

ARC TRAINER 626A LOWER BODY

626A-E3-01

Parts Manual

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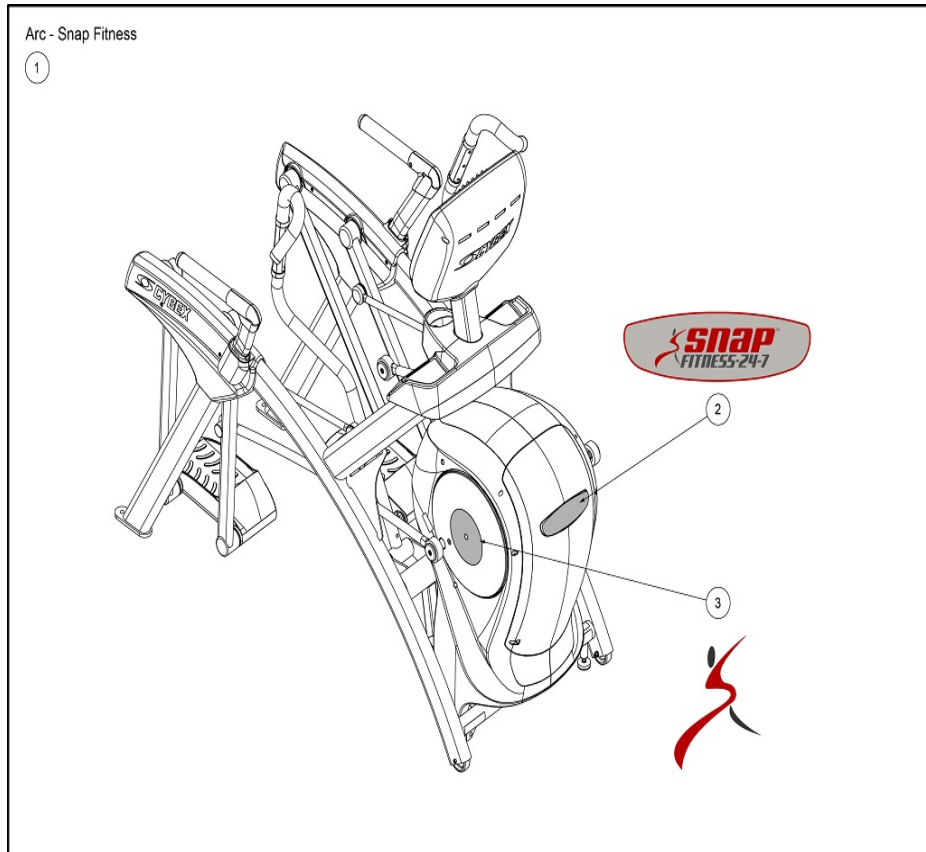
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Apple Upgrade Kit Before L0731

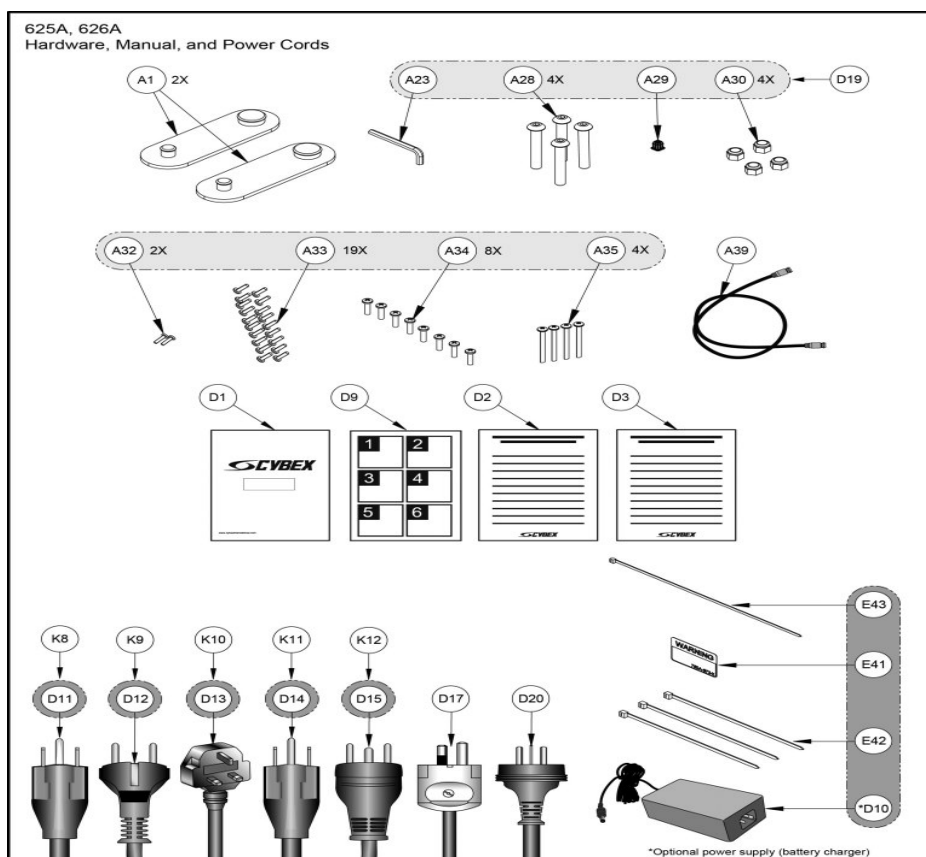
Ref #	Part Number	Qty	Description
D16	01250	1	TAPE DOUBLE COATED 0.75
19	750A-396	1	Ferrite Clamp-on .40 ID
K23	626AK011	1	RETROFIT, APPLE, 626/627 ARC
B24	770A-357	1	CABLE, HEADPHONE JACK JUMPER, ARC
B28	EW000028	1	CABLE TIE 8.00
B32	HJ622512	2	SCREW, SEMS, .25-20 X .50 PNHD PHIL EXT BLK ZN
A32	HT532512	4	PN HD PHIL SC #6 X .50 PLASTITE
B35	HT542512	1	PAN HD PHIL HD SELF TAPPING, 8-32 X .50 TYPE 23
B41	770A-381	1	DECAL , HEADPHONE JACK ONLY
B57	525AT-425	1	
B60	770A-363	1	CABLE, 770T 670 GFX BOARD TO MCC
B61	770A-383	1	BRKT, GROUNDING, GUI
B62	770A-395	1	GASKET, EMI, .50 X .50 X 1.0
B63	AW-23375	1	CABLE, 770A IPOD 30PIN, STOCKABLE
B73	770A-347	1	PCA, HANDSET AUDIO JACK

