

MCC Board Replacement

Kit Number K525AT-407

Installation Instructions

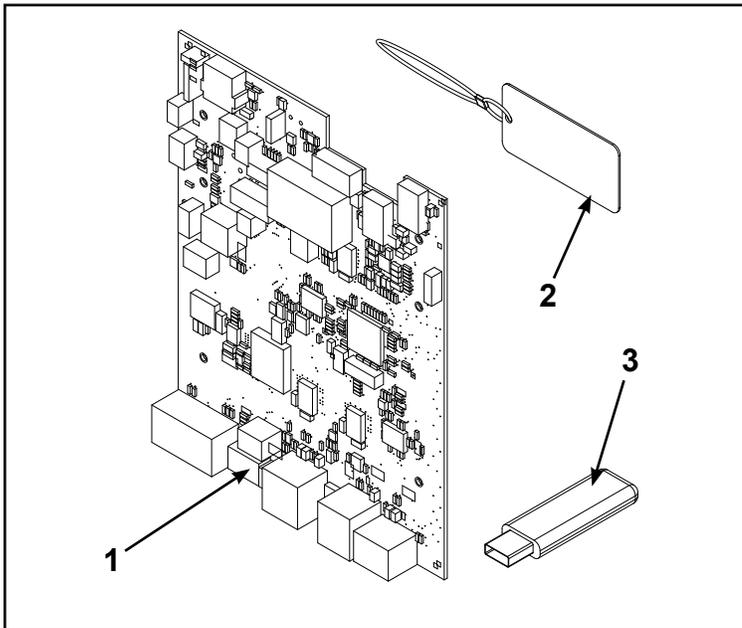
This instruction sheet describes how to install the MCC board for Cybex Arc models 525AT, 62XA, 62XAT, 77XA, and 77XAT.

Tools Required

- Phillips screwdriver
- ESD (Electrostatic Discharge) grounding strap

Read and understand all instructions thoroughly before installing this kit.

Verify the kit contents shown.



	Description
1	MCC board
2	USB key FOB W-Lanyard
3	USB 2.0 flash drive

Disconnect power source

1. Turn the main power switch to the off (O) position.
2. Unplug the power cord from the power outlet.



WARNING: Shock and electrocution hazard

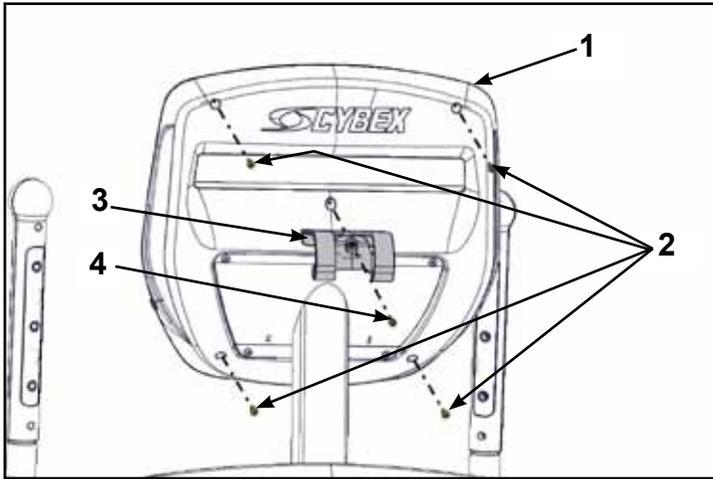
- Unplug unit and let sit 10 minutes before cleaning or performing maintenance
- Electrical charge can remain in unit after unplugging
- Keep water and liquids away from electrical parts

NOTICE: Console damage

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

Remove front cover

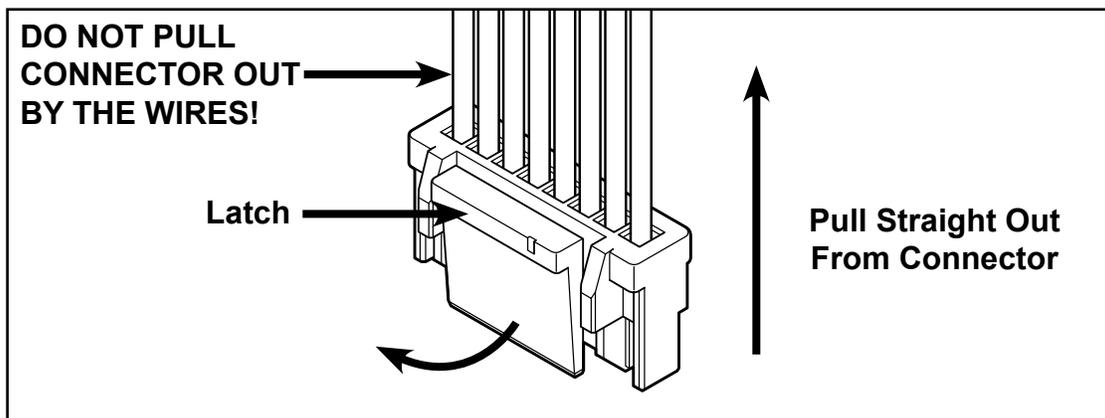
1. Remove the four short screws and one long screw securing the front cover and iPad clip to the console assembly using a Phillips screwdriver.



