



**Cybex 750C/750R Cycle
Total Access (TA) Addendum
Cardiovascular Systems
Part Number LT-22243-4 A**

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About This Addendum

This addendum is for Total Access (TA) units only. It describes the differences between the standard cycles and the TA cycles.

For Total Access units, refer to this addendum and the 750C/750R Cycle Owner's Manual, part number LT-21613-4.

2 - Assembly and Setup

Setup

NOTE: Setup mode is accessed using the keys on a standard membrane. The keys are different on the TA membrane. See Figure 1. The standard keys are not visible but still active for setup mode. A template is provided to locate the key locations of a standard membrane.

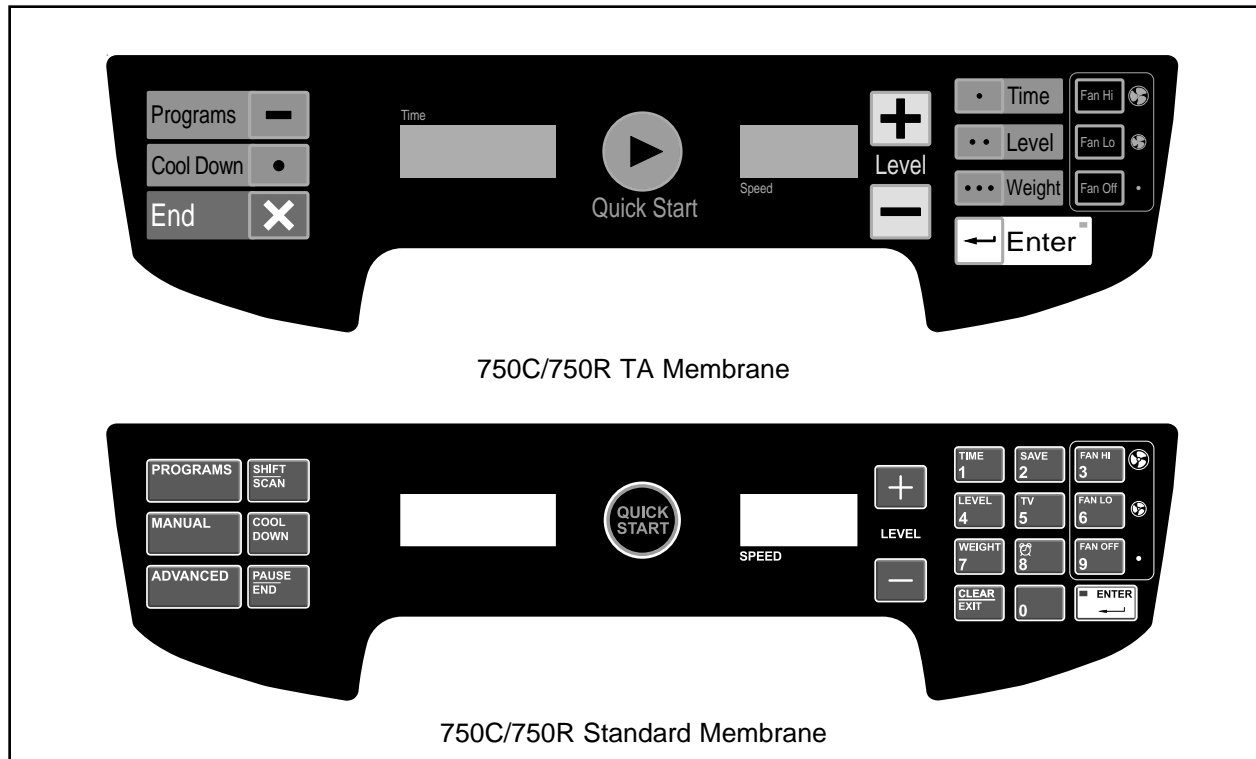


Figure 1

NOTE: Cut out the keypad template on the last page of this addendum. Use the template as a guide to access setup settings.

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

Setup can be accessed from *Dormant mode*, Count Down 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.

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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	<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-Default Level	Mode Levels	DEFAULT LVL 1 – 21 (LVL 1 is default)
9-Target RPM	For Advanced Programs	TARGET RPM 10 - 100 (RPM 60 is default.)
10-Sound		TONE = ON (default) TONE = OFF
11-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
12-Dormant Text	<i>ENTER allows editing and viewing.</i>	DORMANT MSG 1 DORMANT MSG 2 DORMANT MSG BOTH
13-Active Mode Text on/off	<i>ENTER allows editing and viewing.</i>	WORKOUT MSG ON (or 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.

