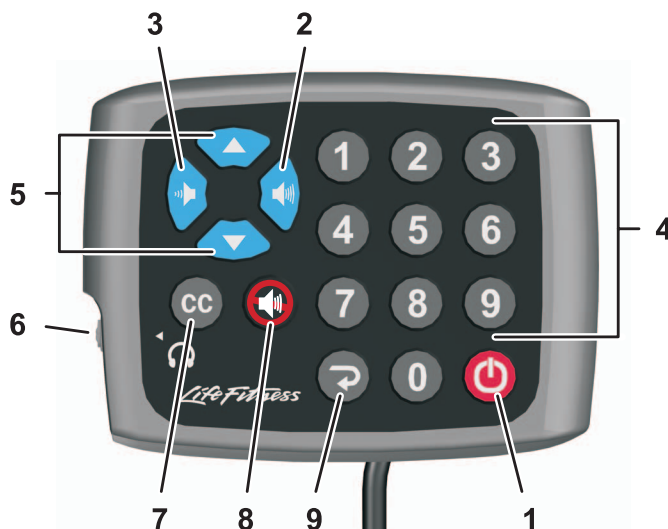


BASIC FUNCTIONS OF LF TV REMOTE

BASIC FUNCTIONS



Turn the power on by pressing the ON/OFF key (1) on the remote control. A blue LED appears on the lower right corner of the TV when the power is on. The LED blinks during SLEEP mode (the back light will be off).

Press the POWER key (1) and hold for 5 seconds to access the Setup Menu.

Use the VOLUME RIGHT KEY (2) and VOLUME LEFT KEY (3) to adjust volume. The VOLUME RIGHT KEY (2) increases volume. The VOLUME LEFT KEY (3) decreases volume. A volume indicator will appear on the console while the volume is being adjusted. The volume indicator will disappear after approximately 20 seconds of inactivity.

Use the VOLUME RIGHT KEY (2) to select a menu option. Use the VOLUME LEFT KEY (3) to go backwards through menu options.

Channels can be selected by using the NUMERIC KEYPAD (4) or by scrolling up or down through available channels by pressing the UP and DOWN CHANNEL ARROW KEYS (5).

Press the CLOSED CAPTION (CC) key (7) to turn the closed caption on/off.

Press the MUTE key (8) to mute the sound.

The PREVIOUS key (9) can be used to select the channel viewed immediately prior to the current channel. Repeatedly pressing the PREVIOUS key can be used to toggle between two channels.

Headphones are necessary to hear any volume adjustments. Plug headphones into the HEADPHONE JACK (6) located on the side of the remote control.

Within Set-Up Menus:

Use the VOLUME RIGHT KEY (2) to select a menu option. Use the VOLUME LEFT KEY (3) to go backwards through menu options.

Use the CC key (7) to select menu options.

Use the CC key (7) as the ENTER function when selecting channels.

Note: The Achieve™ console with Attachable TV includes the LF TV Remote. The Attachable TV System for new or previously purchased Life Fitness silver/gray commercial cardio machines includes the LF TV Remote.