	Description
1	Console assembly
2	Short screws (4)
3	iPad clip
4	Long screw (1)

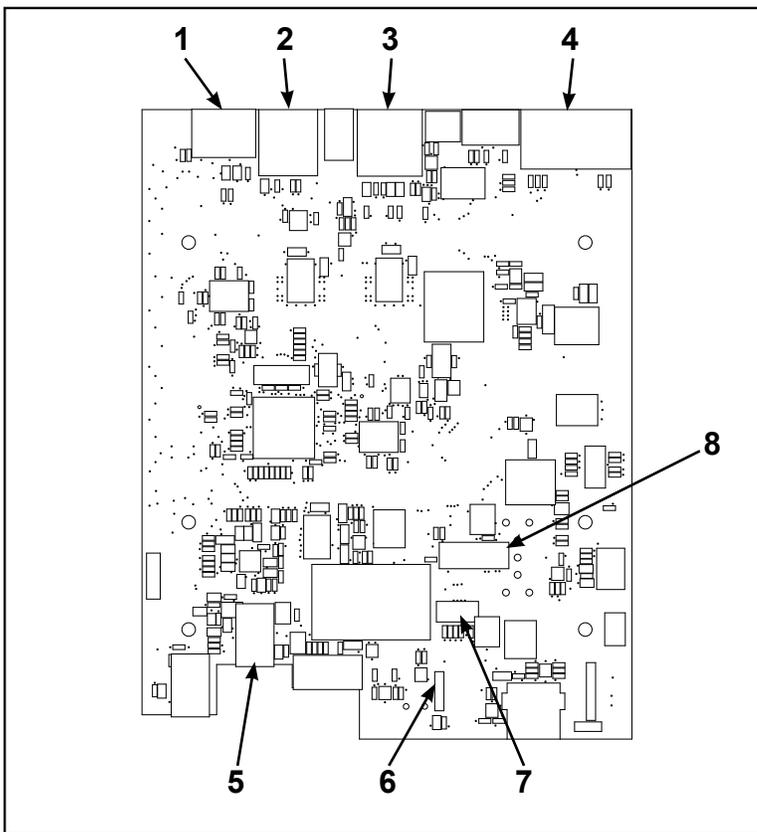
2. Tilt front cover forward.
3. Unplug cables from the MCC board by un-latching connectors with the following procedure:

A. Press in the top of the cable connector.



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

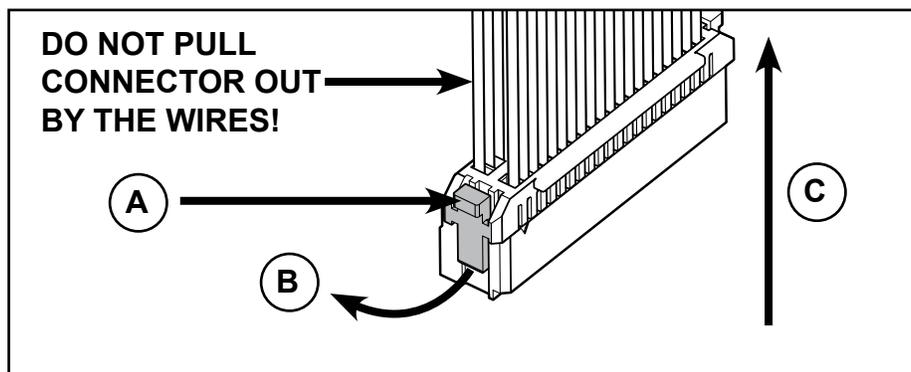
MCC board cables



	Description
1	Wireless audio cable (optional)
2	CSAFE cable (optional)
3	Display cable
4	Display board cable
5	Headphone jack cable (optional)
6	Heart rate cable
7	Handset cable
8	iPod cable (optional)

4. Unplug optional iPod cable. The iPod cable is held in place by a notch in the access cover.

A. Press in both side latches of the cable connector.

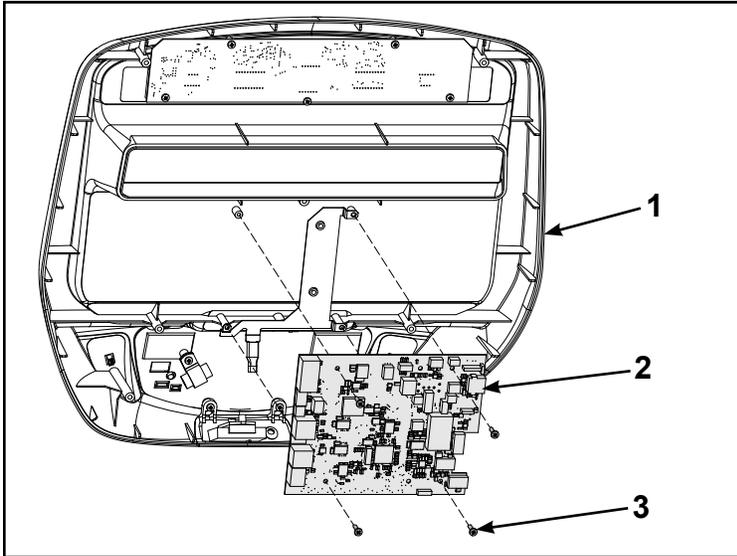


B. Ensure the latches disengage from the connector.

C. Unplug cable by holding down the latches on both sides and pulling straight out from the connector. Do not pull on wires, remove by connector.

Remove MCC board

Remove the four screws securing the MCC board to the bezel using a Phillips screwdriver.



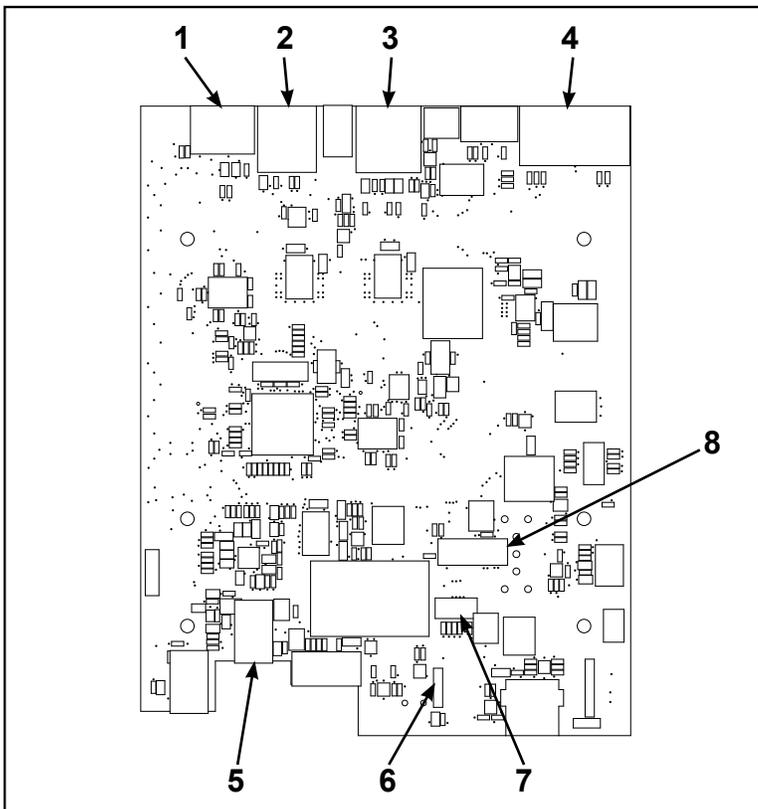
	Description
1	Bezel
2	MCC board
3	Screw (4)

