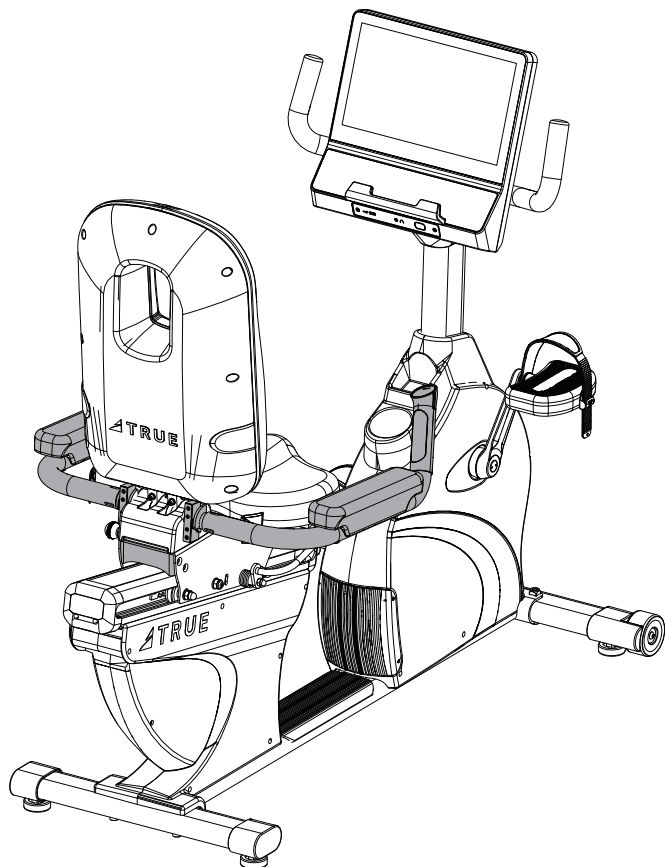




**APEX RECUMBENT BIKE
ARMREST HANDLEBAR
ASSEMBLY INSTRUCTIONS**



IMPORTANT—READ CAREFULLY

FOR IMPORTANT SAFETY INFORMATION AND DOWNLOAD OF
THE COMPLETE OWNER'S MANUAL AND ASSEMBLY GUIDE SEE
TRUEFITNESS.COM OR SCAN THE QR CODE ABOVE FOR DIRECT ACCESS

IF YOU NEED IMMEDIATE ASSISTANCE PRE OR POST ASSEMBLY
CONTACT OUR SUPPORT TEAM MONDAY-FRIDAY 8:30AM-5:00PM (CST)
800.883.8783 | SERVICE@TRUEFITNESS.COM

**MODEL 00703100-35
MANUAL 00703100-35 REV02**

ASSEMBLY INSTRUCTIONS



NOTE: Supplemental video available @TRUEFitnessservicevids:

<https://www.youtube.com/playlist?list=PLr3lgv32UruqBUtfzhrzF90543ENHp0F1>

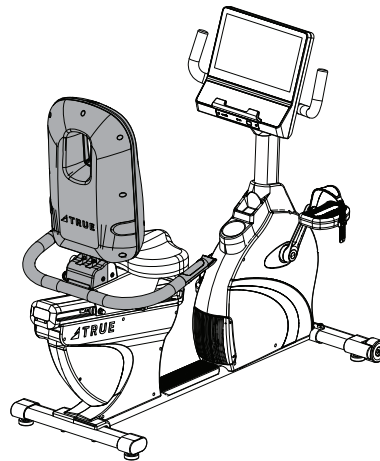
PREASSEMBLY CHECKLIST

VERIFY BOX CONTENTS

IMPORTANT! Please verify box contents. If you have questions, or if there are any missing parts, contact product support (service@truefitness.com | 800.883.8783).

TOOLS NEEDED FOR ASSEMBLY		INCLUDED IN BOX
4mm Allen Wrench		YES
5mm Allen Wrench		YES
6mm Allen Wrench		YES
Zip Tie		YES
#2 Phillips Screwdriver		NO

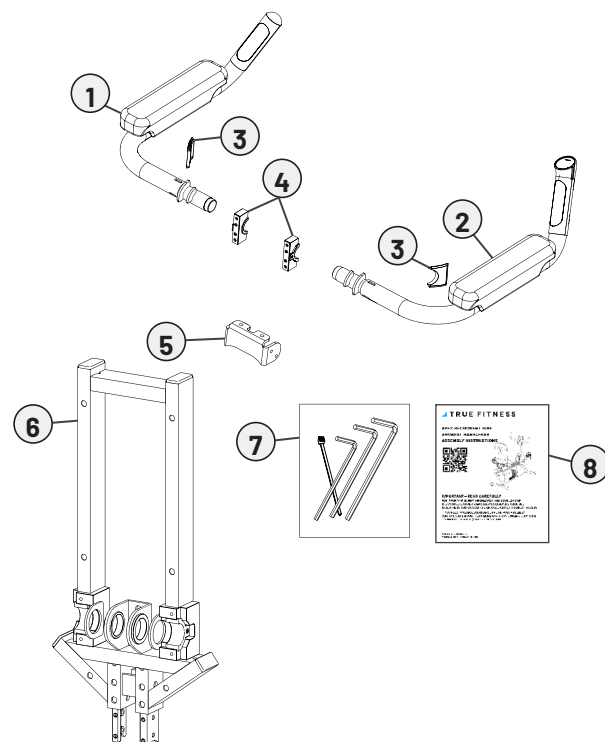
NOTE: If you are installing this accessory on a fully assembled machine, you need to remove the original seat back cover, seat back frame, rear seat pivot cover, and seat handlebar. Refer to the RC1-0A-35 assembly instructions for the parts and hardware used.



