

# Total Body Arc with Advanced Base Arctic Silver

INATTS-ALLXX-5101

## Parts Manual

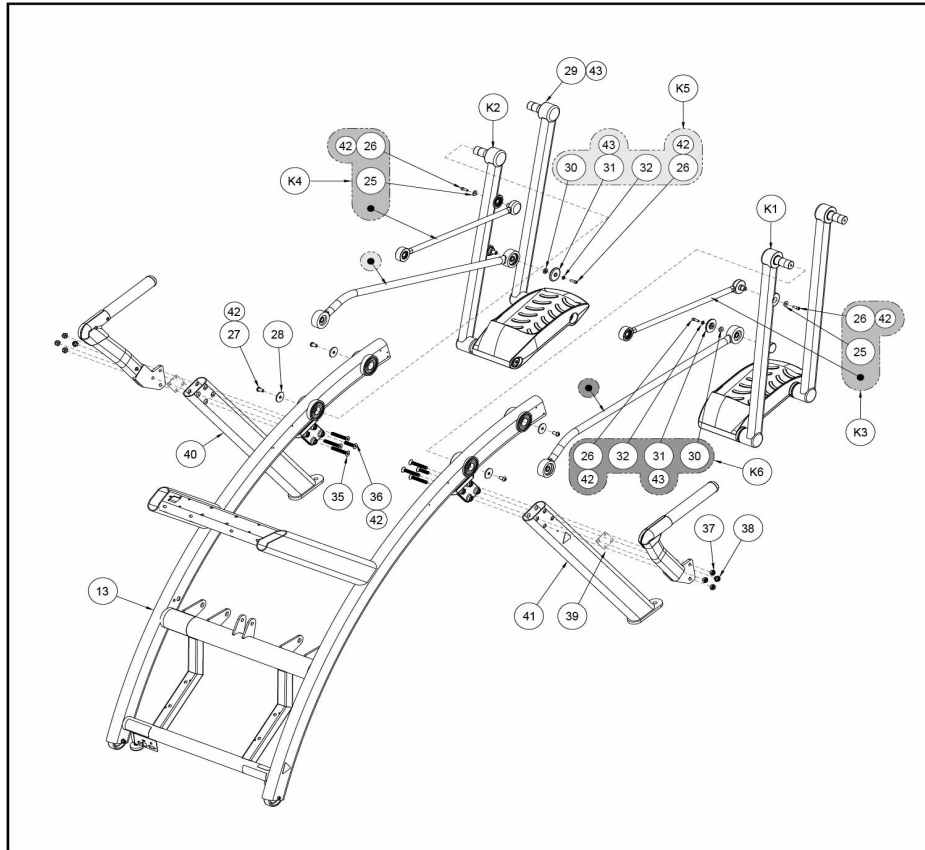
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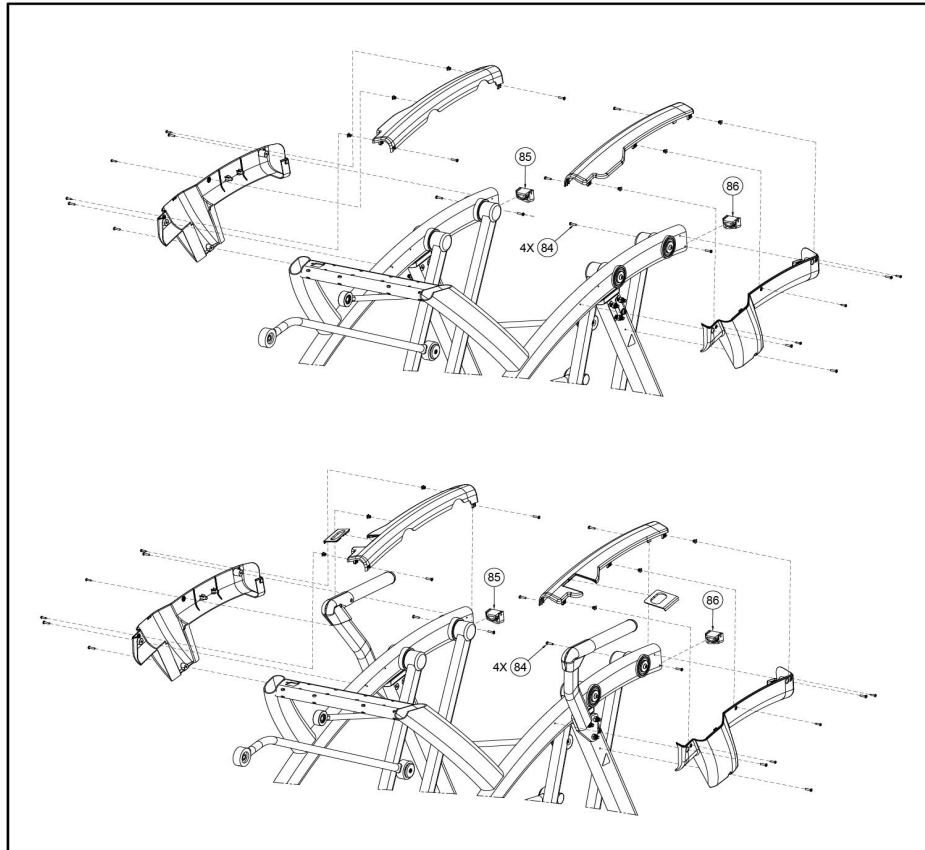
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**ARC, RUFFIAN, BASE, TB**



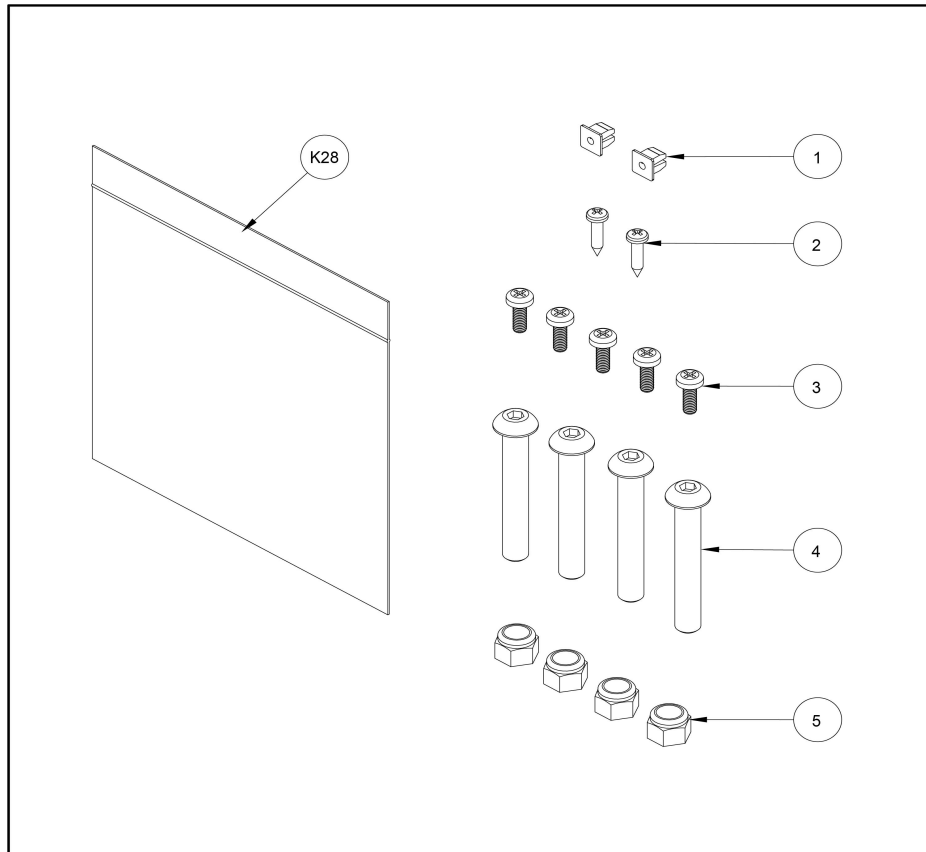
Ref #	Part Number	Qty	Description
K1	1009566-0001	1	KIT: FOOTPLATE ARM, LH
K2	1009567-0001	1	KIT: FOOTPLATE ARM, RH
K3	1009424-0001	1	KIT, ARM HANDLE LINKAGE, LH
K4	1009425-0001	1	KIT ARM HANDLE LINKAGE RH
K5	1009423-0001	1	KIT, LINKAGE ROD RIGHT- Black Wrinkle
K6	1009422-0001	1	KIT, LINKAGE ROD LEFT- Black Wrinkle
25	HS307603	2	WASHER FLAT .253 ID X .750 OD X .120
26	HX622815	6	SHCS .250-20 X .75 SS
27	HC700415	4	BHSCS .375-16 X .75
28	HS347602	4	WASHER .390 X 1.500 X .124 FLAT
29	770A-204	2	W/ FOOT PLATE ARM, REAR
30	600A-311	4	SPACER FLANGE
31	600AK012	4	KIT LINKAGE CAP
32	HS307601	4	WASH FLAT .281 .500 .062 T
35	1006745-0003	6	BOLT, FLAT HEAD, M10 X 1.5
36	1006745-0001	2	BOLT, FLAT HEAD, M10 X 1.5
37	0017-00103-0334	6	Hardware: Nut 10 MM
38	7335401	2	Hardware: Nut 10 MM ID
39	1007078-0001	4	PLATE, SPACER, CRUISER HANDLE
40	1006818-0000	1	WLDMT, REAR LEG ARC, RH
41	1006817-0000	1	WLDMT, REAR LEG ARC, LH
42	YA000201	1	ADH THRD LKR REM .02 OZ 242

