

# LIFE FITNESS LOWER BODY ARC

LF-ARC-LB

## Parts Manual

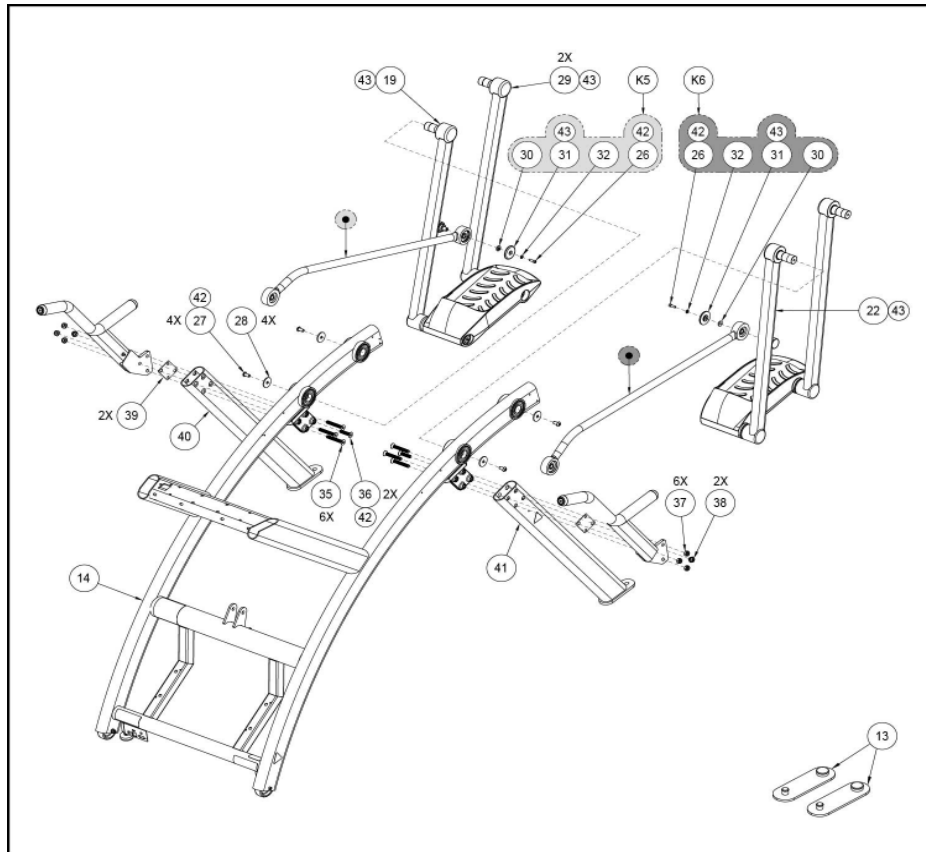
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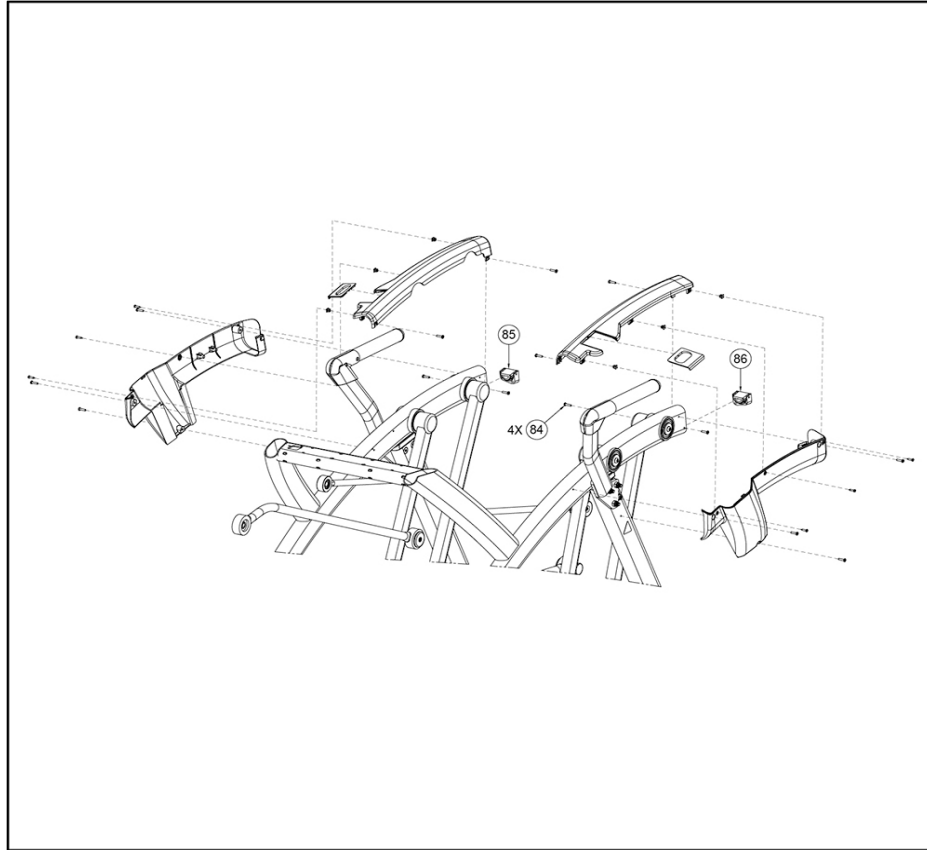
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**ARC, BASE, LB**


