



Cybex 530C and 530R
Cycle Owner's Manual
Cardiovascular Systems
Part Number LT-18171-4 Rev H



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Cardiovascular Systems
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10 Trotter Drive Medway, MA 02053 • 888-462-9239 • 508-533-4300 • FAX 508-533-5183

www.cybexinternational.com • techhelp@cybexintl.com • techpubs@cybexintl.com • LT-18171-4 • Rev H • December 2007

About This Manual

An Owner's Manual is shipped with each unit. To purchase additional copies of this manual or any other Cybex manual, please do one of the following:

- order online at www.cybexinternational.com
- fax your order to 508-533-5183
- contact Cybex Customer Service at 888-462-9239 or 508-533-4300

To contact Cybex with comments about this manual you may send an email to techpubs@cybexintl.com.

FCC Compliance Information

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

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

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



November 15, 2007

DECLARATION OF CONFORMITY

This Declaration of Conformity is suitable to the European Standard EN 45014, "General criteria for supplier's declaration of conformity."

We,

Manufacturer: Cybox International, Inc.
10 Trotter Drive
Medway, MA 02053
USA

(508) 533-4300

EU Representative: Cybox International UK
Oaktree House
Atherstone Road
Measham
Swadlincote, Derbyshire DE12 7EL
United Kingdom
+44 (0)845 60 60 228

declare under our sole responsibility that the product(s):

Cybox 530R Recumbent Stationary Bicycle
Cybox 530C Upright Stationary Bicycle

to which this declaration relates is in conformity with the EEC directives listed herein below (including any and all relevant modifications):

73/23/EEC Low Voltage Directive

89/336/EEC Electromagnetic Compatibility

2002/95/EC Restriction of Hazardous Substances (RoHS) Directive



Art Hicks
Chief Operating Officer
Cybox International, Inc.
10 Trotter Drive
Medway, MA 02053



Worldwide Headquarters 10 Trotter Drive + Medway, MA 02053, USA + t 508.533.4300 + f 508.533.5500
1975 24th Avenue SW + Owatonna, MN 55060, USA + t 507.455.0217 + f 507.455.3446



As a result of test reports and their evaluation by accredited laboratories, we are in possession of the following certificates for products which carry this marking:

Canada, USA		CAN/CSA-C22.2 No.68-92, CAN/CSA-C22.2 No.601.1- M90, UL Std. No. 1647, FCC Part 15 Class B, EN 60335-1
European Union		73/23/EEC, 89/336/EEC

References of harmonized standards on which this declaration of conformity is based:

EN 60601-1-1 Medical electrical equipment - Part 1-1: General requirements for safety - Collateral standard: Safety requirements for medical electrical systems

EN 60601-1-2 Medical electrical equipment - Part 1-2: General requirements for safety - Collateral standard: Electromagnetic compatibility - Requirements and tests

EN 61000-4-2 Electromagnetic compatibility (EMC) - Part 4-2: Testing and measurement techniques - Electrostatic discharge immunity test

EN 61000-4-3 Electromagnetic compatibility (EMC) - Part 4-3: Testing and measurement techniques - Radiated, radio-frequency, electromagnetic field immunity test

EN 61000-4-4 Electromagnetic compatibility (EMC) - Part 4: Testing and measurement techniques - Section 4: Electrical fast transient/burst immunity test.

EN 61000-4-5 Electromagnetic compatibility (EMC)- Part 4-5: Testing and measurement techniques - Surge immunity test

EN 61000-4-6 Electromagnetic compatibility (EMC) - Part 4-6: Testing and measurement techniques - Immunity to conducted disturbances, induced by radio-frequency fields

EN 61000-4-8 Electromagnetic compatibility (EMC) - Part 4-8: Testing and measurement techniques - Power frequency magnetic field immunity test





EN 61000-4-11 Electromagnetic compatibility (EMC) - Part 4-11: Testing and measurement techniques - Voltage dips, short interruptions and voltage variations immunity tests

EN 61000-3-2 Electromagnetic compatibility (EMC) - Part 3-2: Limits - Limits for harmonic current emissions (equipment input current \leq 16A per phase)

EN 61000-3-3 Electromagnetic compatibility (EMC) - Part 3-3: Limits - Limitation of voltage changes, voltage fluctuations and flicker in public low-voltage supply systems, for equipment with rated current \leq 16 A per phase and not subject to conditional connection

EN 957-1: Stationary training equipment – General safety requirements and test methods.

EN 957-5 Stationary training equipment. Pedal crank training equipment. Additional specific safety requirements and test methods

ASTM F1250-00 Standard Safety Specification for Stationary Exercise Bikes

FCC Part 15, Subpart B – Class B Emissions

CAN/CSA-C22.2 No. 68-92 - Motor-Operated Appliances (Household and Commercial), General Instruction No. 1-2

CAN/CSA-C22.2 No. 601.1-M90 – Medical Electrical Equipment – Part 1: General Requirements for Safety

ANSI / UL-1647 3rd Edition, March 28, 1997 Rev. May 9, 2006 Motor Operated Massage and Exercise Machines.

UL-60601-1 Medical Electrical Equipment, Part 1: General Requirements for Safety



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1 - Safety

IMPORTANT: Read all instructions and warnings before using the unit.

Important Voltage Information

Before plugging the optional power adapter into an electrical outlet, verify that the voltage requirements for your area match the voltage of the optional power adapter that you have received. The power requirement for the optional power adapter is 100-240 V, 50/60 Hz, 1.0A AC. **NOTE:** Use Cybox supplied adapter only, NEMA 5-15 plug (TR-18231) or IEC-320 inlet (TR-18230).

Important Safety Instructions

(Save These Instructions)

! DANGER: To reduce the risk of electric shock, always unplug this unit from the electrical outlet immediately after using it and before cleaning it.

! WARNING: Serious injury could occur if these precautions are not observed. To reduce the risk of burns, fires, electric shock or injury:

NOTE: The data and statistics displayed on the unit (including heart rate) are not to be used to make a medical diagnosis from. Consult your physician.

User Safety Precautions

- Obtain a medical exam before beginning any exercise program.
- Stop exercising if you feel faint, dizzy, or experience pain and consult your physician.
- Obtain instruction before using. Lisez les instructions avant l'utilisation.
- Read and understand the Owner's Manual and all warnings posted on the unit before using.
- Keep clear of moving parts. DO NOT wear loose or dangling clothing while using.
- Use caution when mounting and dismounting.
- Keep children away. Teenagers and disabled must be supervised.
Tenez les enfants éloignés. Les adolescents et les handicapés doivent être surveillés.
- DO NOT use the unit if you exceed 400 lbs. (180 kg). This is the rated maximum user weight.
- Report any malfunctions, damage or repairs to the facility.
- Replace any warning labels if damaged, worn or illegible.

Cybex 530C and 530R Owner's Manual

Facility Safety Precautions

- Make sure all user and safety precautions are observed.
- Read the Owner's Manual carefully before assembling, servicing or using the equipment.
- Make sure that all users are properly trained on how to use the equipment.
- Make sure that each machine is set up and operated on a solid level surface. Do not install equipment on an uneven surface.
- Make sure there is enough room for safe access and operation of the equipment.
- Perform regular maintenance checks on the equipment. Also pay close attention to all areas most susceptible to wear, including (but not limited to) cables, pulleys, belts and grips.
- Immediately replace worn or damaged components. If unable to immediately replace worn or damaged components then remove from service until the repair is made.
- Do not attempt repairs, electrical or mechanical. Seek qualified repair personnel when servicing. If you live in the USA, contact Cybex Customer Service at 888-462-9239. If you live outside the USA, contact Cybex Customer Service at 508-533-4300.
- Disconnect the optional power adapter before servicing the cycle.
- Keep a repair log of all maintenance activities.
- Use only Cybex supplied components to maintain/repair the equipment.
- Use Cybex supplied AC power adapters only.
- Do not use attachments for the cycle unless recommended by Cybex.
- Do not use the cycle if: (1) the cycle is plugged into an optional power adapter that has a damaged cord; (2) the cycle is not working properly or (3) if the cycle has been dropped or damaged. Seek service from a qualified technician.
- Do not use the optional power adapter in damp or wet locations.
- Do not operate the cycle around or where aerosol (spray) or where oxygen products are being used.
- Do not use the cycle outdoors.

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

Cycles containing the A/V options

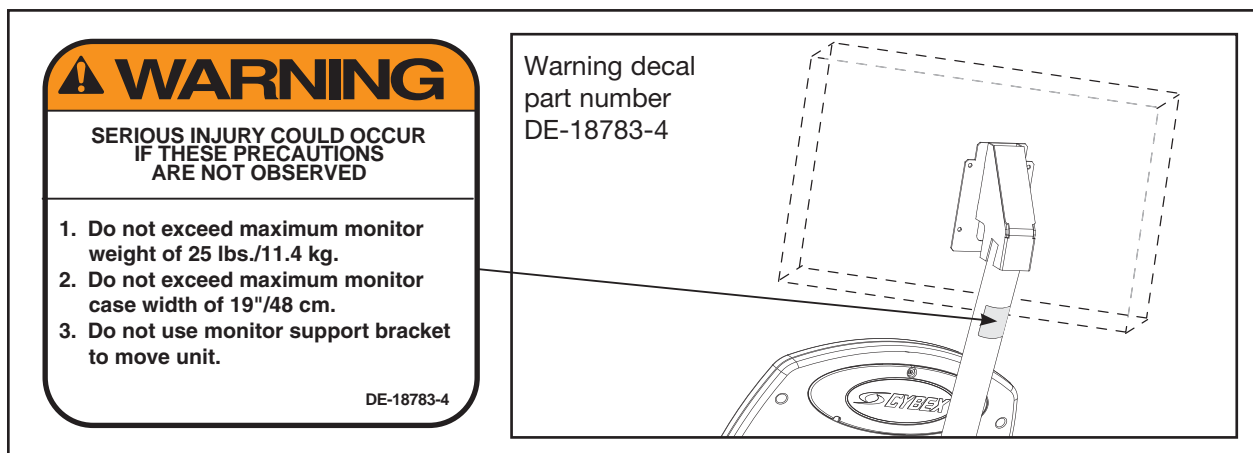
- Devices connected to Cybox equipment must comply with appropriate safety standards. This includes but not limited to: (UL-60601, IEC/EN 60601-1) for medical equipment.
- There must be adequate mechanical mounting of the device in all combinations (configurations).
- The device must be stable on the unit in all configurations.
- Risk and leakage current of the final combinations must comply with IEC/EN 60601-1-1 and is the responsibility of the end user to ensure compliance.
- Electromagnetic emissions and immunity of all configurations must conform to IEC/EN 60601-1-2.
- All added devices must have a compatible interface.
- All devices must be used for their intended purpose.
- Signal or mains isolation devices and additional protective earth may be needed to assure compliance with IEC/EN 60601-1-1.
- Do not power the entire system from a single outlet or power strip. If the unit is used with the optional power supply, ensure that this power supply is plugged in to a separate outlet than any connected device, to prevent exceeding the allowable leakage current of the system.
- End user of a system shall ensure that interruption and restoration of the power supply to any equipment or non-medical equipment of the system shall not result in a safety hazard other than interruption or cessation of its intended function.

Warning Decals

Carefully read and understand all warning decals before using the unit.

NOTE: To replace any worn or damaged decals do one of the following:
Visit www.cyboxinternational.com to shop for parts online, fax your order to 508-533-5183 or contact Cybox Customer Service at 888-462-9239. If you live outside of the USA, call 508-533-4300.

Warning Decals - A/V Option

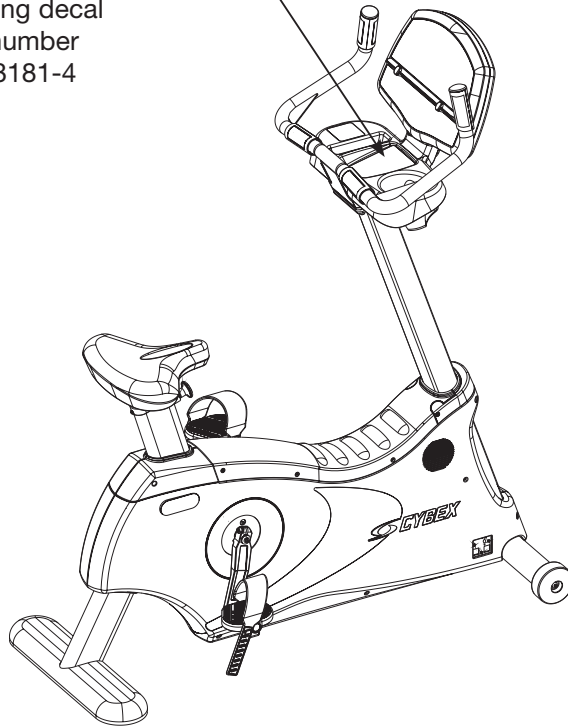


Warning Decals - 530C Cycle

Warning decals indicate a potentially hazardous situation, which, if not avoided, could result in death or serious injury. The warning decals used on the Cyber 530C Cycle are shown below.

⚠ WARNING	SERIOUS INJURY COULD OCCUR IF THESE PRECAUTIONS ARE NOT OBSERVED
<ol style="list-style-type: none">1. Obtain a medical exam before beginning any exercise program.2. Stop exercising if you feel faint, dizzy or experience pain and consult your physician.3. Obtain instruction before using. <i>Lisez les instructions avant l'utilisation.</i>4. Read and understand the Owner's Manual and all warnings posted on the unit before using.	
DE-18181-4	

Warning decal
part number
DE-18181-4



⚠ WARNING

**SERIOUS INJURY COULD OCCUR
IF THESE PRECAUTIONS
ARE NOT OBSERVED**

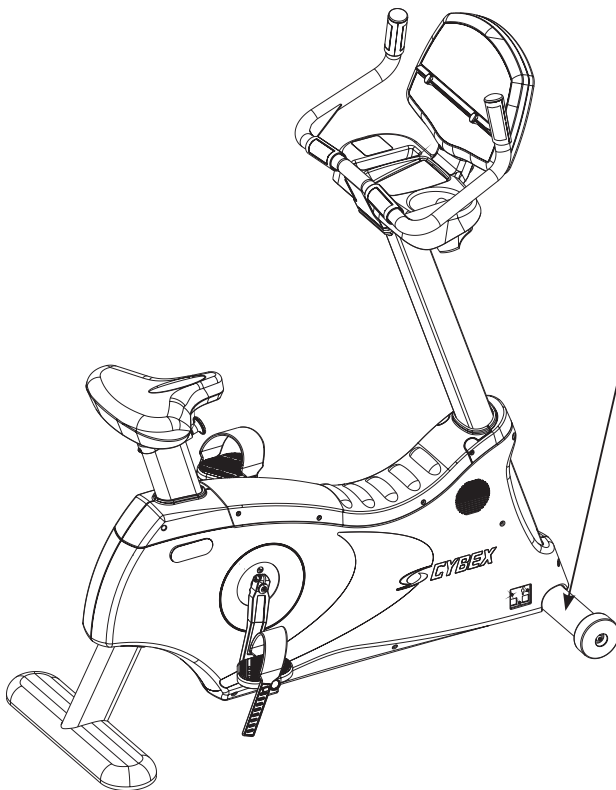
1. Keep clear of moving parts. **DO NOT** wear loose or dangling clothing while using.
2. Use caution when mounting and dismounting.
3. Keep children away. Teenagers and disabled must be supervised. Tenez les enfants éloignés. Les adolescents et les handicapés doivent être surveillés.
4. **DO NOT** use the unit if you exceed 400 lbs. (180 kg). This is the rated maximum user weight.
5. Report any malfunctions, damage or repairs to the facility.
6. Replace any warning labels if damaged, worn or illegible.

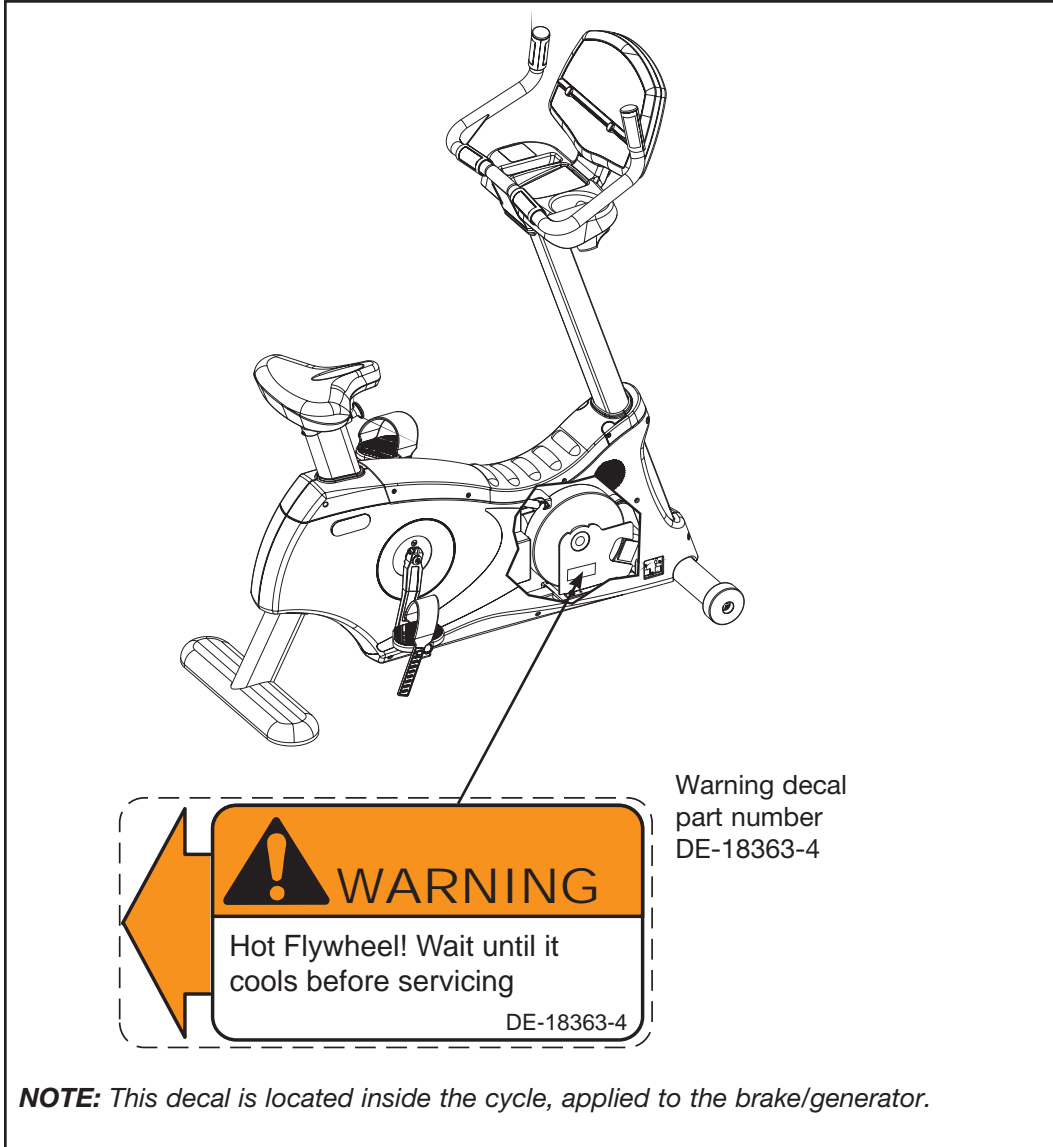
Input 9v/1.7A DC. Use Cybex supplied adapter only.
NEMA 5-15 (TR-18231) or IEC-320 (TR-18230)

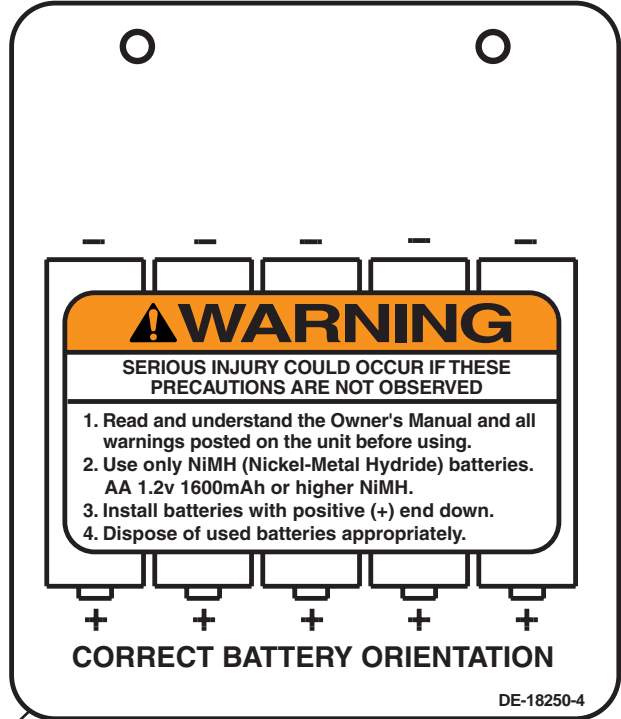


DE-18186-4

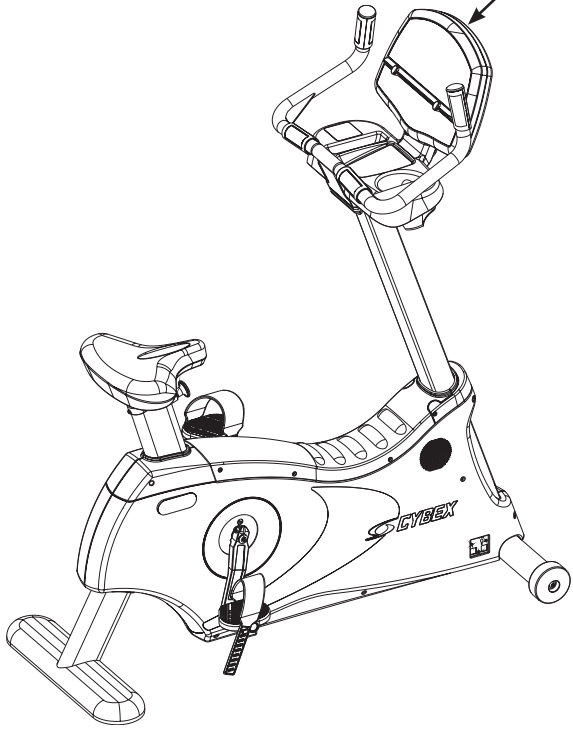
Warning decal
part number
DE-18186-4







Warning decal
part number
DE-18250-4



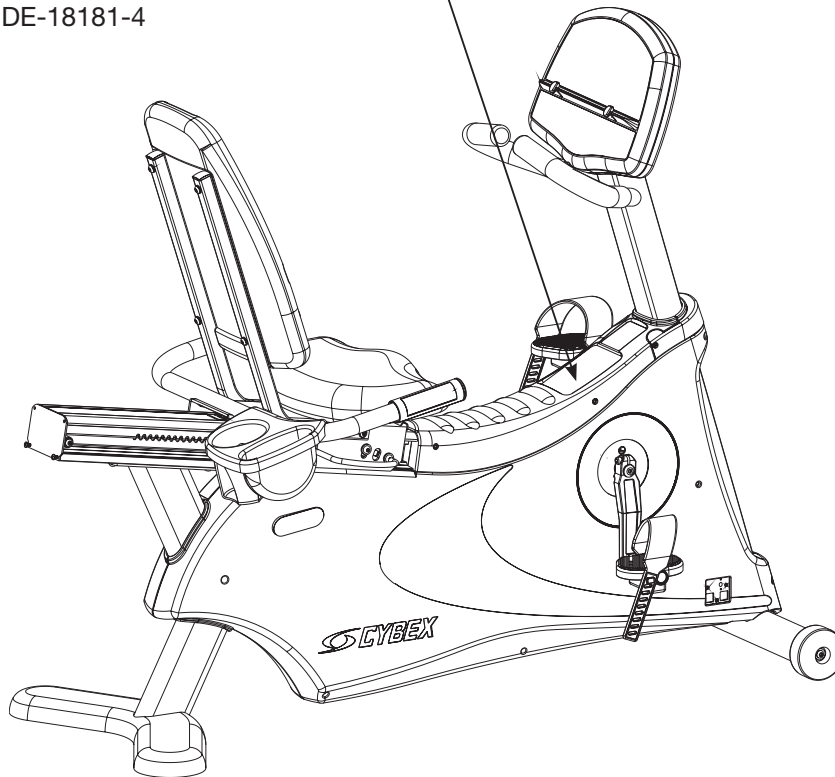
NOTE: This decal is located inside the console, viewable with access cover removed.

Warning Decals - 530R Cycle

Warning decals indicate a potentially hazardous situation, which, if not avoided, could result in death or serious injury. The warning decals used on the Cybex 530R Cycle are shown below.

! WARNING	SERIOUS INJURY COULD OCCUR IF THESE PRECAUTIONS ARE NOT OBSERVED
<ol style="list-style-type: none">1. Obtain a medical exam before beginning any exercise program.2. Stop exercising if you feel faint, dizzy or experience pain and consult your physician.3. Obtain instruction before using. Lisez les instructions avant l'utilisation.4. Read and understand the Owner's Manual and all warnings posted on the unit before using. <p style="text-align: right;">DE-18181-4</p>	

Warning decal
part number
DE-18181-4



! WARNING

**SERIOUS INJURY COULD OCCUR
IF THESE PRECAUTIONS
ARE NOT OBSERVED**

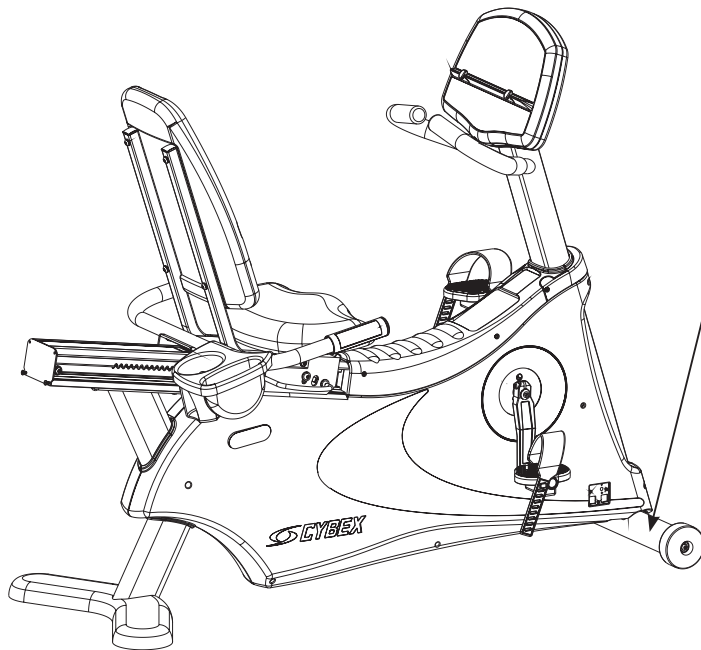
1. Keep clear of moving parts. **DO NOT** wear loose or dangling clothing while using.
2. Use caution when mounting and dismounting.
3. Keep children away. Teenagers and disabled must be supervised. Tenez les enfants éloignés. Les adolescents et les handicapés doivent être surveillés.
4. **DO NOT** use the unit if you exceed 400 lbs. (180 kg). This is the rated maximum user weight.
5. Report any malfunctions, damage or repairs to the facility.
6. Replace any warning labels if damaged, worn or illegible.

