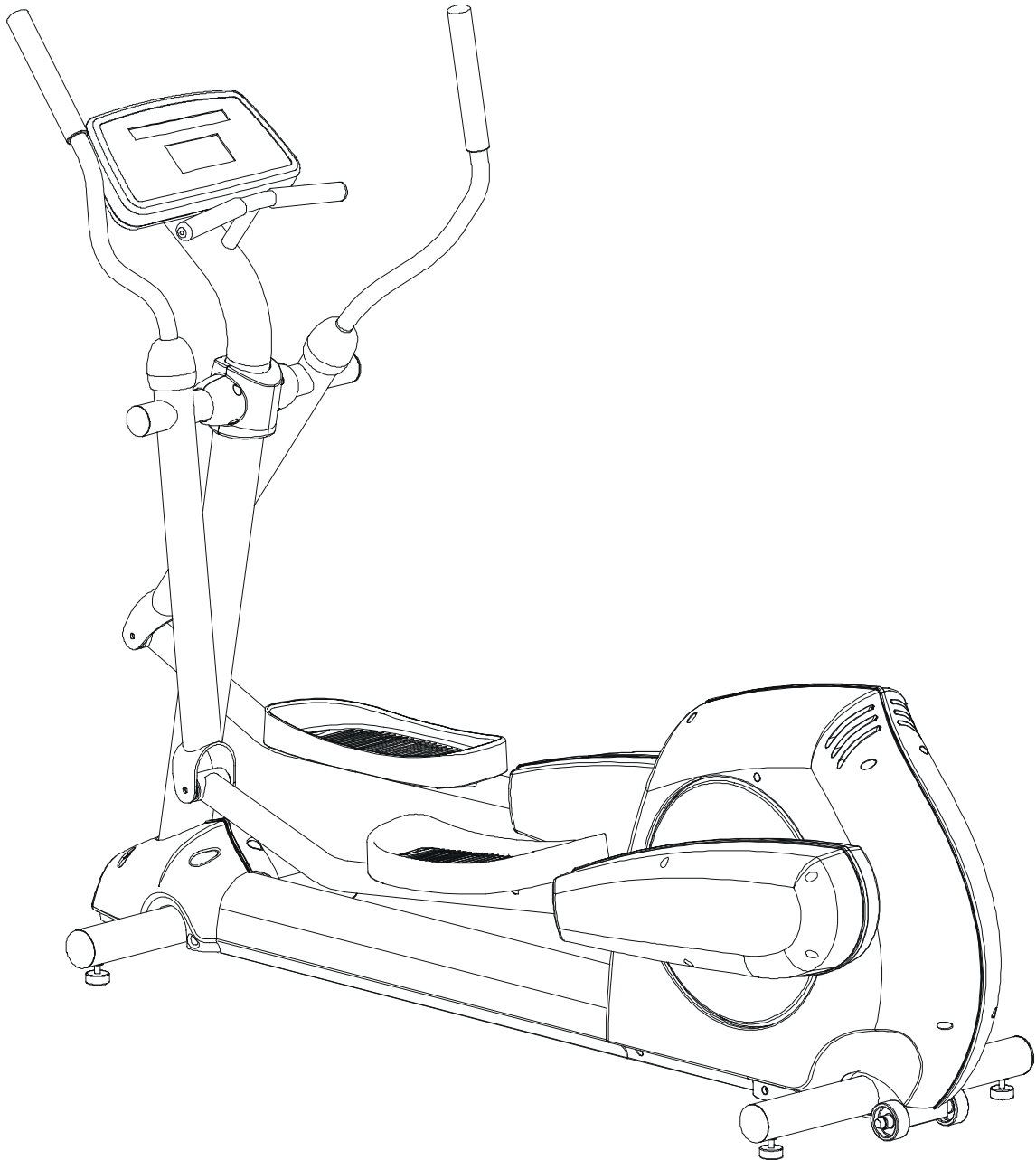


***LifeFitness***  
***Rely on it.™***

**Life Fitness Model 5500HR Cross-Trainer**



**Customer Support Services**  
***SERVICE MANUAL***

# Life Fitness Model 5500HR Cross-Trainer

## INTRODUCTION

### HOW TO USE THIS SERVICE MANUAL AND CONTACT CUSTOMER SUPPORT SERVICES

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Note: This service manual is applicable to Life Fitness model 5500HR Total Body Cross-Trainer.

The Service Manual provides instruction, guidance and recommendations on safe and efficient approaches to repair and adjustment situations. The Manual is separated into five sections.

- INTRODUCTION
- TABLE OF CONTENTS
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- Section II
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- Section III
  - ☐ "How To..." SERVICE AND REPAIR GUIDES
- Section IV
  - ☐ ELECTRONICS OVERVIEW
  - ☐ WIRING BLOCK DIAGRAMS
- Section V
  - ☐ PARTS IDENTIFICATION
- Section VI
  - ☐ MISCELLANEOUS INFORMATION

When an operating problem occurs, refer to troubleshooting guides and diagnostic tests in an attempt to isolate the cause. When applicable, guides and tests are listed by symptom followed with suggestions of probable cause(s).

Once you have pinpointed the source of the problem, refer to "How To..." guides for recommended repair procedures. "How To..." sub-sections are organized by replaceable part or assembly name. For convenience, sub-section lists recommended "Tools Required" to complete each specific function.

Refer to the PARTS IDENTIFICATION section to identify proper name and number of part to order for repair of equipment.

A reproducible telefacsimile order claim form is provided in COMMUNICATING BY TELEFACSIMILE for convenient ordering of service parts.

To order, contact Life Fitness Customer Support Services.

Via telefacsimile - 24 hrs. /day, 7 days/week.

Via telephone - Monday through Friday from 8:00 AM to 7:00 PM ( C.S.T.).

To speed Life Fitness Customer Support Services response to your needs, please be prepared to provide the following information to the phone technician.

1. Model number
2. Serial number
3. Symptom of problem
4. Part name and number to order (if known)

Before installing a part, review "How To..." and follow the step by step procedures recommended to install the part safely and efficiently.

If you have questions or comments, please telephone, fax or write us.

#### CUSTOMER SUPPORT SERVICES

10601 Belmont Avenue; Franklin Park, IL 60131; U.S.A.

Telephone: 847.451.0036 or Toll Free 800.351.3737    Telefacsimile: 847.288.3702 or Toll Free 800.216.8893

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**M051-00K61-A011**

**SECTION I**

**TROUBLESHOOTING  
GUIDES**

## Life Fitness Model 5500HR Cross-Trainer

### Symptom: Noisy

Malfunction	Probable Cause	Corrective Action
Loud thumping noise when pedal levers rotate under load.	Pulleys misaligned.	Loosen the pillow block bearing, align the pulleys and then retighten the pillow block bearings.
Rubbing/whining noise when pulleys are rotating.	Dirt build up in pedal tracks.	Clean and remove dirt build up.
	Rear roller wheels frozen.	Clean and lubricate with non detergent oil.
	Link or Pedal Lever is contacting rear cover.	Reposition rear cover(s) or replace.
Metal noise on rotation.  Grinding.	Faulty intermediate shaft /pulley assembly.	Replace intermediate shaft /pulley assembly.
	Faulty pillow block.	Replace pillow blocks on crankshaft.
	Alternator.	Relieve tension on alternator, spin flywheel for smoothness. If thumping occurs, faulty alternator. Replace alternator.
Rubbing/squeaking.	Bearings at pivot points out of position or dirty.	Clean all sleeves in the linkage pivot areas and lubricate with non detergent oil.
Knock/thumping occurs 180° apart in rotation.	Set screws in crank arm assembly are loose.	Loosen set screw and clamping screw in crank arm assembly. Place blue Loctite® (242) on screws. Tighten set screw first to set keyway, then tighten clamping bolt and nut 30-35 ft lbs.
	Small extension arm bolt loose.	Replace small extension arm kit.
	Link or Pedal Lever is contacting the rear cover.	Reposition or replace the rear cover(s).
		<b>For Assistance Contact:</b> <b>Life Fitness Customer Support Services</b> <b>Telephone: 847.451.0036 or 800.351.3737</b> <b>Telefacs: 847.288.3702 or 800.216.8893</b>

**Symptom: Slipping or Looseness**

<b>Malfunction</b>	<b>Probable Cause</b>	<b>Corrective Action</b>
Drive Belt slipping.	Loose or worn drive belt.	Adjust the tension on the main drive belt(See How To...). Rotate pulley and check the tension. Belt tension should be 170 FT LBS. for new belt and 160 FT LBS. if installing existing belt. If a J10 belt gauge is not available. Adjust to a 1/4" (7mm) deflection.
Upper Arms feel loose.	Bolts that connect the user and rocker arms are loose.	Adjust and tighten to a torque of 30-35 FT. LBS.
Front to back play in pedal / arm.	Worn bearings.	Check for front to back movement in bearings that connect pedal lever  Replace pedal lever assembly.
	Loose bolt at pedel lever and rocker arm joint.	Inspect and retighten 30-35 FT. LBS.
	Crank Arm is loose.	Loosen set screws and clamping screw in Crank arm Assembly. Place blue Locktite® 242 on screws. Tighten set screws first and then tighten the clamping bolt and nut 30-35 FT. LBS.
Alternator belt slipping.	Loose or worn alternator belt	Adjust the tension on the alternator drive belt Rotate pulley and check the tension. Belt tension should be 70 FT LBS. for new belt and 60 FT LBS. if installing existing belt. If a J8 belt gauge is not available. Adjust to a 1/4" (7mm) deflection. Also, Inspect for damage: replace alternator belt if necessary.
		<b>For Assistance Contact: Life Fitness Customer Support Services Telephone: 847.451.0036 or 800.351.3737 Telefacs: 847.288.3702 or 800.216.8893</b>

**Life Fitness Model 5500HR Cross-Trainer**

**Symptom: No Power**

<b>Malfunction</b>	<b>Probable Cause</b>	<b>Corrective Action</b>
No Power.	Verify unit is plugged in.	Plug unit into a receptacle / jack.
	Line cord damaged.	Inspect AC line cord, verify no damage.
	Damaged cable jack.	Inspect cable jack for damage.
	Circuit breaker blown.	Reset circuit breaker.
	Faulty power supply	Using a voltmeter, verify 9VDC at the output connector of the power supply. If 9V is not present, replace the power supply.
	Faulty display console	Using a voltmeter, verify 8Vdc at the 10 position Molex connector pin 1 on the display console PCB. If voltage is present, replace display console. If not, replace power control board.
	Faulty power control board.	Using a voltmeter, verify 8Vdc at 9 position connector pin 2, and pin6 on the power control board. If present, replace power control board. If not, replace line cord.

**Life Fitness Model 5500HR Cross-Trainer**

**Symptom: No Heart Rate Reading / Erratic Heart Rate**

<b>Malfunction</b>	<b>Probable Cause</b>	<b>Corrective Action</b>
Not reading heart rate.	Cable connection.	Disconnect and reconnect display console cable connection
	Pinched cable in Monocolumn cover.	Remove monocolumn covers and inspect cables. Replace damaged cable.
	Defective chest strap or improper position	Replace chest strap or reposition and rewet transmitter. Refer to Diagnostics state 3 on page 5 to execute the heart rate test.
Erratic heart rate.	Television sets and/or antennas, cell phones, computers, cars, high voltage lines and motor driven excise equipment	Reposition or move the possible components causing interference.
	Bad connection.	Check for corrosion on connectors. Disconnect and connect telemetry receiver.
	Cross talk from telemetry receiver.	Verify position of Cross-Trainer is proper distance from other telemetry equipped equipment. The distance should be at least three feet(1 meter).
		<b>For Assistance Contact:</b> <b>Life Fitness Customer Support Services</b> <b>Telephone: 847.451.0036 or 800.351.3737</b> <b>Telefacs: 847.288.3702 or 800.216.8893</b>

**Section I**

**Life Fitness Model 5500HR Cross-Trainer**

**Symptom: Display Shows No LED's or random LED's lit**

<b>Malfunction</b>	<b>Probable Cause</b>	<b>Corrective Action</b>
No power.	Unit is unplugged.	Verify power at outlet and the unit is plugged in. Refer to Diagnostics state 1 or 2 to verify the operation of the LED's.
No LED's or random LED's lit	Cable connection.	Remove display console and verify cable is properly plugged into console.
	8Vdc supply for LEDs.	Using a voltmeter, verify that 8VDC exists at the 9 position connector pin 2 and pin 6 on the power control board.  If voltage is not present, perform a continuity test on the cable or power supply outlet, and if necessary, replace the cable, outlet or inspect circuit breaker.  If a voltage reading can be obtained at the cable, then replace power control board.
	Main wire harness.	Check for a damaged wire harness. Replace wire harness.
		<b>For Assistance Contact: Life Fitness Customer Support Services Telephone: 847.451.0036 or 800.351.3737 Telefacs: 847.288.3702 or 800.216.8893</b>

**Life Fitness Model 5500HR Cross-Trainer**

**Symptom: TENSION and RPM**

**Section I**

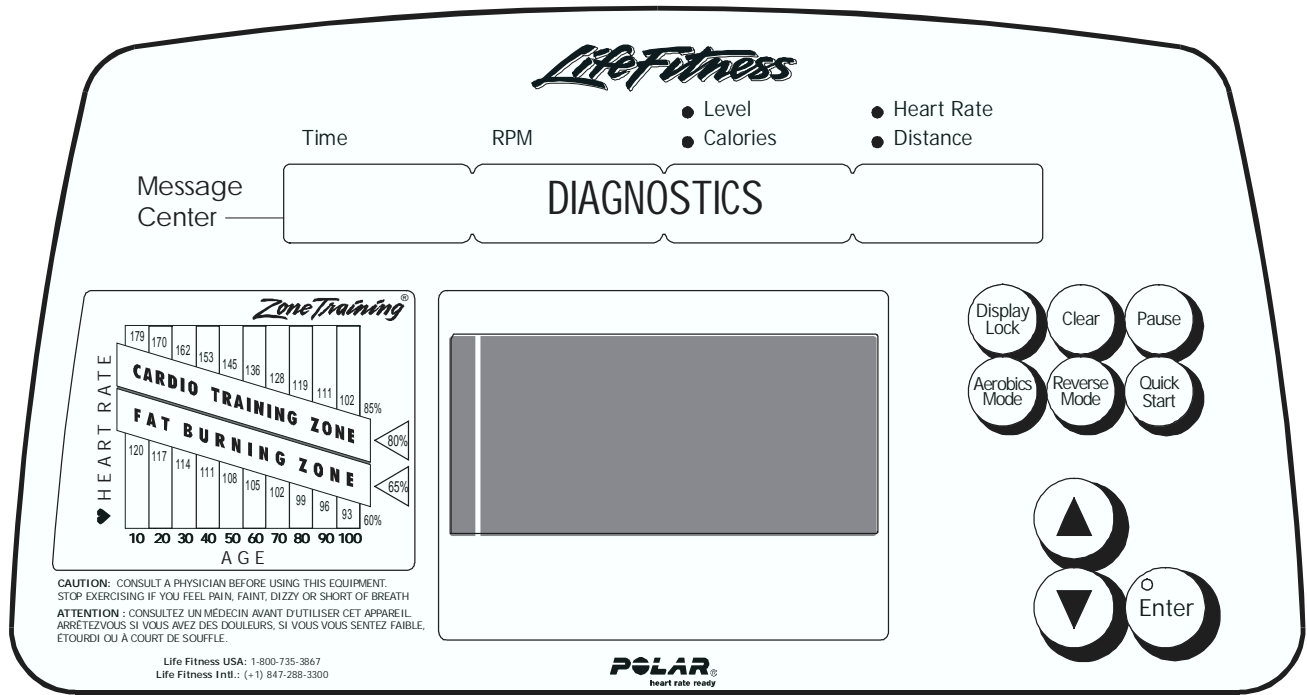
<b>Malfunction</b>	<b>Probable Cause</b>	<b>Corrective Action</b>
No RPM. Unit shuts off one minute into program.	Bad cable connection.	Verify cables connections at console to power control PCB, and power control PCB to alternator. Disconnect and re-connect cables.  Using a voltmeter, verify cable continuity on console to power control PCB and power control PCB to alternator.
Alternator belt tension.	Loose alternator belt.	Check tension. New belt should be tensioned to 85 FT LBS. Existing belt at 60 FT LBS. If gauges are not available, set to 1/4" (6mm) deflection.
No Load	Faulty Control PCB.	Enter diagnostic state 3 and execute the field duty cycle and increase the load. If load does not increase, replace Control PCB. Refer to Diagnostics section II page 5 for detailed information.
		<b>For Assistance Contact: Life Fitness Customer Support Services Telephone: 847.451.0036 or 800.351.3737 Telefacs: 847.288.3702 or 800.216.8893</b>



# **SECTION II**

# **DIAGNOSTIC MODES**

**Life Fitness Model 5500HR Cross-Trainer**  
**ACCESSING DIAGNOSTIC MODE**



To enter the diagnostic mode, proceed as follows:

1. While holding the DOWN ARROW key, press the CLEAR key twice. The MESSAGE CENTER should display the word "DIAGNOSTICS" as shown above.
2. Press the ENTER key to access the diagnostic modes.
3. Continue pressing the ENTER key to scroll through the various diagnostic modes.
4. Press the CLEAR key to scroll back to a previous diagnostic mode or to back out of the program.
5. Press the UP and DOWN ARROW keys to activate a selection within the diagnostic mode program.
6. In those diagnostic states that have a subdirectory, press the DISPLAY LOCK key to enter.

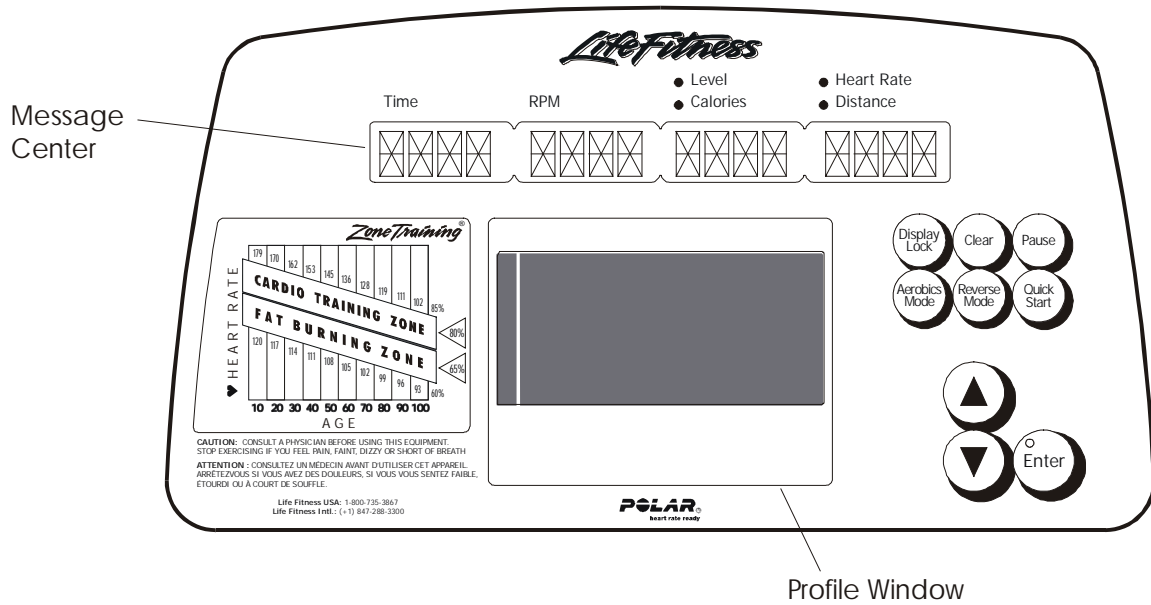
**NOTE: RPM diagnostic mode requires pedaling.**

**NOTE: Factory defaults are displayed when the LED is illuminated on the ENTER key.**

# Life Fitness Model 5500HR Cross-Trainer

## How To... EXECUTE DIAGNOSTIC STATE 1

### All LEDs and Keypad Test



**Section II**

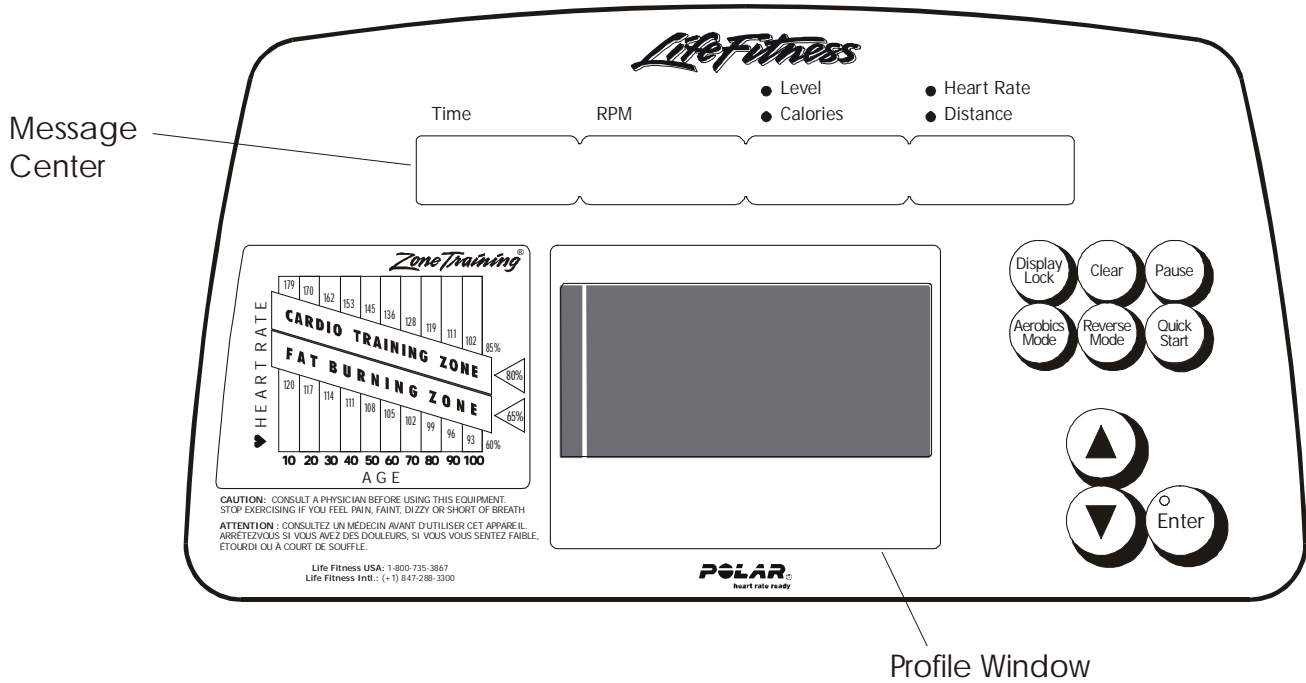
When pressing those keys listed below, the appropriate alpha-character should display across the MESSAGE CENTER.

KEY MODE	ALPHA-CHARACTER
DISPLAY LOCK	L
AEROBICS MODE	A
REVERSE MODE	R
QUICK START	Q
UP ARROW	U
DOWN ARROW	D
PAUSE	P

Press the CLEAR key to exit diagnostic mode.

Press the ENTER key to advance to Diagnostic State 2.

**Life Fitness Model 5500HR Cross-Trainer**  
**How To... EXECUTE DIAGNOSTIC STATE 2**



**Individual LED Test**

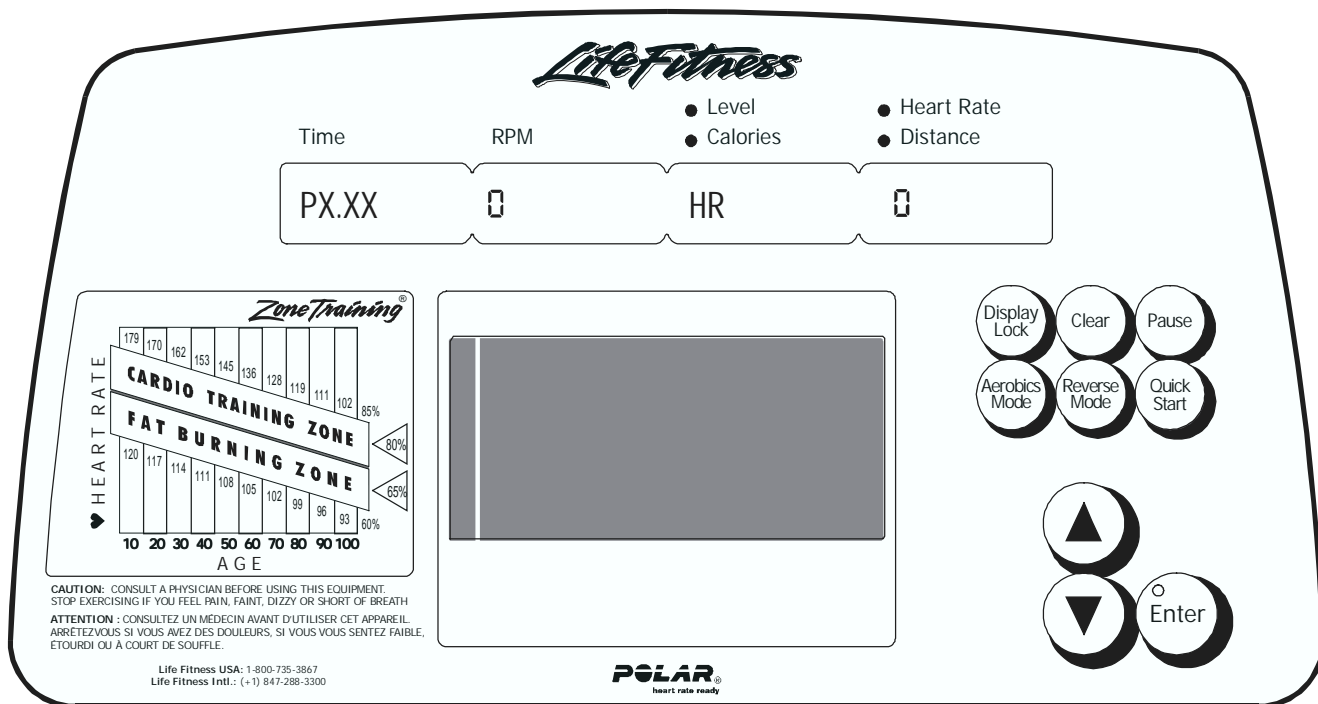
In this test, the system scrolls through each LED automatically to test its functionality.