Install new MCC board

Install the four screws securing the new MCC board to the bezel using a Phillips screwdriver.

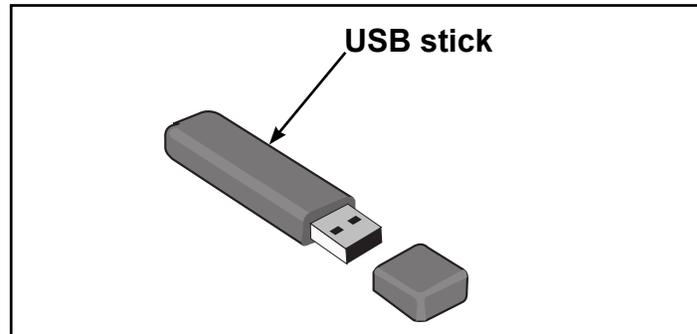
Complete installation

Plug cables into the new MCC board.



	Description
1	Wireless audio cable (optional)
2	CSAFE cable (optional)
3	Display cable
4	Display board cable
5	Headphone jack cable (optional)
6	Heart rate cable
7	Handset cable
8	iPod cable (optional)

Update software, 525AT model



NOTICE: Repairs and Service

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

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

Prepare USB stick

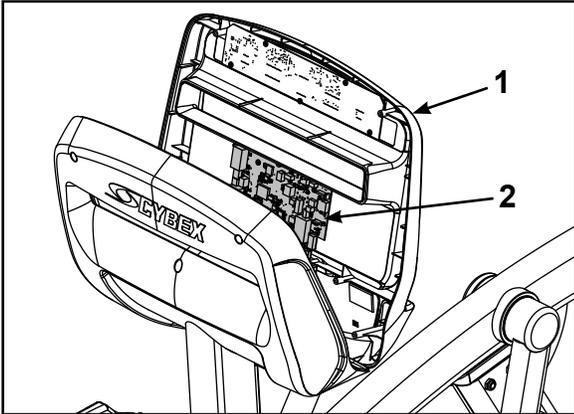
1. Plug USB stick into PC.
2. Delete any files on USB stick. Verify USB stick is blank.
3. Please go to the Team Cybex service product pages for the latest software files or contact Cybex Customer Service at 508-533-4300 to receive via email.
4. Unzip file to a folder on PC. Zip file contains one folder labeled "boot".



5. Copy the "boot" folder to USB stick. DO NOT copy zip file to USB stick.

Install software through internal USB port

1. Tilt console assembly forward and insert USB stick into the internal USB port of the MCC board. Do NOT insert USB stick into optional E3 View Monitor.



	Description
1	Console assembly
2	MCC board

2. Plug the power cord into the power outlet.
3. Turn the main power switch to the on (I) position.

NOTICE: Console damage may occur

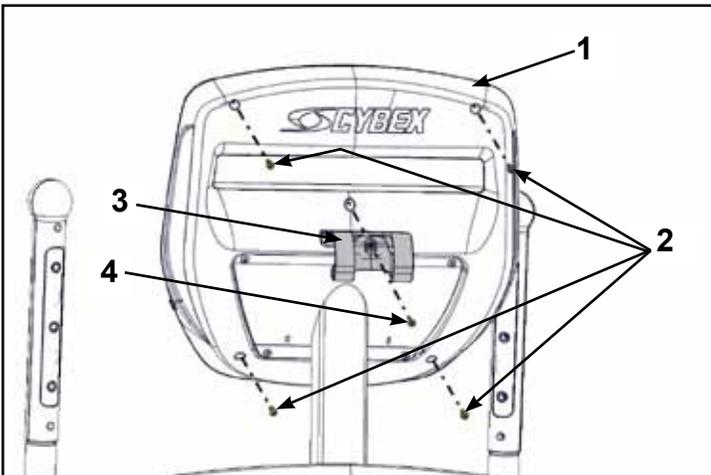
Do NOT turn the power off, press any keys, or remove the USB stick during this procedure.

The software will load into the console. This procedure will take approximately 5 minutes. During this time there will be beeping noises from the console. When the upload is complete, the display will show [re][bot].

4. Turn the main power switch to the off (O) position.
5. Remove USB stick from the internal USB port.

Install front cover

Install the four short screws and one long screw securing the front cover and iPad clip to the console assembly using a Phillips screwdriver.