## ARC, RUFFIAN, BUMPERS



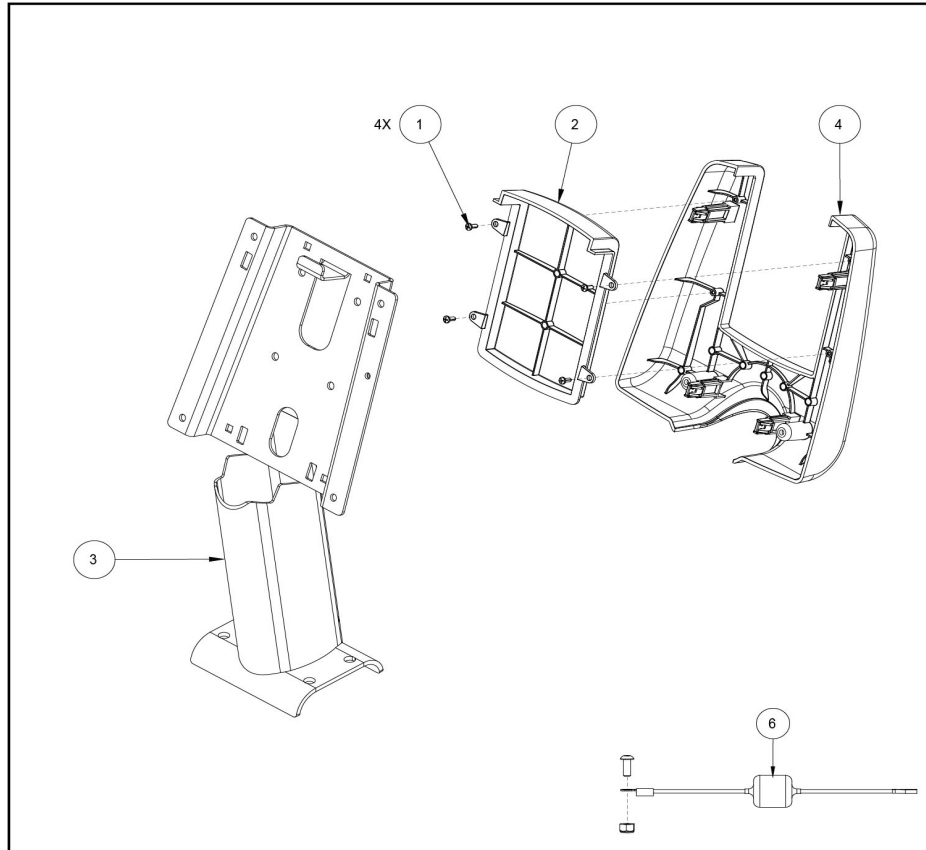
Ref #	Part Number	Qty	Description
83	HT572515	4	SCREW, PAN HEAD PHILIPS 10-24 X .75 TYPE 23, BLK
84	1008809-0001	1	BUMPER: REAR PLASTIC SUPPORT, RH
85	1008810-0001	1	BUMPER: REAR PLASTIC SUPPORT, LH

**ARC, RUFFIAN, CONSOLE HW, LF**



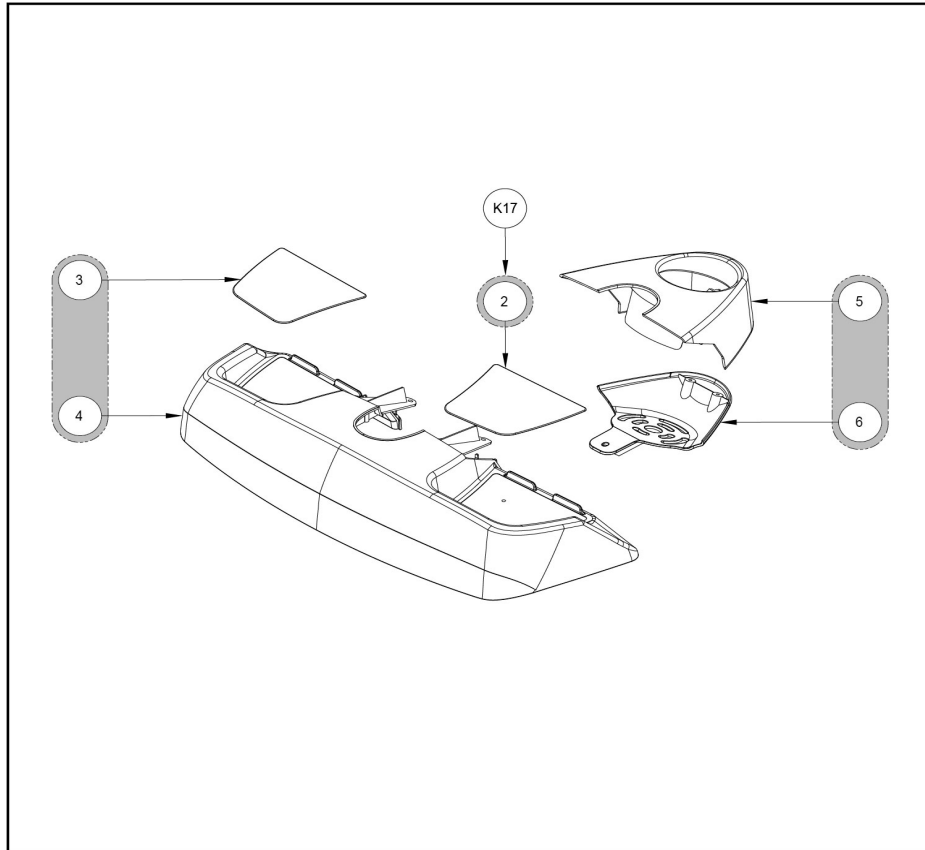
Ref #	Part Number	Qty	Description
1	0017-00042-1147	2	Hardware: Nylon Grommet
2	0017-00101-1796	2	Hardware: Mounting Screw 19 MM
3	0017-00101-1940	5	Hardware: Screw 14MM
4	HC700430	4	BHSCS .375-16 X 2.50
5	HN704901	4	LOCKNUT .375-16 NYLON
K28	773AT-341	1	HARDWARE PACK, 773AT CONSOLE MOUNT, LF

