Star Trac Fitness™
S-CTx   Cross Trainer

OWNER'S MANUAL

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INTRODUCTION

Thank you for choosing the **STAR TRAC S-CTx CROSS TRAINER**. The trainer has been designed to provide the user the most rewarding experience based upon the carefully planned features it possesses. The design elements of this trainer will provide you with a comfortable, intuitive, safe and reliable experience, guiding you to a habit-forming lifestyle. Our mission is to provide products to mold lifelong habits for health and fitness, and our trainer will provide the path to meet your goals. Enjoy the stride.

ABOUT THIS MANUAL

This manual is applicable to the **STAR TRAC S-CTx CROSS TRAINER**. The manual is divided into eight sections, as follows:

Introduction

Provides an overview of each section within the manual.

Safety Instructions

Provides guidelines, in multiple languages, for safely operating the Star Trac S-CTx Cross Trainer.

Assembly and Setup

Provides instructions for unpacking, assembling and setting up the Star Trac SCTx Cross Trainer.

Operating Instructions

Provides a detailed description of the Display Panel, and includes step-by-step instructions for operating the Star Trac S-CTx Cross Trainer.

Preventative Maintenance

Describes the preventative maintenance measures required to keep the Star Trac S-CTx Cross Trainer in top condition.

Manager / Maintenance Mode

Provides step-by-step instructions for changing universal parameters on Star Trac S-CTx Cross Trainer, and for performing built-in testing procedures.

Troubleshooting

Describes the start-up and shutdown messages provided as a result of the self-test routine.

Regulatory Information

Provides regulatory information for the Star Trac S-CTx Cross Trainer.

SAFETY INSTRUCTIONS

This chapter includes fitness safeguards and precautions for the installation and use of the **STAR TRAC S-CTx CROSS TRAINER**. Please read this chapter carefully before installing or using your equipment.

Safety instructions are provided in the following languages (in the order shown):

- English
- Dutch
- French
- German
- Italian
- Portuguese
- Spanish
- Swedish

IMPORTANT SAFETY INSTRUCTIONS

These safety notes are directed to you as the owner of the **STAR TRAC S-CTx CROSS TRAINER**. Please train all your users and fitness staff to follow these safety instructions.

Do

- Do encourage each of your users to discuss their health program or fitness regimen with a healthcare professional.
- Do stop operating your S-CTx if you feel dizzy or faint.
- Do perform regular preventative maintenance.
- Do exercise slowly until you reach a level of comfort.
- Do use the S-CTx only for its intended use, as described in this manual.

Do Not

- Do not let unsupervised children operate your S-CTx.
- Do not use without athletic shoes.
- Do not use in rainy weather outdoors, or in an enclosed pool environment.
- Do not drop or insert any object, hands, or feet into any opening, or underneath your S-CTx.
- Do not attempt to remove any shrouds or modify your

WARNING

Your **STAR TRAC S-CTx CROSS TRAINER** is designed for aerobic exercise in a commercial or consumer environment.

Please check with your physician prior to beginning any exercise program.

Do not push yourself to excess. Stop if you are feeling faint, dizzy, or exhausted. Use common sense when cycling.

Read the Owner's Manual in its entirety before operating your S-CTx.

SAVE THESE INSTRUCTIONS

DE BELANGRIJKE INSTRUCTIES VAN DE VEILIGHEID

Deze veiligheidsinstructies zijn aan u gericht als de eigenaar van de **STAR TRAC S-CTx CROSS TRAINER**. Train uw leden en fitness-personeel om dezelf de veiligheidsinstructies te volgen.

Doe Dit Wel

- Moedig uw leden aan om hun gezondheids- of fitness-programma met een geneeskundige te bespreken.
- Stop met de S-CTx als u zich duizelig voelt of het gevoel heeft dat u flauwvalt.
- Verricht regelmatig preventief onderhoud.
- Begin langzaam totdat u een comfortabel en veilig niveau heeft bereikt.
- Gebruik het S-CTx alleen voor het doel waarvoor het bestemd is en zoals in dit handboek beschreven.

