



Cybex 770C/770R Cycle
Cybex GO Monitor, Owner's Manual
Cardiovascular Systems
Part Number LT-24919-4 D

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FCC Compliance Information


Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

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

Safety

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.


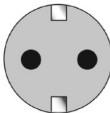
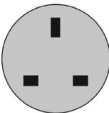
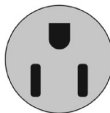
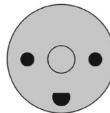
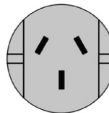
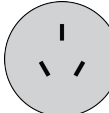


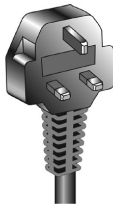

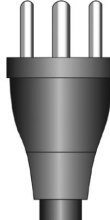

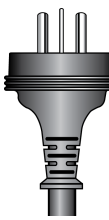
- Connect unit to a grounded outlet.
- Do not use voltage adapter or extension cord.

NOTICE

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

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

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

(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

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.

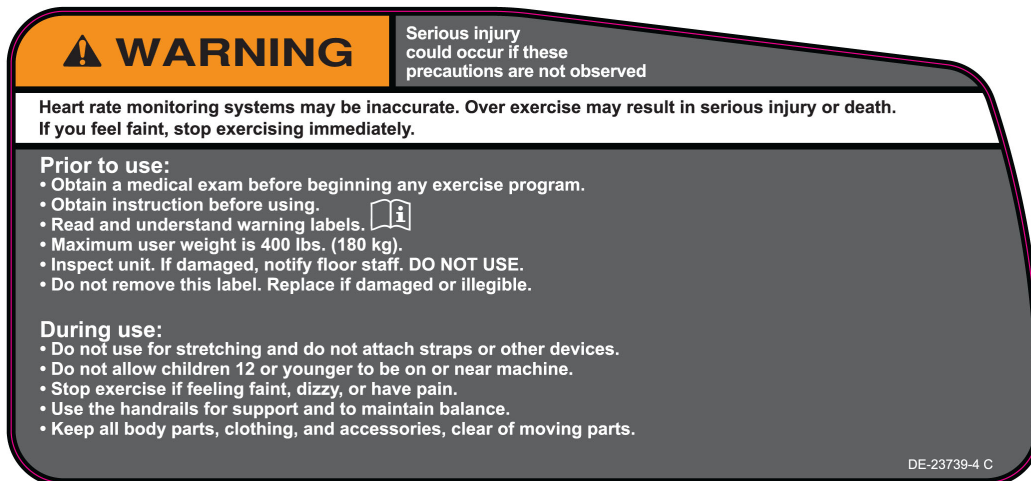
Warnings and Cautions

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.

Contact [Cybex Customer Service](#) to replace any worn or damaged labels.

Warning and Caution Decals - 770C



⚠ 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 :

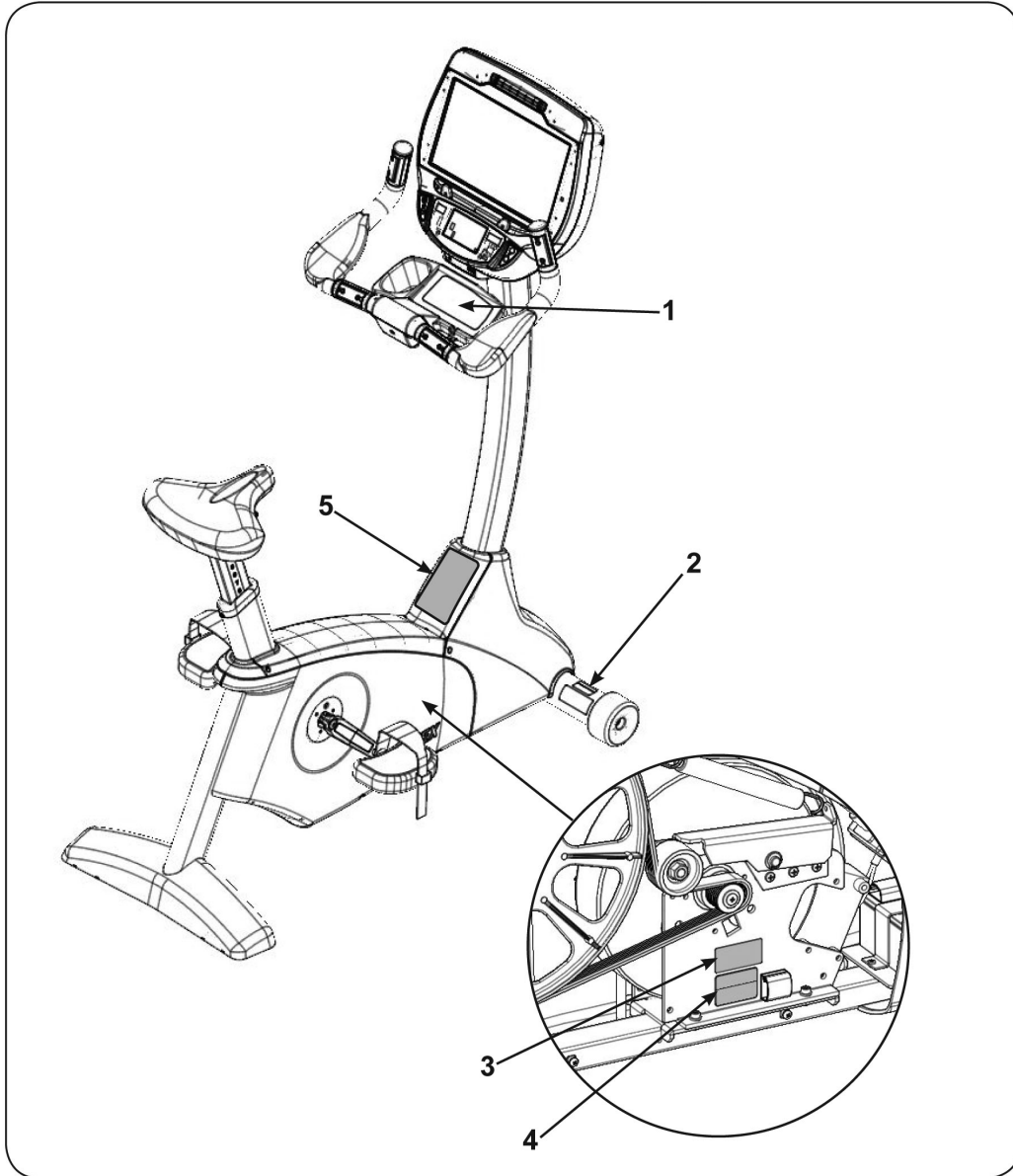
- Obtenir un examen médical avant de commencer tout programme d'exercice.
- Obtenir des instructions avant toute utilisation.
- Lire et comprendre les étiquettes d'avertissement 
- Lire et comprendre les procédures d'arrêt d'urgence.
- Le poids maximum de l'utilisateur ne doit pas dépasser 180 kg (400 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 - 770C



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 - 770R

⚠ WARNING	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.	
Prior to use: <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • 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. 	
DE-23740-4 C	

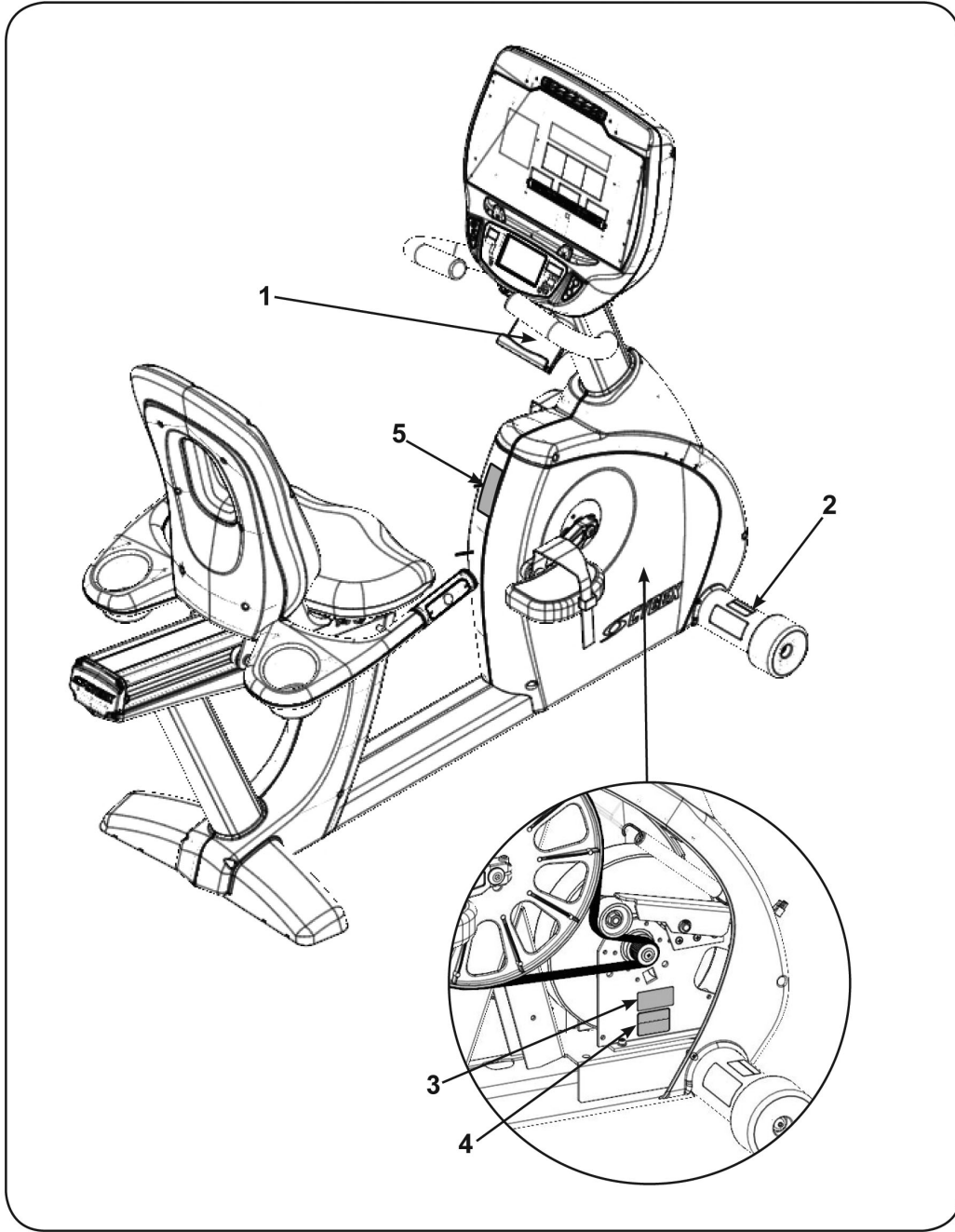
⚠ WARNING
Shock and electrocution hazard. <ul style="list-style-type: none"> • Unplug unit and let sit 10 minutes before cleaning or performing maintenance. • Electrical charge can remain in unit after unplugging. • Keep water and liquids away from electrical parts.
DE-21749-4 C

⚠ 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 : <ul style="list-style-type: none"> • 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 : <ul style="list-style-type: none"> • 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 - 770R



