

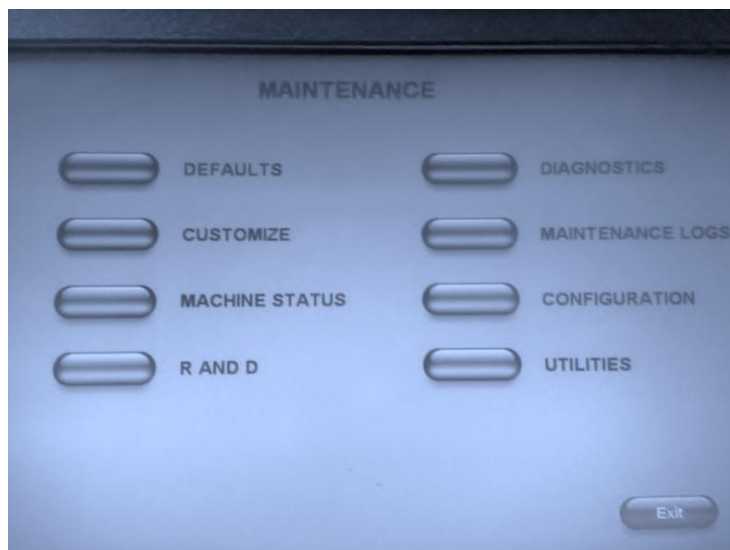
SM5/SC5 Touch Screen Console Quick Reference Sheet



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

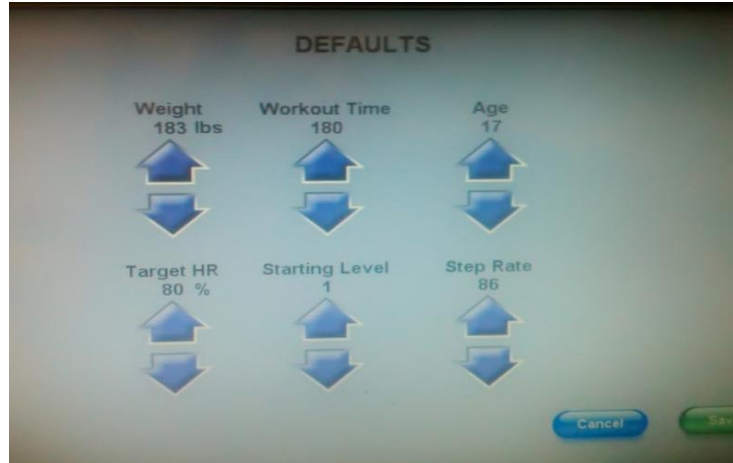
Workout Time 20 Minutes

Age 35

Target HR% 80

Start Level 1

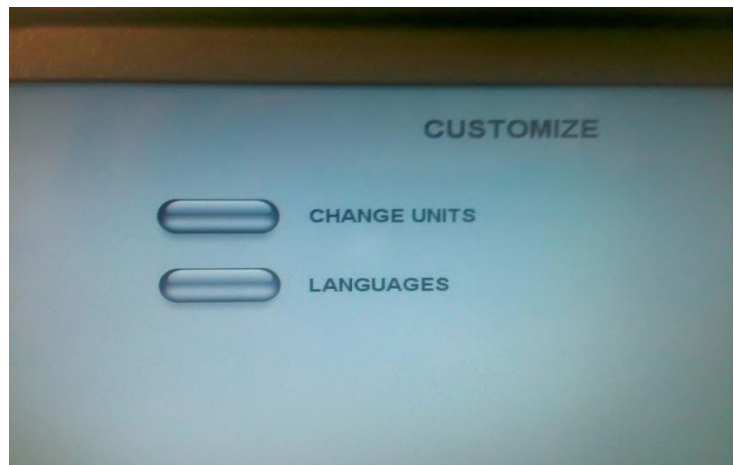
Step Rate 20 Min



4 Customize

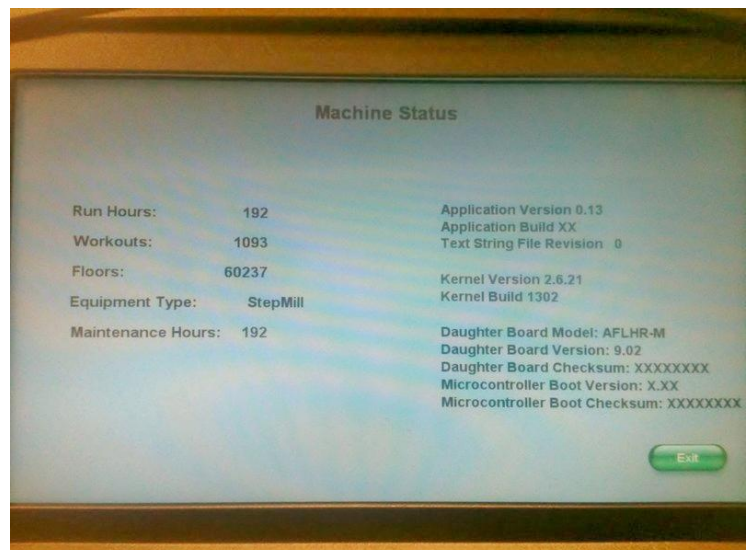
Change Units - Allows the user to change the Units Metric/English

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.

