

Cybex 50L Console

Owner's Manual



Part Number
1008441-0001 AB



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User and Service Documents Link

Operation Manuals and other Product Information available at
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FCC Compliance Information

Before using this product, it is essential to read this ENTIRE operation manual and ALL assembly instructions. It describes equipment setup and instructs members on how to use it correctly and safely.

Avant d'utiliser ce produit, il est indispensable de lire ce manuel d'utilisation dans son INTÉGRALITÉ, ainsi que TOUTES les instructions d'installations. Ce manuel explique comment installer l'équipement et comment l'utiliser correctement et sans danger.

FCC Warning - Possible Radio / Television Interference

EN ISO 20957 Class S: Professional and / or commercial use.

 **NOTE:** This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference when the equipment is operated in a commercial environment. This equipment generates, uses and can radiate radio frequency energy, and if not installed and used in accordance with the instruction manual, may cause harmful interference to radio communications. Operation of this equipment in a residential area is likely to cause harmful interference in which case the user will be required to correct the interference at his own expense.

EN ISO 20957 Class H: Home use.

 **NOTE:** 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 user manual, may cause harmful interference to radio communications. However, there is no guarantee that the 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 the 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.

 **CAUTION:** Any changes or modifications to this equipment could void the product warranty.

 **Mise en garde ::** tout changement ou toute modification de ce matériel peut annuler la garantie du produit.

Any service, other than cleaning or user maintenance, must be performed by an authorized service representative.

Bikes:

For EN ISO 20957-5: 2016 Class SA accuracy testing, power at the crankshaft was measured by connecting the training equipment to a dynamometer. The crank was rotated and torque measured per EN ISO 20957-5: 2016 Class SA operating test conditions. Accuracy of the resulting watts displayed on the console and actual watts measured by dynamometer were found to be within the tolerance of EN ISO 20957-5: 2016 Class SA (+/- 5 Watts up to 50 Watts and +/- 10% over 50 Watts).

Arc Trainers:

For EN ISO 20957-9: 2016 Class SA accuracy testing, power at the crankshaft was measured by connecting the training equipment to a dynamometer. The crank was rotated and torque measured per EN ISO 20957-9: 2016 Class SA operating test conditions. Accuracy of the resulting watts displayed on the console and actual watts measured by dynamometer were found to be within the tolerance of EN ISO 20957-9: 2016 Class SA (+/- 5 Watts up to 50 Watts and +/- 10% over 50 Watts).

Manual Information

This Owner's Manual describes the functions of the following products:

- ***R Series Arc Trainer***
- ***R Series Recumbent Exercise Bike***
- ***R Series Upright Exercise Bike***
- ***R Series Treadmill***

See [Specifications](#) in this manual for product specific features.

Statements of Purpose:

- The Cybex Arc Trainer is an exercise machine that combines low-impact elliptical pedaling with push / pull arm motion to provide an efficient, effective total body workout indoors.
- The Cybex Exercise Bike is a machine that simulates the movements of riding a bicycle indoors at various speeds and levels of resistance.
- The Cybex Treadmill is an exercise machine that enables users to walk or run, in place, indoors on a moving surface.

Getting Started

Safety Instructions

Read all instructions before using Cybex products.

All Products

-  **CAUTION:** Any changes or modifications to this equipment could void the product warranty.
 -  **WARNING:** To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect each product to a properly grounded electrical outlet.
 -  **WARNING:** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.
 -  **DANGER:** To reduce the risk of electrical shock or injury from moving parts, always unplug product before cleaning or attempting any maintenance activity.
- Never operate the product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact Customer Support Services.
 - Position the product so that the power cord plug to the wall is accessible to the user. Make sure that the power cord is not knotted or twisted and that it is not trapped under any equipment or other objects.
 - If the electrical supply cord is damaged, it must be replaced by the manufacturer, an authorized service agent, or a similarly qualified person to avoid a hazard.
 - Always follow the console instructions for proper operation.
 - This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience or knowledge unless they have supervision or been given instruction concerning the use of the appliance by a person responsible for their safety.
 - Do not use this product outdoors, near swimming pools or in areas of high humidity.
 - Never operate the product with the air openings blocked. Keep air openings free of lint, hair, or any other obstructing material.
 - Never insert objects into any opening in these products. If an object should drop inside, turn off the power, unplug the power cord from the outlet, and carefully retrieve it. If the item cannot be reached, contact Customer Support Services.
 - Never place liquids of any type directly on the unit, except in an accessory tray or holder. Containers with lids are recommended.
 - Do not use these products in bare feet. Always wear shoes. Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles.
 - Keep all loose clothing, shoelaces, and towels away from moving parts.
 - Do not reach into, or underneath, the unit or tip it on its side during operation.
 - This equipment is not intended for use by children. Keep children under the age of 14 away from the machine.
 - Do not allow other people to interfere in any way with the user or equipment during a workout.
 - Use these products for their intended use as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
 - Allow LCD consoles to “normalize” with respect to temperature for one hour before plugging the unit in and using.
 - Free standing equipment shall be installed on a stable and leveled surface.
 - Read all warnings on each product prior to starting a workout.
 - If warnings are missing or damaged, please contact Customer Support Services immediately for replacement warning labels. Warning labels are shipped with every product and should be installed before product is used. Cybex is not responsible for missing or damaged warning labels.

