CYBEX ®

Cybex Arc Trainer® 750AT
Total Access (TA) Addendum
Cardiovascular Systems
Part Number 750A-440-4 A

About This Addendum

This addendum is for Total Access (TA) units only. It describes the differences between the standard Arc Trainer and the TA Arc Trainers.

For Total Access units, refer to this addendum and the 750A/750AT Arc Trainer Owner's Manual, part number 5750-4.

2 – Assembly and Setup

Setup

NOTE: *Setup mode is accessed using the keys on a standard membrane. The keys are different on the TA membrane. See Figure 1. The standard keys are not visable but still active for setup mode. A template is provided to locate the key locations of a standard membrane.*
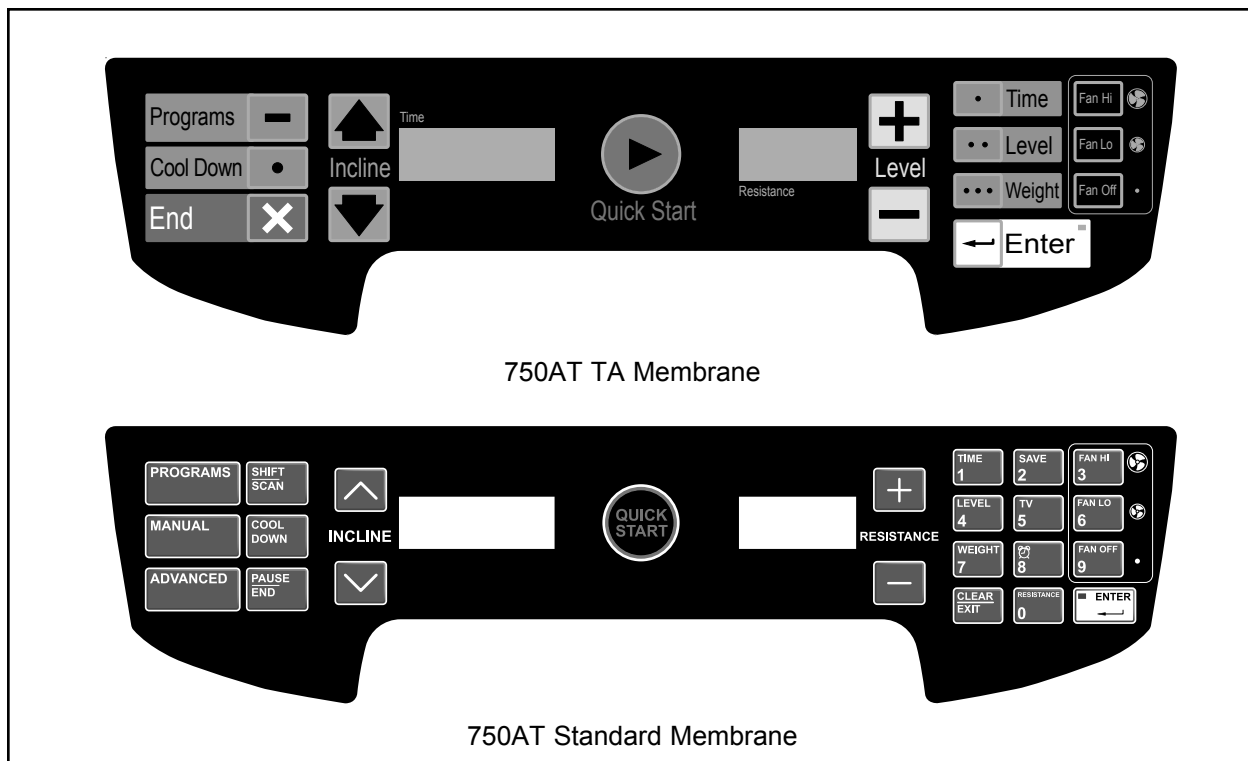

750AT TA Membrane

750AT Standard Membrane

Figure 1

NOTE: *Cut out the keypad template on the last page of this addendum. Use the template as a guide to access setup settings.*

Setup is a separate control screen that allow the user to define multiple aspects of the unit's functions.

