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Transcript for Cybex 710T Treadmill Owner and Services Guide to Cardiovascular Systems Part number LT-14464-4 Rev H Cybex and Cybex logo are registered trademarks of Cybex International, Inc. Stableflex and the Stableflex logo are registered trademarks of Cybex International, Inc. Polar is a registered trademark of Polar. DISCLAIMER: Cybex International, Inc. does not make any representations or guarantees regarding the content of this guide. We reserve the right to review this document at any time or to amend the product it describes without notice or obligation to notify a person of such changes or changes. ©, 2001, Cybex International, Inc. All rights are reserved. Printed in the United States of America. 10 Trotter Drive Medway, Ma 02053 No 800-766-3211 5183 www.eCybex.com email protected email protected LT-14464-4 Rev H December 2001 Cybex 710T Owner's Guide to the Treadmill About This Guide for Your Convenience, all measurements and voltage requirements are listed in both English and metric units. English values are listed first and then metric units in brackets. For example: 1 (2.54 cm). The 710T treadmill is the new model that replaced the former 645CR. This manual, the unit number LT-14464, must be referred to 645CR questions. The owner's guide comes with each 710T treadmill. WARNING: Changes or changes in this unit that are not explicitly approved by the compliance party may revoke the user's authority to operate the equipment. This equipment has been tested and found to comply with restrictions for a Class B digital device, in accordance with Part 15 of the FCC Rules. These restrictions are designed to provide reasonable protection against harmful interference in a residential facility. This equipment generates, uses and can emit radiofrequency energy and, if not installed and used in accordance with instructions, can cause harmful interference with radio communication. However, there is no guarantee that interference will not occur in a specific installation. If this equipment does cause harmful interference for radio or television reception, which can be identified by turning off and turning on the equipment, the user is advised to try to correct the interference with one or more of the following measures: to reorient or move the receiving antenna. Increase the separation between the equipment and the receiver. Connect the equipment to the socket according to the scheme, different from the scheme to which Receiver. Seek help from a dealer or an experienced radio broadcaster. Page i Cybex 710T Treadmill Owner's Compliance Declaration Guide We state that, to our knowledge, fitness equipment is listed manufactured by: Cybex International, Inc. 10 Trotter Drive Medway MA, 02053, USA Complies: Directives: 73/23/EEC, 89/336/EEC Standards: EN60335-1, EN55022, EN55014, EN50082-1 Product Name: Model Numbers: European Contact: Note: Page ii Treadmill 400T, 41T, 700T, 710T (220V) Attention: European Director of Sales Number 1, Floor 3, Tredegar Chambers, 78 Bridge Street, Newport, South Wales, NP204'A Phone 011-44-1633-251222 For European customers only. Cybex 710T Treadmill Owner's Guide Table Content First Pages About This Guide . . . . . i Information about FCC compliance . . . . . i Declaration of Compliance . . . . . ii Table Content . . . . . iii 1 Security Important information about voltage . . . . 1-1 Ground instructions... 1-1 Important safety instructions . . . 1-2 Caution Label . . . . . 1-4 Emergency stop... 1-5 2 Specifications... 2-1 3 Operation Fast Operation Guide . . . . . 3-1 Detailed guide to surgery... 3-1 Stop the treadmill ... . 3-3 Control during the operation . . . . . 3-4 Data Reading ... . 3-5 Choice programs and options . . . 3-6 Heart rate display ... . 3-6 Using programs... 3-7 Manual mode ... . 3-8 P1 - Fitness test program... 3-8 P2 - Weight loss program . . . . . 3-10 P3 - Cardiovascular program . . . 3-12 P4 - Speed Call Program . . . 3-14 P5 - Express program... 3-16 P6 - Hill Interval Program . . . 3-17 P7 - Speed Interval Program . . . 3-18 P8 - Peak Pike program . . . . . 3-19 P9 - River Running Program . . . . . 3-20 P10 - 5-kilometer program... 3-21 P11 - Demonstration program . . . 3-22 P101-P110 - Saved program . . . 3-22 Training Tips . . . . . 3-24 4 Preventive maintenance measures . . . . . 4-1 Cleaning of the treadmill ... . 4-1 Running belt service..... 4-2 Other preventive care... 4-6 Service Schedule . . . . . 4-7 log leaf... 4- 8 . . . . . 5-1 Choice and site preparation . . . . . 5-1 Electricity Requirements . . . 5-3 Unboxing . . . . . 5-3 Build a treadmill... 5-4 Testing 710T operation . . . . 5-9 Installation of operation options . . . . 5-10 6 Customer Contact the service... 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The 710T treadmill power requirements are grounded, dedicated by a chain and one of the following: 115 VAC, 60 Hz and 20 amplifiers, or 230 VAC, 50 Hz and 15 amplifiers, or 208/220 VAC, 60 Hz and 15 amplifiers. ! WARNING: Don't try to use this unit with a voltage adapter. Don't try to use this extension unit. Grounding Instructions This treadmill is designed for commercial use. This treadmill must be grounded. If it is to fail or break, grounding provides the path of least stability for the electric current to reduce the risk of electric shock. This product is equipped with a cord equipped with a conductor for grounding equipment and a ground fork. The fork must be connected to the appropriate socket, which is properly installed and grounded in accordance with all local codes and regulations. ! DANGER: Mis-connecting conductor to ground equipment can lead to risk electric shock. Contact a qualified electrician or service provider if you doubt whether the treadmill is properly grounded. Look for a qualified electrician to perform any changes to the cord or fork. Cybex is not responsible for injuries or damage caused by a change of cord or fork. 115 VAC Euro Plug 208/220 VAC NEMA 5-20 CEE 7/7 NEMA 6-15 This treadmill for use on the front pages of this guide . . . . i FCC compliance information. i Declaration of Compliance . . . ii Table Content... iii 1 Important for security Info 1-1 Ground Instructions . . . 1-1 Important Safety Instructions 1-2 Caution Labels. . . . . 1-4 Emergency stop..... 1-5 2 Specification specifications . . . . . 2-1 3 Operation Fast Operation Guide . . . 3-1 Detailed Operating Guide. . 3-1 Treadmill stop... 3-3 Control during surgery. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... . 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Call Program . . . . . 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program . . . . . 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5-kilometer program 3-21 P11 - Demonstration program . . . . . 3-22 P101-P110 - Saved program... 3-22 Workout Tips . . . . . 3-24 4 Preventive maintenance measures . . . . . 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. . . . . 4-7 log leaf... 4-8 5 Setting and assembling Fast Settings . . . . . 5-1 Choice and 1 - . . . . . 5-3 Unboxing. . . . . 5-3 Build a treadmill . . . 5-4 Testing 710T . 5-9 Surgery Options. 5-10 6 Customer Service Contact Service . . . . 6-1 Serial number and voltage . . . 6-1 Page 1-1 Cybex 710T Treadmill Owner Guide grounded, highlighted circuit, and one of the following: 115 VAC, 60 Hz and 20 amplifiers, or 230 VAC, 60 Hz, and 15 amplifiers, or 220/240 VAC, 50 Hz and 15 amplifiers. Make sure the treadmill is connected to an outlet with the same configuration as the fork. Do not use a ground plug adapter to adapt the power cord to an unearthly socket. Important safety instructions (Save these instructions) ! DANGER: To reduce the risk of electric shock, always disconnect this treadmill from the electrical outlet immediately after its use and before cleaning it. ! WARNING: Serious injuries may occur if these precautions are not followed. To reduce the risk of burns, fires, electric shocks or injuries: Get a physical examination before you start any exercise program. Keep your children away from the treadmill. Adolescents and disabled people should be monitored when used. Stop exercising if you feel weak, dizzy, or experience pain at any time during exercise and consult your doctor. Use treadmill handrails to maintain and maintain balance. Use Use when installing and dismantling the treadmill. Turn off all power before maintaining the treadmill. - Use a special line when operating a treadmill. Connect the treadmill only to a properly grounded socket. Do not work on electric treadmills in wet or humid places. - Keep the running belt clean and dry all the time. Stop and place the treadmill at 0 degrees tilt (level) after each use. Do not leave the treadmill unattended when plugging in and working. After turning off the treadmill, don't leave it until it comes to a complete stop and is level. To disconnect, rotate all controls in a STOP or OFF position, and then remove the plug from the socket. Examine the treadmill to worn or loose components before each use. Do not use until worn or damaged parts are replaced. Maintain and replace worn parts regularly. Check out the Owner's Preventive Service section. Page 1-2 Cybex 710T Treadmill Owner's Guide - Don't work on a treadmill if the cord is damaged, if the treadmill isn't working properly, or if the treadmill has been reset or damaged. Seek service from a qualified professional. The front pages of this Guide... i FCC compliance information. i Declaration of Compliance . . . ii Table Content... iii Do not blur the cord near heated surfaces or sharp edges. 1 Safety Important Information on Voltage 1-1 Ground Instructions . . . 1-1 Important Safety Instructions 1-2 Caution Labels. . . . . 1-4 Emergency stop..... 1-5 - Do not use an outdoor treadmill. Do not work on a treadmill around or where spray (spray) or where oxygen products are used. Read and fully understand the Owner's Guide before using the treadmill. Read and understand the emergency stop procedures before using the treadmill. Read and understand all the warnings placed on the treadmill and in the Owner's Guide before using the treadmill. Replace any warning label if it is damaged, worn or promiscuous. Do not wear loose or tattered clothing while using a treadmill. Always wear the right shoes on or around the simulator. Keep all body parts, hair, towels, water bottles, and both free and free from moving parts. Set up and operate a treadmill on a solid, level surface. Don't work in drowned areas or on a plush carpet. Provide the following clearances: 39 inches (1 m) on each side, 78 inches (2 m) behind, and enough room for safe and a passage in front of the treadmill. Make sure the treadmill is clean from walls, equipment and other hard surfaces. Do not try repairs, electric or mechanical. Look for trained repair staff when maintaining. Contact your nearest authorized Cybex dealer or other competent repair service. Using Cybex factory parts when replacing on a treadmill. 2 Specifications... 2-1 3 Operation Fast Operation Guide . . . 3-1 Detailed Operating Guide. . 3-1 Treadmill stop... 3-3 Control during surgery. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... . 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Call Program . . . . . 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program . . . . . 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5-kilometer program 3-21 P11 - Demonstration program . . . . . 3-22 P101-P110 - Saved program... 3-22 Workout Tips . . . . . 3-24 4 Preventive maintenance measures . . . . . 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. . . . . 4-7 log leaf... 4-8 - Report any malfunctions, damages or repairs to the facility. 5 Setting and assembling a fast setting . . . . . 5-1 Choice and 1 - . . . . . 5-3 Unboxing. . . . . 5-3 Build a treadmill . . . 5-4 Testing 710T operations. 5-9 Surgery Options. 5-10 - Do not use a treadmill if you exceed 400 pounds (181 kg). This is the user's nominal maximum weight. 6 Customer Service Contact Service . . . 6-1 Serial number and voltage . . . 6-1 - Don't change the treadmill in any way. use attachments if not recommended for the Cybex treadmill. Page 1-3 Cybex 710T Owner of the Treadmill Owner's Guide to Caution Labels Caution label indicate a potentially dangerous situation that, if not avoided, can result in minor or moderate severity of injury. The warning labels used on the 710T are shown below. The full list of pieces and exploded view in Chapter 7 of this guide and the Internet. To replace worn or damaged labels make one of the following: Visit eCybex.com to shop for parts online, or fax your order at 508-533-5183. To speak to a customer service representative, call 800-766-3211 in most areas. Otherwise, call 508-533-4300. ! CAREFULLY RISK INJURY DUE TO MOVING PARTS. DO NOT REMOVE THE LID FOR MAINTENANCE OR CLEANING WHILE THE POWER CORD IS CONNECTED. Page 1-4 Cybex . . . . . i FCC compliance information. i Declaration of Compliance . . . ii Table Content... III CAUTION NOT TO USE EXCESSIVE FORCE TO TIGHTEN THE BELT Safety Important Information on Voltage 1-1 Ground Instructions . . . 1-1 Important Safety Instructions 1-2 Caution Labels. . . . . 1-4 Emergency stop..... 1-5 2 Specification specifications . . . . . 2-1 Emergency Stop Tap stop key once to bring the running belt to a halt. 3 Operation Fast Operation Guide . . . 3-1 Detailed Operating Guide. . 3-1 Treadmill stop... 3-3 Control during surgery. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... . 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Call Program . . . . . 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program . . . . . 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5-kilometer program 3-21 P11 - Demonstration program . . . . . 3-22 P101-P110 - Saved program... 3-22 Workout Tips . . . . . 3-24 4 Preventive maintenance measures . . . . . 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. . . . . 4-7 log leaf... 4-8 5 Setting and assembling Fast Settings . . . . . 5-1 Choice and 1 - . . . . . 5-3 Unboxing. . . . . 5-3 Build a treadmill . . . 5-4 Testing 710T operations. 5-9 Surgery Options. 5-10 6 Customer Service Contact Service . . . . 6-1 Serial number and voltage . . . 6-1 Страница 1-5 Cybex 710T Ручная страница владельца беговой дорожки 1-6 Cybex 710T Руководство владельца беговой дорожки 2 - Технические спецификации Спецификации Длина: 82 (208 см) Ширина: 33 (84 см) Общая высота: 59 (150 см) Площадь бега: 20 x 60 (51 см) 152 см) Вес продукта: 375 фунтов (159 кг) Диапазон скорости: от 0,5 до 10,0 миль / ч (0,8 до 16,1 км / ч) в 0,1 миль / ч или 0,1 км / ч шагом Incline Диапазон: от 0 до 15% класса Уровни сложности: 9 за программу Ручной режим: Да Программы: 10 предустановленных, предустановленных 10 пользовательских Дополнительные: Полная длина поручни Стандарт: Контактная скорость сердца, Полярная связь: CSAFE Шасси Строительство: 12 калибровочных стальных труб палубе Материал: 2 стороне, воск пропитой древесины Требования к мощности: заземленные, выделенные цепи и 115 VAC , 60 Hz and 20 amplifiers, or 230 VAC, 50 Hz, and 15 amplifiers, or 208/220 VAC, 60 Hz and 15 Motor Amplifiers: 2.5 hp, DC. Continuous Emergency Stop: Click Stop Languages: English, German, French, Spanish Maximum User Weight: 400 lbs (181 kg) Guarantee: Labor 1 year; part 2 years, except structural frame, 10 years old; deck and belt 1

year. 82 (208 cm) 33 (84 cm) First pages about this guide . . . . . i FCC compliance information. i Declaration of Compliance . . . ii Table Content... iii 1 Security Important Information on Voltage 1-1 Ground Instructions . . . 1-1 Important Safety Instructions 1-2 Caution Labels. . . . . 1-4 Emergency stop..... 1-5 2 Specification specifications . . . . . 2-1 3 Operation Fast Operation Guide . . . 3-1 Detailed Operating Guide. . 3-1 Treadmill stop... 3-3 Control during surgery. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... . 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Call Program . . . . . 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program . . . . . 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5-kilometer program 3-21 P11 - Demonstration program . . . . . 3-22 P101-P110 - Saved program... 3-22 Workout Tips . . . . . 3-24 4 Preventive maintenance measures . . . . . 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. . . . . 4-7 log leaf... 4-8 5 Setting and assembling a fast setting . . . . . 5-1 Choice and 1 - . . . . . 5-3 Unboxing. . . . . 5-3 Build a treadmill . . . 5-4 Testing 710T operations. 5-9 Surgery Options. 5-10 6 Customer Service Contact Service . . . . 6-1 Serial number and voltage . . . 6-1 Page 2-1 Cybex 710T Owner's Treadmill Hand page 2-2 Cybex 710T Treadmill Owner's Guide 3 - Operation Read and understand all instructions and warnings before using the equipment. You can see all security-related information in Chapter 1. NOTE: The user's maximum weight is 400 pounds (181 kg). The short manual below provides a quick overview of the treadmill. For more information, read the Detailed Operating Guide in this chapter. 1. Mountain the treadmill and place your feet on two side rails located on each side of the running belt. 2. Click START/ENTER to enter selection mode. 3. Click - choose manual mode or choose the mode of the program. If you choose manual mode, you'll miss Step 5 and 6 below. 4. Click - - to choose your weight, then START / ENTER. 5. Click - scroll to your your program then SVUT/VITER. 6. If you choose Pr1-Pr5, click - - select level, then START/ENTER. If you choose Pr7, click - to choose the maximum speed, then START/ENTER. If you choose Pr6 or Pr8-Pr11, click v to select the maximum percentage of class, START/ENTER. 7. The treadmill starts the countdown, 3...2...1, after which it accelerates the strap to the speed of the program you have chosen. 8. Hold the handrails until you step on the running belt and start walking. 9. Press the keys to change the speed of the belt at any time. The right display will show the current speed. 10. Tap the arrows v' to change the tilt at any time. The left display will show the current tilt. 11. Press STOP at any time. Detailed Operation Sleep Guide - Sleep Mode. . . . . i FCC compliance information. i Declaration of Compliance . . . ii Table Content... iii 1 Security Important Information on Voltage 1-1 Ground Instructions . . . 1-1 Important Safety Instructions 1-2 Caution Labels. . . . . 1-4 Emergency stop..... 1-5 2 Specification specifications . . . . . 2-1 3 Operation Fast Operation Guide . . . 3-1 Detailed Operating Guide. . 3-1 Treadmill stop... 3-3 Control during surgery. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... . 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Call Program . . . . . 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program . . . . . 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5-kilometer program 3-21 P11 - Demonstration program . . . . . 3-22 P101-P110 - Program... 3-22 Workout Tips . . . . . 3-24 4 Preventive maintenance measures . . . . . 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. . . . . 4-7 log leaf... 4-8 5 Setting and assembling Fast Settings . . . . . 5-1 Choice and 1 - . . . . . 5-3 Unboxing. . . . . 5-3 Build a treadmill . . . 5-4 Testing 710T operations. 5-9 Surgery Options. 5-10 6 Customer Service Contact Service . . . . 6-1 Serial number and voltage . . . The 6-1 Page 3-1 Cybex 710T Treadmill Owner's Guide turned to the included (I) position and was not used. Control will light up and continuously scroll through the program information when the treadmill is in hibernation. Treadmill Activation - Follow the following steps below: 1. Connect the treadmill power cord into an outlet from a grounded, dedicated circuit, and one of the following: 115 VAC, 60 Hz and 20 amps, or 230 VAC, 50Hz, and 15 amplifiers, or 208/220 VAC, 60Hz and 15 amplifiers. 2. Find a power switch (I/O) at the front end of the treadmill (next to the power cord. 3. Mountain the treadmill at the back and place your feet on two 6 (15 cm) wide side rails located on either side of the running belt. ! WARNING: Always place your feet on two 6 6 (15 cm) wide side rails when running a treadmill. 4. Click START/ENTER to enter Select mode. 5. When you enter Select mode, the display lights up to encourage the user to choose the appropriate keys. First, the display scrolls THROUGH MAXIMUM WORKOUT TIME 55 Min. Next, the display shows SELECT MODE: MANUAL - PROGRAM, then MAN- PRG. After five seconds, if the key has not been pressed, the treadmill will return to sleep. 6. Click to select manual mode or key to select program mode. 7. The display displays SET WEIGHT - or q, then 160 LB (73 KG). Use the keys to adjust the weight number displayed to reach your current weight, and then press the START/ENTER key to take a new weight reading. The 710T takes weight from 40 to 400 pounds (18 to 181 kg). After five seconds, if the key has not been pressed, the treadmill will return to sleep. The treadmill uses your weight, speed and % class to determine how many calories you burn during your workout. NOTE: To accurately calculate calories, you should correctly set your weight (including clothing). 8. The display shows SELECT PROGRAM, followed by Pr1- q and FITNESS TEST. Then he shows the profile of the program, and then PRESS ENTER TO SELECT, - - TO CHANGE. The display shows the same cycle of information for each consecutive program until it is interrupted. You can interrupt this cycle at any time by pressing the keys - the keys to scroll through the program of your choice. If you choose Pr1-Pr5, the display shows SELECT LEVEL, then Leo 1 - K. If you chose Pr7, the display displays SET MAX SPEED - q, then SPEED - q. Page 3-2 Cybex 710T Guide to the owner of the treadmill If you choose Pr6 or Pr8-Pr11, the display shows SET MAX GRADE v GRADE, then v. Adjust as needed, and then click START/ENTER. 