

# SPARC®

## 50A1 Owner's Manual

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Part Number  
50A1-999-4 AC





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\*Also check [www.cybexintl.com](http://www.cybexintl.com) for local representation or distributor/dealer

# User and Service Documents Link

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<https://lifefitness9512.zendesk.com/hc/en-us>

<https://lfworld.lifefitness.com>

Additional information is available online using the links above.

تتوفر معلومات إضافية على الإنترنت باستخدام الرابط أعلاه.

点击上面的链接可在线获取更多信息。

Flere oplysninger er tilgængelige online gennem linket ovenfor.

Bijkomende informatie is online beschikbaar via bovenstaande link.

Vous trouverez plus d'informations en ligne à l'aide du lien ci-dessus.

Zusätzliche Informationen finden Sie online über den oben angegebenen Link.

Ulteriori informazioni sono disponibili online utilizzando il link sopra riportato.

追加情報は上記リンクを使用してオンラインで利用可能です。

상기 링크를 통해 온라인에서 추가 정보를 볼 수 있습니다.

Informações adicionais estão disponíveis on-line, através do link acima.

Дополнительная информация доступна в интернете по ссылке, указанной выше.

Mediante el enlace anterior podrá acceder a información adicional en línea.

Ytterligare information finns online genom att använda länken ovan.

İnternet üzerinden daha fazla bilgi edinmek için yukarıdaki bağlantıyı kullanabilirsiniz.

هناك معلومات إضافية متاحة على الإنترنت باستخدام الرابط أعلاه.

Informazio osagarria eskuragarri dago goiko estekaren bidez.

Допълнителна информация можете да намерите онлайн, като използвате връзката по-горе.

Mitjançant l'enllaç anterior podreu accedir a informació addicional en línia.

使用上面的連結線上提供額外資訊。

Dodatne informacije možete pronaći na internetu sljedeći vezu iznad.

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Lisätietoja on saatavissa verkosta käyttämällä yllä olevaa linkkiä.

Wubetumi anya nsem afoforo aka ho wo websait so denam asem a ewo atifi ho a wubemia so so.

Πρόσθετες πληροφορίες είναι διαθέσιμες online χρησιμοποιώντας το σύνδεσμο παραπάνω.

מידע נוסף זמין באינטרנט באמצעות הקישור לעיל.

További információ elérhető online, a fenti hivatkozás segítségével.

Viðbótarupplýsingar eru fáanlegar á netinu með því að smella á tengilinn hér fyrir ofan.

Plus indicium per superum situm potes invenire.

മുകളിലുള്ള ലിങ്ക് ഉപയോഗിച്ച് ഓൺലൈനിൽ കൂടുതൽ വിവരങ്ങൾ ലഭ്യമാണ്.

Ytterligere informasjon er tilgjengelig på nettet via linken ovenfor.

Dodatkowe informacje są dostępne online pod powyższym odnośnikiem.

Informações adicionais estão disponíveis online a usar o link acima.

Informații suplimentare sunt disponibile online, utilizând link-ul de mai sus.

Dodatne informacije dostupne su na mreži putem gornjeg linka.

Ďalšie informácie sú dostupné online na vyššie uvedenom odkaze.

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# ***FCC Compliance Information***

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

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

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

# Safety

## Safety Instructions

Read all instructions before use.

Please take special note of the following safety instructions and important points prior to choosing a location and beginning assembly of the product.



**WARNING:** Health-related injuries may result from incorrect or excessive use of exercise equipment. Life Fitness Family of Brands STRONGLY recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, is obese, or has not exercised regularly in the past year. If, at any time while exercising, the user experiences faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.



**WARNING:** Obtain instruction before using.



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



**WARNING:** To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect each product to a properly grounded electrical outlet.



**WARNING:** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.



**WARNING:** Ensure that there is at least 23.6" (0.6 m) of clearance behind the product and at least 12" (30 cm) on the sides.



**WARNING:** Inspect unit. If damaged, notify floor staff. DO NOT USE.



**WARNING:** Maximum user weight is 400 lbs. (180 kg).



**WARNING:** Do not use for stretching and do not attach straps or other devices.



**WARNING:** Use the handrails for support and to maintain balance.



**WARNING:** The product is not equipped with a free-wheeling feature. Therefore, it cannot be stopped immediately.



**WARNING:** Moving parts and fall hazard.

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



**WARNING:** Keep foot plate surface clean and dry.



**WARNING:** This product can expose you to chemicals including Di-2-ethylhexyl-phthalate, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to <http://www.P65Warnings.ca.gov>



**DANGER:** To reduce the risk of electrical shock or injury from moving parts, always unplug product before cleaning or attempting any maintenance activity.

- Keep all loose clothing, shoelaces, and towels away from moving parts.
- The individual human power required to perform an exercise may be different than the mechanical power displayed on the product.
- Use caution when mounting or dismounting the product. Before mounting, use the moving arms to bring the foot plate nearest to you to the lowest position. Use the stationary handlebars whenever additional stability is required. While exercising, hold onto the moving arms.
- Never face backward while using the product.
- Do not stand or sit on the rear plastic covers of the product.
- Never operate the product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact Customer Support Services.
- Position the product so that the power cord plug to the wall is accessible to the user. Make sure that the power cord is not knotted or twisted and that it is not trapped under any equipment or other objects.

- If the electrical supply cord is damaged, it must be replaced by the manufacturer, an authorized service agent, or a similarly qualified person to avoid a hazard.
- Always follow the console instructions for proper operation.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience or knowledge unless they have supervision or been given instruction concerning the use of the appliance by a person responsible for their safety.
- This equipment is not intended for use by children. Keep children under the age of 14 away from the machine.
- Do not use this product outdoors, near swimming pools or in areas of high humidity.
- Never operate the product with the air openings blocked. Keep air openings free of lint, hair, or any other obstructing material.
- Never insert objects into any opening in these products. If an object should drop inside, turn off the power, unplug the power cord from the outlet, and carefully retrieve it. If the item cannot be reached, contact Customer Support Services.
- Never place liquids of any type directly on the unit, except in an accessory tray or holder. Containers with lids are recommended.
- Do not use these products in bare feet. Always wear shoes. Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles.
- Do not reach into, or underneath, the unit or tip it on its side during operation.
- Do not allow other people to interfere in any way with the user or equipment during a workout.
- Use these products for their intended use as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
- Read all warnings on each product prior to starting a workout.
- If warnings are missing or damaged, please contact Customer Support Services immediately for replacement warning labels. Warning labels are shipped with every product and should be installed before product is used. Life Fitness is not responsible for missing or damaged warning labels.

**SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.**




Warnings and Cautions

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

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

Contact [Customer Support Services](#) to replace any worn or damaged labels.

**WARNING**


Serious injury could occur if these precautions are not observed

Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint, stop exercising immediately.

**Prior to use:**

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

50A1-375-4 A

**WARNING**


Serious injury could occur if these precautions are not observed

**During Use:**

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

50A1-376-4 A

Canadian

**AVERTISSEMENT**

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

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


**Conseils d'utilisation:**

- Obtenir un examen médical avant de commencer tout programme d'exercice.
- Lire et comprendre les étiquettes d'avertissement.
- Garder la surface de la plaque de pied propre et sec.
- Le poids maximum de l'utilisateur ne doit pas dépasser 400 lb. (180 kg).
- Inspecter l'appareil. S'il est endommagé, en aviser le personnel. **NE PAS UTILISER.**
- Ne pas enlever cette étiquette. Remplacer si endommagé ou illisible.

**Pendant l'utilisation:**

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

50A1-375-E A

**WARNING**

Serious injury could occur if these precautions are not observed

Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint, stop exercising immediately.

