



**Cybex 625C/625R Cycle**  
**Owner's Manual**  
Cardiovascular Systems  
Part Number LT-23688-4 F

# Table of Contents

<b>Safety</b>		<b>Environment</b> .....	58
Safety Guidelines and Practices.....	4		
Power Cord Information.....	4	<b>Customer Service</b>	
Important Safety Instructions.....	5	Product Registration.....	60
Warnings and Cautions.....	6	Contacting Service.....	60
		Ordering Parts.....	60
<b>Assembly</b>		Return Material Authorization (RMA).....	61
Specifications.....	11	Damaged Parts.....	61
Choosing and Preparing a Site.....	12		
Environment.....	13	<b>Appendix - Workout Overviews</b>	
Electrical Power Requirements.....	13	1 - Weight Loss.....	62
Tools Required.....	13	2 - Rolling Hills.....	64
Assembly Procedure.....	13	3 - Hills.....	66
Setup.....	27	4 - Pike's Peak.....	68
A/V Configuration and FM Radio Presets.....	29	5 - Ramps.....	70
E3 View Monitor Controls.....	34	6 - Interval.....	72
E3 View Monitor Setup.....	34	7 - Strength.....	74
Testing operation.....	45	8 - Cardio.....	76
		9 - Heartrate Control.....	78
<b>Operation</b>			
Intended Use.....	46		
Terms Used.....	46		
User Control Symbols Used.....	46		
Console Display.....	48		
User Controls.....	49		
Mount and Dismount.....	49		
Emergency Dismount.....	50		
Quick Operation Guide.....	50		
Detailed Operation Guide.....	50		
Workout Selection.....	52		
Data Readouts.....	52		
Heart Rate Indicator.....	53		
E3 View Monitor Screen Options.....	54		
iPod/iPhone Functions.....	55		
Battery Sentry.....	55		
<b>Maintenance</b>			
Warnings.....	56		
Clean Unit.....	56		
Rechargeable Battery.....	57		
E3 View Monitor.....	58		

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## ***FCC Compliance Information***

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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

## Safety Guidelines and Practices

 Read the Owner's Manual carefully before assembling, servicing, or using the equipment. Owner must comply with all safety guidelines in this manual. It is also the owner's responsibility to instruct users on the safe and proper operation of the equipment and to properly display any and all warning labels and instructional placards. All users should read these labels and placards before using equipment.

### **WARNING**

Serious injury or death could occur if the following safety precautions and instructions are not followed.

## Power Cord Information

AC Power Adapter is optional.

### **WARNING**

Shock and electrocution hazard.


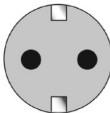
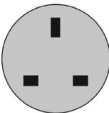
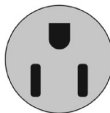
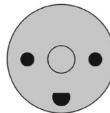
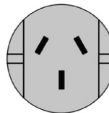
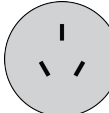


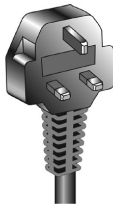

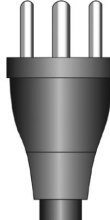

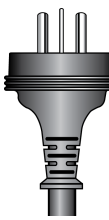
- Connect unit to a grounded outlet.
- Do not use voltage adapter or extension cord.

### **NOTICE**

Cybex is not responsible for injuries or damages as a result of cord or plug modification.

- Verify voltage requirements of unit match local voltage requirements.
- Verify unit outlet is the same configuration as the plug.

## Power cord configurations

						
						
115 VAC	Euro Plug	UK 230 VAC	Japanese	Danish	Australia	Chinese
NEMA 5-15	CEE 7/7	BS 1363	JIS 8303	107-2-D1	AS/NZS 3112	GB 2099-1 and GB 1002-1

## **Important Safety Instructions**

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(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.
- 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.

## **Facility Safety Precautions**

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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 repairs; electrical or mechanical. Seek qualified repair technician when servicing. Failure to do so could result in serious injury. See Customer Service for contact information.
- 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.

## ***Warnings and Cautions***

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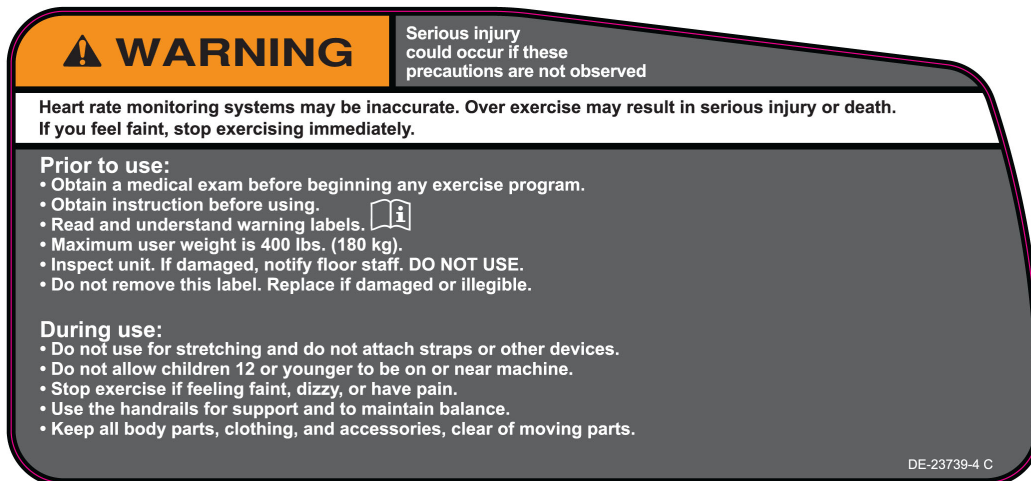
Warning labels indicate a potentially hazardous situation that could result in serious injury or death if the precautions are not observed.

Caution labels indicate a potentially hazardous situation that could result in serious injury or damage to machine if the precautions are not observed.

See Contacting Service to replace any worn or damaged labels.

## **Warning and Caution Decals - 625C**

---



**⚠ 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.

DE-21749-4 C

**⚠ CAUTION**

**Moving parts hazard.**

**To avoid injury, keep hands and fingers away when in use.**

DE-18362-4 B

**⚠ WARNING**

**Burn hazard.**

**Do not touch flywheel until cool.**


DE-18363-4 C

**⚠ AVERTISSEMENT**

Des blessures graves pourraient se produire si ces précautions ne sont pas respectées

Les systèmes de surveillance de la fréquence cardiaque peuvent être inexacts. Un exercice intensif peut entraîner des blessures graves ou la mort. Si vous ressentez une sensation de malaise, arrêter immédiatement l'exercice.

Conseils d'utilisation :

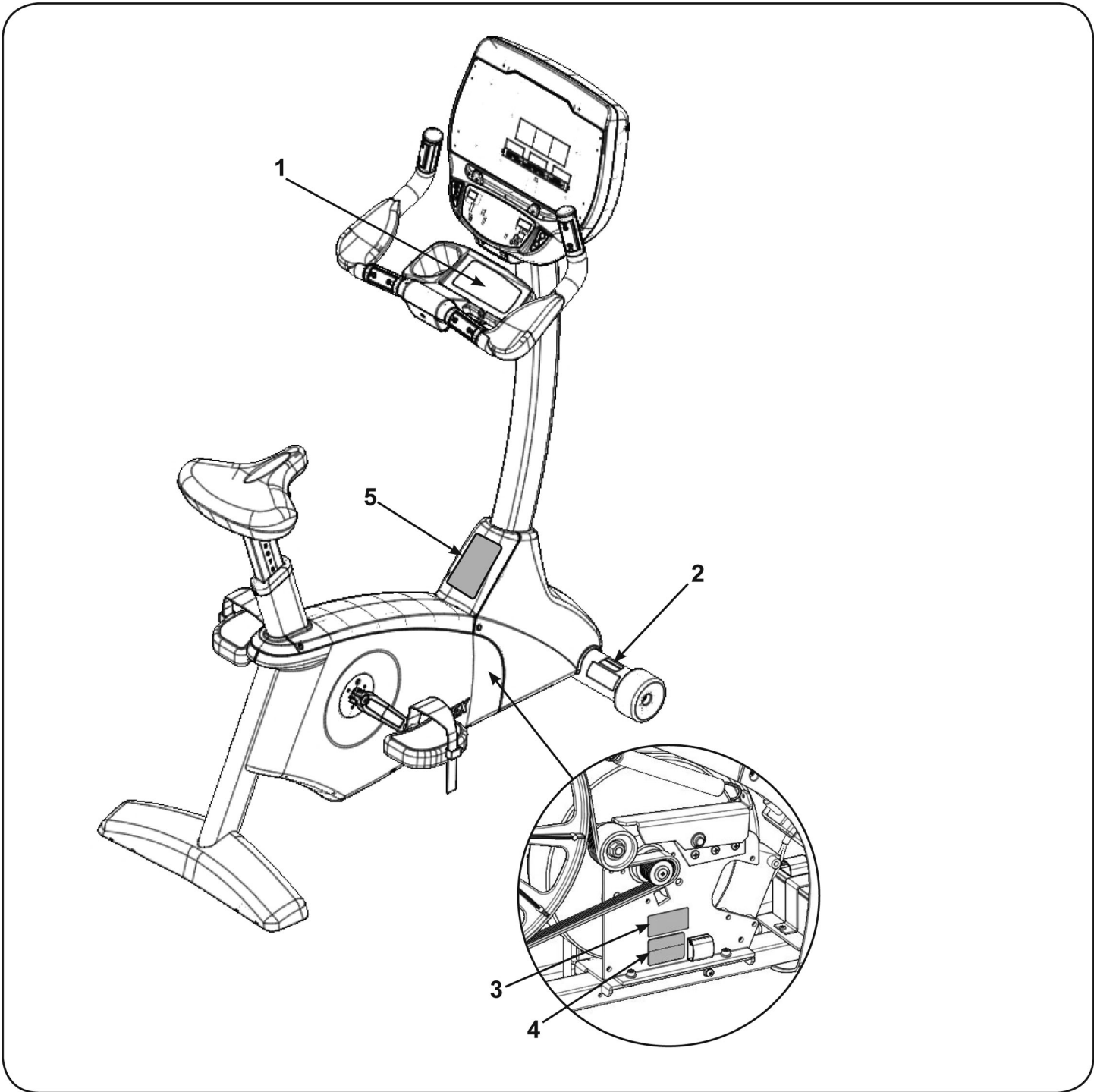
- Obtenir un examen médical avant de commencer tout programme d'exercice.
- Obtenir des instructions avant toute utilisation.
- Lire et comprendre les étiquettes d'avertissement 
- Lire et comprendre les procédures d'arrêt d'urgence.
- Le poids maximum de l'utilisateur ne doit pas dépasser 180 kg (400 lb).
- Inspecter l'appareil. S'il est endommagé, en aviser le personnel. NE PAS UTILISER.
- Placer vos pieds sur les deux premières marches lors du démarrage ou de l'arrêt du tapis roulant.
- Clip E-STOP lanière aux vêtements.
- Ne pas enlever cette étiquette. Remplacer si endommagé ou illisible.

Pendant l'utilisation :

- Ne pas utiliser pour les étirements et ne pas attacher des sangles ou autres dispositifs.
- Ne pas permettre aux enfants de 12 ans ou moins de rester près de la machine.
- Arrêter l'exercice si vous ressentez une faiblesse, un étourdissement ou une douleur.
- Utiliser des rampes de soutien pour maintenir l'équilibre.
- Garder votre corps, vos vêtements et vos accessoires éloignés des pièces mobiles.
- Attendre l'arrêt complet de la bande de roulement avant de descendre.


DE-24016-2 B

**Label Placement - 625C**



1	DE-23739-X	Label, Warning, Access tray,
2	DE-21749-X	Label, Warning, Disconnect Power
3	DE-18363-X	Label, Warning, Hot flywheel
4	DE-18362-X	Decal, Caution moving parts
5	DE-24016-2	Label, Warning, Canada


**Warning and Caution Decals - 625R**

<b>⚠ WARNING</b>	Serious injury could occur if these precautions are not observed
Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.	
<b>Prior to use:</b> <ul style="list-style-type: none"> <li>• Obtain a medical exam before beginning any exercise program.</li> <li>• Obtain instruction before using.</li> <li>• Read and understand warning labels. </li> <li>• Maximum user weight is 400 lbs. (180 kg).</li> <li>• Inspect unit. If damaged, notify floor staff. <b>DO NOT USE.</b></li> <li>• Do not remove this label. Replace if damaged or illegible.</li> </ul>	
<b>During use:</b> <ul style="list-style-type: none"> <li>• Do not use for stretching and do not attach straps or other devices.</li> <li>• Do not allow children 12 or younger to be on or near machine.</li> <li>• Stop exercise if feeling faint, dizzy, or have pain.</li> <li>• Use the handrails for support and to maintain balance.</li> <li>• Keep all body parts, clothing, and accessories, clear of moving parts.</li> </ul>	
DE-23740-4 C	

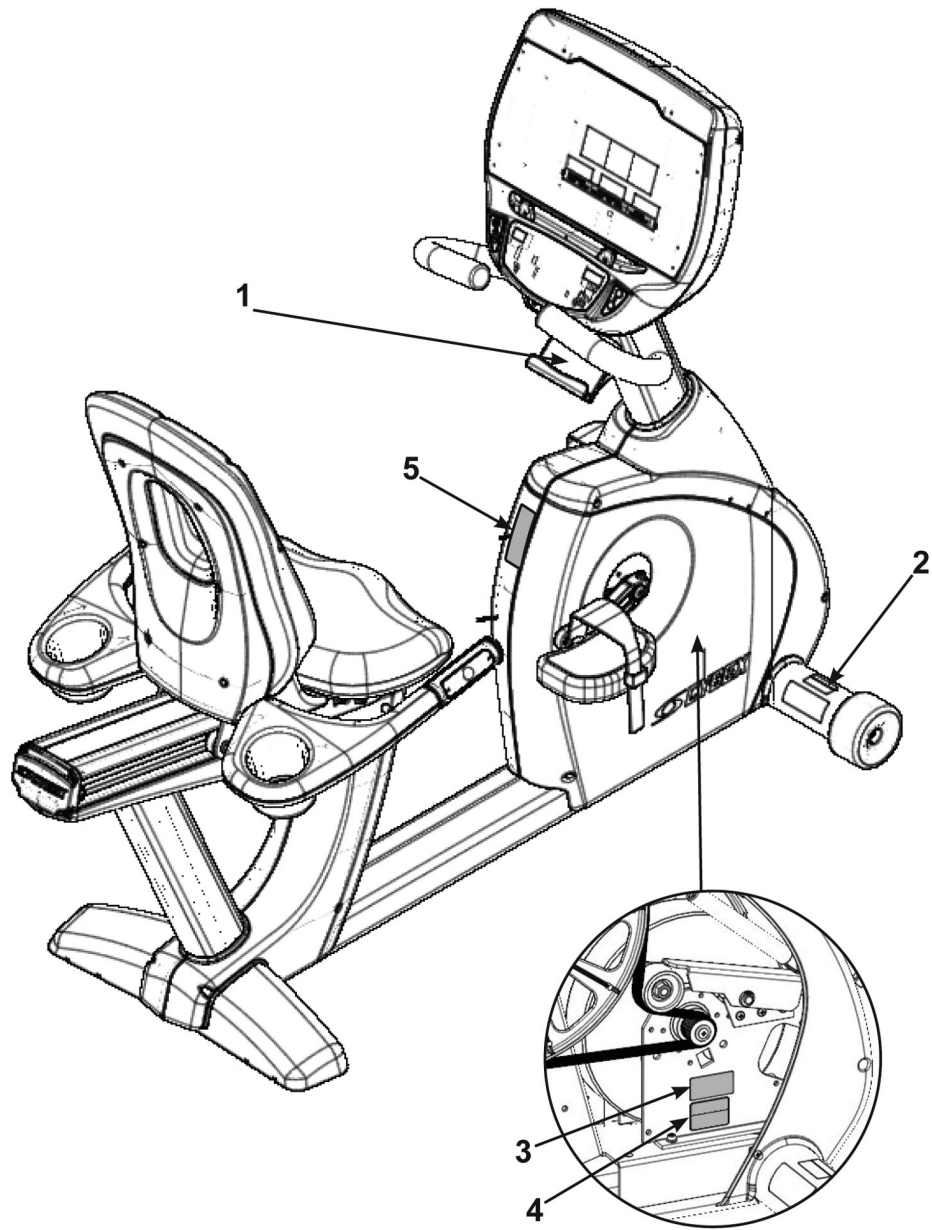
<b>⚠ WARNING</b>
<b>Shock and electrocution hazard.</b> <ul style="list-style-type: none"> <li>• Unplug unit and let sit 10 minutes before cleaning or performing maintenance.</li> <li>• Electrical charge can remain in unit after unplugging.</li> <li>• Keep water and liquids away from electrical parts.</li> </ul>
DE-21749-4 C

<b>⚠ CAUTION</b>
<b>Moving parts hazard.</b> <b>To avoid injury, keep hands and fingers away when in use.</b>
DE-18362-4 B

<b>⚠ WARNING</b>
<b>Burn hazard.</b> <b>Do not touch flywheel until cool.</b>
DE-18363-4 C

