



Cybex Treadmill
Product Number 525T
Owner's Manual
Cardiovascular Systems
Part Number LT-24018-4 G

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FCC Compliance Information

Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference when the equipment is operated in a commercial environment. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instruction manual, may cause harmful interference to radio communications. Operation of this equipment in a residential area is likely to cause harmful interference in which case the user will be required to correct the interference at his own expense.

Modifications not expressly approved by the manufacturer could void the user's authority to operate the equipment under FCC rules.

Safety

 Read all instructions and warnings before using.

Important Voltage Information

Before plugging the power cord into an electrical outlet, verify that the voltage requirements for the site match the voltage of the treadmill that has been received. The power requirements for the unit include a grounded, dedicated circuit, rated for one of the following:

- 100 VAC, 50/60 Hz, 20A
- 115 VAC, 50/60 Hz, 20A
- 208 VAC, 60 Hz, 15A
- 220 VAC, 60 Hz, 15A
- 230 VAC, 50 Hz, 13A, UK

See the front warning decal for the voltage requirements of the treadmill.

Grounding Instructions


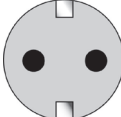

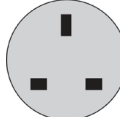

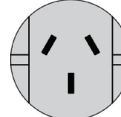
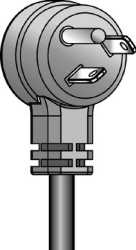


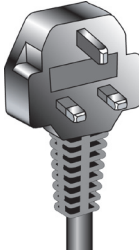
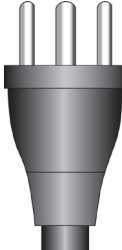
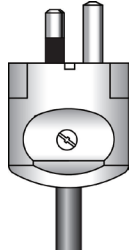
This treadmill must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.



WARNING: Shock and electrocution hazard.

- Connect unit to a grounded outlet.
- Do not use voltage adapter or extension cord.

This treadmill is for use on a grounded, dedicated circuit. Make sure that the treadmill is connected to an outlet having the same configuration as the plug. Do not use a ground plug adapter to adapt the power cord to a non-grounded outlet.

					
					
115 VAC	Euro Plug	220 VAC	UK 230 VAC	Danish	Australia
NEMA 5-20	CEE 7/7	NEMA 6-15	BS 1363	107-2-D1	AS/NZS 3112

Important Safety Instructions

(Save These Instructions)




WARNING: *Shock and electrocution hazard.*

- *Unplug unit and let sit 10 minutes before cleaning or performing maintenance.*
- *Electrical charge can remain in unit after unplugging.*
- *Keep water and liquids away from electrical parts.*

User Safety Precautions

Prior to use:

- Obtain a medical exam before beginning any exercise program.
- Obtain instruction before using.
-  Read and understand warning labels.
- Read and understand emergency stop procedures.
- Maximum user weight is 350 lbs. (158 kg).
- Inspect unit. If damaged, notify floor staff. **DO NOT USE.**
- Place your feet on the two top steps when starting or stopping the treadmill.
- Clip E-STOP lanyard to clothing.
- Do not remove this label. Replace if damaged or illegible.

During use:

- Do not use for stretching and do not attach straps or other devices.
- Do not allow children 12 or younger to be on or near machine.
- Stop exercise if feeling faint, dizzy, or have pain.
- Use the handrails for support and to maintain balance.
- Keep all body parts, clothing, and accessories, clear of moving parts.
- Wait until running belt comes to a complete stop before getting off.

Facility Safety Precautions

- Instruct all users on how to clip the e-stop clip onto their clothing and carefully test it prior to using the treadmill.
- Instruct all users to use caution when mounting and dismounting the treadmill.
- Use a dedicated line when operating the treadmill. A dedicated line requires one circuit breaker per unit.
- Connect the treadmill to a properly grounded outlet only.
- **DO NOT** operate electrically powered treadmills in damp or wet locations.
- Keep the running belt clean and dry at all times.
- **DO NOT** leave the treadmill unattended when plugged in and running. Before leaving the treadmill unattended, always wait until the treadmill comes to a complete stop and is level. Then, turn all controls to the STOP or OFF position and remove the plug from the outlet. Remove the e-stop key from the treadmill.
- Immobilize the treadmill (when not in use) by removing the e-stop key.
- Inspect the treadmill for worn or loose components before each use. Do not use until worn or damaged parts are replaced.
- Stop and place the treadmill at 0 degrees incline (level) after each use.

- Maintain and replace worn parts regularly. Refer to “Preventive Maintenance” section of Owner’s Manual.
- **DO NOT** operate the treadmill if: (1) the cord is damaged; (2) the treadmill is not working properly or (3) if the treadmill has been dropped or damaged. Seek service from a qualified technician.
- **DO NOT** place the cord near heated surfaces or sharp edges.
- **DO NOT** use the treadmill outdoors.
- **DO NOT** operate the treadmill around or where aerosol (spray) or where oxygen products are being used.
- Read and understand the Owner’s Manual completely before using the treadmill.
- Ensure all users wear proper footwear on or around all Cybex equipment.
- Set up and operate the treadmill on a solid, level surface. Do not operate in recessed areas or on plush carpet.
- Provide the following clearances: 19.7 inches (0.5 m) at each side, 79 inches (2.0 m) at the back and enough room for safe access and passage at the front of the treadmill. Be sure your treadmill is clear of walls, equipment and other hard surfaces.
- Disconnect power before servicing.
- **DO NOT** attempt repairs, electrical or mechanical. Seek qualified repair personnel when servicing. If you live in the USA, contact Cybex Customer Service at 888-462-9239. If you live outside the USA, contact Cybex Customer Service at 508-533-4300.
- Use Cybex factory parts when replacing parts on the treadmill.
- **DO NOT** modify the treadmill in any way.
- **DO NOT** use attachments unless recommended for the treadmill by Cybex.
- Ensure all User and Facility Safety Precautions are observed.

Warning Decals

To replace any worn or damaged decals do one of the following: Visit www.cybexintl.com to shop for parts online, fax orders to 508-533-5183 or contact Cybex Customer Service at 888-462-9239. If you are located outside of the USA, call 508-533-4300. For location or part number of labels, see the parts list and exploded-view diagram on the Cybex web site at www.cybexintl.com.

Warning decals indicate a potentially hazardous situation which, if not avoided, could result in death or serious injury.

Carefully read and understand the following caution and warning labels before using the unit.

Caution decals indicate a potentially hazardous situation, which if not avoided, may result in minor or moderate injury. There are no caution decals used on this unit. However, there are caution statements listed in this manual.



<p>Prior to use:</p> <ul style="list-style-type: none"> • Obtain a medical exam before beginning any exercise program. • Obtain instruction before using. • Read and understand warning labels. • Read and understand emergency stop procedures. • Maximum user weight is 350 lbs. (158 kg). • Inspect unit if damaged, notify floor staff. DO NOT USE. • Place your feet on the two top steps when starting or stopping the treadmill. • Clip E-STOP lanyard to clothing. • Do not remove this label. Replace if damaged or illegible. 	<p>⚠ WARNING</p>	<p>Serious injury could occur if these precautions are not observed</p> <p>During use:</p> <ul style="list-style-type: none"> • Do not use for stretching and do not attach straps or other devices. • Do not allow children 12 or younger to be on or near machine. • Stop exercise if feeling faint, dizzy, or have pain. • Use the handrails for support and to maintain balance. • Keep all body parts, clothing, and accessories, clear of moving parts. • Wait until running belt comes to a complete stop before getting off.
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DE-23635-4 D

⚠ WARNING DE-23637-4 C

Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint, stop exercising immediately.

 100/115 VAC 16 Amps 50/60 Hz 1 Phase		<p>⚠ WARNING</p> <p>Shock and electrocution hazard.</p> <ul style="list-style-type: none"> • Unplug unit and let sit 10 minutes before cleaning or performing maintenance. • Electrical charge can remain in unit after unplugging. • Keep water and liquids away from electrical parts. 	<p>⚠ AVERTISSEMENT</p> <p>Risque de choc et d'électrocution.</p> <ul style="list-style-type: none"> • Débrancher l'appareil et laisser reposer 10 minutes avant de nettoyer ou d'effectuer tout entretien. • La charge électrique peut encore rester dans l'unité après avoir débranché. • Protéger les pièces électriques de l'eau et de tout liquide. 		 <small>Intertek</small> <small>33263</small>	 <small>RoHS</small>	 <small>CE</small>	<p>This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.</p>
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Cybox International Inc. 508-833-4200 10 Trotter Drive, Midway, Massachusetts 02053 USA

 220/230 VAC 12 Amps 50/60 Hz 1 Phase		<p>⚠ WARNING</p> <p>Shock and electrocution hazard.</p> <ul style="list-style-type: none"> • Unplug unit and let sit 10 minutes before cleaning or performing maintenance. • Electrical charge can remain in unit after unplugging. • Keep water and liquids away from electrical parts. 	<p>⚠ AVERTISSEMENT</p> <p>Risque de choc et d'électrocution.</p> <ul style="list-style-type: none"> • Débrancher l'appareil et laisser reposer 10 minutes avant de nettoyer ou d'effectuer tout entretien. • La charge électrique peut encore rester dans l'unité après avoir débranché. • Protéger les pièces électriques de l'eau et de tout liquide. 		 <small>Intertek</small> <small>33263</small>	 <small>RoHS</small>	 <small>CE</small>	<p>This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.</p>
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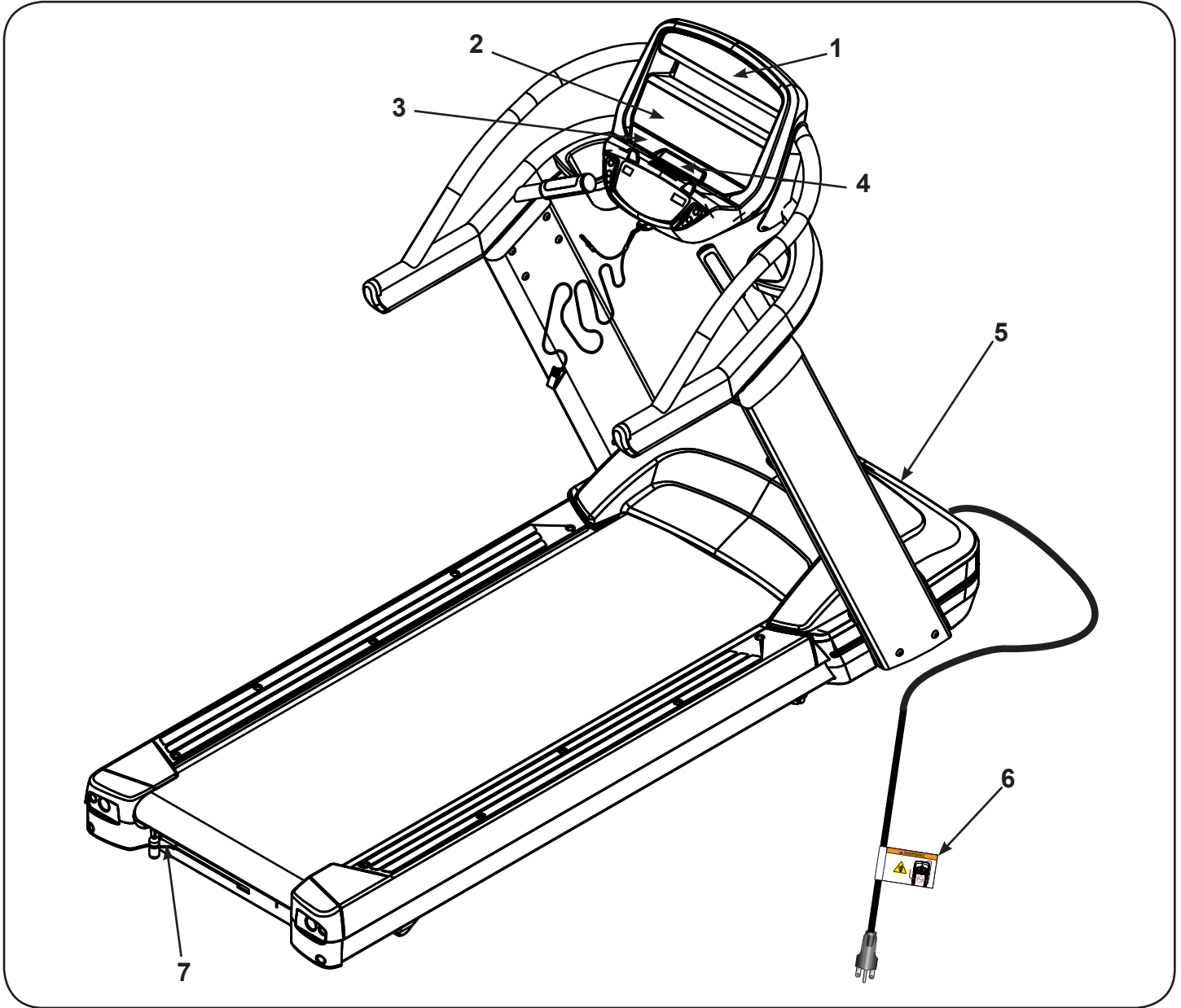
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⚠ WARNING

DE-23098 B

DE-25047-4 A

Label Placement

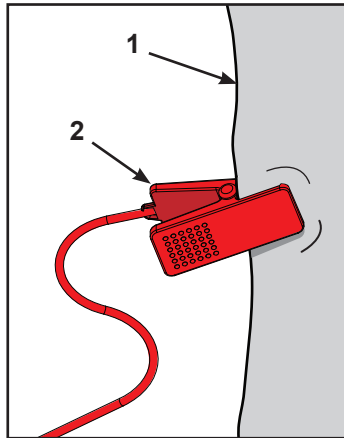


1	DE-23767	Decal, Warning, Upper Display, E3 View Monitor
1	DE-23767-2	Decal, Warning, Upper Display, E3 View Monitor, Canada
2	DE-23764-4	Decal, Center
2	DE-23764-2	Decal, Center, Canada
3	DE-23636-4	Decal, Warning, Main
4	DE-23637-4	Decal, Warning
5	DE-22910	Decal, Motor Cover, 115 VAC
5	DE-23079	Decal, Motor Cover, 230 VAC
6	DE-23098	Decal, Power Cord
7	DE-25047-4	Decal, lever, service wheel

Emergency Stop Key (e-stop)

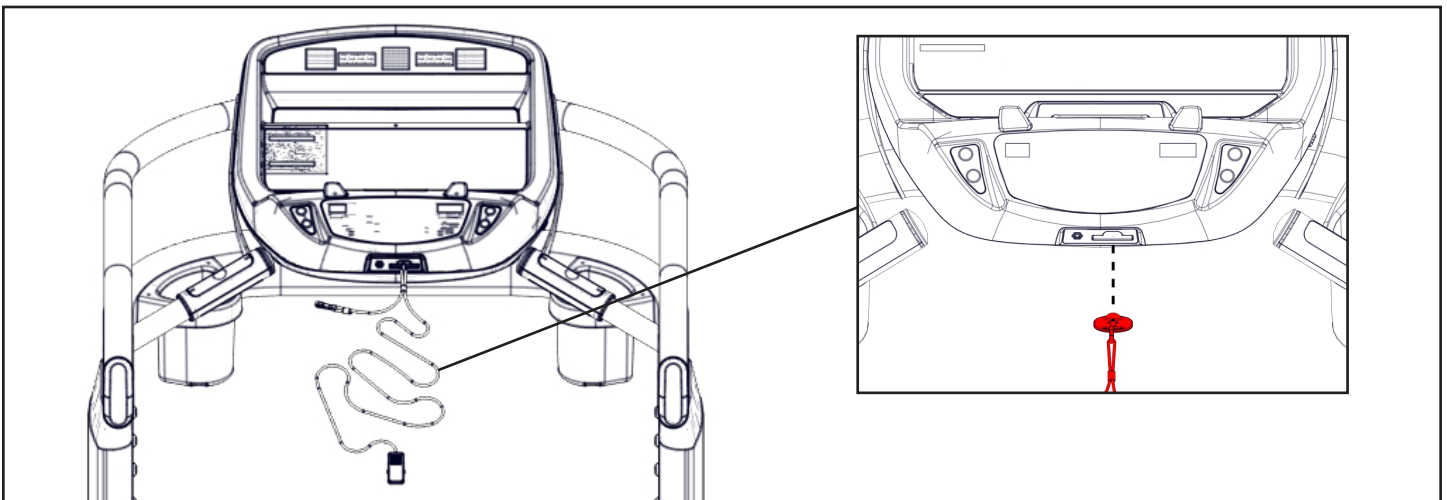
The e-stop key functions as an emergency stop. In an emergency situation, the e-stop key disengages from the console and the treadmill will come to a stop. Before using the treadmill, clip the e-stop key as described below.

1. Compress the spring and clip the e-stop clamp to your clothing. Ensure the clip engages enough clothing so it does not fall off in an emergency situation. Be sure the string is free of knots and has enough slack for you to workout comfortably with the e-stop key in place.



1	Clothing
2	Clip

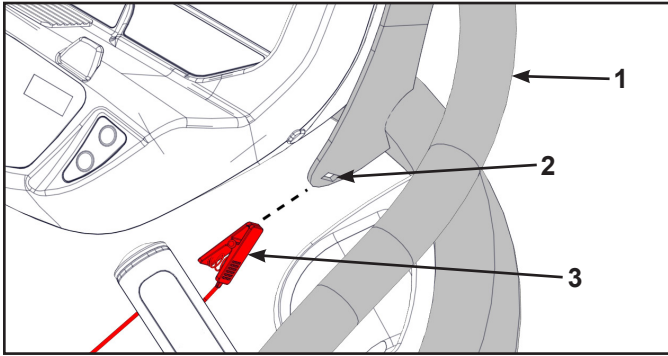
2. Without falling off the treadmill, carefully step backward until the e-stop pulls out of the console. If the e-stop clip falls off your clothing then the test has failed. Reclip the e-stop clip to your clothing and repeat this step.



3. Replace the e-stop key.
4. The treadmill is now ready to be used. Ensure the e-stop clip is secured to your clothing at all times during use.
5. After use, remove the e-stop key from the treadmill.

The e-stop key can be removed to help prevent unauthorized use. Refer to the Stopping the Treadmill section in the Operation chapter for more information about the e-stop key.

When not in use store the e-stop clip on the storage tab located on the left or right side of the handrail.

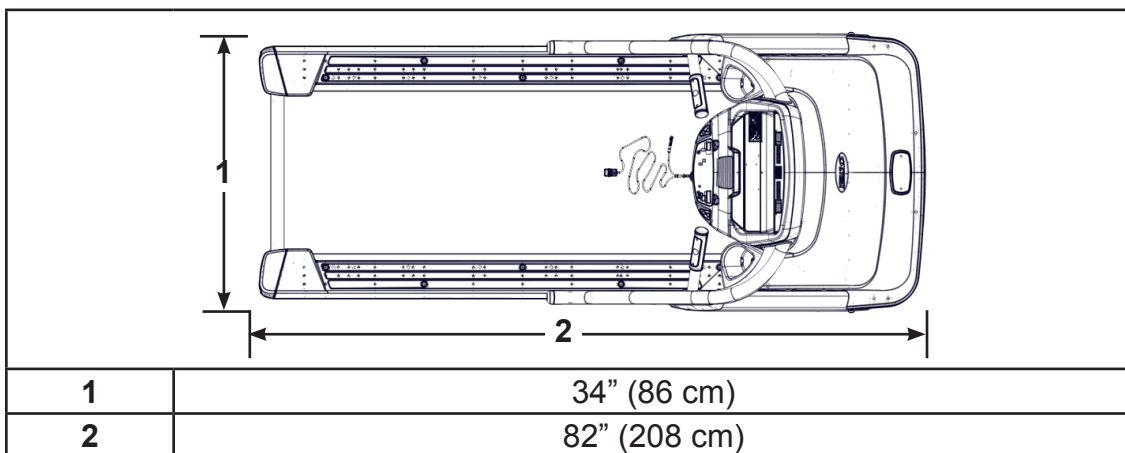


1	Handrail
2	Storage tab
3	E-Stop clip

Assembly

Specifications - 525T

Assembled Length	82" (208.3 cm)
Assembled Width	34" (86.4 cm)
Height:	62.5" (159 cm)
Weight of Product	400 lbs. (181 kg)
Shipping Weight	440 lbs. (200 kg)
Incline Range	0 to 15% grade.
Speed Range	0.5 to 12.4 mph (0.8 to 20.0 kph) in 0.1 mph or 0.1 kph increments.
Programs	Quick Start and eight workouts.
Console Features	Upper console: LED or E3 View Monitor (Embedded Personal Entertainment Monitor). Displays - BPM, Calories, Cal/Hr, Distance, Time, and Weight. Lower console: Two numeric displays for incline and speed. Accessory trays and water bottle holder.
Heart Rate Features	Built-in wireless heart rate receiver (transmitter not included) and contact heart rate monitoring.
Maximum User Weight	350 lbs. (158 kg)
Power Rating	115 VAC 50/60 Hz. or 220/230 VAC 50/60 Hz.
Options	E3 View Monitor, Wireless audio receiver, iPod/iPhone/iPad compatibility.



