

# Operation - D-1 LCD Console

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## Telemetry Heart Rate

If your HR is not being displayed, try the following:

- Move closer to the display.
- Tighten the elastic band on the chest belt.
- Adjust the belt higher or lower on your chest.
- Remoisten the electrodes.
- Test your chest strap with a machine that you know is working, or with a HR watch that you know is working.

## CONSOLE CODES

There are 4 groups of console codes as follows:

- Customization (codes starting with 2 or 3)
- Machine Status (codes starting with 4)
- Diagnostic (codes starting with 6 or 7)
- Configuration (codes starting with 8)

Each group of codes is defined below. To access these console codes and the options within each group, follow the instructions for each section.

### Customizing the StepMill® 5

You can customize several parameters on the StepMill® 5 to conform to your individual requirements, including changing the workout default values and setting custom parameters such as time limits, changing screen contrast, changing language, and changing units.

#### To change the workout default values:

1. Press [Level: UP], [2], [ENTER]. The console will display DEFAULTS.
2. Press [Level: UP] or [Level: DOWN] to scan through the default choices. Select the option you want to change by pressing [ENTER]. Then use the [Level: UP] or [Level: DOWN] keys or the numerical keypad to change the value for the selected option. Press [ENTER] to accept the choice for that option.

## DEFAULTS OPTIONS

### Change default Weight

Use the numeric keypad or [Level: UP] or [Level: DOWN] keys to change the desired default weight for your facility. Press [ENTER] to accept the new value.

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## **Change default Workout Time**

Use the numeric keypad or [Level: UP] or [Level: DOWN] keys to change the desired default workout time between 5 and 180 minutes. Press [ENTER] to accept the new value.

## **Change default Age**

Use the numeric keypad or [Level: UP] or [Level: DOWN] keys to change the desired default age used to calculate target HR. Valid age range is between 5 and 100. Press [ENTER] to accept the new value.

## **Change default Starting Level**

Use the numeric keypad or [Level: UP] or [Level: DOWN] keys to change the desired default level between 1 and 20. Press [ENTER] to accept the new value.

## **Change default Starting Intensity**

Use the numeric keypad or [Level: UP] or [Level: DOWN] keys to change the desired default intensity between 1-9. Press [ENTER] to accept the new value.

### **To customize the console:**

1. Press [Level: UP], [3], [ENTER]. The console will display CUSTOMIZE.
2. Press [Level: UP] or [Level: DOWN] to scan through the customize choices. Select the option you want to change by pressing [ENTER]. Then, use the [Level: UP] or [Level: DOWN] keys or the numerical keypad to change the value for the selected option. Press [ENTER] to accept the choice for that option.

## **Change units**

Use the [Level: UP] and [Level: DOWN] keys to toggle between USA units and Metric units. Press [ENTER] to select your option.

## **Language**

Use the [Level: UP] and [Level: DOWN] keys to view the choices (English, German, French, Spanish, Italian, Dutch, Portuguese, Japanese). Press [ENTER] to select your option.

## **Adjust upper LCD screen contrast**

Use the [Level: UP] and [Level: DOWN] keys to increase or decrease the contrast level of the upper LCD (1-100). Press [ENTER] to select your option.

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## **Adjust lower LCD screen contrast**

Use the [Level: UP] and [Level: DOWN] keys to increase or decrease the contrast level of the lower LCD (1-100). Press [ENTER] to select your option.

## **Adjust upper LCD screen backlight**

Use the [Level: UP] and [Level: DOWN] keys to increase or decrease the backlight level of the upper LCD (1-100). Press [ENTER] to select your option.

## **Adjust lower LCD screen backlight**

Use the [Level: UP] and [Level: DOWN] keys to increase or decrease the backlight level of the lower LCD (1-100). Press [ENTER] to select your option.

## **Auto Repeat (Not Used)**

3. To exit CUSTOMIZE, press the [CLEAR] key.

## **Machine Status Codes**

To view maintenance information such as the run time in hours, number of workouts and distance, as well a machine type and software revision:

1. Press [Level: UP], [4], [ENTER]. The console will display MACHINE STATUS
2. Press [Level: UP] or [Level: DOWN] to scan through the choices to view. Press [CLEAR] to exit the machine status codes.

## **Machine run time in hours**

Display the machine run time in hours. The console will display RUN HOURS #####.

## **Number of workouts**

Display the number of times a workout key has been pressed. The console will display WORKOUTS #####.

## **Floors**

Display the total floors traveled. The console will display FLOOR #####.

## **Software revision**

Display the console software revision number. The console will display CONS 41375-####.

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## Machine type

Display the machine type the console is currently configured to. The console will display STEPMILL or other machine type.

## Machine run time in hours since last cleared (used for maintenance)

Display the machine run time since last cleared. The console will display MAINT HOURS #####. This will provide the number of hours between service or maintenance calls. The machine run time is reset to zero in the following Diagnostics section.