- Press the CLEAR key to return to Diagnostics State 1.
- Press the ENTER key to advance to Diagnostics State 3.

# Life Fitness Model 5500HR Cross-Trainer

## How To... EXECUTE DIAGNOSTIC STATE 3

### Code Version / RPM / Heart Rate / Load Duty Cycle



Section II

The items displayed for selection are Code Version, RPM, Heart Rate, and Load Duty Cycle.

Code Version will be displayed under the TIME segment and will be a four(4) digit number. Press the DISPLAY LOCK key to access software part number xxxx-xxxx-xxxx. To go back to the original diagnostic screen press the DISPLAY LOCK key.

To verify the RPM signal, pedal and observe RPM value.

To verify that the heart rate system is functioning properly, use a polar simulator or chest strap. If the unit functions correctly the Heart Rate LED will illuminate and a heart rate value will be displayed in the MESSAGE CENTER under the LEVEL and CALORIES segment. Otherwise if heart rate is not detected then the "HR" characters will be displayed and the HEART RATE LED will not be lit.

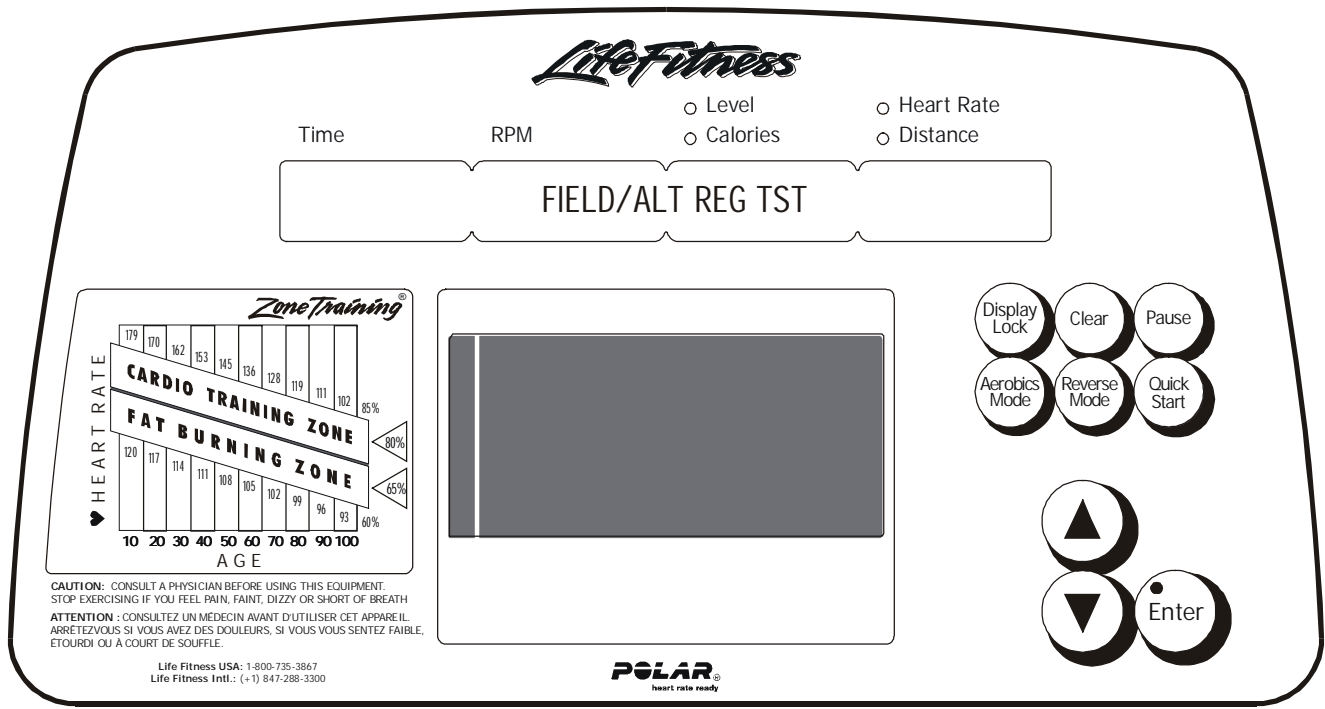
While pedaling, press the ARROW keys to verify the alternator LOAD DUTY CYCLE. Using the UP ARROW, increase load resistance from 0 to 250. Zero (0) equals a no Load Duty Cycle (LDC) state. 250 equals 100% of LDC. The Load Duty Cycle value will be located under the HEART RATE and DISTANCE segment. The PAUSE and QUICK START buttons can also be used to increase or decrease load duty cycle by 25, (10%) respectively.

Press the CLEAR key to return to Diagnostics State 2.

Press the ENTER key to advance to Diagnostics State 4.

**Life Fitness Model 5500HR Cross-Trainer**  
**How To... EXECUTE DIAGNOSTIC STATE 4**

**Field/Alternator-Regulator Test**



Prior to enter the test modes, set the load duty cycle in diagnostics state 3 to 50. Press the DISPLAY LOCK key once to access Field Test. Use the UP/DOWN ARROW toggle the field voltage ON and OFF. This will verify the operation of the alternator and cable connections. Initially after entering the diagnostics, stop pedaling. Set the field to OFF and resume pedaling. No significant resistance should be felt. While pedaling, set the field ON. The resistance should increase as the field test is turned on.

Press the DISPLAY LOCK key again to access Alternator/Regulator Test. Use the UP/DOWN ARROW key to toggle voltage ON/OFF. This will verify that the power control board is regulating the voltage properly and the load resistance should slightly decrease as the alternator/regulator is turned on.

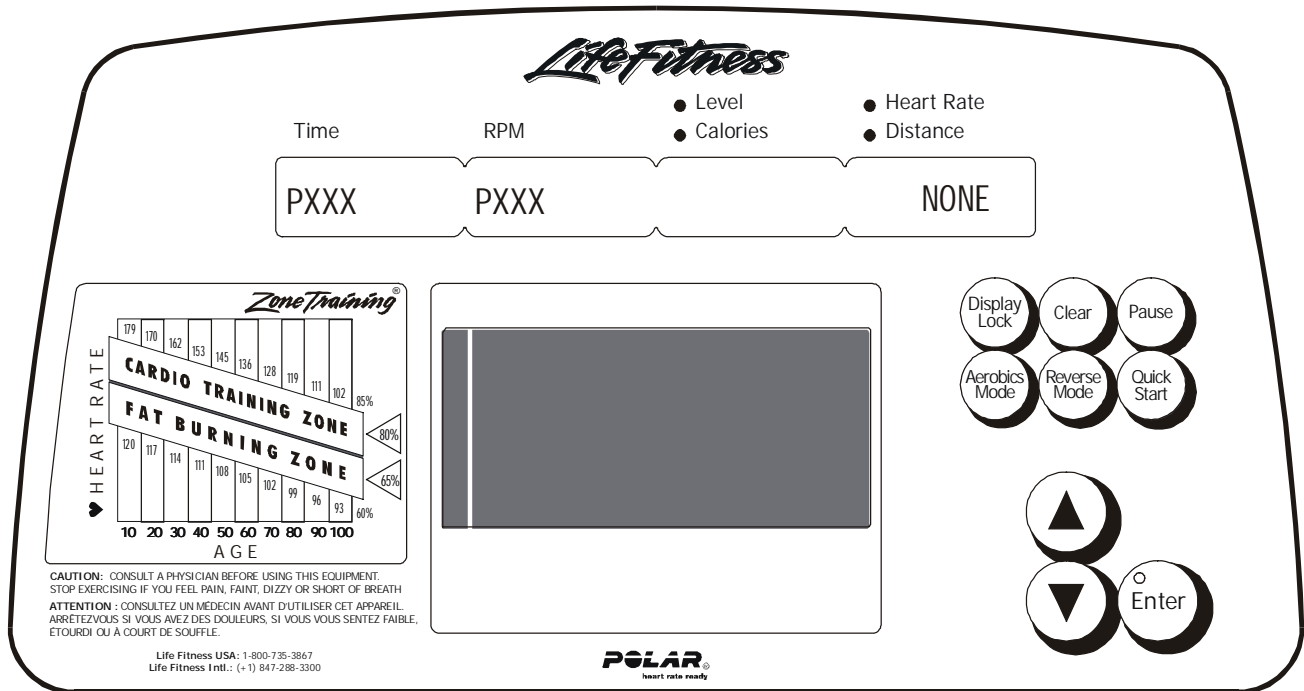
Press the CLEAR key to return to Diagnostics State 3.

Press the ENTER key to advance to Diagnostics State 5.

# Life Fitness Model 5500HR Cross-Trainer

## How To... EXECUTE DIAGNOSTIC STATE 5

### Networking – Status Test



Section II

The PROGRAM VERSION NUMBER for 68HC05 micro controller code version will be displayed in the elapsed time window (e.g. P\_.\_ \_0).

The PROGRAM VERSION NUMBER for HEART RATE DSP Board will be displayed in the speed window (e.g. P\_.\_ \_0).

The status of the LIFELINK board and LIFECENTER connection will be displayed in the CALORIES window. The following message will be displayed:

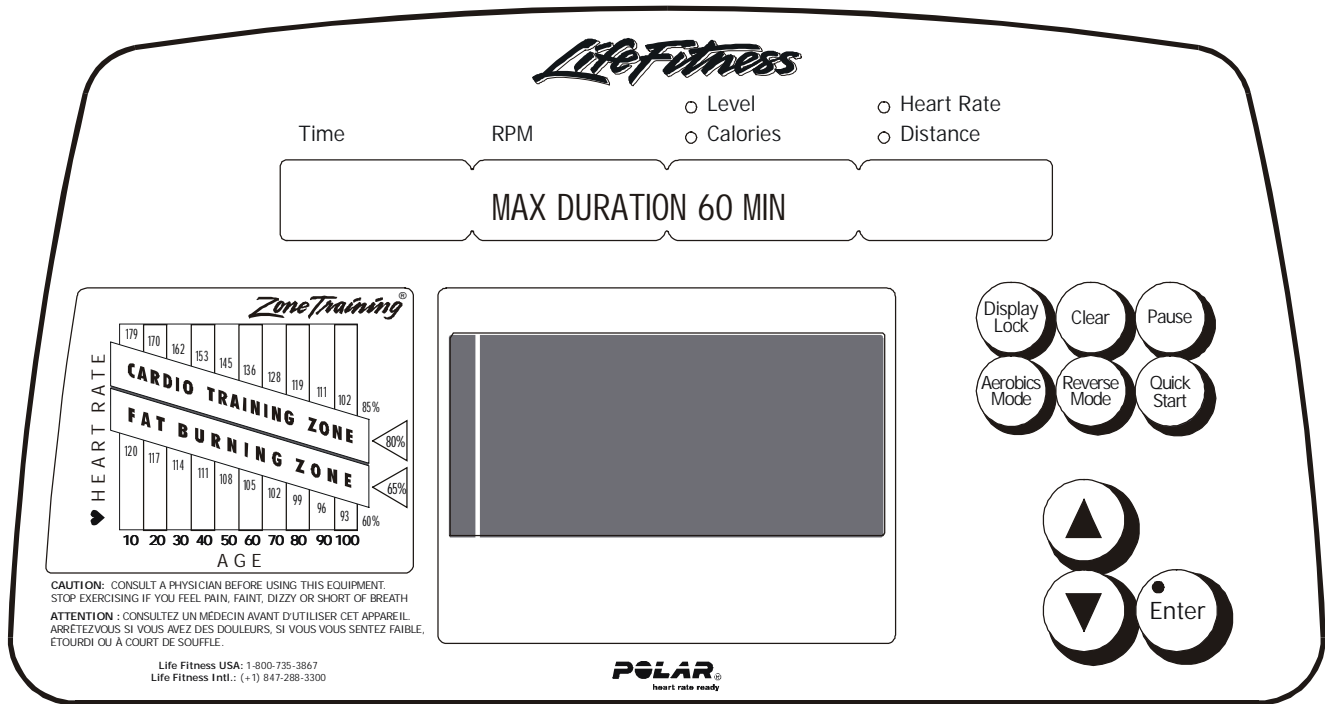
NONE = No LIFELINK board detected

Press the CLEAR key to return to Diagnostics State 4.

Press the ENTER key to advance to Diagnostics State 6.

**Life Fitness Model 5500HR Cross-Trainer**  
**How To... EXECUTE DIAGNOSTIC STATE 6**

**Maximum Workout Duration**



Maximum program duration can be adjusted from a range between 60-99 minutes. Press the DOWN ARROW to decrease values in decrements of 1 minute. Press the UP ARROW key to increase values in increments of 1 minute.

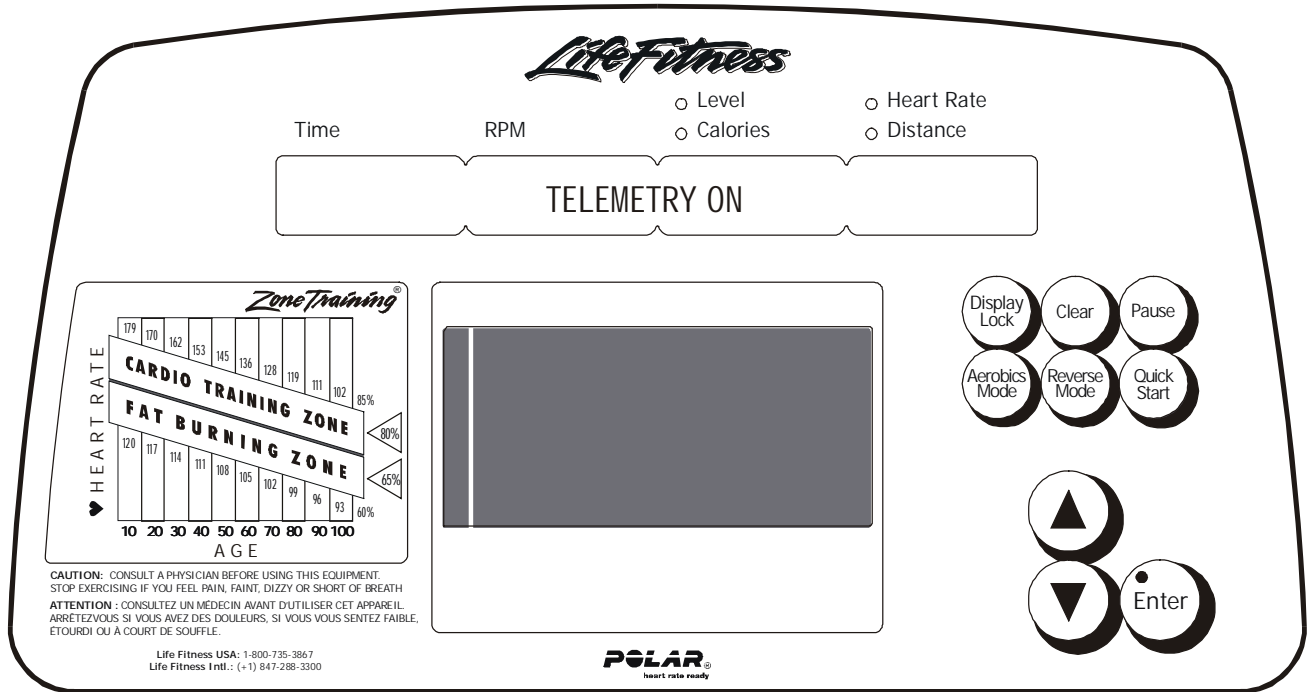
The LED on the ENTER key will illuminate when the value is set to the default of 60 minutes. This value is stored in EEPROM when the cross-trainer is not in use.

Press the CLEAR key to return to Diagnostics State 5.

Press the ENTER key to advance to Diagnostics State 7.

**Life Fitness Model 5500HR Cross-Trainer**  
**How To... EXECUTE DIAGNOSTIC STATE 7**

**Telemetry ON / OFF**



**Section II**

The default is TELEMETRY ON. Press the DOWN ARROW to turn OFF telemetry and the UP ARROW to turn it back ON. A heart shape illuminates in the program profile window.

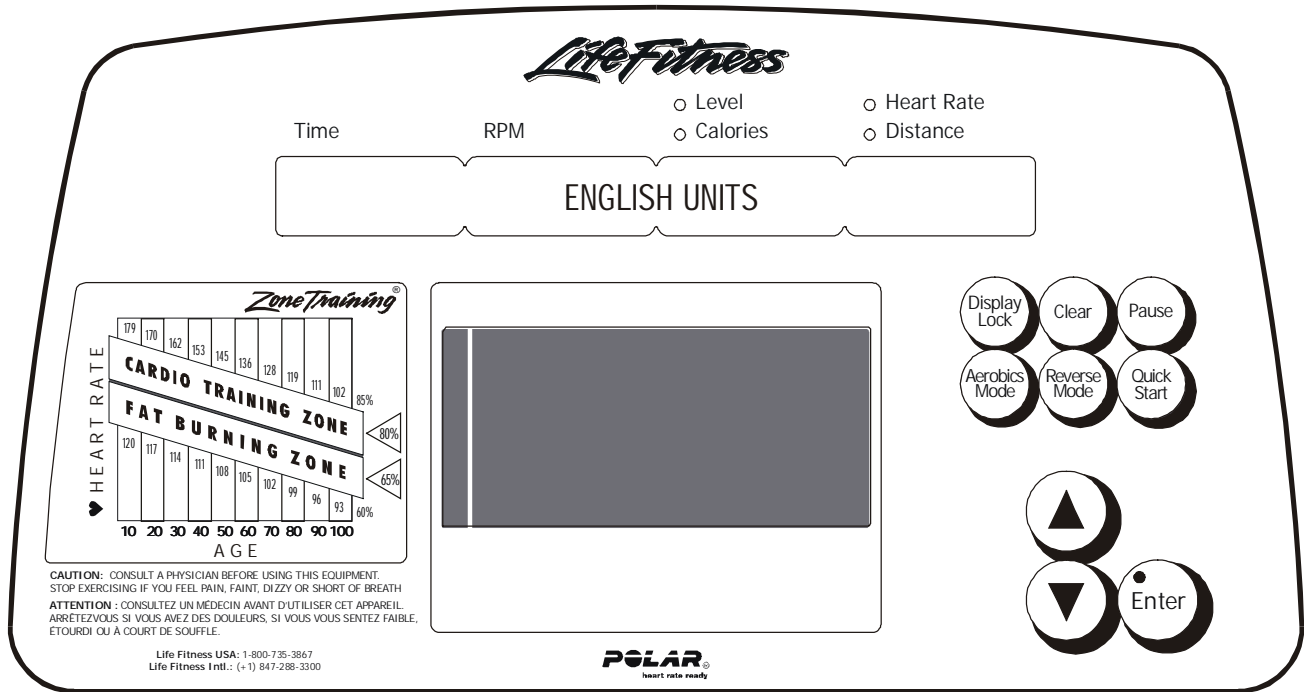
The ENTER key LED illuminates to indicate when TELEMETRY ON. This value is stored in EEROM while the cross-trainer is not in use.

Press the CLEAR key to return to Diagnostic State 6.  
 Press the ENTER key to advance to Diagnostic State 8.

# Life Fitness Model 5500HR Cross-Trainer

## How To... EXECUTE DIAGNOSTIC STATE 8

### English or Metric Units



ENGLISH or METRIC units can be selected. Press the DOWN ARROW to select METRIC units. Press the UP ARROW to select ENGLISH.

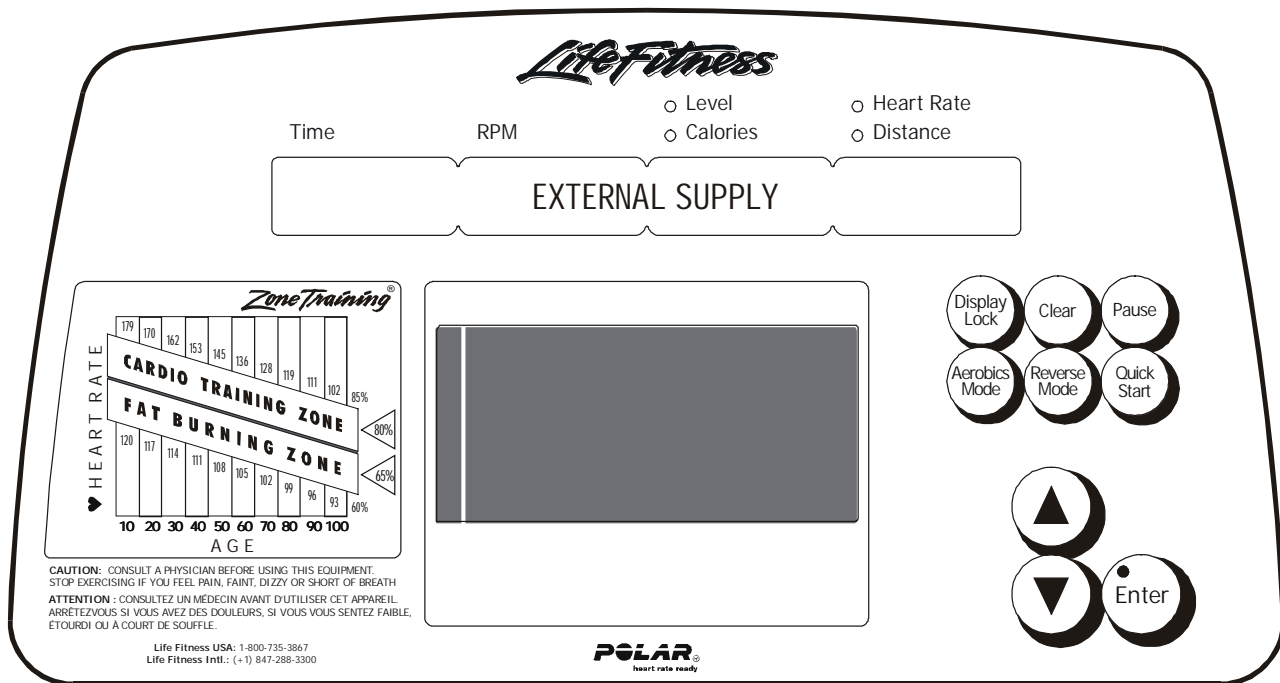
The ENTER key LED illuminates when defaulted to ENGLISH UNITS. This value is stored in EEROM and is kept when the cross-trainer is not in use.

Press the CLEAR key to return to Diagnostic State 7  
 Press the ENTER key to advance to Diagnostic State 9

# Life Fitness Model 5500HR Cross-Trainer

## How To... EXECUTE DIAGNOSTIC STATE 9

### Power Supply Type



Section II

There are two types of power supply sources (BATTERY and EXTERNAL).

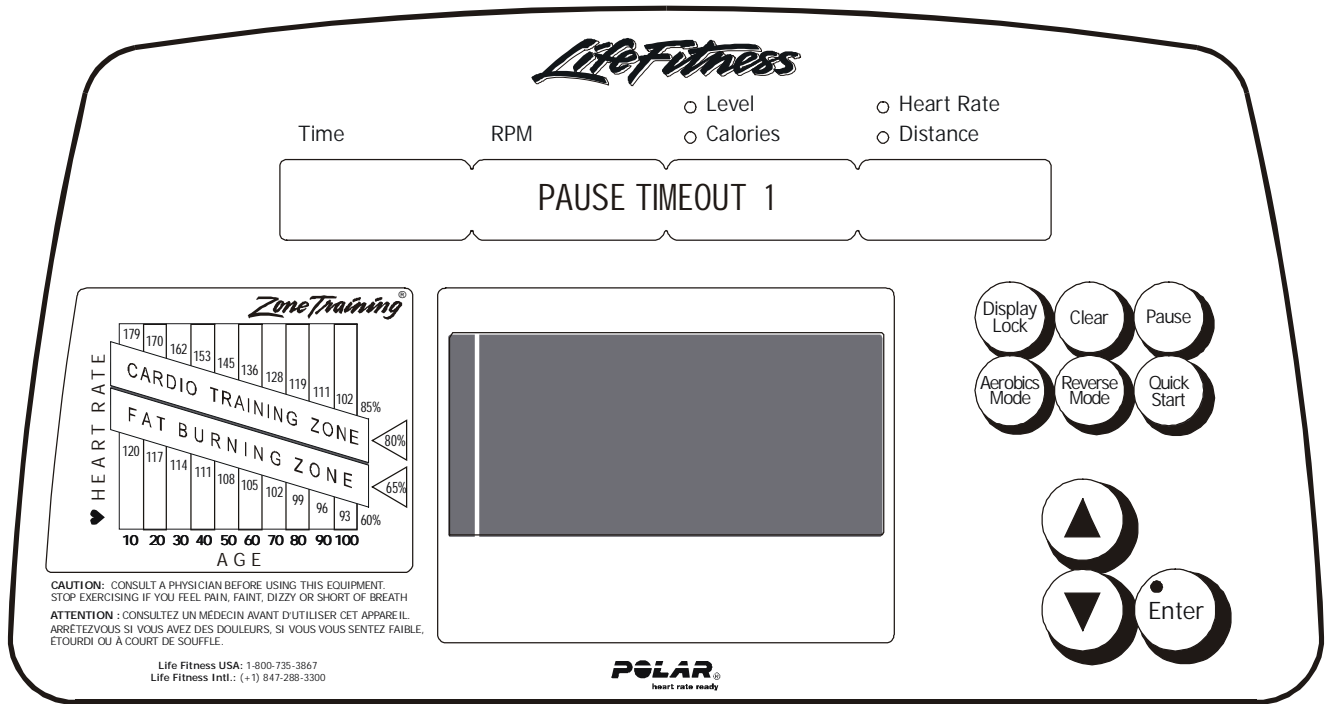
If BATTERY is selected, then SHUTDOWN TIME and PROGRAM TIME must be set. The SHUTDOWN TIME (BATTERY only) is set in seconds. The time specified will shut off the cross-trainer when no RPMs are detected. The PROGRAM TIME, is the maximum time allowed for inputting weight, age, etc. If no entry is made after a few seconds, the unit automatically shuts off.