9. Display shows BEGIN PROGRAM. The treadmill also counts down 3...2...1 and the running belt starts to turn and begins to warm up the program. After warm-up, the speed and tilt of the belt automatically that's prescribed by the program. 710T 710T tone to signal you before each change. Depending on the program and level you choose, the belt will start to accelerate and the slope will change to the appropriate speed and tilt. NOTE: If the programs don't work, they're probably off or the default program has changed. Read the on/off programs in Settings and Build to learn how to turn programs on and off. See the storage mode in the settings and build chapter to learn how to change the default program. 10. The left display will show a sloping dial point, and the right display will show the velocity dial point. The central display will show the tilt point of the set and the current speed will flash until the treadmill reaches these settings. When the start points of the set are reached, the central display will move to the program profile. 11. Hold the handrails until you step on the running belt and start walking. 12. Press the STOP key at any time to stop training. For more information, read Stop the Treadmill in this chapter. NOTE: If the STOP press does not suspend your workout once, it is probably off. Read pause mode in the activity settings mode in the settings and build chapter to learn how to change the default pause. Stopping the STOP treadmill key can be pressed once, twice or three times to perform the following: Tap STOP once to suspend your workout. The belt will stop and the height will return to 0%, but all workout settings and data will be remembered for five minutes. The left and right display will continue to show a set of points where you left off. The central display will be the PAUSE cycle, the profile of the program and PRESS START TO CONTINUE. Resume training within five minutes by pressing the START/ENTER key. The treadmill will return to the front pages of this guide... i FCC compliance information. i Declaration of Compliance . . . ii Table Content... iii 1 Security Important Information on Voltage 1-1 Ground Instructions . . . 1-1 Important Safety Instructions 1-2 Caution Labels. . . . . 1-4 Emergency stop..... 1-5 2 Specification specifications . . . . . 2-1 3 Operation Fast Operation Guide . . . 3-1 Detailed Operating Guide. . 3-1 Treadmill stop... 3-3 Control during surgery. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... . 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If the key is not pressed during the five-minute pause, these workouts will be cleared, the display will change to sleep. Click the stop key a second time to start a workout review. The results achieved during the training session will cycle and the five-minute pause will end. Once the training review is complete, the treadmill will automatically switch to hibernation. Press the STOP key for the third time to interrupt workout data from cycling and change the display to sleep. NOTE: The customization function (see C17 Diagnostic Test in the head of the service) reduces the pause time to ten seconds. Immobilization: The purpose of immobilizing a treadmill is to prevent unauthorized use. This can be achieved by removing the power cord from the socket and from the treadmill. Emergency Demolition: If you are experiencing pain, feeling weak, or need to stop a treadmill in an emergency, you should follow these steps: 1. Grip handrails for support. 2. Step on the side rails. 3. Click STOP twice. Emergency stop function: The red STOP button functions as an emergency stop. In the situation click STOP once, and the treadmill will stop. If you're finishing a workout session, click STOP a second time so that the next user doesn't resume work at the speed and height of the last user. Control during the operation Each key on the display can be worked while working. Any key can be pressed at any time to make adjustments to the speed, altitude, level or reading of the data. Change of speed - Click - keys to change speed with a step of 0.1 mph or 0.10 km/h. The minimum maximum speed is between 1.0 - 10 mph (1.6 - 16 km/h). Change Incline - Click the arrows v' to change the height with a step of 1%. The maximum height is 15%. (Rise is defined as the ratio of the ratio climb over the mileage treadmill deck.) Level Change - During a pre-programmed workout, click START/ENTER to show your current program and level status. Then click the arrows v' to change the level. The level will change immediately and will continue to accumulate performance data without interruption. For information on determining which level is right for you, see P1 - Fitness test in this chapter. Page 3-4 Cybex 710T Treadmill Change Program Owner's Guide - To change the program, press THE STOP three times and then click on the START/ENTER key and follow the tips. NOTE: You cannot switch from one program to another without completing your current training session or losing your accumulated data. The front pages of this Guide... i FCC compliance information. i Declaration of Compliance . . . ii Table Content... iii Changing workout time - You can workout up to ninety-five minutes manually. Or you can create your own length program you want. NOTE: You can't change the set time on the programs. 1 Safety Important Information on Voltage 1-1 Ground Instructions . . . 1-1 Important Safety Instructions 1-2 Caution Labels. . . . . 1-4 Emergency stop..... 1-5 Changing data reading - Tap SCAN/ BACK once during a workout to review each individual data set. Every time you click SCAN/SAVE display cycles on the next set of data you want to control. To continuously use the available data during the program, click and hold SCAN/SAVE for two to three seconds. The display shows each set of data for three seconds before moving on to the next set. To stop cycling displaying data, click SCAN/REALLY once. Readouts Data As you train, the treadmill tracks your speed, % class, calories burned per hour, accumulated number of miles you cover, the amount of time you spent (or left) in the program, the total number of calories burned, your pace, and your heart rate. You can view this data at any time during your workout. Data displayed during the program: Tap SCAN/SAVE once to view each dataset. Every time you press a SCAN/SAVE, the central display cycles the data as follows: 1. 2. 3. 4. 5. 6. The remaining distance covers calories per hour Calories burned Pace (in minutes and seconds) Beats per minute (you have to use pulse handles for this to work) To review the accumulated data after the program: The display automatically cycles through the accumulated workout data twice at the end Session. To view the data again (perhaps if you missed seeing the value), click SCAN/SAVE and the review sequence will be repeated. Terms value: %Grade - A 1% score is not the same as a 1 degree slope. % is the ratio of lift measurement over mileage measurement (also called tilt). For example, a height rise of 1 foot (meter) (meter) The length of 100 feet (meters) is 1% class. Expressed as a mathematical formula, a score of 2 Technical Specifications . . . . . 2-1 3 Operation Fast Operation Guide . . . 3-1 Detailed Operating Guide. . 3-1 Treadmill stop... 3-3 Control during surgery. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... . 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Call Program . . . . . 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program . . . . . 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5-kilometer program 3-21 P11 - Demonstration program . . . . . 3-22 P101-P110 - Saved program... 3-22 Workout Tips . . . . . 3-24 4 Preventive maintenance measures . . . . . 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. . . . . 4-7 log leaf... 4-8 5 Setting and assembling Fast Settings . . . . . 5-1 Choice and 1 - . . . . . 5-3 Unboxing. . . . . 5-3 Build a treadmill . . . 5-4 Testing 710T operations. 5-9 Surgery Options. 5-10 6 Customer Service Contact Service . . . . 6-1 Serial number and voltage . . . 6-1 Page 3-5 Cybex 710T The treadmill owner is calculated as follows: 1 foot (m) / 100 feet (m) 0.01 x 1% As for treadmills, the percentage of the class is approximately equal to the increase in height (climb) of the treadmill separated by the length (running) of the treadmill. The tilt, or angle of the treadmill, is calculated by another mathematical formula: class arc (or slope). Speed is the speed you travel in a running belt. Distance is the total accumulated distance, in miles or kilometers, during training. Calories per hour - How many calories do you burn per hour. Your weight must be properly set for this measurement to be accurate. Calories - The total amount of calories accumulated is burned during exercise. Your weight must be properly set for this measurement to be accurate. Pace - At the current speed, how long it will take to cover a mile (or kilometer) is displayed in minutes: seconds. Heart rate is your current pulse. The heart rate will be displayed automatically when the signal is turned on. Use either handgrips for a contact heart rate or a Polar compatible heart rate transmitter. Choice Choice The options Each key on the display can be used while running. Any key can be pressed at any time to make adjustments to the speed, altitude, level or reading of the data. However, the training time and the selection of the program cannot be changed without the end of the current workout. Showing your heart rate In order for the 710T to display your heart rate, you must either use a Polar compatible heart rate transmitter strap, or a treadmill should have an additional contact heart rate. Heart Rate Contact - Keep handgrips on the console crossbar until the pulse is displayed, usually less than thirty seconds. For best results, hold the handles lightly and make sure your hands contact both the front and rear sensors of each clutch. The movement can cause interference on the pins, so keep your hands as stable as possible. NOTE: When wearing a Polar-compatible transmitter, the contact pulse will only dominate when the seizures are carried out. Page 3-6 Cybex 710T Treadmill Owner's Guide to Polar Compatible Reception - To use this feature, the Polar Compatible Heart Rhythm Transmitter strap must wear. To continuously view the pulse, press the SCAN button until BPM appears in the center of the display. NOTE: Please note that Cybex does not recommend continuous handrails or contact heart rate clutch while running. Using Manual Mode Fitness Test Weight Loss Cardiovascular Speed Challenge Express Hill Interval Speed Interval Peak Pike Run 5 Kilometer Run Demo Saved program 1 Safety Important information on voltage 1-1 GroundIng Instructions . . . 1-1 Important Safety Instructions 1-2 Caution Labels. . . . . 1-4 Emergency stop..... 1-5 2 Specification specifications . . . . . 2-1 710T is one of the most advanced personal fitness treadmills available. With 710T, you choose from ten different programs, all of which have nine levels of difficulty, for a total selection of fifty different programmed options. With this unique combination of programs, you can tailor your workouts to achieve exactly the fitness goals you desire: weight loss, conditioning, endurance, or maintaining overall health. The selection of the program is summed up as follows: Pr1 Pr2 Pr3 Pr5 Pr5 Pr8 Pr8 Pr9 Pr10 Pr10 Pr101-Pr110 Front Pages About This Guide . . . i FCC compliance information. i Declaration of Compliance . . . ii Table Content... iii You control height and time as you go. 9 Levels 20 Minutes 9 Levels 45 Minutes 9 Levels 30 Minutes 9 Levels 30 Minutes 9 Levels 15 Minutes Score Controlled 30 Minutes Controlled 45 Minutes Score Controlled 20 Minutes Score Controlled 5 Mile Score Controlled 5 Km 9 Levels 3.5 Minutes You program speed, altitude and time. NOTE: Recommended to start first training with program 1, Fitness Test Fitness Test to determine your fitness level. ! WARNING: Get a physical check-up before starting any exercise program. NOTE: The default program and user weight can be changed to the program of your choice. You can see the memory retention mode in Settings and Build. 3 Operation Fast Operation Guide . . . 3-1 Detailed Operating Guide. . 3-1 Treadmill stop... 3-3 Control during surgery. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... . 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Call Program . . . . . 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program . . . . . 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5-kilometer program 3-21 P11 - Demonstration program . . . . . 3-22 P101-P110 - Saved program... 3-22 Workout Tips . . . . . 3-24 4 Preventive maintenance measures . . . . . 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. . . . . 4-7 log leaf... 4-8 5 Setting and assembling Fast Settings . . . . . 5-1 Choice and 1 - . . . . . 5-3 Unboxing. . . . . 5-3 Build a treadmill . . . 5-4 Testing 710T operations. 5-9 Surgery Options. 5-10 6 Customer Service Contact Service . . . . 6-1 Serial number and . . . 6-1 Page 3-7 Cybex 710T Owner of the Treadmill Manual Manual Mode Manual Mode is not programmed workout. Instead, it allows you to choose the settings as you workout. You can choose your settings depending on how you feel or your endurance level. Since you stay in check, manual mode may be the best choice for beginners or for those who haven't worked for a long time. To increase or decrease speed during manual mode, use the keys - q. To increase or decrease the tilt during manual mode, use the arrows v'. When training in manual mode, be sure to turn on the three-five-minute warm-up and cooling off period. You can warm up by setting a slow speed for walking/jogging on a treadmill on a zero slope and then gradually increase the speed to your goal for a workout. Reverse this process for your cooling period, slowing down the speed gradually and returning the tilt to zero. P1 - Fitness Test Program P1 Fitness Test program is a twenty minute walking workout designed to test your aerobic walking potential. This is the guide you use which level of L program is best suited to your current performance and physical condition. If you have successfully completed a twenty-minute test at a certain level of fitness (L1 to L9), you can train in other programs (Pr2 to Pr5) on the same L level number. The P1 provides a relatively long and gradual warm-up period of increasing speed and tilt and a five-minute cooling off period at the end. The average part of the program leads you to a fairly high percentage of maximum heart rate at the peak point of the workload in the program (minute from twelve to minute 15). Fitness Test Profile - The P1 program consists of five three-minute segments (just fifteen minutes) and one five-minute cooling segment. At the end of each three-dent segment, both THE SPEED and GRADE treadmills increase. When the fifth segment starts (twelve minutes in training), you are at the maximum workload point in the program. The last five-minute segment (starting from minute 16) serves as a cooling-off period as the treadmill slows down and returns to 0% of the class. Choose a level that realistically reflects your fitness level and start a fitness test. Don't get on the L9 and work your way down. If you have been relatively inactive for some time, start with L1 to L3. Page 3- . . . . . i FCC compliance information. i Declaration of Compliance . . . ii Table Content... iii 1 Security Important Information on Voltage 1-1 Ground Instructions . . . 1-1 Important Safety Instructions 1-2 Caution Labels. . . . . 1-4 Emergency stop..... 1-5 2 Specification specifications . . . . . 2-1 Figure 1 Program Results - To pass the P1 Fitness Test successfully: To pass the P5 Fitness Test successfully: You must complete the entire program without any major pain or discomfort. You should feel that you could have a conversation with someone standing next to you throughout the twenty-minute program. You should feel that you could continue the fifth interval (the most difficult interval), even if it was increased from a three-minute period of time to a ten-minute period of time. Your pulse doesn't 85% of its maximum ability, immediately after the maximum load interval (fifth segment) or exactly fifteen minutes in the program. If you are unable to complete a P1 workout at the current L level, retreat to one L level and try again in a day or so. If you are able to complete your P1 workout without strain at all, increase your L level number one and repeat the fitness test in 24 hours. If you are you Just able to complete your P1 workout and realize that the next high L level is out of your reach, you have found your true L fitness level. 3 Operation Fast Operation Guide . . . 3-1 Detailed Operating Guide. . 3-1 Treadmill stop... 3-3 Control during surgery. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... . 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Call Program . . . . . 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program . . . . . 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5-kilometer program 3-21 P11 - Demonstration program . . . . . 3-22 P101-P110 - Saved program... 3-22 Workout Tips . . . . . 3-24 4 Preventive maintenance measures . . . . . 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. . . . . 4-7 log leaf... 4-8 5 Setting and assembling Fast Settings . . . . . 5-1 Choice and 1 - . . . . . 5-3 Unboxing. . . . . 5-3 Build a treadmill . . . 5-4 Testing 710T operations. 5-9 Surgery Options. 5-10 6 Customer Service Contact Service . . . . 6-1 Serial number and voltage . . . 6-1 Page 3-9 Cybex 710T Treadmill Owner's Guide to 710T is designed to help you set goals and measure your The key is to evaluate your L fitness level, and review it periodically at different stages of your training. Most importantly, the fitness test tells you exactly which L level is commensurate with your ability. As long as you know your L level, you will be able to fine-tune your workouts to achieve optimal results. P2 - Weight Loss Program P2 Weight Loss Program forty-five minute walking workout is designed specifically to help you lose weight. In this program, weight loss is based on the length of time you exercise. Exercises with less intensity allows you to handle a longer duration and distance workout and thus burn more calories. With other lifestyle factors remaining the same (such as diet), simply adding a P2 workout to your schedule should lead to weight loss due to the increase in calories burned. You can alternate this program with any of the other 710T programs to combine weight loss and fitness training. Weight loss program profile - P2 program consists of the initial six-minute warm-up warm-up soft increase in speed and inclination. This is followed by five seven-minute segments (thirty-five minutes in total), during which the speed remains constant and the % class changes to simulate hill profiles. At the end of each five-minute segment, % class automatically increases to the maximum % class for this L level. For example, if the current grade is 6% and the maximum is 8%, 710T increases to 8% of the class within two minutes, and then return to the 6% grade for another five-minute segment. The speed remains the same throughout the period. This is the equivalent of walking at constant speed on a series of five hills. It is these hills that will help you burn extra calories and more fat by providing a metabolic surge as your workload increases during periods of maximum inclination. The four-minute segment at the end of the program serves as a cooling off period as the treadmill slows down and the slope returns to 0% of the class. Choose a level that reflects your fitness level in the P1 Fitness Test. Results Program - P2 Weight Loss Program is designed to keep your metabolism high for the bulk of forty-five minutes of exercise. For 77% of the time (thirty-five out of forty-five minutes) you work at an average of 85% of the maximum P1 workload. If you are just starting your fitness walking program, this workout may be too much for you. In this case, you can cut your P2 workout short at any time until you feel comfortable with page 3-10 Cybex 710T Treadmill Owner's Guide completing a full forty-five minute workout. Be sure to afford a three to five minute cooling period if you leave the program before it is completed. The front pages of this Guide... i FCC compliance information. i Declaration of Compliance . . . ii Table Content... Three to four P2 workouts per week, combined with other 710T programs performed on alternate days, ensure that you stay active on a daily basis. This is the perfect way to schedule a weight loss program for maximum results. 1 Safety Important Information on Voltage 1-1 Ground Instructions . . . 1-1 Important Safety Instructions 1-2 Caution Labels. . . . . 1-4 Emergency stop..... 1-5 2 Specification specifications . . . . . 2-1 P2 Program Profile Figure 2 3 Operation Fast Operation Guide . . . 3-1 Detailed Operating Guide. . 3-1 Treadmill stop... 3-3 Control during surgery. . 3-4 Data readers... 3-5 Choice programs and 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... . 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Challenge Program Program . . . . . 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program . . . . . 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5-kilometer program 3-21 P11 - Demonstration program . . . . . 3-22 P101-P110 - Saved program... 3-22 Workout Tips . . . . . 3-24 4 Preventive maintenance measures . . . . . 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. . . . . 4-7 log leaf... 4-8 5 Setting and assembling Fast Settings . . . . . 5-1 Choice and 1 - . . . . . 5-3 Unboxing. . . . . 5-3 Build a treadmill . . . 5-4 Testing 710T operations. 5-9 Surgery Options. 5-10 6 Customer Service Contact Service . . . . 6-1 Serial number and voltage . . . 