CYBEX®

Cybex 525AT Arc Trainer®
Owner's Manual
Cardiovascular Systems
Part Number 5525-4 F

Table of Contents

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
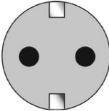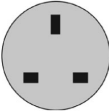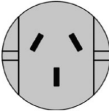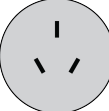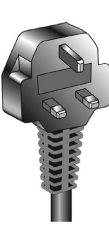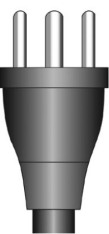
⚠ **WARNING**   Shock and electrocution hazard.
  • Connect unit to a grounded outlet.
  • Do not use voltage adapter or extension cord.

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

(Save These Instructions)

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

User Safety Precautions

Prior to use:

- Obtain a medical exam before beginning any exercise program.
- Obtain instruction before using.
- 📖 Read and understand warning labels.
- Keep foot plate surface clean and dry.
- Maximum user weight is 400 lbs. (180 kg).
- Inspect unit. If damaged, notify floor staff. DO NOT USE.
- Do not remove this label. Replace if damaged or illegible.

During use

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

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.
- Do not use the unit if: (1) the cord is damaged; (2) the unit is not working properly or (3) if the unit has been dropped or damaged. Seek service from a qualified technician.
- EQUIPMENT is not suitable for use in the presence of aerosol (spray), FLAMMABLE ANAESTHETIC MIXTURE WITH AIR or WITH OXYGEN or NITROUS OXIDE.

- Perform regular maintenance checks on unit. Performance level can be maintained only if examined regularly. Pay close attention to all areas most susceptible to wear, including (but not limited to) cables, pulleys, belts and grips.
- Replace any warning labels if damaged, worn, or illegible.
- Immediately replace worn or damaged components. If unable to immediately replace worn or damaged components, then remove unit from service until repair is made.
- Do not attempt electrical or mechanical repairs.
  Seek qualified repair personnel when servicing. If you live in the USA, contact Cybex Customer Service at 888-462-9239. If you live outside the USA, contact Cybex Customer Service at 508-533-4300.
- Use only Cybex supplied components to maintain/repair unit.
- Keep a repair log of all maintenance activities.
- Disconnect the power cord 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.

⚠ 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.
• Garder la surface de la plaque de pied propre et sec.
• Le poids maximum de l'utilisateur ne doit pas dépasser 400 lb. (180 kg).
• Inspecter l'appareil. S'il est endommagé, en aviser le personnel. NE PAS UTILISER.
• 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 plaque pied avant de descendre.
• Ne pas enlever cette étiquette. Remplacer si endommagé ou illisible.

770A-331-E A

⚠ AVERTISSEMENT

⚠ 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:
• Obtain a medical exam before beginning any exercise program.
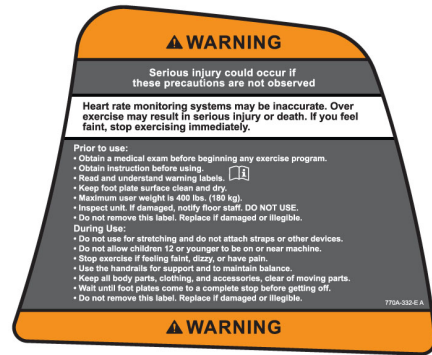• Obtain instruction before using.
• Read and understand warning labels.
• Keep foot plate surface clean and dry.
• Maximum user weight is 400 lbs. (180 kg).
• Inspect unit. If damaged, notify floor staff. DO NOT USE.
• Do not remove this label. Replace if damaged or illegible.
During Use:
• Do not use for stretching and do not attach straps or other devices.
• Do not allow children 12 or younger to be on or near machine.
• Stop exercise if feeling faint, dizzy, or have pain.
• Use the handrails for support and to maintain balance.
• Keep all body parts, clothing, and accessories, clear of moving parts.
• Wait until foot plates come to a complete stop before getting off.
• Do not remove this label. Replace if damaged or illegible.

770A-332-E A

⚠ WARNING

Canadian

⚠ CAUTION

Moving parts hazard.

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

DE000004-4

⚠ WARNING

Burn hazard.
Do not touch flywheel until cool.

DE-17155-4 C

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

525AT-400 B

⚠ WARNING	**⚠ 警告**
Shock and electrocution hazard. Unplug unit and let sit 10 minutes before cleaning or performing maintenance. Electrical charge can remain.	ショックと感電死の危険性。 本体のプラグを抜き、10分間待ってから掃除や保守を実施してください。充電はそのままでも結構です。
⚠ ВНИМАНИЕ	**⚠ 告警**
Опасность удара и поражения электрическим током. Отключите устройство от электросети и подождите 10 минут, прежде чем приступать к очистке илиобслуживанию. Возможен остаточный электрический заряд.	电击危险。 拔掉设备电源并静止10分钟，然后进行清洁或维护。 可能仍然有电荷。

525AT-401 C

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

525AT-402 B

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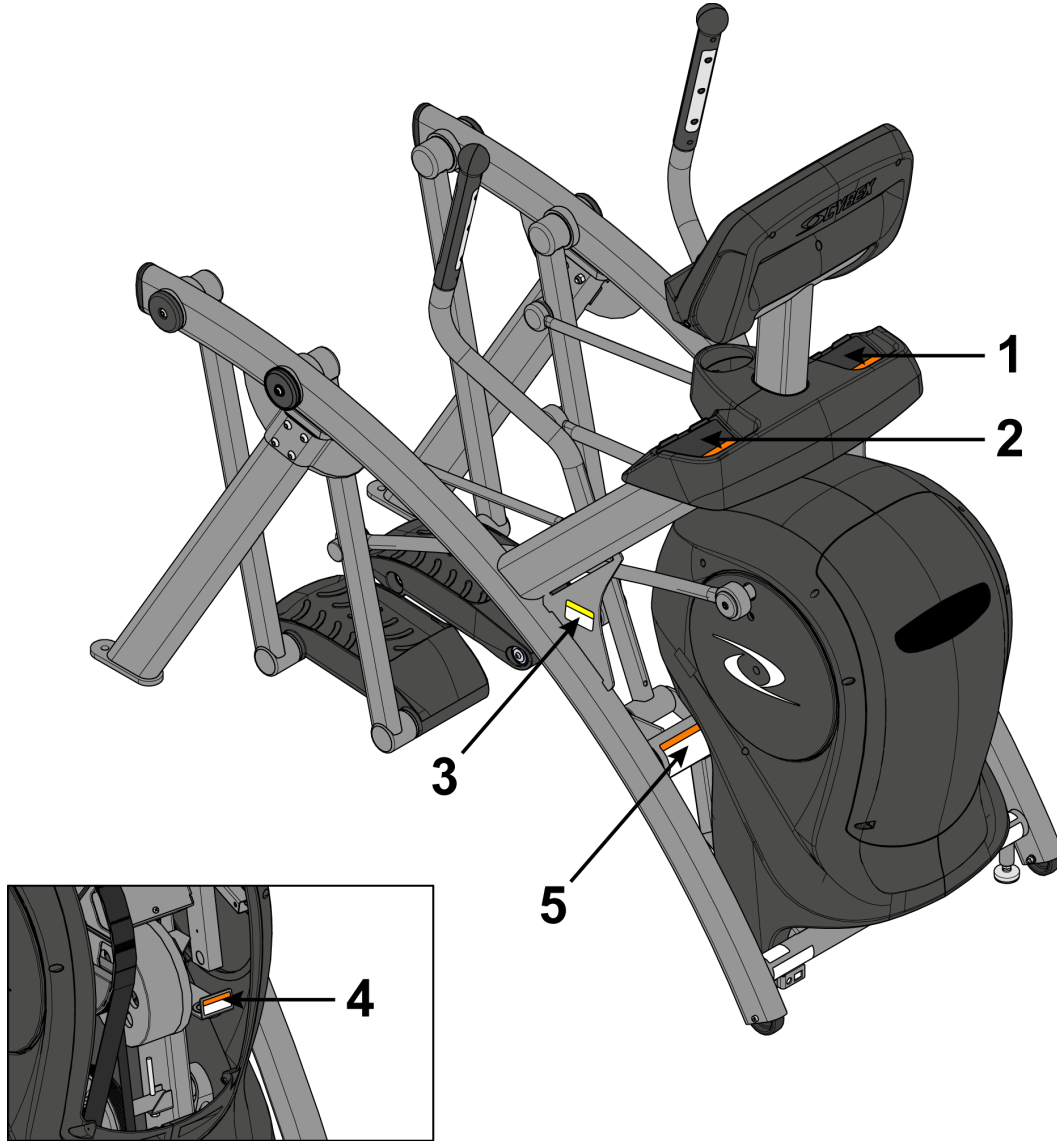
| 1	770A-331-X	Label, Warning, Access tray, Left
1	770A-331-E	Label, Warning, Access tray, Left, Canadian
2	770A-332-X	Label, Warning, Access tray, Right
2	770A-332-E	Label, Warning, Access tray, Right, Canadian
3	DE000004-X	Decal, Caution moving parts
4	DE-17155-X	Label, Warning, Hot flywheel
5	525AT-400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

Assembly

Specifications - 525AT

Classification	S (Studio)
Accuracy	A
Assembled Length	70.5" (179 cm)
Assembled Width	30" (76 cm)
Assembled Height	62.5"(159 cm)
Weight of Product	412 lbs. (187 kg.)
Shipping Weight	437 lbs. (198 kg.)
Incline Levels	0-20 % grade
Resistance Levels	0-80
Stride Length	24" (61 cm) fixed length
Workouts	Quick Start and eight workouts
Console Features	Upper console: LED or E3 View Monitor. Displays - BPM, Calories, Cal/Hr, Incline, Strides per Minute, and Time. E3 View Monitor also displays Watts, MET, and Distance. Lower console: Two numeric displays for incline and resistance. Accessory trays and water bottle holder.
Heart Rate Features	Built-in 5 KHz wireless heart rate receiver (transmitter not included) and contact heart rate monitoring.
Frame Colors	Standard: White Texture, Black Texture, Metaltone Gold, Black Chrome, Platinum Sparkle. Custom: Unlimited colors available.
Resistance Range	0 to 600 watts.
Maximum User Weight	400 lbs. (180 kg).
Power Rating	100-120 VAC, 3.0 A, 1-Phase or 200-240 VAC, 2.5 A, 1-Phase.
Options	E3 View Monitor, Wireless audio receiver, iPod/iPhone/iPad compatibility.

Top View 525AT

Dimensions

| 1	30" (76 cm)
2	70.5" (179 cm)
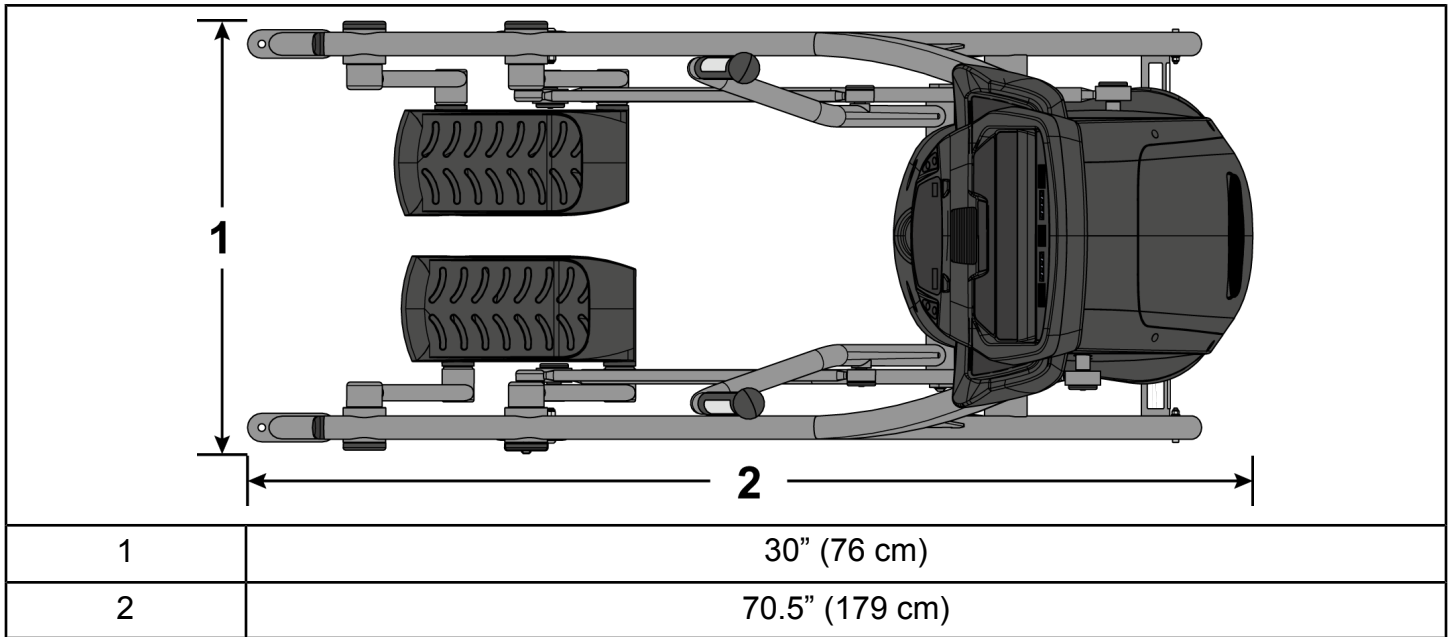
Choosing and Preparing Site

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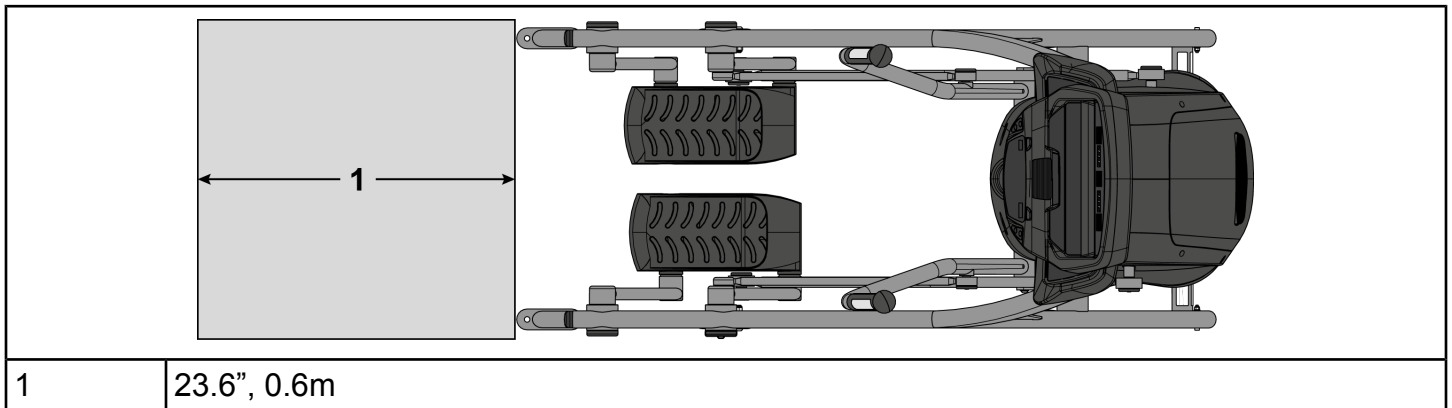
It is the responsibility of the facility owner/owner of the equipment to ensure that there is appropriate clearance around each machine to allow for safe use and passage.