Arc - SnapFitness



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

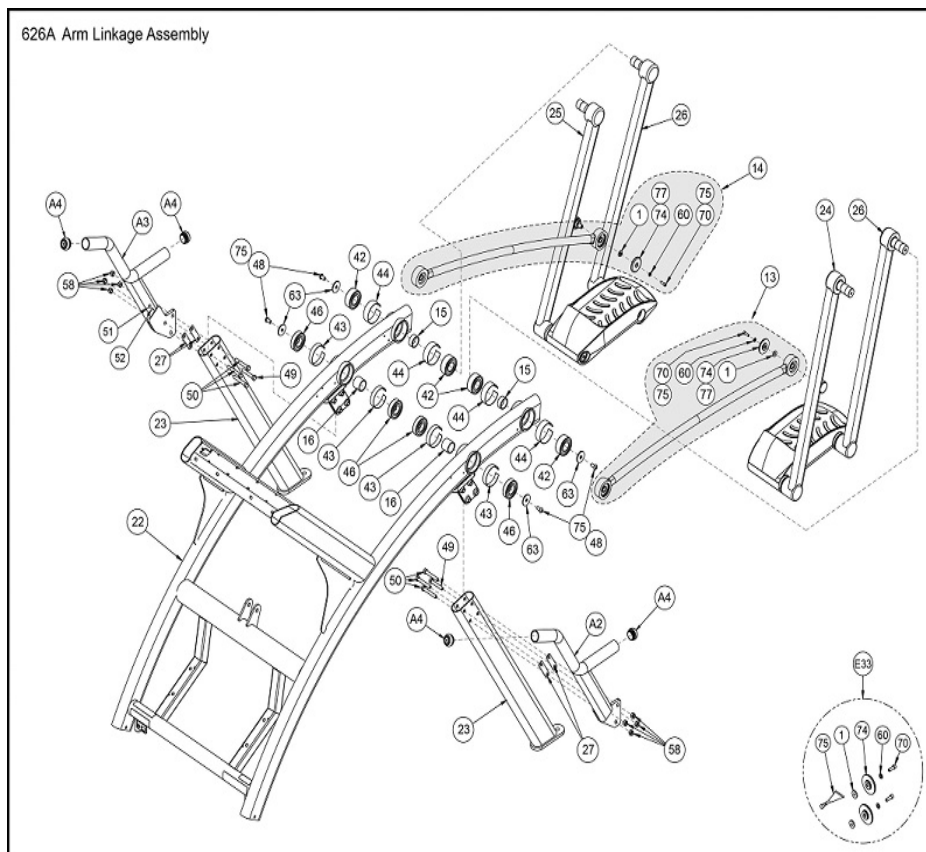
625A/626A Hardware Manual and Power Cords



Ref #	Part Number	Qty	Description
A1	12090-322	2	PAD FOOT
D1	5625	1	MANUAL M ASSEMBLY
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
D10	TR-25809	1	Power Supply
K10	750AK034	1	Kit Voltage Assy 220V/10A UK
D11	EW600007	1	POWER CORD, NEMA5-1 5PTOIEC320 C13 LA, 10A
K11	750AK035	1	KIT VOLTAGE ASSY 110V/50HZ JAPAN
K12	750AK036	1	KIT, VOLTAGE ASSEMBLY 10A/250V DANISH
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
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

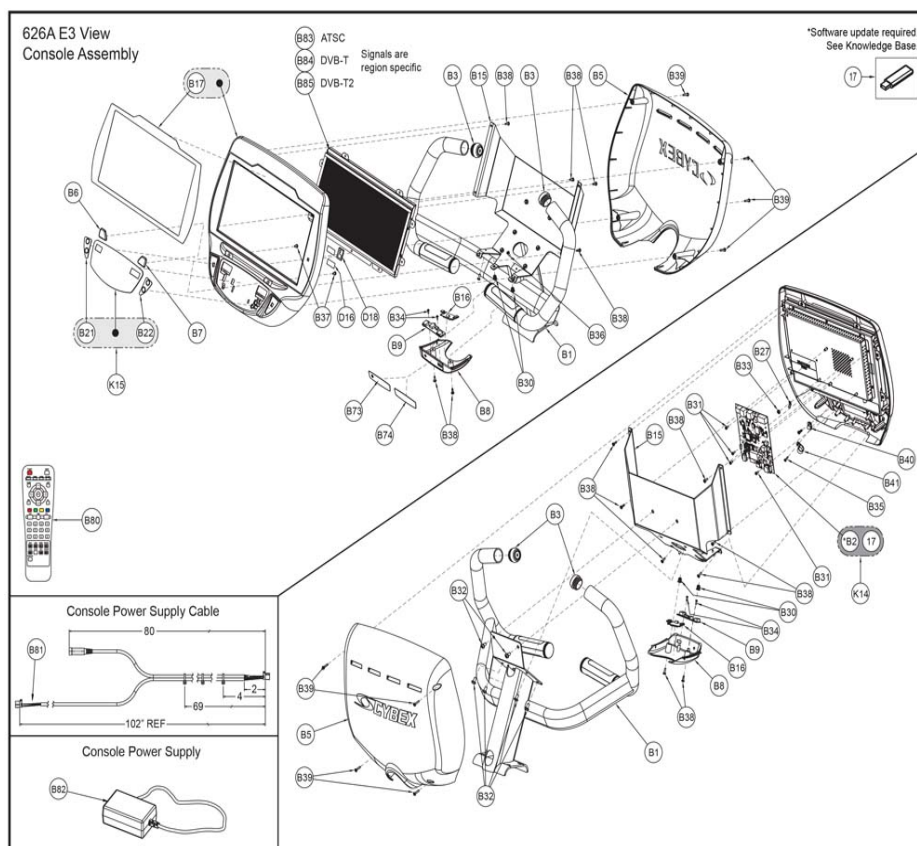
626A Arm Linkage Assembly



Ref #	Part Number	Qty	Description
1	600A-311	4	SPACER FLANGE
A2	771A-202	1	W SIDE HANDLE, LH
A3	771A-203	1	W SIDE HANDLE, RH
A4	625A-321	2	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	771A-200	1	W MAIN FRAME Custom
23	771A-201	2	W REAR LEG Custom
24	770AK008	1	KIT, FOOT PLATE ARM, FRONT LEFT SIDE
25	770AK009	1	KIT, FOOT PLATE ARM, FRONT RIGHT SIDE
26	770AK010	4	KIT, FOOT PLATE ARM, REAR
27	771A-322	1	PLATE, SPACER
42	FB030256	4	BEARING BALL 1.181 DIA DOUBLE ROW
43	FC030003	4	TOLERANCE RING 2.4409 ID
44	FC030011	4	Tolerance Ring .62mm dia
46	HB-17280	4	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
50	HC701230	6	HX HD CAP SC .375-16 X 2.500
58	HN704901	8	LOCKNUT .375-16 NYLON

Ref #	Part Number	Qty	Description
60	HS307601	4	WASH FLAT .281 .500 .062 T
63	HS347602	4	WASHER .390 X 1.500 X .124 FLAT
70	HX622815	4	SHCS .250-20 X .75 SS
74,E33	600AK012	5	KIT LINKAGE CAP
75	YA000201	2	ADH THRD LKR REM .02 OZ 242
77	YG000007	1	NLA: GREASE TRANS LUBRIPLATE 1200-2