<b>⚠ AVERTISSEMENT</b>
Des blessures graves pourraient se produire si ces précautions ne sont pas respectées
Les systèmes de surveillance de la fréquence cardiaque peuvent être inexacts. Un exercice intensif peut entraîner des blessures graves ou la mort. Si vous ressentez une sensation de malaise, arrêter immédiatement l'exercice.
<b>Conseils d'utilisation :</b> <ul style="list-style-type: none"> <li>• Obtenir un examen médical avant de commencer tout programme d'exercice.</li> <li>• Obtenir des instructions avant toute utilisation.</li> <li>• Lire et comprendre les étiquettes d'avertissement. </li> <li>• Lire et comprendre les procédures d'arrêt d'urgence.</li> <li>• Le poids maximum de l'utilisateur ne doit pas dépasser 180 kg (400 lb).</li> <li>• Inspecter l'appareil. S'il est endommagé, en aviser le personnel. <b>NE PAS UTILISER.</b></li> <li>• Placer vos pieds sur les deux premières marches lors du démarrage ou de l'arrêt du tapis roulant.</li> <li>• Clip E-STOP lânière aux vêtements.</li> <li>• Ne pas enlever cette étiquette. Remplacer si endommagé ou illisible.</li> </ul>
<b>Pendant l'utilisation :</b> <ul style="list-style-type: none"> <li>• Ne pas utiliser pour les étirements et ne pas attacher des sangles ou autres dispositifs.</li> <li>• Ne pas permettre aux enfants de 12 ans ou moins de rester près de la machine.</li> <li>• Arrêter l'exercice si vous ressentez une faiblesse, un étourdissement ou une douleur.</li> <li>• Utiliser des rampes de soutien pour maintenir l'équilibre.</li> <li>• Garder votre corps, vos vêtements et vos accessoires éloignés des pièces mobiles.</li> <li>• Attendre l'arrêt complet de la bande de roulement avant de descendre.</li> </ul>
DE-24016-2 B

**Label Placement - 625R**



1	DE-23740-X	Label, Warning, Access tray,
2	DE-21749-X	Label, Warning, Disconnect Power
3	DE-18363-X	Label, Warning, Hot flywheel
4	DE-18362-X	Decal, Caution moving parts
5	DE-24016-2	Label, Warning, Canada

# Assembly

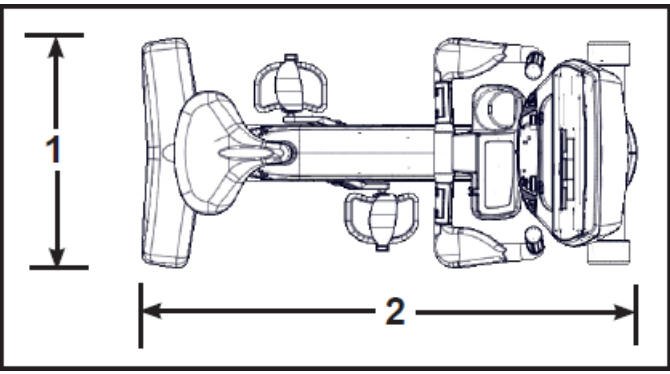
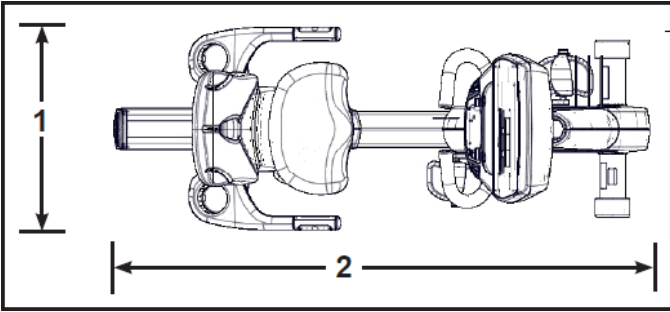
## Specifications

	<b>625C Cycle</b>	<b>625R Cycle</b>
Assembled Length	48" (122 cm)	65" (165 cm)
Assembled Width	23" (58 cm)	24" (62 cm)
Assembled Height	61" (155 cm)	49" (125 cm)
Weight of Product	143 lbs. (65 kg)	166 lbs. (75 kg)
Shipping Weight	173 lbs. (78 kg)	196 lbs. (89 kg)
Resistance Levels	21 (User selected in Manual or Bike Mode)	
Workouts	Quick Start, eight workouts, and Heart Rate Control for E3 View Monitor option. Quick Start is facility selectable as "Bike" mode or Constant Power. Weight Loss and Cardio workouts are constant power. Quick Start and Workouts have 21 levels.	
Console Features	Upper console: LED or E3 View Monitor. Displays - Time, BPM, Weight, Calories, RPM, and Cal/Hr. E3 View Monitor also displays Watts, MET, and Distance. Lower console: Left numeric display for gear or level. Right numeric display for road speed, watts, or target RPM.	
Heart Rate Features	Built-in 5 KHz wireless heart rate receiver (transmitter not included) and contact heart rate monitoring.	
Resistance Range	Minimum - 20 Watts; Maximum - 900 Watts.	
Maximum User Weight	400 lbs. (180 kg).	
Power	Self-powered or optional AC adapter for full time display.	
Power Supply	100-240 V, 50/60 Hz, 1.0 A, AC (9V DC, 1.7A). NEMA 5-15 plug (TR-18231) or IEC-320 inlet (TR-18230).	
Other	Water bottle holder and utility tray.	
Options	E3 View Monitor, Wireless audio receiver, iPod/iPhone compatibility.	

## Top View 625C, 625R

### Dimensions

625C Cycle	625R Cycle
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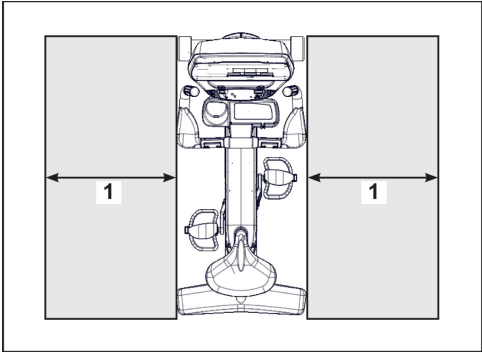
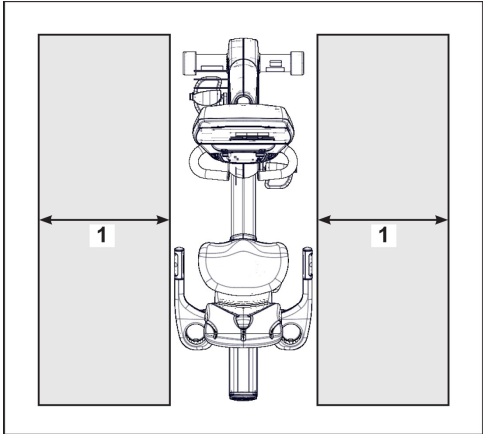
			
1	23' (58 cm)	1	24" (62 cm)
2	48" (122 cm)	2	65" (165 cm)

### Choosing and Preparing a Site

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

- Area is well lit and well ventilated.
- Surface is structurally sound and properly leveled.
- Free area for access to unit and emergency dismount. Minimum clearance is 23.6 inches (0.6 meters).
- Adjacent units may share the free area.

#### Free area

625C		625R	
			
1	23.6", 0.6m	1	23.6", 0.6m

It is the responsibility of the facility owner/owner of the equipment to ensure that there is appropriate clearance around each machine to allow for safe use and passage.

In compliance with the ADA (American Disabilities Act) there must be clear floor space of at least 30 by 48 inches and be served by an accessible route for at least one of each type of exercise equipment. If the clear space is enclosed on three sides (e.g., by walls or the equipment itself), the clear space must be 36 by 48 inches.

All other machines must have a clear floor space of 23" for all access point on the machine.

The dimensions stated in the assembly instructions of this manual include the maximum foot print (in use) dimensions.

Minimum clearance of 12" (30 cm) between units for proper wireless heart rate signal operation.

## ***Environment***

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### **Humidity and Static Electricity**

The unit is designed to function normally in an environment with a relative humidity range of 30% to 75%. The unit can be shipped and stored in a relative humidity range of 10% to 90%.

Climatic dry air may cause static electricity. During workout, user may experience a shock due to build up of static electricity on the body and the discharge path of the unit. If static electricity is experienced, increase humidity to a comfortable level through the use of a humidifier.

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).

## ***Electrical Power Requirements***

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The AC power kit is optional.

Verify the unit is connected to an outlet having the same configuration as the plug.

Verify connection is a grounded circuit. Do not use a ground-plug adapter to adapt the 3-prong power cord to a non-grounded electrical outlet.

Use Cybex supplied AC power kit only. Consult an electrician with any questions.

Verify power supply is compliant with local building codes.

## ***Tools Required***


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- 3/16" Allen wrench (supplied with recumbent only)
- Phillips screwdriver
- 1/2" Socket wrench
- 9/16" Open end wrench

## ***Assembly Procedure***

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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.

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

Verify you have received the correct package

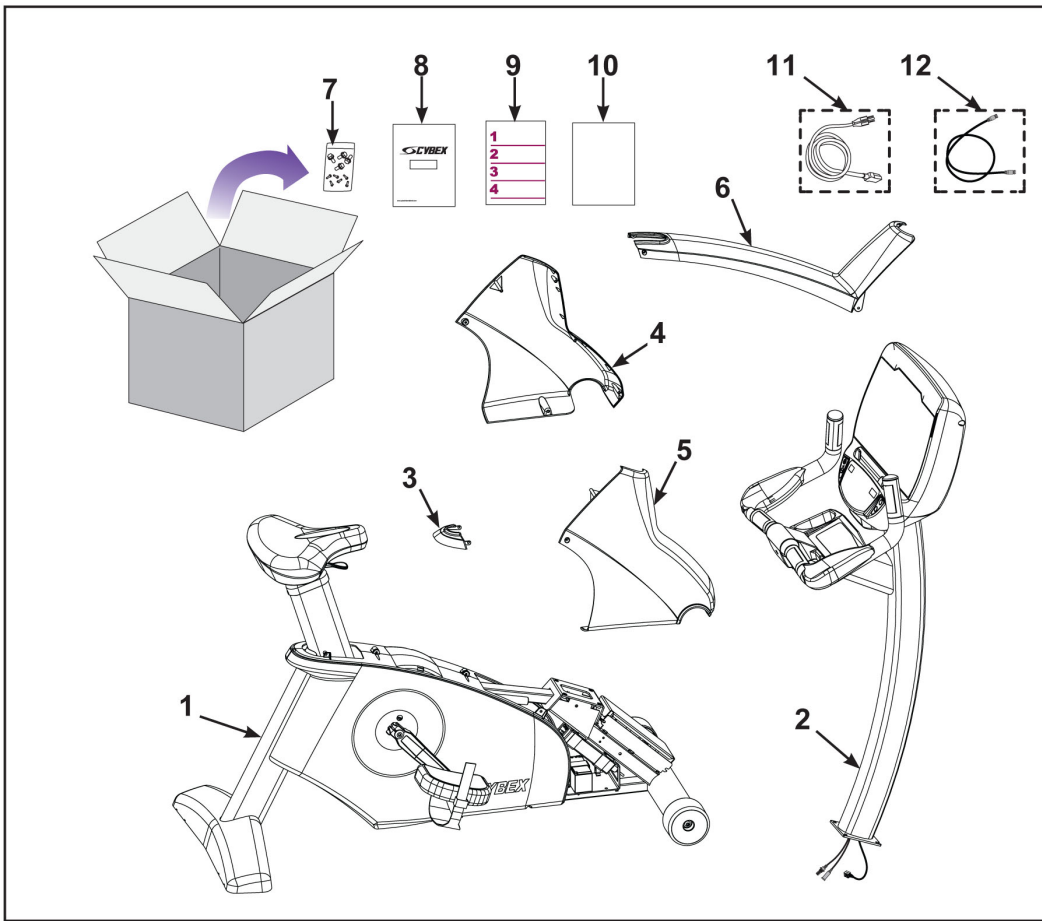
1. Read box label to verify the model number and voltage (optional) match what was ordered.
2. Verify paint color matches what was ordered.

## 625C Assembly

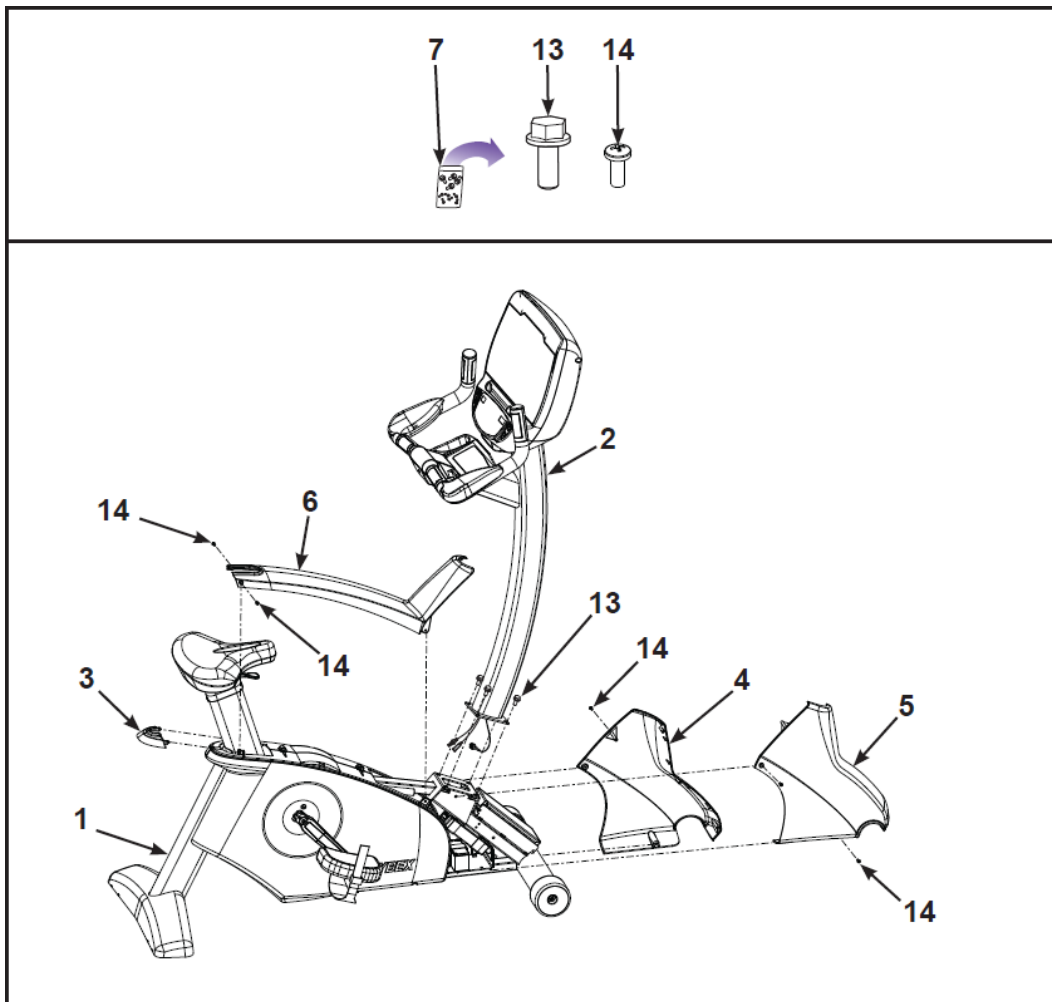
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Verify parts list shown below

Item	Quantity	Part Number	Description
1	1	Varies	Base with covers attached
2	1	Varies	Console assembly
3	1	PL-21584	Back Cap
4	1	PL-21581	Front Left Cover
5	1	PL-21582	Front Right Cover
6	1	PL-21583	Top Cap
7	1	AX-21698	Hardware pack
8	1	LT-23688-X	Owner's Manual
9	1	LT-23690	Assembly poster
10	1	LT-23693	Warranty sheet, Consumer
10	1	LT-23692	Warranty sheet, Commercial
11	1	Varies	Power cord (E3 View Monitor option)
12	1	AW-23836	Cable, 6', Coax (E3 View Monitor option)



Item	Quantity	Part Number	Description
13	4	HS-19108	Screw, 5/16-18 x .75",HXHD,WHIZ-LOCK,GR5
14	6	HS-15706	Screw, 8-16 x .50", PNHD



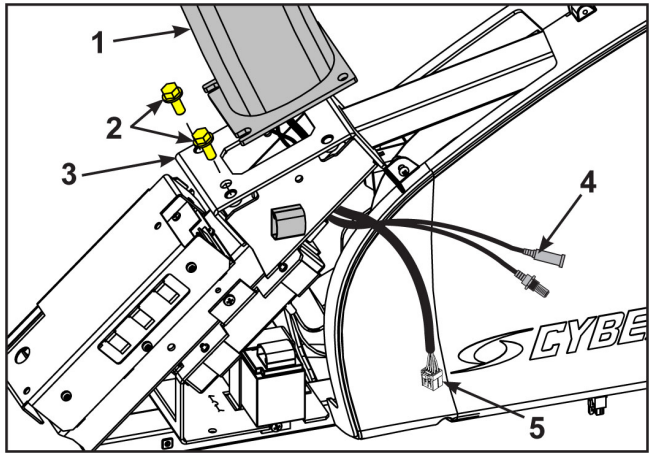
**Figure 1: Hardware**

**Lift and move the unit**

1. Grasp the rear foot.
2. Lift the rear foot so the front transport wheels are able to roll on floor.  
Use proper lifting methods.
3. Roll unit to intended location.
4. Lower the rear foot so unit is in intended location.

