



Procedure to Breakdown Cybex 340

Tools:

- 3/16" allen
- 1/4" allen
- 3/32" allen
- 1/2" box wrench
- 9/16" box wrench
- 7/16" box wrench
- Phillips head screw driver
- Flat head screw driver
- Wire cutters
- Long nose pliers
- Pliers
- 1/2" socket
- 9/16" socket
- 7/16" socket
- Socket extension
- Power Screw Drive with phillips and flat head attachments
- 5 Large sealing plastic bags with labels (seat bolts, plate screws, frame bolts, wheel bag)
- 2"x4"x4 foot piece of wood
- Large box (23"x23"x13") for seat back cushions and bolt box)
- Small box to hold bolt bags
- Small box for calibration weights
- Black marker
- Packing tape
- Heavy Duty Plastic wrap

See Diagram on last page for parts identification.

Unplug Machine from the Wall

Seat backs

1. Separate the seat belt as the adjustment clamp.
2. Remove the seat back pads (J, I, H (3 pads on each side)) with phillips head screw driver. Place screws (total of 24) in the seat bolt bag. Place the pads in the Large box. Place all black plastic mats on top of the pads.
3. Each seat back is raised and lowered via two gas springs. Use 3/16" Allen wrench to remove gas springs. NOTE: Prop 2x4 behind each spring to counter the force of the spring so you do not strip the bolts. Remove the nut, washers, and bolt from the top of each gas shock and place all in the seat bolt bag.
4. Lower the seatback to the reclined position. Each seat back has 2 allen bolt stops on the inside of the seat back frame by the seat cushion. Remove stops with 1/4" allen and place all the bolts and the washers in the seat bolt bag.

5. Each seat back has 4 mount screws located below the seatback hinge, on the side of the bottom seat cushion. Use ½" wrench to remove the nuts and jiggle the seat backs until the allen screws fall out. Place the allen bolts, nuts, and washers (total of 8 sets) in the seatbolt bag.
6. Remove the seatback frames from the machine. Tape together.

Remove cable from dynamometer

1. Remove the eight white phillips head screws (2 on each surface, top, front, back, and bottom) holding the dynamometer cover on. Remove the dynamometer cover.
2. Use 3/32 allen or screw driver to remove green ground wire and white mount holding the cable to the dyan (if there is one).
3. Disconnect cables (motor, position, and torque).
4. Slide cable out of the dynamometer cover.
5. Reinstall the cover and the eight screws.

Remove the dynamometer

NOTE: INSIDE THE PEDESTAL IS A GAS SHOCK. WHEN YOU LIFT OFF THE DYNAMOMETER YOU MUST LIFT IT STRAIGHT UP UNTIL THE GAS SHOCK IS CLEARED. IF NOT, YOU WILL BEND THE SHOCK AND BE OUT \$200 U.S.

1. Loosen pedestal mount clamp and raise dynamometer to the top
2. Pop the four black plastic caps covering the bolts on the pedestal mount clamp. Place in frame bolt bag.
3. Remove 4 bolts 9/16" wrench which hold pedestal mount clamp in place. Place bolts, caps, and washers in the frame bolt bag.
4. Remove 2 bolts 9/16" wrench from the back of the pedestal mount clamp. Place bolts and washers in the frame bolt bag.
5. Tighten the pedestal mount clamp.
6. Lift the dynamometer straight off the pedestal until you clear the gas shock. Place on the floor.
7. One the top of the gas shock should be a gray metal fitting. You will also find one underneath the bottom of the gas shock. Remove the gas shock and the two metal fittings. Tape the metal fittings to the side of the gas shock (black part of the shock).
8. Remove the two bolts 9/16" holding the bottom of the pedestal to the bottom frame of the 340. Place bolts, washers, and nuts in frame bolt bag. Set pedestal on the floor.

Remove monitor and keyboard

1. Looking at the cabinet housing the computer, the monitor and keyboard cables enter the cabinet on the left side. Remove the cover plate, disconnect the cables, and reinstall the cover plate.
2. Pry off the plastic covers with a small flathead screw drive underneath the arm that hold the cables to the underside of the arm.
3. Remove the four nuts from under the keyboard and remove the keyboard.
4. Slide the two white brackets off the keyboard. Put the washers and nuts back on the white brackets. Put the brackets in the plate screw bag.
5. Remove the 4 Allen bolts located under the monitor panel.
6. Tip monitor back, remove the cables, and lift monitor off and place upside down on the floor.