Make sure that the displayed value is EXTERNAL SUPPLY. If need be, change the value to EXTERNAL SUPPLY by pressing the DOWN ARROW key.

Press the CLEAR key to return to Diagnostic State 8.  
 Press the 'ENTER' key to advance to Diagnostic State 10.

**Life Fitness Model 5500HR Cross-Trainer**  
**How To... EXECUTE DIAGNOSTIC STATE 10**

**Pause Timeout**



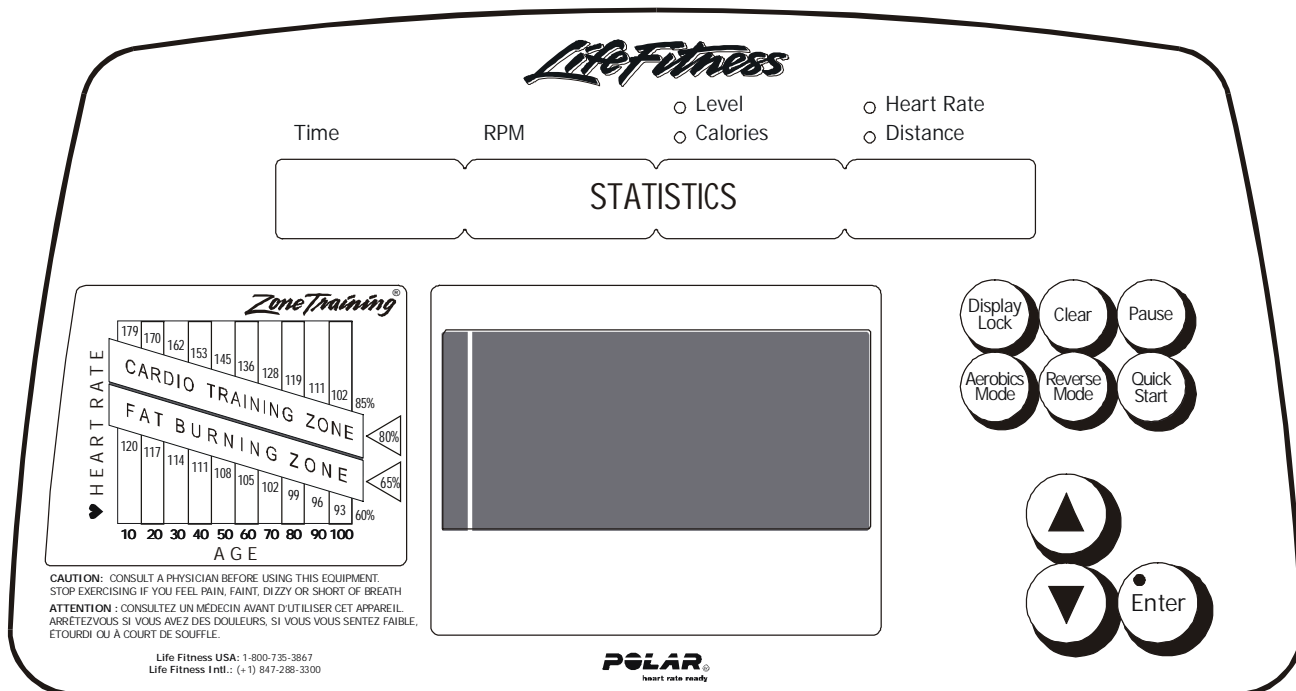
The PAUSE TIMEOUT setting specifies the amount of time that the unit will stay in pause mode. The time is specified in minutes from 1-99. Press the UP/DOWN ARROW keys to change the time settings.

Pressing the 'CLEAR/PAUSE' key will return to Diagnostics State 9.  
 Pressing the 'ENTER' key will advance to Diagnostics State 11.

# Life Fitness Model 5500HR Cross-Trainer

## How To... EXECUTE DIAGNOSTIC STATE 11

### Statistics



Section II

Press the UP ARROW to scroll forward through the programs to display total hours and for number of times each program has been selected.

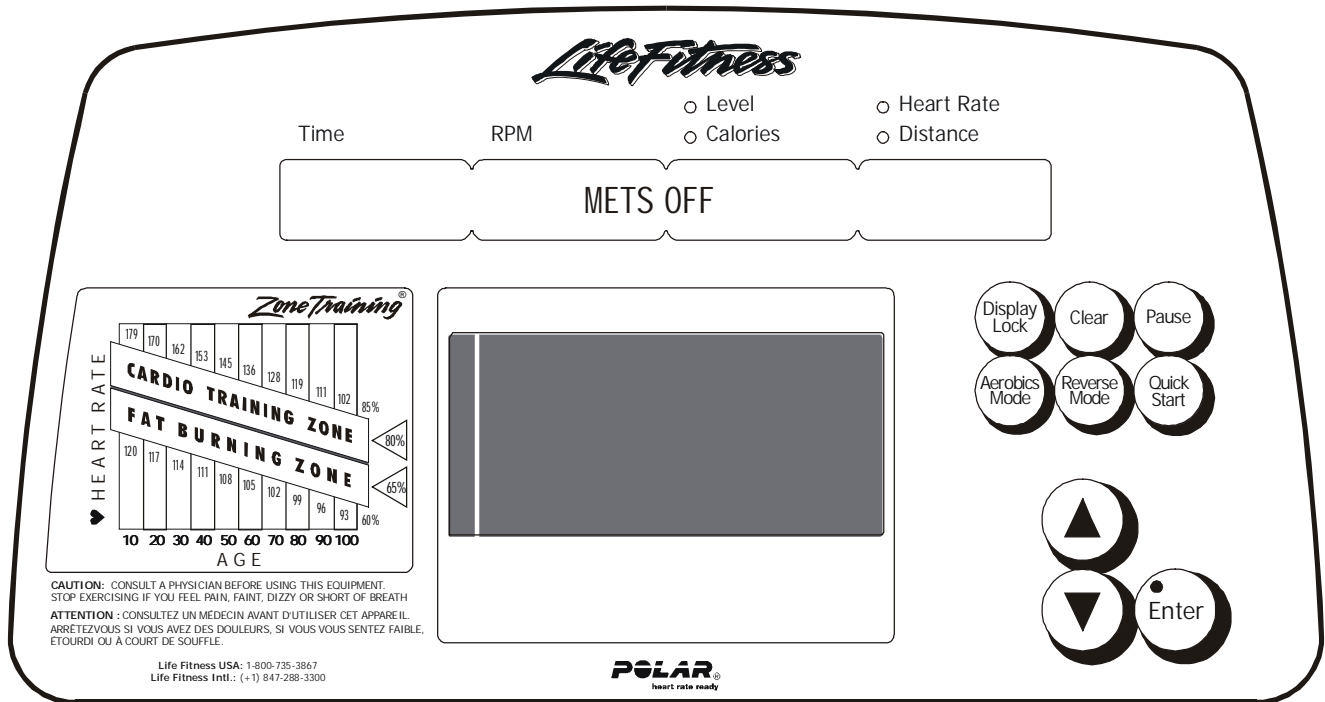
Press the DOWN ARROW to scroll backwards.

Press the CLEAR key to return to Diagnostic State 10.  
Press the ENTER key to advance to Diagnostic State 12.

STATISTICS	
<b>HOURS</b>	Number of hours
<b>HILL</b>	Number of times
<b>RANDOM</b>	Number of times
<b>MANUAL</b>	Number of times
<b>FAT</b>	Number of times
<b>CARDIO</b>	Number of times
<b>X-REV</b>	Number of times
<b>X-AERO</b>	Number of times
<b>QUICK</b>	Number of times

**Life Fitness Model 5500HR Cross-Trainer**  
**How To... EXECUTE DIAGNOSTIC STATE 12**

**METS Enable/Disable**



Press the DOWN ARROW to disable the METS mode. Press the UP ARROW to enable the METS mode. METS is the expression of the rate of work power output. One MET is approximately equal to a person's metabolism when seated and relaxed.

When the value is set to METS OFF default the ENTER key LED will illuminate.

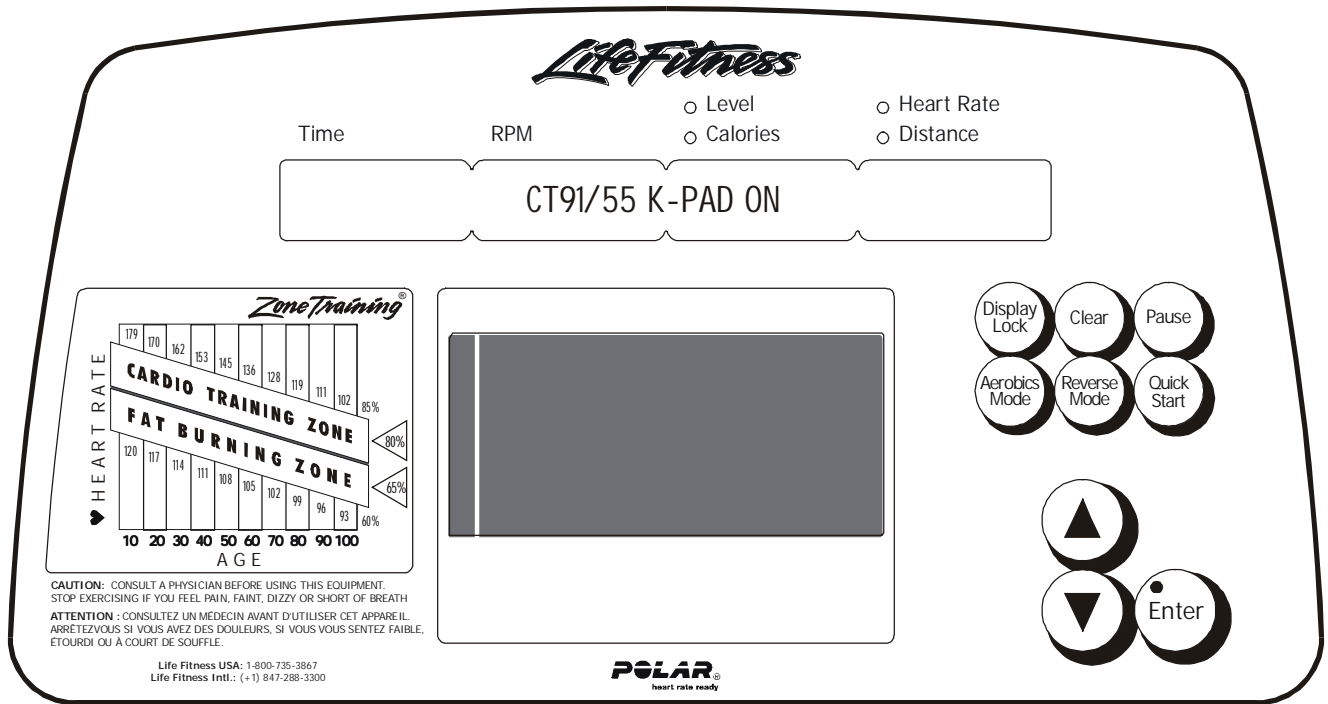
All the values are stored in EEPROM and when the cross-trainer is not in use.

Press the CLEAR key to return to Diagnostic State 11.

Press the ENTER key to advance to Diagnostic State 13.

**Life Fitness Model 5500HR Cross-Trainer**  
**How To... EXECUTE DIAGNOSTIC STATE 13**

**KEYPAD ENABLE/DISABLE**



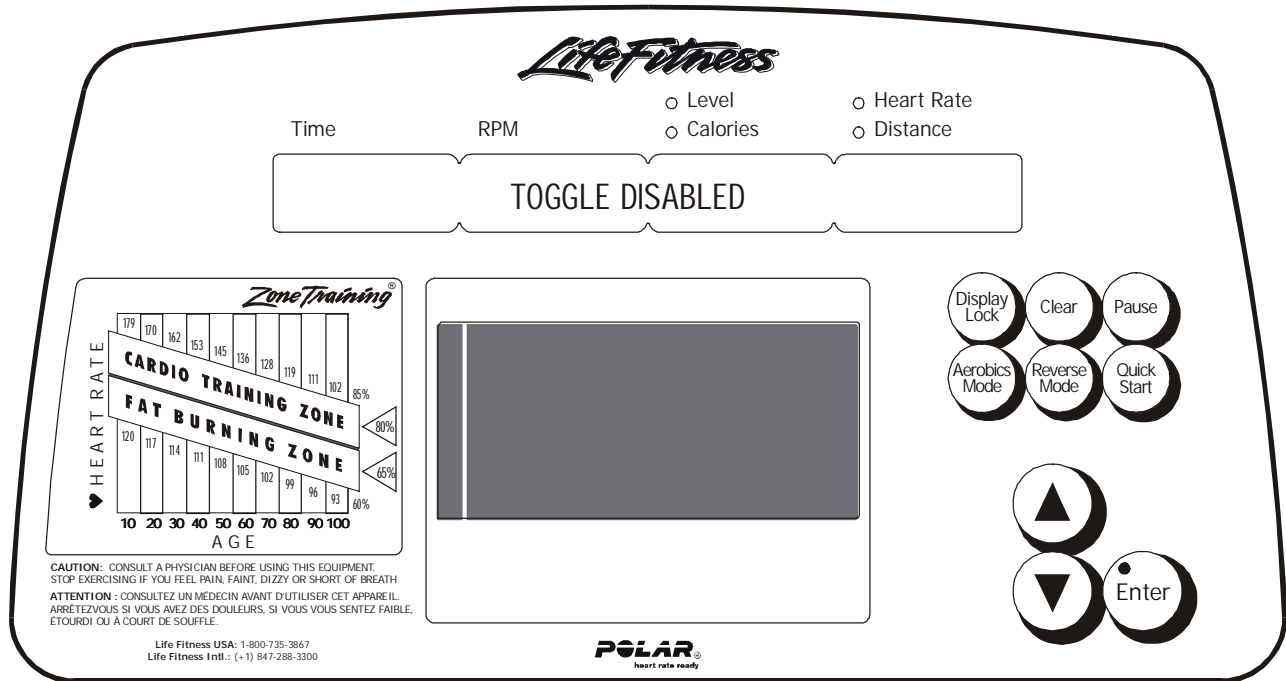
**Section II**

To select the appropriate keypad press the UP/DOWN ARROW keys for the designated model. Make sure that the system displays “CT91/55 K-PAD ON.”

Press the CLEAR key to return to Diagnostic State 12.  
 Press the ENTER key to advance to Diagnostic State 14.

**Life Fitness Model 5500HR Cross-Trainer**  
**How To... EXECUTE DIAGNOSTIC STATE 14**

**TOGGLE ENABLE/DISABLE**

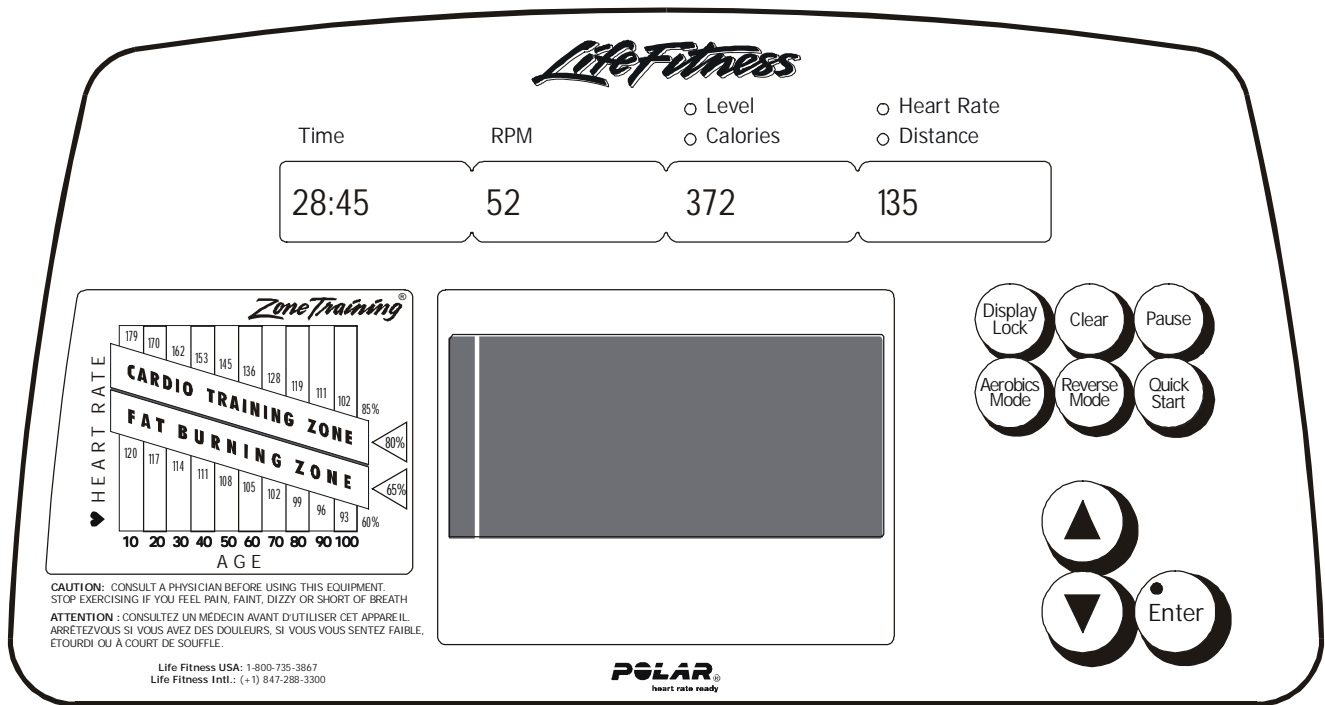


To select the appropriate setting, press the UP/DOWN ARROW keys until the message "TOGGLE DISABLED" is displayed.

Press the CLEAR key to return to Diagnostic State 13.  
Press the ENTER key to advance to Diagnostic State 15.

**Life Fitness Model 5500HR Cross-Trainer**  
**How To... EXECUTE DIAGNOSTIC STATE 15**

**Photoshoot**



**Section II**

Display values that have no significance and are used strictly for photographic sessions to assimilate values in the display console.

Press the CLEAR key to return to Diagnostic State 14, or continue to press the clear key to exit the diagnostic program.



## **SECTION III**

# **“How To...” SERVICE AND REPAIR GUIDE**

## Life Fitness Model 5500HR Cross-Trainer How To... Replace the Display Console

**Tools required:** Phillips screwdriver

---

### Step 1

Unplug the unit at the electrical outlet.

### Step 2

Remove the MOUNTING SCREWS(4) from under the CONSOLE.

### Step 3

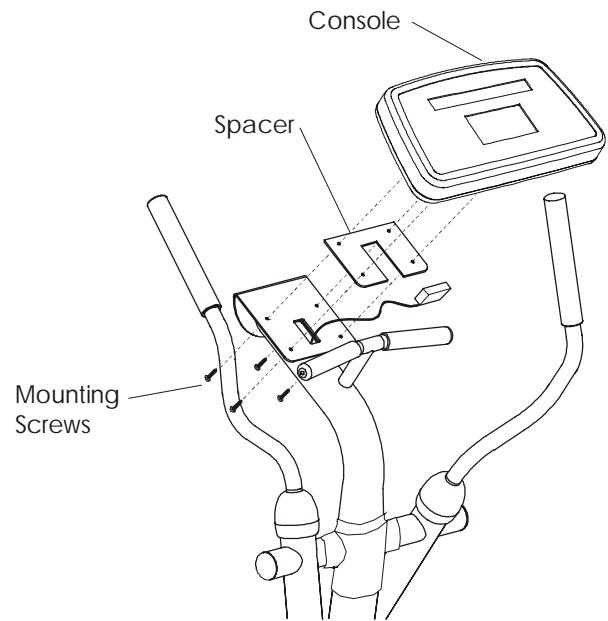
Lift the console up enough to disconnect the 10-Pin and 3-Pin connectors.

### Step 4

Remove the console and spacer from the console post.

### Step 5

Install new console in reverse order.



## Life Fitness Model 5500HR Cross-Trainer How To... Replace the Accessory Tray (Optional)

**Tools required:** Phillips screwdriver, Allen wrench set, and 3/8" Standard wrench set

---

### Step 1

Unplug the unit at the electrical outlet.

### Step 2

Remove the MOUNTING SCREWS(4) from under the CONSOLE.

### Step 3

Lift the console up enough to disconnect the 10-Pin and 3-Pin connectors.

### Step 4

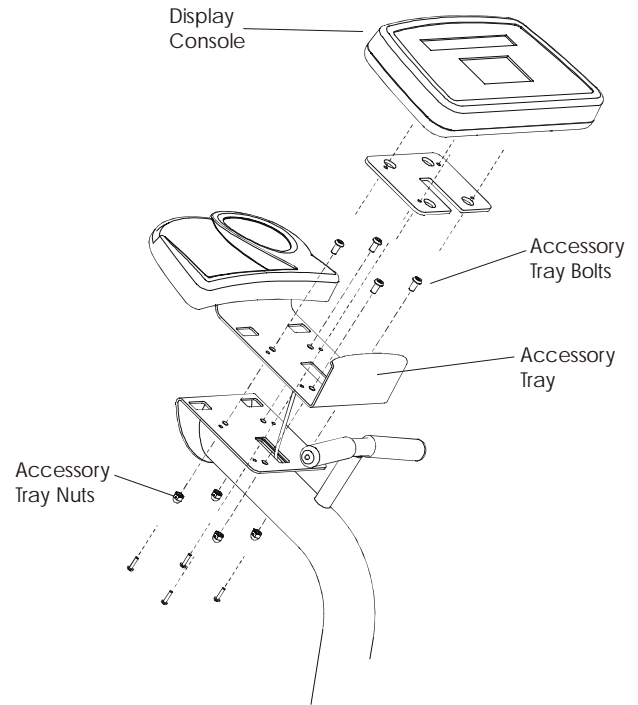
Remove the console and spacer from the console post.

### Step 5

Remove the ACCESSORY TRAY BOLTS(4) and NUTS(4), and lift off the ACCESSORY TRAY from the console post.

### Step 6

Install new accessory tray in reverse order.



## Life Fitness Model 5500HR Cross-Trainer

### How To... Replace the Display Console Post

**Tools required:** Phillips screwdriver and Allen wrench set

---

#### Step 1

Unplug the unit at the electrical outlet.

#### Step 2

Remove the MOUNTING SCREWS(4) from under the CONSOLE.

#### Step 3

Lift the console up enough to disconnect the 10-Pin and 3-Pin connectors.

#### Step 4

Remove four(4) mounting screws on MONOCOLUMN COVER.

#### Step 5

Remove POLAR RECEIVER and cable.

#### Step 6

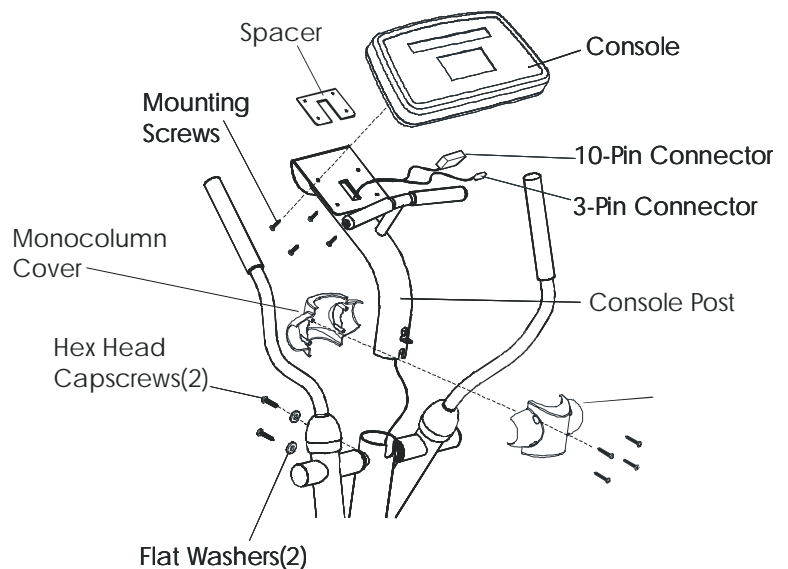
Remove the two(2) HEX HEAD CAPSCREWS and FLAT WASHERS securing the CONSOLE POST.

#### Step 7

Carefully lift off the CONSOLE POST while guiding the 10-pin wire harness out.

#### Step 8

Install new console support in reverse order.



# Life Fitness Model 5500HR Cross-Trainer

## How To... Replace The Rear Covers

**Tools required:** Phillips screwdriver, Allen wrench set, 3/8" Socket set, and Standard wrench set

### Step 1

Unplug the unit at the electrical outlet.

