



Cybox 772A/772AT Arc Trainer®
Cybox GO Monitor, Owner's Manual
Cardiovascular Systems
Part Number 5772-4 A



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FCC Compliance Information

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. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Safety

 Read all instructions and warnings before using.

Ground and Voltage Information


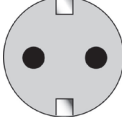
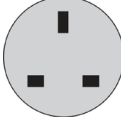

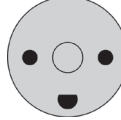
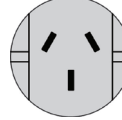


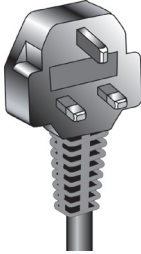

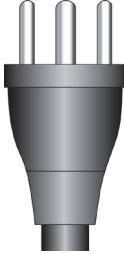
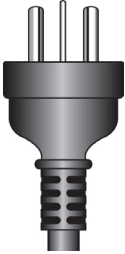


WARNING: *Shock and electrocution hazard.*

- Connect unit to a grounded outlet.
- Do not use voltage adapter or extension cord.

Cybox 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.

					
					
115 VAC	Euro Plug	UK 230 VAC	Japanese	Danish	Australia
NEMA 5-15	CEE 7/7	BS 1363	JIS 8303	107-2-D1	AS/NZS 3112

Important Safety Instructions

(Save These Instructions)



WARNING: *Shock and electrocution hazard.*

- Unplug unit and let sit 10 minutes before cleaning or performing maintenance.
- Electrical charge can remain in unit after unplugging.
- Keep water and liquids away from electrical parts.

User Safety Precautions

Prior to use:

- Obtain a medical exam before beginning any exercise program.
- Obtain instruction before using.
- Read and understand warning labels.
- Keep foot plate surface clean and dry.
- Maximum user weight is 400 lbs. (180 kg).

- Inspect unit. If damaged, notify floor staff. DO NOT USE.
- Do not remove this label. Replace if damaged or illegible.

During Use:

- Do not use for stretching and do not attach straps or other devices.
- Do not allow children 12 or younger to be on or near machine.
- Stop exercise if feeling faint, dizzy, or have pain.
- Use the handrails for support and to maintain balance.
- Keep all body parts, clothing, and accessories, clear of moving parts.
- Wait until foot plates come to a complete stop before getting off.
- Do not remove this label. Replace if damaged or illegible.

Facility Safety Precautions

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 Cybex 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 electrical or mechanical repairs. Seek qualified repair personnel when servicing. If you live in the USA, contact Cybex Customer Service at 888-462-9239. If you live outside the USA, contact Cybex Customer Service at 508-533-4300.
- Use only Cybex 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 Cybex.
- 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.

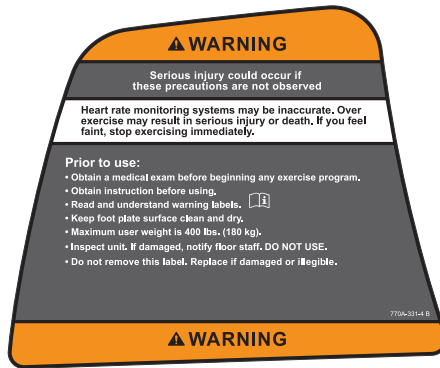
Warning and Caution Decals

To replace any worn or damaged decals do one of the following: Visit www.cyboxintl.com to shop for parts online, fax orders to 508-533-5183 or contact Cybox Customer Service at 888-462-9239. If you are located outside of the USA, call 508-533-4300. For location or part number of labels, see the parts list and exploded-view diagram on the Cybox web site at www.cyboxintl.com.

Warning decals indicate a potentially hazardous situation that could result in death or serious injury if the precautions are not observed.

Caution decals indicate a potentially hazardous situation, which, if not avoided, could result in minor or moderate injury.

The diagram following the decals show where each decal is located.



Canadian

Canadian

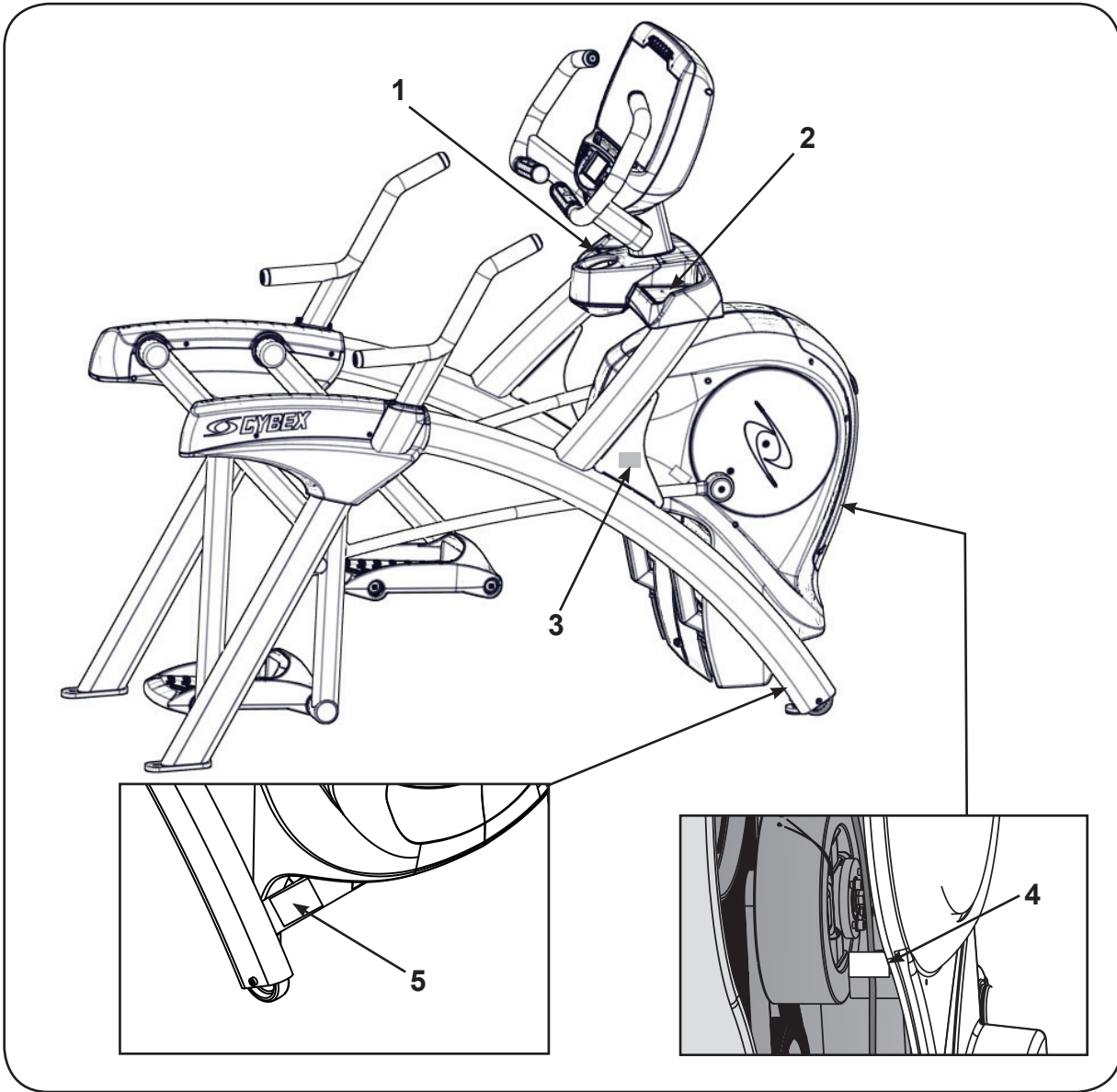


⚠ WARNING	⚠ AVERTISSEMENT
Shock and electrocution hazard. Unplug unit and let sit 10 minutes before cleaning or performing maintenance. Electrical charge can remain.	Risque de choc et d'électrocution. Débrancher l'appareil et laisser reposer 10 minutes avant de nettoyer ou d'effectuer tout entretien. Possible présence de charge électrique résiduelle.
⚠ WARNUNG	⚠ ADVERTENCIA
Gefahr von Elektroschock und Stromschlag. Gerät von der Stromzufuhr trennen und 10 Minuten stehen lassen, bevor Sie Wartungs- oder Reinigungsarbeiten durchführen. Es kann elektrische Ladung verbleiben.	Peligro de descarga eléctrica y electrocución. Desenchufe la unidad y deje reposar 10 minutos antes de limpiar o realizar el mantenimiento. Puede permanecer carga eléctrica.
<small>525AT-400 B</small>	

⚠ WARNING	⚠ 警告
Shock and electrocution hazard. Unplug unit and let sit 10 minutes before cleaning or performing maintenance. Electrical charge can remain.	ショックと感電死の危険性。 本体のプラグを抜き、10分間待ってから掃除や保守を実施してください。 充電はそのままでも結構です。
⚠ ВНИМАНИЕ	
Опасность удара и поражения электрическим током. Отключите устройство от электросети и подождите 10 минут, прежде чем приступать к очистке или обслуживанию. Возможен остаточный электрический заряд.	
<small>525AT-401 B</small>	

⚠ WARNING	⚠ WAARSCHUWING
Shock and electrocution hazard. Unplug unit and let sit 10 minutes before cleaning or performing maintenance. Electrical charge can remain.	Gevaar op elektrische schok en elektrocutie. Ontkoppel het toestel en laat het 10 minuten rusten alvorens het te reinigen of onderhoud op te verrichten. Elektrische lading kan achterblijven.
⚠ VARNING	⚠ ADVARSEL
Stötär och livsfarlig spänning. Koppla ur enheten och låt stå 10 minuter innan rengöring eller underhåll. Elektrisk laddning kan finnas kvar.	Risiko for stød og dødsfald ved elektrisk stød. Træk stikket til enheden ud, og lad den hvile 10 minutter, inden den rengøres, eller der udføres vedligeholdelse. Elektrisk ladning kan forblive.
<small>525AT-402 B</small>	

Label Placement



1	770A-331-4	Label, Warning, Access tray, Left
1	770A-331-E	Label, Warning, Access tray, Left, Canadian
2	770A-332-4	Label, Warning, Access tray, Right
2	770A-332-E	Label, Warning, Access tray, Right, Canadian
3	DE000004-4	Decal, Caution Moving Parts
4	DE-17155-4	Label, Warning, Hot flywheel
5	525AT-400	Label, Warning, Disconnect Power
5	525AT-401	Label, Warning, Disconnect Power
5	525AT-402	Label, Warning, Disconnect Power

Assembly

Specifications - 772A

Classification	S (Studio)
Accuracy	A
Length	76.25" (194 cm)
Width	32" (81 cm)
Height:	62.5" (159 cm)
Weight of Product	404 lbs (183 kg)
Shipping Weight	429 lbs (195 kg)
Incline Levels	0-20
Resistance Levels	0-100
Stride Length	24" (61 cm) fixed length.
Workouts	Quick Start, five workout groups, seven workouts, four heart rate workouts, and two power workouts
Console Features	Upper console: Cybex GO Monitor. Displays Cal/Hr, Distance, Strides per Minute, Calories, Watt, MET, and BPM. Lower console: Two numeric displays for incline, time, resistance and level. Fan, iPod connector, CardioTouch screen, accessory trays and water bottle holder
Heart Rate Features	Built-in 5 KHz wireless heart rate receiver (transmitter not included) and contact heart rate monitoring.
Resistance Range	0-900 watt.
Maximum User Weight	400 lbs. (181 kg).
Power Rating	Self powered or 100 - 240 VAC~, 50/60 Hz, 1.8A, 1-phase.

The dimensions stated in the installation instructions are the recommended minimum dimensions as set forth by the manufacturer. The actual area for access and passage shall be the responsibility of the facility and should take into account any required local codes or regulations.

Specifications - 772AT

Classification	S (Studio)
Accuracy	A
Length	76.25" (194 cm)
Width	36.28" (92 cm)
Height:	62.5"(159 cm)
Weight of Product	412 lbs. (187 kg.)
Shipping Weight	437 lbs. (198 kg.)
Incline Levels	0-20
Resistance Levels	0-100
Stride Length	24" (61 cm) fixed length.
Workouts	Quick Start, five workout groups, seven workouts, four heart rate workouts, and two power workouts
Console Features	Upper console: Cybex GO Monitor. Displays Cal/Hr, Distance, Strides per Minute, Calories, Watt, MET, and BPM. Lower console: Two numeric displays for incline, time, resistance and level. Fan, iPod connector, CardioTouch screen, accessory trays and water bottle holder.
Heart Rate Features	Built-in wireless heart rate receiver (transmitter not included) and contact heart rate monitoring.
Resistance Range	0-900 watt.
Maximum User Weight	400 lbs. (181 kg).
Power Rating	Self powered or 100 - 240 VAC~, 50/60 Hz, 1.8A, 1-phase.
Other	iPod/iPhone/iPad compatibility.

The dimensions stated in the installation instructions are the recommended minimum dimensions as set forth by the manufacturer. The actual area for access and passage shall be the responsibility of the facility and should take into account any required local codes or regulations.

Environment and Storage

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%.

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.

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).

Choosing and Preparing Site

Before assembling the unit, verify 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 (0.5 meters) on at least one side of unit and also behind unit. Minimum clearance fo 12" (30 cm) between units for proper wireless heart rate signal operation.

Electrical Power Requirements

The Cybex GO Monitor is supplied with a power cord, The AC power kit is optional.

- Verify unit is connected to an outlet having the same configuration as the plug.
- Verify connection is a grounded circuit.
- Do not use a ground-plug adapter to adapt the 3-prong power cord to a non-grounded electrical outlet.
- Use Cybex supplied optional AC power kit only. Consult an electrician with any questions.

- Ensure outlets used by this product meet all local and federal building codes.

772A Assembly Procedure

Tools Required

- Phillips screwdriver
- Stubby Phillips screwdriver
- 3/16" Allen wrench (supplied)
- 7/32" Allen wrench (supplied)
- 9/16" Open end wrench (2)

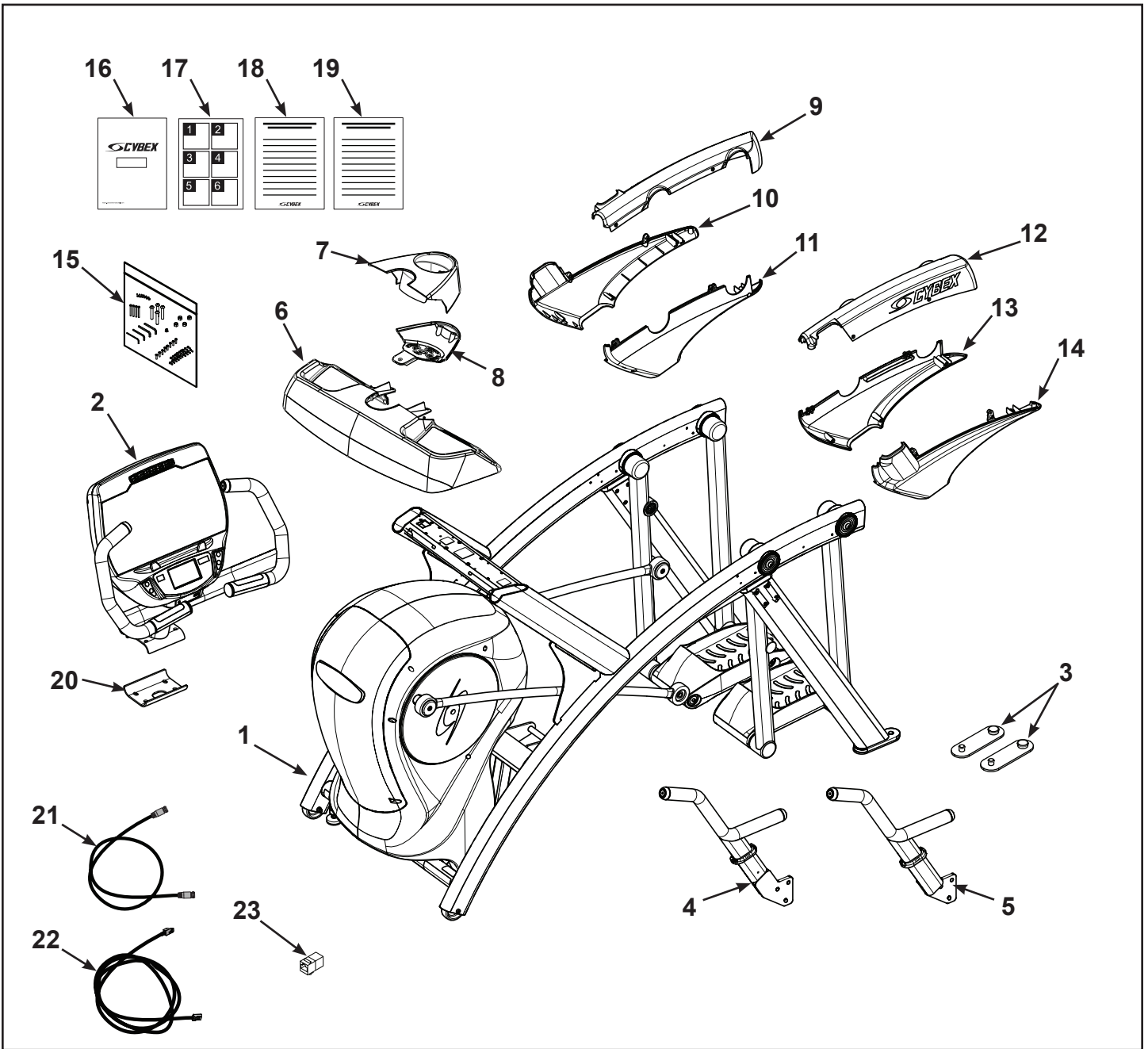
The words "left" and "right" denote the user's orientation.

Two people will be required for this procedure.



Read and understand all instructions thoroughly before assembling this unit. Check all items carefully. If there is damage, see the Customer Service section of this manual for proper procedure to return, replace, or reorder parts.

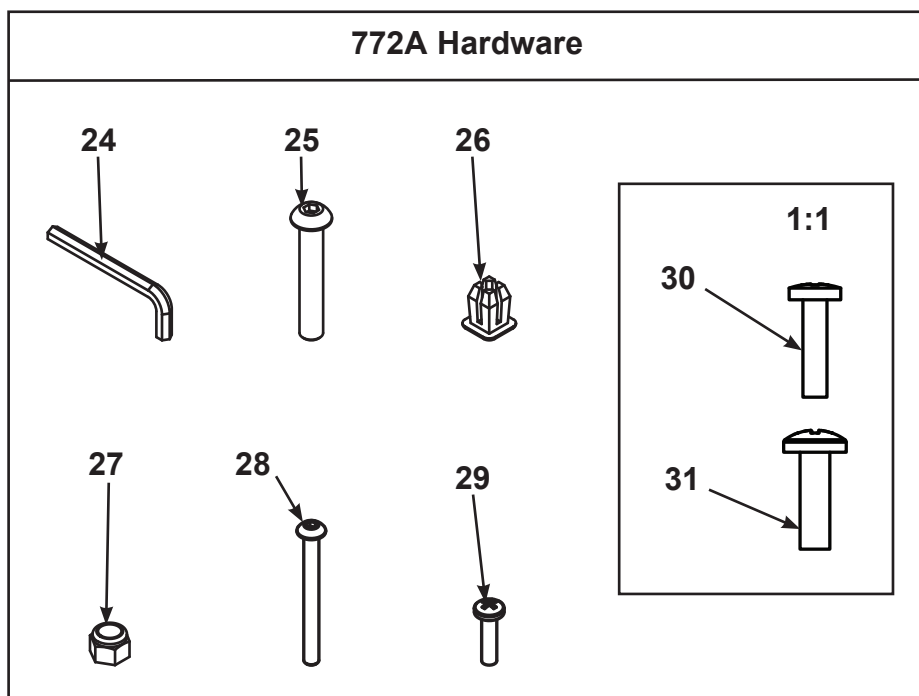
Item	Description	Part Number	Quantity
1	Base assembly	Varies	1
2	Console assembly	Varies	1
3	Foot pad	12090-322	2
4	Handle, Right	-	1
5	Handle, Left	-	1
6	Base, Accessory tray	770A-316	1
7	Cover, Top, Accessory tray	770A-317	1
8	Cover, Bottom, Accessory tray	770A-318	1
9	Cover, Rear, Top, Right	770A-322	1
10	Cover, Rear, Outer, Right	770A-323	1
11	Cover, Rear, Inner, Right	770A-324	1
12	Cover, Rear, Top, Left	770A-319	1
13	Cover, Rear, Inner, Left	770A-321	1
14	Cover, Rear, Outer, Left	770A-320	1
15	Hardware pack	-	1
16	Owner's Manual	5772-X	1
17	Assembly poster	771A-404	1
18	Commercial Arc warranty sheet	770A-415	1
19	Consumer Arc warranty sheet	770A-416	1
20	Bracket, Lower, Display mount	770A-310	1
21	Cable, Coax, 6'	770A-427	1
22	Coupler, Ethernet, Sheilded	OCN-24895	1
23	Cable, Ethernet, 7'	OAW-24892	1

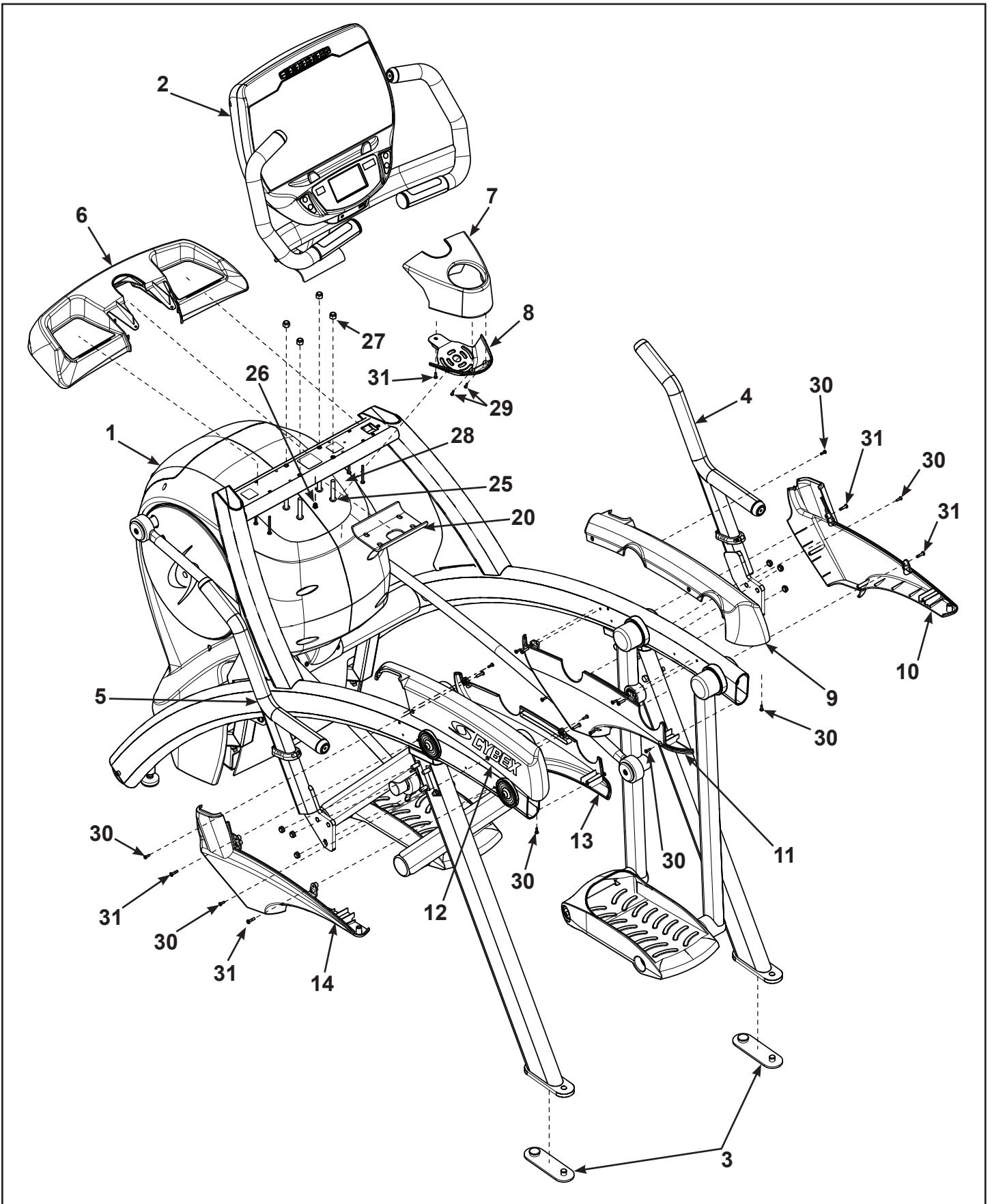


Verify contents of hardware pack

See hardware pack listings and hardware pack contents. See **Customer Service** for contact information if any parts are missing.

