



Cybex Treadmill
Product Number 770T/790T
Service Manual
Cardiovascular Systems
Part Number LT-23000-4 E

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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 A digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference when the equipment is operated in a commercial environment. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instruction manual, may cause harmful interference to radio communications. Operation of this equipment in a residential area is likely to cause harmful interference in which case the user will be required to correct the interference at his own expense.

Safety

 Read all instructions and warnings before using.

Important Voltage Information

Before plugging the power cord into an electrical outlet, verify that the voltage requirements for the site match the voltage of the treadmill that has been received. The power requirements for the Cybex 770T Treadmill include a grounded, dedicated circuit, rated for one of the following:

- 100 VAC, 50/60 Hz, 20A
- 115 VAC, 50/60 Hz, 20A
- 208 VAC, 60 Hz, 15A
- 220 VAC, 60 Hz, 15A
- 230 VAC, 50 Hz, 13A, UK

See the front warning decal for the voltage requirements of the treadmill.

Grounding Instructions


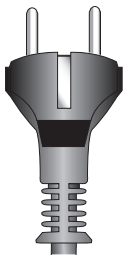
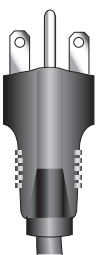
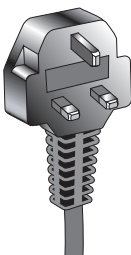
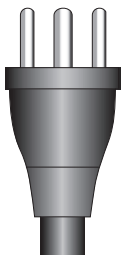
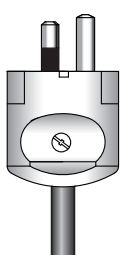
This treadmill must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.



WARNING: *Shock and electrocution hazard.*

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

This treadmill is for use on a grounded, dedicated circuit. Make sure that the treadmill is connected to an outlet having the same configuration as the plug. Do not use a ground plug adapter to adapt the power cord to a non-grounded outlet.

					
115 VAC	Euro Plug	220 VAC	UK	Danish	Australia
NEMA 5-20	CEE 7/7	NEMA 6-15	230 VAC	107-2-D1	AS/NZS 3112

Important Safety Instructions

(Save These Instructions)




WARNING: Shock and electrocution hazard.

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

User Safety Precautions

Prior to use:

- Obtain a medical exam before beginning any exercise program.
- Obtain instruction before using.
-  Read and understand warning labels.
- Read and understand emergency stop procedures.
- Maximum user weight is 400 lbs. (180 kg).
- Inspect unit. If damaged, notify floor staff. DO NOT USE.
- Place your feet on the two top steps when starting or stopping the treadmill.
- Clip E-STOP lanyard to clothing.
- Do not remove this label. Replace if damaged or illegible.

During use:

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

Facility Safety Precautions

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

- Enforce all user and safety precautions.
- Read and understand the Owner's Manual completely before assembling, servicing or using unit.
- Verify all users are properly trained on using the equipment.
- Do not use unit outdoors.
- Verify that each unit is setup, leveled and operated on a solid level surface. Do not install equipment on an uneven surface. Do not operate in recessed areas or on plush carpet.
- Verify there is enough room for safe access and operation of unit.
- Instruct all users on how to clip the e-stop clip onto their clothing and carefully test it prior to using the treadmill.
- Instruct all users to use caution when mounting and dismounting the treadmill.
- Use a dedicated line when operating the treadmill. A dedicated line requires one circuit breaker per unit.
- Connect the treadmill to a properly grounded outlet only.
- DO NOT operate electrically powered treadmills in damp or wet locations.

- Keep the running belt clean and dry at all times.
- DO NOT leave the treadmill unattended when plugged in and running. NOTE: Before leaving the treadmill unattended, always wait until the treadmill comes to a complete stop and is level. Then, turn all controls to the STOP or OFF position and remove the plug from the outlet. Remove the e-stop key from the treadmill.
- Immobilize the treadmill (when not in use) by removing the e-stop key.
- Inspect the treadmill for worn or loose components before each use. Do not use until worn or damaged parts are replaced.
- Stop and place the treadmill at 0 degrees incline (level) after each use.
- Maintain and replace worn parts regularly. Refer to “Preventive Maintenance” section of Owner’s Manual.
- DO NOT operate the treadmill if: (1) the cord is damaged; (2) the treadmill is not working properly or (3) if the treadmill has been dropped or damaged. Seek service from a qualified technician.
- DO NOT place the cord near heated surfaces or sharp edges.
- DO NOT use the treadmill outdoors.
- DO NOT operate the treadmill around or where aerosol (spray) or where oxygen products are being used.
- Ensure all users wear proper footwear on or around all Cybex equipment.
- Disconnect power before servicing.
- DO NOT attempt repairs, electrical or mechanical. 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 Cybex factory parts when replacing parts on the treadmill.
- DO NOT modify the treadmill in any way.
- DO NOT use attachments unless recommended for the treadmill by Cybex.

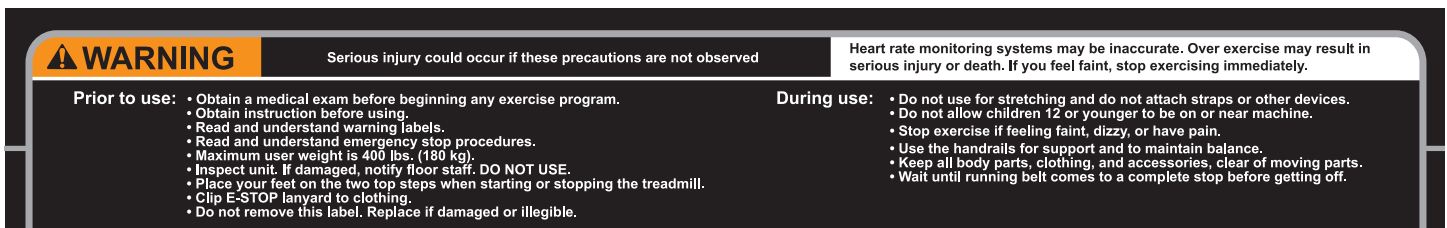
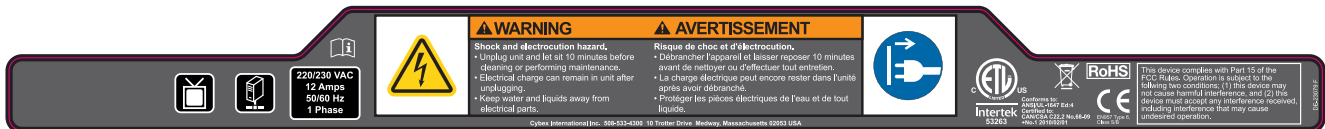
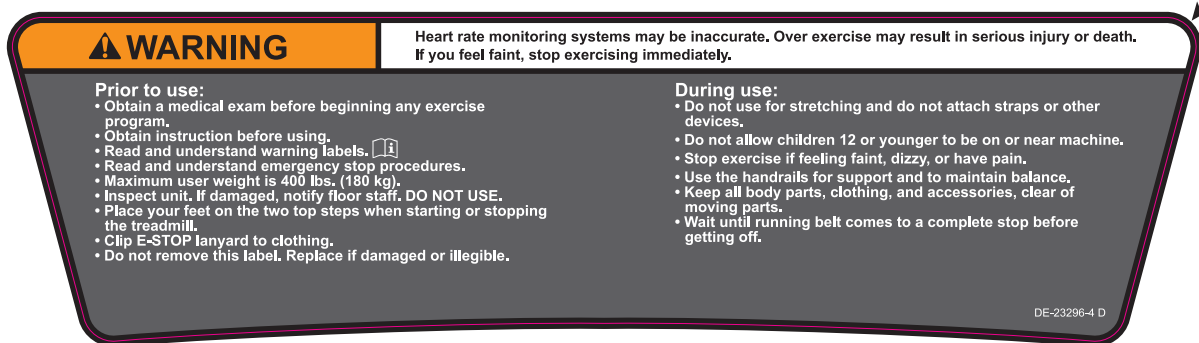
Warning Decals

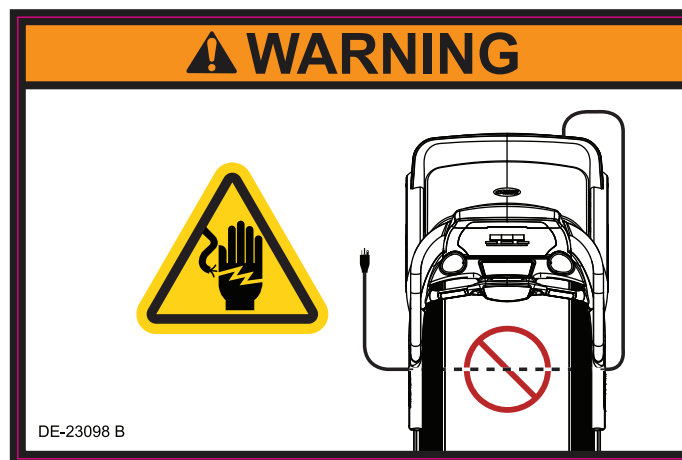
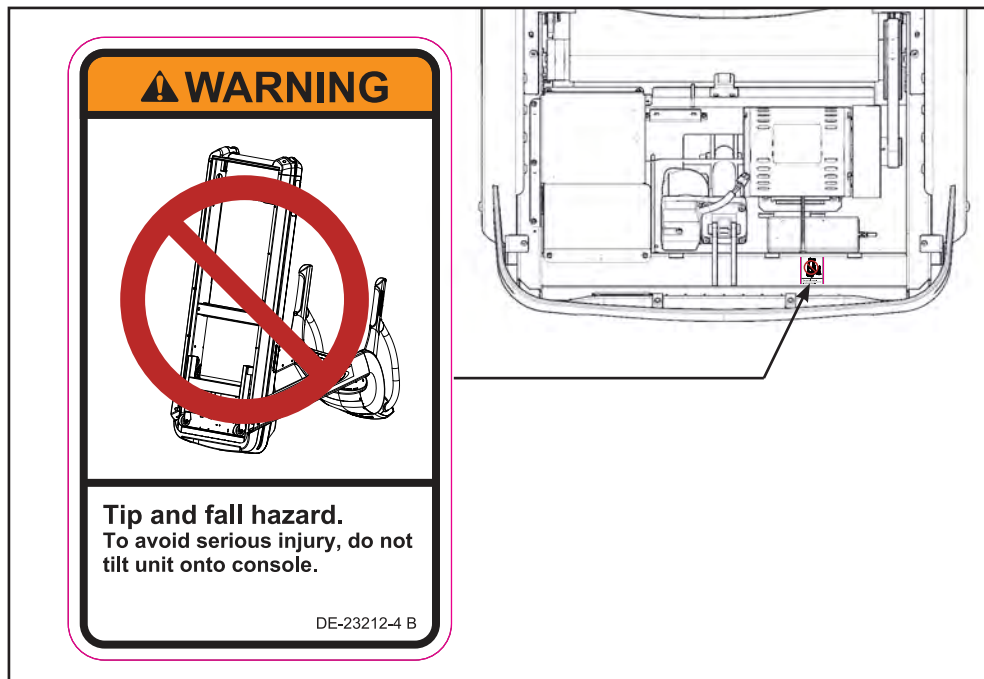
To replace any worn or damaged decals do one of the following: Visit www.cybexintl.com to shop for parts online, fax orders to 508-533-5183 or contact Cybex Customer Service at 888-462-9239. If you are located outside of the USA, call 508-533-4300. For location or part number of labels, see the parts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

Warning decals indicate a potentially hazardous situation which, if not avoided, could result in death or serious injury.

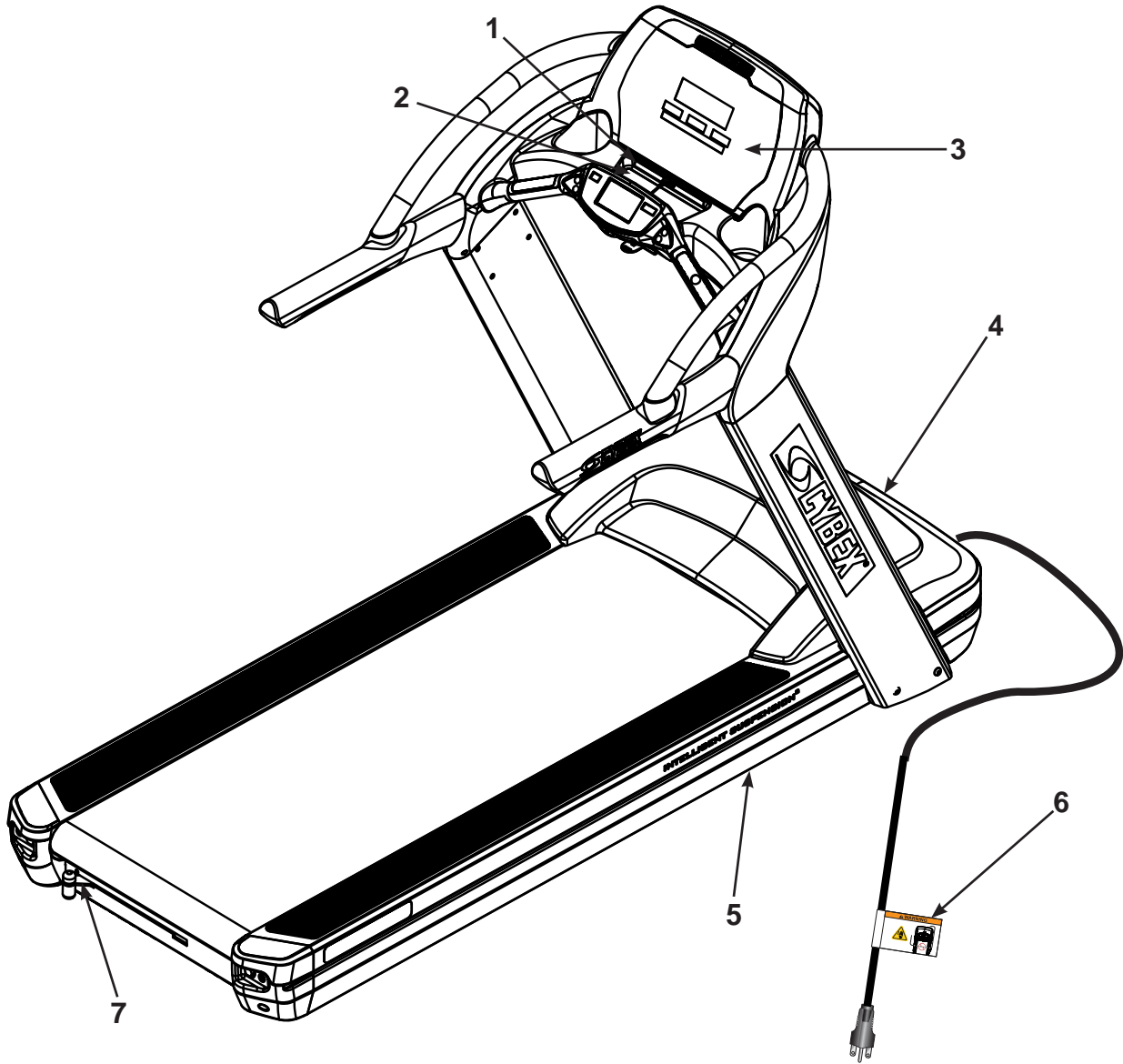
Carefully read and understand the following caution and warning labels before using the unit.

Caution decals indicate a potentially hazardous situation, which if not avoided, may result in minor or moderate injury. There are no caution decals used on this unit. However, there are caution statements listed in this manual.





Label Placement

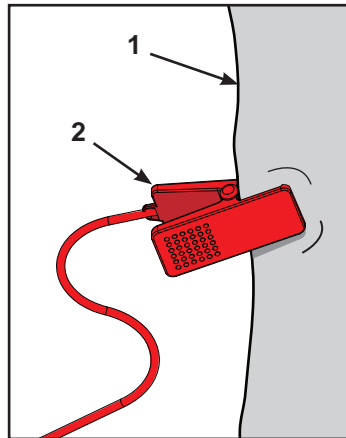


1	DE-22764-4	Decal, Warning upper, console
2	DE-23296	Decal, Warning lower, console
3	DE-23080-4	Decal, Warning, Upper Display, Canada
4	DE-22910	Decal, Motor Cover, 115 VAC
4	DE-23079	Decal, Motor Cover, 230 VAC
5	DE-23212-4	Label, Warning, Do not tilt
6	DE-23098	Decal, Power Cord
7	DE-25047-4	Decal, lever, service wheel

Emergency Stop Key (e-stop)

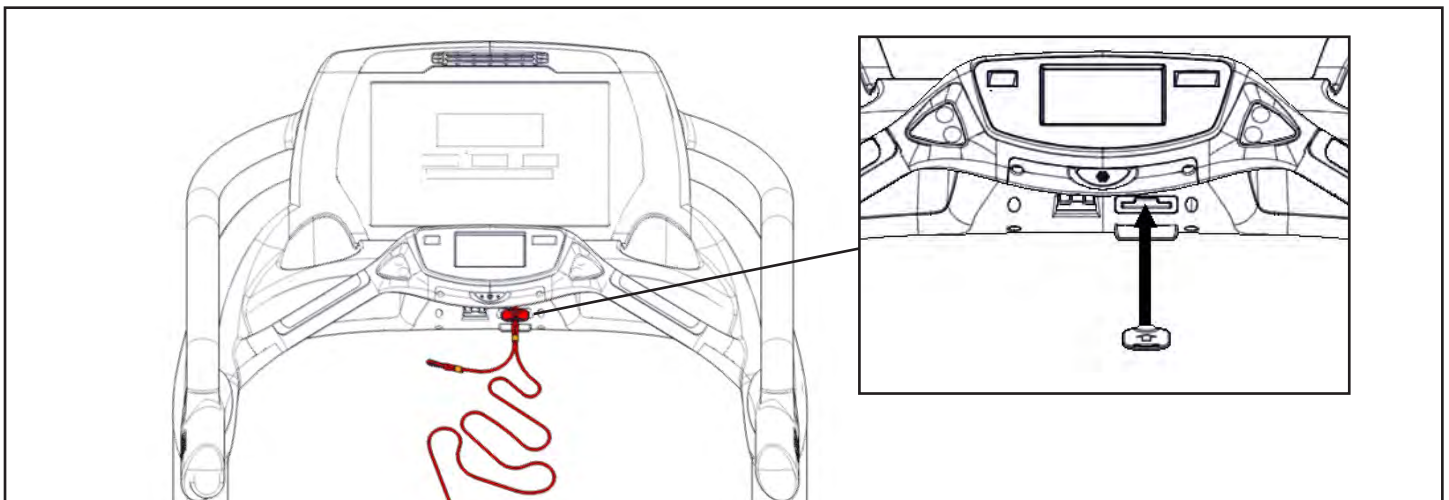
The e-stop key functions as an emergency stop. In an emergency situation, the e-stop key disengages from the console and the treadmill will come to a stop. Before using the treadmill, clip the e-stop key as described below.

1. Compress the spring and clip the e-stop clamp to your clothing. Ensure the clip engages enough clothing so it does not fall off in an emergency situation. Be sure the string is free of knots and has enough slack for you to workout comfortably with the e-stop key in place.



1	Clothing
2	Clip

2. Without falling off the treadmill, carefully step backward until the e-stop pulls out of the console. If the e-stop clip falls off your clothing then the test has failed. Reclip the e-stop clip to your clothing and repeat this step.

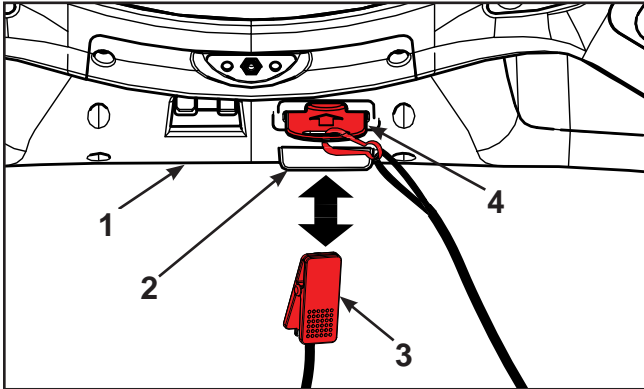


3. Replace the e-stop key.
4. The treadmill is now ready to be used. Ensure the e-stop clip is secured to your clothing at all times during use.