Doe Dit Neit

- Laat kinderen niet zonder toezicht de S-CTx bedienen.
- Gebruik de fiets niet zonder sportschoenen.
- Niet buiten in regenachtig weer gebruiken of in een omgeving met een overdekt zwembad.
- Laat nooit objecten in het apparaat vallen en steek geen objecten, handen of voeten in welke opening dan ook of onder het S-CTx.
- Verwider nooit afschermingen en verander het S-CTx niet.

WAARSCHUWING

Uw **STAR TRAC S-CTx TCROSS TRAINER** is ontworpen voor aerobics in een commerciële of consumentenomgeving.

Vraag advies aan uw arts voordat u met een fitnessprogramma begint.

Vraag niet teveel van uzelf. Stop als u het gevoel heeft dat u flauw gaat vallen, als u duizelig bent of uitgeput. Gebruik uw gezonde verstand bij het steppen. Lees de gebruikshandleiding helemaal door voordat u uw S-CTx gebruikt.

SPAREN DEZE INSTRUCTIES

INSTRUCTIONS DE SÛRETÉ IMPORTANTES

Ces consignes de sécurité sont destinées au propriétaire du **STAR TRAC S-CTx CROSS TRAINER**. Veuillez enseigner ces consignes à tous vos membres et employés.

À Faire

- Encouragez vos membres à disuter de leur programme de santé ou d'exercice avec un médecin.
- Arrêtez tout exercice sur le S-CTx si vous éprouvez un étourdissement ou une défaillance.
- Effectuez régulièrement un entretien préventif.
- Exercez-vous lentement jusqu'à ce que vous vous sentiez à l'aise et en sécurité.
- N'utilisez cet S-CTx que dans le but pour lequel il est conçu.

À Ne Pas Faire

- Ne laissez pas des enfants utiliser le S-CTx sans surveillance.
- Ne permettez à personne de s'exercer sans chaussures athlétiques.
- N'utilisez pas l'appareil à l'extérieur par temps pluvieux ou à proximité d'une piscine.
- N'insérez jamais la main, le pied ou un objet dand les ouvertures de S-CTx, ni sous S-CTx.
- Ne mofifiez jamais cet S-CTx et ne retirez aucun de ses éléments protecteurs.

MISE EN GARDE

Votre **STAR TRAC S-CTx CROSS TRAINER** est conçu pour l'exercice d'aérobic dans un contexte commercial ou à la maison.

Veuillez consulter votre médecin avant d'entreprendre tout programme d'exercice.

Évitez tout exercice excessif. Arrêtez us viys éprouvez un étourdissement, une défaillance ou de la fatigue. Fiez-vous à votre bon sens. Lisez attentivement la notice d'utilisation dans son intégralité avant d'utiliser votre S-CTx.

GARDEZ CES INSTRUCTIONS

WICHTIGE SICHERHEITSVORSCHRIFTEN

Diese Sicherheitshinweise sind an Sie, den Besitzer des **STAR TRAC S-CTx CROSS TRAINER** gerichtet. Bitte weisen Sie Ihre Mitglieder und Mitarbeiter an, sich an die folgenden Sicherheitsvorschriften zu halten.

Sie Sollten

n Ihren Mitgliedern nahelegen, ihr Gesundheitsprogramm oder Fitneß-Trainning mit einem Arzt zu besprechen.

n Die Benutzung des S-CTx beenden, wenn Benommenheit oder Schwindel aufritt.

n Das Gerät regelmäßig warten.

n Langsam trainieren, bis Sie sicher mit dem S-CTx umgehen können.

n Dieses S-CTx nur für den vorgesehenen Zweck gemäß der Beschreibung in diesem Handbuch verwenden.

Sie Sollten Niemals

n Kinder das S-CTx unbeaufsichtigt benutzen lassen.

n Die Benutzung des S-CTx ohne die passenden Sportschuhe zulassen.

n Das Gerät bei Regenwetter im Freien oder in einem Hallen-bzw, überdachten Schwimmbad verwenden.

n Gegensände in eine Öffnung des S-CTx stecken oder darunter fallen lassen oder Hände bzw. Füße unter das S-CTx halten.

n Abdeckungen abnehmen oder das S-CTx ändern.

