

ARC TRAINER 625A LOWER BODY

625A-LED-01

Parts Manual

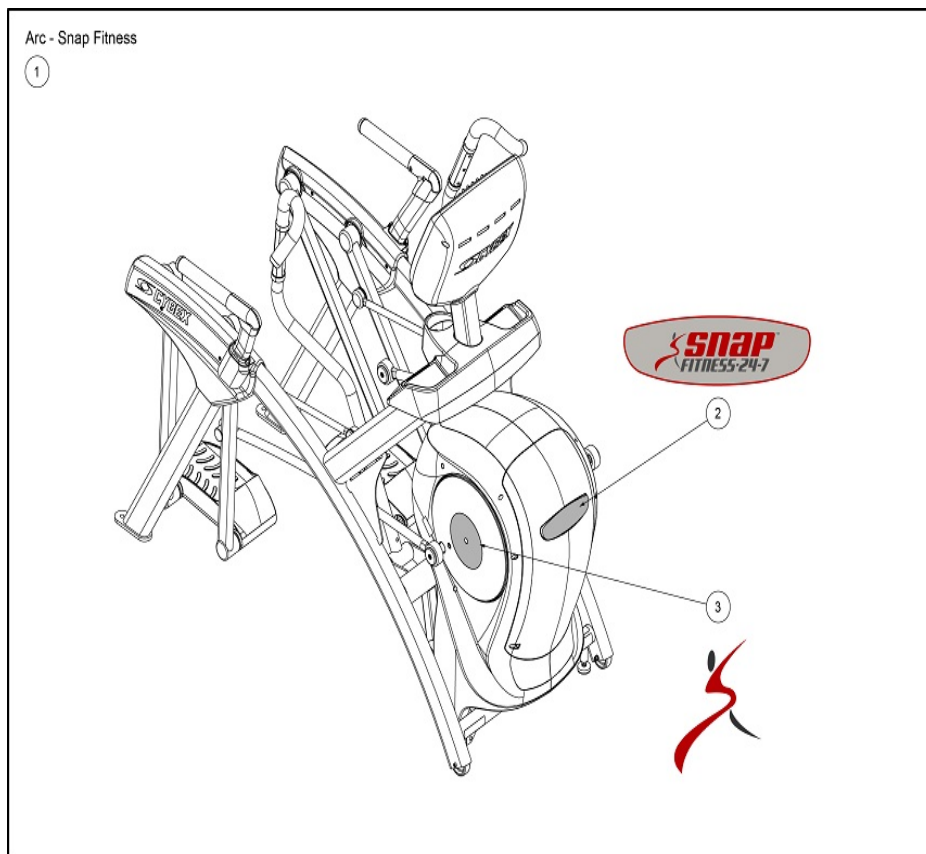
1/5/2019 5:00:46 AM



Table of Contents

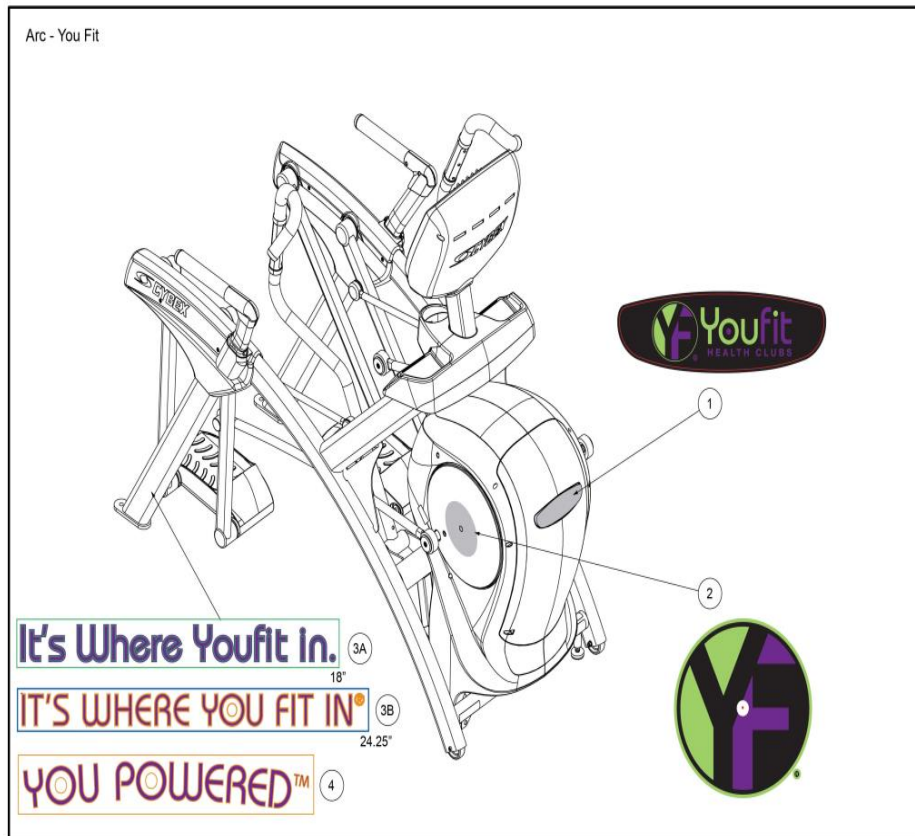
Arc Snap Fitness.....	3
Arc You Fit.....	4
62x Arc Planet Fitness.....	5
625A Arm Linkage Assembly.....	6
625A Console Assembly.....	8
625A Console Tray Assembly.....	10
625A Console Weldment with Grips.....	11
625A Drive Frame Assembly.....	12
625A E3 View - Console Cables.....	14
625A Foot Plate Assembly.....	15
625A Lower Electronics.....	16
625A Rear Cover Assembly.....	17
625A Shroud Assembly.....	18
625A Wireless Audio Option.....	19
625A/626A Hardware Manual and Power Cords.....	20
625A/626A Monitor Bracket Kit Option.....	22
625 Arc Drive Frame Detail.....	23
750A Linkage Assembly.....	25

Arc Snap Fitness



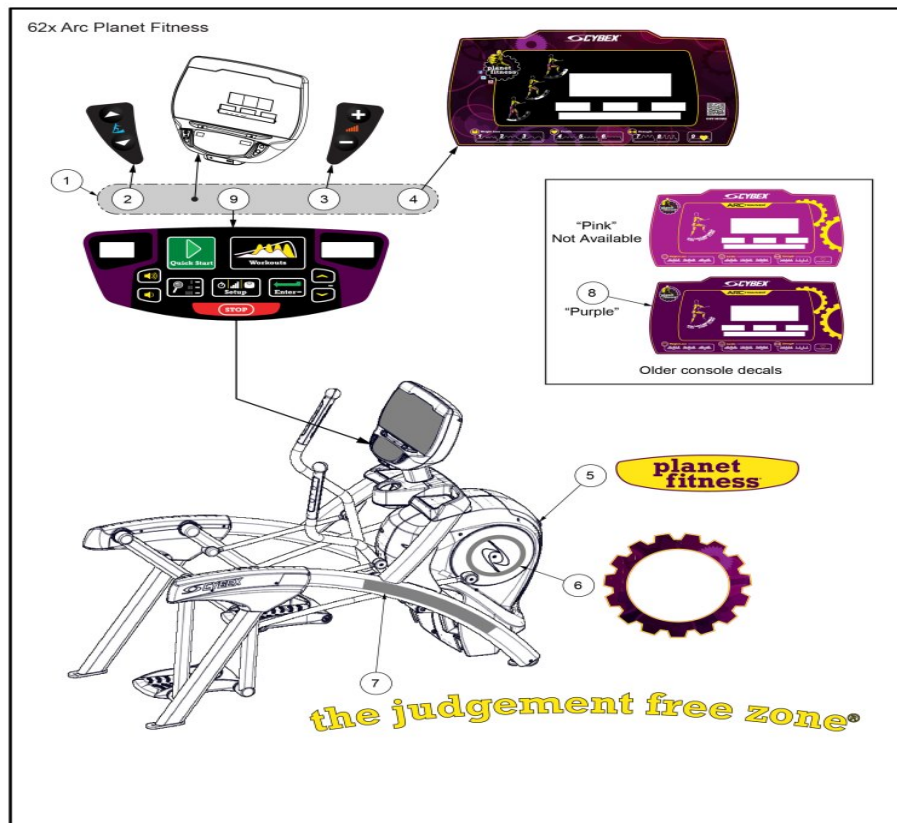
Ref #	Part Number	Qty	Description
1	625A-060S	1	BRANDING PACKAGE S, SNAP FITNESS
2	750A-410	1	Decal Logo Snap Fitness
3	630A-335	2	DECAL SNAP FITNESS RUNNING MAN 10.00

