Cybex Arc Trainer® 750A/750AT
Owner's Manual

Cardiovascular Systems

Part Number 5750-4 D

www.cybexinternational.com

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About This Manual

An owner's manual is shipped with each unit. To purchase additional copies of this manual or any other Cybex manual, see ***Chapter 5 – Customer Service*** for Cybex contact information.

To contact Cybex with comments about this manual, email techpubs@cybexintl.com.

FCC Compliance Information

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

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates, uses and can radiate radio frequency energy and (if not installed and used in accordance with the instructions) may cause harmful interference to radio communications. There is no guarantee that interference will not occur in a particular installation.

If equipment does cause harmful interference to radio or television reception,(determine by turning the equipment off and on) the user is encouraged to try to correct the interference by one or more of the following methods:

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

1 – Safety

IMPORTANT: *Read all instructions and warnings before using.*

Grounding and Voltage Information

DANGER: Improper connection of equipment grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service provider if in doubt as to whether the unit is properly grounded.

For Optional Power Supply

Unit must be grounded. This unit is equipped with an optional equipment-grounding conductor cord and a grounding plug.

Do not use a ground plug adapter to adapt the power cord to a non-grounded outlet.

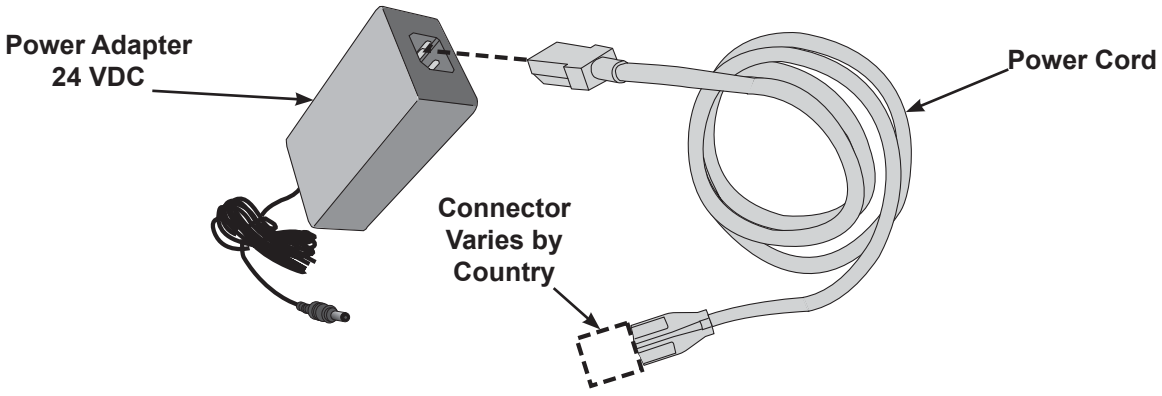
Plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

If unit malfunctions, grounding provides path of least resistance for electric current to reduce risk of electric shock.

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.



NOTE: *Use Cybex supplied power adapter and power cords only.*

Important Safety Instructions

(Save These Instructions)

DANGER: To reduce the risk of electrical shock, always unplug unit from electrical outlet immediately after use and before cleaning.

WARNING: Serious injury could occur if these listed precautions are not observed. Follow precautions to reduce the risk of burns, fires, electric shock or injury.

User Safety Precautions

Obtain medical exam before beginning any exercise program.

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

Stop exercising if feeling faint, dizzy or experiencing pain and consult your physician.

Obtain instruction before using. *Lisez les instructions avant l'utilisation.*

Read and understand the Owner's Manual and all warnings posted on the unit before using.

Keep children away. Teenagers and disabled must be supervised. *Tenez les enfants éloignés. Les adolescents et les handicapés doevent être surveilles.*

Use the handrails for support and to maintain balance.

Wait until foot plates come to a complete stop before dismounting. *Attendre l'arret complet des reposes pieds avant de descendre.*

Keep foot plate surface clean and dry.

DO NOT wear loose or dangling clothing while using.

Keep all body parts and other items free and clear of moving parts.

DO NOT use unit if user weight exceeds 400 lbs (180 kg). This is the rated maximum user weight.

Report any malfunctions, damage or repairs to the facility.

Replace any warning labels if damaged, worn or illegible.

Facility Safety Precautions

NOTE: *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 repairs; electrical or mechanical. Seek qualified repair technician when servicing. Failure to do so could result in serious injury. See ***Chapter 5 – Customer Service*** for contact information.

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.

Unit with A/V Options

Devices connected to Cybex equipment must comply with appropriate safety standards. This includes but not limited to: UL 1647 and EN 60335-1.

There must be adequate mechanical mounting of the device in all combinations (configurations).

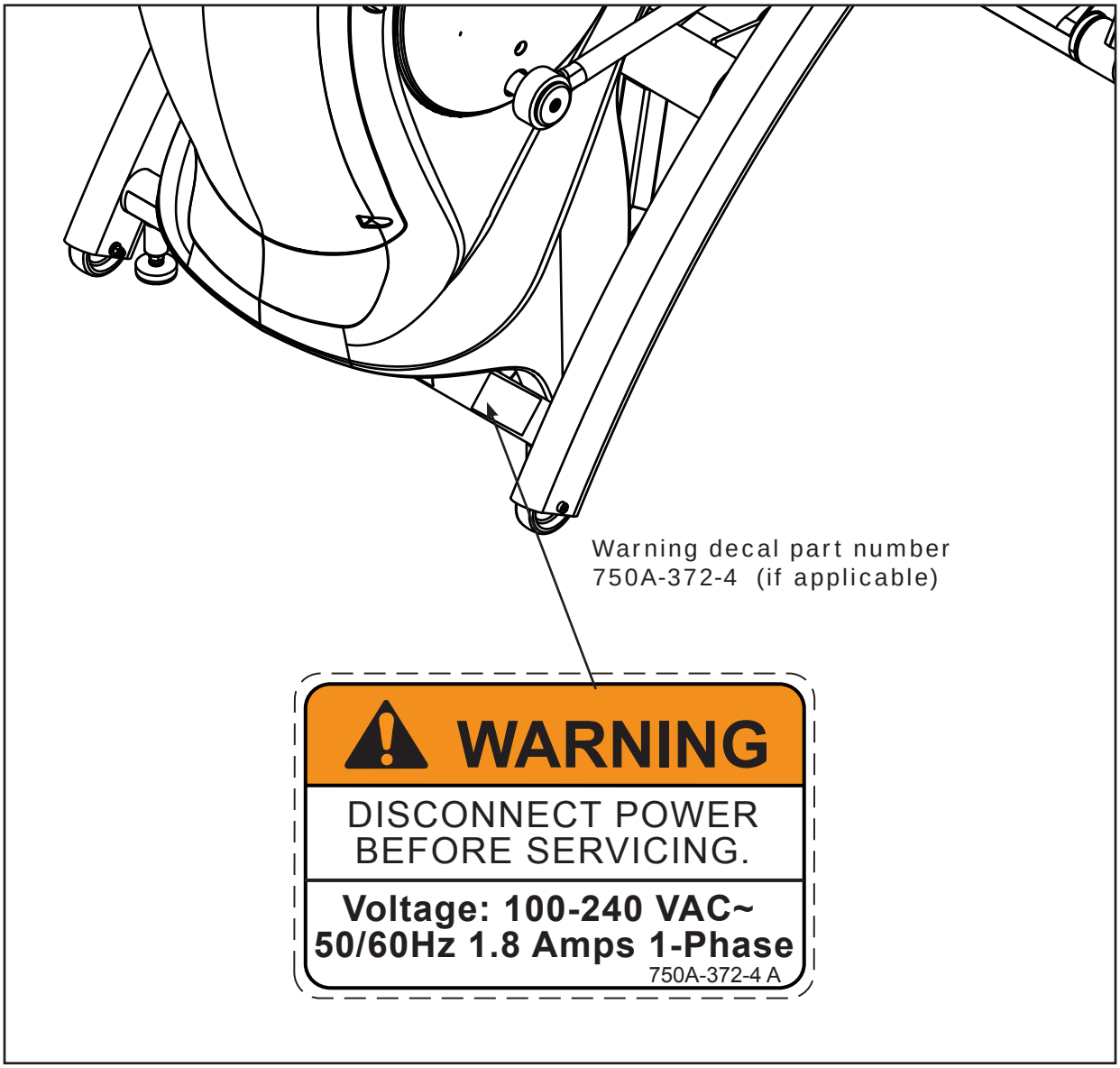
Device must be stable on the unit in all configurations.

Warning and Caution Decals

NOTE: *To replace any worn or damaged labels, see* ***Chapter 5 – Customer Service*** *for contact information.*

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

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

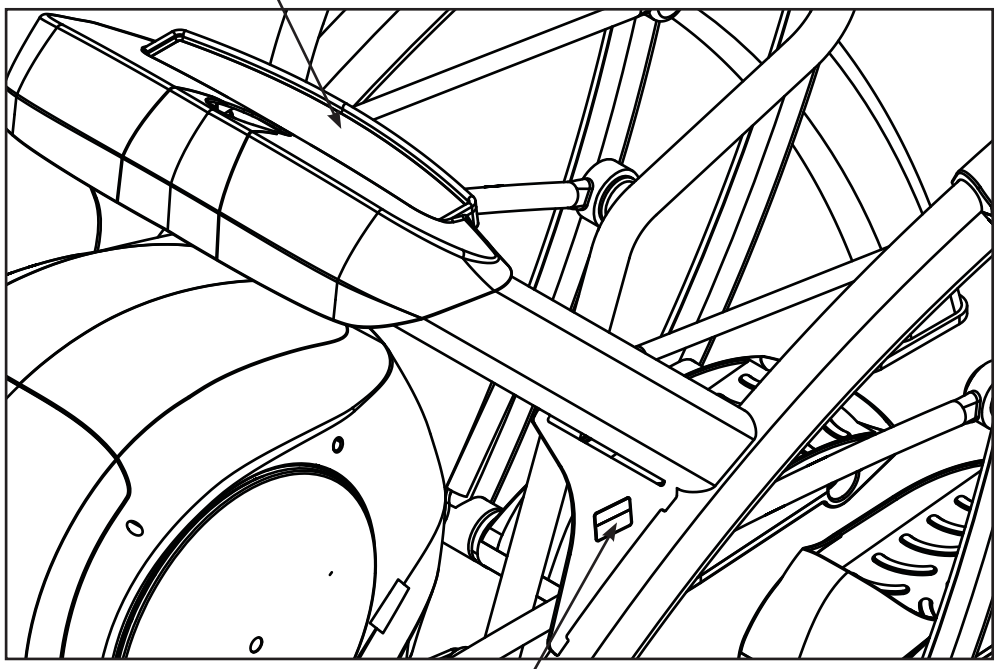


⚠ WARNING — **SERIOUS INJURY COULD OCCUR IF THESE PRECAUTIONS ARE NOT OBSERVED**

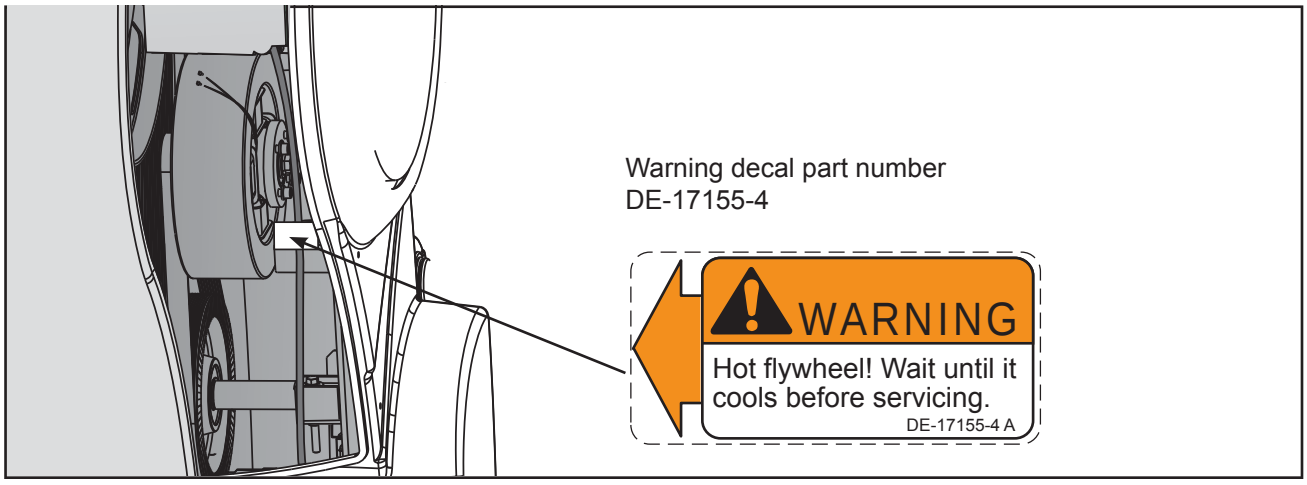
1. Obtain a medical exam before beginning any exercise program.
2. WARNING! Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.
3. Stop exercising if feeling faint, dizzy, or experiencing pain and consult your physician.
4. Obtain instruction before using. *Lisez les instructions avant l'utilisation.*
5. Read and understand the Owner's Manual and all warnings posted on the unit before using.
6. Keep children away. Teenagers and disabled must be supervised. Tenez les enfants éloignés. Les adolescents et les handicapés doivent être surveilles.
7. Use the handrails for support and to maintain balance.
8. Wait until foot plates come to a complete stop before dismounting. *Attendre l'arret complet des reposes pieds avant de descendre.*
9. Keep foot plate surface clean and dry.
10. DO NOT wear loose or dangling clothing while using.
11. Keep all body parts and other items free and clear of moving parts.
12. DO NOT use unit if user exceeds 400 lbs. (180 kg). This is the rated maximum user weight.
13. Report any malfunctions, damage or repairs to the facility.
14. Replace any warning labels if damaged, worn or illegible.

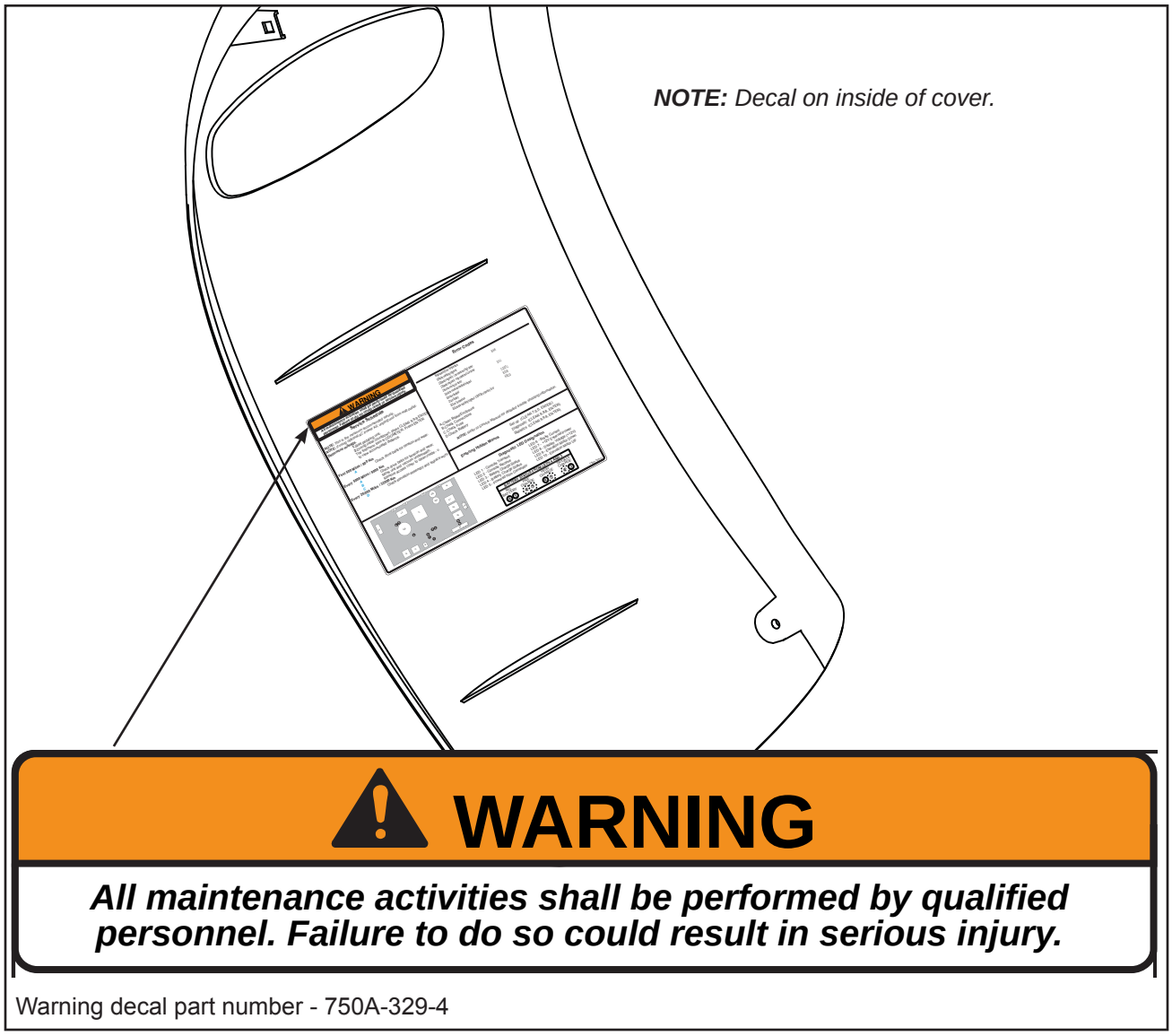
750A-330-4

Warning decal part number 750A-330-4



Warning decal part number DE-17219-4 (Both Sides)



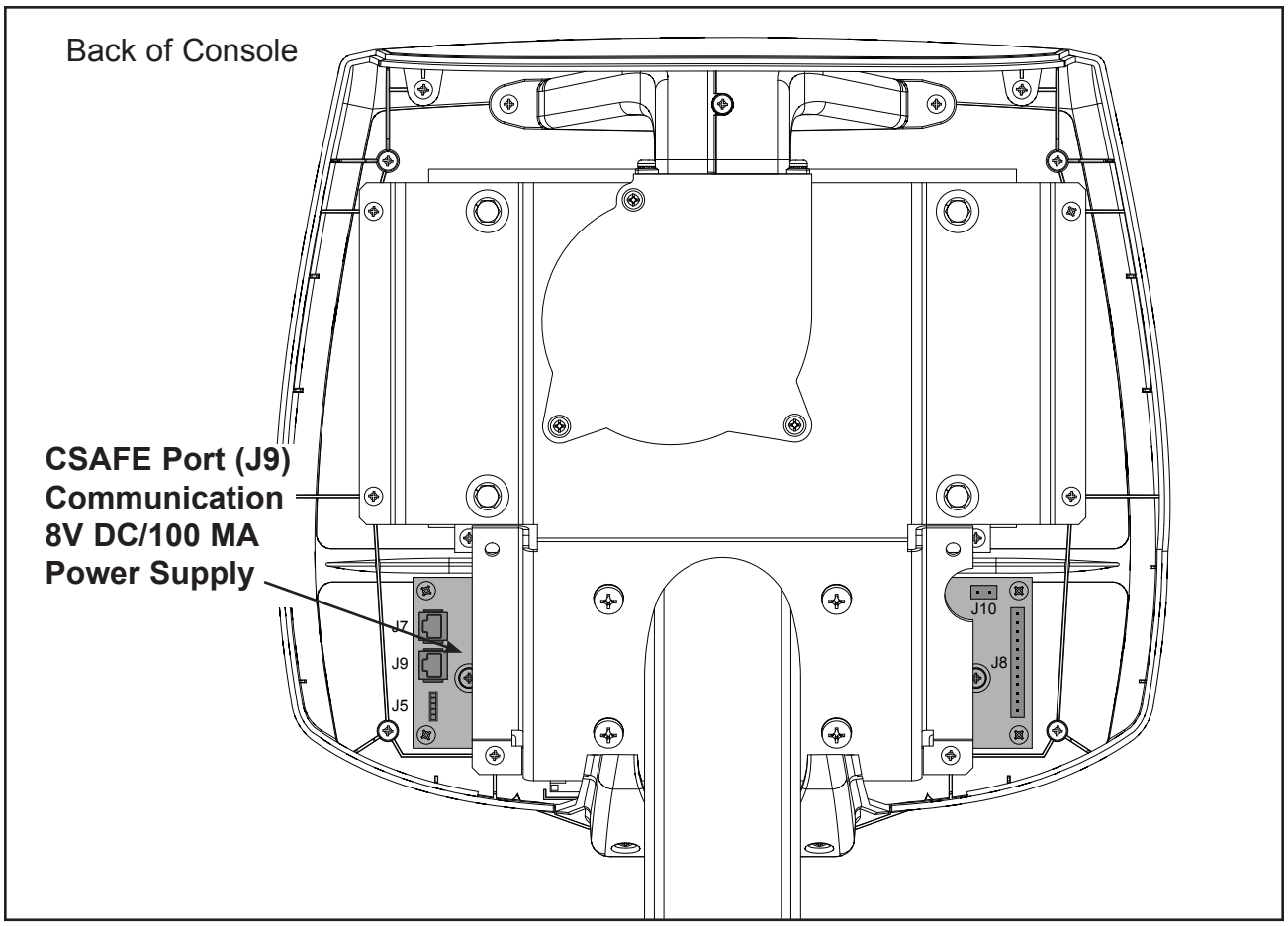


Warning decal part number - 750A-329-4

CSAFE Port

The CSAFE standard defines a communication protocol and low-voltage DC power source specific to the Fitness Equipment Industry. These RJ-45 phone jacks are provided for use ONLY within the CSAFE protocol. For more information on CSAFE standard, visit www.fitlinxx.com/csafe.

NOTE: *The CSAFE port inside the console, accessible through the back cover, is the only port that carries BOTH the CSAFE communication lines and the 8.0v DC CSAFE power supply. If attaching a CSAFE compliant device that requires power, this connection must be used. Power is present only when the unit is in use or when a power supply is attached.*



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2 – Assembly and Set Up

Warning and Caution

Read and understand all warnings and cautions listed in ***Chapter 1 – Safety*** *before assembling unit.*

Use extreme caution when assembling the unit. Failure to do so could result in injury or death.

WARNING: Always use proper lifting methods when moving heavy items.

Ensure all electrical requirements are met as indicated in the specifications in ***Chapter 1 – Safety*** *and as listed in this chapter.*

Choosing and Preparing Site

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

Area is well lit and well ventilated.

Surface is structurally sound and properly leveled. ***NOTE:*** *Place a 3/4" (1.9 cm) thick wood base under unit to protect carpeting.*

Area allows for ample access and passage clearance around unit or for emergency dismount. Minimum clearance is 19.7 inches (.5 meters) on at least one side of unit and also behind unit.

NOTE: *The access and passage clearance dimensions stated are the recommended minimum dimensions as set forth by the manufacturer. The actual area for access and passage is the responsibility of the facility and should take into account any required local codes or regulations.*

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

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

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

Electrical Power Requirements

NOTE: *The AC power kit is optional.*

Verify unit is connected to an outlet having the same configuration as the plug.

Verify connection is a grounded circuit. ***NOTE:*** *Do not use a ground-plug adapter to adapt the 3-prong power cord to a non-grounded electrical outlet.*

NOTE: *Use Cybex supplied optional AC power kit only. Consult an electrician with any questions.*

Verify power supply is compliant with local building codes.

Unit Assembly

Tools Required

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

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

1. Read and understand all instructions thoroughly before assembling unit.

2. Verify correct package.

A. Read box label to verify the model number and voltage (optional) match what was ordered.

B. Lift and remove cardboard sleeve surrounding unit.

C. Verify paint color matches what was ordered.

D. Verify correct voltage if option AC power kit is included.

3. Unpack and verify 750A contents of carton.

NOTE: *For 750AT content verification, skip to step 5.*

A. See 750A content listing and Figure 1a for 750A carton contents.

B. Check off each item as found. See ***Customer Service – Chapter 5*** for contact information if any parts are missing.

750A Contents

	Item	Qty	Part Number	Description
☐	1	1	Varies	Base with covers attached
☐	2a	1	Varies	Console assembly (in box)
☐	2b	1	750A-124	Handrail assembly
☐	3	2	12090-322	Foot pad
☐	4	1	740A-370	Tray, Main
☐	5	1	740A-371	Tray, Insert
☐	6	1	NA	Hardware pack
☐	7	1	5750-4	Owner's Manual
☐	8	1	750A-402	Assembly poster
☐	9	1	750A-391	Commercial Arc warranty sheet
☐	10	1	750A-392	Consumer Arc warranty sheet

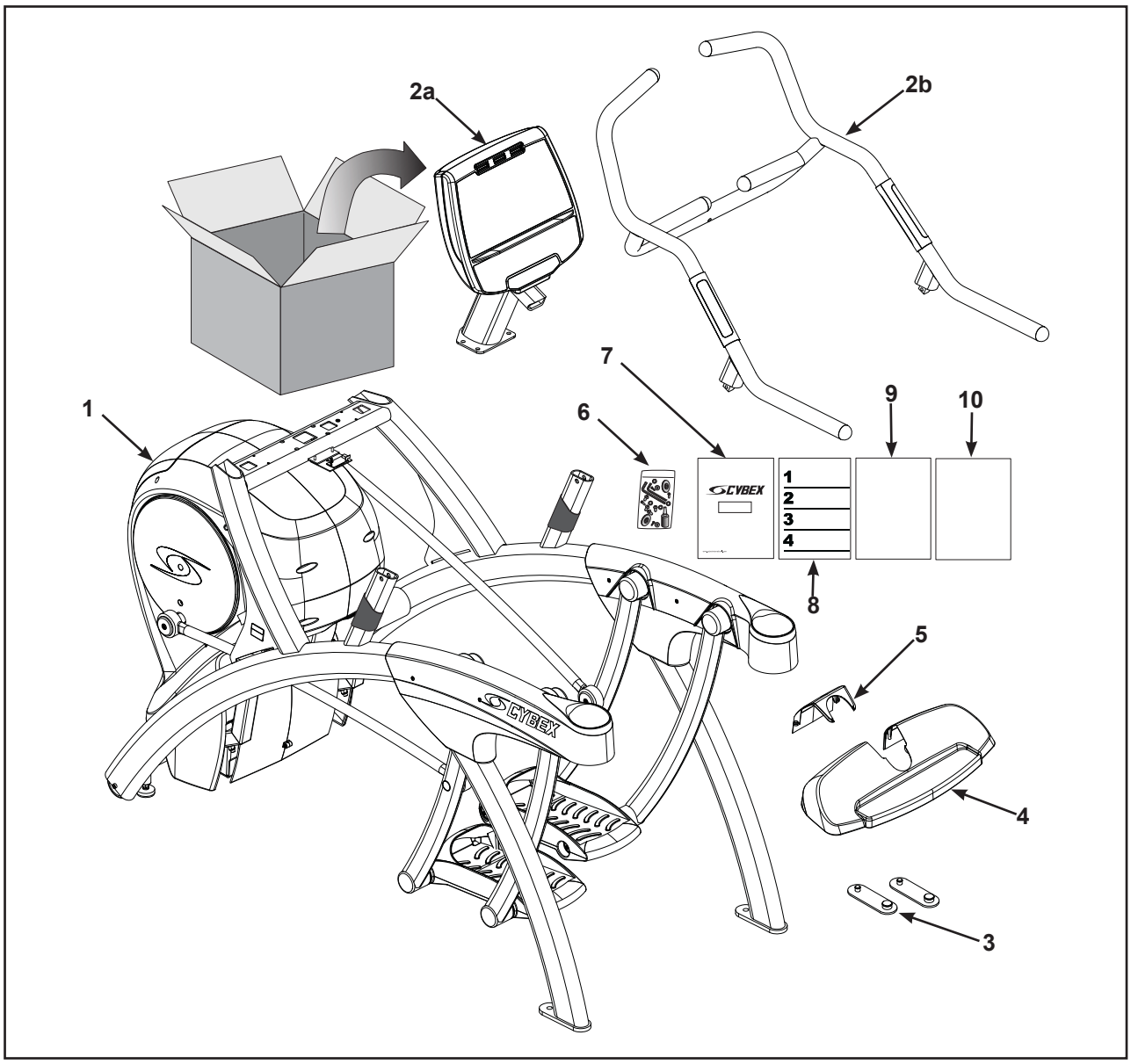


Figure 1a (750A)

4. Verify contents of 750A hardware pack.

A. See 750A hardware pack listings and Figure 1b for 750A hardware pack contents.

B. Check off each item as found. See ***Customer Service – Chapter 5*** for contact information if any parts are missing.

750A Hardware Pack

Item	Qty	Part Number	Description
☐ 11	4	HT592526	Tap SC 10-12 x 2.00 Type A PN HD PHIL
☐ 12	4	HN704901	Locknut, .375-16 Nylon
☐ 13	5	HC700428	BHSCS .375-16 x 2.25
☐ 14a	2	HT552512	Pan HD Phil Hd Self Tapping, 8-16 x .50 Type WB
☐ 14b	1	750A-403	Washer, Saddle, .390 ID x .750 OD x 6
☐ 14c	1	HX700428	BHSCS .375-16 x 2.25 SS
☐ 14d	4	HX700412	BHSCS .375-16 x .50 SS
☐ 15	1	BK030204	7/32" Allen Wrench
☐ 16	1	YA000201	Loctite

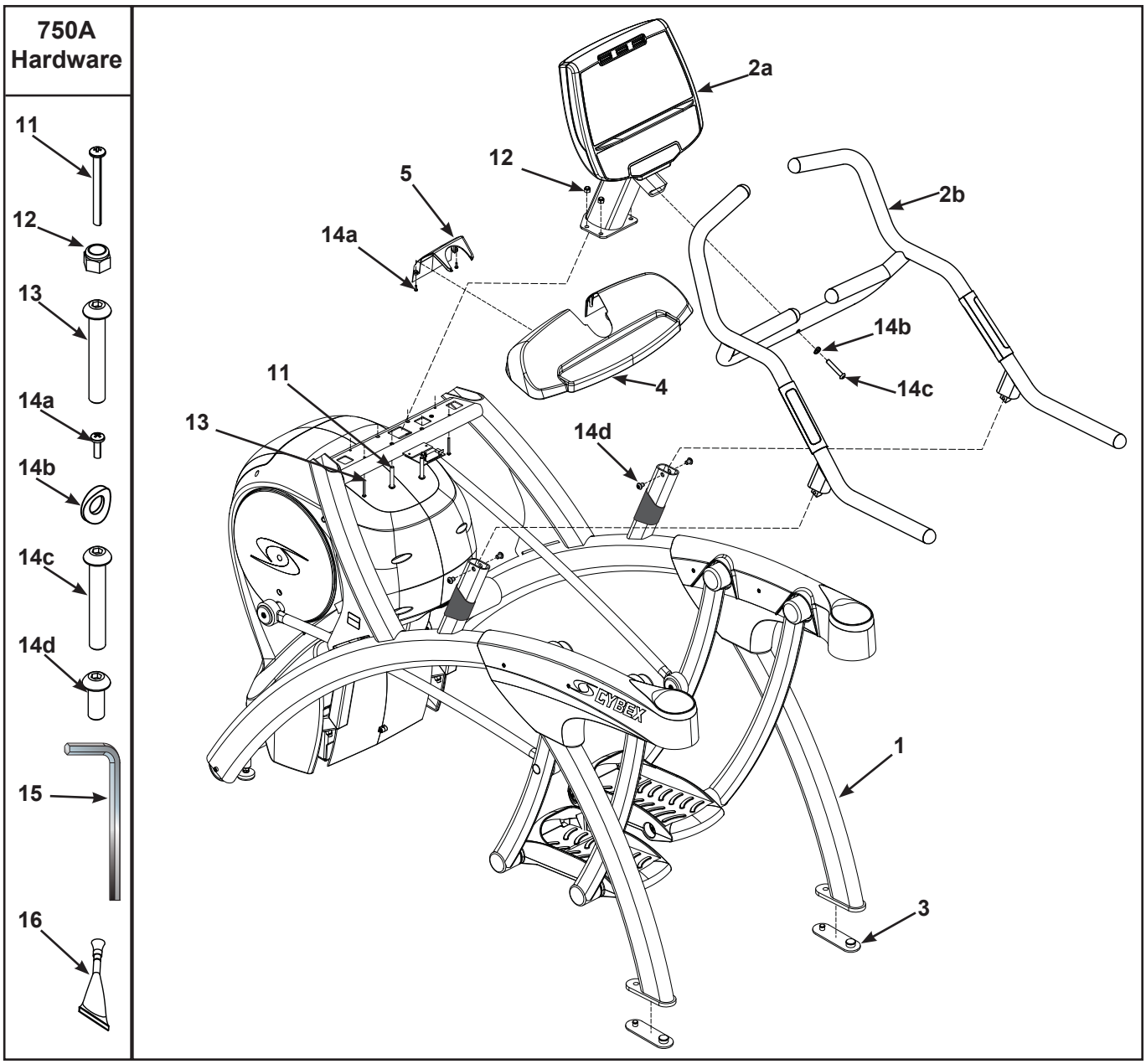


Figure 1b (750A)

NOTE: *For 750A assembly, skip to step 7.*

5. Unpack and verify 750AT contents of carton.

A. See 750AT content listing and Figure 2a for 750AT carton contents.

B. Check off each item as found. See ***Customer Service – Chapter 5*** for contact information if any parts are missing.