	Description
1	Console assembly
2	Short screws (4)
3	iPad clip
4	Long screw (1)

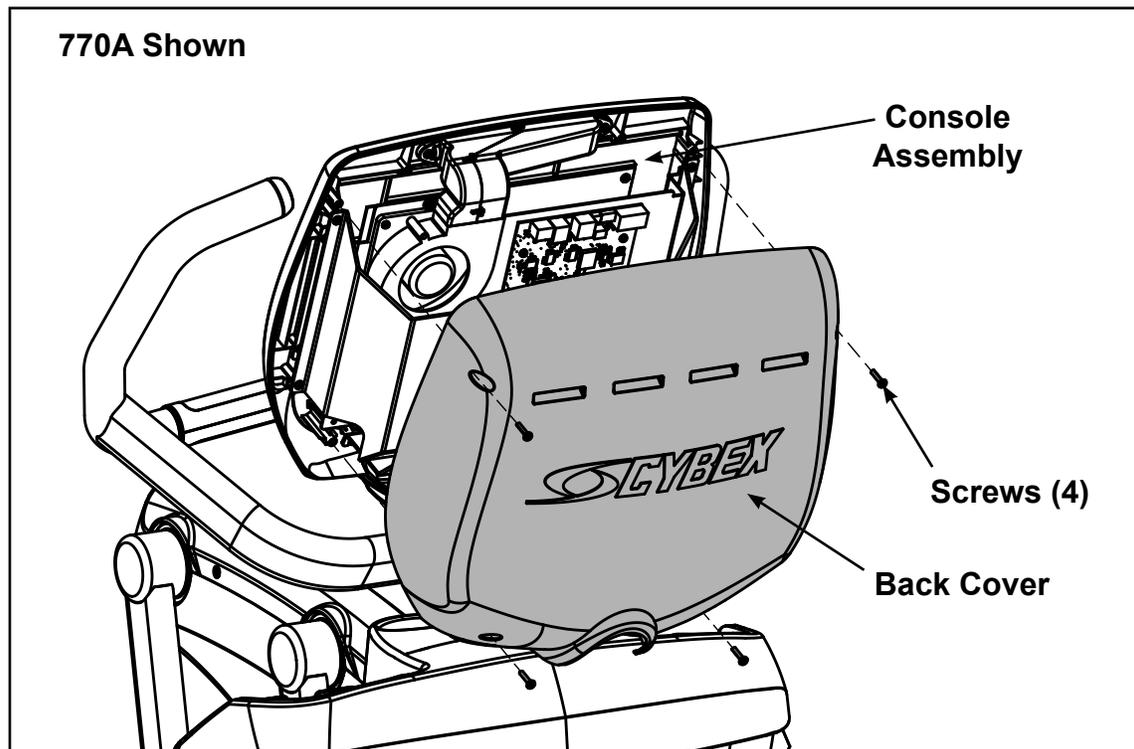
Test the unit for proper operation

1. Turn the main power switch to the on (I) position.
2. Begin striding the unit until the console lights up
3. Operate the unit at all levels to verify proper operation.