Arc You Fit



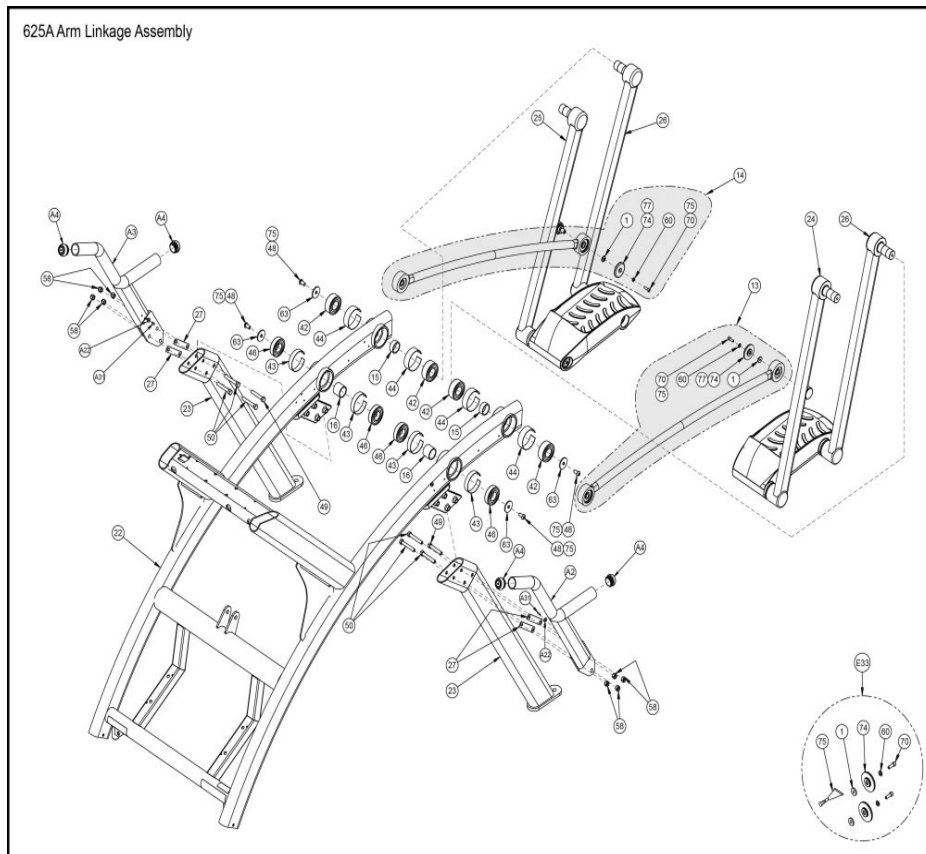
Ref #	Part Number	Qty	Description
1	DE-60297	1	DECAL, YOUFIT ARC DOME
2	DE-60281	2	DECAL, ARC YF SIDE PLATE
3B	DE-60301	2	DECAL, ITS WHERE YOU FIT IN, YOUFIT
3A	DE-60296	2	DECAL, ARC YF STRAIGHT LEG
4	DE-60300	2	DECAL, YOU POWERED, YOUFIT

62x Arc Planet Fitness



Ref #	Part Number	Qty	Description
1	K625A-314-PF	1	KIT, BEZEL, W KEYPAD DECAL, 62X, PF
2	770A-386	1	THUMB SWITCH, LEFT, INCLINE
3	770A-387	1	THUMB SWITCH, RIGHT, RESISTANCE
4	ODE-24610-4	1	MEMBRANE PF 625AT UPPER DISPLAY
5	750A-411	1	Decal Logo Planet Fitness
6	DE000021	2	DECAL, ARC DISK, PLANET FITNESS
7	DE-60294	2	DECAL, FRAME PLANET FITNESS
8	DE-60295	1	DECAL, ARC DISPLAY PLANET FITNESS
9	OSW-24333-4	1	MEMBRANE, PF 625 HANDSET, ENG

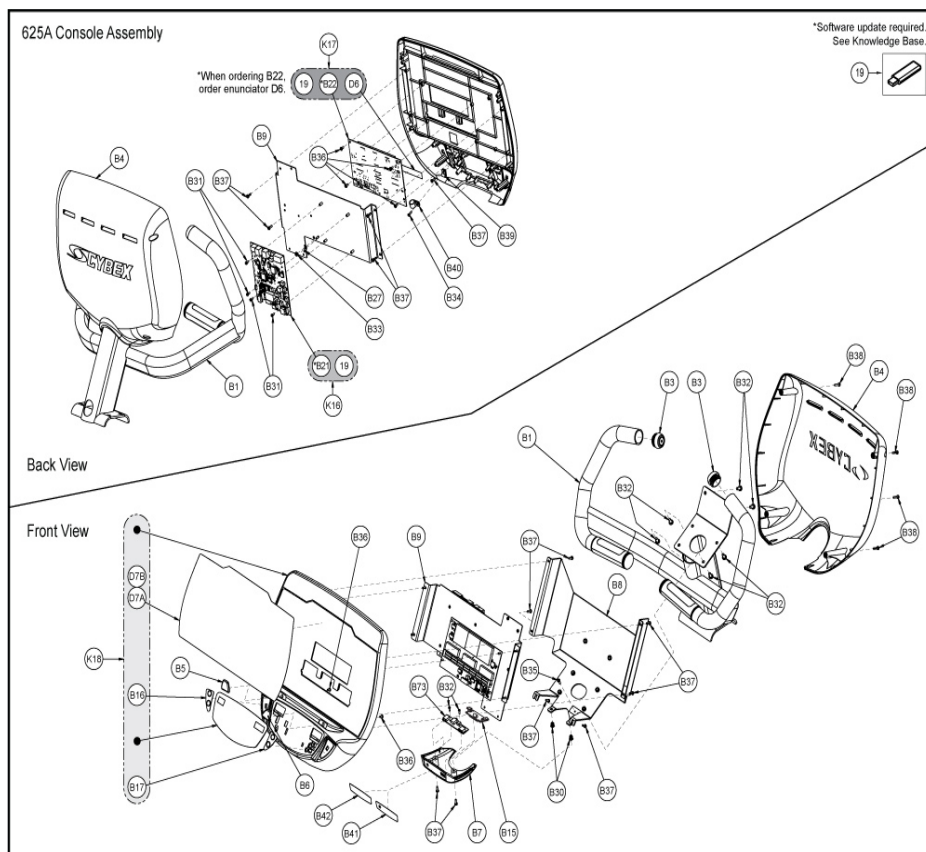
625A Arm Linkage Assembly



Ref #	Part Number	Qty	Description
1	600A-311	3	SPACER FLANGE
A2	625A-202	1	W/ SIDE HANDLE, LH
A3	625A-203	1	W/ SIDE HANDLE, RH
A4	625A-321	4	CAP, END
13	750AK006	1	KIT, LINKAGE ROD LEFT
14	750AK007	1	KIT, LINKAGE ROD RIGHT
15	750A-312	2	Tube Spacer
16	750A-325	2	Tube Spacer
22	770A-200	1	W/ MAIN FRAME Custom
A22	770A-345	2	WASHER, MDPE, .150 ID X .500 OD X .100
23	770A-201	2	W/ LEG Custom
24	770AK008	1	KIT, FOOT PLATE ARM, FRONT LEFT SIDE
25	770AK009	1	KIT, FOOT PLATE ARM, FRONT RIGHT SIDE
26	770AK010	2	KIT, FOOT PLATE ARM, REAR
27	771A-322	4	PLATE, SPACER
A31	HP296712	2	PIN, SPRING .156 X .500
42	FB030256	6	BEARING BALL 1.181 DIA DOUBLE ROW
43	FC030003	2	TOLERANCE RING 2.4409 ID
44	FC030011	6	Tolerance Ring .62mm dia
46	HB-17280	2	BEARING,BALL,SINGLE ROW,6206
48	HC700415	4	BHSCS .375-16 X .75
49	HC701228	2	HX HD CAP SC .375-16 X 2.25

Ref #	Part Number	Qty	Description
50	HC701230	5	HX HD CAP SC .375-16 X 2.500
58	HN704901	8	LOCKNUT .375-16 NYLON
60	HS307601	3	WASH FLAT .281 .500 .062 T
63	HS347602	4	WASHER .390 X 1.500 X .124 FLAT
70	HX622815	3	SHCS .250-20 X .75 SS
74,E33	600AK012	4	KIT LINKAGE CAP