BOX CONTENTS



ITEM	DESCRIPTION	QTY
1	LEFT ADJUSTABLE ARM	1
2	RIGHT ADJUSTABLE ARM	1
3	SLOT COVERS	2
4	ADJUSTABLE SEAT BACK BRACKET	2
5	PIVOT COVER	1
6*	SEAT FRAME*	1
7	TOOLS	1
8	INSTRUCTIONS	1

*The seat frame comes in a separate box from the armrest handlebar kit.



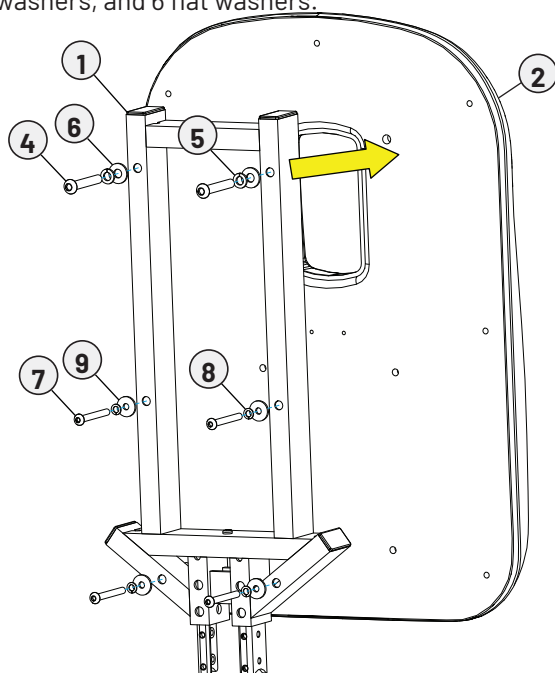
ASSEMBLY STEPS

Step 1—Attach Seat Back Frame Assembly

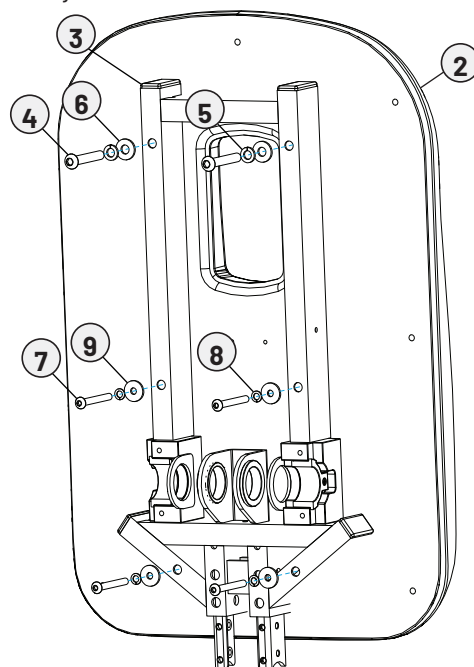
Tools Used in this Step	
4mm Allen Wrench	
5mm Allen Wrench	

Parts Used in this Step			
Item	Part	Description	Qty
1	RCS0025	SEAT BACK FRAME W/O ARMS ASSEMBLY	1
2	RCS0347	SEAT BACK	2
3	00703200	SEAT BACK FRAME ASSEMBLY - ADJUSTABLE ARMS MODEL	2
4	RCS0407	SCREW, M8 X P1.25 X 55	2
5	PS0099	WASHER, SPRING M8	2
6	CM8-19FW	FLAT WASHER, 8MM X 19MM X 2MM	2
7	00611200	BHCS, M6-1.0 X 55, 220	4
8	FE0130	LOCK WASHER, M6-1.0	12
9	RCS0406	WASHER, 6MM X 19MM X 2MM	4
10	PS8054	SOCKET HEX HD BOLT, M8 X P1.25 X 20	8
11	FE0094	WASHER, FLAT 6.5 X 13 X 1.0T BLK	8

- A. Using a 4mm allen wrench and a 5mm allen wrench, remove the seat back pad from the original seat back frame using 6 hex screws, 2 spring washers, 4 lock washers, and 6 flat washers.