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

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.

Verify power supply is compliant with local building codes.

Tools Required

- Stubby Phillips screwdriver
- 3/16" Allen wrench (included)
- 7/32" Allen wrench (2) (included)
- 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.

Verify parts list shown below

| Item	Quantity	Part Number	Description
1	1	Varies	Base assembly
2	1	Varies	Console assembly
3	2	12090-322	Foot pad
4	1	-	Base, Accessory tray
5	1	770A-317	Cover, Top, Accessory tray
6	1	770A-318	Cover, Bottom, Accessory tray
7	1	525AT-106-4	Hardware pack
8	1	5525-X	Owner's Manual
9	1	525AT-328	Assembly poster
10	1	525AT-331	Consumer Arc warranty sheet
11	1	525AT-330	Entry Commercial Arc warranty sheet
12	1	525AT-413	Full Commercial Arc warranty sheet
13	1	770A-427	Cable, 6', Coax (E3 View Monitor option)
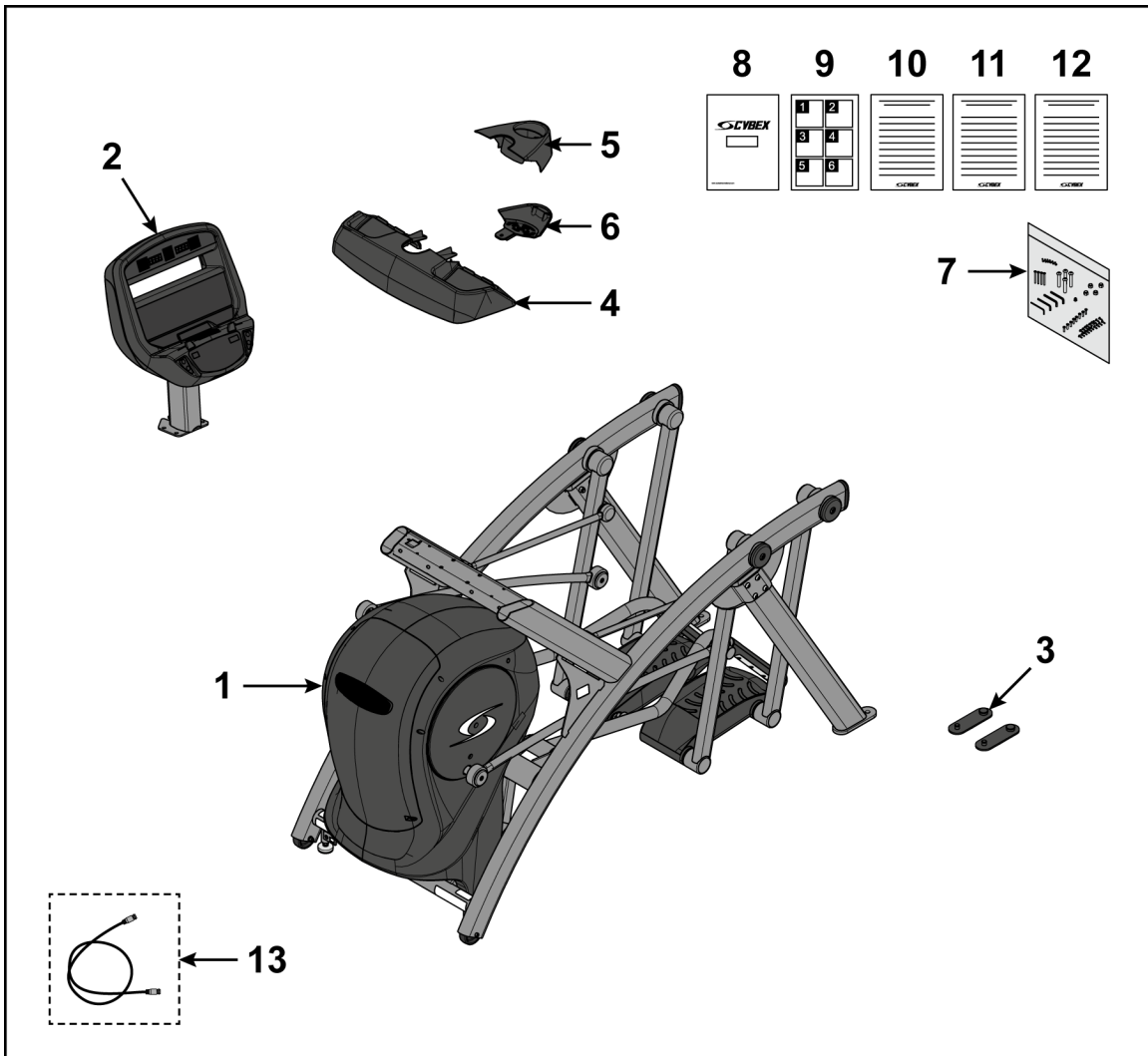
Hardware

Item	Quantity	Part Number	Description
14	2	600A-311	Flange Spacer
15	1	BK030201	3/16" Allen Wrench
16	2	BK030204	7/32" Allen Wrench
17	4	HC700428	BHSCS .375-16 × 2.25"
18	1	HF540200	Grommet, Nylon
19	4	HN704901	Locknut, .375-16 Nylon
20	2	HS307601	Washer, Flat .281 ID × .500 OD × .062"
21	2	HT532512	Screw, Pan Head Phillips, #6 x .50"
22	3	HT552512	Screw, Pan Head Phillips, 8-16 × .50"
23	4	HT592526	Tap Sc 10-12 × 2.00 Pn Hd Phil
24	2	HX622815	SHCS .250-20 UNC-3A SS

Item	Quantity	Part Number	Description
25	3	PL-16535	Linkage Rod Cap 2.00 OD (1 extra)
26	1	YA000201	Loctite

14 **15** **16** **17** **18** **19**

**20** **21** **22** **23** **24** **25** **26**
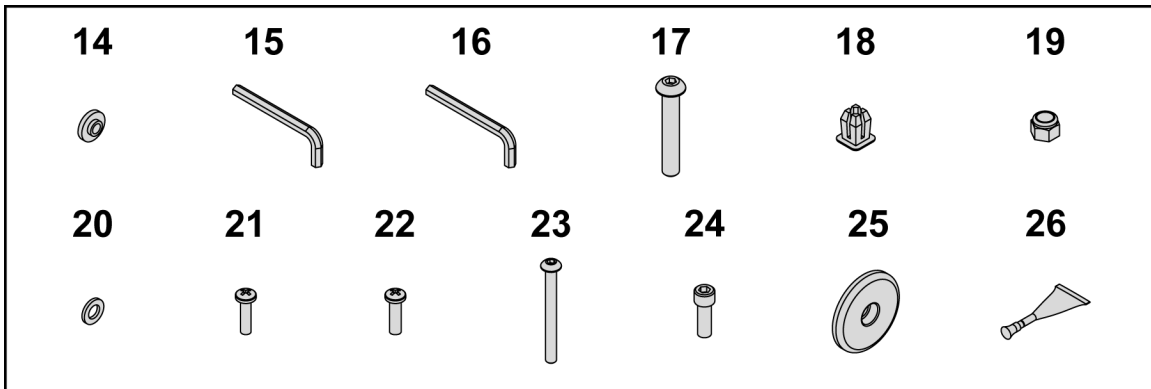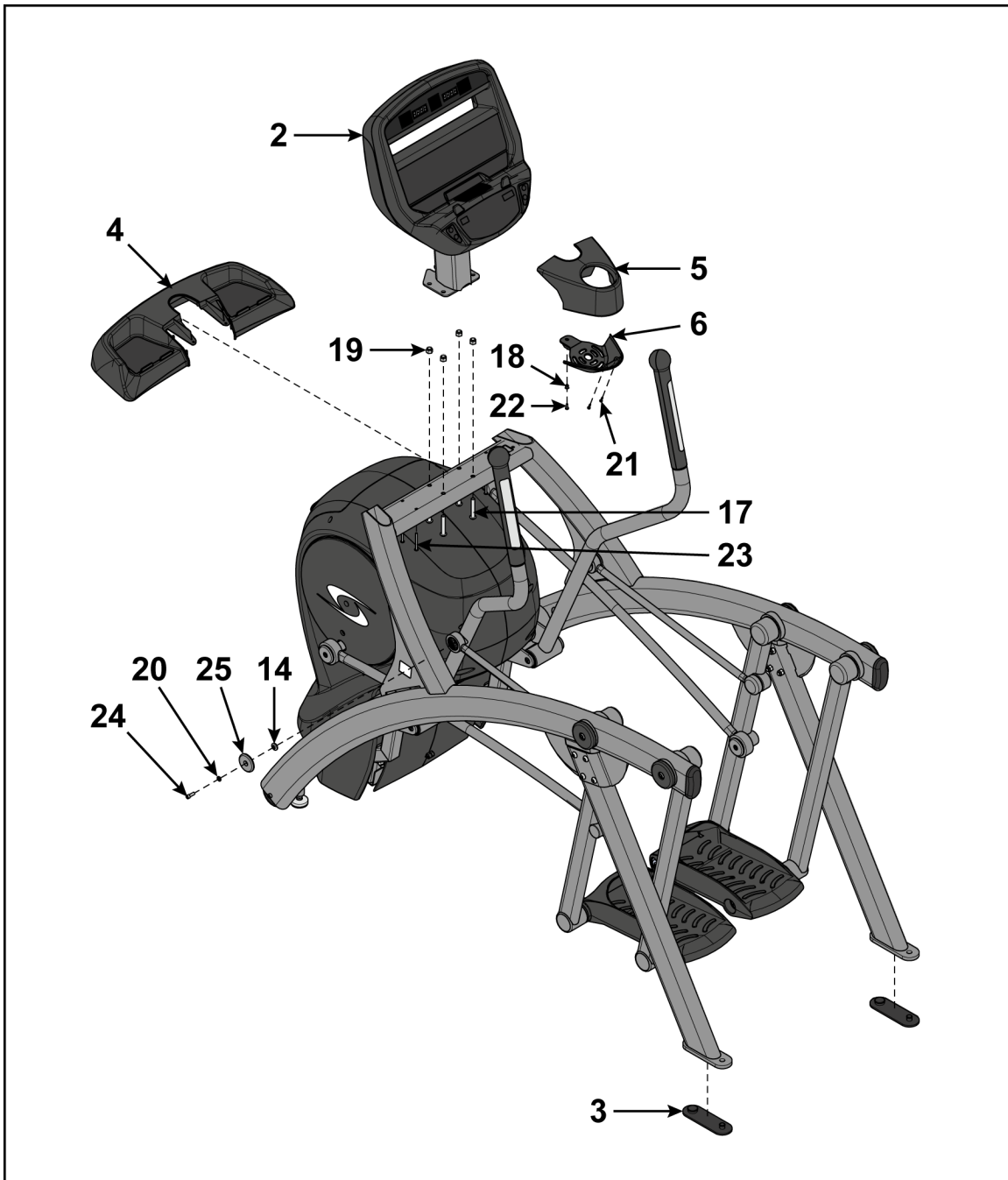
Lift and move unit

1. Remove large bolts and shipping supports. Keep package material on linkage arms at this time. This will protect the paint from scratching during assembly.

2. Grasp each rear support leg firmly and lift with one person on each side.

3. Lift the lower rear support legs so the front transport wheels are able to roll on floor. Use proper lifting methods.

4. Move unit to intended location.

5. Lower rear support legs.

Install console assembly

1. Place the console into position on the frame. Do not pinch cables while lowering the console.
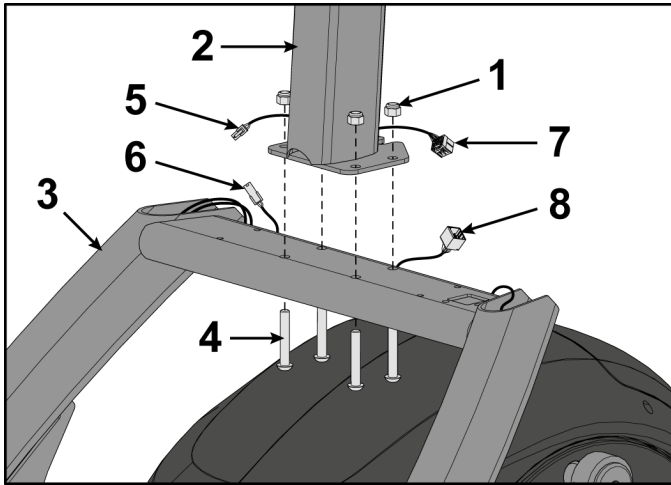
	Description	Qty.
1	Locknuts	4
2	Console	1
3	Frame	1
4	Bolts	4
5	Upper heart rate cable	1
6	Lower heart rate cable	1
7	Upper display cable	1
8	Lower display cable	1

2. Insert (from underneath) the four bolts into the frame and console.

3. Thread the four locknuts onto the bolts by hand.

4. Tighten the four bolts and locknuts with a 7/32" Allen wrench and a 9/16" open-end wrench.

5. Plug the upper heart rate cable into the lower heart rate cable.

6. Plug the upper display cable into the lower display cable.

Install optional coax and CSAFE cables

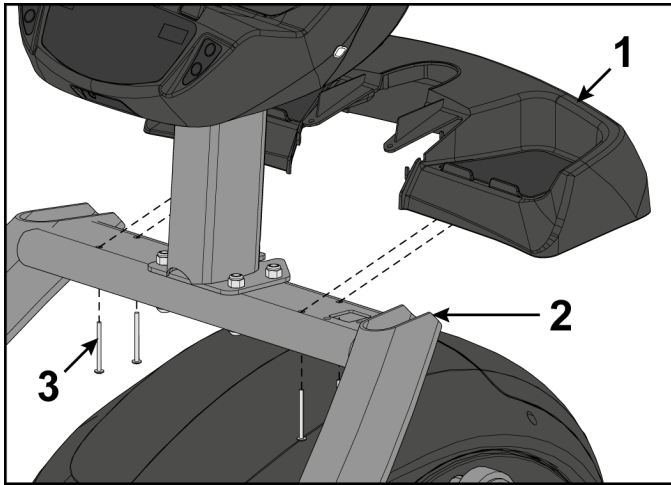**1.** Plug the coax cable connectors into each other and tighten threaded connector.
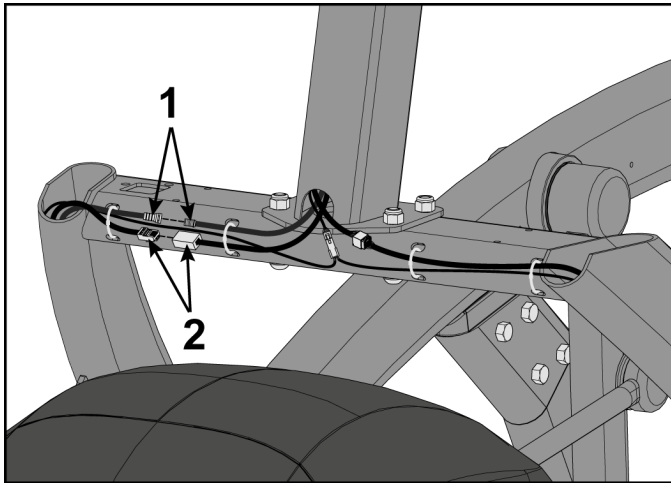
	Description	Qty.
1	Coax cable connectors	1
2	CSAFE cable connectors	1