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

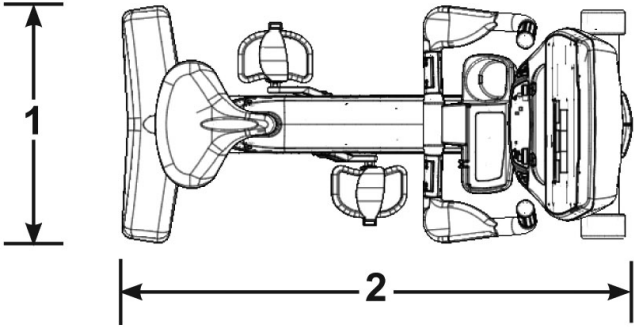
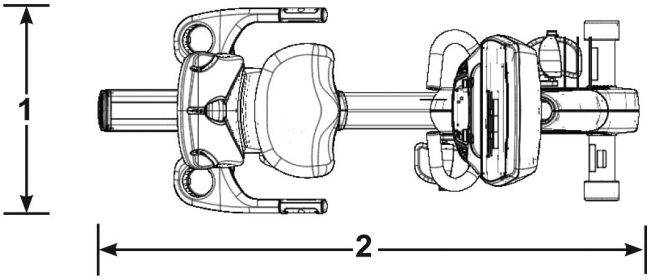
Assembly

Specifications - 770C, 770R, Cybex GO Monitor

	770C Cycle	770R Cycle
Assembled Length	48" (122 cm)	65" (165 cm)
Assembled Width	22.5" (57 cm)	25" (64 cm)
Assembled Height	64" (163 cm)	52" (132 cm)
Weight of Product	142 lbs. (64 kg)	183 lbs. (83 kg)
Shipping Weight	176 lbs. (80 kg)	231 lbs. (105 kg)
Resistance Levels	21 (User selected in Manual or Bike Mode)	
Workouts	Quick Start, four Weight Loss, five Cardio, two Power, and one Fitness Test. 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: Cybex GO Monitor. Displays: RPM, Calories, Cal/Hr, Distance, MET, Pace, Time, and Watt. Lower display shows road speed and resistance level.	
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.	

Top View 770CR

Dimensions

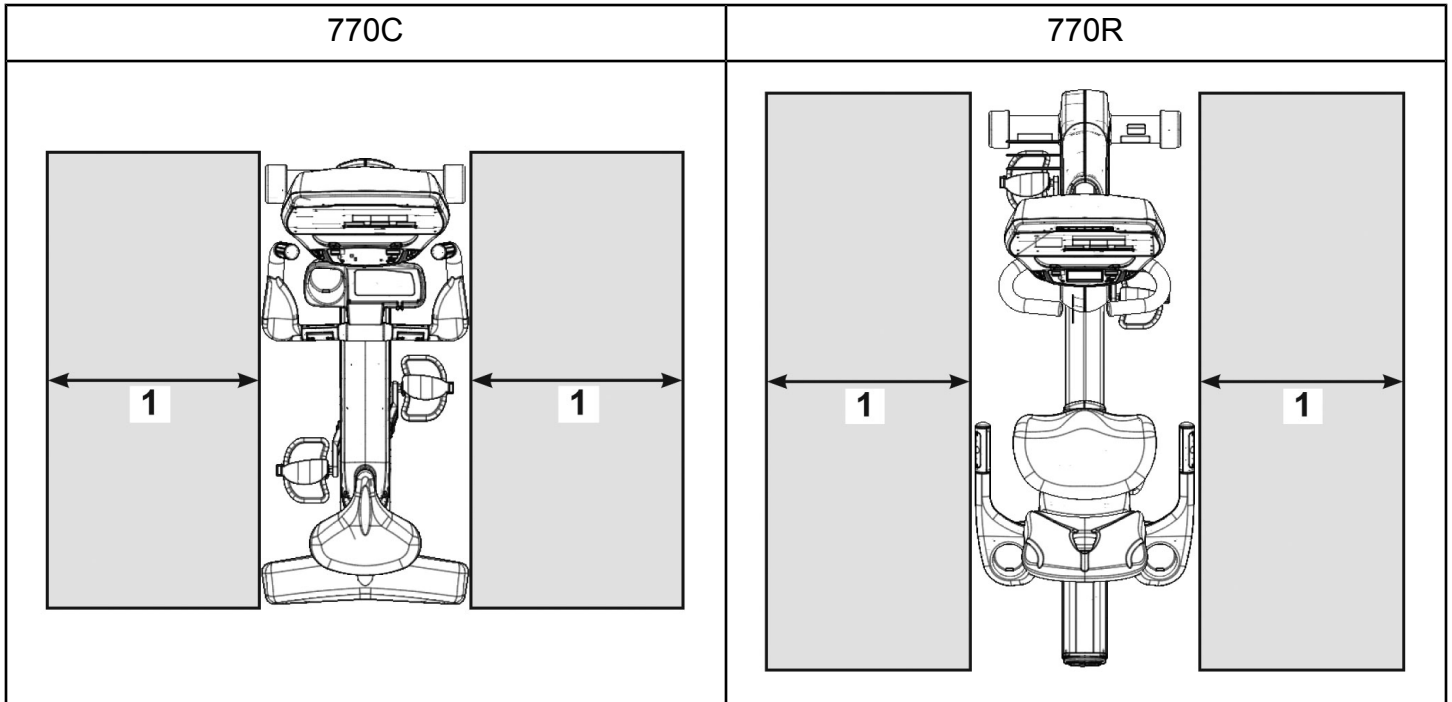
			
770C Cycle		770R Cycle	
1	22.5" (57 cm)	1	25" (64 cm)
2	48" (122 cm)	2	65" (165 cm)

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



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

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

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

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

Assembly Procedure

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.

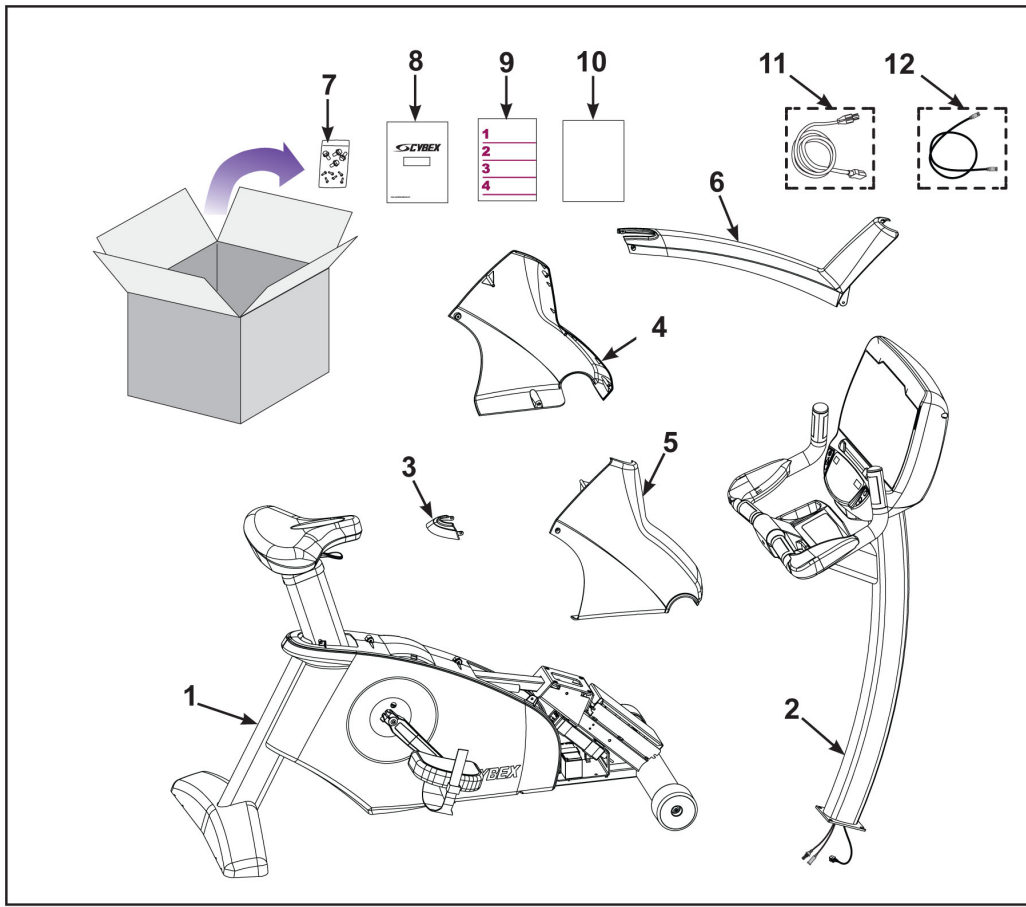
Verify you have received the correct package

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

770C Assembly

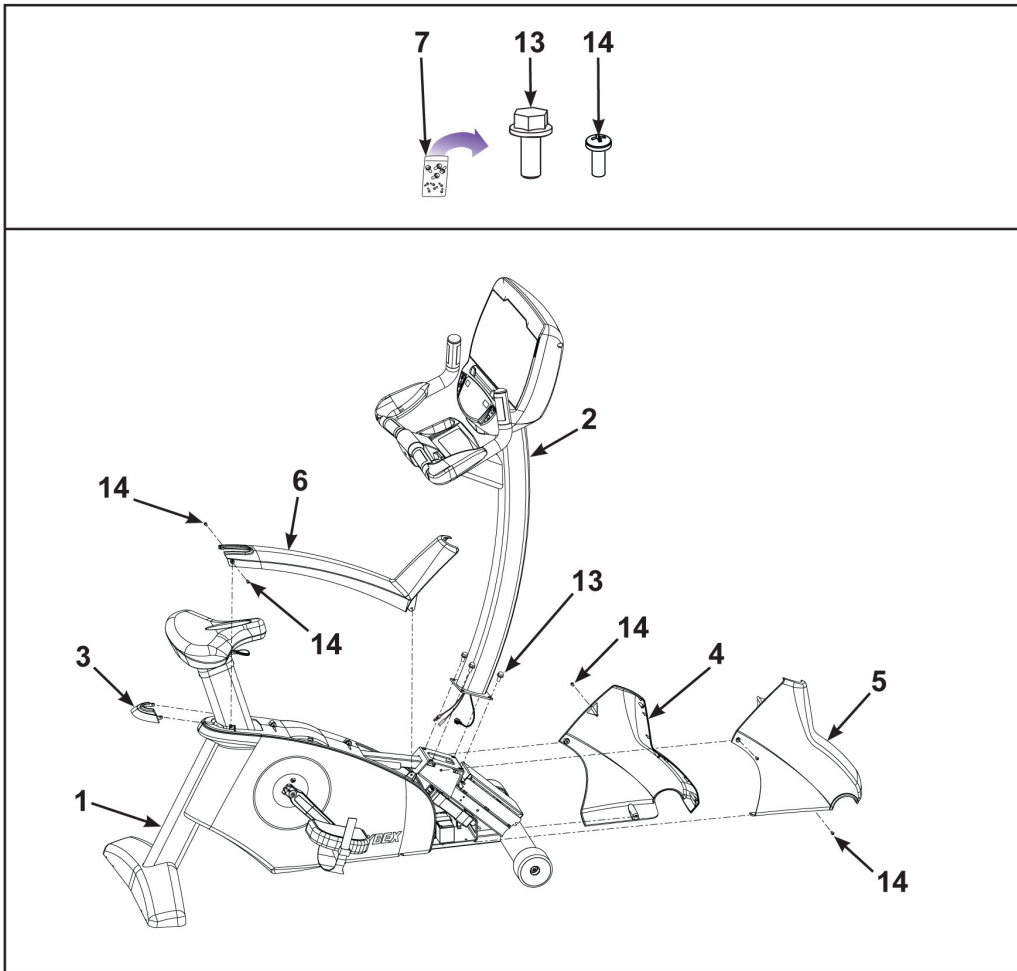
Verify parts list shown below

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)



Hardware

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

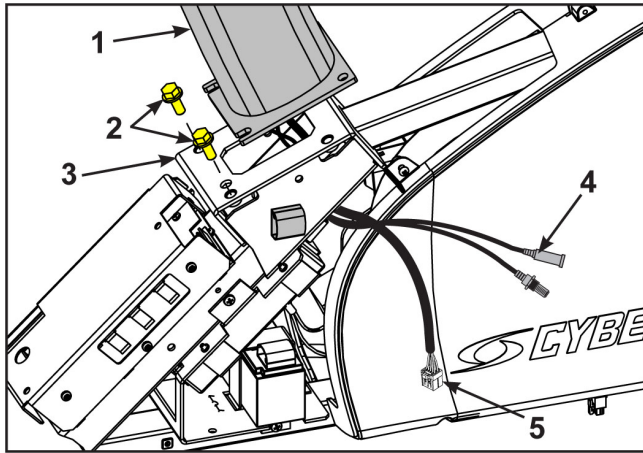


Lift and move the unit

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. Move unit to intended location.
4. Lower the rear foot.

