

# Arc Trainer® 600A/610A Lower Pulley

Kit No. **600AK014**

Installation Instructions

**NOTE:** This instruction sheet describes how to replace the lower pulley on the Arc Trainer 600A/610A.

## TOOLS REQUIRED

- 7/16" Socket wrench
- 3" Socket wrench extension

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

2. Verify kit contents. See Figure 1.

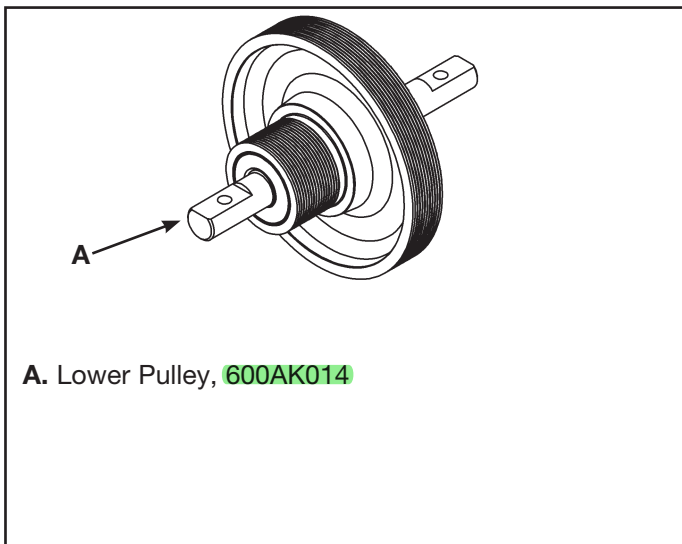


Figure 1

3. Disconnect the power source.

- A. Turn the main power switch to the off (0) position and unplug the power cord from the power outlet

**! WARNING:** Disconnect the power cord before continuing this procedure. Keep wet items away from inside parts of the unit. Electrical shock could occur even if the unit is unplugged.

4. Remove the access cover.

- A. Using a Phillips head screwdriver, remove the four screws and four washers securing the access cover. See Figure 2.

- B. Remove the access cover.

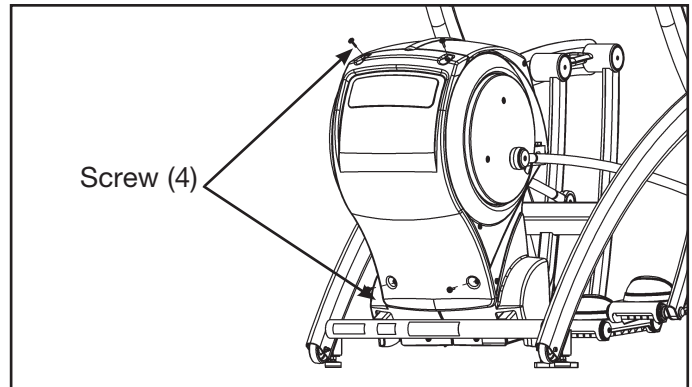


Figure 2

5. Remove the lower pivot assembly.

- A. Using a 7/16" socket wrench, remove the two screws, two lock washers and two flat washers from the lower pivot shaft.

- B. Remove the lower pivot assembly out of the secondary belt and from the frame. See Figure 3.

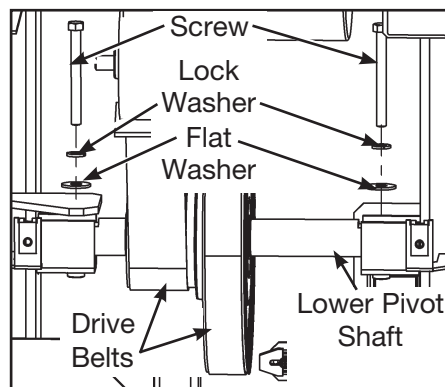


Figure 3



## 6. Installing the new lower pivot assembly.

- A. Slide the lower pivot assembly through both drive belts and into place on the frame.
- B. Confirm that both drive belts are straight and centered in place.
- C. Verify if the two spacers are present.
- D. If spacers are present then confirm that they are still in place under the lower pivot shaft.  
**NOTE:** If spacers are not present then go to step 6E.
- E. Using a 7/16" socket wrench, tighten the two screws, two lock washers and two flat washers securing the lower pivot assembly in place.
- F. Using a straight edge, verify that both pulleys are aligned properly. See Figure 4. **NOTE:** The straight edge must be no more than 1/16" from pulley edge.

## 7. Attach the access cover.

- A. While being sure not to pinch any cables, hold the access cover in place. See Figure 2.
- B. Using a Phillips head screwdriver, tighten the four screws and four washers securing the access cover. See Figure 2.

## 8. Test for proper operation.

- A. Connect the power cord into the power outlet.
- B. Turn the main power switch above the power inlet to the on (I) position.
- C. Operate the unit at all levels to verify proper operation.

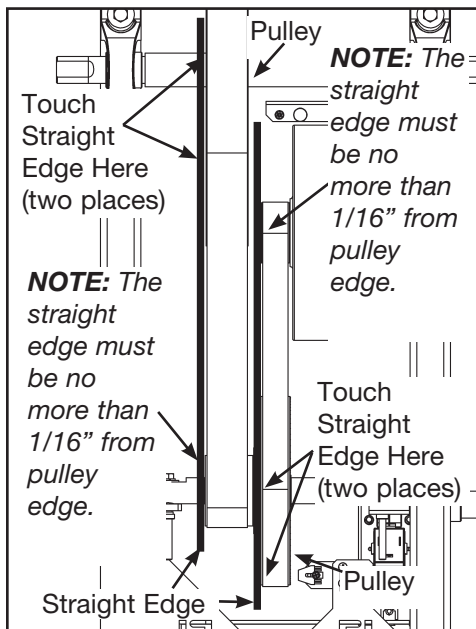


Figure 4