2. Plug the CSAFE cable connectors into each other.

Install accessory tray base

1. Place the accessory tray base in position on the base assembly.
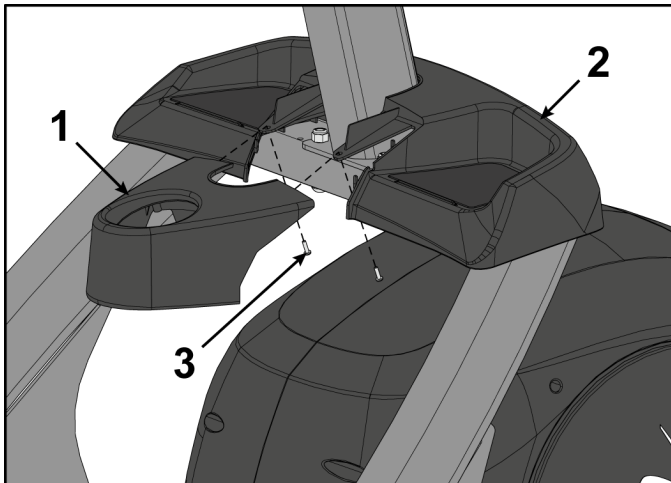
	Description	Qty.
1	Accessory tray base	1
2	Base assembly	1
3	Screws	4

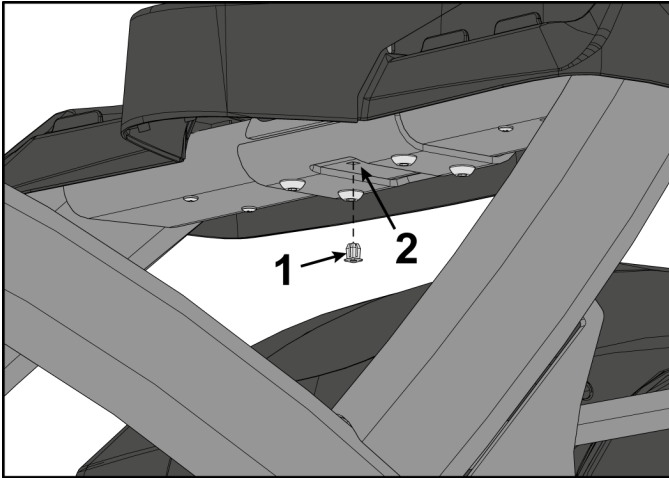**2.** Install the four screws using a stubby Phillips screwdriver.

Install accessory tray top

Install the two screws securing accessory tray top to accessory tray base using a stubby Phillips screwdriver.

	Description	Qty
1	Accessory tray top	1
2	Accessory tray base	1
3	Screws	2

Install accessory tray bottom

1. Install the grommet to the frame.

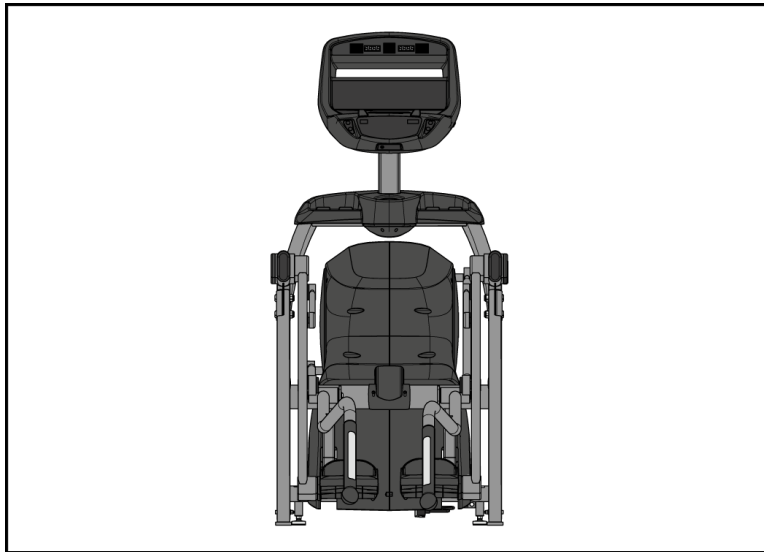|	Description	Qty
1	Grommet	1
2	Frame	1

**2.** Install the accessory tray bottom to the accessory tray base with three screws using a Phillips screwdriver.
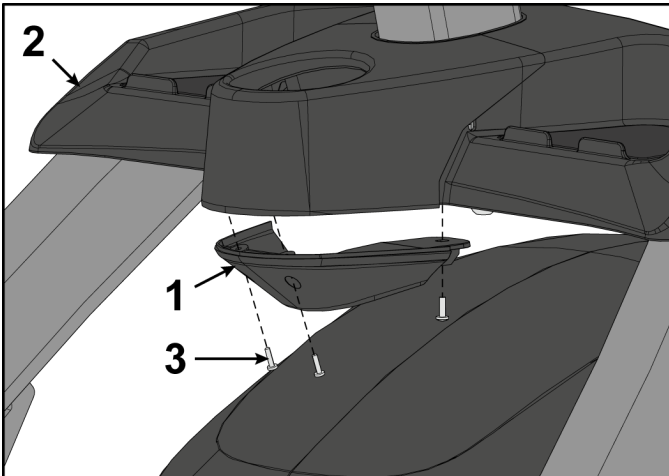
	Description	Qty
1	Accessory tray bottom	1
2	Accessory tray base	1
3	Screws	3

Remove left and right handle assembly

The left and right handle assemblies are shipped in rotated positions. The handle assemblies must be removed and rotated 180 degrees for proper setup and assembly.
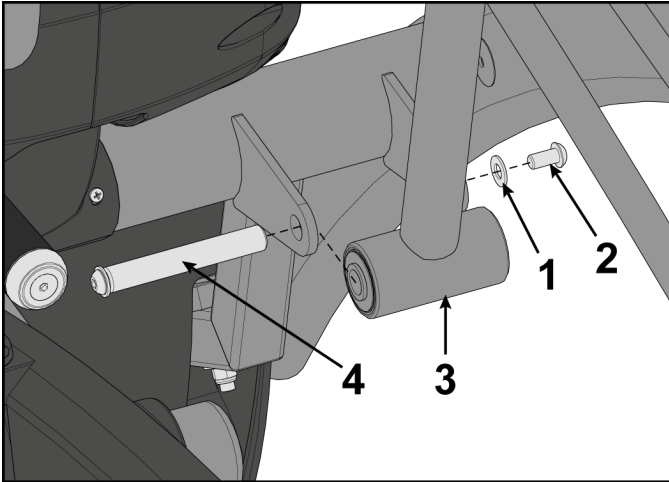
1. Remove a screw and washer from the left handle assembly using two 7/32" Allen wrenches.
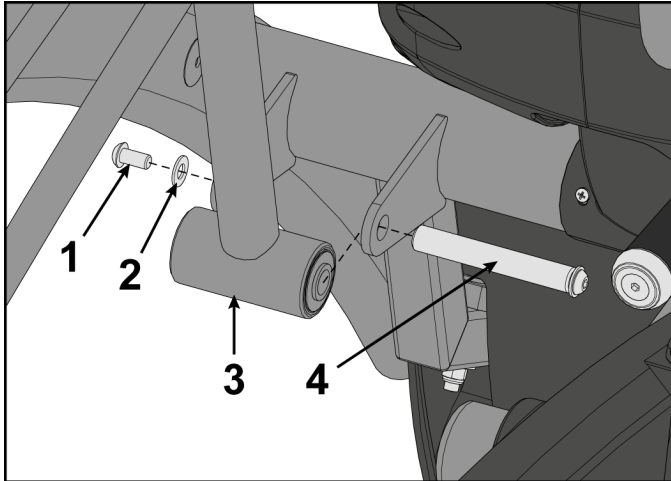
	Description	Qty.
1	Screw	1
2	Washer	1
3	Left handle	1
4	Pivot pin assembly	1

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

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

	Description	Qty.
1	Washer	1
2	Screw	1
3	Right handle	1
4	Pivot pin assembly	1

8. Slide pivot pin assembly out and remove right handle assembly.

9. Rotate right handle assembly 180 degrees.

10. Apply Loctite to threads inside the pivot pin and screw.

11. Place right handle assembly in position and slide pivot pin assembly back in place.

12. Install the screw and washer to the right handle assembly using two 7/32" Allen wrenches.

Install left linkage rod

**1.** Pivot left handle assembly up and slide left linkage rod onto left arm.
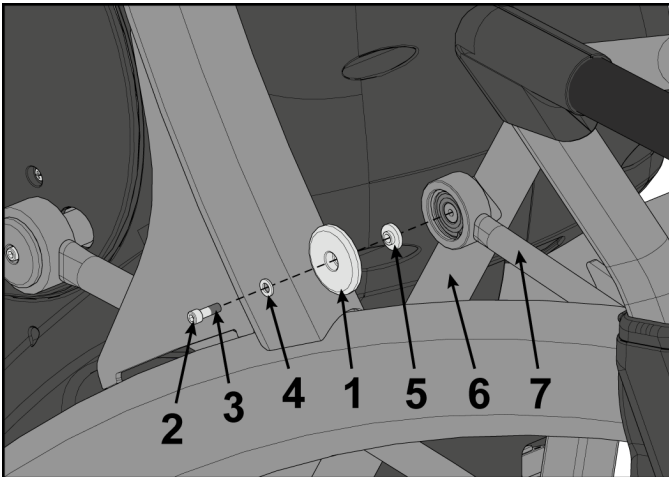
	Description	Qty.
1	Linkage rod cap	1
2	Screw	1
3	Loctite	1
4	Washer	1
5	Flange spacer	1
6	Left arm	1
7	Left linkage rod	1

2. Place a drop of Loctite onto the screw.

3. Install the screw, washer, linkage rod cap, and flange spacer using a 3/16" Allen wrench.

4. Tighten screw to a minimum of 90 in/lbs.

Install right linkage rod

1. Pivot right handle assembly up and slide left linkage rod onto left arm.
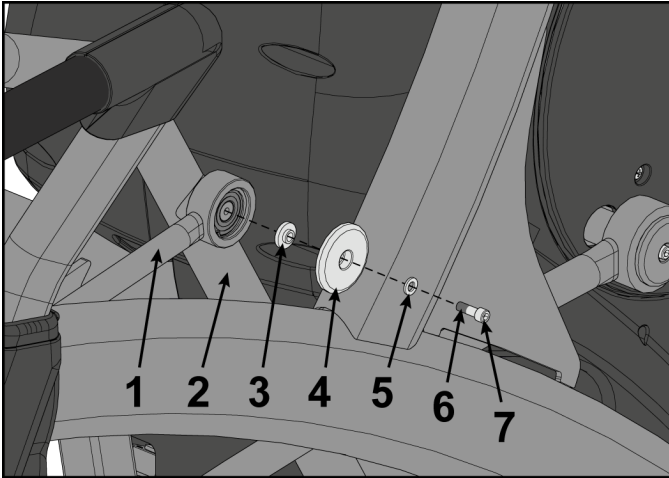
	Description	Qty.
1	Right linkage rod	1
2	Right arm	1
3	Flange spacer	1
4	Linkage rod cap	1
5	Washer	1
6	Loctite	1
7	Screw	1

2. Place a drop of Loctite onto the screw.

3. Install the screw, washer, linkage rod cap, and flange spacer using a 3/16" Allen wrench.

4. Tighten screw to a minimum of 90 in/lbs.
Verify handle assemblies are now installed in the correct position.
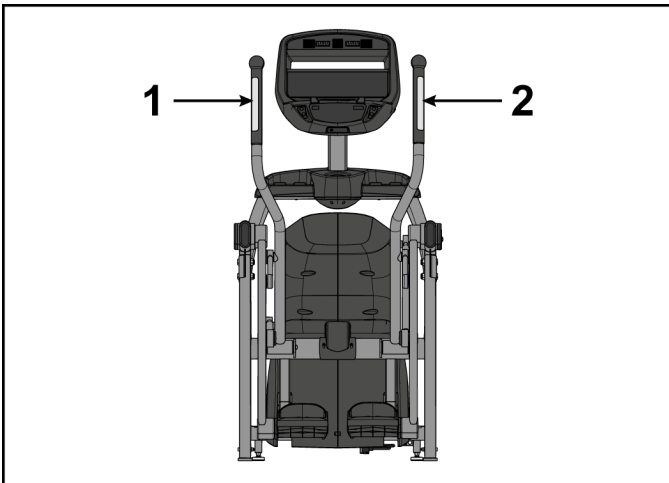
	Description	Qty.
1	Left handle assembly	1
2	Right handle assembly	1

Install contact heart rate cable

1. Plug right heart rate cable into main frame socket.
Position plug so handle does not rub cable during operation.
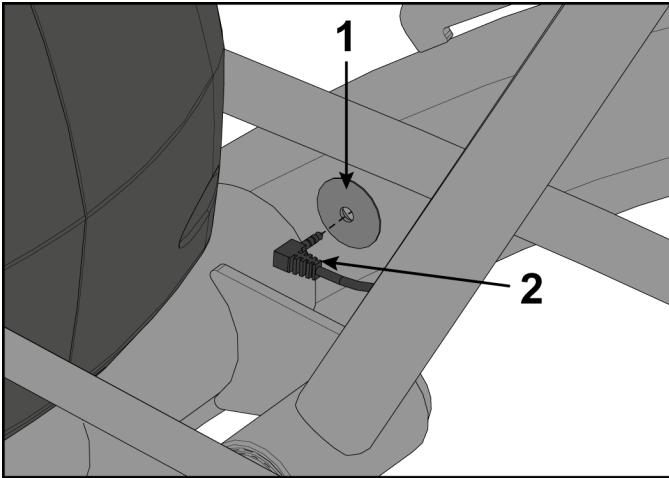
	Description	Qty.
1	Main frame socket	1
2	Heart rate wire	1

2. Plug left heart rate cable into main frame socket.
Position plug so handle does not rub cable during operation.
Verify heart rate cables do not rub on handle during operation.

