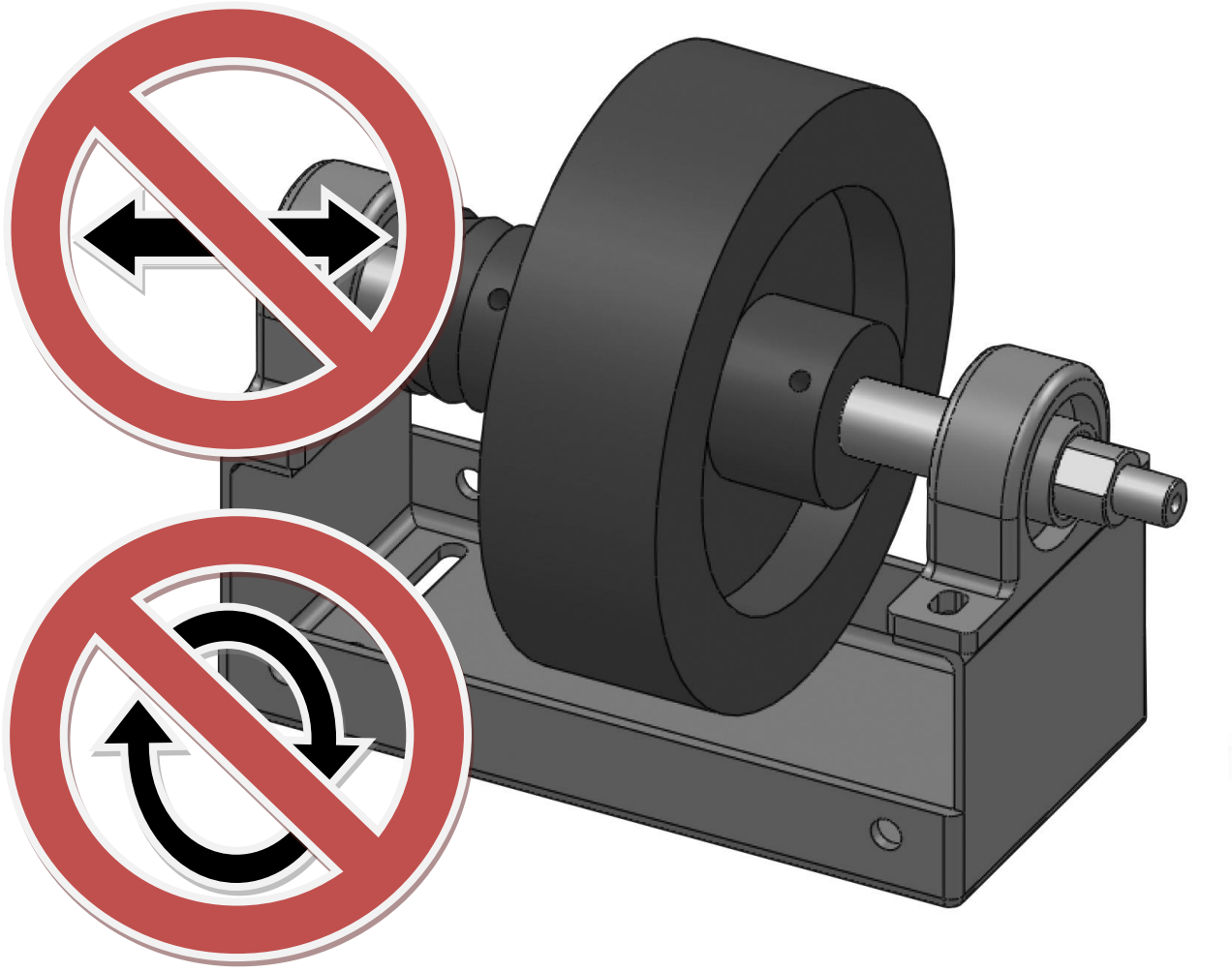
NORAMCO FITNESS

13901 Highway 105 West
Conroe, TX 77304

www.NoramcoFitness.com

PILLOW BLOCK BEARING REPLACEMENT

NORAMCO FITNESS flywheels are precision 2-plane balanced with the shaft and bearings installed. Never change the POSITION or ROTATION of either the flywheel or bearings on the shaft, as this will affect the balance of the flywheel assembly and will result in vibration. If you still feel that this type of adjustment is needed, please call our service department at (800) 827-2017, 8AM-5PM CST.



