CYBEX®

Cybex 771A/771AT, 772A/772AT Arc Trainer®
Owner's Manual
Cardiovascular Systems
Part Number 5771-4 H

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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

Safety Guidelines and Practices

📖 Read the Owner's Manual carefully before assembling, servicing, or using the equipment. Owner must comply with all safety guidelines in this manual. It is also the owner's responsibility to instruct users on the safe and proper operation of the equipment and to properly display any and all warning labels and instructional placards. All users should read these labels and placards before using equipment.

⚠ WARNING   Serious injury or death could occur if the following safety precautions and instructions are not followed.

Power Cord Information
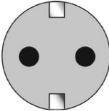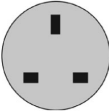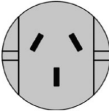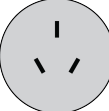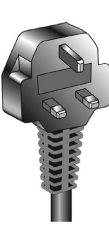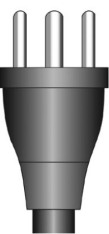
⚠ WARNING   Shock and electrocution hazard.
- Connect unit to a grounded outlet.
- Do not use voltage adapter or extension cord.

NOTICE   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.

Power cord configurations

115 VAC	Euro Plug	UK 230 VAC	Japanese	Danish	Australia	Chinese
NEMA 5-15	CEE 7/7	BS 1363	JIS 8303	107-2-D1	AS/NZS 3112	GB 2099-1 and GB 1002-1

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.
- Keep foot plate surface clean and dry.
- Maximum user weight is 400 lbs. (180 kg).
- Inspect unit. If damaged, notify floor staff. DO NOT USE.
- 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 foot plates come to a complete stop before getting off.

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.
- Use Cybex AC power adapters only.
- Do not use the optional power adapter in damp or wet locations.
- 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 Cybex Customer Service at 888-462-9239. If you live outside the USA, contact Cybex Customer Service at 508-533-4300.
- Use only Cybex supplied components to maintain/repair unit.
- Keep a repair log of all maintenance activities.
- Disconnect the optional power adapter before servicing unit.
- Do not use attachments unless recommended for the unit by Cybex.
- 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.

Warnings and Cautions

Warning labels indicate a potentially hazardous situation that could result in serious injury or death if the precautions are not observed.

Caution labels indicate a potentially hazardous situation that could result in serious injury or damage to machine if the precautions are not observed.

Contact *Cybex Customer Service* to replace any worn or damaged labels.

⚠ **AVERTISSEMENT**

Des blessures graves pourraient se produire si ces précautions ne sont pas respectées

Les systèmes de surveillance de la fréquence cardiaque peuvent être inexacts. Un exercice intensif peut entraîner des blessures graves ou la mort. Si vous ressentez une sensation de malaise, arrêter immédiatement l'exercice.

Conseils d'utilisation:
• Obtenir un examen médical avant de commencer tout programme d'exercice.
• Obtenir des instructions avant toute utilisation.
• Lire et comprendre les étiquettes d'avertissement.
• Garder la surface de la plaque de pied propre et sec.
• Le poids maximum de l'utilisateur ne doit pas dépasser 400 lb. (180 kg).
• Inspecter l'appareil. S'il est endommagé, en aviser le personnel. NE PAS UTILISER.
• Ne pas enlever cette étiquette. Remplacer si endommagé ou illisible.
Pendant l'utilisation:
• Ne pas utiliser pour les étirements et ne pas attacher de sangles ou autres dispositifs.
• Ne pas permettre aux enfants de 12 ans ou moins de rester près de la machine.
• Arrêter l'exercice si vous ressentez une faiblesse, un étourdissement ou une douleur.
• Utiliser des rampes de soutien pour maintenir l'équilibre.
• Garder votre corps, vos vêtements et vos accessoires éloignés des pièces mobiles.
• Attendre l'arrêt complet de la plaque pied avant de descendre.
• Ne pas enlever cette étiquette. Remplacer si endommagé ou illisible.

770A-331-E A

⚠ **AVERTISSEMENT**

⚠ **WARNING**

Serious injury could occur if these precautions are not observed

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

Prior to use:
• Obtain a medical exam before beginning any exercise program.
• Obtain instruction before using.
• Read and understand warning labels.
• Keep foot plate surface clean and dry.
• Maximum user weight is 400 lbs. (180 kg).
• Inspect unit. If damaged, notify floor staff. DO NOT USE.
• 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 foot plates come to a complete stop before getting off.
• Do not remove this label. Replace if damaged or illegible.

770A-332-E A

⚠ **WARNING**

Canadian

⚠ **CAUTION**

Moving parts hazard.

To avoid injury, keep hands and fingers away when in use.

DE000004-4

⚠ **WARNING**

Burn hazard.
Do not touch flywheel until cool.

DE-17155-4 C

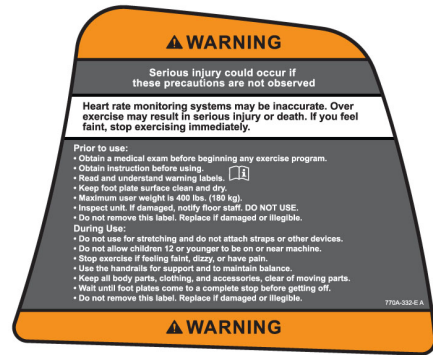| ⚠ WARNING	⚠ AVERTISSEMENT
Shock and electrocution hazard. Unplug unit and let sit 10 minutes before cleaning or performing maintenance. Electrical charge can remain.	**Risque de choc et d'électrocution.** Débrancher l'appareil et laisser reposer 10 minutes avant de nettoyer ou d'effectuer tout entretien. Possible présence de charge électrique résiduelle.
⚠ WARNUNG	⚠ ADVERTENCIA
Gefahr von Elektroschock und Stromschlag. Gerät von der Stromzufuhr trennen und 10 Minuten stehen lassen, bevor Sie Wartungs- oder Reinigungsarbeiten durchführen. Es kann elektrische Ladung verbleiben.	**Peligro de descarga eléctrica y electrocución.** Desenchufe la unidad y deje reposar 10 minutos antes de limpiar o realizar el mantenimiento. Puede permanecer carga eléctrica. 525AT-400 B

⚠ WARNING	⚠ 警告
Shock and electrocution hazard. Unplug unit and let sit 10 minutes before cleaning or performing maintenance. Electrical charge can remain.	ショックと感電死の危険性。 本体のプラグを抜き、10 分間待ってから掃除や保守を実施してください。 充電はそのままでも結構です。
⚠ ВНИМАНИЕ	⚠ 告警
Опасность удара и поражения электрическим током. Отключите устройство от электросети и подождите 10 минут, прежде чем приступать к очистке илиобслуживанию. Возможен остаточный электрический заряд.	电击危险。 拔掉设备电源并静止 10 分钟, 然后进行清洁或维护。 可能仍然有电荷。 525AT-401 C

| ⚠ WARNING	⚠ WAARSCHUWING
Shock and electrocution hazard. Unplug unit and let sit 10 minutes before cleaning or performing maintenance. Electrical charge can remain.	**Gevaar op elektrische schok en elektrocutie.** Ontkoppel het toestel en laat het 10 minuten rusten alvorens het te reinigen of onderhoud op te verrichten. Electrische lading kan achterblijven.
⚠ VARNING	⚠ ADVARSEL
Stötar och livsfarlig spänning. Koppla ur enheten och låt stå 10 minuter innan rengöring eller underhåll. Elektrisk laddning kan finnas kvar.	**Risiko for stød og dødsfald ved elektrisk stød.** Træk stikket til enheden ud, og lad den hvile 10 minutter, inden den rengøres, eller der udføres vedligeholdelse. Elektrisk ladning kan forblive. 525AT-402 B

Label Placement
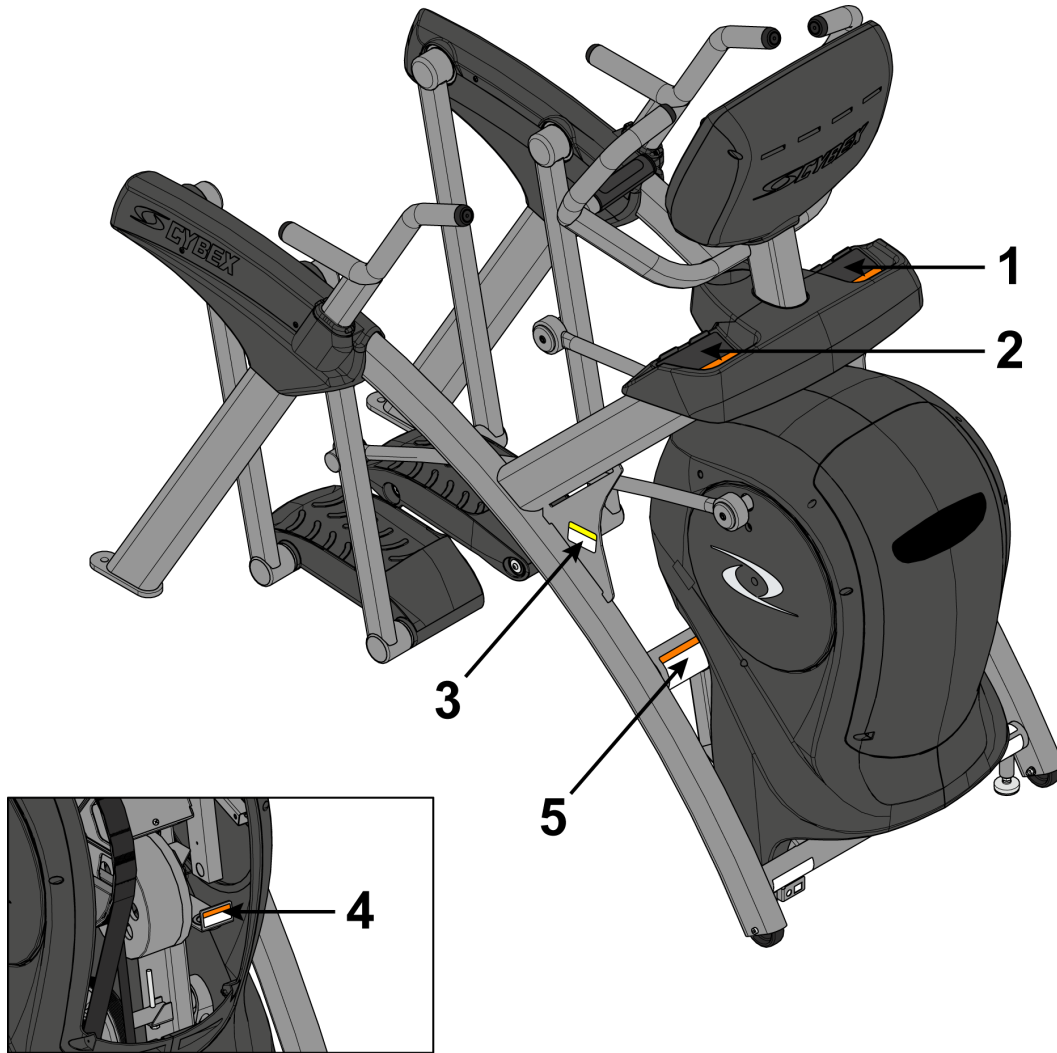
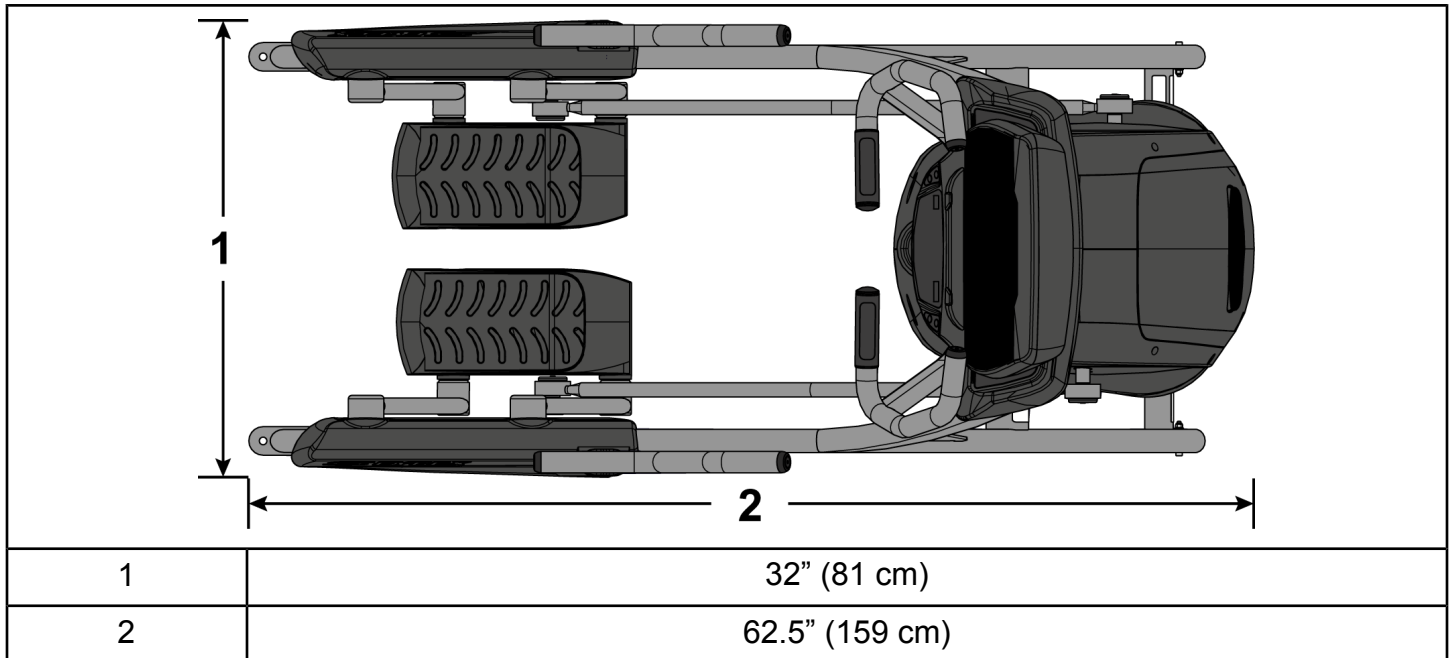| 1	770A-331-X	Label, Warning, Access tray, Left
1	770A-331-E	Label, Warning, Access tray, Left, Canadian
2	770A-332-X	Label, Warning, Access tray, Right
2	770A-332-E	Label, Warning, Access tray, Right, Canadian
3	DE000004-X	Decal, Caution moving parts
4	DE-17155-X	Label, Warning, Hot flywheel
5	525AT-400	Label, Warning, Disconnect Power
5	525AT-401	Label, Warning, Disconnect Power
5	525AT-402	Label, Warning, Disconnect Power

Assembly

Specifications - 771A/772A

Classification	S (Studio)
Accuracy	A
Assembled Length	76.25" (194 cm)
Assembled Width	32" (81 cm)
Assembled Height	62.5"(159 cm)
Weight of Product	404 lbs (183 kg)
Shipping Weight	429 lbs (195 kg)
Incline Levels	0-20 % grade
Resistance Levels	0-100
Stride Length	24" (61 cm) fixed length
Workouts	Quick Start, five workout groups, seven workouts, four heart rate workouts, and two power workouts
Console Features	Upper console: LED or E3 View Monitor. Displays Cal/Hr, Distance, Strides per Minute, Calories, Watts, METs and BPM. Lower console: Two numeric displays for incline, time, resistance and level.Fan, iPod connector, CardioTouch screen, accessory trays and water bottle holder.
Heart Rate Features	Built-in 5 KHz wireless heart rate receiver (transmitter not included) and contact heart rate monitoring.
Resistance Range	0 to 900 watts.
Maximum User Weight	400 lbs. (180 kg).
Power Rating	Self powered or 100 - 240 VAC~, 50/60 Hz, 1.8A, 1-phase.
Options	AC Power Adapter, E3 View Monitor.

Top View 771A/772A

Dimensions

1	32" (81 cm)
2	62.5" (159 cm)

Specifications - 771AT/772AT

Classification	S (Studio)
Accuracy	A
Assembled Length	76.25" (194 cm)
Assembled Width	36.28" (92 cm)
Assembled Height	62.5"(159 cm)
Weight of Product	412 lbs. (187 kg.)
Shipping Weight	437 lbs. (198 kg.)
Incline Levels	0-20 % grade
Resistance Levels	0-100
Stride Length	24" (61 cm) fixed length
Workouts	Quick Start, five workout groups, seven workouts, four heart rate workouts, and two power workouts
Console Features	Upper console: LED or E3 View Monitor. Displays Cal/Hr, Distance, Strides per Minute, Calories, Watts, METs and BPM. Lower console: Two numeric displays for incline, time, resistance and level.Fan, iPod connector, CardioTouch screen, accessory trays and water bottle holder.
Heart Rate Features	Built-in 5 KHz wireless heart rate receiver (transmitter not included) and contact heart rate monitoring.

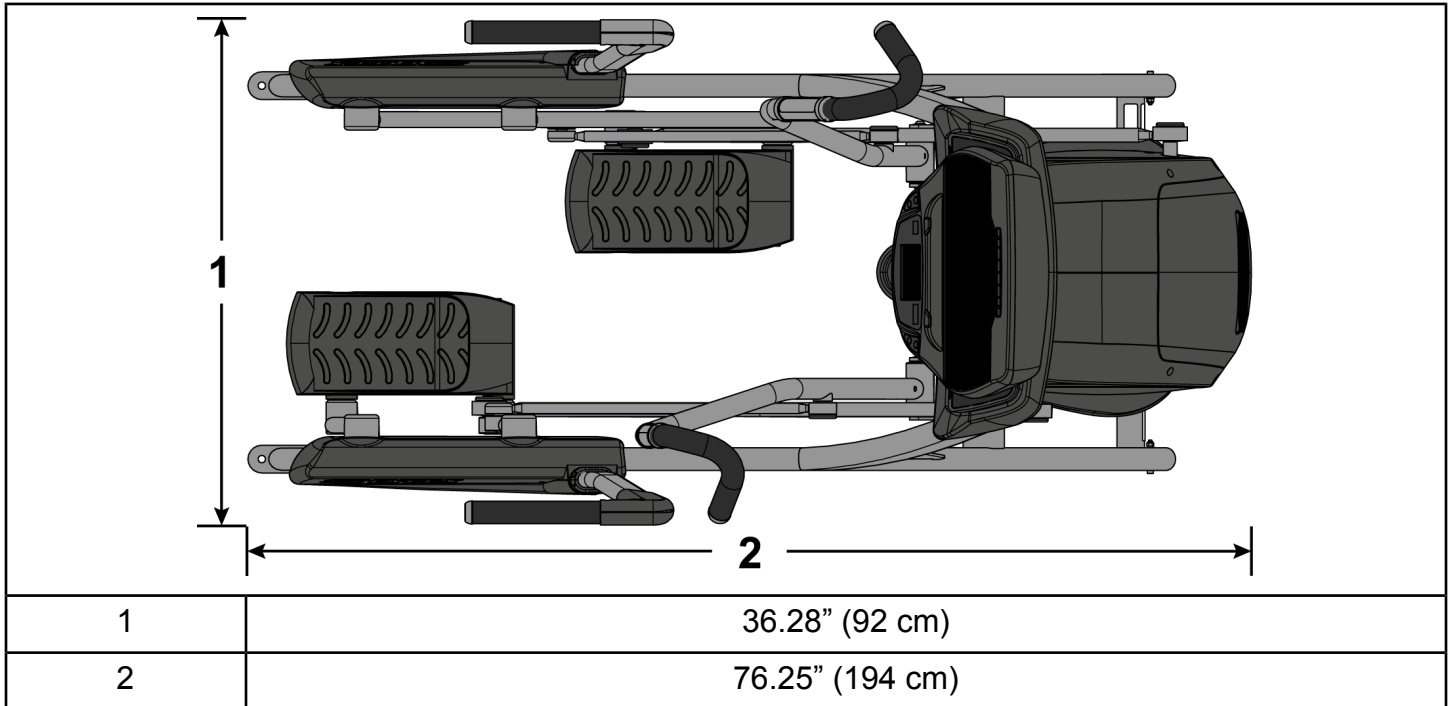| Resistance Range	0 to 900 watts.
Maximum User Weight	400 lbs. (180 kg).
Power Rating	Self powered or 100 - 240 VAC~, 50/60 Hz, 1.8A, 1-phase.
Options	AC Power Adapter, E3 View Monitor.

Top View 771AT/772AT

Dimensions

| 1	36.28" (92 cm)
2	76.25" (194 cm)

Choosing and Preparing 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 23.6 inches (0.6 meters).
• Adjacent units may share the free area.

