



Cybex 525AT Arc Trainer®
Owner's Manual
Cardiovascular Systems
Part Number 5525-4

Table of Contents

FCC Compliance Information	3	Maintenance	
Safety		Warnings	53
Ground and Voltage Information	4	Preventive Maintenance Activities	54
Important Safety Instructions	4	Cleaning Unit	54
Warning and Caution Decals	6	Remove Access Cover	55
Assembly		Drive Belts	56
Specifications - 525AT	9	Attach Access Cover	56
Environment and Storage	10	E3 View Monitor	57
Warning and Caution Decals	11	Recommended Service Schedule	57
Choosing and Preparing Site	11	Customer Service	
Electrical Power Requirements	11	Product Registration	59
525AT Assembly	12	Contacting Service	59
Setup	24	Ordering Parts	59
A/V Configuration and FM Radio Presets	26	Return Material Authorization (RMA)	60
E3 View Monitor Controls	31	Damaged Parts	60
E3 View Monitor Setup	32	Appendix - Workout Overviews	
Testing Operation	41	1 - Weight Loss 1	61
Operation		2 - Weight Loss 2	62
Intended Use	42	3 - Weight Loss 3	63
Terms Used	42	4 - Cardio 1	64
User Control Symbols Used	43	5 - Cardio 2	65
Console Display	44	6 - Cardio 3	66
User Controls	45	7 - Strength 1	67
Mount and Dismount	45	8 - Strength 2	68
Emergency Dismount	46	9 - Heartrate Control (E3 View Monitor Option)	69
Range of Motion	47		
Quick Operation Guide	48		
Detailed Operation Guide	48		
Workout Selection	50		
Data Readouts	51		
Heart Rate Indicator	51		
E3 View Monitor Display Options	52		
Safety Sentry	52		

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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 B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Safety

 Read all instructions and warnings before using.

Ground and Voltage Information

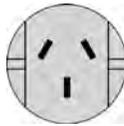


WARNING: Shock and electrocution hazard

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

Cybex is not responsible for injuries or damages as a result of cord or plug modification.

- Verify voltage requirements of unit match local voltage requirements.
- Verify unit outlet is the same configuration as the plug.

					
					
115 VAC	Euro Plug	UK 230 VAC	Japanese	Danish	Australia
NEMA 5-15	CEE 7/7	BS 1363	JIS 8303	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

- KEEP ALL CHILDREN 12 AND UNDER AWAY! Teenagers or disabled must be supervised.
- Obtain a medical exam before beginning any exercise program.
- Stop exercising if feeling faint, dizzy, or experiencing pain and consult your physician.
- Obtain instruction before using.
-  Read and understand all warnings posted on the unit before using.
- Use the handrails for support and to maintain balance.

- Wait until foot plates come to a complete stop before dismounting.
- Keep foot plate surface clean and dry.
- DO NOT wear loose or dangling clothing while using.
- Keep all body parts and other items free and clear of moving parts.
- DO NOT use unit if user exceeds 400 lbs. (180 kg). This is the rated maximum user weight.
- Report any malfunctions, damage or repairs to the facility.
- Replace any warning labels if damaged, worn or illegible.

Facility Safety Precautions

It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed.

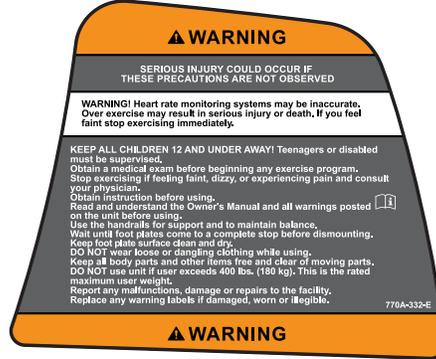
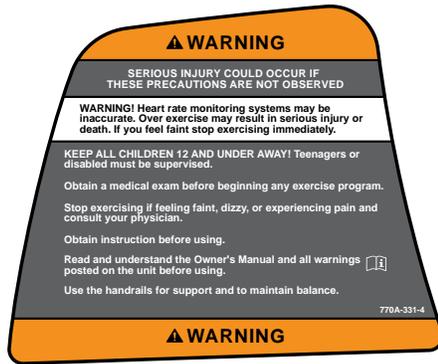
- Enforce all user and safety precautions.
- Read and understand the Owner's Manual completely before assembling, servicing or using unit.
- Verify all users are properly trained on using the equipment.
- Do not use unit outdoors.
- Verify that each unit is setup, leveled and operated on a solid level surface. Do not install equipment on an uneven surface.
- Verify there is enough room for safe access and operation of unit.
- Do not use the unit if: (1) the unit is plugged into an optional power adapter that has a damaged cord; (2) the unit is not working properly or (3) if the unit has been dropped or damaged. Seek service from a qualified technician.
- EQUIPMENT is not suitable for use in the presence of aerosol (spray), FLAMMABLE ANAESTHETIC MIXTURE WITH AIR or WITH OXYGEN or NITROUS OXIDE.
- Perform regular maintenance checks on unit. Performance level can be maintained only if examined regularly. Pay close attention to all areas most susceptible to wear, including (but not limited to) cables, pulleys, belts and grips.
- Replace any warning labels if damaged, worn, or illegible.
- Immediately replace worn or damaged components. If unable to immediately replace worn or damaged components, then remove unit from service until repair is made.
- Do not attempt electrical or mechanical repairs. Seek qualified repair personnel when servicing. If you live in the USA, contact Cybox Customer Service at 888-462-9239. If you live outside the USA, contact Cybox Customer Service at 508-533-4300.
- Use only Cybox supplied components to maintain/repair unit.
- Keep a repair log of all maintenance activities.
- Disconnect the power cord before servicing unit.
- Do not use attachments unless recommended for the unit by Cybox.
- The unit may generate electromagnetic or other forms of interference, or it may be affected by interference from other equipment nearby. If this is suspected, take precautions by separating the equipment or otherwise shielding it to avoid such interference.

Warning and Caution Decals

To replace any worn or damaged decals do one of the following: Visit www.cyboxintl.com to shop for parts online, fax orders to 508-533-5183 or contact Cybox 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 Cybox web site at www.cyboxintl.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.



Canadian

Canadian

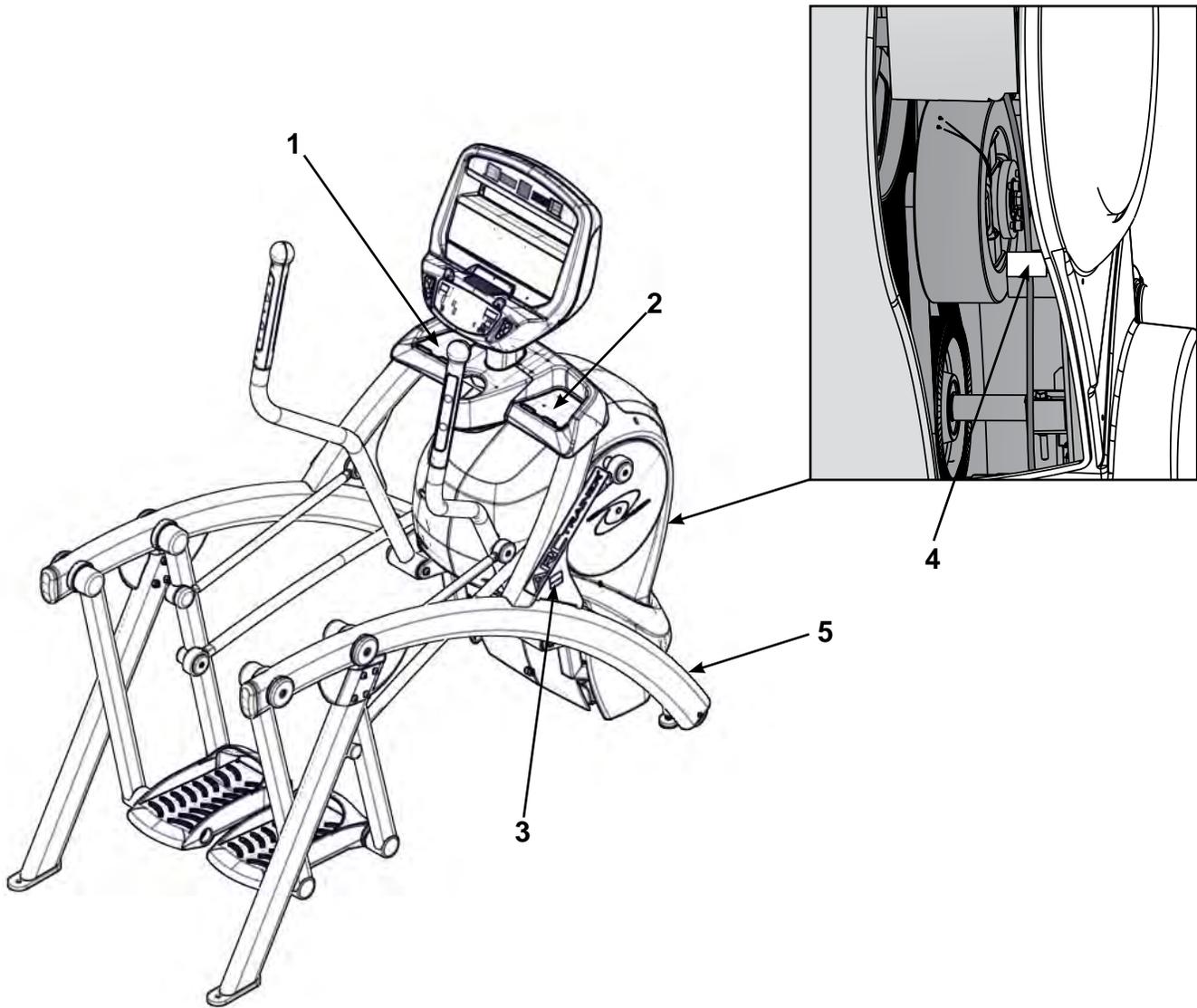




 WARNING		AVVERTENZA	
AVERTISSEMENT		ADVERTENCIA	
DISCONNECT POWER BEFORE SERVICING.	DÉBRANCHEZ L'ALIMENTATION AVANT DE FAIRE L'ENTRETIEN	VOR SERVICE ARBEITEN NETZSTECKER ZIEHEN.	CORTE LA ENERGIA ELECTRICA ANTES DE REPARAR.
525AT-400 -			

 WARNING 警告			ПРЕДУПРЕЖДЕНИЕ
DISCONNECT POWER BEFORE SERVICING.	修理点検の前に 電源を 切ってください。	ОТКЛЮЧИТЕ ПИТАНИЕ, ПРЕЖДЕ ЧЕМ ПРИСТУПАТЬ К ОБСЛУЖИВАНИЮ.	
525AT-401 -			

 WARNING		WAARSCHUWING	
ADVARSEL		VARNING	
DISCONNECT POWER BEFORE SERVICING.	KOBL STRØMMEN FRÅ INDEN SERVICERING.	BIJ ONDERHOUD ALTIJD DE STROOMKABEL LOSROPPELEN.	KOPPLA IFRÅN STRØMMEN INNAN SERVICE UTFÖRS.
525AT-402 -			



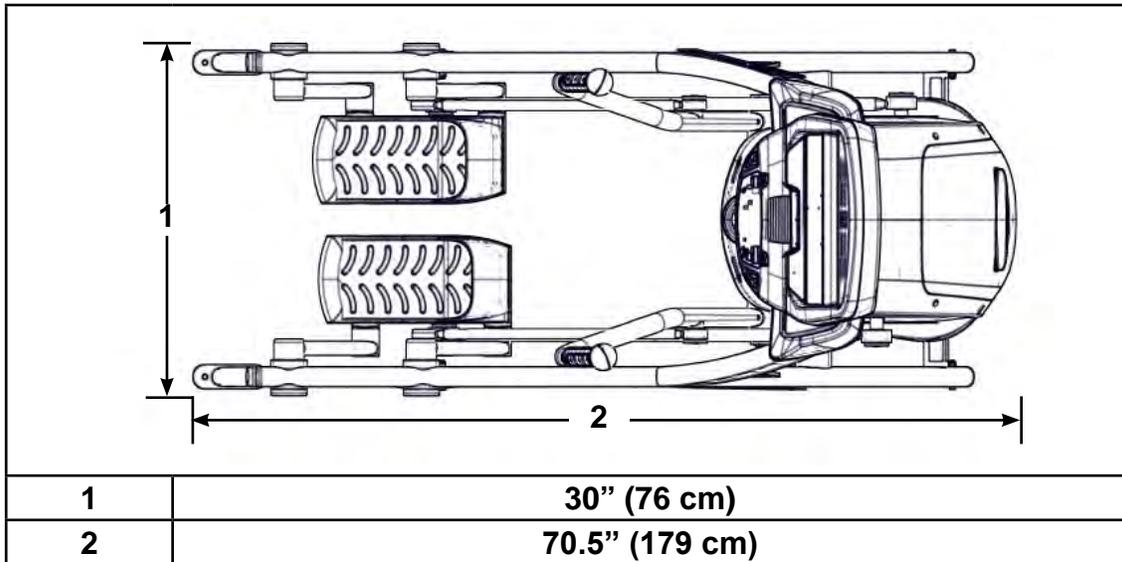
1	770A-331-4	Label, Warning, Access tray, Left
1	770A-331-E	Label, Warning, Access tray, Left, Canadian
2	770A-332-4	Label, Warning, Access tray, Right
2	770A-332-E	Label, Warning, Access tray, Right, Canadian
3	DE-18362-4	Decal, Caution moving parts
4	DE-18363-4	Label, Warning, Hot flywheel
5	525AT-400	Label, Warning, Disconnect Power
5	525AT-401	Label, Warning, Disconnect Power
5	525AT-402	Label, Warning, Disconnect Power

Assembly

Specifications - 525AT

Classification	S (Studio)
Accuracy	A
Assembled Length	70.5" (179 cm)
Assembled Width	30" (76 cm)
Height:	62.5"(159 cm)
Weight of Product	412 lbs. (187 kg.)
Shipping Weight	437 lbs. (198 kg.)
Incline Levels	0-20
Resistance Levels	0-80
Stride Length	24" (61 cm) fixed length.
Workouts	Quick Start and eight workouts.
Console Features	Upper console: LED or E3 View Monitor. Displays - BPM, Calories, Cal/Hr, Incline, Strides per Minute, and Time. E3 View Monitor also displays Watts, MET, and Distance. Lower console: Two numeric displays for incline and resistance. Accessory trays and water bottle holder.
Heart Rate Features	Built-in wireless heart rate receiver (transmitter not included) and contact heart rate monitoring.
Frame Colors	Standard: White Texture, Black Texture, Metaltone Gold, Black Chrome, Platinum Sparkle. Custom: Unlimited colors available.
Resistance Range	0 to 600 watts.
Maximum User Weight	400 lbs. (180 kg).
Power Rating	100-120 VAC, 3.0 A, 1-Phase or 200-240 VAC, 2.5 A, 1-Phase.
Options	E3 View Monitor, Wireless audio receiver, iPod/iPhone compatibility.