6-1 Page 3-11 Cybex 710T Treadmill Owner's Guide P3 - Cardiovascular Program P3 Cardiovascular Program is a thirty-minute workout that uses high-intensity, aerobic exercises to strengthen the heart muscle, emphasizing the heart about 70% to 85% of its maximum pumping speed. Program Profile - The P3 program consists of an initial four-minute warm-up segment of a relatively soft increase in speed and tilt. This is followed by a twelve-minute segment of automatic speed increase and % of class. During this time, the program reaches maximum intensity. The next ten-minute segment is all downhill as the speed starts to slow down and % class gradually decreases. The four-minute segment at the end of the program serves as a cooling-off period. The treadmill slows down and the slope returns to 0% of the class. Choose a level that reflects your fitness level in the P1 Fitness Test. Program Results - P3 Cardiovascular Designed to keep your metabolism high for the bulk of a thirty-minute workout. For 71% of the time (twenty-two out of thirty minutes) you work at an average intensity level of 93% of the maximum P1 workload. If you are just starting your fitness walking program, this workout may be too much for you. In this case, you can cut P3 workouts short at any time until you feel comfortable completing a full thirty minute workout. Be sure to afford a three to five minute cooling period if you leave the program before it is completed. Three P3 workouts per week with 48 hours of recovery time (i.e. Tuesday, Thursday, Saturday, etc.) is enough to maintain good cardiovascular conditioning. Page 3-12 Cybex . . . . . i FCC FCC Information. i Declaration of Compliance . . . ii Table Content... iii 1 Security Important Information on Voltage 1-1 Ground Instructions . . . 1-1 Important Safety Instructions 1-2 Caution Labels. . . . . 1-4 Emergency stop..... 1-5 2 Specification specifications . . . . . 2-1 Figure 3 3 Operation Fast Operation Guide . . . 3-1 Detailed Operating Guide. . 3-1 Treadmill stop... 3-3 Control during surgery. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... . 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Call Program . . . . . 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program . . . . . 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5-kilometer program 3-21 P11 - Demonstration program . . . . . 3-22 P101-P110 - Saved program... 3-22 Workout Tips . . . . . 3-24 4 Preventive maintenance measures . . . . . 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. . . . . 4-7 log leaf... 4-8 5 Setting and assembling Fast Settings . . . . . 5-1 Choice and 1 - . . . . . 5-3 Unboxing. . . . . 5-3 Build a treadmill . . . 5-4 Testing 710T operations. 5-9 Surgery Options. 5-10 6 Customer Service Contact Service . . . . 6-1 Serial number and voltage . . . 6-1 Page 3-13 Cybex 710T Treadmill Owner's P4 Guide P4 - Speed Challenge Program P4 Speed Challenge Program thirty minutes, high intensity walking workout aimed at improving your cardiorespiratory system and increasing your muscle load capabilities. P4 uses changes in intensity to exercise your body at almost maximum power for short periods of time. If you train for road races or other high energy sports, the P4 program will help you shave minutes off your race time. Program Profile - The P4 program consists of an initial eight-minute warm-up

of the relatively soft increase and decrease in both speed and tilt. This is followed by a series of four five-minute super-intervals consisting of one constant tilt and a significant increase in speed. Each of these four intervals lasts five minutes: two minutes at high speed and then three minutes at 30% slowing speed to allow you to catch your breath before increasing speed speed Once again. During the speed increase, your walking speed increases to 12% faster than the peak P1 speed in your maximum P1 class. At the end of four super intervals, the two-minute cooling off period slows down the treadmill and returns to 0% of the class. Choose a level that reflects your fitness level in the P1 Fitness Test. Program Results - The P4 Speed Challenge program is one of the toughest workouts offered by your 710T. If you are just starting your fitness walking program, this workout may be too much for you. In this case, you can cut your P4 workout short at any time until you feel comfortable completing a full thirty-minute workout. Be sure to afford a three to five minute cooling period if you leave the program before it is completed. Even one P4 workout per week strengthens the cardiorespiratory system, allowing muscles to take higher loads and thus increase normal walking speed. Page 3-14 Cybex i

FCC compliance information. i Declaration of Compliance . . . ii Table Content... iii 1 Security Important Information on Voltage 1-1 Ground Instructions . . . 1-1 Important Safety Instructions 1-2 Caution Labels. . . . . 1-4 Emergency stop..... 1-5 2 Specification specifications . . . . . 2-1 Figure 4 3 Operation Fast Operation Guide . . . 3-1 Detailed Operating Guide. . 3-1 Treadmill stop... 3-3 Control during surgery. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... . 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Call Program . . . . . 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program . . . . . 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5-kilometer program 3-21 P11 - Demonstration program . . . . . 3-22 P101-P110 - Saved program... 3-22 Workout Tips . . . . . 3-24 4 Preventive maintenance measures . . . . . 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. . . . . 4-7 log leaf... 4-8 5 Setting and assembling Fast Settings . . . . . 5-1 Choice and 1 - . . . . . 5-3 Unboxing. . . . . 5-3 Build Treadmill... 5-4 Testing 710T operations. 5-9 Surgery Options. 5-10 6 Customer Service Contact Service . . . . 6-1 Serial number and voltage . . . 6-1 Page 3-15 Cybex 710T Treadmill Owner's Guide P5 - Express

Program P5 Express Program Short, fifteen Minute Walking Workouts designed to provide a milder form of exercise than other 710T programs. If you have little time but you still want to participate in an exercise program that provides a warm-up and cooling period, the P5 program is perfect. Express Profile Program - The P5 program consists of a relatively soft gradual increase in speed and inclination. Automatic increases in both speed and tilt occur throughout the first half of the program. Once you reach peak speed and % class, the 710T starts to slow down and reduce your % class gradually. The three-minute segment at the end of the program serves as a cooling-off period. The speed of the treadmill slows down and the slope returns to a minimum % of the class. Choose a level that reflects your fitness level as defined by the P1 Fitness Test. Results Program - P5 Express Program is designed to keep your metabolism high throughout a fifteen-minute workout. For fifteen minutes in a row, you work at least 85% of the maximum P1 workload. Figure 6 Page 3-16 Cybex 710T Treadmill Owner's Guide to P6 - Hill Interval Program P6 Hill Interval Program simulates the actual thirty minutes of walking or running. It is an energetic hill climb that is designed to create physical endurance and strength. Hill Interval Profile - The P6 program is designed with hills to simulate actual road conditions. The maximum height of the hills is determined by the maximum % class you choose before the start of the program (from 0% to 15% of the class). You change the speed (tempo) throughout the training. Choose a speed and % class that reflects your fitness level. Program Results - P6 Hill Program is designed to keep your metabolism high for the entire workout. The intensity level of this workout depends on the pace (speed) you set and the maximum slope you choose. You can measure your fitness level by the amount of mileage you cover in your thirty-minute workout. The P6 program gives you the freedom to adjust the tempo depending on the gravity of the hill. Speed: User-controlled % Score: Controlled by the program (based on a user-selected maximum) First pages About this guide . . . . . i FCC compliance information. i Declaration of Compliance . . . ii Table Content... iii 1 Security Important Information on Voltage 1-1 Ground Instructions . . . 1-1 Important Safety Instructions 1-2 Caution Labels. . . . . 1-4 Emergency stop..... . 2 Specifications... 2-1 3 Operation Fast

Operation Guide . . . 3-1 Detailed Operating Guide. . 3-1 Treadmill stop... 3-3 Control during surgery. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... . 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Call Program . . . . . 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program . . . . . 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5-kilometer program 3-21 P11 - Demonstration program . . . . . 3-22 P101-P110 - Saved program... 3-22 Workout Tips . . . . . 3-24 4 Preventive maintenance measures . . . . . 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. . . . . 4-7 log leaf... 4-8 5 Setting and assembling Fast Settings . . . . . 5-1 Choice and 1 - . . . . . 5-3 Unboxing. . . . . 5-3 Build a treadmill . . . 5-4 Testing 710T operations. 5-9 Surgery Options. 5-10 Figure 5 6 Customer Service Contact Service . . . 6-1 Serial number and voltage . . . 6-1 Page 3-17 Cybex 710T Treadmill Owner's Guide to P7 - Speed Interval Program P7 Speed Interval Program forty-five minutes

workout designed to help you achieve cardiovascular conditioning as well significant number of calories. P7 uses a technique called interval training to strengthen your heart and the rest of your cardiovascular system. With interval training, you train with high intensity for short periods of time, so you don't over-tax your cardiovascular system. By strengthening your heart, interval training allows you to build a faster recovery rate, or the amount of time it takes your heart to recover from a period of exercise. Speed Interval Program Profile - You set the maximum desired speed and the treadmill scale of the speed change based on this maximum. The program starts with a five-minute warm-up with an interval of four minutes. The P7 program then alternates the speed of every minute from high to low. This creates an interval effect that will help you achieve cardiovascular conditioning and burn calories at the same time. Each of the intervals of increasing and decreasing speed lasts only one minute; one minute at a higher speed and then one minute at a lower speed before increasing speed again. The P7 program works at 0%. If you want to increase the intensity of your workout but don't feel ready to increase your speed, you can increase your inclination and stay at your current speed. Program Results - The P7 program is the perfect way to improve your heart's ability and reduce your weight at the same time. % Assessment: User-controlled Speed: Controlled by the program (based on the user's pre-selected maximum) Figure 8 Page 3-18 Cybex 710T Treadmill Guide P8 - Peak Pike Program Peak Program P8 Pike is a twenty minute workout designed to simulate a short, but steep, climb uphill. The height of the lift is determined by the maximum % class you choose before you start the program (from 0% to 15%). As you reach the top of the mountain, the program begins a four-minute cooling off period with a gradual decrease in % of the class. Program Results - Peak Program P8 Pike is designed to give you a quick, but challenging, cardiovascular workout. You can use this program if you don't have a lot of free time for exercise or as a break for days between a longer program when you want a short but strenuous workout. Speed: User-controlled % Score: Controlled by the program (based on a user-selected maximum) First pages About this guide . . . . . i FCC compliance information. i Declaration of Compliance . . . ii Table Content... iii 1 Security Important Information on Voltage 1-1 Ground Instructions . . . 1-1 Important Safety Instructions 1-2 Caution Labels. . . . . 1-4 Emergency stop..... 1-5 2 Specification specifications . . . . . 2-1 3 Operation Fast Operation Guide . . . 3-1 Detailed Operating Guide. . 3-1 Treadmill stop... 3-3 Control during surgery. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode. . . . . 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Call Program . . . . . 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program . . . . . 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5-kilometer program 3-21 P11 - Demonstration program . . . . . 3-22 P101-P110 - Saved program... 3-22 Workout Tips . . . . . 3-24 4 Preventive maintenance measures . . . . . 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. . . . . 4-7 log leaf... 4-8 5 Setting and assembling Fast Settings . . . . . 5-1 Choice and 1 - . . . . . 5-3 Unboxing. . . . . 5-3 Build a treadmill . . . 5-4 Testing 710T operations. 5-9 Surgery Options. 5-10 Figure 7 6 Customer Service Contact Service . . . 6-1 Serial number and voltage . . . 6-1 Page 3-19 Cybex 710T Treadmill Service Guide P9 - River Run Program P9 River Run Program 5-mile (8 km) runs a workout that simulates a series of four hills, three of which increase the intensity to the peak and the one that occurs after the peak, for an additional challenge at the end of the workout. You determine the peak height by the maximum % class, You control your speed (running pace) as you work. You will finish a five mile (8 km) workout in about forty minutes. As the program progresses, the timer is counted and the distance is counted. Program Results - P9 River Run Program is designed to keep your metabolism high for the entire workout. The intensity level of this workout depends entirely on the pace of running (speed) and % of the class you set. Speed: User-controlled % Score: Controlled by the program (based on the user's pre-selected maximum) Figure 9 Page 3-20 Cybex 710T Treadmill Guide P10 - 5 Kilometer Program P10 5 Kilometer Program runs a workout designed to simulate a five-kilometer run. 5-kilometer profile program - P10 program is designed with tilt changes to simulate the actual conditions of the hill. The maximum height of the hills is determined by the maximum % The treadmill scales the percentage of class change in the rest of the profile depending on the maximum setting. You also control your own speed (pace). Running an average of eight minutes per mile (five minutes per kilometer), you will finish a five-kilometer workout in about twenty-five minutes. Teh Teh The level of this workout depends entirely on the pace of running (speed) and % of the class you set. Speed: User-controlled % Score: Controlled by the program (based on a user-selected maximum) P10 Program Profile First Pages About this Guide . . . . . i FCC compliance

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Demonstration Program P11 program 3.5 minute demonstration program with seven levels of intensity designed to show the possibilities of the treadmill. This program changes speed and/or class every fifteen seconds. P101-P110 - Saved program In addition to the four pre-programmed workouts included in the 710T, you can also create your own workout by manually changing the speed and/or slope during training. You increase or decrease speed and tilt settings using SPEED - keys and arrows INCLINE v. You can even create a workout to simulate the route you normally work or walk outside. When you you are Your own program, be sure to include a three to five minute warm-up and cooling period. You can warm up by setting a slow speed for walking/jogging on a treadmill on a zero slope and then gradually increase the speed to your goal for a workout. Reverse this process for your cooling period, slowing down the speed gradually and returning the tilt to zero. Create a personal workout If you do speed or tilt changes during the program, you can save your changes so you can repeat the same workout again. Or you can keep a manual workout session regimen. You can save up to ten personal programs (Pr101 to Pr110) depending on their size and complexity. To create your own personal training: 1. Choose and complete any program. A. Choose a manual mode to create your own workout or any program to change a pre-programmed workout. B. Include a warm-up period of three to five minutes. C. Complete the entire program by changing it as it moves, changing the level, speed, and/or tilt. D. Turn on the cooling period of three to five minutes. 2. Save your personal training. A. Click STOP twice at the end of the program. B. Press SCAN / DOSD. C. The first time you save the program, the display shows SAVE AS Pr101?, then Pr101 - No. If the program already exists in this position, the display reads: REPLACE Page 3-22 Cybex 710T Running Track Service Guide existing?, then NO - YES. If you want to keep the new program in this position, click on the question. If the display shows REPLACE EXISTING? For all locations, you've already saved the maximum number of personal programs. Click on YES (to replace your existing personal program) or - for NO (don't save your program). D. The display shows Saved as Prxxx, where xxx is the number you chose. NOTE: It may be necessary to replace more than one program if the program you are trying to keep is a program with lots of speed and/or class changes. Workout Tips Monitoring Your Heart Rate Exercise should not be painful to be effective. On the contrary, studies have shown that simply by increasing your heart rate and maintaining it in specific training areas, over a period of time, you can actually maximize the benefits of your workout program. The fact is, in these training areas where your body burns stored fat with the greatest efficiency. Based on your age and weight, these training zones reflect activity levels that range from 60 to 90% of the maximum heart rate. This is why monitoring your heartbeat is so important if you want maximum results from your workouts. Experts generally agree that the intensity of the workout for the average should be between 60% and 85% of their maximum, although a sedentary person may start even lower depending on age, health and how active he or she used to be. Follow the steps below to determine your target target Speed: 1. Take a pulse: A. Continue on the treadmill. B. Place the first two fingers of your right hand around your neck, right under your jaw and to the right of Adam's apple. C. Tap a little until you feel the pulse. The front pages of this Guide... i FCC compliance information. i Declaration of Compliance . . . ii Table Content... iii 1 Security Important Information on Voltage 1-1 Ground Instructions . . . 1-1 Important Safety Instructions 1-2 Caution Labels. . . . . 1-4 Emergency stop..... 1-5 2 Specification specifications . . . . . 2-1 3 Operation Fast Operation Guide . . . 3-1 Detailed Operating Guide. . 3-1 Treadmill stop... 3-3 Control during surgery. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... . 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Call Program . . . . . 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program . . . . . 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5-kilometer program 3-21 P11 - Demonstration program . . . . . 3-22 P101-P110 - Saved program... 3-22 Workout Tips . . . . . 3-24 4 Preventive maintenance measures . . . . . 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. . . . . 4-7 log leaf... 4-8 5 Setting and assembling Fast Settings . . . . . Choosing and preparing the site 5-1 Power Requirements . . . . . 5-3 Unboxing. . . . . 5-3 Build a treadmill . . . 5-4 Testing 710T operations. 5-9 Surgery Options. 5-10 6 Customer Service Contact Service . . . . 6-1 Serial number and voltage . . . 6-1 Page 3-23 Cybex 710T Treadmill Guide D. Count the number of strokes you feel within 15 seconds. E. Multiply the number of beats by 4 to get a pulse per minute. 2. Determine your target heart rate. A. Use the chart below to determine your target heart rate: Approximately. Maximum heart rate 20 30 40 50 60 70 200 190 180 170 160 150 85% heart rate (should be less) 170 162 153 145 136 128 beats beats beats for per minute minute minute minute minute minute minute minute visit our website in www.ecybex.com/education use body mass calculator, calorie calculator, and get tips on learning how to performance. Page 3-24 Cybex 710T Owner's Treadmill Owner 4 - Preventive maintenance Regular maintenance measures preventative measures must be performed to maintain the normal operation of the treadmill. Keeping a log of all maintenance activities will help you stay in the current with all the preventive maintenance activities. See the magazine in this chapter. Clean the treadmill while cleaning the treadmill spray soft cleaning products, such as water and dishsoap solution, on a clean cloth and then wipe the treadmill with a damp cloth. ! WARNING: Do not spray the cleaning solution directly on the treadmill. Direct spraying can damage electronics and may void the warranty. ! WARNING: To prevent electric current, make sure that the electricity is off and the treadmill is disconnected from the electrical outlet before performing any cleaning or maintenance procedures. After each use - Wipe any spills of liquid immediately. After each workout, use a cloth to wipe all remaining sweats from handrails and stained surfaces. Be careful not to shed or get excessive moisture between the edge of the display panel and the console, as this can create an electrical hazard or lead to electronics failure. As needed - Vacuum any dust or dirt that can accumulate under or around 710T. Engines are particularly susceptible to dust and dirt, and limited airflow can prevent adequate cooling, which can shorten the life of the engine. Cleaning this area should be done as often as specified in the Service Schedule. ! WARNING: Keep wet items away from the interior parts of the treadmill. An electric shock can occur even if the treadmill is off. 2 Specifications... 2-1 3 Operation Fast Operation Guide . . . 