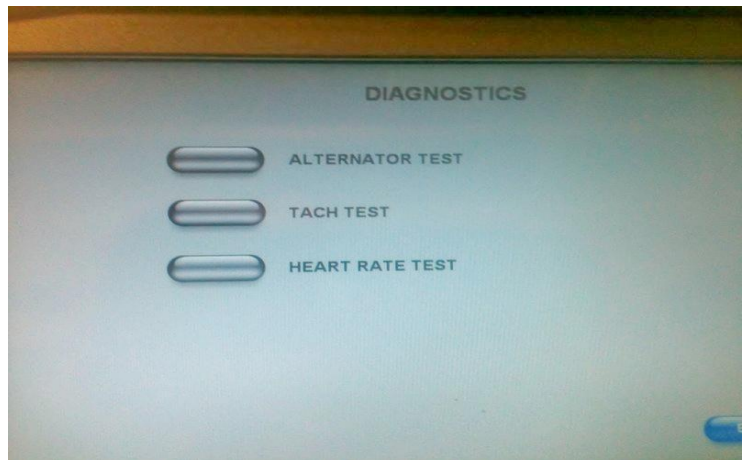
7 Diagnostics

Diagnostics contains:

Alt Test On/Off – Alternator test

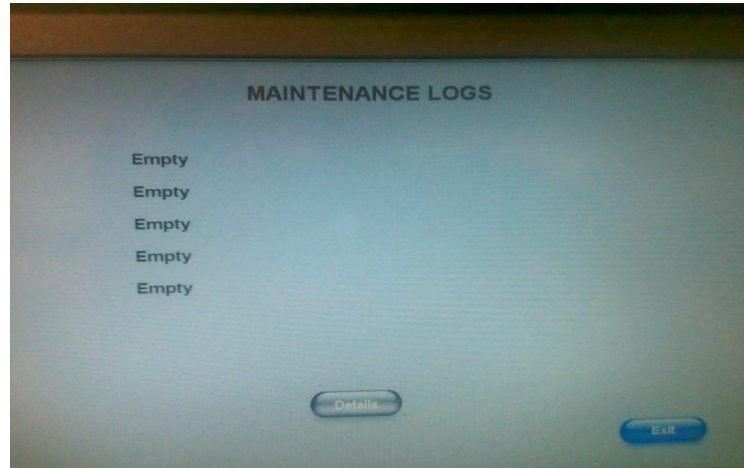
Tach Test 2000 Desired 0000Actual

Heart Rate Test



8 Maintenance Logs

Maintenance records Location 5 Slots



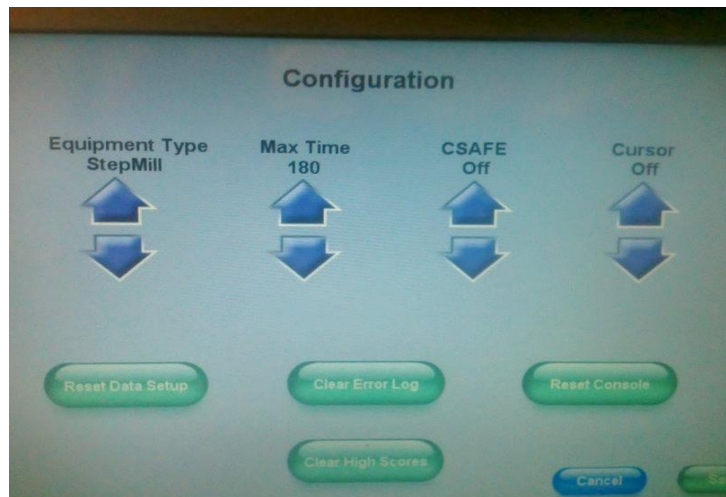
9 Configuration

Equipment Type – StepMill/StepClimber

Max Time 20- 180

CSAFE

Cursor On/Off – allows screen cursor



