



Cybex Personal Entertainment Monitor

Model CP-20794

Owner's Manual

Cardiovascular Systems

Part Number LT-20889 Rev A



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1-1 – Safety Notice Items

IMPORTANT INFORMATION

WARNING: TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK, DO NOT EXPOSE THIS PRODUCT TO RAIN OR MOISTURE.



CAUTION

RISK OF ELECTRIC SHOCK
DO NOT OPEN



CAUTION: TO REDUCE THE RISK OF ELECTRIC SHOCK, DO NOT REMOVE THE COVER.
NO USER SERVICEABLE PARTS INSIDE.
REFER SERVICING TO QUALIFIED SERVICE PERSONNEL



The lightning flash with arrowhead symbol within an equilateral triangle, is intended to alert the user to the presence of uninsulated “dangerous voltage” within the product’s enclosure that may be of sufficient magnitude to constitute a risk of electric shock to persons.



The exclamation point within an equilateral triangle is intended to alert the user to the presence of important operating and maintenance (servicing) instructions in the literature accompanying the product.



WARNING: The appliance should be connected to a mains socket outlet with a protective earthing connection.



WARNING: The mains plug or appliance coupler is used as the disconnection device, the disconnection device shall remain readily operable.



WARNING: To prevent injury, this apparatus must be securely attached to the mounting bracket in accordance with the installation instructions.

1-2 – IMPORTANT SAFETY INSTRUCTIONS



Electricity is used to perform many useful functions, but it can also cause personal injuries and property damage if improperly handled. This product has been engineered and manufactured with safety being the highest priority. However, improper use can result in personal injury and / or property damage.

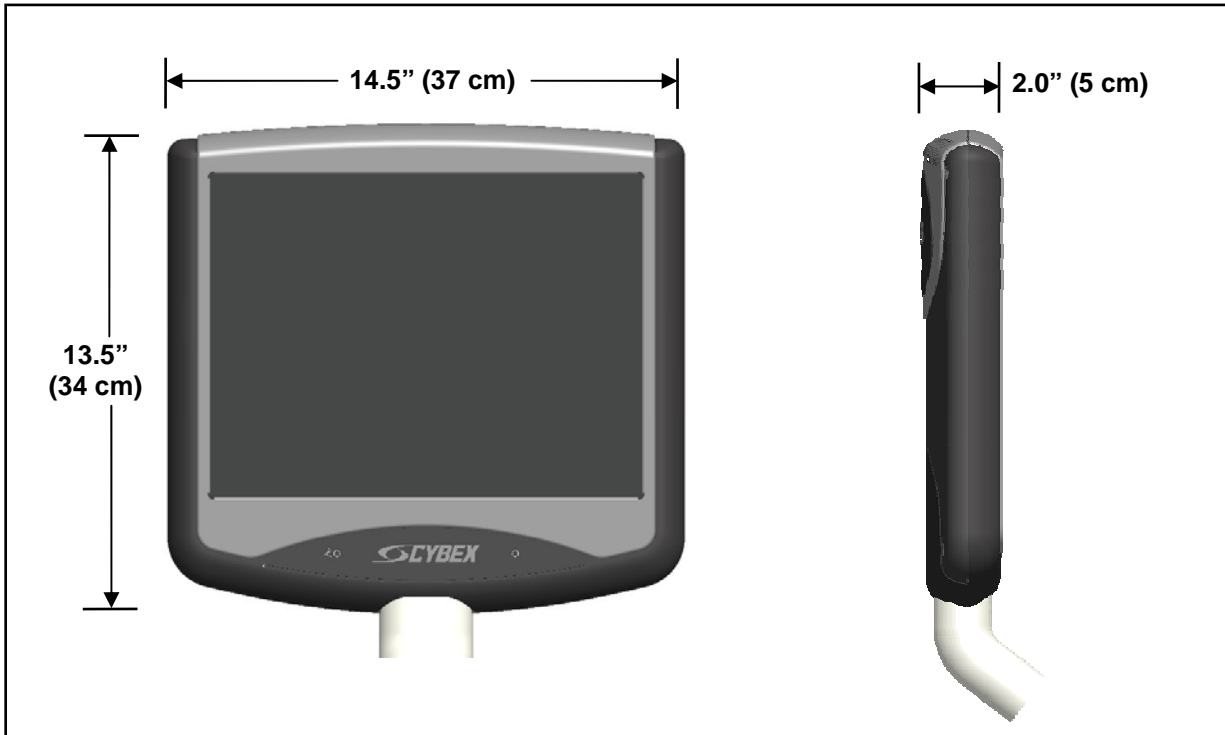
- Read these instructions.
- Keep these instructions.
- Heed all warnings.
- Follow all instructions.
- Do not use this apparatus near water.
- As needed, dust off the panel with a soft dry cloth. The screen can be cleaned with computer screen wipes or other non abrasive, moist, disposable wipes, such as “Gym Wipes”.
- Do not block any ventilation openings. Install in accordance with the manufacturer’s instructions.
- Do not install near any heat sources such as radiators, heat registers, stoves, or other apparatus (including amplifiers) that produce heat.
- No naked flame sources, such as lighted candles, should be placed on the apparatus.
- Do not expose batteries to excessive heat sources.
- Do not defeat the safety purpose of the polarized or grounding-type plug. A polarized plug has two blades with one wider than the other. A grounding type plug has two blades and a third grounding prong. The wide blade or the third prong are provided for your safety. If the provided plug does not fit into your outlet, consult an electrician for replacement of the obsolete outlet.
- Protect the power cord from being walked on or pinched particularly at plugs, convenience receptacles, and the point where they exit from the apparatus.
- Only use attachments/accessories specified by the manufacturer.
- Use only with the cart, stand, tripod, bracket, or table specified by the manufacturer or sold with the apparatus. When a cart is used, use caution when moving the cart/apparatus combination to avoid injury from tip-over.
- Use only with the mounting bracket specified by the manufacturer or sold with the apparatus.
- Ensure the apparatus is securely mounted on the Mounting Bracket.
- Unplug this apparatus during lightning storms or when unused for long periods of time.
- Refer all servicing to qualified service personnel. Servicing is required when the apparatus has been damaged in any way, such as power-supply cord or plug is damaged, liquid has been spilled or objects have fallen into the apparatus, the apparatus has been exposed to rain or moisture, does not operate normally, or has been dropped.
- Do not expose this apparatus to dripping or splashing and ensure that no objects filled with liquids, such as vases, are placed on the apparatus.
- To completely disconnect this apparatus from the AC Mains, disconnect the power supply cord plug from the AC receptacle.
- The mains plug of the power supply cord shall remain readily operable.
- Overloading – Do not overload the AC outlets or extension cords.
- Replacement Parts – In case the product needs replacement parts, make sure that the service person uses replacement parts specified by the manufacturer.
- Safety Check – Upon completion of service or repair work, request the service technician to perform safety check to ensure that the apparatus is in proper operating condition.
- Consult your dealer if you are ever in doubt about the installation, operation or safety of this monitor.