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Example:

Format	Factory Default
ZONE1 HH:MM X YYYY	ZONE1 05:01A 60
ZONE2 HH:MM X YYYY	ZONE2 09:01A OFF
ZONE3 HH:MM X YYYY	ZONE3 04:01P 60
ZONE4 HH:MM X YYYY	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* program and completes setup.

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

Program Setup Mode – Begins after pressing **Programs** 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.

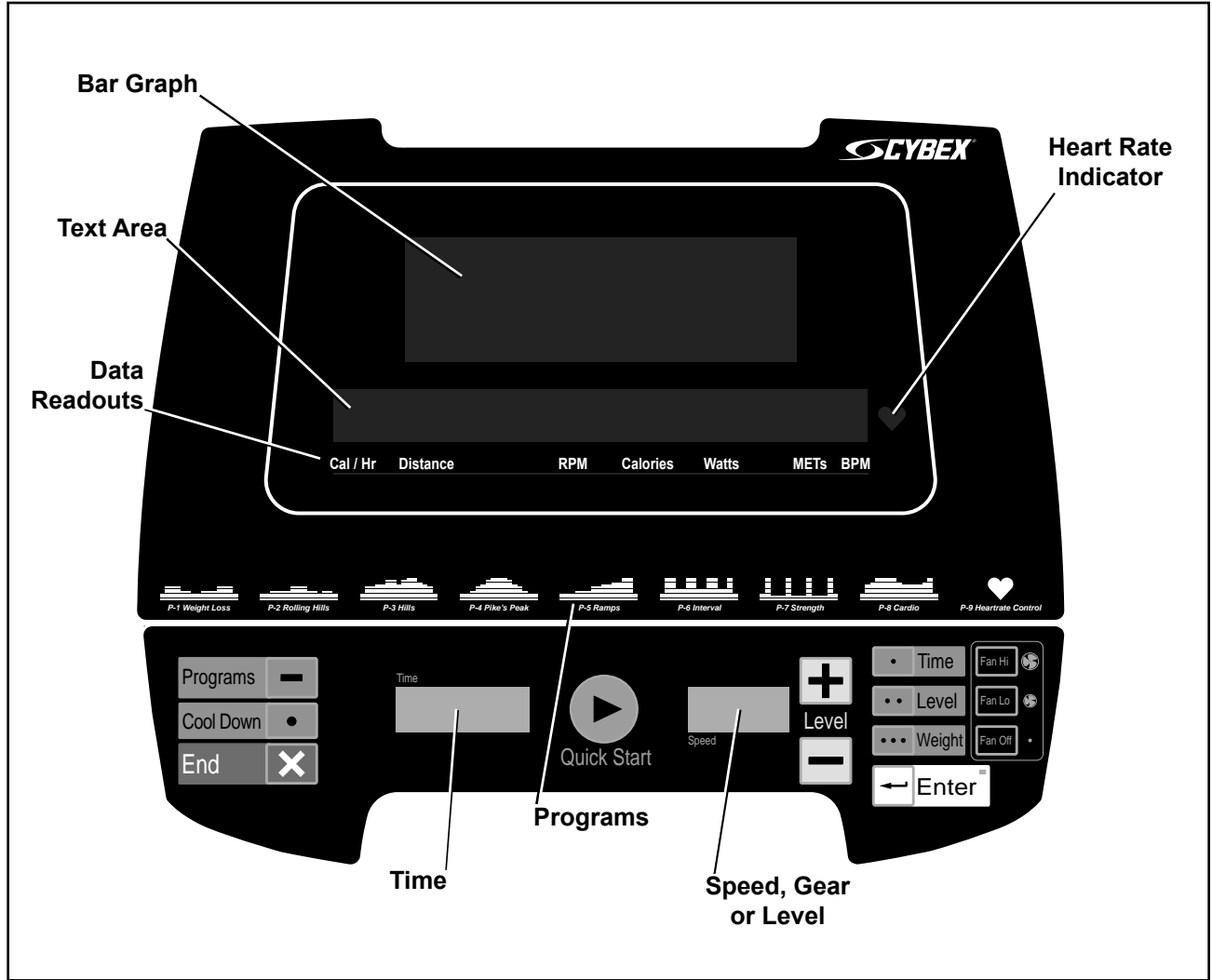


Figure 1

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Console Keys		Description
Programs	<i>Program Setup Mode</i>	Choose from twelve programs, Fitness Test or up to nine custom programs
Cool Down	<i>Cool Down Mode</i>	Initiates the two minute cool-down sequence
End	Stop	Exit <i>Active Mode</i> 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)
Time	Workout time	Adjust workout time
Level	Workout level	Adjust workout level (1-21) or power
Weight	User's Weight	Adjust users weight
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

