

Arc Trainer 525At Total Body Sbm V03

525AT-LED-03

Parts Manual

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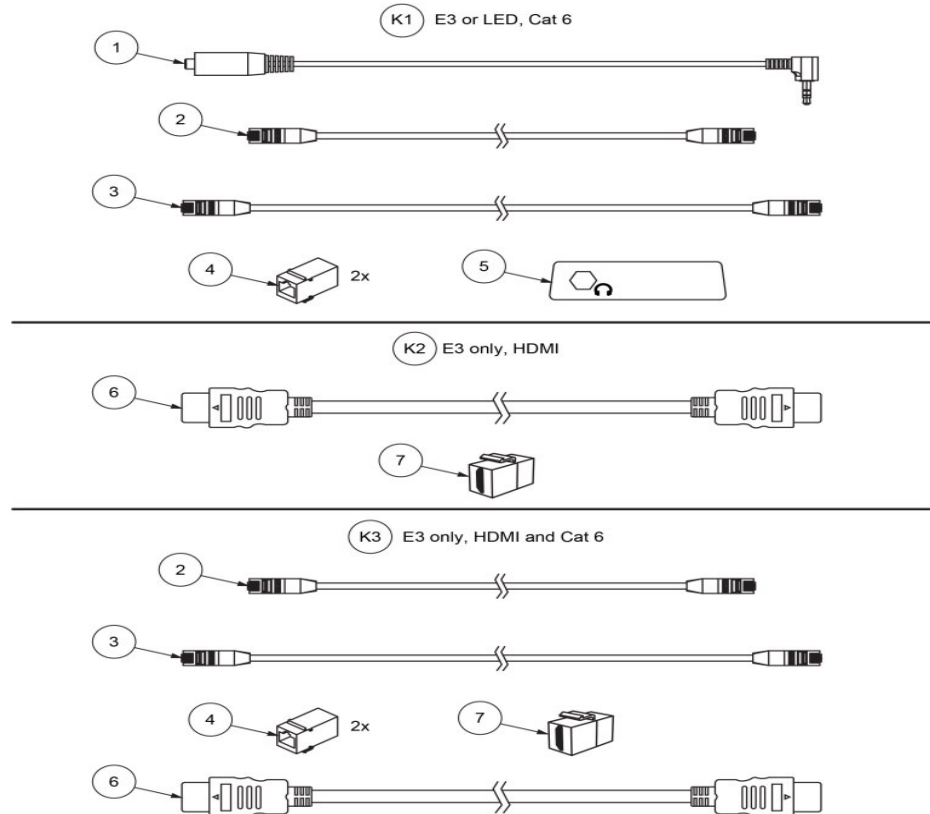


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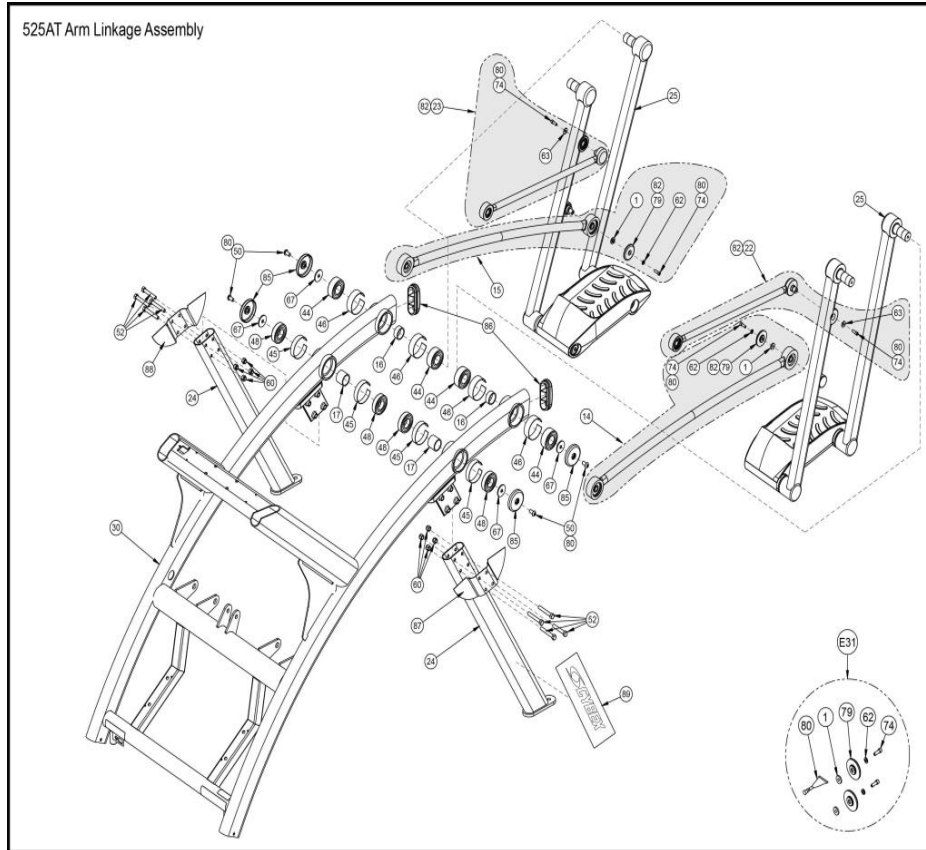
STB_upgrade_kit_525A

525 Arc Trainer, Set Top Box Kit



Ref #	Part Number	Qty	Description
1	525AT-311	1	CABLE, HEADPHONE JACK JMPR
K1	PKAW-25924	1	UPGRADE KIT,525A E3,LED CAT6
K2	PKAW-25927	1	UPGRADE KIT, ARC EPEM HDMI
2	AW-24891	1	CABLE,CAT6 SHIELDED,2FT(24IN),BLK
K3	PKAW-25929	1	UPGRADE KIT, ARC EPEM HDMI CAT6
3	AW-24892	1	CABLE,CAT6 SHIELDED,7FT(84IN),
4	CN-24895	2	COUPLER,CAT6 SHIELDED RJ45 8 C
5	525AT-391	1	DECAL, HEADPHONE JACK, 525 ACR
6	AW-25819	1	CABLE, HDMI 8' HIGH SPEED M-M
7	CN-25816	1	COUPLER, HDMI KEYSTONE

