

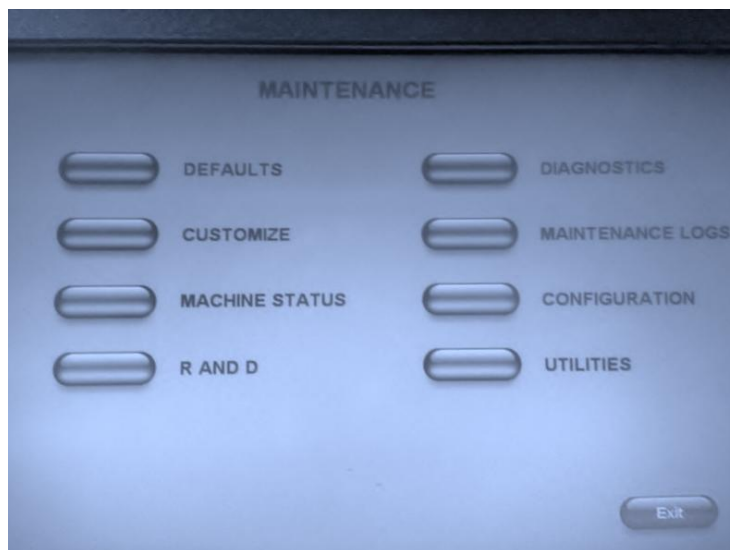
# *SM5/SC5 Touch Screen Console Quick Reference Sheet*



## **1. How to Access the Maintenance Menu**

- A. Touch the upper left corner of the touchscreen.
- B. Touch the upper right corner of the touchscreen.
- C. Touch the Stairmaster logo in the middle of the touchscreen.
- D. The Maintenance Screen will display.

## **2 Maintenance Screen**



### 3 Defaults

The Default screen allows the user to customize the defaults for Quick Start.

