

	Service Replacement Instructions	Assy. Inst. No: M1047	Revision C
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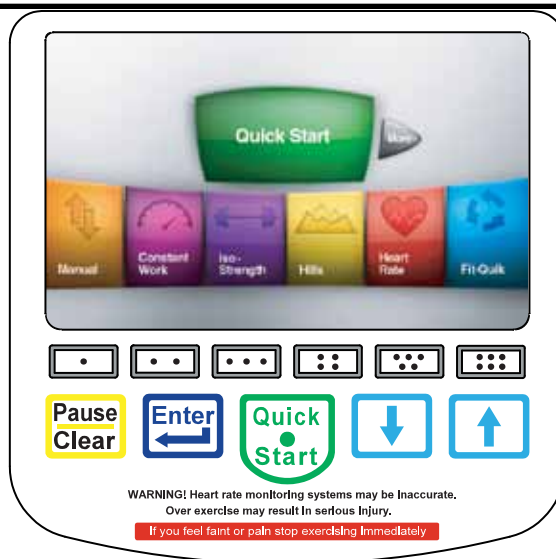
Operation Description: ROTARY TOUCHSCREEN SET-UP MODE ACCESS	Current Sub Assy. of: TOUCHSCREEN ROTARY	Originator MP	Approved Date 12/31/14
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Required Parts

PART NO.	DESCRIPTION	ITEM	QTY.
N/A	All Touchscreen Rotary Consoles		

Required Tools

Required Tools	Tool No:



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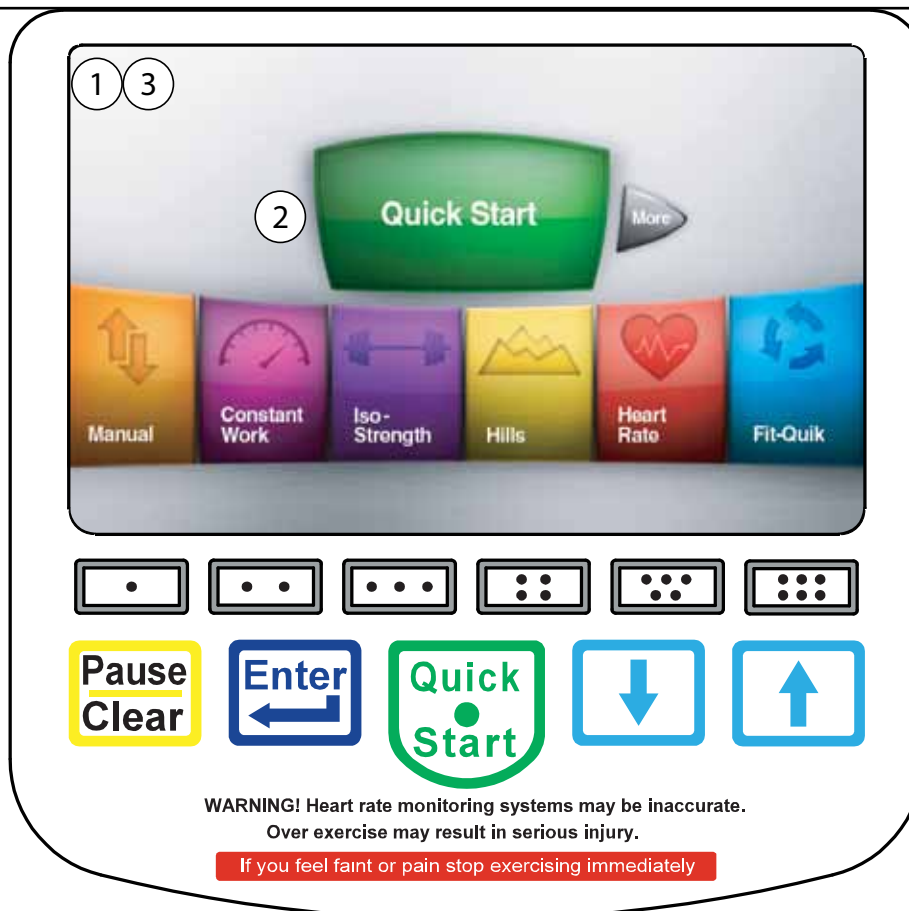
The touchscreen console provides the user with a sub-screen option called the “Set-Up Mode”. This screen allows the user to customize parameters, allowing for a better maximized workout.