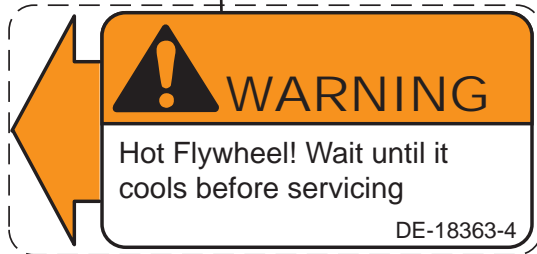
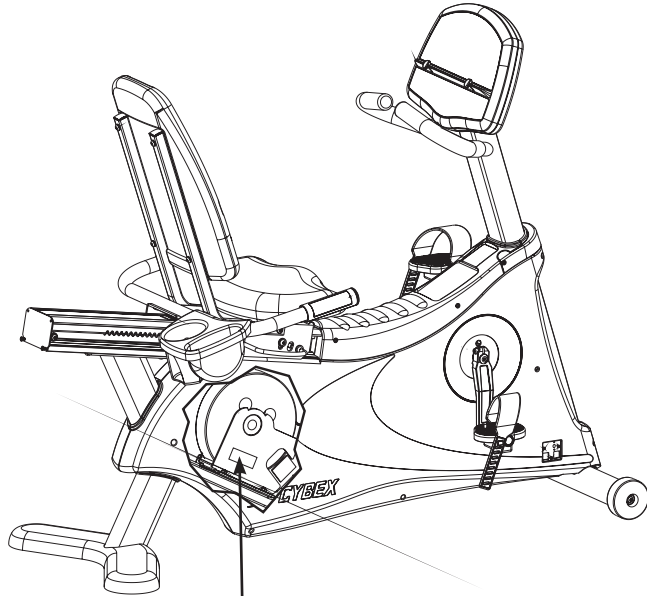
Input 9v/1.7A DC. Use Cybex supplied adapter only.
NEMA 5-15 (TR-18231) or IEC-320 (TR-18230)



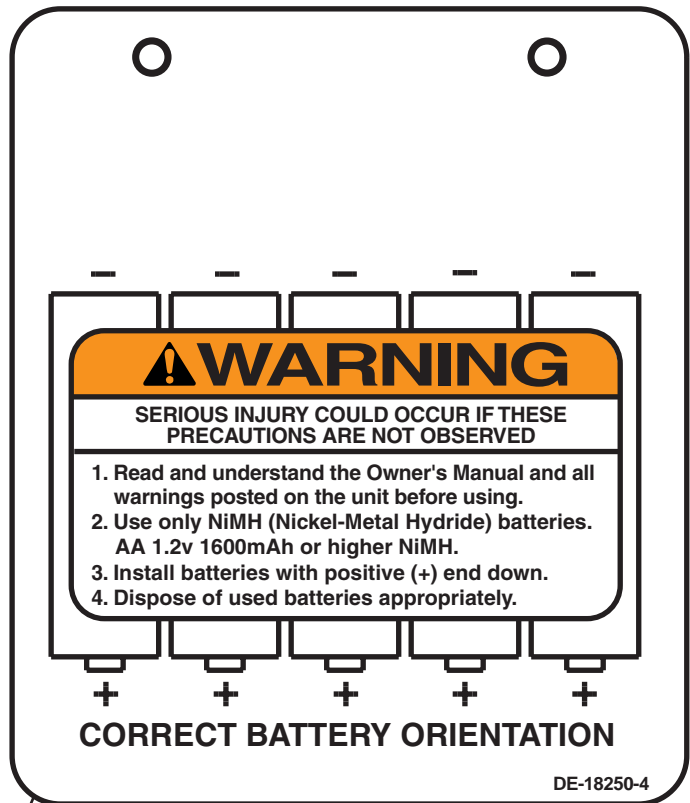
DE-18186-4

Warning decal
part number
DE-18186-4

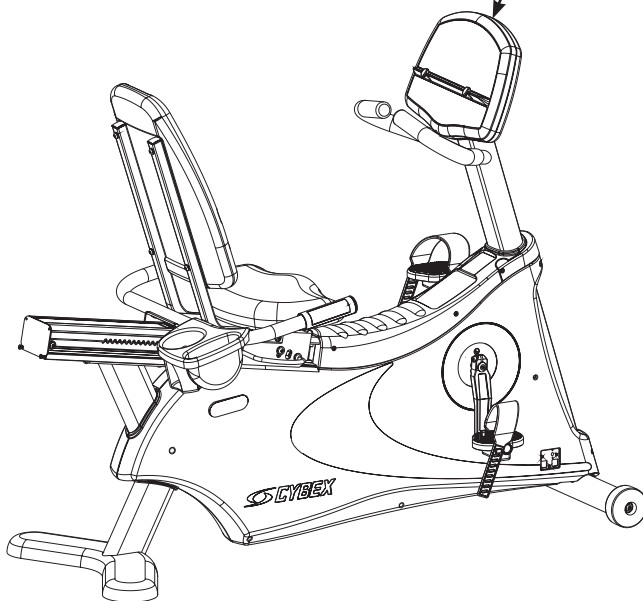




Warning decal
part number
DE-18363-4



Warning decal
part number
DE-18250-4

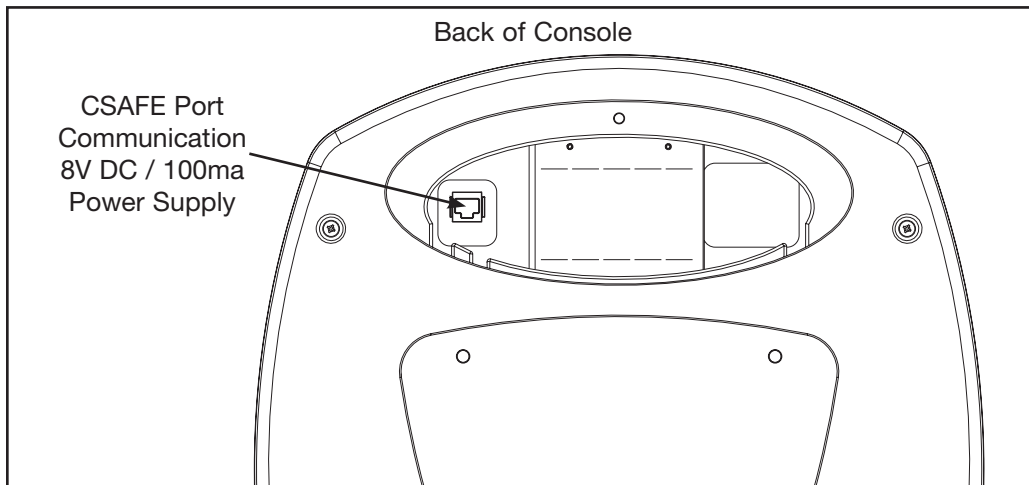


NOTE: This decal is located inside the console, viewable with access cover removed.

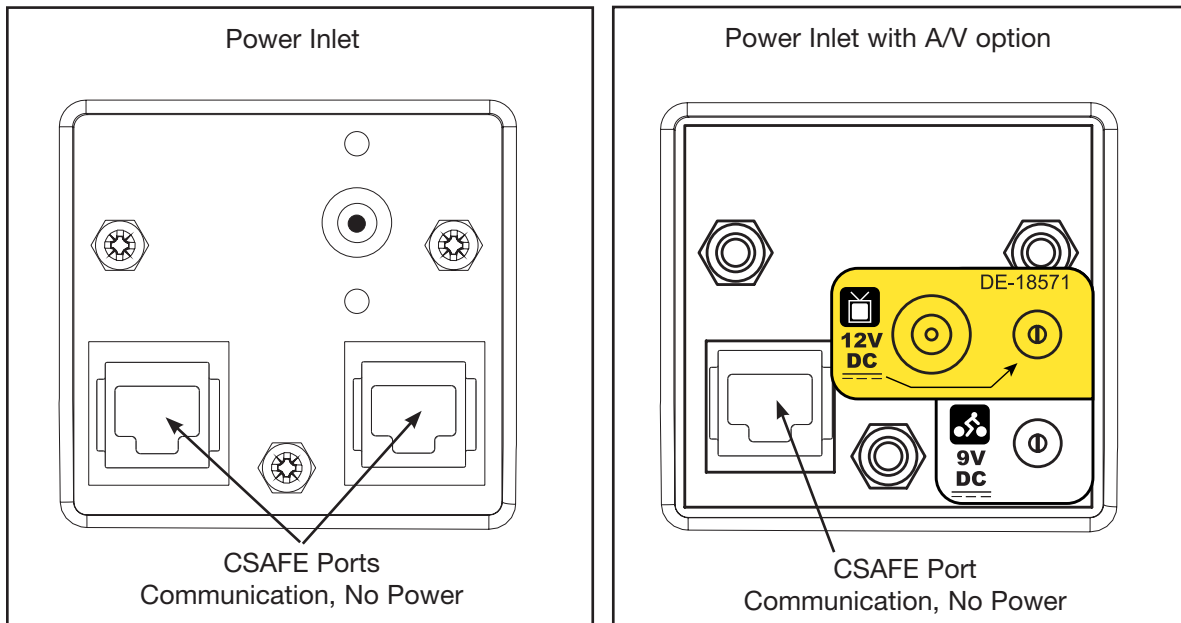
CSAFE Ports

NOTE: The CSAFE standard defines a communication protocol and low-voltage DC power source specific to the Fitness Equipment Industry. These RJ-45 phone jacks are provided for use ONLY within the CSAFE protocol. For more information on the CSAFE standard, visit www.fitlinxx.com/csafa. Not every connection carries both the communication and power capability.














NOTE: The CSAFE port inside the console, accessible through the rear battery door, is the only port in the Cybex cycle that carries BOTH the CSAFE communication lines AND the 8.0v DC CSAFE power supply. If you are attaching a CSAFE compliant device that requires power, you MUST use this connection. Power is present only when the cycle is in use or when a power supply is attached.



NOTE: The CSAFE ports provided at the base of the unit are only for use on a communications network. There is no CSAFE voltage present on these connections.



Explanation of Symbols Used

	Power adapter port - Diagram shows voltage polarity of plug used in the optional power adapter. Input 9v/1.7A DC. Use Cybex supplied adapter only.
	Class II Equipment - Classifies equipment as Class II with double insulation.
	Type BF Applied Part - Classifies equipment as Type BF, providing protection against electric shock.
	CE - The CE (Conformité Européenne) mark is a European Union approval indicating that a product complies with a European Directive.
	Pause/End(Stop) - Press once to pause program.
	Quick Start - Press to skip <i>Program Setup Mode</i> and enter <i>Manual Mode</i> .
	Up Arrow - This key adjusts Time, Level, Weight or RPM up.
	Down Arrow - This key adjusts Time, Level, Weight or RPM down.
	Level Plus - This key adjusts Level up.
	Level Minus - This key adjusts Level down.
	DC Power - This symbol is for DC power input.
	TV - This symbol is for TV signal and DC power inputs for the A/V option.
	Cycle - This symbol is for DC power input for the cycle.

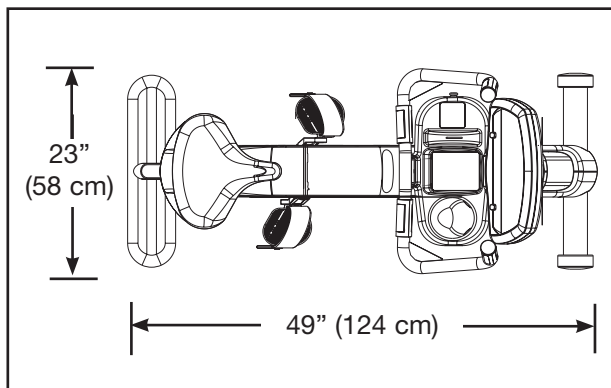
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2 - Technical Specifications

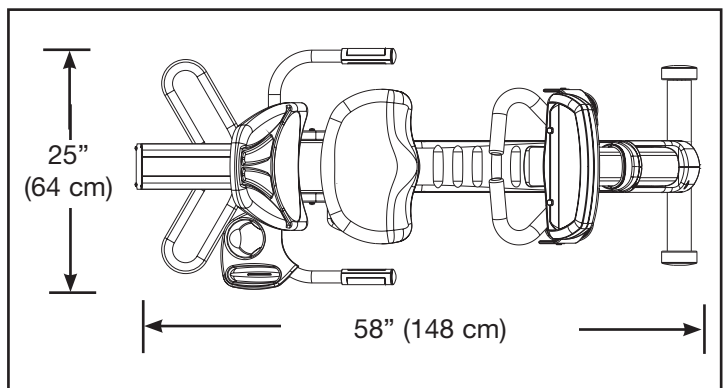
Specifications

Length:	530C Cycle, 49" (124 cm).	530R Cycle, 58" (148 cm).
Width:	530C Cycle, 23" (58 cm).	530R Cycle, 25" (64 cm).
Height:	530C Cycle, 56" (142 cm).	530R Cycle, 47" (119 cm).
Weight of Product:	530C Cycle, 143 lbs. (65 kg).	530R Cycle, 166 lbs. (75 kg).
Shipping Weight:	530C Cycle, 173 lbs. (78 kg).	530R Cycle, 196 lbs. (89 kg).
Resistance Levels:	21 (User selected in Manual or Bike Mode).	
Programs:	Quick Start, Manual, three Fitness (Constant Power) programs, three Bike (Bike Mode) programs, three Speed Controlled (Isokinetic) programs, Heart Rate Control and Fitness Test. Download custom programs using PDA or CSAFE ports.	
Console Features:	Upper console: Dot Matrix of program, large 1" LED display of distance, calories, calories per hour, METS, Watts, rotations per minute and heart rate. Lower Console: LED display of time, speed and level.	
Heart Rate Features:	Built-in wireless heart rate receiver (transmitter not included) and contact heart rate monitoring.	
Frame Colors:	Standard: White texture, black texture, silver vein, black chrome, platinum sparkle. Custom: Unlimited colors available.	
Resistance Range:	Minimum - 15 Watts; Maximum - 900 Watts.	
Maximum User Weight:	400 lbs. (181 kg).	
Power:	Self-powered or optional AC adapter for full time display.	
Connectivity:	CSAFE, Cybox Programming Advantage with "One Shot" custom programming	
Power Supply:	100-240 V, 50/60 Hz, 1.0 A, AC (9V DC, 1.7A). NEMA 5-15 plug (TR-18231) or IEC-320 inlet (TR-18230).	
Other:	Water bottle holder and utility tray.	
Options:	Channel and Volume controls on lower switch membrane for embedded A/V receiver. A/V bracket and power inlet for A/V option.	

530C Cycle



530R Cycle



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3 - Operation

Read and understand all instructions and warnings prior to using the unit. See all of the safety related information located in Chapter 1.

NOTE: Standard units contain a **Pause/end** key. See Figure 1A. Total access units contain a **Stop** key. See Figure 1B.

Terms and Symbols Used

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

Dormant Mode - The *Dormant Mode* occurs when the unit is not in use. The control panel will display a beating heart when the unit is in *Dormant Mode*. **NOTE:** The *Dormant mode* only occurs when the cycle is used with the optional power adapter.

Program Setup Mode - This begins after pressing any program key. Upon entering a program the LEDs flash, prompting the user to adjust the appropriate settings.

Active Mode - This begins immediately after pressing the **Quick Start** key (*Manual Mode*), or after the *Program Setup Mode*. The beginning of *Active Mode* is marked by a long tone. *Active Mode* continues until you reach the end of a program, press the **Pause/end(Stop)** key or stop pedaling.

Quick Start - This begins by pressing the **Quick Start** key. **Quick Start** skips the *Program Setup Mode* and begins immediately in *Manual Mode*.

Manual Mode - This begins immediately after pressing the **Quick Start** key or after pressing the **Manual** program key. In *Manual Mode* you can customize your workout **Level** and **Time** and enter your **Weight** by pressing those keys. **NOTE:** *Manual Mode* features differ from the *Manual Program*. See the *Manual Mode* section in this chapter.

Workout Review - This begins after pressing the **Pause/end(Stop)** key once, at the end of a program or when you stop pedaling for 25 seconds. The workout statistics accumulated during the previous workout session will display for 20 seconds (default setting) or until **Pause/end(Stop)** is pressed again. **NOTE:** You can change the 20 second default. See *Setting Operation Options* in Chapter 5.

Pause Mode - This begins when the you stop pedaling for 25 seconds or when you press **Pause/end(Stop)** once. While in *Workout Review* you can press the **Quick Start** key to resume your workout in *Manual Mode*. The time, calories burned and other accumulated data is remembered and added to.

▲▼ - These keys adjust **RPM, Weight, Time** or **Level** up or down.

level + - - These keys adjust **Level** up (+) or down (-).

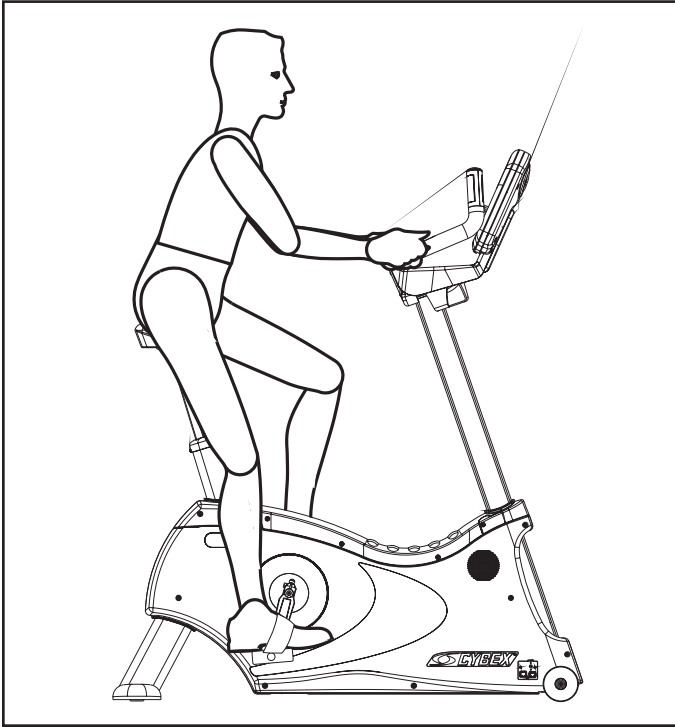
channel + - (optional) - These keys adjust **Channel** up (+) or down (-).

volume + - (optional) - These keys adjust **Volume** up (+) or down (-).

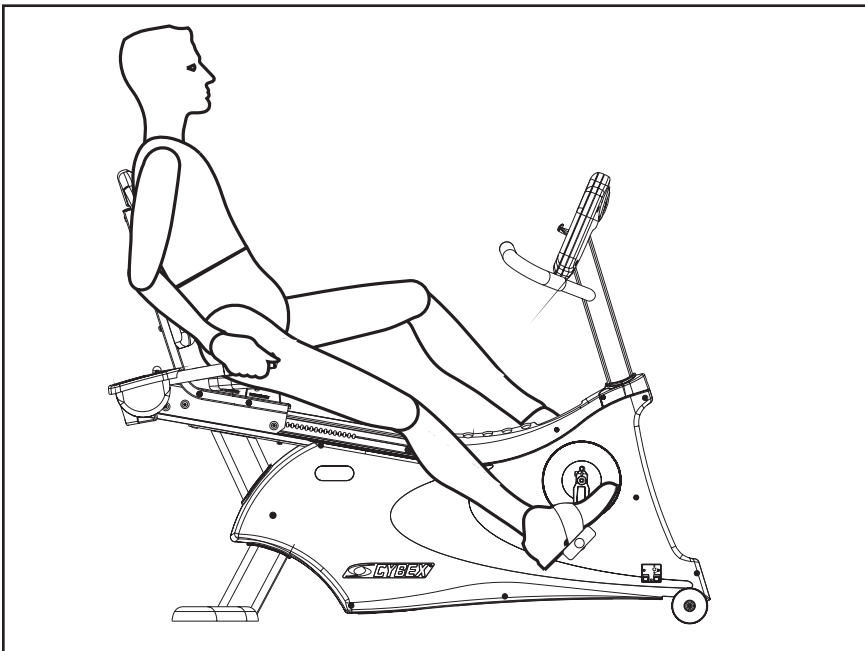
Intended Use

The intended use of this exercise equipment is to aid or improve general physical fitness and exercise. For Household or Commercial use.

530C Cycle



530R Cycle



Quick Operation Guide

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

The following is a quick overview of the operation of the unit. For more information read *Detailed Operation Guide* in this chapter.

1. Hold the handrails to steady yourself while you seat yourself and step into the pedals.
2. Begin pedaling.
3. Press any program key or press **Quick Start** to skip the settings and begin *Manual Mode* immediately.
4. If you pressed a program key to select a program, you will now be prompted for workout **Weight, Time, Level, RPM, Age** and **BPM** as appropriate. Adjust these settings with the ▲▼ arrows and press **Enter** to proceed.
5. The unit begins with a long tone then the resistance increases.
6. Press the **Level + -** keys to change the load at any time. The right display will show the current level setting.
7. Press the **Pause/end(Stop)** key at any time or stop pedaling to end the program.

! WARNING: Wait until pedals come to a complete stop before dismounting.

8. Wait until pedals come to a complete stop before dismounting the unit. Hold the handrails to steady yourself while you step off the unit.

Detailed Operation Guide

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

1. If using the optional power adapter, plug the optional power adapter into a power outlet rated for the following: 100-240 V, 50/60 Hz, 1.0 A, AC. NEMA 5-15 plug (TR-18231) or IEC-320 inlet (TR-18230). **NOTE:** Coil up the remainder of the power cord and place it out of the way.
2. If using the optional power adapter, observe that the control panel is illuminated.
3. Hold the handrails to steady yourself while you step into the pedals.
4. You now have the option to select a program or to select **Quick Start**, skip *Program Setup Mode*, and enter *Manual Mode*.

To select a program, press a program key and follow the prompts. Upon entering a program the LEDs flash, prompting you to adjust the appropriate settings. This is referred to as *Program Setup Mode*. If the **Quick Start** key is pressed now, all defaults for that program will be accepted. After 10 seconds, if no key has been pressed, the first default will be accepted. After another 10 seconds the second default will be accepted and so on until the last default. The program will not enter *Active Mode* until you press the **Enter** or **Quick Start** key.

If you press the **Quick Start** key instead of choosing a program, you will enter *Manual Mode*.

NOTE: No prompts will occur in *Manual Mode*. While in *Manual Mode*, customize your workout **Level** and enter your **Weight** by pressing those keys.

Cybox 530C and 530R Owner's Manual

NOTE: Press **Enter** after each adjustment.

5. The unit begins with a long tone. Depending on which program and level you selected, the resistance will begin to increase.
6. Observe the four displays (See Figure 1A or 1B):

The lower left display shows the workout time. During your workout the time will show in the format of minutes:seconds. If your workout exceeds ninety nine minutes and fifty nine seconds the time format will change to minutes only.

The lower right display shows the user's current resistance level, then shows speed in miles per hour.

The top center display begins showing your program profile at the left side.

The center display shows statistics or adjustable settings. This scans (every three seconds) through **Distance, Calories, Calories Per Hour, Mets, Watts** and **Rotations Per Minute**. Press the **Scan** key to toggle this feature on or off.

NOTE: The charging battery LED will light only when the battery is being charged.

NOTE: Heart Rate is scanned only when you are holding the contact heart rate grips or using Polar compatible heart rate transmitter. See Figure 1A or 1B.

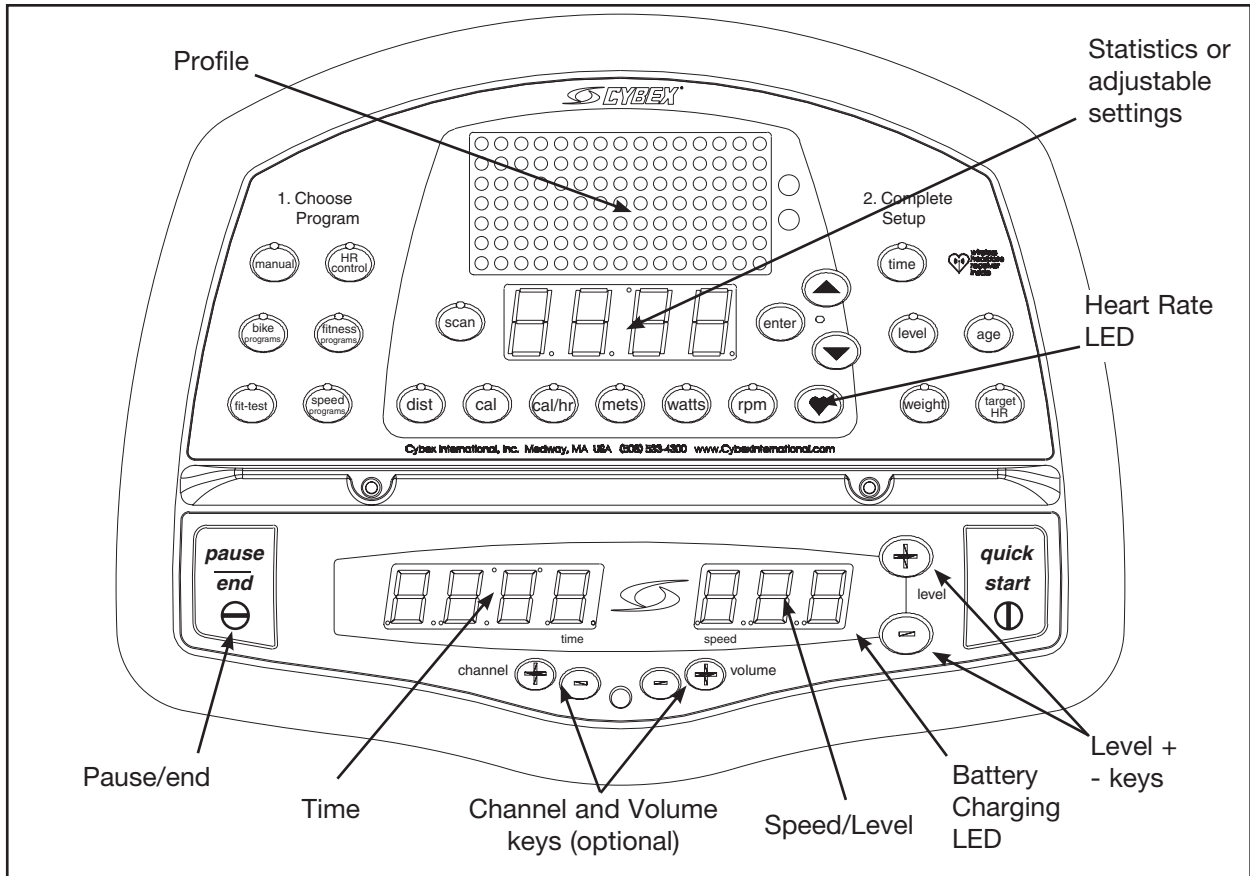


Figure 1A (Standard)

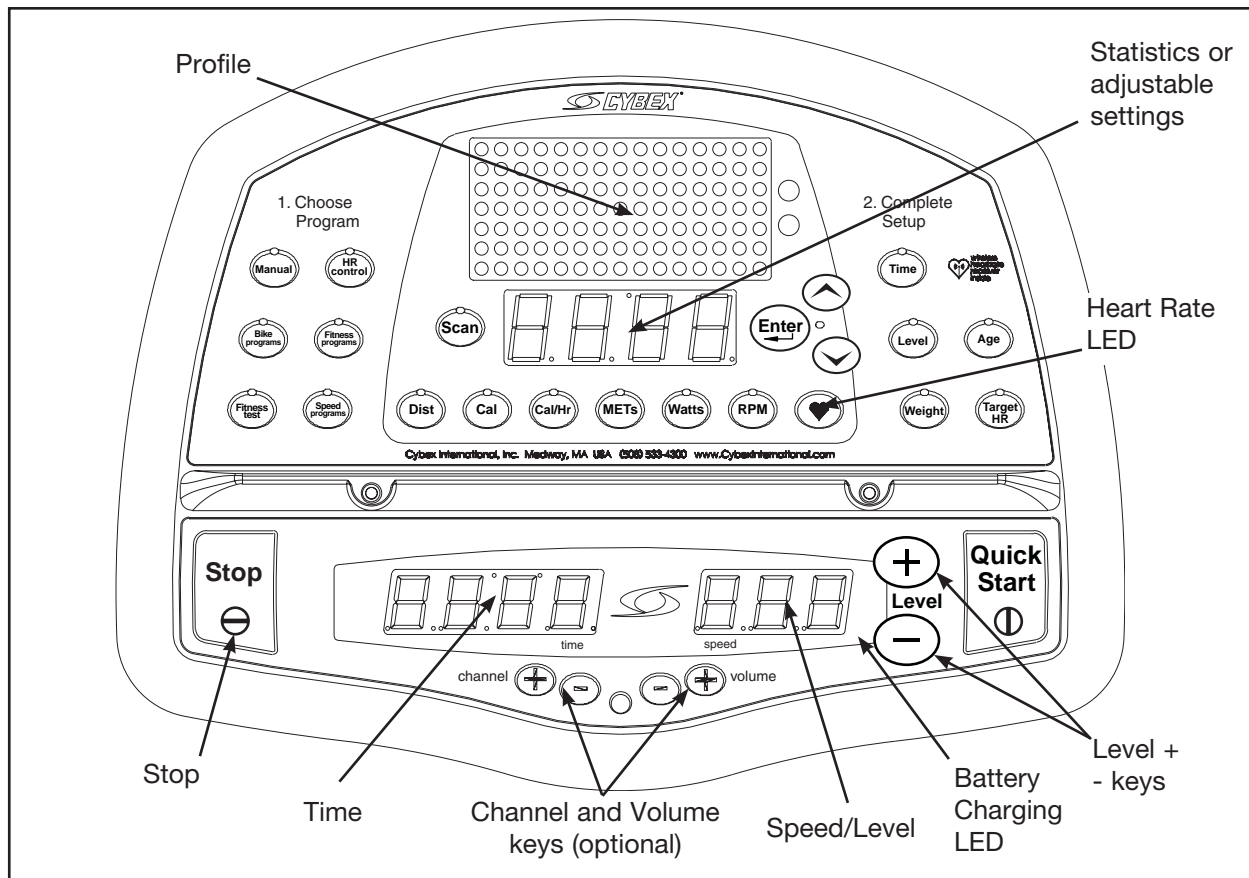


Figure 1B (Total Access)

7. Press the **Level + -** keys to change the load at any time. Pressing the + key will make your workout harder. Pressing the - key will make your workout easier. The right display will show the current level in increments of 1 from 1 to 21.
8. Press the **Pause/end(Stop)** key at any time to stop your workout. Press **Pause/end(Stop)** once to end your workout and begin your *Workout Review*. Press **Pause/end(Stop)** twice to clear the *Workout Review* and return to *Dormant Mode*.
9. When you complete a program the unit begins a countdown, “3...2...1” and sounds a tone for each count and ends with a long tone. *Workout Review* displays for 20 seconds (default setting) or until you press the **Pause/end(Stop)** key.