Treadmill

-  **CAUTION:** Risk of injury to persons – to avoid injury, use extreme caution when stepping onto or off of a moving belt. Read assembly instruction manual before using.
-  **WARNING:** Keep the area 6.5 ft. (2 m) by 3 ft. (0.9 m) behind the treadmill clear of any obstructions, including walls, furniture, and other equipment. Contact Customer Support Services for an optional longer power cord if necessary.
-  **WARNING:** Be sure the emergency stop lanyard is clipped to the user and in proper position on the treadmill before beginning any workout.
-  **WARNING:** The belt centering adjustment must be performed if the belt is not between the marks indicating the maximum allowed lateral positions. Refer to Treadmill Assembly Instructions.
- The product should never be left unattended when plugged in. Disconnect from the electrical outlet when not in use, and before putting on or taking off parts. To disconnect, turn power OFF at the ON/OFF switch, then remove plug from electrical outlet.
- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle.
- Handrails may be held to enhance stability as needed, but are not for continuous use.
- Never mount or dismount the treadmill while the running belt is moving. Use the handrails whenever additional stability is required. In case of an emergency, such as tripping, grasp the handrails, and place the feet on the side platforms.
- Never walk or jog backwards on the treadmill.
- Do not use this product in areas where aerosol spray products are being used or where oxygen is being administered. Such substances create the danger of combustion and explosion.
- In conformity with the European Union Machinery Directive 2006/42/EC, this equipment unloaded runs at sound pressure levels below 70 dB (A) at the average operating speed of 12 km/hr. Noise emission under load is higher than without load.

Arc Trainer

-  **WARNING:** Ensure that there is at least 1 ft. (0.3 m) of clearance in front of the Arc Trainer and at least 2 ft. (0.6m) on the side.
-  **WARNING:** The Arc Trainer is not equipped with a free-wheeling feature. Therefore, the product cannot be stopped immediately.
- Do not stand or sit on the rear plastic covers of the Arc Trainer.
- The individual human power required to perform an exercise may be different than the mechanical power displayed on the Arc Trainer.
- Use caution when mounting or dismounting the Arc Trainer. Before mounting, use the moving arms to bring the pedal nearest to you to the lowest position. Use the stationary handlebars whenever additional stability is required. While exercising, hold onto the moving arms.
- Never face backward while using the Arc Trainer.

Bikes

-  **WARNING:** Allow a distance of 16 in. (41 cm) between the widest part of the bike and other objects on either side. Provide at least 3 ft. (0.9 m) between the front or rear of the bike to any other objects and 2 ft. (0.6 m) in the direction the equipment is accessed from.
- Do not stand or sit on plastic shrouds.
- Use caution when mounting or dismounting the bike. Use the stationary handlebar whenever additional stability is required.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

Consignes de Sécurité

Veuillez lire toutes les instructions avant d'utiliser Cybex ce produit.

Tous les équipements



Mise en garde :: Toute modification apportée à cet équipement pourrait en annuler la garantie.



AVERTISSEMENT: Pour réduire les risques de brûlures, d'incendies, de chocs électriques ou de blessures, il est essentiel de brancher chaque appareil sur une prise électrique correctement mise à la terre.



AVERTISSEMENT: Les systèmes de surveillance de la fréquence cardiaque peuvent être inexacts. Un exercice trop intensif peut entraîner des blessures graves, voire mortelles. Si vous ressentez une sensation de malaise, arrêtez immédiatement l'exercice.



Danger.: Pour réduire les risques de chocs électriques ou de blessures en raison des pièces mobiles, débranchez toujours les produits avant de les nettoyer ou de procéder aux tâches d'entretien.