5. After use, remove the e-stop key from the treadmill.

The e-stop key can be removed to help prevent unauthorized use. Refer to the Stopping the Treadmill section in the Operation chapter for more information about the e-stop key.

When not in use store the e-stop clip on the storage tab located on the lower cover.



1	Lower cover
2	Storage tab
3	E-Stop clip
4	E-Stop

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.

Warnings



Read all warnings in this chapter.



WARNING: For maintenance, service and repair:

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

Observe the following warnings:



DANGER: Electrocutation hazard.

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



WARNING: Equipment hazard.

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

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 power cord.

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

Tool Required

Phillips screwdriver

Cleaning Your Treadmill

When cleaning your treadmill spray a mild cleaning agent, such as a water and dishsoap solution, on a clean cloth first and then wipe the treadmill with the damp cloth. Do not spray cleaning solution directly on the treadmill. Direct spraying could cause damage to the electronics and may void the warranty.



WARNING: *Shock and electrocution hazard.*

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

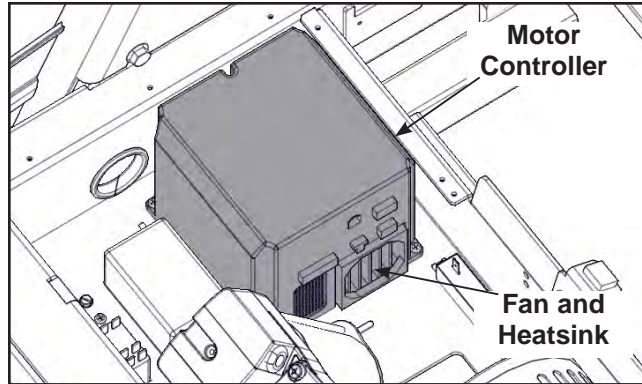
After Each Use — Wipe up any liquid spills immediately. After each workout, use a cloth to wipe up any remaining perspiration from the handrails and painted surfaces.

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

As Needed — Vacuum any dust or dirt that might accumulate under or around the treadmill. Motors are especially susceptible to dust and dirt, and restricted airflow can prevent adequate cooling that could shorten motor life. Cleaning this area should be done as often as indicated in the *Service Schedule*.

To clean the motor components, you must loosen the two Phillips head screws that hold the motor cover in place. Lift the cover straight up; the screws will stay in place. Use a vacuum attachment or hand vacuum to clean the exposed elevation assembly, drive motor, lower electronics and the surrounding areas.

Fan and Heat Sink — Vacuum the fan and heat sink area of the motor controller.



Also use a dry cloth for the areas that you can not reach with the vacuum cleaner. If the machine has not been used for some time or is excessively dirty, use a *dry* cloth to wipe all exposed areas.

Carefully raise the rear of the treadmill and roll it back from its present position to vacuum the floor area underneath the unit. When finished, return the treadmill to its normal position.

Contact Heart Rate Grips — Contaminants, such as hand lotions, oils or body powder, may come off on the contact heart rate grips. These can reduce sensitivity and interfere with the heart rate signal. It is recommended that the user have clean hands when using the contact heart rate. Clean the grips using a cloth dampened with a cleaning solution containing rubbing alcohol.

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

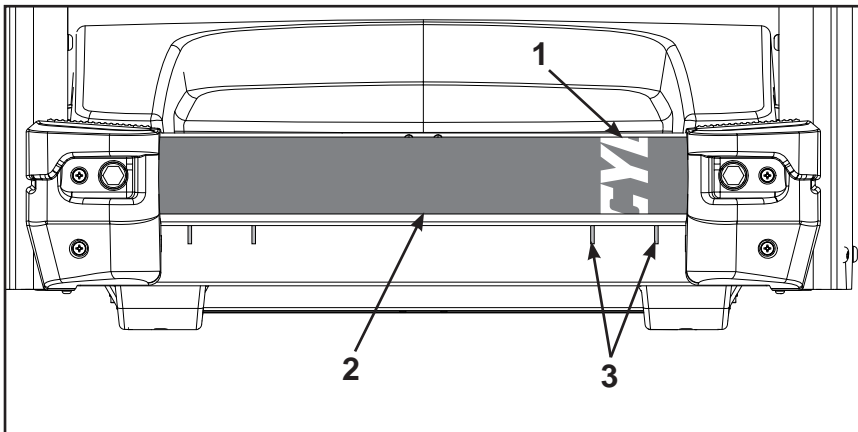
Running Belt Maintenance

Center and tension the running belt

1. Plug the power cord into the power outlet.
2. Turn the main power switch to the on (I) position.
3. Press the **Quick Start** icon.
4. Press the **Speed +** to bring the speed up to 5 mph (8 kph). Allow the treadmill to run for a minute.

The lateral position of the running belt is correctly centered when the Cybex logo is centered between the inside edges of the two belt tracking slots. If the Cybex logo is not centered between the belt tracking slots, center the running belt with the following procedure.

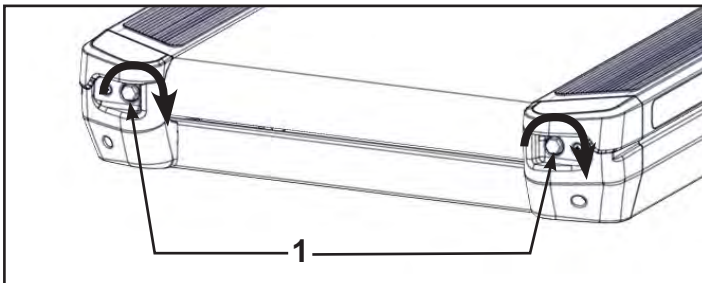
5. Observe the Cybex logo position relative to the belt tracking slots with the treadmill running at 5 mph (8 kph).



1	Cybex logo
2	Running belt
3	Belt tracking slots

While centering the running belt choose one bolt to adjust. Do not adjust both bolts.

6. Tighten the rear roller bolt on the side of the treadmill toward which the running belt is moving using a 3/4" socket wrench. For example: If the running belt moves to the right of the belt tracking slots, tighten the bolt on the right side of the frame, tighten about 1/2 of a turn (clockwise) and wait 30 seconds. If the running belt does not move back to the center of the belt tracking slots, make another adjustment to the same bolt. Once the running belt has been adjusted closer to the center of the belt tracking slots, use about 1/4 of a turn until the running belt has been stabilized.



	Description
1	Rear roller bolts

7. Check the belt tension after the running belt has been centered. Make sure the running belt tension is tight enough so that the running belt does not slip or hesitate when stepped on. Walk on the treadmill at 3.5 - 4 mph (5.6 - 6.4 kph) and every 4th to 5th step throw your weight into your step to feel if the running belt is slipping. If slipping is felt, confirm it is the running belt slipping and not the drive belt. With the hood cover removed, observe movement at the drive belt and front roller.

Do not over tighten the running belt. Over tightening the running belt can cause the belt to stretch and require replacement. Continue procedure until running belt stops slipping.

8. Check running belt for centering position. If running belt is not centered, perform steps 5 and 6.

Checking the Running Belt and Deck Surfaces — The running belt and deck should be checked periodically for any excessive wear. In an effort to make sure that the running belt operates properly, visually inspect the belt often to make sure that there are no tears or fraying in the belt material. The running belt should be replaced every 15,000 miles (24,140 km). The running deck should be flipped every 15,000 miles (24,140 km) and replaced every 30,000 miles (48,280 km). A service prompt will appear at this interval and the parts will need to be replaced.

Inspect the edges of the belt as described below.

Tools Required

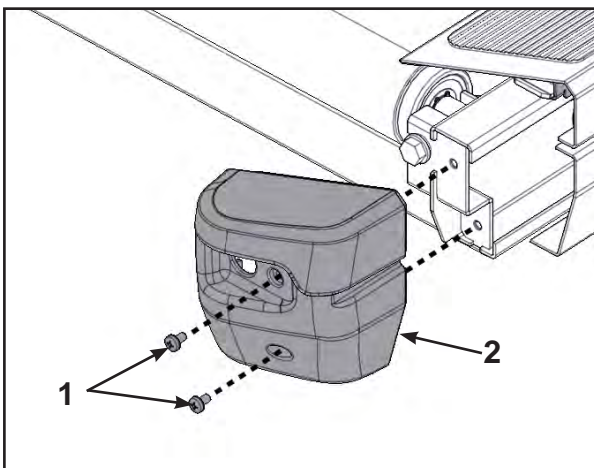
- Phillips screwdriver

Disconnect the external power source

1. Toggle the on/off (I/O) power switch to the off (O) position. The on/off (I/O) power switch is located under the front end of the unit, or on the front right side panel.
2. Unplug the treadmill from the power outlet.

Check the running belt condition

1. Remove the two screws securing the right end cap using a Phillips screwdriver.



1	Screws (2)
2	Right end cap

2. Repeat step 1 for the left end cap.
3. Inspect the top surface, seam, and edges of the running belt while you roll it by hand. If the

belt has any rips or looks excessively worn the belt needs to be replaced.

If the running belt and deck need replacement refer to a qualified service technician.

4. Install the screws securing the end caps removed in steps 1 and 2 using a Phillips screwdriver.

Other Preventive Maintenance

Other preventive maintenance activities must be completed by a qualified service technician at the recommended intervals listed in the *Service Schedule* at the end of this chapter. These activities include:

- Flipping or replacing the running deck
- Replacing the running belt

Elevation Motor Lubrication — In time the elevation motor pivot points or tube nut may develop a squeak. Lubricate the upper and lower bolts and the spacers with a small amount of lithium grease. You can buy lithium grease at an auto parts store.

Static Electricity — Depending upon where you live, you may experience dry air, causing a common experience of static electricity. This may be especially true in the winter time. You may notice a static build-up just by walking across a carpet and then touching a metal object. The same can hold true while working out on your treadmill. You may experience a shock due to the build-up of static electricity on your body and the discharge path of the treadmill. If you experience this type of situation, you may want to increase the humidity to a comfortable level through the use of a humidifier.

E3 View Monitor

Cleaning

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

Storage or Long Non-Use Periods

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

Pixels

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

Maintenance

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

Service Wheel (optional)

A service wheel lever is located at the rear end of the unit. This lever will engage a wheel and elevate the rear end of the unit. The treadmill can then be easily moved for cleaning or servicing.

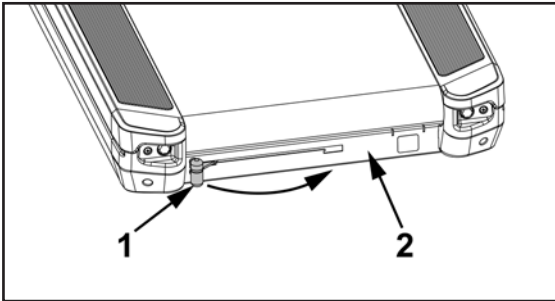


WARNING: Shock and electrocution hazard.

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

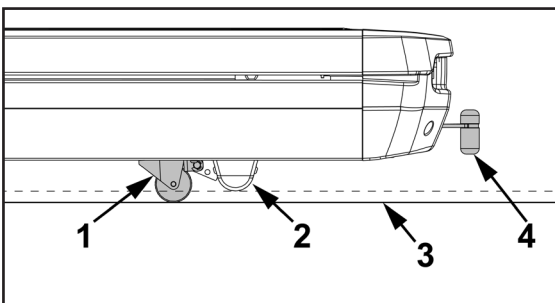
Engage service wheel

1. Unplug power cord from power outlet.
2. Grasp the service wheel lever and slide to the right and down to lock in place.



1	Service wheel lever
2	Frame

The service wheel will lower and raise the rear foot off the floor.



1	Service wheel
2	Rear foot
3	Floor
4	Service wheel lever

3. Move treadmill as needed.

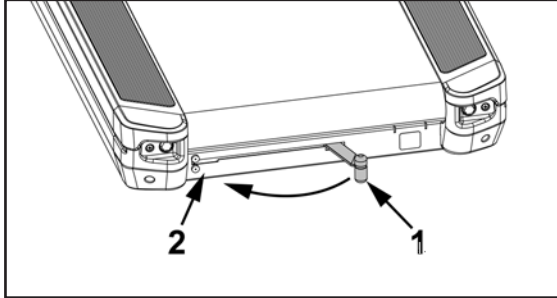
Disengage service wheel



WARNING: *Trip and fall hazard.*

To avoid injury, make sure service wheel lever is not engaged prior to use.

1. Grasp the service wheel lever and slide to the right, lift up, and slide to the left.



1	Service wheel lever
2	Frame



2. Plug the power cord into the power outlet.







Service Schedule

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

This is the minimum recommended service.

Determine distance

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

1. Press the **Access Toolbox** icon to access the *Toolbox* login screen.
2. Enter the sequence:     .
3. Press the **Statistics** icon to access the *Recorded Statistics* screen.
4. Locate and tap the icon for **Treadmill Totals**.
5. Record Distance.
6. Press the  arrow to return to the *Recorded Statistics* screen.
7. Locate and tap the icon for **Belt or Deck**.
8. Record Distance.
9. If replacing the running belt, tap the **Belt** icon, then tap the **New Belt Reset** icon to reset odometer.

10. If replacing the running deck, tap the **Deck** icon, then tap the **New Deck Reset** icon to reset odometer.

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

First 500 miles (800 km).

- Check running belt tension and tracking.

Every 5,000 miles (8,000 km).

- Check running belt tension and tracking.
- Vacuum the fan and heat sink area of the motor controller.
- Move treadmill and vacuum underneath.
- Raise elevation to 15%, carefully roll the treadmill backwards to clean underneath with a dry cloth and vacuum. Return to normal position when done.

Every 15,000 miles (24,140 km).

- Replace running belt and flip deck.
- Check elevation assembly and replace worn parts.
- Lubricate elevation pivot points.

Every 30,000 miles (48,280 km).

- Replace running belt and deck.

Customer Service

Product Registration

To register product do the following:

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

Contacting Service

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

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

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

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

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

Ordering Parts

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

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

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

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

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

Return Material Authorization (RMA)

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

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

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

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

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

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

Damaged Parts

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

Apparent Damage

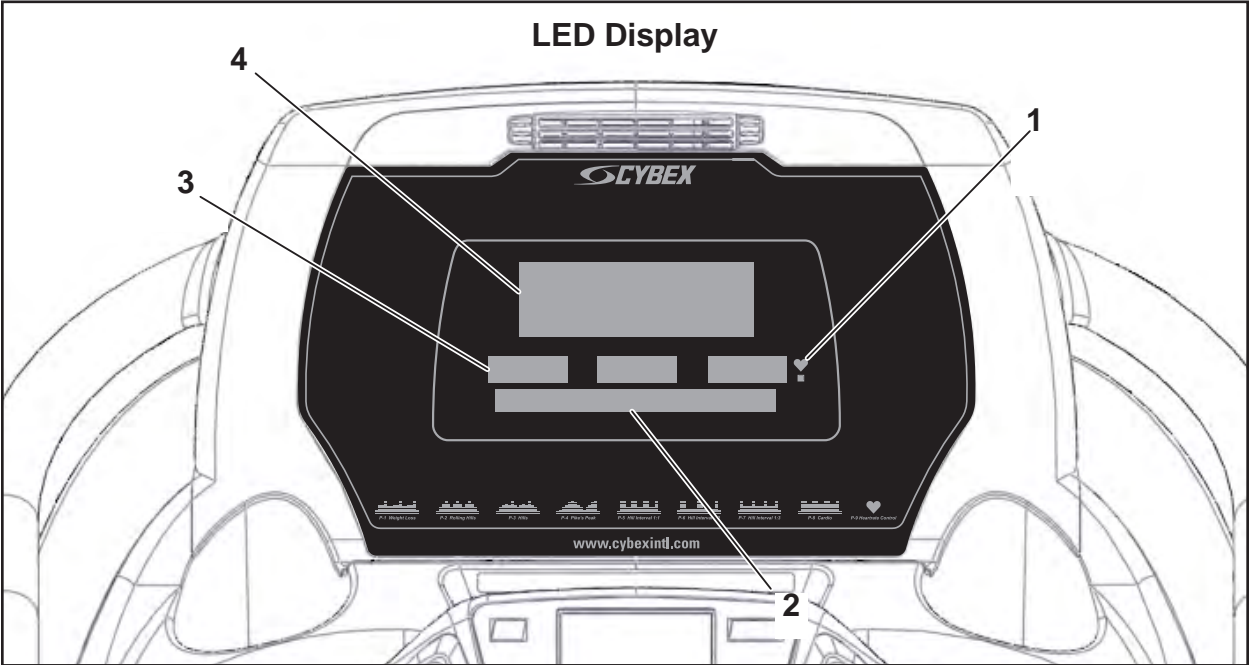
Upon receipt of your shipment, check all items carefully. Any damage seen with a visual check must be noted on the freight bill and signed by the carrier's agent. Failure to do so will result in the carriers refusal to honor your damage claim. The carrier will provide you with the required forms for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

Concealed Damage

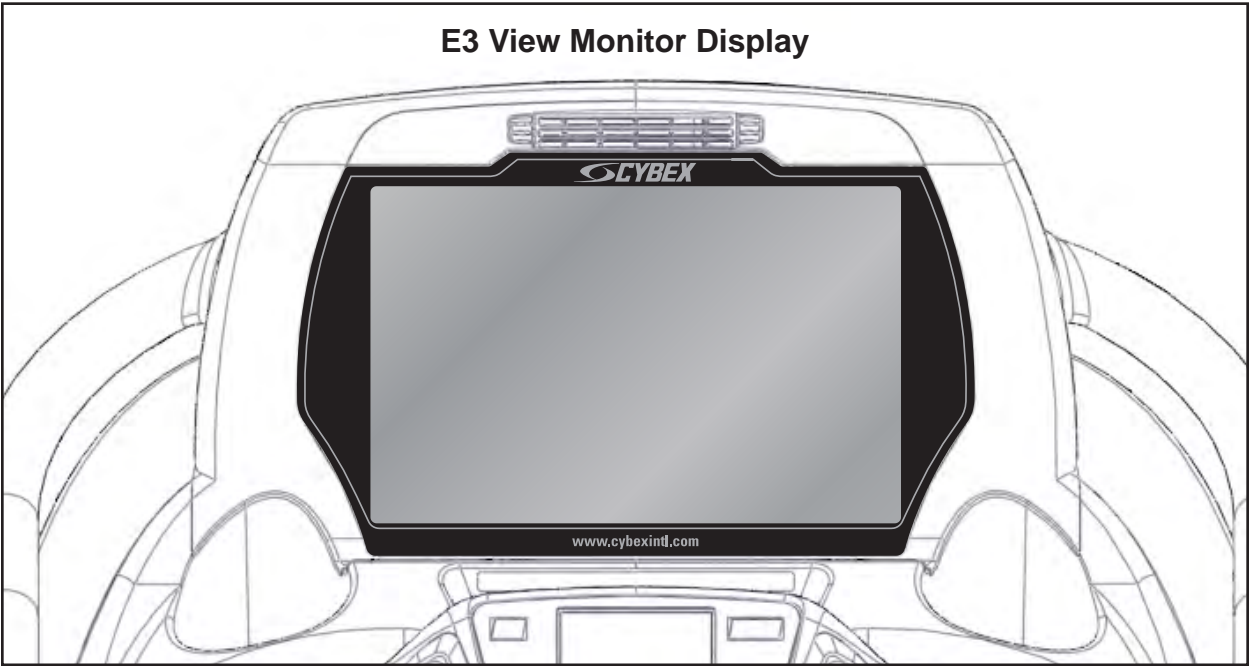
Damage not seen with a visual check upon receipt of a shipment but notices later must be reported to the carrier as soon as possible. Upon discovery of the damage, a written or phone request to the carrier asking them to perform an inspection of the materials must be made within ten days of the delivery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

