




After having used your **STAR TRAC E SERIES TREADMILL** for many workouts, you may wish to change some of its settings.

MANAGER MODE

The Manager Mode allows you to query and modify the basic settings of your treadmill. To enter Manager Mode:

1. Press and *hold* the , , and  keys together.
2. A beep will sound and “MANAGER MODE” will display momentarily in the Information Window.
3. Release the keys. “MCI VX.XX CKSM XXXX” will display in the Information Window.


NOTE: The system will automatically exit Manager Mode if no key is pressed for 30 seconds.

The following keys are available in MANAGER MODE:



Incline Keys: Displays the next  and previous  parameter, respectively. Keys will repeat if held.



Speed Keys: Adjust the value of the displayed parameter up and down, respectively, in increments of 1 unit or 0.01 unit, as appropriate for the parameter. These keys *do not* save the new value - see  **Key** below.



OK Key: Updates (saves) the value of the displayed parameter in Flash memory. Alternatively, the **START** key may be used (see above).



Number/Program Select Keys: Enter new data item values for numeric parameters.



Stop Key: Exits Manager Mode and restarts the treadmill greeting.

The items that you may display and change with the previous keys are:




Item	Lowest Value	Default Value	Highest Value	Meaning
MC1 V X.XX	N/A	N/A	N/A	Display's primary processor software version and checksum.
MC2 V X.XX	N/A	N/A	N/A	Display's secondary processor software version and checksum.
SERIAL NO	0	0	65,535	Treadmill serial number.
UNITS	-	English	-	English = units of pounds, miles, hours, minutes, seconds, feet, inches; Metric = units of kilograms, kilometers, hours, minutes, seconds, centimeters.
TIME	5	99	99	Maximum time in minutes allowed for program, including warm-up.
WEIGHT	1	155/70	500/226	Default (to user), typical weight in lb (UNITS=English), or kg (UNITS=Metric).
LANGUAGE	-	English	-	Language in English, Dutch, French, German, Portuguese, Spanish, Swedish, Italian or Katakana.
METS	OFF	OFF	ON	ON=METS display enabled. OFF=METS display disabled.
PAUSE	30	45	120	Pause duration during a program, in seconds, either 30, 45, 60, 90 or 120.
AUTO FAN	OFF	ON	ON	Turns ON the fan 1 minute into the program.
ELEVATION	OFF	ON	ON	ON= Elevation function enabled. OFF= Elevation function disabled.

Item	Lowest Value	Default Value	Highest Value	Meaning
AUTO STOP	OFF	OFF	ON	ON= Auto stop feature enabled. OFF= Auto stop feature disabled.
CSAFE	OFF	OFF	ON	ON=CSAFE communication enabled. OFF=CSAFE communication disabled.
LOCK OUT	OFF	OFF	ON	ON= Treadmill lock out enabled. OFF= Treadmill lock out disabled.
LOCKOUT ID	10000	12345	65535	Treadmill lockout ID.
MINIMUM SPEED*	0.5/0.8	0.5/0.8	2.0/3.2	Minimum speed in mph (UNITS= English), or km/hr (UNITS= Metric).
MAXIMUM SPEED*	5.0/5.0	10.0/16.0	12.5/20.0	Maximum speed in mph (UNITS= English), or km/hr (UNITS= Metric). Caution: See Motor Calibration before making any changes.
ACCELERATION TIME	25	25	60	Time, in seconds, to reach maximum speed from 0 mph (0 km/hr).
DECELERATION TIME	20	20	60	Time, in seconds, to reach 0 mph (0 km/hr) from maximum speed.

*When the MINIMUM SPEED or MAXIMUM SPEED parameters are changed, the Treadmill will perform an auto calibration. To terminate the auto calibration and return the parameter to its default setting, press the STOP key.

MAINTENANCE MODE

Your Service Representative may need to check accumulated data about the past usage of your treadmill, test its motor and display controls, or investigate error messages. For these reasons, your treadmill is equipped with Maintenance Mode. Maintenance Mode includes all of the items available through Manager Mode, plus additional items for Service and Diagnostic use. To enter Maintenance Mode:


1. Press and *hold* the , , and  keys together.
2. A beep will sound and "MAINTENANCE MODE" will display momentarily in the Information Window.
3. Release the remaining keys. "MCI VX.XX CKSM XXXX" will display in the Information Window.

The following keys are available in MAINTENANCE MODE:




Incline Keys: Displays the next and previous parameter, respectively. Keys will repeat if held.



Speed Keys: Adjust the value of the displayed parameter up and down, respectively, in increments of 1 unit or 0.01 unit, as appropriate for the parameter. These keys *do not* save the new value - see **Start Key** and  **Key** below.



Enter Key: Updates (saves) the value of the displayed parameter in Flash memory. Alternatively, the  key may be used (see above).



Number/Program Select Keys: Enter new data item values for numeric parameters.



Stop Key: Exits Maintenance Settings Mode and restarts the treadmill greeting.