7. Remove the flathead screw from the gray panel attached to the bottom of the monitor. Remove the gray panel from the bottom of the monitor.
8. Reinstall the panel onto the arm. Install the 4 allen bolts to secure the tray in place.

Remove computer cabinet

1. Confirm unit is unplugged
2. Open front door
3. Remove the gray panel with the Danger, High Voltage label on it. Use Phillips or flathead to remove six screws.
4. Look at the circuit board on the bottom shelf. If the any of the red lights are on or you hear a beeping sound the unit has an uninterruptable power supply which needs to be turned off. Look in the back of the shelf. The Power supply is white. Turn it off. All lights should go out.
5. Disconnect all of the cables from the circuit board on the bottom self.
6. Located to the left of the bottom shelf, near the front of the cabinet, is a screw with 2 green ground wires attached. Remove the nut with a 7/16" socket, take off the top ground wire, and reinstall the nut.
7. Slide out the middle draw. Disconnect the two speed selector cables. White connectors located behind the speed controller. Snake cable to bottom of cabinet. Slide draw back in place.
8. Remove computer cabinet side panel (opposite of chair). The side panel with have either two phillips head screws at bottom or four aluminum screws on the side. If at the bottom, remove the screws and pop off the panel. If four aluminum screws on the side use plyers to turn them 90 degrees and the will come lose. The do not come out. Remove the panel.
9. Slide the top draw forward.
10. Remove the torque and position cable from back of the CPU with small flathead screw driver. It has black plastic connector with a gray and a black wire going into the connected. It is located next to the printer cable. You may remove the printer cable if you need to. Snake cable to bottom of cabinet (left side). Slide draw back in place.
11. Slide bottom draw all the way out (remove any strain relief's that may hold it in place). May have to remove allen screw stops. Use 9/16" wrench or socket to remove the 4 bolts located in the bottom of the cabinet. One in each corner. Place the bolts and washers in the frame bolt bag.
12. Plug the thick black power cord up through the back left corner of the cabinet.
13. Slide the bottom draw back into the machine. Wrap the power cord in a circle and lay on top of the circuit board on the bottom draw.
14. Reinstall the gray panel with the high voltage label on it.
15. Close the cabinets door and tape it closed.

Remove accessory cabinet

The accessory cart may or may not be attached to the back of the computer cabinet. If it is follow the following procedure.

1. Take all of the accessories out the cabinet
2. Used 7/16 socket to remove bolts in the left side of the cabinet. Bolts are located in the holes. The number varies but you will know when they are all out. Place bolts and washers in the frame bag.

3. Slide out the bottom draw and remove two base bolts using 9/16" socket. Cabinet should now be free. Place bolts and washers in the frame bag.

Remove Seats from bottom base rails.

1. Remove all of the gray panels located under the seats. There are three small and one very large one. There are four screws holding each panel in place. Place all of the screws in the panel bag.
2. The dynamometer cable is held in place between the seats. Unscrew the plastic nut on the underside of the panel between the seat. Snake the dynamometer cable up and out from between the seats. Be sure to remove the cable from the computer cabinet. May have to remove a few strain reliefs holding the cable to the frame,
3. Remove the 8 bolts holding the seat assemble to the bottom two rails. Use 9/16 socket. Place the bolts, washers, and nuts in the frame bag.

UBXT Table (GG)

1. Turn UBXT table on its side.
2. Use 3/4" wrench to remove all four wheels.
3. Please wheels in UBXT wheel bag.
4. Turn UBXT to upright position.

Preparing for pick-up.

The following steps are required to ready the CYBEX for pick-up. However, you will be sliding and tipping heavy equipment so be sure you have space and are physically able to do the work. If not please stop until you can get help.