Install console assembly

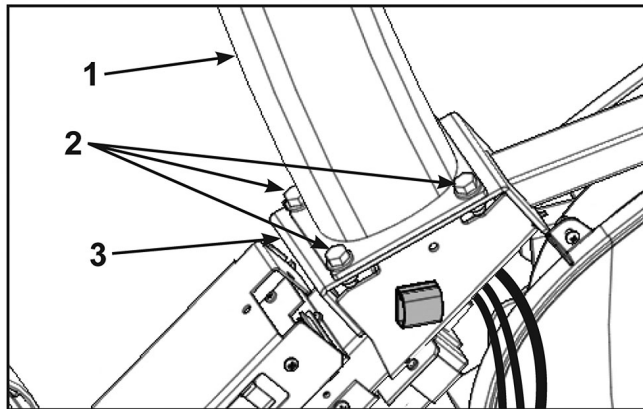
1. Hand thread two screws into the base assembly.



	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.

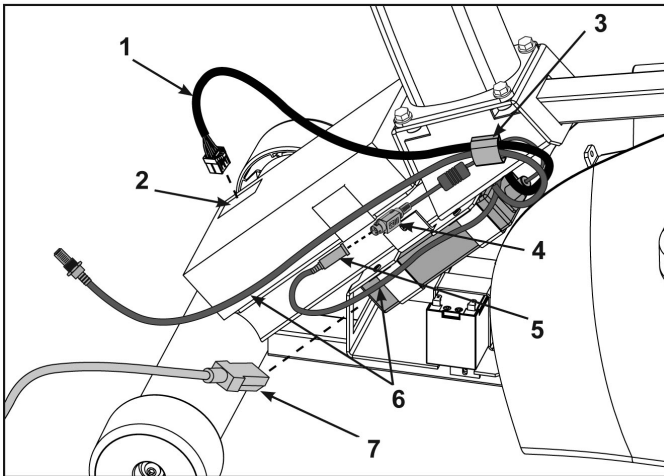
2. Insert the display cable and optional A/V cable through the frame to the left side. Do not pinch or damage the cables during assembly.
3. Place the console assembly in the correct position on the base assembly by sliding into position onto the two mounting screws.
4. Hand thread the other two screws.



	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.

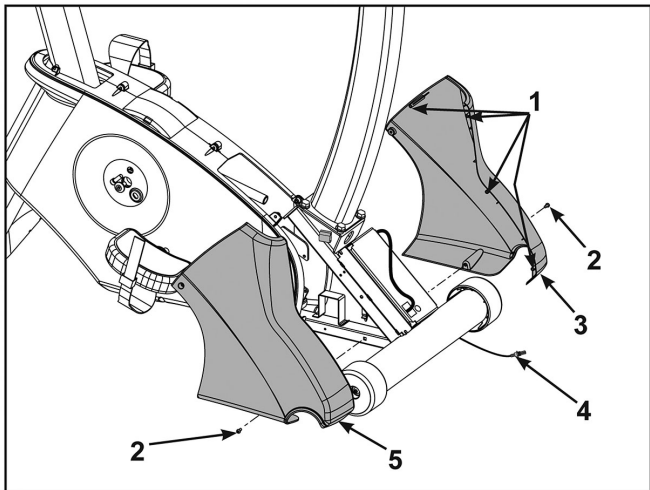


	Description	Qty.
1	Display cable	1
2	Display cable connector	1
3	Gray clip	1
4	Power supply output	1
5	Console cable DIN connector	1
6	A/V cables, optional	1
7	Power cord	1

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.

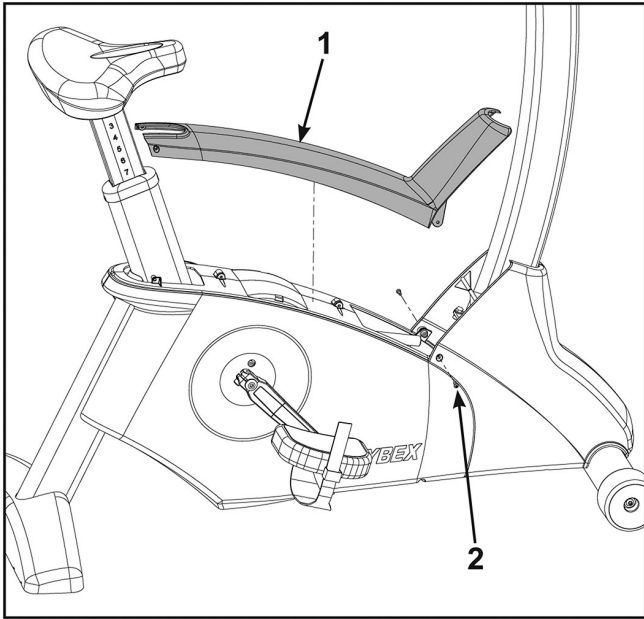


	Description	Qty.
1	Plastic Connectors	4
2	Screw	2
3	Front Left Cover	1
4	Optional A/V Cables	1
5	Front Right Cover	1

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

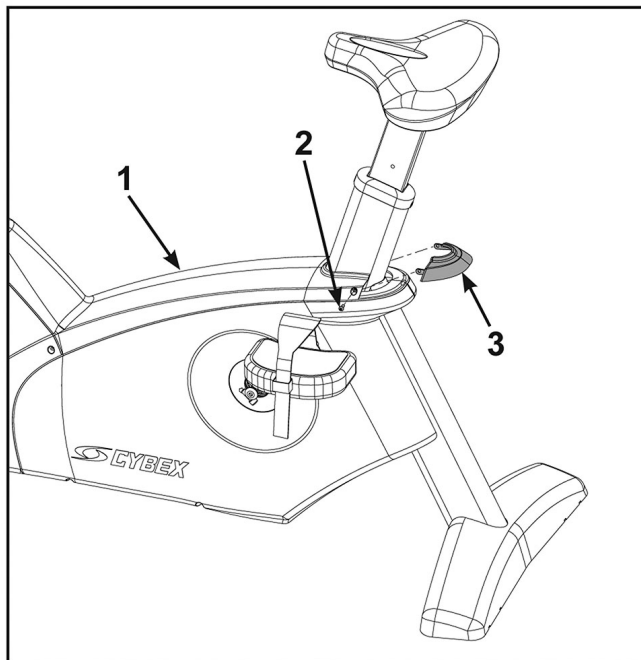
Install top cap with two screws using a Phillips screwdriver.



	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.

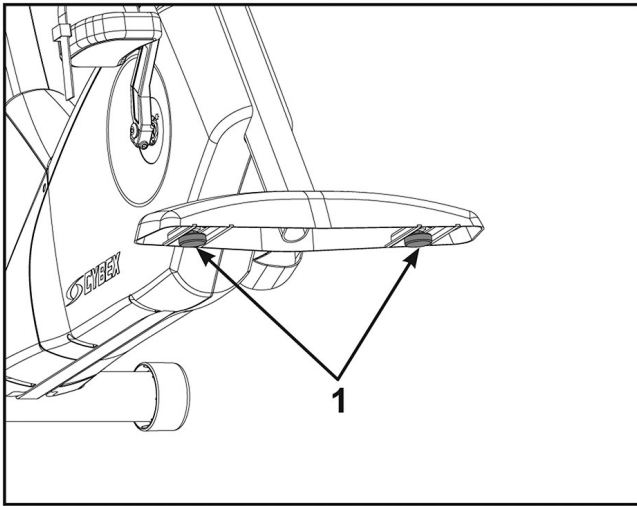


	Description	Qty.
1	Top Cap	1
2	Screws	2
3	Back Cap	1

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

Visually inspect unit

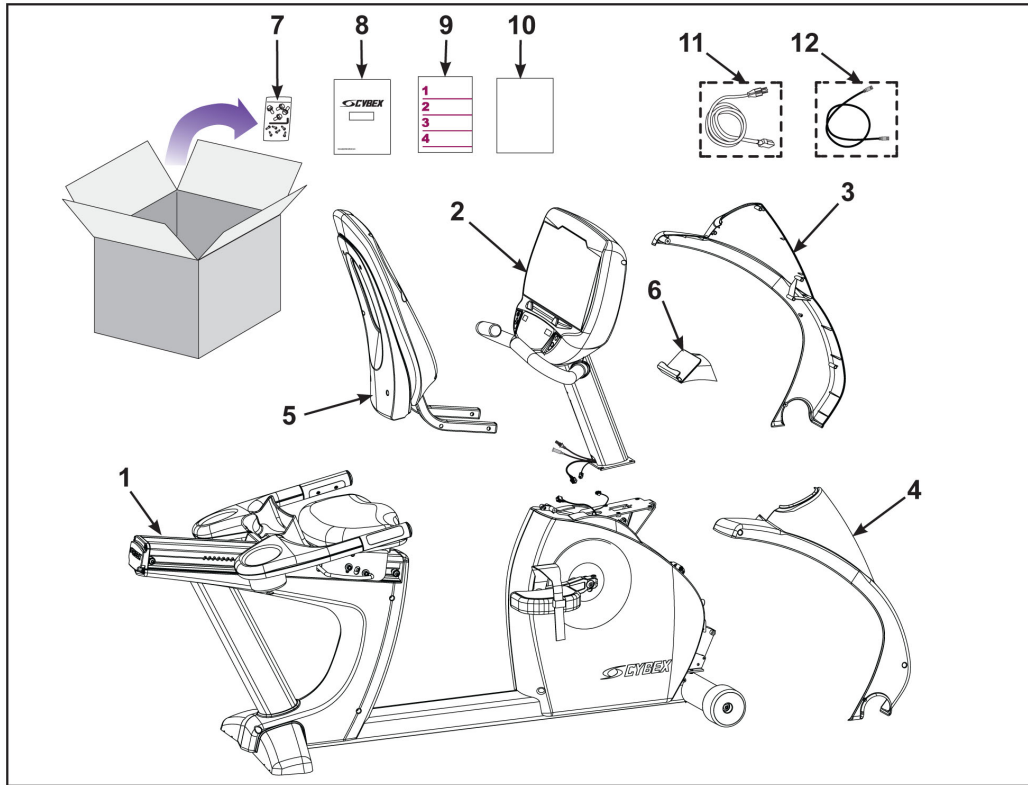
1. Remove any packing material from unit.
2. Examine the unit to ensure that the assembly is correct and complete.

