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› Cybex 750A Arc Trainer User Manual

Cybex 750A

Cybex 750A Arc Trainer User Manual

Model: 750A

INTRODUCTION

This manual provides essential information for the safe and effective use of your Cybex 750A Arc Trainer. Please read all instructions carefully before assembly, operation, or maintenance. Retain this manual for future reference.

The Cybex 750A Arc Trainer is a lower body fitness machine designed to combine elements of a skier, elliptical trainer, and climber. It features Reverse Arc motion technology to engage quads and glutes, aiming for efficient calorie burning while reducing stress on joints.

IMPORTANT SAFETY INFORMATION

WARNING: Consult with your physician before beginning any exercise program. You should be in good physical condition and able to participate in exercise. This equipment is not intended for medical care or diagnosis of medical conditions.

- Always ensure the machine is on a stable, level surface.
- Keep children and pets away from the equipment during operation.
- Do not use the machine if it is damaged or malfunctioning.
- Wear appropriate athletic footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Maximum user weight recommendation: 400 pounds (181.4 kg).

For detailed legal disclaimers, refer to the warranty and legal information section.

SETUP AND ASSEMBLY

The Cybex 750A Arc Trainer typically requires professional assembly. If self-assembling, ensure all components are present and follow the included assembly guide. The product dimensions are approximately 21"D x 21"W x 10"H (53 x 53 x 25 cm), and it weighs 412 pounds (186.8 kg). Ensure adequate space for operation and maintenance.

Unpacking

Carefully remove all packaging materials. Inspect the machine for any signs of damage during transit. Report any damage to the carrier immediately.

Placement

Place the Arc Trainer on a flat, stable surface. Ensure there is sufficient clearance around the machine for safe operation and access. Transport wheels are included for easy mobility once assembled.

Power Requirements

The unit requires AC power: 115V/60Hz (U.S.) or 230V/50Hz (Outside U.S.). Connect the power cord to a grounded outlet.



Figure 1: Front view of the Cybex 750A Arc Trainer, showcasing its robust frame and console.

OPERATING INSTRUCTIONS

Console Overview

The Cybex 750A features a 16-inch touch screen Discover SE3 tablet console. This console provides intuitive interaction, appealing layouts, and various digital advances including integrated streaming video services and compatibility with popular fitness apps.

- **Touch Screen:** Navigate menus, select workouts, and view data.

- **Connectivity:** Internet (wireless or wired), proximity login via Bluetooth and NFC.
- **Device Compatibility:** iPod mini, iPod nano, iPod iOS 4.3 & above, Android 4.0/Ice Cream Sandwich & above.
- **Entertainment:** Video streaming apps, Lifescape and RunSocial interactive courses, TV.
- **Heart Rate Monitoring:** Lifepulse Digital Heart Rate Monitoring with DSP, Polar Telemetry, and Bluetooth Heartrate (optional chest strap required).
- **Resistance Controls:** Console and thumb resistance controls on the handlebars.

Starting a Workout

1. Step onto the foot pedals, ensuring your feet are centered on the 21" x 10" (53 x 25 cm) Maxblox steps.
2. Grasp the moving handlebars.
3. Power on the console if it's not already active.
4. Select a workout program from the available options (up to 42 workouts, including 8 preset and 9 custom programs).
5. Adjust the resistance level using the console or thumb controls (26 levels, 0-25).
6. Begin exercising. The machine's Reverse Arc motion technology will engage your quads and glutes.



Figure 2: A user demonstrating the proper stance and motion on the Cybex 750A Arc Trainer.

Adjusting Resistance

The Cybex 750A offers 26 resistance levels (0-25). You can increase or decrease the resistance directly from the console touch screen or using the convenient thumb controls located on the moving handlebars. Higher resistance levels will increase the intensity of your workout.

Stride Length

The machine provides a fixed stride length of 24 inches (61 cm). The unique Arc motion adapts to different exercise intensities: lower levels simulate cross-country skiing, mid-levels an elliptical stride, and high levels a climber or stepper.

MAINTENANCE AND CARE

Regular maintenance ensures the longevity and optimal performance of your Cybex 750A Arc Trainer.

Daily Cleaning

- Wipe down the console and machine surfaces with a damp cloth after each use.
- Do not use abrasive cleaners or solvents.
- Ensure no moisture enters the console or electrical components.

Weekly Inspection

- Check all bolts and nuts for tightness. Tighten if necessary.
- Inspect the foot pedals and handlebars for any signs of wear or damage.
- Ensure the power cord is not frayed or damaged.

Periodic Lubrication

Refer to the detailed service manual (if provided separately) for specific lubrication points and schedules. Generally, moving parts may require periodic lubrication to ensure smooth operation.

TROUBLESHOOTING

This section addresses common issues you might encounter with your Cybex 750A Arc Trainer.

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not connected; outlet not active; circuit breaker tripped.	Ensure power cord is securely plugged into a live outlet. Check circuit breaker.
Resistance not changing.	Console malfunction; internal mechanism issue.	Restart the console. If issue persists, contact customer support.
Unusual noises during operation.	Loose components; lack of lubrication; worn parts.	Check all bolts and nuts for tightness. Refer to maintenance section for lubrication. If noise continues, contact customer support.
Console display is blank or frozen.	Software glitch; power interruption.	Unplug the machine for 30 seconds, then plug it back in. If issue persists, contact customer support.

If you encounter a problem not listed here, or if the suggested solutions do not resolve the issue, please contact Cybex customer support.

SPECIFICATIONS

Feature	Detail
Model Name	Cybex 750A
Brand	Cybex

Feature	Detail
Color	Black
Product Dimensions (D x W x H)	21" x 21" x 10" (53 x 53 x 25 cm)
Item Weight	412 Pounds (186.8 kg)
Resistance Mechanism	Magnetic
Maximum Weight Recommendation	400 Pounds (181.4 kg)
Maximum Stride Length	24 Inches (61 cm)
Screen Size	16 Inches (40.6 cm)
Number of Resistance Levels	26 (0-25)
Power Requirements	AC Power Line: 115V/60Hz (U.S.) and 230V/50Hz (Outside U.S.)
Foot Pedal Dimensions (W x D)	21" x 10" (53 x 25 cm)
Number of Workouts	Up to 42 (8 preset, 9 custom)
UPC	603784210872
Part Number	LFDSE3AT

WARRANTY INFORMATION

This Certified Refurbished product is tested and certified to look and work like new. It comes with a minimum 90-day warranty. The refurbishing process includes functionality testing, basic cleaning, inspection, and repackaging. For specific warranty claims or details, please refer to the documentation provided with your refurbished product or contact the seller, Fitness Superstore Inc.

CUSTOMER SUPPORT

For assistance with your Cybex 750A Arc Trainer, including troubleshooting, parts, or service, please contact the seller or Cybex customer support.

Legal Disclaimer: Please review the following User Agreement carefully before using the CFFFIT or affiliate sites. CFFFIT strongly recommends that you consult with your physician before beginning any exercise program. You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge CFFFIT from any and all claims or causes of action, known or unknown, arising out of CFFFIT's negligence. CFF is NOT responsible for injury due to improper use of any equipment provided by CFFFIT.

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