

Software Update

Kit Number None

Instruction Sheet

This instruction sheet describes how to update the software for Cybex 525X, 62XX, and 77XX model Arc Trainers, Bikes, and Treadmills.

The procedures outlined in the instruction sheet are:

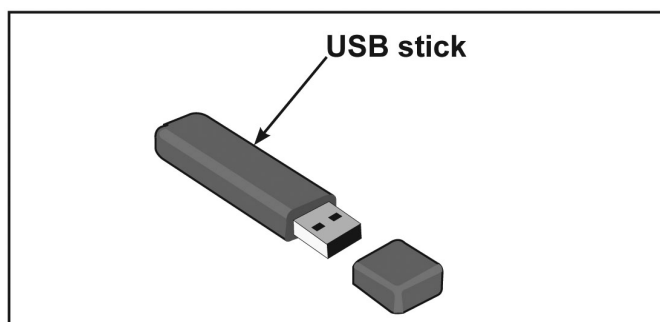
- [Update software, 77XX models](#), page 1
- [Update software, 62XX models](#), page 6
- [Update software, 525X models](#), page 10


Tools Required

- Phillips screwdriver
- 24 Volt power supply (TR-23830 and power cord). Recommended for self powered Arc Trainers and Bikes.

 **Tip:** Read and understand all instructions thoroughly before performing this procedure.


USB stick, part number CP-23199, is required for this procedure.



-  **Notice:** Repairs and Service
- DO NOT load zip files onto USB stick
 - Load un-zipped files onto USB stick
 - DO NOT remove USB stick during upload procedure
 - Power must remain on during upload procedure
 - DO NOT press any keys on console during upload procedure

Update software, 77XX models

Software can ONLY be installed on the model it is designed for. Do NOT install this software on other Arc Trainers, Bikes, or Treadmills.

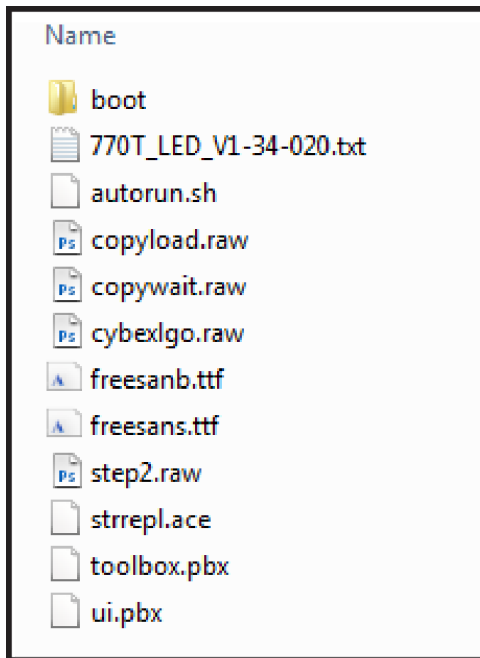
-  **Notice:** Both procedures for the Internal and External USB port must be performed for the software to update properly.

Prepare USB stick

1. Plug USB stick into PC.
2. Delete any files on USB stick.
Verify USB stick is blank.
3. Go to the [LF World](#) service product pages for the latest software files or contact Cybex Customer Service at 508-533-4300 to receive via email.

4. Unzip file to a folder on PC.
Zip file contains the following files:
 - Folder labeled “boot”
 - Empty text file with model name of product
 - Other single files

