

Arc Trainer® 425A A/V

Kit No. 425AK016

Installation Instructions

NOTE: This instruction sheet describes how to install the Audio/Visual mount on the Arc Trainer 425A.

Tools Required

- 5/32" Allen wrench
- 7/32" Allen wrench (2)
- Phillips screwdriver
- Side cutter
- Cloth

1. Read and understand all instructions thoroughly before installing this kit.

2. Verify kit contents.

- A. Console monitor mount (1), 425A-219
- B. Coax and power cable (1), AW-18460
- C. Controller mount bracket (1), 425A-516
- D. BHSCS .250-20 X 1.250 SS (4), HX620420
- E. Lockwasher .250 SS (4), HS307400
- F. Cable Tie (3), EW000028
- G. Poster (1), 425A-518 (not shown)
- H. Loctite (1), YA000201
- I. Strain relief bushing (1), PP740000

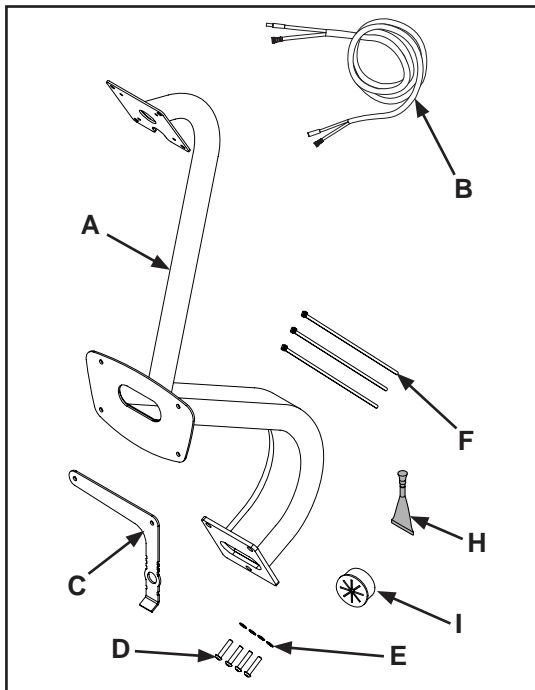


Figure 1

NOTE: Monitor and controller is not included in kit.

3. Verify you have the monitor, controller with cables and power supply (not included in this kit).

4. Elevate the unit and disconnect the power source.

A. Elevate the unit to level 10 incline.

B. While the unit is elevated, unplug the power cord from the power outlet.

! WARNING: Disconnect the power cord before continuing this procedure. Keep wet items away from inside parts of the unit. Electrical shock could occur even if the unit is unplugged.

NOTE: To protect paint, place a cloth over upper frame before removing handles.

5. Remove the input handles.

A. Using a 5/32" Allen wrench, remove the Button Head Socket Cap Screw (BHSCS), washer, end cap and spacer securing the S-link to the input handles. See Figure 2.

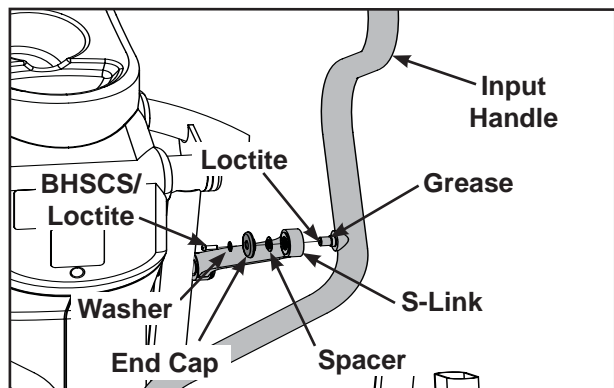


Figure 2

B. Unplug the heart rate cable. See Figure 3.

C. Using two 7/32" Allen wrenches, remove the BHSCS and washer from the pivot shaft. See Figure 3.

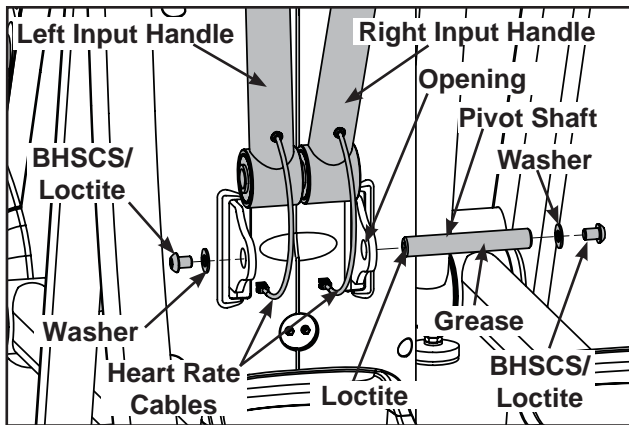


Figure 3

- D. Slide the pivot shaft through main frame opening to remove input handles. See Figure 3.
- E. Set input handles aside. They will be reattached later.