2 – Technical Specifications

Specifications

Screen Type:	TFT-LCD.
Screen Size:	15" (38 cm) (diagonal) 4:3 format.
Width:	14.5" (37 cm).
Height:	13.5" (34 cm).
Depth:	2.0" (5 cm).
Weight of Product:	7.9 lbs. (3.6 kg).
Shipping Weight:	9.25 lbs. (4.2 kg).
Console Features:	Power/Standby status LED, Power/Standby button.
Power Supply:	Manufacturer: HuiZhou SanHua Industrial Co., Ltd Model SAWA-02-598 Input - 110v - 240V, 50-60 Hz  AC. Output - 12 V  6 A DC, 72 Watts.
Power consumption:	48 watts.
Monitor Broadcasting:	ATSC and NTSC.
TV system:	DTV System ATSC (8VSB/64QAM/256QAM). ATV System NTSC-M.
Channel Indicator:	On screen display.
RF Cable input impedance:	75 ohms.
Signal Level Required:	80dB/uV (+20 dB/mV).
Audio Output:	Earphone Connection from RJ-45 Connector.
RJ-45 Connector:	Max Loading 10 VDC, 15 mA



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3 – Operation

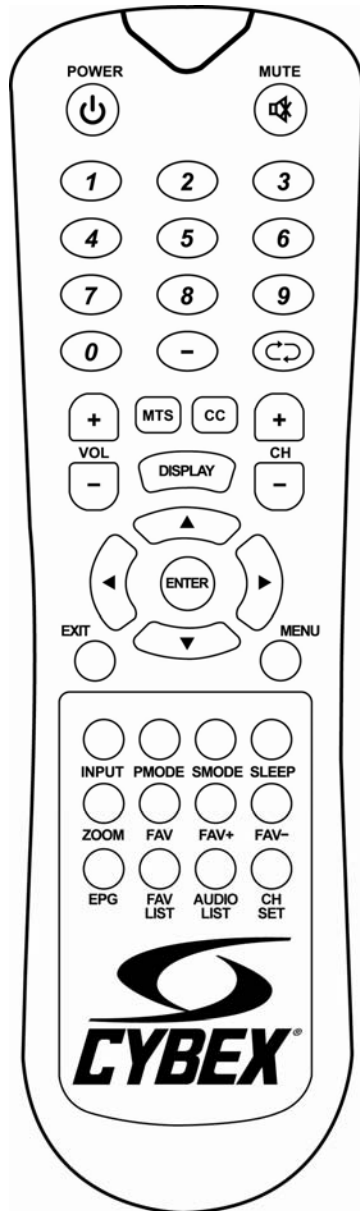
REMOTE CONTROL

Installing the Remote Control Batteries

Remove the battery cover from the remote control and install 2 x AAA size batteries (provided) inside the compartment. The diagram inside the battery compartment shows the correct way to install the batteries.

