Cybex 770A/770AT Arc Trainer®
Owner's Manual

Cardiovascular Systems

Part Number 5770-4 A

www.cybexintl.com

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FCC Compliance Information

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

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

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

Safety

Read all instructions and warnings before using.

Ground and Voltage Information

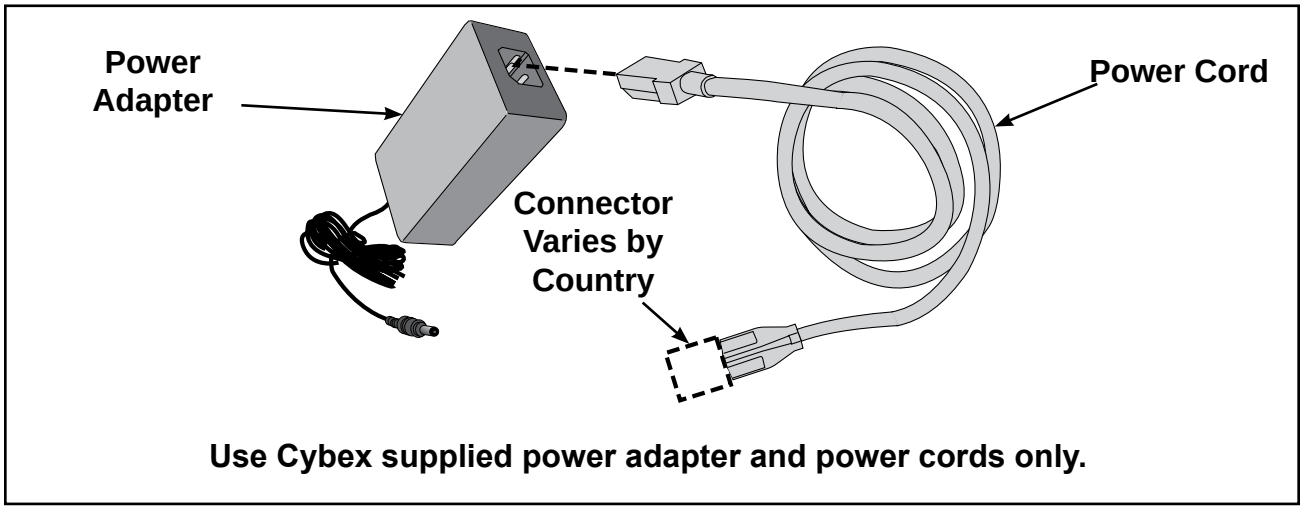
DANGER: ***Death or serious injury can occur. To avoid death or serious injury the following precautions must be observed. Equipment must be properly grounded. Check with a qualified electrician or service provider to verify the unit is properly grounded. Improper connection of equipment grounding can result in electric shock.***

For E3VEM (E3 View Embedded Monitor) or Optional Power Supply

- Unit must be grounded. This unit is equipped with an optional equipment-grounding conductor cord and a grounding plug.
- Do not use a ground plug adapter to adapt the power cord to a non-grounded outlet.
- Plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.
- If unit malfunctions, grounding provides path of least resistance for electric current to reduce risk of electric shock.

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.



Use Cybex supplied power adapter and power cords only.

Important Safety Instructions

(Save These Instructions)

DANGER: ***Death or serious injury can occur. To avoid death or injury the following procedure must be followed. Always unplug this unit from the electrical outlet before cleaning. Unplugging equipment reduces risk for shock.***

User Safety Precautions

- KEEP ALL CHILDREN 12 AND UNDER AWAY! Teenagers or disabled must be supervised.
- Obtain a medical exam before beginning any exercise program.
- Stop exercising if feeling faint, dizzy, or experiencing pain and consult your physician.
- Obtain instruction before using.
- Read and understand all warnings posted on the unit before using.
- Use the handrails for support and to maintain balance.
- Wait until foot plates come to a complete stop before dismounting.
- Keep foot plate surface clean and dry.
- DO NOT wear loose or dangling clothing while using.
- Keep all body parts and other items free and clear of moving parts.
- DO NOT use unit if user exceeds 400 lbs. (180 kg). This is the rated maximum user weight.
- Report any malfunctions, damage or repairs to the facility.
- Replace any warning labels if damaged, worn or illegible.

Facility Safety Precautions

It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed.

- Enforce all user and safety precautions.
- Read and understand the Owner's Manual completely before assembling, servicing or using unit.
- Verify all users are properly trained on using the equipment.
- Do not use unit outdoors.
- Verify that each unit is setup, leveled and operated on a solid level surface. Do not install equipment on an uneven surface.
- Verify there is enough room for safe access and operation of unit.
- Use Cybex AC power adapters only.
- Do not use the optional power adapter in damp or wet locations.
- Do not use the unit if: (1) the unit is plugged into an optional power adapter that has a damaged cord; (2) the unit is not working properly or (3) if the unit has been dropped or damaged. Seek service from a qualified technician.
- EQUIPMENT is not suitable for use in the presence of aerosol (spray), FLAMMABLE ANAESTHETIC MIXTURE WITH AIR or WITH OXYGEN or NITROUS OXIDE.
- Perform regular maintenance checks on unit. Performance level can be maintained only if examined regularly. Pay close attention to all areas most susceptible to wear, including (but not limited to) cables, pulleys, belts and grips.
- Replace any warning labels if damaged, worn, or illegible.
- Immediately replace worn or damaged components. If unable to immediately replace worn or damaged components, then remove unit from service until repair is made.

- Do not attempt electrical or mechanical repairs. Seek qualified repair personnel when servicing. If you live in the USA, contact Cybex Customer Service at 888-462-9239. If you live outside the USA, contact Cybex Customer Service at 508-533-4300.
- Use only Cybex supplied components to maintain/repair unit.
- Keep a repair log of all maintenance activities.
- Disconnect the optional power adapter before servicing unit.
- Do not use attachments unless recommended for the unit by Cybex.
- The unit may generate electromagnetic or other forms of interference, or it may be affected by interference from other equipment nearby. If this is suspected, take precautions by separating the equipment or otherwise shielding it to avoid such interference.

Unit with E3VEM (E3 View Embedded Monitor) option

WARNING: ***Serious injury or death can occur. To avoid injury or death the following procedure must be followed. Monitor must be connected to a mains socket outlet with a protective earthing connection. Failure to connect monitor correctly could result in electrical shock. Do not alter the mains plug or coupler. Both are used as a disconnection device. It must remain operable or the safety of the equipment is at risk. Do not expose this monitor to rain or moisture. Exposing monitor to moisture could result in electrical shock.***

- The product is supplied with electricity. Rain or moisture increases the risk of electric shock.
- Do not interfere with the enclosure. The lightning flash with arrowhead symbol within an equilateral triangle, is intended to alert the user to the presence of non-insulated "dangerous voltage" within the product's enclosure that may be of sufficient magnitude to constitute a risk of electric shock to persons.
- The exclamation point within an equilateral triangle is intended to alert the user to the presence of important operating and maintenance (servicing) instructions in the literature accompanying the product.
- Ensure that used batteries are disposed of safely. Do not dispose of electrical products in the general waste. When your monitor has reached the end of its life, contact your local city council regarding available recycling or disposal options.
- Electricity is used to perform many useful functions, but it can also cause personal injuries and property damage if improperly handled. This product has been engineered and manufactured with safety being the highest priority. However, improper use can result in personal injury and/or property damage.
- Read and keep these instructions.
- Heed all warnings and follow all instructions.
- Do not use this monitor near water.
- Dust off the panel with a soft dry cloth as needed. The screen can be cleaned with computer screen wipes or other non abrasive, moist, disposable wipes.
- Do not block any ventilation openings. Install in accordance with the manufacturer's instructions.
- Do not install near any heat sources such as radiators, heat registers, stoves, or other apparatus (including amplifiers) that produce heat.
- No naked flame sources, such as lighted candles, should be placed on the monitor.
- Do not expose batteries to excessive heat sources.

- Do not defeat the safety purpose of the polarized or grounding-type plug. A polarized plug has two blades with one wider than the other. A grounding type plug has two blades and a third grounding prong. The wide blade or the third prong is provided for safety. If the provided plug does not fit into outlet, consult an electrician for replacement of the obsolete outlet.
- Protect the power cord from being walked on or pinched particularly at plugs, convenience receptacles, and the point where they exit from the monitor.
- Only use attachments/accessories specified by the manufacturer.
- Unplug this monitor during lightning storms or when unused for long periods of time.
- Refer all servicing to qualified service personnel. Servicing is required when the monitor has been damaged in any way, such as power-supply cord or plug is damaged, liquid has been spilled or objects have fallen into the monitor, has been exposed to rain or moisture, does not operate normally, or has been dropped.
- Do not expose this monitor to dripping or splashing and ensure that no objects filled with liquids, such as vases, are placed on the monitor.
- To completely disconnect this monitor from the AC Mains, disconnect the power supply cord plug from the AC receptacle.
- The mains plug of the power supply cord shall remain readily operable.
- Overloading – Do not overload the AC outlets or extension cords.
- Replacement Parts – In case the product needs replacement parts, make sure that the service person uses replacement parts specified by the manufacturer.
- Safety Check – Upon completion of service or repair work, request the service technician to perform a safety check to ensure that the monitor is in proper operating condition.
- Consult dealer if in doubt about the installation, operation, or safety of this monitor.

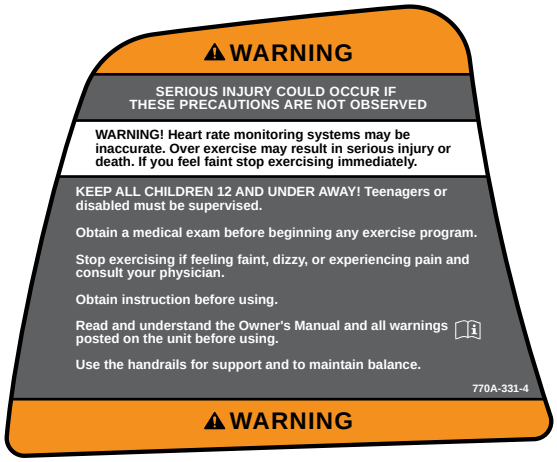
Warnings and Cautions

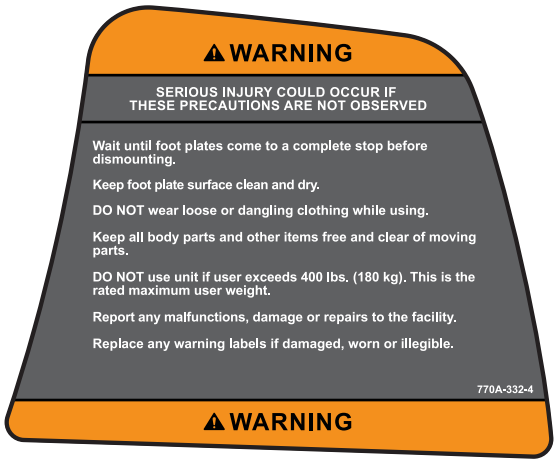
To replace any worn or damaged decals do one of the following: Visit www.cybexintl.com to shop for parts online, fax orders to 508-533-5183 or contact Cybex Customer Service at 888-462-9239. If you are located outside of the USA, call 508-533-4300. For location or part number of labels, see the parts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

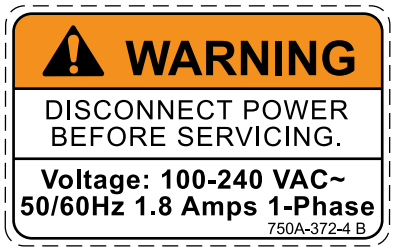
Warning decals indicate a potentially hazardous situation that could result in death or serious injury if the precautions are not observed.

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

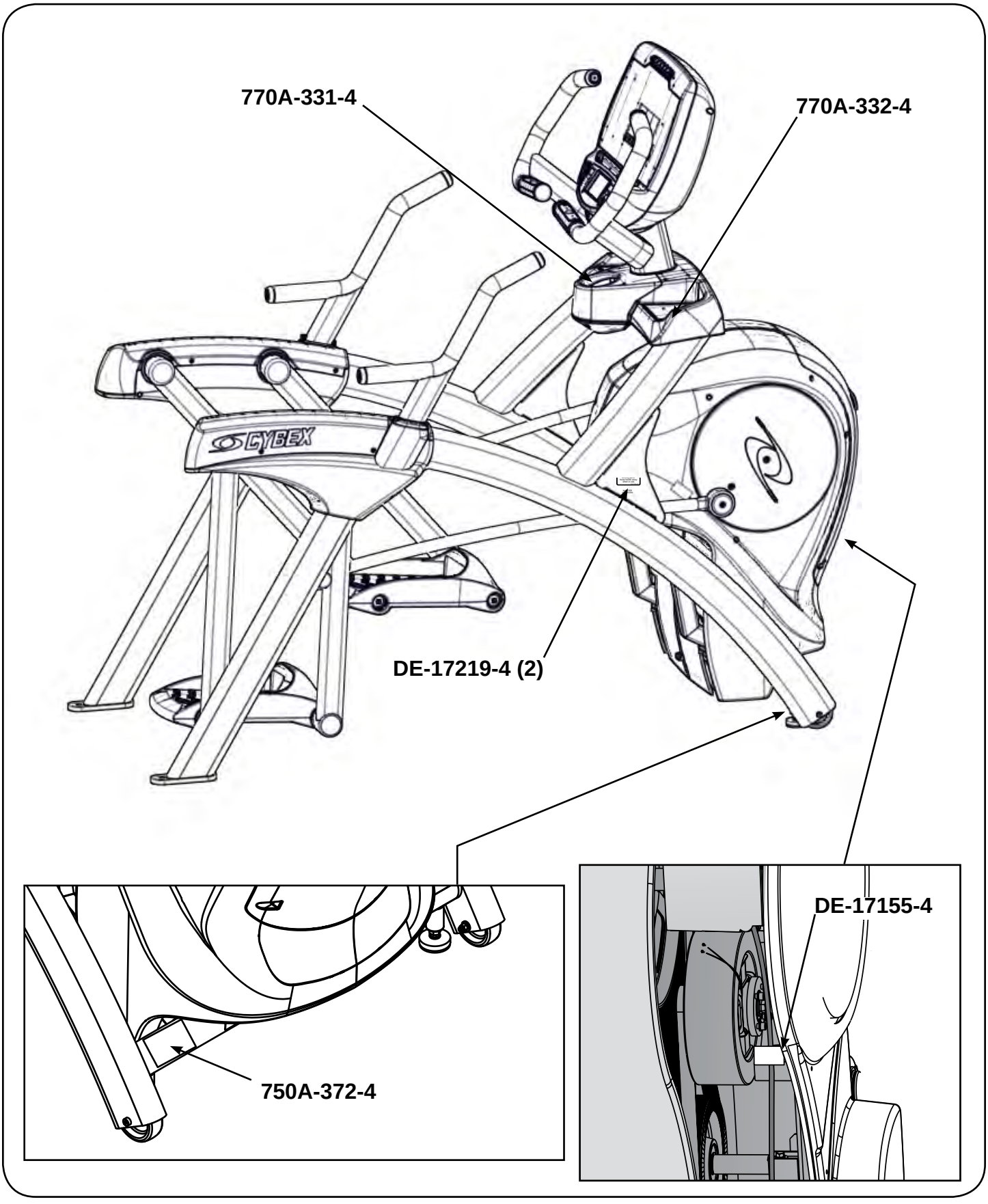
The diagram following the decals show where each decal is located.







Label Placement



Assembly

Specifications - 770A

Classification	S (Studio)
Accuracy	A
Length	76.25" (194 cm)
Width	32" (81 cm)
Height:	62.5" (159 cm)
Weight of Product	404 lbs (183 kg)
Shipping Weight	429 lbs (195 kg)
Incline Levels	0-20
Resistance Levels	0-100
Stride Length	24" (61 cm) fixed length.
Workouts	Quick Start, five workout groups, seven workouts, three heart rate workouts, and two power workouts
Console Features	Upper console: LED or E3VEM (E3 View Embedded Monitor).Displays Cal/Hr, Distance, Strides per Minute, Calories, Watts, METs and BPM. Lower console: Two numeric displays for incline, time, resistance and level. Fan, iPod connector, CardioTouch screen, accessory trays and water bottle holder
Heart Rate Features	Built-in wireless heart rate receiver (transmitter not included) and contact heart rate monitoring.
Frame Colors	Standard: White Texture, Black Texture, Metaltone Gold, Black Chrome, Platinum Sparkle. Custom: Unlimited colors available.
Resistance Range	0-900 watt.
Maximum User Weight	400 lbs. (181 kg).
Power Rating	Self powered or 100 - 240 VAC~, 50/60 Hz, 1.8A, 1-phase.
Options	AC Power Adapter

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

Specifications - 770AT

Classification	S (Studio)
Accuracy	A
Length	76.25" (194 cm)
Width	36.28" (92 cm)
Height:	62.5"(159 cm)
Weight of Product	412 lbs. (187 kg.)
Shipping Weight	437 lbs. (198 kg.)
Incline Levels	0-20
Resistance Levels	0-100
Stride Length	24" (61 cm) fixed length.
Workouts	Quick Start, five workout groups, seven workouts, three heart rate workouts, and two power workouts
Console Features	Upper console: LED or E3VEM (E3 View Embedded Monitor).Displays Cal/Hr, Distance, Strides per Minute, Calories, Watts, METs and BPM. Lower console: Two numeric displays for incline, time, resistance and level. Fan, iPod connector, CardioTouch screen, accessory trays and water bottle holder.
Heart Rate Features	Built-in wireless heart rate receiver (transmitter not included) and contact heart rate monitoring.
Frame Colors	Standard: White Texture, Black Texture, Metaltone Gold, Black Chrome, Platinum Sparkle. Custom: Unlimited colors available.
Resistance Range	0-900 watt.
Maximum User Weight	400 lbs. (181 kg).
Power Rating	Self powered or 100 - 240 VAC~, 50/60 Hz, 1.8A, 1-phase.
Options	AC Power Adapter

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

Environment and Storage

Humidity and Static Electricity

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

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

Do not install, use, or store the unit in an area of high humidity, such as in the vicinity of a steam room, sauna, indoor pool or outdoors. Exposure to extensive water vapor, chlorine and/or bromine could adversely affect the electronics as well as other parts of the unit.

Temperature

The unit is designed to function normally in an environment with an ambient temperature range of 50° F (10° C) to 104° F (40° C). The unit can be shipped and stored in an environment with an ambient temperature range of 32° F (0° C) to 140° F (60° C).

Choosing and Preparing Site

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

- Area is well lit and well ventilated.
- Surface is structurally sound and properly leveled.

Place a 3/4" (1.9 cm) thick wood base under unit to protect carpeting.

Area allows for ample access and passage clearance around unit or for emergency dismount. Minimum clearance is 19.7 inches (0.5 meters) on at least one side of unit and also behind unit. Minimum clearance fo 12" (30 cm) between units for proper wireless heart rate signal operation.

Electrical Power Requirements

The E3VEM is supplied with a power cord, The AC power kit is optional.

- Verify unit is connected to an outlet having the same configuration as the plug.
- Verify connection is a grounded circuit.
- Do not use a ground-plug adapter to adapt the 3-prong power cord to a non-grounded electrical outlet.
- Use Cybex supplied optional AC power kit only. Consult an electrician with any questions.
- Ensure outlets used by this product meet all local and federal building codes.

770A Assembly Procedure

Tools Required

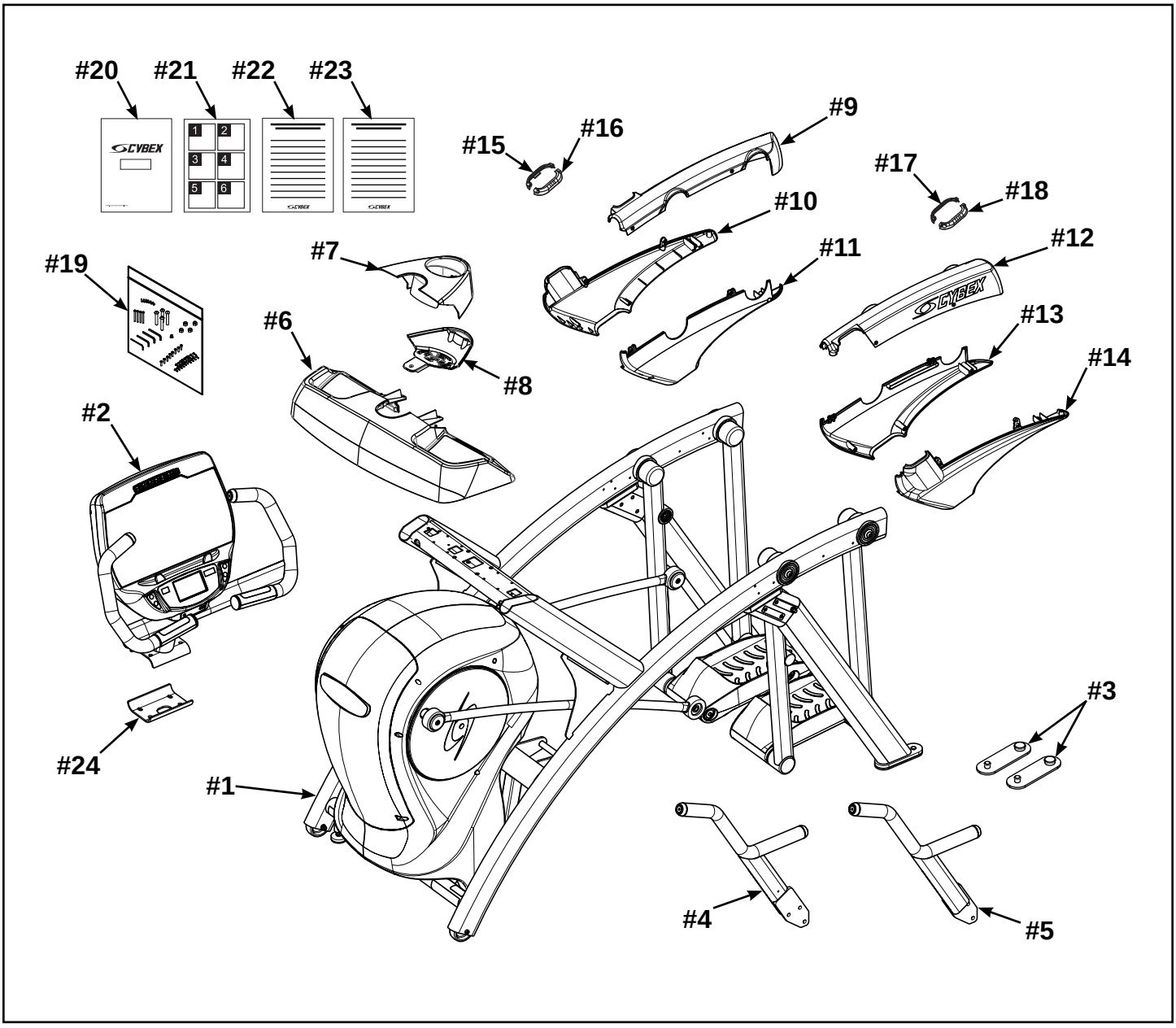
- Phillips screwdriver
- Stubby Phillips screwdriver
- 3/16" Allen wrench (supplied)
- 7/32" Allen wrench (supplied)
- 9/16" Open end wrench (2)

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

Two people will be required for this procedure.

