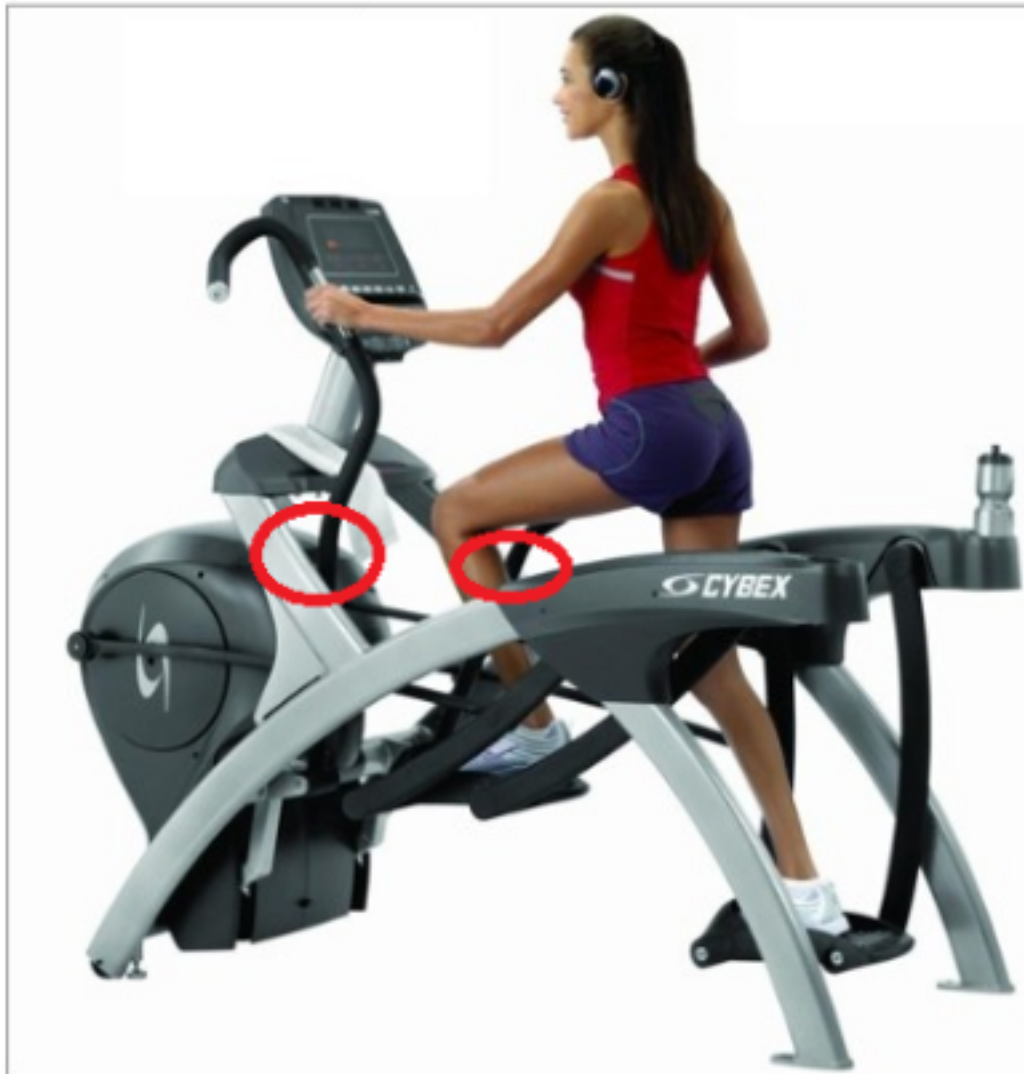


## Assembly Instructions after Remanufactured

### Cybex 750AT Total Body Arc Trainer (Remanufactured)



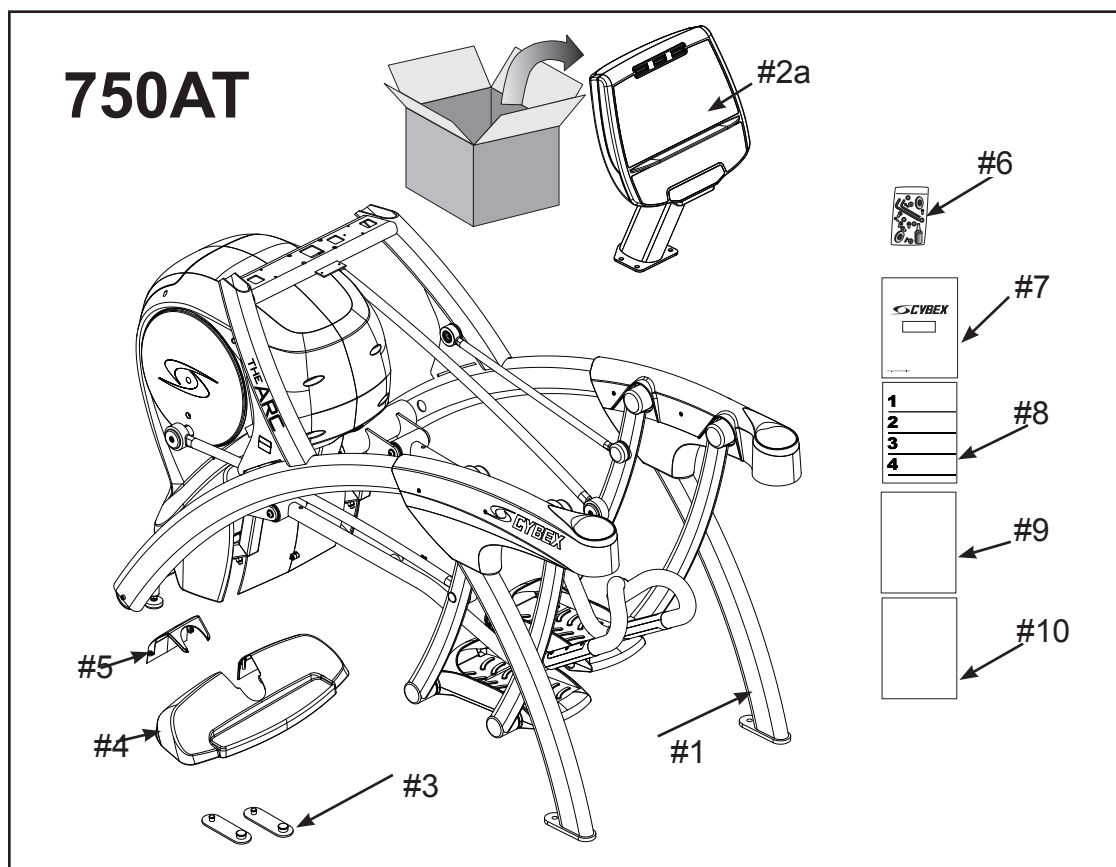
HIGHLIGHTED AREAS on Page 26 to 31 are assembly directions to install arms. See "Install the left handle assembly" + "Install right handle assembly"

**Verify contents of 750AT hardware pack.**

1. See 750AT content listing and 750AT carton contents.
2. Check off each item as found. See Customer Service for contact information if any parts are missing.