Using the Remote Control

To use the remote control, point it towards the sensor located on the front bottom of the monitor. You can operate all functions using the remote control.



Power – Press to toggle the monitor standby mode on and off.



Mute – Press to toggle audio mute on and off. Press the VOL+ will also switch mute off.



Numeric Keypad – Press 0-9 to directly select a specific channel.



Sub Channel Number Key – Press to enter a sub channel number. Example: Channel 4-1.



Return to the Last Channel Key – Press to return to the last channel viewed.



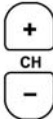
Volume +/- keys – Press to increase or decrease volume.



MTS – Press to select audio channels. Stereo or Mono.



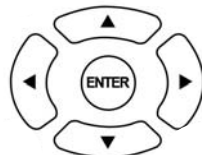
CC – Press to set closed captioning On or Off.



Channel +/- keys - Press to increase or decrease channels. Press and hold to scan quickly.



Display – Press to display the source and channel information.



Arrow Keys and Enter – Press to navigate the on screen menus and adjust the system settings to your preference.



EXIT – Press to clear all on-screen displays and return to monitor viewing.



MENU – Press to enter Menu and adjust settings or tuning.



Input – Press to change the input source. Choices are: RF or Composite.



P.MODE - Press to cycle through Picture Modes. Choices are: User, Standard, Vivid or Bright.



S.MODE - Press to cycle through Sound Modes. Choices are: User, Voice, Concert or Jazz.



SLEEP - Set timer to activate sleep mode. Choices are: Off, 15, 30, 45, 60, 90, 120, 180 or 240 minutes.



ZOOM - Increase the picture size. Choices are: Normal, Zoom, Wide, Cinema or Fullscreen.



FAV - Press to add or remove a favorite channel.



FAV+ - Press to change to the next favorite channel.



FAV - - Press to change to the previous favorite channel.



EPG - Press to enter the EPG (Electronic Program Guide) menu. Subject to availability from broadcaster/cable supplier)



Favorite List – Display list of favorite channels. Scroll up or down to select channel and press the Enter key to select favorite channel.



Audio List – Display list of audio only (radio) channels. Scroll up or down to select an audio channel and press the Enter key to select an audio channel.



Manual Channel Set Menu – Display list of channels. Scroll up or down to select channel and press the Enter key to select a TV Channel. Channels can be set to Viewable or Not Viewable.

Using the Television

Switching On

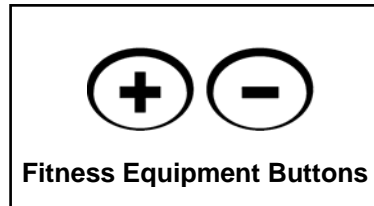
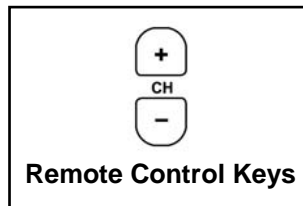
The monitor will turn on automatically when you start using the fitness equipment. The power indicator LED will change from RED to GREEN when “on”. The monitor can also be turned on using the remote control. **NOTE:** *When you stop using the fitness equipment, the monitor will shut off when the fitness equipment shuts down.*

Standby

The **STANDBY** button is located on the rear of the monitor. When the fitness equipment is not in use, the monitor will be in **STANDBY** mode and the power indicator light will be RED. To switch the monitor out of standby, press the **STANDBY** button on the rear of the monitor or press the power button on the remote control. The power indicator light will change from RED to GREEN. **NOTE:** *Do not leave the monitor on overnight.*

Changing Channels

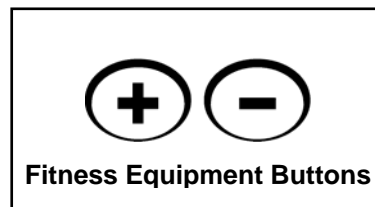
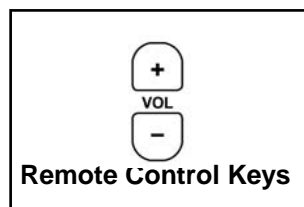
1. To change channels, Press the **PLUS** and **MINUS CH** keys on the remote control or use the channel **PLUS** and **MINUS** buttons on the fitness equipment. See Below. **NOTE:** *You must exit any on-screen menus before changing channels.*



2. Your remote control also has keys **1** through **9** and **0** which can be used to directly select channel selections without scrolling through every channel to reach your desired channel.
3. Enter the one, two or three digit channel number on the remote control and then press the Enter key to switch to channel.
4. For sub channels such as 4-2, press the main channel number, than the oval “-“ key once and then the sub channel number. Press the Enter key to switch to channel.
5. To return to the previous channel you were watching press the button with two opposing arrows (above the **EXIT** button) on the remote control.

