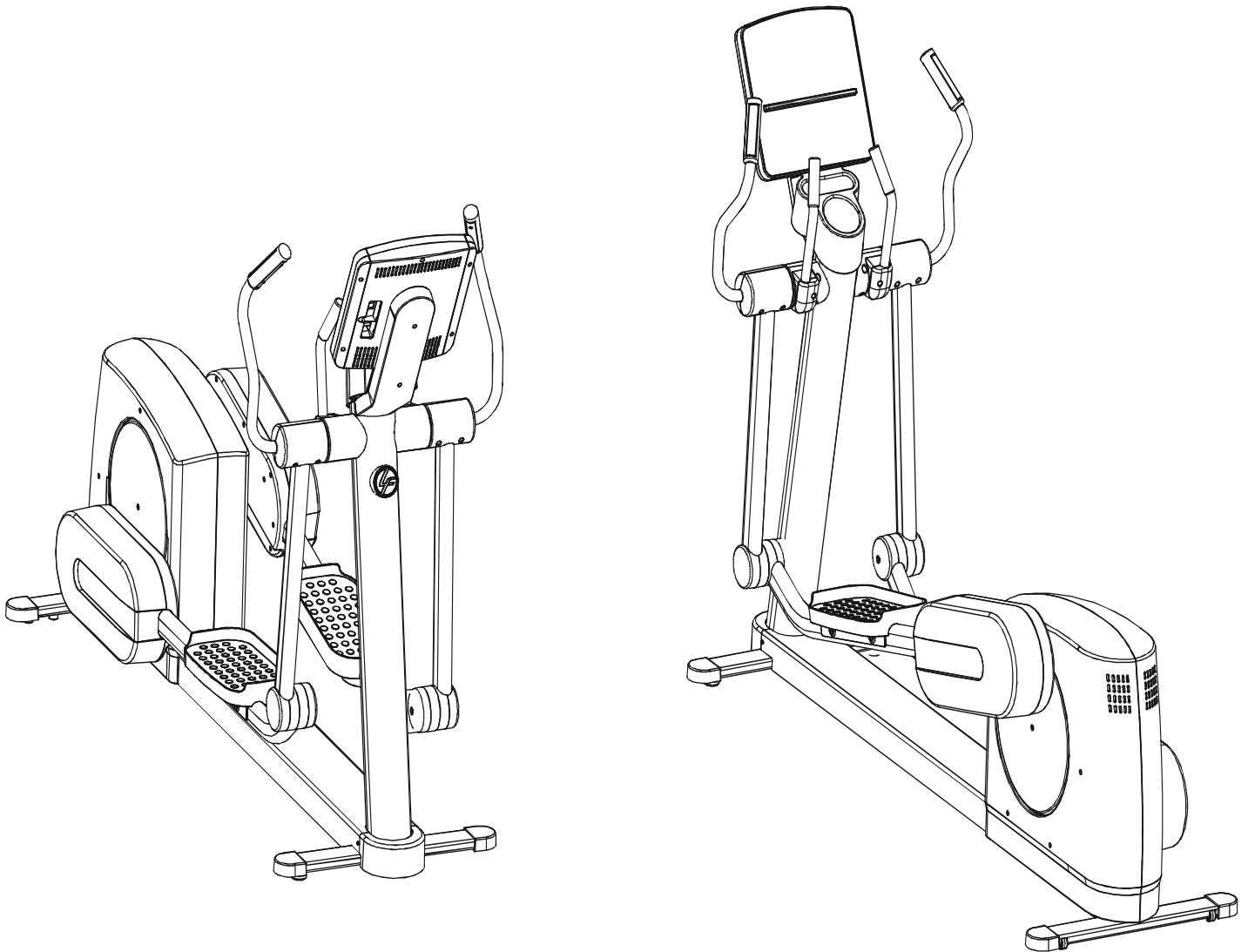


# *LifeFitness*

**ARCTIC SILVER QUIET DRIVE  
CROSS TRAINER 90X-0XXX-03  
(MADE IN HUNGARY)**



**Customer Support Services  
PARTS MANUAL** 30 Jul 2008

**ARCTIC SILVER QUIET DRIVE 90X**  
**REFERENCES**

**90X-0XXX-03**  
**S/N XHA504206206**

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OPERATION MANUAL	M051-00K62-A111
SERVICE MANUAL	M051-00K62-A149
TOUCH UP PAINT: SPRAY CAN .5 OZ BOTTLE W/APPLICATOR .33 OZ PEN	0017-00008-0204 0017-00008-0205 0017-00008-0206
HARDWARE BAG	AK62-00152-0001
PLUG IN OPTION 120/60	GK62-00002-0018
PLUG IN OPTION 240/50 UK	GK62-00002-0019
PLUG IN OPTION 240v AUS	GK62-00002-0020
PLUG IN OPTION 230/50 CONT.	GK62-00002-0021
C-SAFE KIT	GK63-00002-0003