Item	Description	Part Number	Quantity
24	7/32" Allen Wrench	BK030204	1
25	BHSCS .375-16 x 2.50"	HC700430	4
26	Grommet, Nylon	HF540200	1
27	Locknut, .375-16 Nylon	HN704901	4
28	Tap Sc 10-12 x 2.00 Pn Hd Phil	HT592526	4
29	Screw, Pan Head Phillips, #6 x .50"	HT532512	2
30	Screw, Pan Head Phillips, 8-16 x .50"	HT552512	19
31	Screw, Pan Head Phillips, 10-24 x .75"	HT572515	8



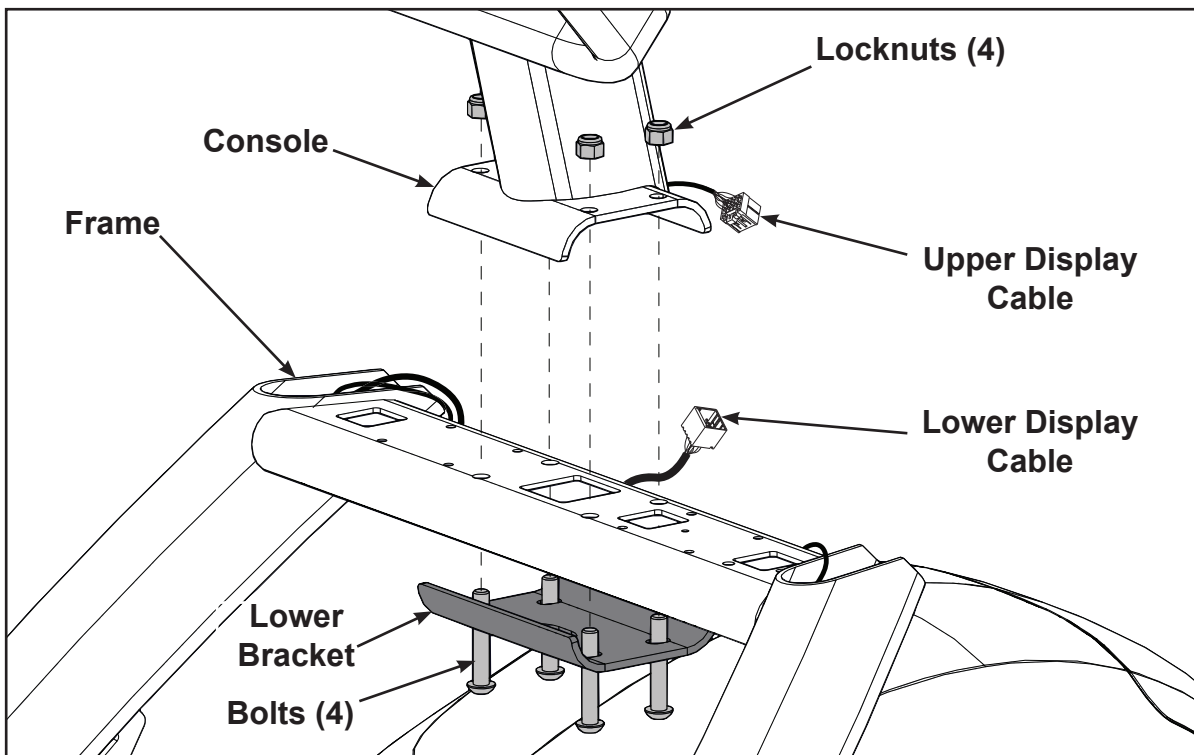


Lift and move unit

1. Remove large bolts and shipping supports. Keep package material on linkage arms at this time. This will protect the paint from scratching during assembly.
2. Grasp each rear support leg firmly and lift with one person on each side.
3. Lift the lower rear support legs using proper lifting methods so the front transport wheels are able to roll on floor.
4. Move unit to intended location.
5. Lower rear support legs.

Install 772A console assembly.

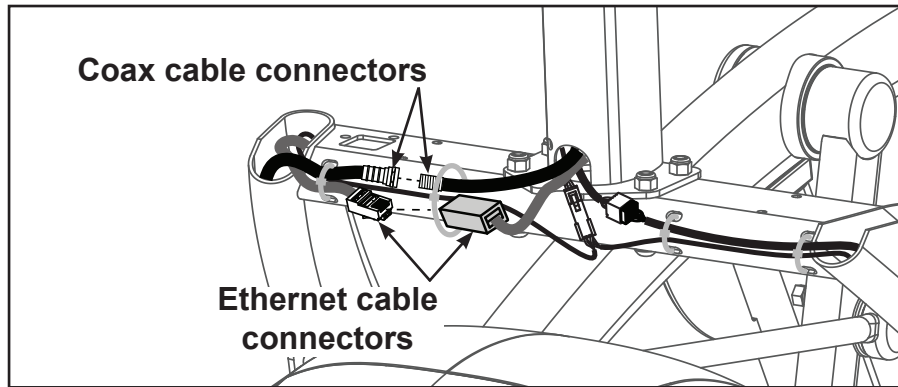
1. Place the console into position on the frame. Do not pinch cables while lowering the console.



2. Insert (from underneath) the lower bracket and four bolts into the frame and console.
3. Thread the four locknuts onto the bolts by hand.
4. Tighten the four bolts and locknuts with a 7/32" Allen wrench and a 9/16" open-end wrench.
5. Plug the upper display cable into the lower display cable.

Install coax cable and ethernet cables

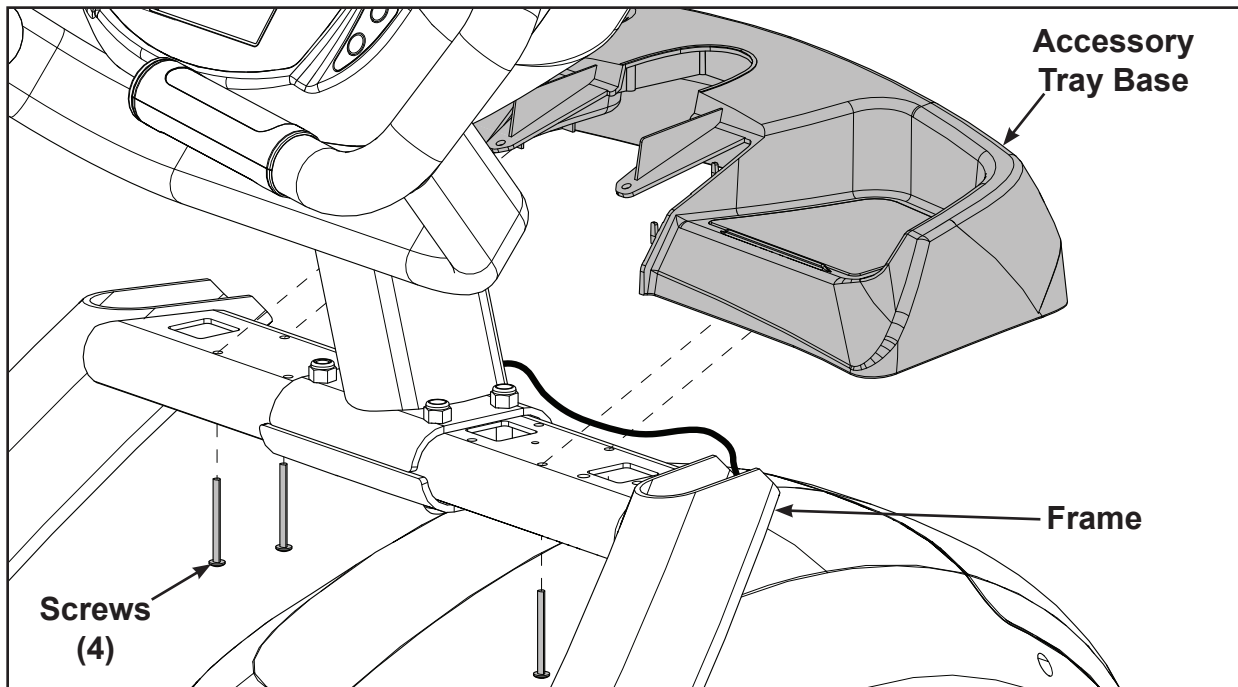
1. Plug the coax cable connectors into each other and tighten threaded connector.



2. Plug the ethernet cable connectors into each other.

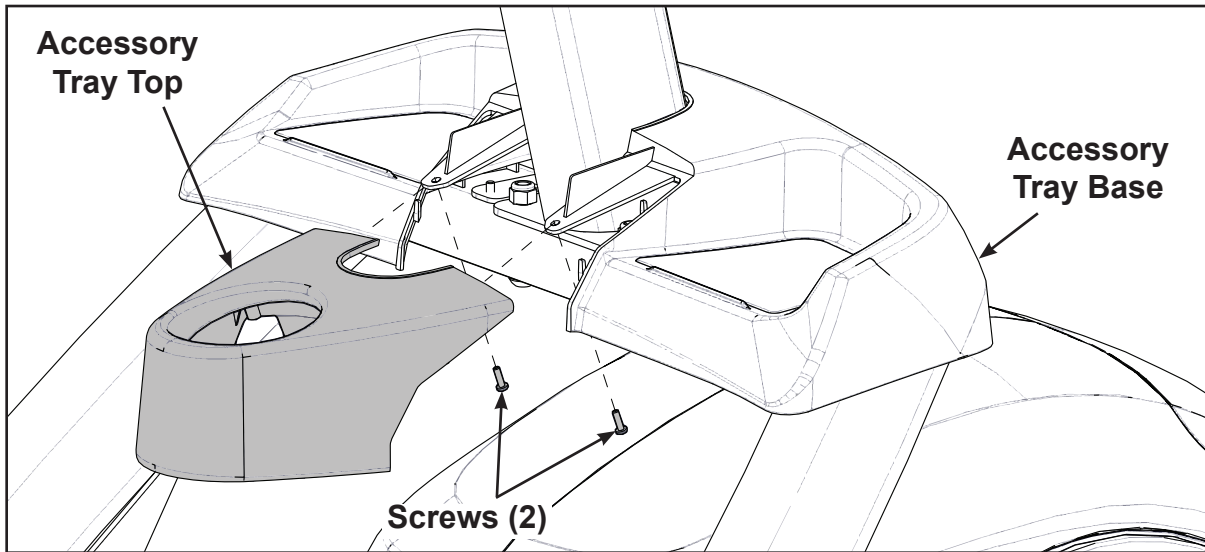
Install accessory tray base

Install the four screws using a stubby Phillips screwdriver.



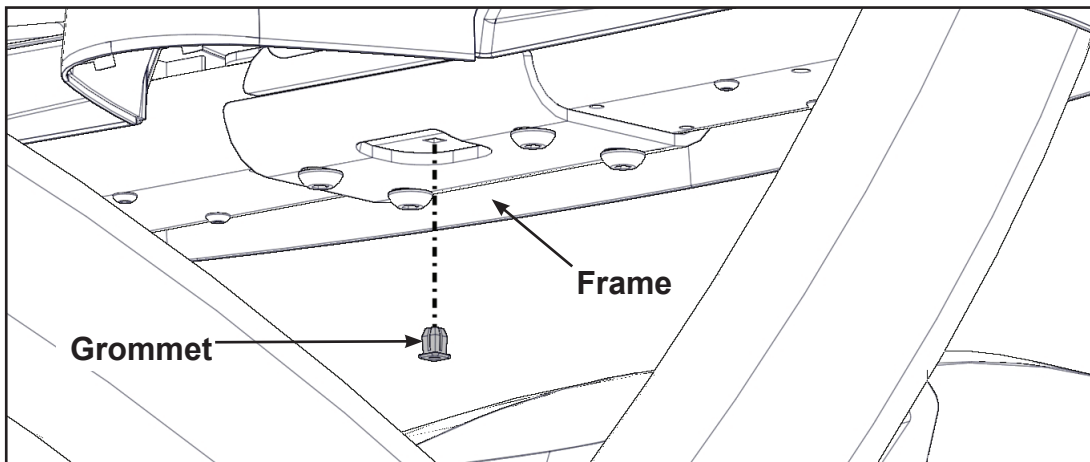
Install accessory tray top

Install the two screws using a stubby Phillips screwdriver.

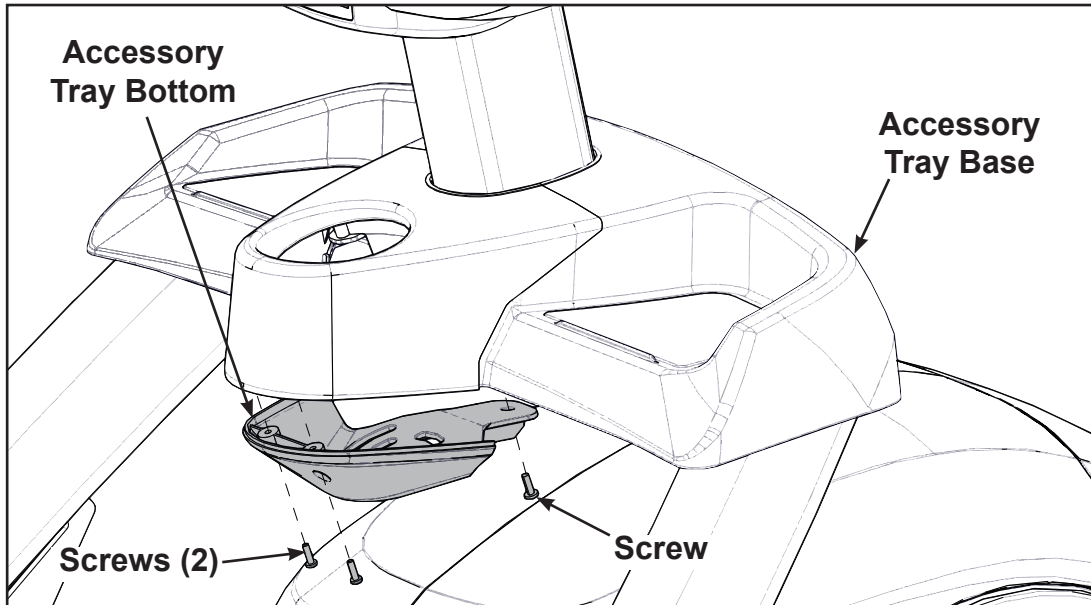


Install accessory tray bottom

1. Install the grommet to the frame.

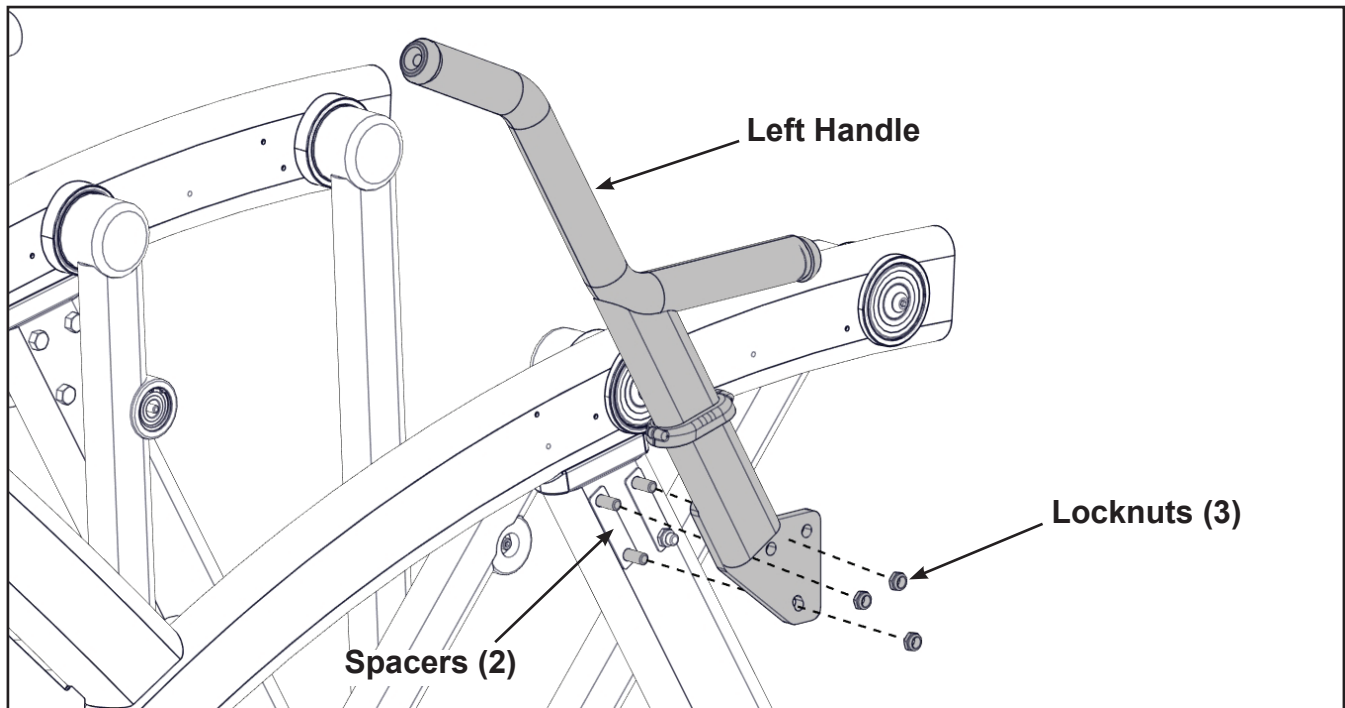


2. Install the accessory tray bottom to the accessory tray base with three screws using a Phillips screwdriver.



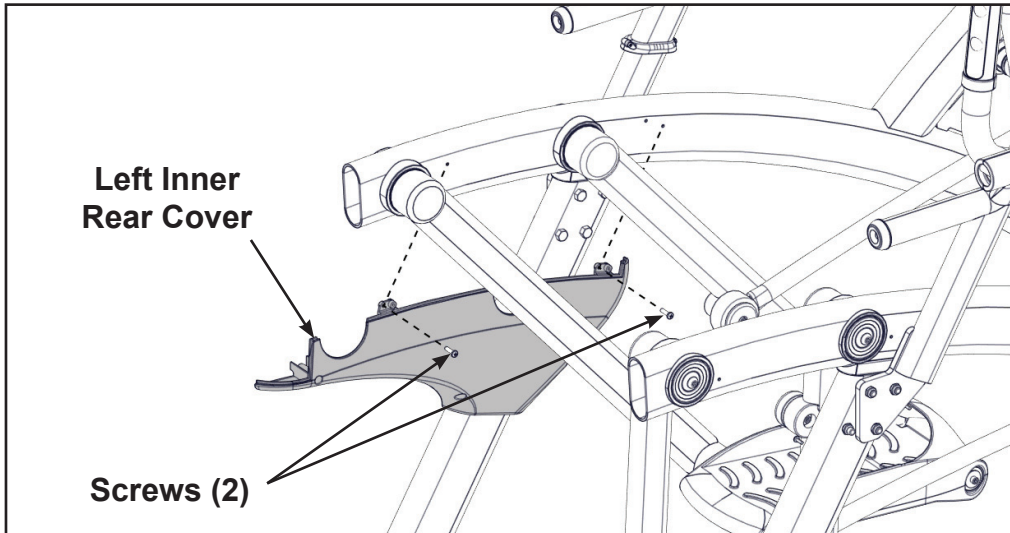
Install handrails.

1. Remove three locknuts from the left support leg using two 9/16" open end wrenches. Keep the two spacers in place.

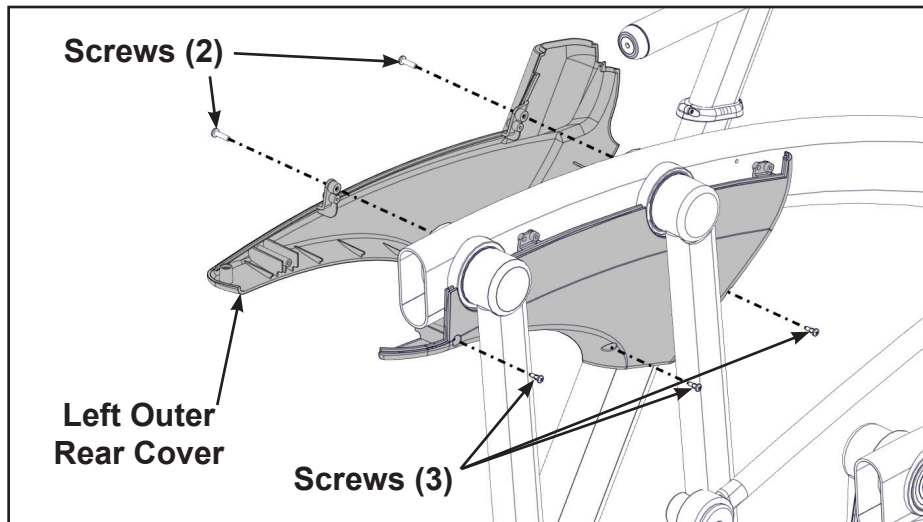


2. Install the left handle and three locknuts using two 9/16" open end wrenches.

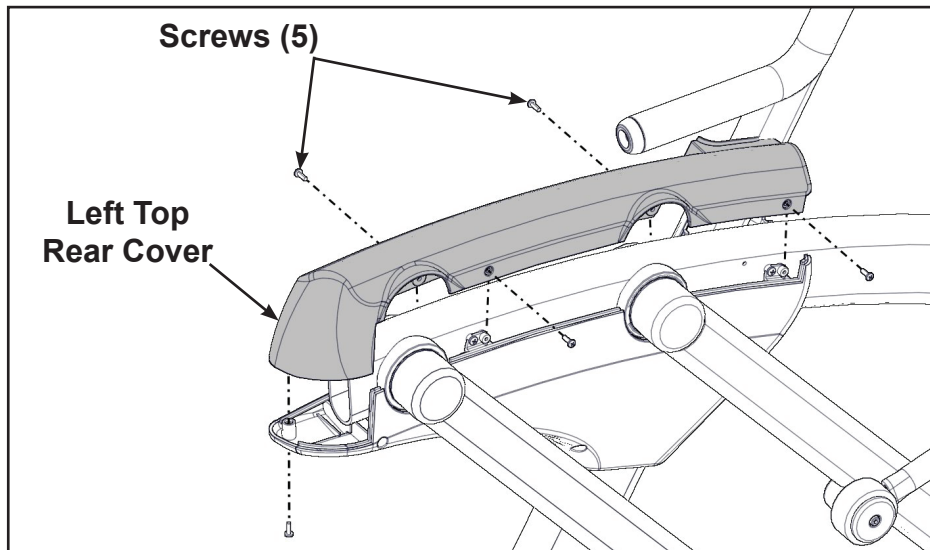
3. Install the left inner rear cover with two screws using a Phillips screwdriver.



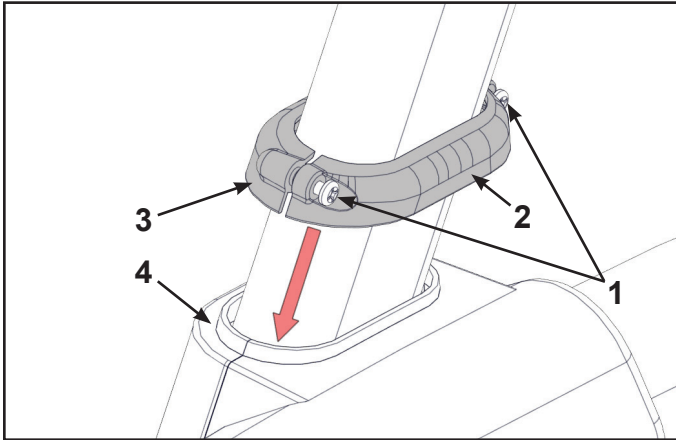
4. Install the left outer rear cover with five screws using a Phillips screwdriver.



5. Install the left top rear cover with five screws using a Phillips screwdriver.



6. Loosen the two screws in the right inner and outer collars using a Phillips screwdriver.



	Description
1	Screws (2)
2	Inner Collar
3	Outer Collar
4	Cover

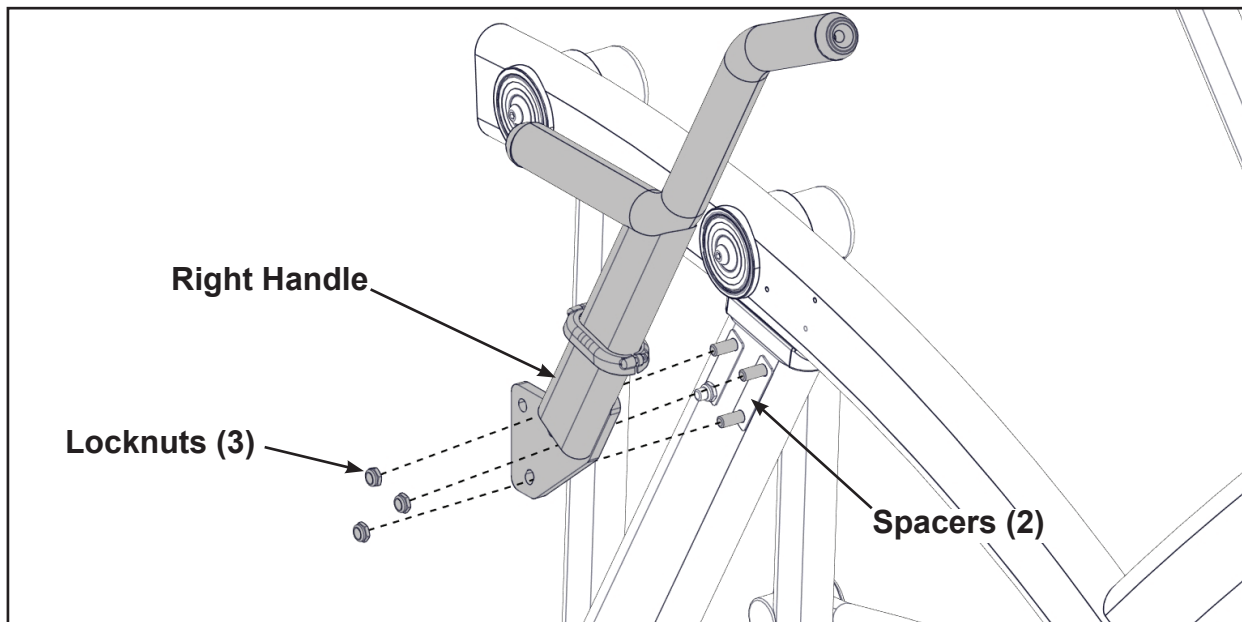
7. Slide the inner and outer collars onto the right covers.

8. Insert the tabs of the collars into the slots of the cover.

9. Tighten the two screws using a Phillips screwdriver.

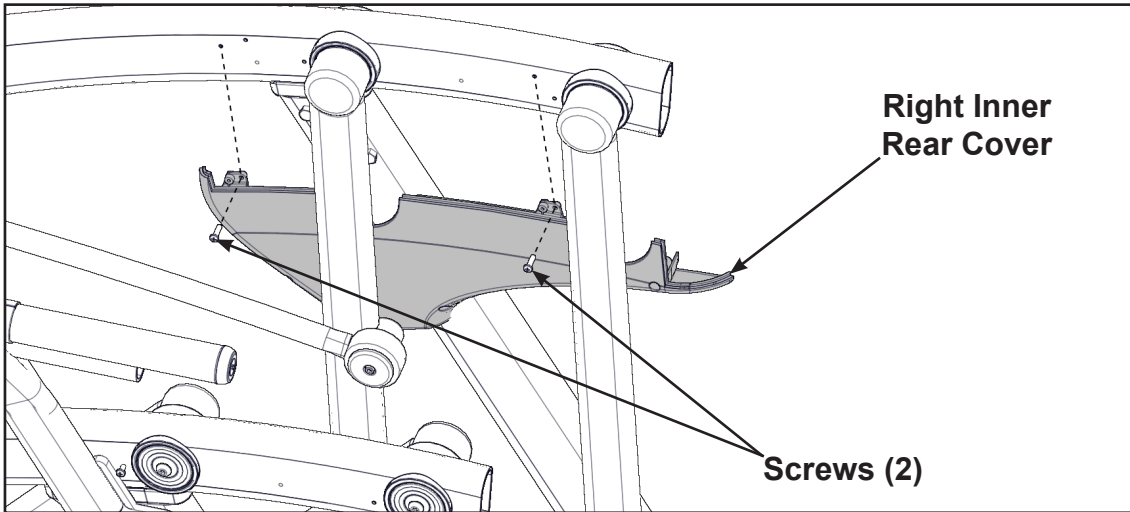
10. Repeat steps 6 through 9 for the right side.

