

**TOOLS AND MATERIALS REQUIRED:**

- Two (2) 1/4-inch Allen wrenches
- Shop cloth

Three (3) T-88 Thrust Bearings support the pivot of the main arm assemblies. They are located between the pivot bracket of the exercise arms, underneath the bearing covers (see Fig. 1). The bearings are permanently lubricated and do not require any other lubrication.

The break-in period for the bearings is 3 - 5 weeks from initial use. Check for lateral motion (side play) of the exercise arms weekly during this period, and wipe clean any exposed grease from the assembly area. If side play is detected, see the procedure below for adjustment.

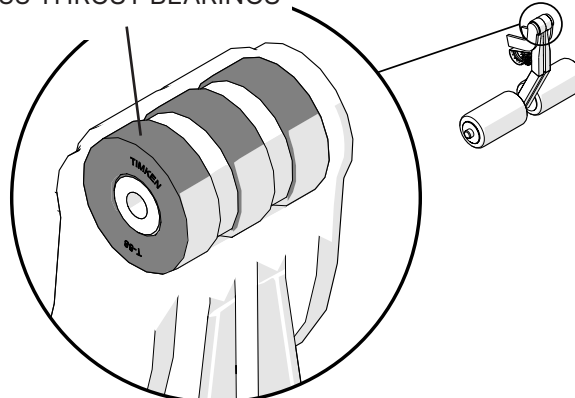
**T-88 THRUST BEARINGS**


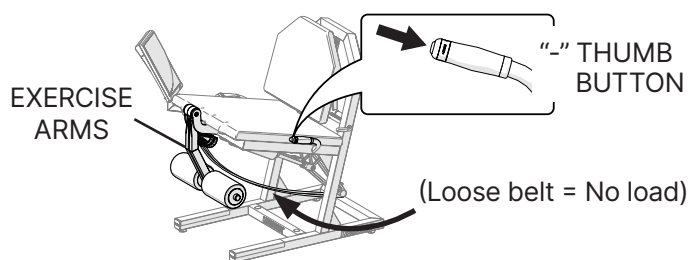
Figure 1. T-88 Thrust Bearings Location

**How to adjust the T-88 Thrust Bearings**

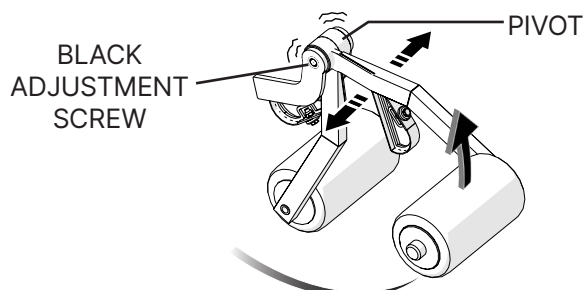
**Customer Information:** The information in this service guide is intended for use only by skilled technicians who have the proper tools, equipment, and training to correctly and safely service your machine. These procedures should not be attempted by "do-it-yourselfers."

NOTE: The illustrations in this procedure show the Leg Extension Pro machine. The procedure is the same for the Leg Curl Pro machine.

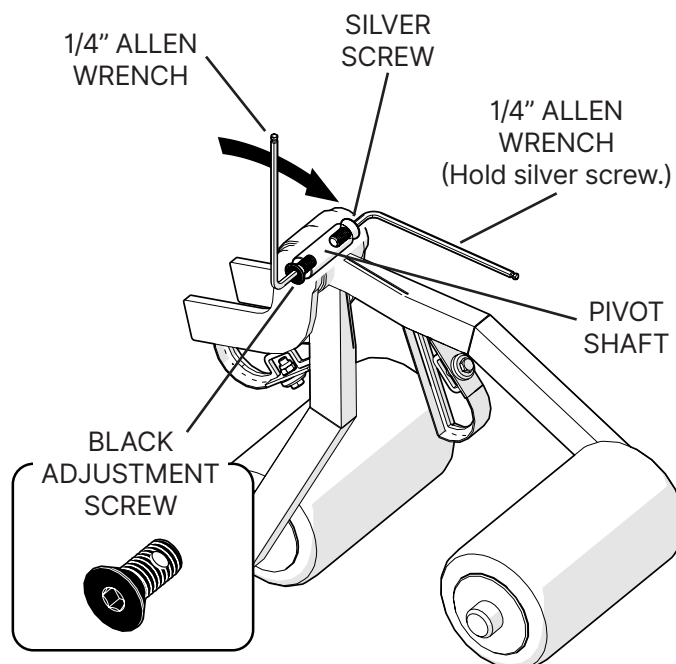
1. Release all air pressure from the machine to remove the load on the exercise arms.



2. Check for side play of the exercise arm at the pivot by lifting the exercise arm closest to the black adjustment screw.



3. If side play is detected, follow the sequence below to adjust (Tools: two 1/4-inch Allen wrenches):
  - a. Hold the silver screw to keep the pivot shaft from rotating.
  - b. Tighten the black adjustment screw slowly 1/8-turn at a time as you continue to check for side play.



4. When there is no visible side play, the bearing assembly is adjusted properly.
  - Ensure both exercise arms move freely with no binding.
  - Wipe clean any exposed grease from around the assembly area.