

# Arc Trainer® 600A/610A Left Foot Plate

Kit No. **610AK003**

Installation Instructions

**NOTE:** This instruction sheet describes how to replace the foot plate 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 (see Figure 1):

- A. Left foot plate assembly (1), **610AK003** (this kit)
- B. Flat washer (4), **HS307602**
- C. SHCS .250-20 x .75 (2), **HX622815**
- D. Spacer (2), **PL-17279**
- E. Loctite (not shown), **YA000201**
- F. Wave washer (2), **HS427100**

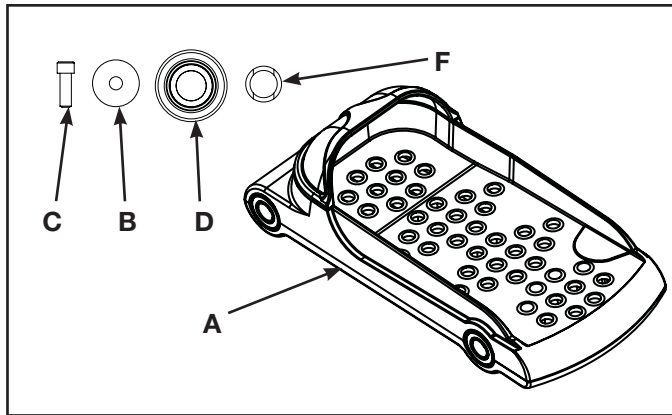


Figure 1 (left foot assembly)

3. Remove (left) foot plate assembly.

- A. Turn the main power switch above the power inlet to the off (O) position.
- B. Using a 3/16" Allen wrench, remove the two SHCS securing the (left) foot plate. **NOTE:** The right and left foot plates are not interchangeable.
- C. Remove all hardware securing the old foot plate.

4. Install new (left) foot plate assembly.

- A. Install the new spacers (D) and wave washers (F) onto the foot plate shaft as shown in Figure 2.
- B. Slide the new foot plate (A) onto the foot plate shaft.
- C. Place a drop of loctite (E) on one of the SHCS (C). Place another drop of loctite in the shaft (where the SHCS will be tightened into).
- D. Install two flat washers (B) and SHCS (C) and securely tighten.
- E. Repeat steps 4C and 4D for the other washers (B) and SHCS (C).

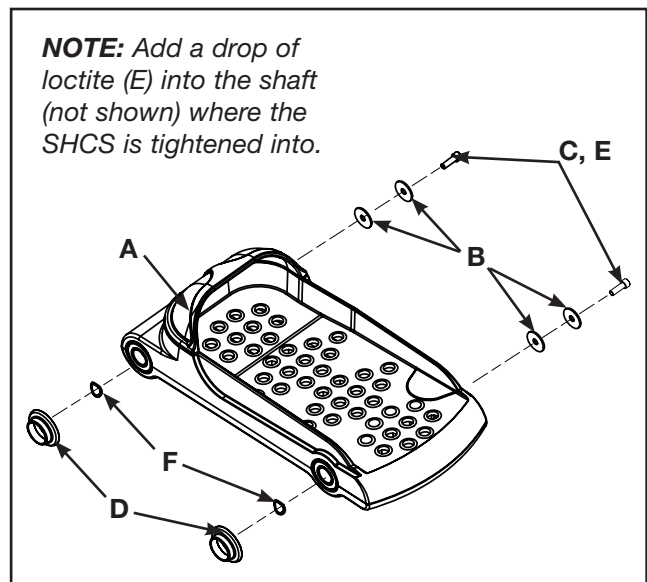


Figure 2 (left foot assembly)

- F. Turn the main power switch to the on (I) position.
- G. Test the unit to verify proper operation.



Cybox® and the Cybex logo are registered trademarks of Cybex International, Inc.  
Arc Trainer® and its mark are registered trademarks of Cybex International, Inc.