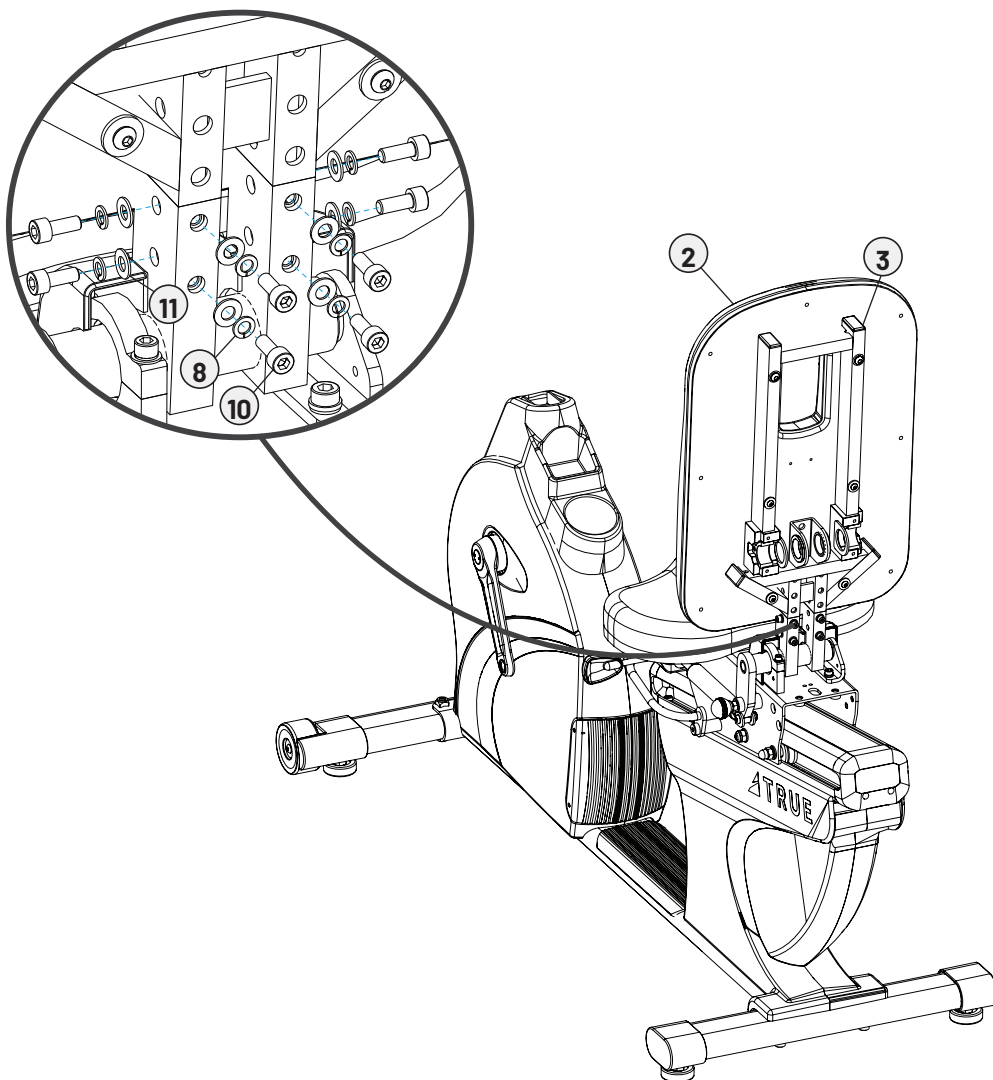


- B. Using a 4mm allen wrench and a 5mm allen wrench, attach the seat back pad to the adjustable arms seat back frame using the 6 hex screws, 2 spring washers, 4 lock washers, and 6 flat washers you removed previously.



Step 1—Attach Seat Back Frame Assembly Continued

- C. Using a 5mm allen wrench, attach the seat back frame to the seat carriage using 8 hex screws, 8 lock washers, and 8 flat washers.



Step 2—Insert Armrest Handlebars

Parts Used in this Step			
Item	Part	Description	Qty
1	RCSA005-35	LEFT ADJUSTABLE ARM ASSEMBLY	1
2	RCSA006-35	RIGHT ADJUSTABLE ASSEMBLY	1

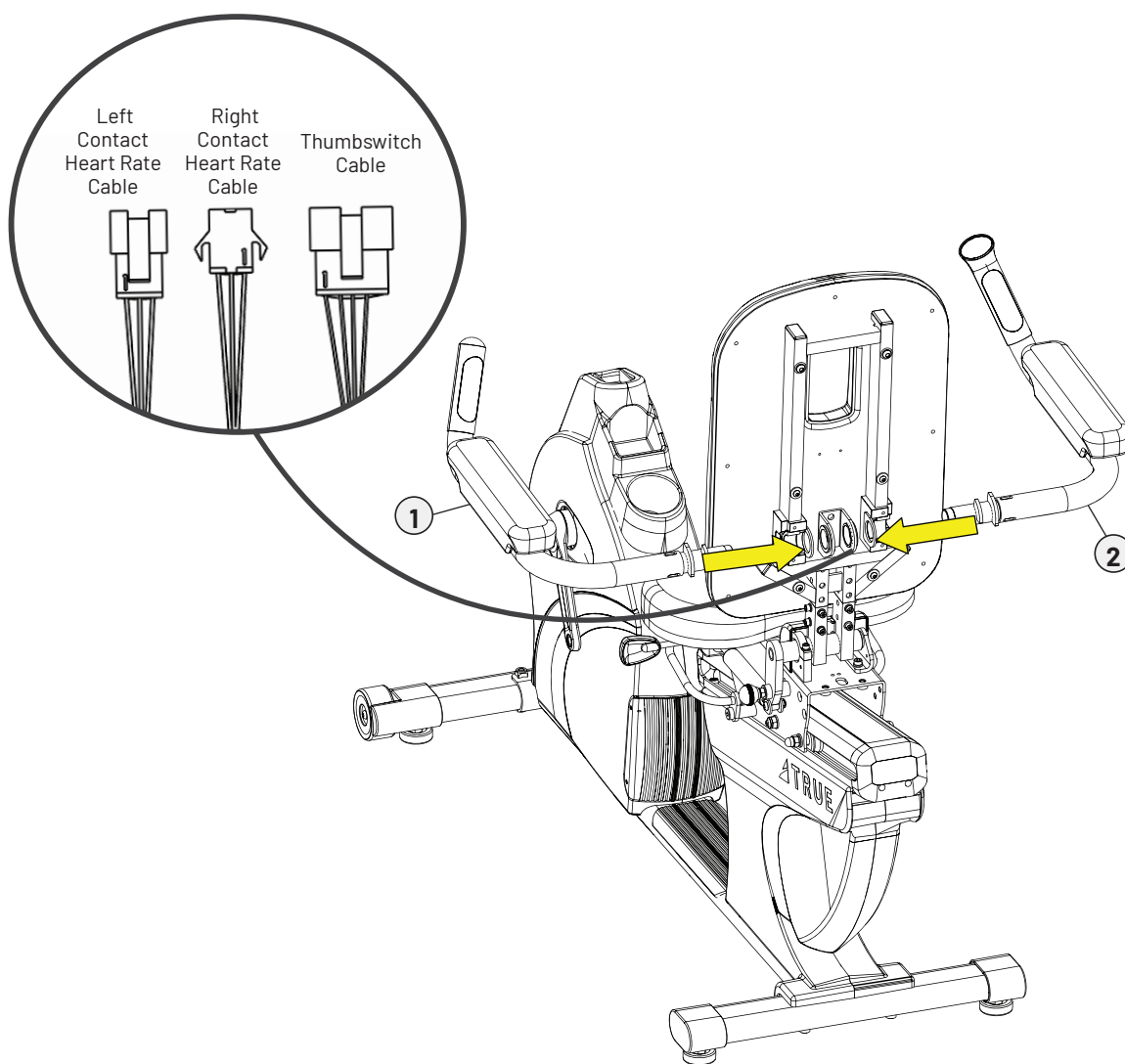
- A. Route the thumbswitch and contact heart rate cables from the armrest handlebars through the seat back frame.