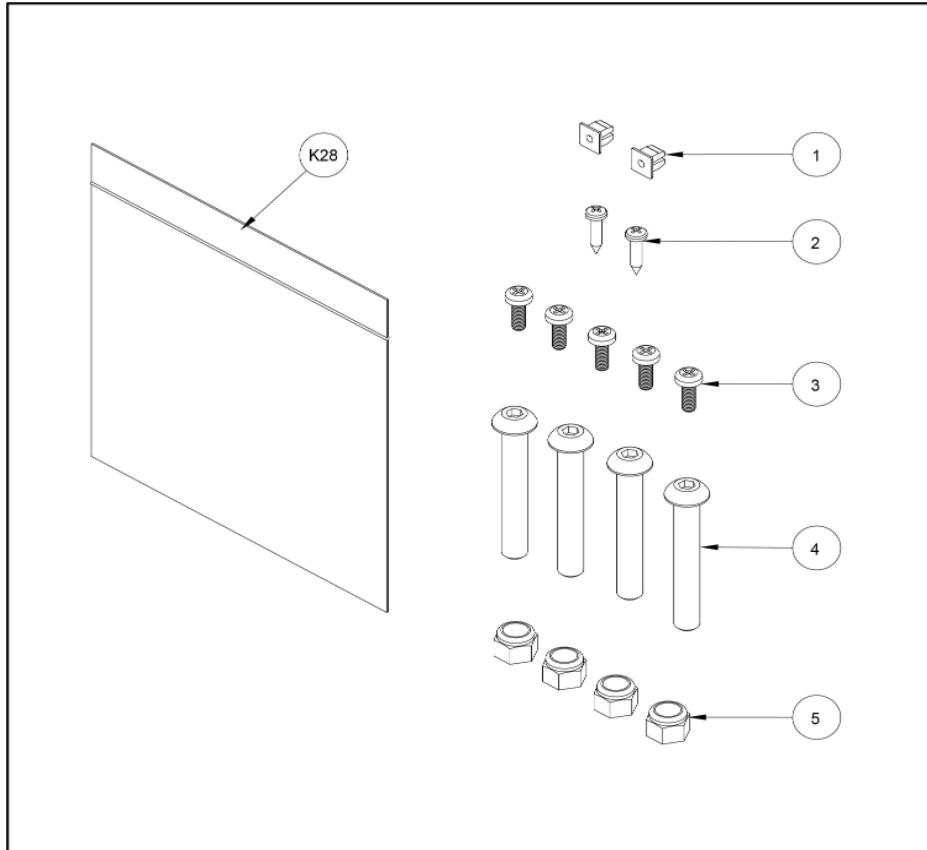
Ref #	Part Number	Qty	Description
K5	1009423-0001	1	KIT, LINKAGE ROD RIGHT- Black Wrinkle
K6	1009422-0001	1	KIT, LINKAGE ROD LEFT- Black Wrinkle
19	770A-203	1	W/ FOOT PLATE ARM, RF
22	770A-202	1	W/ FOOT PLATE ARM, LF
26	HX622815	4	SHCS .250-20 X .75 SS
27	HC700415	4	BHSCS .375-16 X .75
28	HS347602	4	WASHER .390 X 1.500 X .124 FLAT
29	770A-204	2	W/ FOOT PLATE ARM, REAR
30	600A-311	4	SPACER FLANGE
31	PL-16535	4	CAP, LINKAGE ROD, 2.00 OD
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	NUT: M10 X 1.50-6H6H, DIN, LOCKNUT, ST, ZB
38	7335401	2	NUT, M10 X 1.5 SOCKET HEAD
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
43	YG000007	1	GREASE TRANS LUBRIPLATE 1200-2

**ARC, BUMPERS, LF**



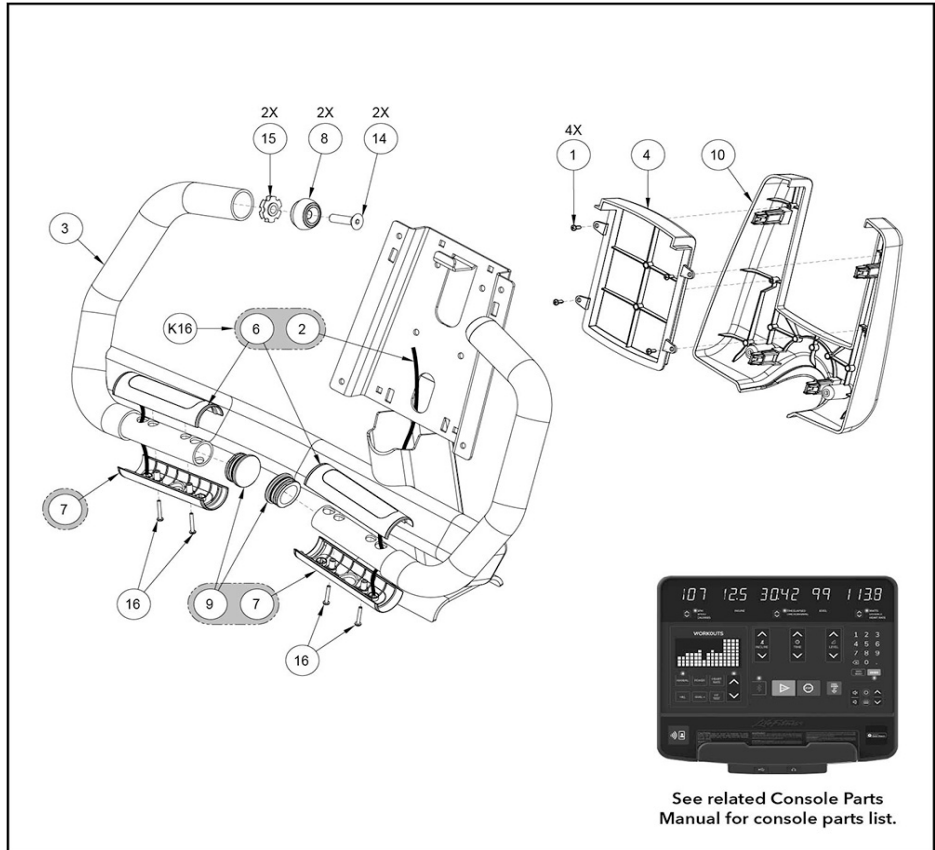
Ref #	Part Number	Qty	Description
83	HT572515	4	SCREW, PAN HEAD PHILIPS 10-24 X .75 TYPE 23, BLK
84	1008809-0001	1	BUMPER: REAR PLASTIC SUPPORT, RH
85	1008810-0001	1	BUMPER: REAR PLASTIC SUPPORT, LH