NOTE: Speeding up and slowing down of the unit is dependent on the user speeding up and slowing down.

! WARNING: Wait until pedals come to a complete stop before dismounting.

10. Wait until pedals come to a complete stop before dismounting the unit. Hold the handrails to steady yourself while you step off the unit.
11. The unit returns to *Dormant Mode* or powers off. (If used with optional power adapter, returns to *Dormant Mode*).

Stopping the Cybex 530 Cycle

Press **Pause/end(Stop)** once to pause your workout for 20 seconds (default setting) and to enter the *Workout Review*. As you stop pedaling and come to a complete stop all workout settings and data will remain in memory for the pre-selected time. Press the **Quick Start** key within the default setting to continue your workout. If the **Quick Start** key has not been pressed during the 20 second pause, workout data will be cleared and the display will either change to *Dormant Mode* or powers off.

Press **Pause/end(Stop)** a second time to interrupt workout data from cycling and to change the display to *Dormant Mode*.

NOTE: *Speeding up and slowing down of the unit is dependent on the user speeding up and slowing down.*

! WARNING: *Wait until pedals come to a complete stop before dismounting.*

Emergency Dismount: Follow the steps listed below if you experience pain, feel faint or need to stop your unit in an emergency situation:

1. Grip handrails for support.
2. Stop pedaling.
3. Continue holding the handrails while you step off the unit.

Control During Operation

Control keys on the display are usable during operation and may be pressed at any time to make adjustments in resistance or data readouts.

Changing Level - Press the **Level +** - keys to change the resistance in increments of 1. Minimum to maximum resistance is from 1-21.

channel + - (optional) - These keys adjust **Channel** up (+) or down (-).

volume + - (optional) - These keys adjust **Volume** up (+) or down (-).

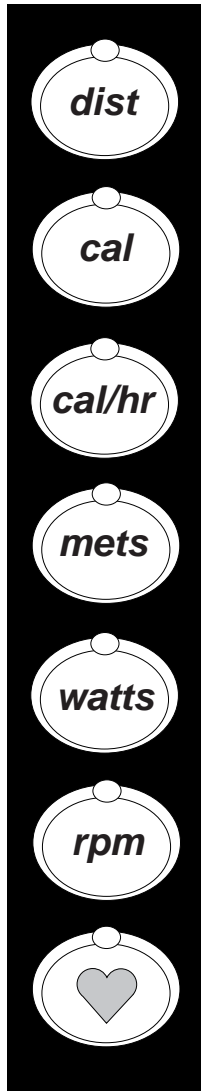
Changing Programs - When changing programs, your data from the previous program will transfer when changing from a program to *Manual Mode* or *Manual Mode* to a program.

Changing Workout Time - Press **Time** to alter the amount of time you plan to workout. You can change **Time** before or during a workout. **NOTE:** *The Max default time may limit your time. See Setting Operation Options in Chapter 5.*

Changing Data Readouts - Press **Scan** once to continue to display a set of data. Press **Scan** again and it will continually review each set of data. **NOTE:** *The automatic scan is a feature that can be toggled and/or turned on or off. See Setting Operation Options in Chapter 5.*

Data Readouts

As you exercise, the Cybex 530 Cycle keeps track of the following data:



Distance - The total accumulated distance, in miles or kilometers, during your workout. **NOTE:** Depending on the defaults you've chosen this measurement will show in English or Metric.

Calories - The total accumulated calories burned during your workout.

Calories Per Hour - Calculation of present workloads energy exertion in Calories per Hour.

Metabolic Equivalent - Relates to the user's energy expenditure. A MET is a basic unit of measurement that is used to compare relative work between individuals and activities. One MET is the amount of oxygen an individual consumes at rest. For example two mets would be twice that amount. If an individual were working at four METs he/she would be consuming oxygen at a rate equal to four times their resting consumption. METs can be used to compare walking on a grade with running or even to cycling and other activities. See *The Workout Profile* in this chapter for more information.

Watts - Present workload energy exertion in Watts.

Rotation Per Minute - Your average number of pedal crank rotations per minute at your current speed.

Heart Rate - Your current heart rate. Heart rate will appear when a signal is introduced. Use either the handgrips for Contact Heart Rate or a Polar compatible heart rate transmitter. See *Heart Rate LED* for a description of colors.

To review accumulated data after a program: The display automatically cycles through your accumulated workout data during the *Workout Review* for 20 seconds (default setting).

Displaying Heart Rate

In order to display your heart rate, you must either use a Polar compatible heart rate transmitter belt (not included) or hold the handgrips to use Contact Heart Rate.

Contact Heart Rate - Hold the handgrips on the handlebar until a heart rate is displayed, typically less than thirty seconds. For best results, hold the handgrips lightly and ensure that your hands contact both the front and back sensors of each grip. **NOTE:** *Hold your hands as steady as possible as movement can cause interference on the contacts.*

Factors that can interfere with the heart rate signal include:

- excessive movement
- body composition
- hydration
- too loose grip
- too tight grip
- excessive dirt, powder or oil
- resting or leaning on the grips

Contaminant's, such as hand lotions, oils or body powder, may come off on the contact heart rate grips. These can reduce sensitivity and interfere with the heart rate signal. Therefore, ensure you have clean hands when using the contact heart rate.

Polar Compatible Reception - To use this feature, a Polar compatible heart rate transmitter belt must be worn. To view heart rate continuously, press the **Scan** key when the Heart LED is lit or press the **Heart** key.

Heart Rate LED

When the handgrips are held for several seconds the display will show "---". Once the actual heart rate is determined the center window displays the BPM and the Heart LED lights up. See Figure 2. The color of the light represents a scale of low to high target heart rate.

Blue = 0-69 beats per minute (RESTING ZONE)
 Green = 70-93 beats per minute (WARM-UP ZONE)
 Yellow = 94-120 beats per minute (FAT BURN ZONE)
 Amber = 121-170 beats per minute (CARDIO ZONE)
 Purple = 171 & up beats per minute

NOTE: A label is on the unit to remind you what the color represents while you are working out.
 See Figure 2.

Use of Programs

! WARNING: Obtain a medical exam before beginning any exercise program. Begin comfortably with a lower level and progress with higher levels as you become acclimated.

You may choose from five different program categories. HR Control provides direct selection of target heart rate. Fitness Test predicts a persons VO₂ max level. Three of the program categories (Bike, Fitness and Speed) each provide three different profiles, with twenty one levels of difficulty for a choice of sixty three different preprogrammed options.

You may also use *Manual Mode*. With this unique combination of programs, you can tailor your workout to achieve exactly the fitness goals you desire, including: weight loss, conditioning, endurance or maintenance of overall health. The program choices are summarized as follows:

Quick Start	No profile	21 levels	Skip setup, control speed and time as you go.
Manual	No profile	21 levels	Enter time desired. Control resistance as you go.
HR control	No profile	No levels	Program controls speed and resistance.
Bike programs	3 Profiles	21 levels	Enter time desired. Level dictates resistance.
Fitness programs	3 Profiles	21 levels	Enter time desired. Level dictates resistance.
Fitness Test	No profile	No levels	Program controls speed and resistance.
Speed programs	3 Profiles	21 levels	Enter time desired. Level dictates resistance.

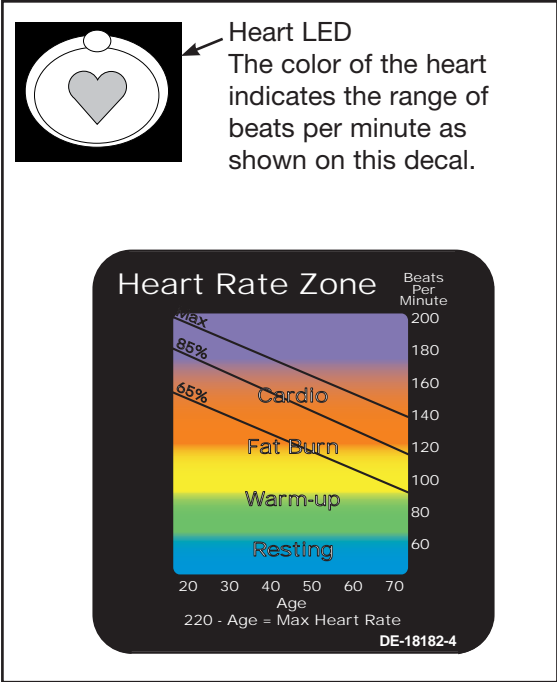


Figure 2



Manual Mode

Overview

Manual Mode is available both through **Quick Start** and through the **Manual** program where it includes the program time and user weight adjustment.

Manual Mode is not a preprogrammed workout. Instead, it allows you to choose setting as you workout. You may choose your settings according to how you feel or your endurance level. Since you remain in control, *Manual Mode* may be the best choice for beginners or for those who have not worked out in a long time.

When you workout in *Manual Mode*, be sure to include a three-to-five minute warm-up and cool-down period. You can warm-up by setting a low resistance and then gradually increase the resistance to the target for your workout. Reverse this process for your cool-down period, lowering the resistance gradually.

Press the **Quick Start** key to workout in *Manual Mode*. To increase or decrease the resistance while in *Manual Mode* use the **Level + -** keys.

Selecting the Manual program key and completing setup results in the Manual Program Active State. On entry, a long tone indicates the beginning of the session. The dot matrix has a horizontal weight of fifteen seconds per dot. Vertical weight is mode specific. The resistance mode is pre-defined in Setup to default to **Bike mode "bike"** (factory default), options are **Constant Power Mode "CP"** or **Speed Control Mode "ISO"**. Follow the instructions in the *Setup and Assembly* chapter to learn how to change setup default values.

Bike mode (bike)

User selects the level or "gear", which increases as crank speed increases and decreases as crank speed decreases to simulate riding a bicycle on the road.

Constant Power Mode (CP)

User selects the WATTs setting. The cycle controls the load relative to crank speed to maintain that power (Watt) level. Pedaling faster decreases the resistance to maintain the total power setting. Pedaling slower increases the resistance to maintain the total power setting.

Speed Control Mode (ISO)

The cycle sets an expectation in Watts, which the user must pedal at a set speed to maintain. If the user pedals harder, the cycle responds quickly by increasing resistance. If the user pedals lighter, the cycle quickly lowers resistance. The set speed and level are both available adjustments. See definition of Isokinetic on Page 3-12.

The Workout Profile

The Workout Profile matrix in the center of the display uses columns of lights to show the progress of your workout. The height of the column represents Watts, specifically the highest Watts you reached in that period. Each column represents 1 minute of your total workout time when in *Manual Mode* and 15 seconds in every other program.

Meaning of METS

What are METS?

The term MET is the abbreviation for Metabolic Equivalent. A Metabolic Equivalent is the oxygen (energy) consumption of an individual at rest. When expressed as a number larger than one, it is the ratio of oxygen consumption between that activity and the oxygen consumption at rest.

One MET is equal to an oxygen consumption of about 3.5 milliliters per kilogram body weight per minute.

As a practical tool, the MET allows for a general comparison of differing activities and relative intensities. Activities are often classified as light, moderate or vigorous, but may also be in any one of the three categories based on how hard the individual works relative to their capacity.

- Activities classified as light use less than three METs
- Activities classified as moderate require three to six METs
- Activities classified as vigorous require greater than six METs

Sport/Fitness Activities	METs	Activities of Daily Living	METs
Treadmill 3 mph, 4% incline	3.5	Cooking, standing	2.0
Treadmill 5 mph, 0% incline	3.5	Cleaning gutters	5.0
Golf, walking and carrying clubs	4.5	Watching television	1.0
Cybex Arc Trainer™, incline 5, resistance 50, 100 strides/min.	12.5	Gardening w/ heavy power tools	6.0
Soccer, competitive	10	Mowing lawn	5.5
Ice Skating, 9 mph or less	5.5	Fire fighter, general	12.0
Skiing, general	7.0	Shoveling, > 16 lb./min.	9.0
Skiing, cross county, > 8.0 mph	14.0	Carrying small children	3.0
Yoga	2.5	Using crutches	5.0
Circuit training, minimal rest	8.0	Walking up stairs	4 - 7
Mountain biking	8.5	General housework	3 - 4

Meaning of Isokinetic

What is isokinetic exercise?

Exercise performed with a specialized apparatus that provides variable resistance to a movement, so that no matter how much effort is exerted, the movement takes place at a constant speed. Such exercise is used to test and improve muscular strength and endurance, especially after injury.

Controlled Speed

The speed of exercise on the cycle is preset by the user. Speed selection is based on the objectives of the exercise program and, in the case of orthopedic and athletic rehabilitation, the treatment goals as determined by a clinician. Once the speed is selected, the cycle cannot be accelerated beyond that speed. Cranking harder produces more resistance, not higher pedal crank speed.

Accommodating Resistance

The cycle provides resistance exactly equal to the force exerted by the user. This applies throughout the entire range of the cycling motion. Fluctuations in force output in any phase of the revolution are immediately accommodated by the cycle. Not only is this feature ideal for increasing muscular strength, but in rehabilitation applications it makes exercise extremely safe and comfortable.

Programs

The Cybox 530 Cycles employ three groups of programs:

1. Bike Programs
2. Fitness Programs
3. Speed Programs

Each of the program groups work with the cycles resistance modes:

- 1. Bike Programs** are used to simulate outdoor cycling. As in outdoor cycling the effort level increases with pedal speed. With the Bike mode programs the blinking dot at the center of the dot matrix display corresponds to the workload for that level at 80 rpm. Should the user pedal faster, more LEDs will light and be displayed in the history. The same is also true for pedal speeds less than 80 RPM.
- 2. Fitness Programs** are constant-power based where the user pedals at their own pedaling rate while the cycle determines the amount of force required at the pedal to maintain the workrate dictated by the program. The Fitness programs are designed as constant power programs to ensure that the overall workload is maintained regardless of pedal RPM. This provides a highly repeatable program outcome as the user will naturally tend to select the RPM they are most efficient pedaling at.
- 3. Speed Programs** are isokinetic programs designed to motivate the user to achieve the worklevel indicated in the program at the preset speed. These are excellent for building strength and muscular endurance as isokinetic's accommodating resistance allows the user to maintain pedal RPM throughout the program as they experience fatigue.

HR Control

Program Overview

The Heart Rate Control program is interactive. By selecting a predetermined heart rate, the cycle will adapt the resistance to keep the users heart rate at that level. The cycle increases the resistance if the user slows, and decreases the resistance if the user speeds up, to maintain constant power as it attempts to meet and hold your target heart rate.

This program is exceptionally useful for those individuals just starting out as well as the athlete. By maintaining the predetermined heart rate, the user is less likely to over or under exert themselves thereby ensuring they get all they should out of their training. Over time, the user will notice that as their fitness level improves and using a given time and heart rate that they will see more ground covered, more calories burned and a higher MET level during the program.

Fitness Test

Program Overview

The Fitness Test uses the protocol developed by the YMCA. This test predicts a subject's maximal work capacity. Information gained from the Fitness Test estimates the individual's ability to consume oxygen in relation to exercise. This is known as VO2 max.

The first stage of this test is minimal work (25 watts) and considered a warm-up. The workload supplied by the cycle for each subsequent stage varies depending upon the individual's heart rate response to the previous stage. A high initial heart rate response usually indicates a deconditioned person and a small increase in work will be given for the next stage. A greater increase in work will be given to those who have a low heart rate response suggesting a conditioned individual.

The test ends if there are two consecutive stages where the heart rate response is above 110 bpm or if four stages have been completed. When the test is complete the cycle will calculate the VO2 max level and return a number. This number can then be referenced on the VO2 max Comparison Table. See Figure 3.

Men Rating	AGE					Women Rating	AGE				
	20-29	30-39	40-49	50-59	60-69		20-29	30-39	40-49	50-59	60-69
Elite	55+	52+	50+	48+	45+	49+	46+	44+	42+	40+	
Excellent	50-54	47-51	45-49	43-47	40-44	44-48	41-45	39-43	37-41	35-39	
Good	45-49	42-46	40-44	38-42	35-39	39-43	36-40	34-38	32-36	30-34	
Above Average	40-44	37-41	35-39	33-37	30-34	34-38	31-35	29-33	27-31	25-29	
Average	36-39	33-36	31-34	29-32	26-29	30-33	27-30	25-28	23-26	21-24	
Below Average	31-35	28-32	26-30	24-28	24-25	25-29	22-26	20-24	18-22	16-20	
Poor	26-30	23-27	20-25	18-23	16-20	20-24	17-21	15-19	13-17	11-15	
Very Poor	<26	<23	<20	<18	<16	<20	<17	<15	<13	<11	

VO₂ levels measured in ml/kg-min.

Figure 3

Bike - Hills

Program Overview

The Hills program is designed to give the user the experience of riding in a hilly terrain. This program uses intervals of moderate resistance to simulate relatively flat areas and intervals of substantially greater resistance to simulate steeper grades. Likewise the two-minute work segments are intended to tax the users capabilities, while the two-minute rest allows for recuperation and allows for repeated work segments. See Figure 4.

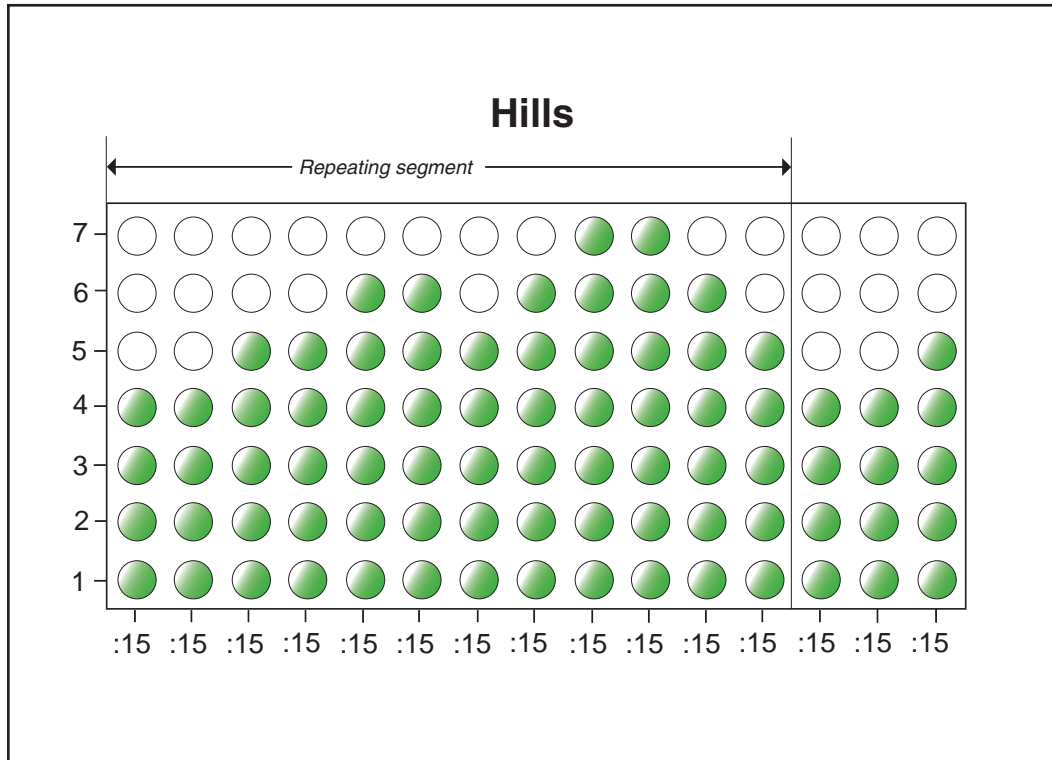


Figure 4

Bike - Rolling Hills

Program Overview

The Rolling Hills program is designed to give the user the experience of riding in a hilly terrain. Very similar to the *Hills* program with more time spent at each level. This program uses intervals of moderate resistance to simulate relatively flat areas and intervals of substantially greater resistance to simulate steeper grades. Likewise the two-minute work segments are intended to tax the users capabilities, while the two-minute rest allows for recuperation and allows for repeated work segments. See Figure 5.

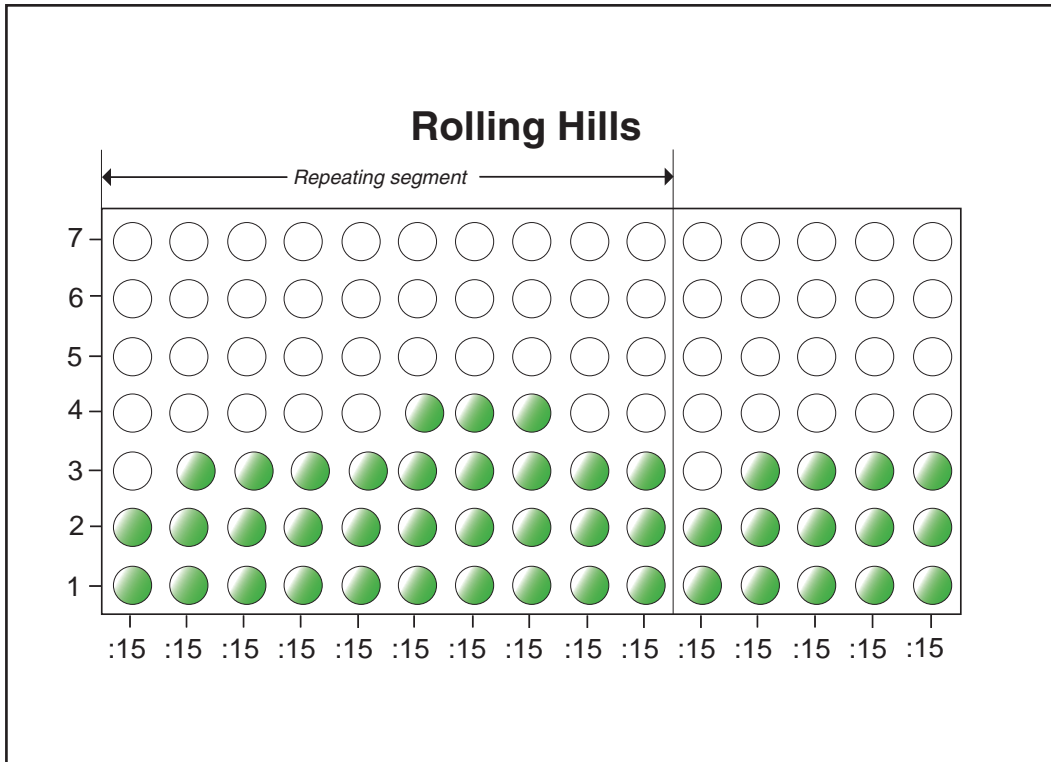


Figure 5

Bike - Pikes Peak

Program Overview

The Pikes Peak program begins with a modest level of resistance and then gradually ramps to its peak and then remains at that level for 45 seconds before ramping back down to its beginning level. See Figure 6.

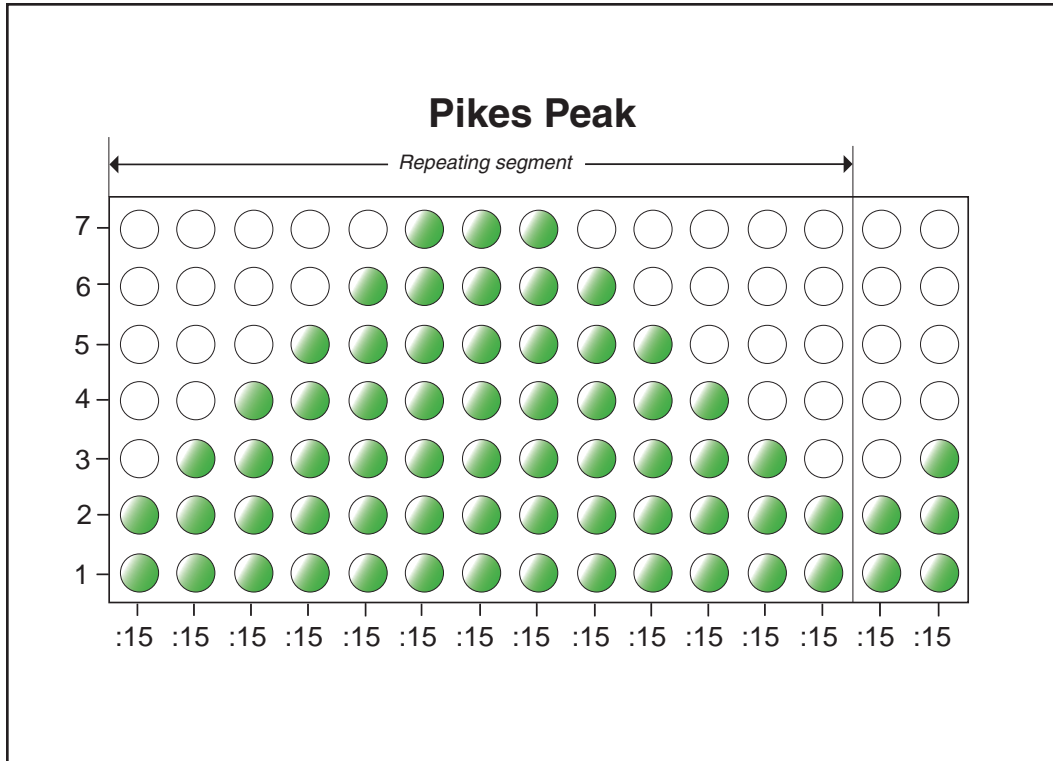


Figure 6

Fitness - Interval

Program Overview

The Interval program utilizes a 1:2 (work:rest) ratio with the work period lasting for 30 seconds. This allows for moderate and balanced taxation of both the aerobic and anaerobic energy systems. As such this program is useful to those who desire improving both their aerobic and anaerobic capabilities. See Figure 7.