NOTE: Verify that the armrest pads are facing up and that the thumbswitch cable is on the right.


- B. Insert the armrest handlebars into the seat back frame.

NOTE: Avoid interference between the armrest stoppers and the seat back frame.

NOTE: The ends of each armrest tube should be fully inserted into the bushing installed into the seat back frame.



Step 3—Attach Seat Back Brackets

Tools Used in this Step	
4mm Allen Wrench	

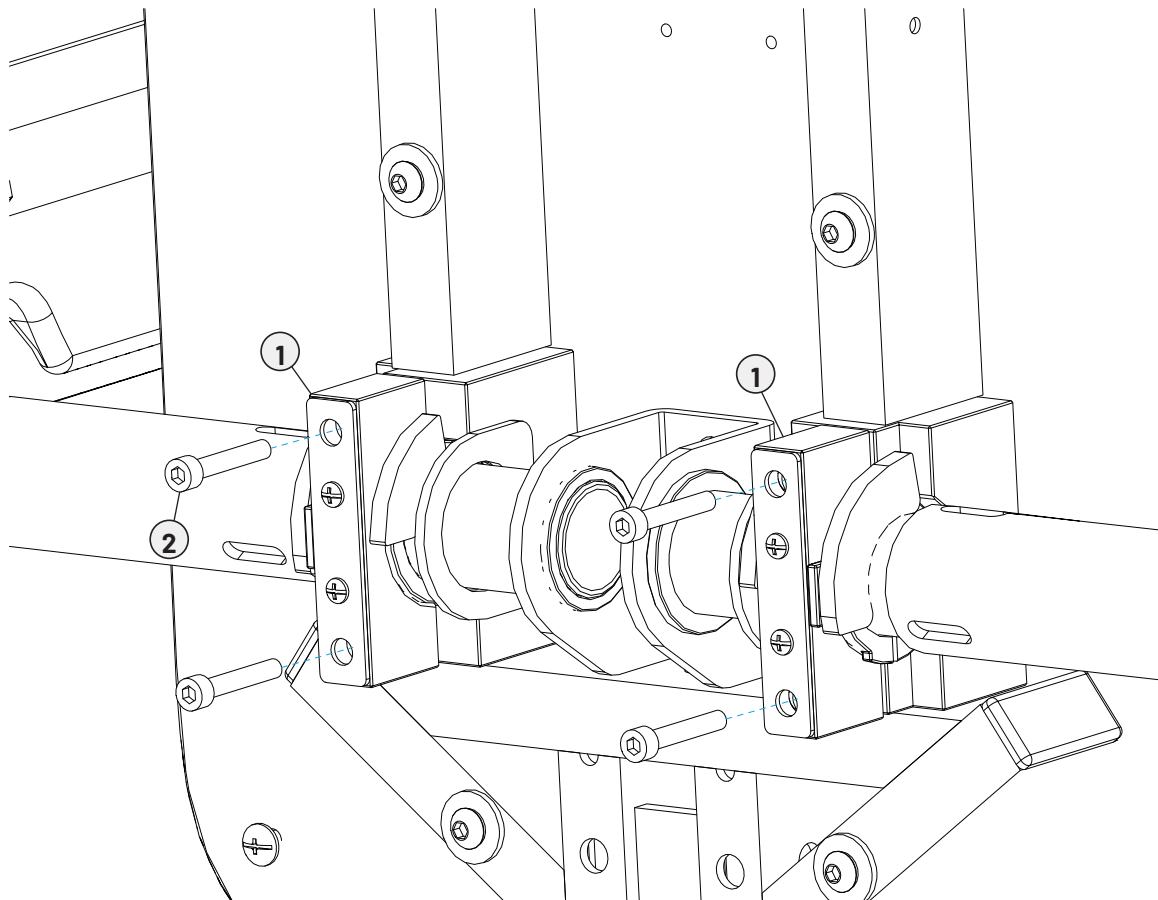
Parts Used in this Step			
Item	Part	Description	Qty
1	RCSA009	ADJUSTABLE SEAT BACK BRACKET ASSEMBLY	2
2	RCS0442	SHCS, M5 X 30MM, BLK ZP	4

- Using a 4mm allen wrench, remove the 4 hex screws from the seat back brackets.
- Using a 4mm allen wrench, attach the seat back brackets to the seat back frame using the 4 hex screws you removed previously.
- Adjust the seat back bracket engagement until desired armrest feel is achieved.