Free Area

1	23.6", 0.6m
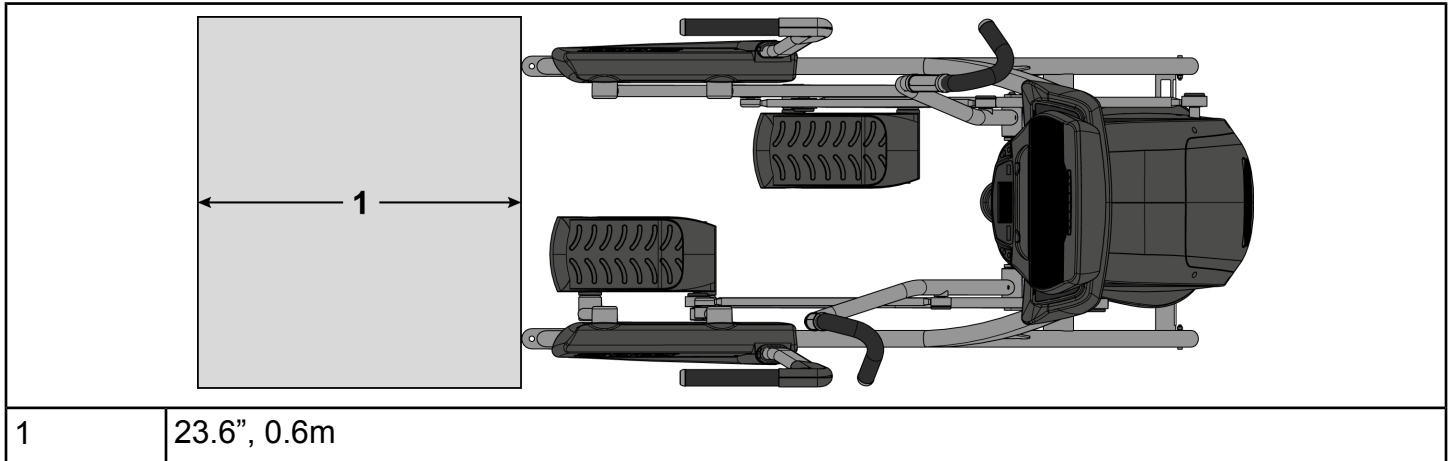
It is the responsibility of the facility owner/owner of the equipment to ensure that there is appropriate clearance around each machine to allow for safe use and passage.

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.

Minimum clearance of 12" (30 cm) between units for proper wireless heart rate signal operation.

Environment

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%.

Climatic 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).

Electrical Power Requirements

The AC power kit is optional.

The E3 View Monitor is supplied with a power cord,

Use Cybex supplied AC power kit only. Consult an electrician with any questions.

Verify the 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.

Verify power supply is compliant with local building codes.

Assembly Procedure 771A/772A

Two people will be required for this procedure.

📖 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.

The words "left" and "right" denote the user's orientation.

Verify you have received the correct package

1. Read box label to verify the model number and voltage (optional) match what was ordered.
2. Verify paint color matches what was ordered.

Verify parts list shown below

Item	Quantity	Part Number	Description
1	1	Varies	Base assembly
2	1	Varies	Console assembly
3	2	12090-322	Foot pad
4	1	-	Handle, Right
5	1	-	Handle, Left
6	1	770A-316	Base, Accessory tray
7	1	770A-317	Cover, Top, Accessory tray

Item	Quantity	Part Number	Description
8	1	770A-318	Cover, Bottom, Accessory tray
9	1	770A-322	Cover, Rear, Top, Right
10	1	770A-323	Cover, Rear, Outer, Right
11	1	770A-324	Cover, Rear, Inner, Right
12	1	770A-319	Cover, Rear, Top, Left
13	1	770A-321	Cover, Rear, Inner, Left
14	1	770A-320	Cover, Rear, Outer, Left
15	1	-	Hardware pack
16	1	5771-X	Owner's Manual
17	1	771A-404	Assembly poster
18	1	770A-415	Commercial Arc warranty sheet
19	1	770A-416	Consumer Arc warranty sheet
20	1	770A-310	Bracket, Lower, Display mount
21	1	770A-427	Cable, 6', Coax (E3 View Monitor option)
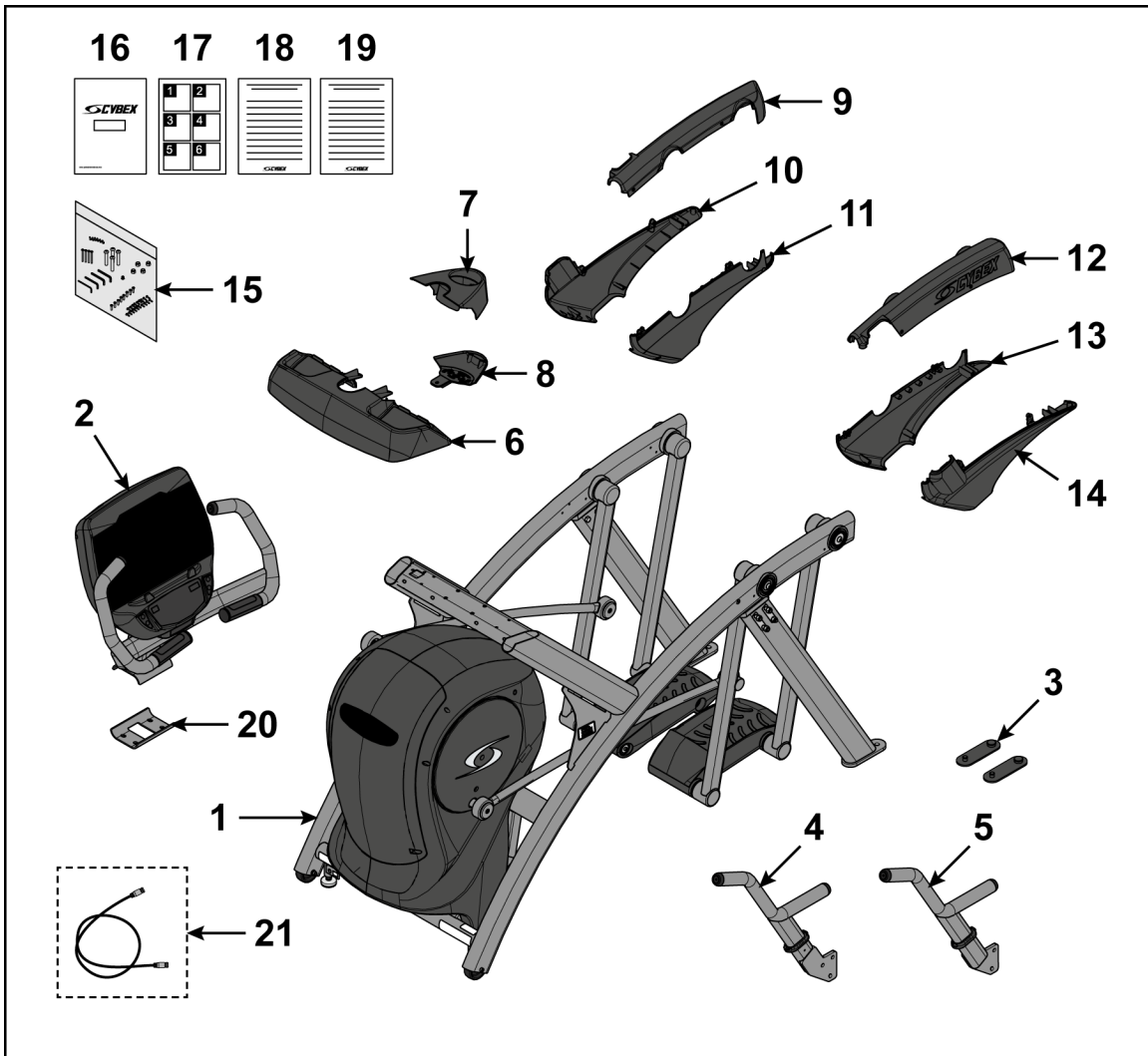
Hardware

| Item	Quantity	Part Number	Description
22	1	BK030204	7/32" Allen Wrench
23	4	HC700430	BHSCS .375-16 × 2.50"
24	1	HF540200	Grommet, Nylon
25	4	HN704901	Locknut, .375-16 Nylon
26	4	HT592526	Tap Sc 10-12 × 2.00 Pn Hd Phil
27	2	HT532512	Screw, Pan Head Phillips, #6 × .50"
28	19	HT552512	Screw, Pan Head Phillips, 8-16 × .50"
29	8	HT572515	Screw, Pan Head Phillips, 10-24 × .75"
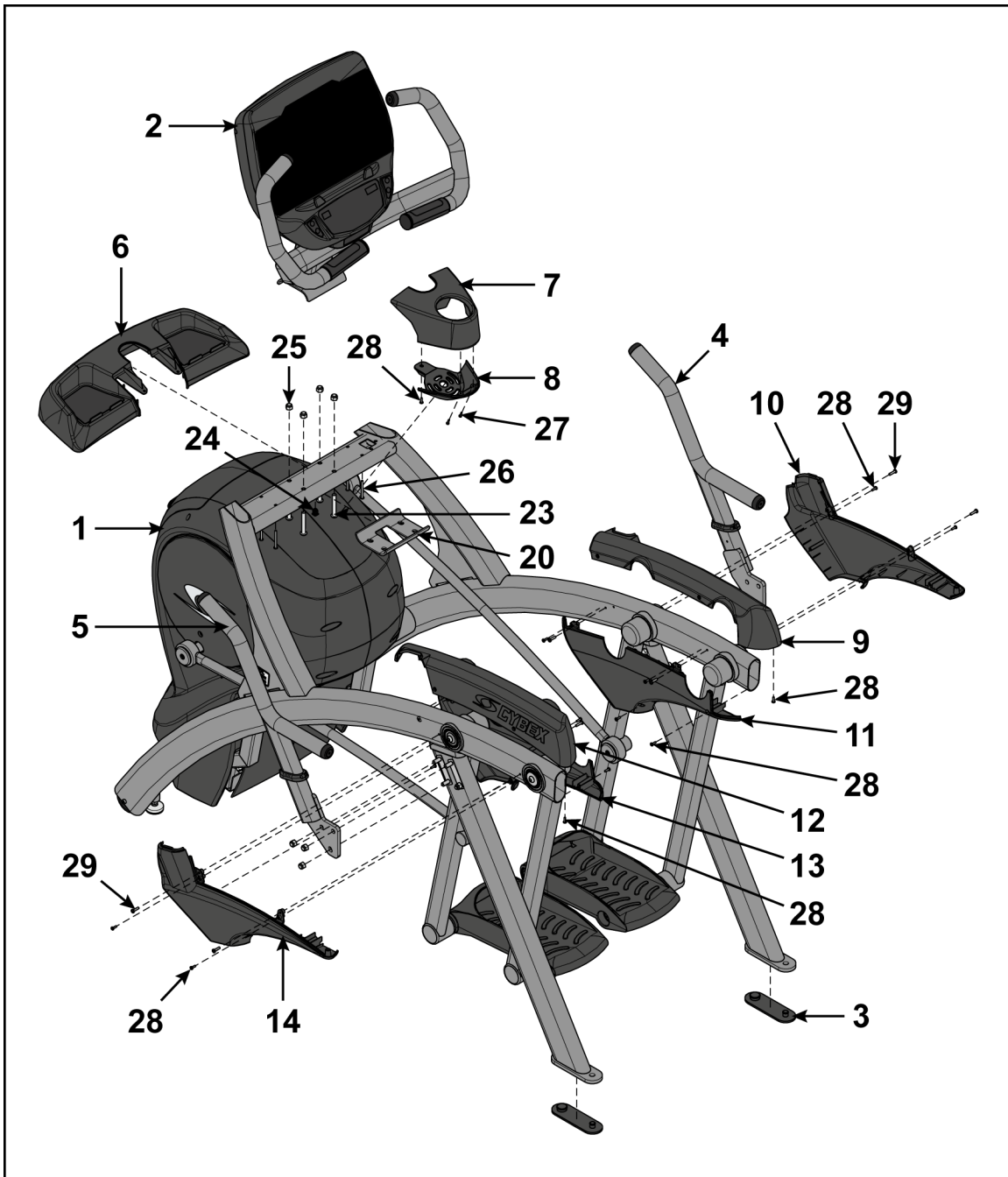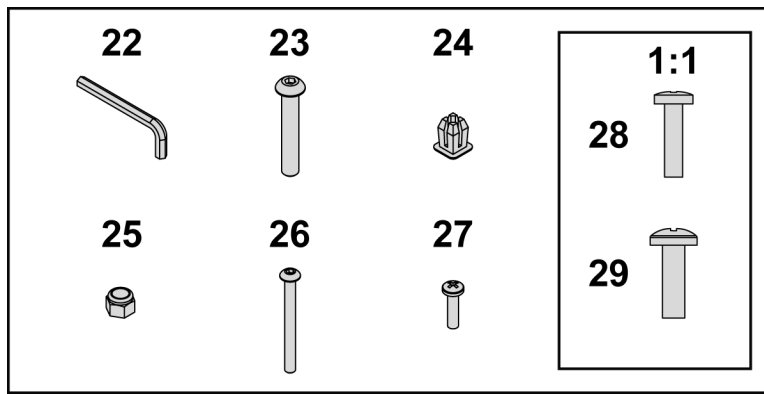
Tools Required

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

Lift and move unit

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

Install console assembly

1. Place the console into position on the frame. Do not pinch cables while lowering the console.
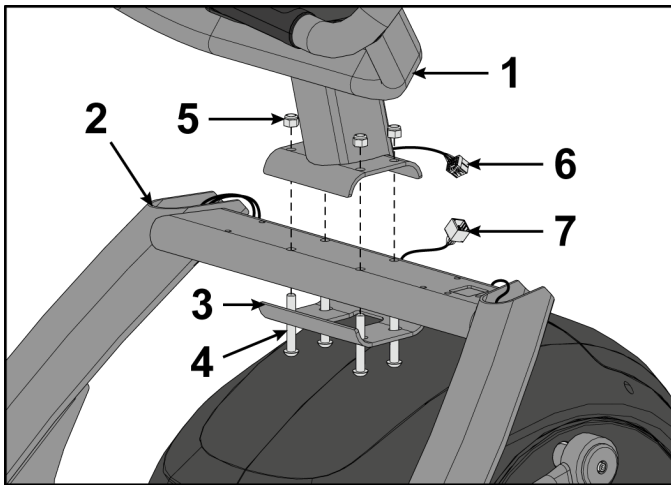
	Description	Qty
1	Console	1
2	Frame	1
3	Lower bracket	1
4	Bolts	4
5	Locknuts	4
6	Upper display cable	1
7	Lower display cable	1

2. Insert (from underneath) the lower bracket and four bolts into the frame 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.

Install optional coax and CSAFE cables

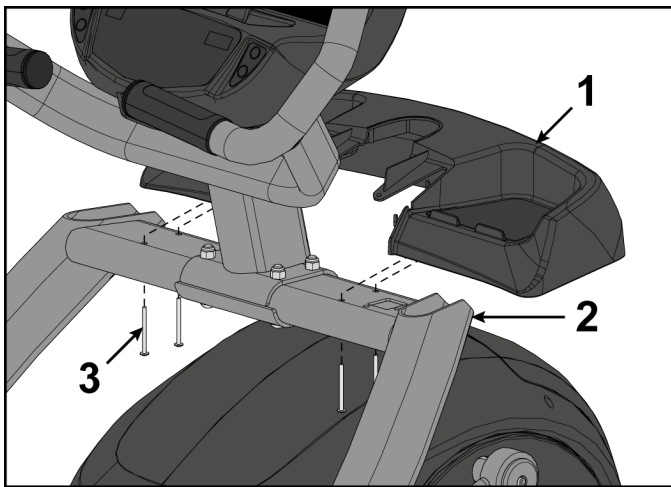**1.** Plug the coax cable connectors into each other and tighten threaded connector.
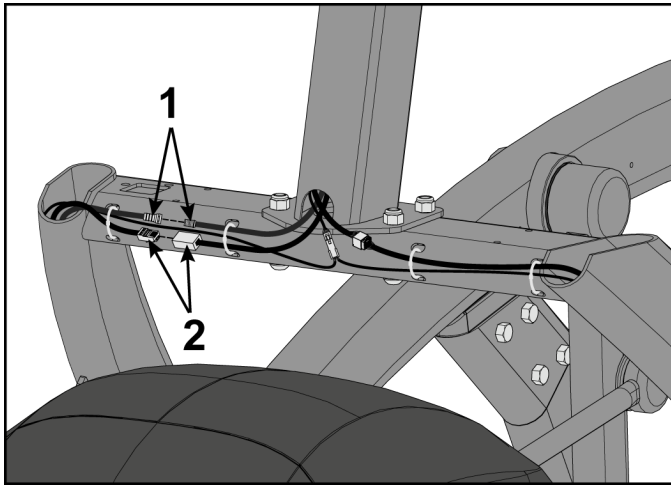
	Description	Qty.
1	Coax cable connectors	1
2	CSAFE cable connectors	1

2. Plug the CSAFE cable connectors into each other.

Install accessory tray base

Install the four screws securing accessory tray base to frame using a stubby Phillips screwdriver.

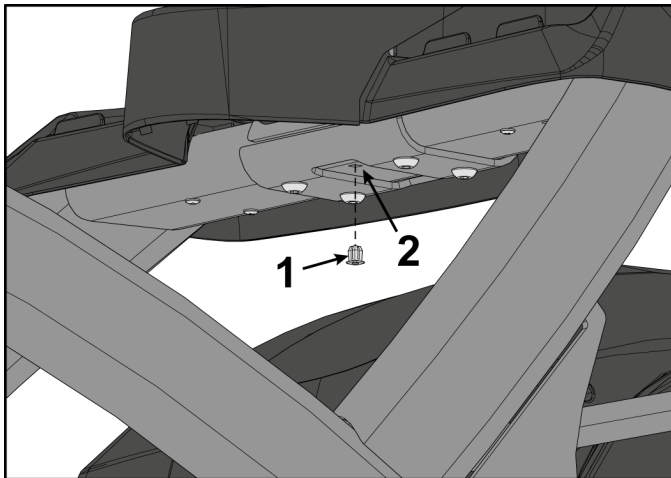|	Description	Qty
1	Accessory tray base	1
2	Frame	1
3	Screws	4

Install accessory tray top

Install the two screws securing accessory tray top to accessory tray base using a stubby Phillips screwdriver.

	Description	Qty
1	Accessory tray top	1
2	Accessory tray base	1
3	Screws	2

Install accessory tray bottom

1. Install the grommet to the frame.

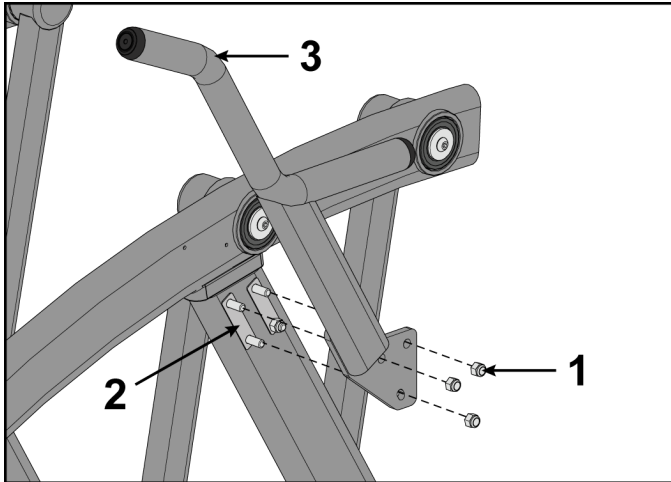|	Description	Qty
1	Grommet	1
2	Frame	1

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

	Description	Qty
1	Accessory tray bottom	1
2	Accessory tray base	1
3	Screws	3

Install handrails

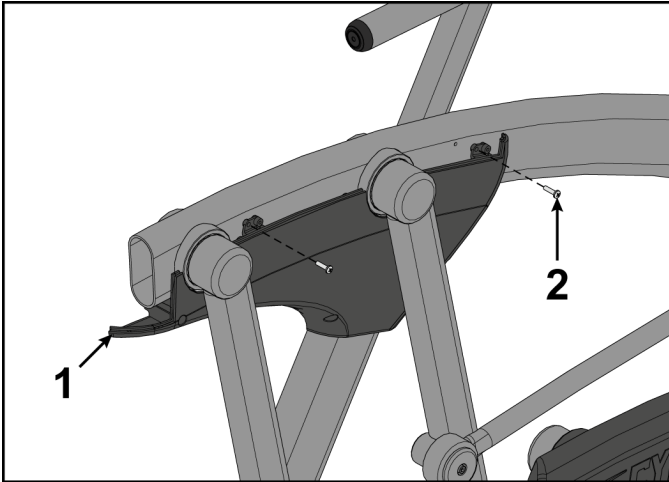**1.** Remove three locknuts from the left support leg using two 9/16" open end wrenches. Keep the two spacers in place.