770R Assembly

Verify parts list shown below

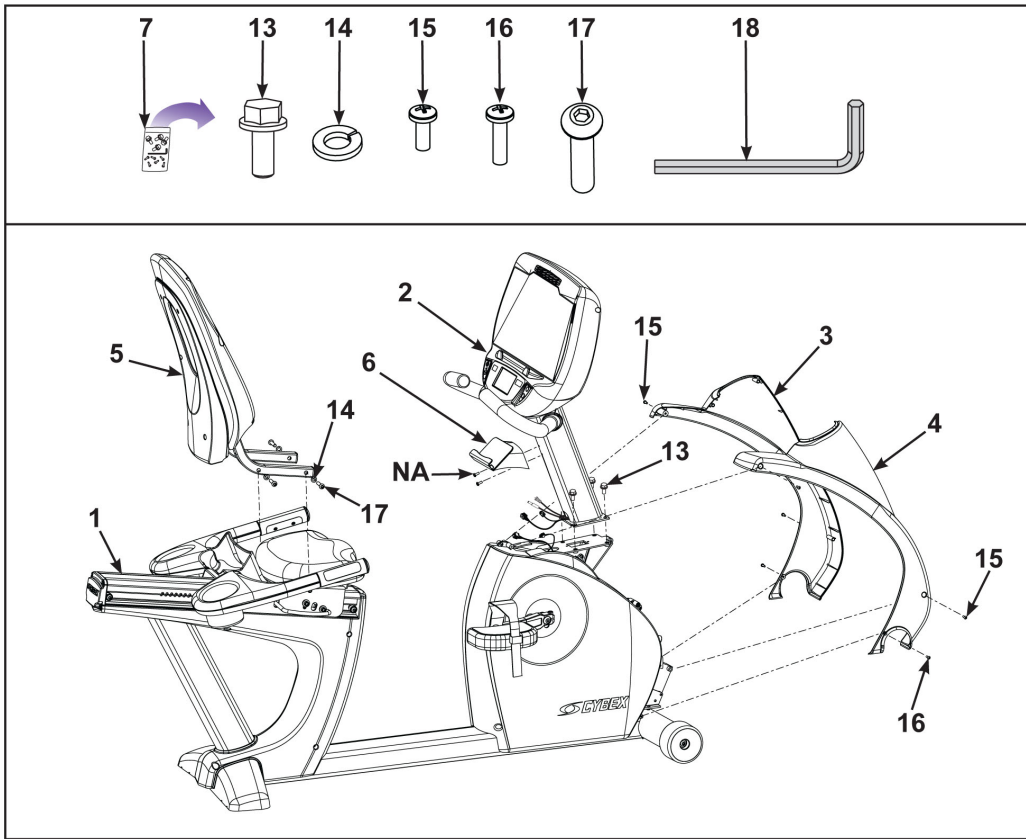
Item	Quantity	Part Number	Description
1	1	Varies	Base with covers attached
2	1	Varies	Console assembly
3	1	PL-21517	Front Left Cover
4	1	PL-21518	Front Right Cover
5	1	AX-21670	Seat Back Assembly
6	1	AX-21738	Accessory Tray
7	1	AX-21699	Hardware pack
8	1	LT-23688-X	Owner’s Manual
9	1	LT-23691	Assembly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

Item	Quantity	Part Number	Description
12	1	AW-23836	Cable, 6', Coax (E3 View Monitor option)



Hardware

Item	Quantity	Part Number	Description
13	4	HS-19108	Screw, 5/16-18 × .75",HXHD,WHIZ-LOCK,GR5
14	4	HW-53018	Washer, 5/16" Split
15	4	HS-15706	Screw, 8-16 × .50", PNHD
16	2	HS-18311	Screw, 8-16 × .75", PNHD
17	4	HS-41107	Screw, 5/16-18 × 1.50"
18	1	HX-00438	3/16" Allen wrench

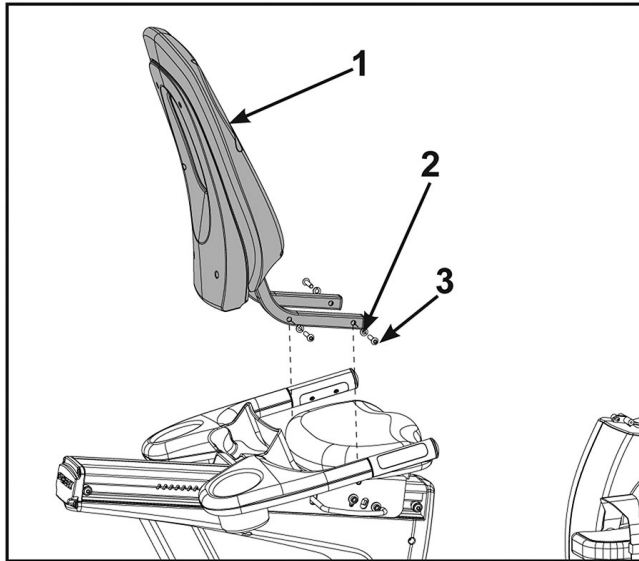


Lift and move the unit

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. Move unit to intended location.
4. Lower the rear foot.

Install seat back assembly

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

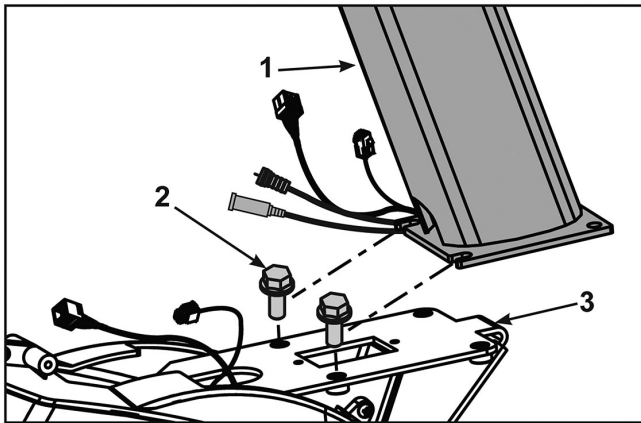


	Description	Qty.
1	Seat Back Assembly	1
2	Washers	4
3	Screws	4

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

Install console assembly

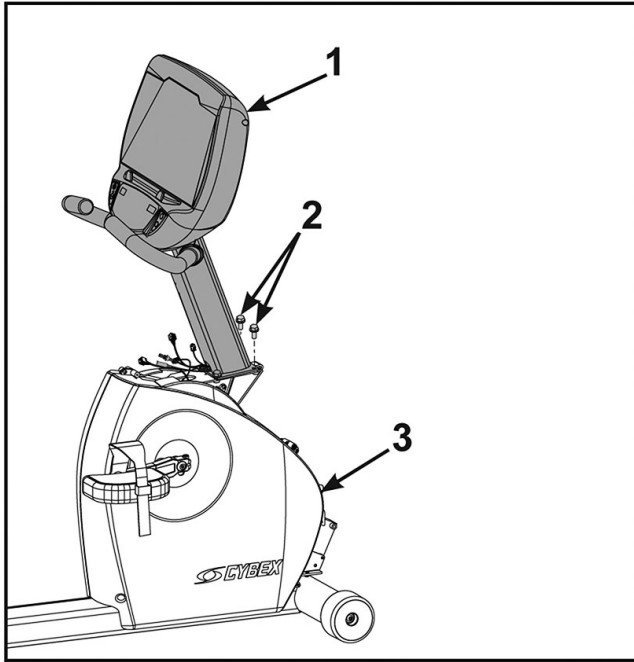
1. Hand thread two mounting screws into the base assembly.



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

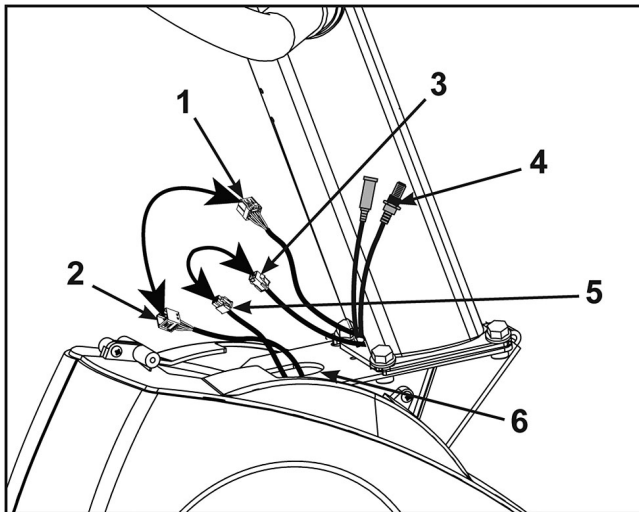
The console assembly will need to be supported during steps 2 through 4.

- 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

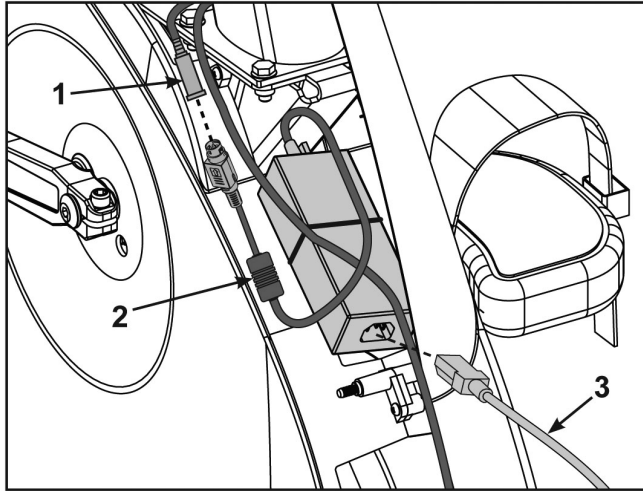
- Hand thread the other two screws.
- Securely fasten the four screws with a 1/2" socket wrench.
- Plug the upper display cable connector into the lower display cable connector. Ensure cable connectors click together and are securely fastened.



	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.

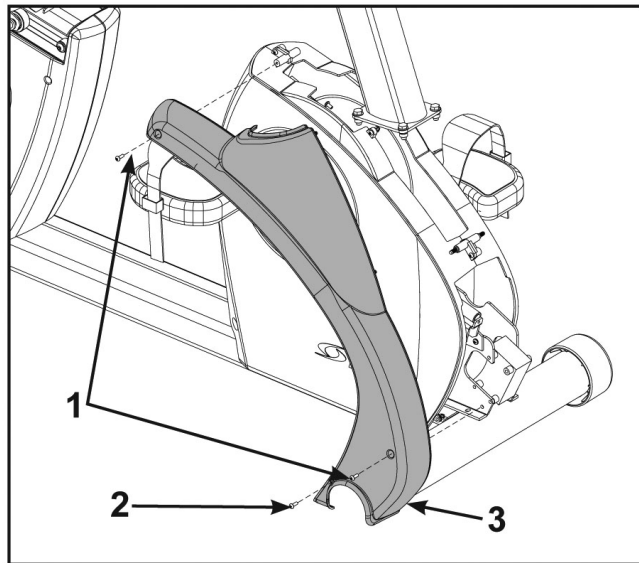
- Connect the console cable's DIN connector to the power supply output. Make sure the two connectors snap firmly together and can not be pulled apart without pulling the sleeve back to release it.