6. Remove the front cover.

- A. Using a Phillips screwdriver, remove the four screws securing the front cover. See Figure 4.

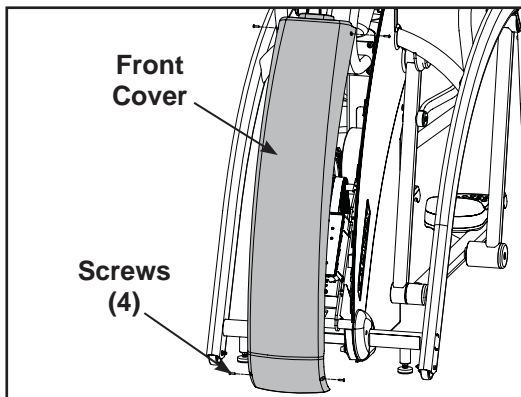


Figure 4

- B. Remove front cover.

7. Remove top cover.

- A. Using a Phillips screwdriver, remove the screw securing the top cover. See Figure 5.

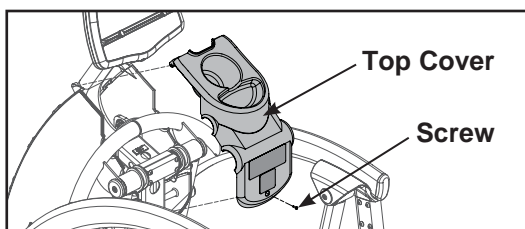


Figure 5

- B. Remove top cover.

8. Remove upper side covers.

- A. Using a Phillips screwdriver, remove the screw securing each of the upper side covers. See Figure 6.

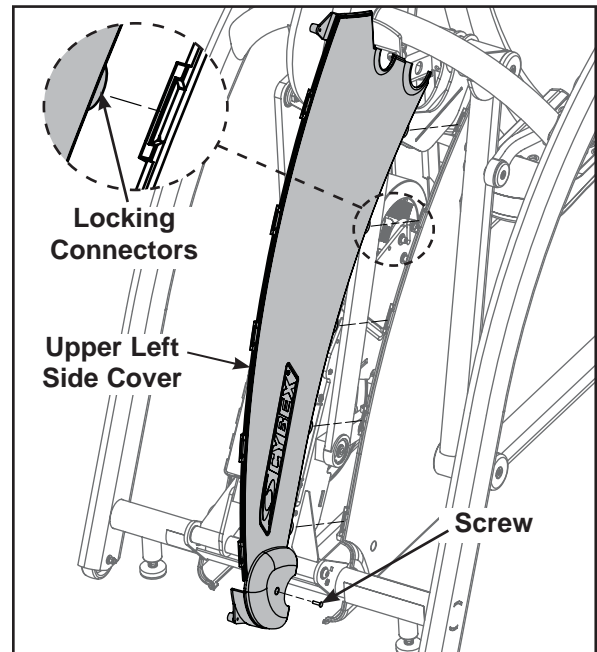


Figure 6

- B. Remove upper side covers.

9. Remove lower side covers.

- A. Using a Phillips screwdriver, remove the four screws securing each of the lower side covers. See Figure 7.

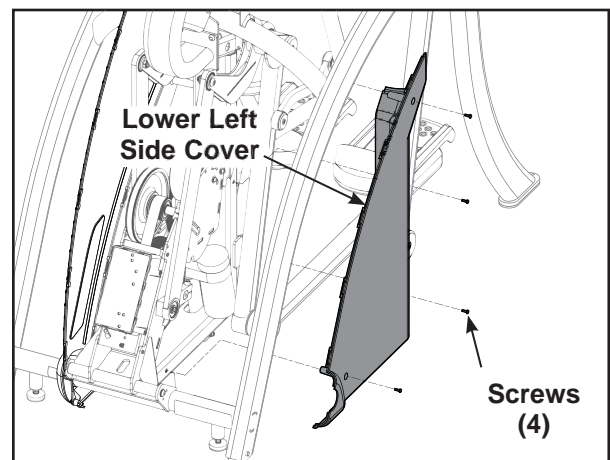


Figure 7

- B. Remove both lower side covers.