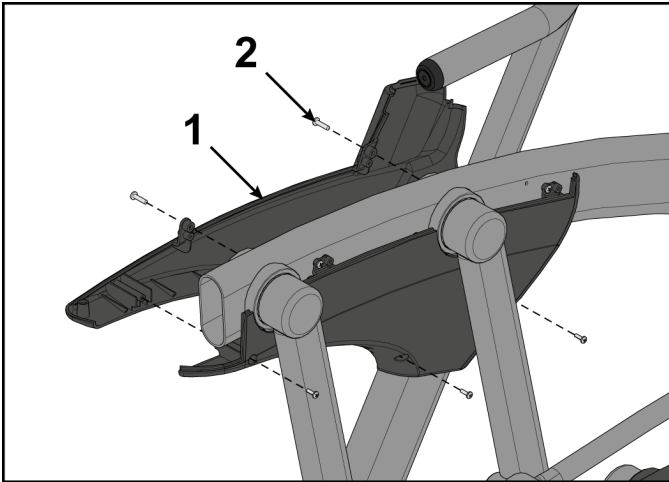|	Description	Qty
1	Locknuts	3
2	Spacers	2
3	Left handle	1

2. Install the left handle and three locknuts using two 9/16" open end wrenches.

3. Install the left inner rear cover with two screws using a Phillips screwdriver.

	Description	Qty
1	Left inner rear cover	1
2	Screws	2

4. Install the left outer rear cover with five screws using a Phillips screwdriver.
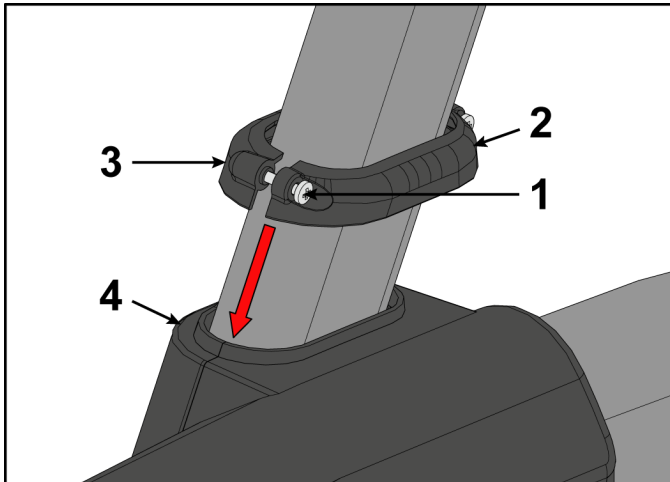
	Description	Qty
1	Left outer rear cover	1
2	Screws	5

5. Install the left top rear cover with five screws using a Phillips screwdriver.

	Description	Qty
1	Left top rear cover	1
2	Screws	5

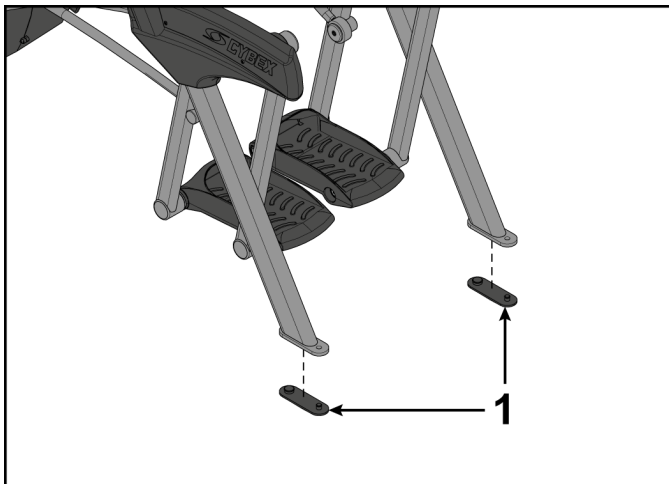**6.** Loosen the two screws in the left inner and outer collars using a Phillips screwdriver.

	Description	Qty
1	Screws	2
2	Inner collar	1
3	Outer collar	1
4	Cover	1

7. Slide the inner and outer collars onto the left cover.

8. Insert the tabs of the collars into the slots of the cover.

9. Tighten the two screws using a Phillips screwdriver.

10. Repeat steps 1 through 9 for the right side.

Install foot pads

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

	Description	Qty.
1	Foot pads	2

Level unit

This procedure will level the unit by evenly adjusting the weight on the rear feet. Leveling the unit will eliminate rocking during use.

👉 **Note:** References to left and right are from the users perspective during use.

1. Verify foot plates are completely stopped.

2. Grasp one of the rear covers and slowly lift the rear foot off the floor. Lower rear foot to the floor.

		Description	Qty.
	1	Rear cover	2
	2	Lift here	2
	3	Left rear foot	1
	4	Right rear foot	1

3. Grasp the other rear cover and slowly lift the rear foot off the floor. Lower rear foot to the floor. Make note of either rear foot lifting off the floor easier than the other.
   If both rear feet lift off the floor evenly, secure both leveling foot jam nuts against the frame post using a 9/16" open-end wrench. Unit is leveled.

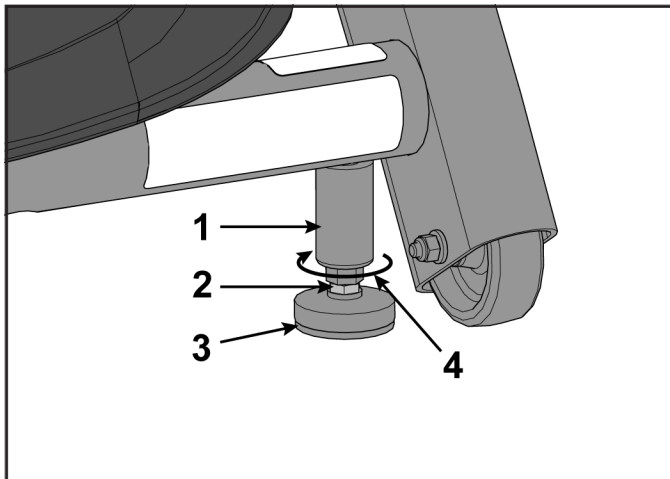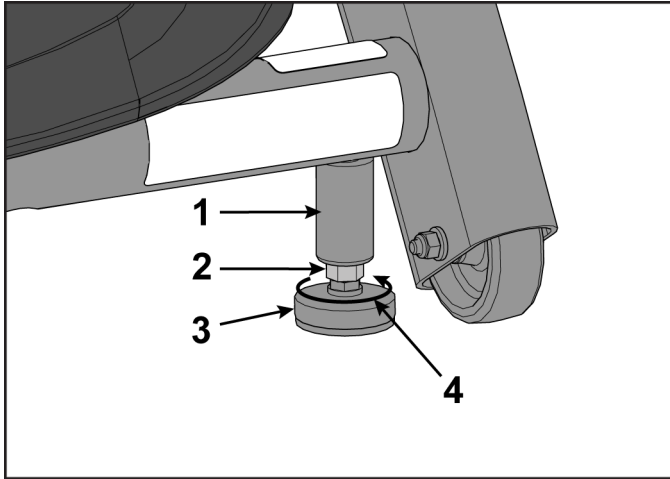|	Description	Qty.
1	Frame post	1
2	Jam nut	1
3	Leveling foot	1
4	Turn counter-clockwise to secure	1

Left leveling foot shown

4. Adjust the weight of the rear feet using a 1/2" open-end wrench.
   - If the **left** rear foot lifts up easier, Adjust the **right** leveling foot nut down.
   - If the **right** rear foot lifts up easier, Adjust the **left** leveling foot nut down.

	Description	Qty.
1	Frame post	1
2	Leveling foot nut	1
3	Leveling foot	1
4	Turn clockwise to adjust leveling foot down	1

Left leveling foot shown

5. Test the unit again for uneven weight on the rear feet. Adjust leveling foot nuts until each rear foot lifts with even force.
6. Secure both jam nuts using a 9/16" open-end wrench. Unit is leveled.

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.

	Description	Qty.
1	6' Coax Cable	1
2	Coax Cable Connector	1

Visually inspect unit

1. Remove any packing material from unit.
2. Examine the unit to ensure that the assembly is correct and complete.

Assembly Procedure 771AT/772AT

Two people will be required for this procedure.

📖 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.

The words "left" and "right" denote the user's orientation.

Verify you have received the correct package

1. Read box label to verify the model number and voltage (optional) match what was ordered.
2. Verify paint color matches what was ordered.

Verify parts list shown below

Item	Quantity	Part Number	Description
1	1	Varies	Base assembly
2	1	Varies	Console assembly
3	2	12090-322	Foot pad
4	1	NA	Handle, Right
5	1	NA	Handle, Left
6	1	770A-316	Base, Accessory tray
7	1	770A-317	Cover, Top, Accessory tray

Item	Quantity	Part Number	Description
8	1	770A-318	Cover, Bottom, Accessory tray
9	1	770A-322	Cover, Rear, Top, Right
10	1	770A-323	Cover, Rear, Outer, Right
11	1	770A-324	Cover, Rear, Inner, Right
12	1	770A-319	Cover, Rear, Top, Left
13	1	770A-321	Cover, Rear, Inner, Left
14	1	770A-320	Cover, Rear, Outer, Left
15	1	NA	Hardware pack
16	1	5771-X	Owner's Manual
17	1	771AT-316	Assembly poster
18	1	770A-415	Commercial Arc warranty sheet
19	1	770A-416	Consumer Arc warranty sheet
20	1	770A-427	Cable, 6', Coax (E3 View Monitor option)
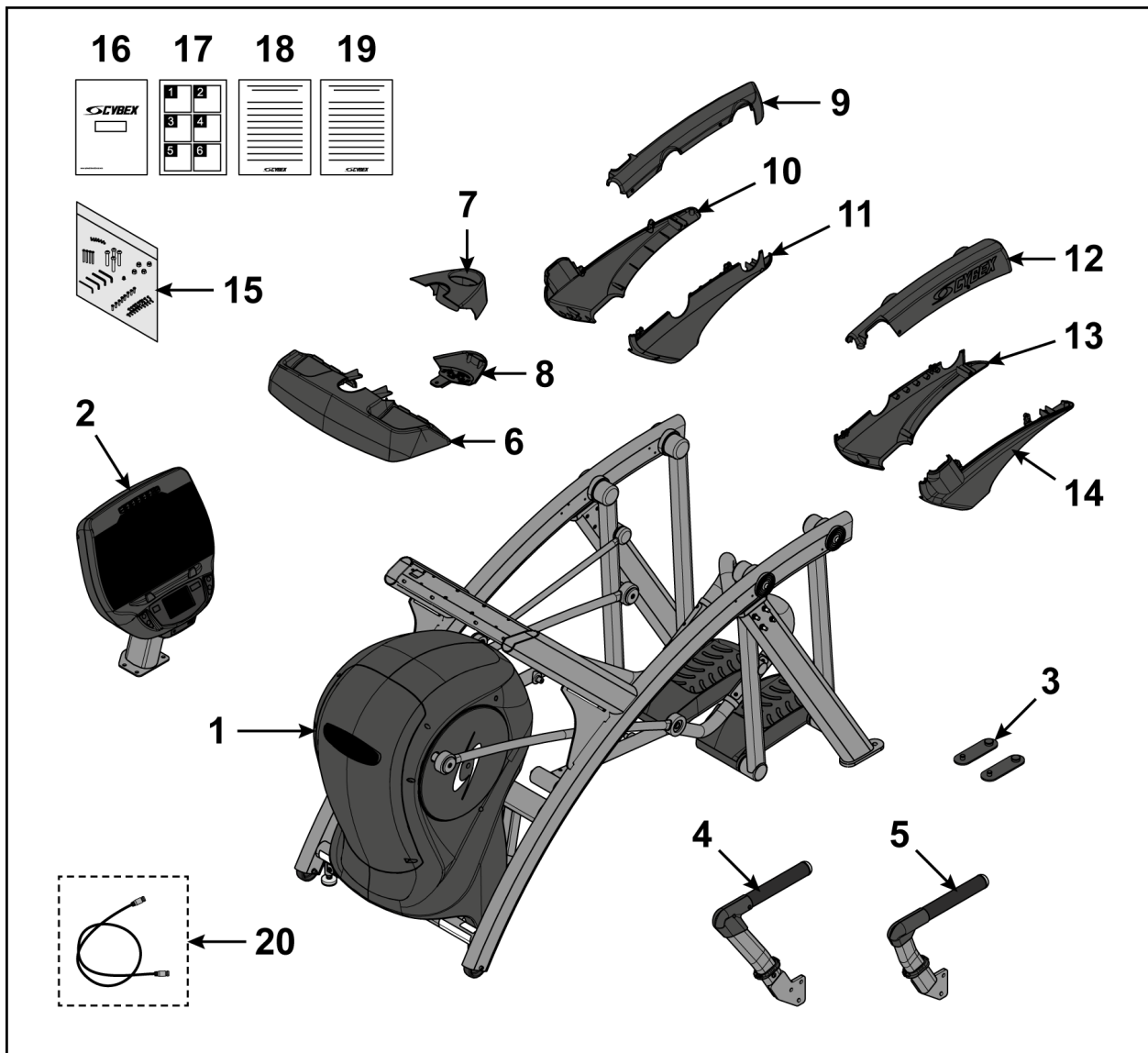
Hardware

Item	Quantity	Part Number	Description
21	2	600A-311	Flange Spacer
22	1	BK030201	3/16" Allen Wrench
23	2	BK030204	7/32" Allen Wrench
24	4	HC700428	BHSCS .375-16 × 2.25"
25	1	HF540200	Grommet, Nylon
26	4	HN704901	Locknut, .375-16 Nylon
27	4	HT592526	Tap Sc 10-12 × 2.00 Pn Hd Phil
28	2	HS307601	Washer, Flat .281 ID × .500 OD × .062"
29	2	HT532512	Screw, Pan Head Phillips, #6 × .50"

Item	Quantity	Part Number	Description
30	19	HT552512	Screw, Pan Head Phillips, 8-16 × .50"
31	8	HT572515	Screw, Pan Head Phillips, 10-24 × .75"
32	2	HX622815	SHCS .250-20 UNC-3A SS
33	3	PL-16535	Linkage Rod Cap 2.00 OD (1 extra)
34	1	YA000201	Loctite
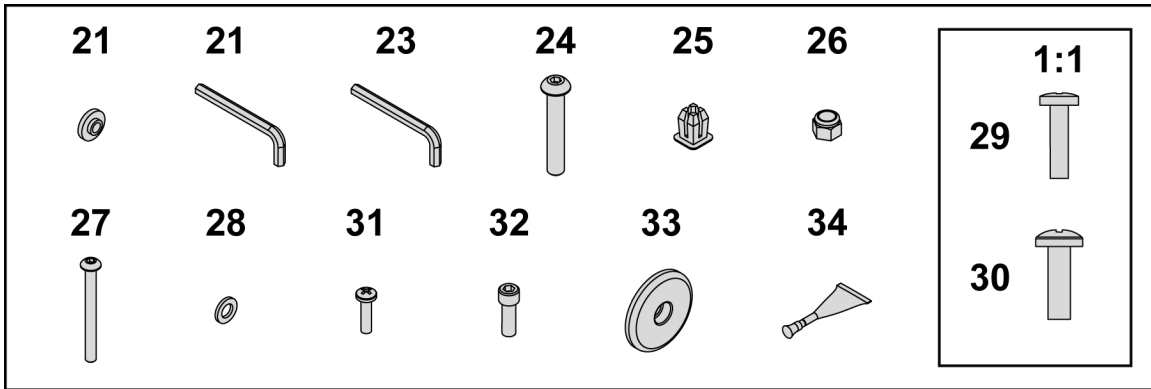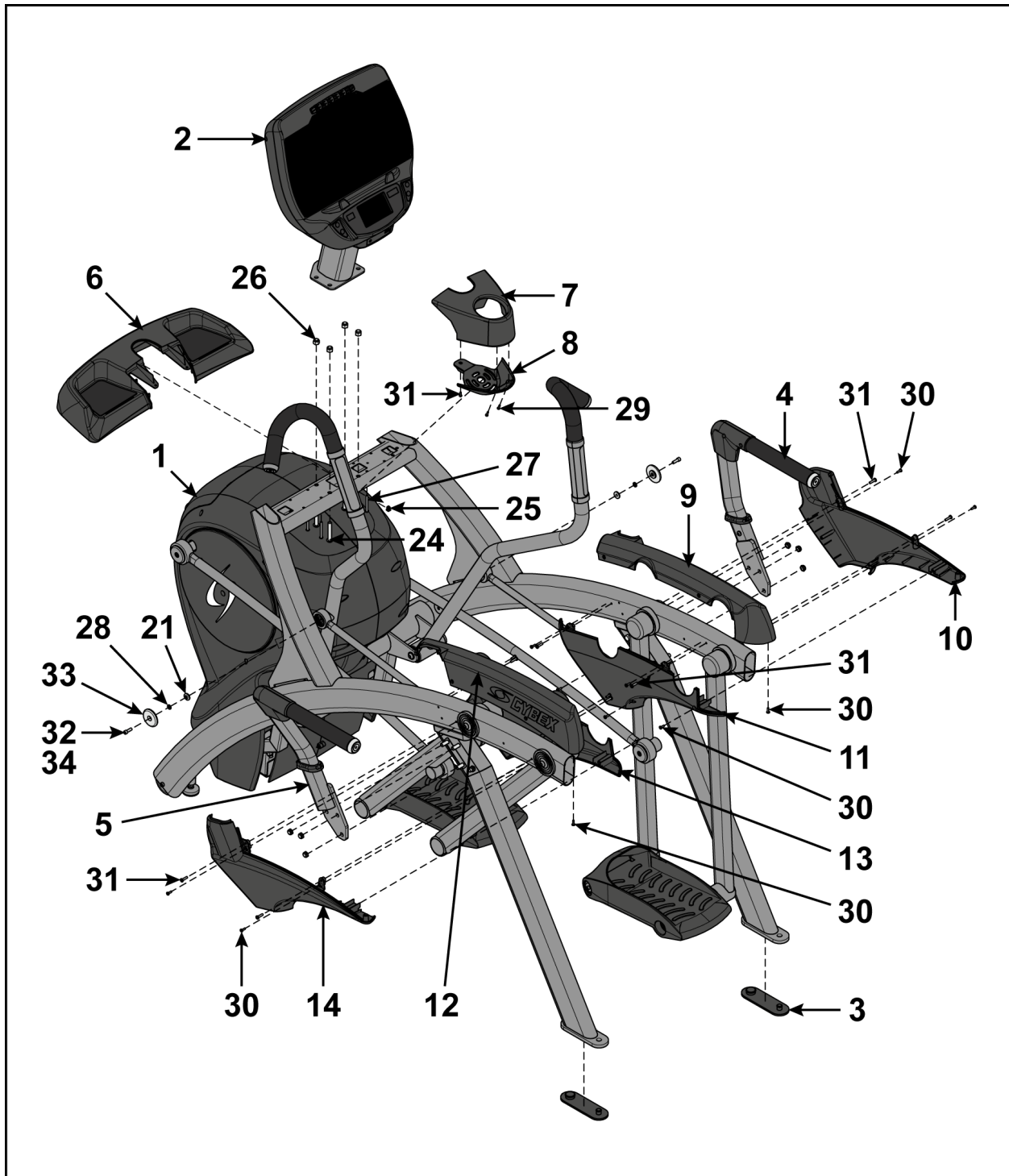
Tools Required

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

Lift and move unit

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

Install console assembly

1. Place the console into position on the frame. Do not pinch cables while lowering the console.
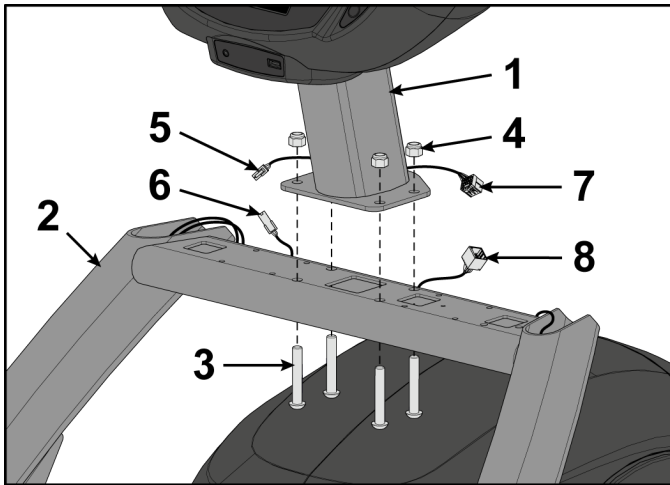
	Description	Qty
1	Console	1
2	Frame	1
3	Bolts	4
4	Locknuts	4
5	Upper heart rate cable	1
6	Lower heart rate cable	1
7	Upper display cable	1
8	Lower display cable	1

2. Insert (from underneath) the four bolts into the frame 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 heart rate cable into the lower heart rate cable.
6. Plug the upper display cable into the lower display cable.