**ARC, RUFFIAN, CONSOLE MOUNT, LF/PF, TB**



Ref #	Part Number	Qty	Description
1	0017-00101-1650	4	Hardware: Phillips Pan Screw 0.375"
2	1007407-0001	1	ASSEMBLY: SHROUD, REAR, FILLER
3	773AT-200	1	W CONSOLE MOUNT
4	773AT-315	1	CONSOLE, BACK SHROUD
6	AW-25964	1	CABLE, CONSOLE GROUND 4-PASS FERRITE
10	HT542512	1	PAN HD PHIL HD SELF TAPPING, 8-32 X .50 TYPE 23

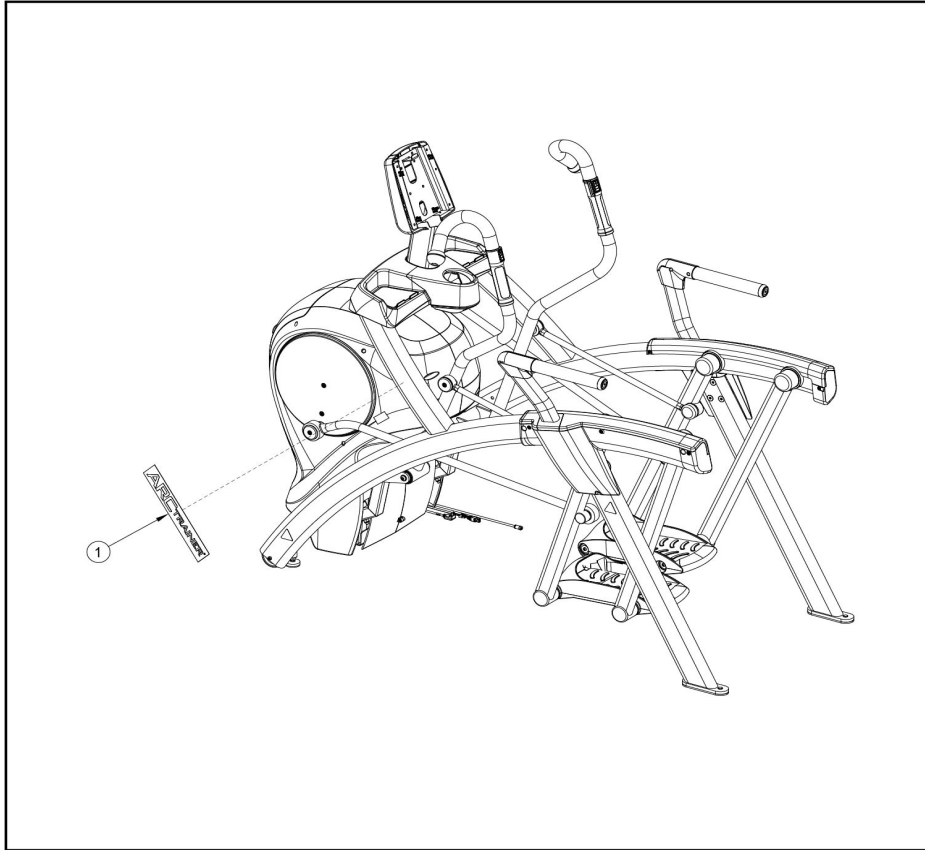
**ARC, RUFFIAN, CONSOLE TRAY**



Ref #	Part Number	Qty	Description
2	773AT-326	1	DECAL 773AT, LH
3	773AT-327	1	DECAL 773AT, RH
4	770A-316-24LF	1	BASE, ACCESSORY TRAY
5	770A-317-24LF	1	COVER, TOP, ACCESSORY TRAY
6	770A-318-24LF	1	COVER, BOTTOM, ACCESSORY TRAY
K17	773ATK019	1	KIT, TRAY

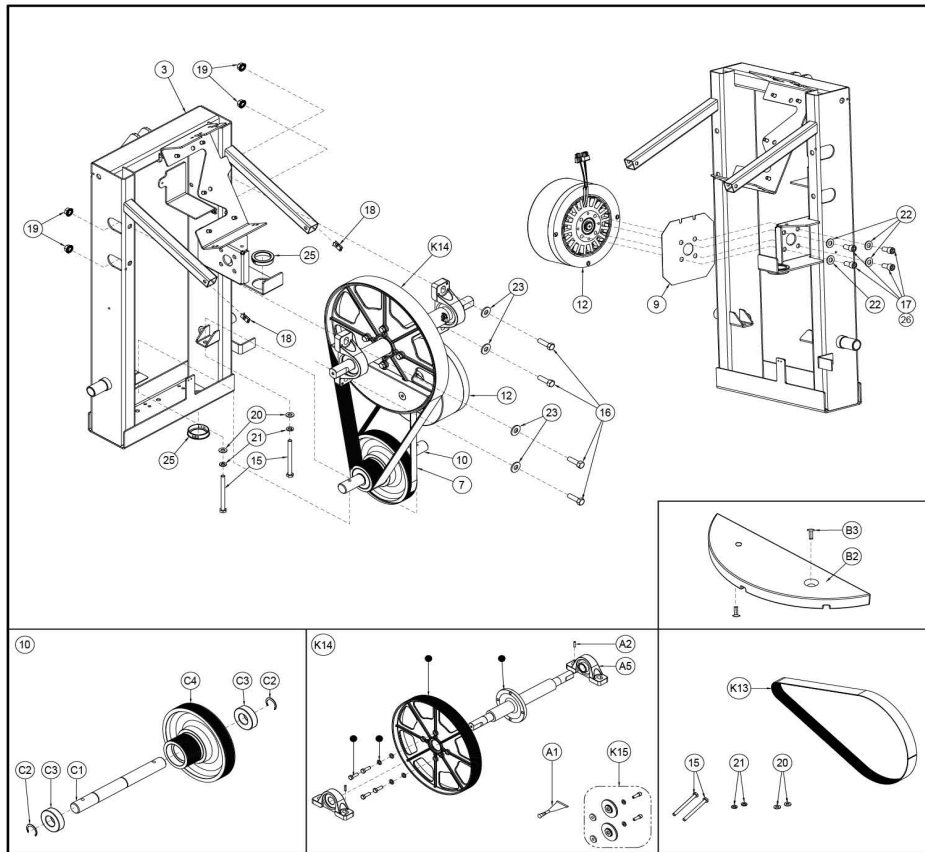
**ARC, RUFFIAN, DECALS, LIFE FITNESS**

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Ref #	Part Number	Qty	Description
1	1008186-2400	2	DECAL: ARC TRAINER