Set up can be opened from *Dormant mode, Count Down* and the CSAFE ID entry screens.

To open setup screen, press **CLEAR,** key sequence **7-5-0** and press **ENTER**.

Press **ENTER** to enter setup feature, allow changes and return to main menu. **PAUSE/END** can also be used to reset and exit to *Dormant mode*.

Press the **LEVEL CONTROL** keys to scroll forward or backward in the setup menu.

Press **CLEAR** to reset back to default or previously stored value.

MENU		SET UP Options
1 - Language		GERMAN FRENCH SPANISH ENGLISH JAPANESE SWEDISH RUSSIAN DANISH
2 - Units		ENGLISH (LB/MPH) METRIC (KG/KPH)
3 - Clock Style		12 HR US DATE 24 HR EURO DATE 12 HR EURO DATE 24 HR US DATE
4 - Current Time		12 HR US DATE 'HH:MM X MM/DD/YYYY' 24 HR EURO DATE 'HH:MM DD-MM-YYYY' 12 HR EURO DATE 'HH:MM X DD-MM-YYYY' 24 HR US DATE 'HH:MM MM/DD/YYYY' (Use keypad to enter values or toggle the **LEVEL CONTROL** key)
5 - Default Time	*Initial displayed choice for programs requiring a time setting.*	DEFLT TIME 10 DEFLT TIME 60 DEFLT TIME 20 DEFLT TIME 90 DEFLT TIME 30 (default) ***NOTE:*** *Choices are limited to range of MAX time.*
6 - Review Time	*Summary of workout session totals. Can be seen as 1, 2 or 3 cycles*	SHORT – 1 LONG – 1 SHORT – 2 LONG – 2 SHORT – 3 LONG – 3
7 - Max Time	*Limit user's workout time*	MAX TIME = OFF MAX TIME = 50 MAX TIME = 20 MAX TIME = 60 (default) MAX TIME = 30 MAX TIME = 90 MAX TIME = 40 MAX TIME = 120 MAX TIME = ZONED* (see below)
8 - Sound		TONE = ON (factory setting) TONE = OFF
9 - Dormant Style	*Defines what is displayed in Dormant Mode*	0 – DEFAULT (default) 3 – CLOCK 1 – TEXT MSG 4 – PROFILES 2 – OUT OF ORDER
10 - Dormant Text**	*Text is entered via communications link.*	DORMANT MSG 1 DORMANT MSG 2 DORMANT MSG BOTH
11 - Active Mode Text on/off**	*Text is entered via communications link.*	WORKOUT MSG ON (or OFF)

*MAX TIME ZONED If choice is ZONED, choose the actual time for each zone to start and maximum time setting.

HH:MM X is the actual time the zone starts, and YYY is the maximum time allowed during time zone.

Example:

Format	Factory Default	
ZONE1 HH:MM X YYY	ZONE1 05:01A	60
ZONE2 HH:MM X YYY	ZONE2 09:01A	OFF
ZONE3 HH:MM X YYY	ZONE3 04:01P	60
ZONE4 HH:MM X YYY	ZONE4 09:00P	OFF

**For more information on editing Display and Active Mode text, visit www.cybexintl.com/support/resources/750

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3 - Operation

Intended use of this exercise equipment is to aid or improve general physical fitness and exercise.

Terms Used

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

Auto-Scan – Display automatically cycles through workout data.

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

Count Down – The lower left **INCLINE** display shows a 5-0 count down. At the conclusion of the count down, unit goes into *Active Mode.*

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

Manual Mode – The unit defaults to this mode if not in a program. *Manual Mode* allows the user to adjust the Resistance (0-100) and Incline (0-20). Time will count up in *Quick Start Manual mode* or count down to the chosen session time if desired by entering a TIME or selects the *Manual program* and completes setup.