Install optional coax and CSAFE cables

1. Plug the coax cable connectors into each other and tighten threaded connector.
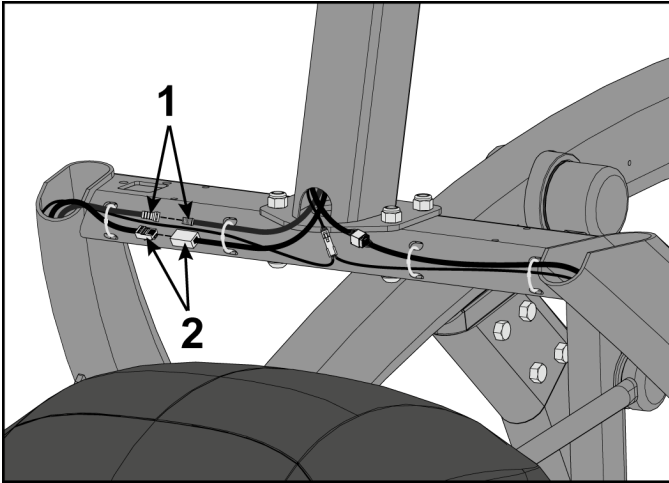
	Description	Qty.
1	Coax cable connectors	1
2	CSAFE cable connectors	1

2. Plug the CSAFE cable connectors into each other.

Install accessory tray base

Install the four screws securing accessory tray base to frame using a Phillips screwdriver.

	Description	Qty
1	Accessory tray base	1
2	Frame	1
3	Screws	4

Install accessory tray top

Install the two screws securing accessory tray top to accessory tray base using a stubby Phillips screwdriver.

	Description	Qty
1	Accessory tray top	1
2	Accessory tray base	1
3	Screws	2

Install accessory tray bottom

1. Install the grommet to the frame.

	Description	Qty
1	Grommet	1
2	Frame	1

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

	Description	Qty
1	Accessory tray bottom	1
2	Accessory tray base	1
3	Screws	3

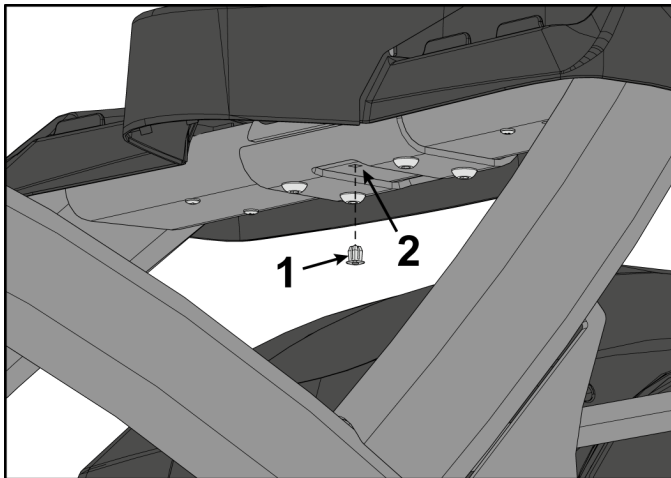## Install handrails

1. Remove three locknuts from the left support leg using two 9/16" open end wrenches. Keep the two spacers in place.

	Description	Qty
1	Locknuts	3
2	Spacers	2
3	Left handle	1

2. Install the left handle and three locknuts using two 9/16" open end wrenches.

3. Install the left inner rear cover with two screws using a Phillips screwdriver.

	Description	Qty
1	Left inner rear cover	1
2	Screws	2

4. Install the left outer rear cover with five screws using a Phillips screwdriver.

	Description	Qty
1	Left outer rear cover	1
2	Screws	5

5. Install the left top rear cover with five screws using a Phillips screwdriver.

	Description	Qty
1	Left top rear cover	1
2	Screws	5

6. Loosen the two screws in the right inner and outer collars using a Phillips screwdriver.
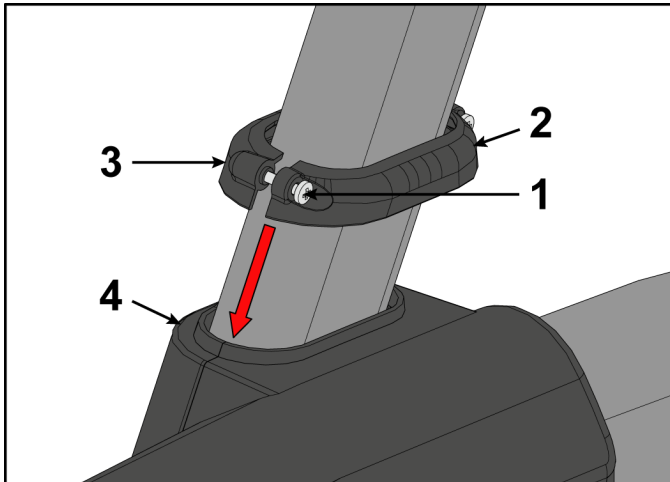
	Description	Qty
1	Screws	2
2	Inner collar	1
3	Outer collar	1
4	Cover	1

7. Slide the inner and outer collars onto the right covers.

8. Insert the tabs of the collars into the slots of the cover.

9. Tighten the two screws using a Phillips screwdriver.

10. Repeat steps 1 through 9 for the right side.

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.
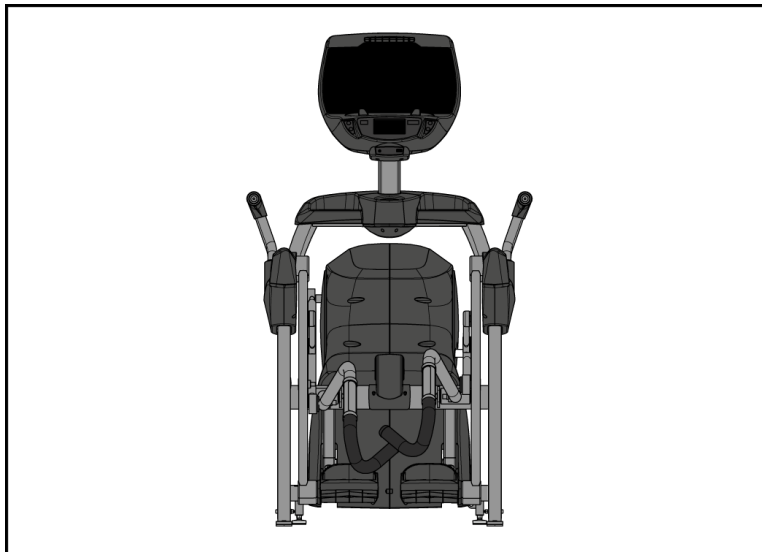
1. Remove a screw and washer from the left handle assembly using two 7/32" Allen wrenches.
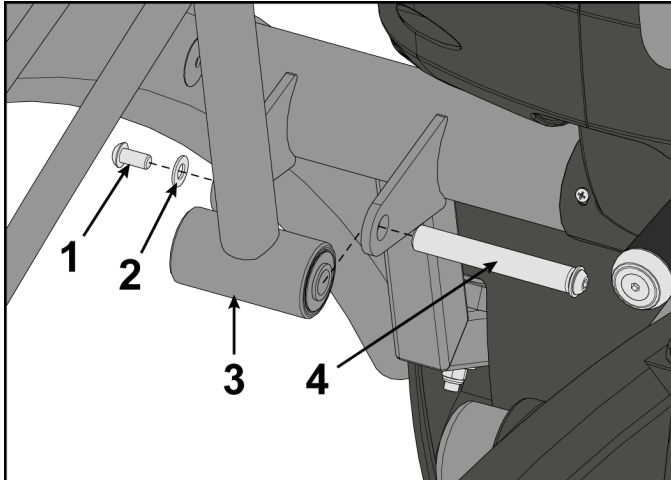
	Description	Qty.
1	Screw	1
2	Washer	1
3	Left handle	1
4	Pivot pin assembly	1

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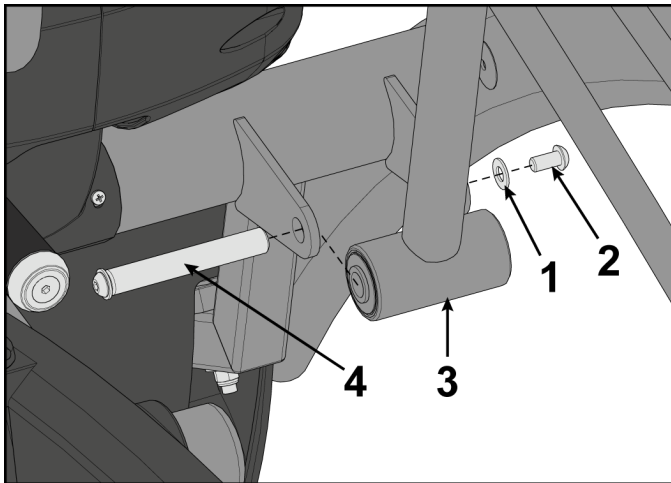
	Description	Qty.
1	Washer	1
2	Screw	1
3	Right handle	1
4	Pivot pin assembly	1

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 left linkage rod

1. Pivot left handle assembly up and slide left linkage rod onto left arm.
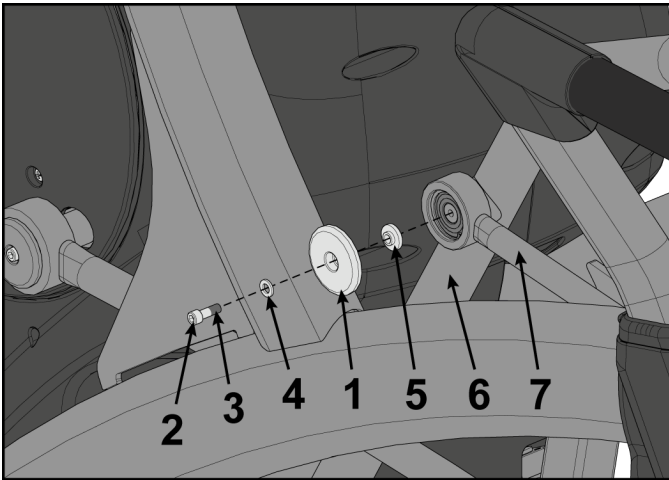
	Description	Qty.
1	Linkage rod cap	1
2	Screw	1
3	Loctite	1
4	Washer	1
5	Flange spacer	1
6	Left arm	1
7	Left linkage rod	1

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.
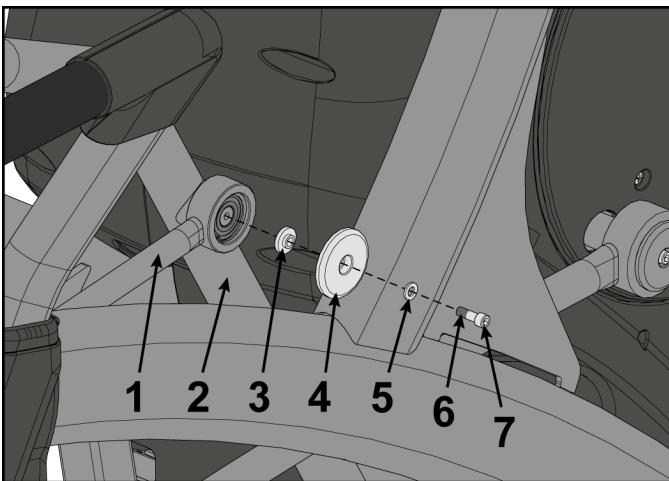
	Description	Qty.
1	Right linkage rod	1
2	Right arm	1
3	Flange spacer	1
4	Linkage rod cap	1
5	Washer	1
6	Loctite	1
7	Screw	1

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.
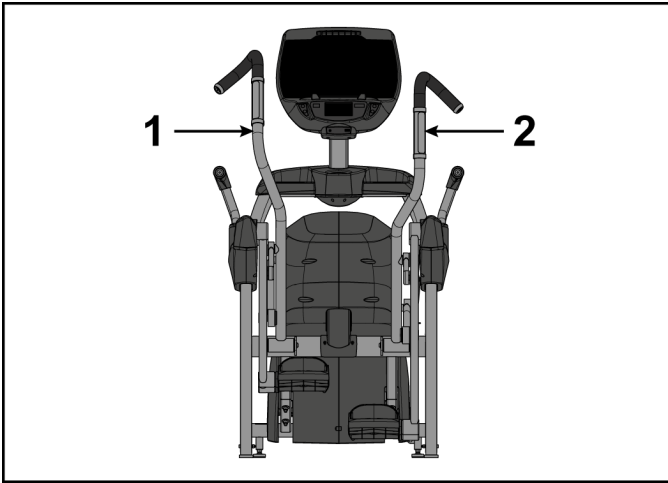
	Description	Qty.
1	Left handle assembly	1
2	Right handle assembly	1

Install contact heart rate cable

1. Plug right heart rate cable into main frame socket.
Position plug so handle does not rub cable during operation.
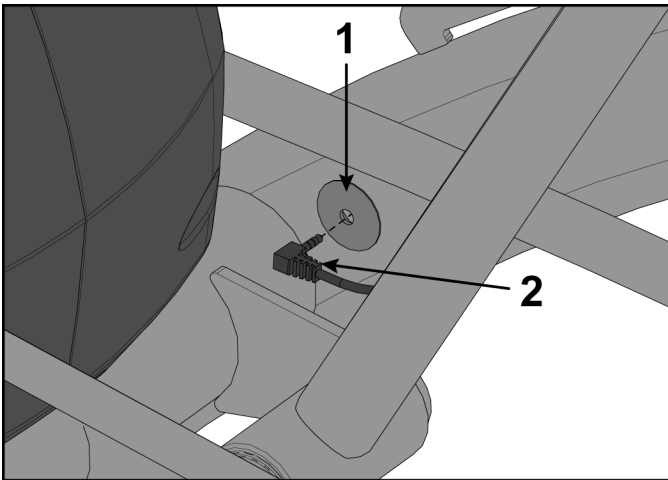
	Description	Qty.
1	Main frame socket	1
2	Heart rate wire	1

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.

Install foot pads

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

	Description	Qty.
1	Foot pads	2

Level unit

This procedure will level the unit by evenly adjusting the weight on the rear feet. Leveling the unit will eliminate rocking during use.

👉 **Note:** References to left and right are from the users perspective during use.

1. Verify foot plates are completely stopped.
2. Grasp one of the rear covers and slowly lift the rear foot off the floor. Lower rear foot to the floor.

	Description	Qty.
1	Rear cover	2
2	Lift here	2
3	Left rear foot	1
4	Right rear foot	1

3. Grasp the other rear cover and slowly lift the rear foot off the floor. Lower rear foot to the floor. Make note of either rear foot lifting off the floor easier than the other.
If both rear feet lift off the floor evenly, secure both leveling foot jam nuts against the frame post using a 9/16" open-end wrench. Unit is leveled.

	Description	Qty.
1	Frame post	1
2	Jam nut	1
3	Leveling foot	1
4	Turn counter-clockwise to secure	1

Left leveling foot shown

4. Adjust the weight of the rear feet using a 1/2" open-end wrench.
   • If the **left** rear foot lifts up easier, Adjust the **right** leveling foot nut down.
   • If the **right** rear foot lifts up easier, Adjust the **left** leveling foot nut down.

	Description	Qty.
1	Frame post	1
2	Leveling foot nut	1
3	Leveling foot	1
4	Turn clockwise to adjust leveling foot down	1

Left leveling foot shown

5. Test the unit again for uneven weight on the rear feet. Adjust leveling foot nuts until each rear foot lifts with even force.
6. Secure both jam nuts using a 9/16" open-end wrench. Unit is leveled.

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.

	Description	Qty.
1	6' Coax Cable	1
2	Coax Cable Connector	1

Visually inspect unit

1. Remove any packing material from unit.
2. Examine the unit to ensure that the assembly is correct and complete.

Setup

Use the following instructions to setup the unit.

1. Plug the optional power cord or E3 View Monitor power cord (E3 View Monitor units only) into a power outlet from a grounded circuit.
   Coil up the remainder of the power cord and place it out of the way. The control panel will light up and be in the Dormant Mode.
2. Hold the handrails to steady self while stepping into the foot plates.
3. Begin striding.

Initial setup

Perform this procedure during the installation of the unit. Once complete, refer to Setup Options below.

	CYBEX LOGO	Press and hold Cybex logo for 6 seconds to access **Screen Lock** and **Toolbox**.
	LANGUAGE ICON	Press and hold language logo for 6 seconds to access **Screen Lock** and **Toolbox**.

1. Tap the **Access Toolbox** icon to display the **Access to Toolbox** login screen.
2. Enter the sequence: ⊘ 7 7 0 ↵ .
3. Tap the **Setup** icon to display the **Setup menu**.
4. Tap the **Time** icon to advance to the **Set the Time** screen.
5. Adjust the time if needed, then tap the **ENTER** icon ↵ .

6. Tap the **Date** icon to advance to the **Set the Date** screen.

7. Adjust the date if needed, then tap the **ENTER** icon .

8. Tap the **Units** icon to select the **Set units preference** screen.

9. Select the unit preferences from the following options:

Distance Units	Weight Units
Miles	Lbs.
Km	Kg
	Stone

10. Exit Set Up Mode by tapping the **Toolbox** icon, then tap the **Home** icon . The screen will refresh.

Setup options - LED, E3 View Monitor

Enter setup options.

	CYBEX LOGO	Press and hold Cybex logo for 6 seconds to access **Screen Lock** and **Toolbox**.
ENGLISH	LANGUAGE ICON	Press and hold language logo for 6 seconds to access **Screen Lock** and **Toolbox**.

1. Tap the **Access Toolbox** icon to display the **Access to Toolbox** login screen.

2. Enter the sequence: ⦸ 7 7 0 ↵.

3. Tap the **Setup** icon to display the **Setup menu**.

Setup menu

Time	Select Time Display option to **On** or **Off**. Add or subtract an hour. Select time display as **AM**, **PM**, or **24 Hour** display. Enter time using keypad, press **Enter** to save.
Date	Select date style [MM] [DD] [YYYY], [DD] [MM] [YYYY], or [YYYY] [MM] [DD]. Y - Year, M - Month and D - Day. Enter date using keypad, press **Enter** to save.
Units	Select distance units. **Miles** or **Km** (Kilometers). Select weight units. **Lbs.** (Pounds), **Kg.** (Kilograms) or **Stone** (Stones).
A/V Device (not shown for E3 View Monitor)	Select **No TV** or **Wireless TV**.
A/V Config (not shown for E3 View Monitor)	Active when A/V Device is set to **Wireless TV**. See **A/V Config and FM Radio Presets.**

FM Radio Presets (not shown for E3 View Monitor)	Active when A/V Device is set to **Wireless TV**. See **A/V Config and FM Radio Presets.**
PEM Setup	Active when A/V Device is set to **Embedded TV**. See **E3 View Monitor Controls and E3 View Monitor Setup.**
Workout times	Set Default and Max workout times. Default choices are 20, 30, or 60 minutes. Max choices are 20, 30, 60, or OFF.
Pause	Set Pause time. Choices are OFF, 0:30, 1:00, or 2:00 minutes.
Sound	Select console beeper settings. Console Beeper - **On** or Off. Headphone Beeper - **Off**, **Some**, or **All**. Default Volume - 1 to 30, default is 10.
Quick Start Mode	Choose Default Resistance Mode. Choices are: **Arc** (default resistance), **Constant Power** (default power), or **Adaptive Power** (default level). Set default resistance, power, or level.
Language	Select default language to display on CardioTouch screen. Toolbox is only available in English. Include Optional Languages. Select optional languages to display on CardioTouch screen. Choices are **Include** or **Off**.
Restore Factory Defaults	Restores all setup variables back to factory defaults. Does not affect Time or Date.

Exit Set Up Mode

Exit Set Up Mode by tapping the **Toolbox** 🔧 icon, then tap the **Home** icon 🏠. The screen will refresh.

A/V Configuration and FM Radio Presets

Perform this procedure if the unit includes the optional Wireless Audio Receiver Module.

Tools Required:

Headphones (not included)

Setting up the Cybex Wireless Audio Receiver Module requires four steps:

1. Determine the type of transmitter used (MYE 900MHz, Broadcast Vision 863MHz, etc. or TV FM).
2. Set **A/V Device** to Wireless TV.
3. Assign a TV channel number to each transmitter on the console.
4. Add FM radio station presets (optional).

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.

