LED Functions

LEDs are used to indicate the status of many of the unit inputs. After entering *Test Mode* refer to the following list to check that these LEDs are functioning properly:

Heart LED - Blinks on blue with every signal from the contact heart rate receiver and red for wireless signals (Polar).
Weight LED - Blinks on when CSAFE data is being received.
Level LED - Blinks on when CSAFE data is being transmitted.
Lower Left Window - The numbers indicate actual elevation. The decimal point before the numbers shows the activation of the level 3 position switch in the elevation motor (on above level 3). If dashes are shown in the display, the unit is either above or below the level 3 position switch, requiring it to be manually run through the switch to begin indicating actual elevation.
Lower Right Window - The numbers indicate resistance (0-100). The right most decimal point indicates the pulses from the speed sensor.

Key Functions

While in *Test Mode* press the following keys for desired information:

Hill Interval key - Lights all of the LEDs for a short period of time.
Weight Loss key - Lights only the columns.
Strength key - Lights only the rows.
Incline ⬆ - Run elevation motor up.
Incline ⬇ - Run elevation motor down.
Resistance + (plus) - Run resistance up.
Resistance - (minus) - Run resistance down.
Distance - Press *once* for odometer information (DST) to appear in the speed window.
Press *again* for hour meter information (HRS) to appear in the speed window.
Press *three* times for number of starts information (USES) to appear in the speed window.
Press *four* times for number of positions the elevation (ELV) has ever moved. Example: if a user runs the elevation from 2 to 3, 1 position is added to this number.
Strides Per Minute - Displays and cycles through error log. Up to 10 errors can be stored.
Scan - Clears error log when pressed twice while in error log mode.
Mets - Displays the torque in ft-lbs, (relative to LOAD).
Calories - Displays brake pulse width (PWM) value (the value of brake load in A/D counts). The number range is relative to brake current and goes from 0-200.
Enter - Required to save setup values.