### Step 2

Remove the OUTER LINK COVER by removing six(6) mounting screws from each OUTER LINK COVER.

### Step 3

Remove the ANTI-LIFT BRACKET by removing two(2) mounting bolts from each bracket.

### Step 4

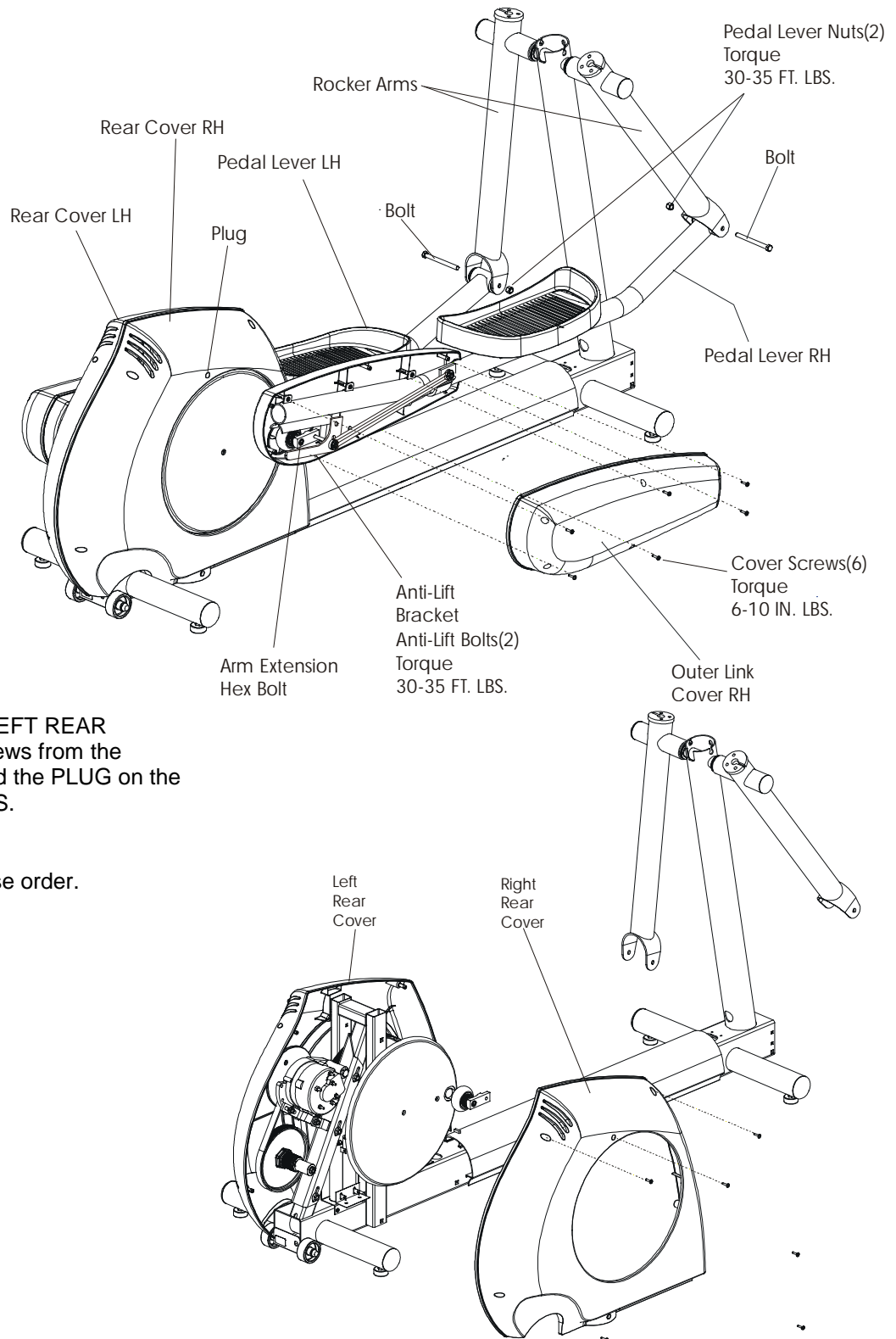
Remove the PEDAL LEVER by removing the mounting bolt and nut at each ROCKER ARM joint and the hex bolt from each ARM EXTENSION.

### Step 5

Remove the REAR COVER by removing three(3) screws from the LEFT REAR COVER then seven(7) screws from the RIGHT REAR COVER, and the PLUG on the LEFT and RIGHT COVERS.

### Step 6

Install rear covers in reverse order.



# Life Fitness Model 5500HR Cross-Trainer

## How To... Replace The Crankarm Cover

**Tools required:** Snap ring pliers and Allen wrench set

---

### Step 1

Unplug the unit at the electrical outlet.

### Step 2

Remove the REAR COVERS. See How To...  
Remove Rear Covers.

### Step 3

Remove the SNAP RING, FLAT WASHERS, WAVE WASHER, and CRANKARM WHEEL..

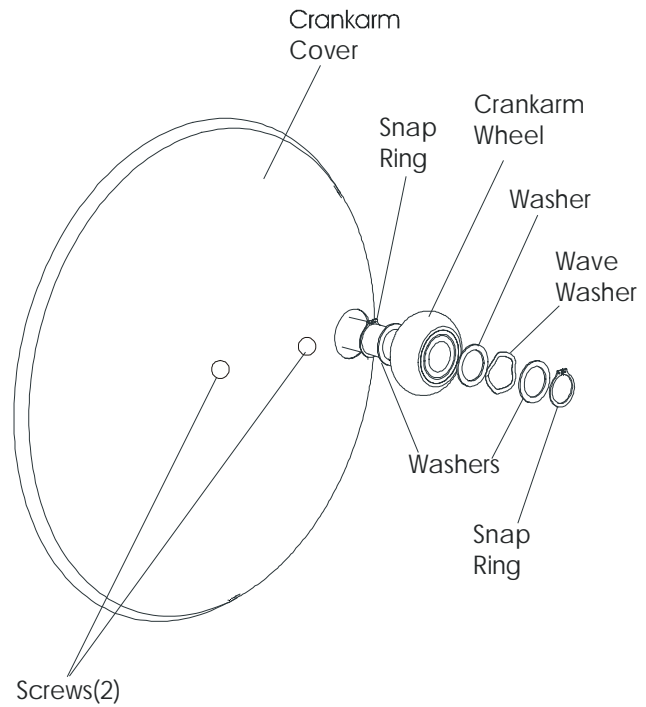
**NOTE:** The end of the oil-lite bearing that protrudes further out past the wheel is positioned down against the crankarm.

### Step 4

Remove the two(2) hex screws securing the crankarm cover to the crankarm.

### Step 5

Remove the CRANKARM COVER, and install in reverse order.



## Life Fitness Model 5500HR Cross-Trainer How To... Replace The Crankarm Wheel

**Tools required:** Snap pliers and Allen wrench set

### Step 1

Unplug the unit at the electrical outlet.

### Step 2

Remove the REAR COVERS. See How To...Remove Rear Covers.

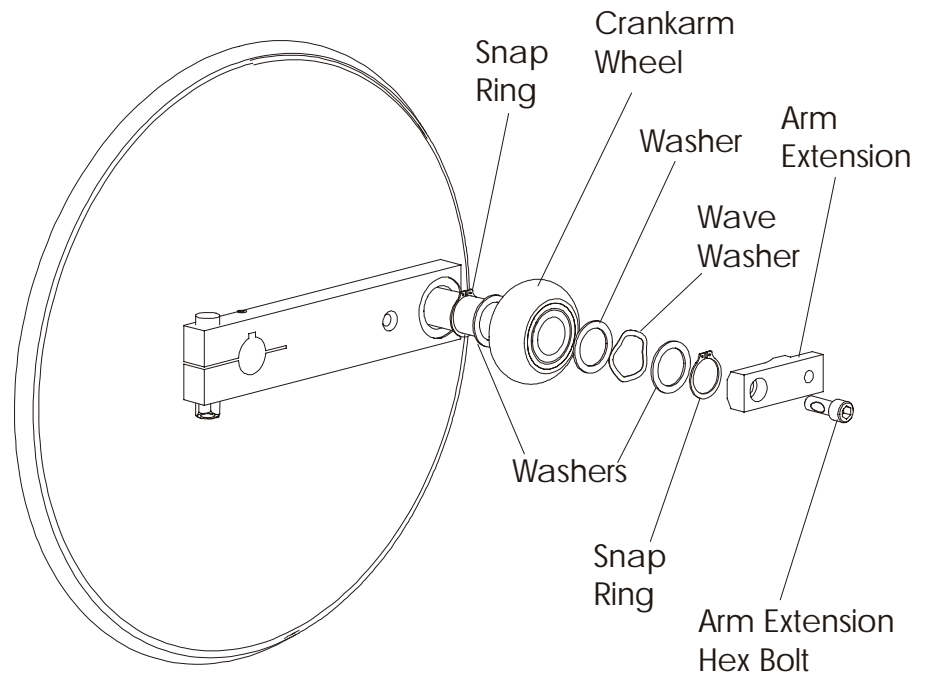
### Step 3

Remove the ARM EXTENSION, SNAP RING, FLAT WASHERS, WAVE WASHER, and CRANKARM WHEEL..

**NOTE:** The end of the oil-lite bearing that protrudes further out past the wheel is positioned down against the crankarm.

### Step 4

Install crankarm wheel in reverse order.

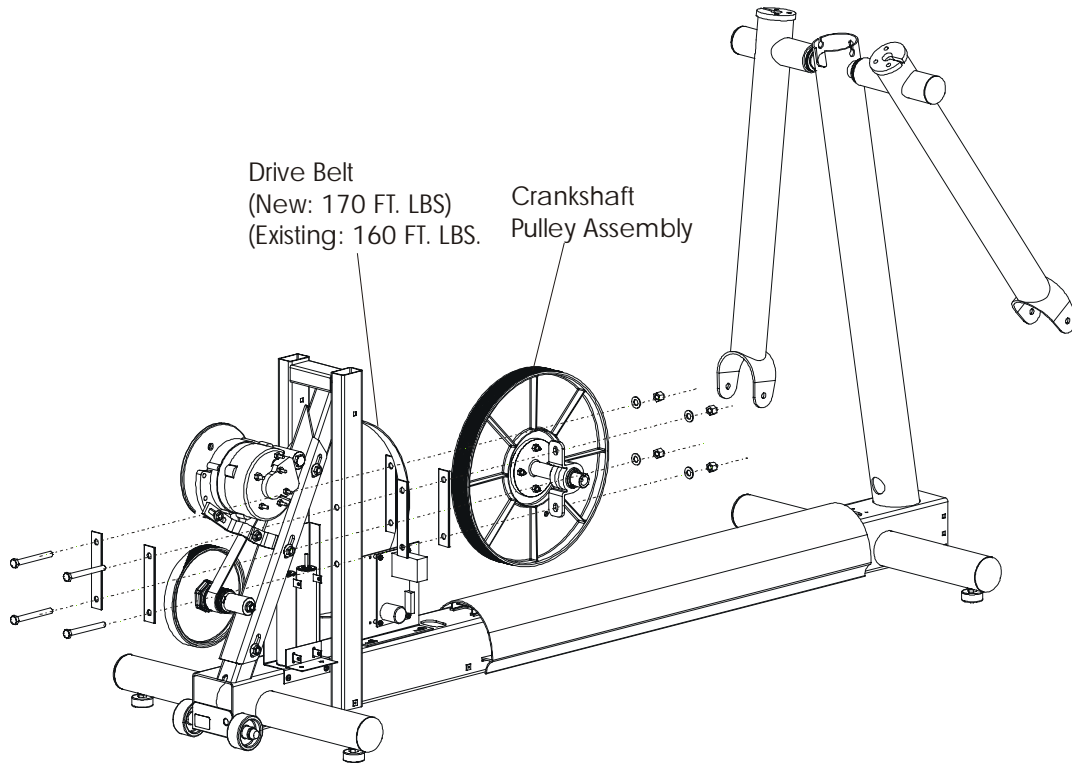


## **Life Fitness Model 5500HR Cross-Trainer**

### **How To... Replace The Drive Belt**

**Tools required:** 3/8" Socket set and Standard wrench set

---



#### **Step 1**

Unplug the unit at the electrical outlet.

#### **Step 2**

Remove the both REAR COVERS. See How To...Remove Rear Covers.

#### **Step 3**

Loosen the ALTERNATOR PIVOT BOLT and release tension on the alternator belt, then remove the ALTERNATOR BELT off the INTERMEDIATE PULLEY.

#### **Step 4**

Loosen the five(5) mounting bolts on the ALTERNATOR/INTERMEDIATE BRACKET ASSEMBLY and move the bracket upward and remove the DRIVE BELT off the crankshaft pulley assembly.

#### **Step 5**

Remove the CRANKSHAFT PULLEY ASSEMBLY by removing four(4) mounting bolts at the PILLOW BLOCK BEARINGS.

#### **Step 6**

Remove and discard the DRIVE BELT.

#### **Step 7**

Install new drive belt in reverse order. Tension new drive belt to 170 ft. lbs.

# Life Fitness Model 5500HR Cross-Trainer

## How To...Remove Power Control Board Assembly

**Tools Required:** Slotted head screwdriver

### Step 1

Unplug the unit at the electrical outlet.

### Step 2

Remove the right REAR COVERS. See How To...Remove Rear Cover.

### Step 3

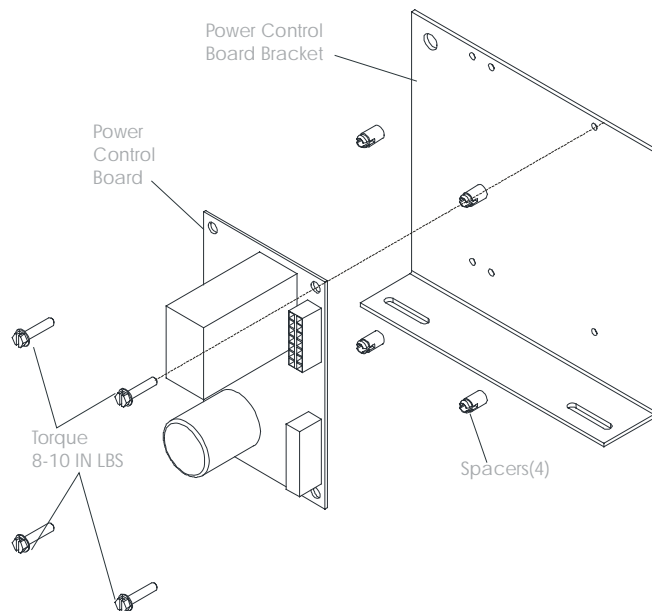
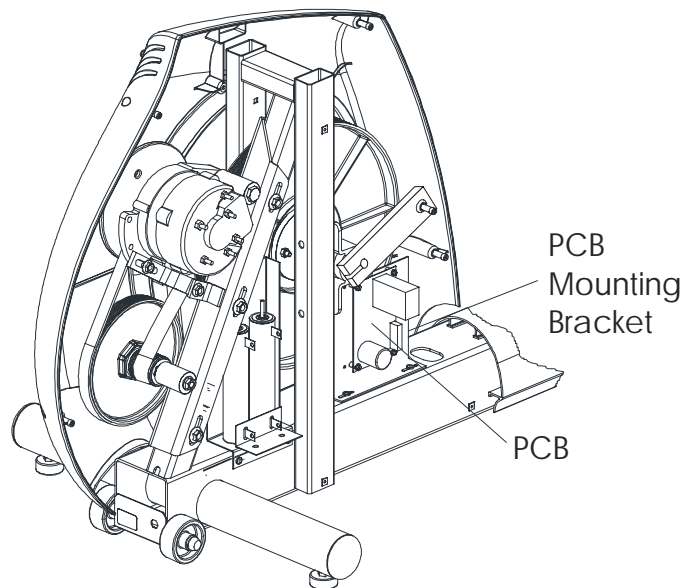
Disconnect the 14 and 10-Pin Connectors on the PCB.

### Step 4

Remove the PCB from its mounting bracket.

### Step 5

Install new PCB in reverse order.



## Life Fitness Model 5500HR Cross-Trainer

### How To...Replace Alternator

**Tools Required:** 3/8" Socket set and Standard wrench set

---

#### Step 1

Unplug the unit at the electrical outlet.

#### Step 2

Remove the REAR COVERS. See How To...Remove Rear Covers.

#### Step 3

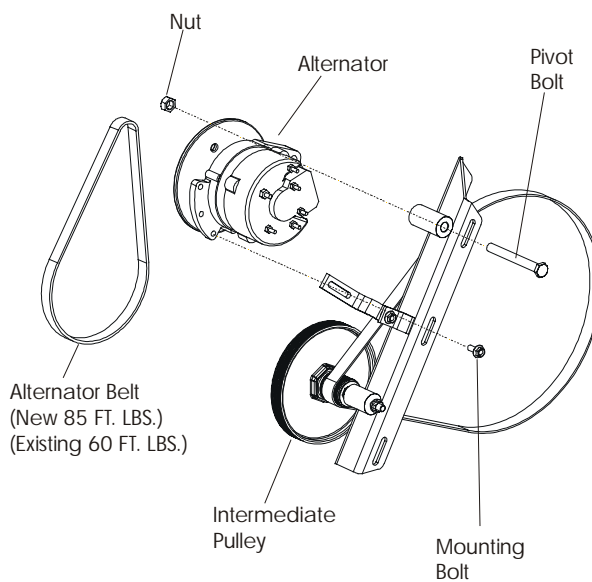
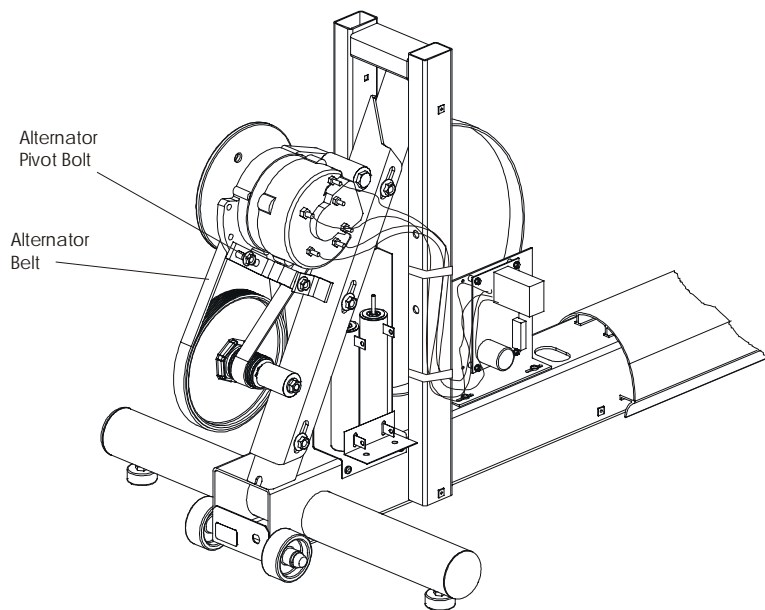
Disconnect the ALTERNATOR WIRING HARNESS from the alternator.

#### Step 4

Remove the ALTERNATOR PIVOT BOLT and MOUNTING BOLT, then lift out the alternator.

#### Step 5

Install new alternator in reverse order.



## Life Fitness Model 5500HR Cross-Trainer

### How To...Replace Alternator Belt

**Tools Required:** 3/8" Socket set and Standard wrench set

#### Step 1

Unplug the unit at the electrical outlet.

#### Step 2

Remove the REAR COVERS. See How To...Remove Rear Covers.

#### Step 3

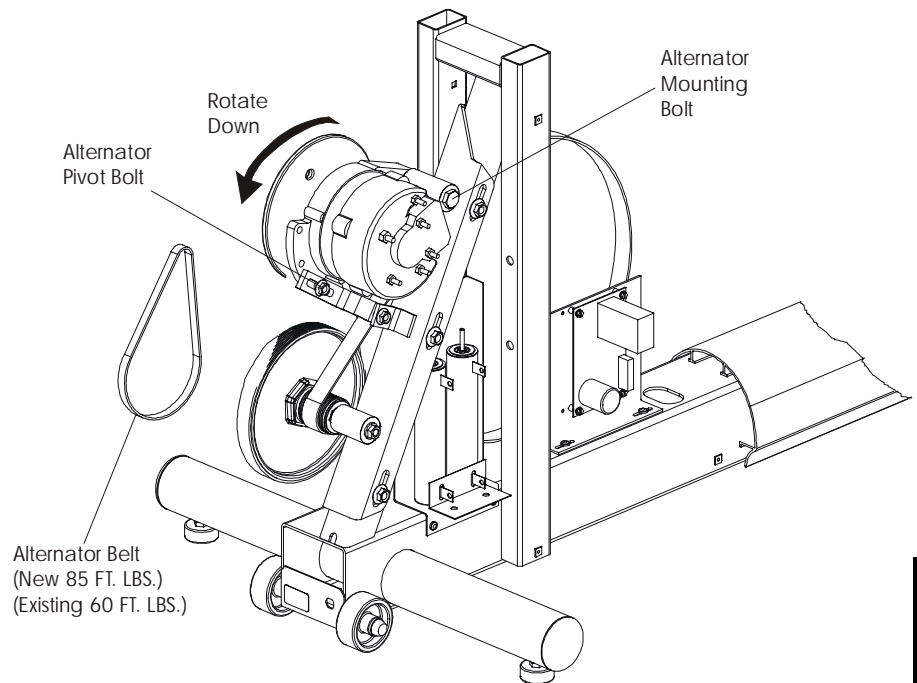
Loosen the ALTERNATOR PIVOT BOLT and its MOUNTING BOLT.

#### Step 4

Rotate the alternator down to release belt tension, then remove the ALTERNATOR BELT.

#### Step 5

Install new alternator belt in reverse order.



# Life Fitness Model 5500HR Cross-Trainer

## How To... Replace Pedal Lever Assembly

**Tools required:** Phillip screwdriver, Allen wrench set, 3/8" Socket set, and Standard wrench set

### Step 1

Unplug the unit at the electrical outlet.

### Step 2

Remove the six(6) screws from the OUTER LINK COVER and remove.

### Step 3

Remove the TIE ROD.

### Step 4

Remove the ANTI-LIFT BRACKET and lower the PEDAL LEVER ASSEMBLY.

### Step 5

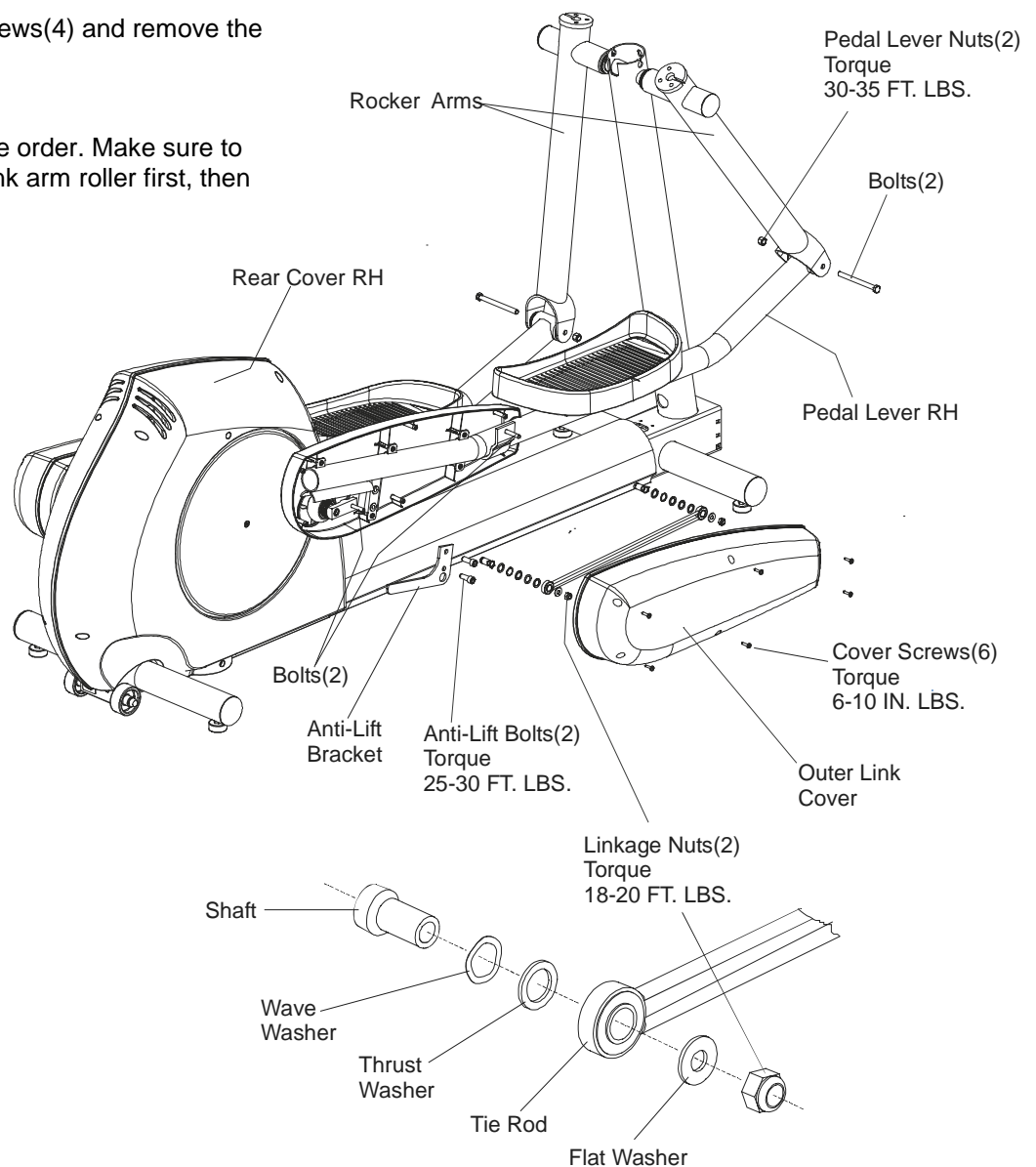
Remove the nut and bolt securing the pedal lever to the ROCKER ARM, and remove the pedal lever.