NOTE: Alternate between tightening the top and bottom seat back bracket hex screws.

IMPORTANT! The top and bottom seat back bracket hex screws should have the same amount of engagement with the seat back frame.

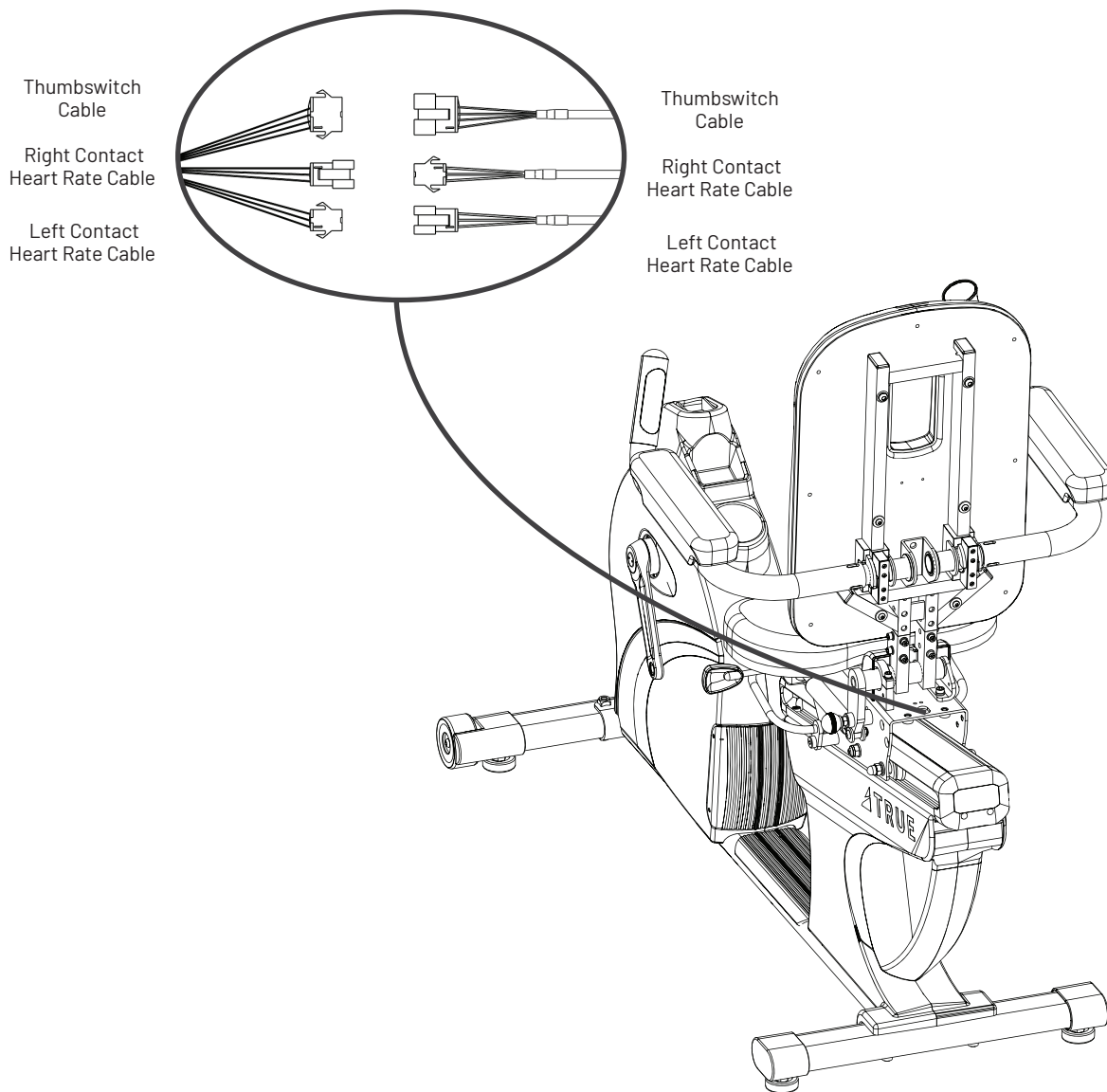
NOTE: Tighten the seat back bracket hex screws slowly until the armrest handlebars can support themselves at any position.





Step 4—Connect Handlebar Cables

Tools Used in this Step	
Zip Tie	

- Route the cables coming out of the armrest tubes through the holes in the seat carriage.
- Connect the thumbswitch and contact heart rate cables.
- Using a zip tie, secure the cables in place in the seat carriage.