**ARC, CONSOLE HW, LF**



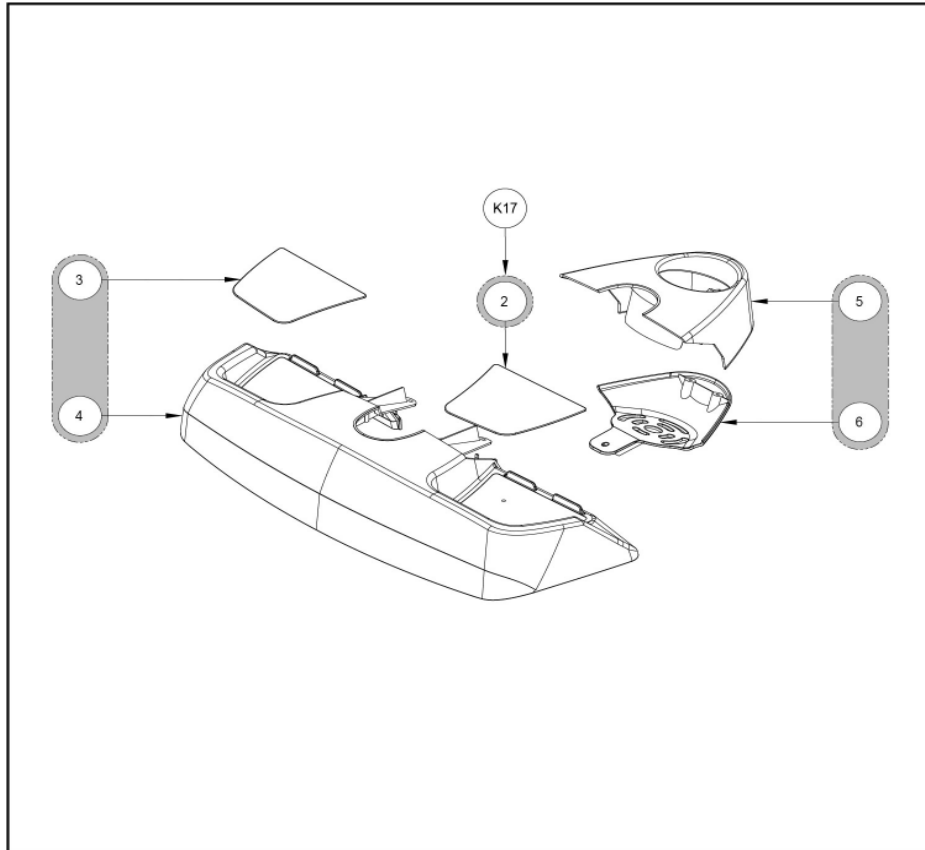
Ref #	Part Number	Qty	Description
1	0017-00042-1147	2	GROMMET: SCREW, 8 OR 10
2	0017-00101-1796	2	SCREW: M4.2 X 0.7 6G6G X 19, DIN, PHL, PAN, AB, ST, ZB
3	0017-00101-1940	5	SCREW: M5 X 0.8 X 14, PHL, PAN, MS, ST, ZN
4	HC700430	4	BHSCS .375-16 X 2.50
5	HN704901	4	LOCKNUT .375-16 NYLON
K28	773AT-341	1	HARDWARE PACK, 773AT CONSOLE MOUNT, LF

**ARC, CONSOLE MOUNT, LF, LB, BASIC**



Ref #	Part Number	Qty	Description
1	0017-00101-1650	4	SCREW: 6-19 X 6, PHL, PAN, PLT, ST, ZB, VMI
2	1006820-0001	1	CABLE: LB ARC, GRIPS
3	1011569-0001	1	WELDMENT: MOUNT, CONSOLE, ARC, LB
4	1007407-0001	1	ASSEMBLY: SHROUD, REAR, FILLER
6	770A-397	2	GRIP, CHR, TOP
7	770A-398	2	GRIP, CHR, BOTTOM
8	770A-399	2	CAP, END 1.50 OD
9	770A-407	2	END CAP, CONTACT GRIP
10	773AT-315	1	CONSOLE, BACK SHROUD
14	HC700922	2	FHSCS .375-16 X 1.500, SS
15	HF709001	2	INSERT 1.37 X .375-16 UNC
16	HT532519	4	TAP SC #6-20 X 1.12, TYPE 25, PPHD
K16	1009582-0001	1	KIT: CHR GRIPS W/ WIRE, LB

