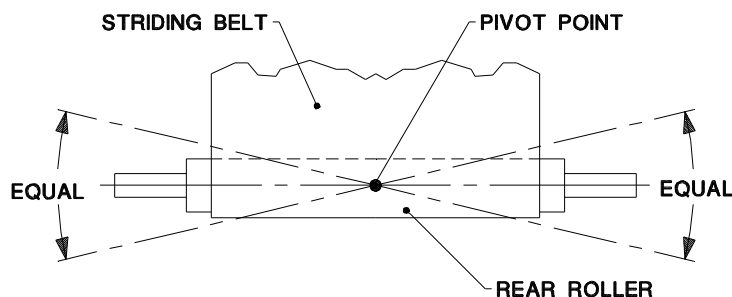
**Tools Required:** Hex key wrench set, Phillips screwdriver

**CAUTION: DO NOT MOVE OR PLACE YOUR HANDS UNDER THE UNIT WHILE THE MACHINE IS PLUGGED INTO AN ELECTRICAL OUTLET.**

It is **EXTREMELY** important that the treadmill be correctly leveled prior to any tracking adjustments. An unstable unit may cause Striding Belt misalignment.

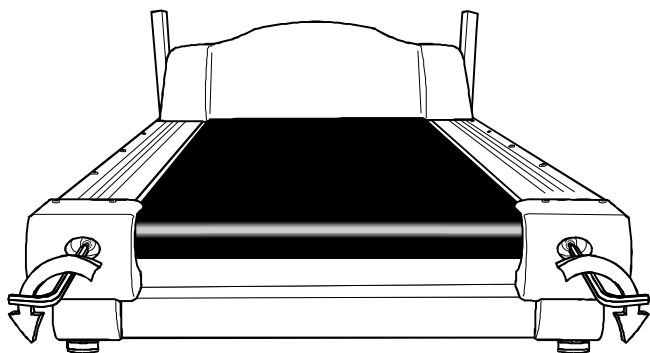
#### Step 2

Enter the Manual program and set the belt speed to run at 4.0 mph (6.4 kph).

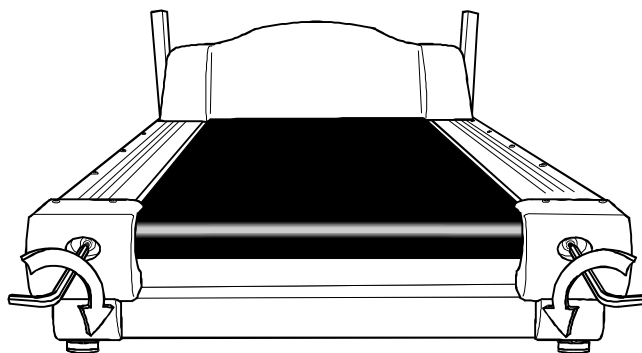


**NOTE: EACH ADJUSTMENT MADE TO ONE SIDE OF THE REAR ROLLER MUST BE MET WITH AN EQUAL AND OPPOSITE ADJUSTMENT TO THE OTHER SIDE OF THE REAR ROLLER TO MAINTAIN AN IDEAL BELT TENSION AT THE PIVOT POINT.**

**CAUTION: DO NOT OVER TIGHTEN THE TENSIONING BOLTS WHILE MAKING BELT ADJUSTMENTS. OVER TIGHTENING OF BOLTS MAY OVER-STRETCH AND DAMAGE THE STRIDING BELT AS WELL AS PLACE AN UNNECESSARY LOAD ON THE REAR ROLLER BEARINGS.**



If the STRIDING BELT has moved to the **right**, turn the right TENSION BOLT 1/4 turn clock-wise and the left TENSION BOLT 1/4 turn counter-clockwise to start the STRIDING BELT tracking back to the center of the REAR ROLLER.



If the STRIDING BELT has moved to the **left**, turn the left TENSION BOLT 1/4 turn clock-wise and the right TENSION BOLT 1/4 turn counter-clockwise to start the STRIDING BELT tracking back to the center of the REAR ROLLER.

#### Step 3

Repeat adjustments until the STRIDING BELT appears centered. Allow the machine to continue running for several minutes to observe if the tracking remains stabilized.

## Life Fitness Model 5500HR Treadmill

### HOW TO...REMOVE AND REPLACE THE DISPLAY CONSOLE

**Tools Required:** Phillips Screwdriver

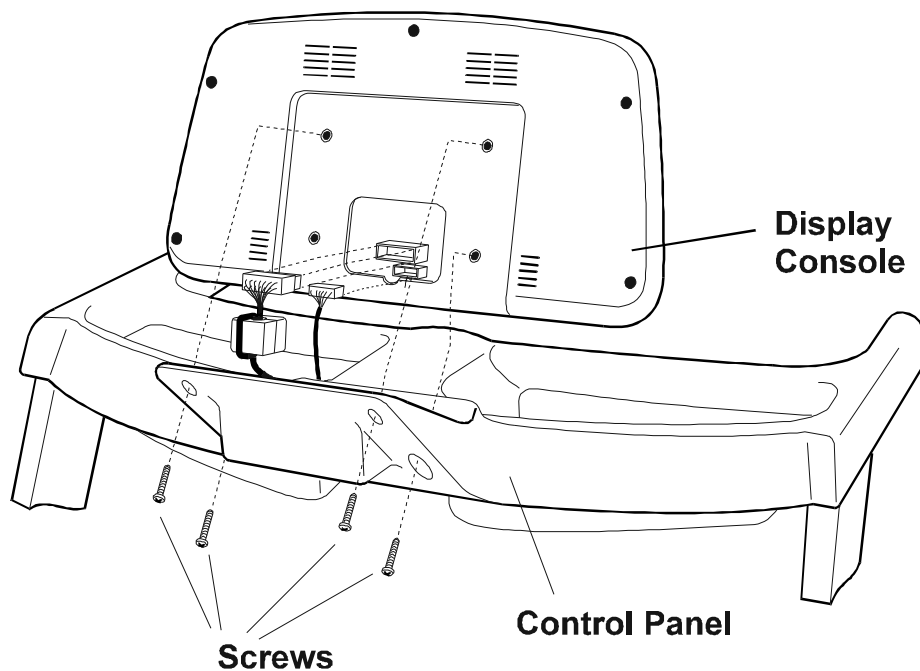
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#### Step 1

