

Arc Trainer® 600A/610A Primary Drive 16 Rib Belt

Kit No. **600AK020**

Installation Instructions

NOTE: This instruction sheet describes how to replace the primary drive 16 rib belt on the Arc Trainer 600A/610A.

! 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.

TOOLS REQUIRED

- Cloth or rag (2)
- 1/2" Socket wrench
- Phillips screwdriver
- 1/2" Open end wrench
- 3/16" Allen wrench
- 9/16" Socket wrench
- 7/16" Socket wrench
- 9/16" Open end wrench
- 3" Socket wrench extension
- **600AK012** (not supplied with this kit)

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

2. Verify kit contents. See Figure 1.

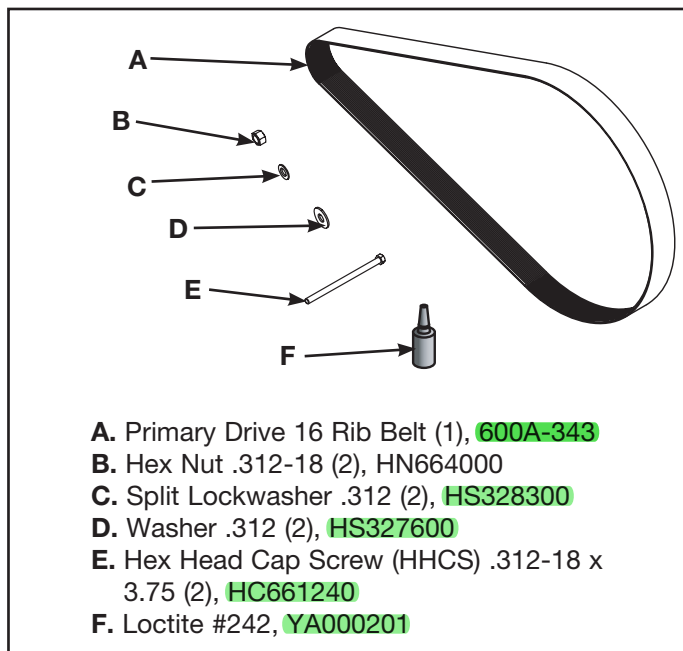


Figure 1

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.

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.

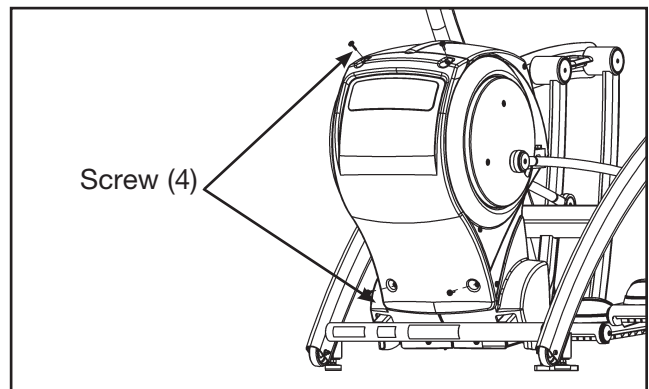


Figure 2

5. Detach the linkage arms.

- A. Using a 3/16" Allen wrench, remove the SHCS, washer, cap and spacer securing the linkage arm. See Figure 3. **NOTE:** Figure 3 shows the contents of the linkage cap kit that will be installed in step 19A.

- B. Lay the linkage arm down on the frame. **NOTE:** Place a cloth in between the linkage arm and the frame to prevent scratches.

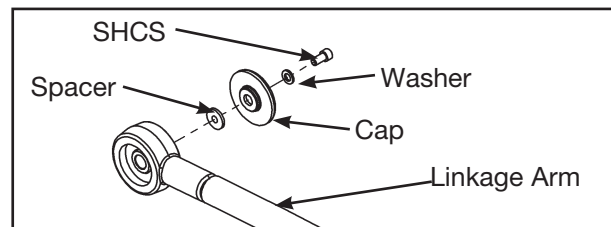


Figure 3



6. Remove the side covers.

- A.** Remove the six screws and six washers securing each side cover in place. See Figure 4.

- B.** Remove both side covers.
NOTE: The gasket will come off with one of the side covers.