WARNUNG

Das **STAR TRAC S-CTx CROSS TRAINER** ist für das Aerobik-Training in einem kommerziellen oder Verbraucherumfeld vorgesehen.

Bitte konsultieren Sie Ihren Arzt, bevor Sie mit einem Trainingsprogramm beginnen.

Überanstrengen Sie sich nicht. Hören Sie auf, wenn Schwindel, Benommenheit oder Erschöpfung eintretrn. Gehen Sie beim Training vernünftig vor. Lesen Sie bitte das Benutzerhandbuch vor Verwendung des S-CTx vollständig durch.

AUSSER DIESEN ANWEISUNGEN

ISTRUZIONI DI SICUREZZA IMPORTANTI

Queste indicazioni sono indirizzate ai proprietari dello **STAR TRAC S-CTx CROSS TRAINER**. Chiedete a tutti I membri della vostra palestra e al vostro staff di seguire queste istruzioni di sicurezza.

Da Fare

n Incoraggiate i membri della vostra palestra a discutere il loro programma o regime di allenamento con uno specialista medico.

n Fermate lo S-CTx se avete dei capogiri o vi sentite svenire.

n Eseguite la manutenzione regolarmente.

n Esercitatevi lentamente fino a quando raggiungete un livello confortevole e sicuro.

n Usate questo S-CTx solo per l'uso inteso, come descritto in questo manuale.

Da Non Fare

n Non permettete a bambini di usare lo S-CTx senza sorveglianza.

n Non usate lo S-CTx se non calzate scarpe da ginnastica.

n Non usatelo all'aperto quendo piove o vicino ad una piscina coperta.

n Non lasciate cadere oggetti e non inserite mani o piedi nelle aperature o al di sotto di questo S-CTx.

n Non remuovete nessun coperchio o modificate questo S-CTx.

ATTENZIONE

Lo **STAR TRAC S-CTx CROSS TRAINER** è stato progettato per l'esercizio aerobico in un ambiente commerciale o domestico.

Consultatevi con il volsro medico di famiglia prima di intraprendere un programma di esercizi.

Siate coscienti dei vostri limiti. Fermatevi se avete dei capogiri, vi sentite svenire o siete esausti. Usate il vostro buon senso quando usate lo cyclette. Leggete tutto il manuale delle istruzioni prima di usare lo S-CTx.

MANTENGA QUESTE ISTRUZIONI

INSTRUÇÕES DE SEGURANÇA IMPORTANTES

Estas observações de segurança destinam-se à você, proprietário da **STAR TRAC S-CTx CROSS TRAINER**. Treine todos os membros e funcionários que utilizarão o equipa mento para que sigam estas instruções de segurança.

Faça

n Estimule seus usuários para que discutam seus programas de saúde ou de exercícios com um profissional de saúde.

n Pare de usar a S-CTx se você se sentir fraco ou com tontura.

n Faça manutenção preventiva regularmente.

n Faça o exercício lentamente até que você alcance um nível de conforto e segurança.

n Utilize este S-CTx única e exclusivamente para o seu devido fim, conforme descrito neste manual.

Não Faça

n Não permita que crianças operem a S-CTx sem supervisão de um adulto.

n Não utilize a S-CTx sem calçar tênis.

n Não use este S-CTx ao ar livre, em dias chuvosos ou em um ambiente de piscina interna.

n Nunca deixe cair ou introduza nenhum objeto, as mãos ou pés em nenhuma abertura do S-CTx ou debaixo deste.

n Não remova nenhum protetor ou modifique este S-CTx.

ADVERTÊNCIA

A sua **STAR TRAC S-CTx CROSS TRAINER** foi projetada para exercício aeróbico em um ambiente comercial ou residencial.

Faça um exame físico com seu médico antes de iniciar qualquer programa de exercícios.

Não abuse. Para se estiver sentindo tontura, fraqueza ou exaustão. Use bom senso quando se exercitar. Leia o manual do proprietário por completo antes de operar a sua S-CTx.

