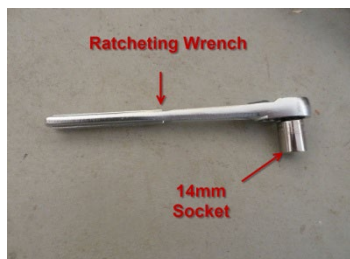




Keiser M3 Spin Bike Crank Assembly Fitting Instruction

Tools Required



14mm ratchet and socket



Phillips screwdriver



Loctite 638 retaining compound



Crank arm puller



Rubber/Nylon hammer



Staffs Fitness bearing tool



Wire wool



Panel wipe/degreaser



Cleaning rag

Health and Safety



Safety Boots



Work Trousers



Safety Glasses

If Needed



Welding mask



Safety Gloves



Ear defenders

For Reference Left hand side of spin bike

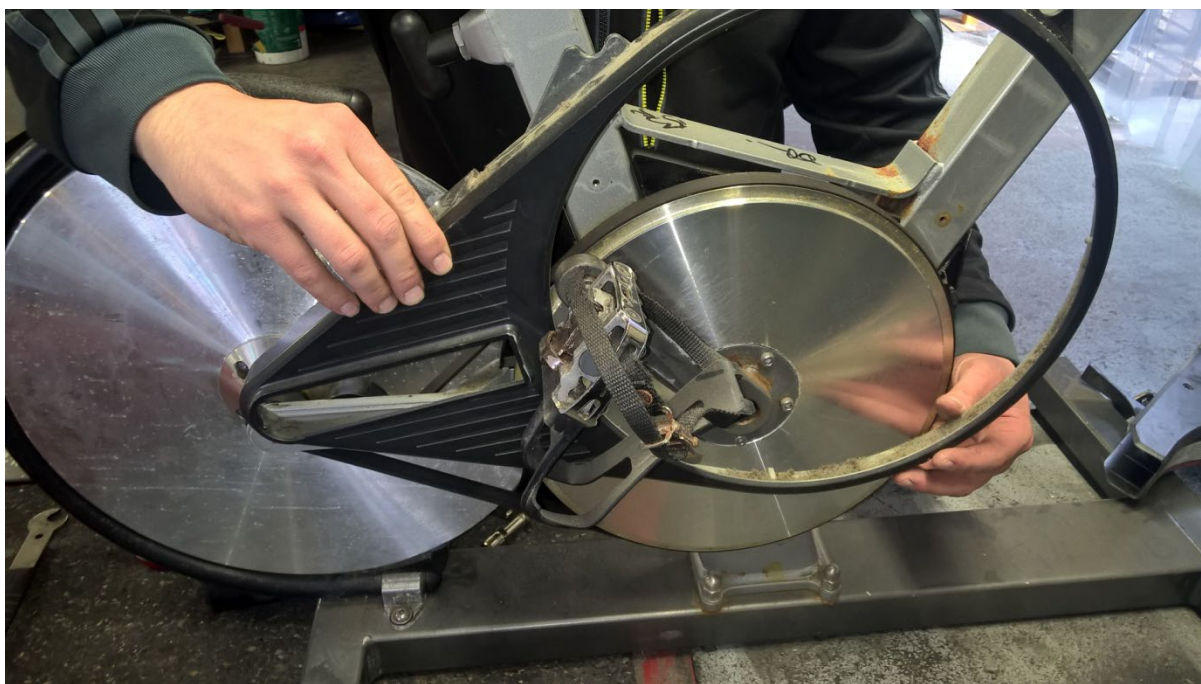