Turn the power OFF at the ON/OFF switch and then unplug the unit from the electrical outlet.

#### Step 2

Using a Phillips screwdriver, remove the four SCREWS from the underside of the CONTROL PANEL which secure the DISPLAY CONSOLE in place.



#### Step 3

Disconnect the 10-PIN CONNECTOR protruding from the top of the CONTROL PANEL from the corresponding CONNECTOR in the back of the DISPLAY CONSOLE. Disconnect the 4-PIN CONNECTOR of the HEART RATE wire harness into the corresponding CONNECTOR in the back of the DISPLAY CONSOLE.

#### Step 4

Replace the DISPLAY CONSOLE by reversing Steps 1 and 2. When installing the four SCREWS to secure the DISPLAY CONSOLE to the CONTROL PANEL, tighten the SCREWS in a criss-cross pattern to avoid possible overtightening and causing possible damage to the DISPLAY CONSOLE BRACKET or HOUSING.

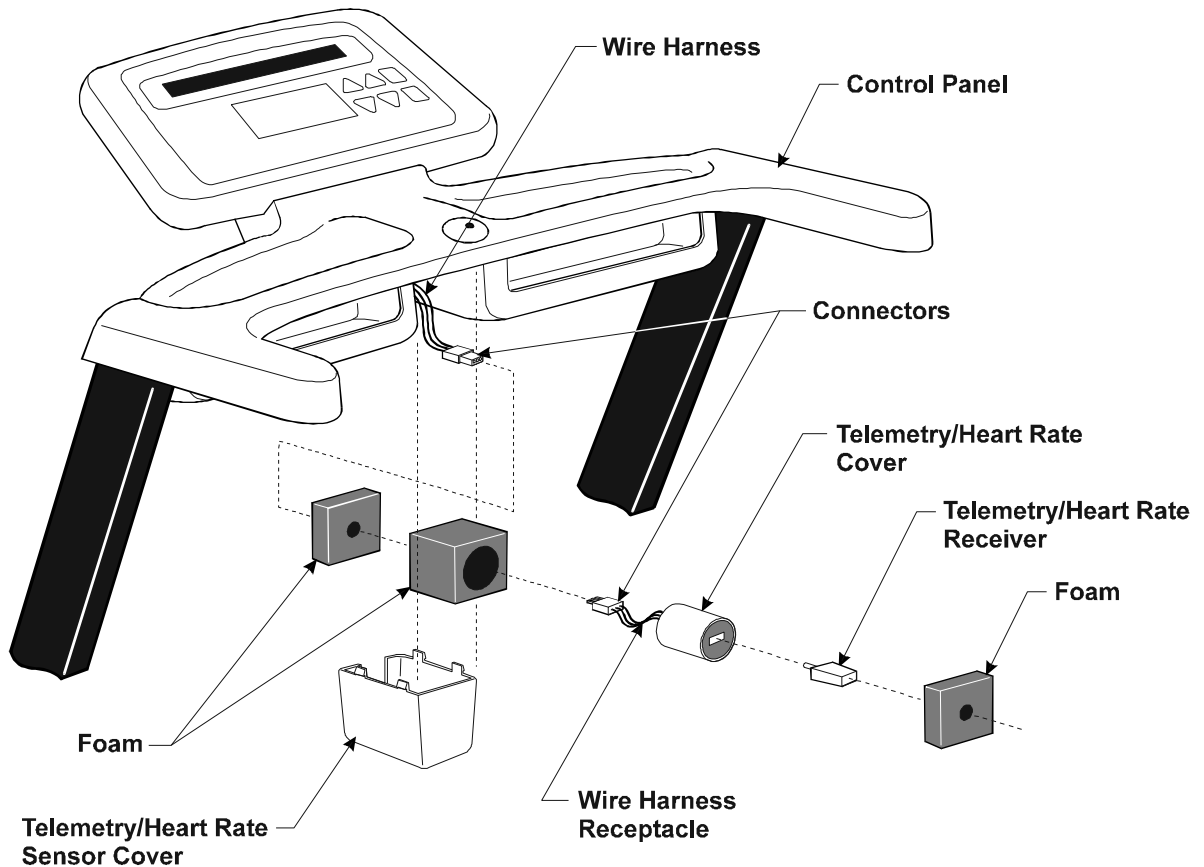
1 3  
X  
4 2

**NOTE: DO NOT OVERTIGHTEN THE SCREWS TO AVOID DAMAGE TO THE DISPLAY CONSOLE BRACKET OR HOUSING.**

## Life Fitness Model 5500HR Treadmill

# HOW TO ... REMOVE AND REPLACE THE TELEMETRY UNIT

Tools Required: None



### Step 1

Turn the power OFF at the ON/OFF switch and then unplug the unit from the electrical outlet.

