



**Cybex 530S**  
**Stepper Owner's Manual**  
Cardiovascular Systems  
Part Number LT-18938-4 G





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## 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:

- fax your order to 508-533-5183
- contact Cybex Customer Service at 888-462-9239
- or contact Cybex Customer Service at 508-533-4300

To contact Cybex with comments about this manual you may send email to [techpubs@cybexintl.com](mailto: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.



# 1 - Safety

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

## Important Voltage Information

Before plugging the power cord into an electrical outlet, verify that the voltage requirements for your area match the voltage of the stepper that you have received.

The power requirements for the unit are a grounded circuit rated for one of the following: 115 VAC  $\pm 5\%$ , 50/60 Hz; or 230 VAC  $\pm 10\%$ , 50/60 Hz. Contact your electrician to ensure the power supply complies with local building codes. **NOTE:** Do not use a ground plug adapter to adapt the 3-prong power cord plug to a non-grounded electrical outlet.

Up to ten units can be daisy-chained together for single outlet use. Use daisy chain power supply cord, Part# AW-14004. The daisy-chain outlet is rated at 750 Watts.

## 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.
- **WARNING:** Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.
- 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.

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- Report any malfunctions, damage or repairs to the facility.
- Replace any warning labels if damaged, worn or illegible.

### 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 all power before servicing the unit.
- Keep a repair log of all maintenance activities.
- Use only Cybex supplied components to maintain/repair the equipment.
- Do not use attachments for the stepper unless recommended by Cybex.
- Do not operate the stepper if: (1) the cord is damaged; (2) the stepper is not working properly or (3) if the stepper has been dropped or damaged. Seek service from a qualified technician.
- Do not use the stepper in damp or wet locations.
- Do not operate the stepper around or where aerosol (spray) or where oxygen products are being used.
- Do not use the stepper outdoors.

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

### Steppers containing the A/V options

- Devices connected to Cybox equipment must comply with appropriate safety standards. This includes but not limited to: UL-60950 and EN 60950.

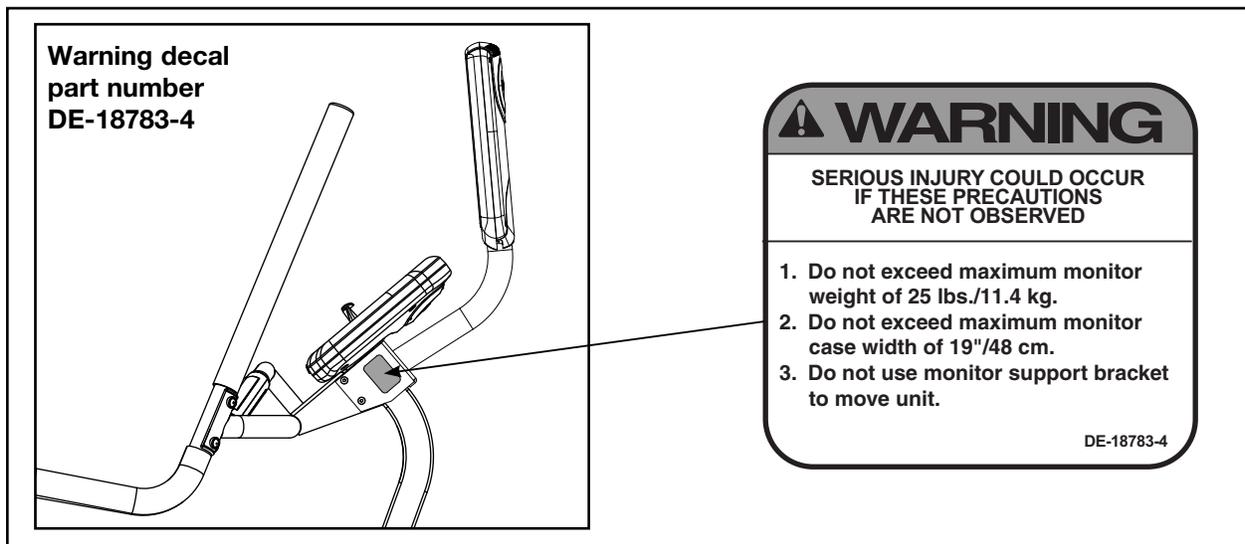
### Warning Decals

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

**NOTE:** To replace any worn or damaged decals do one of the following:

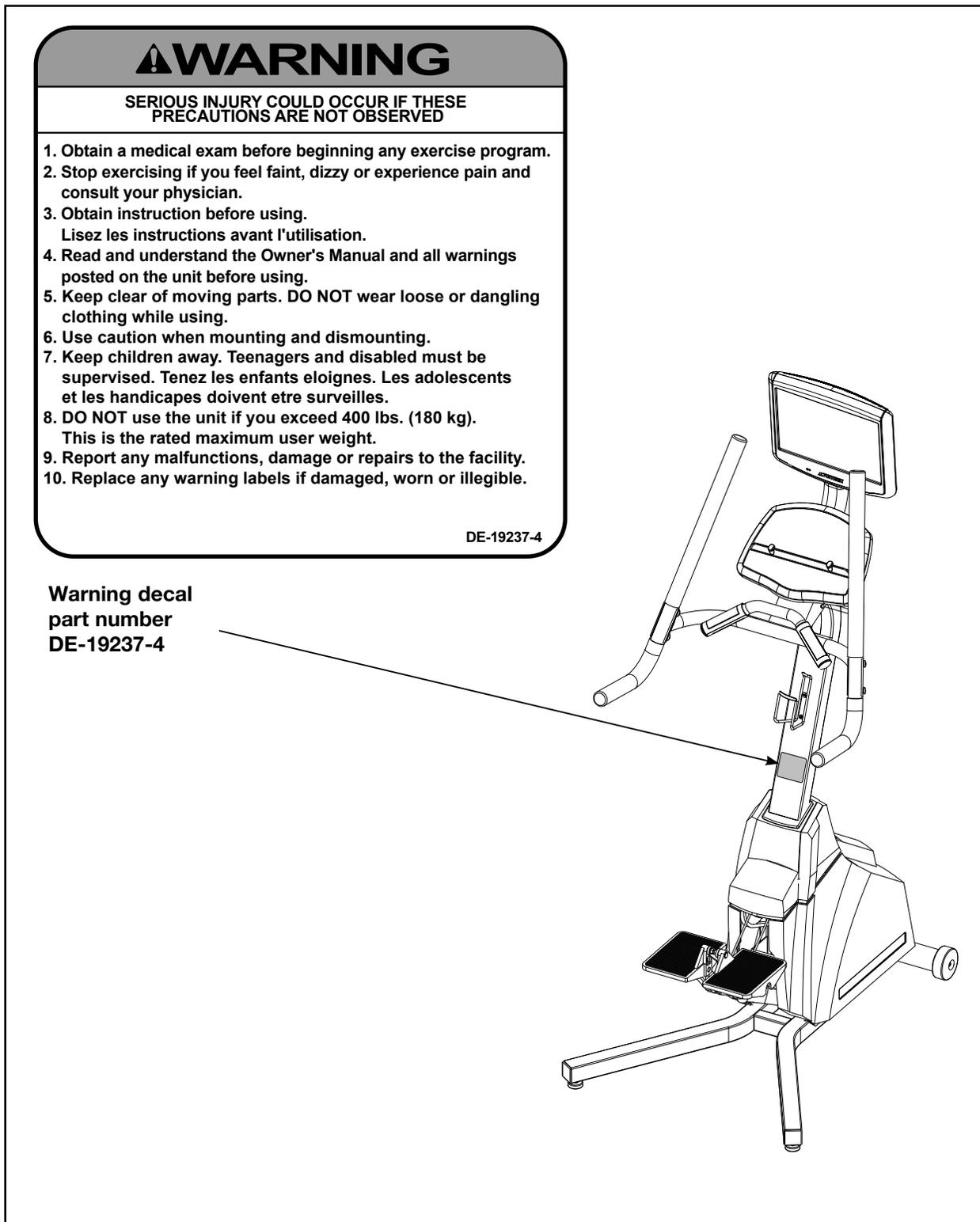
Visit [www.cyboxinternational.com](http://www.cyboxinternational.com) to shop for parts online, fax your order to 508-533-5183 or contact Cybox Customer Service at 888-462-9239. If you live outside of the USA, call 508-533-4300.