For Reference Right hand side of spin bike

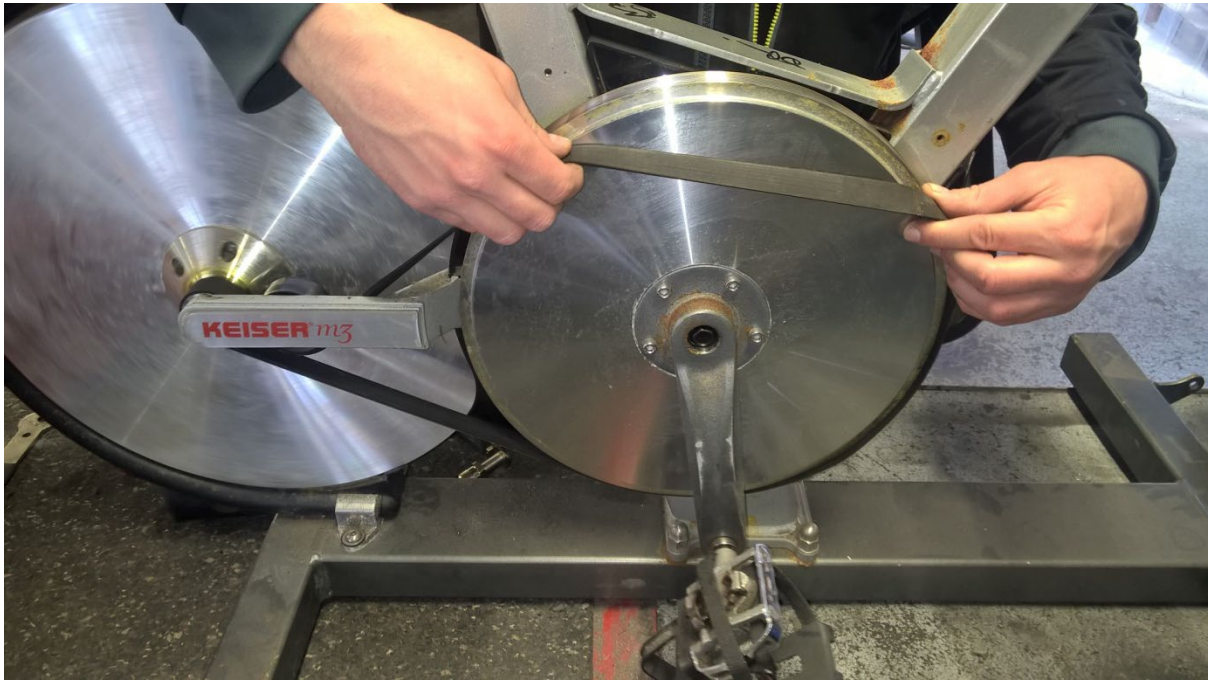


Removing Plastic Covers & Belt

Step 1 - Remove screws retaining the plastics on with Phillips screwdriver, then remove the plastics off the bike.



Step 2 - Remove the drive belt from flywheel by hand.



Strip Down Of the Crank Assembly

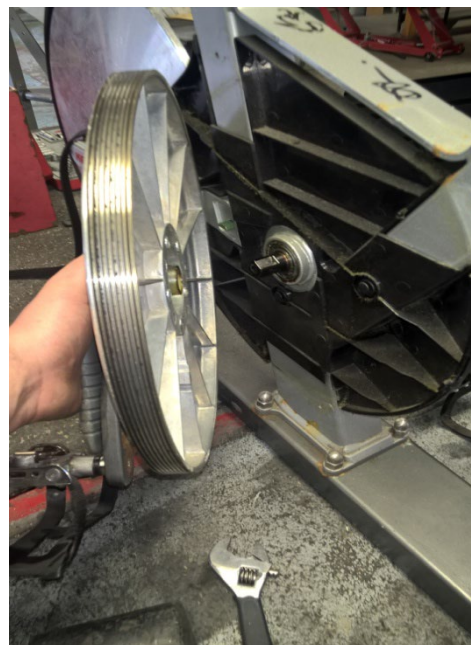
Step 1 - Remove right hand side crank arm retaining bolt with 14mm ratchet and socket.



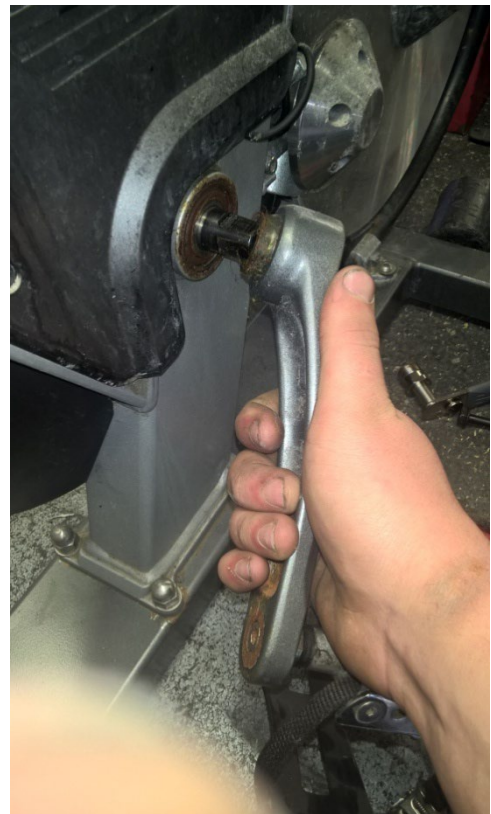
Step 2 - Remove left hand side crank arm retaining bolt with 14mm ratchet and socket



