

Arc Trainer® Foot Plate Wave Washer

Kit No. **610AK020**

Installation Instructions

NOTE: This instruction sheet describes how to install the foot plate wave washers on the Arc Trainer 600A/610A.

Tools Required

- 3/16" Allen wrench

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

2. Verify you received the following:

- A. Wave washer (4), **HS427100**
- B. Loctite **YA000201**

3. Remove (right) foot plate assembly.

A. Turn the main power switch above the power inlet to the off (0) position.

B. Using a 3/16" Allen wrench, remove the two SHCS securing the (right) foot plate.

C. Remove flat washers and foot plate.
NOTE: Do not remove spacer.

D. Repeat steps 3B-3C for left foot plate

4. Install (right) foot plate assembly.

A. Install one wave washer (A) onto each foot plate shaft as shown in Figure 1.

B. Slide the foot plate onto the foot plate shaft.

C. Place a drop of loctite (B) on one of the SHCS. Place another drop of loctite in the shaft (where the SHCS will be tightened into).

D. Install flat washers and SHCS (removed in steps 3B and 3C) and securely tighten.

E. Repeat steps 4C and 4D for installing the other flat washer and SHCS.

F. Repeat steps 4A-4E for left foot plate.

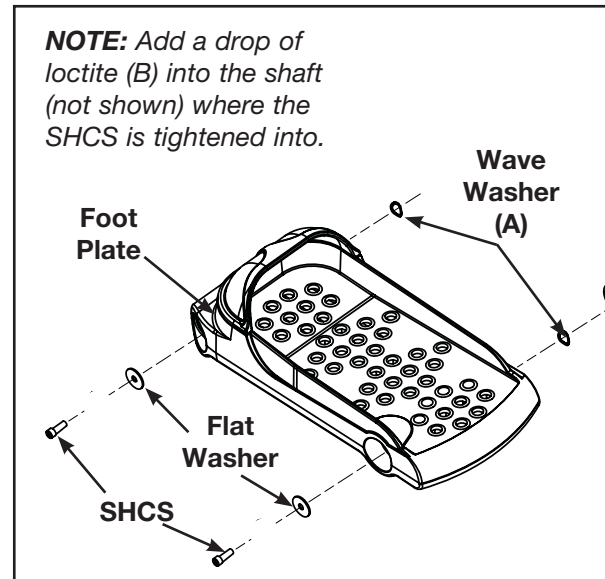


Figure 1 (right foot assembly)

G. Turn the main power switch to the on (I) position.

H. Test the unit to verify proper operation.



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