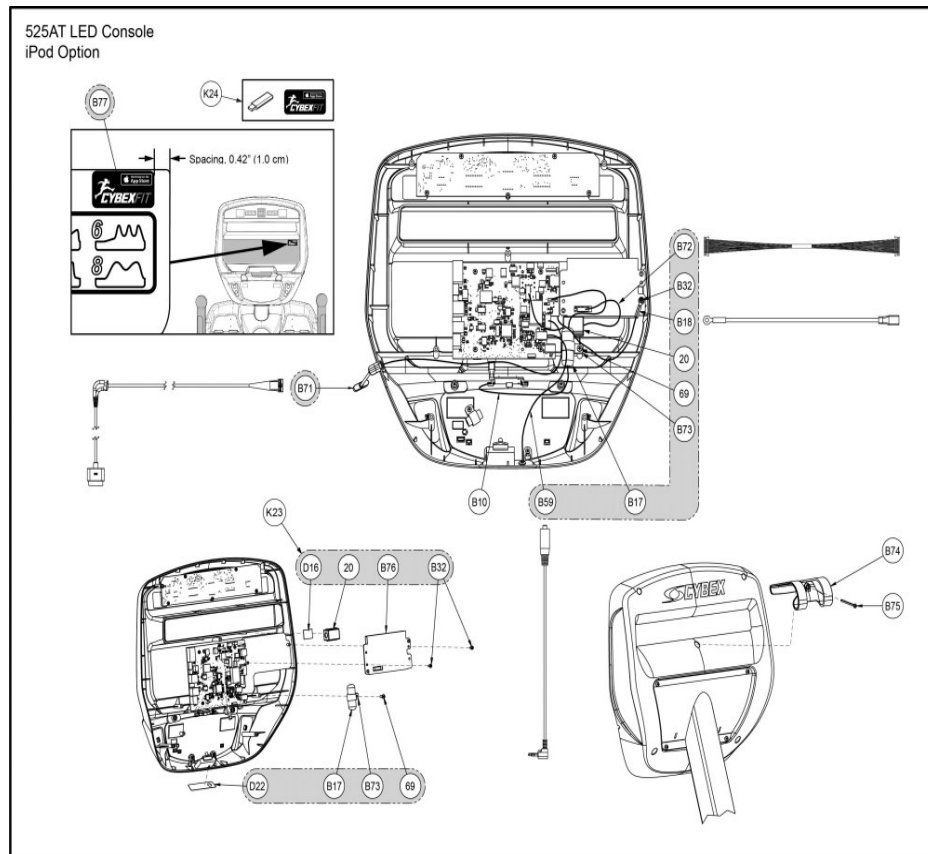
525AT Arm Linkage Assembly



Ref #	Part Number	Qty	Description
1	600A-311	2	SPACER FLANGE
14	750AK006	1	KIT, LINKAGE ROD LEFT
15	750AK007	1	KIT, LINKAGE ROD RIGHT
16	750A-312	2	Tube Spacer
17	750A-325	2	Tube Spacer
22	750AK012	1	KIT, ARM HANDLE LINKAGE LH
23	750AK013	1	KIT, ARM HANDLE LINKAGE RH
24	771A-201	1	W REAR LEG Custom
25	770AK010	1	KIT, FOOT PLATE ARM, REAR
30	525AT-200	1	W MAIN FRAME Custom
44	FB030256	4	BEARING BALL 1.181 DIA DOUBLE ROW
45	FC030003	4	TOLERANCE RING 2.4409 ID
46	FC030011	4	Tolerance Ring .62mm dia
48	HB-17280	4	BEARING,BALL,SINGLE ROW,6206
50	HC700415	4	BHSCS .375-16 X .75
52	HC701230	6	HX HD CAP SC .375-16 X 2.500
60	HN704901	6	LOCKNUT .375-16 NYLON
62	HS307601	1	WASH FLAT .281 .500 .062 T
63	HS307603	2	WASHER FLAT .253 ID X .750 OD X .120
67	HS347602	4	WASHER .390 X 1.500 X .124 FLAT
74	HX622815	2	SHCS .250-20 X .75 SS
79,E31	600AK012	3	KIT LINKAGE CAP

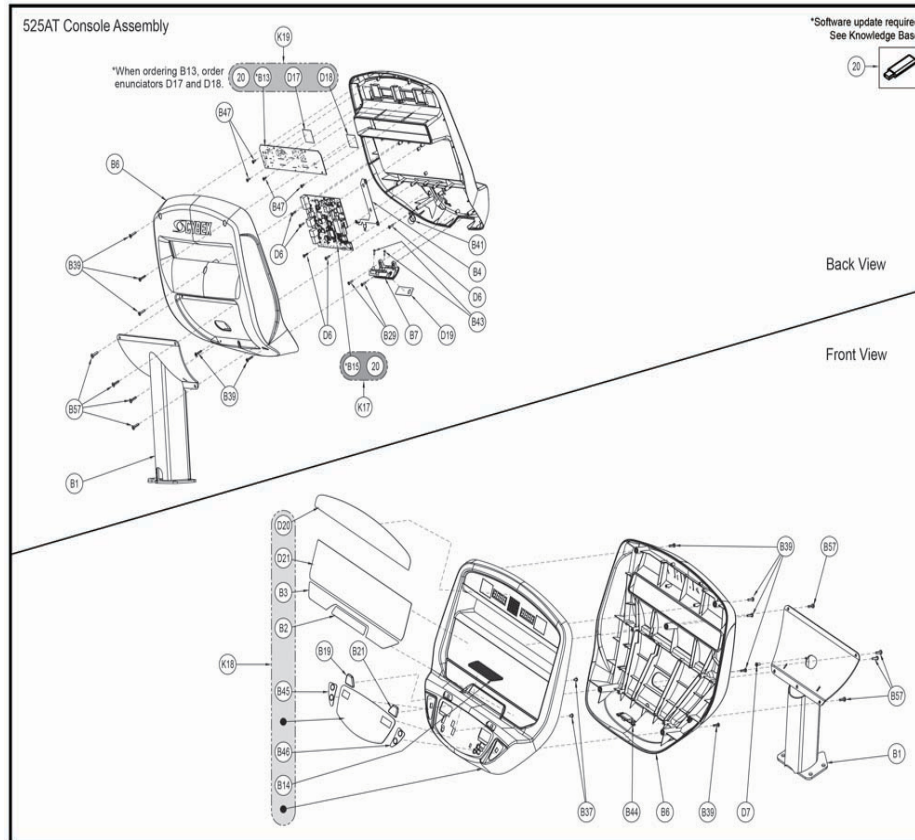
Ref #	Part Number	Qty	Description
80	YA000201	1	ADH THRD LKR REM .02 OZ 242
82	YG000007	1	NLA: GREASE TRANS LUBRIPLATE 1200-2
85	425A-484	1	End Cap
86	PP130004	1	Insert Domed Plastic
87	525AT-316	1	LEG GUARD LH
88	525AT-317	1	LEG GUARD RH
89	3900-448	1	
89	3900-447	1	DECAL CYBEX 1.94 HOR BLACK

525AT Console iPod Option



Ref #	Part Number	Qty	Description
B10	770A-361	1	CABLE, ARC HRBOARD TO MCC
D16	01250	2	TAPE DOUBLE COATED 0.75
B17	770A-410	2	FERRITE, 407 OHMS
B18	770A-412	1	CABLE, EPEM CHASSIS GROUND
20	750A-396	1	Ferrite Clamp-on .40 ID
D22	525AT-391	1	DECAL, HEADPHONE JACK, 525 ACR
K23	PKCP-24885	1	KIT,APPLE UPGRADE,525TCR
K24	PKCP-24966	1	KIT,CYBEX FIT DECAL
B32	HJ532510	1	SCREW, SEMS, 6-32 X .38 PNHD PHIL EXT BLK ZN
B59	525AT-311	1	CABLE, HEADPHONE JACK JMPR
69	HT552512	2	TAP SC NO. 8-16 X .50 PLASTITE PAN HEAD PHILLIPS BLACK
B71	OAW-23863V	1	CABLE, IPOD, 525, PURCHASED
B72	OAW-24234	1	CABLE, 525 TARC GXF BD TO MCC BD
B73	OHX-24312	1	CLIP, cable clamp
B74	OPL-24065	1	CLIP, IPAD
B75	HT552530	1	TAP SC NO. 8-16 X 2.50 PLASTITE PN HD PHIL BLK
B76	525AT-425	1	
B77	ODE-24397	1	DECAL, CYBEX FIT APP

