



**Cybex 750C/750R Cycle
Owner's Manual**
Cardiovascular Systems
Part Number LT-21613-4 G



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Owner's Manual
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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 techhelp@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.

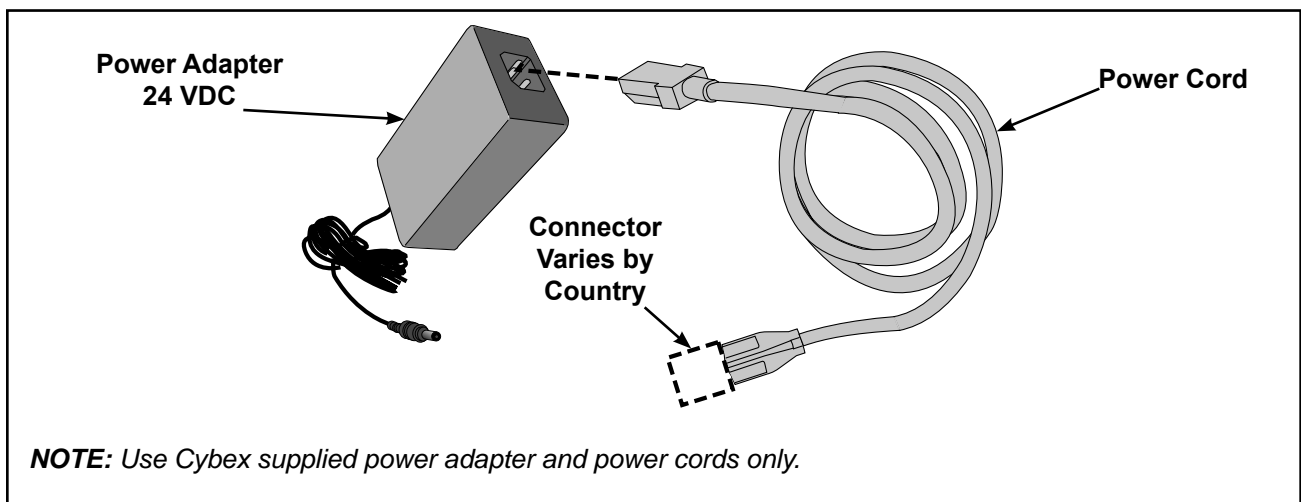
Plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

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.



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 you feel faint, dizzy or experience 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 doivent être surveillés.*
- Use caution when mounting and dismounting.
- Keep clear of moving parts. **DO NOT** wear loose or dangling clothing while using.
- **DO NOT** use the unit if you exceed 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 Cybox 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 Cybox 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 Cybox.
- The unit may generate electromagnetic or other forms of interference, or it may be affected by interference from other equipment nearby. If this is suspected, take precautions by separating the equipment or otherwise shielding it to avoid such interference.

Unit with A/V Options

- Devices connected to Cybox 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).
- The device must be stable on the unit in all configurations.

Warning and Caution Decals


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 and Caution Decals - 750C

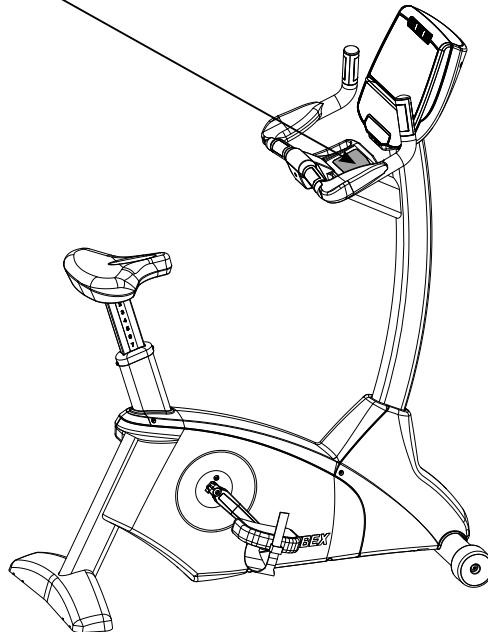
⚠ WARNING

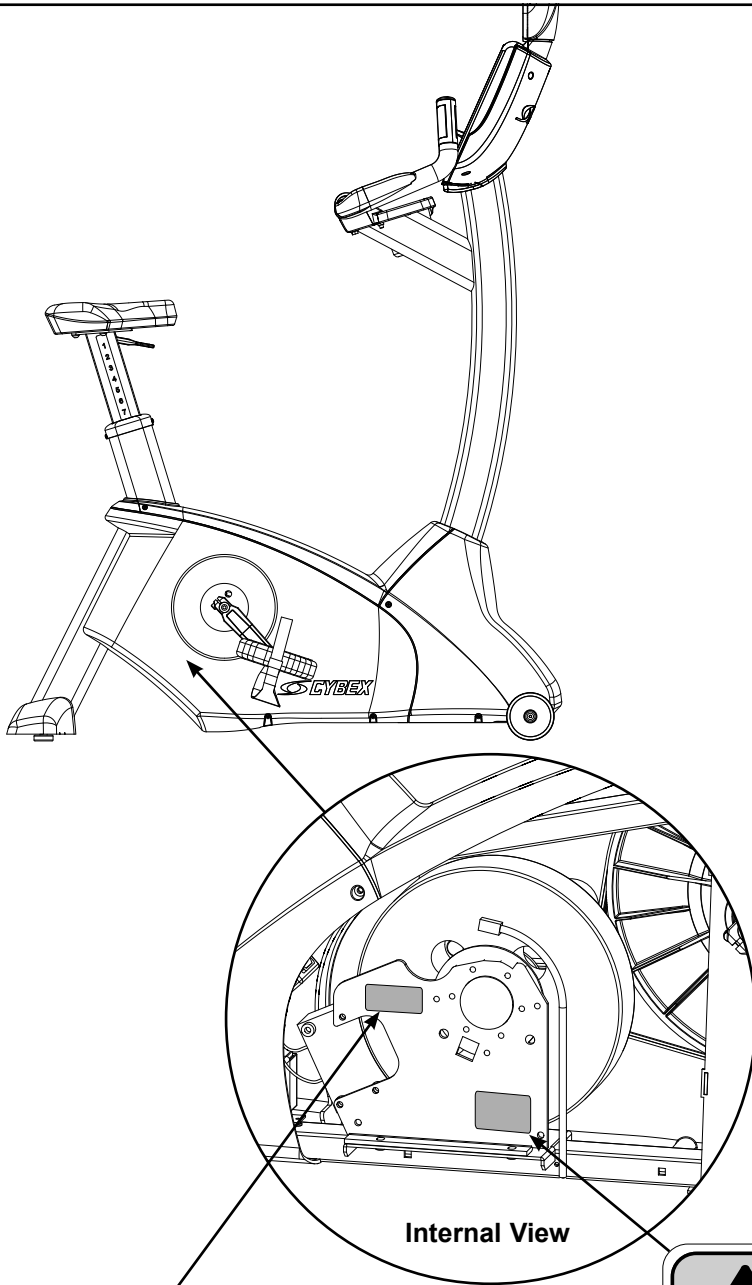
**SERIOUS INJURY
COULD OCCUR IF THESE
PRECAUTIONS ARE NOT OBSERVED**

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 you feel faint, dizzy or experience 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 surveillés.
7. Use caution when mounting and dismounting.
8. Keep clear of moving parts. **DO NOT** wear loose or dangling clothing while using.
9. **DO NOT** use the unit if you exceed 400 lbs. (180 kg). This is the rated maximum user weight.
10. Report any malfunctions, damage or repairs to the facility.
11. Replace any warning labels if damaged, worn or illegible.

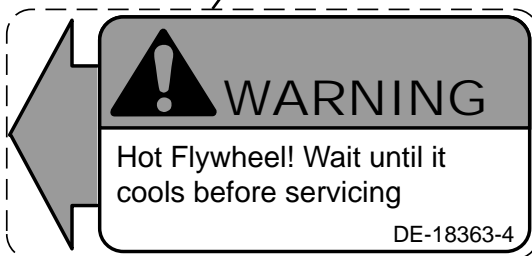
DE-21577-4 A

**Warning decal
part number
DE-21577-4**

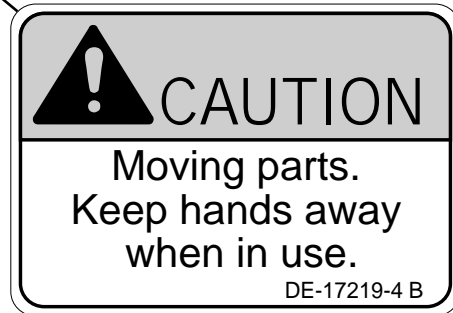




Internal View



Warning decal part number DE-18363-4




Warning decal part number DE-18362-4

NOTE: These decals are located inside the cycle, applied to the brake/generator.

