

Setting Operation Options

NOTE: If using optional AC Power Kit, unplug unit from wall outlet.

1. Enter Test Mode by holding down any key for three seconds while pedaling the unit. The display will read "SArc".

NOTE: After changing any value, you must press **Enter** to save that value. When you press enter the display will read "updt" (updated) to confirm your selection.

2. Press the **Weight** key to set options, change values with **▲** and **▼** keys and press **Enter** to save your selection. Each time you press **Weight** the next set of data is displayed in the following order.

Unit - Choices are "Eng" (English) or "Euro" (metric) measurements. English is the default.

Scan - This turns on or off the data readout scan (unless a specific data key is pressed during a workout). Default is on.

Def - This is the default time for time based programs if a user doesn't re-set **Time**. For example, if you press **Time** you can decrease or increase the set workout time up to the amount that the **Max** time is set. Choices (in minutes) include: 20, 30, 40, 50 and 60. Default is 20.

Max - This is the maximum amount of time the unit can run per use. You can limit the users time or choose "none" for unlimited time. Choices (in minutes) include: 20, 30, 40, 50, 60, 90, 120 and "none" for no time limit. Default is 60.

Idle (or Workout Review): - This is how long the unit retains and displays your current workout data during a pause in the workout or after a workout. Choices include: 20 seconds; 30 seconds; 40 seconds; 1 minute and 5 minutes; default is 20 seconds.

PD (Presence Detect) — This is how long the Arc will continue your workout session if the user steps off the pedals or stops moving. Choices are between 5 and 60 seconds. Default is 5 seconds. **NOTE:** See *Presence Detect in Chapter 3 for further detail.*

Remember: You must press **Enter** after changing a value for that value to be stored.

3. To exit Test Mode press the **Pause/end** key once.

Your unit is now ready for use. Follow the instructions in the Operation chapter to learn how to operate the unit.