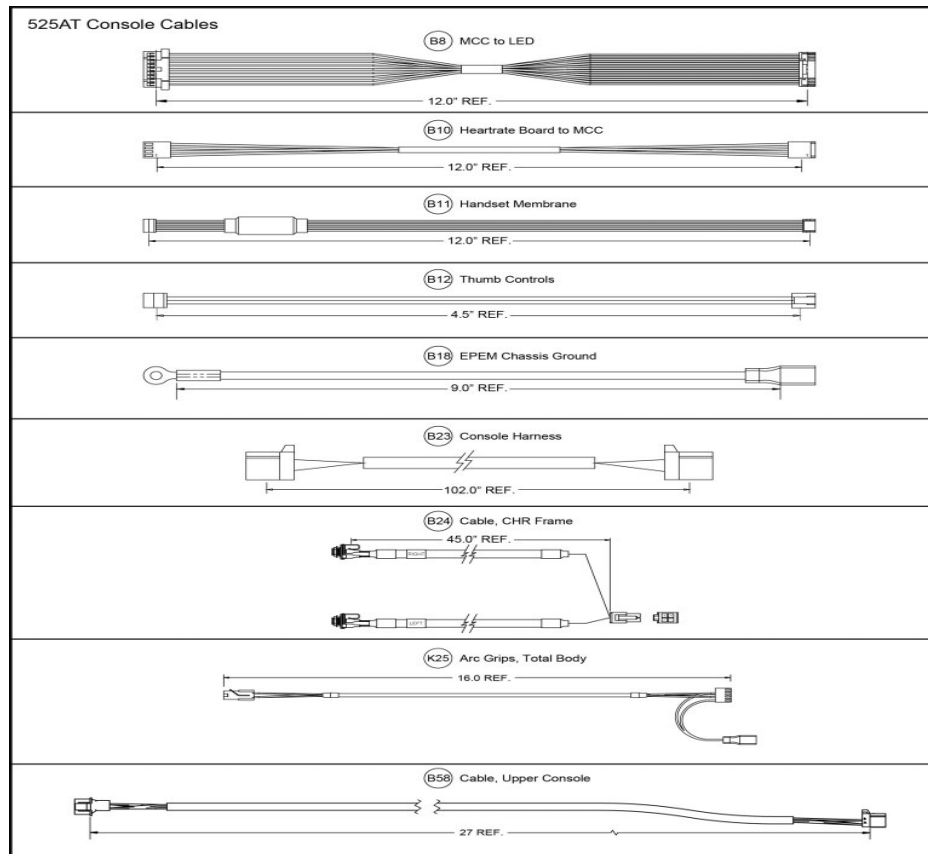
525AT Console Assembly



Ref #	Part Number	Qty	Description
B1	525AT-205	1	W/ CONSOLE
B2	525AT-313	1	LABEL, WARNING CENTER, 525
B3	525AT-314	1	LABEL, WARNING MAIN, 525
B4	525AT-315	1	PLATE, GROUNDING, MCC
B6	525AT-320	1	CONSOLE REAR, LED, 525
D6	HT532512	1	PN HD PHIL SC #6 X .50 PLASTITE
B7	525AT-322	1	E-STOP HOUSING, 525
D7	HT542512	1	PAN HD PHIL HD SELF TAPPING, 8-32 X .50 TYPE 23
B13	525AT-393	1	PCA, LED UPPER DISPLAY DOARD, 525
B14	525AT-399	1	DECAL, IPOD TRAY
B15	525AT-407	1	PCA, MCC, UNPROGRAMMED, IPOD, 525AT, C, R
D17	DE-23686	1	Label Upper Display Mask
K17	K525AT-407	1	KIT, PCA MCC, 525 ARC
D18	525AT-376	1	Label Upp Disp Mask Left
K18	K525AT-318	1	Kit 525 LED Bezel w/dec
B19	770A-328	1	BACK TAB, SMALL CONSOLE, LEFT
D19	525AT-390	1	DECAL, JACK, BLANK, 525AT
K19	K525AT-393	1	Kit 525 LED Upp Disp Bd
D20	525AT-389	1	DECAL, UPPER DISPLAY MASK, LEFT, 525
20	CP-23199	1	USB 2.0 FLASH DRIVE,BLANK CDW 424820 for kit PKCP-23201
D21	DE-24024-4	1	LABEL,CONSOLE CENTER 525AT,ENG

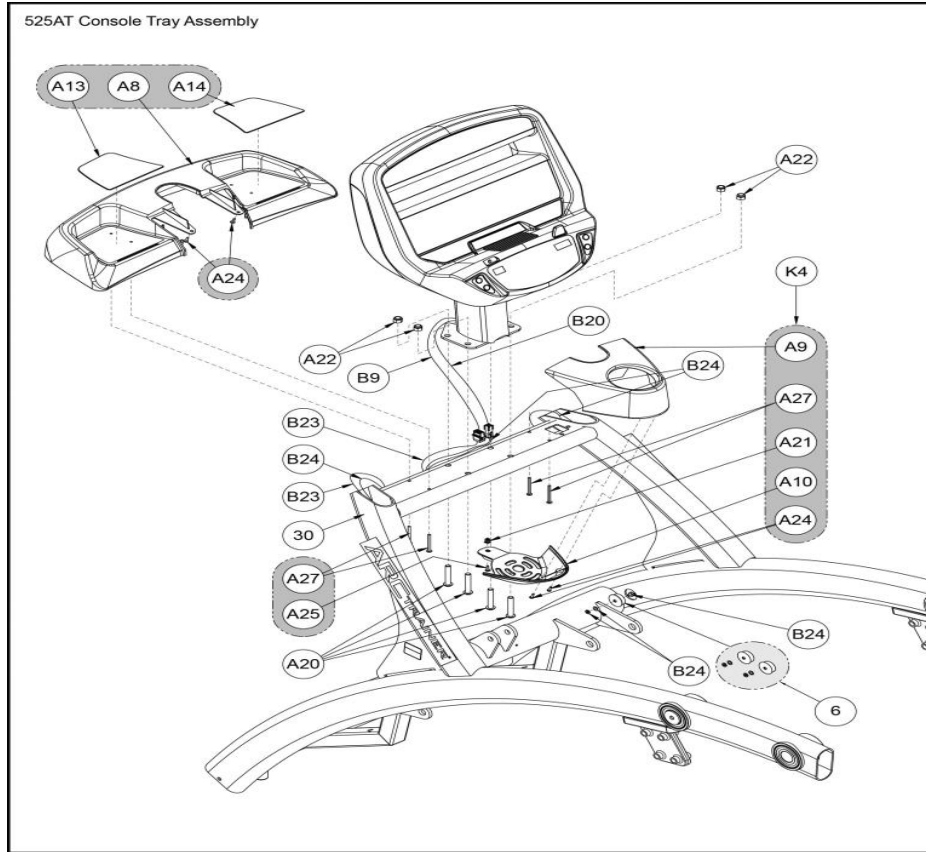
Ref #	Part Number	Qty	Description
B21	770A-329	1	BACK TAB, SMALL CONSOLE, RIGHT
B37	HT552509	1	TAP SC NO 8-16 X .31 PLASTITE PN HD PHIL
B39	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
B41	PN140001	1	CLAMP, CABLE .56 DIAMETER
B43	HT042510	1	PN HD PHIL SC #4 X .375 PLASTITE
B44	770A-379	1	SENSOR, HEART RATE COMBO
B45	770A-386	1	THUMB SWITCH, LEFT, INCLINE
B46	770A-387	1	THUMB SWITCH, RIGHT, RESISTANCE
B47	HT532509	1	TAP SCREW, #6 X .31 PLASTITE, PHILLS PAN HEAD
B57	HT592515	1	AP SCREW, #10 X .75 PLASTITE, PHILLS PAN HEAD