Warning and Caution Decals - 750R

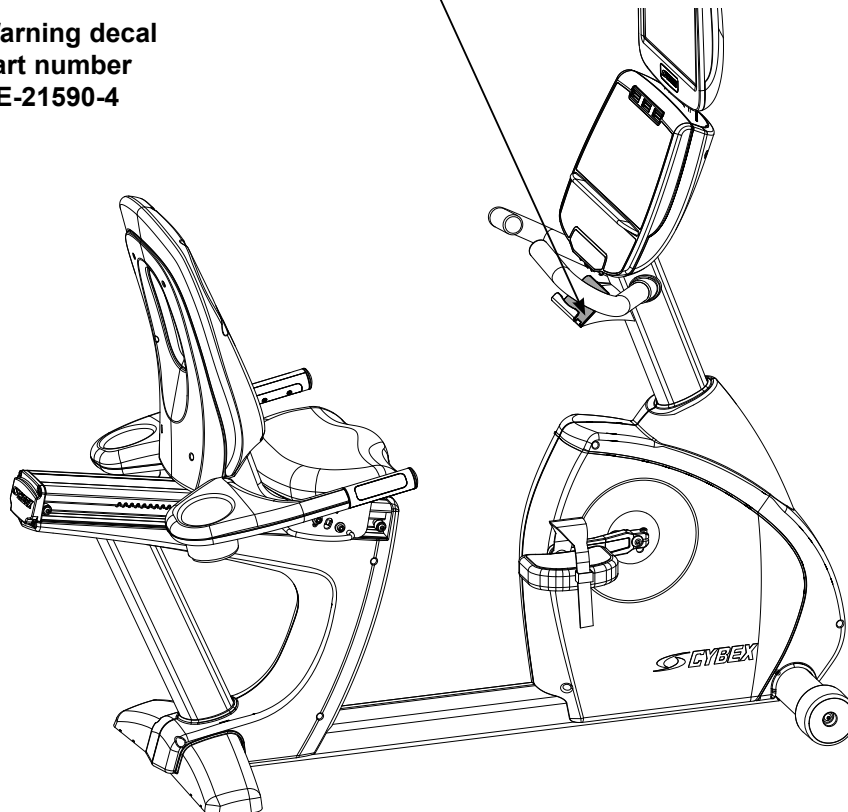
! WARNING

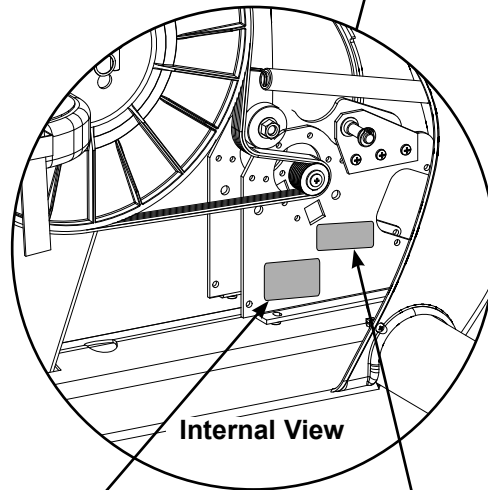
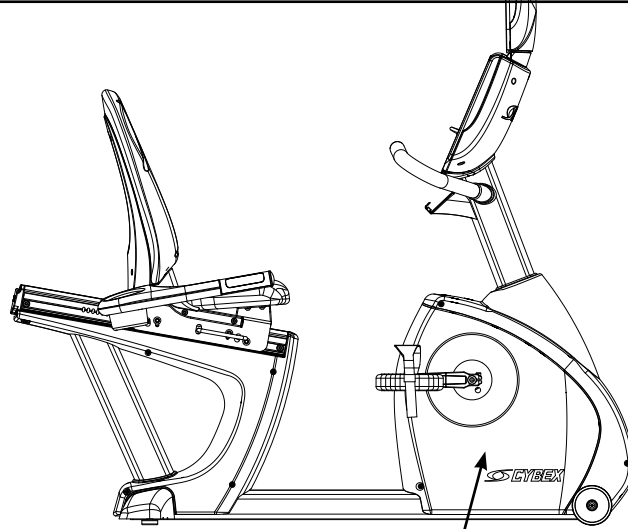
SERIOUS INJURY COULD OCCUR IF THESE PRECAUTIONS ARE NOT OBSERVED

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 you feel faint, dizzy or experience 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 surveillés.
7. Use caution when mounting and dismounting.
8. Keep clear of moving parts. **DO NOT** wear loose or dangling clothing while using.
9. **DO NOT** use the unit if you exceed 400 lbs. (180 kg). This is the rated maximum user weight.
10. Report any malfunctions, damage or repairs to the facility.
11. Replace any warning labels if damaged, worn or illegible.

DE-21590-4 A

Warning decal
part number
DE-21590-4

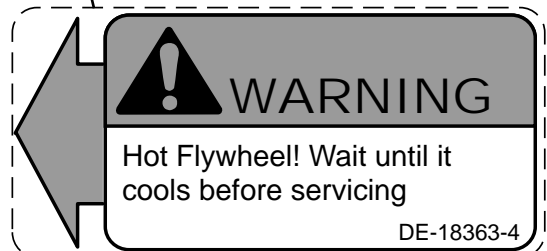




Internal View

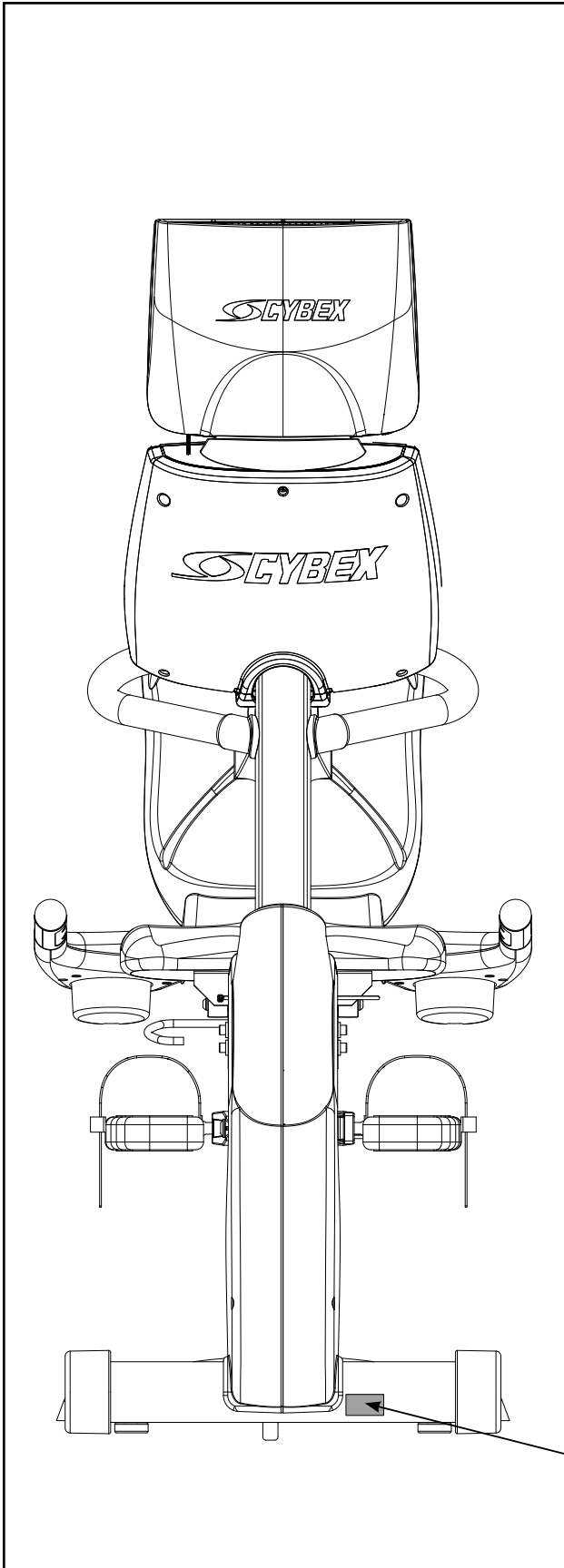


Warning decal part number DE-18362-4



Warning decal part number DE-18363-4

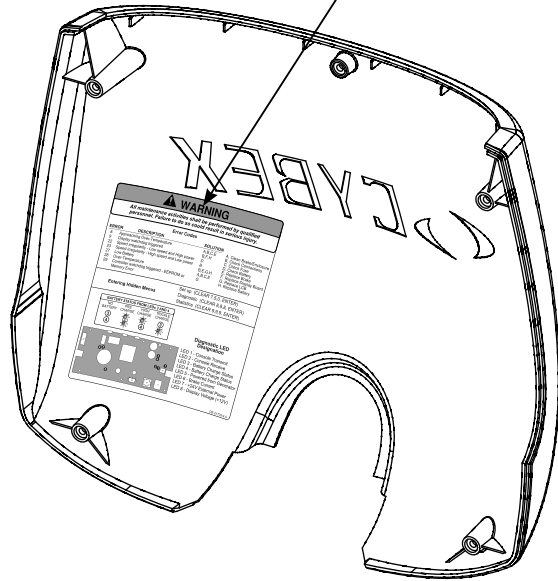
NOTE: This decal is located inside the cycle, applied to the brake/generator.



⚠ WARNING

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

Warning decal part number
DE-21735-4



NOTE: Decal located inside cover.

Warning decal part number
DE-21749-4 (When Applicable)

⚠ WARNING

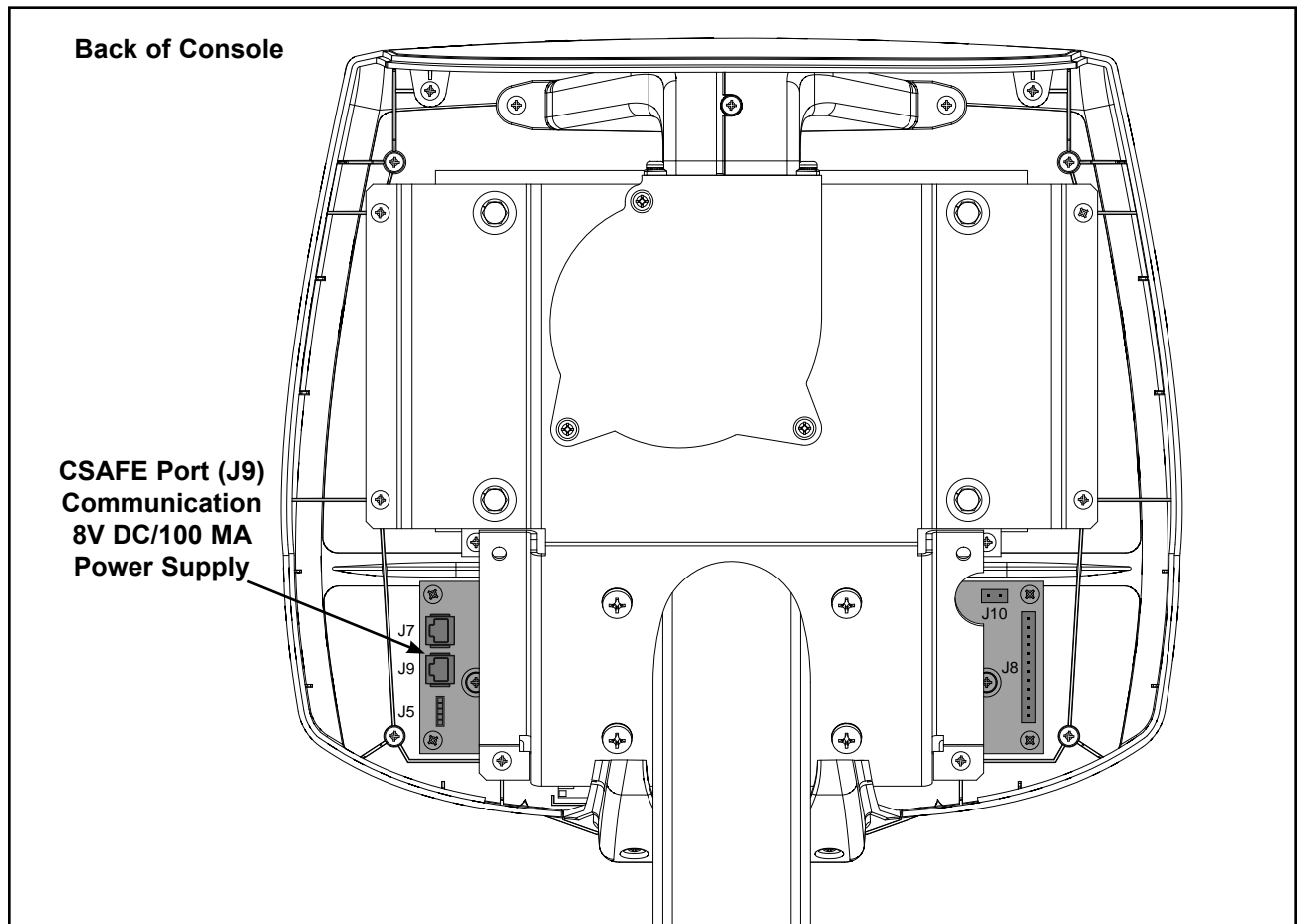
DISCONNECT POWER
BEFORE SERVICING.

DE-21749-4

CSAFE Ports

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/csafa.

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.



2 - Assembly and Setup

Warnings and Cautions

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.

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

Choosing and Preparing a Site

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

Area is well lit and well ventilated.

Surface is structurally sound and properly leveled. 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 in front of or 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 the vicinity of high humidity, such as in the vicinity of a steam room, sauna, indoor pool or outdoors. This unit is designed to function normally in an environment with a relative humidity range of 30% to 75%.

