

Operation Description:	INTELLI-FIT ROTARY/TREADMILL SET-UP MODE ACCESS INSTRUCTIONS.	Assy. Inst. No.:	M1031	Rev.	C	ECN No.	2735
Sub Assy of:	ALL INTELLI-FIT CONSOLES	Creation Date:	2/13/13	Originator:	MP	Approv. Date:	2/13/13

### INTELLI-FIT ROTARY/TREADMILL CONSOLE “SET-UP” DESCRIPTIONS

The following are brief descriptions for each category that are currently in the Set-Up mode.

Use the [UP] or [Down] arrows to make adjustments. After making adjustments the user may press [Quick Start] to save and exit the Set-Up mode at anytime.

NOTE: If you pass the category wanted, you can not go backwards.  
Press [Quick Start] and re-enter into the Set-Up mode.

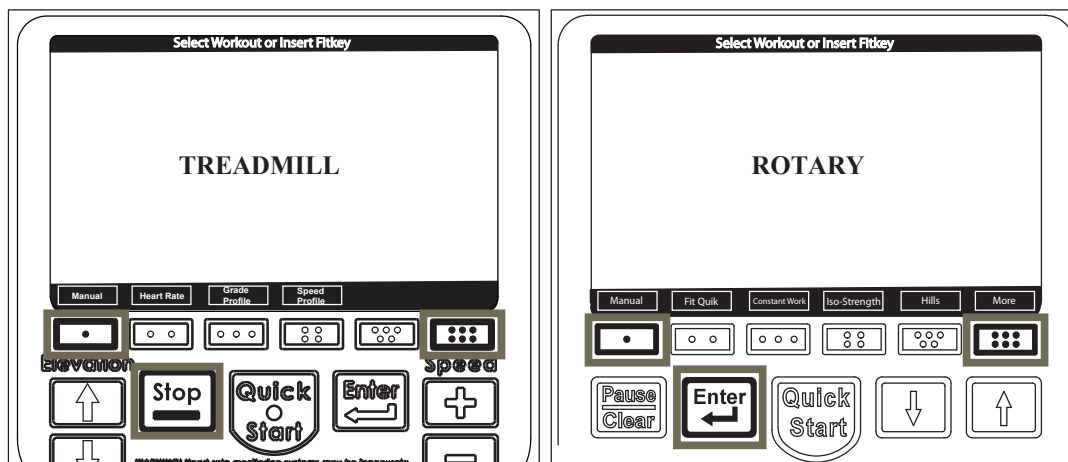
#### ACCESSING THE “SET-UP” SCREEN

ROTARY: Press the [One dot] key, [Six dot] key and [ENTER] key at the same time.

The screen will change and display “OVERLAY” as the first category.

TREADMILL: Press the [One dot] key, [Six dot] key and [STOP] key at the same time.

The screen will change and display “OVERLAY” as the first category.



#### CATEGORIES

- OVERLAY: (Production only) **Default: Rotary**  
Indicates the type of membrane switch (Overlay) that has been attached on the console.

Press [ENTER] to advance

- MODEL: **Default: PRO1**  
Selects the type of machine the console is going to be attached to.  
PRO1, ISO1000, SXT, AC5000, etc.

Press [ENTER] to advance



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- **LANGUAGE:** **Default: English**  
Allows option to select 1 of 8 languages  
English, German, Spanish, Dutch, French, Italian, Japanese and Russian

**Press [ENTER] to advance**

- **UNITS:** **Default: U.S.**  
Allows option to select type of weight units preferred.  
US (Imperial) or Metric

**Press [ENTER] to advance**

- **BAUD RATE:** **Default: 19200**  
The console may be connected via the COMM port on the back enclosure to an external monitoring device that can be used to track a user's progress. The Baud Rate determines the speed of data transfer from the console to the device. There are six different speed options (4800, 9600, 19200, 38400, 57600 and 115200).

NOTE: The Baud Rate selected should be the same as the device the data is being transferred to.