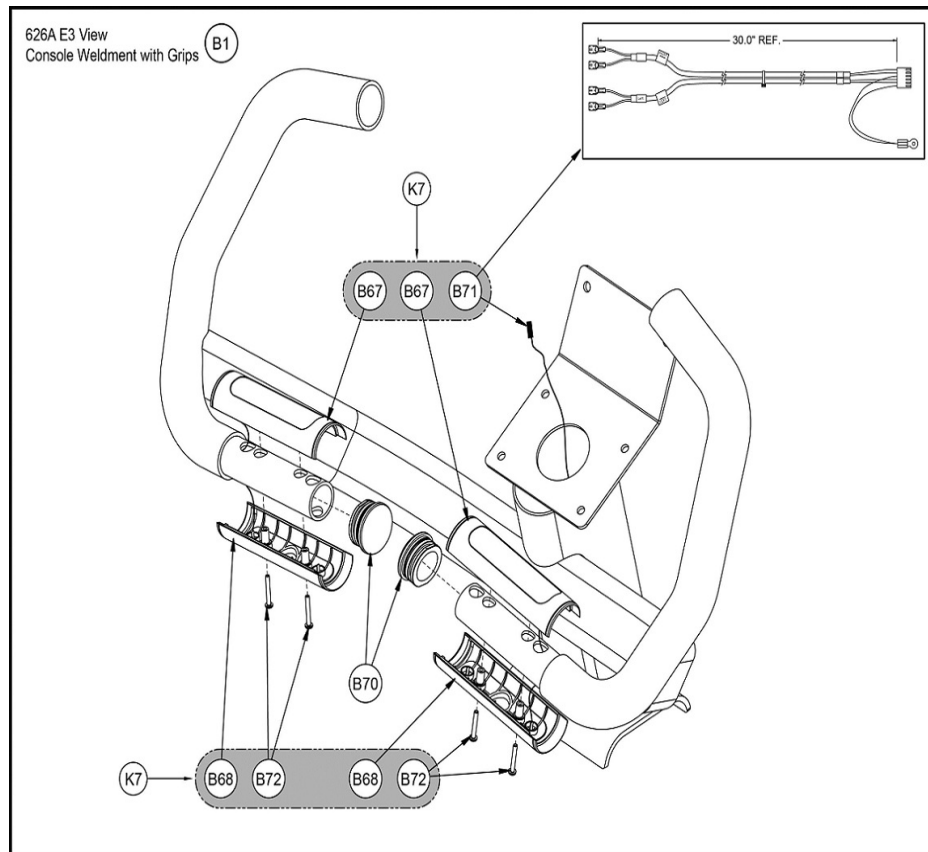
626A E3 View - Console Assembly



Ref #	Part Number	Qty	Description
B1	625A-104	1	CONSOLE ASSEMBLY
B2	525AT-407	2	PCA, MCC, UNPROGRAMMED, IPOD, 525AT, C, R
B3	625A-321	2	CAP, END
B5	770A-326	1	CONSOLE BACK, 625A-770A
B6	770A-328	1	BACK TAB, SMALL CONSOLE, LEFT
B7	770A-329	1	BACK TAB, SMALL CONSOLE, RIGHT
B8	770A-330	1	COVER, HEADPHONE JACK DOOR, SMALL CONSOLE
B9	770A-347	1	PCA, HANDSET AUDIO JACK
K14	K525AT-407	1	KIT, PCA MCC, 525 ARC
B15	770A-353	1	CONSOLE MOUNTING PLATE, 770, 625
K15	K626A-325	1	Kit 626 LED Bezel w/dec
B16	770A-379	1	SENSOR, HEART RATE COMBO
D16	01250	1	TAPE DOUBLE COATED 0.75
17	CP-23199	1	USB 2.0 FLASH DRIVE,BLANK CDW 424820 for kit PKCP-23201
B17	770A-385	1	DECAL, UPPER DISPLAY, PEM, ARC
D18	AX-24912	1	KIT,EPDM IR RCVR CBL,IR SENSOR
B21	770A-386	1	THUMB SWITCH, LEFT, INCLINE
B22	770A-387	1	THUMB SWITCH, RIGHT, RESISTANCE
B27	ES000004	1	TAB, FASTON 250 SERIES
B30	HF540200	2	GROMMET NYLON
B31	HJ532510	4	SCREW, SEMS, 6-32 X .38 PNHD PHIL EXT BLK ZN

Ref #	Part Number	Qty	Description
B32	HJ622512	4	SCREW, SEMS, .25-20 X .50 PNHD PHIL EXT BLK ZN
B33	HN546300	1	NUT, K NUT 8-32 UNC ZN
B34	HT042510	2	PN HD PHIL SC #4 X .375 PLASTITE
B35	HT532512	1	PN HD PHIL SC #6 X .50 PLASTITE
B36	HT542512	1	PAN HD PHIL HD SELF TAPPING, 8-32 X .50 TYPE 23
B37	HT552509	2	TAP SC NO 8-16 X .31 PLASTITE PN HD PHIL
B38	HT552512	9	TAP SC NO. 8-16 X .50 PLASTITE PAN HEAD PHILLIPS BLACK
B39	HT552515	6	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
B40	PN000001	1	CLAMP, CABLE .18 DIAMETER STANDARD
B41	PN140001	1	CLAMP, CABLE .56 DIAMETER
B73	770A-381	1	DECAL , HEADPHONE JACK ONLY
B74	770A-382	1	DECAL, HEADPHONE JACK BLANK
B80	625A-335	1	REMOTE, EPEM, PDI
B81	AW-23339	1	CABLE,770A CONSOLE LOWER,POWER
B82	TR-25809	1	Power Supply
B83	PKCP-22564	1	R&R NC KIT,e3 Replacement ATSC
B83	PKRA-22564	1	NC KIT,E3 REFURBISHED ATSC (use PKCP-22564)
B84	PKRA-22565	1	NC KIT,E3 REFURBISHED DVBT
B84	PKCP-22565	1	KIT,e3 Replacement DVBT
B85	CP-25454	1	PEM,OPEN FRAME,DVBT2
B85	PKCP-25810	1	KIT,E3 Replacement DVBT2