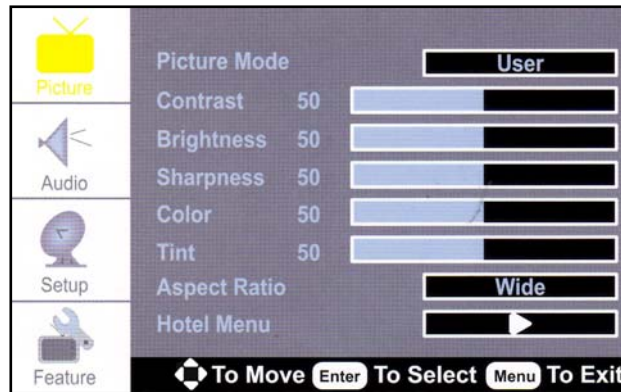
Volume Adjustment

To change volume, Press the **PLUS** and **MINUS VOL** keys on the remote control or use the channel **PLUS** and **MINUS** buttons on the fitness equipment. See Below. **NOTE:** *you must exit any on-screen menus before adjusting volume.*



Picture Menu

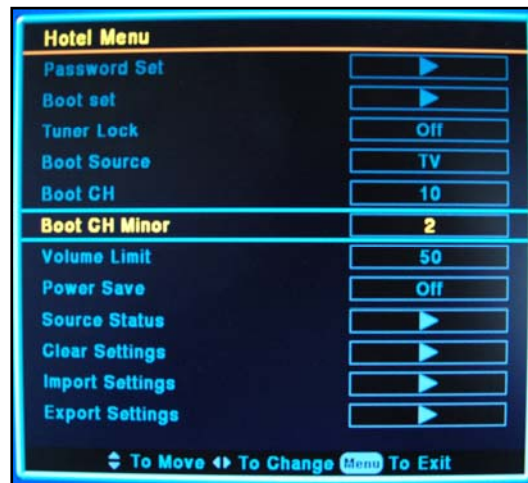
In the Picture Menu you can adjust the Picture Mode, Contrast, Brightness, Sharpness, Color, Tint, Aspect Ratio and access the Hotel Menu.



- Picture Mode** Select the Picture Mode. Choices are User, Standard, Vivid or Bright.
- Contrast** Increase or decrease the Contrast. (Available only in User Mode).
- Brightness** Increase or decrease the Brightness. (Available only in User Mode).
- Sharpness** Adjust the sharpness or softness of the picture. (Available only in User Mode).
- Color** Increase or decrease the Color. (Available only in User Mode).
- Tint** Increase or decrease the Tint.
- Aspect Ratio** Select the Aspect Ratio. Choices are Normal, Zoom, Wide, Cinema or Full-Screen.
- Hotel Menu** Access the Hotel Menu. See next page for details.

Hotel Menu

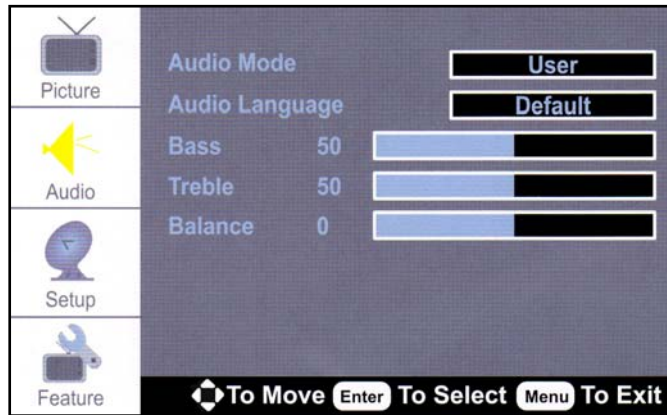
In the Hotel Menu you can set the default channel settings to be used at power up. Settings include Password, Source Set, Channel Set, Input and Output. **NOTE:** The Hotel Menu can only be accessed by entering the password.



- | | |
|------------------------|--|
| Password Set | Set or reset the password used to access the Hotel Menu. Default password is 0 0 0 0. |
| Boot Set | Set the Auto Settings for volume and picture mode when the monitor turns on. Choices for Volume are: Off or 0 – 100. Choices for Picture Mode are: Off, Standard, Vivid, Bright or User. |
| Tuner Lock | Set the Tuner lock to On or Off. If “ON” is selected, it will disable the monitor search function and change the channel name function menus. |
| Boot Source | Sets the default channel when the monitor turns on. Select TV or HDMI as the default channel. To be used with Boot CH and Boot CH Minor. Choices are: Off, TV, Composite, Component, VGA, HDMI or S-Video. |
| Boot CH | Set the Boot Channel to appear when the monitor comes out of standby mode. To be used with Boot Source and Boot CH Minor |
| Boot CH Minor | Sets default TV sub channel to appear when the monitor comes out of standby mode. (Boot CH Minor required for ATSC) To be used with Boot Source and Boot CH. |
| Volume Limit | Set the maximum volume level available to the user. Range is 0 to 100 in increments of 1. When volume is set to 0, closed captioning is enabled. |
| Power Save | Set time for auto power off. Choices are: Off, 1hr, 2hr, 3hr or 4hr. |
| Source Status | Select to unlock (Open) or lock (Close) the source inputs. Sources available are: TV, Composite, Component, VGA, HDMI and S-Video. |
| Clear Settings | Select to clear all current Hotel Menu settings. |
| Import Settings | Not used at this time. |
| Export Settings | Not used at this time. |

Audio Menu

In the Audio Menu you can adjust the Audio Mode, Audio Language, Bass, Treble and Balance.