**Prior to use:**

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

**During Use:**

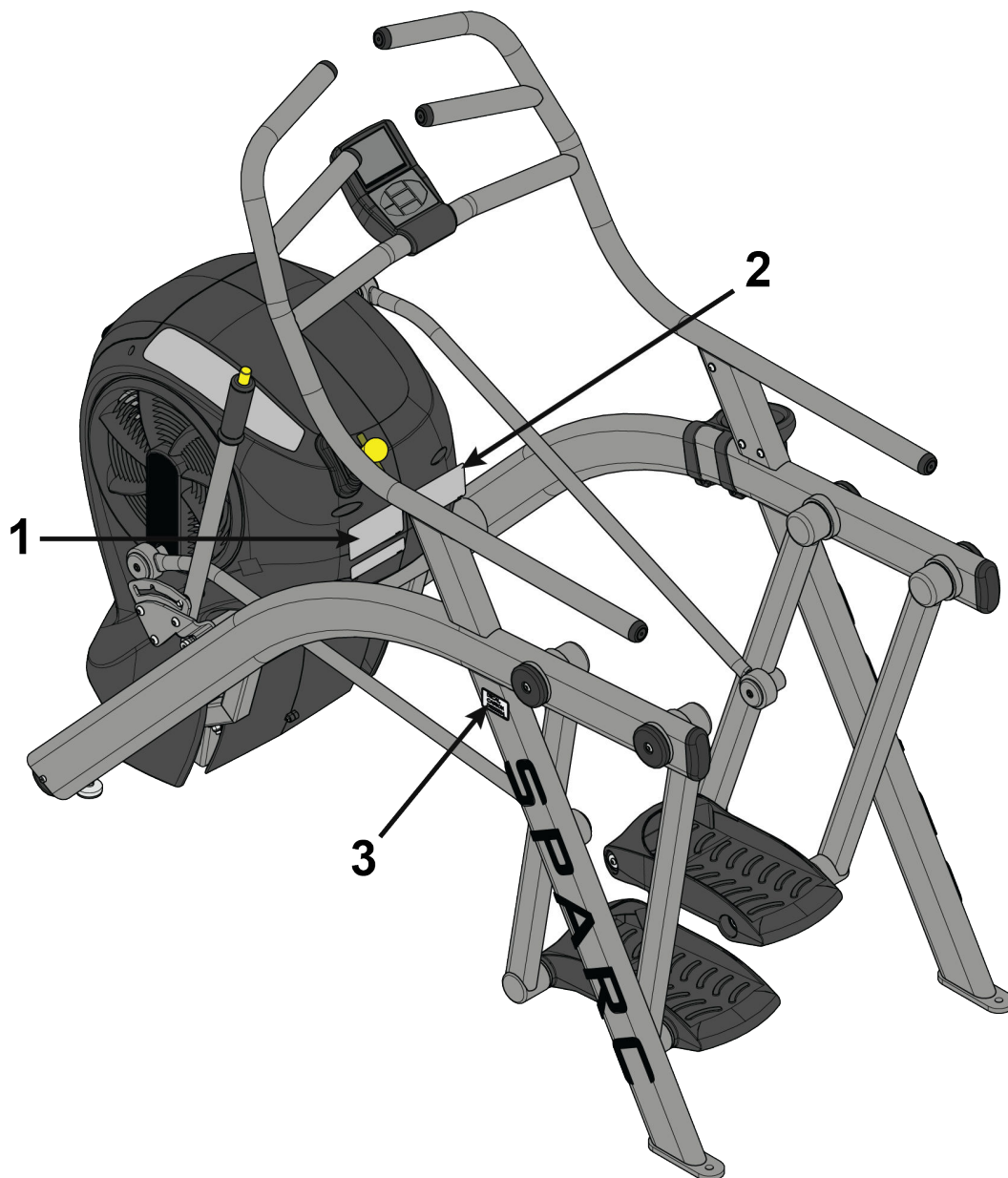
- Do not use for stretching and do not attach straps or other devices.
- Do not allow children 12 or younger to be on or near machine.
- Stop exercise if feeling faint, dizzy, or have pain.
- Use the handrails for support and to maintain balance.
- Keep all body parts, clothing, and accessories, clear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

50A1-376-E A

**CAUTION**

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

DE000004-4



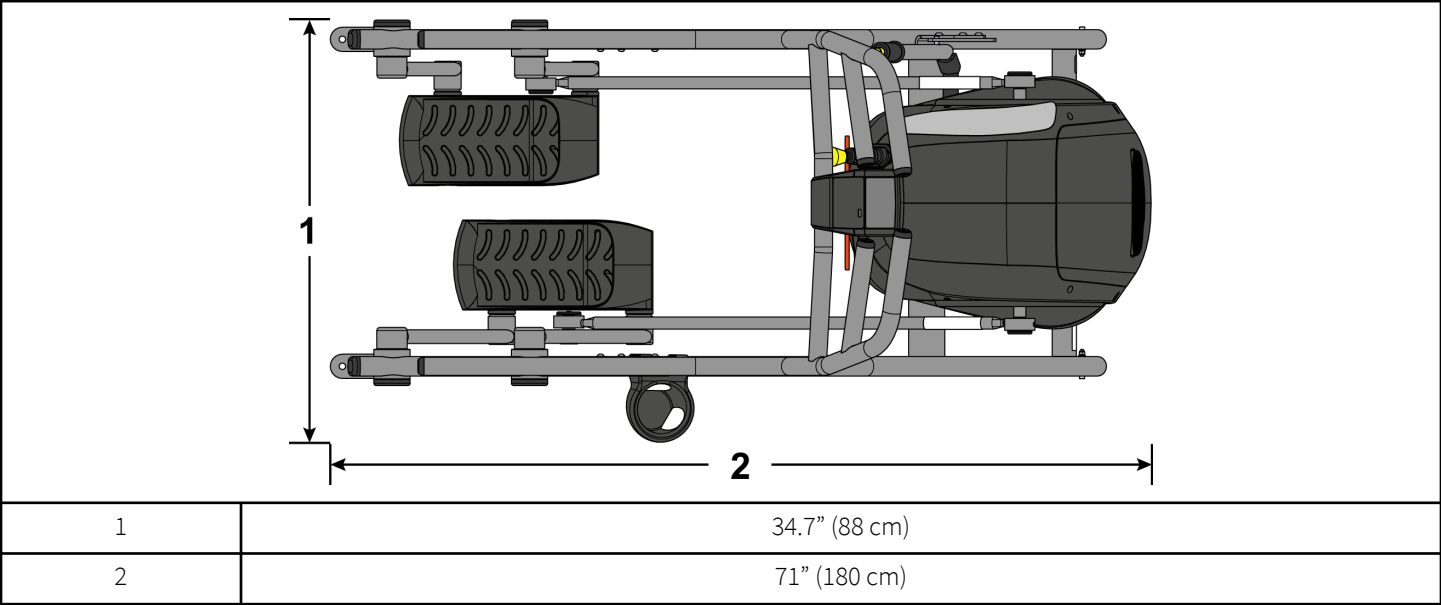
1	50A1-375-X	Label, Warning, Left
1	50A1-375-E	Label, Warning, Left, Canadian
2	50A1-376-X	Label, Warning, Right
2	50A1-376-E	Label, Warning, Right, Canadian
3	DE000004-X	Decal, Caution

# Assembly

## Specifications - 50A1

Classification	EN ISO 20957 Class S (Studio)
Accuracy	A
Assembled Length	71" (180 cm)
Assembled Width	34.7" (88 cm)
Assembled Height	60.6" (154 cm)
Weight of Product	285 lbs. (129 kg)
Shipping Weight	350 lbs. (158 kg)
Incline Levels	0, 6, 12 % grade
Resistance Levels	1-10 levels of brake resistance
Resistance Range	Fan 0-1000 watts, Resistance Lever (ECB) adds additional 0-400 watts
Braking System	Brushless Eddy current brake, speed independent
Stride Length	24" (61 cm) fixed length
Workouts	Circuit and Interval
Display Screen	LCD - Liquid Crystal Display
Console Features	Graphic Display: Brake resistance level meter Numeric display: Meters/Km, Seconds (Countdown), SPM (Strides Per Minute), Time, Total time, Watts.
Frame Colors	Standard: White Texture, Black Texture, Metaltone Gold, Black Chrome, Platinum Sparkle. Custom: Unlimited colors available.
Maximum User Weight	400 lbs. (180 kg).
Power Supply	Two D-Cell 1.5 v Alkaline batteries
Other	Water bottle holder.

Dimensions

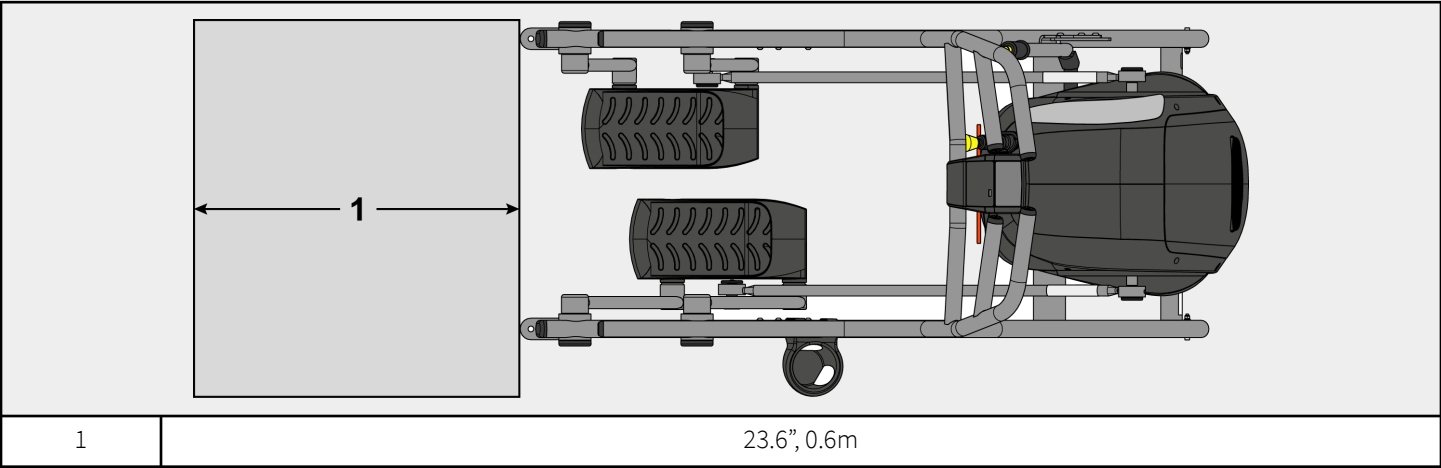


Choosing and Preparing Site

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

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

Free Area



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

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

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

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

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

## Environment

### Humidity and Static Electricity

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

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

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

### Temperature

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

## Assembly Procedure

Two people will be required for this procedure.