525AT Console Cables



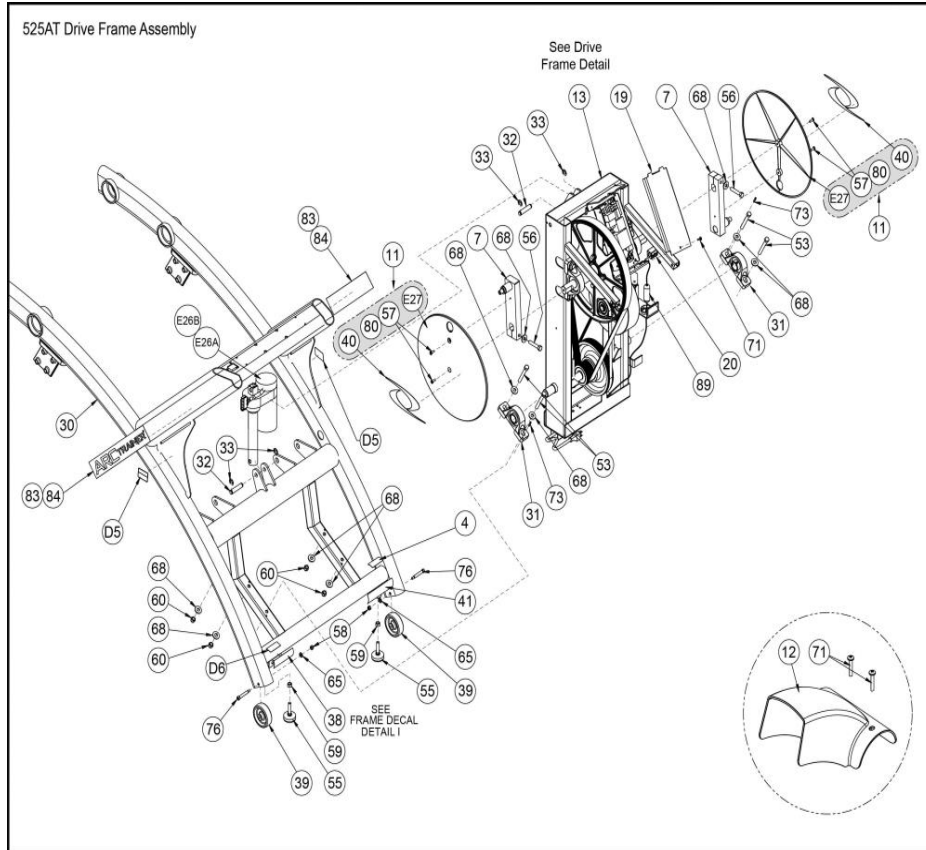
Ref #	Part Number	Qty	Description
B8	770A-359	1	CABLE, 770A ARC MCC TO LED
B10	770A-361	1	CABLE, ARC HRBOARD TO MCC
B11	770A-364	1	CABLE, HANDSET MEMBRANE, ARC
B12	770A-365	2	CABLE, THUMB CONTROLS
B18	770A-412	1	CABLE, EPEM CHASSIS GROUND
B23	AW-20935	1	Cable Frame Harness
B24	AW-21415	1	Cable CHR Frame
K25	KAW-23550	1	KIT, ARC GRIPS TTL BODY
B58	AW-23849	1	CABLE, 525AT CONSOLE UPPER

525AT Console Tray Assembly



Ref #	Part Number	Qty	Description
K4	770AK030	1	Kit, Tray 770A
6	770ATK010	1	KIT, CABLE NUT-WASHER
A8	770A-316	1	TRAY ACCESSORY
B9	AW-23849	1	CABLE,525AT CONSOLE UPPER
A9	770A-317	1	HOLDER, CUP, TOP
A10	770A-318	1	HOLDER, CUP,BOTTOM
A13	770A-331	1	DECAL, WARNING, LOWER 770A CONSOLE- Custom
A14	770A-332	1	DECAL, WARNING, LOWER 770A CONSOLE- Custom
B20	AW-23550	1	CABLE,ARC GRIPS,TOTAL BODY
A20	HC700428	1	BHSCS .375-16 X 2.25
A21	HF540200	4	GROMMET NYLON
A22	HN704901	1	LOCKNUT .375-16 NYLON
B23	AW-20935	1	Cable Frame Harness
B24	AW-21415	1	Cable CHR Frame
A24	HT532512	2	PN HD PHIL SC #6 X .50 PLASTITE
A25	HT552512	2	TAP SC NO. 8-16 X .50 PLASTITE PAN HEAD PHILLIPS BLACK
A27	HT592526	8	Tap Sc 10-12 x 2.00 Pn Hd Phil
30	525AT-200	1	W MAIN FRAME Custom

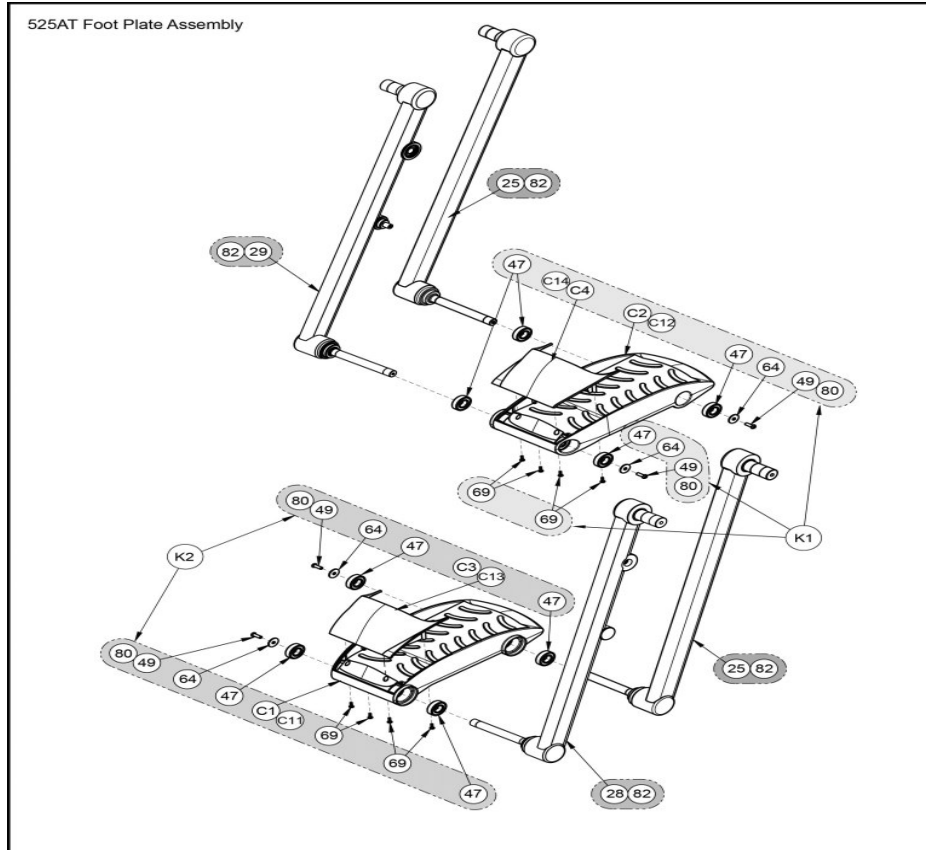
525AT Drive Frame Assembly



Ref #	Part Number	Qty	Description
4	600A-362	1	LABEL PATENT BIOSIG
D5	DE000004	1	Decal Caution Custom
D6	525AT-401	1	
7	610A-395	2	ASSY ARM CRANK
11	1008223-0001	2	KIT: COVER, CRANK, FLAT
12	740A-354	1	Cover Elevation Motor
13	525AT-101	1	DRIVE FRAME ASSEMBLY
19	771A-316	1	COVER, CONTROLLER
20	750A-396	1	Ferrite Clamp-on .40 ID
E26B	MR-23817	1	MOTOR, ELEVATION, 230VAC, 50/60 HZ
E26A	MR-23816	1	MOTOR, ELEVATION, 115VAC, 50/60 HZ
E27	1006629-0002	1	COVER, CRANK-CHR
30	525AT-200	1	W MAIN FRAME Custom
31	AF-16694	2	ASSY,BEARING,PILLOW BLOCK
32	AP030055	2	Pin Groove .50 x 2.00
33	BR030228	4	Retaining Ring .500 External
38	CM000199	1	DECAL SERIAL NUMBER
39	CW-17231	2	WHEEL, TENSIONER
40	DE-17339	2	DECAL CYBEX VORTEX
41	DE-21625	1	Label ETL CSA CE 750A
53	HC701234	2	HX HD CAP SC .375-16 X 3.00
55	HG700022	2	LEVELING GLIDE 3-8-16