**Press [ENTER] to advance**

- **WATT SCALAR:** (Rotary only) **Default: 1.000**  
This is a multiplication factor to change the power (Watts) of the machine. The machine will be harder to operate if the "WATT SCALAR" is greater than 1 and it will be easier to operate if it is less than 1.

**Press [ENTER] to advance**

- **WATT OFFSET:** (Rotary only) **Default: 0.000**  
For machine recalibration use only (not for customer use)

**Press [ENTER] to advance**



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### ● EDITOR:

**Default: Table**

The Data entry and Set-Up mode screens may be seen in two different formats.  
Use the Up or Down arrow keys to select either TABLE or CAROUSEL.

#### **TABLE**

Use the [ENTER] key to advance to the next category. **NOTE: Can't go backwards**  
Use the [Up Arrow] or [Down Arrow] keys to adjust within the category.  
Use the [Quick Start] key to save.

#### **CAROUSEL**

Use the [1] or the [6] keys to advance forward or backwards to different categories  
Use the [Up Arrow] or [Down Arrow] keys to adjust within the category.  
Use the [Quick Start] key to save.

**NOTE: Pressing the [ENTER] key takes you back to the main screen and won't save.**

**Press [ENTER] to advance**

### ● POWER BURST (Seconds): (Rotary only) **Default: 8**

This is an option seen on the workout screen in some programs. When the user activates (at anytime during the workout) this option, the user will then pedal faster and get more resistance for a short duration. This duration of time may be increased and decreased here. **NOTE: Power Burst range is 6 - 59 seconds**

**Press [ENTER] to advance**

### ● PAUSED TIMEOUT (Seconds): (Rotary only) **Default: 15**

The amount of time the screen will stay lit after the [PAUSE] key is pressed, the user stops pedaling and the brake stops rotating. This time can be adjusted here.  
**NOTE: Paused Timeout range is 0 - 180 seconds**

**Press [ENTER] to advance**

### ● UTILIZATION (Hours): **Default: 0.00**

This tracks amount of time (in hour increments) that the machine has been in use.

**Note: Hours will not reset when a software upgrade is done.**

**Press [ENTER] to advance**

### ● LCD DIMMING: **Default: Disabled**

Activates the LCD screen to dim when the RPM's are 25 or lower.  
The default is "Enabled" only on PRO1, PRO1000 and PRO2 machines.  
The default on all other machines is set at "Disabled".

**Press [ENTER] to advance**

### ● DEFAULT LEVEL: **Default: 1**

This category controls the starting "Default Level" seen on the data entry screen for "Manual", "Hills", "Quick Start", and "Random programs. If a different starting level is wanted, it may be done here.

**NOTE: Default Level range is 1 - 20**

**Press [ENTER] to advance**



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● **MAXIMUM WORKOUT TIME:** **Default: 99:00**

Allows workouts 'Manual, Hills, Random, ISO-Strength, Heart Rate and Constant Work to be set to a maximum time limit. When entering the workout time length in the data entry screen, the console will not allow the operator to go longer than the pre-set time set in "Set-Up Mode" screen.

Note: This function does not apply to the "Quick Start" program.

**Press [ENTER] to advance**

● **FORWARD MAXIMUM SPEED (AC5/AC5M/DC1000 TREADMILLS):** **Default: 0.0**

Allows a forward maximum speed limit to be set, which affects all programs.

**Press [ENTER] to advance**

● **REVERSE MAXIMUM SPEED (AC5M TREADMILLS ONLY):** **Default: 0.0**

Allows a reverse maximum speed limit to be set, which affects all programs.

**Press [ENTER] to advance**

● **SPEED CONTROL (AC5/AC5M/DC1000 TREADMILLS ONLY):** **Default: Continuous**

Allows either "Continuous" (Speed increases as long as the button is pressed) or "Incremental" (Speed only increases with each button press) option.

**Press [ENTER] to advance**

**THE FOLLOWING PERTAINS ONLY TO THE FIT-QUIK® ROTARY PRESETTINGS**

● **FIT-QUIK CARDIO WORKOUT:** **Default: Manual**

Allows the "Fit-Quik" program to be preset for 1 of 3 workouts:  
Manual, Hills or Constant Work.