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

Item	Quantity	Part Number	Description
1	1	Varies	Base assembly
2	1	Varies	Console assembly
3	2	12090-322	Foot pad
4	1	NA	Handle, Right
5	1	NA	Handle, Left
6	1	770A-316	Base, Accessory tray
7	1	770A-317	Cover, Top, Accessory tray
8	1	770A-318	Cover, Bottom, Accessory tray
9	1	770A-322	Cover, Rear, Top, Right
10	1	770A-323	Cover, Rear, Outer, Right
11	1	770A-324	Cover, Rear, Inner, Right
12	1	770A-319	Cover, Rear, Top, Left
13	1	770A-321	Cover, Rear, Inner, Left
14	1	770A-320	Cover, Rear, Outer, Left
15	1	770A-341	Collar, Outer, Right
16	1	770A-340	Collar, Inner, Right
17	1	770A-334	Collar, Inner, Left
18	1	770A-335	Collar, Outer, Left
19	1	NA	Hardware pack
20	1	5770-X	Owner's Manual
21	1	770A-404	Assembly poster
22	1	770A-415	Commercial Arc warranty sheet
23	1	770A-416	Consumer Arc warranty sheet
24	1	770A-310	Bracket, Lower, Display mount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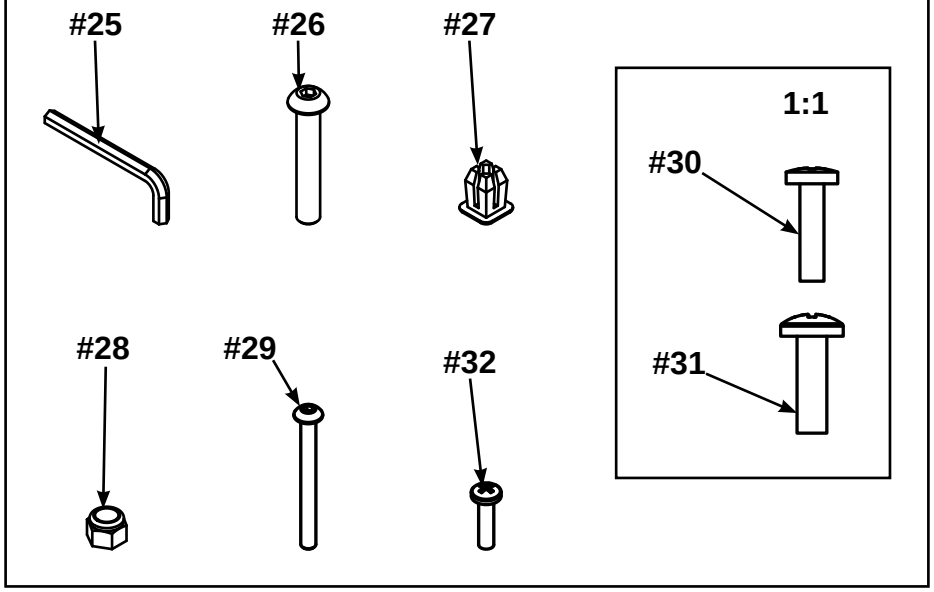
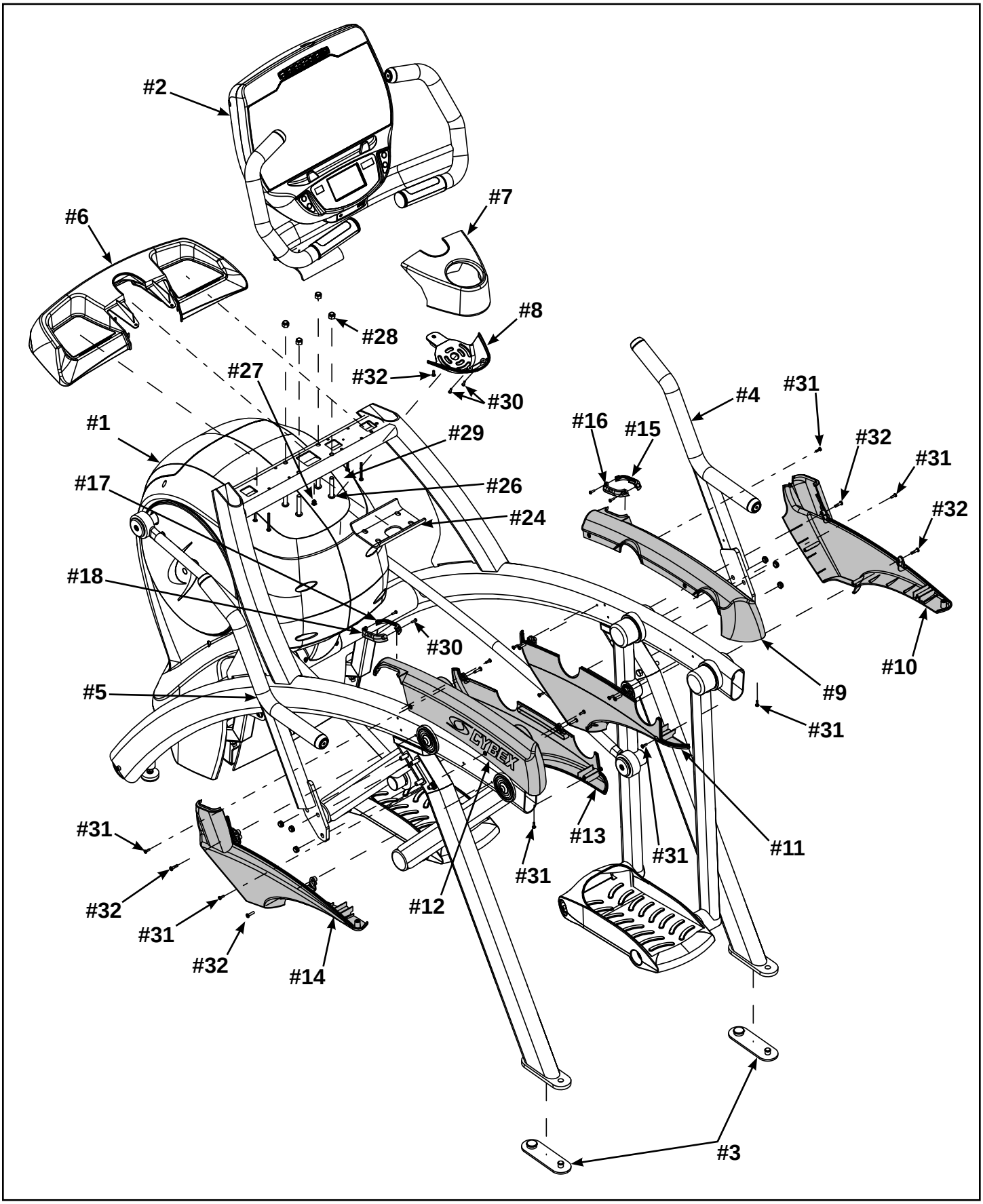
Verify contents of hardware pack

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

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

770A Hardware

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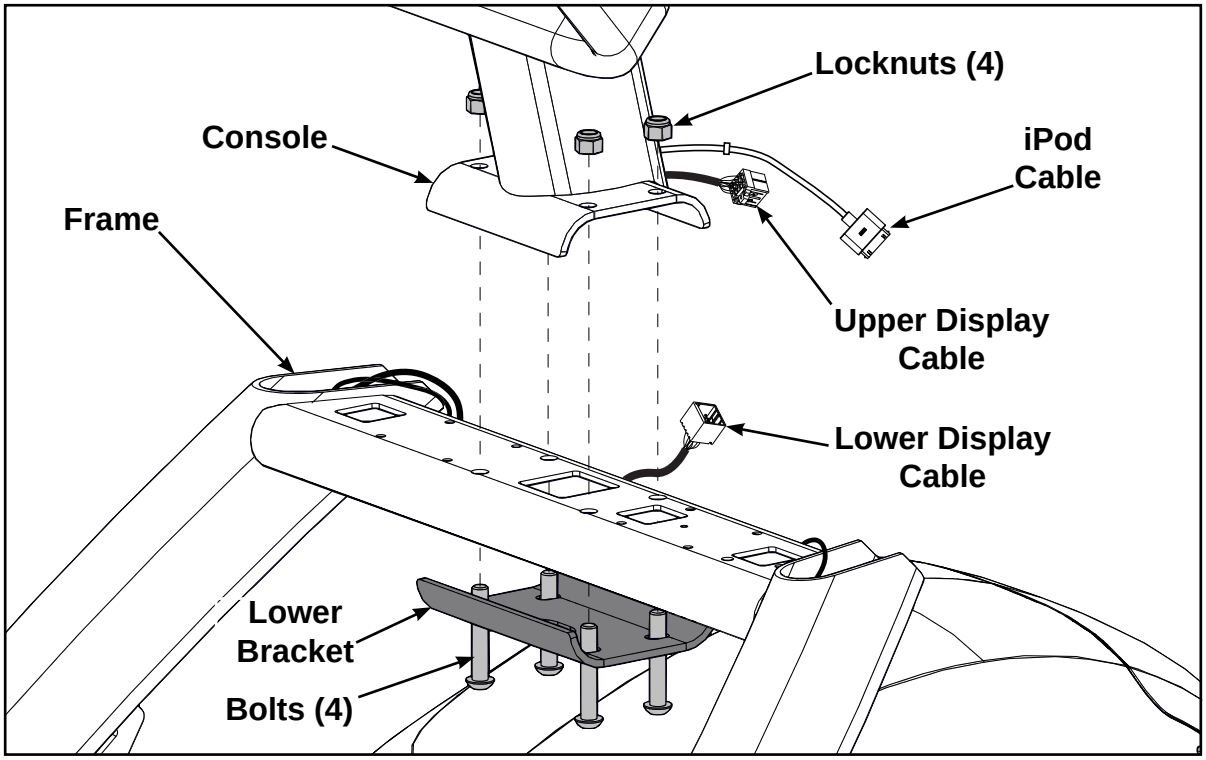
Lift and move unit

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

Attach 770A console assembly.

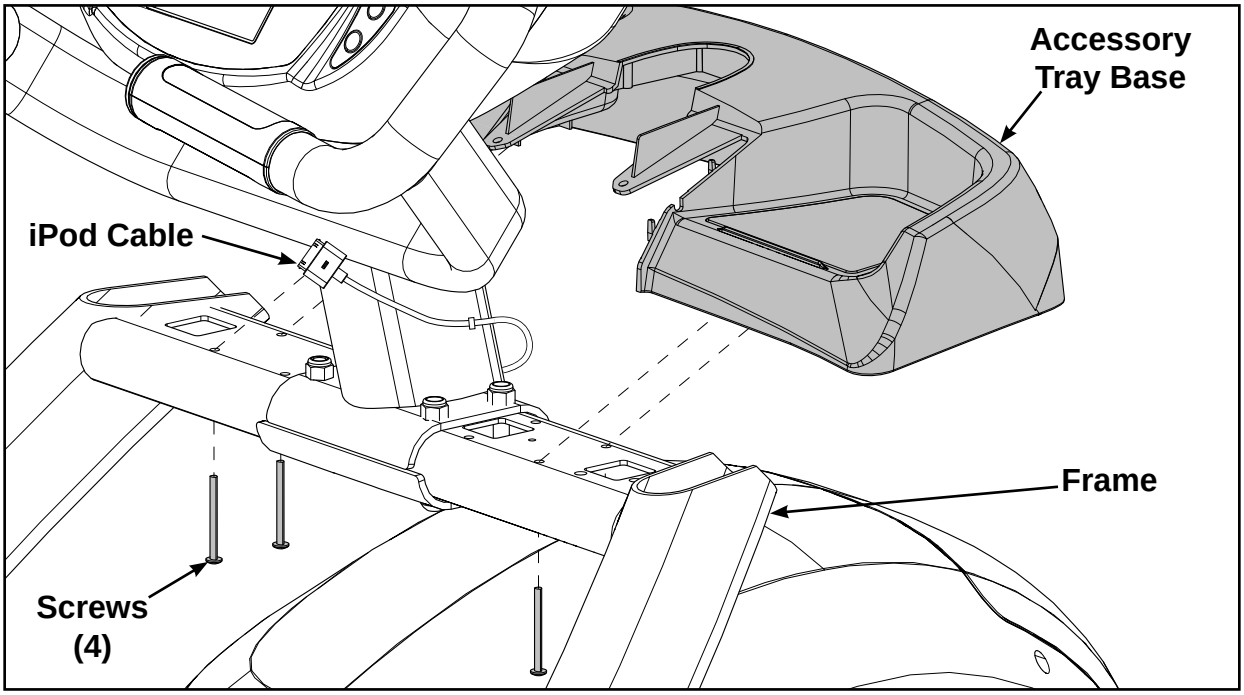
1. Plug the upper display cable into the lower display cable.



2. Place the console into position on the frame. Do not pinch cables while lowering the console.
3. Insert (from underneath) the lower bracket and four bolts into the frame and console.
4. Thread the four locknuts onto the bolts by hand.
5. Tighten the four bolts and locknuts with a 7/32" Allen wrench and a 9/16" open-end wrench.

Install accessory tray base

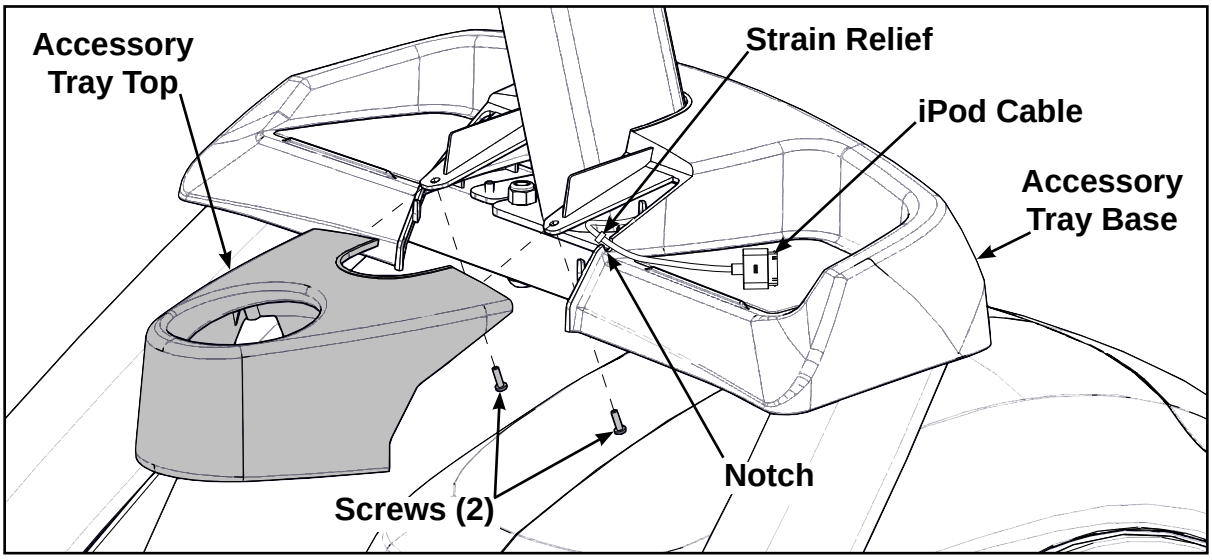
1. Place the accessory tray in position on the frame and route the iPod cable towards the back of the unit.



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

Install accessory tray top

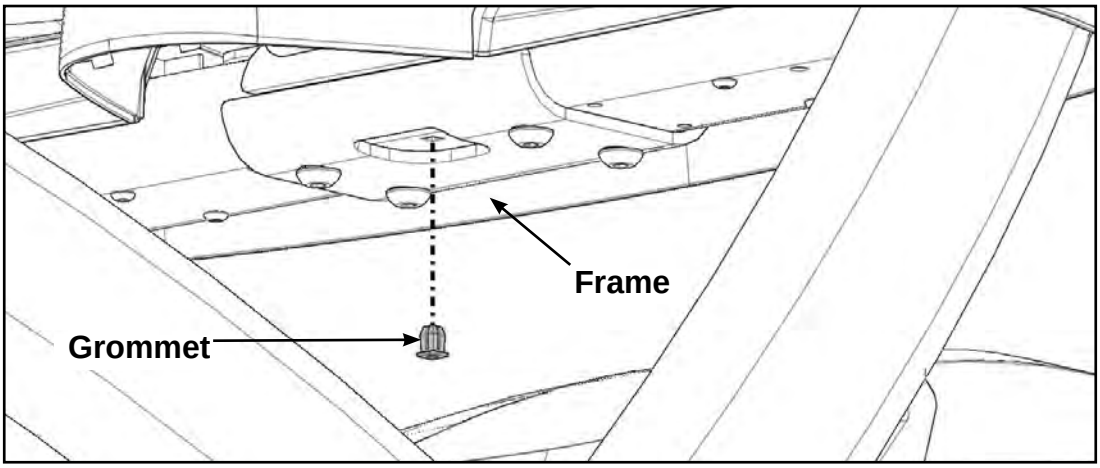
1. Place the accessory tray top in position on the accessory tray base and route the iPod cable through the notch in the accessory tray. Place the iPod cable strain relief on the inside edge of the notch in the accessory tray.



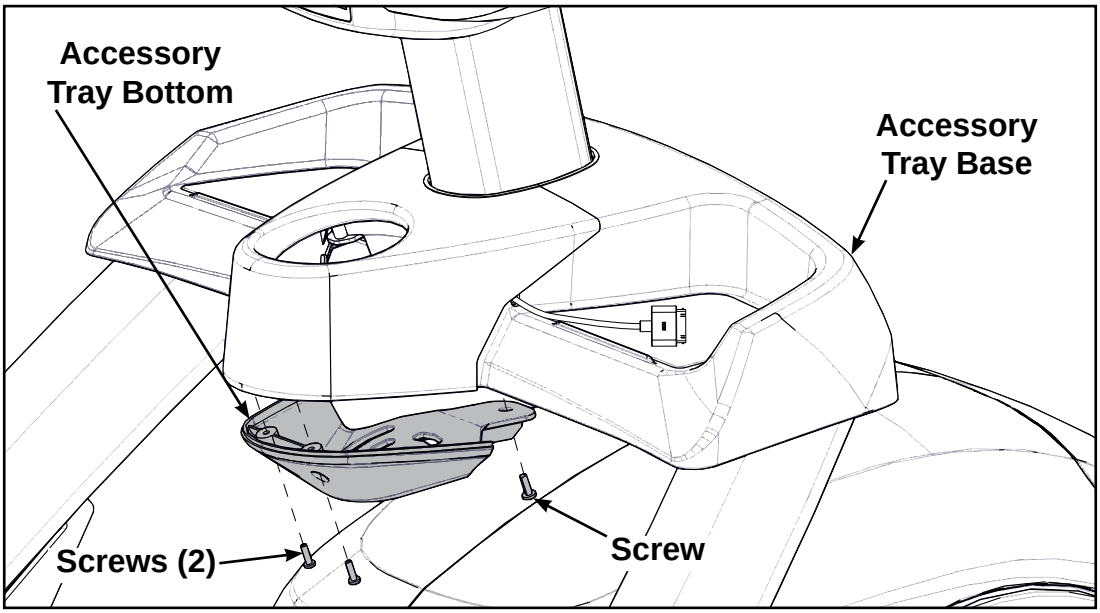
2. Install the two screws using a stubby Phillips screwdriver.

Install accessory tray bottom

Install the grommet to the frame.

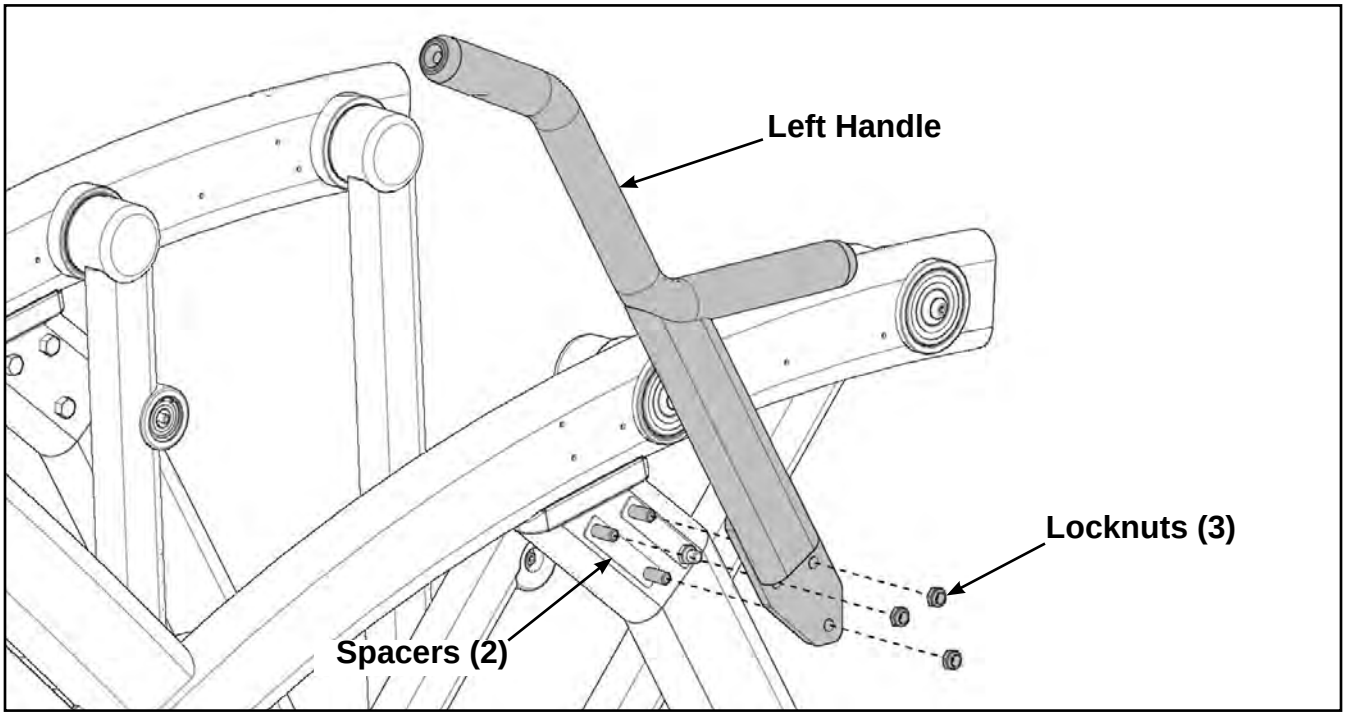


Install the accessory tray bottom to the accessory tray base with three screws using a Phillips screwdriver.