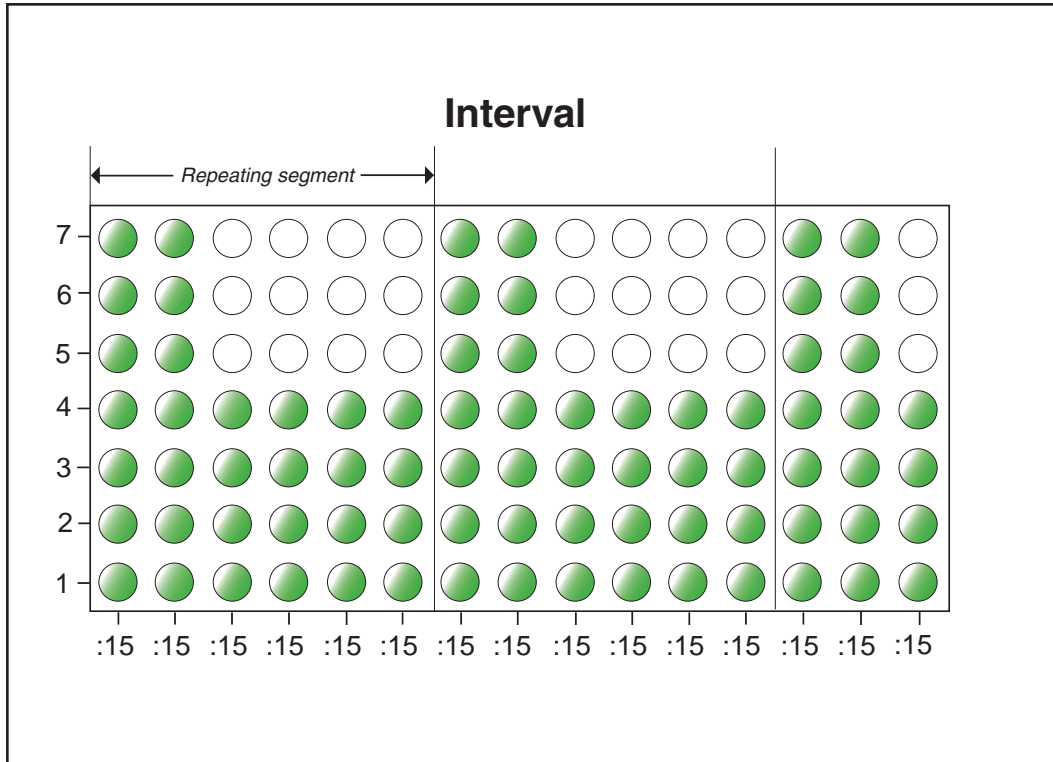


Figure 7

Fitness - Weight Loss

Program Overview

The Weight Loss program is designed for low to medium intensity training that the user can sustain for an extended period of time. It builds from a low intensity baseline to include segments of higher resistance. The different resistance levels provide for periods of higher expenditure and training without the introduction of undue fatigue allowing the user to perform for longer periods of time. See Figure 8.

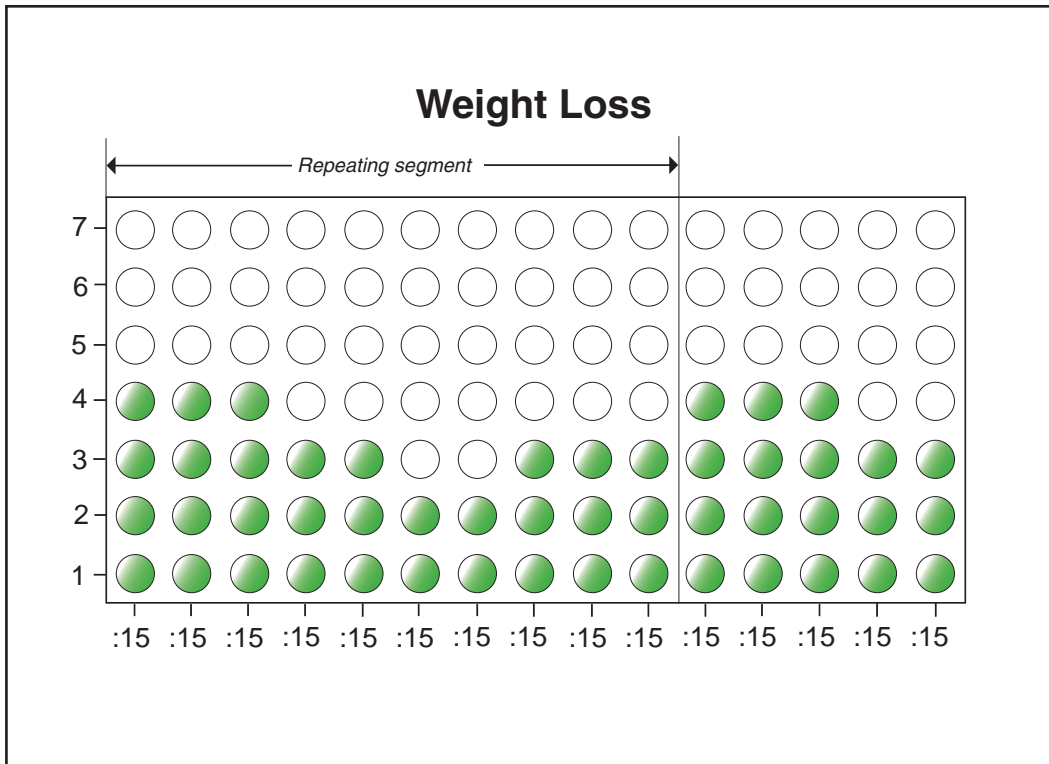


Figure 8

Fitness - Cardio

Program Overview

The Cardio program is designed for experienced users that desire a high intensity cardiovascular training experience. The two-minute work interval with high resistance ensures that the aerobic energy system is completely taxed, while the subsequent two-minute rest interval allows for recovery enabling a repeat at the higher work rate. See Figure 9.

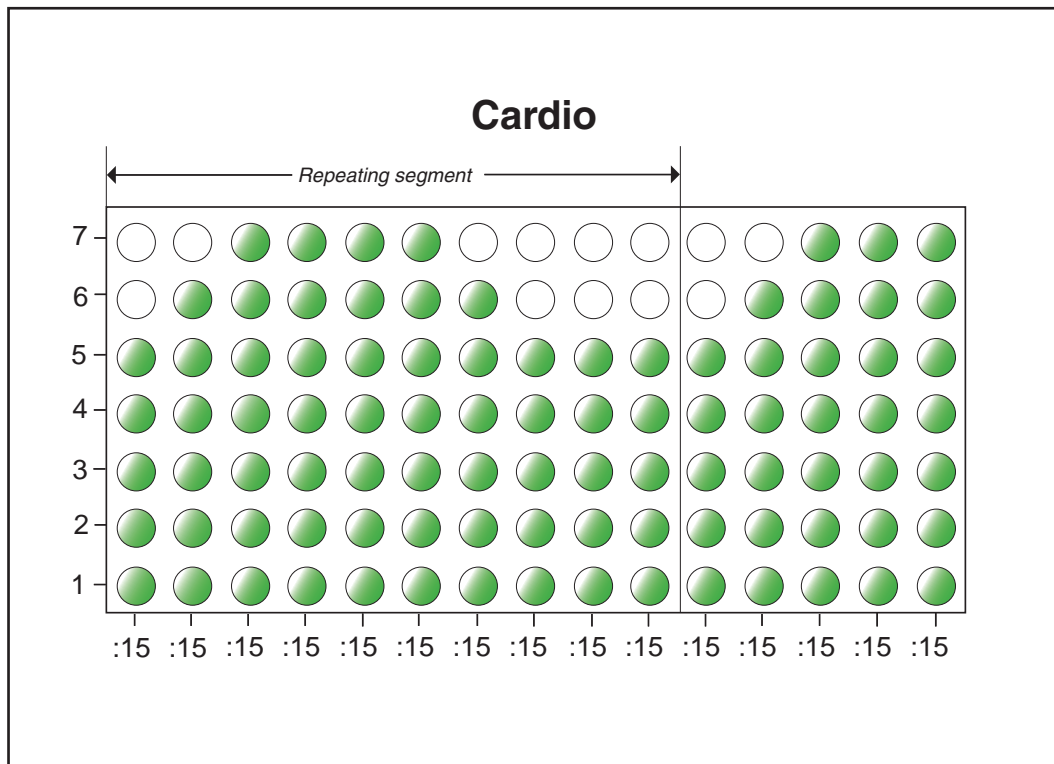


Figure 9

Speed - Strength

Program Overview

The Strength program is designed with the specific goal of taxing the anaerobic energy system and encouraging maximal power development. This program uses a 1:3 (work:rest) ratio using 15 second intervals. The work period displays a high workload goal during work segments to encourage the user to work maximally while the rest periods show very low workloads to encourage recuperation. See Figure 10.

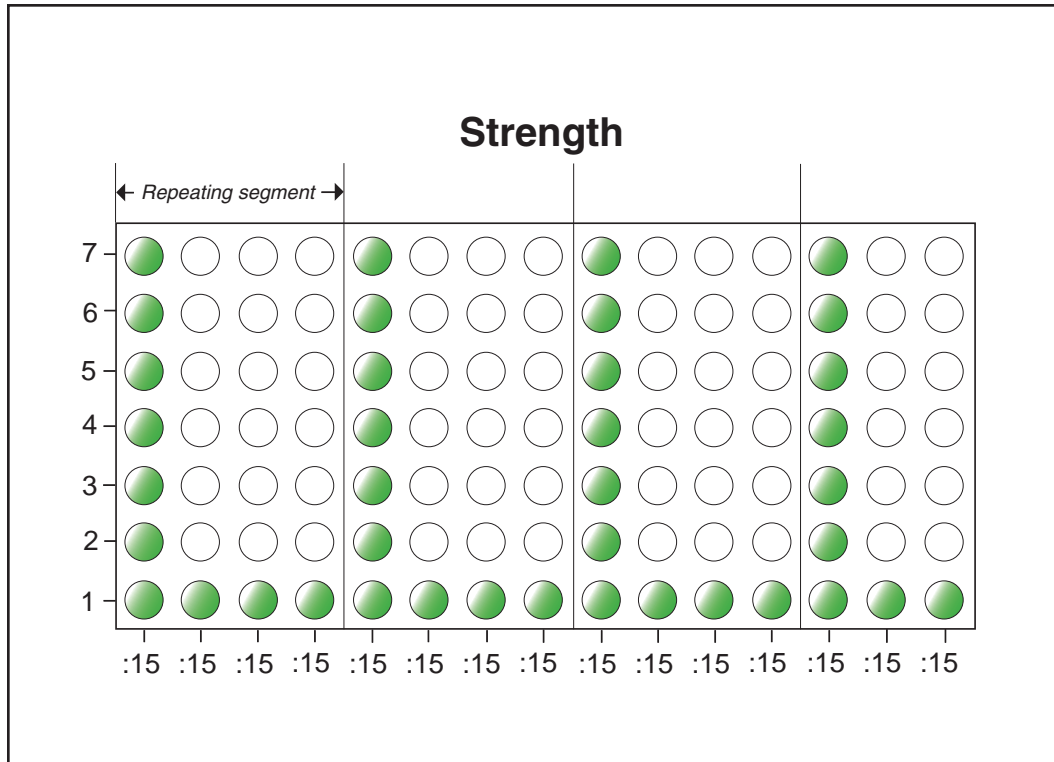


Figure 10

Speed - Steady

Program Overview

The Steady program is designed to encourage the user to pedal at a steady state with the predetermined level at the selected speed. See Figure 11.

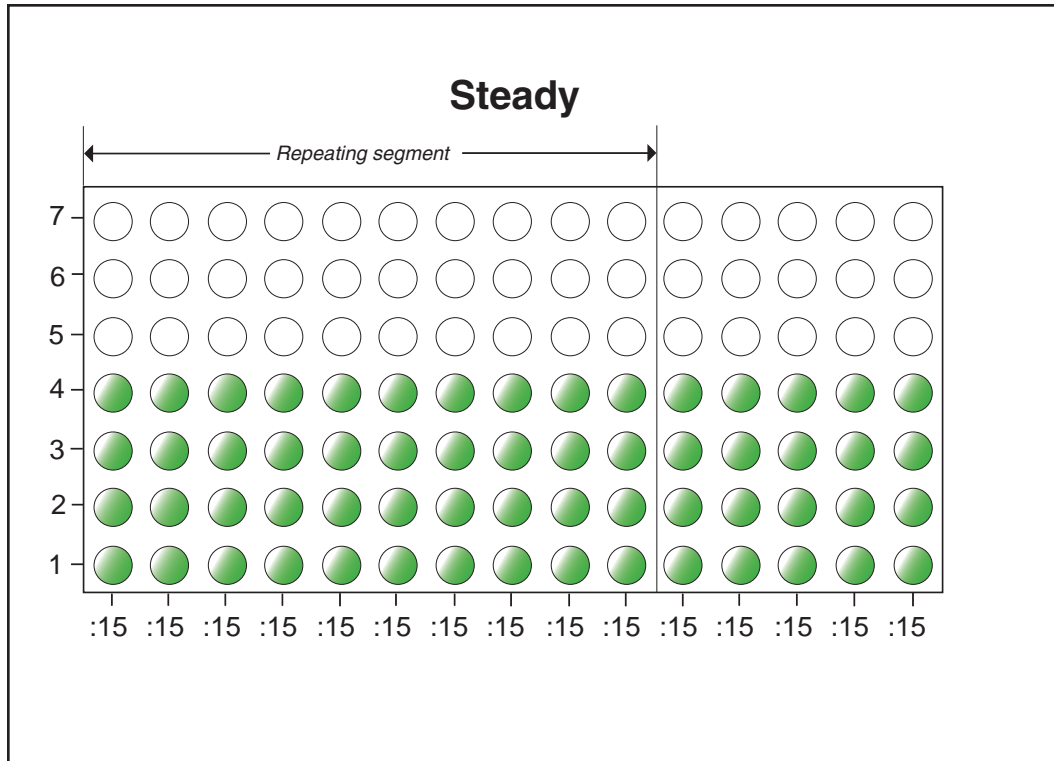


Figure 11

Speed - Ramps

Program Overview

The Ramps program is designed to encourage the user to work progressively towards their anaerobic energy system. The Speed program mode will allow the user to maintain pedal speed as the user fatigues. When the user is not capable of attaining the targeted workload, the accommodating resistance adjusts the load accordingly. See Figure 12.

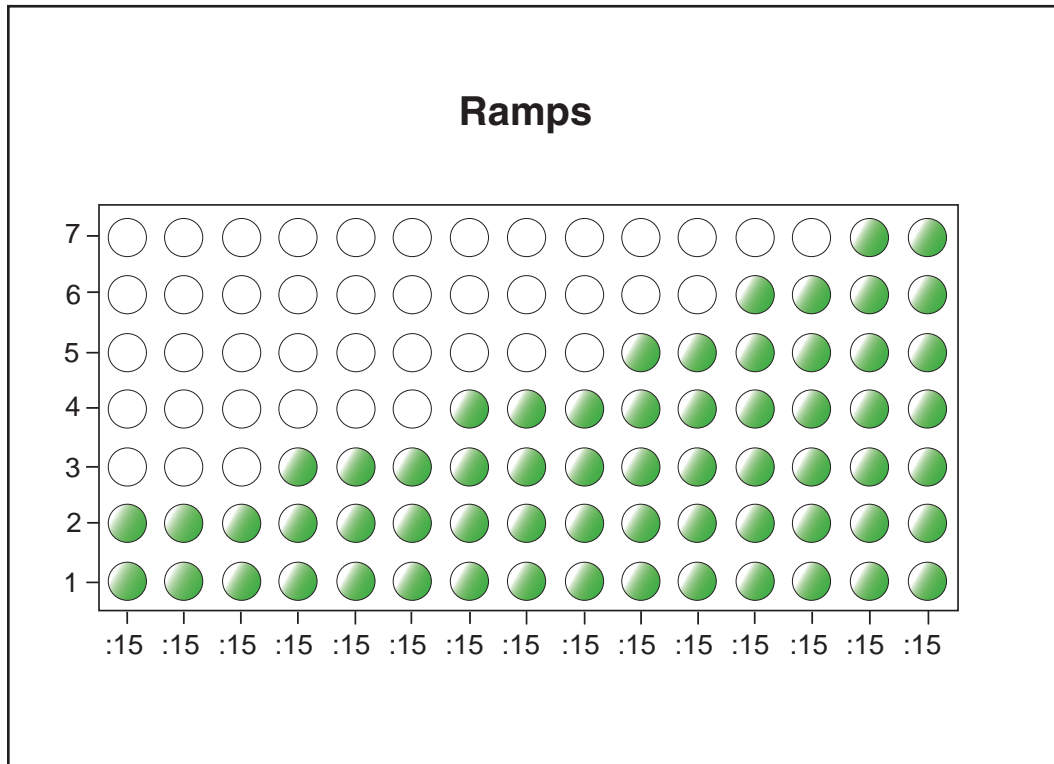


Figure 12

4 - Preventive Maintenance

Warnings

All warnings listed in this chapter are as follows:

- ! WARNING: All maintenance activities shall be performed by qualified personnel. Failure to do so could result in serious injury.***
- ! WARNING: To prevent electrical shock, be sure that the unit is unplugged from the electrical outlet before performing any cleaning or maintenance procedures.***
- ! WARNING: Disconnect the optional power adapter before beginning this procedure. Keep wet items away from inside parts of the unit. Do not touch components on the lower board. A charge can remain even if the unit is unplugged.***
- ! WARNING: The flywheel may be hot. Wait until it cools before servicing.***
- ! WARNING: Use only NiMH batteries. Use of any other kind of battery may cause them to leak, rupture or explode, resulting in personal injury and property damage.***

Regular Maintenance Activities

- ! WARNING: All maintenance activities shall be performed by qualified personnel. Failure to do so could result in serious injury.***

Preventive maintenance activities must be performed to maintain normal operation of your unit. Keeping a log of all maintenance actions will assist you in staying current with all preventive maintenance activities.

NOTE: Worn or damaged components shall be replaced immediately or the unit removed from service until the repair is made.

NOTE: Cybex is not responsible for performing regular inspection and maintenance actions for your unit. Instruct all personnel in equipment inspection and maintenance actions and also in accident reporting/recording.

Cleaning Your Cybex 530 Cycle

! WARNING: To prevent electrical shock, be sure that the unit is unplugged from the electrical outlet before performing any cleaning or maintenance procedures.

When cleaning your unit spray a mild cleaning agent, such as a water and dish soap solution, on a clean cloth first and then wipe the unit with the damp cloth.

NOTE: Do not spray cleaning solution directly on the unit. Direct spraying could cause damage to the electronics and may void the warranty.

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

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

As Needed - Vacuum any dust or dirt that might accumulate under or around the unit. Every three months vacuum the fan's vent to prevent buildup of dust. See Figure 1.

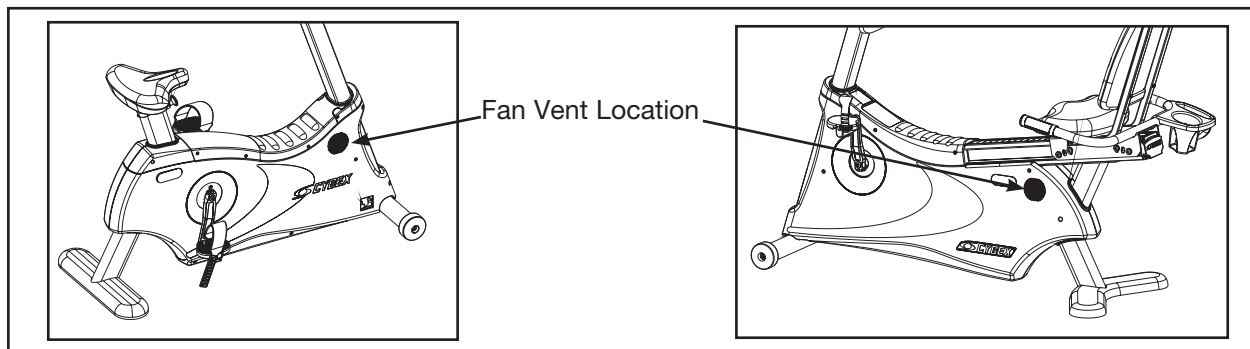


Figure 1

! WARNING: Disconnect the optional power adapter before beginning this procedure. Keep wet items away from inside parts of the unit. Do not touch components on the lower board. A charge can remain even if the unit is unplugged.

To clean inside the unit, remove the Phillips head screws securing the covers in place. Use a vacuum attachment or hand vacuum to clean the exposed areas and remove dirt and debris off of internal components.

Use a dry cloth to wipe all exposed areas. Replace the covers and secure them with the screws when finished.

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

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

Drive Belt Maintenance

There are two drive belts that may become worn or cracked. See Figure 2.

Primary Belt - This is the wider of the two belts. It has ten ribs that keep it aligned on the large drive pulley.

Secondary Belt - This is the narrower of the two belts. It has six ribs that keep it aligned on the secondary pulleys.

Follow this *Drive Belt Maintenance* procedure to ensure that the belts are aligned properly and in good condition. **NOTE:** *If a belt has cracks or appears worn, it must be replaced immediately by a qualified service technician.*

Tools Required

- 6 mm, Allen wrench
- Phillips head screwdriver

! WARNING: *Disconnect the optional power adapter before beginning this procedure. Keep wet items away*

from inside parts of the unit. Do not touch components on the lower board. A charge can remain even if the unit is unplugged.

1. Read and understand this *Drive Belt Maintenance* section thoroughly before proceeding to step 2.
2. Disconnect the optional external power source.
 - A. If your unit is has an optional power adapter, Unplug the power adapter from the power outlet.

Cybox 530C Cycle

3. Remove the crank arms.
 - A. Using a 6 mm Allen wrench, remove the two screws and washer securing each of the crank arms. See Figure 3.
 - B. Remove the crank arms. **NOTE:** *The cycle is equipped with a left and a right crank arm. The right crank arm has a pin that inserts into a hole in the drive sprocket.*

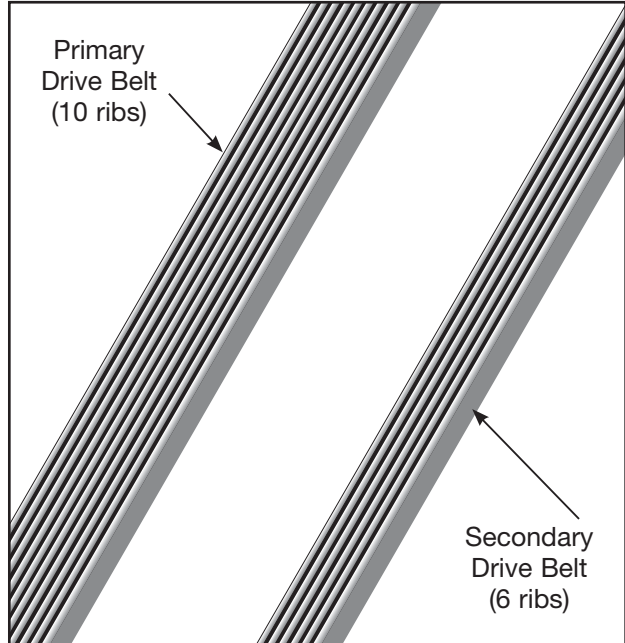


Figure 2

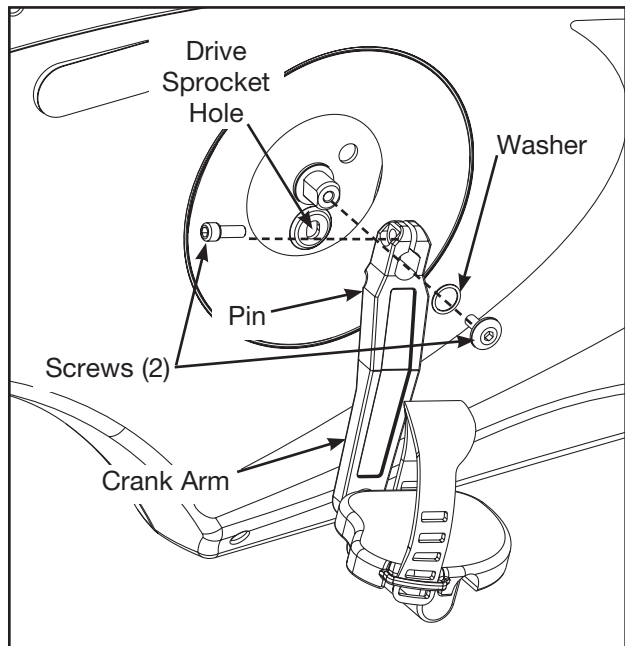


Figure 3

4. Remove the access covers.

- A.** Using a Phillips head screwdriver, remove the three screws securing the front cap in place. See Figure 4.
- B.** Remove the front cap.
- C.** Remove the six screws securing the top cap in place. Remove top cap. See Figure 5.
- D.** Remove the seven screws securing the right cover in place. Remove right cover. See Figure 5.
- E.** Remove the two screws securing the left cover in place. Remove left cover. See Figure 5.

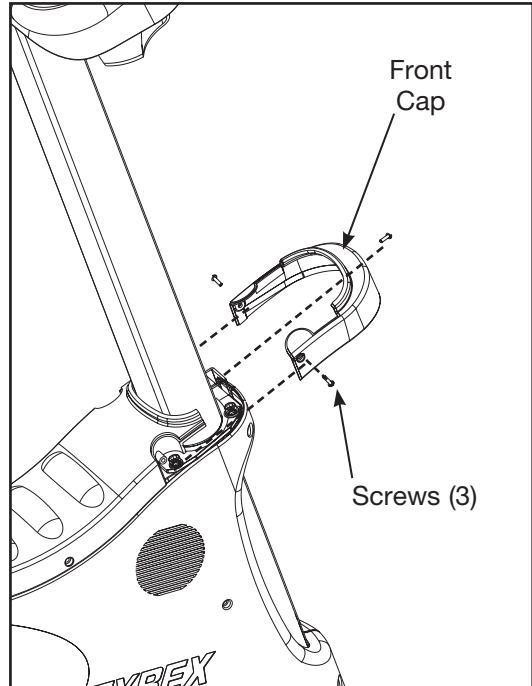


Figure 4

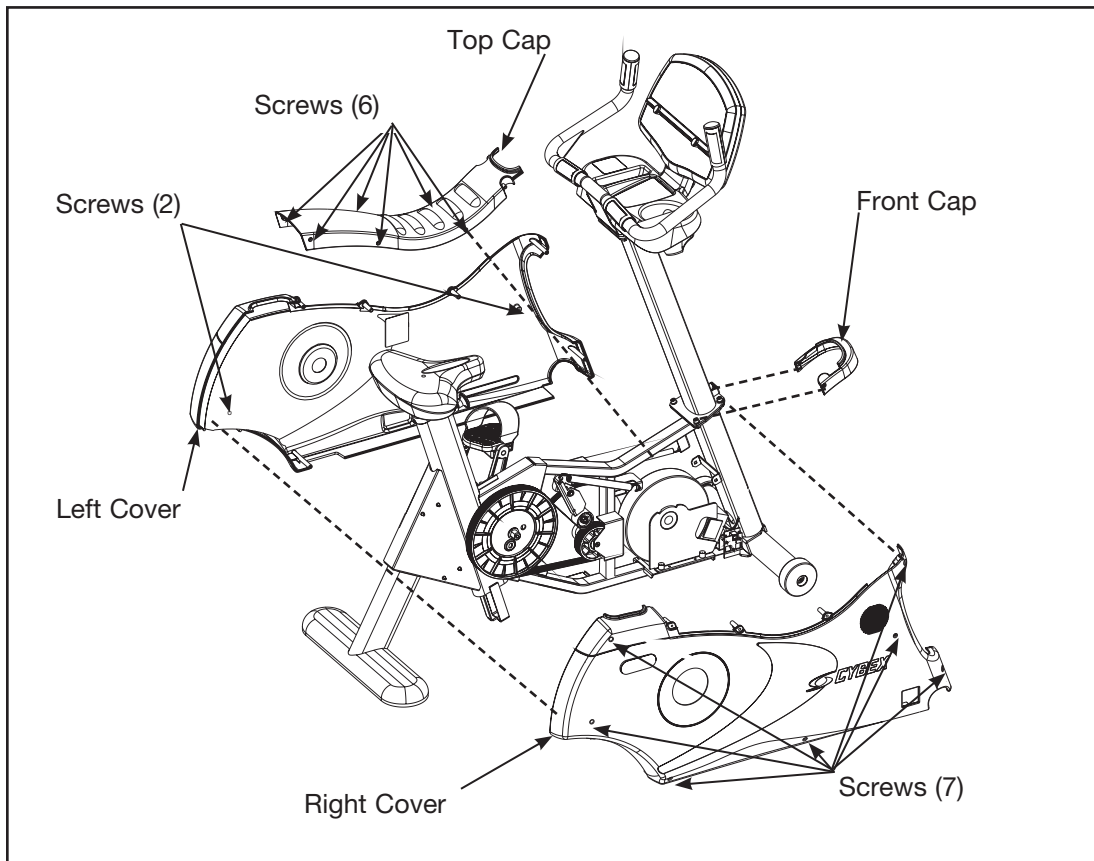


Figure 5

Cybox 530C Cycle, Primary and Secondary Drive Belts

F. Locate Primary and Secondary Drive Belts. See Figures 6 and 7.

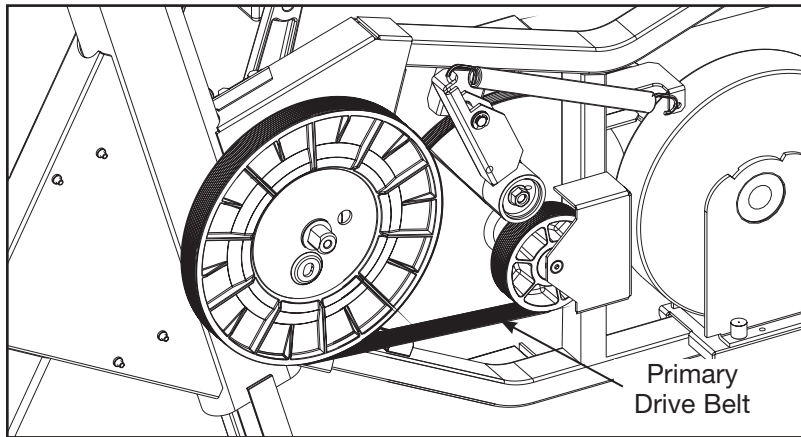


Figure 6

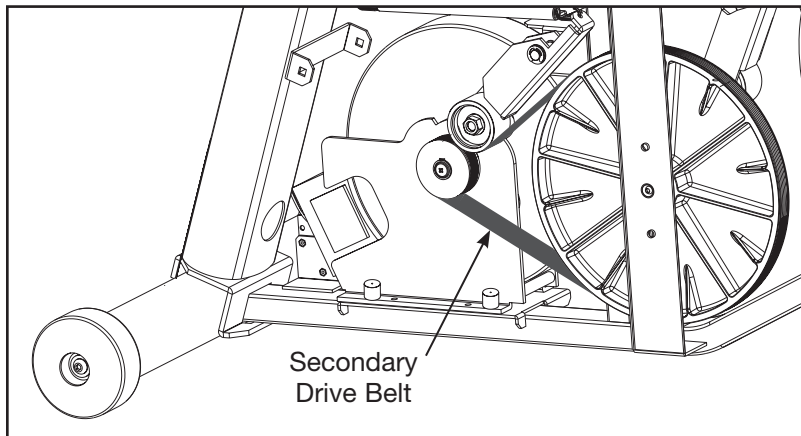


Figure 7

Cybox 530R Cycle

5. Remove the crank arms.

- A. Using a 6 mm Allen wrench, remove the two screws and washer securing each of the crank arms. See Figure 8.