Example of folder contents



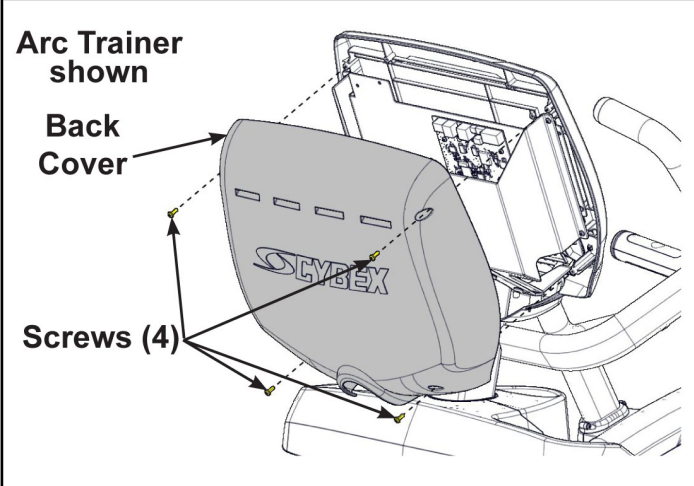
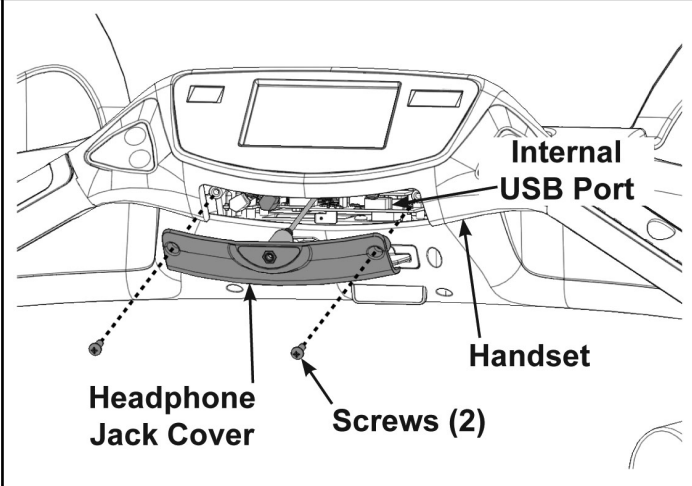
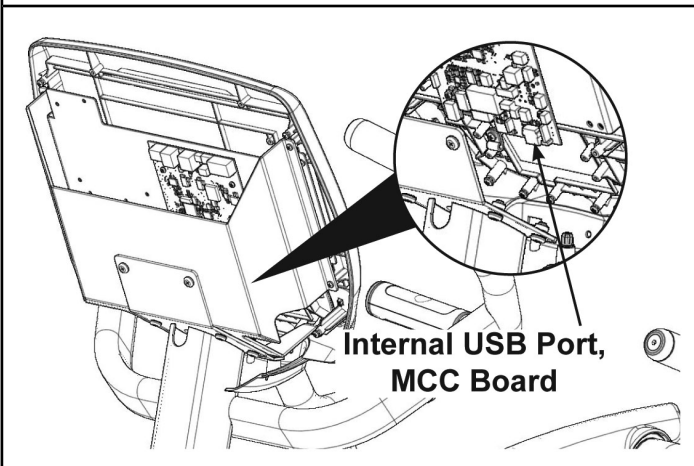
5. Copy the “boot” folder and other files to USB stick.
DO NOT copy zip file to USB stick.
6. Perform both procedures for internal and external USB ports.

Install software through internal USB port

1. Turn power off.

| Arc Trainers and Bikes | Treadmills |
|---|---|
| Press STOP or PAUSE and wait for unit to power off. | Toggle on/off (I/O) power switch to the off (O) position. The on/off (I/O) power switch is located under front end of unit, or on front right side panel. |

2. Access internal USB port.

| Arc Trainers and Bikes | Treadmills |
|--|---|
| <p>Remove the four screws securing the back cover to the console using a Phillips screwdriver.</p> | <p>Remove the two screws securing the headphone jack cover to the handset using a Phillips screwdriver.</p> |
|  |  |
|  | |

3. Insert USB stick into the internal USB port.
Do NOT insert USB stick into optional E3 View Monitor.

4. Turn power on.

⚠ Notice: Console damage may occur. Do NOT turn power off, press any keys, or remove USB stick during this procedure.

| Arc Trainers and Bikes | Treadmills |
|--|------------------------------------|
| <p>Option 1: Plug in 24 Volt power supply. Option 2: Begin striding or pedaling unit until console lights up. Do not stop striding or pedaling until upload is complete.</p> | <p>Toggle power switch on (I).</p> |

The software will load into console. This procedure will take approximately 3 minutes. During this time there will be beeping noises from the console. When upload is complete, the display will show **[re][bot]**.