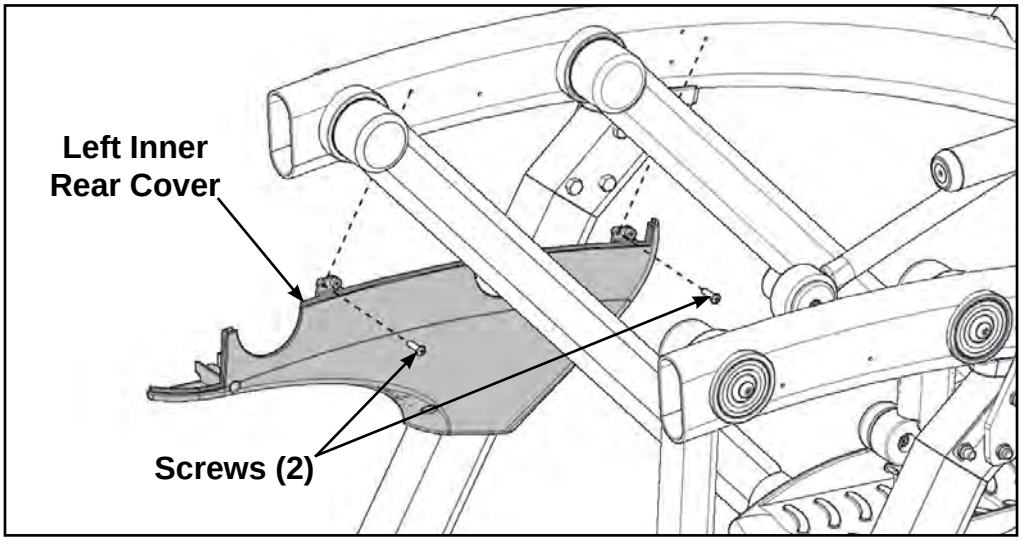


Install handrails.

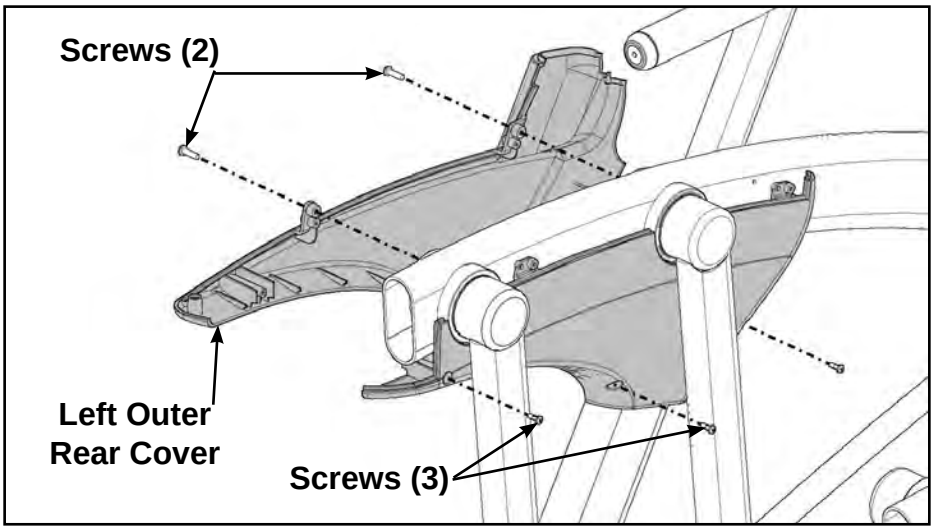
1. Remove three locknuts from the left support leg using two 9/16" open end wrenches. Keep the two spacers in place.



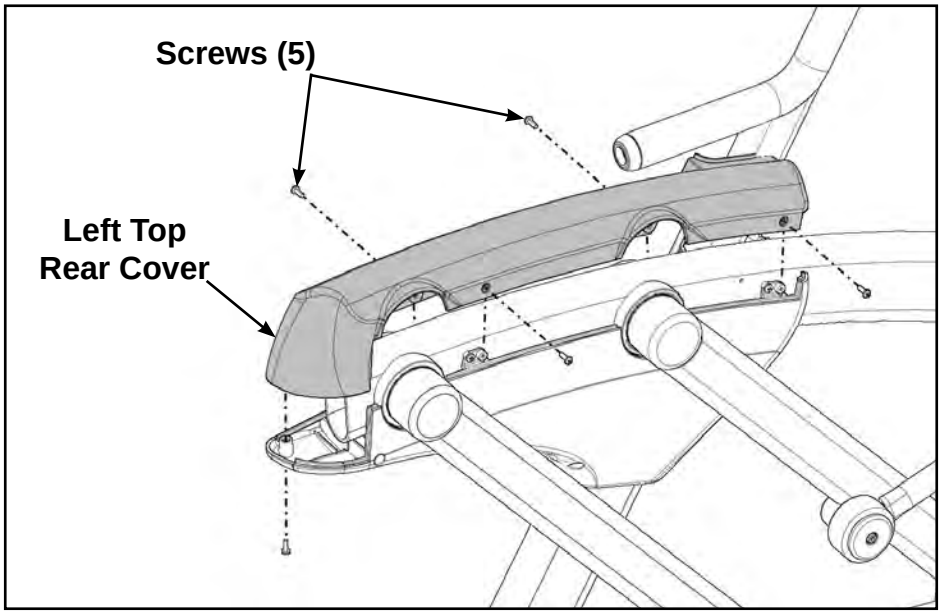
2. Install the left handle and three locknuts using two 9/16" open end wrenches.
3. Install the left inner rear cover with two screws using a Phillips screwdriver.



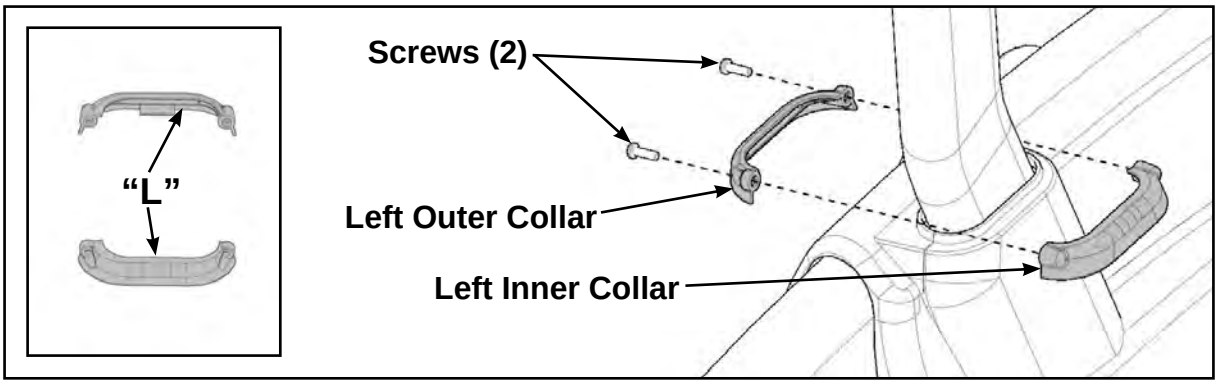
4. Install the left outer rear cover with five screws using a Phillips screwdriver.



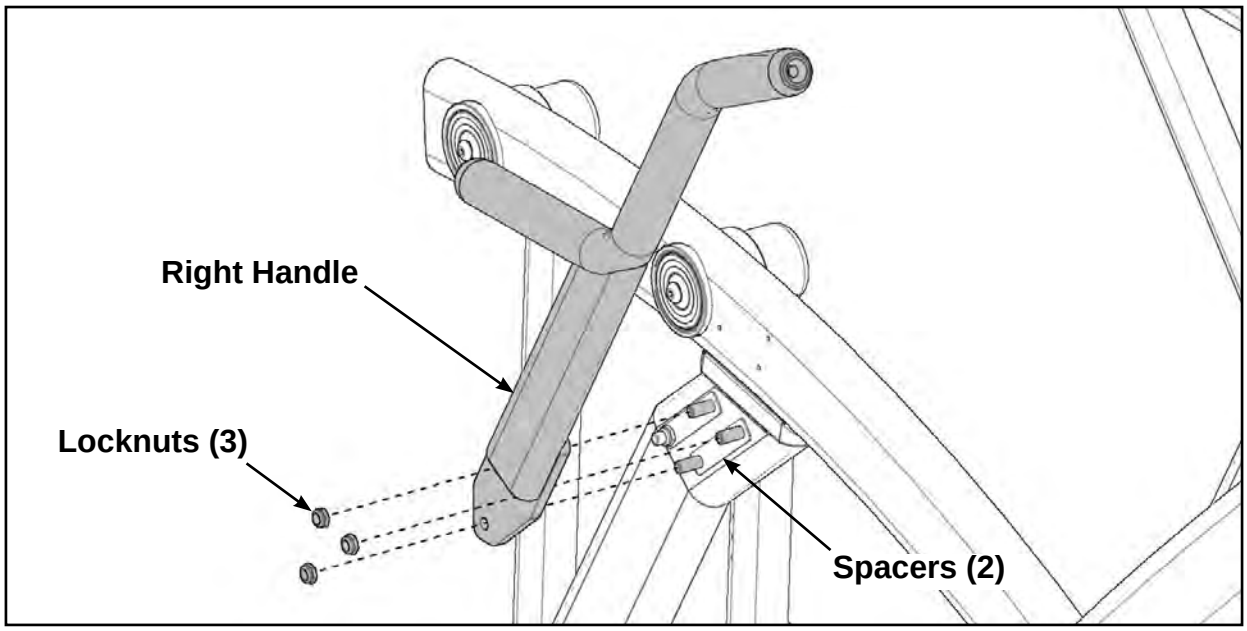
5. Install the left top rear cover with five screws using a Phillips screwdriver.



6. Install the left inner and outer collars with two screws using a Phillips screwdriver. Collars are marked with an "L" on the inside and have a left and right side.

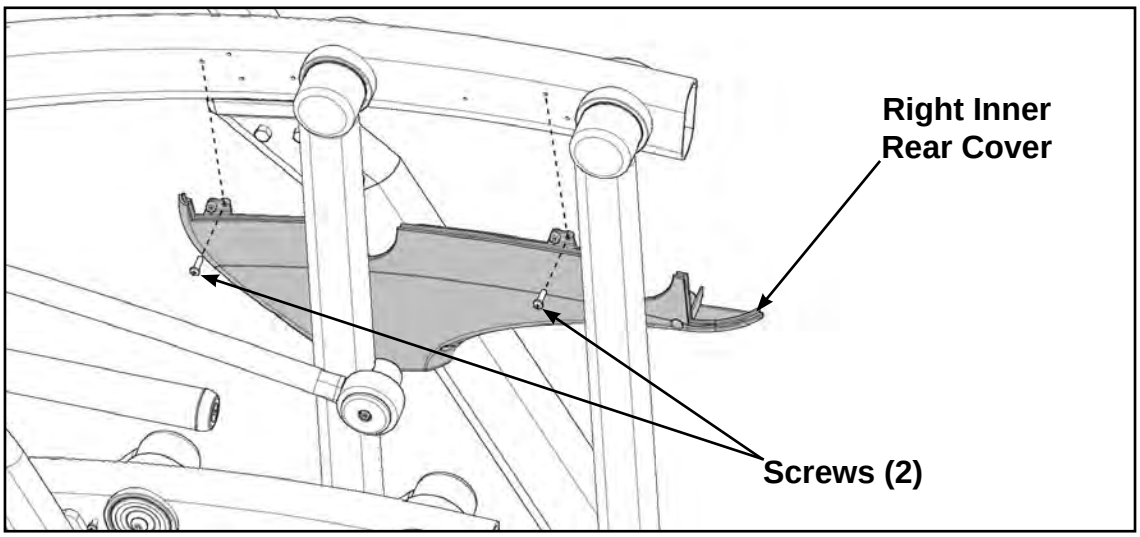


7. Remove three locknuts from the right support leg using two 9/16" open end wrenches. Keep the two spacers in place.

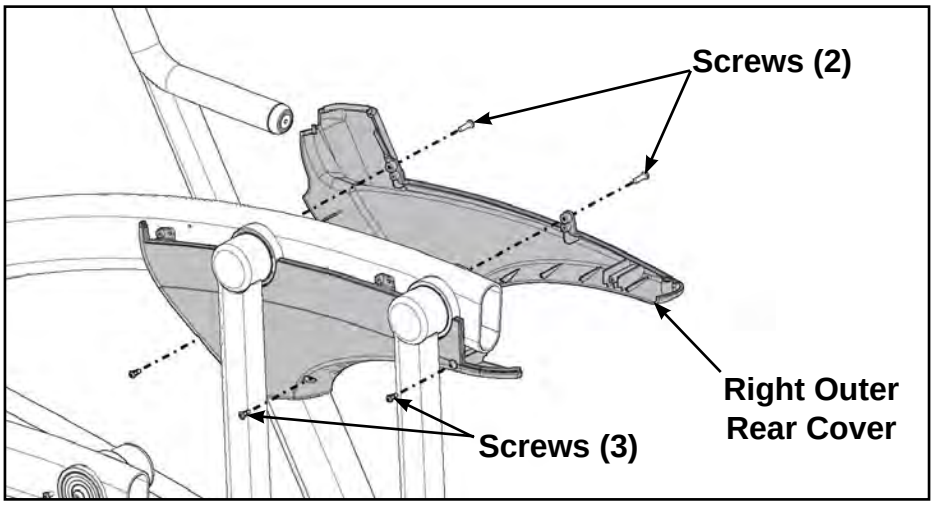


8. Install the right handle and three locknuts using two 9/16" open end wrenches.

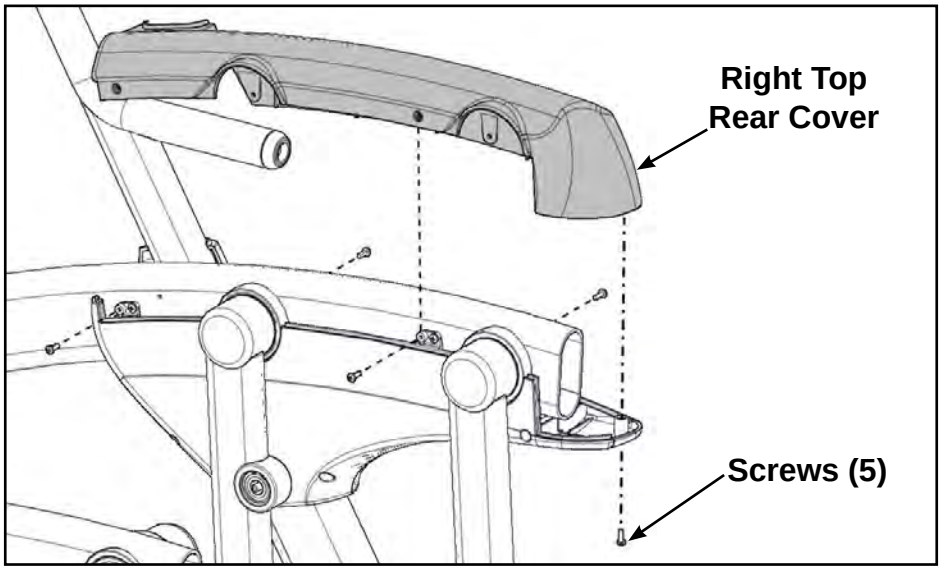
9. Install the right inner rear cover with two screws using a Phillips screwdriver.



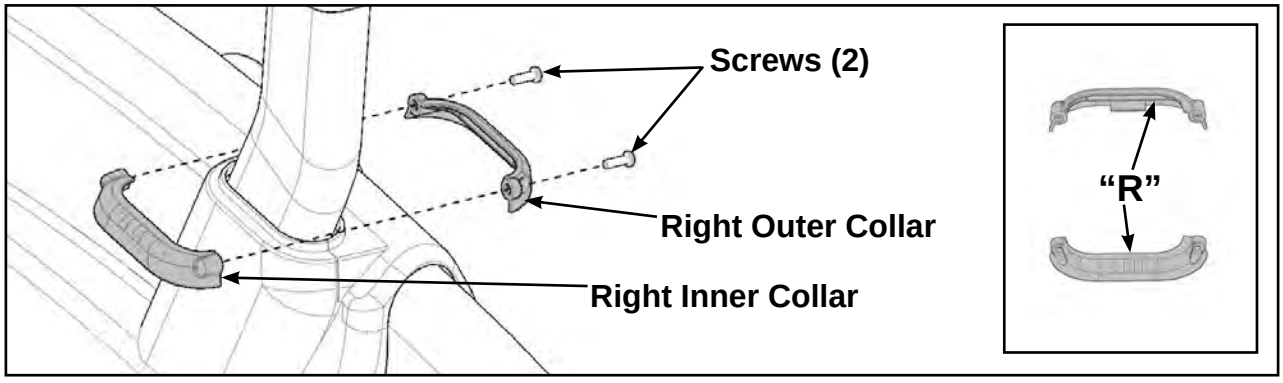
10. Install the right outer rear cover with five screws using a Phillips screwdriver.



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

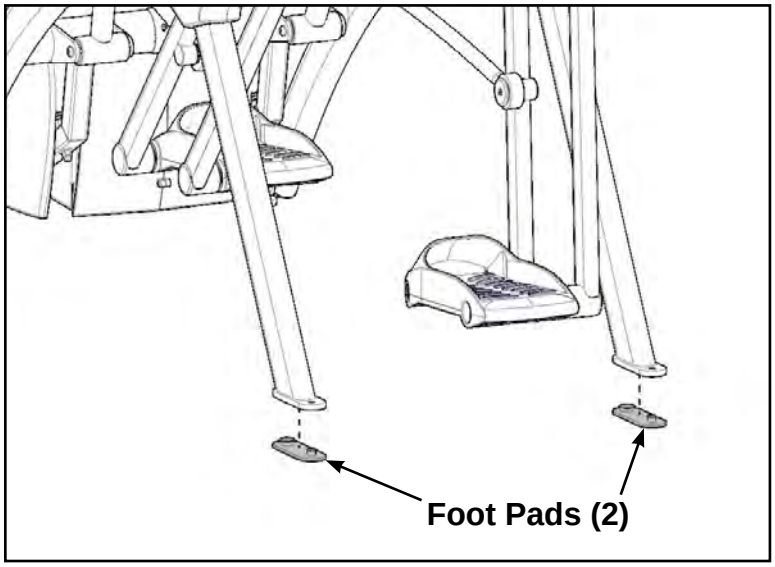


12. Install the right inner and outer collars with two screws using a Phillips screwdriver. Collars are marked with an "R" on the inside and have a left and right side.



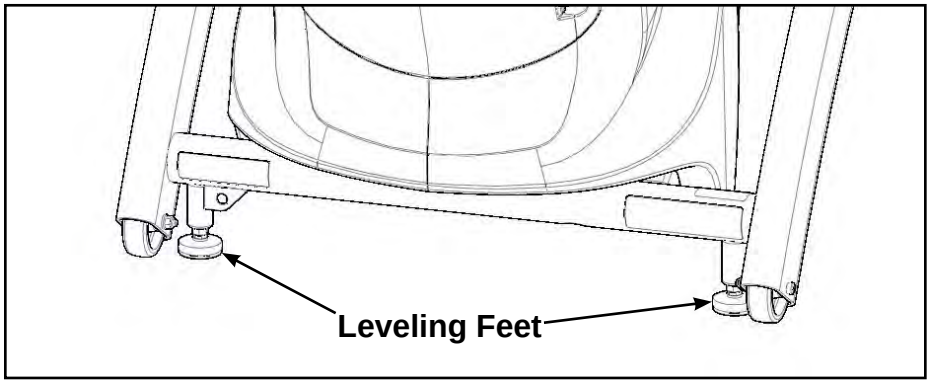
Attach foot pads

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



Level unit

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



Visually inspect unit

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

770AT Assembly Procedure

Tools Required

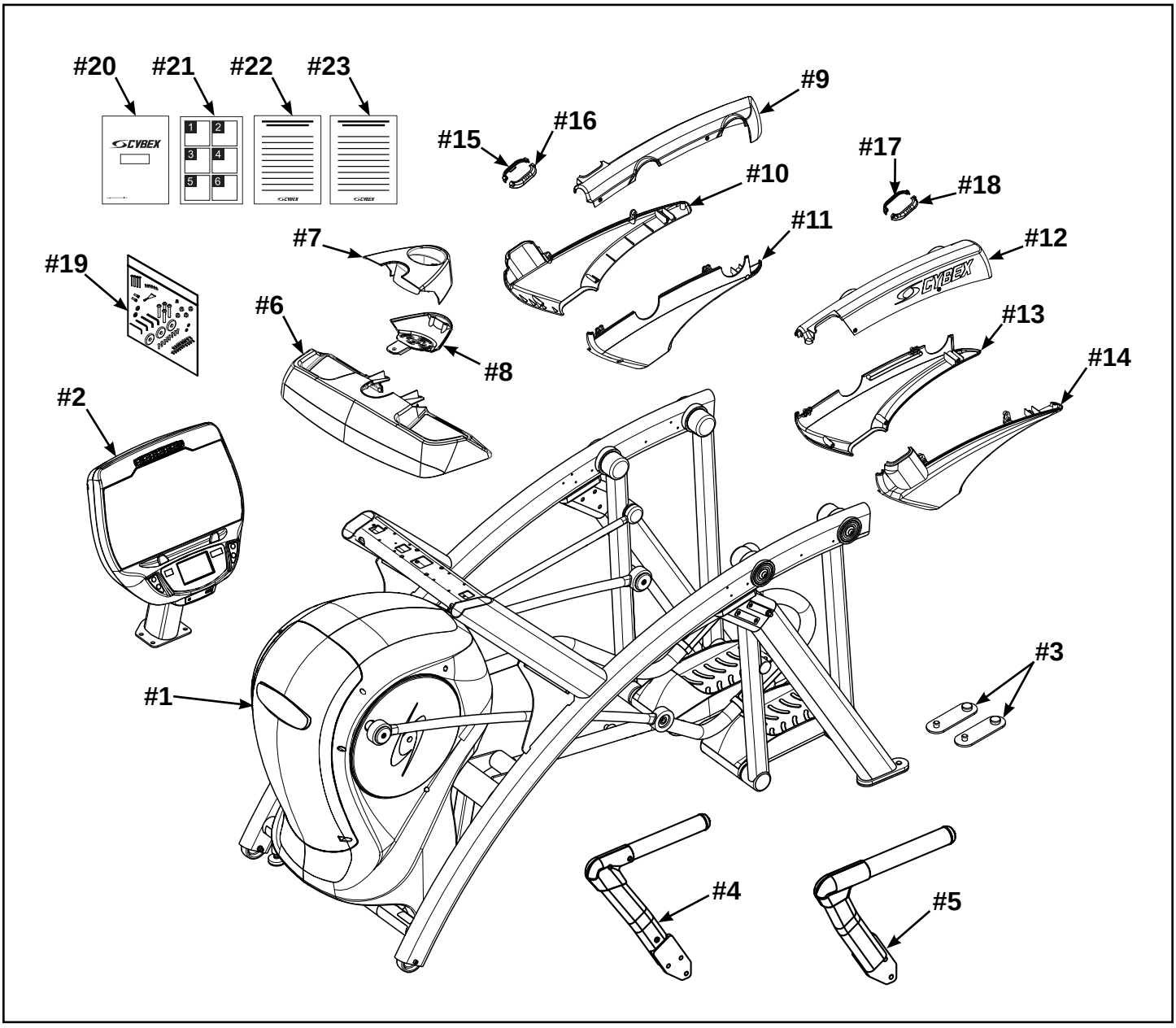
- Phillips screwdriver
- Stubby Phillips screwdriver
- 3/16" Allen wrench (supplied)
- 7/32" Allen wrench (2) (supplied)
- 9/16" Open end wrench (2)

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

Two people will be required for this procedure.