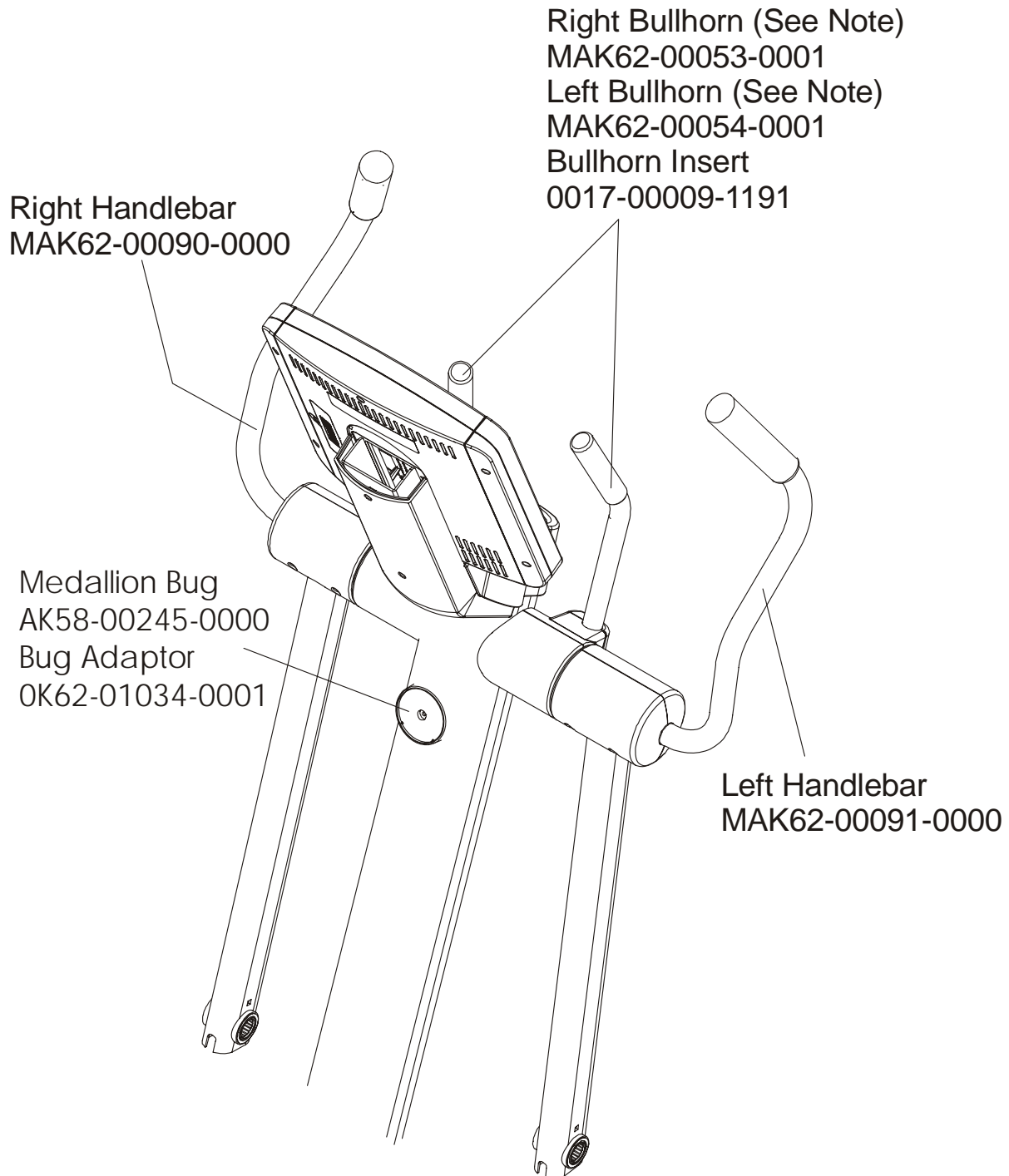
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**Note: The 93X has Telemetry only.**



