

Procedure 3.1 - Software Access Codes

The C100i uses the standard access codes to provide access to the various software features. Use the **RESET** key and the numeric keypad to enter the access code. The access code must be entered when the Precor banner is scrolling on the display. The standard access codes use all sequential key presses. The allowable delay between key presses is short. If too much time is taken between key presses the access procedure will be aborted and the display will return to the idle state with the Precor banner displayed. If the access is aborted, it will be necessary to start over from the beginning. Refer to Diagram 3.1.

Standard Access Codes

Diagnostics
Odometer
Club Settings

Keys **RESET,5,1,7,6,5,7,6,1**
Keys **RESET,6,5**
Keys **RESET,5,6,5,1,5,6,5**

Diagram 3.1 - C100i Display



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 and 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 and 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 and stride positions will be displayed.
21. Press the **RESET** key to exit the hardware validation test.

Procedure 3.3 - Information Display

Software version numbers are invaluable for tracking and identifying problems and staying aware of changes to the operation and features of the product.

Procedure

The information display will access the following data;

- Odometer
- Hour Meter
- U-Boot Software
- U-Base Software
- Lower Base Software
- Metrics Board Software
- Stride Dial Software
- Serial Number
- Usage log
- Error Log

Procedure

1. Start pedaling the C100i using a vertical motion.
2. With the **PRECOR** banner scrolling, press the keys **RESET,6,5**, sequentially.
3. **DIAGS-INFORMATION DISPLAY** will scroll across the display.
4. Use the **▲,▼** keys to move to the desired display shown in the list above.
5. **ODOMETER** display. Press the **OK** key.
6. The horizontal distance will be displayed in miles or kilometers and the vertical distance will be displayed in steps.

Note: The odometer data is stored in non-volatile memory on the upper PCA. If the upper PCA is replaced the odometer data will be lost.

7. Press the **CLEAR** key to exit the odometer display.
8. **HOUR METER** display. Press the **OK** key.
9. The operating time of the unit will be displayed as **12345 HOURS**. The operating time is defined as total amount of time that the unit has operated in program modes. The hour meter is also used to provide the “time stamp” for the error code log.
10. Press the **CLEAR** key to exit the hour meter display.

11. **U-BOOT SW** display. This display the installed version of upper boot software. The boot software is used to upload new software into the upper display PCA.
12. Press the **OK** key. The software part number will be displayed as **XXXXX-XXX**.
13. Press the **CLEAR** key to exit the U-Boot SW display.
14. **U-BASE SW** display. This display the installed version of upper PCA software.
15. Press the **OK** key. The software part number will be displayed as **XXXXX-XXX**.
16. Press the **CLEAR** key to exit the U-Base SW display.
17. **LOWER BASE SW** display. This display the installed version of lower PCA software.
18. Press the **OK** key. The software part number will be displayed as **XXXXX-XXX**.
19. Press the **CLEAR** key to exit the lower SW display.
20. **METRICS BOARD SW** display. This display the installed version of lower PCA software.
21. Press the **OK** key. The software part number will be displayed as **XXXXX-XXX**.
22. Press the **CLEAR** key to exit the lower SW display.
23. **STRIDE DIAL SW** display. This display the installed version of lower PCA software.
24. Press the **OK** key. The software part number will be displayed as **XXXXX-XXX**.
25. Press the **CLEAR** key to exit the lower SW display.
26. **SER. NUMBER** display. Press the **OK** key.
27. The C100i's serial number will be displayed. The serial number may be incorrect or not displayed if the upper PCA has been replaced.
28. Press the **CLEAR** key to exit the serial number display.
29. **USAGE LOG** display. Press the **OK** key.
30. Use the **▲,▼** keys to move through the list of programs. A message will scroll describing the program, the number of times and the number of minutes the program was used.
31. Press the **CLEAR** key to exit the usage log display.
32. **ERROR LOG** display. Press the **OK** key, the quantity of errors in the log will be displayed.

33. Press the **OK** key, the most recent error will be displayed first.
34. Use the **▲,▼** keys to move through the list of errors. The error messages will list the error name, the odometer reading when the error occurred, the hour meter when the error occurred and the drive motor current reading when the error occurred.
35. If you wish to clear the error log, press and hold the **QUICK START** key. The message **HOLD TO CLEAR ERRORS** will be displayed. The error log will be cleared when the message **NO ERRORS** is displayed.
36. Press the **RESET** key to exit the information display.
37. Please note that the **ERROR LOG** may also be accessed at any time by pressing and holding the **RESET** key for four seconds. If the error log does not contain any errors, the message **STUCK KEY** will be displayed.

Procedure 3.4 - Selecting Club Settings

Procedure

This procedure allows you to change the following club settings:

- Select Language
- Select Units
- Set Max Workout Time
- Set Max Pause Time
- Set Cool Down Time

Procedure

1. Start pedaling the C100i using a vertical motion.
2. With the banner scrolling, press keys **RESET,5,6,5,1,5,6,5**, sequentially.
3. Use the **▲,▼** keys to move to the desired display shown in the list above.
4. **DIAGS-SET CLUB PARAMETERS** will scroll across the display.
5. When **SELECT LANGUAGE** is displayed. Press the **OK** key.
6. Use the **▲,▼** keys to toggle between the available languages.
7. Press the **BACK** key to exit the select language display.
8. **SELECT UNITS** display. Press the **OK** key.
9. Use the **▲,▼** keys to toggle between **U.S** and **METRIC** measurements.
10. Press the **BACK** key to exit the set units display.
11. **SET MAX WORKOUT TIME** display. Press the **OK** key.
12. Use the **▲,▼** keys to select the maximum time a user can remain in a program.
13. Press the **BACK** key to exit the set max. workout time display.
14. **SET MAX PAUSE TIME** display. Press the **OK** key.
15. Use the **▲,▼** keys to select the maximum time a program will remain in the pause mode.
16. Press the **BACK** key to exit the set max. pause time display.