10. Remove the display console.

- A. Using a 5/32" Allen wrench, remove the four BHSCS with lock washers securing the display console to the console mount. See Figure 8.

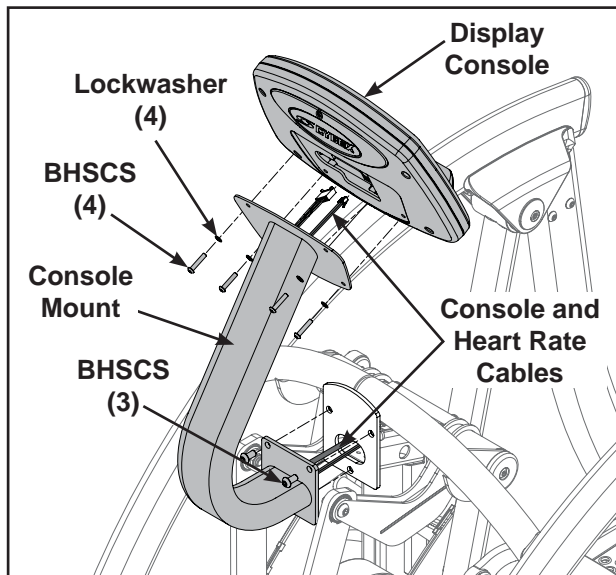


Figure 8

- B. Disconnect the console and heart rate cables from the display console. See Figure 8.
- C. Using a 7/32" Allen wrench, remove the three BHSCS securing the console mount to the frame. See Figure 8.

11. Route the coax and power cable.

- A. Using a side cutter, cut the three cable ties. See Figure 9.

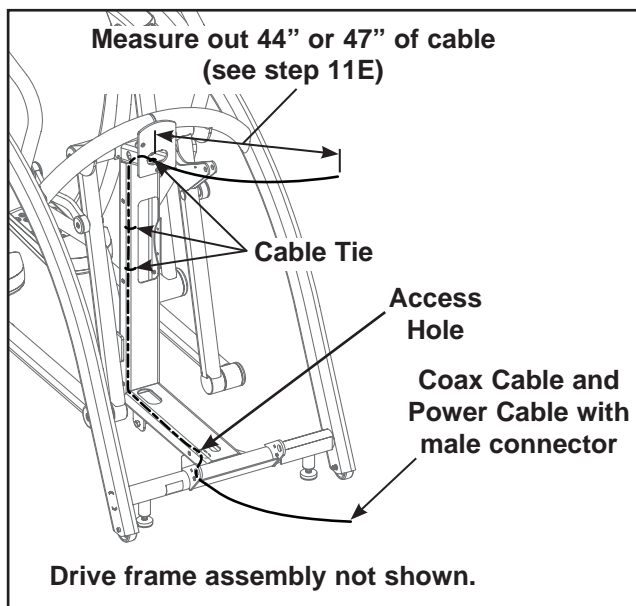


Figure 9

NOTE: The Power Cable (B) has a male and female connector at either end. Make sure the female end goes to the Monitor and the male end is at the base. See Figure 10.

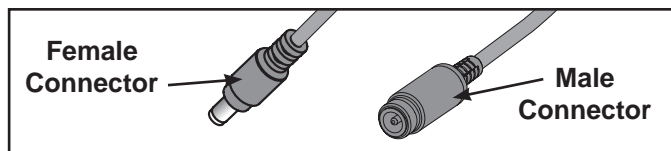


Figure 10

- B. Locate the coax and power cable (B).
- C. Tape the ends of the coax and power cable together (making it easier to guide the cables down the frame).
- D. Route the cable inside top of frame as shown in Figure 9.
- E. For monitors with center connectors, measure out 44" of cable. For monitors with side connectors, measure out 47" of cable.
- F. Pull the extra coax and power cables out of the bottom of the main frame. See Figure 9.
- G. Attach three cable ties (F) replacing the ones removed in step 11A. See Figure 9.
NOTE: Leave cable ties loose for cable adjustment. They will be tightened later.