**ARCTIC SILVER QUIET DRIVE 90X**  
**Handlebars and Bullhorns**

**90X-0XXX-03**  
**S/N XHA504206206**

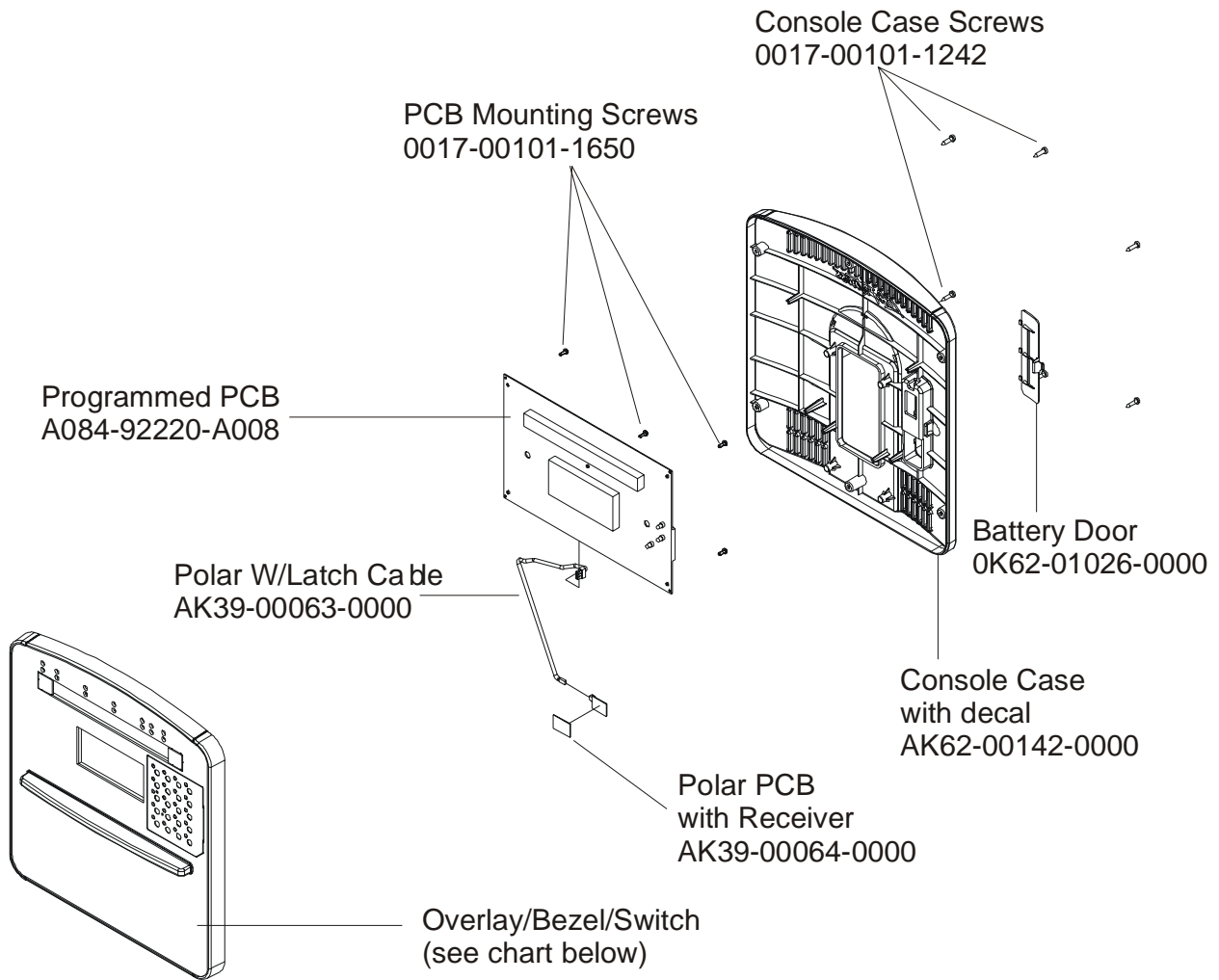


NOTE: The Right Bullhorn Assembly consists of: AK62-00057-0001 Bullhorn, MOK62-01136-0000 Grip, and MOK62-01199-0000 Gasket.

NOTE: The Left Bullhorn Assembly consists of: AK62-00058-0001 Bullhorn, MOK62-01136-0000 Grip and MOK62-01199-0000 Gasket

**ARCTIC SILVER QUIET DRIVE 90X**  
**Console & Related components**

**90X-0XXX-03**  
**S/N XHA504206206**



CONSOLE	OVERLAY/BEZEL/SWITCH	LANGUAGE
AK62-00147-0000	AK62-00189-0001	Multi
AK62-00147-0002	AK62-00189-0006	Jap/Met

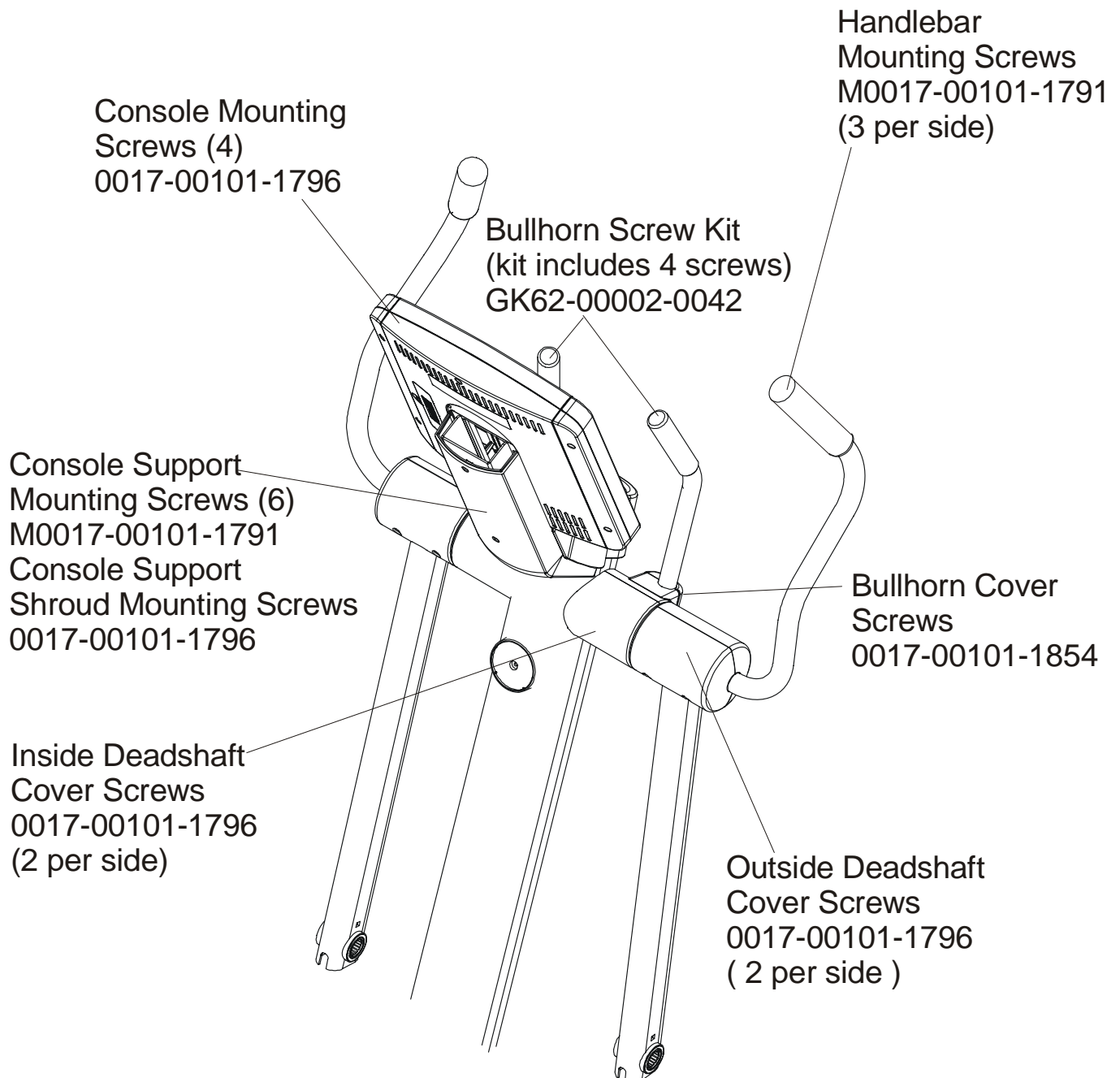
# ARCTIC SILVER QUIET DRIVE 90X

## Upper Frame Hardware

90X-0XXX-03

S/N XHA504206206

Items Not Shown	
Accessory Tray	M0K62-01022-0000
Accessory Tray Mounting Screws (2)	0017-00101-1846