## Install console assembly

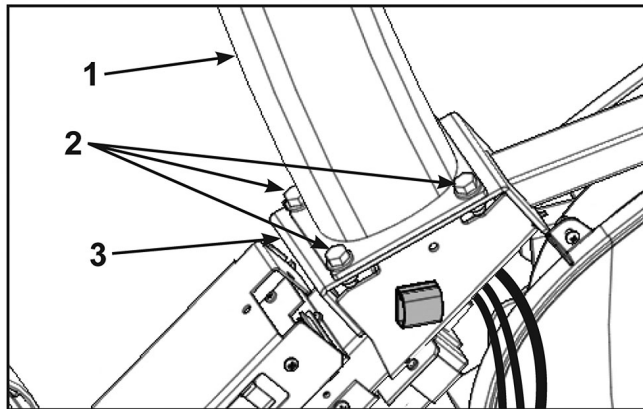
1. Hand thread two screws into the base assembly.



	Description	Qty.
1	Console Assembly	1
2	Screws	2
3	Base Assembly	1
4	Optional A/V Cable	1
5	Display Cable	1

The console assembly will need to be supported during steps 2 through 5.

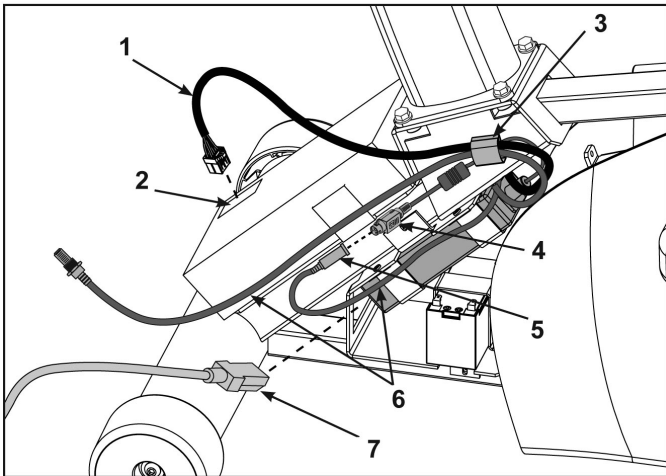
2. Insert the display cable and optional A/V cable through the frame to the left side. Do not pinch or damage the cables during assembly.
3. Place the console assembly in the correct position on the base assembly by sliding into position onto the two mounting screws.
4. Hand thread the other two screws.



	Description	Qty.
1	Console Assembly	1
2	Screws	2
3	Base Assembly	1

5. Securely fasten the four screws with a 1/2" socket wrench.

6. Route cables through gray clip on controller.

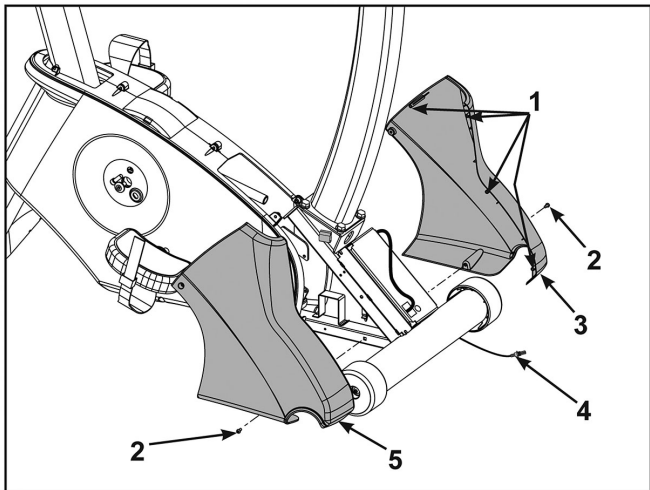


	Description	Qty.
1	Display cable	1
2	Display cable connector	1
3	Gray clip	1
4	Power supply output	1
5	Console cable DIN connector	1
6	A/V cables, optional	1
7	Power cord	1

7. Plug the display cable into the display cable connector on the lower control board. Ensure the cable connector is securely fastened.
8. Connect the console cable's DIN connector to the power supply output. Make sure the two connectors snap firmly together and can not be pulled apart without pulling the sleeve back to release it.

**Install front covers**

1. Install front left cover with one screw using a Phillips screwdriver.

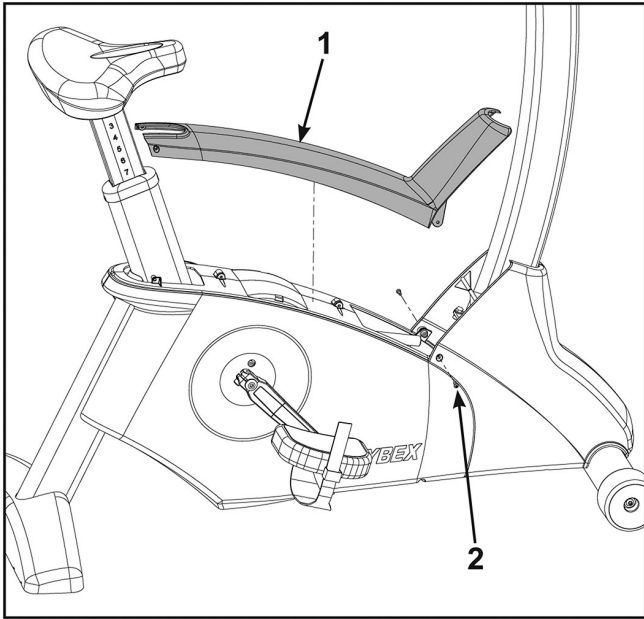


	Description	Qty.
1	Plastic Connectors	1
2	Screw	1
3	Front Left Cover	1
4	Optional A/V Cables	1
5	Front Right Cover	1

2. Route optional A/V cables through front covers to front of unit. Do not pinch or damage the cables during assembly. In addition to the mounting screws, there are four plastic connectors that secure the front covers together. Ensure that all four plastic connectors are inserted properly in each front cover.
3. Install front right cover with one screw using a Phillips screwdriver.

### Install top cap

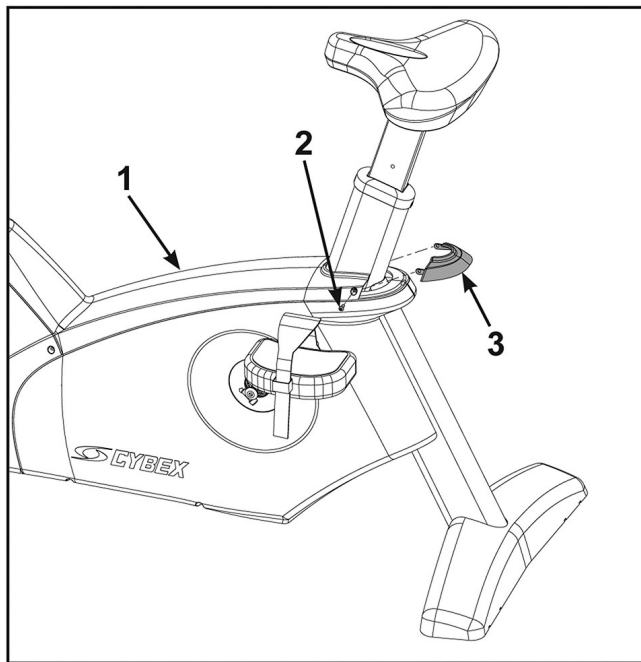
Install top cap with two screws using a Phillips screwdriver.



	Description	Qty.
1	Top Cap	1
2	Screws	2

### Install back cap

1. Place the back cap into the top cap.  
Ensure the back cap is fully inserted into the top cap.

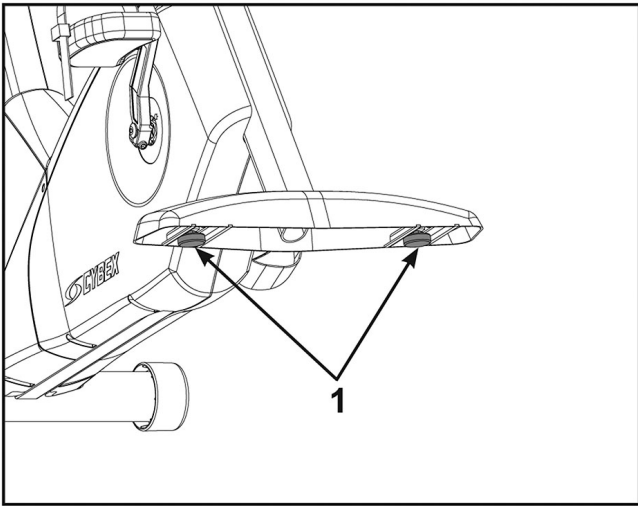


	Description	Qty.
1	Top Cap	1
2	Screws	2
3	Back Cap	1

2. Install the back cap with two screws using a Phillips screwdriver.

**Level unit**

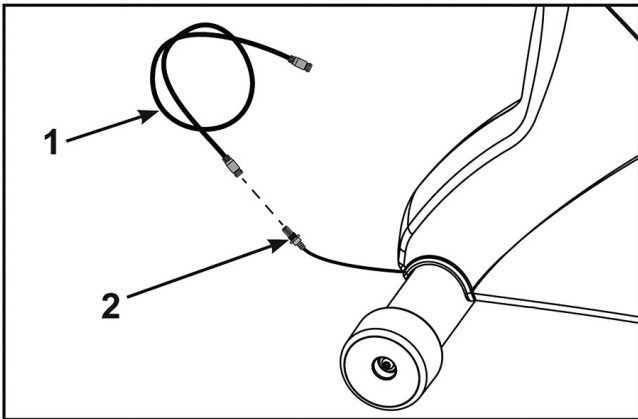
Confirm that the unit is on a level surface. If not, use a 9/16" open-end wrench to adjust the leveling feet up or down.



	Description	Qty.
1	Leveling Feet	2

**Install coax cable (E3 View Monitor option)**

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



	Description	Qty.
1	6' Coax Cable	1
2	Coax Cable Connector	1

**Visually inspect unit**

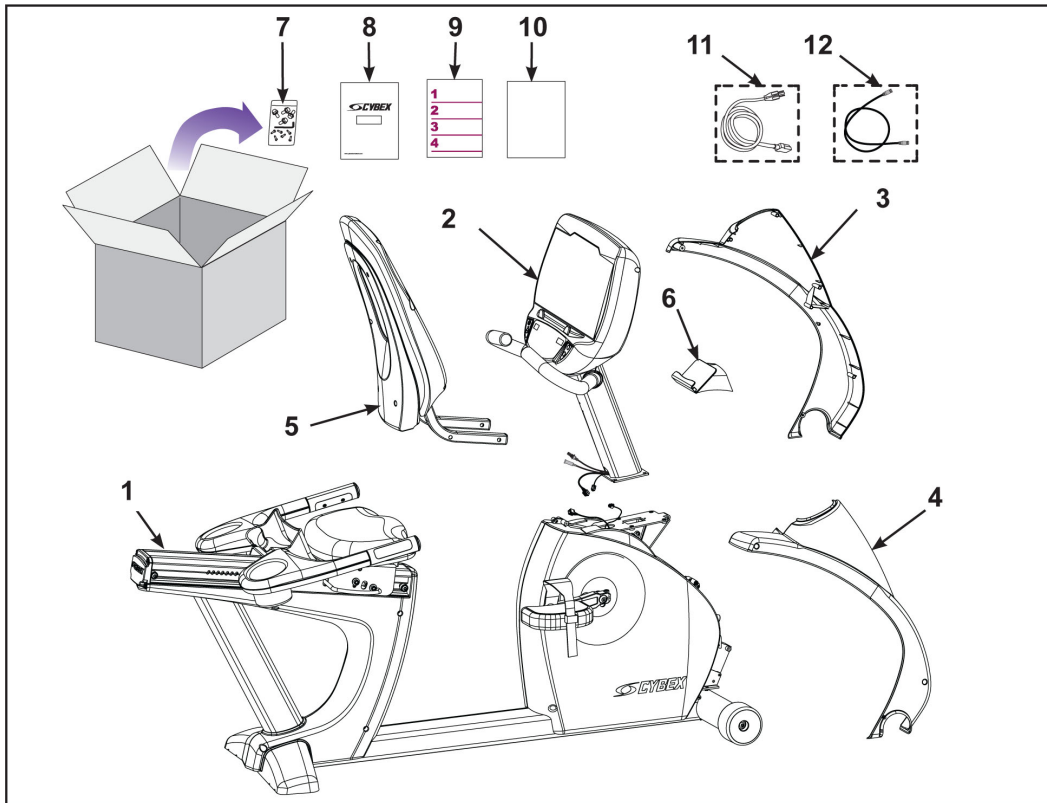
1. Remove any packing material from unit.
2. Examine the unit to ensure that the assembly is correct and complete.

**625R Assembly**

Verify parts list shown below

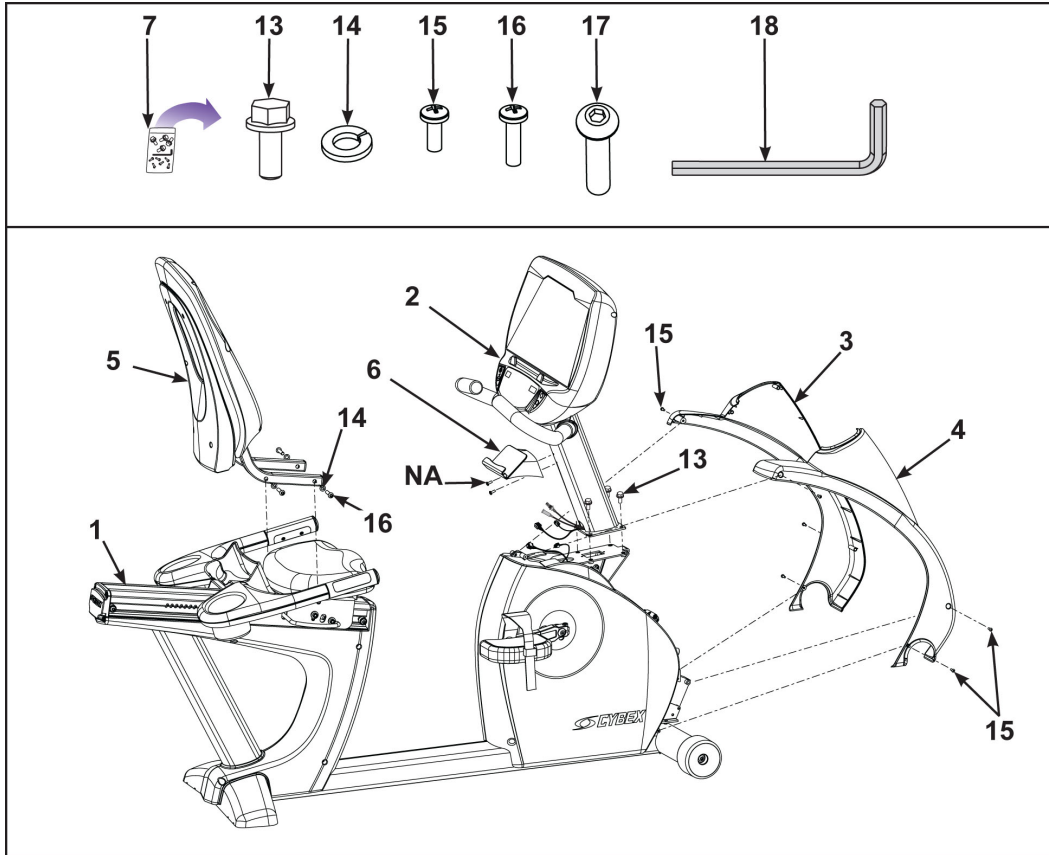
Item	Quantity	Part Number	Description
1	1	Varies	Base with covers attached

Item	Quantity	Part Number	Description
2	1	Varies	Console assembly
3	1	PL-21517	Front Left Cover
4	1	PL-21518	Front Right Cover
5	1	AX-21670	Seat Back Assembly
6	1	AX-21738	Accessory Tray
7	1	AX-21699	Hardware pack
8	1	LT-23688-X	Owner's Manual
9	1	LT-23691	Assembly poster
10	1	LT-23693	Warranty sheet, Consumer
10	1	LT-23692	Warranty sheet, Commercial
11	1	Varies	Power cord (E3 View Monitor option)
12	1	AW-23836	Cable, 6', Coax (E3 View Monitor option)



Item	Quantity	Part Number	Description
13	4	HS-19108	Screw, 5/16-18 x .75",HXHD,WHIZ-LOCK,GR5
14	4	HW-53018	Washer, 5/16" Split
15	6	HS-15706	Screw, 8-16 x .50", PNHD

Item	Quantity	Part Number	Description
16	2	HS-18311	Screw, 8-16 x .75", PNHD
17	4	HS-41107	Screw, 5/16-18 X 1.50"
18	1	HX-00438	3/16" Allen wrench

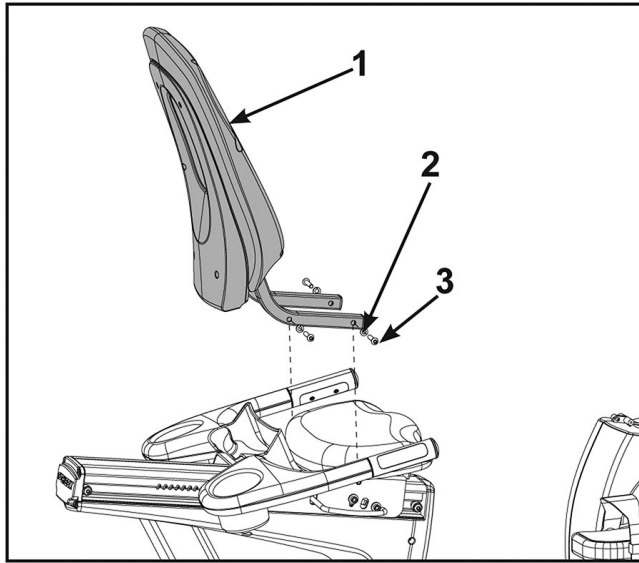


**Lift and move the unit**

1. Grasp the rear foot.
2. Lift the rear foot so the front transport wheels are able to roll on floor.  
Use proper lifting methods.
3. Roll unit to intended location.
4. Lower the rear foot so unit is in intended location.