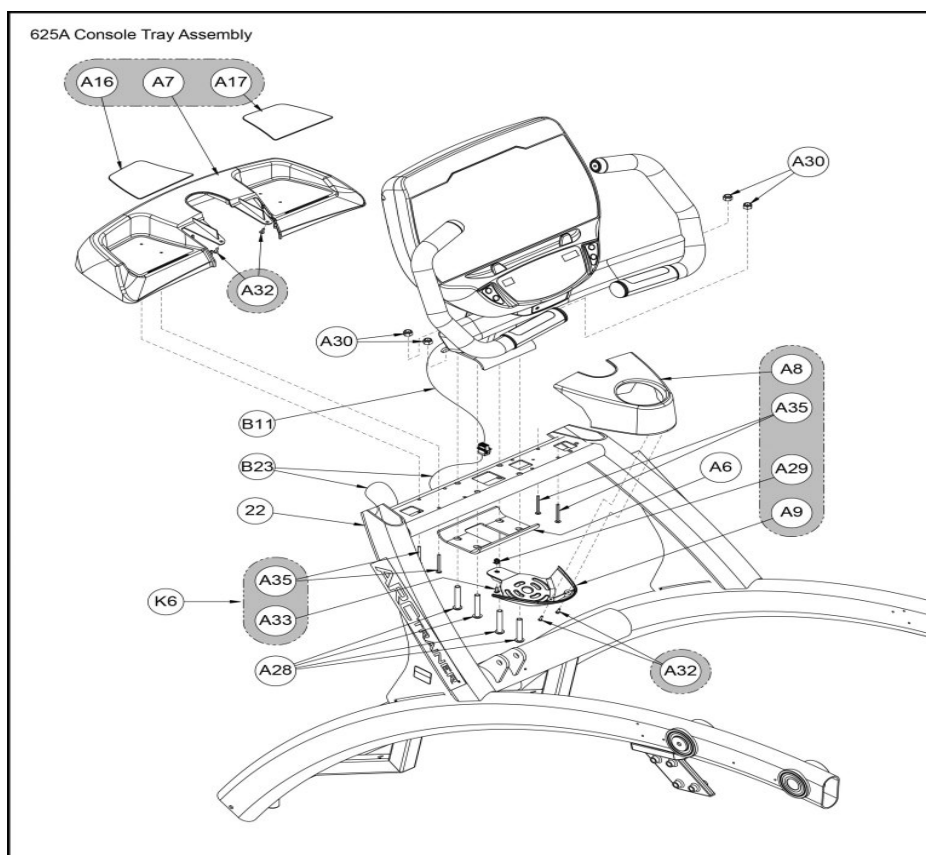
625A Console Assembly



Ref #	Part Number	Qty	Description
B1	625A-104	1	CONSOLE ASSEMBLY
B3	625A-321	2	CAP, END
B4	770A-326	1	CONSOLE BACK, 625A-770A
B5	770A-328	1	BACK TAB, SMALL CONSOLE, LEFT
B6	770A-329	2	BACK TAB, SMALL CONSOLE, RIGHT
D6	DE-23832	1	LABEL, 770A ENUNCIATOR, CUS
B7	770A-330	2	COVER, HEADPHONE JACK DOOR, SMALL CONSOLE
D7A, D7B	DE-23833-4	2	MEMBRANE, UPPER DISPLAY 625A, ENG
B8	770A-353	2	CONSOLE MOUNTING PLATE, 770, 625
B9	770A-354	2	FAN MOUNTING PLATE, 770, 625
B15	770A-379	1	SENSOR, HEART RATE COMBO
B16	770A-386	1	THUMB SWITCH, LEFT, INCLINE
K16	K525AT-407	1	KIT, PCA MCC, 525 ARC
B17	770A-387	1	THUMB SWITCH, RIGHT, RESISTANCE
K17	K770A-346	1	Kit 770A Disp Bd w/Enunc
K18	K625A-314	1	Kit 625 LED Bezel w/dec Custom
19	CP-23199	1	USB 2.0 FLASH DRIVE, BLANK CDW 424820 for kit PKCP-23201
B21	525AT-407	2	PCA, MCC, UNPROGRAMMED, IPOD, 525AT, C, R
B22	770A-346	1	PCA, LED DISPLAY BOARD
B27	ES000004	4	TAB, FASTON 250 SERIES
B30	HF540200	4	GROMMET NYLON

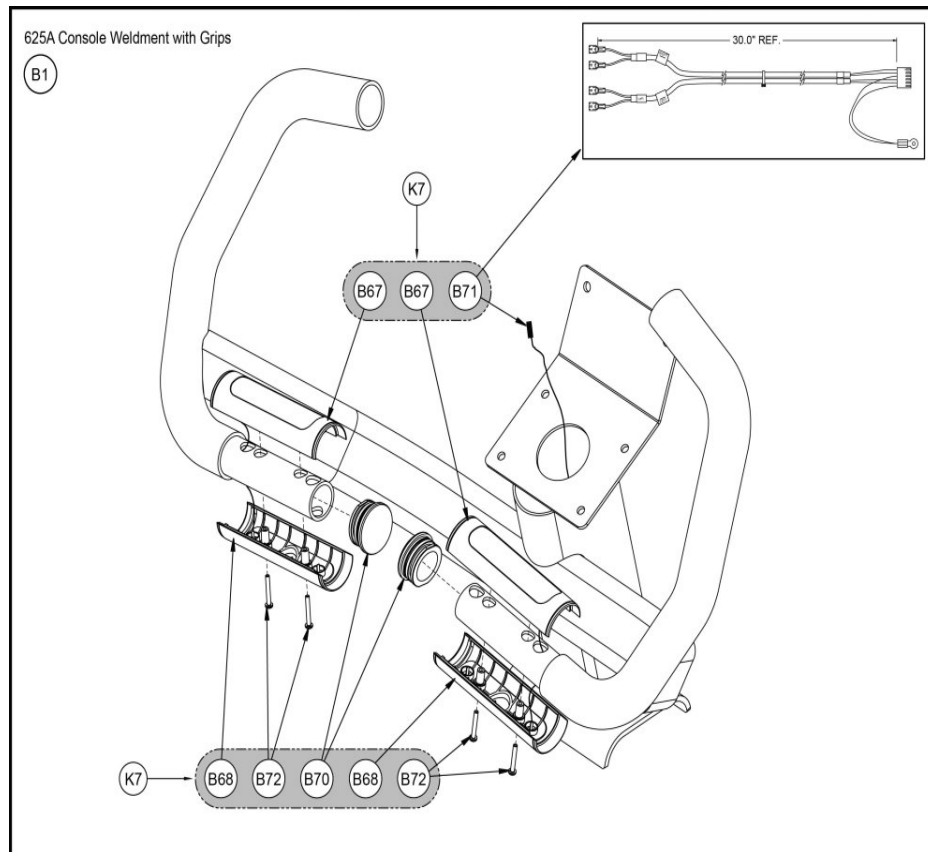
Ref #	Part Number	Qty	Description
B31	HJ532510	6	SCREW, SEMS, 6-32 X .38 PNHD PHIL EXT BLK ZN
B32	HJ622512	1	SCREW, SEMS, .25-20 X .50 PNHD PHIL EXT BLK ZN
B33	HN546300	1	NUT, K NUT 8-32 UNC ZN
B34	HT532512	1	PN HD PHIL SC #6 X .50 PLASTITE
B35	HT542512	2	PAN HD PHIL HD SELF TAPPING, 8-32 X .50 TYPE 23
B36	HT552509	14	TAP SC NO 8-16 X .31 PLASTITE PN HD PHIL
B37	HT552512	8	TAP SC NO. 8-16 X .50 PLASTITE PAN HEAD PHILLIPS BLACK
B38	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
B39	PN000001	1	CLAMP, CABLE .18 DIAMETER STANDARD
B40	PN140001	1	CLAMP, CABLE .56 DIAMETER
B41	770A-381	1	DECAL , HEADPHONE JACK ONLY
B42	770A-382	4	DECAL, HEADPHONE JACK BLANK
B73	770A-347	1	PCA, HANDSET AUDIO JACK

