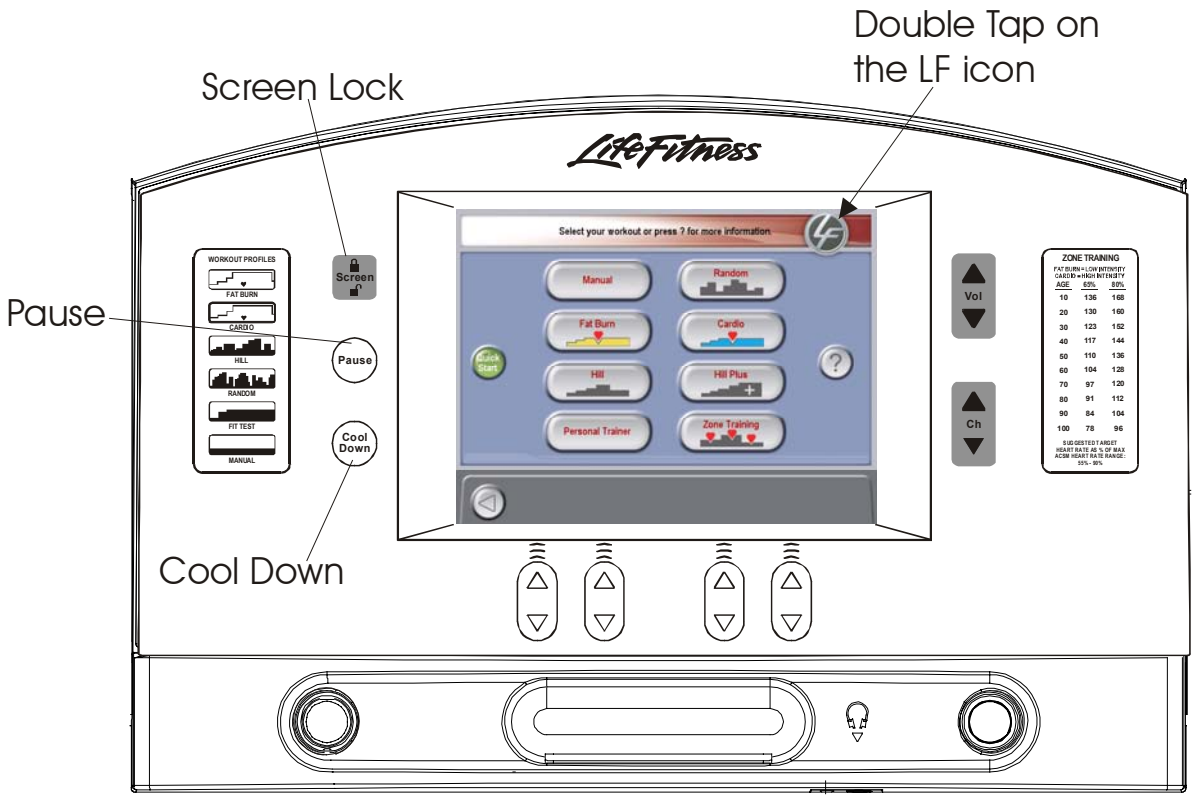
DISPLAY CONSOLE 97Te and 95Te LCD

WORKOUT SELECTION SCREEN



From the Workout Selection Screen you will be able to enter the Systems Option Menu. To enter, go to the Workout Selection Screen then press and hold the COOLDOWN key, and then double-touch the Life Fitness icon.

After entering the System Options the Main Menu will appear. For further information about the programs on this screen, refer to the Operators Manual.