Note: There are two methods of accessing the Set-Up mode depending on the console firmware installed. The following explains both methods.

Method 1: Consoles with firmware prior to 2.78

In Sequence:

- (1) Touch the **Upper left corner of the screen,**
- (2) Then touch the **Left side of the “Quick Start” icon,**
- (3) Finally touch the **Upper left corner of the screen again.**

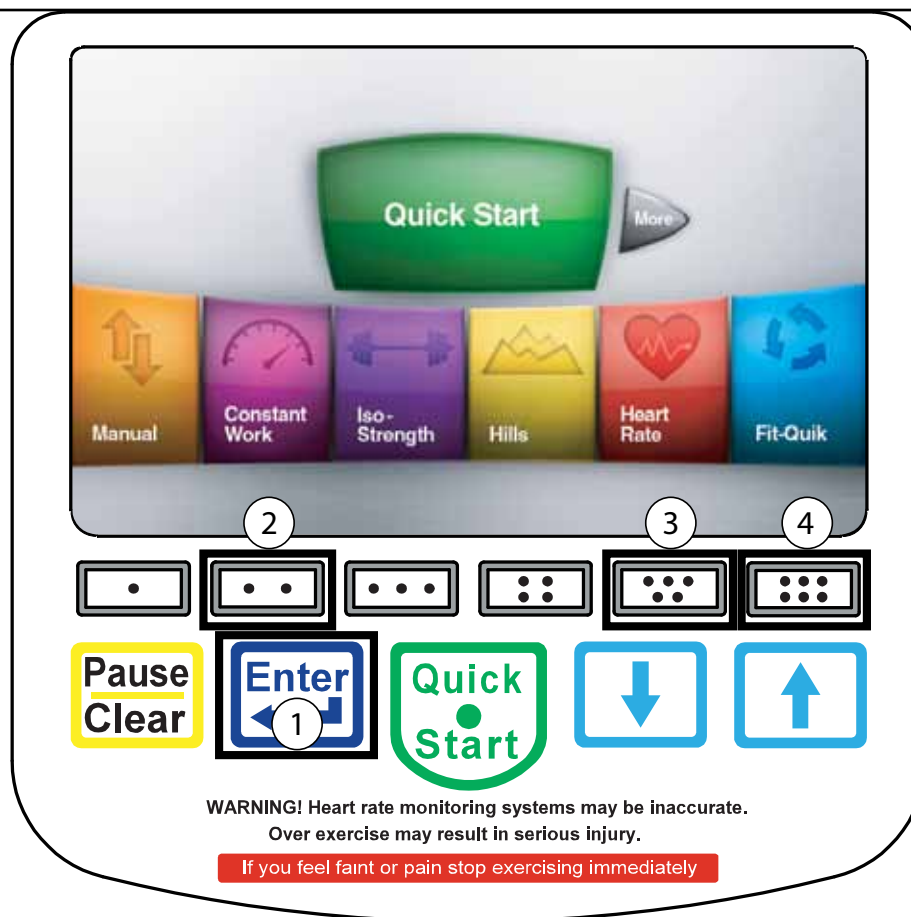



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Operation Description: ROTARY TOUCHSCREEN SET-UP MODE ACCESS	Current Sub Assy. of: TOUCHSCREEN ROTARY	Originator MP	Approved Date 12/31/14

Method 2: Consoles with firmware from 2.78 and after.

In Sequence:

- (1) Press the [Enter] key,
- (2) Then press the [Two Dot] key,
- (3) Then press the [Five Dot] key,
- (4) Finally press the [Six Dot] key.