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° F (40° C) degrees.

Electrical Power Requirements

NOTE: The AC power kit is optional.

Verify the 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 Cybox supplied AC power kit only. Consult an electrician with any questions.

Verify power supply is compliant with local building codes.

Unit Assembly



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



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

Tools Required

- 3/16" Allen wrench (supplied with 750R only)
- Phillips screwdriver
- 1/2" Socket wrench
- 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 the unit.
2. Verify correct package.
 - A. Read box label to verify the model number and voltage match what was ordered.
 - B. Lift and remove cardboard sleeve surrounding unit.
 - C. Verify paint color matches what was ordered.
 - D. Verify correct voltage by reading voltage sticker near power outlet. **NOTE:** AC power kit is optional.

750C Assembly

1. Unpack and verify contents of boxes.
 - A. Verify the following items are present. See Figure 1a and 1b. Check off each item as found. See **Chapter 5 - Customer Service** for contact information if any parts are missing.

Cyberx 750C/750R Owner's Manual

Item	Qty	Part Number	Description
<input type="checkbox"/> 1	1	Varies	Base with covers attached
<input type="checkbox"/> 2	1	Varies	Console assembly
<input type="checkbox"/> 3	1	PL-21584	Back Cap
<input type="checkbox"/> 4	1	PL-21581	Front Left Cover
<input type="checkbox"/> 5	1	PL-21582	Front Right Cover
<input type="checkbox"/> 6	1	PL-21583	Top Cap
<input type="checkbox"/> 7	1	AX-21698	Hardware pack
<input type="checkbox"/> 8	1	LT-21613-4	Owner's Manual
<input type="checkbox"/> 9	1	LT-21615	Assembly poster
<input type="checkbox"/> 10	1	LT-21621	Warranty sheet, Consumer
<input type="checkbox"/> 10	1	LT-21622	Warranty sheet, Commercial

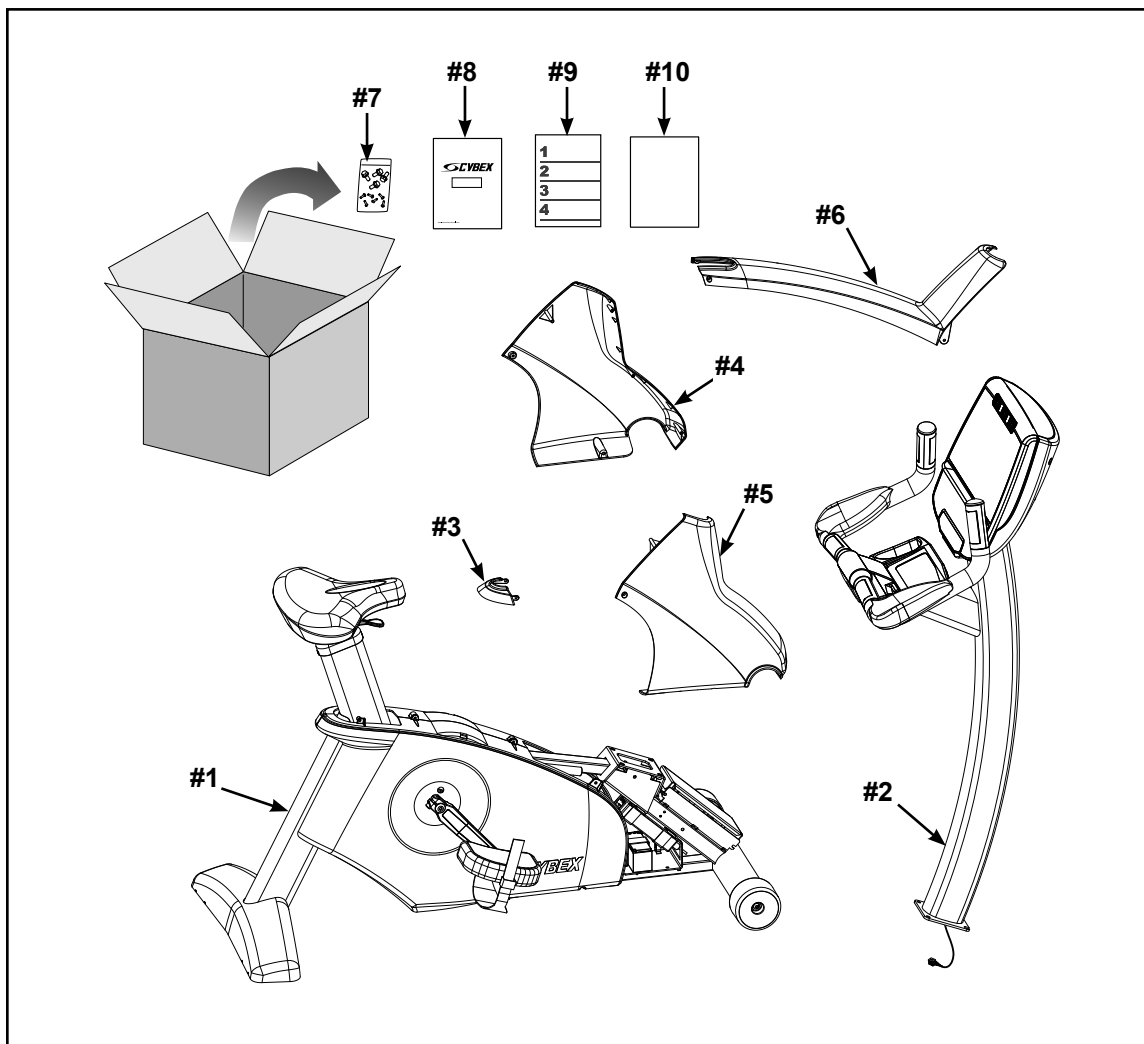


Figure 1a

Item	Qty	Part Number	Description
□ 11	4	HS-19108	Screw, 5/16-18 x .75",HXHD,WHIZ-LOCK,GR5
□ 12	6	HS-15706	Screw, 8-16 x .50", PNHD

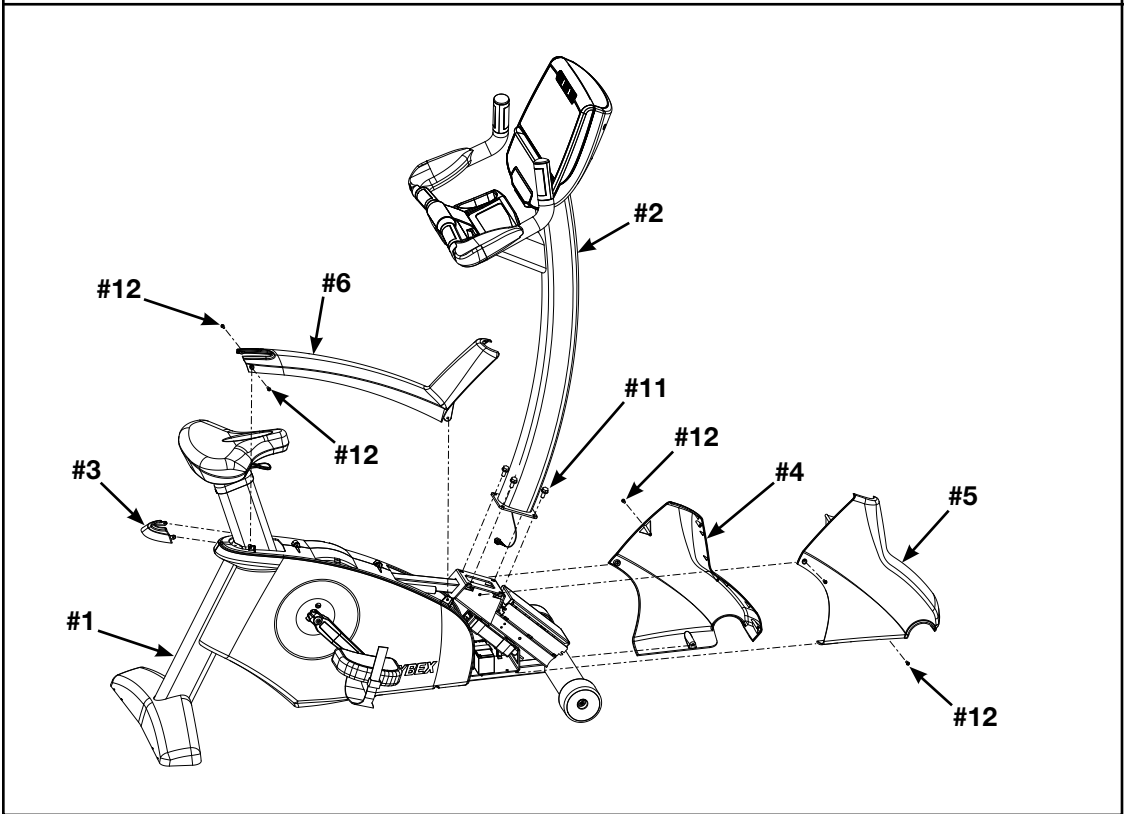
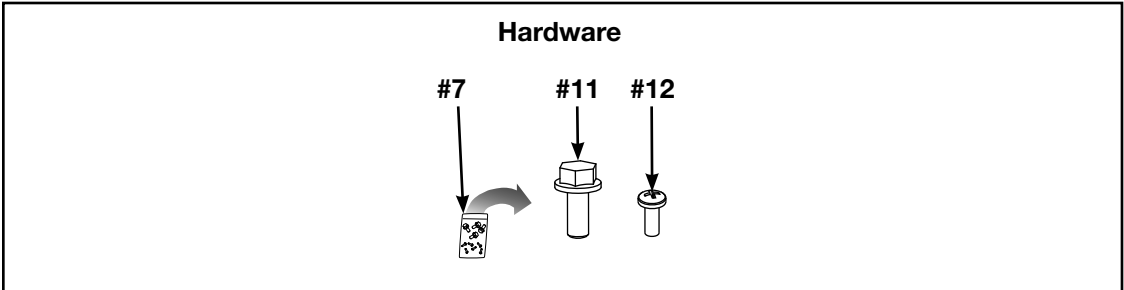


Figure 1b



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

2. Lift and move the unit

- A. Firmly grasp the rear foot.
- B. Using proper lifting methods, lift the rear foot so the front transport wheels are able to roll on floor.
- C. Move or roll unit to intended location.

- D. Carefully lower the rear foot so unit is in intended location.

3. Attach the console assembly to base assembly.

NOTE: If installing the A/V option, refer to the 750C A/V bracket installation instructions (supplied with the A/V bracket).

- A. Locate the console assembly (#2) and four mounting screws 5/16-18 x .75" (#11). See Figure 2.
- B. Hand thread two mounting screws 5/16-18 x .75" (#11) into the base assembly. See Figure 3.

NOTE: The console assembly (#2) will need to be supported during steps 3C to 3F.

- C. Carefully feed the display cable and optional A/V cable through the frame as shown in Figure 2.

