Procedure 3.2 - Accessing the Diagnostic Software

The treadmill's diagnostic software consists of the following modes:

- Display Test
- Keyboard Test
- Heart Rate Test
- Brake Test
- RPM Test
- Battery Test
- Stride Position Test

Procedure

1. Start pedaling the C100i using a vertical motion.

2. Using the **RESET** key and the numeric keypad, press keys **RESET,5,1,7,6,5,7,6,1**, sequentially.

3. **Hardware Validation** will scroll across the display followed by **DISPLAY TEST.**

4. Press the **OK** key, the upper most group of LED's will illuminate on the display. Check the display to ensure that all LED segments are illuminated.

5. Press the **OK** key six more times to display the remaining LED groups. Check each display group to ensure that all LED segments are illuminated.

6. Press the **CLEAR** key then the ▼ key, **KEYBOARD TEST** will scroll across the display.

7. Press the **OK** key, a representation of all of the keys on the console will be displayed. Pressing a key on the console will cause the representation of that key to go off. Press all of the keys on the console to ensure that all of the keys are functioning.

8. Press and hold the **CLEAR** key then the ▼ key, **HEART RATE** will be displayed.

9. Grasp both of the heart rate grips on the handlebar, after a couple of seconds the heart rate will be displayed in the heart rate display. The unfiltered an filtered heart rate will be displayed in the lower display window.

10. Use chest strap transmitter or a test transmitter to test the wireless heart rate function, after a couple of seconds the heart rate will be displayed in the heart rate display. The unfiltered an filtered heart rate will be displayed in the lower display window.

11. Press the **CLEAR** key then the ▼ key, **BRAKE TEST** will scroll across the display.

12. Press the **OK** key, **BRAKE** will be displayed.

13. Press the **OK** key, **PWRB** will be displayed with the current power bit reading. Pressing the resistance ▲,▼ will change the power bit setting.

14. Press the **CLEAR** key then the ▼ key, **RPM TEST** will scroll across the display.

15. Press the **OK** key, **RPM** will be displayed.

16. Press the **OK** key, **PULSE** will be displayed with the current speed pulse count.

17. Press the **CLEAR** key then the ▼ key, **BATTERY TEST** will scroll across the display.

18. Press the **OK** key, the current battery voltage will be displayed.

19. Press the **CLEAR** key then the ▼ key, **STRIDE POSITION TEST** will scroll across the display.

20. Press the **OK** key, the low, high and actual stride positions will be displayed. The low display shows the lowest position reading achieved during the test. The high display shows the highest position reading achieved during the test. The actual display changes with the current stride position. Stride on the AMT to the maximum horizontal movement in both directions. At maximum stride length the low stride display should read 0 and the high stride display should read 40.

21. Press the **OK** key, the low and stride positions will be displayed.

22. Press the **RESET** key to exit the hardware validation test.