

Handle Kit

Kit Number 1009614-0003 and 1009614-0004

Installation Instructions

This instruction sheet describes how to install the Handle Kits to the Total Body Arc Trainers.

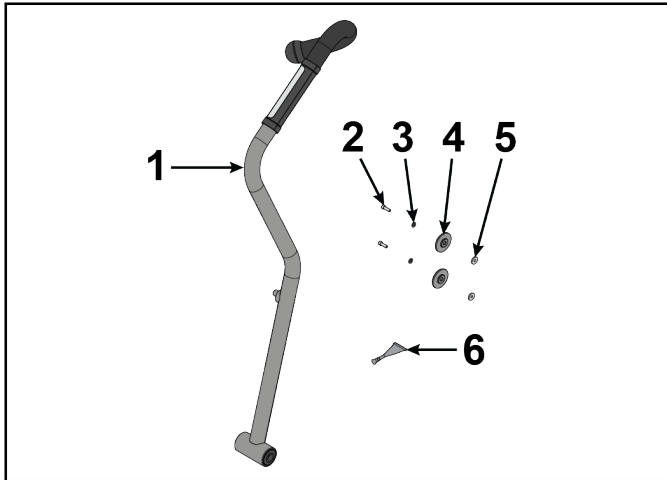
Tools Required:

- 3/16" Allen wrench
- 7/32" Allen wrench (2)
- Torque wrench

 **Tip:** Read and understand all instructions thoroughly before installing this kit.

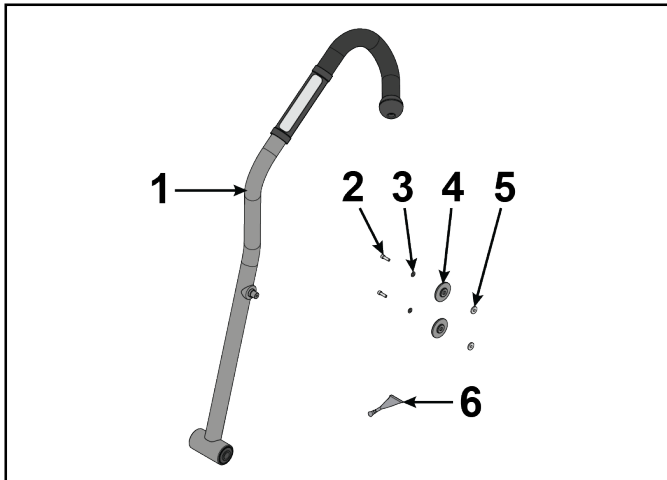
Verify the kit contents shown.

Kit 1009614-0003



Item	Description	Qty.
1	Handle Assembly, Left	1
2	Screw, SHCS .250-20	2
3	Washer, Flat	2
4	Linkage Rod Cap	2
5	Spacer, Flange	2
6	Loctite #242	1

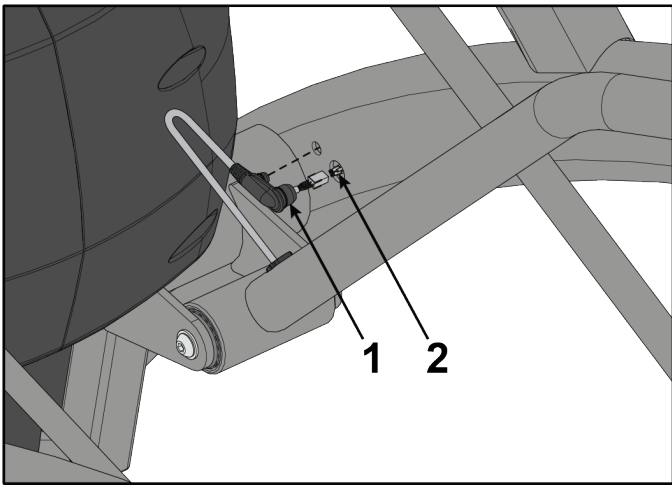
Kit 1009614-0004



Item	Description	Qty.
1	Handle Assembly, Right	1
2	Screw, SHCS .250-20	2
3	Washer, Flat	2
4	Linkage Rod Cap	2
5	Spacer, Flange	2
6	Loctite #242	1

