

Arc Trainer® Heart Rate Grip

Kit No. 610AK014 without drill bit
610AK022 with drill bit

Installation Instructions

NOTE: This instruction sheet describes how to install the heart rate grips on the 610A, 619A, 630A, 639A Arc Trainers.

Tools Required

- Flat head screw driver
- Phillips screw driver
- Rubber hammer
- Strain relief plier or long nose plier.
- Drill and 15/32" bit (Optional)
- Tape
- Wire cutters
- Safety glasses

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

2. Verify kit contents. See Figure 1.

- A. Top plastic sensor grip, (2), 610A-407
 - B. Bottom plastic sensor grip, (2), 610A-408
 - C. Heart rate cable, (2), AW-18286
 - D. Self-tapping screw #6 x 1.00, (4), HT532517
 - E. 15/32" drill bit, (1), TE000008
 - F. Strain relief plug, (2), (not shown)
- NOTE: Drill bit comes in kit #610AK022 only.

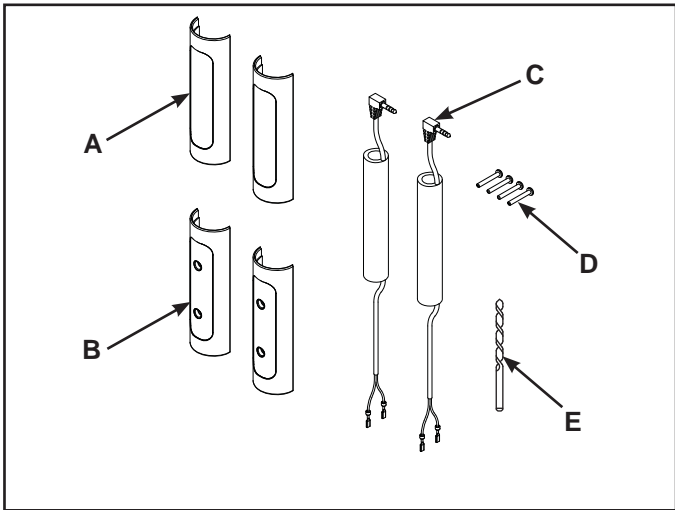


Figure 1

3. Identify the style of grips you have.

- A. Old style grips do not contain any screws that are visible.

- B. New style grips contain two screws that are visible on the finger side.

4. Remove old style grips and sensor.

- A. With a flat head screwdriver carefully pry off each metal sensor plate from grip and disconnect both heart rate wires. See Figure 2.

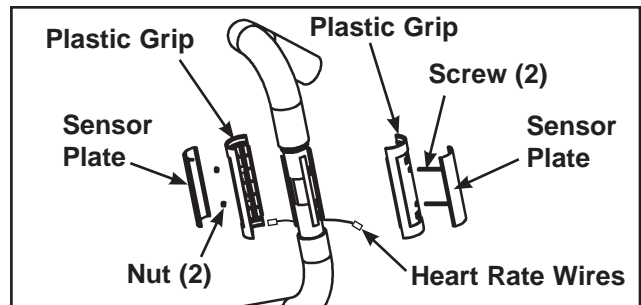


Figure 2

- B. Using a phillips screwdriver, remove the two screws and two nuts securing the grip in place. See Figure 2.

5. Remove new style grips.

- A. Using a Phillips screwdriver, remove the two screws securing the plastic sensor grips in place. See Figure 3.

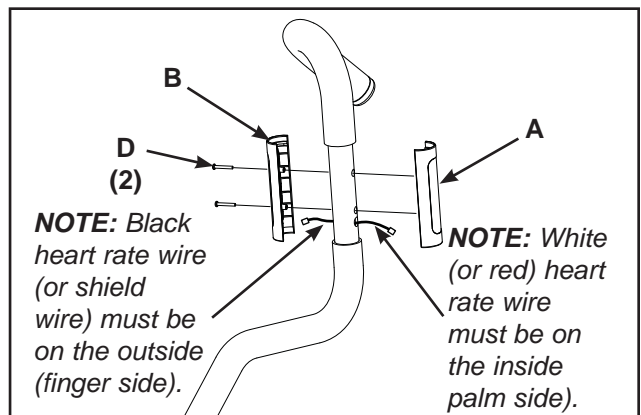


Figure 3

- B. Disconnect the heart rate wire from each grip. See Figure 3.

6. Removing old cable and installing the new wire.

- A. Unplug the heart rate cable that is located near the bottom end of the arm. See Figure 4.

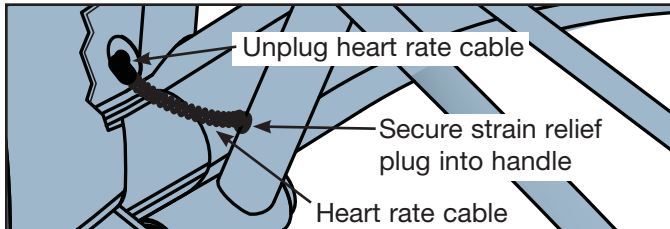


Figure 4

- B. Using a wire cutters, cut off the end of the end jack.
- C. Remove strain relief.
- D. Using tape (not supplied with this kit), tape the new cable to the old cable (so that the connection is secure).
- E. Pull the old cable through handle until end of the new cable is up to the handle opening.
- F. Position the strain relief plug on heart rate cable 4" from connector as shown in Figure 5.

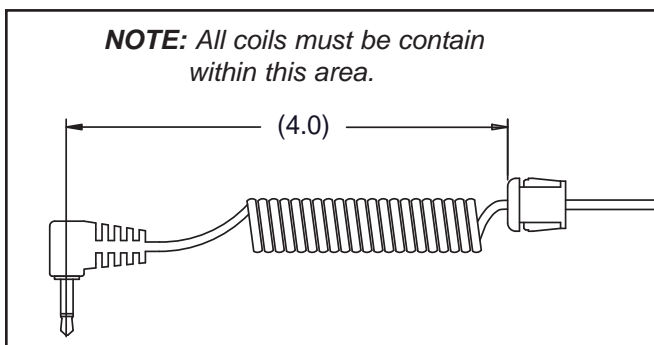


Figure 5

- G. Push the strain relief plug into hole on handle. Verify plug is secure. See Figure 4.

NOTE: Use a strain relief plier or a long nose pliers and a rubber hammer. Be careful not to hit the wire while attaching strain relief.

- H. At the lower end of the arm, plug in the heart rate cable as shown in Figure 4.

7. Installing the grips and metal sensors.

- A. Verify that the holes in the handle are 15/32". If not, use a 15/32" drill bit to enlarge the holes.
 - B. Remove tape securing the old cable and new cable.
 - C. Slide the black (or shield) wire through the large (lower) outside or finger side hole. Slide the white (or red) wire through the inside or palm side hole. See Figure 3.
 - D. Connect the white (or red) wire to the tab on the top plastic sensor grip (A). See Figure 3.
 - E. Connect the black (or shield) wire to the tab on the bottom plastic sensor grip (B). See Figure 3.
- NOTE:** Make sure that the contacts do not touch and no wires are pinched while attaching grips.
- F. Using a Phillips screwdriver, attach the two screws (D) securing the grips A and B in place. See Figure 3. **NOTE:** Do not over tighten grips.

- G. Test unit for proper operation.

NOTE: If no heart rate reading is showing then check the black (or shield) and white (or red) wire location.