Program Setup Mode – Begins after pressing the **Programs** key. Upon entering a program, user is prompted to adjust the appropriate settings.

Quick Start – By default, the unit will end up in *Quick Start Manual Mode* if the user begins striding and allows the 5 second count-down to end. Also choose the **QUICK START** button to enter into *Quick Start Manual Mode*, where the user controls the Resistance and Incline as time counts up.

Workout Review – Review of the accumulated workout data and/or the results of the Fitness Test will happen at the end of each workout session.

⚠️ *Read and understand all warnings and cautions in **Chapter 1 – Safety** and all operation instructions in this chapter before operating unit.* 📖ℹ️

Mount and Dismount

⚠️ **WARNING: Wait until all moving parts come to a complete stop and foot plates are in lowest position before mounting or dismounting.**

To mount unit safely:

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

To dismount unit safely:

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

Emergency Dismount

If an emergency stop and dismount is required:

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

Console Keys

Control keys on the display are usable during operation and may be pressed at any time to make adjustments in resistance, incline, data readouts or fan speed. See Figure 1.
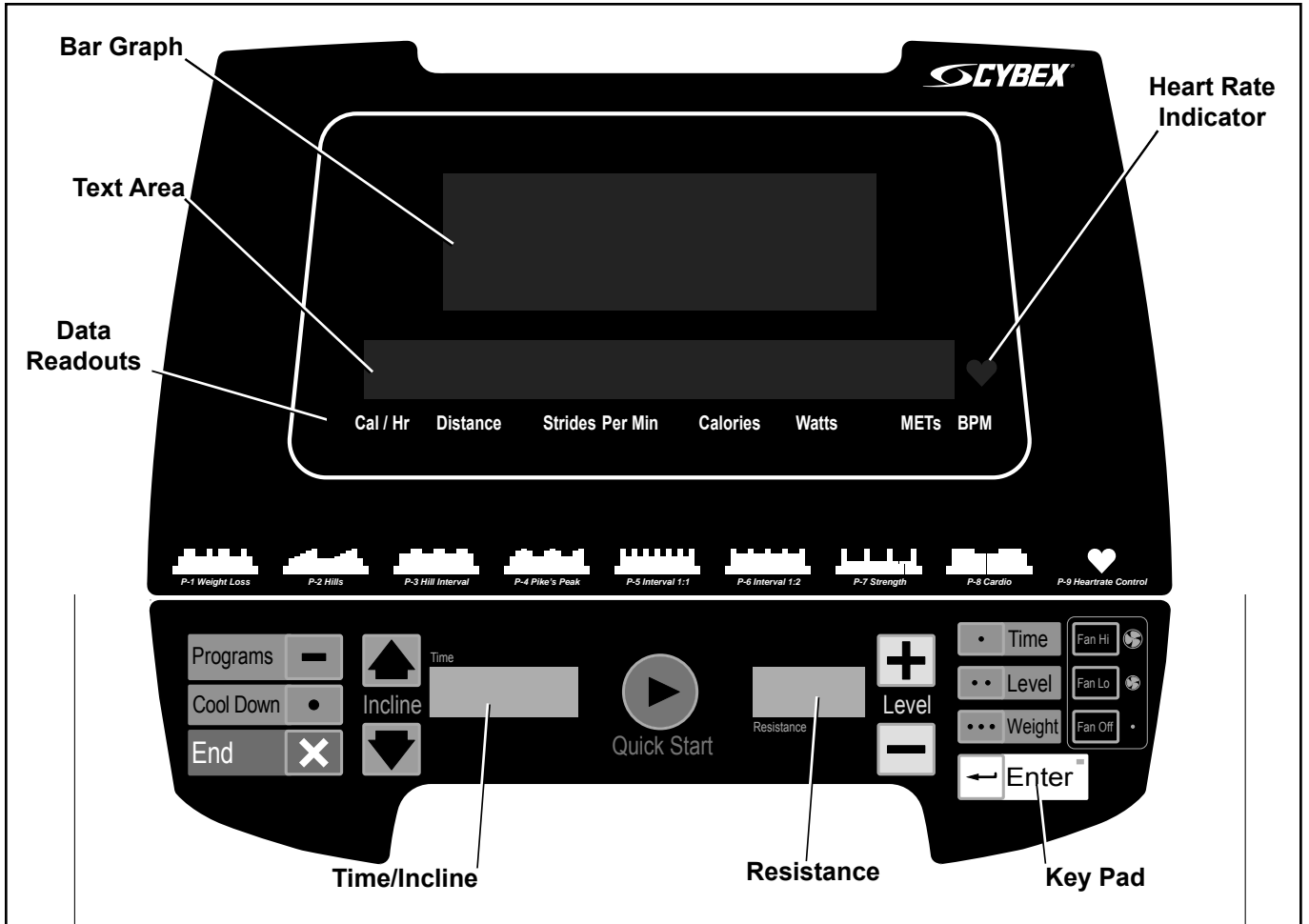