RETENHA ESTAS INSTRUÇÕES

INSTRUCCIONES DE SEGURIDAD IMPORTANTES

Estas notas de seguridad van dirigidas a Vd. Como proprietario del **STAR TRAC S-CTx CROSS TRAINER**. Haga que todos los usuarios y preparadores físicos cumplan estas instrucciones de seguridad.

Qué Hacer

n Anime a sus miembros a que discutan su progama de saud o régimen de ejercicio con un profesional de la salud.

n Detenga el escalón si se nota desfallecido o mareado.

n Realice un mantenimiento preventivo de manera regular.

n Haga ejercicio despacio hasta alcanzar un nivel de comodidad y seguridad.

n Utilice este S-CTx sólo para los usos indicados, tal como se describe en este manual.

Qué No Hacer

n No permita que los niños utilicen el S-CTx sin supervisión.

n No permita su uso sin calzado deportivo.

n No lo utilice en el exterior con tiempo lluvioso o en un recinto cerrado con piscina.

n No deje caer ni introduzca ningún objeto, manos o pies en ninguna bertura del S-CTx o debajo del mismo.

n No quite ninguna cubierta ni modifique este S-CTx.

ADVERTENCIA

Su **STAR TRAC S-CTx CROSS TRAINER** está diseñado para realizar ejercicio aeróbico en un entorno comercial o en forma individual.

Consulte a su médico antes de empezar cualquier programa de ejercicio.

No se exceda. Interrumpa el ejercicio si se nota desfallecido, mareado o agotado. Utilice el sentido común al usar este ararato. Lea el manual del propietario en su totalidad antes de poner en marcha el escalón.

GUARDE ESTAS INSTRUCCIONES

VIKTIGA SÄKERHETSANVISNINGAR

Disse sikkerhedsinstrukioner henvendes til ejeren af **STAR TRAC S-CTx CROSS TRAINER** . Sørg venligst for, at alle medlemmer og alt kondipersonale kender og følger disse sikkerhedsregler.

Råd

- Medlemmer bør opfordres til at tale om deres helseprogram eller kondiregime med en læge.

- Stig af S-CTx, hvis du bliver mat i kroppen eller svimmel.

- Foretag forebyggende vedligeholdelse med regelmæssige mellemrum.

- Gør øvelserne langsomt, indtil du når et behageligt og sikkert niveau.

- Udstyret bør udelukkende bruges til det formål, det er beregnet til ifølge denne brugsanvisning.

Advarsler

- Tillad ikke børn uden opsyn at bruge S-CTx.

- Brug ikke S-CTx uden kondisko.

- Brug ikke S-CTx udendørs i regnvejr eller i et indelukket område med svømmebasin.

- Undgå at tabe eller at stikke genstande, hænder eller fødder ind i en åbning i eller under udstyret.

- Undlad at fjerne afskærmning eller forandre udstyret på nogen måde.

ADVARSEL

Din **STAR TRAC S-CTx CROSSTRAINER** er konstrueret til konditræning i et erhvervseller forbrugermiljø.

Vær venlig at rådføre dig med din læge, før du påbegynder et kondiprogram.

Du må ikke overanstrenge dig alt for meget. Stop hvis du føler dig mat i kroppen, svimmel eller udmattet. Brug sund fornuft, når du cykler. Vær venlig at læse hele brugsanvisningen, før du stiger på S-CTx.

UPPEHÄLLE DESSA ANVISNINGAR

ASSEMBLY AND SETUP

UNPACKING

NOTE: *Do not remove the base from the shipping carton at this time.*

Remove the top cover from the shipping carton. Remove all parts and shipping supports (except the base) from the carton, and verify that the following parts are included in your shipment:

Description	Qty	Description	Qty
Base	1	Bolt, Hex Head, _____	8
Display	1	Screw, Phillips Head, _____	8
Upper Body Arms	2	Flat Washer, _____	4
End Caps	2	Lock Washer, _____	8
Bolt, Allen Head, _____	4		

TOOLS REQUIRED

Your **STAR TRAC S-CTx CROSS TRAINER** can be assembled using the following tools:

- Metric Hex Key Wrenches
- Metric Open-End Wrenches
- Metric Ratchet Socket Wrench Set
- Torque Wrench

- Channel Lock Pliers
- Vice Grip Pliers
- Rubber Mallet
- Phillips Head Screwdriver

Your **STAR TRAC S-CTx CROSS TRAINER** includes a hex key set and combination open-end wrench.