Service

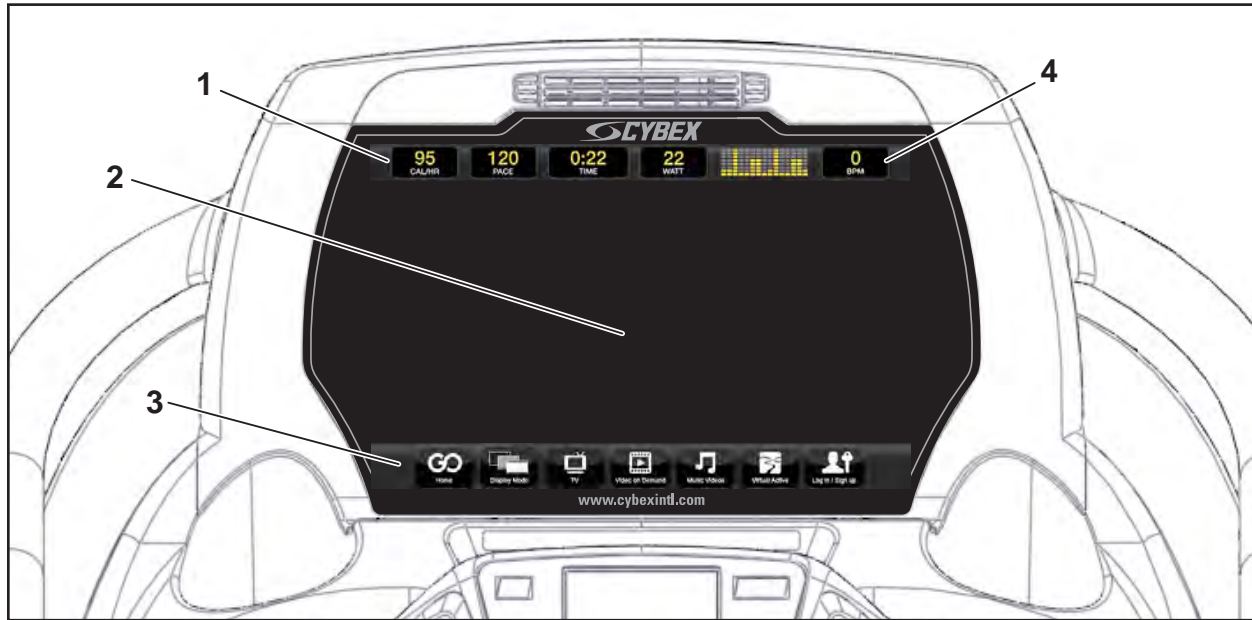
Console Display



1	Heart Rate Indicator
2	Enunciator
3	Data Readouts
4	Bar Graph



Cybex GO Console



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






Data bar

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

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

Menu bar

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

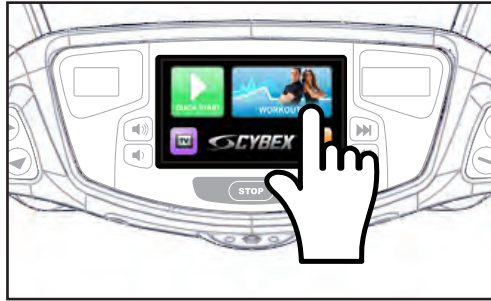
	Video on Demand	Watch videos on demand. Various content categories (TV Shows, Movie Trailers, Classic TV, etc) are grouped into channels.
	Music Videos	Watch available music videos. Playlists are organized by music genre. Create your own playlist.
	Virtual Active	The Virtual Active attraction features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

User Controls and CardioTouch Screen



1	Incline keys
2	Incline display
3	CardioTouch screen
4	Speed display
5	Speed Keys
6	Volume Keys
7	STOP Key
8	Fan Key
9	Channel/Track Keys

CardioTouch Screen — Tap the icons to make selections.



Setup

Use the following instructions to setup the unit.



WARNING: *Falling hazard.*

When starting unit

- *Stand on two top steps.*
- *Do not stand on belt.*

Cybex recommends that the treadmill be unplugged or the on/off (I/O) power switch turned off (O) when it is not in use.



1. Without anyone on the treadmill, plug the power cord into a power outlet from a grounded, dedicated circuit as described under Electrical Requirements in this chapter.






Ensure the power cord is not being pinched under the front of the treadmill.



2. Locate the on/off (I/O) power switch under the front end of the treadmill. Toggle it to the on position (I).
3. The control panel will light up.

Initial setup

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

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

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

5. Adjust the time if needed, then tap the **ENTER** icon .
6. Tap the **Date** icon to advance to the *Set the Date* screen.
7. Adjust the date if needed, then tap the **ENTER** icon .
8. Tap the **Units & Power** icon to select the Set units preference screen.
9. Select the unit preferences from the following options:



Record your actual line voltage here. Line frequency is usually specific to your country or location.






Distance Units	Weight Units	Line Frequency	Line Voltage
Miles	Lbs.	50 Hz	110v
Km	Kg	60 Hz	115v
	Stone		208v
			220v
			230v

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

Setup options

Enter setup options.

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

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

The Setup options are:

Time	Select Time Display option to On or Off. Add or subtract an hour. Select time display as AM, PM, or 24 Hour display. Enter time using keypad, press Enter icon to save.
Date	Select date style [MM] [DD] [YYYY], [DD] [MM] [YYYY], or [YYYY] [MM] [DD]. Y - Year, M - Month and D - Day. Enter date using keypad, press Enter icon to save.

Units and Power	Select distance units. MI - Miles or KM - Kilometers. Select weight units. LBS - Pounds, KG - Kilograms or Stone - Stones.
A/V Device (not shown for E3 View Monitor)	Select No TV or Wireless TV.
A/V Config (not shown for E3 View Monitor)	Active when A/V Device is set to Wireless TV. <i>See A/V Config and FM Radio Presets below.</i>
FM Radio Presets (not shown for E3 View Monitor)	Active when A/V Device is set to Wireless TV. <i>See A/V Config and FM Radio Presets below.</i>
PEM Setup	Active when A/V Device is set to Embedded TV. <i>See E3 View Monitor Controls and E3 View Monitor Setup below.</i>
Workout times	Set Default and Max workout times. Default choices are 20, 30, or 60 minutes. Max choices are 20, 30, 60, or OFF.
Limits	Set Min Speed, Max Speed, and Max Incline.
Pause	Set Pause time. Choices are OFF, 1:00, 5:00, or 10:00 minutes.
Sound	Select console beeper settings. Console Beeper - On or Off. Headphone Beeper - Off, Some, or All. Default Volume - 1 to 31, default is 10.
Language	Select default language to display on CardioTouch screen. Toolbox is only available in English. Include Optional Languages. Select optional languages to display on CardioTouch screen. Choices are Include or Off.
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.

Your treadmill is now ready for use. Proceed to Testing the Treadmill Operation. Follow the instructions in the Operation chapter to learn how to operate the treadmill. You should begin with walking speeds first, to be sure everything is functioning properly.




Service Diagnostics

Service diagnostics are available through the Toolbox and allows the technician to view machine data, test I/O, and track issues.



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

1. Press the Access Toolbox icon to display the *Access to Toolbox* login screen.
2. Enter the sequence:     .

The Toolbox options are:




		
Time, Date, Units & Power, Workout Times, Limits, Restore Factory Defaults and Sound.	Treadmill Totals.	Build Report, Error Log, Touch Test, Touch Cal

Navigation icons





Icon	Description
	Exits to Dormant. Any changes to settings will be saved and the CardioTouch screen will reboot.
	Return to Toolbox Home.

Diagnostics when CardioTouch screen is not functioning




The drive motor and elevation motor can be tested if the CardioTouch Screen is not functioning.

1. Press and hold the **Fan**  key for at least three seconds until the console beeps twice.
2. Release the **Fan**  key and press the **Volume Down**  key within two seconds. The Elevation and Speed LED's will blink indicating *Diagnostics Mode*.

Press any one of the Incline or Speed keys within the first ten seconds, otherwise Diagnostic Mode with exit.

3. The **Incline Up** , **Incline Down** , **Speed Up**  and **Speed Down**  keys are now active.
4. Press the **Stop** key to stop the running belt and exit to *Dormant Mode*.

Calibrate CardioTouch screen



1. At the main *Toolbox* screen, tap the **OEM Diags** icon, then the **Touch Test** icon.
2. Touch the CardioTouch screen to display crosshairs. If the CardioTouch screen is not calibrated, the crosshairs will not line up where the touch is made.
3. Tap the  icon to return to the *Diagnostics* screen.
4. Tap the **Touch Cal** icon.
5. Tap the targets in each of the four corners of the CardioTouch screen as indicated.
6. Exit Set Up Mode by tapping the **Toolbox** icon , then tap the **Home** icon . The screen will refresh.






Cybex GO Monitor Diagnostics

Cybex GO monitor diagnostics allows access to system information, screen calibration, and other diagnostic functions. Access to the diagnostic functions are available through the CardioTouch screen or hidden menu.

CardioTouch screen access

Enter setup options.

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

1. Tap the **Access Toolbox** icon to display the *Access to Toolbox* login screen.
2. Enter the sequence:     .
3. Tap the **Setup** icon to display the *setup menu*.
4. Tap the **A/V Config** icon to display the A/V configuration options.

Touch Calibration	Tap Cybex GO monitor in nine locations to calibrate screen.
Network Setup	See Owner's manual
Channel Setup	See Owner's manual

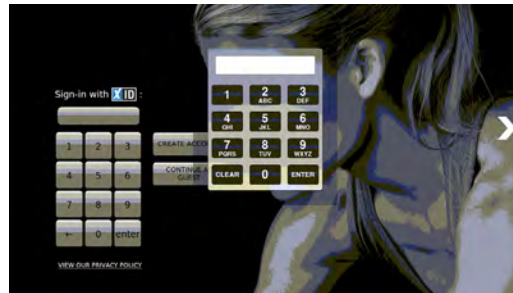
Exit Service Diagnostics by tapping the **Toolbox** icon , then tap the **Home** icon . The screen will refresh.

Hidden menu access

- At the main dormant screen perform the following sequence.
 - Tap the upper left portion of the screen once
 - Tap the the upper right portion of the screen twice
 - Tap the the upper left portion of the screen once



This will display the diagnostic keypad.



- Enter a code on the keypad to access diagnostic functions.

Most Used Functions



Numeric Code	Alpha Code	Explanation and Usage
911		Displays the IP address, MID and other data of the Cybex GO monitor. There may be instances where help desk staff want to communicate with the device for troubleshooting purposes.
7226	SCAN	Brings up the TV Channel scanning configuration screen. This option is used if the Cybex GO monitor has lost its TV configuration.
86824	TOUCH	Brings up the touch screen calibration screen. This is used to recalibrate the touch screen in the event it loses its touch screen sensitivity.
77333	SPEED	Runs the Speakeasy speed test. This test is used if there is a jittery picture on the VOD. It shows the upload and download speeds.
27233	CSAFE	Allows you to test the CSAFE function.

Least Used Functions

Numeric Code	Alpha Code	Explanation and Usage
2582	CLUB	Resets the Cybex GO monitor to re-install at a club. Do not use this option unless the help desk instructs you to use it.
78425	STICK	Allows you to plug in a USB drive stick with updates and run those updates on your Cybex GO monitor. In some rare cases, a technician may have to install updates via a USB drive.
4638	INET	Runs the network device selection configuration screen.
3366	DEMO	Runs the Cybex GO monitor in Demo mode for tradeshow or events. This option is only used for demos.
3696	DOWN	Shuts down the Cybex GO monitor. Don't use this unless instructed to by the help desk.

Error Codes

Error codes notify user of a problem condition and are displayed on the console. Error codes can also help to indicate the part of the unit most likely to be causing the problem.

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

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

2. Enter the sequence:     .



After 30 seconds of inactivity, the Toolbox will exit to Dormant Mode.

3. At the main *Toolbox* screen, tap the **OEM Diags** icon, then the **Error Log** icon.

Error Codes

Error Code #	Meaning
1	No speed at startup
2	GFX Communications issue
3	Speed mis-match
4	Upper Display comm. issue
5	Drive comm. issue
6	Membrane fault
7	Controller fold-back
8	Approaching Over-Temp
9	MCC Watchdog Triggered
10	Motion Sensor Blocked
11	Motion Sensor Defective
12	Graphics board watchdog
13	Upper display watchdog
14	Drive error unknown
15	Embedded A/V Device failure
16	Membrane fault
18	Drive enable line is open, motor on

Error Code #	Meaning
19	Drive enable line is open, motor off
92	Over Current (output)
93	Over Voltage (DC Link)
94	Over Heat (Heatsink)
95	Low Voltage (DC Link)
96	Thermal Int. of output current
98	Display Comm. Lost (motor off)
99	Display Comm. Lost (motor on)
103	Input Current OC trip (PFC)
105	Thermal Int. input current (PFC)
140	Can't find home switch at power up
141	Can't find home switch during use
142	Out of incline range
150	Out of speed range

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

Belt, Deck, Rollers, and Drive Motor

In this section you have the option to remove and install the following parts:

- End caps
- Top steps
- Rear roller
- Front roller
- Running deck
- Deck pivot
- Deck bumpers
- Running belt
- Drive belt
- Drive motor

End Caps

Tools Required

Phillips screwdriver



WARNING: *Shock and electrocution hazard.*

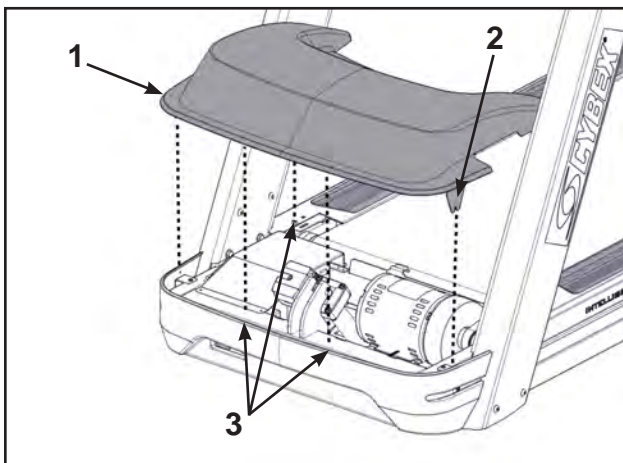
- *Unplug unit and let sit 10 minutes before cleaning or performing maintenance.*
- *Electrical charge can remain in unit after unplugging.*
- *Keep water and liquids away from electrical parts.*

Disconnect power source

1. Turn the main power switch under the front end of the unit to the off (O) position.
2. Unplug the treadmill from the power outlet.

Remove motor cover

1. Loosen but do not remove the two front cover screws securing the motor cover using a Phillips screwdriver.

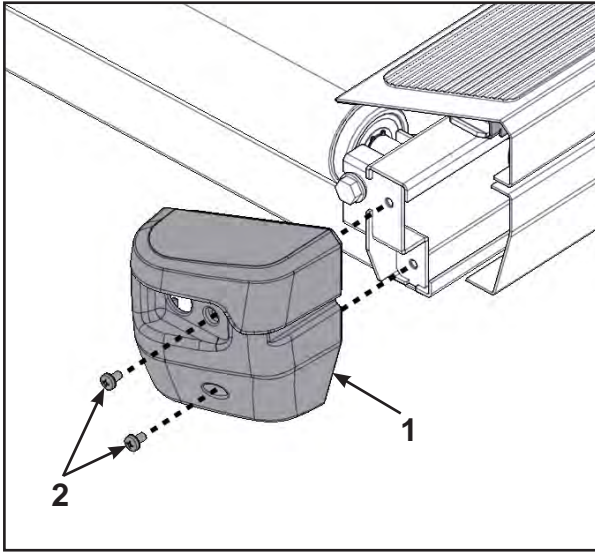


	Description
1	Motor cover
2	Tabs (2)
3	Plastic connectors

2. Remove motor cover by lifting vertically. Do not break the four plastic connectors.

Remove end caps

1. Remove the two screws securing the right end cap using a Phillips screwdriver.



	Description
1	End Cap
2	Screws (2)

2. Repeat step 1 for the left end cap.

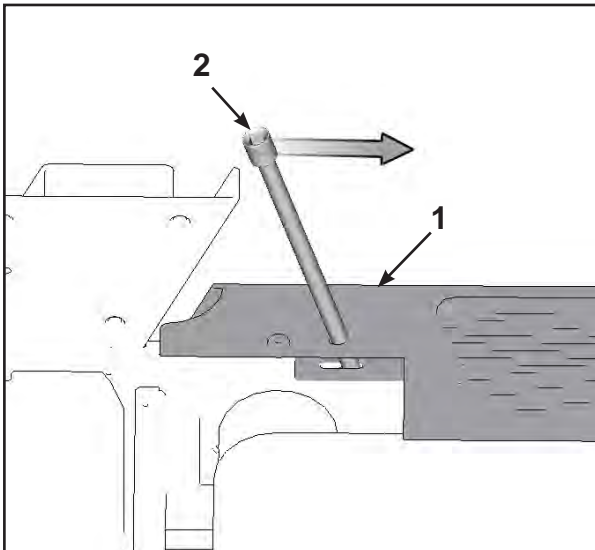
Top Steps

Tools Required

Long 3/8" drive socket extension

Remove top steps

1. Remove the right top step by inserting a long 3/8" drive socket extension into the top step and prying backwards.



	Description
1	Top Step
2	3/8" Drive Socket Extension

2. Remove the right top step.
3. Repeat step 1 and 2 for the left top step.

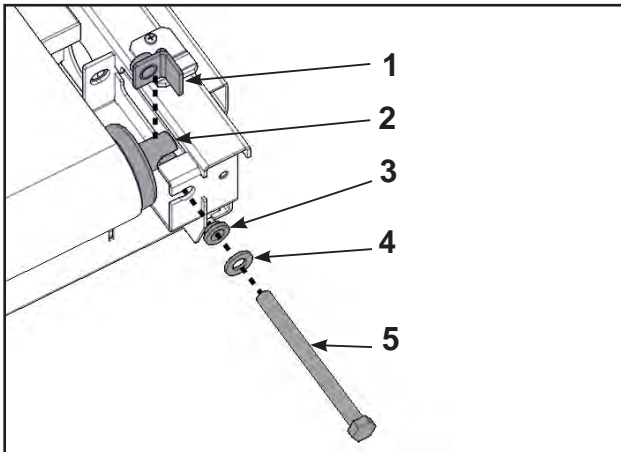
Rear Roller

Tools Required

3/4" wrench

Remove the rear roller

1. Remove the two rear roller bolts, washers, bushing and rear roller nut (one roller bolt on each side) using a 3/4" Socket wrench. Loosen each bolt evenly, making sure not to loosen either bolt too many turns before moving to the other bolt.