**Press [ENTER] to advance**

● **FIT-QUIK WATTS TARGET (WATTS):** **Default: 20**

A preset wattage target is selected here when the Fit Quik program is set for "Constant Work".

**Press [ENTER] to advance**

● **FIT-QUIK PROFILE CARDIO:** **Default: Course**

When the Fit Quik program is preset for "Hills" you may adjust to preselect 1 of 7 workout contours.  
Course, Sprint, Twin Peaks, Peak, Progressive, Multi-Peaks and Ramp

**Press [ENTER] to advance**

● **FIT-QUIK TIME CARDIO (Only affects stage 1):** **Default: 5.00**

Sets the time length of the 1st Stage workout for the Fit Quik program, before initiating the 2nd stage.

**Press [ENTER] to advance**



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- FIT-QUIK REVERSE:

**Default: Enabled**

Sets the option to enable or disable the words "Change Direction" to display at the top of the screen during the Fit-Quik 1st stage workout for those machines that are bi-directional compatible.

Note: The banner will appear approximately every 27 seconds during the 1st stage only.

Press [ENTER] to advance

- FIT-QUIK RPM TARGET:

**Default: Machine Dependent**

Sets the RPM target for the 2nd stage of Fit-Quik program.

Press [ENTER] to advance

- FIT-QUIK CHALLENGE TIME (mm:ss)

(For 2nd stage) **Default: 0:10**

Allows the option to increase or decrease the time length of the ISO strength portion.

Press [ENTER] to advance

- FIT-QUIK RECOVERY (mm:ss)

(For 2nd stage) **Default: 0:35**

Allows the option to increase or decrease the time length of the Constant Work portion.

Press [ENTER] to advance

- FIT-QUIK ISO REPEATS (For 2nd stage) :

**Default: 4**

Allows the option to set how many times the ISO-Strength portions of the 2nd stage are repeated.

*Workout example: Repeat set at 4*

1st stage cardio, then within 2nd stage ISO-Strength

(1) Forward Fast/Slow Reverse Fast/Slow (2) Forward Fast/Slow Reverse Fast/Slow,

(3) Forward Fast/Slow Reverse Fast/Slow, (4) Forward Fast/Slow Reverse Fast/Slow,

(5) Workout ends.

### END OF FIT-QUIK ROTARY PRESET CATEGORIES

Press [ENTER] to advance



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- REVERSE BANNER (Rotary only):

**Default: Disabled**

Allows option to enable or disable the displaying of the banner  
“Change Direction” for bi-directional compatible model machines. Affects the  
following cardio workout programs: Manual, Constant Workout, Hills and Random.

**Press [ENTER] to advance**

- REVERSE TIME BANNER (Rotary only):

**Default: 0:30**

Allows option to set the time interval when the Reverse banner  
“Change Direction” appears at the top of the screen.

Note: The first time the banner appears might not be at the chosen set time, but  
it will be correct afterwards (Dependent on the length of the workout time).

**Press [ENTER] to advance**

### THE FOLLOWING PERTAINS ONLY TO “ISO-STRENGTH” ROTARY PRESETTINGS

- ISO BANNER:

**Default: Disabled**

Allows the option to enable or disable the banners “Fast Forward”, “Slow”  
and “Reverse Fast” to be shown at the top of the screen during an ISO-Strength  
workout.

**Press [ENTER] to advance**

- ISO FAST TIME:

**Default: 0:15**

Allows the option to set a time length when the ISO banner is enabled to show  
“Fast Forward” and “Reverse Fast” at the top of the screen.

*Example: Time set for 15 seconds*

*Fast Forward - displayed 15 seconds*

*Reverse fast - displayed 15 seconds*

**Press [ENTER] to advance**

- ISO SLOW TIME:

**Default: 0:15**

Allows the option to set a time length when the ISO banner is enabled to show  
“Slow” the top of the screen.

*Example: Time set for 15 seconds*

*Slow - displayed 15 seconds*