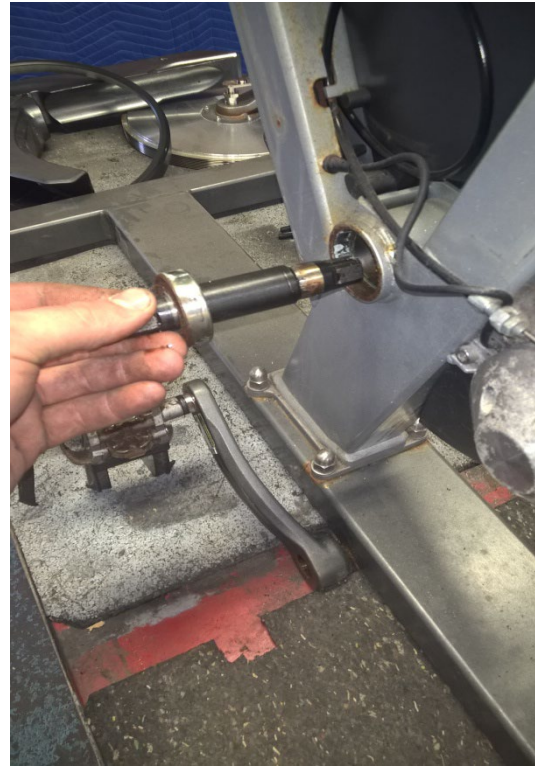
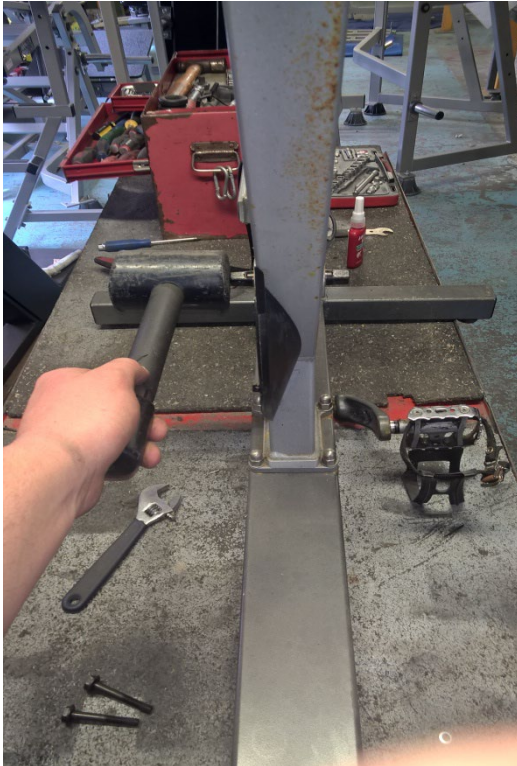
Step 3 - Remove the fly wheel using a Pedal crank arm puller



Step 4 - Remove the left hand side crank arm using a Pedal crank arm puller



Step 5 - Using a rubber/nylon mallet knock out from the right hand side of the bike the crank shaft with bearing attached.



Step 6- Put all parts of the crank assembly safe ready for cleaning and reassembly – the Crank shaft, 2 x bearings and 2 x o-ring .



=

Preparing the Crank Housing and Bearings

Step 1 - Using wire wool or emery cloth, clean out the frame housing for the bearings. Once the housing is clean and free of old retaining compound clean with a panel wipe or degreasing compound.



Step 2 - Clean old bearing or replace with new bearing with either wire wool or degreasing compound.



Assembly of the Crank

Step 1 - Using Loctite 638 or similar high strength retaining compound, apply to the shaft where the bearing sits.



Step 2 - Fit the left hand side bearing to the shaft pushed tightly to the shoulder on the shaft itself.

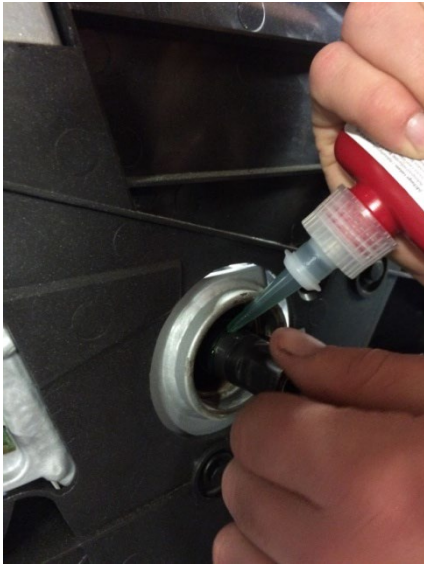


Step 3 - Apply Loctite 638 or similar high strength retaining compound to the outside of the bearing.