# ARCTIC SILVER QUIET DRIVE 90X

## Rocker Arms & Pedal Levers

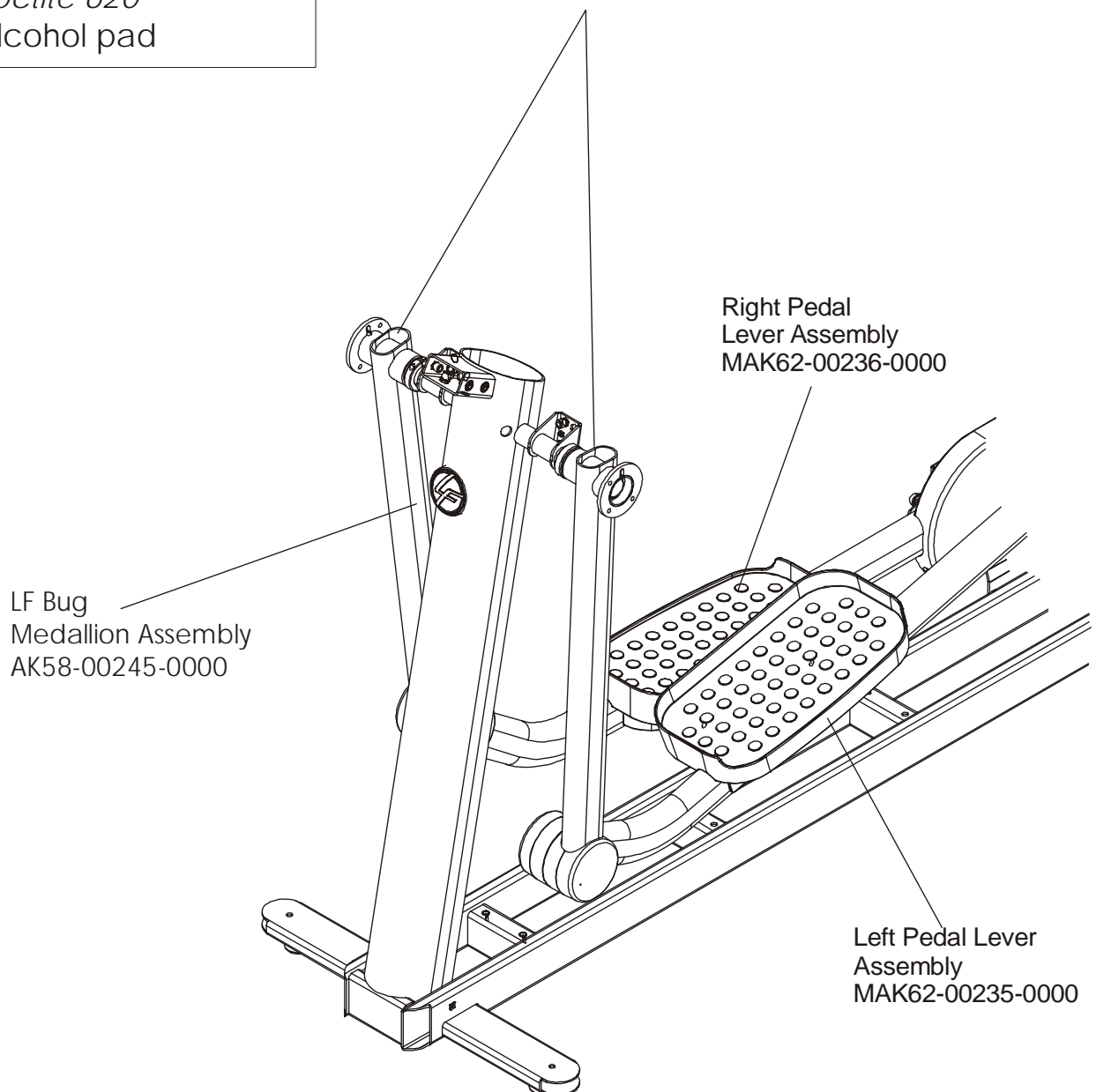
90X-0XXX-03

S/N XHA504206206

Rocker Arms Kit  
GK62-00002-0070  
contents:

Rocker Arms (2)  
Hardened Spacers (2)  
Oilite Washers (2)  
Retaining Rings (2)  
*Loctite 620*  
Alcohol pad

