

Life Fitness Models 9100, 9500HR, 9700HR, and 9700HR w/Decline Treadmills

INITIAL SETTING OF THE REAL TIME CLOCK

As part of the initial installation of the treadmill, the real time clock may be configured to the local time. Initially the real time clock is set to Greenwich meantime (GMT) which is the mean solar time for the meridian at Greenwich, England, used as a basis for calculating time throughout most of the world. Upon powering up the unit the following message will be displayed:

WOULD YOU LIKE TO CHANGE THE CLOCK FROM GMT TO LOCAL TIME

Calories Distance Time Incline Speed

IF YES PRESS ENTER

Calories Distance Time Incline Speed

IF NO PRESS CLEAR

Calories Distance Time Incline Speed

If the user wants to set the real time clock to the local time, the user must press the 'ENTER' key. The user will be asked to set the display mode. The two display modes are 12-hour mode with AM/PM or 24 hour mode with no am/pm. displayed. The message will be:

CHOOSE CLOCK DISPLAY MODE BY USING ARROW KEYS

Calories Distance Time Incline Speed

By pressing any of the arrow keys, the user toggles between the two modes. Once the mode is set, press the 'ENTER' key to continue. After the display mode is set the user will now be asked to set the local time. The following message will appear:

"CLOCK SET TO GMT",
"USE ARROW KEYS TO "
"CHANGE SYSTEM CLOCK",
"TIME KEYS - HOURS",
"INCLINE KEYS-MINUTES",
"SPEED KEYS - SECONDS"

By pressing the specific arrow key, the user can set the real time clock to the local time. After setting the local time, press the 'CLEAR' key to exit the real time clock setting mode. The message "UPDATING CLOCK" will appear in the message center. The unit will then continue with the normal powering up sequence.

If the user does not want to set up the real time clock at this time, a 'CLEAR' key can be pressed to clear the initial message. The unit will continue with it's normal powering up sequence. The unit will ask a total of 5 times upon powering up if the real time clock wants to be set. After the 5th time the message will no longer appear. Refer to clock configuration to change the clock settings.