626A E3 View - Console Weldment With Grips



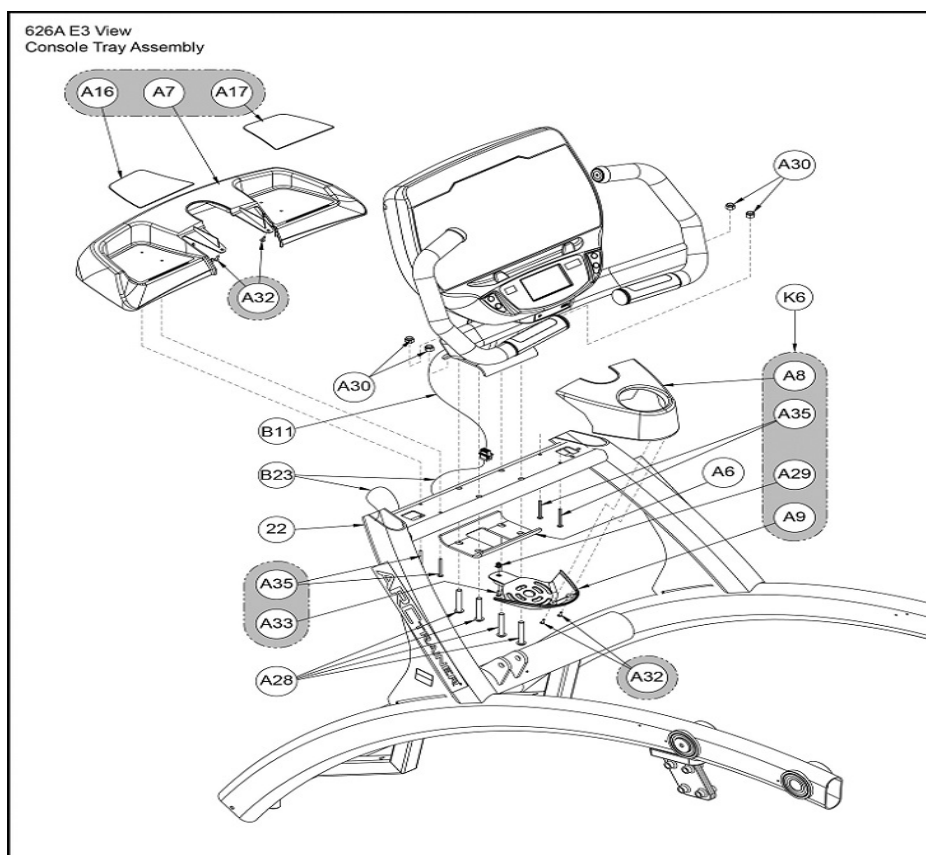
Ref #	Part Number	Qty	Description
B1	625A-104	1	CONSOLE ASSEMBLY
K7	770AK014	1	KIT, CONTACT GRIPS WOTH WIRES
B67	770A-397	2	GRIP, CHR, TOP
B68	770A-398	2	GRIP, CHR, BOTTOM
B70	770A-407	2	END CAP, CONTACT GRIP
B71	AW-23551	1	CABLE,ARC GRIPS,LOWER BODY
B72	HT532519	4	TAP SC #6-20 X 1.12, TYPE 25, PPHD

626A E3 View - Console_Cables

626A E3 View Console Cables (B10) Headphone Jack Jumper 12.0" ±.5 REF.	(B24) Console Power, Lower 80" REF. 102" REF.
(B11) Console Upper 26.0" REF.	(B71) Arc Grips 30.0" REF.
(B12) Heartrate Board to MCC 12.0" REF.	(B75) ACR to EPEM 5.0" REF.
(B13) Handset Membrane 12.0" REF.	(B76) MCC to EPEM 15.0" REF.
(B14) Thumb Controls 4.5" REF.	(B77) COAX Console 24.0" ±1" REF.
(B20) EPEM Chassis Ground 9.0" REF.	(B78) COAX Frame 60.0" ±1" REF.

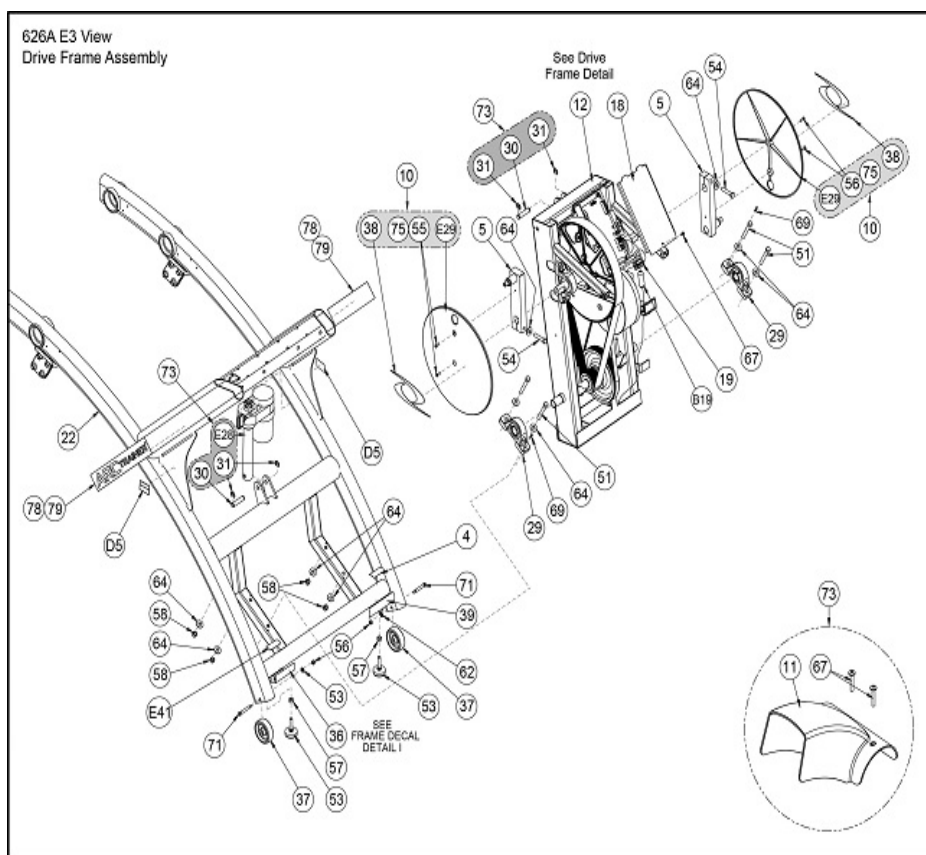
Ref #	Part Number	Qty	Description
B10	770A-357	1	CABLE, HEADPHONE JACK JUMPER, ARC
B11	AW-23849	1	CABLE, 525AT CONSOLE UPPER
B12	770A-361	1	CABLE, ARC HRBOARD TO MCC
B13	770A-364	1	CABLE, HANDSET MEMBRANE, ARC
B14	770A-365	1	CABLE, THUMB CONTROLS
B20	770A-412	1	CABLE, EPEM CHASSIS GROUND
B24	AW-23339	1	CABLE, 770A CONSOLE LOWER, POWER
B71	AW-23551	1	CABLE, ARC GRIPS, LOWER BODY
B75	770A-355	1	CABLE, 770ACR, TO PEM AV
B76	770A-356	1	CABLE, 770ACR, MMC TO PEM AV
B77	AW-23827	1	CABLE, 2' COAX 3GHZ F-TYPE M-M JUMPER
B78	AW-23828	1	CABLE, 770A, RG59 COAX, X FRAME

