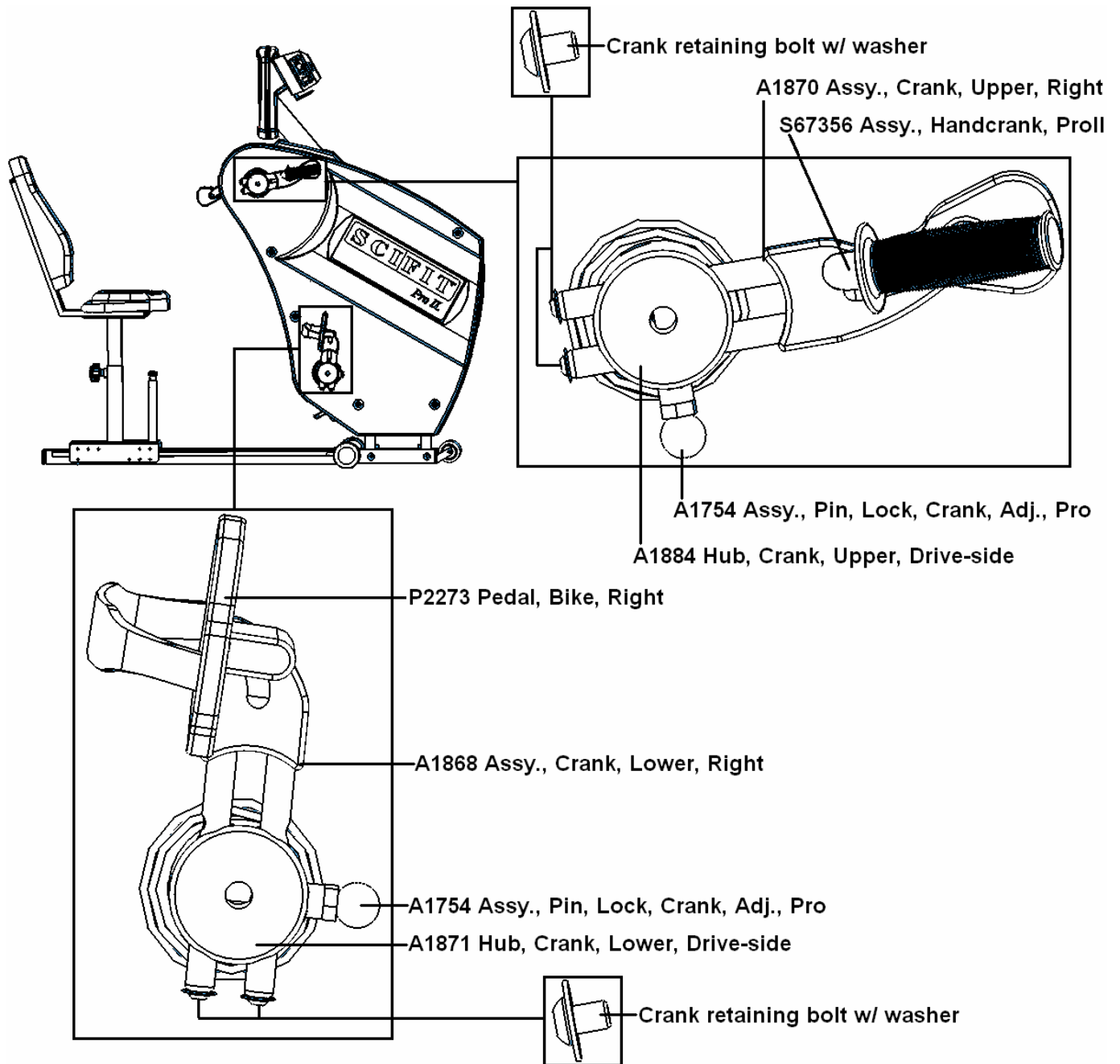


PROII Adjustable Crank Removal and Replacement



To Remove Cranks:

1. Remove crank retaining bolts and washers, using a 5/32" Allen wrench.
2. On the upper crank hub (A1884 or A1885), pull the black knob on the locking pin assembly (A1754) out and slide the crank assembly (A1869 or A1870) out. On the lower crank hub (A1871 or A1874), pull the black knob on the locking pin assembly (A1754) out and slide the crank assembly (A1867 or A1868) out.

To Install Cranks:

1. If both upper cranks were removed, install left side upper crank assembly (A1869) first. Pull the black knob on the locking pin assembly while inserting the left crank assembly (A1869) into the left hub (A1885). **Note: *The side of the crank assembly with the notches in it must be inserted into the holes closest to the locking pin assembly.***
2. Pull the black knob on the locking pin assembly while inserting the right crank assembly (A1870) into the left hub (A1884). **Note: *The right side crank assembly has notches in both rods. Generally, it is mounted 180° opposite the left crank assembly. It can also be rotated 180° for rowing exercises.***
3. Install foot crank assemblies (A1867 and A1868). With the arm in the down position, the foot crank assembly on that same side must be inserted into the holes in the hub from the side opposite the user.
4. Verify locking pin assemblies are seating properly before using the unit. **Note: *It is optional whether to reinstall the crank retaining bolts and washers. The retaining bolts are to keep the cranks from falling out when the locking pin assembly is pulled.***