### Warning Decals - A/V Option



**Warning Decals - 530S Stepper**

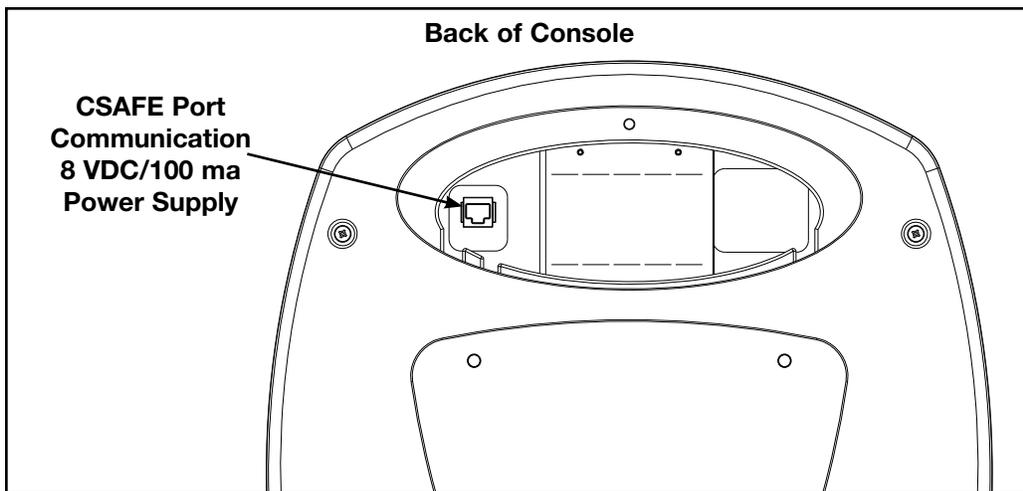
Warning decals indicate a potentially hazardous situation, which, if not avoided, could result in death or serious injury. The warning decals used on the Cybex 530S Stepper are shown below.



**CSAFE Port**

**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/csafes](http://www.fitlinxx.com/csafes).

**NOTE:** The CSAFE port inside the console, accessible through the rear access door, is the only port in the Cybex stepper 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 stepper is plugged in and the power switch is in the on (I) position.



**Explanation of Symbols Used**



**CE** - The CE (Conformité Européenne) mark is a European Union approval indicating that a product complies with a European Directive.



**Pause/End** - Press to pause program.



**Quick Start** - Press to skip *Program Setup Mode* and enter *Manual Mode*.



**Up Arrow** - This key adjusts **Program, Weight, Time, Level, Age** or **BPM** up.



**Down Arrow** - This key adjusts **Program, Weight, Time, Level, Age** or **BPM** down.



**Level Plus** - This key adjusts **Level** up.



**Level Minus** - This key adjusts **Level** down.

## 2 - Assembly and Setup

### 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.

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

The power requirements for the unit are a grounded circuit rated for one of the following: 115 VAC  $\pm$ 5%, 50/60 Hz; or 230 VAC  $\pm$ 10%, 50/60 Hz. Contact your electrician to ensure the power supply complies with local building codes. **NOTE:** Do not use a ground plug adapter to adapt the 3-prong power cord plug to a non-grounded electrical outlet.

Up to ten units can be daisy-chained together for single outlet use. Use daisy chain power supply cord, Part# AW-14004. The daisy-chain outlet is rated at 750 Watts.

## Assembling the Cybex 530S Stepper



**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

- 1/2" Open end wrench
- 5/32" Allen wrench
- 3/16" Allen wrench
- Phillips head 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.

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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.

Item	Qty	Part Number	Description
<input type="checkbox"/> 1	1	AX-19022	Base with covers attached
<input type="checkbox"/> 2	1	AF-19057	Display upright
<input type="checkbox"/> 3	1	AX-62011B	Display upright collar
<input type="checkbox"/> 4	1	AF-18796	Console Handrail
<input type="checkbox"/> 5	2	AX-19050	Handrail (Left or Right)
<input type="checkbox"/> 6	1	AC-19056-4	Console
<input type="checkbox"/> 7	1	HX-19167	Bottle cage (in box)
<input type="checkbox"/> 8	1	AW-14007	Power cord (in box)
<input type="checkbox"/> 9	1	AX-19202	Hardware pack (in box)
<input type="checkbox"/> 10	1	LT-18938-4	Owner's Manual (in box)
<input type="checkbox"/> 11	1	LT-19246	Assembly poster
<input type="checkbox"/> 12	1	LT-19247	Warranty sheet

