

Arc Trainer[®] Arm Handle

Kit Numbers:

625AT models - 625ATK006 (Left Arm Handle) or 625ATK007 (Right Arm Handle)

750AT models - 750ATK006 (Left Arm Handle) or 750ATK007 (Right Arm Handle)

770AT models - 770ATK006 (Left Arm Handle) or 770ATK007 (Right Arm Handle)

Installation Instructions

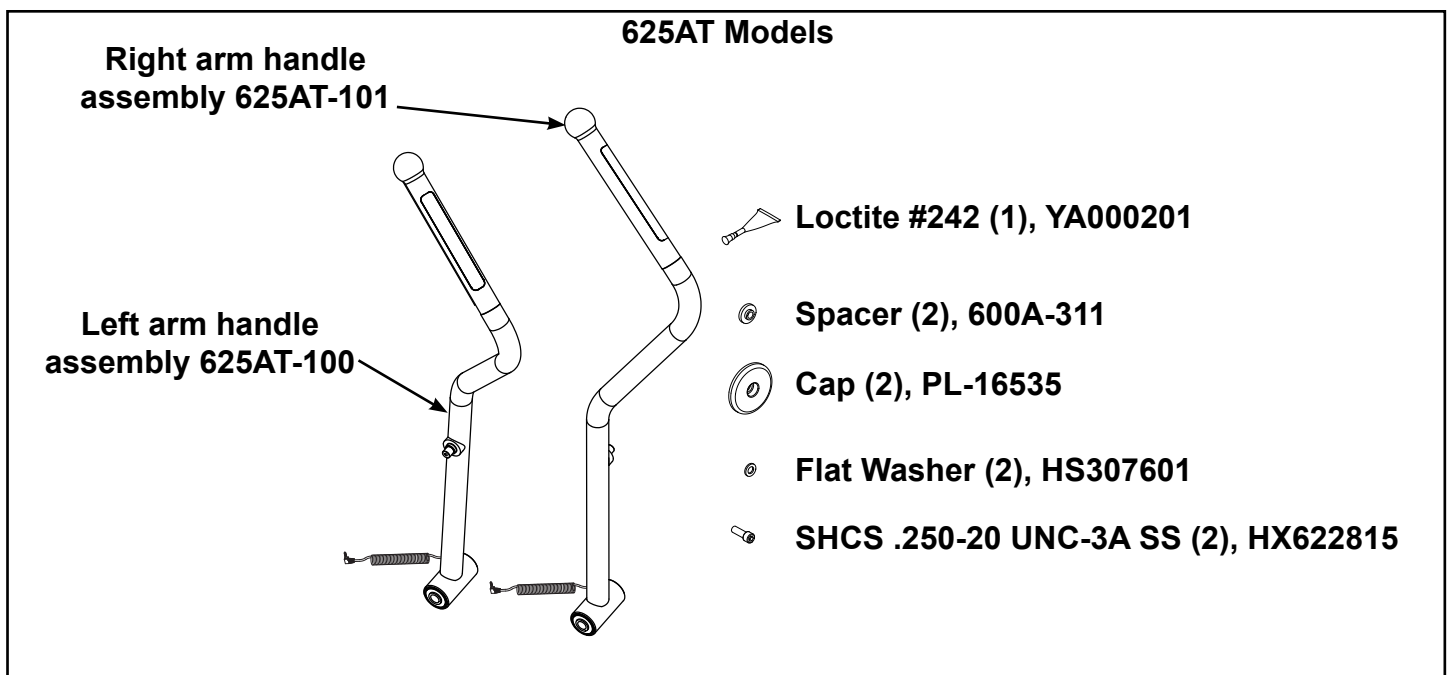
This instruction sheet describes how to install the left or right arm handles for Cybex Arc Trainer models 625AT, 750AT, or 770AT.

Tools Required

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

Read and understand all instructions thoroughly before installing this kit.

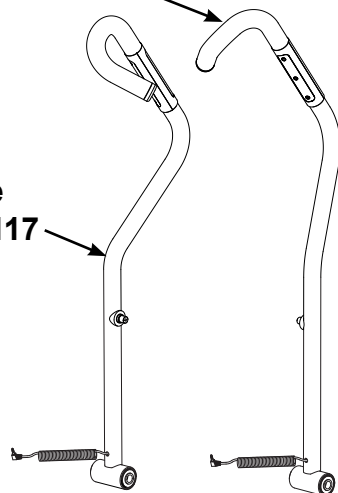
Verify the kit contents shown.



750AT Models

Right arm handle
assembly 750AT-118

Left arm handle
assembly 750AT-117

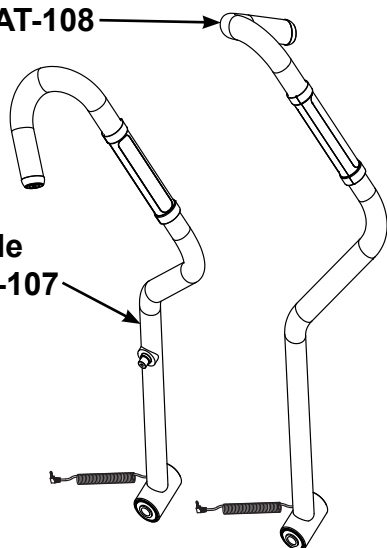


-  Loctite #242 (1), YA000201
-  Spacer (2), 600A-311
-  Cap (2), PL-16535
-  Flat Washer (2), HS307601
-  SHCS .250-20 UNC-3A SS (2), HX622815