Install foot pads

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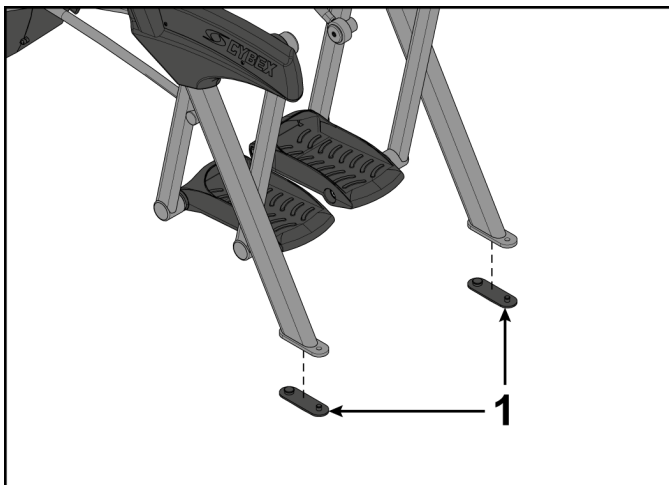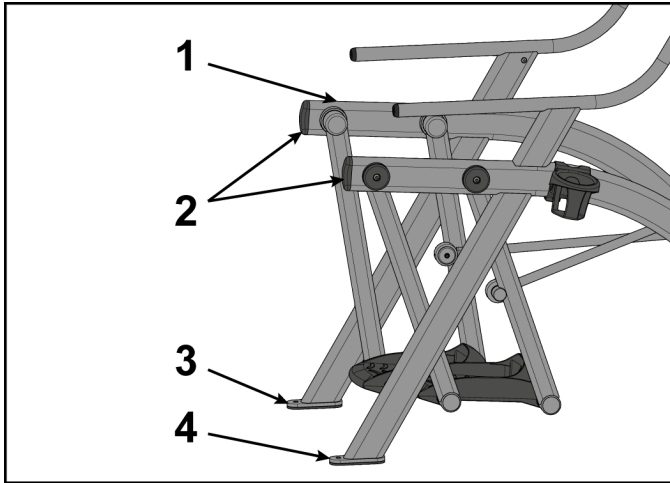

	Description	Qty.
1	Foot pads	2

Level unit

This procedure will level the unit by evenly adjusting the weight on the rear feet. Leveling the unit will eliminate rocking during use.

👉 **Note:** References to left and right are from the users perspective during use.

1. Verify foot plates are completely stopped.
2. Grasp one side of the frame and slowly lift the rear foot off the floor. Lower rear foot to the floor.

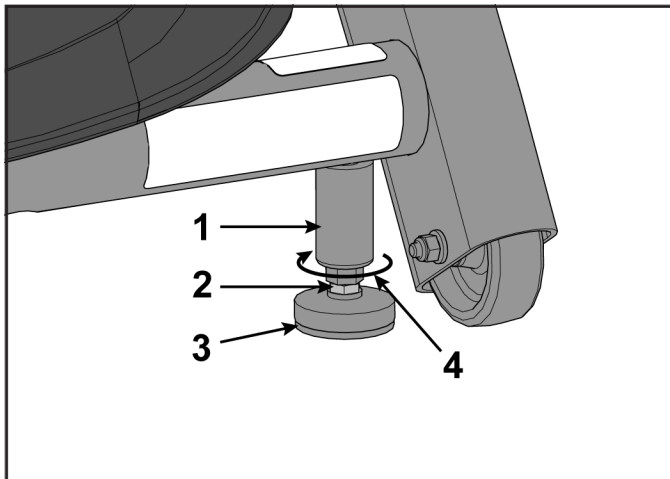|	Description	Qty.
1	Frame	2
2	Lift here	2
3	Left rear foot	1
4	Right rear foot	1

3. Grasp the other side of the frame and slowly lift the rear foot off the floor. Lower rear foot to the floor. Make note of either rear foot lifting off the floor easier than the other.
If both rear feet lift off the floor evenly, secure both leveling foot jam nuts against the frame post using a 9/16" open-end wrench. Unit is leveled.
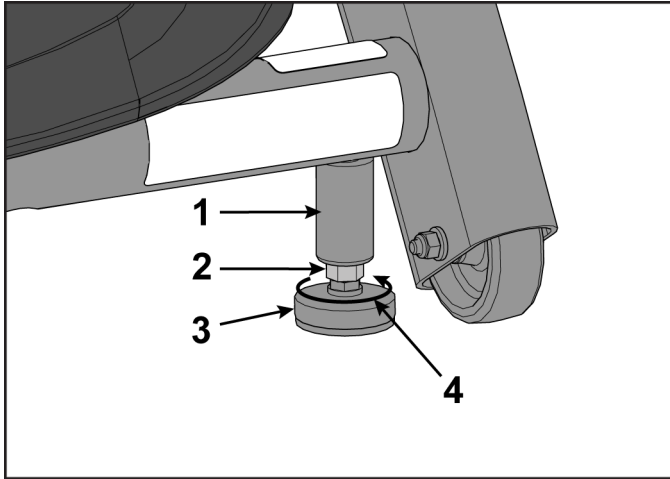
	Description	Qty.
1	Frame post	1
2	Jam nut	1
3	Leveling foot	1
4	Turn counter-clockwise to secure	1

Left leveling foot shown

4. Adjust the weight of the rear feet using a 1/2" open-end wrench.
   - If the **left** rear foot lifts up easier, Adjust the **right** leveling foot nut down.
   - If the **right** rear foot lifts up easier, Adjust the **left** leveling foot nut down.
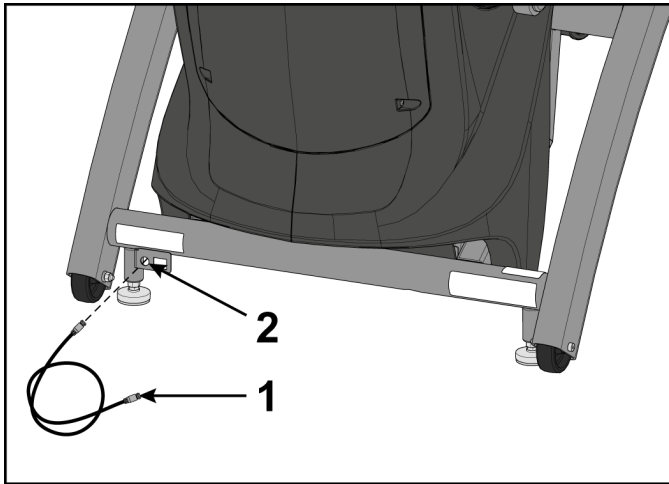
	Description	Qty.
1	Frame post	1
2	Leveling foot nut	1
3	Leveling foot	1
4	Turn clockwise to adjust leveling foot down	1

Left leveling foot shown

5. Test the unit again for uneven weight on the rear feet. Adjust leveling foot nuts until each rear foot lifts with even force.
6. Secure both jam nuts using a 9/16" open-end wrench. Unit is leveled.

Install optional coax cable (E3 View Monitor option)

Install 6' coax cable to the coax cable connector in base of unit. Do not install if facility provides coax cable to 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 unit.

1. Plug the 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. Hold the handrails to steady self while stepping into the foot plates.
3. Begin striding.

Time and Date confirmation

The first time the unit is turned on, it prompts the user to confirm the current Time and Date. Quick Start, Workouts, Setup or Stop will skip this requirement but it will appear again the next time the unit is powered up until the time and date are properly set.

1.
   Press the **ENTER** [Enter] key to begin editing the time, starting with the hours (HH) and then minutes (MM) and then AM/PM/24.

2.
   Press the **UP** and **DOWN** keys to select the hour.

3.
   Press the **ENTER** [Enter] key to accept and begin editing the minutes.

4.
   Press the **UP** and **DOWN** keys to select the minutes.

5.
   Press the **ENTER** [Enter] key to accept and begin editing the AM/PM/24 hour setting.

6.

Press the **ENTER** [Enter] key to accept time.

Continue this procedure for the Date. Date format is [YYYY] [MM] [DD]. Y - Year, M - Month and D - Day.

7.

Press the **ENTER** [Enter] key after the final setting for Day. The opening screen will now be displayed. Time and Date confirmation complete.

Setup options

1.

Press and the hold the **Display option** [icon] and **UP** [icon] keys for 3 seconds.

2.

Navigate through the setup menu with the **UP** [icon] and **DOWN** [icon] keys.

3.

Press the **ENTER** [Enter] key once to enter setup values. Press again to save any changes and advance forward in the menu.

Setup menu - LED console

Time	Set time display format AM, PM, 12, or 24. Set time in Hours and Minutes HH:MM.
Date	Year format is Y - Year [YYYY]. Month format is M - Month [MM]. Day format is D - Day [DD].
Units	**WEIGHT:** LbS. - Pounds, Kg - Kilograms, or Ston - Stone. **SPEED:** MI - Miles or KM - Kilometers.
Pause	Set time length for Pause. OFF (Default), 1:00, 5:00 or 10:00 minutes.
Default Time	Set default workout time. 10, 20, 30 (Default), or 60.
Max Time	Set maximum workout time. OFF (Unlimited), 30, 60 (Default), 90, or 120 minutes.
Quick Start Mode	Set Quick Start mode. Choices are **Arc** (default resistance), **CP** - Constant Power (default power), or **AP** - Adaptive Power (default level).
A/V	Set A/V option. Choices are PEM, UHF, none, or FM TF/M. See **A/V Config and FM Radio Presets** for full configuration.
Beeper (Tone)	Toggle console beeper On (Default) or OFF. Some volume, range is 0-30, 10 is default.

Setup menu - E3 View Monitor

Time	Set time display format AM, PM, 12, or 24. Set time in Hours and Minutes HH:MM.
Date	Date format is [YYYY] [MM] [DD]. Y - Year, M - Month, and D - Day.

Units	**WEIGHT:** LbS. - Pounds, Kg - Kilograms, or Ston - Stone. **SPEED:** MI - Miles or KM - Kilometers.
Pause	Set time length for Pause. OFF (Default), 1:00, 5:00 or 10:00 minutes.
Default Time	Set default workout time. 10, 20, 30 (Default), or 60.
Max Time	Set maximum workout time. OFF (Unlimited), 30, 60 (Default), 90, or 120 minutes.
Quick Start Setup	Set Quick Start mode. Choices are **Arc** (default resistance), **CP** - Constant Power (default power), or **AP** - Adaptive Power (default level).
Volume (VOL)	Set beeper and volume levels. Console beeper - On or Off. Headphone beeper - Off, Some, or All. Default volume - Range is 0 to 30, 10 is default.
Languages	Set E3 View Monitor language. Standard languages available. English (Default).

Reset setup options to default values

Reset LED console

1.
   Press the **Display Option** key at the first setup option screen (Time).
   The console will display [rSEt][?] [no].

   To exit without resetting, press the **ENTER** key.

2.
   Press the **UP** or **DOWN** keys to select YES and press the **ENTER** key.
   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

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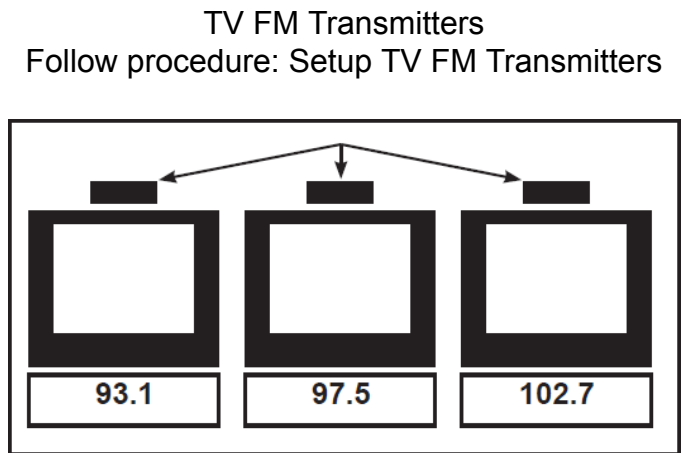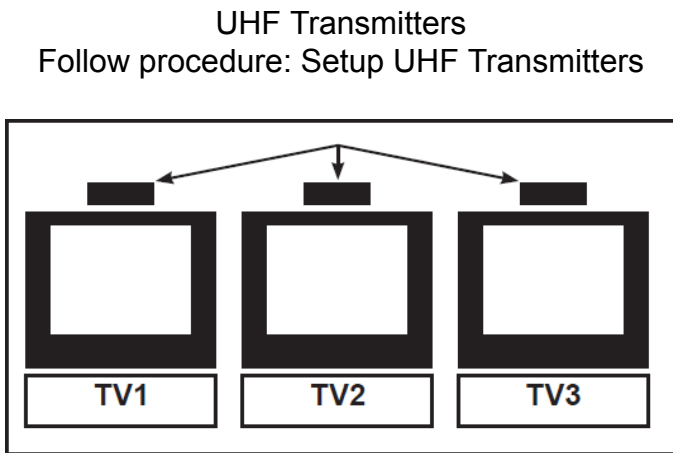
For TV FM transmitters, record FM frequencies for all TV's:

1	2	3	4	5	6	7	8	9	10

User Controls
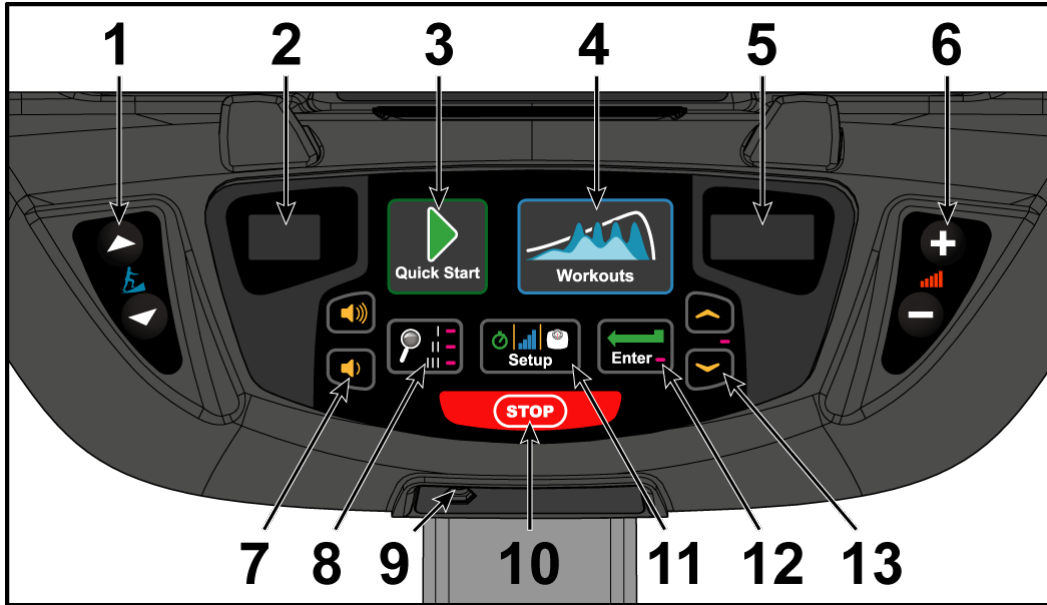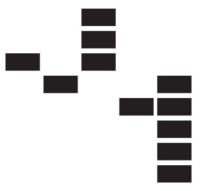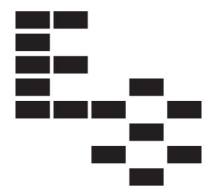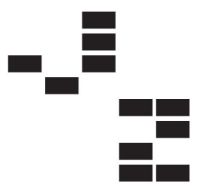
1	Incline keys	Navigates through all stored channels as in User Mode
2	Incline display	Shows setting of receiver sensitivity as (n) near or (F) Far
3	Quick Start key	Selects transmitter type. Resets all stored TV channels when used
4	Workouts key	Toggles setup for FM presets and back to TV channel setup
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

Setup UHF Transmitters

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.