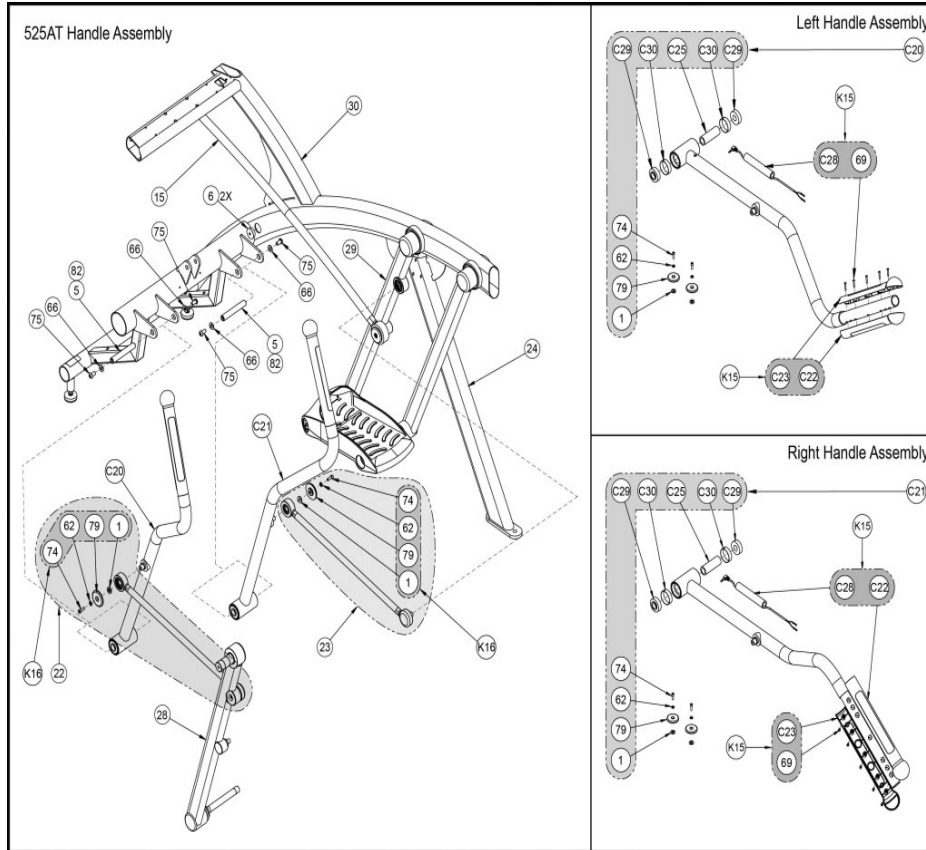
Ref #	Part Number	Qty	Description
56	HH701226	0	BOLT, HHCS GRD 8, .375-16 X 2.0
57	HM582514	4	PN HD PHIL SC NO 10-32 X .625 BLK ZN
58	HN624901	2	LOCKNUT .250-20 NYLON BLACK ZINC
59	HN704000	2	HEX NUT .375-16
60	HN704901	6	LOCKNUT .375-16 NYLON
65	HS328300	2	LOCKWASHER SPLIT .312
68	HS347700	10	WASHER USS .375
71	HT572512	4	TAP SC NO. 10 - 24 X .50 PN HD PHIL
73	HX-17023	2	PIN,SPRING .187X.813 LG,TYPE 420,ST STL
76	JD623324	2	S BOLT .312 X 1.75 .250-20
80	YA000201	1	ADH THRD LKR REM .02 OZ 242
83	770A-337	2	DECAL, ARC TRAINER BLACK
84	770A-338	2	DECAL, ARC TRAINER
89	770A-410	1	FERRITE, 407 OHMS

525AT Foot Plate Assembly



Ref #	Part Number	Qty	Description
K1	750AK002	1	KIT, FOOT PLATE RIGHT
C1	740A-378	1	Foot Plate LH
C2	740A-379	1	Foot Plate RH
K2	750AK003	1	KIT, FOOT PLATE LEFT
C3	740A-380	1	Toe Cap LH
C4	740A-381	1	Toe Cap RH
C11	740A-392	1	FOOT PLATE, LH
C12	740A-393	1	FOOT PLATE, RH
C13	740A-394	1	TOE CAP, LH
C14	740A-395	1	TOE CAP, RH
25	770AK010	1	KIT, FOOT PLATE ARM, REAR
28	773ATK009	1	KIT, FOOT PLATE ARM, FRONT LEFT SIDE
29	773ATK010	1	KIT, FOOT PLATE ARM, FRONT RIGHT SIDE
47	HB-17036	8	BEARING,BALL, .750DIA
49	HC620415	4	BHSCS .250-20 X .75, BL ZN
64	HS307604	2	WASHER, FLAT .281 ID X 1.000 OD X .063 TH BL ZN
69	HT552512	4	TAP SC NO. 8-16 X .50 PLASTITE PAN HEAD PHILLIPS BLACK
80	YA000201	1	ADH THRD LKR REM .02 OZ 242
82	YG000007	1	NLA: GREASE TRANS LUBRIPLATE 1200-2