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

Install front covers

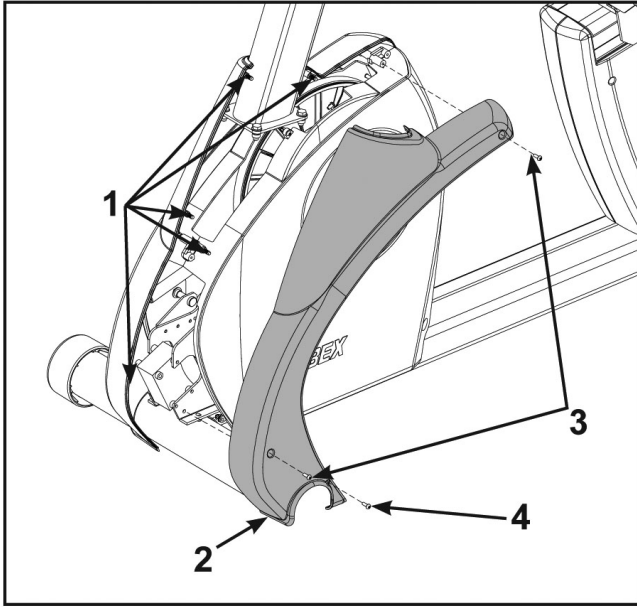
- Install front right cover with three screws using a Phillips screwdriver.



	Description	Qty.
1	Screw, 8-16 × .50"	2
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.

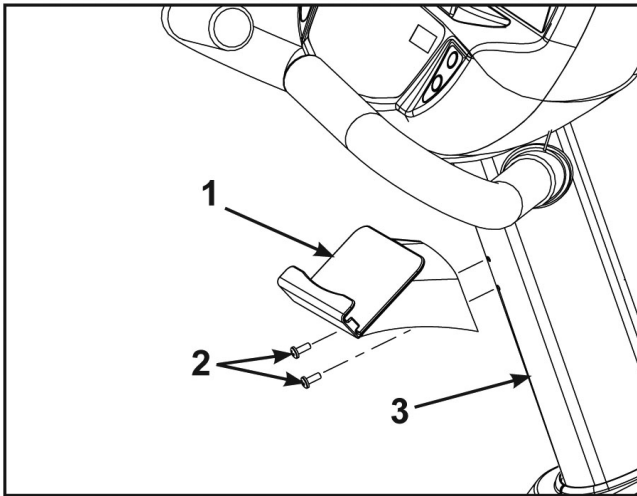
2. Install front left cover with three screws using a Phillips screwdriver.



	Description	Qty.
1	Plastic Connectors	5
2	Front Left Cover	1
3	Screw, 8-16 × .50"	2
4	Screw, 8-16 × .75"	1

Install accessory tray

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

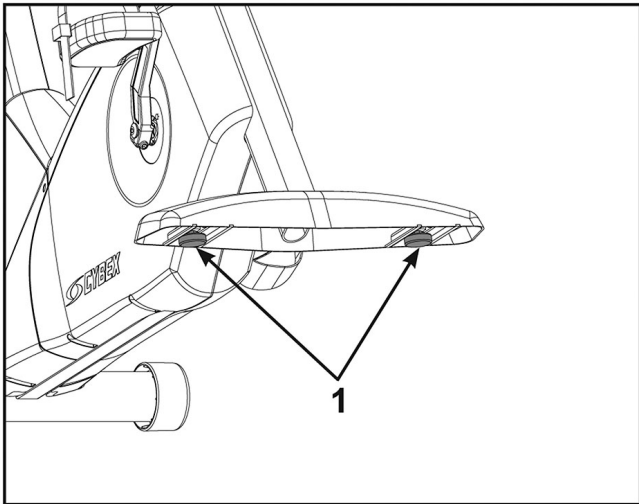


	Description	Qty.
1	Accessory Tray	1
2	Screws	2
3	Console Assembly	1

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

Visually inspect unit

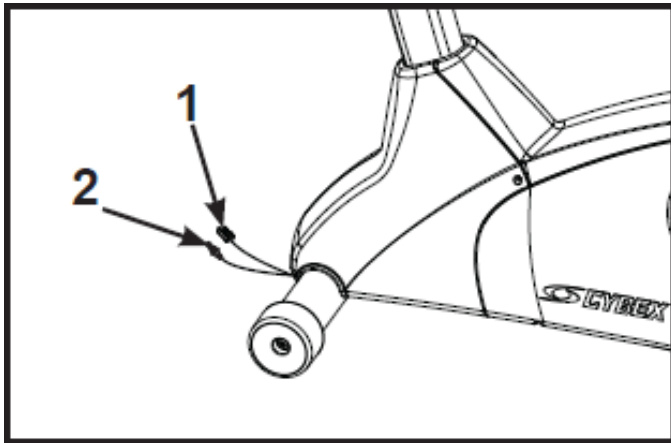
1. Remove any packing material from unit.
2. Examine the unit to ensure that the assembly is correct and complete.

Cybox GO Setup

Prerequisites:

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

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



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

2. For wired networks, Install ethernet cable with ethernet coupler in base of unit.

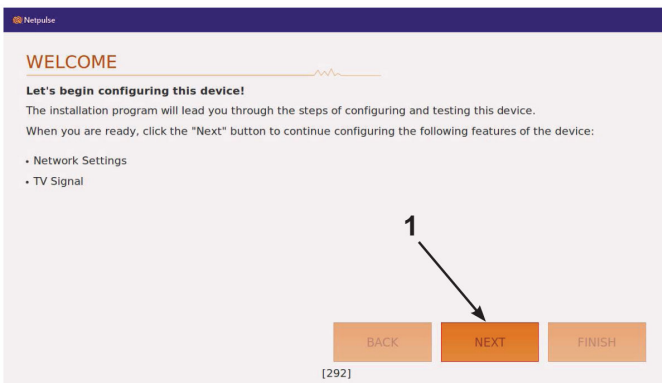
Turn power on

1. Plug the power cord into a power outlet from a grounded circuit as described under Electrical Requirements in this chapter.
2. The control panel will light up.

Cybex GO installer

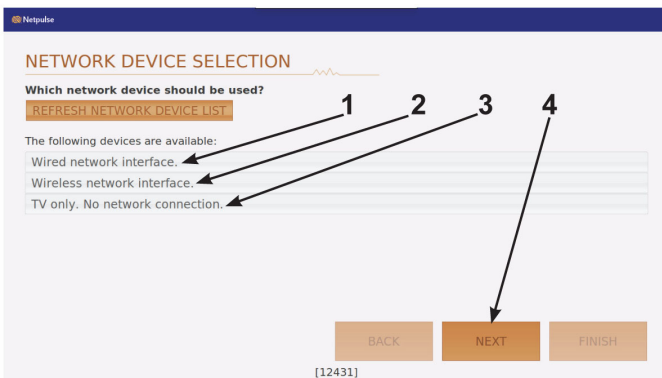
The Cybex GO installer only occurs during the initial installation of the unit. Once complete, refer to Initial setup.

1. Tap **NEXT** to begin configuration.



	Description
1	NEXT

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



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

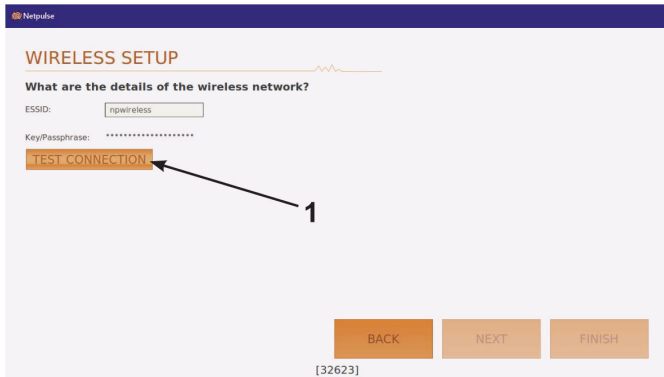
Follow the procedure for the network device selected.

Wired network interface

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

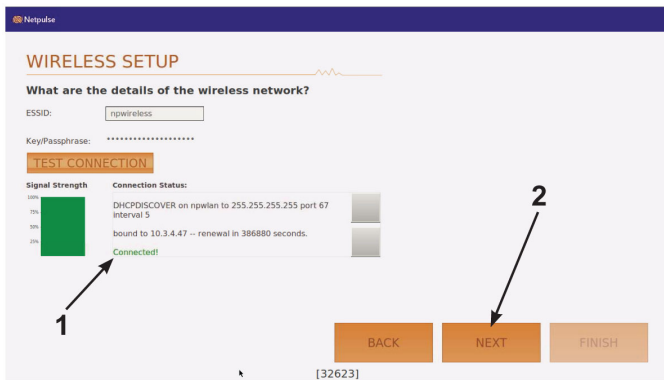
Wireless network interface

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



	Description
1	TEST CONNECTION

4. Tap **NEXT** after test passes and displays **Connected!**.



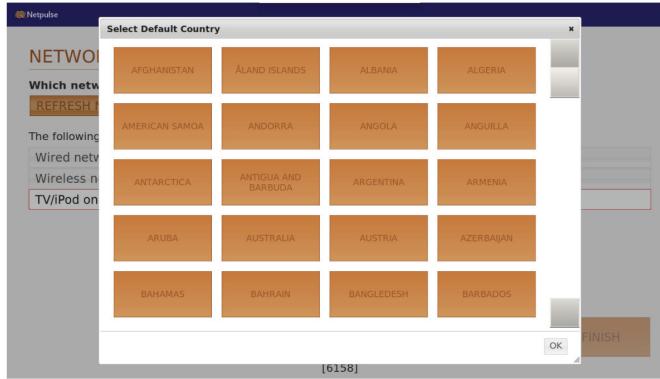
	Description
1	Connected!
2	NEXT

5. Tap **OK** after alert window displays **Wireless network configured!**.
6. Go to *Test network*.

TV only

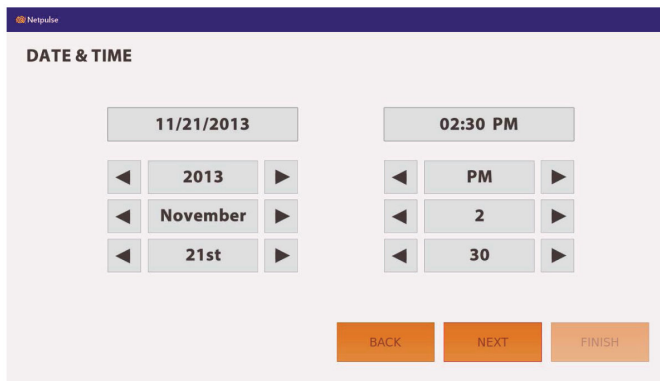
1. Tap **TV only. No network connection**.