626A E3 View - Console_Tray_Assembly



Ref #	Part Number	Qty	Description
A6	770A-310	1	BRACKET, LOWER, DISPLAY MOUNT
K6	770AK030	1	Kit, Tray 770A
A7	770A-316	1	TRAY ACCESSORY
A8	770A-317	1	HOLDER, CUP, TOP
A9	770A-318	1	HOLDER, CUP,BOTTOM
B13	AW-23849	1	CABLE,525AT CONSOLE UPPER
A16	770A-331	1	DECAL, WARNING, LOWER 770A CONSOLE- Custom
A17	770A-332	1	DECAL, WARNING, LOWER 770A CONSOLE- Custom
22	771A-200	1	W MAIN FRAME Custom
B23	AW-20935	1	Cable Frame Harness
A28	HC700430	4	BHSCS .375-16 X 2.50
A29	HF540200	1	GROMMET NYLON
A30	HN704901	4	LOCKNUT .375-16 NYLON
A32	HT532512	2	PN HD PHIL SC #6 X .50 PLASTITE
A33	HT552512	1	TAP SC NO. 8-16 X .50 PLASTITE PAN HEAD PHILLIPS BLACK
A35	HT592526	4	Tap Sc 10-12 x 2.00 Pn Hd Phil

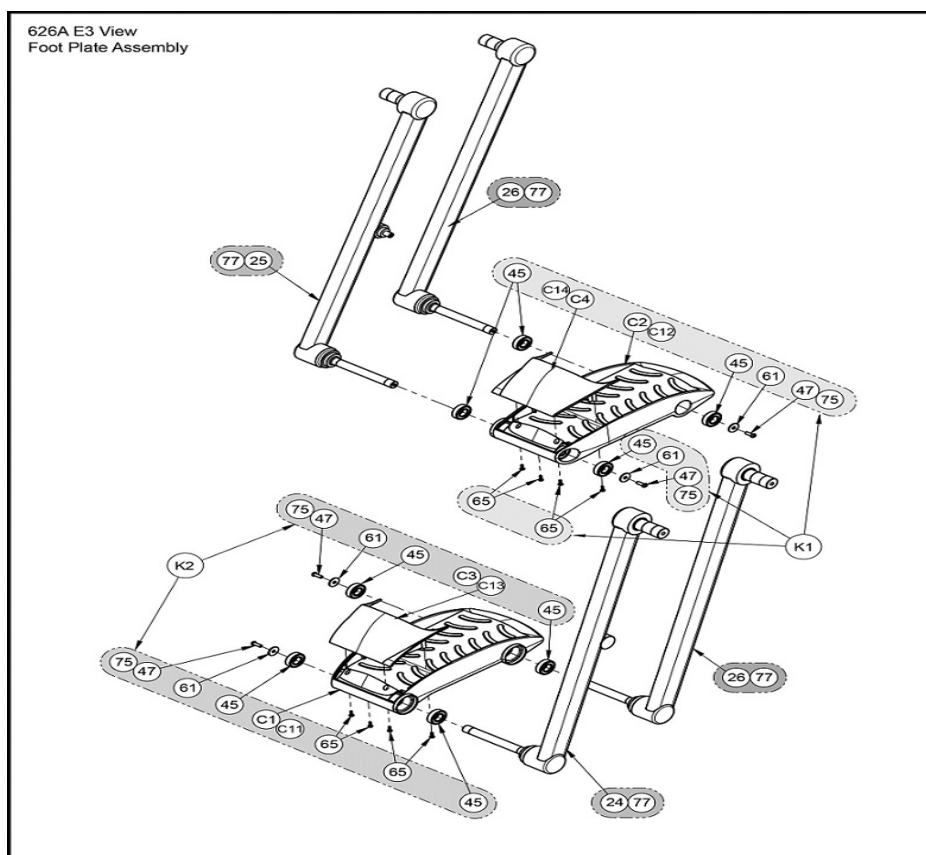
626A E3 View - Drive Frame Assembly



Ref #	Part Number	Qty	Description
4	600A-362	1	LABEL PATENT BIOSIG
5	610A-395	1	ASSY ARM CRANK
D5	DE000004	1	Decal Caution Custom
10	1008223-0001	1	KIT: COVER, CRANK, FLAT
11	740A-354	1	Cover Elevation Motor
12	771A-101	1	DRIVE FRAME ASSEMBLY
18	771A-316	1	COVER, CONTROLLER
B19	770A-410	1	FERRITE, 407 OHMS
19	750A-396	1	Ferrite Clamp-on .40 ID
22	771A-200	1	W MAIN FRAME Custom
E29	1006629-0002	1	COVER, CRANK-CHR
29	AF-16694	1	ASSY,BEARING,PILLOW BLOCK
30	AP030055	1	Pin Groove .50 x 2.00
31	BR030228	1	Retaining Ring .500 External
36	CM000199	1	DECAL SERIAL NUMBER
37	CW-17231	1	WHEEL, TENSIONER
38	DE-17339	1	DECAL CYBEX VORTEX
39	DE-21625	1	Label ETL CSA CE 750A
E41	750A-372	1	Decal Warning
51	HC701234	4	HX HD CAP SC .375-16 X 3.00
53	HG700022	2	LEVELING GLIDE 3-8-16
54	HH701226	4	BOLT, HHCS GRD 8, .375-16 X 2.0

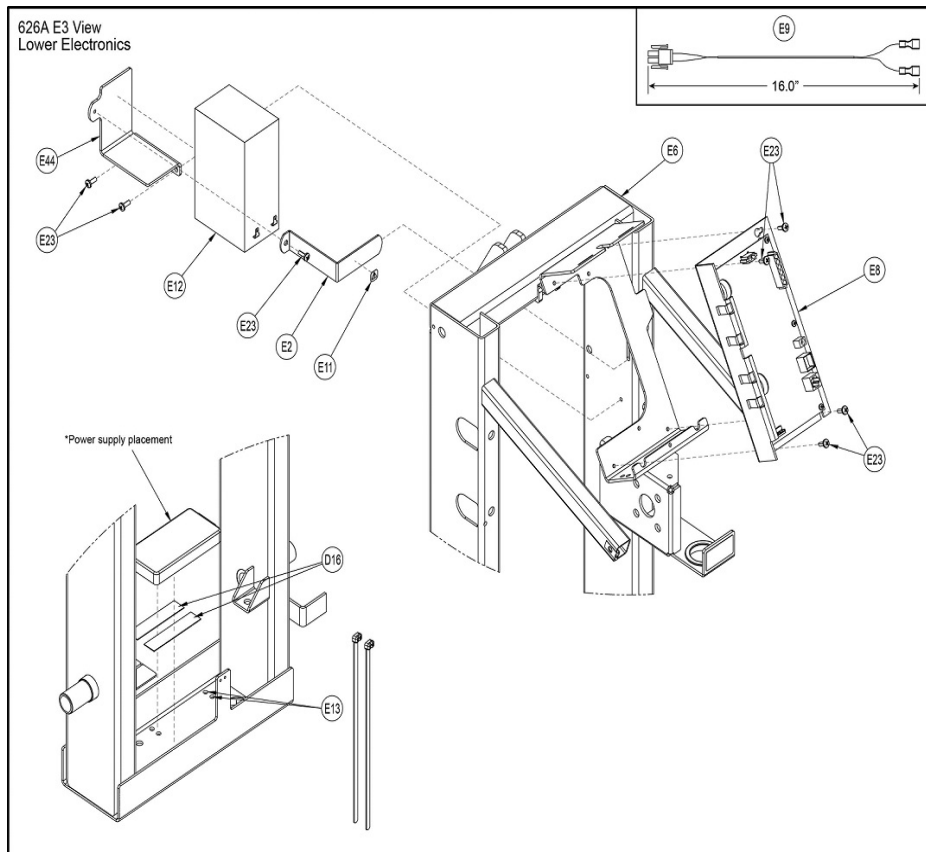
Ref #	Part Number	Qty	Description
55	HM582514	4	PN HD PHIL SC NO 10-32 X .625 BLK ZN
56	HN624901	4	LOCKNUT .250-20 NYLON BLACK ZINC
57	HN704000	4	HEX NUT .375-16
58	HN704901	4	LOCKNUT .375-16 NYLON
62	HS328300	1	LOCKWASHER SPLIT .312
64	HS347700	8	WASHER USS .375
67	HT572512	2	TAP SC NO. 10 - 24 X .50 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	2	KIT, ELEVATION MOTOR
75	YA000201	1	ADH THRD LKR REM .02 OZ 242
78	770A-337	2	DECAL, ARC TRAINER BLACK
79	770A-338	2	DECAL, ARC TRAINER