ASSEMBLY

1. Unpack and Position the Base

CAUTION: *The rear end of the base is very heavy. Two persons are needed to lift this end when moving the base.*

Cut the long edge of the shipping carton base at both ends. Fold the flap down to make a ramp.

With the aid of a helper, lift the rear end of the base, and roll the base off of the shipping carton platform. Place the base on the floor in the location where the unit will be used. Be sure the chosen location is level.
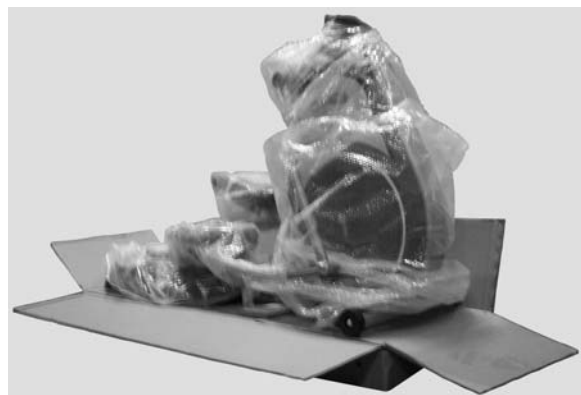
Step 1

2. Install the Display

NOTE: *You will need someone to assist you to install the display. Have the person who is assisting you hold the display while you route the display cables and connect the neck.*

Have your helper hold the display close the neck on the base. Plug the display power and I/O cables from the base into the mating display connectors.

Once display power and I/O cables are connected, route the coaxial cable up the full length of the display neck before seating the display unit on the base.

NOTE: *The round coaxial cable is not used.*

Step 2a

Gently push the display cables down into the neck, and slide the display into the base. Be sure the display is fully seated. Secure the display to the base with four M8 allen head bolts and four M8 flat washers. Use two screws in the front side of the neck, and two in the rear side. Tighten the screws securely to a torque of 8-10 lbs-ft.

Step 2b

3. Install the Upper Body Arms

NOTE: *Take care not to install the upper body arms backwards. Be sure the arms are positioned as shown when installed.*

Place on upper body arm on the right-side hub. Be sure the pin in the arm bracket engages the unthreaded hole on the hub. Secure the upper body arm to the hub with four hex bolts and four lock washers. Tighten the bolts securely.

Repeat for the left-side upper body arm.

Step 3

4. Install the End Caps

NOTE: *Be sure the holes in each end cap face the rear of the unit.*

Separate the halves of the right-side end cap. Place the end cap halve around the hub. Use a piece of tape to temporarily hold the end cap halves together.

Secure the end cap halves together with four Phillips head screws. Tighten the screws firmly.

Repeat for the left-side end cap.

Step 4

5. Final Assembly

Be sure all bolt and screws are tightened securely.

If needed, use the leveling adjusters at the rear of the base to level the unit. Loosen the lock nuts on the adjusters. Rotate the adjusters until the unit is stabilized, then retighten the lock nuts.

You have now completed assembly of your **STAR TRAC S-CTx CROSS TRAINER**.

Step 5

OPERATING INSTRUCTIONS

Operating the **STAR TRAC S-CTx CROSS TRAINER** is very easy. Simply access the trainer, begin striding, and press QUICK START. Learning the features and incorporating the **STAR TRAC S-CTx CROSS TRAINER** into your members' fitness programs is just as easy. In this chapter, you will learn the display functions and how to get the most out of every **STAR TRAC S-CTx CROSS TRAINER** workout.

IMPORTANT: Before operating the trainer, you must be familiar with the following equipment limitations:

- Maximum Weight: Your **STAR TRAC S-CTx CROSS TRAINER** is designed for a maximum user weight of 350 lbs/160 kg. DO NOT exceed the maximum user weight.