**750AT Contents**

Item	Quantity	Part Number	Description
1	1	Varies	Base with covers attached
2a	1	Varies	Console assembly (in box)
3	2	12090-322	Foot pad
4	1	740A-370	Tray, Main
5	1	740A-371	Tray, Insert
6	1	NA	Hardware pack
7	1	5750-4	Owner's Manual
8	1	750A-393	Assembly poster
9	1	750A-391	Commercial Arc warranty sheet
10	1	750A-392	Consumer Arc warranty sheet

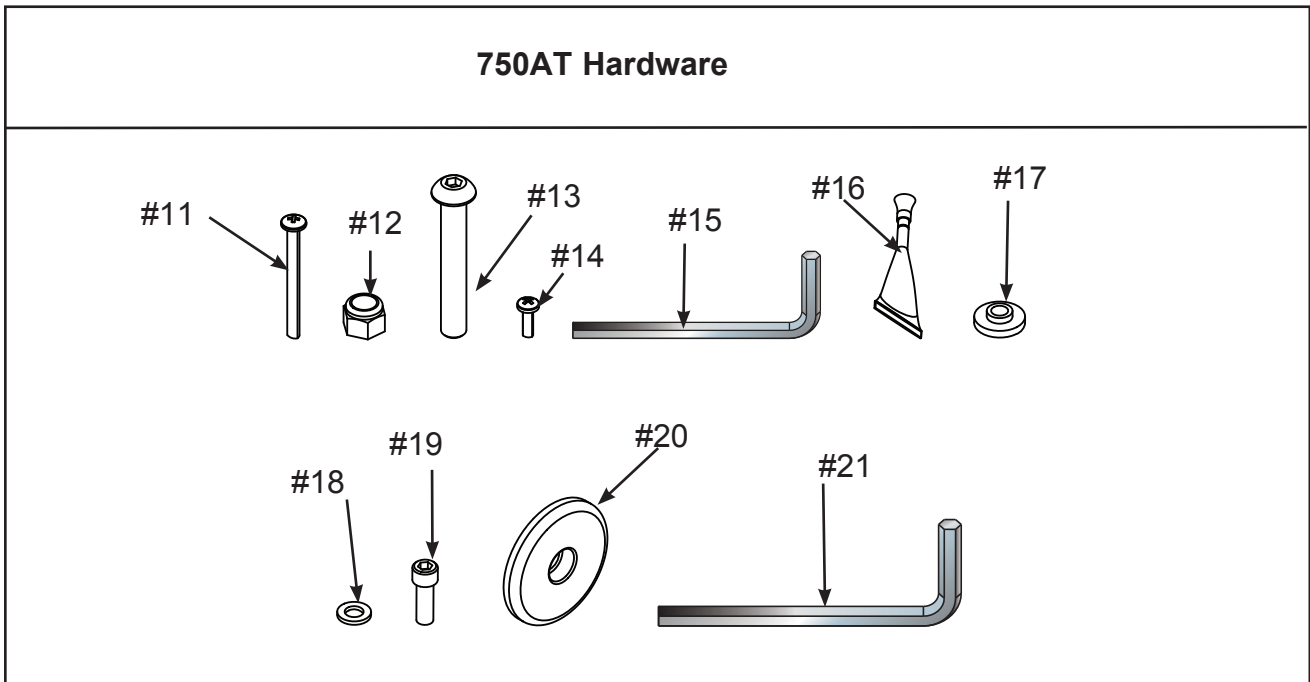


**Verify contents of 750AT hardware pack.**

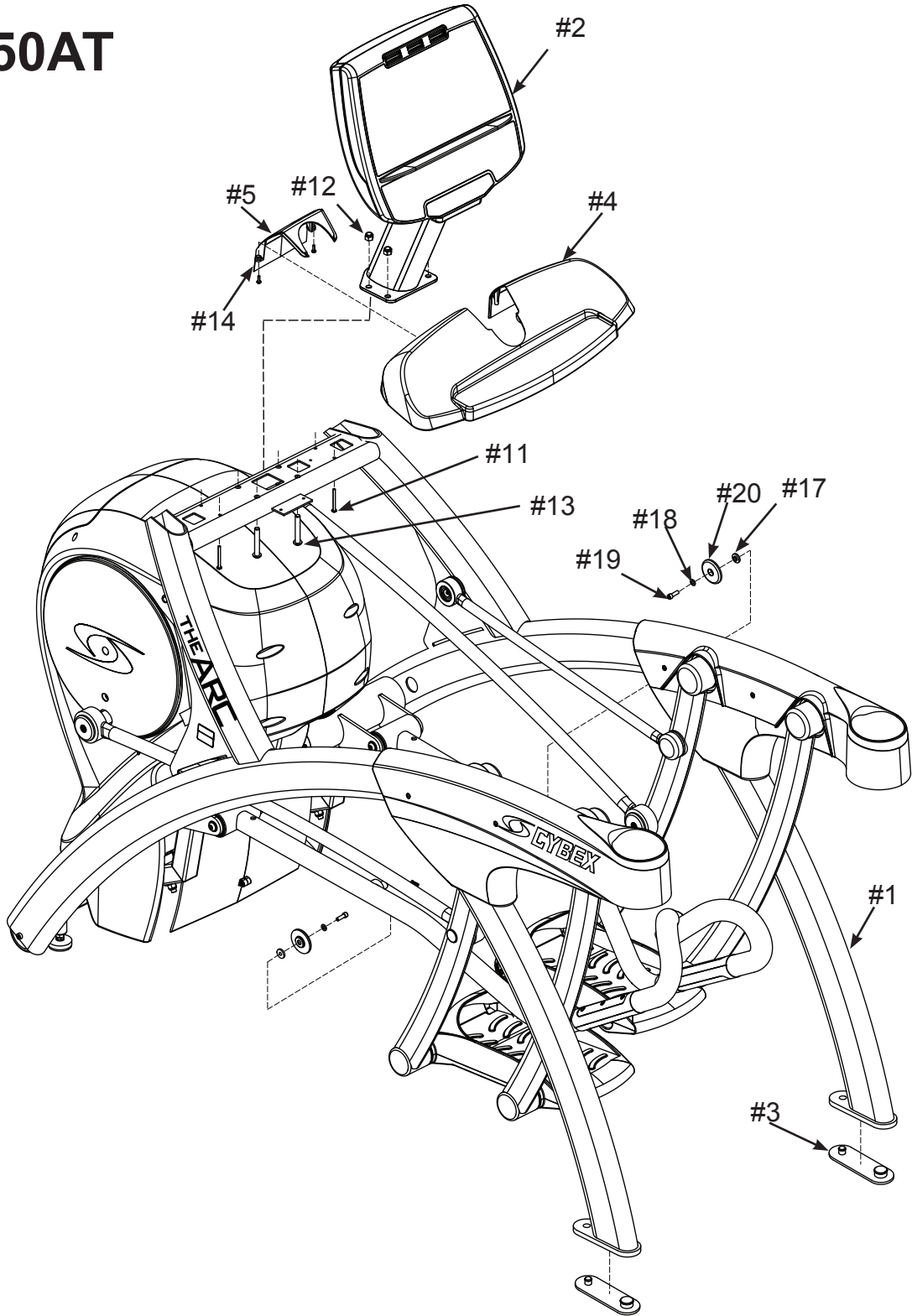
1. See 750AT hardware pack listings and 750AT hardware pack contents.
2. Check off each item as found. See Customer Service for contact information if any parts are missing.