3-1 Detailed Operating Guide. . 3-1 Treadmill stop... 3-3 Control during surgery. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... . 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Call Program . . . . . 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program . . . . . 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5-kilometer program 3-21 P11 - Demonstration program . . . . . 3-22 P101-P110 - Saved program... 3-22 Workout Tips . . . . . 3-24 4 Preventive maintenance measures . . . . . 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. . . . . 4-7 log leaf... 4-8 5 Settings Fast tuning ... . 5-1 Choice and 1 - . . . . . 5-3 Unboxing. . . . . 5-3 Build a treadmill . . . 5-4 Testing 710T operations. 5-9 Surgery Options. 5-10 6 Customer Service Contact Service . . . . 6-1 Serial number and voltage . . . 6-1 Warranty ... . 6-1 Return of Material Authorization. . (RMA) . . . . . 6-4 Damaged parts . . . . . 6-4 Order parts... . . . . 6-5 7 Service Instructions... 7-1 Motor brushes... 7-1 Motor current and voltage . . . 7-4 Running belt and deck . . . 7-7 Drive Belt . . . . . 7-9 Page 4-1 Cybex 710T Guide to the owner of the treadmill to clean the engine components, you have to remove two Phillips screws that keep the engine cover in place. Lift the lid, and put it and screws aside. Use a vacuum mount or hand vacuum to clean open build height, engine drive, lower electronics and surrounding areas. Also use dry cloth for areas that you can't reach with a vacuum cleaner. If the machine has not been used for some time or is too dirty, use dry cloth to wipe all open areas. Replace the lid and screws when you're done. With the other person, lift the back of the treadmill and roll it out of the current position to vacuum the floor area under the device. Wipe clean the bottom of the 710T to prevent dirt and dust build-up. Once completed, return the treadmill to its normal position. Contact Heart Rhythm Grips - Pollutants such as hand lotions, oils or body powder can move away on the contact pulse handles. They can reduce sensitivity and interfere with the heart rate signal. It is recommended that the user have clean hands when using a contact heart rate. Clean the handles with a cloth soaked with a cleaning solution containing alcohol. The handles are the only part of the treadmill you should use a cleaning solution containing alcohol. Except Nickel coating on the 710T can become tarnished and blackened over time. This can reduce sensitivity and interfere with the heart rate signal. Use emery fabric to remove the tarnish from the exposed nickel coating on the heart rate arms. Running belt maintenance belt and deck - Clear the strap and deck surfaces to minimize the friction effect between the wooden deck and the running strap. Clean the bottom of the running strap and the top of the surface of the running deck, wiping them with a clean dry towel. This should be done frequently to prevent premature deck wear, running strap, and drive engine system. You can see the Service Schedule in this chapter to determine the minimum recommended cleanup. Running strap can become free and slip on the drive roller roller every leg of the plant. The 710T is equipped with visual strap voltage indicators. They are located at the back of the treadmill where two 3/4 bolts protrude from the plastic end caps. See Figure 1. They are designed to indicate whether the running belt is on the proper voltage to ensure that the device works safely. If the belt became loose, the silver puck under the bolt slipped slightly out of the protruding tab poured out at the end of the lid. In this chapter, you can find out the service schedule to determine the minimum recommended seatbelt voltage check. Page 4-2 Cybex 710T Treadmill Owner's Guide to Upper View Protruding Tab Bolts Figure 1 Re-Stretching and Re-Centering Belt - Follow the procedure below. Tools Mandatory 3/4 Wrench Key 1. Re-tension of the belt. A. Use a 3/4-point key to turn each bolt clockwise until the silver washers are flush with a protruding tab at the end of the cap. See Figure 1. B. Turn on and press the Guide key. Push Up Arrow to bring speed to 3.5-4 mph (5.6-6.4 km/h). C. Allow the treadmill to run for a minute or two. Watch the bolts and silver pucks. If they start performing or get involved turn off the treadmill and adjust the bolts. Follow the next step to make sure the strap is centered. ! WARNING: Be careful not to tighten your belt. Tightening the belt can create excessive tension on the front and rear rollers. ! WARNING: When centering the strap choose one bolt to adjust. Don't set up both bolts. 2. Re-centered belt. A. With a treadmill running at 5 mph (8 kph) watch the belt running. If the belt tracks the center to the right or left, the deck will be exposed. Use a 3/4 wrench to tighten the rear bolt roller on the side of the treadmill to which the belt is moving. For example: If the belt moves to the right and the deck becomes exposed on the left, use a wrench to tighten the bolt on the right side of the frame, tighten about 1/2 of the turn (clockwise) and wait 30 seconds. If the belt does not return to the center of the treadmill, make another adjustment to the specification of 2 technical specifications... 2-1 3 Operation Fast Operation Guide . . . 3-1 Detailed Operating Guide. . 3-1 Treadmill stop... 3-3 Control during surgery. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... . 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Call Program . . . . . 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program . . . . . 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5 Kilometer Program 3-21 3-21 - Demonstration program... 3-22 P101-P110 - Saved program... 3-22 Workout Tips . . . . . 3-24 4 Preventive maintenance measures . . . . . 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. . . . . 4-7 log leaf... 4-8 5 Setting and assembling Fast Settings . . . . . 5-1 Choice and 1 - . . . . . 5-3 Unboxing. . . . . 5-3 Build a treadmill . . . 5-4 Testing 710T operations. 5-9 Surgery Options. 5-10 6 Customer Service Contact Service . . . . 6-1 Serial number and voltage . . . 6-1 Warranty ... . 6-1 Return of Material Authorization. . (RMA) . . . . . 6-4 Damaged parts . . . . . 6-4 Order parts... . . . . 6-5 7 Service Instructions... 7-1 Motor brushes... 7-1 Motor current and voltage . . . 7-4 Running belt and deck . . . 7-7 Drive Belt . . . . . 7-9 Page 4-3 Cybex 710T Runway Owner Guide the Same Bolt. Once the running strap has been adjusted closer to the center of the treadmill use about 1/4 of the turn until the strap has been stabilized. B. Once the strap has been centered, check the strap tension again. Make sure that the tension of the running belt is tight enough that the belt does not slip and fluctuate when stepping. Walk the treadmill at 3.5-4 mph (5.6-6.4 km/h) and every 4th on the 5th step throw your weight into your stride to feel if the belt slips. If the strap slides, use a wrench to equally tighten both rear roller adjustment bolts by 1/2 turn (clockwise). Adjust the strap until it is felt Sliding. If the running strap continues to slide the drive the strap may be free. NOTE: Springs may end up slightly compressing. If they squeeze the silver washer can no longer be flush with the serving tab at the end of the lid when the strap is properly stretched. The pucks will be located deeper at the end of the lid and will not be as seen. Check the surfaces of the belt and deck - The running belt and deck should be checked periodically for excessive wear. In an attempt to make sure the belt is working properly, visually check the strap on a weekly basis to make sure that there are no tears or wear in the strap material. To inspect the edges of the belt, remove the engine cover and plastic side rails. Follow these steps: Tools needed - Phillips head screwdriver - 3/16Allen wrench - Dry towel 1. Turn off the power. A. Turn the main power switch on the front in the off (O) position. B. Disconnect the treadmill from the socket. 2. Remove Delete motor cover and side rails. A. Remove two phillips screws that attach the engine cover to the frame. Lift the lid and set it aside. This will allow you to remove the side rails. See Figure 2. B. Using a 3/16 Allen wrench, remove two button screws on the sides of each side rail. See Figure 2. C. Take the top edge of each side rail and pull up and away from the deck. This will allow you to see the deck and edges of the belt. Do not completely remove the side rails from the frame. 3. Check the condition of the belt and deck. A. Look at the edges of the belt while you fold it by hand. If the belt has any rips or looks page 4-4 Cybex 710T Treadmill Owner Guide screws (2) End cap screws side rails screws (2) Motor Cover Figure 2 excessively worn strap should be replaced. B. Run your hand under your belt on the top surface of the deck. If you feel excessive ridges or cracks, or if the deck feels grooved but highly polished, the deck should be flipped so that the unused surface faces the top. If the deck is worn on both sides, it must be replaced. Over time, a worn belt and deck can cause a high current draw and, ultimately, engine failure. Instructions for replacing the belt and deck see 4. Clean under the belt. A. To minimize the friction between the deck and the running belt, Cybex recommends cleaning the bottom of the running strap and the top of the surface of the running deck by wiping them with a clean dry towel. This cleaning should be done every time you check the strap and deck condition to prevent premature deck wear, running belt and drive propulsion system. See The Service Schedule in this chapter. 5. Replace the side rails and motor cover. A. After completing the inspection and cleaning the surface of the deck, snap the side rails back to its original position. B. Using a 3/16 Allen wrench, attach two button screws on the sides of each side rail. See Figure 2. C. The lower engine cover is in place and tighten two Phillips screws. See Figure 2. 2 Specifications... 2-1 3 Operation Fast Operation Guide . . . 3-1 Detailed Operating Guide. . 3-1 Treadmill stop... 3-3 Control during surgery. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... . 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Call Program . . . . . 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program . . . . . 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5 km 3-21 P11 - Demonstration program... 3-22 P101-P110 - Saved program... 3-22 Workout Tips . . . . . 3-24 4 Preventive maintenance measures . . . . . 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. . . . . 4-7 log leaf... 4-8 5 Setting and assembling Fast Settings . . . . . 5-1 Choice and 1 - . . . . . 5-3 Unboxing. . . . . 5-3 Build a treadmill . . . 5-4 Testing 710T operations. 5-9 Surgery Options. 5-10 6 Customer Service Contact Service . . . . 6-1 Serial number and voltage . . . 6-1 Warranty ... . 6-1 Return of Material Authorization. . (RMA) . . . . . 6-4 Damaged parts . . . . . 6-4 Order parts... . . . . 6-5 7 Service Instructions... 7-1 Motor brushes... 7-1 Motor current and voltage . . . 7-4 Running belt and deck . . . 7-7 Drive Belt . . . . . 7-9 Page 4-5 Cybex 710T Treadmill Owner's Guide Other

Preventive Services Cybex recommends that the following maintenance activities be completed by a qualified service professional. These actions should be performed at the recommended intervals listed in the Service Schedule (in this chapter): Measure the motor brushes and replace the worn motor brushes to rotate, flip and replace the running deck. Replace the running strap Check the current engine voltage measurement at top speed, without loading Contact the Service chapter for detailed procedures when performing the tasks listed above. If you need to book a guide, call Cybex at 800-766-3211 or some позвоните по телефону 508-533-5183. Страница 4-6 Cybex 710T Руководство Владельца беговой дорожки Расписание 2 Технические спецификации Спецификации . . . . . 2-1 R cu ck he X X X X X X X X X X X X X X X X X X X X X X X X X X X X Va C Odometer Reading in

Miles (Km) 500 (805) m1: 5000 (8046) m2: 10000 (16093) 10500 (16898) m3: 15000 (24140) m4: 20000 (32187) 20500 (32992) m5: 25000 (40234) m6: 30000 (48280) 30500 (49085) m7: 35000 (56327) m8: 40000 (64374) 40500 (67178) m9: 45000 (72420) m10: 50000 (80467) 50500 (81272) m11: 55000 (88514) m12: 60000 (96560) 60500 (97365) m13: 65000 (104607) m14: 70000 (112654) 70500 (113459) m15: 75000 (120701) m16: 80000 (128748) 80500 (129552) m17: 85000 (136794) m18: 90000 (144841) un um nin g R d B ot at ebr elt e i & s t R in T ep he s i d en D la ce eck e h sion Fl oo /T th ip r d th e R co ack R e R un ve a ep ra sn un nin la nd ee ce nin g B C cl de he g D elt ea d e e ck n R c tre un k th M e ad ea i m su cur d ill D re M e n c M ea t su su dra w r re M Bru ot s h or Vo Len g lta ge th at M ax Sp ee d, N o Lo ad All of the following activities must be performed at the time of reaching the listed mileage. As an aid for x/n to maintain this schedule, the Reminder Service will tell you when the activity should. Once you've completed the necessary steps, you can clear the log by following the instructions in the Service chapter in accordance with the diagnostic tests, d12. X X X X X X X X X X X X X X X X X X X X X X X X X X X X X X X X X X X X X X X X X X X X X X X X X X X X X X 115V Unit Current Draw: 160 lbs. user displayed current of 10.9 Amps at 0% Grade. Max current 17.9. 220V Unit Current Draw: 160 pounds user displayed current 9.1 Amps at 0% Score. Max current 15.4. Minimum brush length measured from the top of the box shape to the bottom: 0.438 (7/16) (1.1 cm) The running strap should not slide noticeably when loaded at 3.0 MPH. If so, tighten each rear bolt 1/4 to turn clockwise and retest. Motor voltage at 10.0 MPH without load should not go lower: 115V Block: 83 Volt 220V Block: 168 Volt 3 Operation Fast Operation Guide . . . 3-1 Detailed Operating Guide. . 3-1 Treadmill stop... 3-3 Control during surgery. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... . . . 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Call Program . . . 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program . . . 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5-kilometer program 3-21 P11 - Demonstration program . . . 3-22 P101-P110 - Saved program... 3-22 Workout Tips . . . 3-24 4 Preventive maintenance measures . . . 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventative 4-6 Service Schedule. . . . 4-7 log leaf... 4-8 5 Setting and assembling Fast Settings . . . 5-1 Choice and 1 - . . . 5-3 Unboxing. . . . 5-3 Build a treadmill . . . 5-4 Testing 710T operations. 5-9 Surgery Options. 5-10 6 Customer Service Contact Service . . . . 6-1 Serial number and voltage . . . 6-1 Warranty ... . . . 6-1 Return of Material Authorization. . (RMA) . . . 6-4 Damaged parts . . . 6-4 Order parts... . . . 6-5 7 Service Instructions... 7-1 Motor brushes... 7-1 Motor current current . . . 7-4 Running belt and deck . . . 7-7 Drive Belt . . . 7-9 Page 4-7 Cybex 710T Runway Owner Manual Magazine Sheet Serial Data Number Total Mile/Kilometer Total Clock Motor Current No 3 mph (4.8 km/h) Motor voltage 10 mph (16.1 km/h) - no load - with 160 pounds. Load (72 kg) Notes: Total mile/kilometer Total Clock Motor Current 3 mph (4.8 km/h) Motor voltage 10 mph (16.1 km/h) - without load - with 160 pounds. Load (72 kg) Notes: Total mile Total Clock Motor Current 3 mph (4.8 km/h) Motor voltage 10 mph (16.1 km/h) - no load - with 1 6 0 lbs Load (72 kg) Notes: Page 4-8 Installation Date Cybex 710T Running Track Owner's Guide 5 - Setting and Assembling Fast Settings Fast Settings - For Experienced Fitness Professionals Only 1. The power requirements for this treadmill are grounded, highlighted circuit, and one of the following: 115 VAC, 60 Hz and 20 amplifiers, or 230 VAC, 50 Hz, and 15 amplifiers, or 208/220 VAC, 60Hz and 15 amplifiers. The location should be a swarm, with good ventilation, not in the area of high humidity. 2. Assemble the treadmill using the instructions in the set-up and assembly chapter. 3. Work the treadmill at all speeds and altitudes to confirm the proper operation. 4. Connect CSAFE equipment if applicable. 5. Check out the settings for operations to see if any changes are needed; in most cases, the defaults are the settings you want. Choice - Preparing the site Before assembling a treadmill be sure to select the right area and have the proper electricity for optimal operation and safety. See the Electricity Requirements section below for directions in search of your treadmill voltage requirements. The area you choose for the 710T should be well lit and well ventilated. Find a treadmill on a structurally sound and level surface (out of place in recessed rooms or on a plush carpet) a few feet from walls and other equipment. Each side of the treadmill should have 39 (1 m) minimum space. There should be 78 (2 m) minimum space behind the treadmill. Allow enough clearance for safe access and passage while using the machine. If the 710T should be located above the first floor, place it near or above the main support beams. If the area has a heavy, plush carpet, the airflow around the base of the machine may be limited or The coating can interfere with moving parts. To protect the carpet and appliances, place a 3/4 (1.9 cm) thick wood base under the treadmill. Do not install 710T in high humidity areas, such as in close proximity to a steam room, sauna, indoor pool or outdoors. Impact of extensive water 2 Technical specification specifications . . . 2-1 3 3 A quick guide to surgery . . . 3-1 Detailed Operating Guide. . 3-1 Treadmill stop... 3-3 Control during surgery. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... . . . 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Call Program . . . 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program . . . 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5-kilometer program 3-21 P11 - Demonstration program . . . 3-22 P101-P110 - Saved program... 3-22 Workout Tips . . . 3-24 4 Preventive maintenance measures . . . 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. . . . 4-7 log leaf... 4-8 5 Setting and assembling Fast Settings . . . 5-1 Choice and 1 - . . . 5-3 Unboxing. . . . 5-3 Build a treadmill . . . 5-4 Testing 710T operations. 5-9 Surgery Options. 5-10 6 Customer Service Contact Service . . . . 6-1 Serial number and voltage . . . 6-1 Warranty ... . . . 6-1 Return of Material Authorization. . (RMA) . . . Damaged parts ... . . . 6-4 Order parts... . . . 6-5 7 Service Instructions... 7-1 Motor brushes... 7-1 Motor current and voltage . . . 7-4 Running belt and deck . . . 7-7 Drive Belt . . . 7-9 Page 5-1 Cybex 710T Treadmill Owner's Guide Item 1 1 2 1 3 1 4 1 5 1 6 16 7 16 8 2 2 9 11 10 2 Figure 1 Page 5-2 Description of Base Left Vertical right console assembly Vertical vertical button button goers Star Wash Phillips head screws Motor cover front wheels Cybex 710T Running track Owner Manual steam, chlorine, and/or bromine can have a negative impact on electronics, and on other parts of the car. A comfortable environment will help you enjoy your workout and give you extra motivation to continue. Electrical Power Requirements This treadmill is designed for use on a grounded, dedicated circuit, and one of the following: 115 VAC, 60 Hz and 20 amplifiers, or 230 VAC, 60 Hz, and 15 amplifiers, or 220/240 VAC, 50 Hz and 15 amplifiers. Contact your electrician if you have any doubts about your electrical maintenance. Do not use a ground plug adapter to adapt a 3-tooth power cord to an unearthly electrical outlet. Don't use Extension. Unpack and remove parts of the treadmill from the shipping container. Leave the base in a box at this time. Leave the equipment in the bags at this time. Check the following parts. See Figure 1. If any of the parts are missing contact the Cybex dealer. - Basic vertical (left and right) Console Assembly Cross Bracket Motor Cap CR Lower PCB Electronics PCB and front wheel assembly panel (2) Owner's manual of operation with registration card (1, Not shown) Equipment Bags (. . . He said . . . He said . . . Not shown) Tools, required for a screwdriver of Phillips's head and Allen's key 3/16 (supplied) 2 Specification specifications . . . 2-1 3 Operation Fast Operation Guide . . . 3-1 Detailed Operating Guide. . 3-1 Treadmill stop... 3-3 Control during surgery. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... . . . 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Call Program . . . 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program . . . 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5-kilometer program 3-21 P11 - Demonstration program . . . 3-22 P101-P110 - Saved program... 3-22 Workout Tips . . . 3-24 4 Preventive maintenance measures . . . 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. . . . 4-7 log leaf... 4-8 5 Setting and assembling Fast Settings . . . 5-1 Choice and 1 - . . . 5-3 Unboxing. . . . 5-3 Build a treadmill . . . 5-4 Testing 710T operations. 5-9 Surgery Options. 5-10 6 Customer Service Contact Service . . . . 6-1 Serial number and voltage . . . 6-1 Warranty ... . . . 6-1 Return of Material Authorization. . (RMA) . . . 6-4 Damaged parts . . . 6-4 Order parts... . . . 6-5 7 Service Instructions... 7-1 Motor brushes... 7-1 Motor current and voltage . . . 7-4 Running belt and deck . . . 7-7 Drive Belt . . . 