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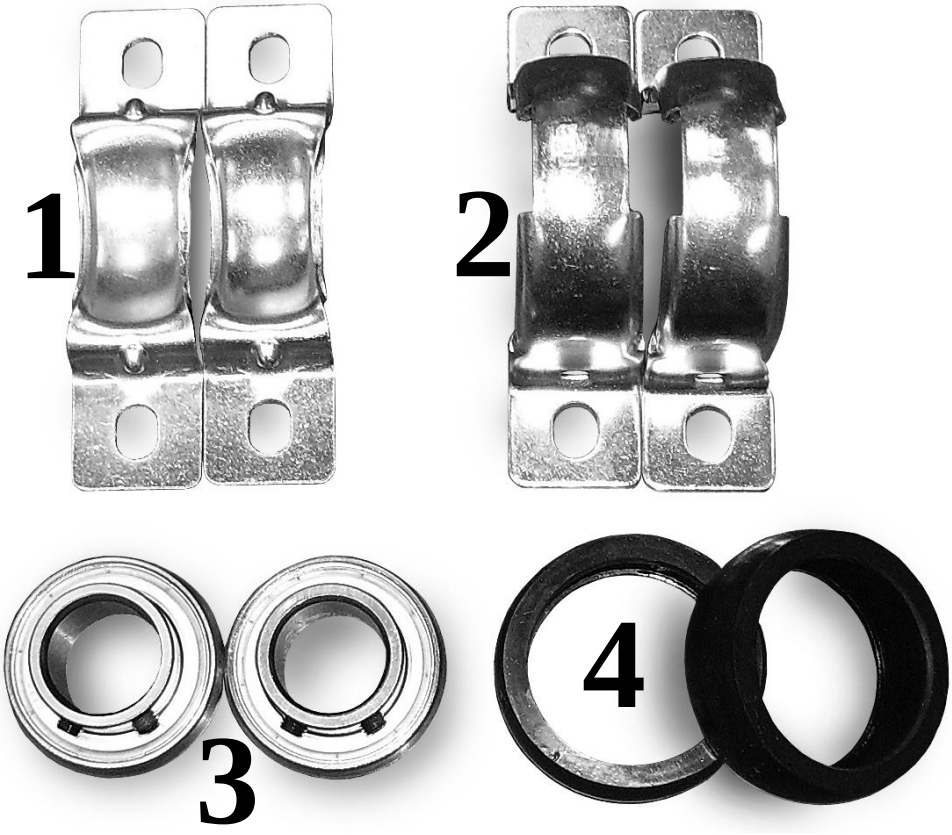


CONTENTS

1) X2 BEARING CAGE BASE
2) X2 BEARING CAGE TOP
3) X2 BEARINGS
4) X2 RUBBER BOOT

REQUIRED TOOLS

- ☐ 1/2” SOCKET w/4” EXTENSION
- ☐ 1/8” ALLEN WRENCH
- ☐ GEAR / PULLEY PULLER
- ☐ PERMANENT MARKER

1. Locate the long tensioning bolt that runs from the front end of the treadmill to the front edge of the flywheel cradle. Use a ½" socket wrench to loosen the tensioning bolt enough to remove the belt. (Fig. A)

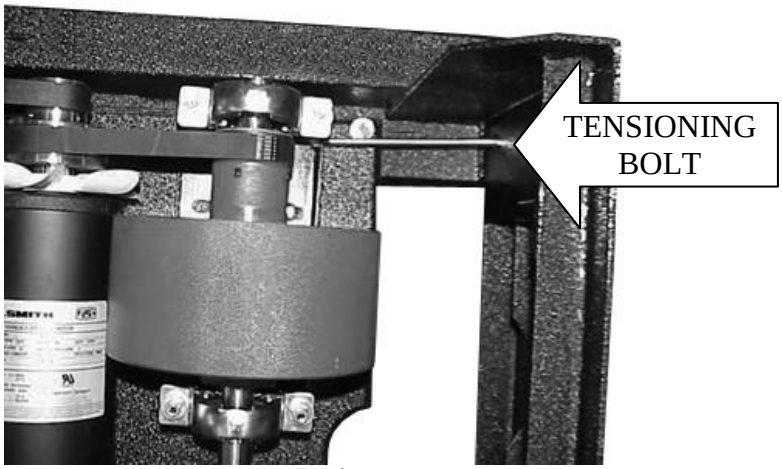


Fig. A

If there is no tensioning bolt:
Treadmills without a tensioning bolt will have a hole in the pallet by the edge of the flywheel base that you will put a screwdriver or pry bar into to pull the flywheel towards the front of the pallet to tighten the flywheel belt. Loosen the flywheel mounting bolts to relax the belt.

