



Cybex 750T Treadmill
Product Number 751T
Total Access (TA) Addendum
Cardiovascular Systems
Part Number LT-22244-4 A

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About This Addendum

This addendum is for Total Access (TA) units only. It describes the differences between the standard 750T treadmill and the TA 750T treadmill.

For Total Access units, refer to this addendum and the 750T treadmill Owner's Manual, part number LT-20406-4.

3 - Operation



Read and understand all instructions and warnings prior to using the treadmill. See all of the safety related information located in chapter 1.

Terms and Symbols Used

This section lists some of the common terms and symbols used in this chapter. Other terms and symbols are listed in this chapter as appropriate. **NOTE:** For setup options see *Setting Operation Options in Chapter 5*.

Dormant Mode — This occurs when the treadmill is powered up and not in use. **NOTE:** *Dormant Mode may display a clock, scrolling text or the Cybox logo if such options are chosen.*

Wake-up Mode — This occurs when motion is detected or a key is pressed. A tone will be heard.

Program Setup Mode — Begins after pressing Programs key. Upon entering a program, user is prompted to adjust the appropriate settings.

Active Mode — *Active Mode* is when the running belt is moving. Before *Active Mode* begins, a three second countdown and “BELT START IN 3...2...1” is displayed. *Active Mode* continues until the preset time limit is reached, disengage the e-stop key or press the **Stop** key.

Quick Start — This begins by pressing the **Quick Start** key. *Quick Start* skips the *Program Setup Mode* and begins immediately in *Quick Start Manual Mode* with time counting up.

Manual Mode — In this active mode the user controls all aspects of the workout; the running speed, the incline and the workout duration. The time will count down, allowing the user to quickly get moving before entering their weight by pressing the **Weight** key.

Workout Review — This begins after pressing the **Stop** key once or at the end of a program or when the treadmill detects that the user is not there (see *Safety Sentry™* in this chapter). The workout statistics accumulated during the previous workout session will display for the preset review time.

Cool Down — This begins immediately after pressing the **Cool Down** key. The countdown timer is set to two minutes, elevation returns to 0% and speed is reduced to 50% of the MET level or 2.5 MPH (4 Km/H) whichever is lower. Repeated presses of the **Cool Down** key will restart the clock at two minutes indefinitely.

The last two minutes of a Programs (P1 – P9) will reduce the incline to 0% and the speed to half of the MET level for each of the two remaining minutes. Cool down will also be active when Manual or Quick Start workouts end due to the set or max time.

— These keys adjust **Incline** higher or lower.

— These keys adjust **Speed** up (+) or down (-).

Quick Operation Guide


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

The following is a quick overview of the operation of the treadmill. For more information read *Detailed Operation Guide* in this chapter.

1. Place your feet on the two top steps located on each side of the running belt.



WARNING: Do not stand on the running belt when starting the treadmill. Always place your feet on the two top steps when beginning a workout.

2. Clip the e-stop clip onto your clothing and test it as described under *Emergency Stop* in the *Safety* chapter.
3. Press the **Programs** key and follow the on-screen setup instructions or press **Quick Start** to start the treadmill in *Quick Start Manual mode*.
4. If a program is selected, you will be prompted for workout **Time**, **Level** and **Weight** as appropriate. Adjust these settings with the **Speed + –** keys and press **Enter** to proceed.
5. The treadmill begins a countdown, “BELT START IN 3...2...1,” after which it accelerates the belt to 0.5 mph (0.8 kph) (for *Manual Mode*) or the speed of the program selected.
6. Hold the handrails while you step onto the running belt and begin walking.
7. Press the **Speed + –** keys to change the belt speed at any time. The right display will show the current speed.
8. Press the **Incline**  keys to change the incline at any time. The left display will show incline.
9. Press the **Stop** key at any time to stop the running belt. Press again to exit to *Dormant Mode* and return the incline to 0%.

Detailed Operation Guide

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

1. Plug the treadmill power cord into a power outlet from a grounded, single phase, dedicated circuit, rated for one of the following:
 - 100 VAC, 50/60 Hz, 20A
 - 115 VAC, 60 Hz, 20A
 - 220 VAC, 60 Hz, 15A
 - 230 VAC, 50 Hz, 15A
 - 230 VAC, 50 Hz, 13A, UK.
2. Set the on/off switch to the on position.



WARNING: Do not stand on the running belt when starting the treadmill. Always place your feet on the two top steps when beginning a workout.

3. Place your feet on the two top steps located on each side of the running belt.

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4. Clip the e-stop clip onto your clothing and carefully test the e-stop key to ensure it will activate in case of an emergency. See *Emergency Stop Key (e-stop)* in Chapter 1 for properly testing the e-stop key. Also, see *Stopping the Treadmill* in this chapter for further information about the e-stop key. **NOTE:** *Be sure the string is free of knots and has enough slack for you to run comfortably with the e-stop key in place.*
5. You now have the option to select a program, a fitness test or enter *Manual Mode*.