Remove Heart Rate Cable

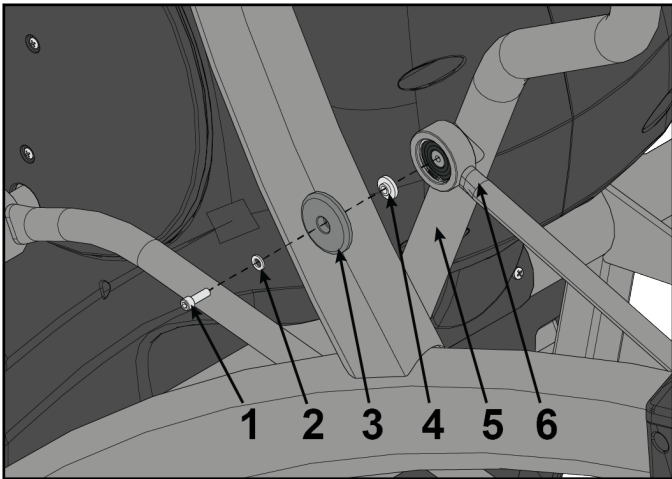
Unplug handle heart rate cable from frame heart rate cable.



	Description	Qty.
1	Heart Rate Cable, Handle	1
2	Heart Rate Cable, Frame	1

Remove Arm Handle Linkage

1. Remove screw, flat washer, linkage rod cap, and spacer securing arm handle linkage to handle assembly using a 3/16" Allen wrench.

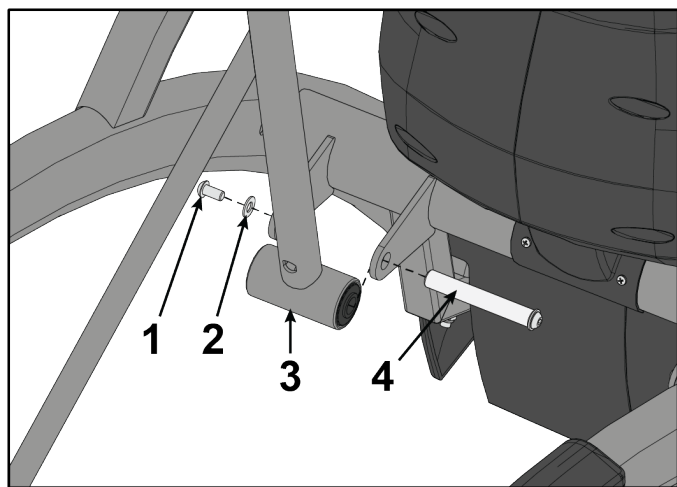


Item	Description	Qty
1	Screw, Socket Head, .250-20	1
2	Washer, Flat	1
3	Linkage Rod Cap	1
4	Spacer, Flange	1
5	Handle Assembly, Left	1
6	Arm Handle Linkage, Left	1

2. Remove arm handle linkage from handle assembly.

Remove Handle Assembly

1. Remove screw and washer from the handle assembly using two 7/32" Allen wrenches.

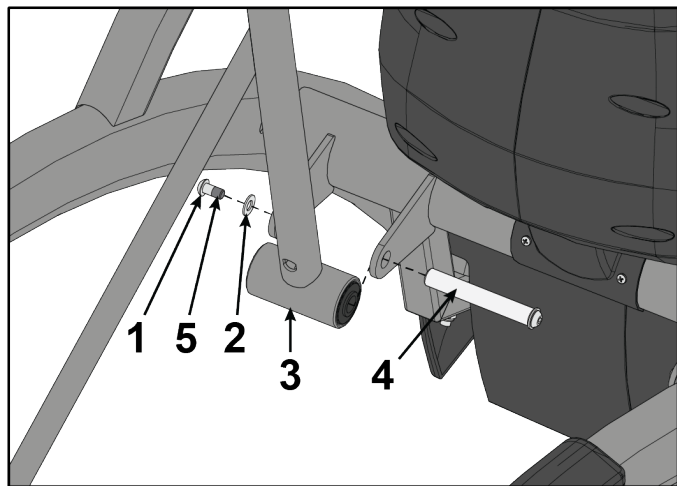


Item	Description	Qty
1	Screw	1
2	Washer	1
3	Handle Assembly, Left	1
4	Pivot Pin Assembly	1