Figure 1

Console Keys		Description
Programs	*Program Setup Mode*	Choose from twelve programs or up to nine custom programs
Cool Down	*Cool Down Mode*	Initiates the two minute cool-down sequence
End	Stop	Exit *Active Mode* and *Review Mode* is entered.
Incline Λ V	Set incline	Toggle (Λ V) to increase or decrease incline
Quick Start	*Quick Start Manual Mode*	Go directly to *Quick Start Manual Mode*
Load + -	Adjust resistance	Toggle (+ -) to increase or decrease resistance
Keypad (Program Setup)		
Time	Workout time	Adjust workout time
Level	Workout level	Adjust program level (1-10)
Weight	User's Weight	Adjust users weight
Fan Hi	High setting	Set fan to high setting
Fan Lo	Low setting	Set fan to low setting
Fan Off	Turn fan off	Default
Enter	Accept any setting	Moves setup process forward

Audio Visual (AV) Key Pad – Optional
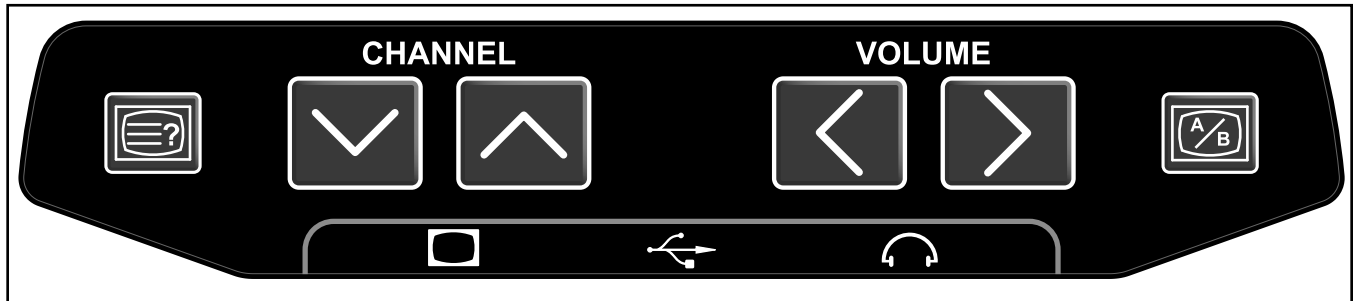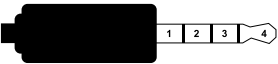
Figure 3

Console Key	Description
EPG	If an Electronic Program Guide (EPG) is available, this will be displayed on the TV. Use the **CHANNEL Λ V** and **VOLUME < >** keys to navigate in the EPG, **ENTER** to accept any selections.
CHANNEL	Toggle down or up to change channel (beeping will occur).
VOLUME	Press appropriate keys to increase or decrease volume. There is no display interaction.
VIDEO SOURCE	Press to toggle between video source A for cable channels and video source B for external inputs, such as an iPod® video.
VIDEO PORT	Video capable port allows personal entertainment device or other composite video input. 1 – Video 3 – Left 2 – Ground 4 – Right
USB PORT	Universal Serial Bus (USB) allows different devices to be connected using a single standardized interface port for charging only.
HEADPHONE PORT	Headphone port allows personal headphones.