The dimensions stated in the installation instructions are the recommended minimum dimensions as set forth by the manufacturer. The actual area for access and passage shall be the responsibility of the facility and should take into account any required local codes or regulations.



Environment and Storage

Humidity and Static Electricity

The unit is designed to function normally in an environment with a relative humidity range of 30% to 75%. The unit can be shipped and stored in a relative humidity range of 10% to 90%.

Dry air may cause static electricity. During workout, user may experience a shock due to build-up of static electricity on the body and the discharge path of the unit. If static electricity is experienced, increase humidity to a comfortable level through the use of a humidifier.

Do not install, use, or store the unit in an area of high humidity, such as in the vicinity of a steam room, sauna, indoor pool or outdoors. Exposure to extensive water vapor, chlorine and/or bromine could adversely affect the electronics as well as other parts of the unit.

Temperature

The unit is designed to function normally in an environment with an ambient temperature range of 50° F (10° C) to 104° F (40° C). The unit can be shipped and stored in an environment with an ambient temperature range of 32° F (0° C) to 140° F (60° C).

Warning and Caution Decals



Read and understand all warnings and cautions listed in Safety Section before assembling unit.



WARNING: Heavy equipment

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

Ensure all electrical requirements are met as indicated in the specifications in the Safety Section and as listed in this chapter.

Choosing and Preparing Site

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

- Area is well lit and well ventilated.
- Surface is structurally sound and properly leveled.

Area allows for ample access and passage clearance around unit or for emergency dismount. Minimum clearance is 19.7 inches (0.5 meters) on at least one side of unit and also behind unit. Minimum clearance fo 19" (48 cm) between units for proper wireless heart rate signal operation.

Electrical Power Requirements

- Verify unit is connected to an outlet having the same configuration as the plug.
- Verify connection is a grounded circuit.
- Do not use a ground-plug adapter to adapt the 3-prong power cord to a non-grounded electrical outlet.
- Ensure outlets used by this product meet all local and federal building codes.

525AT Assembly

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

 Read and understand all instructions thoroughly before assembling this unit. Check all items carefully. If there is damage, see the Customer Service section of this manual for proper procedure to return, replace, or reorder parts.

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.

Tools Required

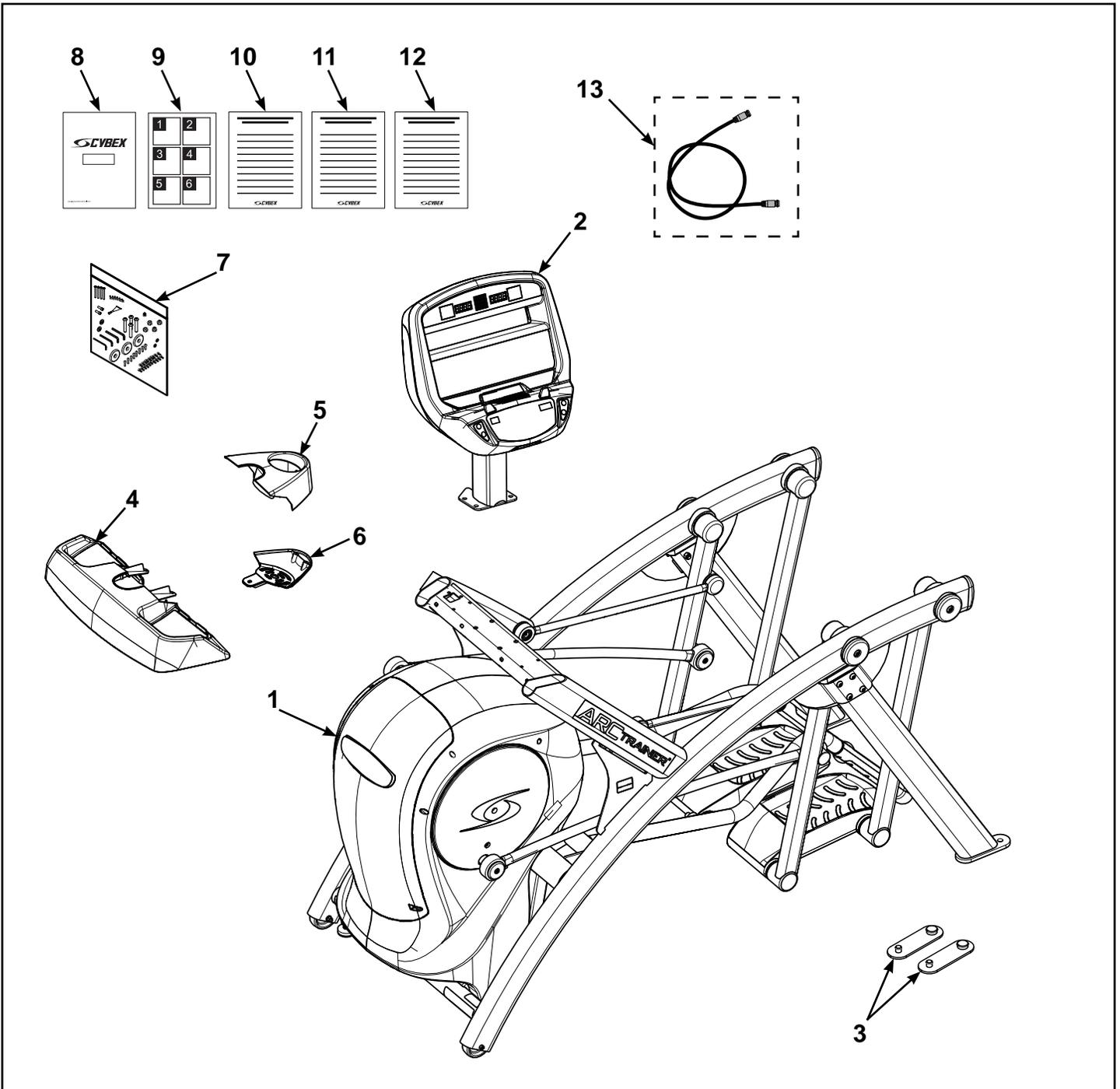
- Stubby Phillips screwdriver
- 3/16” Allen wrench (supplied)
- 7/32” Allen wrench (2) (supplied)
- 9/16” Open end wrench

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 carton

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	2	12090-322	Foot pad
4	1	-	Base, Accessory tray
5	1	770A-317	Cover, Top, Accessory tray
6	1	770A-318	Cover, Bottom, Accessory tray
7	1	525AT-106-4	Hardware pack
8	1	5525-4	Owner's Manual
9	1	525AT-328	Assembly poster
10	1	525AT-331	Consumer Arc warranty sheet
11	1	525AT-330	Entry Commercial Arc warranty sheet
12	1	525AT-413	Full Commercial Arc warranty sheet
13	1	770A-427	Cable, 6', Coax (E3 View Monitor option)

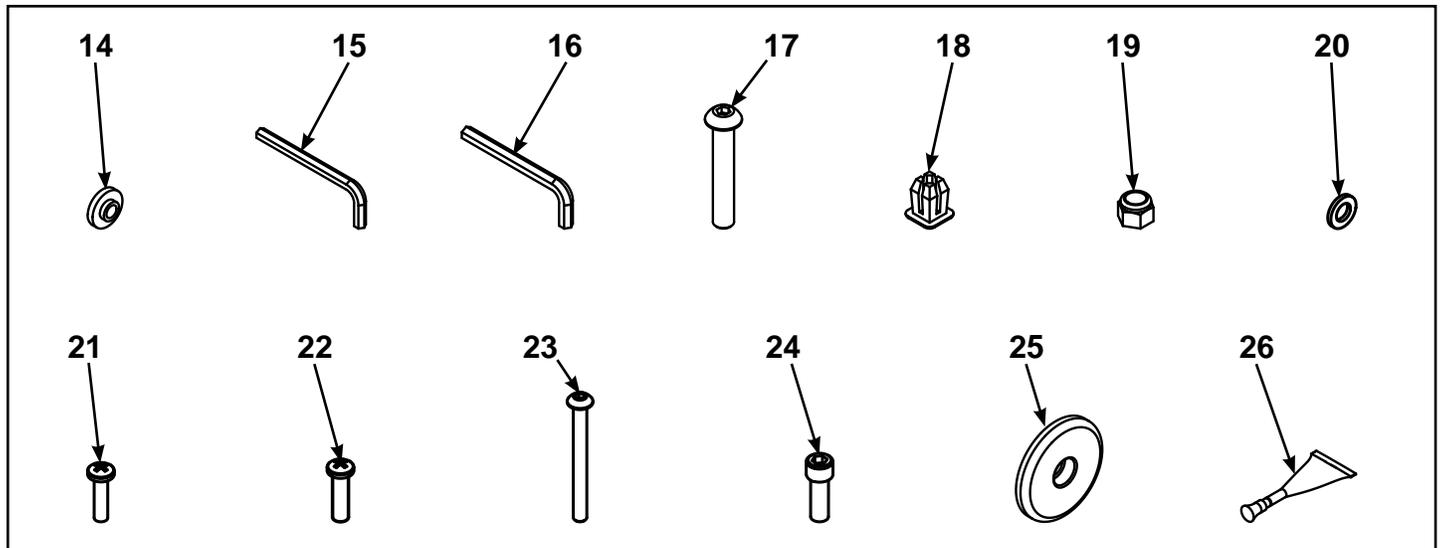


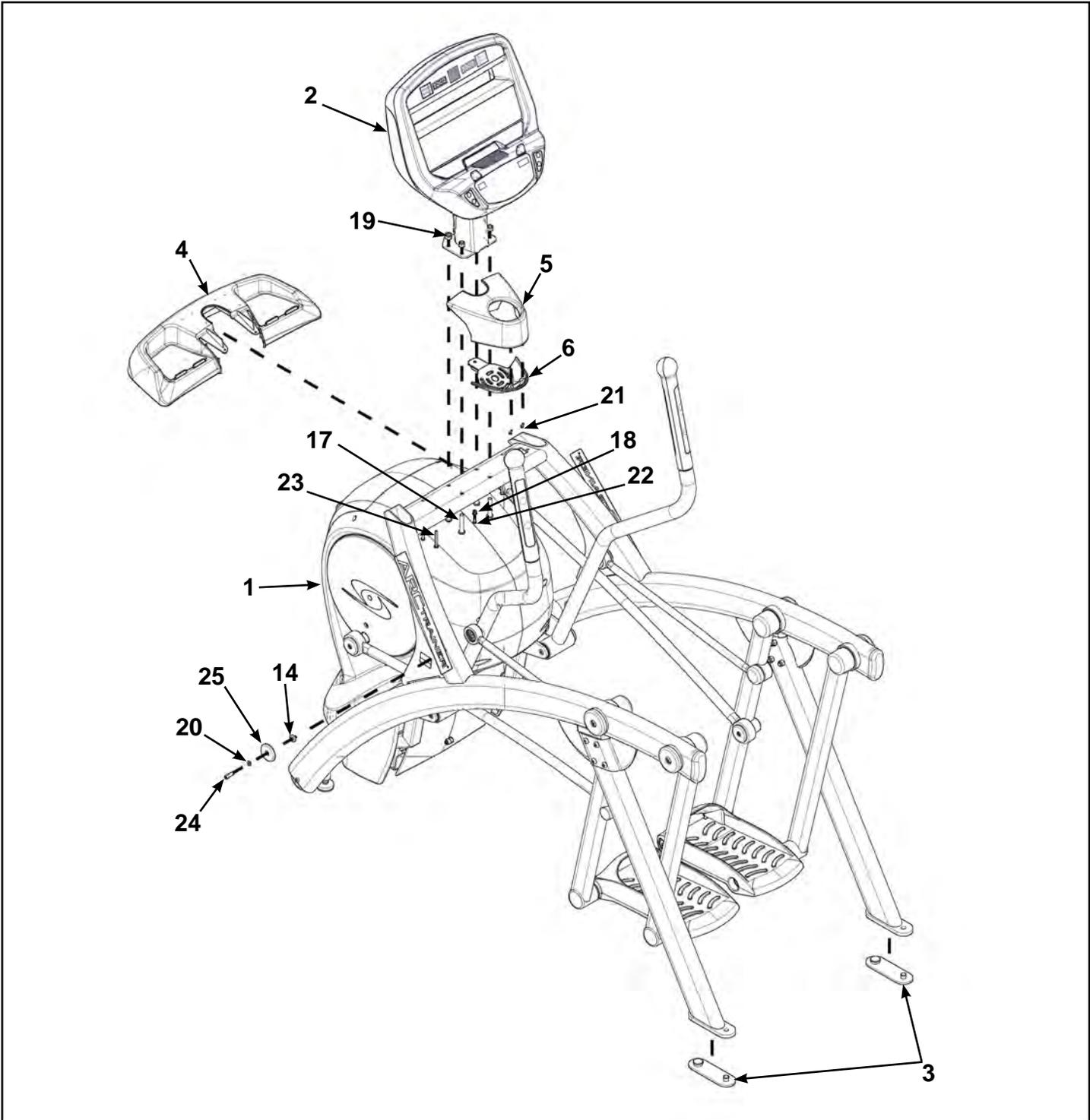
Verify contents of hardware pack

See hardware pack listings and hardware pack contents. See **Customer Service** for contact information if any parts are missing.