To select a program, press the **Programs** key and follow the prompts. Press the **Programs** key multiple times to cycle through manual, programs, fitness tests and custom programs. Press **Enter** to select. See Figure 1. **NOTE:** *To cycle through the list of programs multiple times, continue pressing the **Programs** key.*

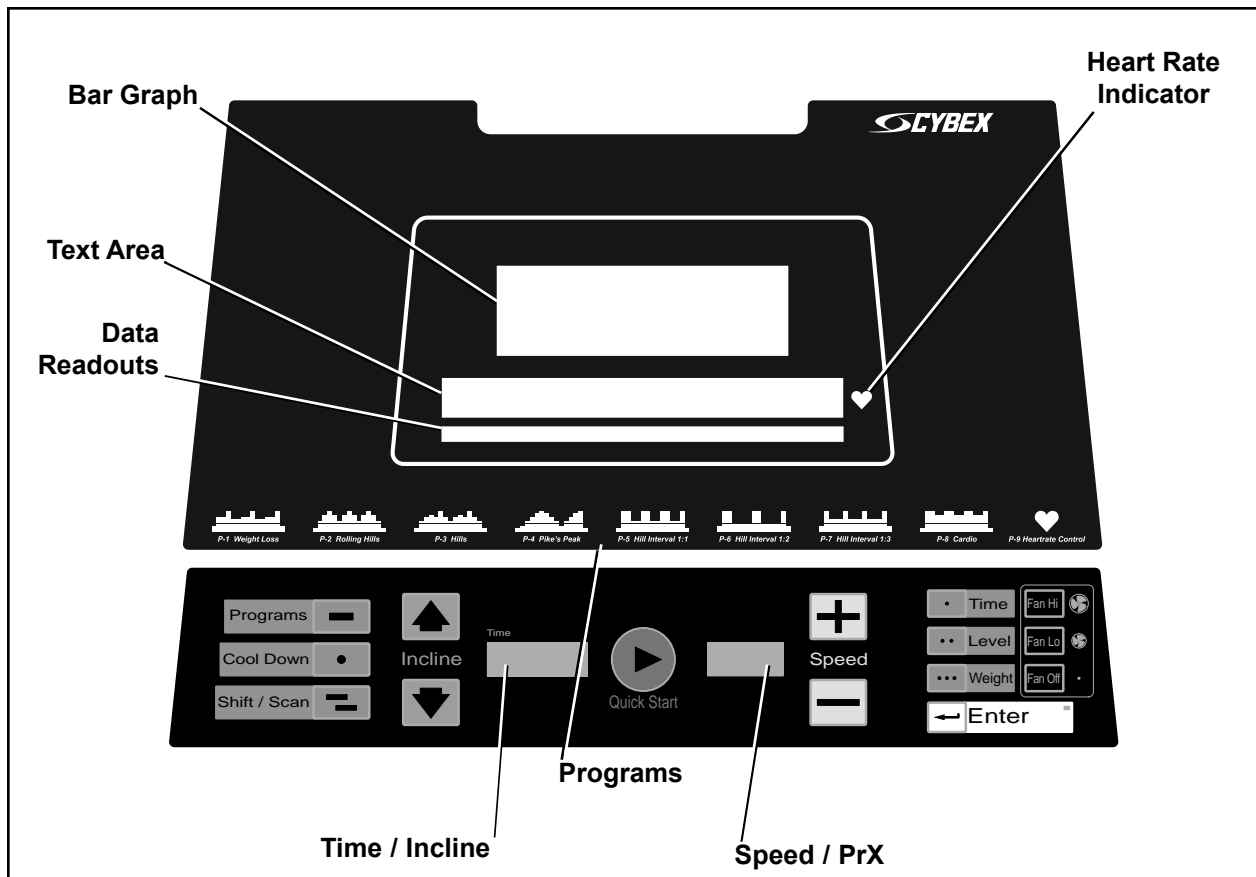


Figure 1

Upon entering a program the display will guide you through the appropriate settings. This is referred to as *Program Setup Mode*. If the **Quick Start** key is pressed now, all defaults for that program will be accepted. After 10 seconds, if no key has been pressed, the first default will be accepted. After another 10 seconds the second default will be accepted and so on until the last default. The program will not enter *Active Mode* until you press the **Enter** or **Quick Start** key. If no key has been pressed for 60 seconds after displaying the last default, then the treadmill will return to the *Dormant Mode*.

If you choose to enter *Manual Mode* instead of choosing a program, press the **Programs** key once, then press **Enter**. **NOTE:** *No prompts will occur when you press **Quick Start**.* While in *Manual Mode*, customize your workout **Speed**, **Incline** and enter your **Weight** by pressing those keys.