UHF Transmitters	TV FM Transmitters
Follow procedure: Setup UHF Transmitters	Follow procedure: Setup TV FM Transmitters
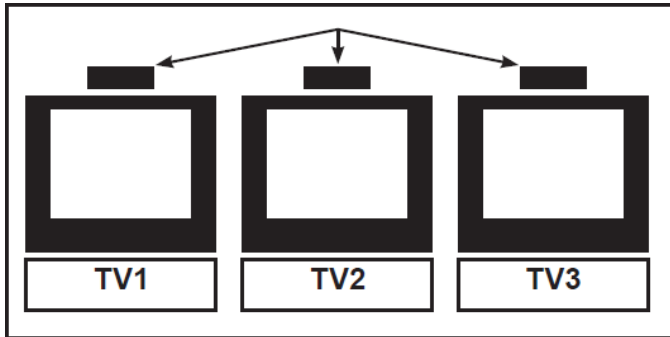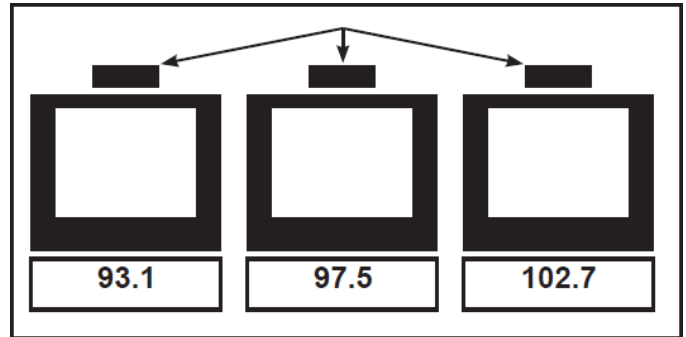
For TV FM transmitters, record FM frequencies for all TV's:

1	2	3	4	5	6	7	8	9	10

A/V setup mode

1. Plug the optional power cord into a power outlet from a grounded circuit.
   Coil up the remainder of the power cord and place it out of the way. The control panel will light up and be in the Dormant Mode.
2. Hold the handrails to steady self while stepping into the foot plates.
3. Begin striding.

	CYBEX LOGO	Press and hold Cybex logo for 6 seconds to access **Screen Lock** and **Toolbox**.
	LANGUAGE ICON	Press and hold language logo for 6 seconds to access **Screen Lock** and **Toolbox**.

4. Tap the **Access Toolbox** icon to display the **Access to Toolbox** login screen.
5. Enter the sequence: ⊘ 7 7 0 ↵ .
6. Tap **Setup** at the main **Toolbox** screen.
7. Tap the **Shift Right** ▶ icon to navigate to the **A/V Device** icon.
8. Tap **A/V Device**.
9. Tap **Device Installed** to select **Wireless TV**.

10. Tap the **Toolbox** icon to return to the **Toolbox** screen.

11. Plug in headphones to listen for channels during setup.

Setup UHF Transmitters

For transmitter types 900 MHz, 863 MHz or 806 MHz. Use this procedure to associate channel numbers to your TV transmitters. If using an FM transmitter system, skip to Setup TV FM Transmitters.

Pick transmitter type

For transmitter types 900 MHz, 863 MHz or 806 MHz. Use this procedure to associate channel numbers to your TV transmitters.

Pick transmitter type

1. Tap **Setup** at the main **Toolbox** screen.

2. Tap the **Shift Right** icon to navigate to the **A/V Config** icon.

3. Tap **A/V Config** to enter **TV Configuration**.

4. Tap **Select Xmtr** to select your transmitter type from the available choices. The display will only show choices available under your transmitter type (900 MHz, 863 MHz or 806 MHz).

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" Enercise	"J2 806" Japan 30 channels
"E 900" Enercise	"A 863" Audeon	
"B 900" Broadcast Vision		

5. Tap **Scan** to scan for available channels. The scan can take up to 10 seconds and then display TV-1 of #. The "#" symbol is total number of strong UHF channels found. Some of these channels may not be signals from the TV transmitters and need to be deleted.

Review channels

1. Tap **Up** or **Down** to listen to available channels with the headphones.

2. Delete unwanted channels by pressing **Delete** to delete channel. Repeat process for additional unwanted channels.

3. Adjust the Near/Far setting for channels that are available but not showing.

   a) Press **Far** to change the setting from FAR to NEAR.
   b) Press **Scan** to re-scan for available channels.

4. Tap **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. Exit Set Up Mode by tapping the **Toolbox** icon, then tap the **Home** icon . The screen will refresh.
   Transmitter setup complete.

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. Tap **Setup** at the main **Toolbox** screen.

2. Tap the **Shift Right** icon to navigate to the **A/V Config** icon.

3. Tap **A/V Config** to enter **TV Configuration**.

4. Tap **Select Xmtr** to select your transmitter type as TV FM.

Enter TV channels

1. Enter TV channels using one of the following procedures

    •

    Tap **Seek** to seek the next TV FM frequency or **Up** ⌃ or **Down** ⌄ to tune manually. Press **Add** to store channel.

    • Tap the keypad numbers to enter known channel, Press **Enter** and **Add** to store channel.

2. Repeat procedure to add all TV FM channels.

3.

    Exit Set Up Mode by tapping the **Toolbox** 🔧 icon, then tap the **Home** icon 🏠. The screen will refresh.

Transmitter setup complete. 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.

	CYBEX LOGO	Press and hold Cybex logo for 6 seconds to access **Screen Lock** and **Toolbox**.
	LANGUAGE ICON	Press and hold language logo for 6 seconds to access **Screen Lock** and **Toolbox**.

1. Tap the **Access Toolbox** icon to display the **Access to Toolbox** login screen.

2.

    Enter the sequence: ⊘ 7 7 0 ↵.

3. Tap **Setup** at the main **Toolbox** screen.

4.

    Tap the **Shift Right** ▶ icon to navigate to the **FM Radio Presets** icon.

5. Tap **FM Radio Presets** to display **FM Radio Presets** on the console.

Enter FM radio channels

1. Enter FM radio channels using one of the following procedures
   - Tap **Seek** to seek the next FM radio frequency or **Up** or **Down** to tune manually. Tap **Add** to store channel.
   - Tap the keypad numbers to enter known channel. Press **Enter** and **Add** to store channel.

2. Repeat procedure to save up to 32 FM radio stations.

3. Tap **Up** or **Down** to scroll through and verify all FM radio stations.

4. Exit Set Up Mode by tapping the **Toolbox** icon, then tap the **Home** icon . The screen will refresh.

Using the Cybex Wireless Audio Receiver

1. Plug headphones into headphone jack.

2. Tap the TV icon to listen to TV channels. Press the FM icon to listen to FM radio channels.

3. Tap **Up** or **Down** to change TV or FM channels.

4. Tap volume **Up** or **Down** to adjust volume.

E3 View Monitor Controls

The CardioTouch screen is used to perform all setup operations for the E3 View Monitor.

CardioTouch screen functions

	Wrench Icon	Return to **Toolbox** home
	Up	Go to **Setup** home screen
	Next	Moves forward in **Setup** menu to next screen
	Default Display Mode	Select TV + Data, TV Only or Data Only
	On/Off	Turn the E3 View Monitor on or off
	Reset Defaults	Reset the setup values and clear all programmed channels.
	CH List	List all available channels
	Setup	Toggles the setup menu
	Navigate up	Navigate up through the on-screen menu
	Navigate down	Navigate down through the on-screen menu
	Navigate left	Decrease value
	Navigate right	Increase value

E3 View Monitor Setup

Access Setup Screen

	CYBEX LOGO	Press and hold Cybex logo for 6 seconds to access **Screen Lock** and **Toolbox**.
	LANGUAGE ICON	Press and hold language logo for 6 seconds to access **Screen Lock** and **Toolbox**.

1. Tap the **Access Toolbox** icon to display the **Access to Toolbox** login screen.

2. Enter the sequence: ⊘ **7** **7** **0** ↵ .

3. Tap the **Setup** icon to display the **Setup menu**.

4. Tap the **Shift Right** ▷ icon to navigate to the **EPEM Setup** icon.

5. Tap the **EPEM Setup** icon.

6. Tap the **Setup** ⟨Setup⟩ icon to advance to the **SETUP MODE** screen.
    Follow procedure to setup the E3 View Monitor.

SETUP MODE	
■ Picture	▶
■ Channels	▶
■ Features	▶
■ OSD Language	English
Position: ▲ ▼	
Exit: SETUP	Next: ◄ ►
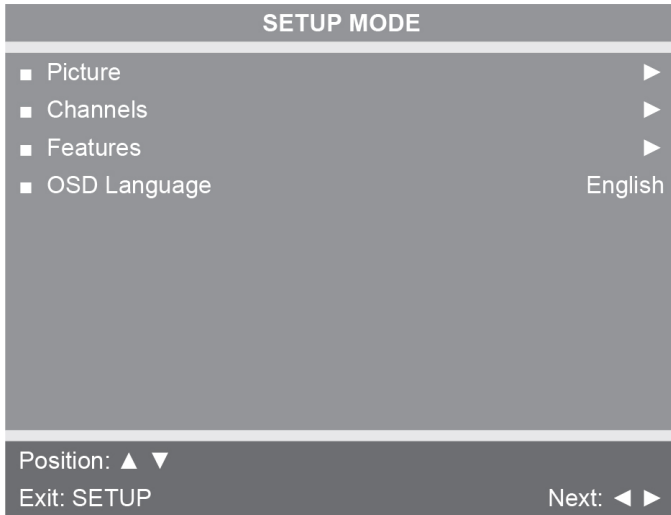
Picture
Channels
Features
OSD Language

Picture

1. Tap ▲ or ▼ to select **Picture**.

2. Tap ► to access access **Picture** menu.

Picture	
■ Brightness	65
■ Contrast	70
■ Color	75
■ Tint	0
■ Color Temperature	►
■ Sharpness	60
■ Noise Reduction	Enabled
■ HDMI Picture	►
Position: ▲ ▼	
Exit: SETUP	Next: ◄ ►
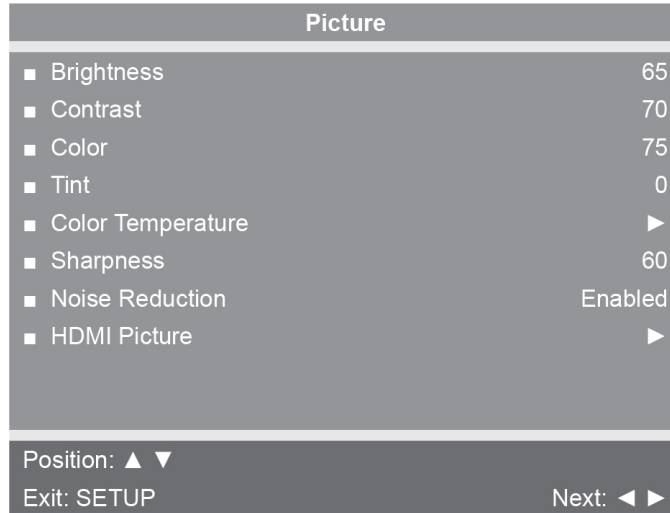
Brightness	Adjust range from 1 to 100. Default is 65.
Contrast	Adjust range from 1 to 100. Default is 70.
Color	Adjust range from 1 to 100. Default is 75.
Tint	Adjust range from 1 to 100. Range is R50 to G50. Default is 0.
Color Temperature	Adjust color balance of Red, Green and Blue temperatures.
Sharpness	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.

3. Tap ▲ or ▼ to select settings.

4. Tap ◄ or ► to adjust settings.

5.
   Tap the **Setup** Setup icon to advance to the **SETUP MODE** screen.

Channels

1. Tap ▲ or ▼ to select **Channels**.

2. Tap ► to access **Channels** menu.

ATSC Monitor   DVB-T 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: ◄ ►

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

Position: ▲ ▼
Exit: SETUP   Next: ◄ ►

Feature	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.

3. Tap ▲ or ▼ to select settings.

4. Tap ◄ or ► to adjust settings.

Auto Program (ATSC Monitor)

1. Tap ▼ to select **Auto Program**.

2. Tap ► to enter the menu.

3. Tap ▲ or ▼ to select **Mode**.

Auto Program	
■ Mode	Analog Only
■ Channel Sequence	Interleave A + D
■ Additional Digital Signal	None
■ Channel Map	Programmed ►
Position: ▲ ▼	
Exit: SETUP	Next: ◄ ►
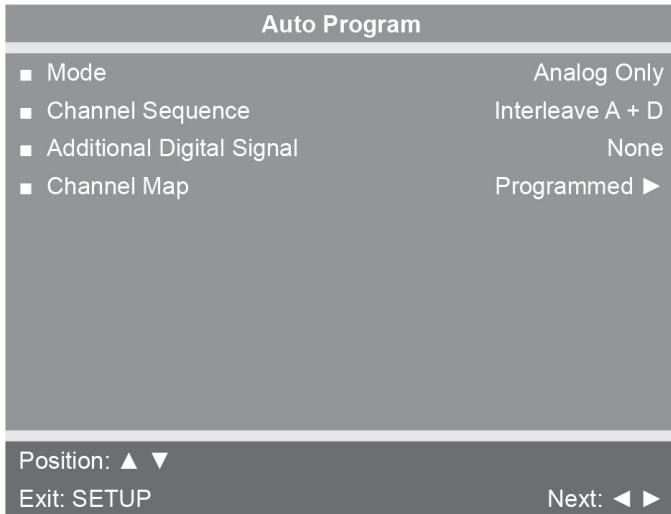
Mode
Channel Sequence
Additional Digital Signal
Channel Map

ATSC Monitor

4. Tap ◄ or ► to set the scope of channel scanning.

Option	Description
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. Tap ▼ to select **Channel Sequence**.

6. Tap ◄ or ► to set the Channel Sequence in which the channels are displayed after searching.

Option	Description
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. Tap ▲ or ▼ to select **Additional Digital Signal**. Not available when **Mode** is set to Analog Only.

8. Tap ◄ or ► to choose the **Additional Digital Signal** source.
  - None
  - Air
  - Cable STD
  - Cable IRC
  - Cable HRC

9. Tap ▼ to select **Channel Map**.

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

11. 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, tap the [⏻] icon to turn monitor on.

12.
Tap the **Setup** [Setup] icon to return to normal TV viewing once auto programming is complete.

13.
Tap the [CH List] icon to list programmed channels.

14.
Tap the **Setup** [Setup] icon 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**.

Auto Program	
■ Country	---
■ Mode	Analog Only
■ Channel Map	Blank ►
Position: ▲ ▼	
Exit: SETUP	Next: ◄ ►
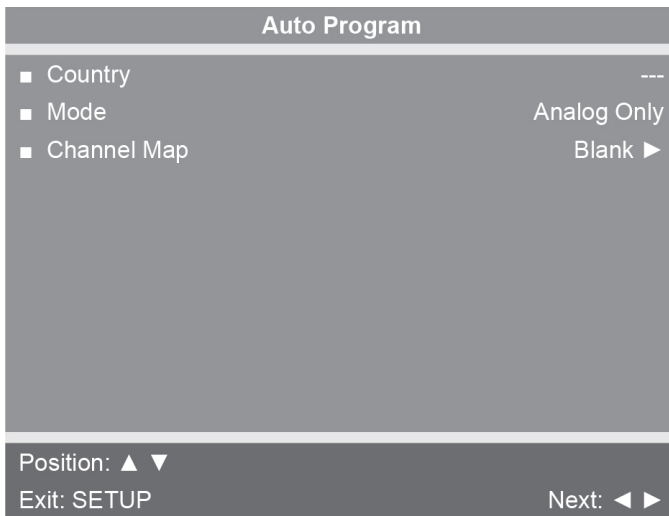
Country
Mode
Channel Map

DVB-T Monitor

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.

Option	Description
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, tap the [⏻] icon to turn monitor on.

9. Tap the **Setup** [Setup] icon to return to normal TV viewing once auto programming is complete.

10. Tap the [CH List] icon to list programmed channels.

11. Tap the **Setup** [Setup] icon 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**.

Manual Program	
■ Mode	ATV
■ Confirmation	►
Position: ▲ ▼	
Exit: SETUP	Next: ◄ ►
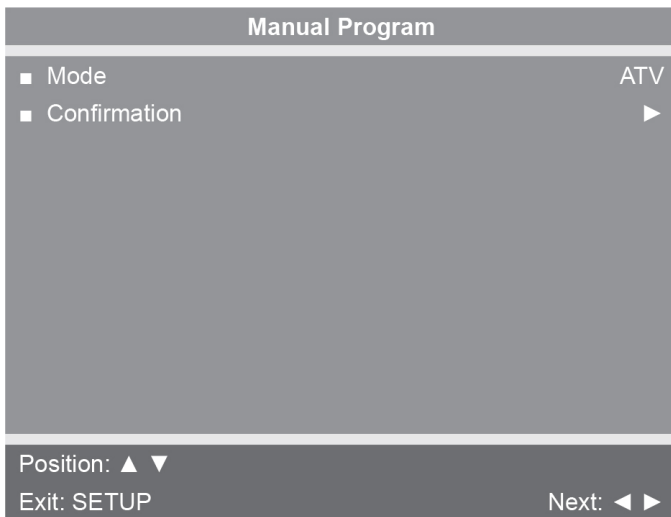
Mode
Confirmation

4. Tap ◄ or ► to select **ATV** or **DTV**.

ATV Manual Program	
■ Storage	1
■ System	BG
■ Band	V/UHF
■ Channel	1
■ Name	C 01
■ Search	◄ ►
■ Save	►

Position: ▲ ▼
Exit: SETUP   Next: ◄ ►

DTV Manual Program	
■ UHF CH.	►
■ Save	21

Bad Nor. Good

Signal Strength
Signal Quality

Position: ▲ ▼
Exit: SETUP   Next: ◄ ►
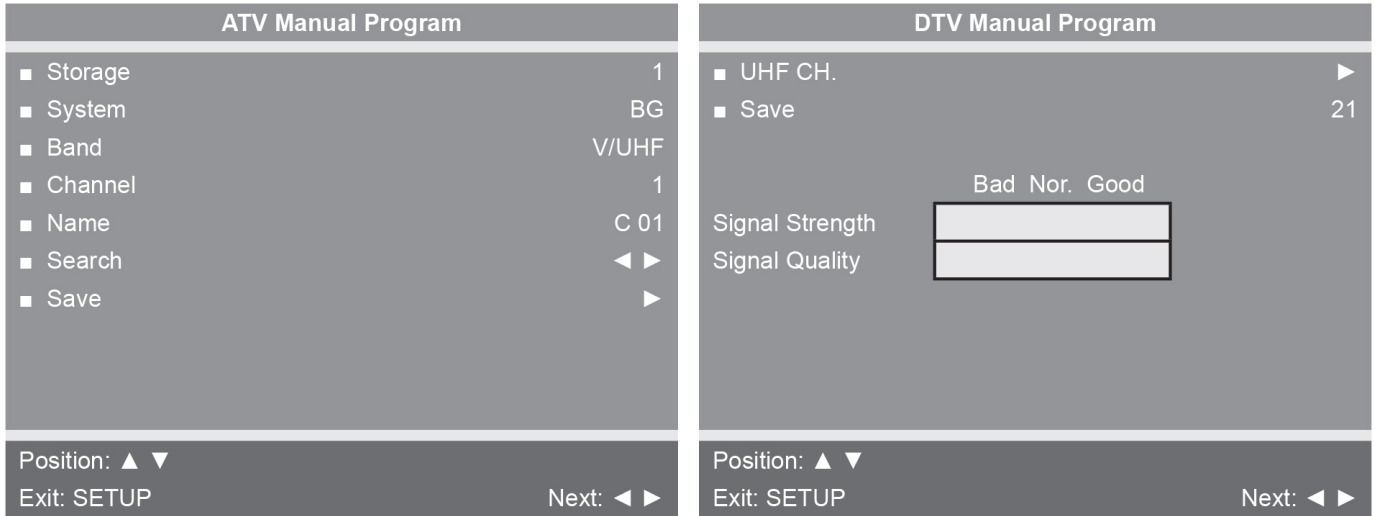
ATV Mode	Adjust settings for **Storage**, **System**, **Band**, **Channel**, **Name**, or **Search**. Select **Save** to save settings.
DTV Mode	Select **UHF channel**. Select **Save** to save settings.