	Description
1	Rear Roller Nut
2	Rear Roller
3	Bushing
4	Washer
5	Bolt

2. Lift one side of the rear roller and slide the roller out of the running belt.

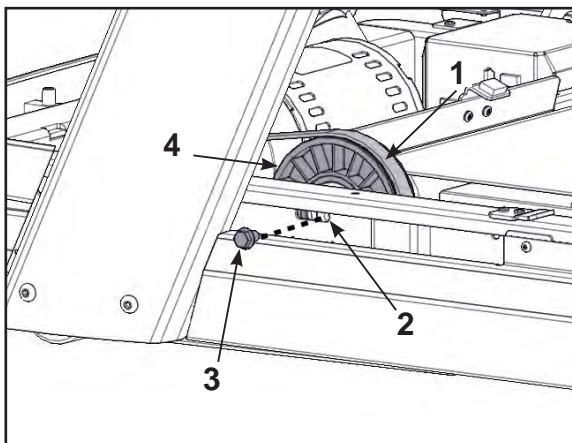
Front Roller

Tools Required

9/16" Socket wrench

Remove front roller

1. Loosen the left mounting bolt using a 9/16" Socket wrench.



	Description
1	Drive Belt
2	Tensioning Slot
3	Mounting Bolt
4	Front Roller

2. Loosen the right mounting bolt using a 9/16" Socket wrench.

3. Remove both mounting bolts.
4. Slide the drive belt off of the front roller and remove the front roller.

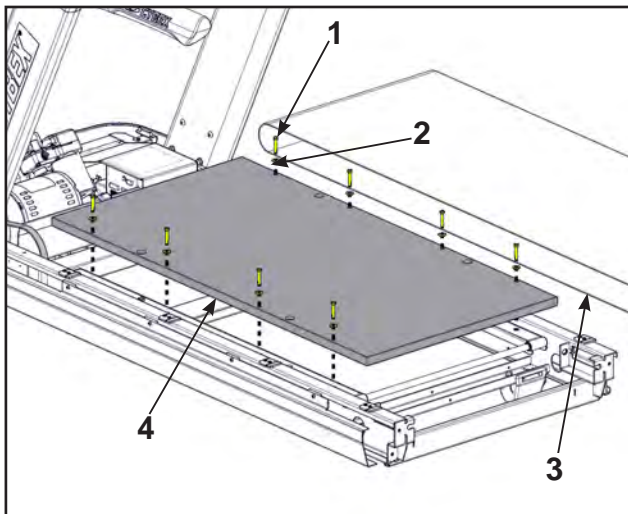
Running Deck

Tools Required

7/16" Socket wrench

Remove deck

1. Remove the eight screws and eight flat washers that hold the deck in place using a 7/16" Socket wrench.



	Description
1	7/16" Bolts (4 per side)
2	Flat Washers (4 per side)
3	Belt
4	Deck

2. Slide the running deck out of the frame.

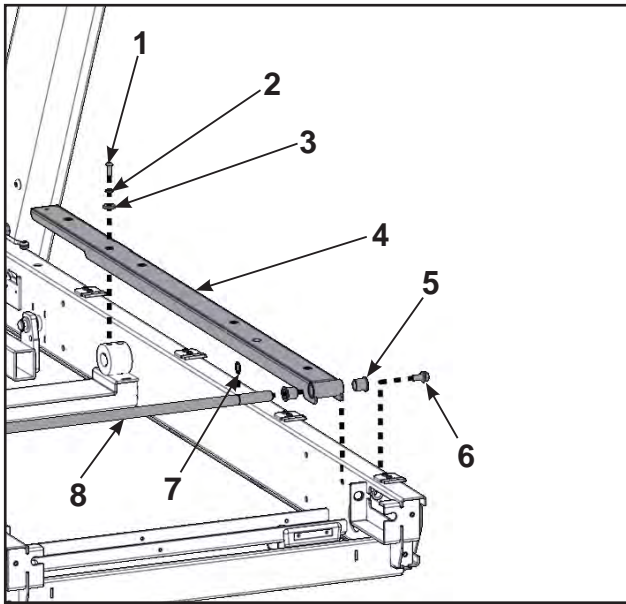
Deck Pivot and Deck Bumpers

Tools Required

- 5/32" Allen wrench
- 1/2" Socket wrench

Remove deck pivot assembly

1. Remove the two bolts, split washers and flat washers securing the front of the deck pivot bracket using a 5/32" Allen wrench.



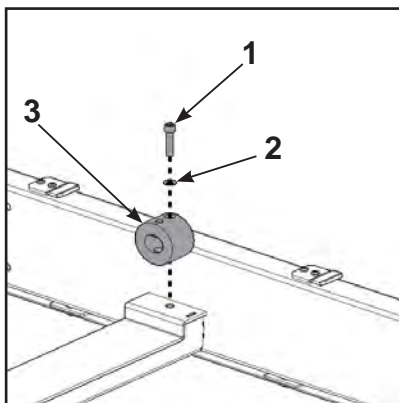
	Description
1	Bolt (2)
2	Split Washer (2)
3	Flat Washer (2)
4	Deck Pivot Bracket (2)
5	Bushing (4)
6	Mounting Bolt (2)
7	Retaining Ring (2)
8	Deck Pivot Shaft (1)

2. Remove the two mounting bolts securing the deck pivot shaft to the frame using a 1/2" Socket wrench. There is one bolt at each end of the deck pivot shaft.

With the deck pivot shaft out of the unit you can now remove the bushings, deck pivot brackets, wave washer and the retaining rings.

Inspect deck bumpers

Inspect the deck bumpers for cracks or wear. Replace the deck bumpers if the rubber is cracked or worn.



	Description
1	Mounting Bolt
2	Washer
3	Deck Bumper

Running Belt

Remove running belt

With the deck pivot assembly out of the unit you can now remove the running belt.

If the same running belt will be re-installed, note the direction of travel and re-install in the same direction.

Drive Belt

Remove drive belt

If you are changing the drive belt, slip the drive belt off of the drive motor pulley.

Drive Motor

Tools Required

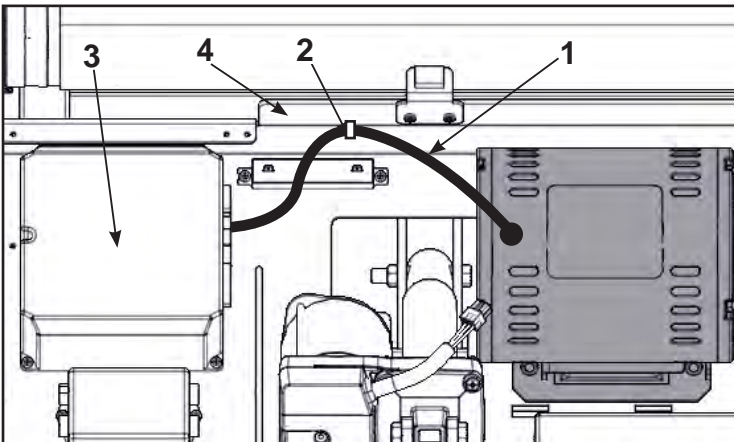
- 1/2" Socket wrench with a 6" extension
- Side cutters
- Wire tie

Elevate treadmill

1. Connect the main power cord into the power outlet.
2. Start the treadmill in *Manual Mode* and raise the elevation to 8%.
3. Turn the main power switch under the front end of the unit to the off (O) position.
4. Unplug the treadmill from the power outlet.

Disconnect motor cables

1. Disconnect the drive motor cable from the motor controller.

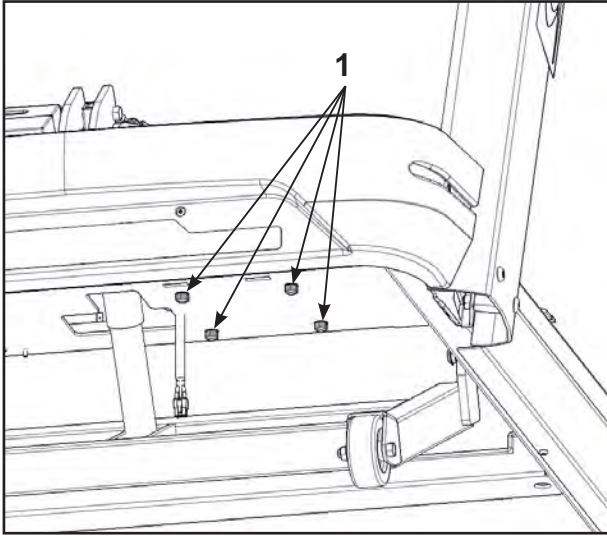


	Description
1	Drive Motor Cable
2	Wire Tie
3	Motor Controller
4	Front Roller Shield

2. Remove the wire tie securing the drive motor cable to the front roller shield using the side cutters.

Remove Drive motor

1. Remove the four mounting nuts using a 1/2" Socket with a 6" extension.



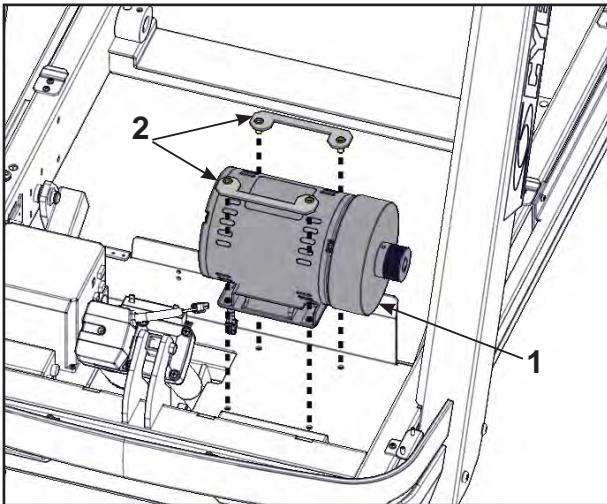
	Description
1	Mounting Nuts (4)



WARNING: Heavy equipment

- Drive motor is heavy
- Use safe lifting methods

2. Lift the drive motor up and out of the treadmill.



	Description
1	Drive Motor
2	Drive Motor Mounting Brackets (2)

3. Remove the drive motor mounting brackets.

Install drive motor

1. Install the drive motor mounting brackets.
2. Place the drive motor in the correct position in the treadmill.
3. Install the four mounting nuts to the drive motor mounting brackets using a 1/2" Socket with a 6" extension.

4. Connect the drive motor cable from the motor controller.
5. Install the drive motor cable to the front roller shield using a wire tie. Ensure the drive motor cable is pulled straight to the front roller shield and does not interfere with the motor cover.

Install drive belt

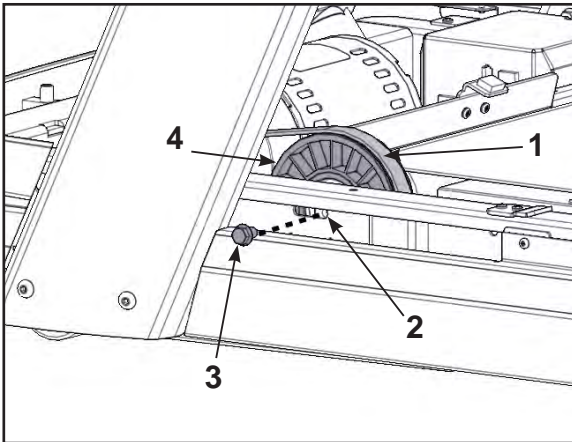
Slide the drive belt into the grooves on the drive motor pulley.

Install running belt

Place the running belt in position on the unit. If the same running belt is re-installed, note the direction of travel and re-install in the same direction.

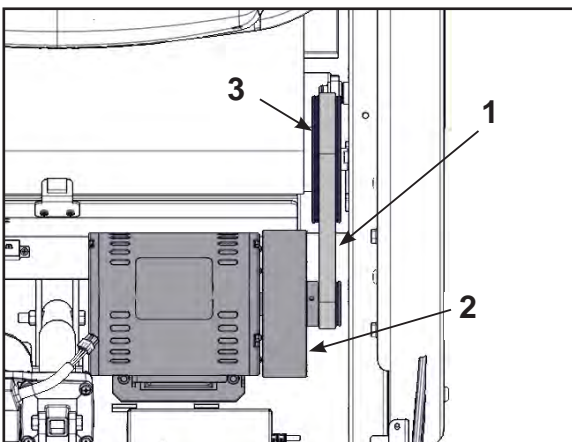
Install front roller

1. Slide the front roller into the running belt.
2. Slide the drive belt around the front roller before attaching the front roller.



	Description
1	Drive Belt
2	Tensioning Slot
3	Mounting Bolt
4	Front Roller

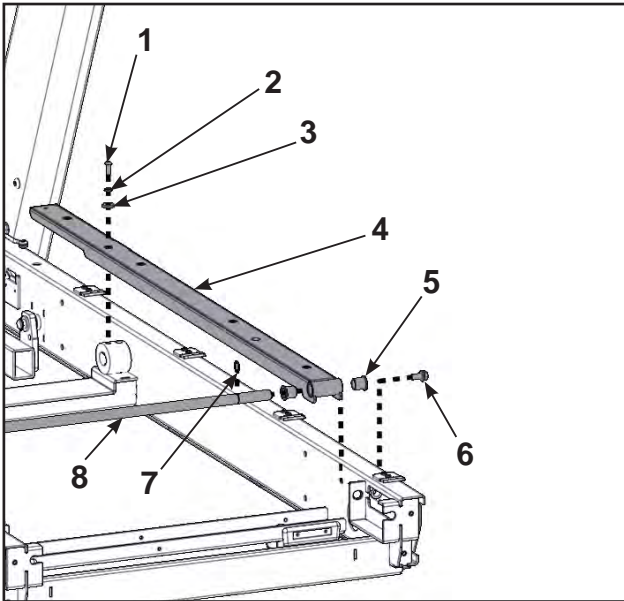
3. Install the two roller bolts that fasten the front roller to the frame. Do not tighten the bolts at this time.
4. Align the drive belt in the grooves on the drive motor pulley and front roller pulley. The drive belt should be positioned in the inner most groove of the drive motor pulley.



	Description
1	Drive Belt
2	Drive Motor Pulley
3	Front Roller Pulley

Install deck pivot assembly

1. Install the retaining rings, bushings and deck pivot brackets.

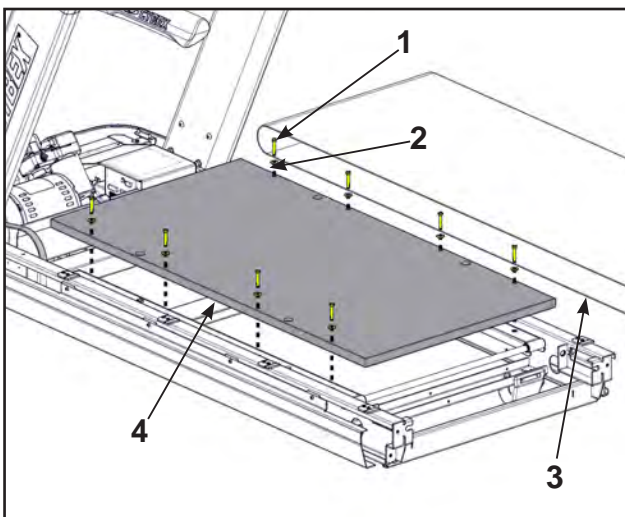


	Description
1	Bolt (2)
2	Split Washer (2)
3	Flat Washer (2)
4	Deck Pivot Bracket (2)
5	Bushing (4)
6	Mounting Bolt (2)
7	Retaining Ring (2)
8	Deck Pivot Shaft (1)

2. Install the two bolts securing the deck pivot shaft to the frame using a 1/2" Socket wrench. Make sure the deck pivot brackets are installed correctly.
3. Install the two bolts, split washers and flat washers securing the front of the deck pivot bracket using a 5/32" Allen wrench.

Install running deck

1. Place the deck in the correct position on the frame.

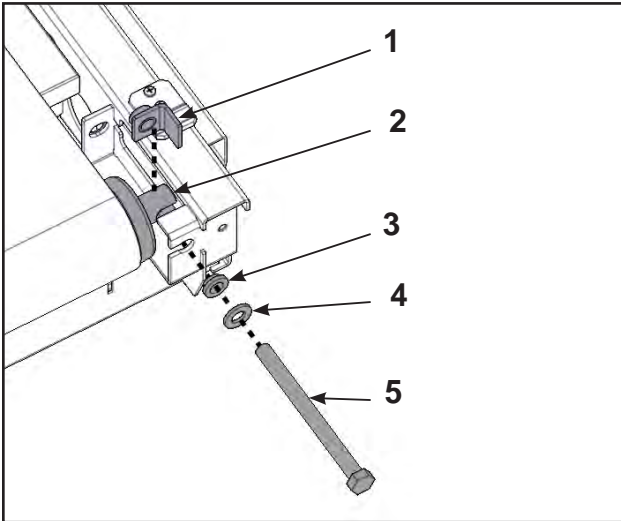


	Description
1	7/16" Bolts (4 Per Side)
2	Flat Washers (4 Per Side)
3	Belt
4	Deck

2. Install and tighten the eight screws and eight flat washers that hold the deck in place using a 7/16" Socket wrench.

Install rear roller

1. Slide the rear roller into the running belt.
2. Install the bolt, washer, bushing and rear roller nut for each side of the roller into position.

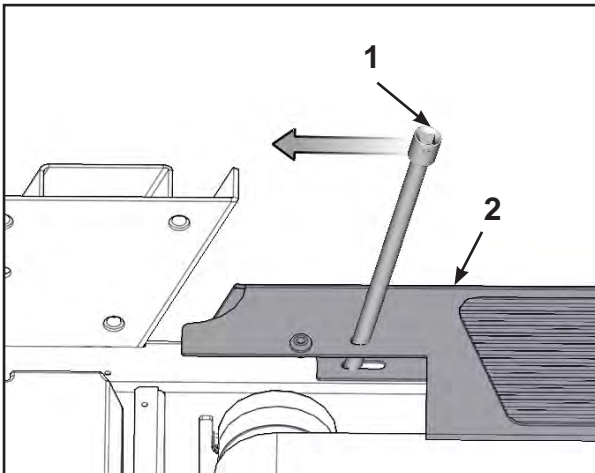


	Description
1	Rear Roller Nut
2	Rear Roller
3	Bushing
4	Washer
5	Bolt

3. Tighten the two rear roller bolts using a 3/4" Socket wrench. Tighten each bolt evenly, making sure not to tighten either bolt too many turns before moving to the other bolt.
4. Continue to tighten bolts until the **front roller** is all the way back in the tensioning slots.
5. Tighten the front roller bolts using a 9/16" Socket wrench.

Install top steps

1. Install the right top step by placing in position and inserting a long 3/8" drive socket extension into the top step.



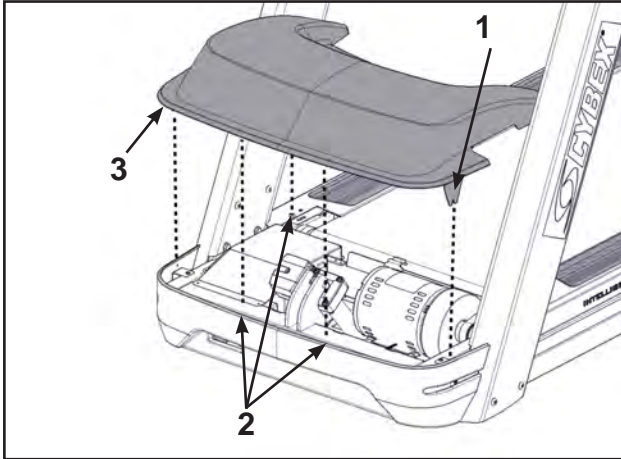
	Description
1	3/8" Drive Socket Extension
2	Top Step

2. Pry the long 3/8" drive socket extension forwards to secure the right top step.
3. Repeat steps 1 and 2 for the left top step.

Install motor cover

Do not break the four plastic connectors.

1. Place the motor cover into position vertically by aligning the two tabs and four plastic connectors. Two plastic connectors are mounted in the front cover and two in the motor cover.



	Description
1	Tabs (2)
2	Plastic Connectors (4)
3	Motor Cover

If motor cover top does not fit properly, loosen the side screws as needed.

2. Tighten the two front cover screws using a Phillips screwdriver. Ensure the screws are securing the motor cover's tabs.

Install end caps

1. Install the two screws securing the right end cap using a Phillips screwdriver.
2. Repeat step for the left end cap.

Test the unit for proper operation

1. Connect the treadmill to the power outlet.
2. Follow the *Tension and Center the Belt* procedure located in the *Preventive Maintenance* chapter of this manual.
3. Operate the unit at all levels to verify proper operation.

Power Input

In this section you have the option to remove and install the following parts:

- Motor controller
- On/off switch
- Line filter
- Power cord
- Power inlet

Motor Controller

Tools Required

- Phillips screwdriver
- ESD (Electro Static Discharge) grounding strap

⚠ WARNING: *Shock and electrocution hazard.*

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

NOTICE: Component damage

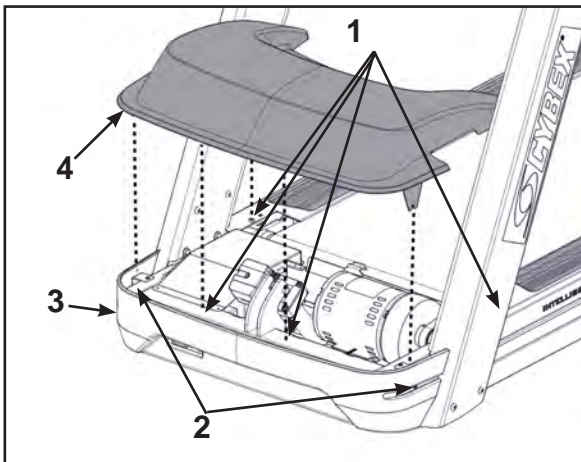
Wear an ESD grounding strap during this procedure. Connect ESD grounding strap to frame bolts or unpainted metal of frame. If ESD grounding strap is not available, touch frame bolts or unpainted metal of frame before handling any electronics.

Disconnect power source

1. Turn the main power switch under the front end of the unit to the off (O) position.
2. Unplug the treadmill from the power outlet.