Choosing and Preparing a Site

Before assembling the unit, verify the chosen site meets the following criteria:

- Area is well lit and well ventilated.
- Surface is structurally sound and properly leveled.
- Free area for access to unit and emergency dismount. Minimum clearance is 19.7 inches (0.5 meters) on the sides of the unit and 78.7 inches (2.0 meters) behind the unit.
- Adjacent units may share the free area.

It is the responsibility of the facility owner/owner of the equipment to ensure that there is appropriate clearance around each machine to allow for safe use and passage.

In compliance with the ADA (American Disabilities Act) there must be clear floor space of at least 30 by 48 inches and be served by an accessible route for at least one of each type of exercise equipment. If the clear space is enclosed on three sides (e.g., by walls or the equipment itself), the clear space must be 36 by 48 inches.

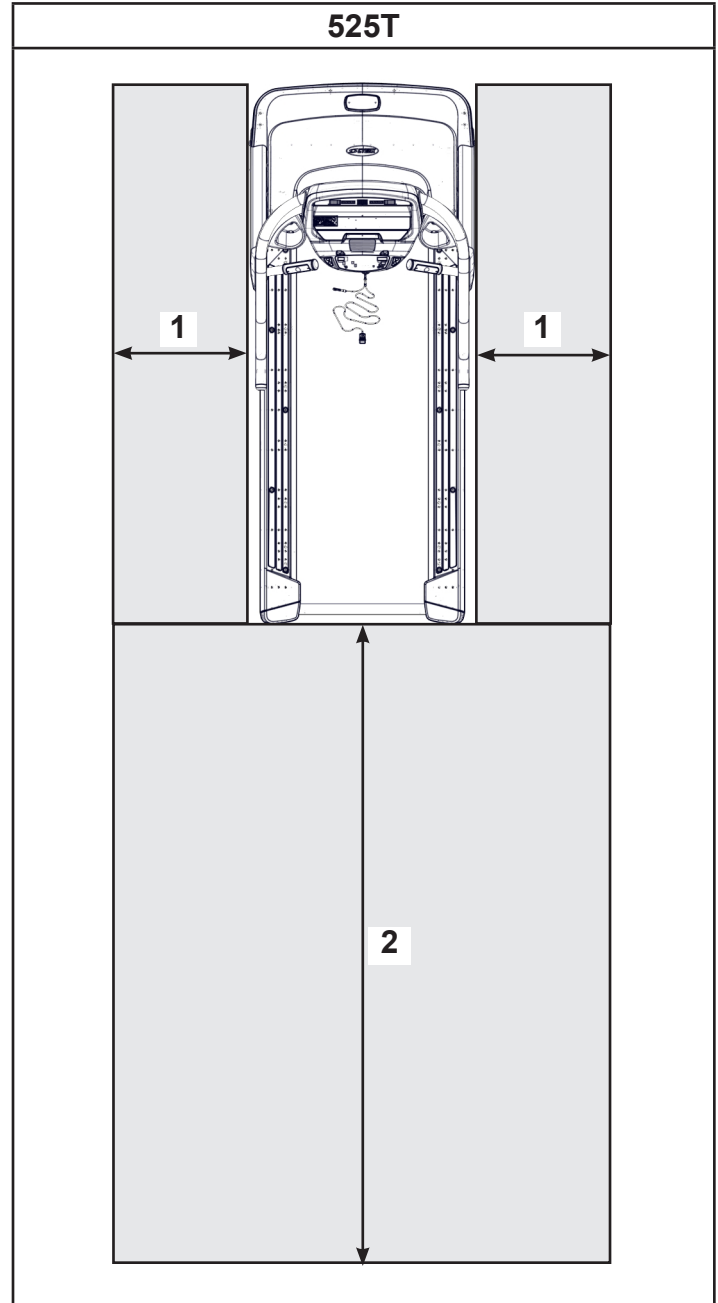
All other machines must have a clear floor space of 23" for all access point on the machine.

The dimensions stated in the assembly instructions of this manual include the maximum foot print (in use) dimensions.

- Area is not in the vicinity of high humidity, such as in the vicinity of a steam room, sauna, indoor pool or outdoors. This unit is designed to function normally in an environment with a relative humidity range of 30% to 75%.

Exposure to extensive water vapor, chlorine and/or bromine could adversely affect the electronics as well as other parts of the unit.

- Area maintains an ambient temperature range of 50° F (10° C) to 104° F (40° C) degrees.



	Free area
1	19.7", 0.5m
2	78.7", 2.0m

Electrical Power Requirements

The power requirements for this treadmill are a grounded, dedicated circuit rated for one of the following:

- 100 VAC, 50/60 Hz, 20A
- 115 VAC, 50/60 Hz, 20A
- 208 VAC, 60 Hz, 15A
- 220 VAC, 60 Hz, 15A
- 230 VAC, 50 Hz, 13A, UK

Contact a qualified electrician to ensure the power supply complies with local building codes.



WARNING: Shock and electrocution hazard.

- *Connect unit to a grounded outlet.*
- *Do not use voltage adapter or extension cord.*

525T Assembly

The words “left” and “right” denote the user’s orientation.

Read and understand all instructions thoroughly before assembling the unit.

Verify correct package

1. Read box label to verify the model number and voltage match what was ordered.
2. Lift and remove cardboard sleeve surrounding unit.
3. Verify paint color matches what was ordered.

Verify correct voltage by reading voltage sticker near power outlet.

Tools Required

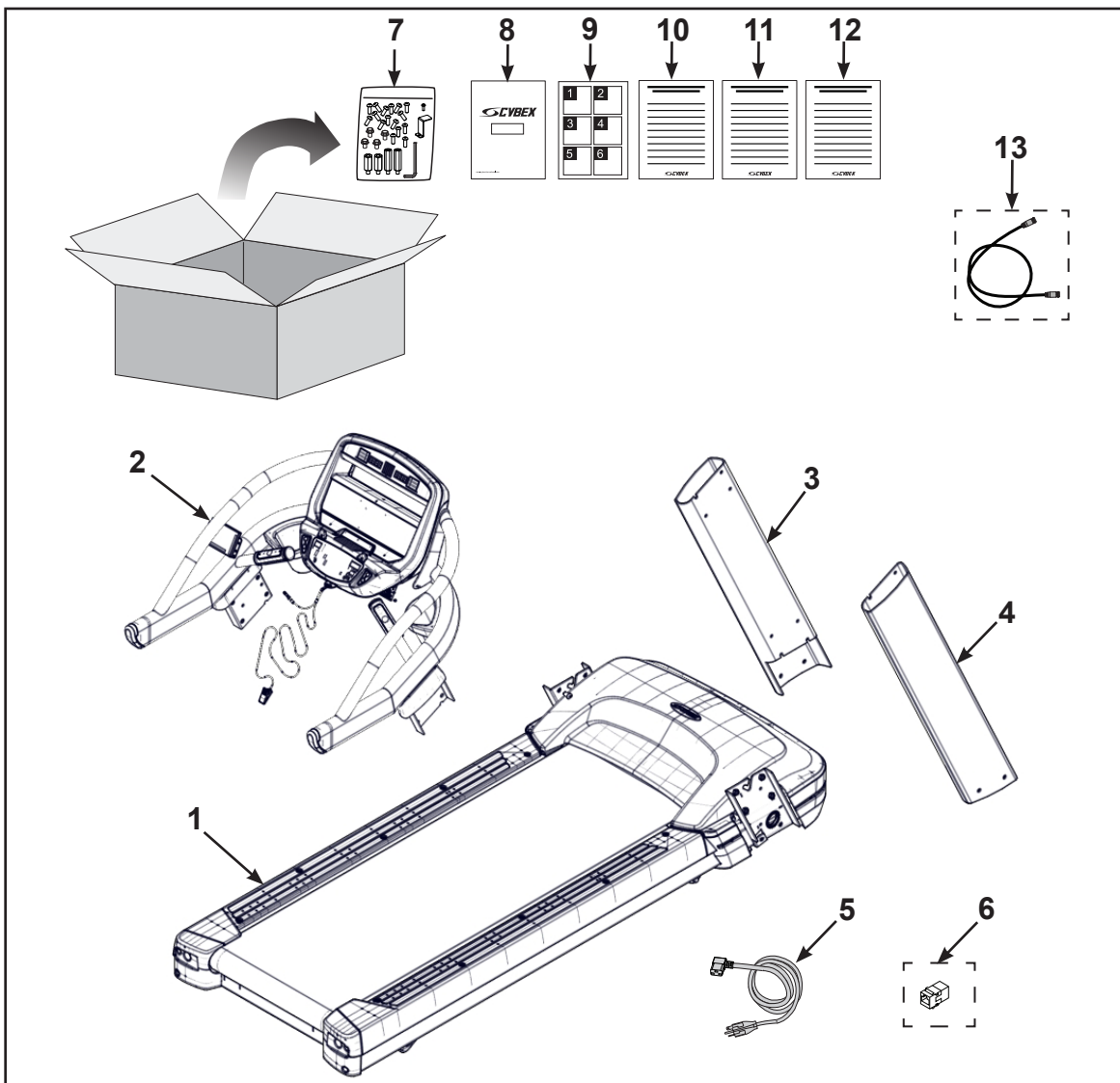
- Phillips screwdriver
- 3/4” Open end wrench
- 7/32” Allen wrench (included)
- 9/16” Open end wrench
- 14 mm Open end wrench

Two people will be required for this procedure. It is the responsibility of the facility owner/owner of the equipment to ensure that there is appropriate clearance around each machine to allow for safe use and passage.

Unpack and verify contents of boxes.

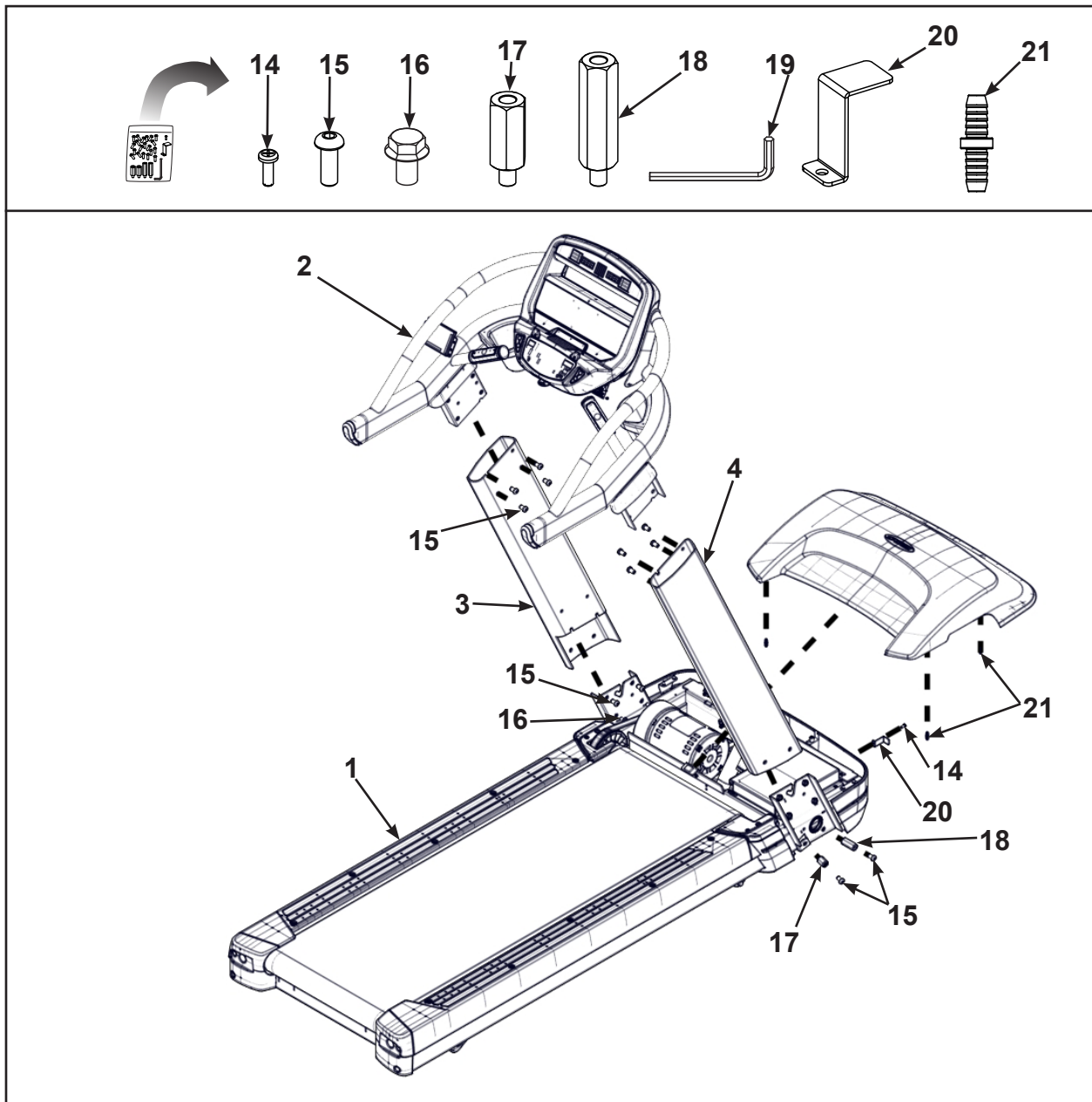
See content listing and diagram below for carton contents. See **Customer Service** for contact information if any parts are missing.

Item	Quantity	Part Number	Description
1	1	Varies	Base assembly
2	1	Varies	Console assembly
3	1	PC-23590	Upright, Left
4	1	PC-23591	Upright, Right
5	1	Varies	Power Cord
6	1	CN-22747	CSAFE Coupler (optional)
7	1	AX-23655	Hardware pack
8	1	LT-24018-4	Owner's Manual
9	1	LT-24020	Assembly poster
10	1	LT-24019-4	Warranty sheet, Consumer
11	1	LT-24289-4	Warranty sheet, Entry Commercial
12	1	LT-24290-4	Warranty sheet, Full Commercial
13	1	AW-23836	Cable, 6', Coax (E3 View Monitor option)



Item	Quantity	Part Number	Description
14	1	HS-21672	Screw, #8-32 x 1/2"
15	16	HS-22651	Bolt, 3/8-16 .75", BHCS, ZN
16	4	HS-16929	Bolt, Whiz Lock, 3/8-16 x .625", HXHD
17	2	AX-23657	Standoff, M-F, 3/8-16" Thread, Short
18	2	AX-23656	Standoff, M-F, 3/8-16" Thread, Long
19	1	HX-00440	Allen wrench, 7/32"
20	1	FS-23071	Bracket, Power Cord
21	4	HX-21519	Connector, Plastic

Hardware





WARNING: Heavy equipment:

- At least two people must lift, move or assemble unit.
- Use safe lifting methods.

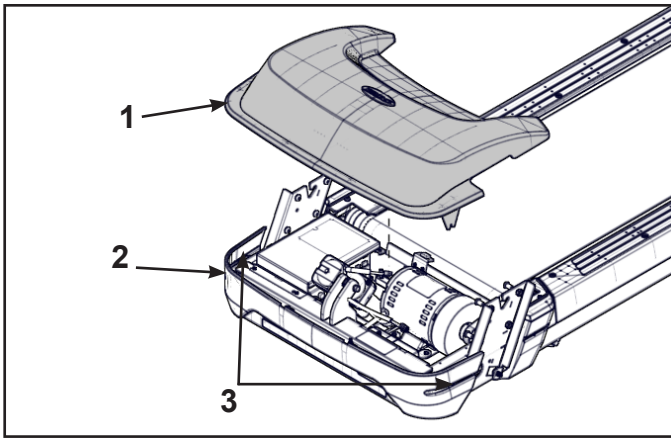
Lift and move the unit

Take note of doorway widths in facility before assembly. The base is 32.5" (83 cm) wide. With uprights installed the width is 35.6" (90.5 cm).

At least two people should lift and move the treadmill to a level location where you intend to leave it. Use proper lifting methods.

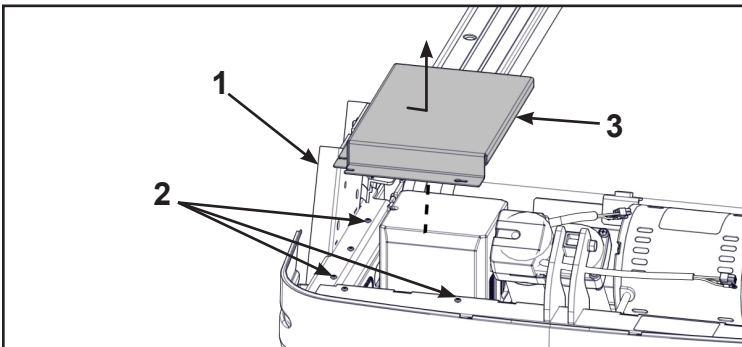
Remove shield

1. Loosen but do not remove the two front cover screws securing the motor cover using a Phillips screwdriver.



	Item	Description
1		Motor cover
2		Front cover
3		Screws (2)

2. Remove motor cover by lifting vertically.
3. Loosen but do not remove the seven screws securing the shield to the base using a Phillips screwdriver.

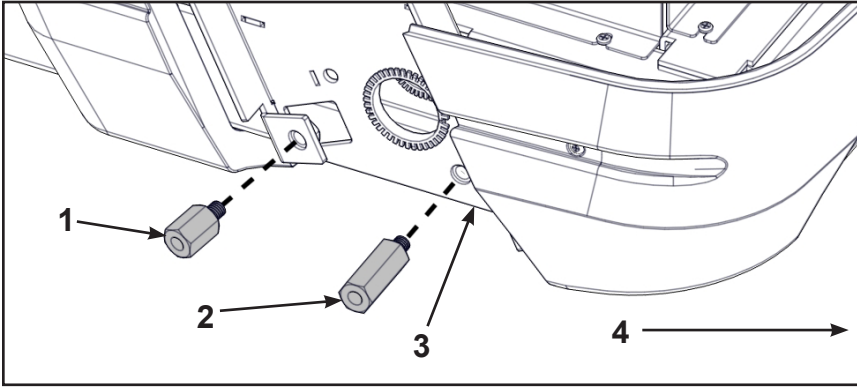


	Item	Description
1		Base
2		Screws (7)
3		Shield

4. Remove shield by sliding sideways and then vertically off of base.

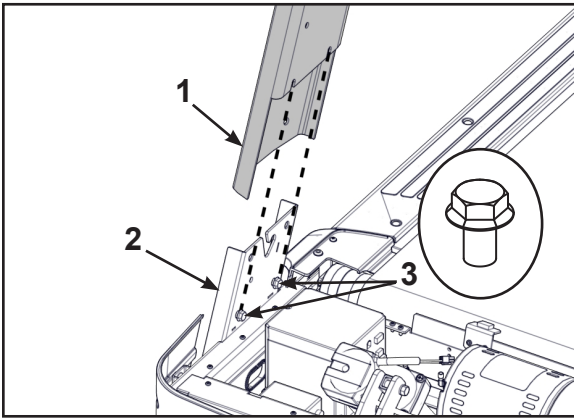
Install the uprights

1. Install the short and long standoffs to the right side of the base using a 3/4" open end wrench.



	Item	Description
1	17	Standoff, short
2	18	Standoff, Long
3		Base
4		Front of unit

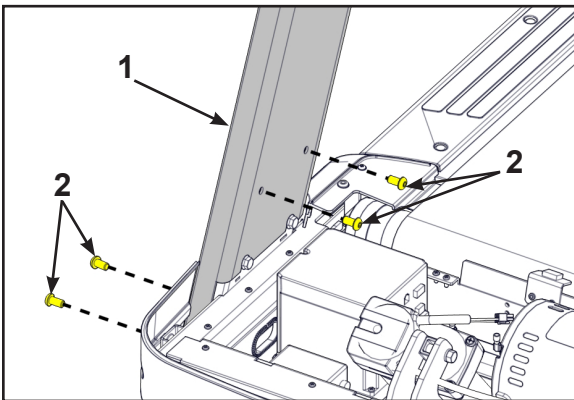
2. Thread two bolts into the base by hand. Do not fully thread bolts into the base.



