

Arm Handle Linkage Kit

Kit Number 750AK012 and 750AK013

Installation Instructions

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

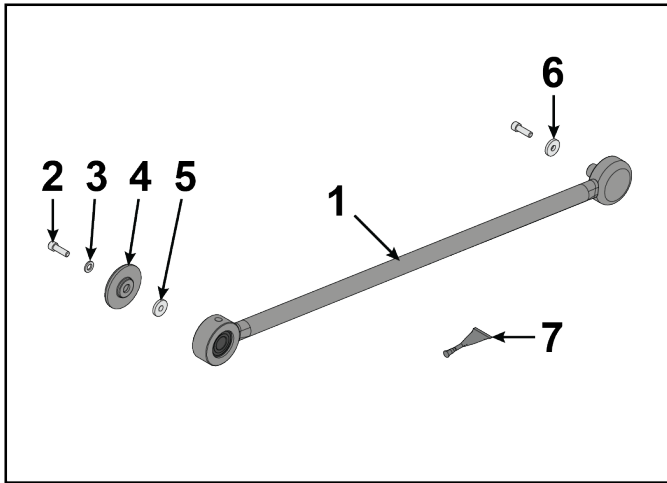
Tools Required:

- 3/16" Allen wrench
- Torque wrench

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

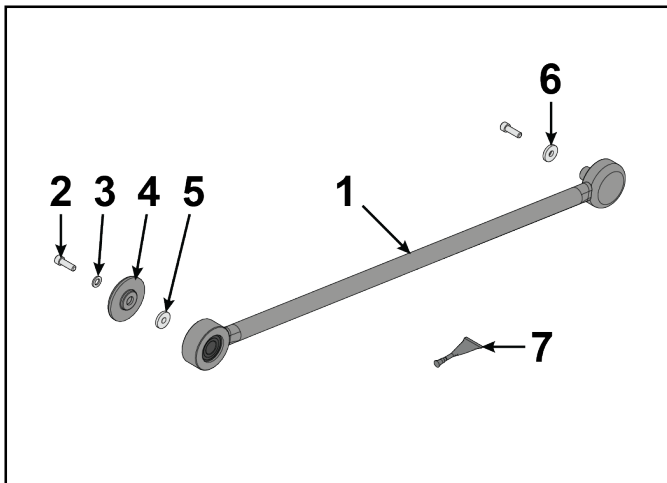
Verify the kit contents shown.

Kit 750AK012



Item	Description	Qty.
1	Arm Handle Linkage, Left	1
2	Screw, SHSC .250-20	2
3	Washer, Flat .281 ID x .500 OD	1
4	Linkage Rod Cap	1
5	Spacer, Flange	1
6	Washer, Flat .281 ID x .734 OD	1
7	Loctite #242	1

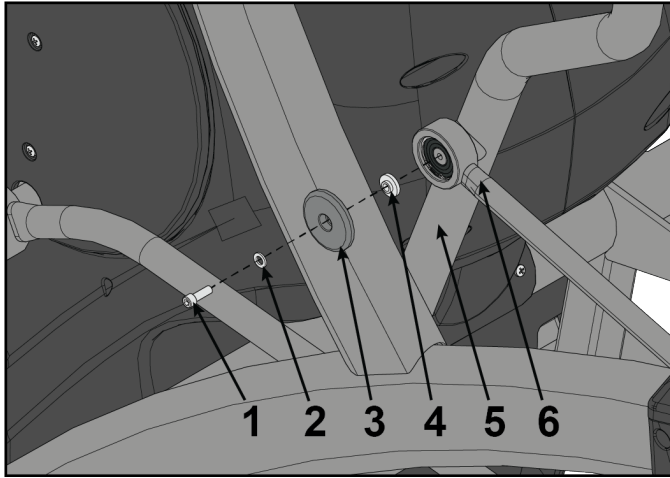
Kit 750AK013



Item	Description	Qty.
1	Arm Handle Linkage, Left	1
2	Screw, SHSC .250-20	2
3	Washer, Flat .281 ID x .500 OD	1
4	Linkage Rod Cap	1
5	Spacer, Flange	1
6	Washer, Flat .281 ID x .734 OD	1
7	Loctite #242	1