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

Item	Quantity	Part Number	Description
1	1	Varies	Base assembly
2	1	Varies	Console assembly
3	2	12090-322	Foot pad
4	1	NA	Handle, Right
5	1	NA	Handle, Left
6	1	770A-316	Base, Accessory tray
7	1	770A-317	Cover, Top, Accessory tray
8	1	770A-318	Cover, Bottom, Accessory tray
9	1	770A-322	Cover, Rear, Top, Right
10	1	770A-323	Cover, Rear, Outer, Right
11	1	770A-324	Cover, Rear, Inner, Right
12	1	770A-319	Cover, Rear, Top, Left
13	1	770A-321	Cover, Rear, Inner, Left
14	1	770A-320	Cover, Rear, Outer, Left
15	1	770A-341	Collar, Outer, Right
16	1	770A-340	Collar, Inner, Right
17	1	770A-334	Collar, Inner, Left
18	1	770A-335	Collar, Outer, Left
19	1	NA	Hardware pack
20	1	5770-X	Owner's Manual
21	1	770AT-316	Assembly poster
22	1	770A-415	Commercial Arc warranty sheet
23	1	770A-416	Consumer Arc warranty sheet



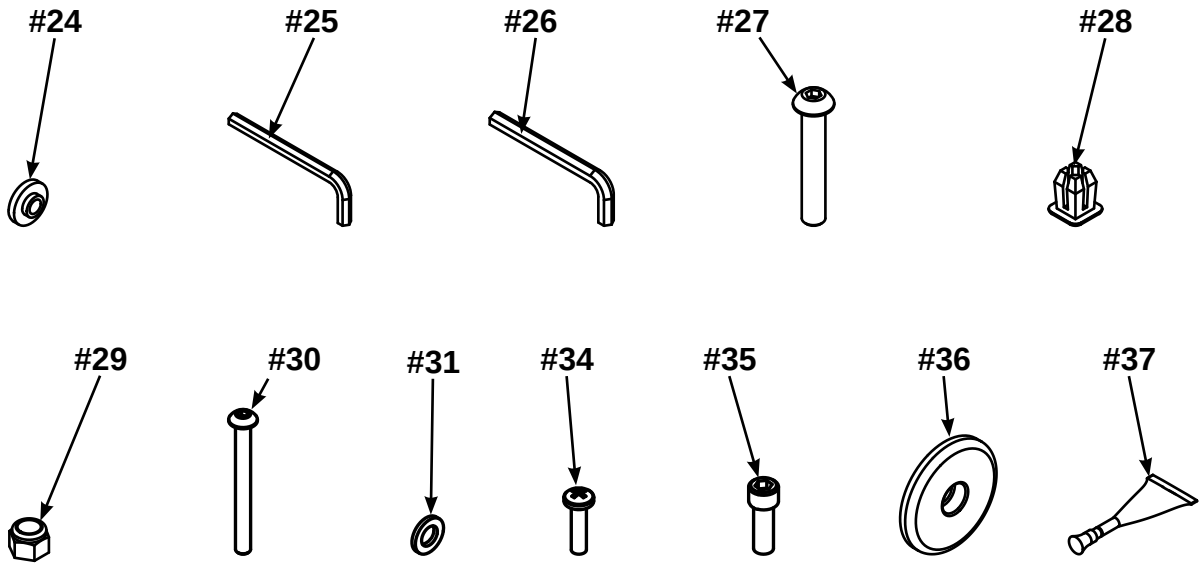
Verify contents of hardware pack

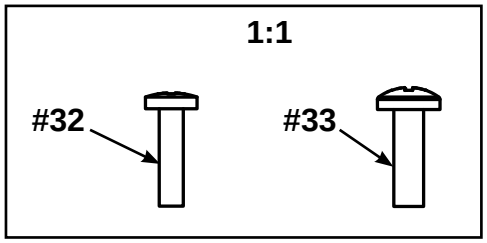
See hardware pack listings and hardware pack contents. See ***Customer Service*** for contact information if any parts are missing.

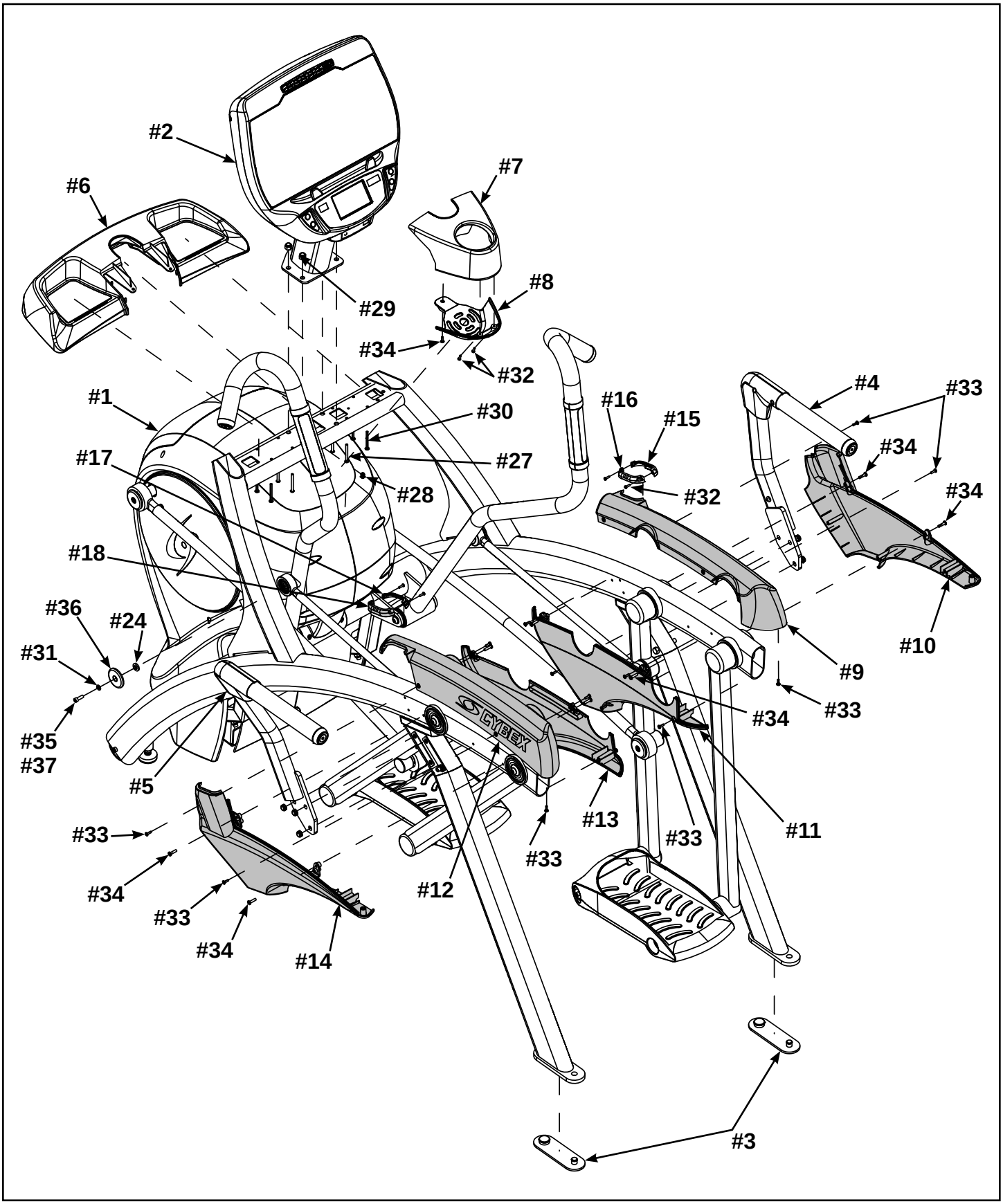
Item	Quantity	Part Number	Description
24	2	600A-311	Flange Spacer
25	1	BK030201	3/16" Allen Wrench
26	2	BK030204	7/32" Allen Wrench
27	4	HC700428	BHSCS .375-16 x 2.25"
28	1	HF540200	Grommet, Nylon
29	4	HN704901	Locknut, .375-16 Nylon
30	4	HT592526	Tap Sc 10-12 x 2.00 Pn Hd Phil

Item	Quantity	Part Number	Description
31	2	HS307601	Washer, Flat .281 ID x .500 OD x .062"
32	6	HT532512	Screw, Pan Head Phillips, #6 x .50"
33	19	HT552512	Screw, Pan Head Phillips, 8-16 x .50"
34	8	HT572515	Screw, Pan Head Phillips, 10-24 x .75"
35	2	HX622815	SHCS .250-20 UNC-3A SS
36	3	PL-16535	Linkage Rod Cap 2.00 OD (1 extra)
37	1	YA000201	Loctite

770AT Hardware






#2
#6
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#27
#34
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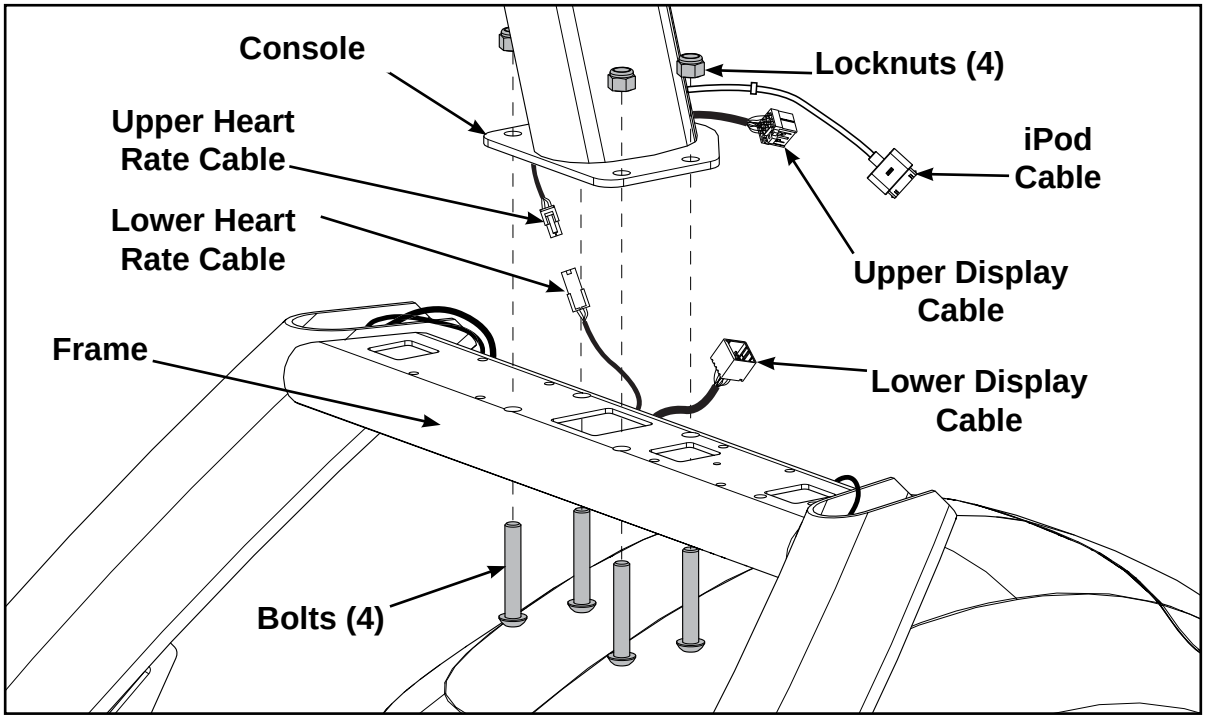
#33
#34
#35
#37
#5
#13
#11
#33
#33
#12
#33
#34
#33
#34
#14
#3

Lift and move unit

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

Attach 770AT console assembly.

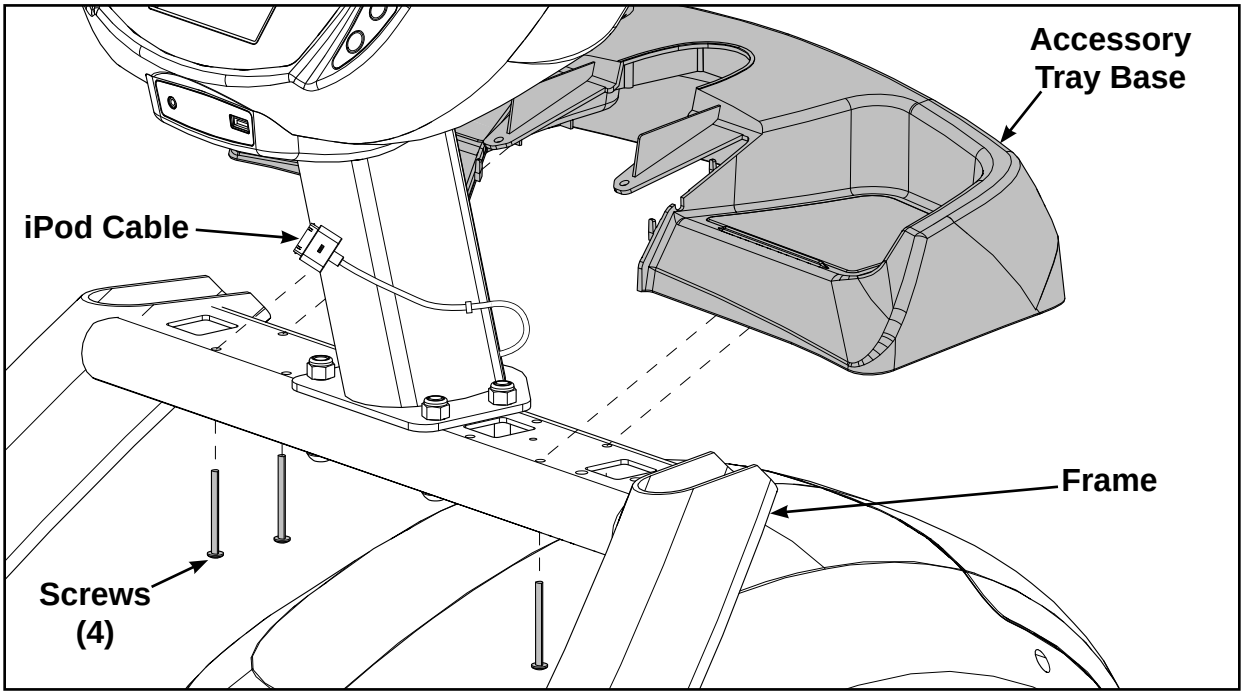
1. Plug the upper heart rate cable into the lower heart rate cable.



2. Plug the upper display cable into the lower display cable.
3. Place the console into position on the frame. Do not pinch cables while lowering the console.
4. Insert (from underneath) the four bolts into the frame and console.
5. Thread the four locknuts onto the bolts by hand.
6. Tighten the four bolts and locknuts with a 7/32" Allen wrench and a 9/16" open-end wrench.

Install accessory tray base

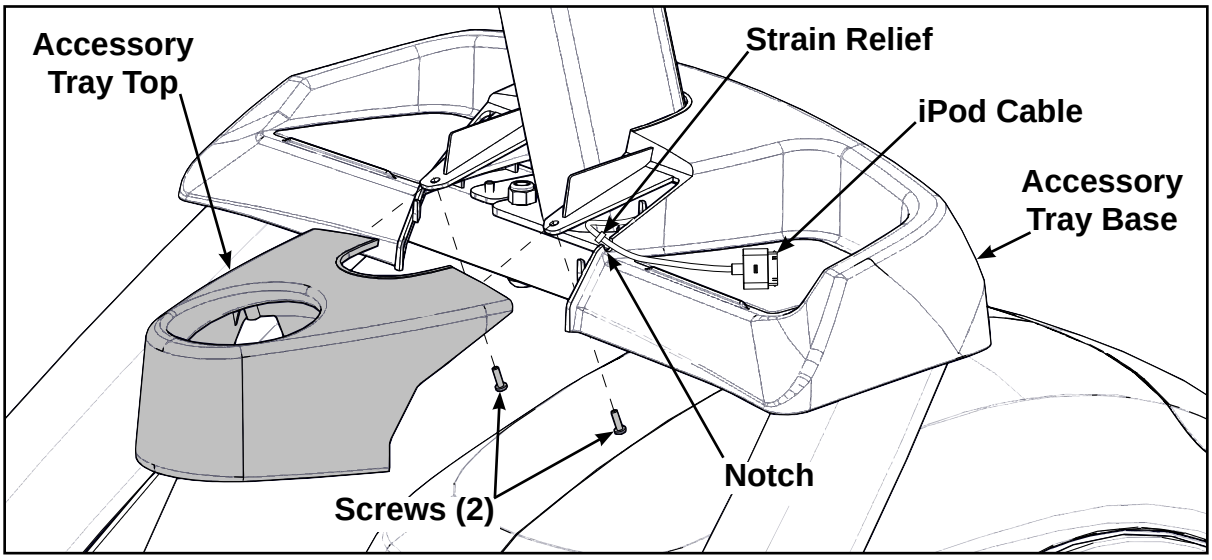
1. Place the accessory tray in position on the frame and route the iPod cable towards the back of the unit.



2. Install the four screws using a Phillips screwdriver.

Install accessory tray top

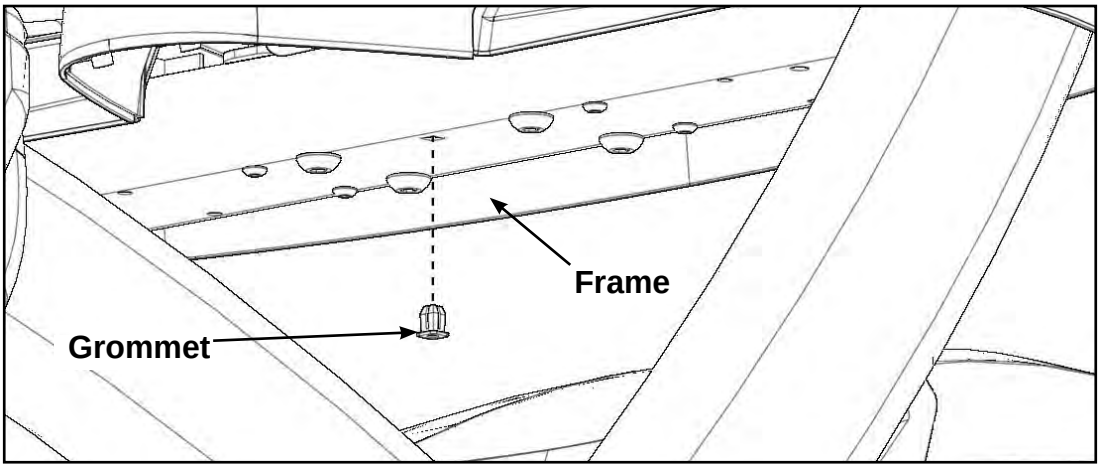
1. Place the accessory tray top in position on the accessory tray base and route the iPod cable through the notch in the accessory tray. Place the iPod cable strain relief on the inside edge of the notch in the accessory tray.



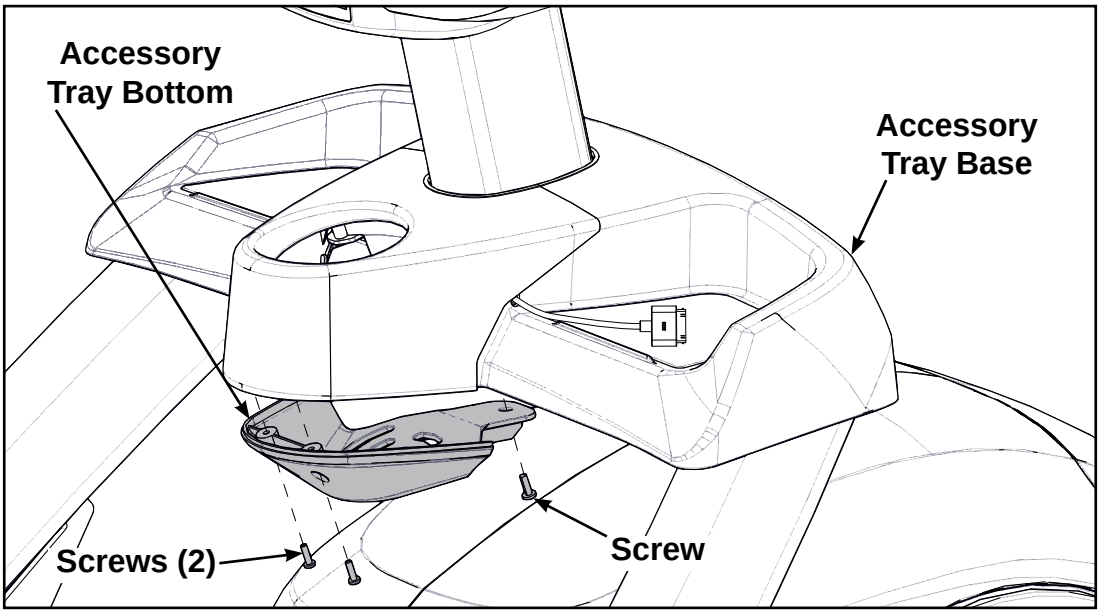
2. Install the two screws using a Phillips screwdriver.

Install accessory tray bottom

Install the grommet to the frame.

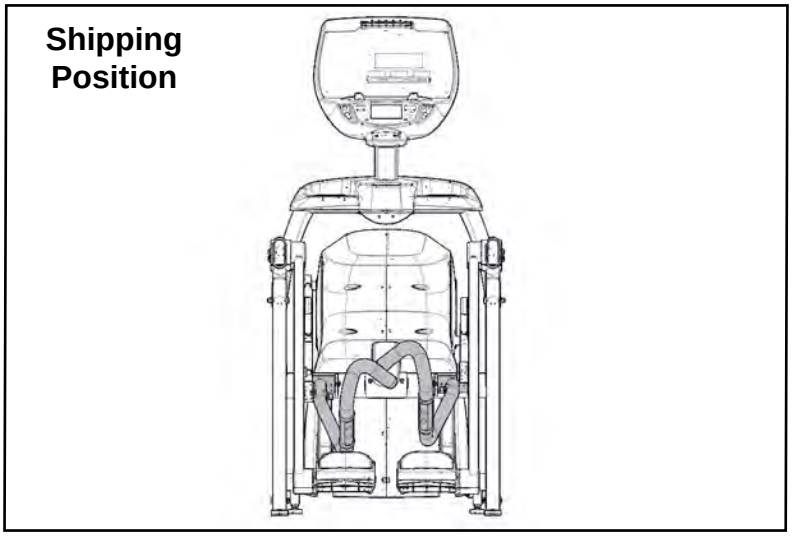


Install the accessory tray bottom to the accessory tray base with three screws using a Phillips screwdriver.