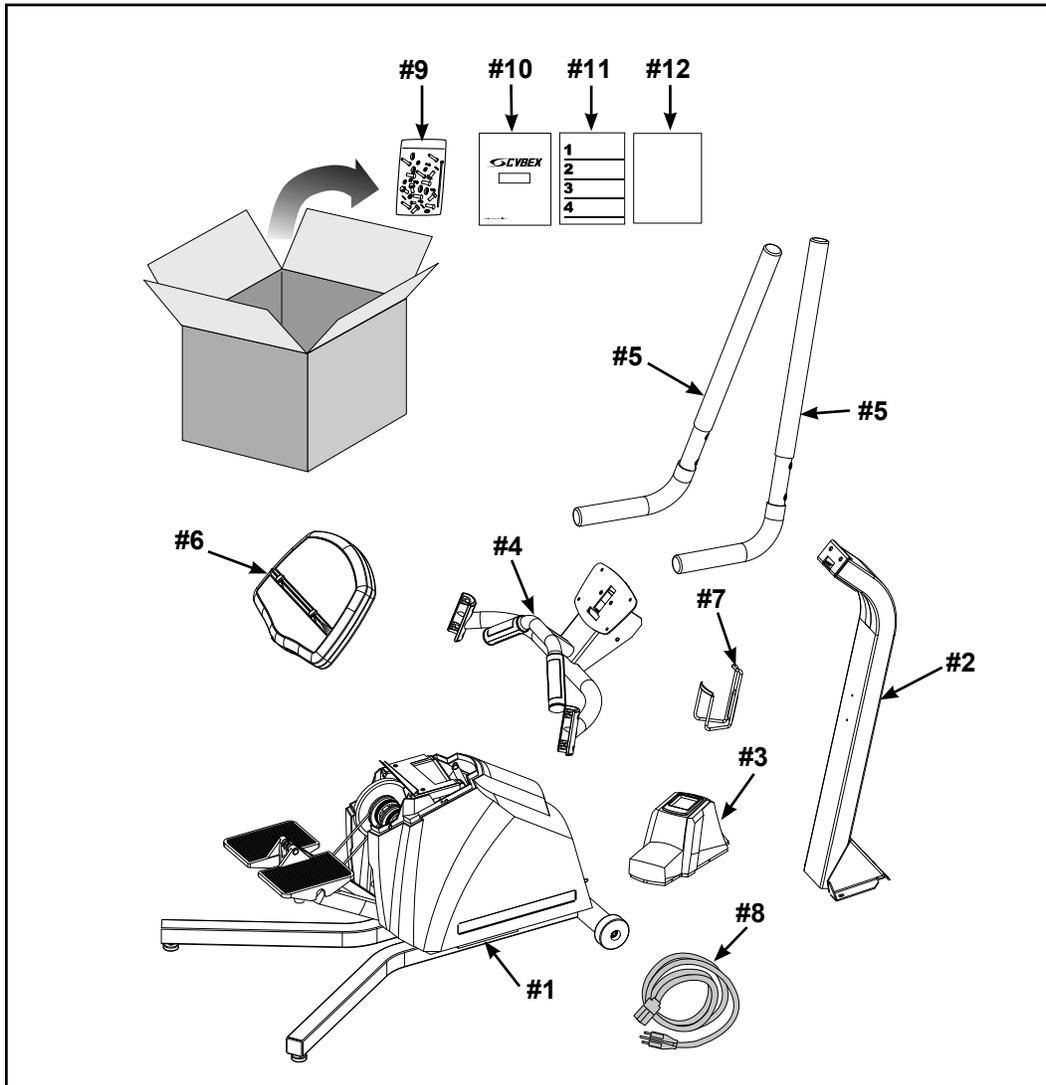
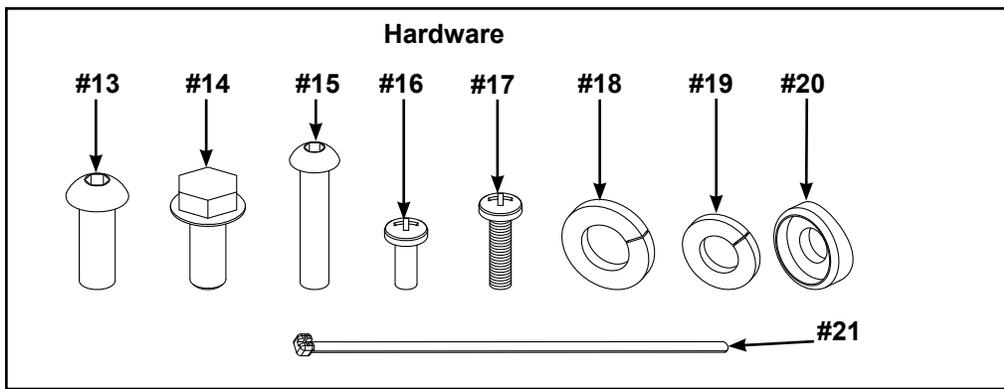


Figure 1

## Cybex 530S 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"/> 13	8	HS-16950	Screw 5/16-18 x 7/8", Lg HX Soc Btn
<input type="checkbox"/> 14	8	HS-17544	Bolt, SLFTP, 5/16-18 x .75", HXHD BLK, ZN
<input type="checkbox"/> 15	4	HS-18127	Bolt, 1/4-20 X 1.25", BHCS, SS, BLK
<input type="checkbox"/> 16	2	HS-41006	Screw, 10-24 X 1/2", Phillips
<input type="checkbox"/> 17	4	HS-41109	Screw, 10-24 X 3/4", Pan Hd
<input type="checkbox"/> 18	16	HW-00165	Washer, Lock, 5/16", Zinc
<input type="checkbox"/> 19	4	HW-00180	Washer, Lock, 1/4", Zinc
<input type="checkbox"/> 20	8	HW-54000	Washer, Shoulder, Tube
<input type="checkbox"/> 21	1	EH-00472	Wire Tie, 3.9"



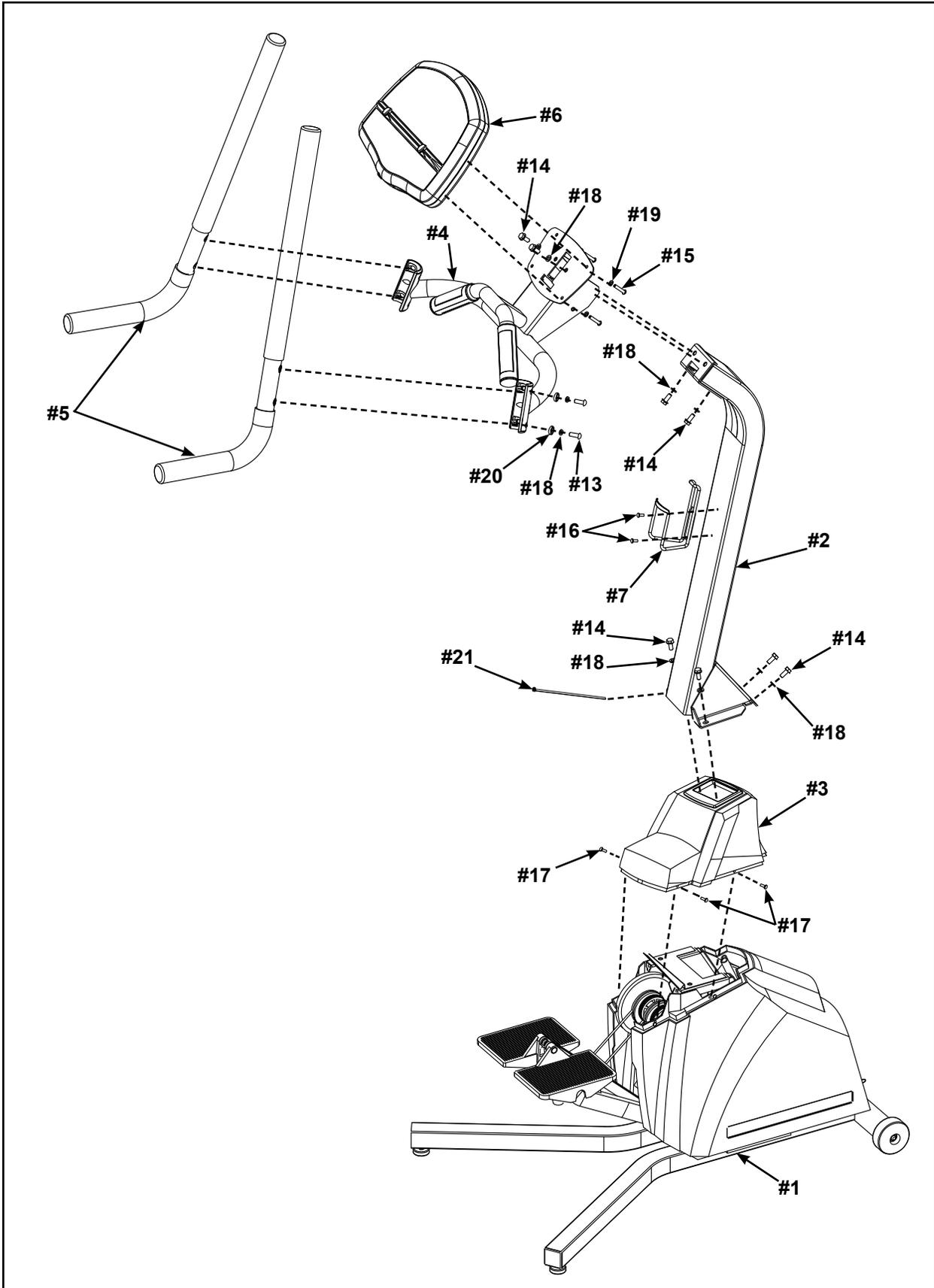


Figure 2



**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 Display Upright to Base Assembly.**

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

- A. Locate the display upright (#2), four screws 5/16-18 X .75" (#14) and four washers 5/16" (#18). See Figure 3.
- B. Attach the display cable from the bottom of the display upright (#2) to the end of the display cable on the base frame (#1). Make sure the cable connector latches snap into place. See Figure 4.
- C. Using a 1/2" open end wrench secure the display upright (#2) to the base (#1) using four screws 5/16-18 x .75" (#14) and four washers 5/16" (#18). See Figure 3.
- D. Locate the wire tie (#21) and secure the display cable to the upright (#2). See Figure 3.

