



Arm Handle Linkage

Kit Number 773ATK014 (Left) or 773ATK015 (Right)


Installation Instructions

This instruction sheet describes how to install the arm handle linkage for the following products:

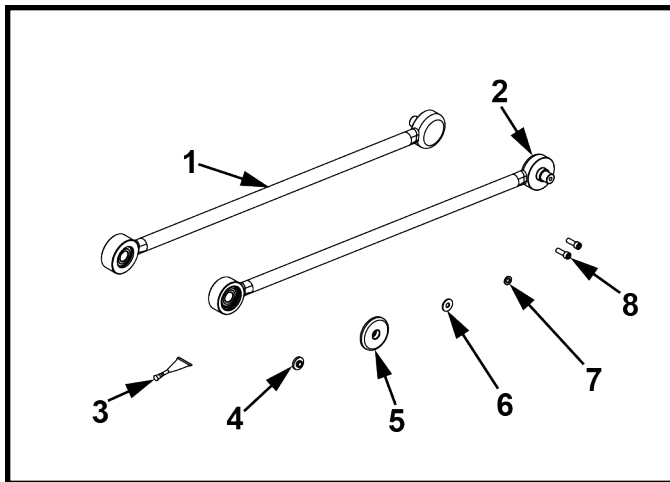
	Arc Trainer models: 625 or 770
	Elevation GSC Trainer

Tools Required:

- Phillips screwdriver
- 3/16" Allen wrench
- Torque wrench

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

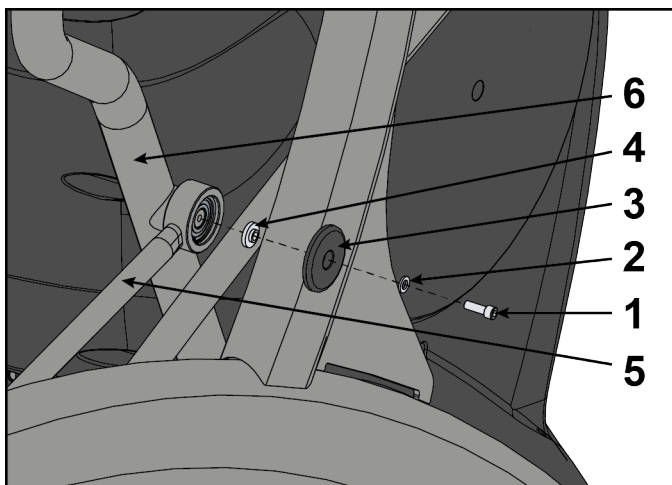
Verify the kit contents shown. *Kit contains one arm handle linkage (left or right).



	Description	Qty.
1	Right arm handle linkage assembly	1*
2	Left arm handle linkage assembly	1*
3	Loctite® #242	1
4	Spacer	1
5	Cap	1
6	Flat washer, .253 x .750 x .120	1
7	Flat washer, .281 x .500 x .062	1
8	SHCS .250-20	2

Remove front arm handle linkage

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

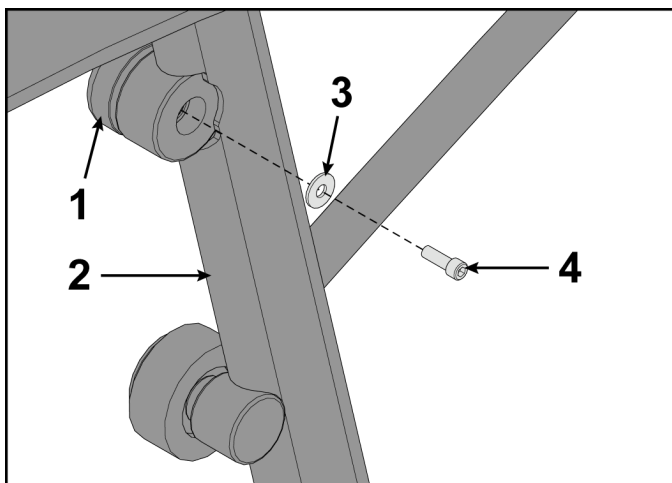


	Description	Qty.
1	Screw	1
2	Flat washer	1
3	Cap	1
4	Spacer	1
5	Arm handle linkage	1
6	Handle	1

