

# Arc Trainer® Linkage Rod

Kit No. 600AK006 - Left Linkage Rod Kit  
600AK007 - Right Linkage Rod Kit

Installation Instructions

**NOTE:** This instruction sheet describes how to replace the linkage rod in the Arc Trainer 600A/610A.

## Tool Required

- 3/16" Allen wrench
- Phillips screwdriver

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

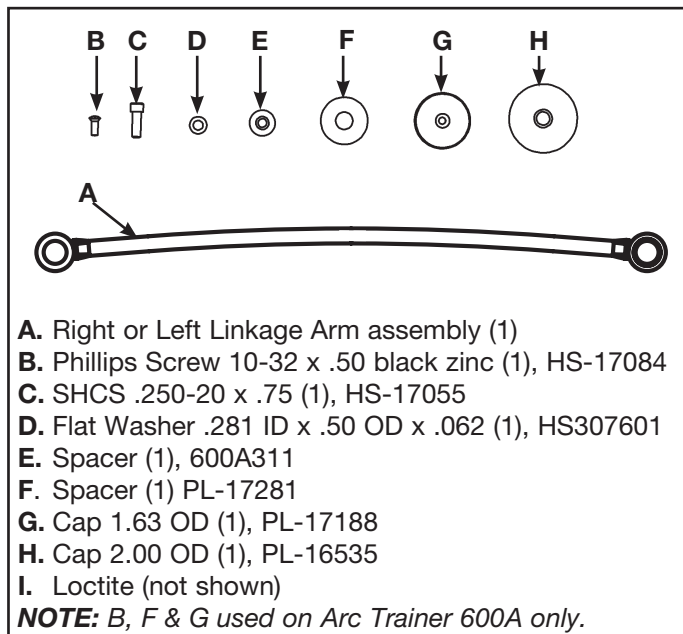


Figure 1

### 3. Replace the appropriate linkage rod assembly.

- A. Turn the main power switch above the power inlet to the off (0) position.
- B. Confirm you have the proper replacement linkage rod. **NOTE:** The right and left linkage rods are not interchangeable for proper operation.
- C. Remove both screws securing linkage rod.

- D. Properly position the new linkage rod.
- E. Place a drop of loctite (I) on the SHCS (C) and place another drop of loctite (I) into the shaft (where the SHCS will be tightened into).
- F. Install the spacer (E), cap (H), flat washer (D) and SHCS (C, I) as shown in Figure 2. Tighten securely.
- G. Place a drop of loctite (I) on the Phillips screw (B) and place another drop of loctite (I) on the shaft (where the Phillips screw will be tightened into).
- H. Install the Phillips screw (B, I), spacer (G) and the other spacer (F - between linkage rod arm and foot plate arm) as shown in Figure 2.
- I. Tighten all screws securely. **NOTE:** SHCS must be tightened to a minimum of 100 inch-pounds.

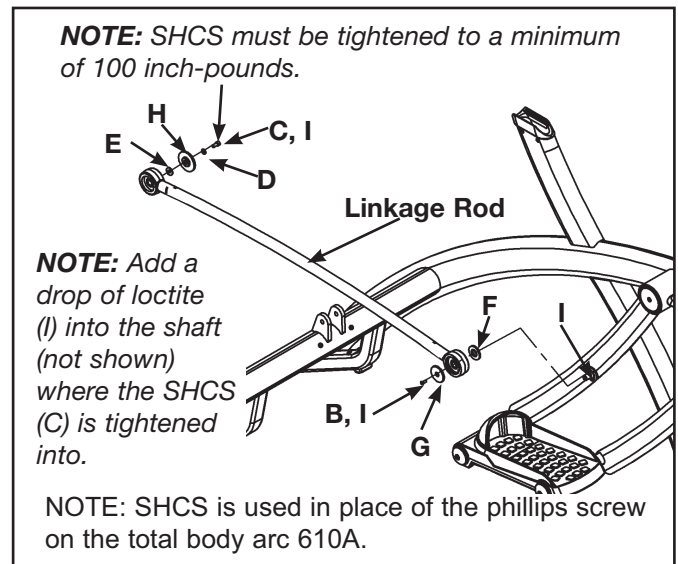


Figure 2 (Right Linkage Rod - User Position)

### 4. 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.



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