### Step 6

Remove the inner link cover screws(4) and remove the inner link cover.

### Step 7

Install new pedal lever in reverse order. Make sure to install the pedal lever to the crank arm roller first, then secure to the rocker arm.



# Life Fitness Model 5500HR Cross-Trainer

## How To... Replace Rocker Arms

**Tools required:** Snap ring pliers, 3/8 Socket set, and Standard wrench set

### Step 1

Unplug the unit at the electrical outlet.

### Step 2

Remove the UPPER ARMS. See How To...Replace User Arms.

### Step 3

Remove the MONOCOLUMN COVERS.

### Step 4

Remove the nut and bolt securing the PEDAL LEVER to the ROCKER ARM, and lower the pedal lever.

### Step 5

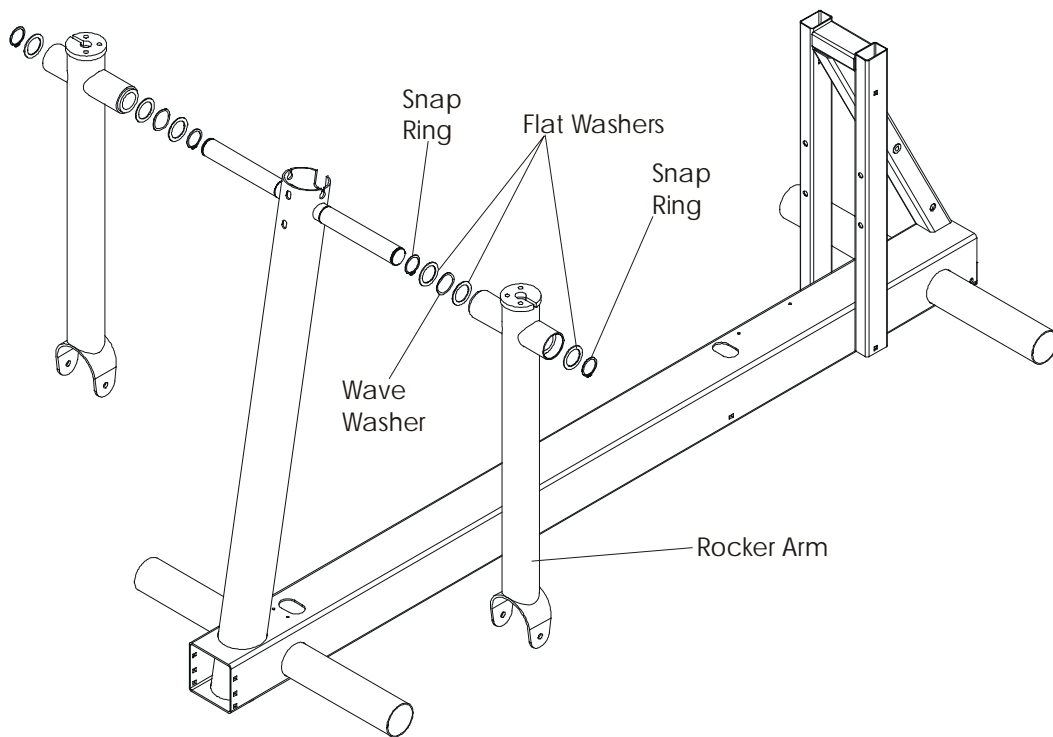
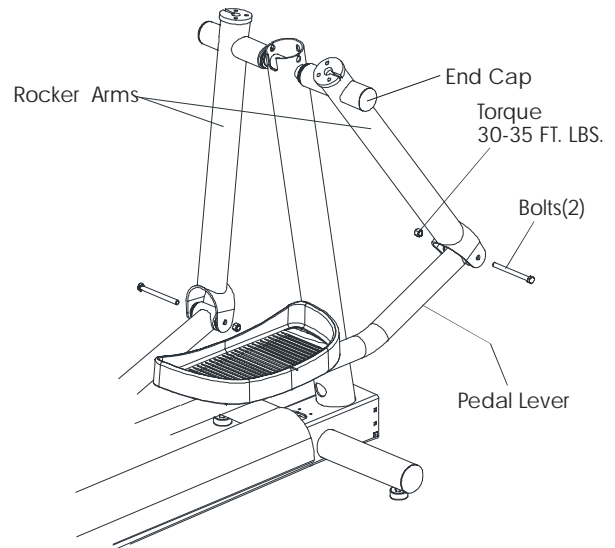
Remove the END CAP and internal snap from the LOWER ARM.

### Step 6

Remove the rocker arm.

### Step 7

Install a new rocker arm in reverse order.



# Life Fitness Model 5500HR Cross-Trainer

## How To... Replace Tie Rod

**Tools required:** Phillips screwdriver and 3/8 Socket set

---

### Step 1

Unplug the unit at the electrical outlet.

### Step 2

Remove the OUTER LINK COVER by removing the six(6) mounting screws.

### Step 3

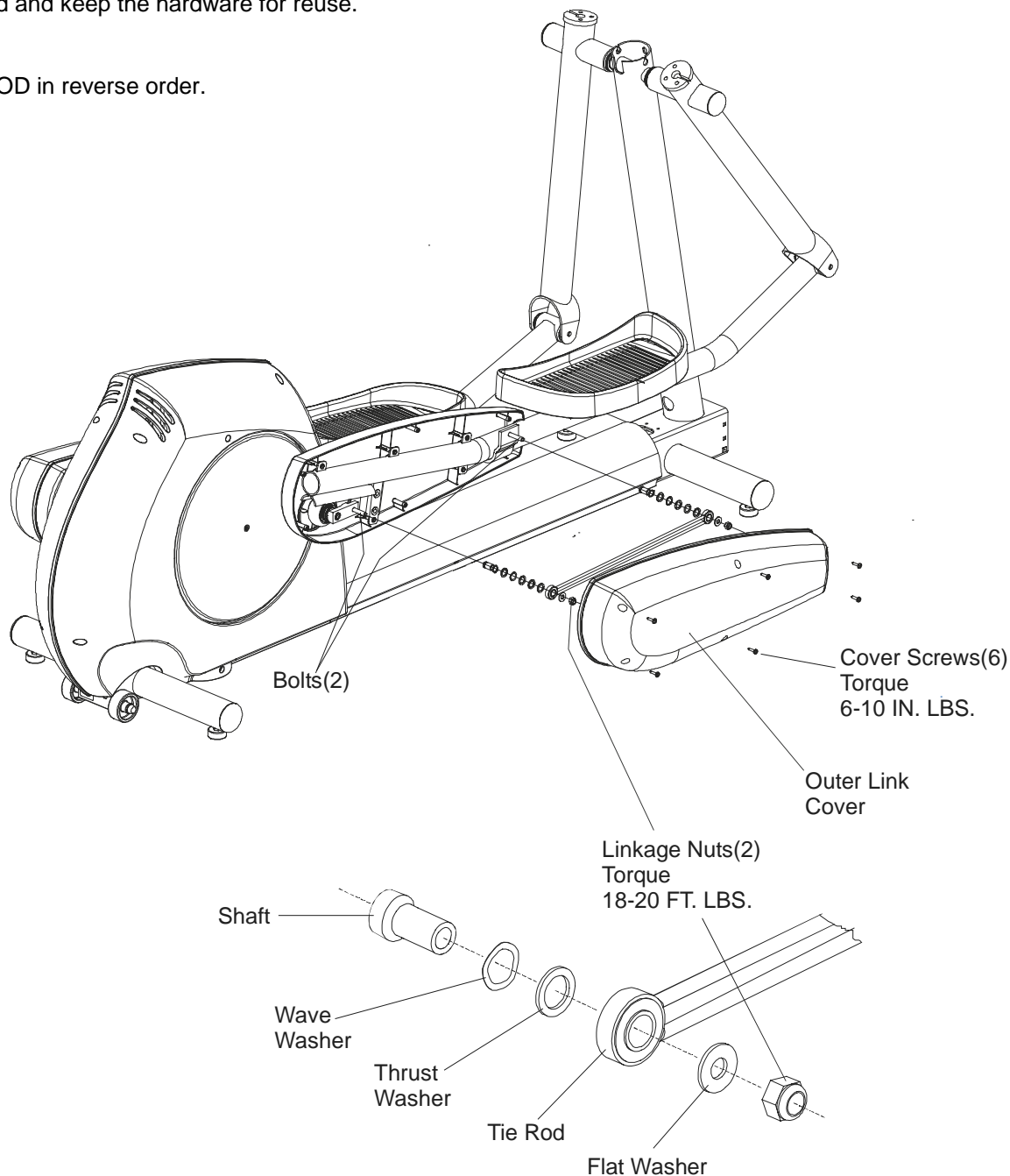
Remove the TIE ROD NUT from the ARM EXTENSION and PEDAL ARM.

### Step 4

Discard the tie rod and keep the hardware for reuse.

### Step 5

Install new TIE ROD in reverse order.



# Life Fitness Model 5500HR Cross-Trainer

## How To... Replace Crankshaft Pulley Assembly

**Tools required:** Snap pliers, Allen wrench set, 3/8" Socket set, and Standard wrench set

**Step 1**  
Unplug the unit at the electrical outlet.

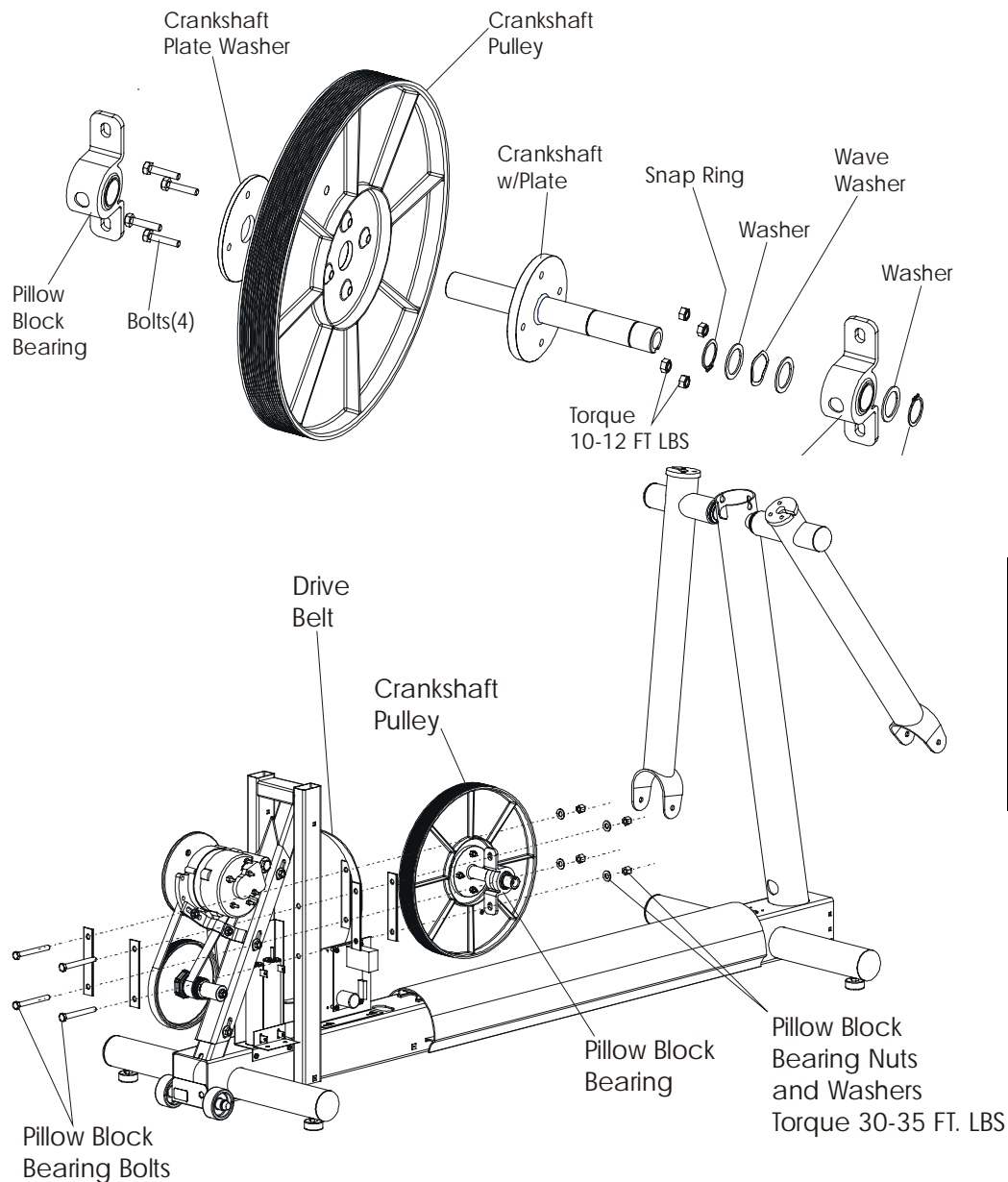
**Step 2**  
Remove the REAR COVERS. See How To...Remove Rear Covers.

**Step 3**  
Loosen five(5) mounting bolts on the ALTERNATOR SUPPORT BRACKET. Push this bracket up to remove tension on the DRIVE BELT.

**Step 4**  
Remove four(4) bolts from the CRANKSHAFT PULLEY ASSEMBLY by removing four(4) mounting bolts at the PILLOW BLOCK BEARINGS.

**Step 5**  
Replace components on the crankshaft pulley assembly as necessary.

**Step 6**  
Install new crankshaft pulley in reverse order.



# Life Fitness Model 5500HR Cross-Trainer

## How To... Replace The Intermediate Pulley

**Tools required:** 3/8" Socket set and Standard wrench set

### Step 1

Unplug the unit at the electrical outlet.

### Step 2

Remove the REAR COVERS. See How To...Remove Rear Covers.

### Step 3

Loosen the ALTERNATOR PIVOT BOLT and rotate the alternator down to relieve belt tension.

### Step 4

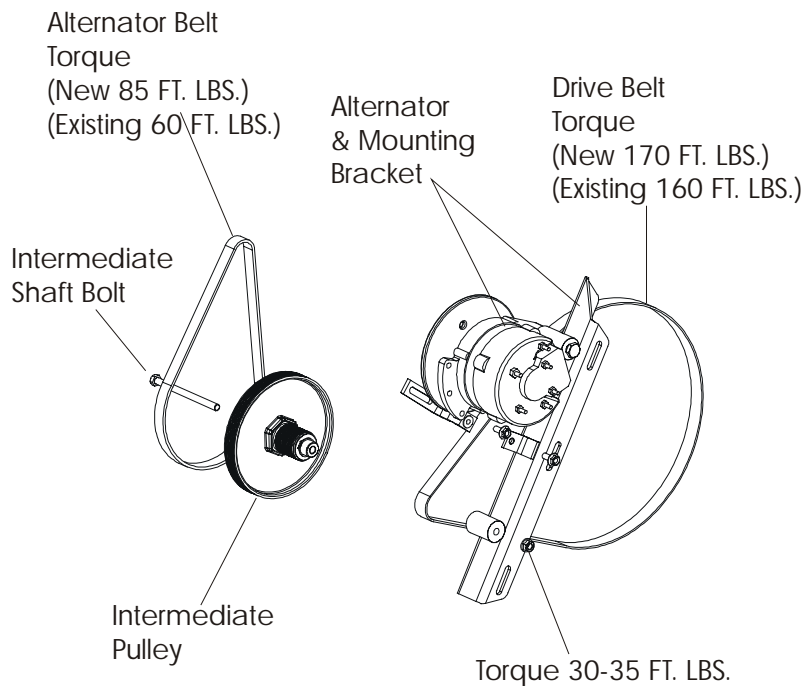
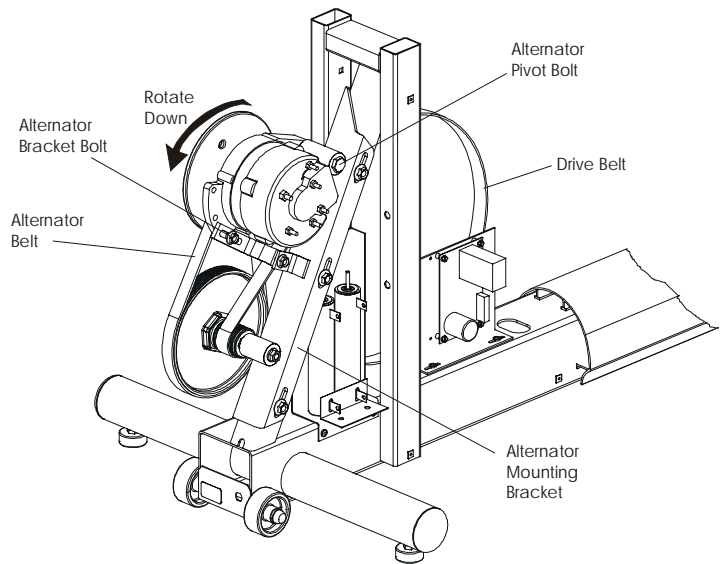
Loosen the belt tension on the INTERMEDIATE PULLEY by loosening the five(5) bolts on the ALTERNATOR MOUNTING BRACKET.

### Step 5

Remove the INTERMEDIATE SHAFT BOLT and the INTERMEDIATE PULLEY.

### Step 6

Install new INTERMEDIATE PULLEY in reverse order.



# Life Fitness Model 5500HR Cross-Trainer

## How To... Replace Load Resistor

**Tools required:** Slotted screwdriver

### Step 1

Unplug the unit at the electrical outlet.

### Step 2

Remove the right REAR COVER. See How To...Remove Rear Covers.

### Step 3

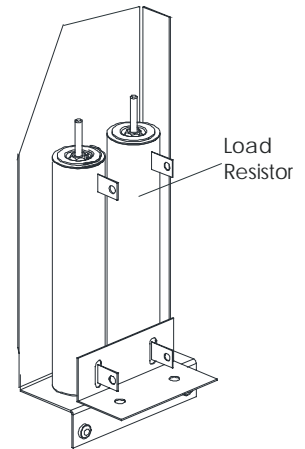
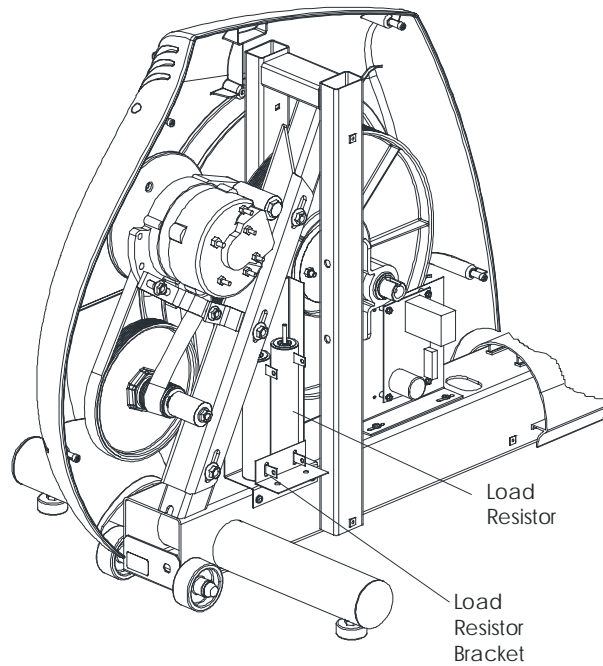
Disconnect wires at the LOAD RESISTOR.

### Step 4

Remove the LOAD RESISTOR by removing two(2) hex-head screws securing the load resistor to the frame.

### Step 5

Install new load resistor in reverse order.



## **Life Fitness Model 5500HR Cross-Trainer**

### **How To... Replace The User Arms**

**Tools required:** Allen wrench set

---

#### **Step 1**

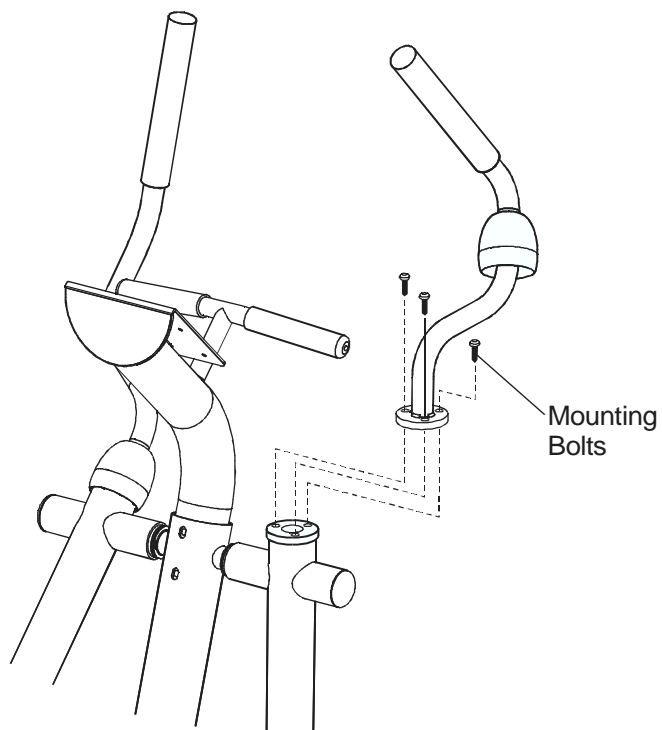
Unplug the unit at the electrical outlet.

#### **Step 2**

Raise the BOOT COVERS on the UPPER ARMS then remove three(3) MOUNTING BOLTS from each UPPER ARM.

#### **Step 3**

Install new user arms in reverse order.



## Life Fitness Model 5500HR Cross-Trainer How To... Replace The Polar Receiver

**Tools required:** Phillips screwdriver

---

### Step 1

Unplug the unit at the electrical outlet.

### Step 2

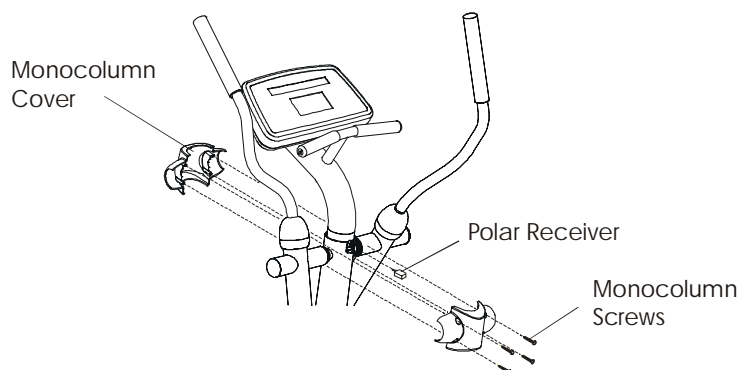
Remove four(4) mounting bolts from the two halves of the MONOCOLUMN COVER and separate.

### Step 3

Locate the POLAR RECEIVER and disconnect it from the jack.

### Step 4

Install new POLAR RECEIVER in reverse order.



## Life Fitness Model 5500HR Cross-Trainer How To... Replace Monocolumn Cover

**Tools required:** Phillips screwdriver

---

### Step 1

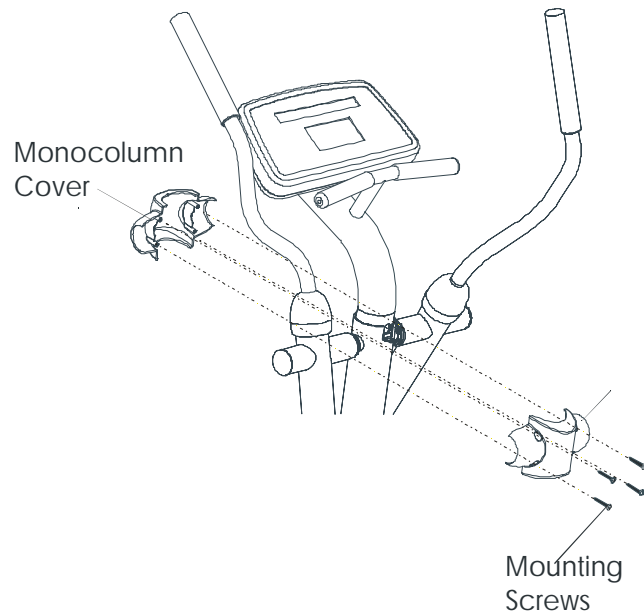
Unplug the unit at the electrical outlet.

### Step 2

Remove four(4) mounting bolts securing the MONOCOLUMN COVERS and separate.

### Step 3

Install new monocolumn covers in reverse order.



## Life Fitness Model 5500HR Cross-Trainer How To... Replace The Frame Cover

**Tools required:** Phillips screwdriver, Standard screwdriver, Allen wrench set, 3/8" Socket set, and Wrenches

### Step 1

Unplug the unit at the electrical outlet.

### Step 2

Remove the REAR COVERS. See How To...Remove Rear Covers.