	Item	Description
1	4	Upright (Right shown)
2		Base
3	16	Bolt, Whiz lock (2)

3. Place the right upright onto the base assembly and the bolts installed in the previous step.

4. Thread four bolts into the right upright by hand.



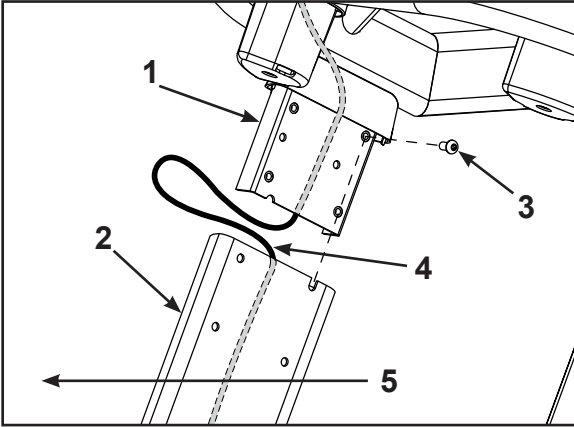
	Item	Description
1	4	Upright (Right shown)
2	15	Bolt (4)

5. Repeat steps 1 through 4 for the left upright.

Install the console assembly to the uprights

If unit includes optional A/V or CSAFE cables, follow same display cable procedure.

1. Thread one bolt, into the top back hole for each side of the console assembly by hand. Do not fully thread bolts into the console assembly.

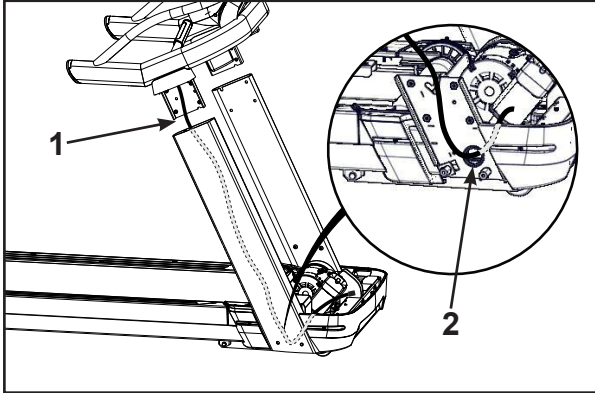


	Item	Description
1	2	Console
2	4	Upright (Right shown)
3	15	Bolt
4		Display cable
5		Front of unit

Do not pinch or damage display cable when installing console assembly.

Two people are required for the following two steps.

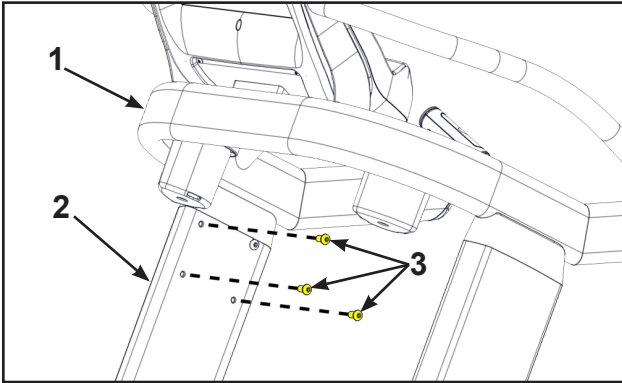
2. Insert the display cable into the top of the right upright until it exits the hole at the base of the right upright.



	Item	Description
1		Insert display cable here
2		Hole

3. Place the console assembly in position on the bolts installed in step 1 in the left and right uprights.

4. Thread six bolts into the remaining holes of the right upright and left upright.



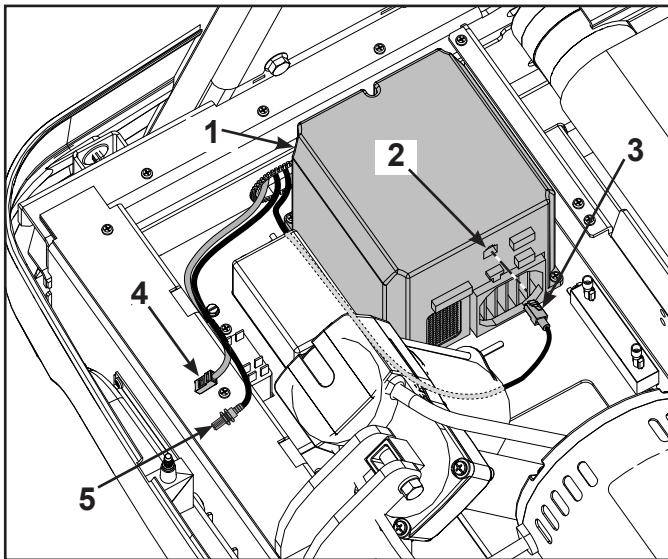
	Item	Description
1	2	Console
2	4	Upright (Right shown)
3	15	Bolt

5. Tighten all of the bolts using a 7/32" Allen wrench and 9/16" open end wrench.

Connect the Display Cable

The display cable and CSAFE cable have the same connectors. The display cable is black, the CSAFE cable is red.

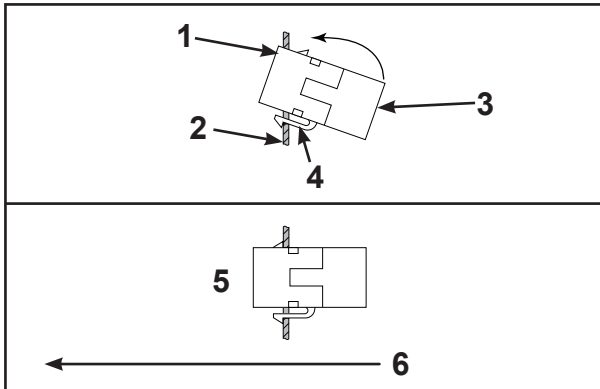
1. Route the cables under all other cables and towards the base plate.
2. Plug the display cable, located at the bottom of the upright assembly into the communication port of the controller.



	Item	Description
1		Controller
2		Communication port
3		Display cable, Black
4		CSAFE cable, Red (optional)
5		Coax cable (optional)

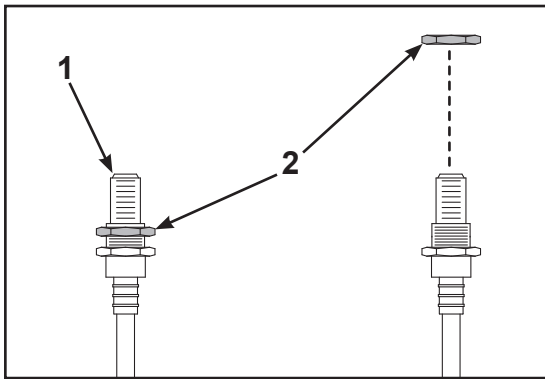
Install optional A/V or CSAFE cables

1. Insert the CSAFE coupler into the mounting plate by hooking the lower tab into the mounting plate and snapping in the upper tab.



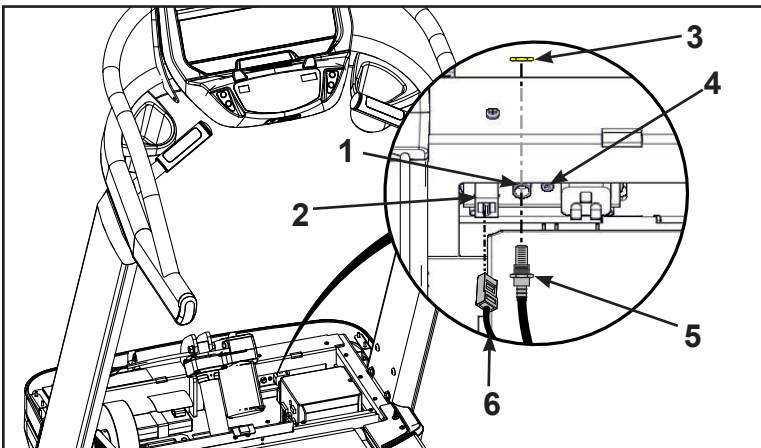
	Item	Description
1		Upper tab
2		Mounting plate
3	6	CSAFE coupler
4		Lower tab
5		Installed
6		Front of unit

2. Unthread the nut at the end of the A/V cable.



	Item	Description
1		A/V cable
2		Nut

3. Insert the A/V cable into the D-shaped hole in the mounting plate on the front of the unit.

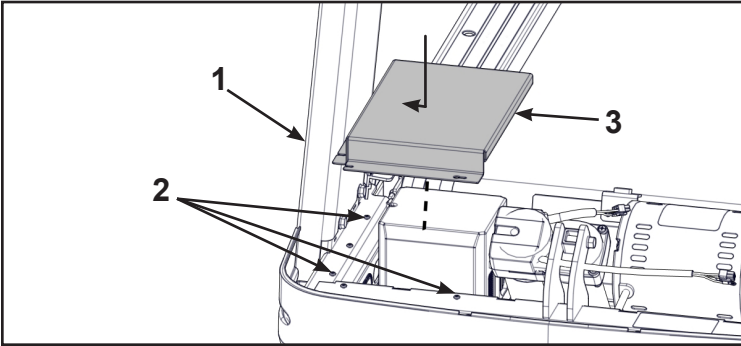


	Item	Description
1		A/V cable hole
2	6	CSAFE coupler
3		Nut
4		Mounting plate
5		A/V cable
6		CSAFE cable, Red

4. Thread the nut removed in step 2 onto the A/V cable by hand.
5. Install the A/V cable to the mounting plate on the front of the unit using a 14 mm open end wrench.
6. Plug the CSAFE cable into the CSAFE coupler on the front of the unit.

Install shield

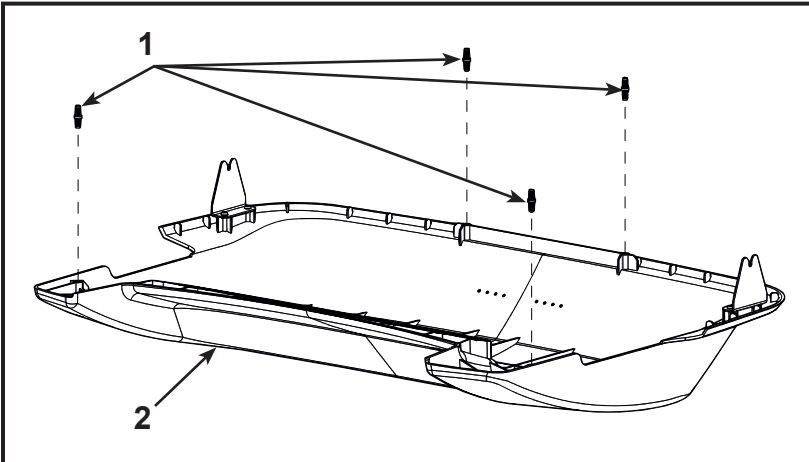
Tighten the seven screws securing the shield to the base using a Philips screwdriver.



	Item	Description
1		Base
2		Screws (7)
3		Shield

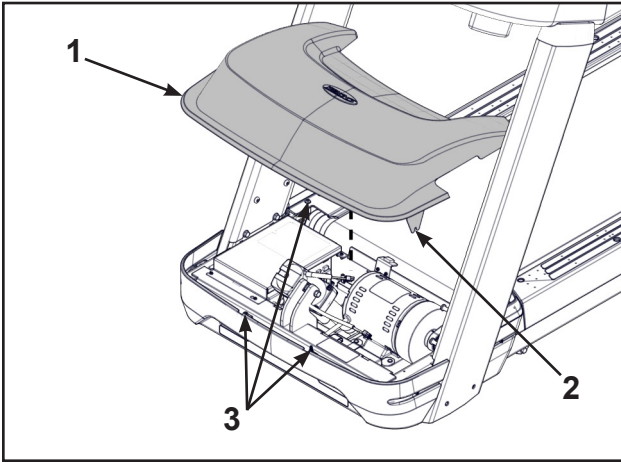
Install motor cover

1. Place motor cover on carpeting or other soft surface. Do not scratch top of hood cover.
2. Insert the four plastic connectors into the motor cover.



	Item	Description
1	21	Plastic connectors (4)
2		Motor cover

- Place the motor cover into position vertically by aligning the two tabs and four plastic connectors. Two plastic connectors are mounted in the front cover and two in the motor cover.



	Item	Description
1		Motor cover
2		Tabs (2)
3	21	Plastic connectors

If motor cover top does not fit properly, loosen the side screws on the front cover as needed.

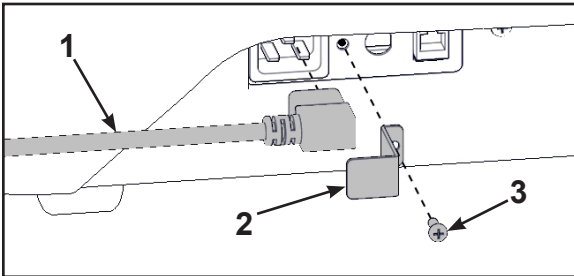
- Tighten the four front cover screws using a Phillips screwdriver. Be sure the screws are securing the motor cover's tabs.

Install power cord

WARNING: Shock and electrocution hazard.

- Route power cord so it does not become damaged.
- Do not allow cord to be pinched or interfere with movement of treadmill.

- Plug the power cord into the base of the unit.



	Item	Description
1	5	Power cord
2	20	Bracket
3	14	Screw

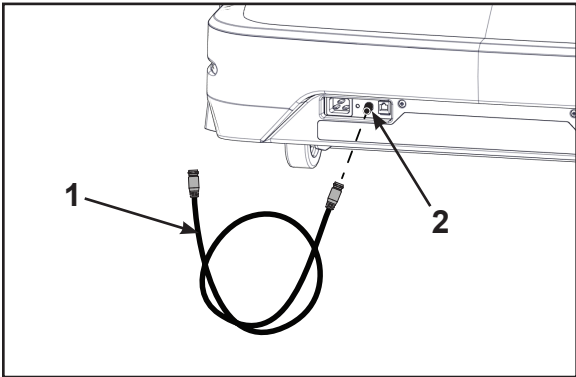
- Secure the power cord with the mounting bracket and mounting screw using a Phillips screwdriver.

Level the treadmill

Confirm that the treadmill is on a level surface.

Install coax cable (E3 View Monitor option)

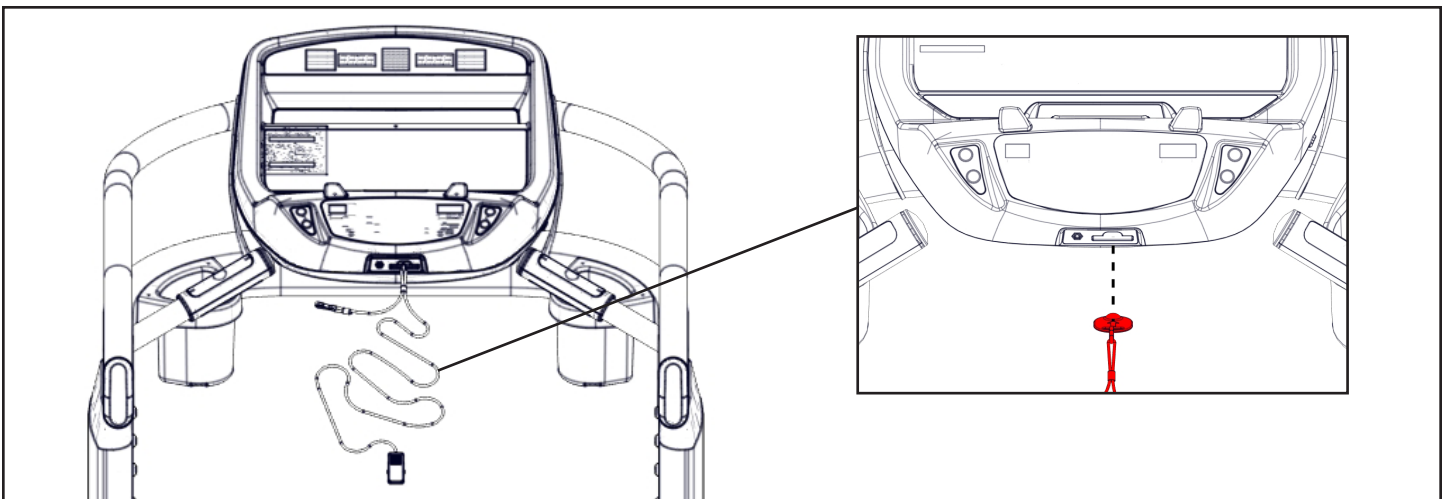
Install 6' coax cable to the coax cable connector in base of unit. Do not install if facility provides coax cable to base of unit.



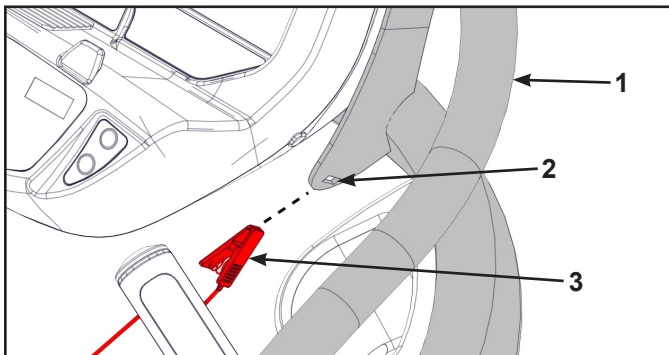
	Item	Description
1	13	6' Coax Cable
2		Coax Cable Connector

Install emergency stop key

Confirm that the emergency stop key is in place in the bottom of the console. The treadmill will not run without the key in place.



When not in use store the e-stop clip on the storage tab located on the left or right side of the handrail.



	Item	Description
1		Handrail
2		Storage tab
3		E-Stop clip

Visually inspect the unit

Examine the unit to ensure that the assembly is correct and complete.

Power Cord Management

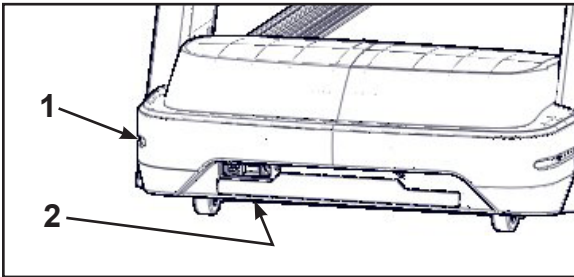
Power cord retaining brackets are located under the front end of the unit. This allows any extra length of the power cord to be stored under the front end of the unit.

Tools Required

Wire tie (2)

Elevate treadmill

1. Connect the main power cord into the power outlet.
2. Press Quick Start and raise the elevation to maximum incline.
3. Toggle the on/off (I/O) power switch to the off (O) position. The on/off (I/O) power switch is located under the front end of the unit, or on the front right side panel.



	Description
1	Front right side panel location
2	Under the front end location

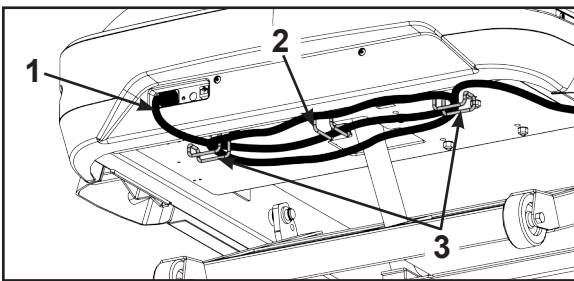
4. Unplug the main power cord from the power outlet.



WARNING: Shock and electrocution hazard.

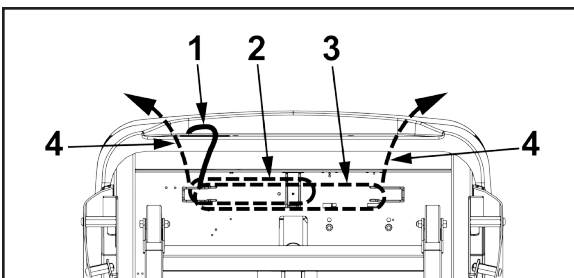
- Route power cord so it does not become damaged.
- Do not allow cord to be pinched or interfere with movement of treadmill.

