

# Heart Grip Replacement

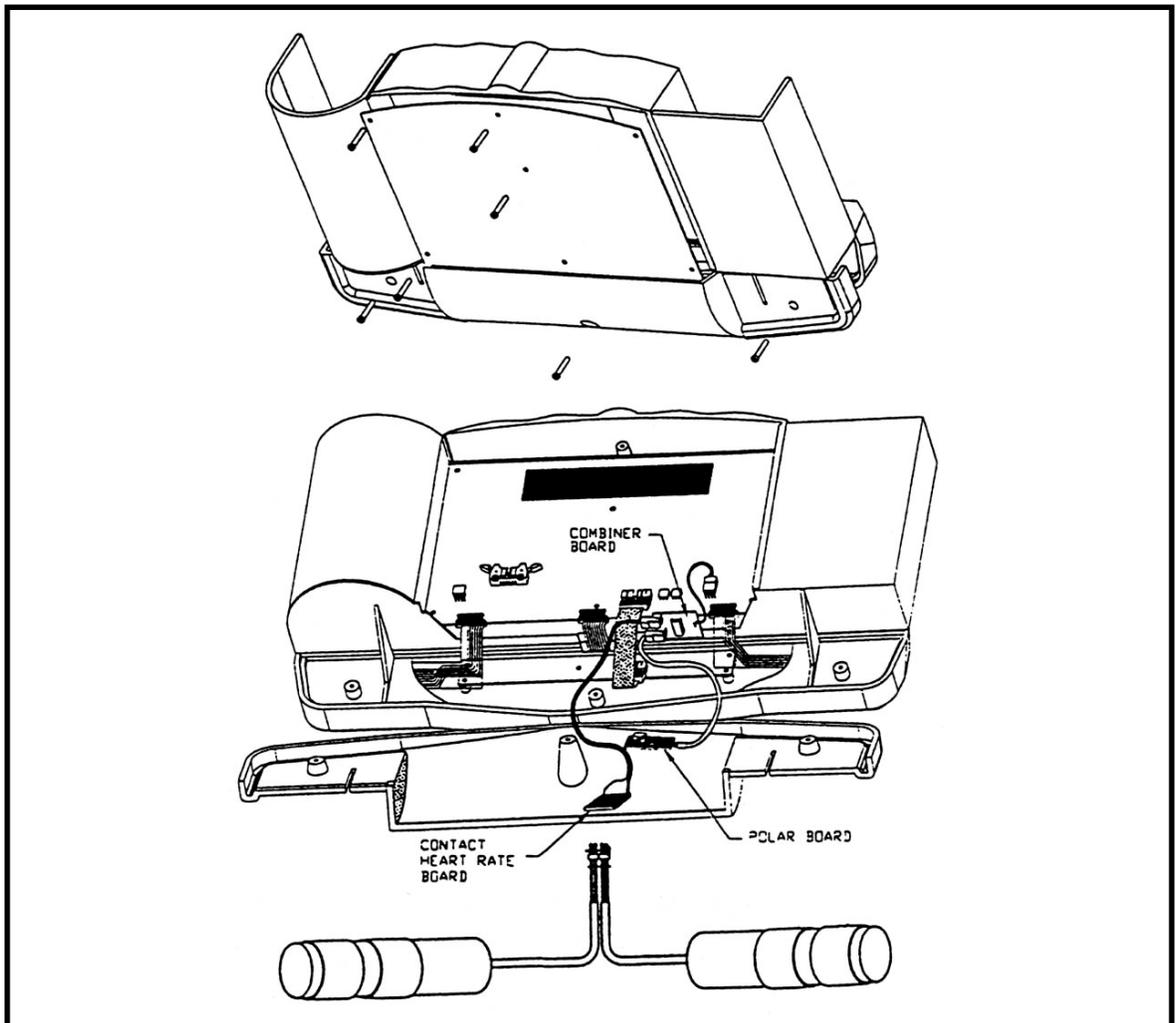
## Tools:

- Handgrip Kit
- 1/16 inch Allen wrench
- Light nylon cord
- Isopropyl alcohol

## Procedure: Remove the Display Panel

1. Using a 1/16-inch Allen wrench, remove the five screws from the rear of the display panel mount and carefully lay the panel down on the display rail.
2. Unplug the two handgrip cables from their connectors. See **Diagram A**.