750AT Contents

	Item	Qty	Part Number	Description
☐	1	1	Varies	Base with covers attached
☐	2a	1	Varies	Console assembly (in box)
☐	3	2	12090-322	Foot pad
☐	4	1	740A-370	Tray, Main
☐	5	1	740A-371	Tray, Insert
☐	6	1	NA	Hardware pack
☐	7	1	5750-4	Owner's Manual
☐	8	1	750A-393	Assembly poster
☐	9	1	750A-391	Commercial Arc warranty sheet
☐	10	1	750A-392	Consumer Arc warranty sheet

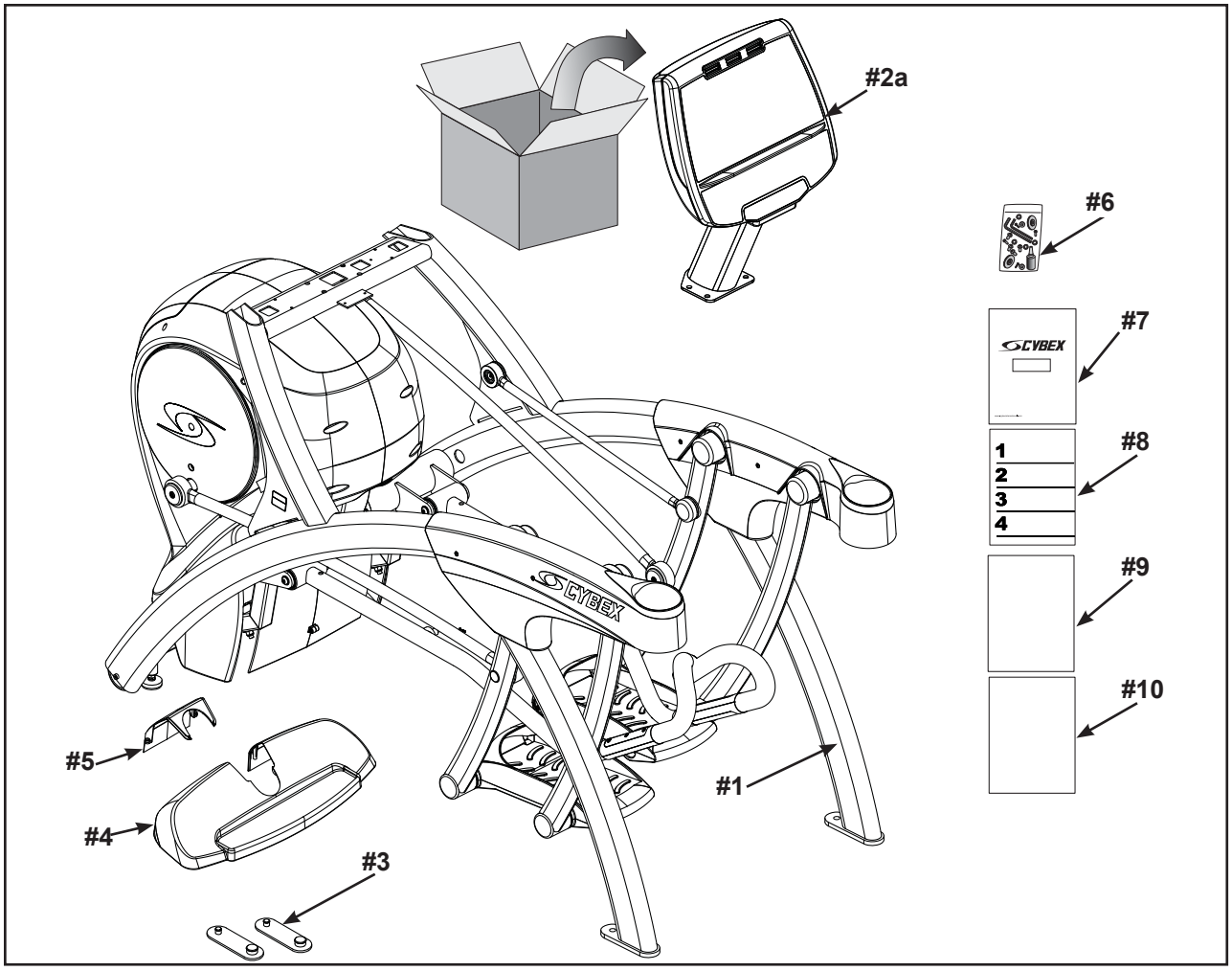


Figure 2a (750AT)

6. Verify contents of 750AT hardware pack.

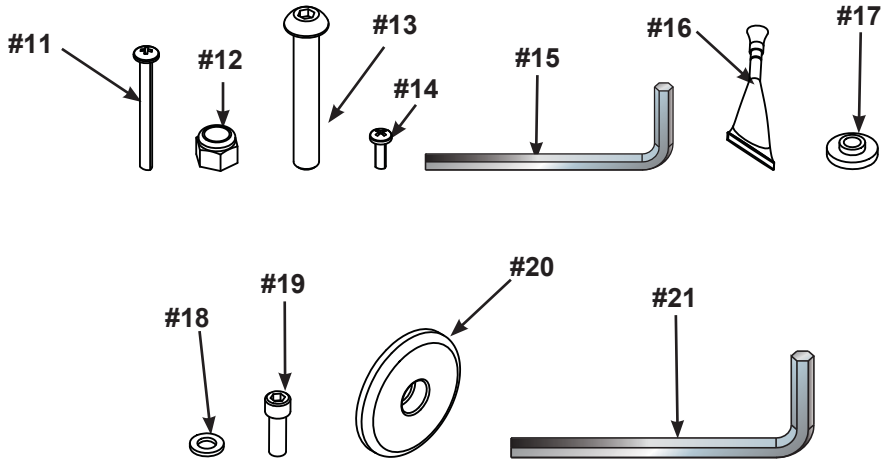
A. See 750AT hardware pack listings and Figure 2b for 750AT hardware pack contents.

B. Check off each item as found. See ***Customer Service – Chapter 5*** for contact information if any parts are missing.

750 AT Hardware Pack

	Item	Qty	Part Number	Description
☐	11	4	HT592526	Tap SC 10-12 x 2.00 Type A PN HD PHIL
☐	12	4	HN704901	Locknut, .375-16 Nylon
☐	13	4	HC700428	BHSCS .375-16 x 2.25
☐	14	2	HT552512	Pan HD Phil Hd Self Tapping, 8-16 x .50 Type WB
☐	15	2	BK030204	7/32" Allen Wrench
☐	16	1	YA000201	Loctite
☐	17	2	600A-311	Flange Spacer
☐	18	2	HS307601	Washer, Flat .281 ID x .500 OD x .062 T
☐	19	2	HX622815	SHCS .250-20 UNC-3A SS
☐	20	2	PL-16535	Linkage Rod Cap 2.00 OD
☐	21	1	BK030201	3/16" Allen Wrench

750 AT Hardware



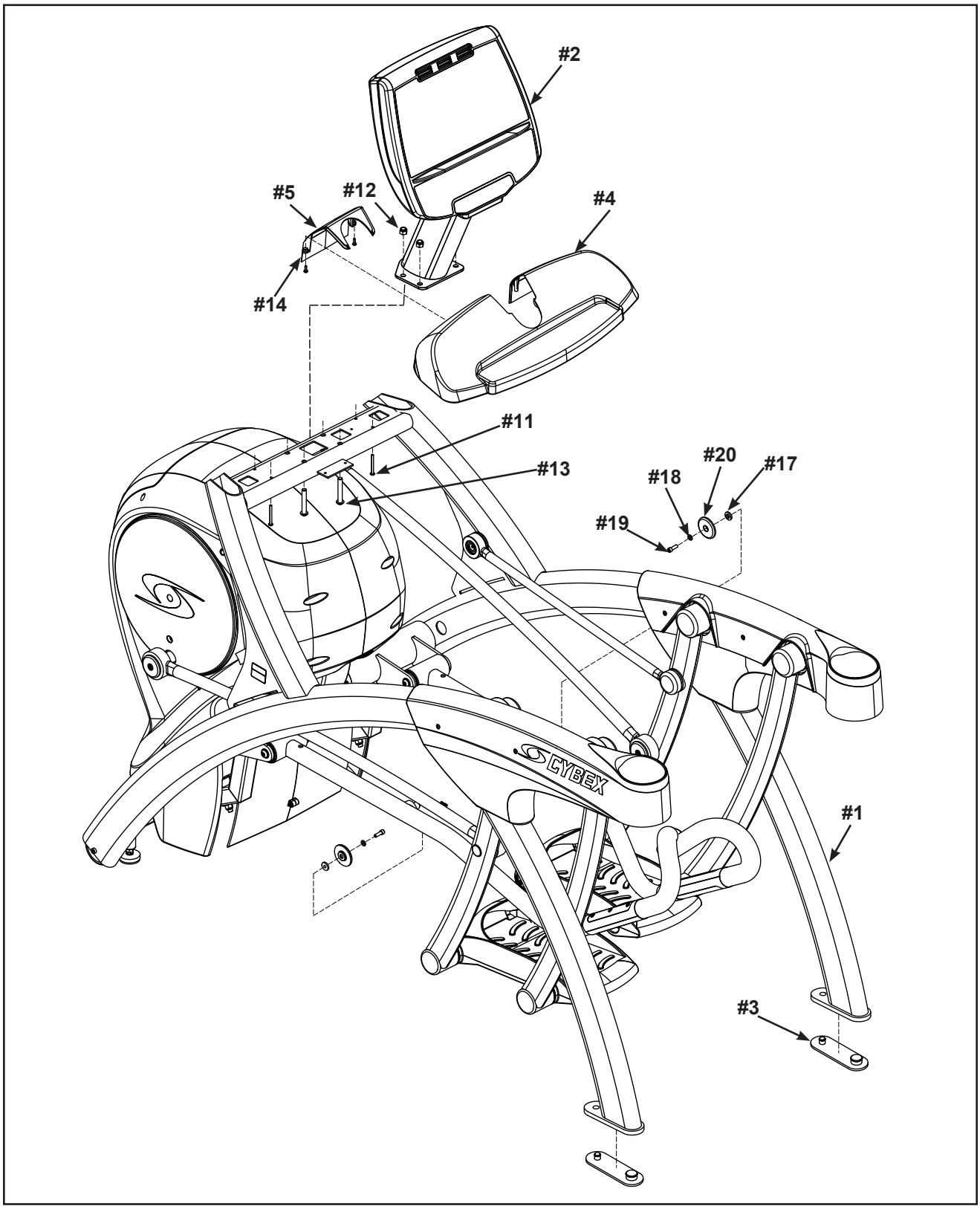


Figure 2b (750AT)

7. Lift and move unit.

A. Carefully remove large bolts and shipping supports. ***NOTE:*** *Keep package material on linkage arms at this time. This will protect the paint from scratching during assembly.*

B. With one person on each side, firmly grasp each rear support leg and lift.

NOTE! *Do not grasp plastic pivot covers. Grasping plastic pivot covers may cause damage to unit. See Figure 3.*

C. Using proper lifting methods, lift the lower rear support legs so the front transport wheels are able to roll on floor.

D. Move unit to intended location.

E. Carefully lower rear support legs.

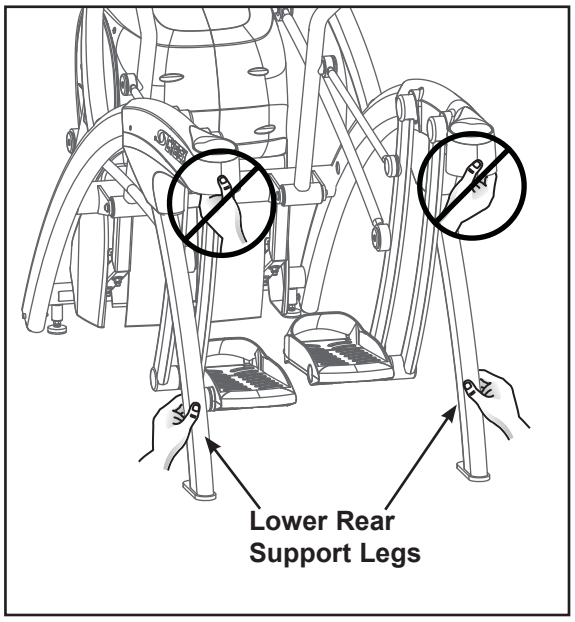


Figure 3

8. Attach 750A console assembly to handrail assembly.

NOTE: *For 750AT console assembly, skip to step 11.*

NOTE: *If installing the A/V option, refer to the installation instructions supplied with the A/V unit.*

A. Locate the console assembly (#2a), handrail assembly (#2b), saddle washer (#14a) and one BHSCS .375-16 x 2.25 SS (#14b). See Figure 4.

B. Locate the contact heart rate cable in the handrail assembly.

C. Thread upper contact heart rate cable through the console mount. See Figure 4.

D. Attach the console assembly (#2a) to the handrail assembly (#2b); using a 7/32" Allen wrench, secure with one saddle washer .390 ID x .750 OD x 6 (#14a) and one BHSCS .375-16 x 2.25 SS (#14b). See Figure 4.

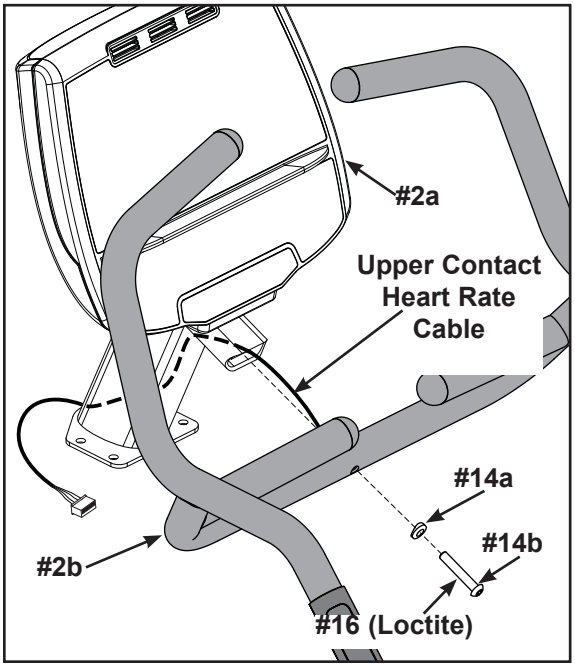


Figure 4 (750A)

9. Attach 750A cables.

A. Locate the upper display cable and plug into the lower display cable. See Figure 5.

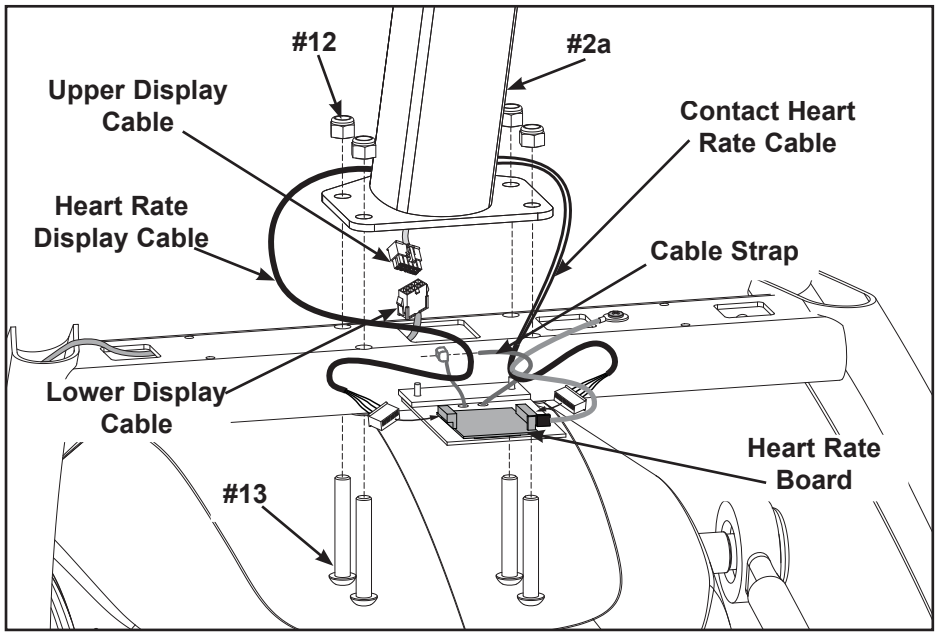


Figure 5 (750A)

B. Locate the contact heart rate cable and plug into heart rate board. See Figure 5.

C. Plug the heart rate disply cable (threaded through console mount in step 8C) into the heart rate board. ***NOTE:*** *Ensure cable connectors are securely fastened.* Tighten cable strap. See Figure 5.

10. Attach 750A console and handrail assembly.

A. Locate four nylon locknuts (#12) and four BHSCS .375-16 x 2.25 (#13). See Figure 5.

B. With an assistant, place the console assembly (#2a) and handrail assembly (#2b) in the correct position on the main frame.

NOTE: *Confirm that no cables are pinched while lowering the console.*

C. Insert (from underneath) the four **BHSCS .375-16 x 2.25 (#13).** Hand thread the four .375-16 nylon locknuts (#12) in position. See Figure 5. Do not tighten at this point.

D. Apply loctite (#16) to and insert the four BHSCS .375-16 x .50 SS (#14d) as shown in Figure 6. Do not tighten at this point.

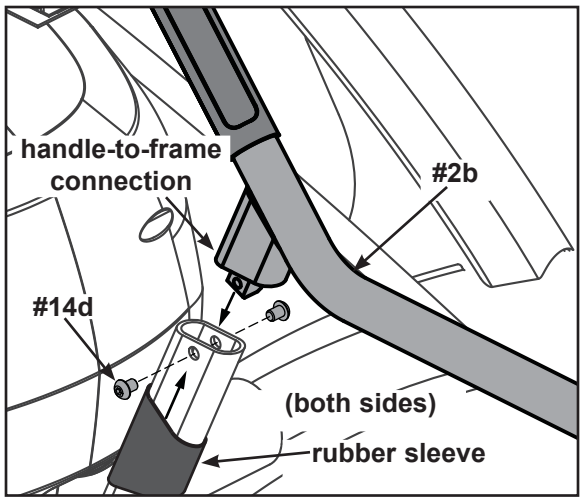


Figure 6 (750A)

E. Hold the four BHSCS .375-16 x 2.25 (#13) with a 7/32" Allen wrench (#15) while tightening with a 9/16" open end wrench to secure console.

F. Using a 7/32" Allen wrench, tighten the four BHCS (#14d) to secure the handle assembly. See Figure 6.

G. Pull rubber sleeves up to cover handle-to-frame connections.

NOTE: *For 750A assembly, skip to step 12.*

11. Attach 750AT console assembly.

A. Locate the console assembly (#2a), four .375-16 nylon locknuts (#12) and four **BHSCS .375-16 x 2.25** (#13).

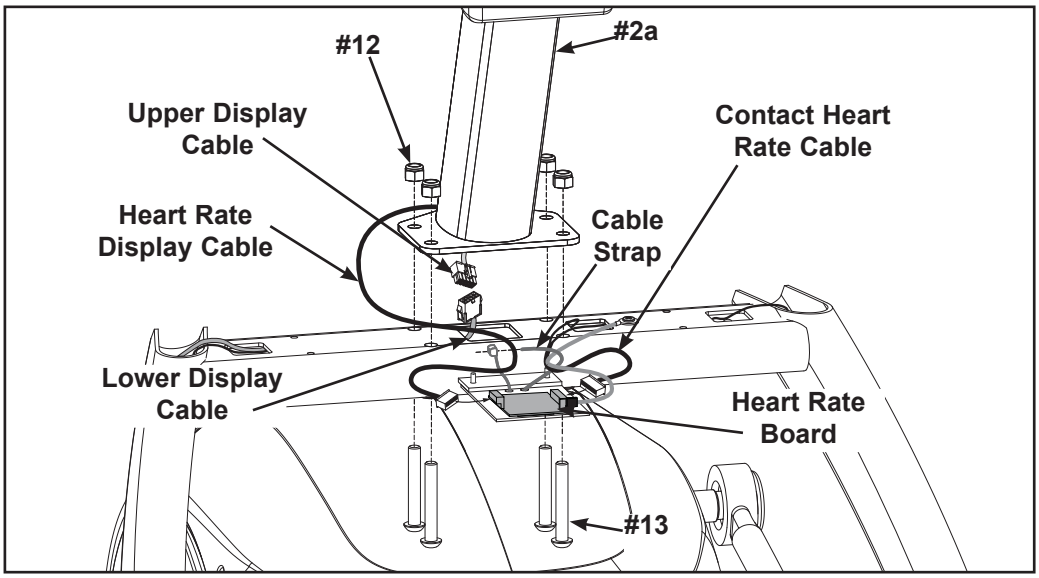


Figure 7 (750AT)

B. Locate the upper display cable and plug into the lower display cable. See Figure 7

C. Locate the heart rate display cable and plug into heart rate board. See Figure 7.

D. Locate the contact heart rate cable and plug into the heart rate board. Tighten cable strap.

E. Insert (from underneath) the four **BHSCS .375-16 x 2.25 (#13).** Hand thread the four .375-16 nylon locknuts (#12) in position. See Figure 7.

NOTE: *Confirm that no cables are pinched while lowering the console.*

F. Hold the four BHSCS .375-16 x 2.25 (#13) with a 7/32" Allen wrench (#15) while tightening with a 9/16" open-end wrench to secure console. See Figure 7.

12. Attach main tray.

A. Locate main tray (#4) and four **tap SC 10-12 x 2.00 Type A PN HD PHIL (#11)**.

B. Place the main tray (#4) in the correct position on the main frame assembly and hand thread the four **Tap SC 10-12 x 2.00 Type A PN HD PHIL (#11)**. See Figure 8.

C. Using a Phillips screwdriver, securely fasten the four **tap SC 10-12 x 2.00 Type A PN HD PHIL (#11)**.

13. Attach tray insert.

A. Locate tray insert (#5) and two **Pan HD Phil Hd Self Tapping, 8-16 x .50 Type WB** (#14).

B. Place the insert tray in the correct position on the main frame assembly and hand thread the two **Pan HD Phil Hd Self Tapping, 8-16 x .50 Type WB (#14)**. See Figure 8.

C. Using a Phillips screwdriver, securely fasten the two **Pan HD Phil Hd Self Tapping, 8-16 x .50 Type WB (#14)**.

NOTE: *For 750A assembly, skip to step 18.*

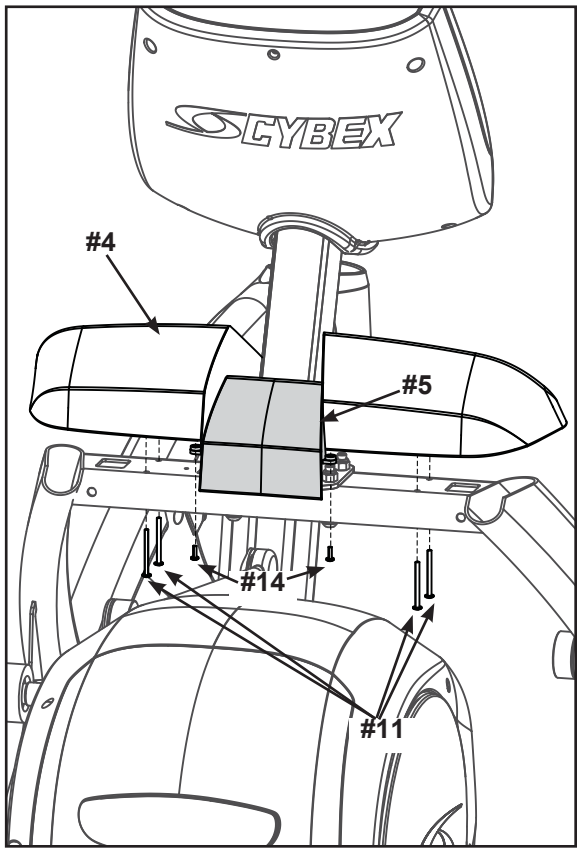


Figure 8

14. Remove left and right handle assembly.

NOTE: *The left and right handle assemblies are shipped in the reverse positions. The handle assemblies must be removed and swapped for proper setup and assembly. See Figure 9.*

A. Locate the screws and washers that secure each handle assembly to the main frame. See Figure 10.

B. Using a 7/32" Allen wrench (#15), remove the screws and washers from the right handle assembly. See Figure 10. ***NOTE:*** *The right handle assembly is mounted on the left side. See Figure 9.*

C. Slide pivot pin out, remove right handle assembly and set aside.

D. Using a 7/32" Allen wrench (#15), remove the screws and washers from the left handle assembly. See Figure 10. ***NOTE:*** *The left handle assembly is mounted on the left side. See Figure 9.*

E. Slide pivot pin out, remove left handle assembly and set aside.

15. Install the left handle assembly.

A. Position the left handle assembly in the correct position on the left side where the right handle assembly was removed in step 14C. See Figure 10.

B. Apply loctite (#16) to threads inside the arm and both screws removed in step 14B. See Figure 11.

C. Place left handle assembly in position and slide pivot pin back in place. See Figure 10.

D. Secure handle assembly with the screws and washers removed in step 14B. See Figure 10.

E. Locate left linkage rod, left handle assembly, **linkage rod cap 2.00 OD** (#20), **flange spacer** (#17), **SHCS .250-20 UNC-3A SS** (#19), and **flat washer .281 ID x .500 OD x .062 T** (#18). See Figure 11.

F. Place a drop of loctite (#16) on each **SHCS .250-20 UNC-3A SS** (#19) and another drop inside the shaft into which the SHCS (#19) will be tightened.

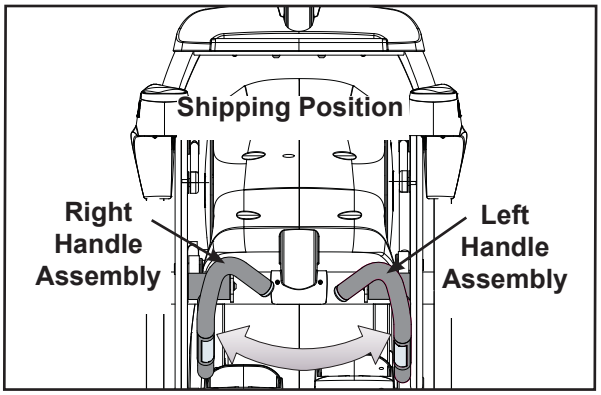


Figure 9 (750AT)

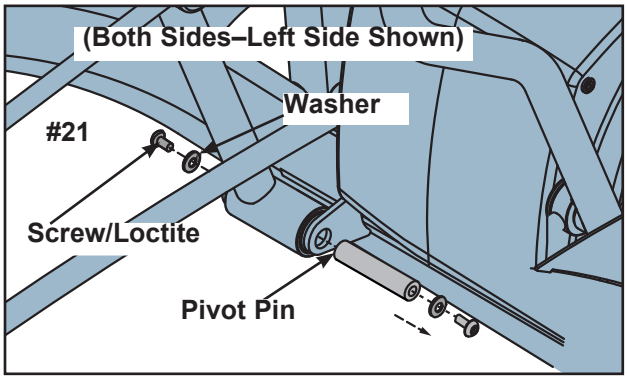
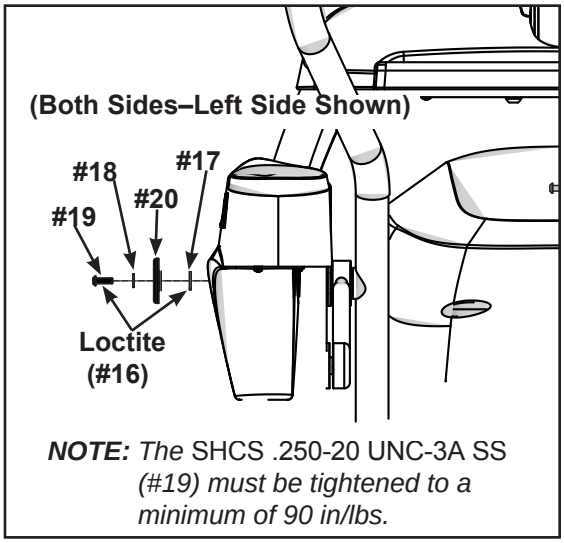


Figure 10 (750AT)



NOTE: *The* SHCS .250-20 UNC-3A SS *(#19) must be tightened to a minimum of 90 in/lbs.*

Figure 11 (750AT)

G. Using a 3/16" Allen wrench (#7), secure linkage rod to handle assembly with **linkage rod cap 2.00 OD** (#20), **flange spacer** (#17), **SHCS .250-20 UNC-3A SS** (#19) and flat **washer, .281 ID x .500 OD x .062 T** (#18) as shown in Figure 11. ***NOTE:*** *The SHCS .250-20 UNC-3A SS (#19) must be tightened to a minimum of 90 in/lbs.*

16. Install right handle assembly.

A. Position the right handle assembly in the correct position on the right side where the left handle assembly was removed in step 14E. See Figures 10 and 11.

B. Apply loctite (#16) to threads inside the arm and screws removed in step 14B. See Figure 11.

C. Place right handle assembly in position and slide pivot pin back in place. See Figure 10.

D. Secure handle assembly with the screws and washers removed in step 14B. See Figure 10.

E. Locate right linkage rod, right handle assembly, **linkage rod cap 2.00 OD** (#20), **flange spacer** (#17), **SHCS .250-20 UNC-3A SS** (#19), and **flat washer .281 ID x .500 OD x .062 T** (#18). See Figure 11.

F. Place a drop of threadlocker (#21) on each **SHCS .250-20 UNC-3A SS** (#19) and another drop inside the shaft into which the SHCS will be tightened.

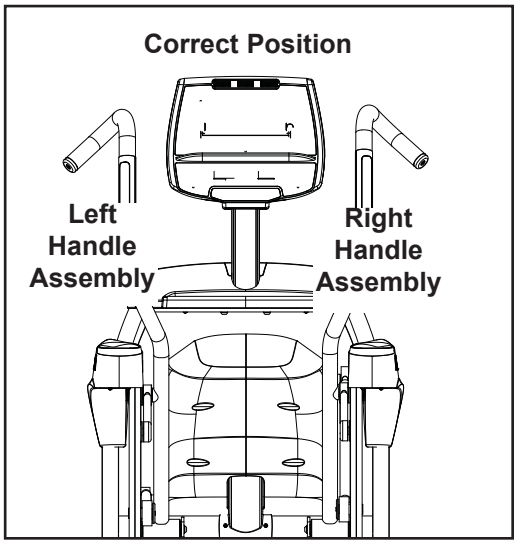


Figure 12 (750AT)

G. Secure linkage rod to handle assembly with linkage rod cap **2.00 OD** (#20), **flange spacer** (#17), **SHCS .250-20 UNC-3A SS** (#19) and **flat washer .281 ID x .500 OD x .062 T** (#18) as shown in Figure11. ***NOTE:*** *The* **SHCS .250-20 UNC-3A SS** (#19) *must be tightened to a minimum of 90 in/lbs.*

H. Verify handle assemblies are now installed in the correct position as shown in Figure 12.

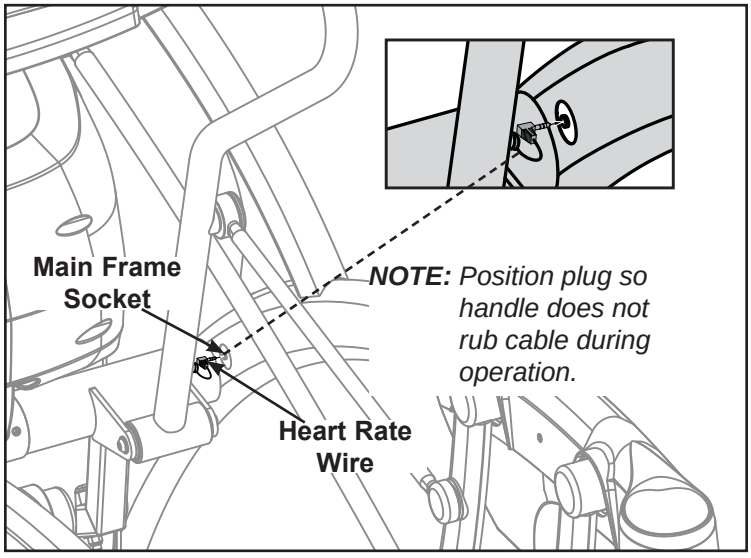


Figure 13 (750AT)

17. Connect 750AT contact heart rate cable.

A. Locate contact heart rate cable exiting from the right handle assembly. See Figure 13.

B. Plug right heart rate cable into main frame socket. See Figure 13.

18. Attach foot pads.

A. Have one person lift the unit while a second person places a foot pad (#3) under each of the two back feet. See Figure 14.