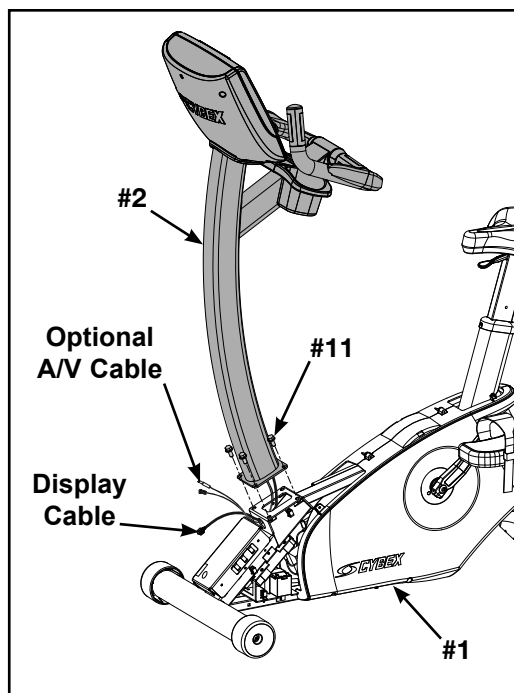


Figure 2

NOTE: Do not pinch or damage the cables during assembly.

- D. Place the console assembly (#2) in the correct position on the base assembly (#1) by sliding into position onto the two mounting screws 5/16-18 x .75" (#11). See Figure 3.
- E. Hand thread the other two screws 5/16-18 x .75" (#11). See Figure 2.
- F. Securely fasten the four screws 5/16-18 x .75" (#11) with a 1/2" socket wrench.
- G. Plug the display cable into the display cable connector on the lower control board. See Figure 4.

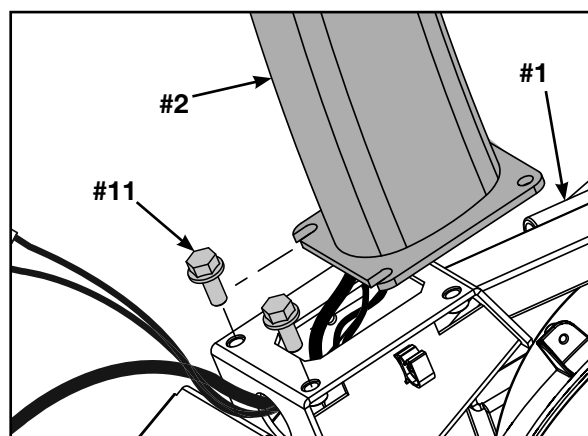


Figure 3

NOTE: Ensure the cable connector is securely fastened.

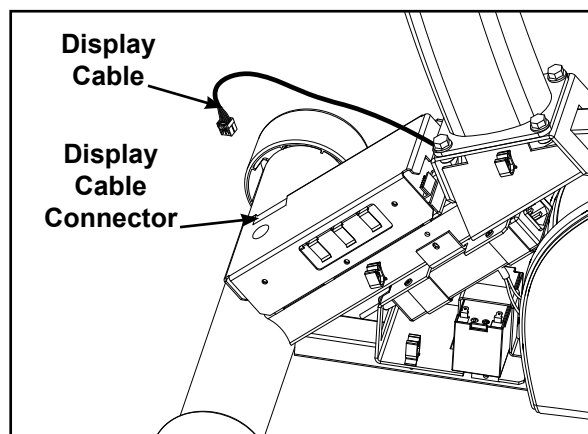


Figure 4

4. Install the front covers.

- A. Locate and place the front left cover (#4) on the front of the unit as shown in Figure 5.
- B. Using a Phillips screwdriver, secure with one screw 8-16 x .50" (#12).

NOTE: In addition to the mounting screws, there are four plastic connectors that secure the front covers together. Ensure that all four plastic connectors are inserted properly in each front cover. See Figure 5.

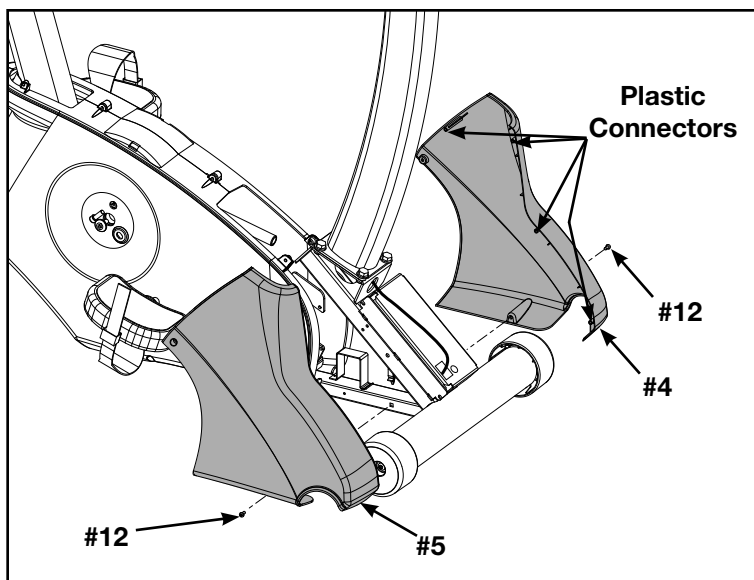


Figure 5

- C. Locate and place the front right cover (#5) on the front of the unit as shown in Figure 5.
- D. Using a Phillips screwdriver, secure with one screw 8-16 x .50" (#12). See Figure 5.

5. Install the top cap.

- A. Locate and place the top cap (#6) on the top of the unit as shown in Figure 6.
- B. Using a Phillips screwdriver, secure the front with two screws 8-16 x .50" (#12). See Figure 6.

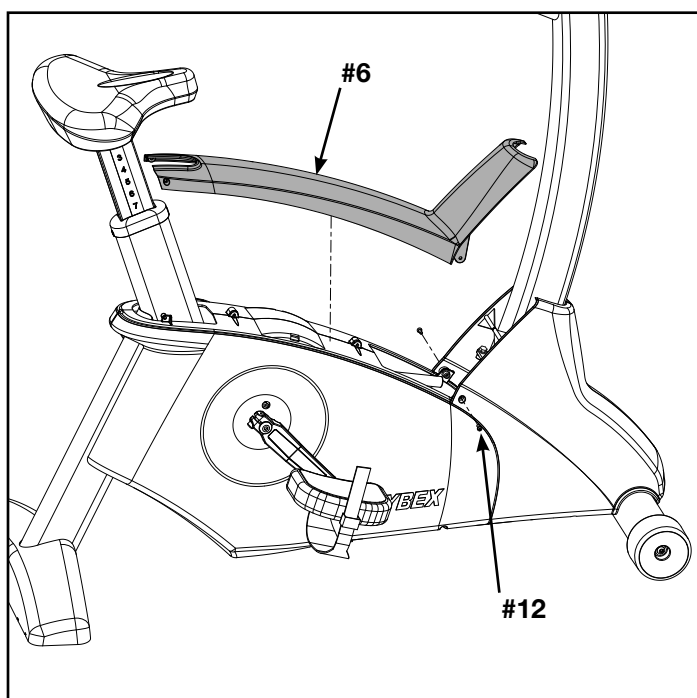


Figure 6

6. Install the back cap.

- A.** Locate and place the back cap (#3) into the top cap as shown in Figure 7. **NOTE:** Ensure the back cap is fully inserted into the top cap.
- B.** Using a Phillips screwdriver, secure with two screws 8-16 x .50 (#12). See Figure 7.

7. Level the unit.

- A.** Confirm that the 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 8.

8. Visually inspect the unit.

- A.** Carefully examine the unit to ensure that the assembly is correct and complete.
- B.** Proceed to *Testing the Operation* section.

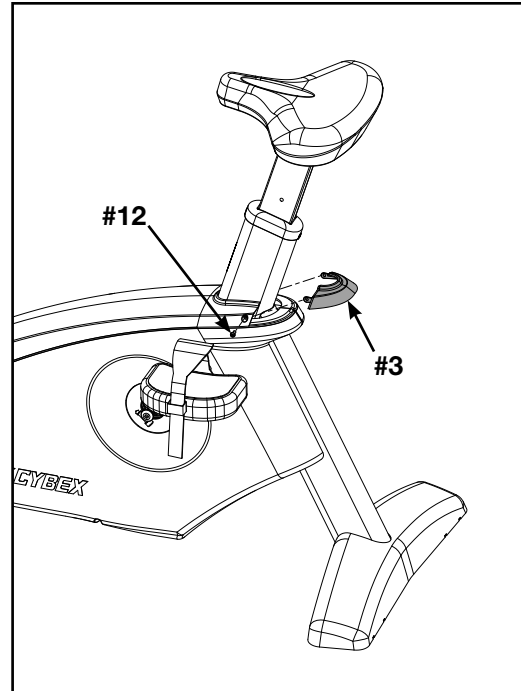


Figure 7

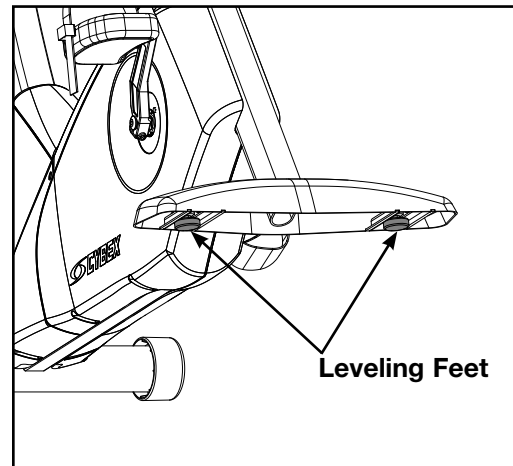


Figure 8

750R Assembly

1. Unpack and verify contents of the unit.

A. Verify the following items are present. See Figure 1a and 1b. Check off each item as found. See **Chapter 5 - Customer Service** for contact information if any parts are missing.