2. Select Default Country.



3. Tap **OK**

4. Set **Date and Time**.

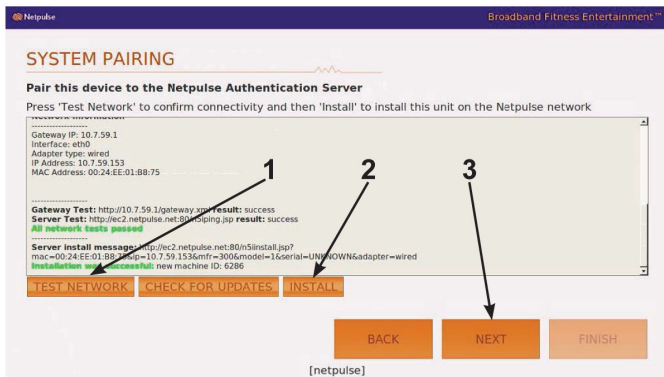


5. Tap **NEXT**.

6. Go to *Channel configuration*.

Test network

1. Tap **TEST NETWORK**.



	Description
1	TEST NETWORK
2	INSTALL
3	NEXT

2. When network test passes, tap **INSTALL**.

If network test fails, check the network connections and retry.

3. Tap **NEXT**.

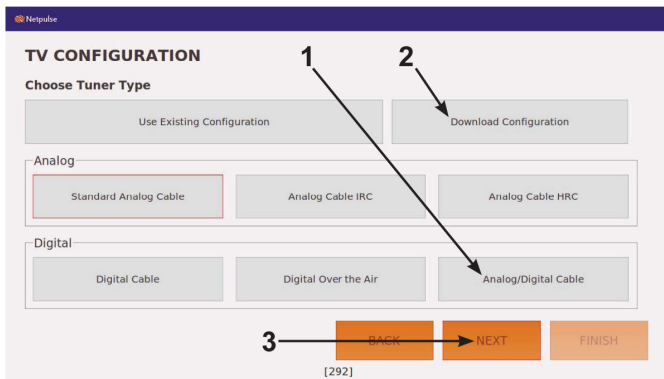
TV configuration

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

1. Select **Analog/Digital Cable** and tap **NEXT**.

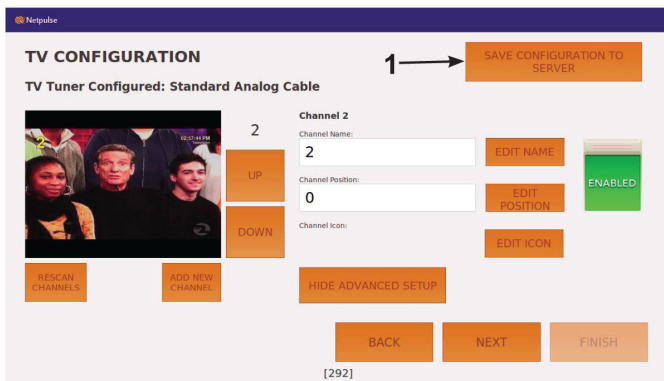
This will scan for all available channels. The scan can take 20 minutes to complete.

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



	Description
1	Analog/Digital Cable
2	Download Configuration
3	NEXT

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

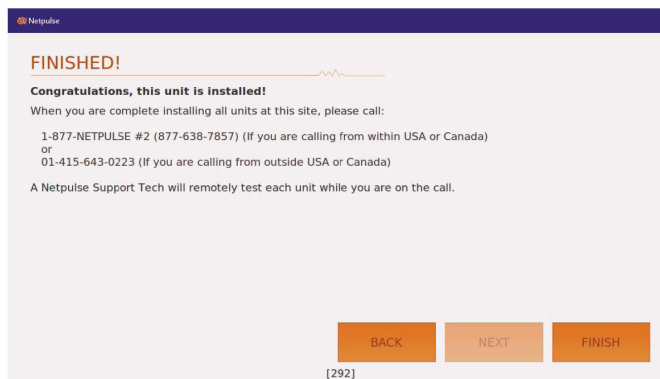


	Description
1	SAVE CONFIGURATION TO SERVER

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

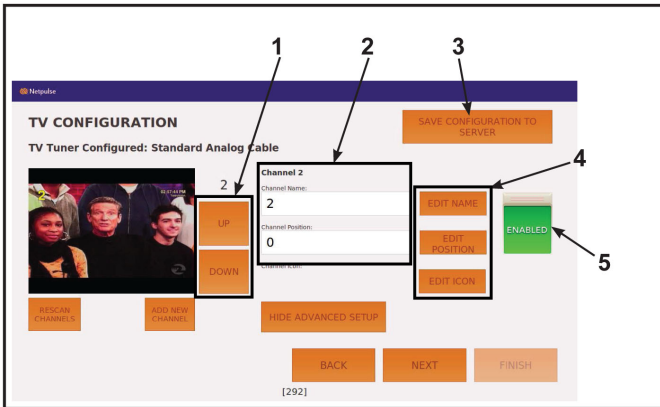
3. Tap **FINISH** to complete installation.

Cybex GO monitor will reset. Do not call Netpulse.



Channel configuration

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

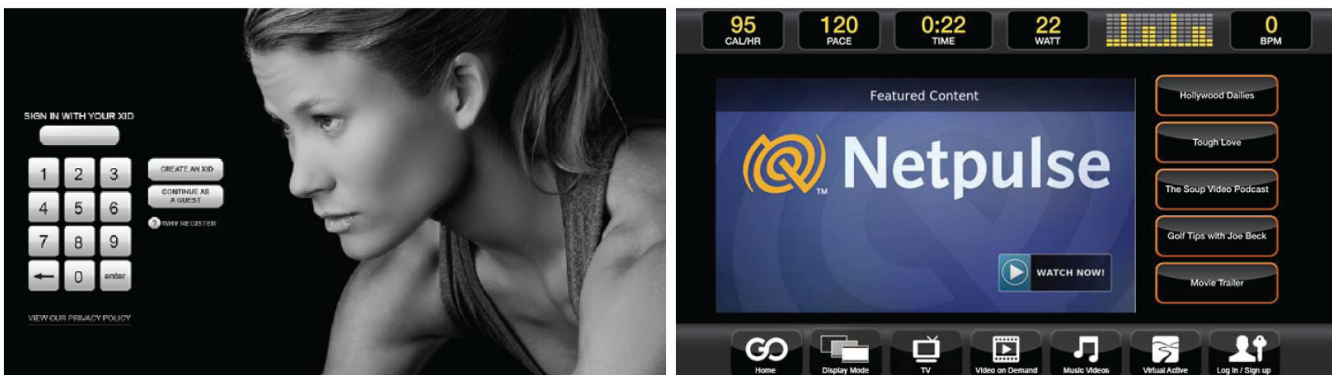


	Description
1	Channel Up /Channel Down
2	Channel Name and Channel Position number
3	SAVE CONFIGURATION TO SERVER
4	EDIT NAME , EDIT POSITION , and EDIT ICON
5	Channel ENABLED or DISABLED

1. Tap **SHOW ADVANCED SETUP**, if edit icons are not visible.
2. Tap the **Channel Up** or **Channel Down** icons to select channel to edit.
3. Tap **EDIT NAME**.
A keyboard is displayed to edit the channel name. Tap **SAVE** when done.
4. Tap **EDIT POSITION**.
A keypad is displayed to edit the channel position. Tap **SAVE** when done.
5. Tap **EDIT ICON**.
Icons are displayed to edit the channels icon. Tap **SAVE** when done.
6. Tap the **ENABLED** or **DISABLED** icon to toggle the viewing of each channel.
The channel configuration only needs to be performed on the first unit installed. Configure the first unit completely, save the configuration, then assemble and configure all other units.

Test Cybex GO monitor



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










Equipment Setup



Initial setup

Perform this procedure during the installation of the unit. Once complete, refer to Setup Options below.

	CYBEX LOGO	Press and hold Cybex logo for 6 seconds to access Screen Lock and Toolbox .
	LANGUAGE ICON	Press and hold language logo for 6 seconds to access Screen Lock and Toolbox .



1. Tap the **Access Toolbox** icon to display the **Access to Toolbox** login screen.
2. Enter the sequence:     .
3. Tap the **Setup** icon to display the **Setup menu**.
4. Tap the **Time** icon to advance to the **Set the Time** screen.
5. Adjust the time if needed, then tap the **ENTER** icon .
6. Tap the **Date** icon to advance to the **Set the Date** screen.
7. Adjust the date if needed, then tap the **ENTER** icon .
8. Tap the **Units** icon to select the **Set units preference** screen.
9. Select the unit preferences from the following options:

Distance Units	Weight Units
Miles	Lbs.
Km	Kg
	Stone

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

Setup options - Cybex GO Monitor

Enter setup options.

	CYBEX LOGO	Press and hold Cybex logo for 6 seconds to access Screen Lock and Toolbox .
	LANGUAGE ICON	Press and hold language logo for 6 seconds to access Screen Lock and Toolbox .



1. Tap the **Access Toolbox** icon to display the **Access to Toolbox** login screen.

2. Enter the sequence:     .
3. Tap the **Setup** icon to display the **Setup menu**.

Setup menu

Units	Select distance units. Miles or Km (Kilometers). Select weight units. Lbs. (Pounds), Kg. (Kilograms) or Stone (Stones).
A/V Config	Perform Touch Calibration, Network Setup, or Channel Setup. See <i>A/V Configuration</i> .
Workout times	Set Default and Max workout times. Default choices are 20, 30, or 60 minutes. Max choices are 20, 30, 60, or OFF.
Pause	Set Pause time. Choices are OFF, 0:30, 1:00, or 2:00 minutes.
Sound	Select console beeper settings. Choices are ON, Some, or OFF. Selecting Some enables beeper for safety related notifications, such as Entering Active, Exiting Active, and Cool Down.
Language	Select default language to display on CardioTouch screen. Toolbox is only available in English. Include Optional Languages. Select optional languages to display on CardioTouch screen. Choices are Include or Off .

Exit Set Up Mode

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

Testing operation

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

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. 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 **Quick Start**.
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

This section lists some of the common terms and symbols used in this chapter. Other terms and symbols are listed in this chapter as appropriate.

Active Mode	Any time the unit is controlling resistance and accumulating workout data. Active Mode begins after tapping Quick Start icon during the initial count-down screen, after completing the setup for a workout, or by default if the initial count-down screen times out and enters Quick Start mode.
Auto-Scan	Display automatically cycles through workout data.
Bike Mode	Control the gear used from 1 to 21. Gear 1 is very easy to pedal at slow road speed, gear 21 is very hard to pedal at high road speed.
CardioTouch Screen	The CardioTouch Screen is the touch screen located in the handset area.
Constant Power Mode	Control the brake power from 35 to 500 Watts. The bike will decrease the resistance at higher speeds or increase resistance at slower speeds. The bike will maintain a constant power setting.
Cool Down	A reduction of work load for a short duration allows user to gently reduce heart rate. Cool Down occurs two minutes prior to completion of the workout-controlled workout sessions.
Dormant Mode	Occurs when unit is plugged in and not in use.
Isokinetic Exercise	Accommodating resistance, where unit provides a corresponding amount of resistance on the user to keep them at a fixed pedal speed. Such exercise is used to test and improve muscular strength and endurance, especially after injury.
Manual Mode	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.
Pause Mode	Occurs only if the Pause feature is enabled and user selects the STOP key from Active Mode.
Quick Start	This begins by tapping the Quick Start icon. User has full control over the workout as time counts up.
Workout Review	Review of the accumulated workout data will happen at the end of each workout session.
Workout Type	A collection of workouts with a common theme.