2. Remove arm handle linkage from handle.

Remove rear arm handle linkage

1. Remove screw and flat washer from arm handle linkage and front foot plate arm using a 3/16" Allen wrench.

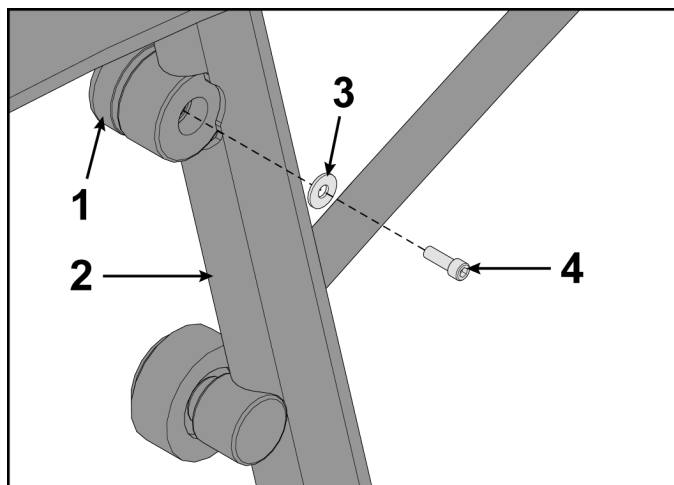


	Description	Qty.
1	Arm handle linkage	1
2	Front foot plate arm	1
3	Flat washer	1
4	Screw	1

2. Remove arm handle linkage from front foot plate arm.

Install rear arm handle linkage

1. Install arm handle linkage to front foot plate arm.

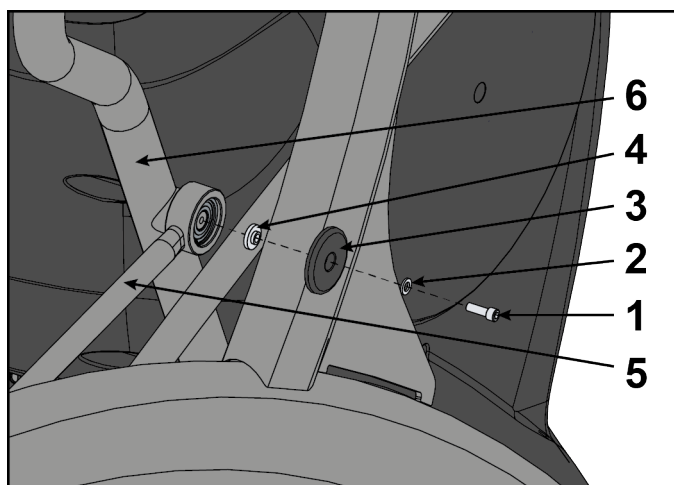


	Description	Qty.
1	Arm handle linkage	1
2	Front foot plate arm	1
3	Flat washer	1
4	Screw	1

2. Place a drop of loctite on threads of screw. Place another drop of loctite into the threads of the shaft.
3. Install screw and flat washer to arm handle linkage and front foot plate arm using a 3/16" Allen wrench.

Install front arm handle linkage

1. Install arm handle linkage to handle.



	Description	Qty.
1	Screw	1
2	Flat washer	1
3	Cap	1
4	Spacer	1
5	Arm handle linkage	1
6	Handle	1



2. Place a drop of loctite on threads of screw.
3. Place another drop of loctite into the threads of the shaft.
4. Install screw, flat washer, cap, and spacer securing the arm handle linkage using a 3/16" Allen wrench.

 **NOTE:** Screw must be tightened to a minimum of 90 lbs-in.

Complete installation

Operate the unit at all levels to verify proper operation.

Service contact information

	<p>1-888-462-9239 www.cybexintl.com parts@cybexintl.com 10 Trotter Drive, Medway, MA 02053</p>
	<p>1-800-351-3737 www.lifefitness.com customersupport@lifefitness.com Columbia Center III - 9525 West Bryn Mawr Ave. Rosemont, IL 60018</p>