Remove motor cover

1. Loosen but do not remove the two front cover screws securing the motor cover using a Phillips screwdriver.

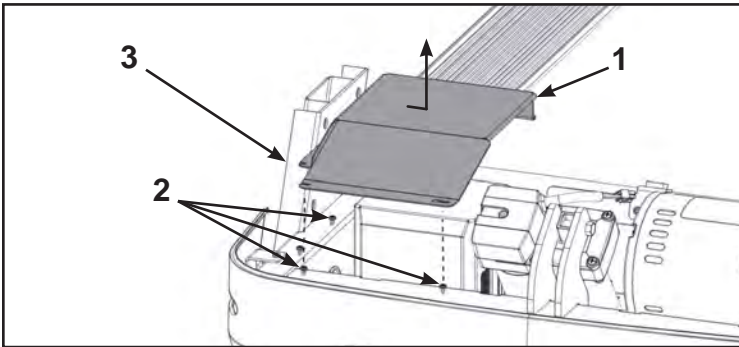


	Description
1	Plastic Connectors (4)
2	Screws (2)
3	Front Cover
4	Motor Cover

2. Remove motor cover by carefully lifting vertically. Do not break the four plastic connectors.

Remove shield

1. Loosen but do not remove the seven screws securing the shield to the base using a Phillips screwdriver.



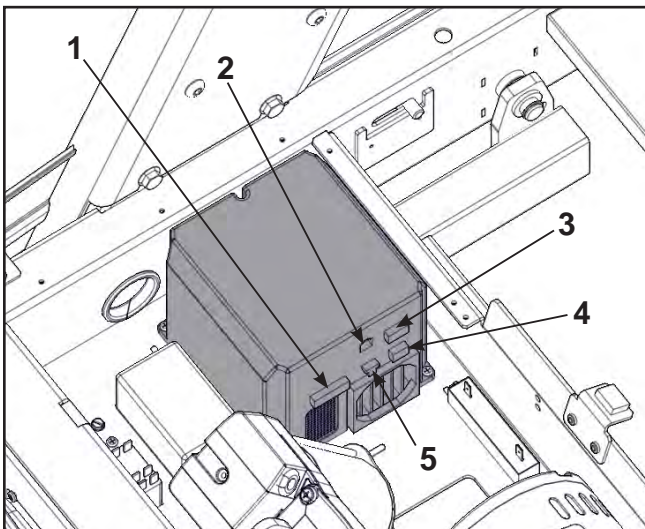
	Description
1	Shield
2	Screws (7)
3	Base

2. Remove shield by sliding sideways and then vertically off of base.

Disconnect the cables from the motor controller

Pulling cables by their wires can damage the cables. Remove cables by pulling from connectors.

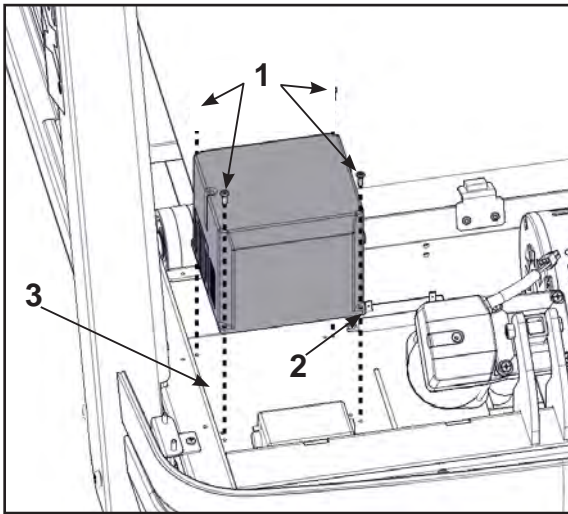
Carefully un-latch the cable connectors from the motor controller. This includes; the power in (INPUT), display cable (COMM.), elevation cable (INCLINE), drive motor cable (OUTPUT) and resistor (DB).



	Description
1	Power In (INPUT)
2	Display Cable (COMM.)
3	Elevation Cable (Incline)
4	Drive Motor Cable (OUTPUT)
5	Resistor (DB)

Remove motor controller

1. Remove the four screws that hold the motor controller to the motor base plate using a Phillips screwdriver.



	Description
1	Screws (4)
2	Motor Controller
3	Motor Base Plate

2. Remove the motor controller. Cybex may want this part back for evaluation. Contact Cybex Customer Service at 888-462-9239.

Replace motor controller

1. Position the motor controller in place on the motor base plate.
2. Install the four screws that hold the motor controller to the motor base plate using a Phillips screwdriver.

Connect cables to the motor controller

1. Connect the cables to the motor controller. This includes; the power in (INPUT), display cable (COMM.), elevation cable (INCLINE), drive motor cable (OUTPUT) and resistor (DB).
2. Ensure all cables are connected firmly and securely in their proper place.

Power Cord

Tools Required

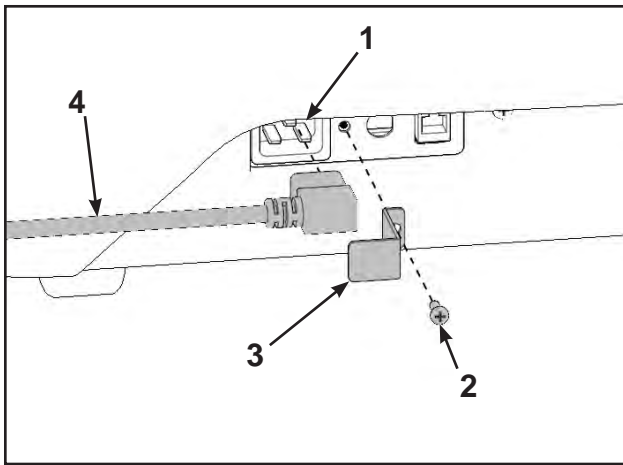
Phillips screwdriver

Disconnect power source

1. Turn the main power switch under the front end of the unit to the off (O) position.
2. Unplug the treadmill from the power outlet.

Remove power cord

1. Remove the mounting screw securing the mounting bracket in place using a Phillips screwdriver.



	Description
1	Power Cord Inlet
2	Mounting Screw
3	Mounting Bracket
4	Power Cord

2. Unplug the power cord from the power cord inlet.

Power cord may be routed through frame. See Owner's manual.

Install power cord

1. Plug the power cord into the power cord inlet.
2. Install the power cord with the mounting screw and mounting bracket using a Phillips screwdriver.

On/Off Switch

Tools Required

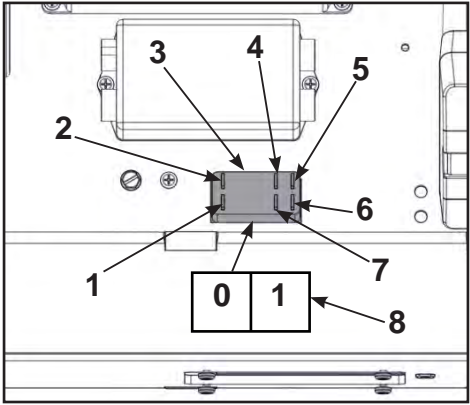
None

Remove On/Off switch

NOTE: The on/off (I/O) power switch is located under the front end of the unit, or on the front right side panel.

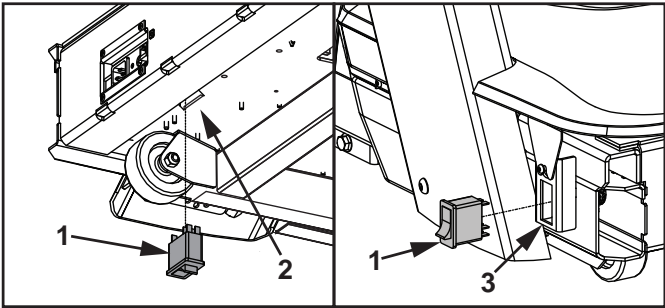
Take notice of which cables are connected to the On/Off switch.

1. Disconnect the six fast-on connectors that connect to the On/Off switch.



	Description
1	To Power Inlet (White)
2	To Power Inlet (Black)
3	On/Off Switch
4	To Line Filter (Black)
5	To Power Supply (Brown)
6	To Power Supply (Blue)
7	To Line Filter (White)
8	Position On/Off Switch as shown

2. Press in the sides of the On/Off switch to remove it from the base plate or side plate.



	Description
1	On/Off Switch
2	Base Plate
3	Side plate

Install On/Off switch

Position On/Off switch as shown.

1. Insert the new On/Off switch into the hole in the base plate or side plate.
2. Connect the two white fast-on connectors to the on/off switch.
3. Connect the two black fast-on connectors to the on/off switch.
4. Connect the brown and blue fast-on connectors to the on/off switch.

Power Inlet

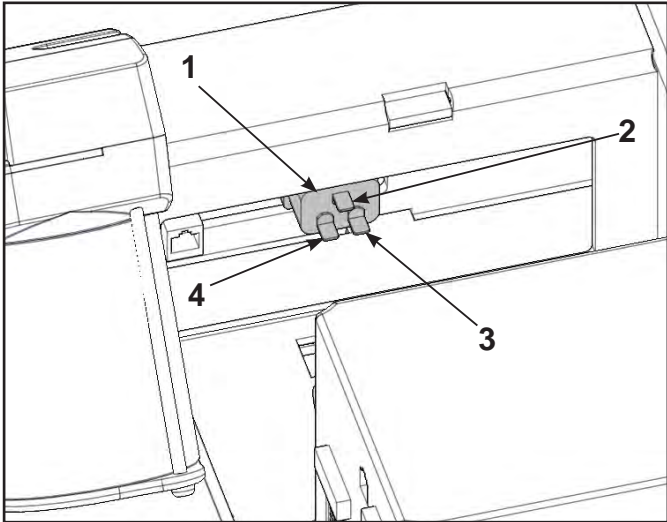
Tools Required

Flat head screwdriver

Remove power inlet

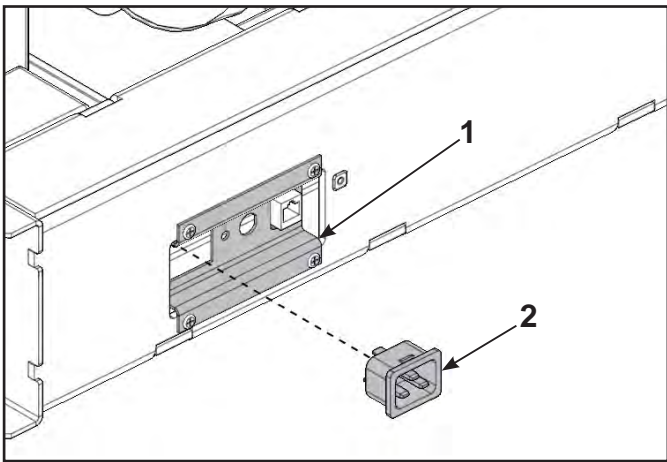
Take notice of which cables are connected to the power inlet.

1. Disconnect the three fast-on connectors that connect to the power inlet.



	Description
1	Power Inlet
2	To Ground Stud (Green)
3	To On/Off Switch (Black)
4	To On/Off Switch (White)

2. Press in the sides of the power inlet to remove it from the mounting plate using a flat head screwdriver.



	Description
1	Mounting Plate
2	Power Inlet (Position power inlet as shown)

Install power inlet

1. Insert the new power inlet into the hole in the mounting plate. Ensure power inlet is positioned correctly.
2. Connect the three fast-on connectors to the power inlet.

Ensure cables are connected correctly.

Line Filter

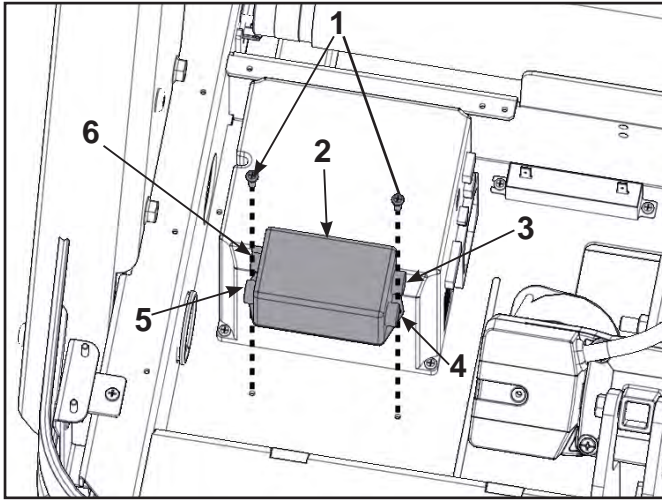
Tools Required

Phillips screwdriver

Replace line filter

Take notice of which cables are connected to the line filter.

1. Disconnect the two fast-ons connectors that go from the line filter to the motor controller.



	Description
1	Screws (2)
2	Line Filter
3	To Controller (Black)
4	To Controller (White)
5	To On/Off Switch (White)
6	To On/Off Switch (Black)

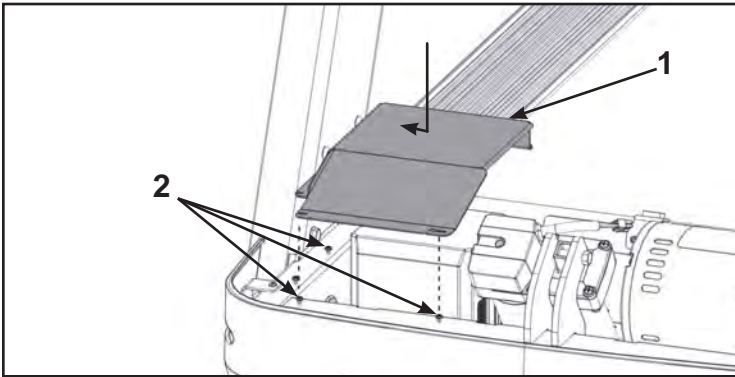
2. Disconnect the two fast-ons connectors that go from the line filter to the On/Off switch.
3. Remove the two screws that hold the line filter to the base plate using a Phillips screwdriver.
4. Place the new line filter in position on the motor base plate.
5. Install the two screws that hold the line filter to the base plate using a Phillips screwdriver.

Connect line filter cables

1. Connect the white cable from the On/Off switch to the terminal on the line filter.
2. Connect the black cable from the On/Off switch to the terminal on the line filter.
3. Connect the white cable from the motor controller to the terminal on the line filter.
4. Connect the black cable from the motor controller to the terminal on the line filter.

Install shield

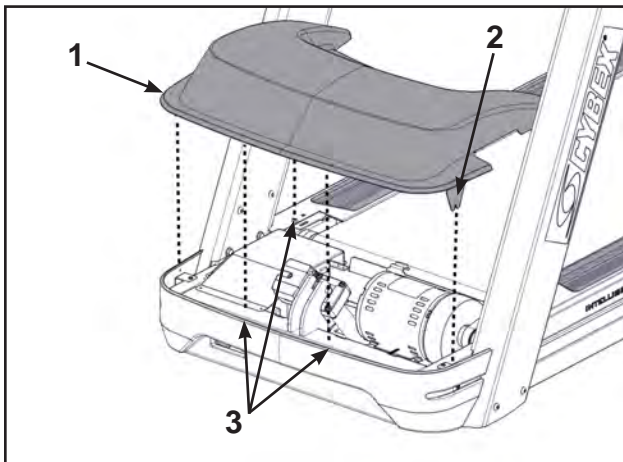
Tighten the seven screws securing the shield to the base using a Philips screwdriver.



	Description
1	Shield
2	Screws (7)

Install motor cover

1. Place the motor cover into position vertically by aligning the two tabs and four plastic connectors. Two plastic connectors are mounted in the front cover and two in the motor cover.



	Description
1	Motor cover
2	Tabs (2)
3	Plastic connectors

If motor cover top does not fit properly, loosen the side screws on the front cover as needed.

2. Tighten the four front cover screws using a Phillips screwdriver. Be sure the screws are securing the motor cover's tabs.

Test the unit for proper operation

1. Connect the treadmill to the power outlet.
2. Operate the unit at all levels to verify proper operation.

Elevation Motor

Tools Required

- Phillips screwdriver
- Wooden block 4" (10 cm) tall (2)
- 9/16" Open end wrench
- 9/16" Socket wrench
- Tape measure



WARNING: Shock and electrocution hazard.

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

Disconnect power source

Unplug the treadmill from the power outlet.

Place wooden blocks under the frame



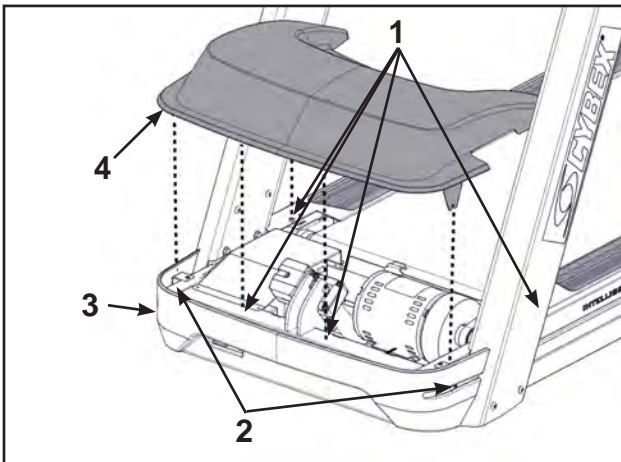
WARNING: Heavy equipment

- At least two people must lift or move unit
- Use safe lifting methods

1. While two people are lifting the front of the treadmill, have a third person place a wooden block under the each side of the frame to support the front end of the treadmill. This will get the weight of the treadmill off the elevation wheels and provide support.

Remove motor cover

1. Loosen but do not remove the two front cover screws securing the motor cover using a Phillips screwdriver.

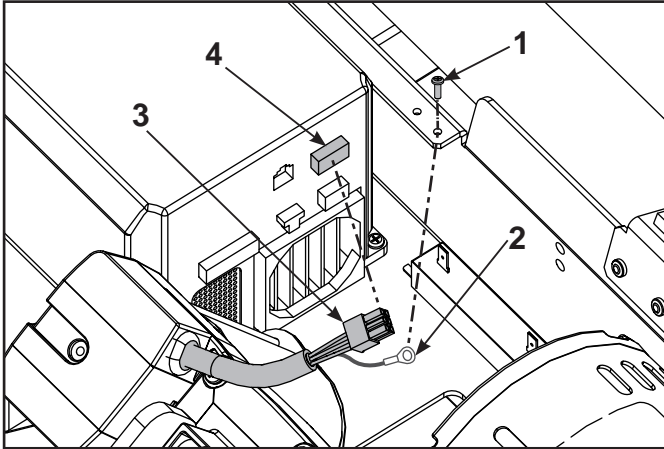


	Description
1	Plastic Connectors(4)
2	Screws (2)
3	Front Cover
4	Motor Cover

2. Remove motor cover by lifting vertically.

Disconnect elevation motor cable

1. Remove the ground wire screw securing the ground wire using a Phillips screwdriver.

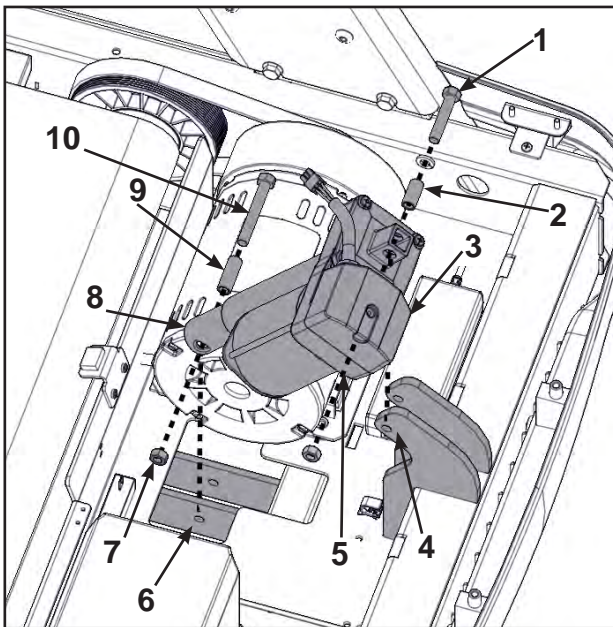


	Description
1	Ground Wire Screw
2	Ground Wire
3	Elevation Motor Cable
4	Motor Controller Connector

2. Carefully disconnect the elevation motor cable by un-latching the connector from the motor controller connector.

Remove elevation motor

1. Remove the two bolts, nuts and sleeves on the elevation motor (one at the top and one at the bottom) using a 9/16" open end wrench and a 9/16" Socket wrench. Hold the motor while you remove the second bolt so that it doesn't fall.