**6. Attach the Display Upright Collar.**

- A. Locate the display upright collar (#3) and four screws 10-24 x 3/4" (#18).
- B. Slide the display upright collar (#3) down over the display upright (#2) and attach to the base (#1) using four screws 10-24 x 3/4" (#17), as shown in Figure 5.

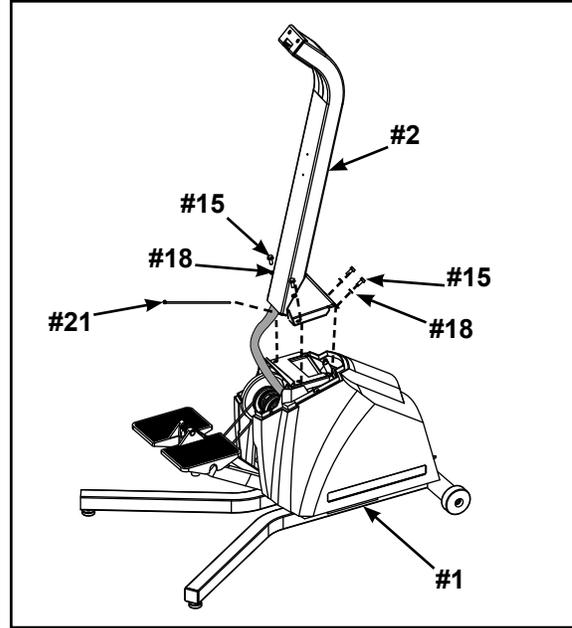


Figure 3

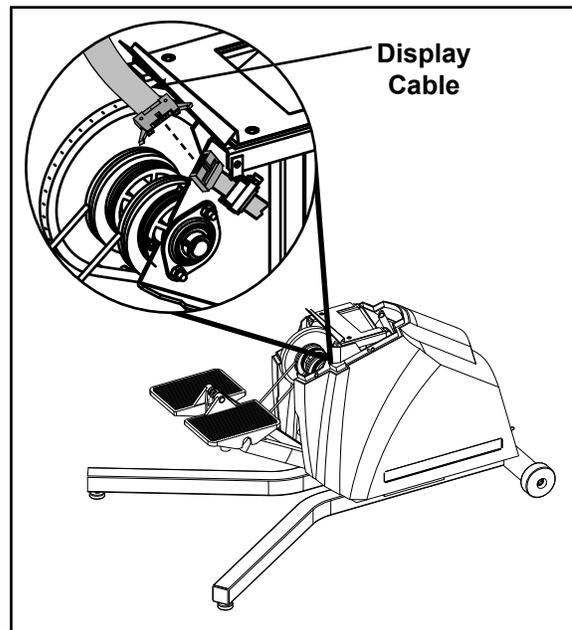


Figure 4

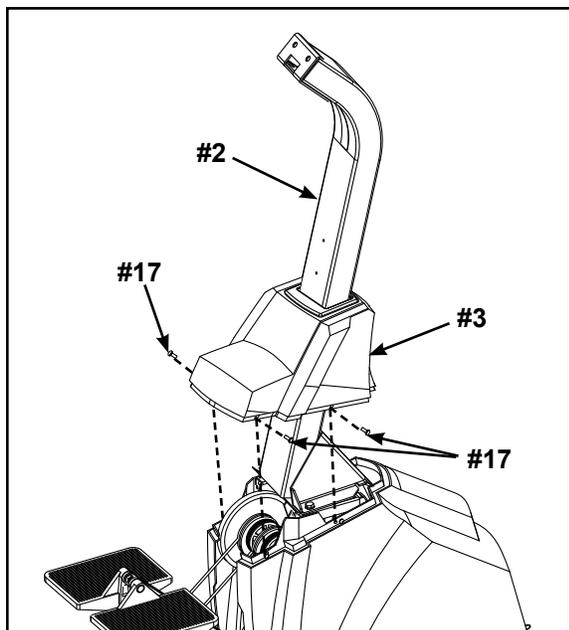


Figure 5

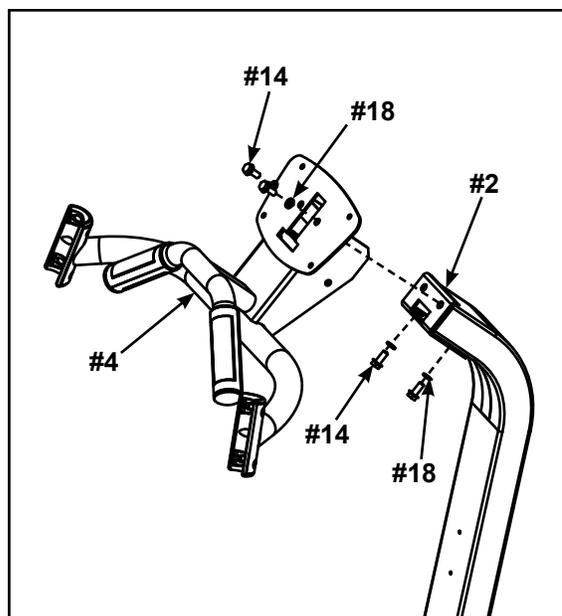


Figure 6

**7. Attach the Display Handrail.**

- A. Locate the display handrail (#4), four screws 5/16-18 x .75" (#14) and four washers 5/16" (#18). See Figure 6.
- B. Using a 1/2" open end wrench secure the display handrail (#4) to the display upright (#2) using four screws 5/16-18 x .75" (#14) and four washers 5/16" (#18).

**8. Attach the Handrails.**

- A. Locate the two handrails (#5), four screws 5/16-18 x 7/8" (#13), four washers 5/16" (#18) and four shoulder washers (#20). See Figure 7.
- B. Using a 3/16" allen wrench secure the handrails (#5) to the display handrail (#4) using the four screws 5/16-18 x 7/8" (#13), four washers 5/16" (#18) and four shoulder washers (#20). See Figure 7.

**9. Attach the Display Console to the Display Handrail.**

- A. Locate the display console (#6) and four screws 1/4-20 x 1.25" (#15). See Figure 8.
- B. Using a Phillips head screwdriver, remove the four screws securing the console front to the console back. See Figure 8.