625A Console Tray Assembly



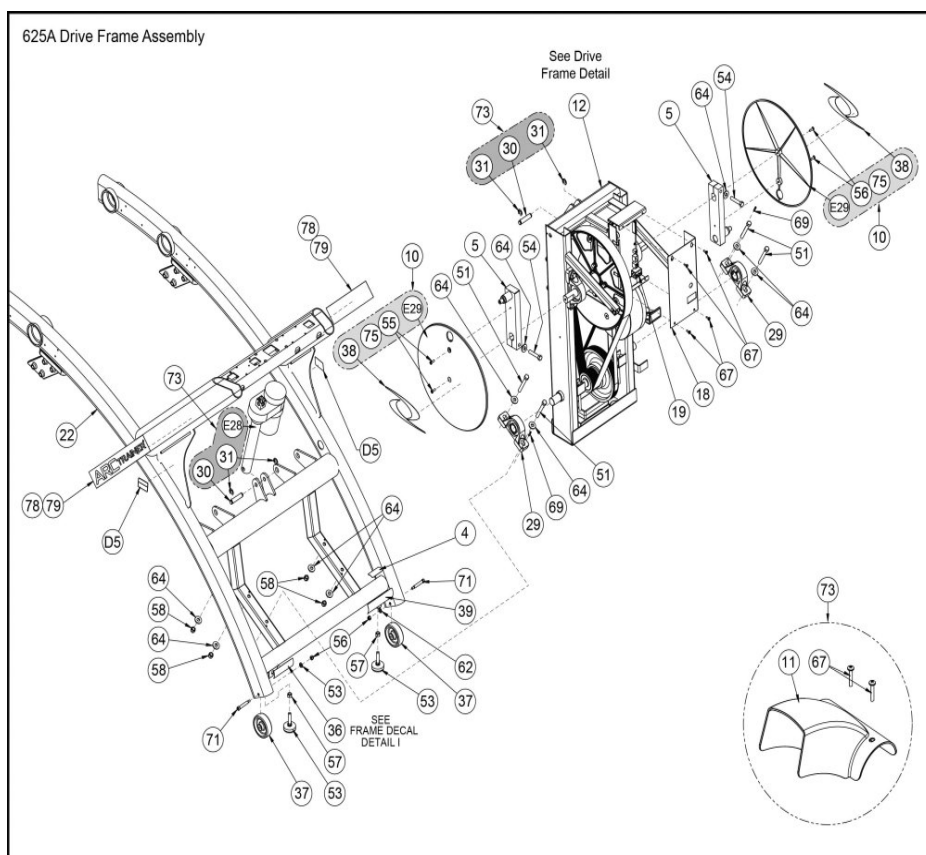
Ref #	Part Number	Qty	Description
K4	770AK030	1	Kit, Tray 770A
6	770ATK010	1	KIT, CABLE NUT-WASHER
A8	770A-316	1	TRAY ACCESSORY
A9	770A-317	1	HOLDER, CUP, TOP
B9	AW-23849	1	CABLE,525AT CONSOLE UPPER
A10	770A-318	1	HOLDER, CUP,BOTTOM
A13	770A-331-4	1	DECAL, WARNING, LOWER 770A CONSOLE- English
A14	770A-332-4	1	DECAL, WARNING, LOWER 770A CONSOLE- English
B20	AW-23550	1	CABLE,ARC GRIPS,TOTAL BODY
A22	HF540200	1	GROMMET NYLON
A23	HN704901	4	LOCKNUT .375-16 NYLON
B23	AW-20935	1	Cable Frame Harness
B24	AW-21415	5	Cable CHR Frame
B25	AW-23417	1	*CABLE,770AT CHR CONSOLE
A25	HT532512	1	PN HD PHIL SC #6 X .50 PLASTITE
A26	HT552512	3	TAP SC NO. 8-16 X .50 PLASTITE PAN HEAD PHILLIPS BLACK
A28	HT592526	4	Tap Sc 10-12 x 2.00 Pn Hd Phil
30	770AT-200	1	W/ MAIN FRAME Custom
A53	HC700430	4	BHSCS .375-16 X 2.50

625A Console Weldment with Grips



Ref #	Part Number	Qty	Description
B1	625A-104	1	CONSOLE ASSEMBLY
K7	770AK014	2	KIT, CONTACT GRIPS WOTH WIRES
B67	770A-397	2	GRIP, CHR, TOP
B68	770A-398	1	GRIP, CHR, BOTTOM
B70	770A-407	2	END CAP, CONTACT GRIP
B71	AW-23551	2	CABLE,ARC GRIPS,LOWER BODY
B72	HT532519	4	TAP SC #6-20 X 1.12, TYPE 25, PPHD

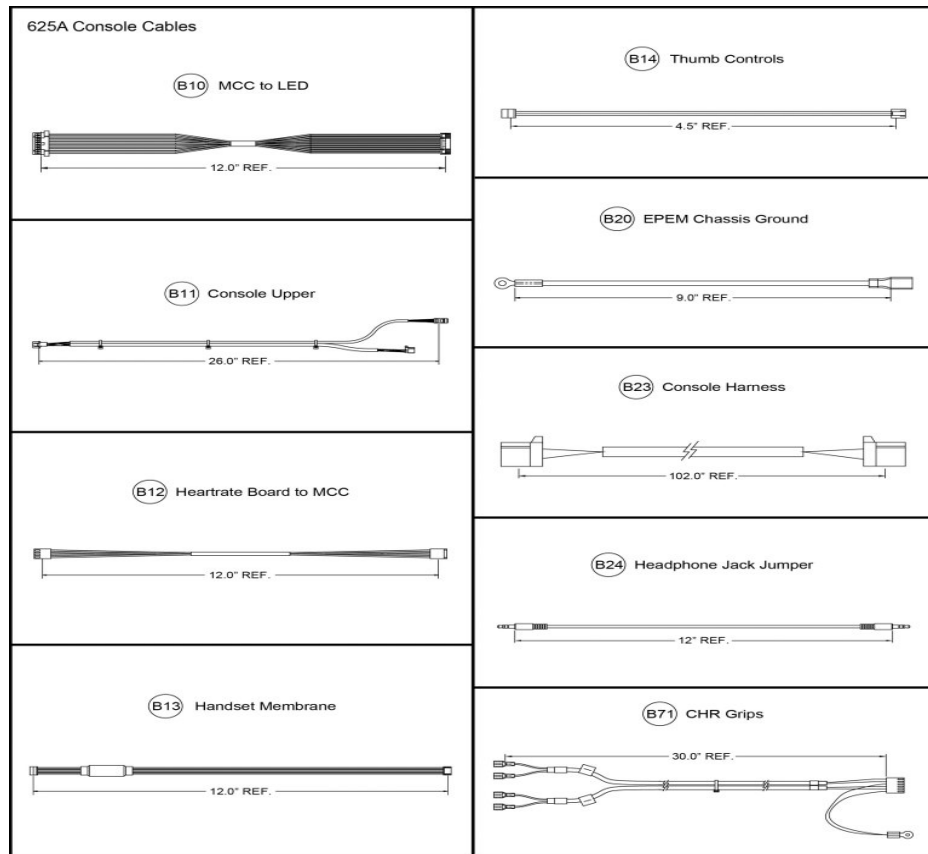
625A Drive Frame Assembly



Ref #	Part Number	Qty	Description
4	600A-362	1	LABEL PATENT BIOSIG
D5	DE-17219	2	DECAL CAUTION MOVING PARTS
5	610A-395	2	ASSY ARM CRANK
10	1008223-0001	2	KIT: COVER, CRANK, FLAT
11	740A-354	1	Cover Elevation Motor
12	770A-101	1	DRIVE FRAME ASSEMBLY
18	750A-365	1	Cover Controller
19	750A-396	1	Ferrite Clamp-on .40 ID
22	770A-200	1	W/ MAIN FRAME Custom
29	AF-16694	1	ASSY,BEARING,PILLOW BLOCK
E29	1006629-0002	2	COVER, CRANK-CHR
30	AP030055	2	Pin Groove .50 x 2.00
31	BR030228	3	Retaining Ring .500 External
36	CM000199	1	DECAL SERIAL NUMBER
37	CW-17231	2	WHEEL, TENSIONER
38	DE-17339	2	DECAL CYBEX VORTEX
39	DE-21625	1	Label ETL CSA CE 750A
51	HC701234	4	HX HD CAP SC .375-16 X 3.00
53	HG700022	2	LEVELING GLIDE 3-8-16
54	HH701226	2	BOLT, HHCS GRD 8, .375-16 X 2.0
55	HM582514	4	PN HD PHIL SC NO 10-32 X .625 BLK ZN
56	HN624901	2	LOCKNUT .250-20 NYLON BLACK ZINC