626A E3 View - Foot Plate Assembly



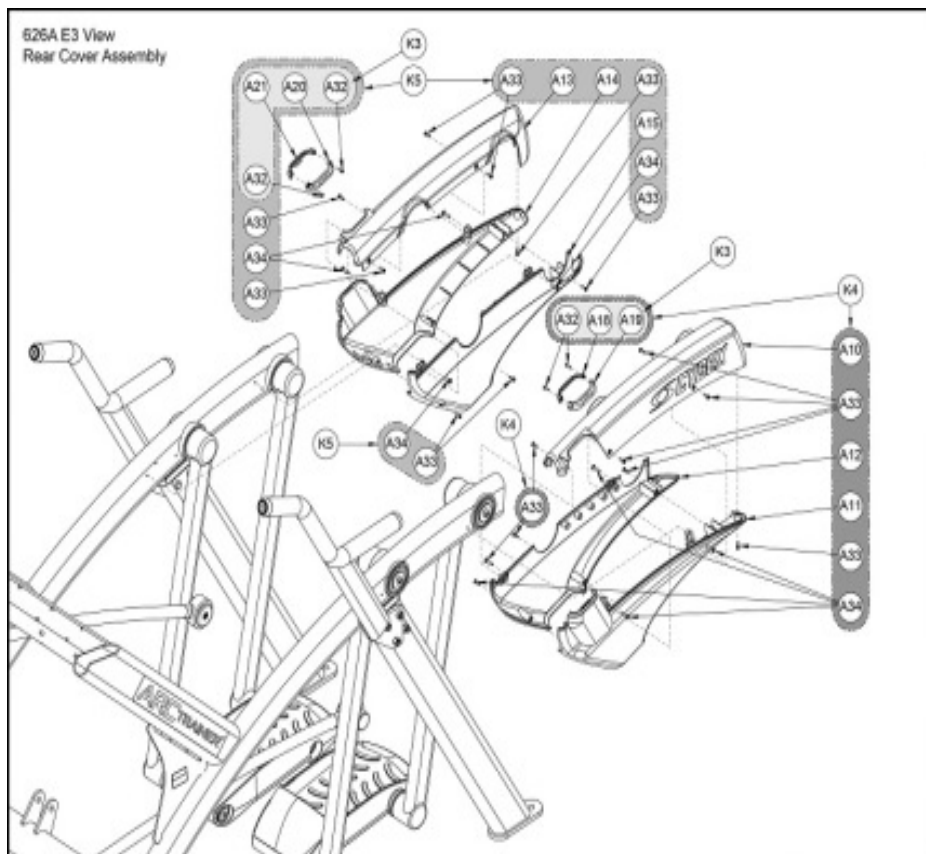
Ref #	Part Number	Qty	Description
C1	740A-378	1	Foot Plate LH
K1	750AK002	1	KIT, FOOT PLATE RIGHT
K2	750AK003	1	KIT, FOOT PLATE LEFT
C2	740A-379	1	Foot Plate RH
C3	740A-380	1	Toe Cap LH
C4	740A-381	1	Toe Cap RH
C11	740A-392	1	FOOT PLATE, LH
C12	740A-393	1	FOOT PLATE, RH
C13	740A-394	1	TOE CAP, LH
C14	740A-395	1	TOE CAP, RH
24	770AK008	1	KIT, FOOT PLATE ARM, FRONT LEFT SIDE
25	770AK009	1	KIT, FOOT PLATE ARM, FRONT RIGHT SIDE
26	770AK010	1	KIT, FOOT PLATE ARM, REAR
45	HB-17036	8	BEARING,BALL, .750DIA
47	HC620415	4	BHSCS .250-20 X .75, BL ZN
61	HS307604	5	WASHER, FLAT .281 ID X 1.000 OD X .063 TH BL ZN
65	HT552512	8	TAP SC NO. 8-16 X .50 PLASTITE PAN HEAD PHILLIPS BLACK
75	YA000201	1	ADH THRD LKR REM .02 OZ 242
77	YG000007	1	NLA: GREASE TRANS LUBRIPLATE 1200-2