NOTE: *For the most accurate calorie count, you must set your correct weight before beginning your workout (including clothing).*

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NOTE: When selecting a program you must press **Enter** after each adjustment of **Time, Level and Weight**.

6. The treadmill begins a countdown, "BELT START IN 3...2...1," and sounds a tone for each count. When it reaches one (1) the treadmill gives a longer tone and then starts accelerating the belt. In *Manual Mode* the belt will start at a low walking speed (the default is 0.5 MPH / 0.8 KPH) and the incline will remain at zero percent. In a program the belt will begin accelerating and the incline will change to the corresponding speed and incline of the program and level you selected.
7. Hold the handrails while you step onto the running belt and begin walking.
8. Observe the control panel. The top center *Bar Graph* display shows a graphical representation of the relative incline changes, and if in a program, will show the relative intensity changes that are coming up. The *Text Area* will start showing the workout data such as Distance, Calories, Heart rate (if available), METs and Pace (Minutes per Mile or Minutes per Km). The data displays will start by automatically shifting every five seconds. To hold on one display, press the **Shift/Scan** key. To continue auto-scan, hold the **Shift/Scan** key for 3 seconds until it beeps.

NOTE: Heart rate will be displayed in lieu of METs if a valid heart rate is available from a wireless chest strap (not included) or by holding the contact heart rate grips.

NOTE: When you adjust incline in a program, the change will affect only the current segment. The program control will resume starting with the next segment. To increase or decrease overall intensity, adjust the speed and/or the program level.

8. Press the **Speed + –** keys to change the belt speed at any time. The right display will show the set speed.
9. Press the **Incline ^ v** keys to change the incline at any time. The left display will show the current incline only when incline keys are used, then revert to time.
10. Press the **Stop** key at any time to stop the workout. Press **Stop** once to end the workout and begin the *Workout Review*. As you press **Stop** once, the treadmill belt will stop. Press **Stop** a second time to clear the *Workout Review*, return to *Dormant Mode* and return incline to 0%.
11. If the e-stop key is removed during a workout, the drive motor power shuts off immediately, causing the belt to stop. "EMERGENCY STOP" is displayed, followed by "REPLACE E-STOP KEY TO CONTINUE". Replacement of the e-stop key causes *Workout Review* to begin.
12. When a program is complete the treadmill begins a countdown, "BELT STOP IN 3...2...1," and sounds a tone for each count. The belt slows to a stop and *Workout Review* is displayed for the preset time or until you press the **Stop** key.
13. The treadmill returns to *Dormant Mode* and the incline returns to 0%.

Stopping the Treadmill

Press **Stop** once to end the workout session and start the Workout Review. The treadmill will perform a controlled belt stop and bring the incline to 0%. The Text Area will be displaying accumulated data or the results of the Fitness Test for the duration configured in Setup for Review Time (default is 20 seconds.) Press **Stop** again to exit to Dormant.

The function of the immobilization method: The purpose of immobilizing the treadmill is to prevent unauthorized use. This can be accomplished by removing the e-stop key from the treadmill, un-clipping it from the cord and putting it in a non-accessible place. See Figure 2.

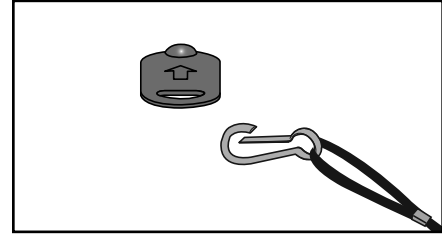


Figure 2

The emergency dismount: Follow the steps listed below if you experience pain, feel faint or need to stop your treadmill in an emergency situation:

1. Grip handrails for support.
2. Step onto the top steps.
3. Pull the e-stop key off the console.

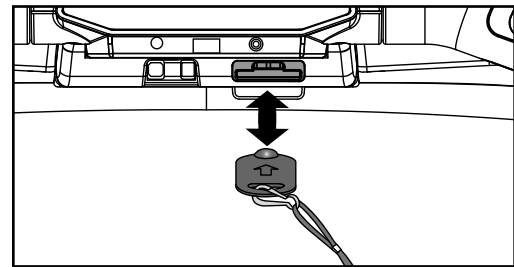


Figure 3

The function of the emergency stop: The e-stop key functions as the emergency stop. In an emergency situation, remove the e-stop key from the treadmill and the running belt will come to a stop. See Figure 3.

Safety Sentry



If you step off of your treadmill during a workout, it is designed to detect your absence and will stop the belt. Before taking action, the display will beep several times and display "ARE YOU THERE?" on the text area. If no response in 10 seconds, it will proceed to turn off the belt.