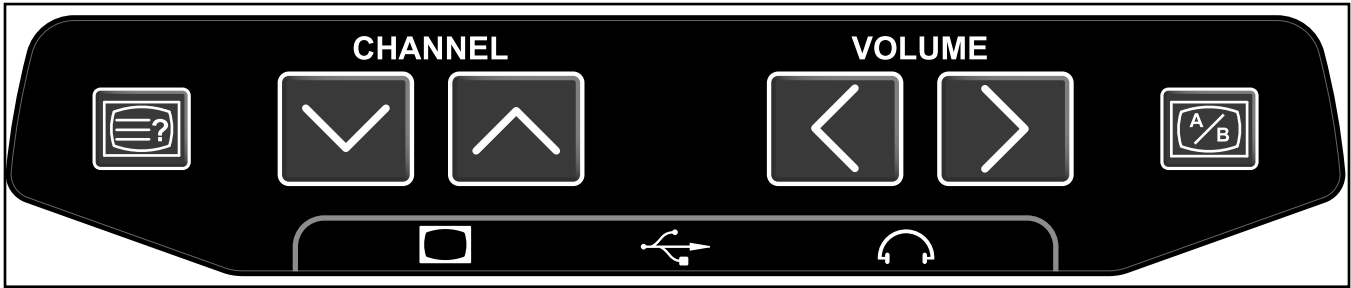










Figure 2

Console Key	Description
EPG 	If an Electronic Program Guide (EPG) is available, this will be displayed on the TV. Use the CHANNEL \wedge V and VOLUME \leftarrow \rightarrow keys to navigate in the EPG, Enter to accept any selections.
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.  <div style="display: flex; justify-content: space-around; margin-left: 100px;"> <div style="text-align: center;"> 1 – Video 2 – Ground </div> <div style="text-align: center;"> 3 – Left 4 – Right </div> </div>
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

Choose from twelve programs, Fitness Test or up to nine custom programs.

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

Program	Levels	Settings
Manual	NA	Select time and weight.
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 **Level + -** keys are active during the program setup 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.

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. Press **Enter** to select program.
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"

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4. For P9 - HRC Program only:

- Using the **Level + -** keys, 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 **Level + -** keys, 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** by pressing the **Programs** key once, then press **Enter**. 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 **Programs** key to cycle through program choices. Each press of the key will choose the next program in the list. Press **Enter** to select program.

Program	Settings
A1 Constant Power	Select time, power and weight.
A2 Isokinetic	Select time, target RPM and weight.
A3 Fitness Test	Select age, weight and gender.

A1 – Constant Power Setup

1. Press **Programs** key.
2. Scroll to A1.
3. Press **Enter** to select program.
4. Enter desired workout time.
5. Select power level when Text Area scrolls "SELECT POWER 20 - 500 WATTS". Valid range of Watts is 20 - 500 in increments of five.
6. Enter user's accurate weight.

A2 – Isokinetic Program Setup

1. Press **Programs** key.
2. Scroll to A2.
3. Press **Enter** to select program.
4. Select time.
5. Use **Level + -** keys to adjust Revolutions per Minute (RPM). Choices are 15 - 150 in increments of five.
6. Enter user's accurate weight.

A3 – Fitness Test Setup

1. Press **Programs** key.
2. Scroll to A3.
3. Press **Enter** to select program.
4. 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.
5. Enter user's accurate weight.
6. 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".

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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

Custom Programs can be created and stored only by connecting a CSAFE compatible computer to the unit's CSAFE port and using a Cybex supplied software program. If stored, the custom programs appear after Fitness Tests in the listing of available programs as P01 name, P02 name, etc. Custom programs define the workout duration, power load and have no level associated with them.

Data Readouts

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

Cal / Hr	Distance	RPM	Calories	Watts	METs	BPM
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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

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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.*

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.

