

[Manuals.plus](#) /

› [Cybex](#) /

› Cybex 770A Arc Trainer User Manual

Cybex 770A

Cybex 770A Arc Trainer User Manual

Model: 770A

INTRODUCTION

This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your Cybex 770A Arc Trainer. Please read this manual thoroughly before using the equipment to ensure proper setup and to maximize your workout experience.

The Cybex 770A Arc Trainer is a high-performance cardio machine designed for total-body conditioning, featuring patented Reverse Arc Motion technology to reduce joint strain. It offers versatile training options with adjustable incline and resistance settings, suitable for various fitness levels.

SAFETY INFORMATION

Always consult with a physician before beginning any exercise program. It is crucial to understand and follow all safety warnings and instructions provided in this manual.

- Ensure the machine is placed on a stable, level surface.
- Maintain a clear area of at least 2 feet around the machine for safe operation.
- Do not allow children or pets near the machine while it is in use.
- Wear appropriate athletic footwear during exercise.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Regularly inspect the machine for loose parts or signs of wear. Do not use if damaged.
- The maximum user weight capacity for this unit is 400 lbs.

SETUP AND ASSEMBLY

The Cybex 770A Arc Trainer is a robust piece of equipment. Professional assembly is recommended. If self-assembling, ensure all components are present and follow the detailed assembly instructions provided in the separate assembly guide (not included in this manual). Ensure all bolts and fasteners are securely tightened before first use.

- **Unpacking:** Carefully remove all components from the packaging. Retain packaging for future transport if needed.
- **Placement:** Position the Arc Trainer on a flat, stable surface. Ensure adequate clearance around the machine for safe operation and maintenance.
- **Leveling:** Use the adjustable feet at the base of the machine to ensure it is perfectly level and stable. This prevents rocking during use.
- **Power Connection:** Connect the power cord to the machine and then to a grounded electrical outlet.

OPERATING INSTRUCTIONS

The Cybex 770A Arc Trainer offers a dynamic and effective workout. Familiarize yourself with the console and its features before starting your exercise routine.

Getting Started

1. **Power On:** Ensure the machine is plugged in. The console will illuminate.
2. **Step On:** Carefully step onto the foot pedals, one foot at a time. Grip the moving handlebars for stability.
3. **Console Navigation:** Use the 4.3-inch touchscreen display to select your desired workout program, adjust incline, and resistance.
4. **Workout Programs:** Choose from various pre-programmed workouts or start a manual workout.
5. **Adjusting Incline and Resistance:**
 - **Incline:** The Arc Trainer features 21 incline levels. Adjusting the incline changes the muscle groups targeted and the intensity of the workout. Lower inclines mimic gliding, mid-range inclines simulate striding, and higher inclines provide a climbing motion.
 - **Resistance:** Multiple resistance settings allow you to increase or decrease the workout intensity. Higher resistance challenges your muscles more.
6. **Heart Rate Monitoring:** Utilize the contact heart rate grips on the stationary handlebars or connect a compatible wireless heart rate monitor for accurate heart rate tracking.
7. **Entertainment & Connectivity:** The console includes an entertainment setup, a cooling fan, a magazine rack, dual trays, and a bottle holder for user comfort. It also offers iPod/iPhone connectivity for a personalized training experience.



Image: A user demonstrating the Cybex 770A Arc Trainer in operation. The image highlights the machine's design, including the console, handlebars, and foot pedals, as a woman engages in a workout. This illustrates the typical user posture and interaction with the equipment.

Key Features

- **Reverse Arc Motion:** Patented stride technology designed to keep toes from moving behind knees, effectively reducing joint strain while providing a biomechanically correct and safe workout.
- **Versatile Training Options:** Offers 21 incline levels and multiple resistance settings, enabling users to seamlessly transition between gliding, striding, and climbing motions for comprehensive total-body conditioning.
- **Advanced Touchscreen Console:** Features a 4.3-inch display for workout tracking, entertainment setup, an integrated cooling fan, a convenient magazine rack, dual utility trays, and a bottle holder, enhancing user comfort and motivation.
- **Heart Rate & Device Compatibility:** Supports both contact and wireless heart rate monitoring, along with iPod/iPhone connectivity, to deliver a fully personalized and data-rich training experience.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Cybex 770A Arc Trainer.

- **Cleaning:** Wipe down the machine, especially the console and handlebars, with a damp cloth after each use. Avoid abrasive cleaners or excessive moisture.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** Refer to the separate maintenance guide for specific lubrication points and recommended lubricants. Generally, moving joints may require occasional lubrication.
- **Power Cord:** Inspect the power cord for any damage. Do not use the machine if the cord is frayed or damaged.

TROUBLESHOOTING

This section addresses common issues you might encounter with your Arc Trainer. For problems not listed here, contact customer support.

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not connected; outlet issue; circuit breaker tripped.	Ensure power cord is securely plugged into the machine and a working outlet. Check circuit breaker.
Console display is blank or erratic.	Loose cable connection; power fluctuation.	Check all console cable connections. Try unplugging and replugging the machine.
Unusual noises during operation.	Loose components; lack of lubrication; worn parts.	Inspect for loose bolts and tighten. Refer to maintenance section for lubrication. If noise persists, contact support.
Heart rate monitor not reading.	Improper hand placement; sensor dirty; wireless monitor not paired.	Ensure hands are firmly on contact grips. Clean sensors. For wireless, ensure proper pairing and battery.

SPECIFICATIONS

Detailed technical specifications for the Cybex 770A Arc Trainer:

- **Brand:** Cybex
- **Model Name:** 770A
- **Color:** Black with Silver Accents
- **Material:** Metal
- **Load Capacity:** 400 pounds
- **Frame Material:** Metal
- **Resistance Mechanism:** Magnetic
- **Item Weight:** 404 Pounds
- **Item Package Dimensions (L x W x H):** 76 x 62.5 x 32 inches
- **Stride Length:** 24 inches
- **Incline Levels:** 21
- **Console Display:** 4.3-inch touchscreen
- **UPC:** 800265803299
- **Date First Available:** August 2, 2018

WARRANTY INFORMATION

The Cybex 770A Arc Trainer (Renewed) comes with a **90-day limited warranty**. This warranty covers defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims. For full details and terms, refer to the warranty documentation provided at the time of purchase or contact customer support.

CUSTOMER SUPPORT

For technical assistance, parts replacement, or any questions regarding your Cybex 770A Arc Trainer, please contact the seller or manufacturer directly. Have your model number (770A) and purchase information ready when contacting support. For renewed products, support may be provided by the Amazon Renewed program or the refurbishing supplier. Refer to your purchase documentation for specific contact details.

© 2023 Cybex. All rights reserved. Information in this manual is subject to change without notice.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Open the live page

<https://manuals.plus/asin/B07G4M9B6T>

More documents and user manuals: <https://manuals.plus/>