Audio Mode

Set the Audio Mode. Choices are User, Voice, Concert or Jazz.

Audio Language

Set the Audio Language. Subject to availability from the Broadcaster or Cable Company.

Bass

Increase or decrease the Bass. Range is 0 – 100.

Treble

Increase or decrease the Treble. Range is 0 – 100.

Balance

Adjust the headphone balance between the left and right speakers. The normal setting for Balance is in the middle of the scroll bar (0). The left balance can be adjusted from 0 to -50. The right balance can be adjusted from 0 to +50.

4 – Preventative Maintenance

CARING FOR YOUR PRODUCT

Cleaning

1. Switch off your monitor and unplug it from the wall socket.
2. As needed, dust off the panel with a soft dry cloth. The screen can be cleaned with computer screen wipes or other non abrasive, moist, disposable wipes, such as “Gym Wipes”.

Storage or Long Non Use Periods

1. When not using your product for an extended period of time it is a good idea to pack it away, ideally in its original carton.
2. The product should be disconnected from the power supply.

Pixels

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

Maintenance

1. It is very important to check have the unit examined by qualified electrician regularly to ensure the product is fit for use.
2. If unit malfunctions, please refer to a qualified technician for repair or replacement of defective parts immediately. Do not use monitor until repaired.
3. For inspection, installation and servicing, please consult qualified technician.

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5 – Set Up and Assembly

NOTE: The monitor must be installed on a Cybex mounting bracket. See installation instructions that came with your product.

1. Read and understand all instructions thoroughly before setting up the monitor.

NOTE: Each step number in the assembly instructions tells you what you will be doing. The lettered steps following each step number describe the procedure required. Do not continue with step 2 until you have carefully read all of the assembly instructions.

2. Unpack and verify the contents of the boxes.

A. Open the cardboard box containing the monitor.

B. Check to be sure that the following items are present. Check off each item as you find it. See Figure 1. If any of the parts are missing contact Cybex Customer Service.

Item	Qty	Part Number	Description
A	1	CP-20794	Monitor, ATSC and NTSC
B	1	CP-20988	Remote control
C	2	N/A	Batteries, Remote control, AAA size
D	4	HS-20213	Screws, Mounting, M4 x 7.9
E	4	HW-20212	Washers, Mounting, External Lock, M4
F	4	HW-20214	Washers, Mounting, Flat, M4
G	1	TR-20203	AC/DC Adapter
H	1	LT-20889	User's Manual