11. Remove three locknuts from the right support leg using two 9/16" open end wrenches. Keep the two spacers in place.

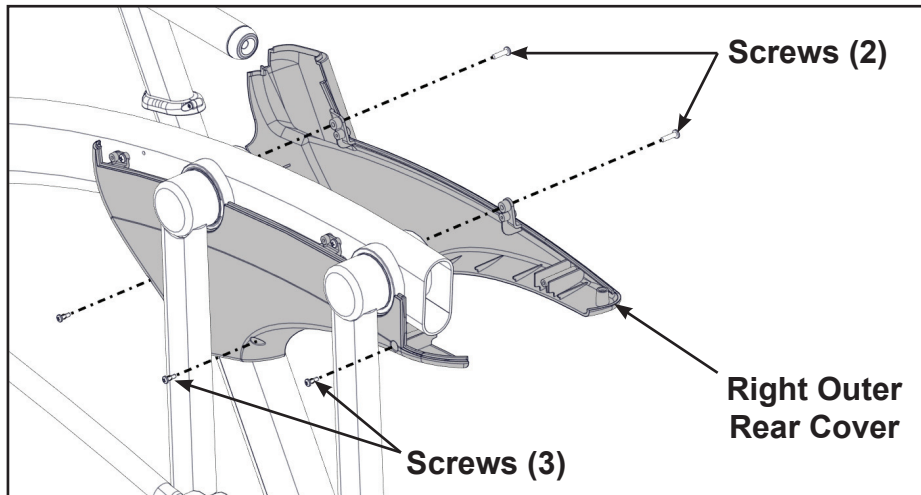


12. Install the right handle and three locknuts using two 9/16" open end wrenches.

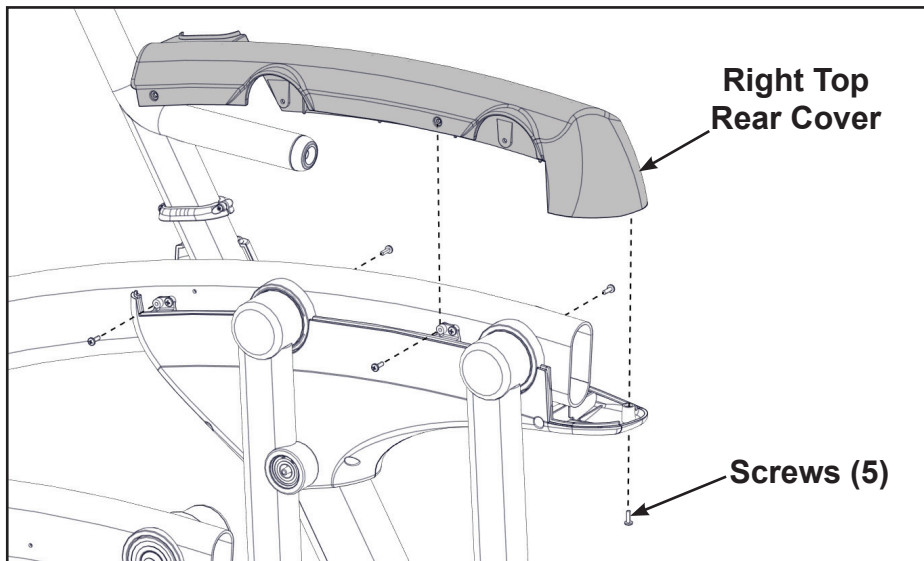
13. Install the right inner rear cover with two screws using a Phillips screwdriver.



14. Install the right outer rear cover with five screws using a Phillips screwdriver.

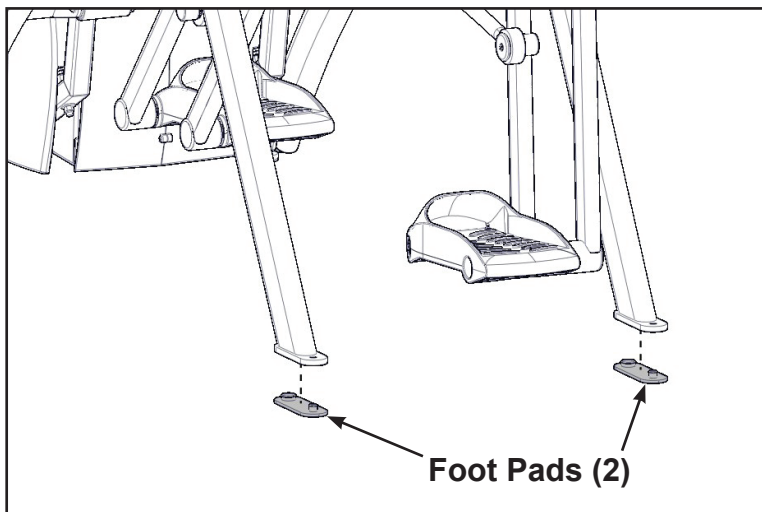


15. Install the right top rear cover with five screws using a Phillips screwdriver.



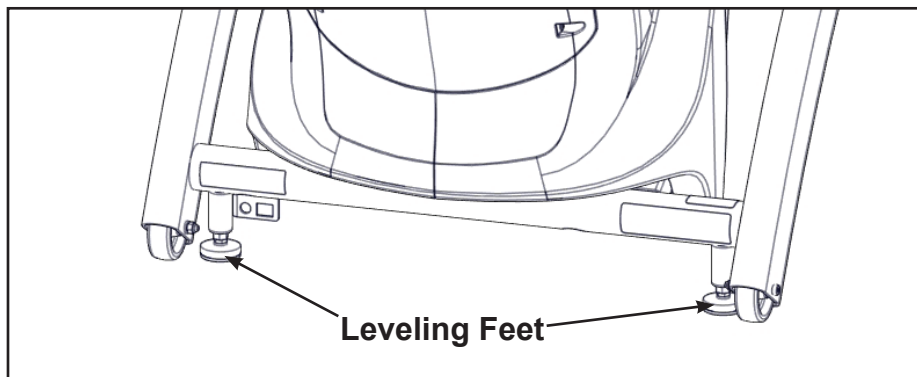
Install foot pads

Have one person lift the unit while a second person places a foot pad under each of the two back feet.



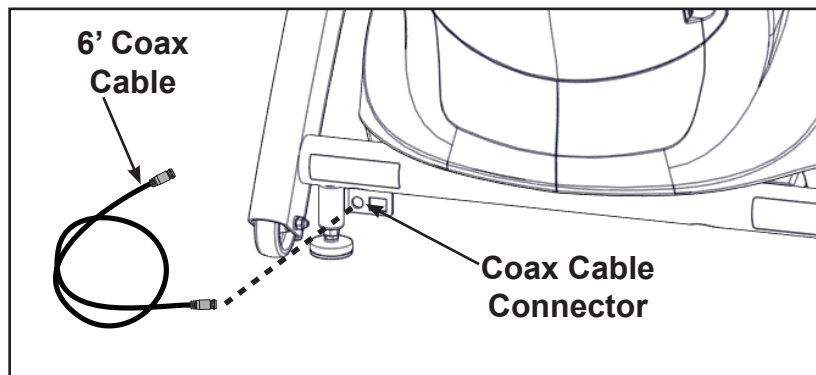
Level unit

Confirm unit is on a level surface. If not, use a 9/16" open-end wrench to adjust the leveling feet up or down.

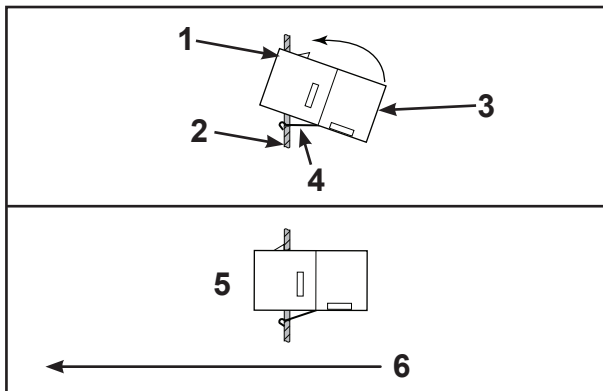


Install coax and ethernet cables

1. Install 6' coax cable to the coax cable connector in base of unit.

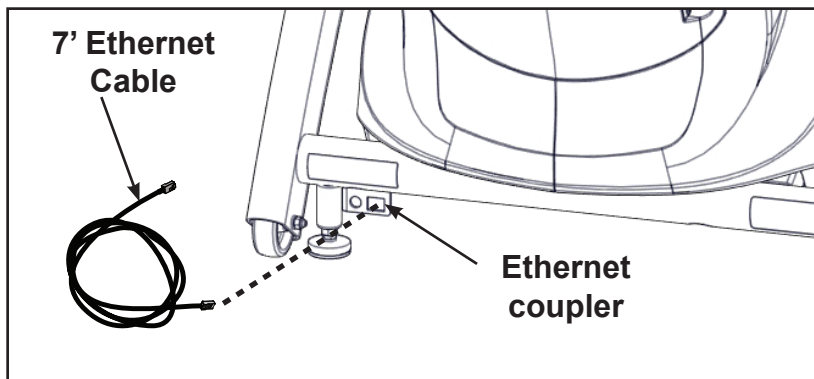


2. Insert the ethernet coupler into the mounting plate by hooking the lower tab into the mounting plate and snapping in the upper tab.



	Item	Description
1		Upper tab
2		Mounting plate
3	6	Ethernet coupler
4		Lower tab
5		Installed
6		Front of unit

3. Install 7' ethernet cable to the ethernet coupler in base of unit.



Visually inspect unit

1. Carefully remove any package material from arms and rest of unit.
2. Carefully examine the unit to ensure assembly is correct and complete.


772AT Assembly Procedure

Tools Required

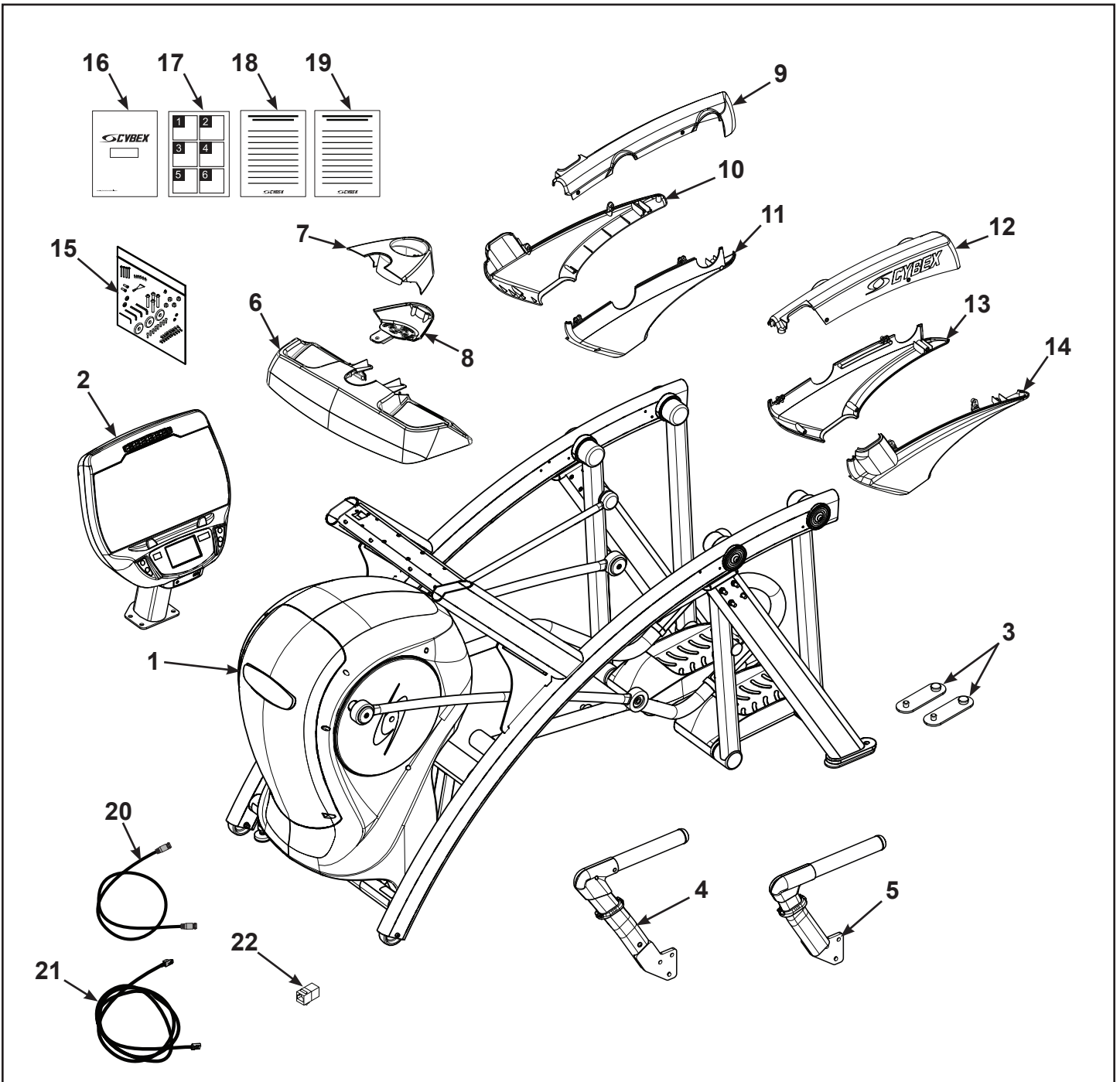
- Phillips screwdriver
- Stubby Phillips screwdriver
- 3/16" Allen wrench (supplied)
- 7/32" Allen wrench (2) (supplied)
- 9/16" Open end wrench (2)

The words "left" and "right" denote the user's orientation.

Two people will be required for this procedure.

 Read and understand all instructions thoroughly before assembling this unit. Check all items carefully. If there is damage, see the Customer Service section of this manual for proper procedure to return, replace, or reorder parts.

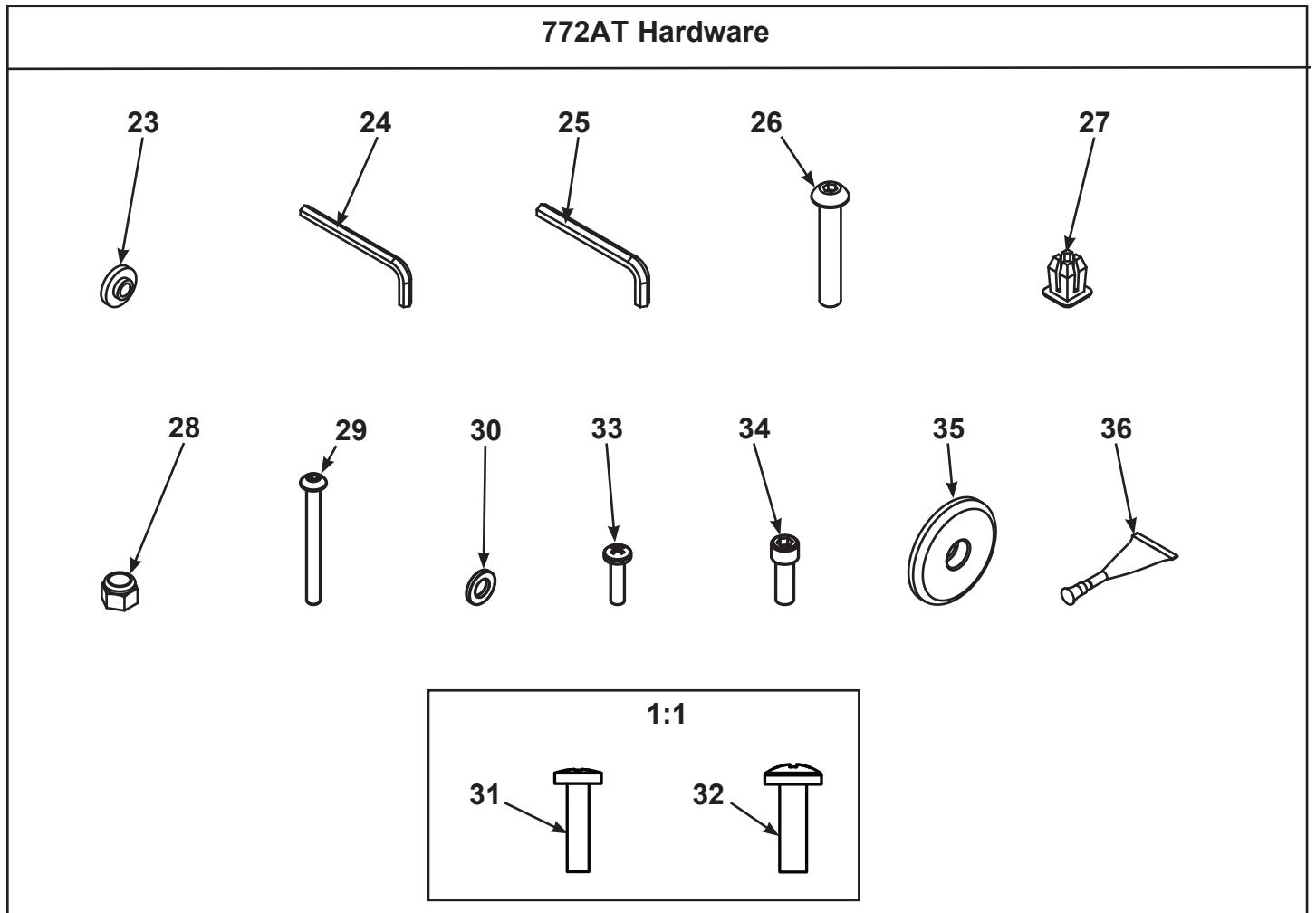
Item	Description	Part Number	Quantity
1	Base assembly	Varies	1
2	Console assembly	Varies	1
3	Foot pad	12090-322	2
4	Handle, Right	-	1
5	Handle, Left	-	1
6	Base, Accessory tray	770A-316	1
7	Cover, Top, Accessory tray	770A-317	1
8	Cover, Bottom, Accessory tray	770A-318	1
9	Cover, Rear, Top, Right	770A-322	1
10	Cover, Rear, Outer, Right	770A-323	1
11	Cover, Rear, Inner, Right	770A-324	1
12	Cover, Rear, Top, Left	770A-319	1
13	Cover, Rear, Inner, Left	770A-321	1
14	Cover, Rear, Outer, Left	770A-320	1
15	Hardware pack	-	1
16	Owner's Manual	5772-X	1
17	Assembly poster	771AT-316	1
18	Commercial Arc warranty sheet	770A-415	1
19	Consumer Arc warranty sheet	770A-416	1
20	Cable, Coax, 6'	770A-427	1
21	Coupler, Ethernet, Sheilded	OCN-24895	1
22	Cable, Ethernet, 7'	OAW-24892	1

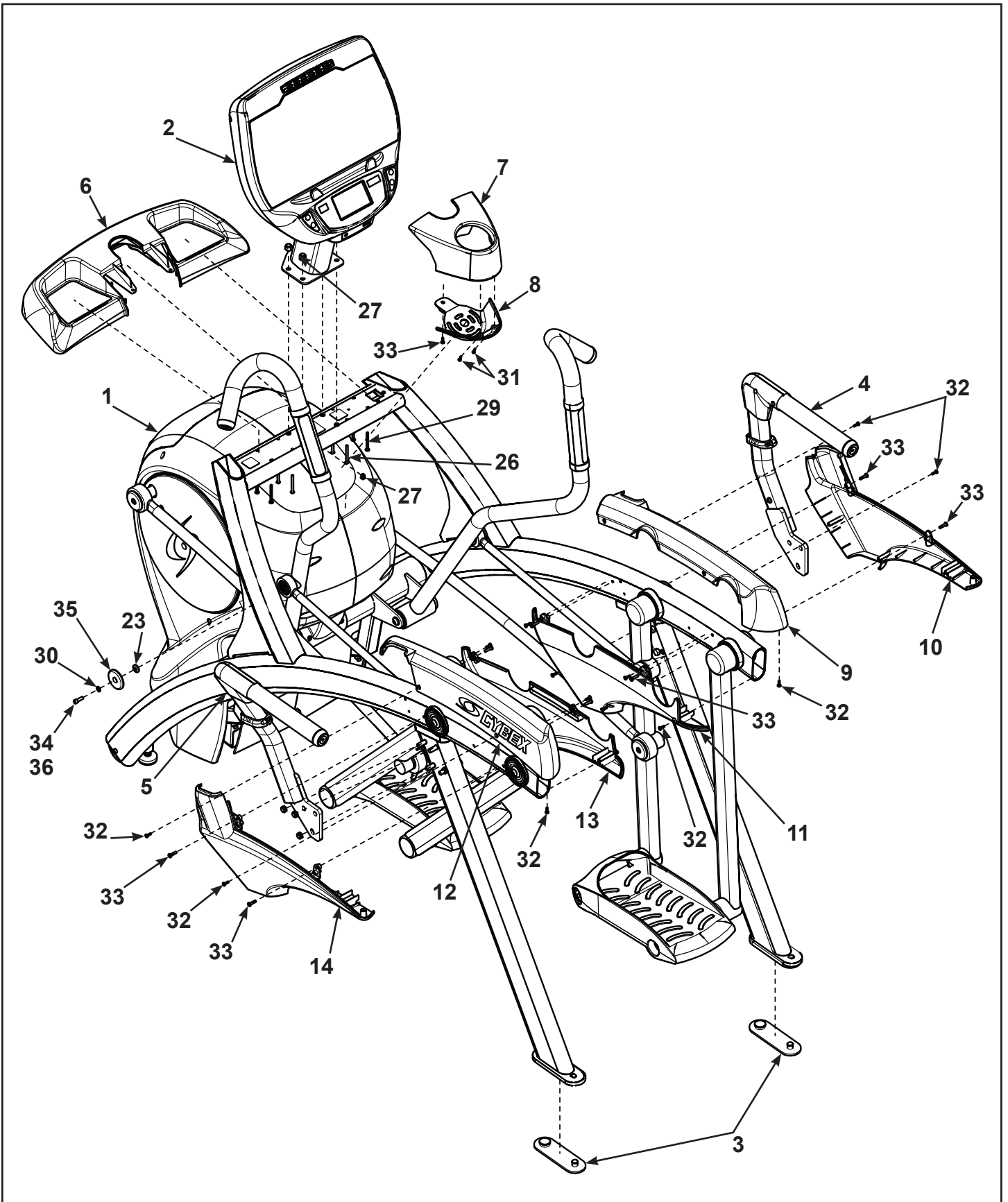


Verify contents of hardware pack

See hardware pack listings and hardware pack contents. See **Customer Service** for contact information if any parts are missing.

Item	Description	Part Number	Quantity
23	Flange Spacer	600A-311	2
24	3/16" Allen Wrench	BK030201	1
25	7/32" Allen Wrench	BK030204	2
26	BHSCS .375-16 x 2.25"	HC700428	4
27	Grommet, Nylon	HF540200	1
28	Locknut, .375-16 Nylon	HN704901	4
29	Tap Sc 10-12 x 2.00 Pn Hd Phil	HT592526	4
30	Washer, Flat .281 ID x .500 OD x .062"	HS307601	2
31	Screw, Pan Head Phillips, #6 x .50"	HT532512	2
32	Screw, Pan Head Phillips, 8-16 x .50"	HT552512	19
33	Screw, Pan Head Phillips, 10-24 x .75"	HT572515	8
34	SHCS .250-20 UNC-3A SS	HX622815	2
35	Linkage Rod Cap 2.00 OD (1 extra)	PL-16535	3
36	Loctite	YA000201	1



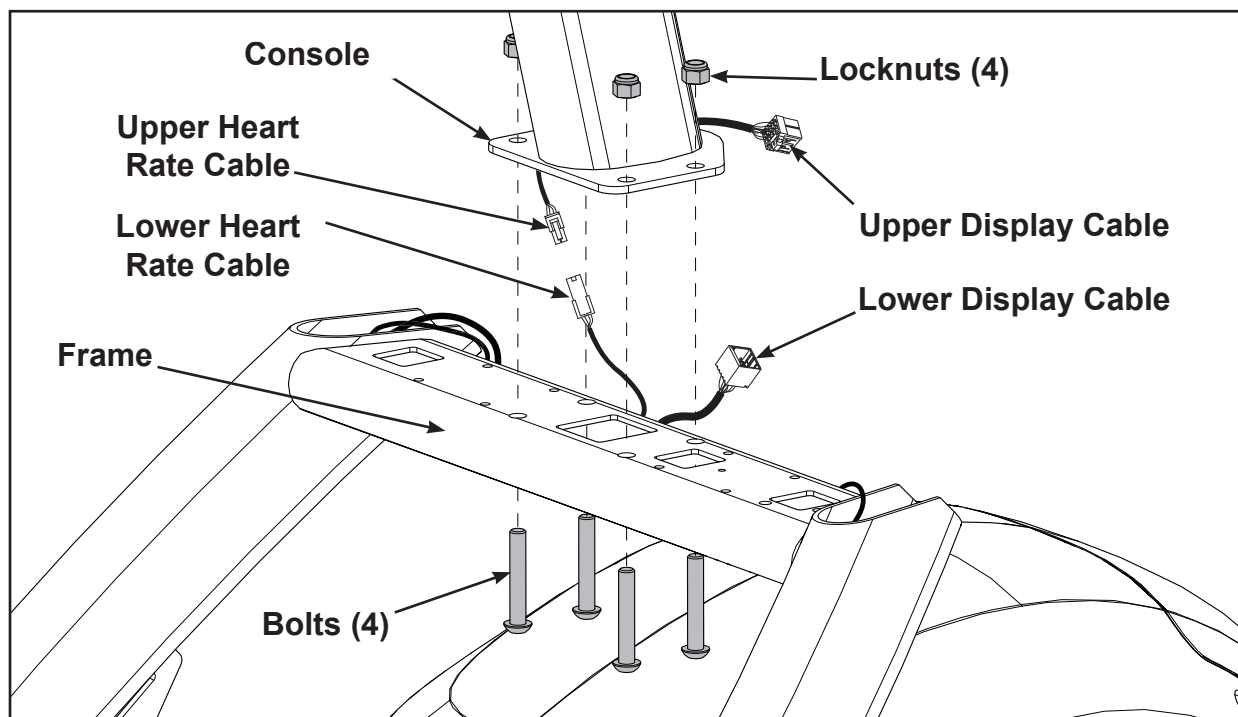


Lift and move unit

1. Remove large bolts and shipping supports. Keep package material on linkage arms at this time. This will protect the paint from scratching during assembly.
2. Grasp each rear support leg firmly and lift with one person on each side.
3. Lift the lower rear support legs using proper lifting methods so the front transport wheels are able to roll on floor.
4. Move unit to intended location.
5. Lower rear support legs.