- Ne faites jamais fonctionner le produit dont la fiche ou le cordon d'alimentation sont altérés, ni aucun appareil qui serait tombé, aurait été endommagé ou même partiellement plongé dans l'eau. Contactez le Service clients.
- Placez l'appareil de façon à ce que l'utilisateur ait accès à la fiche du cordon d'alimentation. Assurez-vous que le cordon d'alimentation n'est pas noué ou tordu et qu'il n'est pas coincé sous un autre appareil ou sous tout autre objet.
- Si le cordon d'alimentation électrique est endommagé, il doit être remplacé par le fabricant, par un réparateur agréé ou par une personne qualifiée afin d'éviter tout danger.
- Suivez toujours les instructions s'affichant sur la console.
- Cet appareil n'est pas destiné à être utilisé par des personnes ou des enfants présentant des capacités physiques, sensorielles ou mentales réduites, ou un manque d'expérience et de connaissances, sauf en cas de supervision ou d'instructions relatives à son utilisation par une personne responsable de leur sécurité.
- N'utilisez pas ce produit à l'extérieur, près d'une piscine ou dans des endroits très humides.
- Ne jamais utiliser le produit en ayant les ouvertures d'air bloquées. Maintenez les bouches d'aération exemptes de peluches, de cheveux ou de toute autre obstruction.
- N'insérez jamais d'objet dans les ouvertures de cet appareil. Si un objet tombe dans l'appareil, mettez ce dernier hors tension, débranchez le cordon d'alimentation et récupérez l'objet avec précaution. Si vous ne pouvez pas l'atteindre, contactez le Service clients.
- Ne placez jamais de liquides d'aucune sorte directement sur l'appareil, sauf si vous disposez d'un support ou d'un plateau pour accessoires. Nous vous recommandons de n'utiliser que des récipients pourvus d'un bouchon.
- N'utilisez pas l'appareil pieds nus. Portez toujours des chaussures. Portez des chaussures avec semelles en caoutchouc ou antidérapantes. N'utilisez pas de chaussures à talon, à semelle en cuir, à crampons ou à pointes. S'assurer qu'aucun caillou ne s'est incrusté dans les semelles.
- Éloignez les vêtements amples, les lacets de chaussure et les serviettes des parties mobiles de l'appareil.
- Ne placez pas les mains à l'intérieur ou sous l'appareil ou ne le faites pas basculer sur le côté durant son fonctionnement.
- Cet équipement n'est pas destiné à être utilisé par les enfants. Tenez les enfants âgés de moins de 14 ans à l'écart de la machine.
- Ne laissez aucune personne gêner l'utilisateur ou le fonctionnement de l'appareil pendant l'exercice.
- Utilisez cet équipement uniquement aux fins auxquelles il est destiné et de la manière décrite dans le présent manuel. N'utilisez pas d'accessoires non recommandés par le fabricant.
- L'appareil utilisé de manière autonome doit être installé sur une surface stable et plane.
- Lisez les avertissements avant de commencer à vous entraîner.
- Si certaines étiquettes d'avertissement sont manquantes ou endommagées, contactez immédiatement le Service à la clientèle. Nous vous en fournirons de nouvelles. Les étiquettes d'avertissement sont expédiées avec les appareils et doivent être installées avant utilisation de ces derniers. Cybex n'est pas responsable des étiquettes manquantes ou endommagées.

Tapis de course

 **Mise en garde ::** Risque de blessures - pour éviter toute blessure, faire preuve d'extrême prudence pour monter sur un tapis en mouvement, ou pour en descendre. Lisez les instructions d'assemblage avant toute utilisation.

 **AVERTISSEMENT:** Laissez un espace de 2 m sur 0,9 m (6,5 pi. sur 3 pi.) autour de la machine. Ne placez pas cette dernière près de murs, meubles ou autres équipements qui pourraient en obstruer l'accès. Contactez le service à la clientèle pour obtenir un cordon plus long au besoin.

 **AVERTISSEMENT:** Avant de commencer tout exercice, il convient de s'assurer que le cordon de sécurité est bien fixé à l'utilisateur et correctement placé sur le tapis de course.

 **AVERTISSEMENT:** La surface de course doit être recentrée si elle ne se situe pas entre les marques indiquant les positions latérales maximales autorisées. Consultez les instructions d'assemblage du tapis de course.

- Ne laissez jamais l'appareil sans surveillance lorsqu'il est branché. Débranchez-le systématiquement après son utilisation, et avant l'ajout et le retrait de pièces. Pour débrancher l'appareil, placez l'interrupteur sur ARRÊT et ôtez la prise électrique du mur.
- Maintenez le cordon d'alimentation à l'écart des surfaces chaudes. Ne tirez pas l'appareil par son cordon et n'utilisez pas celui-ci comme une poignée.
- Les barres d'appui latérales peuvent servir à améliorer la stabilité, le cas échéant, mais elles ne sont pas conçues pour être utilisées de façon continue.
- Ne montez et ne descendez jamais du tapis de course lorsqu'il est en marche. Le cas échéant, utilisez les barres latérales pour renforcer votre stabilité. En cas d'urgence, si vous trébuchez par exemple, saisissez les barres latérales et placez les pieds sur les plates-formes latérales.
- Ne reculez jamais sur le tapis, que ce soit en marchant ou en courant.
- N'utilisez pas l'appareil en présence d'aérosols ou en cas d'administration d'oxygène. Ces substances pourraient entraîner des risques d'incendie et d'explosion.
- Conformément à la directive machines 2006/42/CE de l'Union européenne, à vide, cet équipement fonctionne à des niveaux de pression acoustique inférieurs à 70 dB(A) à une vitesse de fonctionnement moyenne de 12 km/h. Les émissions sonores sont plus élevées si l'appareil est sous tension qu'à l'état hors tension.

Arc Trainer

 **AVERTISSEMENT:** Veillez à laisser un dégagement d'au moins 30 cm (1 pi) devant l'Arc Trainer et d'au moins 60 cm (2 pi) sur les côtés.