Press the **ENTER** [Enter] key.

3.
Press the **UP** ⌃ and **Down** ⌄ keys to select UHF .

4.
Press the **ENTER** [Enter] key.

5. Plug in headphones to listen for channels during setup.

Transmitter type display for LED consoles

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" Enercise		"J2 806" Japan 30 channels	
"E 900" Enercise		"A 863" Audeon			
"B 900" Broadcast Vision					

6.
Press **Display option** key to scan for available channels.
The scan can take up to 10 seconds and then display channel number. 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.
Press the **ENTER** ⏎ key.

4.
Press the **UP** ⌃ or **DOWN** ⌄ keys to select FM.

5.
Press the **ENTER** ⏎ key.

6. Plug in headphones to listen for channels during setup.

7.
Press **Display option** 🔍 to seek the next TV FM frequency or **UP** ⌃ or **DOWN** ⌄ to tune manually.

8.
Press Resistance **UP** ⊕ or **DOWN** ⊖ keys to add [Add] a channel.

Press **ENTER** ⏎ to save channel, std (stored) will be displayed.

9. Repeat steps 3 and 4 to add all TV FM channels.

10. Press **Stop** to exit setup when all the TV's FM transmitter frequencies have a TV number. Transmitter setup complete.

11. 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.

Setup Complete

E3 View Monitor Controls

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

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

E3 View Monitor Setup

Access Setup Screen

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

SETUP MODE	
■ Picture	►
■ Channels	►
■ Features	►
■ OSD Language	English
Position: ▲ ▼	
Exit: SETUP	Next: ◄ ►
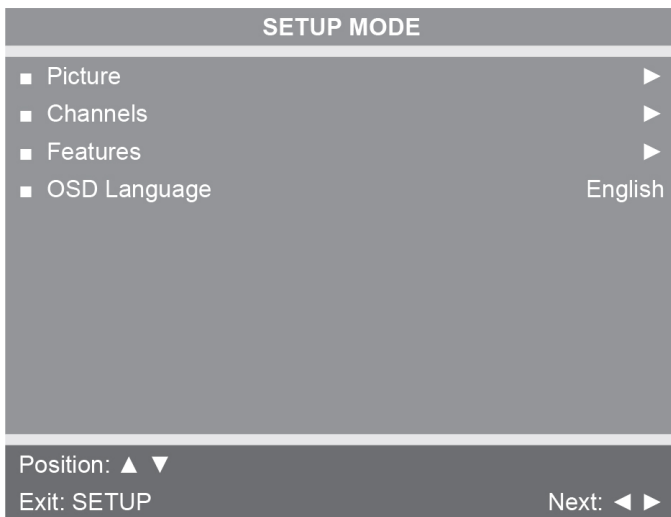
Picture
Channels
Features
OSD Language

Picture

1.

Press [CH▲] or [CH▼] to select **Picture**.

2.

Press [VOL▶] to select access **Picture** menu.

```
                          Picture

    ■  Brightness                              65
    ■  Contrast                               70
    ■  Color                                  75
    ■  Tint                                    0
    ■  Color Temperature                      ►
    ■  Sharpness                              60
    ■  Noise Reduction                   Enabled
    ■  HDMI Picture                           ►



    Position: ▲ ▼
    Exit: SETUP                        Next: ◄ ►
```
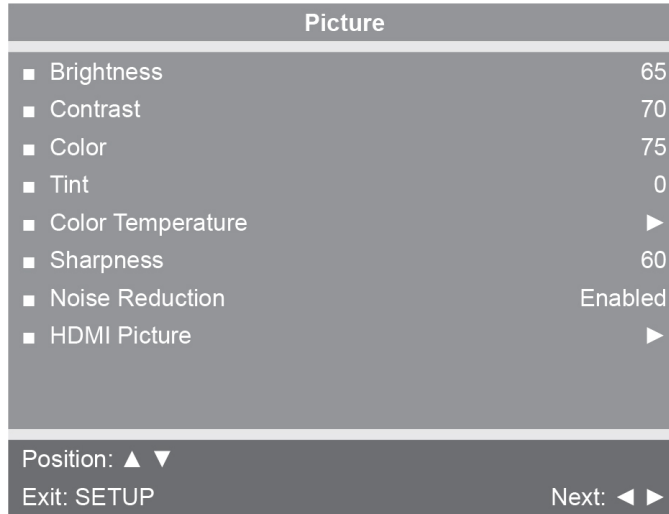
Brightness	Adjust range from 1 to 100. Default is 65.
Contrast	Adjust range from 1 to 100. Default is 70.
Color	Adjust range from 1 to 100. Default is 75.
Tint	Adjust range from 1 to 100. Range is R50 to G50. Default is 0.
Color Temperature	Adjust color balance of Red, Green and Blue temperatures.
Sharpness	Adjust range from 1 to 100. Default is 60.
Noise Reduction	Select Enabled (Default) or Disabled.
HDMI Picture	Set to Auto or Adjust settings as needed. Available only when HDMI signal is present.

3.

Press [CH▲] or [CH▼] to select settings.

4.

Press [VOL◄] or [VOL▶] to adjust settings.

5.

Press the **SETUP** [SETUP] button to return to **SETUP MODE** menu.

Channels

1.

Press [CH▲] or [CH▼] to select **Channels**.

2.

Press [VOL ▶] to select access **Channels** menu.

ATSC Monitor	DVB-T Monitor
Channels	**Channels**
■ Signal Cable STD	■ Auto Program ▶
■ Auto Program ▶	■ Manual Program ▶
■ Add/Delete Channels ▶	■ Add/Delete Channels ▶
■ Parental Control ▶	■ Parental Control ▶
■ Default Channel Last	■ Default Channel Last
■ Channel Lock Disabled	■ Channel Lock Disabled
■ Channel Memory Override Enabled	■ Channel Memory Override Enabled
Position: ▲ ▼ Exit: SETUP Next: ◄ ►	Position: ▲ ▼ Exit: SETUP Next: ◄ ►

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

3.

Press [CH▲] or [CH▼] to select settings.

4.

Press [VOL ◄] or [VOL ▶] to adjust settings.

Auto Program (ATSC Monitor)

1.

Press [CH▼] to select **Auto Program**.

2.

Press [VOL ▶] to enter the menu.

3.

Press [CH▲] or [CH▼] to select **Mode**.

Auto Program	
■ Mode	Analog Only
■ Channel Sequence	Interleave A + D
■ Additional Digital Signal	None
■ Channel Map	Programmed ▶
Position: ▲ ▼	
Exit: SETUP	Next: ◄ ►
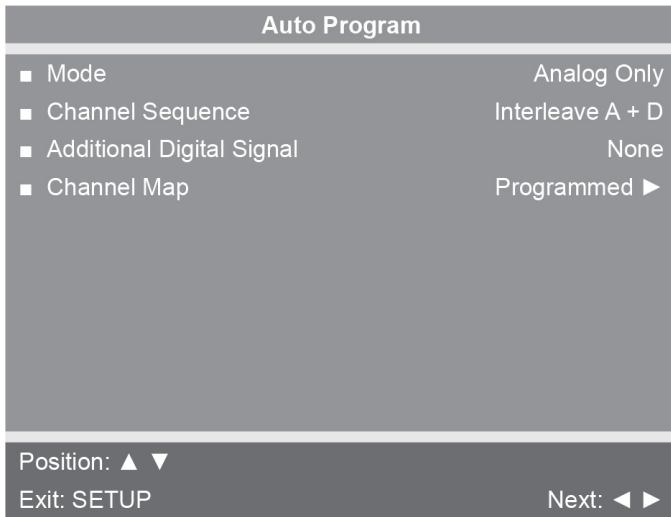
Mode
Channel Sequence
Additional Digital Signal
Channel Map

ATSC Monitor

4.

Press [VOL ◀] or [VOL ▶] 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 [CH▼] to select **Channel Sequence**.

6.

Press [VOL ◀] or [VOL ▶] 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.

Press [CH▲] or [CH▼] to select **Additional Digital Signal**.
Not available when **Mode** is set to Analog Only.

8.

Press [VOL ◀] or [VOL ▶] to choose the **Additional Digital Signal** source.
Choices are: None, Air, Cable STD, Cable IRC, or Cable HRC.

9.

Press [CH▼] 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** [POWER] button to turn monitor on.

12.

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

13.

Press the **CHANNEL LIST** [CH LIST] button to list programmed channels.

14.

Press the **SETUP** [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 [CH▲] or [CH▼] to select **Country**.

Auto Program	
■ Country	---
■ Mode	Analog Only
■ Channel Map	Blank ▶
Position: ▲ ▼	
Exit: SETUP	Next: ◄ ►
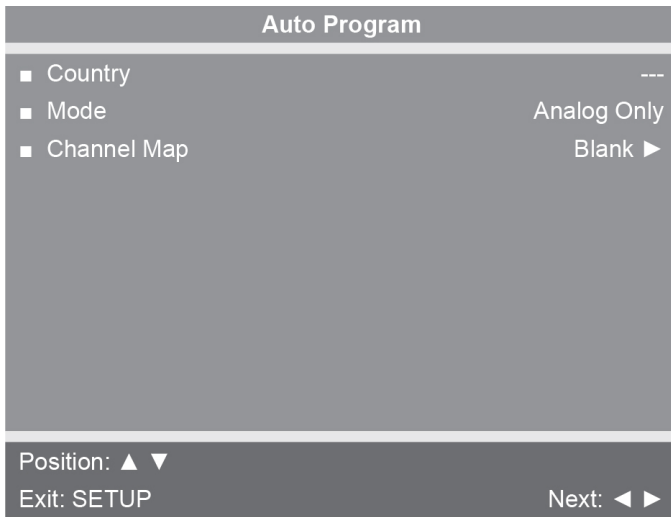
Country
Mode
Channel Map

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 [CH▲] or [CH▼] to select **Mode**.

5.

Tap [VOL◄] or [VOL►] to set the scope of channel scanning.

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

6.

Tap [CH▼] to select **Channel Map**.

7.

Tap [VOL►] to start auto programming.

A confirmation menu will appear before proceeding.

8.

Tap [CH▲](Yes) to start auto programming.

Tap [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, **POWER** [POWER] button to turn monitor on.

9.

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

10.

Tap the **CHANNEL LIST** [CH LIST] button to list programmed channels.

11.

Press the **SETUP** [SETUP] button to return to SETUP MODE menu.

Manual Program (ATSC and DVB-T)

1.

Tap [CH▼] to select **Manual Program**.

2.

Tap [VOL▶] to enter the menu.

3.

Tap [CH▲] or [CH▼] to select **Mode**.

Manual Program	
■ Mode	ATV
■ Confirmation	▶
Position: ▲ ▼	
Exit: SETUP	Next: ◄ ►
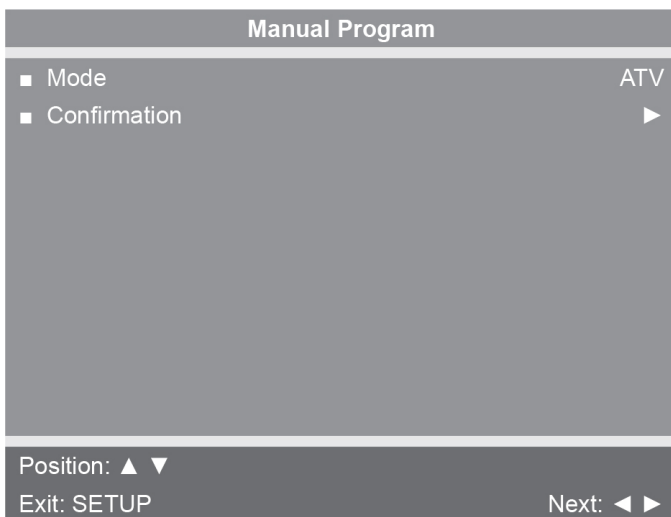
Mode
Confirmation

4.

Tap [VOL ◄] or [VOL ►] to select ATV or DTV.

ATV Manual Program	
■ Storage	1
■ System	BG
■ Band	V/UHF
■ Channel	1
■ Name	C 01
■ Search	◄ ►
■ Save	►

Position: ▲ ▼
Exit: SETUP   Next: ◄ ►

DTV Manual Program	
■ UHF CH.	►
■ Save	21

Bad Nor. Good

Signal Strength

Signal Quality

Position: ▲ ▼
Exit: SETUP   Next: ◄ ►
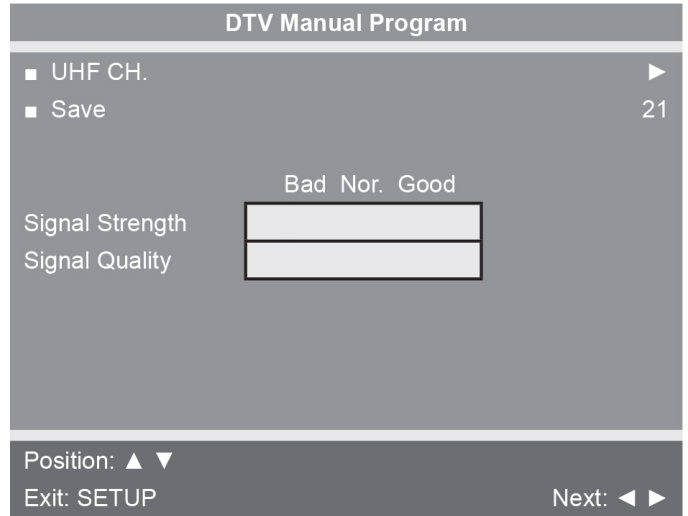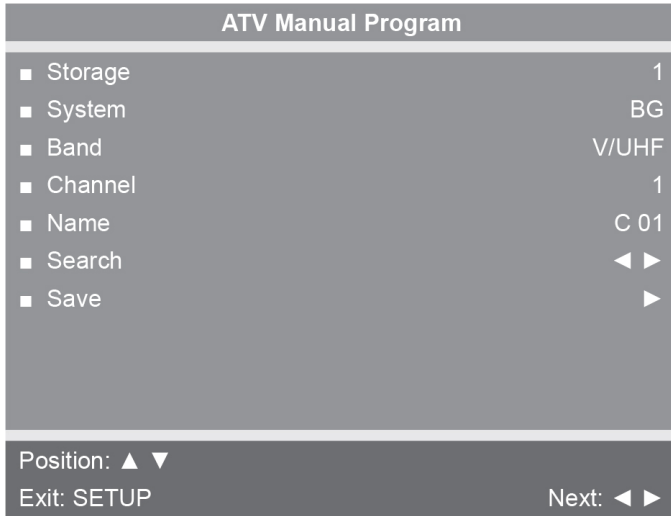
ATV Mode	Adjust settings for **Storage**, **System**, **Band**, **Channel**, **Name**, or **Search**. Select **Save** to save settings.
DTV Mode	Select **UHF channel**. Select **Save** to save settings.