## Diagram A



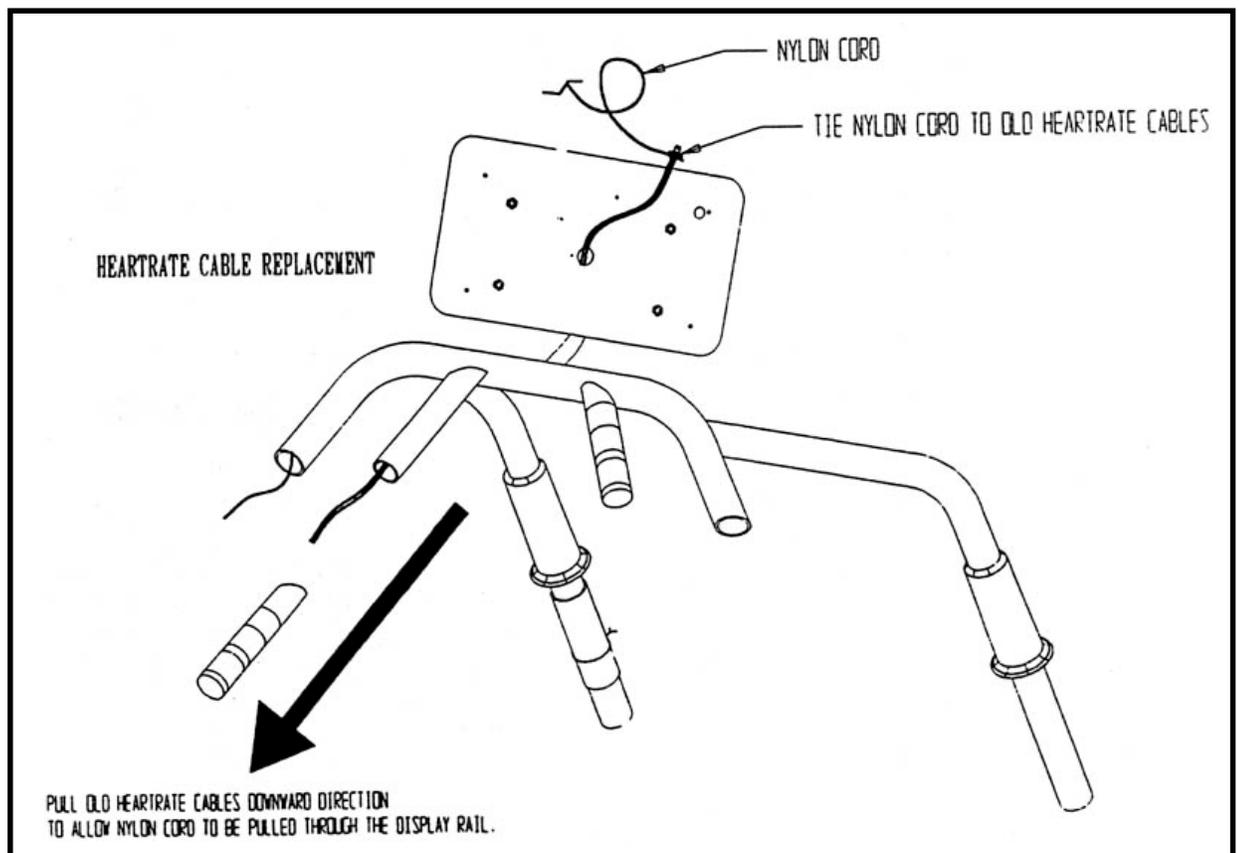
### \*\* CAUTION \*\*

Always turn the power switch to the off position. Unplug the treadmill power cord from the power outlet.

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3. Lift the handgrip cables to separate the Velcro strips on the cable from the Velcro on the rear of the panel, then remove the two Velcro strips that hold the two cables together.
4. Cut and remove the cable ties from the handgrip cables.
5. Tie a 4-foot length of strong nylon cord to each cable, just below the connector. **See Diagram B.** Secure the free end of each cord so that it will not be pulled into the gooseneck. The cord will be the means of pulling the new cables back through the gooseneck to the display panel.

**Diagram B**



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## Remove the Handgrips

1. Pull and twist the handgrips free of the rail tubing. If they will not slide off the tubing, use a knife or scissors to cut the rubber along its length, then slide the handgrips off the tubing.
2. Continue to pull each of the handgrip cables through the gooseneck and the display rail until they emerge with the nylon cord attached.
3. Remove the nylon cord from each cable and discard the handgrips.

## Replace the Handgrips

1. Remove the new handgrips from their package. Mark cable connector of the handgrip that is to be on the left-hand side.
2. Tie each nylon cord securely to the end of a handgrip cable, just below the connector.
3. For each handgrip cable, pull the related nylon cord out of the gooseneck, drawing the cable up through the gooseneck.
4. Before each handgrip is drawn to the rail tubing, lubricate the inside of the rubber, until the rubber sleeve fits snugly against the tubing joint. Pull the remainder of the cable out of the gooseneck during this step.
5. Bring the cable ends together and apply a cable tie approximately 12 inches from the ends.
6. Wrap Velcro strips (furnished) around both cables approximately 2-1/2 to 3 inches from the cable ends.
7. Connect the cable connectors to the mating connectors on the rear of the display panel.
8. Press Velcro strips on the cables down onto the Velcro strip on the rear of the display panel.

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## Replace Display Panel

1. Position the display panel over the display panel mount, matching screw holes in the back of the panel with holes in the mount.
2. Using a 1/16-inch Allen wrench, replace and tighten each of the five screws removed in a previous step.

## Test Treadmill Operation

After you have completed replacement of the handgrips, perform a complete system test.