


<b>Effective Date:</b> 10/5/2011	 <b>Service Bulletin</b>	<b>Revision</b> 001
<b>Warranty:</b> Depends on Install Date	<b>Diagnosing Noise Issues on Sporting Good Elliptical Trainers</b>	<b>Revised Date:</b>
<b>Time Required:</b> 30 minutes	<b>Serial Numbers Affected:</b> All	<b>Prepared by:</b> Kevin Oeltjenbruns

## DESCRIPTION

Noise issues arise after installation or after use.

## SOLUTION

Noise issues are typically due to loose hardware or a lack of lubrication on moving parts. This instruction points out the most common areas for these issues.

**PROCEDURE – Note: Some of the pictures below show connecting points with the covers already removed for clarity.**

1. Check the link arm / pedal arm connection for a loose bolt (Figure A). Lubricate the shaft with lithium based grease (Figure B). This bolt should be torqued to approximately 6 N-m.



Figure A

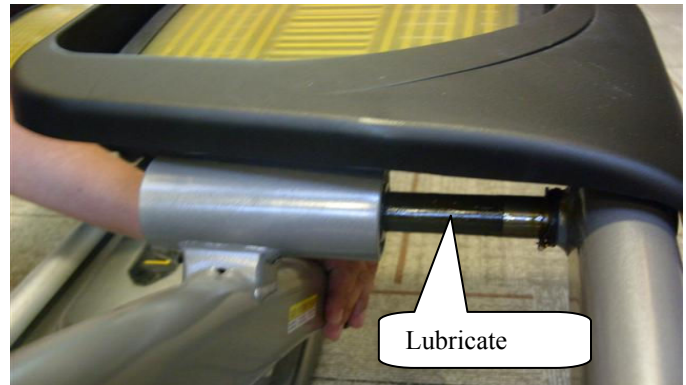


Figure B


2. Check the link arm / handlebar connection for a loose bolt / nut (Figure C). Make sure that there is a Teflon washer on each side of the link arm (Figure D). This bolt should be torqued to approximately 10 N-m.



Figure C



Figure D

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3. Check the handlebar / console mast connection for a loose bolt (Figure E). Lubricate the shaft with lithium based grease (Figure F). This bolt should be torqued to approximately 6 N-m.



Figure E

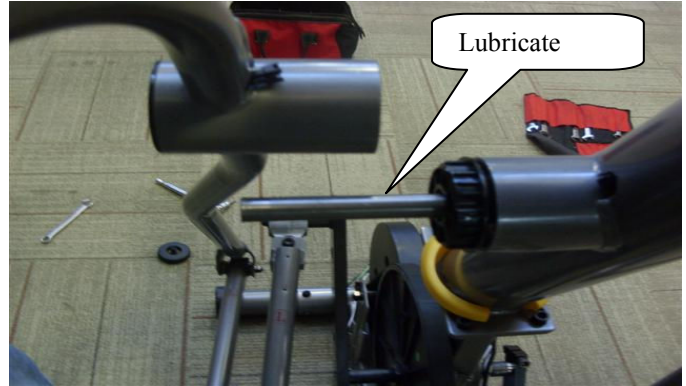


Figure F

4. Check the bolt holding the lower portion of the handlebar to the rest of the handlebar (Figure G). **NOTE:** On some models, this piece will be welded to the rest of the handlebar (like in Figure H), and does not need to be checked. This bolt should be torqued to 6 N-m.



Figure G



Figure H

5. Check the pivot axle / crank connections for a loose bolt (Figure I). Lubricate the shaft with lithium based grease (Figure J). This bolt should be torqued to 6 N-m.

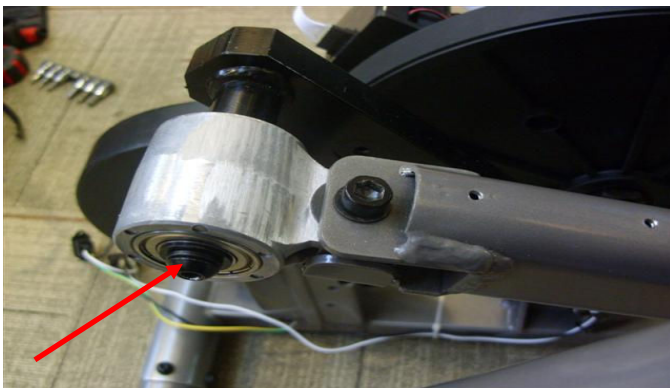


Figure I

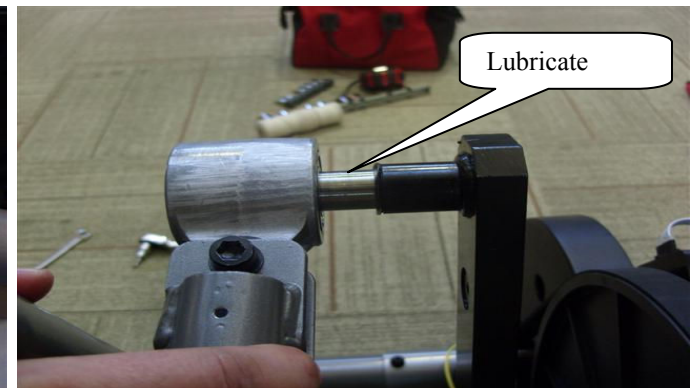

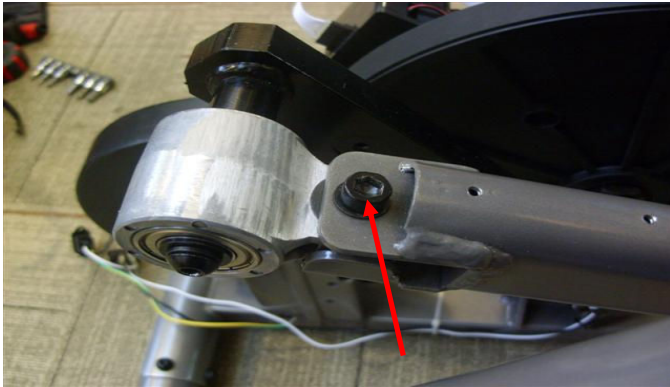


Figure J

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6. Check the pivot axle / pedal arm connection for a loose bolt / nut (Figure K). This bolt should be torqued to approximately 10 N-m.
7. Check the incline arm / frame connection for loose bolts / nuts (Figure L). These bolts should be torqued to approximately 10 N-m.



**Figure K**



**Figure L**