12. Install cables in console mount.

- A. Locate the console mount (A).
- B. Locate the console, heart rate, coax and power cables on the mainframe assembly.
- C. Insert the cables into the bottom of the console mount (A) until the cables exit the top of the console mount opening. See Figure 11.

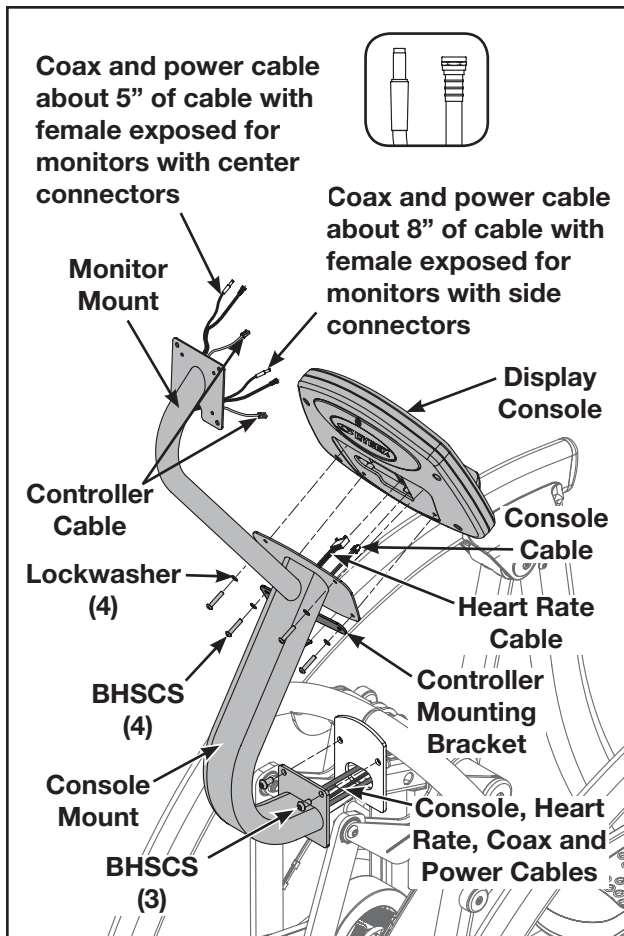


Figure 11

13. Attach the console mount.

- A. Position the console mount (A) on the main frame assembly and hand thread each of the three BHSCS. See Figure 11.
- B. Securely fasten the BHSCS with a 7/32" Allen wrench.

14. Insert the coax and power cables.

- A. Route the coax and power cable up through the monitor mount until cable exits the top. See Figure 11.
- B. With 5" or 8" of coax and power cables exiting the top of the monitor mount, pull the extra coax and power cables out of the bottom of the main frame. See Figure 11.

15. Insert the controller cable.

- A. Route the controller cable down through the monitor mount until the cable exits the hole in the console mount. See Figure 12.

16. Attach strain relief bushing.

- A. Insert controller cable through the strain relief bushing. See Figure 12.

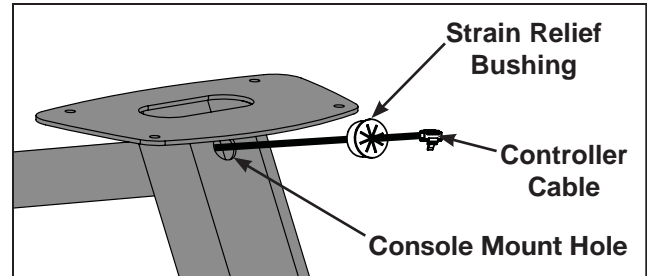


Figure 12

- B. Insert the strain relief bushing into the console mount hole.

17. Attach the display console and controller.

- A. Connect the console and heart rate cables (exiting the top of the console mount) to the display console. See Figure 11.
- B. Using two screws and lock washers, secure the top of the display console to the console mount. See Figure 11.
- C. Attach the controller mounting bracket to the bottom of the console mount using the remaining two screws and lock washers. See Figure 11.
- D. Secure controller to the controller mounting bracket with nylon ties (not included in this kit) as recommended by the controller manufacturer.
- E. Plug the controller cable connector to the back of the controller. **NOTE:** Ensure cable connectors are securely fastened.

18. Installing the Monitor.

NOTE: An assistant is required when installing the monitor.

- A. Secure monitor on the monitor bracket using the hardware supplied with the monitor. See Figure 13. **NOTE:** For monitors with center connectors, remove the back plate from the monitor and secure back to the mounting bracket.