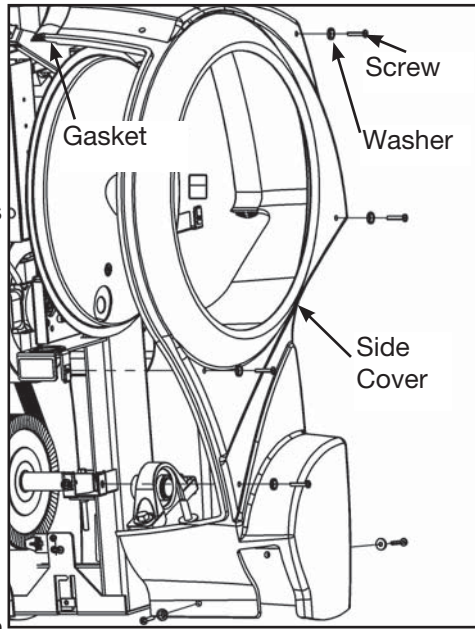


Figure 4

7. Remove the crank covers and the crank arm disk supports.

- A.** Using a Phillips screwdriver, remove the three screws securing each crank cover (and remove the crank covers). See Figure 5.
- B.** Using a Phillips screwdriver, remove the screw securing each crank arm disk support. See Figure 6.

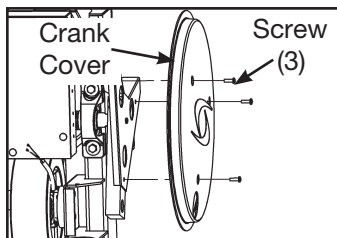


Figure 5

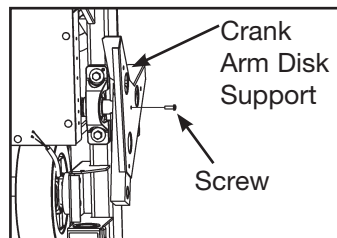


Figure 6

8. Remove the Idler Pulley.

- A.** Using a 9/16" socket wrench, remove the two bolts and washers from the idler pulley.
- B.** Remove the idler pulley from frame. See Figure 7. **NOTE:** Idler pulley is not needed with self-tensioning belt.

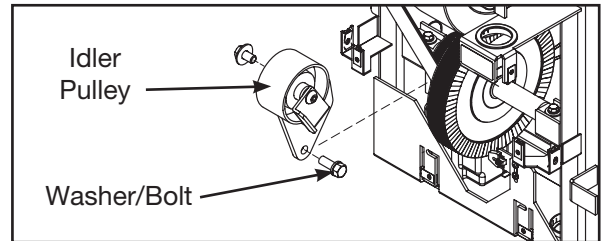


Figure 7

9. Remove HHCS on lower pulley.

- A.** Using a 7/16" socket wrench with a 3" extension, remove the two HHCS, two lock washers and two flat washers from the lower pivot shaft. See Figure 8.

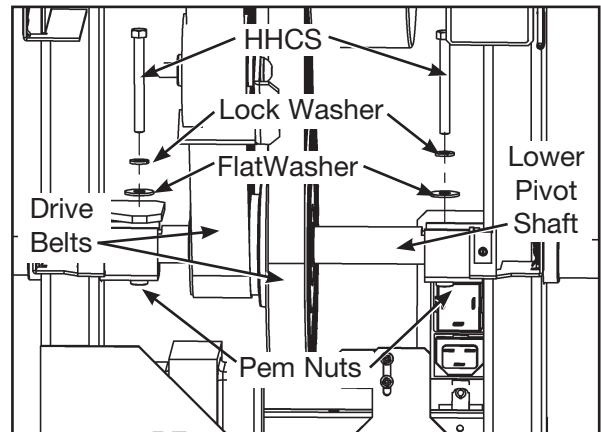


Figure 8

10. Remove the lower pivot shaft.

- A.** Remove the lower pivot shaft and spacers. Set them aside, they will be reinstalled in step 15B.
- B.** Reinstall the HHCS that was removed in step 9 and turn in at least 5 turns.
- C.** Strike the HHCS head with a metal hammer to brake the pem nut free from the bracket and discard. See Figure 8.

11. Crank shaft assembly pillow block bolts.

- A. Using a 9/16" socket wrench and a 9/16" open wrench remove the two bolts, four washers and two nuts from the left pillow block. See Figure 9.