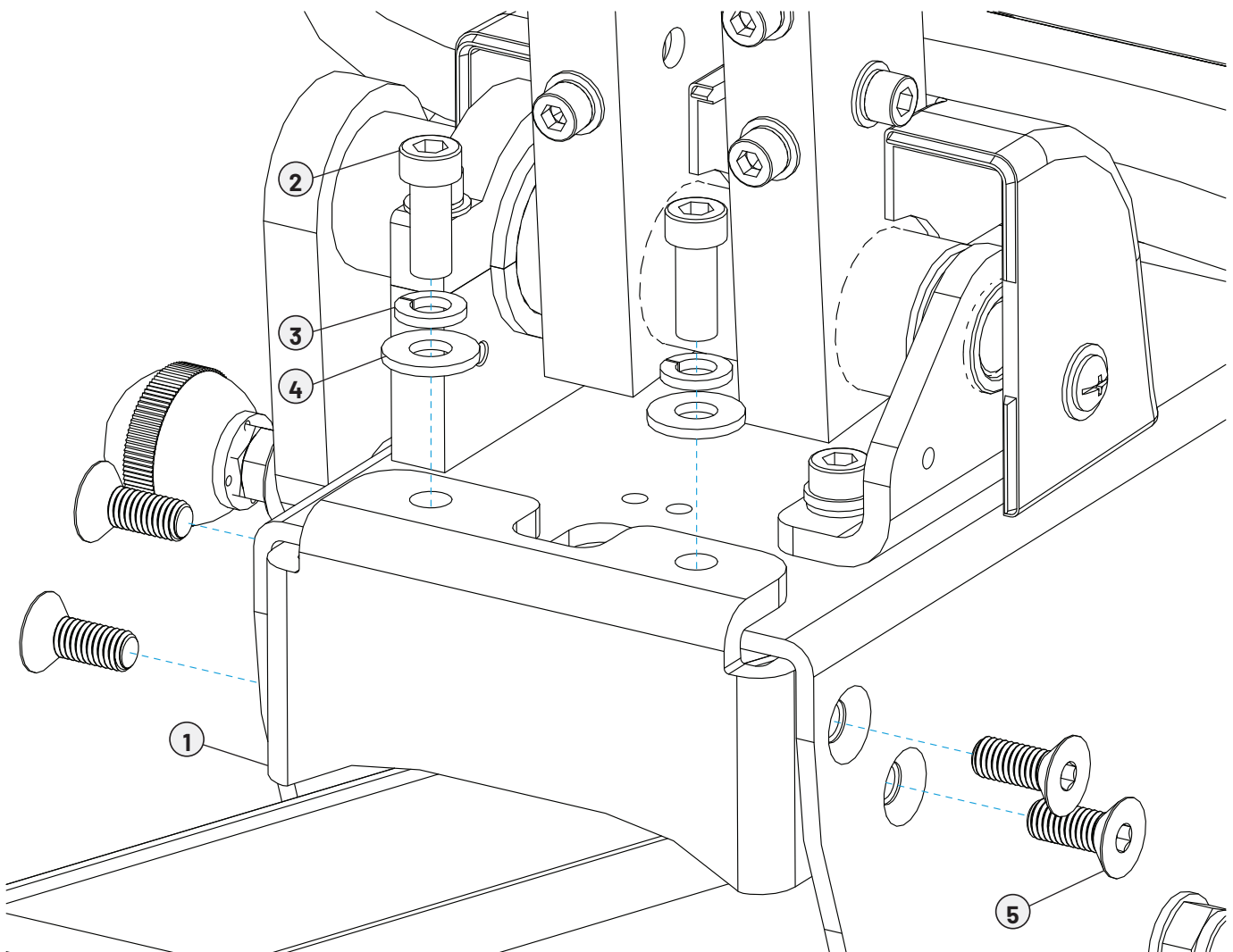
Step 5—Attach Pivot Cover

Tools Used in this Step	
5mm Allen Wrench	
6mm Allen Wrench	


Parts Used in this Step			
Item	Part	Description	Qty
1	RCSA001-35	PIVOT COVER - ADJUSTABLE ARMS CONNECTION	1
2	FE0179	SOCKET HEX HD BOLT, M8 X P1.25 X 20	2
3	PS0099	WASHER, SPRING M8	2
4	CM8-19FW	FLAT WASHER, 8MM X 19MM X 2MM	2
5	CM8-125-20FH	BOLT FHCS M8x1.25_20 BZ	4

Using a 5mm allen wrench and a 6mm allen wrench, attach the adjustable arms pivot cover to the seat carriage using 6 hex screws, 2 spring washers, and 2 flat washers.

NOTE: The hardware used for attaching the pivot cover comes with the RC1-0A-35.



Step 6—Attach Rear Seat Pivot Cover

Tools Used in this Step	
#2 Phillips Screwdriver	

Parts Used in this Step			
Item	Part	Description	Qty
1	RCS0036RBK	REAR PIVOT COVER	1
2	FE0187	BHCS, M5-0.85 X 15MM	2
3	RCS0382	WASHER, FLAT, 5.5MM X 15MM, T=1MM	2