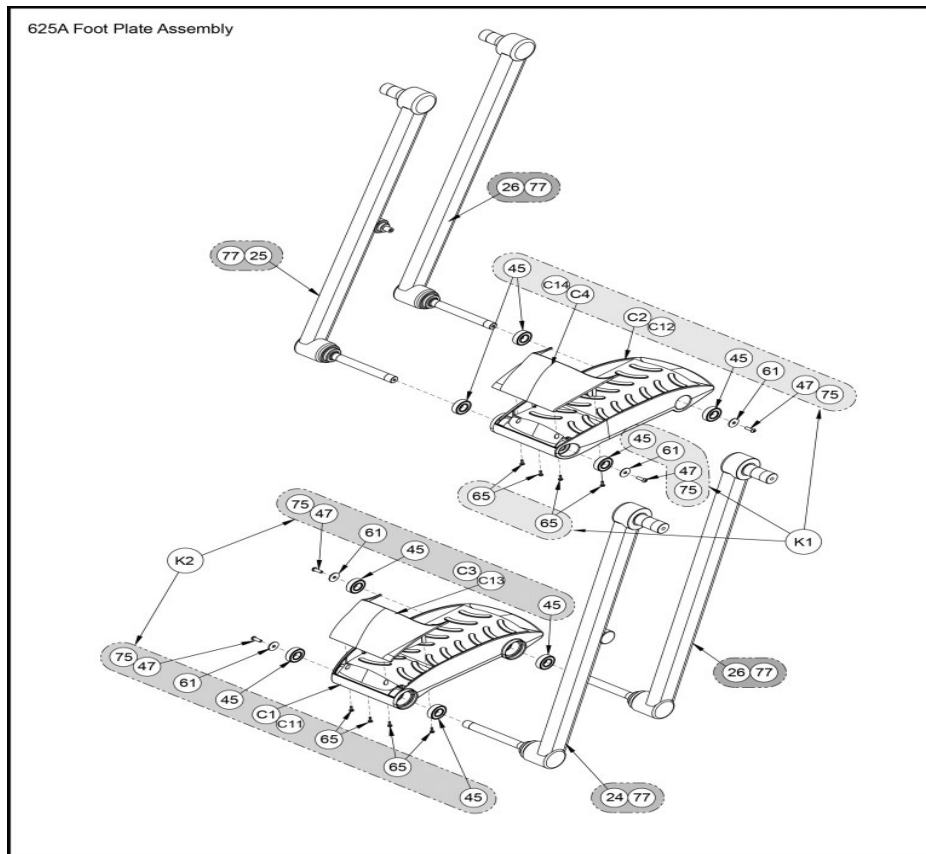
Ref #	Part Number	Qty	Description
57	HN704000	2	HEX NUT .375-16
58	HN704901	4	LOCKNUT .375-16 NYLON
62	HS328300	2	LOCKWASHER SPLIT .312
64	HS347700	10	WASHER USS .375
67	HT572512	5	TAP SC NO. 10 - 24 X .50 PN HD PHIL
69	HX-17023	2	PIN,SPRING .187X.813 LG,TYPE 420,ST STL
71	JD623324	2	S BOLT .312 X 1.75 .250-20
73,E28	750AK025	3	KIT, ELEVATION MOTOR
75	YA000201	2	ADH THRD LKR REM .02 OZ 242
78	770A-337	2	DECAL, ARC TRAINER BLACK
79	770A-338	2	DECAL, ARC TRAINER

625A E3 View - Console Cables



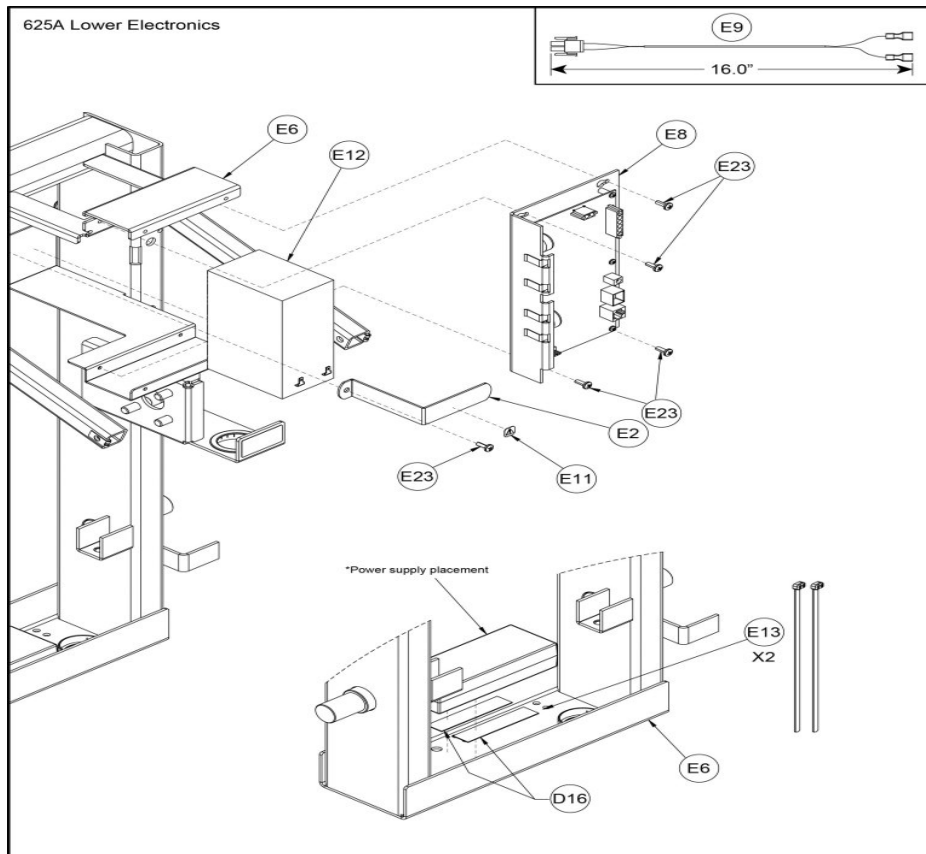
Ref #	Part Number	Qty	Description
B8	770A-357	1	CABLE, HEADPHONE JACK JUMPER, ARC
B9	AW-23849	1	CABLE,525AT CONSOLE UPPER
B10	770A-361	1	CABLE, ARC HRBOARD TO MCC
B11	770A-364	1	CABLE, HANDSET MEMBRANE, ARC
B12	770A-365	1	CABLE,THUMB CONTROLS
B18	770A-412	1	CABLE, EPEM CHASSIS GROUND
K22	KAW-23550	1	KIT, ARC GRIPS TTL BODY
B24	AW-21415	1	Cable CHR Frame
B58	AW-23339	1	CABLE,770A CONSOLE LOWER,POWER
B59	770A-355	1	CABLE, 770ACR, TO PEM AV
B60	770A-356	1	CABLE, 770ACR, MMC TO PEM AV
B61	AW-23827	1	CABLE,2' COAX 3GHZ F-TYPE M-M JUMPER
B62	AW-23828	1	CABLE,770A,RG59 COAX,X FRAME

625A Foot Plate Assembly



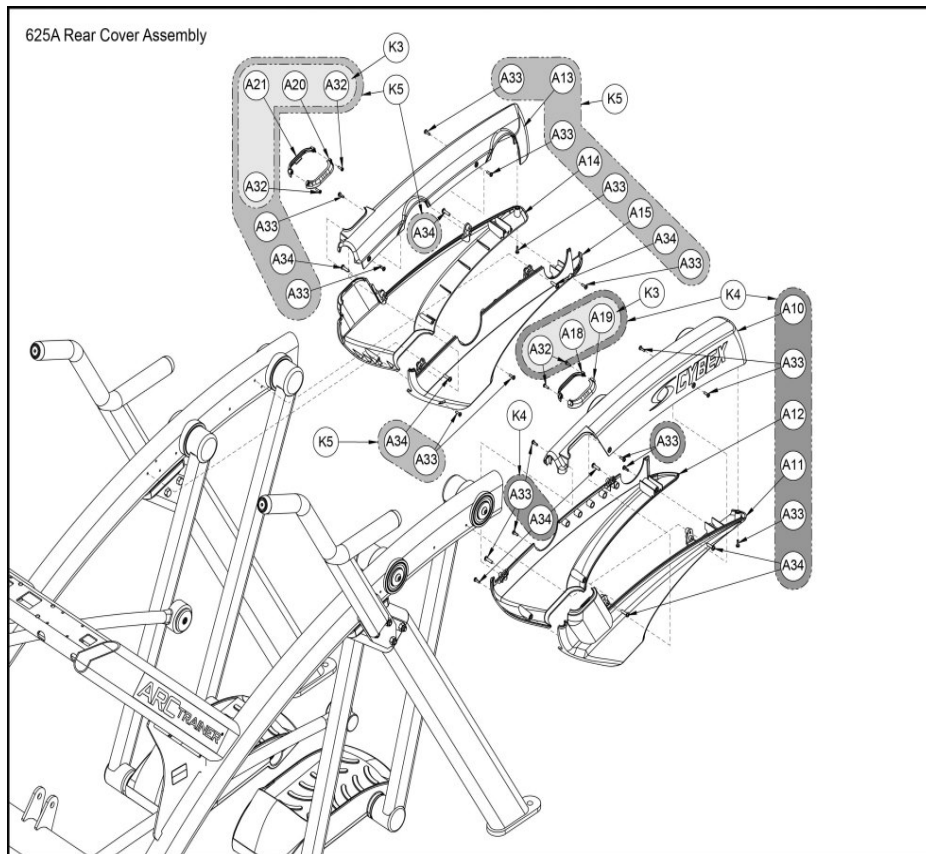
Ref #	Part Number	Qty	Description
K1	750AK002	3	KIT, FOOT PLATE RIGHT
C1	740A-378	4	Foot Plate LH
K2	750AK003	2	KIT, FOOT PLATE LEFT
C2	740A-379	1	Foot Plate RH
C3	740A-380	1	Toe Cap LH
C4	740A-381	1	Toe Cap RH
C11	740A-392	2	FOOT PLATE, LH
C12	740A-393	1	FOOT PLATE, RH
C13	740A-394	1	TOE CAP, LH
C14	740A-395	1	TOE CAP, RH
25	770AK010	2	KIT, FOOT PLATE ARM, REAR
28	770AK008	1	KIT, FOOT PLATE ARM, FRONT LEFT SIDE
29	770AK009	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	4	WASHER, FLAT .281 ID X 1.000 OD X .063 TH BL ZN
69	HT552512	8	TAP SC NO. 8-16 X .50 PLASTITE PAN HEAD PHILLIPS BLACK