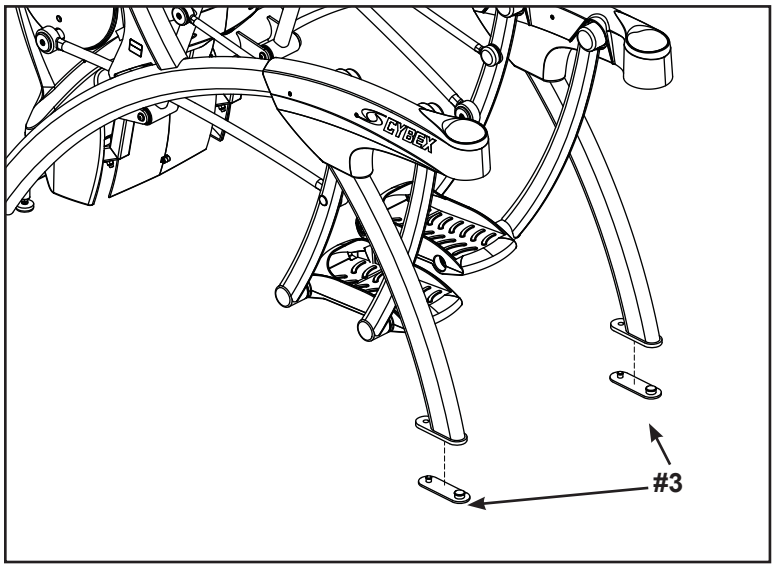


Figure 14

19. Level unit.

A. Confirm unit is on a level surface. If not, use a 9/16" open-end wrench to adjust the leveling feet up or down. See Figure 15.

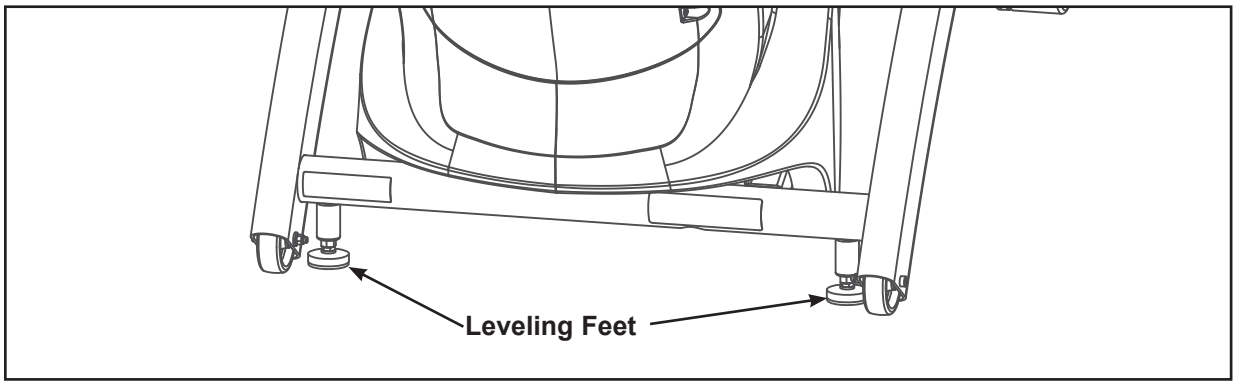


Figure 15

20. Visually inspect unit.

A. Carefully remove any package material from arms and rest of unit.

B. Carefully examine the unit to ensure assembly is correct and complete.

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. See ***Electrical Requirements*** in this chapter. ***NOTE:*** *Coil up the remainder of the power cord and place it out of the way.*

2. Verify the control panel will illuminate and is in *Dormant Mode* when using the optional power adapter.

NOTE: *If not using the optional AC power kit, the display will not illuminate until step 4.*

3. Hold the handrails to steady self while stepping into the foot plates.

4. Begin striding.

NOTE: *Verify lower heart rate cable is not rubbing on handle during operation.*

5. Press the **QUICK START** key.

6. 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").

NOTE: *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.*

7. 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: Wait until all moving parts come to a complete stop before dismounting.

8. Press **PAUSE/END** twice to bring the incline back to its start position, end the workout review, and return the display to *Dormant Mode*.

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

Setup Screen

Setup is a separate control screen that allow the user to define multiple aspects of the unit's functions.

Set up can be opened from *Dormant mode, Count Down*, *Lock* and the CSAFE ID entry screens.

To open setup screen, press **CLEAR,** key sequence **7-5-0** and press **ENTER**.

Press **ENTER** to enter setup feature, allow changes and return to main menu. **PAUSE/END** can also be used to reset and exit to *Dormant mode*.

Press the **RESISTANCE** keys to scroll forward or backward in the setup menu.

Press **CLEAR** to reset back to default or previously stored value.

MENU		**SET UP Options**
1 - Language		GERMAN FRENCH SPANISH ENGLISH JAPANESE SWEDISH RUSSIAN
2 - Units		ENGLISH (LB/MPH) METRIC (KG/KPH)
3 - Clock Style		12 HR US DATE 24 HR EURO DATE 12 HR EURO DATE 24 HR US DATE
4 - Current Time		12 HR US DATE 'HH:MM X MM/DD/YYYY' 24 HR EURO DATE 'HH:MM DD-MM-YYYY' 12 HR EURO DATE 'HH:MM X DD-MM-YYYY' 24 HR US DATE 'HH:MM MM/DD/YYYY' (Use keypad to enter values or toggle the **LOAD CONTROL** key)
5 - Default Time	*Initial displayed choice for programs requiring a time setting.*	DEFLT TIME 10 DEFLT TIME 60 DEFLT TIME 20 DEFLT TIME 90 DEFLT TIME 30 (default) ***NOTE:*** *Choices are limited to range of MAX time.*
6 - Review Time	*Summary of workout session totals. Can be seen as 1, 2 or 3 cycles*	SHORT – 1 LONG – 1 SHORT – 2 LONG – 2 SHORT – 3 LONG – 3
7 - Max Time	*Limit user's workout time*	MAX TIME = OFF MAX TIME = 50 MAX TIME = 20 MAX TIME = 60 (default) MAX TIME = 30 MAX TIME = 90 MAX TIME = 40 MAX TIME = 120 MAX TIME = ZONED* (see below)
8 - Pause Time	*Length of time unit paused during a workout and still re-start where user left off*.	PAUSE = OFF (factory setting) PAUSE = 01:00 PAUSE = 05:00 PAUSE = 10:00

9 - Sound		TONE = ON (factory setting) TONE = OFF
10 - Dormant Style	*Defines what is displayed in Dormant Mode*	0 – DEFAULT (default) 3 – CLOCK 1 – TEXT MSG 4 – PROFILES 2 – OUT OF ORDER
11 - Dormant Text**	*Text is entered via communications link*.	DORMANT MSG 1 DORMANT MSG 2 DORMANT MSG BOTH
12 - Active Mode Text on/off**	*Text is entered via communications link.*	WORKOUT MSG ON (or OFF)
13 - Lock Combination	*Requires correct entry of combination. Allows lock combination to be enabled and edited.* *Master factory code is* ***4300. Enter on first set up.***	ENTER OLD CODE (Key in 4-digit code) CODE _ _ _ _ ON (or OFF) **ENTER** will allow code to be seen. **LOAD** Control key toggles the lock on or off. Use keypad to enter new code. **ENTER** accepts new code.
14 - Custom Programs SAVE	*Gives user capability to create and store custom programs by enabling or disabling* ***SAVE*** *button during Review Mode.*	SAVE PROG ON (or OFF). (factory default is OFF)

***MAX TIME ZONED** If choice is ZONED, choose the actual time for each zone to start and maximum time setting.

HH:MM X is the actual time the zone starts, and YYY is the maximum time allowed during time zone.

Example:

Format	Factory Default	
ZONE1 HH:MM X YYY	ZONE1 05:01A	60
ZONE2 HH:MM X YYY	ZONE2 09:01A	OFF
ZONE3 HH:MM X YYY	ZONE3 04:01P	60
ZONE4 HH:MM X YYY	ZONE4 09:00P	OFF

**For more information on editing Display and Active Mode text, visit www.cybexintl.com/support/resources/750

3 - Operation

Intended Use

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

Terms Used

Active Mode – Any time the unit is controlling resistance and accumulating workout data. *Active Mode* begins after hitting **QUICK START** during the initial count-down screen, after completing the setup for a program, or by default if the initial count-down screen times out and enters *QuickStart Manual mode*.

Auto-Scan – Display automatically cycles through workout data.

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

Count Down – The lower left **INCLINE** display shows a 5-0 count down. At the conclusion of the count down, unit goes into *Active Mode.*

Dormant Mode – Occurs when unit is plugged in with optional AC adaptor and not in use.

Manual Mode – The unit defaults to this mode if not in a program. *Manual Mode* allows the user to adjust the Resistance (0-100) and Incline (0-20). Time will count up in *Quick Start Manual mode* or count down to the chosen session time if desired by entering a TIME or selecting the **MANUAL** button and completing the setup.

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

Program Setup Mode – Begins after pressing **PROGRAM, ADVANCED** or **MANUAL** key. Upon entering a program, user is prompted to adjust the appropriate settings.

Quick Start – By default, the unit will end up in *Quick Start Manual Mode* if the user begins striding and allows the 5 second count-down to end. Also choose the **QUICK START** button to enter into *Quick Start Manual Mode*, where the user controls the Resistance and Incline as time counts up.

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

*Read and understand all warnings and cautions in **Chapter 1 – Safety** and all operation instructions in this chapter before operating unit.*

Mount and Dismount

WARNING: Wait until all moving parts come to a complete stop and foot plates are in lowest position before mounting or dismounting.

To mount unit safely:

1. Verify unit is in *Dormant Mode* and foot plates are completely stopped.

2. Grasp handrail and step carefully onto foot plates.

To dismount unit safely:

1. Wait until foot plates come to a complete stop.

2. Grasp handrails for support and carefully step off back of unit.

Emergency Dismount

If an emergency stop and dismount is required:

1. Grasp handrails for support.

2. Stop striding.

3. Wait until foot plates come to a complete stop.

4. Continue to hold handrails while carefully stepping off unit.

Range of Motion

The elevation is adjustable up or down in the shape of an arc. The lowest setting of 0 equates to an arc of 12 degrees, where the highest setting of 20 equates to an arc of 34.5 degrees.There is no difference in muscles used between different incline positions. Differences exist in the intensity of muscle activity. See Figure 1.

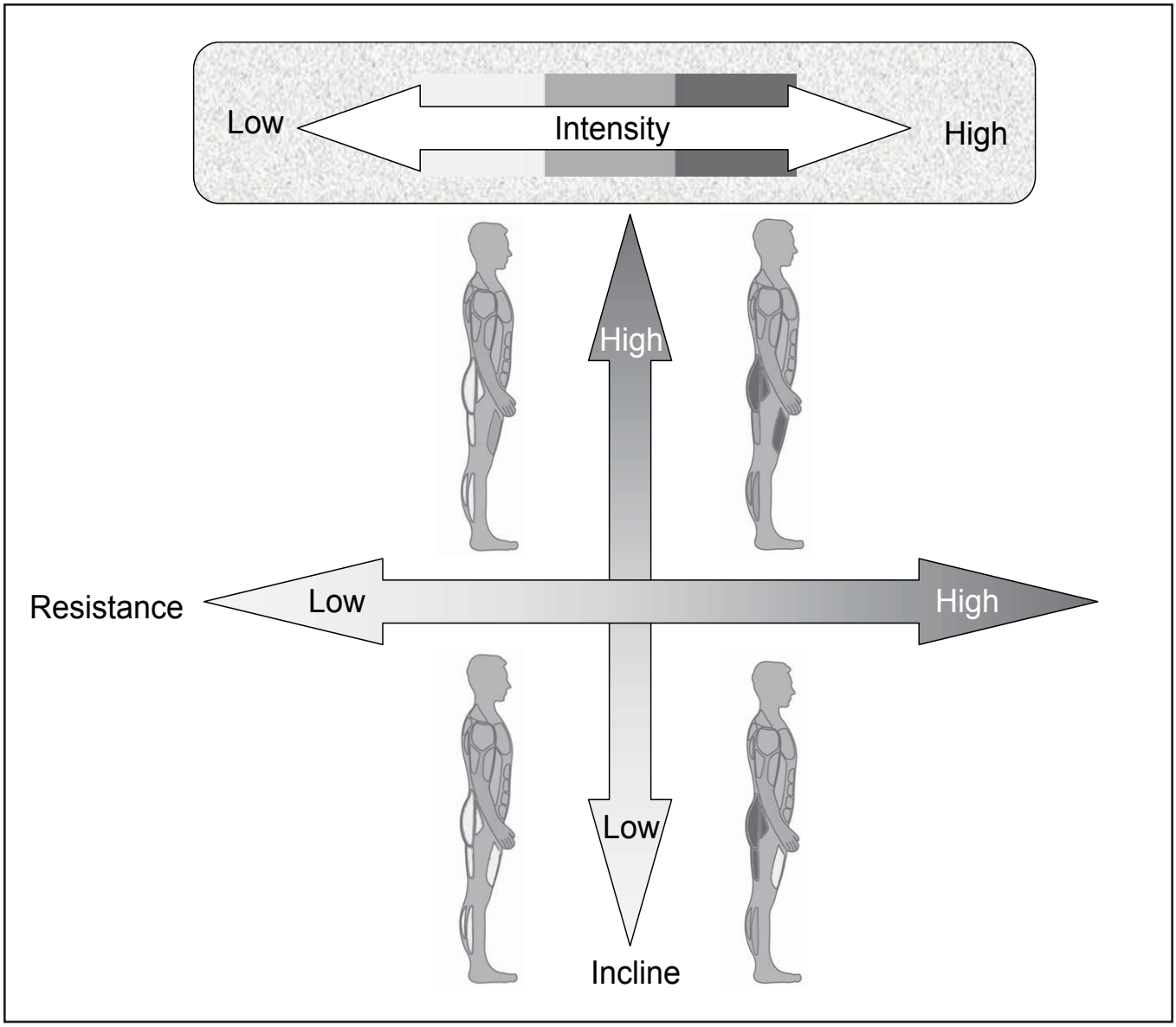


Figure 1

Console Keys

Control keys on the display are usable during operation and may be pressed at any time to make adjustments in resistance, incline, data readouts or fan speed. See Figure 2.

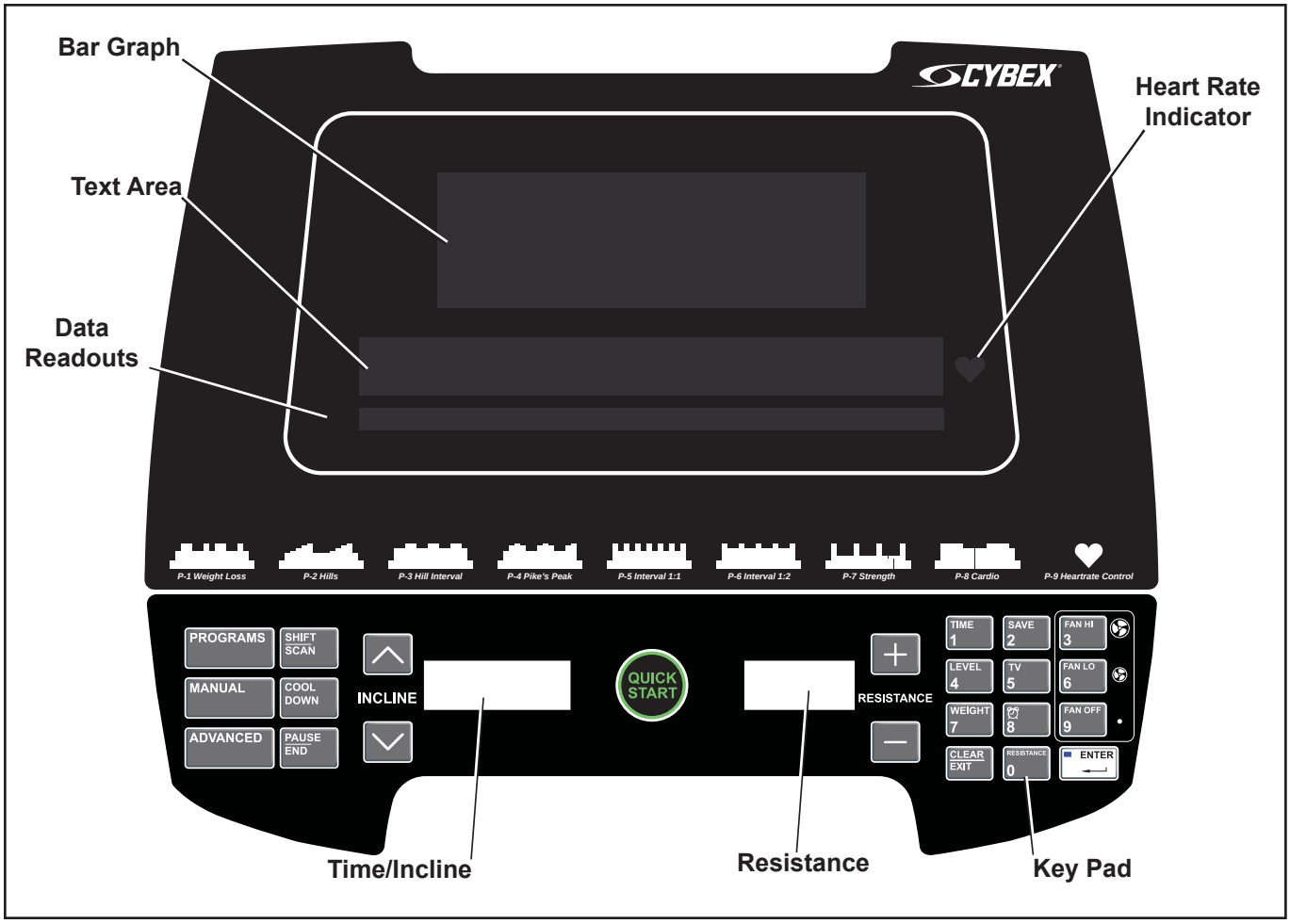


Figure 2

Console Keys		Description
PROGRAMS	*Program Setup Mode*	Choose from nine programs or nine custom programs
MANUAL	*Manual Mode*	Go directly to *Manual Mode* set up
ADVANCED	Advanced Programs	Access Advanced Programs
SHIFT/SCAN	Auto-scan	Press to disable auto-scan and hold whatever is being displayed. If auto-scan is on, press to toggle the data display. If auto-scan is off, hold for three seconds to reactivate auto-scan.
COOL DOWN	*Cool Down Mode*	Initiates the two minute cool-down sequence
PAUSE/END	Stop	Exit *Active Mode* and go to *Pause Mode* if enabled. If *Pause Mode* is not enabled, work out ends and *Review Mode* is entered.
INCLINE Λ V	Set incline	Toggle (Λ V) to increase or decrease incline
QUICK START	*Quick Start Manual Mode*	Go directly to *Quick Start Manual Mode*
RESISTANCE + -	Adjust resistance	Toggle (+ -) to increase or decrease resistance
Keypad (Program Setup)		
TIME	Workout time	Adjust workout time
LEVEL	Workout level	Adjust program level (1-10)
WEIGHT	User's Weight	When pressed, number keypad is active to allow keying in body weight
CLEAR/EXIT	Multiple uses	Reset an entry, back out of a menu, exit the TV's EPG mode or reset workout data if in *Active Mode*
SAVE	Save program	Save recorded custom workout
TV	TV Channel	Allows keying in TV channels
ALARM CLOCK	Workout alarm clock	Activate or deactivate workout alarm clock
RESISTANCE	Choose resistance	Allows direct entry of resistance 0-100
FAN HI	High setting	Set fan to high setting
FAN LO	Low setting	Set fan to low setting
FAN OFF	Turn fan off	Default
ENTER	Accept any setting	Moves setup process forward

Audio Visual (AV) Key Pad – Optional

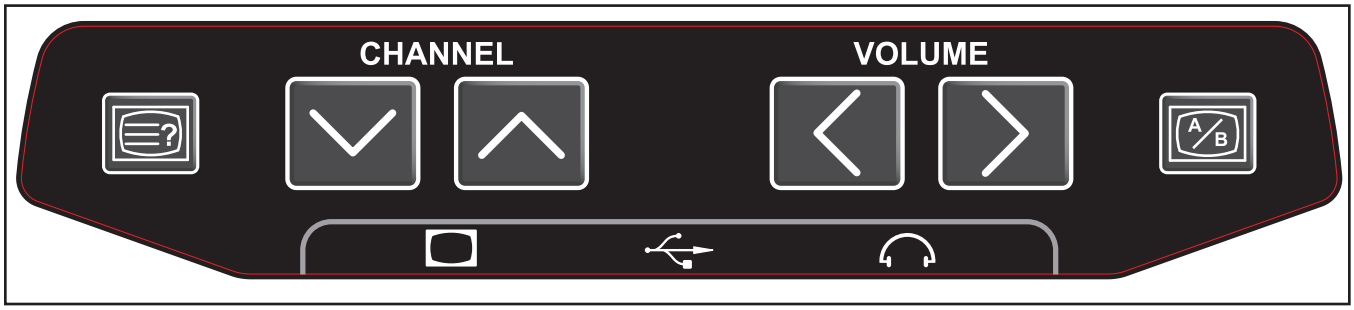


Figure 3

Console Key	Description
EPG	If an Electronic Program Guide (EPG) is available, this will be displayed on the TV. Use the **CHANNEL Λ V** and **VOLUME < >** keys to navigate in the EPG, **ENTER** to accept any selections, and **CLEAR/EXIT** to exit the *EPG mode*.
CHANNEL	Toggle down or up to change channel (beeping will occur).
VOLUME	Press appropriate keys to increase or decrease volume. There is no display interaction.
VIDEO SOURCE	Press to toggle between video source A for cable channels and video source B for external inputs, such as an iPod® video.
VIDEO PORT	Video capable port allows personal entertainment device or other composite video input. 1 – Video 2 – Ground 3 – Left 4 – Right
USB PORT	Universal Serial Bus (USB) allows different devices to be connected using a single standardized interface port for charging only.
HEADPHONE PORT	Headphone port allows personal headphones.

Program Selection

There are nine different pre-programmed options from which to choose. Speed is never predetermined. Change speed by changing stride.

For a complete description and profile of each program (P1-P8) see Appendix B.

Program	Levels	Settings
P1 Weight Loss	10	Select time, level and weight.
P2 Hills	10	Select time, level and weight.
P3 Hill Interval	10	Select time, level and weight.
P4 Pike's Peak	10	Select time, level and weight.
P5 Interval 1:1	10	Select time, level and weight.
P6 Interval 1:2	10	Select time, level and weight.
P7 Strength	10	Select time, level and weight.
P8 Cardio	10	Select time, level and weight.
P9 Heart rate Control (HRC)	N/A	Select time, age, target heart rate and weight.

Navigation

The keypad is active during program setup to key in time, level and weight values. The **RESISTANCE + -** and **INCLINE Λ V** keys are also active to adjust the displayed program value (up or down). Hold down key to accelerate rate of increments.

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

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

Press the **CLEAR** key at anytime to go back to the start of the program list.

Programs P1 – P9 Setup

1. Press **PROGRAMS** key to cycle through program choices. Each press of the key will choose the next program in the list. The number keypad is active to accept a single-digit (1-9) for direct program access.
2. Select desired workout time when Text Area prompts "SET PROGRAM TIME XXX".
3. Select desired workout level when Text Area prompts "SELECT LEVEL 1-10"
4. **For P9 - HRC Program only:**
   - Using the number keypad, key in user's accurate age when Text Area prompts 'ENTER YOUR AGE TO CALCULATE TARGET HEART RATE". Valid age range values are 13 - 113.
   - Adjust target heart rate when Text Area scrolls "75% = XXX BPM" and "TARGET BPM AT 75% = XXX BPM".

NOTE: *Target heart rate is calculated at 75% of Max, where Max Heart rate is calculated at 220 minus the user's age. Adjust the Target HR up or down from the default 75% value presented or accept as is.*

5. Using the number keypad, key in user's accurate weight when Text Area prompts "ENTER YOUR WEIGHT". Valid weight range is 50 - 400 lbs (23-181 kgs).

Manual and Quick Start Program Setup

NOTE: *The Manual and Quick Start programs have no associated profile or level. Program and Level selection are not available.*

Select **MANUAL** key and enter desired workout time and user's accurate weight.

Select **QUICK START** key to directly enter Active Mode. Program is similar to Manual Program without the option of a configured session time. Time counts up to Max Time.

Advanced Programs A1 – A2 Setup

Press **ADVANCED** key to cycle through program choices. Each press of the key will choose the next program in the list.

Program	Settings
A1 Constant Power	Select time, power level and weight.
A2 Power Training	Select time, level and weight.

A1 – Constant Power Setup

1. Press **ADVANCED** programs key.
2. Scroll to (or key in) #1.
3. Enter desired workout time.
4. Select power level when Text Area scrolls "SELECT POWER 50-900 WATTS". Valid range of Watts is 50-900 in increments of five.
5. Enter user's accurate weight.

A2 – Power Training Setup

1. Press **ADVANCED** programs key.
2. Scroll to (or key in) #2.
3. Enter desired workout time.
4. Enter desired Level (1-21).
5. Enter user's accurate weight.

Custom Programs

A maximum of nine custom programs can be created from any workout session. The unit automatically records incline and resistance; anticipating storing the workout as a custom program when completed.

Enable the SAVE function by first entering *Setup mode*. To enter *Setup mode*, key sequence **CLEAR**, **7-5-0**, **ENTER** during the initial *Count Down mode*. Pressing the **CLEAR** key will halt the countdown to help facilitate keying in **7-5-0, ENTER** in sufficient time.

From the menu, use **+/-** keys to navigate to menu item SAVE PROGRAM and press **ENTER** to allow editing the feature.

NOTE: *If unit is equipped with an optional power supply, Set Up mode can also be entered during the Dormant mode.*

See ***Chapter 2 – Assembly and Set Up*** for more information on *Set Up mode*.

To save custom program

1. During *Review Mode*, press the SAVE key within the first five seconds. The text area will display "SAVE AS PROG 0X". X represents the next available slot (01-09).
2. Using the keypad, enter a number (01 to 09). The **+/-** keys are available to scroll through the nine custom program slots.
3. Press **ENTER** key to accept and store program.

If nine custom programs already exist, no slots are available; the text area will display "REPLACE PROG 0X name." The 0X represents the first custom program in the list. Use the keypad or **LEVEL** keys as described above to select program number.

To play back custom program

Press the **Programs** key and use the key pad to key in 01 – 09, then press **ENTER** key.

Note that these programs do not prompt the entry of level or time, as these are aspects that were saved as part of the program itself.

To delete a custom program

Custom programs require a minimum of one minute, anything less than one minute effectively erases the program location.

1. Start a workout session (such as Quick Start) and end before one minute has elapsed.

2. During *Review Mode,* press **SAVE** and choose the program slot to be deleted.

3. Press **ENTER.**

Data Readouts

As the user exercises, the unit keeps track of and displays the following data:

Calories Per Hour (CAL/HR) – 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 x 24" (61 cm) x Time

Strides per Minute – The average number of strides per minute at current speed.

Calories – The total accumulated calories burned during workout.

WATTS – Present workload energy exertion.

Metabolic Equivalent (METs) – Displayed only if no BPM signal is present. A MET is the metabolic equivalent of the energy expended by the human body at rest. Anything over one MET is considered exertion. METs are calculated by the display and updated every 1 – 1.2 seconds.

METs = Cal/Hr X 2.2 / User Weight

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

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

Once the actual heart rate is determined, the LED to the right of the Text Area 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.

White	Valid BPM not yet available
Blue	0 – 69 BPM
Green	70 – 93 BPM
Yellow	94 – 119 BPM (Fat Burn Zone)
Blood Orange	120 – 169 (Cardio Zone)
Magenta	170 and higher

Fan Control

The fan defaults at the "OFF" setting. The user can change to "LO" or "HI" setting by pressing the appropriate control key. ***NOTE:*** *User must be striding faster than 70 strides per minute for fan to operate.*

Alarm Set

To set up an alarm to sound during workout:

1. Press key #8 on the keypad, also labeled with an alarm clock icon. Text Area will display "ALARM AT HH:MM Y". Initially, this display reflects actual time.

2. Use keypad to enter a direct time. Press the ENTER key after each entry to accept and move forward.

   HH (Hour) **MM** (Minutes) **Y=**A (AM) or P (PM)

NOTE: *The **+/- RESISTANCE** control keys are also active to scroll the blinking time value up or down. Hold down key to accelerate rate of increment.*

Once alarm is set, the solid blue LED will light on the **ENTER** key. To cancel the alarm before it sound, press #8 ALARM key once.

Once alarm time occurs, the display will show "ALARM" and start beeping. Press the **CLEAR, ENTER** or **#8 ALARM** key to reset.

Battery Sentry

Battery Sentry uses display feedback (speed signal, key presses and heart rate) to determine user presence. If a user is not detected within 20 seconds, the display beeps and inquires "ARE YOU THERE?".

Resume striding, grab the contact heart rate grips or press any key within a pre-selected time to resume workout.

4 - Preventive Maintenance

Warnings

Read all warnings in this chapter and in ***Chapter 1 — Safety.***

Observe the following warnings and cautions:

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

To prevent electrical shock, verify unit is unplugged from the electrical outlet before performing any cleaning or maintenance procedures. ***NOTE:*** *A charge can remain after unplugging the power cord.*

Keep wet items away from inside parts of unit.

Performance level of equipment can be maintained only if it is examined regularly for damage and wear. ***NOTE:*** *Pay special attention to components most susceptible to wear.*

Replace worn or damaged components immediately and/or keep the equipment out of use until repair is completed.

Cleaning Unit

1. Spray a clean cloth with a mild cleaning agent, such as a water and dish soap solution.

2. Wipe unit.

NOTE: *Do not spray cleaning solution directly on unit. Direct spraying could cause damage to electronics and may void warranty.*

After Each Use:

Wipe up any liquid spills immediately.

Wipe up any remaining perspiration from handles and painted surfaces.

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

Clean heart rate grips using a cloth dampened with a cleaning solution containing alcohol.

NOTE: *The heart rate grips are the only part of the unit where a cleaning solution containing alcohol should be used.*

Preventive Maintenance Activities

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

NOTE: *Cybex is not responsible for performing regular inspection and maintenance actions of this unit. Instruct all personnel in equipment, inspection and maintenance. Require all personnel to report and record all accidents.*

1. Read and understand warnings listed in this chapter and in ***Chapter 1 – Safety***. Read and understand all instructions in this section.
2. During maintenance, disconnect the external power source. If unit has the optional AC Power Kit, unplug the power cord from the power outlet.

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

Tool Required

- Phillips screwdriver

Remove Access Cover

1. Using a Phillips screwdriver, remove the two lower screws securing the access cover. See Figure 1.
2. Using a Phillips screwdriver, remove two upper screws securing the access cover. See Figure. 1
3. Remove the access cover.

Warning: The flywheel may be hot. Wait until it cools before servicing.