DISPLAY PANEL FEATURES

Your **STAR TRAC S-CTx CROSS TRAINER** is equipped to provide you and your users unlimited exercise opportunities. Experiment with its features to find the right combination for your fitness regimen. The Display panel provides the operating controls and display elements described in the following paragraphs.
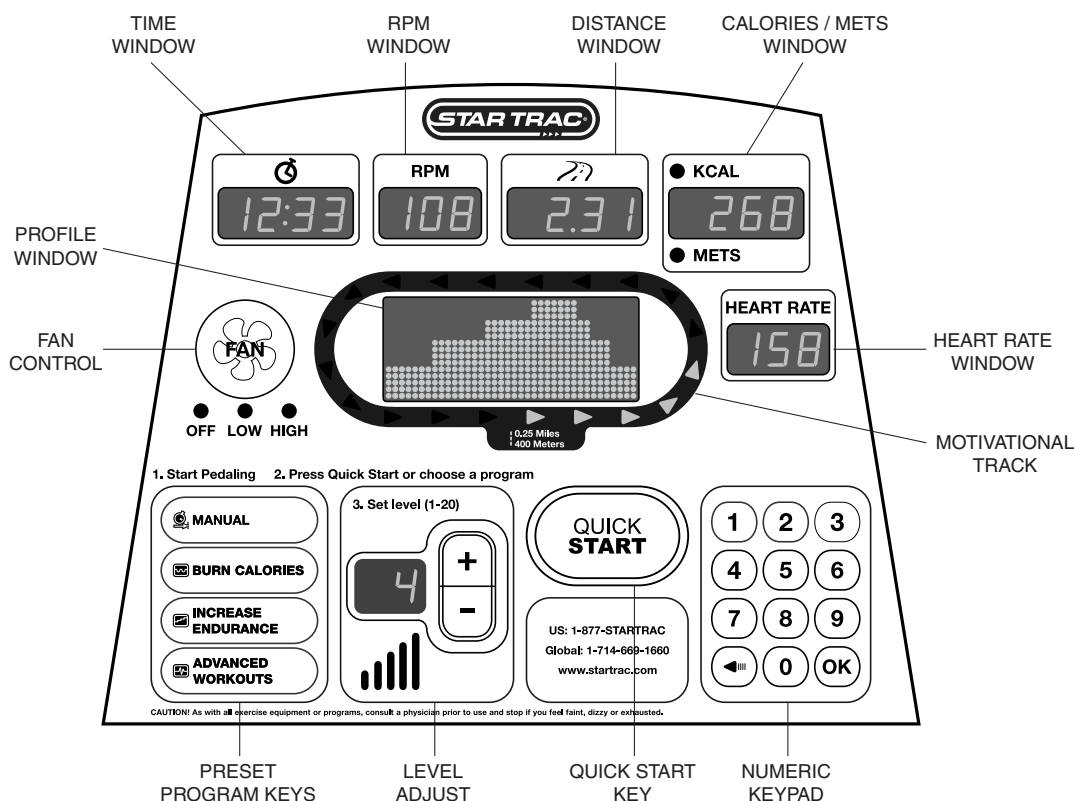
QUICK START Key: Enables the trainer for manual operation using a default weight of 155 pounds, a default resistance LEVEL of "1", and a default time limit of 99 minutes.

NOTE: Default time and weight are adjustable through Manager/Maintenance mode.

Numeric Keypad: Allows you to enter specific values for program parameters during program setup. During a program, these keys may be used to change difficulty level.

OK Key: (part of numeric keypad) Allows you to confirm selections during program setup and operation.

Arrow Key: (part of numeric keypad) Allows you to make corrections to values entered during program setup.

Increase LEVEL Key: Increases the difficulty level from 1 (least difficulty) to 20 (greatest difficulty), in one-unit increments. Current setting is shown in the Level display window.

Decrease LEVEL Key: Decreases the difficulty level from 20 (greatest difficulty) to 1 (least difficulty), in one-unit increments. Current setting is shown in the Level display window.

FAN Key: Allows you to control the speed of the personal cooling fan, either OFF, LOW or HIGH.

Preset Program Keys: Allow you to access a desired preset workout program.