Item	Quantity	Part Number	Description
14	2	600A-311	Flange Spacer
15	1	BK030201	3/16" Allen Wrench
16	2	BK030204	7/32" Allen Wrench
17	4	HC700428	BHSCS .375-16 x 2.25"
18	1	HF540200	Grommet, Nylon
19	4	HN704901	Locknut, .375-16 Nylon
20	2	HS307601	Washer, Flat .281 ID x .500 OD x .062"
21	2	HT532512	Screw, Pan Head Phillips, #6 x .50"
22	3	HT552512	Screw, Pan Head Phillips, 8-16 x .50"
23	4	HT592526	Tap Sc 10-12 x 2.00 Pn Hd Phil
24	2	HX622815	SHCS .250-20 UNC-3A SS
25	3	PL-16535	Linkage Rod Cap 2.00 OD (1 extra)
26	1	YA000201	Loctite

Hardware



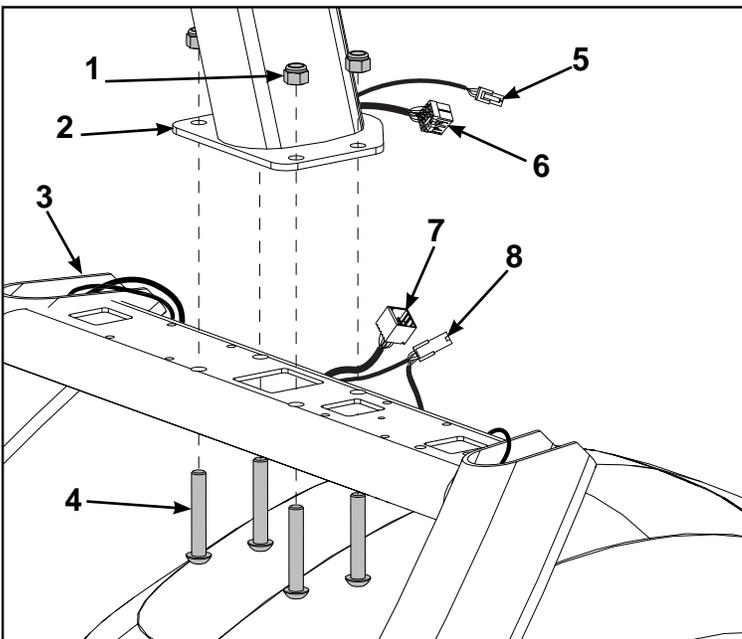


Lift and move unit

1. Remove large bolts and shipping supports. Keep packing material on linkage arms at this time. This will protect the paint from scratching during assembly.
2. Grasp each rear support leg firmly and lift with one person on each side.
3. Lift the lower rear support legs using proper lifting methods so the front transport wheels are able to roll on floor.
4. Move unit to intended location.
5. Lower rear support legs.

Install console assembly

1. Place the console into position on the base assembly. Do not pinch cables while lowering the console.

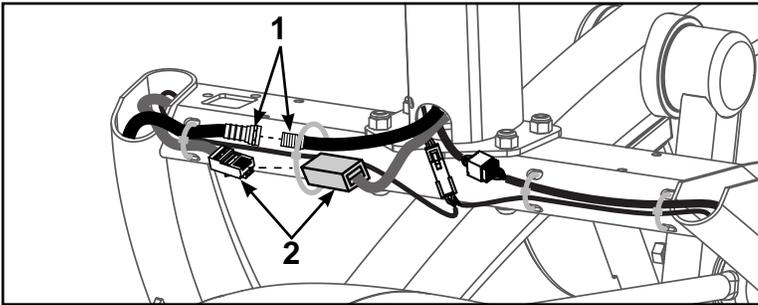


	Item	Description
1	19	Locknuts (4)
2	2	Console assembly
3	1	Base assembly
4	17	Bolts (4)
5		Upper heartrate cable
6		Upper display cable
7		Lower display cable
8		Lower heartrate cable

2. Insert (from underneath) the four bolts into the base assembly and console.
3. Thread the four locknuts onto the bolts by hand.
4. Tighten the four bolts and locknuts with a 7/32" Allen wrench and a 9/16" open-end wrench.
5. Plug the upper display cable into the lower display cable.
6. Plug the upper heart rate cable into the lower heart rate cable.

Install optional coax and CSAFE cables (E3 View Monitor option)

1. Plug the coax cable connectors into each other and tighten threaded connector.

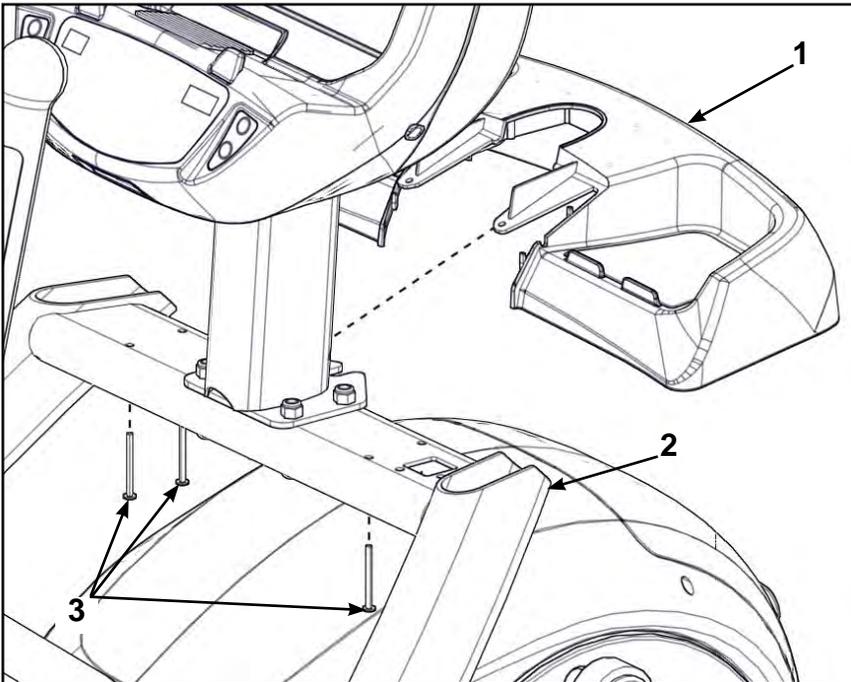


	Item	Description
1		Coax cable connectors
2		CSAFE cable connectors

2. Plug the CSAFE cable connectors into each other.

Install accessory tray base

1. Place the accessory tray base in position on the base assembly.

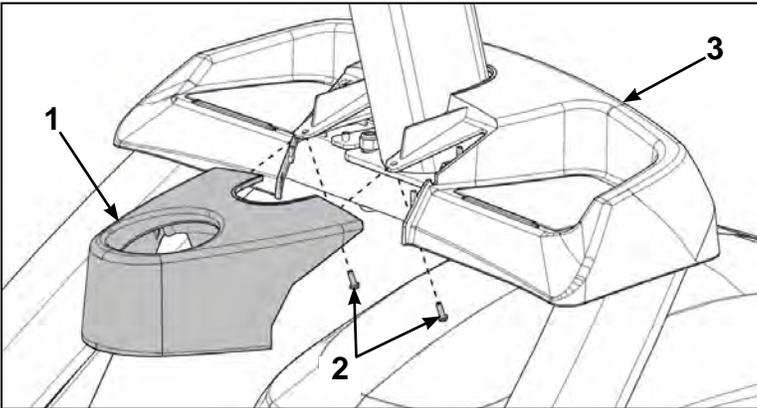


	Item	Description
1	4	Accessory tray base
2	1	Base assembly
3	23	Screws (4)

2. Install the four screws using a stubby Phillips screwdriver.

Install accessory tray top

1. Place the accessory tray top in position on the accessory tray base.

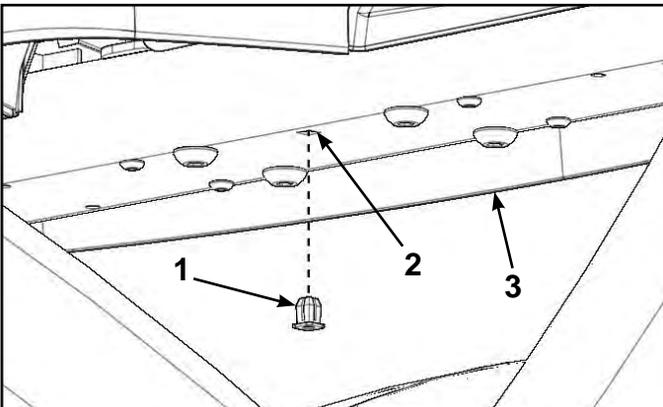


	Item	Description
1	5	Accessory tray top
2	22	Screws (2)
3	4	Accessory tray base

2. Install the two screws using a stubby Phillips screwdriver.

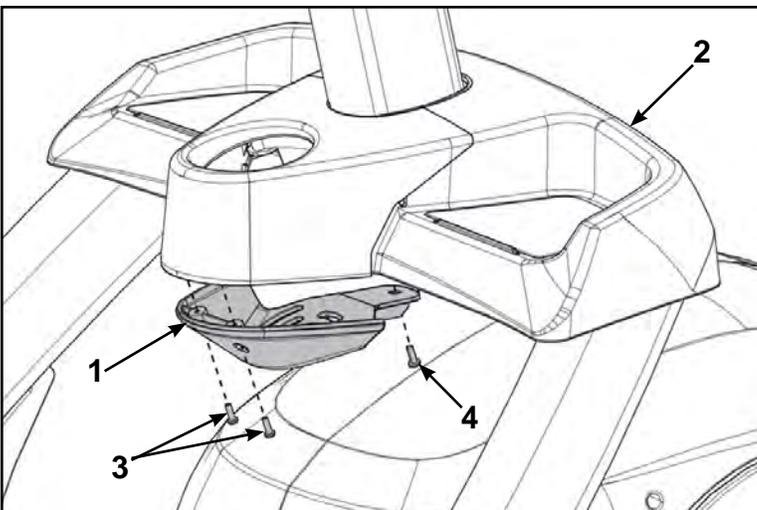
Install accessory tray bottom

1. Install the nylon grommet into the square hole in the base assembly.



	Item	Description
1	19	Nylon grommet
2		Square hole
3	1	Base assembly

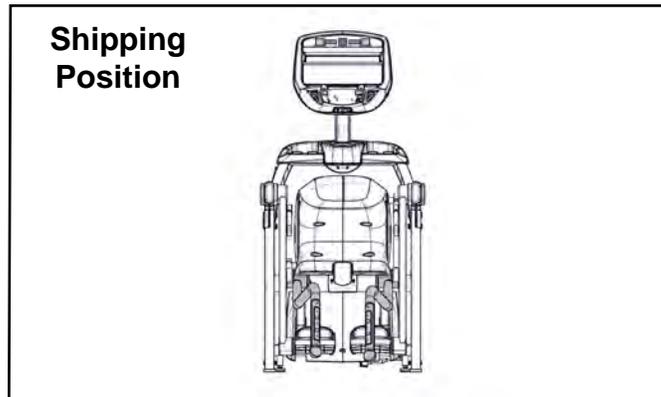
2. Install the accessory tray bottom to the accessory tray base with three screws using a stubby Phillips screwdriver.



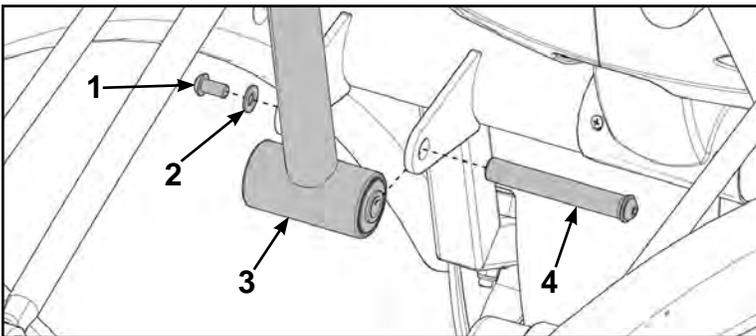
	Item	Description
1	6	Accessory tray bottom
2	4	Accessory tray base
3	21	Screw (2)
4	22	Screw

Remove left and right handle assembly

The left and right handle assemblies are shipped in rotated positions. The handle assemblies must be removed and rotated 180 degrees for proper setup and assembly.