### Step 2

Carefully squeeze the sides of the TELEMETRY/HEART RATE SENSOR COVER inward to disengage the four tabs from the CONTROL PANEL.

### Step 3

Unplug and remove the FOAM encased TELEMETRY/HEART RATE RECEIVER from the TELEMETRY/HEART RATE COVER.

### Step 4

Carefully remove the TELEMETRY/HEART RATE RECEIVER from its protective FOAM sleeve.

### Step 5

Unplug the TELEMETRY/HEART RATE RECEIVER from the WIRE HARNESS receptacle and remove the faulty TELEMETRY/HEART RATE RECEIVER.

### Step 6

Install the new TELEMETRY/HEART RATE RECEIVER by reversing Steps 1 through 5 to return all parts to their proper locations.

## Life Fitness Model 5500HR Treadmill

# HOW TO ... REMOVE AND REPLACE THE LIFT ACTUATOR

**Tools Required:** Phillips screwdriver, pliers

### Step 1

Turn the power OFF at the ON/OFF switch and then unplug the unit from the electrical outlet.

### Step 2

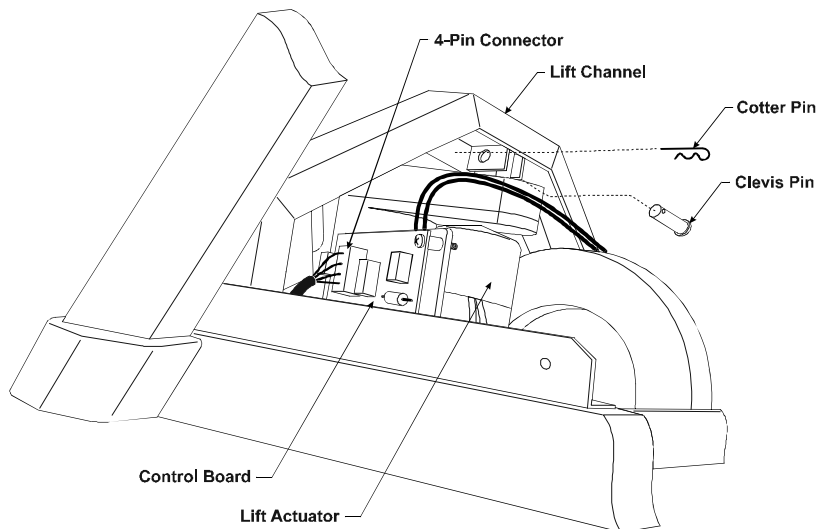
Remove the MOTOR COVER (See How To...”).

### Step 3

Ground yourself to the machine by positioning an ANTI-STATIC GROUNDING STRAP around your wrist and attaching the other end to a MOUNTING SCREW or a connecting GROUND WIRE SCREW.

### Step 4

Disconnect the 4-PIN CONNECTOR leading from the LIFT ACTUATOR to the CONTROL BOARD.

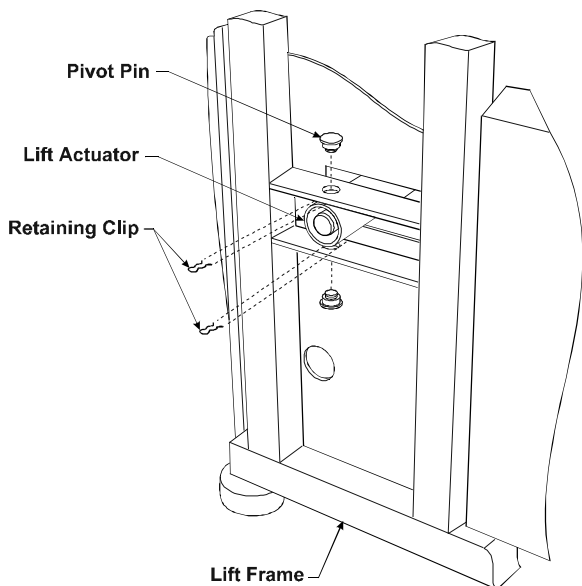


### Step 5

With the help of another person, tilt the unit onto the user-right side.

### Step 6

Remove the COTTER PIN from the CLEVIS PIN located under the LIFT CHANNEL and then remove the CLEVIS PIN securing the LIFT ACTUATOR to the LIFT CHANNEL.



### Step 7

Remove each of the two RETAINING CLIPS securing the PIVOT PINS to the LIFT ACTUATOR through the LIFT FRAME. Remove the worn LIFT ACTUATOR.

### Step 8

Place the new LIFT ACTUATOR into position and replace the CLEVIS and COTTER pins to attach the new LIFT ACTUATOR to the LIFT CHANNEL.

### Step 9

Position the LIFT FRAME flush against the bottom of the treadmill. Adjust the LIFT ACTUATOR NUT to align with the PIVOT PIN holes in the LIFT FRAME.

**NOTE: THE ACTUATOR SCREW LOCATION IS SET AT THE FACTORY. DO NOT TURN THE ACTUATOR SCREW DURING HANDLING OR INSTALLATION.**

### Step 10

Replace the PIVOT PINS and RETAINING CLIPS. Reverse Steps 1 through 6 to return all parts to their proper positions.

