

Life Fitness Model 9100HR (REV 1 & REV 2) Treadmill

How To... INSTALL THE LIFELINK UPGRADE KIT

TOOLS REQUIRED: Standard Screwdriver, Phillips Screwdriver, Hex Key Wrench Set, Pliers, Wire Cutters, Anti-Static Strap

**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 unplug the unit at the wall outlet.

STEP 2

Ground yourself by positioning an anti-static strap around your wrist and attaching the other end (alligator clip or adhesive end) to a bare metal surface on the machine frame.

(REV 1 ONLY)

STEP 3

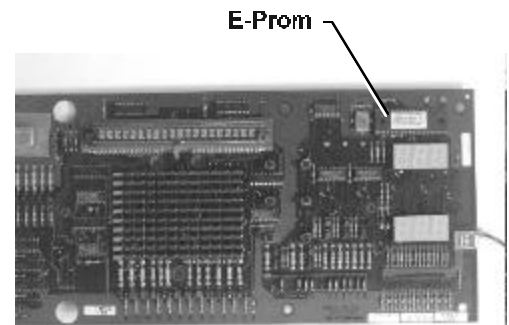
Remove the CONNECTOR COVER under the left side of the DISPLAY CONSOLE by removing the four screws with a Phillips screwdriver and unplug the 4 and 10-pin CONNECTORS to the DISPLAY CONSOLE.

STEP 4

Remove the DISPLAY CONSOLE by removing the four allen bolts and washers securing the DISPLAY CONSOLE to the HANDRAILS.

**HINT: FOR EASIER REMOVAL, LOOSEN THE THREE SCREWS
HOLDING THE HANDLEBAR TO THE RIGHT SIDE HANDRAIL.**

Remove the eight Phillips screws securing the console pan to the faceplate. Remove the LIFE PULSE ASSEMBLY by removing the four screws and unplugging the 7-PIN CONNECTOR and the ground strap. Remove the ELECTRONIC BOARD from the faceplate by removing the eight screws and unplugging the RIBBON CABLE and STOP SWITCH CABLE.



STEP 5

NOTE THE ORIENTATION OF E-PROM BY THE U-NOTCH.

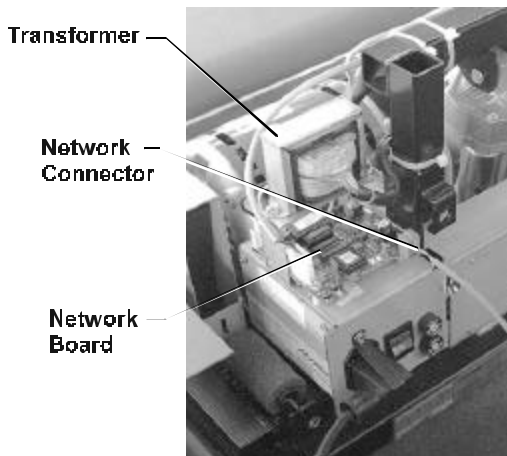
Remove and replace the E-PROM (U1) with the E-PROM supplied in the upgrade kit. Return the DISPLAY CONSOLE to its proper position by reversing Steps 3 and 4.

STEP 6

Remove the four screws securing the MOTOR COVER in place and set the MOTOR COVER aside.

STEP 7

Pull out the two RUBBER MOUNTING NUTS holding the FRONT PROTECTOR SHIELD in position and remove it.



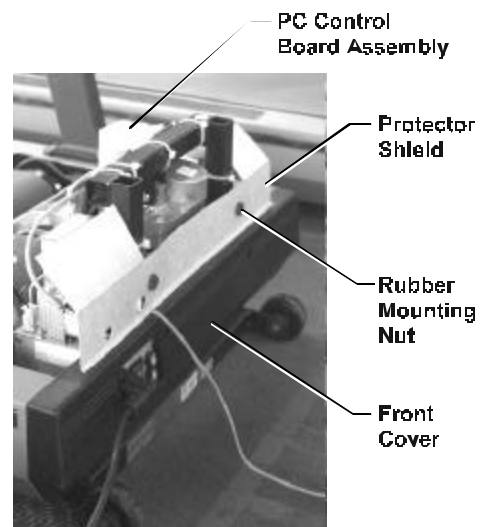
STEP 8

Remove the FRONT COVER by removing the four screws securing it in place.

STEP 9

Remove the two screws securing the TRANSFORMER to the POWER BOX, lift the TRANSFORMER off and secure the bracket supplied in the upgrade kit with the two screws to the same holes. To ensure the NETWORK BOARD fits, remove the 3/16 allen bolt that holds the POWER BOX to the FRAME and replace it with the allen screw supplied in the upgrade kit. Slide the NETWORK BOARD (connector facing the front) on top of THE POWER BOX and secure it to the four existing holes with the four screws supplied in the upgrade kit. Take

the TRANSFORMER and secure to the top of the bracket with the two screws supplied in the upgrade kit.



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How To... INSTALL THE LIFELINK UPGRADE KIT

STEP 10:

Loosen but do not remove the two screws at the bottom of the PC CONTROL BOARD assembly. Pop open the two plastic rivets at the top of the assembly with a standard screwdriver. Swing down the top of the PC CONTROL BOARD and lift the entire assembly away from the frame.

(REV 1 ONLY)

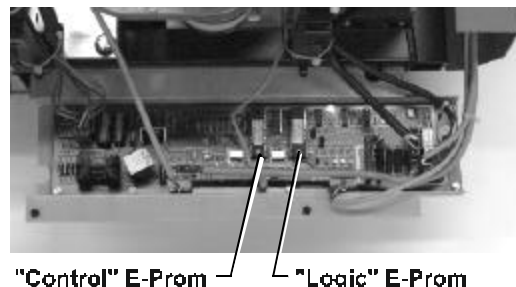
STEP 11:

Ensure the grounding strap is still on your wrist and clipped to the frame.

NOTE: THE ORIENTATION OF E-PROMS BY THE U-NOTCH.

Remove and replace the two CPU E-PROMS supplied in the upgrade kit, one at a time.

NOTE: INSERT THE E-PROM MARKED "CONTROL" INTO U4 AND THE E-PROM MARKED "LOGIC" INTO U7.



STEP 12

Plug in and route the CABLE HARNESS supplied in the upgrade kit from the NETWORK BOARD to the PC CONTROL BOARD at CONNECTOR P8. Secure the HARNESS away from moving parts using the tie wraps supplied in the upgrade kit.

STEP 13

Reverse steps 7, 8 and 10 to return the PC CONTROL BOARD ASSEMBLY, front cover and front protector shield back to their proper positions.

STEP 14

Plug the STUB CABLE supplied in the upgrade kit into the NETWORK BOARD and then feed it through the hole on the FRONT PROTECTOR SHIELD. Punch out one of the holes on the user right side of the MOTOR COVER and feed the STUB CABLE through it. Replace the MOTOR COVER making sure not to over-tighten the four screws in the RUBBER MOUNTS. Take the other end of the STUB CABLE and plug it into the T-CONNECTOR on the backbone.

STEP 15

Plug the unit in at the wall outlet and turn the power on at the ON/OFF switch. A blue box will appear on the LIFECENTER SCREEN stating "INSTALLING NODE" and will disappear in approximately 30 seconds.

CAUTION: DO NOT TURN OFF THE POWER OR DISCONNECT THE NETWORK DURING THIS TIME. DOING SO BEFORE THE "INSTALLING NODE" MESSAGE DISAPPEARS MAY DEACTIVATE THE NETWORK BOARD.

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