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# Life Fitness Integrity C, Cybex 50L Console Diagnostics Key Combinations



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**March 1, 2021:** There are [Life Fitness Integrity C, Cybex 50L Console Key Combinations](#) for rebooting the system, key press audio, software updates, firmware updates, marathon mode, download logs, demo mode, and forced reboot. The Life Fitness C, Cybex 50L Console does not have a Diagnostics mode where key combinations must be used to access system options.

The below information, based on SW v4.00.024, explains all available Key Combinations for the indicated console, categorized in the following well known Diagnostics Categories.

## Software

### System Test & Troubleshooting

### System Logs

### Maintenance

### Key Explanation

## Manager Configuration Options

Function	Key Combination	Options / [Shown result]	Details
System Beeps Setting	"Time" x5 "Stop" <i>("UP"/"DOWN" → "GO" in 5 Sec.)*</i>	<ul style="list-style-type: none"><li>• ON</li><li>• OFF</li></ul>	The current beeps status is displayed.
Default Units Setting	"Unit" x5 "Stop" <i>("UP"/"DOWN" → "GO" in 5 Sec.)*</i>	<ul style="list-style-type: none"><li>• KG KM</li><li>• LBS MI</li></ul>	The currently selected Default Units is displayed.
Marathon Mode Setting	"Up" x2 "Down" x2 "Time" "Stop"	[MM]	Activates Marathon Mode for one (!) workout, or until the STOP key is pressed, whichever happens first.
Wifi Setting	["Up", "Down"] x3 "Time" "Stop" <i>("UP"/"DOWN" → "GO" in 5 Sec.)*</i>	<ul style="list-style-type: none"><li>• ON</li><li>• OFF</li></ul>	The current Wifi status is displayed.  Changing this setting will cause the Console to reboot
Wifi Status	["Up", "Down"] x3 "Weight" "Stop"	<ul style="list-style-type: none"><li>• X</li><li>• Off</li><li>• Conn</li><li>• E6XX</li></ul>	Displays the status for Wifi.  "OFF" means the Wifi setting is disabled  "CONN" means the console is connected to the Halo Push Server

			"E6XX" means that error 6XX has occurred while trying to connect.
Sleep Duration Setting	"Time" "Down" x4 "Time"	<ul style="list-style-type: none"> <li>• 1</li> <li>• 2</li> <li>• 3</li> <li>• 4</li> </ul>	Opens a menu displaying how long the unit should sleep for, in hours, before powering off.
Immobilize Setting <a href="#">See Video</a>	"Stop" x3 "Down" x3	[IMMOBILE]	Puts the Console and Base in an immobilized state. Repeat to un-immobilize.

## Software Options

Function	Key Combination	Options / [Shown result]	Details
Console Software Version Information	"Weight" x5 "Stop"	[xx.xxx.xx]	Displays the current Console Software version
Console Software Version Update <a href="#">See Video</a>	["Up", "Down"] x2 "Time"	<ul style="list-style-type: none"> <li>• UPD</li> <li>• X</li> <li>• V</li> </ul>	Starts a software update from a USB memory stick (*.lfupd or *.ulmage file) <ul style="list-style-type: none"> <li>• blinking "UPD" indicates Update is in progress</li> <li>• "X" indicates update unsuccessful or no USB found</li> <li>• V indicates Update was successful</li> </ul>
Display Firmware Update	["Up", "Down"] x2 "Unit"	-	Installs PCI display firmware updates from a USB stick (duplo_app.bin)