62XA, 62XAT, 77XA and 77XAT models

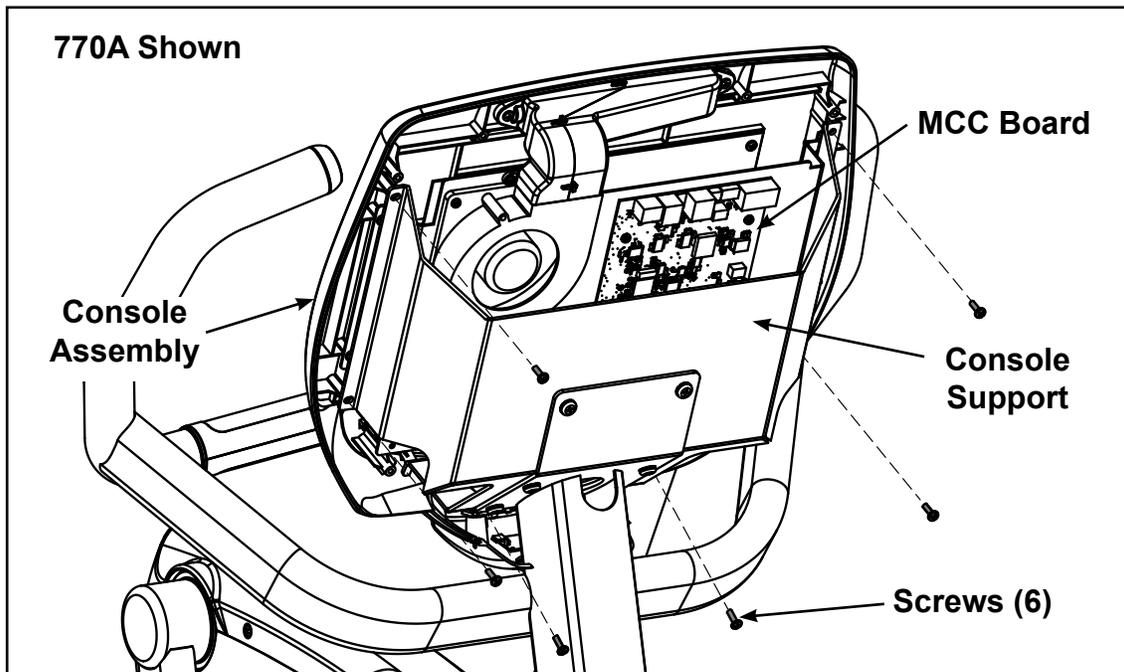
Remove back cover

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



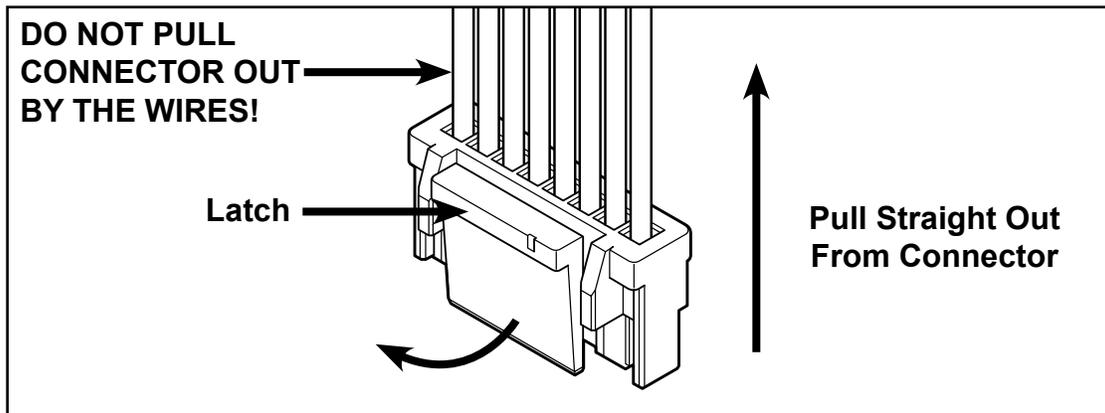
Remove console assembly

1. Remove the six screws securing the console assembly to the console support using a Phillips screwdriver.



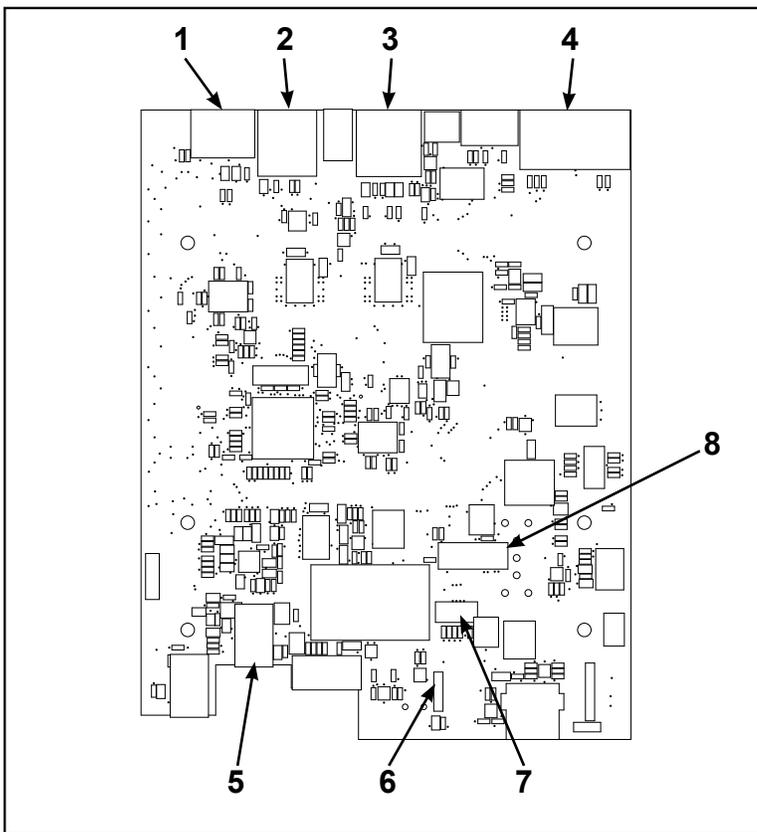
2. Unplug cables from the MCC board by un-latching connectors with the following procedure:

- A. Press in the top of the cable connector.



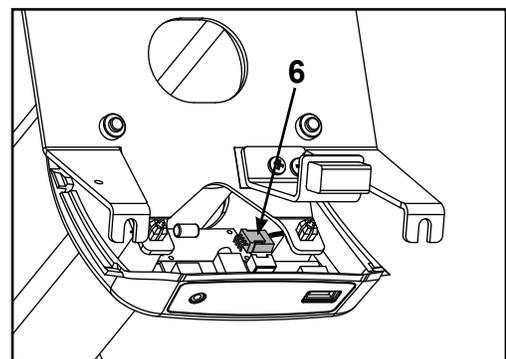
- B. Ensure the latch disengages the connector.
- C. Unplug cable by holding down the latch and pulling straight out from the connector. Do not pull on wires, remove by connector.

MCC board cables

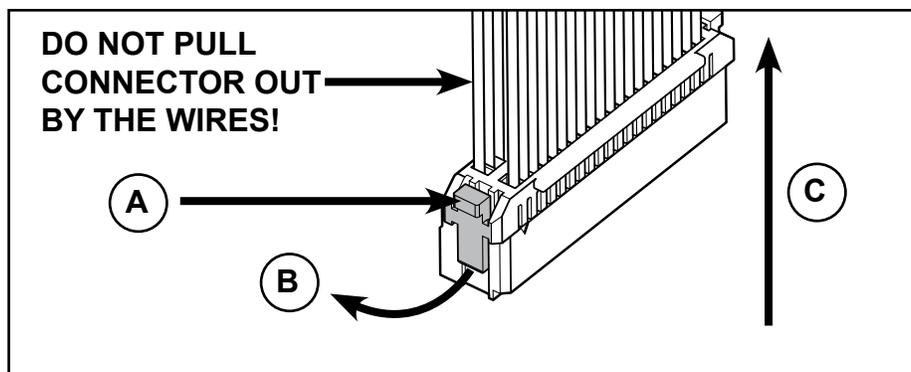


	Description
1	Wireless audio cable (optional)
2	CSAFE cable (optional)
3	Display cable
4	Display board cable
5	Headphone jack cable
6	Heart rate cable
7	Handset cable
8	iPod cable (optional)

Heart Rate Board



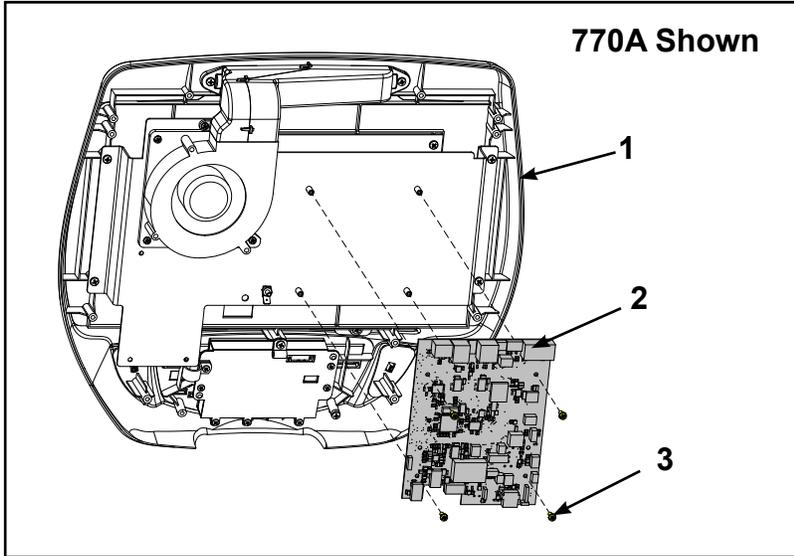
3. Unplug optional iPod cable. The iPod cable is held in place by a notch in the access cover.
 - A. Press in both side latches of the cable connector.