Add/Delete Channels (ATSC and DVB-T)

1.

Press [CH▼] to select **Add/Delete Channels**.

2.

Press [VOL ►] to enter the Add/Delete Channels menu.

Add/Delete Channels	
■ Analog Channel	2
■ Add/Delete Analog Channel	Added
■ Enable/Disable Digital Channel	►

Position: ▲ ▼
Exit: SETUP   Next: ◄ ►
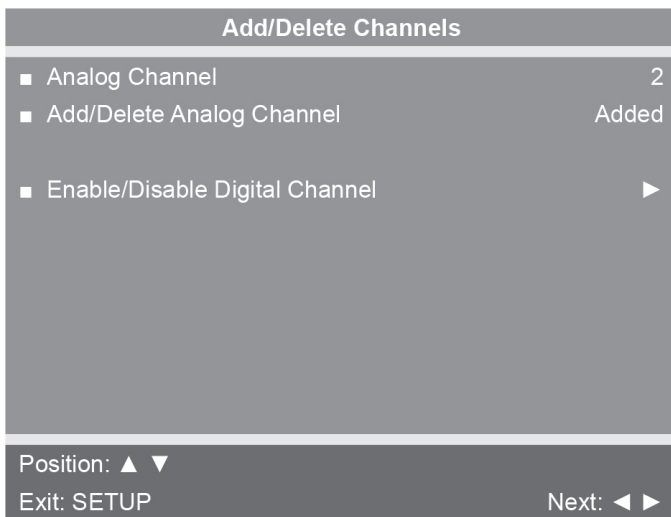
Analog Channel
Add/Delete Analog Channel
Enable/Disable Digital Channel

3.

Press [VOL ◄] or [VOL ►] to select the desired analog channel.

4.

Press [CH▲] or [CH▼] to highlight **Add/Delete Analog Channel**.

5.

Press [VOL◄] or [VOL►] to select **Added** or **Deleted**.

6.

Press the **SETUP** [SETUP] button to return to the previous menu.

To exit, Press the **SETUP** [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 [CH▲] or [CH▼] to highlight **Enable/Disable Digital Channel**.

8.

Press [VOL►] 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 [CH▲] or [CH▼] to highlight the digital channel that needs to be enabled or disabled.

10.

Press [VOL◄] or [VOL►] to select **Enable** or **Disable**.

11.

Press the **SETUP** [SETUP] button to return to the previous menu.

Features

1.

Press [CH▲] or [CH▼] to select **Features**.

2.

Press [VOL ▶] to select access **Features** menu.

ATSC Monitor	DVB-T Monitor
Features	**Features**
■ Power on Captions Mode — Last	■ Power on Subtitles Mode — Last
■ Digital Mode Time Setup — ▶	■ Digital Mode Time Setup — ▶
■ Diagnostics — ▶	■ Diagnostics — ▶
■ Caption Text Modes — Disabled	
Position: ▲ ▼	Position: ▲ ▼
Exit: SETUP Next: ◀ ▶	Exit: SETUP Next: ◀ ▶

3.

Press [CH▲] or [CH▼] to select settings.

4.

Press [VOL ◀] or [VOL ▶] to adjust settings.

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

5.

Press the **SETUP** [SETUP] button to return to **SETUP MODE** menu.

OSD Language

1.

Press [CH▲] or [CH▼] to select **OSD Language**.

2.

Press [VOL ◄] or [VOL ►] to select language.

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

3.

Press the **SETUP** [SETUP] button to return to **SETUP MODE** menu.

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

Setup Complete

Testing Operation

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

1. Plug the optional power cord into a power outlet from a grounded circuit.
Coil up the remainder of the power cord and place it out of the way. If you do not have the optional power supply, skip to step 3.

2. Verify the control panel will illuminate and is in **Dormant Mode**.

3. Hold the handrails to steady self while stepping into the foot plates.

4. Begin striding.

5. Verify lower heart rate cable is not rubbing on handle during operation.

6. Press **Quick Start**.

7. Run unit through full resistance range.
First press the **Resistance +** key until unit reaches its highest load (the display will show 100). Then press the **Resistance -** key until unit reaches its lowest load (the display will show 0).
When unit reaches the set incline and resistance, the displays will stop flashing and remain steadily illuminated to indicate the desired settings have been reached.

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

⚠ WARNING   Moving parts and fall hazard.
- To avoid serious injury wait until foot plates come to a complete stop before getting off unit.
- The moving parts cannot be stopped immediately, the unit is not equipped with a free wheel.

9. Press **STOP** twice to bring the incline back to its start position, end the workout review, and return the display to **Dormant Mode**.

10. Wait until foot plates come to a complete stop before dismounting unit. Hold handrails to steady self while stepping off unit.

Operation

Intended Use

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

Individual human power versus mechanical power

⚠ WARNING   Power difference. The individual human power which is required to carry out an exercise can be different than the mechanical power displayed.

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 pressing the **Quick Start** key, after completing the setup for a workout, or by default if the initial screen times out and enters Quick Start Manual mode.
Auto-Scan	Display automatically cycles through workout data.
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.
Manual Mode	Manual Mode allows the user to adjust the Incline (0-20) and Resistance (0-80). 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	Press the **Quick Start** key to enter into Quick Start Manual Mode, where the user controls the incline and resistance as time counts up. Also occurs after 20 seconds of the user striding and not interacting with the console.
Workout Review	Review of the accumulated workout data will happen at the end of each workout session.

User Control Symbols Used

Control	Control Name	Description
	INCLINE UP	Adjust **Incline** up.
	INCLINE DOWN	Adjust **Incline** down.
	RESISTANCE UP	Adjust **Resistance +**up.
	RESISTANCE DOWN	Adjust **Resistance -**down.
	VOLUME UP	Adjust **Volume** up.
	VOLUME DOWN	Adjust **Volume** down.
	UP KEY	Adjust **Time**, **Level**, **Weight**, or **Workout** up A/V - Channel **UP** iPod/iPhone/iPad - **NEXT** track (option)
	DOWN KEY	Adjust **Time**, **Level**, **Weight**, or **Workout** down A/V - Channel **DOWN** iPod/iPhone/iPad - **PREVIOUS** track (option)

	STOP	Press **STOP** once to end the workout session and start the *Workout Review*. Press **STOP** again to exit to *Dormant Mode*.

Console Display
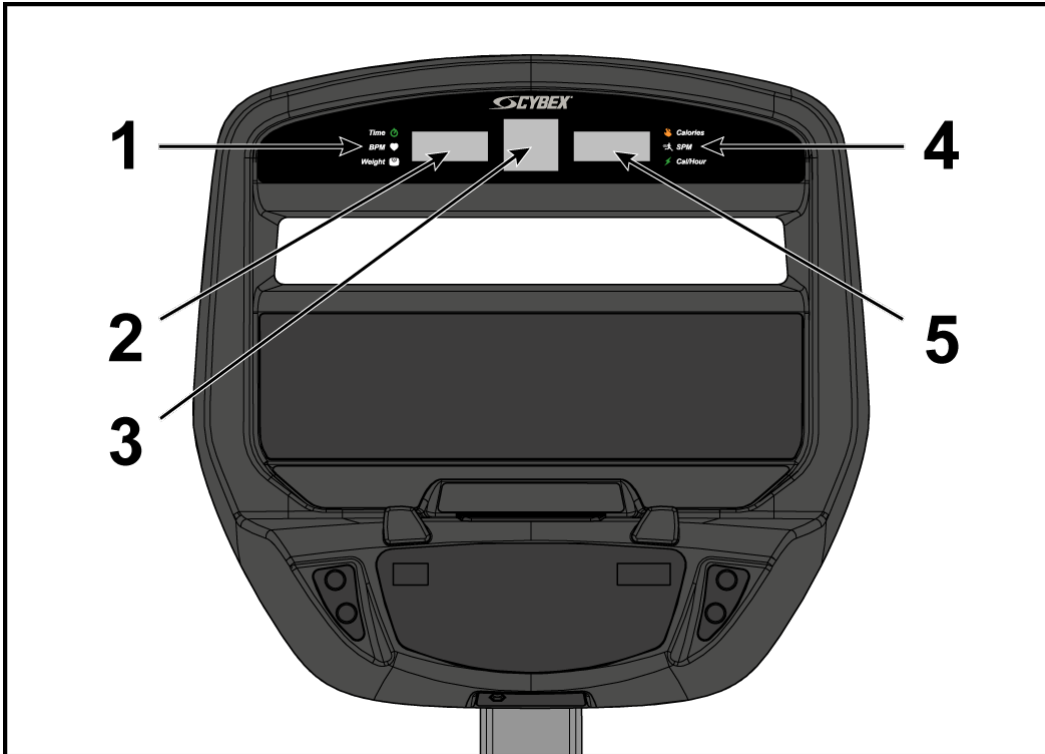
LED Display

1	Left enunciator	Displays Time, BPM, or Weight.
2	Left data readout	Displays value of Time, BPM, or Weight.
3	Bar graph	Displays workout profiles and setup options.
4	Right enunciator	Displays Calories, SPM, or Cal/Hour.
5	Right data readout	Displays value of Calories, SPM, or Cal/Hour.
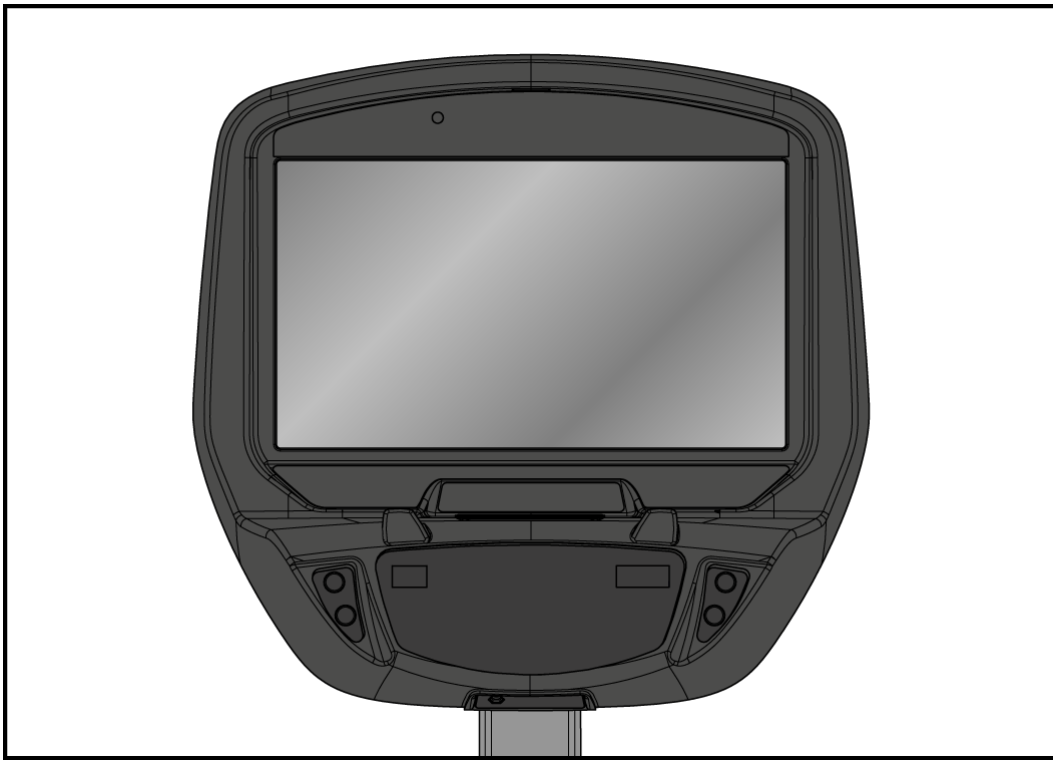
E3 View Monitor

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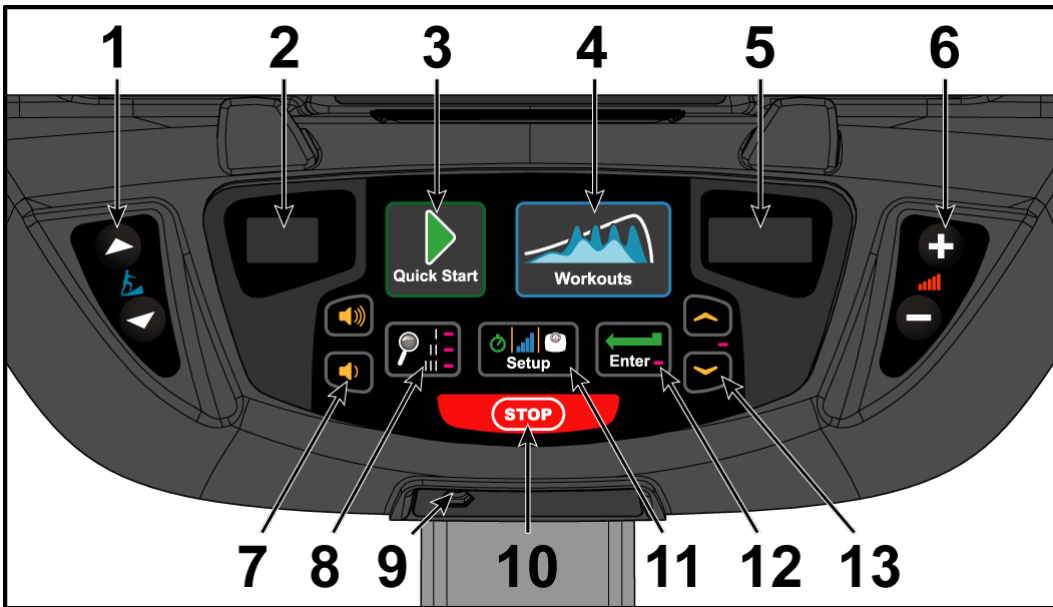
1	Incline keys	6	Resistance keys	11	Setup key
2	Incline display	7	Volume keys	12	Enter key
3	Quick Start key	8	Display option key	13	Up/Down keys
4	Workouts key	9	Headphone jack		
5	Resistance display	10	STOP key		

Displays	Incline and Resistance are shown in the LED displays.
Keys	User controls for Incline, Quick Start, Workouts, Resistance, Volume, Scan, STOP, Setup, Enter and Up/Down.