### Install seat back assembly

1. Place the seat back assembly in the correct position and hand thread each of the screws and four washers.

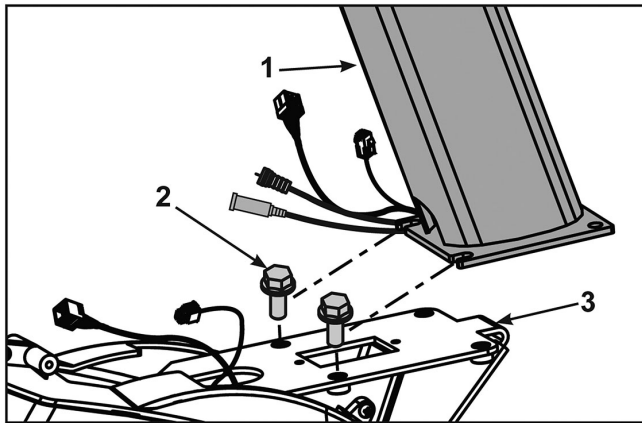


	Description	Qty.
1	Seat Back Assembly	1
2	Washers	4
3	Screws	4

2. Securely fasten the screws with the 3/16" Allen wrench provided.

### Install console assembly

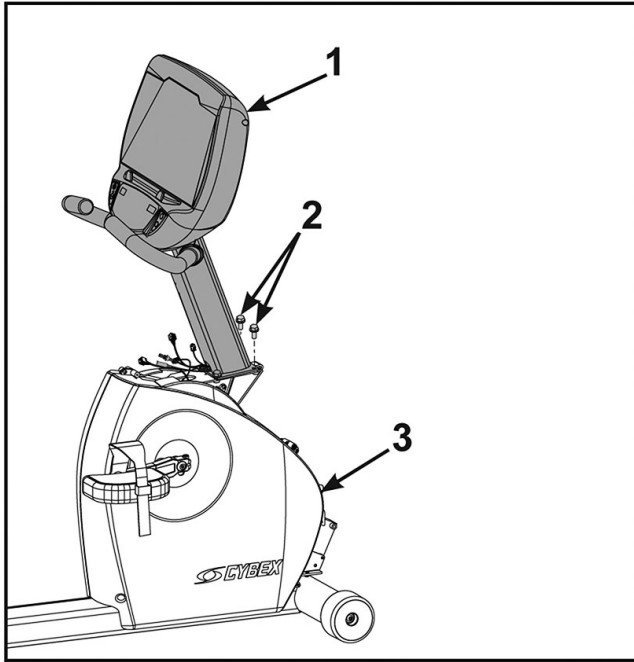
1. Hand thread two mounting screws into the base assembly.



	Description	Qty.
1	Console Assembly	1
2	Screws	2
3	Base Assembly	1

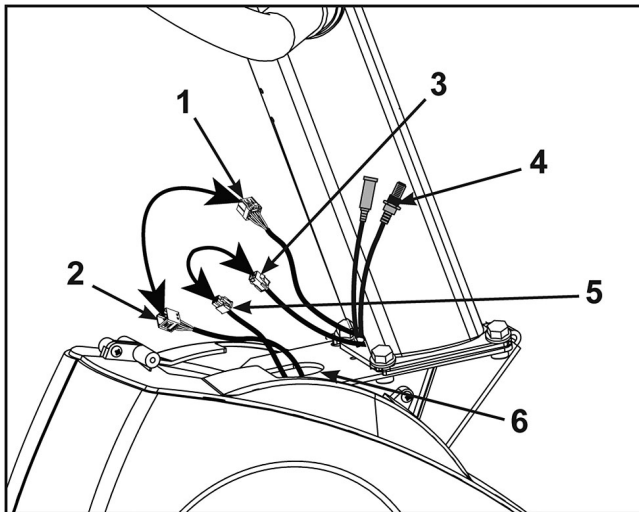
The console assembly will need to be supported during steps 2 through 4.

- Place the console assembly in the correct position on the base assembly by sliding into position onto the two mounting screws.



	Description	Qty.
1	Console Assembly	1
2	Screws	2
3	Base Assembly	1

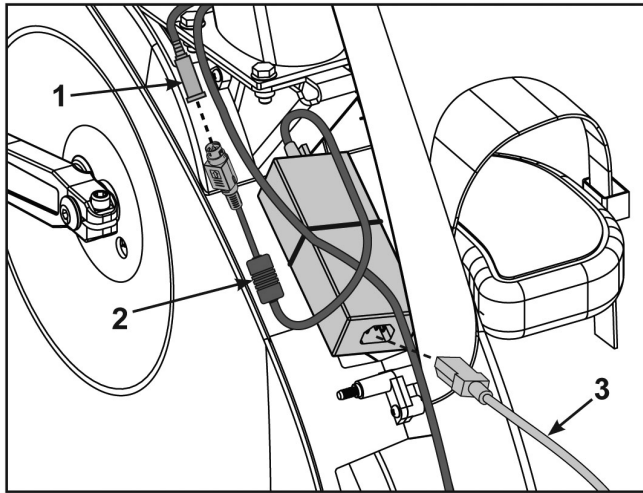
- Hand thread the other two screws.
- Securely fasten the four screws with a 1/2" socket wrench.
- Plug the upper display cable connector into the lower display cable connector. Ensure cable connectors click together and are securely fastened.



	Description	Qty.
1	Upper Display Connector	1
2	Lower Display Connector	1
3	Upper Heart Rate Connector	1
4	A/V Cables (optional)	1
5	Lower Heart Rate Connector	1
6	Top Hole In Frame	1

- Plug the upper heart rate connector into the lower heart rate connector.
- Tuck each of the cable connectors into the top hole in the frame. Do not pinch or damage the cables during assembly.

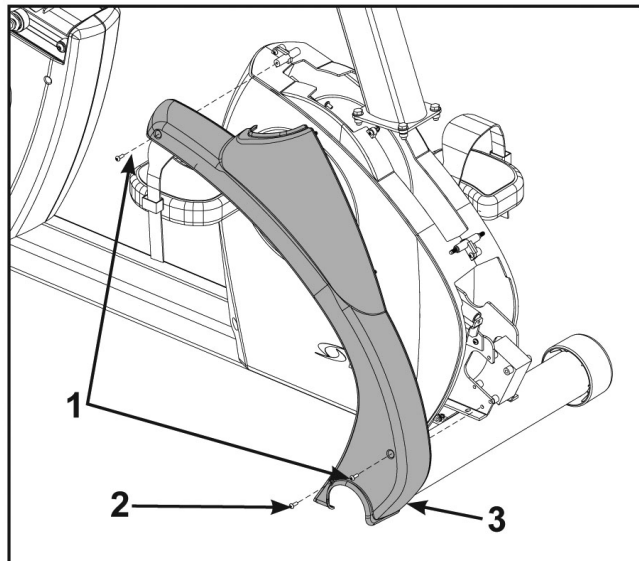
- Connect the console cable's DIN connector to the power supply output. Make sure the two connectors snap firmly together and can not be pulled apart without pulling the sleeve back to release it.



	Description	Qty.
1	Power Supply Output	1
2	Console Cable DIN Connector	1
3	Power Cord	1

### Install front covers

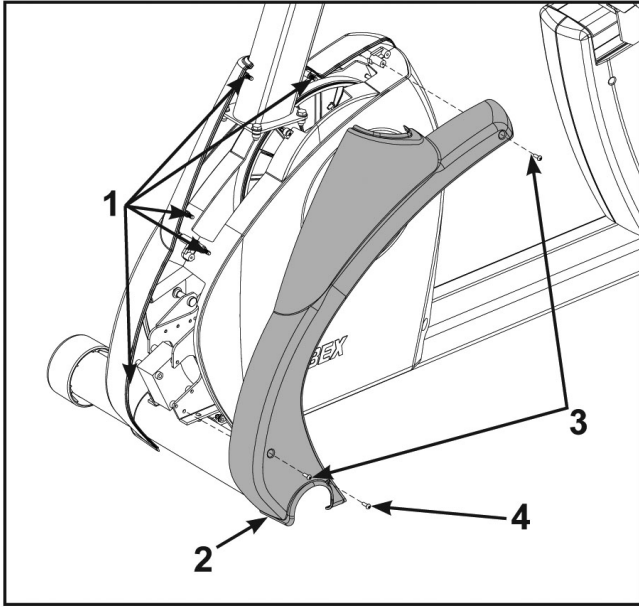
- Install front right cover with three screws using a Phillips screwdriver.



	Description	Qty.
1	Screw, 8-16 × .50"	3
2	Screw, 8-16 × .75"	1
3	Front Right Cover	1

In addition to three mounting screws per front cover, there are five plastic connectors that secure the front covers together. Ensure that all four plastic connectors are inserted properly in each front cover.

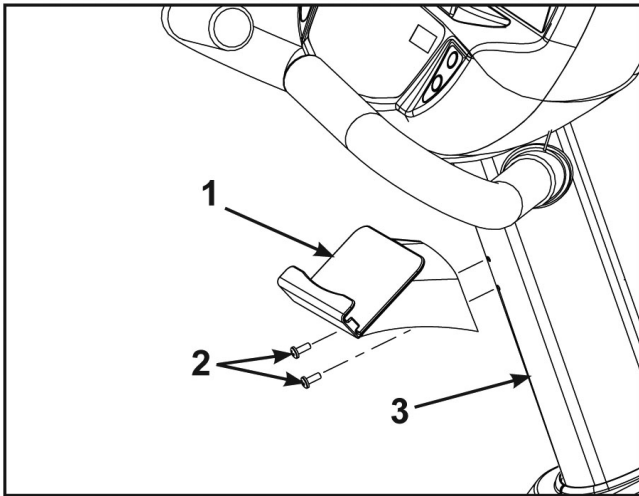
2. Install front left cover with three screws using a Phillips screwdriver.



	Description	Qty.
1	Plastic Connectors	1
2	Front Left Cover	1
3	Screw, 8-16 × .50"	3
4	Screw, 8-16 × .75"	1

### Install accessory tray

1. Remove the two screws in the console assembly using a Phillips screwdriver.

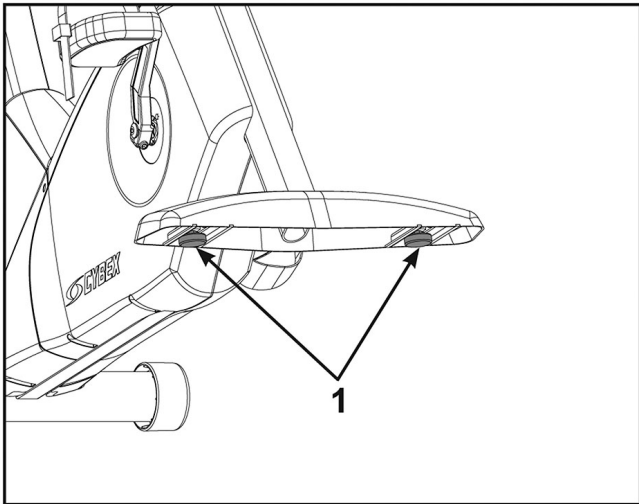


	Description	Qty.
1	Accessory Tray	1
2	Screws	2
3	Console Assembly	1

2. Install the accessory tray to the console assembly with the two screws removed in previous step using a Phillips screwdriver.

### Level unit

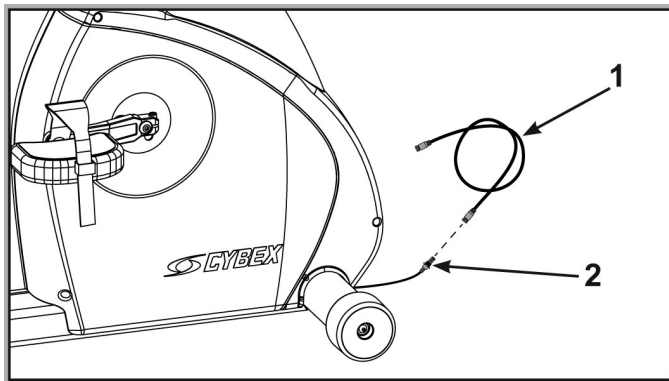
Confirm that the unit is on a level surface. If not, use a 9/16" open-end wrench to adjust the leveling feet up or down.



	Description	Qty.
1	Leveling Feet	2

**Install coax cable (E3 View Monitor option)**

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



	Description	Qty.
1	6' Coax Cable	1
2	Coax Cable Connector	1

**Visually inspect unit**






1. Remove any packing material from unit.
2. Examine the unit to ensure that the assembly is correct and complete.

**Setup**

Use the following instructions to setup the units settings.

1. Plug the optional power cord and E3 View Monitor power cord (E3 View Monitor units only) into a power outlet from a grounded circuit.  
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 pedals.
3. Begin pedaling.

## Setup options

1. Press and the hold the **Display option**  and **UP**  keys for 3 seconds.
2. Navigate through the setup menu with the **UP**  and **DOWN**  keys.
3. Press the **ENTER**  key once to enter setup values. Press again to save any changes and advance forward in the menu.

## Setup menu - LED console

<b>Time</b>	Set time display format. 12Hr A, 12Hr P or 24Hr (12 Hour AM, 12 Hour PM or 24 Hour).
<b>Date</b>	Date format is [YYYY] [MM] [DD]. Y - Year, M - Month, and D - Day.
<b>Weight Units</b>	LBS - Pounds, kg - Kilograms, or Stone.
<b>Distance Units</b>	MI - Miles or km - Kilometers.
<b>Pause</b>	Set time length for Pause. OFF (Default), 1:00, 5:00 or 10:00 minutes.
<b>Default Time</b>	Set default workout time. 10, 20, 30 (Default), or 60.
<b>Max Time</b>	Set maximum workout time. OFF (Unlimited), 30, 60 (Default), 90, or 120 minutes.
<b>Default Resistance Mode</b>	Set default resistance mode. Bike mode [bihe] (default) or Constant Power [CP] mode. Bike mode is gears 1-21, Constant power is 35-500 watt.
<b>Beeper (Tone)</b>	Toggle console beeper On (Default) or OFF. Some volume, range is 0-30, 10 is default.
<b>A/V</b>	Set A/V option. none (Default), C.A.B. (Console Adapter Box for Broadcast Vision), "UHF" or "FM". See <b>A/V Config and FM Radio Presets</b> for full configuration.

## Setup menu - E3 View Monitor

<b>Time</b>	Set time display format. 12Hr A, 12Hr P or 24Hr (12 Hour AM, 12 Hour PM or 24 Hour).
<b>Date</b>	Date format is [YYYY] [MM] [DD]. Y - Year, M - Month, and D - Day.
<b>Weight and Distance Units</b>	LBS - Pounds, Kg - Kilograms or Ston - Stone. MI - Miles or KM - Kilometers.
<b>Pause</b>	Set time length for Pause. OFF (Default), 1:00, 5:00 or 10:00 minutes.
<b>Default Time</b>	Set default workout time. 10, 20, 30 (Default), or 60.
<b>Max Time</b>	Set maximum workout time. OFF (Unlimited), 30, 60 (Default), 90, or 120 minutes.
<b>Sound</b>	Toggle console beeper On (Default) or OFF. Toggle headphone beeper to Some (Default), All, or Off. Set headphone speaker volume 0-30 (10 is default).




**Languages**

Set E3 View Monitor language. Standard languages available. English (Default).






**Reset setup options to default values**

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**Reset LED console**

1. Press the **Display Option**  key at the first setup option screen (Time). The console will display RESET and [dEFA][ULtS] [? ].  
To exit without resetting, press the **ENTER**  key.
2. Press the **Display Option**  key to reset the console to the default values. The console will beep twice and return to setup mode.

**Reset E3 View Monitor**

1. Press the **Display Option**  key at the first setup option screen (Time). The console will display RESET and Reset Defaults? NO.  
To exit without resetting, press the **ENTER**  key.
2. Press the **UP**  or **DOWN**  keys to select YES.
3. Press the **ENTER**  key to reset the console to the default values. The console will beep twice and return to setup mode.

**Exit Set Up mode**

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Press the **STOP** key to exit Setup options.***A/V Configuration and FM Radio Presets***

---

Perform this procedure if the unit includes the optional Wireless Audio Receiver Module.

**Tools Required:**

Headphones (not included)

Setting up the Cybex Wireless Audio Receiver Module requires four steps:

1. Determine the type of transmitter used (MYE 900MHz, Broadcast Vision 863MHz, etc. or TV FM).
2. Set **A/V Device** to Wireless TV.
3. Assign a TV channel number to each transmitter on the console.
4. Add FM radio station presets (optional).