#### **Defaults are**

Weight – 173

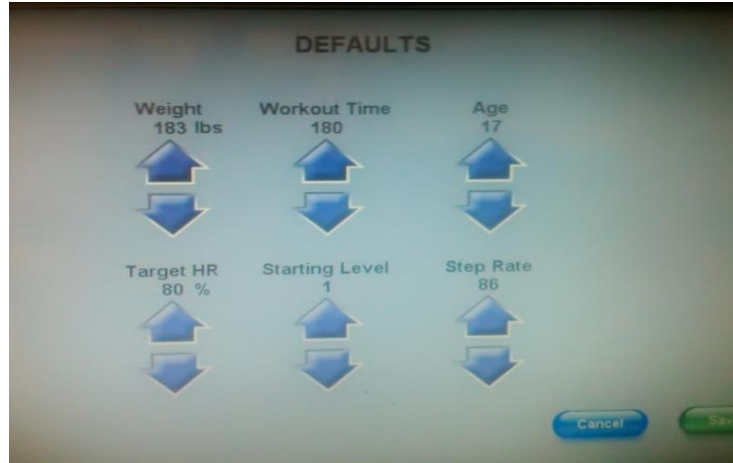
Workout Time 20 Minutes

Age 35

Target HR% 80

Start Level 1

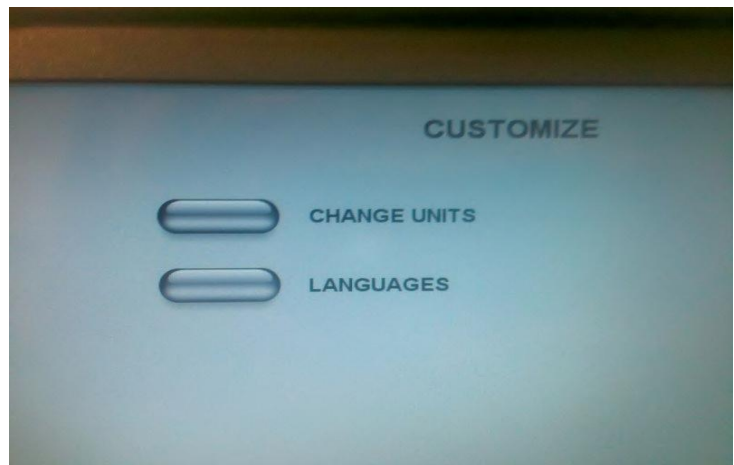
Step Rate 20 Min



### 4 Customize

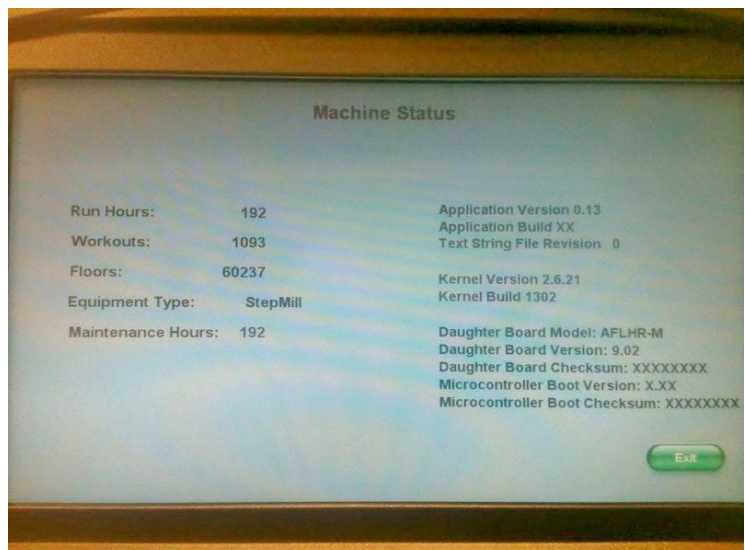
Change Units - Allows the user to change the Units Metric/English

Languages – Allows the user to change 8 different Languages: English, German, Italian, Dutch, French, Portuguese, Spanish, Japanese.



### 5 Machine Status

Maintenance Status shows the Run Hours, Workouts, Floors, Unit Configuration Stepmill/Stepclimber, and Maintenance Hours on the left side. All Processor, software etc is located on the right side.



**6 R and D is not Available.**

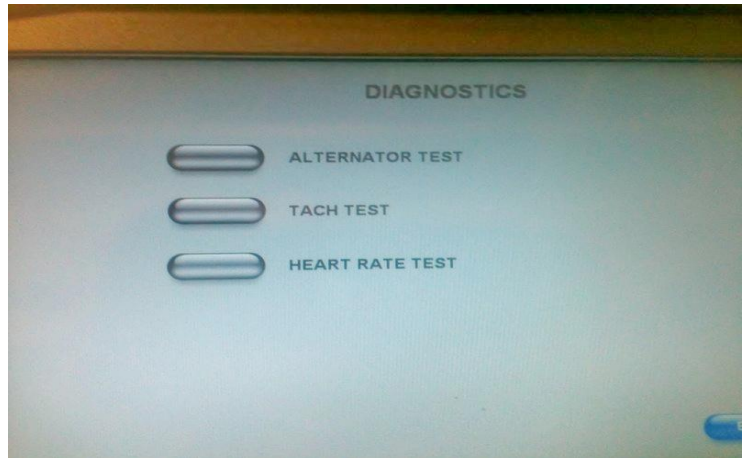
### **7 Diagnostics**

Diagnostics contains:

Alt Test On/Off – Alternator test

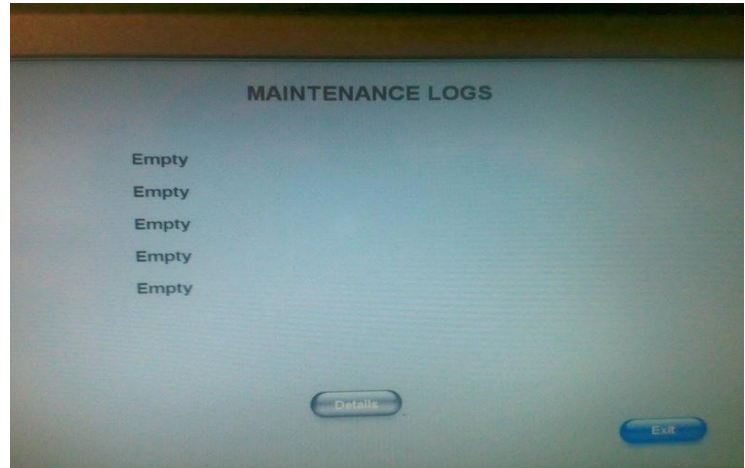
Tach Test 2000 Desired 0000Actual

Heart Rate Test



### **8 Maintenance Logs**

Maintenance records Location 5 Slots



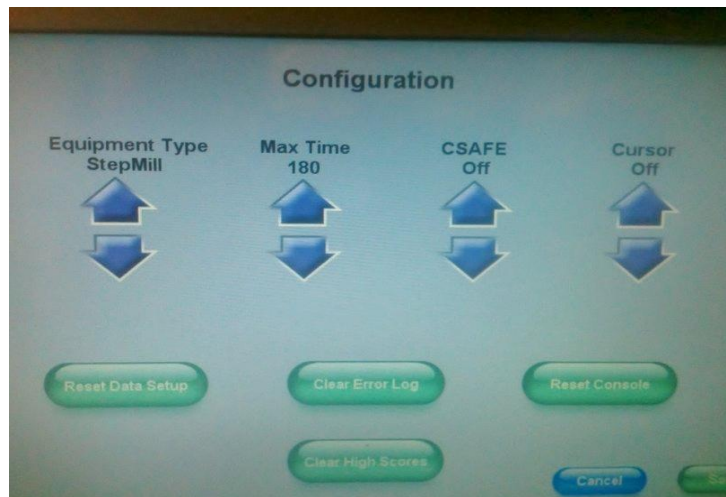
### **9 Configuration**

Equipment Type – StepMill/StepClimber

Max Time 20- 180

CSAFE

Cursor On/Off – allows screen cursor



## 10 Utilities

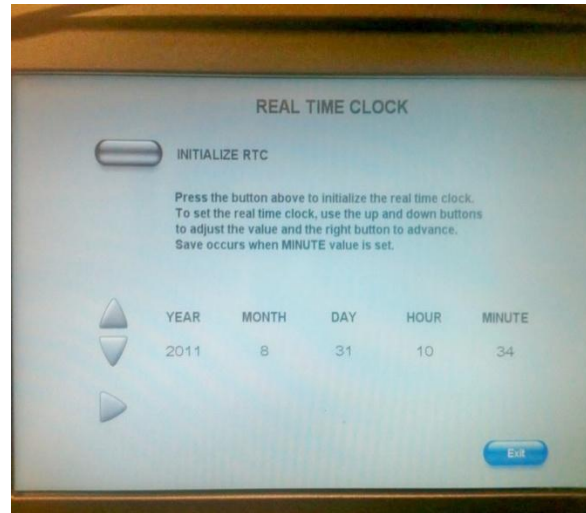
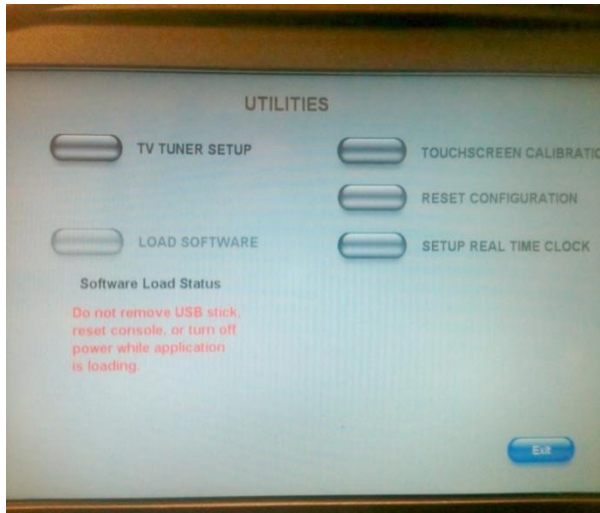
TV Tuner Setup – TV configuration/Setup