## Life Fitness Model 5500HR Treadmill

# HOW TO ... REMOVE AND REPLACE THE ON/OFF SWITCH

**Tools Required:** Phillips screwdriver

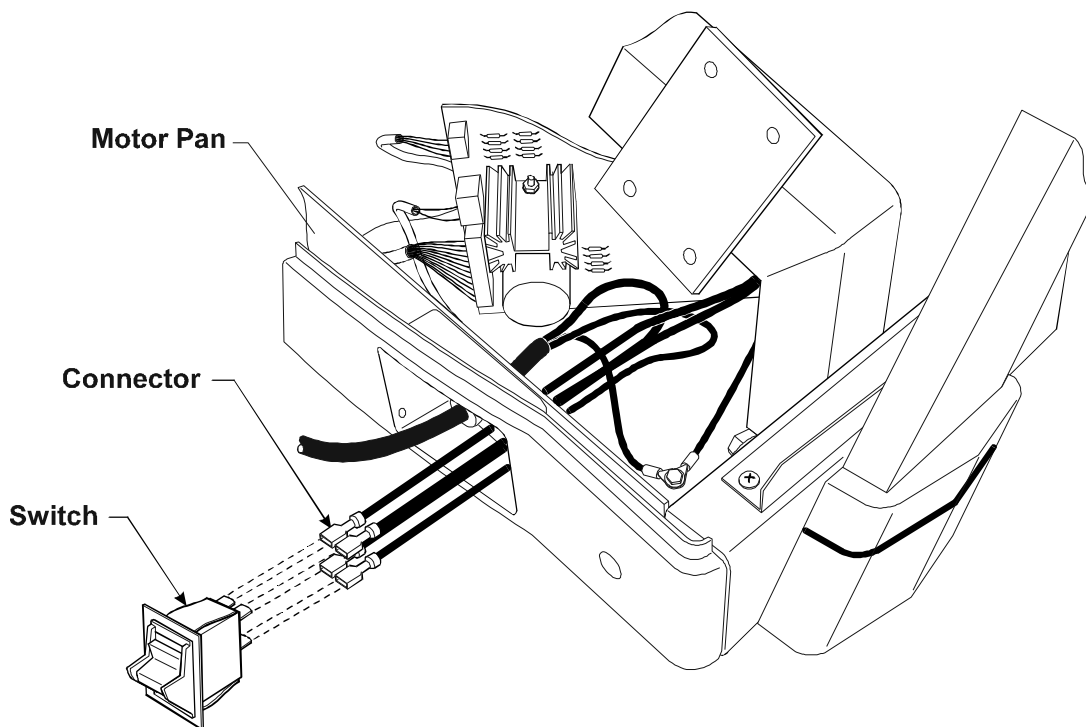
### Step 1

Turn the power OFF at the ON/OFF switch and then unplug the unit from the electrical outlet.

### Step 2

Remove the MOTOR COVER (See How To...”).

**NOTE: TAKE A MOMENT TO NOTE THE LOCATIONS OF THE CONNECTORS PRIOR TO UNPLUGGING THEM FROM THE SWITCH.**



### Step 3

Remove the two CONNECTORS from the SWITCH.

### Step 4

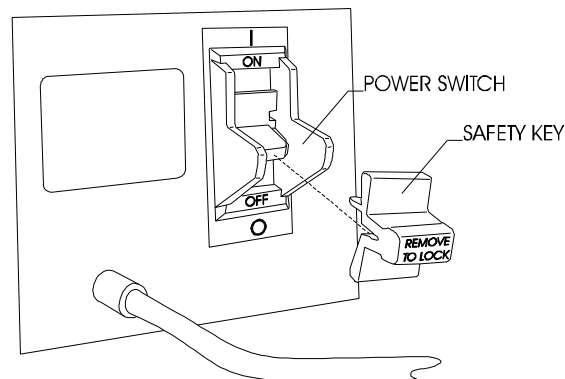
Remove the two SCREWS securing the SWITCH to the MOTOR PAN and remove the faulty SWITCH.

### Step 5

Place the new SWITCH in position and reverse steps 1 through 4 to return all parts to their proper locations.

### Step 6

Some models are equipped with a SAFETY STOP SWITCH. If you are installing such a SWITCH, insert the SAFETY KEY into the POWER SWITCH and toggle it to the "ON" or "I" position.