NOTE: *The treadmill will use every sensor available to determine a user is still on the belt before asking if you are present, then shutting it off. If the user is lighter than 100 lbs. (45 Kg), the motor drive may not be able to determine they are on the belt. In this instance, the treadmill can only rely on the motion sensor, key inputs, or the heart rate to establish your presence. It is advisable for lighter users to stay within the 'sight' of the motion sensor (no further back than the end of the handrails) or take advantage of the wireless heart rate feature to avoid triggering the Safety Sentry.*

Control During Operation

Control keys are usable during operation and may be pressed at any time to make adjustments in speed, elevation or data readouts. The **Speed** and **Incline** keys are located near the hand grips, allowing for thumb adjustments without removing your hands from the hand grips.

Changing Speed — Press the **Speed +** – keys to change the speed in increments of 0.1 mph or 0.10 kph. Minimum to maximum speed is from 0.5 - 15.6 mph (0.8 - 25.1 kph). Default max speed is 12.4 mph (20.0 kph).

Changing Incline — Press the **Incline**   keys to change the elevation in increments of 1%. Elevation ranges from -3 to 15%. Press multiple times to change incline setting. **NOTE:** *Elevation is defined as the ratio of rise or fall over run of the treadmill deck.*

Workout Time — When the treadmill is in Active Mode, the workout time can be set to a new time using the **TIME** key. This will convert a **Quick Start** session to a Manual Session by defining the count-down time, or change the total session time in a program. All treadmill usage is limited to the **MAX TIME** as configured in Setup.

Changing Data Readouts — Default setting is for **Scan** to start automatically. Press **Shift/Scan** to stop and display a set of data. Press and hold **Shift/Scan** for three seconds and it will continually review each set of data. The display shows each set of data for 5 seconds before switching to the next set.

Data Readouts

As you exercise, the treadmill keeps track of the following data:

Distance — The total accumulated distance, in miles or kilometers, during your workout. **NOTE:** *Depending on the defaults you've chosen this measurement will show in English or Metric.*

Calories — The total accumulated calories burned during your workout. Your weight must be correctly set before beginning your workout for this measurement to be most accurate.

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

BPM (Beats Per Minute) — Your current heart rate. Heart rate will appear when a signal is introduced. Use the hand grips for Contact Heart rate or wear a Polar® compatible heart rate chest strap.

Time — The total time you've been working out or time remaining. Display time as *hours:minutes*.

Pace — At your current speed, how long it would take to cover a mile (or kilometer), displayed in minutes:seconds.

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

To review accumulated data after a program: The display automatically shows the accumulated workout data during the *Workout Review* for the set review time. See *Setting Operation Options* in Chapter 5.

Displaying Heart Rate

In order for the Cybex 751T to display your heart rate, hold the hand grips to use Contact Heart rate or wear a Polar® compatible heart rate chest strap.

Contact Heart Rate — Hold the hand grips on the console handrail until a heart rate is displayed, typically less than thirty seconds. For best results, hold the hand grips lightly and ensure that your hands contact both the front and back sensors of each grip. **NOTE:** *Hold your hands as steady as possible as movement can cause interference on the contacts.*

Factors that can interfere with the heart rate signal include:

- excessive movement
- body composition
- hydration
- too loose grip
- too tight grip
- running
- excessive dirt, powder or oil
- leaning or resting on grips

NOTE: *Cybex does not recommend continuous holding onto the contact heart rate grips during exercise.*

Contaminants, such as hand lotions, oils or body powder, may come off on the contact heart rate grips. These can reduce sensitivity and interfere with the heart rate signal. It is recommended that the user have clean hands when using the contact heart rate.

Heart Rate Zone

Heart rate is described by the number of times your heart beats in a minute. At rest, the average adult will have a heart rate of about 72 beats per minute (BPM). As one begins to exercise, heart rate increases and continues to increase as exercise intensity or difficulty increases.

Monitoring your heart rate is an effective way to control the intensity of your workout and subsequently the results it will have. Whether you are a new participant or one with a great deal of experience, weight loss and other performance goals can be achieved by controlling the intensity of your workout.

The American College of Sports Medicine recommends that healthy adults exercise between 55 and 85% of their heart rate max. Your heart rate max can be estimated by subtracting your age from 220. Multiply that estimated heart rate max by .55 to estimate the lower end of your heart rate training zone. Then multiply your estimated heart rate max by .85 to estimate the higher end of your training zone. This heart rate training zone gives you a range of intensities at which to exercise. See Figure 4.

Meaning of % Grade

A 1% grade is not the same as a 1 degree incline. The % grade is the relationship of the measurement of rise over the measurement of run (also called slope). For example, a 1 foot (meter) rise in height over a length of 100 feet (meters) is a 1% grade. Expressed as a mathematical formula, the grade is calculated as follows:
 $1 \text{ ft. (m)} / 100 \text{ ft. (m)} = 0.01 = 1\%$

With respect to treadmills, the percent grade is roughly equal to the increase in height (rise) of the treadmill divided by the length (run) of the treadmill.