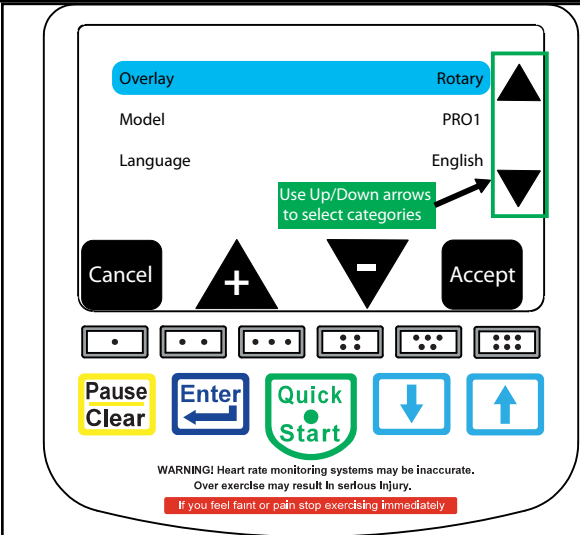
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Step 1: Selecting a Category

The screen will change to show the first three categories as shown in the figure 1.

To select a category use the “Up” or “Down” arrows on the right side to highlight the preferred category (figure 1). **Note: The second arrow will appear when the “Model” category is highlighted.**

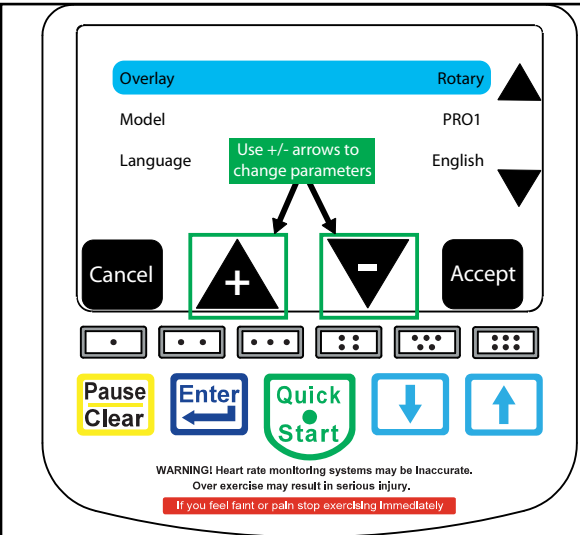
Fig. 1



Step 2: Changing Parameters

Once a category has been highlighted the parameters may be changed by touching either the “+” or “-” arrows. **NOTE: There will be times the screen will change to a data entry view to make adjustments. After making the adjustments touch the “Accept” key to return to the “Set-Up Mode” screen (figure 2).**

Fig. 2

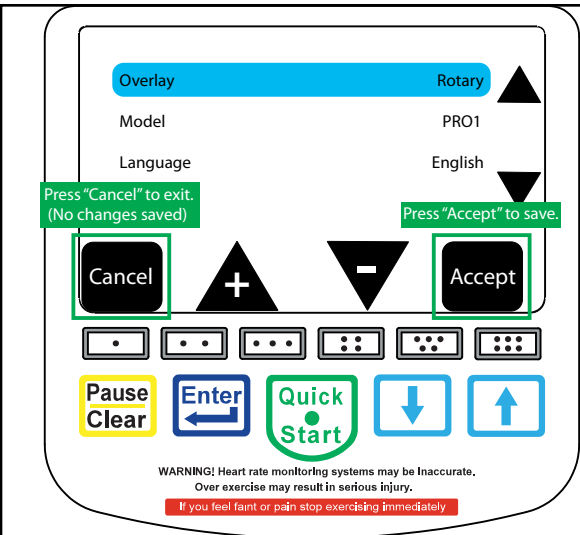



Step 3: Saving The Changes

Once a category has been selected and the parameters customized, then the data can be saved by touching the “Accept” key on the screen (figure 3). This will save and reset the console, then return to the main menu screen.