Item	Qty	Part Number	Description
<input type="checkbox"/> 1	1	Varies	Base with covers attached
<input type="checkbox"/> 2	1	Varies	Console Assembly
<input type="checkbox"/> 3	1	PL-21517	Front Left Cover
<input type="checkbox"/> 4	1	PL-21518	Front Right Cover
<input type="checkbox"/> 5	1	AX-21670	Seat Back Assembly
<input type="checkbox"/> 6	1	AX-21738	Accessory Tray
<input type="checkbox"/> 7	1	AX-21699	Hardware pack
<input type="checkbox"/> 8	1	LT-21613-4	Owner's Manual
<input type="checkbox"/> 9	1	LT-21616	Assembly poster
<input type="checkbox"/> 10	1	LT-21621	Warranty sheet, Consumer
<input type="checkbox"/> 10	1	LT-21622	Warranty sheet, Commercial

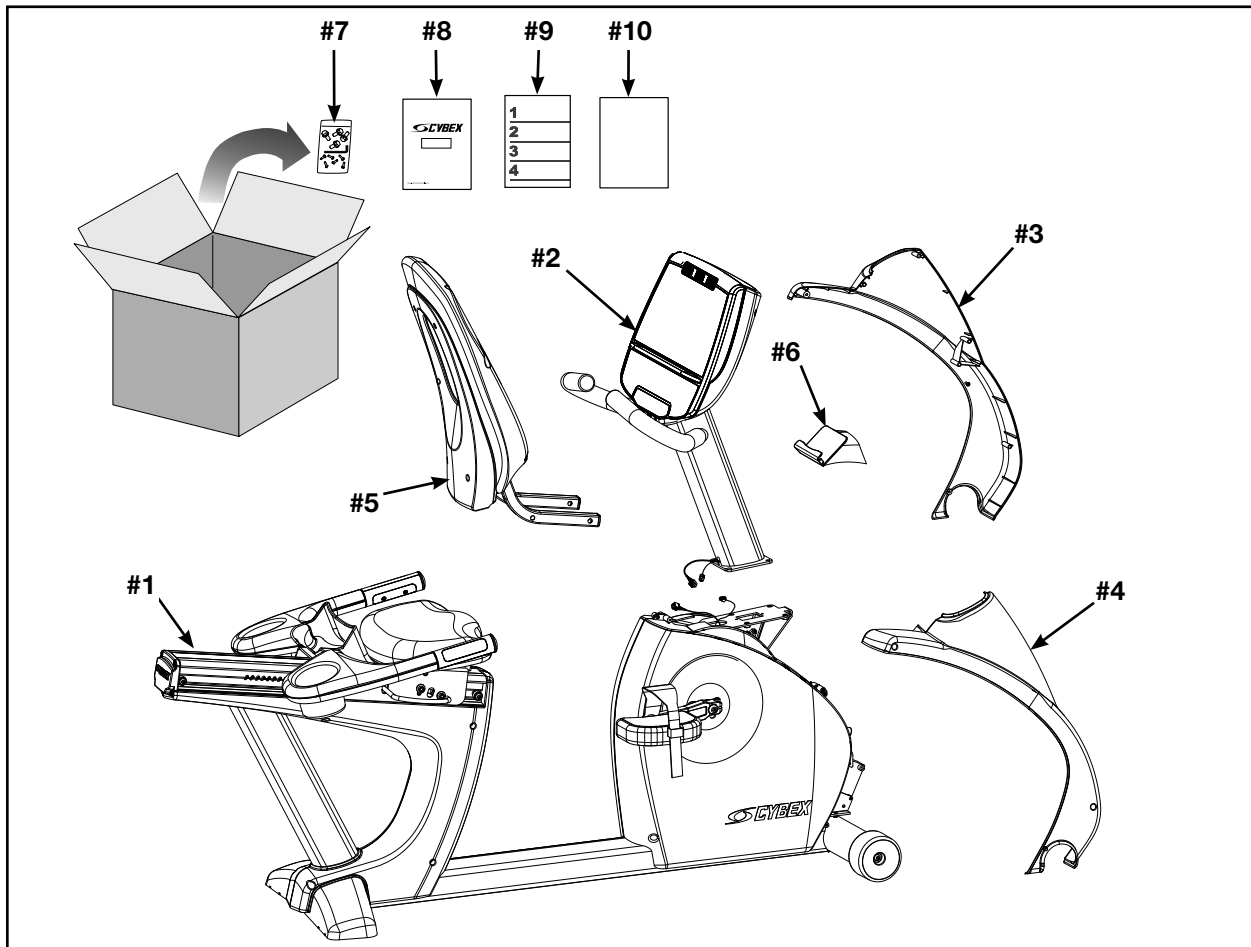


Figure 1a

Cyberx 750C/750R Owner's Manual

Item	Qty	Part Number	Description
<input type="checkbox"/> 11	4	HS-19108	Screw, 5/16-18 x .75",HXHD,WHIZ-LOCK,GR5
<input type="checkbox"/> 12	4	HW-53018	Washer, 5/16" Split
<input type="checkbox"/> 13	6	HS-15706	Screw, 8-16 x .50", PNHD, BLK
<input type="checkbox"/> 14	4	HS-41107	Screw, 5/16-18 X 1.50"
<input type="checkbox"/> 15	1	HX-00438	3/16" Allen wrench

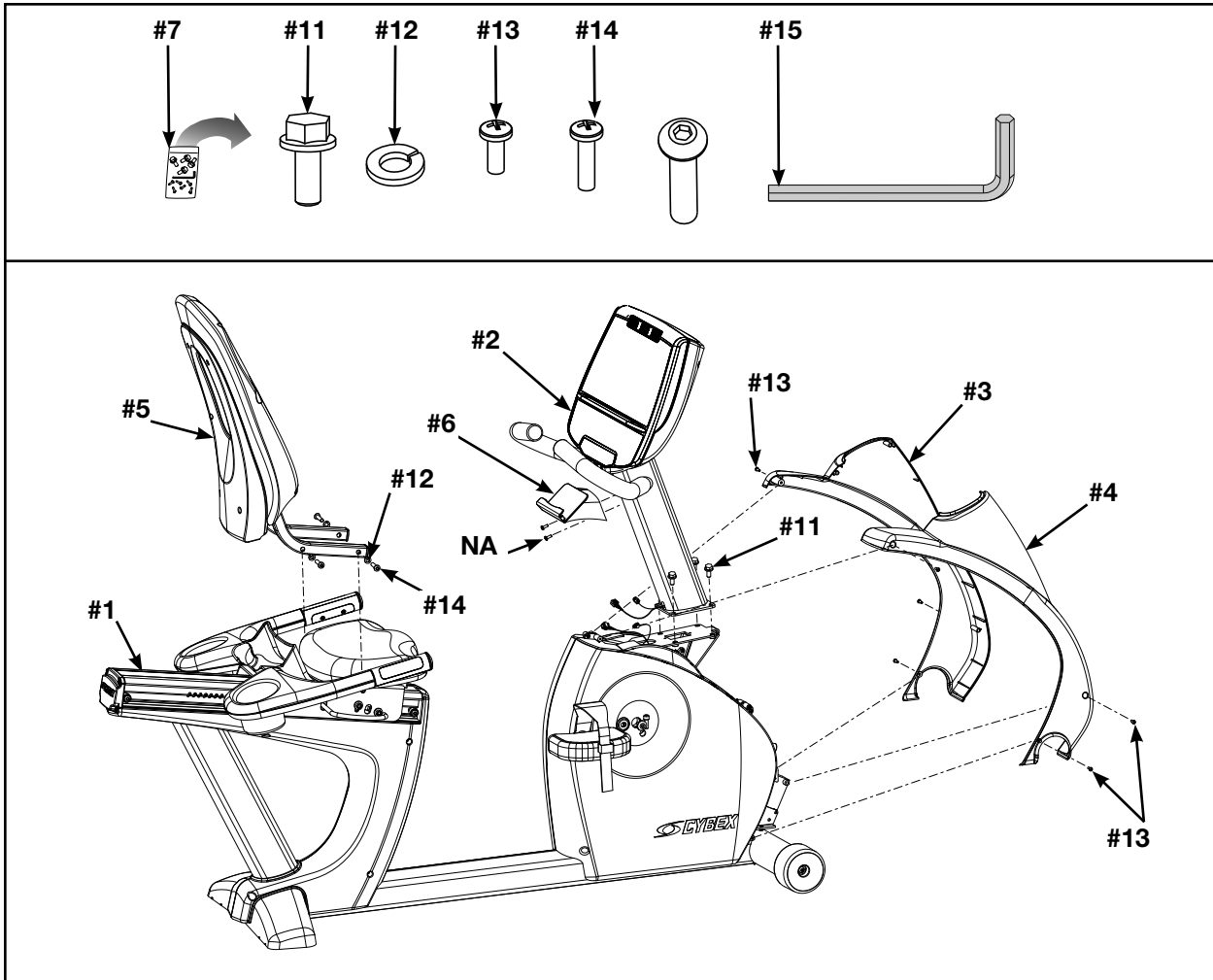


Figure 1b



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

2. Lift and move the unit

- A. Firmly grasp the rear foot.
- B. Using proper lifting methods, lift the rear foot so the front transport wheels are able to roll on floor.
- C. Move or roll unit to intended location.

3. Install the seat back assembly.

- A. Locate the seat back assembly (#5) four screws 5/16-18 x 1.50" (#14) and four washers 5-16" (#12). See Figure 2.
- B. Place the seat back assembly (#5) in the correct position and hand thread each of the screws 5/16-18 x 1.50" (#14) and four washers 5/16" (#12). See Figure 2.
- C. Securely fasten the screws 5/16-18 x 1.50" (#14) with the 3/16" Allen wrench (#15) provided.

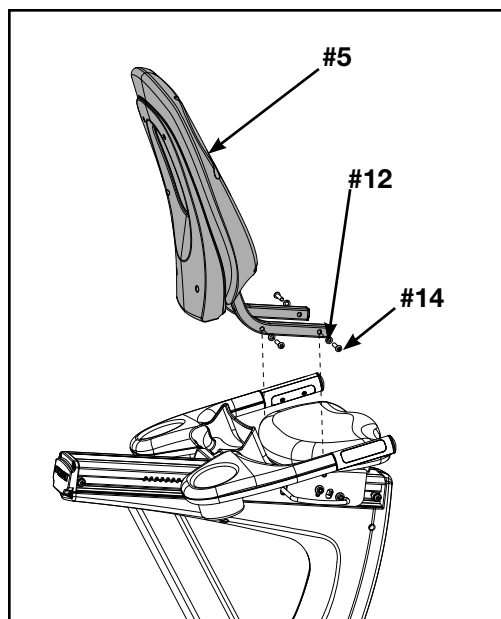


Figure 2

4. Attach the console assembly to base assembly.

NOTE: If attaching the A/V option, refer to the 750R A/V bracket installation instructions (supplied with the A/V bracket).

- A. Locate the console assembly (#2) and four mounting screws 5/16-18 x .75" (#11). See Figure 3.
- B. Hand thread two mounting screws 5/16-18 x .75" (#11) into the base assembly. See Figure 4.

NOTE: The console assembly (#2) will need to be supported during steps 4C to 4E.

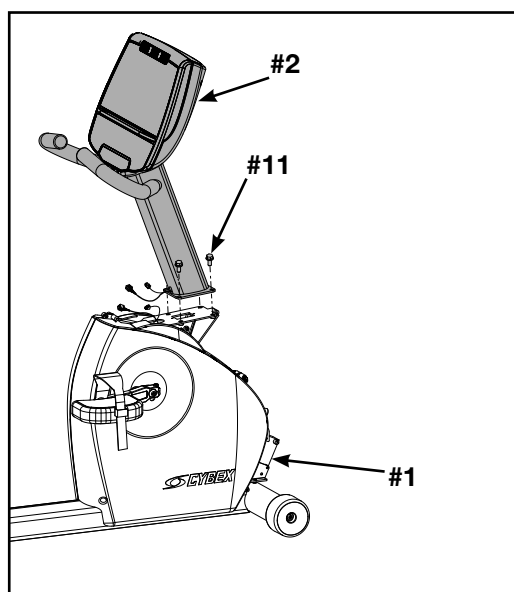


Figure 3

- C. Place the console assembly (#2) in the correct position on the base assembly (#1) by sliding into position onto the two mounting screws 5/16-18 x .75" (#11). See Figure 4.
- D. Hand thread the other two screws 5/16-18 x .75" (#11). See Figure 3.
- E. Securely fasten the four screws 5/16-18 x .75" (#11) with a 1/2" socket wrench.

NOTE: Ensure cable connectors click together and are securely fastened.