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

Remove MCC board

Remove the four screws securing the MCC board to the bezel using a Phillips screwdriver.



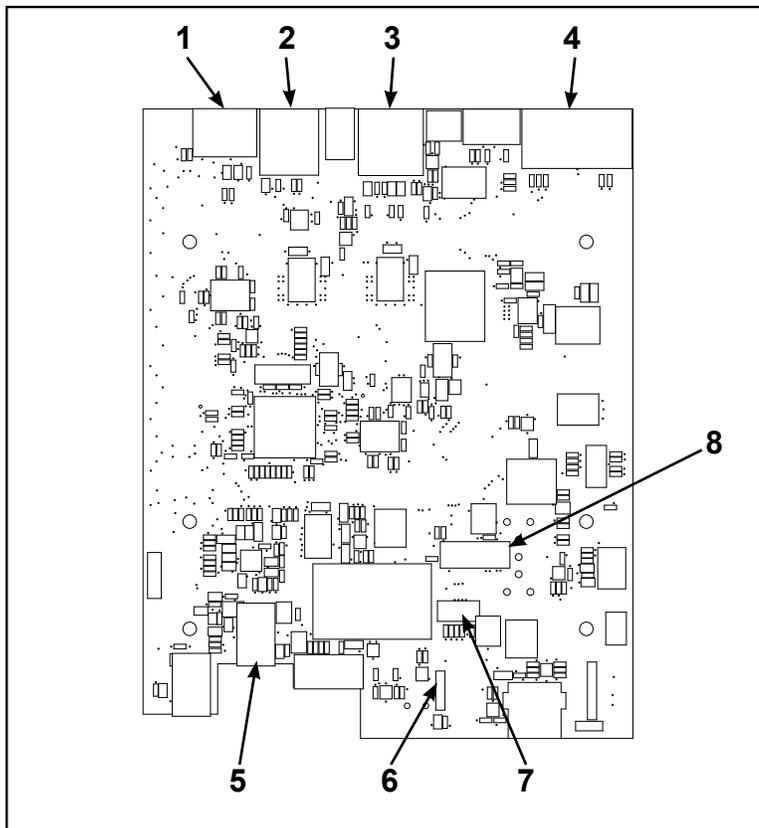
	Description
1	Bezel
2	MCC board
3	Screw (4)

Install new MCC board

Install the four screws securing the new MCC board to the bezel using a Phillips screwdriver.

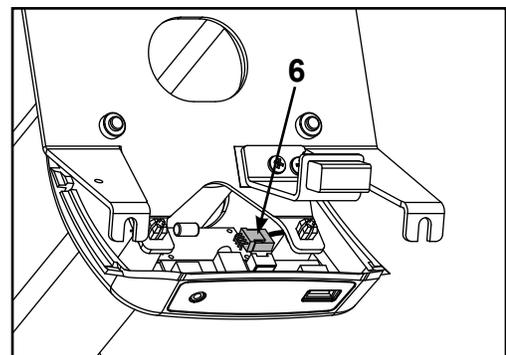
Complete installation

1. Plug cables into the new MCC board.

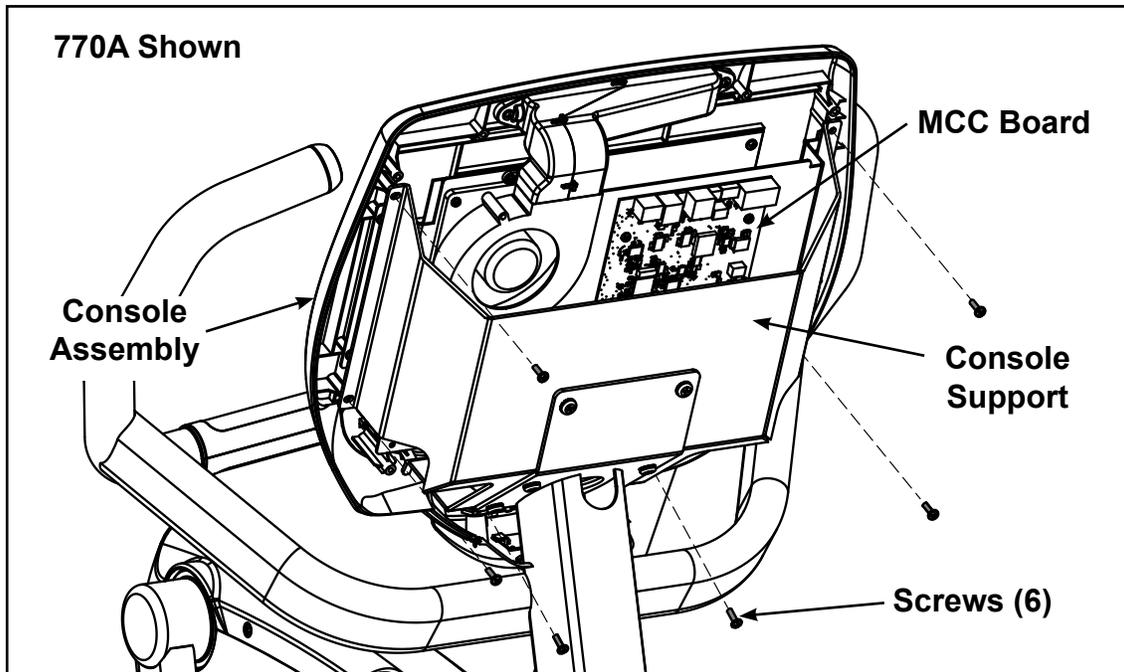


	Description
1	Wireless audio cable (optional)
2	CSAFE cable (optional)
3	Display cable
4	Display board cable
5	Headphone jack cable
6	Heart rate cable
7	Handset cable
8	iPod cable (optional)