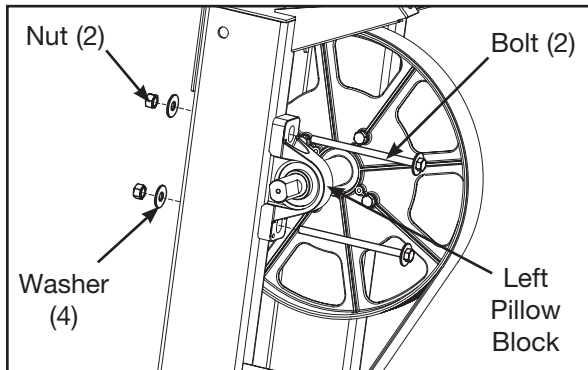


Figure 9

- B. Loosen the two bolts on the right pillow block. **NOTE:** Do not remove bolts.

12. Remove old primary drive belt.

- A. While pulling back on the left side of the crank shaft assembly, slide the belt past the pillow block.

13. Installing new primary drive belt.

- A. Install new primary drive belt by pulling back on the left side of crank shaft assembly and at the same time slide the belt past the pillow block.

14. Attach the crank shaft pillow block bolts.

- A. Slide alignment pin on pillow block into hole on frame
- B. Using a 9/16" socket wrench and a 9/16" open wrench, secure the two bolts, four washers and two nuts (removed in step 10A) to the left pillow block. See Figure 9.
- C. Secure bolts on the right pillow block that were loosened in step 11B.

15. Attach the lower pivot assembly.

- A. Place the two belts on the lower pivot shaft.
- B. Reinstall the two spacers that go under the lower pivot shaft (removed in step 10A).
- C. Attach the two new HHCS, two lockwashers, two washers and two hex nuts.

- D. Turn each HHCS in a couple of turns by hand.

- E. Place secondary drive belt on the (secondary pulley and then on the lower pulley.

- F. Place primary drive belt on the lower pulley and then stretch onto crank shaft pulley.

- G. Using a 1/2" socket wrench with a 3" extension tighten one of the HHCS a few turns then tighten the other HHCS a few turns. Alternate until both HHCS are secure.

- H. Using a straight edge, verify that both pulleys are aligned properly. See Figure 10. **NOTE:** The straight edge must be no more than 1/16" from pulley edge.

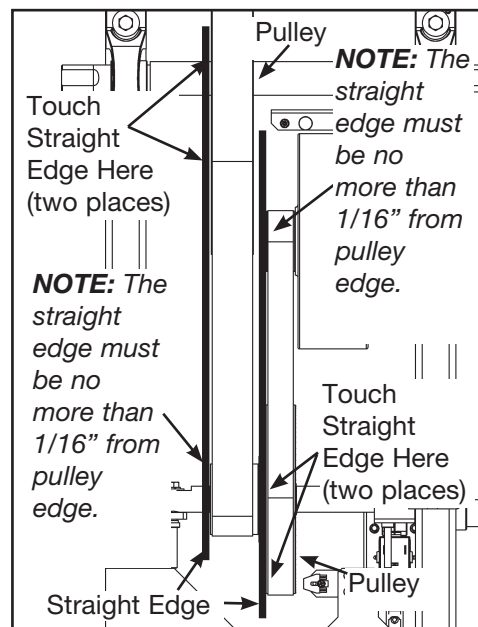


Figure 10

16. Attach the crank arm disk supports.

- A. Using a Phillips head screwdriver, attach the screw securing each crank arm disk support in place. See Figure 6.

17. Attach the crank covers.

- A. Place each crank cover in position.
- B. Using a Phillips head screwdriver, attach the three screws securing each crank cover in place. See Figure 5.

18. Attach the side covers.

- A. Place each side cover in position in the rubber gasket.

- B. Using a Phillips head screwdriver, tighten the six screws and six washers securing each side cover. See Figure 4.

19. Secure the linkage arms.

- A. Attach each linkage arm to each crank (removed in step 5). **NOTE:** *If you need a new linkage cap then order kit number **600AK012***
- B. Place a drop of loctite (F) to threads on SHCS and into the shaft where the SHCS will be tightened into.
- C. Using a 3/16" Allen wrench, reinstall the SHCS, washer, cap and spacer (removed in step 5A). See Figure 3

20. 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 washers securing the access cover. See Figure 2.

21. Test unit for proper operation.