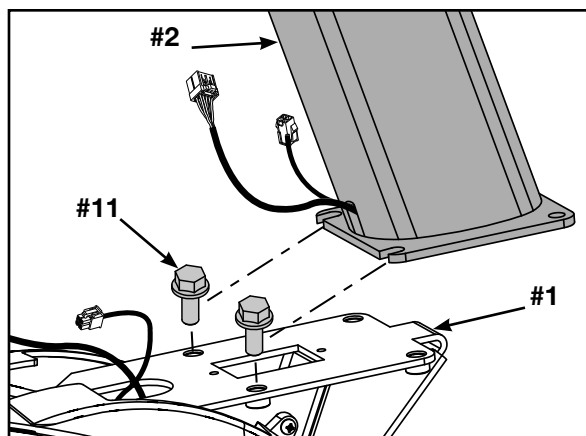


Figure 4

- F. Locate the upper display cable connector and plug it into the lower display cable connector. See Figure 5.
- G. Locate the upper heart rate connector and plug it into the lower heart rate connector. See Figure 5.

NOTE: Do not pinch or damage the cables during assembly.

- H. Tuck each of the cable connectors into the top hole in the frame. See Figure 5.

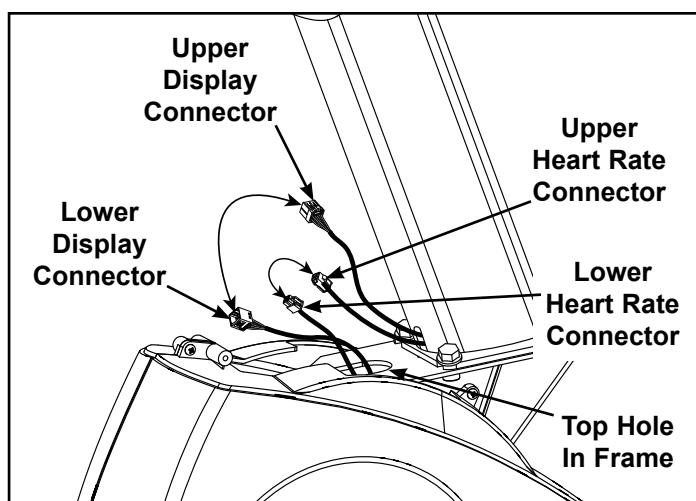


Figure 5

5. Install the front covers.

- A. Locate and place the front right cover (#4) on the front of the unit as shown in Figure 6.
- B. Using a Phillips screwdriver, secure with three screws 8-16 x .50" (#13). See Figure 6.

NOTE: In addition to two mounting screws per front cover, there are five plastic connectors that secure the front covers together. Ensure that all four plastic connectors are inserted properly in each front cover. See Figure 7.

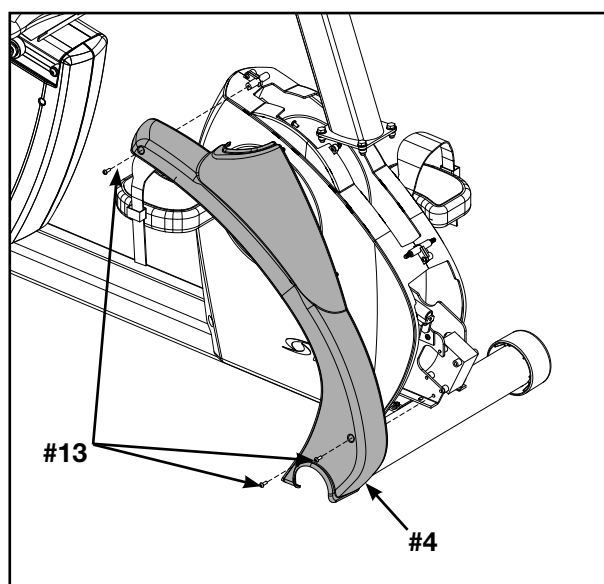


Figure 6

- C. Locate and place the front left cover (#3) on the front of the unit as shown in Figure 7.
- D. Using a Phillips screwdriver, secure with three screws 8-16 x .50" (#13). See Figure 7.

6. Install the accessory tray.

- A. Locate the accessory tray (#6). See Figure 8.
- B. Using a Phillips screwdriver, remove the two screws in the console assembly (#2).
- C. Using a Phillips screwdriver, secure the accessory tray (#6) to the console assembly (#2) with the two screws removed in step 6B.

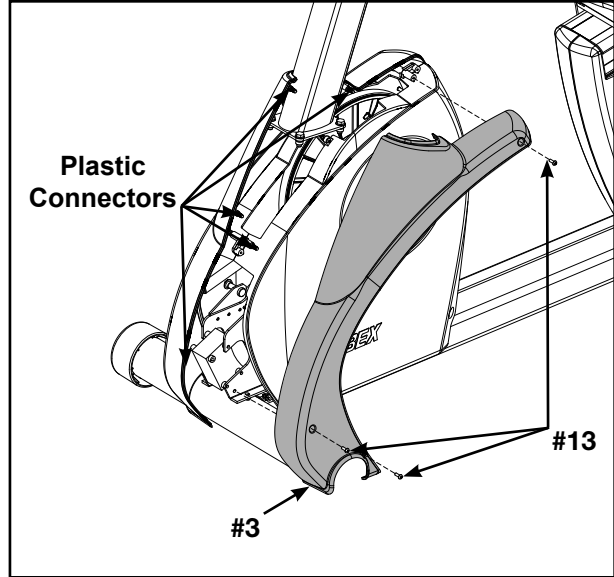


Figure 7

7. Level the unit.

- A. Confirm that the 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 9.

8. Visually inspect the unit.

- A. Carefully examine the unit to ensure that the assembly is correct and complete.
- B. Proceed to *Testing the Operation* section.

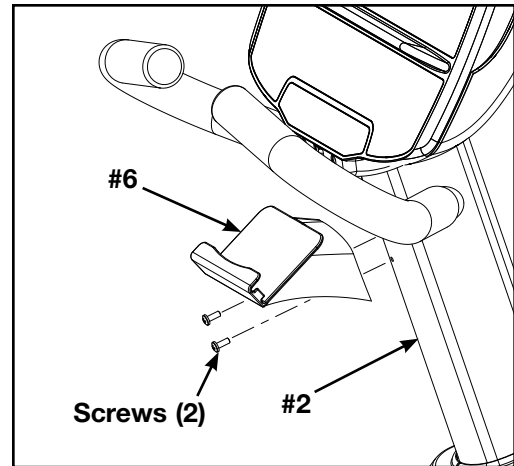


Figure 8

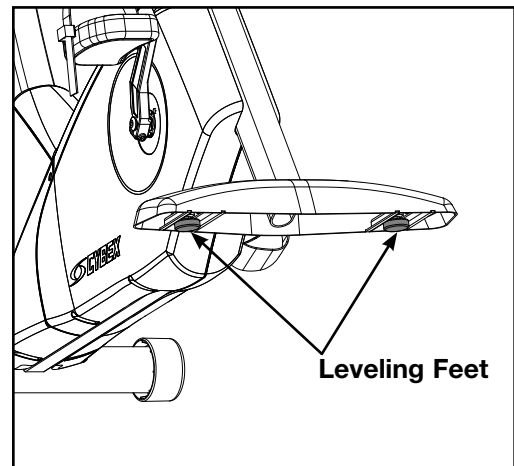


Figure 9



WARNING: Be sure that all electrical requirements are met as indicated in the specifications at the front of the manual and at the beginning of this chapter prior to proceeding.

Testing the Operation

Use the following instructions to test the full resistance of the unit.

1. Plug the optional power cord into a power outlet from a grounded circuit as described under *Electrical Requirements* in this chapter. **NOTE:** Coil up the remainder of the power cord and place it out of the way.

NOTE: Cybox recommends that the unit be unplugged when not in use.

2. Observe that the control panel will illuminate and be in the *Dormant Mode* when using the optional power adapter.

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

3. Hold the handrails to steady self while stepping into the pedals.
4. Begin pedaling.
5. Press the **Quick Start** key. The unit begins with a long tone.
6. Run the unit through its full resistance range. First press the **Level +** key until the unit reaches its highest load (the display will show "21"). Then press the **Level -** key until the unit reaches its lowest load; the display will show "1".
7. Press **Pause/End** to end the workout review and return the display to *Dormant Mode*.



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

8. Wait until pedals come to a complete stop before dismounting the unit. Hold the handrails to steady self while stepping off the unit.

Setup

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

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

To access setup screen, enter key sequence "**Clear-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 (TV off, Load to 0, unlatch battery) and exit to Dormant mode.

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

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

NOTE: All setup items which have a default factory setting can be reset back to their default settings by holding the **PAUSE/END** key for 3 seconds.

MENU		SET UP Options
1-Language		GERMAN FRENCH SPANISH ENGLISH JAPANESE SWEDISH RUSSIAN DANISH
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	<i>Initial displayed choice for programs requiring a time setting.</i>	DEFLT TIME 10 DEFLT TIME 20 DEFLT TIME 30 (factory default) DEFLT TIME 60 DEFLT TIME 90 NOTE: Choices are limited to range of MAX time.
6- Review Time	<i>Summary of workout session totals. Can be seen as 1, 2 or 3 cycles.</i>	SHORT – 1 LONG – 1 SHORT – 2 LONG – 2 SHORT – 3 LONG – 3
7-Max Time	<i>Limit user's workout time</i>	MAX TIME = OFF MAX TIME = 60 (default) MAX TIME = 20 MAX TIME = 90 MAX TIME = 30 MAX TIME = 120 MAX TIME = 40 MAX TIME = ZONED* MAX TIME = 50
8-Pause Time	<i>Length of time unit paused during a workout and still re-start where user left off.</i>	PAUSE = OFF (factory setting) PAUSE = 01:00 PAUSE = 05:00 PAUSE = 10:00

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9-Default Level	Mode Levels	DEFAULT LVL 1 – 21 (LVL 1 is default)
10-Target RPM	For Advanced Programs	TARGET RPM 10 - 100 (RPM 60 is default.)
11-Sound		TONE = ON (default) TONE = OFF
12-Dormant Style	<i>Defines what is displayed in Dormant Mode</i>	0 – DEFAULT (factory default) 1 – TEXT MSG 2 – OUT OF ORDER 3 – CLOCK 4 – PROFILES
13-Dormant Text	<i>ENTER allows editing and viewing.</i>	DORMANT MSG 1 DORMANT MSG 2 DORMANT MSG BOTH
14-Active Mode Text on/off	<i>ENTER allows editing and viewing.</i>	WORKOUT MSG ON (or OFF)
15-Lock Combination	<i>Requires correct entry of combination. Allows lock combination to be enabled and edited.</i> <i>Master factory code is 4300. Enter on first set up.</i>	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 a new code. ENTER accepts new code. Temporarily lock unit by pressing LOCK key (#5 LOCK) and enter 4-digit code. Unit will stay locked until UNLOCKED is selected.
16-Custom Programs SAVE	<i>Gives user capability to create and store custom programs by enabling of disabling SAVE button during Review Mode.</i>	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. **NOTE:** Current Time must be set for zones to work correctly.

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 09:00A OFF

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3 - Operation

Intended Use

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

Terms Used

Active Mode – Any time 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 *Quick Start Manual mode*.

Auto-Scan – Display automatically cycles through workout data.