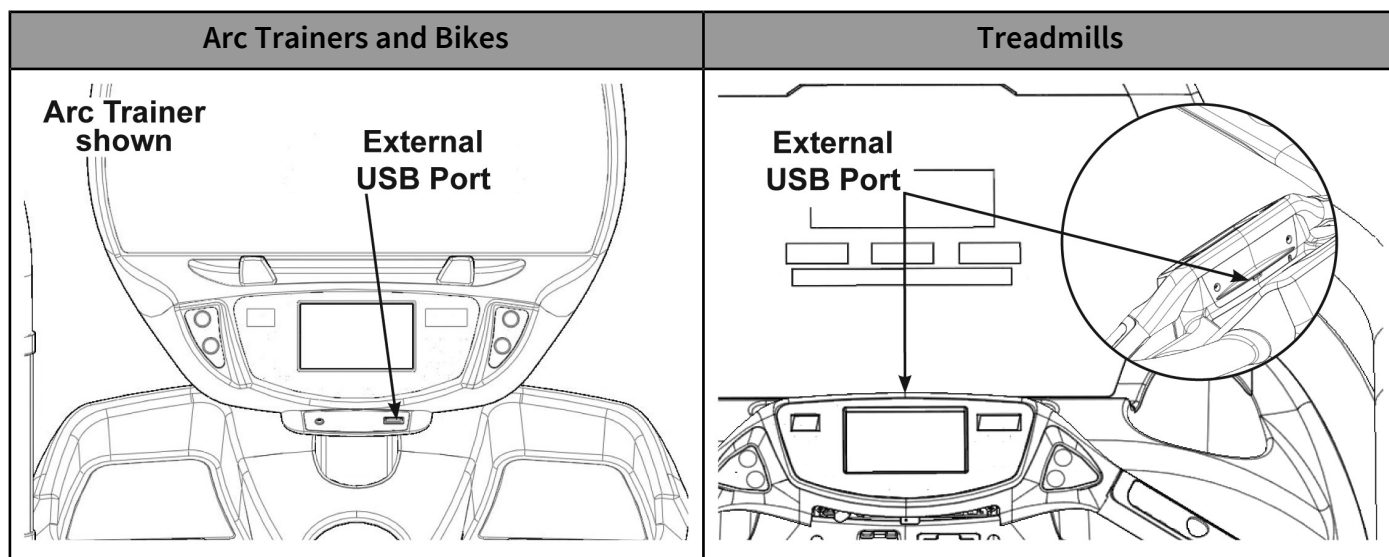
- Turn power off.

| Arc Trainers and Bikes | Treadmills |
|---|------------------------------|
| Option 1: Unplug 24 Volt power supply. Option 2: Stop striding or pedaling unit. Press STOP or PAUSE and wait for unit to power off. | Toggle power switch off (0). |

- Remove USB stick from internal USB port.

Install software through external USB port

- Insert USB stick into the external USB port.



- Turn power on.

⚠ Notice: Console damage may occur. Do NOT turn power off, press any keys, or remove USB stick during this procedure.

| Arc Trainers and Bikes | Treadmills |
|--|-----------------------------|
| Option 1: Plug in 24 Volt power supply. Option 2: Begin striding or pedaling unit until console lights up. Do not stop striding or pedaling until upload is complete. | Toggle power switch on (1). |

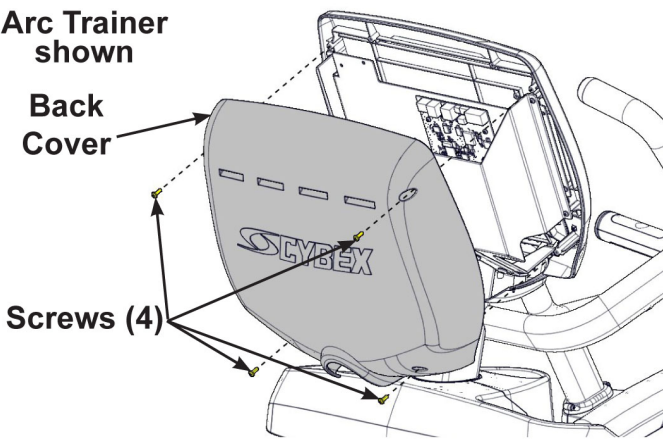
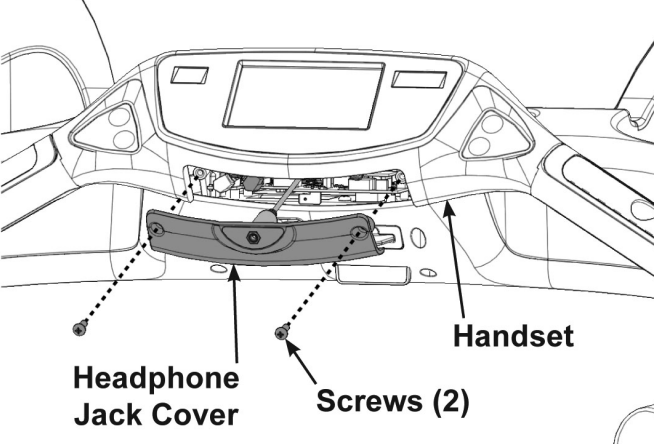
The software will load into the console. This procedure may take up to 4 minutes. During the first two minutes the screen will be blank and not show any progress. Do NOT turn the power off, press any keys, or remove the USB stick.