1. The CYBEX seat assemble is shipped on its back. Confirm you have space. Tip the CYBEX seat assembly 90 degrees so it is on its back.
2. Slide the CYBEX computer cabinet and accessory cabinet off the rails.
3. If the accessory cabinet was attached to the computer cabinet, remove the two rails perpendicular to the back rail.
4. Tape all three gray rails together. Use a lot of tape so parts do not separate in shipping.
5. Refer to the last page of this fax and inventory the attachments. Check of the parts that you have. Circle the missing parts.
6. Place all of the straps, attachments, ROM Stops, gas shock, and lower pedestal mount in the accessory cabinet. Tape the draws shut. Plastic wrap the entire cabinet so nothing falls out.
7. Place the calibration weights (2 – 25lbs, 1 – 10lbs, 1- 5lbs, and 2- 2.5lbs) weights in small box and tape shut.
8. Place all of the bolt bags in a box. Place that box in the Large box with the seatback pads.
9. Attach last page of the fax labeled Dear Shipper to the top of the computer cabinet.

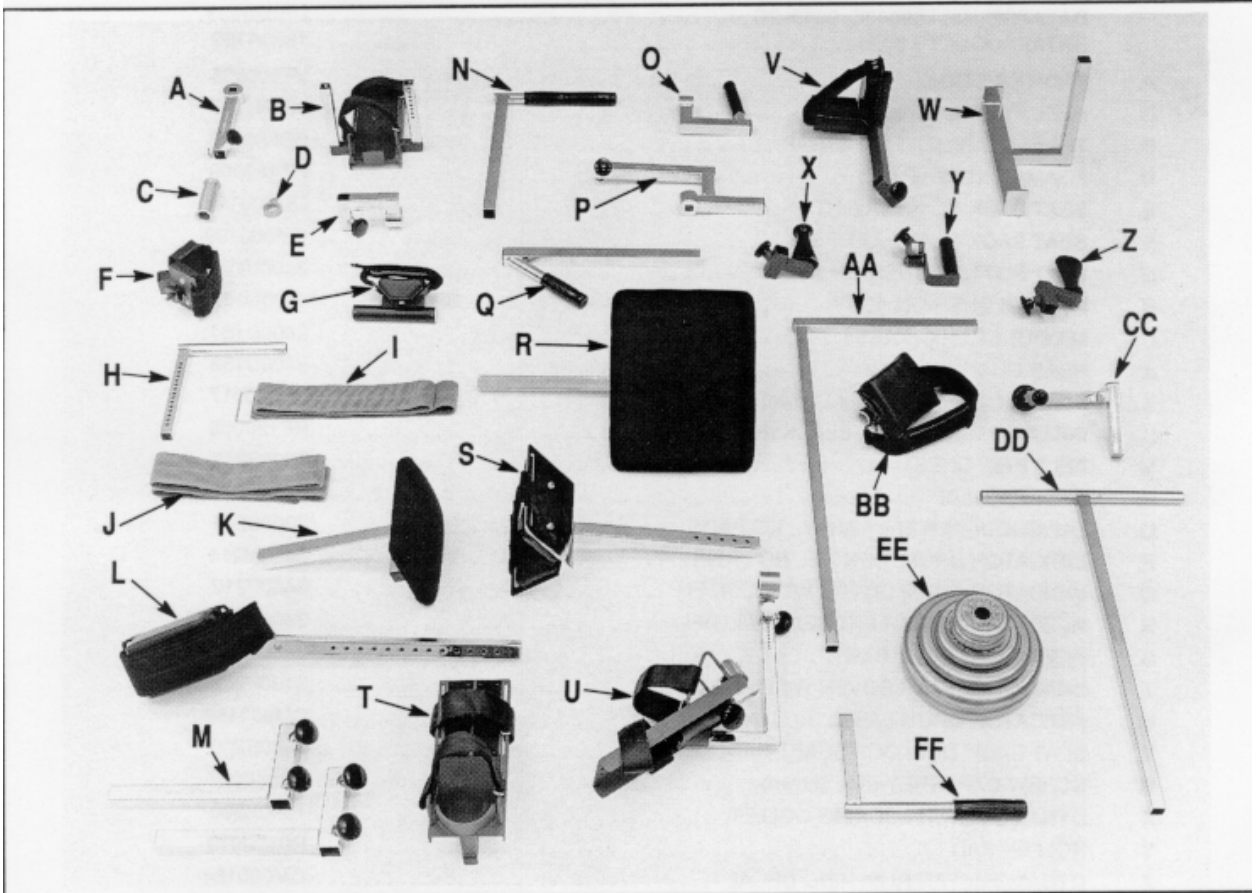
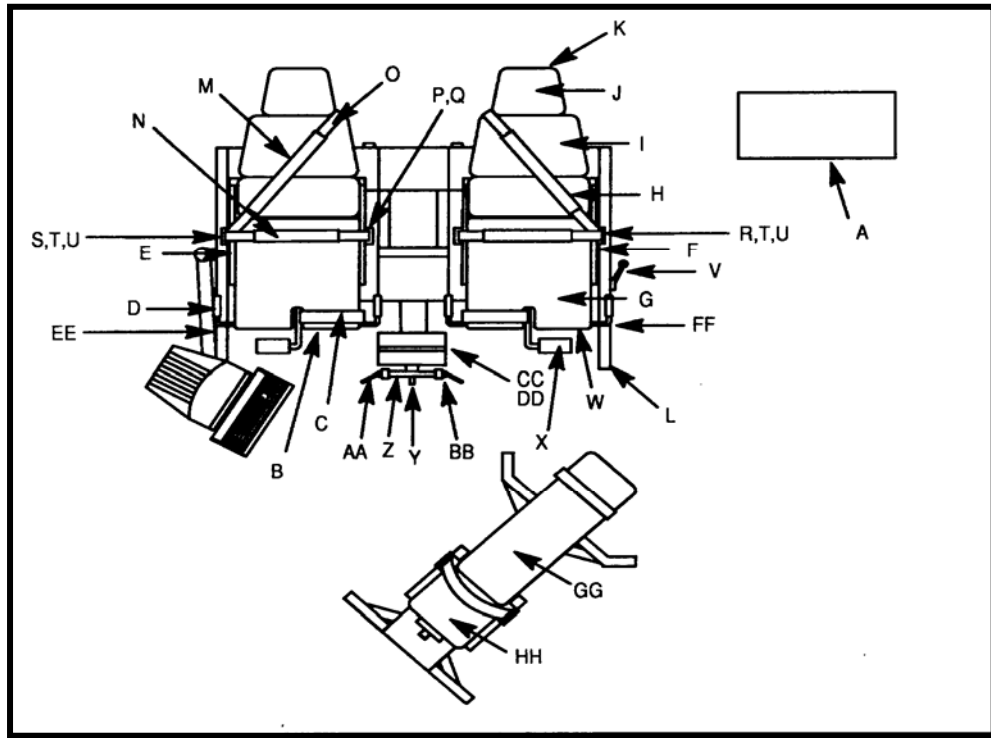
Attach this form to top of computer cabinet.