## Life Fitness Model 5500HR Treadmill

### HOW TO ... REMOVE AND REPLACE THE CHOKE

**Tools Required:** Phillips screwdriver, socket and wrench set

**WARNING: FAILURE TO OBSERVE SAFE PROCEDURES WHEN SERVICING THIS UNIT  
COULD RESULT IN INJURY FROM ELECTRICAL SHOCK.**

#### Step 1

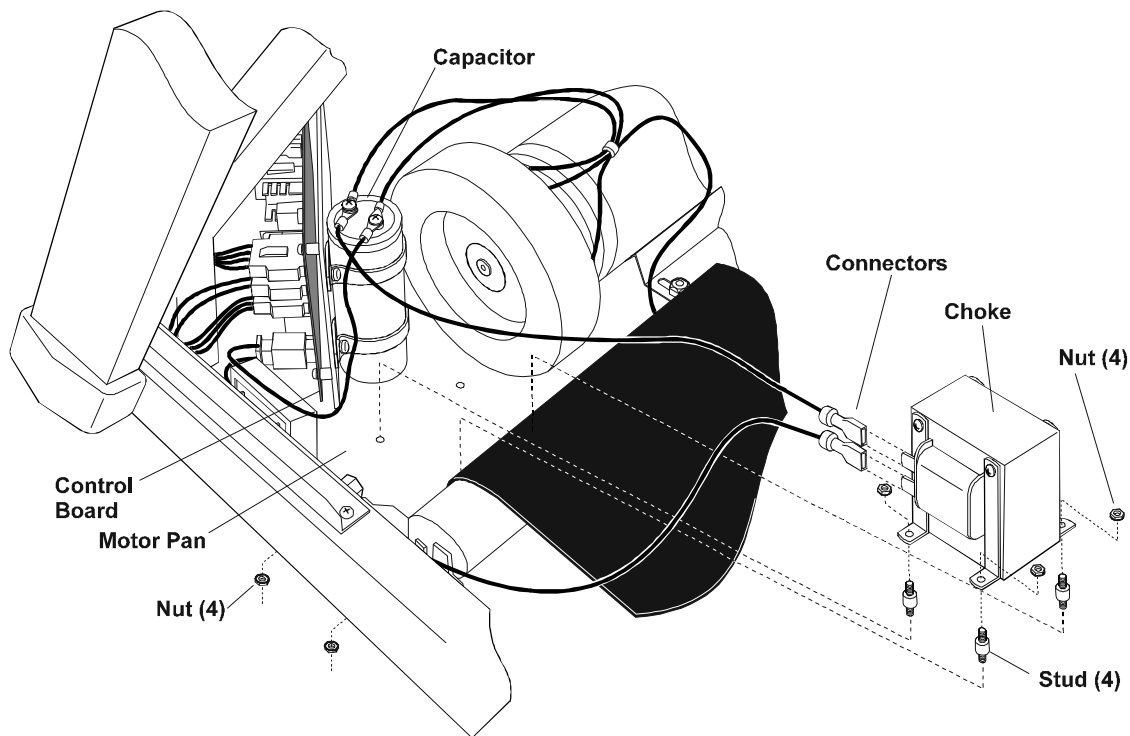
Turn the power OFF at the ON/OFF switch and then unplug the unit from the electrical outlet.

#### Step 2

Remove the MOTOR COVER (See How To...”).

#### Step 3

With the power to the machine **OFF**, hold the handrails and walk on the treadmill until the STRIDING BELT completes at least one revolution around the rollers (this will aid in releasing any electrical charge which may be held in the CAPACITOR). Remove the CAPACITOR CAP and **use a DC Voltmeter to check and insure that the CAPACITOR does not hold a charge** prior to proceeding to Step 4.



#### Step 4

Using a socket and wrench, loosen and remove the four NUTS securing the CHOKE to the STUDS on the MOTOR PAN.

#### Step 5

Lift out the CHOKE and slide off each of the two CONNECTORS from the side of the faulty CHOKE and connect them to the new CHOKE in the same locations.

#### Step 6

Place the new CHOKE into position and reverse Steps 1 through 5 to return all parts to their proper locations.

## Life Fitness Model 5500HR Treadmill

### HOW TO ... REMOVE AND REPLACE THE TRANSFORMER

**Tools Required:** Phillips screwdriver, socket and wrench set

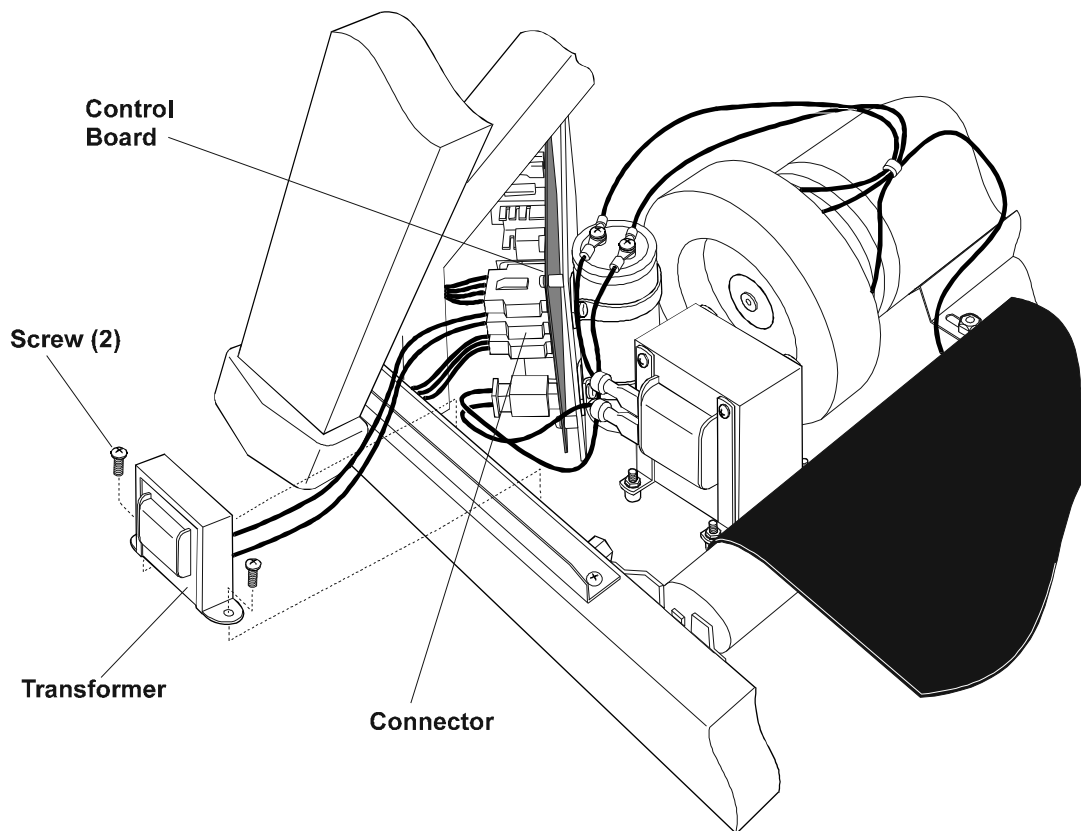
**WARNING: FAILURE TO OBSERVE SAFE PROCEDURES WHEN SERVICING THIS UNIT  
COULD RESULT IN INJURY FROM ELECTRICAL SHOCK.**