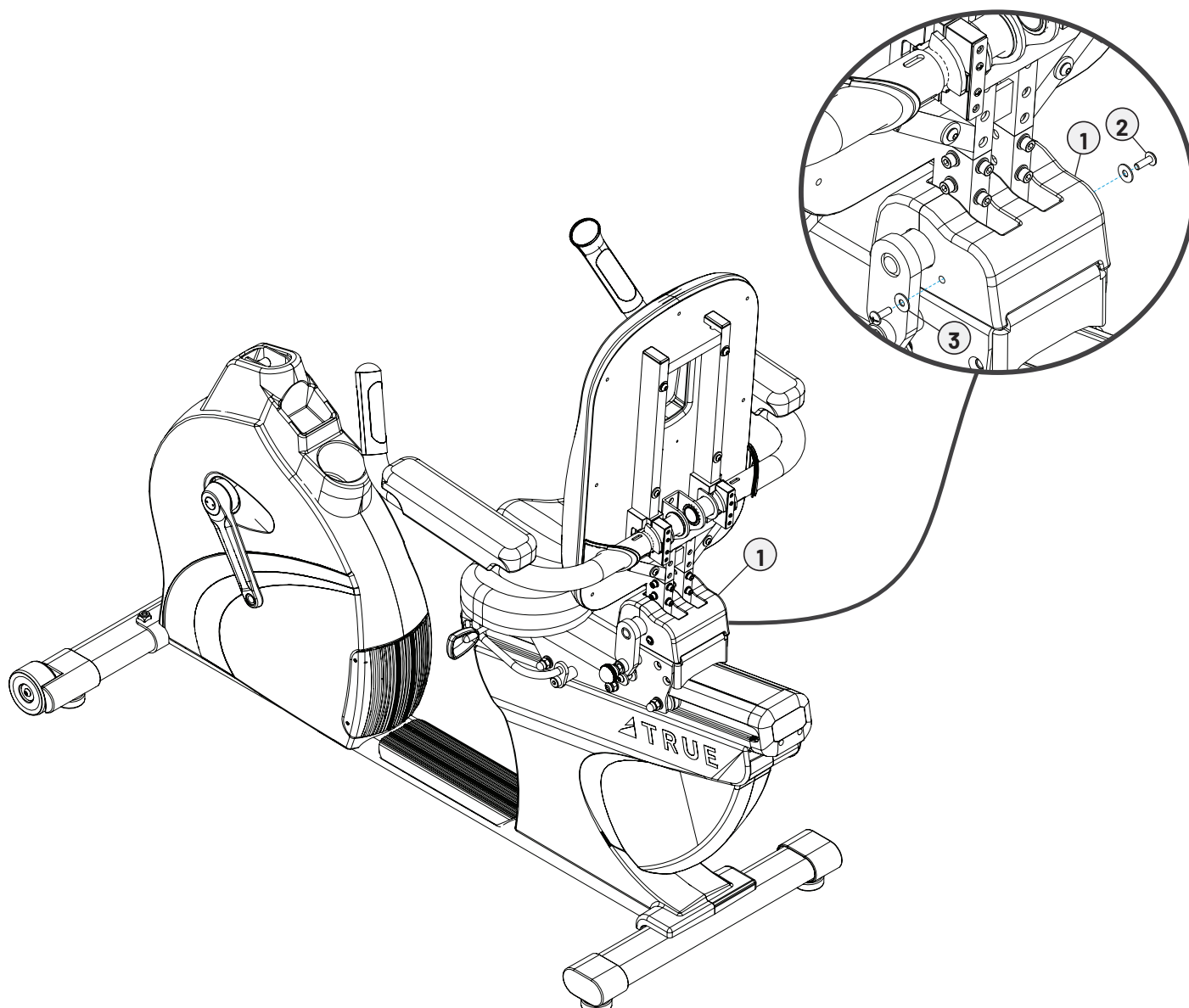
A. Install the rear seat pivot cover onto the seat carriage.

NOTE: The rear seat pivot cover should attach cleanly to the front seat pivot cover.


B. Using a #2 Phillips screwdriver, secure the rear seat pivot cover to the seat carriage using 2 screws and 2 flat washers.

NOTE: The seat back frame cables should be positioned in the center of the rear seat pivot cover.

NOTE: The hardware used for attaching the rear seat pivot cover comes with the RC1-0A-35.