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

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

Verify you have received the correct package

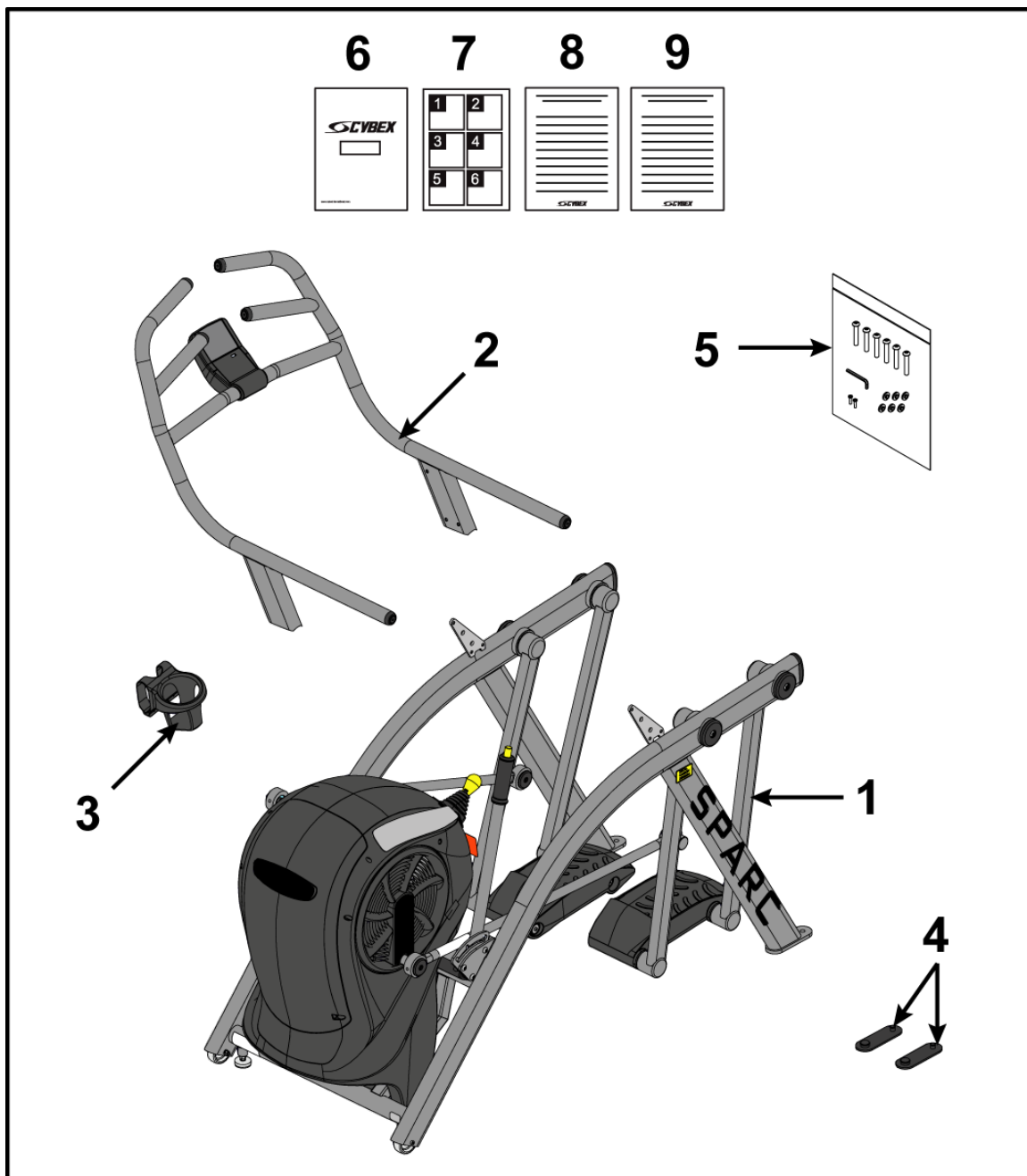
1. Read box label to verify the model number and voltage (optional) match what was ordered.
2. Verify paint color matches what was ordered.

### Tools Required

- 3/16" Allen wrench
- 1/2" Open end wrench
- Phillips screwdriver
- 9/16" Open end wrench

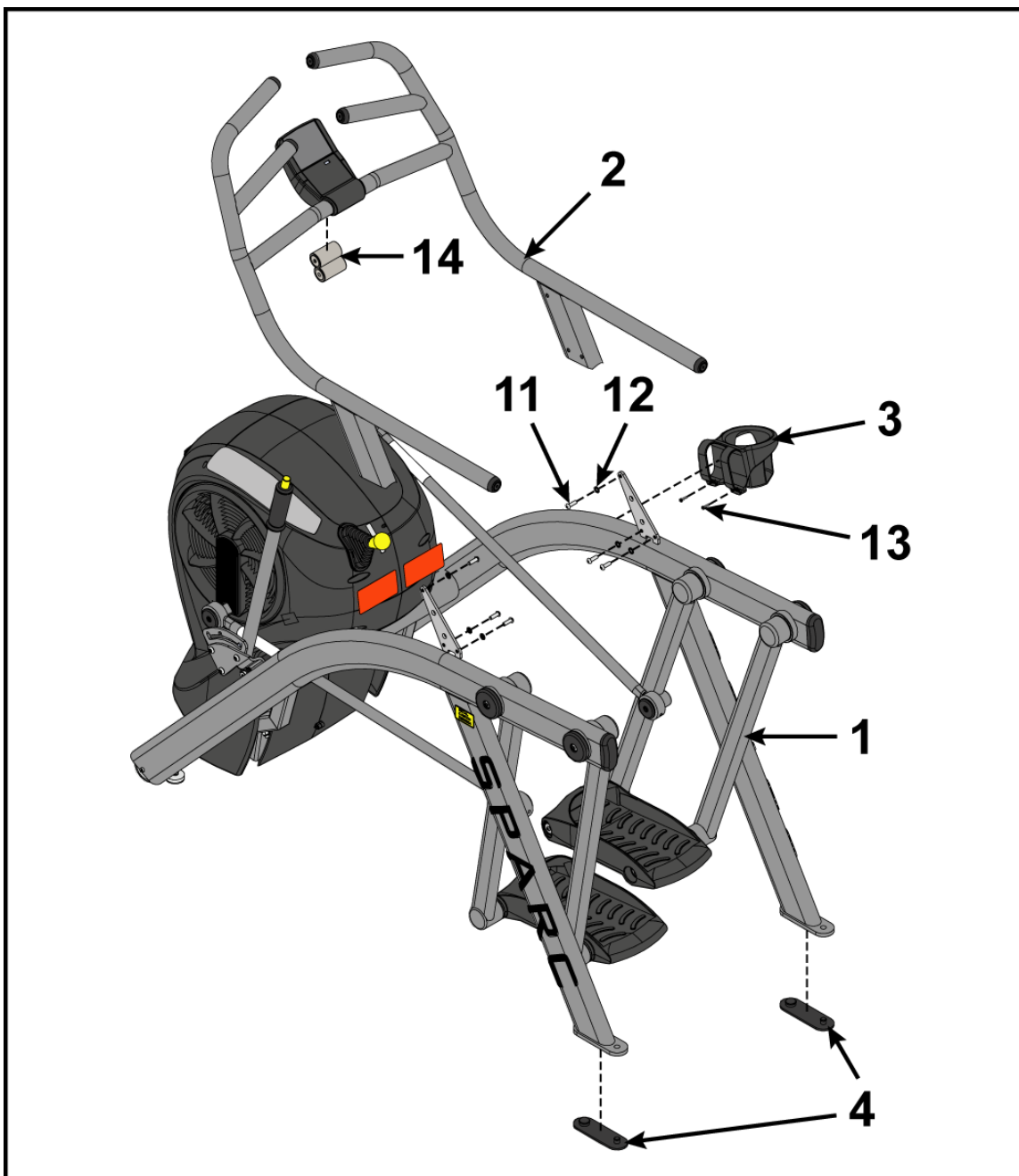
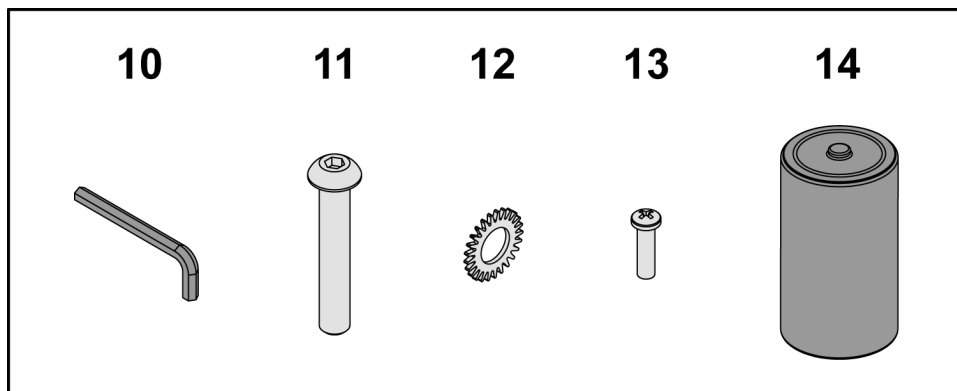
### Verify Parts List Shown Below

Item	Quantity	Part Number	Description
1	1	Varies	Base assembly
2	1	Varies	Handrail assembly
3	1	PL-17209	Water bottle holder
4	2	12090-322	Foot pad
5	1	K50A1-106	Hardware kit
6	1	50A1-999-X	Owner's Manual
7	1	50A1-369	Assembly poster
8	1	50A1-371	Consumer Arc warranty sheet
9	1	50A1-370	Commercial Arc warranty sheet



## Hardware

Item	Quantity	Part Number	Description
10	1	BK030201	3/16" Allen Wrench
11	6	HC660417	BHSCS .312-18 x 1"
12	6	HS327300	Lock washer, External Tooth .312
13	2	HT552515	Tap screw, 8-16 x .75"
14	2	EC-25295	Battery, D Cell 1.5V Alkaline 2 pack



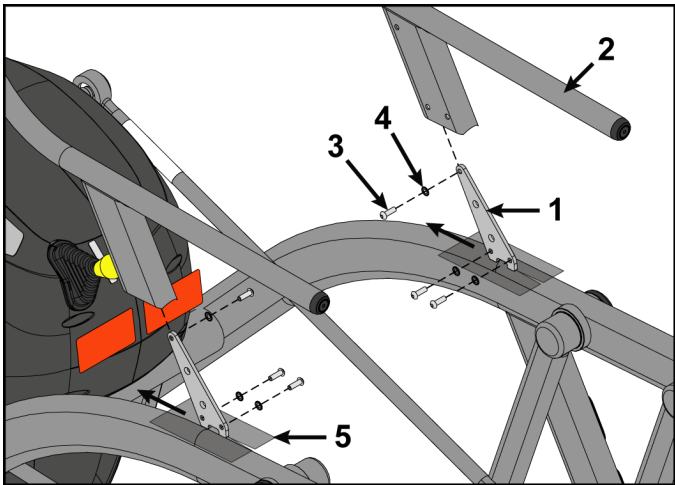
## Lift and Move Unit

1. Remove lag bolts and shipping supports. Keep package material on linkage arms at this time. This will protect the paint from scratching during assembly.
2. Grasp each rear support leg firmly and lift with one person on each side.