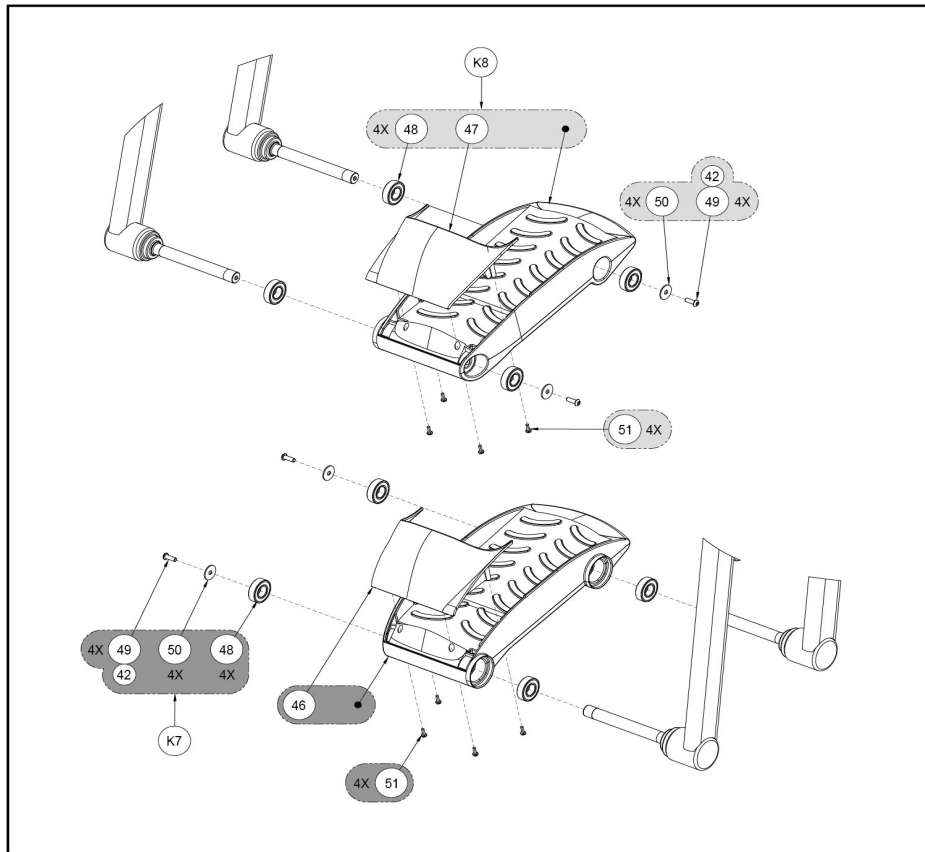
**ARC, RUFFIAN, DRIVE ASSY**



Ref #	Part Number	Qty	Description
C1	771A-318	1	SHAFT, LOWER
B2	FM-19507	2	COUNTERWEIGHT
C2	BR030221	2	RING RETAINING EXT CRESCENT
A2	HX-17023	2	PIN,SPRING .187X.813 LG,TYPE 420,ST STL
C3	FB030243	2	BEARING 25MMIDX52MMOD 6205
B3	JC700922	2	FHSCS .375-16 X 1.50
C4	600AK014	1	KIT LOWER PULLEY ASSY
A5	600A-340	2	BEARING PILLOW BLOCK 1.00
7	630A-328	1	BELT SECONDARY DRIVE 7 RIB
9	750A-364	1	Spacer Gen Winding
10	771A-110	1	DOUBLE PULLEY ASSY
12	AX-19550	1	ASSEMBLY ECB/GEN
K13	773ATK005	1	KIT, 16 RIB BELT TENSIONING
K14	773ATK006	1	KIT, PULLEY CRANK SHAFT
15	HC661240	4	HX HD CAP SC .312-18 X 3.75
K15	773ATK007	1	KIT, LINKAGE CAP
16	HC701220	4	BOLT,3-8-16X1.25.HXHD
17	HC702815	4	SHCS .375-16 X .750
18	HF579000	2	PANEL FASTENER 10-24 U TYPE
19	HN704001	4	LOCKNUT, .375-16 SERRATED HEX
20	HS327600	4	WASHER SAE .312
21	HS328300	4	LOCKWASHER SPLIT .312

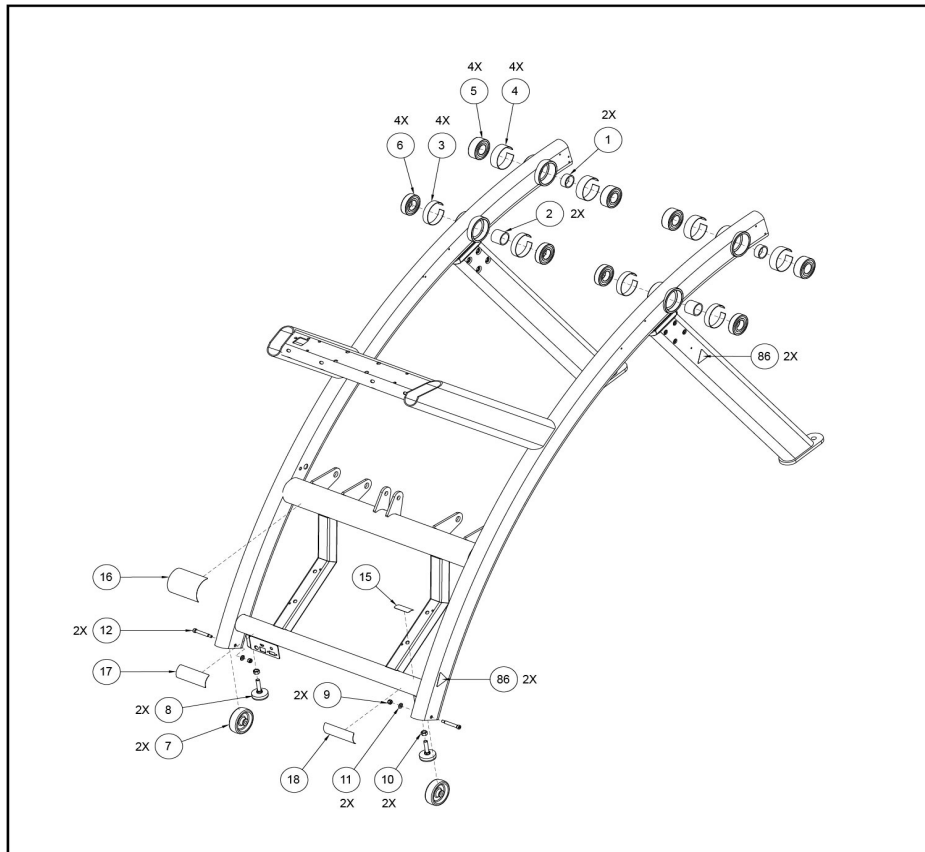
<b>Ref #</b>	<b>Part Number</b>	<b>Qty</b>	<b>Description</b>
22	HS347600	4	WASHER SAE .375
23	HS347700	4	WASHER USS .375
25	HX-17050	2	BUSHING,1.275IDX1.87 OD,NYLON INSULATED
26,A1	YA000201	2	ADH THRD LKR REM .02 OZ 242

**ARC, RUFFIAN, FOOTPLATE**



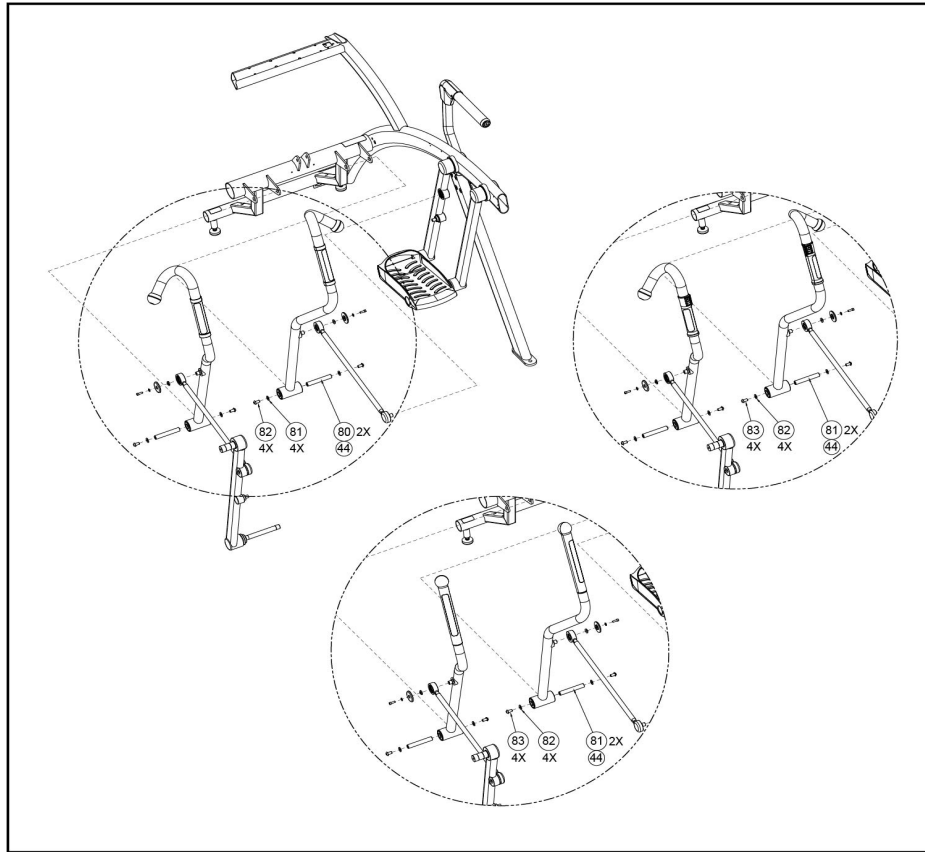
Ref #	Part Number	Qty	Description
K7	773ATK013	1	KIT, FOOT PLATE LEFT
K8	773ATK012	1	KIT, FOOT PLATE RIGHT
42	YA000201	1	ADH THRD LKR REM .02 OZ 242
46	740A-380	1	Toe Cap LH
47	740A-381	1	Toe Cap RH
48	HB-17036	8	BEARING,BALL, .750DIA
49	HC620415	4	BHSCS .250-20 X .75, BL ZN
50	HS307604	4	WASHER, FLAT .281 ID X 1.000 OD X .063 TH BL ZN
51	HT552512	8	TAP SC NO. 8-16 X .50 PLASTITE PAN HEAD PHILLIPS BLACK