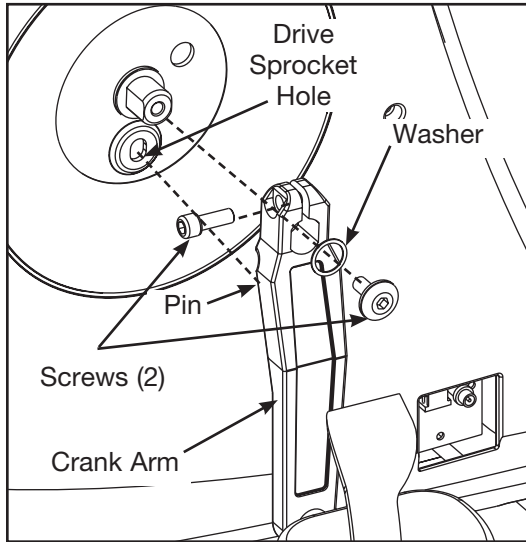


Figure 8

- B. Remove the crank arms. **NOTE:** The cycle is equipped with a left and a right crank arm. The right crank arm has a pin that inserts into a hole in the drive sprocket.

6. Remove the access covers.

- A. Using a Phillips head screwdriver, remove the three screws securing the front cap in place. See Figure 9.

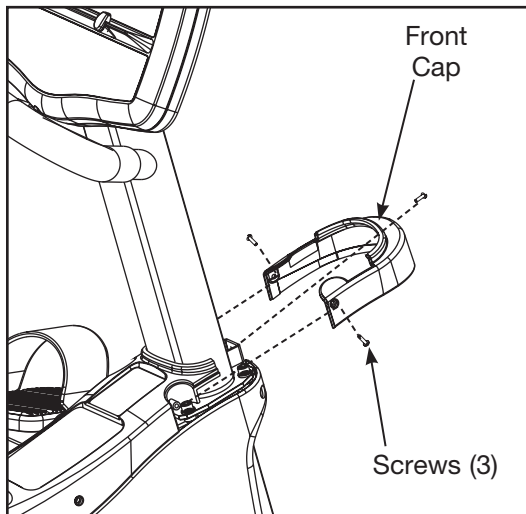


Figure 9

- B.** Remove the front cap.
- C.** Remove the four screws securing the top cap in place. Remove top cap. See Figure 10.
- D.** Remove the seven screws securing the right cover in place. Remove right cover. See Figure 10.
- E.** Remove the two screws securing the left cover in place. Remove left cover. See Figure 10.

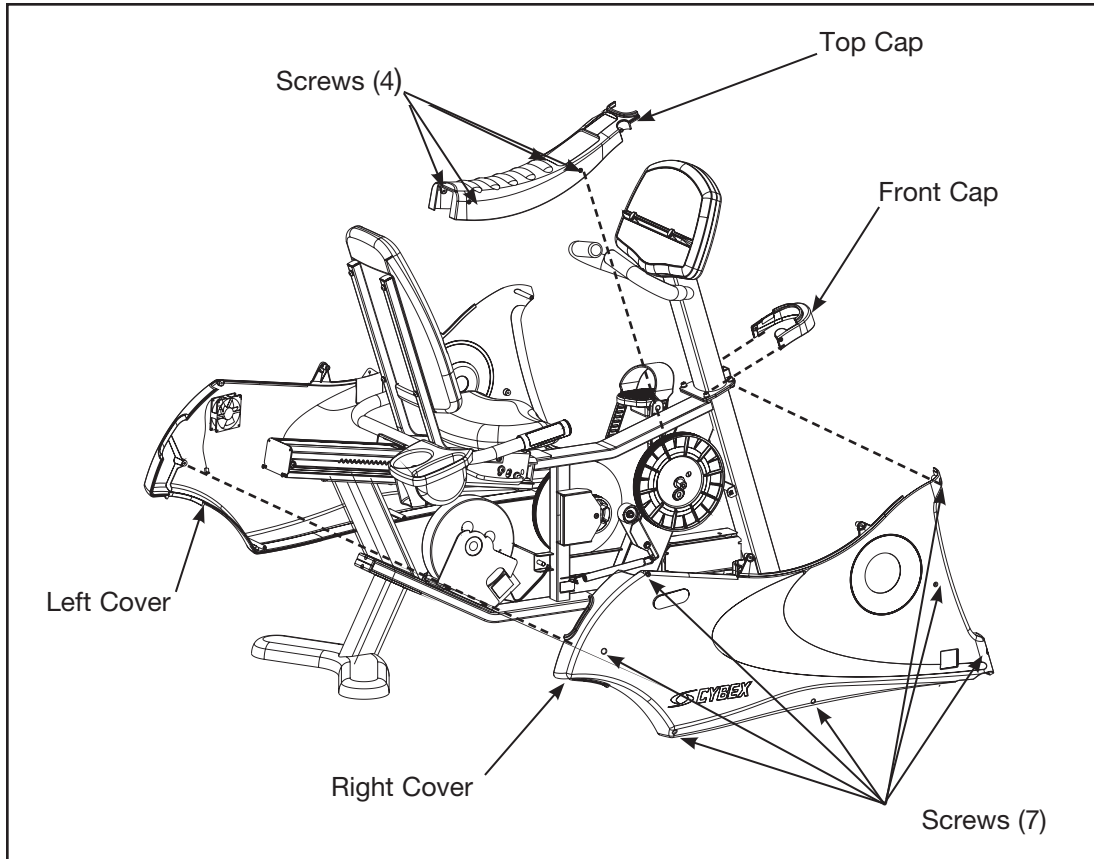


Figure 10

Cybox 530R Cycle, Primary and Secondary Drive Belts

F. Locate Primary and Secondary Drive Belts. See Figures 11 and 12.

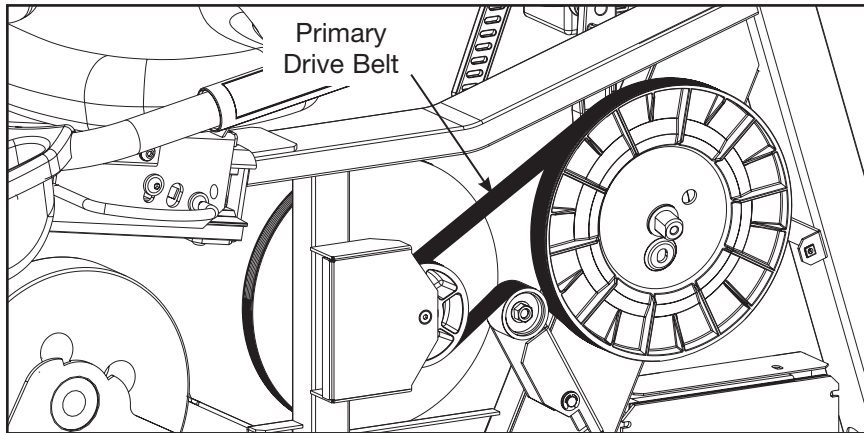


Figure 11

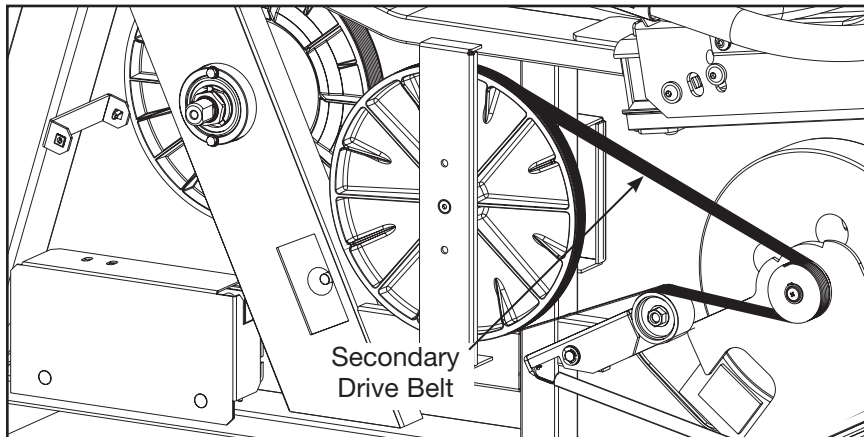


Figure 12

! WARNING: The flywheel may be hot. Wait until it cools before servicing.

7. Check the condition of each belt.

- A.** Rotate each belt by slowly turning pulleys backwards. **NOTE:** Be careful to not pinch your fingers between belts and pulleys. Examine the condition of each belt. If a belt has cracks or appears worn, it must be replaced immediately by a qualified service technician. See Figures 13, 14 and 15.

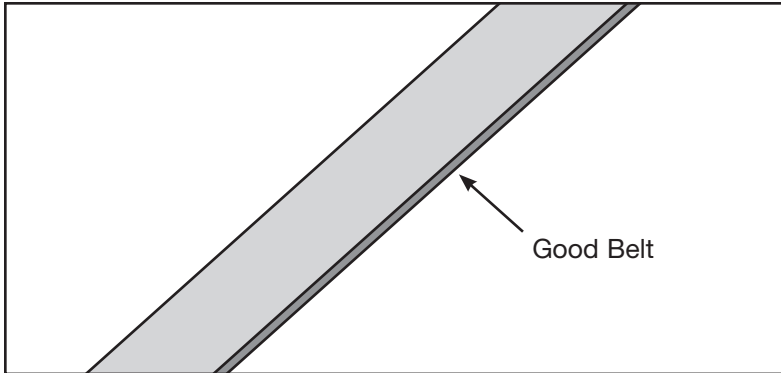


Figure 13

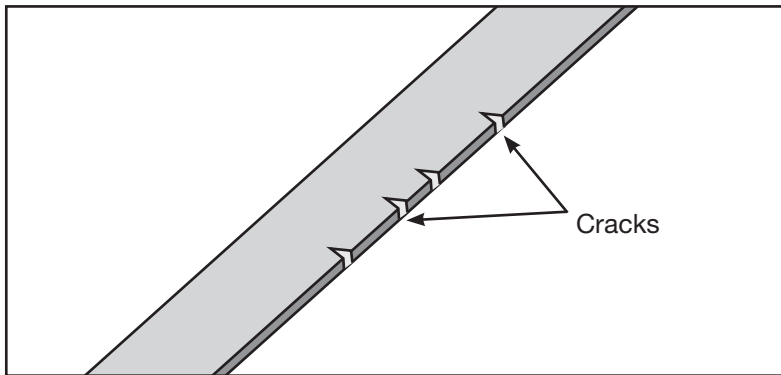


Figure 14

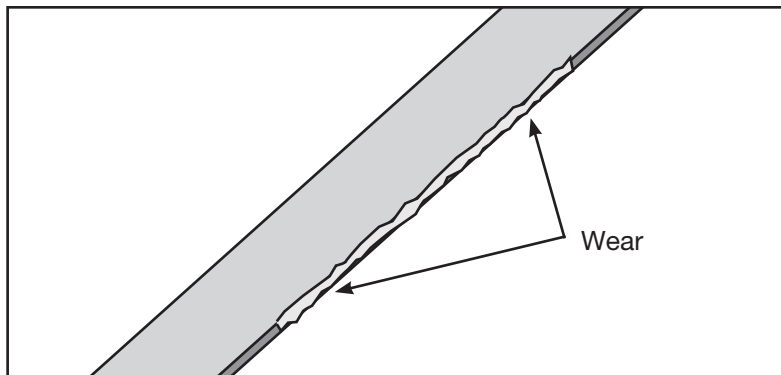


Figure 15

8. Check the tension of the primary belt.

- A. The primary drive belt tension is self adjusting. Check the tension arm and spring for movement and tension.

9. Check the tension of the secondary belt.

- A. The secondary drive belt tension is self adjusting. Check the tension arm and spring for movement and tension.

Environment

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

Humidity - The unit is designed to function normally in an environment with a relative humidity range of 30% to 75%.

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

Temperature - The unit is designed to functionally normally in an environment with an ambient temperature range of 50° F (10° C) to 104° F (40° C) degrees.

Storage

Humidity - The unit can be shipped and stored in an environment with a relative humidity range of 10% to 90%.

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

Temperature - The unit can be shipped and stored in an environment with an ambient temperature range of 32° F (0° C) and 140° F (60° C) degrees.

Batteries - If storing the unit for periods in excess of six months, remove the batteries. See *Rechargeable Batteries* section for location of batteries.

Rechargeable Batteries

The Cybox 530 Cycles are designed with rechargeable batteries. The batteries will recharge during regular operation of the cycle. The batteries will also be charged when the optional power adapter is plugged in.

Battery Replacement - The Cybox 530 Cycles use five AA 1.2v 1600mAh or higher NiMH (Nickel-Metal Hydride) batteries. See Figure 16.

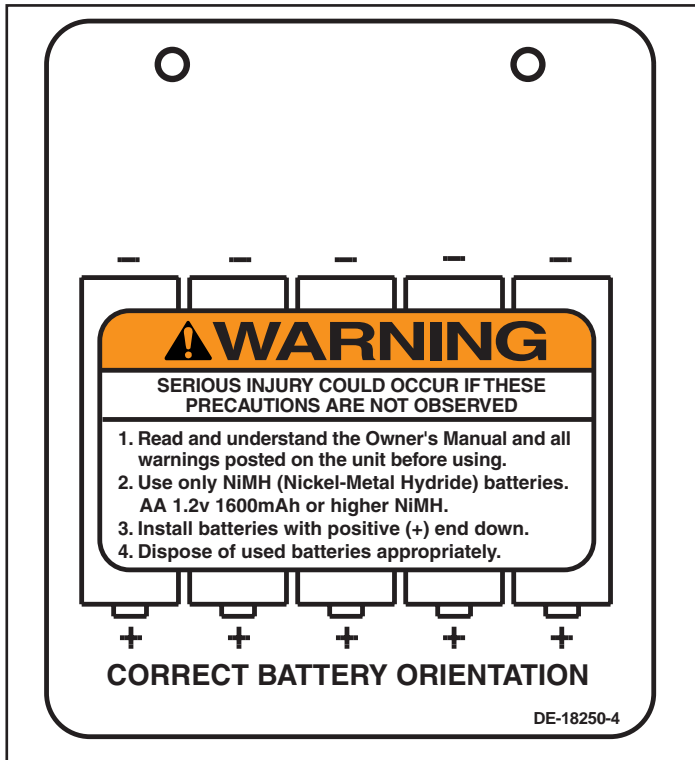


Figure 16

! WARNING: DO NOT open battery, dispose of in fire, put in backwards, mix with other battery types or short circuit. Battery may ignite, explode, leak or get hot causing injury.

Replace batteries with AA NiMH batteries only. *DO NOT* use Alkaline, Carbon Zinc, Lithium Ion, Nickel Cadmium (NiCd) or any other kind of battery.

! WARNING: Use only NiMH batteries. Use of any other kind of battery may cause them to leak, rupture or explode, resulting in personal injury and property damage.

Always replace all batteries at the same time, never leave an old battery in the company of new ones. Using any old battery with new batteries will result in overheating the old battery, non-charging of the new batteries and possible leaking or rupturing.

Always use five equal batteries, of the same current rating and manufacturer.

Battery Charging - If possible, charge the batteries fully before installing them or allow the cycle to re-charge the batteries by attaching the optional power supply.

Dispose of used batteries appropriately.

Remove the batteries if storing the unit for periods in excess of six months. The batteries are located in the console. They can be accessed by removing a Phillips head screw from the back cover with a Phillips head screwdriver. See Figure 17.

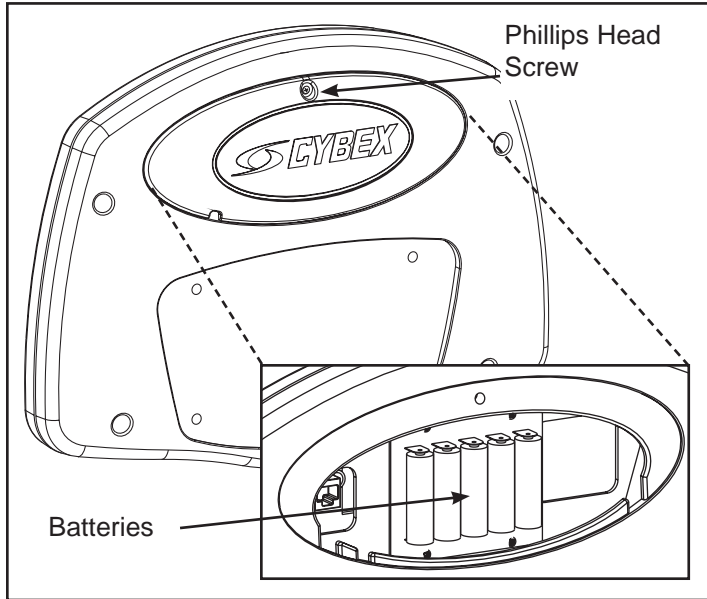


Figure 17

5 - Setup and Assembly

Warnings

All warnings listed in this chapter are as follows:

- ! WARNING:** *Use extreme caution when assembling the unit. Failure to do so could result in injury.*
- ! WARNING:** *Always use proper lifting methods when moving heavy items.*
- ! WARNING:** *Be sure that all electrical requirements are met as indicated in the specifications at the front of the manual and at the beginning of this chapter prior to proceeding.*
- ! WARNING:** *Wait until all moving parts come to a complete stop before dismounting.*

Choosing and Preparing a Site

Before assembling the unit you must select a suitable site and have the proper electrical outlet power available for optimum operation and safety. See the *Electrical Power Requirements* section (located on the next page) for direction in locating your voltage requirements. **NOTE:** *The power adapter is optional on the Cybex Cycle.*

The area you select for the unit should be well lit and well ventilated. Locate the unit on a structurally sound and level surface. Allow enough clearance for safe access and passage during use of the unit.

Humidity - The unit is designed to function normally in an environment with a relative humidity range of 30% to 75%.

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

Temperature - The unit is designed to functionally normally in an environment with an ambient temperature range of 50°F (10°C) to 104°F (40°C) degrees.

See Chapter 4 for information regarding storage of the unit.

Electrical Power Requirements

NOTE: The power adapter is optional on the Cybox 530 Cycle.

The power requirement for the optional power adapter is: 100-240 V, 50/60 Hz, 1.0A AC.

NOTE: Use Cybox supplied adapter only, NEMA 5-15 plug (TR-18231) or IEC-320 inlet (TR-18230). If using the IEC-320 inlet adapter, ensure a proper power cord is sourced and connected properly. Consult an electrician if you have any questions.

Assembling the Cybox 530 Cycle

! WARNING: Use extreme caution when assembling the unit. Failure to do so could result in injury.

! WARNING: Always use proper lifting methods when moving heavy items.

Tools Required

- 3/16" Allen wrench (supplied)
- 1/4" Allen wrench (supplied)
- Phillips screwdriver

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

1. Read and understand all instructions thoroughly before assembling the unit.

NOTE: Each step number in the assembly instructions tells you what you will be doing. The lettered steps following each step number describe the procedure required. Do not continue with step 2 until you have carefully read all of the assembly instructions.

2. Verify you have received the correct package.

- A. Read the sticker on the outside of the box and verify that the model number and language is what you ordered.

3. Unpack and verify the contents of the boxes.

- A. Lift up and remove the cardboard sleeve that surrounds the unit.
- B. Verify that you have the color that you ordered by looking at the paint.

Cybox 530C and 530R Owner's Manual

C. Check to be sure that the following items are present. Check off (✓) each item as you find it. See Figure 1. If any of the parts are missing contact Cybex Customer Service.

Cybox 530C Cycle Assembly

Item	Qty	Part Number	Description
<input type="checkbox"/> 1	1	Varies	Base with covers attached
<input type="checkbox"/> 2	1	Varies	Console assembly
<input type="checkbox"/> 3	1	PL-18235	Front Cap (in box)
<input type="checkbox"/> 4	1	AF-17970	Upright Tube
<input type="checkbox"/> 5	1	AX-18340	Hardware pack (in box)
<input type="checkbox"/> 6	1	LT-18171-4	Owner's Manual (in box)
<input type="checkbox"/> 7	1	LT-18260	Assembly poster
<input type="checkbox"/> 8	1	LT-18259	Warranty sheet

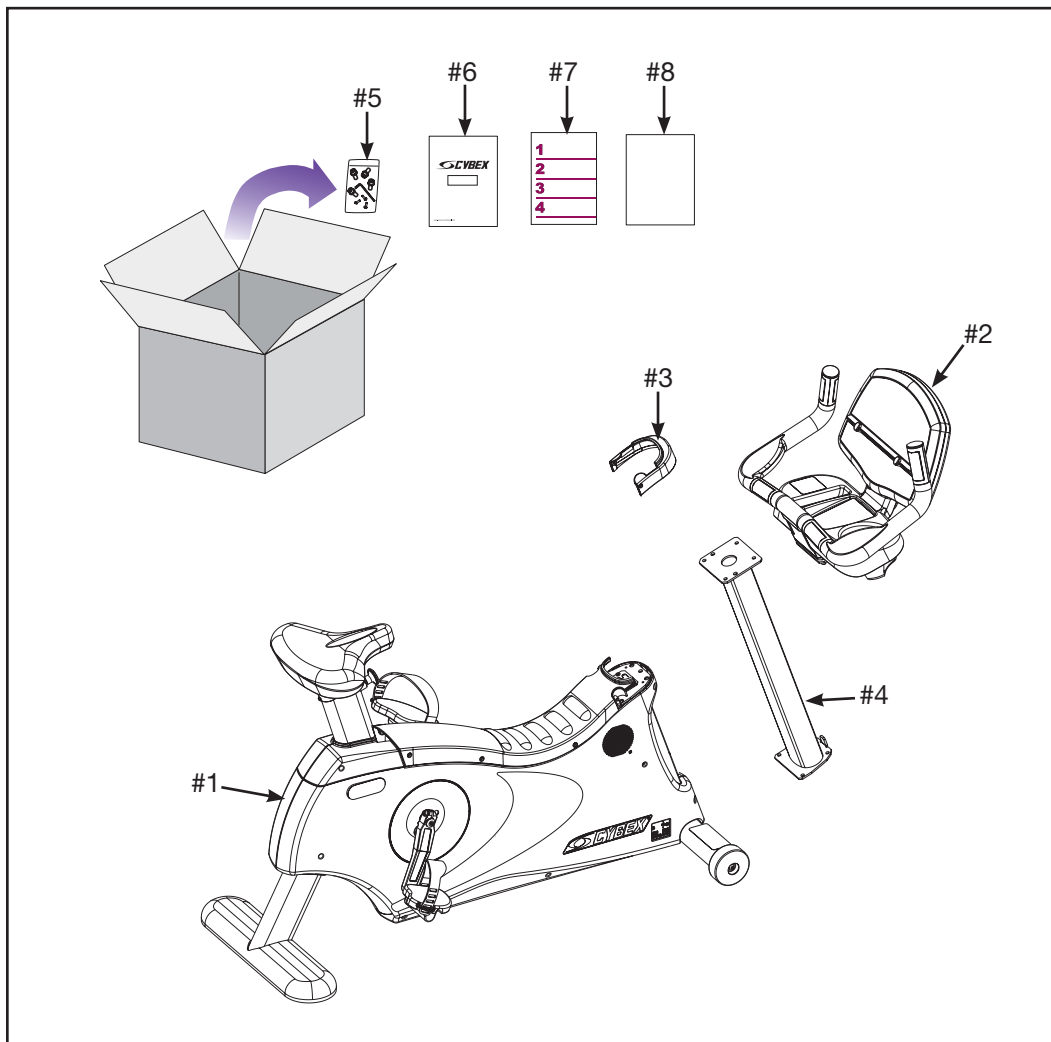


Figure 1

Cybex 530C and 530R Owner's Manual

D. Check off () each item in the hardware pack as you find it. See Figure 2.

Item	Qty	Part Number	Description
<input type="checkbox"/> 9	4	HS-18183	Screw, 5-16-18 X .75, SHCS (Socket Head Cap Screw)
<input type="checkbox"/> 10	8	HW-53018	Washer, 5-16" Split
<input type="checkbox"/> 11	2	HS-15706	Screw, 8-16 x .50, PNHD
<input type="checkbox"/> 12	4	HS-18157	Screw, 5-16-18 X 1.25, BTN, BLK
<input type="checkbox"/> 13	1	HS-41006	Screw, 10-24 x .50, SLFTP, BLK
<input type="checkbox"/> 14	1	HX-00438	3/16" Allen wrench
<input type="checkbox"/> 15	1	HX-17117	1/4" Allen wrench

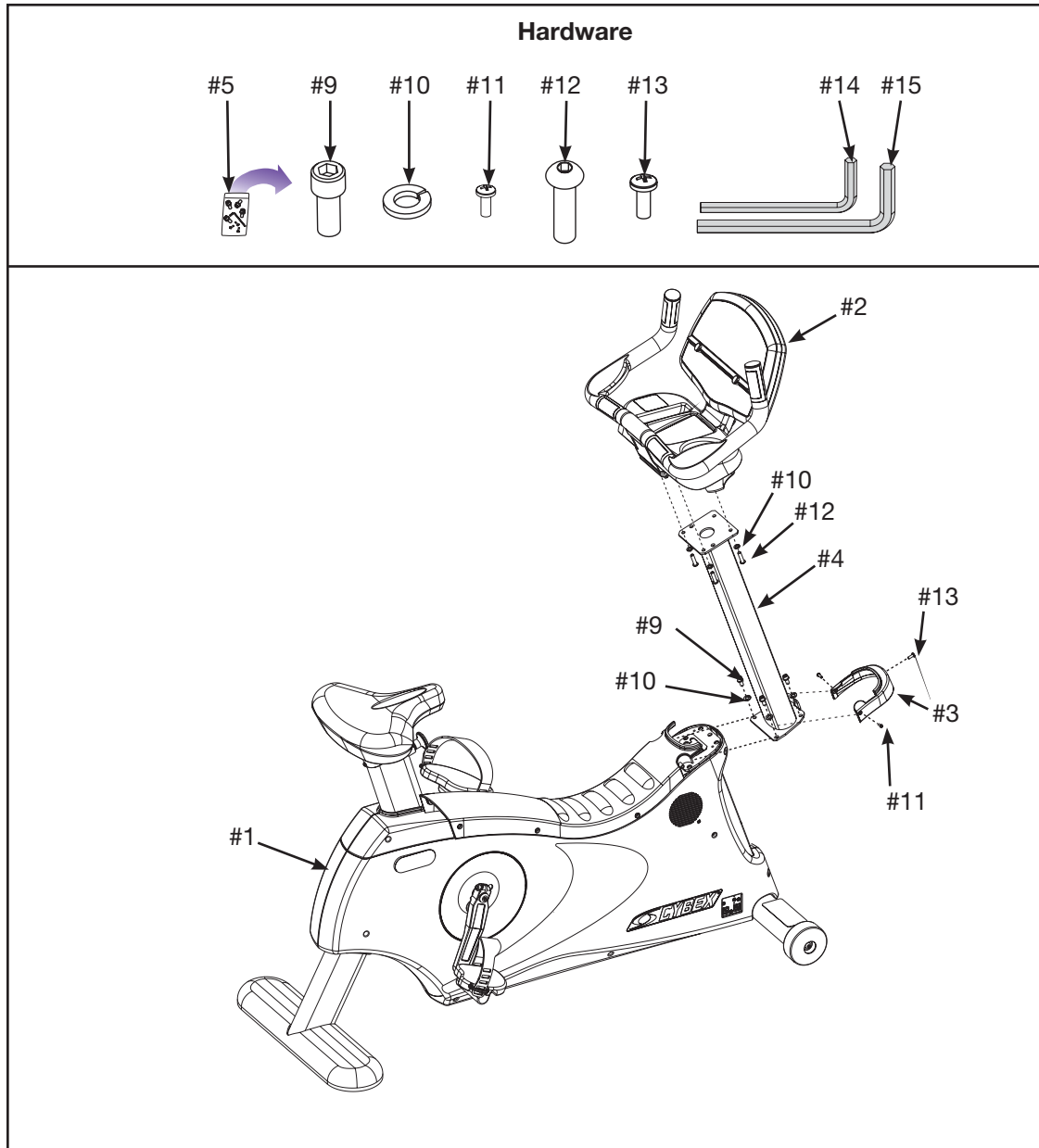


Figure 2

! WARNING: Always use proper lifting methods when moving heavy items.