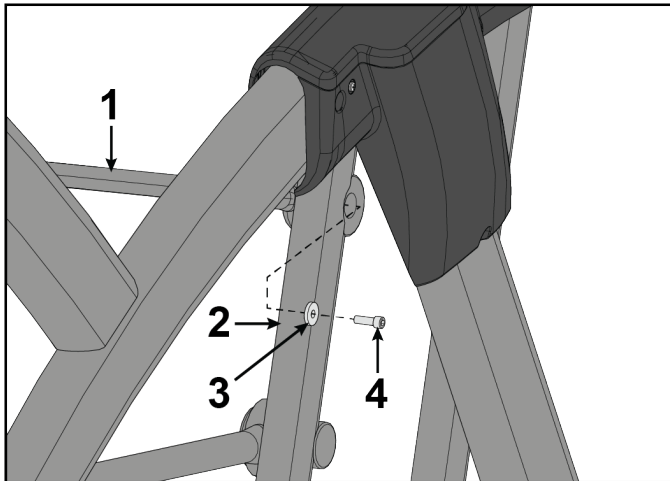
Remove Arm Handle Linkage

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, SHSC .250-20	1
2	Washer, Flat .281 ID x .500 OD	1
3	Linkage Rod Cap	1
4	Spacer, Flange	1
5	Handle Assembly, Left	1
6	Arm Handle Linkage, Left	1

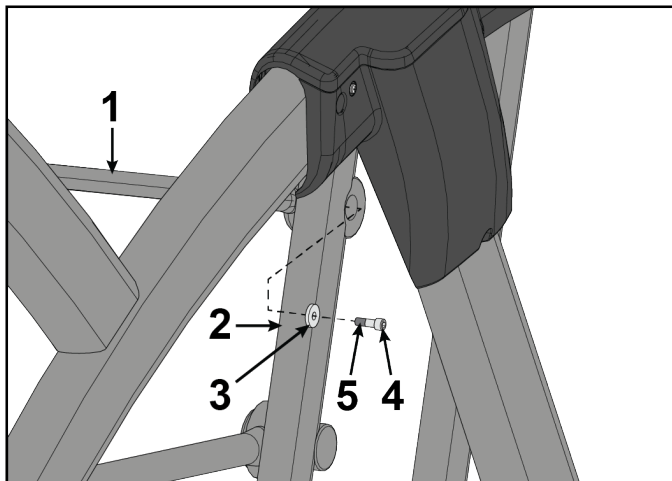
2. Remove screw and washer securing arm handle linkage to foot plate arm using a 3/16" Allen wrench.



Item	Description	Qty
1	Arm Handle Linkage, Left	1
2	Foot Plate Arm, Left	1
3	Washer, Flat .281 ID x .734 OD	1
4	Screw, SHSC .250-20	1

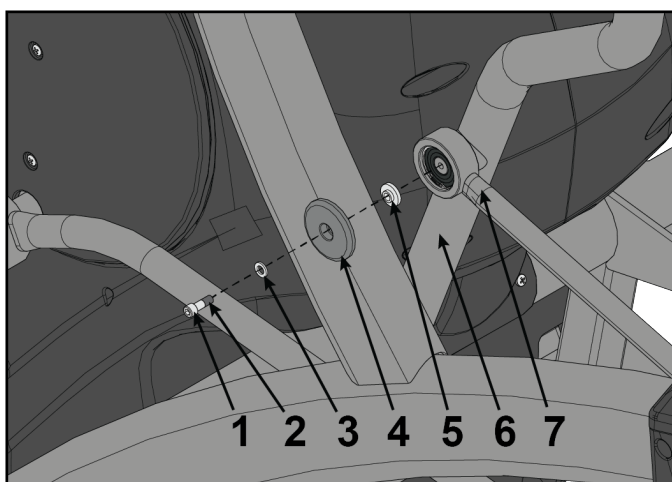
Install Arm Handle Linkage

- Slide arm handle linkage onto foot plate arm.
 **Note:** Hole in front of arm handle linkage must be pointing down.
- Apply Loctite to the screw threads.
- Install screw and washer securing arm handle linkage to foot plate arm using a 3/16" Allen wrench.



Item	Description	Qty
1	Arm Handle Linkage, Left	1
2	Foot Plate Arm, Left	1
3	Washer, Flat .281 ID x .734 OD	1
4	Screw, SHSC .250-20	1
5	Loctite #242	1

- Slide arm handle linkage onto handle assembly.
- Apply Loctite to the screw threads.
- 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

- Tighten screws to a minimum of 90 in-lbs.

Complete Installation

Operate the unit at all levels to verify proper operation.