- 3. Lift the lower rear support legs so the front transport wheels are able to roll on floor.  
Use proper lifting methods.
- 4. Move unit to intended location.
- 5. Lower rear support legs.

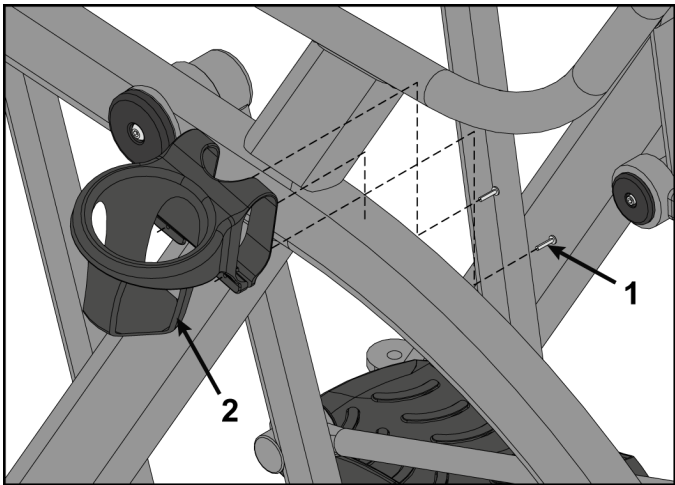
**Install Handrail Assembly**

- 1. Place handrail assembly into position on the base assembly.



Item	Description	Qty.
1	Base assembly	1
2	Handrail assembly	1
3	Screw	6
4	Lock washer	6
5	Plastic sheet	2

- 2. Install screws and lock washers securing handrail assembly to base assembly using a 3/16" Allen wrench.
- 3. Remove plastic sheet from base assembly.
- 4. Place cup holder onto base assembly.
- 5. Install screws securing cup holder to base assembly using a Phillips screwdriver.

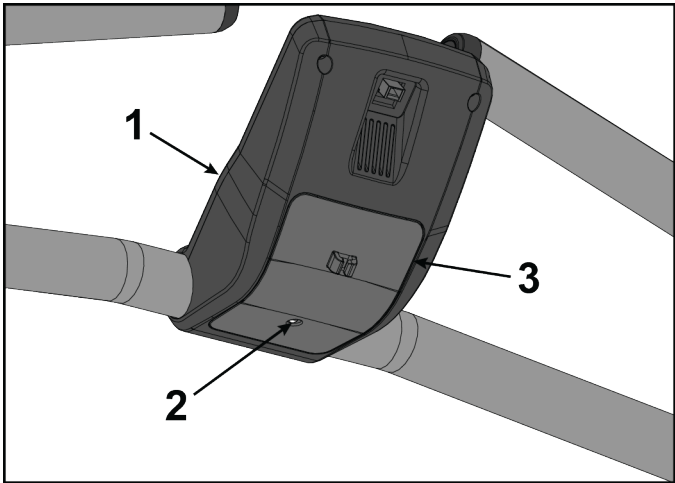


Item	Description	Qty.
1	Screw	2
2	Cup holder	1



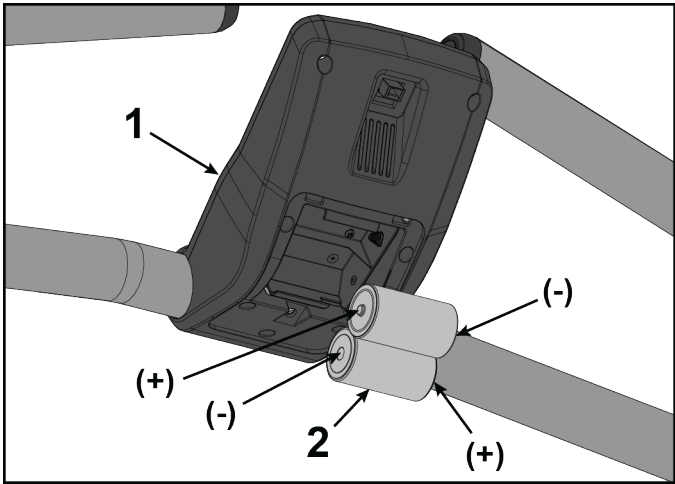
Install Batteries

1. Remove the battery access cover by loosening the screw using a flat head screwdriver. The screw will remain in the battery access cover.



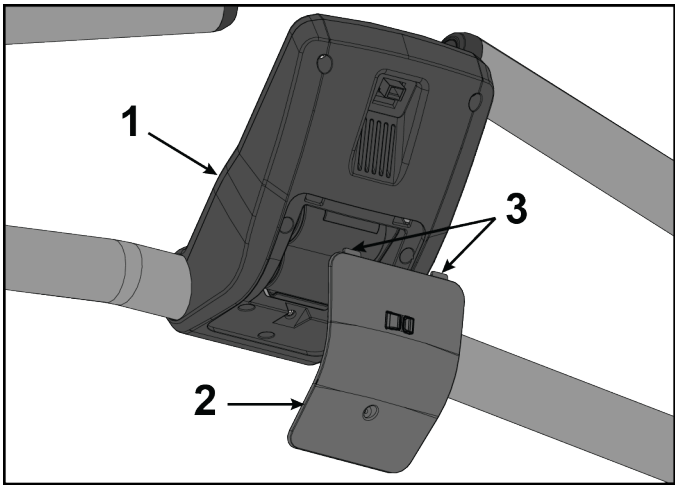
Item	Description	Qty.
1	Console	1
2	Screw	1
3	Battery access cover	1

2. **NOTE:** The batteries must be installed in the proper direction. Install two batteries as shown.



Item	Description	Qty.
1	Console	1
2	Batteries	2

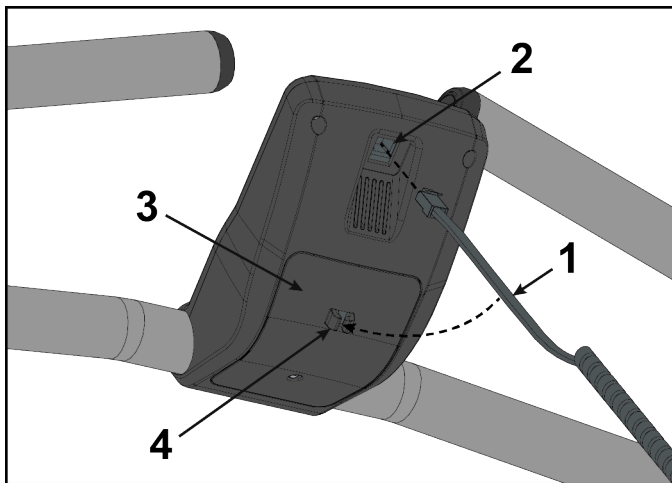
3. Insert the two battery access cover tabs into console.