### Step 3

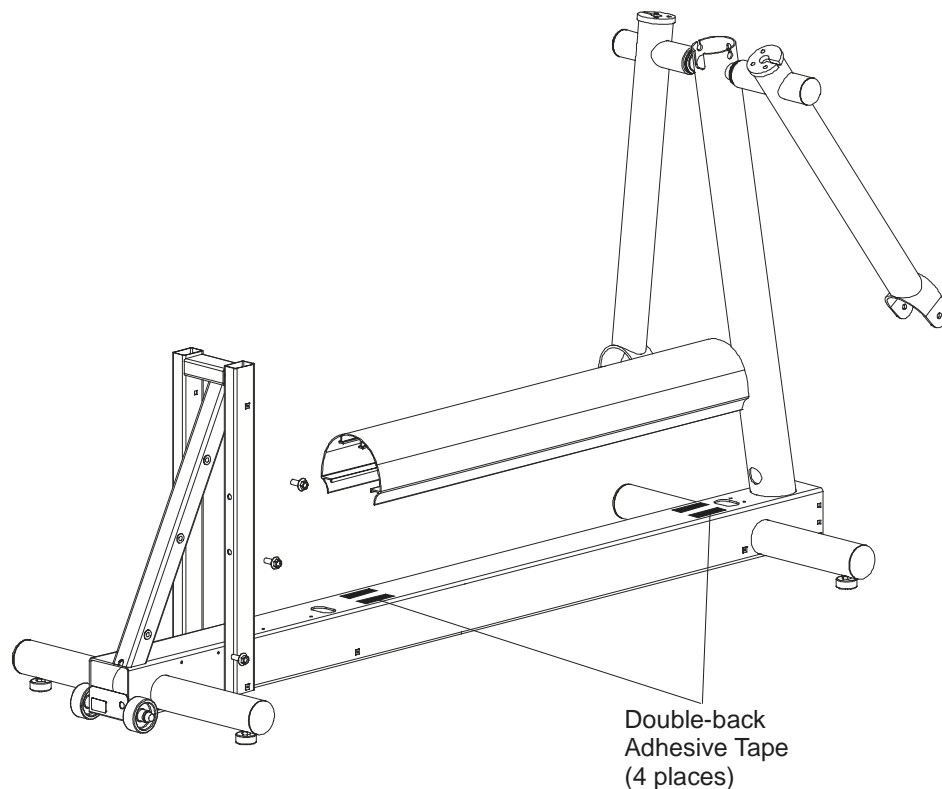
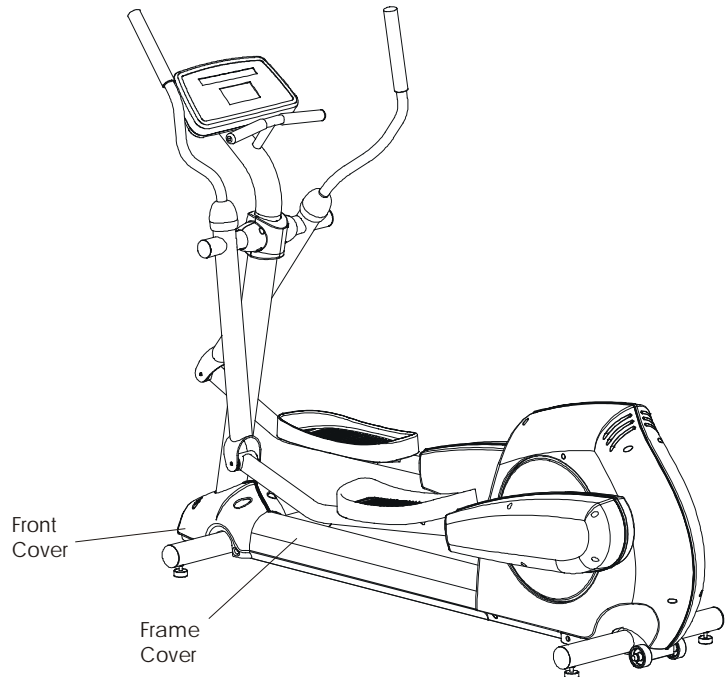
Remove the FRONT COVER.

### Step 4

Remove the FRAME COVER which is adhered to the frame with double-back tape. Note the location of the tape for proper relocation.

### Step 5

Install new FRAME COVER in reverse order. Note: Make sure to use double-back tape as illustrated.



## **Life Fitness Model 5500HR Cross-Trainer**

### **How To... Replace The Front Cover**

**Tools required:** Phillips screwdriver

---

#### **Step 1**

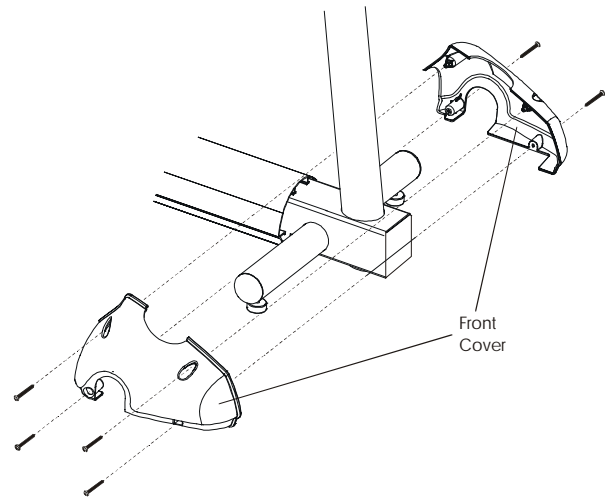
Unplug the unit at the electrical outlet.

#### **Step 2**

Remove the FRONT COVER screws and separate the front cover halves.

#### **Step 3**

Install new front cover in reverse order.



## Life Fitness Model 5500HR Cross-Trainer How To... Replace The Rear Wheels and Axle

**Tools required:** Slotted screwdriver and Pliers

### Step 1

Unplug the unit at the electrical outlet.

### Step 2

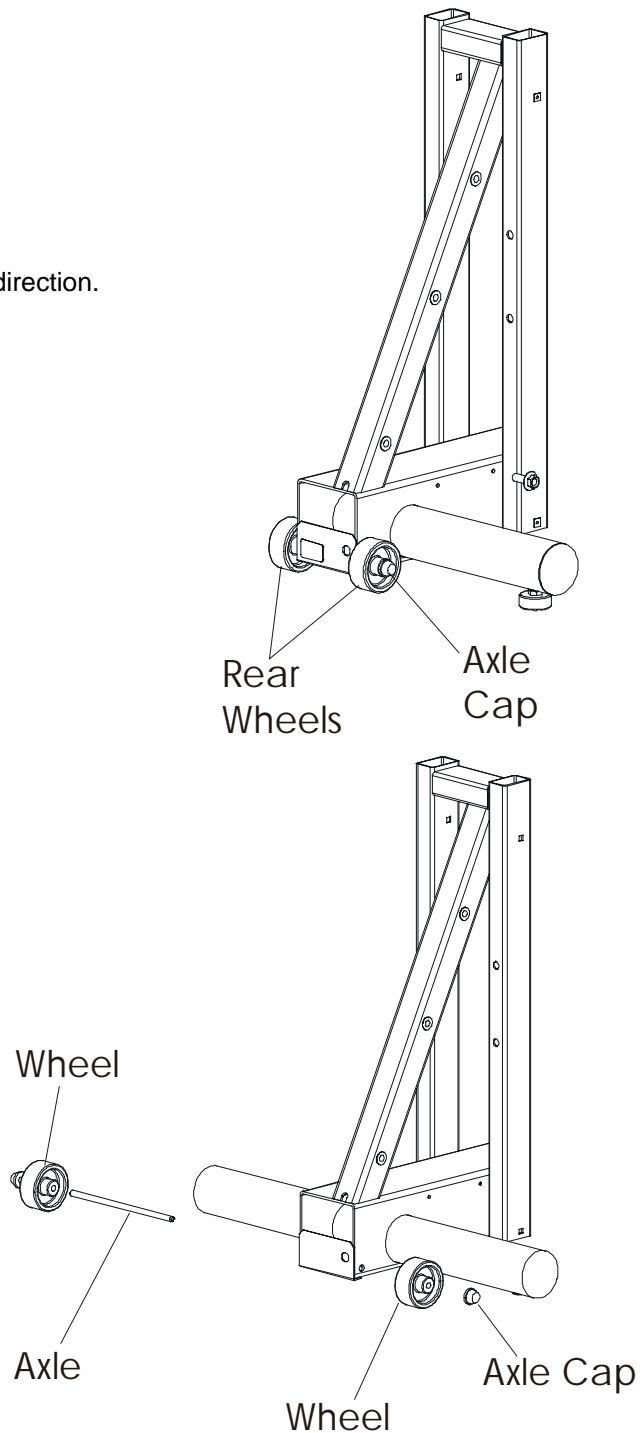
Remove the AXLE CAP from the WHEEL AXLE.

### Step 3

Remove the WHEELS and AXLE.

### Step 4

Install new wheels, axle, and axle cap in the reverse direction.



## Life Fitness Model 5500HR Cross-Trainer

### How To... Replace The Endcaps

**Tools required:** Slotted screwdriver

---

#### Step 1

Unplug the unit at the electrical outlet.

#### Step 2

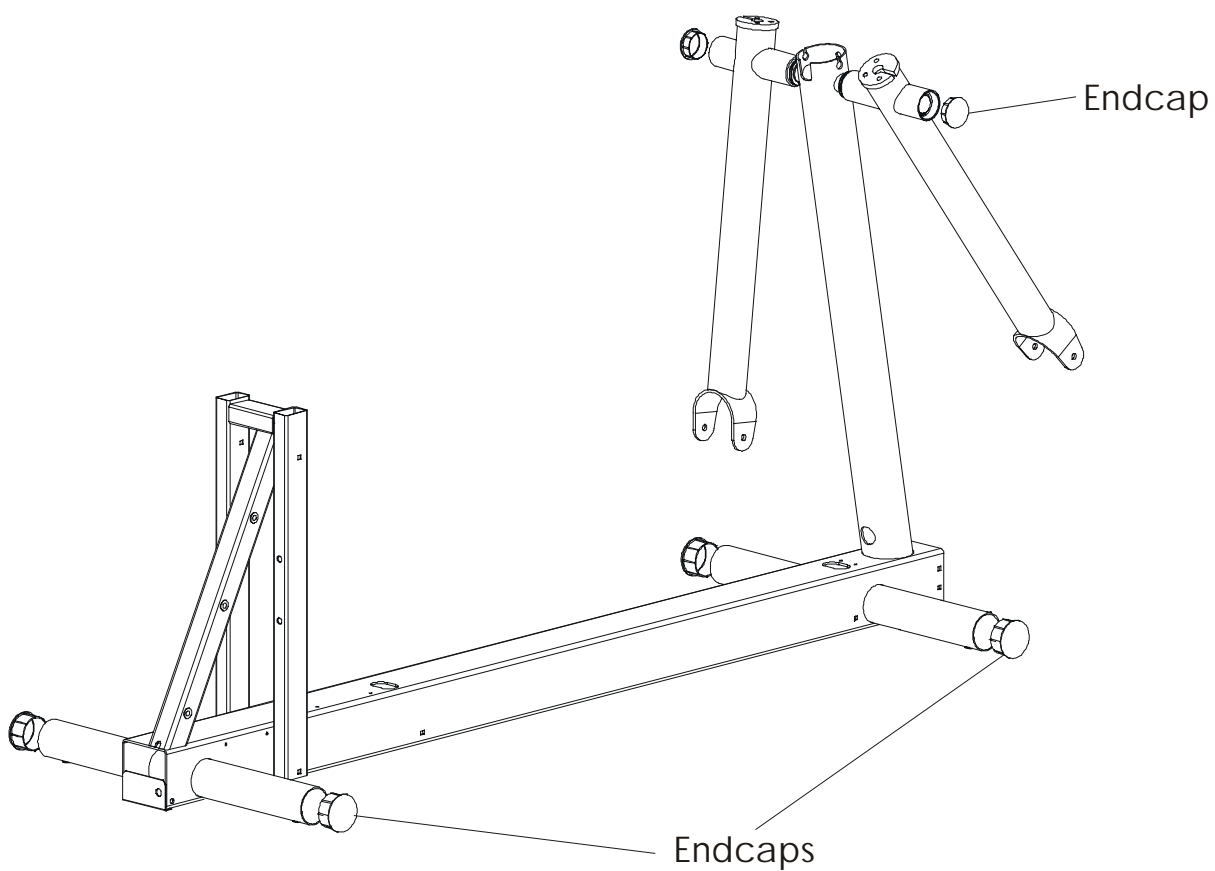
Remove the endcaps from the LOWER ARMS.

#### Step 3

Remove the endcaps from the FRAME.

#### Step 4

Install new endcaps in reverse order.





**SECTION IV**

**ELECTRONIC OVERVIEW  
AND  
WIRING BLOCK DIAGRAMS**

# Life Fitness Model 5500HR Cross-Trainer

## ELECTRONIC OVERVIEW - DISPLAY CONSOLE BOARD

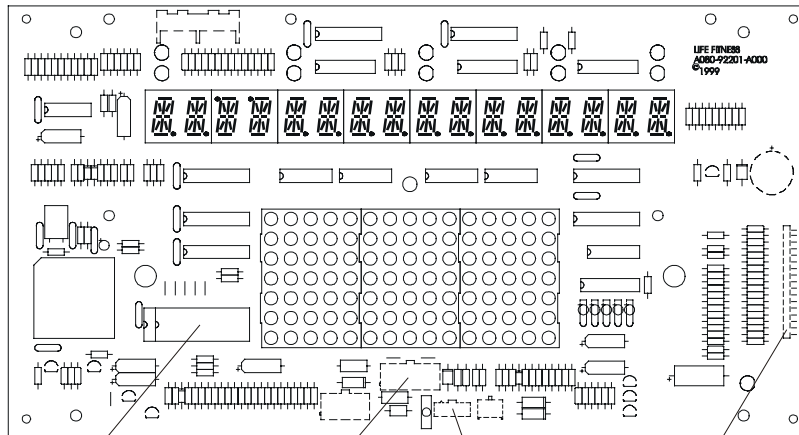
### Functional Description:

The Display Console Board is designed to provide the following functions:

Works in conjunction with the Alternator Control Board.  
 Reads the keypad input for changes or updates by the  
 Refreshes the status LED's, display, and profile display matrix.

### Power Consumption:

**VSYS:** Approximately 8.0 Volts @1.5 amps.



Display EPROM

Connector P2

Connector P7

Connector P1

user.  
data

DC

### Input Definitions:

**Polar signal:** 0-3 volt pulse from the Polar telemetry receiver.

**RPM signal.** 0 -7.5 DC Voltage swing from the Alternator.

### Output Definitions:

**ALTREGLO:** Controls the regulated voltage of the Alternator.

**LOAD:** Controls load resistor current.

**FLDCMD:** Controls the field current of the Alternator.

### Connectors and Pin Descriptions:

**Connector P1:** 17 pin connector, used to connect the overlay keypad switches to the board.

**Connector P2:** 10 pin connector, used to connect to the Alternator Control Board.

Pin 1 - VSYS - Power Control (7-8VDC)

Pin 2 - RPM (5 VDC)

Pin 3 - GROUND

Pin 4- LOAD

Pin 5 – NOT USED

Pin 6 - ALTREGLO (9-11 VDC)

Pin 7 - FLDCMD

Pin 8 – NOT USED

Pin 9 – NOT USED

Pin 10 – NOT USED

**Connector P7:** 3 pin connector, that connects +5 volt DC power, ground, and input signal from the Polar telemetry receiver.

Pin 1 - +VCC (5VDC)

Pin 2 - POLAR

Pin 3 – GROUND

# Life Fitness Model 5500HR Cross-Trainer

## ELECTRONIC OVERVIEW - POWER CONTROL BOARD

### Functional Description:

The Power Control Board is designed to provide the following functions:

- Regulate the Alternator voltage by modulating the field current.
- Pass the RPM signal from the Alternator to the Console.
- Regulate the pass current from the Alternator to the load resistor.
- Provide the supply voltage for the Console.

### Input Definitions:

**ALTREGLO:** Active low to command the Alternator to regulate to the lower voltage (pin 8).

**LOADCMD:** Active low load control signal from the Console (P1 pin 4).

**START/FIELDCMD:** Active low field control signal from the Console (P1 pin 5).

**RPM:** AC tap signal from the Alternator (P2 pin 8).

### Output Definitions:

**RPM:** Provides RPM signal to the Console (P1 pin1).

**Field:** Supplies field current to the Alternator (P2 pin 2).

**Load:** Provides a path to ground for the power resistor (P2 pins 4,5,10,11).

### Test Points:

TP1 = Field Command

TP2 = GROUND

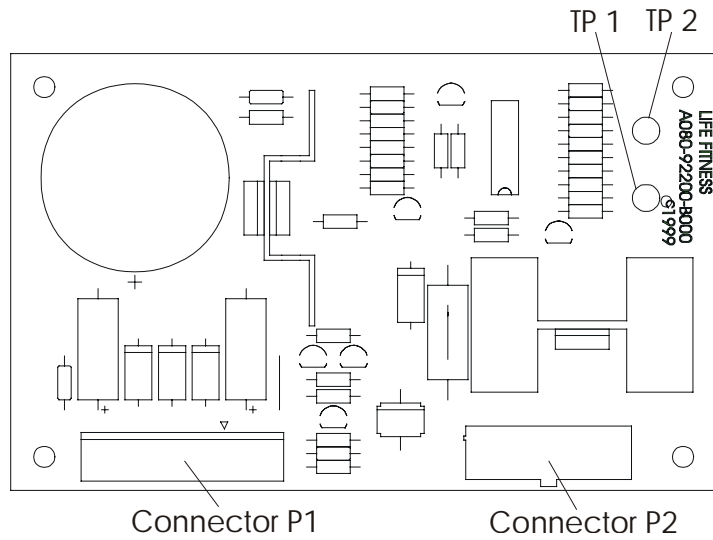
### Connectors and Pin Connections:

**Connector P1** - This is a Molex 9-pin connector, used to connect to the Console.

- |                              |                             |
|------------------------------|-----------------------------|
| Pin 1 - RPM (5 VDC)          | Pin 7 - GROUND              |
| Pin 2 - Power Supply (9 VDC) | Pin 8 - ALTREGLO (9-11 VDC) |
| Pin 3 - KEY                  | Pin 9 - VSYS (7-8 VDC)      |
| Pin 4 - LOAD                 |                             |
| Pin 5 - Start                |                             |
| Pin 6 - GROUND               |                             |

**Connector P2** - This is a 14 pin connector, used to connect to the Alternator and the power resistor.

- |                       |                    |
|-----------------------|--------------------|
| Pin 1 - FLD RTN (GND) | Pin 8 - RPM (5VDC) |
| Pin 2 - FIELD         | Pin 9 - VALT       |
| Pin 3 - VALT          | Pin 10 - LOAD      |
| Pin 4 - LOAD          | Pin 11 - LOAD      |
| Pin 5 - LOAD          | Pin 12 - GROUND    |
| Pin 6 - GROUND        | Pin 13 - GROUND    |
| Pin 7 - GROUND        | Pin 14 - GROUND    |



(P1

# Life Fitness Model 5500HR Cross-Trainer

## ELECTRONIC OVERVIEW – ALTERNATOR

### Functional Description:

The 12 volt, 35 amp Alternator is designed to provide the following functions:

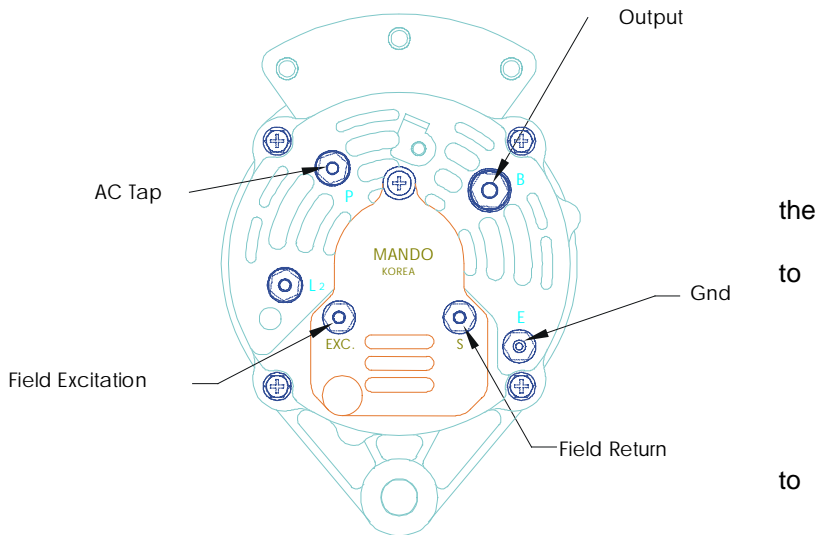
- Supply load resistance.
- Provide electrical power from VALT to Alternator Control Board.
- Provide RPM signal from the AC TAP to the Alternator Control Board.

### Cables:

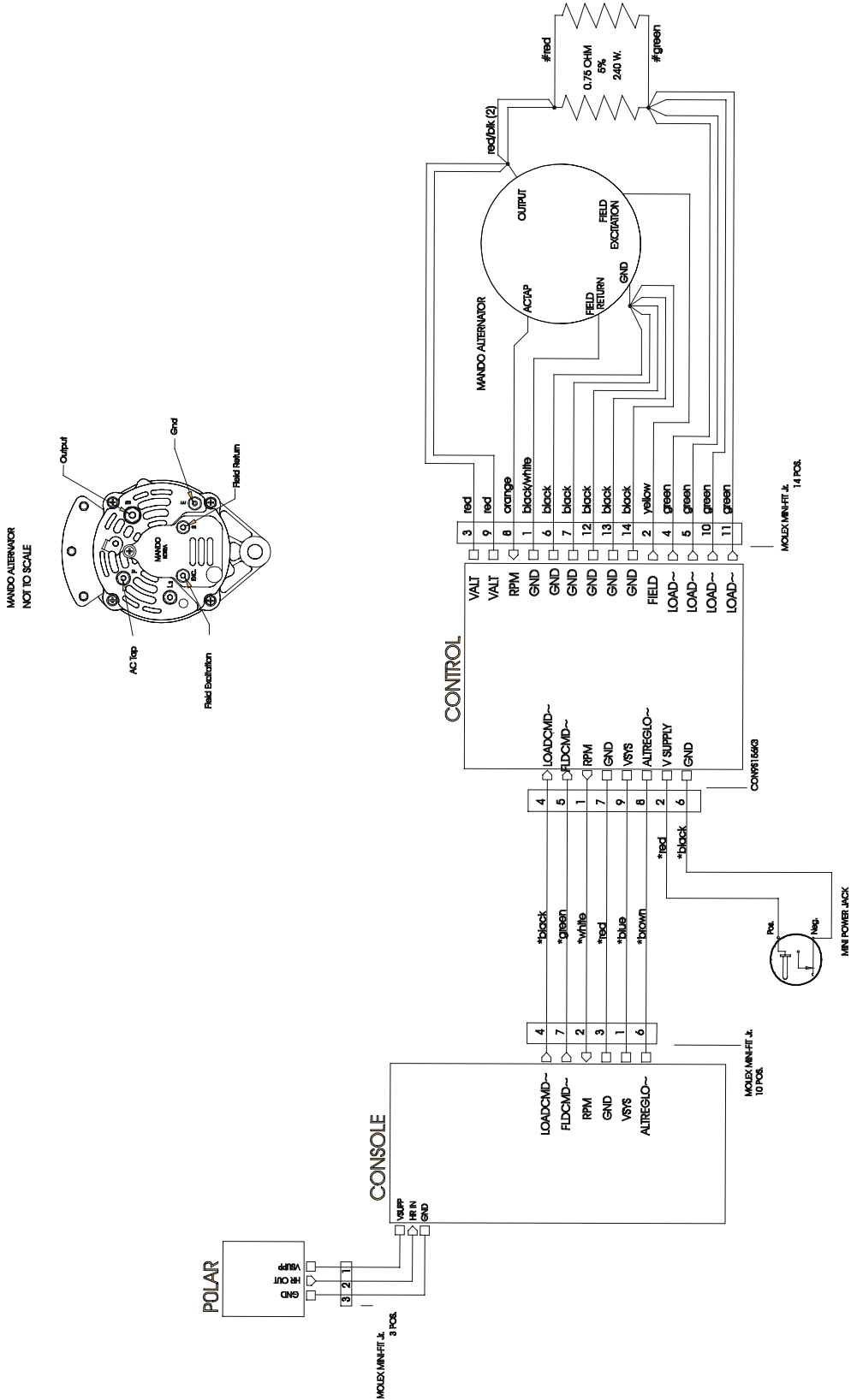
Console to Alternator Control Board:  
From connector P2 on the Console Board  
connector P1 on the Alternator Control  
Board.

Console to Polar telemetry receiver: From connector P7 on the Console Board to the Polar telemetry receiver.

Alternator Control Board to Alternator and Power Resistor: From connector P2 on the Alternator Control Board to the Alternator and power resistor.