Step 4 - Insert the shaft into the left hand side bike housing, using the Staffs Fitness bearing tool, tap the collar using a rubber/nylon hammer until the bearing sits flush with the housing.



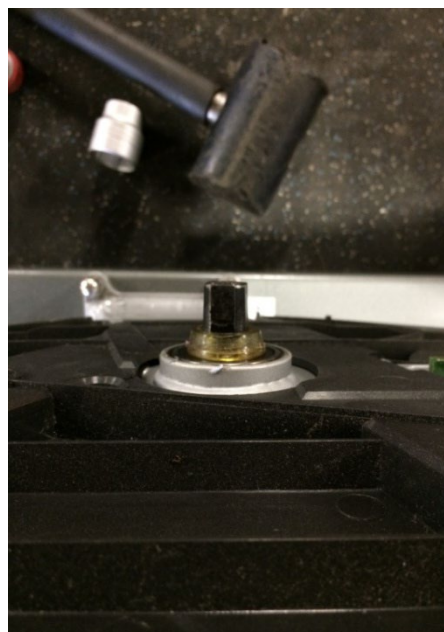


Step 5 - Using Loctite 638 or similar high strength retaining compound, apply to the inside of the right hand side crank shaft.

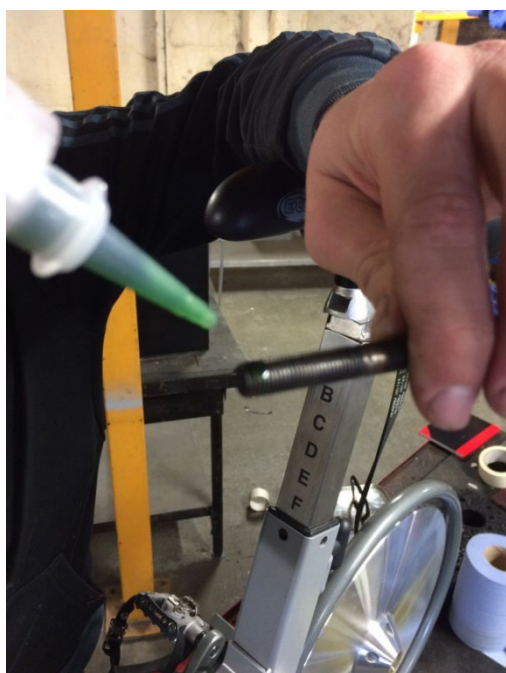
Step 6 - Using Loctite 638 or similar high strength retaining compound apply to the outside of the bearing then fit inside the left hand side housing. Again using the Staffs Fitness bearing tool, tap the bearing until it finishes flush with the housing.



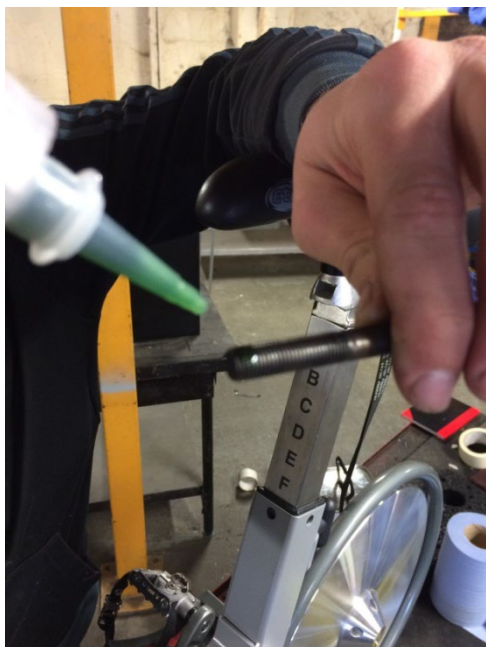
Step 7 - Fit the rubber O-rings back onto both sides of the crank these are a push fit done manually.



Step 7 - Fit the flywheel back onto the crank. Then apply Loctite 638 or similar high strength retaining compound to the end of the crank pin and tighten with a 14mm socket and ratchet.



Step 8 - Fit the right hand side crank arm back onto the crank. Then apply Loctite 638 or similar high strength retaining compound to the end of the crank pin and tighten with a 14mm socket and ratchet.



Step 9 - Refit the drive belt manually by hand which is self-tensioning. Refit the plastic covers using the same method as when removing them using a Phillips screwdriver for the pins.



Important Note; Leave the retaining compound
for 3 hours before using spin bike