**ARC, RUFFIAN, FRAME, TB**



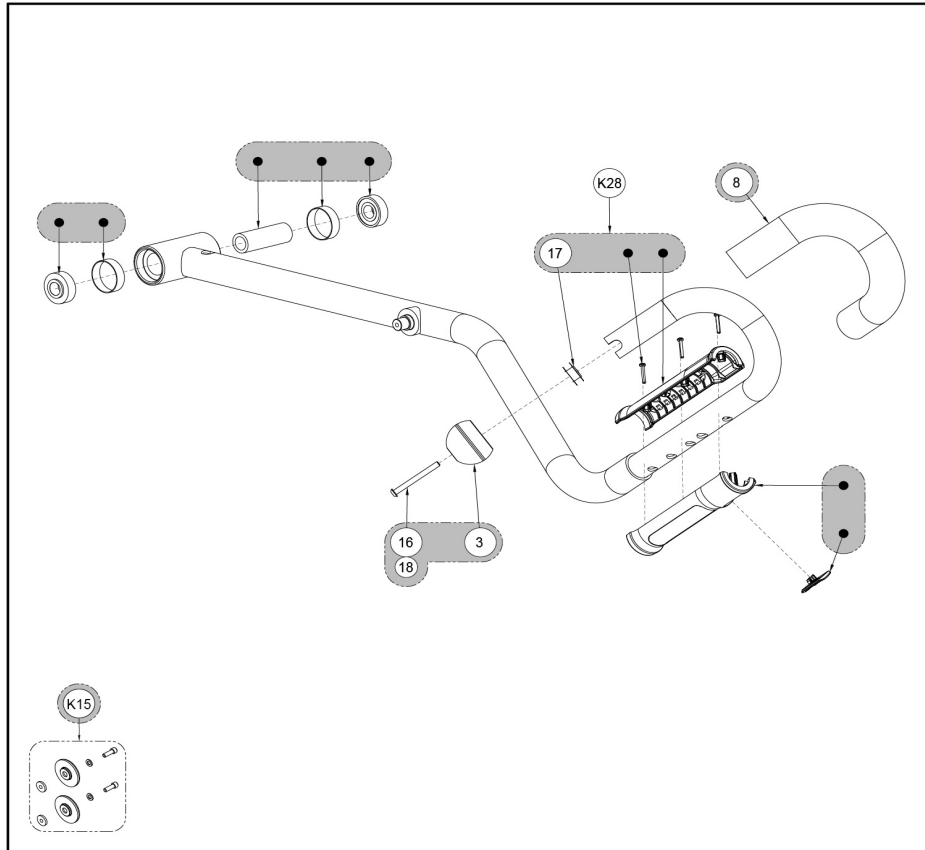
Ref #	Part Number	Qty	Description
1	750A-312	2	Tube Spacer
2	750A-325	2	Tube Spacer
3	FC030003	4	TOLERANCE RING 2.4409 ID
4	FC030011	4	Tolerance Ring .62mm dia
5	FB030256	4	BEARING BALL 1.181 DIA DOUBLE ROW
6	HB-17280	4	BEARING,BALL,SINGLE ROW,6206
7	CW-17231	2	WHEEL, TENSIONER
8	HG700022	2	LEVELING GLIDE 3-8-16
9	HN624901	2	LOCKNUT .250-20 NYLON BLACK ZINC
10	HN704000	2	HEX NUT .375-16
11	HS328300	2	LOCKWASHER SPLIT .312
12	JD623324	2	S BOLT .312 X 1.75 .250-20
15	DE000033-N	1	LABEL: USA CROSSTRAINERR, ARABIC-SAUDI ARABIA
16	525AT-400	1	DECAL, DISCONNECT POWER ENG, FRE, GER, SPA
18	1008360-0001	1	DECAL: COMPLIANCE ARC TRAINER

# ARC, RUFFIAN, HANDLE ARMS, STD. HARDWARE



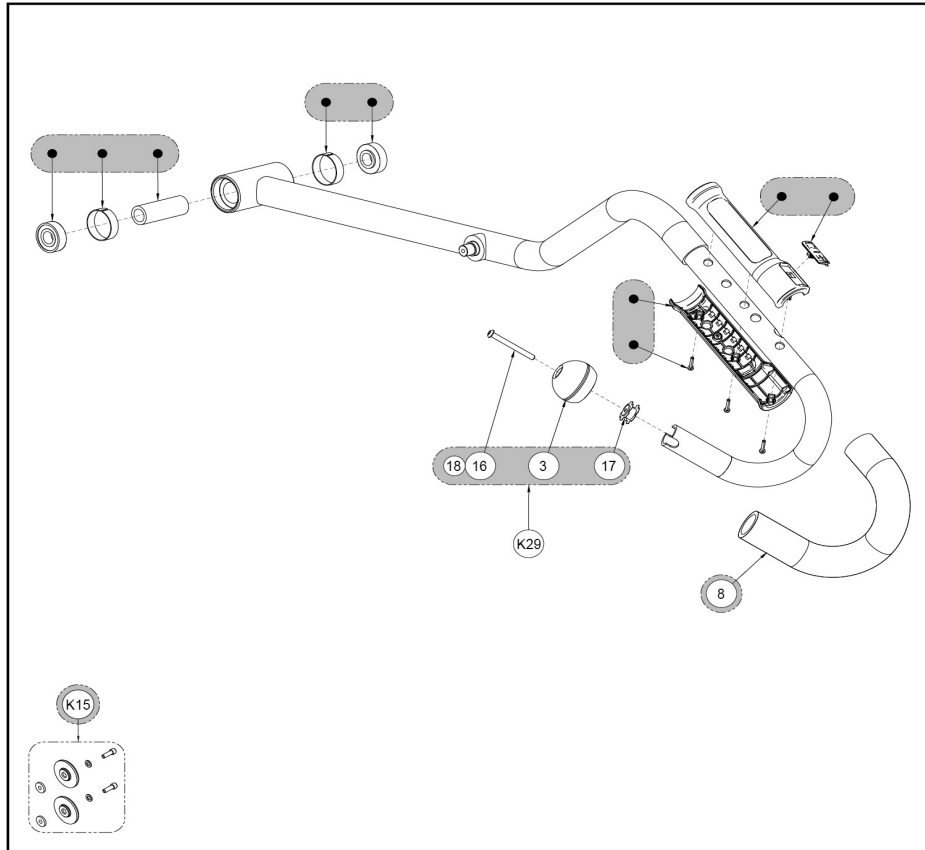
Ref #	Part Number	Qty	Description
44	YG000007	2	NLA: GREASE TRANS LUBRIPLATE 1200-2
80	610A-351	2	PIN PIVOT
81	HS347600	4	WASHER SAE .375
82	HX700415	4	BHSCS .375-16 X .75 SS