# Life Fitness Model 5500HR Cross-Trainer WIRING BLOCK DIAGRAM



## Section IV

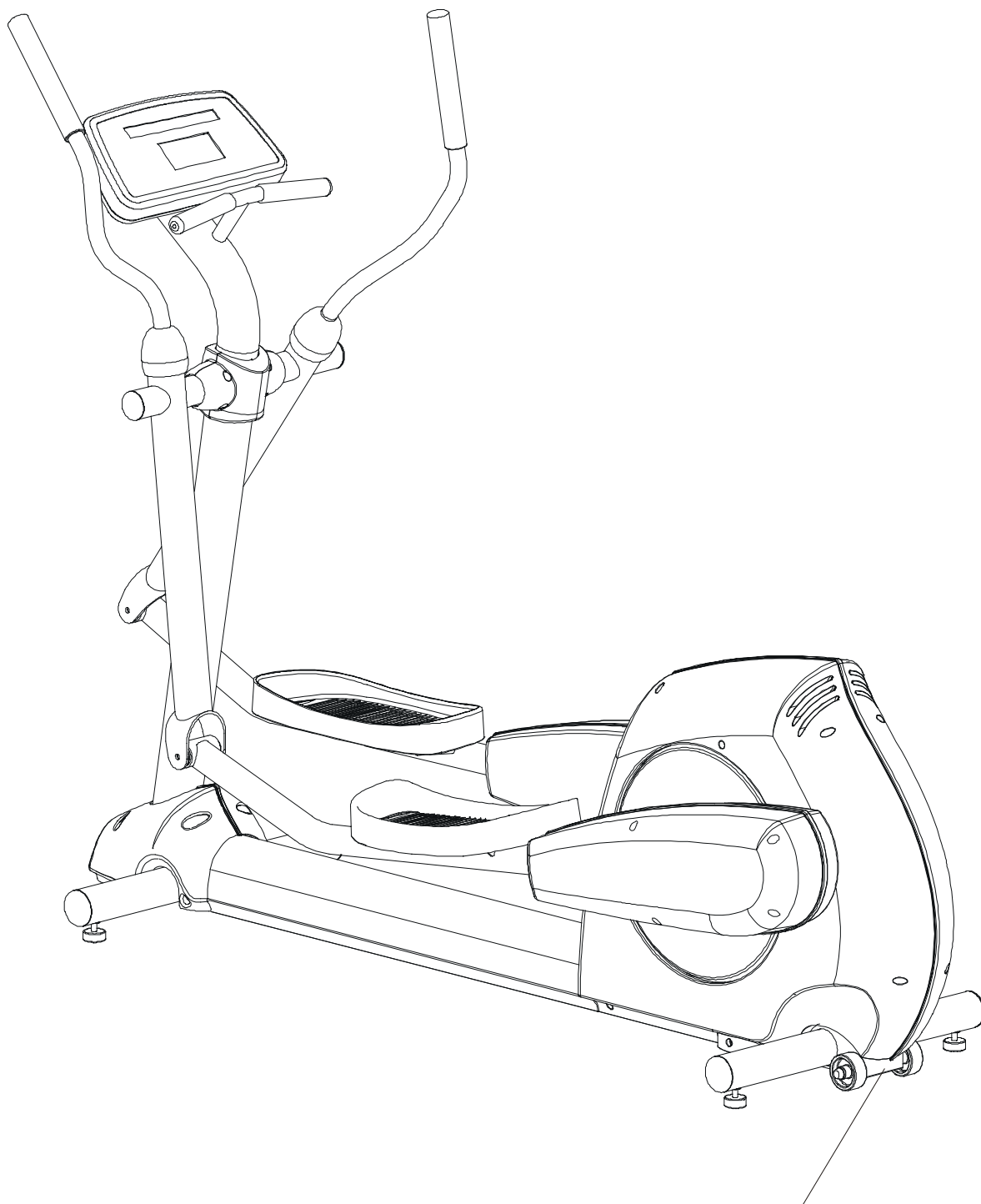


**SECTION V**

**PARTS IDENTIFICATION**

**Life Fitness Model 5500HR Cross-Trainer**  
**MODEL IDENTIFICATION and SERIAL NUMBER LOCATION**

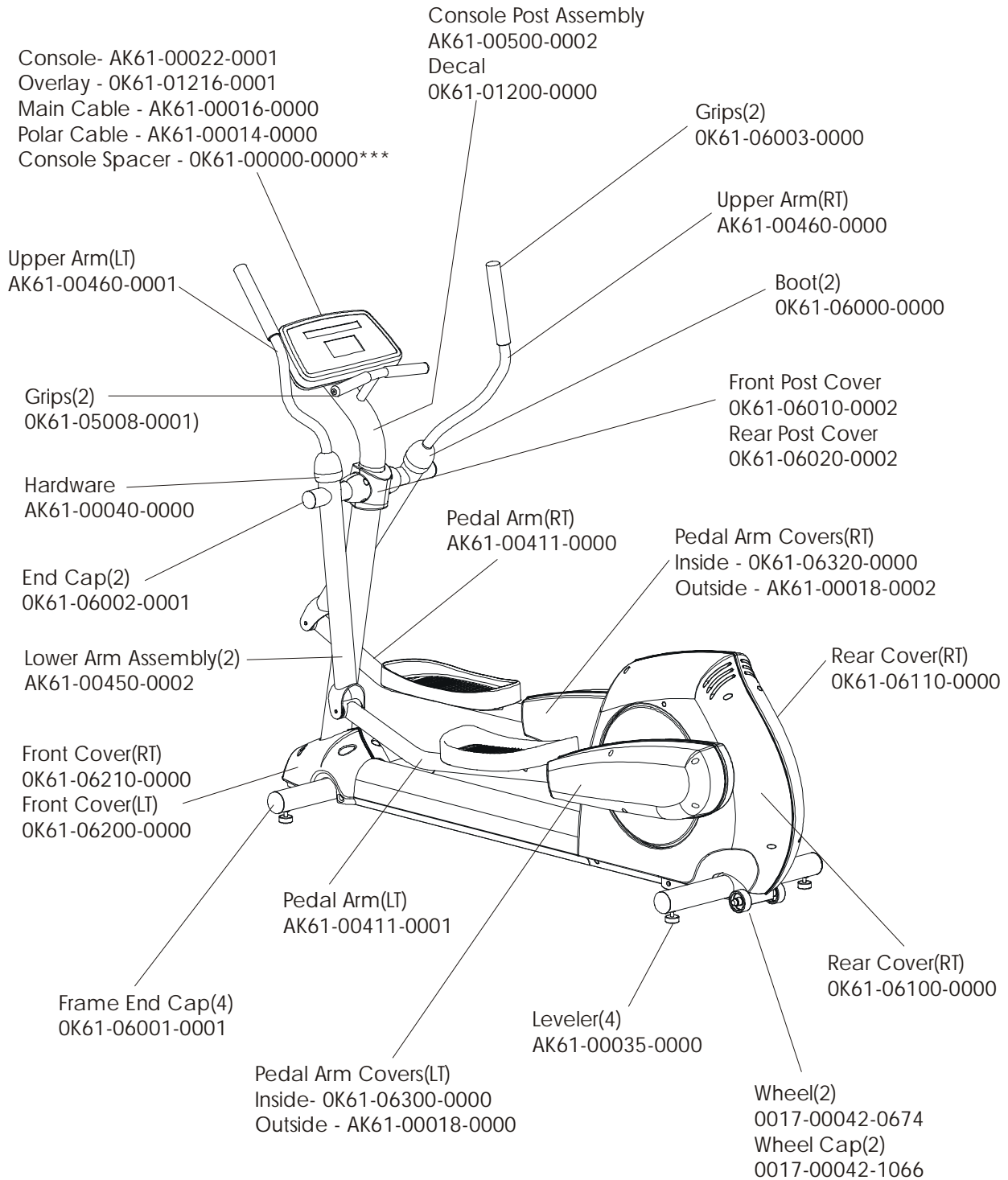
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Model / Serial No.

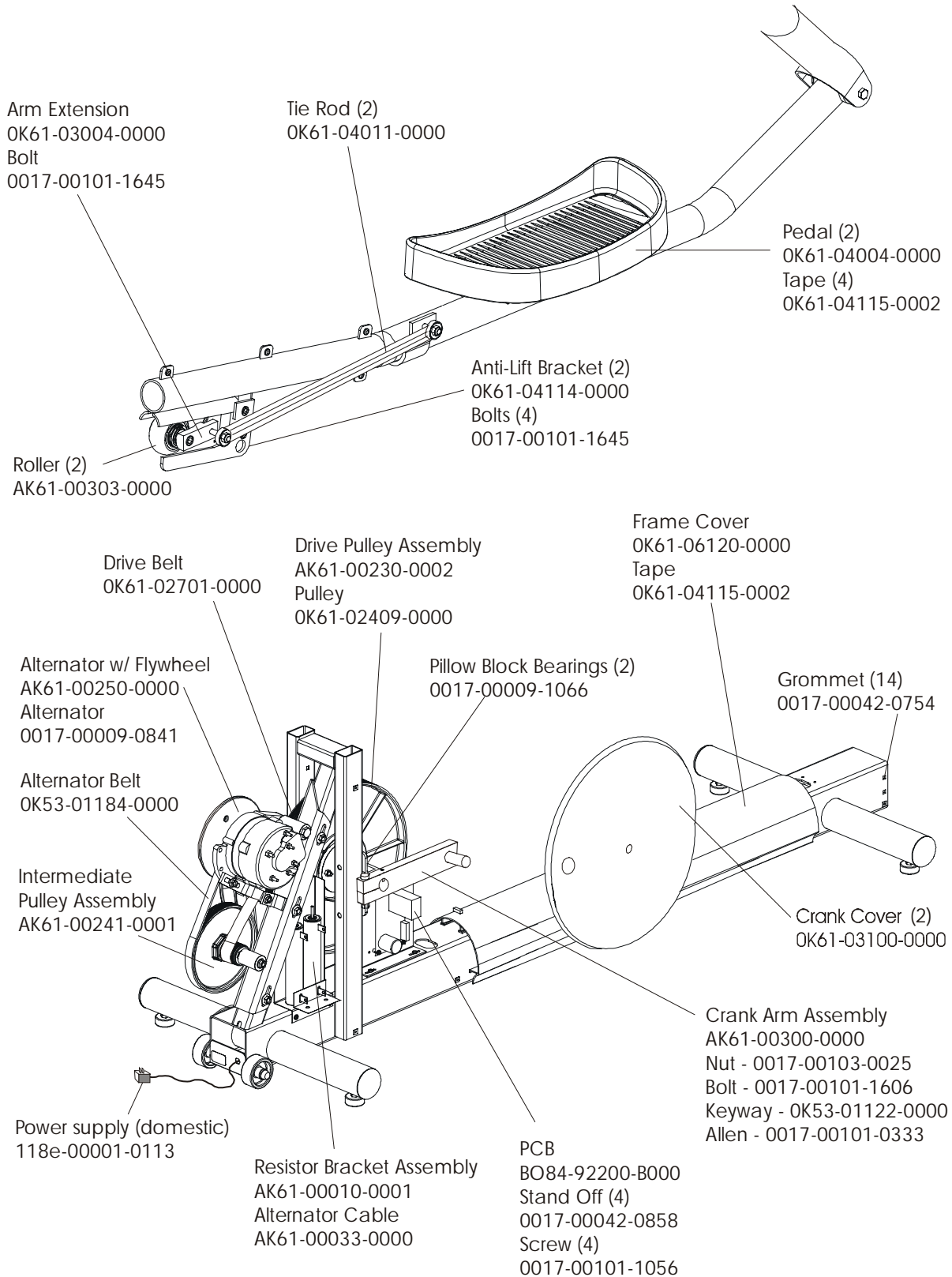
**CT5500HR  
CROSSTRAINER**

**CT55-0100-01**  
SN XXXXXX-Up



**CT5500HR  
CROSSTRAINER**

**CT55-0100-01**  
SN XXXXXX-Up





**SECTION VI**

**MISCELLANEOUS INFORMATION**

**Life Fitness Model 5500HR Cross-Trainer**  
**PREVENTIVE MAINTENANCE TIPS**

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*Preventive Maintenance Schedule*

	<b>DAILY</b>	<b>MONTHLY</b>	<b>BI-ANNUALLY</b>
<b>Housing</b>			
Inside			Clean
Outside	Clean		
<b>Power Control</b>			
Heatsink			Clean
Connectors			Inspect
Board			Inspect
Main Drive Belt		Inspect	
Oil Light Bearings			Inspect
Pedals		Clean/l	
Drive Pulley			Clean/Inspect
<b>Console Assembly</b>			
Overlay	Clean		
Mounting Bolts		Inspect	
<b>Alternator</b>			
Belt Tension			Inspect
Wear			Inspect
Alternator Flywheel			Clean/Inspect

## *IMPORTANT SAFETY INSTRUCTIONS!*

*DO NOT locate the Cross-Trainer outdoors, near swimming pools, or in areas of high humidity.*

*DO NOT operate your Cross-Trainer if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Support Services at the number in the Operation Manual.*

*DO NOT locate the Cross-Trainer any closer than 30 inches ( 76 cm ) to a television set.*

*DO NOT locate additional Cross-Trainers any closer than a minimum of 42 inches (107 cm) from center to center to avoid interference (cross talk) between Heart Rate monitors.*

*DO keep the area around your Cross-Trainer clear of any obstructions, including walls and furniture.*

*DO verify the contents of the delivery carton against the accompanying Parts Listing prior to setting the cartons and shipping material aside. If any parts are missing, contact Life Fitness Customer Support Services at the number listed in the Operation Manual. Save the shipping cartons in case of return.*

*DO read the entire Operation Manual prior to attempting to operate this machine as this is essential for proper use.*

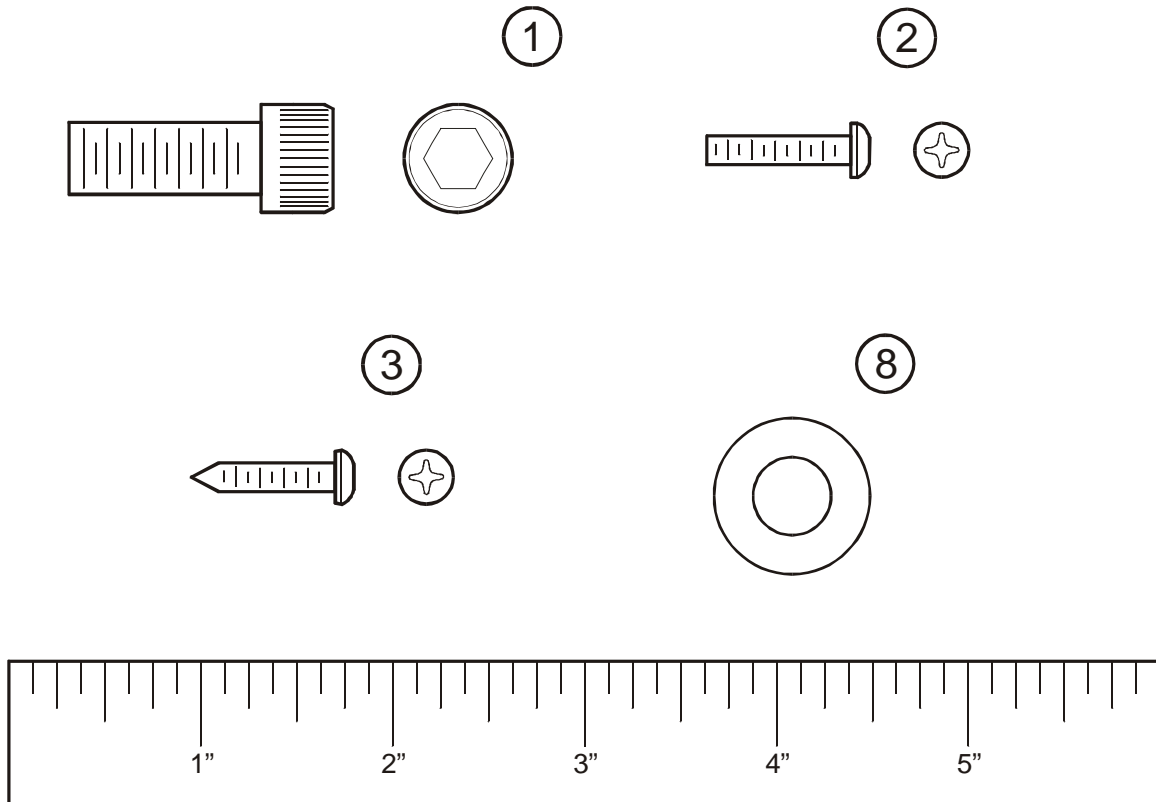
**Life Fitness Model 5500HR Cross-Trainer**  
**INSTALLATION INSTRUCTIONS**

TOOLS REQUIRED FOR ASSEMBLY... **Magnetic Bit Phillips Screwdriver** (provided), **Hex Key Wrench** (provided)

**PARTS DESCRIPTION**

<b>1</b>	<b>Hex Key Mounting Bolt</b> 0017-00101-1645	Qty: 8
<b>3</b>	<b>Mounting Screw</b> 0017-00101-1242	Qty: 10
<b>5</b>	<b>Front Monocolumn Cover</b> OK61-06020-0002	Qty: 1
<b>7</b>	<b>Console Support Assembly</b> AK61-00500-0002 (Model 5500HR) AK61-00500-0003 (Model 8500)	Qty: 1
<b>9</b>	<b>Left Front Cover</b> OK61-06200-0000	Qty: 1
<b>11</b>	<b>Left User Arm Assembly</b> AK61-00460-0001	Qty: 1
<b>13</b>	<b>Power Supply</b> (Model 5500HR Only) 118E-00001-0113 (Domestic)(A) 118E-00001-0114 (International)(B)	Qty: 1
<b>15</b>	<b>Foam Isolator</b> (Polar® Receiver) OK36-01059-00002	Qty: 1

<b>2</b>	<b>Display Console Screw</b> 0017-00101-1148	Qty: 4
<b>4</b>	<b>Console Assembly</b> AK61-00022-0001	Qty: 1
<b>6</b>	<b>Back Monocolumn Cover</b> OK61-06010-0002	Qty: 1
<b>8</b>	<b>Flat Washer</b> 0017-00104-0192	Qty: 2
<b>10</b>	<b>Right Front Cover</b> OK61-06210-0000	Qty: 1
<b>12</b>	<b>Right User Arm Assembly</b> AK61-00460-0000	Qty: 1
<b>14</b>	<b>Polar® Receiver</b> AK40-00045-0001	Qty: 1
<b>16</b>	<b>Console Spacer</b> OK61-05009-0000	Qty: 1



# Life Fitness Model 5500HR Cross-Trainer

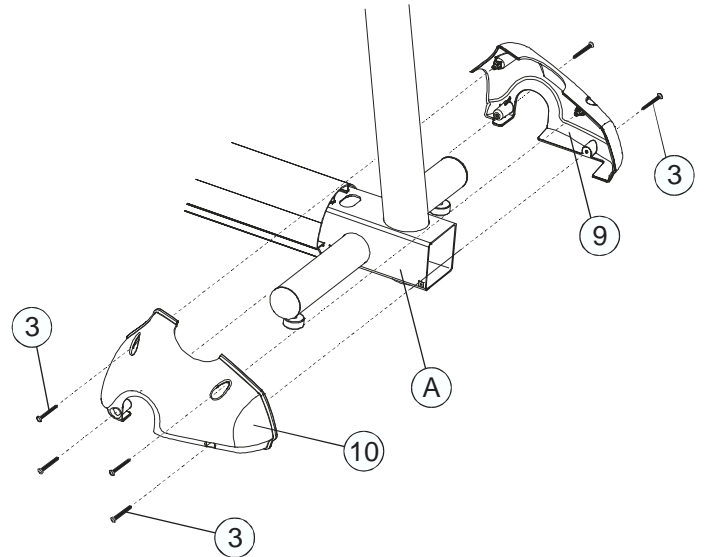
## INSTALLATION INSTRUCTIONS

### Step 1

Before proceeding, familiarize yourself with the parts of the Cross-Trainer and make sure that you have received all the items described in the Parts List.

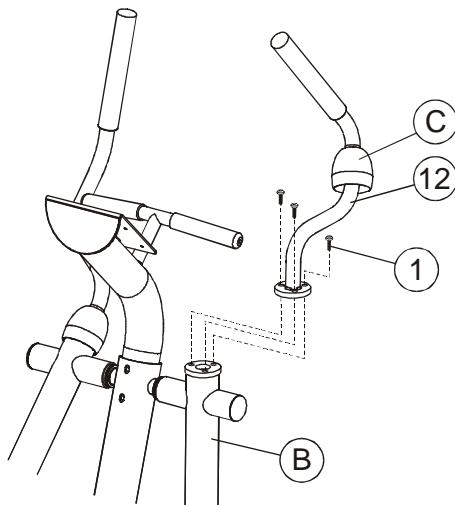
### Step 2

Locate the left and right FRONT COVER (#9, #10). Using two MOUNTING SCREWS (#3), mount the USER LEFT FRONT COVER (#9) to the FRAME (A). Attach the USER RIGHT FRONT COVER (#10) to the FRAME in the same manner using two MOUNTING SCREWS (#3). Secure the FRONT COVERS together using two MOUNTING SCREWS (#3).



### Step 3

Locate the LEFT USER ARM (#11). Secure the LEFT USER ARM to the LEFT ROCKER ARM (B) using three HEX KEY BOLTS (#1). Repeat the procedure for the RIGHT USER ARM (#12). Tighten all bolts securely. Lower the BOOT COVERS (C) down over the mounting plates.



### Step 4

Detach and unwrap the WIRE HARNESS located at the top of the MONOCOLUMN. Holding the CONSOLE SUPPORT ASSEMBLY (#15) with the handgrips facing upward, feed the WIRE HARNESS (D) up through the neck and out the top access hole. Carefully lower the CONSOLE SUPPORT ASSEMBLY onto the MONOCOLUMN.

**CAUTION: BE CAREFUL NOT TO PINCH THE WIRE HARNESS WHEN ASSEMBLING THE CONSOLE SUPPORT ASSEMBLY (#15) TO THE MONOCOLUMN (E).**

### Step 5

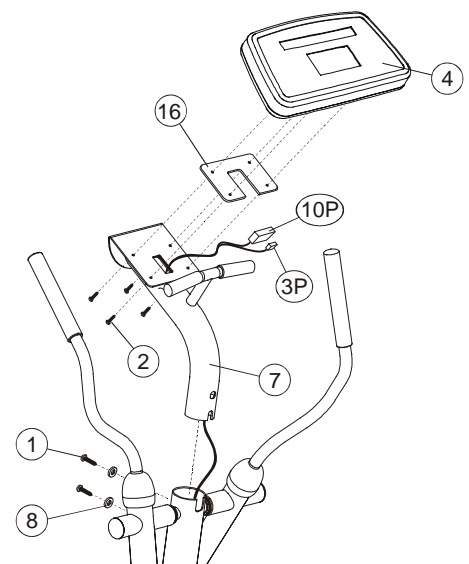
Using two HEX KEY BOLTS (#1) and 2 FLAT WASHERS (#8), secure the CONSOLE SUPPORT ASSEMBLY to the MONOCOLUMN (E). Tighten the bolts securely.

### Step 6

Attach the 3-PIN (3P) and 10-PIN (10P) CONNECTORS to the back of the CONSOLE ASSEMBLY.

### Step 7

Place the CONSOLE ASSEMBLY SPACER (#16) onto the CONSOLE SUPPORT ASSEMBLY (#7). Align the mounting holes in the CONSOLE ASSEMBLY SPACER with those in the CONSOLE SUPPORT ASSEMBLY.



# Life Fitness Model 5500HR Cross-Trainer

## INSTALLATION INSTRUCTIONS

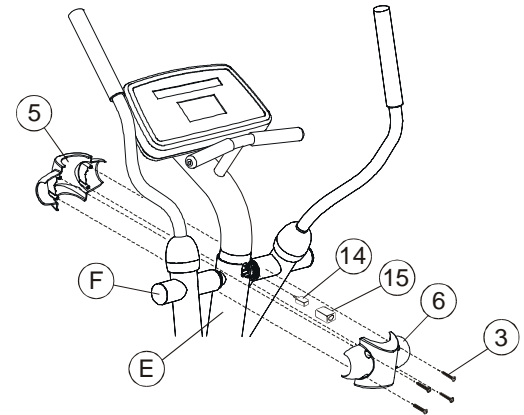
### Step 8

Secure the CONSOLE ASSEMBLY (#4) to the CONSOLE SUPPORT ASSEMBLY (#15) using four MOUNTING SCREWS (#2). Tighten the screws securely.

**CAUTION: DO NOT OVER-TIGHTEN THE MOUNTING SCREWS (#3).**

### Step 9

Locate the POLAR® RECEIVER (#14). Plug the POLAR RECEIVER into the jack located at the front of the MONOCOLUMN (E) near the DEAD SHAFT (F). Slide the FOAM ISOLATOR (#15) over the POLAR RECEIVER.



### Step 10

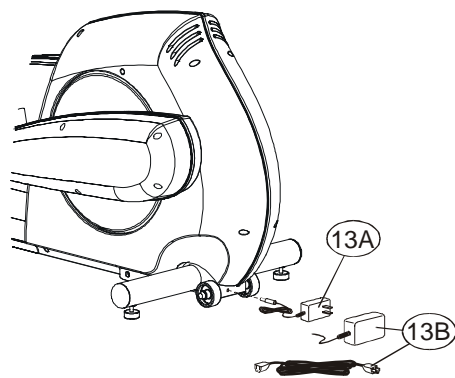
Locate the front and back MONOCOLUMN COVERS (#5, #6). Place the FRONT MONOCOLUMN COVER (#5) over the PIVOT SHAFT (F) at the top of the MONOCOLUMN (E).

With the wire positioned on top, carefully insert the POLAR RECEIVER between the vertical ribs located inside the REAR MONOCOLUMN COVER.

**NOTE: THE POLAR RECEIVER WIRE MUST BE BE POSITIONED ON TOP WHEN INSERTED INTO THE REAR MONOCOLUMN COVER.**

Place the REAR MONOCOLUMN COVER (#6) on the opposite side of the FRONT MONOCOLUMN COVER to cover the PIVOT SHAFT and CONSOLE SUPPORT ASSEMBLY MOUNTING BOLTS. Use four MOUNTING SCREWS (#3) to secure the MONOCOLUMN COVERS together. Tighten the screws securely.

**CAUTION: DO NOT OVER-TIGHTEN THE MOUNTING SCREWS (#3).**



### Step 11

Position the Cross-Trainer into the desired location for use. Locate the POWER SUPPLY (#13).