After the initial period, the screen will display **Loading** and **Please wait**. This procedure may take up to 2 minutes. When the upload is complete, the display will return to the home screen.

3. Turn power off.

| Arc Trainers and Bikes | Treadmills |
|---|------------------------------|
| Option 1: Unplug 24 Volt power supply. Option 2: Stop striding or pedaling unit. Press STOP or PAUSE and wait for unit to power off. | Toggle power switch off (0). |

4. Remove USB stick from internal USB port.
5. Install covers.

| Arc Trainers and Bikes | Treadmills |
|--|---|
| Install the four screws securing the back cover to the console using a Phillips screwdriver. | Install the two screws securing the headphone jack cover to the handset using a Phillips screwdriver. |
| <p>Arc Trainer shown</p>  <p>Back Cover</p> <p>Screws (4)</p> |  <p>Headphone Jack Cover</p> <p>Screws (2)</p> <p>Handset</p> |

Complete update

1. Turn power on.

| Arc Trainers and Bikes | Treadmills |
|---|---------------------------------|
| Option 1: Plug in the 24 Volt power supply. Option 2: Begin striding or pedaling the unit until the console lights up. | Toggle the power switch on (I). |

2. Operate the unit at all levels to verify proper operation.

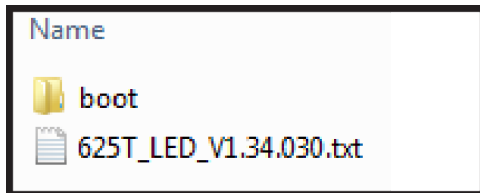
Update software, 62XX models

Software can ONLY be installed on the model it is designed for. Do NOT install this software on other Arc Trainers, Bikes, or Treadmills.

Prepare USB stick

1. Plug USB stick into PC.
2. Delete any files on USB stick.
Verify USB stick is blank.
3. Go to the [LF World](#) service product pages for the latest software files or contact Cybex Customer Service at 508-533-4300 to receive via email.
4. Unzip file to a folder on PC.
Zip file contains the following files:
 - Folder labeled “boot”
 - Empty text file with model name of product