Add/Delete Channels (ATSC and DVB-T)

1. Tap ▼ to select **Add/Delete Channels**.

2. Tap ► to enter the **Add/Delete Channels** menu.

Add/Delete Channels	
■ Analog Channel	2
■ Add/Delete Analog Channel	Added
■ Enable/Disable Digital Channel	►

Position: ▲ ▼
Exit: SETUP   Next: ◄ ►

Analog Channel
Add/Delete Analog Channel
Enable/Disable Digital Channel
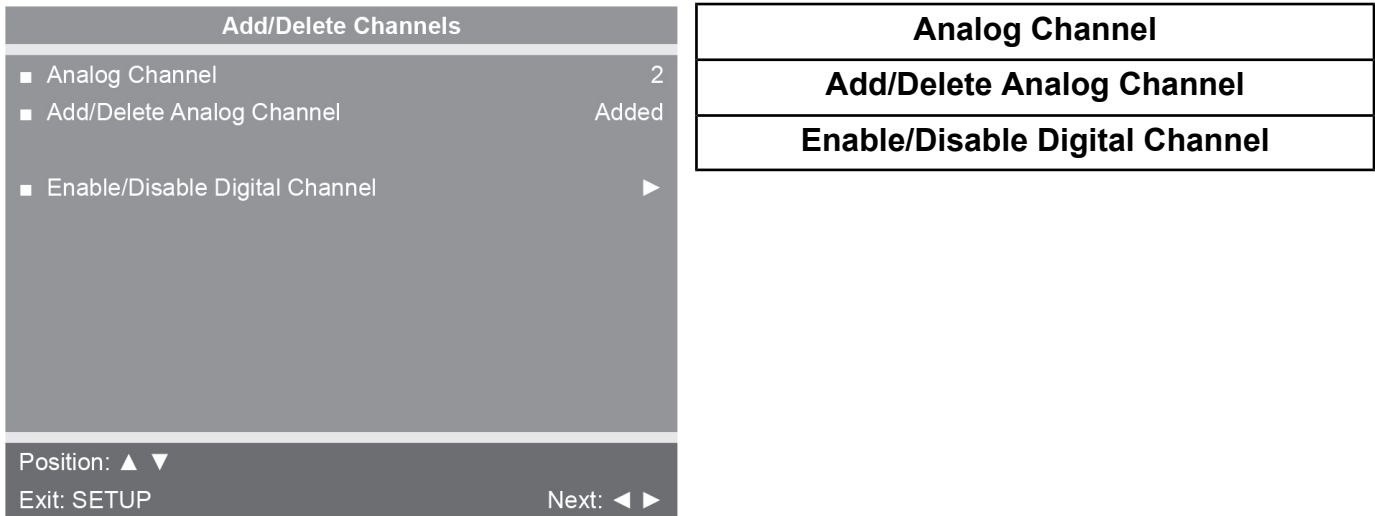
To add or delete an analog channel perform the following procedure. To enable or disable digital channels, go to step 7.

3. Tap ◄ or ► to select the desired analog channel.

4. Tap ▲ or ▼ to highlight **Add/Delete Analog Channel**.

5. Tap ◄ or ► to select **Added** or **Deleted**.

6.

Tap the **Setup** [Setup] icon to return to the previous menu.

To exit, Tap the **Setup** [Setup] icon until the programming menus disappear. If there are more analog channels to be added or deleted, repeat steps 3 through 5.

7. Tap ▲ or ▼ to highlight **Enable/Disable Digital Channel**.

8. Tap ► to access **Enable/Disable Digital Channel**. If there are not any channels programmed in the Service Level, No Channels Present will appear in the menu.

9. Tap ▲ or ▼ to highlight the digital channel that needs to be enabled or disabled.

10. Tap ◄ or ► to select **Enable** or **Disable**.

11.

Tap the **Setup** [Setup] icon to return to the previous menu.

Features

1. Tap ▲ or ▼ to select **Features**.

2. Tap ► to 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: ◄ ►
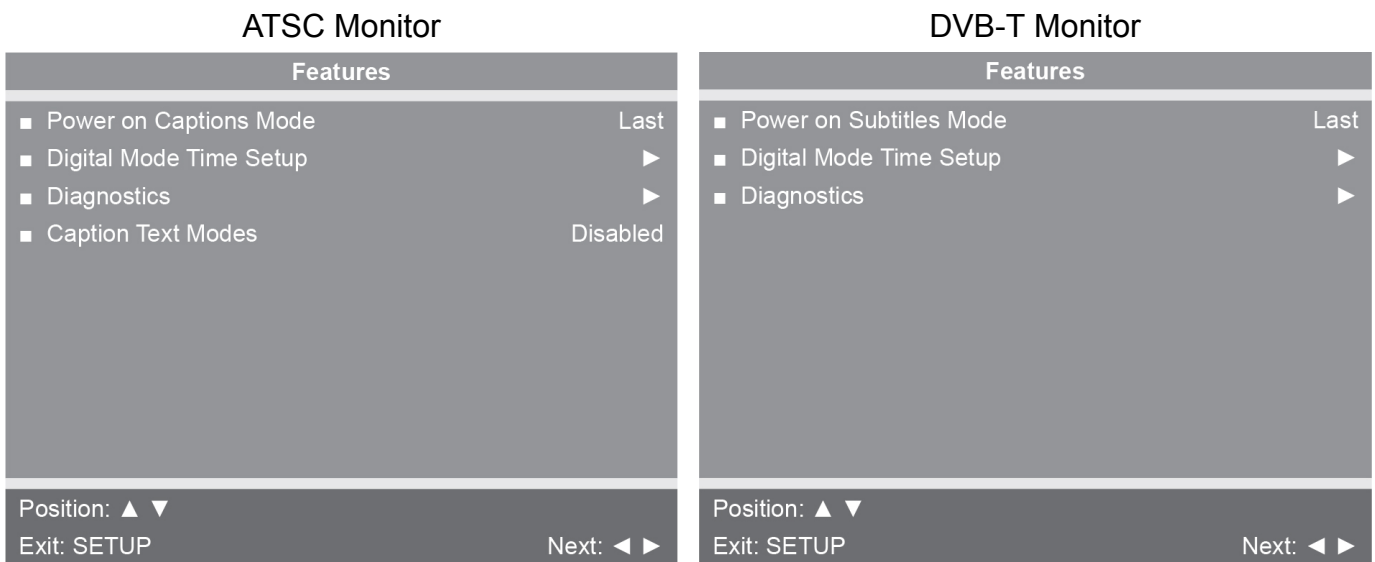
3. Tap ▲ or ▼ to select settings.

4. Tap ◄ 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.
Tap the **Setup** [Setup] icon to return to **SETUP MODE** menu.

OSD Language

1. Tap ▲ or ▼ to select **OSD Language**.
2. Tap ◄ or ► to select language.

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

3.
Tap the **Setup** [Setup] icon to return to **SETUP MODE** menu.

4.
Exit Set Up Mode by tapping the **Toolbox** [icon] icon, then tap the **Home** icon [icon]. The screen will refresh.

Testing Operation

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

1. Plug the optional power cord into a power outlet from a grounded circuit.
Coil up the remainder of the power cord and place it out of the way. If you do not have the optional power supply, skip to step 3.
2. Verify the control panel will illuminate and is in **Dormant Mode**.
3. Hold the handrails to steady self while stepping into the foot plates.
4. Begin striding.
5. Verify lower heart rate cable is not rubbing on handle during operation.
6. Press **Quick Start**.

7. Run unit through full resistance range.
First press the **Resistance +** key until unit reaches its highest load (the display will show 100). Then press the **Resistance -** key until unit reaches its lowest load (the display will show 0).
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.

8. Run unit through full incline range.
First press the **Incline** key until the unit reaches its highest incline (the display will show 20). Then press the **Incline** key until unit reaches its lowest incline (the display will show 0).

⚠ WARNING   Moving parts and fall hazard.
- To avoid serious injury wait until foot plates come to a complete stop before getting off unit.
- The moving parts cannot be stopped immediately, the unit is not equipped with a free wheel.

9. Press **STOP** twice to bring the incline back to its start position, end the workout review, and return the display to **Dormant Mode**.

10. Wait until foot plates come to a complete stop before dismounting unit.
Hold handrails to steady self while stepping off unit.

Operation

Intended Use

The intended commercial use of this machine is to aid exercise and improve general physical fitness.

Individual human power versus mechanical power

⚠ WARNING   Power difference. The individual human power which is required to carry out an exercise can be different than the mechanical power displayed.

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.

Active Mode	Any time the unit is controlling resistance and accumulating workout data. Active Mode begins after tapping **Quick Start** icon during the initial count-down screen, after completing the setup for a workout, or by default if the initial count-down screen times out and enters Quick Start mode.
Auto-Scan	Display automatically cycles through workout data.
CardioTouch Screen	The CardioTouch Screen is the touch screen located in the handset area.
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.
Muscle Map	An anatomical representation of the human body with primary muscle groups lit by multi-color LED's. The color of the LED displays which muscle groups are targeted and the relative intensity of the exercise.
Pause Mode	Occurs only if the Pause feature is enabled and user selects the **STOP** key from Active Mode.
Workout Type	A collection of workouts with a common theme.
Quick Start	This begins by tapping the **Quick Start** icon. User has full control over the workout as time counts up.
Workout Review	Review of the accumulated workout data will happen at the end of each workout session.

Console Display

LED Display

1	Bar Graph	4	Data Readouts
2	Muscle Map	5	Heart Rate Indicator
3	Incline Meter	6	Enunciator

E3 View Monitor

User Control Symbols Used
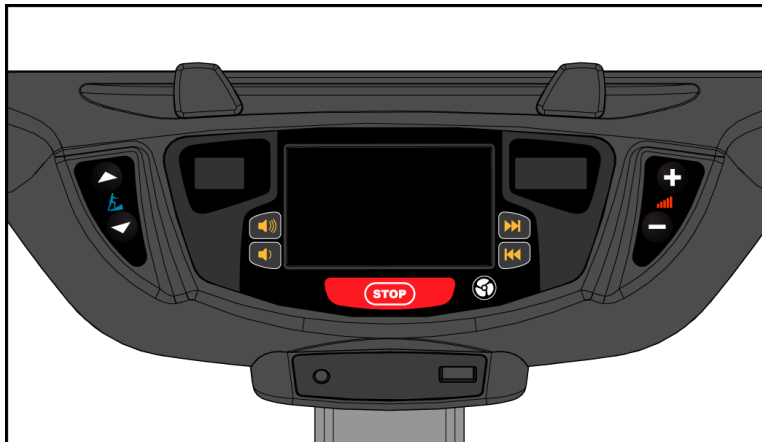
Control	Control Name	Description
	INCLINE UP	Adjust **Incline** up.
	INCLINE DOWN	Adjust **Incline** down.
	RESISTANCE UP	Adjust **Resistance +**up.

Control	Control Name	Description
	RESISTANCE DOWN	Adjust **Resistance -**down.
	VOLUME UP	Adjust **Volume** up.
	VOLUME DOWN	Adjust **Volume** down.
	CHANNEL/TRACK CONTROL	iPod - **NEXT** track A/V - Channel **UP**
	CHANNEL/TRACK CONTROL	iPod - **PREVIOUS** track A/V - Channel **DOWN**
	STOP	Press **STOP** once to end the workout session and start the *Workout Review*. Press **STOP** again to exit to *Dormant Mode*.
	FAN	Default speed is **OFF** during active mode. Press the **FAN** key to control fan speed. Choices are OFF, LOW and HI.

CardioTouch Symbols Used

Icon	Icon Name	Description
	Quick Start	**Quick Start** enters **Active Mode** at the default settings with time counting up from 0:00.
	WORKOUTS	Tap **Workouts** icon to enter workout group selection.

Icon	Icon Name	Description
	TV	Tap **TV** icon to enter TV control menu. If TV is not connected, icon will not be shown.
	TV + FM	Tap **TV + FM** icon to enter TV + FM control menu. If TV + FM is not connected, icon will not be shown.
	iPod	Tap **iPod** icon to enter iPod/iPhone control menu. If iPod/iPhone is not connected, icon will be grayed out.
	HOME	Return to opening screen.
	START	Enter **Active Mode**.
	PAUSE	If pause feature is enabled, pause icon is shown. Press **Pause** icon once to enter pause mode.
	STOP	If pause feature is disabled, stop icon is shown. Press **Stop** icon or **STOP** button once to enter **Workout review**.
	BACK	Return to previous or opening screen.
	UP LEVEL	Go up one level.
	SHIFT LEFT	Shift the screen left to view more options.
	SHIFT RIGHT	Shift the screen right to view more options.
	KEYPAD	Numeric keypad for entering data.
	ENTER	Accepts the value shown.

Icon	Icon Name	Description
	CLEAR	Clear any values selected.
	INFO	Select to provide more information and details.
	SCALE	Displays current value in the minimum and maximum range.
	SCAN	This icon defaults to SCAN, which displays the workout info on the upper display, changing every 5 seconds. Tap the **SCAN** icon to display different data sets. Tap again to change the data set, or multiple times to get back to SCAN.
	CYBEX LOGO	Press and hold Cybex logo for 6 seconds to access **Screen Lock** and **Toolbox**.
	LANGUAGE ICON	Press and hold language logo for 6 seconds to access **Screen Lock** and **Toolbox**.

CardioTouch Screen and User Controls
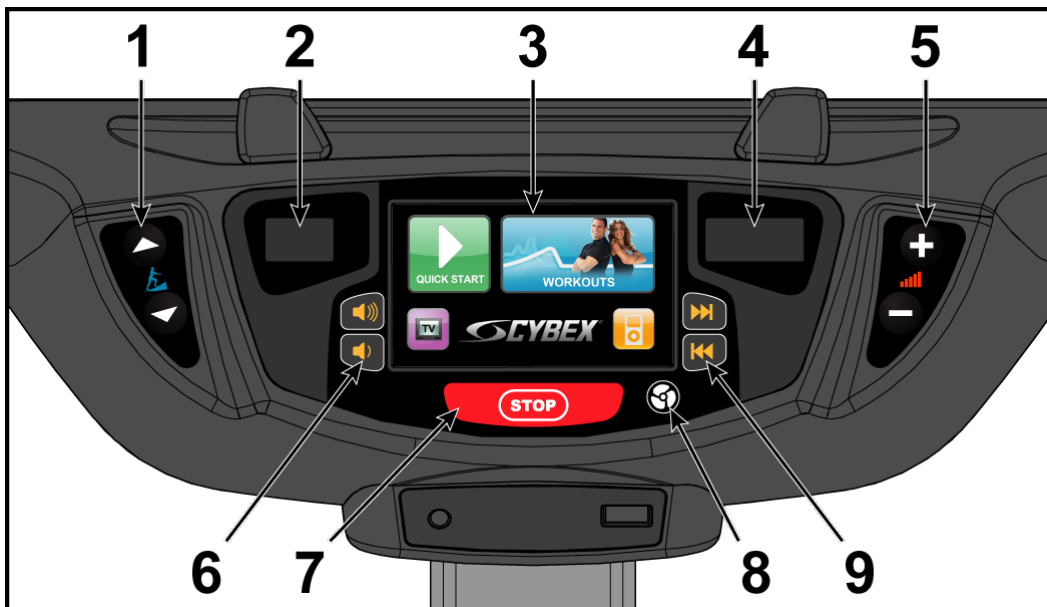
1	Incline Keys		6	Volume Keys

2	Incline Display	7	STOP Key
3	CardioTouch Screen	8	Fan Key
4	Resistance Display	9	Channel/Track Keys
5	Resistance Keys		

Displays   Incline and Resistance are shown in the LED displays.

Keys   User controls for Incline, Resistance, Volume, STOP, Fan and Channel/Track.

CardioTouch   Tap the icons to make selections.
screen
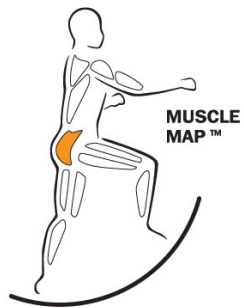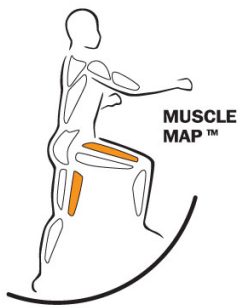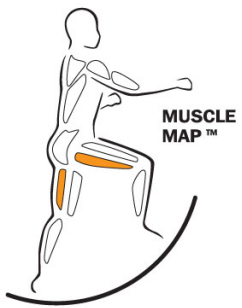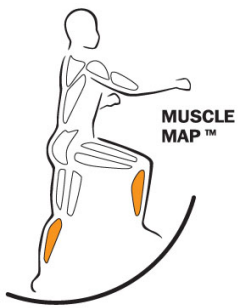
Muscle Map and Incline Meter

Muscle Map   An anatomical representation of the human body with primary muscle groups lit by multi-color LED's. The color of the LED displays which muscle groups are targeted and the relative intensity of the exercise.

The LED colors display intensity level.

LED	Color	Level
	Yellow	Low
	Amber	Medium
	Red	High
	Blinking Red	Very high

Muscle Map and Incline Meter	Glute Muscle	Quadricep Muscle	Hamstring Muscle	Calf Muscle

Incline Meter   An LED meter displaying the incline setting. The meter increase or decreases as the incline changes.

Mount and Dismount

Mount unit safely

1. Verify foot plates are completely stopped.
2. Grasp handrail and step carefully onto foot plates.

Dismount unit safely

⚠**WARNING**   Moving parts and fall hazard.
- To avoid serious injury wait until foot plates come to a complete stop before getting off unit.
- The moving parts cannot be stopped immediately, the unit is not equipped with a free wheel.

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 incline 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.
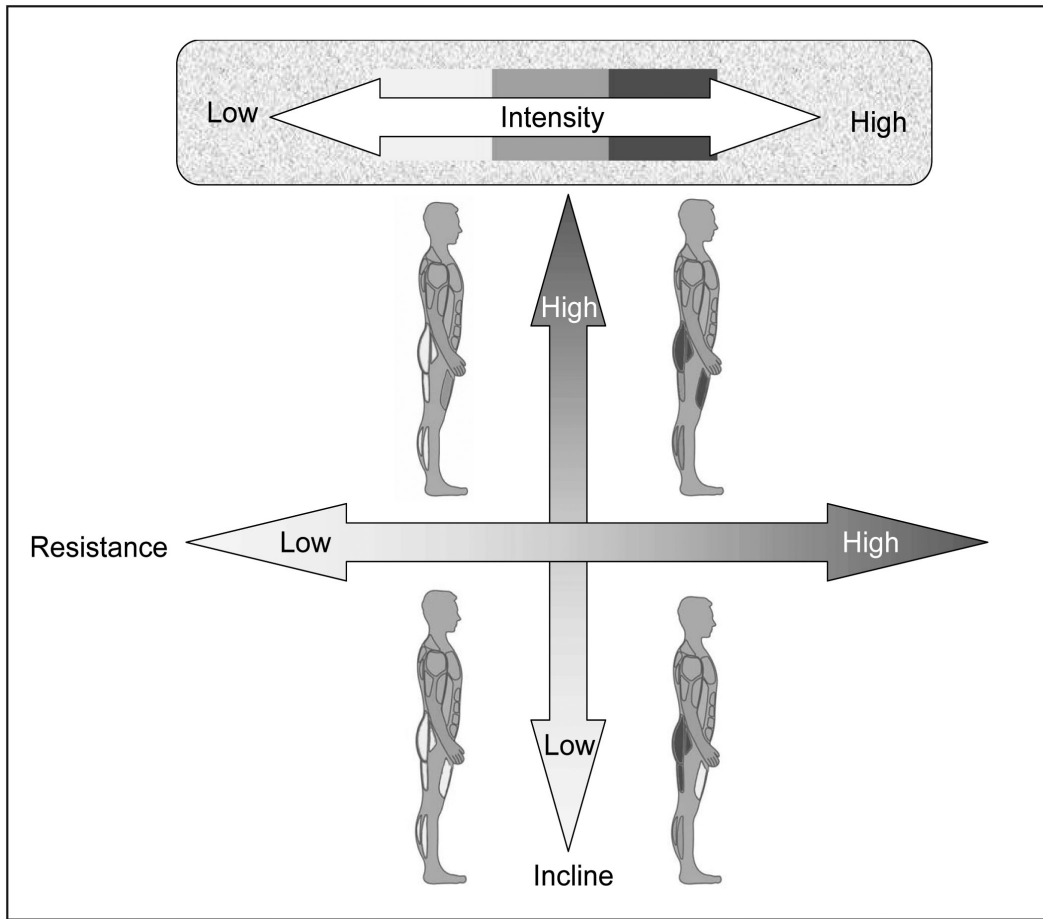
Quick Operation Guide

Maximum user weight is 400 lbs. (181 kg).
The following is a quick overview of the operation of the unit.

1. Verify foot plates are completely stopped.
2. Grasp handrail and step carefully onto foot plates.
    Begin striding.
3. Tap **Quick Start** on the CardioTouch screen.
    The CardioTouch screen will display "Starting" and enter *Active Mode*.

4. Begin striding.
5. Press the **Incline ▲▼** keys to change the incline at any time.
    The left display will show incline.
6. Press the **Resistance + –** keys to change the resistance at any time.
    The right display will show the current resistance.

7. Press the **STOP** key at any time to pause.

Detailed Operation Guide

Maximum user weight is 400 lbs. (181 kg).

1. Plug the optional power cord and E3 View Monitor power cord (E3 View Monitor units only) into a power outlet from a grounded circuit.
Coil up the remainder of the power cord and place it out of the way. The control panel will light up and be in the Dormant Mode.

2. Verify foot plates are completely stopped.

3. Grasp handrail and step carefully onto foot plates.
Begin striding.

4. Select **Quick Start** or **WORKOUTS**.
To select a workout category, tap one of the workout category icons from the workout options screen.
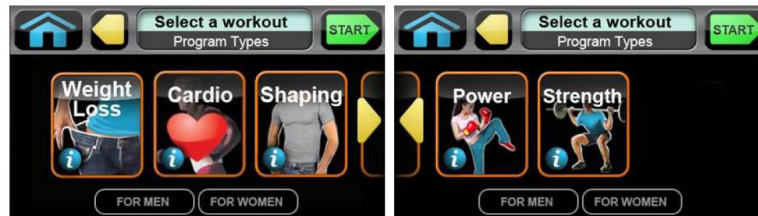
To select a workout, tap one of the workout icons from the workouts screen.