 **AVERTISSEMENT:** L'Arc Trainer n'est pas équipé d'une option roue libre. Par conséquent il ne peut donc être arrêté instantanément.

- Ne vous mettez ni debout, ni assis sur les caches en plastique situés à l'arrière de l'Arc Trainer.
- La puissance nécessaire à chaque utilisateur pour effectuer un exercice peut différer de la puissance mécanique affichée sur l'Arc Trainer.
- Montez et descendez avec précaution de l'Arc Trainer. Avant de monter, placez la pédale située de votre côté en position basse, en vous aidant des bras mobiles. Utilisez les poignées fixes lorsque vous avez besoin de renforcer votre équilibre. Pendant les exercices, tenez les bras mobiles.
- Ne montez jamais à l'envers sur l'Arc Trainer.

Vélos

 **AVERTISSEMENT:** Laissez une distance de 41 cm (16 in..) entre la partie la plus large du vélo et les objets se trouvant de part et d'autre. Laissez un dégagement d'au moins 0,9 m (3 pi.) entre l'avant et l'arrière du vélo et les objets alentour, et d'au moins 0,6 m (2 pi.) dans la direction qui permet d'accéder à l'appareil.

- Ne vous mettez ni debout, ni assis sur les caches en plastique du vélo.
- Montez et descendez avec précaution du vélo. Utilisez le guidon fixe lorsque vous avez besoin de renforcer votre équilibre.

CONSERVEZ PRÉCIEUSEMENT CES INSTRUCTIONS POUR CONSULTATION ULTÉRIEURE.

Getting Connected

Connecting your product

- **SSID:** LFWireless
- **Password:** See your Cybex representative
- **Authentication Method:** WPA2-Personal

Registering Product with Halo

1. Go to the Halo website: <https://www.halo.fitness>
2. Click the **Sign Up** link. If you already have an account, **Log In**.
3. Click the **Sign Up** link in the **Manager** section.
4. Enter your information, and click **Create Account** to complete the process.
5. Click the **Add Now** button under **Equipment** section
6. Enter equipment serial number to add equipment. After entering one serial number, the rest of your connected equipment will be automatically discovered.

Immobilization Method - 50L Console

The purpose of immobilizing the treadmill is to prevent unauthorized use. The system causes immobilization of the treadmill when a pre-defined hard key sequence has been activated.

To prevent false toggling of the Immobilized feature, this sequence must be done in a 5-10 second period.

1. Press the **STOP** key 3 times.
2. Press the **SPEED DOWN** arrow key 3 times.

Operation

Console Overview - Arc Trainer

Controls



1	Toggle	Rotate through metrics.
2	GO	Press to automatically begin a Quick Start workout.
3	Workouts key	Hill Climb, Cardio Interval, Hill Interval, Wave, Target Hip, Strength Interval.
4	UP and DOWN arrow keys	Use to increase / decrease incline.
5	Quick stride keys	Preset stride levels: Glide, Stride, Climb.
6	USB Port	Charge USB devices.
7	Lock	Lock metrics shown
8	STOP	Press to Stop a workout.
9	Call out buttons	Time, Weight, Imperial/Metric.
10	UP and DOWN arrow keys	Use to adjust settings.
11	UP and DOWN arrow keys	Use to increase / decrease resistance.
12	Reading Rack / Tablet Holder	Place traditional reading material as well as mobile devices and tablets in this built-in holder.



1	Upper LED display	Displays: Distance, Calories, Watts, Heart rate, Workout profile, SPM.
2	Muscle map	Displays muscles used.
3	Lower Left LED	Displays: Time, Incline.
4	Lower Right LED	Displays: Resistance.

Controls



1	Toggle	Rotate through metrics
2	GO	Press to automatically begin a Quick Start workout.
3	Workouts key	Rollers 1, Ramps, Wave, Rollers 2, Peaks, Bursts.
4	USB Port	Charge USB devices.
5	Lock	Lock metrics shown
6	STOP	Press to Stop a workout.
7	Call out buttons	Time, Weight, Imperial/Metric.
8	UP and DOWN arrow keys	Use to adjust settings.
9	UP and DOWN arrow keys	Use to increase / decrease resistance.
10	Quick resistance keys	Preset resistance levels
11	Reading Rack / Tablet Holder	Place traditional reading material as well as mobile devices and tablets in this built-in holder.



1	Upper LED display	Displays: Distance, Calories, Watts, Heart rate, Workout profile, RPM.
2	Lower Left LED display	Displays: Time.
3	Lower Right LED	Displays: Road Speed, Resistance.

Console Overview - Treadmill

Controls



1	Toggle	Rotate through metrics
2	GO	Press to automatically begin a Quick Start workout.
3	Workouts key	Speed Bump, Peaks, Hill Interval 1:2, Rollers, Hill Interval 1:1, Interval Plus.
4	UP and DOWN arrow keys	Use to increase / decrease incline.
5	USB Port	Charge USB devices.
6	Lock	Lock metrics shown
7	STOP	Press to Stop a workout.
8	Call out buttons	Time, Weight, Imperial/Metric.
9	UP and DOWN arrow keys	Use to adjust settings.
10	UP and DOWN arrow keys	Use to increase / decrease speed.
11	Reading Rack / Tablet Holder	Place traditional reading material as well as mobile devices and tablets in this built-in holder.