**ARC, RUFFIAN, HANDLE, LH, FEATURED**



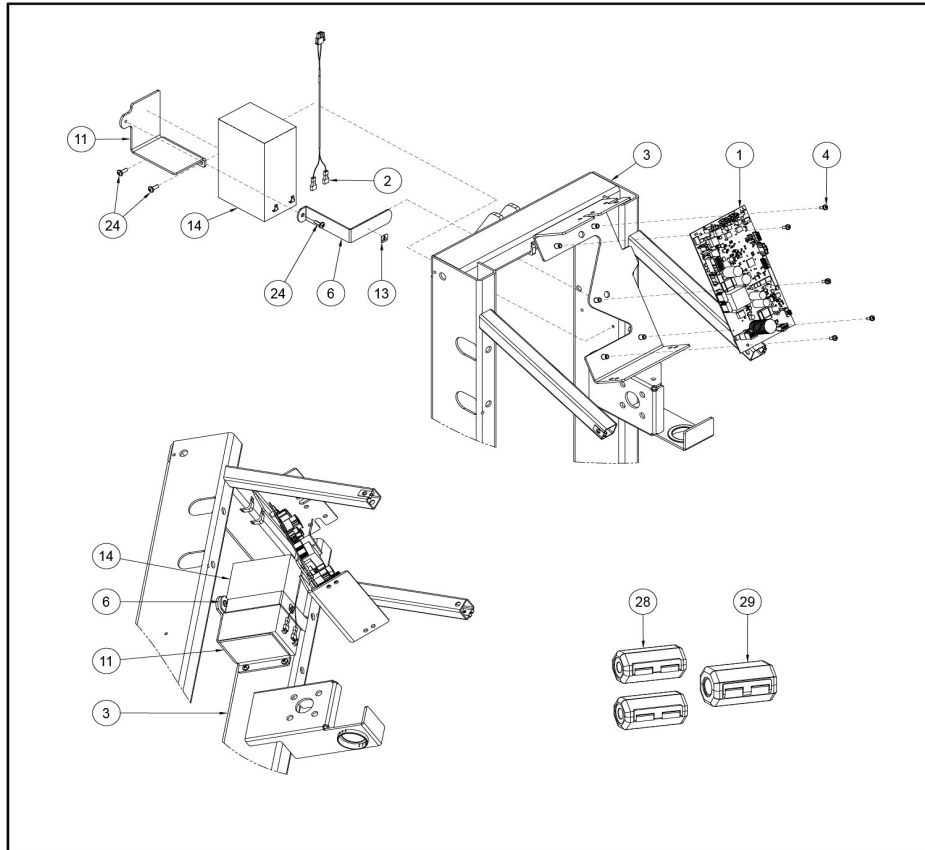
Ref #	Part Number	Qty	Description
2	1006574-0001	1	CAP: TUBE, BALL END, 1.25 X 16 GA
8	1006795-0001	1	GRIP 14.05
K15	773ATK007	1	KIT, LINKAGE CAP
16	HC620430	1	BHSCS .250-20 X 2.50
17	HF449064	1	INSERT 1.12 X .250-20 UNC
18	YA000201	1	ADH THRD LKR REM .02 OZ 242
K28	1009614-0001	1	KIT: HANDLE, ARC, LH, FEATURED

**ARC, RUFFIAN, HANDLE, RH, FEATURED**



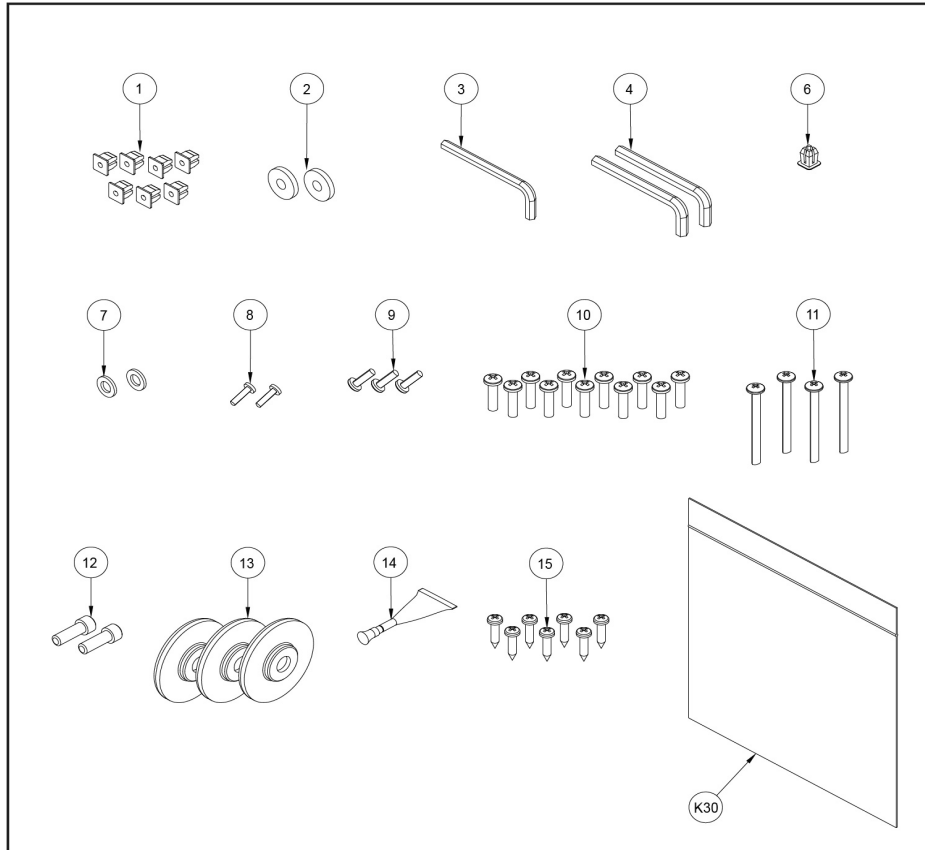
Ref #	Part Number	Qty	Description
3	1006574-0001	1	CAP: TUBE, BALL END, 1.25 X 16 GA
8	1006795-0001	1	GRIP 14.05
K15	773ATK007	1	KIT, LINKAGE CAP
16	HC620430	1	BHSCS .250-20 X 2.50
17	HF449064	1	INSERT 1.12 X .250-20 UNC
18	YA000201	1	ADH THRD LKR REM .02 OZ 242
K29	1009614-0002	1	KIT: HANDLE, ARC, RH, FEATURED