5. Wrap the power cord around the outer power cord retaining brackets to desired length.



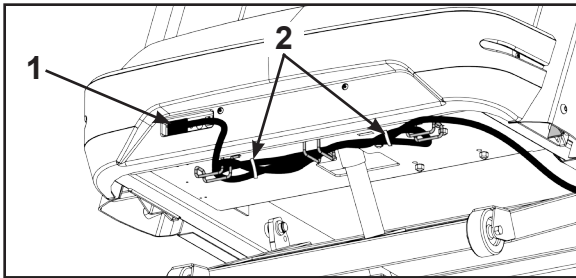
	Description
1	Power cord
2	Power cord retaining bracket, Inner
3	Power cord retaining brackets, Outer

The power cord can be routed with full or half wraps around power cord retaining brackets. The power cord can then exit to the left or right of the treadmill.



	Description
1	Power cord
2	Half wrap
3	Full wrap
4	Exit left or right

6. Plug the main power cord into the power outlet.
7. Toggle the on/off (I/O) power switch to the on (I) position.
8. Press Quick Start and operate the elevation through full incline. If power cord is too short or interferes with the movement of the treadmill, change the wrap of the power cord.
9. Secure the power cord with two wire ties.



	Description
1	Power cord
2	Wire ties (2)

Setup

Use the following instructions to setup the units settings.



WARNING: Falling hazard.

When starting unit.

- Stand on two top steps.
- Do not stand on belt.





1. Without anyone on the unit, plug the power cord into a power outlet from a grounded, dedicated circuit as described under Electrical Requirements in this chapter.





Ensure the power cord is not being pinched under the front of the unit.

2. Toggle the on/off (I/O) power switch to the on (I) position. The on/off (I/O) power switch is located under the front end of the unit, or on the front right side panel.
3. The control panel will light up.


Time and Date confirmation

The first time the unit is turned on, it prompts the user to confirm the current Time and Date. Quick Start, Workouts, Setup or Stop will skip this requirement but it will appear again the next time the unit is powered up until the time and date are properly set.

1. Press the **ENTER**  key to begin editing the time, starting with the hours (HH) and then minutes (MM) and then AM/PM/24.
2. Press the **UP**  or **DOWN**  keys to select the hour.
3. Press the **ENTER**  key to accept and begin editing the minutes.






4. Press the **UP**  or **DOWN**  keys to select the minutes.
5. Press the **ENTER**  key to accept and begin editing the AM/PM/24 hour setting.
6. Press the **ENTER**  key to accept time.

Continue this procedure for the Date.

7. Press the **ENTER**  key after the final setting for Day. The opening screen will now be displayed.

Time and Date confirmation complete.

Setup options


1. Press and hold the **SCAN/HOLD**  and **UP**  keys for 3 seconds.
2. Navigate through the setup menu with the **UP**  or **DOWN**  keys.
3. Press the **ENTER**  key once to enter setup values. Press again to save any changes and advance forward in the menu.


The Setup options are:




	LED Console	E3 View Monitor
Time	Set time display format AM, PM, or 24.	Set time in Hours and Minutes HH:MM.
Date	Year format is Y - Year [YYYY].	Date format is [YYYY] [MM] [DD]. Y - Year, M - Month, and D - Day.
	Month format is M - Month [MM].	
	Day format is D - Day [DD].	
Weight and Distance Units	LbS - Pounds, Kg - Kilograms or Ston - Stone. MI - Miles or KM - Kilometers.	LBS - Pounds, Kg - Kilograms or Stone - Stone. MI - Miles or KM - Kilometers.
Line Frequency	60 - 60Hz (Default) or 50 - 50Hz.	
Pause	Set time length for Pause. OFF (Default), 0:30, 1:00, or 2:00 minutes.	
Default Time	Set default workout time. 10, 20, 30 (Default), or 60.	
Max Time	Set maximum workout time. OFF (Unlimited), 30, 60 (Default), 90, or 120 minutes.	
Max Speed	Set maximum speed. Miles - 1 to 12.4 in one MPH increments. Kilometers - 1-10, 12, 16 or 20 KPH increments. Max speed is default.	
A/V	Set A/V option. Choices are PEM, UHF, none, or FM (TF/M). See <i>A/V Config and FM Radio Presets</i> for full configuration. If unit ships with E3 View Monitor, this setup option is skipped.	

	LED Console	E3 View Monitor
Sound	Toggle console beeper On (Default) or OFF. Set headphone speaker volume 0-30 (10 is default).	Toggle console beeper On (Default) or OFF. Toggle headphone beeper to Some (Default), All, or Off. Set headphone speaker volume 0-30 (10 is default).
Languages	Not available	Set E3 View Monitor language. Choices are: French, Spanish, or English (Default).

To reset setup options to default values

1. Press the **Display option**  key at the first setup option screen (Time). The console will display “[rSEt] [?]”.

To exit without resetting, press the **STOP** or **ENTER**  key.

2. To reset setup options, press the **UP**  or **DOWN**  keys to select “[YES]” and press the **ENTER**  key.

Exit Set Up Mode.

Press the **STOP** key to exit Setup options.

A/V Configuration and FM Radio Presets

Setting up the Cybox Wireless Audio Receiver Module requires three steps:

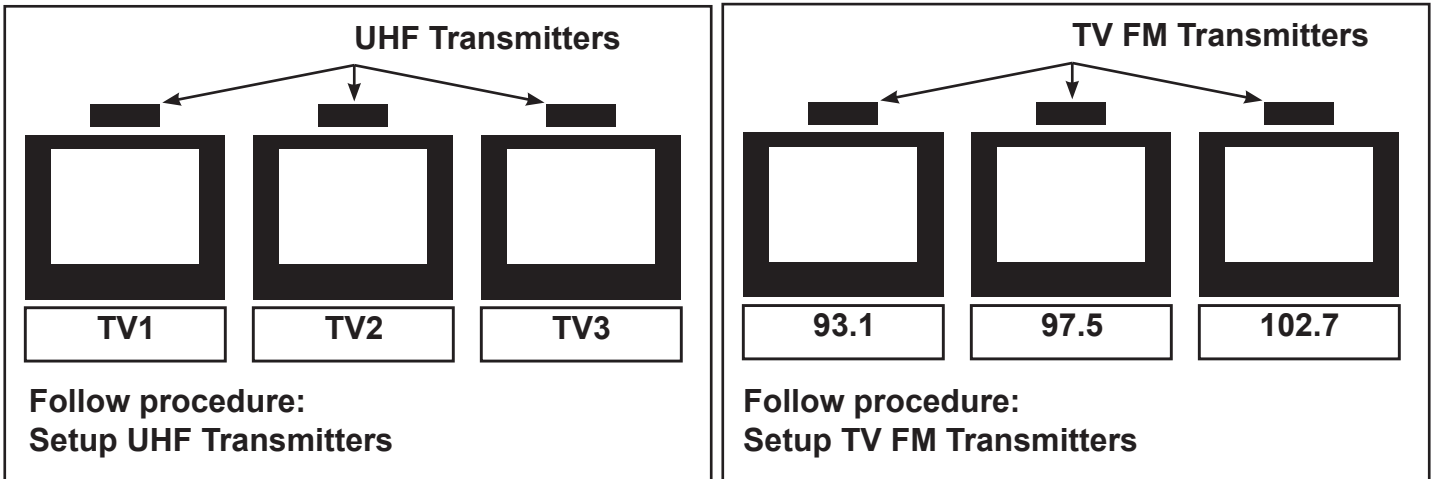
- Determine the type of transmitter used (MYE 900MHz, Broadcast Vision 863MHz, etc. or TV FM).
- Assign a TV channel number to each transmitter on the console.
- Add FM radio station presets (optional)

Tools Required:

- Headphones (not included)

Determine transmitter type

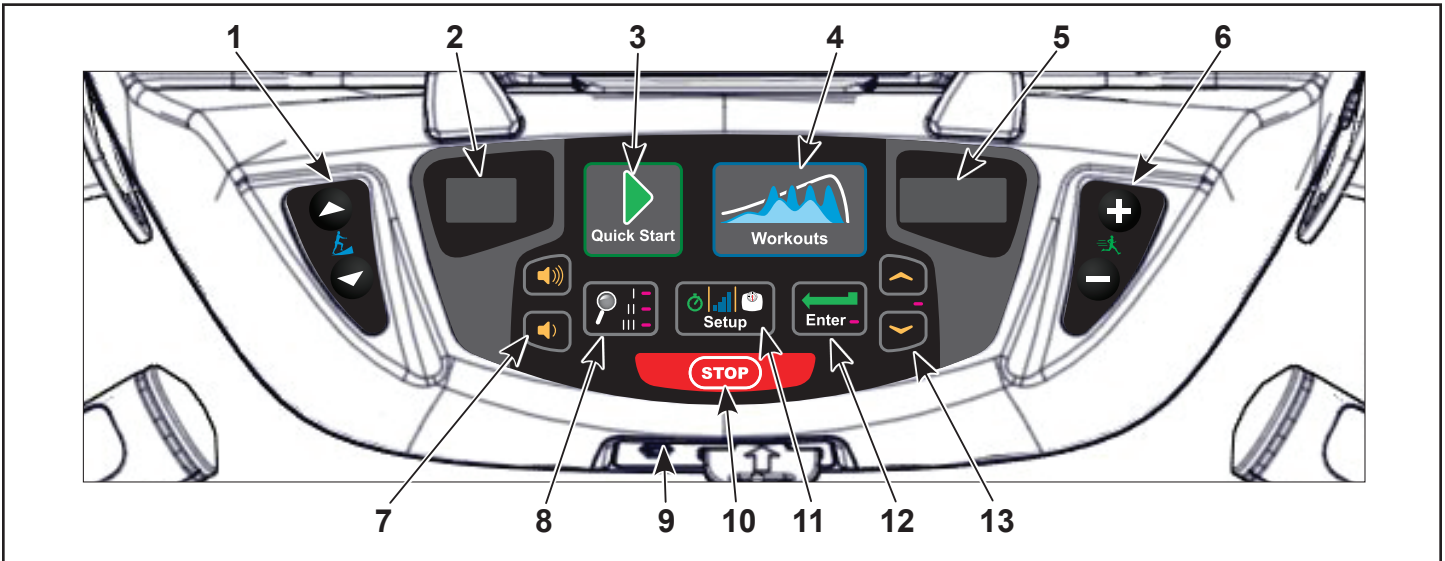
There are two types of transmitters UHF or TV FM. UHF transmitters will have TV's identified by number, example TV1. TV FM transmitters will have TV's identified with FM frequencies, example 93.1.



For TV FM transmitters, record FM frequencies for all TV's:







1	2	3	4	5	6	7	8	9	10


User Controls



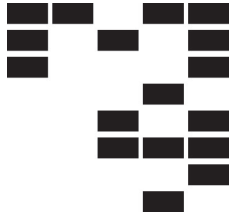
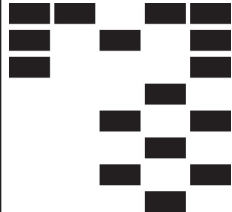


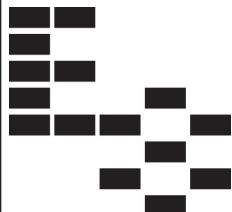



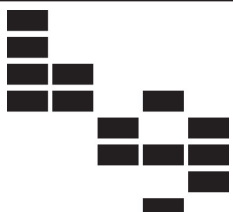
1	Incline keys	Navigates through all stored channels as in User Mode
2	Incline display	Shows setting of receiver sensitivity as (n)ear or (F)ar
3	Quick Start key	Selects transmitter type Resets all stored TV channels when used
4	Workouts key	Toggles setup for FM presets and back to TV channel setup
5	Speed display	Shows 'FM' when storing FM radio station presets
6	Speed keys	Toggles the display for Adding new channels or Deleting stored channels
7	Volume keys	Increase or decrease volume
8	Display option key	Scans for available TV transmitters, or will seek the next strongest FM station or FM transmitter frequency.
9	Headphone jack	Plug in headphones to listen to channels
10	STOP key	Stores and exits setup
11	Setup key	When storing FM presets, this button will clear all stored FM radio presets Toggles near/far for UHF receiver sensitivity.
12	Enter key	Enters menu, accepts value shown, moves forward in menu.
13	Up/Down keys	Navigates TV channels or manually tunes FM frequencies


Set up UHF Transmitters

1. Press and hold **Display option**  and **Up**  for 3 seconds. Display will show time setup.
2. Press **Down**  to navigate to the A/V setup screen. Press the **ENTER**  key.
3. Press the **UP**  or **DOWN**  keys to select "UHF".






4. Press the **ENTER**  key.
5. Plug in headphones to listen for channels during setup.



Transmitter type display for LED consoles

900 MHz System		863 MHz System		806 MHz System	
"M 900" MYE		"M 863" MYE		"J1 806" Japan 14 channels	
"C 900" Cardio Theater		"E 863" Ener- cise		"J2 806" Japan 30 channels	
"E 900" Energise		"A 863" Audeon			
"B 900" Broadcast Vision					

6. Press **Display option**  key to scan for available channels. The scan can take up to 10 seconds and then display channel number. Some of these channels may not be signals from the TV transmitters and need to be deleted.













Review channels

1. Press **Up**  or **Down**  to listen to available channels with the headphones.
2. Delete unwanted channels by pressing **Speed Up**  or **Down**  to change the right LED window to [dEL]. Press **Enter** to delete channel. Repeat process for additional unwanted channels.
3. Adjust the Near/Far setting for channels that are available but not showing. Press **Setup** key to change the setting from "F" (Far) to "n" (Near). Press **Display option**  to re-scan for available channels.

4. Press **Up**  or **Down**  to scroll through and verify all TV channels. If all TV transmitters are stored, and they all correlate the TV number to the correct TV heard, setup is complete. If not you may need to re-scan or adjust the transmitter codes (see documentation for your transmitters to perform a code change).
5. Press **Stop** to exit setup. Transmitter setup complete.
6. Proceed to *Add FM Radio Stations (optional)*.




Setup TV FM Transmitters





If your TV's use FM transmitters, follow these instructions to assign a TV channel to each frequency.

1. Press and hold **Display option**  and **Up**  for 3 seconds. Display will show time setup.
2. Press **Down**  to navigate to the A/V setup screen. Press the **ENTER**  key.
3. Press the **UP**  and **DOWN**  keys to select "FM".
4. Press the **ENTER**  key.
5. Plug in headphones to listen for channels during setup.
6. Press **Display option**  to seek the next TV FM frequency or **Up**  or **Down**  to tune manually.
7. Press Speed **Up**  or **Down**  keys to add "[Add]" a channel. Press **Enter** to save channel, "std" (stored) will be displayed.
8. Repeat steps 3 and 4 to add all TV FM channels.
9. Press **Stop** to exit setup when all the TV's FM transmitter frequencies have a TV number. Transmitter setup complete.
10. Proceed to *Add FM Radio Stations (optional)*.

Add FM Radio Stations (optional)





If strong local FM Radio Stations are available in the area, you can set those as presets.

1. Enter *A/V setup mode*.
2. Press **Workouts** to display "FM" on the console. The left numeric will display "CH 1".
3. Press **Display option**  to seek the next FM station or **Up**  or **Down**  to tune manually.

4. Press Speed Up  or Down  keys to add "[Add]" a channel. Press **Enter** to save channel, "std" (stored) will be displayed.
5. Repeat steps 3 and 4 to save up to 32 FM radio stations.
6. Press **Stop** to exit setup when all FM radio stations are stored.
7. Press Up  or Down  to scroll through and verify all FM radio stations.

Adjust sound volumes

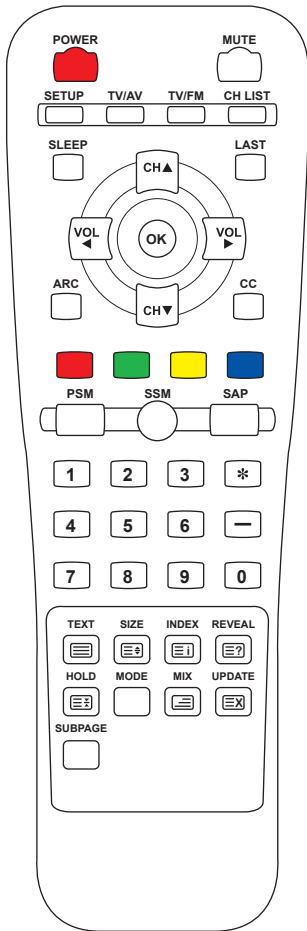
After completing setup, the sound volume should be adjusted between the TV transmitters and the FM radio stations. If FM radio stations are not set, adjust volume between all TV's.








1. Press Up  or Down  to select an FM radio station. This volume is not adjustable and is the base volume.
2. Press Up  or Down  to select a TV station.
3. Adjust the volume of each TV to match an FM Radio Station or each other using the TV's remote control. The goal is for a volume setting of 10 on the treadmill to be the same for all TV and FM channels.
4. Repeat procedure for all TV's.

Setup complete

E3 View Monitor Controls

The remote control is used to perform all setup operations for the E3 View Monitor.

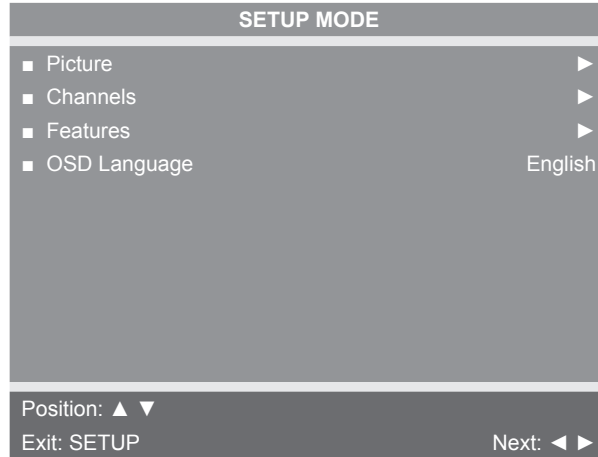


	POWER	Turn the E3 View monitor on or off
	SETUP	Enter or exit the Setup home screen
	CH LIST	Channel list - List all available channels
	CH ▲	Channel up - Navigate up through the on-screen menu
	CH ▼	Channel down - Navigate down through the on-screen menu
	VOL ◀	Volume left - Navigate left through the on-screen menu
	VOL ▶	Volume right - Navigate right through the on-screen menu




E3 View Monitor Setup

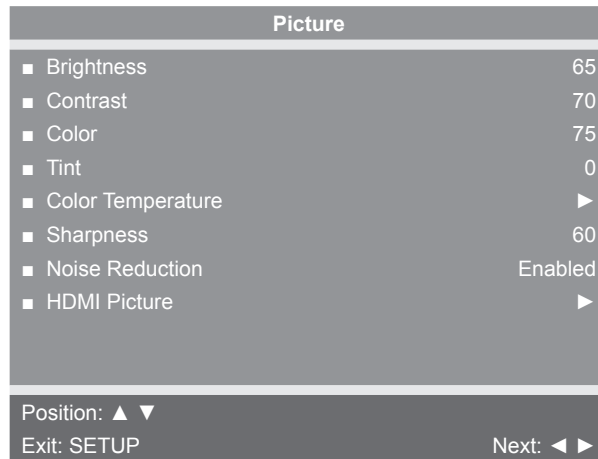
Access Setup Screen





Press the **SETUP**  button to display the SETUP MODE screen on the E3 View Monitor. Follow procedure to setup the E3 View Monitor.



Picture


1. Press  or  to select **Picture**.
2. Press  to select access **Picture** menu.



3. Press  or  to select settings.
4. Press  or  to adjust settings.

Picture settings

Brightness	Adjust range from 1 to 100. Default is 65.
Contrast	Adjust range from 1 to 100. Default is 70.
Color	Adjust range from 1 to 100. Default is 75.
Tint	Adjust range from 1 to 100. Range is R50 to G50. Default is 0.
Color Temperature	Adjust color balance of Red, Green and Blue temperatures.
Sharpness	Adjust range from 1 to 100. Default is 60.
Noise Reduction	Select Enabled (Default) or Disabled.
HDMI Picture	Set to Auto or Adjust settings as needed. Available only when HDMI signal is present.