User Control Symbols Used






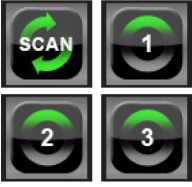




Control	Control Name	Description
	RESISTANCE UP	Increase Bike Gear (1-21), Power (35-500) or Target RPM (20-100).
	RESISTANCE DOWN	Decrease Bike Gear (1-21), Power (35-500) or Target RPM (20-100).
	VOLUME UP	Adjust Volume up.
	VOLUME DOWN	Adjust Volume down.
	CHANNEL/TRACK CONTROL	iPod - NEXT track A/V - Channel UP
	CHANNEL/TRACK CONTROL	iPod - PREVIOUS track A/V - Channel DOWN
	STOP	Press STOP once to end the workout session and start the <i>Workout Review</i> . Press STOP again to exit to <i>Dormant Mode</i> .
	FAN	Default speed is OFF during active mode. Press the FAN key to control fan speed. Choices are OFF, LOW and HI.

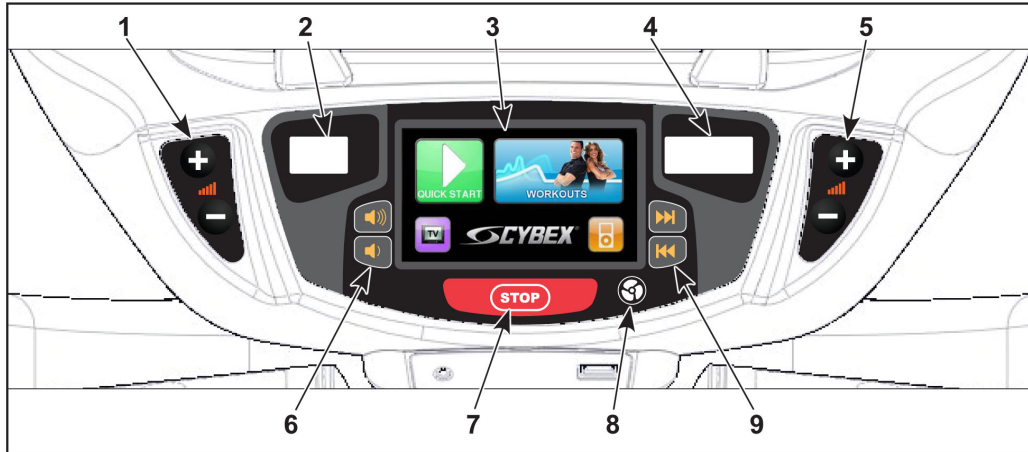
CardioTouch Symbols Used



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

Icon	Icon Name	Description
	KEYPAD	Numeric keypad for entering data.
	ENTER	Accepts the value shown.
	CLEAR	Clear any values selected.
	INFO	Select to provide more information and details.
	SCALE	Displays current value in the minimum and maximum range.
	SCAN	This icon defaults to SCAN, which displays the workout info on the upper display, changing every 5 seconds. Tap the SCAN icon to display different data sets. Tap again to change the data set, or multiple times to get back to SCAN.
	CYBEX LOGO	Press and hold Cybex logo for 6 seconds to access Screen Lock and Toolbox .
	LANGUAGE ICON	Press and hold language logo for 6 seconds to access Screen Lock and Toolbox .

CardioTouch Screen and User Controls



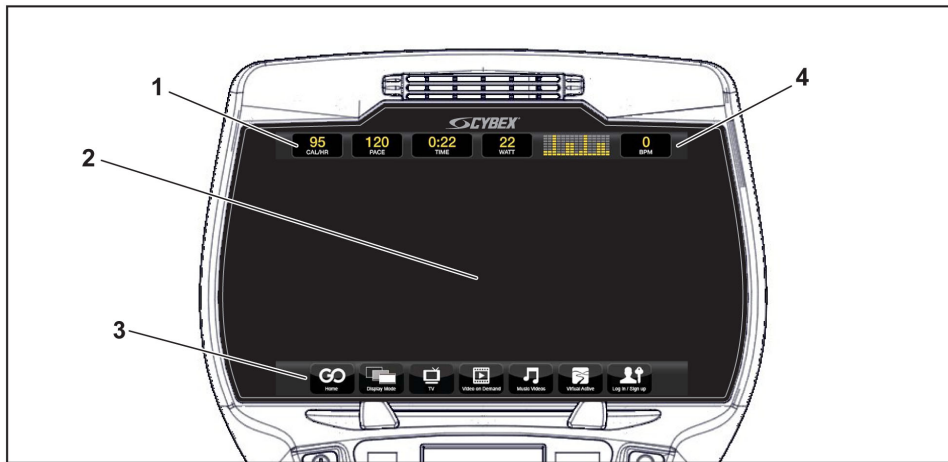
1	Gear/Power/RPM Keys (Left)	6	Volume Keys
2	Gear/Level Display	7	STOP Key
3	CardioTouch Screen	8	Fan Key
4	Speed/Power/RPM Display	9	Channel/Track Keys
5	Gear/Power/RPM Keys (Right)		



CardioTouch Screen — Tap the icons to make selections.

Cybex GO Console and User Controls

Cybex GO Console



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


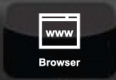






Data bar

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

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

Menu bar

Icon	Icon Name	Description
	Home	Main landing page with content tailored to each user.

Icon	Icon Name	Description
	Display Mode	Tap Display Mode icon to toggle between 4 display modes: <ul style="list-style-type: none"> • TV + Data- Display video with data at top of screen • TV Only- Display video only, no data • Data Only- Display data only, no video • Blank- Screen is blank, video and data are not displayed
	Browser	Select from available website links.
	TV	Select from available TV channels. Channels available are based on the local cable TV provider.
	Video on Demand	Watch videos on demand. Various content categories (TV Shows, Movie Trailers, Classic TV, etc) are grouped into channels.
	Music Videos	Watch available music videos. Playlists are organized by music genre. Create your own playlist.
	Virtual Active	The Virtual Active attraction features videos, shot from first person perspective, through beautiful landscapes, cityscapes and events from around the world.
	Log in/Sign up	Sign up as a new user or login with existing account.
	History	Review workout history if logged in.

Cybox GO Console Log In or Sign Up

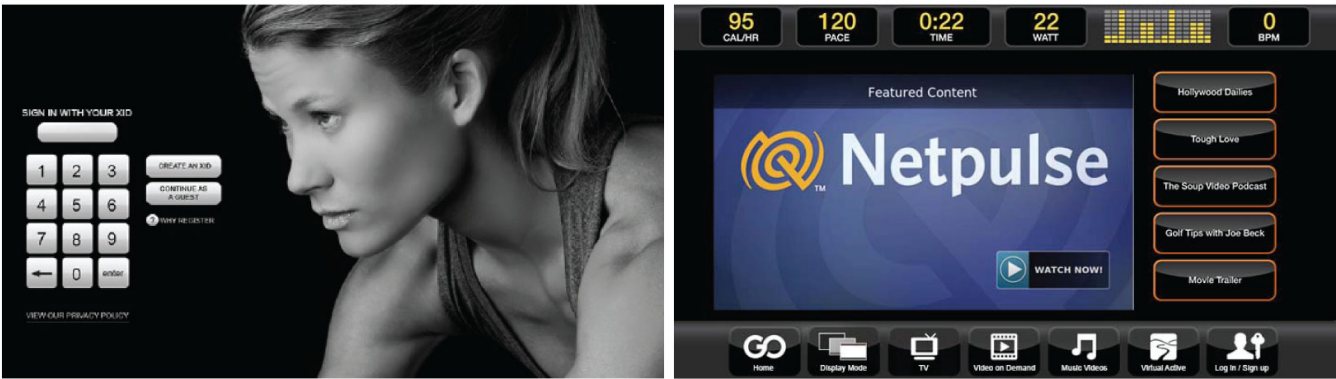
XID is a universal network that allows you to log into connected fitness equipment.

An XID account allows you to:

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

At the opening screen there are three options available.

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



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

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

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. Grasp handrails for support.
2. Stop pedaling.
3. Continue to hold handrails while carefully stepping off 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. Tap **QUICK START** on the CardioTouch screen.



4. Tap the **Weight** icon to select weight.
5. Tap the keypad to enter user weight.
6. Tap the **ENTER**  icon to complete weight input.
7. Press the **Gear/Power/RPM + –** keys to change the Gear/Power/RPM at any time.
8. Press the **STOP** key at any time to end workout.
“Workout Review” is displayed.

Detailed Operation Guide

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

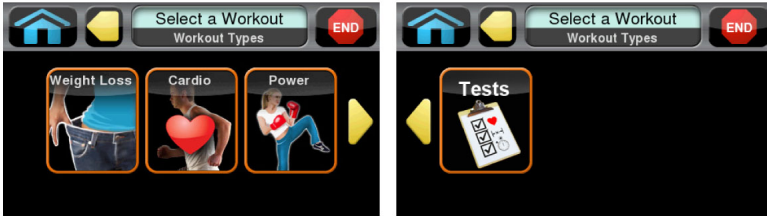
1. Plug the Cybex GO monitor power cord or optional power cord into a power outlet from a grounded circuit, See ***Electrical Requirements***.
Coil up the remainder of the power cord and place it out of the way. The control panel will light up and be in the Dormant Mode.
2. Verify pedals are completely stopped.
3. Grasp handrails and step carefully into pedals.
Begin pedaling.

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

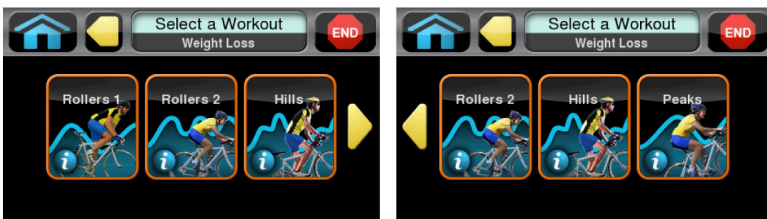
If **Quick Start** is selected, The console will beep for one second and enter *Active Mode*.

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

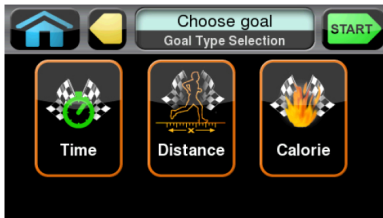
Tap one of the workout type icons from the workout options screen.



Tap one of the workout icons from the workouts screen.

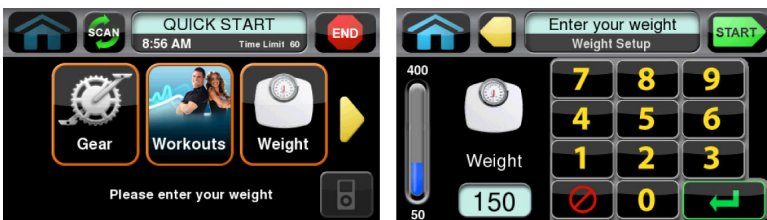



Select a goal of Time, Distance, or Calorie.







Tap the **Start** key to begin workout.