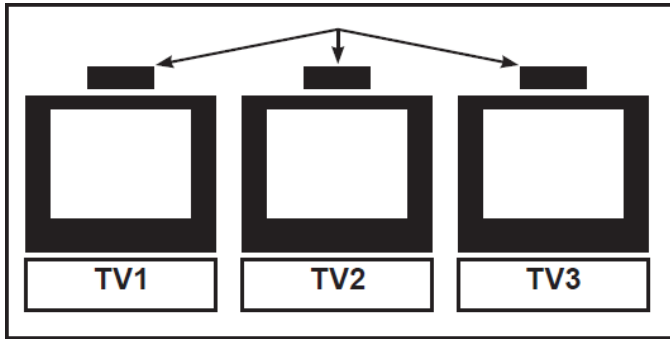
**Determine transmitter type**

There are two types of transmitters UHF or TV FM.

- UHF transmitters will have TV's identified by number, example TV1.
- TV FM transmitters will have TV's identified with FM frequencies, example 93.1.

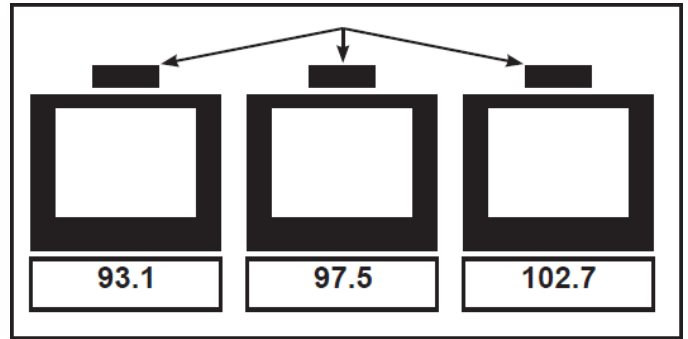
**UHF Transmitters**

Follow procedure: Setup UHF Transmitters



**TV FM Transmitters**

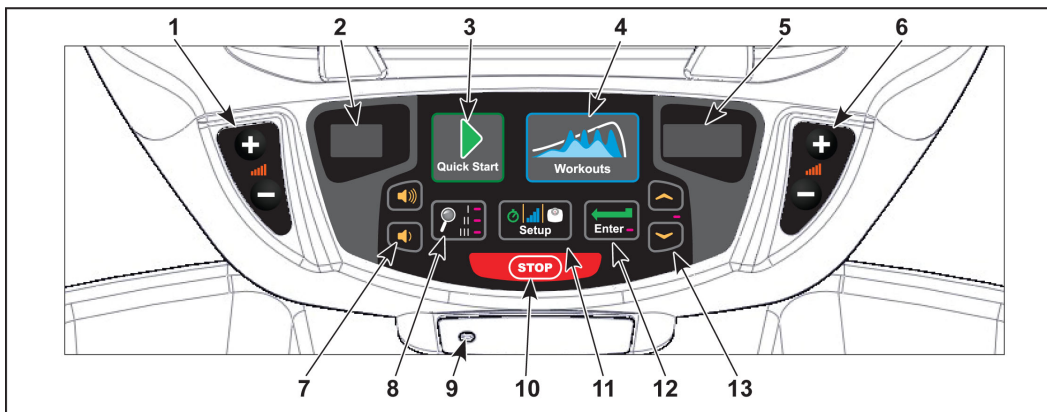
Follow procedure: Setup TV FM Transmitters



For TV FM transmitters, record FM frequencies for all TV's:

1	2	3	4	5	6	7	8	9	10






**User Controls**



1	Resistance keys	Navigates through all stored channels as in User Mode
2	Gear/level display	Shows setting of receiver sensitivity as (n)ear or (F)ar
3	Quick Start key	Selects transmitter type. Resets all stored TV channels when used
4	Workouts key	Toggles setup for FM presets and back to TV channel setup
5	Resistance display	Shows FM when storing FM radio station presets
6	Resistance keys	Toggles the display for Adding new channels or Deleting stored channels

7	Volume keys	Increase or decrease volume
8	Display option key	Scans for available TV transmitters, or will seek the next strongest FM station or FM transmitter frequency.
9	Headphone jack	Plug in headphones to listen to channels
10	STOP key	Stores and exits setup
11	Setup key	When storing FM presets, this button will clear all stored FM radio presets. Toggles near/far for UHF receiver sensitivity.
12	Enter key	Enters menu, accepts value shown, moves forward in menu.
13	Up/Down keys	Navigates TV channels or manually tunes FM frequencies



### A/V setup mode

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 pedals.
4. Begin pedaling.
5. Press and hold **SCAN**  and **Up**  for 3 seconds. Display will show clock icon.
6. Press **Down**  to navigate to the A/V screen.
7. Press **Enter** to enter setup mode.
8. Press the **Up**  or **Down**  keys to change A/V type from none to UHF, FM, or C.A.B. (Console Adapter Box for Broadcast Vision). If C.A.B. is selected, no further setup is required.
9. Plug in headphones to listen for channels during setup.

### Setup UHF Transmitters


For transmitter types 900 MHz, 863 MHz or 806 MHz. Use this procedure to associate channel numbers to your TV transmitters. If using an FM transmitter system, skip to Setup TV FM Transmitters.

#### Pick transmitter type








1. Enter A/V setup mode.
2. Select UHF and press the **ENTER**  key.
3. Press the **ENTER**  key again to change transmitter type.

4. Press **Quick Start** to select your transmitter type from the available choices. The display will only show choices available under your transmitter type (900 MHz, 863 MHz or 806 MHz).

900 MHz System	863 MHz System	806 MHz System
M 900 MYE	M 863 MYE	J1 806 Japan 14 channels
C 900 Cardio Theater	E 863 Exercise	J2 806 Japan 30 channels
E 900 Exercise	A 863 Audeon	
B 900 Broadcast Vision		





5. Press **SCAN**  to scan for available channels. The scan can take up to 10 seconds and then display CH 1 of #. The # symbol is total number of strong UHF channels found. Some of these channels may not be signals from the TV transmitters and need to be deleted.







### Review channels

1. Press **Up**  or **Down**  to listen to available channels with the headphones.
2. Delete unwanted channels by pressing Resistance **Up**  or **Down**  to change the right LED window to [dEL].  
Press **Enter** to delete channel. Repeat process for additional unwanted channels.
3. Adjust the near/far setting if available channels are not showing.  
Press **Setup** key to change the setting from F (Far) to n (Near). Press **Display option**  to re-scan for available channels.
4. Press **Up**  or **Down**  to scroll through and verify all TV channels.  
If all TV transmitters are stored, and they all correlate the TV number to the correct TV heard, setup is complete. If not you may need to re-scan or adjust the transmitter codes (see documentation for your transmitters to perform a code change).
5. Press **STOP** to exit setup. Transmitter setup complete.
6. Proceed to Add FM Radio Stations (optional).

### Setup TV FM Transmitters

If your TV's use FM transmitters, follow these instructions to assign a TV channel to each frequency.









1. Press and the hold the **Display option**  and **UP**  keys for 3 seconds.  
Display will show time setup.
2. Press **DOWN**  to navigate to the A/V setup screen.
3. Select TV FM and press the **ENTER**  key.

4. Press **Display option**  to seek the next TV FM frequency or **UP**  or **DOWN**  to tune manually.
5. Press Resistance **UP**  or **DOWN**  keys to add [Add] a channel.  
Press **ENTER**  to save channel, std (stored) will be displayed.
6. Repeat steps 3 and 4 to add all TV FM channels.
7. Press **Stop** to exit setup when all the TV's FM transmitter frequencies have a TV number.  
Transmitter setup complete.
8. Proceed to Add FM Radio Stations (optional).

### Add FM Radio Stations (optional)

---





If strong local FM Radio Stations are available in the area, you can set those as presets.

1. Enter A/V setup mode.
2. Press **Workouts** to display FM on the console.  
The left numeric will display CH 1.
3. Press **Display option**  to seek the next TV FM frequency or **UP**  or **DOWN**  to tune manually.
4. Press Resistance **UP**  or **DOWN**  keys to add [Add] a channel.  
Press **ENTER**  to save channel, std (stored) will be displayed.
5. Repeat steps 3 and 4 to save up to 32 FM radio stations.
6. Press **Stop** to exit setup when all FM radio stations are stored.
7. Press **UP**  or **DOWN**  keys to scroll through and verify all FM radio stations.





### Adjust sound volumes

---

After completing setup, the sound volume should be adjusted between the TV transmitters and the FM radio stations. If FM radio stations are not set, adjust volume between all TV's.

1. Press **Up**  or **Down**  to select an FM radio station.  
This volume is not adjustable and is the base volume.
2. Press **Up**  or **Down**  to select a TV station.
3. Adjust the volume of each TV to match an FM Radio Station or each other using the TV's remote control.  
The goal is for a volume setting of 10 on the treadmill to be the same for all TV and FM channels.
4. Repeat procedure for all TV's.

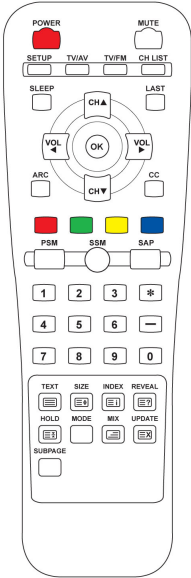







## Using the Cybox Wireless Audio Receiver

1. Plug headphones into headphone jack.
2. Press **Up**  or **Down**  to select TV or FM channels.
3. Press volume **Up**  or **Down**  to adjust volume.

## Setup Complete

## E3 View Monitor Controls

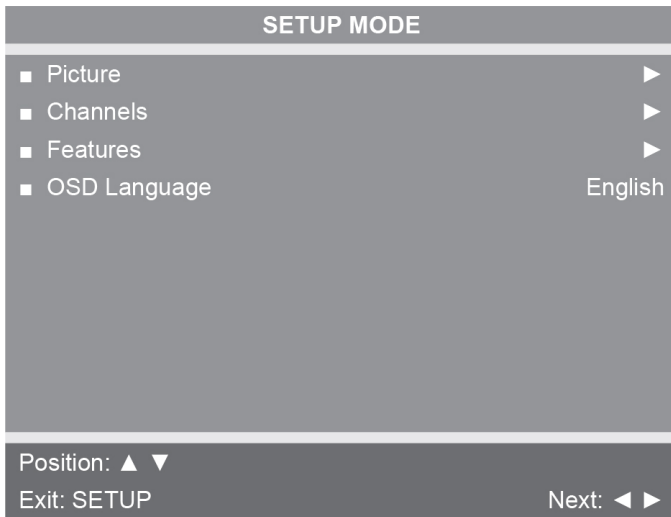
The remote control is used to perform all setup operations for the E3 View Monitor.

		POWER	Turn the E3 View monitor on or off
		SETUP	Enter or exit the Setup home screen
		CH LIST	Channel list - List all available channels
		CH▲	Channel up - Navigate up through the on-screen menu
		CH▼	Channel up - Navigate down through the on-screen menu
		VOL◀	Volume left - Navigate left through the on-screen menu
		VOL▶	Volume right - Navigate right through the on-screen menu

## E3 View Monitor Setup

### Access Setup Screen

Press the **SETUP**  button to display the **SETUP MODE** screen on the E3 View Monitor. Follow procedure to setup the E3 View Monitor.




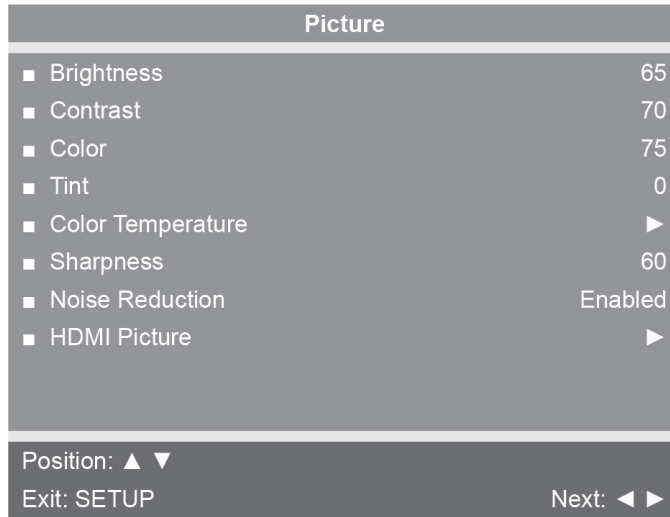
<b>Picture</b>
<b>Channels</b>
<b>Features</b>
<b>OSD Language</b>

## Picture






---

1. Press  or  to select **Picture**.

2. Press  to select access **Picture** menu.




<b>Brightness</b>	Adjust range from 1 to 100. Default is 65.
<b>Contrast</b>	Adjust range from 1 to 100. Default is 70.
<b>Color</b>	Adjust range from 1 to 100. Default is 75.
<b>Tint</b>	Adjust range from 1 to 100. Range is R50 to G50. Default is 0.
<b>Color Temperature</b>	Adjust color balance of Red, Green and Blue temperatures.
<b>Sharpness</b>	Adjust range from 1 to 100. Default is 60.
<b>Noise Reduction</b>	Select Enabled (Default) or Disabled.
<b>HDMI Picture</b>	Set to Auto or Adjust settings as needed. Available only when HDMI signal is present.

3. Press  or  to select settings.
4. Press  or  to adjust settings.
5. Press the **SETUP**  button to return to **SETUP MODE** menu.

## Channels

---

1. Press  or  to select **Channels**.

2. Press  to select access **Channels** menu.


ATSC Monitor	DVB-T Monitor
<b>Channels</b>	<b>Channels</b>
<ul style="list-style-type: none"> <li>■ Signal Cable STD</li> <li>■ Auto Program ▶</li> <li>■ Add/Delete Channels ▶</li> <li>■ Parental Control ▶</li> <li>■ Default Channel Last</li> <li>■ Channel Lock Disabled</li> <li>■ Channel Memory Override Enabled</li> </ul>	<ul style="list-style-type: none"> <li>■ Auto Program ▶</li> <li>■ Manual Program ▶</li> <li>■ Add/Delete Channels ▶</li> <li>■ Parental Control ▶</li> <li>■ Default Channel Last</li> <li>■ Channel Lock Disabled</li> <li>■ Channel Memory Override Enabled</li> </ul>
Position: ▲ ▼ Exit: SETUP Next: ◀ ▶	Position: ▲ ▼ Exit: SETUP Next: ◀ ▶

Feature	Settings
<b>Signal (ATSC only)</b>	Select Air, Cable STD, Cable IRC, or Cable HRC.
<b>Auto Program</b>	<i>See Below</i>
<b>Manual Program (DVB-T only)</b>	<i>See Below</i>
<b>Add/Delete Channels</b>	<i>See Below</i>
<b>Parental Control</b>	Block channels based on TV ratings.
<b>Default Channel</b>	Select channel to display on power up. Select from available channels or last.
<b>Channel Lock</b>	Select <b>Enabled</b> or <b>Disabled</b> . If enabled only one channel is shown, user cannot change channels.
<b>Channel Memory Override</b>	Select <b>Enabled</b> or <b>Disabled</b> . If enabled allows user to select any available channel.

3. Press  or  to select settings.

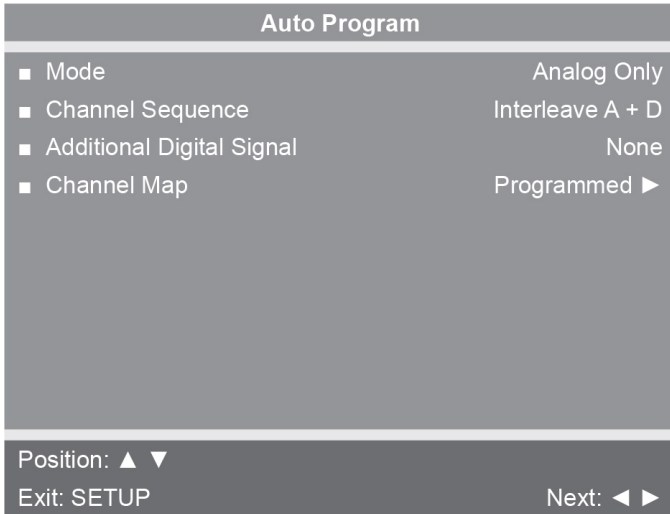
4. Press  or  to adjust settings.

### Auto Program (ATSC Monitor)

1. Press  to select **Auto Program**.





2.  Press  to enter the menu.

3.  or  Press  or  to select **Mode**.







<b>Mode</b>
<b>Channel Sequence</b>
<b>Additional Digital Signal</b>
<b>Channel Map</b>

**Figure 2: ATSC Monitor**





4.  or  Press  or  to set the scope of channel scanning.





- a) Analog Only (Default): TV searches for analog channels only.
- b) Digital Only: TV searches for digital channels only.
- c) Analog and Digital: TV searches for both analog and digital channels.



5.  Press  to select **Channel Sequence**.








6.  or  Press  or  to set the Channel Sequence in which the channels are displayed after searching.

- a) Interleave A+D: In the order of channel number regardless of the system.
- b) All A then D: Digital channels are displayed after all analog channels.



7.  or  Press  or  to select **Additional Digital Signal**.  
Not available when **Mode** is set to Analog Only.