#### Step 1

Turn the power OFF at the ON/OFF switch and then unplug the unit from the electrical outlet.

#### Step 2

Remove the MOTOR COVER (See How To...”).



#### Step 3

Using a Phillips screwdriver, loosen and remove the two SCREWS securing the TRANSFORMER to the MOTOR PAN.

#### Step 4

Lift out the faulty TRANSFORMER and unplug the CONNECTOR from the HEATSINK CONTROL BOARD.

#### Step 5

Place the new TRANSFORMER into position and reverse Steps 1 through 4 to return all parts to their proper locations.

***Life Fitness Model 5500HR Treadmill***

**NOTES:**

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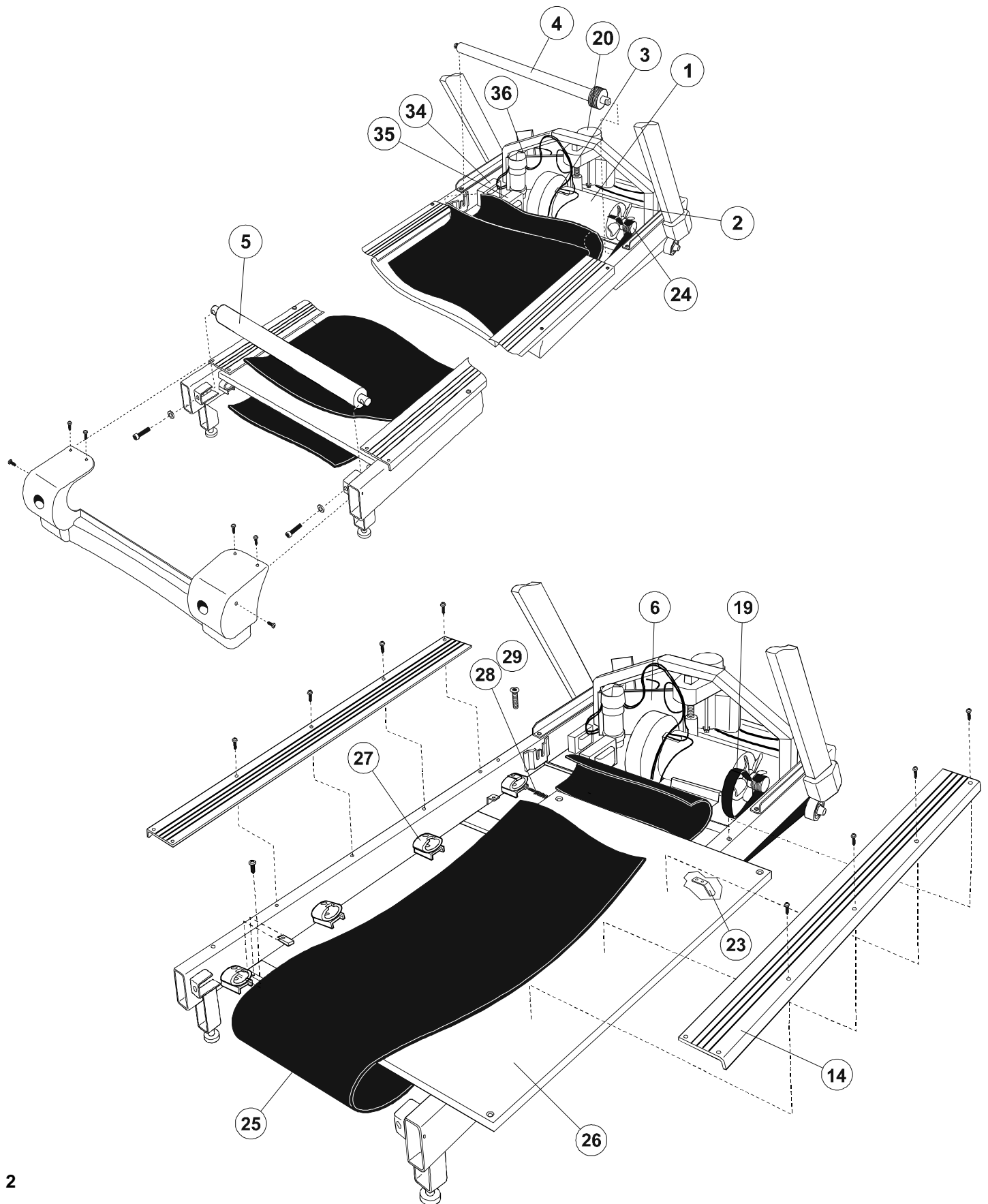
**Life Fitness Model 5500HR Treadmill**  
**PARTS DESCRIPTION**