## System Test & Troubleshooting Options

Function	Key Combination	Options / [Shown result]	Details
Base Serial Number Info <a href="#">See Video</a>	"Time" "Down" x4 "Stop"	?	Scrolls and shows the serial number in the Hill profile window
Console Reboot	Press and hold "Stop" for 20 seconds	-	Reboots the console. The Base board stays powered.
System Shut Down	Press and hold "Start" for 10 seconds	-	Shuts down the system, both base and console (non-treadmills only)
Reset to Factory Default <a href="#">See Video</a>	"Time" x4 "Weight" "Time" x4 "Unit" "Stop" <i>(→ "GO" in 5 Sec.)**</i>	[RESET?]	Prompts the user to reset to factory defaults. Must press "GO" within 5 seconds of prompt to confirm.
TR Incline Overwrite	"Stop" x3 "Up" x3	?	Disables End-Of-Workout Homing and incline-related errors. This will allow technicians to use incline in-workout on a unit with a malfunctioning home switch.
PM Open Loop Encoder	"Time" x4 "Weight" "Unit" x4, "Weight" "Stop" <i>("UP"/"DOWN" → "GO" in 5 Sec.)*</i>	<ul style="list-style-type: none"> <li>• ON</li> <li>• OFF</li> </ul>	Enables Open Loop Encoder for Power mill. This will allow the PM to continue running even if there is no user detected. No effect on non-Power mill Units. STOP will exit the menu and will not alter the status.
Halo Server Setting	"Up" x2 "Down" x2 "Stop"	<ul style="list-style-type: none"> <li>• LIVE</li> <li>• QA</li> </ul>	Toggles Halo Server between Live and QA and forces a reboot.

	<p>("UP"/"DOWN"</p> <p>→ "GO" in 5 Sec.)*</p>		
Manager Limit	<p>["Unit", "Time"] x2</p> <p>"Stop"</p>	<ul style="list-style-type: none"> <li>• SET</li> <li>• E210 X</li> </ul>	Updates manager's limits using a *.txt file.
Demo Mode Setting  <a href="#">See Video</a>	<p>["Time", "Weight", "Units"] x2</p> <p>("UP"/"DOWN"</p> <p>→ "GO" in 5 Sec.)*</p>	<ul style="list-style-type: none"> <li>• DEMO</li> <li>• PROD</li> </ul>	Toggles Demo Mode and forces a reboot

## System Logs Options

Function	Key Combination	Options / [Shown result]	Details
Collect Product Logs	<p>["Up", "Down"] x2</p> <p>"Weight"</p>	[LOG] blinking during download	This button combination triggers to download the Product Logs to a USB Memory Stick
Error Log Level Setting	<p>"Unit" x2</p> <p>"Weight" x2</p> <p>"Time" x2</p> <p>("UP"/"DOWN" → "GO" in 5 Sec.)*</p>	<ul style="list-style-type: none"> <li>• OFF</li> <li>• FATAL</li> <li>• ERROR</li> <li>• WARNING</li> <li>• DEBUG</li> <li>• TRACE</li> <li>• ALL</li> </ul>	<p>Change the the type of logging.</p> <p>Default is "Error". Choose "All" for testing or giving logs to the software team.</p> <p>You need to reboot the unit for it to have the changed setting to take effect.</p>
Base Usage Log	<p>["Time", "Unit"] x2</p> <p>"Stop"</p>	-	Collects base usage data (accum data). If a USB stick is inserted and does not have an accum data CSV file, it will be created. The current console's base data will be appended to the file as a single CSV line.

# Maintenance Options

Function	Key Combination	Options / [Shown result]	Details
TR Belt Usage Reset	"Time" x 4		Prompts the user to reset to belt usage data. Must press GO within 5 seconds of prompt to confirm. Check mark will be displayed on success. An X will be displayed to indicate failure or timeout (30s).
	"Weight"		
	"Time" x 4		
	"Weight"	[V]	
	"Stop"	[X]	
	(→ "GO" in 5 Sec.)**		

\* Use the "Up" and "Down" keys to change the selection. Press the "Go" Key within 5 Seconds to accept the changes.

\*\* Press the "Go" Key within 5 Seconds to accept the action.

## Key Explanation

### Arrow Keys

Use the following Arrow Keys when mentioned for the Key Combinations:

- Life Fitness Integrity C Console: Right side Up and Down Arrow Keys



- Cybex R Series 50L Console: Lower Right side Up and Down Arrow Keys



### Time Key

Integrity C Console: | R Series 50 L Console:



### Weight Key



## Unit Key



## Go Key



## Stop Key



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