

Setup Screen

Setup is a separate control screen that allow the user to define multiple aspects of the unit's functions.

Set up can be opened from *Dormant mode*, *Count Down*, *Lock* and the CSAFE ID entry screens.

To open setup screen, press **CLEAR**, key sequence **7-5-0** and press **ENTER**.

Press **ENTER** to enter setup feature, allow changes and return to main menu. **PAUSE/END** can also be used to reset and exit to *Dormant mode*.

Press the **RESISTANCE** keys to scroll forward or backward in the setup menu.

Press **CLEAR** to reset back to default or previously stored value.

MENU		SET UP Options
1 - Language		GERMAN FRENCH SPANISH ENGLISH JAPANESE SWEDISH RUSSIAN
2 - Units		ENGLISH (LB/MPH) METRIC (KG/KPH)
3 - Clock Style		12 HR US DATE 24 HR EURO DATE 12 HR EURO DATE 24 HR US DATE
4 - Current Time		12 HR US DATE 'HH:MM X MM/DD/YYYY' 24 HR EURO DATE 'HH:MM DD-MM-YYYY' 12 HR EURO DATE 'HH:MM X DD-MM-YYYY' 24 HR US DATE 'HH:MM MM/DD/YYYY' (Use keypad to enter values or toggle the LOAD CONTROL key)
5 - Default Time	<i>Initial displayed choice for programs requiring a time setting.</i>	DEFLT TIME 10 DEFLT TIME 60 DEFLT TIME 20 DEFLT TIME 90 DEFLT TIME 30 (default) NOTE: Choices are limited to range of MAX time.
6 - Review Time	<i>Summary of workout session totals. Can be seen as 1, 2 or 3 cycles</i>	SHORT – 1 LONG – 1 SHORT – 2 LONG – 2 SHORT – 3 LONG – 3
7 - Max Time	<i>Limit user's workout time</i>	MAX TIME = OFF MAX TIME = 50 MAX TIME = 20 MAX TIME = 60 (default) MAX TIME = 30 MAX TIME = 90 MAX TIME = 40 MAX TIME = 120 MAX TIME = ZONED* (see below)
8 - Pause Time	<i>Length of time unit paused during a workout and still re-start where user left off.</i>	PAUSE = OFF (factory setting) PAUSE = 01:00 PAUSE = 05:00 PAUSE = 10:00

9 - Sound		TONE = ON (factory setting) TONE = OFF
10 - Dormant Style	<i>Defines what is displayed in Dormant Mode</i>	0 – DEFAULT (default) 3 – CLOCK 1 – TEXT MSG 4 – PROFILES 2 – OUT OF ORDER
11 - Dormant Text**	<i>Text is entered via communications link.</i>	DORMANT MSG 1 DORMANT MSG 2 DORMANT MSG BOTH
12 - Active Mode Text on/off**	<i>Text is entered via communications link.</i>	WORKOUT MSG ON (or OFF)
13 - Lock Combination	<i>Requires correct entry of combination. Allows lock combination to be enabled and edited.</i> <i>Master factory code is 4300. Enter on first set up.</i>	ENTER OLD CODE (Key in 4-digit code) CODE _ _ _ _ ON (or OFF) ENTER will allow code to be seen. LOAD Control key toggles the lock on or off. Use keypad to enter new code. ENTER accepts new code.
14 - Custom Programs SAVE	<i>Gives user capability to create and store custom programs by enabling or disabling SAVE button during Review Mode.</i>	SAVE PROG ON (or OFF). (factory default is OFF)

***MAX TIME ZONED** If choice is ZONED, choose the actual time for each zone to start and maximum time setting.

HH:MM X is the actual time the zone starts, and YYY is the maximum time allowed during time zone.

Example:

Format	Factory Default
ZONE1 HH:MM X YYY	ZONE1 05:01A 60
ZONE2 HH:MM X YYY	ZONE2 09:01A OFF
ZONE3 HH:MM X YYY	ZONE3 04:01P 60
ZONE4 HH:MM X YYY	ZONE4 09:00P OFF

**For more information on editing Display and Active Mode text, visit www.cybexintl.com/support/resources/750