Install 772AT console assembly.

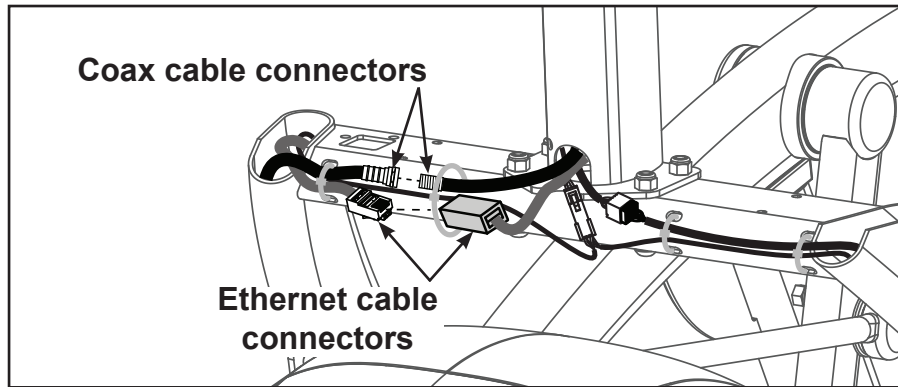
1. Place the console into position on the frame. Do not pinch cables while lowering the console.



2. Insert (from underneath) the four bolts into the frame and console.
3. Thread the four locknuts onto the bolts by hand.
4. Tighten the four bolts and locknuts with a 7/32" Allen wrench and a 9/16" open-end wrench.
5. Plug the upper heart rate cable into the lower heart rate cable.
6. Plug the upper display cable into the lower display cable.

Install coax cable and ethernet cables

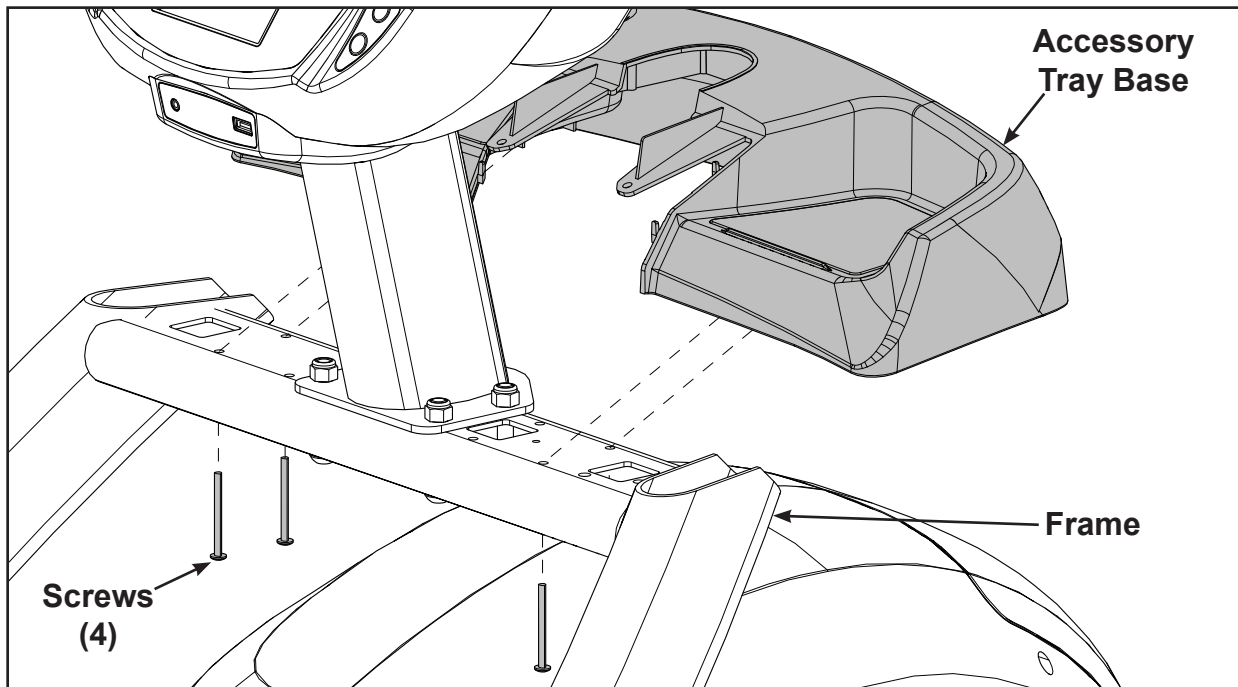
1. Plug the coax cable connectors into each other and tighten threaded connector.



2. Plug the ethernet cable connectors into each other.

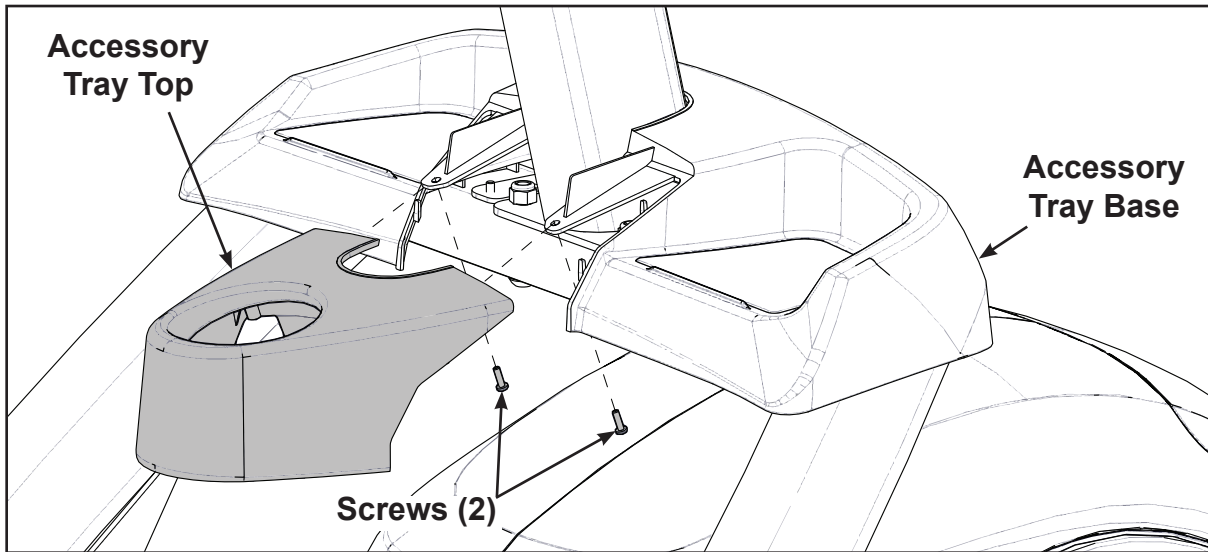
Install accessory tray base

Install the four screws using a Phillips screwdriver.



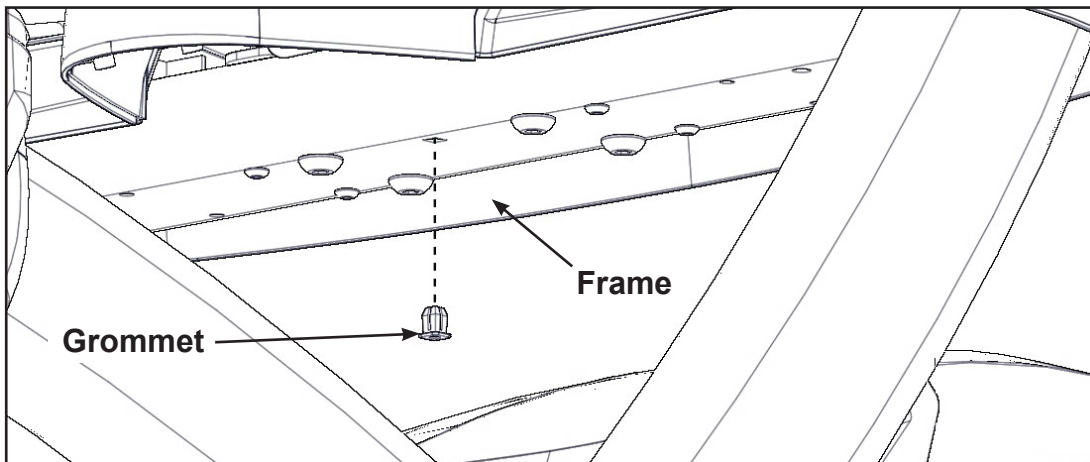
Install accessory tray top

Install the two screws using a Phillips screwdriver.

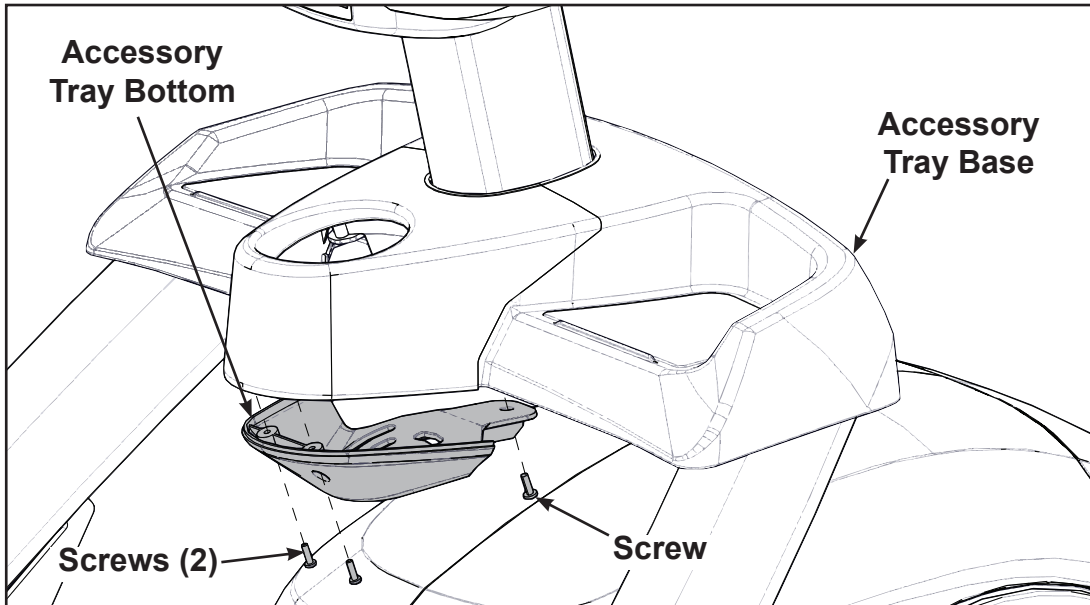


Install accessory tray bottom

1. Install the grommet to the frame.

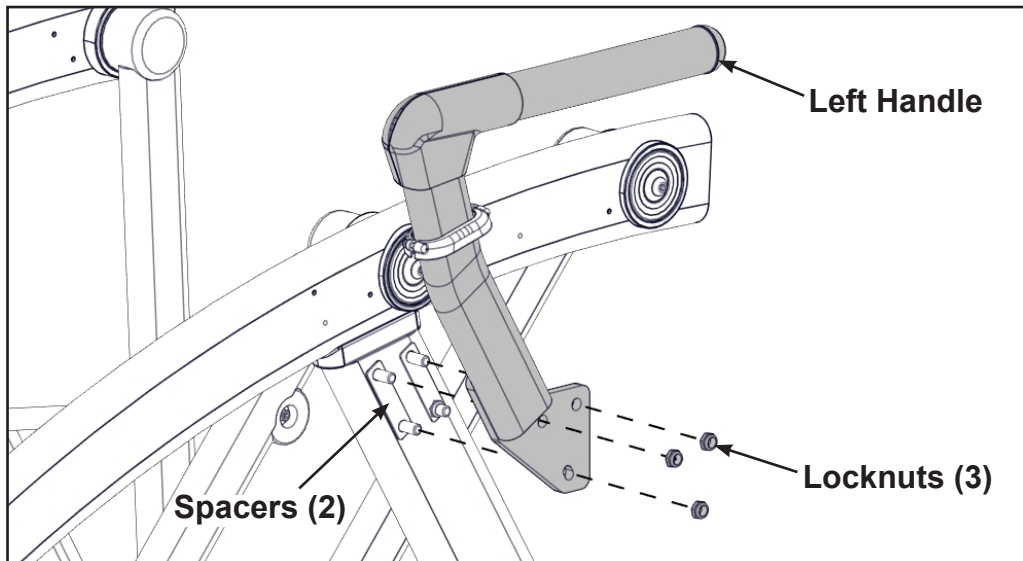


2. Install the accessory tray bottom to the accessory tray base with three screws using a Phillips screwdriver.



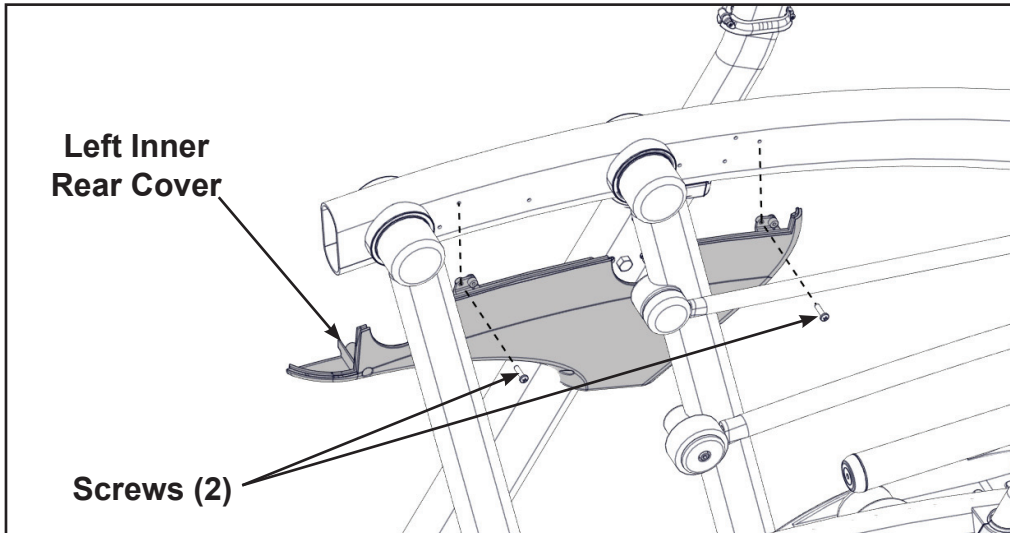
Install handrails.

1. Remove three locknuts from the left support leg using two 9/16" open end wrenches. Keep the two spacers in place.

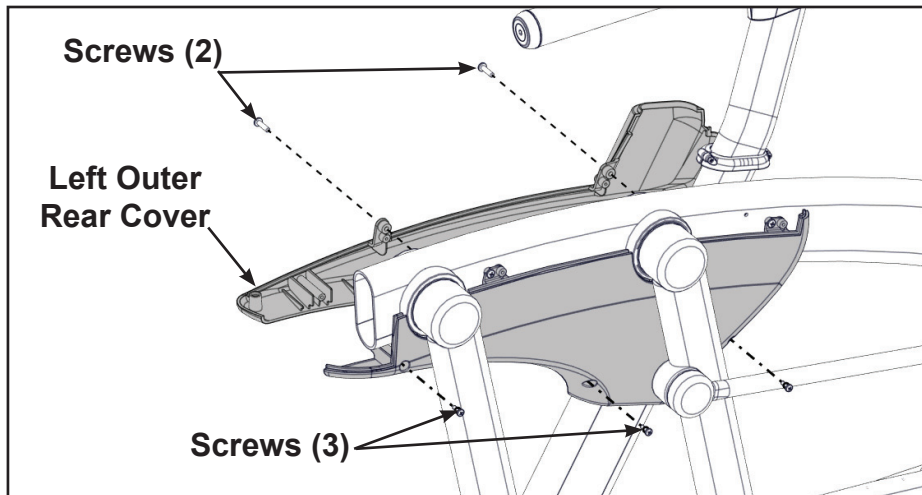


2. Install the left handle and three locknuts using two 9/16" open end wrenches.

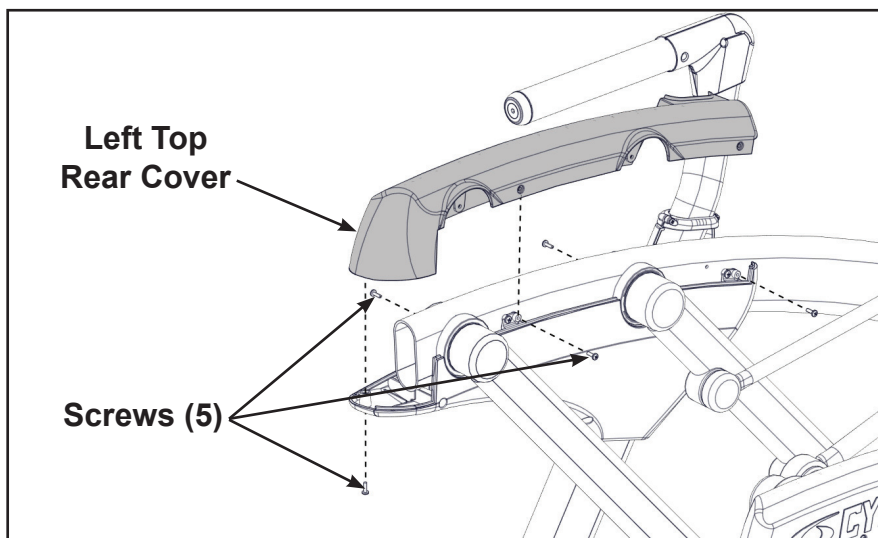
3. Install the left inner rear cover with two screws using a Phillips screwdriver.



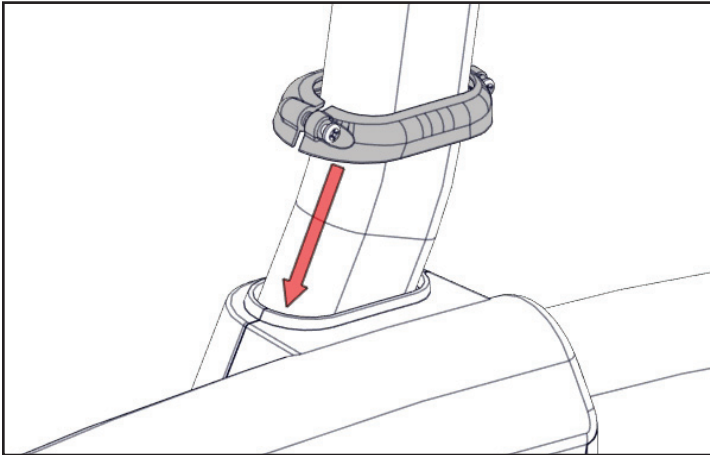
4. Install the left outer rear cover with five screws using a Phillips screwdriver.



5. Install the left top rear cover with five screws using a Phillips screwdriver.



6. Loosen the two screws in the right inner and outer collars using a Phillips screwdriver.



	Description
1	Screws (2)
2	Inner Collar
3	Outer Collar
4	Cover

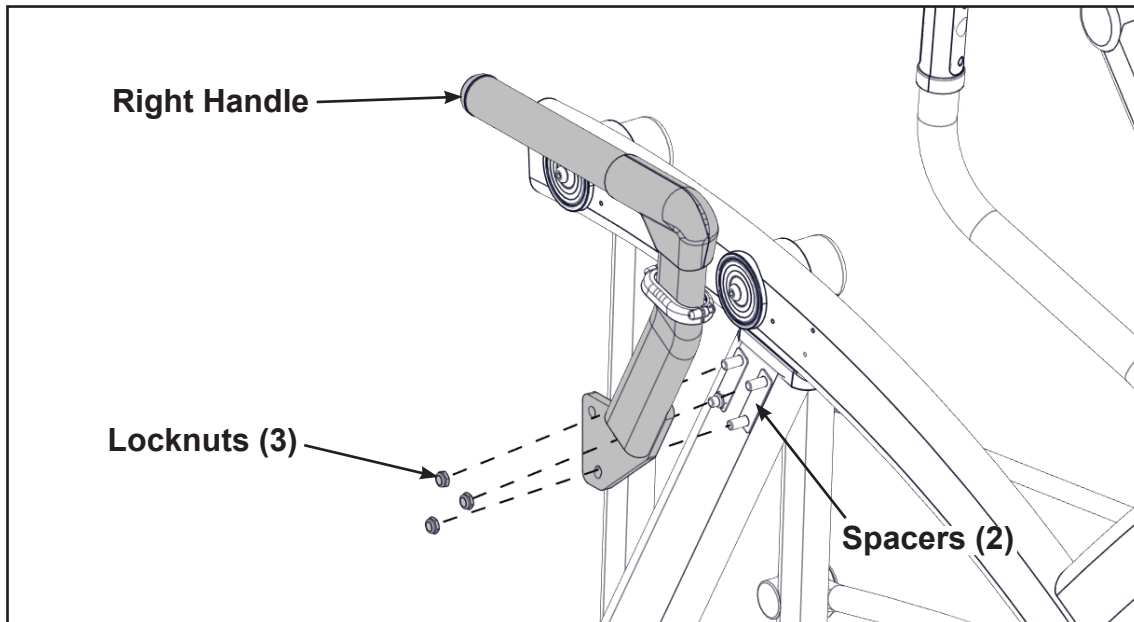
7. Slide the inner and outer collars onto the right covers.

8. Insert the tabs of the collars into the slots of the cover.

9. Tighten the two screws using a Phillips screwdriver.

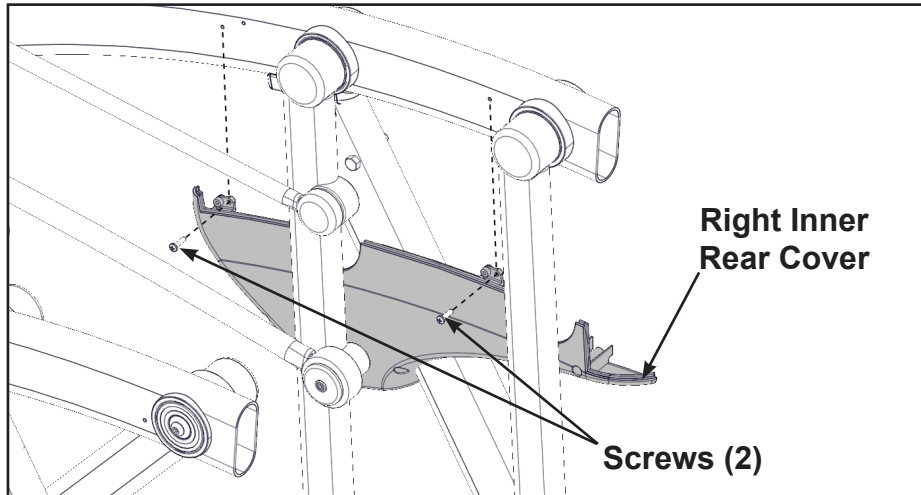
10. Repeat steps 6 through 9 for the right side.

11. Remove three locknuts from the right support leg using two 9/16" open end wrenches. Keep the two spacers in place.

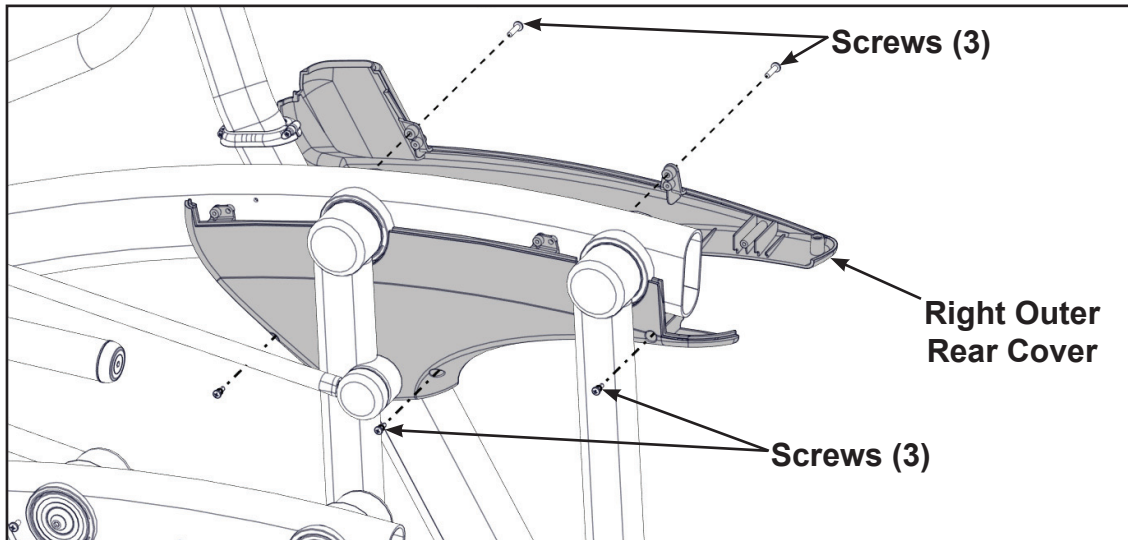


12. Install the right handle and three locknuts using two 9/16" open end wrenches.

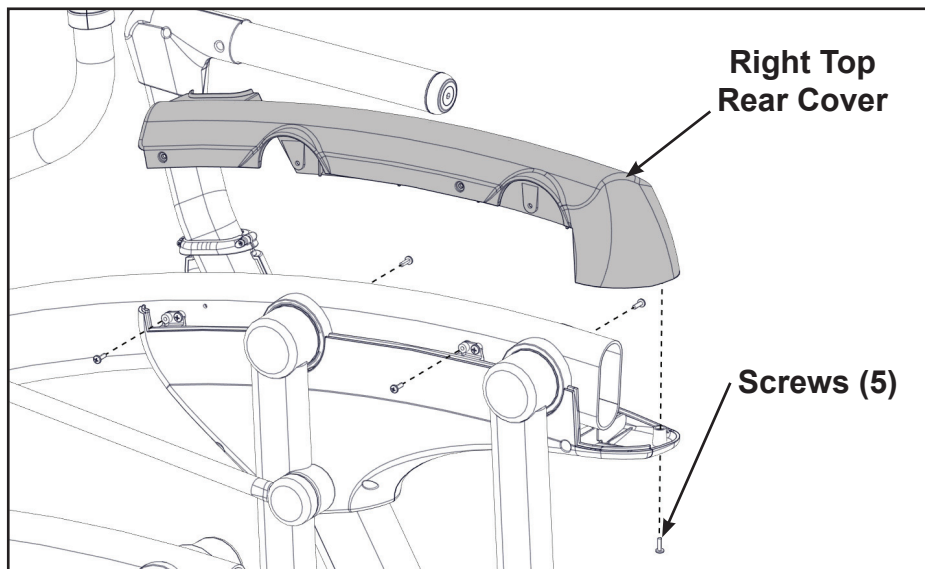
13. Install the right inner rear cover with two screws using a Phillips screwdriver.