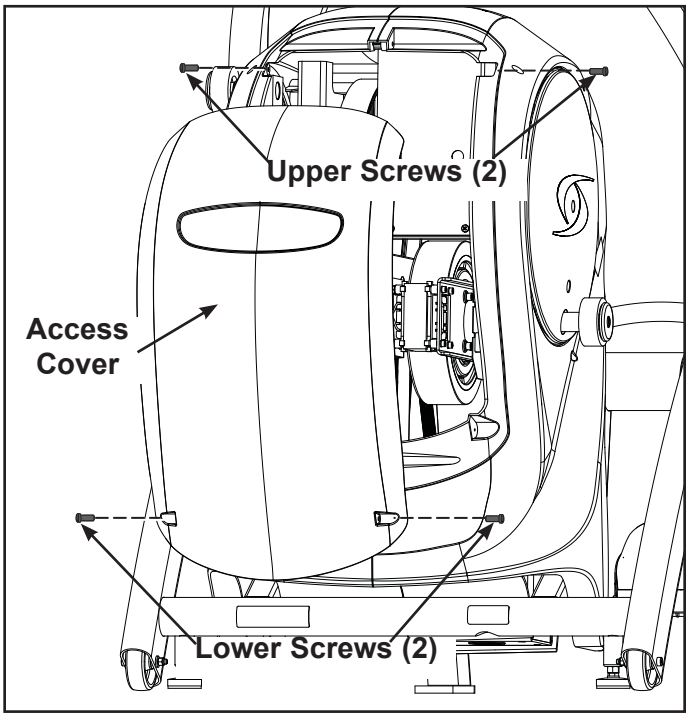


Figure 1

Attach Access Cover

NOTE: *Do not over tighten screws.*

1. Using a Phillips screwdriver, replace and tighten the two upper screws removed in step 2 ***Remove Access Cover.***
2. Using a Phillips screwdriver, replace and tighten the two lower screws removed in step 1 ***Remove Access Cover.***
3. Test unit for proper operation.

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 retensioned. See Figure 2.

NOTE: *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 gooves that keep it aligned on the flywheel's drive pulley.

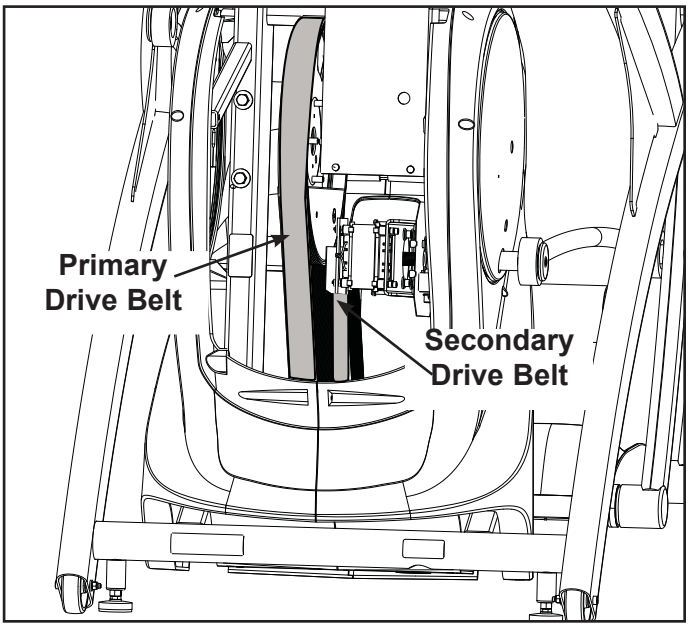


Figure 2

Recommended Service Schedule

To determine mileage start striding:

During initial countdown, press **CLEAR, key in 9-9-9** and press **ENTER.** The first menu item is ODOMETER.

Press **ENTER** to view accumulated distance.

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.

Open Statistics screen from *Count Down, Lock, CSAFE ID Entry or Dormant Modes*

Press **Clear, key in 9-9-9** and press **ENTER.**

Data features can also be accessed from the CSAFE port.

Use the **ENTER** key to advance to next screen.

Use the **RESISTANCE** keys to scroll forward or backward in the menu.

Statistics Menu	**Display**	
ST1 – ODOMETER	KM XXXX.X or MI XXXX.X	0.0 – 999,999.9 (X=total accumulated miles or KM)
ST2 – HOURS	HOURS XXXXXX	0 – 99999 (X=total user session time)
ST3 – STARTS	STARTS XXXXXX	0 – 999,999 (X=total number of user sessions)
ST4 – MOVES	MOVES XXXXXX	0 – 9,999,999 (X=number of incline moves in 1% increments)
ST5 – BATTERY	BATTERY XXXXXX	0 – 999,999 (X=total whole minutes the battery has been used)
ST6 – ERRORS	X ERR X HH:MM M-DD-YY	Tracks error codes in a rolling log of 20 entries, each stamped with time and date
ST7 – PROGRAM USAGE	PR Y XXXXXX	Y= program number XXXXX=number of times program was chosen, set completed and unit entered active mode.

Clear data by holding **Pause/End** key for three seconds, listen for double beep, and press **CLEAR**.

Error Codes

When an error has occurred, "ERROR #" will appear on the text display alternating with the message "OUT OF ORDER."

NOTE: *Log number will show in the Incline Display as L-01 through L-20.*

Press **CLEAR** button and hold to clear all errors in log. The display reads "NO ERRORS" when log is empty.

Press enter to exit out.

NOTE: *See contact information in* ***Chapter 5 – Customer Service*** *for all maintenance and service activities.*

Incline and low battery errors are as follows:

Error Number	Cause	Display	Reset/Remedy
24: Incline moving too slowly	Incline is commanded to move, yet the change in feedback is slower than the minimum allowed.	None, stored error only	• Inspect and lubricate the lead screw. • Re-calibrate the incline. • Measure the incline potentiometer output. The potentiometer could be 'bad'. • Replace the battery.
25: Incline movement feedback stopped	Incline is commanded to move yet the feedback indicates the value is not changing or ceases to change as expected.	Dashes shown in incline window.	Display attempts to re-calibrate incline position on entry to *Dormant Mode.*
26: Incline disabled	Incline feedback problems could not be remedied by re-calibrating after an Error 25.	Dashes shown in incline window. Incline is disabled.	Contact service technician.
27: Low Battery	Battery voltage is reported to be below the limit of 10.7v DC and the controller has issued the low battery warning.	Dashes shown in incline window. Incline is disabled.	Further use will re-charge the battery and the error condition will be cleared automatically.

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 ***Chapter 5 – Customer Service*** for contact information to replace the battery or purchase the optional AC adapter kit.

Warning: *Battery replacement shall be performed by qualified service technician.*

NOTE: *Remove battery and dispose of safely before unit disposal.*

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.

NOTE: *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).

5 - Customer Service

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**.

Find information on the web at www.cybexinternational.com or by e-mail at techhelp@cybexintl.com.

Serial Number

The serial number is located on the unit as shown in Figure 1.

Record serial number below for reference when calling Cybex Customer Service.

Serial Number_____

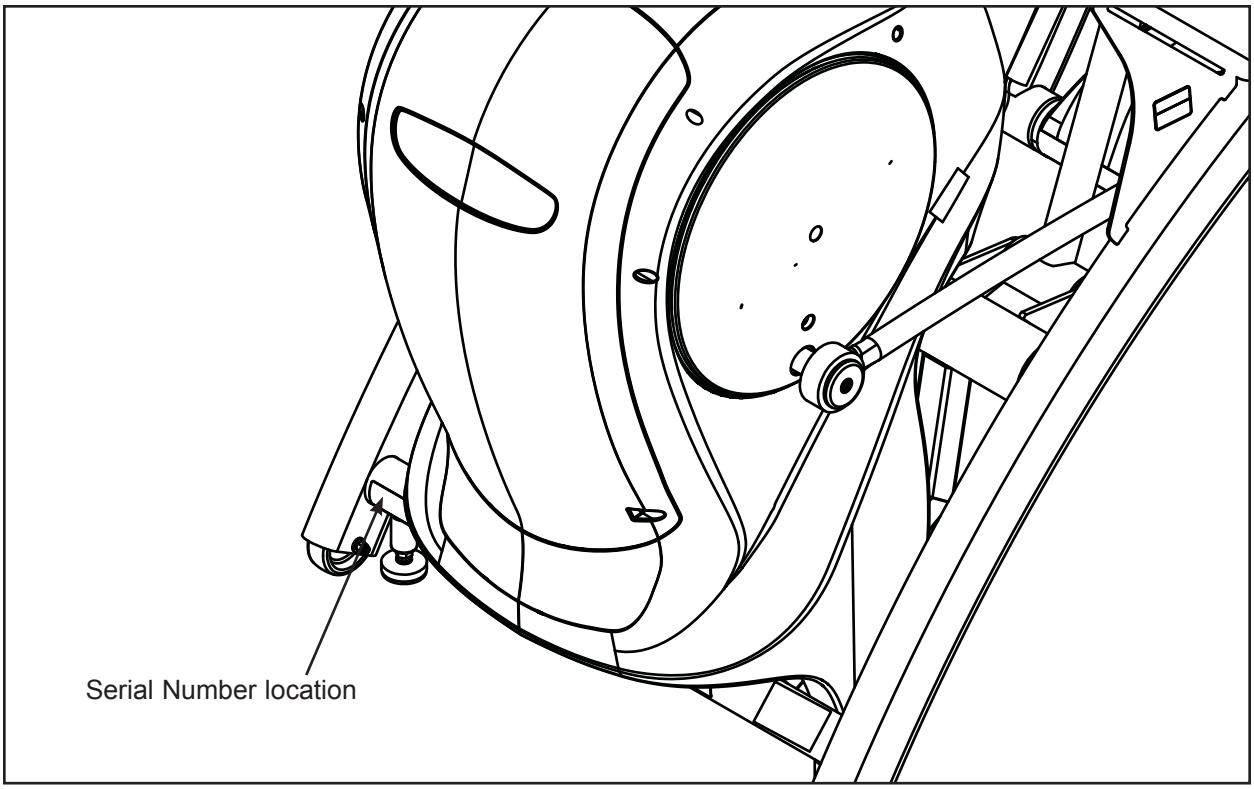


Figure 1

Ordering Parts

Fax orders to **508-533-5183.** 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).

⚠ CAUTION

Use only Cybex replacement parts when servicing. Failure to do so could result in personal injury.

Cybex will void warranty if non-Cybex replacement parts are used.

Servicing of Double-Insulated Products

In a double-insulated product, two systems of insulation are provided instead of grounding. No grounding means is provided on a double-insulated product, nor should a means for grounding be added to the product.

Servicing a double-insulated product requires extreme care and knowledge of the system, and should be done only by qualified service personnel. Replacement parts for a double-insulated product must be identical to the parts they replace. A double-insulated product is marked with the words "DOUBLE INSULATION" or "DOUBLE INSULATED." The symbol (square within a square) may also be marked on the product.

Symbol	Description
	Double-Insulated symbol

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 - Concealed Damage - Damage not seen with a visual check upon receipt of a shipment but noticed 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 date of delivery. Keep all shipping containers and packing materials: they will be needed as part of the inspection process. The carrier will provide an inspection report and the necessary forms for filing a concealed damage claim. Concealed damage is the carrier's responsibility.

Return Material Authorization (RMA)

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

Contact an authorized Cybex dealer on all warranty-related matters. A local Cybex dealer will request an 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.

1. Call the Customer Service hotline listed on Page 5-1 for the return of any item that is defective.

2. Provide the technician with a detailed description of the problem or the defect in the item.

3. Provide the model and serial number. *The serial number is located on the front of the unit as shown in Figure 1.* The serial number begins with a letter, for example: R09-101331100.

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

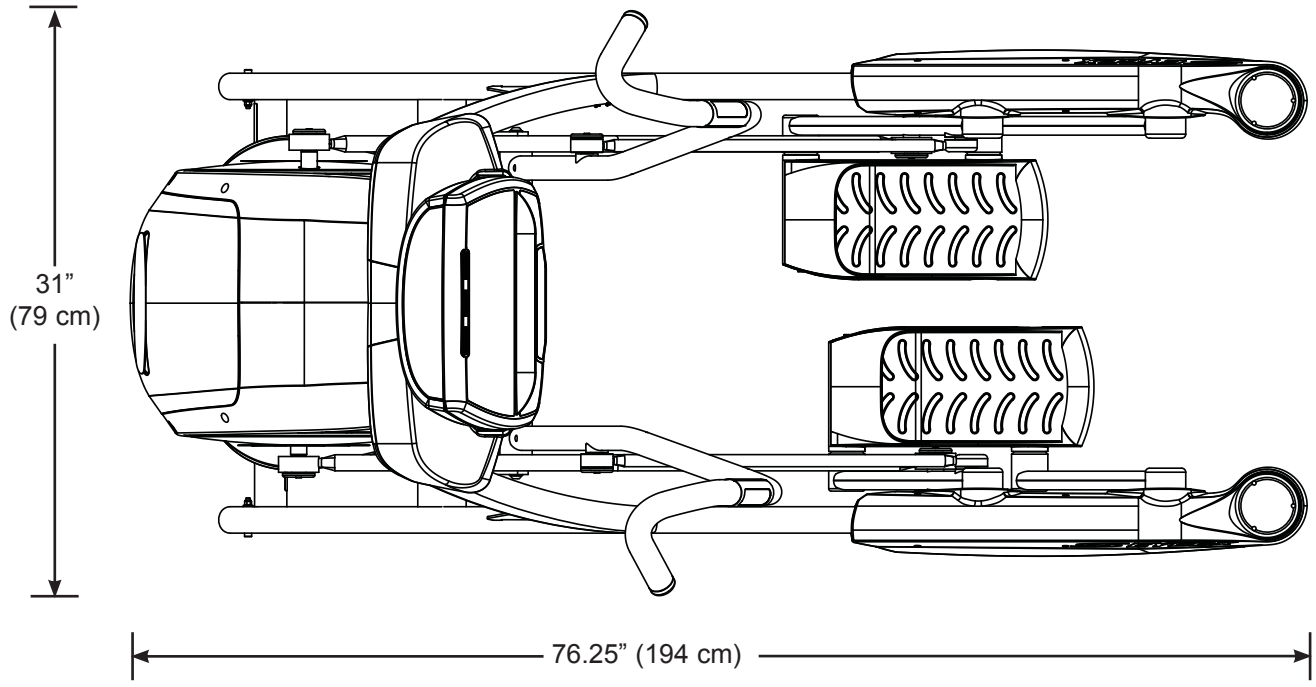
5. Forward the package through UPS to Cybex.
Attn: Customer Service Department
Cybex International, Inc.
1975 24th Ave SW
Owatonna, MN 55060 USA

NOTE: *Merchandise returned without an RMA number on the outside of the package or shipments sent C.O.D. will not be accepted by the Cybex receiving department.*

Appendix A - Technical Specifications

750A Technical Specifications

Classification:	S (Studio)
Accuracy:	A
Assembled Length:	76.25" (194 cm)
Assembled Width:	31" (79 cm)
Height:	62.5"(159 cm)
Weight of Product:	412 lbs. (187 kg.)
Shipping Weight:	437 lbs. (198 kg.)
Incline Levels:	0-20
Resistance Levels:	101 (Represented by 0-100% in increments of 1).
Stride Length:	24" (61 cm) fixed length.
Programs:	Quick Start plus Manual, 8 Factory Programs, Heartrate Control, Constant Power, Power Training, Fitness Test, and ability to store 9 custom programs.
Console Features:	Upper console: Large Bar Graph Matrix for displaying program profiles, 16 character dot matrix area for display and scrolling text, a multi-color backlit heart for conveying heartrate range. The Text Display area can show Cal/Hr, Distance, Strides per Minute, Calories, Watts, METs and BPM. Lower Console: Two numeric displays for incline, time, resistance and level.Heart
Rate Features:	Built-in wireless heart rate receiver (transmitter not included) and contact heart rate monitoring.
Frame Colors:	Standard: White texture, black texture, metaltone gold, black chrome, platinum sparkle. Custom: Unlimited colors available.
Resistance Range:	0-900 watt.
Maximum User Weight:	400 lbs. (181 kg).
Power Rating:	Self powered or 100 - 240 VAC~, 50/60 Hz, 1.8A, 1-phase.
Options:	Cybex Personal Entertainment Module and optional AC Power Adapter



750AT Technical Specifications

Classification:	S (Studio)
Accuracy:	A
Assembled Length:	76.25" (194 cm)
Assembled Width:	36.28" (92 cm)
Height:	39.79"(101 cm)
Weight of Product:	404 lbs. (183 kg.)
Shipping Weight:	429 lbs. (195 kg.)
Incline Levels:	0-20
Resistance Levels:	101 (Represented by 0-100% in increments of 1).
Stride Length:	24" (61 cm) fixed length.
Programs:	Quick Start plus Manual, 8 Factory Programs, Heartrate Control, Constant Power, Power Training, Fitness Test, and ability to store 9 custom programs.
Console Features:	Upper console: Large Bar Graph Matrix for displaying program profiles, 16 character dot matrix area for display and scrolling text, a multi-color backlit heart for conveying heartrate range. The Text Display area can show Cal/Hr, Distance, Strides per Minute, Calories, Watts, METs and BPM. Lower Console: Two numeric displays for incline, time, resistance and level.Heart
Rate Features:	Built-in wireless heart rate receiver (transmitter not included) and contact heart rate monitoring.
Frame Colors:	Standard: White texture, black texture, metaltone gold, black chrome, platinum sparkle. Custom: Unlimited colors available.
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Power Rating:	Self powered or 100 - 240 VAC~, 50/60 Hz, 1.8A, 1-phase.
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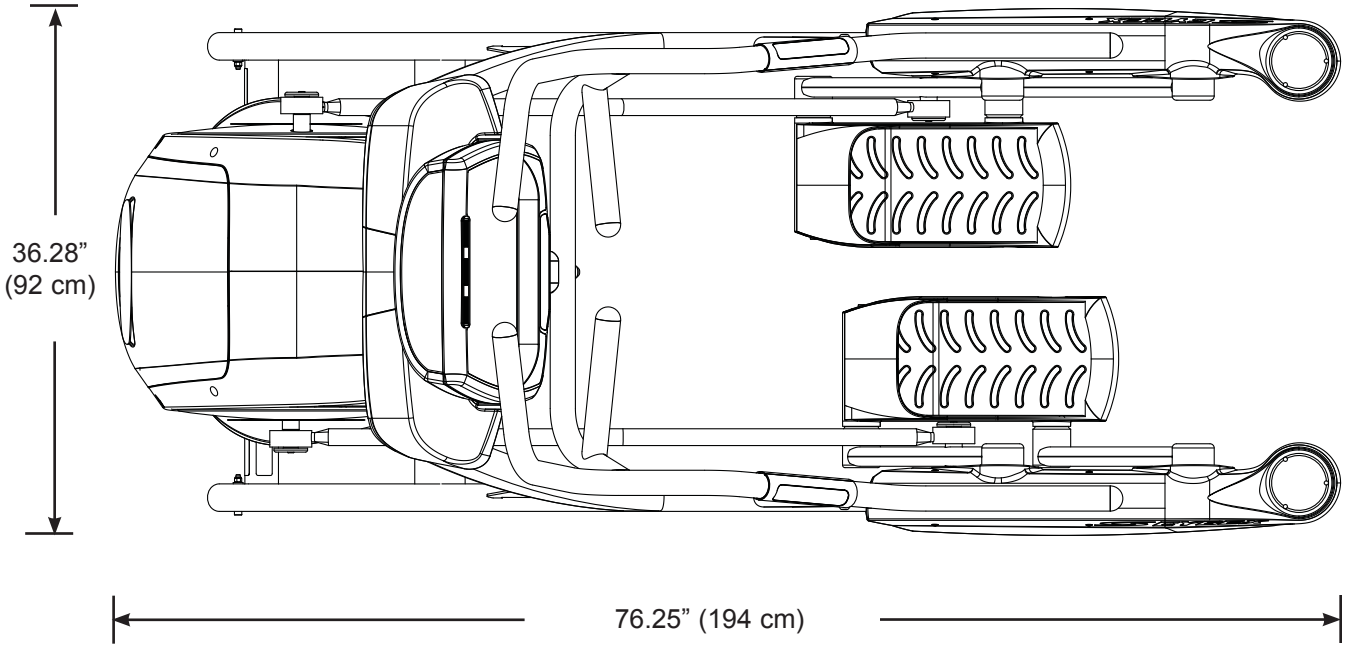


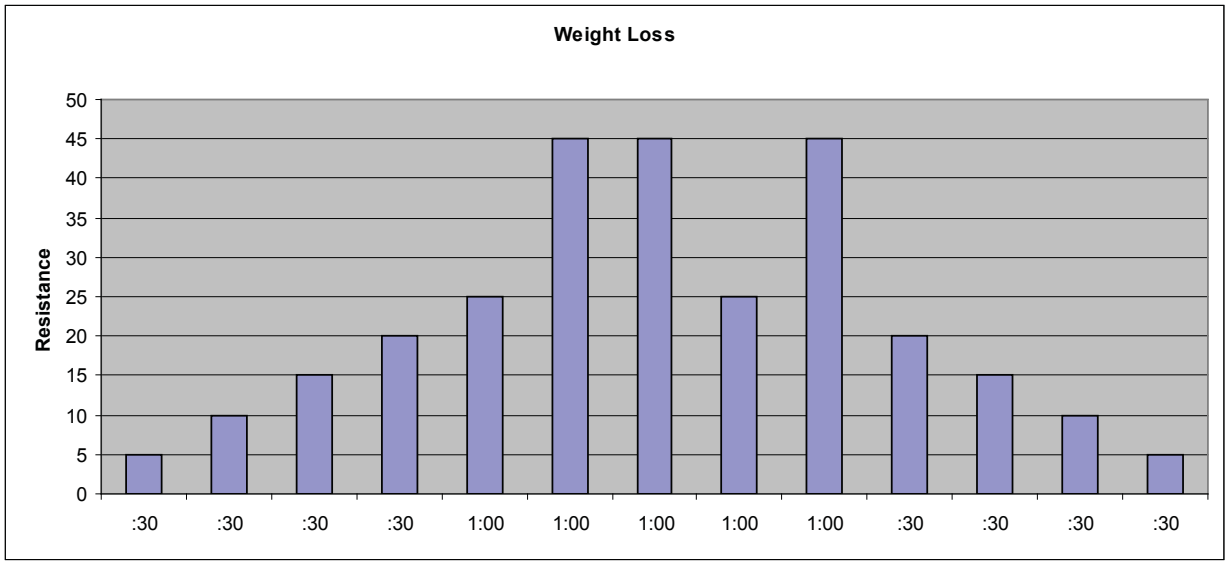
Appendix B – Program Overviews

P1 Weight Loss

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

Weight Loss

Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	1:00	:30	:30	:30	:30
	Warm Up				Program Segments					Cool Down			
Resistance	1	2	3	4	1	2	3	4	5	1	2	3	4
10	5	10	15	20	25	45	45	25	45	20	15	10	5
9	5	10	15	20	25	40	40	25	40	20	15	10	5
8	5	10	15	20	25	35	35	25	35	20	15	10	5
7	5	5	10	15	25	40	40	25	40	15	10	5	5
6	5	5	10	15	25	35	35	25	35	15	10	5	5
5	5	5	10	15	25	30	30	25	30	15	10	5	5
4	5	5	5	10	15	25	25	15	25	10	5	10	8
3	5	5	5	10	15	20	20	15	20	10	5	10	8
2	5	5	5	5	5	15	15	5	15	5	4	3	3
1	5	5	5	5	5	10	10	5	10	5	4	3	3
	Warm Up				Program Segments					Cool Down			
Elevation	1	2	3	4	1	2	3	4	5	1	2	3	4
10	8	8	8	8	8	12	12	8	8	8	8	8	8
9	8	8	8	8	8	12	12	8	8	8	8	8	8
8	6	6	6	6	6	12	12	6	6	6	6	6	6
7	6	6	6	6	6	8	8	6	6	6	6	6	6
6	6	6	6	6	6	8	8	6	6	6	6	6	6
5	6	6	6	6	6	8	8	6	6	6	6	6	6
4	4	4	4	4	4	6	6	4	4	4	4	4	4
3	4	4	4	4	4	6	6	4	4	4	4	4	4
2	4	4	4	4	4	6	6	4	4	4	4	4	4
1	4	4	4	4	4	6	6	4	4	4	4	4	4


Weight Loss
Resistance
50
45
40
35
30
25
20
15
10
5
0
:30
:30
:30
:30
1:00
1:00
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1:00
1:00
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:30

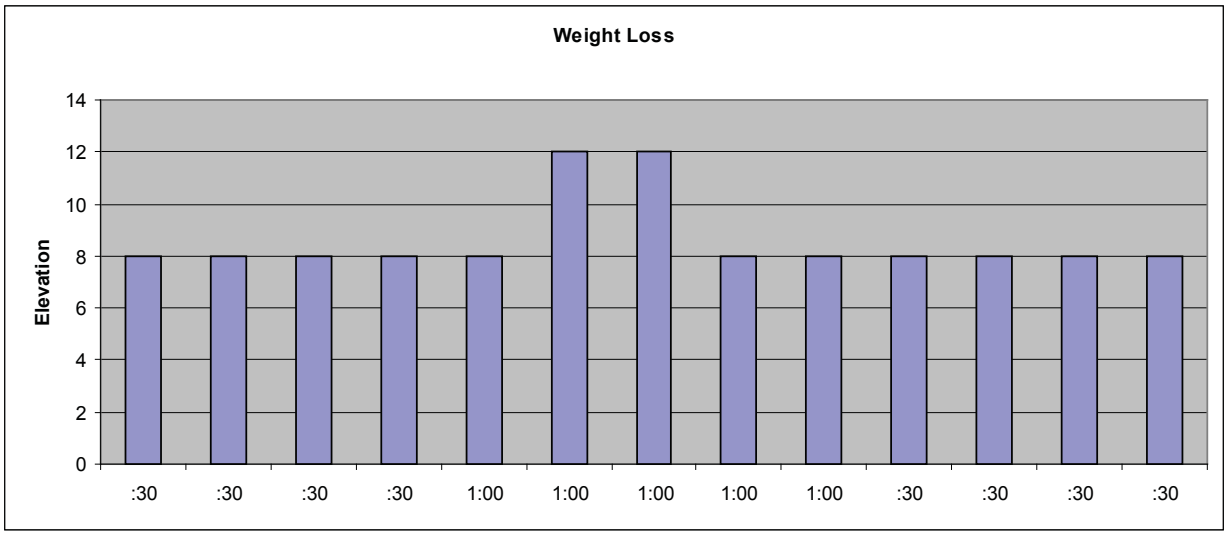

Weight Loss
Elevation
14
12
10
8
6
4
2
0
:30
:30
:30
:30
1:00
1:00
1:00
1:00
1:00
:30
:30
:30
:30

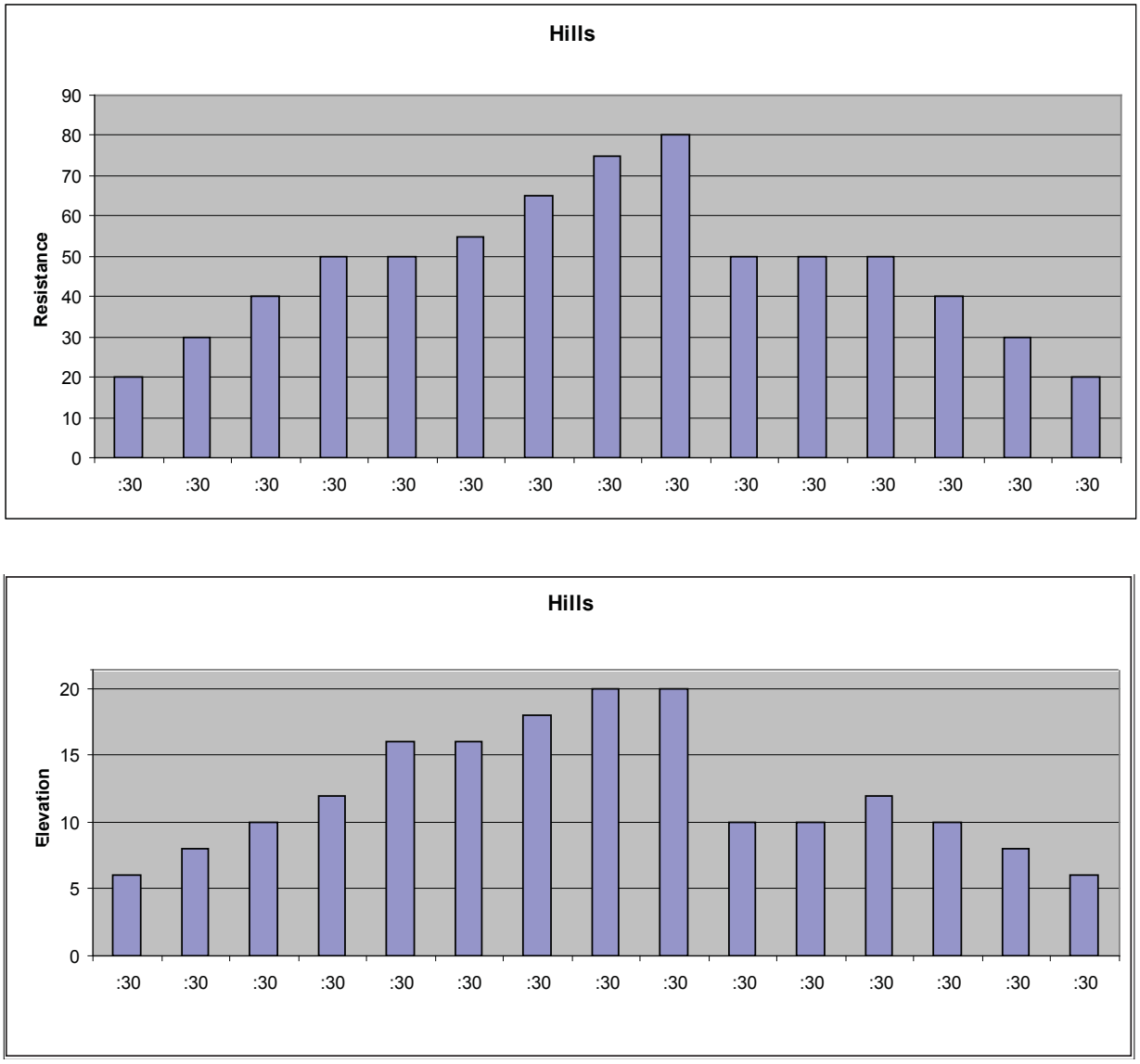
Figure 1

P2 Hills

The Hills program is a three-minute thirty-second core program designed to give the user an intense workout. Users will experience moderate resistance and elevation at the beginning to simulate the start of a climb and will crest at peak elevation gain and difficult resistance after two-minutes. The resistance then returns to the preliminary level and the core program repeats itself for the next hill. See table and Figure 2.