	Description
1	Short Bolt
2	Short Sleeve
3	Elevation Motor
4	Frame Mounts
5	Nut
6	Swing Arm Mounts
7	Nut
8	Tube Nut
9	Long Sleeve
10	Long Bolt

2. Carefully lift and remove the elevation motor from the treadmill.

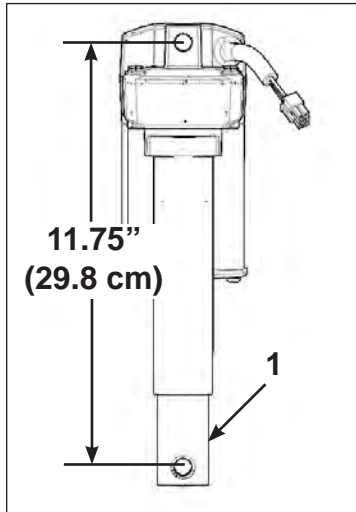
Calibrate elevation motor

1. Plug the elevation motor cable into the motor controller connector.
2. Install the ground wire screw securing the ground wire using a Phillips screwdriver.
3. Connect the main power cord into the power outlet.

4. Turn the main power switch under the front end of the unit to the on (I) position.

The elevation motor will now rotate to find the zero percent position.

5. Wait for the elevation motor to stop turning.
6. Turn the tube nut with your fingers until it measures 11.75" (29.8 cm) from the center of the top hole to the center of the bottom hole.

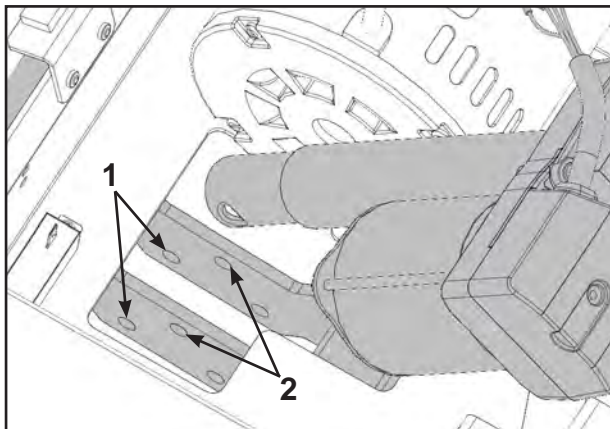


	Description
1	Tube Nut

7. Unplug the treadmill from the power outlet.

Install elevation motor

1. Place the elevation motor in position on the treadmill.
2. Slide both bolts and sleeves into the slots and attach the hex nuts. Mount the lower bolt and sleeve into the correct set of holes.



	Description
1	790T mounting holes
2	770T mounting holes

3. Tighten the nuts and two bolts using a 9/16" open end wrench and a 9/16" Socket wrench.

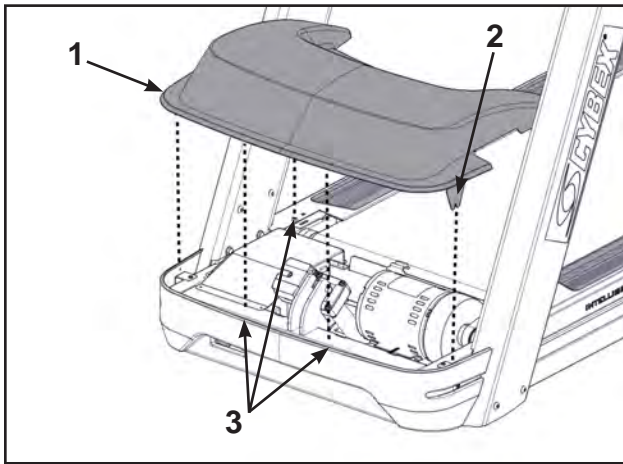
Test elevation motor

1. Connect the main power cord into the power outlet.
2. Start the treadmill in Manual Mode and raise the elevation until the wooden blocks can be removed.

3. Remove the wooden blocks.
4. Lower the elevation to zero percent.
5. Operate the unit at all levels to verify proper operation.

Install motor cover

1. Place the motor cover into position vertically by aligning the two tabs and four plastic connectors. Two plastic connectors are mounted in the front cover and two in the motor cover.



	Description
1	Motor cover
2	Tabs (2)
3	Plastic connectors

If motor cover top does not fit properly, loosen the side screws on the front cover as needed.

2. Tighten the four front cover screws using a Phillips screwdriver. Be sure the screws are securing the motor cover's tabs.

Console Electronics

In this section you have the option to remove and install the following parts:

- Wireless heart rate board
- Fan
- Display board
- E3 View monitor
- Cybex GO monitor
- Headphone jack
- Handset
- iPod cable
- USB board
- Contact heart rate grips
- MCC board
- E-stop cover and motion sensor

Wireless Heart Rate Board

Tools Required

- Phillips screwdriver
- Flat head screwdriver
- ESD (Electro Static Discharge) grounding strap



WARNING: Shock and electrocution hazard.

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

NOTICE: Component damage

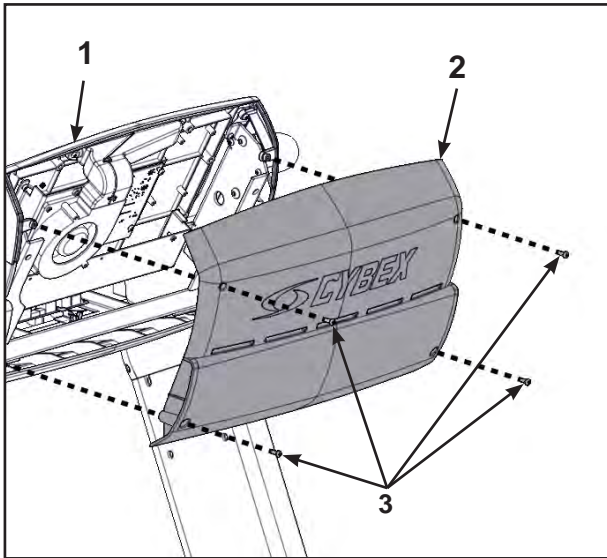
Wear an ESD grounding strap during this procedure. Connect ESD grounding strap to frame bolts or unpainted metal of frame. If ESD grounding strap is not available, touch frame bolts or unpainted metal of frame before handling any electronics.

Disconnect power source

Unplug the treadmill from the power outlet.

Remove wireless heart rate board

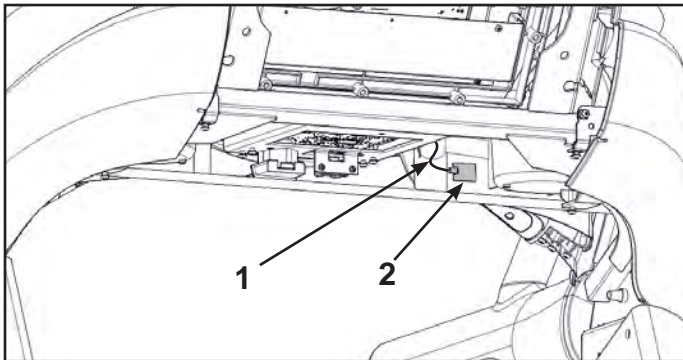
1. Remove the four screws securing the back cover to the console assembly using a Phillips screwdriver.



	Description
1	Console Assembly
2	Back Cover
3	Screws (4)

The wireless heart rate board is installed with double sided tape. Remove only if replacing with a new wireless heart rate board.

2. Unplug the wireless heart rate cable by un-latching connector from the wireless heart rate board.



	Description
1	Wireless Heart Rate Cable
2	Wireless Heart Rate Board

3. Pry the wireless heart rate board from the console using a flat head screwdriver.
4. Clean any remaining double sided tape from the console.

Install wireless heart rate board

1. Locate the new wireless heart rate board.
2. Peel the backing from the double sided tape and place the wireless heart rate board in position on the console.
3. Plug the wireless heart rate cable into the wireless heart rate board.

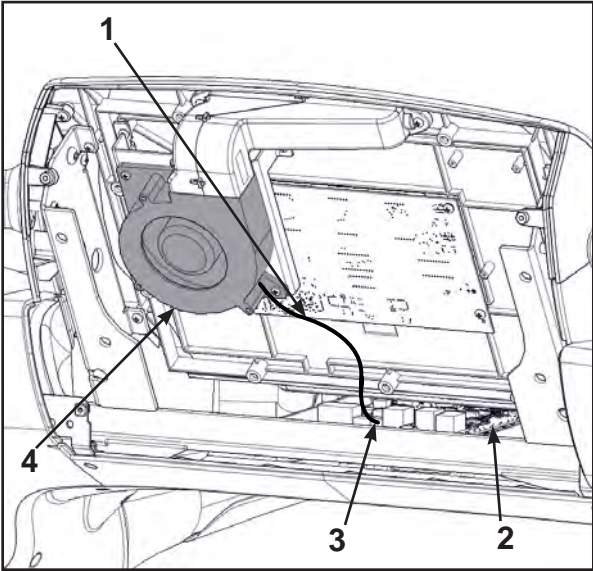
Fan

Tools Required

- Phillips screwdriver
- ESD (Electro Static Discharge) grounding strap

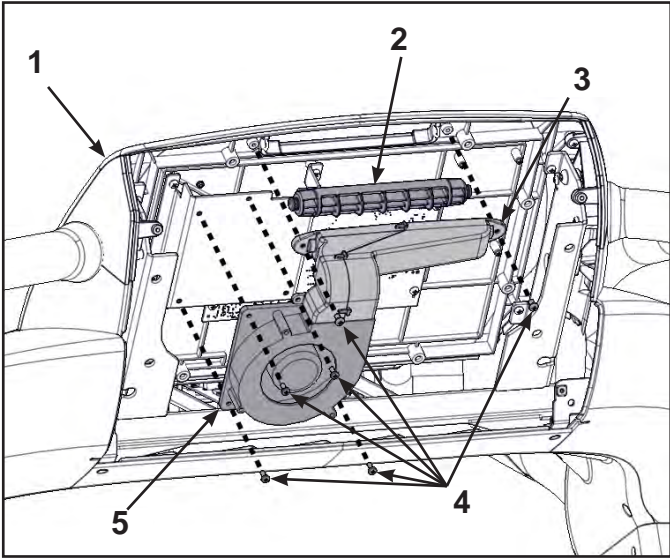
Remove fan

1. Unplug the fan cable by un-latching connector (J19) from the MCC board.



	Description
1	Fan Cable
2	MCC Board
3	J19
4	Fan

2. Remove the six screws securing the fan and duct to the console assembly using a Phillips screwdriver.



	Description
1	Console Assembly
2	Louver
3	Duct
4	Screws (6)
5	Fan

The louver is held in place by the duct.

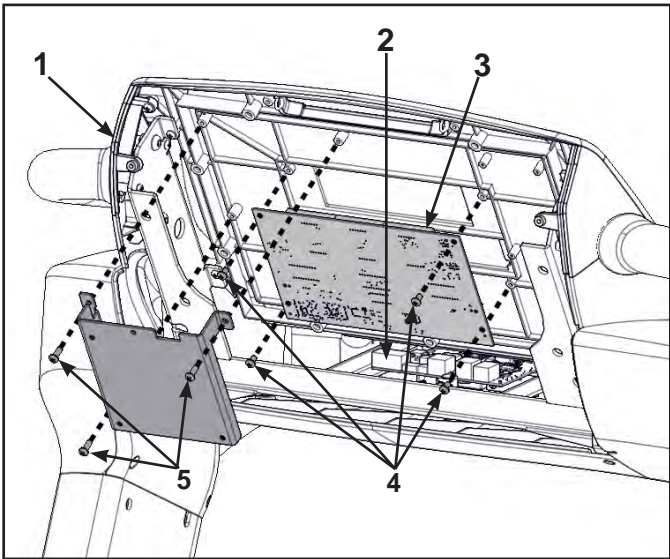
Display Board

Tools Required

- Phillips screwdriver
- ESD (Electro Static Discharge) grounding strap

Remove display board

1. Disconnect the display board cable from the MCC board connector (J16).
2. Remove the three screws securing the fan bracket to the console assembly using a Phillips screwdriver.



	Description
1	Console Assembly
2	Display Board Connector
3	Display Board
4	Display Board Screws (4)
5	Fan Bracket Screws (3)

3. Remove the four screws securing the display board to the console assembly using a Phillips screwdriver.

Install display board

1. Install the four screws securing the display board to the console assembly using a Phillips screwdriver.
2. Install the three screws securing the fan bracket to the console assembly using a Phillips screwdriver.
3. Connect the display board cable to the MCC board connector (J16).

Install the fan

1. Install the six screws securing the fan and duct to the console assembly using a Phillips screwdriver.

The louver is held in place with the duct.

2. Plug the fan cable into connector (J19) on the MCC board.

E3 View Monitor and Cybex GO Monitor

Tools Required

- Phillips screwdriver
- 11/32" nut driver
- Utility knife
- ESD (Electrostatic Discharge) grounding strap



WARNING: Shock and electrocution hazard

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

NOTICE: Component damage

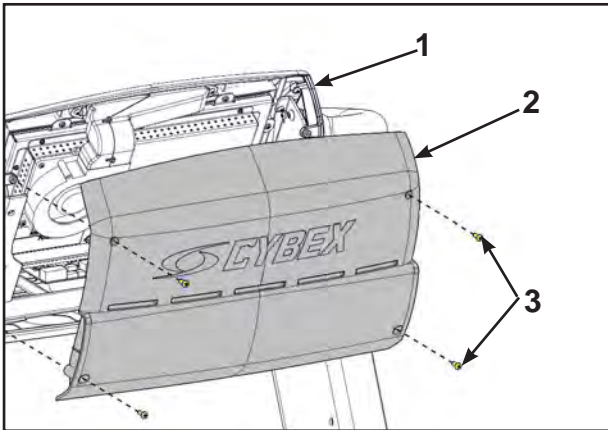
Wear an ESD grounding strap during this procedure. Connect ESD grounding strap to frame bolts or unpainted metal of frame. If ESD grounding strap is not available, touch frame bolts or unpainted metal of frame before handling any electronics.

Disconnect power source

Unplug the power cord from the power outlet.

Remove back cover

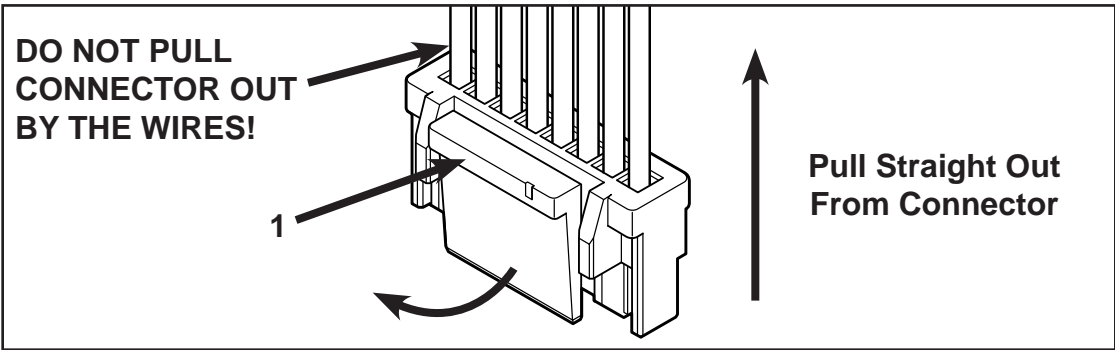
Remove the four screws securing the back cover to the console assembly using a Phillips screwdriver.



	Description
1	Console assembly
2	Back cover
3	Screws (4)

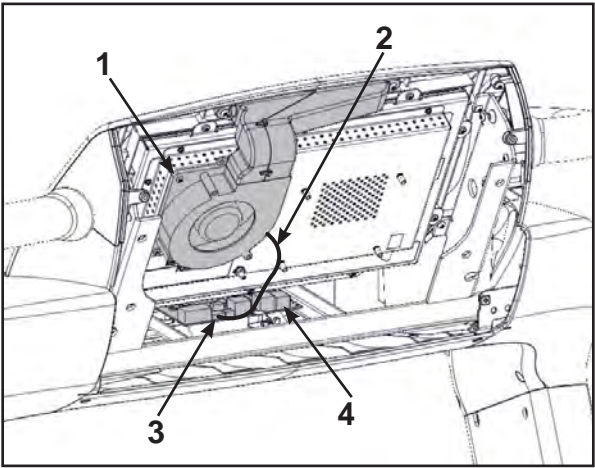
Remove fan

1. Unplug fan cable from the MCC board by un-latching connector with the following procedure:
- A. Press in the top of the cable connector.



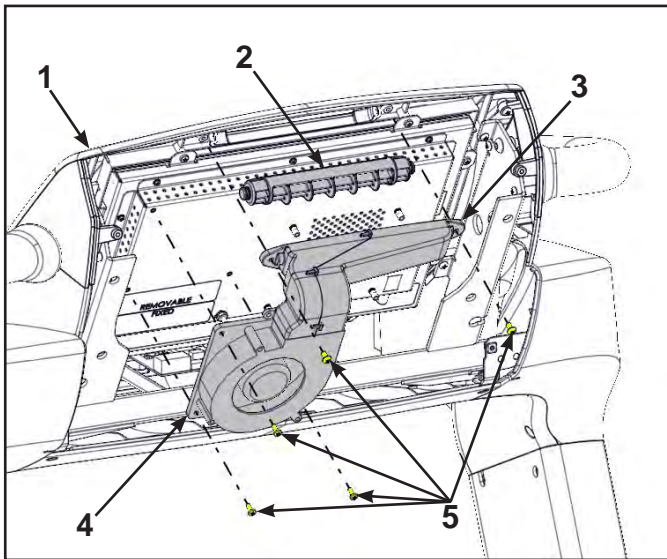
	Description
1	Latch

- B. Ensure the latch disengages the connector.
- C. Unplug cable by holding down the latch and pulling straight out from the connector. Do not pull on wires, remove by connector.



	Description
1	Fan
2	Fan cable
3	Connector J19
4	MCC board

2. Remove the five screws securing the fan and duct to the console assembly using a Phillips screwdriver.

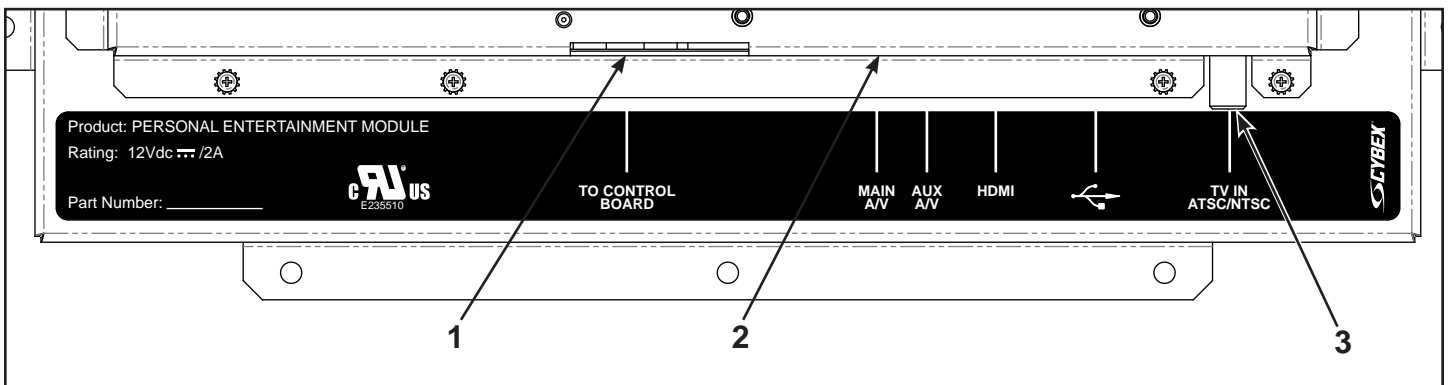


	Description
1	Console Assembly
2	Louver
3	Duct
4	Fan
5	Screws (5)

Remove monitor and bezel

E3 View Monitor connections

1. Unplug the control board and main A/V cable from the E3 View Monitor.

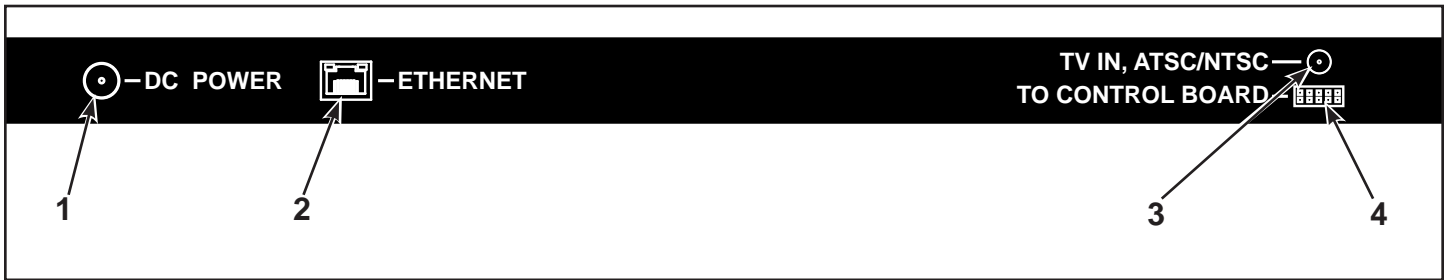


	Description	Qty.
1	Control board cable	1
2	A/V cable	1
3	Coax cable	1

2. Unscrew the coax cable from the E3 View Monitor.
3. Remove the ground cable from the E3 View Monitor using a 11/32" nut driver.