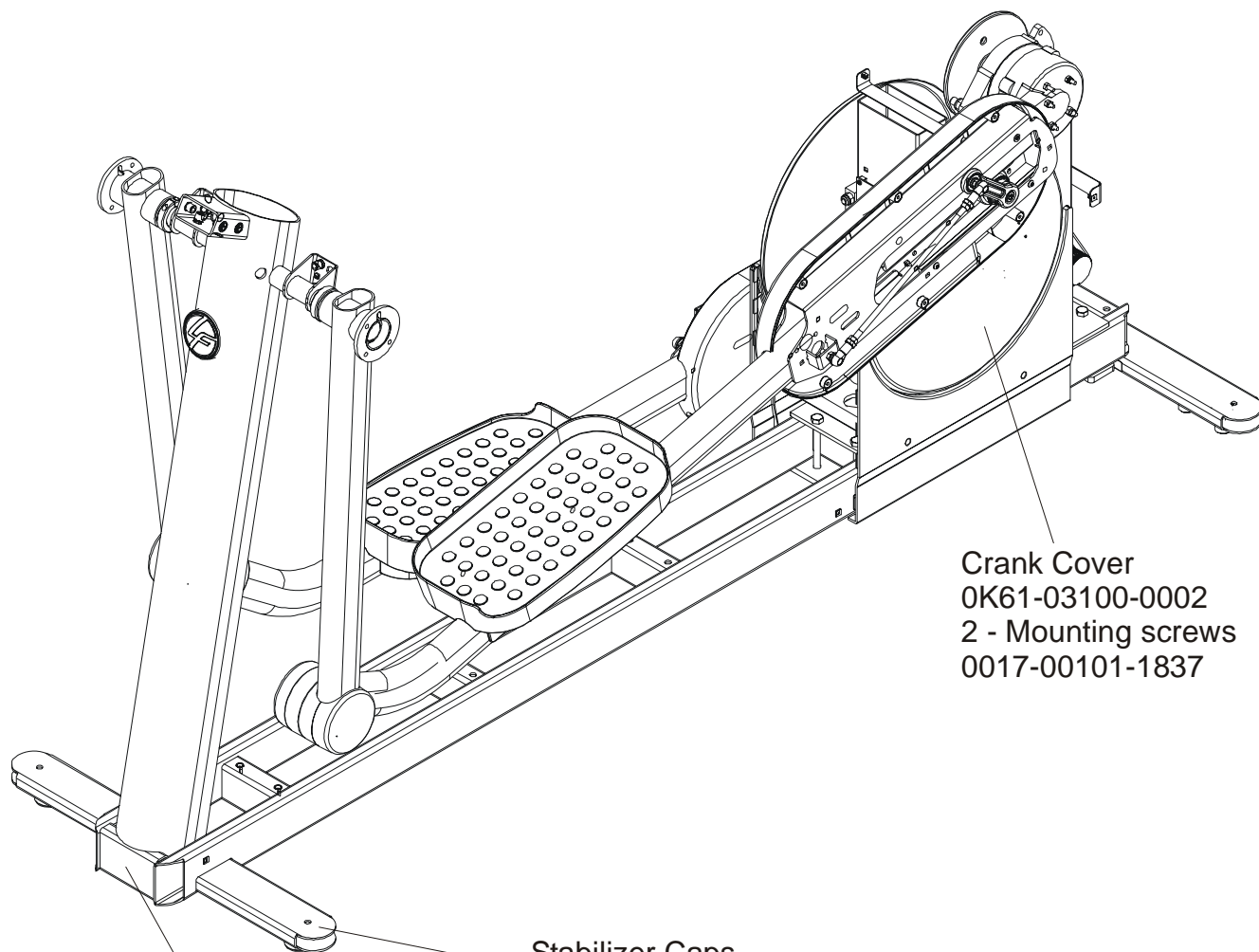
Rocker Arms  
AK62-00002-0070  
Shaft Collar w/Screws  
OK61-01259-0000