The degree of incline can be related to % grade by taking the Arctangent of the grade. For instance, 15% grade is equal to 8.53 Degrees ($\text{ArcTan}(.15)=8.53^\circ$). The opposite is true to determine % Grade from Degree of incline ($\text{Tan}(8.53^\circ)=.15$).

This chart shows heart rate based on percentage and age.

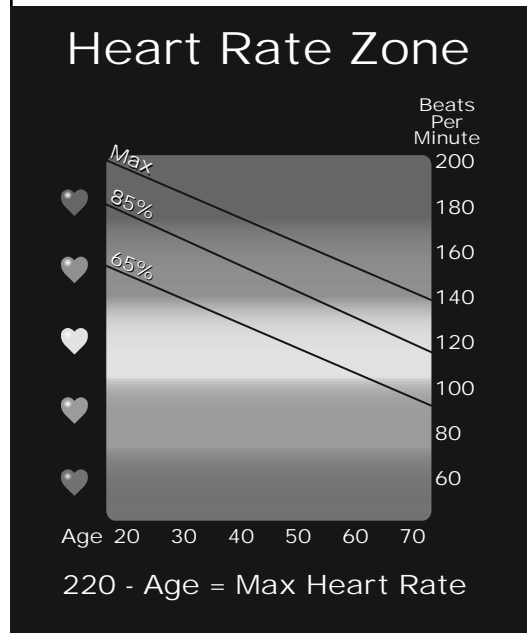


Figure 4

Preprogrammed Workouts



WARNING: Obtain a medical exam before beginning any exercise program. Begin comfortably with a lower level and progress with higher levels as you become acclimated.

With the 750T, you may choose from *Quick Start Manual Mode*, nine program choices, eight fitness tests, and nine custom programs. Each routine will be described in detail in this chapter.

Manual Choices:

- Quick Start** Press **Quick Start**. You control speed, elevation.
- Manual Mode** Enter time and weight. You control speed, elevation.

Program Choices:

No.	Name	Levels	Data Entries/Selections
	Manual	N/A	Select time and weight.
P-1	Weight Loss	10 levels.	Select time, level and weight.
P-2	Rolling Hills	10 levels	Select time, level and weight.
P-3	Hills	10 levels.	Select time, level and weight.
P-4	Pikes Peak	10 levels.	Select time, level and weight.
P-5	Hill Interval 1:1	10 levels.	Select time, level and weight.
P-6	Hill Interval 1:2	10 levels.	Select time, level and weight.
P-7	Hill Interval 1:3	10 levels.	Select time, level and weight.
P-8	Cardio	10 levels.	Select time, level and weight.
P-9	HR Control	N/A	Select time, age, target heart rate and weight.

Fitness Test Choices:

No.	Name	Type	Data Entry	Results
FT1	Gerkin Protocol	Walk/run	Age, weight and gender.	VO2 max.
FT2	Army PFT	2 mile/3.2 k run	Age, weight, gender and starting speed.	Points.
FT3	Air Force PFT	1.5 mile/2.4 k run	Age, weight, gender and starting speed.	Points.
FT4	Navy PRT	1.5 mile/2.4 k run under 5000 feet	Age, weight, gender and starting speed.	Points.
FT5	Navy PRT	1.5 mile/2.4 k run over 5000 feet	Age, weight, gender and starting speed.	Points.
FT6	Marines PRT	3 mile/4.8 k run sea level	Age, weight, gender and starting speed.	Points.
FT7	Marines PRT	3 mile/4.8 k run 4500 feet	Age, weight, gender and starting speed.	Points.
FT8	One Mile	1 mile/1.6 k walk	Age, weight, gender and starting speed.	VO2 max.

NOTE: PFT means Physical Fitness Test and PRT means Physical Readiness Test.

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 Cybox 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, incline and speed and have no level associated with them.

Manual

Program Overview

Manual Mode is available both through **Quick Start** and through the **Programs** menu where you are prompted to enter **Time** and **Weight**. **NOTE:** *There is no diagram because incline and speed are user-controlled.*

Manual Mode allows you to choose settings as you workout. You may choose your settings according to how you feel or your endurance level. Since you remain in control, *Manual Mode* may be the best choice for beginners or for those who have not worked out in a long time. You select the time of your workout.

NOTE: *Manual Mode is not a pre-programmed workout.*

Press the **Quick Start** key to workout in *Manual Mode*. You can also begin *Manual Mode* by pressing the **Programs** key. To increase or decrease the speed while in *Manual Mode* use the **Speed + –** keys. To increase or decrease the incline while in *Manual Mode* use the **▲▼** arrows. Time counts up, you can end your session at any time.