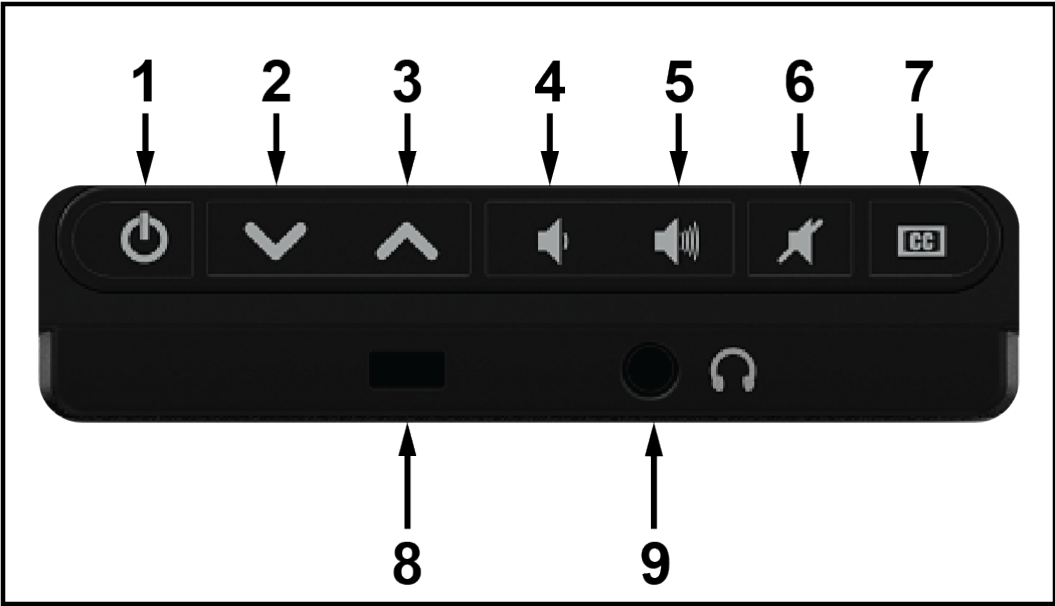
LED's



1	Upper LED display	Displays: Pace, Distance, Calories, Heart rate, Workout profile.
2	Lower Left LED	Displays: Time, Incline.
3	Lower Right LED	Displays Speed.

Entertainment Rack Overview

The Entertainment Rack is optional



1	Power	Press to turn the TV on.
2	Channel Down key	Press to decrease channel.
3	Channel Up key	Press to increase channel.
4	Volume Down key	Press to decrease volume.
5	Volume Up key	Press to increase volume.
6	Mute	Press to turn off sound.
7	Closed Caption	Press to enable Closed Caption.
8	USB Port	Charge USB devices.
9	Headphone Jack	Plug in headphones to listen to TV and entertainment options.

Log In

Log in to the console to track and save your workouts to the LFconnect app.

👉 **NOTE:** LFconnect requires wireless connectivity to be enabled and connected.

- 1. Open the LFconnect app on your mobile device.
- 2. Select the QR code reader in the upper right hand corner.



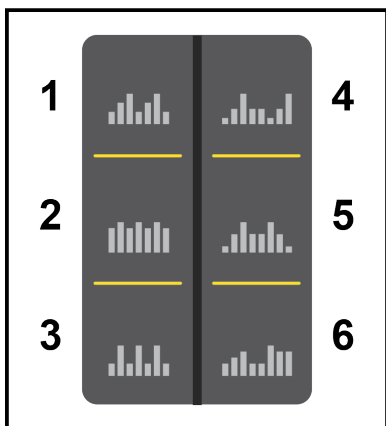
- 3. Scan the QR code with your phone.

Quick Start

1. Press **GO** for a Quick Start workout.
2. Enter your weight using the **UP** and **DOWN** arrow keys on the right side of the console.