Hills

Time		:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30
		Warm Up				Program Segments							Cool Down			
Resistance		1	2	3	4	1	2	3	4	5	6	7	1	2	3	4
	10	20	30	40	50	50	55	65	75	80	50	50	50	40	30	20
	9	20	30	40	45	45	50	60	70	75	45	45	45	40	30	20
	8	20	30	35	40	40	45	55	65	75	40	40	40	35	30	20
	7	15	25	35	35	35	45	50	60	70	35	35	35	35	25	15
	6	15	25	30	35	35	40	50	55	65	35	35	35	30	25	15
	5	15	25	30	30	30	35	45	50	60	30	30	30	30	25	15
	4	10	20	25	30	25	30	40	50	55	25	25	30	25	20	10
	3	10	20	25	25	20	30	40	45	50	20	20	25	25	20	10
	2	10	15	20	25	20	25	35	40	45	20	20	25	20	15	10
	1	10	10	15	15	20	20	30	35	40	20	20	15	15	10	10
		Warm Up				Program Segments							Cool Down			
Elevation		1	2	3	4	1	2	3	4	5	6	7	1	2	3	4
	10	6	8	10	12	16	16	18	20	20	10	10	12	10	8	6
	9	6	6	8	10	14	16	16	18	20	10	10	10	8	6	6
	8	6	6	8	8	14	14	16	18	18	10	10	8	8	6	6
	7	6	6	8	8	12	14	14	16	18	10	10	8	8	6	6
	6	6	6	6	8	12	12	14	16	16	10	10	8	6	6	6
	5	6	6	6	6	10	12	12	14	16	10	10	6	6	6	6
	4	4	4	4	6	10	10	12	14	14	10	10	6	4	4	4
	3	4	4	4	6	8	10	10	12	14	10	10	6	4	4	4
	2	4	4	4	4	8	8	10	12	12	10	10	4	4	4	4
	1	4	4	4	4	6	8	8	10	12	10	10	4	4	4	4


Hills
Resistance
90
80
70
60
50
40
30
20
10
0
:30
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:30
:30
:30
:30
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:30
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Hills
Elevation
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:30
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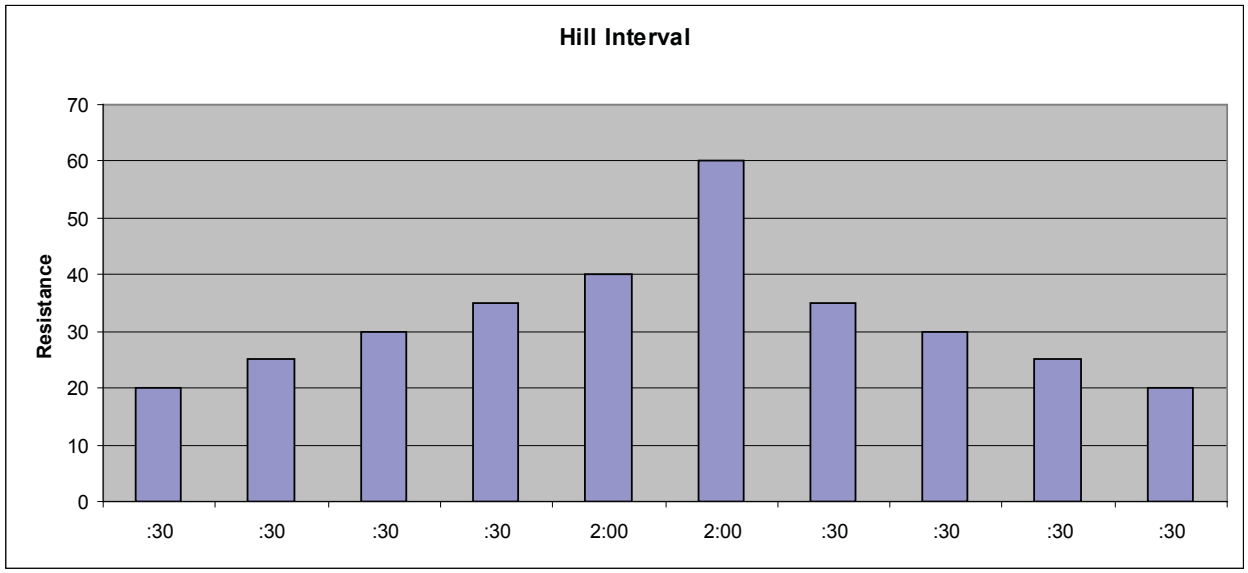
Figure 2

P3 Hill Interval

The Hills program is a four-minute core program designed for medium intensity workouts. Users will experience intervals of moderate resistance and elevation at the beginning to simulate the start of a climb and greater resistance and steeper elevation after two-minutes. The resistance then returns to the preliminary level and the core program repeats itself for the next interval. See table and Figrue 3.

Hill Interval

Time	:30	:30	:30	:30	2:00	2:00	:30	:30	:30	:30
	Warm Up				Program Segments		Cool Down			
Resistance	1	2	3	4	1	2	1	2	3	4
10	20	25	30	35	40	60	35	30	25	20
9	20	25	30	35	40	50	35	30	25	20
8	15	20	25	30	35	45	30	25	20	15
7	15	20	25	30	35	40	30	25	20	15
6	15	15	20	25	30	35	25	20	15	15
5	15	15	20	25	30	25	25	20	15	15
4	10	10	15	20	25	30	20	15	10	10
3	10	10	15	20	25	25	20	15	10	10
2	10	10	10	15	20	20	15	10	10	10
1	10	10	10	10	15	15	10	10	10	10
	Warm Up				Program Segments		Cool Down			
Elevation	1	2	3	4	1	2	1	2	3	4
10	6	8	10	12	12	20	12	10	8	6
9	6	6	8	10	10	20	10	8	6	6
8	6	6	8	10	10	18	10	8	6	6
7	6	6	6	8	8	18	8	6	6	6
6	6	6	6	8	8	16	8	6	6	6
5	6	6	6	6	6	16	6	6	6	6
4	6	6	6	6	6	14	6	6	6	6
3	4	4	6	6	6	14	6	6	4	4
2	4	4	6	6	6	12	6	6	4	4
1	4	4	6	6	6	12	6	6	4	4


Hill Interval
Resistance
70
60
50
40
30
20
10
0
:30
:30
:30
:30
2:00
2:00
:30
:30
:30
:30

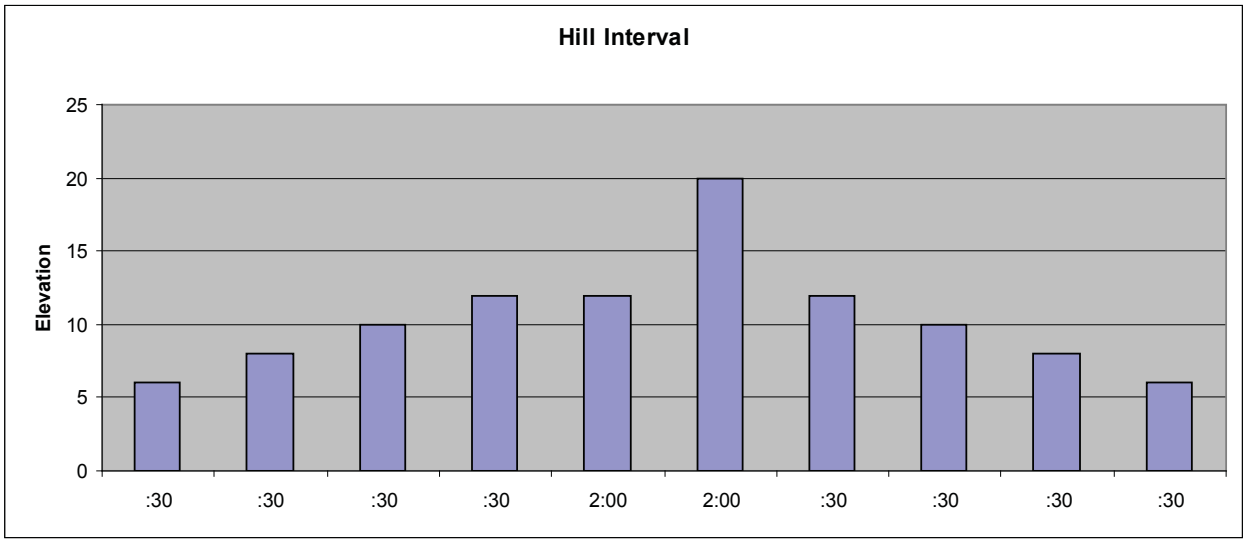

Hill Interval
Elevation
25
20
15
10
5
0
:30
:30
:30
:30
2:00
2:00
:30
:30
:30
:30

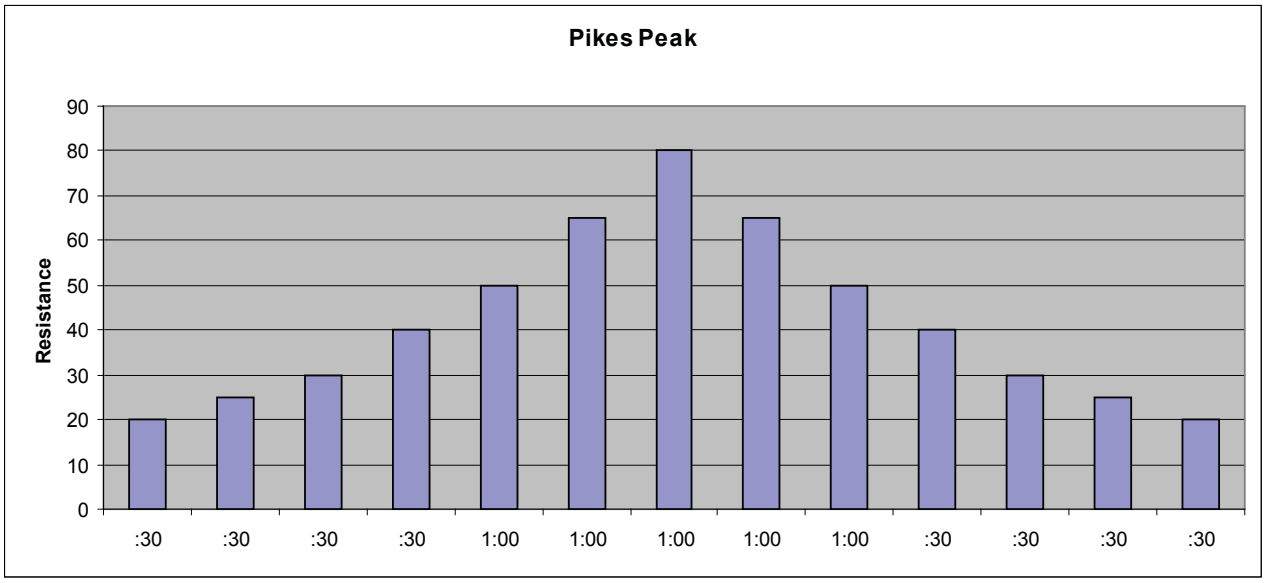
Figure 3

P4 Pikes Peak

Pikes Peak is a five-minute core program that begins at a low intensity level and incrementally increases both resistance and elevation until peaking after three-minutes and remains at that level for one-minute before ramping back down to the initial level. The repetitive program is designed to encourage a transition in training intensity to encourage the development of aerobic and anaerobic energy systems. See table and Figure 4.

Pikes Peak

Time		:30	:30	:30	:30	1:00	1:00	1:00	1:00	1:00	:30	:30	:30	:30
		Warm Up				Program Segments					Cool Down			
Resistance		1	2	3	4	1	2	3	4	5	1	2	3	4
	10	20	25	30	40	50	65	80	65	50	40	30	25	20
	9	20	25	30	35	50	60	75	60	50	35	30	25	20
	8	20	25	30	35	45	55	70	55	45	35	30	25	20
	7	15	20	25	35	45	50	65	50	45	35	25	20	15
	6	15	20	25	30	40	45	60	45	40	30	25	20	15
	5	10	15	20	20	40	40	55	40	40	20	20	15	10
	4	10	10	15	15	30	35	50	35	30	15	15	10	10
	3	5	10	10	15	30	30	45	30	30	15	10	10	5
	2	5	5	10	10	20	20	40	20	20	10	10	5	5
	1	5	5	10	10	15	20	35	20	15	10	10	5	5
		Warm Up				Program Segments					Cool Down			
Elevation		1	2	3	4	1	2	3	4	5	1	2	3	4
	10	6	8	10	10	12	16	20	16	12	10	10	8	6
	9	6	8	10	10	11	15	19	15	11	10	10	8	6
	8	6	8	8	8	10	14	18	14	10	8	8	8	6
	7	6	6	8	8	9	13	17	13	9	8	8	6	6
	6	6	6	8	8	8	12	16	12	8	8	8	6	6
	5	6	6	8	8	7	11	14	11	7	8	8	6	6
	4	6	6	8	8	6	9	12	9	6	8	8	6	6
	3	6	6	8	8	5	8	10	8	5	8	8	6	6
	2	6	6	8	8	4	6	8	6	4	8	8	6	6
	1	6	6	8	8	3	5	6	5	3	8	8	6	6


Pikes Peak
Resistance
90
80
70
60
50
40
30
20
10
0
:30
:30
:30
:30
1:00
1:00
1:00
1:00
1:00
:30
:30
:30
:30

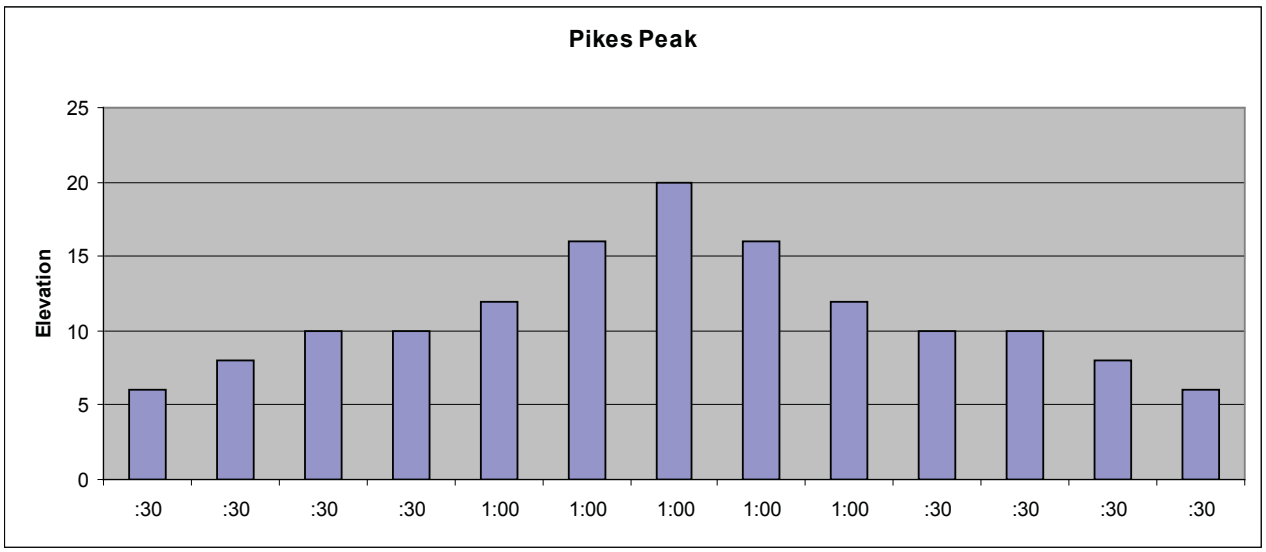

Pikes Peak
Elevation
25
20
15
10
5
0
:30
:30
:30
:30
1:00
1:00
1:00
1:00
1:00
:30
:30
:30
:30

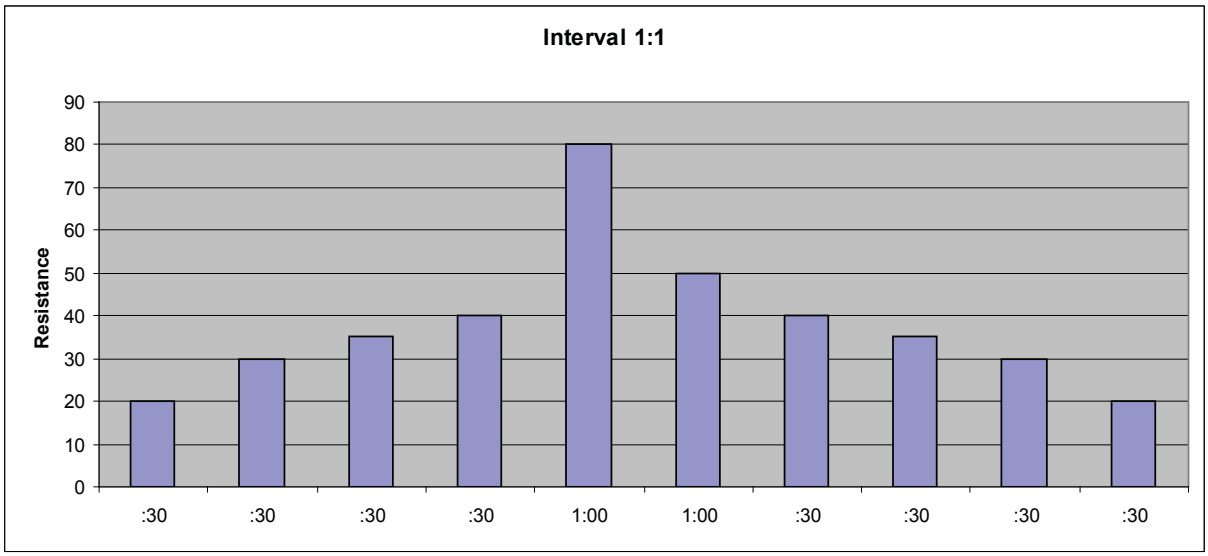
Figure 4

P5 Interval 1:1

The Interval 1:1 program is a two-minute core program utilizing a 1:1 work to rest ratio. It is designed to improve both aerobic and anaerobic capabilities as users will face a high level of resistance for one minute followed by a one-minute recuperation period before performing the work interval again. The elevation remains constant throughout the program. See table and Figure 5.

Interval 1:1

Time	:30	:30	:30	:30	1:00	1:00	:30	:30	:30	:30
	Warm Up				Program Segments		Cool Down			
Resistance	1	2	3	4	1	2	1	2	3	4
10	20	30	35	40	80	50	40	35	30	20
9	15	25	30	35	75	50	35	30	25	15
8	15	20	25	30	75	45	30	25	20	15
7	10	20	25	30	70	45	30	25	20	10
6	10	20	25	30	70	40	30	25	20	10
5	10	15	20	25	65	40	25	20	15	10
4	15	20	20	25	65	35	25	20	20	15
3	10	10	15	20	60	35	20	15	10	10
2	5	10	15	20	60	30	20	15	10	5
1	5	10	15	15	55	30	15	15	10	5
	Warm Up				Program Segments		Cool Down			
Elevation	1	2	3	4	1	2	1	2	3	4
10	8	8	12	16	20	20	16	12	8	8
9	8	8	12	16	20	20	16	12	8	8
8	8	8	12	12	16	16	12	12	8	8
7	8	8	12	12	16	16	12	12	8	8
6	8	8	12	12	16	16	12	12	8	8
5	8	8	8	12	12	12	12	8	8	8
4	8	8	8	8	12	12	8	8	8	8
3	8	8	8	8	12	12	8	8	8	8
2	8	8	8	8	8	8	8	8	8	8
1	8	8	8	8	8	8	8	8	8	8


Interval 1:1
Resistance
90
80
70
60
50
40
30
20
10
0
:30
:30
:30
:30
1:00
1:00
:30
:30
:30
:30

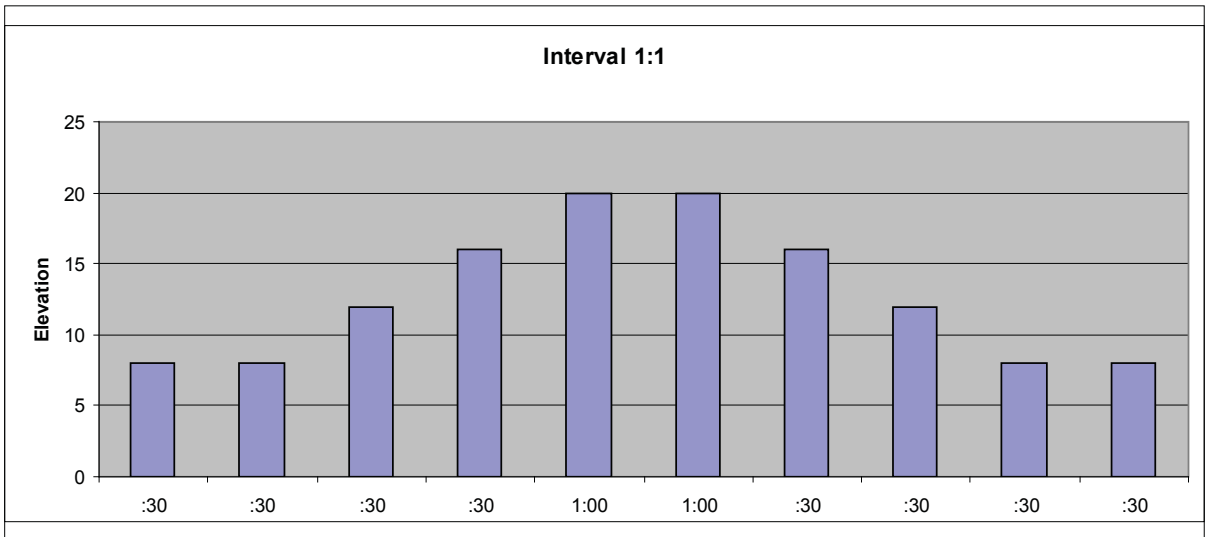
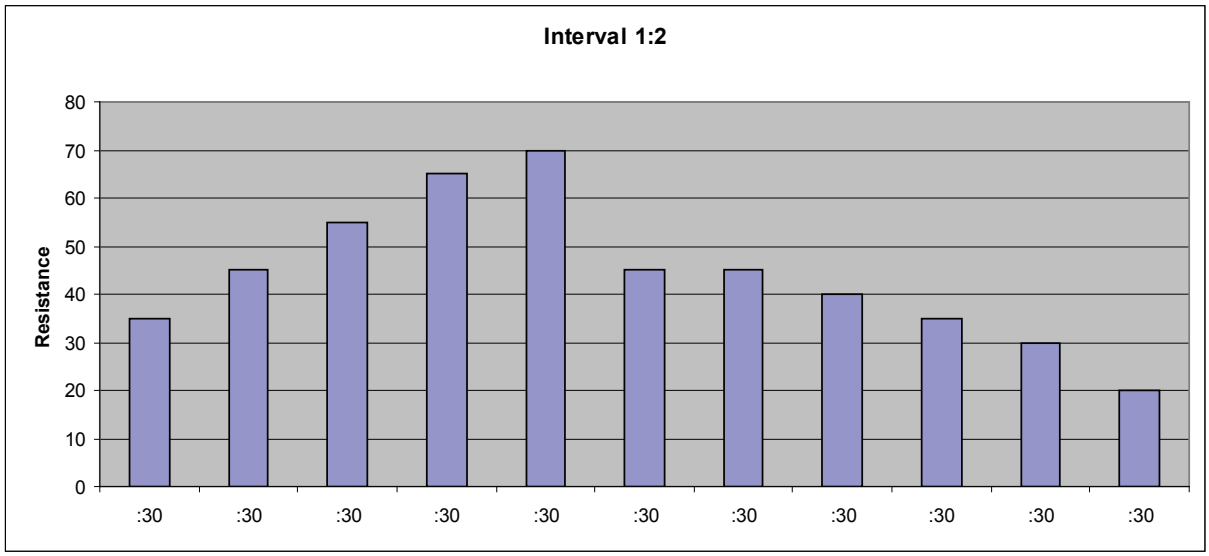

Interval 1:1
Elevation
25
20
15
10
5
0
:30
:30
:30
:30
1:00
1:00
:30
:30
:30
:30

Figure 5

P6 Interval 1:2

The Interval 1:2 program uses a 1:2 work to rest ratio. It is designed for high resistance training with longer rest periods than the 1:1 program. Users will face a high level of resistance for thirty-seconds followed by a one minute recuperation period before performing the interval again. The elevation remains constant throughout the program. See table and Figure 6.

Interval 1:2					Repeat						
Time	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30
	Warm Up				Program Segments			Cool Down			
Resistance	1	2	3	4	1	2	3	1	2	3	4
10	35	45	55	65	70	45	45	40	35	30	20
9	35	40	50	60	65	40	40	35	30	25	15
8	30	40	50	55	60	35	35	30	25	20	15
7	30	35	45	50	55	30	30	30	25	20	10
6	25	35	40	45	50	30	30	30	25	20	10
5	25	30	35	40	45	25	25	25	20	15	10
4	20	25	30	35	40	25	25	25	20	15	10
3	20	25	30	30	35	20	20	20	15	10	10
2	15	20	25	30	30	20	20	20	15	10	5
1	10	15	20	20	25	15	15	15	15	10	5
	Warm Up				Program Segments			Cool Down			
Elevation	1	2	3	4	1	2	3	1	2	3	4
10	8	8	12	16	20	20	20	16	12	8	4
9	8	8	12	16	20	20	20	16	12	8	4
8	8	8	12	12	16	16	16	12	12	8	4
7	8	8	12	12	16	16	16	12	12	8	4
6	8	8	12	12	16	16	16	12	12	8	4
5	8	8	8	12	12	12	12	12	8	8	4
4	8	8	8	8	12	12	12	8	8	8	4
3	8	8	8	8	12	12	12	8	8	8	4
2	8	8	8	8	8	8	8	8	8	8	4
1	8	8	8	8	8	8	8	8	8	8	4


Interval 1:2
Resistance
80
70
60
50
40
30
20
10
0
:30
:30
:30
:30
:30
:30
:30
:30
:30
:30
:30

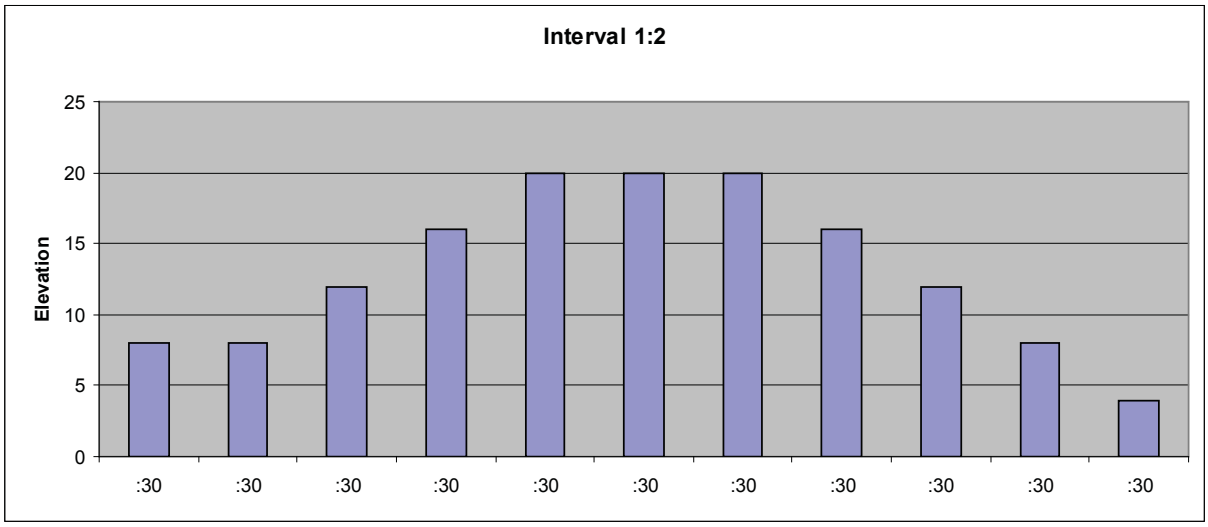

Interval 1:2
Elevation
25
20
15
10
5
0
:30
:30
:30
:30
:30
:30
:30
:30
:30
:30
:30

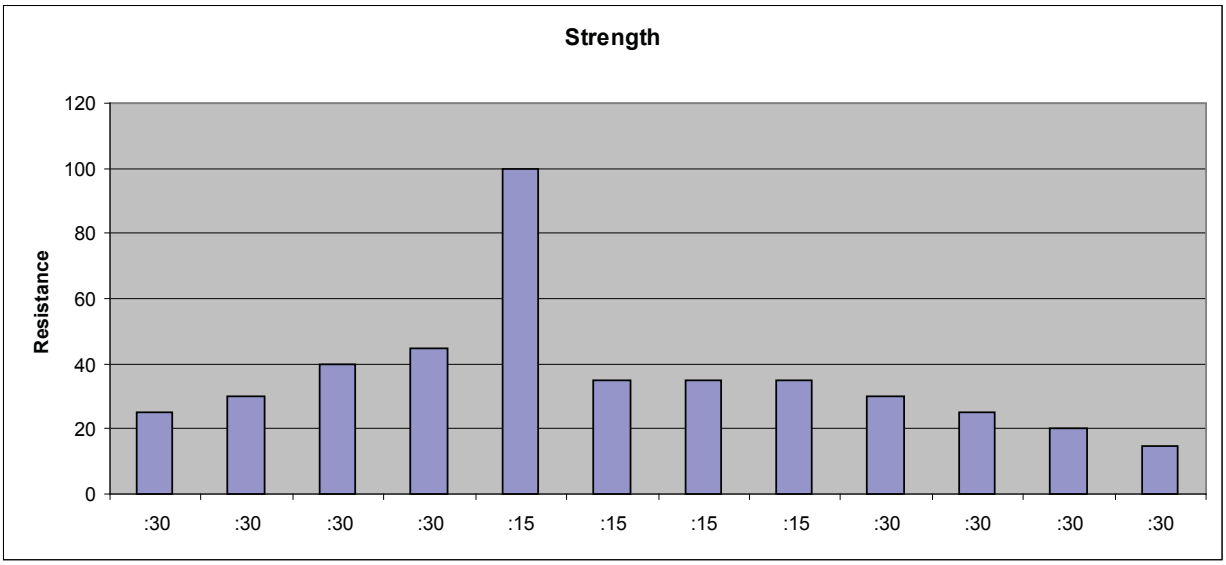
Figure 6

P7 Strength

The Strength program is designed with the specific goal of raising the users' lactic acid threshold. The program uses a 1:3 work to rest ratio with fifteen-second intervals for maximum power development and forty-five second rest periods for recuperation. See table and Figure 7.