N/A means Not Applicable

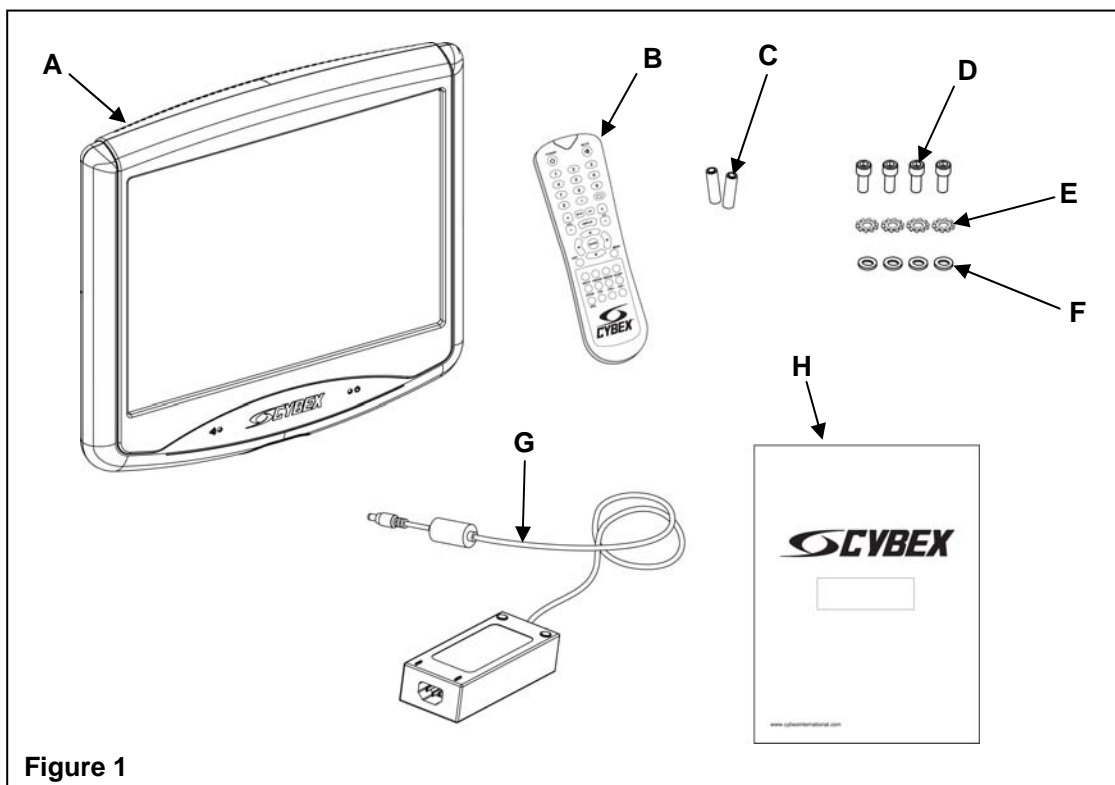


Figure 1

3. Install Monitor



WARNING: To prevent injury, this apparatus must be securely attached to the mounting bracket in accordance with these installation instructions.

NOTE: The monitor must be installed on a Cybex mounting bracket. See installation instructions that came with your product for detailed installation instructions.

A. Locate monitor (A), four mounting screws (D), four lock washers (E) and four mounting washers (F). See Figure 2.

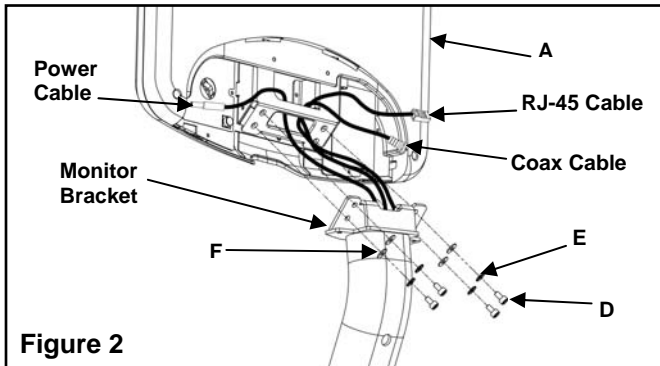


Figure 2

B. Remove the back cover to the monitor (A) by pressing the bottom of the cover in and rotating out. See Figure 3.

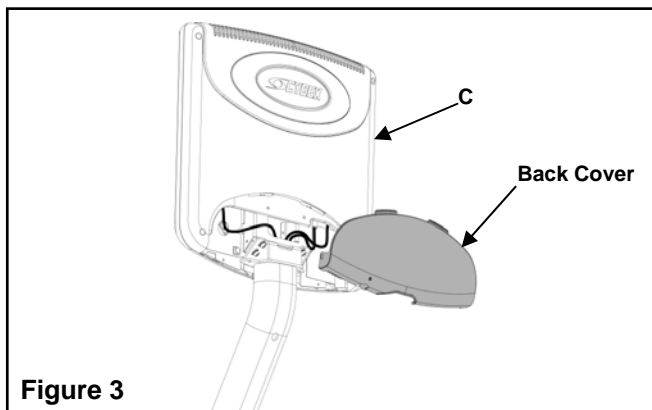


Figure 3

C. While holding the monitor (A) in position, insert the power cable into the left side of the monitor bracket. Insert the RJ-45 cable and coax cable into the right side of the monitor bracket. See Figure 2.

D. Using a 3 mm Allen wrench (supplied with the product) secure the monitor(A) to the monitor bracket using the four mounting screws (D), four lock washers (E) and four mounting washers (F). See Figure 2.

E. Insert the power cable, coax cable and RJ-45 cable into the monitor as shown in Figure 4. **NOTE:** Use of the CSAFE port is optional and requires a CSAFE cable and device. Composite Audio and Video connections are optional by product.