## Prog Checksum

Displays a 4 byte number that uniquely identifies the program binary image, this number can be used in conjunction with the version number to ensure that the correct image is stored in the console.

3. To exit MACHINE STATUS, press the [CLEAR] key.

## Diagnostic Codes

Diagnostic codes are used to test various components of the machine such as the display, keyboard, serial port, alternator, and tachometer, as well as viewing the error log information and resetting the time between service or maintenance calls.

1. Press [Level: UP], [6], [ENTER]. The console will display DIAGNOSTICS
2. Press [Level: UP] or [Level: DOWN] to scan through the choices. Select the option you want to view by pressing [ENTER].

## Test display

To test the LCD display, press [ENTER] when the message, DISPLAY TEST is displayed. The console screen alternates turning on all LCD segments and a representative program screen. Verify that all LCD segments turn on.

## Test keyboard

To test all the keys on the keyboard, press [ENTER] when the message, KEY TEST is displayed. Then, press any key on the keyboard and that key's name will be displayed in the text line. Press [CLEAR] as the last key to exit this test.

## Test serial port

To test the serial port, press [ENTER] when the message, SERIAL TESTS is displayed. This test performs a serial loop back test. Select the CSAFE RS-232 selection. You will need a loop-back test cable inserted into the appropriate connector port to successfully run this test. Console will display either PASS or FAIL.

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## Test alternator

To test the machine's alternator, press [ENTER] when the message, ALT TEST is displayed. This test verifies the alternator field routines through the console. Position yourself on the machine and press [Level: UP] for field on. After exercising briefly you should build up resistance. For field off, press [Level: DWN].

## Test tach response

To test the machine's tachometer, press [ENTER] when the message, TACH TEST is displayed. Start exercising on the machine. The console should regulate the alternator resistance based on the tach signal to maintain approximately 2,000 RPMs while you are exercising. If not, there is a possible problem in the AC tap or field circuit. Check the alternator, the AC tap wire, the field wire, the diode, the terminal posts, and the main cable.

## HR Test

Press Enter when the message HR Test is displayed. The screen will show the current BPM readings for the telemetry HR receiver.

3. To exit DIAGNOSTICS, press the [CLEAR] key.

## To review the error log and reset the service timer:

1. Press [Level: UP], [7], [ENTER]. The console will display MAINTENANCE LOG.
2. Press [Level: UP] or [Level: DOWN] to scan through the choices. Select the option you want by pressing [ENTER].

## Error log

To display the machine's error log, press [ENTER] when the message, ERROR LOG, is displayed. The console will report various error messages in the display window. The total amount of errors will be displayed in the upper right window. Note that only the highest priority reported error will be displayed. Errors are handled in two ways. First, as a non-fatal WARNING which will display the text message but continue system operation until you press the [CLEAR] key. The second way is a fatal ERROR which will stop the exercise and return the system to an idle intensity state. The console will display the error text and not let you restart the program unless power has been turned off and then back on. There are 16 error entries available.

## Reset service time

To reset the time between service or maintenance calls, press [ENTER] when the message, MAINT HOURS is displayed. Press the [0] key, then [ENTER] to reset.

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## QA ID

N/A

## Maintenance Hours

Maintenance hours will display the number of run time hours accumulated since the last time service time was reset.

3. To exit MAINTENANCE LOG, press the [CLEAR] key.

## Configuration Codes

1. Press [Level: UP], [8], [ENTER]. The console will display CONFIGURATION.
2. Press [Level: UP] or [Level: DOWN] to scan through the choices. Select the option you want by pressing [ENTER].

## Change Machine

Changes the machine type from StairClimber to StepMill® machine. Scroll through the screen until CHANGE MACHINE is displayed. Press (ENTER), then press [Level: UP] or [Level: DOWN] to scan through the choices. Select the machine type you want by pressing [ENTER].

## Reset Data Set Up

Scroll through the screen until RESET DATA SET UP is displayed and press (ENTER). All customized customer settings will be cleared.

**NOTE:** The Console will need to be reconfigured.

## Clear Error Log

Scroll through the screen until CLEAR ERROR LOG is displayed and press (ENTER). The word DONE will appear and all accumulated errors in the Erro Log will be cleared.

## Reset Console

Scroll through the screen until RESET CONSOLE is displayed and press (ENTER). Resets all defaults to original manufacturing settings.

**NOTE:** The Console will need to be reconfigured.

## Update Software

Load new software file (.uc3 extension) onto root directory of USB device and plug into USB port (note: there can only be one .uc3 file in the director). Press

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[Enter] on Update Software menu choice to begin update, screen will go black and process will take about 20 seconds, upon completion the console will reboot and return to the main menu screen.