Program Selection

Choose from twelve programs or up to nine custom programs. Speed is never predetermined. Change speed by changing stride.

For a complete description and profile of each program (P1-P8) see Appendix B.

Program	Levels	Settings
Manual	NA	Select time and weight.
P1 Weight Loss	10	Select time, level and weight.
P2 Hills	10	Select time, level and weight.
P3 Hill Interval	10	Select time, level and weight.
P4 Pike's Peak	10	Select time, level and weight.
P5 Interval 1:1	10	Select time, level and weight.
P6 Interval 1:2	10	Select time, level and weight.
P7 Strength	10	Select time, level and weight.
P8 Cardio	10	Select time, level and weight.
P9 Heart rate Control (HRC)	N/A	Select time, age, target heart rate and weight.

Navigation

The **RESISTANCE + -** and **INCLINE Λ V** keys are active to adjust the displayed program value (up or down). Hold down key to accelerate rate of increments.

Press the **ENTER** key after each step to accept values entered and to move forward in the setup process.

The **QUICK START** key may be pressed at any time during this process to accept all program defaults. If no activity is performed after a program is selected, the unit will default to the settings of the current program selected.

Programs P1 – P9 Setup

1. Press **Programs** key to cycle through program choices. Each press of the key will choose the next program in the list. Press **Enter** to select program.

2. Select desired workout time when Text Area prompts "SET PROGRAM TIME XXX".

3. Select desired workout level when Text Area prompts "SELECT LEVEL 1-10"

4. **For P9 - HRC Program only:**

   • Using the **Level + -** keys, key in user's accurate age when Text Area prompts 'ENTER YOUR AGE TO CALCULATE TARGET HEART RATE". Valid age range values are 13 - 113.

   • Adjust target heart rate when Text Area scrolls "75% = XXX BPM" and "TARGET BPM AT 75% = XXX BPM".

NOTE: *Target heart rate is calculated at 75% of Max, where Max Heart rate is calculated at 220 minus the user's age. Adjust the Target HR up or down from the default 75% value presented or accept as is.*

5. Using the **Level + -** keys, key in user's accurate weight when Text Area prompts "ENTER YOUR WEIGHT". Valid weight range is 50 - 400 lbs (23-181 kgs).

Manual and Quick Start Program Setup

NOTE: *The Manual and Quick Start programs have no associated profile or level. Program and Level selection are not available.*

Select **Manual** by pressing the **Programs** key once, then press **Enter**. Enter desired workout time and user's accurate weight.

Select **Quick Start** key to directly enter Active Mode. The Quick Start version of Manual bypasses the time entry, allowing the workout time to accumulate up to the Max Time allowed.

Advanced Programs A1 – A2 Setup

Press **Programs** key to cycle through program choices. Each press of the key will choose the next program in the list.

Program	Settings
A1 Constant Power	Select time, power level and weight.
A2 Power Training	Select time, level and weight.

A1 – Constant Power Setup

1. Press **Programs** key.

2. Scroll to A1.

3. Enter desired workout time.

4. Select power level when Text Area scrolls "SELECT POWER 50-900 WATTS". Valid range of Watts is 50-900 in increments of five.

5. Enter user's accurate weight.

A2 – Power Training Setup

1. Press **Programs** key.

2. Scroll to A2.

3. Enter desired workout time.

4. Enter desired Level (1-21).

5. Enter user's accurate weight.

Custom Programs

Custom Programs can be created and stored only by connecting a CSAFE compatible computer to the unit's CSAFE port and using a Cybex supplied software program. If stored, the custom programs appear after Fitness Tests in the listing of available programs as P01 name, P02 name, etc. Custom programs define the workout duration, incline and speed and have no level associated with them.