Upon entering a workout the display will guide you through the appropriate settings. This is referred to as Workout Setup Mode. If the **Start** icon is tapped now, all defaults for that workout will be accepted. After 10 seconds, if no key has been pressed, the first default will be accepted. After another 10 seconds the second default will be accepted and so on until the last default.
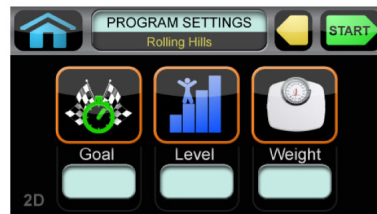
For the most accurate resistance and calorie count, you must set your correct weight before beginning your workout (including clothing).

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

5. Tap the **Start** icon.
   The CardioTouch screen will display **Starting** and enter Active Mode.

6. Begin striding.

7. 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 **Data Readouts** will start showing the workout data such as Distance, Calories, Heart rate (if available), METs and Pace (Minutes per Mile or Minutes per Km). The data displays will start by automatically shifting every 5 seconds.
   Heart rate will be displayed in lieu of METs if a valid heart rate is available from a wireless chest strap (not included) or by holding the contact heart rate grips.

   When you adjust incline 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.

8. Press the **Incline ▲▼** keys to change the incline at any time.
   The left display will show incline.

9. Press the **Resistance + –** keys to change the resistance at any time.
   The right display will show the current resistance.

10. Press the **STOP** key at any time to pause.

    a)
       If pause feature is enabled, pause icon is shown.
       Press pause icon or **STOP** button once to enter pause mode.

    b)
       If pause feature is disabled, stop icon is shown.
       Press stop icon or **STOP** button once to enter **Workout review**. **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 **Home** key. The unit returns to Dormant Mode when using the optional AC adapter.

Workout Selection

You may choose from **Quick Start** or **Workouts**. Speed is never predetermined. Change speed by changing stride.

Quick Start

Press **Quick Start**. Control incline and resistance

Workouts

For Men	For Women	Levels	Settings
Weight Loss			
Hill Climb	Hill Climb	10	Select time, level, and weight.
Speed Bump	Speed Bump	10	Select time, level, and weight.
Strength			
High Low	High Low	10	Select time, level, and weight.
Bursts	Bursts	10	Select time, level, and weight.
Interval	Interval	10	Select time, level, and weight.
Fitness	**Shaping**		
Total Leg	Total Leg	10	Select time, level, and weight.
Target: Hip	Glute Camp	10	Select time, level, and weight.
Cardio			
Hill Interval	Hill Interval	10	Select time, level, and weight.
Wave	Wave	10	Select time, level, and weight.
Interval	Interval	10	Select time, level, and weight.
Heart Rate Control	Heart Rate Control	N/A	Select time, age, target heart rate, and weight.
Power			
Constant Power	Constant Power	10	Select time, level, and weight.
Adaptive Power	Adaptive Power	10	Select time, level, and weight.

See Appendix for Workout Overviews

Data Readouts - LED display

As you exercise, the unit 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.

Calories Per Hour   Calculation of present workload's energy exertion in Calories per Hour.

Distance   The total accumulated distance during workout. Depending on the defaults chosen, this measurement will show in English (miles) or Metric (kilometers). The unit uses

a fixed 24" (61 cm) stroke, giving a travel distance of 48" (122 cm) per revolution. Distance = Strides per Minute × 24" (61 cm) × Time

Metabolic Equivalent (MET)	Relates to the user's energy expenditure. A MET is a basic unit of measurement that is used to compare relative work between individuals and activities. 'One MET' is the amount of oxygen consumed at rest. For example, two MET would be twice that amount. If an individual were working at four MET he/she would be consuming oxygen at a rate equal to four times their resting consumption. MET can be used to compare walking on a grade with running or even to cycling and other activities.
SPM (Strides per Minute)	The average number of strides per minute at current speed.
Watt	Present workload energy exertion.

E3 View Monitor Screen Options

During operation four E3 View Monitor screen options are available.

Press **E3 View Monitor** icon to change screens.
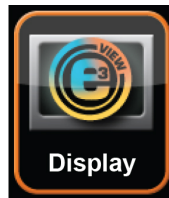
	TV + Data	Display video with data at bottom of screen
	TV Only	Display video only
	Data Only	Display data only
	Blank	Screen is blank, video and data are not displayed

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 5 KHz Polar® compatible heart rate transmitter belt (not included) must be worn.

Once the actual heart rate is determined, the LED 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
♥	Dark Orange	120 - 169
♥	Magenta	170 and higher

Fan Control

The fan defaults to the "OFF" setting. The user can change to "Fan Low", "Fan High", or "Fan Off" setting by pressing the appropriate control key.

iPod/iPhone Functions

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

1. Connect iPod/iPhone (not supplied) into the 30 pin connector.
2. Place iPod/iPhone onto the accessory tray.
3. Plug headphones (not supplied) into the console headphone jack.

4. iPod/iPhone Playlist

a) Select the iPod/iPhone icon to display the iPod/iPhone navigation screen.
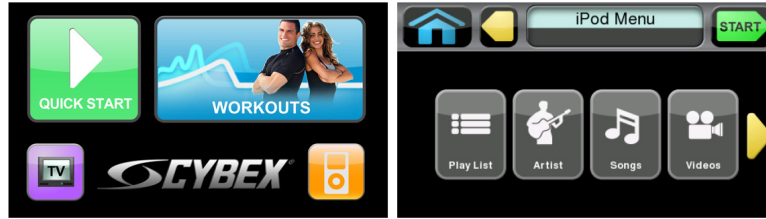
b) If iPod/iPhone is already playing use the standard iPod/iPhone controls.

c) If iPod/iPhone is Dormant make a selection from the iPod/iPhone Menu.

Once a selection is made from the iPod/iPhone menu, make further selections until the desired media is found.

How power input versus displayed value is calculated

Total power, as displayed in Watts on the console, is calculated from the measured speed of the Eddy Current Brake Flywheel and the measured current powering the Eddy Current Brake.

Testing Parameters

Displayed power (Wattage) and speed (Strides Per Minute), were found to meet class A accuracy when compared with measured power and speed, with adjustable braking positioned in its maximum position, at the following accuracy test points:

- 25 W, 37 SPM
- 50 W, 52 SPM
- 100 W, 72 SPM
- 150 W, 86 SPM
- 175 W, 92 SPM
- 200 W, 97 SPM

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 and recording. Cybex representatives are available to answer any questions that you may have.

Warnings

📖   Read all warnings in this chapter.

⚠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.

⚠DANGER   Electrocution 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.

Clean Unit

⚠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.

Tools Required
- Cleaning solution
- Rubbing alcohol
- Clean cloth
- Vacuum

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.

Clean Console

NOTICE   Do not spray cleaning solution directly on the console. Direct spraying could cause damage to the electronics and may void the warranty.

- Spray a mild cleaning agent on a clean cloth.
- Clean the console, accessory tray, and cup holder with a damp cloth.

Clean Base

- Spray a mild cleaning agent on a clean cloth.
- Clean the base of the unit with a damp cloth.

Contact Heart Rate Grips

Clean the grips using a cloth dampened with a cleaning solution containing rubbing alcohol.

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.

CardioTouch Screen

While in *Dormant Mode* press the **Cybex** logo icon to access the *Lock and Toolbox* options. Press the **Lock screen for cleaning** icon to lock the screen for 10 seconds. The CardioTouch screen will stay locked for 10 seconds to prevent any key presses from being processed. Clean the CardioTouch screen using a soft cloth dampened with a cleaning solution containing rubbing alcohol.

Drive Belts

Remove front access cover

1. Remove screws securing front access cover using a Phillips screwdriver.
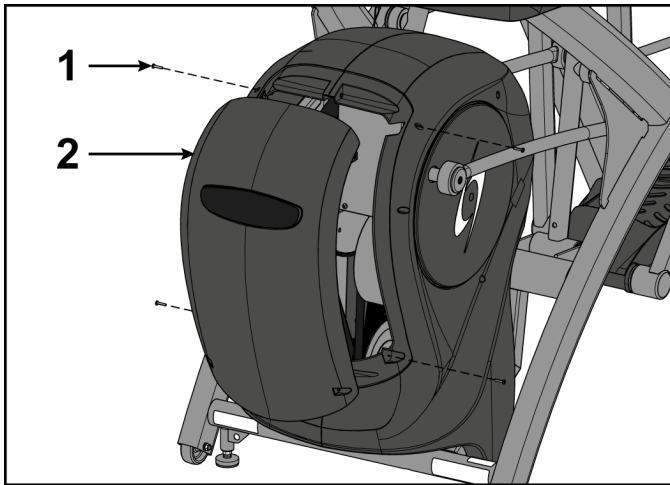
	Description	Qty.
1	Screw	4
2	Front access cover	1

2. Remove access cover.

⚠ **WARNING**   Burn hazard. Do not touch flywheel until cool.

Inspect 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.
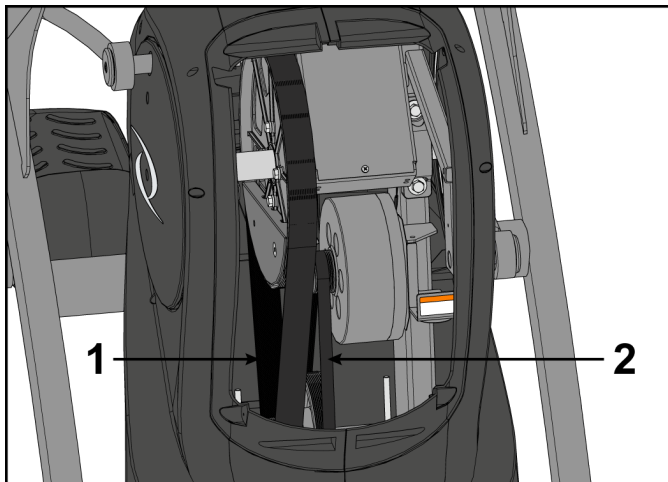
	Description	Qty.
1	Primary drive belt	1
2	Secondary drive belt	1

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.

Install access cover

Do not over tighten screws.

1. Replace and tighten the two upper screws using a Phillips screwdriver*.*
2. Replace and tighten the two lower screws using a Phillips screwdriver*.*
3. Test unit for proper operation.

Rechargeable Battery

The unit is designed with a 12 volt Lead-Acid rechargeable battery. The battery will recharge during regular operation of unit or when the optional power adapter is plugged in.

The display will indicate dashes in the incline display if the battery fails to provide enough energy. The unit will still function normally other than the disabling of the incline feature.

If the battery is completely discharged, the workout review will also be truncated if the user is not striding during the time period. See *Customer Service* for contact information to replace the battery or purchase the optional AC adapter kit.

Battery replacement must be performed only by qualified technician.

Remove battery and dispose of safely before unit disposal.

E3 View Monitor

Cleaning
*   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.
*   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 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

	CYBEX LOGO	Press and hold Cybex logo for 6 seconds to access **Screen Lock** and **Toolbox**.
	LANGUAGE ICON	Press and hold language logo for 6 seconds to access **Screen Lock** and **Toolbox**.

1. Tap the **Access Toolbox** icon to display the **Access to Toolbox** login screen.
2. Enter the sequence: .
3. Press the **Statistics** icon to access the **Recorded Statistics** screen.
4. Locate and tap the icon for **Arc Trainer Totals**.
5. Record Distance.
6. Exit Set Up Mode by tapping the **Toolbox** icon, then tap the **Home** icon . The screen will refresh.

First 500 Miles (800 KM)

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

1. Remove access cover. (See previous procedure *Remove Access Cover*)
2. 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.
3. Attach access cover. (See previous procedure *Attach Access Cover)*

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. Remove access cover. (See previous procedure *Remove Access Cover*)
2. Using a vacuum cleaner attachment or hand vacuum, clean the exposed components.
3. Remove dirt and debris from internal components.
4. Using a dry cloth, wipe all exposed areas.
5. Attach access cover. (See procedure *Attach Access Cover*)

Every 20,000 Miles (32000 KM)

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

Statistics

The Statistics screen allows tracking of equipment usage.

	CYBEX LOGO	Press and hold Cybex logo for 6 seconds to access **Screen Lock** and **Toolbox**.
ENGLISH	LANGUAGE ICON	Press and hold language logo for 6 seconds to access **Screen Lock** and **Toolbox**.

1. Tap the **Access Toolbox** icon to display the **Access to Toolbox** login screen.
2. Enter the sequence: 🚫 7 7 0 ↵.
3. Press the **Statistics**icon to access the **Recorded Statistics**screen.

4. Locate and tap the icon for **Arc Trainer Totals**.

Statistics Menu	Display
Distance	Total accumulated miles or KM
Hours	Total time in active mode
Starts	Total number of workout sessions
Moves	Number of incline moves in 1% increments
On Time	Total number of hours the console has been on
On Battery	Total number of minutes the battery has been used
Days in svc	Number of days since install date

5.
Exit Set Up Mode by tapping the **Toolbox** icon, then tap the **Home** icon . The screen will refresh.

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

Weight Loss - Hill Climb

A gentle calorie burner with steady work increases over 3 minutes followed by a 1 minute rest.

Incline	Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	:30	:30	:30	:30
		Warm Up				Core Segments				Cool Down			
10	Resistance	30	30	35	35	40	45	50	15	15	15	15	15
10	Incline	6	10	12	12	14	16	18	6	6	6	6	6
10	Target Pace	110	110	110	110	110	110	110	80	80	80	80	80
9	Resistance	25	25	30	30	35	40	45	15	15	15	15	15
9	Incline	6	8	10	10	12	14	16	6	6	6	6	6
9	Target Pace	110	110	110	110	110	110	110	80	80	80	80	80
8	Resistance	20	20	25	25	30	35	40	15	15	15	10	10
8	Incline	6	6	8	8	10	12	14	6	6	6	6	6
8	Target Pace	110	110	110	110	110	110	110	80	80	80	80	80
7	Resistance	15	15	20	20	25	30	35	10	10	10	10	10
7	Incline	6	4	6	6	8	10	12	4	6	6	6	6
7	Target Pace	110	110	110	110	110	110	110	80	80	80	80	80
6	Resistance	10	10	15	15	20	25	30	10	10	10	10	10
6	Incline	6	2	4	4	6	8	10	4	6	6	6	6
6	Target Pace	110	110	110	110	110	110	110	80	80	80	80	80
5	Resistance	10	10	10	10	15	20	25	10	10	10	5	5

	Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	:30	:30	:30	:30
Incline		Warm Up				Core Segments				Cool Down			
5	Incline	6	2	2	2	4	6	8	2	6	6	6	6
5	Target Pace	110	110	110	110	110	110	110	80	80	80	80	80
4	Resistance	5	5	5	5	10	15	20	5	5	5	5	5
4	Incline	6	2	2	2	2	4	6	2	6	6	6	6
4	Target Pace	110	110	110	110	110	110	110	80	80	80	80	80
3	Resistance	5	5	5	5	10	15	15	5	5	5	5	5
3	Incline	6	2	2	2	2	4	4	2	6	6	6	6
3	Target Pace	110	110	110	110	110	110	110	80	80	80	80	80
2	Resistance	5	5	5	5	5	10	15	5	5	5	5	5
2	Incline	6	0	0	0	0	2	4	0	6	6	6	6
2	Target Pace	110	110	110	110	110	110	110	80	80	80	80	80
1	Resistance	5	5	5	5	5	10	10	5	5	5	5	5
1	Incline	6	0	0	0	0	2	2	0	6	6	6	6
1	Target Pace	110	110	110	110	110	110	110	80	80	80	80	80

Weight Loss - Speed Bump

A relatively steady workload includes a high output bump for increased energy expenditure.

	Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	1:00	1:00	:30	:30	:30	:30
Level		Warm Up				Core Segments						Cool Down			
10	Resistance	25	25	30	30	35	35	55	25	25	25	20	20	20	20
10	Incline	6	4	6	6	6	6	10	2	2	2	6	6	6	6
10	Target Pace	110	110	110	110	110	110	130	110	110	100	100	100	100	100
9	Resistance	20	20	25	25	30	30	50	20	20	20	15	15	15	15
9	Incline	6	4	6	6	6	6	10	2	2	2	6	6	6	6
9	Target Pace	110	110	110	110	110	110	130	110	110	100	100	100	100	100
8	Resistance	20	20	25	25	30	30	50	20	20	20	15	15	15	15
8	Incline	6	4	6	6	6	6	8	2	2	2	6	6	6	6
8	Target Pace	110	110	110	110	110	110	130	110	110	100	100	100	100	100
7	Resistance	20	20	25	25	30	30	50	20	20	20	15	15	15	15
7	Incline	6	4	6	6	6	6	8	2	2	2	6	6	6	6
7	Target Pace	110	110	110	110	110	110	120	110	110	100	100	100	100	100
6	Resistance	15	15	20	20	25	25	45	20	20	20	10	10	10	10
6	Incline	6	4	6	6	6	6	8	2	2	2	6	6	6	6
6	Target Pace	110	110	110	110	110	110	120	110	110	100	100	100	80	80
5	Resistance	15	15	20	20	25	25	40	20	20	20	10	10	10	10
5	Incline	6	2	4	4	4	4	6	2	2	2	6	6	6	6

	Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	1:00	1:00	:30	:30	:30	:30
Level		Warm Up				Core Segments						Cool Down			
5	Target Pace	110	110	110	110	110	110	120	110	110	100	100	100	80	80
4	Resistance	10	10	15	15	20	20	40	15	15	15	10	10	10	10
4	Incline	6	0	2	2	2	2	6	2	2	2	6	6	6	6
4	Target Pace	100	100	100	100	100	100	110	100	100	80	80	80	80	80
3	Resistance	10	10	15	15	20	20	35	15	15	15	10	10	10	10
3	Incline	6	0	0	0	0	2	4	2	2	0	6	6	6	6
3	Target Pace	100	100	100	100	100	100	110	100	100	80	80	80	80	80
2	Resistance	5	5	10	10	15	15	30	15	15	15	5	5	5	5
2	Incline	6	0	0	0	0	2	4	2	2	0	6	6	6	6
2	Target Pace	100	100	100	100	100	100	110	100	100	80	80	80	80	80
1	Resistance	5	5	10	10	15	15	30	15	15	15	5	5	5	5
1	Incline	6	0	0	0	0	0	4	0	0	0	6	6	6	6
1	Target Pace	100	100	100	100	100	100	100	100	100	80	80	80	80	80

Strength - High Low

Two levels of intensity and duration help develop muscular strength and endurance.