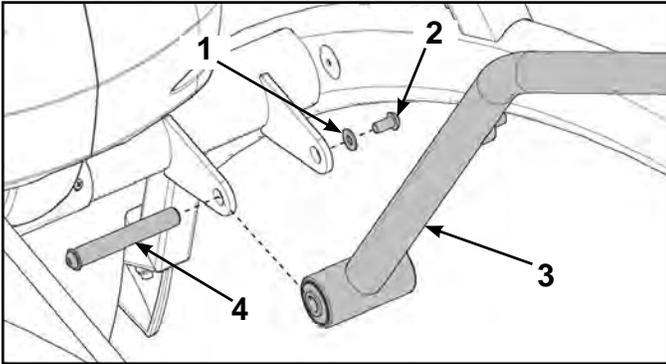
1. Remove a screw and washer from the left handle assembly using two 7/32" Allen wrenches.



	Item	Description
1		Screw
2		Washer
3		Left handle
4		Pivot pin assembly

2. Slide pivot pin assembly out and remove left handle assembly.
3. Rotate left handle assembly 180 degrees.
4. Apply Loctite to threads inside the pivot pin and screw.
5. Place left handle assembly in position and slide pivot pin assembly back in place.
6. Install the screw and washer to the left handle assembly using two 7/32" Allen wrenches.

7. Remove a screw and washer from the right handle assembly using two 7/32" Allen wrenches.



	Item	Description
1		Washer
2		Screw
3		Right handle
4		Pivot pin assembly

8. Slide pivot pin assembly out and remove right handle assembly.

9. Rotate right handle assembly 180 degrees.

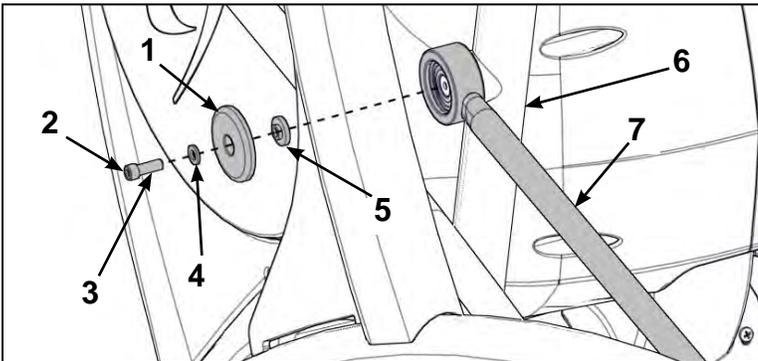
10. Apply Loctite to threads inside the pivot pin and screw.

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

12. Install the screw and washer to the right handle assembly using two 7/32" Allen wrenches.

Install the left linkage rod

1. Pivot left handle assembly up and slide left linkage rod onto left arm.



	Item	Description
1	25	Linkage rod cap
2	24	Screw
3	26	Loctite
4	20	Washer
5	14	Flange spacer
6		Left arm
7		Left linkage rod

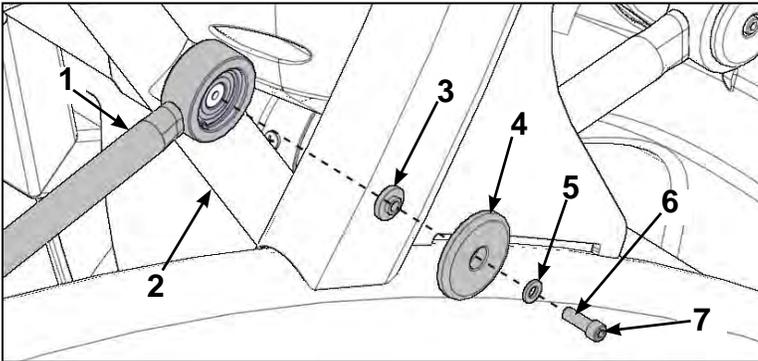
2. Place a drop of Loctite onto the screw.

3. Install the screw, washer, linkage rod cap, and flange spacer using a 3/16" Allen wrench.

4. Tighten screw to a minimum of 90 in/lbs.

Install right linkage rod

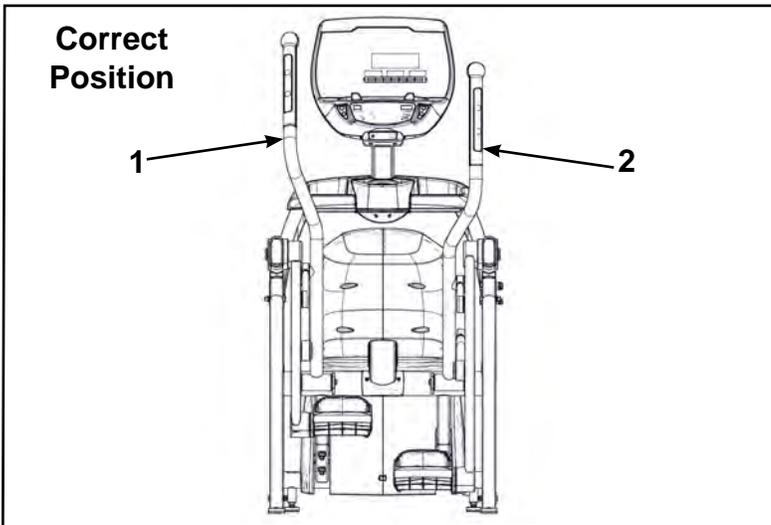
1. Pivot right handle assembly up and slide left linkage rod onto left arm.



	Item	Description
1		Right linkage rod
2		Right arm
3	14	Flange spacer
4	25	Linkage rod cap
5	20	Washer
6	26	Loctite
7	24	Screw

2. Place a drop of Loctite onto the screw.
3. Install the screw, washer, linkage rod cap, and flange spacer using a 3/16" Allen wrench.
4. Tighten screw to a minimum of 90 in/lbs.

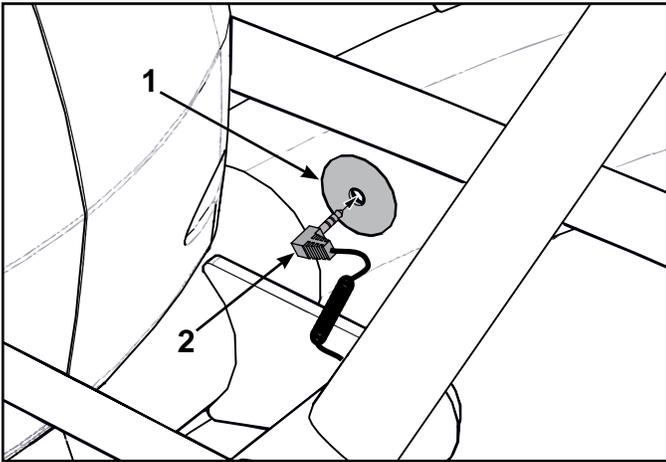
Verify handle assemblies are now installed in the correct position.



	Item	Description
1		Left handle assembly
2		Right handle assembly

Connect contact heart rate cable

1. Plug right heart rate cable into main frame socket. Position plug so handle does not rub cable during operation.



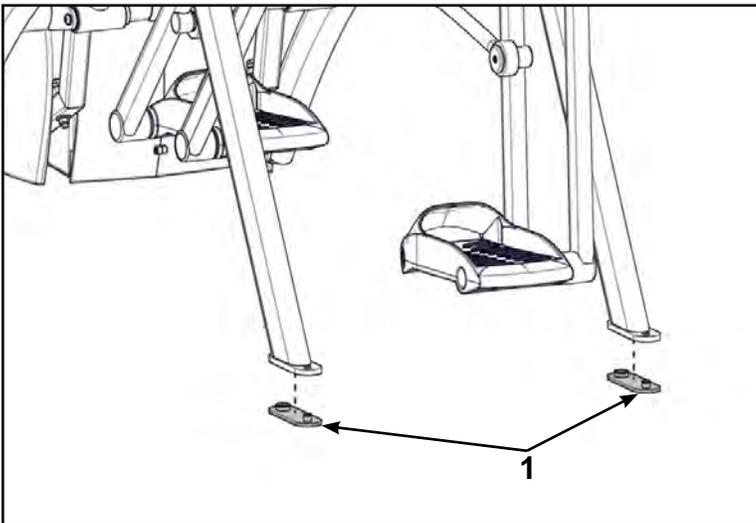
	Item	Description
1		Main frame socket
2		Heart rate wire

2. Plug left heart rate cable into main frame socket. Position plug so handle does not rub cable during operation.

Verify heart rate cables do not rub on handle during operation.

Attach foot pads

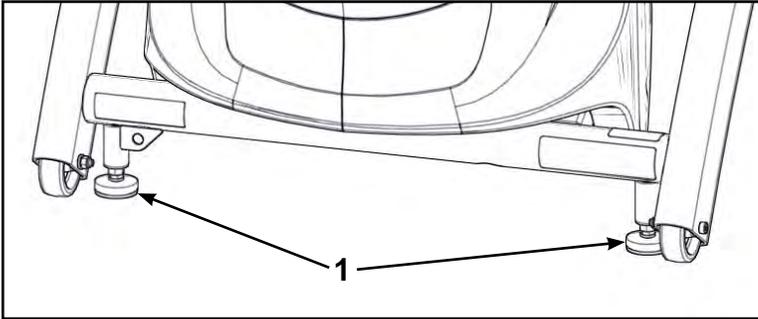
Have one person lift the unit while a second person places a foot pad under each of the two back feet.



	Item	Description
1	3	Foot pads (2)

Level unit

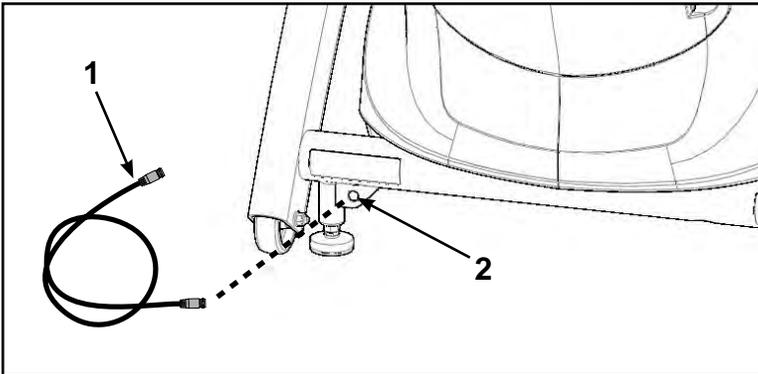
Confirm unit is on a level surface. If not, use a 9/16" open-end wrench to adjust the leveling feet up or down.



	Item	Description
1		Leveling feet

Install optional 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

Visually inspect unit

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

Setup

Use the following instructions to setup the units settings.

1. Plug the power cord into a power outlet from a grounded circuit, See **Electrical Requirements**. Coil up the remainder of the power cord and place it out of the way.
2. Toggle the on/off (I/O) power switch under the front end of the unit to the on position (I). The control panel will light up.
3. Hold the handrails to steady self while stepping into the foot plates.
4. Begin striding.

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**  and **DOWN**  keys to select the hour.
3. Press the **ENTER**  key to accept and begin editing the minutes.
4. Press the **UP**  and **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. Date format is [YYYY] [MM] [DD]. Y - Year, M - Month and D - Day.

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 the hold the **Display option**  and **UP**  keys for 3 seconds.
2. Navigate through the setup menu with the **UP**  and **DOWN**  keys.

- 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.
Pause	Set time length for Pause. OFF (Default), 1:00, 5:00 or 10:00 minutes.	
Max Time	Set maximum workout time. OFF (Unlimited), 20, 30, 60 (Default), or 120 minutes.	
Default Time	Set default workout time. 30, 60 (Default), 90, 120 minutes, off. or club*.	
Max Time	Set maximum workout time. OFF (Unlimited), 20, 30, 40, 50, 60 (Default), 90 or 120 minutes.	
Tone	Toggle console beeper On (Default) or OFF.	
Dormant Style	Not available	Default, Default with time (Clock shown), Heart only or Energy Saver (All LED's off except for center dashes on membrane).
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.	

*Club setting limits the workout time to 60 minutes during peak times. Peak times are 5:01 AM to 9:00 AM, and 4:01 PM to 9:00 PM

To reset setup options to default values

- 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.