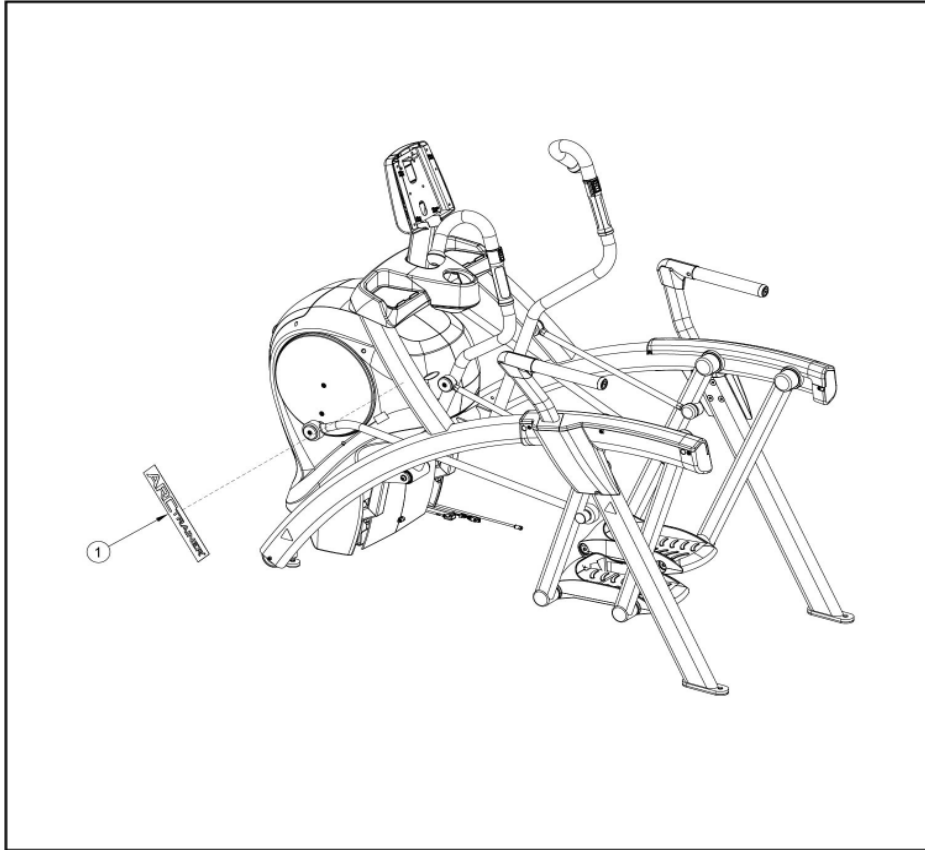
**ARC, CONSOLE TRAY**



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

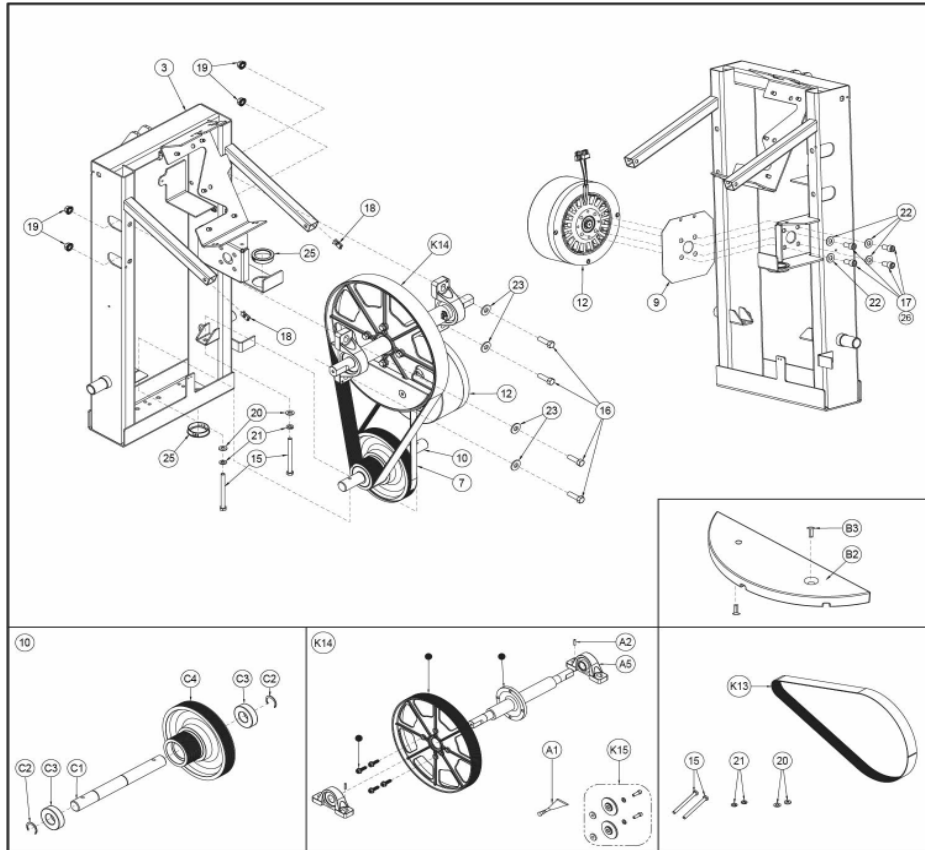
## ARC, DECALS, LIFE FITNESS

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

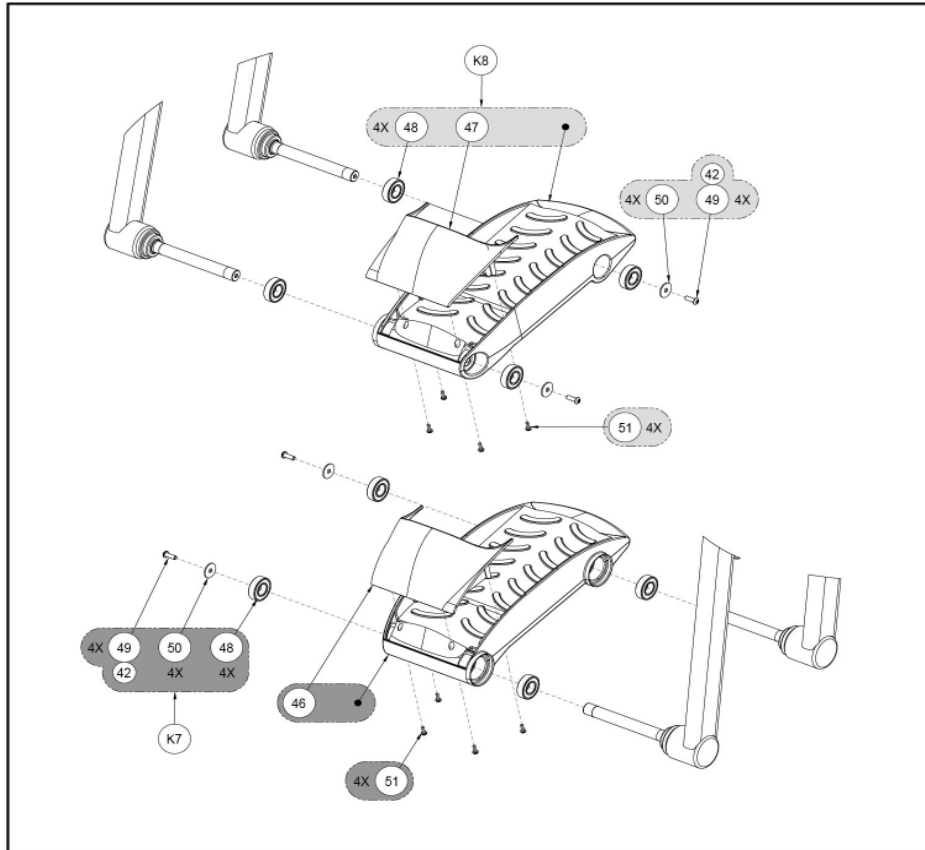


**ARC, DRIVE ASSY**


Ref #	Part Number	Qty	Description
C1	771A-318	1	SHAFT, LOWER
A2	HX-17023	2	PIN, SPRING .187X.813 LG, TYPE 420, ST STL
B2	FM-19507	2	COUNTERWEIGHT
C2	BR030221	2	RING RETAINING EXT CRESCENT
B3	JC700922	2	FHSCS .375-16 X 1.50
C3	FB030243	2	BEARING 25MMIDX52MMOD 6205
C4	PW-16521	1	PULLEY, DRIVE
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