Example of folder contents



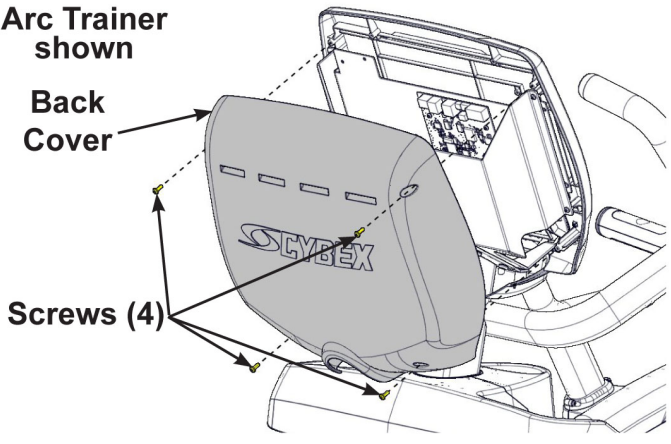
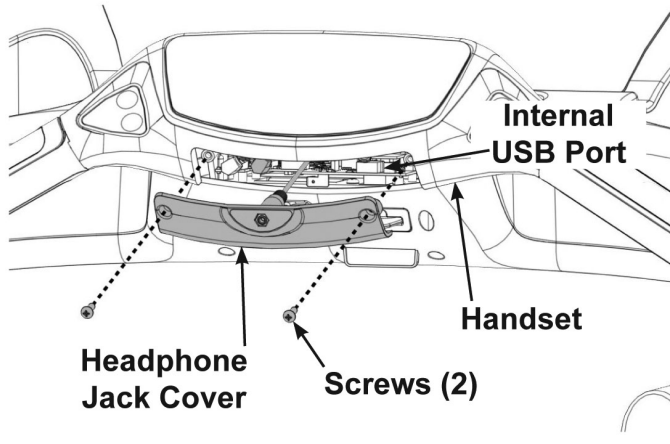
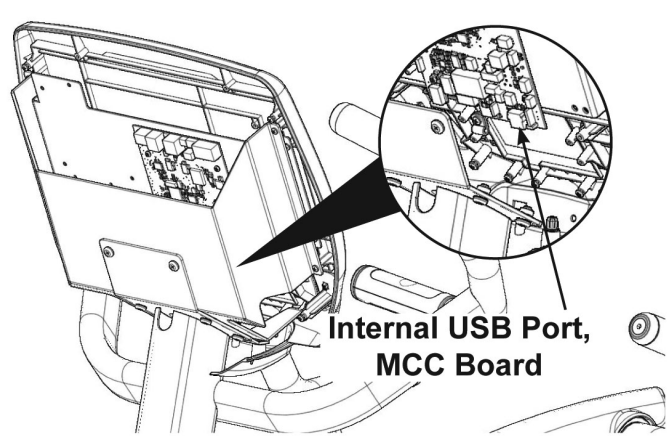
5. Copy the “boot” folder and other file to USB stick.
DO NOT copy zip file to USB stick.

Install software through internal USB port

1. Turn power off.

| Arc Trainers and Bikes | Treadmills |
|---|--|
| Press STOP or PAUSE and wait for unit to power off. | Toggle on/off (I/O) power switch to the off (O) position. The on/off (I/O) power switch is located under front end of unit, or on front right side panel. |

2. Access internal USB port.

| Arc Trainers and Bikes | Treadmills |
|---|--|
| Remove the four screws securing the back cover to the console using a Phillips screwdriver. | Remove the two screws securing the headphone jack cover to the handset using a Phillips screwdriver. |
| <p>Arc Trainer shown</p>  |  |
|  | |

3. Insert USB stick into the internal USB port.
Do NOT insert USB stick into optional E3 View Monitor.

4. Turn power on.

⚠ Notice: Console damage may occur. Do NOT turn power off, press any keys, or remove USB stick during this procedure.

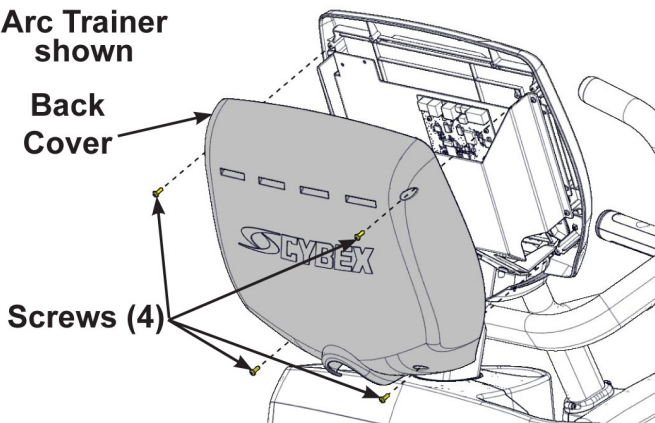
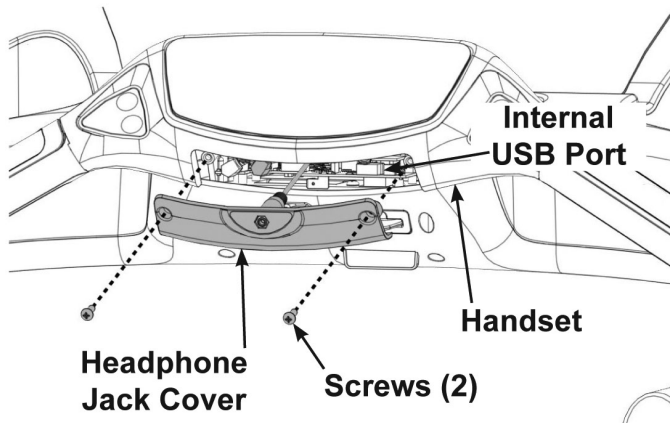
| Arc Trainers and Bikes | Treadmills |
|--|-----------------------------|
| <p>Option 1: Plug in 24 Volt power supply. Option 2: Begin striding or pedaling unit until console lights up. Do not stop striding or pedaling until upload is complete.</p> | Toggle power switch on (I). |