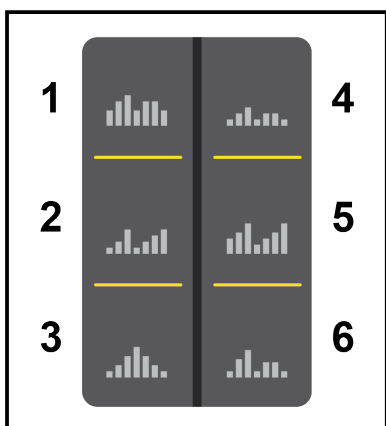
Workouts

Arc Trainer



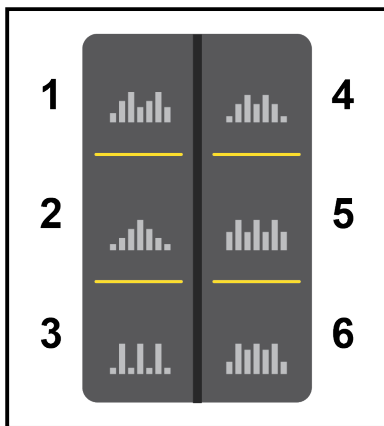
1	Weight Loss - Hill Climb	Extended gradual climbing with steady increases in both resistance and incline
2	Strength - Target Hip	Alternating 2:00 intervals at medium intensities designed to target the glutes and hamstrings
3	Strength - Interval	:30 high intensity intervals with longer recoveries
4	Cardio - Wave	Long, gradual increases in resistance and intensity over 3:00 intervals
5	Cardio - Hill Interval	1:30 intervals of climbing up and climbing down
6	Cardio - Interval	Alternating 1:30 intervals of climbs and high intensity bursts

Bike



1	Calorie Burner	A gentle calorie burner with periods of added work and rest
2	Advanced Burner	Enhanced calorie burn from a brief challenge followed by moderate work to keep the heart rate up
3	Peaks	Incline level gradually increases to a peak, gradually decreases. Climb a new hill every 6 minutes
4	Ramps	A stepped increase in work to a peak followed by a low intensity rest period before it repeats
5	Bursts	30 seconds high intensity followed by 1 minute rest
6	Waves	Climb a hill at moderate to high grade before repeating

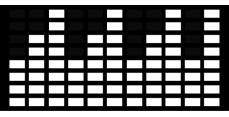
Treadmill



1	Speed Bump	Elevated intervals to keep the HR up
2	Rollers	Climb a hill at moderate to high grade before repeating
3	Peaks	Incline level gradually increases to a peak, gradually decreases. Climb a new hill every 9 minutes
4	Hill Interval	5 minutes. Take on a new hill every 10 minutes.
5	Rolling Hills	1:2 Incline to rest intervals
6	Interval Plus	1:1 High incline to medium incline intervals (4 minutes on, 4 minutes off)

Workout Icons

	Calories
	Distance
	Heart rate
	Incline
	Pause
	Toggle
	Resistance level
	Speed
	Time

	Watts
	Workout profile

Select Workout

1. Select a workout by pressing one of the workout keys.
2. Adjust the **Time** of your workout using the right side **UP** and **DOWN** arrow keys.
3. Press **GO** to confirm and advance to next input.
4. If an advanced workout was selected, Adjust the **Level** of your workout using the right side **UP** and **DOWN** arrow keys.
5. Press **GO** to confirm and advance to next input.
6. Adjust your **Weight** using the right side **UP** and **DOWN** arrow keys.
7. Press **GO** to start your workout. Treadmills will countdown **3, 2, 1, GO** before starting the running belt.
8. To end your workout, press the **STOP** key once to pause. Press a second time to end.

Controls during Workout

During your workout the following keys are functional.

Right arrow keys Adjust Speed or Resistance. Display data will toggle for 10 seconds.

Left arrow keys
(Treadmill only) Adjust Incline. Display data will toggle for 10 seconds.

STOP Press once to Pause workout. Press **GO** to resume workout, or **STOP** again to end workout.

Workout Summary

At the end of a workout, the summary screen is displayed.

Arc Trainer and Bike workout summary



1	Summary screen will toggle through total values. Total time of workout Total calories of workout Total distance of workout
2	QR code. Scan code to save workout to LFconnect

Treadmill workout summary



1	Summary screen will toggle through total values. Total time of workout Total calories of workout Total distance of workout
2	QR code. Scan code to save workout to LFconnect

Manager Configuration

View current software version

1. Press the **Weight** key 5 times.
 - The current software version status displays left to right in the right, center, and left LED's (i.e **0.2 .01. 003**) and beeps once.
 - After 5 seconds of displaying software version screen will return to the attract screen.
2. Press the **Go** key or **Stop** key, return to the attract screen.

Toggle beeps

1. Press the **Time** key 5 times, and press the **Stop** key once.
The current beeps status displays (light up ON or OFF) and beeps once.
2. Use the right **up** and **down** keys to change between on and off beeps.
3. Press the **Go** key, return to attract view and save the status as last seen on the console.
4. Press the **Stop** key, return to attract view.

If no interaction after 5 seconds of displaying beep status, return to attract view and save the status as last seen on the console.

Enable / Disable Wireless Connectivity

Wireless connectivity can be enabled or disabled with the following procedure.

Use the **UP** and **DOWN** arrow keys in the lower right corner of the console.

Press a key combination of **Right Up Arrow, Right Down Arrow, Right Up Arrow, Right Down Arrow, Right Up Arrow, Right Down Arrow, Time, STOP**.

Change default units

1. Press the **Unit** key 5 times, and press the **Stop** key once.
Current units displays (light up lbs & mi or kg & km) and beeps once.
2. Use the right **up** and **down** keys to change between the units (light up lbs & mi or kg & km).
3. Press the **Go** key, return to attract view and save the status as last seen on the console.
4. Press the **Stop** key, return to attract view.