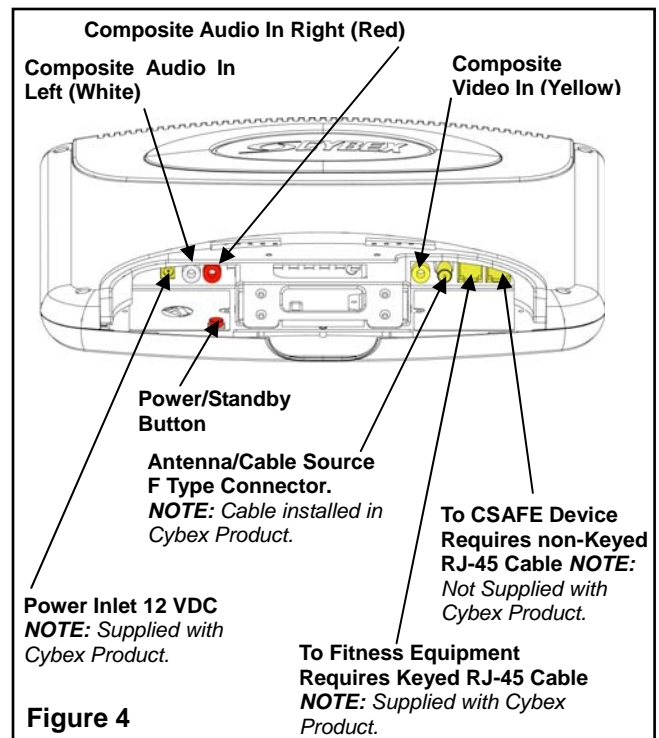


Figure 4

F. Secure the power inlet cable to the monitor plate using the wire tie (supplied with the product). See Figure 5.

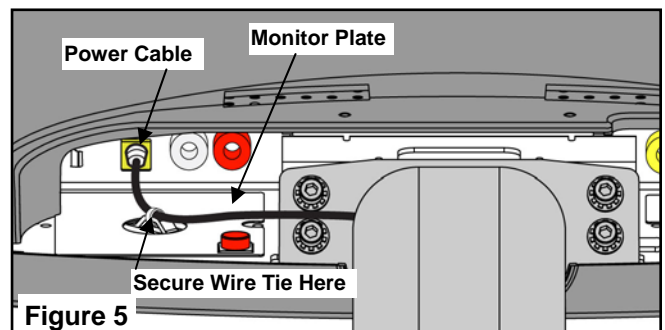


Figure 5

G. Install the back cover to the monitor. See Figure 3.

Setup Menu

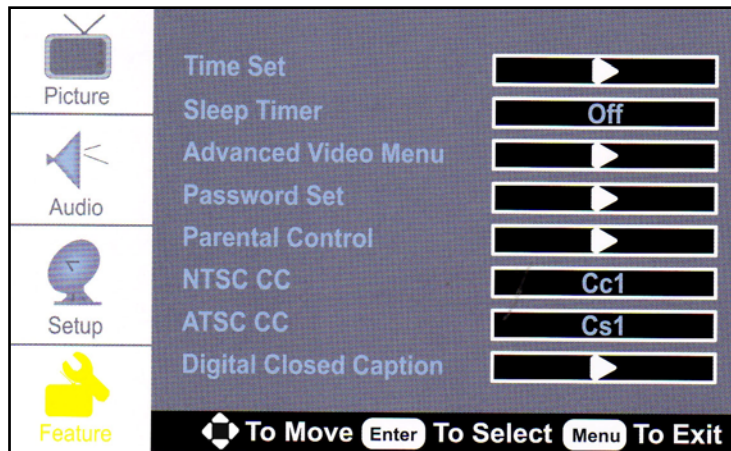
In the setup menu you adjust the TV settings for first time use.



Tuning Band	Select Tuning Band. Choices are Air, Cable STD, Cable HRC, Cable IRC or Cable Auto.
DTV Signal	Displays signal strength.
Auto Ch Search	Auto search the NTSC and ATSC TV signals.
Add On Ch Search	Add channels after completing the Auto Ch Search.
Manual Ch Set	Select viewable or non viewable after completing the Auto Ch Search.
Channel Labels	Edit the names of labels.
Menu Language	Change the OSD (On Screen Display) menu languages. Choices are English, Spanish or French.
Reset	Reset monitor to default settings.

Feature Menu

In the Feature Menu you can adjust the following. Time Set, Sleep Timer, Advanced Video Menu, Password Set, Parental Control, NTSC CC, ATSC CC and Digital Closed Caption.



Time Set

Set the Time Zone, Year, Date and Time

Sleep Timer

Set the Sleep Timer. Choices are: Off, 15, 30, 45, 60, 90, 120, 180 or 240 minutes.

Advanced Video Menu

Access to the following options: Noise reduction – (Spatial, Speckle and Temporal), Color Temperature (Normal, Warm or Cool), 3D Y/C (On or Off) and Blue Screen (On or Off).

Password Set

Set the Parental Control password and access the Parental Control menu.

Parental Control

Enter the Parental Control password and access the Parental Control menu.

NTSC CC

Select the closed captioning text to appear on the screen. Choices are: CC1, CC2, CC3, CC4, TEXT1, TEXT2, TEXT3 or TEXT4.

ATSC CC

Select the closed captioning text to appear on the screen. Choices are: CS1, CS2, CS3, CS4, CS5 or CS6.

Digital Closed Caption

Set Closed Caption options. Options include Style, Size, Font, Text Color, Text Opacity, Background Color, Background Opacity, Edge Effect and Edge Color.

6 – Customer Service

Contacting Service

Hours of phone service are Monday through Friday from 8:00 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**.

Order parts and find information on the web at www.cybexinternational.com or by e-mail at techhelp@cybexintl.com.

Serial Number

The serial number of this product may be found on the back of the unit underneath the removable cover. No other monitor has the same serial number as yours. You should record the number and other vital information here and retain this manual as a permanent record of your purchase and so you may have it at hand should the need arise to call Cybex Customer Service.

