

750 Series Products, iPod® and Nike + iPod

CYBEX
www.cybexintl.com

Can I use my iPod with CYBEX equipment?

Absolutely! Any CYBEX 750 Series products with Personal Entertainment Monitors and labeled as Nike + iPod is equipped with an iPod 30-pin cable for use with iPods.

How do I use my iPod on your CYBEX 750 series products?

Simply connect your iPod to the iPod cable provided on the equipment. Your iPod will show that it is charging. This confirms that you have connected it properly.

Why should I use the cable?

Being able to connect your iPod to the fitness equipment has three main purposes:

1. Charge your iPod so you can listen to it during your workout and still have plenty of battery life after.
2. To play video from your iPod on the attached Personal Entertainment Monitor.
3. To record your workout to Nike+.

How do I play videos from my iPod on the Personal Entertainment Monitor?

1. You must have video loaded on your iPod in the correct iPod format.
2. Press the A/B button located on the right side of the A/V controls to toggle between your iPod and TV. Select iPod and press ENTER on the keypad.
3. Press play on your iPod video. Make sure your iPod movies setting 'TV OUT' is set to ON.
4. Press the center button on your iPod to make the movie play on screen.
5. Plug your headphones into the console and you're set to go!

Nike + iPod ready

What is Nike+?

Nike + iPod for the gym is a revolutionary concept that allows gym-goers to save their workouts and post them to nikeplus.com, where they can track their progress, share with others, and participate in challenges.

How do I use Nike + iPod on CYBEX 750 Series products with Personal Entertainment Monitors?

Here is how to get started:

1. Connect your compatible iPod/iPhone to the 30-pin cable. The display will read NIKE+ iPod and scroll the message RECORDING=ON Use the + or – keys to turn recording on or off.
2. In the lower right hand window it will also display 'REC' to indicate that your workout will be recorded. A decimal point stays in the lower right hand corner of the same window will remain lit to indicate that your workout is being recorded.
3. When you have finished your workout the message Congratulations, followed by a review of your workout.
4. The display will then show: Workout Recorded view your workout at nikeplus.com. Disconnect your iPod.



Nike + iPod



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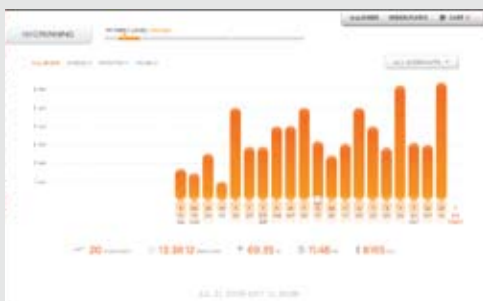
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How do I sync my workout information with Nike+ online after my workout?

1. Plug iPod into computer, iTunes automatically recognizes workouts.
2. Confirm OK to send data to nikeplus.com
3. New browser window automatically opens, showing your workout at nikeplus.com.



4. Each piece of CYBEX equipment that you train on will be stored as a separate workout. See your entire workout history. Move your mouse over individual workouts to see top-line summary.



5. You can drill down into each workout at anytime to see the details of that particular session. You can publish your results for other users to see, and create individual or team challenges. Easily set and track your progress against your goals.



6. Create challenges and compete with your friends or open it up to the community. Challenges are recommended for you based on your level within Nikeplus.

If Nike+ was originally designed for running outdoors, how does it compare to other forms of Cardio?

Nike+ converts the calories you burn doing a cardio workout into CardioMiles®. The CardioMile is based on the fact that most people burn about 100 calories per mile regardless of their speed. So 100 calories equals one CardioMile regardless of whether you use a tread, cycle or an Arc Trainer. If you were to burn 600 calories in your 30 minute Arc Trainer session, Nike+ will give you credit for 6 CardioMiles.

iPod is a trademark of Apple Inc., registered in the U.S. and other countries. "Made for iPod" means that an electronic accessory has been designed to connect specifically to iPod and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards.

Nike + iPod