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.



Tap the **ENTER**  icon to accept the displayed value and either move forward in the setup process or review more options.

5. Tap the **Start** icon.

6. Observe the console.
When screen option of TV and Data or Data Only is selected, display the workout values such as Distance, Calories, BPM (Heart rate, if available), MET and RPM (crank RPM in rotations per minute). Heart rate will be displayed if a valid heart rate is available from a wireless chest strap (not included) or by holding the contact heart rate grips.
7. Press the **Gear/Power/RPM + –** keys to change the Gear/Power/RPM at any time.
The display will show the current gear or watt level. Gear range is 1-21, watt level range is 20-500. When you adjust Gear/Power/RPM 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 Gear, Power, or RPM.
8. Press the **STOP** key at any time to pause.
 - a)  If pause feature is enabled, pause icon  is shown. Press pause icon or **STOP** button once to enter pause mode.
 - b)  If pause feature is disabled, stop icon  is shown. Press stop icon or **STOP** button once to enter **Workout review**. **Workout review** is displayed and the incline returns to 6%.
When a workout is complete the unit begins a countdown, **3...2...1** and sounds a tone for each count. Workout Review is displayed for the preset time or until you press the **Home** key. The unit returns to Dormant Mode when using the optional AC adapter.

Workout Choices

Weight Loss

Name	Levels	Settings
Rollers 1	21	Select goal*, level, and weight.
Rollers 2	21	Select goal*, level, and weight.
Hills	21	Select goal*, level, and weight.
Peaks	21	Select goal*, level, and weight.

Cardio

Name	Levels	Settings
Ramps	21	Select goal*, level, and weight.
Interval	21	Select goal*, level, and weight.
Bursts	21	Select goal*, level, and weight.
Wave	21	Select goal*, level, and weight.

Name	Levels	Settings
Heart Rate Control**	N/A	Select goal*, weight, age, and target heart rate.

Power

Name	Levels	Settings
Constant Power	21	Select goal*, weight and power.
Isokinetic	21	Select goal*, weight, and target RPM.

Tests

Name	Levels	Settings
YMCA		Weight, age, and gender.

*A goal is Time, Distance, or Calorie.

**The Heart Rate Control workout requires wearing a 5 KHz Polar® compatible chest strap (not included).

Data Readouts

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

- BPM (Beats Per Minute)** Your current heart rate. Heart rate will appear when a signal is introduced. Use the hand grips for Contact Heart rate or wear a Polar® compatible heart rate chest strap.
- Calories** The total accumulated calories burned during your workout. Your weight must be correctly set before beginning your workout for this measurement to be most accurate.
- Calories Per Hour** Calculation of present workload's energy exertion in Calories per Hour.
- Distance** 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
- Level** Displays level of workout, range is 1-21.
- Metabolic Equivalent (MET)** 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.
- RPM (Rotation Per Minute)** User's crank revolutions per minute.

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

MM:SS	Minutes:Seconds	00:01 to 99:99
MMMM	Minutes	100 minutes or more

Watt Present workload energy exertion.

Weight Displayed when the console prompts for the user to enter their body weight.

Workout 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

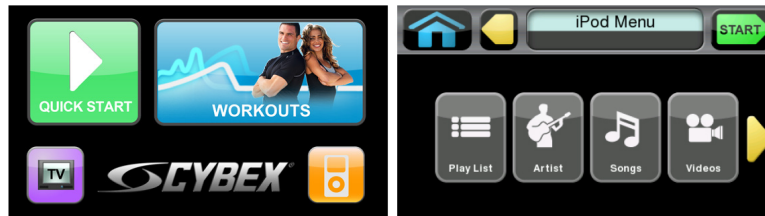
Fan Control

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

iPod/iPhone Functions

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. iPod/iPhone Playlist
 - a) Select the iPod/iPhone icon to display the iPod/iPhone navigation screen.



- b) If iPod/iPhone is already playing use the standard iPod/iPhone controls.
 - c) If iPod/iPhone is Dormant make a selection from the iPod/iPhone Menu.

Once a selection is made from the iPod/iPhone menu, make further selections until the desired media is found.

Battery Sentry

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

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

 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.

CardioTouch Screen

While in *Dormant Mode* press the **Cybox** logo icon to access the *Lock and Toolbox* options. Press the **Lock screen for cleaning** icon to lock the screen for 10 seconds. The CardioTouch screen will stay locked for 10 seconds to prevent any key presses from being processed. Clean the CardioTouch screen using a soft cloth dampened with a cleaning solution containing rubbing alcohol.

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. Contact [Cybox Customer Service](#) 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.

Cybex GO Monitor

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.

Customer Service

Product Registration

To register product do the following:.

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

Contacting Service

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

For 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@cyboxintl.com

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

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

Ordering Parts

To order parts online go to www.cyboxintl.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.cyboxintl.com
- Shipping Address
- Contact Name
- Include a description of the problem.

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

Return Material Authorization (RMA)

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

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

Please contact [Cybex Customer Service](#) for the return of any item that is defective.

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

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

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

Damaged Parts

Materials damaged in shipment should not be returned for credit. Shipping damages are the responsibility of the carrier (UPS, Federal Express, trucking companies, etc.)

Apparent Damage

Upon receipt of your shipment, check all items carefully. Any damage seen with a visual check must be noted on the freight bill and signed by the carrier's agent. Failure to do so will result in the carriers refusal to honor your damage claim. The carrier will provide you with the required forms for filing such claims.

Concealed Damage

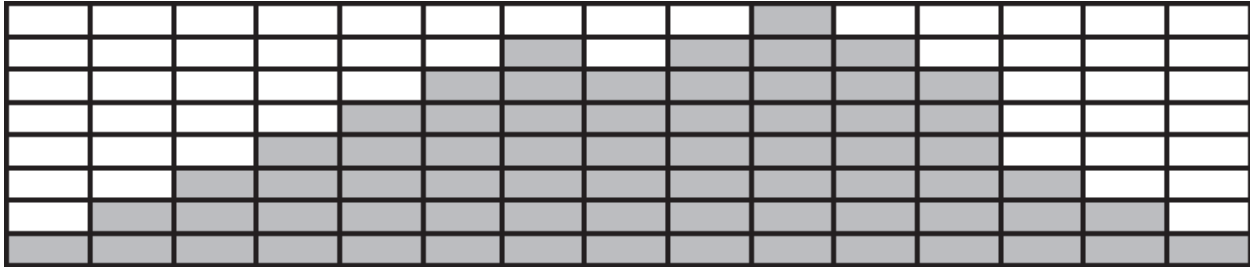
Damage not seen with a visual check upon receipt of a shipment but notices later must be reported to the carrier as soon as possible. Upon discovery of the damage, a written or phone request to the carrier asking them to perform an inspection of the materials must be made within ten days of the delivery date. Keep all shipping containers and packing materials as they will be needed in the inspection process. The carrier will provide you with an inspection report and the necessary forms for filing a concealed damage claim. Concealed damage claim is the carrier's responsibility.

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

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

Weight Loss - 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.



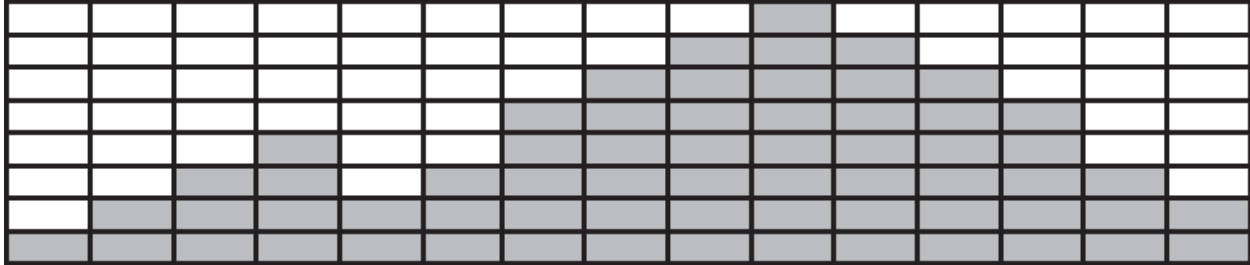
Watt per level/gear

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		
3	30	35	40	50	60	70	85	70	85	100	85	70	40	35	30
2	30	35	40	45	55	65	75	65	75	90	75	65	40	35	30
1	30	35	40	45	50	60	70	60	70	85	70	60	40	35	30

Weight Loss - Peaks

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.



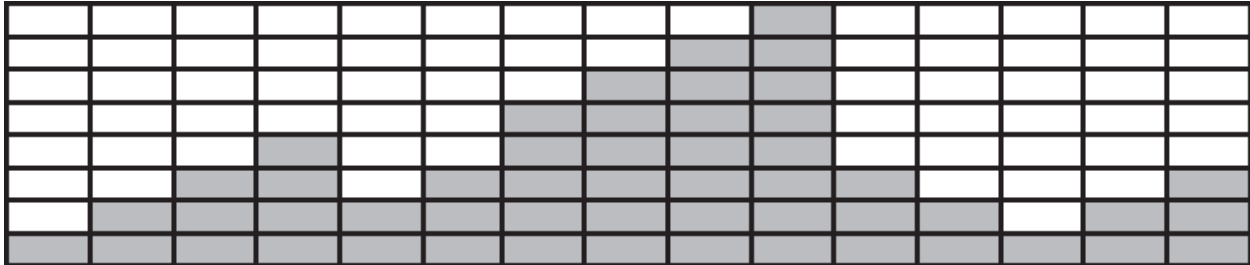
Watt per level/gear

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			
3	30	35	40	50	35	40	60	70	85	100	85	70	60	40	35	40	35	30	
2	30	35	40	45	35	40	55	65	75	90	75	65	55	40	35	40	35	30	
1	30	35	40	45	35	40	50	60	70	85	70	60	50	40	35	40	35	30	

Cardio - 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

Cardio - 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


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

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

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

Cardio - Heartrate Control

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**.

Power - Constant Power

Control the brake power from 35 to 500 Watts. The bike will decrease the resistance at higher speeds or increase resistance at slower speeds. The bike will maintain a constant power setting.

Power - Isokinetic

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.

Tests - YMCA

This workout requires a 5 KHz Polar® compatible heart rate transmitter belt (not included). Test includes a warm up and three stages. The test result is a score, see charts below for ranking.

Male

Age	20-29	30-39	40-49	50-59	60-69
Elite	55+	52+	50+	48+	45+
Excellent	50-54	47-51	45-49	43-47	40-44
Good	45-49	42-46	40-44	38-42	35-39
Above Average	40-44	37-41	35-39	33-37	30-34
Average	36-39	33-36	31-34	29-32	26-29
Below Average	31-35	28-32	26-30	24-28	21-25
Poor	26-30	23-27	20-25	18-23	16-20
Very Poor	<26	<23	<20	<18	<16

Female

Age	20-29	30-39	40-49	50-59	60-69
Elite	49+	46+	44+	42+	40+
Excellent	44-48	41-45	39-43	37-41	35-39
Good	39-43	36-40	34-38	32-36	30-34
Above Average	34-38	31-35	29-33	27-31	25-29
Average	30-33	27-30	25-28	23-26	21-24
Below Average	25-29	22-26	20-24	18-22	16-20
Poor	20-24	17-21	15-19	13-17	11-15
Very Poor	<20	<17	<15	<13	<11



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