The items that you may display and change with the previous keys are:





Item	Lowest Value	Default Value	Highest Value	Meaning
MC1 V X.XX	N/A	N/A	N/A	Display's primary processor software version and checksum.
MC2 V X.XX	N/A	N/A	N/A	Display's secondary processor software version and checksum.
SERIAL NO	0	0	65,535	Treadmill serial number.
OPER HOURS	0	0	65,535	Total operating hours.
DISTANCE	0	0	65,535	Total treadmill miles (UNITS= English), or km (UNITS= Metric).
UNITS	-	English	-	English = units of pounds, miles, hours, minutes, seconds, feet, inches; Metric = units of kilograms, kilometers, hours, minutes, seconds, centimeters.
TIME	5	99	99	Maximum time in minutes allowed for program, including warm-up.
WEIGHT	0	155/70	500/226	Default (to user), typical weight in lb (UNITS= English), or kg (UNITS= Metric).
LANGUAGE	-	English	-	Language in English, Dutch, French, German, Portuguese, Spanish, Swedish, Italian or Katakana.
METS	-	OFF	-	ON= METS display enabled. OFF= METS display disabled.
PAUSE	30	45	120	Pause duration during a program, in seconds, either 30, 45, 60, 90 or 120.
AUTO FAN	-	OFF	-	Turns on the fan 1 minute into program.
ELEVATION	-	ON	-	ON= Elevation function enabled. OFF= Elevation function disabled.
AUTO STOP	-	OFF	-	ON= Auto stop feature enabled. OFF= Auto stop feature disabled.
CSAFE	-	OFF	-	ON= CSAFE communication enabled. OFF= CSAFE communication disabled.
PVS	-	ATSC	-	PVS type, ATSC/NTSC OR PAL/SECAM.
LOCK OUT	-	OFF	-	ON= Treadmill lock out enabled. OFF= Treadmill lock out disabled.
LOCKOUT ID	10000	12345	65535	Treadmill lockout ID.
MINIMUM SPEED	0.5/0.8	0.5/0.8	2.0/3.2	Minimum speed in mph (UNITS= English), or km/hr (UNITS= Metric).
MAXIMUM SPEED	5.0/5.0	10.0/16.0	12.5/20.0	Maximum speed in mph (UNITS= English), or km/hr (UNITS= Metric). Caution: See Motor Calibration before making any changes.
ACCELERATION TIME	25	25	60	Time, in seconds, to reach maximum speed from 0 mph (0 km/hr).
DECELERATION TIME	20	20	60	Time, in seconds, to reach 0 mph (0 km/hr) from maximum speed.
MODEL	-	E-SERIES	-	Treadmill Model

Item	Lowest Value	Default Value	Highest Value	Meaning
DATE	1.00	1.98	12.99	Treadmill manufacture date.
STOP SWITCH	-	-	-	Either E-Stop or Lanyard.
LAST DECK	0	0	65,535	Number of miles (UNITS= English), or km (UNITS= Metric) since the running deck was last serviced or replaced.
LAST BELT	0	0	65,535	Number of miles (UNITS= English) or km (UNITS= Metric) since the running belt was last replaced.
PROGRAM STATS	-	-	-	Provides access to programs usages and counters. (See Sub Menu)
LED TEST	-	-	-	LED Testing function, Press OK to begin
KEYPAD TEST	-	-	-	LED Testing function, Press OK to begin.
HEART RATE TEST	-	-	-	HEART RATE Test function.
SERIAL PORTS TEST	-	-	-	RS 232 Ports test (Manufacture Test Only).
ERROR STATS	-	-	-	Provides Access to Error List.
LAST ERROR LIST	-	-	-	Last Error List Menu, Press OK to View
CALIBRATION VALUES	-	-	-	Provides Access to View Calibration Data.
MOTOR CALIBRATION	-	-	-	Motor Calibration Function, Press OK to begin.
ELEV CALIBRATION	-	-	-	Elevation Calibration Function, Press OK to begin.
BURN IN MODE	-	-	-	Burn In Mode Function (Manufacture Only).

*When the MINIMUM SPEED or MAXIMUM SPEED parameters are changed, the Treadmill will perform an auto calibration. To terminate the auto calibration and return the parameter to its default setting, press the STOP key.








MOTOR CALIBRATION

The Motor Calibration function allows for calibration of the treadmill's speed function. CAUTION: Changing Max Speed setting may expose users to increase risk. Any changes to the treadmills maximum speed settings should be clearly communicated to all users of the treadmill. To enter the Motor Calibration function:

1. While in the Maintenance Mode, press the  key, or navigate to the Motor Calibration by the next  or the previous  parameter buttons .
2. While in the Motor Calibration, press the  key to begin the calibration. The information window will display "PWM= XXXXXX SPEED=XX.X" where the X's are data the that test will generate.
When the test is finished the information window will display one of the 2 messages "Passed Calibration" or "Failed Calibration". If "Failed Calibration" is displayed run test again, if it continues, call for maintenance.
3. Press the STOP key to exit the Motor Calibration function.

ELEVATION CALIBRATION

The Elevation Calibration function allows for calibration of the treadmill's elevation function. To enter the Elevation Calibration function:

1. While in the Maintenance Mode, navigate to the Elevation Calibration by the next  or the previous  parameter buttons. Press the  key, the Information Window will display the message "USE INCLINE +/- TO MOVE ELEVATION".
2. Press the  key, as necessary, until the treadmill is at its lowest elevation. When desired minimum elevation is obtained, press the  key.
3. Next press the  key, as necessary, until the treadmill is at its highest elevation. When desired maximum elevation is obtained, press the  key.
8. Press the STOP key to exit the Elevation Calibration function.