NOTE: *A Manual workout session using QuickStart will display time counting up to the configured MAX TIME. A Manual workout session using the Manual key selection will prompt for a session time and will then count down from that time to reach that goal.*

Programs

The programs used in the 750T Treadmill (with the exception of Heart Rate Control, Gerkin Protocol (FT1) and potential custom programs), are all incline driven programs where the user has complete control of their speed throughout the entire session.

Individuals can tailor the use of program level and speed selection to meet their own needs. For example, if an individual is not comfortable running, they can choose a slower speed in conjunction with a high program level for increased demand. A runner can choose a comfortable running speed in conjunction with a lower program level to mimic real world elevation changes.

The last two minutes of Programs (P1 – P9) will reduce the incline to 0% and the speed to half of the MET level for each of the two remaining minutes (see *Cool Down* in Terms and Symbols Used).

Program changes on-the-fly

During any active mode, press the **Program** key and select a program using program options. User speed and time are maintained. The warm up period is skipped and the first segment of the program will start using the program entered.

Fan

A built in fan is located at the top center of the console to help keep you cool during your workout. Default speed is **Off** during active mode. Press the **Fan Hi** or **Fan Lo** key to control fan speed. Press the **Fan Off** key to turn fan off. See Figure 5.

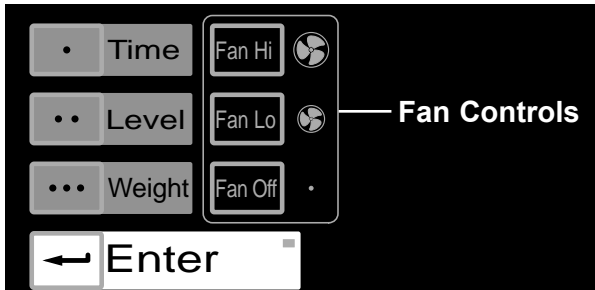


Figure 5

Audio Visual (AV) Key Pad – Optional

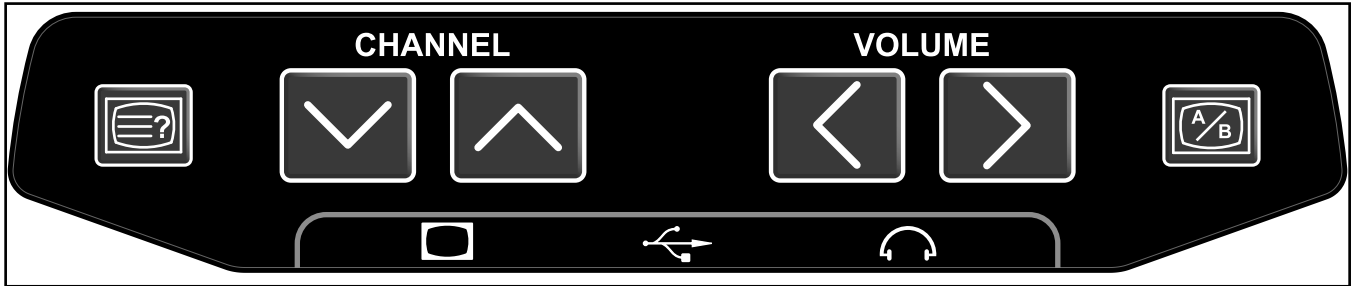










Figure 6

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 $<$ $>$ 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.  <p>1 – Video 3 – Left 2 – Ground 4 – Right</p>
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.

5 - 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.