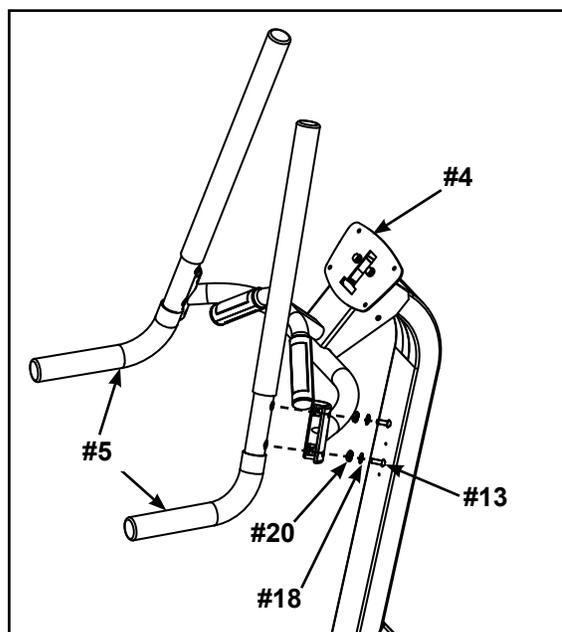


Figure 7

- C. Using a 5/32" allen wrench secure the console back to the console upright (#4) using four screws 1/4-20 x 1.25" (#15) and four washers 1/4" (#19). See Figure 9.
- D. Locate the display cable, contact heart rate cable and ground wire. Insert the cables into the display board. See Figure 10.
- E. Place the console front in the correct position on the console back.
- F. While being sure not to pinch any cables, use a Phillips head screwdriver to tighten the four screws securing the console front to the console back. See Figure 8.

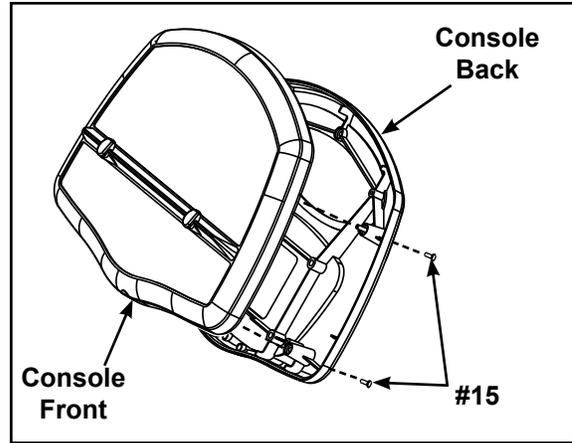


Figure 8

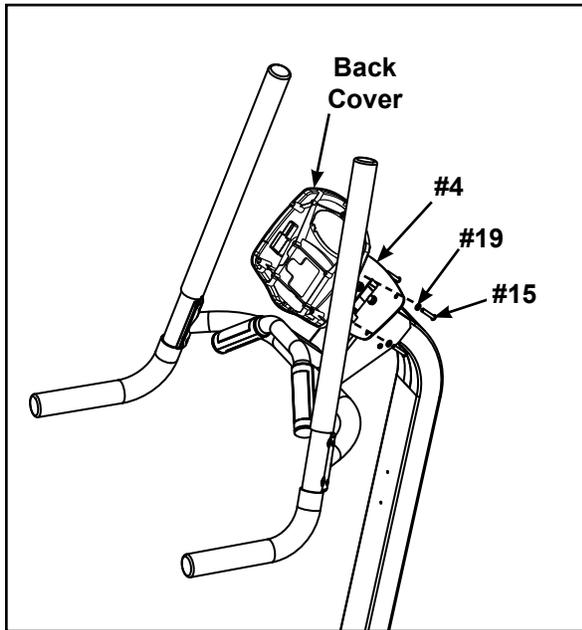


Figure 9

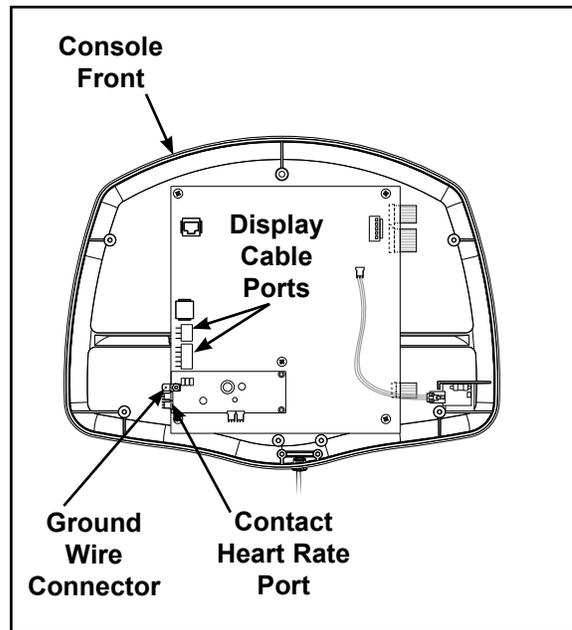


Figure 10

### 10. Attach the Bottle Cage.

- A. Locate the bottle cage (#7) and two screws 10-24 x 1/2" (#16).
- B. Using a Phillips head screwdriver secure the bottle cage to the console upright (#2) using two screws 10-24 x 1/2" (#16). See Figure 11.

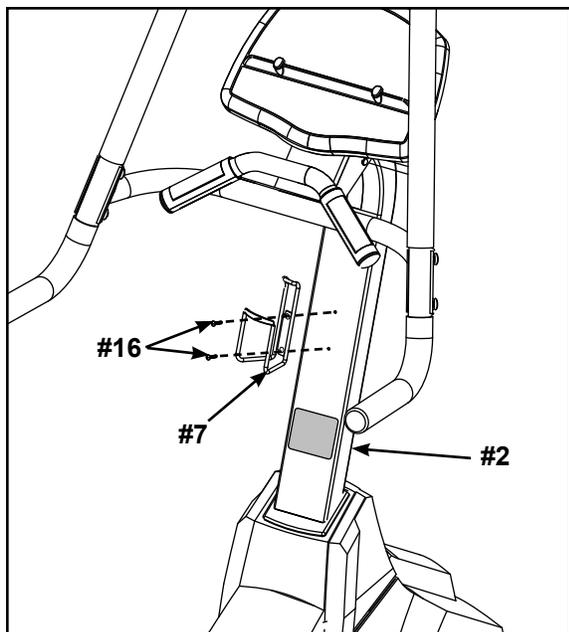


Figure 11

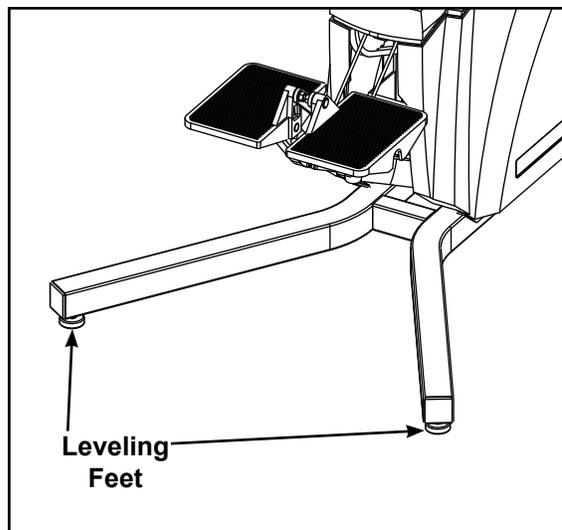


Figure 12

### 11. 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 stepper on its side to gain access to the leveling feet.
- C. Locate the leveling feet at the rear of the unit. See Figure 12.
- D. Using your hands, adjust the leveling feet up or down until the unit is level.

### 12. Connect the power cord.

- A. Plug the power cord (#8) into the inlet near the front of the unit. **NOTE:** Do not plug the power cord into an outlet at this time. See Figure 13.