14. Install the right outer rear cover with five screws using a Phillips screwdriver.

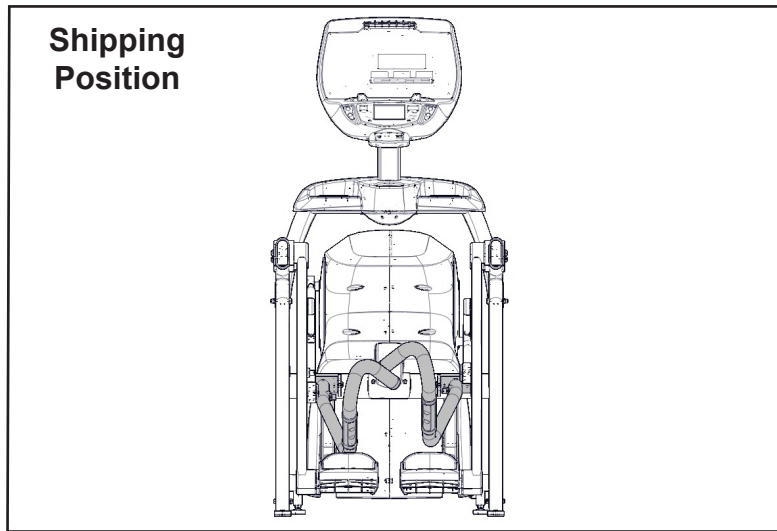


15. Install the right top rear cover with five screws using a Phillips screwdriver.

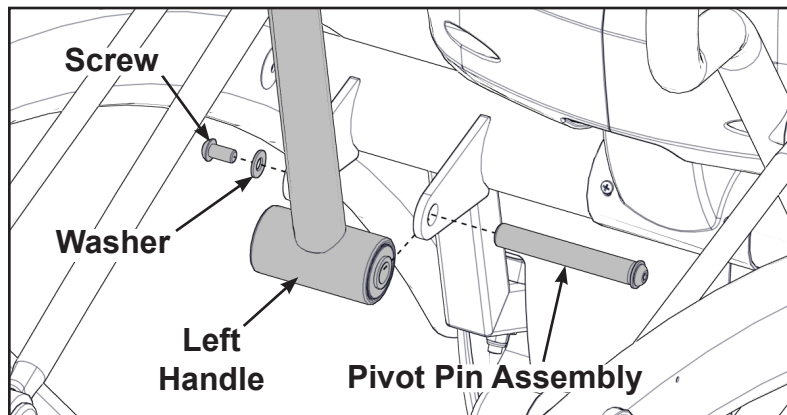


Remove left and right handle assembly

The left and right handle assemblies are shipped in rotated positions. The handle assemblies must be removed and rotated 180 degrees for proper setup and assembly.

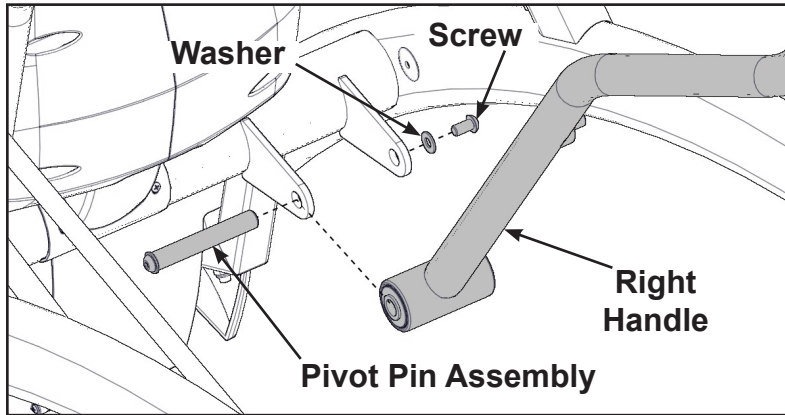


1. Remove a screw and washer from the left handle assembly using two 7/32" Allen wrenches.



2. Slide pivot pin assembly out and remove left handle assembly.
3. Rotate left handle assembly 180 degrees.
4. Apply Loctite to threads inside the pivot pin and screw.
5. Place left handle assembly in position and slide pivot pin assembly back in place.
6. Install the screw and washer to the left handle assembly using two 7/32" Allen wrenches.

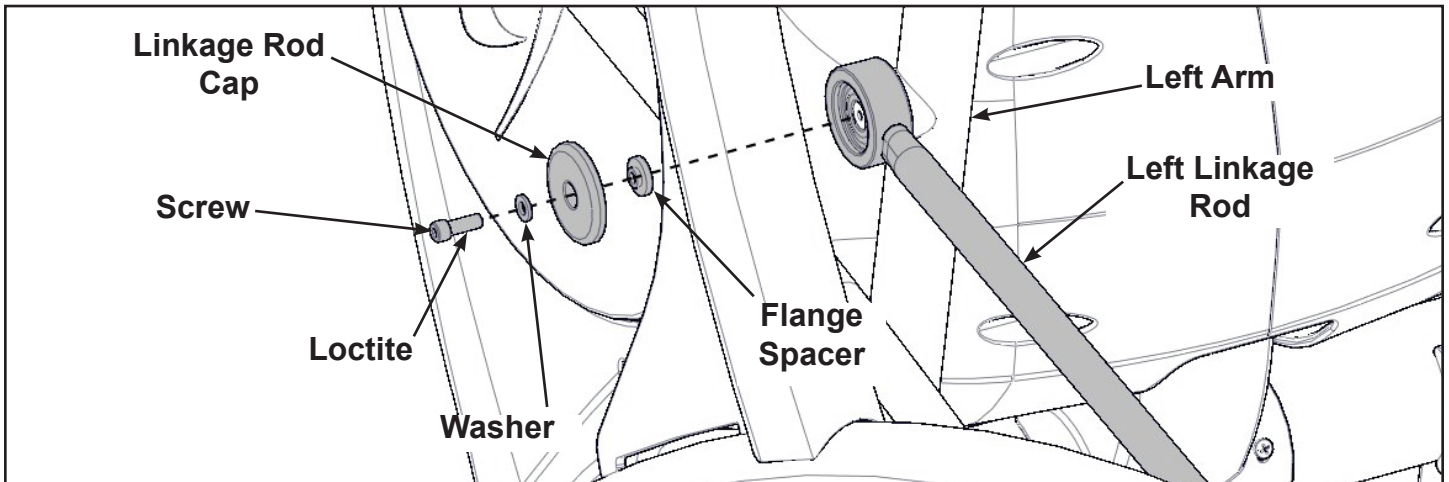
7. Remove a screw and washer from the right handle assembly using two 7/32" Allen wrenches.



8. Slide pivot pin assembly out and remove right handle assembly.
9. Rotate right handle assembly 180 degrees.
10. Apply Loctite to threads inside the pivot pin and screw.
11. Place right handle assembly in position and slide pivot pin assembly back in place.
12. Install the screw and washer to the right handle assembly using two 7/32" Allen wrenches.

Install the left linkage rod

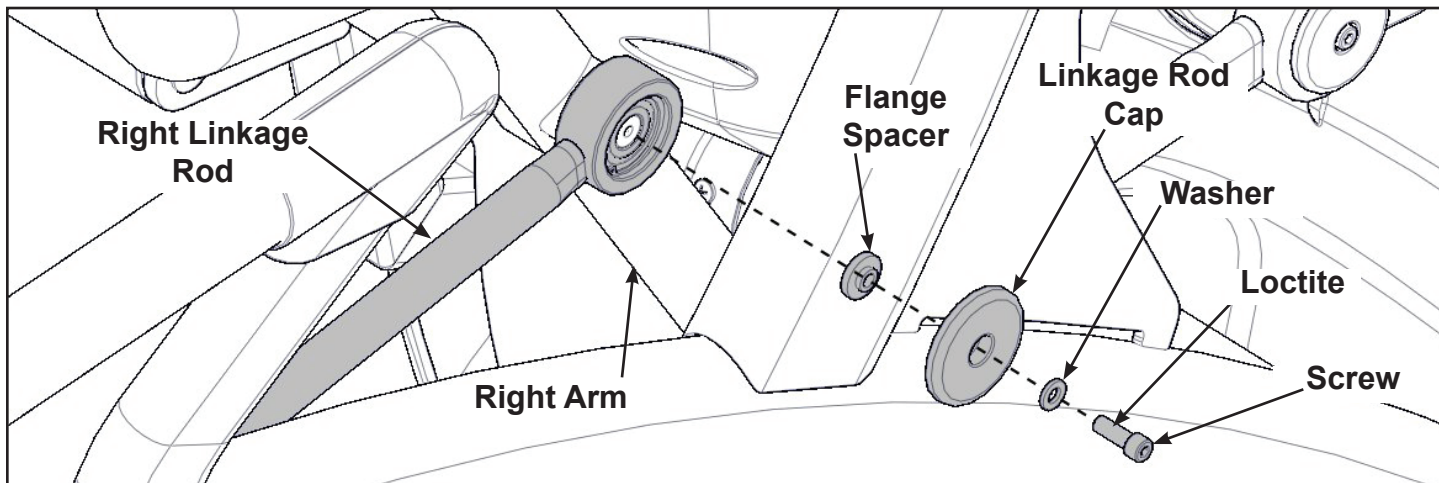
1. Pivot left handle assembly up and slide left linkage rod onto left arm.



2. Place a drop of Loctite onto the screw.
3. Install the screw, washer, linkage rod cap, and flange spacer using a 3/16" Allen wrench.
4. Tighten screw to a minimum of 90 in/lbs.

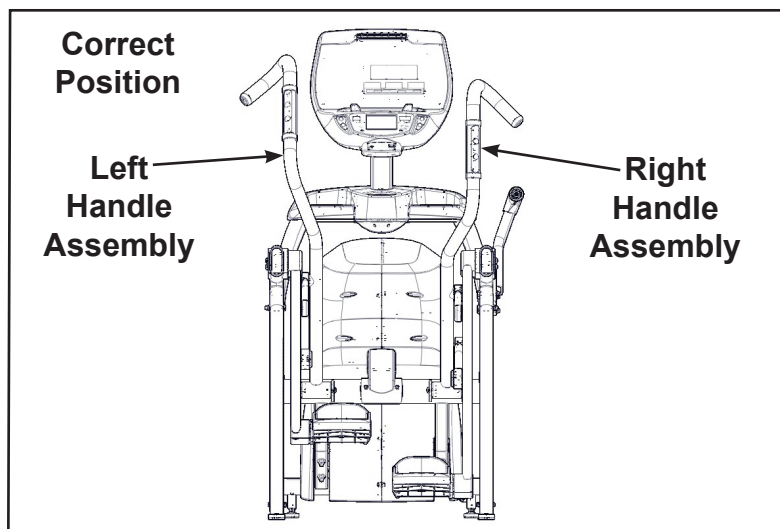
Install right linkage rod

1. Pivot right handle assembly up and slide right linkage rod onto right arm.



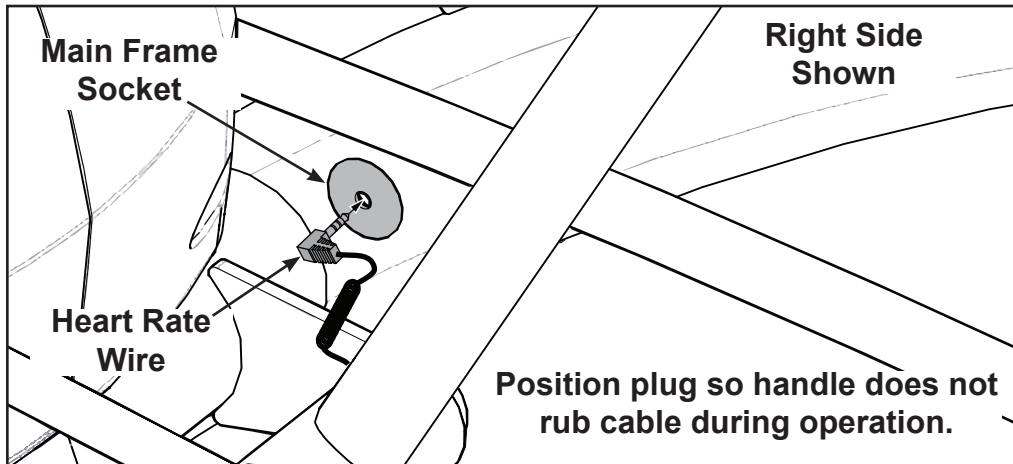
2. Place a drop of Loctite onto the screw.
3. Install the screw, washer, linkage rod cap, and flange spacer using a 3/16" Allen wrench.
4. Tighten screw to a minimum of 90 in/lbs.

Verify handle assemblies are now installed in the correct position.



Connect contact heart rate cable

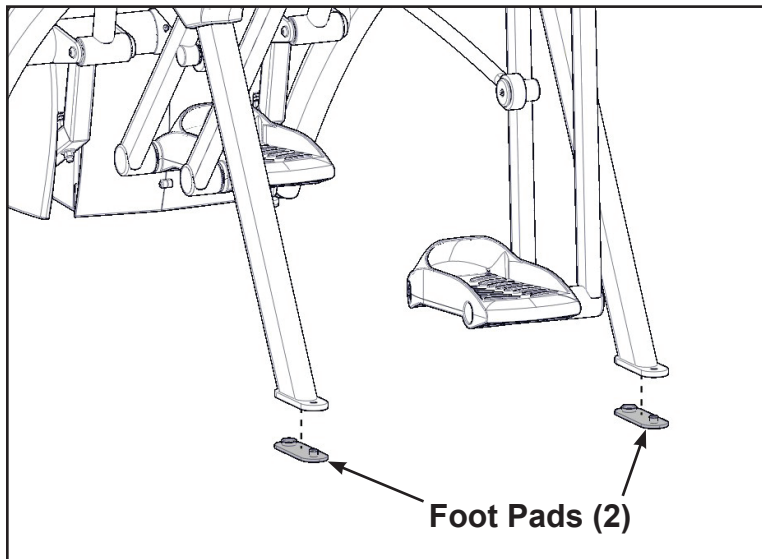
1. Plug right heart rate cable into main frame socket.



2. Plug left heart rate cable into main frame socket.

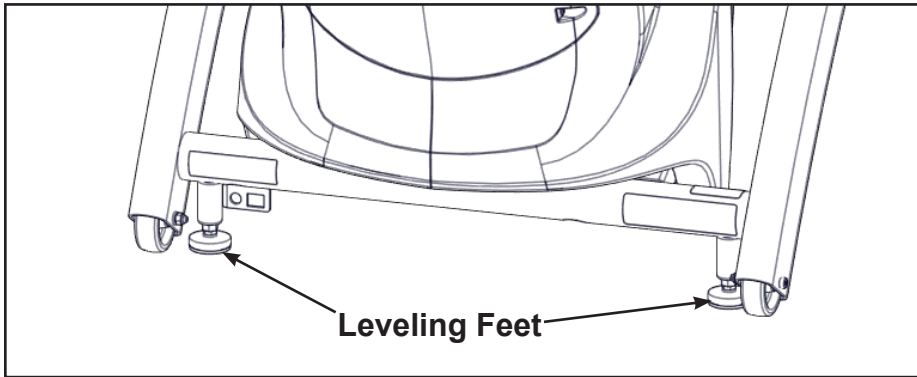
Install foot pads

Have one person lift the unit while a second person places a foot pad under each of the two back feet.



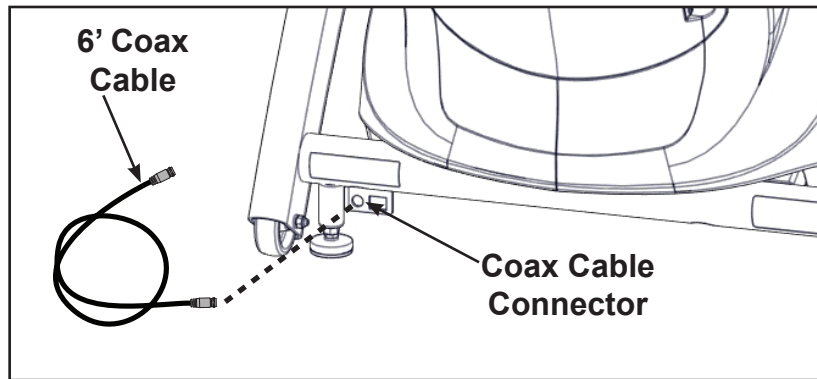
Level unit

Confirm unit is on a level surface. If not, use a 9/16" open-end wrench to adjust the leveling feet up or down.

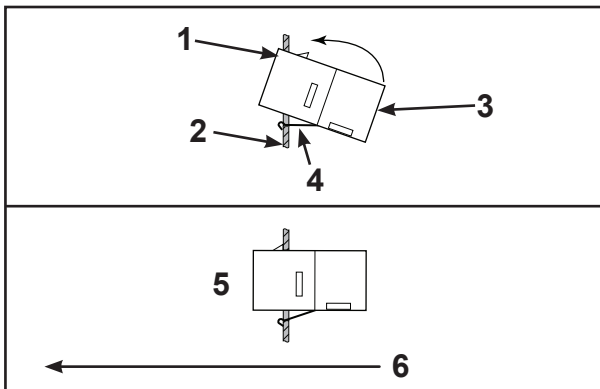


Install coax and ethernet cables

1. Install 6' coax cable to the coax cable connector in base of unit.

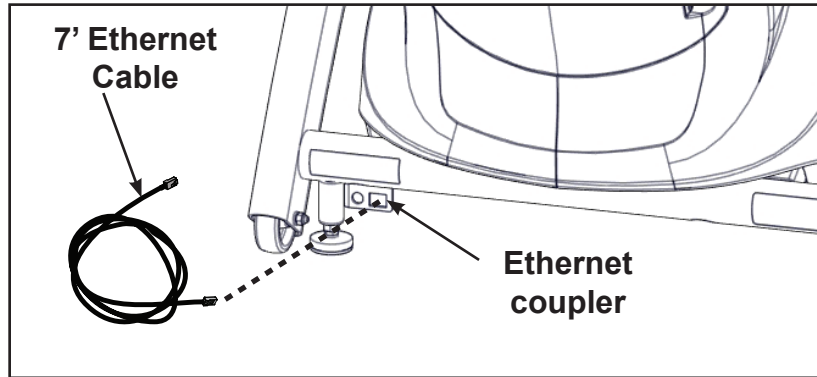


2. Insert the ethernet coupler into the mounting plate by hooking the lower tab into the mounting plate and snapping in the upper tab.



	Item	Description
1		Upper tab
2		Mounting plate
3	6	Ethernet coupler
4		Lower tab
5		Installed
6		Front of unit

3. Install 7' ethernet cable to the ethernet coupler in base of unit.



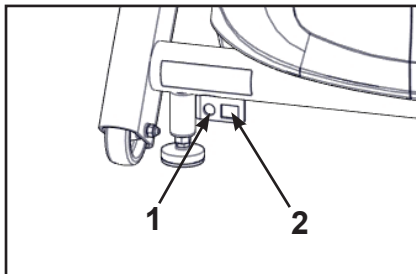
Visually inspect unit

1. Carefully remove any package material from arms and rest of unit.
2. Carefully examine the unit to ensure assembly is correct and complete.

Cybox GO Setup

Prerequisites:

- Coax cable with TV signal
- Netpulse Gateway installed and running, providing the connection via:
 - Wired (Ethernet)** – Ethernet cable is connected to the Cybox equipment through a network switch to the Gateway.
 - Wireless** – Gateway has been installed in the facility using a unique wireless access point. Cybox GO Monitor will not connect to any other routers in the area.
- Power to the Cybox Equipment.
 1. Install coax cable to the coax cable connector in base of unit.



	Item	Description
1		Coax cable connector
2		Ethernet coupler

2. Install ethernet cable to the ethernet coupler in base of unit.

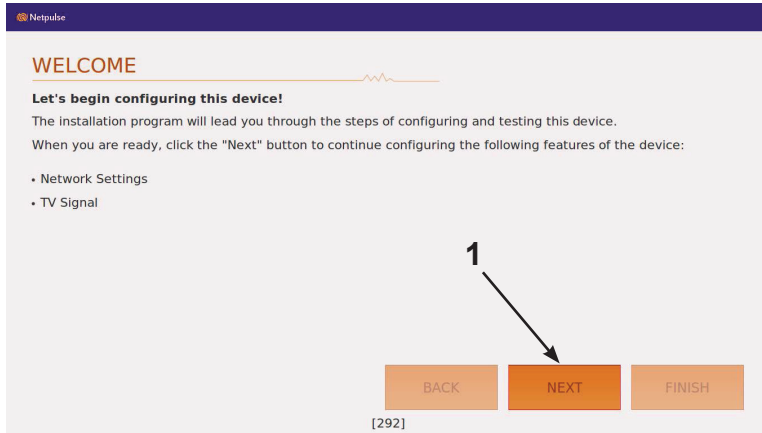
Use the following instructions to setup the unit.

1. Plug the power cord into a power outlet from a grounded circuit, See **Electrical Requirements**. Coil up the remainder of the power cord and place it out of the way. The control panel will light up and be in the Dormant Mode.
2. Hold the handrails to steady self while stepping into the foot plates.
3. Begin striding. Verify lower heart rate cable is not rubbing on handle during operation.

Cybex GO installer

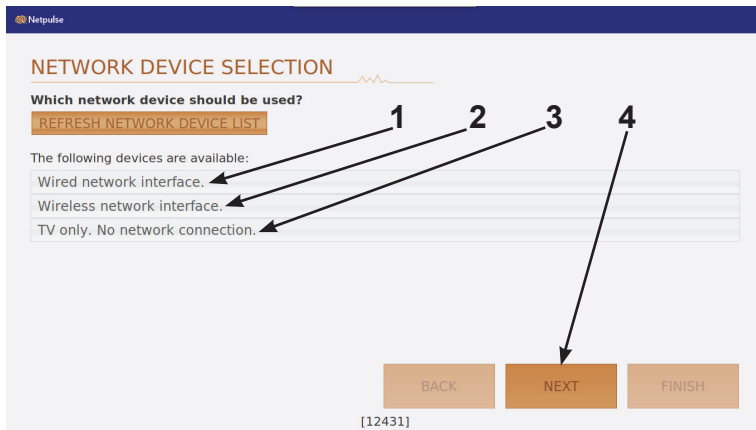
The Cybex GO installer only occurs during the initial installation of the unit. Once complete, refer to *Initial setup*.

1. Tap “NEXT” to begin configuration.



	Description
1	NEXT

2. Select one of the three network devices.
 - Wired network interface.
 - Wireless network interface.
 - TV only. No network connection.



	Description
1	Wired network interface
2	Wireless network interface
3	TV only. No network connection
4	NEXT

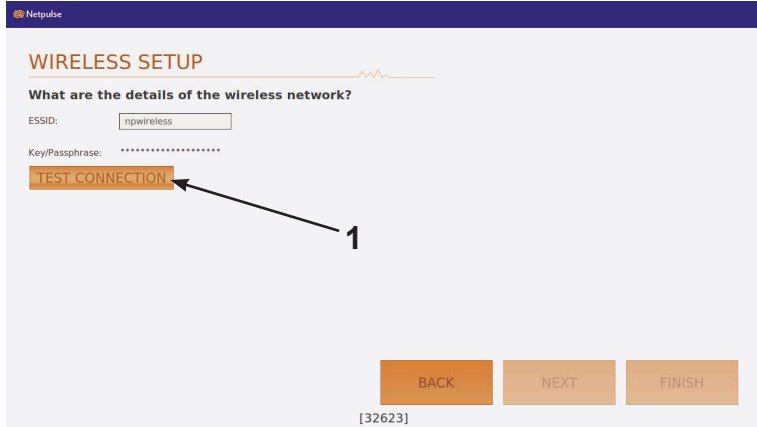
Follow the procedure for one of the three selected networks below:

Wired network interface

1. Tap **Wired network interface**.
2. Tap **NEXT** to confirm selection.
3. Go to *Test network*.

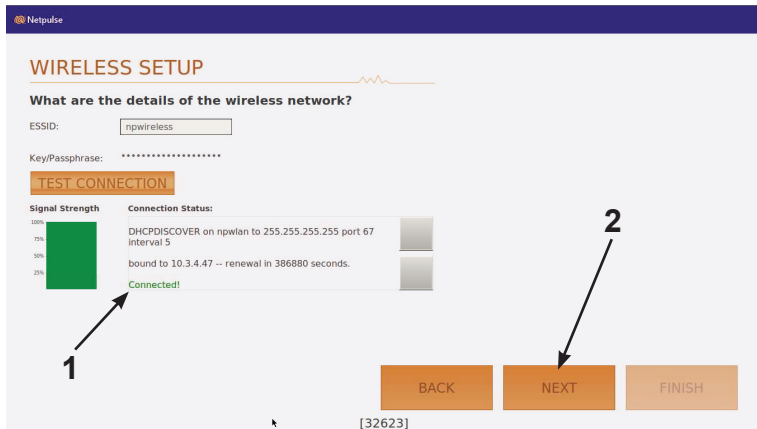
Wireless network interface

1. Tap **Wireless network interface**.
2. Tap **NEXT** to confirm selection.
1. Tap **TEST CONNECTION**. This may take up to five minutes to complete. If test fails, retry.



	Description
1	TEST CONNECTION

2. Tap **NEXT** after test passes and displays "Connected!".

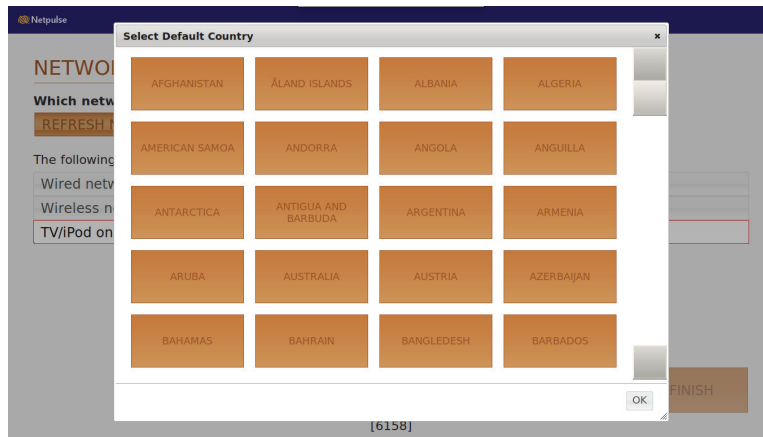


	Description
1	Connected!
2	NEXT

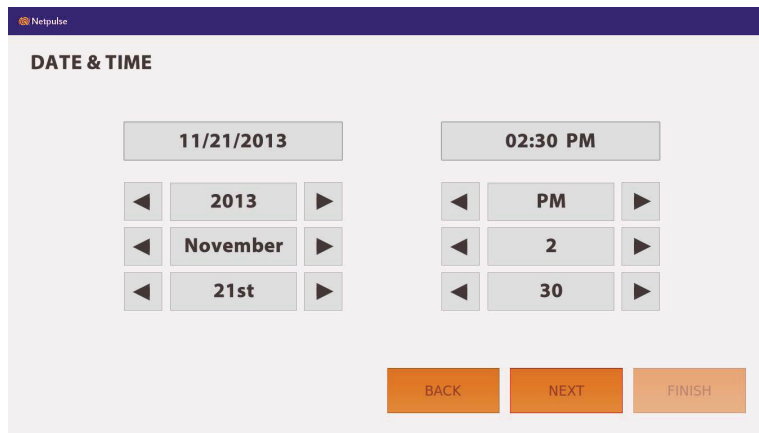
3. Tap OK after alert window displays "Wireless network configured!".
4. Go to *Test network*.