**750AT Hardware Pack**

Item	Quantity	Part Number	Description
11	4	HT592526	Tap SC 10-12 x 2.00 Type A PN HD PHIL
12	4	HN704901	Locknut, .375-16 Nylon
13	4	HC700428	BHSCS .375-16 x 2.25
14	2	HT552512	Pan HD Phil Hd Self Tapping, 8-16 x .50 Type WB
15	2	BK030204	7/32" Allen Wrench
16	1	YA000201	Loctite
17	2	600A-311	Flange Spacer
18	2	HS307601	Washer, Flat .281 ID x .500 OD x .062 T
19	2	HX622815	SHCS .250-20 UNC-3A SS
20	2	PL-16535	Linkage Rod Cap 2.00 OD
21	1	BK030201	3/16" Allen Wrench

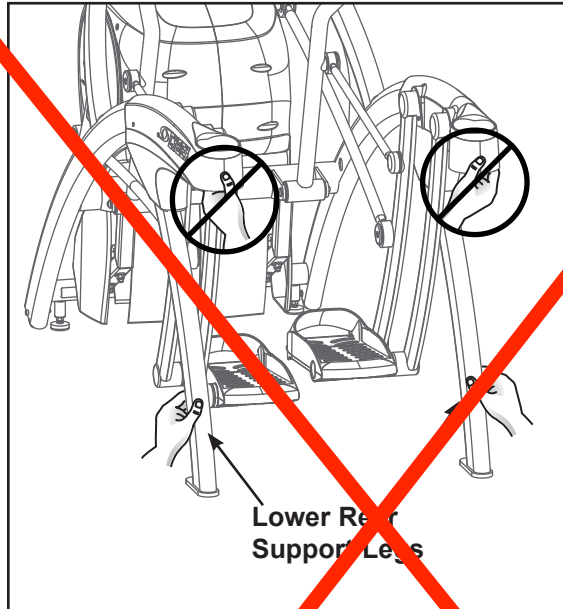


# 750AT



**Lift and move unit.**

1. Carefully remove large bolts and shipping supports. Keep package material on linkage arms at this time. This will protect the paint from scratching during assembly.
2. With one person on each side, firmly grasp each rear support leg and lift. Do not grasp plastic pivot covers. Grasping plastic pivot covers may cause damage to unit.

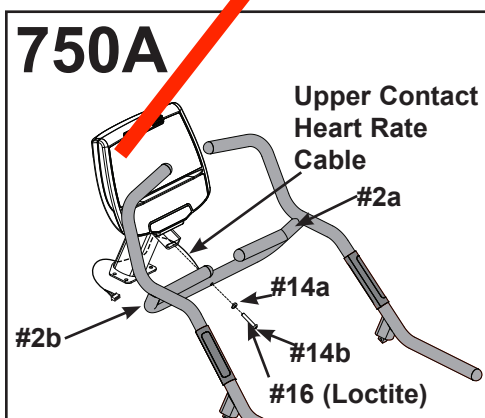


3. Using proper lifting methods, lift the lower rear support legs so the front transport wheels are able to roll on floor.
4. Move unit to intended location.
5. Carefully lower rear support legs.

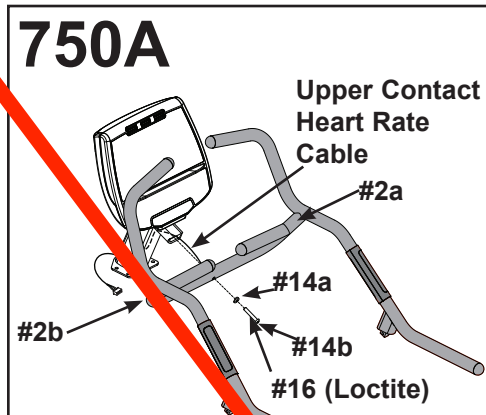
**Attach 750A console assembly to handrail assembly.**

**NOTE:** If installing the A/V option, refer to the installation instructions supplied with the A/V unit.

1. Locate the console assembly (#2a), handrail assembly (#2b), saddle washer (#14a) and one BHSCS .375-16 x 2.25 SS (#14b).



