

# CARDIO EQUIPMENT AND CAB WIRING RECOMMENDATIONS



# CARDIO EQUIPMENT AND CAB WIRING RECOMMENDATIONS

## TABLE OF CONTENTS

CARDIO EQUIPMENT/CAB WIRING RECOMMENDATIONS .....	3
Scenario 1: STB next to cardio equipment - Internet is not required for cardio equipment.....	4
Scenario 2: STB next to cardio equipment - Internet is required for cardio equipment.....	5
Scenario 3: STB away from cardio equipment - Internet is not required for cardio equipment.....	6
Scenario 4: STB away from cardio equipment - Internet is required for cardio equipment.....	7

\* STB (set top box) is a term used to describe cable, satellite or IPTV boxes.

Below are recommendations for wiring TV signal to your cardio equipment to ensure compatibility now and in the future. To confirm, these are recommendations only. The following pages will show you examples and offer direction on other type of wiring arrangements that may be better suited for your application.



**Recommendations:**

- 3 CAT6 Cables
- 1 COAX Cable

**Here is why:**

- 1 CAT6 cable would be used for internet
- 1 CAT6 cable would be used for IR
- 1 CAT6 cable would be used for TV signal if the cardio equip has a HDMI input or the COAX would be used if COAX input was the only option.

**THINGS TO CONSIDER:**

- COAX cable is becoming obsolete but many cardio equipment manufacturers still prefer this option.
- Many of the cable and satellite companies are starting to phase out boxes with COAX connections and are replacing the COAX outputs with HDMI.
- If extenders need to be used, most extenders require CAT6 cable. Standard CAT5 is no longer widely supported.
- You can locate the cable, satellite or IPTV boxed in an AV closet away from the cardio equipment.

**CABLE RECOMMENDATIONS:**

- 3 CAT6 Cables 
- 1 COAX Cable 

These group of cables would run from an AV closet to each piece of cardio equipment. 3 CAT6 cables are recommended and 1 COAX for each piece of cardio equipment.



**AV Closet**



Based on your current wiring situation, below are some examples on what would be required when setting up the CAB to allow your cardio equipment to communicate with individual cable, satellite or IPTV boxes. We will call these boxes STB (set top boxes) to simplify.

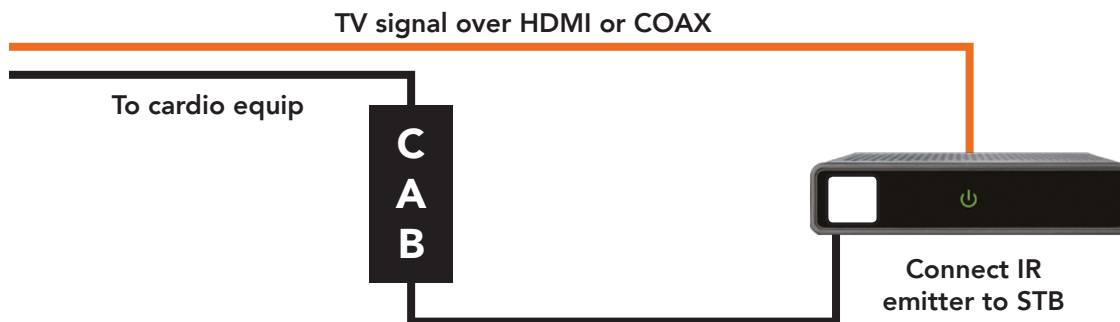
### SCENARIO 1

STB **next to** cardio equipment. Internet **is not** required for cardio equipment.

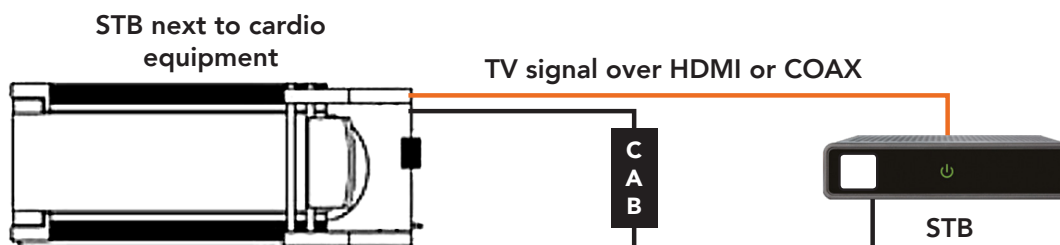
#### Requirements:

- Cardio equipment compatible with CAB
- CAB (console adapter box)

This is the simplest set up. One end of the CAB will connect to the cardio equipment & the other end you would connect the IR emitter on the front of the STB.