Item	Description	Qty.
1	Console	1
2	Battery access cover	1
3	Tabs	2

4. Tighten the battery access cover screw using a flat head screwdriver.

5. Plug the console cable from shroud into the console.

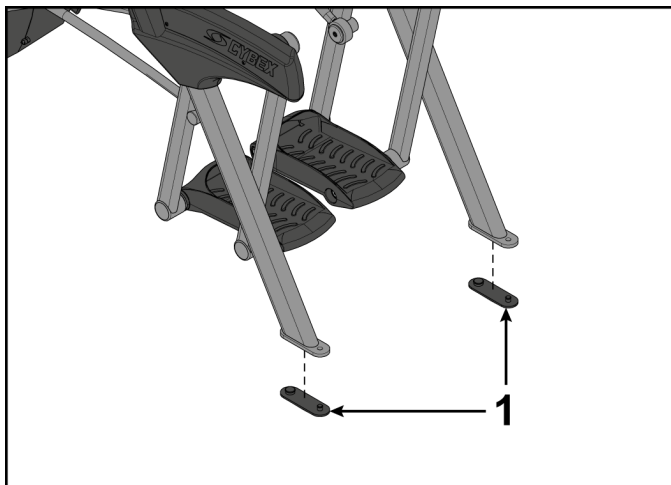


Item	Description	Qty.
1	Console cable	1
2	Console	1
3	Battery access cover	1
4	Mounting tabs	1

6. Insert the console cable into the mounting tabs on the battery access cover.

## Install Foot Pads

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



Item	Description	Qty.
1	Foot pads	2

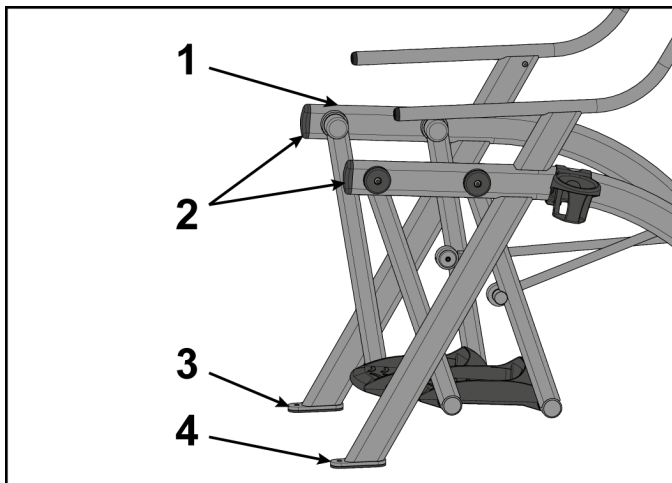
## Level Unit

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

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

1. Verify foot plates are completely stopped.

2. Grasp one side of the frame and slowly lift the rear foot off the floor. Lower rear foot to the floor.

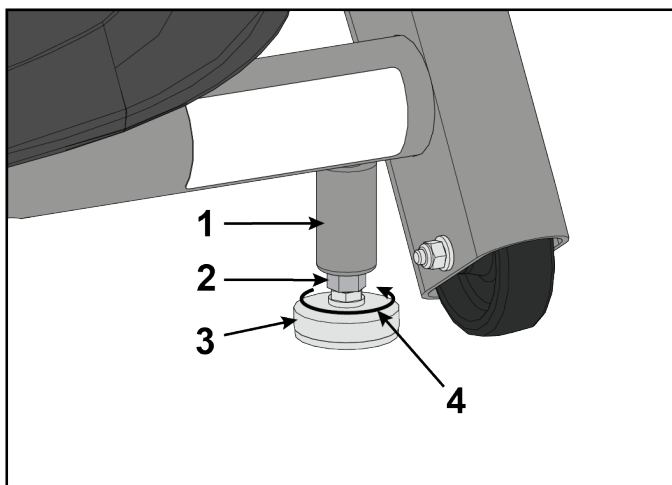


Item	Description	Qty.
1	Frame	2
2	Lift here	2
3	Left rear foot	1
4	Right rear foot	1

3. Grasp the other side of the frame and slowly lift the rear foot off the floor. Lower rear foot to the floor.

Make note of either rear foot lifting off the floor easier than the other.

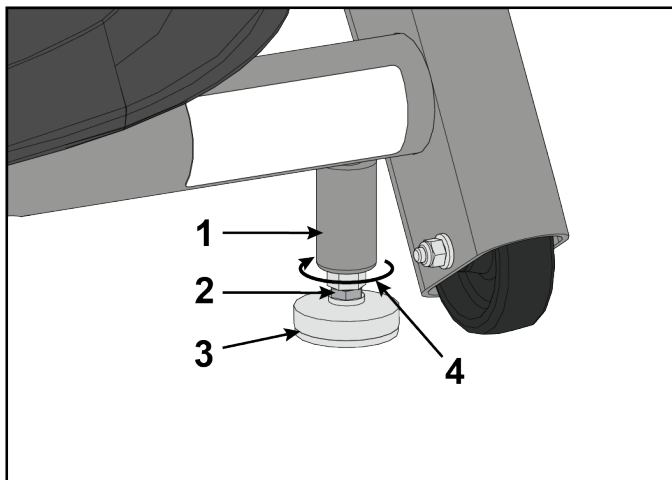
If both rear feet lift off the floor evenly, secure both leveling foot jam nuts against the frame post using a 9/16" open-end wrench. Unit is leveled.



Item	Description	Qty.
1	Frame post	1
2	Jam nut	1
3	Leveling foot	1
4	Turn counter-clockwise to secure	1

4. Adjust the weight of the rear feet using a 1/2" open-end wrench.

- If the **left** rear foot lifts up easier, Adjust the **right** leveling foot nut down.
- If the **right** rear foot lifts up easier, Adjust the **left** leveling foot nut down.



Item	Description	Qty.
1	Frame post	1
2	Leveling foot nut	1
3	Leveling foot	1
4	Turn clockwise to adjust leveling foot down	1

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

## Visually Inspect Unit

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

## Setup

---

Use the following instructions to setup the unit.

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

## Setup Options

1. Press and hold the Up ▲ arrow and Down ▼ arrow for 3 seconds.
2. Press the **GO/Enter** key.
3. Navigate up and down in the setup menu with the Up ▲ arrow and Down ▼ arrow.
4. Navigate forward in the setup menu with the **GO/Enter** key.
5. Navigate backward in the setup menu with the **STOP/Review** key.

### Setup menu

LANGUAGE	Choose from available languages
INTERVAL TRAINING	<b>SET DEFAULT WORK:</b> Set the default work interval. Choices are 10 to 180 in 10 second increments. <b>SET DEFAULT REST:</b> Set the default rest interval. Choices are 10 to 180 in 10 second increments.

## Exit Setup mode

1. Select **BACK** in the setup menu.
2. Press the **GO/Enter** key.
3. Select **EXIT** in the setup menu.
4. Press the **GO/Enter** key.

## Setup Complete

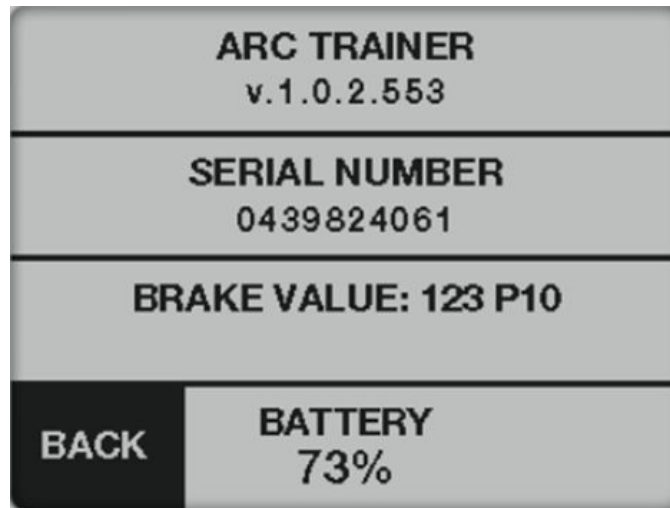
## Calibrate Resistance Level

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Perform this calibration procedure to display the correct resistance levels throughout the full range of the resistance lever. This is required when installing the unit, replacing the console or sensor board, or if the unit has been disassembled.

1. Press and hold the Up ▲ arrow and Down ▼ arrow for 3 seconds.
2. Navigate in the **Toolbox** menu to **DIAGNOSTICS** with the Down ▼ arrow.

- Press the **GO/Enter** key to enter **DIAGNOSTICS**.



- Push the resistance lever forwards to the highest resistance level.
- Press and hold the Up ▲ arrow for three seconds until the **BRAKE VALUE** section blinks. The upper value is stored.
- Pull the resistance lever backwards to the lowest resistance level.
- Press and hold the Down ▼ arrow for three seconds until the **BRAKE VALUE** section blinks. The lower value is stored.
- Press the **GO/Enter** key to go **BACK** to the toolbox menu.
- Press the Down ▼ arrow to select **EXIT** in the setup menu.
- Press the **GO/Enter** key to exit **Toolbox**.

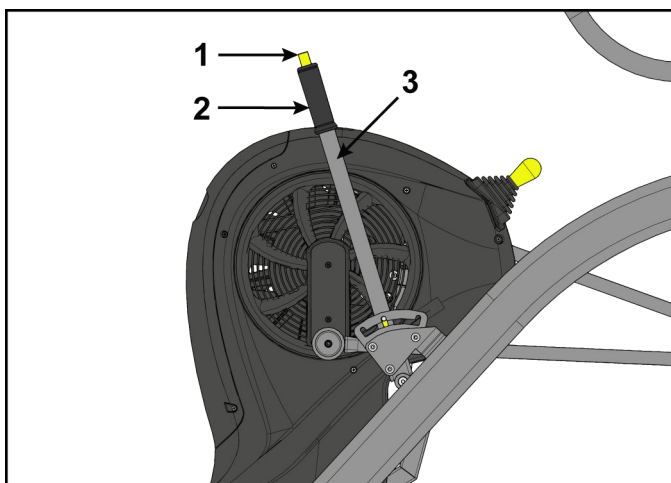
#### Diagnostics menu

ARC TRAINER	Software revision number.
PRESSURE/TEMP	<b>Pressure:</b> Displays Barometric pressure in HPA (hectopascal). <b>Temperature :</b> Displays local temperature in degrees Celsius.
BRAKE VALUE	Displays brake position value. Range is P1 to P10.
BATTERY	Displays battery level from 0 to 100% in 10% increments. <b>LOW BATTERY</b> screen will be displayed at 10%.

#### Testing Operation

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

- Grasp handle on incline lever and depress the plunger.