Dear Driver/Shipping:

Following is a list of the equipment you have:

- 1. Seat Assemble with two cushions. Tear (yes/no)**
- 2. Computer cabinet**
- 3. Accessory cart with accessories. Wrapped in plastic**
- 4. UBXT table with two cushions. Tears (yes/no)**
- 5. Gray metal rails (two taped together)**
- 6. Gray metal seatback frames (two taped together)**
- 7. Large box (pads inside)**
- 8. Small box (calibration weights 70lbs.)**
- 9. Dynamometer on pedestal**

If you have any questions or your load does not match this list please call Rob Potash at 781-255-1292.



Packing List:

Computer Box:

- Speed Selector
- APS Board w/power cord wrapped on top
- Straps in box on top shelf in box
- Bolt and Wheel bags in box on top shelf

Accessory Box:

- Attachments
- 4 padded mats
- 3 seat frame shields
- Gas Shock with two wedges
- Pedestal

Calibration Weights:

- 70 lbs. In small box

Seat Assemble:

- Gas shocks tie wrapped to frame
- Remove seat cushions
- Remove fore/aft adjustment handles

UBXT:

- Remove Wheels

Seat Backs:

- Remove pads and place in box
- Tape together and blanket wrapped

Large Box:

- Seat back pads
- Monitor tray