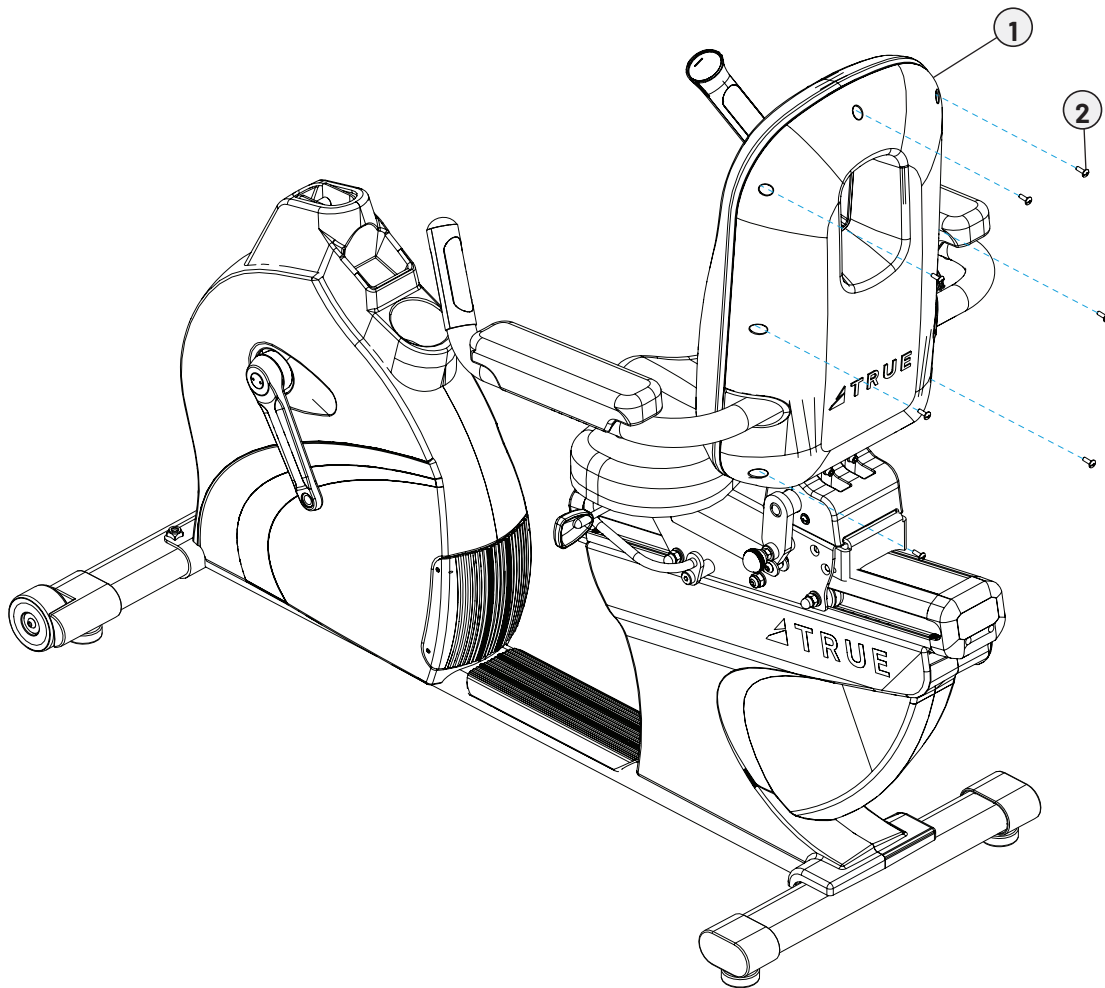
Step 7—Attach Seat Back Frame Cover

Tools Used in this Step	
#2 Phillips Screwdriver	

Parts Used in this Step			
Item	Part	Description	Qty
1	RCS0024BK	SEAT BACK FRAME COVER ASSEMBLY	1
2	FE0187	BHCS, M5-0.85 X 15MM	7

Using a #2 Phillips screwdriver, attach the seat back frame cover to the seat back frame using 7 screws.

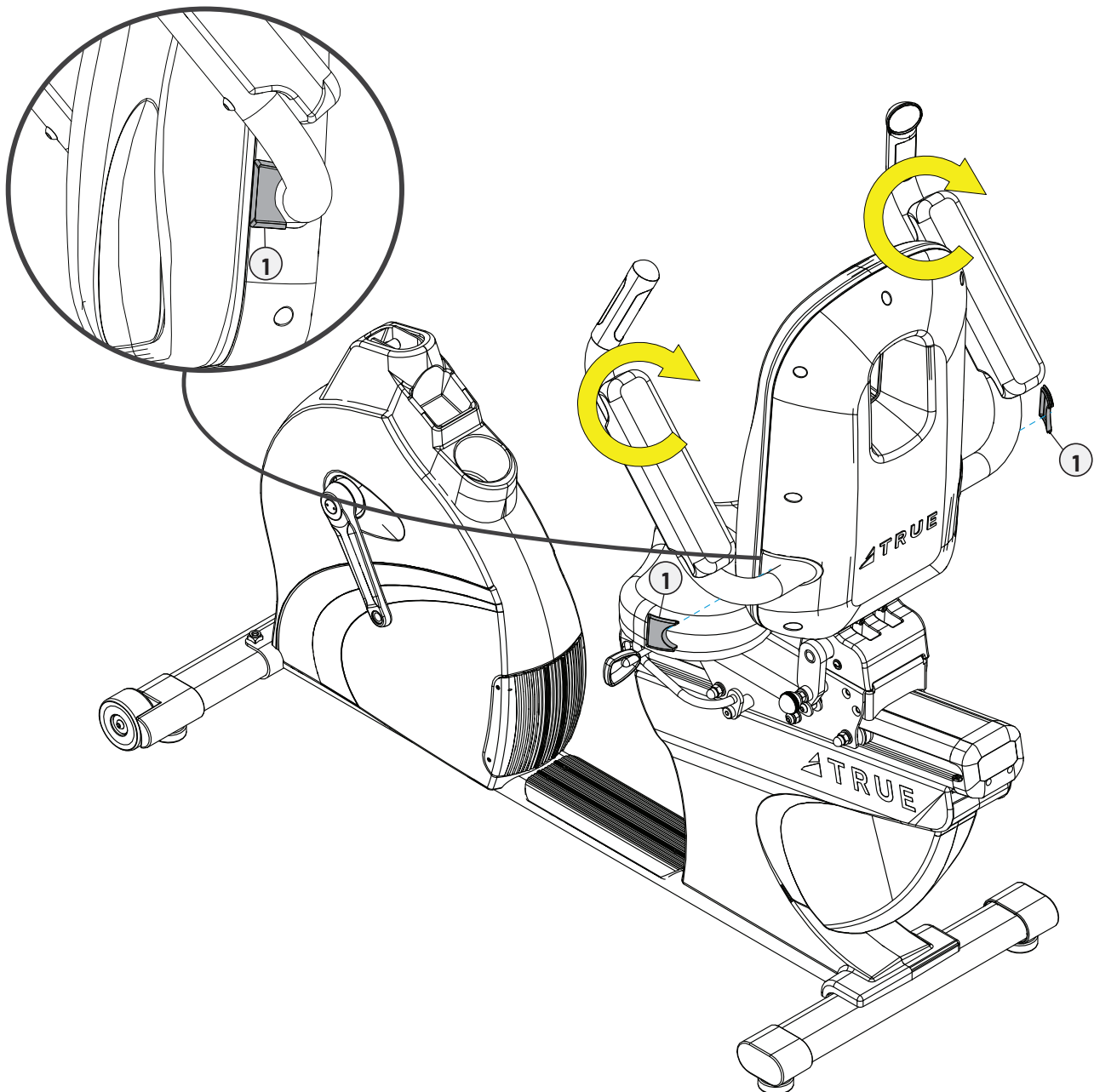
NOTE: The hardware used for attaching the seat back frame cover comes with the RC1-0A-35.



Step 8—Attach Slot Covers

Parts Used in this Step			
Item	Part	Description	Qty
1	RCSA017	SLOT COVER, ADJUSTABLE ARM	2

- Rotate the armrest handlebars up to expose the seat back cover slot openings.
- Attach the slot cover inserts into the seat back cover openings. Press the flexible inserts until full engagement is achieved.
- Rotate the armrest handlebars down.





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