625A Lower Electronics



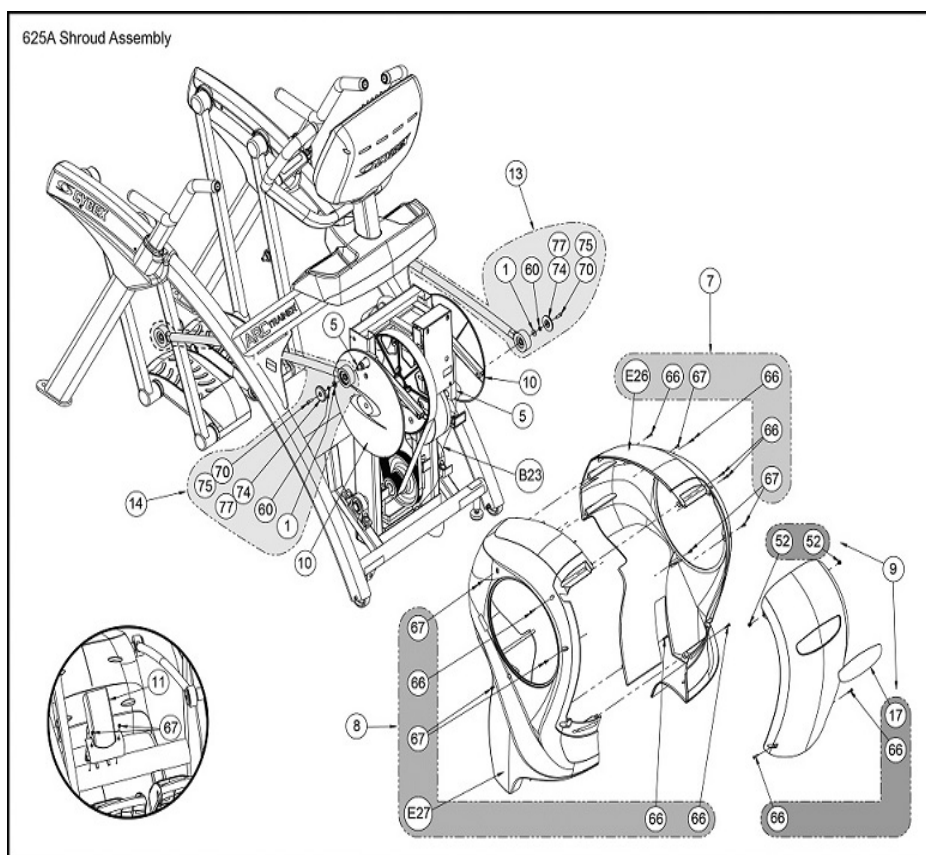
Ref #	Part Number	Qty	Description
E2	630A-314	1	CLAMP BATTERY
E6	750A-212	2	W Frame
E8	AD-23681	1	PCA,770A 625A,LOWER CONTROLLER
E9	AW-18447	1	CABLE SPA BATTERY
E11	DE-19586	1	LABEL WARNING ICON
E12	EC-18267	1	BATTERY 12V 7AHR
E13	EW000028	2	CABLE TIE 8.00
D16	01250	2	TAPE DOUBLE COATED 0.75
E23	HT572512	4	TAP SC NO. 10 - 24 X .50 PN HD PHIL

625A Rear Cover Assembly



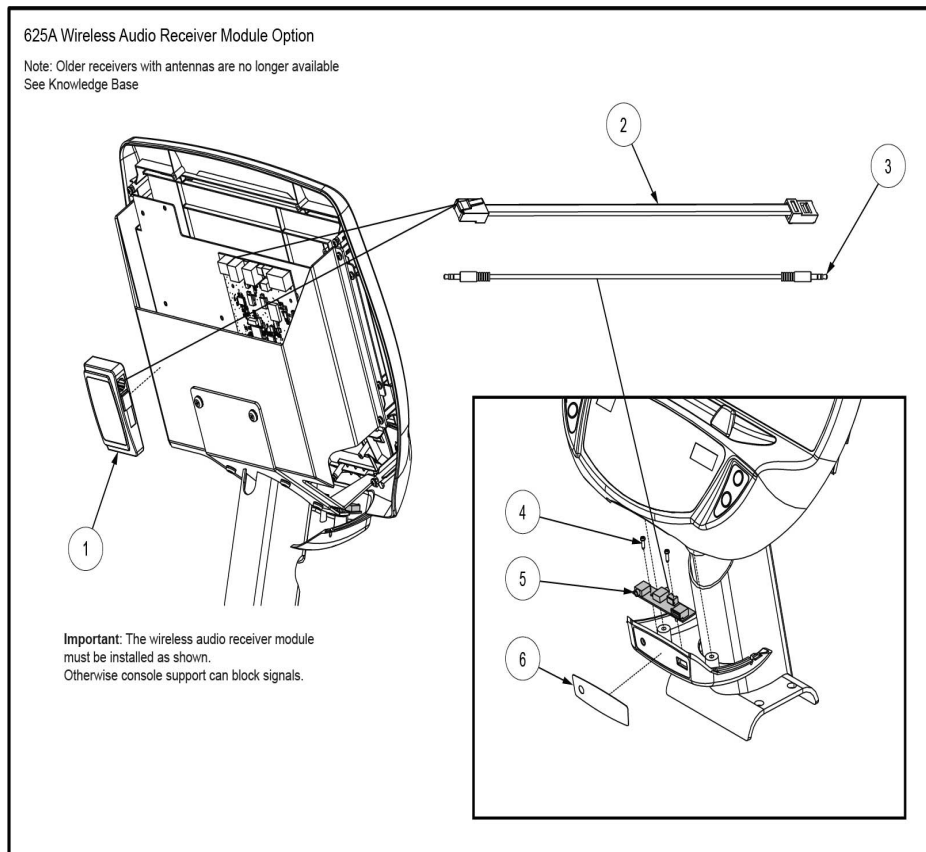
Ref #	Part Number	Qty	Description
A3	625A-310	1	COVER, REAR, TOP, LH
A4	625A-311	1	COVER, REAR, OUTER, LH
A5	625A-312	1	COVER, REAR, TOP, RH
A6	625A-313	1	COVER, REAR, OUTER, RH
A11	770A-321	1	COVER, REAR, INNER, LH
A12	770A-324	1	COVER, REAR, INNER, RH
K13	625ATK004	3	KIT, PIVOT COVER, LEFT SIDE
K14	625ATK005	3	KIT, PIVOT COVER, RIGHT SIDE
A26	HT552512	16	TAP SC NO. 8-16 X .50 PLASTITE PAN HEAD PHILLIPS BLACK
A27	HT572515	8	SCREW, PAN HEAD PHILIPS 10-24 X .75 TYPE 23, BLK