### 13. 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.

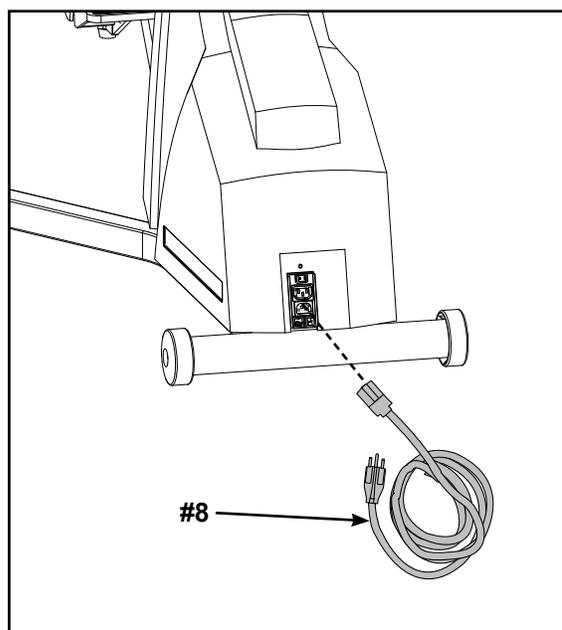


Figure 13



**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 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.*

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

2. Locate the on/off (I/O) power switch on the front of the stepper. Toggle it to the on position (I).
3. Observe that the control panel will illuminate and be in the *Dormant Mode*.
4. Hold the handrails to steady yourself while you step onto the pedals.
5. Begin stepping.
6. Press the **Quick Start** key. The unit begins with a long tone then the speed increases to correspond to the program that you selected.
7. Run the unit through its full resistance range. First press the **Level +** key until the unit reaches its highest speed (the display will show "150"). Then press the **Level -** key until the unit reaches its lowest speed; the display will show "10". As you step, you will feel the speed change.
8. Press **Pause/End** twice to end the workout review and return the display to *Dormant Mode*.



**WARNING:** *Wait until all moving parts come to a complete stop before dismounting.*

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

## Setting Operation Options

1. Enter *Test Mode* by holding down any key while turning on (I) power. The display will read "Step".

**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 **Λ** and **V** 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" or "Euro" 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.

**Time** — 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 are between 20 minutes and 60 minutes. Default is 60.

**Max:** — This is the maximum amount of time the stepper can run per use. You can limit the users time or choose "none" for unlimited time. Choices are between none and 120 minutes; default is 60. **NOTE:** If the **Max** time is limited too much it may be difficult for the user to reach their goals. For example, a user may not be able to burn 300 calories if you limit their **Max** time to 20 minutes.

**Idle (or Workout Review/Pause Time):** — This is how long the treadmill retains and displays your current workout data during a pause in the workout or after a workout. Choices include: 10 seconds; 20 seconds; 30 seconds, 40 seconds; 1 minute and 5 minutes; default is 20 seconds.

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

3. To exit *Test Mode* press the **Pause/end** key twice.

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

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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.

### 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*.

**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** key or stop stepping.

**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** key once, at the end of a program or when you stop stepping for 25 seconds. The workout statistics accumulated during the previous workout session will display for 20 seconds (default setting) or until **Pause/end** 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 stepping for 25 seconds or when you press **Pause/end** 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.

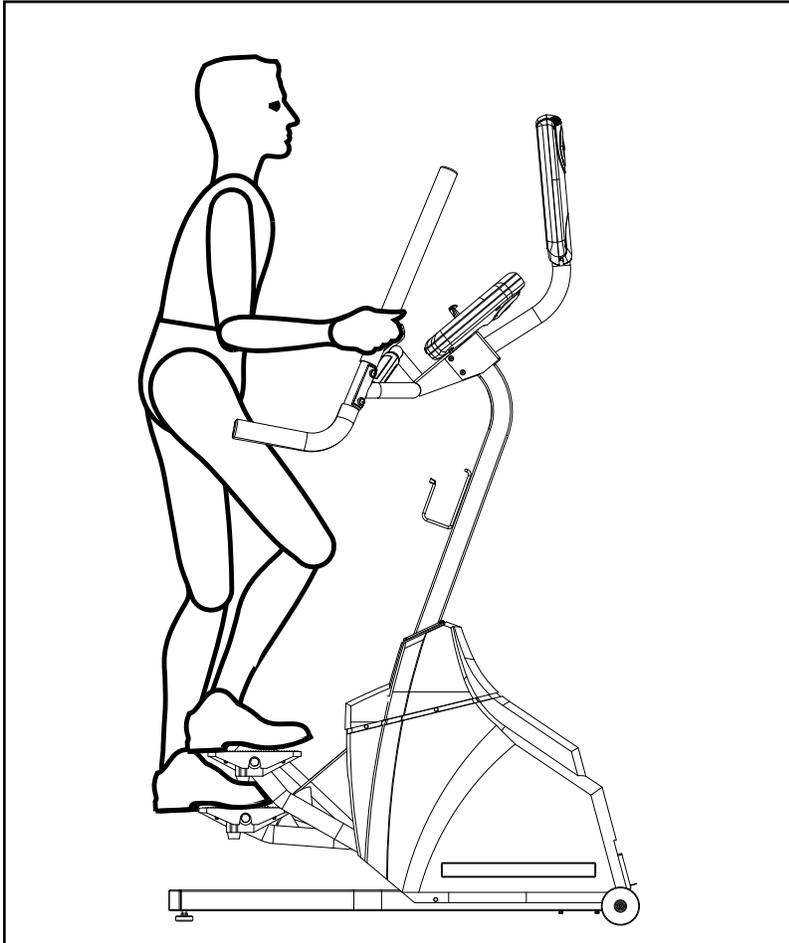
**▲ ▼** - These keys adjust **Program, Weight, Time, Level, Age** or **RPM** up or down.

**level + -** - These keys adjust **Level** 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.

**530S Stepper**



## 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 step onto the pedals.
2. Begin stepping.
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 **Program, Weight, Time, Level, 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 speed increases or decreases to maintain the desired speed.
6. Press the **Level + -** keys to change the level at any time. The right display will show the current level setting.
7. Press the **Pause/End** 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. Hold the handrails to steady yourself while you step onto the pedals.
2. 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.

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

## Cyberx 530S Owner's Manual

3. The unit begins with a long tone. Depending on which program and level you selected, the speed will begin to change.
4. Observe the four displays (See Figure 1):

The lower right display shows the user's current level, then shows speed in feet per minute or meters per minute.

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, Floors, Calories, Calories Per Hour, Mets, Speed** and **Heartrate**. Press the **Scan** key to toggle this feature on or off.