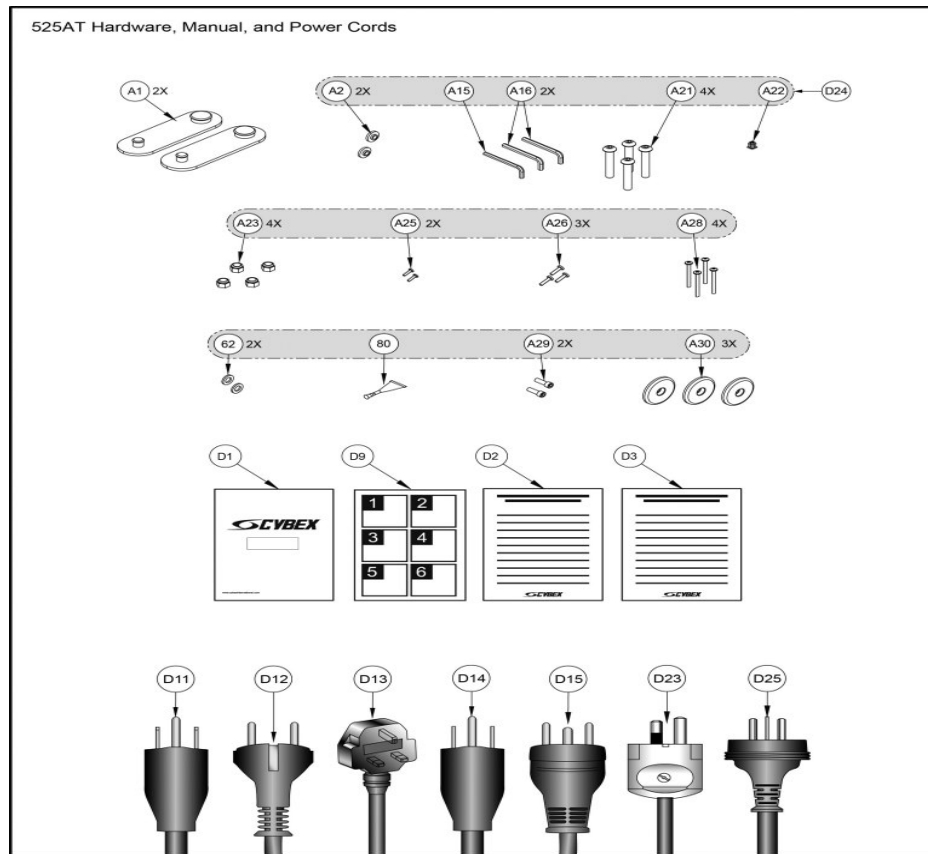
525AT Handle Assembly



Ref #	Part Number	Qty	Description
1	600A-311	2	SPACER FLANGE
5	610A-351	2	PIN PIVOT
6	610AK021	1	KIT PLUG INSERT
15	750AK007	1	KIT, LINKAGE ROD RIGHT
K15	625ATK014	1	KIT, CONTACT GRIPS WITH WIRES
C20	625ATK006	1	KIT, ARM HANDLE, LEFT SIDE
C21	625ATK007	1	KIT, ARM HANDLE, RIGHT SIDE
22	750AK012	1	KIT, ARM HANDLE LINKAGE LH
C22	425A-378	1	GRIP HOUSING WITH METAL PLATEFRONT
23	750AK013	1	KIT, ARM HANDLE LINKAGE RH
C23	425A-379	1	GRIP: CHR BACK, W/SCREWS
24	771A-201	1	W REAR LEG Custom
C25	610A-356	1	TUBE SPACER
C28	AW-18286	1	CABLE 610A CHR GRIP
28	770ATK008	1	NLA: KIT, FOOT PLATE ARM, FRONT LEFT SIDE
29	773ATK010	1	KIT, FOOT PLATE ARM, FRONT RIGHT SIDE
C29	FB030232	2	BRG RADIAL 17MM ID EXT RACE
30	525AT-200	1	W MAIN FRAME Custom
C30	FC030006	2	TOLERANCE RING 1.575 ID
62	HS307601	1	WASH FLAT .281 .500 .062 T
66	HS347600	4	WASHER SAE .375
69	HT552512	2	TAP SC NO. 8-16 X .50 PLASTITE PAN HEAD PHILLIPS

Ref #	Part Number	Qty	Description
			BLACK
74	HX622815	2	SHCS .250-20 X .75 SS
75	HX700415	4	BHSCS .375-16 X .75 SS
79,K16	600AK012	5	KIT LINKAGE CAP
82	YG000007	1	NLA: GREASE TRANS LUBRIPLATE 1200-2

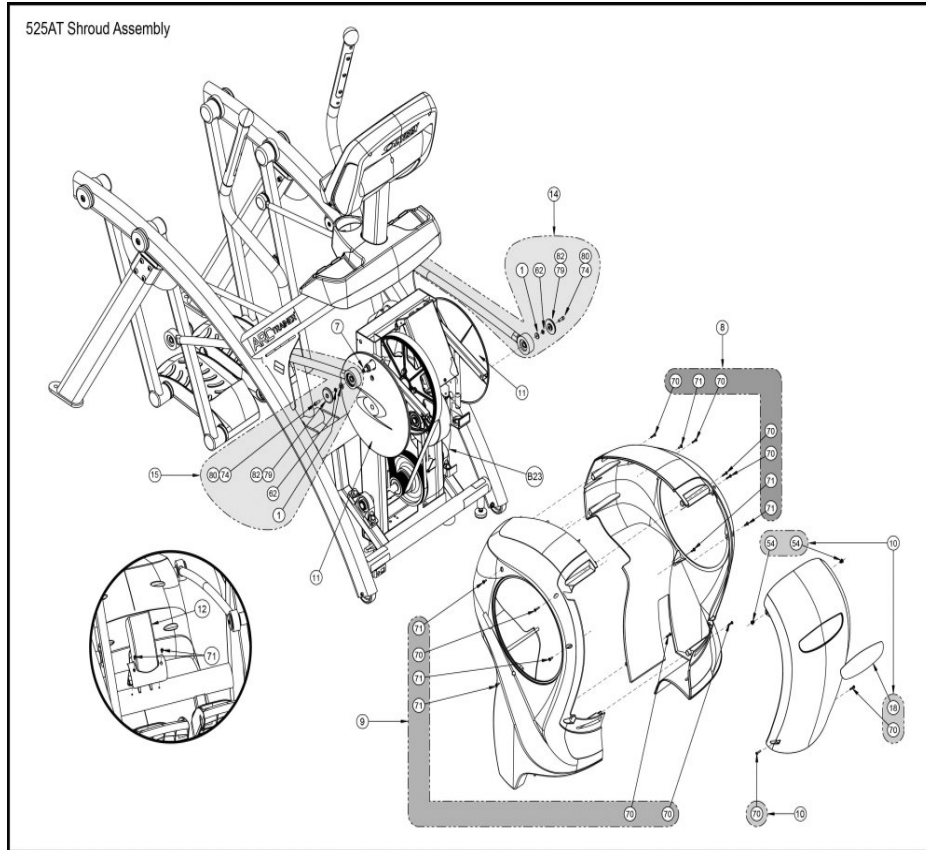
525AT Hardware Manual and Power Cords



Ref #	Part Number	Qty	Description
A1	12090-322	2	PAD FOOT
D1	5525	1	FIXED ABDOMINAL BOARD
D2	525AT-330	1	WARRENTY SHT, COMMERCIAL ARC
A2	600A-311	2	SPACER FLANGE
D3	525AT-331	1	WARRENTY SHT, CONSUMER ARC
D9	525AT-328	1	POSTER, ASSEMBLY INSTR
D11	EW600007	1	POWER CORD, NEMA5-1 5PTOIEC320 C13 LA, 10A
D12	EW600008	1	POWER CORD, CEE 7/7 TO IEC320 C13 LA, 10A
D13	EW600009	1	POWER CORD, BS 1363UK10 TO IEC320 C13 LA, 10A
D14	EW600010	1	POWER CORD, JIS 8303 TO IEC320 C13 LA, 12A
D15	EW600011	1	POWER CORD, DANISH DK2-1A TO IEC320 C13 LA, 12A
A15	BK030201	1	HEX KEY .188IN
A16	BK030204	2	HEX KEY .219IN
A21	HC700428	4	BHSCS .375-16 X 2.25
A22	HF540200	1	GROMMET NYLON
A23	HN704901	4	LOCKNUT .375-16 NYLON
D23	EW600012	1	POWER CORD, AS/NZS3112TOIEC320C13 LA, 10A
D24	525AT-340	1	HARDWARE PACK, 525AT
D25	OAW-25706	1	POWER CORD, 10A/250V, 2.5MM CHINESE TO C13
A25	HT532512	2	PN HD PHIL SC #6 X .50 PLASTITE
A26	HT552512	19	TAP SC NO. 8-16 X .50 PLASTITE PAN HEAD PHILLIPS BLACK