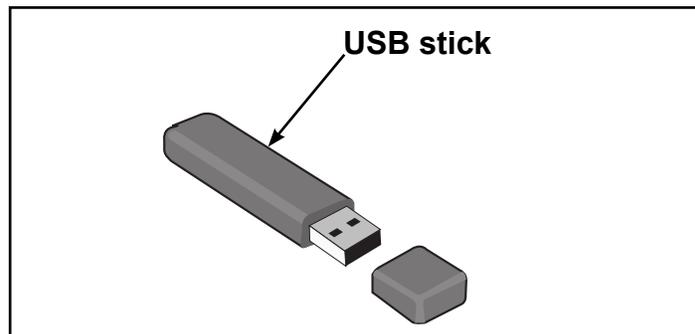
Heart Rate Board



2. Install the six screws securing the console assembly to the console support using a Phillips screwdriver.



Update software, 62XA and 62XAT models



NOTICE: Repairs and Service

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

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

Prepare USB stick

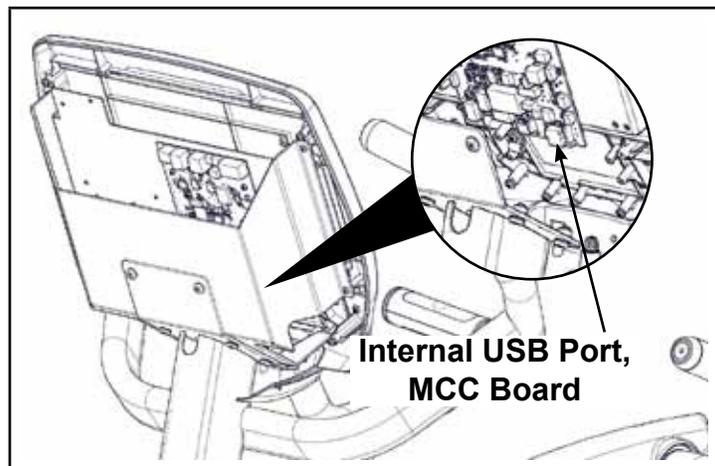
1. Plug USB stick into PC.
2. Delete any files on USB stick. Verify USB stick is blank.
3. Please go to the Team Cybex service product pages for the latest software files or contact Cybex Customer Service at 508-533-4300 to receive via email.
4. Unzip file to a folder on PC. Zip file contains one folder labeled “boot”.



5. Copy the “boot” folder to USB stick. DO NOT copy zip file to USB stick.

Install software through internal USB port

1. Access internal USB port.



2. Insert USB stick into the internal USB port. Do NOT insert USB stick into optional E3 View Monitor.
3. Start striding or plug the optional power supply cord into the power outlet.

NOTICE: Console damage may occur

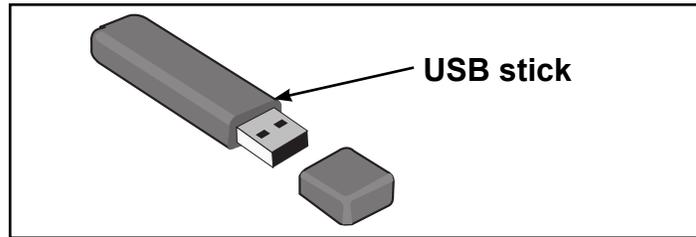
Do NOT stop striding or turn the power off, press any keys, or remove the USB stick during this procedure.

The software will load into the console. This procedure will take approximately 5 minutes. During this time there will be beeping noises from the console. When the upload is complete, the display will show [re][bot].

4. Stop striding and press **STOP** or **PAUSE** and wait for unit to power off or unplug the optional power supply cord from power outlet.
5. Remove USB stick from the internal USB port. Update software

Update software, 77XA and 77XAT models

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



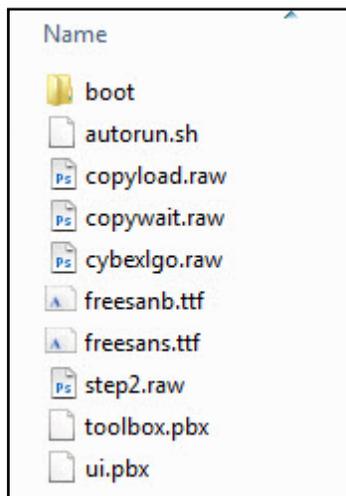
NOTICE: Repairs and Service

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

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

Prepare USB stick

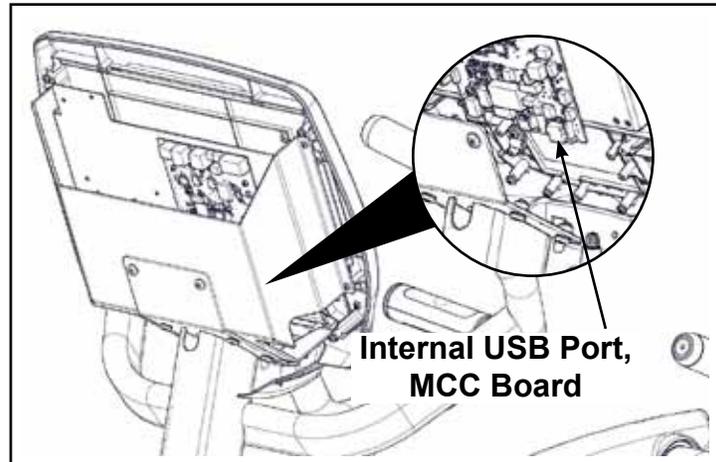
1. Plug USB stick into PC.
2. Delete any files on USB stick. Verify USB stick is blank.
3. Please go to the Team Cybex service product pages for the latest software files or contact Cybex Customer Service at 508-533-4300 to receive via email.
4. Unzip file to a folder on PC. Zip file contains one folder labeled “boot” and other files. Number of files and names vary.