8.  or  Press  or  to choose the **Additional Digital Signal** source.  
Choices are: None, Air, Cable STD, Cable IRC, or Cable HRC.

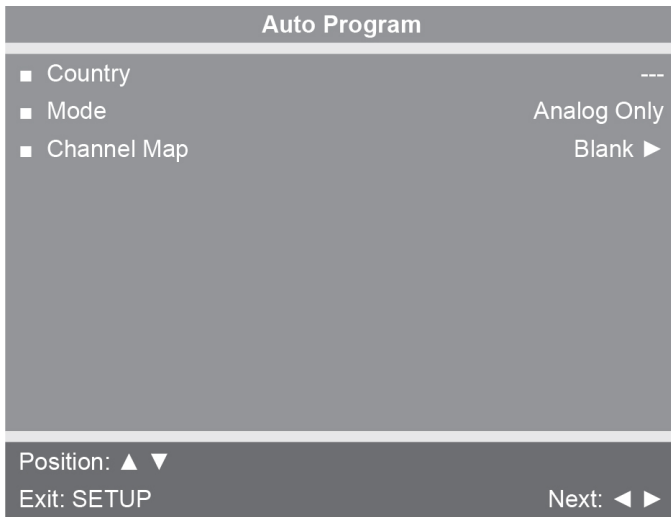
9.  Press  to select **Channel Map**.

10.  Press **VOL** to start auto programming.  
A confirmation menu will appear before proceeding.
11.  Press **CH▲** (Yes) to start auto programming.  
 Press **CH▼** (No) button to cancel the operation. The TV will now search all available channels with an on-screen progress percentage displayed. Any tuning Mode that includes Digital channels will require several minutes to complete auto programming.  
  
This may take 20 or more minutes. If screen shuts off, Press the **POWER**  button to turn monitor on.
12.  Press the **SETUP** button to return to normal TV viewing once auto programming is complete.
13.  Press the **CHANNEL LIST** button to list programmed channels.
14.  Press the **SETUP** button to return to **SETUP MODE** menu.

### Auto Program (DVB-T Monitor)

1.  Tap **CH▼** to select **Auto Program**.
2.  Tap **VOL** to enter the menu.

3. Tap  or  to select **Country**.





<b>Country</b>
<b>Mode</b>
<b>Channel Map</b>

**Figure 3: DVB-T Monitor**

Available countries are:


Albania, Austria, Australia, Belgium, Bosnia, Bulgaria, China, Croatia, Czech, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Ireland, Italy, Kazakhstan, Latvia, Lithuania, Luxembourg, Morocco, Netherlands, Norway, Poland, Portugal, Romania, Russia, Serbia, Slovakia, Slovenia, Spain, Sweden, Switzerland, Turkey, UK, and Ukraine.


4. Tap  or  to select **Mode**.


5. Tap  or  to set the scope of channel scanning.


<b>Option</b>	<b>Description</b>
<b>Analog Only (Default)</b>	TV searches for analog channels only
<b>Digital Only</b>	TV searches for digital channels only
<b>Analog and Digital</b>	TV searches for both analog and digital channels


6. Tap  to select **Channel Map**.

7. Tap  to start auto programming.  
A confirmation menu will appear before proceeding.

8. Tap  (Yes) to start auto programming.

Tap  (No) button to cancel the operation. The TV will now search all available channels with an on-screen progress percentage displayed. Any tuning Mode that includes Digital channels will require several minutes to complete auto programming.


This may take 20 or more minutes. If screen shuts off, **POWER**  button to turn monitor on.

9. Press the **SETUP**  button to return to normal TV viewing once auto programming is complete.

10. Tap the **CHANNEL LIST**  button to list programmed channels.

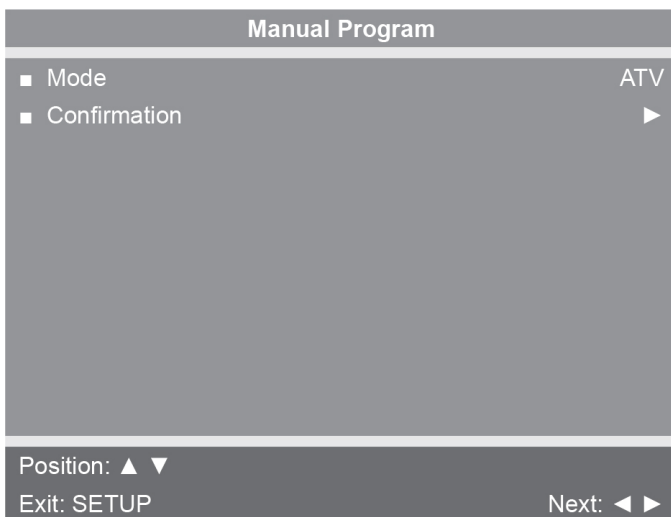
11. Press the **SETUP**  button to return to SETUP MODE menu.

### Manual Program (ATSC and DVB-T)

1. Tap  to select **Manual Program**.

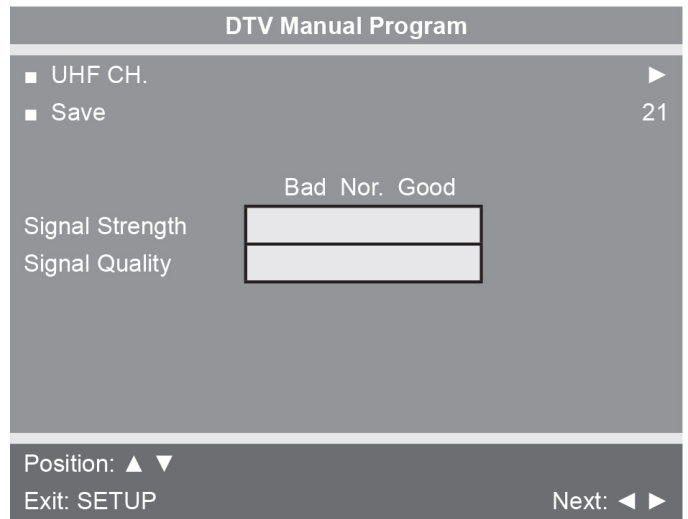
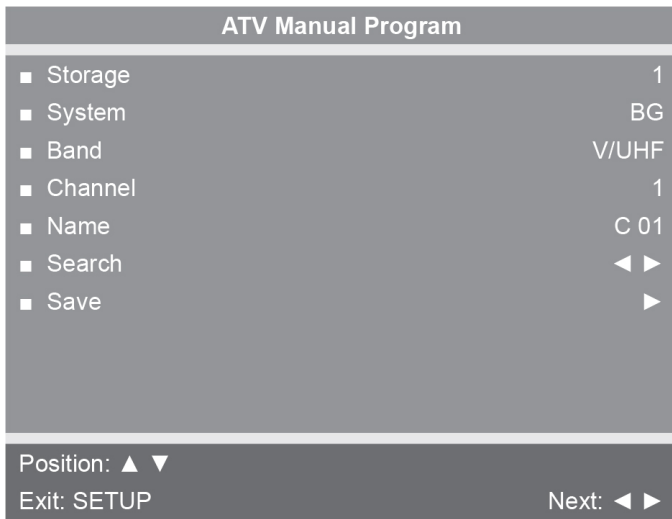
2. Tap  to enter the menu.

3. Tap  or  to select **Mode**.



<b>Mode</b>
<b>Confirmation</b>


4. Tap  or  to select ATV or DTV.

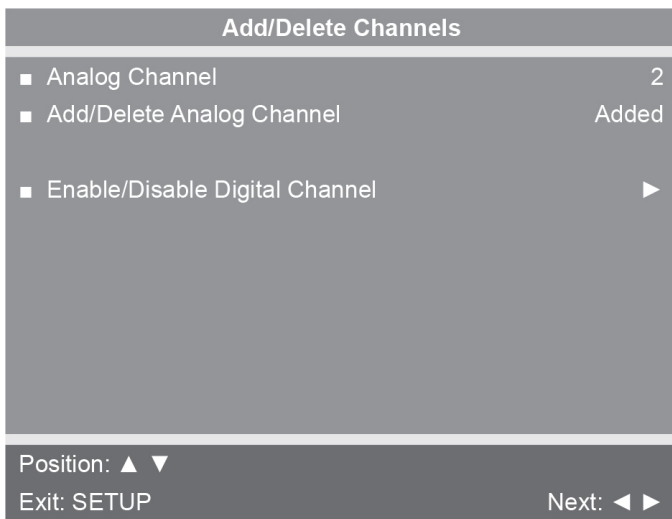


<b>ATV Mode</b>	Adjust settings for <b>Storage, System, Band, Channel, Name, or Search</b> . Select <b>Save</b> to save settings.
<b>DTV Mode</b>	Select <b>UHF channel</b> . Select <b>Save</b> to save settings.


### Add/Delete Channels (ATSC and DVB-T)

1. Press  to select **Add/Delete Channels**.

2. Press  to enter the Add/Delete Channels menu.




<b>Analog Channel</b>
<b>Add/Delete Analog Channel</b>
<b>Enable/Disable Digital Channel</b>

3. Press  or  to select the desired analog channel.

4. Press  or  to highlight **Add/Delete Analog Channel**.

5. Press  or  to select **Added** or **Deleted**.



6. Press the **SETUP**  button to return to the previous menu.

To exit, Press the **SETUP**  button until the programming menus disappear. If there are more analog channels to be added or deleted, repeat steps 3 through 5.

7. Press  or  to highlight **Enable/Disable Digital Channel**.

8. Press  to select **Enable/Disable Digital Channel**.

If there are not any channels programmed in the Service Level, No Channels Present will appear in the menu.

9. Press  or  to highlight the digital channel that needs to be enabled or disabled.


10. Press  or  to select **Enable** or **Disable**.

11. Press the **SETUP**  button to return to the previous menu.

## Features

---

1. Press  or  to select **Features**.

2. Press  to select access **Features** menu.

ATSC Monitor	DVB-T Monitor
<b>Features</b>	<b>Features</b>
<ul style="list-style-type: none"> <li>■ Power on Captions Mode <span style="float: right;">Last</span></li> <li>■ Digital Mode Time Setup <span style="float: right;">▶</span></li> <li>■ Diagnostics <span style="float: right;">▶</span></li> <li>■ Caption Text Modes <span style="float: right;">Disabled</span></li> </ul>	<ul style="list-style-type: none"> <li>■ Power on Subtitles Mode <span style="float: right;">Last</span></li> <li>■ Digital Mode Time Setup <span style="float: right;">▶</span></li> <li>■ Diagnostics <span style="float: right;">▶</span></li> </ul>
Position: ▲ ▼ Exit: SETUP <span style="float: right;">Next: ◀ ▶</span>	Position: ▲ ▼ Exit: SETUP <span style="float: right;">Next: ◀ ▶</span>

3. Press  or  to select settings.

4. Press  or  to adjust settings.

Feature	Settings
<b>Power on Captions Mode</b> (ATSC only)	Select Off or Last. Last will set caption mode to last used setting.
<b>Power on Subtitles Mode</b> (DVB-T only)	Select Off or Last. Last will set subtitle mode to last used setting.
<b>Digital Mode Time Setup</b>	Set current time automatically from digital signal. Select time zone and daylight savings time to Auto, On, or Off.
<b>Diagnostics</b>	Provides diagnostic information only. Settings cannot be changed.
<b>Caption Text Modes</b> (ATSC only)	Select Enabled or Disabled.


5. Press the **SETUP**  button to return to **SETUP MODE** menu.


**OSD Language**

1. Press  or  to select **OSD Language**.

2. Press  or  to select language.

Option	Description
<b>ATSC choices</b>	English, Français or Español.
<b>DVB-T choices</b>	English, Français, Español, Dutch, Danish, Russian, German, and Swedish.

3. Press the **SETUP**  button to return to **SETUP MODE** menu.

Exit Set Up Mode by pressing the **SETUP**  button.

## Setup Complete

---

### Testing operation

---

Use the following instructions to test the full resistance 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 pedals.
4. Begin pedaling.
5. Press the **Quick Start** key.
6. Run unit through full resistance range.  
First press the **RESISTANCE +** key until unit reaches its highest load (the display will show "21"). Then press the **RESISTANCE -** key until unit reaches its lowest load (the display will show "1"). The resistance should increase and decrease while pedaling.  
When unit reaches the set resistance, the displays will stop flashing and remain steadily illuminated to indicate the desired setting has been reached.
7. Wait until pedals come to a complete stop before dismounting the unit.  
Hold the handrails to steady self while stepping off the unit.

# Operation

## Intended Use

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

## Terms Used

<b>Active Mode</b>	Any time the unit is controlling resistance and accumulating workout data. Active Mode begins after pressing the <b>Quick Start</b> key, after completing the setup for a workout, or by default if the initial screen times out and enters Quick Start Manual mode.
<b>Auto-Scan</b>	Display automatically cycles through workout data.
<b>Cool Down</b>	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-controlled workout sessions.
<b>Dormant Mode</b>	Occurs when unit is plugged in and not in use.
<b>Isokinetic Exercise</b>	Accommodating resistance, where unit provides a corresponding amount of resistance on the user to keep them at a fixed pedal speed. Such exercise is used to test and improve muscular strength and endurance, especially after injury.
<b>Manual Mode</b>	In this active mode the user sets a goal for Time. The user controls speed and resistance. Manual Mode continues until the goal is reached. Manual Mode is only available during Active Mode.
<b>Pause Mode</b>	Occurs only if the Pause feature is enabled and user selects the <b>STOP</b> key from Active Mode.
<b>Quick Start</b>	By default, the unit will end up in Quick Start Manual Mode if the user begins pedalling and allows the 5 second count-down to end. Press the <b>Quick Start</b> key to enter into Quick Start Manual Mode, where the user controls the gear selection and time is counting up.

## User Control Symbols Used



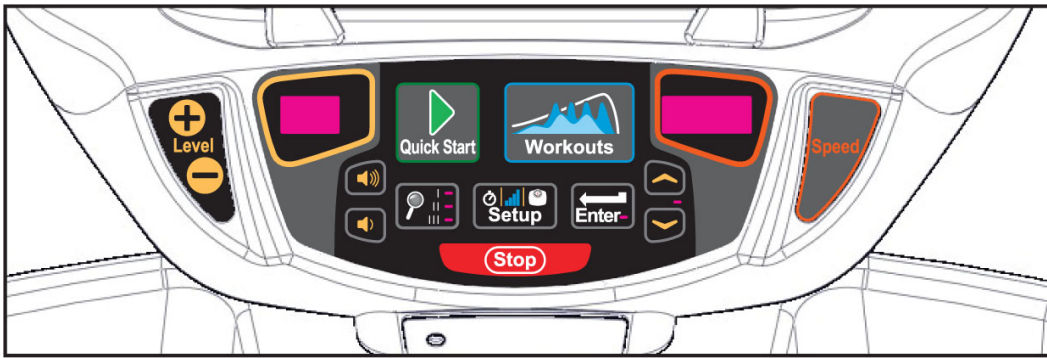







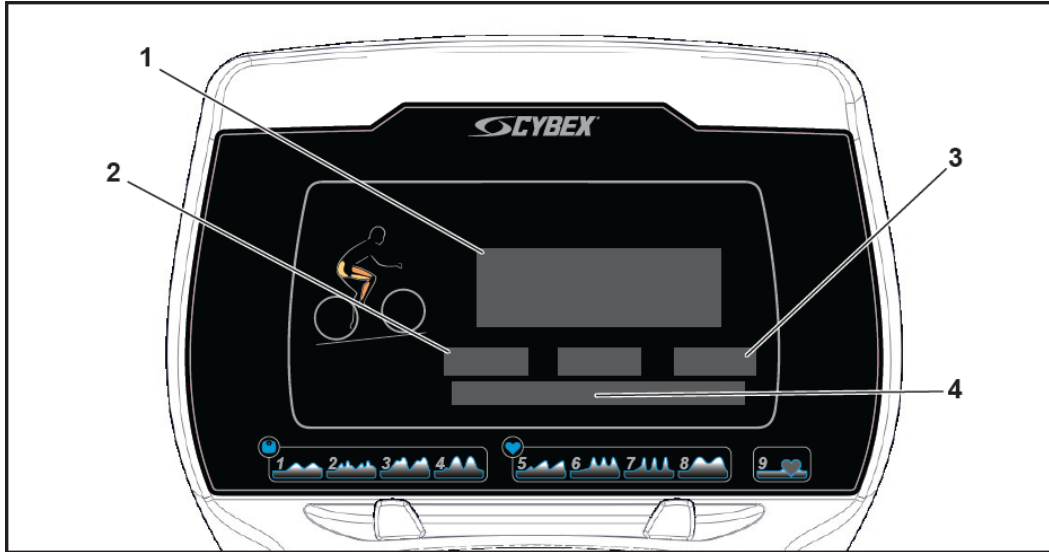


Figure 4: Total Access Membrane

Control	Control Name	Description
	<b>RESISTANCE UP</b>	Adjust <b>Resistance</b> +up.
	<b>RESISTANCE DOWN</b>	Adjust <b>Resistance</b> -down.
	<b>VOLUME UP</b>	Adjust <b>Volume</b> up.
	<b>VOLUME DOWN</b>	Adjust <b>Volume</b> down.
	<b>UP KEY</b>	Adjust <b>Time, Level, Weight, or Workout</b> up A/V - Channel <b>UP</b> iPod/iPhone - <b>NEXT</b> track (option)
	<b>DOWN KEY</b>	Adjust <b>Time, Level, Weight, or Workout</b> down A/V - Channel <b>DOWN</b> iPod/iPhone - <b>PREVIOUS</b> track (option)
	<b>STOP</b>	Press <b>STOP</b> once to end the workout session and start the <i>Workout Review</i> . Press <b>STOP</b> again to exit to <i>Dormant Mode</i> .