The software will load into console. This procedure will take approximately 3 minutes. During this time there will be beeping noises from the console. When upload is complete, the display will show **[re][bot]**.

- Turn power off.

| Arc Trainers and Bikes | Treadmills |
|---|------------------------------|
| Option 1: Unplug 24 Volt power supply. Option 2: Stop striding or pedaling unit. Press STOP or PAUSE and wait for unit to power off. | Toggle power switch off (0). |

- Remove USB stick from internal USB port.
- Install covers.

| Arc Trainers and Bikes | Treadmills |
|---|--|
| Install the four screws securing the back cover to the console using a Phillips screwdriver. | Install the two screws securing the headphone jack cover to the handset using a Phillips screwdriver. |
| <p>Arc Trainer shown</p>  <p>Back Cover</p> <p>Screws (4)</p> |  <p>Internal USB Port</p> <p>Headphone Jack Cover</p> <p>Screws (2)</p> <p>Handset</p> |

Complete update

- Turn power on.

| Arc Trainers and Bikes | Treadmills |
|---|---------------------------------|
| Option 1: Plug in the 24 Volt power supply. Option 2: Begin striding or pedaling the unit until the console lights up. | Toggle the power switch on (I). |

- Operate the unit at all levels to verify proper operation.

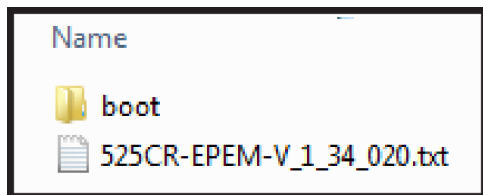
Update software, 525X models

Software can ONLY be installed on the model it is designed for. Do NOT install this software on other Arc Trainers, Bikes, or Treadmills.

Prepare USB stick

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2. Delete any files on USB stick.
Verify USB stick is blank.
3. Go to the [LF World](#) service product pages for the latest software files or contact Cybex Customer Service at 508-533-4300 to receive via email.
4. Unzip file to a folder on PC.
Zip file contains the following files:
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Example of folder contents



5. Copy the “boot” folder and other file to USB stick.
DO NOT copy zip file to USB stick.

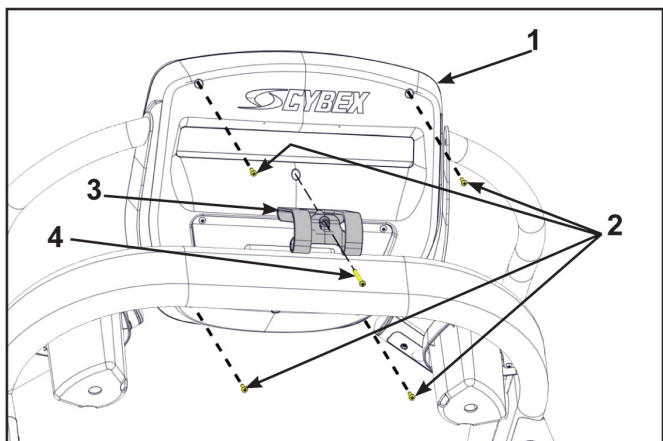
Install software through internal USB port

1. Turn power off.

| Arc Trainers and Bikes | Treadmills |
|---|---|
| Press STOP or PAUSE and wait for unit to power off. | Toggle on/off (I/O) power switch to the off (O) position. The on/off (I/O) power switch is located under front end of unit, or on front right side panel. |