4. Lift and move the unit

- A. Lift and move or roll the unit using the front transport wheels to the location where you intend to leave it. Use proper lifting methods.

5. Attach the Console Assembly to Upright Tube.

NOTE: If attaching the A/V option, refer to the 530C and 530R A/V bracket installation instructions (supplied with the A/V bracket).

- A. Locate the console assembly (#2), upright tube (#4), four mounting screws 5-16-18 X 1.25 (#12) and washers 5-16" (#10). See Figure 3.
- B. Locate the upper display cable and ground wire. Insert the cables into the upright tube (#4). Pull cables through tube to exit at bottom. See Figure 4
- C. Place the console assembly (#2) in the correct position on the upright tube (#4) and hand thread each of the four screws 5-16-18 X 1.25 (#12). See Figure 3.
- D. Securely fasten the screws 5-16-18 X 1.25 (#12) with the 3/16" Allen wrench (#14) provided.

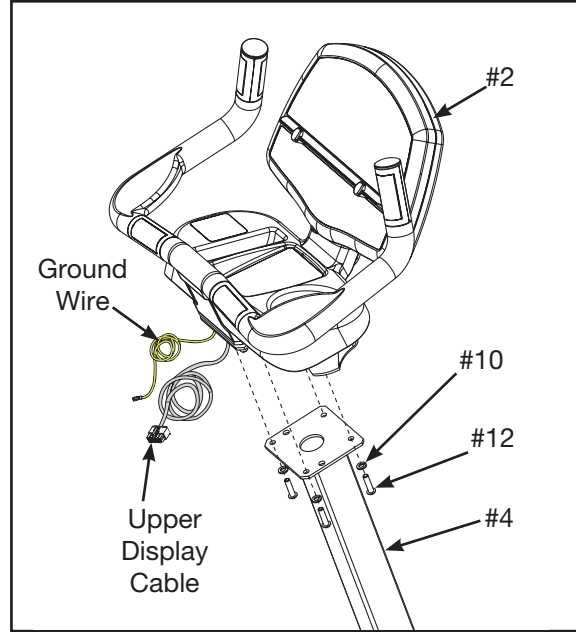


Figure 3

6. Attach the Upright Tube to Base Assembly.

- A. Locate the four screws 5-16-18 X .75 (#9) and washers 5-16" (#10) . See Figure 4.

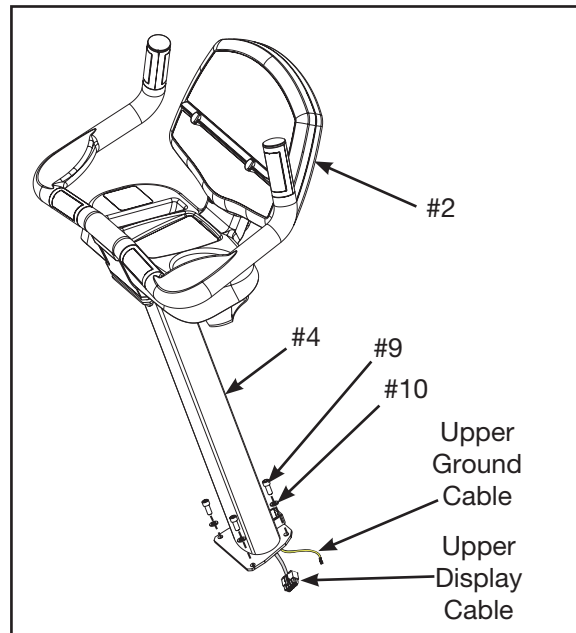


Figure 4

- B. Locate the upper display cable and plug it into the lower display cable in the main frame assembly. See Figure 5.
- C. Locate the upper ground cable and plug it into the lower ground cable on the main frame assembly. See Figure 5.

NOTE: Ensure cable connectors are securely fastened.

- D. Lower the upright tube (#4) over the upper display cable and hold it steady in the correct position on the base assembly. See Figure 6.

NOTE: Confirm that no cables are pinched lowering the console.

- E. Using a 1/4" Allen wrench (#15), attach the upright tube (#4) with the four screws 5-16-18 x .75 (#9) and four washers 5-16" (#10). See Figure 6.

7. Install the front cap.

- A. Locate and place front cap (#3) on the front of the unit as shown in Figure 7.
- B. Using a Phillips screwdriver, secure with two screws 8-16 x .50 (#11) and one screw 10-24 x .50 (#13).

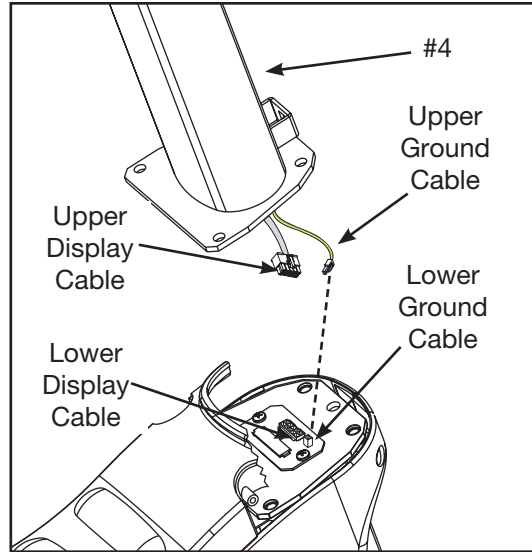


Figure 5

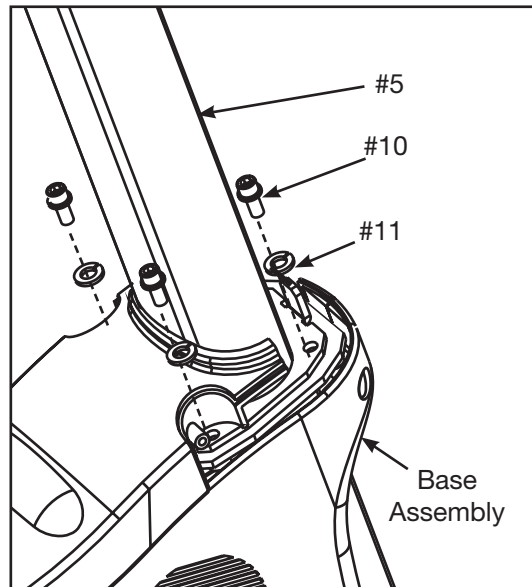


Figure 6

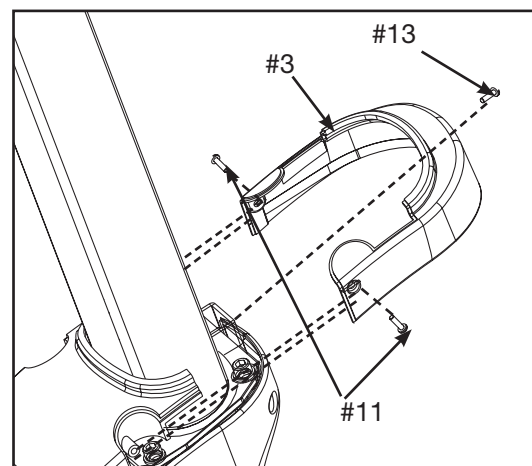


Figure 7

8. Level the unit.

- A. Confirm that the unit is on a level surface. See steps 8B - 8D for leveling.

! WARNING: Always use proper lifting methods when moving heavy items.

- B. Carefully lay the cycle on its side to gain access to the leveling feet.
- C. Locate the leveling feet at the rear of the unit. See Figure 8.
- D. Using your hands, adjust the leveling feet up or down until the unit is level.

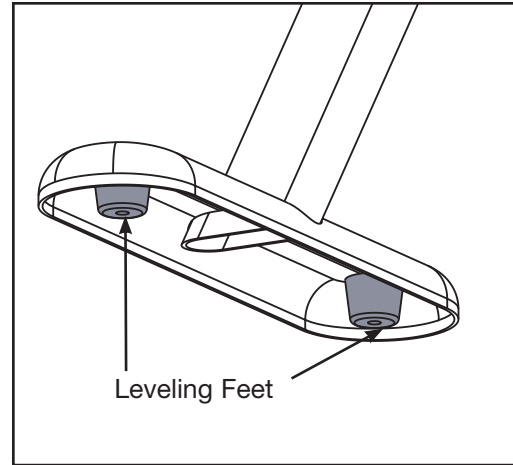


Figure 8

9. Connect the optional power adapter.

- A. Plug the optional power adapter into the inlet near the front of the unit. **NOTE: Do not plug the power cord into an outlet at this time.** See Figure 9.

NOTE: Use Cybox supplied adapter only, NEMA 5-15 plug (TR-18231) or IEC-320 inlet (TR-18230). If using the IEC-320 inlet adapter, ensure a proper power cord is sourced and connected properly. Consult an electrician if you have any questions.

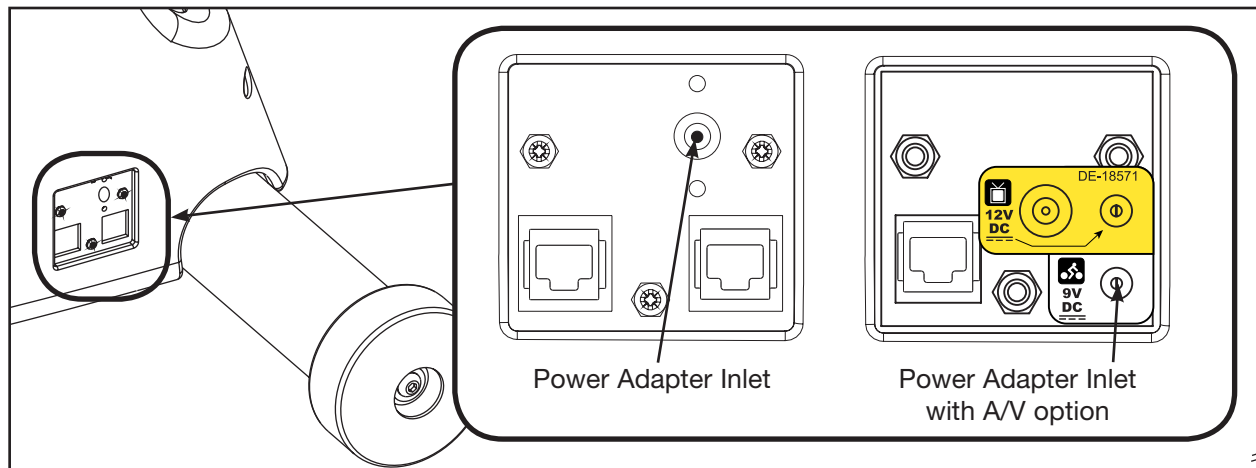


Figure 9

10. Visually inspect the unit.

- A. Carefully examine the unit to ensure that the assembly is correct and complete.
- B. Proceed to *Testing the Operation* section.

Cybox 530R Cycle Assembly

1. Unpack and verify contents of the unit.

A. Check to be sure that the following items are present. Check off (✓) each item as you find it. See Figure 1. If any of the parts are missing contact Cybex Customer Service.

Item	Qty	Part Number	Description
<input type="checkbox"/> 1	1	Varies	Base with covers attached
<input type="checkbox"/> 2	1	Varies	Console Assembly
<input type="checkbox"/> 3	1	PL-18235	Front Cap (in box)
<input type="checkbox"/> 4	1	AX-18361	Hardware pack (in box)
<input type="checkbox"/> 5	1	LT-18171-4	Owner's Manual (in box)
<input type="checkbox"/> 6	1	LT-18260	Assembly poster
<input type="checkbox"/> 7	1	LT-18259	Warranty sheet
<input type="checkbox"/> 8	1	NA	Seat Back Assembly

NOTE: NA means not applicable.

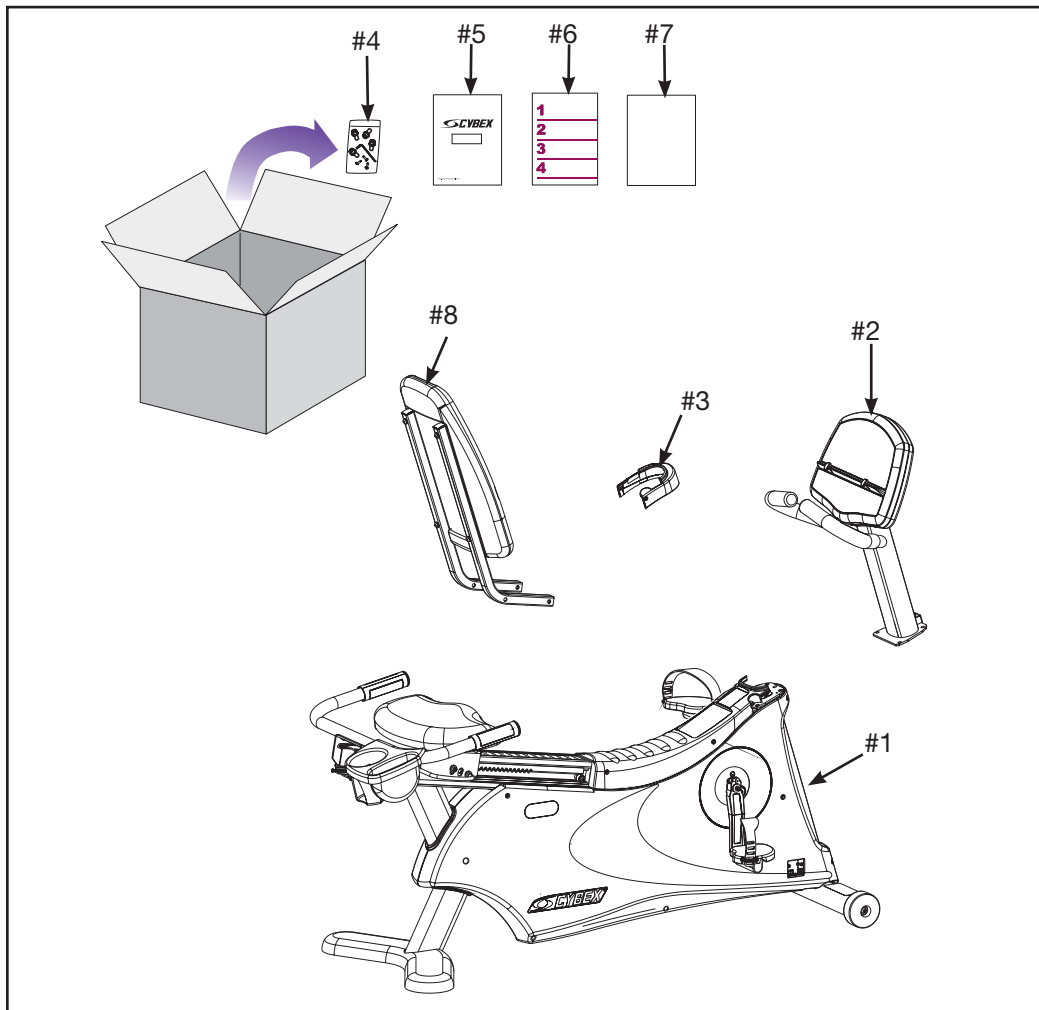


Figure 1

Cybex 530C and 530R Owner's Manual

B. Check off (☑) each item in the hardware pack as you find it. See Figure 2.

Item	Qty	Part Number	Description
<input type="checkbox"/> 9	4	HS-18183	Screw, 5-16-18 X .75, SHCS (Socket Head Cap Screw)
<input type="checkbox"/> 10	8	HW-53018	Washer, 5-16" Split
<input type="checkbox"/> 11	2	HS-15706	Screw, 8-16 x .50, PNHD, BLK
<input type="checkbox"/> 12	4	HS-41107	Screw, 5-16-18 X 1.50
<input type="checkbox"/> 13	1	HS-41006	Screw, 10-24 X .50, SLFTP, BLK
<input type="checkbox"/> 14	1	HX-00438	3/16" Allen wrench
<input type="checkbox"/> 15	1	HX-17117	1/4" Allen wrench

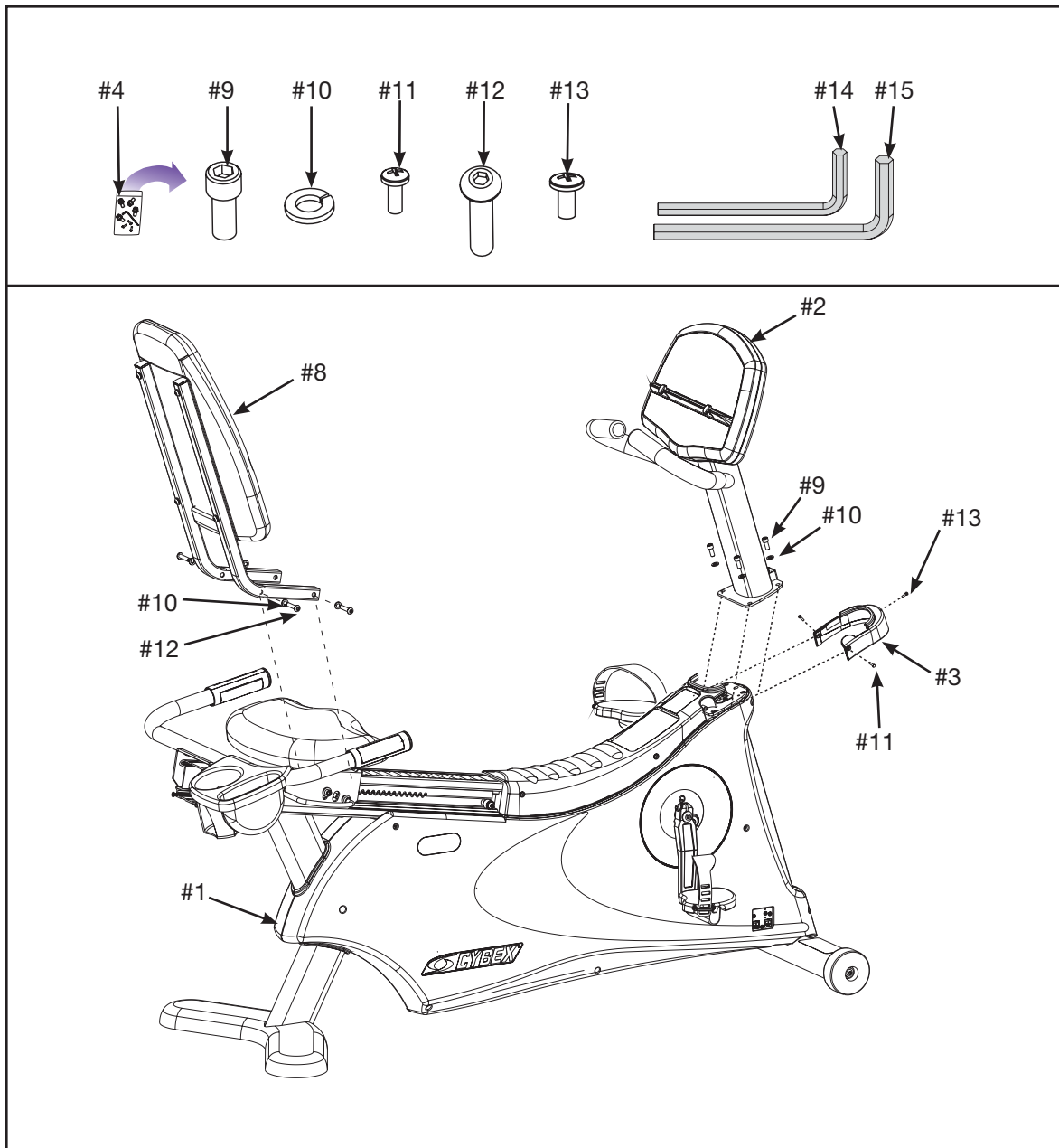


Figure 2

! WARNING: Always use proper lifting methods when moving heavy items.

2. Lift and move the unit

- A. Lift and move or roll the unit using the front transport wheels to the location where you intend to leave it. Use proper lifting methods.

3. Remove the top cap.

- A. Remove the four long screws securing the top cap in place. Remove top cover. See Figure 3.

4. Attach the Console Assembly.

NOTE: If attaching the A/V option, refer to the 530C and 530R A/V bracket installation instructions (supplied with the A/V bracket).

- A. Locate the console assembly (#2), four mounting screws 5-16-18 x .75 (#9) and four washers 5-16 (#10). See Figure 4.
- B. Locate the upper display cable and plug it into the lower display cable in the main frame assembly. See Figure 5.
- C. Locate the upper ground cable and plug it into the lower ground cable tab on the main frame assembly. See Figure 5.

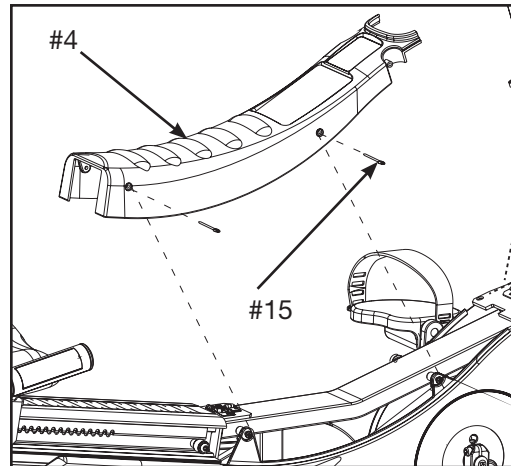


Figure 3

NOTE: Ensure cable connectors are securely fastened.

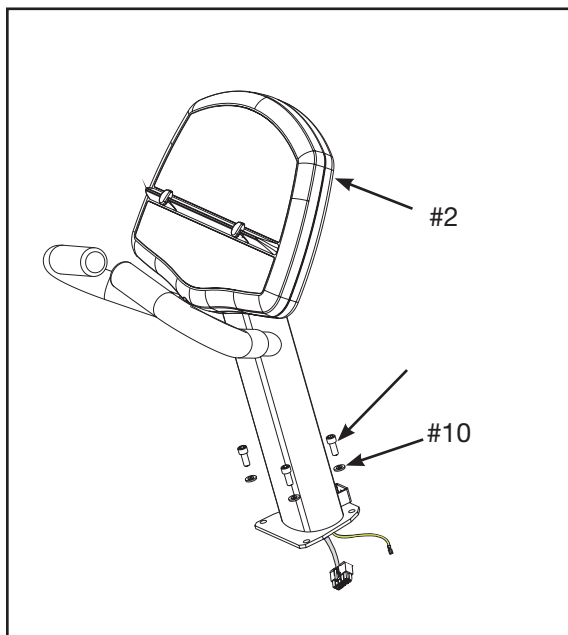


Figure 4

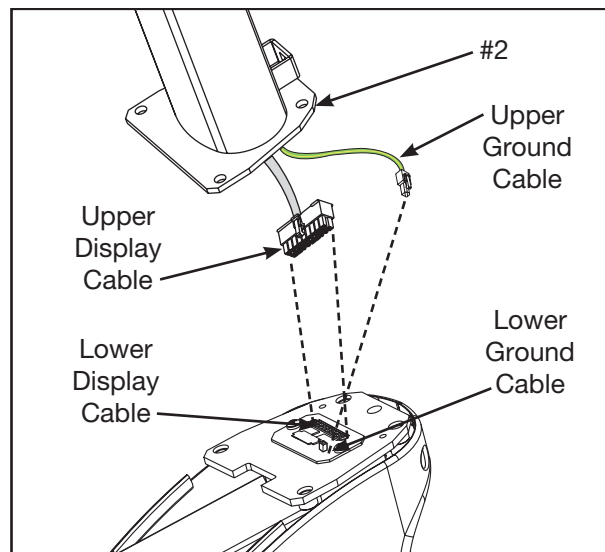


Figure 5

- D. Lower the console assembly over the upper display cable and hold it steady in the correct position on the base assembly. See Figure 6.

NOTE: Confirm that no cables are pinched lowering the console.

- E. Using a 1/4" Allen wrench (#15), attach the console assembly (#2) with the four screws 5-16-18 x .75 (#9) and four washers 5-16" (#10). See Figure 6.

5. Install the top cap.

- A. Locate and place top cap on the top of the unit as shown in Figure 3.
- B. Using a Phillips screwdriver, secure with four screws.

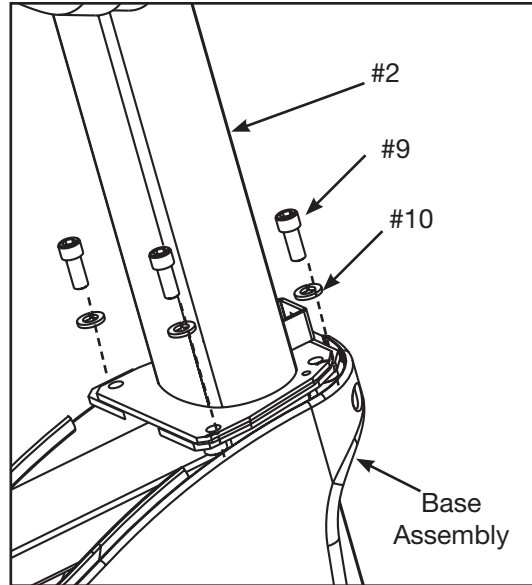


Figure 6

6. Install the front cap.

- A. Locate and place front cap (#3) on the front of the unit as shown in Figure 7.
- B. Using a Phillips screwdriver, secure with two screws 8-16 x .50 (#11) and one screw 10-24 x .50 (#13).

7. Connect the Seat Back Assembly.

- A. Locate the seat back assembly (#8) four screws 5-16-18 x 1.50 (#12) and four washers 5-16" (#10).
- B. Place the seat back assembly in the correct position and hand thread each of the screws 5-16-18 x 1.50 (#12) and four washers 5-16" (#10). See Figure 8.
- C. Securely fasten the screws 5-16-18 x 1.50 (#12) with the 3/16" Allen wrench (#14) provided.