## Console Display



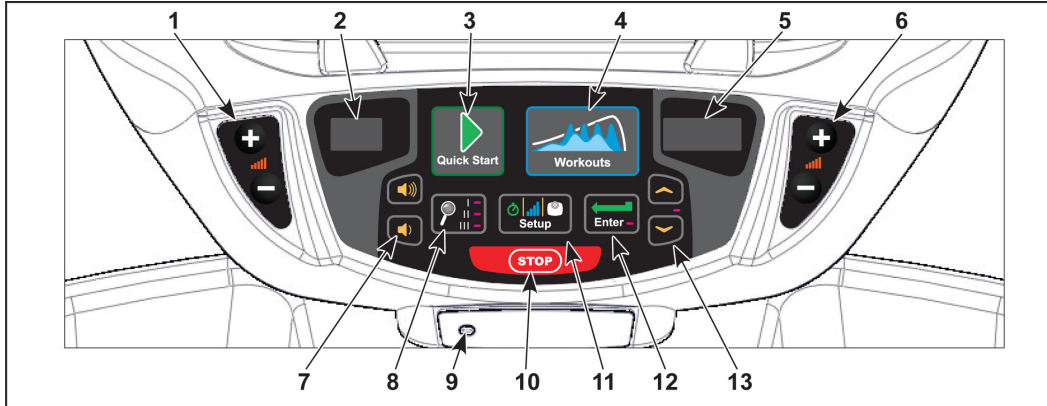
**Figure 5: LED Display**

<b>1</b>	Bar Graph	<b>3</b>	Heart Rate Indicator
<b>2</b>	Data Readouts	<b>4</b>	Enunciator



**Figure 6: E3 View Monitor**

## User Controls



1	Resistance keys	6	Resistance keys	11	Setup key
2	Gear/level display	7	Volume keys	12	Enter key
3	Quick Start key	8	Display option key	13	Up/Down keys
4	Workouts key	9	Headphone jack		
5	Resistance display	10	STOP key		

**Displays** Gear, Level, and Resistance is shown in the LED displays. The Up/Down LED indicates when Up/Down keys are active to change settings.

**Keys** User controls for Quick Start, Workouts, Resistance, Volume, Scan, Stop, Setup, Enter and Up/Down.

## Mount and Dismount

### Mount unit safely

1. Verify pedals are completely stopped.
2. Grasp handrail and step carefully onto pedals.

### Dismount unit safely

#### **⚠ WARNING**

Moving parts and fall hazard. To avoid serious injury wait until pedals come to a complete stop before getting off unit.

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

## ***Emergency Dismount***

---

If an emergency stop and dismount is required.




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

## ***Quick Operation Guide***

---

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

The following is a quick overview of the operation of the unit.

1. Verify pedals are completely stopped.
2. Grasp handrails and step carefully into pedals.  
Begin pedaling.
3. Press the **Quick Start** key.  
The console will beep for one second and display GO!.
4. Press the **UP**  and **DOWN**  keys to increase or decrease weight.
5. Press the **ENTER**  key to enter weight.
6. Press the **Resistance + –** keys to change the resistance at any time.
7. Press the **STOP** key at any time to pause.  
Workout Review is displayed.

## ***Detailed Operation Guide***

---



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

1. Plug the optional power cord into a power outlet from a grounded circuit. 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 pedals are completely stopped.
3. Grasp handrails and step carefully into pedals. Begin pedaling.

**4. Select Quick Start or Workouts.**

If **Quick Start** is selected, The console will beep for one second, display GO!, and enter Active Mode.

If **Workouts** is selected, Select a workout and setup options.



a) Select workouts 1 through 9 with the **UP**  and **DOWN**  keys.


b) Press the **ENTER**  key to advance to setup options.

**Setup options:**

Workouts 1 through 8	Time, Level, Weight
Heart Rate Control (workout 9)*	Time, Weight, Age, Target Heart Rate

\*The Heart Rate Control workout requires wearing a Polar® compatible chest strap (not included).

c) Press the **UP**  and **DOWN**  keys to increase or decrease each of the setup options.

Press the **ENTER**  key to advance to the next option. For the most accurate resistance and calorie count, you must set your correct weight before beginning your workout (including clothing). Valid weight range is 50 - 400 lbs, 23-181 kgs, or 3.6-28.6 stones.

When selecting a workout you must press the **ENTER**  key after each adjustment of **Time, Level, Weight, Age, or Target Heart Rate.**

After final selection has been made the console will beep for one second, display GO!, and enter Active Mode.

**5. Observe the control panel.**

The top center Bar Graph display shows a graphical representation of the relative MET level, and if in a program, 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), MET and Time. The data displays will start by automatically shifting every 5 seconds.

Heart rate will be displayed in lieu of MET 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 resistance 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 resistance and/or the workout level.

**6. Press the Resistance + –keys to change the resistance at any time.**

The display will show the current gear or watt level. Gear range is 1-21, watt level range is 20-500.

7. Press the **STOP** key at any time to pause.

Workout Review is displayed.

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 **STOP** key. The unit returns to Dormant Mode.

## Workout Selection

---


Choose from **Quick Start**, or nine workout choices. Speed is never predetermined. Change speed by changing pedal speed.

### Workout Choices:

Workout		Levels	Settings
1	Weight Loss	21	Select time, level and weight.
2	Rolling Hills	21	Select time, level and weight.
3	Hills	21	Select time, level and weight.
4	Pike's Peak	21	Select time, level and weight.
5	Ramps	21	Select time, level and weight.
6	Interval	21	Select time, level and weight.
7	Strength	21	Select time, level and weight.
8	Cardio	21	Select time, level and weight.
9	Heart Rate Control (HRC)	NA	Select time, age, target heart rate and weight.

### Navigation

The keypad is active during the workout setup time to key in time, level and weight values. The **Resistance + -** keys are also active to adjust the displayed workout value (up or down). Hold down key to accelerate rate of increments.

Press the **ENTER**  key after each step to accept values entered and to move forward in the setup process.

The **Quick Start** key may be pressed any time during this process to accept all workout defaults. If no activity is performed after a workout is selected, the unit will default to the settings of the current workout selected.

## Data Readouts

---

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

<b>BPM (Beats Per Minute)</b>	Your current heart rate. Heart rate will appear when a signal is introduced. Use the hand grips for Contact Heart rate or wear a Polar® compatible heart rate chest strap.						
<b>Calories</b>	The total accumulated calories burned during your workout. Your weight must be correctly set before beginning your workout for this measurement to be most accurate.						
<b>Calories Per Hour</b>	Calculation of present workload's energy exertion in Calories per Hour.						
<b>Distance</b>	The total accumulated distance, in miles or kilometers, during your workout. Depending on the defaults you've chosen this measurement will show in English or Metric						
<b>Level</b>	Displays level of workout, range is 1-21.						
<b>Metabolic Equivalent (MET)</b>	Relates to the user's energy expenditure. A MET is a basic unit of measurement that is used to compare relative work between individuals and activities. 'One MET' is the amount of oxygen consumed at rest. For example, two MET would be twice that amount. If an individual were working at four MET he/she would be consuming oxygen at a rate equal to four times their resting consumption. MET can be used to compare walking on a grade with running or even to cycling and other activities.						
<b>Power</b>	Displayed in diagnostic mode when generator/brake is main power source.						
<b>RPM (Rotation Per Minute)</b>	User's crank revolutions per minute.						
<b>Time</b>	The total time you've been working out or time remaining. Display time as <b>minutes:seconds</b> .						
	<table border="1"> <tr> <td>MM:SS</td> <td>Minutes:Seconds</td> <td>00:01 to 99:99</td> </tr> <tr> <td>MMMM</td> <td>Minutes</td> <td>100 minutes or more</td> </tr> </table>	MM:SS	Minutes:Seconds	00:01 to 99:99	MMMM	Minutes	100 minutes or more
MM:SS	Minutes:Seconds	00:01 to 99:99					
MMMM	Minutes	100 minutes or more					
<b>Watt</b>	Present workload energy exertion.						
<b>Weight</b>	Displayed when the console prompts for the user to enter their body weight.						
<b>Workout</b>	Displayed when the console prompts the user to select a workout.						

***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 5 KHz Polar® compatible heart rate transmitter belt (not included) must be worn.

Once the actual heart rate is determined, the LED 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

***E3 View Monitor Screen Options***





During operation four E3 View Monitor screen options are available. Press **SCAN**  to change screens. The **SCAN**  LED's will indicate display option.

 LED I on	TV + Data	Display video with data at bottom of screen
 LED II on	TV Only	Display video only
 LED III on	Data Only	Display data only
 No LED's on	Blank	Screen is blank, video and data are not displayed

## ***iPod/iPhone Functions***

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

1. Connect iPod/iPhone (not supplied) into the 30 pin connector.
2. Place iPod/iPhone onto the accessory tray.
3. Plug headphones (not supplied) into the console headphone jack.
4. Press volume **Up**  or **Down**  to adjust volume.
5. For non-E3 View Monitor consoles, press the **Up**  and **Down**  keys to change tracks. Videos will not be displayed on the E3 View Monitor.

## ***Battery Sentry***

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Battery Sentry uses crank RPM or key presses to determine user presence. If a user is not detected within 10 seconds, the CardioTouch Screen displays Are you there?

Resume pedaling or touch the screen to reset the sentry, otherwise the bike will exit the workout.

# Maintenance

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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 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 and recording. Cybex representatives are available to answer any questions that you may have.

## Warnings

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 Read all warnings in this chapter.

### **WARNING**

For maintenance, service and repair:

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

### **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.

## Clean Unit

---

### **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.

### Tools Required

- Cleaning solution
- Rubbing alcohol
- Clean Cloth
- Vacuum

### After Each Use

Wipe up any liquid spills immediately. After each workout, use a cloth to wipe up any remaining perspiration from the handrails and painted surfaces.

Be careful not to spill or get excessive moisture between the edge of the display panel and the console, as this might create an electrical hazard or cause failure of the electronics.

### **As Needed**

Vacuum any dust or dirt that might accumulate under or around the unit. Cleaning this area should be done as often as indicated in the Service Schedule.

### **Clean Console**

#### **NOTICE**

Do not spray cleaning solution directly on the console. Direct spraying could cause damage to the electronics and may void the warranty.

- Spray a mild cleaning agent on a clean cloth.
- Clean the console, accessory tray, and cup holder with a damp cloth.

### **Clean Base**

- Spray a mild cleaning agent on a clean cloth.
- Clean the base of the unit with a damp cloth.

### **Contact Heart Rate Grips**

Clean the grips using a cloth dampened with a cleaning solution containing rubbing alcohol.

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

### ***Rechargeable Battery***

---

The unit is designed with a 12 volt Lead-Acid rechargeable battery. The battery will recharge during regular operation of unit or when the optional power adapter is plugged in.

The display will indicate dashes in the left display if the battery fails to provide enough energy.

If the battery is completely discharged, the workout review will also be truncated if the user is not pedaling during the time period. See **Customer Service** for contact information to replace the battery or purchase the optional AC adapter kit.

Battery replacement must be performed only by qualified technician.

Remove battery and dispose of safely before unit disposal.

## ***E3 View Monitor***

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### **Cleaning**

- Clean with a dust free cloth. For further cleaning, use a soft cloth or paper towel dampened with water. To avoid damage to the surface of the monitor, do not use abrasive or chemical cleaning agents.
- Disinfecting: to avoid damage to the surface, test a small portion of the monitor's cabinet with any disinfectant to verify that the disinfectant will not discolor or soften the enclosure.

### **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, 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 considered a defect for replacement. 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.

## ***Environment***

---

### **Humidity and Static Electricity**

The unit is designed to function normally in an environment with a relative humidity range of 30% to 75%. The unit can be shipped and stored in a relative humidity range of 10% to 90%.

Climatic dry air may cause static electricity. During workout, user may experience a shock due to build up of static electricity on the body and the discharge path of the unit. If static electricity is experienced, increase humidity to a comfortable level through the use of a humidifier.

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).

# Customer Service

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## Product Registration

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To register product do the following:.

1. Visit [www.cybexintl.com](http://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

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

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

For Cybox customers living outside the USA, contact Cybox Customer Service at 508-533-4300 or fax 508-533-5183. Email address [internationaltechhelp@cybexintl.com](mailto:internationaltechhelp@cybexintl.com)

Find information on the web at [www.cybexintl.com](http://www.cybexintl.com).

To contact us online go to [www.cybexintl.com](http://www.cybexintl.com).

## Ordering Parts

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To order parts online go to [www.cybexintl.com](http://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 Cybox 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](http://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)***

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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***

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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***

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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***

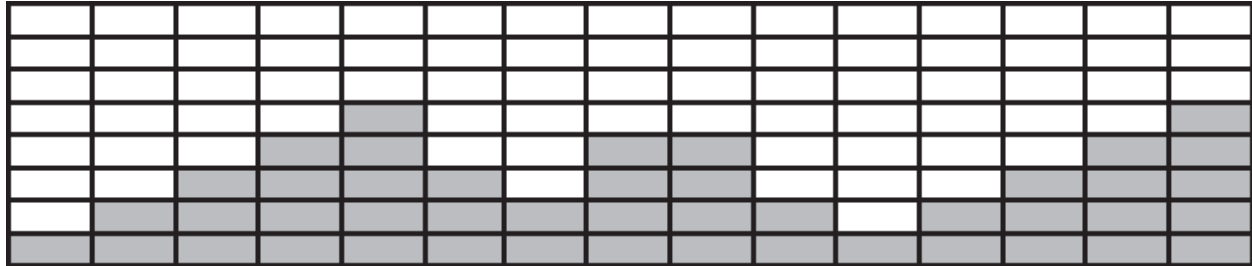
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Damage not seen with a visual check upon receipt of a shipment but notices later must be reported to the carrier as soon as possible. Upon discovery of the damage, a written or phone request to the carrier asking them to perform an inspection of the 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

## 1 - Weight Loss

This workout is designed for low to medium intensity training that the user can sustain for an extended period of time. It uses a low intensity resistance baseline for its two and a half minute core workout with forty-five second periods of higher resistance. The constant variety provides for periods of higher expenditure and training effect without the introduction of undue fatigue allowing the user to perform for longer periods of time.



### Watt per level/gear

Time	:30	:30	:30	:30	:45	:30	:30	:45	:45	:45	:30
	Warm Up				Core Segments				Cool Down		
Level	1	2	3	4	1	2	3	4	1	2	3
21	50	100	150	200	250	150	100	150	150	100	50
20	50	90	135	180	225	135	90	135	135	90	50
19	50	90	130	175	220	130	90	130	130	90	50
18	50	85	125	165	205	125	85	125	125	85	50
17	45	80	115	155	195	115	80	115	115	80	45
16	45	80	115	150	190	115	80	115	115	80	45
15	45	75	105	140	175	105	75	105	105	75	45
14	45	75	105	135	170	105	75	105	105	75	45
13	40	65	90	120	150	90	65	90	90	65	40
12	40	60	85	110	140	85	60	85	85	60	40
11	40	60	80	105	130	80	60	80	80	60	40
10	40	60	80	100	125	80	60	80	80	60	40
9	40	55	75	95	115	75	55	75	75	55	40
8	35	50	65	85	105	65	50	65	65	50	35
7	35	45	60	75	95	60	45	60	60	45	35

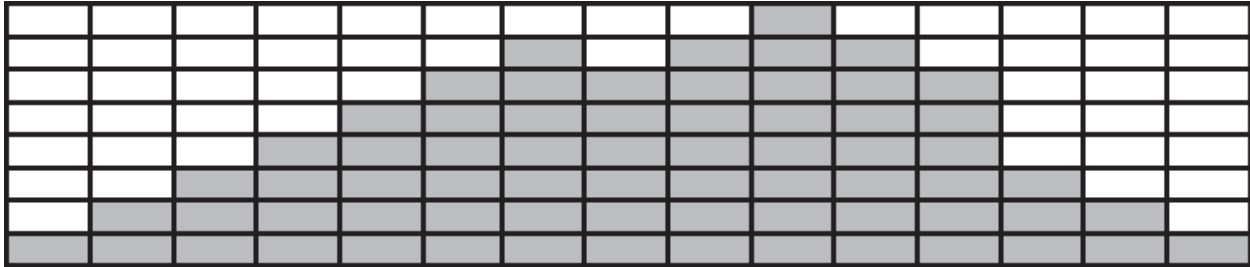
<b>Time</b>	<b>:30</b>	<b>:30</b>	<b>:30</b>	<b>:30</b>	<b>:45</b>	<b>:30</b>	<b>:30</b>	<b>:45</b>	<b>:45</b>	<b>:45</b>	<b>:30</b>
	<b>Warm Up</b>				<b>Core Segments</b>				<b>Cool Down</b>		
<b>6</b>	35	45	55	70	85	55	45	55	55	45	35
<b>5</b>	35	45	55	65	80	55	45	55	55	45	35
<b>4</b>	30	35	45	55	65	45	35	45	45	35	30
<b>3</b>	30	35	40	50	60	40	35	40	40	35	30
<b>2</b>	30	35	40	45	55	40	35	40	40	35	30
<b>1</b>	30	35	40	45	50	40	35	40	40	35	30



<b>Time</b>	<b>:30</b>	<b>:30</b>	<b>:30</b>	<b>:30</b>	<b>:15</b>	<b>1:00</b>	<b>:45</b>	<b>:30</b>	<b>:45</b>	<b>:45</b>	<b>:30</b>
	<b>Warm Up</b>				<b>Core Segments</b>				<b>Cool Down</b>		
<b>3</b>	30	35	40	50	35	40	60	40	40	35	30
<b>2</b>	30	35	40	45	35	40	55	40	40	35	30
<b>1</b>	30	35	40	45	35	40	50	40	40	35	30

### 3 - Hills

This workout is a three-minute core workout designed to give the user an intense interval workout. Users will experience intervals of moderate resistance at the beginning to simulate the start of the climb and will deliver peak resistance after two and a half minutes. The resistance then returns to the preliminary level and the core workout repeats itself.



