

## QUICK REFERENCE - TV MENU ACCESS

LIFE FITNESS recommends programming the 15" Attachable TV by using an IR TV Remote.

The TV can also be programmed by using an attachable LF TV REMOTE if on the order (for Achieve consoles) and through an Integrity, Inspire or Discover SI console. Please follow the guidelines below to program the TV. The password key on Life Fitness TVs is always "0000".

If you are unable to follow the guidelines above, do not have an IR TV REMOTE, or if there are any other issues with the 15" Attachable TV please promptly report the issue to Life Fitness Customer Support Services.

Action	LF TV Remote	IR (Infrared) TV Remote	Integrity Consoles	Inspire & Discover SI Consoles
<b>Access Setup Menu</b>	Press and hold the POWER key for 5 seconds.	Press MENU.	Press and hold TV POWER key for 5 seconds.	Enter the SYSTEM OPTION MENU.
<b>Scroll Menu</b>	Use the UP and DOWN arrow keys.	Use the UP and DOWN arrow keys.	Use the VOLUME and CHANNEL UP and DOWN arrow keys.	Enter TV SETUP MENU.
<b>Make a Selection</b>	Press the CLOSED CAPTION (CC) button or the RIGHT VOLUME key.	Press ENTER.	Press ENTER.	Press the REMOTE key in the lower left corner of the screen ( <i>Discover SI only</i> ).
<b>Go Back</b>	Use the LEFT VOLUME key.	Press MENU.	N/A	Select the DVB Menu.
<b>Exit Setup Menu</b>	Press and hold the POWER key for 5 seconds.	Press MENU or Press Exit.	Press TV LAST key once or press and hold the TV POWER key for 5 seconds.	Use the ARROW keys to navigate TV Setup.