2. Slide pivot pin assembly out and remove handle assembly.

Install Handle Assembly

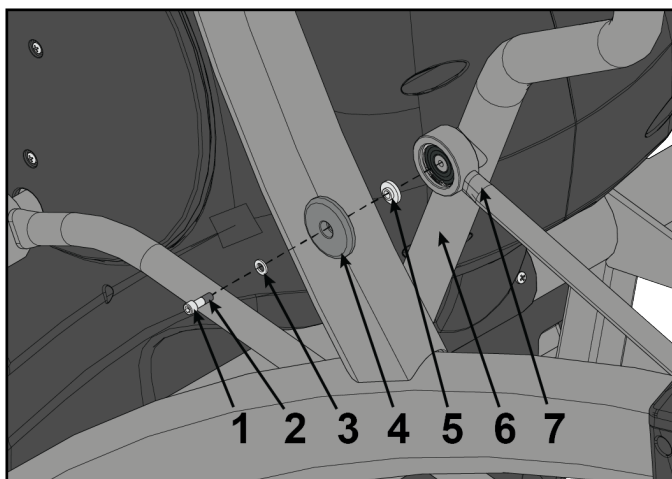
1. Apply Loctite to threads inside the pivot pin and screw.
2. Place new handle assembly in position and slide pivot pin assembly back in place.
3. Install screw and washer to the handle assembly using two 7/32" Allen wrenches.



Item	Description	Qty
1	Screw	1
2	Washer	1
3	Handle Assembly, Left	1
4	Pivot Pin Assembly	1
5	Loctite #242	1

Install Arm Handle Linkage

1. Slide arm handle linkage onto handle assembly.
2. Apply Loctite to the screw threads.
3. Install screw, flat washer, linkage rod cap, and spacer securing arm handle linkage to handle assembly using a 3/16" Allen wrench.

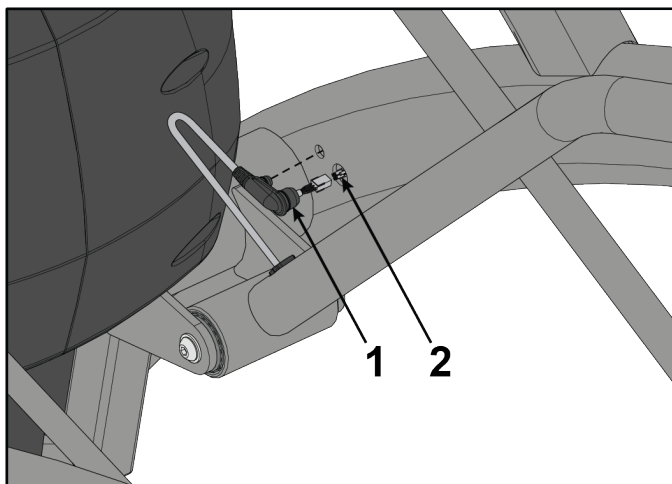


Item	Description	Qty
1	Screw, Socket Head, .250-20	1
2	Loctite #242	1
3	Washer, Flat	1
4	Linkage Rod Cap	1
5	Spacer, Flange	1
6	Handle Assembly, Left	1
7	Arm Handle Linkage, Left	1

4. Tighten screw to a minimum of 90 in-lbs.

Install Heart Rate Cable

1. Connect handle heart rate cable from frame heart rate cable.



	Description	Qty.
1	Heart Rate Cable, Handle	1
2	Heart Rate Cable, Frame	1

2. Press ends of handle heart rate cable into frame.

Complete Installation

1. Operate the unit at all levels to verify proper operation.
2. Verify proper operation of contact heart rate grips.