- To reset setup options, press the **UP**  and **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:

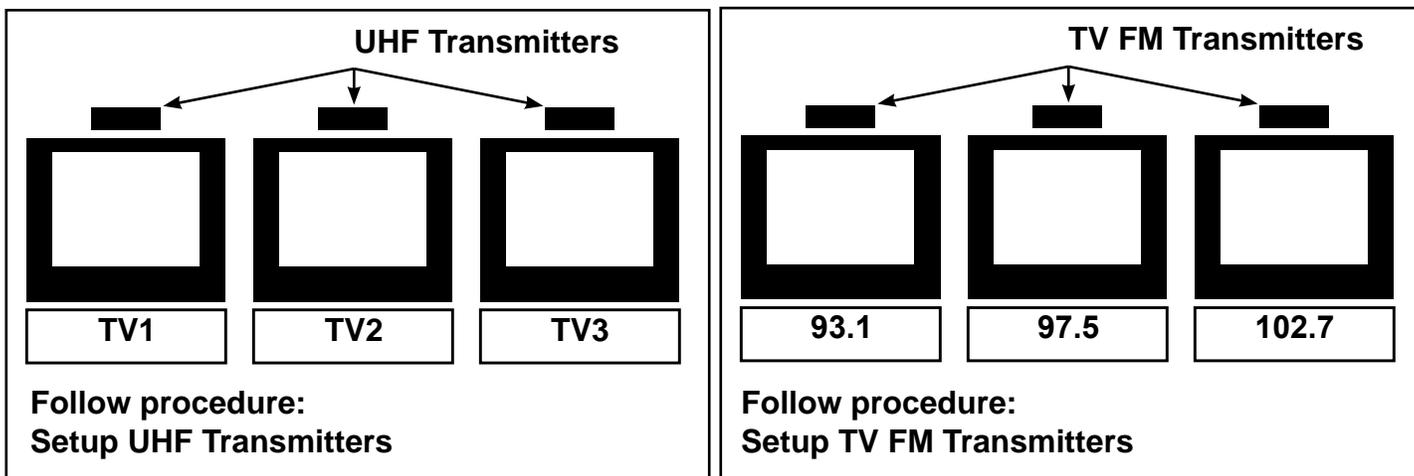
- Determine the type of transmitter used (MYE 900MHz, Broadcast Vision 863MHz, etc. or TV FM).
- Assign a TV channel number to each transmitter on the console.
- Add FM radio station presets (optional)

Tools Required:

- Headphones (not included)

Determine transmitter type

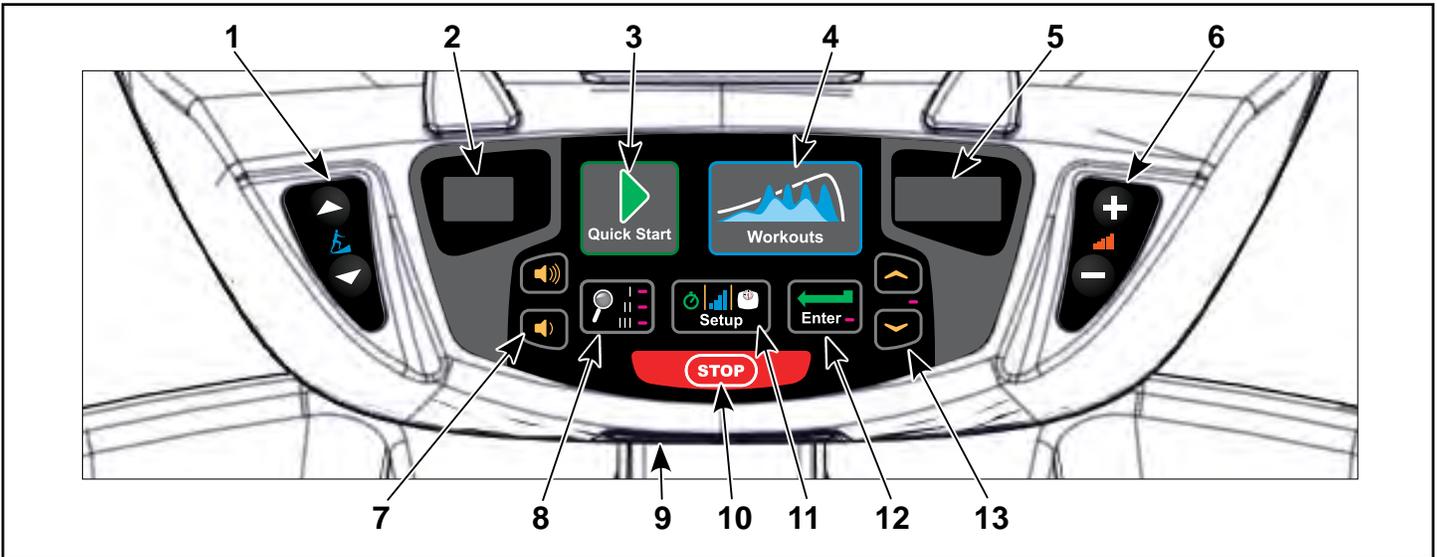
There are two types of transmitters UHF or TV FM. UHF transmitters will have TV's identified by number, example TV1. TV FM transmitters will have TV's identified with FM frequencies, example 93.1.



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	Resistance display	Shows 'FM' when storing FM radio station presets
6	Resistance 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

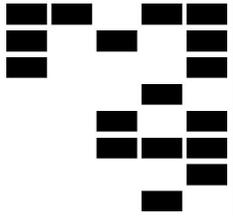
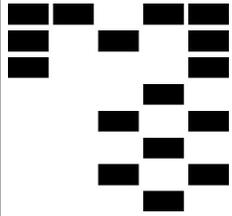
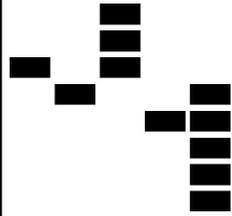
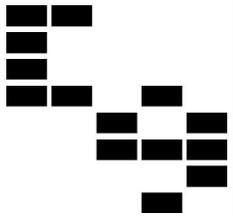
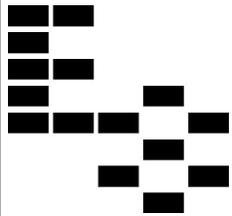
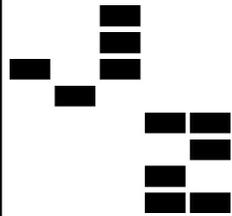
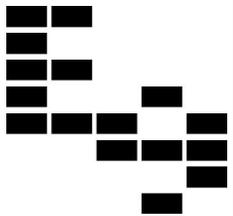
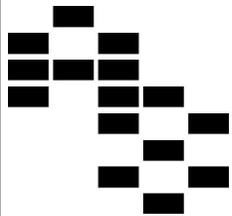
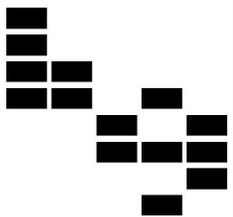
Set up UHF Transmitters

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**  and **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 Resistance **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 Resistance **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 Resistance **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

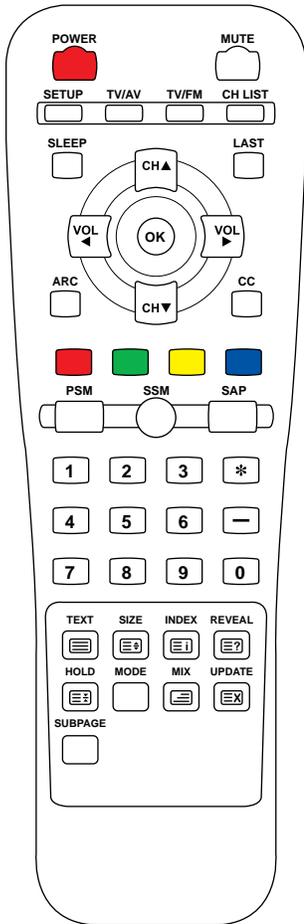
After completing setup, the sound volume should be adjusted between the TV transmitters and the FM radio stations. If FM radio stations are not set, adjust volume between all TV's.

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.

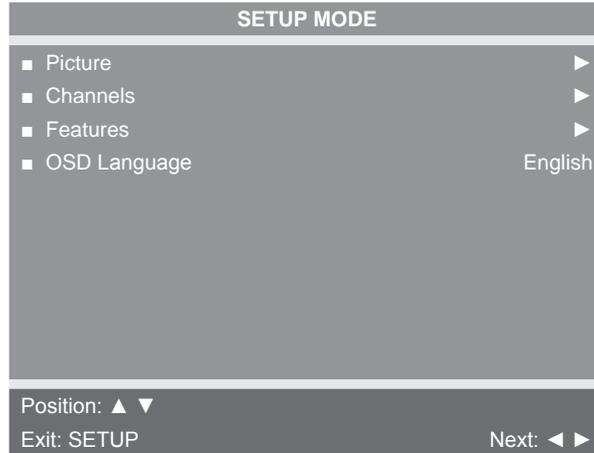


	POWER	Turn the E3 View monitor on or off
	SETUP	Enter or exit the Setup home screen
	CH LIST	Channel list - List all available channels
	CH▲	Channel up - Navigate up through the on-screen menu
	CH▼	Channel down - Navigate down through the on-screen menu
	VOL◀	Volume left - Navigate left through the on-screen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

E3 View Monitor Setup

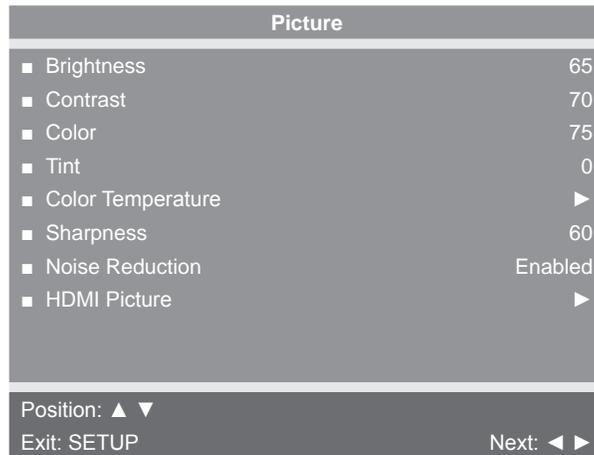
Access Setup Screen

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.

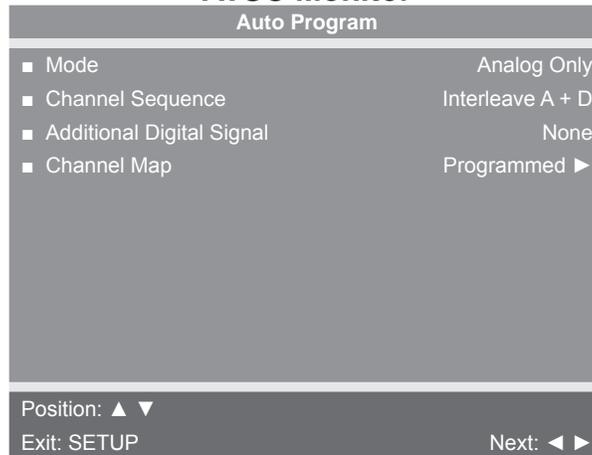
Channel settings

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.

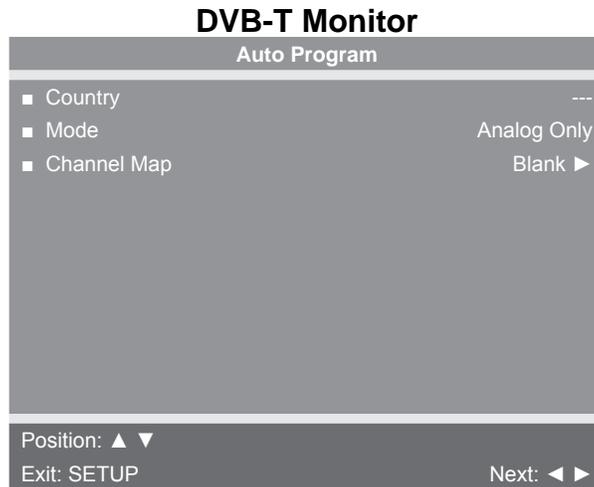
12. Press the **SETUP**  button to return to normal TV viewing once auto programming is complete.

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.

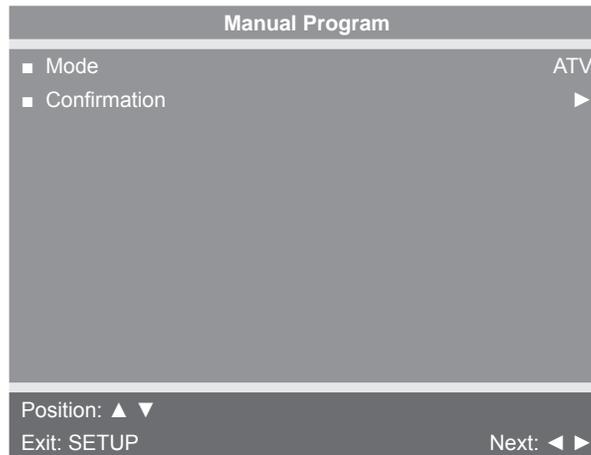
11. Press the **SETUP**  button to return to SETUP MODE menu.

Manual Program (ATSC and DVB-T)

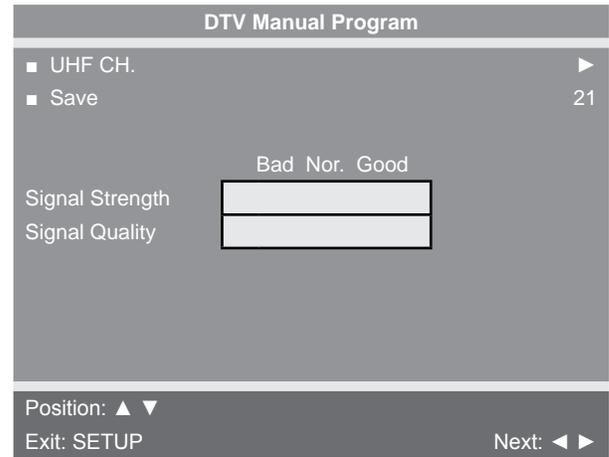
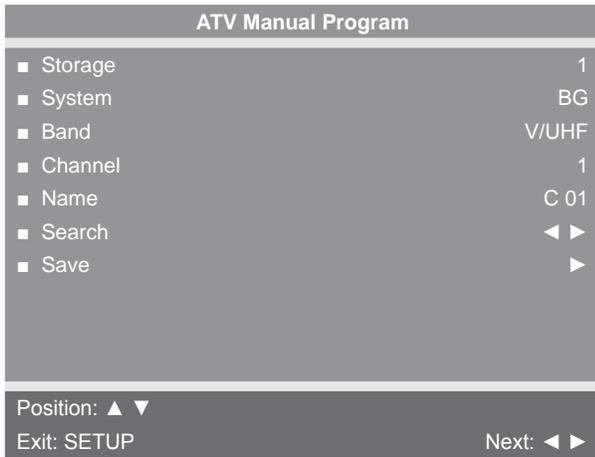
1. Tap  to select **Manual Program**.