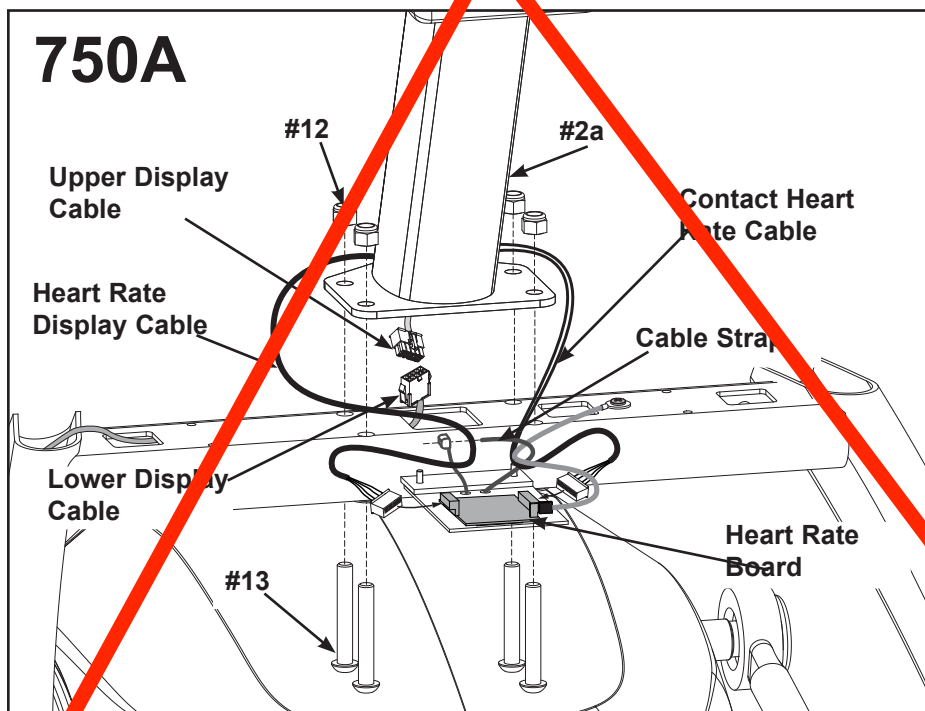
2. Locate the contact heart rate cable in the handrail assembly.
3. Thread upper contact heart rate cable through the console mount.



4. Attach the console assembly (#2a) to the handrail assembly (#2b); using a 7/32" Allen wrench, secure with one saddle washer .390 OD x .750 OD x 6 (#14a) and one BHSCS .375-16 x 2.25 SS (#14b). Refer to the above diagram.

#### Attach 750A cables

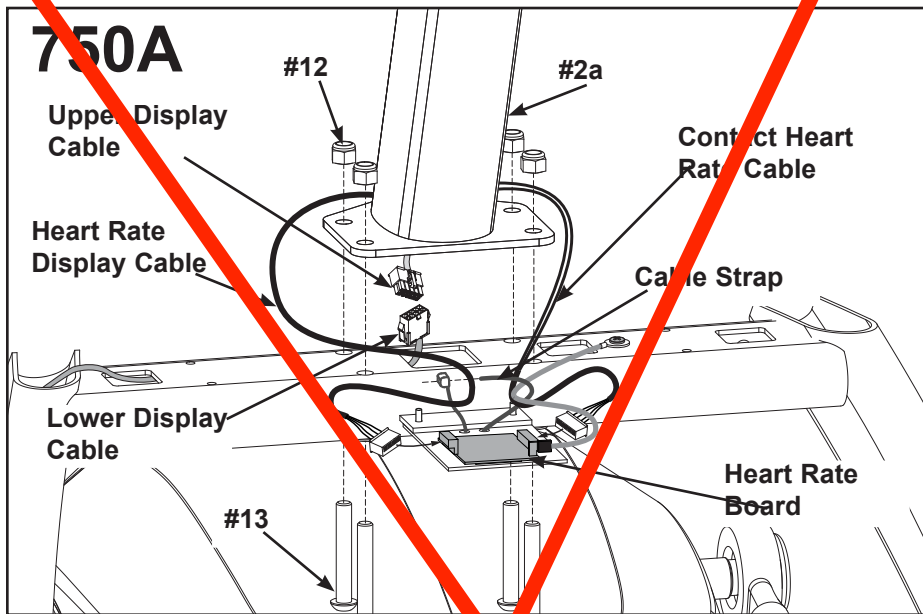
1. Locate the upper display cable, contact heart rate cable, and plug into the lower display cable.



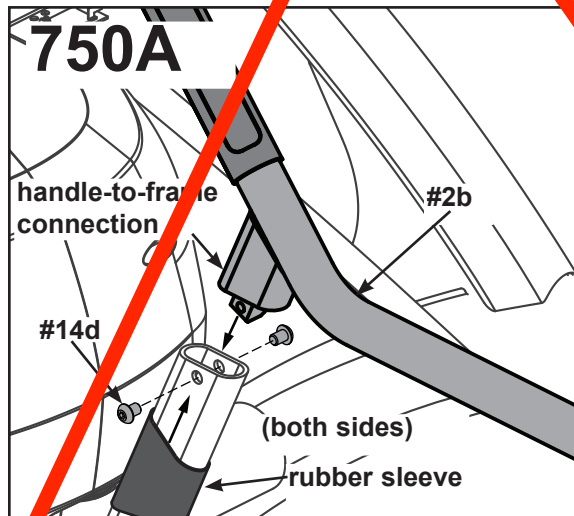
2. Plug the heart rate display cable (threaded through console mount in step 8C) into the heart rate board. Ensure cable connectors are securely fastened. Tighten cable strap. Refer to above the diagram.