**ARCTIC SILVER QUIET DRIVE 90X**  
**Crank Cover and Lower Caps**

**90X-0XXX-03**  
**S/N XHA504206206**



Crank Cover  
OK61-03100-0002  
2 - Mounting screws  
0017-00101-1837

Stabilizer Caps  
4 - OK62-01003-0000

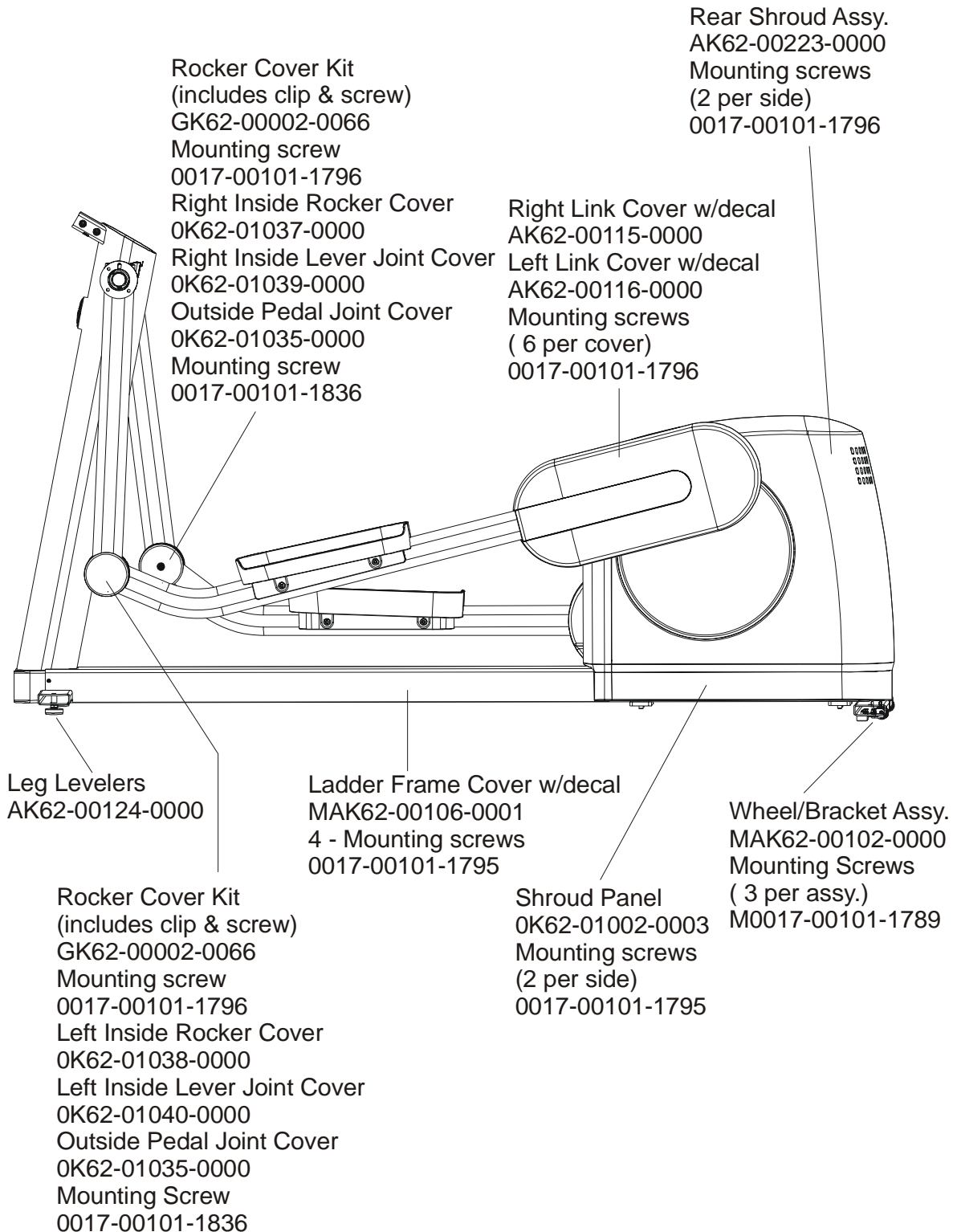
Front frame Cap  
MOK62-01004-0000  
Mounting Screws  
(Located on front sides of Ladder Frame Cover)  
2- 0017-00101-1795