TV only

1. Tap **TV only. No network connection.**
2. Select Default Country.



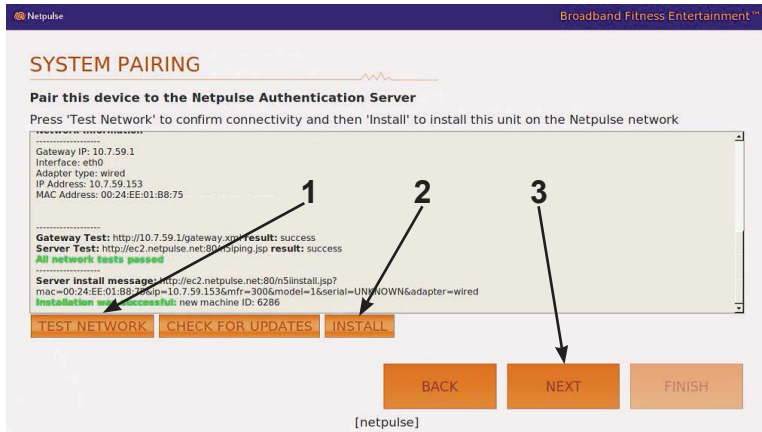
3. Tap **OK**
4. Set Date and Time.



5. Tap **NEXT**.
6. Go to *Channel configuration*.

Test network

1. Tap TEST NETWORK.



	Description
1	TEST NETWORK
2	INSTALL
3	NEXT

2. When network test passes, tap **INSTALL**. If network test fails, check the network connections and retry.

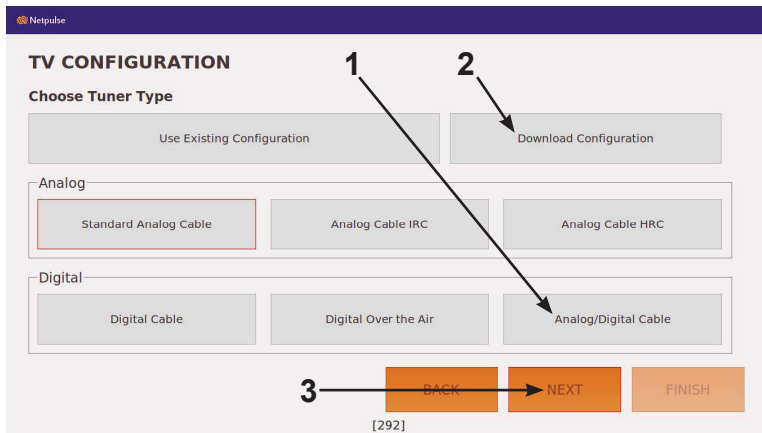
3. Tap **NEXT**.

TV configuration

The TV configuration only needs to be performed on the first unit installed. Configure the first unit completely, save the configuration, then assemble and configure all other units.

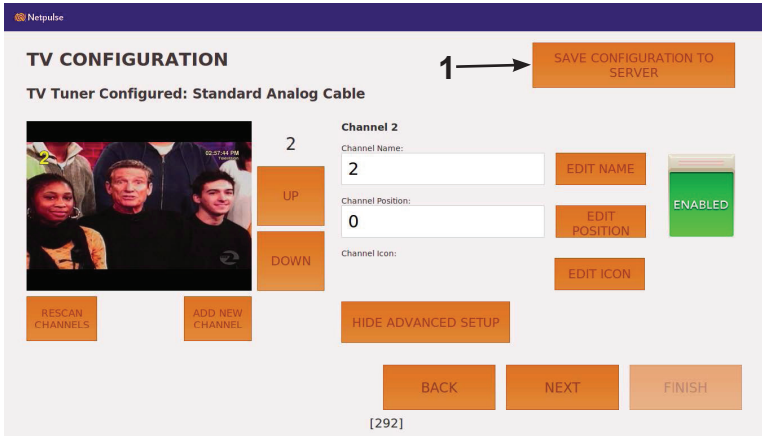
1. Select **Analog/Digital Cable** and tap **NEXT**. This will scan for all available channels. The scan can take 20 minutes to complete.

If scan was previously configured and stored, choose **Download Configuration** and tap **NEXT** to configure other units. Go to *Test Cybox GO Monitor*.



	Description
1	Analog/Digital Cable
2	Download Configuration
3	NEXT

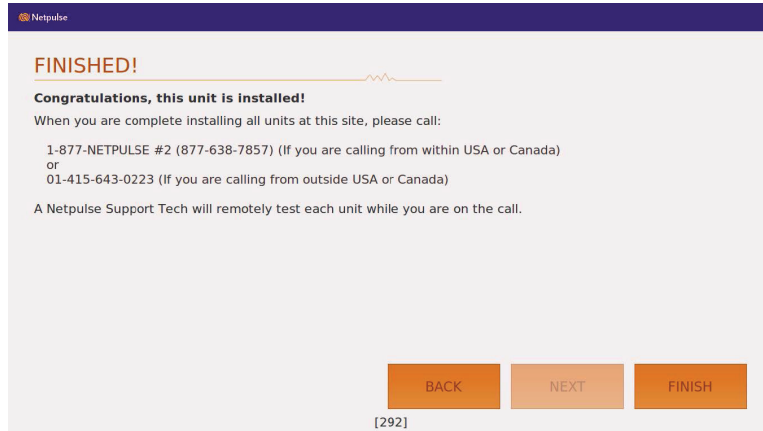
2. Tap **SAVE CONFIGURATION TO SERVER**.



	Description
1	SAVE CONFIGURATION TO SERVER

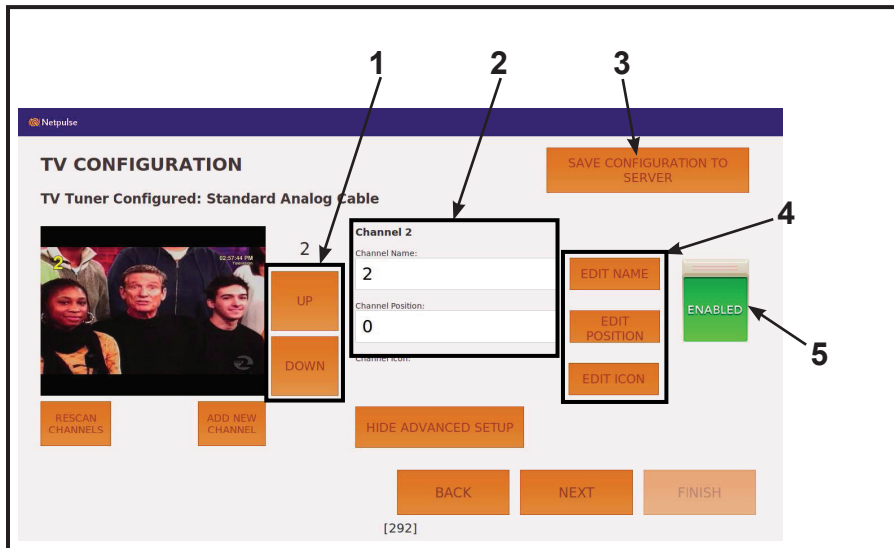
To configure each of the channels see *Channel configuration*.

3. Tap **FINISH** to complete installation. Cybox GO monitor will reset. Do not call Netpulse.



Channel configuration

Each channels name, position, and icon can be edited. Channels not needed or channels with poor signals can be disabled.



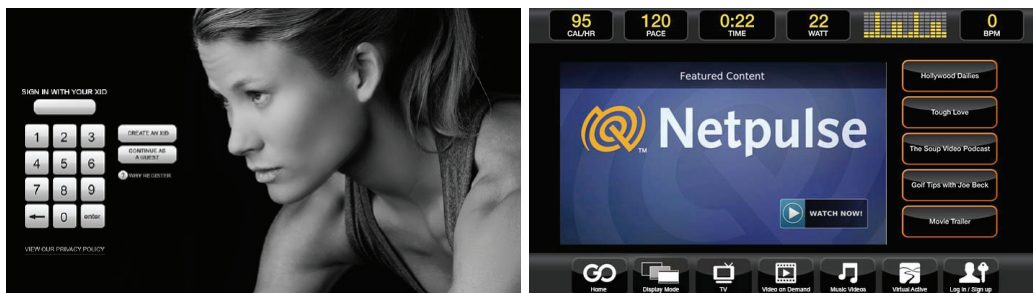
	Description
1	Channel Up/Channel Down
2	Channel name and position number
3	SAVE CONFIGURATION TO SERVER
4	EDIT NAME, EDIT POSITION, and EDIT ICON
5	Channel ENABLED or DISABLED

1. Tap **SHOW ADVANCED SETUP**, if edit icons are not visible.
2. Tap the **Channel Up** or **Channel Down** icons to select channel to edit.
3. Tap **EDIT NAME**. A keyboard is displayed to edit the channel name. Tap **SAVE** when done.
4. Tap **EDIT POSITION**. A keypad is displayed to edit the channel position. Tap **SAVE** when done.
5. Tap **EDIT ICON**. Icons are displayed to edit the channels icon. Tap **SAVE** when done.
6. Tap the **ENABLED** or **DISABLED** icon to toggle the viewing of each channel.

The channel configuration only needs to be performed on the first unit installed. Configure the first unit completely, save the configuration, then assemble and configure all other units.

Test Cybex GO monitor

Test Cybex GO monitor by tapping **CONTINUE AS GUEST** at home screen. Select from TV or Videos to test Cybex GO monitor










Equipment Setup

Units setup



Initial setup only occurs during the installation of the unit. Once complete, refer to *Setup Options*.



	CYBEX LOGO	Press and hold Cybex logo for 6 seconds to access <i>Screen Lock</i> and <i>Toolbox</i> . See Preventive Maintenance section.
	LANGUAGE ICON	Press and hold language logo for 6 seconds to access <i>Screen Lock</i> and <i>Toolbox</i> .



1. Tap the **Access Toolbox** icon to display the *Access to Toolbox* login screen.
2. Enter the sequence:     .
3. Tap the **Setup** icon to display the *setup menu*.
4. Tap the **Units** icon to select the Set units preference screen.
5. Select the unit preferences from the following options:






Distance Units	Weight Units
Miles	Lbs.
Km	Kg
	Stone

Exit Set Up Mode by tapping the **Toolbox** icon , then tap the **Home** icon . The screen will refresh.

Setup options

Enter setup options.

	CYBEX LOGO	Press and hold Cybex logo for 6 seconds to access <i>Screen Lock</i> and <i>Toolbox</i> . See Preventive Maintenance section.
	LANGUAGE ICON	Press and hold language logo for 6 seconds to access <i>Screen Lock</i> and <i>Toolbox</i> .

1. Tap the **Access Toolbox** icon to display the *Access to Toolbox* login screen.
2. Enter the sequence:     .
3. Tap the **Setup** icon to display the *setup menu*.

The Setup options are:

Units	Select distance units. MI - Miles or KM - Kilometers. Select weight units. LBS - Pounds, KG - Kilograms or Stone - Stones.
A/V Config	Perform Touch Calibration, Network Setup, or Channel Setup. See <i>A/V Configuration</i> .
Workout times	Set Default and Max workout times. Default choices are 20, 30, or 60 minutes. Max choices are 20, 30, 60, or OFF.
Pause	Set Pause time. Choices are OFF, 0:30, 1:00, or 2:00 minutes.
Sound	Select console beeper settings. Choices are ON, Some, or OFF. Selecting Some enables beeper for safety related notifications, such as Entering Active, Exiting Active, and Cool Down.
Language	Select language to use for CardioTouch text. Toolbox is only available in English.

Exit Set Up Mode

Exit Set Up Mode by tapping the **Toolbox** icon , then tap the **Home** icon . The screen will refresh.

Testing Operation

Use the following instructions to test the full resistance and incline range of the unit:

1. Plug the optional power cord into a power outlet from a grounded circuit, See **Electrical Requirements**. Coil up the remainder of the power cord and place it out of the way. If you do not have the optional power supply, skip to step 3.
2. Verify the control panel will illuminate and is in *Dormant Mode*.
3. Hold the handrails to steady self while stepping into the foot plates.
4. Begin striding.
5. Verify lower heart rate cable is not rubbing on handle during operation.
6. Tap **QUICK START** icon on the CardioTouch screen.
7. Run unit through full resistance range. First press the **RESISTANCE +** key until unit reaches its highest load (the display will show "100"). Then press the **RESISTANCE -** key until unit reaches its lowest load (the display will show "0").

When unit reaches the set incline and resistance, the displays will stop flashing and remain steadily illuminated to indicate the desired settings have been reached.

8. Run unit through full incline range. First press the **INCLINE** key until the unit reaches its highest incline (the display will show "20"). Then press the **INCLINE** key until unit reaches its lowest incline (the display will show "0").



WARNING: Moving parts and fall hazard.

To avoid serious injury wait until foot plates come to a complete stop before getting off unit.

9. Press **STOP** twice to bring the incline back to its start position, end the workout review, and return the display to *Dormant Mode*.
10. Wait until foot plates come to a complete stop before dismounting unit. Hold handrails to steady self while stepping off unit.

Operation

Intended Use

The intended commercial use of this machine is to aid exercise and improve general physical fitness.

Terms Used

Active Mode – Any time the unit is controlling resistance and accumulating workout data. Active Mode begins after tapping **QUICK START** icon during the initial count-down screen, after completing the setup for a workout, or by default if the initial count-down screen times out and enters Quick Start mode.

Auto-Scan – Display automatically cycles through workout data.

CardioTouch Screen – The CardioTouch Screen is the touch screen located in the handset area.

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 workout session.

Dormant Mode – Occurs when unit is plugged in with optional AC adapter and not in use.

Muscle Map – An anatomical representation of the human body with primary muscle groups lit by multi-color LED's. The color of the LED displays which muscle groups are targeted and the relative intensity of the exercise.

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

Workout Group – This begins after tapping the **WORKOUTS** icon. Select from available workouts.

Quick Start – Tap the **QUICK START** icon to enter into Quick Start Mode, where the user controls the Incline and Resistance as time counts up. Also occurs after 40 seconds of the user striding and not interacting with the console.











Workout Review – Review of the accumulated workout data will happen at the end of each workout session.



Read and understand all warnings and cautions in the Safety Section and all operation instructions in this chapter before operating unit.

User Control Symbols Used










Control	Control Name	Description
	INCLINE UP	Adjust Incline up.
	INCLINE DOWN	Adjust Incline down.
	RESISTANCE UP	Adjust Resistance up.
	RESISTANCE DOWN	Adjust Resistance down.
	VOLUME UP	Adjust Volume up.
	VOLUME DOWN	Adjust Volume down.
	CHANNEL/TRACK CONTROL	Cybex GO - Channel UP iPod/iPhone/iPad - NEXT track (option)
	CHANNEL/TRACK CONTROL	Cybex GO - Channel DOWN iPod/iPhone/iPad - PREVIOUS track (option)
	STOP	If pause feature is enabled, press STOP once to enter pause mode.
	FAN	Default speed is OFF during active mode. Press the FAN key to control fan speed. Choices are OFF, LOW and HI.

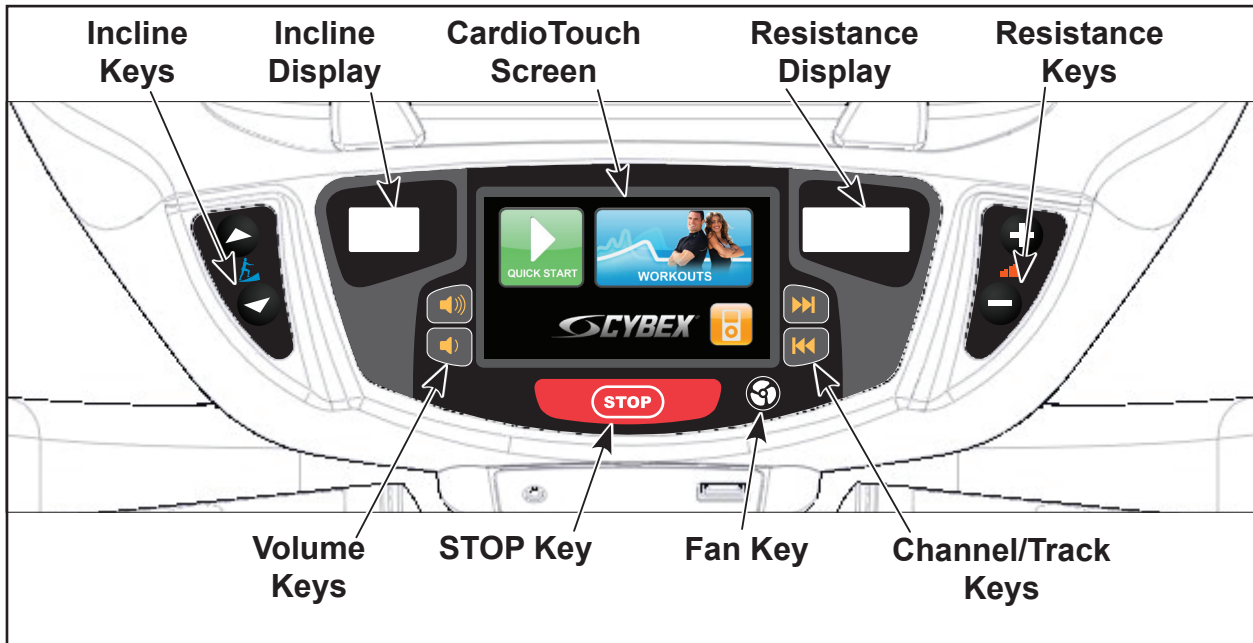
CardioTouch Symbols Used



Icon	Icon Name	Description
	QUICK START	<i>Quick Start</i> enters <i>Active Mode</i> at the default incline and resistance with time counting up from 0:00.
	WORKOUTS	Tap <i>Workouts</i> icon to enter workout group selection.
	iPOD	Tap <i>iPod</i> icon to enter iPod control menu. If iPod is not connected, icon will be grayed out.
	HOME	Return to opening screen.
	START	Enter <i>Active Mode</i> .
	PAUSE	If pause feature is enabled, pause icon is shown. Press pause icon or STOP button once to enter pause mode.
	STOP	If pause feature is disabled, stop icon is shown. Press stop icon or STOP button once to enter "Workout review".
	BACK	Return to previous or opening screen.
	UP LEVEL	Go up one level or return to iPod screen.
	SHIFT LEFT	Shift the screen left to view more options.
	SHIFT RIGHT	Shift the screen right to view more options.

Icon	Icon Name	Description
	KEYPAD	Numeric keypad for entering data.
	ENTER	Select after entering information to enter value.
	CLEAR	Clear any values selected.
	INFO	Select to provide more information and details.
	SCALE	Displays current value and high/low range.
	CYBEX LOGO	Press and hold Cybex logo for 6 seconds to access <i>Screen Lock</i> and <i>Toolbox</i> . See Preventive Maintenance section.
	LANGUAGE ICON	Tap language icon to select available languages. Set languages available in Setup Options section. Press and hold language logo for 6 seconds to access <i>Screen Lock</i> and <i>Toolbox</i> .

CardioTouch Screen and User Controls



Displays — Incline and Resistance are shown in the LED displays.

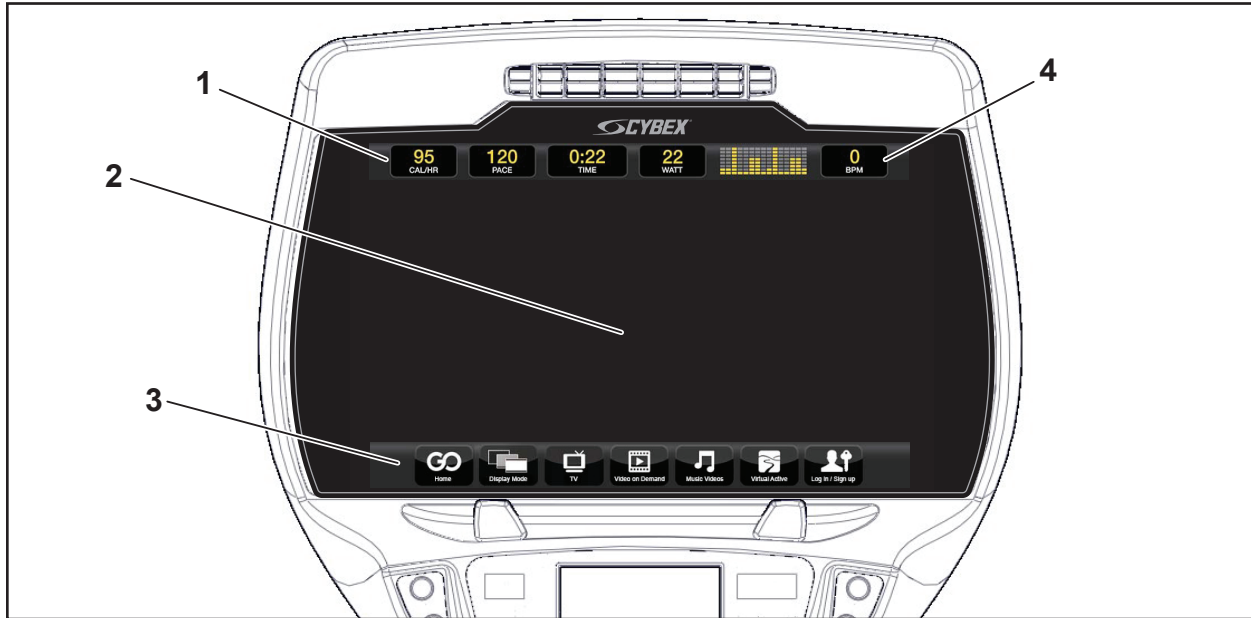
Keys — User controls for Incline, Resistance, Volume, STOP, Fan and Channel/Track.

CardioTouch Screen — Tap the icons to make selections.



Cybex GO Console and User Controls

Cybex GO Console






1	Data bar	Displays messages and workout data.
2	Video display area	Displays video, data, or blank.
3	Menu bar	Menu icons for Cybex GO options.
4	Heart rate indicator	Display heart rate and multi color indicator.






Data bar

Tap data icons to toggle the data displayed. TIME and BPM do not toggle. See *Heart rate indicator* for more information about BPM (Beats Per Minute).

DISTANCE	CALORIES	TIME	MET	Graph or message	BPM
CAL/HR	SPM		WATT		

Menu bar

Icon	Icon Name	Description
	Home	Main landing page with content tailored to each user.
	Display Mode	Tap Display Mode icon to toggle between 4 display modes: TV + Data - Display video with data at top of screen TV Only - Display video only, no data Data Only - Display data only, no video Blank - Screen is blank, video and data are not displayed
	TV	Select from available TV channels. Channels available are based on the local cable TV provider.

	Video on Demand	Watch videos on demand. Various content categories (TV Shows, Movie Trailers, Classic TV, etc) are grouped into channels.
	Music Videos	Watch available music videos. Playlists are organized by music genre. Create your own playlist.
	Virtual Active	The Virtual Active attraction features videos, shot from first person perspective, through beautiful landscapes, cityscapes and events from around the world.
	Log in/Sign up	Sign up as a new user or login with existing account.
	History	Review workout history if logged in.

Cybox GO Console Log In or Sign Up

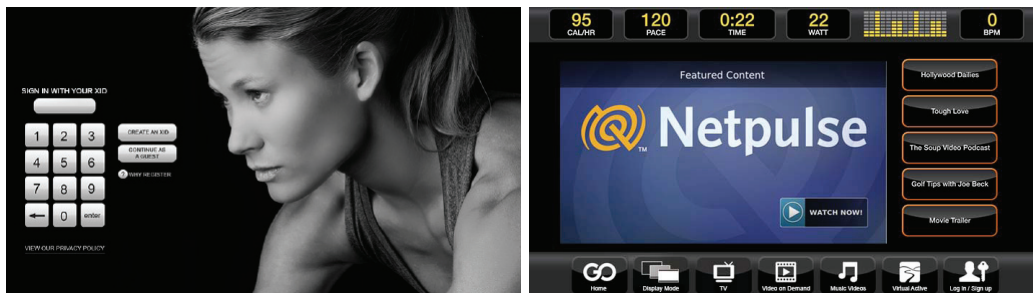
XID is a universal network that allows you to log into connected fitness equipment.

An XID account allows you to:

- Create playlists for your favorite audio and video tracks
- Track your workouts
- Join in group challenges

At the opening screen there are three options available.

Sign-in with XID	Enter an existing XID account number.
CREATE ACCOUNT	Create a new XID account.
CONTINUE AS GUEST	Skip the log in process. Some functions will be limited.



To log in or create an account online:

- Visit one.netpulse.com
- To create an account, click **Sign Up**. Select your club from the dropdown list
- To **Sign In**, enter your XID number and passcode.

XID

[What's xID?](#)
[Forgot Passcode](#)

If your club has their own custom URL, log into *ClubName.netpulse.com*.

Mount and Dismount



WARNING: *Moving parts and fall hazard.*

To avoid serious injury wait until foot plates come to a complete stop before getting off unit.

1. Verify unit is off or in *Dormant Mode* and foot plates are completely stopped.
2. Grasp handrail and step carefully onto foot plates.