If the user wishes not to save any changes, touch the “Cancel” button and the console will not save any data and return to the main menu screen (figure 3).

Fig. 3



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Rotary Set-Up Mode Categories

When the “Set-Up Mode” is accessed it will show categories for both rotary and treadmill.
The following information will only list categories concerning the rotary machines.

Overlay: (Set at Factory)

Indicates the type of key array is selected for the membrane switch attached to the console.

Model: (Machine Dependent)

Configures the type of machine the console has been mounted too.

Language: Default: English

Allows the user to select the language of their choice to be displayed on the screen.

Units: Default: U.S.

Selects the one of two commonly used weight units: U.S. (Imperial) or Metric.

Baud Rate: Default: 9600

The console may be connected via the “COMM” port on the back of the console to an external monitoring device that can be used to track a user’s progress. The baud rate determines the speed of data transfer between the console and the device. There are six different speed options to select from: 4800, 9600, 19200, 38400, 57600 and 115200.

Serial Protocol: Default: CSAFE

This gives the user a choice between “CSAFE” or “ERGOLINE” protocol.



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Watts Scalar:

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 easier to operate if it is less than 1.

Watt Offset:

Default: 0.000

For machine calibration use only. (Not for customer use)

Power Burst (seconds):

Default: 8

This increases resistance for a short duration of time during the workout when activated. The duration length of the "Power Burst" can be increased or decreased here.

Paused Timeout (seconds):

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.

Utilization (Hours):

Default: 0.0


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

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

LCD Dimming:

Default: Disabled

When enabled activates the LCD screen to dim when RPM's are 25 or lower.

		Service Replacement Instructions		Assy. Inst. No: M1047	Revision C
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Default Level:

Default: 1

Controls the starting resistance level when a workout begins. If the level number is changed in the set-up mode, it will appear in the “Level” category during the data entry mode of the Manual, Quick Start, Hills and Random programs. **Default range: 1 - 20**

Maximum Workout Time:

Default: 99:00

Sets a workout time limit on programs Manual, Hills, ISO-Strength, Heart Rate and Constant Work. No workout time will be allowed to surpass the limit during the data entry mode.

Fit-Quik Cardio Workout:

Default: Manual

Allows the Fit-Quik program to be preset to 1 of 3 workout programs: Manual, Hills or Constant Workout.

Fit-Quik Watts Target (Watts):

Default: 20

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

Fit-Quik Profile Cardio:

Default: Course

When the Fit-Quik program is preset for the Hills program the user may select 1 of 7 workout contours: Course, Sprint, Twin peaks, Peak, Progressive, Multi-Peaks and Ramp.

Fit-Quik Time Cardio (mm:ss):

Default: 5.00

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

Fit-Quik Reverse:

Default: Disabled

Sets the option to display the phrase “Change Direction” on the screen during the 1st stage workout for those machines that are bi-directional compatible.

Fit-Quik RPM Target:

Default: Machine dependent

Sets the RPM target for the 2nd stage.

		Service Replacement Instructions		Assy. Inst. No: M1047	Revision C
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Fit-Quik Challenge time (mm:ss):

Default: 0:10

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

Fit-Quik Recovery (mm:ss):

Default: 00:35

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

Fit-Quik ISO Repeats:

Default: 4

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

Reverse Banner:

Default: Disabled

Allows the option to display the phrase “Change Direction” for bi-directional compatible machines.
Affects the following programs: Manual, Constant Work, Hills and Random.

Reverse Time Banner:

Default: 0:30

Sets the time interval when the phrase “Change Direction” appears on the screen.
Example: The phrase “Change Direction” will appear every 30 seconds as set by the default.

ISO Banner:

Default: Disabled

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

ISO Fast Time:

Default: 0:15

Sets the time interval before the phrases “Fast Forward” and “Reverse Fast” appear on the screen during an ISO-Strength workout. Default: Every 15 seconds.

ISO Slow Time:

Default: 0:15

Sets the time interval before the phrase “Slow” appears on the screen during an ISO-Strength workout. Default: Every 15 seconds