

# Arc Trainer® Linkage Rod

Kit No. **600AK006** - Left Linkage Rod Kit  
**600AK007** - Right Linkage Rod Kit

Installation Instructions

**NOTE:** This instruction sheet describes how to replace the linkage rod in the Arc Trainer 600A/610A.

## Tool Required

- 3/16" Allen wrench
- Phillips screwdriver

1. Read and understand all instructions thoroughly before installing this kit.
2. Verify kit contents. See Figure 1.

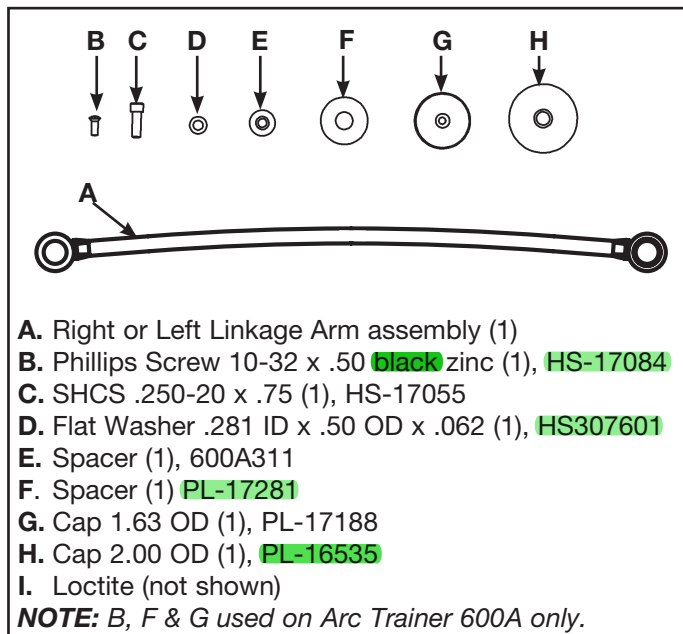


Figure 1

### 3. Replace the appropriate linkage rod assembly.

- A. Turn the main power switch above the power inlet to the off (0) position.
- B. Confirm you have the proper replacement linkage rod. **NOTE:** The right and left linkage rods are not interchangeable for proper operation.
- C. Remove both screws securing linkage rod.

D. Properly position the new linkage rod.

E. Place a drop of loctite (I) on the SHCS (C) and place another drop of loctite (I) into the shaft (where the SHCS will be tightened into).

F. Install the spacer (E), cap (H), flat washer (D) and SHCS (C, I) as shown in Figure 2. Tighten securely.

G. Place a drop of loctite (I) on the Phillips screw (B) and place another drop of loctite (I) on the shaft (where the Phillips screw will be tightened into).

H. Install the Phillips screw (B, I), spacer (G) and the other spacer (F - between linkage rod arm and foot plate arm) as shown in Figure 2.

I. Tighten all screws securely. **NOTE:** SHCS must be tightened to a minimum of 100 inch-pounds.

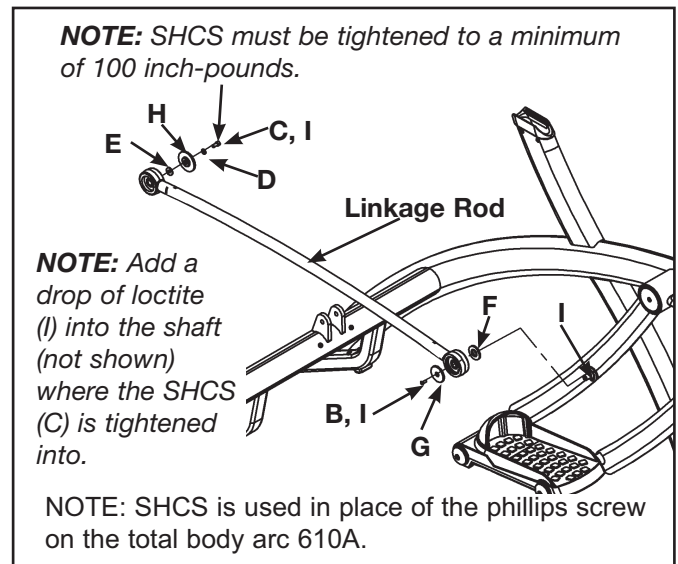


Figure 2 (Right Linkage Rod - User Position)

### 4. Connect Power and test for proper operation.

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



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