10 Utilities

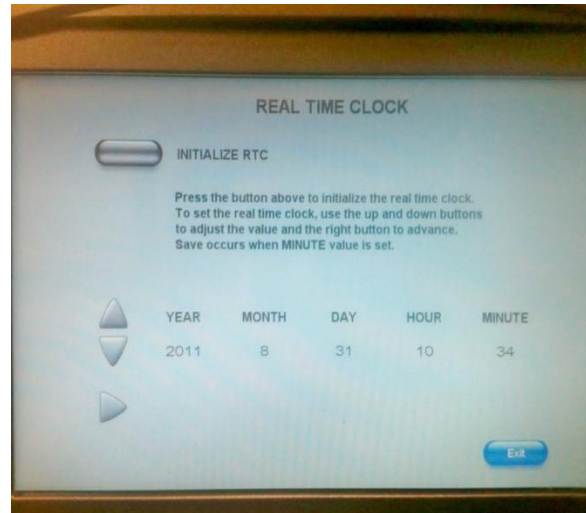
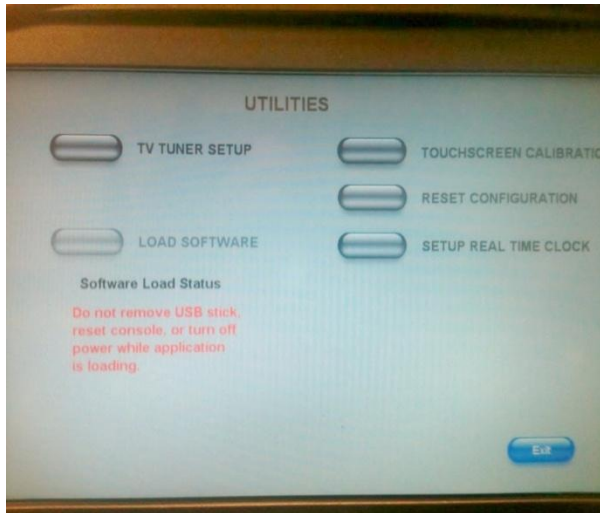
TV Tuner Setup – TV configuration/Setup

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



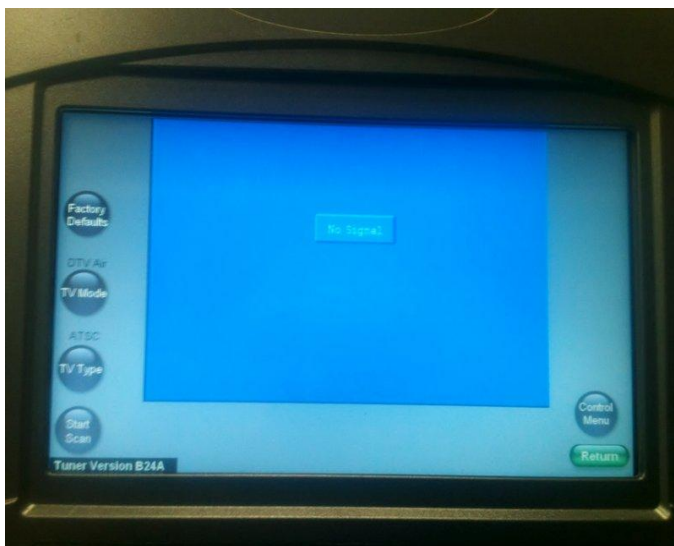
11 TV Tuner Setup

A. Standard setup

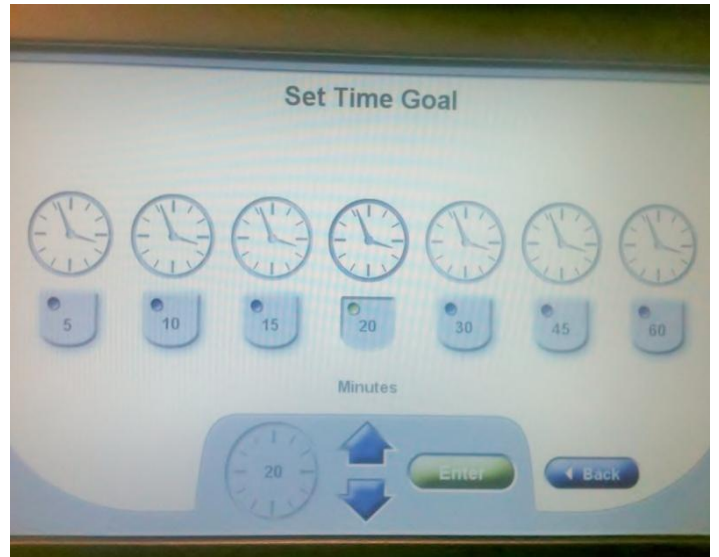
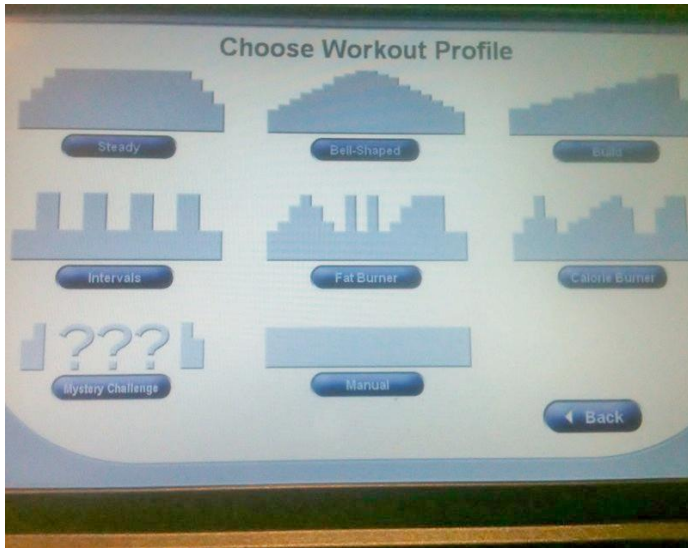
B. DTVCable should be set

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