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

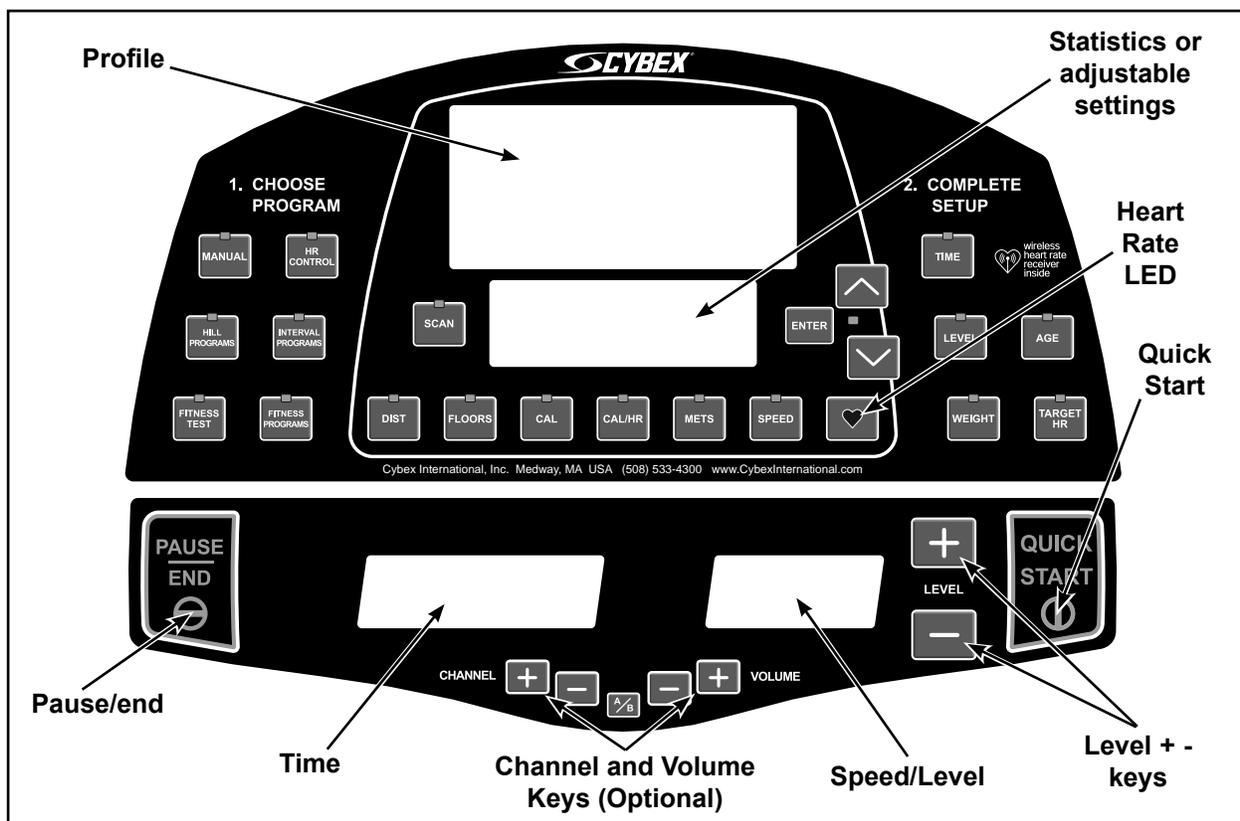


Figure 1

5. Press the **Level + -** keys to change the speed at any time. Pressing the **+** key will make your workout harder by stepping faster. Pressing the **-** key will make your workout easier by stepping slower. The right display will show the current speed in increments of 5 from 10 to 150.
6. Press the **Pause/end** key at any time to stop your workout. Press **Pause/end** once to end your workout and begin your *Workout Review*. Press **Pause/end** twice to clear the *Workout Review* and return to *Dormant Mode*.

7. 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** key.



**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.
9. The unit returns to *Dormant Mode*.

### Stopping The Cybox 530S Stepper

Press **Pause/end** once to pause your workout for 20 seconds (default setting) and to enter the *Workout Review*. As you stop stepping 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 return to *Dormant Mode*.

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



**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 stepping.
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 speed or data readouts.

**Changing Level** - Press the **Level +** - keys to change the speed in increments of 5. Minimum to maximum speed is from 10-150 feet per minute.

**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 Cybox 530S Stepper keeps track of the following data:



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

**Floors** - How many floors you've climbed so far. Each floor is 10 vertical feet (or three meters), or roughly equal to running 100 feet on level ground.

**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.

**Speed** - Current stepping speed in feet per minute or meters per minute.

**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.

**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.

**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 VO<sub>2</sub> max level. Three of the program categories (Hill, Interval, and Fitness) each provide three different profiles, with twenty one levels of difficulty for a choice of one hundred and eighty nine different pre-programmed 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:

<b>Quick Start</b>	No profile	28 levels	Skip setup, control speed and time as you go.
<b>Manual</b>	No profile	28 levels	Enter time desired. Control resistance as you go.
<b>HR Control</b>	No profile	No levels	Program controls speed and resistance.
<b>Hill Programs</b>	3 Profiles	21 levels	Enter time desired. Level dictates resistance.
<b>Interval Programs</b>	3 Profiles	21 levels	Enter time desired. Level dictates resistance.
<b>Fitness Test</b>	No profile	No levels	Program controls speed and resistance.
<b>Fitness Programs</b>	3 Profiles	21 levels	Enter time desired. Level dictates resistance.



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## 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.*

### 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 530S



**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.

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 Cable Maintenance



**WARNING:** *Serious injury could occur if these inspection and maintenance actions are not observed.*

Inspect the drive cables regularly for signs of wear and replace them every six to eight months with Cybex-supplied replacement cables. See Figure 1 for location of drive cables.

Follow the procedure below to ensure that the cables are in good condition. **NOTE:** *If a cable has cracks or appears worn, it must be replaced immediately by a qualified service technician.*

### Tools Required

- None



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

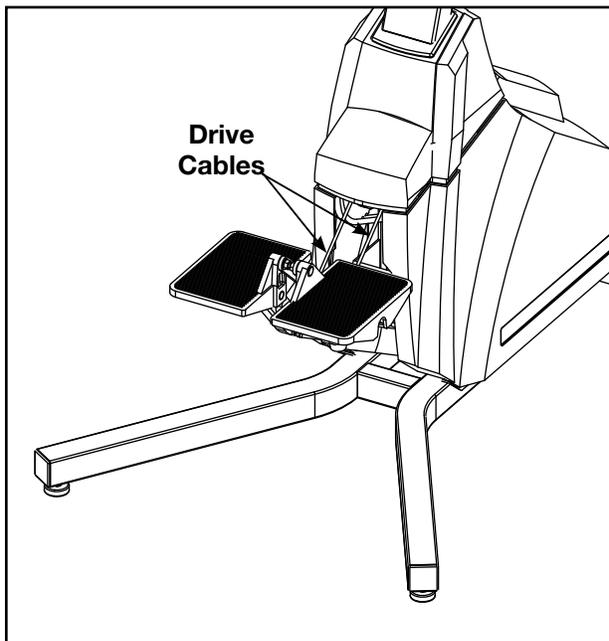


Figure 1

1. Read and understand this *Drive Belt Maintenance* section thoroughly before proceeding to step 2.
2. Disconnect the external power source.
  - A. Locate the on/off (I/O) power switch on the front of the stepper. Toggle it to the on (I) position.
  - B. Unplug the stepper from the power outlet.
3. Inspect the drive cables.
  - A. While kneeling next to the stepper push one pedal all the way to the floor.
  - B. Inspect the drive cable for signs of wear, cracking or discoloring.
  - C. Carefully return the pedal to it's starting position.
  - D. Repeat procedure for other drive cable.

## 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.

## 5 - Customer Service

### Contacting Service

Hours of phone service are Monday through Friday from 8:30 a.m. to 6:00 p.m. Eastern Standard Time.

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

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

### Serial Number

Your serial number can be found on the back of the console upright, See Figure 1.