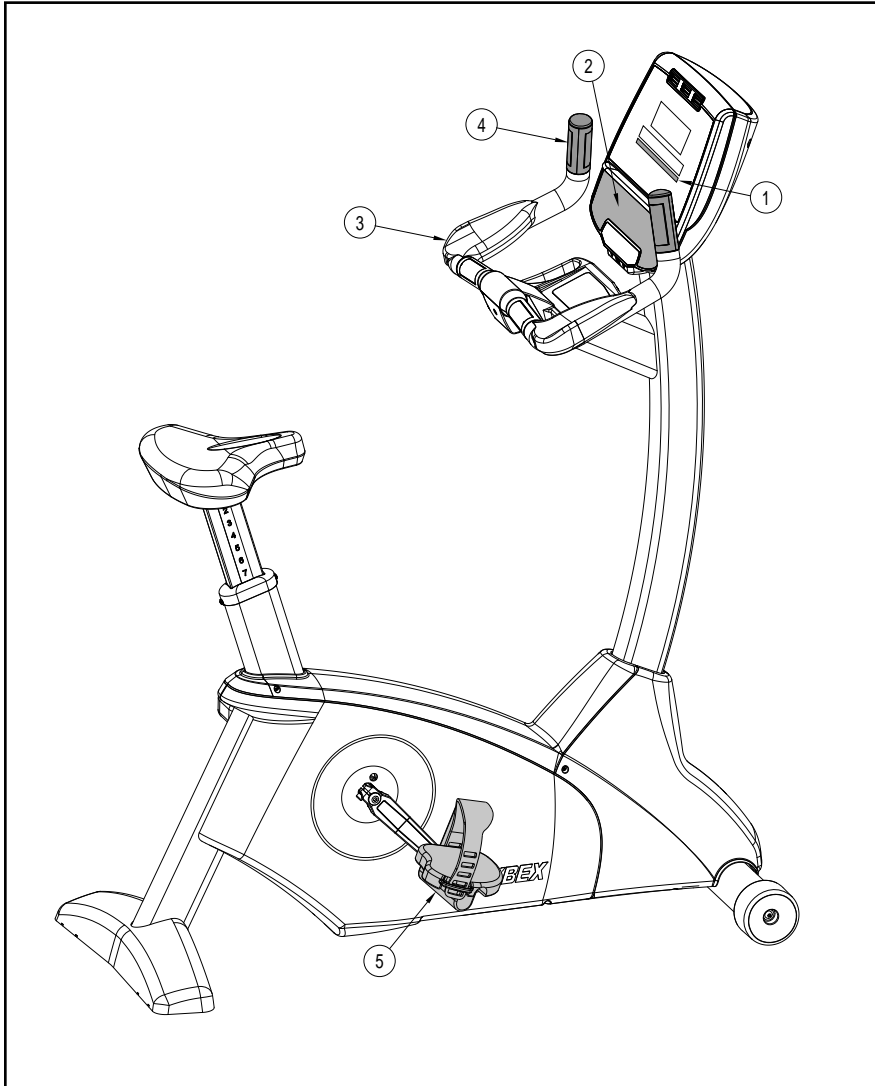
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Appendix C - Exploded Views

Parts List Cybex 750C Cybex

ITEM	QTY	PART NO.	DESCRIPTION
1	1	DE-21937-4	MASK, ENUNCIATOR, 750C 750R, ENG, IFI
2	1	SW-21894-4	MEMBRANE, 750C 750R, BTM, ENG, IFI
3	1	AX-22114	ASSY, HANDRAIL, 750C, IFI
4	2	SK-19018	SERVICE KIT, HR YELLOW GRIPS
5	1	AX-18138	PEDAL SET, X-WIDE, 9/16" THREAD
NS	1	HX-21527	PEDAL STRAP SET, TITAN II