7-9 Page 5-3 Cybex 710T 710T Guide to the owner of the assembly treadmill To ensure the correct assembly of the treadmill, follow these steps carefully: NOTE: In this guide, the words left and right refer to the user's viewpoint of the treadmill. Two people are needed to assemble this treadmill. Leave the anti-static foam on the console until the treadmill is fully assembled. Move the base to the position. A. Remove boxes, parts and plastic packaging (except for the anti static foam on the handgrips console) from the top of the base. Front wheel lift Gear Rack B. Check to make sure that no parts are missing. C. Clip the wheel on each height gear rack. See Figure 2. Figure 2 D. Lift the treadmill from the back and roll it into the place where you are going to leave it. 2. Attach the right vertically. A. Identify the left and right upright. On the left will be a sticker at the bottom. B. Attach right vertically to the base using two button head screws and two star washers. The finger tighten the screws, leaving them quite loose at this time. See Figure 3. Right vertically star puck screws Figure 3 3. Attach a vertical cross brace. A. Attach a vertical cross brace to the right vertically using two screws of the button head and two star washers. The finger tighten the screws, leaving them quite loose at this time. See Figure 4. Cross braces the propellers star puck right upright Figure 4 Page 5-4 Cybex 710T Treadmill Owner's Guide 4. Attach the console to the left upright. A. Place the console assembly on the floor with the display face down and place the left vertically on the floor with a sticker end farther away from the console. See Figure 5. B. Thread the cable display through the inside of the left vertically from top to bottom. See Figure 5. C. Pull the cable out of the bottom vertically. See Figure 5. D. Slide the support over the console's left mounting bracket and freely attach support to the mounting bracket using two button head screws and two star washers. Leave both screws quite loose at this time. See Figure 5. Display Cable Left Vertical Star Pucks 2 Technical Specification Specifications . . . 2-1 3 Operation Fast Operation Guide . . . 3-1 Detailed Operating Guide. . 3-1 Treadmill stop... 3-3 Control during surgery. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... . . . 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Program Speed........ 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program . . . 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5-kilometer program 3-21 P11 - - Program............ 3-22 P101-P110 - Saved program... 3-22 Workout Tips . . . 3-24 4 Preventive maintenance measures . . . 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. . . . 4-7 log leaf... 4-8 5 Setting and assembling Fast Settings . . . 5-1 Choice and 1 - . . . 5-3 Unboxing. . . . 5-3 Build a treadmill . . . 5-4 Testing 710T operations. 5-9 Surgery Options. 5-10 6 Customer Service Contact Service . . . . 6-1 Serial number and voltage . . . 6-1 Warranty ... . . . 6-1 Return of Material Authorization. . (RMA) . . . 6-4 Damaged parts . . . 6-4 Order parts... . . . 6-5 7 Service Instructions... 7-1 Motor brushes... 7-1 Motor current and voltage . . . 7-4 Running belt and deck . . . 7-7 Drive Belt . . . 7-9 Figure 5 Page 5-5 Cybex 710T Treadmill Owner's Guide! WARNING: Make sure the display cable doesn't get pinched, cut or damaged during this process. 5. Attach the console and stay upright on the treadmill. A. Take the cable display and keep it on the inside vertically while lifting the console and attached the left vertical assembly. B. Place the assembly in a position at the base of the treadmill. See Figure 6. Keep the cable display away from the height rack. Make sure the display cable doesn't get pinched, cut or damaged during the process. C. Using Allen's wrench, freely attach two button screws and two puck stars in three places; 1.) at the top of the right vertical, 2.) in cross brackets 3.) in the lower left upright position. See Figure 6. 6. Using 3/16 Allen wrench, tighten all the buttons head screws at this time. 1 2 3 Display Cable Drawing 6 Page 5-6 Cybex 710T Treadmill Owner Guide 7. Connect the cables. 2 Specifications... 2-1 A. Please note that the front frame of the treadmill has four threaded holes used to attach the front panel to the base of the treadmill. Temporarily insert the screws of the button head into the two lower screw threads. Screw screw screws about halfway. See Figure 7. B. Take the front panel and hold it parallel to the floor, with the printed circuit board up. Temporarily mount the panel by placing it over the two screws of the button head on the front of the treadmill, as mentioned in the previous step. Use screws to support the panel in the same way as the shelf. See Figure 7. C. Make sure the black mark on the cable display is visible, and the wire tie it to it frame as it goes upright. See Figure 7. D. Pinch saving clips (to open them) and route display cable through each one through the top of the treadmill. See Figure 7. Close the retaining clips. E. Connect all cables to the bottom board: (from left to right) engine/soul connector, height connector, display cable connector and speed sensor connector. See Figure 7. 8. Attach the front panel. A. Remove the front panel (with cable connectors still attached) from the two screws of the button head. See Figure 7. B. By holding the panel close to the treadmill, remove the two head screw buttons previously used to support the front of the treadmill base. 4 Preventive maintenance measures... 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. . . . 4-7 log leaf... 4-8 Tie Here 5 Set and Build Fast Setting . . . 5-1 Choice and 1 - . . . 5-3 Unboxing. . . . 5-3 Build a treadmill . . . 5-4 Testing 710T operations. 5-9 Surgery Options. 5-10 Saving Clips temporarily insert screws (2) Figure 7 3 Operation Fast Operation Guide . . . 3-1 Detailed Operating Guide. . 3-1 Treadmill stop... 3-3 Control during surgery. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... . . . 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Call Program . . . 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program . . . 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5-kilometer program 3-21 P11 - Demonstration program . . . 3-22 P101-P110 - Saved program... 3-22 Workout Tips . . . 3-24 Motor Height Display Speed Sensor 6 Customer Service Contact Service . . . 6-1 Serial number and voltage . . . 6-1 Warranty ... . . . 6-1 Return of Material Authorization. . (RMA) . . . 6-4 Damaged parts . . . 6-4 Order parts... . . . 6-5 7 Service Instructions... 7-1 Motor brushes... 7-1 Motor current and voltage . . . 7-4 Running belt and deck . . . 7-7 Drive Belt . . . 7-9 Page 5-7 Cybex 710T Guide to the owner of the treadmill C. Place the front of the panel in a position on the front of the treadmill. Seeing See 8. D. Using Allen's wrench, attach the front panel with four button head screws and four star washers. See Figure 8. Front panel 9. Attach the engine cover. A. Place the engine cover in a base position. See Figure 9. B. Using a screwdriver of Phillips' head, tighten two screws to attach the engine cover to the base. See Figure 9. Screws (4) Star Pucks (4) Figure 8 Motor Cover 10. Spread the pads. A. One person has to lift the front end of the treadmill, while the second person places a rubber pad under each height gear rack. 11. Connect CSAFE. NOTE: If necessary, establish an additional link compatible with CSAFE. If you don't move on to the next section, check out Operation 710T. Vints Figure 9 A. Connect the CSAFE cable to the RJ-45 (8-pin) female connector located on the back of the console. ! WARNING: Make sure all electrical requirements are met as specified in the specifications at the front of the manual and at the beginning of this chapter before work begins. Page 5-8 Cybex 710T Treadmill Owner's Test Guide 710T Operations Use the following instructions to check the full speed and tilt of the treadmill range and check the strap for proper operation. ! WARNING During this stop STAY OFF RUNNING BELT! Stand with your feet on the side platforms. 1. Without anyone on the treadmill, connect the power cord in front of the treadmill and into the socket from the grounded, dedicated chain, and 115 VAC, 60 Hz and 20 amps, or 230 VAC, 50 Hz, and 15 amplifiers, or 208/220 VAC, 60 Hz and 15 amplifiers. 2. Find a power switch to turn/off (I/O) on the front of the treadmill. Switch it to position (I). 3. The control panel will light up and continuously display information about available programs when the treadmill is in hibernation with the power switch (I) on/off and the treadmill power cord connected. (Cybex recommends turning off the treadmill or turning off /off (I/O) power switch (O) when not in use.) NOTE: Cybex recommends turning off the treadmill or turning off/off the switch (I/O) when it is not in use. 4. Press the START/ENTER key three times, first to enter the selection mode menu, second, take default manual mode and third take the weight by default. 5. The treadmill starts the countdown in the display window, 3...2...1, and the tone sounds for each bill. Once it reaches one (1), the treadmill gives a steady tone and then starts accelerating the strap to reach 1 mph (1.6 km/h). 6. Without standing on a running belt, press and hold the SPEED key until the treadmill reaches about 4 mph (6.4 km/h), as indicated on the display. 7. Watch the belt to That it works properly; it should stay centered in the middle of the deck. If you are having trouble operating a running belt, see in the chapter of preventive care. 8. Tap and hold the SPEED key until the treadmill reaches the highest speed, 10 mph (16.1 kph). Then click on the SPEED key until the treadmill returns to 1.0 mph (1.6 kph). 2 Specifications... 2-1 3 Operation Fast Operation Guide . . . 3-1 Detailed Operating Guide. . 3-1 Treadmill stop... 3-3 Control during surgery. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... . . . 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Call Program . . . 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program . . . 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5-kilometer program 3-21 P11 - Demonstration program . . . 3-22 P101-P110 - Saved program... 3-22 Workout Tips . . . 3-24 4 Preventive maintenance measures . . . 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. . . . 4-7 log leaf... 4-8 5 Setting and assembling Fast Settings . . . 5-1 Choice and 1 - . . . 5-3 Unboxing. . . . 5-3 Build a treadmill . . . 5-4 Testing 710T operations. 5-9 Surgery Options. 5-10 6 Customer Service Contact Service . . . . 6-1 Serial Number Voltage... 6-1 Warranty ... . . . 6-1 Return of Material Authorization. . (RMA) . . . 6-4 Damaged parts . . . 6-4 Order parts... . . . 6-5 7 Service Instructions... 7-1 Motor brushes... 7-1 Motor current and voltage . . . 7-4 Running belt and deck . . . 7-7 Drive Belt . . . 7-9 Page 5-9 Cybex 710T Treadmill Owner's Guide 9. Run the treadmill through the full range of the class. Tap and hold the INCLINE key until the treadmill reaches the highest level (15%). 10. Tap STOP three times to stop the belt running, end the checkout session and put the display back to sleep. Finish setting up the 710T by setting the operating parameters as desired. Installing 710T options allows you to set up the following functions: 1. Metric/English Unit 2 Measurements. Programs to/off Mode 3. Time limit 4. Speed limit 5. Pause time 6. Services 1. Metric/English units you can change settings by metric units, or back to English units. With the treadmill in position (I) and in hibernation, press and hold STOP and buttons at the same time for two seconds. The display will display METRIC. To re-examine the English, click and hold STOP and - the keys are simultaneously for two seconds and the display will show ENGLISH. NOTE: The following four functions can be changed once diagnostic tests have been entered. To take part in diagnostic tests, click and hold scan/SAVE, and then click -. 2. Programs in/off (C14) Programs on shutdown mode can be used to prevent or block the use of 710T programs, only for manual mode of use. To take part in diagnostic tests, click and hold scan/SAVE, and then click -. You'll see the DIAGNOSTIC TESTS message. Click v or click or scroll to C14 PGM LOCKOUT. Click q to turn on the lock function by disabling all programs. Click to turn off the locking features by turning on all programs. Click START/ENTER to confirm, and save again. Click to scroll to C15. Page 5-10 Cybex 710T Treadmill Owner's Guide 3. Time limit (C15) Use the SCAN/SAVE key to switch the time limit function, as shown on the display. Click START/ENTER to show the number of minutes. When displaying time, the number of minutes (from 5 to 95 in 5-minute increments) can be incremented by the key or decremented with the key. Click START/ENTER to confirm, and save again. Click on the scroll to C16. NOTE: When the deadline is set, the display scrolls through MAX WORKOUT XX Min when the workout is selected. 4. Speed limit (C16) Use the key to raising the speed limit from 1.1 to 10.0 mph (1.8 to 16 km/h). At 10 mph (16 kph) it has no effect. At lower values, this limits the speed in both manual and software modes. Click START/ENTER to confirm, and save again. Click to scroll to C17. 5. Pause time (C17) This choice determines the time of delay of training after the STOP keystroke. If workouts are not re-available during this period the workout ends automatically. Using q and - set pause time until 0:10 minutes or 5:00 minutes, as shown on the display. Click START/ENTER to confirm, and save again. Scroll to C19. 6. Reminders Service (C19) Reminder Service occur every 5,000 miles to draw your attention to regular scheduled maintenance that must be performed for maximum treadmill and performance service time. Use - keys to switch on/oFF. Click START/ENTER to confirm, and save again. Service reminders are an option and can be disabled if you already have a regular service schedule. In any case, follow the guidelines in the service schedule in the Preventive Maintenance Chapter at a minimum to maintain the Cybex treadmill for maximum service life and performance. Click get out of the diagnostic tests and return to the mode you were in before entering the diagnostic tests. Your treadmill is ready to use. Turn to the head of the operation to learn how to control the treadmill. You should start by walking the speed first to make sure everything is functioning properly. 2 Specifications... 2-1 3 Operation Fast Operation Guide . . . 3-1 Detailed Operating Guide. . 3-1 Treadmill stop... 3-3 Control during surgery. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... . . . 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Call Program . . . 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program . . . 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5-kilometer program 3-21 P11 - Demonstration program . . . 3-22 P101-P110 - Saved program... 3-22 Workout Tips . . . 3-24 4 Preventive maintenance measures . . . 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. . . . 4-7 log leaf... 4-8 5 Setting and assembling Fast Settings . . . 5-1 Choice and 1 - . . . 5-3 Unboxing. . . . 5-3 Build a treadmill . . . 5-4 Testing 710T operations. 5-9 Surgery Options. 5-10 6 Service Customers Contact Service . . . . 6-1 Serial number and voltage . . . 6-1 Warranty ... . . . 6-1 Return of Material Authorization. . (RMA) . . . 6-4 Damaged parts . . . 6-4 Order parts... . . . 6-5 7 Service Instructions... 7-1 Motor brushes... 7-1 Motor current and voltage . . . 7-4 Running belt and deck . . . 7-7 Drive Belt . . . 7-9 Page 5-11 Cybex 710T Owner Treadmill Owner Hand page 5-12 Cybex 710T Treadmill Owner's Guide 6 - Customer Service Contact Hours Service Service Monday through Thursday from 8:30 a.m. to 6 p.m. and Friday from 8:30 a.m. to 5:00 p.m. Eastern Standard Time. For Cybex customers living in the U.S., contact Cybex Customer Service at 800-766-3211. Your options for this number include: th Click 63 to place order parts or check the status of ordering parts. Press 64 to speak to a technical support representative regarding shooting problems or plan to schedule call the service. Click 65 to check the status of the repair order only and you have the RRM number. Click 66 to check the status of the field service call sent, and you have a request number. Press 67 to serve a medical or isocinetic product. Click 0 to go to Cybex. For Cybex customers living outside the U.S., contact Cybex Customer Service at 508-533-4300 or by fax at 508-533-5183. Order parts and find information online by emailing www.eCybex.com or email protected Serial Number Tension Your serial number can be found on the back crossbar under the running deck. The tension of the treadmill can be found on the label next to the switch (I/O). For convenience, beat up your serial number and voltage below, so you'll have it ready if you call Cybex Customer Service. The serial number of The Voltage Warranty LIMITED WARRANTY TO NON-CONSUMER BUYERS: The seller guarantees, only for the original non-consumer buyer, that any product manufactured by him in this document listed in accordance with THE EXPIRATION OF WARRANTS FOR NON-CONSUMER BUYERS will be free of defects in material and manufacturing, with normal use and maintenance in accordance with the specified warranty duration listed. The seller's obligation to do so during the operation. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... . . . 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Call Program . . . 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program . . . 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5-kilometer program 3-21 P11 - Demonstration program . . . 3-22 P101-P110 - Saved program... 3-22 Workout Tips . . . 3-24 4 Preventive maintenance measures . . . 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. . . . 4-7 log leaf... 4-8 5 Setting and assembling Fast Settings . . . 5-1 Choice and 1 - . . . 5-3 Unboxing. . . . 5-3 Build a treadmill . . . 5-4 Testing 710T operations. 5-9 Surgery Options. 5-10 6 Customer Service Contact Service . . . . 6-1 Serial number and voltage . . . 6-1 Warranty ... . . . 6-1 Return of Material Authorization. . (RMA) . . . 6-4 Damaged parts . . . 6-5 Order . . . 6-5 7 Service Instructions... 7-1 Motor brushes... 7-1 Motor current and voltage . . . 7-4 Running belt and deck . . . 7-7 Drive Belt . . .

. 7-9 Front video... 7-9 Rear roller ... 7 to 10 degree error codes. 7-11 diagnostic tests... 7-13 Parts List 7-20 Blown up view... 7-23 710T Scheme . . . . 7-24 Page 6-1 Cybex 710T Guide to the owner of the treadmill Guarantee must be strictly and exclusively limited to repair or replacement free, F.O.B. origin, those parts and materials that, according to the seller, defective. The seller cannot control the environment and the way the products are used; therefore, this warranty does not apply to product corrosion during use, deterioration caused by conditions of use, adequacy of finishing and/or cleaning products, or suitability of finishes and/or cleaning products for the buyer's environment. The seller does not guarantee the usual maintenance repairs that are defined in the Seller Owner's Guide. The seller is not liable for reimbursement of repair or replacement costs incurred without his prior written permission. The buyer is liable for all labour costs incurred in connection with such repairs or on-site replacements, unless agreed by the seller or not covered in the present case. All costs associated with the seizure, packaging and delivery of defective goods and spare parts are paid by the Buyer, unless otherwise agreed upon by the Seller. If the authorised representative of the seller determines at its sole and final discretion that the nature of the defect excludes the remedy by repairing or replacing the parts, the Seller reserves the right to fulfill its warranty obligation in full by returning the full purchase price upon the return of all products to him, the prepayment charter. Products or services of other manufacturers, which are furnished by the Seller, are covered only by such guarantees, which are given to the seller by the sold manufacturer. In this regard, the Seller agrees to certify to the buyer the identity of the supplier of the goods, which are said to be defective, so that the Buyer can file warranty claims against that party. EXPIRATION OF LIMITED WARRANTIES FOR NON-CONSUMER BUYERS: Cybex Cardiovascular Products: Seller will guarantee labor for 1 year; Part 2 years, except for the following: structural framework, 10 years; the deck treadmill and belts are 1 year old. Reference to THE LIMITED WARRANTY FOR NON-CONSUMER BUYERS above for transport liability and further clarification of warranty coverage of restrictions and exceptions. The 400 and 410Ts are only warranted for residential and light commercial use. Cybex Power Products: The seller will guarantee labor for 1 year. Parts are justified for a period of time Below. Refer to the aforementioned paragraph LIMITEDLESS on transport liability and further clarification of warranty restrictions and exceptions. 