626A E3 View - Lower Electronics



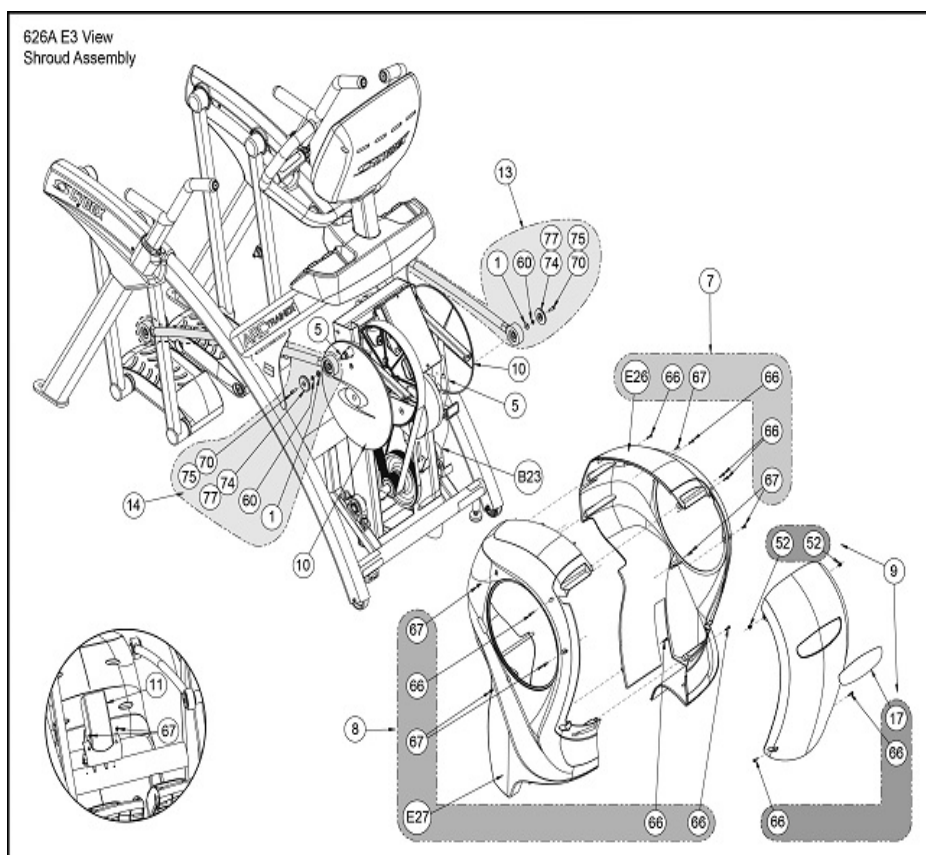
Ref #	Part Number	Qty	Description
E2	630A-314	1	CLAMP BATTERY
E6	771A-205	1	W DRIVE FRAME Custom
E8	AD-23681	1	PCA,770A 625A,LOWER CONTROLLER
E9	AW-18447	1	CABLE SPA BATTERY
E11	DE-19586	1	LABEL WARNING ICON
E12	EC-18267	1	BATTERY 12V 7AHR
E13	EW000028	1	CABLE TIE 8.00
D16	01250	2	TAPE DOUBLE COATED 0.75
E23	HT572512	6	TAP SC NO. 10 - 24 X .50 PN HD PHIL
E44	771A-314	1	TRAY, BATTERY

626A E3 View - Rear Cover Assembly



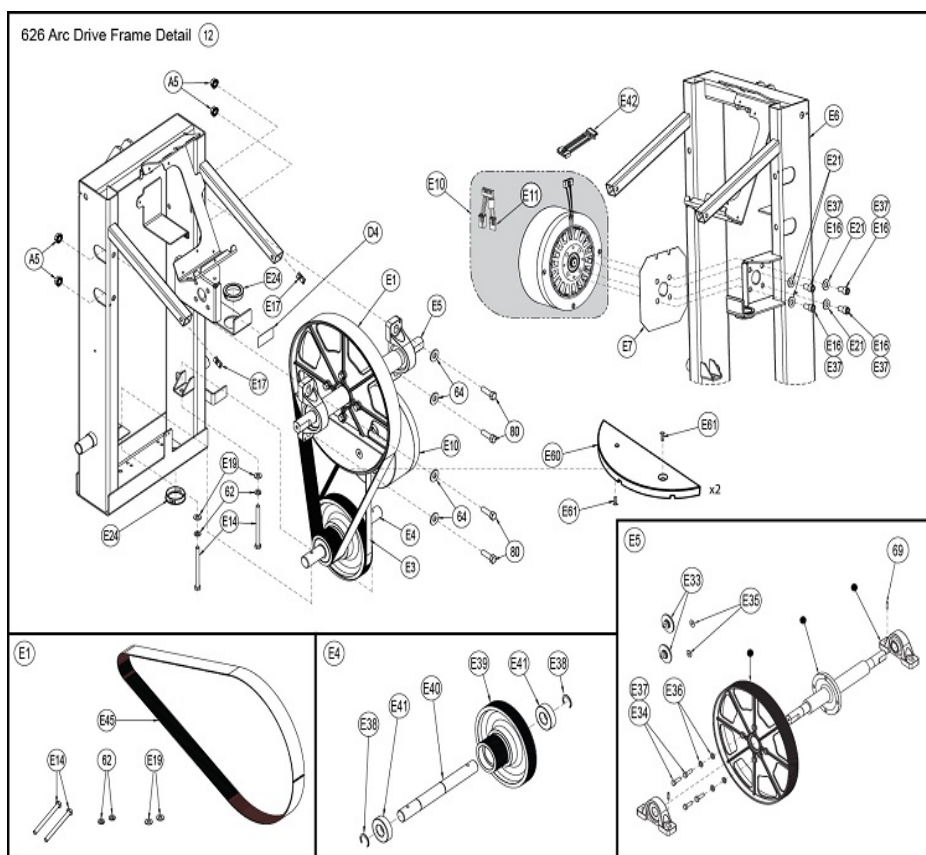
Ref #	Part Number	Qty	Description
K3	770AK048	1	KIT, COLLAR SET
K4	770AK004	1	KIT, PIVOT COVER, LEFT SIDE
K5	770AK005	1	KIT, PIVOT COVER, RIGHT SIDE
A10	770A-319	1	COVER, REAR, TOP, LH
A11	770A-320	1	COVER, REAR, OUTER, LH
A12	770A-321	1	COVER, REAR, INNER, LH
A13	770A-322	1	COVER, REAR, TOP, RH
A14	770A-323	1	COVER, REAR, OUTER, RH
A15	770A-324	1	COVER, REAR, INNER, RH
A18	770A-334	1	COLLAR, LH INNER
A19	770A-335	1	COLLAR, LH OUTER
A20	770A-340	1	COLLAR, INNER RH
A21	770A-341	1	COLLAR, OUTER RH
A32	HT532512	4	PN HD PHIL SC #6 X .50 PLASTITE
A33	HT552512	11	TAP SC NO. 8-16 X .50 PLASTITE PAN HEAD PHILLIPS BLACK
A34	HT572515	7	SCREW, PAN HEAD PHILIPS 10-24 X .75 TYPE 23, BLK

626A E3 View - 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	1	KIT, ACCESS COVER
10	1008223-0001	1	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
75	YA000201	1	ADH THRD LKR REM .02 OZ 242
77	YG000007	1	NLA: GREASE TRANS LUBRIPLATE 1200-2