NOTE: NS = Not Shown

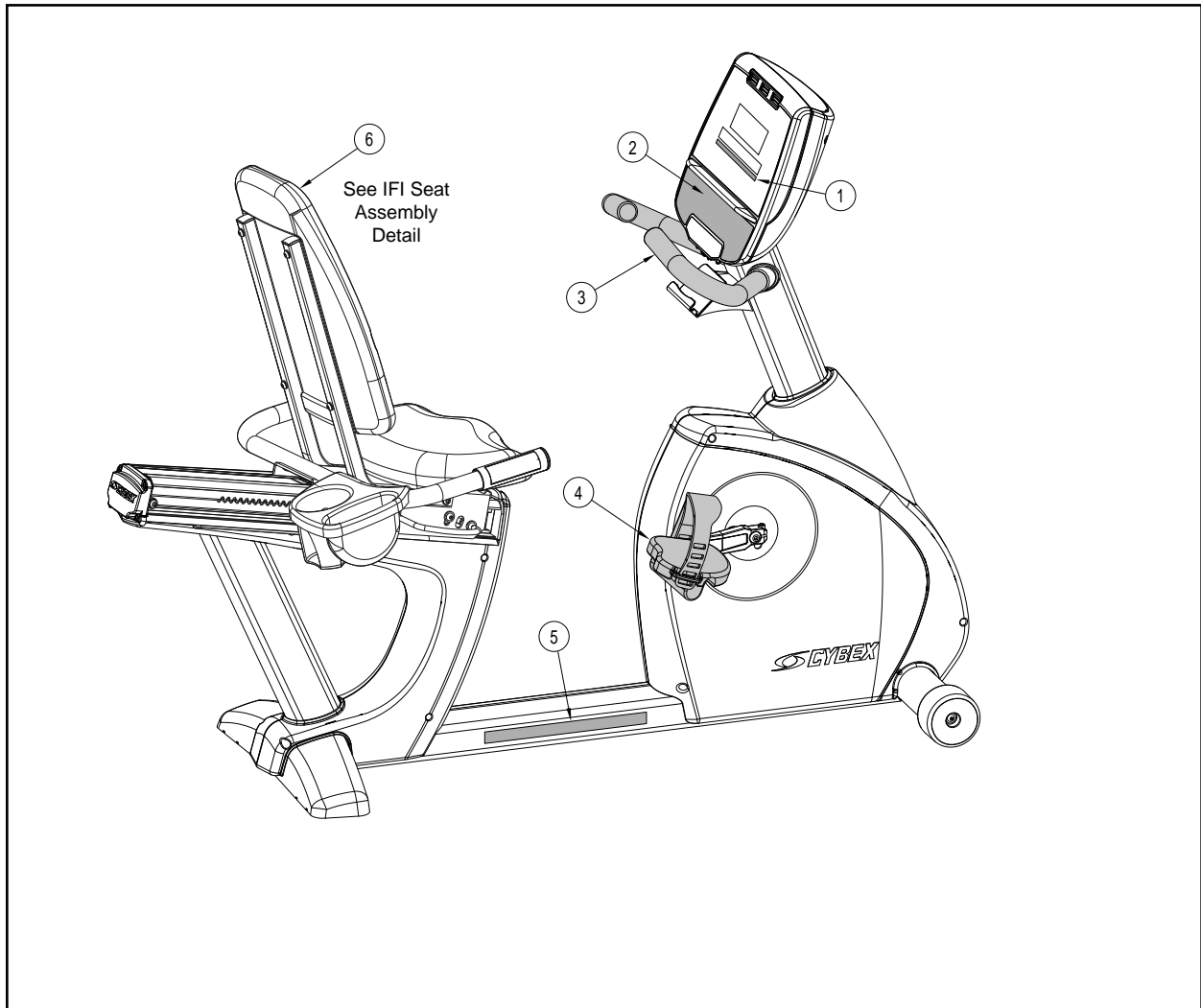


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Parts List Cybox 750R Cybox

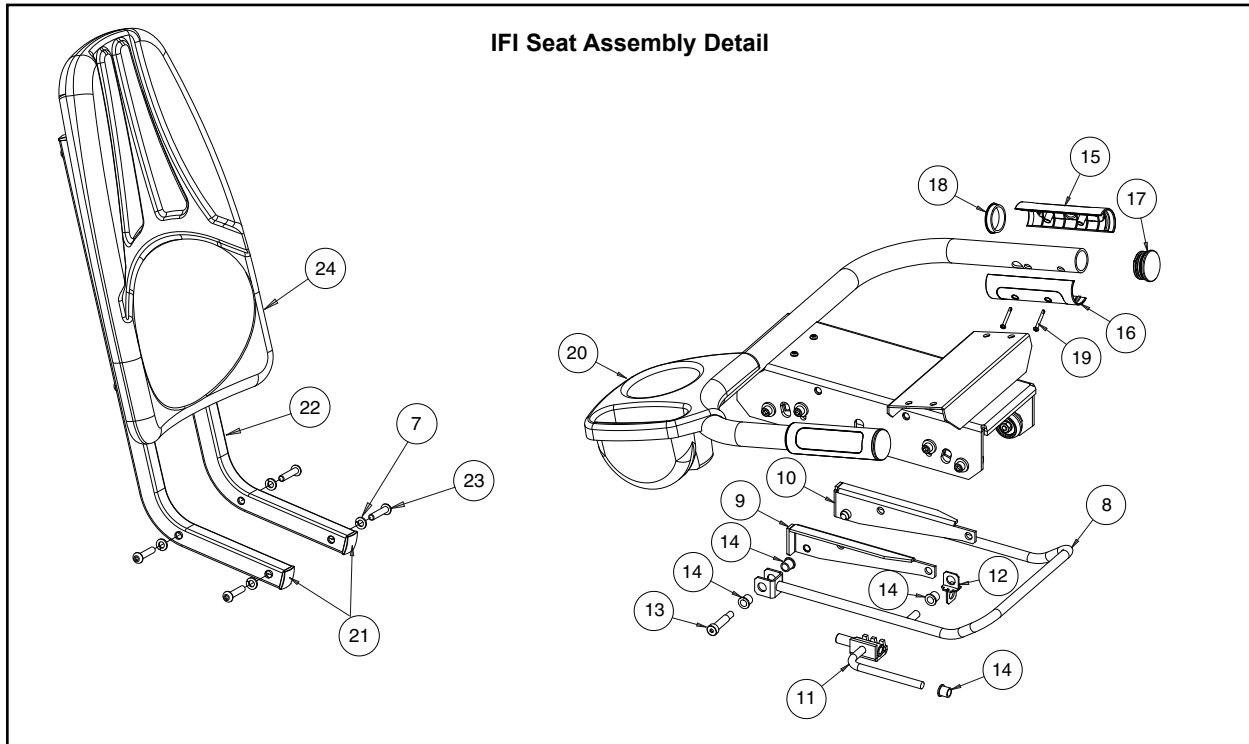
ITEM	QTY	PART NO.	DESCRIPTION
1	1	DE-21937-4	MASK,ENUNCIATOR,750C 750R,ENG, IFI
2	1	SW-21894-4	MEMBRANE, 750C 750R,BTM,ENG, IFI
3	2	HX-22113	GRIP,HANDRAIL,750R, IFI
4	1	AX-18138	PEDAL SET X-WIDE 9/16" THREAD
NS	1	HX-21527	PEDAL STRAP SET, TITAN II
5	2	DE-22295	DECAL,FRAME,750R,YELLOW
6	1	AX-21943	ASSEMBLY, SEAT SHUTTLE, 750R, IFI

NOTE: NS = Not Shown



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ITEM	QTY	PART NO.	DESCRIPTION
7	8	HW-53018	WASHER, 5/16", SPLIT, SS, BLK
8	1	AF-20726	HANDLE, RECUMBENT IFI
9	1	AF-20719	BRACKET, HANDLE MOUNT, RIGHT, RECUMBENT IFI