Strength

Time		:30	:30	:30	:30	:15	:15	:15	:15	:30	:30	:30	:30
		Warm Up				Program Segments				Cool Down			
Resistance		1	2	3	4	1	2	3	4	1	2	3	4
	10	25	30	40	45	100	35	35	35	30	25	20	15
	9	25	30	35	40	95	35	35	35	30	25	20	15
	8	25	30	35	40	90	35	35	35	30	25	20	15
	7	25	30	35	40	85	30	30	30	25	20	20	15
	6	20	25	30	35	80	30	30	30	25	20	20	15
	5	20	25	30	35	75	30	30	30	25	20	15	10
	4	20	25	30	35	70	25	25	25	20	20	0	0
	3	20	20	25	30	65	25	25	25	20	20	0	0
	2	15	20	25	30	60	20	20	20	15	0	10	5
	1	15	15	20	25	55	20	20	20	15	0	10	5
		Warm Up				Program Segments				Cool Down			
Elevation		1	2	3	4	1	2	3	4	1	2	3	4
	10	10	12	16	18	20	20	20	20	18	16	12	10
	9	10	12	16	18	20	20	20	20	18	16	12	10
	8	10	12	14	16	18	18	18	18	16	14	12	10
	7	10	12	14	16	18	18	18	18	16	14	12	10
	6	10	12	14	16	18	18	18	18	16	14	12	10
	5	8	10	12	14	16	16	16	16	14	12	10	8
	4	8	10	12	14	16	16	16	16	14	12	10	8
	3	8	10	12	14	16	16	16	16	14	12	10	8
	2	6	8	10	12	14	14	14	14	12	10	8	6
	1	6	8	10	12	14	14	14	14	12	10	8	6


Strength
Resistance
120
100
80
60
40
20
0
:30
:30
:30
:30
:15
:15
:15
:15
:30
:30
:30
:30

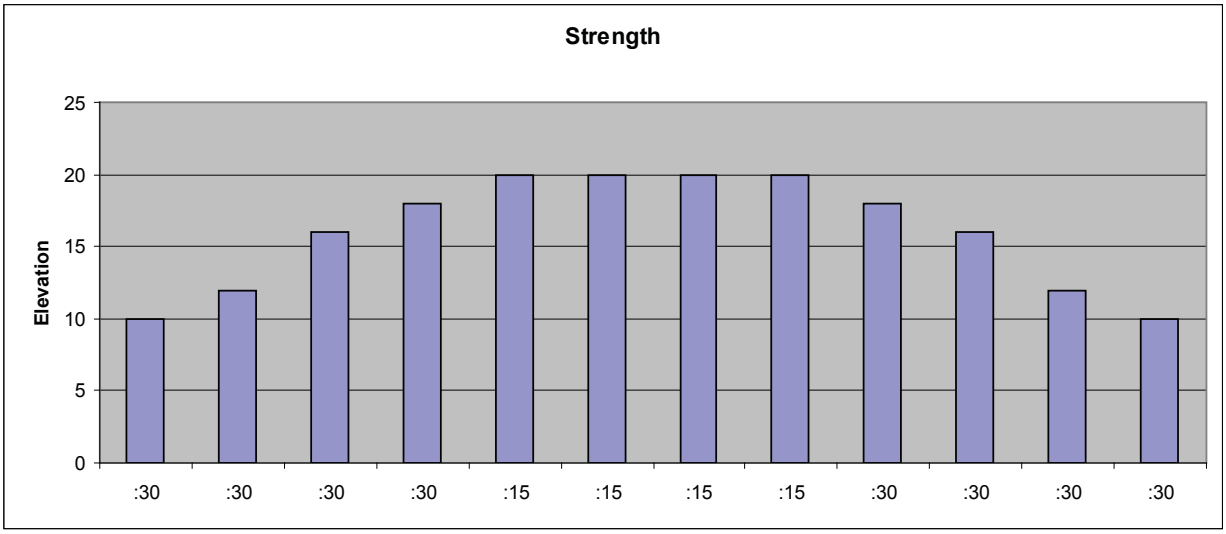

Strength
Elevation
25
20
15
10
5
0
:30
:30
:30
:30
:15
:15
:15
:15
:30
:30
:30
:30

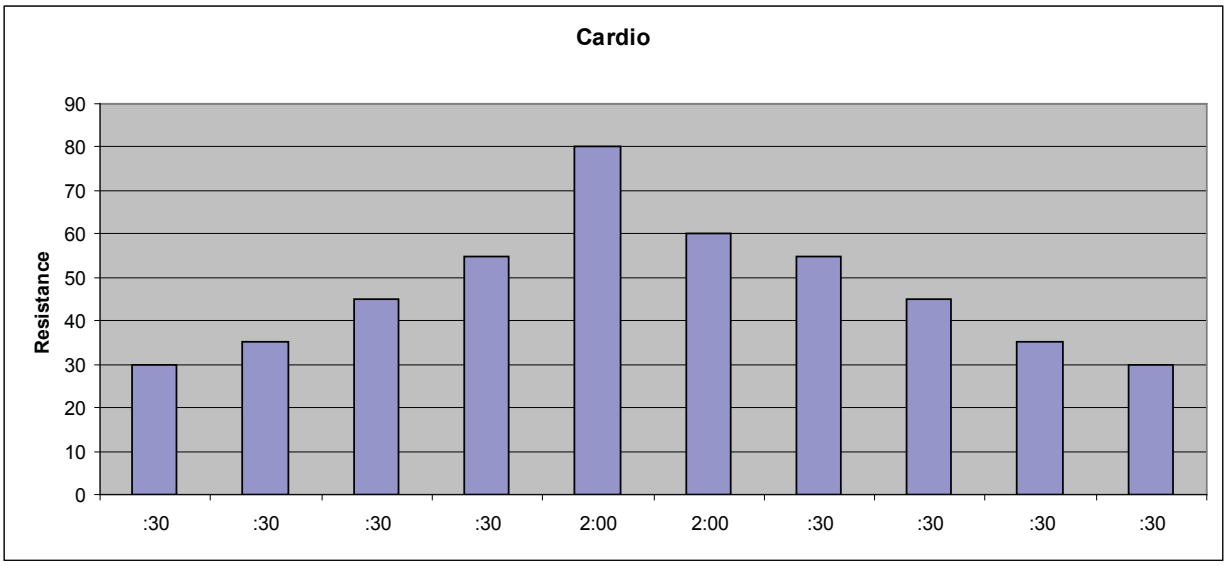
Figure 7

P8 Cardio

The Cardio program is designed to maintain a high total demand with two-minutes with high resistance and low elevation and two minutes at medium resistance with higher elevation for a total four-minute core program. The prolonged exertion period takes advantage of the long term energy stores and total aerobic capability when associated with speeds that require a high sustained cardiovascular demand. See table and Figure 8.

Cardio

Time	:30	:30	:30	:30	2:00	2:00	:30	:30	:30	:30
	Warm Up				Program Segments		Cool Down			
Resistance	1	2	3	4	1	2	1	2	3	4
10	30	35	45	55	80	60	55	45	35	30
9	25	35	45	55	75	55	55	45	35	25
8	25	30	40	45	70	50	45	40	30	25
7	20	25	35	40	65	45	40	35	25	20
6	15	20	30	35	60	40	35	30	20	15
5	15	20	25	30	55	35	30	25	20	15
4	10	15	20	25	50	30	25	20	15	10
3	5	10	15	20	45	30	20	15	10	5
2	0	5	10	15	40	25	15	10	5	0
1	0	0	5	10	35	20	10	5	0	0
	Warm Up				Program Segments		Cool Down			
Elevation	1	2	3	4	1	2	1	2	3	4
10	6	8	10	12	10	16	12	10	8	6
9	6	6	8	10	10	16	10	8	6	6
8	6	6	8	8	10	14	8	8	6	6
7	6	6	8	8	8	14	8	8	6	6
6	6	6	6	8	8	12	8	6	6	6
5	6	6	6	6	8	12	6	6	6	6
4	4	4	4	6	6	10	6	4	4	4
3	4	4	4	6	6	10	6	4	4	4
2	4	4	4	4	4	8	4	4	4	4
1	4	4	4	4	4	8	4	4	4	4


Cardio
Resistance
90
80
70
60
50
40
30
20
10
0
:30
:30
:30
:30
2:00
2:00
:30
:30
:30
:30

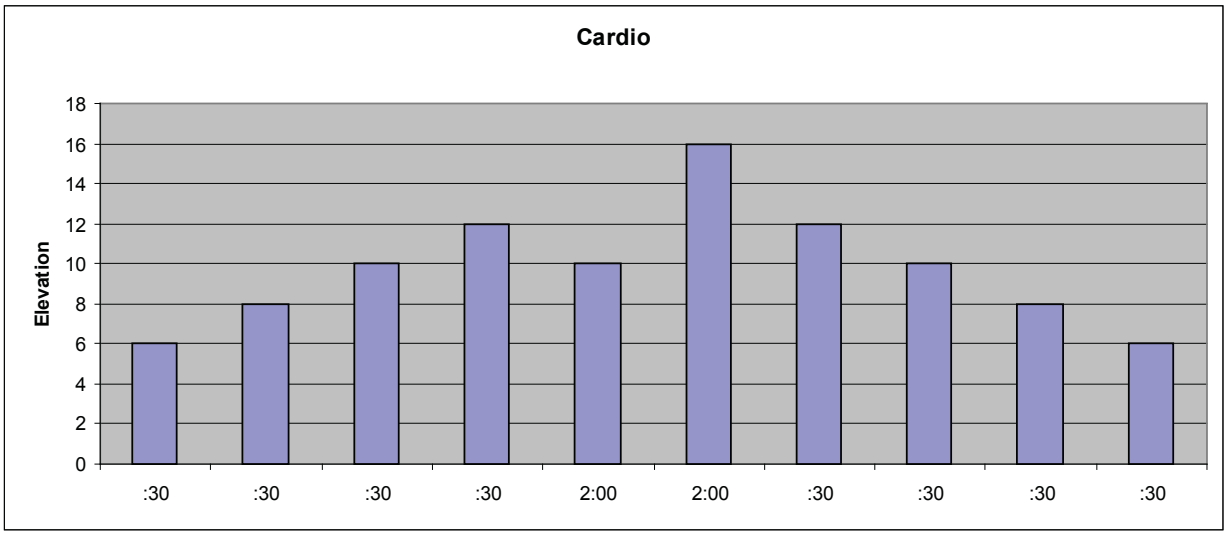

Cardio
Elevation
18
16
14
12
10
8
6
4
2
0
:30
:30
:30
:30
2:00
2:00
:30
:30
:30
:30

Figure 8

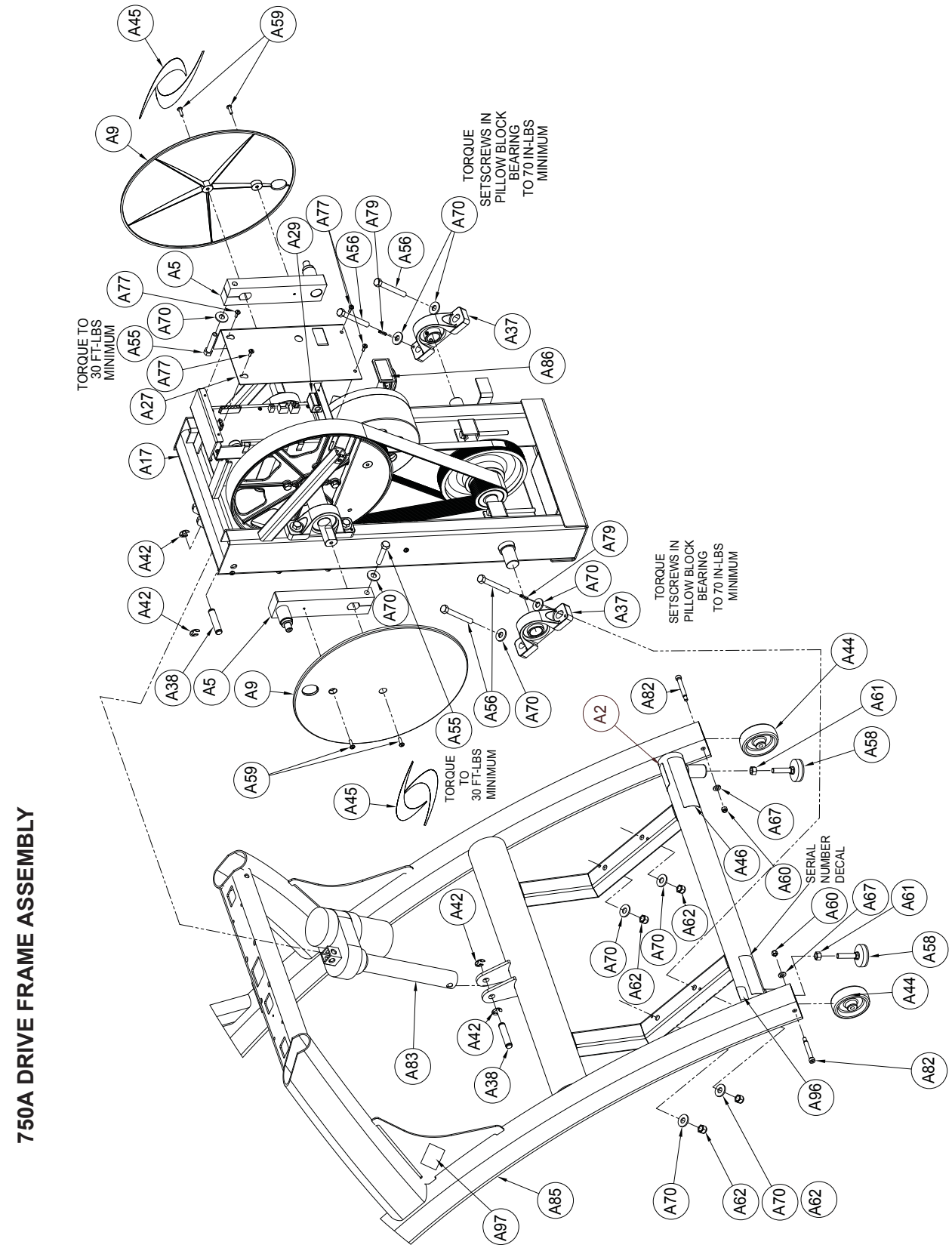
Appendix C – 750A/750AT Parts List

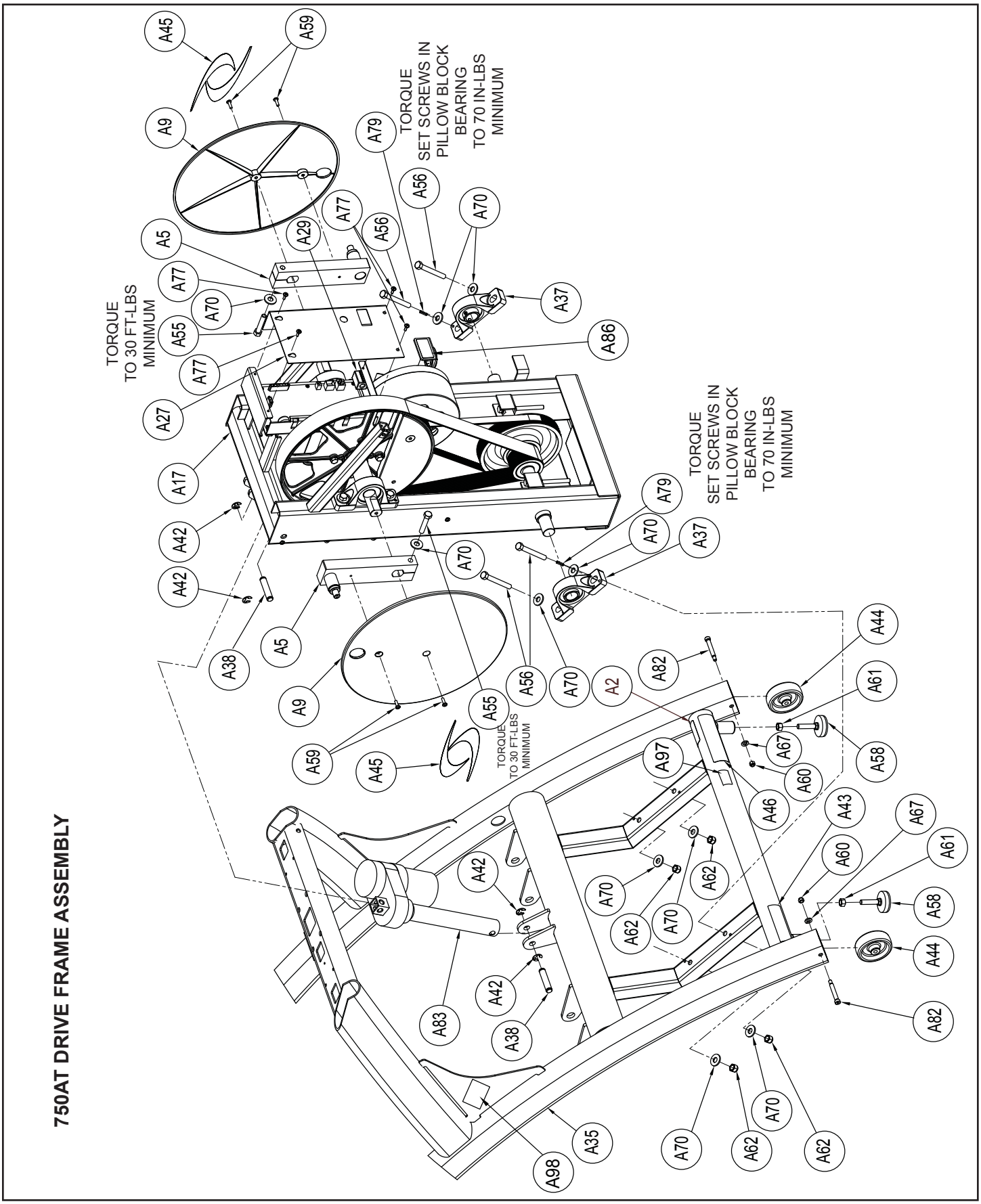
ITEM	QTY	PART NO.	DESCRIPTION
A1	6	600A-311	SPACER, FLANGE
A2	1	600A-362	LABEL, BIOSIG PATENT
A3	2	610A-351	PIVOT PIN
A4	2	610A-358	INSERT, PLASTIC 1.188 OD X .281 ID
A5	2	610A-395	ASSY, ARM CRANK
A6	1	740A-350	COVER, LEFT HAND
A7	1	740A-351	COVER, RIGHT HAND
A8	1	740A-352	COVER, FRONT ACCESS
A9	2	740A-353	COVER, CRANK
A10	1	740A-354	COVER, ELEVATION MOTOR
A11	1	740A-370	TRAY, MAIN
A12	1	740A-371	TRAY, INSERT
A13	1	740A-372	COVER, PIVOT, TOP LH
A14	1	740A-373	COVER, PIVOT, TOP RH
A15	1	740A-374	COVER, PIVOT, BOTTOM LH
A16	1	740A-375	COVER, PIVOT, BOTTOM RH
A17	1	750A-101	DRIVE FRAME ASSEMBLY
A18	1	750A-115	LINKAGE ASSY, LH
A19	1	750A-116	LINKAGE ASSY, RH
A20	2	750A-201	W/ LEG
A21	1	750A-204	W FOOT PLATE ARM, LR
A22	1	750A-205	W FOOT PLATE ARM, RR
A23	2	750A-312	TUBE, SPACER
A24	2	750A-325	TUBE, SPACER
A25	1	750A-329-X*	DECAL, WARNING & ERROR CODE
A26	1	750A-349	DECAL LOGO, ARC
A27	1	750A-365	COVER, CONTROLLER
A28	1	750A-390	TAB, PC MOUNT
A29	1	750A-396	FERRITE CLAMP-ON .40 ID
A30	1	750AT-112	FOOT PLATE ARM ASSY, LH
A31	1	750AT-113	FOOT PLATE ARM ASSY, RH
A32	2	750AT-114	HANDLE LINKAGE ASSY
A33	1	750AT-117	HANDLE ASSY, LH - 750AT
A34	1	750AT-118	HANDLE ASSY, RH - 750AT
A35	1	750AT-200	W/ MAIN FRAME - 750AT
A36	1	750AT-213	CONSOLE MOUNT, 750AT
A37	2	AF-16694	ASSY, BEARING, 1.00 INCH PILLOW BLOCK
A38	2	AP030055	PIN, HEADLESS GROOVED Ø.500 X 2.00
A39	1	AW-20935	CABLE, 750A, CONSOLE HARDNESS
A40	1	AW-21748	CABLE, 750A CHR FRAME
A41	1	AW-21750	CABLE, 750A SALUTRON GND
A42	4	BR030228	RETAINING RING, .500 EXTERNAL
A43	2	750A-418	RUBBER SLEEVE
A44	2	CW-17231	WHEEL, TENSIONER
A45	2	DE-17339	DECAL, CYBEX VORTEX
A46	1	DE-21625	LABEL, ETL CSA CE, 750A
A47	1	EC-21743	SENSOR SALUTRON COMBO BOARD
A48	4	FB030256	BEARING, BALL, 1.181 Ø, DOUBLE ROW
A49	4	FC030003	TOLERANCE RING
A50	4	FC030011	TOLERANCE RING
A51	8	HB-17036	BEARING, BALL, .750 DIAMETER
A52	4	HB-17280	BEARING ROLLER 3"
A53	4	HC700415	BHSCS .375-16 X .75
A54	4	HC700428	BHSCS .375-16 X 2.25
A55	10	HC701226	BOLT, HHCS .375-16 x 2.0
A56	4	HC701234	SCREW, HHCS .375-16 x 3.00
A57	2	HF540200	GROMMET, NYLON
A58	2	HG700022	LEVELING GLIDE, .375-16
A59	4	HM582514	SCREW, PAN HEAD PHILPIPS 10-32 x .62 BLK
A60	2	HN624901	LOCKNUT, .250-20 NYLON BLK ZN
A61	2	HN704000	HEX NUT .375-16
A62	8	HN704901	LOCKNUT, .375-16 NYLON
A63	8	HN704902	LOCKNUT, .375-16 NYLON
A64	6	HS307601	WASHER, FLAT .281 ID X .500 OD X .062
A65	4	HS307602	WASHER FLAT .281 ID X 1.000 OD. X .063
A66	2	HS307603	WASHER, FLAT .281 ID X .734 OD X .063
A67	2	HS328300	LOCKWASHER SPLIT .312
A68	4	HS347600	WASHER, SAE .375
A69	4	HS347602	WASHER, FLAT .390 ID x 1.500 OD x .124
A70	10	HS347700	WASHER, USS .375
A71	4	750A-446	WASHER, .765 ID x 1.000 OD x .125
A72	2	HT102214	PHIL, HEX, WASHER HD, TYPE 23, 10-24
A73	8	HT512522	TAP SC 10-24 X 1.50 TYPE WB PN
A74	8	HT552511	SCREW, TAP 8-16 x .38 PLASTITE BLACK
A75	10	HT552512	PAN HD PHIL HD SELF TAPPING, 8-16 x .50 TYPE WB
A76	9	HT552515	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
A77	13	HT572512	TAP SC NO. 10-24 X .50 PN HD PHIL
A78	4	HT592526	TAP SC 10-12 X 2.00 TYPE A PN HD PHIL
A79	2	HX-17023	PIN, SPRING .1875 x .75 LG, TYPE 420
A80	12	HX622815	SHCS .250-20 UNC-3A SS
A81	4	HX700415	BHSCS .375-16 X .75 SS
A82	2	JD623324	BOLT, SHOULDER .312 x 1.75 .250-20
A83	1	MR-18446	MOTOR, ELEVATION, 115 V
A84	6	PL-16535	CAP, LINKAGE ROD, 2.00 OD
A85	1	750A-200	W/MAIN FRAME - 750A
A86	1	DE-17155-X*	DECAL, WARNING
A87	1	750A-121	CONSOLE
A88	1	750A-330-X*	DECAL,WARNING
A89	2	740A-378	FOOT PLATE
A90	2	740A-381	TOE CAP
A91	4	HX700412	BHSCS .375-16 X .50SS
A92	1	750A-403	WASHER, SADDLE, .390 ID X .750 OD X .06
A93	1	HX700428	BHSCS .375-16 X 2.25 SS
A94	1	750A-124	HANDLE ASSY - 750A
A95	1	750A-213	CONSOLE MOUNT, 750A
A96	1	750A-372-X*	DECAL, WARNING
A97	1	DE-17219-X*	DECAL, WARNING
A98	1	CP-21072	MONITOR CYBEX 13.3" LCD, ATSC-NTSC DIGITAL PEM
A99	1	CP-21073	MONITOR CYBEX 13.3" LCD, PAL-DVB-SECAM DIGITAL PEM
A100	1	TR-21265	AC POWER ADAPTOR (POWER CORD VARIES)
A101	1	750A-404	CABLE 750A CHR GRIP
NS	1	TR-18448	POWER, PEM
NS	1	5750-X*	OWNERS MANUAL
NS	1	750A-402	750A ASSEMBLY POSTER
NS	1	750A-391	COMMERCIAL ARC WARRANTY SHEET
NS	1	750A-392	CONSUMER ARC WARRANTY SHEET
NS	1	750A-393	750AT ASSEMBLY POSTER

NS=Not Shown

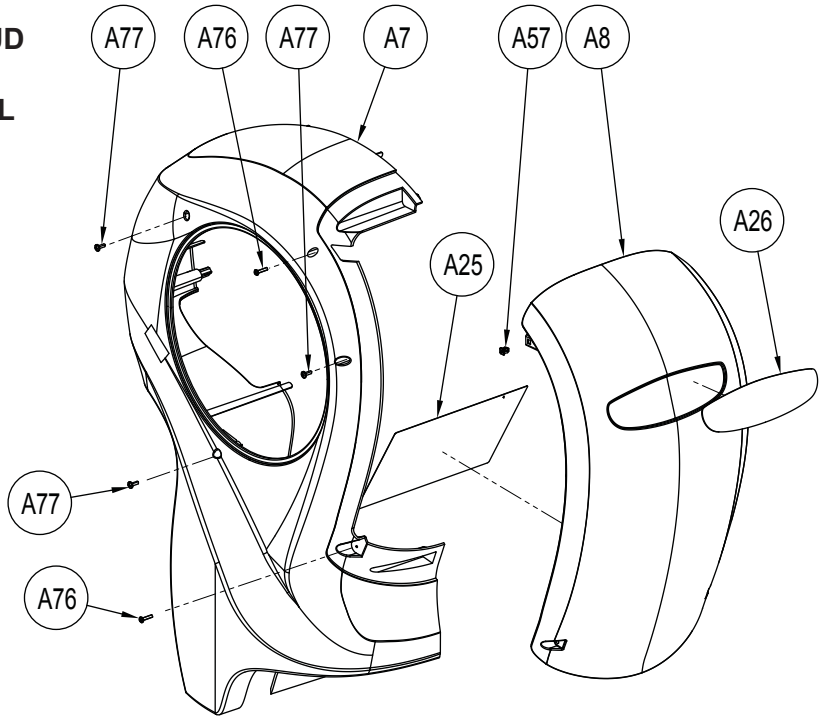
*Language Key
1-German 2-French 3-Spanish 4-English 6-Japanese 7-Swedish 8-Russian

Appendix D – 750A/750AT Exploded Views

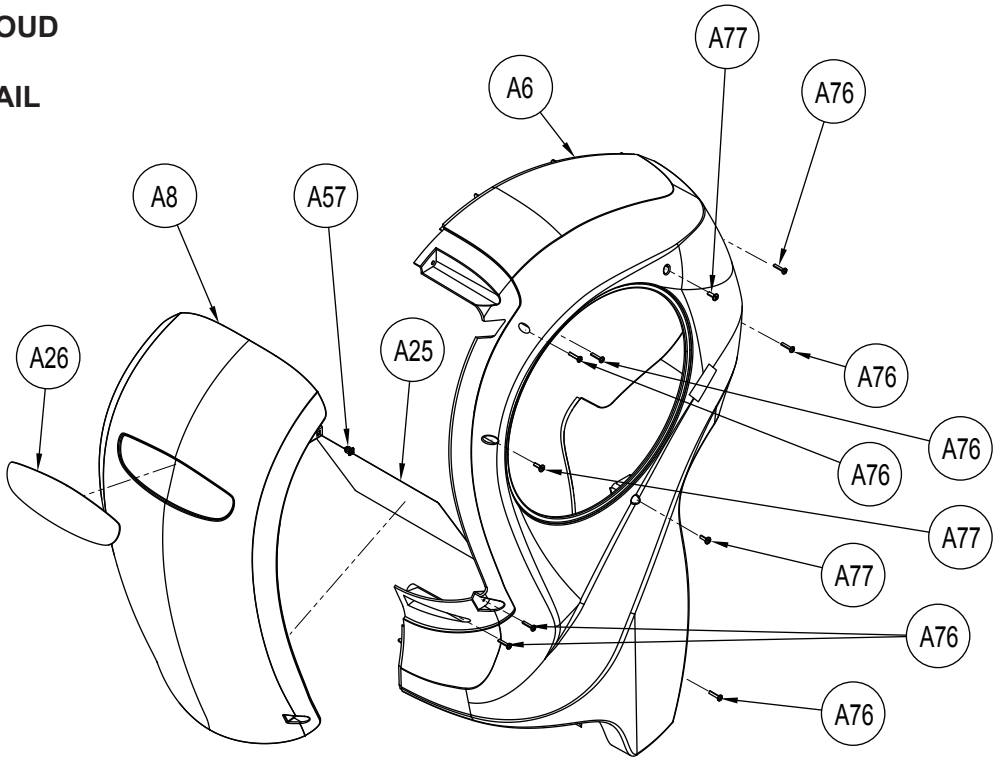


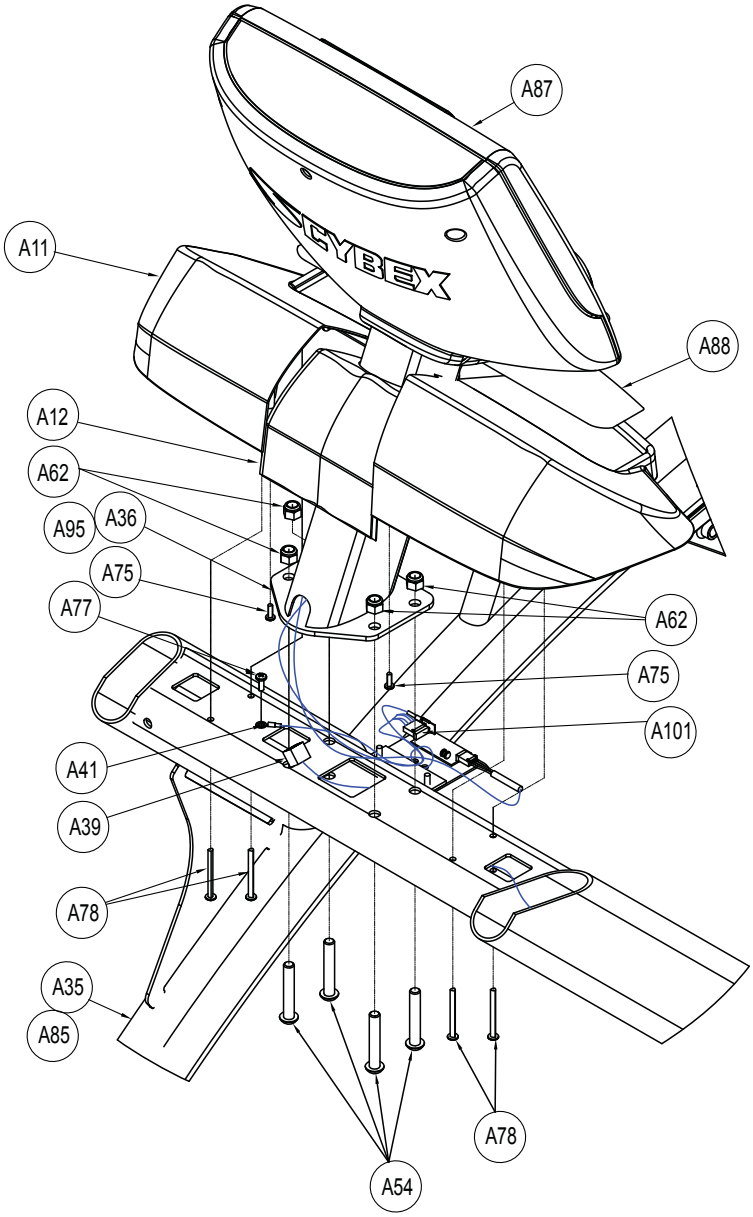

750AT DRIVE FRAME ASSEMBLY
TORQUE
TO 30 FT-LBS
MINIMUM
TORQUE
SET SCREWS IN
PILLOW BLOCK
BEARING
TO 70 IN-LBS
MINIMUM
TORQUE
SET SCREWS IN
PILLOW BLOCK
BEARING
TO 70 IN-LBS
MINIMUM
TORQUE
TO 30 FT-LBS
MINIMUM
A2
A5
A9
A17
A27
A29
A35
A37
A38
A42
A43
A44
A45
A46
A55
A56
A58
A59
A60
A61
A62
A67
A70
A77
A79
A82
A83
A86
A97
A98