Level	Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	1:00	1:00	1:00	:30	:30	:30	:30
		Warm Up				Core Segments							Cool Down			
10	Resistance	60	60	65	65	65	65	30	30	100	30	30	30	25	20	20
10	Incline	6	14	16	18	20	20	20	20	20	16	16	6	6	6	6
10	Target Pace	110	110	110	110	110	110	110	110	110	110	110	100	100	100	100
9	Resistance	55	55	60	60	60	60	25	25	95	25	25	25	20	20	20
9	Incline	6	12	14	16	18	18	18	18	18	14	14	6	6	6	6
9	Target Pace	110	110	110	110	110	110	110	110	110	110	110	100	100	100	100
8	Resistance	50	50	55	55	55	55	25	25	90	25	25	25	20	20	20
8	Incline	6	10	12	14	16	16	16	16	16	12	12	6	6	6	6
8	Target Pace	110	110	110	110	110	110	110	110	110	110	110	100	100	100	100
7	Resistance	45	45	50	50	50	50	20	20	75	20	20	20	20	15	15
7	Incline	6	10	12	14	16	16	16	16	16	12	12	6	6	6	6
7	Target Pace	110	110	110	110	110	110	110	110	110	110	110	100	100	100	100
6	Resistance	40	40	45	45	45	45	20	20	65	20	20	20	20	15	15
6	Incline	6	8	10	12	14	14	14	14	14	10	10	6	6	6	6
6	Target Pace	110	110	110	110	110	110	110	110	110	110	110	100	100	100	100
5	Resistance	35	35	40	40	40	40	15	15	55	15	15	15	15	10	10
5	Incline	6	8	10	12	14	14	14	14	14	10	10	6	6	6	6

Level	Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	1:00	1:00	1:00	:30	:30	:30	:30
		Warm Up				Core Segments							Cool Down			
5	Target Pace	110	110	110	110	110	110	110	110	110	110	110	100	100	100	100
4	Resistance	30	30	35	35	35	35	15	15	45	15	15	15	15	10	10
4	Incline	6	6	8	10	12	12	12	12	12	8	8	6	6	6	6
4	Target Pace	110	110	110	110	110	110	110	110	110	110	110	100	100	100	100
3	Resistance	25	25	30	30	30	30	10	10	35	10	10	10	10	10	10
3	Incline	6	6	8	10	12	12	12	12	12	8	8	6	6	6	6
3	Target Pace	110	110	110	110	110	110	110	110	110	110	110	100	100	100	100
2	Resistance	20	20	25	25	25	25	10	10	30	10	10	10	10	10	10
2	Incline	6	4	6	8	10	10	10	10	10	6	6	6	6	6	6
2	Target Pace	110	110	110	110	110	110	110	110	110	110	110	100	100	100	100
1	Resistance	15	15	20	20	20	20	10	10	25	10	10	10	10	10	10
1	Incline	6	4	6	8	10	10	10	10	10	6	6	6	6	6	6
1	Target Pace	110	110	110	110	110	110	110	110	110	110	110	100	100	100	100

Strength - Bursts

Brief high-intensity segments are mixed with longer and easier intervals developing strength and aerobic capacity.
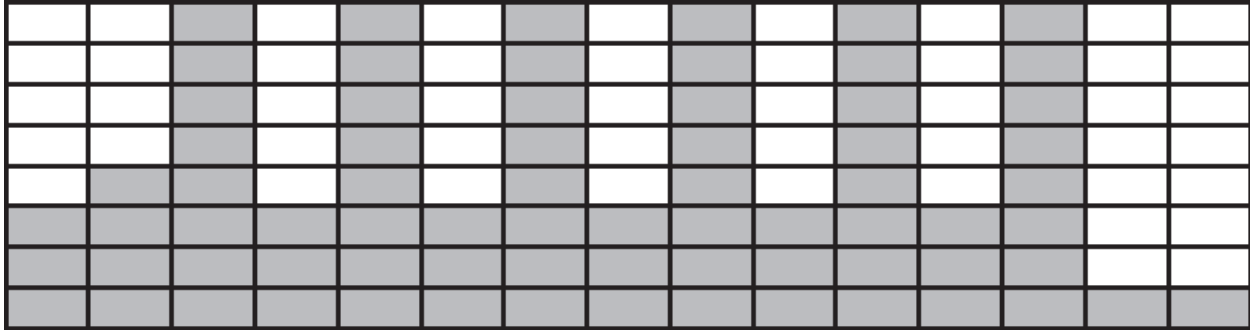
Level	Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	1:00	1:00	:30	:30	:30	:30
		Warm Up				Core Segments						Cool Down			
10	Resistance	50	50	55	55	80	50	80	50	80	50	40	40	30	30
10	Incline	6	14	16	18	20	18	20	18	20	12	6	6	6	6
10	Target Pace	100	100	110	110	120	110	120	110	120	80	100	100	100	100
9	Resistance	45	45	50	50	75	45	75	45	75	45	35	35	25	25
9	Incline	6	14	16	18	20	18	20	18	20	12	6	6	6	6
9	Target Pace	100	100	110	110	120	110	120	110	120	80	100	100	100	100
8	Resistance	40	40	45	45	70	40	70	40	70	40	30	30	20	20
8	Incline	6	14	16	18	20	18	20	18	20	12	6	6	6	6
8	Target Pace	100	100	110	110	120	110	120	110	120	80	100	100	100	100
7	Resistance	35	35	40	40	65	35	65	35	65	35	25	25	15	15
7	Incline	6	12	14	16	18	16	18	16	18	10	6	6	6	6
7	Target Pace	100	100	110	110	120	110	120	110	120	80	100	100	100	100
6	Resistance	30	30	35	35	60	30	60	30	60	30	20	20	10	10
6	Incline	6	10	12	14	16	14	16	14	16	8	6	6	6	6
6	Target Pace	100	100	110	110	120	110	120	110	120	80	100	100	100	100
5	Resistance	25	25	30	30	55	25	55	25	55	25	15	15	10	5
5	Incline	6	8	10	12	14	12	14	12	14	6	6	6	6	6

	Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	1:00	1:00	:30	:30	:30	:30
Level		Warm Up				Core Segments						Cool Down			
5	Target Pace	100	100	110	110	120	110	120	110	120	80	100	100	100	100
4	Resistance	20	20	25	25	50	20	50	20	50	20	10	10	5	5
4	Incline	6	6	8	10	12	10	12	10	12	4	6	6	6	6
4	Target Pace	100	100	110	110	120	110	120	110	120	80	100	100	100	100
3	Resistance	15	15	20	20	45	15	45	15	45	15	5	5	5	5
3	Incline	6	4	6	8	10	8	10	8	10	2	6	6	6	6
3	Target Pace	100	100	110	110	120	110	120	110	120	80	100	100	100	100
2	Resistance	15	15	15	15	40	10	40	10	40	10	5	5	5	5
2	Incline	6	4	6	8	10	8	10	8	10	2	6	6	6	6
2	Target Pace	100	100	110	110	120	110	120	110	120	80	100	100	100	100
1	Resistance	10	10	10	10	35	5	35	5	35	5	5	5	5	5
1	Incline	6	2	4	6	8	6	8	6	8	2	6	6	6	6
1	Target Pace	100	100	110	110	120	110	120	110	120	80	100	100	100	100

Strength - Interval

A repeating 15 second high intensity spike promotes strength gains

Level	Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	:30	:30	:30	:30
		Warm Up				Core Segments				Cool Down			
10	Resistance	25	30	40	45	100	35	35	35	30	25	20	15
10	Incline	6	12	16	18	20	20	20	20	6	6	6	6
10	Target Pace	100	100	100	100	120	80	80	80	100	100	100	100
9	Resistance	25	30	35	40	95	35	35	35	30	25	20	15
9	Incline	6	12	16	18	20	20	20	20	6	6	6	6
9	Target Pace	100	100	100	100	120	80	80	80	100	100	100	100
8	Resistance	25	30	35	40	90	35	35	35	30	25	20	15
8	Incline	6	12	14	16	18	18	18	18	6	6	6	6
8	Target Pace	100	100	100	100	120	80	80	80	100	100	100	100
7	Resistance	25	30	35	40	85	30	30	30	25	20	20	15
7	Incline	6	12	14	16	18	18	18	18	6	6	6	6
7	Target Pace	100	100	100	100	120	80	80	80	100	100	100	100
6	Resistance	20	25	30	35	80	30	30	30	25	20	20	15
6	Incline	6	12	14	16	18	18	18	18	6	6	6	6
6	Target Pace	100	100	100	100	120	80	80	80	100	100	100	100
5	Resistance	20	25	30	35	75	30	30	30	25	20	15	10
5	Incline	6	10	12	14	16	16	16	16	6	6	6	6

	Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	:30	:30	:30	:30
Level		Warm Up				Core Segments				Cool Down			
5	Target Pace	100	100	100	100	120	80	80	80	100	100	100	100
4	Resistance	20	25	30	35	70	25	25	25	20	20	15	10
4	Incline	6	10	12	14	16	16	16	16	6	6	6	6
4	Target Pace	100	100	100	100	120	80	80	80	100	100	100	100
3	Resistance	20	20	25	30	65	25	25	25	20	20	15	10
3	Incline	6	10	12	14	16	16	16	16	6	6	6	6
3	Target Pace	100	100	100	100	120	80	80	80	100	100	100	100
2	Resistance	15	20	25	30	60	20	20	20	15	15	10	10
2	Incline	6	8	10	12	14	14	14	14	6	6	6	6
2	Target Pace	100	100	100	100	120	80	80	80	100	100	100	100
1	Resistance	15	15	20	25	55	20	20	20	15	15	10	10
1	Incline	6	8	10	12	14	14	14	14	6	6	6	6
1	Target Pace	100	100	100	100	120	80	80	80	100	100	100	100

Fitness (Mens) , Shaping (Womens) - Total Leg

Alternating levels of resistance and incline change the targeted muscle group in an interval format.

Level	Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	:30	:30	:30	:30
		Warm Up				Core Segments				Cool Down			
10	Resistance	40	45	50	55	60	40	80	35	30	30	20	20
10	Incline	6	0	0	0	0	0	20	10	6	6	6	6
10	Target Pace	120	120	130	130	140	100	110	100	100	100	100	100
9	Resistance	35	40	45	50	55	35	75	30	25	25	20	20
9	Incline	6	0	0	0	0	0	20	10	6	6	6	6
9	Target Pace	120	120	130	130	140	100	110	100	100	100	100	100
8	Resistance	30	35	40	45	50	30	70	25	20	20	15	15
8	Incline	6	0	0	0	0	0	18	9	6	6	6	6
8	Target Pace	110	110	120	120	130	100	110	100	100	100	100	100
7	Resistance	25	30	35	40	45	25	65	20	15	15	10	10
7	Incline	0	0	0	0	0	0	18	9	6	6	6	6
7	Target Pace	110	110	120	120	130	100	110	100	100	100	100	100
6	Resistance	20	25	30	35	40	20	60	15	10	10	5	5
6	Incline	6	0	0	0	0	0	16	8	6	6	6	6
6	Target Pace	110	110	120	120	120	100	110	100	100	100	100	100
5	Resistance	15	20	25	30	35	15	55	10	5	5	0	0
5	Incline	6	0	0	0	0	0	14	8	6	6	6	6

Level	Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	:30	:30	:30	:30
		Warm Up				Core Segments				Cool Down			
5	Target Pace	100	100	110	110	110	100	110	100	100	100	100	100
4	Resistance	10	15	20	25	30	15	50	10	5	5	0	0
4	Incline	6	4	2	2	2	0	12	7	6	6	6	6
4	Target Pace	80	80	100	100	100	80	100	100	100	100	100	100
3	Resistance	5	10	15	20	25	15	30	10	5	5	0	0
3	Incline	6	4	2	2	2	0	10	7	6	6	6	6
3	Target Pace	80	80	100	100	100	80	100	100	100	100	100	100
2	Resistance	0	5	10	15	20	10	25	5	5	5	0	0
2	Incline	6	6	4	4	2	0	10	6	6	6	6	6
2	Target Pace	80	80	100	100	100	80	100	80	80	80	80	80
1	Resistance	0	0	5	10	15	10	20	5	5	5	0	0
1	Incline	6	6	4	4	2	0	8	6	6	6	6	6
1	Target Pace	80	80	100	100	100	80	100	80	80	80	80	80

Fitness (Mens) - Target: Hip, Shaping (Womens) - Glute Camp

2 minutes of progressive resistance and incline targeting the hip extensors are followed by a 1 minute rest.

Level	Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	:30	:30	:30	:30
		Warm Up				Core Segments				Cool Down			
10	Resistance	35	40	45	50	55	75	60	30	30	25	25	20
10	Incline	6	0	0	0	2	12	2	12	6	6	6	6
10	Target Pace	100	100	110	110	120	100	140	100	100	100	100	100
9	Resistance	30	35	40	45	50	70	55	25	25	20	20	15
9	Incline	6	0	0	0	2	12	2	12	6	6	6	6
9	Target Pace	100	100	110	110	120	100	140	100	100	100	100	100
8	Resistance	25	30	35	40	45	65	50	25	25	20	20	15
8	Incline	6	0	0	0	0	10	0	10	6	6	6	6
8	Target Pace	100	100	110	110	120	100	140	100	100	100	100	100
7	Resistance	20	25	30	35	40	60	45	20	20	15	15	10
7	Incline	6	0	0	0	0	10	0	10	6	6	6	6
7	Target Pace	100	100	110	110	120	100	140	100	100	100	100	100
6	Resistance	15	20	25	30	35	55	40	20	20	15	15	10
6	Incline	6	0	0	0	0	8	0	8	6	6	6	6
6	Target Pace	80	80	100	110	110	100	130	100	100	100	100	100
5	Resistance	10	15	20	25	30	50	35	15	15	10	10	5
5	Incline	6	0	0	0	0	8	0	8	6	6	6	6

	Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	:30	:30	:30	:30
Level		Warm Up				Core Segments				Cool Down			
5	Target Pace	80	80	100	110	110	100	130	80	80	80	80	80
4	Resistance	5	10	15	20	25	45	30	15	15	10	10	5
4	Incline	6	0	0	0	4	10	4	10	6	6	6	6
4	Target Pace	80	80	100	100	100	100	120	80	80	80	80	80
3	Resistance	0	5	10	15	20	40	25	15	15	10	10	5
3	Incline	6	0	0	0	4	10	4	10	6	6	6	6
3	Target Pace	80	80	100	100	100	100	120	80	80	80	80	80
2	Resistance	0	5	5	10	15	35	20	10	10	5	5	0
2	Incline	6	0	0	0	4	10	4	10	6	6	6	6
2	Target Pace	80	80	100	100	100	100	120	80	80	80	80	80
1	Resistance	0	0	5	5	10	30	15	5	5	5	0	0
1	Incline	6	0	0	0	4	10	4	10	6	6	6	6
1	Target Pace	80	80	100	100	100	100	120	80	80	80	80	80

Cardio - Wave

A long duration interval promotes cardio endurance with enough rest to repeat the process.

	Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	:30	:30	:30	:30
Level		Warm Up				Core Segments				Cool Down			
10	Resistance	30	35	40	45	45	75	35	25	25	25	20	20
10	Incline	6	14	16	16	18	20	12	6	6	6	6	6
10	Target Pace	80	100	110	120	120	120	140	100	100	100	80	80
9	Resistance	20	25	30	35	35	65	30	20	20	20	15	15
9	Incline	6	10	12	14	16	18	14	6	6	6	6	6
9	Target Pace	100	110	110	120	120	120	140	100	100	100	80	80
8	Resistance	20	20	25	30	30	55	25	15	15	15	10	10
8	Incline	6	8	10	12	14	16	12	4	6	6	6	6
8	Target Pace	100	110	110	120	120	120	140	100	100	100	80	80
7	Resistance	15	20	25	30	30	50	25	15	15	15	10	10
7	Incline	6	6	8	10	12	14	10	4	6	6	6	6
7	Target Pace	100	100	110	110	110	120	130	100	100	100	80	80
6	Resistance	15	15	20	25	25	40	20	15	15	15	10	10
6	Incline	6	4	6	8	10	12	8	2	6	6	6	6
6	Target Pace	100	100	110	110	110	110	130	100	100	100	80	80
5	Resistance	10	15	20	25	25	35	20	15	15	15	10	10
5	Incline	6	2	4	6	8	10	6	2	6	6	6	6

	Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	:30	:30	:30	:30
Level		Warm Up				Core Segments				Cool Down			
5	Target Pace	80	80	100	100	100	110	120	100	100	100	80	80
4	Resistance	10	10	15	20	20	25	15	10	10	10	5	5
4	Incline	6	2	4	4	6	8	4	0	6	6	6	6
4	Target Pace	80	80	100	100	100	110	120	80	80	80	80	80
3	Resistance	0	5	10	15	20	20	15	10	10	10	5	5
3	Incline	6	2	4	4	4	6	2	0	6	6	6	6
3	Target Pace	80	80	100	100	100	110	120	80	80	80	80	80
2	Resistance	0	0	5	10	15	10	10	5	5	5	5	5
2	Incline	6	0	2	2	2	4	0	0	6	6	6	6
2	Target Pace	80	80	100	100	100	100	110	80	80	80	80	80
1	Resistance	0	0	5	5	10	5	5	5	5	5	5	5
1	Incline	6	0	0	0	0	2	0	0	6	6	6	6
1	Target Pace	80	80	100	100	100	100	110	80	80	80	80	80

Cardio - Interval

A 30 second charge improves aerobic power with 1 minute of recovery before a repeat.

Level	Time	:30	:30	:30	:30	1:00	1:00	1:00	:30	:30	:30	:30
		Warm Up				Core Segments			Cool Down			
10	Resistance	35	45	55	65	70	45	45	40	35	30	20
10	Incline	6	10	12	12	14	14	14	6	6	6	6
10	Target Pace	120	130	140	140	140	110	110	110	110	100	100
9	Resistance	35	40	50	60	65	40	40	35	30	25	15
9	Incline	6	10	12	12	14	14	14	6	6	6	6
9	Target Pace	120	130	140	140	140	110	110	110	110	100	100
8	Resistance	30	40	50	55	60	35	35	30	25	20	15
8	Incline	6	8	10	10	12	12	12	6	6	6	6
8	Target Pace	110	120	130	130	130	110	110	110	110	100	100
7	Resistance	30	35	45	50	55	30	30	30	25	20	10
7	Incline	6	8	10	10	12	12	12	6	6	6	6
7	Target Pace	110	120	130	130	130	110	110	110	110	80	80
6	Resistance	25	35	40	45	50	30	30	30	25	20	10
6	Incline	6	6	8	8	10	10	10	6	6	6	6
6	Target Pace	100	110	120	120	120	100	100	100	110	80	80
5	Resistance	25	30	35	40	45	25	25	25	20	15	10
5	Incline	6	6	8	8	10	10	10	6	6	6	6
5	Target Pace	100	110	120	120	120	100	100	100	110	80	80
4	Resistance	20	25	30	35	40	25	25	25	20	15	10
4	Incline	6	4	6	6	8	8	8	6	6	6	6
4	Target Pace	80	100	110	110	110	100	100	100	80	80	80

	Time	:30	:30	:30	:30	1:00	1:00	1:00	:30	:30	:30	:30
Level		Warm Up				Core Segments			Cool Down			
3	Resistance	20	25	30	30	35	20	20	20	15	10	10
3	Incline	6	4	6	6	8	8	8	6	6	6	6
3	Target Pace	80	100	110	110	110	100	100	100	80	80	80
2	Resistance	15	20	25	25	30	20	20	20	15	10	5
2	Incline	6	2	4	4	6	6	6	6	6	6	6
2	Target Pace	80	80	100	100	100	100	100	100	80	80	80
1	Resistance	10	15	20	20	25	15	15	15	15	10	5
1	Incline	6	2	4	4	6	6	6	6	6	6	6
1	Target Pace	80	80	100	100	100	100	100	100	80	80	80

Cardio - Hill Interval

Moderate duration intervals with changes in incline and resistance promote cardio endurance with enough rest to repeat the process.

Level	Time	:30	:30	:30	:30	2:00	2:00	:30	:30	:30	:30
			Warm Up			Core Seg-ments			Cool Down		
10	Resistance	20	25	30	35	40	60	35	30	25	20
10	Incline	6	8	10	12	12	20	12	10	8	6
10	Target Pace	100	100	100	100	100	120	100	100	100	100
9	Resistance	20	25	30	35	40	50	35	30	25	20
9	Incline	6	6	8	10	10	20	10	8	6	6
9	Target Pace	100	100	100	100	100	120	100	100	100	100
8	Resistance	15	20	25	30	35	45	30	25	20	15
8	Incline	6	6	8	10	10	18	10	8	6	6
8	Target Pace	100	100	100	100	100	120	100	100	100	100
7	Resistance	15	20	25	30	35	40	30	25	20	15
7	Incline	6	6	8	10	10	18	10	8	6	6
7	Target Pace	100	100	100	100	100	120	100	100	100	100
6	Resistance	15	15	20	25	30	35	25	20	15	15
6	Incline	6	6	6	8	8	16	8	6	6	6
6	Target Pace	100	100	100	100	100	120	100	100	100	100
5	Resistance	15	15	20	25	25	35	25	20	15	15
5	Incline	6	6	6	6	6	16	6	6	6	6
5	Target Pace	80	80	80	80	80	100	80	80	80	80
4	Resistance	10	10	15	20	25	30	20	15	10	10

Level	Time	:30	:30	:30	:30	2:00	2:00	:30	:30	:30	:30
		Warm Up				Core Segments		Cool Down			
4	Incline	6	6	6	6	6	14	6	6	6	6
4	Target Pace	80	80	80	80	80	100	80	80	80	80
3	Resistance	10	10	15	20	25	25	20	15	10	10
3	Incline	4	4	6	6	6	14	6	6	4	4
3	Target Pace	80	80	80	80	80	100	80	80	80	80
2	Resistance	10	10	10	15	20	25	15	10	10	10
2	Incline	4	4	6	6	6	12	6	6	4	4
2	Target Pace	80	80	80	80	80	100	80	80	80	80
1	Resistance	10	10	10	10	15	20	10	10	10	10
1	Incline	4	4	6	6	6	12	6	6	4	4
1	Target Pace	80	80	80	80	80	100	80	80	80	80

Cardio - Heart Rate Control

The Heartrate Control (HRC) workout 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.

👉 **Note:** This workout requires the user to wear a 5 KHz Polar® or compatible heart rate transmitter belt. The Heart Rate Control workout (HRC) cannot be selected on the control console unless it detects a heart rate signal. The HRC workout will not work with the cardio touch contact heart rate system.

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

Max HR formula: 208-(0.7 x Age).

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**.

Power - Constant Power

You set the power in watts. Pedaling faster feels easier, pedaling slower feels harder; but the workload remains the same.

Power - Adaptive Power

An ideal way to perform "live" interval training. You choose the level. The higher the level, the greater the rate the resistance increases with speed.

CYBEX®