

Arm Handle


Kit Number 773ATK017 (Left) or 773ATK018 (Right)

Installation Instructions

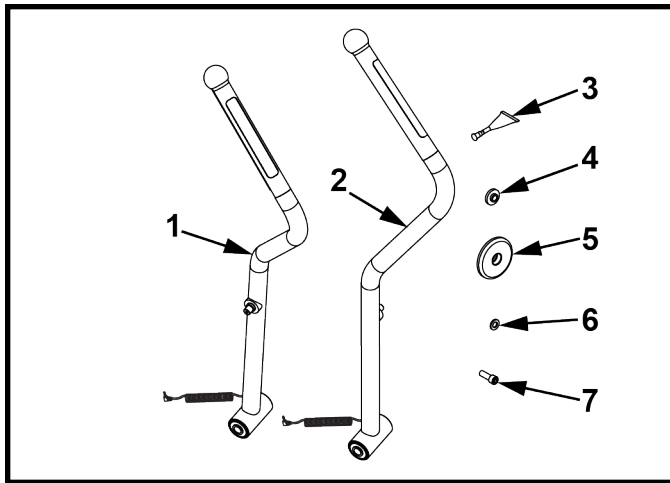
This instruction sheet describes how to install the arm handle for Elevation GSC Trainer.

Tools Required:

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

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

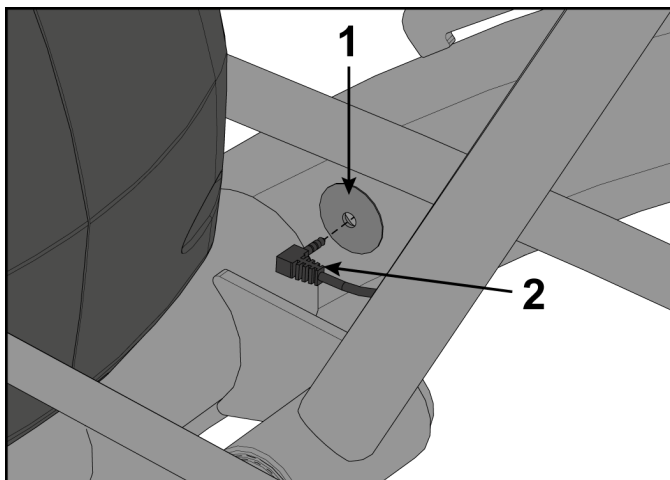
Verify the kit contents shown. *Kit contains one arm handle (left or right).



	Description	Qty.
1	Left arm handle assembly	1*
2	Right arm handle assembly	1*
3	Loctite® #242	1
4	Spacer	2
5	Cap	2
6	Flat washer	2
7	SHCS .250-20	2

Remove heart rate cable

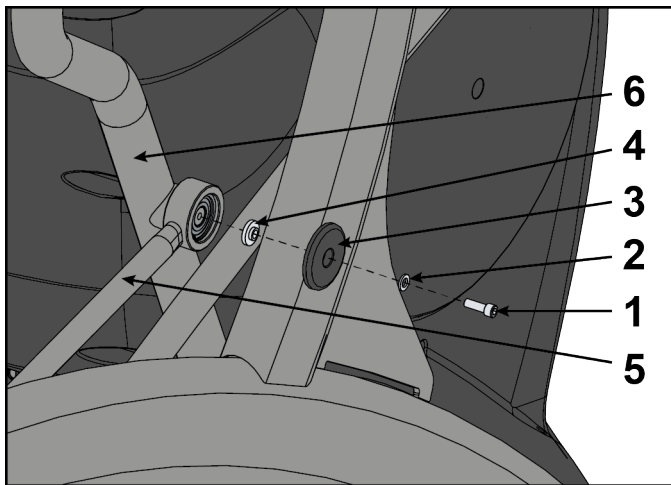
Unplug heart rate cable from socket in frame.



	Description	Qty.
1	Socket in frame	1
2	Heart rate cable	1

Remove front arm handle linkage

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

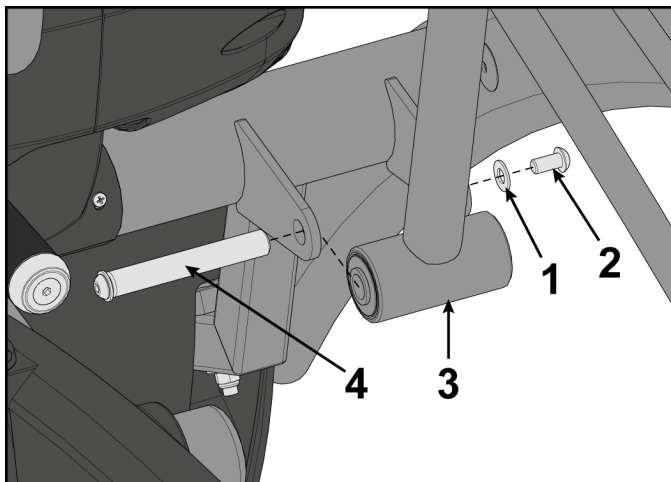


	Description	Qty.
1	Screw	1
2	Flat washer	1
3	Cap	1
4	Spacer	1
5	Arm handle linkage	1
6	Handle	1

