

Setup

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

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

To access setup screen, enter key sequence “**Clear-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 (TV off, Load to 0, unlatch battery) and exit to Dormant mode.

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

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

NOTE: All setup items which have a default factory setting can be reset back to their default settings by holding the **PAUSE/END** key for 3 seconds.

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 20 DEFLT TIME 30 (factory default) DEFLT TIME 60 DEFLT TIME 90 NOTE: Choices are limited to range of MAX time.
6- Review	<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 = 60 (default) MAX TIME = 20 MAX TIME = 90 MAX TIME = 30 MAX TIME = 120 MAX TIME = 40 MAX TIME = ZONED* MAX TIME = 50
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-Default Level	Mode Levels	DEFAULT LVL 1 – 21 (LVL 1 is default)
10-Target RPM	For Advanced Programs	TARGET RPM 10 - 100 (RPM 60 is default.)
11-Sound		TONE = ON (default) TONE = OFF
12-Dormant Style	<i>Defines what is displayed in Dormant Mode</i>	0 – DEFAULT (factory default) 1 – TEXT MSG 2 – OUT OF ORDER 3 – CLOCK 4 – PROFILES
13-Dormant Text	<i>ENTER allows editing and viewing.</i>	DORMANT MSG 1 DORMANT MSG 2 DORMANT MSG BOTH
14-Active Mode Text on/off	<i>ENTER allows editing and viewing.</i>	WORKOUT MSG ON (or OFF)
15-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 a new code. ENTER accepts new code. Temporarily lock unit by pressing LOCK key (#5 LOCK) and enter 4-digit code. Unit will stay locked until UNLOCKED is selected.
16-Custom Programs SAVE	<i>Gives user capability to create and store custom programs by enabling of 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. **NOTE:** Current Time must be set for zones to work correctly.

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 09:00A OFF