

E-SERIES HEART RATE TEST

E-TR & E-TRx (LED Display)



The Heart Rate Test in the Maintenance Mode of the E Series treadmills can be used to verify that the contact or Polar telemetry heart rate is working.


Engaging Maintenance Mode

From the idle screen (unit is powered on but not in a program), press and hold **0**, **2**, **OK**.

The word “MAINTENANCE” will temporarily show in the marquee window and then go to the first setting.

Entering the Keypad Test

Press the   until the marquee window reads “HEART RATE TEST”.

To activate the test press .



To test the contact heart rate, grasp the contact heart rate grips.

Note: Do not grasp tightly or wrap fingers completely around the grip. This may cause the readings to be inaccurate.



After a few seconds, the contact heart rate reading will be displayed on the marquee.



To test the Polar heart rate, use a Polar strap (or simulator for testing only). After a few seconds the Polar heart rate reading will be display on the Marquee.



To exit the Keypad Test and return to the Maintenance Mode, press the  once.

To exit completely out of the Maintenance Mode, press  twice.