2. Tap  to enter the menu.

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



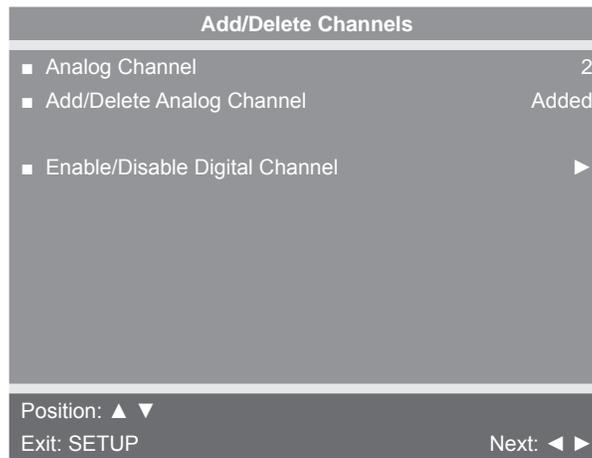
4. Tap  or  to select ATV or DTV.



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 Operation

Use the following instructions to test the full resistance and incline range of the unit:

1. Hold the handrails to steady self while stepping into the foot plates.
2. Begin striding.
3. Tap **Quick Start**.
4. Run unit through full resistance range. First press the Resistance **Up**  key until unit reaches its highest load (the display will show "80"). Then press the Resistance **Down**  key until unit reaches its lowest load (the display will show "0"). The resistance should increase and decrease while striding.

When unit reaches the set incline and resistance, the displays will stop flashing and remain steadily illuminated to indicate the desired settings have been reached.

5. Run unit through full incline range. First press the **INCLINE Up**  key until the unit reaches its highest incline (the display will show "20"). Then press the **INCLINE Down**  key until unit reaches its lowest incline (the display will show "0"). The foot plates and arms should move freely during all incline levels.



WARNING: Moving parts and fall hazard

To avoid serious injury wait until foot plates come to a complete stop before getting off unit

6. Press the **STOP** key twice to bring the incline back to its start position, end the workout review, and return the display to *Dormant Mode*.
7. Wait until foot plates come to a complete stop before dismounting unit. Hold handrails to steady self while stepping off unit.

Operation

Intended Use

Intended use of this exercise equipment is to aid or improve general physical fitness and exercise.

Terms Used

Active Mode – Any time the unit is controlling resistance and accumulating workout data. Active Mode begins after pressing the **Quick Start** key, after completing the setup for a workout, or by default if the initial screen times out and enters Quick Start Manual mode.

Auto-Scan – Display automatically cycles through workout data.

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 – Manual Mode allows the user to adjust the Incline (0-20) and Resistance (0-80).

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

Quick Start – Press the **QUICK START** key to enter into Quick Start Manual Mode, where the user controls the incline and resistance as time counts up. Also occurs after 20 seconds of the user striding and not interacting with the console.

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



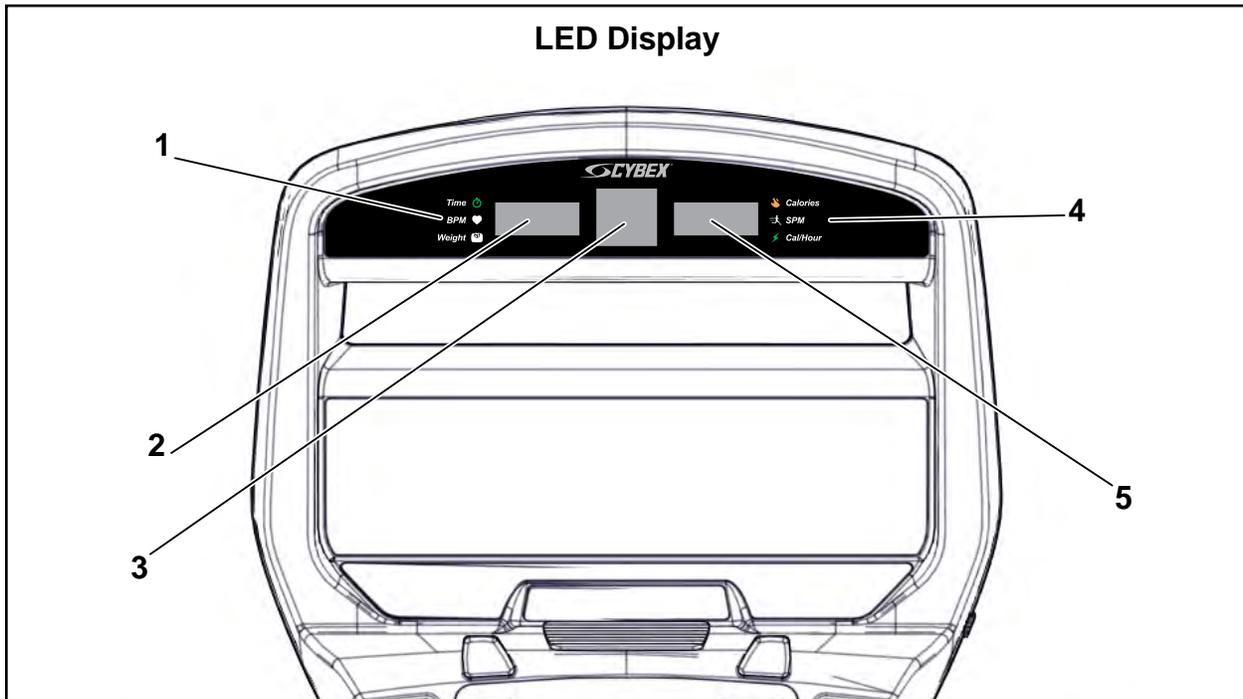
Read and understand all warnings and cautions in the Safety Section and all operation instructions in this chapter before operating unit.

User Control Symbols Used

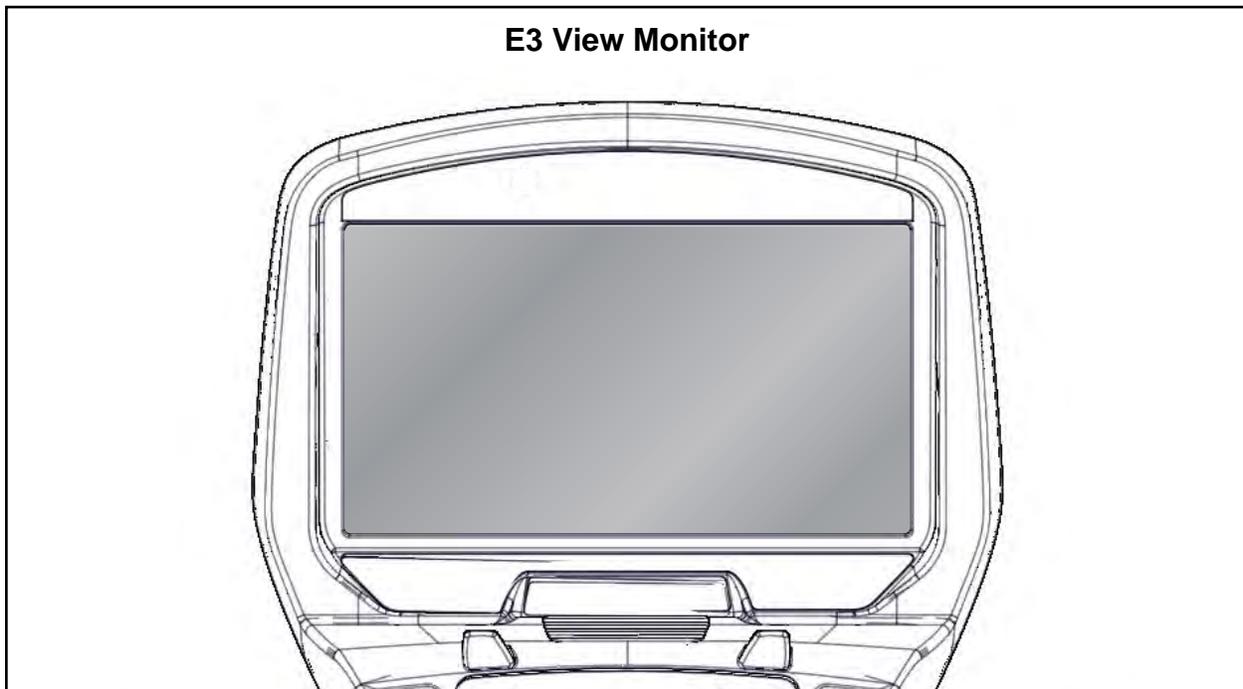


Control	Control Name	Description
	INCLINE UP	Adjust Incline up
	INCLINE DOWN	Adjust Incline down
	RESISTANCE UP	Adjust Resistance up
	RESISTANCE DOWN	Adjust Resistance down
	VOLUME UP	Adjust Volume up
	VOLUME DOWN	Adjust Volume down
	UP KEY	Adjust Time, Level, Weight, or Workout up A/V - Channel UP iPod - NEXT track (option)
	DOWN KEY	Adjust Time, Level, Weight, or Workout down A/V - Channel DOWN iPod - PREVIOUS track (option)
	STOP	Press STOP to end the workout session. If pause feature is enabled, press STOP once to enter pause mode.

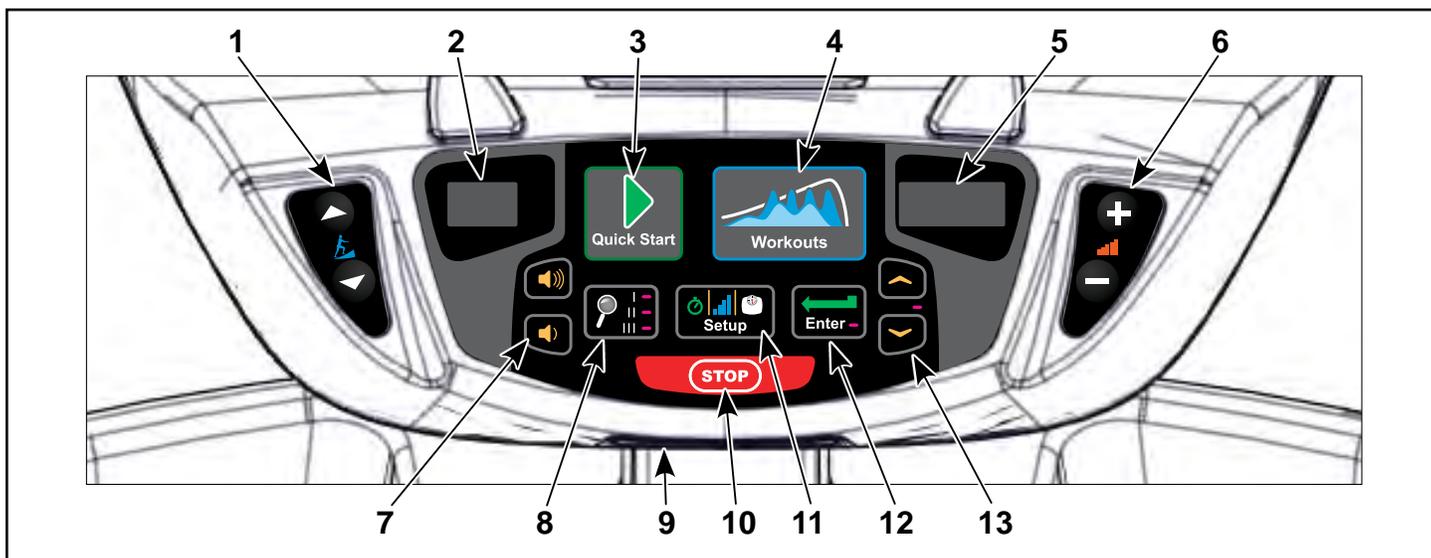
Console Display



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, SPM, or Cal/Hour.
5	Right data readout	Displays value of Calories, SPM, or Cal/Hour.



User Controls



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

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

Keys — User controls for Incline, Quick Start, Workouts, Resistance, Volume, Scan, STOP, Setup, Enter and Up/Down.

Mount and Dismount



WARNING: Moving parts and fall hazard

To avoid serious injury wait until foot plates come to a complete stop before getting off unit

To mount unit safely:

1. Verify unit is in *Dormant Mode* and foot plates are completely stopped.
2. Grasp handrail and step carefully onto foot plates.