**Attach 750A console and handrail assembly.**

1. Locate four nylon locknuts (#12) and four BHSCS .375-16 x 2.25 (#13).



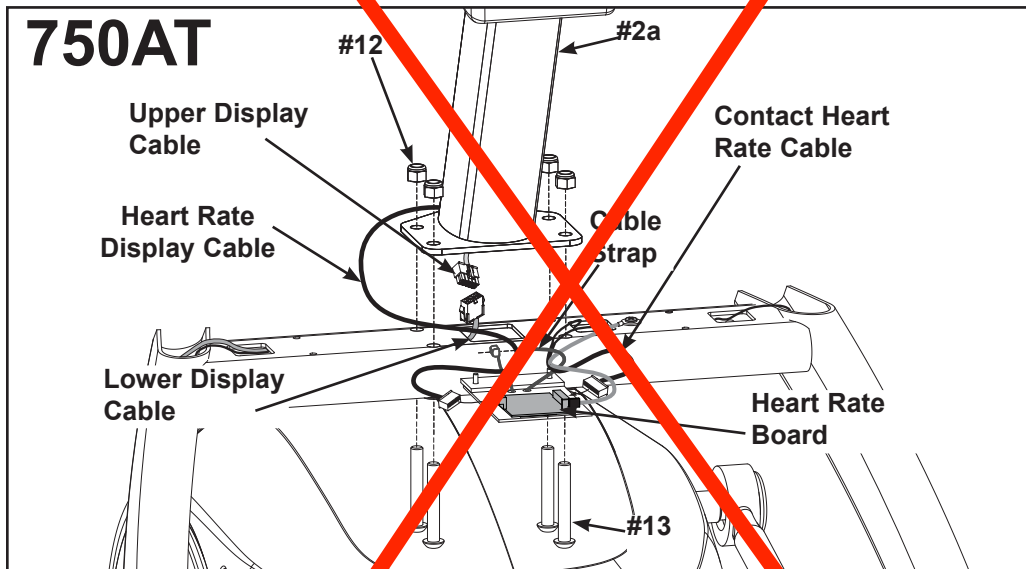
2. With an assistant, place the console assembly (#2a) and handrail assembly (#2b) in the correct position on the main frame. *Confirm that no cables are pinched while lowering the console.*
3. Insert (from underneath) the four BHSCS .375-16 x 2.25 (#13). Hand thread the four .375-16 nylon locknuts (#12) in position. Do not tighten at this point.
4. Apply loctite to and insert the four BHSCS .375-16 x .50 SS (#14d). Do not tighten at this point.



5. Hold the four BHSCS .375-16 x 2.25 (#13) with a 7/32" Allen wrench (#15) while tightening with a 9/16" open end wrench to secure console.
6. Using a 7/32" Allen wrench, tighten the four BHSCS (#14d) to secure the handle assembly. Refer to the above diagram.
7. Pull rubber sleeves up to cover handle-to-frame connections.

**Attach 750AT console assembly.**

1. Locate the console assembly (#2a), four .375-16 nylon locknuts (#12) and four BHSCS .375-16 x 2.25 (#13).

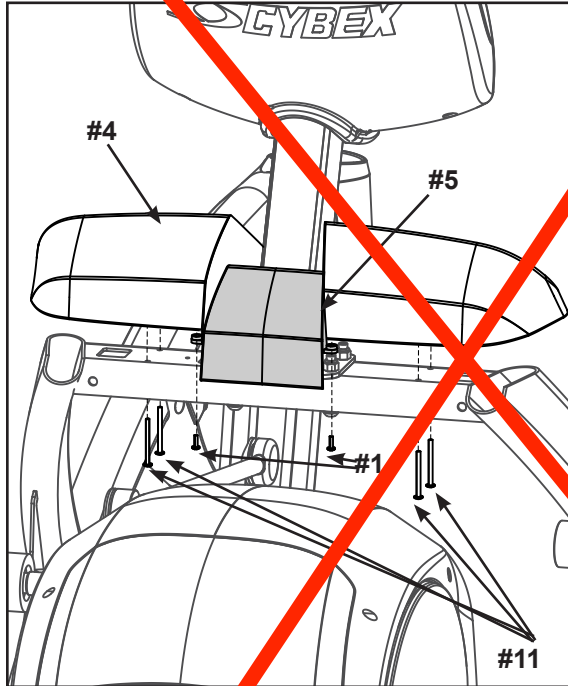


2. Locate the upper display cable and plug into the lower display cable. Refer to the above diagram.
3. Locate the heart rate display cable and plug into heart rate board. Refer to the above diagram.
4. Locate the contact heart rate cable and plug into the heart rate board. Tighten cable strap. Refer to the above diagram.
5. Insert (from underneath) the four BHSCS .375-16 x 2.25 (#13). Hand thread the four .375-16 nylon locknuts (#12) in position. Refer to the above diagram
6. Confirm that no cables are pinched while lowering the console.
7. Hold the four BHSCS .375-16 x 2.25 (#13) with a 7/32" Allen wrench (#15) while tightening with a 9/16" open end wrench to secure console. Refer to above diagram.



### Attach main tray

1. Locate main tray (#4) and four tap SC 10-12 x 2.00 Type A PN HD PHIL (#11).
2. Place the main tray (#4) in the correct position on the main frame assembly and hand thread the four Tap SC 10-12 x 2.00 Type A PN HD PHIL (#11).



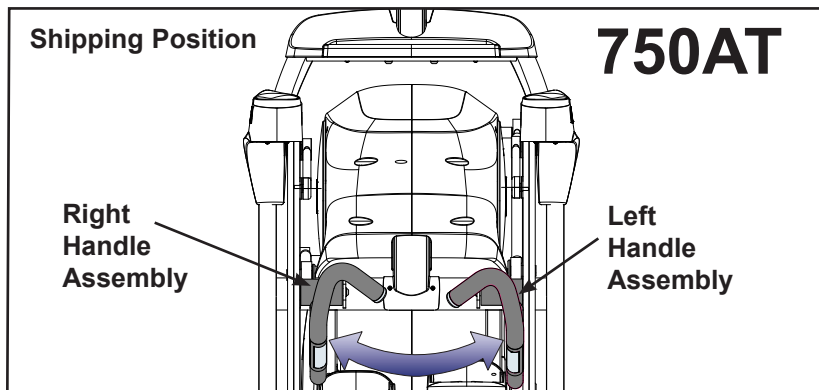
3. Using a Phillips screwdriver, securely fasten the four tap SC 10-12 x 2.00 Type A PN HD PHIL (#11).

### Attach tray insert

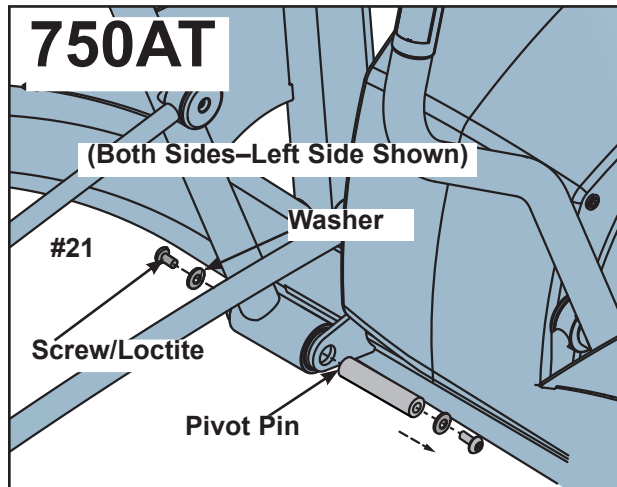
1. Locate tray insert (#5) and two Pan HD Phil Hd Self Tapping, 8-16 x .50 Type WB (#14).
2. Place the insert tray in the correct position on the main frame assembly and hand thread the two Pan HD Phil Hd Self Tapping, 8-16 x .50 Type WB (#14). Refer to the above diagram.
3. Using a Phillips screwdriver, securely fasten the two Pan HD Phil Hd Self Tapping, 8-16 x .50 Type WB (#14).