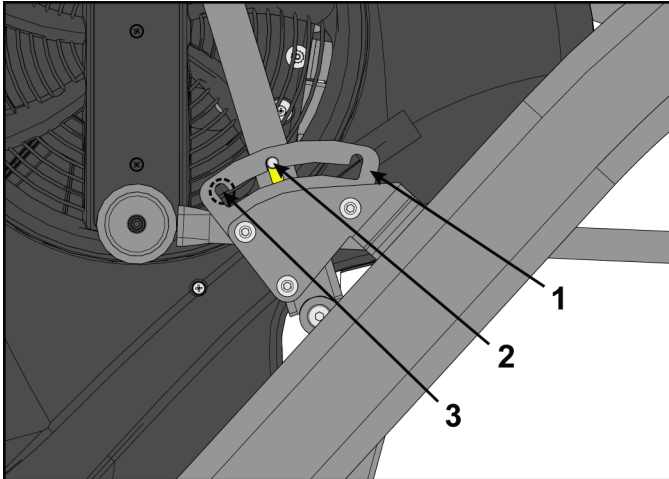


Item	Description	Qty.
1	Plunger	1
2	Handle	1
3	Incline lever	1

2. Move incline lever to back position.
3. Release plunger on incline lever.



**CAUTION:** To avoid injury, be sure detent pin is fully inserted into notch in adjusting plate before use.



Item	Description	Qty.
1	Adjusting plate	1
2	Detent pin	1
3	Notch	3

4. Move the resistance lever down to lowest resistance.
5. Verify foot plates are completely stopped.
6. Hold the handrails to steady self while stepping into the foot plates.
7. Begin striding.
8. Verify the control panel will illuminate.
9. Press the **GO/Enter** key.
10. Verify level meter is at **LEVEL 1** and resistance is low.
11. Verify **WATTS** are displayed on display screen.
12. Move the resistance lever up to **LEVEL 5**.  
Verify resistance is higher than **LEVEL 1**.
13. Move the resistance lever up to **LEVEL 10**.  
Verify resistance is higher than **LEVEL 5**.
14. Move the resistance lever down to **LEVEL 1**.
15. Press the **STOP/Review** key to exit.
16. Wait until foot plates come to a complete stop before dismounting unit.



**WARNING:** Moving parts and fall hazard.

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

Hold handrails to steady self while stepping off unit.

17. Move incline lever to middle position.
18. Move incline lever to forward position.
19. Move incline lever to back position.

Testing complete.

# Operation

## Individual Human Power Versus Mechanical Power



**WARNING:** Power difference.

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

## Intended Use

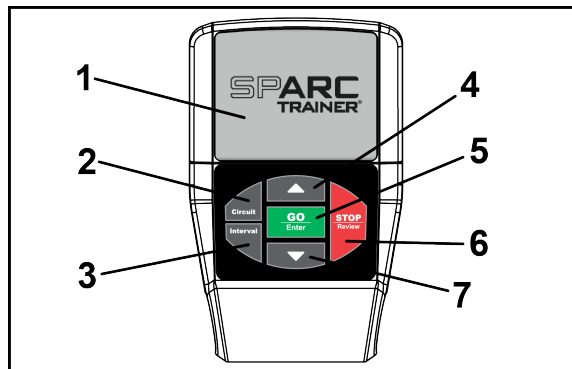
The intended commercial use of this machine is to aid exercise and improve general physical fitness.





## Terms Used




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

Circuit	Circuit Mode functions as a count-up timer ideally suited for use within small group classes with multiple users using the machine for short bouts. It may also be used like a Quick Start for longer duration training sessions.
Interval	Interval Mode allows the user to predefine the duration work and rest intervals as well as the total number of sets to be performed.
Rest	The period of an interval training session that is performed at a lower intensity to provide for recovery after the Work interval in an Interval Mode training session.
Results	Review of the accumulated workout data will happen at the end of each workout session.
Sets	The number of time a Work:Rest interval is to be performed.
Work	The period of high intensity effort in an interval training session.

## User Controls

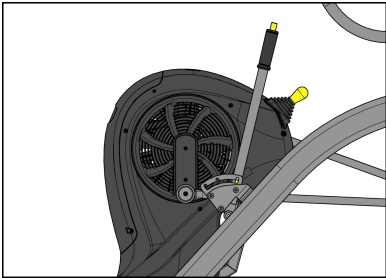
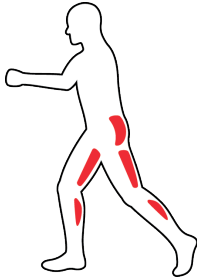
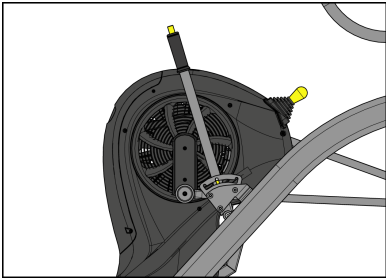
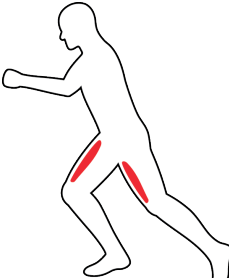
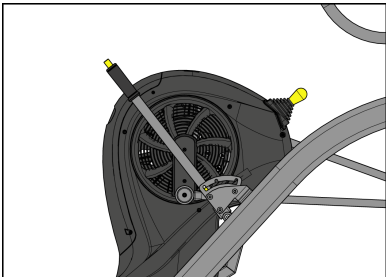
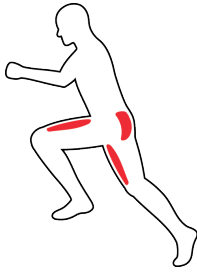


Item	Control	Name	Description
1		DISPLAY SCREEN	Displays all information.
2		CIRCUIT KEY	Selects <b>Circuit</b> workout.
3		INTERVAL KEY	Selects <b>Interval</b> workout.
4		ARROW UP	Adjust values up. Navigate up in menus, languages, defaults, and other settings.

Item	Control	Name	Description
5		GO/ENTER KEY	Start <b>Circuit</b> workout. Enter settings during <b>Interval</b> workout setup. Select settings in <b>Toolbox</b> screen, moves forward in menu.
6		STOP/REVIEW KEY	Ends a workout. Resets console. Navigates back in <b>Setup</b> menu.
7		ARROW DOWN	Adjust values down. Navigate down in menus, languages, defaults, and other settings.

## Incline Lever

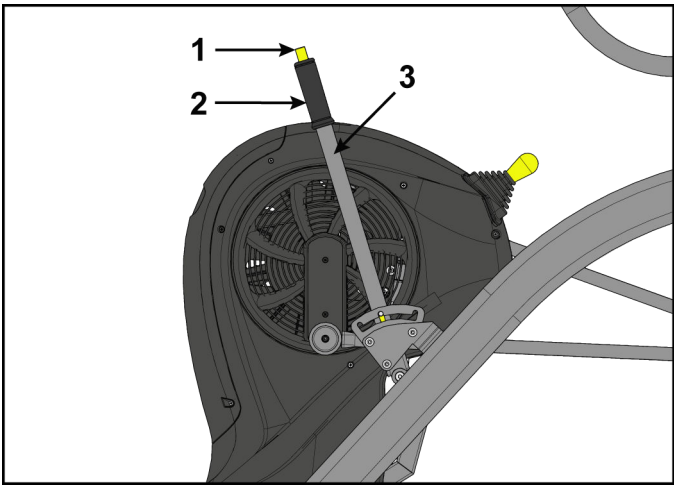
Incline is set by adjusting the incline lever. There are three settings available. Set the Incline before your workout.

Setting	Incline	Muscles Used
Back 	12.4%	Glutes, Hamstrings, Calves 
Middle 	19.4%	Quadriceps 
Forward 	25.5%	Glutes, Quadriceps 



Adjust Incline Lever

- 1. Grasp handle on incline lever and depress the plunger.

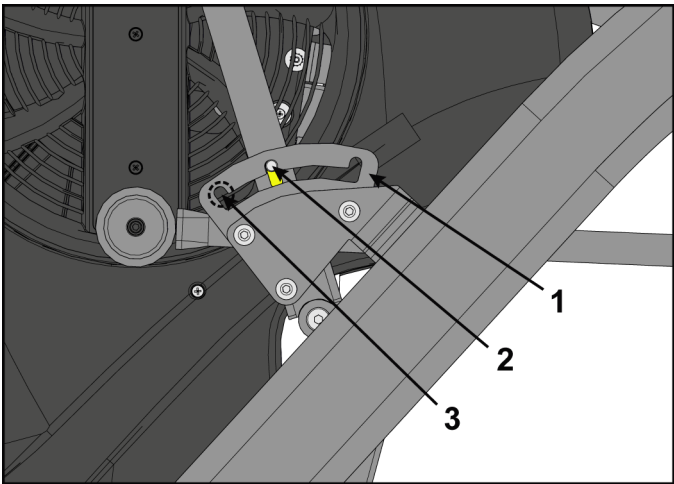


Item	Description	Qty.
1	Plunger	1
2	Handle	1
3	Incline lever	1

- 2. Move incline lever to desired position.
- 3. Release plunger on incline lever.



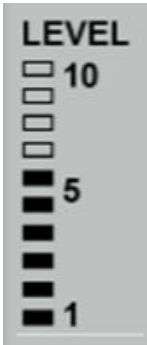
**CAUTION:** To avoid injury, be sure detent pin is fully inserted into notch in adjusting plate before use.