To dismount unit safely:

1. Wait until foot plates come to a complete stop.
2. Grasp handrails for support and carefully step off back of unit.

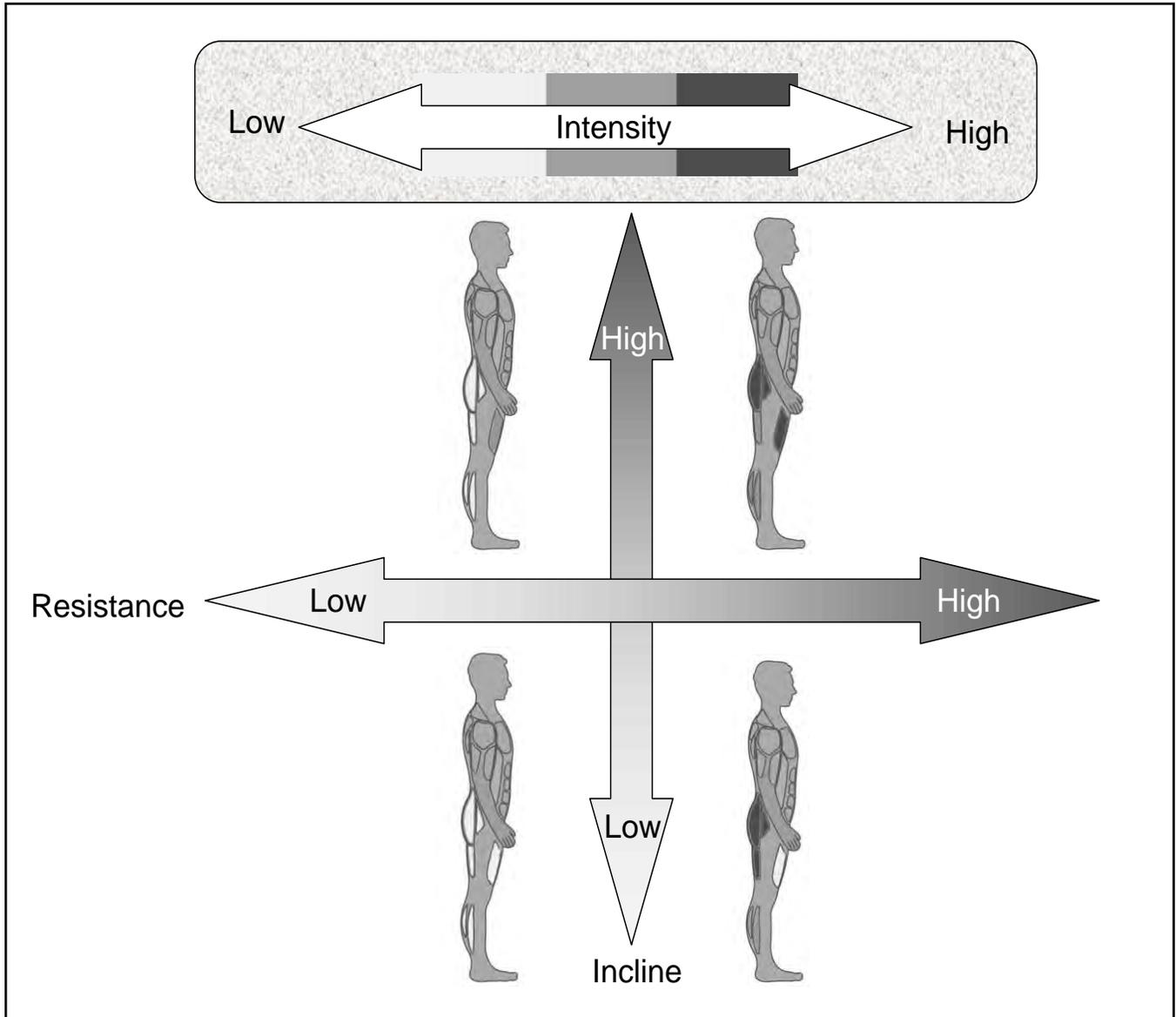
Emergency Dismount

If an emergency stop and dismount is required:

1. Grasp handrails for support.
2. Stop striding.
3. Wait until foot plates come to a complete stop.
4. Continue to hold handrails while carefully stepping off unit.

Range of Motion

The elevation is adjustable up or down in the shape of an arc. The lowest setting of 0 equates to an arc of 12 degrees, where the highest setting of 20 equates to an arc of 34.5 degrees. There is no difference in muscles used between different incline positions. Differences exist in the intensity of muscle activity.



Quick Operation Guide

Maximum user weight is 400 lbs. (180 kg).

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

1. Verify foot plates are completely stopped.
2. Grasp handrail and step carefully onto foot plates. Begin striding.
3. Press the **Quick Start** key. The console will beep for one second to signal start of workout.
4. Press the **Incline ▲ ▼** keys to change the incline at any time. The left display will show incline.
5. Press the **Resistance + –** keys to change the resistance at any time. The right display will show the current resistance.
6. Press the **STOP** key at any time to end workout. If pause is enabled, "Workout Review" is displayed, and the incline returns to 6%.

Detailed Operation Guide

Maximum user weight is 400 lbs. (180 kg).

1. Plug the power cord into a power outlet from a grounded circuit, See **Electrical Requirements**. Coil up the remainder of the power cord and place it out of the way.
2. Toggle the on/off (I/O) power switch under the front end of the unit to the on position (I). The control panel will light up.
3. Hold the handrails to steady self while stepping into the foot plates.
4. Begin striding.
5. Select **Quick Start** or **Workouts**.

If **Quick Start** is selected, The console will beep for one second to signal start of workout and enter *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*. *E3 View Monitor models include age selection.*

After final selection has been made the console will beep for one second to signal start of workout, and enter *Active Mode*.

4. Begin striding.
5. Observe the control panel. The top center *Bar Graph* display shows a graphical representation of the relative MET level, 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: Time, BPM (Heart rate if available), Calories, Cal/Hour, and SPM (Strides per minute). The data displays will start by automatically shifting every 5 seconds.

When you adjust incline or resistance 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 resistance and/or the workout level.

6. Press the **Incline**  keys to change the incline at any time. The left display will show incline.
7. Press the **Resistance** **+ –** keys to change the resistance at any time. The right display will show the current resistance.
8. Press the **STOP** key at any time to end workout. If pause is enabled, "Workout Review" is displayed, and the incline returns to 6%.

When a workout is complete the unit begins a countdown, "3...2...1" and sounds a tone for each count. Workout Review is displayed for the preset time or until you press the **STOP** key. The unit returns to *Dormant Mode*.

Workout Selection

Choose from *Quick Start* or eight workout choices. Speed is never predetermined. Change speed by changing stride.

Workout Choices:

	Workout	Levels	Settings
1	Weight Loss 1	10	Select time, level and weight.
2	Weight Loss 2	10	Select time, level and weight.
3	Weight Loss 3	10	Select time, level and weight.
4	Cardio 1	10	Select time, level and weight.
5	Cardio 2	10	Select time, level and weight.
6	Cardio 3	10	Select time, level and weight.
7	Strength 1	10	Select time, level and weight.
8	Strength 2	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 **Resistance + -** keys are also 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 the user exercises, the unit keeps track of and displays the following data:

BPM (Beats per minute) – User's current heart rate. Heart rate will appear when a signal is introduced.

Calories – The total accumulated calories burned during workout.

Cal/Hour (Calories per hour) – Calculation of present workload's energy exertion in calories per hour.

SPM (Strides per minute) - The average number of strides per minute at current speed.

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

E3 View Monitor Display 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

Safety Sentry

Safety Sentry uses display feedback (speed signal or key presses) to determine user presence. If a user is not detected within 10 seconds, the display beeps and inquires "PEdI?" (LED console) or "Are you there?" (E3 View Monitor console).

Resume pedaling or press any key within a pre-selected time to resume workout.

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

- *Should only be performed by trained personnel*
- *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 and in the **Safety Section**.

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

NOTICE: Repairs and Service

- *All inspections and repairs must be performed by trained service personnel only*
- *Cybex requires that only Cybex replacement parts are used*

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.

Cybex 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 Cybex 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 from the power outlet.

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

Tool Required

Phillips screwdriver

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.

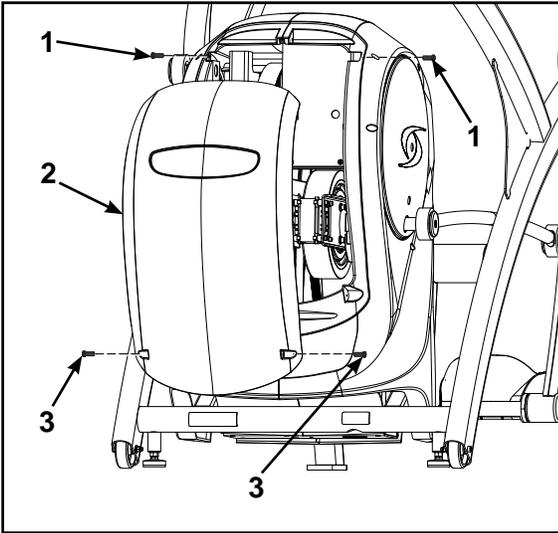
Be careful not to spill or get excessive moisture between the edge of the display panel and the console, as this might create an electrical hazard or cause failure of the electronics.

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.

Remove Access Cover

1. Remove the two lower screws securing the access cover using a Phillips screwdriver.



	Item	Description
1		Upper screws
2		Access cover
3		Lower Screws (2)

2. Remove two upper screws securing the access cover using a Phillips screwdriver. Refer to the above diagram.
3. Remove the access cover.



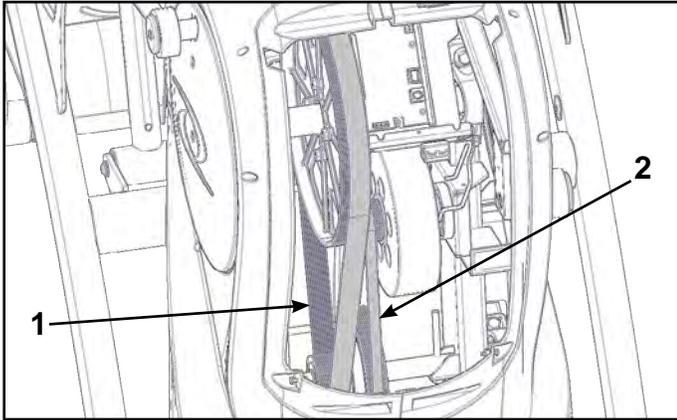
WARNING: Burn hazard

Do not touch flywheel until cool

Drive Belts

There are two drive belts that may become loose, worn or cracked.

Unless the belts have been removed and not replaced properly, it is unlikely the belts will come loose or need to be re-tensioned.



	Item	Description
1		Primary drive belt
2		Secondary drive belt

If a belt has cracks or appears worn, it must be replaced immediately by a qualified service technician.

Primary Belt – The wider of the two belts. It has grooves that keep it aligned on the large upper pulley.

Secondary Belt – The narrower of the two belts. It has grooves that keep it aligned on the flywheel's drive pulley.

Attach Access Cover

Do not over tighten screws.

1. Replace and tighten the two upper screws removed in step 2 **Remove Access Cover** using a Phillips screwdriver.
2. Replace and tighten the two lower screws removed in step 1 **Remove Access Cover** using a Phillips screwdriver.
3. Plug the power cord into a power outlet.
4. Test unit for proper operation.

E3 View Monitor

Cleaning

1. Unplug power cord from the wall socket.
2. Dust off the panel with a soft dry cloth as needed. The screen can be cleaned with computer screen wipes or other non-abrasive, moist, disposable wipes.

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 a faulty condition. 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.

Recommended 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. Verify foot plates are completely stopped.
2. Grasp handrail and step carefully onto foot plates. Begin striding.
3. Press and hold the **Display option**  and **DOWN**  keys for 3 seconds. A beep signifies the first screen of the Statistics menu.
4. Press the **UP**  and **DOWN**  keys to scroll up and down in the statistics menu.

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

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

First 500 Miles (800 KM)

Follow this procedure to ensure the belts are tensioned properly and in good condition.

1. Unplug the unit from the power outlet.
2. Remove access cover. (See previous procedure **Remove Access Cover**)
3. Pull down and roll each belt to examine the condition. If a belt has cracks or appears worn, it must be replaced immediately by a qualified service technician.
4. Attach access cover. (See previous procedure **Attach Access Cover**).
5. Plug the power cord into a power outlet.

Every 5000 Miles (8000 KM)

Check drive belts for tension and wear. (See procedure First 500 Miles)

Move unit and vacuum underneath. Lift the rear of unit and roll it back from its present position. Vacuum underneath and return unit to normal position.

Clean inside unit.

1. Unplug the unit from the power outlet.
2. Remove access cover. (See previous procedure **Remove Access Cover**)
3. Clean the exposed components using a vacuum cleaner attachment or hand vacuum.
4. Remove dirt and debris from internal components.
5. Using a dry cloth, wipe all exposed areas.
6. Attach access cover. (See procedure **Attach Access Cover**).
7. Plug the power cord into a power outlet.

Every 20,000 Miles (32000 KM)

Contact qualified service technician to check elevation assembly, replace any worn parts and lubricate elevation bushings.

Customer Service

Product Registration

To register product do the following:

1. Visit www.cybexintl.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 Cybex customers living in the USA, contact Cybex Customer Service at 888-462-9239.

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

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

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

Ordering Parts

To order parts online go to www.cybexintl.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 Cybex 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.cybexintl.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.

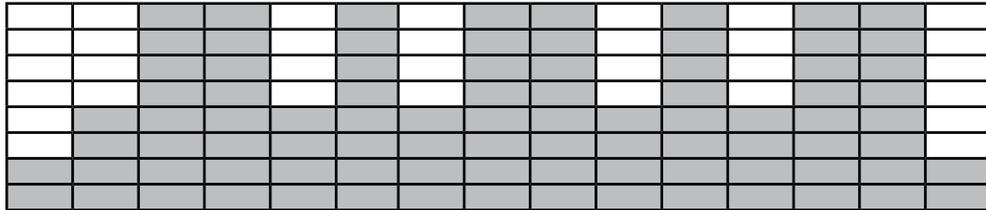
Concealed Damage

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 1

The Weight Loss 1 workout is a five-minute core workout designed for low to medium intensity training that the user can sustain for an extended period of time. It builds from a low intensity baseline to include short bursts of higher resistance while the elevation increases by fifty percent for two-minutes. The constant variety provides for periods of higher expenditure and training effect without the introduction of undue fatigue allowing the user to perform for longer periods of time.