ITEM	DESCRIPTION	PART NUMBERS	PARTS NOT CALLED OUT OR SHOWN	PART NUMBERS	SERIAL NO. 268648 ↓	SERIAL NO. 268649 ↑
1.	Drive Motor Assy	SK36-00068-0001				
2.	Fan: Plastic	OK36-01093-0001				
3.	Opto sensor w/Bkt Assy	AK36-00070-0000	Warranty Card		AK36-00055-0003	AK36-00055-0001
4.	Front Roller Assy 2"	AK36-00066-0000	Manual: Oper			
5.	Rear Roller	OK36-01132-0000	Manual: Serv	MO51-00K36-A032		
6.	Heatsink Assy	AK36-00061-0000				
7.	Console Assy	AK36-00049-0001				
8.	Overlay Bezel	AK36-00050-0001				
9.	Line Cord	AK36-00013-0000				
10.	Control Panel or Tray Assy	AK36-00019-0005				
11.	Clip Assy	AK36-00027-0001				
12.*	Hardware Kit				AK36-00034-0000	AK36-00034-0001
13.	Motor Shroud Assy	AK36-00053-0000				
14.	Extrusion Rt Gray	OK36-01125-0001				
	Extrusion Lt Gray	OK36-01125-0002				
16.	Support: Center	AK36-00072-0000				
18.	Handle Assy RT	GK36-00002-0007				
	Handle Assy LT	GK36-00002-0008				
19.	Belt: Drive Motor	OK36-01011-0002				
20.	Actuator: Lift	OK36-01012-0004				
21.	*Pin: Lift	OK40-01061-0000				
22.	Panel: Front	OK36-01013-0001				
23.	Guides: Belt	OK36-01061-0000				
24.	Pulley Sheave	OK36-01058-0001	<u>Cable Assembly NOT Shown</u>			
25.	Striding Belt	OK45-01005-0001	Cons H/R	AK36-00010-0001		
26.	Deck	OK36-01124-0000	Safety Switch	AK36-00029-0000		
27.	Tecspak LF Spring	OK40-01026-0001	Home Switch	AK36-00025-0000		
28.	*Tinsel	OK26-01764-0000	Motor/Choke	AK36-00063-0000		
29.	*Spring Tinsel	0017-00009-0901	Disp/Cons/Cont	AK36-00064-0000		
30.	Leveler Leg	0017-00009-0796	Opto	AK45-00022-0000		
31.	Home Switch	0017-00032-0178	Upper Console	AK45-00024-0001		
32.	On/Off Switch	AK40-00052-0000				
33.	Side Cap Rt	OK36-01089-0005	Decal: Bottom Rail	OK36-01111-0000		
	Side Cap Lt	OK36-01089-0006	Decal: Motor Cover	OK36-01115-0000		
34.	Transformer	AK36-00012-0002				
35.	Choke	111E-00001-0014				
36.	Capacitor: Motor	118E-00001-0056	Safety I/O Key	0017-00032-0191		
37.	Decal: Center Support	OK36-01137-0000				
38.	Rear Endcap Panel	OK36-01085-0003				
	* Not Shown					

**SECTION IV**

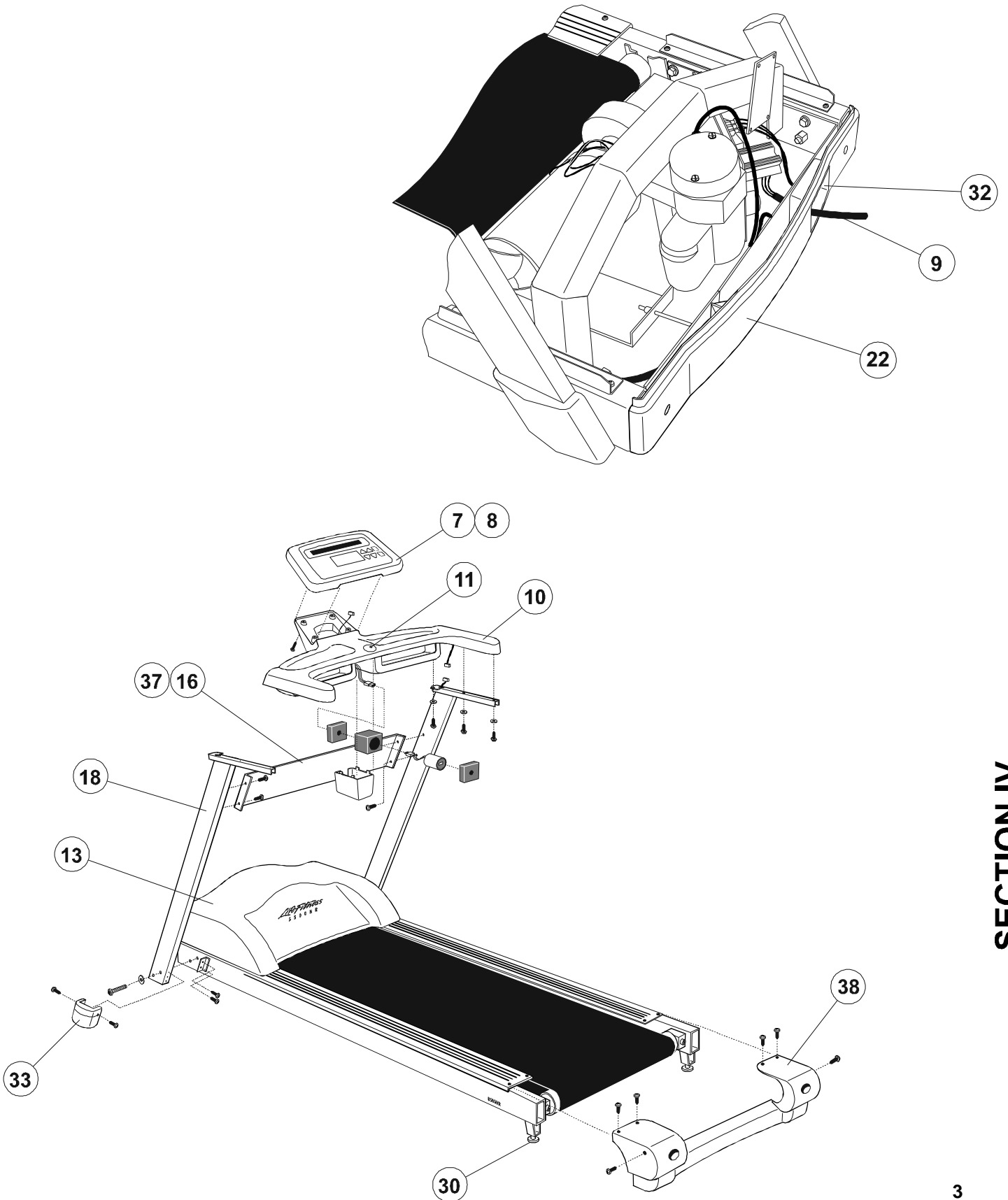
**Life Fitness Model 5500HR Treadmill**  
**PARTS DESCRIPTION**