# ARCTIC SILVER QUIET DRIVE 90X

## Lower Frame Shrouds & Hardware

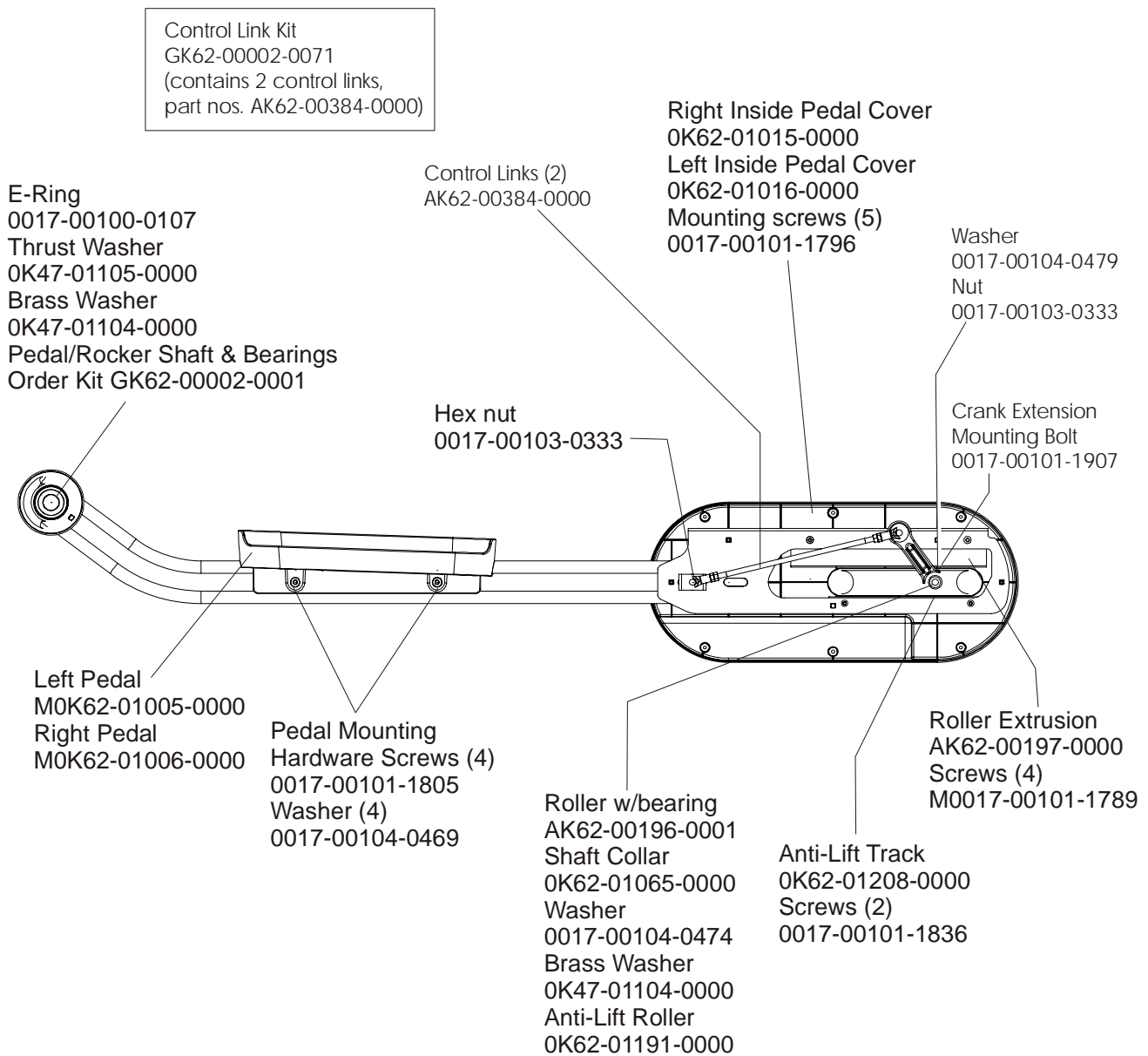
90X-0XXX-03

S/N XHA504206206

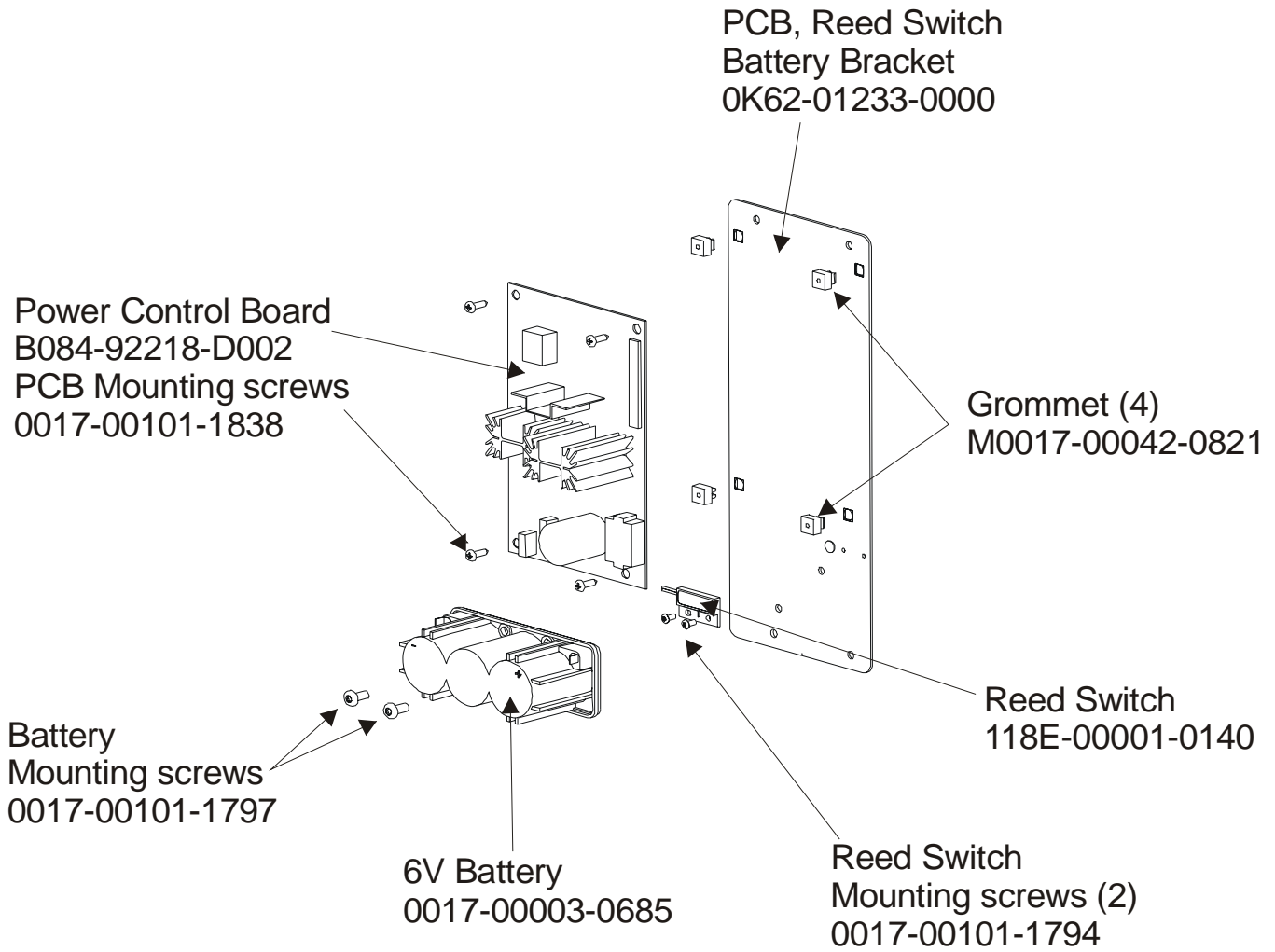


**ARCTIC SILVER QUIET DRIVE 90X**  
**Pedal Lever Assembly Components**

**90X-0XXX-03**  
**S/N XHA504206206**



Note: Units with old control link assemblies will require kit MGK62-00002-0015 when replacing either the tie rod assembly or the crank extension for the first time.



This assembly is used 4 times on the drive module assembly.

