CONSOLE CODES

There are three groups of console codes which are differentiated according to function. The first group of codes are customization codes and are used to set defaults such as units, language, heart rate input type, etc. The second group of codes are machine status codes and are used to track hours and other general usage patterns for maintenance purposes. The third group of codes are diagnostic codes and are used for troubleshooting. The following key actions are valid in each group of console codes:

- Pressing [LEVEL ∧], [1st #], [ENTER] displays what group of codes is being accessed.
- Pressing [SELECT] or [LEVEL ∧] at that point allows you to view all possible selections. Once in this mode pressing [LEVEL ∨] backs up through the selections; pressing [ENTER] then selects that item. If another test level is available at this point, the [SELECT] / [ENTER] process is repeated.
- Pressing [∧] [1st #, or 2nd #], [ENTER] selects that item directly.
- Pressing [CLEAR] exits any of the special access modes.

Custom Codes

[^] [3] [0]	change workout time limit between 5 to 99 minutes
[^] [3] [1]	change units (MPH or KMH)
[^] [3] [2]	choose type of heart rate input and priority (telemetry or contact)
[^] [3] [3]	- N/A -
[^] [3] [4]	choose console language
[^] [3] [5]	change contrast on console
[^] [3] [6]	- N/A -
[^] [3] [7]	- N/A -
[^] [3] [8]	- N/A -
[^] [3] [9]	reset to factory defaults

1. Change the workout time by pressing [LEVEL: ^], [3 , [0]. The console will display "MAX TIME." Press [ENTER]. The console will then display the current time limit. Use the keypad to enter the desired time, then press [ENTER]. For no time limit, press [0].

2.   Change the units to either Metric or USA units by pressing [LEVEL: ^], [3], [1], [ENTER]. The console will display the current units - either "USA UNITS" or "METRIC UNITS." Use the [SELECT] key to change option, and then press [ENTER].

3.   Choose the desired heart rate input preference by pressing [LEVEL: ^], [3], [2]. The console will then display "HR INPUTS." Press [ENTER]. The console will then display the current hear rate input selection. Press the [SELECT] key to scroll through the other options. Press [ENTER] after the desired option.

4.   Change the language by pressing [LEVEL: ^], [3], [4]. The console will display "LANGUAGE." Press [ENTER]. The console will then display the current language. Press the [SELECT] key to scroll through the other options. Press [ENTER] to change the option.

5.   Adjust the contrast on the LCD screen by pressing [LEVEL: ^], [3], [5]. The console will display "CONTRAST ADJ." Press [ENTER]. The console will then display the current contrast number. Press the [LEVEL: ^], and [LEVEL: ∨] keys to increase or decrease the contrast. The changed value will remain on exit.

6.   Reset the console to factory defaults by pressing [LEVEL: ^], [3], [9]. The console will display "SET DEFAULTS ." Press [ENTER]. Then console will rest itself and then display "DONE."

Quick Scan Programming

You can quickly access any of the custom menus by pressing [LEVEL: ^], [3], [ENTER]. The console will then display "CUSTOMIZE." Scroll through the following options:

[SELECT]	"MAX TIME"	0
[SELECT]	"CHANGE UNITS"	1
[SELECT]	"HR INPUTS"	2
[SELECT]	"LANGUAGE"	4

[SELECT]   "CONTRAST ADJ"   5
[SELECT]   "MAX SPEED" - **N/A**-   6
[SELECT]   "CLINICAL MODE"-**N/A**- 7
[SELECT]   "SET DEFAULTS "   9

Machine Status Codes

[^] [4] [0] display machine run time in hours
[^] [4] [1] display number of workouts
[^] [4] [2] display distance traveled
[^] [4] [3] display software rev
[^] [4] [4] display machine type
[^] [4] [5] -**N/A**-
[^] [4] [6] display machine run time in hours since last cleared
                (used for maintenance)

1. Display the machine run time by pressing [LEVEL: ^], [4], [0]. The console
    will display "RUN HOURS XXXXX".

2. Display the number of workouts by pressing [LEVEL: ^], [4], [1]. The console
    will display "WORKOUTS XXXX."

3. Display the total distance covered up to date by pressing [LEVEL: ^], [4], [2].
    The console will then display "DISTANCE XXXX."

4. Display the console software revision number by pressing [LEVEL: ^], [4],
    [3]. The console will display "CONS 92111-XXX."

5. Display the machine type by pressing [LEVEL: ^], [4], [4]. The console will
    display "STEPPER (or other machine type)."

6. Display the machine run time since last cleared by pressing [LEVEL: ^], [4],
    [6]. The console will display "MAINT HOURS XXXX."

FREECLIMBER 4600/4400 PT/CL CONSOLE

Quick Scan Programming

You can quickly access any of the custom menus by pressing [LEVEL: ^],
[4], [ENTER]. The console will then display "MACHINE STATUS." Scroll through
the following options:

[SELECT]	" RUN HOURS XXXX"	0
[SELECT]	" WORKOUTS XXXX"	1
[SELECT]	" DISTANCE XXXX"	2
[SELECT]	" CONS 90211- XXX "	3
[SELECT]	" STEPPER"	4
[SELECT]	-N/A-	
[SELECT]	" MAINT HOURS xxxx"	6

Resetting the Maintenance Hour Counter

For ease of maintenance records, the 4400/4600 PT/CL console has a
maintenance timer that will clock the number of hours, workouts, and time
between last servicing. After each maintenance period reset the counter.

> [^] [7] [1]   Reset Service

1. Reset the maintenance hour counter by pressing [LEVEL: ^], [7], [1]. The
    console will dusplay "RESET SERVICE." Press [ENTER]. The console will
    display "DONE." Press [CLEAR] to return to the starting screen.

Configuration Code

The FreeClimber® console supports other StairMaster® exercise systems. It
is important to verify that the machine configuration code matches the type of
machine you have.

> [^] [8] [0]   Change Machine

1. Change the machine type by pressing [LEVEL: ^], [8], [0]. The console will
    display "CHANGE MACHINE." Press [ENTER]. The console will then display
    the current machine type. Use the [SELECT] key to toggle between
    options. Press [ENTER] for the desired option.