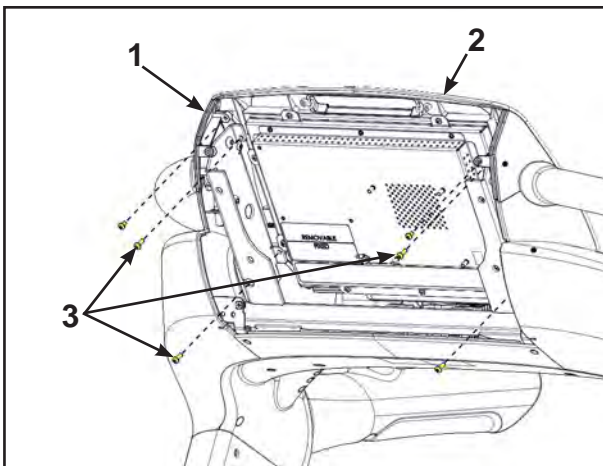
Cybex GO monitor connections

1. Unplug the power, ethernet cable, and control board cable from the Cybex GO monitor.



	Description	Qty.
1	Power cable	1
2	Cat6 ethernet cable	1
3	Coax cable	1
4	Control board cable	1

2. Unscrew the coax cable from the Cybex GO monitor.
3. Remove the ground cable from the Cybex GO monitor using a 11/32" nut driver.
4. Remove the six screws securing the E3 view monitor and bezel to the console assembly using a Phillips screwdriver.

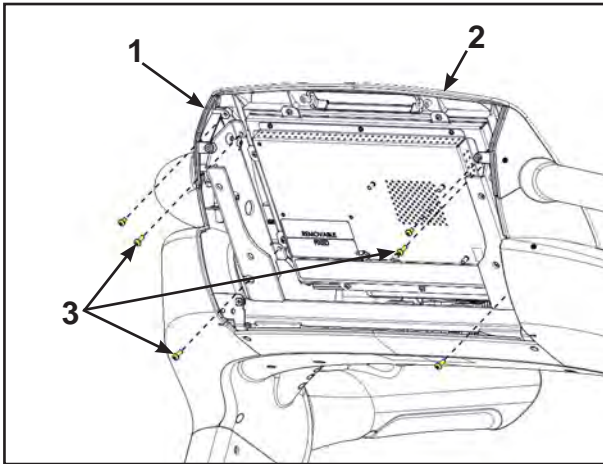


	Description
1	Console Assembly
2	E3 view monitor and bezel
3	Screws (6)

5. Remove E3 view monitor and bezel.

Install E3 View Monitor and bezel

1. Place the E3 view monitor and bezel in place.



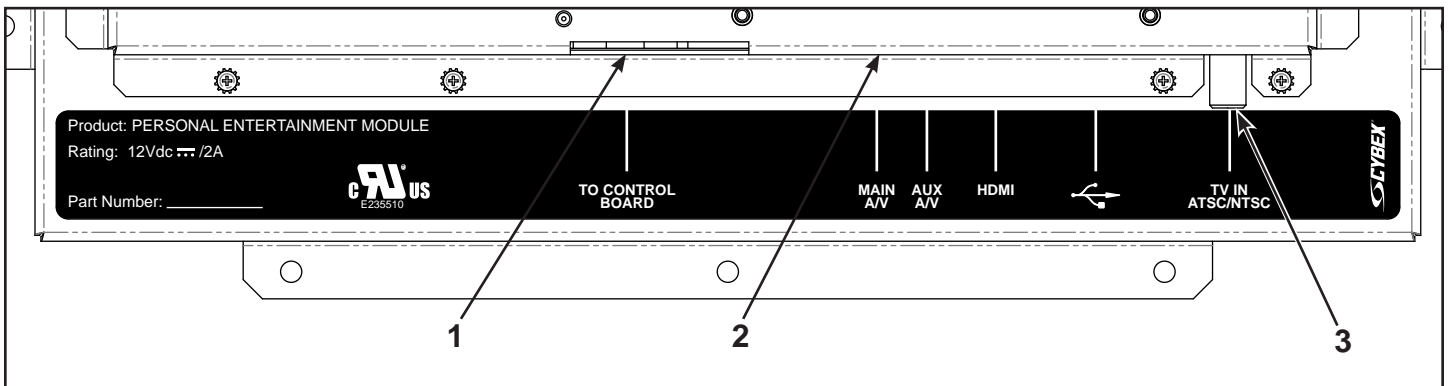
	Description
1	Console Assembly
2	E3 view monitor and bezel
3	Screws (6)

2. Install the six screws securing the E3 view monitor and bezel to the console assembly using a Phillips screwdriver.

Complete installation

E3 View Monitor connections

1. Plug the control board and main A/V cable into the E3 View Monitor.



	Description	Qty.
1	Control board cable	1
2	Main A/V cable	1
3	Coax cable	1

2. Screw the coax cable into the E3 View Monitor.
3. Install the ground cable to the E3 View Monitor using a 11/32" nut driver.
4. Plug optional CSAFE cable into the MCC board.

Cybex GO monitor connections

- 1. Plug the power, ethernet cable, and control board cable into the Cybex GO monitor.

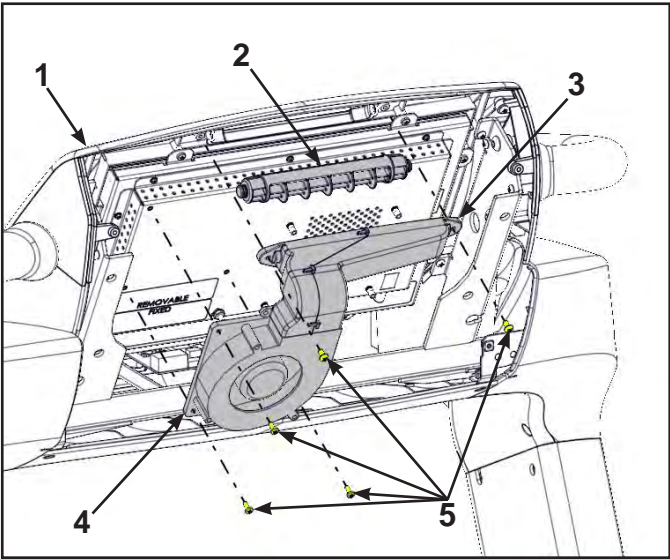


	Description	Qty.
1	Power cable	1
2	Cat6 ethernet cable	1
3	Coax cable	1
4	Control board cable	1

- 2. Screw the coax cable into the Cybex GO monitor.
- 3. Install the ground cable to the Cybex GO monitor using a 11/32” nut driver.

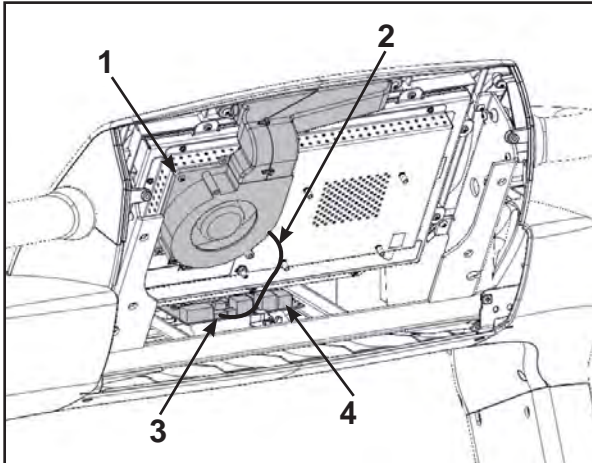
Install fan

- 1. Install the five screws securing the fan and duct to the console assembly using a Phillips screwdriver.



	Description
1	Console Assembly
2	Louver
3	Duct
4	Fan
5	Screws (5)

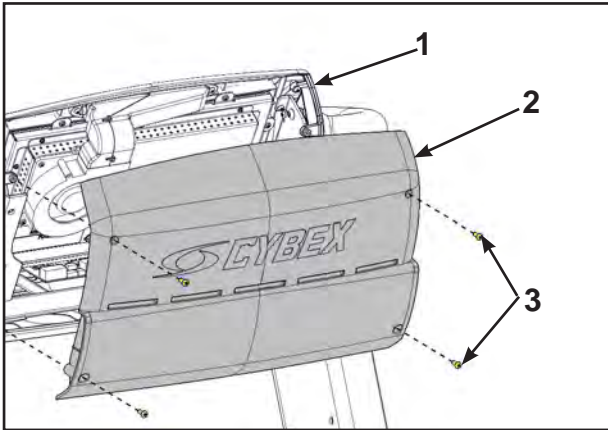
2. Plug fan cable into the MCC board:



	Description
1	Fan
2	Fan cable
3	Connector J19
4	MCC board

Install back cover

Install the four screws securing the back cover to the console assembly using a Phillips screwdriver.



	Description
1	Console assembly
2	Back cover
3	Screws (4)

Test the unit for proper operation

1. Plug the power cord into the power outlet.
2. Turn the main power switch to the on (I) position.
3. Operate the unit at all levels to verify proper operation.

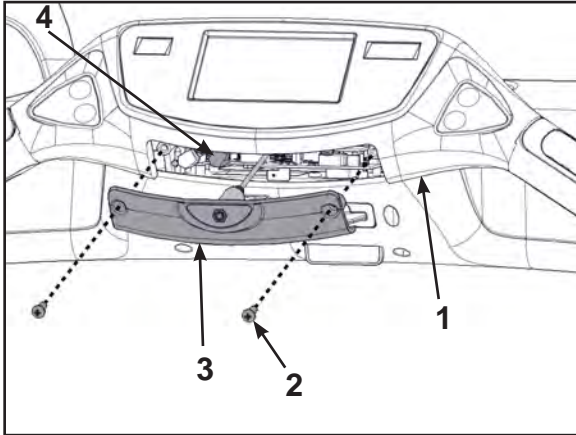
Headphone Jack

Tools Required

Phillips screwdriver

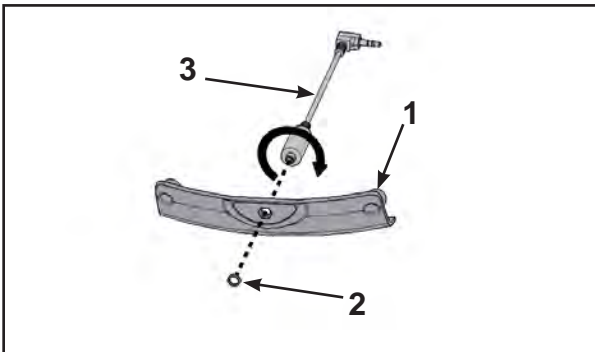
Remove headphone jack

1. Remove the two screws securing the headphone jack cover to the handset using a Phillips screwdriver.



	Description
1	Handset
2	Screws (2)
3	Headphone Jack Cover
4	J6

2. Unplug the headphone jack cable from the connector J6 on the MCC board (connector on right). Pull connector straight out, cable uses a 90 degree connector.
3. Unscrew the headphone jack cable from the headphone jack cover by unscrewing the cable.



	Description
1	Headphone Jack Cover
2	Nut
3	Headphone Jack Cable

4. Remove the nut from the front of the headphone jack cover.

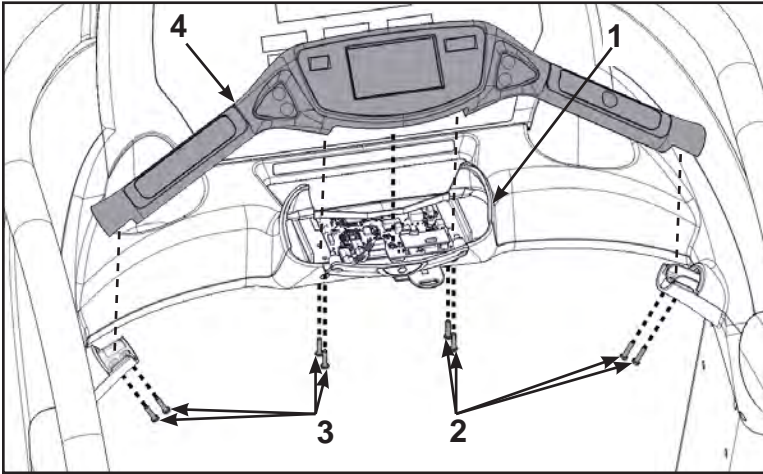
Handset

Tools Required

Phillips screwdriver

Remove handset assembly

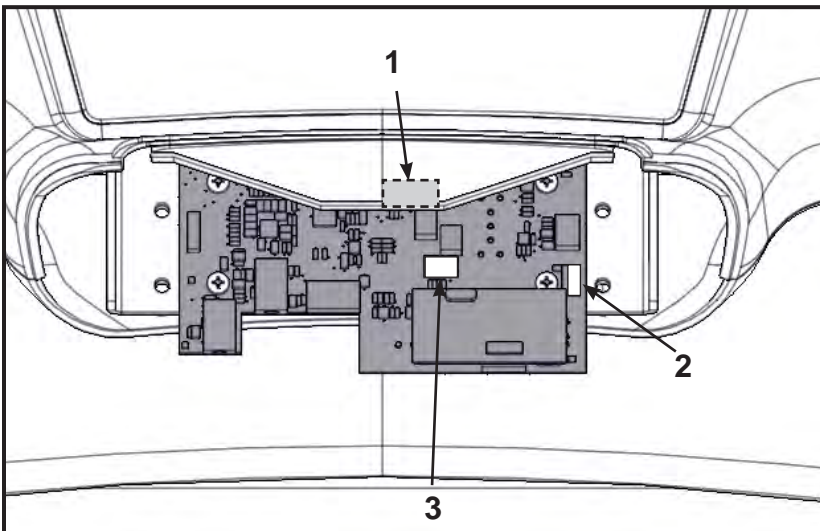
1. Remove the eight screws securing the handset to the console using a Phillips screwdriver.



	Description
1	Console
2	Screws (4)
3	Screws (4)
4	Handset Assembly

Do not damage the wires and connectors when removing the handset.

2. Lift the handset assembly and unplug the following cables: contact heart rate grips (J7), handset membrane (J9), graphics board (J12) and the ground wire (located under the MCC board). The iPod cable is held in place by a notch in the access cover.



	Description
1	Graphics Board (J12) (under cover)
2	Contact Heart Rate Grips (J7)
3	Handset Membrane (J9)

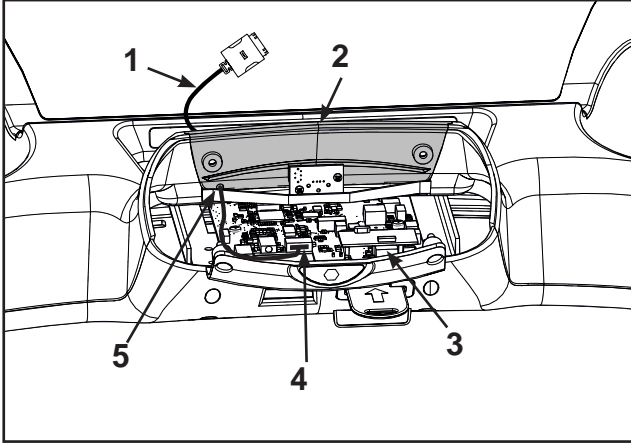
iPod Cable

Tools Required

None

Remove iPod Cable

The iPod cable is held in place by a notch in the access cover. The access cover is connected to the handset and was removed in the previous procedure.



	Description
1	iPod Cable
2	Access Cover (Shown for reference)
3	MCC Board
4	Connector
5	Notch

Unplug the iPod cable from the connector in the MCC board.

Install iPod Cable

Plug the iPod cable into the connector in the MCC board.

Ensure the iPod cable is routed through the notch in the access cover when installing the handset.

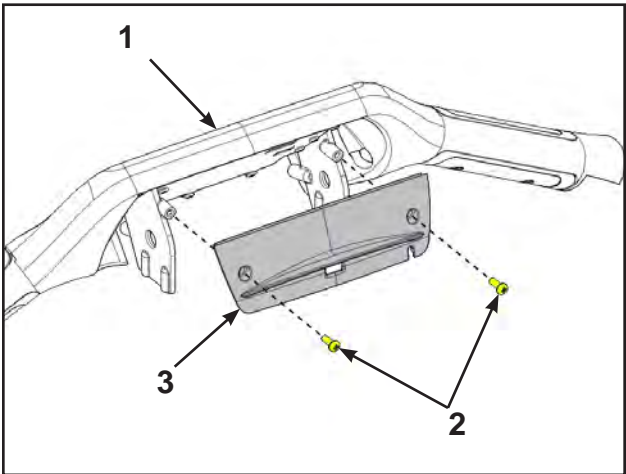
USB Board

Tools Required

Phillips screwdriver

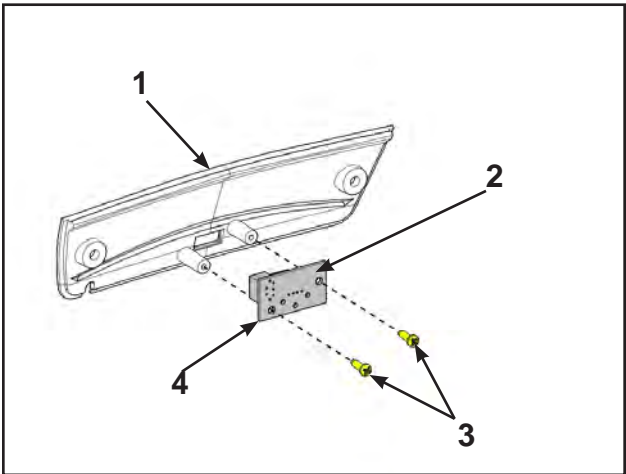
Remove USB board

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



	Description
1	Handset
2	Screws (2)
3	Access Cover

2. Remove the two screws securing the USB board to the access cover using a Phillips screwdriver.



	Description
1	Access Cover
2	Cybex Logo
3	Screws (2)
4	USB Board

Install USB board

1. Install the two screws securing the USB board to the access cover using a Phillips screwdriver.

Install the USB board with the Cybex logo in the upper right corner.