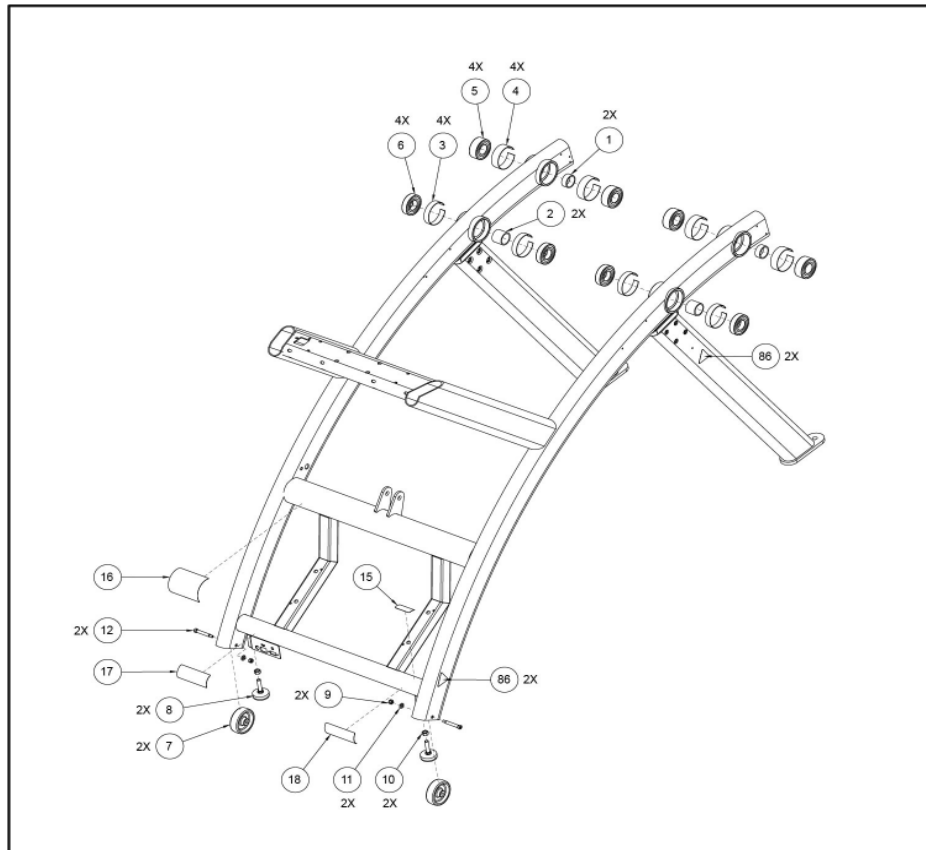
<b>Ref #</b>	<b>Part Number</b>	<b>Qty</b>	<b>Description</b>
22	HS347600	4	WASHER SAE .375
23	HS347700	4	WASHER USS .375
25	HX-17050	2	BUSHING,1.275IDX1.87 OD,NYLON INSULATED
26,A1	YA000201	2	ADH THRD LKR REM .02 OZ 242

**ARC, FOOTPLATE**



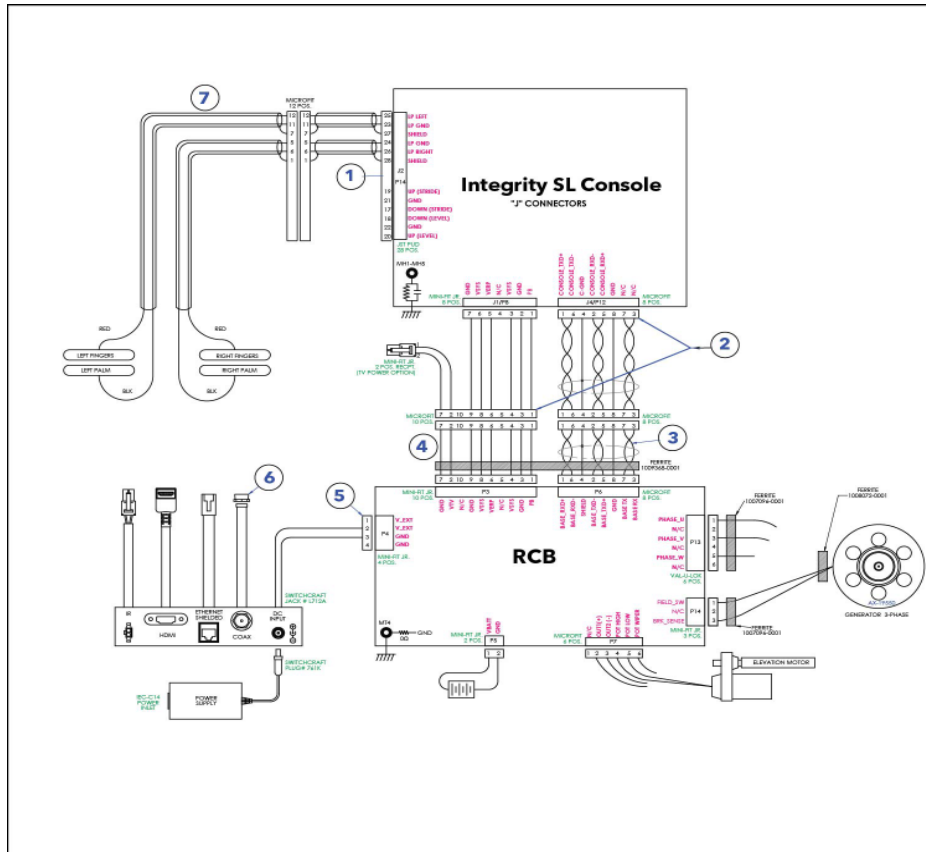
Ref #	Part Number	Qty	Description
K7	773ATK013	1	KIT, FOOT PLATE LEFT
K8	773ATK012	1	KIT, FOOT PLATE RIGHT
42	YA000201	1	ADH THRD LKR REM .02 OZ 242
46	740A-380	1	Toe Cap LH
47	740A-381	1	Toe Cap RH
48	HB-17036	8	BEARING,BALL, .750DIA
49	HC620415	4	BHSCS .250-20 X .75, BL ZN
50	HS307604	4	WASHER, FLAT .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, FRAME, LB**