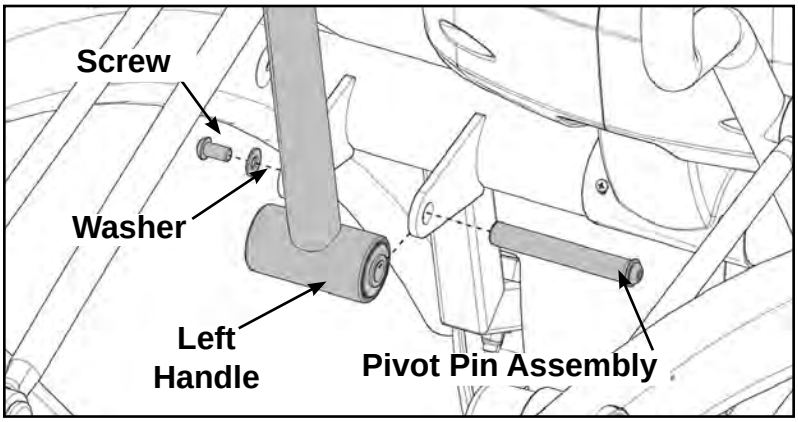


Remove left and right handle assembly

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

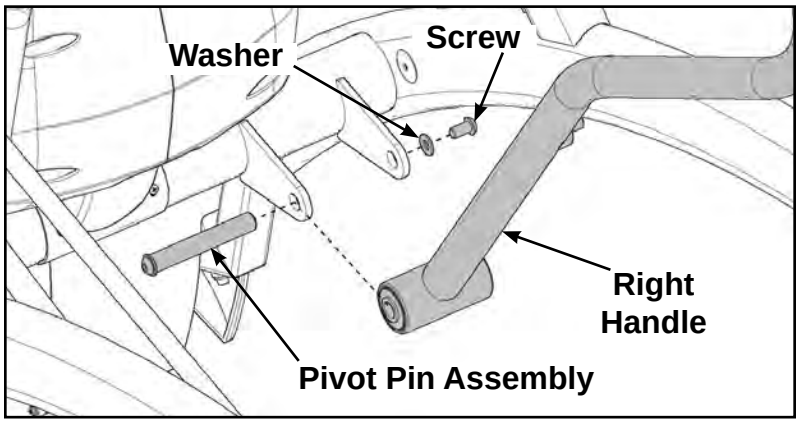


1. Remove a screw and washer from the left handle assembly using two 7/32" Allen wrenches.



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

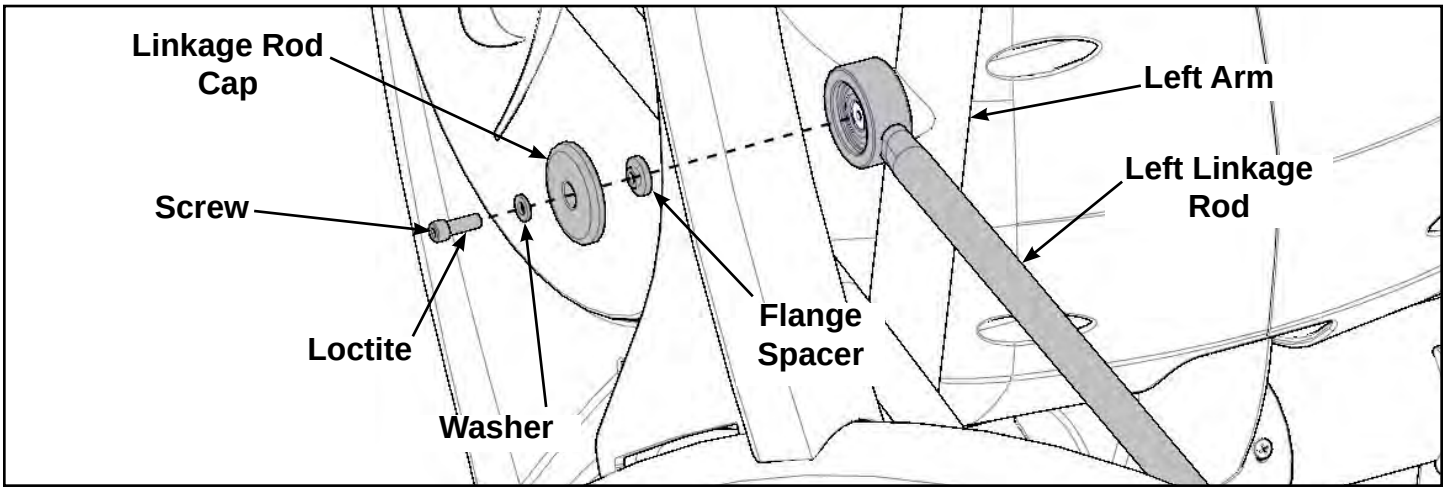
7. Remove a screw and washer from the right handle assembly using two 7/32" Allen wrenches.



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

Install the left linkage rod

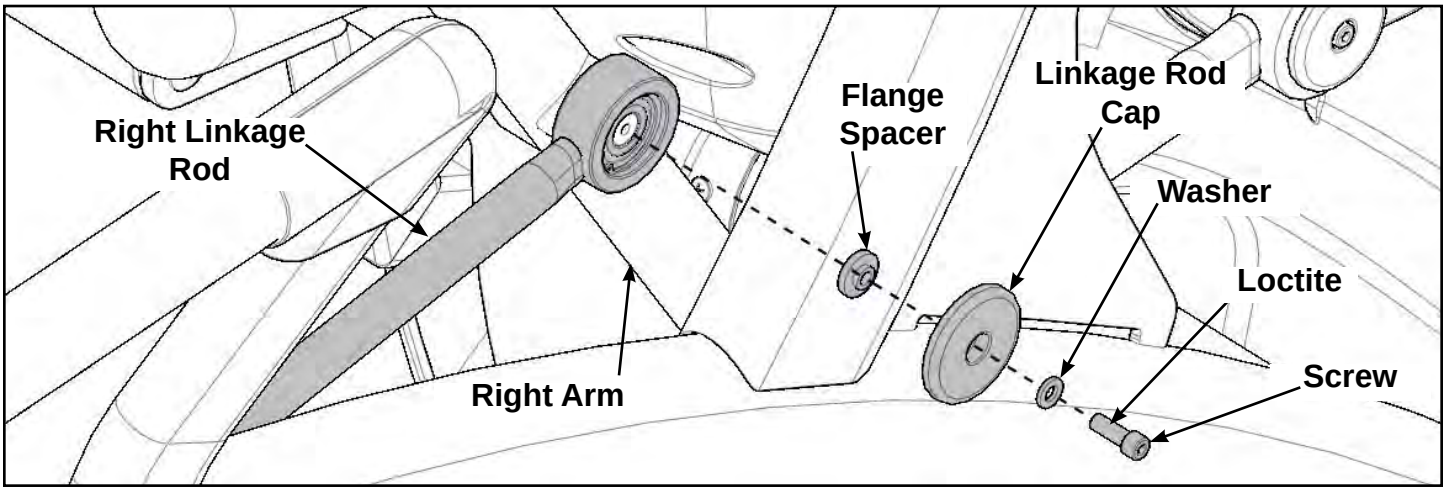
1. Pivot left handle assembly up and slide left linkage rod onto left arm.



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

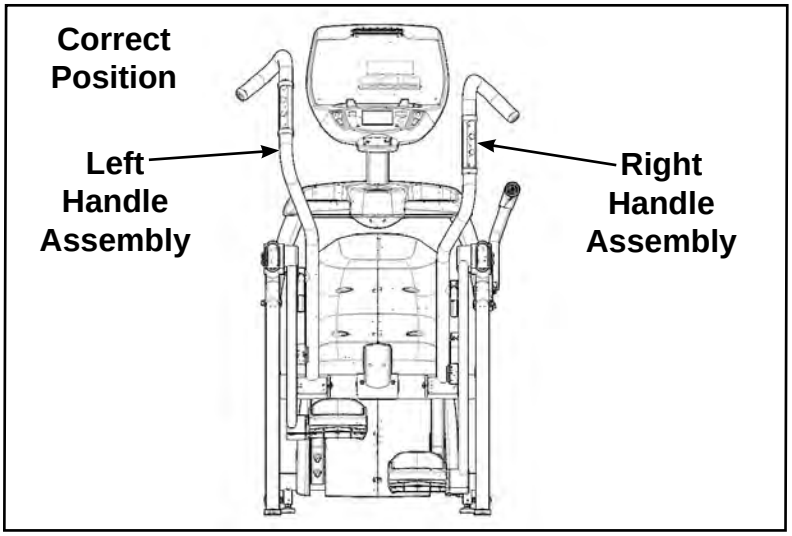
Install right linkage rod

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



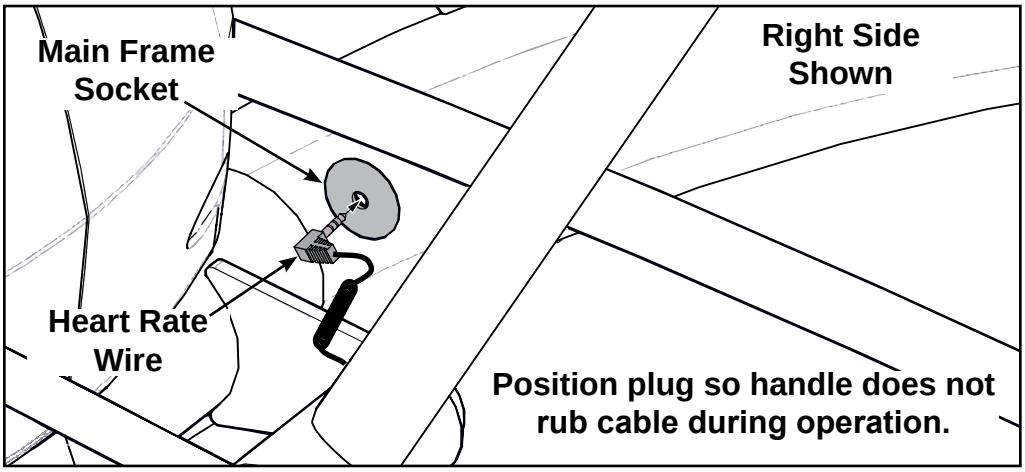
2. Place a drop of Loctite onto the screw.
3. Install the screw, washer, linkage rod cap, and flange spacer using a 3/16" Allen wrench.
4. Tighten screw to a minimum of 90 in/lbs.

Verify handle assemblies are now installed in the correct position.



Connect contact heart rate cable

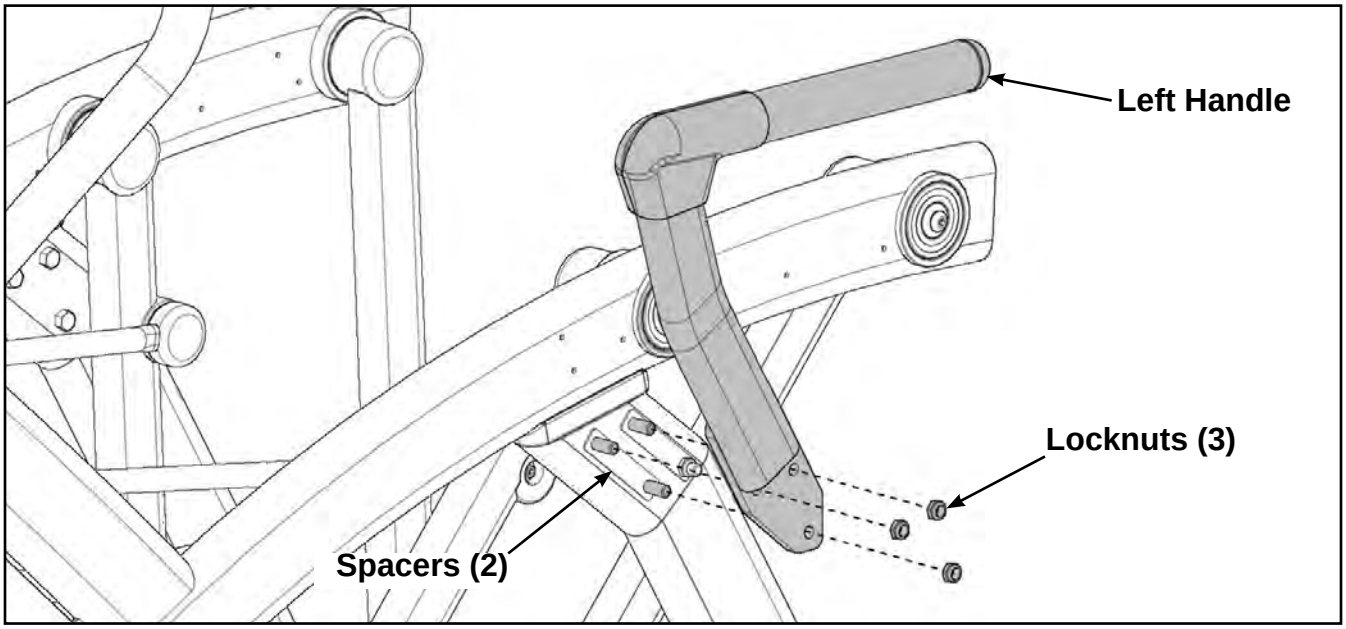
1. Plug right heart rate cable into main frame socket.



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

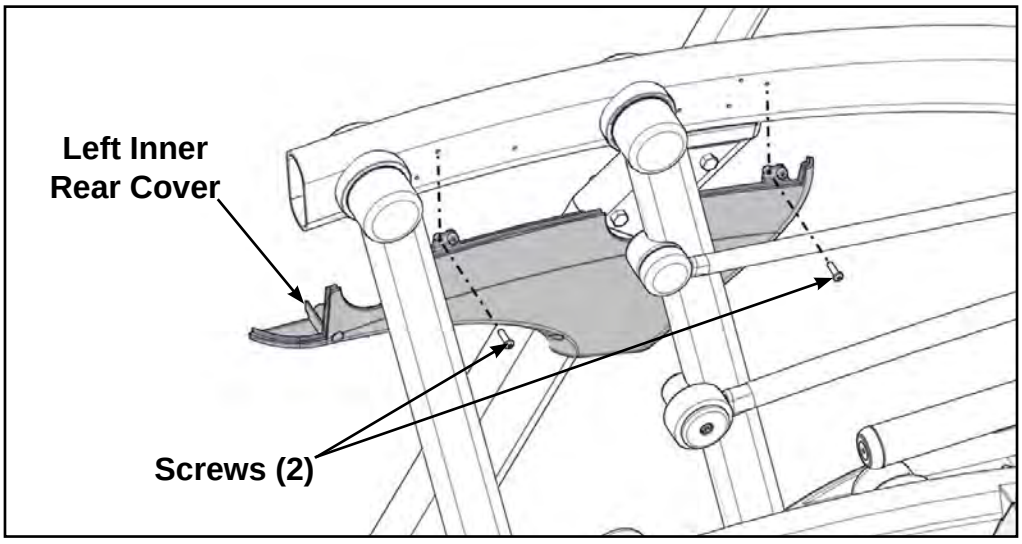
Install handrails.

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

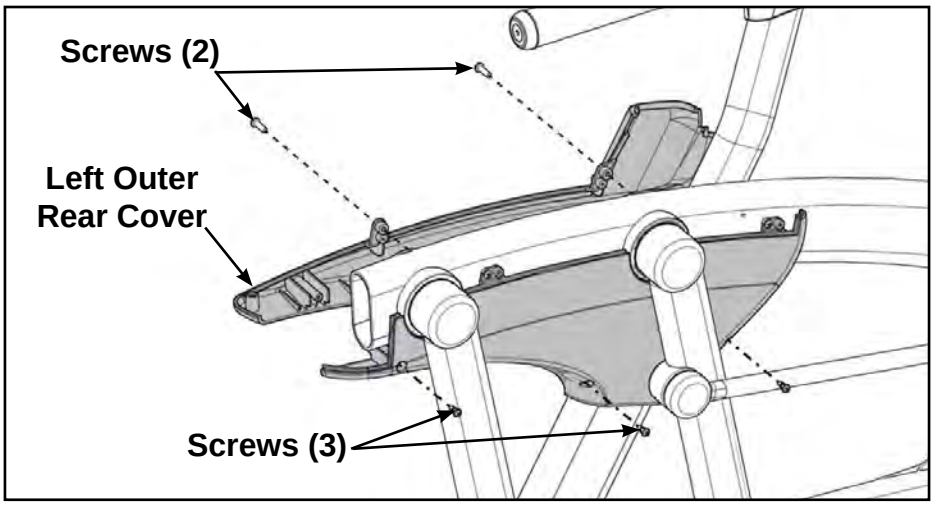


2. Install the left handle and three locknuts using two 9/16" open end wrenches.

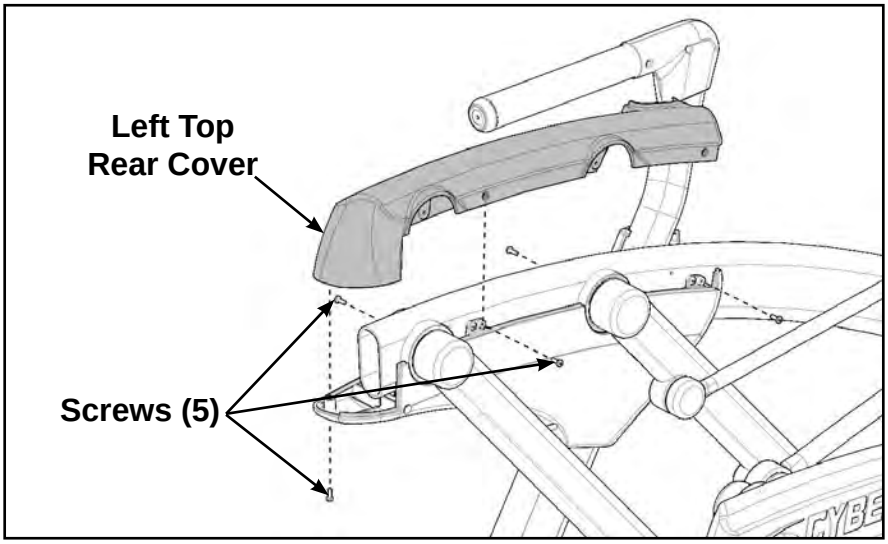
3. Install the left inner rear cover with two screws using a Phillips screwdriver.



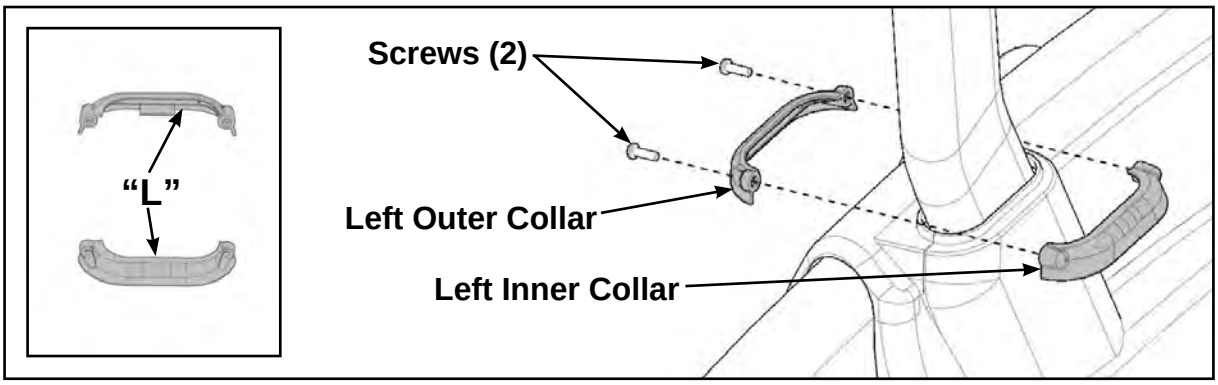
4. Install the left outer rear cover with five screws using a Phillips screwdriver.



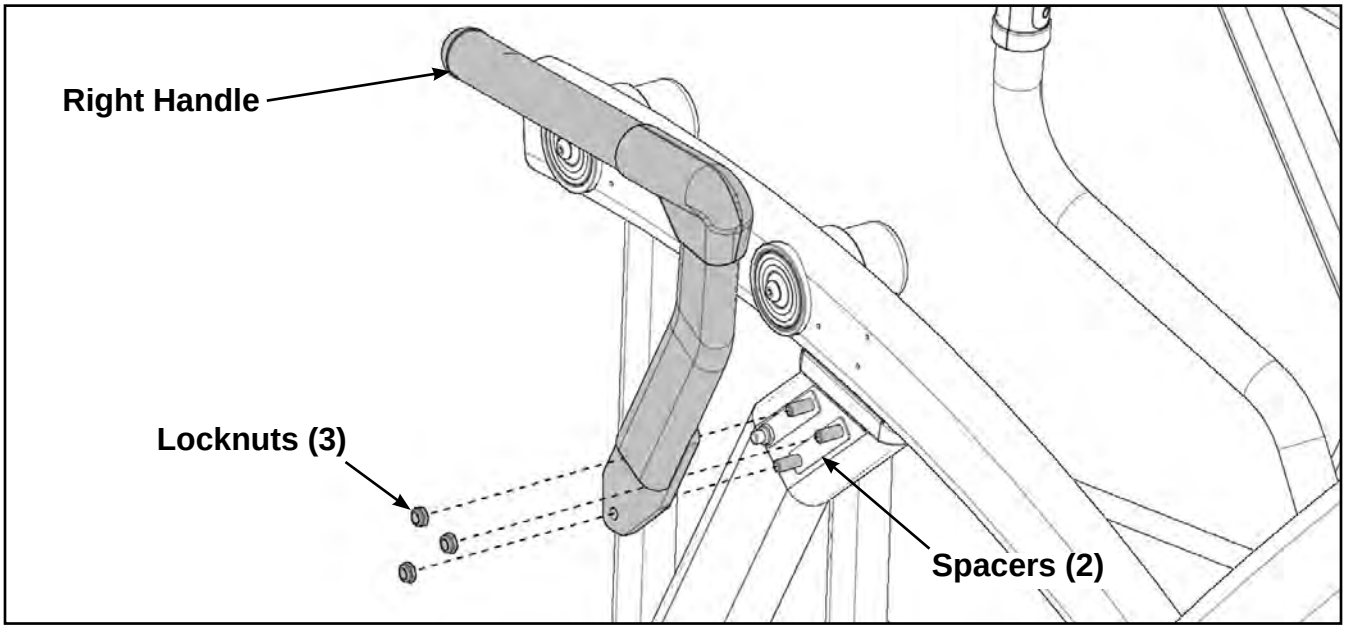
5. Install the left top rear cover with five screws using a Phillips screwdriver.



6. Install the left inner and outer collars with two screws using a Phillips screwdriver. Collars are marked with an "L" on the inside and have a left and right side.