5. Press the **SETUP**  button to return to SETUP MODE menu.

Channels

1. Press  or  to select **Channels**.
2. Press  to select access **Channels** menu.

ATSC Monitor





Channels	
■ Signal	Cable STD
■ Auto Program	▶
■ Add/Delete Channels	▶
■ Parental Control	▶
■ Default Channel	Last
■ Channel Lock	Disabled
■ Channel Memory Override	Enabled

Position: ▲ ▼
Exit: SETUP Next: ◀ ▶

DVB-T Monitor

Channels	
■ Auto Program	▶
■ Manual Program	▶
■ Add/Delete Channels	▶
■ Parental Control	▶
■ Default Channel	Last
■ Channel Lock	Disabled
■ Channel Memory Override	Enabled





Position: ▲ ▼
Exit: SETUP Next: ◀ ▶

3. Press  or  to select settings.
4. Press  or  to adjust settings.

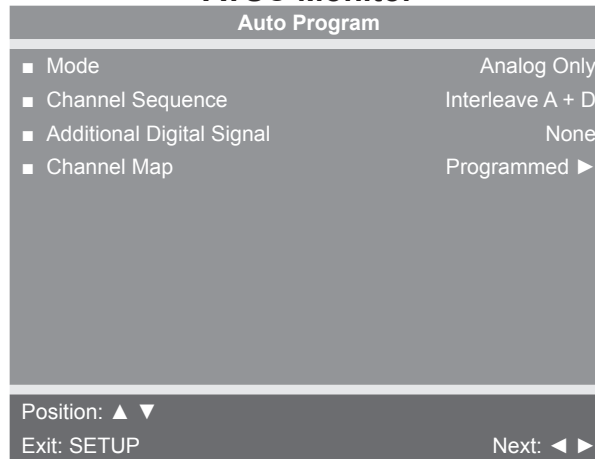
Channel settings



Signal (ATSC only)	Select Air, Cable STD, Cable IRC, or Cable HRC.
Auto Program	See Below
Manual Program (DVB-T only)	See Below
Add/Delete Channels	See Below
Parental Control	Block channels based on TV ratings.
Default Channel	Select channel to display on power up. Select from available channels or last.
Channel Lock	Select Enabled or Disabled. If enabled only one channel is shown, user cannot change channels.
Channel Memory Override	Select Enabled or Disabled. If enabled allows user to select any available channel.

Auto Program (ATSC Monitor)

1. Press  to select **Auto Program**.
2. Press  to enter the menu.
3. Press  or  to select **Mode**.



ATSC Monitor



4. Press  or  to set the scope of channel scanning.

- Analog Only (Default): TV searches for analog channels only.
- Digital Only: TV searches for digital channels only.
- Analog and Digital: TV searches for both analog and digital channels.


5. Press  to select **Channel Sequence**.


6. Press  or  to set the Channel Sequence in which the channels are displayed after searching.



- Interleave A+D: In the order of channel number regardless of the system.
- All A then D: Digital channels are displayed after all analog channels.


7. Press  or  to select **Additional Digital Signal**. Not available when **Mode** is set to Analog Only.


8. Press  or  to choose the **Additional Digital Signal** source. Choices are: None, Air, Cable STD, Cable IRC, or Cable HRC.

9. Press  to select **Channel Map**.


10. Press  to start auto programming. A confirmation menu will appear before proceeding.

11. Press  (Yes) to start auto programming. Press  (No) button to cancel the operation. The TV will now search all available channels with an on-screen progress percentage displayed. Any tuning Mode that includes Digital channels will require several minutes to complete auto programming.





This may take 20 or more minutes. If screen shuts off, Press the **POWER**  button to turn monitor on.

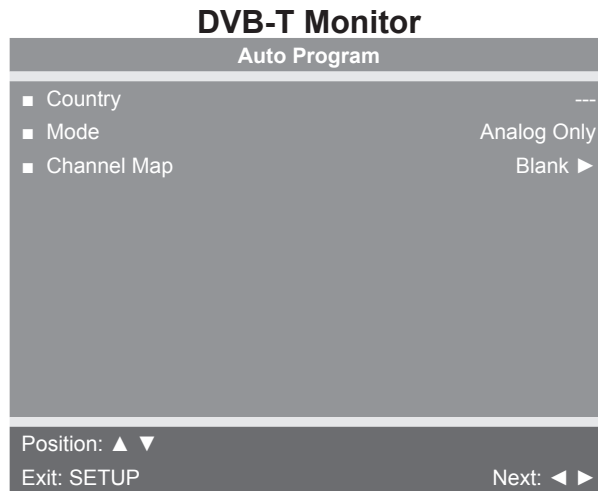
12. Press the **SETUP**  button to return to normal TV viewing once auto programming is complete.

13. Press the **CHANNEL LIST**  button to list programmed channels.

14. Press the **SETUP**  button to return to SETUP MODE menu.





Auto Program (DVB-T Monitor)

1. Tap  to select **Auto Program**.
2. Tap  to enter the menu.
3. Tap  or  to select **Country**.








Available countries are:


Albania, Austria, Australia, Belgium, Bosnia, Bulgaria, China, Croatia, Czech, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Ireland, Italy, Kazakhstan, Latvia, Lithuania, Luxembourg, Morocco, Netherlands, Norway, Poland, Portugal, Romania, Russia, Serbia, Slovakia, Slovenia, Spain, Sweden, Switzerland, Turkey, Uk, and Ukraine.

4. Tap  or  to select **Mode**.
5. Tap  or  to set the scope of channel scanning.


- Analog Only (Default): TV searches for analog channels only.
- Digital Only: TV searches for digital channels only.
- Analog and Digital: TV searches for both analog and digital channels.

6. Tap  to select **Channel Map**.
7. Tap  to start auto programming. A confirmation menu will appear before proceeding.
8. Tap  (Yes) to start auto programming. Tap  (No) button to cancel the operation. The TV will now search all available channels with an on-screen progress percentage displayed. Any tuning Mode that includes Digital channels will require several minutes to complete auto programming.

This may take 20 or more minutes. If screen shuts off, **POWER**  button to turn monitor on.

9. Press the **SETUP**  button to return to normal TV viewing once auto programming is complete.

10. Tap the **CHANNEL LIST**  button to list programmed channels.

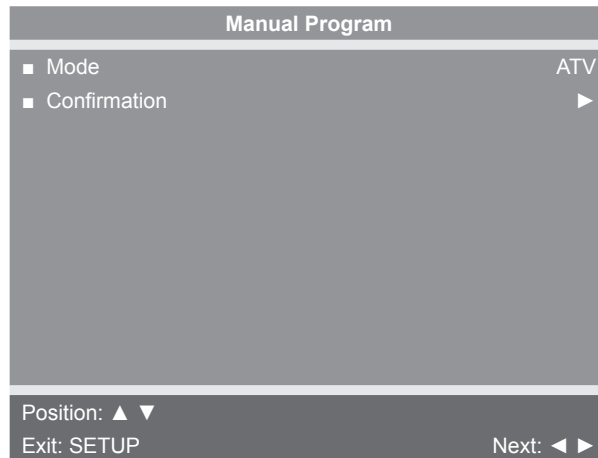
11. Press the **SETUP**  button to return to SETUP MODE menu.

Manual Program (ATSC and DVB-T)

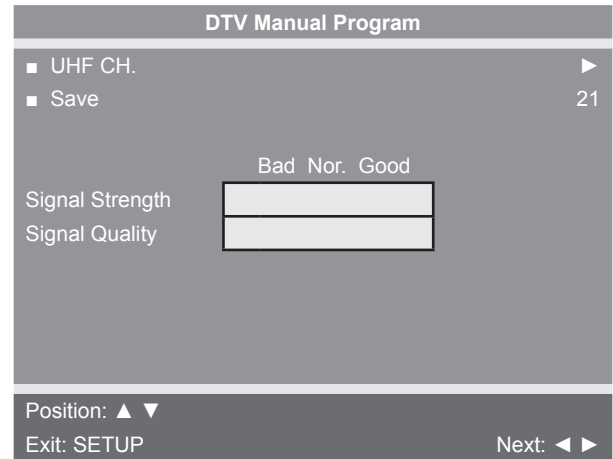
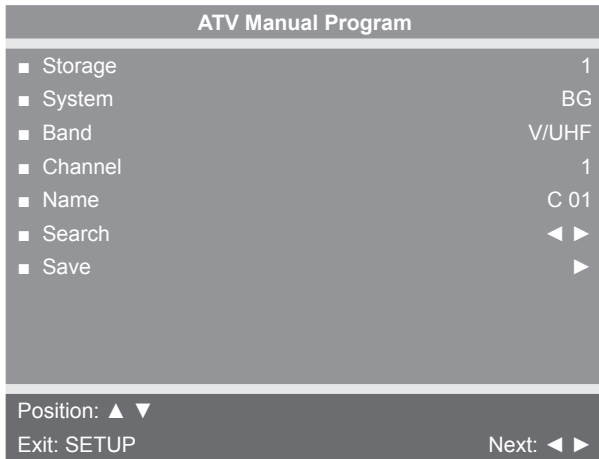
1. Tap  to select **Manual Program**.

2. Tap  to enter the menu.

3. Tap  or  to select **Mode**.





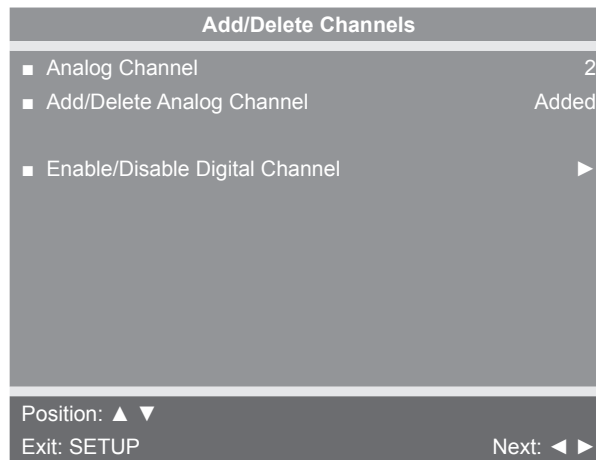
4. Tap  or  to select ATV or DTV.







ATV Mode	Adjust settings for Storage, System, Band, Channel, Name, or Search. Select Save to save settings.
DTV Mode	Select UHF channel. Select Save to save settings.













Add/Delete Channels (ATSC and DVB-T)

1. Press  to select **Add/Delete Channels**.
2. Press  to enter the Add/Delete Channels menu.



To add or delete an analog channel perform the following procedure. To enable or disable digital channels, go to step 7.

3. Press  or  to select the desired analog channel.
4. Press  or  to highlight **Add/Delete Analog Channel**.

5. Press  or  to select **Added** or **Deleted**.
6. Press the **SETUP**  button to return to the previous menu. To exit, Press the **SETUP**  button until the programming menus disappear. If there are more analog channels to be added or deleted, repeat steps 3 through 5.
7. Press  or  to highlight **Enable/Disable Digital Channel**.
8. Press  to select **Enable/Disable Digital Channel**. If there are not any channels programmed in the Service Level, "No Channels Present" will appear in the menu.
9. Press  or  to highlight the digital channel that needs to be enabled or disabled.
10. Press  or  to select **Enable** or **Disable**.
11. Press the **SETUP**  button to return to the previous menu.

Features

1. Press  or  to select **Features**.
2. Press  to select access **Features** menu.

ATSC Monitor





Features	
■ Power on Captions Mode	Last
■ Digital Mode Time Setup	▶
■ Diagnostics	▶
■ Caption Text Modes	Disabled

Position: ▲ ▼
Exit: SETUP Next: ◀ ▶

DVB-T Monitor


Features	
■ Power on Subtitles Mode	Last
■ Digital Mode Time Setup	▶
■ Diagnostics	▶

Position: ▲ ▼
Exit: SETUP Next: ◀ ▶

3. Press  or  to select settings.
4. Press  or  to adjust settings.

Feature settings


Power on Captions Mode (ATSC only)	Select Off or Last. Last will set caption mode to last used setting.
Power on Subtitles Mode (DVB-T only)	Select Off or Last. Last will set subtitle mode to last used setting.
Digital Mode Time Setup	Set current time automatically from digital signal. Select time zone and daylight savings time to Auto, On, or Off.
Diagnostics	Provides diagnostic information only. Settings cannot be changed.
Caption Text Modes (ATSC only)	Select Enabled or Disabled.


5. Press the **SETUP**  button to return to SETUP MODE menu.

OSD Language

1. Press  or  to select **OSD Language**.
2. Press  or  to select language.

ATSC choices	English, Français or Español.
DVB-T choices	English, Français, Español, Dutch, Danish, Russian, German, and Swedish.

3. Press the **SETUP**  button to return to SETUP MODE menu.

Exit Set Up Mode by pressing the **SETUP**  button.

Setup Complete

Testing the Treadmill Operation

Use the following instructions to test the full speed and incline range of the treadmill and to check the belt for proper operation.



WARNING: Falling hazard.

When starting unit.

- *Stand on two top steps.*
- *Do not stand on belt.*


Cybex recommends that the treadmill be unplugged or the on/off (I/O) power switch turned off (O) when it is not in use.

1. Without anyone on the treadmill, plug the power cord into a power outlet from a grounded, dedicated circuit as described under Electrical Requirements in this chapter.

Ensure the power cord is not being pinched under the front of the treadmill.

2. Toggle the on/off (I/O) power switch to the on (I) position. The on/off (I/O) power switch is located under the front end of the unit, or on the front right side panel.
3. The control panel will light up and be in the opening screen.
4. Press the **Quick Start** key. The treadmill begins a countdown “3...2...1” and sounds a tone for each count. After it reaches one (1), the treadmill gives a longer tone and then begins accelerating the belt to reach 0.5 mph (0.8 kph).
5. The lower left display will show the incline and the lower right display will show the actual speed.
6. Press and hold down the **Speed +** key until the treadmill reaches a speed of approximately 4 mph (6.4 kph), as indicated on the display.
7. Observe the belt to see that it is running properly; it should stay centered in the middle of the deck. If you have problems with the running belt operation, see Running Belt Adjustments in the Preventive Maintenance chapter.
8. Run the treadmill through its full speed range. First press the **Speed +** key until the treadmill reaches its highest speed. Then press the **Speed -** key until the treadmill is back to 0.5 mph (0.8 kph).
9. As you press the Incline **▲ ▼** or **Speed + -** keys, the respective displays will show the actual incline or speed.
10. When the treadmill reaches the set incline and speed, the displays will remain steadily illuminated to indicate that the desired settings have been reached.
11. Run the treadmill through its full % grade range. Press the **Incline ▲** key until the treadmill reaches its highest grade (15%). Then press the **Incline ▼** key until the treadmill reaches 0% grade.
12. Press the **Stop** key once to stop the running belt and enter *Review Mode*. Press the **Stop** key again to exit Review Mode and return the display to the opening screen.

Operation

Read and understand all instructions and warnings prior to using the treadmill. See all of the safety related information located in the Safety chapter. 

Terms Used

This section lists some of the common terms and symbols used in this chapter. Other terms and symbols are listed in this chapter as appropriate. For setup options see Setup in the Assembly and Setup chapter.

Active Mode — *Active Mode* is when the running belt is moving. Before *Active Mode* begins, a three second countdown and “3...2...1” is displayed. *Active Mode* continues until the preset time limit is reached, the e-stop key is pulled out or the **STOP** key is pressed.

Cool Down — A reduction of work load for a short duration allows user to gently reduce heart rate. Cool Down occurs two minutes prior to completion of the workout-controlled workout sessions.

Dormant Mode — Occurs when unit is plugged in and not in use.

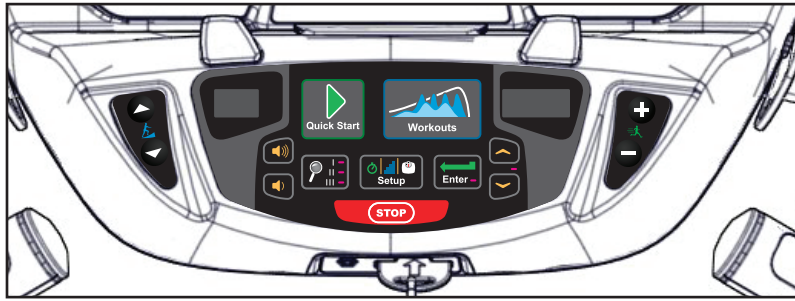
Manual Mode — In this active mode the user sets a goal for Time. The user controls speed and incline. Manual Mode continues until the goal is reached. Manual Mode is only available during Active Mode.




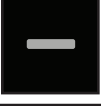





Pause Mode — Occurs only if the Pause feature is enabled and user selects the **STOP** key from Active Mode.

Quick Start — This begins by pressing the **Quick Start** key. Quick Start enters Active Mode at minimum speed and 0% elevation with time counting up from 0:00.

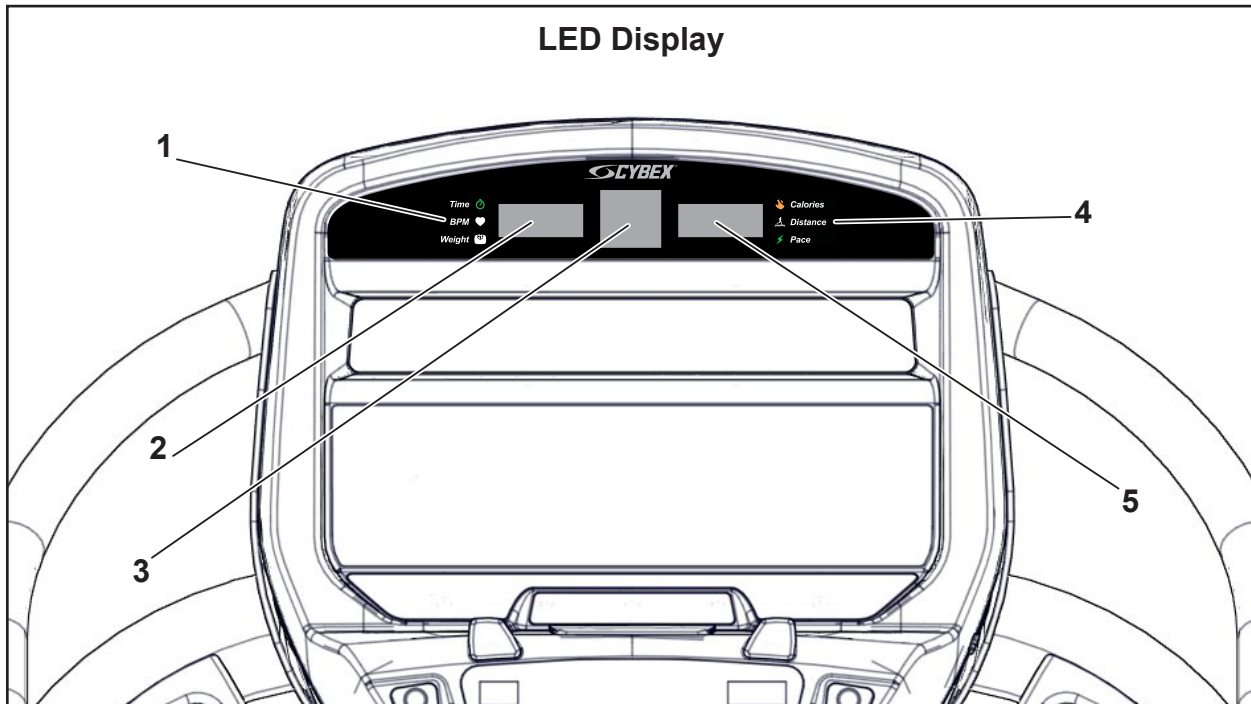
Workout Review — Review of the accumulated workout data will happen at the end of each workout session.