2. Use your ½ socket with the 4" extension to remove the four nuts from the flywheel bearing cages. Remove top from bearing cages.
3. Lift the pulley end of the flywheel shaft and remove the flywheel belt.
4. Take the flywheel out.
5. Remove the bearing cage bases that were left on the flywheel cradle.
6. Remove the rubber boots from the old bearings.

7. Using a marker, mark the shaft along the edge of the bearing's collar. (Fig. B & C)
8. Using a marker, mark the position of the set screws on the shaft. (Fig. D & E)

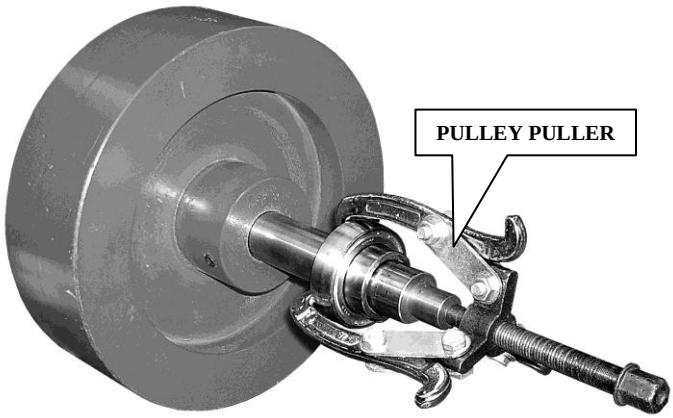
Fig. B

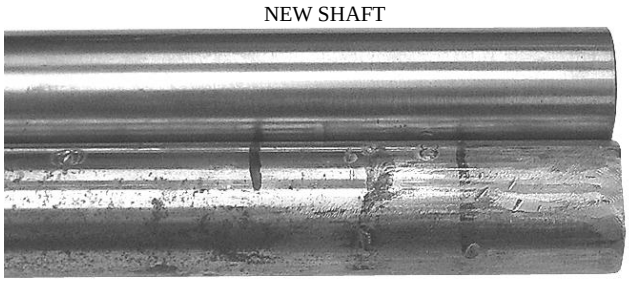
Fig. C

Fig. D

Fig. E

9. Loosen the two (2) set screws in each of the bearings, and slide them off. If the bearings are too tight to slide off, use a gear/pulley puller. Do not use a hammer or any other blunt force object to "work" the bearing off of the shaft. If the shaft becomes damaged, it may need to be replaced.





THIS SHAFT CANNOT BE REUSED

10. Remove the bearing cages and rubber boots from your new bearings.
11. Place the bearing cage bases from your new bearings onto the flywheel cradle.
12. Slide the new bearings onto the shaft. The new bearings should go on the shaft with the set screw side facing away from the flywheel drum. Position the new bearings on the shaft using the marks you made earlier with a sharpie. Tighten the set screws.
13. Replace the rubber boot onto the new bearings.

14. Place the flywheel onto the cradle by lining up the bearings with the bearing cage bases. (Fig. F)
15. Place the flywheel belt around the flywheel pulley.
16. Place the top to each of the bearing cages and replace the washers and nuts you removed earlier.
17. Ensure that the rubber boot is seated correctly as you tighten the bearing cages down. (Fig. G & H)

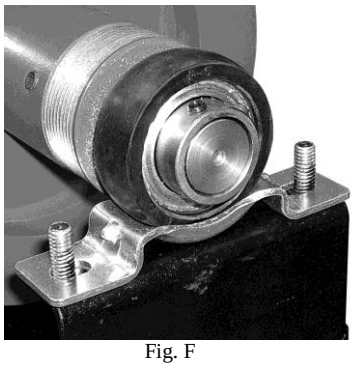


Fig. F

Fig. G

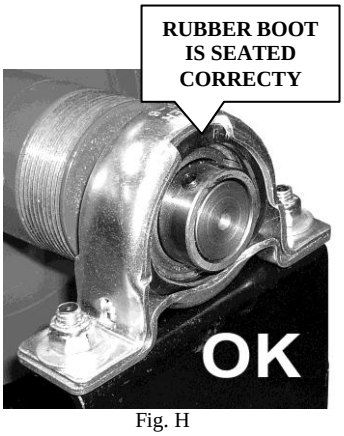


Fig. H

18. Check your belt tension and alignment. Please refer to the enclosed Drive Belt Adjustment Instructions.

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If you have any questions, please call the service department at (800) 827-2017.
The service department is open weekdays between 8:00 AM and 5:00 PM CST.