

Arc Trainer® Handle Bar

Kit No. 620AK005

Installation Instructions

NOTE: This instruction sheet describes how to replace the handle bar in the Arc Trainer 620A.

Tools Required

- 7/32" Allen wrench

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

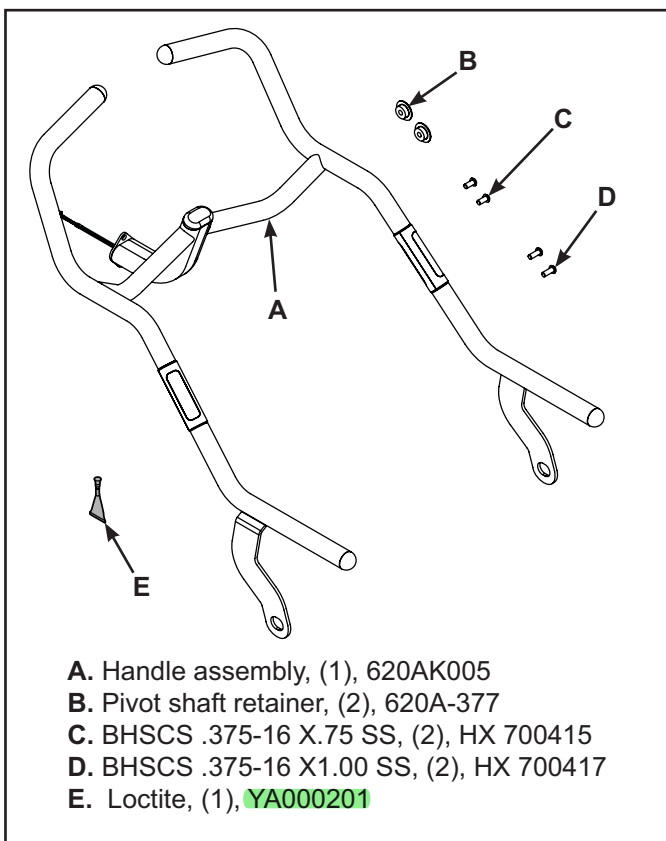


Figure 1

3. Remove handle assembly.

- A. Using a 7/32" Allen wrench, remove the Button Head Socket Cap Screw (BHSCS) (D) and pivot shaft retainer (B) from each side of the handle assembly. See Figure 2.

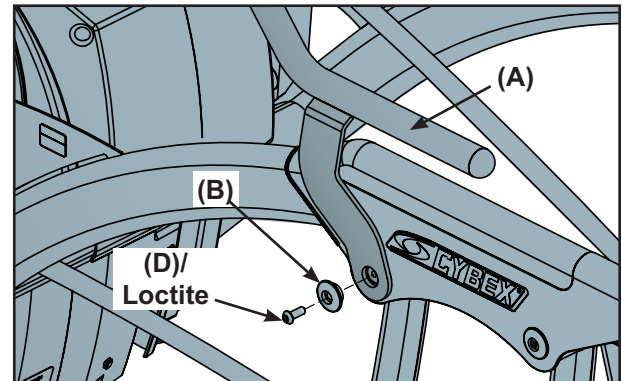


Figure 2

- B. Using a 7/32" Allen wrench, remove the two BHSCS (C) securing the handle assembly (A) to the console assembly. See Figure 3.
- C. Unplug the heart rate cable connectors. See Figure 3.
- D. Remove handle assembly

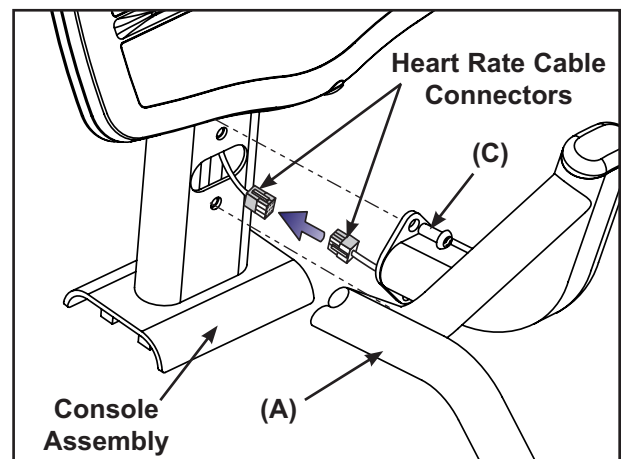


Figure 3

4. Attach handle bar assembly.

- A. Plug the heart rate cable connectors together. See Figure 3.



- B.** Using a 7/32" Allen wrench, attach the two BHSCS (C) securing the handle assembly (A) to the console assembly. See Figure 3.
- C.** Place a drop of loctite (E) on the BHSCS (D) and another drop inside the shaft into where the BHSCS will be tightened.
- D.** Using a 7/32" Allen wrench, attach the BHSCS/loctite (D) and pivot shaft retainer to each side of the handle assembly. See Figure 2.

5. Test the unit for proper operation.