17. **SET COOL DOWN TIME** display. Press the **OK** key.
18. Use the **▲,▼** keys to select the cool down time from 0 to 5 minutes.
19. Press the **BACK** key to exit the set cool down time display.
20. Press the **RESET** key to exit the club settings program.

Procedure 3.5 - Documenting Software Problems

When a problem is found with either the upper software or lower PCA's, record the information listed below. Refer to Procedure 3.6 to install new upper software. Please note, installing new upper software is only appropriate if a later software version containing a correction for the problem experienced is available. If an appropriate software version is not available the information below must be forwarded to Precor customer support. This information will be used to correct and create new software, whenever it is appropriate.

When a problem occurs, record the following information:

- Model and serial number
- Software part numbers, Procedures 3.3.11 to 3.3.25.
- User and program number running when the problem occurred
- A description of:
 - a What happened or failed to happen.
 - b The action taken by the user just before the problem occurred.
 - c Problem-related information (such as how far into the program the problem occurred, the work level being used when the problem occurred, etc.).
- The frequency of occurrence.

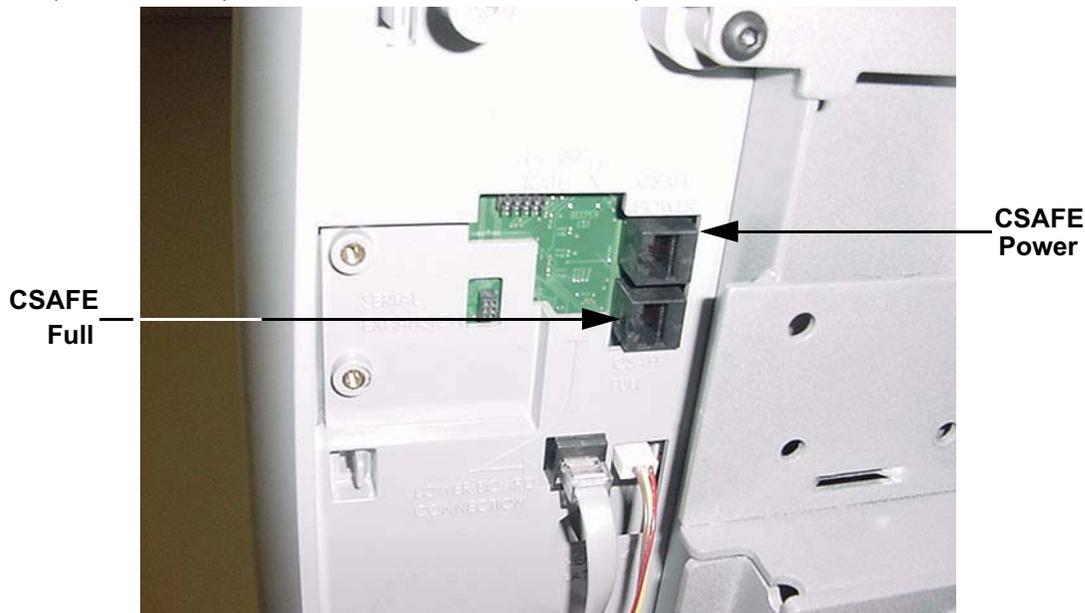
Procedure 3.6 - Software Uploading Procedure

This unit utilizes an upper PCA software system that is capable of on site upper PCA software uploading (re-programming). The software upload may be accomplished with the use of a pocket PC or a laptop computer. Contact Precor Technical Support for details.

Upload Procedure

1. The C100i must be “powered down” before the upload procedure can be initiated. Ensure that the C100i has not be used for a sufficient time to allow the lower PCA to completely discharge. The light emitting diode on the lower PCA will go out when the power supply is discharged, approximately 45 seconds.
2. If the CSAFE Full port is in use, temporarily disconnect the RJ-45 cable from the CSAFE Full port. If the CSAFE Full port is not in use, temporarily remove the plastic plug from the CSAFE Full port.

Console, Rear View, with Rear Cover Removed,



3. Connect the computer interface cable to the CSAFE Full port.
4. Select the software file to be uploaded on the computer.
5. Start pedaling the C100i or power up using the external power supply. When the C100i “powers up” the upload will commence. Upload status is displayed on the PC, when 100% is reached the upload is complete. You must continue to pedal until the upload is complete, approximately 2 minutes.

6. Stop pedaling or disconnect the external power supply when the upload is complete, and allow the lower PCA to completely discharge. The light emitting diode on the lower PCA will go out when the power supply is discharged.
7. Start pedaling the C100i, after it has been allowed to power down, the C100i will now be operating on the newly uploaded software.
8. Verify software version per Procedure 3.3.
9. Thoroughly, check the C100i's function per Section Four.