The cable, SAT or IPTV provider would install the boxes next to the cardio equipment. Depending on the available inputs on the cardio equipment, the TV signal would be connected from the STB to the cardio equipment via HDMI or COAX.







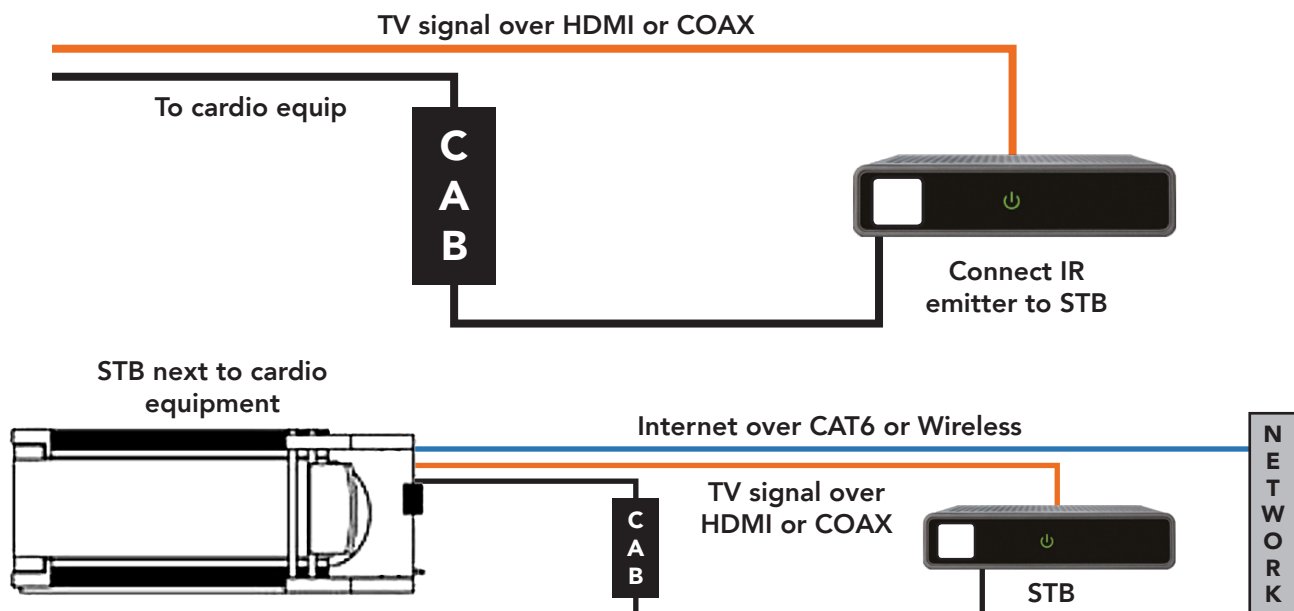
## SCENARIO 2

STB **next to** cardio equipment. Internet **is** required for cardio equipment.

### Requirements:

- Cardio equipment compatible with CAB
- CAB (console adapter box)
- CAT6 for Internet or Wireless built into cardio equipment.

Similar to Scenario 1, one end of the CAB will connect to the cardio equipment & the other end you would connect the IR emitter on the front of the STB. Since the cardio equipment requires internet, you can either get this from a CAT6 cable or wireless if the cardio equipment has built in wireless. Please note that too many wireless connections can potentially bog down the network so refer to recommendations from the cardio equipment manufacturer.





### SCENARIO 3

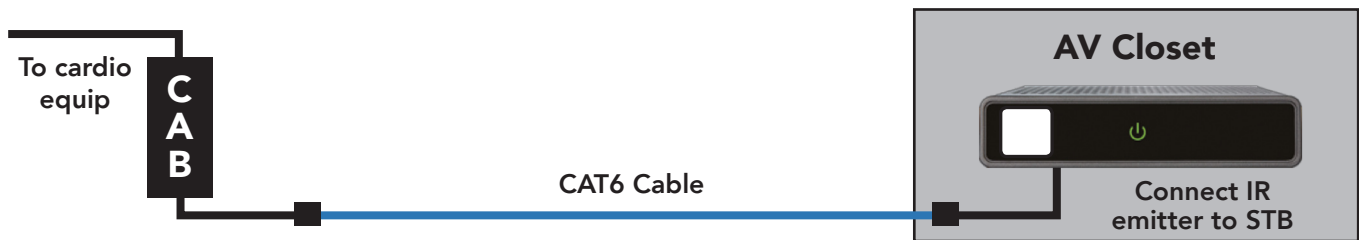
STB **away** from cardio equipment. Internet **is not** required for cardio equipment.