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

Dormant Mode – Occurs only when a unit is plugged in using the optional AC adapter and is not in use.

Isokinetic Exercise – Accommodating resistance, where unit provides a corresponding amount of resistance on the user to keep them at a fixed pedal speed. Such exercise is used to test and improve muscular strength and endurance, especially after injury.

Manual Mode – The unit defaults to this mode if not in a program. *Manual Mode* allows user to adjust the gear (1-21) and pedal at any speed, simulating a road bike. Time will count up in *Quick Start*, *Manual* or *Count Down* to the chosen session time if user enters a **TIME** or selects the **MANUAL** button and completes 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 pedalling 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 gear selection and time is counting up.

Workout Review – Review of the accumulated workout data and/or the results of the Fitness Test 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 before mounting or dismounting.

To mount unit safely:

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

To dismount unit safely:

1. Wait until pedals come to a complete stop.
2. Grasp handrails for support and carefully step off unit.

Emergency Dismount

If experiencing pain, feeling faint or needing to stop unit in an emergency situation:

1. Grasp handrails for support.
2. Stop pedalling.
3. Continue holding the handrails while carefully stepping off the unit.

Console Keys

Control keys on the display are usable during operation and may be pressed at any time to make adjustments in level, data readouts and fan speed. See Figure 1.

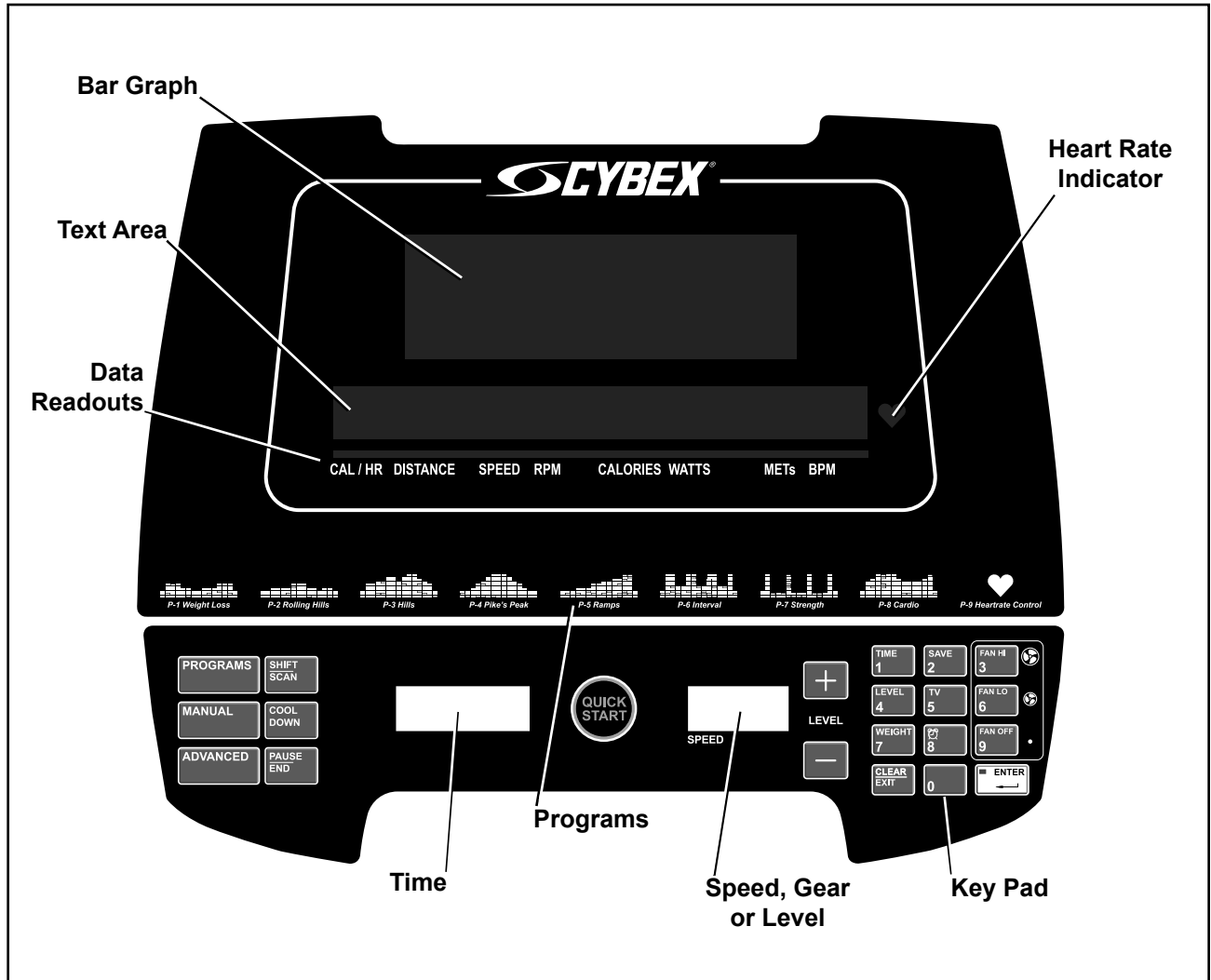


Figure 1

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Console Keys		Description
PROGRAMS	<i>Program Setup Mode</i>	Choose from nine programs or nine custom programs
MANUAL	<i>Manual Mode</i>	Go directly to <i>Manual Mode</i> set up
ADVANCED	Advanced Programs	Access advanced program options
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	<i>Cool Down Mode</i>	Initiates the two minute cool-down sequence.
PAUSE/END	Stop	Exit <i>Active Mode</i> and go to <i>Pause Mode</i> if enabled. If <i>Pause Mode</i> is not enabled, work out ends and <i>Review Mode</i> is entered
QUICK START	<i>Quick Start Manual Mode</i>	Go directly to <i>Quick Start Manual Mode</i>
LEVEL + -	Adjust level	Toggle (+ -) for adjustment. Increase or decrease gears (1-21) or watts (20-500)
Keypad (Program Setup)		
TIME	Workout time	Adjust workout time.
LEVEL	Workout level	Adjust workout level (1-21) or power
WEIGHT	User's Weight	When pressed, number keypad is active to allow keying in body weight
CLEAR	Multiple uses	Reset an entry, back out of a menu, exit the TV's EPG mode or reset workout data if in <i>Active Mode</i>
SAVE	Save program	Save recorded custom workout
TV	TV Channel	Allows keying in TV channels
CLOCK	Shows real time	Activate or deactivate workout alarm clock
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

NOTE: If any key is pressed while unit is in *Dormant Mode*, "START Pedalling" displays in text area for five seconds before resetting to *Dormant Mode*.

Audio Visual (AV) Key Pad – Optional

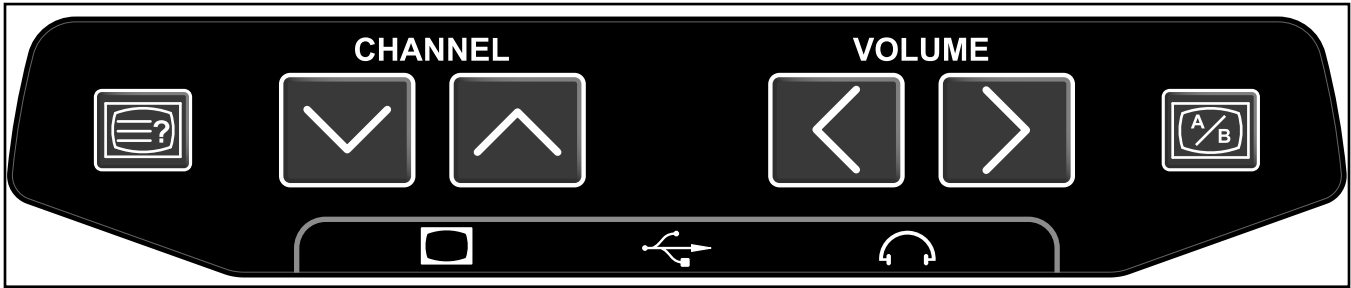










Figure 2

Console Key	Description
EPG 	If an Electronic Program Guide (EPG) is available, this will be displayed on the TV. Use the CHANNEL $\wedge \vee$ and VOLUME $\langle \rangle$ keys to navigate in the EPG, ENTER to accept any selections, and CLEAR/EXIT to exit the <i>EPG</i> 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 iPod® video.
VIDEO PORT 	Video capable port allows personal entertainment device or other composite video input.  1 – Video 3 – Left 2 – Ground 4 – Right
USB PORT 	Universal Serial Bus (USB) allows different devices to be connected using a single standardized interface port for charging only.
HEAD PHONE PORT 	Head phone port allows personal headphones.

Program Selection

There are nine different pre-programmed options from which to choose.

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

Program	Levels	Settings
P1 Weight Loss	21	Select time, level and weight.
P2 Rolling Hills	21	Select time, level and weight.
P3 Hills	21	Select time, level and weight.
P4 Pike's Peak	21	Select time, level and weight.
P5 Ramps	21	Select time, level and weight.
P6 Interval	21	Select time, level and weight.
P7 Strength	21	Select time, level and weight.
P8 Cardio	21	Select time, level and weight.
P9 Heart rate Control (HRC)	NA	Select time, age, target heart rate and weight.

Navigation

The keypad is active during the program setup time to key in time, level and weight values. The **LEVEL +** - 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 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".
3. Select desired workout level when Text Area prompts "SELECT LEVEL 1-21"

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 Programs 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. The Quick Start version of Manual bypasses the time entry, allowing the workout time to accumulate up to the Max Time allowed.

Advanced Programs A1 – A3 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 and weight.
A2 Isokinetic	Select time, target RPM, level for scale and weight.
A3 Fitness Test	Select age, weight and gender.

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 20 - 500 WATTS". Valid range of Watts is 20 - 500 in increments of five.
5. Enter user's accurate weight.

A2 – Isokinetic Program Setup

1. Press **ADVANCED** programs key.
2. Scroll to (or key in) #2.
3. Select time.
4. Use LEVEL control keys **+ -** to adjust Revolutions per Minute (RPM). Choices are 15 - 150 in increments of five.
5. Adjust level for scale when “LEVEL XX” and “DISPLAY SCALE YY - ZZZ” appear in the Text Area.
6. Enter user's accurate weight.

A3 – Fitness Test Setup

1. Press **ADVANCED** programs key.
2. Scroll to (or key in) #3.
3. 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 is 13 – 113.
4. Enter user's accurate weight.
5. When the Text Area prompts “CHOOSE MALE/FEMALE”, use the **LEVEL + -** keys to choose male or female. Default is set to male.

Before the Fitness Test can run, confirmation and display of a valid heart rate is required.

If no valid heart rate signal is present, the Text Area will scroll “ACQUIRING VALID HEART RATE SIGNAL”. If no valid heart rate is acquired, a beep will sound and the unit will reset to Count Down.

If a valid heart rate is present, the unit will move forward to start the Fitness Test. If user's heart rate is above 100 BPM, the unit will display the message “THE FITNESS TEST IS ONLY VALID IF STARTING FROM A STATE OF REST”.

Fitness Test Review

Once the Fitness Test completes, it calculates and displays a fitness review outcome based on performance during the fitness testing period.