User Control Symbols Used

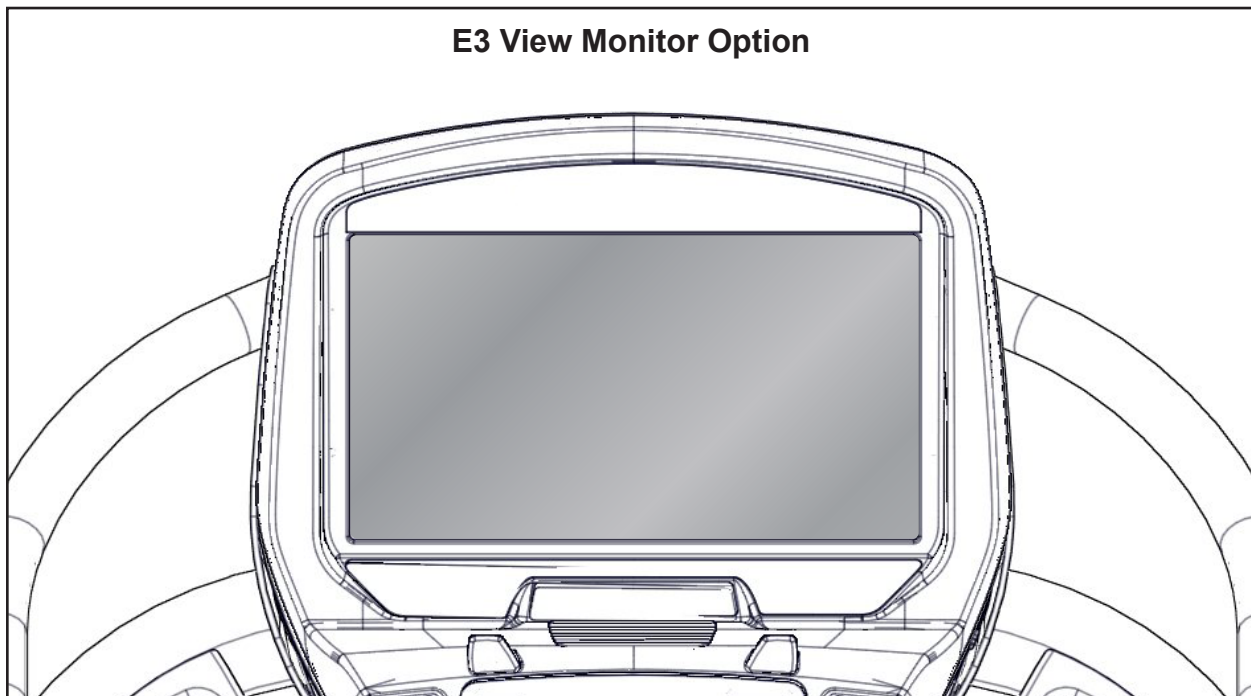


Control	Control Name	Description
	INCLINE UP	Adjust Incline up.
	INCLINE DOWN	Adjust Incline down.
	SPEED UP	Adjust Speed up.
	SPEED DOWN	Adjust Speed down.
	VOLUME UP	Adjust Volume up.
	VOLUME DOWN	Adjust Volume down.
	UP KEY	Adjust Time, Level, Weight, or Workout up. A/V - Channel UP . iPod/iPhone/iPad - NEXT track (option)
	DOWN KEY	Adjust Time, Level, Weight, or Workout down. A/V - Channel DOWN . iPod/iPhone/iPad - PREVIOUS track (option)
	STOP	Press STOP once to stop the running belt, end the workout session, and start the <i>Workout Review</i> . Press STOP again to exit to <i>Dormant Mode</i> .

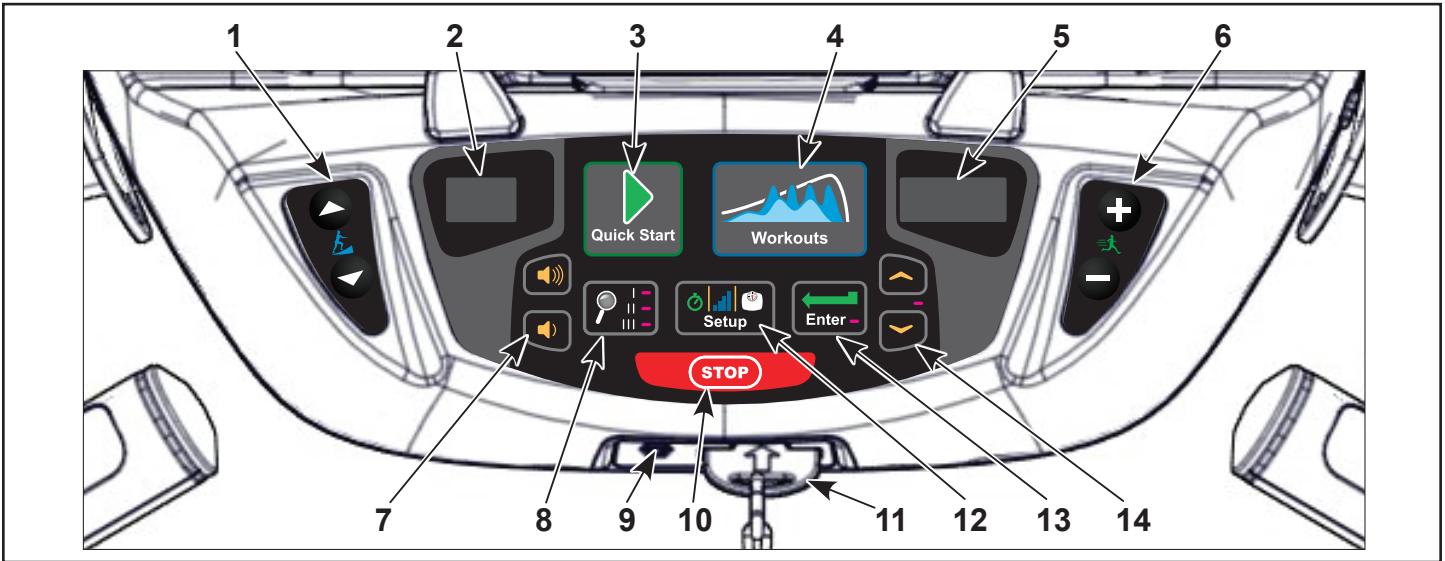
Console Display



1	Left enunciator	Displays Time, BPM, or Weight.
2	Left data readout	Displays value of Time, BPM, or Weight.
3	Bar graph	Displays workout profiles and setup options.
4	Right enunciator	Displays Calories, Distance, or Pace.
5	Right data readout	Displays value of Calories, Distance, or Pace.



User Controls



1	Incline keys	6	Speed keys	11	E-Stop key
2	Incline display	7	Volume keys	12	Setup key
3	Quick Start key	8	Display option key	13	Enter key
4	Workouts key	9	Headphone jack	14	Up/Down keys
5	Speed display	10	STOP key		

Displays — Incline and speed are shown in the LED displays.

Keys — User controls for Incline, Quick Start, Workouts, Speed, Volume, Display option, STOP, Setup, Enter and Up/Down.

Quick Operation Guide

Maximum user weight is 350 lbs. (158 kg).

The following is a quick overview of the operation of the treadmill. For more information read *Detailed Operation Guide* in this chapter.



WARNING: Falling hazard.

When starting unit.

- Stand on two top steps.
- Do not stand on belt.

1. Place your feet on the two top steps located on each side of the running belt.
2. Clip the e-stop clip onto your clothing and test it as described under *Emergency Stop* in the *Safety* chapter.
3. Press the **QUICK START** key.
4. The treadmill begins a countdown, “3...2...1,” after which it accelerates the belt to 0.5 mph (0.8 kph) and enters Active Mode.

5. Hold the handrails while you step onto the running belt and begin walking.
6. Press the **Incline** ▲ ▼ keys to change the incline at any time. The left display will show incline.
7. Press the **Speed** + – keys to change the belt speed at any time. The right display will show the current speed.
8. Press the **STOP** key at any time to stop the running belt. The running belt stops and the incline returns to 0%. If pause is enabled, "Workout Review" is displayed.

Detailed Operation Guide

Maximum user weight is 350 lbs. (158 kg).



WARNING: *Falling hazard.*




When starting unit.

- *Stand on two top steps.*
- *Do not stand on belt.*

1. Place your feet on the two top steps located on each side of the running belt.
2. Clip the e-stop clip onto your clothing and carefully test the e-stop key to ensure it will activate in case of an emergency. See Emergency Stop Key (e-stop) in the Safety Chapter for properly testing the e-stop key. Also, see Stopping the Treadmill in this chapter for further information about the e-stop key. Be sure the string is free of knots and has enough slack for you to run comfortably with the e-stop key in place.
3. At the opening screen select the **Quick Start** or **Workouts** key.



If **Quick Start** is selected, The treadmill begins a countdown, "3...2...1," after which it accelerates the belt to 0.5 mph (0.8 kph) and enters Active Mode.


If **Workouts** is selected, Select a workout and setup options.

1. Select workouts 1 through 8 with the **UP**  and **DOWN**  keys.
2. Press the **ENTER**  key to advance to setup options.

Setup options:

Time	Enter workout time.
Level	Enter workout level.
Weight	Enter user weight.

3. Use the **UP**  and **DOWN**  keys to increase or decrease each of the setup options.

Press the **ENTER**  key to advance to the next option.



For the most accurate resistance and calorie count, you must set your correct weight before beginning your workout (including clothing).

When selecting a workout you must press the **Enter**  key after each adjustment of *Time*, *Level*, or *Weight*.

After final selection has been made the console will countdown, “3...2...1,” to signal start of workout, and enter *Active Mode*.

4. Hold the handrails while you step onto the running belt and begin walking.
5. Observe the control panel. The top center Bar Graph display shows a graphical representation of the relative incline changes, and if in a workout, will show the relative intensity changes that are coming up. The left and right Data Readouts will start showing the workout data such as Time, Heart rate (if available), Calories, and Distance. The data displays will start by automatically shifting every 5 seconds.

When you adjust incline or speed in a workout, the change will affect only the current segment. The workout control will resume starting with the next segment. To increase or decrease overall intensity, adjust the speed and/or the workout level.

6. Press the **Incline**   keys to change the incline at any time. The left display will show the set incline.
7. Press the **Speed** **+** **-** keys to change the belt speed at any time. The right display will show the set speed.
8. Press the **STOP** key at any time to stop the running belt. The running belt stops and the incline returns to 0%.

If the e-stop key is removed during a workout, the drive motor power shuts off immediately, causing the belt to stop. “E-Stop” is displayed. Replacement of the e-stop key causes *Workout Review* to begin.

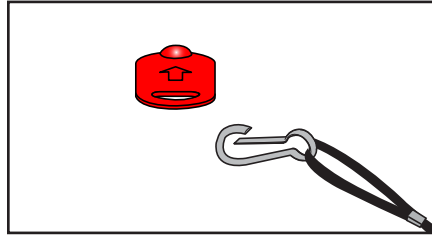
When a workout is complete the treadmill begins a countdown, “3...2...1” and sounds a tone for each count. The belt slows to a stop, the incline returns to 0% and *Workout Review* is displayed for the preset time or until you press the **STOP** key.

The treadmill returns to *Dormant Mode*.

Stopping the Treadmill

Press **STOP** once to end the workout session and start the Workout Review. The treadmill will perform a controlled belt stop and bring the incline to 0%. The accumulated data or the results of the Fitness Test will be displayed for the duration configured in Setup for Review Time. Press **STOP** again to exit to Dormant.

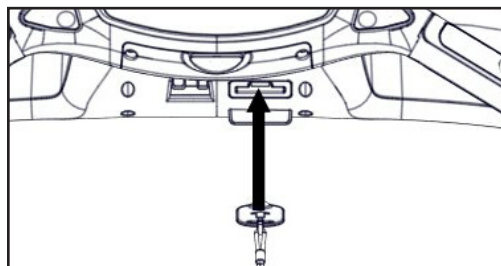
The function of the immobilization method: The purpose of immobilizing the treadmill is to prevent unauthorized use. This can be accomplished by removing the e-stop key from the treadmill, unclipping it from the cord and putting it in a non-accessible place.



The emergency dismount: Follow the steps listed below if you experience pain, feel faint or need to stop your treadmill in an emergency situation:

1. Grip handrails for support.
2. Step onto the top steps.
3. Pull the e-stop key off the console.

The function of the emergency stop: The e-stop key functions as the emergency stop. In an emergency situation, remove the e-stop key from the treadmill and the running belt will come to a stop.



Safety Sentry

Safety Sentry uses display feedback to determine user presence. If a user is not detected within 10 seconds, the display beeps and inquires “run?” (LED console) or “Are you there?” (E3 View console).

The treadmill will use every sensor available to determine a user is still on the belt before asking if you are present, then shutting it off. If the user is lighter than 100 lbs. (45 Kg), the motor drive may not be able to determine they are on the belt. In this instance, the treadmill can only rely on the key inputs, or the heart rate to establish your presence. It is advisable for lighter users to take advantage of the wireless heart rate feature to avoid triggering the Safety Sentry.



Workout Selection


Workout Choices:

	Workout	Levels	Settings
1	Weight Loss	10	Select time, level and weight.
2	Rolling Hills	10	Select time, level and weight.
3	Hills	10	Select time, level and weight.
4	Pikes Peak	10	Select time, level and weight.
5	Hill Interval 1:1	10	Select time, level and weight.
6	Hill Interval 1:2	10	Select time, level and weight.
7	Hill Interval 1:3	10	Select time, level and weight.
8	Cardio	10	Select time, level and weight.
9	Heart rate Control (HRC) (E3 View Monitor Option)	N/A	Select time, age, target heart rate and weight.

Navigation

The keypad is active during the workout setup time to key in time, level and weight values.

The **UP**  or **DOWN**  keys are active to adjust the displayed workout value (up or down). Hold down key to accelerate rate of increments.

Press the **ENTER**  key after each step to accept values entered and to move forward in the setup process.

The **QUICK START** key may be pressed any time during this process to accept all workout defaults. If no activity is performed after a workout is selected, the unit will default to the settings of the current workout selected.

See Appendix for Workout Overviews

Data Readouts

As you exercise, the treadmill keeps track of the following data:

BPM (Beats Per Minute) — Your current heart rate. Heart rate will appear when a signal is introduced. Use the hand grips for Contact Heart rate or wear a Polar® compatible heart rate chest strap.

Calories — The total accumulated calories burned during your workout. Your weight must be correctly set before beginning your workout for this measurement to be most accurate.

Distance — The total accumulated distance, in miles or kilometers, during your workout. Depending on the defaults you've chosen this measurement will show in English or Metric.

Pace — At your current speed, how long it would take to cover a mile (or kilometer), displayed in minutes:seconds.

Time — The total time you've been working out or time remaining. Display time as *hours:minutes*.

Heart Rate Indicator






Contact Heart Rate – Lightly hold hand grips on the handlebar ensuring that hands are clean and contact both the front and back sensors of each grip. A heart rate will display in typically 30 seconds or less.

Factors that interfere with heart rate signal:

- hand lotions
- oils or body powder
- excessive dirt
- excessive movement
- body composition
- hydration
- too loose grip
- too tight grip
- resting or leaning on grips

Wireless Heart Rate – To use this feature, a Polar® compatible heart rate transmitter belt (not included) must be worn.

Once the actual heart rate is determined, the LED to the right of the *Data Readouts* is blinking to the displayed BPM and the Heart LED lights up. The color of the light represents a scale of low to high target heart rate.

	Blue	0 – 69 BPM
	Green	70 – 93 BPM
	Yellow	94 – 119 BPM
	Blood Orange	120 – 169
	Magenta	170 and higher



Meaning of % Grade





A 1% grade is not the same as a 1 degree incline. The % grade is the relationship of the measurement of rise over the measurement of run (also called slope). For example, a 1 foot (meter) rise in height over a length of 100 feet (meters) is a 1% grade. Expressed as a mathematical formula, the grade is calculated as follows: $1 \text{ ft. (m)} / 100 \text{ ft. (m)} = 0.01 = 1\%$

With respect to treadmills, the percent grade is roughly equal to the increase in height (rise) of the treadmill divided by the length (run) of the treadmill.

The degree of incline can be related to % grade by taking the Arctangent of the grade. For instance, 15% grade is equal to 8.53 Degrees ($\text{ArcTan}(.15)=8.53^\circ$). The opposite is true to determine % Grade from Degree of incline ($\text{Tan}(8.53^\circ)=.15$).





E3 View Monitor Screen Options

During operation four E3 View Monitor screen options are available. Press **Display option**  to change screens. The **Display option**  LED's will indicate display option.

 LED I on	TV + Data	Display video with data at bottom of screen
 LED II on	TV Only	Display video only
 LED III on	Data Only	Display data only
 No LED's on	Blank	Screen is blank, video and data are not displayed

iPod/iPhone/iPad Functions

Connecting iPod/iPhone/iPad — Connecting an iPod/iPhone/iPad allows some control through the keypad. The iPod/iPhone/iPad will not be charged while connected.

1. Connect iPod/iPhone/iPad (not supplied) into the 30 pin connector.
2. Place iPod/iPhone/iPad onto the accessory tray.
3. Plug headphones (not supplied) into the console headphone jack.
4. Press volume **Up**  or **Down**  to adjust volume.
5. For non-E3 View Monitor consoles, press the **UP**  and **DOWN**  keys to change tracks.

Videos will not be displayed on the E3 View Monitor.

Maintenance

All preventive maintenance activities must be performed on a regular basis. Performing routine preventive maintenance actions can aid in providing safe, trouble-free operation of all Cybex equipment.

Cybex is not responsible for performing regular inspection and maintenance actions for your machines. Instruct all personnel in equipment inspection and maintenance actions and also in accident reporting/recording. Cybex representatives are available to answer any questions that you may have.



WARNING: For maintenance, service and repair:

- *Must be performed by trained service personnel only*
- *Use only Cybex replacement parts*
- *Unplug unit before working on it*
- *Keep water and liquids away from electrical parts.*

Warnings



Read all warnings in this chapter.

Observe the following warnings:



DANGER: Electrocutation hazard.

To avoid death or serious injury unplug unit when not in use or when performing maintenance.



WARNING: Equipment hazard.

To avoid serious injury or death replace worn or damaged components immediately and keep the equipment out of use until repair is completed.

Preventive Maintenance Activities

Perform regular preventive maintenance to ensure normal operation of unit. Keep a log of all maintenance actions to assist in staying current with all preventive maintenance activities.

Cybox is not responsible for performing regular inspection and maintenance actions for your unit. Instruct all personnel in equipment inspection and maintenance actions and also in accident reporting/recording. Contact Cybox Customer Service at 888-462-9239 or 508-533-4300 for any preventive maintenance or service concerns.



Read and understand warnings listed in this chapter and in the **Safety Section**. Read and understand all instructions in this section.

During maintenance, disconnect the power cord.

For some maintenance activities it will be necessary to remove and replace the motor cover.

Tool Required

- Cleaning solution
- Dry cloth
- Phillips screwdriver
- Vacuum

Cleaning Unit

When cleaning your treadmill spray a mild cleaning agent, such as a water and dishsoap solution, on a clean cloth first and then wipe the treadmill with the damp cloth. Do not spray cleaning solution directly on the treadmill. Direct spraying could cause damage to the electronics and may void the warranty.



WARNING: Shock and electrocution hazard.

- Unplug unit and let sit 10 minutes before cleaning or performing maintenance.
- Electrical charge can remain in unit after unplugging.
- Keep water and liquids away from electrical parts.

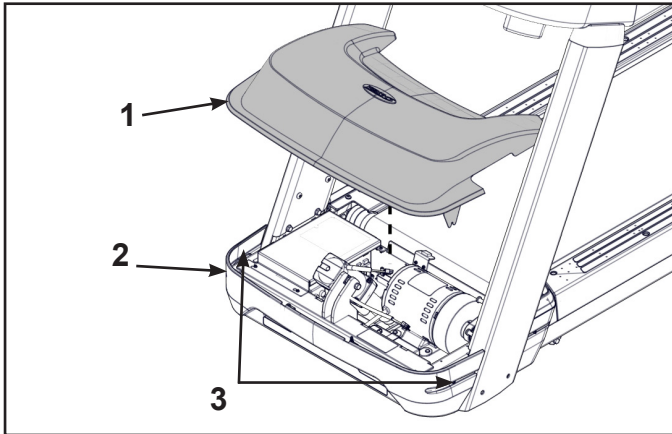
After Each Use — Wipe up any liquid spills immediately. After each workout, use a cloth to wipe up any remaining perspiration from the handrails and painted surfaces.

Be careful not to spill or get excessive moisture between the edge of the display panel and the console, as this might create an electrical hazard or cause failure of the electronics.

As Needed — Vacuum any dust or dirt that might accumulate under or around the unit. Cleaning this area should be done as often as indicated in the Service Schedule.

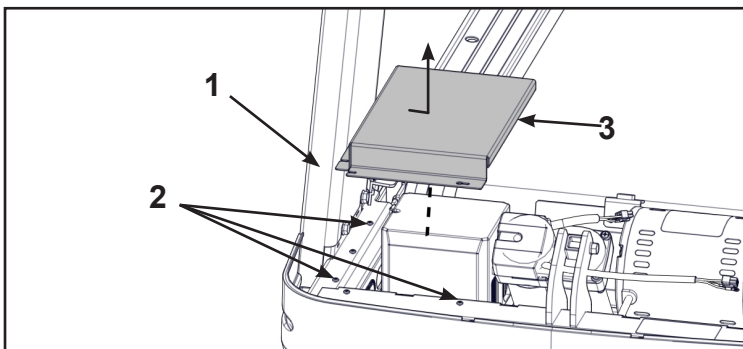
Contact Heart Rate Grips — Contaminants, such as hand lotions, oils or body powder, may come off on the contact heart rate grips. These can reduce sensitivity and interfere with the heart rate signal. It is recommended that the user have clean hands when using the contact heart rate. Clean the grips using a cloth dampened with a cleaning solution containing rubbing alcohol.