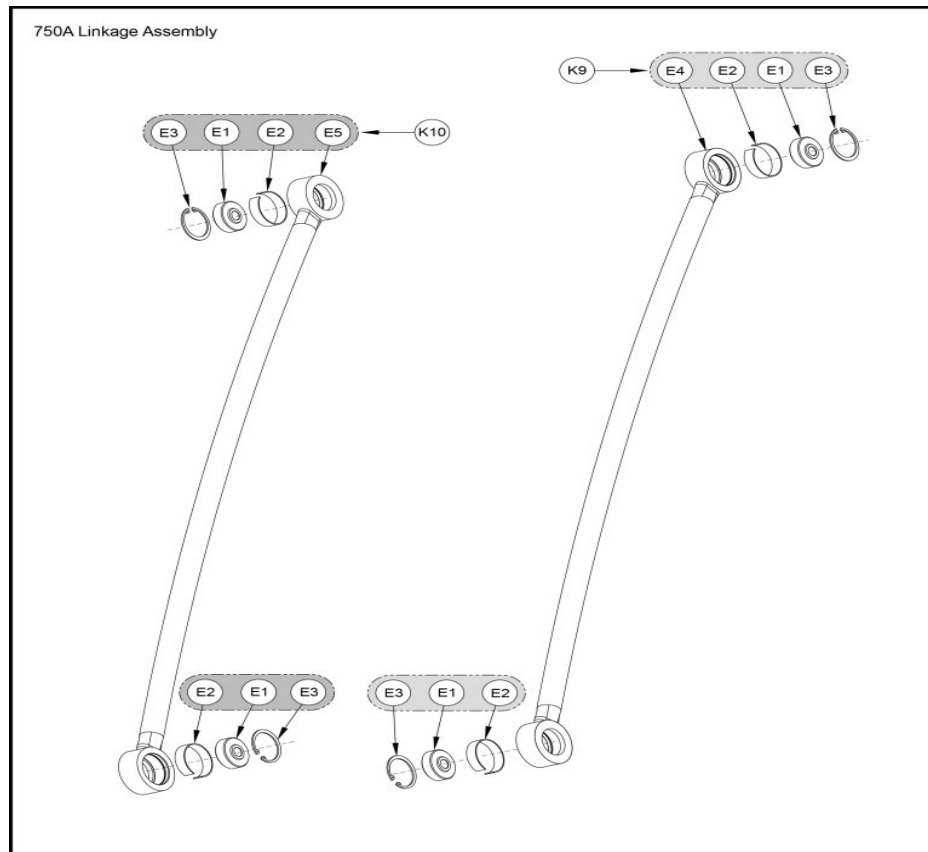
626 Arc Drive Frame Detail



Ref #	Part Number	Qty	Description
E1	600AK020	1	KIT 16 RIB BELT TENSIONING
E3	630A-328	1	BELT SECONDARY DRIVE 7 RIB
E4	771A-110	1	DOUBLE PULLEY ASSY
D4	DE-17155	1	NLA: LABEL,WARNING HOT FLYWHEEL
A5	HN704001	1	LOCKNUT, .375-16 SERRATED HEX
E5	600AK002	1	KIT PULLEY CRANK SHAFT
E6	771A-205	1	W DRIVE FRAME Custom
E7	750A-364	1	Spacer Gen Winding
E10	1007425-0001	2	KIT: BRAKE, ARC TRAINER
E11	1006756-0001	1	CONNECTOR, CABLE
12	771A-101	1	DRIVE FRAME ASSEMBLY
E14	HC661240	2	HX HD CAP SC .312-18 X 3.75
E16	HC702815	1	SHCS .375-16 X .750
E17	HF579000	4	PANEL FASTENER 10-24 U TYPE
E19	HS327600	2	WASHER SAE .312
E21	HS347600	1	WASHER SAE .375
E24	HX-17050	1	BUSHING,1.275IDX1.87 OD,NYLON INSULATED
E33	600AK012	1	KIT LINKAGE CAP
E34	HC661217	2	HX HD CAP SC .312-18 X 1.000
E35	HS307600	1	WASHER SAE .250
E36	HS760100	2	WASH FLAT .380 .625 .090 T
E37	YA000023	1	LOCTITE PERM 262 PN 26231

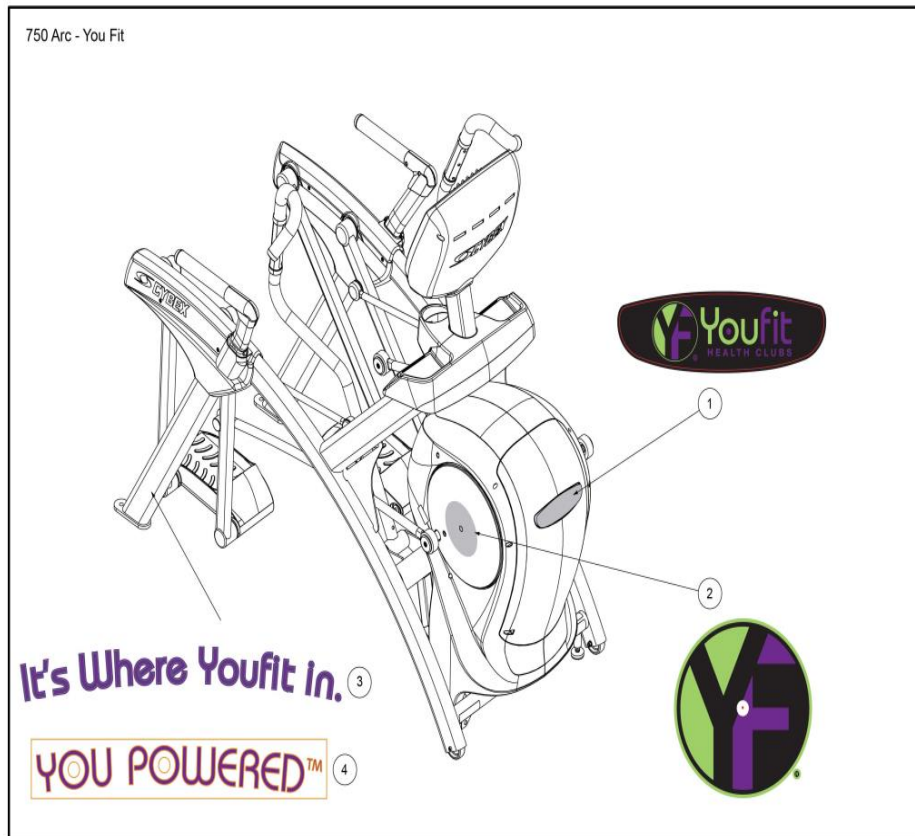
Ref #	Part Number	Qty	Description
E38	BR030221	2	RING RETAINING EXT CRESCENT
E39	600AK014	1	KIT LOWER PULLEY ASSY
E40	771A-318	1	SHAFT, LOWER
E41	FB030243	2	BEARING 25MMIDX52MMOD 6205
E42	OAW-24272	1	CABLE, 625/770A , BRAKE JUMPER
E45	600A-343	1	BELT PRIMARY DRIVE 16 RIB
E60	FM-19507	2	COUNTERWEIGHT
E61	JC700922	8	FHSCS .375-16 X 1.50
62	HS328300	1	LOCKWASHER SPLIT .312
64	HS347700	4	WASHER USS .375
69	HX-17023	2	PIN,SPRING .187X.813 LG,TYPE 420,ST STL
75	YA000201	4	ADH THRD LKR REM .02 OZ 242
80	HC701220	4	BOLT,3-8-16X1.25.HXHD

750A Linkage Assembly



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

750 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
3	DE-60282	1	DECAL, ARC YF LEG
4	DE-60300	1	DECAL, YOU POWERED, YOUFIT