#### Requirements:

- Cardio equipment compatible with CAB
- CAB (console adapter box)
- CAT6 Cable & COAX

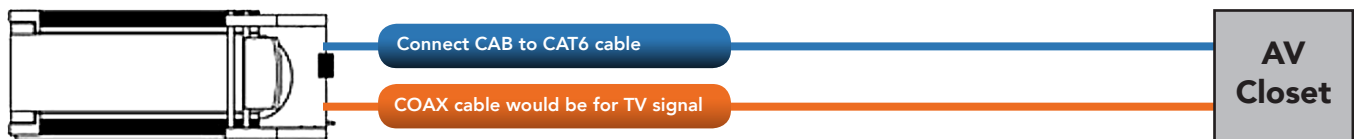
#### CAB SET UP:

One end of the CAB will connect to the cardio equipment & the other end you will connect to the CAT6 cable. You would plug the IR emitter cable we provide into the end of the CAT6 cable located in the closet and connect the IR emitter on the STB.



#### WIRING OPTIONS

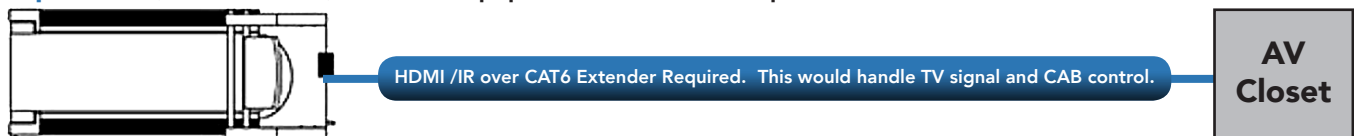
**Option 1** – (1 CAT6 cable, 1 COAX cable) – Cardio equip only has a COAX input.



**Option 2** – (2 CAT6 cables) – Cardio equip must have HDMI input.



**Option 3** – (1 CAT6 cable) – Cardio equip must have HDMI input.





## SCENARIO 4

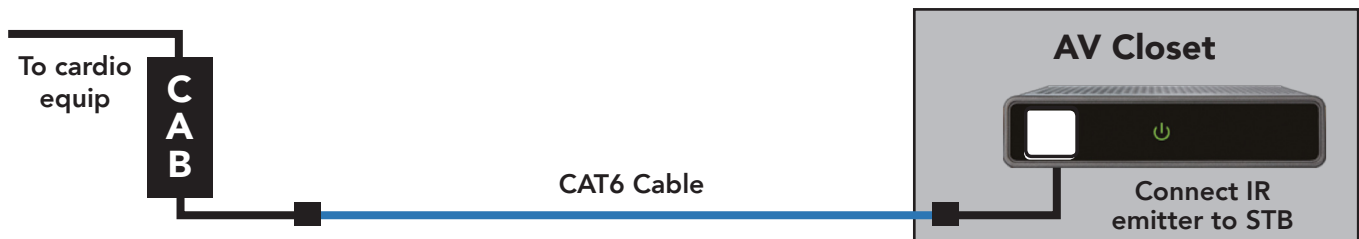
STB **away** cardio equipment. Internet **is** required for cardio equipment.

### Requirements:

- Cardio equipment compatible with CAB
- CAB (console adapter box)
- See wiring options below

### CAB SET UP:

One end of the CAB will connect to the cardio equipment & the other end you will connect to the CAT6 cable. You would plug the IR emitter cable we provide into the end of the CAT6 cable located in the closet and connect the IR emitter on the STB.



### WIRING OPTIONS

**Option 1** – (1 CAT6 cable, 1 COAX cable) – Cardio equip only has a COAX input.



**Option 2** – (2 CAT6 cables) – Cardio equip must have HDMI input.



**Option 3** – (1 CAT6 cable) – Cardio equip must have HDMI input.



**Option 4** – (3 CAT6 cable) – Cardio equip must have HDMI input.