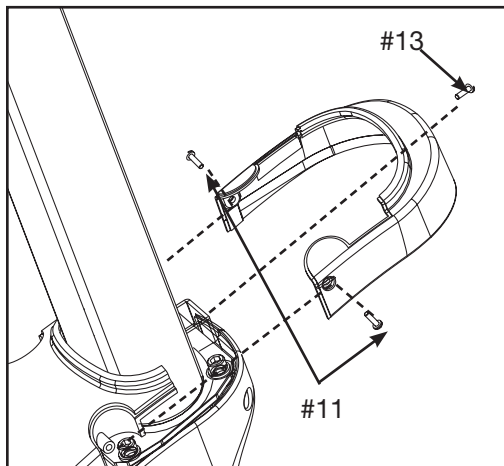


Figure 7

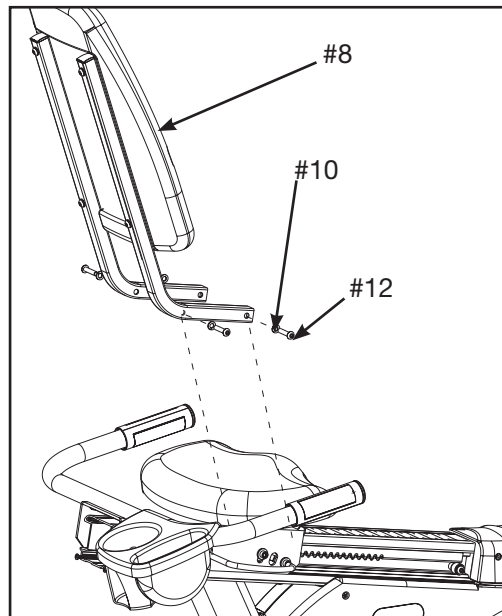


Figure 8

8. Level the unit.

- A. Confirm that the unit is on a level surface. See steps 8B - 8D for leveling.

! WARNING: Always use proper lifting methods when moving heavy items.

- B. Carefully lay the cycle on its side to gain access to the leveling feet.
- C. Locate the leveling feet at the rear of the unit. See Figure 9.
- D. Using your hands, adjust the leveling feet up or down until the unit is level.

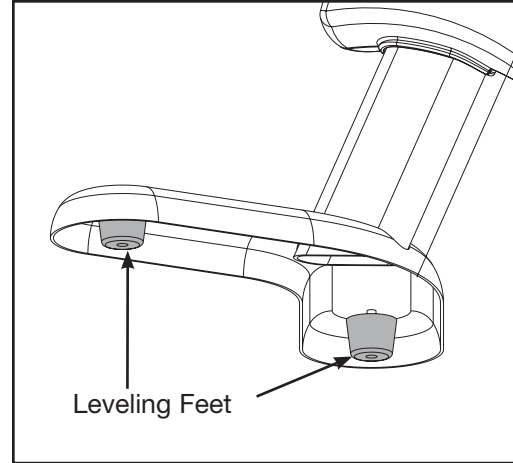


Figure 9

9. Connect the optional power adapter.

- A. Plug the power adapter into the inlet near the front of the unit. **NOTE: Do not plug the power cord into an outlet at this time.** See Figure 10.

NOTE: Use Cybex supplied adapter only, NEMA 5-15 plug (TR-18231) or IEC-320 inlet (TR-18230). If using the IEC-320 inlet adapter, ensure a proper power cord is sourced and connected properly. Consult an electrician if you have any questions.

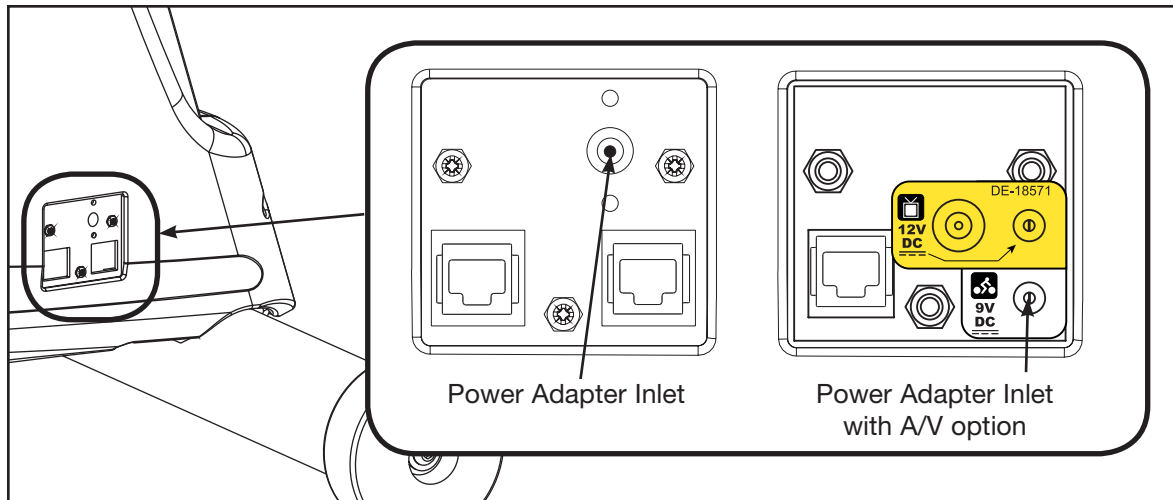


Figure 10

10. Visually inspect the unit.

- A. Carefully examine the unit to ensure that the assembly is correct and complete.
- B. Proceed to *Testing the Operation* section.

! WARNING: Be sure that all electrical requirements are met as indicated in the specifications at the front of the manual and at the beginning of this chapter prior to proceeding.

Testing the Operation

Use the following instructions to test the full resistance of the unit.

1. Plug the optional power cord into a power outlet from a grounded circuit as described under *Electrical Requirements* in this chapter. **NOTE:** Coil up the remainder of the power cord and place it out of the way. See Figure 1.

NOTE: Cybox recommends that the unit be unplugged when not in use.

NOTE: Power adapter IEC-320 (TR-18230) is not supplied with additional power cord. Additional power cord plug varies per country. Ensure a proper power cord is sourced and connected properly. Consult an electrician if you have any questions.

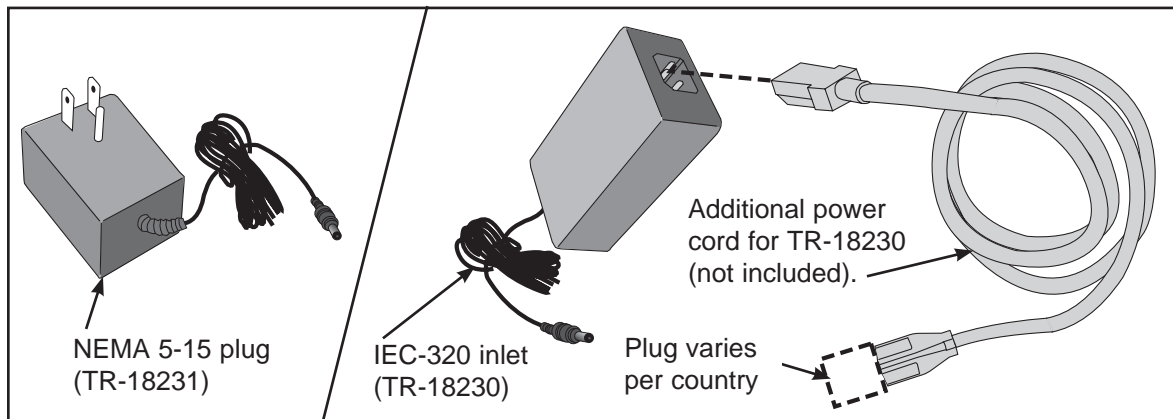


Figure 1

Setting Operation Options

1. Enter Test Mode by holding down **Pause/end(Stop)** key for three seconds while pedaling the unit or plugging in the optional power adapter. The display will read "bike".

NOTE: After changing any value, you must press **Enter** to save that value. When you press enter the display will read "updt" (updated) to confirm your selection.

2. Press the **Time** key to set options, change values with ▲ and ▼ keys and press **Enter** to save your selection. Each time you press **Time** the next set of data is displayed in the following order.

Unit - Choices are "Eng" (English) or "Euro" (metric) measurements. English is the default.

Scan - This turns on or off the data readout scan (unless a specific data key is pressed during a workout). Default is on.

Def - This is the default time for time based programs if a user doesn't re-set **Time**. For example, if you press **Time** you can decrease or increase the set workout time up to the amount that the **Max** time is set. Choices (in minutes) include: 20, 30, 40, 50 and 60. Default is 20.

Max - This is the maximum amount of time the unit can run per use. You can limit the users time or choose "none" for unlimited time. Choices (in minutes) include: 20, 30, 40, 50, 60, 90, 120 and "none" for no time limit. Default is 60.

Idle (or Workout Review): - This is how long the unit retains and displays your current workout data during a pause in the workout or after a workout. Choices include: 20 seconds; 30 seconds; 40 seconds; 1 minute and 5 minutes; default is 20 seconds.

Bike Mode Options (during setup)

Change values with ▲ and ▼ keys and press **Enter** to save your selection

bike - (factory default) User or Program selects the "level" of resistance, which increases as crank speed increases and decreases as crank speed decreases.

CP - Constant Power, User or Program selects the Watts setting. The console controls the load relative to crank speed to maintain power (Watt) level.

ISO - Isokinetic, The console sets an expectation in Watts, which the user must pedal at a set speed to maintain. If the user pedals harder, the cycle responds quickly by increasing resistance. If the user pedals lighter, the cycle quickly lowers resistance. See *Meaning of Isokinetic* on Page 3-12.

Remember: You must press **Enter** after changing a value for that value to be stored.

3. To exit *Test Mode* press the **Pause/End(Stop)** key once.

Your unit is now ready for use. Follow the instructions in the *Operation* chapter to learn how to operate the unit.

6 - Customer Service

Contacting Service

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

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

For Cybex customers living outside the USA, contact Cybex Customer Service at **508-533-4300** or fax **508-533-5183**.

Order parts and find information on the web at www.cybexinternational.com or by e-mail at techhelp@cybexintl.com.

Serial Number

Your serial number can be found on the front end of the unit, See Figure 1.

For your convenience record your serial number below so that you will have it ready if you call Cybex Customer Service.

Serial Number _____

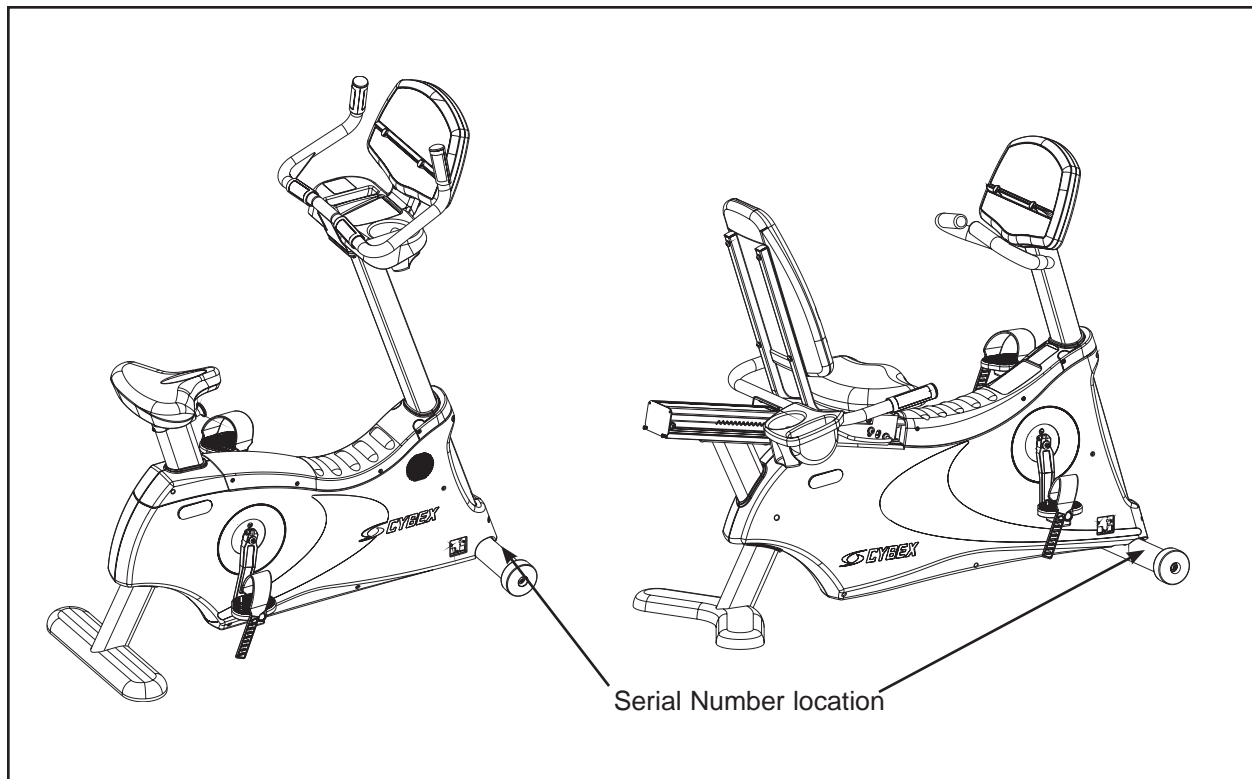


Figure 1

Return Material Authorization (RMA)

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

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

1. Call the Customer Service hotline listed on Page 6-1 for the return of any item that is defective.
2. Provide the technician with a detailed description of the problem you are having or the defect in the item you wish to return.
3. Provide the model and serial number. *The serial number is located on the front of the unit as shown in Figure 1.* The serial number begins with a letter, for example: R09-101331100.
4. At Cybex's discretion, the technician may request that you return the problem part(s) to Cybex for evaluation and repair or replacement. The technician will assign you an RMA number and will send you an ARS label. The ARS label and RMA number must be clearly displayed on the outside of the package that contains the item(s) to be returned. Include a description of the problem, the serial number of the unit and the name and address of the owner in the package along with the part(s).
5. Forward the package through UPS to Cybex.
Attn: Customer Service Department
Cybex International, Inc.
10 Trotter Drive
Medway, MA 02053

NOTE: *Merchandise returned without an RMA number on the outside of the package or shipments sent C.O.D. will not be accepted by the Cybex receiving department.*

Damaged Parts

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

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

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

Ordering Parts

Visit www.cybexinternational.com to shop for parts online or fax your order to **508-533-5183**. To speak with a customer service representative, call **888-462-9239** (for customers living within the USA) or **508-533-4300** (for customers outside the USA).



Cybex will void warranty if non-Cybex replacement parts are used.

Parts List Cybox 530C Cybox

ITEM	QTY	PART NO.	DESCRIPTION
2	1	AD-17885	PCA, CONTROLLER, HYBRID BRAKE
5	1	AF-18164	PLATE, POWER JACK COVER
8	1	AD-17886-Q	PCA, I/O BOARD
8	1	AD-18456-Q	PCA, I/O BOARD, A/V OPTION
9	1	AX-18105	ASSY, IDLER, RIGHT
10	1	AX-18106	ASSY, IDLER, LEFT
11	1	AX-18138	PEDAL SET, X-WIDE, 9/16" THREAD
11	1	HX-18903	PEDAL STRAP, RIGHT
11	1	HX-18904	PEDAL STRAP, LEFT
11	2	HX-18832	PEDAL STRAP, YELLOW, IFI
12	1	AX-18257	ASSY, HANDRAIL, 530C
13	1	AX-18264	ASSY, RIGHT SHROUD, 530C
14	1	AX-18265	ASSY, LEFT SHROUD, 530C
16	1	AX-62023	ASSY, LEFT CRANK BEARING
17	1	AX-62031	ASSY, RIGHT CRANK BEARING
18	1	AX-17693	ASSY, SEAT POST
19	1	AX-17959	CRANK ASSY, 530
20	1	AX-17967	ASSY, SECONDARY PULLEY
21	1	SK-19458	BELT, POLY-V, 380J6, Secondary
22	1	SK-19457	BELT, POLY-V, 430J10, Primary
24	2	CW-50026	WHEEL FRONT MOLDED
26	3	EH-00472	TY WRAP, TY-23M
27	2	FM-51215	SPACER BOTTOM ROLLER SIDE Y-065
28	1	FM-18011	PIN, SEAT ADJUSTING
29	1	FS-18063	PLATE, SEAT POST STOP, FRAME
30	1	FS-18220	COVER, LOWER CONTROLLER, 530C
31	1	FS-18261	PLATE, CONSOLE CABLE CONNECTOR
32	2	HN-11136	KEPS 5/16-18 HEX STL ZINC
33	4	HS-13765	SCREW, 10-32 X 1.0", SCHD, STL, ZN
34	1	HN-41157	NUT, 7/8-24, LH, 86A, ZN
35	2	HS-11874	BOLT LOCK, 1/4-20 X .75", G5
37	10	HS-15706	SCREW, 8-16 X .50", PNHD, STL, BLK ZN C
39	2	HS-15763	BOLT, 1/4-20 X .375", FLHD, NYLOCK
40	4	HS-18127	BOLT, 1/4-20 X 1.25", BHCS, SS, BLK
41	1	HS-18157	BOLT, 5/16-18 X 1.25", BTHD, SS, BLK
42	4	HS-18183	BOLT, 5/16-18 UNC X .75", SCHD
43	3	HS-18374	SCREW SEMS, 6-32 X .875", PNHD PHIL, S
44	4	HS-18290	SCREW, SLFTP, 10 X 2.5", STL, ZN BLK, TY
45	4	HS-18294	SCREW, SEMS, 10-32 X .38", SLOT HXHD
46	8	HS-18311	SCREW, 8-16 X .75", PNHD PHIL, STL, BLK
47	15	HS-41006	SCREW SLFTP, 10-24 X .5, PNHD PHIL
48	2	HS-41126	BOLT, 5-16 X 1.0", BTHD, SST, BLK
49	2	HW-43042	WASHER, HDS-8 5/16" (8MM) BELLEVILLE
50	1	HW-18176	WASHER, CRANK KEY
51	2	HW-53017	WSHR FLAT, 5/16", SS, BO
52	5	HW-53018	WASHER 5/16", SPLIT SS, BLK
53	4	HW-00180	WSHR LOCK SPLIT, 1/4", SST, BLK PASS
54	5	HX-14416	CLIP, WIRE LATCHING, 1 X 1"

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ITEM	QTY	PART NO.	DESCRIPTION
55	4	HS-12031	SCREW SEMS, 10-32 X .62", PNHD PHIL
56	3	HX-18017	BUMPER, .5 X .14", HIGH, BLACK
57	1	HX-18024	SPRING, EXTENSION, .75 X .115 X 7", Silver
58	1	HX-18039	SPRING EXTENSION, .50" X .080 X 7., Silver
59	4	HX-18133	RETAINING, E-RING, 5133-37
60	1	HX-18287	PLUG, HOLE, PLASTIC 1", BLACK
61	1	HX-18291	KNOB
62	1	HX-40074	SPRING, COMPRESSION, .72 OD X .8"
63	1	AX-18377	ASSY, EDDY CURRENT BRAKE W-GENERATOR
64	2	PL-05044	MOLDED FOOT GUIDE, B-060
65	1	PL-17965	GUIDE, SEAT POST, UPPER
66	1	PL-17966	GUIDE, SEAT POST, LOWER
67	1	PL-18235	CAP, FRONT, UNIVERSAL
68	1	PL-18239	CAP, TOP, 530C
69	1	PW-17941	PULLEY, PRIMARY
72	1	AW-17878	CABLE, FRAME HARNESS, 530C
73	1	AW-18161	CABLE, BRAKE, 43", 530C
74	1	AW-18162	CABLE, GENERATOR, 52.5", 530C
75	1	DE-14486	DECAL SERIAL NUMBER CYBEX
76	7	HX-18369	STANDOFF HEX, NYLON 6-32 X 1/4"
77	1	AW-18366	CABLE, GROUND, LOWER, 530C
78	4	HW-00123	WASHER, SAE NO.10, STL, ZINC
79	2	HX-18357	STRIP, INSULATING
80	4	HX-18406	SLEEVE, INSULATING
81	4	HW-18356	WASHER, INSULATING
84	4	HX-18407	CAP, ROUND, .563 ID X .54 L, LDPE
87	2	FS-18014	BRACKET, SAFETY STOP, REMOVABLE
88	4	HS-11347	BOLT, 1/4-20 X 0.75", SCHD BTN, BLK
100	1	AF-17899	WELDMENT, FRAME, 530C
101	1	AF-17970	WELDMENT, MID TUBE, 530C
102	1	AF-18270	WELDMENT, CONSOLE SUPPORT, 530C
200	1	AC-18234-4	ASSY, CONSOLE, 530C, ENGLISH
201	1	AX-18297-4	ASSY, ACCESSORY TRAY, 530C, ENGLISH
202	1	DE-18248-4	LABEL, CALIBRATION, BRAKE GEN, ENGLISH
203	1	DE-18186-4	DECAL, WARNING, ENGLISH
204	1	DE-18362-4	DECAL, CAUTION MOVING PARTS, ENGLISH
205	1	DE-18363-4	LABEL, WARNING HOT FLYWHEEL, ENGLISH
206	1	LT-18171-4	MANUAL, 530C, 530R, ENGLISH
207	1	LT-03051	SIGN, FACILITY SAFETY
301	1	AD-17872	PCA, 530, MAIN DISPLAY
302	1	AD-18025	PCA, BATTERY-CHARGER, DISPLAY
303	1	AF-18076	PLATE, CONSOLE, MOUNTING
304	1	AX-18295-4	ASSY, CONSOLE BATTERY DOOR, ENGLISH
305	1	DE-18250-4	LABEL, BATTERY WARNING, ENGLISH
306	1	DE-18253-4	DECAL, C-SAFE PORT, ENGLISH
308	5	EC-17871	BATTERY, AA NIMH, 1800+ MAH
309	4	HS-11894	SCREW SEMS, 6-32 X .25", PNHD PHIL
310	1	HS-16939	SCREW SEMS, 10-32 X.75", PNHD, BLK ZN
311	7	HS-41187	SCREW SLFTP, 8-16 X .3125", PLASTITE
312	1	HX-17711	PLUG, HOLE, PLASTIC 7/16", BLACK
313	2	PL-17686	TAB, BOOK HOLDER
314	1	PL-18077	CONSOLE, FRONT PLASTIC

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ITEM	QTY	PART NO.	DESCRIPTION
315	1	PL-18078	CONSOLE, REAR PLASTIC
316	1	SW-17887-4	MEMBRANE, 530, TOP, ENGLISH
316	1	SW-20703-4	MEMBRANE, 530, TOP, ENGLISH, IFI
317	1	SW-18273-4	MEMBRANE, 530, BTM, W-0 AV, ENGLISH
317	1	SW-20702-4	MEMBRANE, 530, BTM, W-0 AV, ENGLISH, IFI
318	1	DE-18249-4	DECAL, ERROR CODES, ENGLISH
320	4	HS-18311	SCREW, 8-16 X .75", PNHD PHIL, STL, BLK
321	1	AW-18159	CABLE, CONSOLE HARNESS, 530C
322	1	AW-18256	CABLE, EMBEDDED POLAR JUMPER
323	1	AW-18367	CABLE, GROUND, UPPER, 530C
324	1	EC-17877	SENSOR, POLAR WIRELESS REMOTE MOUNT
325	8	HX-17788	TAPE, DOUBLE SIDED, .032" THICK
363	1	AF-18104	BRACKET, SPRING TENSIONER, RIGHT
364	4	HB-18056	BUSHING, FLANGE, .375 X. 469 X .25"
365	2	HB-18059	IDLER WHEEL, 1.88 X 1.15"
366	2	HN-42043	NUT, 3/8-16" FLANGED, SS, BO
367	1	AF-18053	BRACKET, SPRING TENSIONER, LEFT
373	1	FM-54075	RACE, CRANK, LEFT
374	2	HB-44062	BEARING, RADIAL BALL, 30 MM, W-SEALS
375	1	FM-54074	RACE, CRANK, RIGHT
401	1	DE-50122	LABEL, SEAT POSITION
401	1	DE-20713	LABEL, SEAT POSITION, IFI
402	4	HS-18298	BOLT, 5/16-18 X .88", BTHD CAP, SS
403	1	PD-18232	SEAT, 530C
404	4	AX-18225	ASSY, CONTACT GRIP, PAIR, SHORT
410	2	DE-18243	LABEL, CYBEX
411	1	DE-18280	DECAL, MODEL NAME, 530C
412	1	SK-18450	FAN, 92 X 25 MM, 12V
413	4	HS-18320	SCREW, 6/19 X 1-2", PNHD PHIL
415	1	DE-18181-4	LABEL, 530 INSTRUCTIONS, ENGLISH
416	1	DE-18182-4	LABEL, HEART RATE ZONE, ENGLISH
NS	N/A	TR-18230	POWER ADAPTER, IEC-320, 220 VAC
NS	N/A	TR-18231	POWER ADAPTER, NEMA 5-15 plug, 115 VAC

Parts List Cybox 530R Cybox

ITEM	QTY	PART NO.	DESCRIPTION
2	1	AD-17885	PCA, CONTROLLER, HYBRID BRAKE
3	1	AD-17886-Q	PCA, I/O BOARD
3	1	AD-18456-Q	PCA, I/O BOARD, A/V OPTION
6	1	AF-18164	PLATE, POWER JACK COVER
7	1	AX-17564	ASSY, SEAT SHUTTLE
8	1	AX-62031	ASSY, RIGHT CRANK BEARING
9	1	AX-18105	ASSY, IDLER, RIGHT
11	1	AX-18138	PEDAL SET, X-WIDE, 9-16" THREAD
11	1	HX-18903	PEDAL STRAP, RIGHT
11	1	HX-18904	PEDAL STRAP, LEFT
11	2	HX-18832	PEDAL STRAP, YELLOW, IFI
12	1	AX-18106	ASSY, IDLER, LEFT
13	1	AX-18262	ASSY, RIGHT SHROUD, 530R
16	1	AX-18263	ASSY, LEFT SHROUD, 530R
18	1	AX-62023	ASSY, LEFT CRANK BEARING
19	1	AX-17959	CRANK ASSY, 530
20	1	AX-17967	ASSY, SECONDARY PULLEY
21	1	SK-19459	BELT, POLY-V, 480J6, Secondary
22	1	SK-19457	BELT, POLY-V, 430J10, Primary
24	2	CW-50026	WHEEL, FRONT, MOLDED
25	1	EC-17877	SENSOR, POLAR WIRELESS REMOTE MOUNT
27	4	FM-51215	SPACER, BOTTOM ROLLER SIDE, Y-065
28	1	FS-18261	PLATE, CONSOLE CABLE CONNECTOR
30	1	FS-18205	COVER, LOWER CONTROLLER, 530R
31	12	HS-15706	SCREW, 8-16 X .50", PNHD, STL, BLK ZN
32	4	HN-11136	KEPS, 5/16-18" HEX, STL, ZINC
33	4	HS-13765	SCREW, 10-32 X 1.0", SCHD, STL, ZN
34	4	HW-00123	WASHER, SAE NO.10, STL, ZINC
35	4	HS-18294	SCREW, SEMS, 10-32 X .38", SLOT HXHD
36	3	HS-18374	SCREW, SEMS, 6-32 X .875", PNHD PHIL
37	4	HS-18289	SCREW, SLFTP, #10 X 1.5", STL, ZN BLK
38	18	HW-53018	WASHER, 5/16", SPLIT, SS, BLK
40	4	HS-18127	BOLT, 1/4-20 X 1.25", BHCS, SS, BLK
41	4	HS-18183	BOLT, 5/16-18 UNC X .75", SCHD
42	1	HN-41157	NUT, 7/8-24", LH, 86A, ZN
43	4	HW-00180	WASHER, LOCK SPLIT, 1/4", SST, BLK PASS
44	4	HS-41109	SCREW, SLFTP, 10-24 X .75", PNHD, SST
45	1	HW-18176	WASHER, CRANK KEY
47	10	HS-41006	SCREW, SLFTP, 10-24 X .5", PNHD PHIL
48	8	HS-41126	BOLT, 5/16 X 1.0", BTHD, SST, BLK
49	1	HX-18449	TAPE, DOUBLE SIDED, 1.25 X 1.25 X .03"
51	1	HX-18024	SPRING, EXTENSION, .75" X .115 X 7", Silver
52	1	HX-18036	SPRING, EXTENSION, .50" X .072 X 6", Gold
53	4	HX-18133	RETAINING, E-RING, 5133-37
54	5	HX-14416	CLIP, WIRE LATCHING, 1 X 1"
55	1	PL-50118	CLAMP, CABLE CT
56	4	HS-12031	SCREW, SEMS, 10-32 X .62", PNHD PHIL
58	1	PL-18132	CAP, END, EXTRUSION