The bar graph displays "TEST" while the text area scrolls "FITNESS TEST PREDICTED VO2 MAX = XXX". See Figure 3.

Alternating with the above message is the standard review for Distance, Calories and acquired BPM.

Ratings for Men					
Age	20-29	30-39	40-49	50-59	60-69
Elite	55+	52+	50+	48+	45+
Excellent	50-54	47-51	45-49	43-47	40-44
Good	45-49	42-46	40-44	38-42	35-39
Above Average	40-44	37-41	35-39	33-37	30-34
Average	36-39	33-36	31-34	29-32	26-29
Below Average	31-35	28-32	26-30	24-28	24-25
Poor	26-30	23-27	20-25	18-23	16-20
Very Poor	<26	<23	<20	<18	<16

Ratings for Women					
Age	20-29	30-39	40-49	50-59	60-69
Elite	49+	46+	44+	42+	40+
Excellent	44-48	41-45	39-43	37-41	35-39
Good	39-43	36-40	34-38	32-36	30-34
Above Average	34-38	31-35	29-33	27-31	25-29
Average	30-33	27-30	25-28	23-26	21-24
Below Average	25-29	22-26	20-24	18-22	16-20
Poor	20-24	17-21	15-19	13-17	15-Nov
Very Poor	<20	<17	<15	<13	<11

Figure 3

Custom Programs

A maximum of nine custom programs can be created from any workout session. The unit automatically records resistance and time segment changes.

Custom programs can only be created, stored and played back as Constant Power (like the Factory Programs or Advanced Program A1). In creating a custom program from *Manual Mode* (which simulates a bike in using gears 1-21) the actual power used during the transition of each minute of the workout session is saved. For best results, use Advanced Program A1 to create completely custom programs or modify a factory program during the workout and save the result during *Review 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 test 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:

CAL / HR	DISTANCE	SPEED	RPM	CALORIES	WATTS	METs	BPM
-----------------	-----------------	--------------	------------	-----------------	--------------	-------------	------------

Calories Per Hour – Calculation of present workloads energy exertion in Calories per Hour.

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

Rotation Per Minute (RPM) – User's crank rotations per minute.

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 to 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.

$$\text{METs} = \text{Cal/Hr} \times 2.2 / \text{User Weight}$$

Beats per Minute (BPM) – User's current heart rate. Heart rate will appear when a signal is introduced. Use either the hand grips for Contact Heart Rate or a Polar® compatible heart rate transmitter.

Heart Rate Indicator

Contact Heart Rate – Lightly hold the 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 the grips

Wireless Heart Rate 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 pedalling 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 LEVEL key is also active to adjust the display value (up or down). Hold down key to accelerate rate of increment.*

Once alarm time occurs, the display will show "ALARM" and start beeping. Press the **CLEAR**, **ENTER** or **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 pedalling, 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.*

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.

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

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.*

As Needed:

Vacuum any dust or dirt that might accumulate under or around unit.

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 **9-9-9**

Press **ENTER**

Data features can also be accessed from the CSAFE port.

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

Use the **Load Control** Keys to scroll forward or backward in the menu.

Statistics Menu	Display	
ST1 – REVOLUTIONS	REVS YYYYYYY	0.0 – 999,999.9 = total revolutions (one revolution is 1,000 flywheel revolutions or 1K)
ST2 – HOURS	HOURS	0 – 99999 = total user session time in hours
ST3 – STARTS	STARTS XXXXXX	0 – 999999 = number of user workout sessions
ST4 – BATTERY	BATTERY XXXXXX	0 – 999,999 = number of whole minutes the battery has been used
ST5 – ERRORS	[Log #] [ERR #] HH:MM M-DD-YY	Tracks error codes in a rolling log of 20 entries, each stamped with time and date
ST6 – 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.

ERROR NUMBER 27 — LOW BATTERY

Cause: Battery voltage is reported to be below the limit of 10.7v DC and the controller has issued the low battery warning.

Reset/Remedy: Further use will re-charge 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 isn't pedaling 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 a qualified service technician.

NOTE: Remove battery and dispose of safely before disposing of unit.

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).

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

For Cybox customers living outside the USA, contact Cybox Customer Service at **508-533-4300** or fax **508-533-5183**.

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

Serial Number

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

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

Serial Number _____

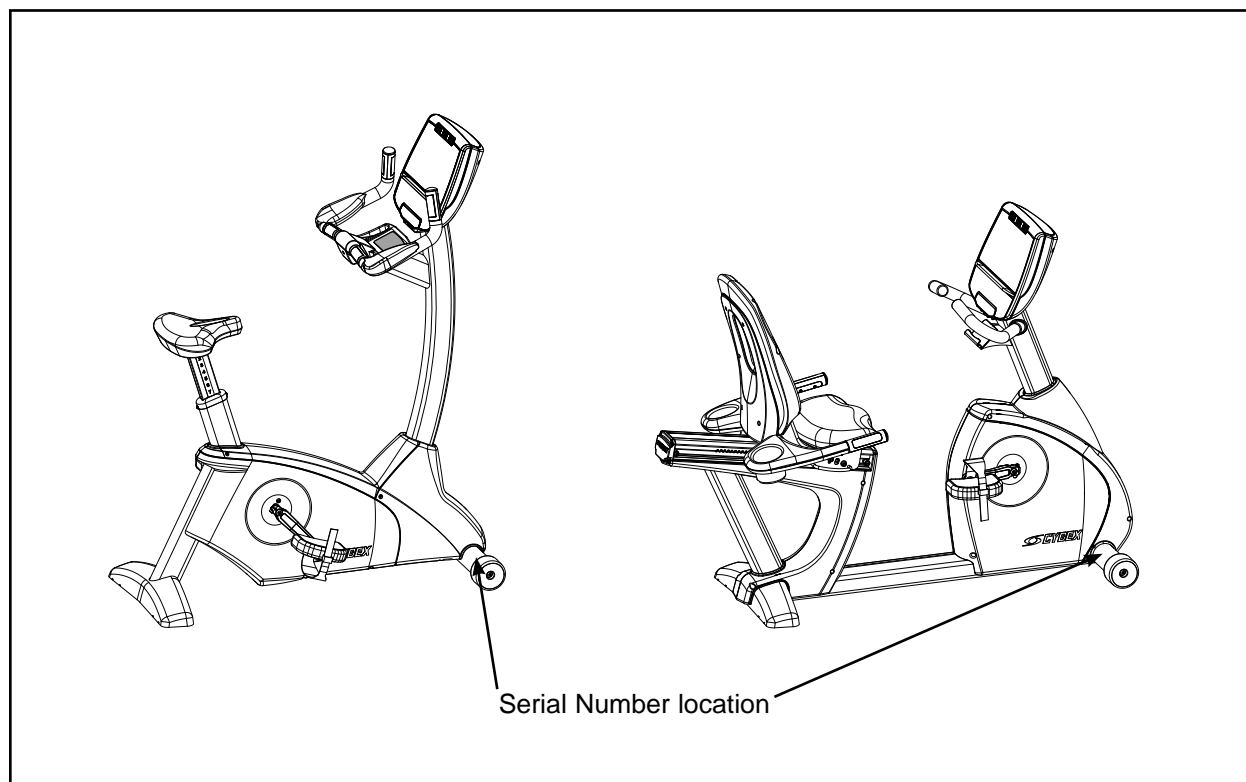


Figure 1

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).




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

Service 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.

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

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 Cybox dealer on all warranty-related matters. A local Cybox dealer will request an RMA from Cybox, if applicable. Under no circumstances will defective parts or equipment be accepted by Cybox 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 Cybox's discretion, the technician may request that the problem part(s) be returned to Cybox 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 Cybox.
Attn: Customer Service Department
Cybox International, Inc.
10 Trotter Drive
Medway, MA 02053

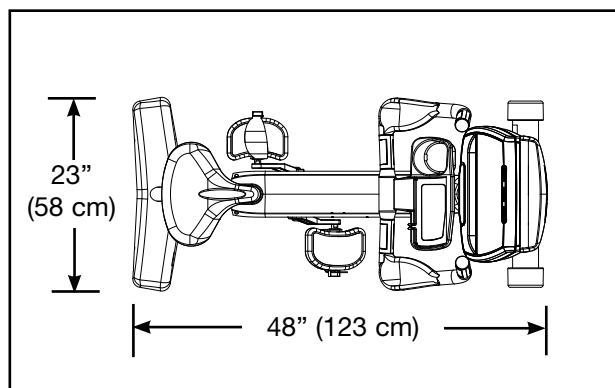
NOTE: *Merchandise returned without an RMA number on the outside of the package or shipments sent C.O.D. will not be accepted by the Cybox receiving department.*

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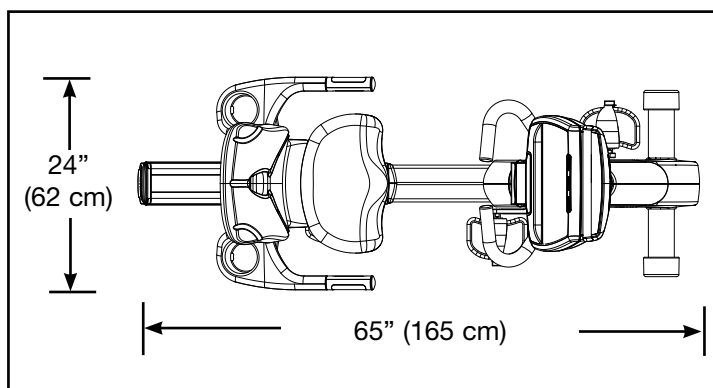
Appendix A - Technical Specifications

Length:	750C Cycle, 48" (123 cm).	750R Cycle, 65" (165 cm).
Width:	750C Cycle, 23" (58 cm).	750R Cycle, 24" (62 cm).
Height:	750C Cycle, 60" (154 cm).	750R Cycle, 49" (125 cm).
Weight of Product:	750C Cycle, 143 lbs. (65 kg).	750R Cycle, 166 lbs. (75 kg).
Shipping Weight:	750C Cycle, 173 lbs. (78 kg).	750R Cycle, 196 lbs. (89 kg).
Resistance Levels:	21 (User selected in Manual or Bike Mode).	
Programs:	Quick Start, Manual, three Fitness (Constant Power) programs, three Bike (Bike Mode) programs, three Speed Controlled (Isokinetic) programs, Heart Rate Control and Fitness Test. Download custom programs using PDA or CSAFE ports.	
Console Features:	Upper console: Dot Matrix of program, large 1" LED display of distance, calories, calories per hour, METS, Watts, rotations per minute and heart rate. Lower Console: LED display of time, speed 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:	Minimum - 15 Watts; Maximum - 900 Watts.	
Maximum User Weight:	400 lbs. (181 kg).	
Power:	Self-powered or optional AC adapter for full time display.	
Connectivity:	CSAFE, Cybex Programming Advantage with "One Shot" custom programming	
Power Supply:	100-240 V, 50/60 Hz, 1.0 A, AC (9V DC, 1.7A). NEMA 5-15 plug (TR-18231) or IEC-320 inlet (TR-18230).	
Other:	Water bottle holder and utility tray.	
Options:	Channel and Volume controls on lower switch membrane for embedded A/V receiver. A/V bracket and power inlet for A/V option.	

750C Cycle



750R Cycle



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