## Remove left and right handle assembly

**NOTE:** The left and right handle assemblies are shipped in the reverse positions. The handle assemblies must be removed and swapped for proper setup and assembly.



1. Locate the screws and washers that secure each handle assembly to the main frame.

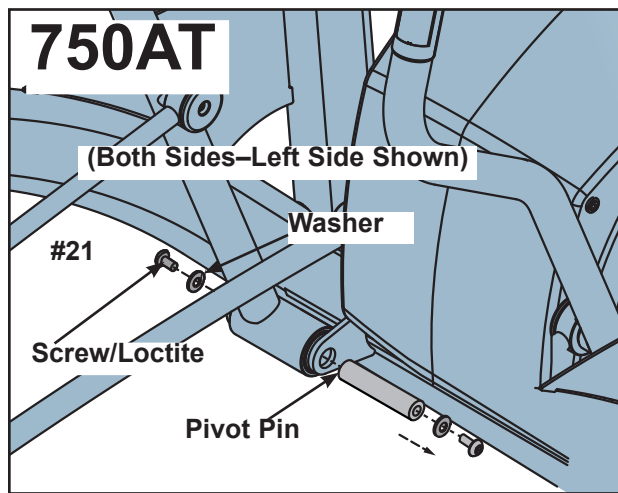


2. Using a 7/32" Allen wrench (#15), remove the screws and washers from the right handle assembly. Refer to the above diagram.
3. Verify right handle assembly is mounted on the left side. Refer to diagram at top of page.

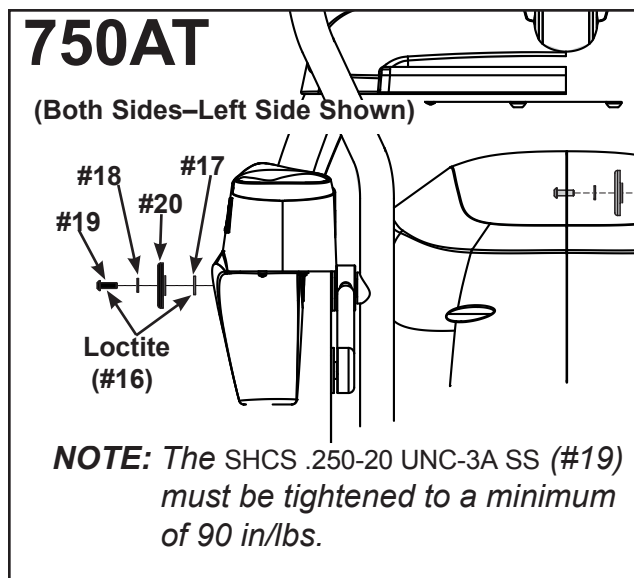
4. Slide pivot pin out, remove right handle assembly and set aside.
5. Using a 7/32" Allen wrench (#15), remove the screws and washers from the left handle assembly. Refer to the above diagram.
6. Verify left handle assembly is mounted on the right side.
7. Slide pivot pin out, remove left handle assembly and set aside.

### Install the left handle assembly

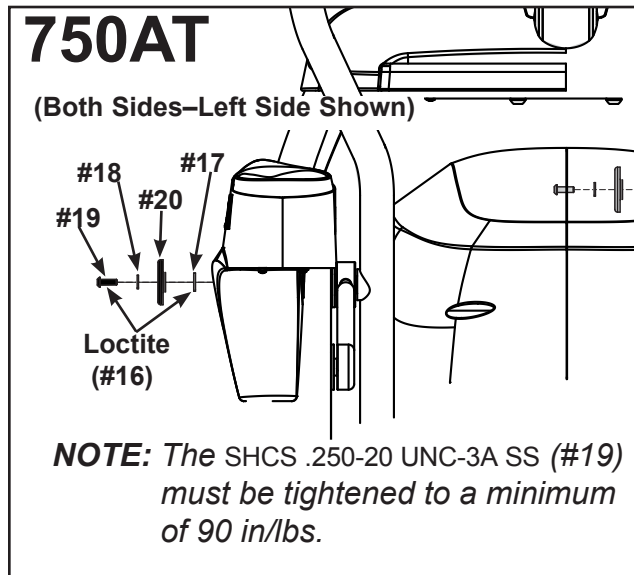
1. Position the left handle assembly in the correct position on the left side where the right handle assembly was removed in step 4 of **Remove left and right handle assembly** .



2. Apply loctite (#16) to threads inside the arm and both screws removed in step 2 of **Remove left and right handle assembly**.