2. Remove arm handle linkage from handle.

Remove arm handle

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

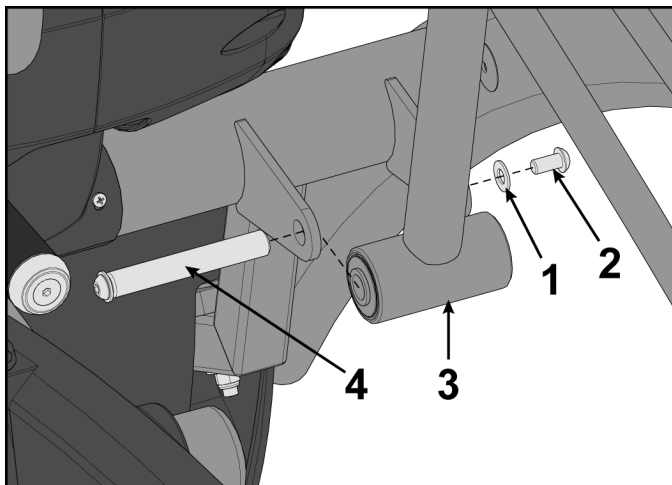


	Description	Qty.
1	Washer	1
2	Screw	1
3	Arm handle	1
4	Pivot pin assembly	1

2. Remove arm handle.

Install arm handle

1. Place new arm handle in position and slide pivot pin back in place.

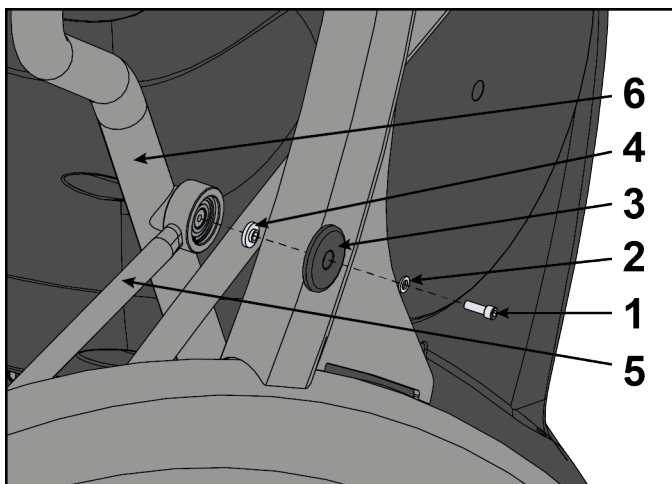


	Description	Qty.
1	Washer	1
2	Screw	1
3	Arm handle	1
4	Pivot pin assembly	1


2. Apply loctite to threads of screw and inside the pivot pin (where screw will be tightened into).
3. Install screw and washer to pivot pin.
4. Tighten screw using two 7/32" Allen wrenches securely.
When tightened properly, frame tabs are pulled tight to the bearing.

Install front arm handle linkage

1. Install arm handle linkage to handle.

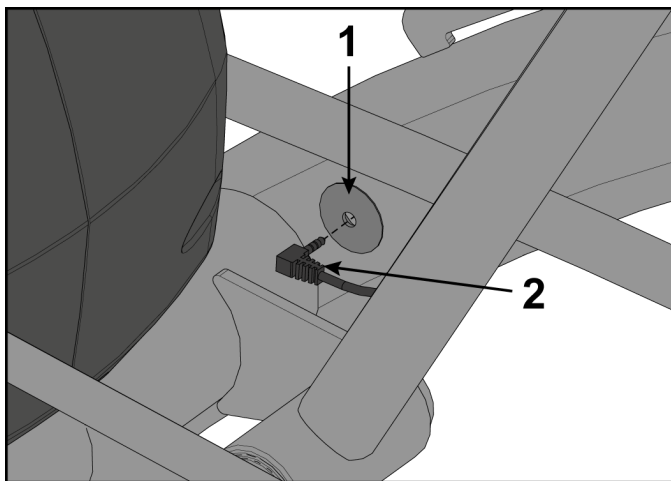


	Description	Qty.
1	Screw	1
2	Flat washer	1
3	Cap	1
4	Spacer	1
5	Arm handle linkage	1
6	Handle	1

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.

Install heart rate cable

Plug heart rate cable into connector in frame.



	Description	Qty.
1	Socket in frame	1
2	Heart rate cable	1

Complete installation

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