#### (Domestic Only)

Plug the connector end of the POWER SUPPLY (13A) into the Cross-Trainer at the lower rear of the unit. Plug the POWER SUPPLY into a wall outlet.

#### (International Only)

Plug the connector end of the TRANSFORMER (13B) into the Cross-Trainer at the lower rear of the unit. Plug the LINE CORD into the TRANSFORMER. Plug the pronged end of the LINE CORD into a wall outlet.

**CAUTION: REFER TO THE OPERATION MANUAL FOR PROPER LINE CORD USAGE.**

**Life Fitness Model 5500HR Cross-Trainer**  
**INSTALLATION INSTRUCTIONS**

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***PRE-OPERATION CHECKLIST***

*Ensure that the USER ARM bolts are tight.*

*Make sure the CROSS-TRAINER is properly leveled and stable.*

*Ensure that the Leveler Jam Nuts are tight.*

*Read the entire Operation Manual before using the Cross-Trainer.*

---

Before attempting to operate your Cross-Trainer, it is imperative that you familiarize yourself with the contents of the Operation Manual. If your Cross-Trainer does not respond as described in the OPERATION MANUAL, contact the nearest Life Fitness service center as listed in the Operation Manual.

# Life Fitness Model 5500HR Cross-Trainer

## UNPACKAGING INSTRUCTIONS

### Step 1

Remove all staples from the corrugated shipping container and fold down the four sides of the base tray (A).

### Step 2

Lift and open the top flaps of the shipping container sleeve (B). Lift and remove the two front support posts (C).

### Step 3

With the help of another person, carefully lift the shipping container sleeve (B) up and off of the base tray (A) and over the Cross-Trainer (D). Remove the ship kit box (E) from the Cross-Trainer and set aside. Remove the remaining corner posts (F) and ship kit support (G).

### Step 4

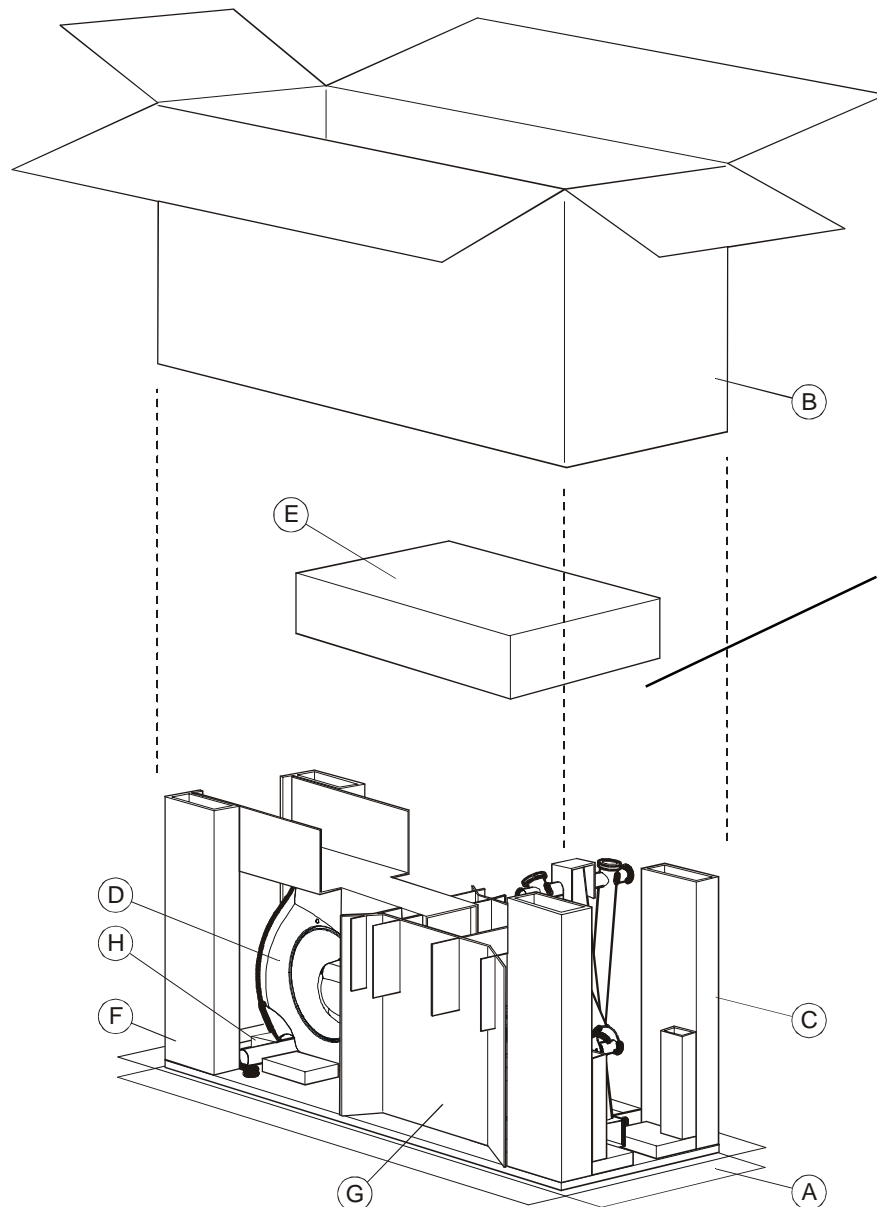
Using a screwdriver, remove the rear locator pad (H) from the base tray (A).

### Step 5

Carefully lift the front of the unit and slowly roll the unit backward beyond the flattened base tray.

### Step 6

Follow the Installation Instructions included in the parts bag to complete the assembly of your Cross-Trainer.



### Ship Kit Contents:

- Left & Right User Arms
- Console Support Assembly
- Left & Right Front Covers
- Display Console
- Front & Back Monocolumn Covers
- Hardware Kit
- Installation Instructions
- Polar Receiver Kit
- Line Cord (International Only)
- Power Supply
- Polar Transmitter Kit

**IMPORTANT**  
**SAVE YOUR PACKING MATERIALS IN CASE OF RETURN**

**Life Fitness Model 5500HR Cross-Trainer**  
**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

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

PRODUCT TROUBLESHOOTING	
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 (708) 451-0036  
 FAX (800) 216-8893 Toll-Free or (708) 288-3702





# Life Fitness Model 5500HR Cross-Trainer Service Kit Instruction (GK61-00002-0006)

## How To... Replace the Pedal Lever Assembly

Tools required: Phillip screwdriver, Allen wrench set, 3/8" Socket set, and Standard wrench set

### Step 1

Unplug the unit at the electrical outlet.

### Step 2

Remove the six(6) screws from the OUTER LINK COVER and remove.

### Step 3

Remove the TIE ROD.

### Step 4

Remove the ANTI-LIFT BRACKET and lower the PEDAL LEVER ASSEMBLY.

### Step 5

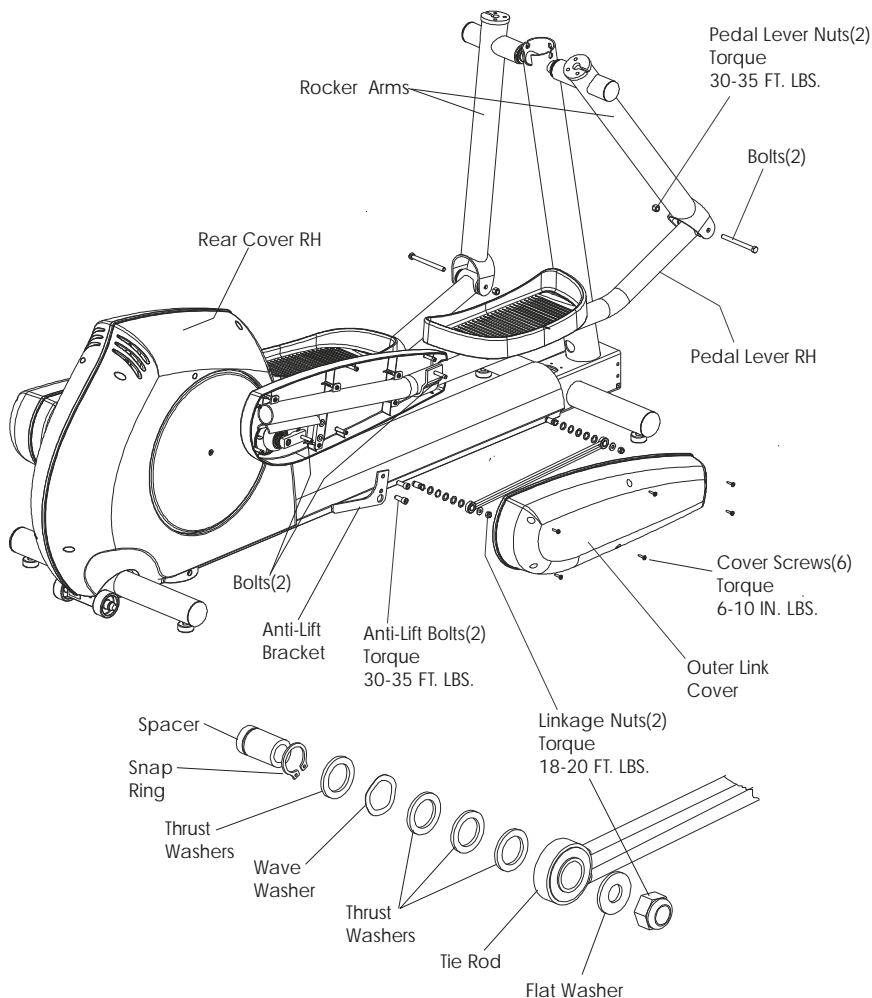
Remove the nut and bolt securing the pedal lever to the ROCKER ARM, and remove the pedal lever.

### Step 6

Remove the inner link cover screws(4) and remove the inner link cover.

### Step 7

Install new pedal lever in reverse order making sure that each pedal lever roller guide is centered over the roller before tightening the mounting bolt. Loosen the pedal lever so that it is centered on the roller, then tighten the mounting bolt from 30-35 ft lbs.



Outside Edge



Alignment Hole



## Life Fitness Model 5500 / 8500 / 9100 / 9500 Series Cross-Trainers How To... Install the Pedal With Fasteners

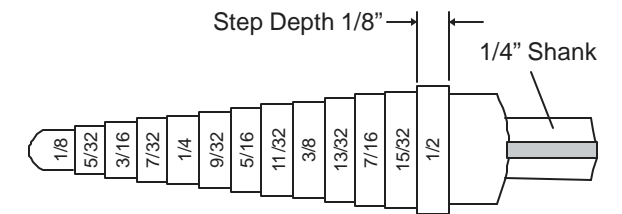
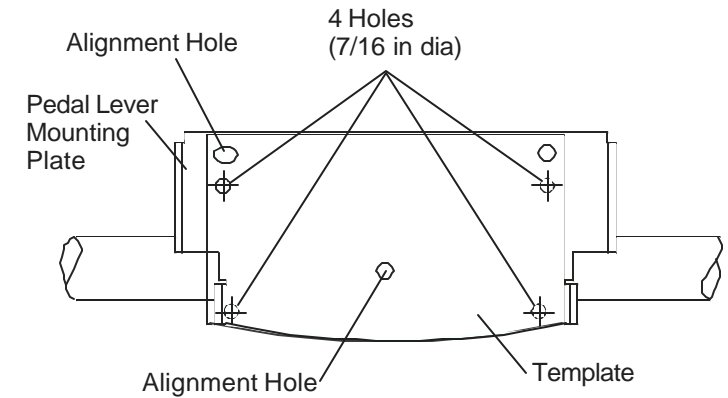
**Tools required:** Standard 7/16" Drill Bit or Step Down Drill Bit (1/8-1/2 x 1/32" w/1/8" Step Depth), Center Punch, Hammer, 1/2" Socket or Nut Driver **Service Kit No. GK61-00002-0037**

1. Remove old PEDALS from the PEDAL LEVER MOUNTING PLATES. Make sure to remove all adhesive tape.
 

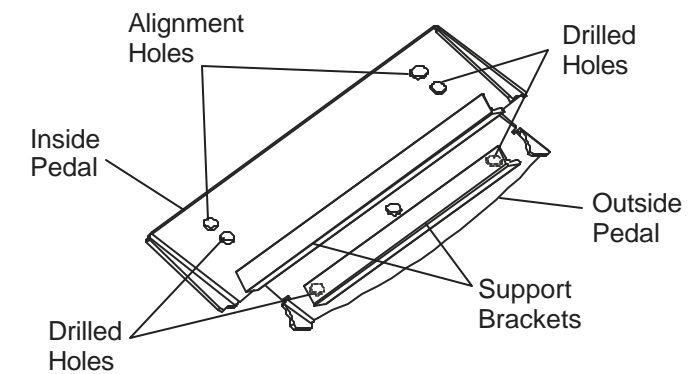
**NOTE: Skip to Step 6 for Serial Numbers Above: CT95-SN110234, CT85-SN101050, CT5500-SN107307 and CT91-SN103224.**
2. Align new pedal TEMPLATE (Above) on the MOUNTING PLATE and secure in place with tape.
3. Using a hammer and center punch, index the MOUNTING PLATE in four locations as indicated on the TEMPLATE.
4. Using either a 7/16" standard drill bit or a Step Down Drill Bit (1/8-1/2 x 1/32" x 1/8" Depth), drill a 7/16" hole at each indexed marking. Do Not drill through support brackets, if equipped.
5. Remove any burrs that may be present after drilling.
6. Clean the MOUNTING PLATE top surface with the provided pre-moistened alcohol "wet pad" by briskly rubbing for 30 to 60 seconds. Immediately dry the MOUNTING PLATE top surface using the provided "dry pad". If the surface dries before using the provided "dry pad", simply re-wet the surface with the wet pad and then dry with the dry pad.
 

**IMPORTANT:** Proper cleaning of the surfaces is critical to obtain a good bond for the adhesive tape. Surfaces must be totally dry before applying tape. Do not reuse one set of pads for more than one surface.
7. Peel off the protective adhesive backing from each piece of TAPE on the back of the PEDAL.
8. Position the NEW PEDAL on the MOUNTING PLATE making sure the PEDAL TABS protrude through the drilled holes in the bottom of the PLATE.
9. Using a C-clamp, compress the PEDAL to the MOUNTING PLATE for a minimum of 60 seconds.
10. While the Clamp is on, push the PEDAL FASTENERS onto the pedal tabs using a 1/2" socket or nut driver.

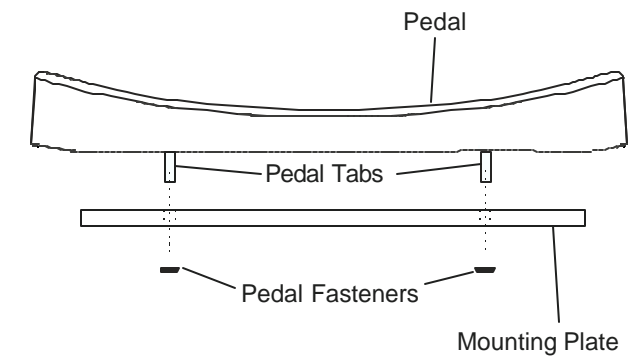
**NOTE: Pedals equipped with metal support brackets will only require fasteners on two inside PEDAL TABS.**



**Step Drill Bit**  
(Not Provided)

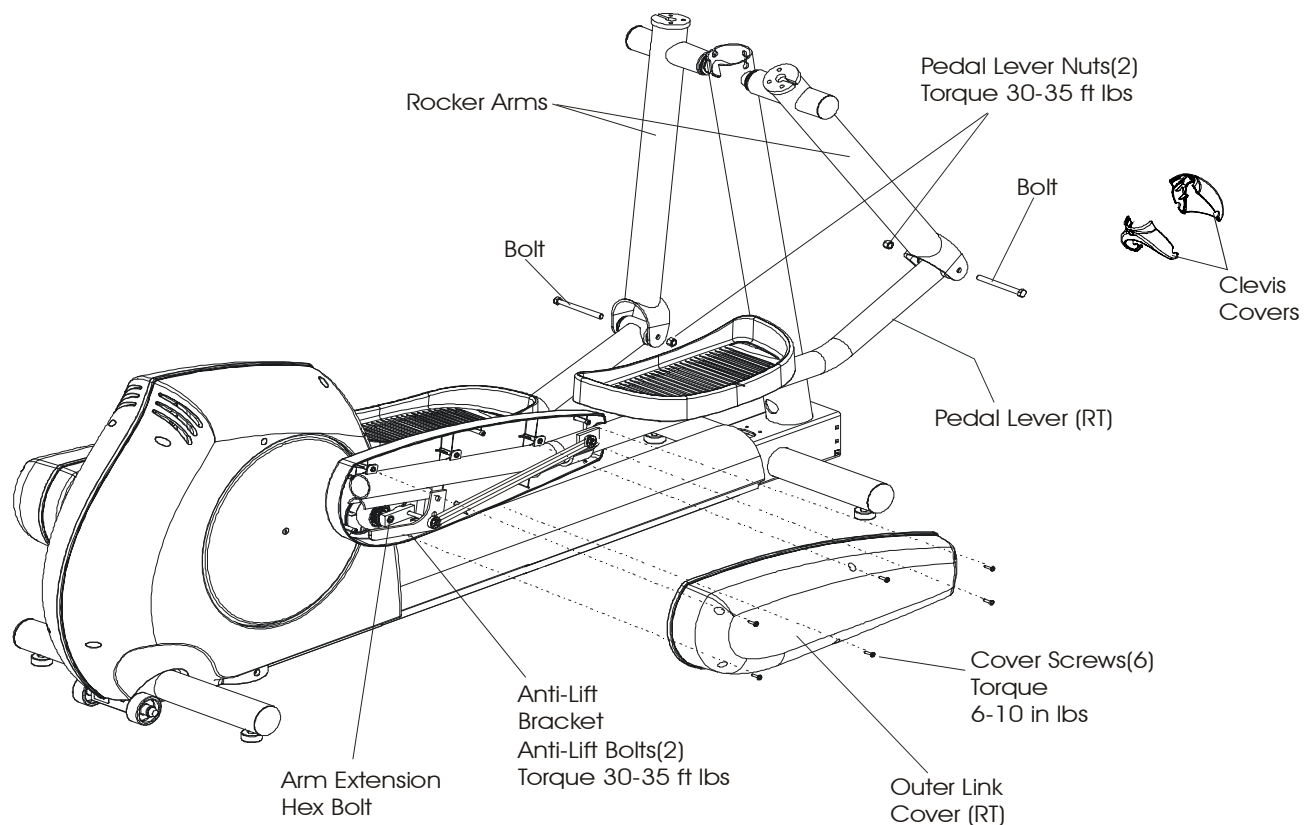


**Underside View of Pedal Plate w/o Tube**



## How To... Install Shaft Collar Service Kit

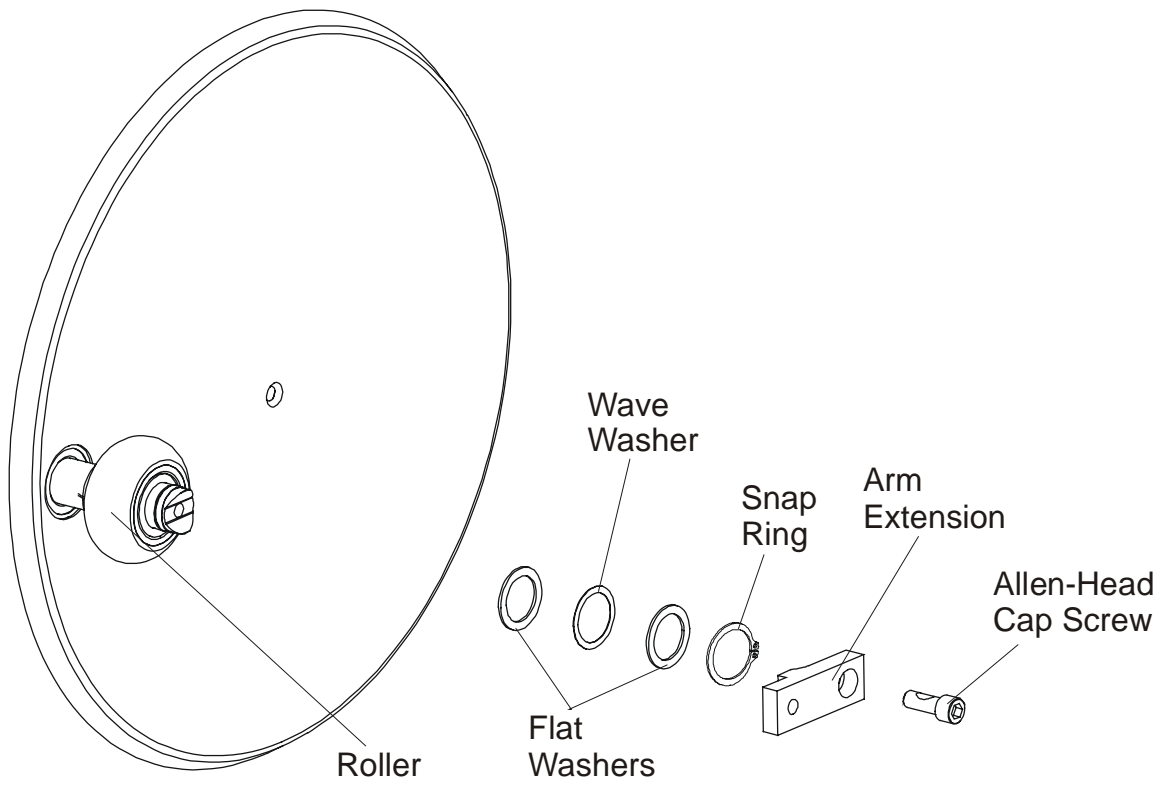
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1. Remove the Outer Link Covers by removing six mounting screws from each Outer Link Cover.
2. Remove the Anti-Lift Bracket by removing two mounting bolts from each Bracket.
3. Remove the Clevis Covers from the front of each Pedal Lever Assembly
4. Remove each Pedal Lever Assembly by removing the mounting bolt and nut at each Rocker Arm Joint, and the hex nut from each Arm Extension.

## How To... Install Shaft Collar Service Kit (Continued)

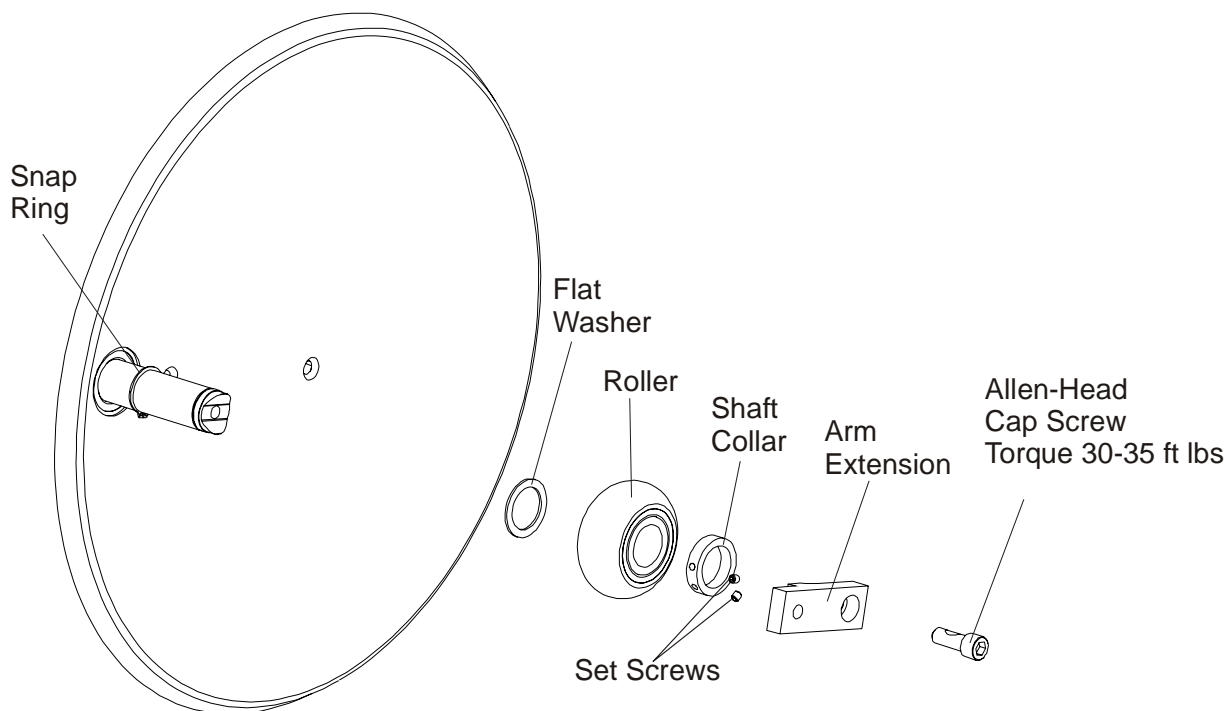
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5. Remove the Allen-Head Cap Screw from the end of the Arm Extension.
6. Remove the Arm Extension and save the Arm Extension and Allen-Head Cap Screw.
7. Remove the Snap Ring, Wave Washer, and Flat Washers on outside of Roller and discard.

## How To... Install Shaft Collar Service Kit (Continued)

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8. Install the new Shaft Collar (as shown in the illustration above) in place of the discarded washers.
9. Make sure the Roller turns freely before tightening the Set Screws on the Shaft Collar.
10. Re-install the Arm Extension, Allen-Head Cap Screw, Pedal Lever Assembly, and Outer Link Cover in reverse order. Tighten hardware to specified torque values.