**ARC, RUFFIAN, LOWER ELECTRONICS**



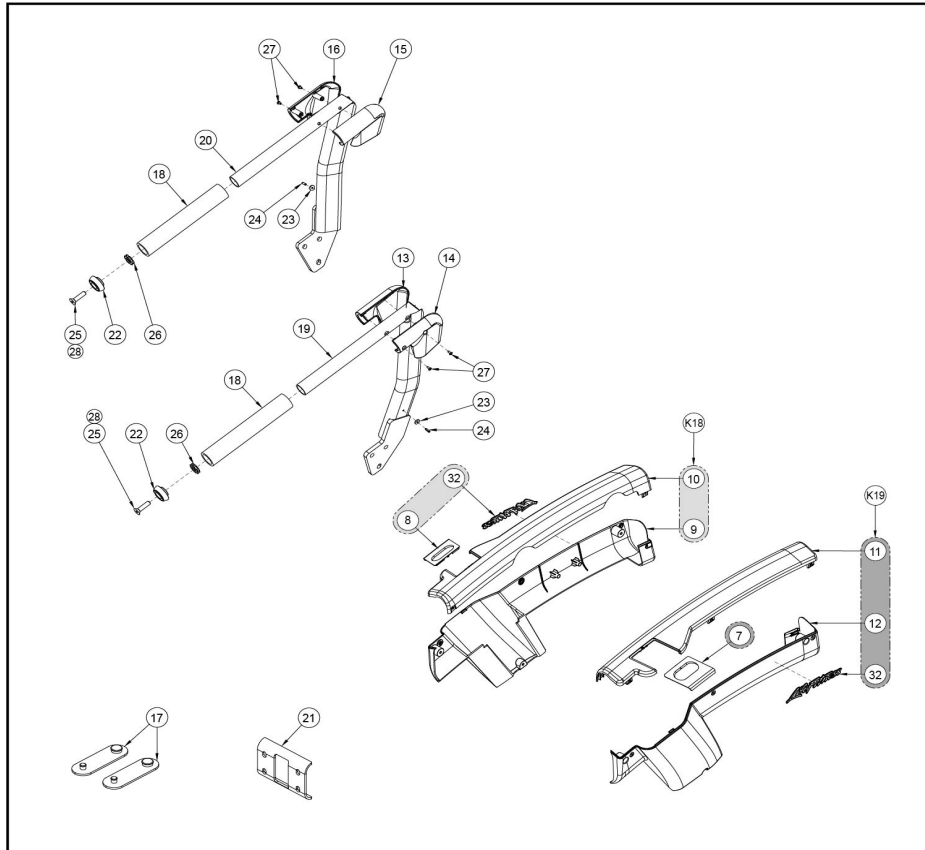
Ref #	Part Number	Qty	Description
1	1003117-0021	1	PCB ASSY: RUFFIAN RCB
2	1006656-0001	1	CABLE: BATTERY
3	1006840-0000	1	W/ DRIVE FRAME
4	0017-00101-1989	5	Hardware: M4 6G6G X 10 DIN PHI PAN ZN
6	630A-314	1	CLAMP BATTERY
11	771A-314	1	TRAY, BATTERY
13	DE-19586	1	LABEL WARNING ICON
14	EC-18267	1	BATTERY 12V 7AHR
24	HT572512	3	TAP SC NO. 10 - 24 X .50 PN HD PHIL
28	1007096-0001	2	FERRITE: ROUND CABLE SNAP, 240 OHM @ 250MHZ
29	1008072-0001	1	FERRITE: 31 ROUND CABLE CORE, 0.40 IN ID

**ARC, RUFFIAN, SIDE COVER HW, TB**



Ref #	Part Number	Qty	Description
1	0017-00042-1147	7	Hardware: Nylon Grommet
2	600A-311	2	SPACER FLANGE
3	BK030201	1	HEX KEY .188IN
4	BK030204	2	HEX KEY .219IN
5	CP300202	1	Poly Bag 6 x 6 Zip Top
6	HF540200	1	GROMMET NYLON
7	HS307601	2	WASH FLAT .281 .500 .062 T
8	HT532512	2	PN HD PHIL SC #6 X .50 PLASTITE
9	HT552512	3	TAP SC NO. 8-16 X .50 PLASTITE PAN HEAD PHILLIPS BLACK
10	HT572515	11	SCREW, PAN HEAD PHILIPS 10-24 X .75 TYPE 23, BLK
11	HT592526	4	Tap Sc 10-12 x 2.00 Pn Hd Phil
12	HX622815	2	SHCS .250-20 X .75 SS
13	600AK012	3	KIT LINKAGE CAP
14	YA000201	1	ADH THRD LKR REM .02 OZ 242
15	0017-00101-1796	7	Hardware: Mounting Screw 19 MM
K30	1007610-0001	1	HW PACK: SIDE COVER, ARC, TOTAL BODY

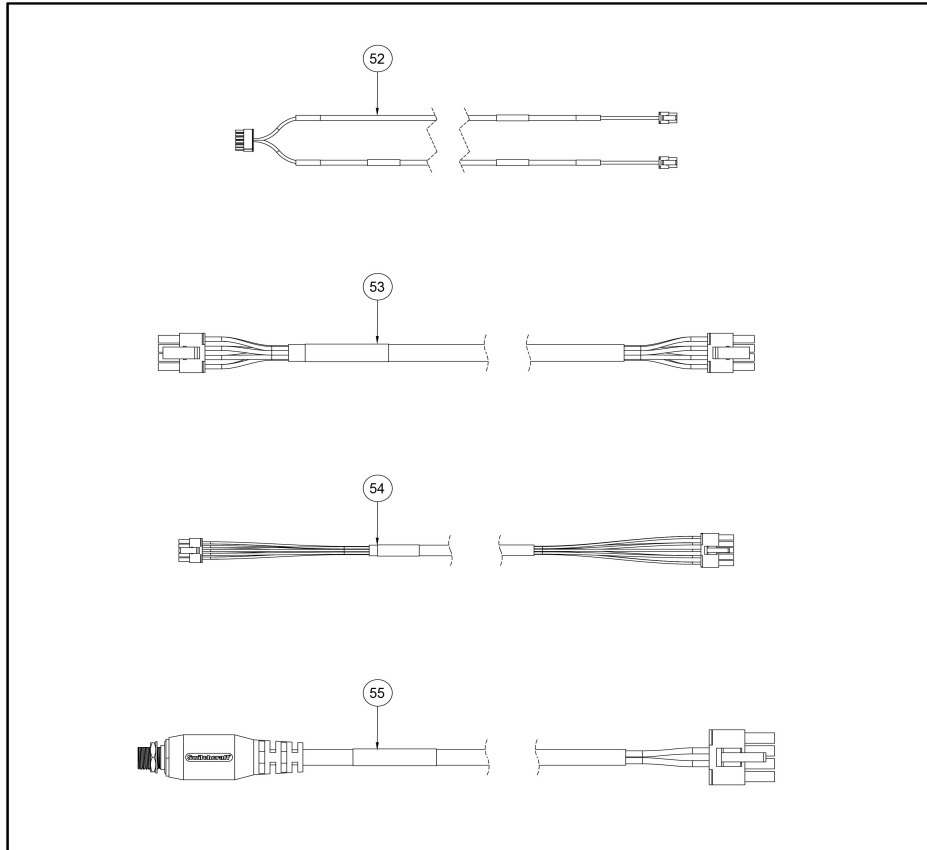
**ARC, RUFFIAN, SIDE COVER, TB, LF**



Ref #	Part Number	Qty	Description
7	1007059-0000	1	GASKET: REAR SHROUDS, LH
8	1007053-0000	1	GASKET: REAR SHROUDS, RH
9	1007054-0000	1	SHROUD: BOTTOM REAR RH
10	1007055-0000	1	SHROUD: TOP REAR RH
11	1007056-0000	1	SHROUD: TOP REAR HANDLE LH
12	1007058-0000	1	SHROUD: BOTTOM REAR, LH
13	770AT-310-24LF	1	HANDLE COVER OUTSIDE, LH
14	770AT-311-24LF	1	COVER HANDLE INSIDE, LH
15	770AT-312-24LF	1	HANDLE COVER OUTSIDE, RH
16	770AT-313-24LF	1	COVER HANDLE INSIDE, RH
17	12090-322	2	PAD FOOT
K18	1009579-0001	1	KIT:ARC, SIDE COVERS, RH, HANDLE,LF
18	770AT-306	2	GRIP, 9.50 INCHES
K19	1009579-0002	1	KIT:ARC, SIDE COVERS, LH, HANDLE, LF
19	771AT-206	1	W SIDE HANDLE LH
20	771AT-207	1	W SIDE HANDLE RH
21	770A-310	1	BRACKET, LOWER, DISPLAY MOUNT
22	770A-401	2	CAP, END, 1.680 OD
23	770A-345	2	WASHER, MDPE, .150 ID X .500 OD X .100
24	HP296712	2	PIN, SPRING .156 X .500
25	HC700922	2	FHSCS .375-16 X 1.500, SS
26	HF709000	2	NSERT 1.12 X .375-16 UNC