2. Install the two screws securing the access cover to the handset using a Phillips screwdriver.

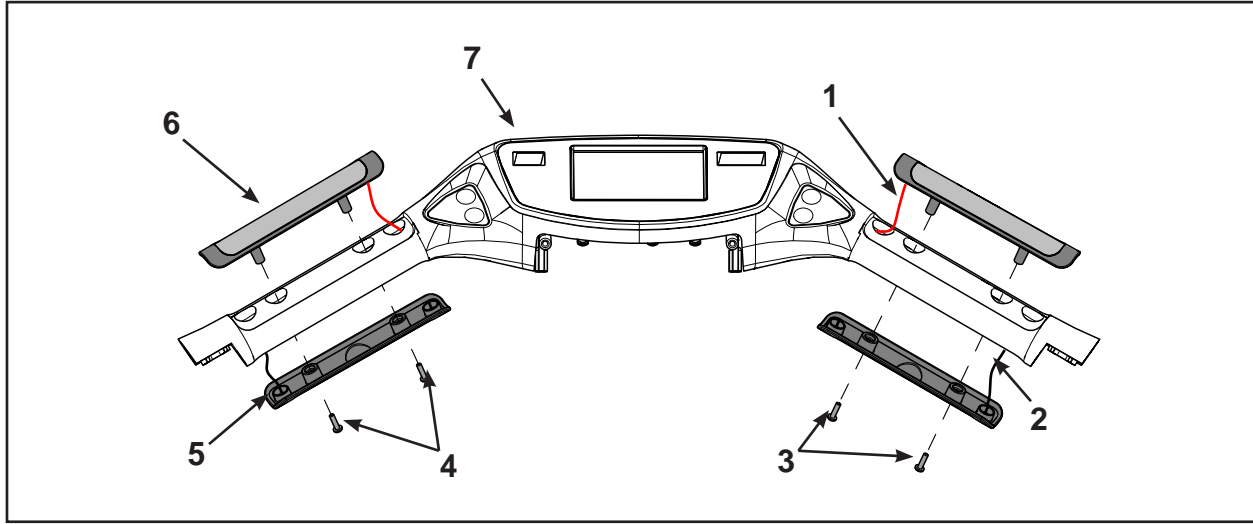
Contact Heart Rate Grips

Tools Required

- Phillips screwdriver
- Needle nose pliers

Remove heart rate grips

1. Remove the two screws from each of the bottom grips using a Phillips screwdriver.



	Description
1	Heart Rate Wire Top (Red)
2	Heart Rate Wire Bottom (Black)
3	Screws (2)
4	Screws (2)
5	Bottom Grip
6	Top Grip
7	Handset

2. Gently pull the top and bottom grip off of the handset.
3. Using a needle nose pliers, carefully disconnect the heart rate wire from each grip.

Install heart rate grips

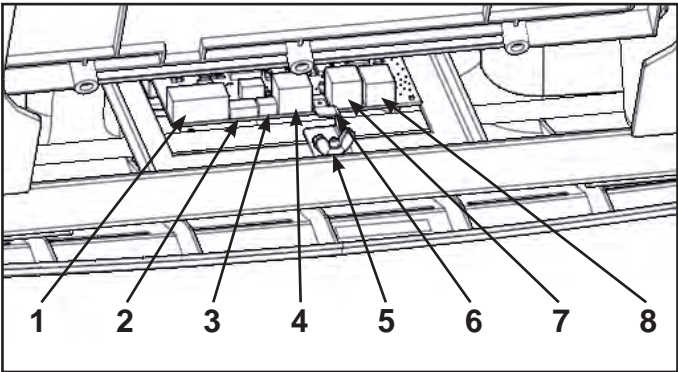
1. Connect the heart rate wire to each grip using the needle nose pliers. Ensure that the red heart rate wire is connected to the top grip and the black heart rate wire is connected to the bottom grip.
2. Place the top and bottom grip in the correct position on the handrail. Do not pinch the heart rate wires during assembly.
3. Install the two screws securing the heart rate grips using a Phillips screwdriver.

MCC Board

Tools Required

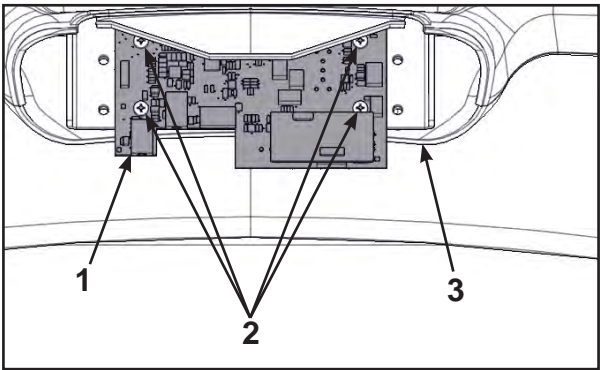
Phillips screwdriver

1. Unplug the following cables carefully from the MCC board; display (J16), fan (J19), console (J15), CSAFE (J18) and wireless audio (J14). Depending on the configuration, some cables may not be present.



	Description
1	Display (J16)
2	Not Used (J17)
3	Fan(J19)
4	Console (J15)
5	Wing Nut
6	Ground Connector
7	CSAFE (J18)
8	Wireless Audio (J14) Optional

2. Remove the four screws securing the MCC board to the console using a Phillips screwdriver. Set the screws aside.



	Description
1	MCC board
2	Screws (4)
3	Console

3. Remove the MCC board from the console by pulling off of the ground connector near the wing nut.

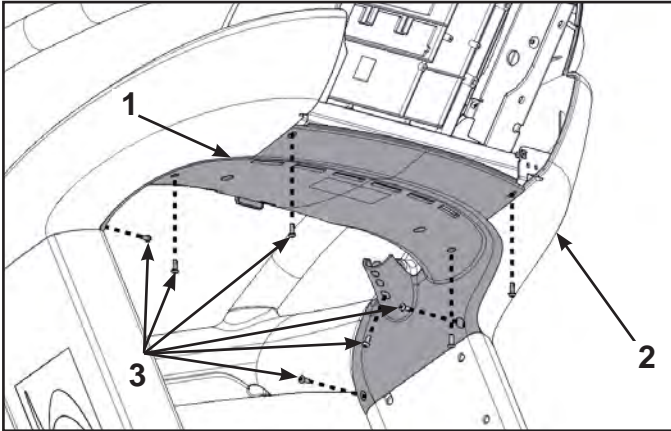
E-Stop Cover and Motion Sensor

Tools Required

Phillips screwdriver

Remove lower console cover

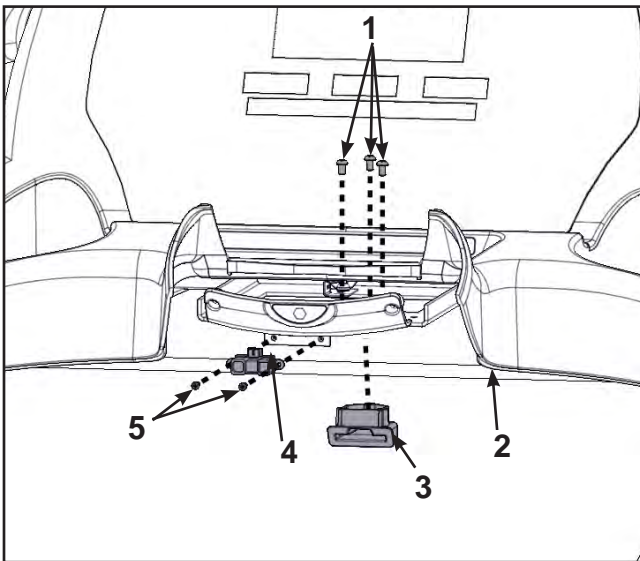
Remove the eight screws securing the lower console cover to the console using a Phillips screwdriver.



	Description
1	Lower Console Cover
2	Console
3	Screws (8)

Remove E-stop cover

1. Remove the three screws securing the E-stop cover to the console using a Phillips screwdriver.



	Description
1	Screws (3)
2	Console
3	E-stop Cover
4	Motion Sensor
5	Screws (2)

2. Remove the E-stop cover.

Remove motion sensor

1. Remove the two screws securing the motion sensor to the console using a Phillips screwdriver.
2. Remove the motion sensor.

Install motion sensor

Install the two screws securing the motion sensor to the console using a Phillips screwdriver.

Install E-stop cover

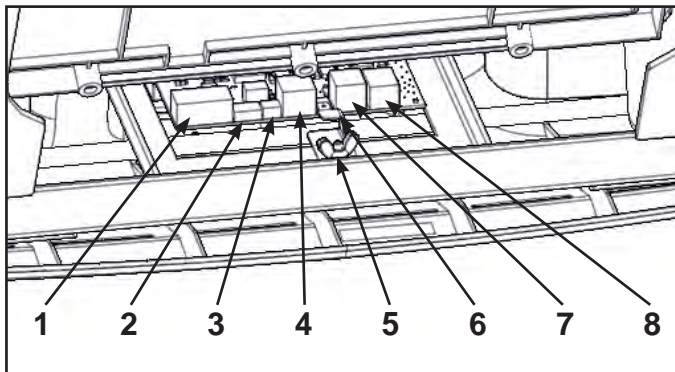
Install the three screws securing the E-stop cover to the console using a Phillips screwdriver.

Install lower console cover

Install the eight screws securing the lower console cover to the console using a Phillips screwdriver.

Install MCC board

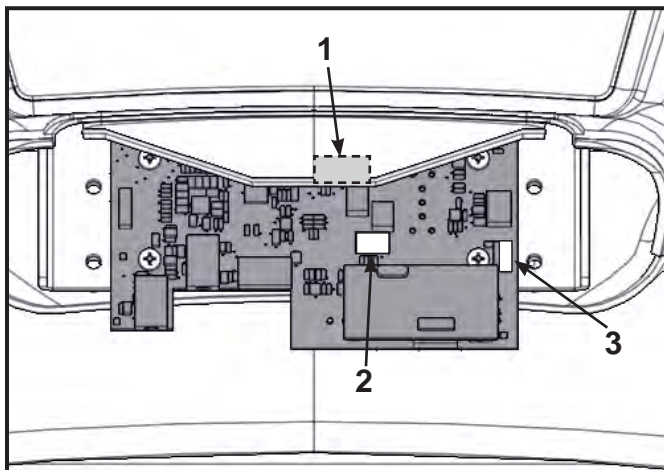
1. Install the MCC board into the console by plugging into the ground connector.
2. Install the four screws securing the MCC board to the console using a Phillips screwdriver.
3. Plug the following cables into the MCC board; display (J16), fan (J19), console (J15), CSAFE (J18) and wireless audio (J14).



	Description
1	Display (J16)
2	Not Used (J17)
3	Fan(J19)
4	Console (J15)
5	Wing Nut
6	Ground Connector
7	CSAFE (J18)
8	Wireless Audio (J14) Optional

Install handset assembly

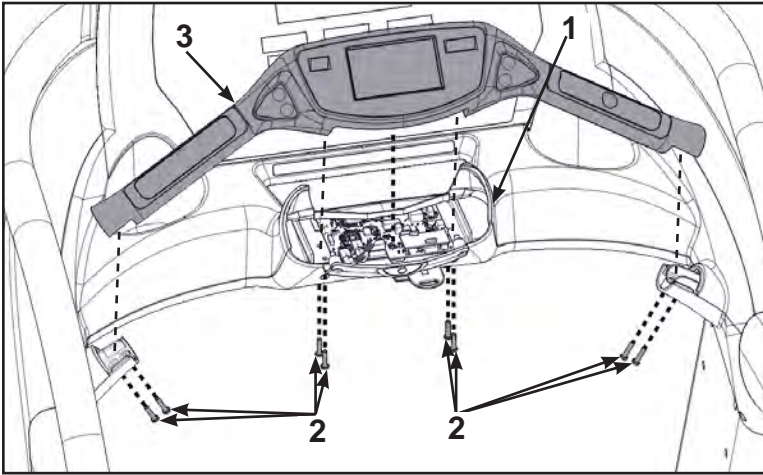
1. Place the handset assembly in position and plug in the following cables: contact heart rate grips (J7), handset membrane (J9), graphics board (J12) and the ground wire (located under the MCC board).



	Description
1	Graphics Board (J12) (under cover)
2	Handset Membrane (J9)
3	Contact Heart Rate Grips (J7)

Ensure the iPod cable is routed through the notch in the access cover.

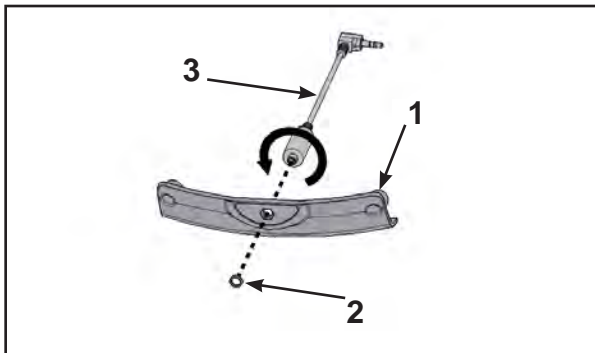
2. Install the eight screws securing the handset assembly to the console using a Phillips screwdriver.



	Description
1	Console
2	Screws (8)
3	Handset Assembly

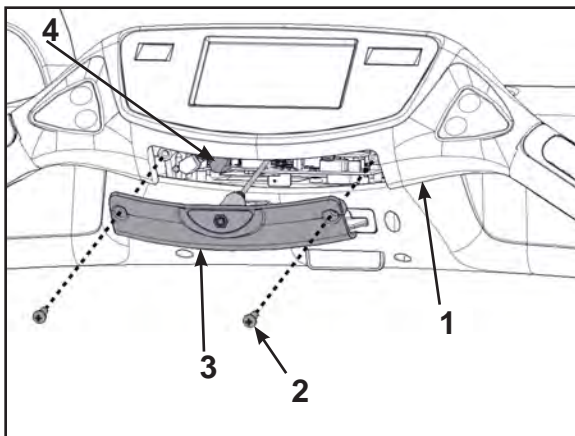
Install headphone jack

1. Install the nut into the front of the headphone jack cover.



	Description
1	Headphone Jack Cover
2	Nut
3	Headphone Jack Cable

2. Screw the headphone jack cable into the headphone jack cover and tighten by hand.
3. Plug the headphone jack cable into the connector J6.

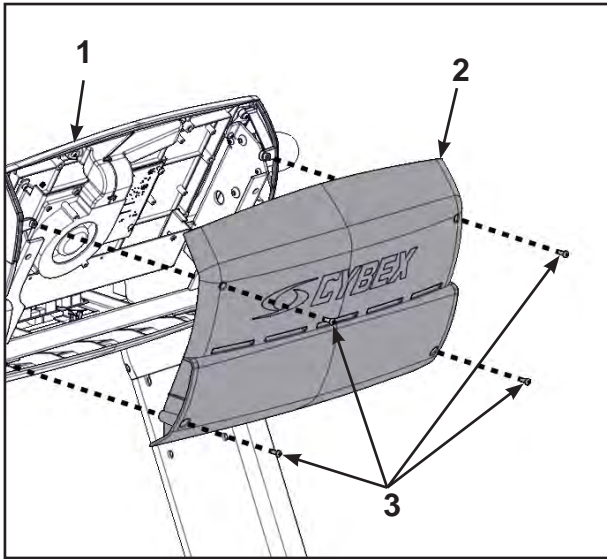


	Description
1	Handset
2	Screws (2)
3	Headphone Jack Cover
4	J6

4. Install the two screws securing the headphone jack cover to the handset cover using a Phillips screwdriver.

Install back cover

Install the four screws securing the back cover to the console assembly using a Phillips screwdriver.

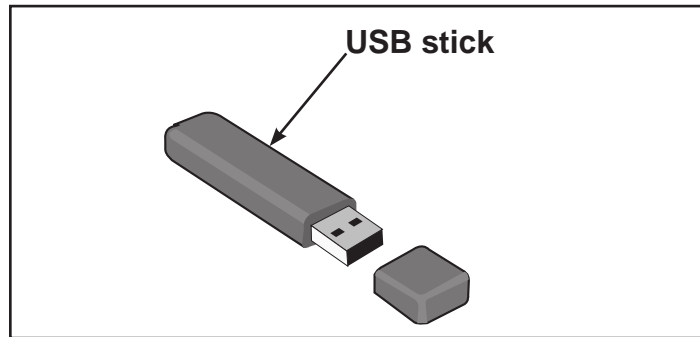


	Description
1	Console Assembly
2	Back Cover
3	Screws (4)

Test the unit for proper operation

1. Connect the treadmill to the power outlet.
2. Operate the unit at all levels to verify proper operation.

Software Update



NOTICE: Repairs and Service

- *DO NOT load zip files onto USB stick*
- *Load un-zipped files onto USB stick*
- *DO NOT remove USB stick during upload procedure*
- *Power must remain on during upload procedure*
- *DO NOT press any keys on console during upload procedure*

Software can ONLY be installed on the model it is designed for. Do NOT install this software on other Arc Trainers, Bikes, or Treadmills.

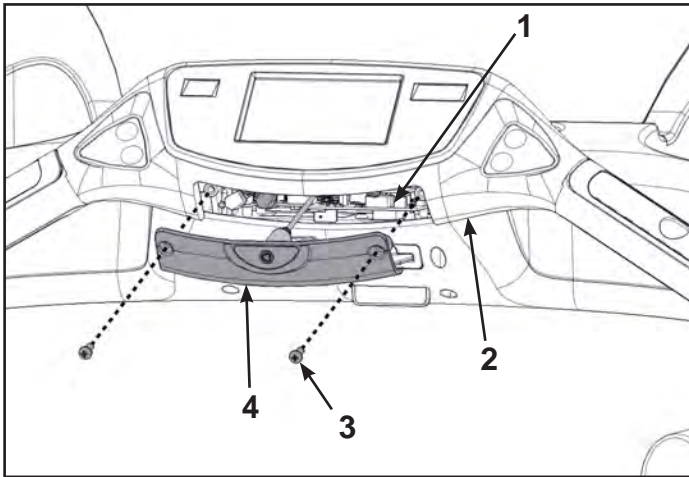
Prepare USB stick

1. Plug USB stick into PC.
2. Delete any files on USB stick. Verify USB stick is blank.
3. Please go to the Team Cybex service product pages for the latest software files or contact Cybex Customer Service at 508-533-4300 to receive via email.
4. Unzip file to a folder on PC. Zip file contains the following files:
 - Folder labeled “boot”
 - Empty text file with model name of product
 - Other single files
5. Copy the “boot” folder and other files to USB stick. DO NOT copy zip file to USB stick.

Perform both procedures for internal and external USB ports.

Install software through internal USB port

1. Remove the two screws securing the headphone jack cover to the handset using a Phillips screwdriver.



	Description
1	Internal USB Port
2	Handset
3	Screws (2)
4	Headphone Jack Cover

2. Insert USB stick into the internal USB port. Do NOT insert USB stick into optional E3 View Monitor.
3. Plug the power cord into the power outlet. Toggle the power switch on (I).

NOTICE: *Console damage may occur*

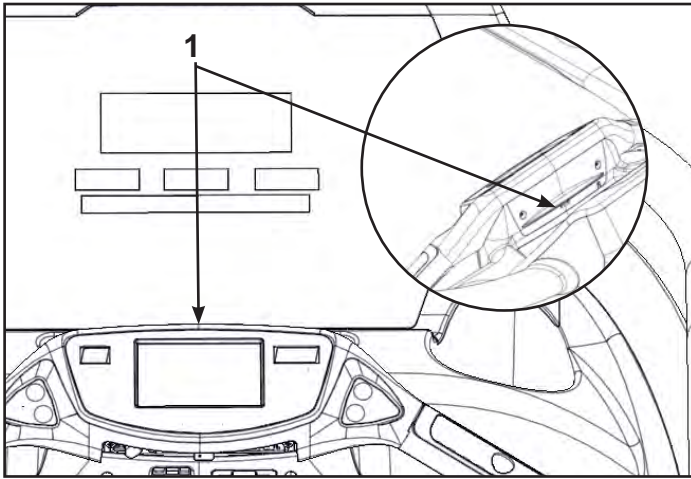
Do NOT turn the power off, press any keys, or remove the USB stick during this procedure.

The software will load into the console. This procedure will take approximately 3 minutes. During this time there will be beeping noises from the console. When the upload is complete, the display will show [re][bot].

4. Toggle the power switch off (O).
5. Remove USB stick from the internal USB port.

Install software through external USB port

1. Insert USB stick into the external USB port.



	Description
1	External USB Port

2. Toggle the power switch on (I).

NOTICE: Console damage may occur

Do NOT turn the power off, press any keys, or remove the USB stick during this procedure.

The software will load into the console. This procedure may take up to 4 minutes. During the first two minutes the screen will be blank and not show any progress. Do NOT turn the power off, press any keys, or remove the USB stick.

After the initial period, the screen will display "Loading" and "Please wait". This procedure may take up to 2 minutes. When the upload is complete, the display will return to the home screen.

3. Toggle the power switch off (O).
4. Remove the USB stick from the external USB port.

Complete installation

1. Verify the power cord is not being pinched under the front of the treadmill.
2. Toggle the power switch on (I).
3. Operate the unit at all levels to verify proper operation.

Appendix – Schematic