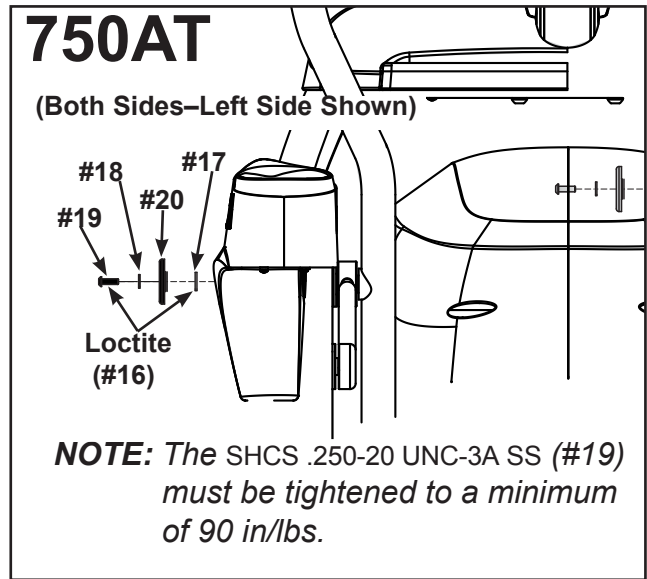
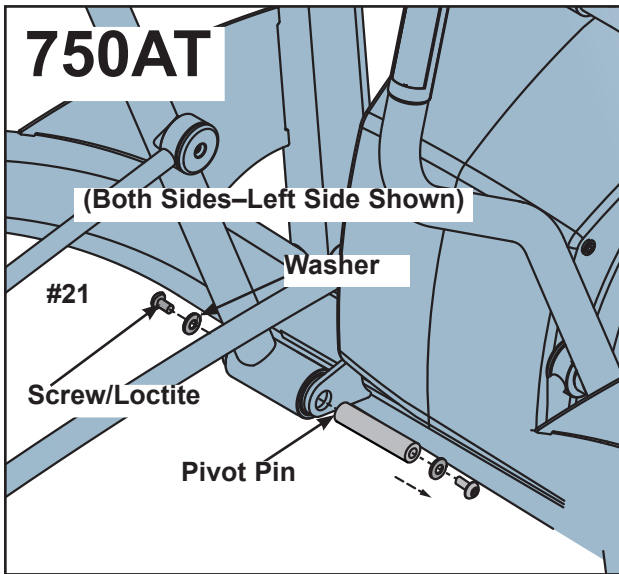
3. Place left handle assembly in position and slide pivot pin back in place. Refer to diagram under step one above.
4. Secure handle assembly with the screws and washers removed in step 2 of **Remove left and right handle assembly** . Refer to diagram under step one above.
5. Locate left linkage rod, left handle assembly, linkage rod cap 2.00 OD (#20), flange spacer (#17), SHCS .250-20 UNC-3A SS (#19), and flat washer .281 ID x .500 OD x .062 T (#18). Refer to diagram under step two above.
6. Place a drop of loctite (#16) on each SHCS .250-20 UNC-3A SS (#19) and another drop inside the shaft into which the SHCS (#19) will be tightened.
7. Using a 3/16" Allen wrench (#7), secure linkage rod to handle assembly with linkage rod cap 2.00 OD (#20), flange spacer (#17), SHCS .250-20 UNC-3A SS (#19) and flat washer, .281 ID x .500 OD x .062 T (#18).



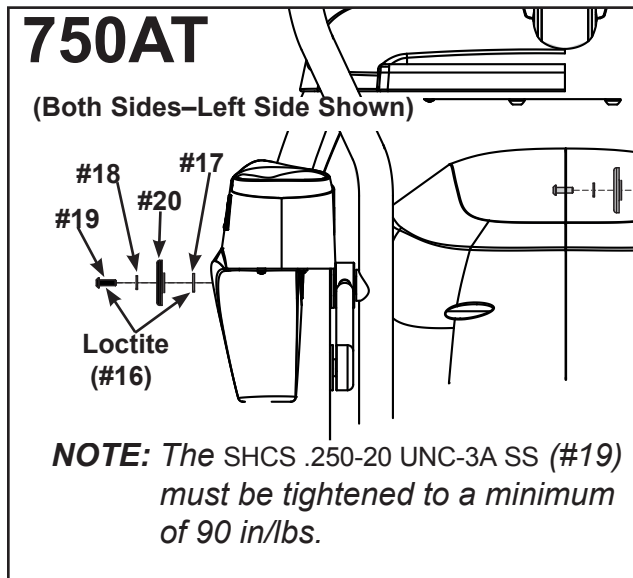
8. Verify the SHCS .250-20 UNC-3A SS (#19) are tightened to a minimum of 90 in/lbs.

**Install right handle assembly**

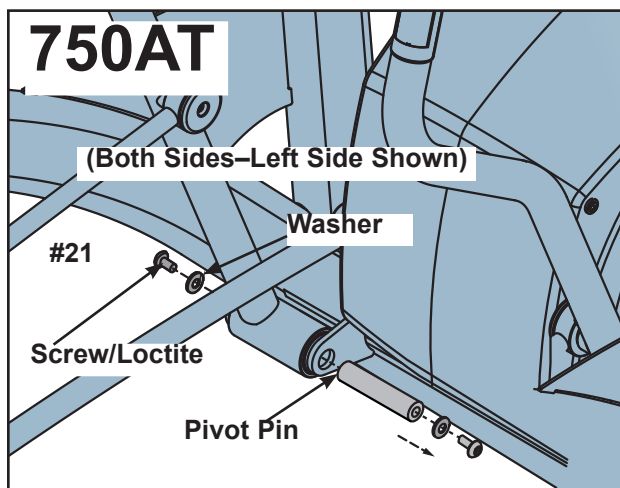
1. Position the right handle assembly in the correct position on the right side where the left handle assembly was removed in step 7 of **Remove left and right handle assembly**.



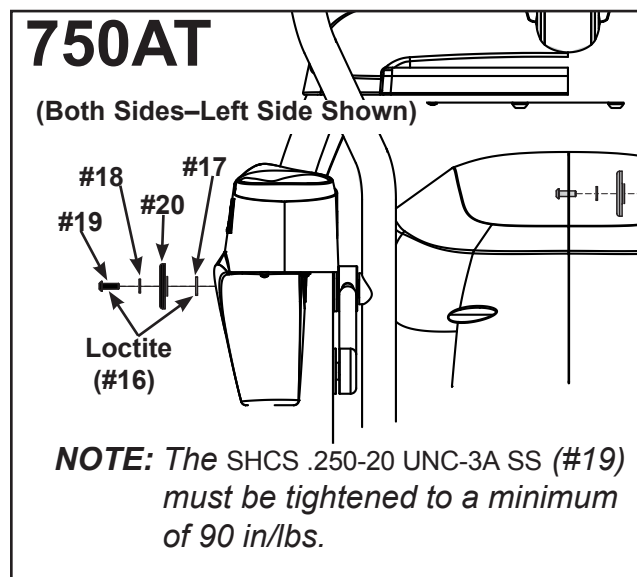
2. Apply loctite (#16) to threads inside the arm and screws removed in step two of **Remove left and right handles**.