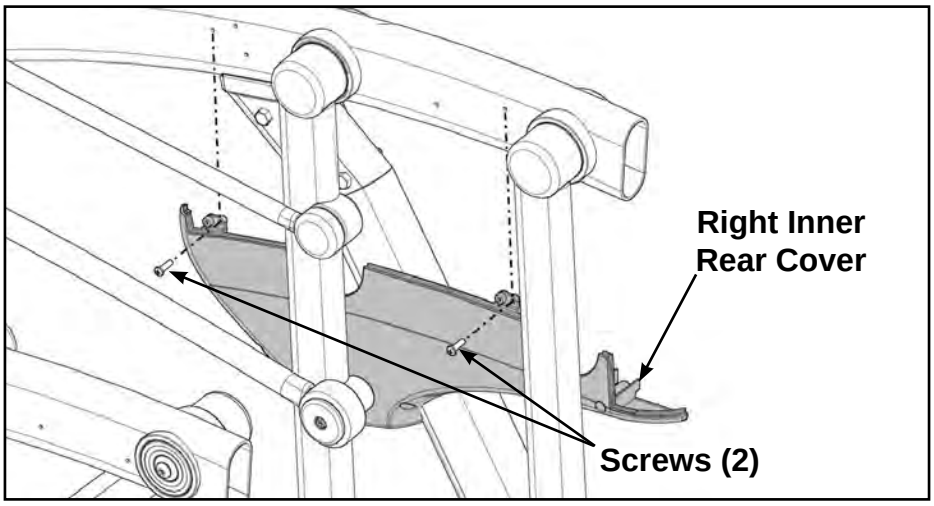


7. Remove three locknuts from the right support leg using two 9/16" open end wrenches. Keep the two spacers in place.

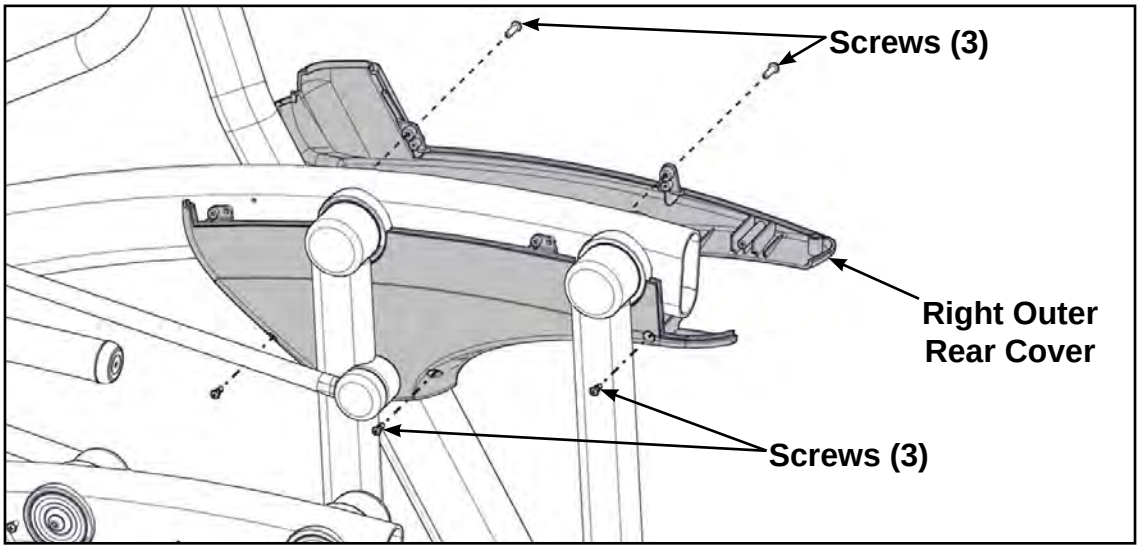


8. Install the right handle and three locknuts using two 9/16" open end wrenches.

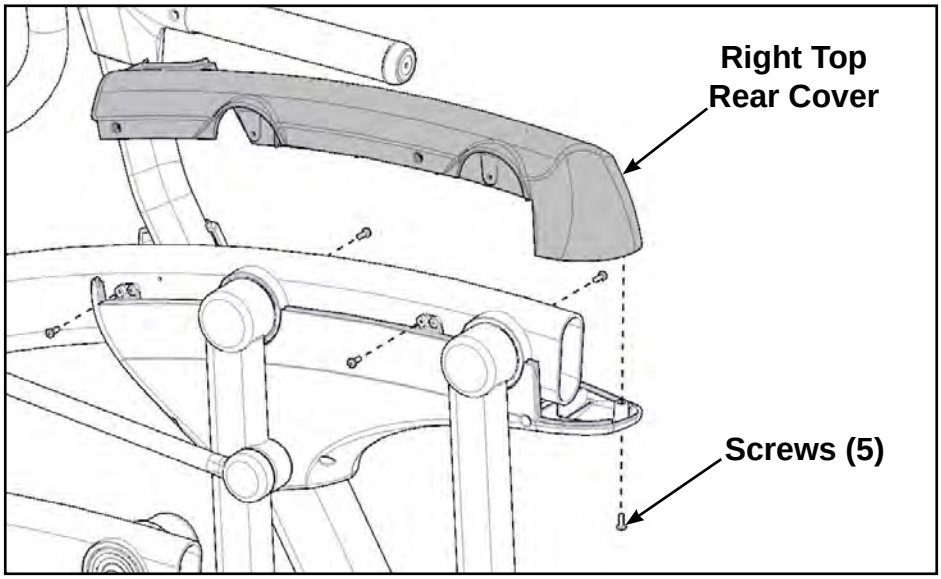
9. Install the right inner rear cover with two screws using a Phillips screwdriver.



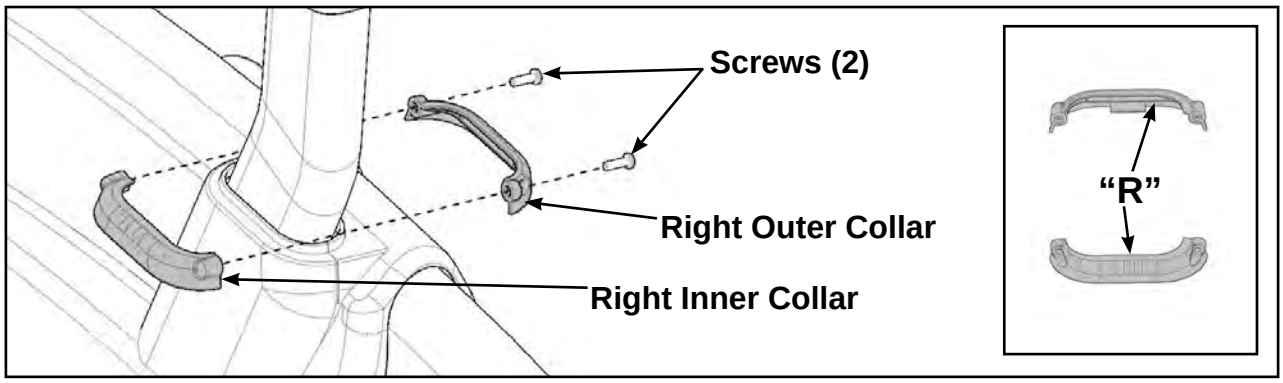
10. Install the right outer rear cover with five screws using a Phillips screwdriver.



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

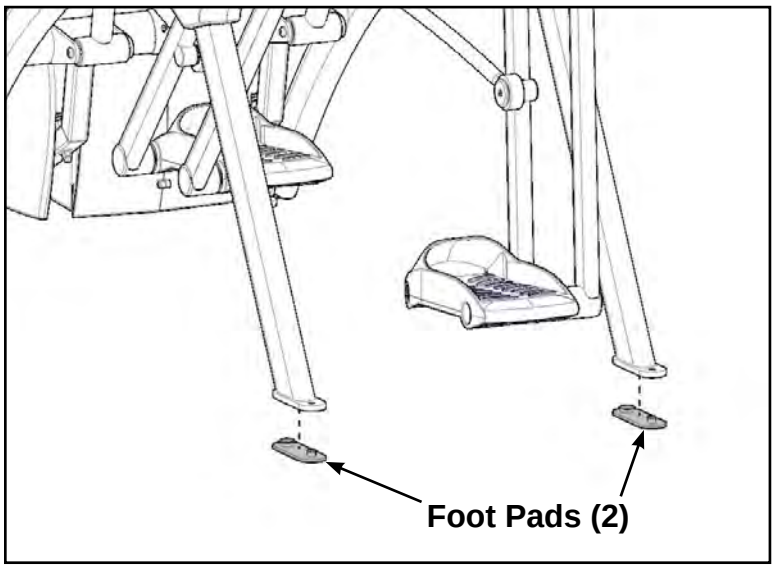


12. Install the right inner and outer collars with two screws using a Phillips screwdriver. Collars are marked with an "R" on the inside and have a left and right side.



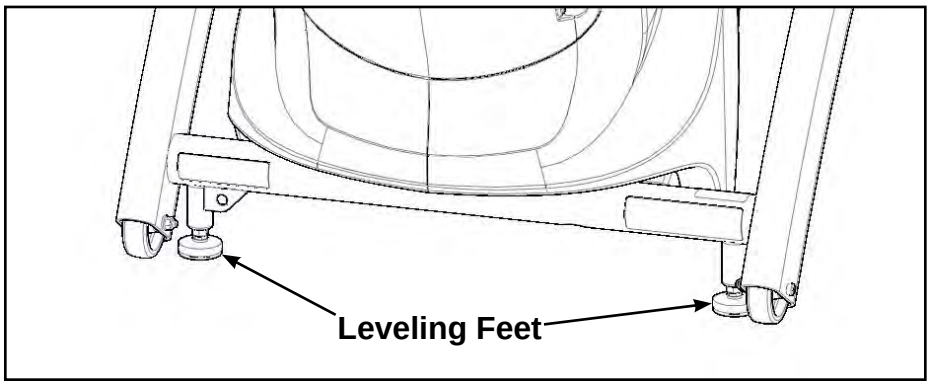
Attach foot pads

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



Level unit

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



Visually inspect unit

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

Setup

Use the following instructions to setup the units settings.

1. Plug the optional power cord and E3VEM power cord (E3VEM units only) into a power outlet from a grounded circuit, See ***Electrical Requirements***. Coil up the remainder of the power cord and place it out of the way. The control panel will light up and be in the Dormant Mode.
2. Hold the handrails to steady self while stepping into the foot plates.
3. Begin striding. Verify lower heart rate cable is not rubbing on handle during operation.

Initial setup

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

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

Distance Units	Weight Units
Miles	Lbs.
Km	Kg
	Stone

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

Setup options

Enter setup options.

1. Press the **Cybex** logo icon to display the **Access Toolbox** and **Lock Screen** options.
2. Press the Access Toolbox icon to display the *Access to Toolbox* login screen.
3. Enter the sequence: .
4. Press the Setup icon to display the *setup menu*.

The Setup options are:

Time and Date	*See Initial setup above.*
Units	*See Initial setup above.*
A/V Device (not shown for E3VEM)	Select No TV or Wireless TV.
A/V Config (not shown for E3VEM)	Active when A/V Device is set to Wireless TV. *See A/V Config and FM Radio Presets below.*
FM Radio Presets (not shown for E3VEM)	Active when A/V Device is set to Wireless TV. *See A/V Config and FM Radio Presets below.*
PEM Setup	Active when A/V Device is set to Embedded TV. *See E3VEM Controls and E3VEM Setup below.*
Workout times	Set Default and Max workout times. Default choices are 20, 30, 60, or 120 minutes. Max choices are 20, 30, 60, 120 minutes, Club, or OFF. Selecting Club sets Max time to 60 minutes from 5:01 - 9:00 AM and 4:01 - 9:00 PM, others times are OFF.
Pause	Set Pause time. Choices are OFF, 0:30, 1:00, 5:00, or 10:00 minutes. The 10:00 minute option is only available when using the optional AC power adapter.
Sound	Select console beeper settings. Choices are ON, Some, or OFF. Selecting Some enables beeper for safety related notifications, such as Entering Active, Exiting Active, and Cool Down.
Language	Select language to use for CardioTouch text. Toolbox is only available in English.
Restore Factory Defaults	Restores all setup variables back to factory defaults. Does not affect Time or Date.

Exit *Set Up Mode*

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

A/V Configuration and FM Radio Presets

Setting up the Cybex Wireless Audio Receiver Module for a 770A and 770AT requires four steps:

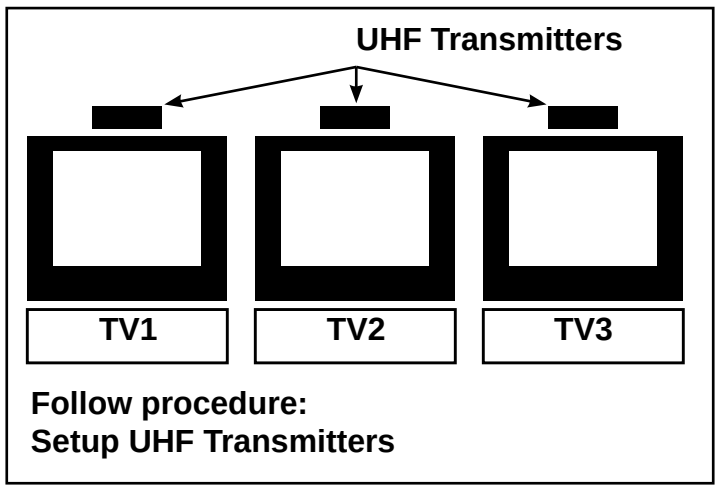
- Determine the type of transmitter used (MYE 900MHz, Broadcast Vision 863MHz, etc. or TV FM).
- Set A/V Device to "Wireless TV".
- Assign a TV channel number to each transmitter on the console.
- Add FM radio station presets (optional).

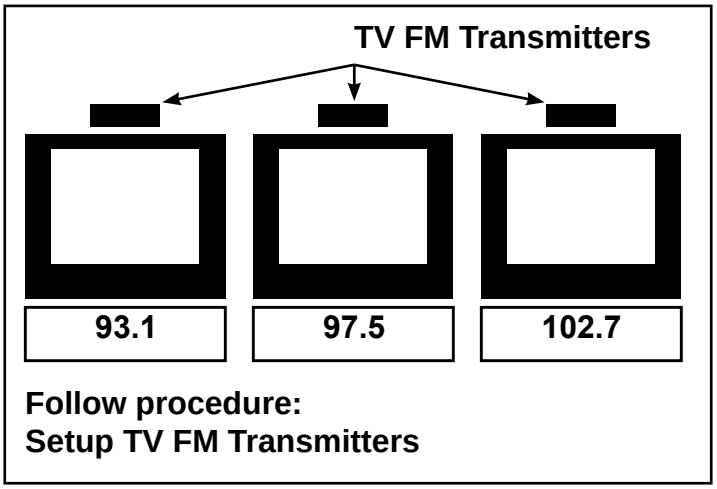
Accessories Required:

- Headphones (not included)

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.





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

1	2	3	4	5	6	7	8	9	10

A/V setup mode

1. Plug the optional power cord and E3VEM power cord (E3VEM units only) into a power outlet from a grounded circuit, See ***Electrical Requirements***. Coil up the remainder of the power cord and place it out of the way. The control panel will light up and be in the Dormant Mode.
2. Hold the handrails to steady self while stepping into the foot plates.
3. Begin striding.
4. Tap CYBEX to access the **Access Toolbox** and **Lock Screen** options.
5. Tap **Access Toolbox** to access the *Toolbox* login screen.
6. Enter the sequence: ⊘ 7 7 0 ↵.

7. Tap **Setup** at the main *Toolbox* screen.
8. Tap **Scroll Right** to navigate to the **A/V Device** icon.
9. Tap **A/V Device**.
10. Tap **Device Installed** to select "Wireless TV" if not set.
11. Tap **Toolbox** to return to the *Toolbox* screen.
12. Plug in headphones to listen for channels during setup.

Setup UHF Transmitters

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

Pick transmitter type

1. Tap **Setup** at the main *Toolbox* screen.
2. Tap **Scroll Right** to navigate to the **A/V Config** icon.
3. Tap **A/V Config** to enter "TV Configuration".
4. The display box will show the transmitter type. If your transmitter is not shown, tap **Select Xmtr** to toggle through the choices until your transmitter type is shown. If the display box is blank, there may be a problem with the embedded receiver, contact Customer Service.

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		

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

If no TV numbers appear, no UHF transmitters were discovered. Verify the UHF transmitters are powered on and set to their respective TV numbers (1,2,3, etc.) or toggle the Near/Far setting and re-scan.

Review channels

1. Tap **Up** or **Down** to listen to available channels with the headphones.
2. Delete unwanted channels by pressing **Delete** to delete channel. Repeat process for additional unwanted channels.
3. Tap **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 all channels did not show up in the scan as expected, toggle the Near/Far setting and re-scan The transmitter codes (see documentation for your transmitters to perform a code change.)
4. Tap **Toolbox** then **Home** to exit setup. Transmitter setup complete.
5. Press **Show All** to confirm the TV numbers correspond to the frequencies entered.
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. Tap **Setup** at the main *Toolbox* screen.
2. Tap **Scroll Right** to navigate to the **A/V Config** icon.
3. Tap **A/V Config** to enter **TV Configuration**.
4. Tap **Select Xmtr** to select your transmitter type as "TV FM".

Enter TV channels using one of the following procedures

- Tap **Seek** to seek the next TV FM frequency or **Up** or **Down** to tune manually. Press **Add** to store channel.
- Tap the keypad numbers to enter known channel, Press **Enter** and **Add** to store channel.

5. Repeat procedure to add all TV FM channels.

6. Press **Toolbox** then **Home** to exit setup when all the TV's FM transmitter frequencies have a TV number. Transmitter setup complete.
7. 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. Tap CYBEX to access the **Access Toolbox** and **Lock Screen** options.
2. Tap **Access Toolbox** to access the *Toolbox* login screen.
3. Enter the sequence: 7 7 0 .
4. Tap **Setup** at the main *Toolbox* screen.
5. Tap **Scroll Right** to navigate to the **FM Radio Presets** icon.
6. Tap **FM Radio Presets** to display **FM Radio Presets** on the console.

Enter FM radio channels using one of the following procedures

- Tap **Seek** to seek the next FM radio frequency or **Up** or **Down** to tune manually. Tap **Add** to store channel.
- Tap the keypad numbers to enter known channel, Press **Enter** and **Add** to store channel.

7. Repeat procedure to save up to 32 FM radio stations.
8. Tap **Next** or **Previous** to scroll through and verify all FM radio stations.
9. Press **Show All** to to confirm the radio station numbers correspond to the frequencies entered.
10. Tap **Toolbox** then **Home** to exit setup when all FM radio stations are stored.

Adjust sound volumes

After completing the channel setup, it may be necessary to adjust the volume level of each TV so they all have similar volume levels. Since the FM Radio station volume can not be adjusted, this will be used as a 'base line' volume to adjust the TV's to.

1. Plug headphones into headphone jack.
2. Begin striding and press the **QUICK START** icon.
3. Press the **TV** icon.
4. Tap **Next** or **Previous** to select an FM radio station. This volume is not adjustable and is the base volume.
5. Tap **Up** or **Down** to select a TV station.
6. 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 unit to be the same for all TV and FM channels.
7. Repeat procedure for all TV's.

Using the Cybex Wireless Audio Receiver

1. Plug headphones into headphone jack.
2. Begin striding and press the **QUICK START** icon.
3. Tap the TV icon to listen to TV channels. Press the FM icon to listen to FM radio channels.
4. Tap **Next** or **Previous** to change TV or FM channels.
5. Tap volume **Up** or **Down** to adjust volume.

E3VEM Controls

The CardioTouch screen is used to perform all setup operations for the E3VEM (E3 View Embedded Monitor).

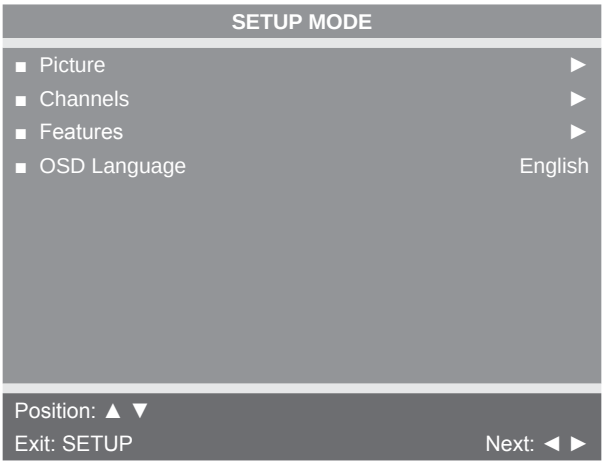
CardioTouch screen functions

	Wrench Icon	Return to Toolbox home
	Up	Go to Setup home screen
	Next	Moves forward in Setup menu to next screen
	Default Display Mode	Select TV + Data, TV Only or Data Only
	On/Off	Turn the E3VEM on or off
	Reset Defaults	Reset the setup values and clear all programmed channels.
	CH List	List all available channels
	Setup	Toggles the setup menu
	Navigate up	Navigate up through the on-screen menu
	Navigate down	Navigate down through the on-screen menu
	Navigate left	Decrease value
	Navigate right	Increase value

E3VEM Setup

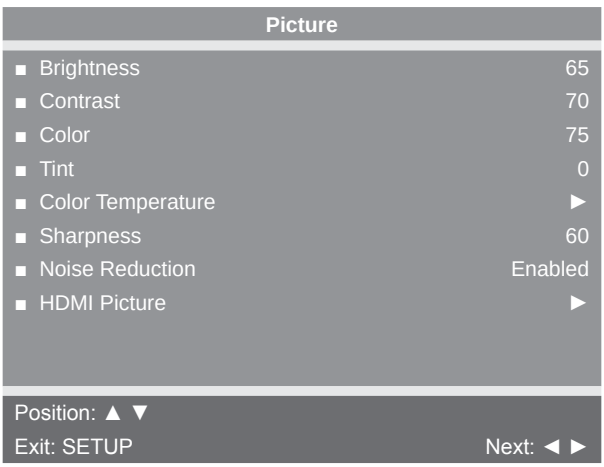
Access Setup Screen

1. Tap the **Cybex** logo icon to display the **Access Toolbox** and **Lock Screen** options.
2. Tap the **Access Toolbox** icon to display the *Access to Toolbox* login screen.
3. Enter the sequence: .
4. Tap the **Setup** icon to display the *setup menu*.
5. Tap the **Shift Right** icon to navigate to the **EPEM Setup** icon.
6. Tap the **EPEM Setup** icon.
7. Tap the **Setup** icon to advance to the SETUP MODE screen on the E3VEM. Follow procedure to setup the E3VEM.



Picture

1. Tap ▲ or ▼ to select **Picture**.
2. Tap ► to select access **Picture** menu.



3. Tap ▲ or ▼ to select settings.
4. Tap ◄ or ► to adjust settings.

Picture settings

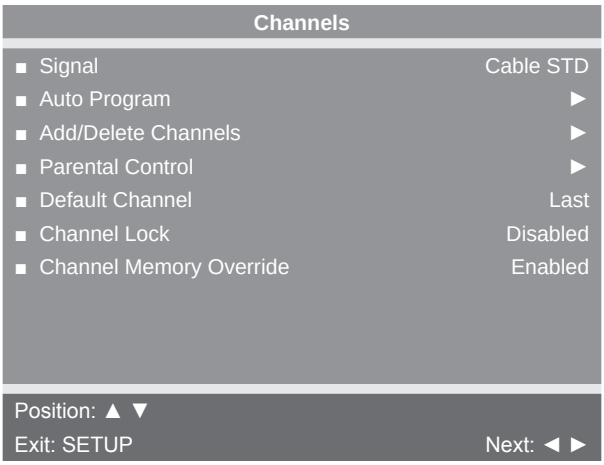
Brightness	Adjust range from 1 to 100. Default is 65.
Contrast	Adjust range from 1 to 100. Default is 70.
Color	Adjust range from 1 to 100. Default is 75.
Tint	Adjust range from 1 to 100. Range is R50 to G50. Default is 0.
Color Temperature	Adjust color balance of Red, Green and Blue temperatures.
Sharpness	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.

5. Tap the **Setup**

icon to return to SETUP MODE menu.

