

Issue Summary Elliptical Maintenance – grease points

Applies To Elliptical machines 803P, 805P, 807P, 8300, E82, E820, E83, E821, E822, E825, E830, E870 and E880

Detailed Problem Description	Step-by-step process for lubricating stride arms and stride motor assemblies.
Procedure Overview	<ol style="list-style-type: none"> 1) Necessary equipment 2) Stride arm lubrication 3) Stride motor lubrication
1) Necessary equipment	<ul style="list-style-type: none"> • Standard heavy duty, lever action automotive grease gun with 0.25" fitting. • Red lithium grease (<i>Lucas Oil "Red 'n' Tacky" Multipurpose EP Grease</i>)
2) Stride arm lubrication A) Access the lubrication port B) Apply grease	<ol style="list-style-type: none"> A) Remove the rubber grommet on the underside of the stride arm shoulder covers. (Illustration #1) B) Attach the 0.25" fitting on the grease gun to the zerk fitting on the stride arm, and apply grease to joint.*
3) Stride motor lubrication A) Access the lubrication port B) Apply grease	<ol style="list-style-type: none"> A) Remove the stride motor access cover on the front of the stride arm by pressing inward and up until the cover snaps loose. (Illustration #2) B) Attach the 0.25" fitting on the grease gun to the zerk fitting on the stride motor, and apply grease to joint.* <p>* Injected grease will expel and replace the dirty grease in the joint. Expelled grease will not harm the equipment and can be cleaned when the shoulder cover and motor assemblies are removed for calibration maintenance.</p>

Illustration #1



Illustration #1

Illustration #2

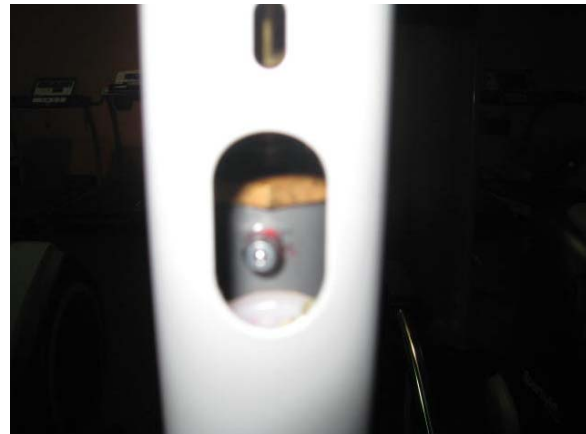


Illustration #2