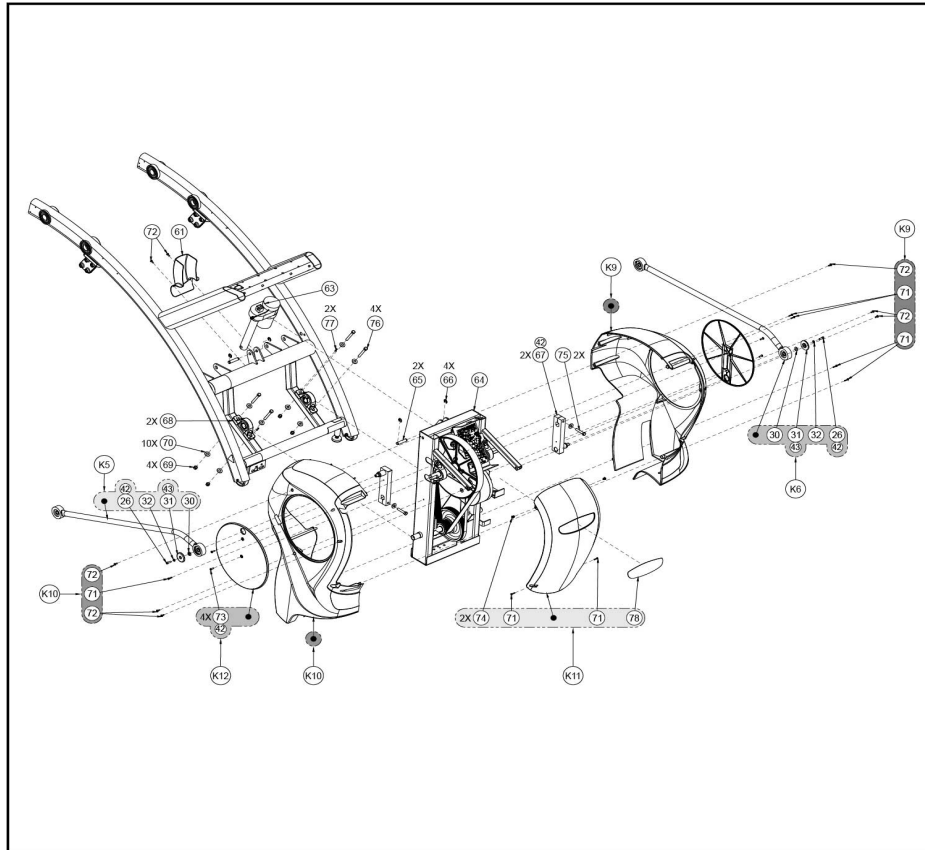
<b>Ref #</b>	<b>Part Number</b>	<b>Qty</b>	<b>Description</b>
27	HT552510	4	TAP SC NO 6-20 X .375 AB PHIL
28	YA000201	1	ADH THRD LKR REM .02 OZ 242
32	1008397-0000	2	DECAL: LF BADGE

**ARC, RUFFIAN, STD. CABLING, TB**



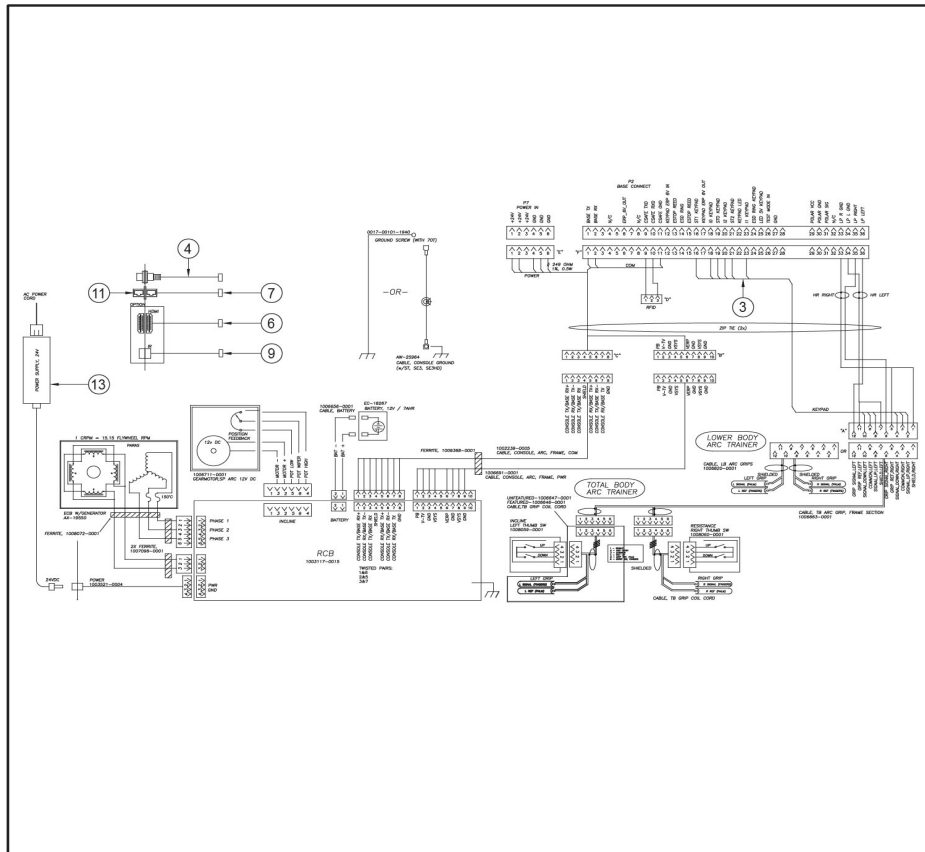
Ref #	Part Number	Qty	Description
52	1006663-0001	1	CABLE: TB ARC GRIP, FRAME
53	1002239-0005	1	CABLE: CONSOLE TO BASE, SIGNAL, 2970MM
54	1006691-0001	1	CABLE: CONSOLE, ARC, FRAME, PWR
55	1003521-0004	1	CABLE: POWER, RCB TO PANEL, 5A

**ARC, RUFFIAN, TLA DRIVE ASSY**



Ref #	Part Number	Qty	Description
K9	773ATK024	1	KIT, GSC COVER LEFT
K10	773ATK025	1	KIT, GSC COVER RIGHT
K11	773ATK026	1	KIT, ACCESS COVER
K12	1009568-0002	2	KIT: CRANK COVER, NO DECAL
61	740A-354-24LF	1	COVER, ELEVATION MOTOR
63	1006711-0001	1	MOTOR, ELEVATION, 12VDC, 1/2HP
64	1006841-0001	1	DRIVE FRAME ASSEMBLY
65	AP030055	2	Pin Groove .50 x 2.00
66	BR030228	4	Retaining Ring .500 External
67	610A-395	2	ASSY ARM CRANK
68	AF-16694	2	ASSY,BEARING,PILLOW BLOCK
69	HN704901	4	LOCKNUT .375-16 NYLON
70	HS347700	10	WASHER USS .375
71	HT552515	9	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
72	HT572512	8	TAP SC NO. 10 - 24 X .50 PN HD PHIL
73	HM582514	4	PN HD PHIL SC NO 10-32 X .625 BLK ZN
74	HF540200	2	GROMMET NYLON
75	HH701226	2	BOLT, HHCS GRD 8, .375-16 X 2.0
76	HC701234	4	HX HD CAP SC .375-16 X 3.00
77	HX-17023	2	PIN,SPRING .187X.813 LG,TYPE 420,ST STL
78	750A-349	1	Decal ARC

**ARC, RUFFIAN, WIRING DIAGRAM, ADVANCED**



Ref #	Part Number	Qty	Description
3	1006714-0001	1	CABLE: TB ARC, T3, CONSOLE
4	1006664-0002	1	CABLE: RG6U COAX
6	1001653-0004	1	CABLE ASSY: HDMI, PANEL MOUNT, RIGHT, ARC TRAINER
7	1006670-0001	1	CABLE ASSEMBLY: CAT6 SHIELDED, BLK
9	1001671-0004	1	CABLE: IR, CONSOLE TO PANEL
10	0017-00101-1994	2	SCREW: M3 X 0.5 X 12, PHL, PAN, MS, ST, ZN
11	OCN-24895	1	COUPLER, CAT6 SHIELED, RJ45 8 COND BULKHEAD
13	1004808-0001	1	POWER SUPPLY: 100-240VAC TO 24VDC, 5A, 2.5MM PLUG