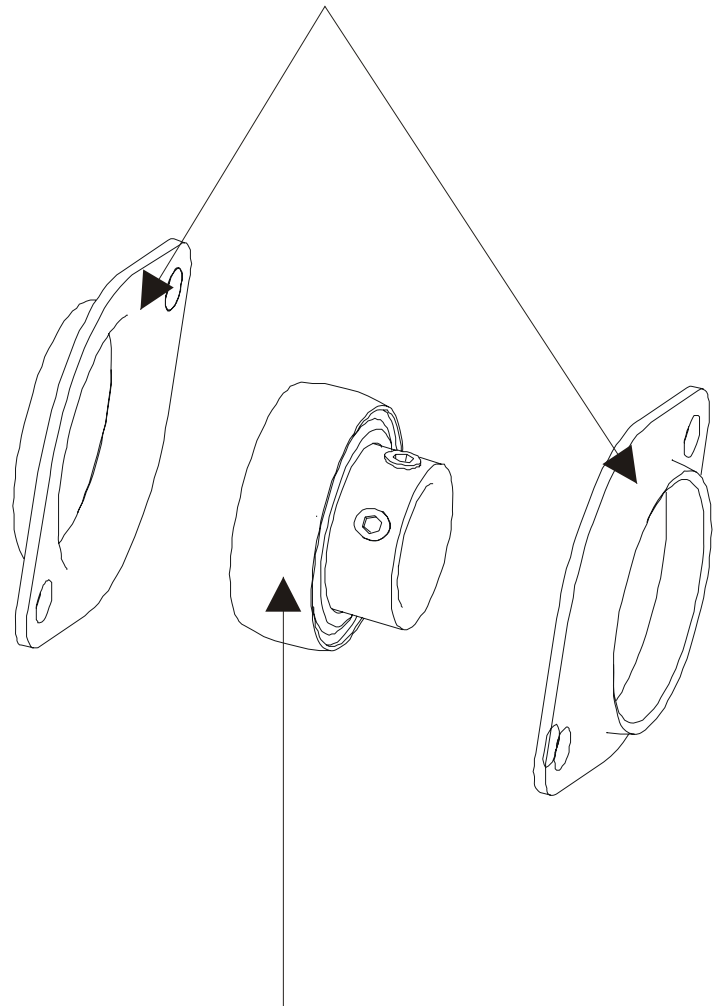
Service Kit-  
MGK62-00002-0044  
Includes:

- 1- crankshaft
- 2- bearings
- 2- sets of bearing flanges
- 4- nuts and washers

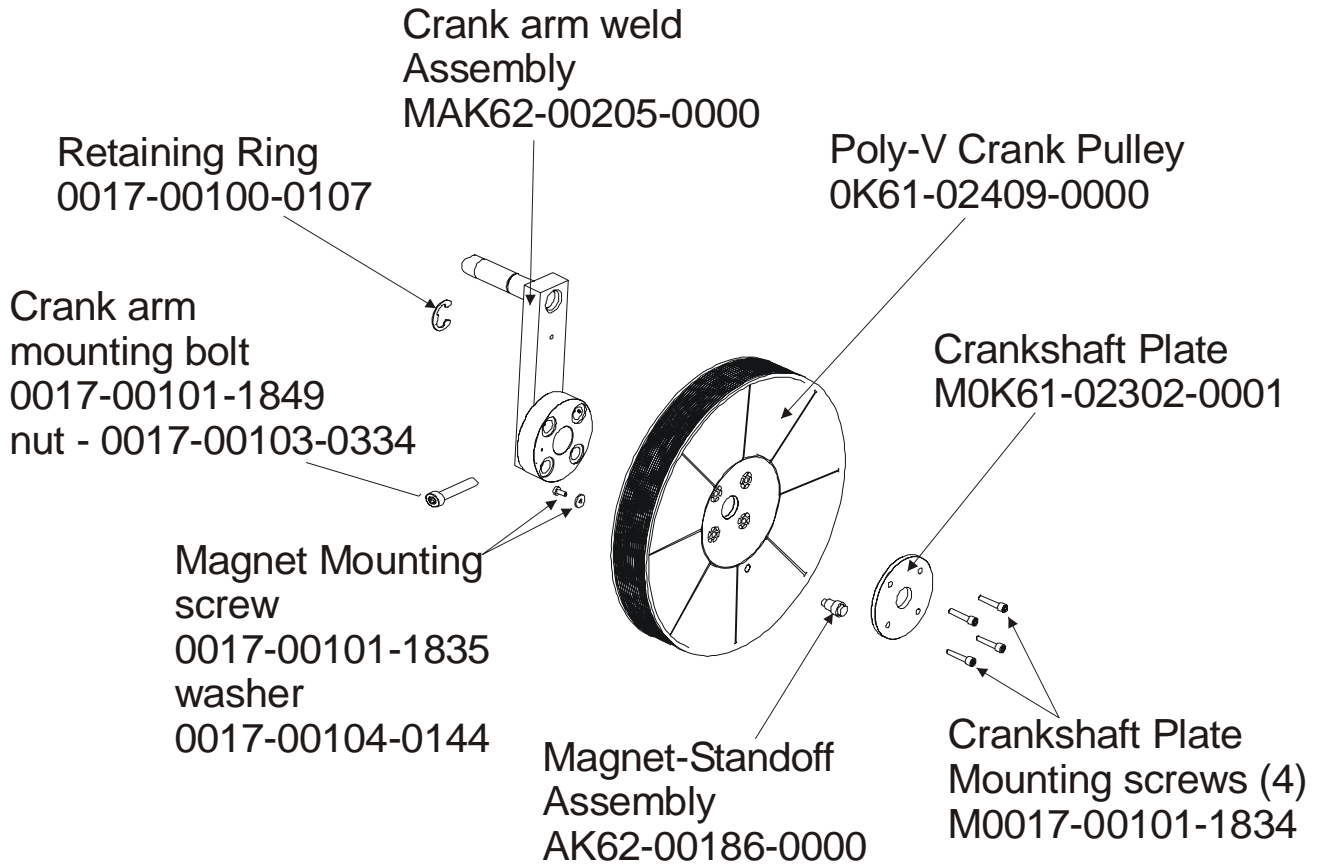
Service Kit- GK62-00002-0045  
Includes:

- 1 - intermediate shaft
- 2 - bearings
- 2- sets of bearing flanges
- 4- nuts and washers

Bearing Flanges (2)  
0K62-01220-0000



1" Bearing  
0K62-01221-0000



**ARCTIC SILVER QUIET DRIVE 90X**  
**Drive Module**

**90X-0XXX-03**  
**S/N XHA504206206**