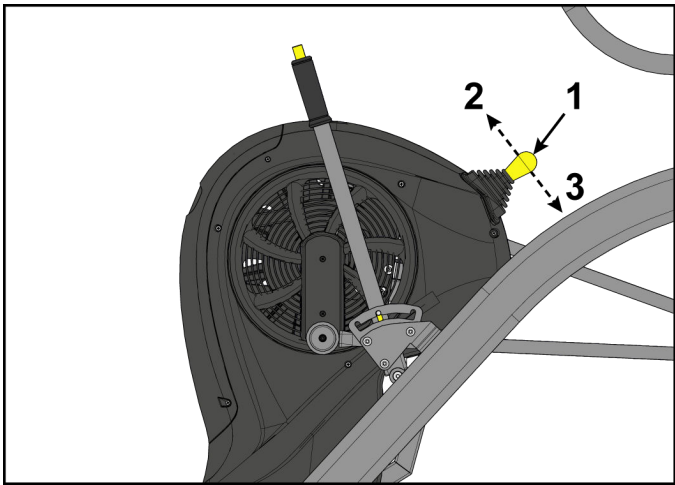
Item	Description	Qty.
1	Adjusting plate	1
2	Detent pin	1
3	Notch	3

# Resistance Lever

Resistance is changed using the resistance lever. Range is 1 to 10 in increments of 1. Changes to resistance are displayed on the display screen with the **LEVEL** meter.



1. Pull the resistance lever backwards to decrease the resistance level.



Item	Description	Qty.
1	Resistance lever	1
2	Forward	1
3	Backward	1

2. Push the resistance lever forwards to increase the resistance level.

## Mount and Dismount

### Mount unit safely

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

### Dismount unit safely



**WARNING:** Moving parts and fall hazard.

- To avoid serious injury wait until foot plates come to a complete stop before getting off unit.
  - The moving parts cannot be stopped immediately, the unit is not equipped with a free wheel.
1. Grasp handrails for support.
  2. Stop striding.
  3. Wait until foot plates come to a complete stop.
  4. Continue to hold handrails while carefully stepping off unit.

## Quick Operation Guide

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

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

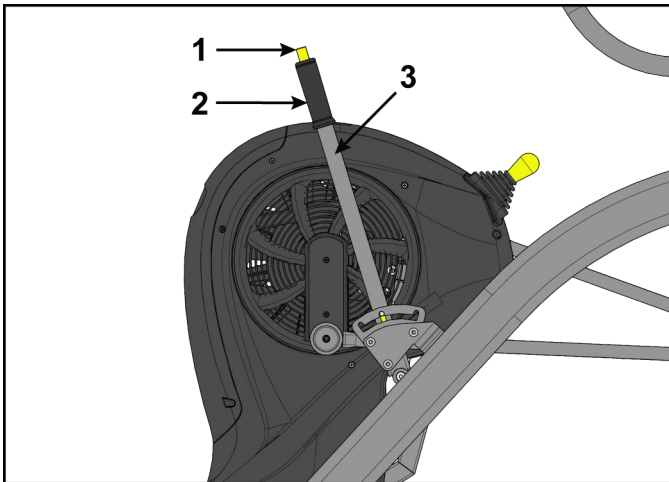
1. Verify foot plates are completely stopped.

2. Grasp handle on incline lever and depress the plunger.
3. Move incline lever to desired position.
4. Release plunger on incline lever.
5. Grasp handrail and step carefully onto foot plates.  
Begin striding.
6. Press the **Circuit** key.
7. Press the **GO/Enter** key.
8. Adjust the resistance lever to change the resistance at any time. The level meter will display the current resistance level.
9. Press the **STOP/Review** key at any time to end workout.  
Workout **Results** are displayed.

## Detailed Operation Guide

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

1. Verify foot plates are completely stopped.
2. Grasp handle on incline lever and depress the plunger.

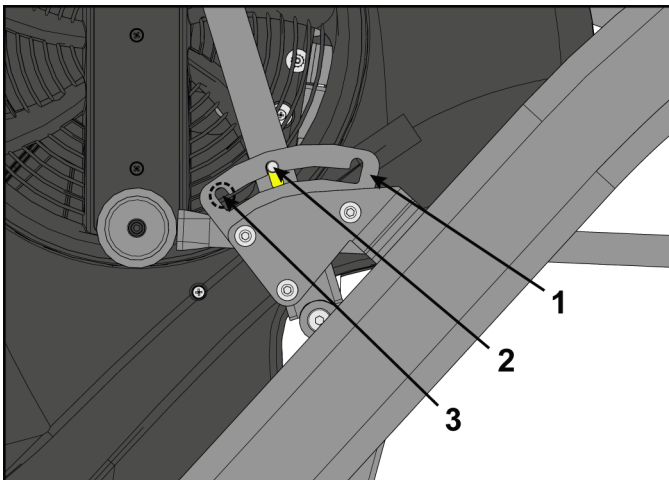


Item	Description	Qty.
1	Plunger	1
2	Handle	1
3	Incline lever	1

3. Move incline lever to desired position.
4. Release plunger on incline lever.



**CAUTION:** To avoid injury, be sure detent pin is fully inserted into notch in adjusting plate before use.



Item	Description	Qty.
1	Adjusting plate	1
2	Detent pin	1
3	Notch	3

5. Grasp handrail and step carefully onto foot plates.  
Begin striding.

- Choose a **Circuit** or **Interval** workout.

## Circuit Workout Overview

Circuit Mode functions as a count-up timer ideally suited for use within small group classes with multiple users using the machine for short bouts. It may also be used like a Quick Start for longer duration training sessions.



Display	Description
LEVEL	Displays current resistance level
WATTS	Displays current watts
METERS/KM	Displays total meters or kilometers
SPM	Displays current Strides Per Minute
TIME	Displays total time of workout

## Circuit Workout

- Press the **Circuit** key.
- Press the **GO/Enter** key.
- Adjust the resistance lever to change the resistance at any time. The level meter will display the current resistance level.
- Press the **STOP/Review** key at any time to end workout.  
Workout **Results** are displayed.
- Press the Up ▲ arrow or Down ▼ arrow to review **Results**.
- Press **STOP/Review** to exit workout.

## Interval Workout Overview

Interval Mode allows the user to predefine the duration work and rest intervals as well as the total number of sets to be performed.



Display	Description
WORK	Exercise during this interval
REST	Rest during this interval
SETS	Remaining number of sets in workout
LEVEL	Displays current resistance level
SEC	Countdown timer to next interval.
METERS/KM	Displays total meters or kilometers
WATTS	Displays current watts
TOTAL TIME	Displays total time of workout

## Interval Workout

- Press the **Interval** key.
- Adjust **WORK TIME** using the Up arrow ▲ or Down arrow ▼. Range is 10 to 180 in 10 second increments.
- Press the **GO/Enter** key.
- Adjust **REST TIME** using the Up arrow ▲ or Down arrow ▼. Range is 10 to 180 in 10 second increments.
- Press the **GO/Enter** key.
- Adjust **TOTAL INTERVALS** using the Up arrow ▲ or Down arrow ▼. Range is 1 to 30 in 1 interval increments.  
**TOTAL TIME** of workout will be displayed.

- Press the **GO/Enter** key.  
A three second countdown 3 . . . 2 . . . 1 is displayed. The Interval workout begins with the first **WORK** session.
- Begin striding. The display screen will alternate between **WORK** and **REST** screens. Timer counts down to next interval.

Stride during WORK segment	Rest during REST segment

- Adjust the resistance lever to change the resistance at any time. The level meter will display the current resistance level.
- Press the **STOP/Review** key at any time to end workout.  
Workout **Results** are displayed.
- Press the Up ▲ arrow or Down ▼ arrow to review **Results**.
- Press the **STOP/Review** key.

### Results

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

PEAK WATTS	Highest workload energy exertion.	
AVG WATTS	Average workload energy exertion.	
AVG SPM (Strides per Minute)	The average number of strides per minute.	
TIME	The total time you've been working out. Display time as <b>minutes:seconds</b> .	
	MM:SS	Minutes:Seconds
	MM:SS	Minutes:Seconds
	MMMM	Minutes
		100 minutes or more
METERS/KM	Total distance in Meters or Kilometers. Displays <b>METERS</b> up to 499 meters, then displays <b>KM</b> starting at 0.5 km.	
CALORIES	The total accumulated calories burned during your workout.	

Press the Up ▲ arrow or Down ▼ arrow to review **Results**.

RESULTS screen 1	RESULTS screen 2																								
<table><tr><td>RESULTS</td><td>216</td><td>PEAK WATTS</td></tr><tr><td></td><td>198</td><td>AVG WATTS</td></tr><tr><td></td><td>87</td><td>AVG SPM</td></tr><tr><td colspan="3">▼</td></tr></table>	RESULTS	216	PEAK WATTS		198	AVG WATTS		87	AVG SPM	▼			<table><tr><td>RESULTS</td><td colspan="2">▲</td></tr><tr><td></td><td>0:59</td><td>TIME</td></tr><tr><td></td><td>143</td><td>METERS</td></tr><tr><td></td><td>267</td><td>CALORIES</td></tr></table>	RESULTS	▲			0:59	TIME		143	METERS		267	CALORIES
RESULTS	216	PEAK WATTS																							
	198	AVG WATTS																							
	87	AVG SPM																							
▼																									
RESULTS	▲																								
	0:59	TIME																							
	143	METERS																							
	267	CALORIES																							

### ***How power input versus displayed value is calculated***

Total power, as displayed in Watts on the console, is calculated from the measured speed of the fan and the resistance provided by the Eddy Current Brake. Variability of the fan power due to atmospheric conditions is compensated for by incorporating feedback from an on-board barometric pressure and temperature sensors.