5. Copy the “boot” folder and other files to USB stick. DO NOT copy zip file to USB stick. Perform both procedures for internal and external USB ports.

Install software through internal USB port

1. Access internal USB port.



2. Insert USB stick into the internal USB port. Do NOT insert USB stick into optional E3 View Monitor.
3. Start striding or plug the optional power supply cord into the power outlet.

NOTICE: *Console damage may occur*

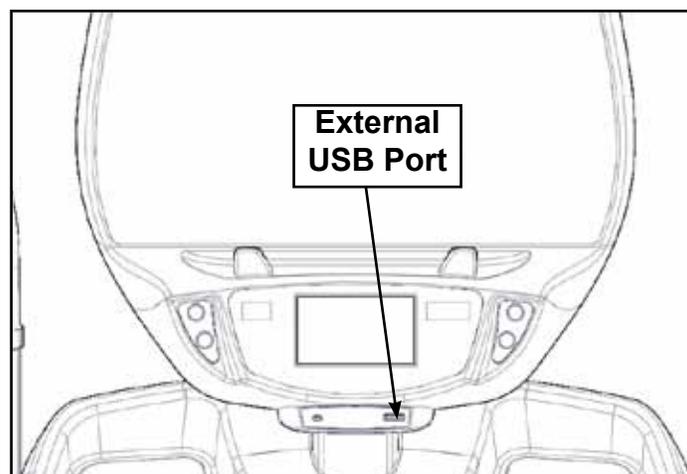
Do NOT stop striding or turn the power off, press any keys, or remove the USB stick during this procedure.

The software will load into the console. This procedure will take approximately 5 minutes. During this time there will be beeping noises from the console. When the upload is complete, the display will show [re][bot].

4. Stop striding and press **STOP** or **PAUSE** and wait for unit to power off or unplug the optional power supply cord from power outlet.
5. Remove USB stick from the internal USB port.

Install software through external USB port

1. Insert USB stick into the external USB port.



2. Start striding or plug the optional power supply cord into the power outlet.

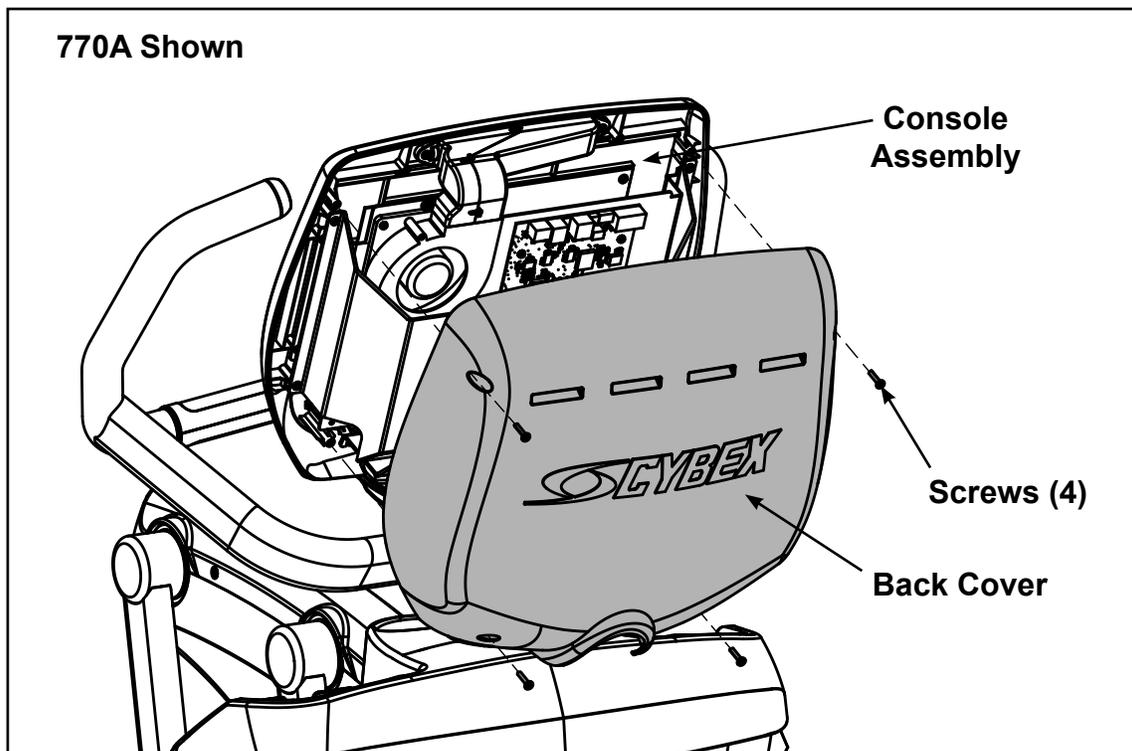
NOTICE: Console damage may occur

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

3. Wait for the progress indicator to appear on the CardioTouch screen with current status of download. The screen will display “Cycle power” when complete.
4. Stop striding and press **STOP** or **PAUSE** and wait for unit to power off or unplug the optional power supply cord from power outlet.
5. Remove the USB stick from the external USB port

Install back cover

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



Complete installation

1. Plug the optional power supply cord into the power outlet.
2. Begin striding the unit until the console lights up
3. Operate the unit at all levels to verify proper operation.