Mount and Dismount

Mount unit safely

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

Dismount unit safely

⚠ WARNING   Moving parts and fall hazard.
  - To avoid serious injury wait until foot plates come to a complete stop before getting off unit.
  - The moving parts cannot be stopped immediately, the unit is not equipped with a free wheel.

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

Range of Motion

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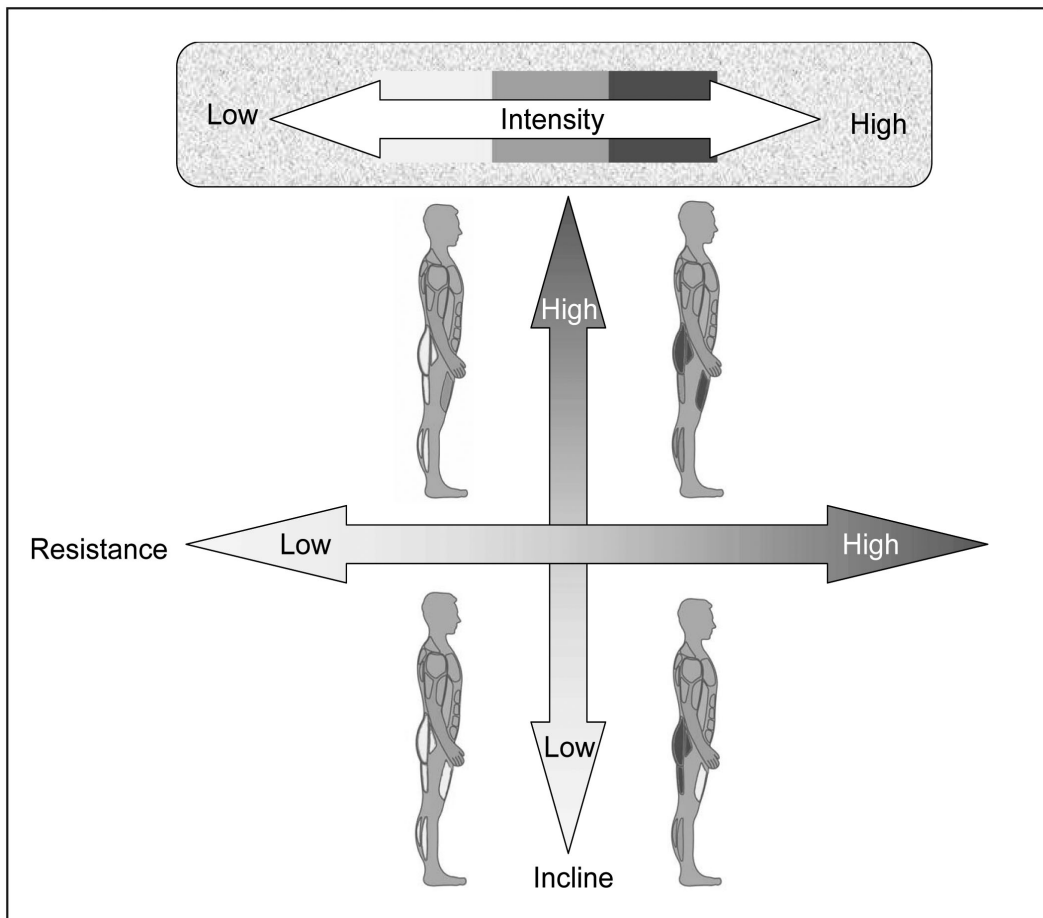
Quick Operation Guide

Maximum user weight is 400 lbs. (181 kg).
The following is a quick overview of the operation of the unit.

1. Verify foot plates are completely stopped.
2. Grasp handrail and step carefully onto foot plates.
   Begin striding.
3. Press the **Quick Start** key.
   The console will beep for one second to signal start of workout.
4. Press the **Incline ▲▼** keys to change the incline at any time.
   The left display will show incline.
5. Press the **Resistance + –** keys to change the resistance at any time.
   The right display will show the current resistance.
6. Press the **STOP** key at any time to end workout.
   If pause is enabled, **Workout Review** is displayed, and the incline returns to 6%.

Detailed Operation Guide

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

1. Plug the 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.
2. Toggle the on/off (I/O) power switch under the front end of the unit to the on position (I).
   The control panel will light up and be in the Dormant Mode.
3. Verify foot plates are completely stopped.
4. Grasp handrail and step carefully onto foot plates.
   Begin striding.
5. Select **Quick Start** or **WORKOUTS**.
   If **Quick Start** is selected, The console will beep for one second to signal start of workout and enter *Active Mode*.
   If **WORKOUTS** is selected, Select a workout and setup options.

   a)
      Select workouts 1 through 8 with the **UP** and **DOWN** keys.

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

Time	Enter workout time.
Level	Enter workout level.
Weight	Enter user weight.

   c)
      Use 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).

      When selecting a workout you must press the **ENTER** key after each adjustment of **Time**, **Level**, or **Weight**. E3 View Monitor models include age selection.

      After final selection has been made the console will beep for one second to signal start of workout, and enter Active Mode.

6. Observe the control panel.
    The top center Bar Graph display shows a graphical representation of the relative MET level, and if in a workout, will show the relative intensity changes that are coming up. The left and right Data Readouts will start showing the workout data: Time, BPM (Heart rate if available), Calories, Cal/Hour, and SPM (Strides per minute). The data displays will start by automatically shifting every 5 seconds. When you adjust incline or 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.

7. Press the **Incline ▲▼** keys to change the incline at any time.
    The left display will show incline.

8. Press the **Resistance + –** keys to change the resistance at any time.
    The right display will show the current resistance.

9. Press the **STOP** key at any time to end workout.
    If pause is enabled, **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 **STOP** key. The unit returns to Dormant Mode.

Safety Sentry

Safety Sentry uses display feedback (speed signal or key presses) to determine user presence. If a user is not detected within 10 seconds, the display beeps and inquires PEdl? (LED console) or Are you there? (E3 View Monitor console).

Resume striding or press any key within a pre-selected time to resume workout.

Workout Selection

Choose from **Quick Start** or eight workout choices. Speed is never predetermined. Change speed by changing stride.

Workout Choices:

	Workout	Levels	Settings
1	Weight Loss 1	10	Select time, level and weight.
2	Weight Loss 2	10	Select time, level and weight.
3	Weight Loss 3	10	Select time, level and weight.
4	Cardio 1	10	Select time, level and weight.
5	Cardio 2	10	Select time, level and weight.
6	Cardio 3	10	Select time, level and weight.
7	Strength 1	10	Select time, level and weight.
8	Strength 2	10	Select time, level and weight.

	Workout	Levels	Settings
9	Heart rate Control (HRC) (E3 View Monitor Option)	N/A	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** ⬅️ 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 the user exercises, the unit keeps track of and displays 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.

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

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

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/iPad Functions

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

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

How power input versus displayed value is calculated

Total power, as displayed in Watts on the console, is calculated from the measured speed of the Eddy Current Brake Flywheel and the measured current powering the Eddy Current Brake.

Testing Parameters

Displayed power (Wattage) and speed (Strides Per Minute), were found to meet class A accuracy when compared with measured power and speed, with adjustable braking positioned in its maximum position, at the following accuracy test points:

- 25 W, 37 SPM
- 50 W, 52 SPM
- 100 W, 72 SPM
- 150 W, 86 SPM
- 175 W, 92 SPM
- 200 W, 97 SPM

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.

Drive Belts

Remove front access cover

1. Remove screws securing front access cover using a Phillips screwdriver.
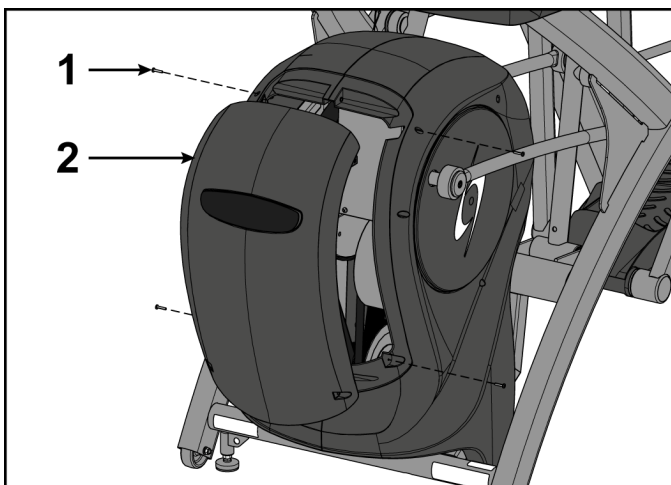
	Description	Qty.
1	Screw	4
2	Front access cover	1

2. Remove access cover.

⚠WARNING   Burn hazard. Do not touch flywheel until cool.

Inspect drive belts

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

Unless the belts have been removed and not replaced properly, it is unlikely the belts will come loose or need to be re-tensioned.
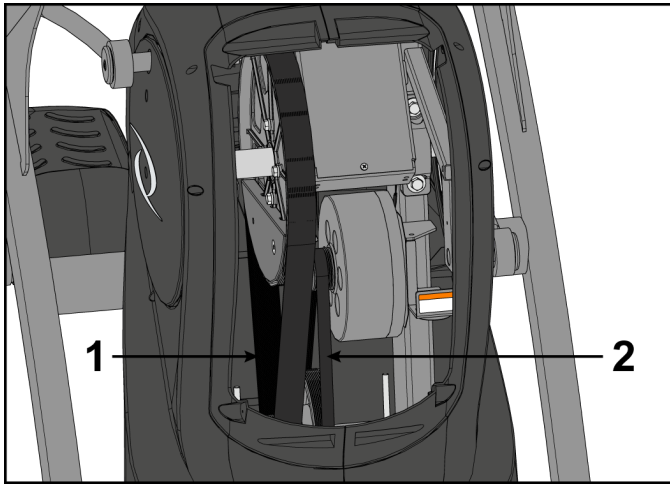
	Description	Qty.
1	Primary drive belt	1
2	Secondary drive belt	1

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

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

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

Install access cover
Do not over tighten screws.

1. Replace and tighten the two upper screws using a Phillips screwdriver*.*
2. Replace and tighten the two lower screws using a Phillips screwdriver*.*
3. Test unit for proper operation.

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 incline display if the battery fails to provide enough energy. The unit will still function normally other than the disabling of the incline feature.

If the battery is completely discharged, the workout review will also be truncated if the user is not striding 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

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.

Service Schedule

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

This is the minimum recommended service.

Determine distance

1. Verify foot plates are completely stopped.
2. Grasp handrail and step carefully onto foot plates. Begin striding.
3. Press and the hold the **Scan/Hold** or **Display option** and **DOWN** keys for 3 seconds. A beep signifies the first screen of the Statistics menu.
4. Menu navigation is done two ways:**Up/Down -** The **UP** and **DOWN** keys allow you to scroll up and down in the statistics menu.
   The Statistics menu includes: Miles/Km, Hours, Starts, Battery and Error log.
5. The first menu item is **Miles/Km**.
6. Record Distance.
7. Navigate to menu item **Hours**.
8. Record Hours.
9. Exit Statistics menu by pressing the **Pause** or **STOP** key.

First 500 Miles (800 KM)

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

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

Every 5000 Miles (8000 KM)

Check drive belts for tension and wear. (See procedure First 500 Miles)
Move unit and vacuum underneath. Lift the rear of unit and roll it back from its present position. Vacuum underneath and return unit to normal position.

Clean inside unit.

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

Every 20,000 Miles (32000 KM)

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

Customer Service

Product Registration

To register product do the following:.

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

Contacting Service

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

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

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

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

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

Ordering Parts

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

To speak with a customer service representative, call 888-462-9239 (for customers living within the USA) or 508-533-4300 (for customers outside the USA).

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

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

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

Return Material Authorization (RMA)

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

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

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

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

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

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

Damaged Parts

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

Apparent Damage

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

Concealed Damage

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

Appendix - Workout Overviews

1 - Weight Loss 1

The Weight Loss 1 workout is a five-minute core workout designed for low to medium intensity training that the user can sustain for an extended period of time. It builds from a low intensity baseline to include short bursts of higher resistance while the elevation increases by fifty percent for two-minutes. 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.
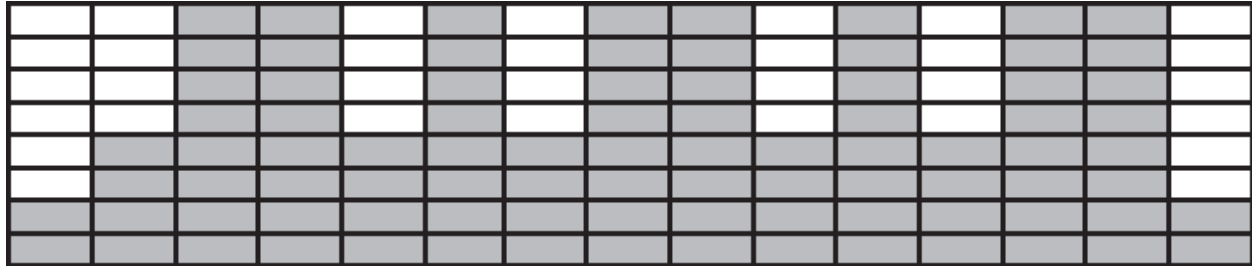
Resistance

Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	1:00	:30	:30	:30	:30
	Warm Up				Core Segments					Cool Down			
	1	2	3	4	1	2	3	4	5	1	2	3	4
10	5	10	15	20	25	45	45	25	45	20	15	10	5
9	5	10	15	20	25	40	40	25	40	20	15	10	5
8	5	10	15	20	25	35	35	25	35	20	15	10	5
7	5	5	10	15	25	40	40	25	40	15	10	5	5
6	5	5	10	15	25	35	35	25	35	15	10	5	5
5	5	5	10	15	25	30	30	25	30	15	10	5	5
4	5	5	5	10	15	25	25	15	25	10	5	10	8
3	5	5	5	10	15	20	20	15	20	10	5	10	8
2	5	5	5	5	5	15	15	5	15	5	4	3	3
1	5	5	5	5	5	10	10	5	10	5	4	3	3

Elevation

Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	1:00	:30	:30	:30	:30
	Warm Up				Core Segments					Cool Down			
	1	2	3	4	1	2	3	4	5	1	2	3	4

Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	1:00	:30	:30	:30	:30
	Warm Up				Core Segments					Cool Down			
10	8	8	8	8	8	12	12	8	8	8	8	8	8
9	8	8	8	8	8	12	12	8	8	8	8	8	8
8	6	6	6	6	6	12	12	6	6	6	6	6	6
7	6	6	6	6	6	8	8	6	6	6	6	6	6
6	6	6	6	6	6	8	8	6	6	6	6	6	6
5	6	6	6	6	6	8	8	6	6	6	6	6	6
4	4	4	4	4	4	6	6	4	4	4	4	4	4
3	4	4	4	4	4	6	6	4	4	4	4	4	4
2	4	4	4	4	4	6	6	4	4	4	4	4	4
1	4	4	4	4	4	6	6	4	4	4	4	4	4

2 - Weight Loss 2

The Weight Loss 2 workout is a five-minute core workout that begins at a low intensity level and incrementally increases both resistance and elevation until peaking after three-minutes and remains at that level for one-minute before ramping back down to the initial level. The repetitive workout is designed to encourage a transition in training intensity to encourage the development of aerobic and anaerobic energy systems.