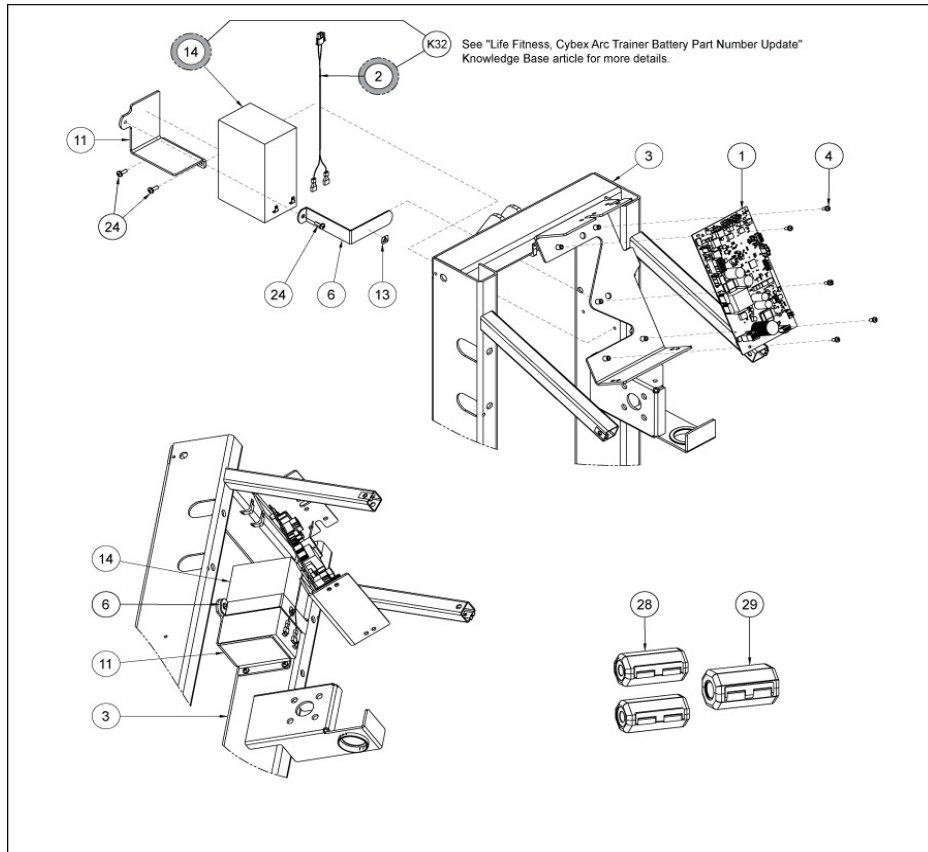
Ref #	Part Number	Qty	Description
1	750A-312	2	Tube Spacer
2	750A-325	2	Tube Spacer
3	FC030003	4	TOLERANCE RING 2.4409 ID
4	FC030011	4	Tolerance Ring .62mm dia
5	FB030256	4	BEARING BALL 1.181 DIA DOUBLE ROW
6	HB-17280	4	BEARING,BALL,SINGLE ROW,6206
7	CW-17231	2	WHEEL, TENSIONER
8	HG700022	2	LEVELING 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 CROSSTRAINER, ARABIC-SAUDI ARABIA
16	525AT-400	1	DECAL, DISCONNECT POWER ENG, FRE, GER, SPA
17	1008359-0001	1	DECAL: SERIAL, ARC TRAINER
18	1008360-0001	1	DECAL: COMPLIANCE ARC TRAINER
86	1009861-0001	4	LABEL: WARNING, PINCHED FOOT/HAND

# ARC, LB, INTEGRITY SL, WIRING DIAGRAM



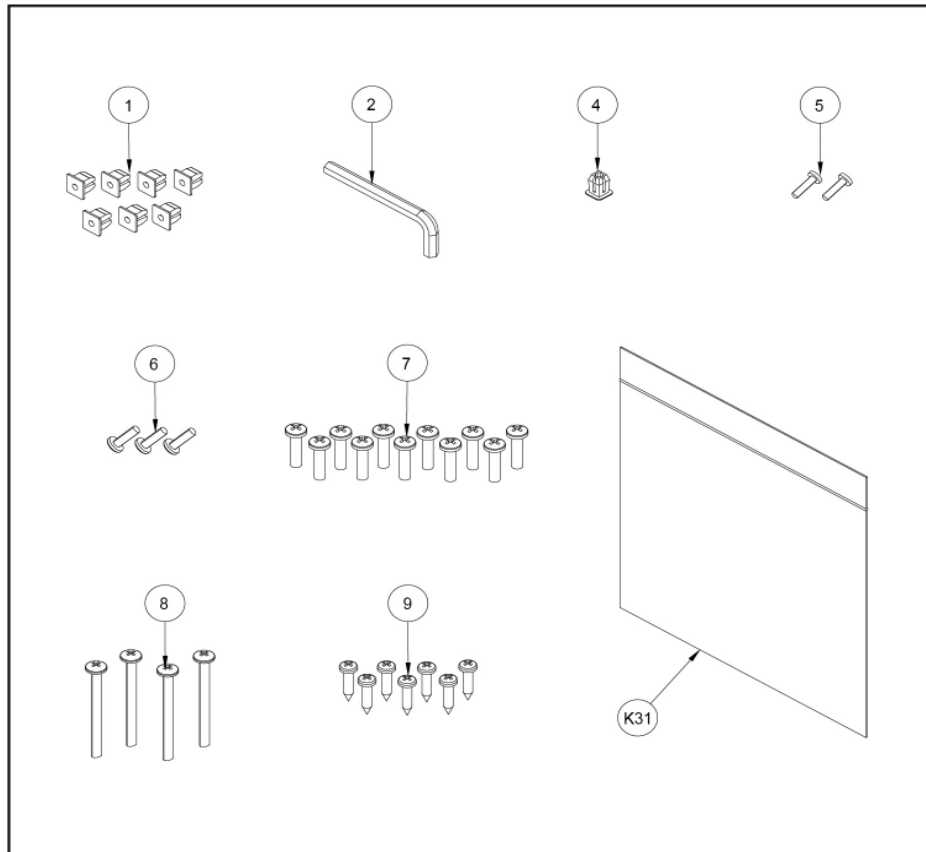
Ref #	Part Number	Qty	Description
1	1015377-0000	1	CABLE: MCFLY ARC, COMM INTERFACE, LOWER BODY
2	1015797-0000	1	CABLE: MCFLY ARC, CONSOLE TO BASE, POWER
3	1002239-0005	1	CABLE: CONSOLE TO BASE, SIGNAL, 2970MM
4	1006691-0001	1	CABLE: CONSOLE, ARC, FRAME, PWR
5	1003521-0004	1	CABLE: POWER, RCB TO PANEL, 5A
6	1006664-0002	1	CABLE: RG6U COAX
7	1006820-0001	1	CABLE: LB ARC, GRIPS