If no interaction after 5 seconds of displaying beep units, return to attract view and save the status as last seen on the console.

Download usage logs

1. Insert USB stick into USB port.
2. Press a key combination of **Right Up Arrow, Right Down Arrow, Right Up Arrow, Right Down Arrow, Weight Button** will download logs to USB stick.

Reboot system

Arc Trainer and Bikes only.

Press and hold the **Go** key for 10 seconds.

Maintenance and Troubleshooting

 **NOTE:** Safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. Keep the equipment out of use until defective parts are repaired or replaced.

 **NOTE:** Pour assurer la sécurité du matériel, il convient de l'inspecter régulièrement afin de détecter tout signe d'usure ou d'endommagement. N'utilisez pas l'appareil avant d'avoir réparé ou remplacé les pièces défectueuses.

The following preventive maintenance tips will keep the product operating at peak performance:

- Locate the product in a cool, dry place.
- Clean the display console and all exterior surfaces with an approved or compatible cleaner (see [Approved and Compatible Cleaners](#)) and a microfiber cloth.
- Long fingernails may damage or scratch the surface of the console; use the pad of the finger to press the selection buttons on the console.

Approved and Compatible Cleaners

Two preferred cleaners have been approved by reliability experts: PureGreen 24 and Gym Wipes. Both cleaners will safely and effectively remove dirt, grime and sweat from equipment. PureGreen 24 and the Antibacterial Force formula of Gym Wipes are both disinfectants that are effective against MRSA and H1N1.

PureGreen 24 is available in a spray which is convenient for gym staff to use. Apply the spray to a microfiber cloth and wipe down the equipment. Use PureGreen 24 on the equipment for at least 2 minutes for general disinfection purposes and at least 10 minutes for fungus and viral control.

Gym Wipes are large, durable pre-moistened wipes to use on the equipment before and after workouts. Use Gym Wipes on the equipment for at least 2 minutes for general disinfection purposes.

Contact Customer Support Services to order these cleaners (1-800-351-3737 or email: customersupport@lifefitness.com).

Mild soap and water or a mild non-abrasive household cleaner can also be used to clean the display and all exterior surfaces. Use a soft microfiber cloth only. Apply the cleaner to the microfiber cloth before cleaning. DO NOT use ammonia or acid based cleaners. DO NOT use abrasive cleaners. DO NOT use paper towels. DO NOT apply cleaners directly to the equipment surfaces.

Troubleshooting - Treadmills

Problem	Probable Cause	Possible Solutions
No Power.	Power source is insufficient.	Using a voltmeter, verify power at outlet. If no power exists, reset circuit breaker at panel.
	Line cord is damaged.	Replace line cord. Contact Customer Support Services.
	Line cord is improperly seated in socket.	Inspect power connection at wall outlet and at machine for proper contact.
	Club Series Units Only: You may be in "Energy Saving Mode".	The unit will enter Energy Saving Mode after 5 minutes of inactivity, with a warning at 4:45 that energy saving is about to start. To wake the console, step on the treadmill or push the green "Go" button. When successful, a beep will be heard. The unit will take approximately 25 seconds to allow you to start a workout.
Display does not illuminate when machine is powered on.	Loose connection at display console or motor control board.	Check all electrical connections for proper attachment. Contact Customer Support Services.
Treadmill striding belt slips off-center.	Floor surface is uneven.	Check levelers and level treadmill. Check striding belt & re-tension as necessary. Refer to Integrity Treadmill Assembly Instructions.

Problem	Probable Cause	Possible Solutions
Maximum treadmill speed is reduced.	User is pushing striding belt. This occurs when the runner is running faster than the striding belt will travel, with the result of the striding belt being pushed with the runner's feet.	Instruct users not to push striding belt in either direction.
	User is stalling striding belt. This will occur with heavier users at lower striding belt speeds. The striding belt will "stall" if the user is traveling slower than the striding belt speed.	
	Striding belt/deck malfunctions. The deck laminate is worn through or the underside of striding belt is glazed over (hard, glossy).	Replace belt and deck. Contact Customer Support Services.
	Power source is insufficient.	Power source is insufficient.
Rubbing sound comes from underneath treadmill.	Foreign objects may be stuck underneath the machine.	Inspect underneath striding belt and machine. Remove any debris or objects that may cause interference with the treadmill.
Display does not illuminate when machine is powered on.	Loose connection at display console or motor control board.	Check all electrical connections for proper attachment. Contact Customer Support Services.

Software updates via USB

1. Insert USB with compatible software package.
2. Press **Right Up Arrow, Right Down Arrow, Right Up Arrow, Right Down Arrow, Time Button**. The software update shall begin.

- The left LED will show the version # of the update package being used (i.e. **1.10**).
- The right LED's will show percent progress (**0-100**).
- The progress indicator will flash **UPD** for 1 second, then appear empty for the next sequence. This flashing shall continue until software update is complete.

Successful update A check mark appears in the progress display for 5 seconds before rebooting console.