Data Readouts

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

Cal / Hr	Distance	Strides Per Min	Calories	Watts	METs	BPM

Calories Per Hour (CAL/HR) – Calculation of present workload's energy exertion in Calories per Hour.

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

Distance = Strides per Minute x 24" (61 cm) x Time

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

Calories – The total accumulated calories burned during workout.

WATTS – Present workload energy exertion.

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

METs = Cal/Hr X 2.2 / User Weight

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

Heart Rate Indicator

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

Factors that interfere with heart rate signal:

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

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

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

White	Valid BPM not yet available
Blue	0 ─ 69 BPM
Green	70 ─ 93 BPM
Yellow	94 ─ 119 BPM (Fat Burn Zone)
Blood Orange	120 ─ 169 (Cardio Zone)
Magenta	170 and higher

Fan Control

The fan defaults at the "Off" setting. The user can change to "Lo" or "Hi" setting by pressing the appropriate control key. ***NOTE:*** *User must be striding faster than 70 strides per minute for fan to operate.*

Battery Sentry

Battery Sentry uses display feedback (speed signal, key presses and heart rate) to determine user presence. If a user is not detected within 20 seconds, the display beeps and inquires "ARE YOU THERE?".

Resume striding, grab the contact heart rate grips or press any key within a pre-selected time to resume workout.

Appendix C – Parts List

Parts List Cybex 750AT TA Arc Trainer

ITEM	QTY	PART NO.	DESCRIPTION
1	1	740A-392	FOOT PLATE, LEFT
2	1	740A-393	FOOT PLATE, RIGHT
3	1	740A-394	TOE CAP, LEFT
4	1	740A-395	TOE CAP, RIGHT
5	1	DE-21938-4	MASK, 751A IFI ENUNCIATOR, ENG
6	1	SW-21895-4	MEMBRANE, 751A,BTM,ENG, IFI
7	1	750AT-215	CRUISER HANDLE, LEFT
8	1	750AT-216	CRUISER HANDLE, RIGHT
9	1	740A-411	COVER, PIVOT W/SLOT, LEFT, BTM
10	1	740A-412	COVER, PIVOT W/SLOT, RIGHT, BTM
11	1	740A-413	FILLER PLATE, LEFT
12	1	740A-414	FILLER PLATE, RIGHT
13	6	HC701228	BOLT, HHCS, .375-16 x 2.25"
14	6	HN704902	LOCKNUT, .375-16 NYLON
15	4	HT552511	SCREW, TAP 8-16 x .38", PLASTITIE BLK
16	1	JC700442	BHSCS, .375-16 x 4.00"
17	1	750A-438	TUBE, STOP
18	1	JC620410	BHSCS, .250-20 x .375"
19	2	HC620431	BHSCS, .250-20 x 2.00"
20	2	750A-434	SPACER
21	1	11040-440	KNOB
22	3	HT572512	TAP SCREW, 10-24 x .50", PN HD PHIL
23	1	750A-437	INSERT, PLASTIC HOOK
24	1	HX700415	BHSCS, .375-16 x .75", SS
25	1	750A-436	PLATE, HOOK, IFI
26	1	JD383315	SHOULDER BOLT, .500 x .75, .375-16 UNC
27	2	HS387701	WASHER BELV., .500 ID x 1.00 OD x .045
28	2	PP080229	INSERT, PLASTIC BALL, 1.50"
29	9	750A-435	BLOCK, MOUNTING

Align Template
To Edge

LEVEL

1	2	3
4	5	6
7	8	9
CLEAR EXIT	0	■ ENTER

Cut along dotted line

Keypad Template
750A Arc Trainer

Cut along dotted line

PROGRAMS	SHIFT SCAN
MANUAL	COOL DOWN
ADVANCED	PAUSE END

LOAD

Align Template
To Edge