**ARC, LOWER ELECTRONICS**



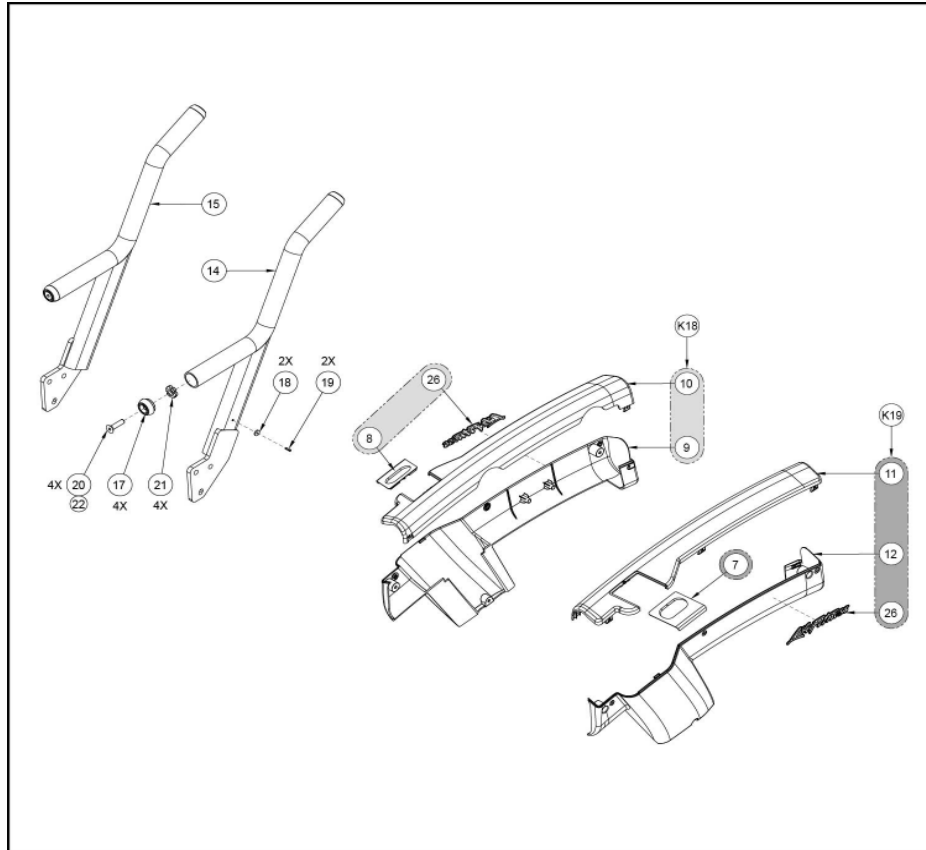
Ref #	Part Number	Qty	Description
1	1015538-0021	1	RUFFIAN RCB MCFLY
2	1006656-0001	1	CABLE: BATTERY
3	1006840-0000	1	W/ DRIVE FRAME
4	0017-00101-1989	5	SCREW: M4 X 6G6G X 10, PHL, PAN, ST, ZN
6	630A-314	1	CLAMP BATTERY
11	771A-314	1	TRAY, BATTERY
13	DE-19586	1	LABEL WARNING ICON
14	1020057-0001	1	KIT: BATTERY 1019996-0001 + CABLE, 773, GSC ARC TRAINER
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, SIDE COVER HW, LB**



Ref #	Part Number	Qty	Description
1	0017-00042-1147	7	GROMMET: SCREW, 8 OR 10
2	BK030204	1	HEX KEY .219IN
4	HF540200	1	GROMMET NYLON
5	HT532512	2	PN HD PHIL SC #6 X .50 PLASTITE
6	HT552512	3	TAP SC NO. 8-16 X .50 PLASTITE PAN HEAD PHILLIPS BLACK
7	HT572515	11	SCREW, PAN HEAD PHILIPS 10-24 X .75 TYPE 23, BLK
8	HT592526	4	Tap Sc 10-12 x 2.00 Pn Hd Phil
9	0017-00101-1796	7	SCREW: M4.2 X 0.7 6G6G X 19, DIN, PHL, PAN, AB, ST, ZB
K31	1007611-0001	1	HW PACK: SIDE COVER, ARC, LOWER BODY