Load Software - Software load point USB

Touch Screen Calibration – used to setup initial touch screen position

Reset Configuration Resets configuration to factory

Real Time Clock set up unit clock Day and Date



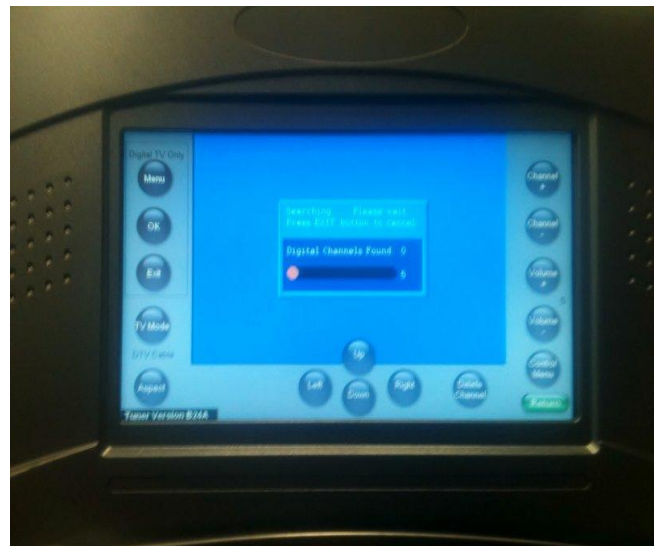
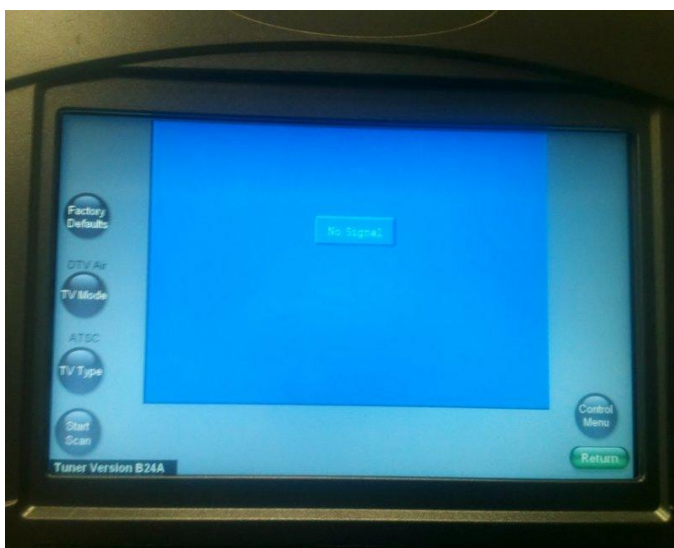
## 11 TV Tuner Setup

A. Standard setup

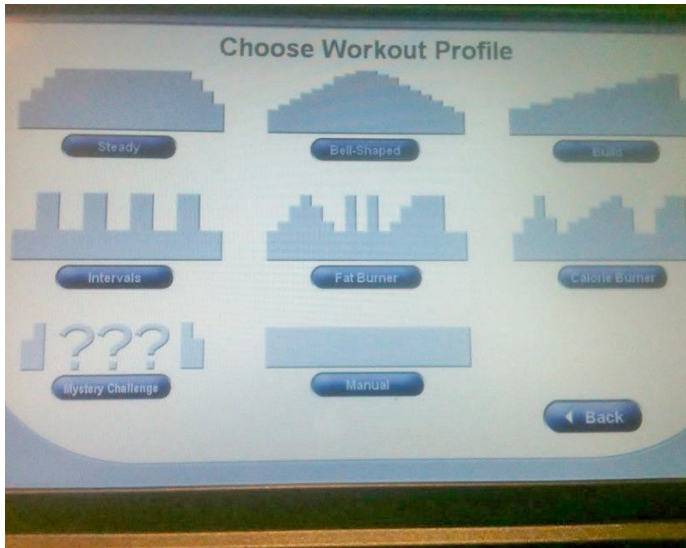
B. DTVCable should be set

Press Scan button to scan for channel Control Menu allows additional channels, additional volume controls

Screen positioning



## Programs Available



## Building Floors Option

## USB/Sound Jack



## CSAFE Connection