10 years: structural frame; 2 years: rotary bearings, guide rods, pulleys, cams, weight stacks, cables, bushes, linear bearings and other not listed parts; 120 days: upholstery and hands. LIMITED WARRANTY TO CONSUMER BUYERS: The seller guarantees, only to the original consumer of the Buyer, that any product manufactured by him in this document listed in accordance with EXPIRATION OF LIMITED WARRANTIES FOR CONSUMER BUYERS will be free of defects in material and production, with normal use and maintenance in accordance with the specified warranty duration listed from the date of installation. The seller's obligation under this warranty is strictly and exclusively limited to the free repair or replacement of defective parts and materials. The seller cannot control the environment and the way the products are used; Thus, this warranty does not apply to product corrosion during use, deterioration caused by terms of use, sufficiency of finishes and/or cleaners applied, or the suitability of finishes and/or cleaners for the consumer buyer's environment. The seller does not guarantee the usual maintenance repairs that are defined in the Seller Owner's Guide. The seller is not liable for reimbursement of repair or replacement costs incurred without his prior written permission. The seller reserves the right to fulfill its warranty obligation in full by returning the full purchase price upon the return of all products to the Seller. Products or services of other manufacturers that are furnished by the Seller are covered only by such warranties, which are given by Page 6-2 Cybex 710T Guide to the owner of the treadmill told the manufacturer to the seller. In this regard, the Seller agrees to certify to the buyer the identity of the supplier of the goods, which are said to be defective, so that the Buyer can file warranty claims against that party. EXPIRATION OF LIMITED WARRANTIES FOR CONSUMER BUYERS: PG 400, 400S and 300T are justified only for use in residential premises. The 400T and 410T are only warranted for residential and light commercial use. Cybex Cardiovascular Products: Seller will guarantee labor for 1 year; parts are justified for 2 years, except for the following: construction frame, 10 years, treadmill deck and belts 1 year. Cybex Strength Products: The seller will guarantee labor for 1 year; parts are justified for 2 years, except for the structural frame, which is guaranteed for 10 years. REFUSAL OF GUARANTEES AND RESTRICTION OF REMEDIES: THE SELLER DOES NOT MAKE ANY OTHER GUARANTEES, OR IMPLIED, IN RESPECT OF GOODS OR SERVICES PROVIDED BY THE SELLER, EXCEPT THOSE OUTLINED IN THE PRESENT. IN THE CASE OF NON-SOUSMER BUYERS, ALL IMPLIED TRADE GUARANTEES OR SUITABILITY FOR A SPECIFIC PURPOSE OF PURPOSE AND ANY GUARANTEE, EXCEPT FOR THE GUARANTEES EXPRESSLY PROVIDED IN THE PRESENT, IS SPECIFICALLY EXCLUDED. IN THE CASE OF CONSUMER BUYERS, THE DURATION OF ALL IMPLIED GUARANTEES OF TRADE OR SUITABILITY FOR A PARTICULAR PURPOSE IS LIMITED TO THE DURATION OF THE EXPRESS GUARANTEES PROVIDED IN THE PRESENT. THE SELLER IS NOT LIABLE FOR ANY DIRECT OR INDIRECT, INDIRECT OR ACCIDENTAL LOSS, LOSS OR EXPENSE, INCLUDING BUT NOT LIMITED TO COMMERCIAL LOSSES, INTERRUPTIONS OR DAMAGE CAUSED TO PROPERTY, IN ADDITION, WHICH IS THE SUBJECT OF A SALE TRANSACTION. Notice to Consumer Shoppers: Some states do not allow exceptions or restrictions on accidental or indirect losses and/or restrictions on how long the implied warranty lasts, so the above restrictions or exceptions may not apply to you. This warranty gives you specific legal rights and you may also have other rights that can vary from state to state. ALTERNATIVE DISPUTE RESOLUTION ONLY FOR BUYERS NOT TO BE REPRESENTED BY CONSUMERS: THE SELLER RESERVES THE RIGHT TO PROVIDE INFORMAL DISPUTE RESOLUTION TO SETTLE ANY OR ALL CLAIMS ARISING FROM THIS SALE TRANSACTION. ALTERNATIVE DISPUTE RESOLUTION PROCEEDINGS WILL BE CONDUCTED IN MASSACHUSETTS IN ACCORDANCE WITH THE COMMERCIAL RULES OF THE AMERICAN ARBITRATION ASSOCIATION. It is understood between the parties that product damage, product inefficiency or other unintended consequences may be due to many factors, including the way the product is used or used, all of which are beyond the seller's control. All such risks are taken by the Buyer. Management during the operation. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Call Program 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 3-22 P101-P110 - Saved program... 3-22 Workout Tips 3-24 4 Preventive maintenance measures 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. 4-7 log leaf... 4-8 5 Setting and assembling Fast Settings 5-1 Choice and 1 - 5-3 Unboxing. 5-3 Build a treadmill . . . 5-4 5-4 Operation 710T. 5-9 Surgery Options. 5-10 6 Customer Service Contact Service . . . . 6-1 Serial number and voltage . . . 6-1 Warranty ... 6-1 Return of Material Authorization. . (RMA) 6-4 Damaged parts 6-5 Order parts ... 6-5 7 Service Instructions... 7-1 Motor brushes... 7-1 Motor current and voltage . . . 7-4 Running belt and deck . . . 7-7 Drive Belt 7-9 Front video... 7-9 Rear roller ... 7 to 10 degree error codes. 7-11 diagnostic tests... 7-13 Parts List 7-20 Blown up view... 7-23 710T Scheme . . . . 7-24 Page 6-3 Cybex 710T Treadmill Owner Manual PROCEDURE FOR THE GOOD PRODUCT: FOR THIS IS a WARRANTY IN THE CASE DEFECT, BUYER must RETURN TO SELLER GARDITY CARD. CONTACT CYBEX'S CUSTOMER SERVICE TEAM WITH QUESTIONS ABOUT YOUR WARRANTY BY MAIL OR PHONE TO RECEIVE INSTRUCTIONS OR REFUND AUTHORIZATION NUMBERS, AS PROVIDED BELOW. Attn: Customer Service Division Cybex International, Inc., 10 Trotter Drive Medway, MA 02053 Return Material Authorization (RMA) Return Material Authorization (RMA) system sets out procedures to follow when returning material for replacement, repair or loan. The system ensures that returned materials are properly processed and analyzed. Follow the following procedures carefully. Contact your authorized Cybex dealer for any warranty-related matters. Your local Cybex dealer will ask Cybex for RMA if applicable. Under no circumstances will defective parts or equipment be accepted by Cybex without proper labeling by RMA and Automated Return Service (ARS). 1. Call the customer service hotline above to return any item that is defective. 2. Give your specialist a detailed description of the problem you're having or the defect in the product you want to return. 3. Provide a model and a treadmill serial number. The serial number is on the crossbar under the running deck. The serial number starts with a letter, for example: R09-10133100. 4. At Cybex's discretion, the technician may require that you return the problem part (s) to Cybex for evaluation and repair or replacement. The technician will assign you an RMA number and send you an ARS label. The ARS label and the RMA number must be clearly displayed on the outside of the package that contains the item (s) that will be returned. Include a description of the problem, the serial number of the treadmill and the owner's name and address in the package along with the part (s). 5. Rewind the package through ups in Cybex. Attn: Cybex Cybex Customer Service Inc., 10 Trotter Drive Medway, MA 02053 Page 6-4 Cybex 710T Guide to the owner of the treadmill NOTE: The product returns without the RMA number on the outside of the package or shipment sent by C.O.D. will not be accepted by Cybex Admissions Department. Damaged parts of materials damaged in the shipment should not be returned on credit. The damage from the delivery is borne by the carrier (UPS, Federal Express, freight company, etc.) Obvious damage - After receiving your cargo, check all the boxes carefully. Any damage seen by visual verification must be marked on the transportation account and signed by the carrier's agent. Failure to do so will result in the carrier refusing to comply with your claim for damages. The carrier will provide you with the necessary forms to file such claims. Hidden Damage - Damage is not seen with visual checks when receiving the cargo, but noticed later to be reported to the carrier as soon as possible. After the damage is detected, a written or telephone request to the carrier requesting that the materials be inspected within ten days of the delivery date. Store all shipping containers and packaging materials: they will be needed as part of the inspection process. The carrier will provide you with a verification report and the necessary forms to file a claim for concealed damage. Hidden damage is the carrier's responsibility. Order parts Visit eCybex.com purchase parts online, or fax your order at 508-533-5183. To speak to a customer service representative, call 800-766-3211 in most areas. Otherwise, call 508-533-4300. Management during the operation. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Call Program 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5-kilometer program 3-21 P11 - Demonstration program 3-22 P101-P110 - Saved program... 3-22 Workout Tips. 3-24 4 Preventive maintenance measures 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. 4-7 log leaf... 4-8 5 Setting and assembling Fast Settings 5-1 Choice and 1 - 5-3 Unboxing. 5-3 Build a treadmill . . . 5-4 Testing 710T 710T . 5-9 Surgery Options. 5-10 6 Customer Service Contact Service . . . . 6-1 Serial number and voltage . . . 6-1 Warranty ... 6-1 Return of Material Authorization. . (RMA) 6-4 Damaged parts 6-5 Order parts ... 6-5 7 Service Instructions... 7-1 Motor brushes... 7-1 Motor current and voltage . . . 7-4 Running belt and deck . . . 7-7 Drive Belt 7-9 Front video... 7-9 Rear roller ... 7 to 10 degree error codes. 7-11 diagnostic tests... 7-13 Parts List 7-20 Blown up view... 7-23 710T Scheme . . . . 7-24 Page 6-5 Cybex 710T Runway Owner's Guide Page 6-6 Cybex 710T Treadmill Owner Guide 7 - Service Instruction ! WARNING: All repairs are carried out by qualified staff. Failure to do so can result in serious injury. These activities should be performed at the recommended intervals listed in the Service Schedule in the Preventive Service Chapter: measure the motor brushes and replace the worn motor brushes to rotate, turn over and replace the running deck. Replace the running strap Check the current engine voltage measurement at top speed, without loading See the detailed procedures for each of these maintenance activities below. Motor brushes! WARNING: Removal and replacement of the motor brush should be performed by a qualified service specialist. Cybex treadmill engines have a dc variety, and thus brush in them to convey the power of engine fittings. These brushes are made of graphite/carbon compound not too unlike pencil lead. They carry with use, and should be checked at 15,000 miles (16,898 km) and every 15,000 (16,898 km) after (or sooner if yours did not replace them at the last inspection). Measure the length of the brush itself and do not turn on the spring, cable or spring pole on top of the brush. Brushes should be replaced when they are measured to be 7/16 (11mm) or less. Motor brushes are worn items that periodically need to be replaced. Both drive motor brushes must be replaced in pairs. This will even provide switch contact and brush wear. However, a negative brush will wear 20% faster than a positive brush. Therefore, always measure the negative length of the brush to determine whether the pair should be replaced. The negative brush has white lead and is facing the floor. You should still check the positive brush for cracks or chips. You don't need to take off the drive engine in order to get to the motor brushes. You can get in the bottom brush from under the treadmill. Tools needed to screw Phillips' head (or hexagonal key for some models) models) Head screwdriver (or brush lid tool, FS-12263 part) - Control the measurement of the tape during surgery. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Call Program 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program . 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5-kilometer program 3-21 P11 - Demonstration program 3-22 P101-P110 - Saved program... 3-22 Workout Tips 3-24 4 Preventive maintenance measures 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. 4-7 log leaf... 4-8 5 Setting and assembling Fast Settings 5-1 Choice and 1 - 5-3 Unboxing. 5-3 Build a treadmill . . . 5-4 Testing 710T operations. 5-9 Surgery Options. 5-10 6 Customer Service Contact Service . . . . 6-1 Serial number and voltage . . . 6-1 Warranty ... 6-1 Return of Material Authorization. . (RMA) 6-4 Damaged parts. 6-4 Order parts... 6-5 7 Service Instructions... 7-1 Motor brushes... 7-1 Motor current and voltage . . . 7-4 Running belt and deck . . . 7-7 Drive Belt 7-9 Front video... 7-9 Rear roller ... 7 to 10 degree error codes. 7-11 diagnostic tests... 7-13 Parts List 7-20 Blown up view... 7-23 710T Scheme . . . . 7-24 Page 7-1 Cybex 710T Treadmill Owner's Guide! WARNING: Keep wet items away from the interior parts of the treadmill. An electric shock can occur even if the treadmill is off. 1. Turn on the power. A. With the power cord connected in turn, the main power switch is in position (I). 2. Lift the treadmill. A. Without standing on your belt, press START/ENTER and start running on the treadmill. B. Tap the arrow and lift the treadmill completely. 3. Turn off the power. While the treadmill is still fully elevated and running, rotate the main power switch in the off (O) position. B. Disconnect the treadmill from the socket. 4. Remove the engine cover. A. Remove screws screws attach the engine cover to the frame. B. Lift the lid and remove it from the treadmill. Set the lid and screws aside. 5. Turn off the motor cable. A. Using Allen's 3/16 wrench, remove four button head screws and four star washes that hold the front panel in position. B. Place the front panel on the floor or temporarily screw the two button head screws into the frame where they come out and then hang the front panel on the screws. C. Avoid touching R34 and black capacitors. Turn off the motor cable. See Figure 1. 6. Remove the brush lids. A. Using a large flat screwdriver screwdriver to unscrew two brush caps on the drive engine. Brushes have to come out. The bottom cover of the brush can be difficult to remove with a long screwdriver. If you need a brush cover tool, order a cybex FS-12263. NOTE: If the brush is not squirted, you can use a small screwdriver or needle nose pliers to peep the base of the brush in the spring. If the brush spring is broken, make sure the loose parts are not left behind. 7. Examine the brushes and switch. A. Examine the switch by checking the top brush holder into the engine. Slowly rotate the engine, turning the flywheel. Look for noticeable damage and signs of wear, such as arc, pitting, burning or uneven wear. Switch bars that are dirty penny brownish copper are in excellent condition. However, some Switch bars can Page 7-2 Cybex 710T Treadmill Owner's Front Guide - ! WARNING: Avoid touching R34 and black capacitors Motor Cable Figure 1 be pitted or blackened on one edge. Too many of them point to a worn switch, and the engine needs to be replaced. The switch can be cleaned by a narrow switch stone if a carbon build-up is present. (File down the stone if it doesn't fit in the brush holder's hole.) Brush dust can be loosened from the brush holder area lightly feeding surfaces. The dirt and dust brush inside the engine drive can cause short and should be vacuumed out of the engine. .438 (7/16) B. Examine the brushes for signs of excessive wear or (11.13 mm) cracks. Motor brushes should be replaced if one or both are worn to .438 (7/16/11.13mm) or less in length, broken or chipped, has a broken spring, or binds in the engine. See Figure 2. 8. Protect the brushes. Replace the OK A. Slide brush (new or original) with motor Figure 2 brush holders. If the new brush does not slide easily, the edges or corners of the brush may be lightly served down. When cleaning the engine (see step 6A) and serving the brush does not allow the brush to slide easily in the brush holder, the engine must be replaced. NOTE: The engine can make a clicking noise as the new brushes are worn in. Reversing the orientation of the brush can cause a clicking noise while working until the brush 9. Safe brush lids. A. Place each brush in the brush holder and gently press the spring while screwing on the brush lid. If the brush cover is damaged, order the Cybex HX-10300-2 replacement number. Management during the operation. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Call Program 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program . 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5-kilometer program 3-21 P11 - Demonstration program 3-22 P101-P110 - Saved program... 3-22 Workout Tips 3-24 4 Preventive maintenance measures 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. 4-7 log leaf... 4-8 5 Setting and assembling Fast Settings 5-1 Choice and 1 - 5-3 Unboxing. 5-3 Build a treadmill . . . 5-4 Testing 710T operations. 5-9 Surgery Options. 5-10 6 Customer Service Contact Service . . . . 6-1 Serial number and voltage . . . 6-1 Warranty ... 6-1 Return of Material Authorization. . (RMA) 6-4 Damaged parts 6-4 Order parts... 6-5 7 Service Instructions... 7-1 Motor brushes... 7-1 Motor current and voltage . . . 7-4 Running belt and deck . . . 7-7 Drive Belt 7-9 Front video... 7-9 Rear roller ... 7 to 10 degree error codes. 7-11 diagnostic tests... 7-13 Parts List 7-20 Blown up view... 7-23 710T Scheme . . . . 7-24 Page 7-5 Cybex 710T Treadmill Owner Guide 3. Remove the engine cover and side rails. A. Remove two phillips screws that attach the engine cover to the frame. Lift the lid and set it aside. This will allow you to remove the side rails. B. Using 3/16 Allen wrench, remove two button buttons screws on the sides of each side rail. C. Take the top edge of each side rail and pull up and away from the deck. This will allow you to see the deck and edges of the belt. Do not completely remove the side rails from the frame. 4. Check the condition of the belt and deck. A. Look at the edges of the belt while you fold it by hand. If the strap has any rips or looks excessively worn the strap should be replaced. B. Run your hand under your belt on the top surface of the deck. If you feel excessive ridges or cracks, or if the deck feels grooved, but highly polished, the deck should be inverted so that the unused surface looks at the top. If the deck is worn on both sides, it must be replaced. Over time, a worn belt and deck can cause a high current draw and, ultimately, engine failure. See the Running Belt and Deck in the Chapter Removal and Replacement Maintenance Guide. ! WARNING: Keep wet items away from the interior parts of the treadmill. An electric shock can occur even if the treadmill is off. The engine voltage test must be performed by a qualified maintenance technician. Do not touch the R34 resistotor or black capacitors to avoid electric shock. 5. Remove the front panel. A. Using Allen's 3/16 wrench, remove four button head screws and four star washes that hold the front panel in position. B. Place the front panel on the floor or temporarily screw the two button head screws into the frame where they come out and then hang the front panel on the screws. 6. Measure engine voltage. A. Tap START/ENTER twice to enter manual mode. B. Without standing on your belt, press the q key to bring the speed of the treadmill to the treadmill reaches the highest speed, 10 mph (20 km/h). C. Tap the voltage counter that leads to the bottom of the board and solder points. See Figure 1. Touch the red lead to positive, and black lead to negative. On the 115V unit the engine voltage at 10 mph (16 kph) without load should not go under 83 VDC. On the 220V engine voltage unit on page 7-6 115V New Motor No. 94 VDC Minimum 83 VDC (or 12% demag) 230V New Motor No. 191 VDC A minimum of 168 VDC (or 12% demag) Cybex 710T Treadmill Owner Guide 10 mph (16 km/h) without load should not go below 168 VDC. If it is below the 83/168 VDC respectively, the magnets are weak and the drive engine should be replaced. Click STOP to finish the test. 7. Protect the front panel. A. Using a 3/16 Allen wrench, provide a front panel to the frame with four screw-head buttons and four starwashers. 8. Protect the side rails and motor cover. A. Attach the lateral rails back to its original position. B. Using 3/16 Allen wrench, attach the end of the lid each side rail with two screws of the button head. C. The lower engine cover is in place and attach it with two Phillips screws. Running belt and deck After the deck has been rotated, flipped and turned again, useful useful deck was met. Have a qualified Cybex service specialist replace the old deck with a new one. NOTE: This procedure will cover the running deck, running strap, front roller, rear roller and drive belt. Tools needed for this - a screwdriver of Phillips head 7/16 wrench 1/2 wrench 3/4 wrench 3/16 Allen wrench 1. Turn off the power. A. Turn the main power switch in front of the off (O) position. (It's labeled as i/O). B. Disconnect the treadmill from the socket. 2. Remove the engine cover. A. Using a screwdriver of Phillips' head, remove the two screws that attach the engine cover to the frame. B. Lift the engine cover and remove it from the treadmill. 3. Remove the side rails. Management during the operation. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Call Program 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5-kilometer program 3-21 P11 - Demonstration program 3-22 P101-P110 - Saved program... 3-22 Workout Tips 3-24 4 Preventive maintenance measures 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. 4-7 log leaf... 4-8 5 Setting and assembling Fast Settings 5-1 Choice and Site Preparation 5-1 Electricity Requirements 5-3 Unboxing. 5-3 Build a treadmill . . . 5-4 Testing 710T operations. 5-9 Surgery Options. 5-10 6 Customer Service Contact Service . . . . 6-1 Serial number and voltage . . . 6-1 Warranty ... 6-1 Return of Material Authorization. . (RMA) 6-4 Damaged parts 6-4 Order parts... 6-5 7 Service Instructions... 7-1 Motor brushes... 7-1 Motor current and voltage . . . 7-4 Running belt and deck . . . 7-7 Drive Belt 7-9 Front video... 7-9 Rear roller ... 7 to 10 degree error codes. 7-11 diagnostic tests... 7-13 Parts List 7-20 Blown up view... 7-23 710T Scheme . . . . 7-24 Page 7-3 Cybex 710T Treadmill Owner Guide 10. Protect the front panel. A. Avoid touching R34 and black capacitors. Plug in the motor cable. See Figure 1. B. Using a 3/16 Allen wrench, provide the front panel in the frame with four screw-head buttons and four starwashers. 11. Scrape the engine cover. A. The lower engine cover is in position and install two Phillips head screws that keep it in place. 12. Turn on the power. A. Connect the treadmill to the socket. B. Turn the main power switch into position (I). C. Teh Teh let him down. Wait for the treadmill to drop its height to 0%. 