Resistance

Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	1:00	:30	:30	:30	:30
	Warm Up				Core Segments					Cool Down			
	1	2	3	4	1	2	3	4	5	1	2	3	4
10	20	25	30	40	50	65	80	65	50	40	30	25	20
9	20	25	30	35	50	60	75	60	50	35	30	25	20
8	20	25	30	35	45	55	70	55	45	35	30	25	20
7	15	20	25	35	45	50	65	50	45	35	25	20	15
6	15	20	25	30	40	45	60	45	40	30	25	20	15
5	10	15	20	20	40	40	55	40	40	20	20	15	10
4	10	10	15	15	30	35	50	35	30	15	15	10	10
3	5	5	10	10	20	20	40	20	20	10	10	5	5
2	5	5	10	10	20	20	40	20	20	10	10	5	5
1	5	5	10	10	15	20	35	20	15	10	10	5	5

Elevation

Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	1:00	:30	:30	:30	:30
	Warm Up				Core Segments					Cool Down			
	1	2	3	4	1	2	3	4	5	1	2	3	4
10	6	8	10	10	12	16	20	16	12	10	10	8	6
9	6	8	10	10	11	15	19	15	11	10	10	8	6
8	6	8	8	8	10	14	18	14	10	8	8	8	6

Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	1:00	:30	:30	:30	:30
	Warm Up				**Core Segments**					**Cool Down**			
7	6	8	8	8	9	13	17	13	9	8	8	6	6
6	6	8	8	8	8	12	16	12	8	8	8	6	6
5	6	8	8	8	7	11	14	11	7	8	8	6	6
4	6	8	8	8	6	9	12	9	6	8	8	6	6
3	6	8	8	8	5	8	10	8	5	8	8	6	6
2	6	8	8	8	4	6	8	6	4	8	8	6	6
1	6	8	8	8	3	5	6	5	3	8	8	6	6

3 - Weight Loss 3

The Weight Loss 3 workout is a three-minute thirty-second core workout designed to give the user an intense workout. Users will experience moderate resistance and elevation at the beginning to simulate the start of a climb and will crest at peak elevation gain and difficult resistance after two-minutes. The resistance then returns to the preliminary level and the core workout repeats itself for the next hill.
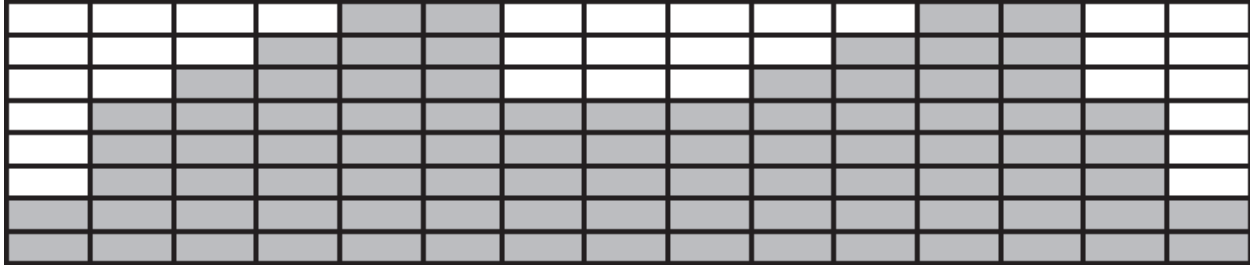
Resistance

Time	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30
	Warm Up				Core Segments							Cool Down			
	1	2	3	4	1	2	3	4	5	6	7	1	2	3	4
10	20	30	40	50	50	55	65	75	80	50	50	50	40	30	20
9	20	30	40	45	45	50	60	70	75	45	45	45	40	30	20
8	20	30	35	40	40	45	55	65	75	40	40	40	35	30	20
7	15	25	35	35	35	45	50	60	70	35	35	35	35	25	15
6	15	25	30	35	35	40	50	55	65	35	35	35	30	25	15
5	15	25	30	30	30	35	45	50	60	30	30	30	30	25	15
4	10	20	25	30	25	30	40	50	55	25	25	30	25	20	10
3	10	20	25	25	20	30	40	45	50	20	20	25	25	20	10
2	10	15	20	25	20	25	35	40	45	20	20	25	20	15	10
1	10	10	15	15	20	20	30	35	40	20	20	15	15	10	10

Elevation

Time	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30
	Warm Up				Core Segments							Cool Down			
	1	2	3	4	1	2	3	4	5	6	7	1	2	3	4
10	6	8	10	12	16	16	18	20	20	14	14	12	10	8	6
9	6	6	8	10	14	16	16	18	20	13	13	10	8	6	6
8	6	6	8	8	14	14	16	18	18	12	12	8	8	6	6

Time	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30
	Warm Up				**Core Segments**							**Cool Down**			
7	6	6	8	8	12	14	14	16	18	11	11	8	8	6	6
6	6	6	6	8	12	12	14	16	16	10	10	8	6	6	6
5	6	6	6	6	10	12	12	14	16	9	9	6	6	6	6
4	4	4	4	6	10	10	12	14	14	8	8	6	4	4	4
3	4	4	4	6	8	10	10	12	14	7	7	6	4	4	4
2	4	4	4	4	8	8	10	12	12	6	6	4	4	4	4
1	4	4	4	4	6	8	8	10	12	5	5	4	4	4	4

4 - Cardio 1

The Cardio 1 workout is a four-minute core workout designed for medium intensity workouts. Users will experience intervals of moderate resistance and elevation at the beginning to simulate the start of a climb and greater resistance and steeper elevation after two-minutes. The resistance then returns to the preliminary level and the core workout repeats itself for the next interval.

Resistance

Time	:30	:30	:30	:30	2:00	2:00	:30	:30	:30	:30
	Warm Up				Core Segments		Cool Down			
	1	2	3	4	1	2	1	2	3	4
10	20	25	30	35	40	60	35	30	25	20
9	20	25	30	35	40	50	35	30	25	20
8	15	20	25	30	35	45	30	25	20	15
7	15	20	25	30	35	40	30	25	20	15
6	15	15	20	25	30	35	25	20	15	15
5	15	15	20	25	30	25	25	20	15	15
4	10	10	15	20	25	30	20	15	10	10
3	10	10	15	20	25	25	20	15	10	10
2	10	10	10	15	20	20	15	10	10	10
1	10	10	10	10	15	15	10	10	10	10

Elevation

Time	:30	:30	:30	:30	2:00	2:00	:30	:30	:30	:30
	Warm Up				Core Segments		Cool Down			
	1	2	3	4	1	2	1	2	3	4
10	6	8	10	12	12	20	12	10	8	6
9	6	6	8	10	10	20	10	8	6	6

Time	:30	:30	:30	:30	2:00	2:00	:30	:30	:30	:30
	Warm Up				Core Seg-ments		Cool Down			
8	6	6	8	10	10	18	10	8	6	6
7	6	6	6	8	8	18	8	6	6	6
6	6	6	6	8	8	16	8	6	6	6
5	6	6	6	6	6	16	6	6	6	6
4	6	6	6	6	6	14	6	6	6	6
3	4	4	6	6	6	14	6	6	4	4
2	4	4	6	6	6	12	6	6	4	4
1	4	4	6	6	6	12	6	6	4	4

5 - Cardio 2

The Cardio 2 workout is a two-minute core workout utilizing a 1:1 work to rest ratio. It is designed to improve both aerobic and anaerobic capabilities as users will face a high level of resistance for one minute followed by a one-minute recuperation period before performing the work interval again. The elevation remains constant throughout the workout.

Resistance

Time	:30	:30	:30	:30	1:00	1:00	:30	:30	:30	:30
	Warm Up				Core Segments		Cool Down			
	1	2	3	4	1	2	1	2	3	4
10	20	30	35	40	80	50	40	35	30	20
9	15	25	30	35	75	50	35	30	25	15
8	15	20	25	30	75	45	30	25	20	15
7	10	20	25	30	70	45	30	25	20	10
6	10	20	25	30	70	40	30	25	20	10
5	10	15	20	25	65	40	25	20	15	10
4	15	20	20	25	65	35	25	20	20	15
3	10	10	15	20	60	35	20	15	10	10
2	5	10	15	20	60	30	20	15	10	5
1	5	10	15	15	55	30	15	15	10	5

Elevation

Time	:30	:30	:30	:30	1:00	1:00	:30	:30	:30	:30
	Warm Up				Core Segments		Cool Down			
	1	2	3	4	1	2	1	2	3	4
10	8	8	12	16	20	20	16	12	8	8
9	8	8	12	16	20	20	16	12	8	8

Time	:30	:30	:30	:30	1:00	1:00	:30	:30	:30	:30
	Warm Up				Core Seg-ments		Cool Down			
8	8	8	12	12	16	16	12	12	8	8
7	8	8	12	12	16	16	12	12	8	8
6	8	8	12	12	16	16	12	12	8	8
5	8	8	8	12	12	12	12	8	8	8
4	8	8	8	8	12	12	8	8	8	8
3	8	8	8	8	12	12	8	8	8	8
2	8	8	8	8	8	8	8	8	8	8
1	8	8	8	8	8	8	8	8	8	8

6 - Cardio 3

The Cardio 3 workout is designed to maintain a high total demand with two-minutes with high resistance and low elevation and two minutes at medium resistance with higher elevation for a total four-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.

Resistance

Time	:30	:30	:30	:30	2:00	2:00	:30	:30	:30	:30
	Warm Up				Core Segments		Cool Down			
	1	2	3	4	1	2	1	2	3	4
10	30	35	45	55	80	60	55	45	35	30
9	25	35	45	55	75	55	55	45	35	25
8	25	30	40	45	70	50	45	40	30	25
7	20	25	35	40	65	45	40	35	25	20
6	15	20	30	35	60	40	35	30	20	15
5	15	20	25	30	55	35	30	25	20	15
4	10	15	20	25	50	30	25	20	15	10
3	5	10	15	20	45	30	20	15	10	5
2	0	5	10	15	40	25	15	10	5	0
1	0	0	5	10	35	20	10	5	0	0

Elevation

Time	:30	:30	:30	:30	2:00	2:00	:30	:30	:30	:30
	Warm Up				Core Segments		Cool Down			
	1	2	3	4	1	2	1	2	3	4
10	6	8	10	12	10	16	12	10	8	6
9	6	6	8	10	10	16	10	8	6	6

Time	:30	:30	:30	:30	2:00	2:00	:30	:30	:30	:30
	Warm Up				Core Seg-ments		Cool Down			
8	6	6	8	8	10	14	8	8	6	6
7	6	6	8	8	8	14	8	8	6	6
6	6	6	6	8	8	12	8	6	6	6
5	6	6	6	6	8	12	6	6	6	6
4	4	4	4	6	6	10	6	4	4	4
3	4	4	4	6	6	10	6	4	4	4
2	4	4	4	4	4	8	4	4	4	4
1	4	4	4	4	4	8	4	4	4	4

7 - Strength 1

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

Resistance

Time	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30
	Warm Up				Core Segments			Cool Down			
	1	2	3	4	1	2	3	1	2	3	4
10	35	45	55	65	70	45	45	40	35	30	20
9	35	40	50	60	65	40	40	35	30	25	15
8	30	40	50	55	60	35	35	30	25	20	15
7	30	35	45	50	55	30	30	30	25	20	10
6	25	35	40	45	50	30	30	30	25	20	10
5	25	30	35	40	45	25	25	25	20	15	10
4	20	25	30	35	40	25	25	25	20	15	10
3	20	25	30	30	35	20	20	20	15	10	10
2	15	20	25	30	30	20	20	20	15	10	5
1	10	15	20	20	25	15	15	15	15	10	5

Elevation

Time	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30
	Warm Up				Core Segments			Cool Down			
	1	2	3	4	1	2	3	1	2	3	4
10	8	8	12	16	20	20	20	16	12	8	4
9	8	8	12	16	20	20	20	16	12	8	4
8	8	8	12	12	16	16	16	12	12	8	4

Time	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30	:30
	Warm Up				**Core Segments**			**Cool Down**			
7	8	8	12	12	16	16	16	12	12	8	4
6	8	8	12	12	16	16	16	12	12	8	4
5	8	8	8	12	12	12	12	12	8	8	4
4	8	8	8	8	12	12	12	8	8	8	4
3	8	8	8	8	12	12	12	8	8	8	4
2	8	8	8	8	8	8	8	8	8	8	4
1	8	8	8	8	8	8	8	8	8	8	4

8 - Strength 2

The Strength 2 workout is designed with the specific goal of raising the users' lactic acid threshold. The workout uses a 1:3 work to rest ratio with fifteen-second intervals for maximum power development and forty-five second rest periods for recuperation.

Resistance

Time	:30	:30	:30	:30	:15	:15	:15	:15	:30	:30	:30	:30
	Warm Up				**Core Segments**				**Cool Down**			
	1	2	3	4	1	2	3	4	1	2	3	4
10	25	30	40	45	100	35	35	35	30	25	20	15
9	25	30	35	40	95	35	35	35	30	25	20	15
8	25	30	35	40	90	35	35	35	30	25	20	15
7	25	30	35	40	85	30	30	30	25	20	20	15
6	20	25	30	35	80	30	30	30	25	20	20	15
5	20	25	30	35	75	30	30	30	25	20	15	10
4	20	5	30	35	70	25	25	25	20	20	0	0
3	20	20	25	30	65	25	25	25	20	20	0	0
2	15	20	25	30	60	20	20	20	15	0	10	5
1	15	15	20	25	55	20	20	20	15	0	10	5

Elevation

Time	:30	:30	:30	:30	:15	:15	:15	:15	:30	:30	:30	:30
	Warm Up				**Core Segments**				**Cool Down**			
	1	2	3	4	1	2	3	4	1	2	3	4
10	10	12	16	18	20	20	20	20	18	16	12	10
9	10	12	16	18	20	20	20	20	18	16	12	10
8	10	12	14	16	18	18	18	18	16	14	12	10
7	10	12	14	16	18	18	18	18	16	14	12	10

Time	:30	:30	:30	:30	:15	:15	:15	:15	:30	:30	:30	:30
	Warm Up				**Core Segments**				**Cool Down**			
6	10	12	14	16	18	18	18	18	16	14	12	10
5	8	10	12	14	16	16	16	16	14	12	10	8
4	8	10	12	14	16	16	16	16	14	12	10	8
3	8	10	12	14	16	16	16	16	14	12	10	8
2	6	8	10	12	14	14	14	14	12	10	8	6
1	6	8	10	12	14	14	14	14	12	10	8	6

9 - Heartrate Control (E3 View Monitor Option)

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 x 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**.

CYBEX