**NOTE:** Do not use the serial number located on the base in front of the pedals.

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

Serial Number \_\_\_\_\_

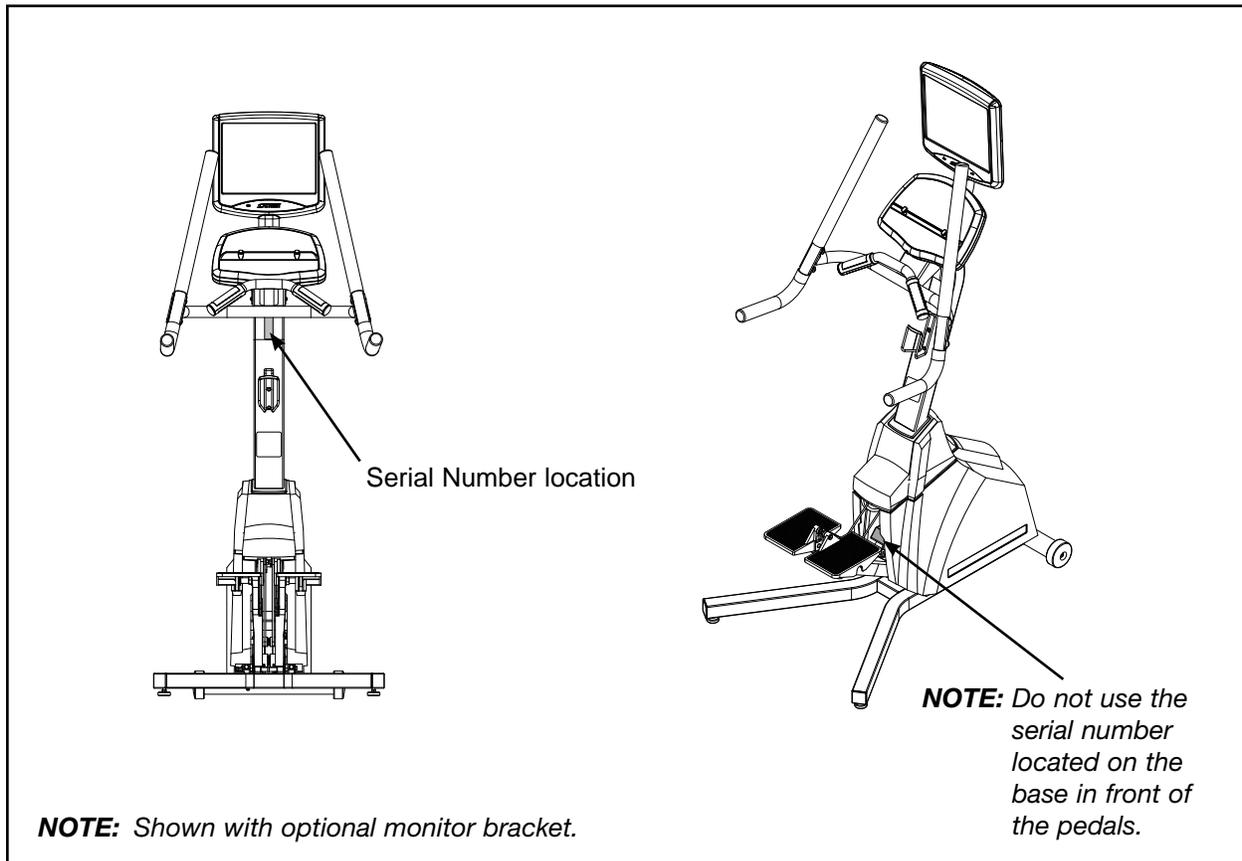


Figure 1

## 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**

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.**

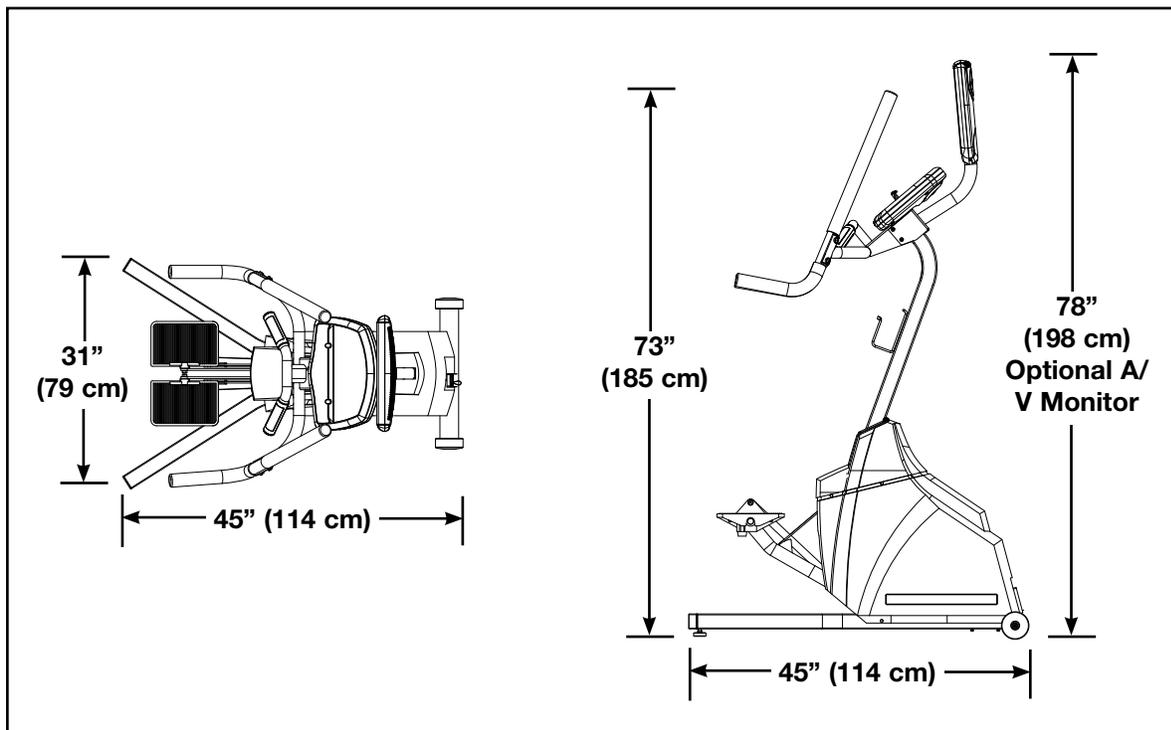
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# Appendix A - Technical Specifications

## Specifications

Length:	45" (114 cm).
Width:	31" (79 cm).
Height:	73" (185 cm). With optional A/V monitor 78" (198cm).
Weight of Product:	151 lbs. (60 kg).
Shipping Weight:	173 lbs. (78 kg).
Resistance Type:	Friction Belt and Flywheel.
Programs:	Quick Start, Manual, Nine Programs and Heart Rate Control as well as a Fitness Test.
Console Features:	Upper console: Dot matrix of the profile. Distance, floors, calories, calories per hour, mets, speed 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: Black enclosure with choice of five standard colors. Custom: Unlimited colors available for console upright.
Speed Range:	Minimum - 10 ft/min; Maximum - 150 ft/min. (3 to 46 m/min.)
Maximum User Weight:	400 lbs. (181 kg).
Connectivity:	CSAFE with Fitlinxx Level 3 pending.
Power:	115 VAC ±5%, 50/60 Hz, 0.5 amps; or 230 VAC ±10%, 50/60 Hz, 0.25 amps. Up to 10 units can be daisy-chained to share one 10-amp outlet.
Other:	Water bottle holder.
Options:	A/V monitor bracket option.

530S Stepper



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