10	1	AF-20720	BRACKET, HANDLE MOUNT, LEFT, RECUMBENT IFI
11	1	AF-21945	LEVER, SEAT ADJUSTMENT, RECUMBENT IFI
12	1	AF-20758	WELDMNT, 90 DEG CONNECT, RECUMBENT IFI
13	1	HS-20730	SCREW, SHEILD, 3/8 DIA. X 1.25 X 5/16-18"
14	6	HB-20728	BEARING, FLANGE, NYLON 3/8" DIA. SHAFT
15	2	AX-20328	GRIP, HR TOP, IN-MOLDED
16	2	AX-20329	GRIP, HR BOTTOM, IN-MOLDED
17	2	PL-20230G	END CAP, CONTACT GRIP, GRAY
18	2	HX-18974	SEAL, HR GRIPS
19	4	HS-20306	SCREW, 6-20 X 1.12" PNHD, PHIL
20	1	PL-18122G	ACCESSORY TRAY, GRAY
21	4	CA-40052	CAP, PLASTIC, 1 X 1", 10-14 GA.
22	2	FT-18080	TUBE, SEAT BACK, POWDER COATED
23	4	HS-41107	BOLT, 5/16-18 X 1.5", BTHD, SST, BLK
24	1	PD-18177G	SEAT BACK, GRAY



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