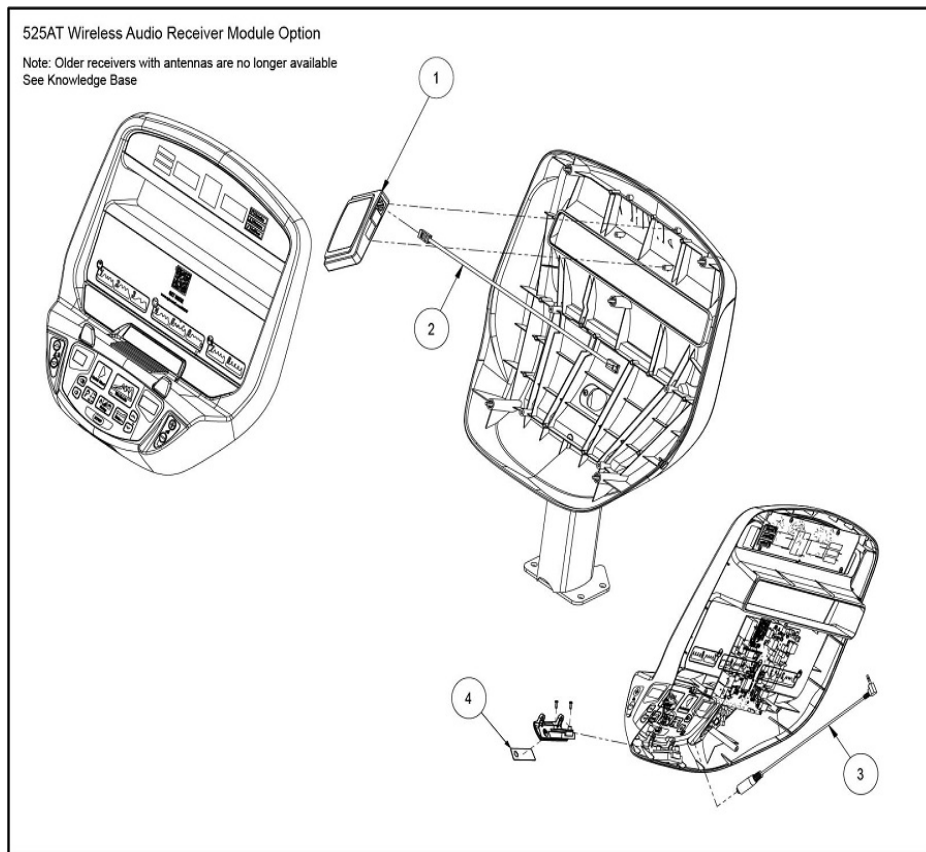
Ref #	Part Number	Qty	Description
A28	HT592526	4	Tap Sc 10-12 x 2.00 Pn Hd Phil
A29	HX622815	2	SHCS .250-20 X .75 SS
A30	600AK012	3	KIT LINKAGE CAP
62	HS307601	1	WASH FLAT .281 .500 .062 T
80	YA000201	1	ADH THRD LKR REM .02 OZ 242

525AT Shroud Assembly



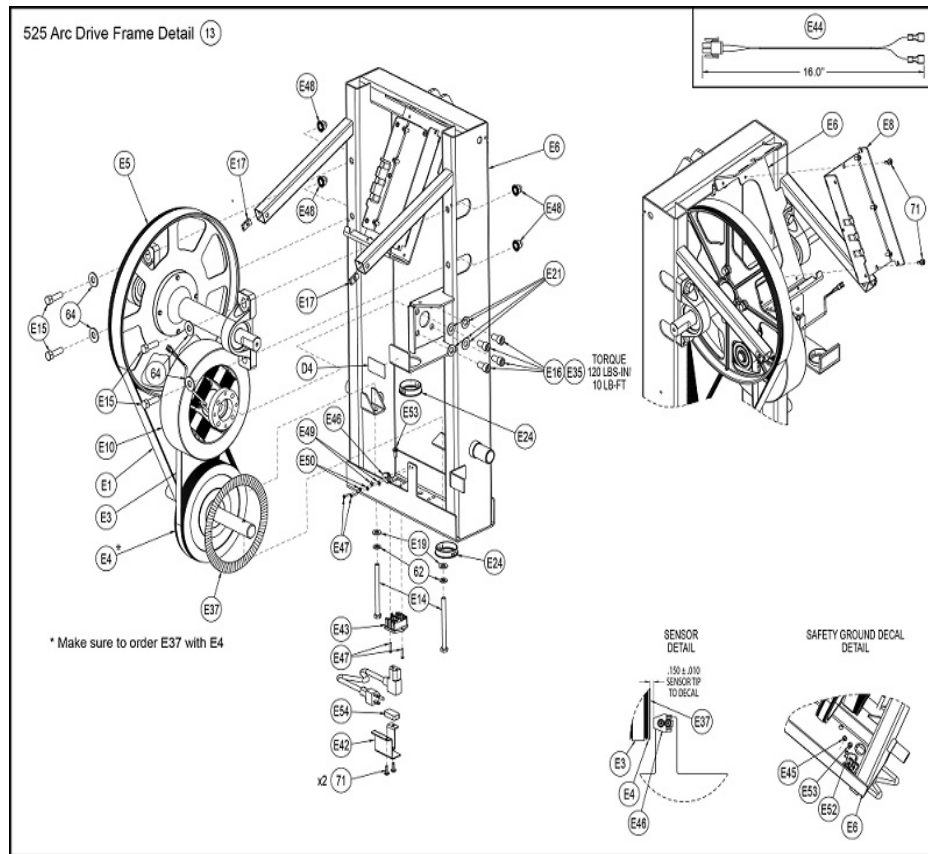
Ref #	Part Number	Qty	Description
1	600A-311	1	SPACER FLANGE
8	750AK021	1	KIT, ARC SHROUD LEFT
9	750AK022	1	KIT, ARC SHROUD RIGHT
10	750AK024-4	1	KIT, ACCESS COVER
11	1008223-0001	2	KIT: COVER, CRANK, FLAT
12	740A-354	1	Cover Elevation Motor
14	750AK006	9	KIT, LINKAGE ROD LEFT
15	750AK007	4	KIT, LINKAGE ROD RIGHT
18	750A-349	2	Decal ARC
B23	AW-20935	1	Cable Frame Harness
54	HF540200	2	GROMMET NYLON
62	HS307601	1	WASH FLAT .281 .500 .062 T
70	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
71	HT572512	1	TAP SC NO. 10 - 24 X .50 PN HD PHIL
74	HX622815	1	SHCS .250-20 X .75 SS
79	600AK012	2	KIT LINKAGE CAP
80	YA000201	1	ADH THRD LKR REM .02 OZ 242
82	YG000007	1	NLA: GREASE TRANS LUBRIPLATE 1200-2

525AT Wireless Audio Option



Ref #	Part Number	Qty	Description
1	770A-390	1	MODULE, RF 900 MHZ FM US
2	AW-23501	1	CABLE,CAT5E 18in
3	525AT-311	1	CABLE, HEADPHONE JACK JMPR
4	525AT-391	1	DECAL, HEADPHONE JACK, 525 ACR