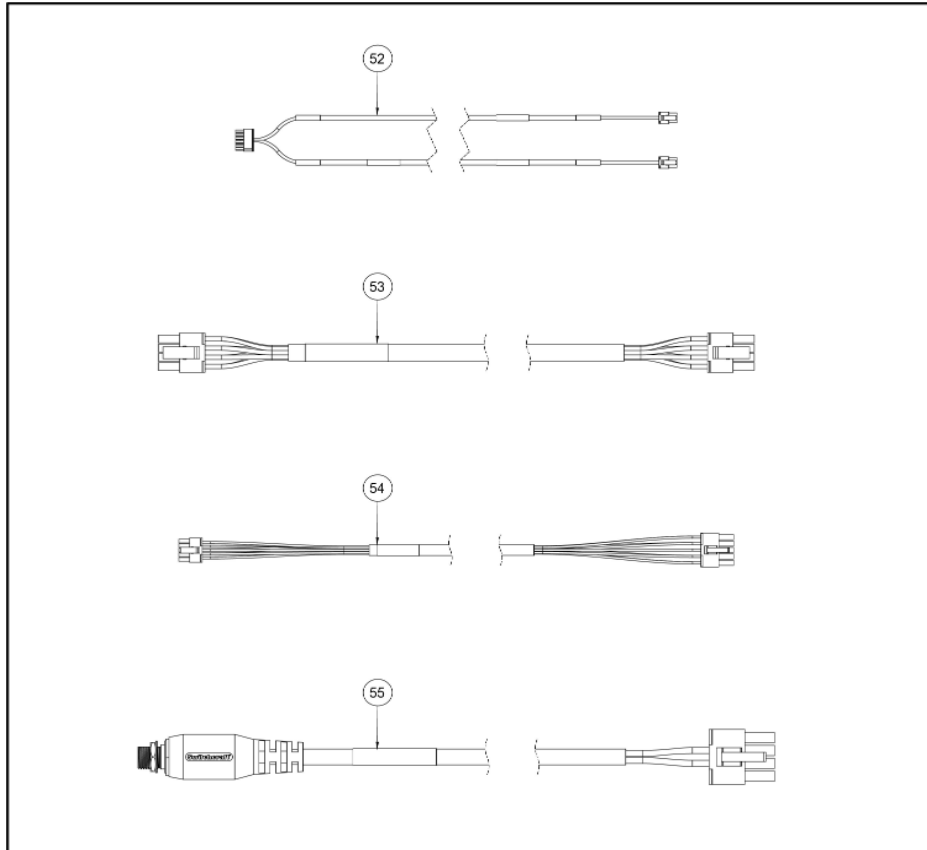
**ARC, SIDE COVER, LB, LF**



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	12090-322	2	PAD FOOT (6.25")
14	771A-202	1	W SIDE HANDLE, LH
15	771A-203	1	W SIDE HANDLE, RH
16	770A-310	1	BRACKET, LOWER, DISPLAY MOUNT
17	770A-399	4	CAP, END 1.50 OD
18	770A-345	2	WASHER, MDPE, .150 ID X .500 OD X .100
K18	1009579-0001	1	KIT:ARC, SIDE COVERS, RH, HANDLE,LF
K19	1009579-0002	1	KIT:ARC, SIDE COVERS, LH, HANDLE, LF
19	HP296712	2	PIN, SPRING .156 X .500
20	HC700922	4	FHSCS .375-16 X 1.500, SS
21	HF709001	4	INSERT 1.37 X .375-16 UNC
22	YA000201	1	ADH THRD LKR REM .02 OZ 242
26	1008397-0000	2	DECAL: LF BADGE

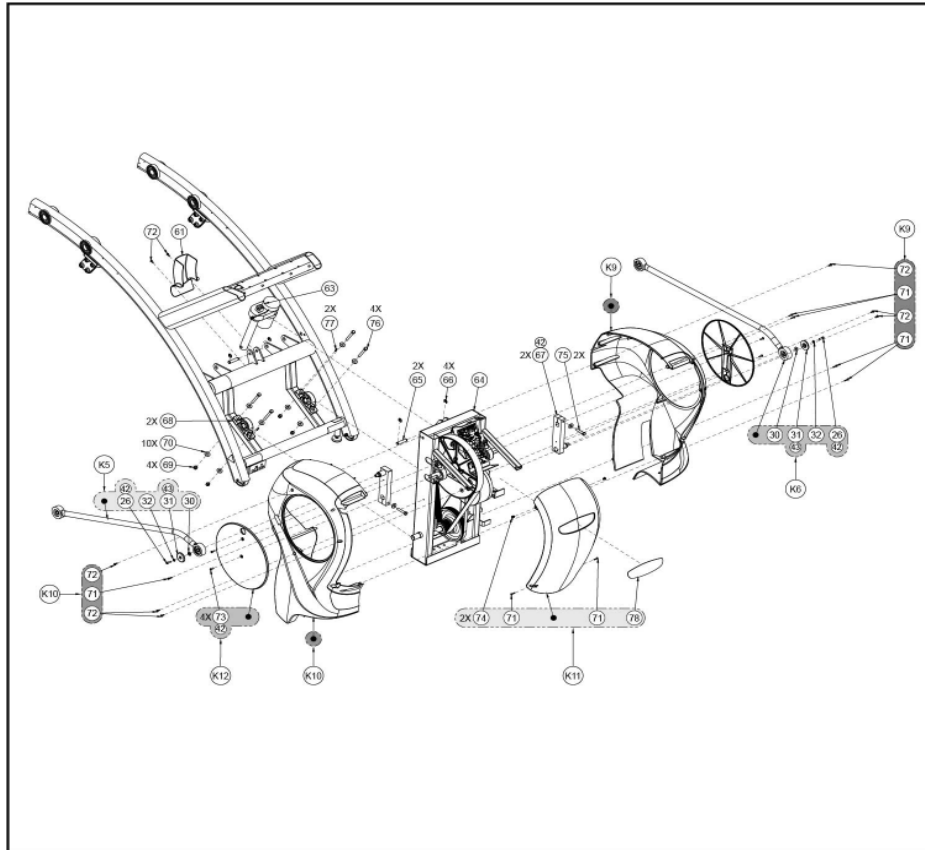


**ARC, STD. CABLING, TB**



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, TLA DRIVE ASSY**



Ref #	Part Number	Qty	Description
K5	1009423-0001	1	KIT, LINKAGE ROD RIGHT- Black Wrinkle
K6	1009422-0001	1	KIT, LINKAGE ROD LEFT- Black Wrinkle
K9	773ATK024	1	KIT, GSC COVER LEFT
K10	773ATK025	1	KIT, GSC COVER RIGHT
K11	773ATK026	1	KIT, ACCESS COVER (with LF decal)
K12	1009568-0002	2	KIT: CRANK COVER, NO DECAL
26	HX622815	2	SHCS .250-20 X .75 SS
30	600A-311	2	SPACER FLANGE
K31	1006711-0001	1	MOTOR, ELEVATION, 12VDC, 1/2HP
31	PL-16535	2	CAP, LINKAGE ROD, 2.00 OD
32	HS307601	2	WASH FLAT .281 .500 .062 T
42	YA000201	2	ADH THRD LKR REM .02 OZ 242
43	YG000007	2	GREASE TRANS LUBRIPLATE 1200-2
61	740A-354-24LF	1	COVER, ELEVATION MOTOR
64	1006841-0001	1	DRIVE FRAME ASSEMBLY
65	AP030055	2	Pin Groove .50 x 2.00
66	BR030228	4	Retaining Ring .500 External
67	1017795-0001	2	ASSY: ARM CRANK
68	600A-340	2	BEARING PILLOW BLOCK 1.00
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

Ref #	Part Number	Qty	Description
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