To dismount unit safely:

1. Wait until foot plates come to a complete stop.
2. Grasp handrails for support and carefully step off back of unit.

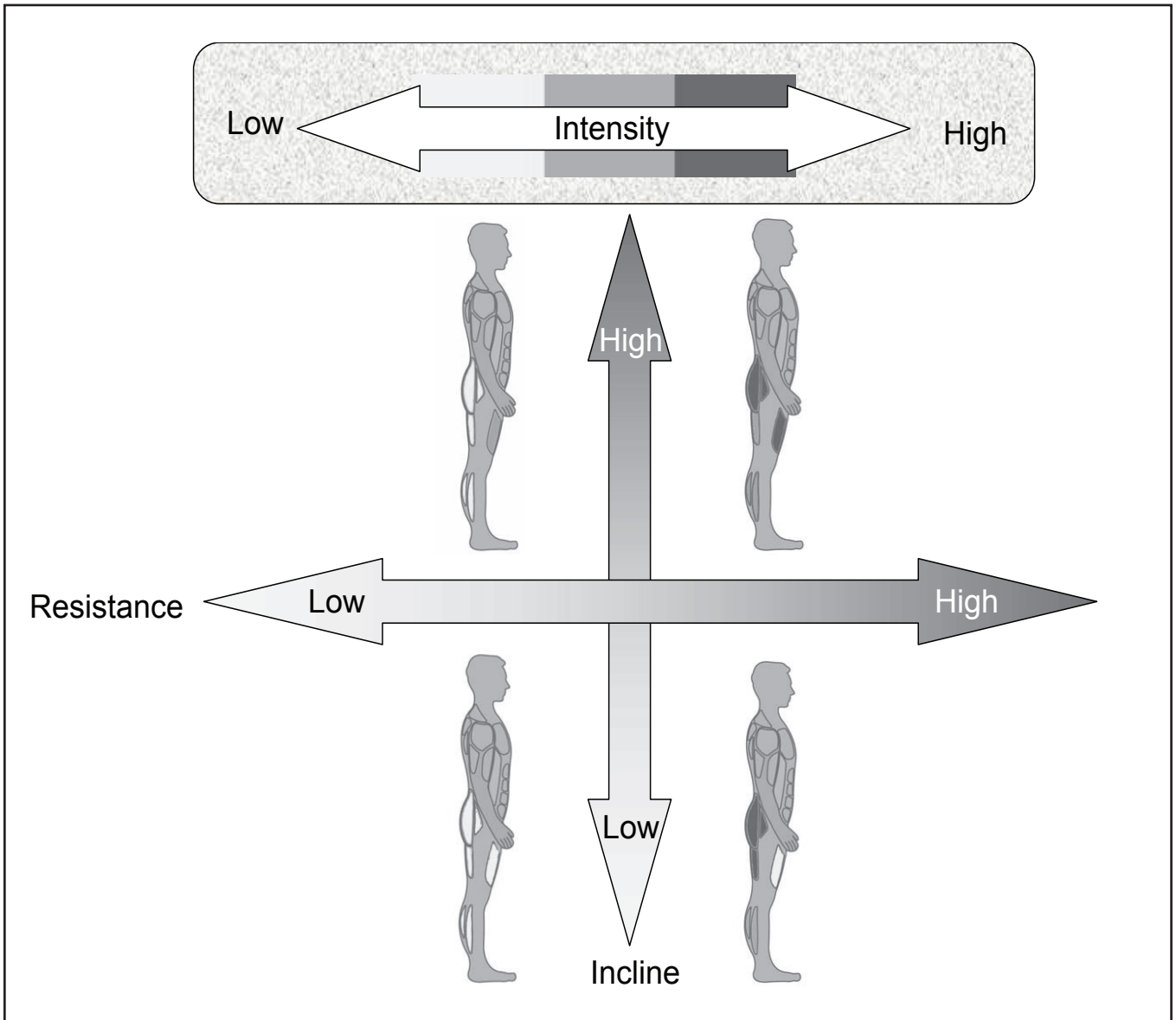
Emergency Dismount

If an emergency stop and dismount is required:

1. Grasp handrails for support.
2. Stop striding.
3. Wait until foot plates come to a complete stop.
4. Continue to hold handrails while carefully stepping off unit.

Range of Motion

The elevation is adjustable up or down in the shape of an arc. The lowest setting of 0 equates to an arc of 12 degrees, where the highest setting of 20 equates to an arc of 34.5 degrees. There is no difference in muscles used between different incline positions. Differences exist in the intensity of muscle activity.



Quick Operation Guide

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

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

1. Verify foot plates are completely stopped.
2. Grasp handrail and step carefully onto foot plates. Begin striding.
3. Tap **QUICK START** on the CardioTouch screen. The CardioTouch screen will display “Starting” and enter *Active Mode*.



4. Begin striding.
5. Press the **Incline** ▲ ▼ keys to change the incline at any time. The left display will show incline.
6. Press the **Resistance** + – keys to change the resistance at any time. The right display will show the current resistance.
7. Press the **STOP** key at any time to pause.

Detailed Operation Guide

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

1. Plug the optional power cord and Cybex GO Monitor power cord (Cybex GO Monitor units only) into a power outlet from a grounded circuit, See **Electrical Requirements**. Coil up the remainder of the power cord and place it out of the way. The control panel will light up and be in the Dormant Mode.
2. Verify foot plates are completely stopped.
3. Grasp handrail and step carefully onto foot plates. Begin striding.
4. Select **QUICK START** or **WORKOUTS**.

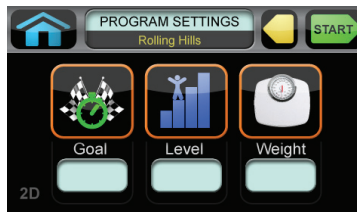
To select a workout category, tap one of the workout category icons from the workout options screen.



To select a workout, tap one of the workout icons from the workouts screen.



Upon entering a workout the display will guide you through the appropriate settings. This is referred to as Workout Setup Mode. If the **Start** key is pressed now, all defaults for that workout 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.



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



When selecting a workout you must tap the **Enter** icon after each adjustment of *Time*, *Level* or *Weight*.

5. Press the **Start** key. The CardioTouch screen will display “Starting” and enter *Active Mode*.
6. Begin striding.
7. Observe the control panel. The top center *Bar Graph* display shows a graphical representation of the relative incline changes, and if in a workout, will show the relative intensity changes that are coming up. The *Data Readouts* 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 5 seconds.

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.

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

8. Press the **Incline** ▲ ▼ keys to change the incline at any time. The left display will show incline.
9. Press the **Resistance** + – keys to change the resistance at any time. The right display will show the current resistance.
10. Press the **STOP** key at any time to pause.

- If pause feature is enabled, pause icon  is shown. Press pause icon or **STOP** button once to enter pause mode.
- If pause feature is disabled, stop icon  is shown. Press stop icon or **STOP** button once to enter "Workout review". "Workout Review" is displayed and the incline returns to 6%.

When a workout is complete the unit begins a countdown, "3...2...1" and sounds a tone for each count. Workout Review is displayed for the preset time or until you press the **Home** key. The unit returns to *Dormant Mode* when using the optional AC adapter.

Workout Selection

With the 772A and 772AT you may choose from *Quick Start* or *Workouts*. Speed is never predetermined. Change speed by changing stride.

Quick Start

Press **Quick Start**. Control incline and resistance.

Workouts

For Men	For Women	Levels	Settings
Weight Loss			
Hill Climb	Hill Climb	10	Select time, level and weight.
Speed Bump	Speed Bump	10	Select time, level and weight.
Strength			
High Low	High Low	10	Select time, level and weight.
Bursts	Bursts	10	Select time, level and weight.
Interval	Interval	10	Select time, level and weight.
Fitness		Shaping	
Total Leg	Total Leg	10	Select time, level and weight.
Target: Hip	Glute Camp	10	Select time, level and weight.
Cardio			
Hill Interval	Hill Interval	10	Select time, level and weight.
Wave	Wave	10	Select time, level and weight.
Interval	Interval	10	Select time, level and weight.
Heart Rate Control	Heart Rate Control	N/A	Select time, age, target heart rate and weight.
Power			
Constant Power	Constant Power	10	Select time, level and weight.
Adaptive Power	Adaptive Power	10	Select time, level and weight.

See Appendix for Workout Overviews

Data Readouts

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

BPM (Beats Per Minute) – User's current heart rate. Heart rate will appear when a signal is introduced.

Calories – The total accumulated calories burned during workout.

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

Distance – The total accumulated distance during workout. Depending on the defaults chosen, this measurement will show in English (miles) or Metric (kilometers). The unit uses a fixed 24" (61 cm) stroke, giving a travel distance of 48" (122 cm) per revolution. Distance = Strides per Minute x 24" (61 cm) x Time

SPM (Strides per Minute) – The average number of strides per minute at current speed.

MET (Metabolic Equivalent) – Displayed only if no BPM signal is present. A MET is the metabolic equivalent of the energy expended by the human body at rest. Anything over one MET is considered exertion. MET are calculated by the display and updated every 1 – 1.2 seconds. MET = Cal/Hr X 2.2 / User Weight (in pounds).

WATT – Present workload energy exertion. The absolute meter-kilogram-second unit of power equal to the work done at the rate of one joule per second, equivalent to 1/746 horsepower.

Heart Rate Indicator






Contact Heart Rate – Lightly hold 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 grips

Wireless Heart Rate – 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 Data Readouts 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.

	Blue	0 – 69 BPM
	Green	70 – 93 BPM
	Yellow	94 – 119 BPM
	Dark Orange	120 – 169
	Magenta	170 and higher

Fan Control

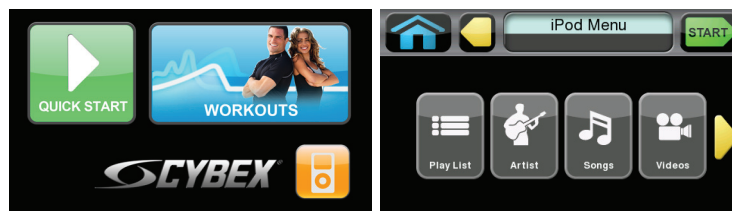
The fan defaults to the “OFF” setting. The user can change to “Fan Low”, “Fan High”, or “Fan Off” setting by pressing the appropriate control key.

iPod/iPhone/iPad Functions

Connecting iPod/iPhone/iPad — Connecting an iPod/iPhone/iPad allows some control through the keypad. The iPod/iPhone/iPad will not be charged while connected.

1. Connect iPod/iPhone/iPad (not supplied) into the 30 pin connector.
2. Place iPod/iPhone/iPad onto the accessory tray.

iPod/iPhone/iPad Playlist — Select the iPod/iPhone/iPad icon to display the iPod/iPhone/iPad navigation screen.



- If iPod/iPhone/iPad is already playing use the standard iPod/iPhone/iPad controls.
- If iPod/iPhone/iPad is *Dormant* make a selection from the iPod/iPhone/iPad Menu.
- Once a selection is made from the iPod/iPhone/iPad menu, make further selections until the desired media is found.

Maintenance

All preventive maintenance activities must be performed on a regular basis. Performing routine preventive maintenance actions can aid in providing safe, trouble-free operation of all Cybex Strength Systems equipment.

Cybex is not responsible for performing regular inspection and maintenance actions for your machines. Instruct all personnel in equipment inspection and maintenance actions and also in accident reporting/recording. Cybex representatives are available to answer any questions that you may have.



WARNING: *For maintenance, service and repair.*

- *Should only be performed by trained personnel.*
- *Use only Cybex replacement parts.*
- *Unplug unit before working on it.*
- *Keep water and liquids away from electrical parts.*

Warnings



Read all warnings in this chapter.

Observe the following warnings:



DANGER: *Electrocution hazard.*

To avoid death or serious injury unplug unit when not in use or when performing maintenance.



WARNING: *Equipment hazard.*

To avoid serious injury or death replace worn or damaged components immediately and keep the equipment out of use until repair is completed.

Cleaning Unit

1. Spray a clean cloth with a mild cleaning agent, such as a water and dish soap solution.
2. Wipe unit.

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.

The heart rate grips are the only part of the unit where a cleaning solution containing alcohol should be used.

Preventive Maintenance Activities

Perform regular preventive maintenance to ensure normal operation of unit. Keep a log of all maintenance actions to assist in staying current with all preventive maintenance activities.

Cybox is not responsible for performing regular inspection and maintenance actions for your unit. Instruct all personnel in equipment inspection and maintenance actions and also in accident reporting/recording. Contact Cybox Customer Service at 888-462-9239 or 508-533-4300 for any preventive maintenance or service concerns.



Read and understand warnings listed in this chapter and in the **Safety Section**. Read and understand all instructions in this section.

During maintenance, disconnect the external power source.

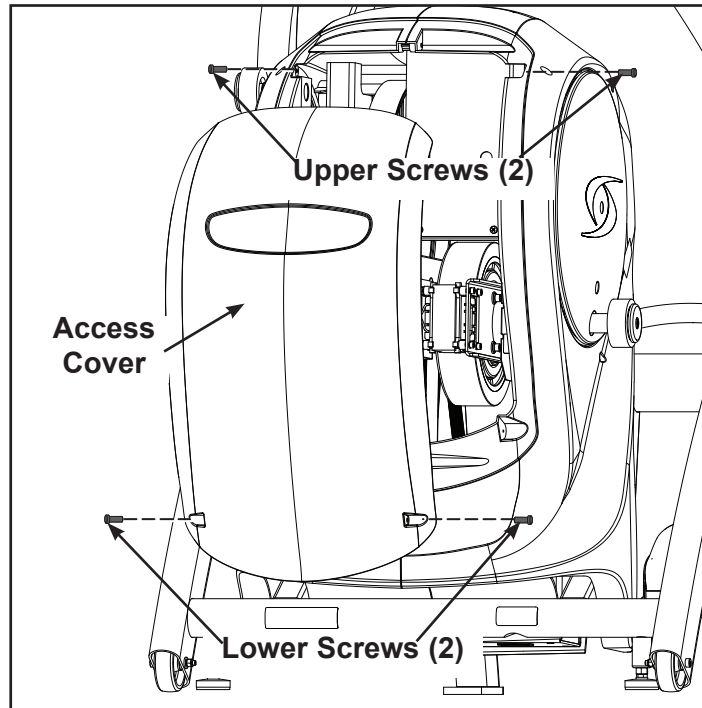
For some maintenance activities it will be necessary to remove and replace the access cover.

Tool Required

Phillips screwdriver

Remove Access Cover

1. Remove the two lower screws securing the access cover using a Phillips screwdriver.



2. Remove two upper screws securing the access cover using a Phillips screwdriver. Refer to the above diagram.
3. Remove the access cover.



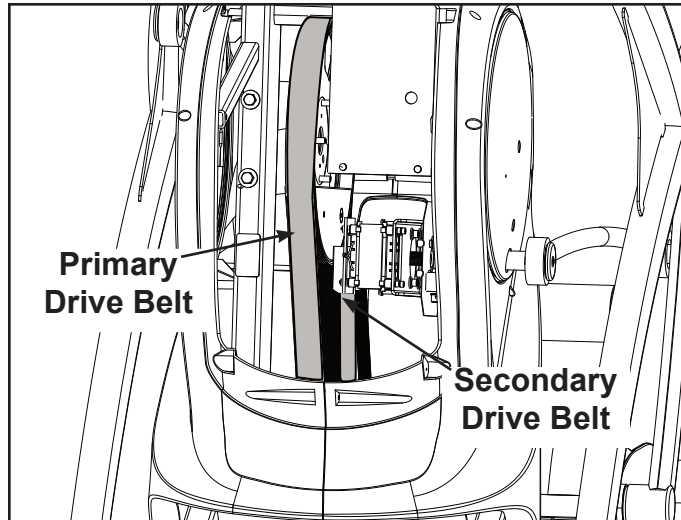
WARNING: Burn hazard.

Do not touch flywheel until cool.

Drive Belts

There are two drive belts that may become loose, worn or cracked.

Unless the belts have been removed and not replaced properly, it is unlikely the belts will come loose or need to be re-tensioned.



If a belt has cracks or appears worn, it must be replaced immediately by a qualified service technician.

Primary Belt – The wider of the two belts. It has grooves that keep it aligned on the large upper pulley.

Secondary Belt – The narrower of the two belts. It has grooves that keep it aligned on the flywheel's drive pulley.

Attach Access Cover

Do not over tighten screws.

1. Replace and tighten the two upper screws removed in step 2 **Remove Access Cover** using a Phillips screwdriver.
2. Replace and tighten the two lower screws removed in step 1 **Remove Access Cover** using a Phillips screwdriver.
3. Test unit for proper operation.

Cybex GO Monitor

Cleaning

1. Unplug the power cord from the wall socket.
2. Dust off the panel with a soft dry cloth as needed. The screen can be cleaned with computer screen wipes or other non-abrasive, moist, disposable wipes.

Storage or Long Non-Use Periods

When not using product for an extended period of time the product should be disconnected from the Power Supply, TV/Cable Signal Feed, Fitness Equipment and any Peripheral Devices.

Pixels

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

Maintenance



- It is very important to have the unit regularly examined by a qualified technician to ensure the product is fit for use.
- If the unit malfunctions, please refer to a qualified technician for repair or replacement of defective parts immediately. Do not attempt to use the monitor until it has been inspected and repaired by a qualified technician.
- For inspection, installation and servicing, please consult qualified technician.
- Failure to use a manufacturer approved repair technician may void any warranty claims.








Recommended Service Schedule

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

This is the minimum recommended service.

Determine distance.

	CYBEX LOGO	Press and hold Cybex logo for 6 seconds to access <i>Screen Lock</i> and <i>Toolbox</i> . See Preventive Maintenance section.
	LANGUAGE ICON	Press and hold language logo for 6 seconds to access <i>Screen Lock</i> and <i>Toolbox</i> .

1. Press the **Access Toolbox** icon to access the *Toolbox* login screen.
2. Enter the sequence:     .
3. Press the **Statistics** icon to access the *Recorded Statistics* screen.
4. Locate and tap the icon for **Arc Trainer Totals**.
5. Record Distance.
6. Exit Set Up Mode by tapping the **Toolbox** icon , then tap the **Home** icon . The screen will refresh.

First 500 Miles (800 KM)

Follow this procedure to ensure the belts are tensioned properly and in good condition.

1. Remove access cover. (See previous procedure **Remove Access Cover**)
2. Pull down and roll each belt to examine the condition. If a belt has cracks or appears worn, it must be replaced immediately by a qualified service technician.
3. Attach access cover. (See previous procedure **Attach Access Cover**)

Every 5000 Miles (8000 KM)

Check drive belts for tension and wear. (See procedure First 500 Miles)

Move unit and vacuum underneath. Lift the rear of unit and roll it back from its present position. Vacuum underneath and return unit to normal position.

Clean inside unit.

1. Remove access cover. (See previous procedure **Remove Access Cover**)
2. Using a vacuum cleaner attachment or hand vacuum, clean the exposed components.
3. Remove dirt and debris from internal components.
4. Using a *dry* cloth, wipe all exposed areas.



5. Attach access cover. (See procedure **Attach Access Cover**)






Every 20,000 Miles (32000 KM)

Contact qualified service technician to check elevation assembly, replace any worn parts and lubricate elevation bushings.

Statistics

The Statistics screen allows tracking of equipment usage.

	CYBEX LOGO	Press and hold Cybex logo for 6 seconds to access <i>Screen Lock</i> and <i>Toolbox</i> . See Preventive Maintenance section.
	LANGUAGE ICON	Press and hold language logo for 6 seconds to access <i>Screen Lock</i> and <i>Toolbox</i> .

1. Press the **Access Toolbox** icon to access the *Toolbox* login screen.
2. Enter the sequence:     .
3. Press the **Statistics** icon to access the *Recorded Statistics* screen.
4. Locate and tap the icon for **Arc Trainer Totals**.

Statistics Menu	Display
Distance	Total accumulated miles or KM
Hours	Total time in active mode
Starts	Total number of workout sessions
Moves	Number of incline moves in 1% increments
On Time	Total number of hours the console has been on
On Battery	Total number of minutes the battery has been used
Days in svc	Number of days since install date

5. Exit Set Up Mode by tapping the **Toolbox** icon , then tap the **Home** icon . The screen will refresh.

Customer Service

Product Registration

To register product do the following:

1. Visit www.cybexintl.com.
2. Locate Product Registration in the Support section.
3. Fill out form completely.
4. Click the Submit button to register product.

Contacting Service

Hours of phone service are Monday through Friday from 8:30 a.m. to 6:00 p.m. Eastern Standard Time.

For Cybex customers living in the USA, contact Cybex Customer Service at 888-462-9239.

For Cybex customers living outside the USA, contact Cybex Customer Service at 508-533-4300 or fax 508-533-5183. Email address internationaltechhelp@cybexintl.com

Find information on the web at www.cybexintl.com.

To contact us online go to www.cybexintl.com.

Ordering Parts

To order parts online go to www.cybexintl.com.

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).

The following information located on the serial number decal will assist our Cybex representatives in serving you.

- Unit Serial Number, Product Name and Model Number
- Part Description and Part Number if you have it. All parts can be found on the web at www.cybexintl.com
- Shipping Address
- Contact Name
- Include a description of the problem.

In addition to your shipping address and contact name, your account number is helpful but not required. You may also fax orders to 508-533-5183.

Return Material Authorization (RMA)

The Return Material Authorization (RMA) system is used when returning material for placement, repair or credit. The system assures that returned materials are properly handled and analyzed. Follow the following procedures carefully.

Contact your authorized Cybex dealer on all warranty-related matters. Your local Cybex dealer will request a RMA from Cybex, if applicable. Under no circumstances will defective parts or equipment be accepted by Cybex without proper RMA and an Automated Return Service (ARS) label.

Please contact Cybex Customer Service for the return of any item that is defective.

Provide the technician with a detailed description of the problem you are having or the defect in the item you wish to return. Provide the model and serial number of your Cybex equipment.

At Cybex's discretion, the technician may request that you return the problem part(s) to Cybex for evaluation and repair or replacement. The technician will assign you a RMA number and will send you an ARS label. The ARS label and the RMA numbers must be clearly displayed on the outside of the package that contains the item(s) to be returned. Include the description of the problem, the serial number of the equipment and the name and address of the owner in the package along with the part(s).

Merchandise returned without an RMA number on the outside of the package or shipments sent COD will not be accepted by the Cybex receiving department.

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 your shipment, check all items 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 carriers refusal to honor your damage claim. The carrier will provide you with the required forms for filing such claims.

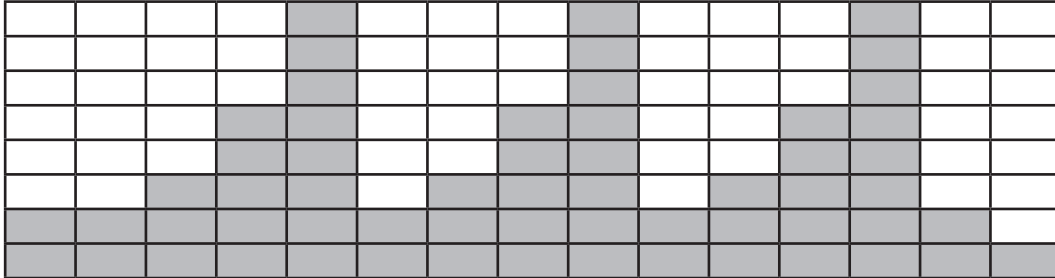
Concealed Damage

Damage not seen with a visual check upon receipt of a shipment but notices 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 delivery date. Keep all shipping containers and packing materials as they will be needed in the inspection process. The carrier will provide you with an inspection report and the necessary forms for filing a concealed damage claim. Concealed damage claim is the carrier's responsibility.

Appendix - Workout Overviews

Weight Loss - Hill Climb

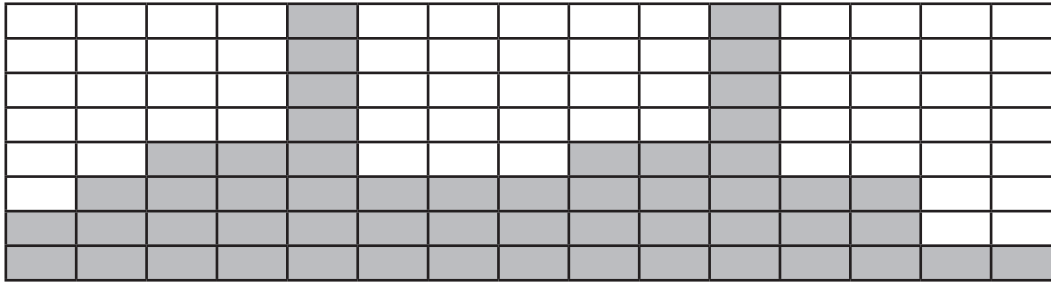
A gentle calorie burner with steady work increases over 3 minutes followed by a 1 minute rest.



	Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	:30	:30	:30	:30
Level		Warm Up				Core				Cool Down			
10	Resistance	30	30	35	35	40	45	50	15	15	15	15	15
10	Incline	6	10	12	12	14	16	18	6	6	6	6	6
10	Target Pace	110	110	110	110	110	110	110	80	80	80	80	80
9	Resistance	25	25	30	30	35	40	45	15	15	15	15	15
9	Incline	6	8	10	10	12	14	16	6	6	6	6	6
9	Target Pace	110	110	110	110	110	110	110	80	80	80	80	80
8	Resistance	20	20	25	25	30	35	40	15	15	15	10	10
8	Incline	6	6	8	8	10	12	14	6	6	6	6	6
8	Target Pace	110	110	110	110	110	110	110	80	80	80	80	80
7	Resistance	15	15	20	20	25	30	35	10	10	10	10	10
7	Incline	6	4	6	6	8	10	12	4	6	6	6	6
7	Target Pace	110	110	110	110	110	110	110	80	80	80	80	80
6	Resistance	10	10	15	15	20	25	30	10	10	10	10	10
6	Incline	6	2	4	4	6	8	10	4	6	6	6	6
6	Target Pace	110	110	110	110	110	110	110	80	80	80	80	80
5	Resistance	10	10	10	10	15	20	25	10	10	10	5	5
5	Incline	6	2	2	2	4	6	8	2	6	6	6	6
5	Target Pace	110	110	110	110	110	110	110	80	80	80	80	80
4	Resistance	5	5	5	5	10	15	20	5	5	5	5	5
4	Incline	6	2	2	2	2	4	6	2	6	6	6	6
4	Target Pace	110	110	110	110	110	110	110	80	80	80	80	80
3	Resistance	5	5	5	5	10	15	15	5	5	5	5	5
3	Incline	6	2	2	2	2	4	4	2	6	6	6	6
3	Target Pace	110	110	110	110	110	110	110	80	80	80	80	80
2	Resistance	5	5	5	5	5	10	15	5	5	5	5	5
2	Incline	6	0	0	0	0	2	4	0	6	6	6	6
2	Target Pace	110	110	110	110	110	110	110	80	80	80	80	80
1	Resistance	5	5	5	5	5	10	10	5	5	5	5	5
1	Incline	6	0	0	0	0	2	2	0	6	6	6	6
1	Target Pace	110	110	110	110	110	110	110	80	80	80	80	80

Weight Loss - Speed Bump

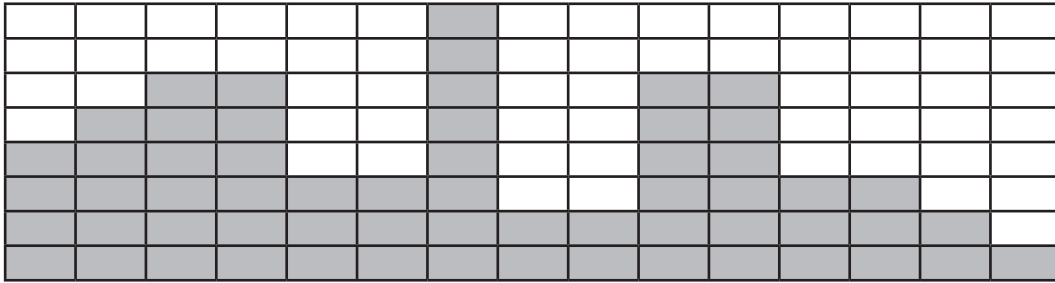
A relatively steady workload includes a high output bump for increased energy expenditure.



	Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	1:00	1:00	:30	:30	:30	:30
Level		Warm Up				Core						Cool Down			
10	Resistance	25	25	30	30	35	35	55	25	25	25	20	20	20	20
10	Incline	6	4	6	6	6	6	10	2	2	2	6	6	6	6
10	Target Pace	110	110	110	110	110	110	130	110	110	100	100	100	100	100
9	Resistance	20	20	25	25	30	30	50	20	20	20	15	15	15	15
9	Incline	6	4	6	6	6	6	10	2	2	2	6	6	6	6
9	Target Pace	110	110	110	110	110	110	130	110	110	100	100	100	100	100
8	Resistance	20	20	25	25	30	30	50	20	20	20	15	15	15	15
8	Incline	6	4	6	6	6	6	8	2	2	2	6	6	6	6
8	Target Pace	110	110	110	110	110	110	130	110	110	100	100	100	100	100
7	Resistance	20	20	25	25	30	30	50	20	20	20	15	15	15	15
7	Incline	6	4	6	6	6	6	8	2	2	2	6	6	6	6
7	Target Pace	110	110	110	110	110	110	120	110	110	100	100	100	100	100
6	Resistance	15	15	20	20	25	25	45	20	20	20	10	10	10	10
6	Incline	6	4	6	6	6	6	8	2	2	2	6	6	6	6
6	Target Pace	110	110	110	110	110	110	120	110	110	100	100	100	80	80
5	Resistance	15	15	20	20	25	25	40	20	20	20	10	10	10	10
5	Incline	6	2	4	4	4	4	6	2	2	2	6	6	6	6
5	Target Pace	110	110	110	110	110	110	120	110	110	100	100	100	80	80
4	Resistance	10	10	15	15	20	20	40	15	15	15	10	10	10	10
4	Incline	6	0	2	2	2	2	6	2	2	2	6	6	6	6
4	Target Pace	100	100	100	100	100	100	110	100	100	80	80	80	80	80
3	Resistance	10	10	15	15	20	20	35	15	15	15	10	10	10	10
3	Incline	6	0	0	0	0	2	4	2	2	0	6	6	6	6
3	Target Pace	100	100	100	100	100	100	110	100	100	80	80	80	80	80
2	Resistance	5	5	10	10	15	15	30	15	15	15	5	5	5	5
2	Incline	6	0	0	0	0	2	4	2	2	0	6	6	6	6
2	Target Pace	100	100	100	100	100	100	110	100	100	80	80	80	80	80
1	Resistance	5	5	10	10	15	15	30	15	15	15	5	5	5	5
1	Incline	6	0	0	0	0	0	4	0	0	0	6	6	6	6
1	Target Pace	100	100	100	100	100	100	100	100	100	80	80	80	80	80

Strength - High Low

Two levels of intensity and duration help develop muscular strength and endurance.



	Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	1:00	1:00	1:00	:30	:30	:30	:30	
Level		Warm Up				Core							Cool Down				
10	Resistance	60	60	65	65	65	65	30	30	100	30	30	30	25	20	20	20
10	Incline	6	14	16	18	20	20	20	20	20	16	16	6	6	6	6	6
10	Target Pace	110	110	110	110	110	110	110	110	110	110	110	100	100	100	100	100
9	Resistance	55	55	60	60	60	60	25	25	95	25	25	25	20	20	20	20
9	Incline	6	12	14	16	18	18	18	18	18	14	14	6	6	6	6	6
9	Target Pace	110	110	110	110	110	110	110	110	110	110	110	100	100	100	100	100
8	Resistance	50	50	55	55	55	55	25	25	90	25	25	25	20	20	20	20
8	Incline	6	10	12	14	16	16	16	16	16	12	12	6	6	6	6	6
8	Target Pace	110	110	110	110	110	110	110	110	110	110	110	100	100	100	100	100
7	Resistance	45	45	50	50	50	50	20	20	75	20	20	20	20	15	15	15
7	Incline	6	10	12	14	16	16	16	16	16	12	12	6	6	6	6	6
7	Target Pace	110	110	110	110	110	110	110	110	110	110	110	100	100	100	100	100
6	Resistance	40	40	45	45	45	45	20	20	65	20	20	20	20	15	15	15
6	Incline	6	8	10	12	14	14	14	14	14	10	10	6	6	6	6	6
6	Target Pace	110	110	110	110	110	110	110	110	110	110	110	100	100	100	100	100
5	Resistance	35	35	40	40	40	40	15	15	55	15	15	15	15	10	10	10
5	Incline	6	8	10	12	14	14	14	14	14	10	10	6	6	6	6	6
5	Target Pace	110	110	110	110	110	110	110	110	110	110	110	100	100	100	100	100
4	Resistance	30	30	35	35	35	35	15	15	45	15	15	15	15	10	10	10
4	Incline	6	6	8	10	12	12	12	12	12	8	8	6	6	6	6	6
4	Target Pace	110	110	110	110	110	110	110	110	110	110	110	100	100	100	100	100
3	Resistance	25	25	30	30	30	30	10	10	35	10	10	10	10	10	10	10
3	Incline	6	6	8	10	12	12	12	12	12	8	8	6	6	6	6	6
3	Target Pace	110	110	110	110	110	110	110	110	110	110	110	100	100	100	100	100
2	Resistance	20	20	25	25	25	25	10	10	30	10	10	10	10	10	10	10
2	Incline	6	4	6	8	10	10	10	10	10	6	6	6	6	6	6	6
2	Target Pace	110	110	110	110	110	110	110	110	110	110	110	100	100	100	100	100
1	Resistance	15	15	20	20	20	20	10	10	25	10	10	10	10	10	10	10
1	Incline	6	4	6	8	10	10	10	10	10	6	6	6	6	6	6	6
1	Target Pace	110	110	110	110	110	110	110	110	110	110	110	100	100	100	100	100

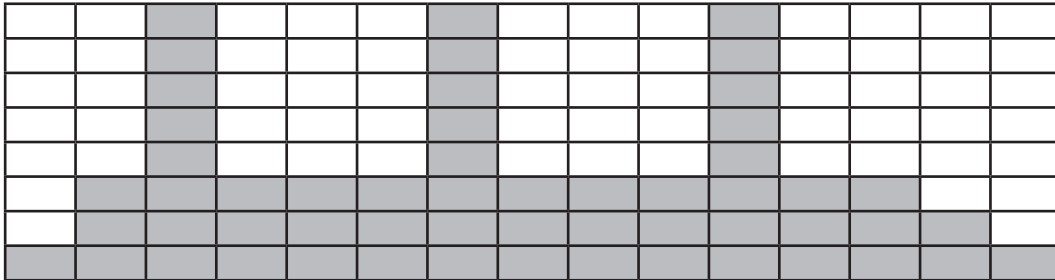
Strength - Bursts

Brief high-intensity segments are mixed with longer and easier intervals developing strength and aerobic capacity.

	Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	1:00	1:00	:30	:30	:30	:30
Level		Warm Up				Core						Cool Down			
10	Resistance	50	50	55	55	80	50	80	50	80	50	40	40	30	30
10	Incline	6	14	16	18	20	18	20	18	20	12	6	6	6	6
10	Target Pace	100	100	110	110	120	110	120	110	120	80	100	100	100	100
9	Resistance	45	45	50	50	75	45	75	45	75	45	35	35	25	25
9	Incline	6	14	16	18	20	18	20	18	20	12	6	6	6	6
9	Target Pace	100	100	110	110	120	110	120	110	120	80	100	100	100	100
8	Resistance	40	40	45	45	70	40	70	40	70	40	30	30	20	20
8	Incline	6	14	16	18	20	18	20	18	20	12	6	6	6	6
8	Target Pace	100	100	110	110	120	110	120	110	120	80	100	100	100	100
7	Resistance	35	35	40	40	65	35	65	35	65	35	25	25	15	15
7	Incline	6	12	14	16	18	16	18	16	18	10	6	6	6	6
7	Target Pace	100	100	110	110	120	110	120	110	120	80	100	100	100	100
6	Resistance	30	30	35	35	60	30	60	30	60	30	20	20	10	10
6	Incline	6	10	12	14	16	14	16	14	16	8	6	6	6	6
6	Target Pace	100	100	110	110	120	110	120	110	120	80	100	100	100	100
5	Resistance	25	25	30	30	55	25	55	25	55	25	15	15	10	5
5	Incline	6	8	10	12	14	12	14	12	14	6	6	6	6	6
5	Target Pace	100	100	110	110	120	110	120	110	120	80	100	100	100	100
4	Resistance	20	20	25	25	50	20	50	20	50	20	10	10	5	5
4	Incline	6	6	8	10	12	10	12	10	12	4	6	6	6	6
4	Target Pace	100	100	110	110	120	110	120	110	120	80	100	100	100	100
3	Resistance	15	15	20	20	45	15	45	15	45	15	5	5	5	5
3	Incline	6	4	6	8	10	8	10	8	10	2	6	6	6	6
3	Target Pace	100	100	110	110	120	110	120	110	120	80	100	100	100	100
2	Resistance	15	15	15	15	40	10	40	10	40	10	5	5	5	5
2	Incline	6	4	6	8	10	8	10	8	10	2	6	6	6	6
2	Target Pace	100	100	110	110	120	110	120	110	120	80	100	100	100	100
1	Resistance	10	10	10	10	35	5	35	5	35	5	5	5	5	5
1	Incline	6	2	4	6	8	6	8	6	8	2	6	6	6	6
1	Target Pace	100	100	110	110	120	110	120	110	120	80	100	100	100	100

Strength - Interval

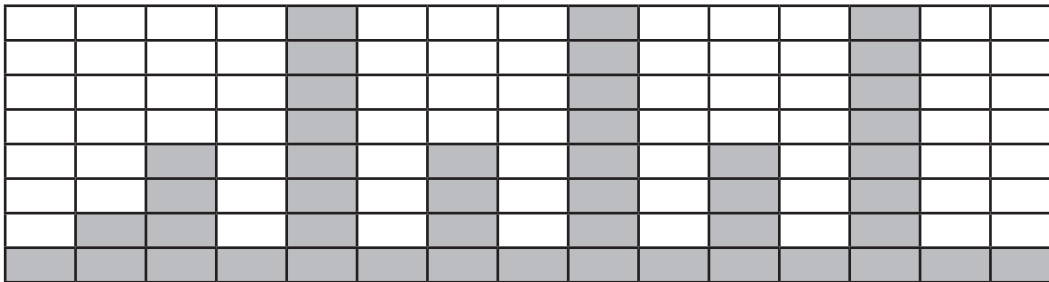
A repeating 15 second high intensity spike promotes strength gains



	Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	:30	:30	:30	:30
Level		Warm Up				Core				Cool Down			
10	Resistance	25	30	40	45	100	35	35	35	30	25	20	15
10	Incline	6	12	16	18	20	20	20	20	6	6	6	6
10	Target Pace	100	100	100	100	120	80	80	80	100	100	100	100
9	Resistance	25	30	35	40	95	35	35	35	30	25	20	15
9	Incline	6	12	16	18	20	20	20	20	6	6	6	6
9	Target Pace	100	100	100	100	120	80	80	80	100	100	100	100
8	Resistance	25	30	35	40	90	35	35	35	30	25	20	15
8	Incline	6	12	14	16	18	18	18	18	6	6	6	6
8	Target Pace	100	100	100	100	120	80	80	80	100	100	100	100
7	Resistance	25	30	35	40	85	30	30	30	25	20	20	15
7	Incline	6	12	14	16	18	18	18	18	6	6	6	6
7	Target Pace	100	100	100	100	120	80	80	80	100	100	100	100
6	Resistance	20	25	30	35	80	30	30	30	25	20	20	15
6	Incline	6	12	14	16	18	18	18	18	6	6	6	6
6	Target Pace	100	100	100	100	120	80	80	80	100	100	100	100
5	Resistance	20	25	30	35	75	30	30	30	25	20	15	10
5	Incline	6	10	12	14	16	16	16	16	6	6	6	6
5	Target Pace	100	100	100	100	120	80	80	80	100	100	100	100
4	Resistance	20	25	30	35	70	25	25	25	20	20	15	10
4	Incline	6	10	12	14	16	16	16	16	6	6	6	6
4	Target Pace	100	100	100	100	120	80	80	80	100	100	100	100
3	Resistance	20	20	25	30	65	25	25	25	20	20	15	10
3	Incline	6	10	12	14	16	16	16	16	6	6	6	6
3	Target Pace	100	100	100	100	120	80	80	80	100	100	100	100
2	Resistance	15	20	25	30	60	20	20	20	15	15	10	10
2	Incline	6	8	10	12	14	14	14	14	6	6	6	6
2	Target Pace	100	100	100	100	120	80	80	80	100	100	100	100
1	Resistance	15	15	20	25	55	20	20	20	15	15	10	10
1	Incline	6	8	10	12	14	14	14	14	6	6	6	6
1	Target Pace	100	100	100	100	120	80	80	80	100	100	100	100

Fitness (Mens) , Shaping (Womens) - Total Leg

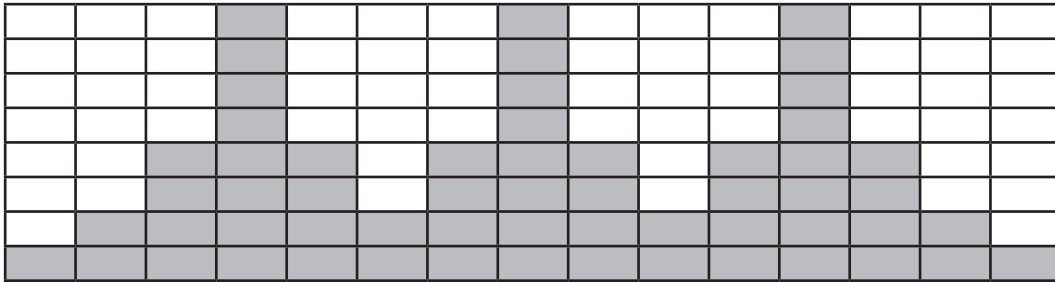
Alternating levels of resistance and incline change the targeted muscle group in an interval format.



	Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	:30	:30	:30	:30
Level		Warm Up				Core				Cool Down			
10	Resistance	40	45	50	55	60	40	80	35	30	30	20	20
10	Incline	6	0	0	0	0	0	20	10	6	6	6	6
10	Target Pace	120	120	130	130	140	100	110	100	100	100	100	100
9	Resistance	35	40	45	50	55	35	75	30	25	25	20	20
9	Incline	6	0	0	0	0	0	20	10	6	6	6	6
9	Target Pace	120	120	130	130	140	100	110	100	100	100	100	100
8	Resistance	30	35	40	45	50	30	70	25	20	20	15	15
8	Incline	6	0	0	0	0	0	18	9	6	6	6	6
8	Target Pace	110	110	120	120	130	100	110	100	100	100	100	100
7	Resistance	25	30	35	40	45	25	65	20	15	15	10	10
7	Incline	0	0	0	0	0	0	18	9	6	6	6	6
7	Target Pace	110	110	120	120	130	100	110	100	100	100	100	100
6	Resistance	20	25	30	35	40	20	60	15	10	10	5	5
6	Incline	6	0	0	0	0	0	16	8	6	6	6	6
6	Target Pace	110	110	120	120	120	100	110	100	100	100	100	100
5	Resistance	15	20	25	30	35	15	55	10	5	5	0	0
5	Incline	6	0	0	0	0	0	14	8	6	6	6	6
5	Target Pace	100	100	110	110	110	100	110	100	100	100	100	100
4	Resistance	10	15	20	25	30	15	50	10	5	5	0	0
4	Incline	6	4	2	2	2	0	12	7	6	6	6	6
4	Target Pace	80	80	100	100	100	80	100	100	100	100	100	100
3	Resistance	5	10	15	20	25	15	30	10	5	5	0	0
3	Incline	6	4	2	2	2	0	10	7	6	6	6	6
3	Target Pace	80	80	100	100	100	80	100	100	100	100	100	100
2	Resistance	0	5	10	15	20	10	25	5	5	5	0	0
2	Incline	6	6	4	4	2	0	10	6	6	6	6	6
2	Target Pace	80	80	100	100	100	80	100	80	80	80	80	80
1	Resistance	0	0	5	10	15	10	20	5	5	5	0	0
1	Incline	6	6	4	4	2	0	8	6	6	6	6	6
1	Target Pace	80	80	100	100	100	80	100	80	80	80	80	80

Fitness (Mens) - Target: Hip, Shaping (Womens) - Glute Camp

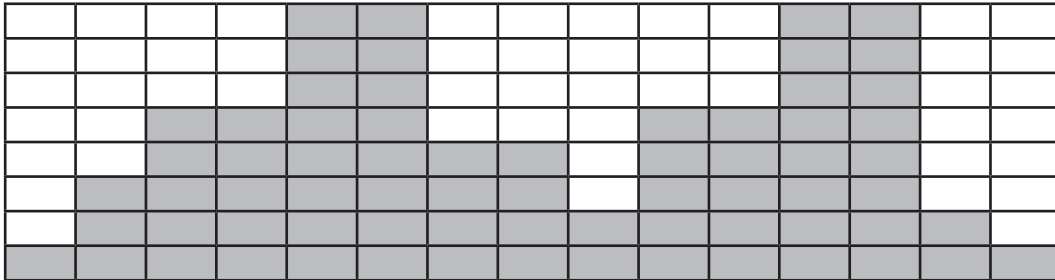
2 minutes of progressive resistance and incline targeting the hip extensors are followed by a 1 minute rest.



	Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	:30	:30	:30	:30
Level		Warm Up				Core				Cool Down			
10	Resistance	35	40	45	50	55	75	60	30	30	25	25	20
10	Incline	6	0	0	0	2	12	2	12	6	6	6	6
10	Target Pace	100	100	110	110	120	100	140	100	100	100	100	100
9	Resistance	30	35	40	45	50	70	55	25	25	20	20	15
9	Incline	6	0	0	0	2	12	2	12	6	6	6	6
9	Target Pace	100	100	110	110	120	100	140	100	100	100	100	100
8	Resistance	25	30	35	40	45	65	50	25	25	20	20	15
8	Incline	6	0	0	0	0	10	0	10	6	6	6	6
8	Target Pace	100	100	110	110	120	100	140	100	100	100	100	100
7	Resistance	20	25	30	35	40	60	45	20	20	15	15	10
7	Incline	6	0	0	0	0	10	0	10	6	6	6	6
7	Target Pace	100	100	110	110	120	100	140	100	100	100	100	100
6	Resistance	15	20	25	30	35	55	40	20	20	15	15	10
6	Incline	6	0	0	0	0	8	0	8	6	6	6	6
6	Target Pace	80	80	100	110	110	100	130	100	100	100	100	100
5	Resistance	10	15	20	25	30	50	35	15	15	10	10	5
5	Incline	6	0	0	0	0	8	0	8	6	6	6	6
5	Target Pace	80	80	100	110	110	100	130	80	80	80	80	80
4	Resistance	5	10	15	20	25	45	30	15	15	10	10	5
4	Incline	6	0	0	0	4	10	4	10	6	6	6	6
4	Target Pace	80	80	100	100	100	100	120	80	80	80	80	80
3	Resistance	0	5	10	15	20	40	25	15	15	10	10	5
3	Incline	6	0	0	0	4	10	4	10	6	6	6	6
3	Target Pace	80	80	100	100	100	100	120	80	80	80	80	80
2	Resistance	0	5	5	10	15	35	20	10	10	5	5	0
2	Incline	6	0	0	0	4	10	4	10	6	6	6	6
2	Target Pace	80	80	100	100	100	100	120	80	80	80	80	80
1	Resistance	0	0	5	5	10	30	15	5	5	5	0	0
1	Incline	6	0	0	0	4	10	4	10	6	6	6	6
1	Target Pace	80	80	100	100	100	100	120	80	80	80	80	80

Cardio - Wave

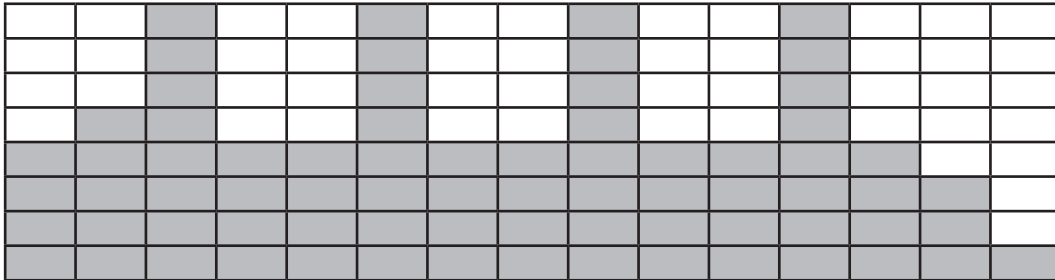
A long duration interval promotes cardio endurance with enough rest to repeat the process.



	Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	:30	:30	:30	:30
Level		Warm Up				Core				Cool Down			
10	Resistance	30	35	40	45	45	75	35	25	25	25	20	20
10	Incline	6	14	16	16	18	20	12	6	6	6	6	6
10	Target Pace	80	100	110	120	120	120	140	100	100	100	80	80
9	Resistance	20	25	30	35	35	65	30	20	20	20	15	15
9	Incline	6	10	12	14	16	18	14	6	6	6	6	6
9	Target Pace	100	110	110	120	120	120	140	100	100	100	80	80
8	Resistance	20	20	25	30	30	55	25	15	15	15	10	10
8	Incline	6	8	10	12	14	16	12	4	6	6	6	6
8	Target Pace	100	110	110	120	120	120	140	100	100	100	80	80
7	Resistance	15	20	25	30	30	50	25	15	15	15	10	10
7	Incline	6	6	8	10	12	14	10	4	6	6	6	6
7	Target Pace	100	100	110	110	110	120	130	100	100	100	80	80
6	Resistance	15	15	20	25	25	40	20	15	15	15	10	10
6	Incline	6	4	6	8	10	12	8	2	6	6	6	6
6	Target Pace	100	100	110	110	110	110	130	100	100	100	80	80
5	Resistance	10	15	20	25	25	35	20	15	15	15	10	10
5	Incline	6	2	4	6	8	10	6	2	6	6	6	6
5	Target Pace	80	80	100	100	100	110	120	100	100	100	80	80
4	Resistance	10	10	15	20	20	25	15	10	10	10	5	5
4	Incline	6	2	4	4	6	8	4	0	6	6	6	6
4	Target Pace	80	80	100	100	100	110	120	80	80	80	80	80
3	Resistance	0	5	10	15	20	20	15	10	10	10	5	5
3	Incline	6	2	4	4	4	6	2	0	6	6	6	6
3	Target Pace	80	80	100	100	100	110	120	80	80	80	80	80
2	Resistance	0	0	5	10	15	10	10	5	5	5	5	5
2	Incline	6	0	2	2	2	4	0	0	6	6	6	6
2	Target Pace	80	80	100	100	100	100	110	80	80	80	80	80
1	Resistance	0	0	5	5	10	5	5	5	5	5	5	5
1	Incline	6	0	0	0	0	2	0	0	6	6	6	6
1	Target Pace	80	80	100	100	100	100	110	80	80	80	80	80

Cardio - Interval

A 30 second charge improves aerobic power with 1 minute of recovery before a repeat.



	Time	:30	:30	:30	:30	1:00	1:00	1:00	:30	:30	:30	:30
Level		Warm Up				Core			Cool Down			
10	Resistance	35	45	55	65	70	45	45	40	35	30	20
10	Incline	6	10	12	12	14	14	14	6	6	6	6
10	Target Pace	120	130	140	140	140	110	110	110	110	100	100
9	Resistance	35	40	50	60	65	40	40	35	30	25	15
9	Incline	6	10	12	12	14	14	14	6	6	6	6
9	Target Pace	120	130	140	140	140	110	110	110	110	100	100
8	Resistance	30	40	50	55	60	35	35	30	25	20	15
8	Incline	6	8	10	10	12	12	12	6	6	6	6
8	Target Pace	110	120	130	130	130	110	110	110	110	100	100
7	Resistance	30	35	45	50	55	30	30	30	25	20	10
7	Incline	6	8	10	10	12	12	12	6	6	6	6
7	Target Pace	110	120	130	130	130	110	110	110	110	80	80
6	Resistance	25	35	40	45	50	30	30	30	25	20	10
6	Incline	6	6	8	8	10	10	10	6	6	6	6
6	Target Pace	100	110	120	120	120	100	100	100	110	80	80
5	Resistance	25	30	35	40	45	25	25	25	20	15	10
5	Incline	6	6	8	8	10	10	10	6	6	6	6
5	Target Pace	100	110	120	120	120	100	100	100	110	80	80
4	Resistance	20	25	30	35	40	25	25	25	20	15	10
4	Incline	6	4	6	6	8	8	8	6	6	6	6
4	Target Pace	80	100	110	110	110	100	100	100	80	80	80
3	Resistance	20	25	30	30	35	20	20	20	15	10	10
3	Incline	6	4	6	6	8	8	8	6	6	6	6
3	Target Pace	80	100	110	110	110	100	100	100	80	80	80
2	Resistance	15	20	25	25	30	20	20	20	15	10	5
2	Incline	6	2	4	4	6	6	6	6	6	6	6
2	Target Pace	80	80	100	100	100	100	100	100	80	80	80
1	Resistance	10	15	20	20	25	15	15	15	15	10	5
1	Incline	6	2	4	4	6	6	6	6	6	6	6
1	Target Pace	80	80	100	100	100	100	100	100	80	80	80

Cardio - Heart Rate Control

Requires HR transmitter. The Arc will adapt the resistance as you maintain speed to keep your heart rate at a certain level.

Power - Constant Power

You set the power in watts. Pedaling faster feels easier, pedaling slower feels harder; but the workload remains the same.

Power - Adaptive Power

An ideal way to perform “live” interval training. You choose the level. The higher the level, the greater the rate the resistance increases with speed.



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