1. Loosen but do not remove the two front cover screws securing the motor cover using a Phillips screwdriver.



	Description
1	Motor cover
2	Front cover
3	Screws (2)

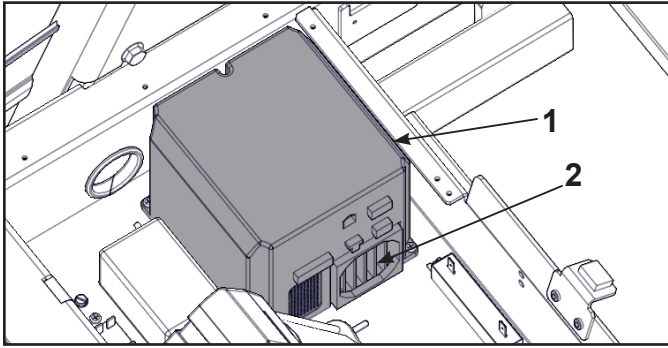
2. Remove motor cover by lifting vertically.
3. Loosen but do not remove the seven screws securing the shield to the base using a Phillips screwdriver.



	Description
1	Base
2	Screws (7)
3	Shield

4. Remove shield by sliding sideways and then vertically off of base.
5. Use a vacuum attachment or hand vacuum to clean the exposed elevation assembly, drive motor, lower electronics and the surrounding areas.

6. Vacuum the fan and heat sink area of the motor controller.



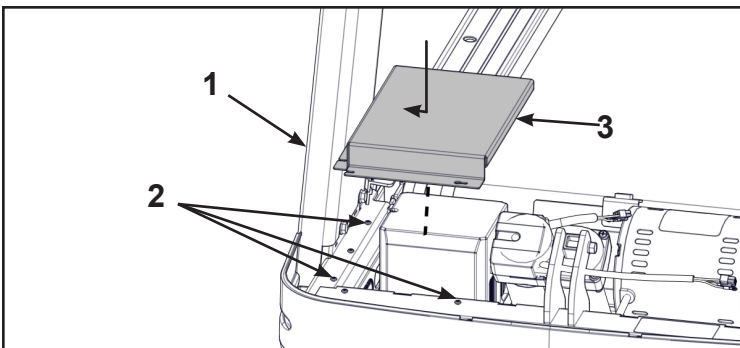
1	Motor controller
2	Fan and heatsink

7. Use a dry cloth for the areas that you can not reach with the vacuum cleaner. If the machine has not been used for some time or is excessively dirty, use a dry cloth to wipe all exposed areas.

8. Raise the rear of the treadmill and roll it back from its present position to vacuum the floor area underneath the unit. When finished, return the treadmill to its normal position.

Install shield

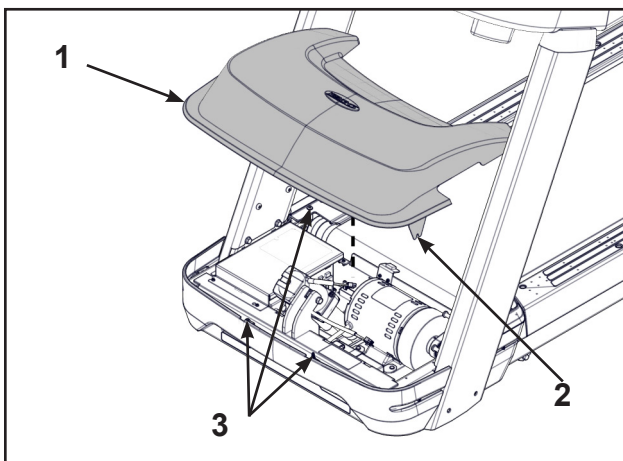
Tighten the seven screws securing the shield to the base using a Philips screwdriver.



	Description
1	Base
2	Screws (7)
3	Shield

Install motor cover

1. Place the motor cover into position vertically by aligning the two tabs and four plastic connectors. Two plastic connectors are mounted in the front cover and two in the motor cover.



	Description
1	Motor cover
2	Tabs (2)
3	Plastic connectors

If motor cover top does not fit properly, loosen the side screws on the front cover as needed.

2. Tighten the four front cover screws using a Phillips screwdriver. Be sure the screws are securing the motor cover's tabs.

Contact Heart Rate Grips — Contaminants, such as hand lotions, oils or body powder, may come off on the contact heart rate grips. These can reduce sensitivity and interfere with the heart rate signal. It is recommended that the user have clean hands when using the contact heart rate. Clean the grips using a cloth dampened with a cleaning solution containing rubbing alcohol.

Running Belt Maintenance

Belt and Deck — Wipe the belt surface and the deck area with a clean dry towel to minimize the effect of friction between the deck and the running belt. This should be done often to prevent premature wear of the deck, running belt, and the drive motor system. See the *Service Schedule* at the end of this chapter.

The running belt may become loose and slip on the drive roller with each foot plant. If it does, follow the *Tension and Center the Belt* procedure below. See the *Service Schedule* in this chapter for a minimum schedule for checking the belt tension.

Tension and Center the Belt — If the belt is slipping under each step perform this procedure:

Tools Required

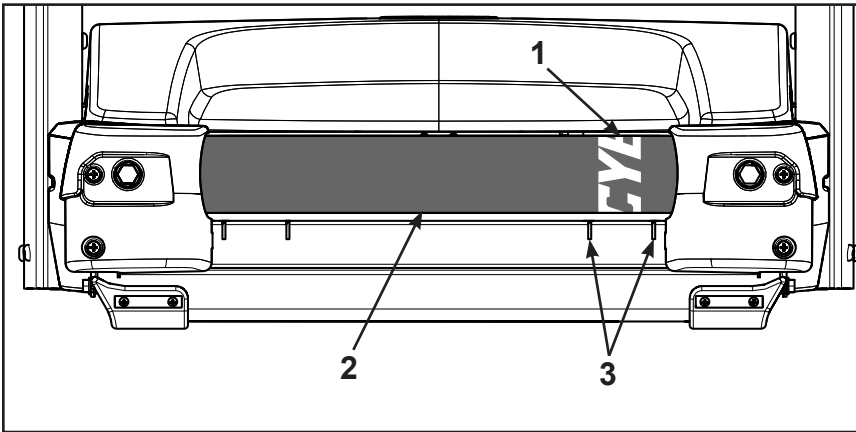
- 3/4" Socket wrench

Center and tension the running belt

1. Plug the power cord into the power outlet.
2. Turn the main power switch to the on (I) position.
3. Press the **Quick Start** key.
4. Press the **Speed +** to bring the speed up to 5 mph (8 kph). Allow the treadmill to run for a minute.

The lateral position of the running belt is correctly centered when the Cybex logo is centered between the inside edges of the two belt tracking slots. If the Cybex logo is not centered between the belt tracking slots, center the running belt with the following procedure.

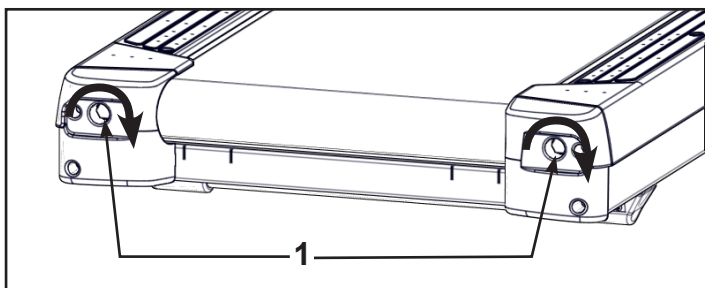
5. Observe the Cybex logo position relative to the belt tracking slots with the treadmill running at 5 mph (8 kph).



1	Cybex logo
2	Running belt
3	Belt tracking slots

While centering the running belt choose one bolt to adjust. Do not adjust both bolts.

6. Tighten the rear roller bolt on the side of the treadmill toward which the running belt is moving using a 3/4" socket wrench. For example: If the running belt moves to the right of the belt tracking slots, tighten the bolt on the right side of the frame, tighten about 1/2 of a turn (clockwise) and wait 30 seconds. If the running belt does not move back to the center of the belt tracking slots, make another adjustment to the same bolt. Once the running belt has been adjusted closer to the center of the belt tracking slots, use about 1/4 of a turn until the running belt has been stabilized.



	Description
1	Rear roller bolts

7. Check the belt tension after the running belt has been centered. Make sure the running belt tension is tight enough so that the running belt does not slip or hesitate when stepped on. Walk on the treadmill at 3.5 - 4 mph (5.6 - 6.4 kph) and every 4th to 5th step throw your weight into your step to feel if the running belt is slipping. If slipping is felt, confirm it is the running belt slipping and not the drive belt. With the hood cover removed, observe movement at the drive belt and front roller.

Do not over tighten the running belt. Over tightening the running belt can cause the belt to stretch and require replacement. Continue procedure until running belt stops slipping.

8. Check running belt for centering position. If running belt is not centered, perform steps 5 and 6.

Checking the Running Belt and Deck Surfaces — The running belt and deck should be checked periodically for any excessive wear. In an effort to make sure that the running belt operates properly, visually inspect the belt often to make sure that there are no tears or fraying in the belt material. The running belt should be replaced every 15,000 miles (24,140 km). The running deck should be flipped every 15,000 miles (24,140 km) and replaced every 30,000 miles (48,280 km). A service prompt will appear at this interval and the parts will need to be replaced.

Inspect the edges of the belt as described below.

Tools Required

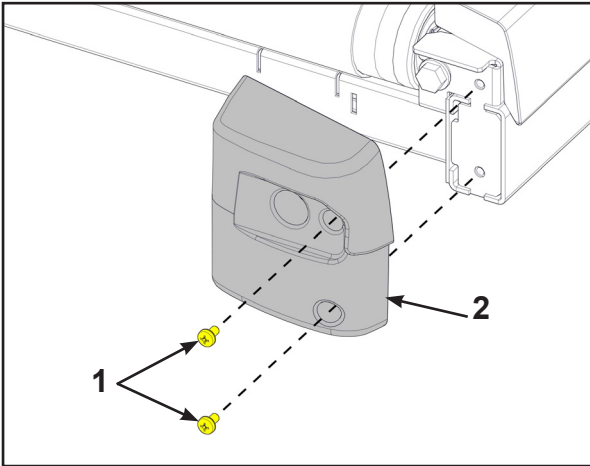
Phillips screwdriver

Disconnect the external power source

9. Toggle the on/off (I/O) power switch to the off (0) position. The on/off (I/O) power switch is located under the front end of the unit, or on the front right side panel.
10. Unplug the treadmill from the power outlet.

Check the running belt condition

1. Remove the two screws securing the right end cap using a Phillips screwdriver.



1	Screws (2)
2	Right end cap

2. Repeat step 1 for the left end cap.
3. Inspect the top surface, seam, and edges of the running belt while you roll it by hand. If the belt has any rips or looks excessively worn the belt needs to be replaced.

If the running belt and deck need replacement refer to a qualified service technician.

4. Install the screws securing the end caps removed in steps 1 and 2 using a Phillips screwdriver.

Other Preventive Maintenance

Other preventive maintenance activities must be completed by a qualified service technician at the recommended intervals listed in the *Service Schedule* at the end of this chapter. These activities include:

- Flipping or replacing the running deck
- Replacing the running belt

Elevation Motor Lubrication — In time the elevation motor pivot points or tube nut may develop a squeak. Lubricate the upper and lower bolts and the spacers with a small amount of lithium grease. You can buy lithium grease at an auto parts store.

Static Electricity — Depending upon where you live, you may experience dry air, causing a common experience of static electricity. This may be especially true in the winter time. You may notice a static build-up just by walking across a carpet and then touching a metal object. The same can hold true while working out on your treadmill. You may experience a shock due to the build-up of static electricity on your body and the discharge path of the treadmill. If you experience this type of situation, you may want to increase the humidity to a comfortable level through the use of a humidifier.

E3 View Monitor

Cleaning

1. Unplug power cord from the wall socket.
2. Clean with a dust free cloth. For further cleaning, use a soft cloth or paper towel dampened with water. To avoid damage to the surface of the monitor, do not use abrasive or chemical cleaning agents.
3. Disinfecting: to avoid damage to the surface, test a small portion of the monitor's cabinet with any disinfectant to verify that the disinfectant will not discolor or soften the enclosure.

Storage or Long Non-Use Periods

When not using product for an extended period of time the product should be disconnected from the Power Supply, TV/Cable Signal Feed, and any Peripheral Devices.

Pixels

Very small red, blue, white or green spots may be visible or may appear on the screen. This is a characteristic of liquid crystal display panels and is not considered a defect for replacement. The liquid crystal panel is built with very high precision technology giving fine picture details. Occasionally, a few non-active pixels may appear on the screen as a fixed point. This does not affect the performance of monitor or merit a warranty claim.

Maintenance

- It is very important to have the unit regularly examined by a qualified technician to ensure the product is fit for use.
- If the unit malfunctions, please refer to a qualified technician for repair or replacement of defective parts immediately. Do not attempt to use the monitor until it has been inspected and repaired by a qualified technician.
- For inspection, installation and servicing, please consult qualified technician.
- Failure to use a manufacturer approved repair technician may void any warranty claims.

Service Wheel (optional)

A service wheel lever is located at the rear end of the unit. This lever will engage a wheel and elevate the rear end of the unit. The treadmill can then be easily moved for cleaning or servicing.

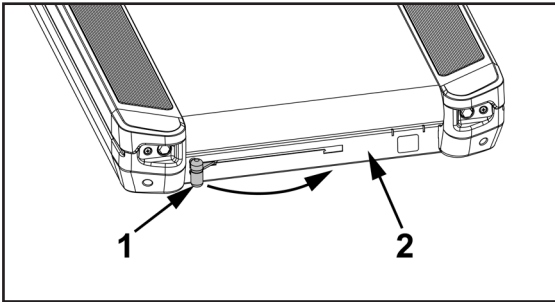


WARNING: Shock and electrocution hazard.

- Unplug unit and let sit 10 minutes before cleaning or performing maintenance.
- Electrical charge can remain in unit after unplugging.
- Keep water and liquids away from electrical parts.

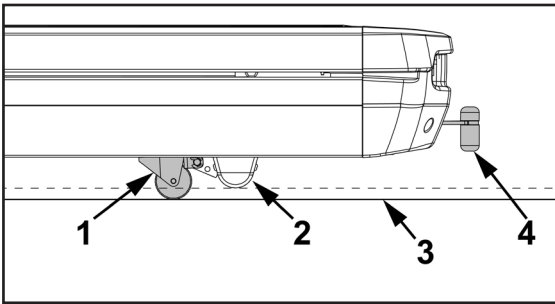
Engage service wheel

1. Unplug power cord from power outlet.
2. Grasp the service wheel lever and slide to the right and down to lock in place.



1	Service wheel lever
2	Frame

The service wheel will lower and raise the rear foot off the floor.



1	Service wheel
2	Rear foot
3	Floor
4	Service wheel lever

3. Move treadmill as needed.

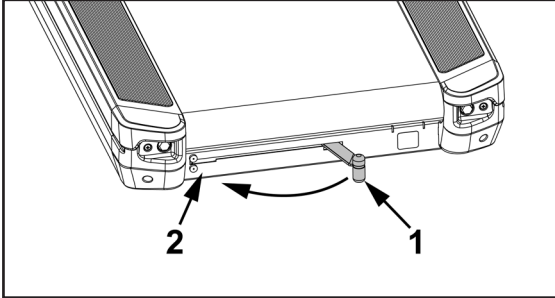
Disengage service wheel



WARNING: Trip and fall hazard.

To avoid injury, make sure service wheel lever is not engaged prior to use.

1. Grasp the service wheel lever and slide to the right, lift up, and slide to the left.



1	Service wheel lever
2	Frame





2. Plug the power cord into the power outlet.

Service Schedule

All maintenance activities shall be performed by qualified personnel. Failure to do so could result in serious injury.

This is the minimum recommended service.

Determine distance.

1. Press and the hold the **Display option**  and **DOWN**  keys for 3 seconds. A beep signifies the first screen of the Statistics menu.
2. Press the **UP**  or **DOWN**  keys to scroll up and down in the statistics menu.

The Statistics menu includes: Miles/Km, Hours, Starts, and Error log.

3. The first menu item is **Miles/Km**.
4. Record Distance.
5. Navigate to menu item **Hours**.
6. Record Hours.
7. Navigate to menu item **Starts**.
8. Record Starts.
9. Navigate to menu item **Error log**.
10. Record Errors.
11. Exit Statistics menu by pressing the **STOP** key.

First 500 miles (800 km)

- Check running belt tension and tracking.

Every 5,000 miles (8,000 km)

- Check running belt tension and tracking.
- Unplug unit.
- Vacuum the fan and heat sink area of the motor controller.
- Plug in unit.
- Raise elevation to 15%, unplug unit, roll the treadmill backwards to clean underneath with a dry cloth and vacuum. Return to normal position when done.
- Plug in unit.

Every 15,000 miles (24,140 km)

- Replace running belt and flip deck.
- Check elevation assembly and replace worn parts.
- Lubricate elevation pivot points.

Every 30,000 miles (48,280 km)

- Replace running belt and deck.

Customer Service

Product Registration

To register product do the following:

1. Visit www.cyboxintl.com.
2. Locate Product Registration in the Support section.
3. Fill out form completely.
4. Click the Submit button to register product.

Contacting Service

Hours of phone service are Monday through Friday from 8:30 a.m. to 6:00 p.m. Eastern Standard Time.

For Cybox customers living in the USA, contact Cybox Customer Service at 888-462-9239.

For Cybox customers living outside the USA, contact Cybox Customer Service at 508-533-4300 or fax 508-533-5183. Email address internationaltechhelp@cyboxintl.com

Find information on the web at www.cyboxintl.com.

To contact us online go to www.cyboxintl.com.

Ordering Parts

To order parts online go to www.cyboxintl.com.

To speak with a customer service representative, call 888-462-9239 (for customers living within the USA) or 508-533-4300 (for customers outside the USA).

The following information located on the serial number decal will assist our Cybox representatives in serving you.

- Unit Serial Number, Product Name and Model Number
- Part Description and Part Number if you have it. All parts can be found on the web at www.cyboxintl.com
- Shipping Address
- Contact Name
- Include a description of the problem.

In addition to your shipping address and contact name, your account number is helpful but not required. You may also fax orders to 508-533-5183.

Return Material Authorization (RMA)

The Return Material Authorization (RMA) system is used when returning material for placement, repair or credit. The system assures that returned materials are properly handled and analyzed. Follow the following procedures carefully.

Contact your authorized Cybex dealer on all warranty-related matters. Your local Cybex dealer will request a RMA from Cybex, if applicable. Under no circumstances will defective parts or equipment be accepted by Cybex without proper RMA and an Automated Return Service (ARS) label.

Please contact Cybex Customer Service for the return of any item that is defective.

Provide the technician with a detailed description of the problem you are having or the defect in the item you wish to return. Provide the model and serial number of your Cybex equipment.

At Cybex's discretion, the technician may request that you return the problem part(s) to Cybex for evaluation and repair or replacement. The technician will assign you a RMA number and will send you an ARS label. The ARS label and the RMA numbers must be clearly displayed on the outside of the package that contains the item(s) to be returned. Include the description of the problem, the serial number of the equipment and the name and address of the owner in the package along with the part(s).

Merchandise returned without an RMA number on the outside of the package or shipments sent COD will not be accepted by the Cybex receiving department.

Damaged Parts

Materials damaged in shipment should not be returned for credit. Shipping damages are the responsibility of the carrier (UPS, Federal Express, trucking companies, etc.)

Apparent Damage

Upon receipt of your shipment, check all items carefully. Any damage seen with a visual check must be noted on the freight bill and signed by the carrier's agent. Failure to do so will result in the carriers refusal to honor your damage claim. The carrier will provide you with the required forms for filing such claims.