Unsuccessful update An **X** appears in the progress display for 60 seconds before rebooting console.

Software updates via LFconnect

1. Push software update from [LFconnect](#).
2. When product is not in use the software update shall begin.

- The middle LED's show the # of the update package being used (i.e. 304).
- The right LED's will show percent progress (0-100).

- The progress indicator will flash full for 1 second, then appear empty for the next sequence. This flashing shall continue until software update is complete.

Successful update A **check mark** appears in the progress display for 5 seconds before rebooting console.

Unsuccessful update An **X** appears in the progress display for 60 seconds before rebooting console.

Specifications

Specifications

LED console display

Display	Multiple LED displays
Ambient Temperature Range: (Operating)	0°C to +40°C@ 90% RH (non-condensing)
Storage and Shipping Temperature Range	-33°C to 71°C
Heart Rate Monitoring Systems	Patented Lifepulse™ digital contact heart rate
Mobile Device Compatibility	Bluetooth proximity, NFC
USB Device Charging	USB port available for charging
Workouts	Arc Trainer: Quick Start, Hill Climb, High Intensity Interval, Elevated Interval, Endurance, Power Blast, Interval Burn Bike: Quick Start, Calorie Burner, Advanced Burner, Peaks, Ramps, Bursts, Waves Treadmill: Quick Start, Speed Bump, Rollers, Peaks, Hill Interval, Rolling Hills, Interval Plus

Arc Trainer and Bikes

	Physical Dimensions	Shipped Dimensions
Depth	3.7 in. (95 mm)	8 in. (203 mm)
Width	16.5 in. (419 mm)	20.9 in. (531 mm)
Height	15.1 in. (384 mm)	20.9 in. (532 mm)
Weight	10.7 lbs. (4.84 kg)	14.75 lbs. (6.7 kg)

Treadmill

	Physical Dimensions	Shipped Dimensions
Depth	3.9 in. (99 mm)	8.1 in. (206 mm)
Width	20.7 in. (525 mm)	25.1 in. (638 mm)
Height	17.3 in. (440 mm)	22.5 in. (571 mm)
Weight	11.2 lbs. (5.08 kg)	15.25 lbs. (6.9 kg)

Warranty

What is Covered

This CYBEX commercial exercise equipment product is warranted to be free of all defects in material and workmanship.

Who is Covered

The original purchaser or any person receiving the product as a gift from the original purchaser. Warranty will be voided on subsequent transfers.

How long it is covered

All coverage is provided by specific Product according to the guidelines listed in [Warranty Information](#).

Who Pays Transportation and Insurance For Service

If the Product or any covered part must be returned to a service facility for repairs, We, Cybex, will pay all transportation and insurance charges for the first year. You are responsible for transportation and insurance charge after the first year.

What We Will Do To Correct Covered Defects

We will ship to you any new or rebuilt replacement part or component, or at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

What is Not Covered

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in your Operation Manual ("Manual").

One type RJ45 interchangeable Network ready and Fitness Entertainment port is supplied with the Product. This port complies with the FitLinxx CSAFE specification dated August 4, 2004 stating: 4.75VDC to 10VDC; maximum current of 85mA. Any Product damage caused by a load exceeding this FitLinxx CSAFE specification is not covered by warranty.

All terms of this warranty are void if this product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country's local authorized Cybex representative.

What You Must Do

Retain proof of purchase. use, operate and maintain the Product as specified in the Manual; notify the place of purchase of any defect within 10 days after discovery of the defect; if instructed, return any defective part for replacement or, if necessary, the entire Product for repair. Cybex reserves the right to decide whether or not a product is to be returned for repair.

How to Get Parts and Service

Refer to the Corporate Headquarters section of this manual for your local service contact information. Reference your name, address and the serial number of your Product (consoles and frames may have different serial numbers). They will tell you how to get a replacement part, or, if necessary, arrange for service where your Product is located.

Exclusive Warranty

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you. Warranty coverages and terms may differ outside the United States. Please contact the Cybex office servicing your country (contact information found at the front of this manual) or visit the applicable local Cybex website to receive the specific warranty information for your country.

Changes in Warranty Not Authorized

No one is authorized to change, modify or extend the terms of this limited warranty.

Effects of State Laws

This warranty gives you specific legal rights, and you may have other rights which vary from state to state and country by country.

Our Pledge To You

Our Products are designed and manufactured to the highest standards. We want you to be completely satisfied with our Products and will do everything possible under the terms of this warranty to keep you secure in knowing you have bought the best!

Warranty Information

	Lifetime	10 years	7 years	3 years	2 years	1 Year	6 Months
Console					Electrical and Mechanical Parts	Labor	Overlay, Headphone Jack, and USB Port
Treadmill			Frame, Lifespring™ Shock Absorbers, and Motor		Electrical Components	Mechanical Components and Labor	
Arc Trainer					Electrical and Mechanical Parts	Labor	
Recumbent Bike					Electrical and Mechanical Parts	Labor	
Upright Bike					Electrical and Mechanical Parts	Labor	



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