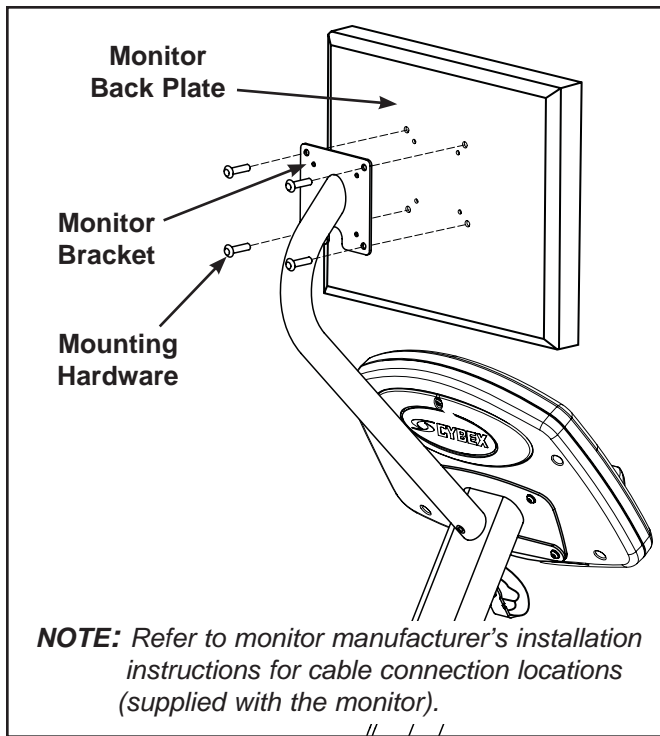


Figure 13

- B. Remove the tape holding the coax and power cable ends together and install them in to their connections on the monitor. **NOTE:** Refer to monitor manufacturer's installation instructions for cable connection locations (supplied with the monitor).

- C. Reinstall the monitor to the monitor back plate (if removed).

19. Tighten the three cable ties.

- A. Pull the loose coax and power cables through the access hole. See Figure 9.
- B. Tighten the three cable ties securely. See Figure 9.

20. Plug in AC/DC adapter and coax cables.

- A. Locate the AC/DC adapter supplied with the monitor and plug into the coax and power cable exiting the base of the Arc.
- B. Plug the power cord into the AC/DC adapter. **NOTE:** You will need a power adapter and a A/V adapter.
- C. Thread the antenna/cable source cable (supplied at the site location) into the coax and power cable exiting the base of the Arc.

21. Attach the lower side covers.

- A. Hold the lower covers in place. See Figure 7.
- B. Using a Phillips screwdriver, tighten the four screws securing each lower side cover.

22. Attach the upper side covers.

- A. Place the upper side covers in position. See Figure 6.
- B. Using a Phillips screwdriver, tighten the screw securing each upper side cover.

23. Attach the top cover.

- A. Place the top cover in position. See Figure 5.
- B. Using a Phillips screwdriver, tighten the screw securing the top cover.

24. Attach the front cover.

- A. Place the front cover in position. See Figure 4.
- B. Using a Phillips screwdriver, tighten the four screws securing the front cover.

25. Attach the input handles.

- A. Position right input handle vertically and align handle opening with mainframe opening. See Figure 3.
- B. Insert pivot shaft into mainframe and handle openings. See Figure 3.
- C. Position left input handle vertically and align handle opening with mainframe opening.
- D. Push pivot shaft through opening.
- E. Apply loctite (H) to the two BHSCS (removed in step 5C) and into where they will be threaded.
- F. Using two 7/32" Allen wrenches, attach the two BHSCS/Loctite and two washers to the pivot shaft. See Figure 3. **NOTE:** Handle will wobble if not securely tightened.
- G. Attach the heart rate cables. See Figure 3.

26. Attach S-Links.

- A. Place the S-links in position on the handles.
See Figure 2.
- B. Place a drop of Loctite (H) to the threads of each BHSCS removed in step 5A and another drop inside the shaft into where each BHSCS will be tightened.
- C. Install the spacer, end cap, washer and BHSCS/loctite as shown Figure 2.
- D. Using a 5/32" Allen wrench, tighten BHSCS securely.

27. Test the unit for proper operation.

- A. Connect the power cord into the power outlet.
- B. Operate the unit to verify proper operation.