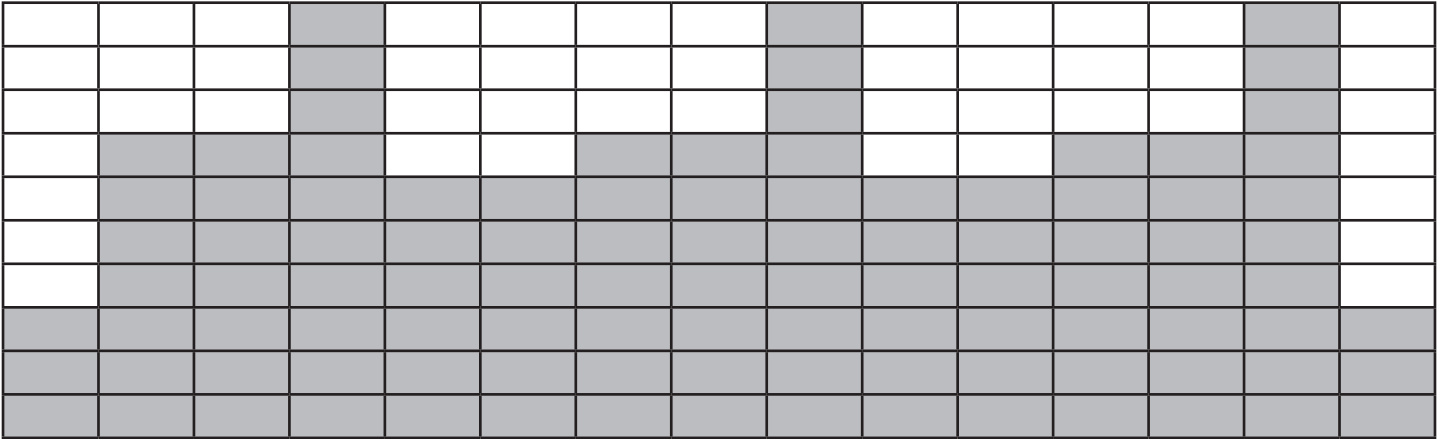
Concealed Damage

Damage not seen with a visual check upon receipt of a shipment but notices later must be reported to the carrier as soon as possible. Upon discovery of the damage, a written or phone request to the carrier asking them to perform an inspection of the materials must be made within ten days of the delivery date. Keep all shipping containers and packing materials as they will be needed in the inspection process. The carrier will provide you with an inspection report and the necessary forms for filing a concealed damage claim. Concealed damage claim is the carrier's responsibility.

Appendix - Workout Overviews

1 Weight Loss

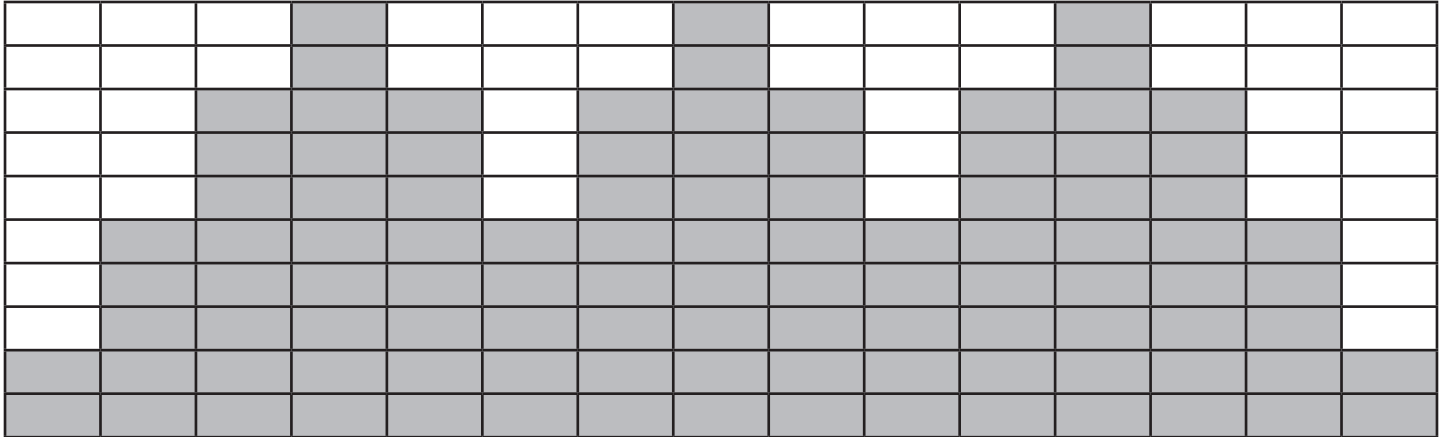
The Weight Loss workout uses a series of relatively minor changes in its five-minute core to add an incremental demand. The five-minute core utilizes a baseline incline for two minutes and then increases the incline for added demand and then provides a slightly lower Incline for two-minutes for recovery.



Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	1:00	:30	:30	:30	:30
	Warm Up				Core Segments					Cool Down			
Incline	1	2	3	4	1	2	3	4	5	1	2	3	4
10	2	3	3	5	10	10	14	9	9	0	0	0	0
9	2	3	3	5	9	9	12	8	8	0	0	0	0
8	2	2	3	4	8	8	10	7	7	0	0	0	0
7	2	2	3	4	7	7	9	6	6	0	0	0	0
6	1	2	2	3	6	6	7	5	5	0	0	0	0
5	1	2	2	3	5	5	6	4	4	0	0	0	0
4	1	1	2	2	4	4	5	3	3	0	0	0	0
3	1	1	2	2	3	3	4	2	2	0	0	0	0
2	1	1	1	2	2	2	3	1	1	0	0	0	0
1	1	1	1	2	1	1	2	0	0	0	0	0	0

2 Rolling Hills

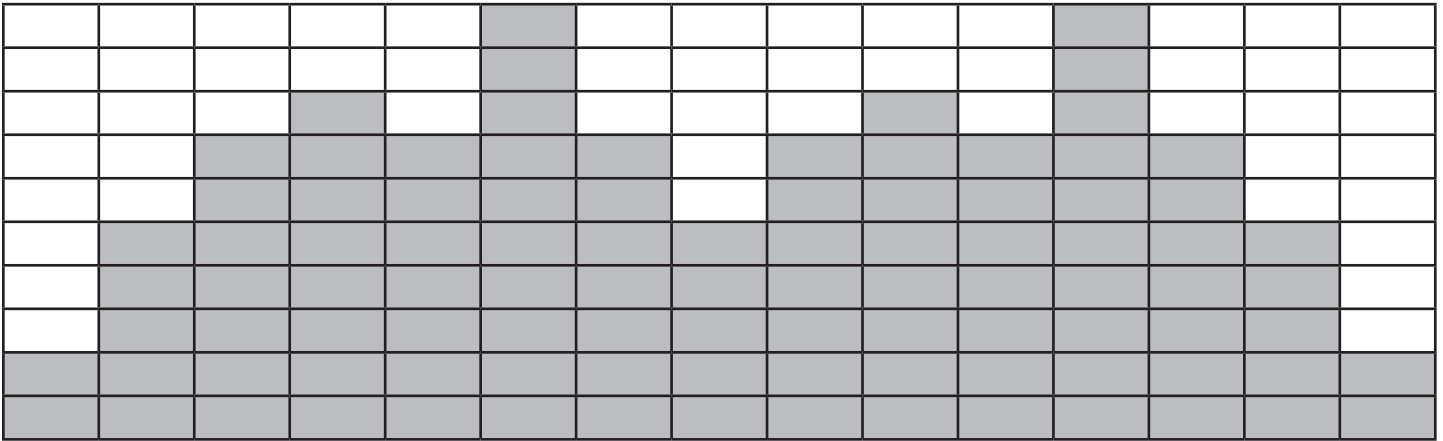
The Rolling Hills workout uses an eight-minute core intended to mimic variety in terrain that might be found on a hilly outdoor run. The eight-minute core is composed of four segments. The baseline segment is two –minutes in length and is followed by two two-minute segments of increase Incline before returning to the intermediate incline for two-minutes.



Time	:30	:30	:30	:30	2:00	2:00	2:00	2:00	:30	:30	:30	:30
	Warm Up				Core Segments				Cool Down			
Incline	1	2	3	4	1	2	3	4	1	2	3	4
10	1	2	2	3	4	6	8	6	0	0	0	0
9	1	1	2	2	3	6	8	5	0	0	0	0
8	1	1	2	2	3	5	8	5	0	0	0	0
7	1	1	1	2	2	5	7	4	0	0	0	0
6	1	1	1	2	2	4	7	4	0	0	0	0
5	0	0	1	1	1	4	7	3	0	0	0	0
4	0	0	1	1	1	3	6	3	0	0	0	0
3	0	0	0	0	0	3	6	3	0	0	0	0
2	0	0	0	0	0	2	6	2	0	0	0	0
1	0	0	0	0	0	2	5	2	0	0	0	0

3 Hills

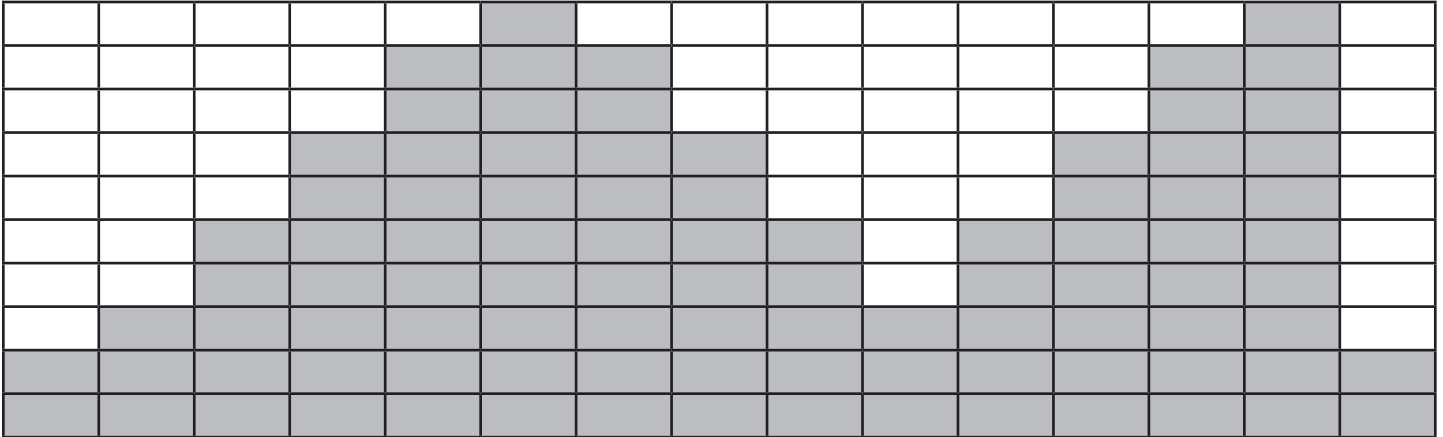
The Hills workout uses a six-minute core utilizing one minute segments with mild Incline changes and two relative peak segments followed by relative rest segments.



Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	1:00	1:00	:30	:30	:30	:30
	Warm Up				Core Segments						Cool Down			
Incline	1	2	3	4	1	2	3	4	5	6	1	2	3	4
10	3	3	5	6	8	10	12	10	15	10	0	0	0	0
9	2	3	4	5	7	9	12	9	14	9	0	0	0	0
8	2	3	3	5	6	8	11	8	13	8	0	0	0	0
7	2	2	3	4	5	7	10	7	12	7	0	0	0	0
6	1	2	2	3	4	6	9	6	11	6	0	0	0	0
5	1	1	2	2	3	5	8	5	10	5	0	0	0	0
4	1	1	1	2	2	4	7	4	9	4	0	0	0	0
3	0	0	1	1	1	3	6	3	8	3	0	0	0	0
2	0	0	0	0	0	2	5	3	7	3	0	0	0	0
1	0	0	0	0	0	2	4	2	6	2	0	0	0	0

4 Pikes Peak

Pikes Peak uses a nine-minute core where the incline increases every minute for the first five minutes. After the fifth minute of the core workout, the incline is reduced each minute. This workout uses continuous and gradual changes to give the user time to acclimate to demand and recover without large perceived changes in the effort required.



Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	1:00	1:00	1:00	1:00	1:00	1:00	:30	:30	:30	:30
	Warm Up				Core Segments									Cool Down				
Incline	1	2	3	4	1	2	3	4	5	6	7	8	9	1	2	3	4	
10	2	2	3	4	5	8	11	13	15	13	11	8	5	0	0	0	0	
9	1	2	2	3	4	7	10	12	14	12	10	7	4	0	0	0	0	
8	1	2	2	3	4	6	9	11	13	11	9	6	4	0	0	0	0	
7	1	1	2	2	3	5	8	10	12	10	8	5	3	0	0	0	0	
6	1	1	2	2	3	5	7	9	11	9	7	5	3	0	0	0	0	
5	1	1	1	2	2	4	6	8	10	8	6	4	2	0	0	0	0	
4	1	1	1	2	2	3	5	7	9	7	5	3	2	0	0	0	0	
3	1	1	1	2	2	3	4	6	8	6	4	3	2	0	0	0	0	
2	0	0	1	1	1	2	3	5	7	5	3	2	1	0	0	0	0	
1	0	0	0	0	0	1	2	4	6	4	2	1	0	0	0	0	0	

5 Hill Interval 1:1

This workout is designed for to increase capability by alternating two minute work segments with two minutes of relative rest. The intensity of rest periods is greater here than in Hill Interval 1:2 as is the duration of the work interval making this workout more demanding than Hill Interval 1:2.

Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	:30	:30	:30	:30
	Warm Up				Core Segments				Cool Down			
Incline	1	2	3	4	1	2	3	4	1	2	3	4
10	3	5	6	8	11	11	6	6	0	0	0	0
9	3	4	6	8	10	10	5	5	0	0	0	0
8	3	4	5	7	9	9	5	5	0	0	0	0
7	3	3	5	6	8	8	4	4	0	0	0	0
6	2	3	4	5	7	7	4	4	0	0	0	0
5	2	3	3	5	6	6	3	3	0	0	0	0
4	2	2	3	4	5	5	3	3	0	0	0	0
3	1	2	2	3	4	4	2	2	0	0	0	0
2	1	1	2	2	3	3	2	2	0	0	0	0
1	1	1	1	2	2	2	1	1	0	0	0	0

6 Hill Interval 1:2

This workout is designed for to through a one-minute work interval at a high incline followed by a two minute rest interval at a substantially lower incline. Given the lower incline and longer rest intervals this workout is less intense than Hill Interval 1:1.

Time	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30
	Warm Up				Core Segments						Cool Down			
Incline	1	2	3	4	1	2	3	4	5	6	1	2	3	4
10	3	5	6	8	11	11	4	4	4	4	0	0	0	0
9	3	4	6	8	10	10	3	3	3	3	0	0	0	0
8	3	4	5	7	9	9	3	3	3	3	0	0	0	0
7	3	3	5	6	8	8	3	3	3	3	0	0	0	0
6	2	3	4	5	7	7	2	2	2	2	0	0	0	0
5	2	3	3	5	6	6	2	2	2	2	0	0	0	0
4	2	2	3	4	5	5	2	2	2	2	0	0	0	0
3	1	2	2	3	4	4	1	1	1	1	0	0	0	0
2	1	1	2	2	3	3	1	1	1	1	0	0	0	0
1	1	1	1	2	2	2	1	1	1	1	0	0	0	0

7 Hill Interval 1:3

Hill Interval 1:3 utilizes a one-minute work interval followed by a three-minute rest interval. The rest intervals are of a higher incline than those found in the other Hill Interval workouts, and therefore require a longer recovery period.

Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	1:00	1:00	1:00	1:00	:30	:30	:30	:30
	Warm Up				Core Segments								Cool Down			
Incline	1	2	3	4	1	2	3	4	5	6	7	8	1	2	3	4
10	3	5	6	8	11	7	7	7	11	7	7	7	0	0	0	0
9	3	4	6	8	10	7	7	7	10	7	7	7	0	0	0	0
8	3	4	5	7	9	6	6	6	9	6	6	6	0	0	0	0
7	3	3	5	6	8	5	5	5	8	5	5	5	0	0	0	0
6	2	3	4	5	7	5	5	5	7	5	5	5	0	0	0	0
5	2	3	3	5	6	4	4	4	6	4	4	4	0	0	0	0
4	2	2	3	4	5	3	3	3	5	3	3	3	0	0	0	0
3	1	2	2	3	4	3	3	3	4	3	3	3	0	0	0	0
2	1	1	2	2	3	2	2	2	3	2	2	2	0	0	0	0
1	1	1	1	2	2	1	1	1	2	1	1	1	0	0	0	0

8 Cardio

The Cardio workout is designed to maintain a high total demand using two four-minute segments of alternating incline. This allows prolonged intervals that take advantage of long-term energy systems and total aerobic capability when associated with speeds that require a high sustained cardiovascular demand.

Time	:30	:30	:30	:30	2:00	2:00	2:00	2:00	:30	:30	:30	:30
	Warm Up				Core Segments				Cool Down			
Incline	1	2	3	4	1	2	3	4	1	2	3	4
10	2	3	3	5	11	11	9	9	0	0	0	0
9	2	3	3	5	10	10	8	8	0	0	0	0
8	2	3	3	5	9	9	7	7	0	0	0	0
7	2	2	3	4	8	8	6	6	0	0	0	0
6	2	2	3	4	7	7	5	5	0	0	0	0
5	2	2	3	4	6	6	4	4	0	0	0	0
4	2	2	3	4	5	5	3	3	0	0	0	0
3	1	2	2	3	4	4	2	2	0	0	0	0
2	0	0	1	2	3	3	1	1	0	0	0	0
1	0	0	0	0	2	2	0	0	0	0	0	0

9 - Heartrate Control (E3 View Monitor Option)

The Heartrate Control (HRC) program will attempt to bring the user to their target heartrate in 3-5 minutes, then keep them there for the duration of the body of the program. A *Cool Down* is built in to the end of the program. HRC is run in Constant Power and thus defines watts.

The user selects a target heartrate, which defaults to 75% of max (max is 220-age). Limits should be set to not allow a Target HR (THR) less than 60% of max or more than 95% of max.

The protocol starts in Stage II, with the entry point based on Target HR.

- 80 – 120 BPM = Step 6
- 121-127 BPM = Step 8
- 128-134 BPM = Step 10
- 135-up BPM = Step 12

A running pulse-to-pulse BPM value is continuously measured.

Every 15 seconds the user's pulse rate is sampled and a prediction function is evaluated (decision.) This is subtracted from the target heartrate to form an error value which is scaled and added to the current load value. There is a maximum rate of change of 15 steps per decision.

A chart of Step and Watts has been created. It has four defined stages:

- Stage 1 ramps the load from Step 1 to Step 5.
- Stage 2 ramps the load from Step 6 through Step 18.
- Stage 3 ramps the load from Step 19 through Step 39.
- Stage 4 ramps the load from Step 40 through Step 100.

The user has full control over incline throughout the program, with incline having no bearing on the program at all. The user has limited control over the load in that the user's selections are not permanent. At the next decision, a new load can be chosen by the software as described above to override any user modifications.

If the user presses the **LEVEL** key, they can modify their Target Heartrate real-time. Utilize the Target Heartrate Setup selection screen and exit back to the program in progress, making the change to their target heartrate real-time.

Lost Signal

If a signal is lost for two consecutive decisions (roughly 30 seconds), the display will beep four times, show 'HR SIGNAL LOST', show dashes in the BPM window and show the heart solid white. During this HR signal lost period, the load will remain steady.

If after two further decisions (roughly an additional 30 seconds) the heartrate signal has not been reestablished, continue to show 'HR SIGNAL LOST' on the Text area. The program will reduce the workload by 10 steps per minute until minimum workload or Step 1. After one minute at minimum workload, go to *Exiting Active Mode*.

Cool Down

By default, *Cool Down* occurs at session time minus two minutes. *Cool Down* goes to 75% of existing step, then drops by 1 step every 15 seconds for the remainder of *Cool Down*.

Stage 1		Stage 2		Stage 3		Stage 4	
Step	Watts	Step	Watts	Step	Watts	Step	Watts
1	25	6	50	19	115	40	220
2	30	7	55	20	120	41	225
3	35	8	60	21	125	42	230
4	40	9	65	22	130	43	235
5	45	10	70	23	135	44	240
		11	75	24	140	45	245
		12	80	25	145	46	250
		13	85	26	150	47	255
		14	90	27	155	48	260
		15	95	28	160	49	265
		16	100	29	165	50	270
		17	105	30	170	51	275
		18	110	31	175	52	280
				32	180	53	285
				33	185	54	290
				34	190	55	295
				35	195	56	300
				36	200	57	305
				37	205	58	310
				38	210	59	315
				39	215	60	320
						61	325
						62	330
						63	335
						64	340
						65	345
						66	350
						67	355
						68	360
						69	365
						70	370
						71	375
						72	380
						73	385
						74	390
						75	395

Stage 1		Stage 2		Stage 3		Stage 4	
Step	Watts	Step	Watts	Step	Watts	Step	Watts
						76	400
						77	405
						78	410
						79	415
						80	420
						81	425
						82	430
						83	435
						84	440
						85	445
						86	450
						87	455
						88	460
						89	465
						90	470
						91	475
						92	480
						93	485
						94	490
						95	495
						96	500
						97	505
						98	510
						99	515
						100	520