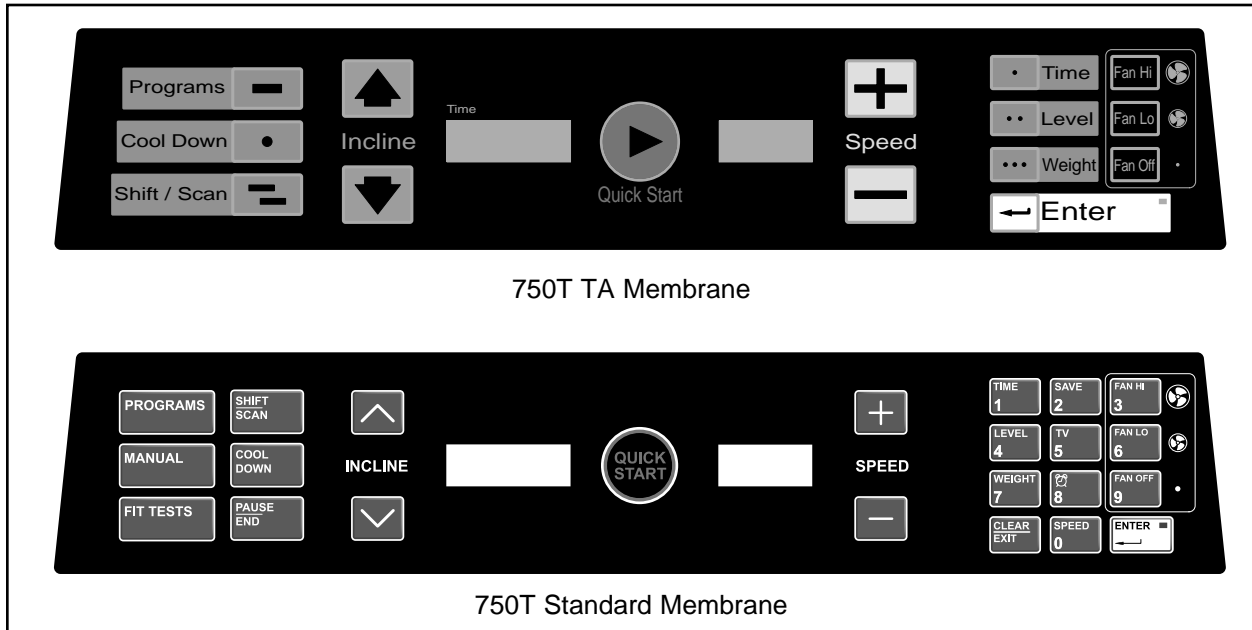


Figure 1

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

1. While in Dormant Mode enter *Set Up Mode* by pressing the following buttons on the keypad **Clear 750** and then press the **Enter** key. You will now be in the set up menu.
2. Press the **Speed +** and - keys to scroll through the set up options. Press the Enter key to edit options, change values with the **Incline** **^** and **v** keys or the **Speed +** and - keys. Press Enter to save your selection and return to the set up menu. Press the **STOP** key to exit to Dormant Mode. Press the **CLEAR** key to reset to the previous stored value, and exit back to the menu. The set up options are displayed in the following order:

Language (Language):

This selects the language displayed in the text area of the console. Language choices are:

- ENGLISH (Default)
- GERMAN
- FRENCH
- SPANISH
- JAPANESE
- SWEDISH
- RUSSIAN
- DANISH

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Units (UNITS):

Choices are "ENGLISH (LB/MPH)" or "METRIC (KG/KPH)" measurements. English is the default.

Frequency (FREQUENCY):

This is the frequency of the power line that supplies power to your treadmill. The default setting is 60 Hz.

NOTE: If you have an English console and a 50 Hz power line frequency, then you must change the default setting from 60 Hz to 50 Hz for the proper elevation frequency.

Clock Style (HH:MM / MM:DD:YY or DD:MM:YY):

The 750T features a clock and calendar. The clock can be displayed in a 12 or 24 hour format. The calendar date format can be displayed as Month-Day-Year (US) or Day-Month-Year (EU).

"12HR US DATE"

"24HR EURO DATE"

"12HR EURO DATE"

"24HR US DATE"

Current Time (HH:MM):

The 750T features a clock that displays the current time. Examples for 2:57 PM on May 10, 2007.

12HR US DATE "02:57P 5/10/2007"

24HR EURO DATE "14:57 10-05-2007"

12HR EURO DATE "02:57P 10-05-2007"

24HR US DATE "14:57 5/10/2007"

Default Time (DEFAULT TIME):

This is the default time for time based programs if a user does not re-set Time. For example, if you press Time you can decrease or increase the set workout time up to the amount that the Max time is set.

Choices are 10, 20, 30, 60 and 90 minutes. Default is 30 minutes.

Review Time (REVIEW TIME):

This is the Review Time for which the user's workout results are displayed at the end of a workout.

Choices are 0:10, 0:20, 0:30, 1:00 and 5:00 minutes. Default is 20 seconds.

Max Time/Time Zones (MAX TIME = MINUTES, ZONED OR OFF):

This is the maximum amount of time the treadmill can run per user workout session. You can limit the users time or choose 'OFF' to disable the Max Time. Valid choices for Max Time are OFF, 20, 30, 40, 50, 60, 90 and 120 minutes or ZONED. For ZONED, you can define a user maximum session time based on four time zones. This allows limiting use only during busy times of the day.

This is how ZONED is configured from the factory:

ZONE1 5:01A 60

ZONE2 9:01A OFF

ZONE3 4:01P 60

ZONE4 9:00P OFF

The maximum session time is limited to 60 minutes from 5AM - 9AM and from 4PM to 9PM in this example, with all other times unlimited. The zone start/stop time and the time limit in each zone can be modified to suit your needs.

Max Speed (MAX SPEED):

This is the maximum speed the treadmill will run. Choices are between .5 and 15.6 MPH (0.8 to 25.1 kph). Default MAX SPEED is set at 12.4 MPH (20.0 KPH).

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Max Incline (MAX INCLINE):

This is the maximum elevation the treadmill will incline. Choices are between 0 and 15 percent grade.

NOTE: Setting both the Min and Max incline to 0 percent will disable the elevation.