750A/750AT SHROUD ASSEMBLY RIGHT SIDE DETAIL

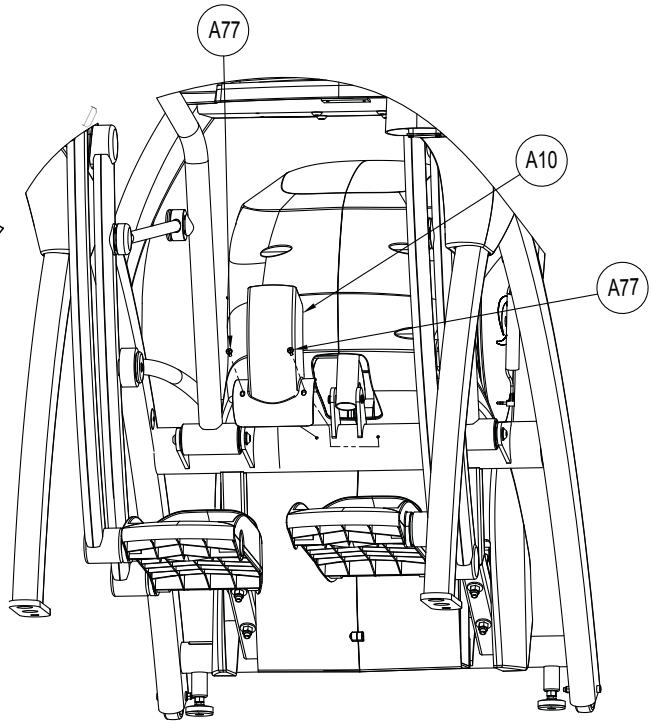


750A/750AT SHROUD ASSEMBLY LEFT SIDE DETAIL



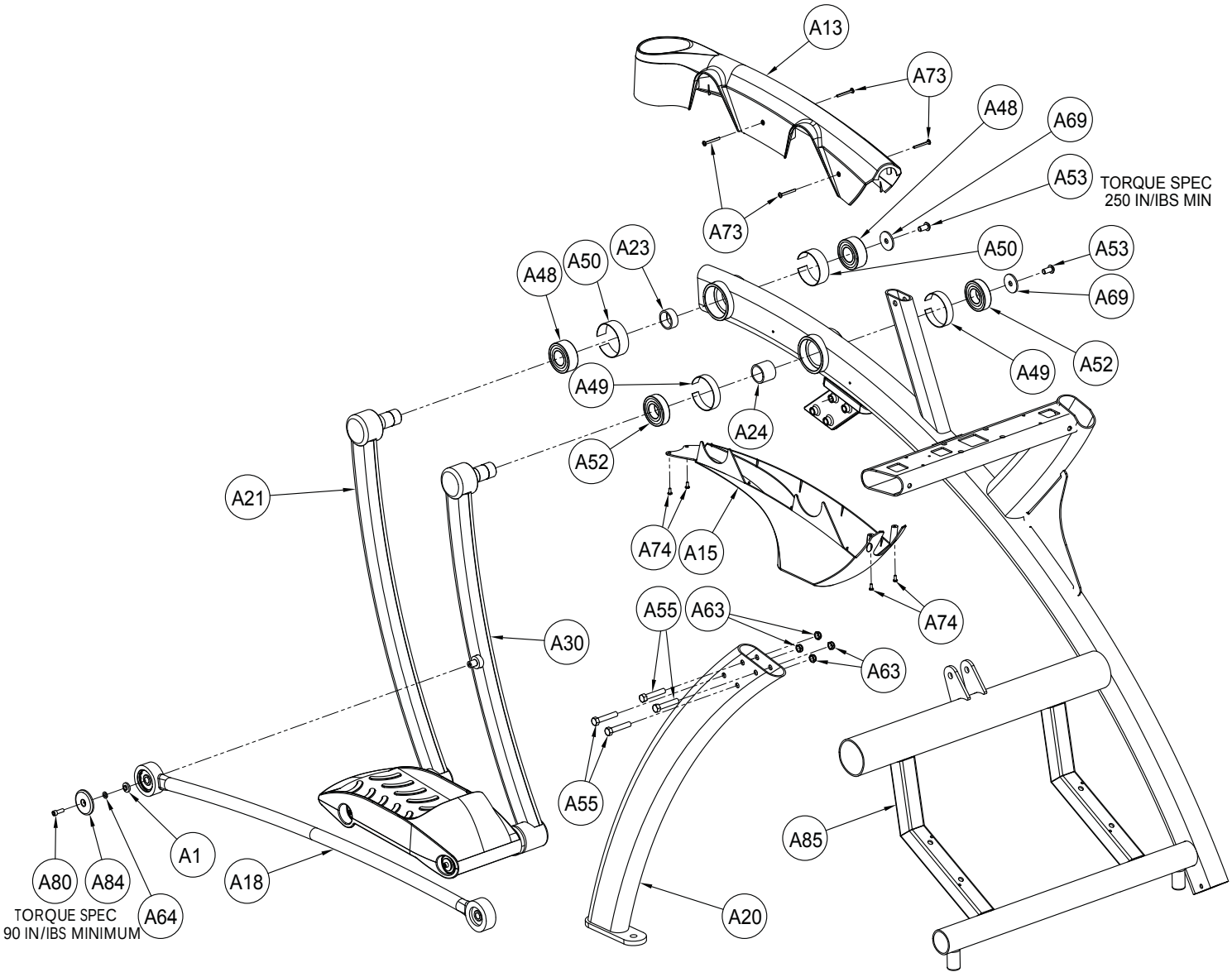


750A/750AT COVER ASSEMBLY DETAIL

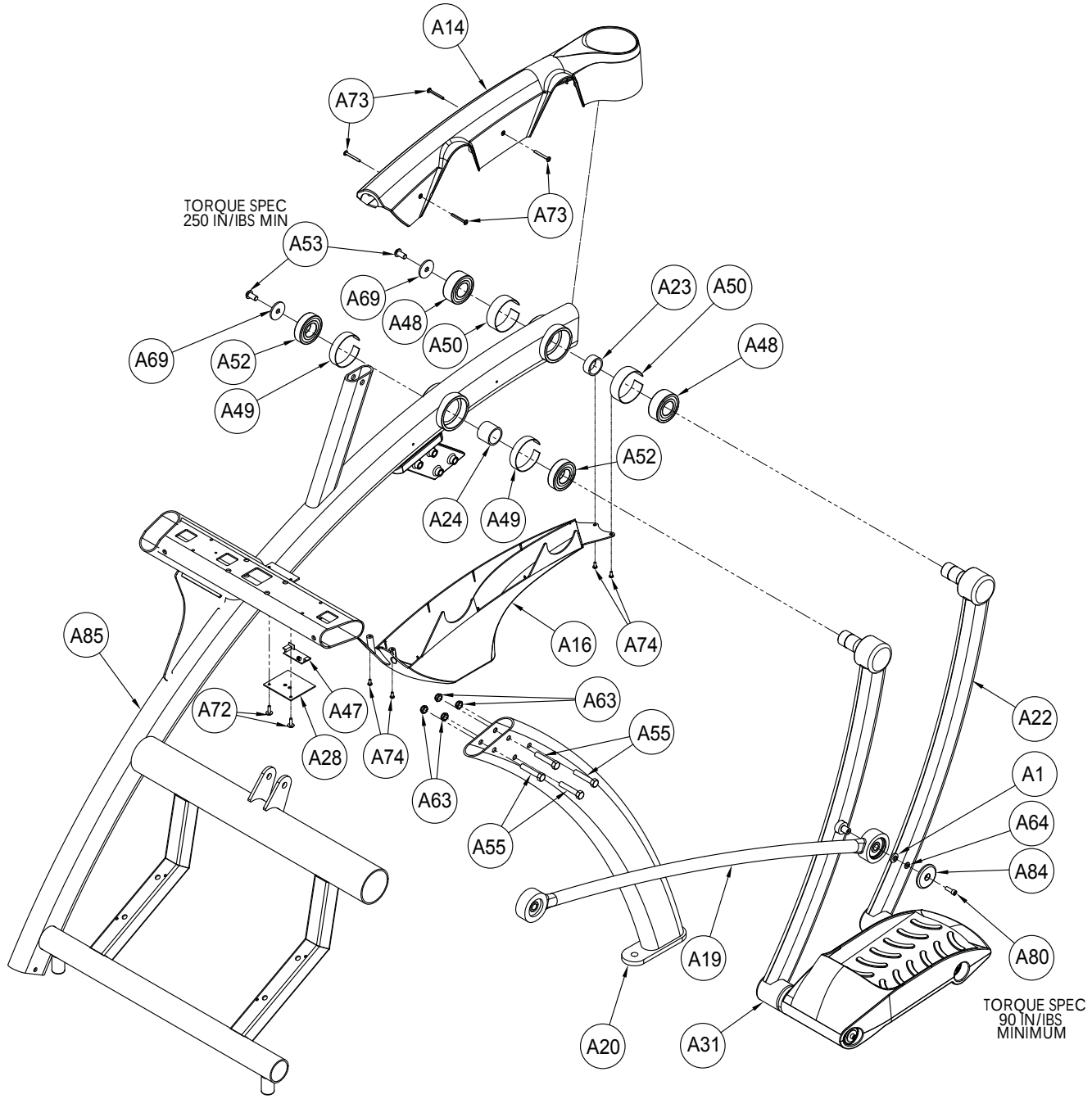


750A/750AT MOTOR ACCESS COVER ASSEMBLY DETAIL

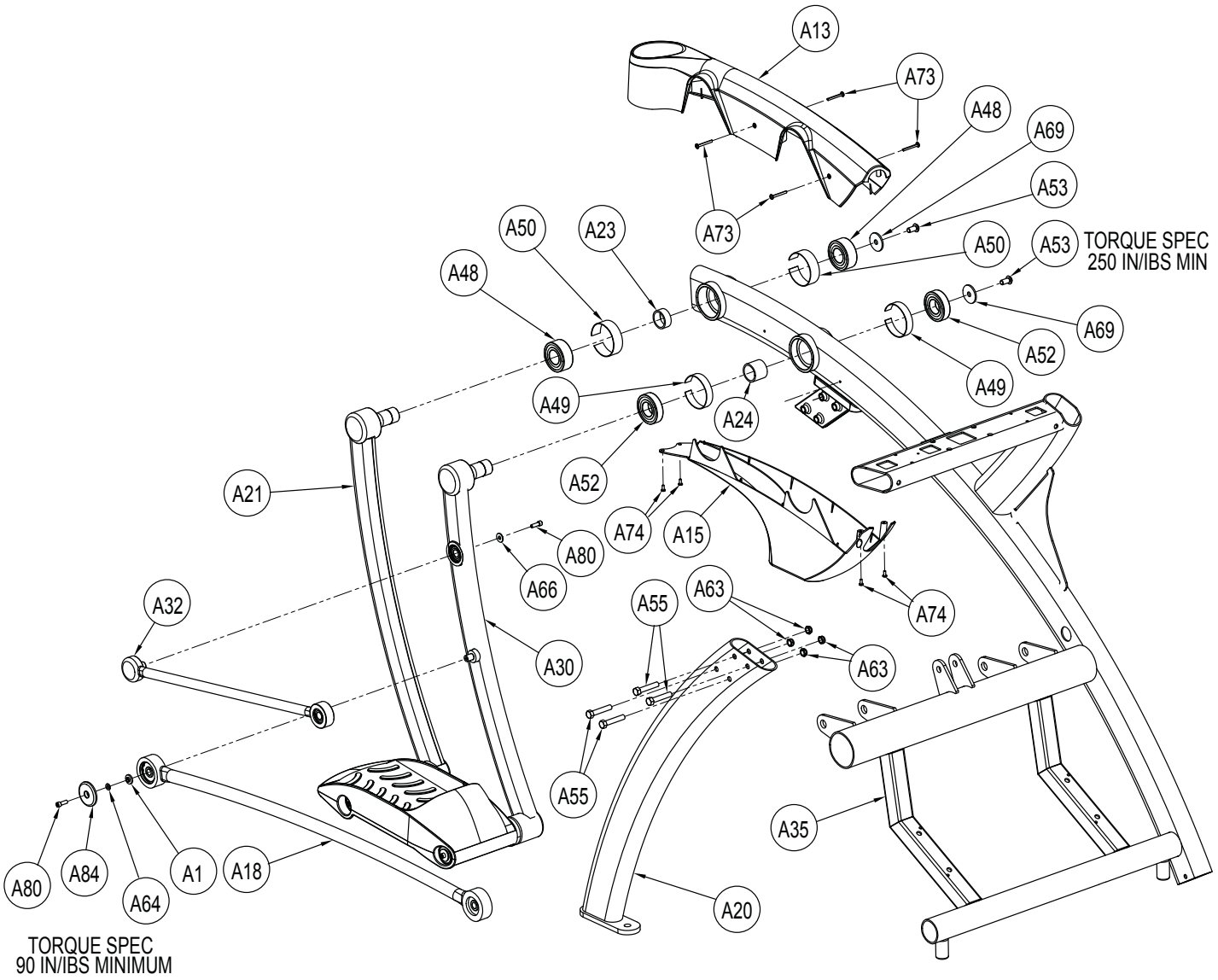
750A LEFT SIDE ARM ASSEMBLY DETAIL



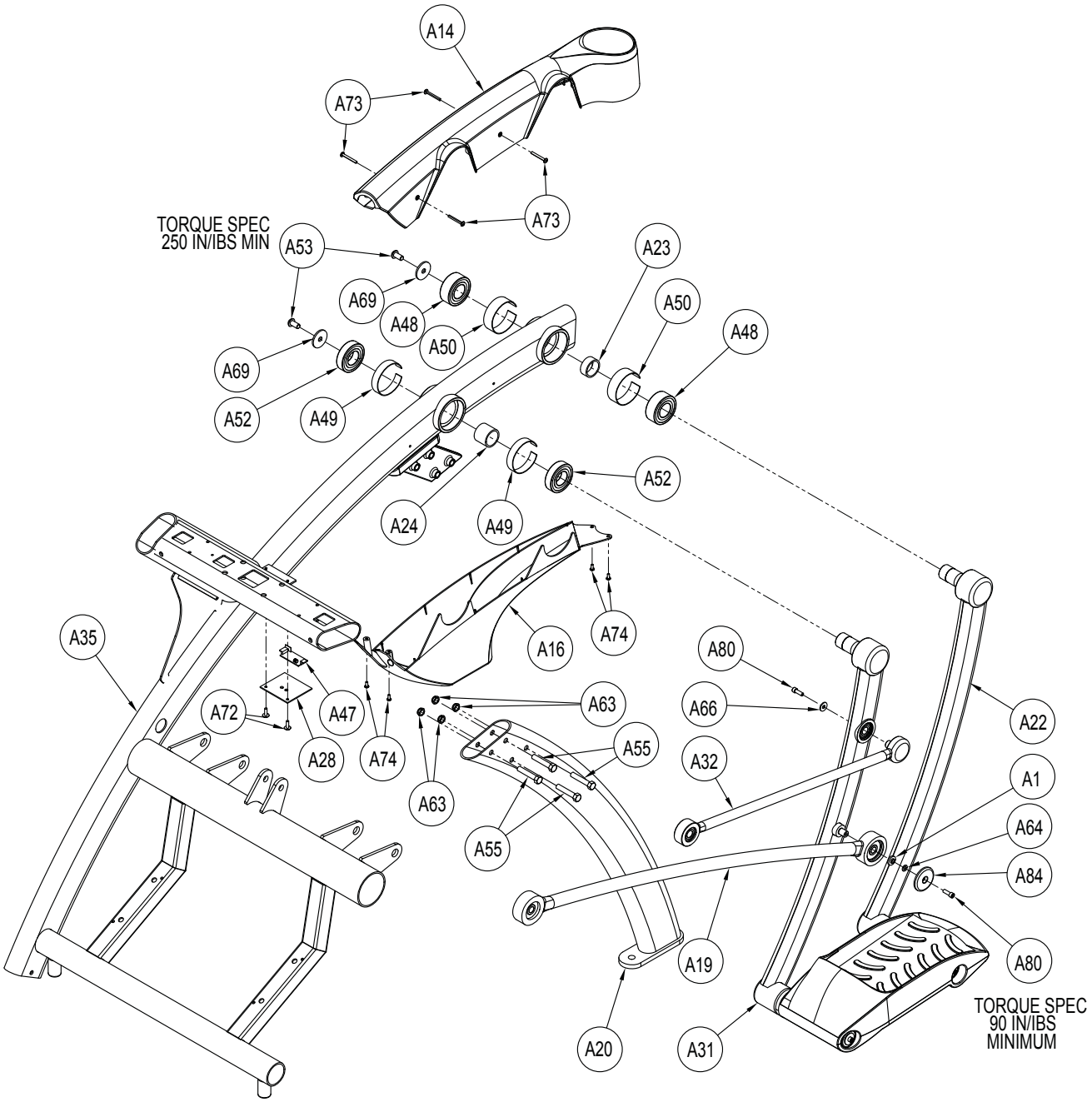
750A RIGHT SIDE ARM ASSEMBLY DETAIL



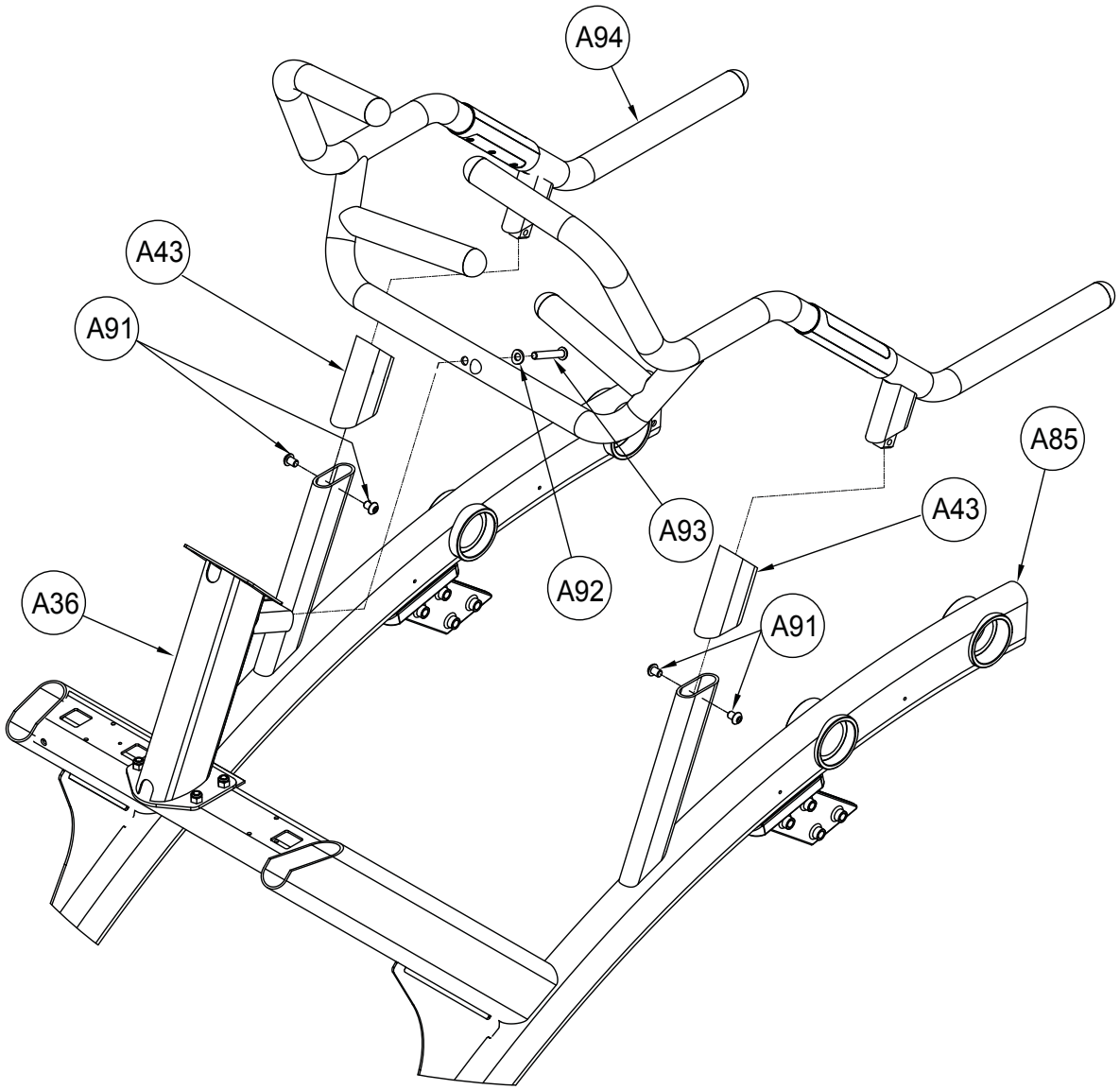
750AT LEFT SIDE ARM ASSEMBLY DETAIL



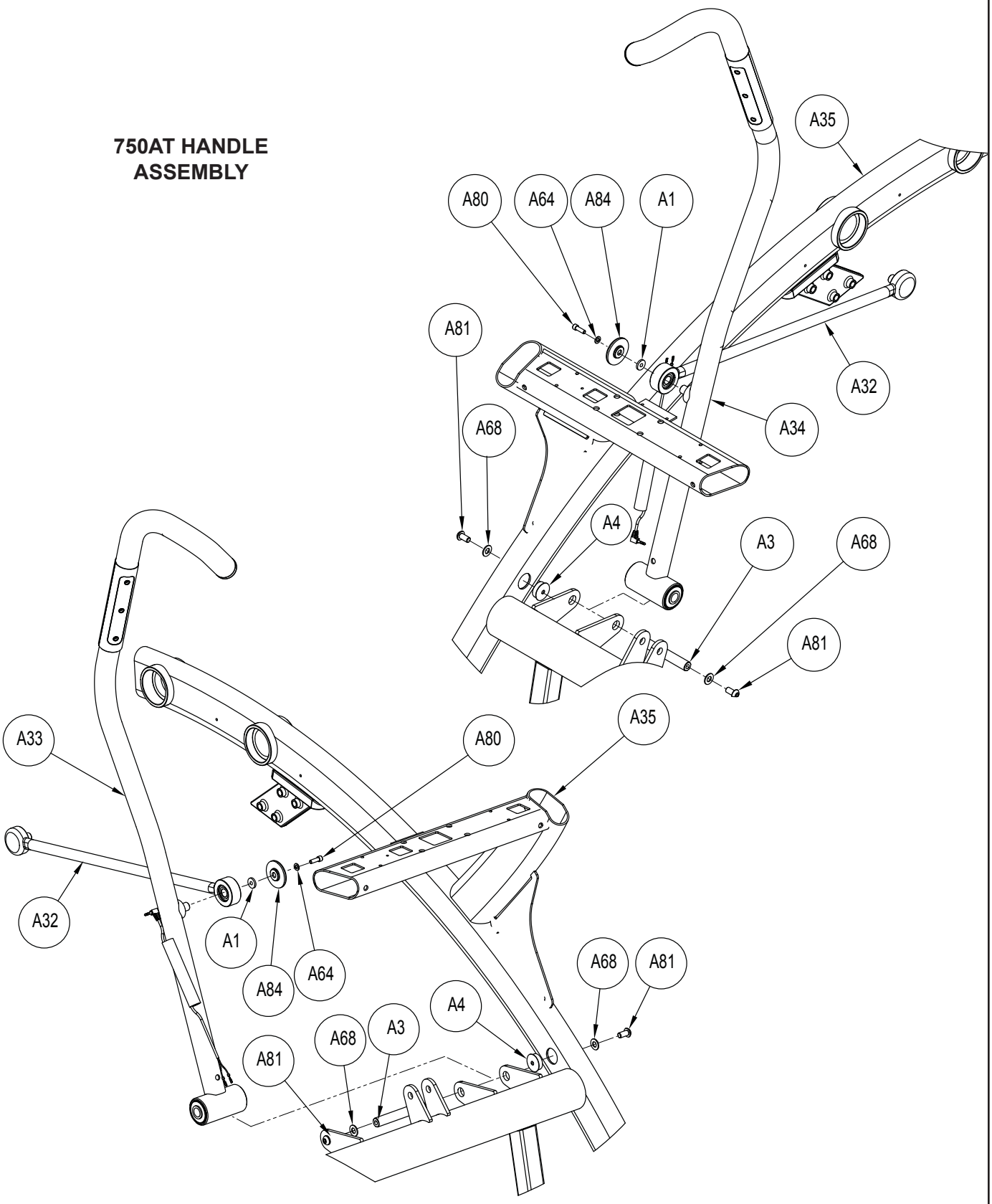
750AT RIGHT SIDE ARM ASSEMBLY DETAIL



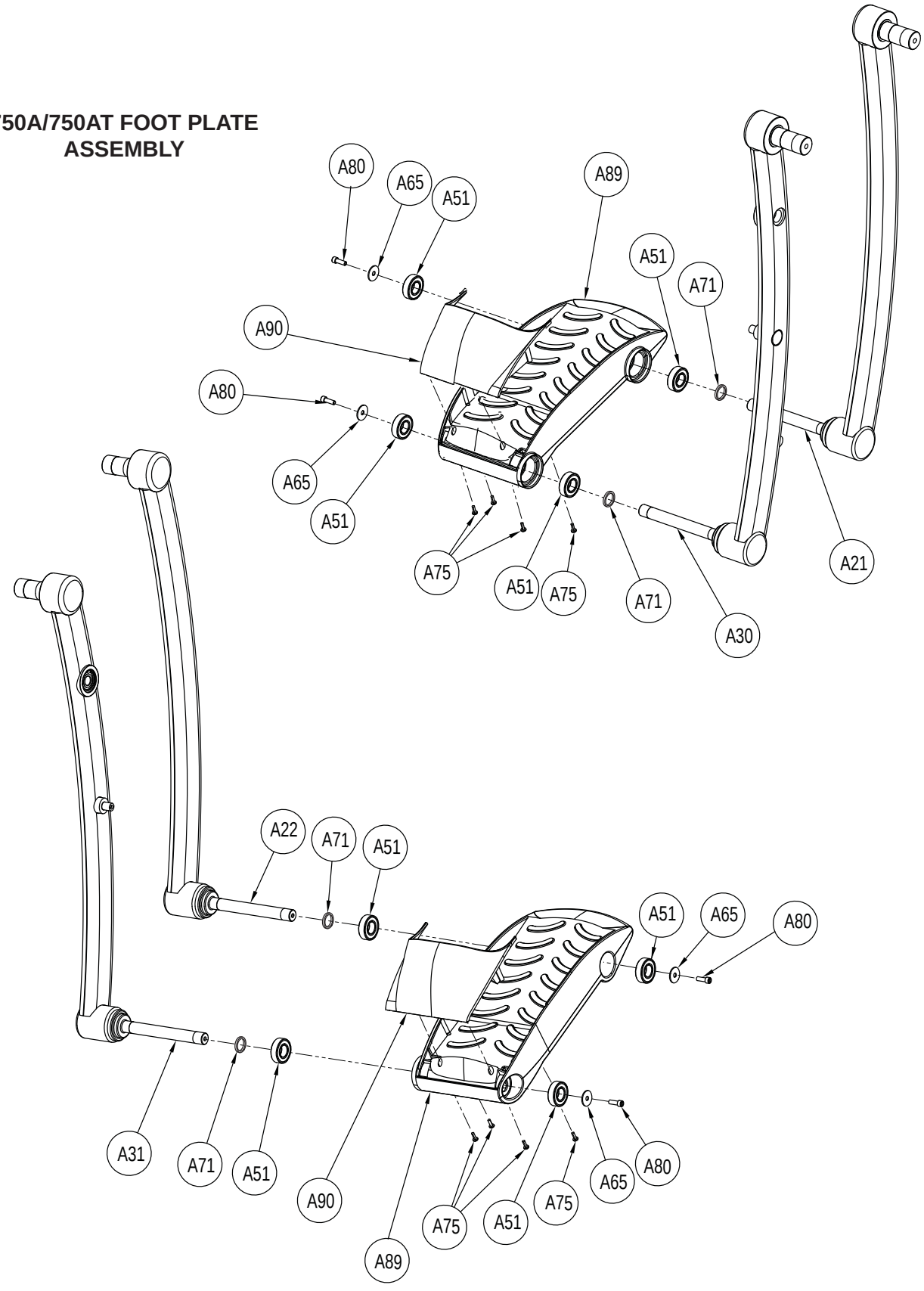
750A HANDLE ASSEMBLY



750AT HANDLE ASSEMBLY



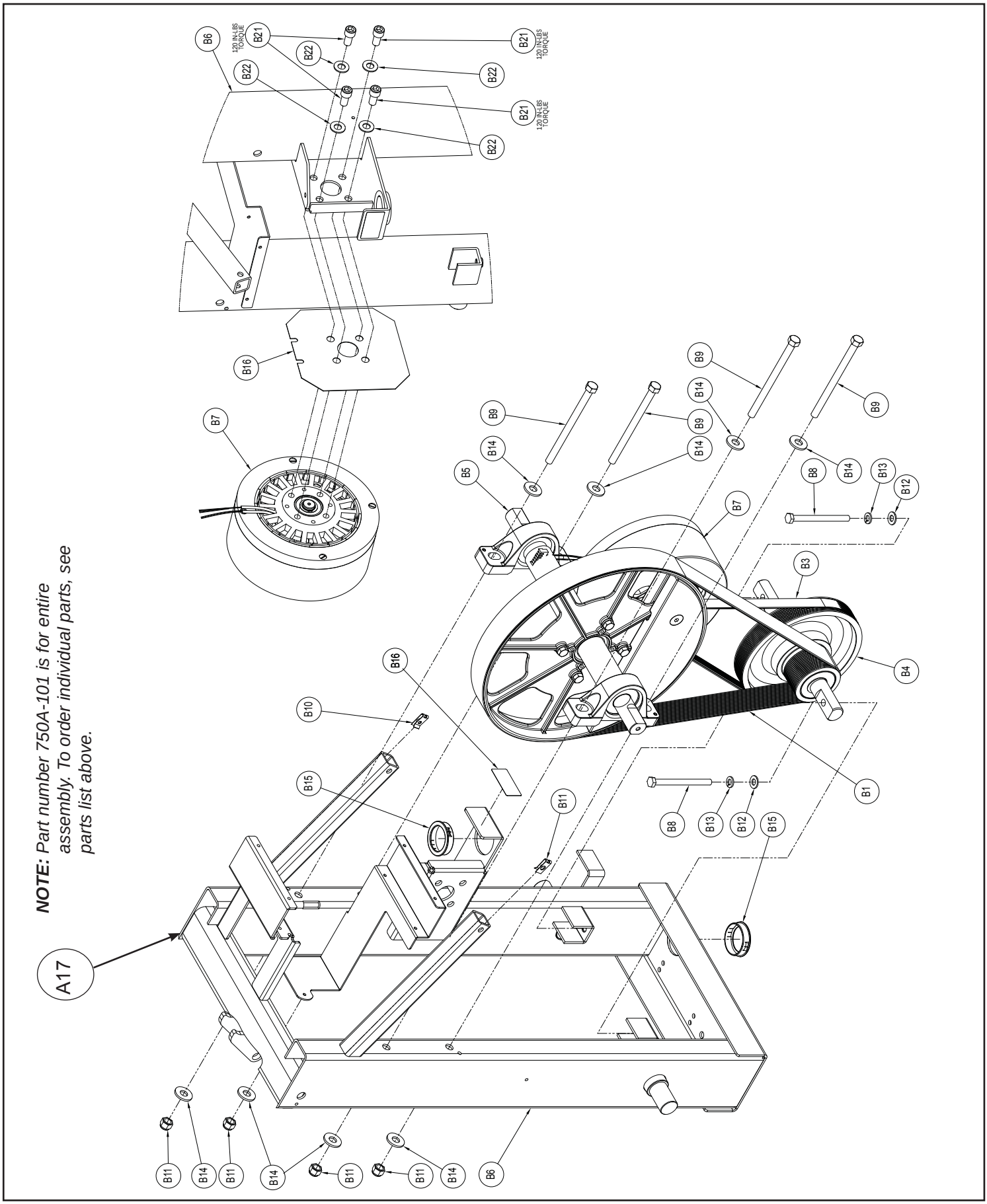
750A/750AT FOOT PLATE ASSEMBLY



Drive Frame Assembly – Part Number 750A-101

ITEM NO.	QTY.	PART NUMBER	DESCRIPTION
B1	1	600A-343	BELT, PRIMARY DRIVE
NS	1	630A-314	CLAMP, BATTERY
B3	1	630A-328	BELT, SECONDARY DRIVE, 7 RIB
B4	1	750A-110	DOUBLE PULLEY ASSY
B5	1	750A-111	SINGLE PULLEY ASSY
B6	1	750A-212	WELDMENT, FRAME, FRONT
B7	1	AX-19550	ASSEMBLY, ECB/GEN
B8	2	HC661240	SCREW, HEX HEAD CAP .312-18 x 3.75
B9	4	HC701254	HX HD CAP SCREW .375-16 X 5.50
B10	2	HF579000	PANEL FASTNER, 10-24 U TYPE
B11	4	HN704901	LOCKNUT, .375-16 NYLON
B12	2	HS327600	WASHER, SAE .312
B13	2	HS328300	LOCKWASHER SPLIT .312
B14	8	HS347700	WASHER, USS .375
B15	2	HX-17050	BUSHING, 1.275 ID x 1.87 OD, NYLON
A86	1	DE-17155-X*	DECAL, WARNING
B16	1	750A-364	SPACER, GEN WINDING
NS	1	AD-20827	PCA, CONTROL BOARD, EDDY CURRENT
NS	1	AW-18447	CABLE, SPA BATTERY
NS	1	DE-19586	LABEL, WARNING ICON
NS	1	EC-18267	BATTERY, 12 V 7AHR
B21	4	HC702815	SHCS .375-16 X .750
B22	4	HS347600	WASHER, SAE .375
A77	5	HT572512	TAP SC NO. 10-24 X .50 PN HD PHIL