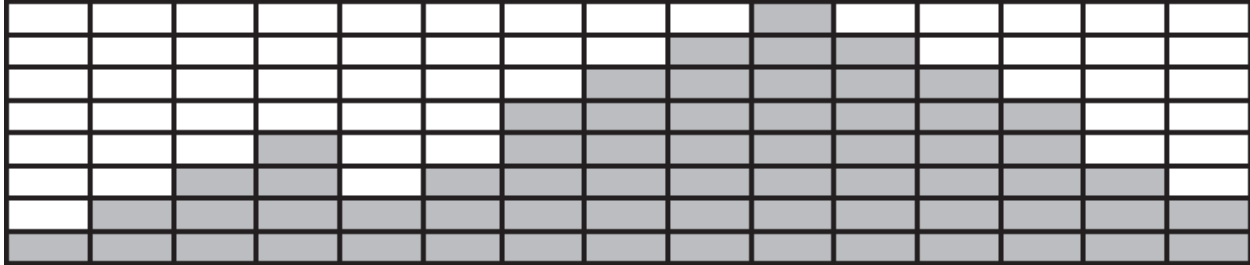
#### Watt per level/gear

Time	:30	:30	:30	:30	:30	:30	:30	:15	:15	:30	:15	:15	:45	:45	:30
	Warm Up				Core Segments								Cool Down		
Level	1	2	3	4	1	2	3	4	5	6	7	8	1	2	3
21	50	100	150	200	250	300	350	300	350	400	350	300	150	100	50
20	50	90	135	180	225	275	325	275	325	375	325	275	135	90	50
19	50	90	130	175	220	265	315	265	315	365	315	265	130	90	50
18	50	85	125	165	205	250	295	250	295	345	295	250	125	85	50
17	45	80	115	155	195	235	280	235	280	325	280	235	115	80	45
16	45	80	115	150	190	230	270	230	270	315	270	230	115	80	45
15	45	75	105	140	175	215	255	215	255	300	255	215	105	75	45
14	45	75	105	135	170	205	245	205	245	285	245	205	105	75	45
13	40	65	90	120	150	185	220	185	220	260	220	185	90	65	40
12	40	60	85	110	140	170	205	170	205	240	205	170	85	60	40
11	40	60	80	105	130	160	190	160	190	225	190	160	80	60	40
10	40	60	80	100	125	150	180	150	180	210	180	150	80	60	40
9	40	55	75	95	115	140	165	140	165	195	165	140	75	55	40
8	35	50	65	85	105	125	150	125	150	175	150	125	65	50	35
7	35	45	60	75	95	115	135	115	135	160	135	115	60	45	35
6	35	45	55	70	85	105	125	105	125	145	125	105	55	45	35
5	35	45	55	65	80	95	115	95	115	135	115	95	55	45	35
4	30	35	45	55	65	80	95	80	95	115	95	80	45	35	30

Time	:30	:30	:30	:30	:30	:30	:30	:15	:15	:30	:15	:15	:45	:45	:30
	Warm Up				Core Segments								Cool Down		
<b>3</b>	30	35	40	50	60	70	85	70	85	100	85	70	40	35	30
<b>2</b>	30	35	40	45	55	65	75	65	75	90	75	65	40	35	30
<b>1</b>	30	35	40	45	50	60	70	60	70	85	70	60	40	35	30

### 4 - Pike's Peak

This workout is a three-minute fifteen-second core workout that begins at a low intensity level and incrementally climbs to peak resistance after one and a half-minutes and remains at that level for 45 seconds before ramping back down to the initial level. The repetitive workout is designed to keep the user in an aerobic state before reaching their anaerobic threshold.



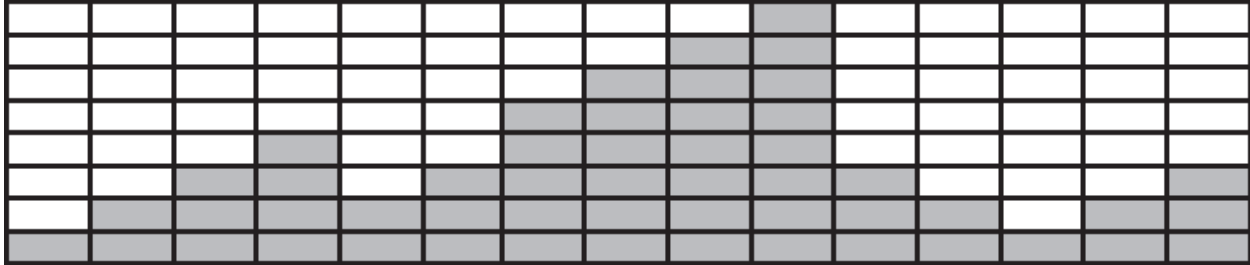
#### Watt per level/gear

Time	:30	:30	:30	:30	:15	:15	:15	:15	:15	:45	:15	:15	:15	:15	:15	:45	:45	:30
	Warm Up				Core Segments											Cool Down		
Level	1	2	3	4	1	2	3	4	5	6	7	8	9	10	11	1	2	3
21	50	100	150	200	100	150	250	300	350	400	350	300	250	150	100	150	100	50
20	50	90	135	180	90	135	225	275	325	375	325	275	225	135	90	135	90	50
19	50	90	130	175	90	130	220	265	315	365	315	265	220	130	90	130	90	50
18	50	85	125	165	85	125	205	250	295	345	295	250	205	125	85	125	85	50
17	45	80	115	155	80	115	195	235	280	325	280	235	195	115	80	115	80	45
16	45	80	115	150	80	115	190	230	270	315	270	230	190	115	80	115	80	45
15	45	75	105	140	75	105	175	215	255	300	255	215	175	105	75	105	75	45
14	45	75	105	135	75	105	170	205	245	285	245	205	170	105	75	105	75	45
13	40	65	90	120	65	90	150	185	220	260	220	185	150	90	65	90	65	40
12	40	60	85	110	60	85	140	170	205	240	205	170	140	85	60	85	60	40
11	40	60	80	105	60	80	130	160	190	225	190	160	130	80	60	80	60	40
10	40	60	80	100	60	80	125	150	180	210	180	150	125	80	60	80	60	40
9	40	55	75	95	55	75	115	140	165	195	165	140	115	75	55	75	55	40
8	35	50	65	85	50	65	105	125	150	175	150	125	105	65	50	65	50	35
7	35	45	60	75	45	60	95	115	135	160	135	115	95	60	45	60	45	35
6	35	45	55	70	45	55	85	105	125	145	125	105	85	55	45	55	45	35
5	35	45	55	65	45	55	80	95	115	135	115	95	80	55	45	55	45	35
4	30	35	45	55	35	45	65	80	95	115	95	80	65	45	35	45	35	30

Time	:30	:30	:30	:30	:15	:15	:15	:15	:15	:45	:15	:15	:15	:15	:15	:15	:45	:45	:30
	Warm Up				Core Segments											Cool Down			
<b>3</b>	30	35	40	50	35	40	60	70	85	100	85	70	60	40	35	40	35	30	
<b>2</b>	30	35	40	45	35	40	55	65	75	90	75	65	55	40	35	40	35	30	
<b>1</b>	30	35	40	45	35	40	50	60	70	85	70	60	50	40	35	40	35	30	

## 5 - Ramps

This workout is a three-minute forty-five second core workout with a progressively increasing resistance profile designed to encourage the user to work towards their anaerobic energy system. The first three stages are forty-five seconds each and with the last three at thirty seconds each ending with the final stage at peak resistance. The resistance then returns to the preliminary level and the core workout repeats itself.



### Watt per level/gear

Time	:30	:30	:30	:30	:45	:45	:45	:30	:30	:30	:45	:45	:30
	Warm Up				Core Segments						Cool Down		
Level	1	2	3	4	1	2	3	4	5	6	1	2	3
21	50	100	150	200	100	150	250	300	350	400	150	100	50
20	50	90	135	180	90	135	225	275	325	375	135	90	50
19	50	90	130	175	90	130	220	265	315	365	130	90	50
18	50	85	125	165	85	125	205	250	295	345	125	85	50
17	45	80	115	155	80	115	195	235	280	325	115	80	45
16	45	80	115	150	80	115	190	230	270	315	115	80	45
15	45	75	105	140	75	105	175	215	255	300	105	75	45
14	45	75	105	135	75	105	170	205	245	285	105	75	45
13	40	65	90	120	65	90	150	185	220	260	90	65	40
12	40	60	85	110	60	85	140	170	205	240	85	60	40
11	40	60	80	105	60	80	130	160	190	225	80	60	40
10	40	60	80	100	60	80	125	150	180	210	80	60	40
9	40	55	75	95	55	75	115	140	165	195	75	55	40
8	35	50	65	85	50	65	105	125	150	175	65	50	35
7	35	45	60	75	45	60	95	115	135	160	60	45	35
6	35	45	55	70	45	55	85	105	125	145	55	45	35
5	35	45	55	65	45	55	80	95	115	135	55	45	35

Time	:30	:30	:30	:30	:45	:45	:45	:30	:30	:30	:45	:45	:30
	Warm Up				Core Segments						Cool Down		
4	30	35	45	55	35	45	65	80	95	115	45	35	30
3	30	35	40	50	35	40	60	70	85	100	40	35	30
2	30	35	40	45	35	40	55	65	75	90	40	35	30
1	30	35	40	45	35	40	50	60	70	85	40	35	30

## 6 - Interval

This workout uses a 1:2 work to rest ratio. It is designed for high resistance training with longer rest periods. Users will face a high level of resistance for thirty-seconds followed by a one minute recuperation period before performing the interval again.


### Watt per level/gear

Time	:30	:30	:30	:30	:30	1:00	:45	:45	:30
	Warm Up				Core Segments		Cool Down		
Level	1	2	3	4	1	2	1	2	3
21	50	100	150	200	400	250	150	100	50
20	50	90	135	180	375	225	135	90	50
19	50	90	130	175	365	220	130	90	50
18	50	85	125	165	345	205	125	85	50
17	45	80	115	155	325	195	115	80	45
16	45	80	115	150	315	190	115	80	45
15	45	75	105	140	300	175	105	75	45
14	45	75	105	135	285	170	105	75	45
13	40	65	90	120	260	150	90	65	40
12	40	60	85	110	240	140	85	60	40
11	40	60	80	105	225	130	80	60	40
10	40	60	80	100	210	125	80	60	40
9	40	55	75	95	195	115	75	55	40
8	35	50	65	85	175	105	65	50	35
7	35	45	60	75	160	95	60	45	35
6	35	45	55	70	145	85	55	45	35
5	35	45	55	65	135	80	55	45	35
4	30	35	45	55	115	65	45	35	30
3	30	35	40	50	100	60	40	35	30

<b>Time</b>	<b>:30</b>	<b>:30</b>	<b>:30</b>	<b>:30</b>	<b>:30</b>	<b>1:00</b>	<b>:45</b>	<b>:45</b>	<b>:30</b>
	<b>Warm Up</b>				<b>Core Segments</b>		<b>Cool Down</b>		
<b>2</b>	30	35	40	45	90	55	40	35	30
<b>1</b>	30	35	40	45	85	50	40	35	30



<b>Time</b>	<b>:30</b>	<b>:30</b>	<b>:30</b>	<b>:30</b>	<b>:15</b>	<b>:45</b>	<b>:45</b>	<b>:45</b>	<b>:30</b>
	<b>Warm Up</b>				<b>Core Segments</b>		<b>Cool Down</b>		
<b>2</b>	30	35	40	45	90	30	40	35	30
<b>1</b>	30	35	40	45	85	30	40	35	30

## 8 - Cardio

This workout is designed to maintain a high total demand with one minute at peak resistance out of the total two and a half minute core workout. The prolonged exertion period takes advantage of the long term energy stores and total aerobic capability when associated with speeds that require a high sustained cardiovascular demand. Users will benefit from a forty-five second recuperation period before beginning the next interval.


### Watt per level/gear


Time	:30	:30	:30	:30	:45	:30	:30	:45	:45	:45	:30	
	Warm Up				Core Segments					Cool Down		
Level	1	2	3	4	1	2	3	4	5	1	2	3
21	50	100	150	200	300	350	400	350	300	150	100	50
20	50	90	135	180	275	325	375	325	275	135	90	50
19	50	90	130	175	265	315	365	315	265	130	90	50
18	50	85	125	165	250	295	345	295	250	125	85	50
17	45	80	115	155	235	280	325	280	235	115	80	45
16	45	80	115	150	230	270	315	270	230	115	80	45
15	45	75	105	140	215	255	300	255	215	105	75	45
14	45	75	105	135	205	245	285	245	205	105	75	45
13	40	65	90	120	185	220	260	220	185	90	65	40
12	40	60	85	110	170	205	240	205	170	85	60	40
11	40	60	80	105	160	190	225	190	160	80	60	40
10	40	60	80	100	150	180	210	180	150	80	60	40
9	40	55	75	95	140	165	195	165	140	75	55	40
8	35	50	65	85	125	150	175	150	125	65	50	35
7	35	45	60	75	115	135	160	135	115	60	45	35
6	35	45	55	70	105	125	145	125	105	55	45	35
5	35	45	55	65	95	115	135	115	95	55	45	35

Time	:30	:30	:30	:30	:45	:30	:30	:45	:45	:45	:30	
	Warm Up				Core Segments					Cool Down		
<b>4</b>	30	35	45	55	80	95	115	95	80	45	35	30
<b>3</b>	30	35	40	50	70	85	100	85	70	40	35	30
<b>2</b>	30	35	40	45	65	75	90	75	65	40	35	30
<b>1</b>	30	35	40	45	60	70	85	70	60	40	35	30

## 9 - Heartrate Control

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The Heartrate Control (HRC) workout will attempt to bring the user to their target heartrate in 3-5 minutes, then keep them there for the duration of the body of the program. A **Cool Down** is built in to the end of the program. HRC is run in Constant Power and thus defines watts.

 **Note:** This workout requires the user to wear a 5 KHz Polar® or compatible heart rate transmitter belt. The Heart Rate Control workout (HRC) cannot be selected on the control console unless it detects a heart rate signal. The HRC workout will not work with the cardio touch contact heart rate system.

The user selects a target heartrate, which defaults to 75% of max. Limits should be set to not allow a Target HR (THR) less than 60% of max or more than 95% of max.

Max HR formula:  $208 - (0.7 \times \text{Age})$ .

The protocol starts in Stage II, with the entry point based on Target HR.

- 80 – 120 BPM = Step 6
- 121-127 BPM = Step 8
- 128-134 BPM = Step 10
- 135-up BPM = Step 12

A running pulse-to-pulse BPM value is continuously measured.

Every 15 seconds the user's pulse rate is sampled and a prediction function is evaluated (decision.) This is subtracted from the target heartrate to form an error value which is scaled and added to the current load value. There is a maximum rate of change of 15 steps per decision.

A chart of Step and Watts has been created. It has four defined stages:

- Stage 1 ramps the load from Step 1 to Step 5.
- Stage 2 ramps the load from Step 6 through Step 18.
- Stage 3 ramps the load from Step 19 through Step 39.
- Stage 4 ramps the load from Step 40 through Step 100.

The user has full control over incline throughout the program, with incline having no bearing on the program at all. The user has limited control over the load in that the user's selections are not permanent. At the next decision, a new load can be chosen by the software as described above to override any user modifications.

If the user presses the **LEVEL** key, they can modify their Target Heartrate real-time. Utilize the Target Heartrate Setup selection screen and exit back to the program in progress, making the change to their target heartrate real-time.

### **Lost Signal**

If a signal is lost for two consecutive decisions (roughly 30 seconds), the display will beep four times, show **HR SIGNAL LOST**, show dashes in the BPM window and show the heart solid white. During this HR signal lost period, the load will remain steady.

If after two further decisions (roughly an additional 30 seconds) the heartrate signal has not been reestablished, continue to show **HR SIGNAL LOST** on the Text area. The program will reduce the workload by 10 steps per minute until minimum workload or Step 1. After one minute at minimum workload, go to **Exiting Active Mode**.

### **Cool Down**

By default, **Cool Down** occurs at session time minus two minutes. **Cool Down** goes to 75% of existing step, then drops by 1 step every 15 seconds for the remainder of **Cool Down**.



10 Trotter Drive, Medway, MA 02053 • 888-462-9239 • 508-533-4300 • FAX 508-533-5183

[www.cybexintl.com](http://www.cybexintl.com)