625A Shroud Assembly



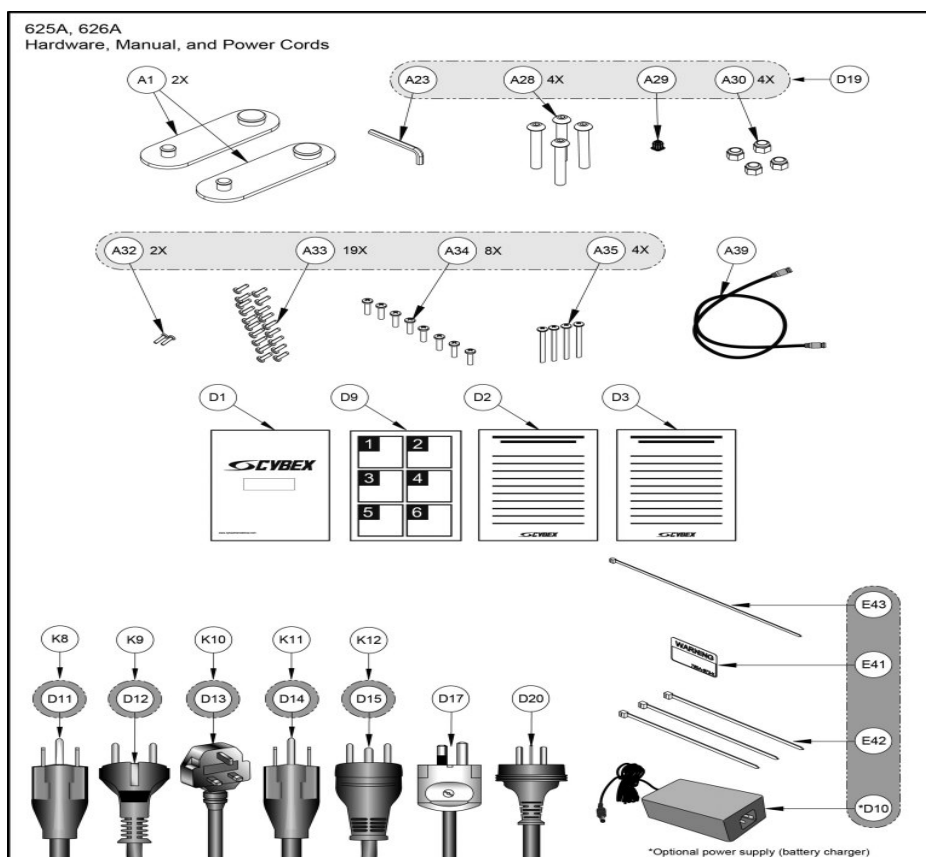
Ref #	Part Number	Qty	Description
1	600A-311	2	SPACER FLANGE
5	610A-395	1	ASSY ARM CRANK
7	750AK021	1	KIT, ARC SHROUD LEFT
8	750AK022	1	KIT, ARC SHROUD RIGHT
9	750AK024-4	2	KIT, ACCESS COVER
10	1008223-0001	2	KIT: COVER, CRANK, FLAT
11	740A-354	1	Cover Elevation Motor
13	750AK006	1	KIT, LINKAGE ROD LEFT
14	750AK007	1	KIT, LINKAGE ROD RIGHT
17	750A-349	1	Decal ARC
B23	AW-20935	1	Cable Frame Harness
E26	740A-350	1	Cover LH
E27	740A-351	1	Cover RH
52	HF540200	2	GROMMET NYLON
60	HS307601	2	WASH FLAT .281 .500 .062 T
66	HT552515	9	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
67	HT572512	6	TAP SC NO. 10 - 24 X .50 PN HD PHIL
70	HX622815	2	SHCS .250-20 X .75 SS
74	600AK012	2	KIT LINKAGE CAP

625A 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	770A-347	1	PCA, HANDSET AUDIO JACK
4	HS-10405	2	SCREW,4-40X.25,PNHD PHIL
5	770A-381	1	DECAL , HEADPHONE JACK ONLY
6	770A-357	1	CABLE, HEADPHONE JACK JUMPER, ARC

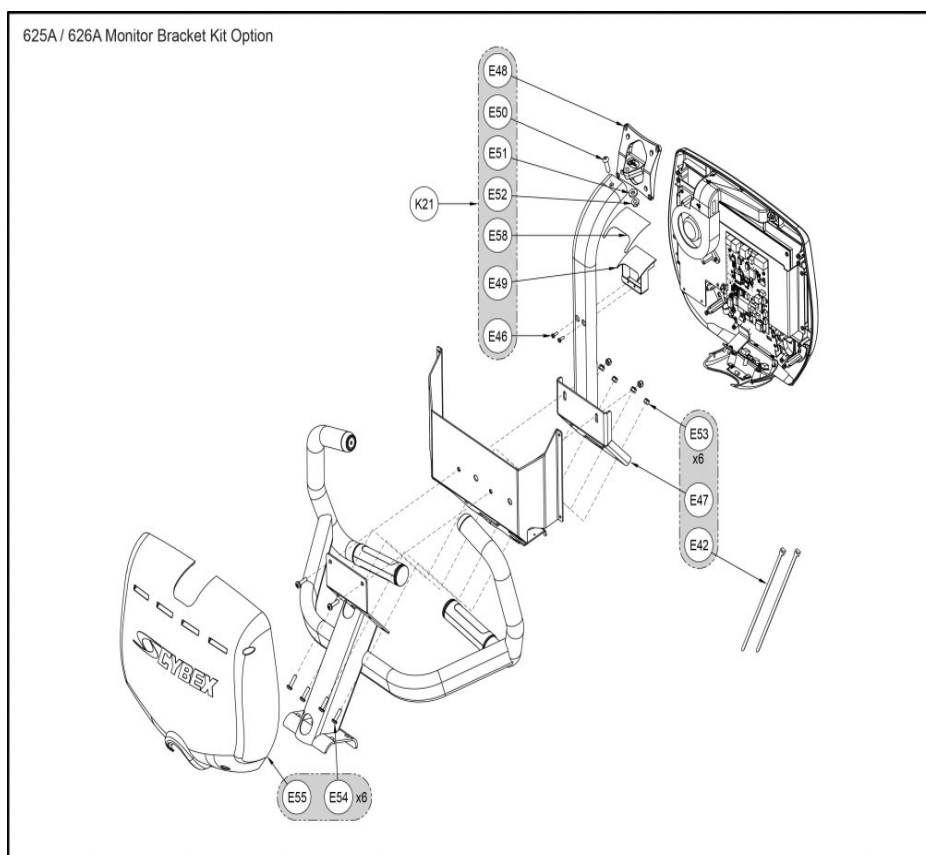
625A/626A Hardware Manual and Power Cords



Ref #	Part Number	Qty	Description
D1	5625	1	MANUAL M ASSEMBLY
A1	12090-322	2	PAD FOOT
D2	625A-330	1	WARRANTY SHT COMMERCIAL ARC 625
D3	625A-331	1	WARRANTY SHT CONSUMER ARC 625
K8	TR-22382	1	Power supply
D9	625A-328	1	POSTER, ASSY INSTR.
K9	750AK033	1	KIT VOLTAGE ASSY 220V/50HZ EUROPE NON UK
K10	750AK034	1	Kit Voltage Assy 220V/10A UK
D10	TR-25809	1	Power Supply
K11	750AK035	1	KIT VOLTAGE ASSY 110V/50HZ JAPAN
D11	EW600007	1	POWER CORD, NEMA5-1 5PTOIEC320 C13 LA, 10A
D12	EW600008	1	POWER CORD, CEE 7/7 TO IEC320 C13 LA, 10A
K12	750AK036	1	KIT, VOLTAGE ASSEMBLY 10A/250V DANISH
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
D17	EW600012	1	POWER CORD, AS/NZS3112TOIEC320C13 LA, 10A
D19	626A-340	1	HARDWARE PACK, 626A
D20	OAW-25706	1	POWER CORD, 10A/250V, 2.5MM CHINESE TO C13
A23	BK030204	1	HEX KEY .219IN
A28	HC700430	4	BHSCS .375-16 X 2.50
A29	HF540200	1	GROMMET NYLON