770AT Models

Right arm handle
assembly 770AT-108

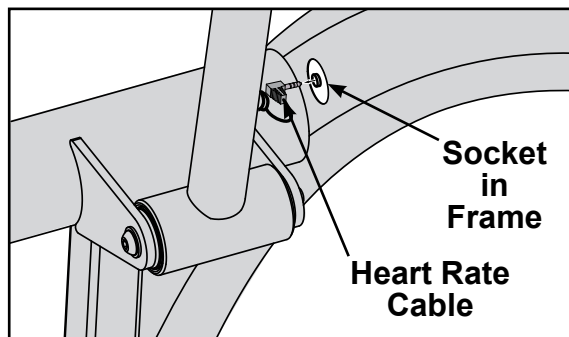
Left arm handle
assembly 770AT-107



-  Loctite #242 (1), YA000201
-  Spacer (2), 600A-311
-  Cap (2), PL-16535
-  Flat Washer (2), HS307601
-  SHCS .250-20 UNC-3A SS (2), HX622815

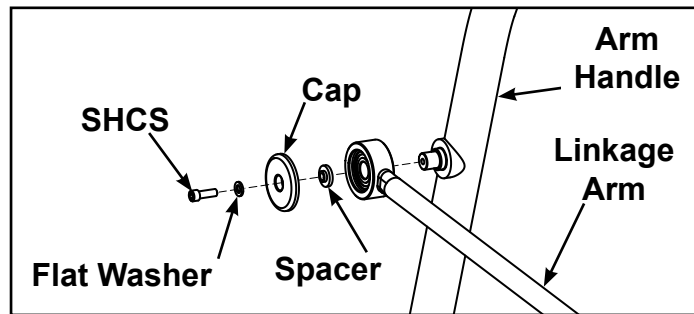
Remove heart rate cable

Unplug heart rate cable from socket in frame.



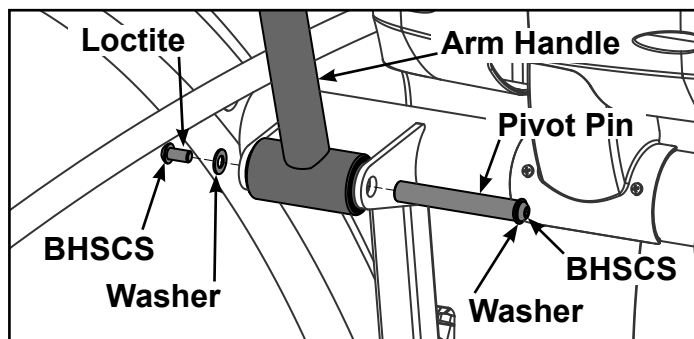
Remove linkage arm

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



Remove arm handle

1. Remove BHSCS, washer, and pivot pin securing arm handle using two 7/32" Allen wrenches. The BHSCS and washer from only one side needs to be removed.



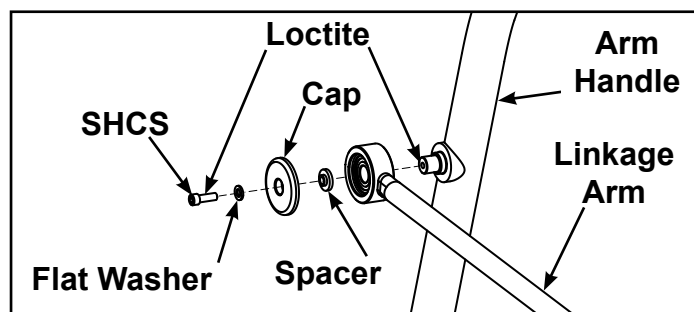
2. Remove arm handle.

Install new arm handle

1. Place new arm handle in position and slide pivot pin back in place.
2. Apply loctite to threads of BHSCS and inside the pivot pin (where BHSCS will be tightened into).
3. Install BHSCS and washer to pivot pin. Tighten BHSCS using two 7/32" Allen wrenches securely. When tightened properly, frame tabs are pulled tight to the bearing.

Install linkage arm

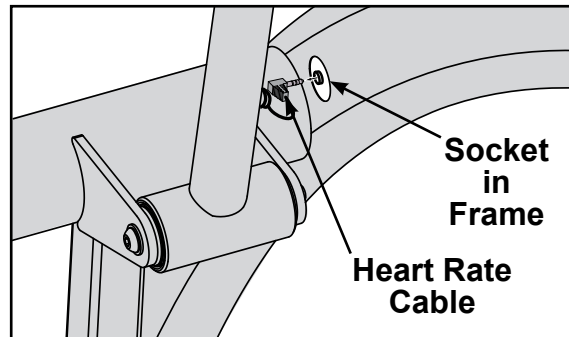
1. Place a drop of loctite on the SHCS and another drop in shaft where the SHCS will be tightened into.



2. Install linkage arm, spacer, cap, flat washer, and SHCS to arm handle.
3. Tighten SHCS securely. SHCS must be tightened to a minimum of 90 lbs-in.

Install heart rate cable

Plug heart rate cable into connector in frame.



Complete installation

1. Operate the unit at all levels to verify proper operation.
2. Hold the hand grips on the console handrail until a heart rate is displayed, typically less than thirty seconds.