Channels

1. Tap ▲ or ▼ to select **Channels**.
2. Tap ► to select access **Channels** menu.



3. Tap ▲ or ▼ to select settings.
4. Tap ◄ or ► to adjust settings.

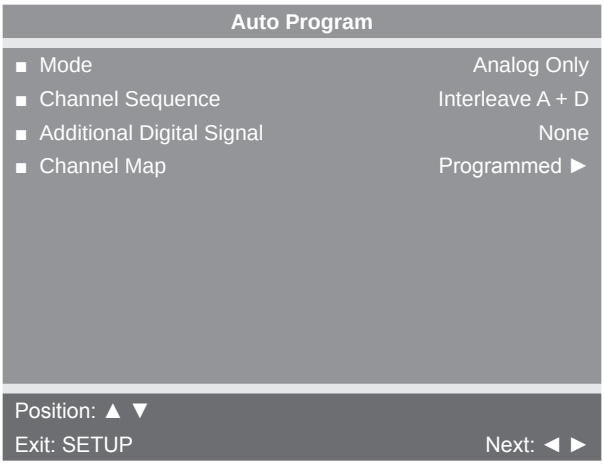
Channel settings

Signal	Select Air, Cable STD, Cable IRC, or Cable HRC.
Auto Program	*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.

Auto Program

1. Tap ▼ to select **Auto Program**.
2. Tap ► to enter the menu.
3. Tap ▲ or ▼ to select **Mode**.



4. Tap ◄ or ► to set the scope of channel scanning.

- 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.

5. Tap ▼ to select **Channel Sequence**.
6. Tap ◄ or ► to set the Channel Sequence in which the channels are displayed after searching.

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

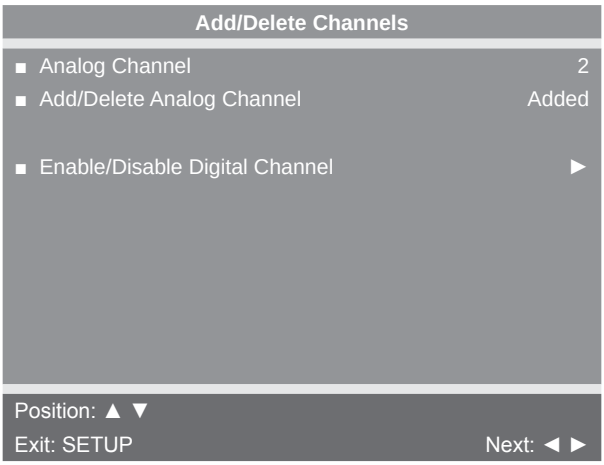
7. Tap ▲ or ▼ to select **Additional Digital Signal**. Not available when **Mode** is set to Analog Only.
8. Tap ◄ or ► to choose the **Additional Digital Signal** source. Choices are: None, Air, Cable STD, Cable IRC, or Cable HRC.
9. Tap ▼ to select **Channel Map**.
10. Tap ► to start auto programming. A confirmation menu will appear before proceeding.
11. Tap ▲(Yes) to start auto programming. Tap ▼(No) button to cancel the operation. The TV will now search all available channels with an on-screen progress percentage displayed. Any tuning Mode that includes Digital channels will require several minutes to complete auto programming.

This may take 20 or more minutes. If screen shuts off, tap the icon to turn monitor on.

12. Tap the **Setup** icon to return to normal TV viewing once auto programming is complete.
13. Tap the icon to list programmed channels.
14. Tap the **Setup** icon to return to SETUP MODE menu.

Add/Delete Channels

1. Tap ▼ to select **Add/Delete Channels**.
2. Tap ► to enter the Add/Delete Channels menu.

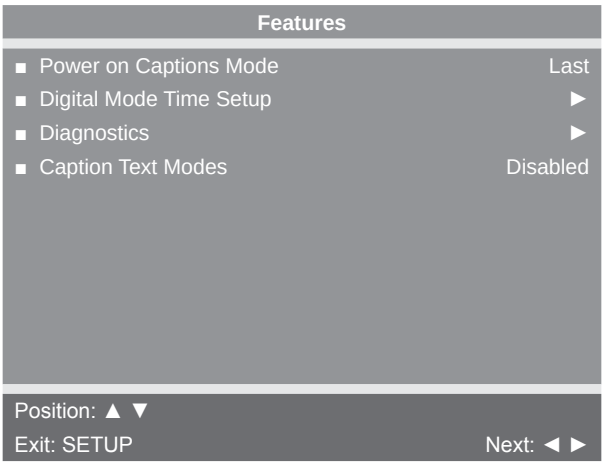


To add or delete an analog channel perform the following procedure. To enable or disable digital channels, go to step 7.

3. Tap ◄ or ► to select the desired analog channel.
4. Tap ▲ or ▼ to highlight **Add/Delete Analog Channel**.
5. Tap ◄ or ► to select **Added** or **Deleted**.
6. Tap the **Setup** icon to return to the previous menu. To exit, Tap the **Setup** icon until the programming menus disappear. If there are more analog channels to be added or deleted, repeat steps 3 through 5.
7. Tap ▲ or ▼ to highlight **Enable/Disable Digital Channel**.
8. Tap ► 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. Tap ▲ or ▼ to highlight the digital channel that needs to be enabled or disabled.
10. Tap ◄ or ► to select **Enable** or **Disable**.
11. Tap the **Setup** icon to return to the previous menu.

Features

1. Tap ▲ or ▼ to select **Features**.
2. Tap ► to select access **Features** menu.



3. Tap ▲ or ▼ to select settings.
4. Tap ◄ or ► to adjust settings.

Feature settings

Power on Captions Mode	Select Off or Last. Last will set caption 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	Select Enabled or Disabled.

5. Tap the **Setup**

icon to return to SETUP MODE menu.

OSD Language

1. Tap ▲ or ▼ to select **OSD Language**.
2. Tap ◄ or ► to select language. Choices are English, Français or Español.
3. Tap the **Setup**

icon to return to SETUP MODE menu.

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

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

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

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

WARNING: ***Serious injury or death can occur. To avoid injury or death the following procedure must be followed. Wait until all moving parts come to a complete stop before dismounting. Failure to wait for complete stop can trip or injure user.***

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

Operation

Intended Use

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

Terms Used

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

Auto-Scan – Display automatically cycles through workout data.

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

Cool Down – A reduction of work load for a short duration allows user to gently reduce heart rate. Cool Down occurs two minutes prior to completion of the workout session.

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

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

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

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

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

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

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

User Control Symbols Used

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

CardioTouch Symbols Used

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

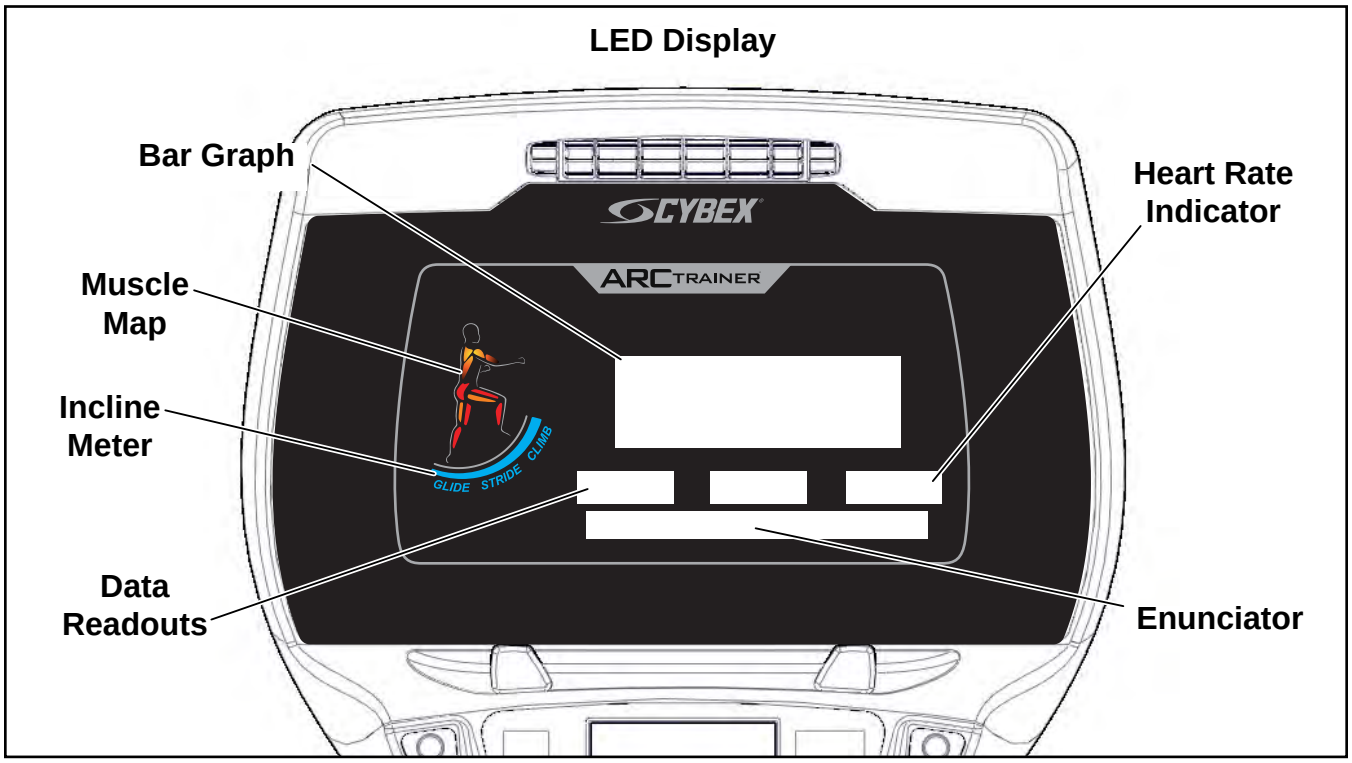
Icon	Icon Name	Description
	SHIFT LEFT	Shift the screen left to view more options.
	SHIFT RIGHT	Shift the screen right to view more options.

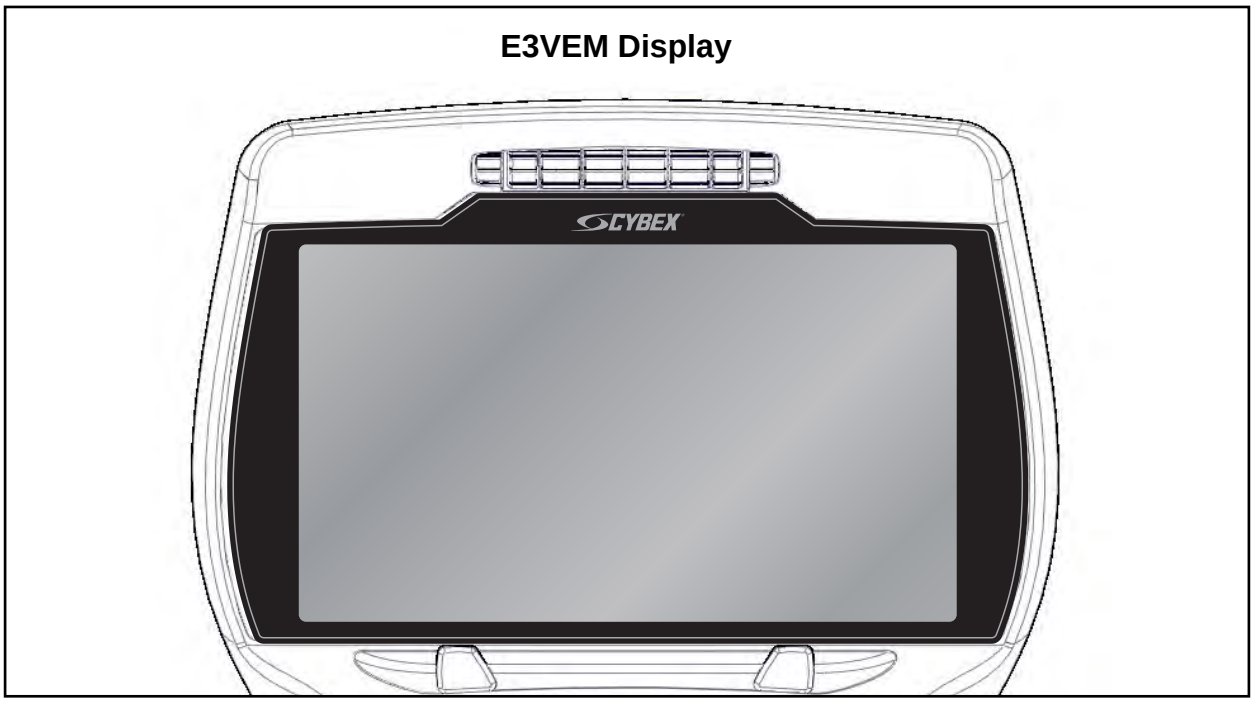
CardioTouch Symbols Used (continued)

Icon	Icon Name	Description
	KEYPAD	Numeric keypad for entering data.
	ENTER	Select after entering information to enter value.
	CLEAR	Clear any values selected.
	INFO	Select to provide more information and details.
	SCALE	Displays current value and high/low range.
	CYBEX LOGO	Tap Cybex logo to access *Screen Lock* and *Toolbox*. See Preventive Maintenance section.

Console Display

The 770A and 770AT models have two display options, LED or E3VEM shown below.



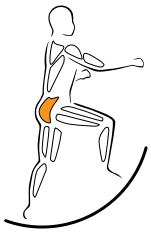
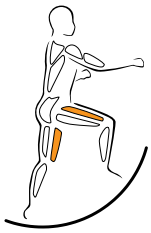
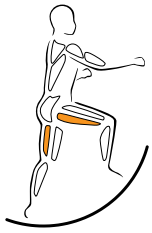


Muscle Map and Incline Meter

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

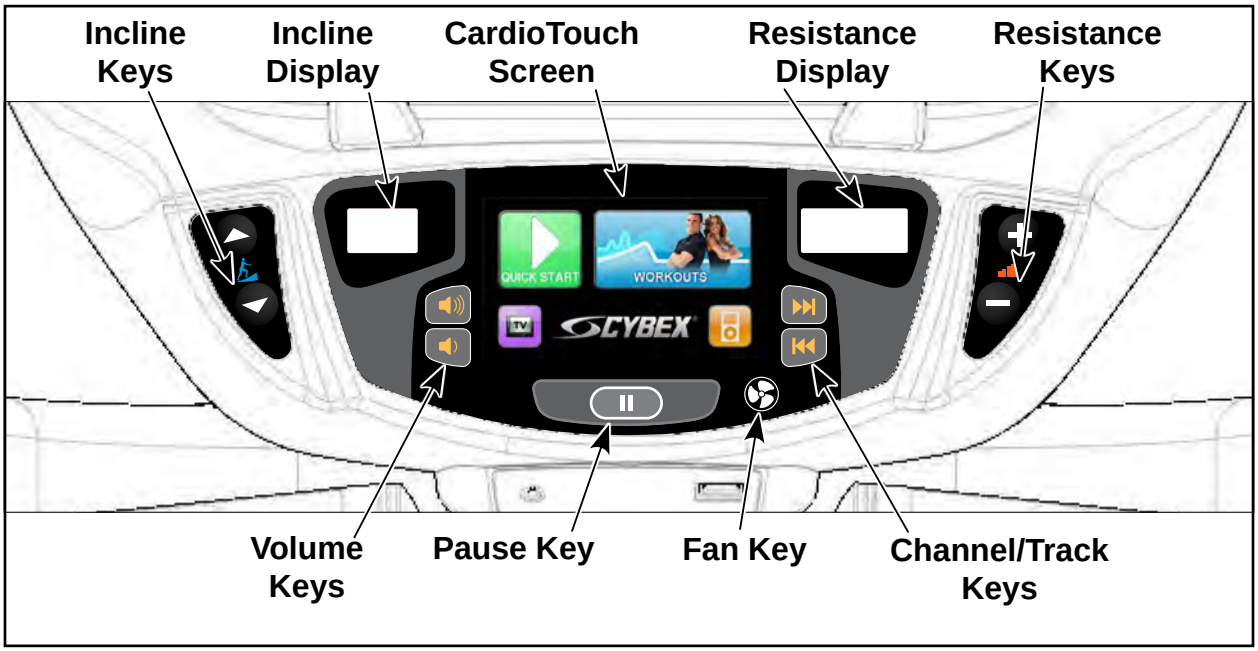
The LED colors display intensity level.

LED	Color	Level
	Yellow	Low
	Amber	Medium
	Red	High
☼	Blinking Red	Very high

Muscle Map and Incline Meter	Glute Muscle	Quadricep Muscle	Hamstring Muscle	Calf Muscle
				

Incline Meter – An LED meter displaying the incline setting. The meter increase or decreases as the incline changes.

CardioTouch Screen and User Controls



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

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

CardioTouch Screen — Tap the icons to make selections.

Mount and Dismount

WARNING: ***Serious injury or death can occur. To avoid injury or death the following procedure must be followed. Wait until all moving parts come to a complete stop and foot plates are in starting position before mounting or dismounting. Mounting or dismounting while foot plates are moving can trip or injure user.***

To mount unit safely:

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

To dismount unit safely:

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

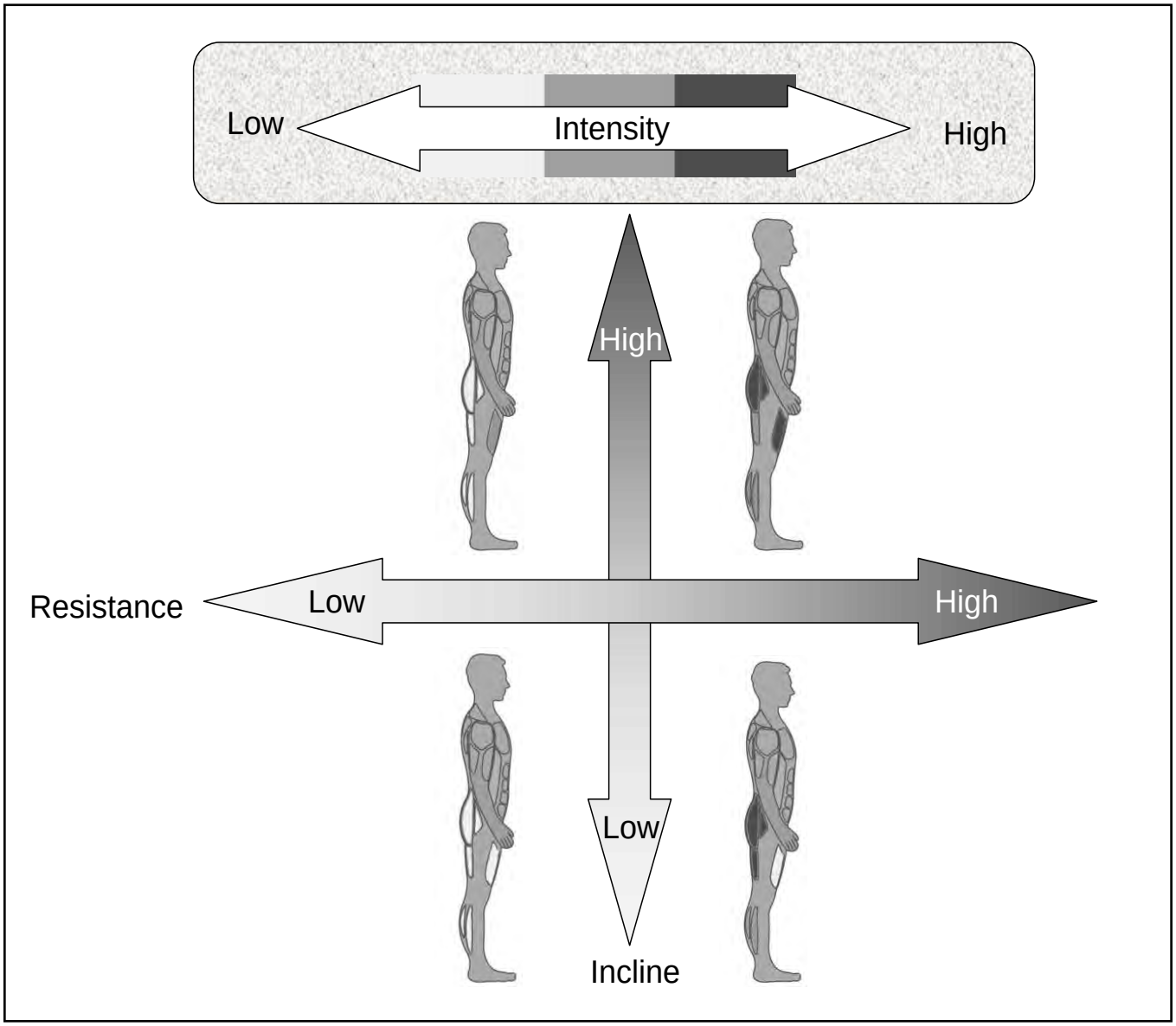
Emergency Dismount

If an emergency stop and dismount is required:

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

Range of Motion

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



Quick Operation Guide

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

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

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

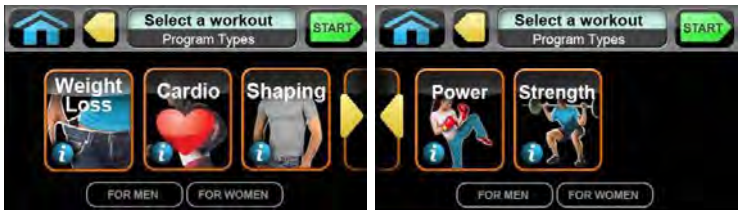
4. Begin striding.
5. Press the **Incline ▲▼** keys to change the incline at any time. The left display will show incline.
6. Press the **Resistance + –** keys to change the resistance at any time. The right display will show the current resistance.
7. Press the **Pause** key at any time to pause.

Detailed Operation Guide

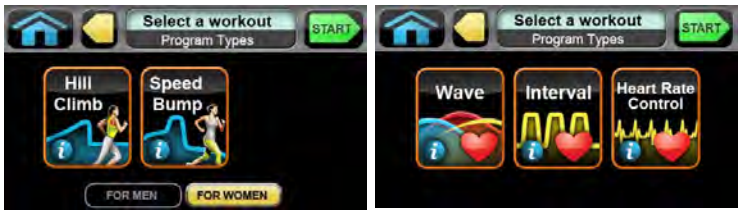
Maximum user weight is 400 lbs. (181 kg).

1. Plug the optional power cord and E3VEM power cord (E3VEM units only) into a power outlet from a grounded circuit, See ***Electrical Requirements***. Coil up the remainder of the power cord and place it out of the way. The control panel will light up and be in the Dormant Mode.
2. Verify foot plates are completely stopped.
3. Grasp handrail and step carefully onto foot plates. Begin striding.
4. Select **QUICK START** or **WORKOUTS**.

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



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



Upon entering a workout the display will guide you through the appropriate settings. This is referred to as Workout Setup Mode. If the **Start** key is pressed now, all defaults for that workout will be accepted. After 10 seconds, if no key has been pressed, the first default will be accepted. After another 10 seconds the second default will be accepted and so on until the last default.

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

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

5. Press the **Start** key. The CardioTouch screen will display "Starting" and enter *Active Mode*.
6. Begin striding.
7. Observe the control panel. The top center *Bar Graph* display shows a graphical representation of the relative incline changes, and if in a workout, will show the relative intensity changes that are coming up. The *Data Readouts* will start showing the workout data such as Distance, Calories, Heart rate (if available), METs and Pace (Minutes per Mile or Minutes per Km). The data displays will start by automatically shifting every 5 seconds.

Heart rate will be displayed in lieu of METs if a valid heart rate is available from a wireless chest strap (not included) or by holding the contact heart rate grips.

