

# Arc Trainer® Rear Foot Plate Arms

Kit No. **610AK010** - Left Rear Foot Plate Arm Kit  
**610AK011** - Right Rear Foot Plate Arm Kit

Installation Instructions

**NOTE:** This instruction sheet describes how to replace the front foot plate arms in the Arc Trainer 610A.

## Tools Required

- 3/16" Allen wrench
- 7/32" Allen wrench

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

2. Verify kit contents. See Figure 1.

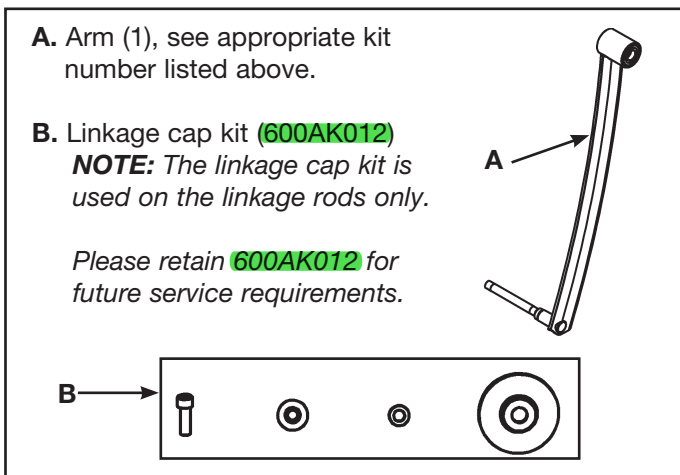


Figure 1

3. Remove the proper foot plate arm.

- A. Turn the main power switch above the power inlet to the off (0) position.
- B. Confirm you have the proper replacement foot plate arm. **NOTE:** The four foot plate arms are not interchangeable for proper operation.
- C. Using a 3/16" Allen wrench, remove the SHCS securing the rear foot plate arm (that you are replacing) to the foot plate.
- D. Using two 7/32" Allen wrenches, remove the two BHSCS and pivot shaft retainers securing Foot Plate Arm to the Pivot Cover and remove the arm from the frame. See Figure 2.

4. Install the new foot plate arm

- A. With an assistant, slide spacer and foot plate (removed in step 3C) onto the lower part of the new foot plate arm. Align the holes in the upper part of the arm with the holes in the frame/pivot cover.
- B. Secure the upper part of the arm by first. Place a drop of loctite on both of the BHSCS (removed in step 3D). Place another drop of loctite inside the shaft (where each BHSCS will be tightened into).
- C. Insert the shaft, pivot shaft retainers and BHSCS/loctite that will secure the arm to the frame/pivot cover.
- D. Using two 7/32" Allen wrenches, tighten both screws securely. See Figure 2.
- E. Secure the foot plate by first placing a drop of loctite on the SHCS (removed in step 3C) and in the shaft where the SHCS is tightened into).
- F. Secure the foot plate (using the SHCS and washer removed in step 3C) to the new foot plate arm.

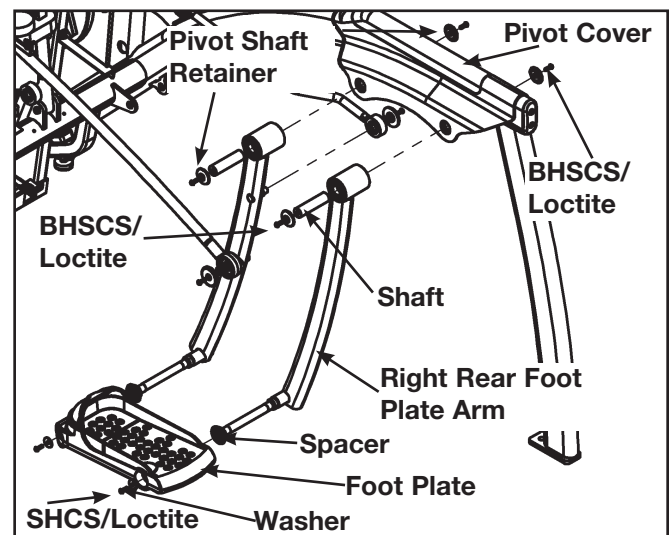


Figure 2

**NOTE:** Front arm is shown exploded In Figure 2 but is not removed for this kit.



**5. 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.