NS = Not Shown



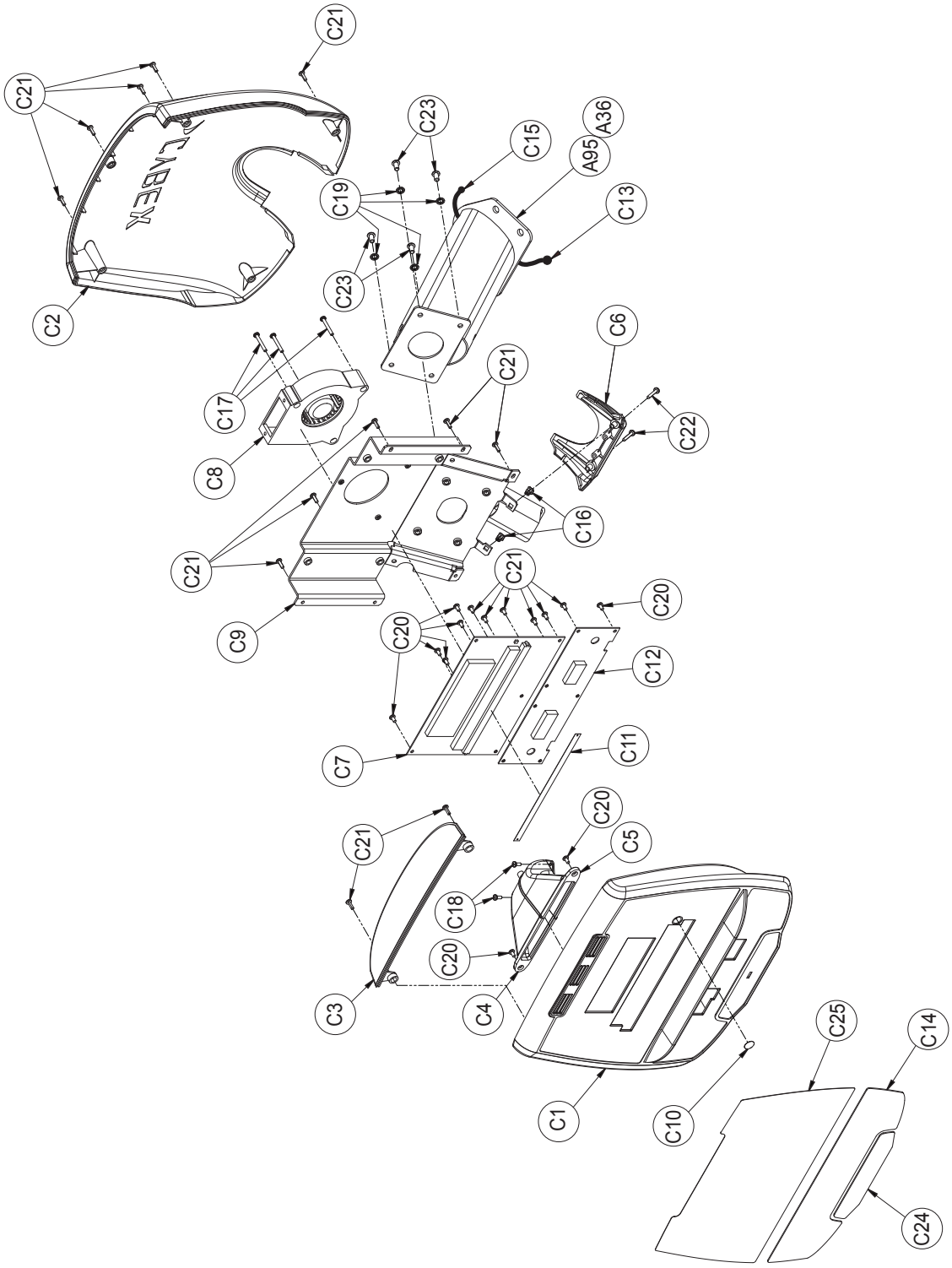
NOTE: *Part number 750A-101 is for entire assembly. To order individual parts, see parts list above.*

Console Assembly – Part Number 750A-121

ITEM NO.	QTY.	PART NUMBER	DESCRIPTION
C1	1	740A-384	CONSOLE, FRONT
C2	1	740A-385	CONSOLE, BACK
C3	1	740A-386	CONSOLE, TOP
C4	1	740A-389	DUCT, FAN RIGHT
C5	1	740A-390	DUCT, FAN LEFT
C6	1	740A-391	COVER, LOWER CONSOLE, NON-AV
C7	1	750A-102	PCA, SPLIT DISPLAY UPPER
C8	1	750A-105	FAN,12VDC,120X120MM,CFM30
C9	1	750A-357	CONSOLE INNER PLATE
C10	1	750A-387	DIFFUSER, .60 OD DISC
C11	1	DE-21240-X*	ENUNCIATOR
C12	1	AD-21194	PCA, 750A DISPLAY
C13	1	AW-20934	CABLE, 750A CONSOLE
C14	1	SW-20928-X*	OVERLAY
C15	1	AW-21747	CABLE, 750A
C16	2	HF540200	GROMMET, NYLON
C17	3	HJ542520	SCREW, SEMS, 8-32 X 1.25 PNHD PHIL EXT ZN
C18	2	HJ692560	SCREW, SEMS, M4 X 0.7 X 10mm PNHD PHIL EXT ZN
C19	4	HS307400	LOCKWASHER INT TOOTH .250 SS
C20	14	HT552509	SCREW, TAP 8-16 x .31 PLASTITE
C21	13	HT552512	PAN HD PHIL HD SELF TAPPING, 8-16 x .50 TYPE WB
C22	2	HT552517	TAP SC NO. 8-16 X 1.00 TYPE WB PNHD PHIL BLK
C23	4	JC620412	BHSCS .250-20 X .50
C24	1	DE-21691	DECAL 750A
C24	1	DE-21692	DECAL 750AT
C25	1	DE-20929-X*	UPPER KEYBOARD
NS	1	750A-396	FERRITE CLAMP-ON .40 ID

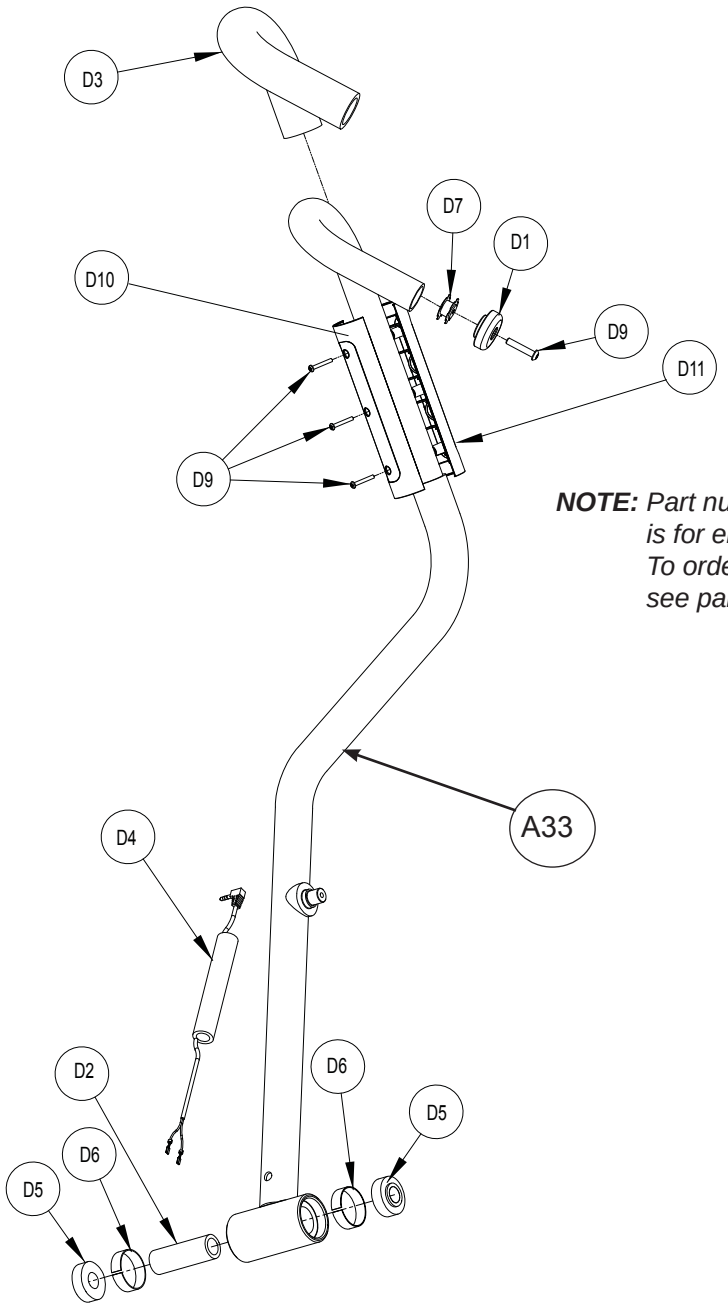
NS = Not Shown

NOTE: *Part number 750A-121 is for entire assembly. To order individual parts, see parts list above.*



750AT Left Hand Assembly – Part Number 750AT-117

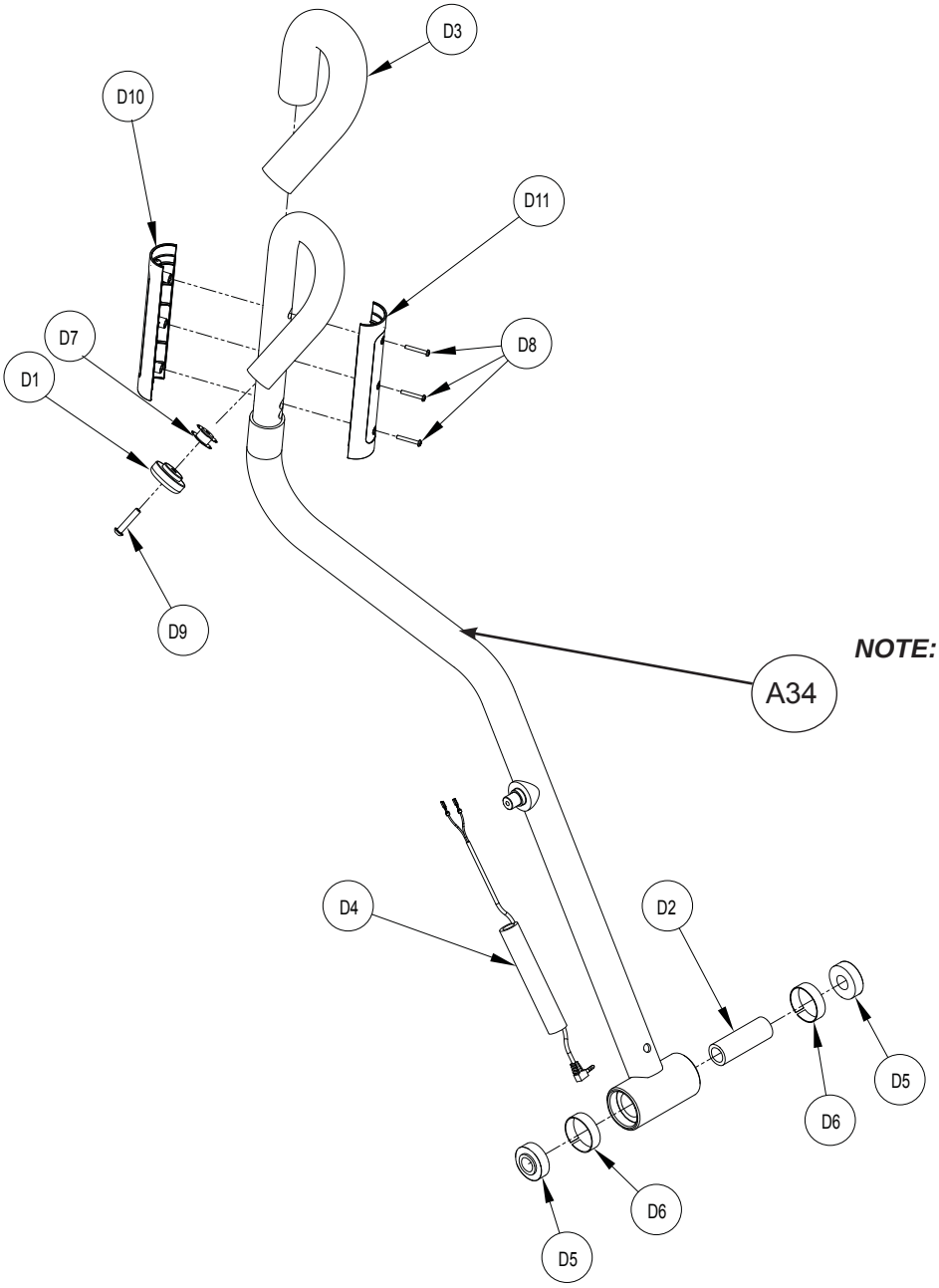
ITEM NO.	QTY.	PART NUMBER	DESCRIPTION
D1	1	610A-350	END CAP
D2	1	610A-356	TUBE, SPACER
D3	1	750A-388	GRIP, RUBBER
D4	1	AW-18286	CABLE, 610A, CHR GRIP
D5	2	FB030232	BEARING, RADIAL 17 mm EXTENDED RACE
D6	2	FC030006	TOLERANCE RING 1.575 ID
D7	1	HF449064	INSERT 1.12 X .250-20 UNC
D8	3	HT532517	TAP SC #6 X 1.00, TYPE A, PPHD
D9	1	HX620420	BHSCS .250-20 X 1.250 SS
D10	1	740A-408	HEART GRIP
D11	1	740A-407	HEART GRIP



NOTE: *Part number 750AT-117 is for entire assembly. To order individual parts, see parts list above.*

750AT Right Hand Assembly – Part Number 750AT-118

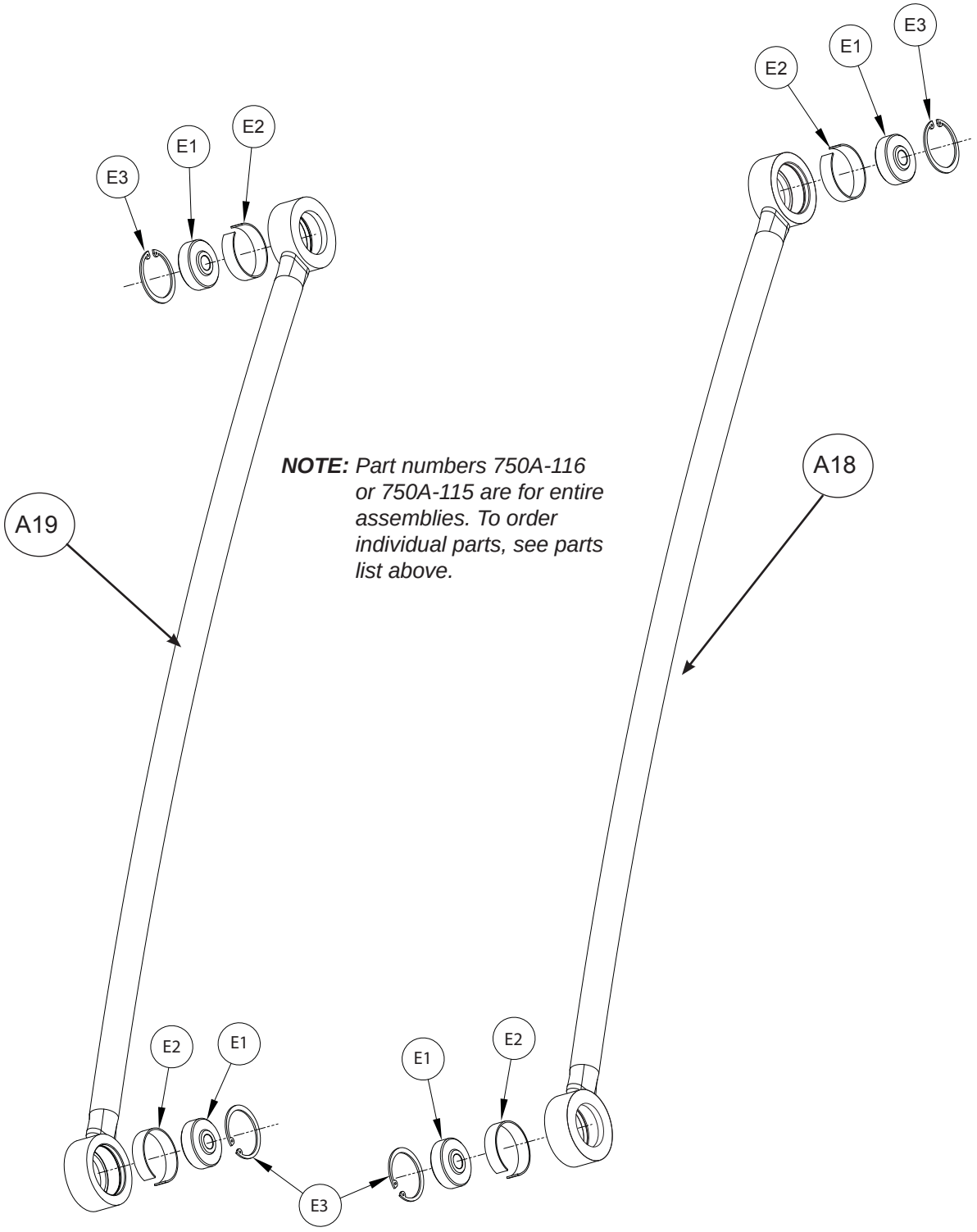
ITEM NO.	QTY.	PART NUMBER	DESCRIPTION
D1	1	610A-350	END CAP
D2	1	610A-356	TUBE, SPACER
D3	1	750A-388	GRIP, RUBBER
D4	1	AW-18286	CABLE, 610A, CHR GRIP
D5	2	FB030232	BEARING, RADIAL 17 mm EXTENDED RACE
D6	2	FC030006	TOLERANCE RING 1.575 ID
D7	1	HF449064	INSERT 1.12 X .250-20 UNC
D8	3	HT532517	TAP SC #6 X 1.00, TYPE A, PPHD
D9	1	HX620420	BHSCS .250-20 X 1.250 SS
D10	1	740A-408	HEART GRIP
D11	1	740A-407	HEART GRIP



NOTE: *Part number 750AT-118 is for entire assembly. To order individual parts, see parts list above.*

Left and Right Linkage Assembly Part Numbers 750A-115 and 750A-116

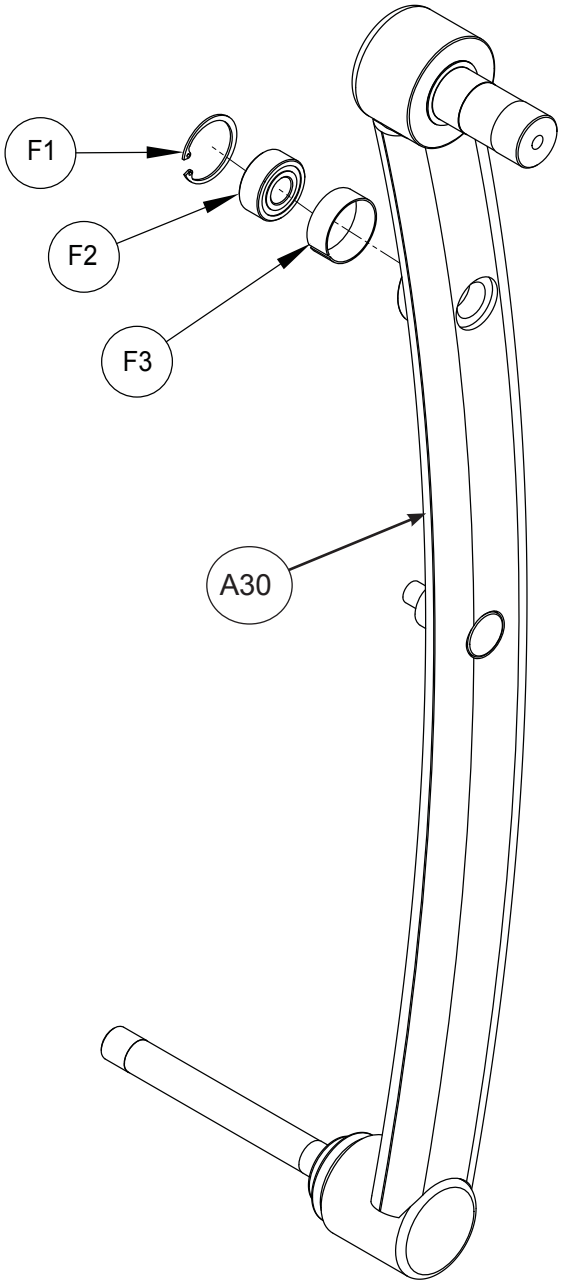
ITEM NO.	QTY.	PART NUMBER	DESCRIPTION
E1	2	FB030244	BEARING, RADIAL BALL. .50 ID X 1.688 OD
E2	2	FC030004	TOLERANCE RING 42 (1.653) ID
E3	2	HX-17143	RING RETAINING, INTERNAL, .500-168

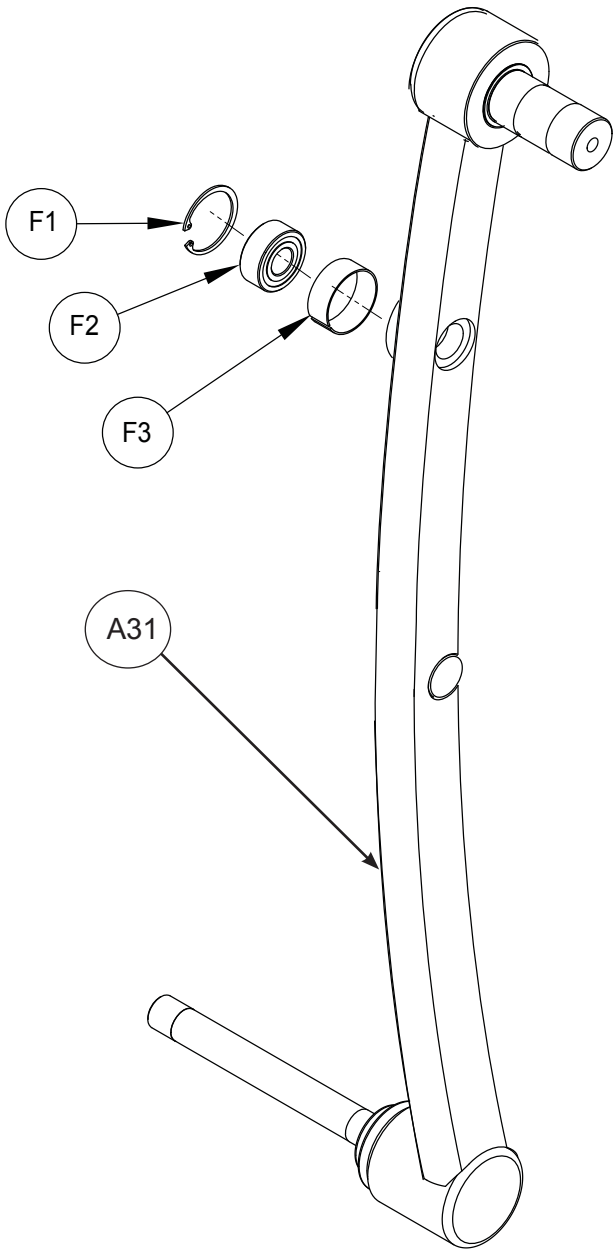


750AT Left and Right Foot Plate Arm Assembly
Part Number 750AT-112 and 750AT-113

ITEM NO.	QTY.	PART NUMBER	DESCRIPTION
F1	1	BR030225	RETAINING RING 1.438 INTERNAL
F2	1	FB030248	BEARING, SPHERICAL 15MM
F3	1	FC030005	TOLERANCE RING 1.378 ID

NOTE: *Part numbers 750A-112 or 750A-113 are for entire assemblies. To order individual parts, see parts list above.*

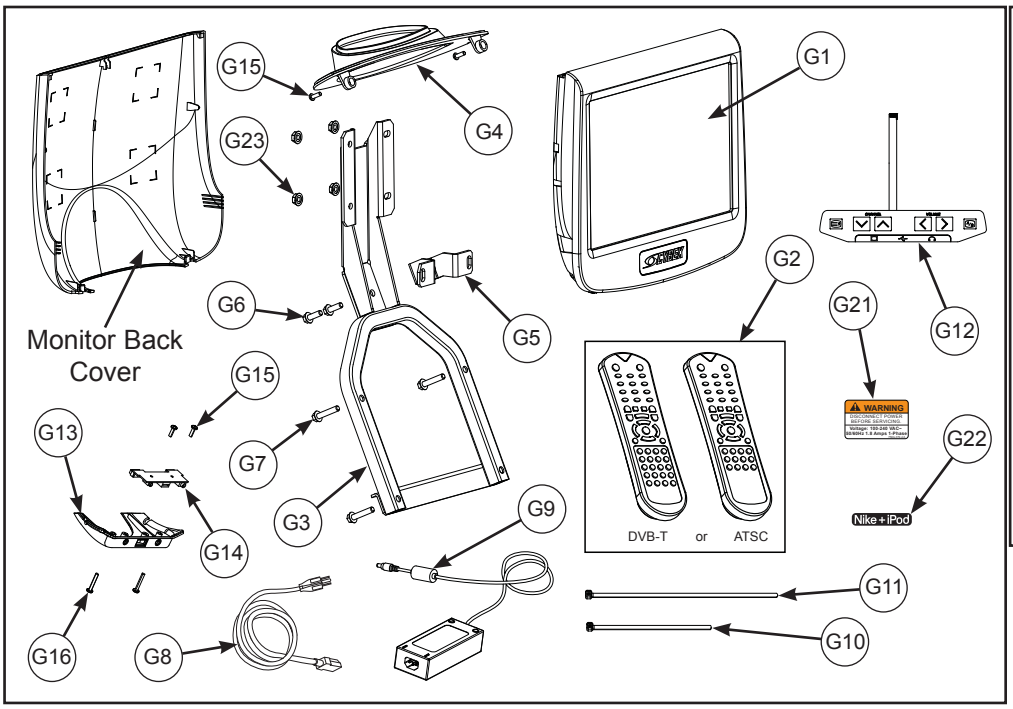


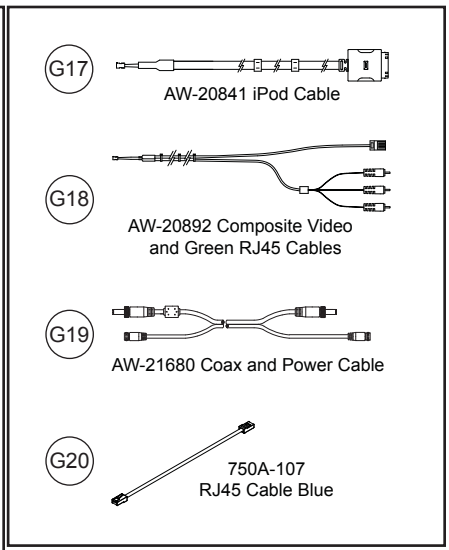


DIGITAL PEM MONITOR OPTION

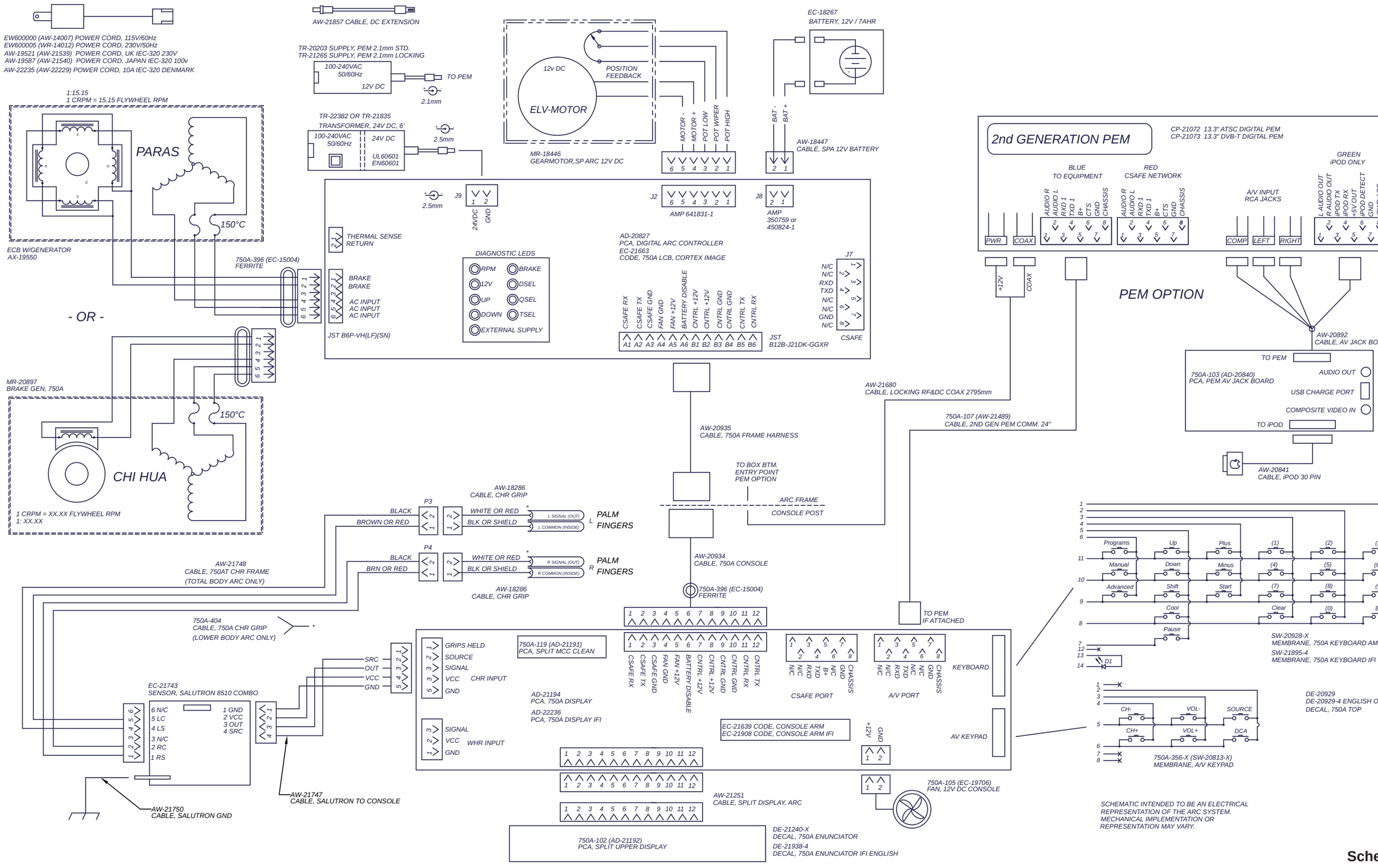
ITEM NO.	QTY.	PART NUMBER	DESCRIPTION
G1	1	CP-21072	MONITOR, 13.3" ATSC NTSC PEM
G1	1	CP-21073	MONITOR, 13.3" DVB-T PEM
G2	1	CP-21632	REMOTE CONTROL, ATSC
G2	1	CP-21531	REMOTE CONTROL, DVB-T
G3	1	750A-217	W AV CONSOLE SMALL
G4	1	740A-387	CONSOLE, TOP AV
G5	1	750A-360	BRACKET, AV LOWER SMALL CONSOLE
G6	2	JC620415	BHSCS .250-20 X .75
G7	4	HM621120	SCREW HEX HD FLANGE .250-20 X 1.25
G8	1	VARIES	POWER CORD
G9	1	TR-21265	POWER SUPPLY
G10	3	EW000028	CABLE TIE, 8"
G11	1	EW000029	CABLE TIE, 15"
G12	1	750A-356-X	MEMBRANE, A/V KEYPAD
G13	1	740A-388	COVER, JACK BOARD AV
G14	1	750A-103	PCA, HANDSET AUDIO JACK
G15	4	HT552512	TAP SCREW, 8-16 X .50, PN HD PHIL BLK
G16	2	HT552517	TAP SCREW, 8-16 X 1.00, PN HD PHIL BLK
G17	1	AW-20841	CABLE, I-POD
G18	1	AW-20892	CABLE, COMP AV JACK
G19	1	AW-21680	CABLE, LOCKING RF & DC POWER CABLE, 2795MM
G20	1	750A-107	CABLE, 5E BONDED-PAR-RJ45 ROUND
G21	1	750A-372-X	DECAL, WARNING
G22	1	750A-441	LABEL, NIKE+I-POD
G23	4	N/A	PEM MOUNTING NUT (PART OF MONITOR-G1)
NS	1	750A-394	POSTER, ASSY INSTR MONITOR
NS	2	N/A	BATTERIES, REMOTE CONTROL, AAA SIZE
NS	1	LT-21264	PERSONAL ENTERTAINMENT MONITOR MANUAL, ATSC
NS	1	LT-21788	PERSONAL ENTERTAINMENT MONITOR MANUAL, DVB-T

NS = Not Shown





Appendix E – 750A/750AT SCHEMATIC



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