Resistance

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			
	1	2	3	4	1	2	3	4	5	1	2	3	4
10	5	10	15	20	25	45	45	25	45	20	15	10	5
9	5	10	15	20	25	40	40	25	40	20	15	10	5
8	5	10	15	20	25	35	35	25	35	20	15	10	5
7	5	5	10	15	25	40	40	25	40	15	10	5	5
6	5	5	10	15	25	35	35	25	35	15	10	5	5
5	5	5	10	15	25	30	30	25	30	15	10	5	5
4	5	5	5	10	15	25	25	15	25	10	5	10	8
3	5	5	5	10	15	20	20	15	20	10	5	10	8
2	5	5	5	5	5	15	15	5	15	5	4	3	3
1	5	5	5	5	5	10	10	5	10	5	4	3	3

Elevation

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			
	1	2	3	4	1	2	3	4	5	1	2	3	4
10	8	8	8	8	8	12	12	8	8	8	8	8	8
9	8	8	8	8	8	12	12	8	8	8	8	8	8
8	6	6	6	6	6	12	12	6	6	6	6	6	6
7	6	6	6	6	6	8	8	6	6	6	6	6	6
6	6	6	6	6	6	8	8	6	6	6	6	6	6
5	6	6	6	6	6	8	8	6	6	6	6	6	6
4	4	4	4	4	4	6	6	4	4	4	4	4	4
3	4	4	4	4	4	6	6	4	4	4	4	4	4
2	4	4	4	4	4	6	6	4	4	4	4	4	4
1	4	4	4	4	4	6	6	4	4	4	4	4	4

2 - Weight Loss 2

The Weight Loss 2 workout is a five-minute core workout that begins at a low intensity level and incrementally increases both resistance and elevation until peaking after three-minutes and remains at that level for one-minute before ramping back down to the initial level. The repetitive workout is designed to encourage a transition in training intensity to encourage the development of aerobic and anaerobic energy systems.

Resistance

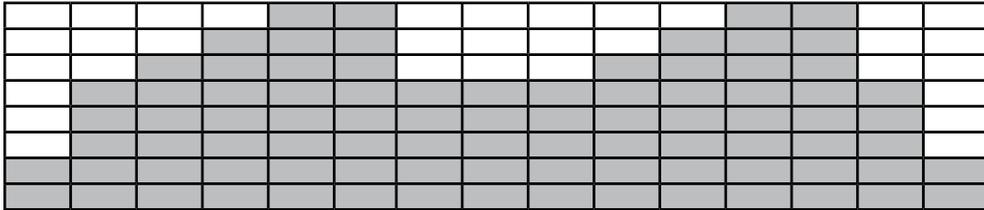
Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	1:00	:30	:30	:30	:30
	Warm Up				Core Segments					Cool Down			
	1	2	3	4	1	2	3	4	5	1	2	3	4
10	20	25	30	40	50	65	80	65	50	40	30	25	20
9	20	25	30	35	50	60	75	60	50	35	30	25	20
8	20	25	30	35	45	55	70	55	45	35	30	25	20
7	15	20	25	35	45	50	65	50	45	35	25	20	15
6	15	20	25	30	40	45	60	45	40	30	25	20	15
5	10	15	20	20	40	40	55	40	40	20	20	15	10
4	10	10	15	15	30	35	50	35	30	15	15	10	10
3	5	5	10	10	20	20	40	20	20	10	10	5	5
2	5	5	10	10	20	20	40	20	20	10	10	5	5
1	5	5	10	10	15	20	35	20	15	10	10	5	5

Elevation

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			
	1	2	3	4	1	2	3	4	5	1	2	3	4
10	6	8	10	10	12	16	20	16	12	10	10	8	6
9	6	8	10	10	11	15	19	15	11	10	10	8	6
8	6	8	8	8	10	14	18	14	10	8	8	8	6
7	6	8	8	8	9	13	17	13	9	8	8	6	6
6	6	8	8	8	8	12	16	12	8	8	8	6	6
5	6	8	8	8	7	11	14	11	7	8	8	6	6
4	6	8	8	8	6	9	12	9	6	8	8	6	6
3	6	8	8	8	5	8	10	8	5	8	8	6	6
2	6	8	8	8	4	6	8	6	4	8	8	6	6
1	6	8	8	8	3	5	6	5	3	8	8	6	6

3 - Weight Loss 3

The Weight Loss 3 workout is a three-minute thirty-second core workout designed to give the user an intense workout. Users will experience moderate resistance and elevation at the beginning to simulate the start of a climb and will crest at peak elevation gain and difficult resistance after two-minutes. The resistance then returns to the preliminary level and the core workout repeats itself for the next hill.



Resistance

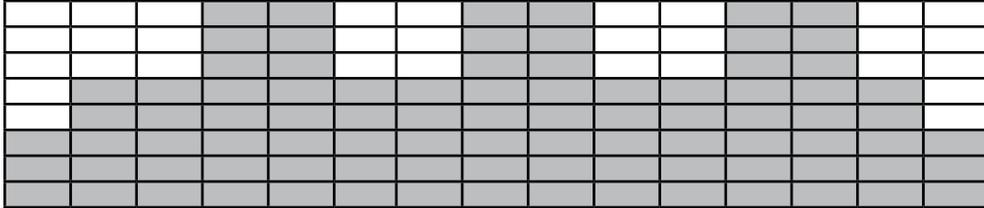
Time	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30
	Warm Up				Core Segments							Cool Down			
	1	2	3	4	1	2	3	4	5	6	7	1	2	3	4
10	20	30	40	50	50	55	65	75	80	50	50	50	40	30	20
9	20	30	40	45	45	50	60	70	75	45	45	45	40	30	20
8	20	30	35	40	40	45	55	65	75	40	40	40	35	30	20
7	15	25	35	35	35	45	50	60	70	35	35	35	35	25	15
6	15	25	30	35	35	40	50	55	65	35	35	35	30	25	15
5	15	25	30	30	30	35	45	50	60	30	30	30	30	25	15
4	10	20	25	30	25	30	40	50	55	25	25	30	25	20	10
3	10	20	25	25	20	30	40	45	50	20	20	25	25	20	10
2	10	15	20	25	20	25	35	40	45	20	20	25	20	15	10
1	10	10	15	15	20	20	30	35	40	20	20	15	15	10	10

Elevation

Time	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30
	Warm Up				Core Segments							Cool Down			
	1	2	3	4	1	2	3	4	5	6	7	1	2	3	4
10	6	8	10	12	16	16	18	20	20	14	14	12	10	8	6
9	6	6	8	10	14	16	16	18	20	13	13	10	8	6	6
8	6	6	8	8	14	14	16	18	18	12	12	8	8	6	6
7	6	6	8	8	12	14	14	16	18	11	11	8	8	6	6
6	6	6	6	8	12	12	14	16	16	10	10	8	6	6	6
5	6	6	6	6	10	12	12	14	16	9	9	6	6	6	6
4	4	4	4	6	10	10	12	14	14	8	8	6	4	4	4
3	4	4	4	6	8	10	10	12	14	7	7	6	4	4	4
2	4	4	4	4	8	8	10	12	12	6	6	4	4	4	4
1	4	4	4	4	6	8	8	10	12	5	5	4	4	4	4

4 - Cardio 1

The Cardio 1 workout is a four-minute core workout designed for medium intensity workouts. Users will experience intervals of moderate resistance and elevation at the beginning to simulate the start of a climb and greater resistance and steeper elevation after two-minutes. The resistance then returns to the preliminary level and the core workout repeats itself for the next interval.



Resistance

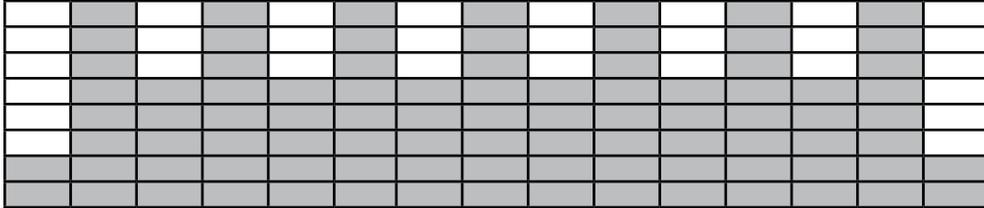
Time	:30	:30	:30	:30	2:00	2:00	:30	:30	:30	:30
	Warm Up				Core Segments		Cool Down			
	1	2	3	4	1	2	1	2	3	4
10	20	25	30	35	40	60	35	30	25	20
9	20	25	30	35	40	50	35	30	25	20
8	15	20	25	30	35	45	30	25	20	15
7	15	20	25	30	35	40	30	25	20	15
6	15	15	20	25	30	35	25	20	15	15
5	15	15	20	25	30	25	25	20	15	15
4	10	10	15	20	25	30	20	15	10	10
3	10	10	15	20	25	25	20	15	10	10
2	10	10	10	15	20	20	15	10	10	10
1	10	10	10	10	15	15	10	10	10	10

Elevation

Time	:30	:30	:30	:30	2:00	2:00	:30	:30	:30	:30
	Warm Up				Core Segments		Cool Down			
	1	2	3	4	1	2	1	2	3	4
10	6	8	10	12	12	20	12	10	8	6
9	6	6	8	10	10	20	10	8	6	6
8	6	6	8	10	10	18	10	8	6	6
7	6	6	6	8	8	18	8	6	6	6
6	6	6	6	8	8	16	8	6	6	6
5	6	6	6	6	6	16	6	6	6	6
4	6	6	6	6	6	14	6	6	6	6
3	4	4	6	6	6	14	6	6	4	4
2	4	4	6	6	6	12	6	6	4	4
1	4	4	6	6	6	12	6	6	4	4

5 - Cardio 2

The Cardio 2 workout is a two-minute core workout utilizing a 1:1 work to rest ratio. It is designed to improve both aerobic and anaerobic capabilities as users will face a high level of resistance for one minute followed by a one-minute recuperation period before performing the work interval again. The elevation remains constant throughout the workout.



Resistance

Time	:30	:30	:30	:30	1:00	1:00	:30	:30	:30	:30
	Warm Up				Core Segments		Cool Down			
	1	2	3	4	1	2	1	2	3	4
10	20	30	35	40	80	50	40	35	30	20
9	15	25	30	35	75	50	35	30	25	15
8	15	20	25	30	75	45	30	25	20	15
7	10	20	25	30	70	45	30	25	20	10
6	10	20	25	30	70	40	30	25	20	10
5	10	15	20	25	65	40	25	20	15	10
4	15	20	20	25	65	35	25	20	20	15
3	10	10	15	20	60	35	20	15	10	10
2	5	10	15	20	60	30	20	15	10	5
1	5	10	15	15	55	30	15	15	10	5

Elevation

Time	:30	:30	:30	:30	1:00	1:00	:30	:30	:30	:30
	Warm Up				Core Segments		Cool Down			
	1	2	3	4	1	2	1	2	3	4
10	8	8	12	16	20	20	16	12	8	8
9	8	8	12	16	20	20	16	12	8	8
8	8	8	12	12	16	16	12	12	8	8
7	8	8	12	12	16	16	12	12	8	8
6	8	8	12	12	16	16	12	12	8	8
5	8	8	8	12	12	12	12	8	8	8
4	8	8	8	8	12	12	8	8	8	8
3	8	8	8	8	12	12	8	8	8	8
2	8	8	8	8	8	8	8	8	8	8
1	8	8	8	8	8	8	8	8	8	8

7 - Strength 1

The Strength 1 workout uses a 1:2 work to rest ratio. It is designed for high resistance training with longer rest periods than the 1:1 workout. Users will face a high level of resistance for thirty-seconds followed by a one minute recuperation period before performing the interval again. The elevation remains constant throughout the workout.

Resistance

Time	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30
	Warm Up				Core Segments			Cool Down			
	1	2	3	4	1	2	3	1	2	3	4
10	35	45	55	65	70	45	45	40	35	30	20
9	35	40	50	60	65	40	40	35	30	25	15
8	30	40	50	55	60	35	35	30	25	20	15
7	30	35	45	50	55	30	30	30	25	20	10
6	25	35	40	45	50	30	30	30	25	20	10
5	25	30	35	40	45	25	25	25	20	15	10
4	20	25	30	35	40	25	25	25	20	15	10
3	20	25	30	30	35	20	20	20	15	10	10
2	15	20	25	30	30	20	20	20	15	10	5
1	10	15	20	20	25	15	15	15	15	10	5

Elevation

Time	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30
	Warm Up				Core Segments			Cool Down			
	1	2	3	4	1	2	3	1	2	3	4
10	8	8	12	16	20	20	20	16	12	8	4
9	8	8	12	16	20	20	20	16	12	8	4
8	8	8	12	12	16	16	16	12	12	8	4
7	8	8	12	12	16	16	16	12	12	8	4
6	8	8	12	12	16	16	16	12	12	8	4
5	8	8	8	12	12	12	12	12	8	8	4
4	8	8	8	8	12	12	12	8	8	8	4
3	8	8	8	8	12	12	12	8	8	8	4
2	8	8	8	8	8	8	8	8	8	8	4
1	8	8	8	8	8	8	8	8	8	8	4

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.

The workload equates to the speed and incline load of the 750T Treadmill HRC Program. 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 or if the user presses the **Cool Down** button. *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

Stage 1		Stage 2		Stage 3		Stage 4	
Step	Watts	Step	Watts	Step	Watts	Step	Watts
						75	395
						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



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