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**Life Fitness Model 5500HR Treadmill**  
**PARTS DESCRIPTION**

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**SECTION IV**

**NOTES:**

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**Life Fitness Model 5500HR Treadmills**  
**PREVENTIVE MAINTENANCE TIPS**

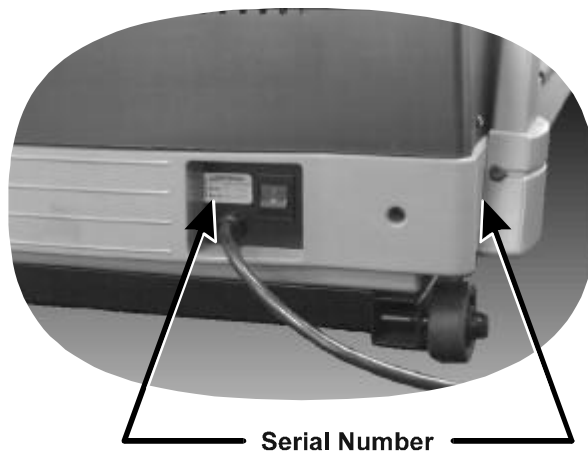
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ITEM	WEEKLY	MONTHLY	QUARTERLY	BI-ANNUAL	ANNUAL
Anti-Static Cords		INSPECT		REPLACE	
Console Mounting Bolts				INSPECT	
Frame	CLEAN			INSPECT	
Striding Belt ( Top )	CLEAN ( VACUUM )			INSPECT	
Deck				INSPECT	
Power Cord		INSPECT			
Display Console	CLEAN	INSPECT			
Handlebar	CLEAN			INSPECT	
Handrail and Handlebar Bolts				INSPECT	
Front Roller				INSPECT	
Rear Roller				INSPECT	
Stop Key	INSPECT				
Rear Roller Guard		CLEAN & INSPECT			
Poly-V Belt				INSPECT	

**Life Fitness Model 5500HR Treadmills**  
**COMMUNICATING BY FAX**

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*If you would like to submit a parts order, or if you need help troubleshooting a problem, we have included, for your convenience, a FAX form on the following page. Simply make a copy (or copies) of the FAX sheet and fill in the necessary information. You may FAX us at any time, 24 hours a day, to either of the numbers shown. A Life Fitness service representative will process your order, or respond to your problem, as quickly as possible.*





**CUSTOMER SUPPORT SERVICES**

PARTS ORDER (IF BOTH PLEASE INDICATE)  
 PRODUCT TROUBLESHOOTING

SALE  
 WARRANTY

NAME:	CUSTOMER NO:	DATE:
PHONE:	FAX:	CONTACT NAME:

METHOD OF SHIPMENT:  1 DAY  2 DAY  GROUND

<b>PARTS ORDER FORM</b>			
ITEM NO.	PART NUMBER	DESCRIPTION	QUANTITY
1			
2			
3			
4			
5			
6			

<b>PRODUCT TROUBLESHOOTING</b>	
PRODUCT NAME:	SERIAL NO.
DETAILED DESCRIPTION OF PROBLEM:	
PRODUCT NAME:	SERIAL NO.
DETAILED DESCRIPTION OF PROBLEM:	

TIME RECEIVED:	TIME COMPLETED:	TECHNICIAN NAME:
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CUSTOMER SUPPORT SERVICES

10601 W. Belmont Ave., Franklin Park IL 60131 PHONE (800) 351-3737 Toll Free or (847) 451-0036  
FAX (800) 216-8893 Toll Free or (847) 288-3702



**Life Fitness Model 5500HR Treadmills**  
**NOTES:**

***Life Fitness Model 5500HR Treadmills***

**NOTES:**

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