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ITEM	QTY	PART NO.	DESCRIPTION
59	1	PL-18235	CAP, FRONT, UNIVERSAL
60	1	HX-18287	PLUG, HOLE, PLASTIC 1", BLACK
62	2	HX-18180	GRIP, HANDRAIL
63	1	AX-18377	ASSY, EDDY CURRENT BRAKE W-GENERATOR
64	2	PL-05044	MOLDED FOOT GUIDE, B-060
65	2	HS-15763	BOLT, 1/4-20 X .375", FLAT HEAD, NYLOCK
66	6	HW-43042	WASHER, HDS-8, 5/16" (8MM) BELLEVILLE
68	1	AW-17895	CABLE, GENERATOR, 36.5", 530R (3 wires)
69	1	AW-17896	CABLE, BRAKE, 30", 530R (2 wires)
70	3	HX- 18017	BUMPER, .5 X .14", HIGH, BLACK
72	1	AW-17993	CABLE, FRAME HARNESS, 530R
75	1	DE-14486	DECAL, SERIAL NUMBER, CYBEX
76	7	HX-18369	STANDOFF, HEX, NYLON 6-32 X 1/4"
77	1	AW-18364	CABLE, GROUND, LOWER, 530R
78	1	PW-17941	PULLEY, PRIMARY
79	2	HX-18357	STRIP, INSULATING
80	4	HX-18406	SLEEVE, INSULATING
81	4	HW-18356	WASHER, INSULATING
82	1	AW-18035	CABLE, CHR, FLAT FLEX, 530R
83	3	EH-00472	TY WRAP, TY-23M
84	4	HX-18407	CAP, ROUND, .563 ID X .54", Red
91	2	HW-53017	WASHER, FLAT, 5/16", SS, BO
100	1	AF-17986	WELDMENT, FRAME, 530R
101	1	AX-18800	WELDMENT, MID TUBE W/GRIPS, 530R
200	1	AC-18303-4	ASSY, CONSOLE, 530R, ENGLISH
201	1	AX-18296-4	ASSY, TOP CAP, 530R, ENGLISH
202	1	DE-18248-4	LABEL, CALIBRATION, BRAKE GEN, ENGLISH
203	1	DE-18186-4	DECAL, WARNING, ENG
204	1	DE-18362-4	DECAL, CAUTION, MOVING PARTS, ENGLISH
205	1	DE-18363-4	LABEL, WARNING HOT FLYWHEEL, ENGLISH
206	1	LT-18171-4	MANUAL, 530C, 530R, ENGLISH
207	1	LT-03051	SIGN, FACILITY SAFETY
301	1	AD-17872	PCA, 530, MAIN DISPLAY
302	1	AD-18025	PCA, BATTERY CHARGER, DISPLAY
303	1	AF-18076	PLATE, CONSOLE, MOUNTING
304	1	AX-18295-4	ASSY, CONSOLE BATTERY DOOR, ENGLISH
305	1	DE-18250-4	LABEL, BATTERY WARNING, ENGLISH
306	1	DE-18253-4	DECAL, C-SAFE PORT, ENGLISH
308	5	EC-17871	BATTERY, AA NIMH, 1800+ MAH
309	4	HS-11894	SCREW, SEMS, 6-32 X .25", PNHD PHIL
310	1	HS-16939	SCREW, SEMS, 10-32 X .75", PNHD, BLK ZN
311	7	HS-41187	SCREW, SLFTP, 8-16 X .3125", PLASTITE
312	1	HX-17711	PLUG, HOLE, PLASTIC 7/16", BLACK
313	2	PL-17686	TAB, BOOK HOLDER
314	1	PL-18077	CONSOLE, FRONT PLASTIC
315	1	PL-18078	CONSOLE, REAR PLASTIC
316	1	SW-17887-4	MEMBRANE, 530, TOP, ENGLISH
316	1	SW-20703-4	MEMBRANE, 530, TOP, ENGLISH, IFI
317	1	SW-18273-4	MEMBRANE, 530, BTM, W-0 AV, ENGLISH
317	1	SW-20702-4	MEMBRANE, 530, BTM, W-0 AV, ENGLISH, IFI
318	1	DE-18249-4	DECAL, ERROR CODES, ENGLISH
319	1	PL-18079	COVER, BATTERY

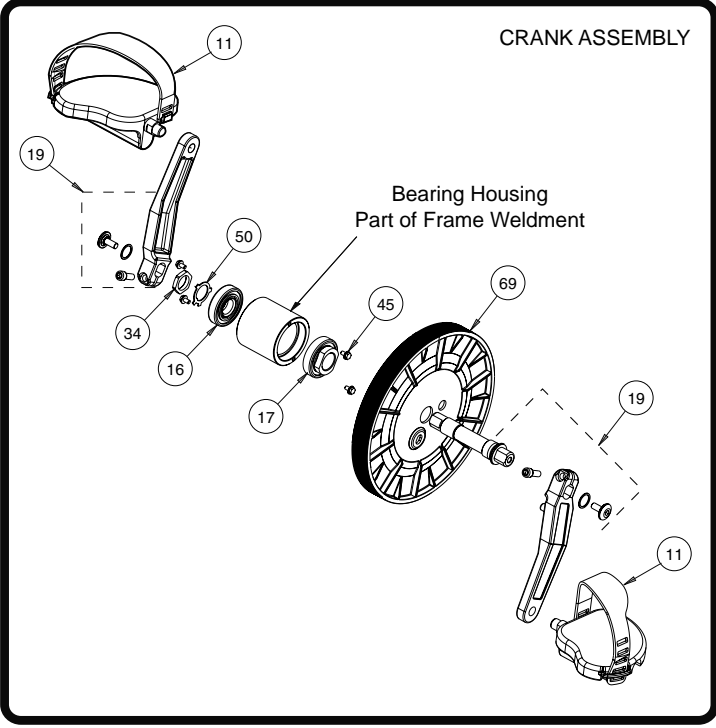
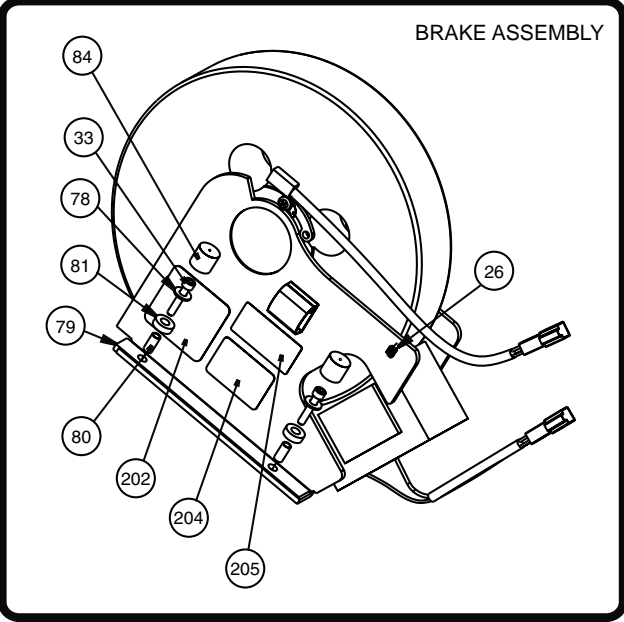
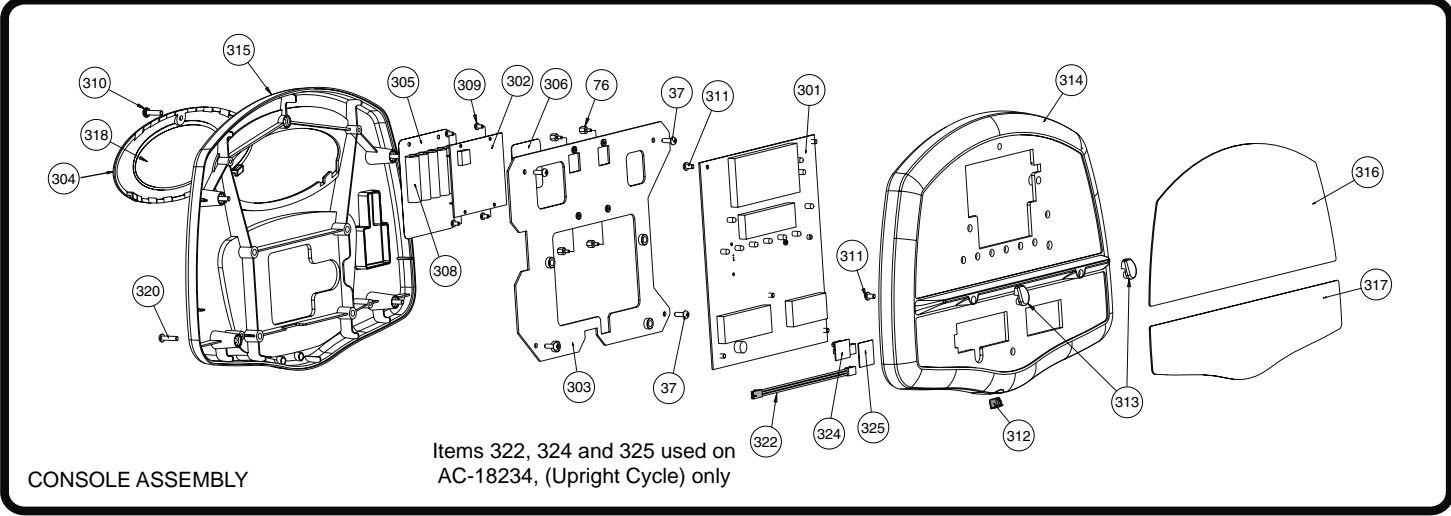
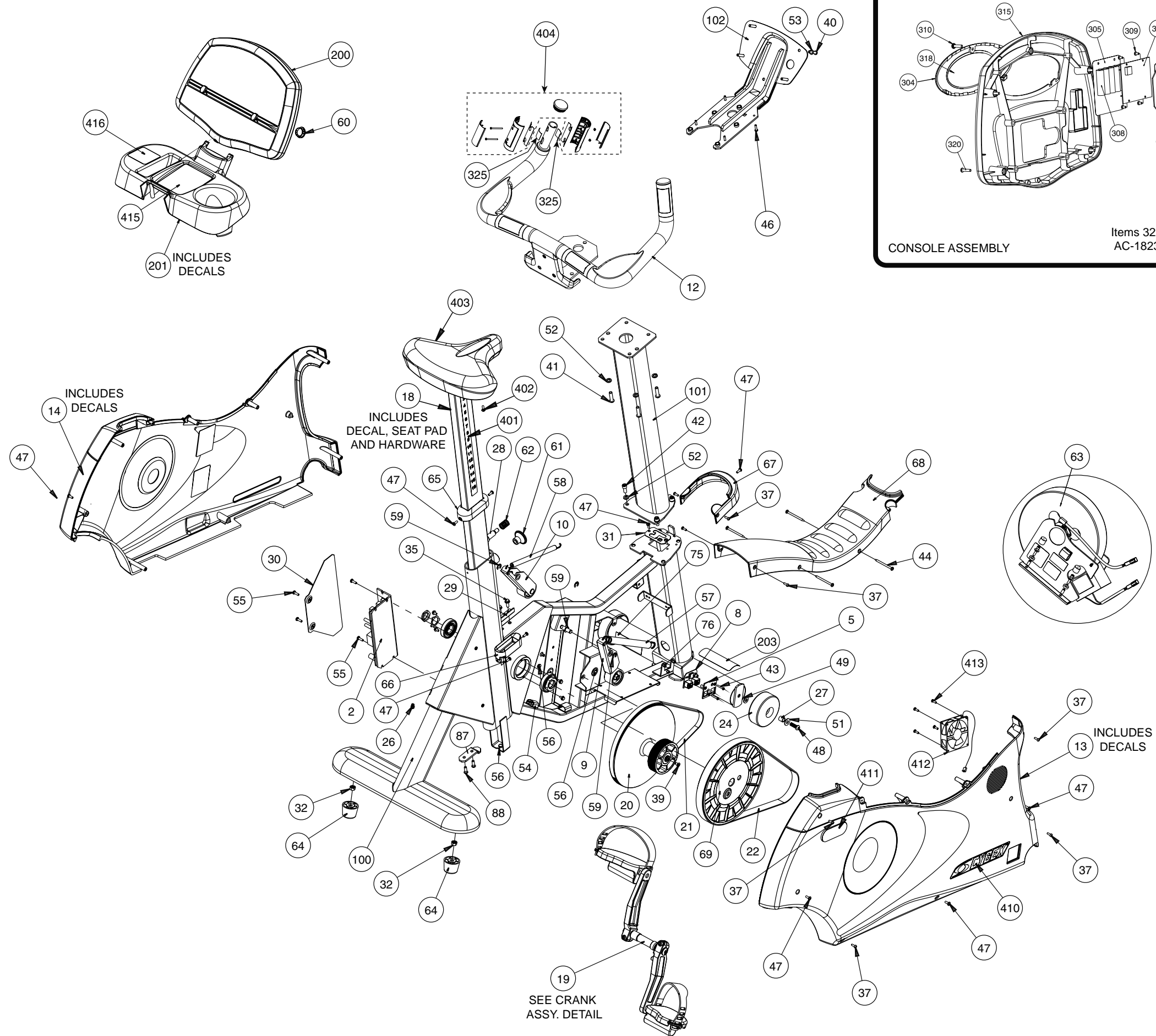
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ITEM	QTY	PART NO.	DESCRIPTION
320	4	HS-18311	SCREW, 8-16 X .75", PNHD PHIL, STL, BLK
340	1	AW-18160	CABLE, CONSOLE HARNESS, 530R
350	1	AW-18365	CABLE, GROUND, UPPER, 530R
363	1	AF-18104	BRKT, SPRING TENSIONER, RIGHT
364	4	HB-18056	BUSHING, FLANGE, .375 X .469 X .25"
365	2	HB-18059	IDLER WHEEL, 1.88 X 1.15"
366	2	HN-42043	NUT, 3/8-16", FLANGED, SS, BO
367	1	AF-18053	BRACKET, SPRING TENSIONER, LEFT
373	1	FM-54075	RACE, CRANK, LEFT
374	2	HB-44062	BEARING, RADIAL BALL, 30 MM, W-SEALS
375	1	FM-54074	RACE, CRANK, RIGHT
420	1	AF-20726	HANDLE, RECUMBENT IFI
421	1	AF-20719	BRACKET, HANDLE MOUNT, RIGHT, RECUMBENT IFI
422	1	AF-20720	BRACKET, HANDLE MOUNT, LEFT, RECUMBENT IFI
423	1	AF-20727	LEVER, SEAT ADJUSTMENT, RECUMBENT IFI
424	1	AF-20758	WELDMENT, 90 DEG CONNECT, RECUMBENT IFI
425	1	HS-20730	SCREW, SHEILD, 3/8 DIA. X 1.25 X 5/16-18"
426	4	HB-20728	BEARING, FLANGE, NYLON 3/8" DIA. SHAFT
431	2	AX-19669	GRIP, HR TOP, IN-MOLDED
432	2	AX-19670	GRIP, HR BOTTOM, IN-MOLDED
433	2	PL-20230	END CAP, CONTACT GRIP
434	2	HX-18974	SEAL, HR GRIPS
435	4	HS-20306	SCREW, 6-20 X 1.12" PNHD, PHIL
450	1	AF-17552	WELDMENT, SEAT SHUTTLE, 530R
451	1	AF-18000	WELDMENT, SHUTTLE HANDLE
452	1	AX-17578	ASSY, CONTACT GRIP, PAIR
453	4	AX-18148	ASSY, SEAT SHUTTLE WHEEL
454	1	AW-17882	CABLE, CHR GRIPS, 530R
456	2	CW-18141	WHEEL, LOWER RIGHT, TAPERED
457	2	CW-18144	WHEEL, LOWER LEFT, BEVELED
458	4	FM-18143	SPACER, LOWER SHUTTLE WHEEL
459	4	FS-18023	PLATE, WHEEL TENSION ADJUSTER
460	2	HB-18121	BUSHING, FLANGED, PLASTIC, 5/16 ID"
461	2	HN-11925	KEPS, 10-32, HEX, STL, ZN
462	4	HN-18252	NUT, 5/16-18", PREVAILING TORQUE
463	1	HN-60558	NUT, NYLOC, .250-20, ZN, BLK
464	1	HS-18497	SCREW, 10-32 x .50", PNHD PHIL, BLK ZN
465	4	HS-18298	BOLT, 5/16-18 X .88", BTHD CAP, SS, BL
466	1	HS-18089	BOLT, SHEILD, 5/16 X 2.75", SCHD
467	8	HS-18358	BOLT, 5/16-18 X .1.25", SCHD CAP, BLK
468	8	HW-18123	WASHER, .344 ID X .75 OD X .125", THICK
472	1	HX-18168	SPRING, TORSION, SEAT SHUTTLE
473	1	PD-18166	SEAT, BOTTOM, 530R
474	1	PL-18122	ACCESSORY TRAY, 530R
475	1	PL-18204	CLAMP, FLAT CABLE COVER
477	1	DE-18288	LABEL, EXTRUSION
478	1	FM-18085	EXTRUSION, SEAT SHUTTLE
480	1	FS-18124	BRACKET, SEAT ADJUST RACK
482	2	HX-05082	BUMPER, SEAT LIMIT, BMR R-035
484	2	HS-41048	BOLT, 5/16-18 X 2", BTHD CAP, BLK OX
486	4	CA-40052	CAP, PLASTIC, 1 X 1", 10-14 GA.
487	2	FT-18080	TUBE, SEAT BACK, POWDER COATED

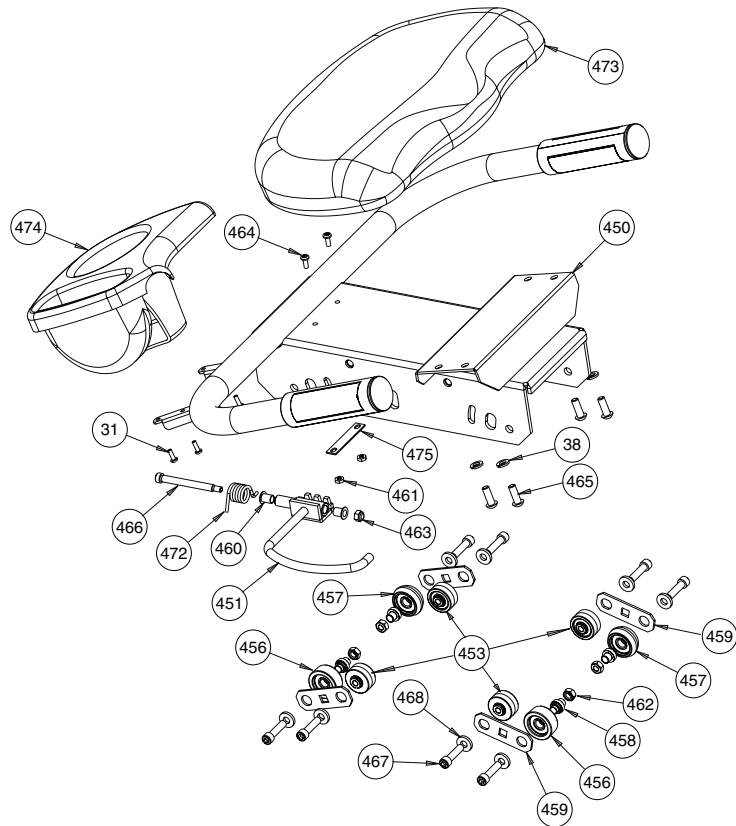
Cybex 530C and 530R Owner's Manual

ITEM	QTY	PART NO.	DESCRIPTION
488	4	HS-41107	BOLT, 5/16-18 X 1.5", BTHD, SST, BLK
490	1	PD-18177	SEAT BACK, 530R
491	2	DE-18243	LABEL, CYBEX
492	2	DE-18281	DECAL, MODEL NAME, 530R
497	1	SK-18450	FAN, 92 X 25 MM, 12V
498	4	HS-18320	SCREW, 6-19 X 1/2", PNHD PHIL, ZN
501	1	DE-18181-4	LABEL, 530 INSTRUCTIONS, ENGLISH
502	1	DE-18182-4	LABEL, HEART RATE ZONE, ENGLISH
NS	N/A	TR-18230	POWER ADAPTER, IEC-320, 220 VAC
NS	N/A	TR-18231	POWER ADAPTER, NEMA 5-15 PLUG, 115 VAC

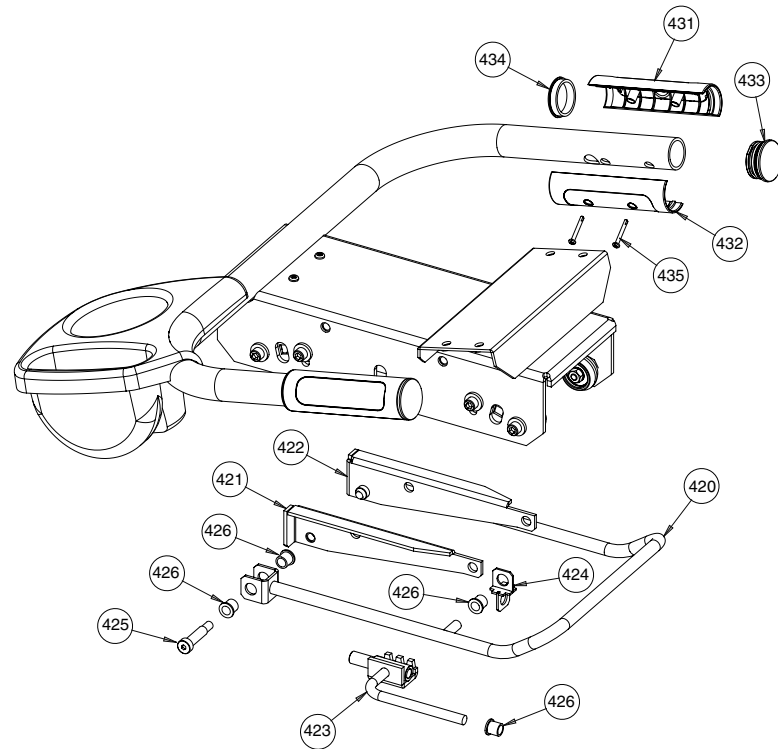
530C Upright Cycle



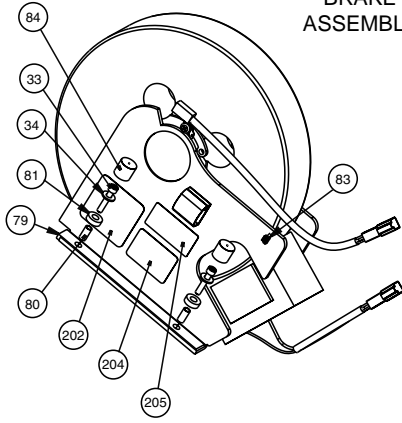
SEAT ASSEMBLY



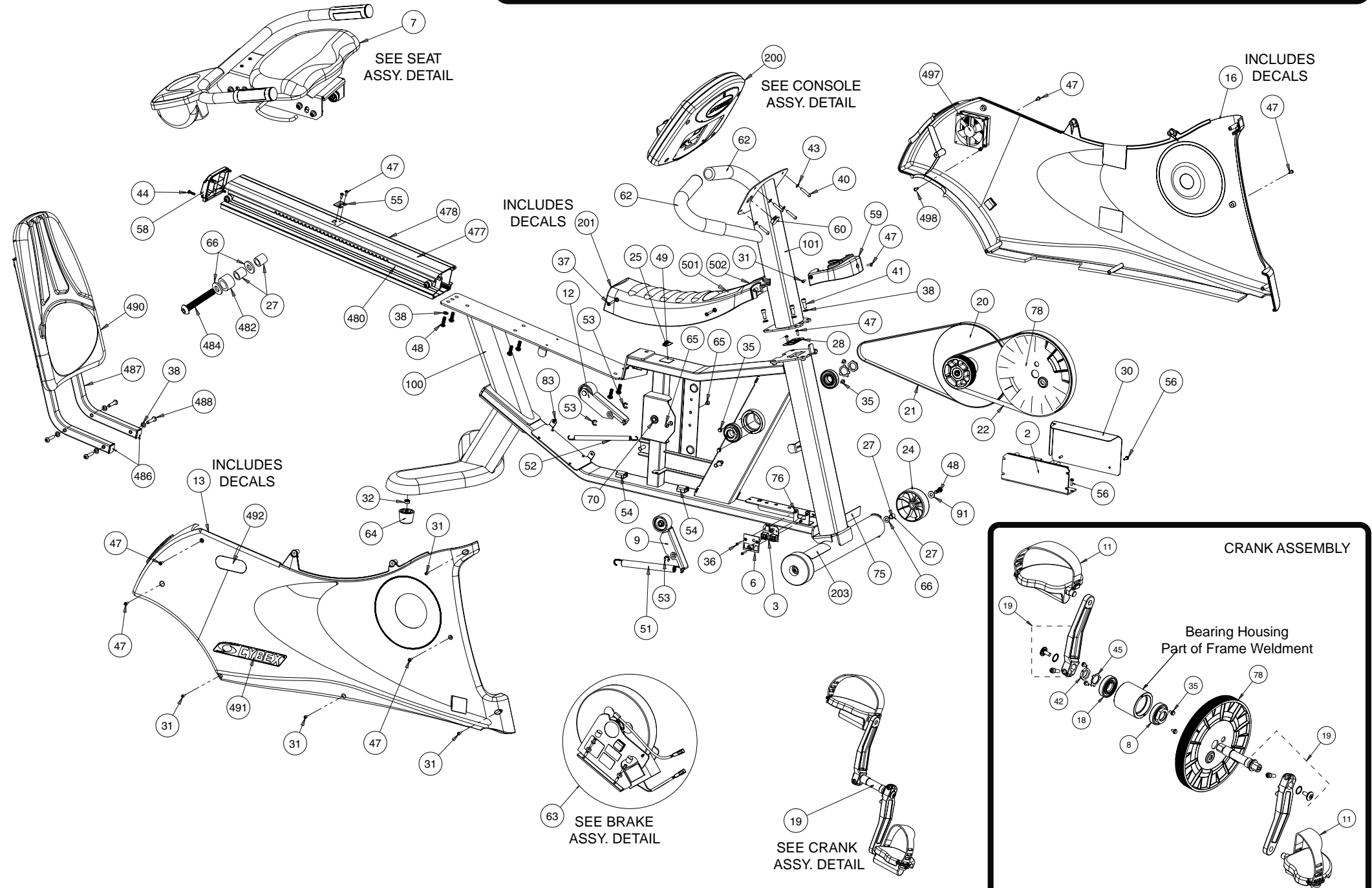
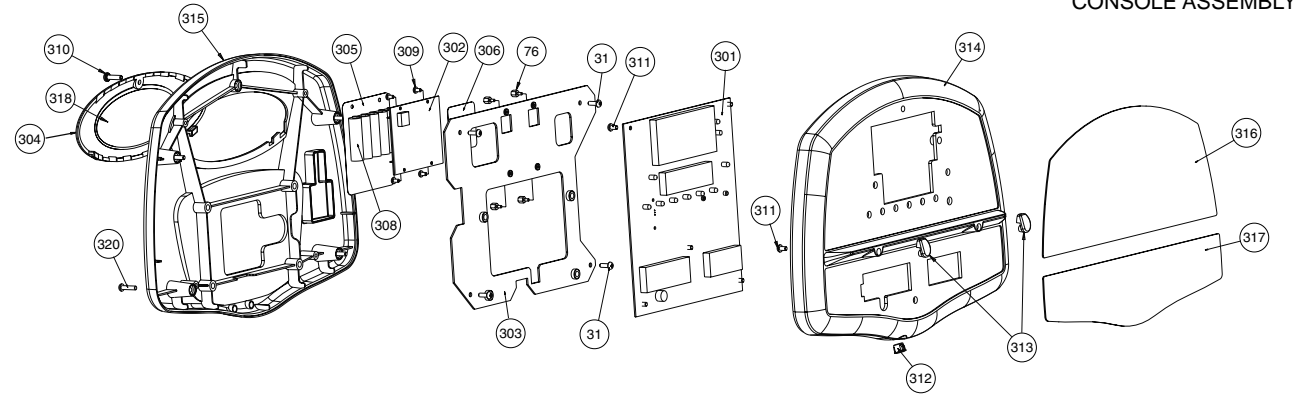
IFI SEAT ASSEMBLY



BRAKE ASSEMBLY



CONSOLE ASSEMBLY



CRANK ASSEMBLY