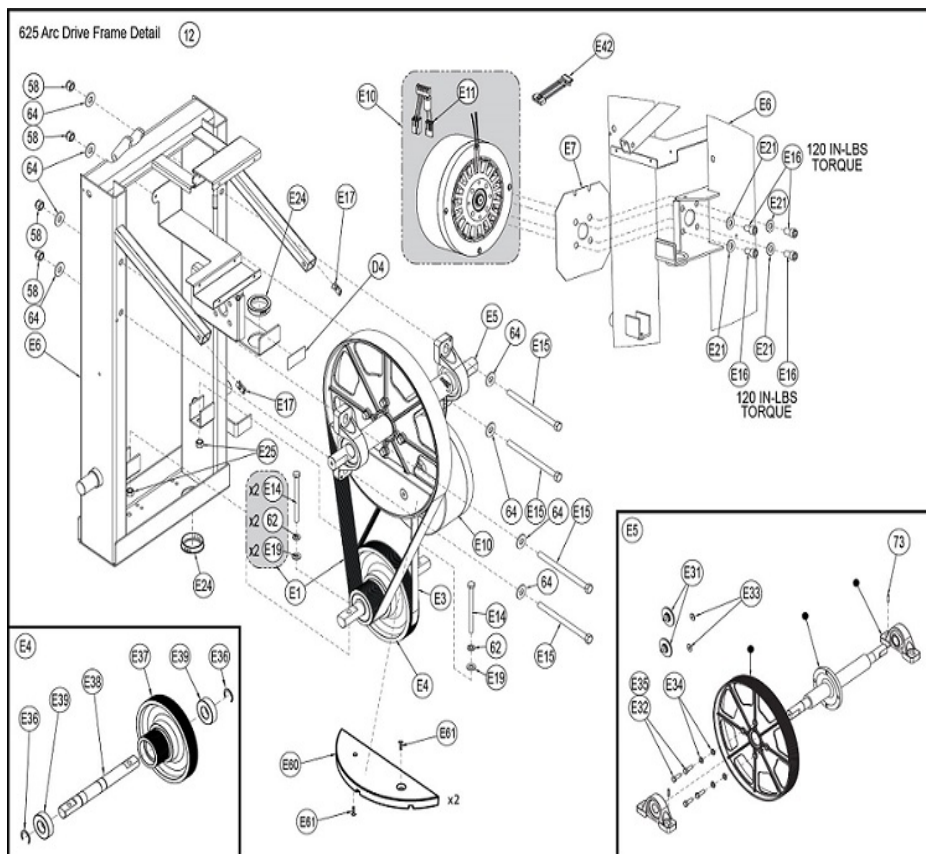
Ref #	Part Number	Qty	Description
A30	HN704901	4	LOCKNUT .375-16 NYLON
A32	HT532512	2	PN HD PHIL SC #6 X .50 PLASTITE
A33	HT552512	19	TAP SC NO. 8-16 X .50 PLASTITE PAN HEAD PHILLIPS BLACK
A34	HT572515	8	SCREW, PAN HEAD PHILIPS 10-24 X .75 TYPE 23, BLK
A35	HT592526	4	Tap Sc 10-12 x 2.00 Pn Hd Phil
A39	770A-427	1	CABLE, 6', RG59 COAX F-TYPE M-M
E41	750A-372	1	Decal Warning
E42	EW000028	2	CABLE TIE 8.00
E43	EW000029	1	CABLE TIE 15.00

625A/626A Monitor Bracket Kit Option



Ref #	Part Number	Qty	Description
K21	626AK010	1	MONITOR MOUNT KIT
E42	EW000028	1	CABLE TIE 8.00
E46	HS-21672	1	SCREW 8-32-1/2in TT TRILOBULAR
E47	AF-24437	1	WELDMENT,TUBE SUPPORT,SMALL CO
E48	OHX-24440	1	MOUNT, VESA, MONITOR, VTILT 8NM
E49	AF-24436	1	WELDMENT,HOOD,SMALL CONSOLE
E50	HS-18157	1	BOLT 5-16-18 X 1.25 BTHD,SS,BL
E51	HW-18123	1	WSHR,.344IDX.75 ODX.125THK,HAR
E52	HN-42063	1	NUT 5-16-18 FLANGED SS BO
E53	HN-12079	6	KEPS 1-4-20 HEX STL ZINC
E54	HS-00489	6	BOLT,1-4-20X1.0,HXHD,ZN,GR5
E55	OPL-24438	1	COVER, CONSOLE BACK, MACHINE
E56	ODE-24616	1	DECAL, LID

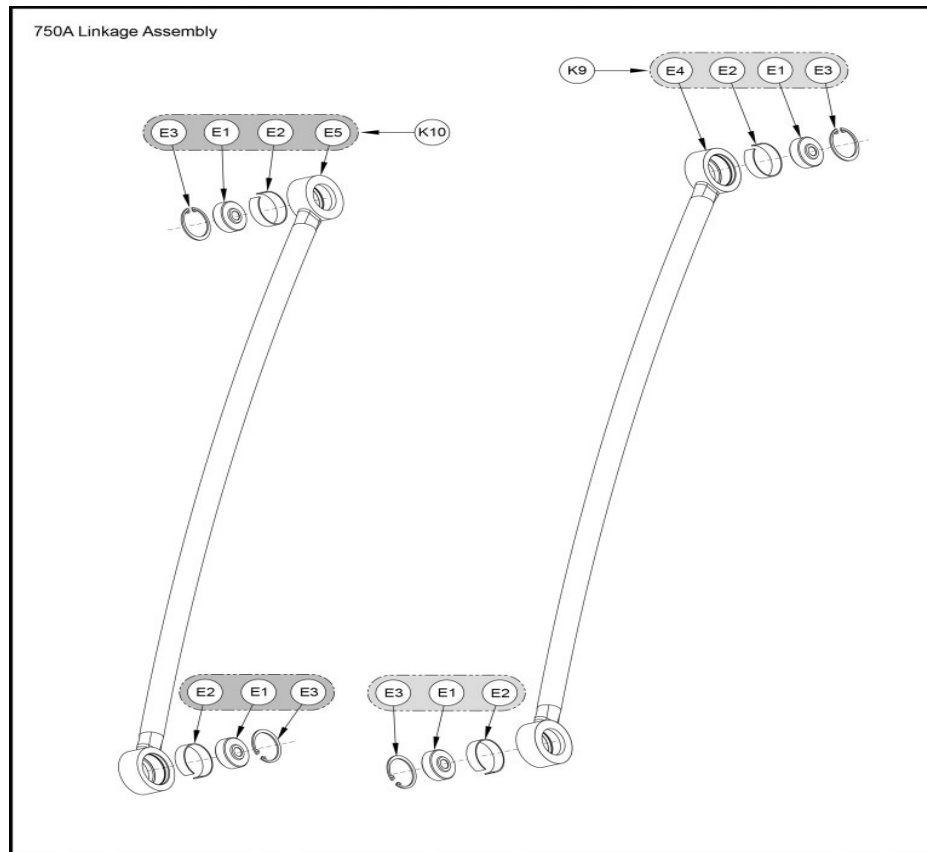
625 Arc Drive Frame Detail



Ref #	Part Number	Qty	Description
E1	600AK020	1	KIT 16 RIB BELT TENSIONING
E3	630A-328	1	BELT SECONDARY DRIVE 7 RIB
E4	750A-110	1	Pulley Assembly Double
D4	DE-17155	1	NLA: LABEL,WARNING HOT FLYWHEEL
E5	600AK002	1	KIT PULLEY CRANK SHAFT
E6	750A-212	1	W Frame
E7	750A-364	1	Spacer Gen Winding
E10	1007425-0001	1	KIT: BRAKE, ARC TRAINER
E11	1006756-0001	2	CONNECTOR, CABLE
12	750A-101	1	Drive Frame Assembly
E14	HC661240	4	HX HD CAP SC .312-18 X 3.75
E15	HC701254	4	HX HD CAP SC .375-16 X 5.50
E16	HC702815	2	SHCS .375-16 X .750
E17	HF579000	2	PANEL FASTENER 10-24 U TYPE
E19	HS327600	4	WASHER SAE .312
E21	HS347600	2	WASHER SAE .375
E24	HX-17050	1	BUSHING,1.275IDX1.87 OD,NYLON INSULATED
E31	600AK012	1	KIT LINKAGE CAP
E32	HC661217	2	HX HD CAP SC .312-18 X 1.000
E33	HS307600	2	WASHER SAE .250
E34	HS760100	4	WASH FLAT .380 .625 .090 T
E35	YA000023	2	LOCTITE PERM 262 PN 26231

Ref #	Part Number	Qty	Description
E36	BR030221	4	RING RETAINING EXT CRESCENT
E37	600AK014	2	KIT LOWER PULLEY ASSY
E38	FM-16859	1	SHAFT,LOWER
E39	FB030243	1	BEARING 25MMIDX52MMOD 6205
E42	OAW-24272	2	CABLE, 625/770A , BRAKE JUMPER
58	HN704901	4	LOCKNUT .375-16 NYLON
E60	FM-19507	1	COUNTERWEIGHT
E61	JC700922	2	FHSCS .375-16 X 1.50
62	HS328300	2	LOCKWASHER SPLIT .312
64	HS347700	4	WASHER USS .375
73	HX-17023	2	PIN,SPRING .187X.813 LG,TYPE 420,ST STL

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