Min Speed (MIN SPEED):

This is the minimum speed the treadmill will run. Choices are between .5 and 1.0 MPH (0.8 to 1.6 KPH).

Min Incline (MIN INCLINE):

This is the minimum elevation the treadmill will decline. Choices are between -3 and 0 percent grade.

NOTE: Setting both the Min and Max incline to 0 percent will disable the elevation.

Sound (TONE - ON/OFF):

This option will enable or disable the beeper by toggling it on/off. Default is On.

Dormant Display Option (DORMANT STYLE):

This defines what is displayed in Dormant mode. Valid Choices for Dormant Display are:

- 0 – DEFAULT -
- 1 – TEXT MSG - Dormant Mode Text (see below).
- 2 – OUT OF ORDER - Out of Order message.
- 3 – CLOCK - Time clock.
- 4 – PROFILES - Displays program profiles.

Dormant Text (DORMANT TEXT)

This feature is only available when Dormant Display Option 1 – TEXT is selected. Display the text message on the Text Area as DORMANT MSG 1 – (message). Once completed, scroll DORMANT MSG 2 – (message), etc. Choices are 1, 2 or BOTH. This is a display-only feature as text can only be entered using a CSAFE communications link.

Active Mode Text (WORKOUT MSG - ON/OFF):

Active Mode Text, if enabled and a message is stored, will scroll the stored message every five minutes during a user's workout. This is a display-only feature as text can only be entered using a CSAFE communications link.

Remember: You must press Enter after changing a value for that value to be stored.

3. To exit Set Up Mode press the Stop key once.

Your treadmill is now ready for use. Follow the instructions in the *Operation* chapter to learn how to operate the treadmill. You should begin with walking speeds first, to be sure everything is functioning properly.

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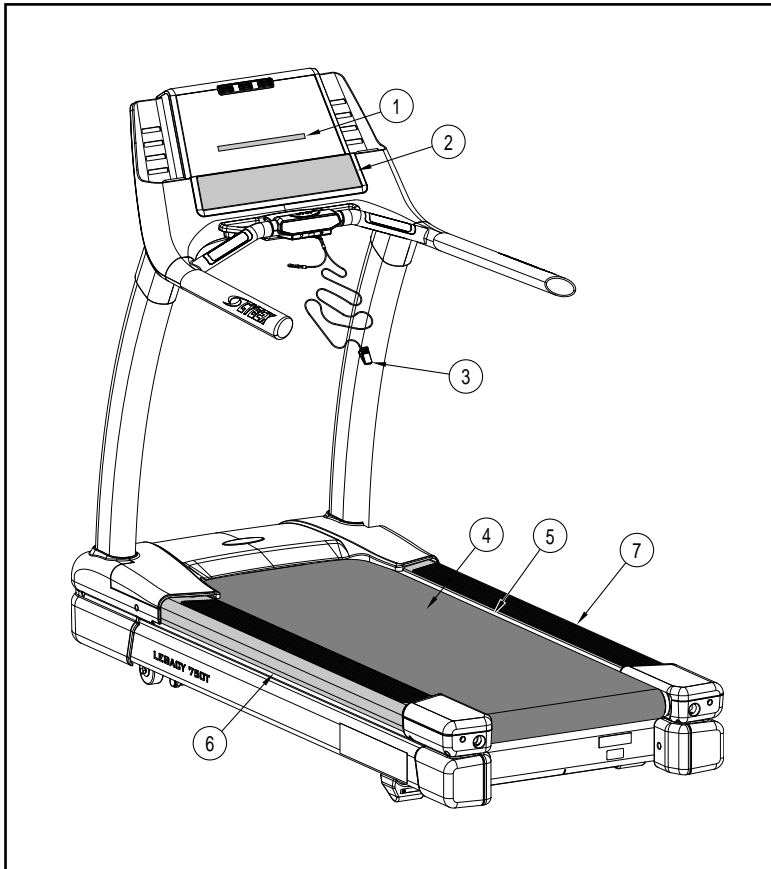
6 - Customer Service

Parts List

ITEM	QTY.	PART NO.	DESCRIPTION
1	1	DE-21936-4	MASK, 751T, ENUNCIATOR, IFI, ENG
2	1	SW-21893-4	MEMBRANE, 751T, BTM, ENG, IFI
3	1	AX-20552*	ASSY, E-STOP KEY
4	1	BD-20691	BELT, RUNNING, IFI, 21.88 x 61.75"
5	1	DK-20692	DECK, RUNNING, IFI, 29 x 53.50 x 1.02"
6	1	AX-20331**	ASSY, TOP PLATFORM, LEFT
7	1	AX-20332**	ASSY, TOP PLATFORM, RIGHT

* Lanyard cord shortened to 28" for IFI standards

** Top platform assembly must be painted Platinum Sparkle



Cybox 750T Treadmill Total Access (TA) Addendum

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