13. Clear the error log. A. Enter the diagnostic testing mode, click and hold SHIFT, then click -. B. Display error codes by pressing START (forward), SHIFT (back) and scrolling to test 11. View each error code by clicking - q. Pay attention to the errors and refer to the manual to interpret these errors. C. To clear the entire error history, click v' to exit test 11 and then click START to scroll through test 12. Then click v'to the display loop from ErrS (SET Error Codes) to ErrC (CLEARED Error Codes). ErrC displays START press. D. Exit Diagnostic Test Mode by clicking STOP. Motor current and voltage ! WARNING: This motor current and voltage procedure must be performed by a qualified service technician. Check out the current draw Cybex recommends that a qualified technician check a no motor current and measure engine voltage as scheduled in the maintenance schedule in the preventive maintenance chapter. By performing these procedures, you can evaluate the performance of the drive engine and help prevent premature failure. Cybex commercial treadmills have a unique feature of monitoring motor current from the display. The current measure is most accurate when used at 3.0 mph (4.8 km/h). With 160 pounds (72.5 kg) of people walking on a treadmill at this speed, the current measurement number of Page 7-4 Cybex 710T Treadmill Owner's Guide is displayed should not exceed 10.9 for 115V units, and 9.1 for 220V units. With a user of any weight, the current should not exceed 17.9 for 115V units and 15.4 for 220V units. If you show higher current values, you should have completed the next higher mileage interval. Measuring motor voltage at top speed, no load qualified Cybex service technicians must perform this test. It includes opening the front cover, gaining access to the electronic control board, and measuring the voltage on the engine leads. Measure this at 10 mph (16 km/h) with no one on the treadmill. Measured voltage is an indicator of engine health. Motor voltage should not be below 83 volts DC for 115V and 168 volts for 220V block. Tools Mandatory - Phillips head screwdriver - Flat head screwdriver - 3/16 Allen wrench - Tension meter 1. Measure the current draw. A. Stand on the side rails and press START/ENTER and enter manual mode. B. Enter the diagnostic test mode by clicking and holding SHIFT, and then click-. C. Click START to scroll to d3. Click SHIFT if you need to scroll back. D. With belt moving at 1 mph (1.6 km/ You will see the number displayed, which is the current engine in the DC current. E. Without standing on your belt, press the q key to bring the speed of the treadmill to 3 mph (4.8 km/h). At 3 mph (4.8 km/h) the average current draw should be between 2.00 and and without anyone on the running belt. F. Now, there is a user walking around the waist at 3 mph (4.8 km/h). The maximum current draw with 160 pounds user should not exceed 17.9 for 115V units and 15.4 for 220V. Even with a heavier user the current should not be larger than 15.4/17.9 respectively. G. Click STOP to get out of the test mode. 2. Turn off the power. A. Turn the main power switch in front of the off (O) position. B. Disconnect the treadmill from the socket. Management during the operation. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Call Program 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5-kilometer program 3-21 P11 - Demonstration program 3-22 P101-P110 - Saved program... 3-22 Workout Tips 3-24 4 Preventive maintenance measures 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. 4-7 log leaf... 4-8 5 Setting and assembling Fast Settings 5-1 Choice and 1 - 5-3 Unboxing. 5-3 Build a treadmill . . . 5-4 Testing 710T operations. 5-9 Surgery Options. 5-10 6 Service Customers Contact Service . . . . 6-1 Serial number and voltage . . . 6-1 Warranty ... 6-1 Return of Material Authorization. . (RMA) 6-4 Damaged parts 6-4 Order parts... 6-5 7 Service Instructions... 7-1 Motor brushes... 7-1 Motor current and voltage . . . 7-4 Running belt and deck . . . 7-7 Drive Belt 7-9 Front video... 7-9 Rear roller ... 7 to 10 degree error codes. 7-11 diagnostic tests... 7-13 Parts List 7-20 Blown up view... 7-23 710T Scheme . . . . 7-24 Page 7-7 Cybex 710T Treadmill Owner's Guide to Using Use Allen wrench, remove two button screws that fasten each side of the rail to the frame. The move will also weaken the final caps. B. Grip the top edge of each side rail and firmly pull it up and out of the treadmill. 4. Remove the rear roller. A. Using a 3/4 wrench, remove two rear roller bolts. Loosen each bolt evenly, making sure not to loosen or bolt too many turns before moving on to another bolt. Remove the bolts, washers, springs and nuts and set them aside. B. Lift one side of the rear roller and slide the roller out of the running belt. 5. Relax the deck. A. Using a 7/16 wrench, remove nine screws, nine pucks and nine belts that keep the pucks that hold the deck in place. See Figure 3. B. Using Allen's wrench, remove the remaining screw, spacer, and retaining belt washer. Leave the deck in place at this time. Front Roller Belt Tension Build Hex Head Screws (9) Puck Lock Button (9) Head Screw (1) Belt Keeping Puck (10) Spacer (1) Rear Roller Belt and Deck Figure 3 6. Relax on the drive belt. A. Using a 1/2 wrench, remove the mounting bolt and two washers on top of the assembly tension drive belt. See Figure 3. B. Remove two steel springs as well as a stretch roller of the drive belt. Page 7-8 Cybex 710T Treadmill Owner's Guide 7. Take off the front roller. A. Using a 1/2 wrench, remove two screws and four washers that attach the front roller to the front

assembly end. B. Lift and slide the front roller from the belt of the drive and the running belt. 8. Remove the running deck and the running strap. A. If you are rotating or flipping the deck make a note on the deck so you know which way it was located. So you can be sure to use all four deck positions before replacing the deck. Make a note near the edge of the deck where the bolts are so that the note will not be worn off when the strap comes into contact. B. Lift one side of the deck and slide it out of the running strap. The running belt is now free from the treadmill. ! WARNING: Cybex recommends using only Cybex running straps because we can't guarantee the performance of other brands. 9. Break the running belt and running deck. A. Place the running belt in a position around the deck. B. Place the deck in a position without equipment at this time. Drive Belt 10. Break the drive belt. A. If you change the belt drive you can slip the old belt around the flying wheel and off the treadmill. Slide the new drive strap around the flywheel and onto the pulley drive. Slide the front roller into the running strap. Make sure to drive the strap around the pulley drive and front roller before attaching the front roller. There will be some slack in the drive belt until step 12D is completed. Front roller 11. Attach the front roller. A. With drive belt pulley drive and front roller, freely attach two screws and four puck washers attach the front roller to the front assembly of the end. Tighten each of the two screws evenly. Make sure not to tighten one bolt with too many turns before moving on to another bolt. Management during the operation. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Call Program . . . 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program . . . 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5-kilometer program 3-21 P11 - Demonstration program . . . 3-22 P101-P110 - Saved program... 3-22 Workout Tips . . . 3-24 4 Preventive maintenance measures . . . 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. . . 4-7 log leaf... 4-8 5 Setting and assembling Fast Settings . . . 5-1 Choice and 1 - . . . 5-3 Unboxing. . . . 5-3 Build a treadmill . . . 5-4 Testing 710T operations. 5-9 Surgery Options. 5-10 6 Customer Service Contact Service . . . . 6-1 Serial number and voltage . . . 6-1 Warranty ... 6-1 Return of Material Authorization. . (RMA) . . . 6-4 Damaged parts . . . 6-4 Order parts... . . . 6-5 7 Service Instructions... 7-1 Motor brushes... 7-1 Motor current and voltage . . . 7-4 Running belt and deck . . . 7-7 Drive Belt . . . 7-9 Front video... 7-9 Rear roller ... . . . 7 to 10 degree error codes. . . . 7-11 diagnostic tests... 7-13 Parts List . . . 7-20 Blown up view... 7-23 710T Scheme . . . . 7-24 Page 7-9 Cybex 710T Treadmill Owner's Guide 12. Attach the stretchable assembly of the drive belt. A. Place the stretcher roller of the drive belt in a position under the front bracket on the stretched assembly of the belt drive. See Figure 3. B. Place two steel springs on the disk of the belt stretching the roller plate and under the front bracket on the disk of the assembly tension belt. Make sure the springs are firmly snuggled to a halt under the drive belt retainer. C. Make sure the pulley is aligned with the drive belt. D. Using a 1/2-point key, tighten the mounting bolt and two pucks while keeping Pulley is aligned with the drive belt. NOTE: Drive a belt that is too loose can squeal and you may be able to see it slip when you walk on a running belt. 13. Attach a running deck. A. Using Allen's wrench, attach the remaining screw, spacer and retaining belt puck in the front right hole. B. Using a 7/16 wrench, attach nine screws, nine pucks and nine belts that keep the pucks that hold the deck in place. See Figure 3. Rear roller 14. Replace the rear roller. A. Slide the rear roller into the running strap. B. Place the bolts, washers, springs and nuts in position. Partially tighten the two bolts, leaving them free until the step of 15C. 15. Reinstall the side rails and end caps. A. Line up the side rails from the end of the frame. Place the bottom edge of each side rail under the treadmill frame and press the top edge of each side rail in place. He will snap on. B. Place the end of the lid flush from the end of the side rail and at the end of the frame. Use a 3/16 Allen wrench to attach two button screws that attach each end of the lid and side rail to the frame. C. Using a 3/4 wrench, tighten each rear bolt roller evenly, making sure not to loosen or bolt too many turns before moving on to another bolt. Use a small plastic tab over the bolt hole as a visual reference to the voltage of the roller's rear bolts. When tightening the rear roller bolts, look down at the plastic tab located just above the bolt head. Make sure the entire side of the silver washer is visible and not hidden by any part of the 16 tab. Adjust the tension of the running belt and the center of the belt by following the instructions of Page 7-10 Cybex 710T Running Path Owner's Guide to Running Belt Adjustments in Preventive Maintenance Chapter. Then continue with increments of 17. 17. Attach the engine cover. A. The lower engine cover is both in position and install two Phillips head screws that keep it in place. Cybex error codes provide descriptions of the error code for your information. Cybex recommends that these errors be corrected by a qualified service professional. These codes notify you of problematic conditions and errors that compromise security, will close the treadmill. The codes also help to indicate the part of the treadmill that is most likely the cause of the problem. ERROR ERROR ERROR 1: 2: 3: 50: 70: No speed signal when running Excessive current speed signal loss (stored as ERR 6) Loss of NOVRAM information (stored as ERR 7) If you have a problem that interrupts an important treadmill operating area, you can see one of the above error codes displayed in the control panel. If the error code is generated while running, the treadmill drive engine In order to restart the treadmill, the error code must be cleared by riding the power bike to the car by switching the ON/OFF switch to off for five seconds and then switching it back back Once again. If the code appears shortly after you turn off the bike ride, report the issue again to your Cybex dealer, authorized Cybex service representative, or Cybex's technical support directly. ERROR 1: No speed signal when running This error code usually only occurs during launch and indicates that the computer in the control panel does not receive any indication of engine speed. To isolate the source of this problem, it is necessary to determine whether the drive engine was trying to earn and whether it was rotating at all. If the drive engine (and the running belt) rotates, at least for a second or so, the error code usually indicates a speed sensor malfunction. A quick way to test this is to remove the engine cover and front panel to witness the SPEED LED on the engine control board. If it blinks when the flywheel rotates manually, the problem is most likely the console cable. Then suspect the bottom board, and then the display board. This signal can also be seen on the diagnostic LED display. Management during the operation. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Call Program . . . 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program . . . 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5-kilometer program 3-21 P11 - Demonstration program . . . 3-22 P101-P110 - Saved program... 3-22 Workout Tips . . . 3-24 4 Preventive maintenance measures . . . 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. . . 4-7 log leaf... 4-8 5 Settings and Build Fast Settings. . . 5-1 Choice and 1 - . . . 5-3 Unboxing. . . . 5-3 Build a treadmill . . . 5-4 Testing 710T operations. 5-9 Surgery Options. 5-10 6 Customer Service Contact Service . . . . 6-1 Serial number and voltage . . . 6-1 Warranty ... 6-1 Return of Material Authorization. . (RMA) . . . 6-4 Damaged parts . . . 6-4 Order parts... . . . 6-5 7 Service Instructions... 7-1 Motor brushes... 7-1 Motor current and voltage . . . 7-4 Running belt and deck . . . 7-7 Drive Belt . . . 7-9 7-9 Roller..... 7-9 Rear roller ... . . . 7 to 10 degree error codes. . . . 7-11 diagnostic tests... 7-13 Parts List . . . 7-20 Blown up view... 7-23 710T Scheme . . . . 7-24 Page 7-10 Cybex 710T Guide to the owner of the treadmill If the drive engine (and running belt) does not rotate at all, the problem is more difficult to diagnose. First, suspect the power relay and check it by going into the C18 diagnostics, and press the v height button in combination with the SPEED button. This will allow you to switch the relay to/off. You should be able to hear the relay switch and note as well as that value in the center of the box reads 1. If it reads zero, the problem is most likely a cable console. If none of them proves to be a problem, there is a qualified service technician to check the wiring for wear or abrasion, as well as check the motor brushes. Any arc, pitting or burning of brushes or a brush that is smaller than .438 (7/16/11.13mm) indicates the need to replace the brush. It should also check the tightness of the brush lid and the brush holder in the case of the drive. NOTE: There are two lower board fuses that allow the power of the display and engine drives. The top display is unlikely to be prepared at all if one or both fuses need to be replaced. Have a qualified service specialist replace them with only an equivalent fuse value. ERROR 2: EXCESSIVE CURRENT DRAW This error code is generated by exceeding the current limit of the engine drive system within two seconds. The bug is generated to help prolong the life of the treadmill and warn the wearer of a potentially harmful situation. The most common phenomena of this are high strap/deck friction due to wear or pollution, worn engine, or choking breakdown. Problems in the motor drive brush area such as worn, pitted or arc motor brushes, a loose drive motor brush lid, or a loose drive engine holder can also cause this error code to be generated. Another source of this problem may be excessive friction between the deck and the belt, usually caused by the lack of normal belt/deck cleaning (see Chapter 5) or worn deck. The third reason for this code may be a defective throttle or a poor throttle assembly. Finally, the failure of the electronic component in engine control or the loss of magnetism in the constant magnet drive of the engine can also generate this error code. ERROR 3: LOSS OF SPEED SIGNAL This error code occurs after start the treadmill and indicates that the computer in the display control panel has lost the engine speed signal from the speed sensor. The reasons for this error are similar to those listed for error 1. ERROR 50: OVERSPEED This error code indicates a problem with the speed control scheme. This error is stored as ERROR ERROR but it appears as ERROR 50. This can happen if the treadmill recognizes the discrepancy between the actual speed of the belt and the speed set on the control panel. If the actual belt speed is 1 mph (1.6 km/h) above the set speed for 0.2 seconds or 2 mph (3.2 km/h) below the set speed within 2 seconds, this error code will be displayed. Page 7-12 Cybex 710T Treadmill Owner's Guide If the speed tries to increase, it may be due to a defect in the power scheme for the engine drive, speed sensor, or capacitor filter. If the speed tries to decrease, it is most often because the person pushes on the belt. Or it could be due to a defect in the engine drive, speed sensor, or wearing a running deck. If one of these conditions exists, call your local Cybex dealer, Cybex's authorized service representative, or cybex's direct technical support. A authorised Cybex can usually find the source of the problem when visiting the service. Error 70: LOSS OF NOVRAM INFORMATION This error code indicates a problem with involuntary random access memory (NOVRAM). This chip is located on DDM. Its contents may have been lost or destroyed. Among other data, this chip contains accumulated miles and speed information. You can reset the NOVRAM by turning off the treadmill and then again, but you can lose all the accumulated data. If the problem happens again, you need to replace the NOVRAM chip. Diagnostic Tests These tests display information about the condition of the treadmill to help you isolate the cause of the problem or monitor the accumulated usage data. Some tests also provide quantitative information (such as motor current readings and height coder numbers) to help you assess the condition of the machine. C1: PROGRAM REVISION LEVEL C2: ACTUAL SPEED C3: CURRENT DRAW C4: LED TEST C5: OVERLAY TEST C6: CSAFE PORT CHECK C7: TONE GENERATOR CHECK C8: SPEED SENSOR COUNT C9: C10 TILT SENSOR: TOTAL MILEAGE C11: TOTAL HOURS C12: LOG C13 ERROR: NUMBER OF STARTS C14: . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode ... 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Call Program . . . 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed Interval Program . . . 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5-kilometer program 3-21 P11 - Demonstration program . . . 3-22 P101-P110 - Saved program... 3-22 Workout Tips . . . 3-24 4 Regular Preventive Care Activities..... 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. . . 4-7 log leaf... 4-8 5 Setting and assembling Fast Settings . . . 5-1 Choice and 1 - . . . 5-3 Unboxing. . . . 5-3 Build a treadmill . . . 5-4 Testing 710T operations. 5-9 Surgery Options. 5-10 6 Customer Service Contact Service . . . . 6-1 Serial number and voltage . . . 6-1 Warranty ... 6-1 Return of Material Authorization. . (RMA) . . . 6-4 Damaged parts . . . 6-4 Order parts... . . . 6-5 7 Service Instructions... 7-1 Motor brushes... 7-1 Motor current and voltage . . . 7-4 Running belt and deck . . . 7-7 Drive Belt . . . 7-9 Front video... 7-9 Rear roller ... . . . 7 to 10 degree error codes. . . . 7-11 diagnostic tests... 7-13 Parts List . . . 7-20 Blown up view... 7-23 710T Scheme . . . . 7-24 Page 7-13 Cybex 710T Treadmill Owner's Guide C18: POWER RELAY Tests C19: SERVICE REMINDERS NOTE: Click STOP to get out of diagnostic test mode. You can perform any of the service's diagnostic tests from any treadmill state, i.e. before, during or after the program (manual or pre-installed). Since C2, C3, C8 and C9 are dynamic tests, you will usually want to enter the diagnostic test mode while the treadmill is running. To run a service diagnostic test, click and hold scan/SAVE, and then click. You'll see the DIAGNOSTIC TESTS message. . PRESS V OR - TO SELECT. The message scrolls all over the display on the right on the far left. Then, three seconds later, the message repeats. This display sequence continues until you click on the th or v. If you don't click on any of the keys for five minutes, the treadmill turns off the display. When pressed, the treadmill displays the first choice of diagnostic test menu: C1: PROGRAM REVISION LEVEL. If you click again, the treadmill moves on to the second choice: C2: ACTUAL SPEED and so on. Similarly, if you first click V treadmill displays the diagnostic choice of the test menu in reverse order, starting with the last choice: C18: SERVICE REMINDERS and move back through the menu (C19, C18, etc.). When you choose the test, click START/ENTER to start. If you don't press START/ENTER for five minutes, the treadmill goes back to sleep. Once the diagnostic test has been completed, press the START/ENTER key to return to the diagnostic test menu. To get out of the diagnostic test or the menu of diagnostic test, test, STOP and the treadmill goes back to sleep. C1: PROGRAM REVISION LEVEL This test displays configuration information for the program's main chip in the control panel. The test shows the model number of the treadmill for which the program chip is designed, and then the level of revision of the main program. The control panel displays the test results until you click START/ENTER, which returns the display to the test menu selection. For example: 600 series r 2.01 Is also active in this diagnostic window is a heart rate test. The right decimal point in the GRADE % window) will pulsate with each pulse received. Note that you can have a red ® gear is about 30 from the cross rail console where the pickup sensor is built in. Page 7-14 Cybex 710T Runway Owner's C2 Guide: ACTUAL SPEED This test displays the actual speed of the engine drive at miles per hour (mph) or kilometers per hour (km/h) in hundredths of a number. For example: the 5.02 MPH Control Panel displays test results until you click on START/ENTER. C3: CURRENT DRAW This test shows the current draw of the treadmill in the amps. For example: 12.6 AMP Control Panel displays test results until you click START/ENTER. C4: LED TEST This test illuminates each column of LEDs on the control panel on its own, both in red and in green. The test begins with a red display for the first vertical LED column to the left of the display. The test moves from left to right, one column at a time. Once the test displays the far-right column in red, it illuminates the same column in green and moves back across the right-to-left display in green. The control panel repeats this sequence until you click START/ENTER. Pressing combinations of speed and height keys produces stripes of color. Click - or - to check red and then press V or - to check the green. Click - (or q) and v (or q) at the same time to check the display of amber. With the C4, you can easily find any LED that can't work properly. A trained technician can then disassemble and replace a unit of 5 x 7 LEDs that contains an LED that does not illuminate. C5: OVERLAY TEST This test generates a tone signal when the key is pressed on the control panel. The test will help isolate the defective key. When you press START/ENTER to start this test, the console panel displays the START message. Pressing any key generates a tone signal. The tone checks that the key is working properly. Management during the operation. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 Heart rate display . . . 3-6 Use of programs..... 3-7 Manual mode . . . 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Program 3-12 P4 - Speed Challenge Program . . . 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program . . . 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5-kilometer program 3-21 P11 - Demonstration program . . . 3-22 P101-P110 - Saved program... 3-22 Workout Tips . . . 3-24 4 Preventive maintenance measures . . . 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. . . 4-7 log leaf... 4-8 5 Setting and assembling Fast Settings . . . 5-1 Choice and 1 - . . . 5-3 Unboxing. . . . 5-3 Build a treadmill . . . 5-4 Testing 710T operations. 5-9 Surgery Options. 5-10 6 Customer Service Contact Service . . . . 6-1 Serial number and voltage . . . 6-1 Warranty ... 6-1 Return of Material Authorization. . (RMA) . . . 6-4 Damaged parts . . . 6-4 Order parts... . . . 6-5 7 Service Instructions... 7-1 Motor brushes... 7-1 Motor current and voltage . . . 7-4 Running belt and deck . . . 7-7 Drive Belt . . . 7-9 Front video... 7-9 Rear roller ... . . . 7 to 10 degree error codes. . . . 7-11 diagnostic tests... 7-13 Parts List . . . 7-20 Blown up view... 7-23 710T Scheme . . . . 7-24 Page 7-15 Cybex 710T Trail Owner's Guide NOTE: Press the START/ENTER last key because although it radiates the tone, it will also lead to the exit of the C5 test and return to the diagnostic menu. If you press STOP, it will be out of diagnostic testing mode. If you find a key that doesn't function properly, a trained Cybex service technician can disassemble the control panel and replace the overlay switch membrane. C6: CSAFE PORT CHECK This test checks the state of the CSAFE port on the back of the console. CSAFE is an industry standard for connecting to fitness equipment. The port is tested at the plant, but the status can be checked at any time. The test will point to one of four states: CSAFE OK Communications was created by OPEN No comm. or open port LOOP OK Factory test using no POWER Factory test with C7 test plug: TONE GENERATOR CHECK This test checks the tone of the generator on the control panel. With C7, you can determine whether you need to replace the tone generator. When you press START/ENTER to start this test, the control panel displays the START message. Test sends seven seven signals to the tone generator and you have to hear seven sound tones in response. The faulty tone generator will not produce any tones. Click START/ENTER to complete this test and return to the diagnostic test menu. C8: SPEED SENSOR COUNT This test displays the actual number of teeth speed sensors. The speed sensor mechanism is mounted on the engine drive shaft. At At At At At At At Page 7-16 the 1 mph count is about 99. The 2 mph count is about 199. The 3 mph count is about 298. The 4 mph count is about 398. The 5 mph count is about 497. The 6 mph count is about 597. The 7 mph count is about 696. The 8 mph count is about 795. The 9 mph count is about 895. The 10 mph count is approximately 995. Cybex 710T Treadmill Owner's Guide Control Panel displays test results until you click START/ENTER. Unstable or low amounts may indicate a problem with a speed pickup or a target's distinctive mark on the flywheel. Examine the flywheel sticker for nick, dirt, scratches, etc. and replace if any defects are found. If the speed of the pickup truck is free, adjust it within 1/4 of the flywheel and tighten securely. C9: INCLINE SENSOR This test allows you to lift the treadmill up and down with any step to assess the height position sensor. The test displays a %class close to the current position in the left window and the actual height coder in the center of the window. Each % class is equivalent to 88 encoder counts. In addition, this test can be used to test a zero-height switch that is activated as the treadmill passes through 0% of the class, making the number of center coders negative. In this test window, the treadmill can be calibrated by holding the v key and key at the same time. C10: TOTAL MILEAGE This test displays the actual accumulated total mileage, to date, in miles. The control panel displays the test results until you click START/ENTER. C11: TOTAL HOURS This test displays the actual accumulated total time, to date, in the watch. The control panel displays the test results until you click START/ENTER. C12: ERROR LOG This test displays the last five error codes recorded by the treadmill. You can reset the information by clicking on the th or -. The control panel displays the test results until you click START/ENTER. NOTE: Pressing the SCAN/SAVE key in the C12 will clear any active maintenance requests. C13: NUMBER OF STARTS This test registers the number of machine launches. The control panel displays the test results until you click START/ENTER. Management during the operation. . 3-4 Data readers... 3-5 Choice of programs and options... 3-6 heart rate . . . 3-6 Use of programs..... 3-7 Manual mode ... 3-8 P1 - Fitness test program. . 3-8 P2 - Weight Loss Program 3-10 P3 - Cardiovascular Cardiovascular 3-12 P4 - Speed Call Program . . . . 3-14 P5 - Express program . . . 3-16 P6 - Hill Interval Program. 3-17 P7 - Speed interval program . . . 3-18 P8 - Pike Peak Program. 3-19 P9 - River Run Program. . 3-20 P10 - 5-kilometer program 3-21 P11 - Demonstration program . . . 3-22 P101-P110 - Saved program... 3-22 Workout Tips . . . 3-24 4 Preventive maintenance measures . . . 4-1 Clearing the treadmill . . . 4-1 Running belt service. 4-2 Other preventive care... 4-6 Service Schedule. . . 4-7 log leaf... 4-8 5 Setting and assembling Fast Settings . . . 5-1 Choice and 1 - . . . 5-3 Unboxing. . . . 5-3 Build a treadmill . . . 5-4 Testing 710T operations. 5-9 Surgery Options. 5-10 6 Customer Service Contact Service . . . . 6-1 Serial number and voltage . . . 6-1 Warranty ... 6-1 Return of Material Authorization. . (RMA) . . . 6-4 Damaged parts . . . 6-4 Order parts... . . . 6-5 7 Service Instructions... 7-1 Motor brushes... 7-1 Motor current and voltage . . . 7-4 Running belt and deck . . . 7-7 Drive Belt . . . 7-9 Front video... 7-9 Rear roller ... . . . 7 to 10 degree error codes. . . . 7-11 diagnostic tests... 7-13 Parts List . . . 7-20 Blown up view... 7-23 710T Scheme . . . . 7-24 Page 7-17 Cybex 710T Treadmill Owner's Guide C14: PGM LOCKOUT This mode allows programs to be turned off, only for manual use. Click q to turn on the lock function by disabling all programs. Press the key to disable the lock function by turning on all programs. Click START/ENTER to customize your choices. C15: TIME LIMIT Use the SCAN/SAVE key to switch the time limit feature as shown in the display. When displaying time (5 to 95 in 5-minute increments) it can be fused with a key or key or decremented with - or v key. The control panel displays the test results until you click START/ENTER. NOTE: When the deadline is set, the display scrolls through MAX WORKOUT XX Min when the workout is selected. C16: SPEED LIMIT Use the key to speeding from 1.1 to 10.0 mph (1.8 to 16 km/h). At 10 mph (16 kph) it has no effect. At lower values, this limits the speed in both manual and software modes. Use START/ENTER to confirm and save. C17: PAUSE TIME Using keys and keys, set pause time to 0:10 Min or 5:00 5:00 As shown in the display. Your choice determines when your workout is delayed after you press stop. If workouts are not re-available during this period the workout ends automatically. C18: POWER RELAY TEST This test allows you to test (activate) power relay on lower PCB electronics. Click v elevation in conjunction with the SPEED button and will switch relay. You should be able to hear the relay switch and note that the value in the right window should read 1. If the number displayed in the right control box is ,1, the power relay control wiring is fine. If the display is 0, the relay cannot be controlled by the display. C19: SERVICE REMINDERS Service reminders occur every 5,000 miles to draw your attention to regular scheduled maintenance that must be performed for maximum treadmill life and performance. Once on this screen, you have the ability to clear the service reminder and turn this feature on or off. Use the keys - / keys to switch the message displayed. If the service reminder is active, it allows you to clean it up. If service reminders aren't active, you have the option to turn the feature on and off. Click START/ENTER to accept any changes and get out of the screen. Click STOP to go out and get back into the mode you were in before entering the diagnostic tests. Page 7-18 Cybex 710T Guide to the owner of the treadmill NOTE: If you were in the middle of the program before entering the diagnostic test mode, you will be returned to the exact location in the program where you left off. Speed, altitude and time will return to where they were before the introduction of the diagnostic testing mode. You will not lose any information, and the past tense will not change. 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COSQUEM frame assembly DESCRIPTION qlt;P12 build, stable Flex Rail, side right rail, side left cover, right end cover (or W/ bracket, AX-14599) Cover, right end cap with bracket cover, left end cover (or with bracket, AX-14598) cover, right end cap with bracket bracket, end screw cap, SEMS 10-32 x 0.38 PNHD Phillips INT Bolt, 5-16-18 x 0.75 SCHD (Console and Support Puck) Bolt, Bolt, Bolt 1/2-13 x 2.5 B-zinc, rear leg Mount Puck, .593 x 2.0 OD zinc, rear leg Mount Pipe Wheel Bearing Wheel 3.0 O.D. x 1.0 Wide, Rear Foot U Channel Tape, Bilateral, (for U Channel) Rubber Mountain, Stableflex 6 0 lb 1.0 Ht Nut, Lock 1-4-20 Ring nylon rubber mounting, Stableflex 1.0 Ht (front) Terminal Land Tab Screw, Type F 6-32 x .50 PHPNHD KEPS 10-32 Hex Head STL Zinc Choke/Conn. Kit, 230V Choke / Conn. Kit, 115V Transport Wheel, One Bolt, 1/2-13 x 5.5, Hex, ролик Регулировка Thrust Bearing 1-2 HET. TB812 шайба, B 1-2 Узкая цинковая пружина, 1O.D. Задний ролик Натяжение ролика, Задний орех, 1/2-13, Цинк, Задняя нога Монтаж Bushing, 1/2 Нейлон, Задний ролик Болт Кольцо Retainer 5-8 .579 FR.ID Болт, 1/4-20 x 1,75 Hex Head, Deck Mounting Washer, 1/4 Блокировка, Палуба Монтаж диска Руководство, Палуба Edge Flex Палуба Индикатор винт, (для Flex палубе) Пояс, Драйв, Поли - V, 280J10 Передний ролик винт, Нажмите 5-16-18 x 1,50 Hex Head Шайба, Lock EX 5-16 Цинк шайба, квартира, 5/16 Орех, 5/16-18 , Hex Head, KEPS Bolt Hex Head. 5-16-18 x 1 Весенняя плита 45 46 47 48 49 50 51 52 53 54 55 1 1 1 1 1 1 1 1 1 3 1 1 HS-10435 HW-11580 HB-14015 HW-00361 HN-00199 FM-14145 BD-10981 HS-14202 HW-10867 HX-11593 AX-11593 AX-114430 56 1 DE-14260 57 58 59 60 61 62 63 63 64 65 66 67 68 69 70 1 1 1 1 1 1 1 1 2 2 1 1 1 1 FS-14140 HS-11976 AX-14602 HN-10717 HW-10772 HS-00156 MR-14010 MR-14009 MR-14009 PL-14120 FS-14479 PD-14470 AF-14148 FM-14086 AF-14212 71 72 73 74 75 76 77 78 79 1 2 2 1 2 2 6 2 1 AF-14213 PL-14121 PL-14122 AF-14099 GR-14189 HX-11576 HS-00370 AF-14097 AW-14457 80 81 82 82 83 1 1 1 1 3 HN-10003 AF-14161 SK-16230 SK-15161 HS-11485 84 2 HS-12125 85 86 87 88 89 90 91 92 2 8 2 1 4 1 2 1 HS-00194 HS-14255 HX-14416 AF-14030 HX-14416 PL-13000 HS-00700 DE-15297 Bolt, Tap 3-8-16 x 3 Hex Head Washer, USS 3-8 Zinc Belt Tensioner Pulley Washer Lock EX 3-8 Zinc Nut, 3-8-16 Hex Head STL Zinc Tensioner Belt, Running 20.75 x 127.50 Bolt, 1-4-28 x .75 Hex Head Zinc Washer, Fender 1-4 x 1.0 x .051 Key , ANSI площади, 3/16 x 1 3/16 Маховик со скоростью датчика скорости диска датчик декаль для Маховик Датчик скорости кронштейн винт, Датчик скорости с кабельным KEPS 4-40 Hex Head Цинк шайба, плоский NO 4 винт, 4-40 x 0,62 PNHD Филлипс Мотор, 2,5 л, 180V Motor, 2,5 л.с., 90 Pad, изоляция 1,40 x 5,25 x 5 мм Pad, Pad Вибрация, Drive Motor Spacer, Motor Bolt Pad, изолятор 2.0 x 8.0 x 5-16 Drive Motor Strap Pin, Motor Strap Gear Rack, слева, с слотом для ограничения переключателя Gear Rack, правый блок, высота направляющий лист, высота руководства Мотор Шафт Расширение Gear, 12 Зуб ключ Woodruff ANSI 404 1-8 x 1-2 Установить винт 1-4-20 x 1-4 Высота рамы предел сборки ж / кронштейн и кабельный орех , For Motor Strap Bracket , For Tensioner Elevation Motor 230V Elevation Motor 115V Screw, 10-32 x 0.38 Hex Head Zinc Bolt, 5-16-18 x 2.75 Hex Head GR5 ZN Bolt, Hex Head .312-18 x 1.75 Screw, 5-16-18 x 2.0 SCHD Steel Clip, Wire Latching, U Shaped Plate, Front Panel, Aluminum Clip, Wire Latching, Grey Plastic Cover, Motor Screw, Motor Cover Decal, Console Cable Exit 115V/230V 1 1 2 3 4 1 1 1 1 1 SK-15487 AF-14105 SK-15414 SK-15415 PL-12978 4 5 1 1 AX-14599 PL-12977 5 6 7 1 2 4 AX-14599 AF-13462 HS-11328 8 20 HS-00163 9 10 16 2 HW-15401 HS-13769 11 2 HW-11427 12 13 2 2 FM-14258 PL-14167 14 15 16 17 18 2 2 2 9 2 AF-14903 HX-15111 HX-14909 HN-10001 HX-14908 19 20 21 22 22 23 24 1 1 9 1 1 2 2 ET-14366 HS-12318 HN-11925 AX-15037 AX-14929 AF-14414 HS-00261 25 26 27 28 29 30 31 32 2 6 2 1 2 3 2 9 HB-00188 HW-10028 HX-11049 AL-10975 HN-10029 HW-00590 HX-13771 HS-12295 33 34 35 36 37 38 39 40 41 42 43 44 13 10 1 1 1 1 1 3 3 4 13 13 1 2 HW-00180 HX-14956 FM-14960 HS-14969 BD-14072 AL-10980 HS-13759 HW-00165 HW-00189 HN-11136 HS-00273 FM-14459 Страница 7-20 Продолжение на следующей странице Cybex 700T Беговая дорожка Владельца Руководство ITEM NO. HET. ЧАСТЬ НО. ОПИСАНИЕ 93 94 95 96 97 97 98 99 100 101 101 102 103 104 105 106 107 108 109 110 111 112 113 114 115 116 117 118 18119 120 121 122 123 1 1 1 1 1 1 10 5 1 1 1 1 6 1 1 1 8 1 1 1 1 1 2 2 2 1 4 2 2 2 2 1 АФ-14108 АФ-14107 FT-14107 FT-114057 AF-15623 SK-15701 SK-15700 HS-11326 HN-12959 DE-10288 DE-14230 DE-13906 SW-10523 EH-12208 HS-00985 EH-13905 HS-1220811977 FS-14898 HS-14391 PL-13507 DE-13581 DE-15384 AX-14805 HX-10941 HX-10942 HP-00181 AF-13175 AF-13174 AF-13174 HW-13762 FS-13808 HS-11195 EC-15052 124 125 1 15 AF-15141 HS-11894 126 127 128 129 130 131 132 133 134 135 8 1 2 2 2 8 4 2 1 2 HW-13656 AD-14880 HX-10613 PL-14920 PL-14919 HS-10716 HN-15130 HN-11585 EH-13468 HS-11140 136 1 SK-15122 137 1 AX-14429 Upright, Right Upright, Left Console Crossrail Front Panel Lower Board Kit 230V Lower Board Kit 115V Screw (Lower Board Mount) Nut, Jam 5-16-18 Hex Head Zinc Label, Belt Caution, Grey Label, 220V Label, 115V On/Off Switch Receptacle, Power Inlet, 20 Amp Screw, Type B 8-18 x 0.38 SLFTP Clip, Wire, 1/2 Heavy Duty Screw Cover, Rear Console Screw 6-32 x .38 PNHD Phillips SEM Console Front Label, Console Set 710T Decal, Console 710T Console Window for 710T Keypad 710T Grip , Поручни Plug, Поручни Конец Roll Pin 1/8 x 1 (для Поручни End Plug) Поручни Assy., Право Поручни Assy., Левый винт, SEMS 10-32 x 1,25 PNHD шайба заземления клип, Анти-статический винт, 4-40 x 0,50 PNHD Филлипс PCB Assy. Монитор сердечного ритма (Salutron) Наложения пластин 710T винт, SEMS 6-32 x 0,25 PNHD Филлипс INT Шайба Квартира .187 ID x .875 OD x .06 C-Безопасный интерфейс совета Пыль кольцо Handgrip, Нижний контакт сердечного ритма Handgrip, Верхний контакт сердечного ритма винт, 4-40 x 0,38 PNHD Филлипс Орех, Блокировка 5-16-18 NTE Серии Орех, 6-32 Nylok Hex Head Сталь цинк клип, консоль винт, SEMS 6-32 x 0,38 PNHD Филлипс Kit, Crossrail с полярным и контактный набор сердечного ритма, Crossrail с полярной сердечной скорости только серийный номер палубе , Запуск E-Prom, V3.07, 710T 230V E-Prom, V3.07, 710T 115V 138 1 DE-14486 139 1 DK-10953 NS 1 EC-15153 NS 1 EC-15152 Продолжение на

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NS 1 NS 1 NS NS NS NS 1 1 1 1 NS 1 NS NS NS 1 1 1 NS 1 NS NS NS NS NS NS 1 1 1 1 1 NS 1 NS 1 NS 1 NS NS NS NS NS NS NS NS 1 1 1 1 1 1 1 1 AD-14913G0 Control PCB DMDIII, 710T (Without E-prom) >Q08-16174XXX AD-13551G0 Control PCB, 710T (Without E-prom) <Q08-16174XXX) hx-13607= mount= hr= block= ax-14429= grip,= crossrail,= for= contact= hr,= kit= eh-00472= wire= tie= ty-23m= sk-15892= brush= kit,= 230v= 50hz= (includes= two= brushes)= sk-15891= brush= kit,= 115v= 60hz= (includes= two= brushes)= ec-15153= e-prom,= v3.07,= 710t= 230v=>Q09 EC-15152 E-Prom, V3.07, 710T 115V >Q09 EC-15127 E-Prom, V3.15, 710T 230V (C-Safe) Brakeless >P09 , <Q08 ec-15126= e-prom,= v3.15,= 710t= 115v= (c-safe)= brakeless=>P09, <Q08 ec-15052= pcb= assy.= heart= rate= monitor= (salutron)= ec-14468-4= e-prom,= v2.18,= 645cr/710t,= 230v=></Q08> <P09 ec-14468= e-prom,= v1.11,= 645cr/710t,= 115v=></P09> <P09 lt-14464= owner's= manual,= 710t= ef-14340= fuse,= 15= amp= slo-blo,= 220v= (on= lower= board)= ef-14339= fuse,= 5= amp,= elevation,= 115v= &= 220v= (on= lower= board)= wr-13966= cord,= power,= 12= ft.,= 230v,= 60hz,= right= angle= wr-13965= cord,= power,= 12= ft.,= 220v,= 50hz,= right= angle,= international,= round= prongs= wr-13964= cord,= power,= 12= ft.,= 115v,= right= angle= ef-12367= fuse,= 20= amp= slo-blo= 115v= fm-11428= insert,= alum,= rear= foot= mounting= strain= relief= hx-10300-2= brush= cap,= drive= motor= eh-00986= tie= wire= t= b= tyb-25m= eh-00670= nut,= yellow= wire,= #74-b= eh-00472= wire= tie= ty-23m= ns=Not shown= page= 7-22= description= cybex= 710t= treadmill= owner's= manual= page= 7-23= sk-15161= 115v= sk-16230= 220v= f= m= red= m= aw-14251= cable,elev.= assy= harness= f= 115v= ac= 60hz= gnd= red= wht= blk= green= up= com= elv-motor= power-inlet= module= blue= dwn= eh-12208= black= chopper= green= jumper= aw-12210= 1= 1= violet= 5= 5= black= jumper= aw-12211= brown= cal= switch= orange= cal= rtn= orange= 2= 2= up= switch=>23% OPEN * NORM. CLOSED 6 6 3 3 BLACK ELV UP ELV DOWN N/C ACNEUT N/C CAL SWITCH CHASSIS GND +VLED SIG GND SIG GND ELEVATION ELEV GROUND GROUND 2 12 6 AD-14249 OPTO ,SPEED TACH WIRED REFLECTOR 1 SIGNAL 1 +VSPEED 2 5 3 MAIN POWER 11 10 4 4 3 3 9 8 2 TACH 7 1 4 OPTICAL SPEED PICKUP (TACH)</P09> </Q08> </Q08-16174XXX)> </Q08-16174XXX)> НАПРЯЖЕНИЕ ПО-ПРЕЖНЕМУ ПРИСУТСТВУЕТ AUX. МОЩНОСТЬ ПРЕДОХРАНИТЕЛЬ 5A 115V 5A 220V ENCODER AC NEUT SIG GND LINE 8 AC ГОРЯЧИЙ БЕЛЫЙ ПЕРЕМЫЧКА AW-12212 ЧЕРНЫЙ ПЕРЕМЫЧКА AW-12211 ПРЕДОХРАНИТЕЛЬ20A 115V 15A 220V 4 12 BROWN 8 25 ВЫКЛЮЧАТЕЛЬ ПИТАНИЯ SW-10523 4 11 - ПЕРЕКЛЮЧАТЕЛЬ НОРМАЛЬНЫЙ ОТНОСИТСЯ К СОСТОЯНИЮ ПЕРЕКЛЮЧАТЕЛЯ В ОПЕРАЦИОННОЙ БЕГОВОЙ ДОРОЖКЕ. 7 7 24 AW-14250 ASSY, СТОЙКА ПЕРЕКЛЮЧАТЕЛЬ НА ДВИГАТЕЛЬ / СНОКЕ ДИСПЛЕЙ 1 4 3 6 5 8 10 7 9 VREF RTN 2 ЦЕПИ GND MOTOR - МОТОР И УДУШЬЕ СКОРОСТЬ TAX. EC-13810 3.7mH 115V EC-11438 17.5mH 220V CHOKE, DRIVE MOTOR CHOKE ELEV ENC ШАССИ DWN ON 12 11 16 14 15 13 18 17 20 MH (1,2,4,5,7) J2 19 CAL >0% вариант обслуживания GREEN//YLW 6V RTN SK-15700 115V NO6V AUX E-STOP NO5V VCC NO5V VCC CIRCUIT GND ELEVATION UP ENCODER VREF NO5V VCC NO5V VCC ШАССИ GND СКОРОСТЬ СИГНАЛА ЧЕРНАЯ ВЫСОТА DWN БЕЛЫЙ ФАЗЫ М ЧЕРНЫЙ ТОК F ЧЕРНЫЙ ДВИГАТЕЛЬ НА М ЦЕПИ GND F AW-14284 SK-15701 220V ASSY, CRLB ШАССИ GND. СТАД 4 2 5 7 9 3 6 8 1 4 2 5 7 10 11 12 13 14 15 КРАСНЫЙ 14 15 КРАСНЫЙ / ЗЕЛЕНЫЙ 1 КРАСНЫЙ / ЖЕЛТЫЙ 8 1 2 3 4 5 2 2 3 4 5 ЩИТ ДЛЯ ПАНЕЛИ GND DRIVE MOTOR 2.1/2 HP ,CR MOTOR & CABLE RED/BLACK RIGHT REF. YELLOW RIGHT SIG. LEFT REF. WHT/GRN PINK LEFT SIG. AM-14254 90V AM-14264 180V WHT/RED VIOLET 6 BROWN RIGHT WHT/BLK WHITE 3 BLACK LEFT GREEN BLUE 9 A2 (+) A1 (-) TAN ORANGE DRAIN GRAY AD-14913G0 1 D9 D6 D7 D8 D10 D11 D12 J5 7 6 5 CHASSIS AUX RTN RTS AUX PWR TD RD AUDIO RC AUDIO LC 8 J7 4 9 3 8 AUX RTN 7 AUDIO R 6 GND 5 AUDIO L RD1 4 2 2 DIAGNOSTIC LEDs J6 3 VCC TI1 2 RDI TD0 AUX PWR E-STOP AUX RTN +5V +5V 5V RTN 5V RTN 5V RTN +5V UP/DWN SPEED VREF CRNT 1 CSAFE CONNECTOR ELEVATION DOWN J1 1 ELEVATION UP 1 DATA CONVERSION / AUX OUT PASS-THRU RESET 2 POT/ENCODER START/ENTER VREF RTN STOP 3 ELEVATION 1 2 3 4 13 POWER 2 1 2 1 SCAN/SAVE 1 ASSY 7X0/900 HEART RATE AW-13847 ОСНОВНАЯ СКОРОСТЬ (-) 5 12 2 SIG СКОРОСТЬ (Я) 6 11 GND L 5V 7 J4 ОБЩИЙ SIG 3 REF. GND 8 10 5V SIG 2 5V ЩИТ 3 GND 1 ОСНОВНОЙ ПЕРЕКЛЮЧАТЕЛЬ, 645 MEMBRANE SW-13378 EC-15052 ФАЗА J2 ДВИГАТЕЛЬ ПРИВОД P1 AW-15053, КАБЕЛЬ, КАБЕЛЬ, КАБЕЛЬ 4-PIN СЕРДЕЧНОГО РИТМА D13 СТРАНИЦА 7-24 ELEV НА ФАЗОВОМ СИГНАЛЕ RED BLACK P6 ELEV UP VCC GREEN 3 EMCY STOP 1 2 3 SIG AW-15154 JUMPER 710T SALUTRON SPEED 1 GND R HEART RATE GND No5V 2 REF. 3 2 1 1 2 SIG DMD III DISPLAY BOARD, CSAFE AD-14913 На основе руководства владельца беговой дорожки SC-710T Rev E Cybex 710T the monkey's paw free pdf. the monkey's paw free audio download. the monkey's paw free online book. the monkey's paw free audio. the monkey's paw free book. the monkey's paw free movie. the monkey's paw full movie online free. the monkey's paw fate vs free will

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