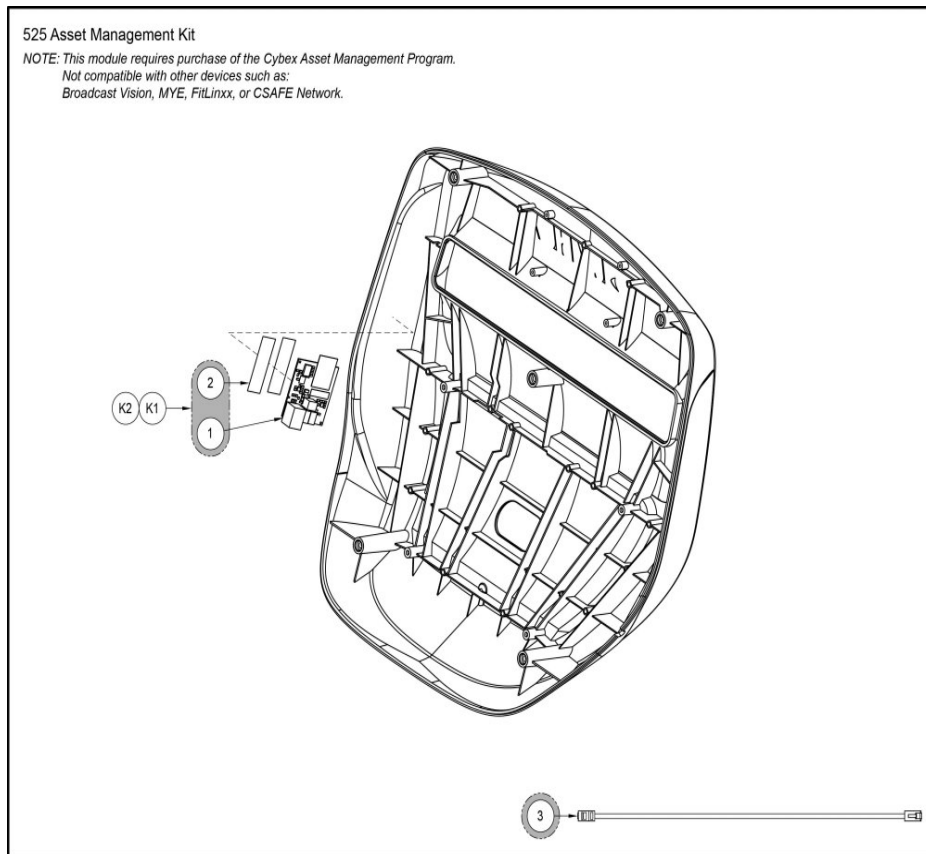
525 Arc Drive Frame Detail



Ref #	Part Number	Qty	Description
E1	525AT-343	2	BELT, PRIMARY DRIVE, 12 RIB
E3	525AT-344	2	BELT, SECONDARY DRIVE, 6 RIB
D4	DE-17155	1	NLA: LABEL,WARNING HOT FLYWHEEL
E4	771A-110	1	DOUBLE PULLEY ASSY
E5	600AK002	1	KIT PULLEY CRANK SHAFT
E6	771A-205	1	W DRIVE FRAME Custom
E8	1009604-0001	1	ASSEMBLY: LOWER CONTROL BOARD, AC ARC
E10	MR-23557	1	BRAKE, EDDY CURRENT (600W) 525A
13	525AT-101	1	DRIVE FRAME ASSEMBLY
E14	HC661240	2	HX HD CAP SC .312-18 X 3.75
E15	HC701220	4	BOLT,3-8-16X1.25.HXHD
E16	HC702815	4	SHCS .375-16 X .750
E17	HF579000	2	PANEL FASTENER 10-24 U TYPE
E19	HS327600	2	WASHER SAE .312
E21	HS347600	4	WASHER SAE .375
E24	HX-17050	2	BUSHING,1.275IDX1.87 OD,NYLON INSULATED
E35	YA000023	1	LOCTITE PERM 262 PN 26231
E37	DE-17019	1	DISC,SPEED SENSOR
E42	525AT-396	1	BRACKET, POWER CORD RETAINING
E43	771A-319	1	MODULE, IEC 320 C14, SWITCHED
E44	AW-23953	1	CABLE,POWER 525A
E45	CM000237	1	DECAL SAFETY GROUND

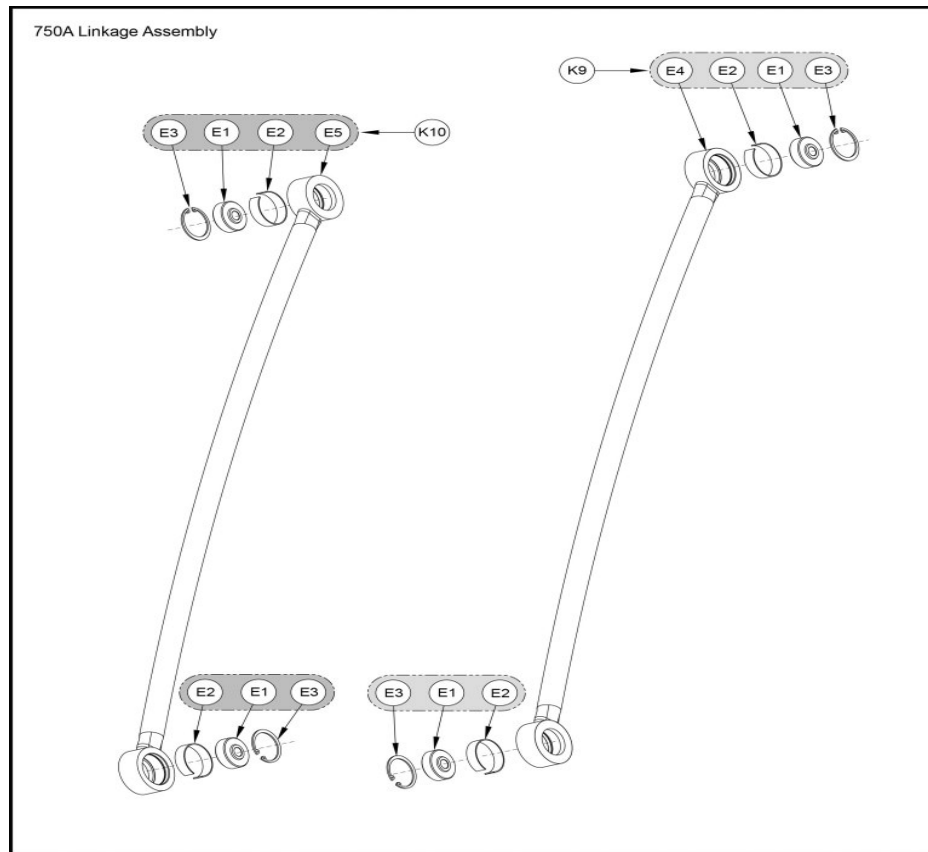
Ref #	Part Number	Qty	Description
E46	EW600003	1	CABLE OPTO SENSOR ARMORED
E47	HM522514	1	PN HD PHIL SC NO 4-40 X .62
E48	HN704001	1	LOCKNUT, .375-16 SERRATED HEX
E49	HS047600	1	WASHER SAE .112 NO 4
E50	HS048300	1	LOCKWASHER SPLIT .112-NO 4
E52	525AT-333	1	CABLE, INLET GND
E53	JH581512	1	SCREW, HEX WASHER HEAD 10-32 X .50 TAPTITE GREEN GROUND
E54	20000-560	1	BUMPER
62	HS328300	1	LOCKWASHER SPLIT .312
64	HS347700	2	WASHER USS .375
71	HT572512	4	TAP SC NO. 10 - 24 X .50 PN HD PHIL

525 Asset Management Kit



Ref #	Part Number	Qty	Description
1	OAD-25136V	1	PCA, ELECT IMP AWN SLDR MOD, US
1	OAD-25138V	1	PCA, ELECT IMP AWN SLDR MOD, EU
K1	KU-25238	1	UPGRADE KIT,AWM,IMP, 525 625 7
K2	KU-25239	1	UPGRADE KIT,AWM,IMP, 525 625 7
2	OHX-25109	2	TAPE, DBL SIDED, VHB, 1.0X.25X.120THK
3	770A-411	1	CABLE, CATSE, 18

750A Linkage Assembly



Ref #	Part Number	Qty	Description
E1	FB030244	2	BEARING,.50IDX1.688OD,RADIAL BALL,SELF ALIGN
E2	FC030004	4	TOLERANCE RING 42MM ID
E3	HX-17143	2	RING RETAINING,INT,5000-168
E4,K9	750AK006	2	KIT, LINKAGE ROD LEFT
E5,K10	750AK007	2	KIT, LINKAGE ROD RIGHT