2. Access internal USB port.

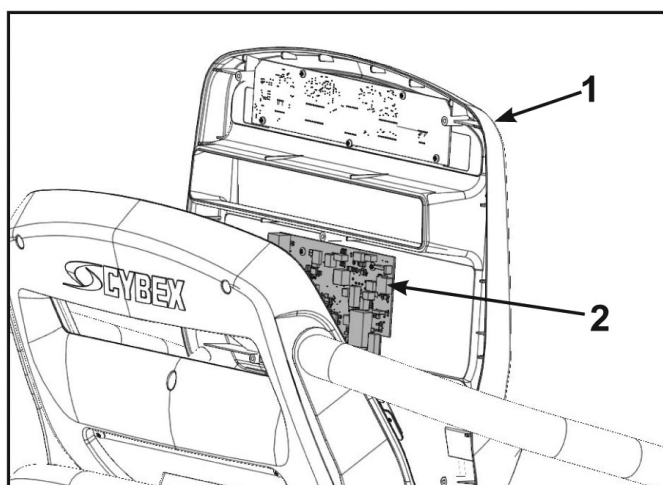
- Remove the four short screws and one long screw securing the front cover and iPad clip to the console assembly using a Phillips screwdriver.



| | Description | Qty. |
|---|------------------|------|
| 1 | Console assembly | 1 |
| 2 | Short screw | 4 |
| 3 | iPad clip | 1 |
| 4 | Long screw | 1 |

525T treadmill shown.

- Tilt console assembly forward and insert USB stick into the internal USB port of the MCC board. Do NOT insert USB stick into optional E3 View Monitor.



| | Description | Qty. |
|---|------------------|------|
| 1 | Console assembly | 1 |
| 2 | MCC board | 1 |

- Turn power on.

⚠ Notice: Console damage may occur. Do NOT turn power off, press any keys, or remove USB stick during this procedure.

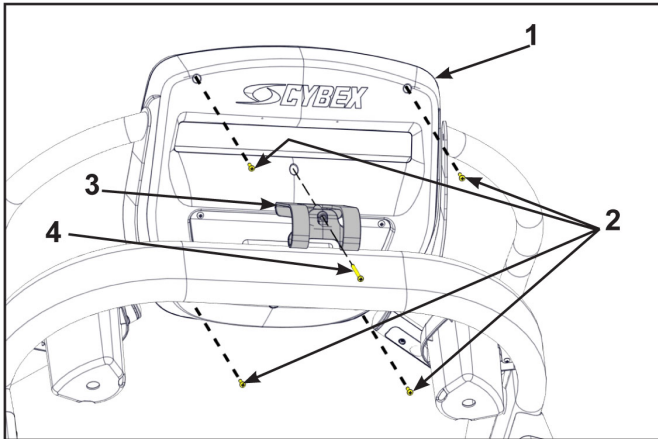
| Arc Trainers and Bikes | Treadmills |
|---|-----------------------------|
| <p>Option 1: Plug in 24 Volt power supply.</p> <p>Option 2: Begin striding or pedaling unit until console lights up. Do not stop striding or pedaling until upload is complete.</p> | Toggle power switch on (I). |

The software will load into console. This procedure will take approximately 3 minutes. During this time there will be beeping noises from the console. When upload is complete, the display will show **[re][bot]**.

- Turn power off.

| Arc Trainers and Bikes | Treadmills |
|---|------------------------------|
| Option 1: Unplug 24 Volt power supply. Option 2: Stop striding or pedaling unit. Press STOP or PAUSE and wait for unit to power off. | Toggle power switch off (0). |

- Remove USB stick from internal USB port.
- Install the four short screws and one long screw securing the front cover and iPad clip to the console assembly using a Phillips screwdriver.



| | Description | Qty. |
|---|------------------|------|
| 1 | Console assembly | 1 |
| 2 | Short screw | 4 |
| 3 | iPad clip | 1 |
| 4 | Long screw | 1 |

Complete update

- Turn power on.

| Arc Trainers and Bikes | Treadmills |
|---|---------------------------------|
| Option 1: Plug in the 24 Volt power supply. Option 2: Begin striding or pedaling the unit until the console lights up. | Toggle the power switch on (I). |

- Operate the unit at all levels to verify proper operation.

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