# Maintenance

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

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

## Warnings

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**TIP:** Read all warnings in this chapter.



**WARNING:** For maintenance, service and repair:

- Must be performed by trained service personnel only
- Use only replacement parts
- Keep water and liquids away from electrical parts.



**WARNING:** Equipment hazard.

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

## Clean Unit

---

### Tools Required

- Cleaning solution
- Rubbing alcohol
- Clean cloth
- Vacuum

### After Each Use

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

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

### As Needed

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

### Clean Console

**NOTICE:** Do not spray cleaning solution directly on the console.

Direct spraying could cause damage to the electronics and may void the warranty.

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

### Clean Base

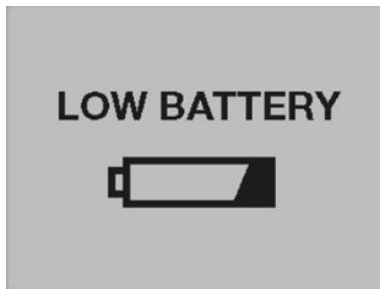
- Spray a mild cleaning agent on a clean cloth.
- Clean the base of the unit with a damp cloth.

## Batteries

---

The console is powered with two, D cell, alkaline batteries.

If the battery level is 10% or lower, The console will display **LOW BATTERY** at start up.



Replace the batteries if **LOW BATTERY** appears at start up,

### **Storage or long non-use periods**

When not using product for more than six months, the batteries should be removed to prevent leakage.

### **Check battery level**

The battery level can be checked through the console.

1. Press and hold the Up ▲ arrow and Down ▼ arrow for 3 seconds.
2. Navigate in the **Toolbox** menu to **DIAGNOSTICS** with the Down ▼ arrow.
3. Press the **GO/Enter** key to enter **DIAGNOSTICS**.
  1. The **BATTERY** level is displayed on the **DIAGNOSTICS** screen.
    - Levels 20-100% - Batteries are good.
    - Levels 0-10% - Batteries need to be replaced.
4. Press the **GO/Enter** key to go **BACK** to the toolbox menu.
5. Press the Down ▼ arrow to select **EXIT** in the setup menu.
6. Press the **GO/Enter** key to exit **Toolbox**.

### **Battery replacement**

Replace batteries with two new, D cell, alkaline batteries. If replacement batteries are weak and have a battery level of 40% or lower, the **LOW BATTERY** screen will continue to be displayed at start up.

**NOTE:** Do not use rechargeable batteries.

Tools required:

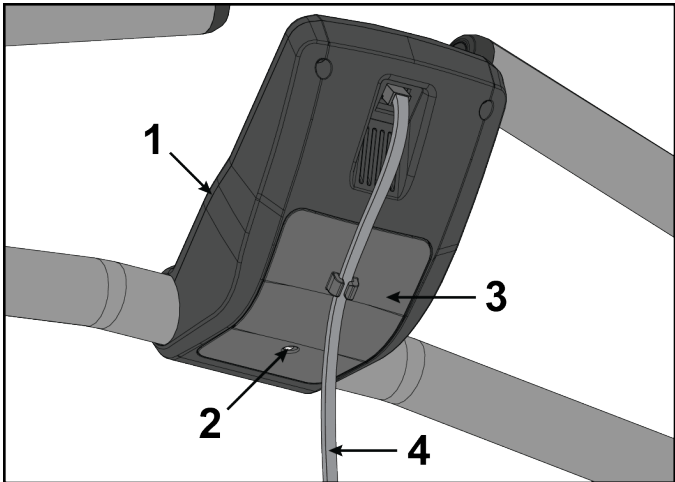
- Flat head screwdriver

**NOTICE:** Component damage.



Replace with two, D cell, alkaline batteries only. Always use two new equal batteries, of the same current rating and manufacturer.

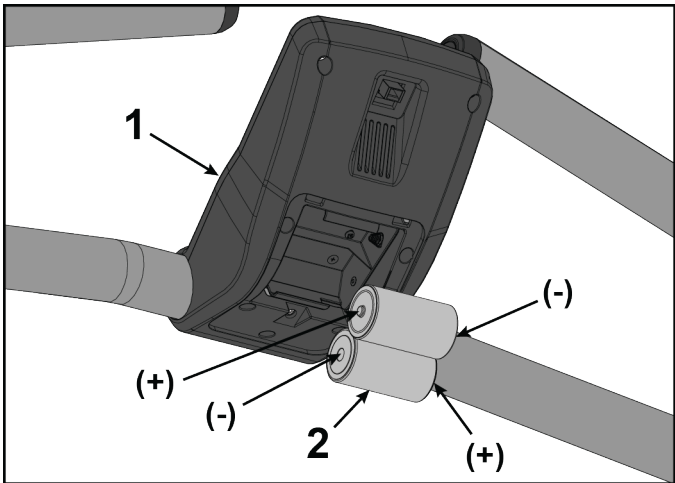
1. Remove the battery access cover by loosening the screw using a flat head screwdriver. The screw will remain in the battery access cover.



Item	Description	Qty.
1	Console	1
2	Screw	1
3	Battery access cover	1
4	Console cable	1

- The battery access cover screw will remain in the battery access cover.
- The battery access cover will remain on the console cable.

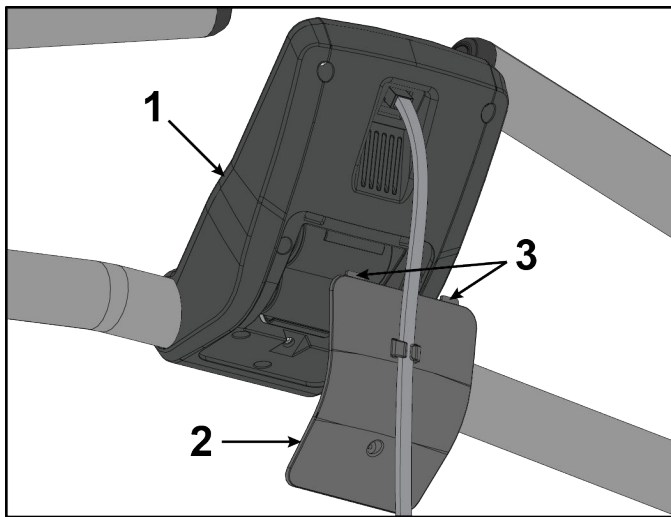
2. Remove the two batteries from the console.



Item	Description	Qty.
1	Console	1
2	Batteries	2

3. **NOTE:** The batteries must be installed in the proper direction. Install two, D cell, alkaline batteries as shown.

4. Insert the two battery access cover tabs into console.



Item	Description	Qty.
1	Console	1
2	Battery access cover	1
3	Tabs	2

5. Tighten the battery access cover screw using a flat head screwdriver.

**NOTE:** Dispose of batteries safely after replacement or before unit disposal.

## Service Schedule

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

This is the minimum recommended service.

## Determine distance

1. Verify foot plates are completely stopped.
2. Grasp handrail and step carefully onto foot plates.
3. Press and hold the Up ▲ arrow and Down ▼ arrow for 3 seconds.
4. Navigate in the **Toolbox** menu to **STATS** with the Down ▼ arrow.
5. Press the **GO/Enter** key to enter **STATS**.
1. The **TOTAL ON TIME** and **TOTAL RUN TIME** is displayed on the **STATS** screen.

The time is displayed as ###:##:## (Days:Hours:Minutes).

**NOTE:** A Day is recorded as 24 hours of use. It is not days used or days since installation.

6. Record the **TOTAL RUN TIME**.
7. Press the **GO/Enter** key to go **BACK** to the toolbox menu.
8. Press the Down ▼ arrow to select **EXIT** in the setup menu.
9. Press the **GO/Enter** key to exit **Toolbox**.

## Daily Procedures

See detailed procedures in [Clean Unit](#) section.

1. Clean console
2. Clean base.

## Every 6 Months

The **TOTAL RUN TIME** for 6 months is approximately 6 days.

1. Move unit and vacuum underneath. Lift the rear of unit and roll it back from its present position. Vacuum underneath and return unit to normal position.
2. [Check battery level](#).

## **Every 12 Months**

The **TOTAL RUN TIME** for 12 months is approximately 12 days.

Contact qualified service technician to perform the following procedures.

1. Inspect incline assembly.
2. Replace any worn parts.
3. Lubricate incline bushings.

# Customer Service

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## Product Registration

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To register product do the following:.

1. Visit [www.cybexintl.com](http://www.cybexintl.com).
2. Locate Product Registration in the Support section.
3. Fill out form completely.
4. Click the **Submit** button to register product.

## Contacting Service

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

For Cybex customers living in the USA, contact Cybex Customer Service at 1-888-462-9239.

For Cybex customers living outside the USA, contact Cybex Customer Service at 1-508-533-4300 or fax 1-508-533-5183. Email address [internationaltechhelp@cybexintl.com](mailto:internationaltechhelp@cybexintl.com)

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

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

## Ordering Parts

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

To speak with a customer service representative, call 800-351-3737 (for customers living within the USA) or 847-288-3700 (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](http://www.cybexintl.com)
- Shipping Address
- Contact Name
- Include a description of the problem.

In addition to your shipping address and contact name, your account number is helpful but not required. You may also fax orders to 800-216-8893.

## Return Material Authorization (RMA)

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

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

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

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

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

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

## ***Damaged Parts***

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

### **Apparent Damage**

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.



Columbia Center III - 9525 Bryn Mawr Ave, Rosemont, IL 60018 • 800-351-3737 • 847-288-3700 • FAX 800-216-8893

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