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

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

10. Press the **Pause** key at any time to pause.

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

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

Workout Selection

WARNING: ***Serious injury or death can occur. To avoid injury or death the following procedure must be followed. Obtain a medical exam before beginning any exercise program. Begin comfortably with a lower level and progress with higher levels as you become acclimated.***

With the 770A and 770AT you may choose from *Quick Start or Workouts*. Speed is never predetermined. Change speed by changing stride.

Quick Start

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

Workouts

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

For Men	For Women	Levels	Settings
Power			
Constant Power	Constant Power	10	Select time, level and weight.
Adaptive Power	Adaptive Power	10	Select time, level and weight.

See Appendix for Workout Overviews

Data Readouts - LED display

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

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

Calories – The total accumulated calories burned during workout.

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

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

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

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

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

Display Control - E3VEM (E3 View Embedded Monitor)

The E3VEM has four display options. Press the **Display** icon to access display options.

TV Metrics	TV displayed on top with data readouts at the bottom of screen
Full TV	TV displayed full screen, no data readouts
No TV Metrics	TV not displayed, data readouts displayed full screen
All Off	TV and data readouts are not displayed

Heart Rate Indicator

Contact Heart Rate – Lightly hold hand grips on the handlebar ensuring that hands are clean and contact both the front and back sensors of each grip. A heart rate will display in typically 30 seconds or less.

Factors that interfere with heart rate signal:

- hand lotions
- oils or body powder
- excessive dirt
- excessive movement
- body composition
- hydration
- too loose grip
- too tight grip
- resting or leaning on grips

Wireless Heart Rate – To use this feature, a Polar® compatible heart rate transmitter belt (not included) must be worn.

Once the actual heart rate is determined, the LED to the right of the Data Readouts is blinking to the displayed BPM and the Heart LED lights up. The color of the light represents a scale of low to high target heart rate.

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

Fan Control

The fan defaults to the "OFF" setting. The user can change to "LO" or "HI" setting by pressing the appropriate control key.

iPod Functions

Connecting an iPod — Connecting an iPod to the 770A and 770AT allows the unit to control the iPod through the CardioTouch screen and charges the iPod.

1. Connect iPod (not supplied) into the 30 pin connector in the right side accessory tray.
2. Place iPod (not supplied) onto the right side accessory tray.

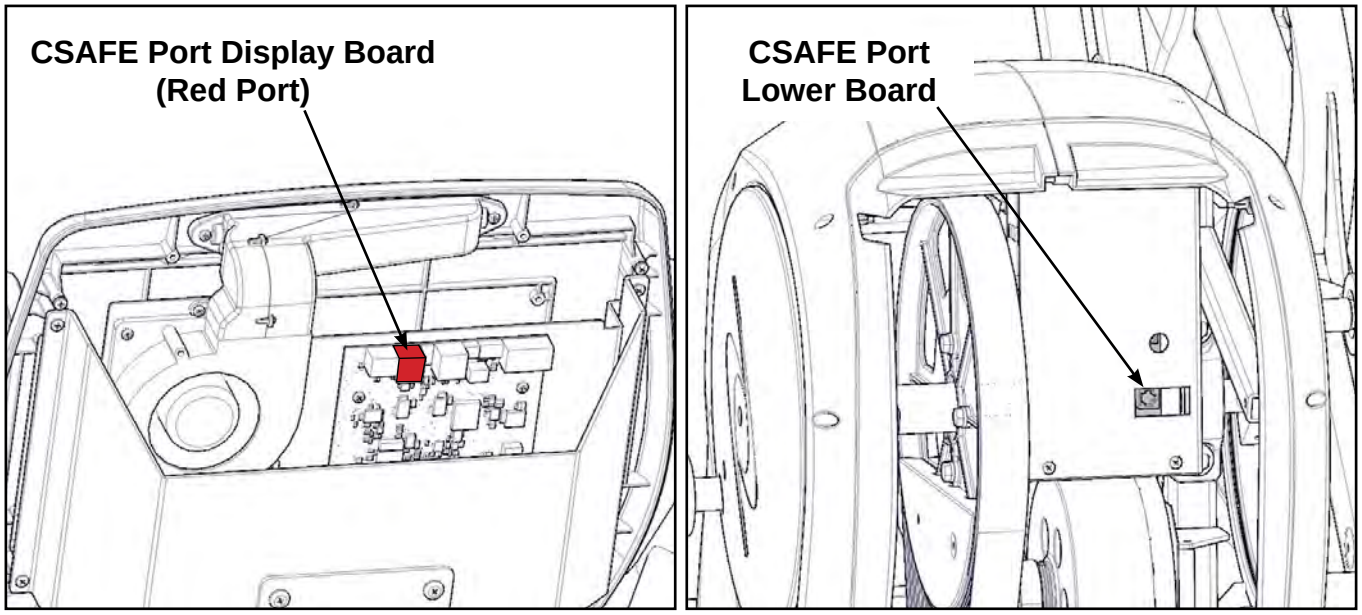
iPod Playlist — Select the iPod icon to display the iPod navigation screen.

- If iPod is already playing use the standard iPod controls.
- If iPod is *Dormant* make a selection from the iPod Menu.
- Once a selection is made from the iPod menu, make further selections until music or videos are found.

CSAFE Port

The CSAFE standard defines a communication protocol and low-voltage DC power source specific to the Fitness Equipment Industry. These RJ-45 phone jacks are provided for use ONLY within the CSAFE protocol. For more information on CSAFE standard, visit www.fitlinxx.com/csafe.

The CSAFE port inside the console, accessible through the back cover, is the only port that carries BOTH the CSAFE communication lines and the 9.0v DC CSAFE power supply. If attaching a CSAFE compliant device that requires power, this connection must be used. Power is present only when the unit is in use or when a power supply is attached.



Maintenance

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

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

All inspections and repairs must be performed by trained service personnel only. Cybex will void warranty if non-Cybex replacement parts are used.

⚠ CAUTION

Use only Cybex replacement parts when servicing. Failure to do so could result in personal injury.

Warnings

Read all warnings in this chapter and in the ***Safety Section.***

Observe the following warnings and cautions:

- All maintenance activities shall be performed by qualified personnel. Failure to do so could result in serious injury.
- To prevent electrical shock, verify unit is unplugged from the electrical outlet before performing any cleaning or maintenance procedures. A charge can remain after unplugging the optional power cord.
- Keep wet items away from inside parts of unit.
- Performance level of equipment can be maintained only if it is examined regularly for damage and wear. Pay special attention to components most susceptible to wear.
- Replace worn or damaged components immediately and/or keep the equipment out of use until repair is completed.

Cleaning Unit

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

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

After Each Use:

- Wipe up any liquid spills immediately.
- Wipe up any remaining perspiration from handles and painted surfaces.
- Be careful not to spill or get excessive moisture on the console and display overlays, as this might create an electrical hazard or cause failure of the electronics.
- Clean heart rate grips using a cloth dampened with a cleaning solution containing alcohol.

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

Preventive Maintenance Activities

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

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

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

During maintenance, disconnect the external power source. If unit has the optional AC Power Kit or and E3VEM power cord (E3VEM units only) unplug the power cord(s) from the power outlet.

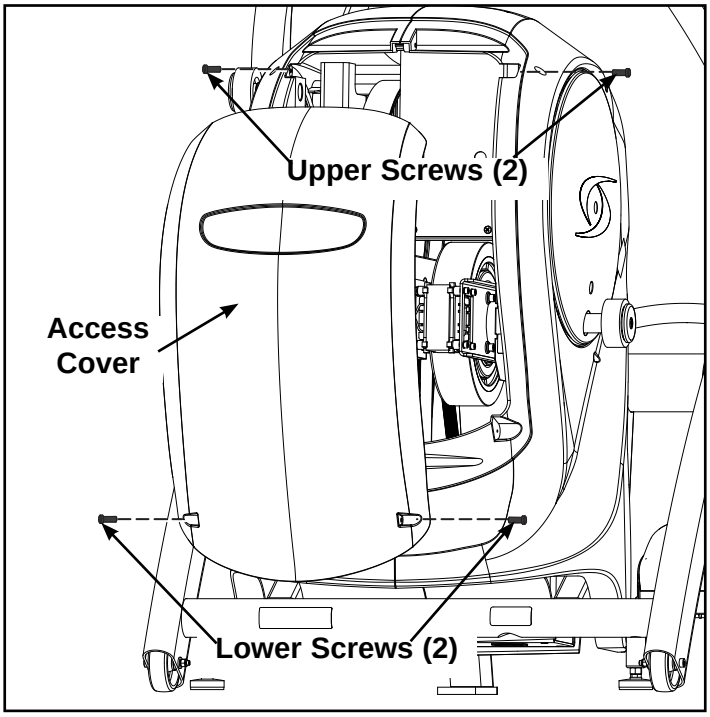
For some maintenance activities it will be necessary to remove and replace the access cover.

Tool Required

Phillips screwdriver

Remove Access Cover

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



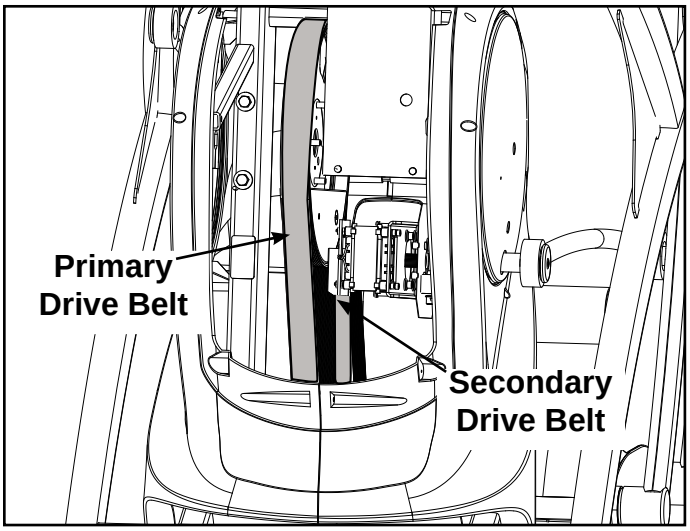
2. Remove two upper screws securing the access cover using a Phillips screwdriver. Refer to the above diagram.
3. Remove the access cover.

WARNING: ***Serious injury or death can occur. To avoid injury or death the following procedure must be followed. Wait until flywheel cools before servicing. A hot flywheel may burn user.***

Drive Belts

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

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



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

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

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

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.

WARNING: ***Serious injury or death can occur. To avoid injury or death the following procedure must be followed. Battery replacement shall be performed by qualified service technician.***

Remove battery and dispose of safely before unit disposal.

Attach Access Cover

Do not over tighten screws.

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

E3VEM (E3 View Embedded Monitor)

Cleaning

1. Unplug E3VEM power cord from the wall socket.
2. Dust off the panel with a soft dry cloth as needed. The screen can be cleaned with computer screen wipes or other non-abrasive, moist, disposable wipes.

Storage or Long Non-Use Periods

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

Pixels

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

Maintenance

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

Recommended Service Schedule

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

This is the minimum recommended service.

Determine distance.

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

First 500 Miles (800 KM)

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

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

Every 5000 Miles (8000 KM)

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

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

Clean inside unit.

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

Every 20,000 Miles (32000 KM)

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

Statistics

The Statistics screen allows tracking of equipment usage.

1. Press the **Cybex** logo icon to display the **Access Toolbox** and **Lock Screen** options.
2. Press the **Access Toolbox** icon to access the *Toolbox* login screen.
3. Enter the sequence: .
4. Press the **Statistics** icon to access the *Recorded Statistics* screen.
5. Locate and tap the icon for **Arc Trainer Totals**.

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

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

Customer Service

Product Registration

To register product do the following:

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

Contacting Service

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

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

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

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

Ordering Parts

To order parts online go to www.cybexintl.com. Select Support > Parts / Ordering. In the left navigation panel, click Parts Diagrams - Current Products. Select from the drop down boxes.

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.

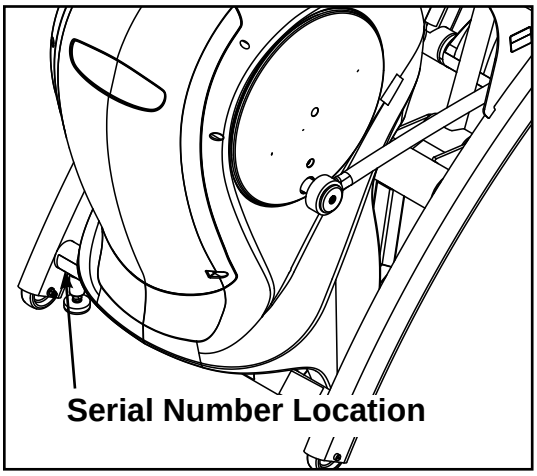
- Unit Serial Number, Product Name and Model Number
- Part Description and Part Number if you have it. All parts can be found on the web at
- www.cybexintl.com
- Shipping Address
- Contact Name
- Include a description of the problem.

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.

Serial Number

The serial number can be found on the front of your unit. For your convenience, record your serial number below so that you will have it ready if you call Cybex Customer Service.

Serial Number _____



Return Material Authorization (RMA)

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

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

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

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

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

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

Damaged Parts

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

Apparent Damage

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

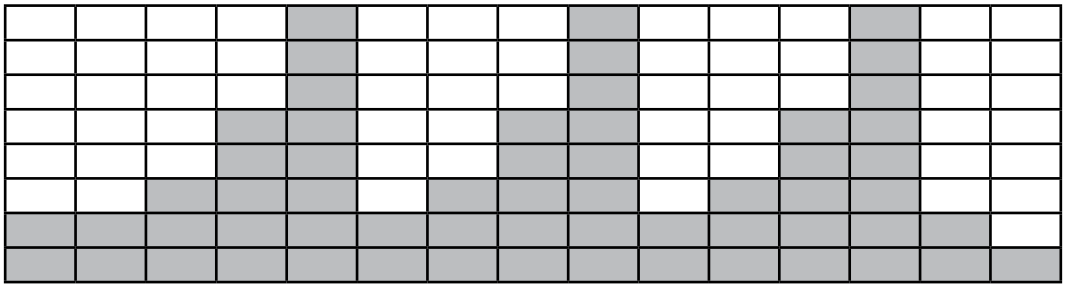
Concealed Damage

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

Appendix - Workout Overviews

Weight Loss - Hill Climb

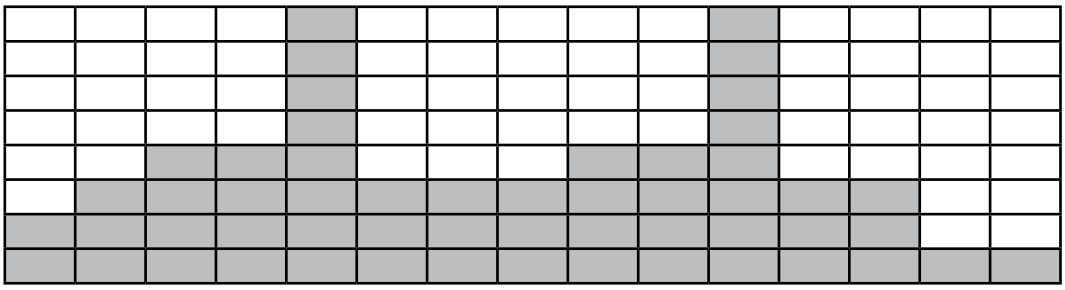
A gentle calorie burner with steady work increases over 3 minutes followed by a 1 minute rest.



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

Weight Loss - Speed Bump

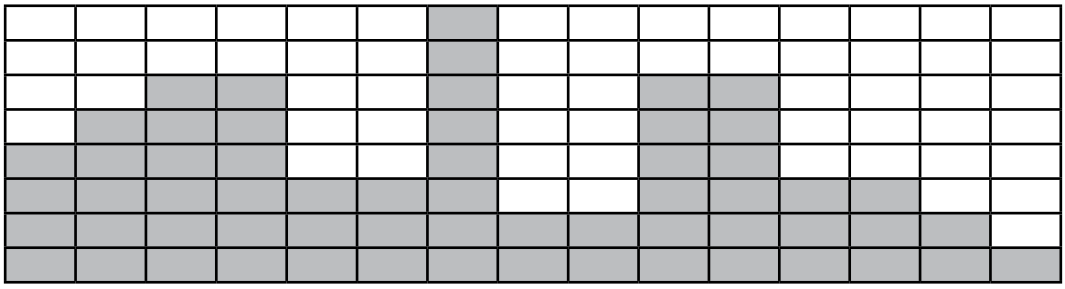
A relatively steady workload includes a high output bump for increased energy expenditure.



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

Strength - High Low

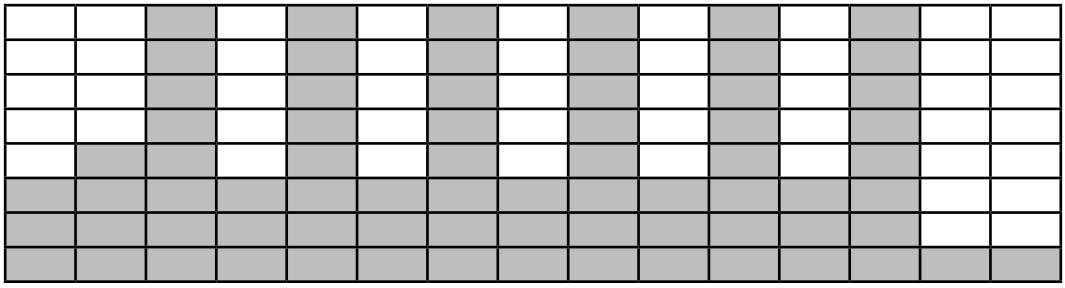
Two levels of intensity and duration help develop muscular strength and endurance.



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

Strength - Bursts

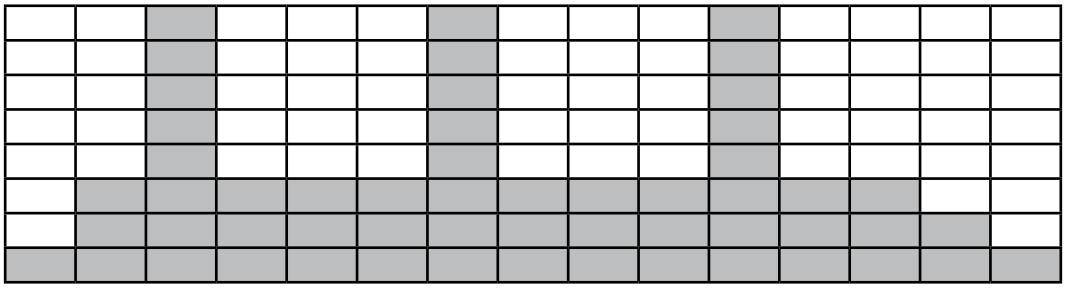
Brief high-intensity segments are mixed with longer and easier intervals developing strength and aerobic capacity.



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

Strength - Interval

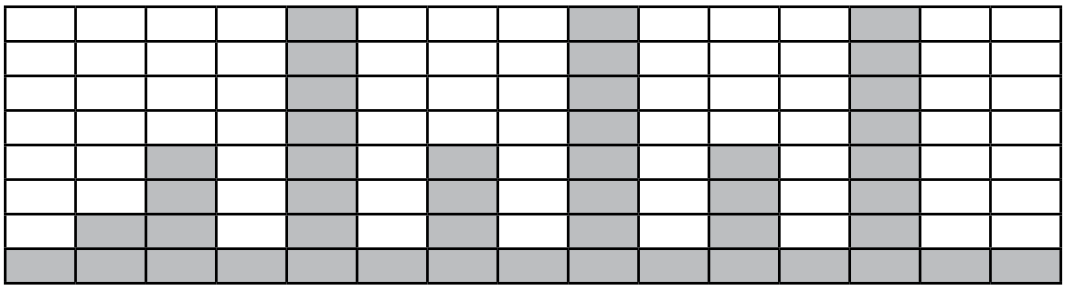
A repeating 15 second high intensity spike promotes strength gains



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

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

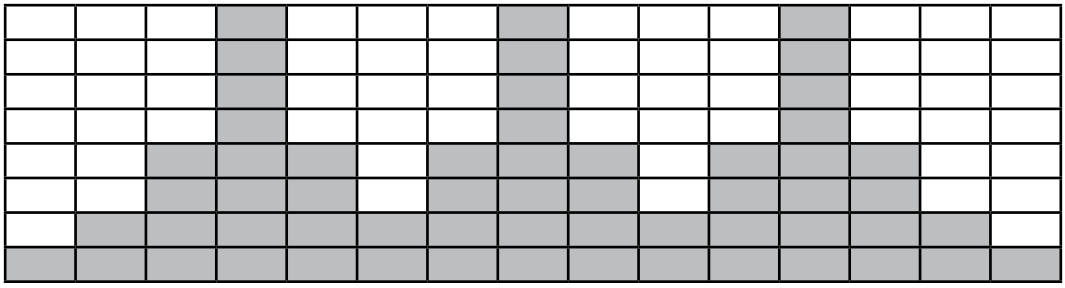
Alternating levels of resistance and incline change the targeted muscle group in an interval format.



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

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

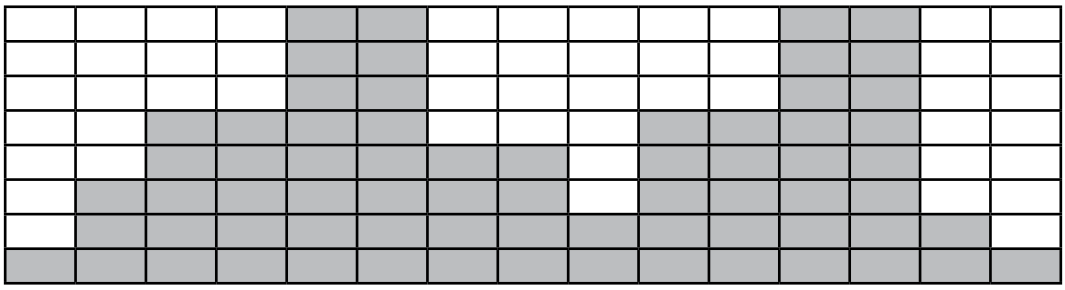
2 minutes of progressive resistance and incline targeting the hip extensors are followed by a 1 minute rest.



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

Cardio - Wave

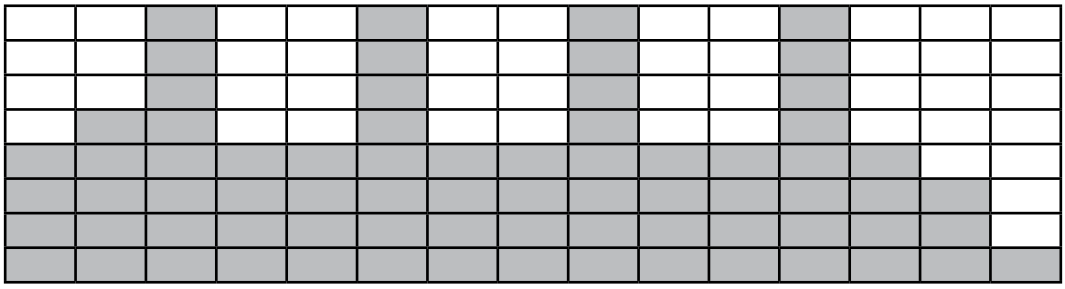
A long duration interval promotes cardio endurance with enough rest to repeat the process.



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

Cardio - Interval

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



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

Cardio - Heart Rate Control

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

Power - Constant Power

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

Power - Adaptive Power

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

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