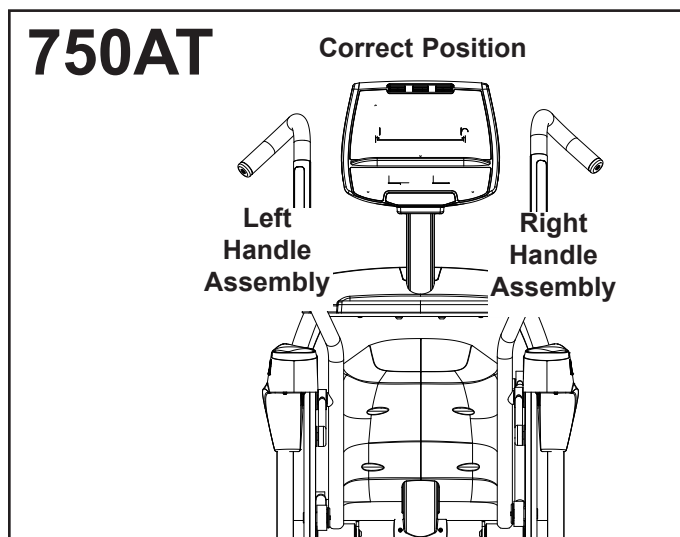
3. Place right handle assembly in position and slide pivot pin back in place.



4. Secure handle assembly with the screws and washers removed in step two of **Remove left and right handles**. Refer to the above diagram.
5. Locate right linkage rod, right handle assembly, linkage rod cap 2.00 OD (#20), flange spacer (#17), SHCS .250-20 UNC-3A SS (#19), and flat washer .281 ID x .500 OD x .062 T (#18). Refer to diagram at top of page.
6. Place a drop of threadlocker (#21) on each SHCS .250-20 UNC-3A SS (#19) and another drop inside the shaft into which the SHCS will be tightened.
7. Secure linkage rod to handle assembly with linkage rod cap 2.00 OD (#20), flange spacer (#17), SHCS .250-20 UNC-3A SS (#19) and flat washer .281 ID x .500 OD x .062 T (#18). **NOTE: The SHCS .250-20 UNC-3A SS (#19) must be tightened to a minimum of 90 in/lbs.**

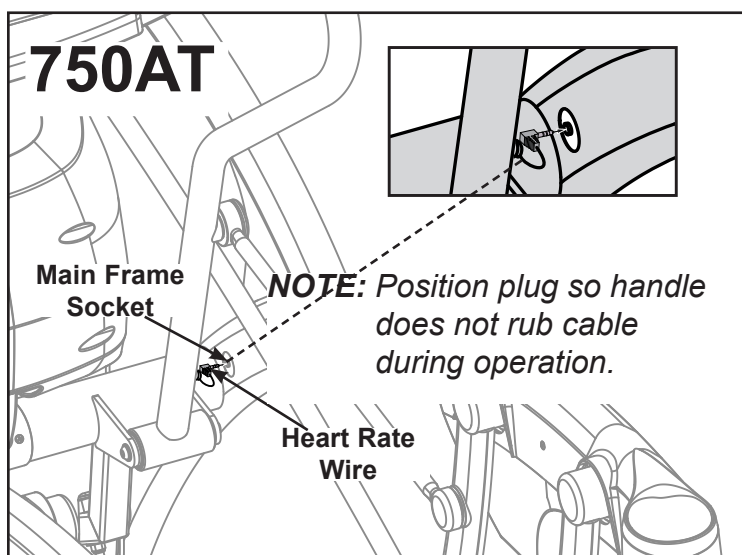


8. Verify handle assemblies are now installed in the correct position.



### Connect 750AT contact heart rate cable

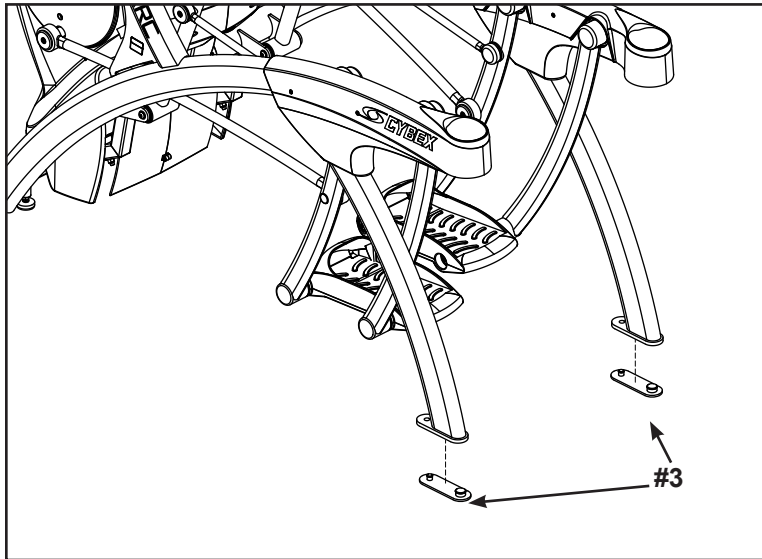
1. Locate contact heart rate cable exiting from the right handle assembly.



2. Plug right heart rate cable into main frame socket. Refer to the above diagram.

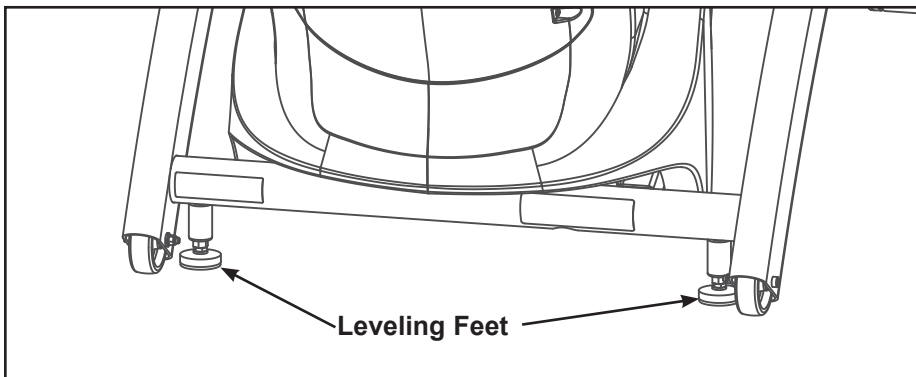
### Attach foot pads

Have one person lift the unit while a second person places a foot pad (#3) under each of the two back feet.



### Level unit

Confirm unit is on a level surface. If not, use a 9/16" open-end wrench to adjust the leveling feet up or down.



### Visually inspect unit

1. Carefully remove any package material from arms and rest of unit.
2. Carefully examine the unit to ensure assembly is correct and complete.