Serial Number _____

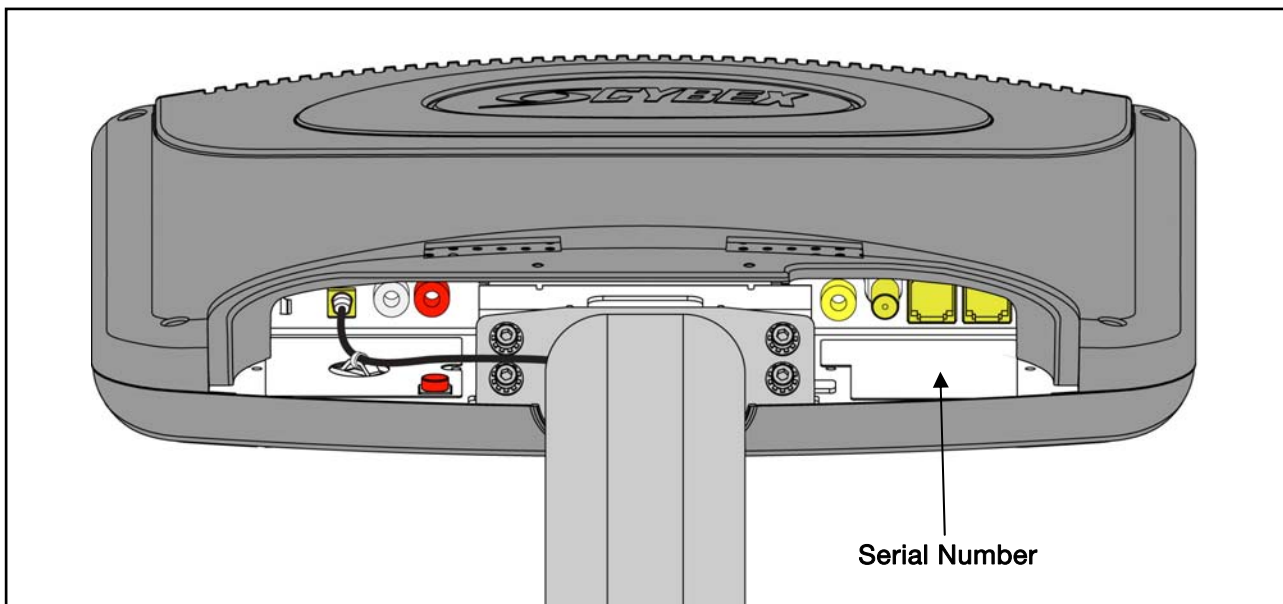


Figure 1

Troubleshooting

PLEASE READ AND FOLLOW THE SAFETY INSTRUCTIONS IN CHAPTER 1 OF THIS MANUAL BEFORE ATTEMPTING ANY MAINTENANCE.

No Power

- Check to make sure that the AC Plug is properly plugged into the AC socket.
- Check to make sure that the AC Plug is properly plugged into the AC adaptor.
- If the AC Plug has a fuse, check to see if the fuse is blown.
- Check to see if the DC Lead from the Power Adaptor is properly plugged into the screen.
- Check the green LED on the Mains Adaptor is illuminated.
- Repeat the test in an AC Socket that is known to work.

No Picture and Sound

- Ensure that the monitor is plugged in and that the power is on.
- Ensure that the aerial/cable source is connected.
- Ensure the monitor is tuned in.
- Try a different program.

Poor Picture Quality

- Check the aerial/cable source connections.
- Check that the channel is tuned properly.
- Adjust the picture settings: brightness, color, sharpness, contrast, hue.
- Make sure that the monitor is not located close to electrical appliances that may emit radio frequency interference.

No Headphone Sound

- Check the RJ-45 cable from the Fitness Equipment C-Safe Port to the Monitor Fitness Equipment Port is connected.
- Check the RJ-45 cable from the Fitness Equipment C-Safe Port to the Monitor Fitness Equipment Port is not damaged.
- Check that the monitor has power.
- Check the Fitness Equipment Console Internal Audio Cable Assembly is connected.
- Check the Fitness Equipment Console Headphone Jack – This is a wearable part and may need to be replaced.
- Repeat the test with new headphones.

No Color

- Adjust the color setting.
- Check that the program is broadcast in color.
- Check that the channel is tuned properly.

Monitor Does not Respond to Remote Control

- Check that there are no obstructions between the remote control and the monitor.
- Check that the remote control is within range of the monitor.
- Check the remote control batteries are inserted correctly
- Replace the remote control batteries.

Monitor Does not Respond to the Fitness Equipment Media Controls

- Check the RJ-45 cable from the Fitness Equipment C-Safe Port to the Monitor Fitness Equipment Port is connected at both ends.
- Check the RJ-45 cable from the Fitness Equipment C-Safe Port to the Monitor Fitness Equipment Port is not damaged.
- Check the monitor has power.
- Test the controls while the Fitness Equipment is being used – i.e. during a workout session.

Pixels

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