TIME Window: Shows the duration of your workout thus far in minutes and seconds.

SPM Window: Shows the current speed at which you are striding in strides-per-minute.

DISTANCE Window: Shows the total number of miles or kilometers you have ridden thus far.

CALORIES / METS WINDOW: Alternates, display of your aggregate caloric expenditure (displays for six seconds) and aggregate METS expenditure (displays for three seconds) thus far in your workout.

HEART RATE Window: Shows your current rate in beats-per-minute (BPM) while wearing the heart rate strap or grasping the heart rate grips.

Profile Display: Traces your progress through each of the programs and allows you to anticipate changes in terrain. Display elements illuminate from left to right across the bottom of the display to indicate your progress through the course. At each step, display elements illuminate in columns to indicate your ascent up the gradient that is in effect. Provides informational messages, prompts during program setup, feedback during your workout, and notification when your workout is complete.

Motivational Track: Shows your progress counter clockwise around 1/4-mile (400-meter) course, starting from the bottom center.

At the conclusion of your workout, the TIME Window, RPM Window, DISTANCE Window, CALORIES / METS Window and HEART RATE Window show your summarized workout data. Workout Data includes:

- Time consumed
- Calories / METS expended
- Distance traveled – miles or kilometers
- Average SPM
- Average heart rate

HINTS AND TIPS FOR GETTING STARTED

The following hints and tips will assist in training your users to maximize the fitness benefits of your **STAR TRAC S-CTx**

CROSS TRAINER .

- **Stride at a rate that feels comfortable and most natural, yet is sufficiently vigorous to get a good cardio workout.**
- **Try different striding rhythms.** In manual operation, vary your striding speed from slow to fast, then back to slow. As you become more comfortable with your trainer, try striding faster, varying the difficulty LEVEL, or using the preset programs.
- **Watch the Graphic Display to anticipate terrain changes.** When you use the preset programs, the display shows changes in terrain as tall or short columns.

COOLDOWN CYCLE

In most programs, once you have completed your workout, the trainer enters a two-minute Cooldown cycle.

NOTE: *The software is programmed to properly decrease striding difficulty to provide a cooldown.*

To operate the trainer during Cooldown:

1. You can adjust the difficulty LEVEL during Cooldown.

   ■ Use the ⓪•••⑨ keys to enter a difficulty LEVEL (from 1 to 20); or press the ⊞ or ⊟ key, as desired, to increase or decrease the difficulty LEVEL in 1 unit increments.

   ■ When the desired difficulty LEVEL has been entered, press the ⓞⓚ key to accept the displayed LEVEL.

2. When the Cooldown cycle ends, your workout summary displays in the information windows. If you wish to exit the Cooldown cycle before it ends automatically, stop striding.

USING THE PERSONAL FAN

The **STAR TRAC S-CTx CROSS TRAINER** is equipped with a built-in personal fan to increase your comfort during a workout. You can control the fan speed during your workout.

To operate the personal fan:

■ Press the 🌀 key, as necessary, to cycle the personal fan from OFF to LOW to HIGH to OFF. An LED indicator lights to show the currently selected fan speed.

■ The fan remains set at the set speed if you pause your program.

■ The fan turns off automatically if you exit your workout, or when you complete your workout program.

HEART RATE MONITORING

Heart rate monitoring allows you to determine if your workout is too challenging or not challenging enough. Monitoring heart rate is easy with the **STAR TRAC S-CTx CROSS TRAINER**. You may use a heart rate strap (not provided with the trainer), or you can simply grasp the silver contact heart rate grips.

NOTE: *The Heart Rate monitor is not a medical test, nor is it designed as a medical test. It is simply a guide to target heart rate training. Please consult with your physician prior to engaging in any strenuous physical activity.*

IMPORTANT: The manufacturer does not warrant the heart rate system **performance** on this product, as the heart rate system performance varies, based on a user's physiology, fitness level, age, method of use and other factors. Furthermore, the heart rate system is not for medical use.

CONTACT HEART RATE MONITORING

You may use the heart rate contact grips to automatically check your heart rate. Just follow these steps.

1. Grasp the stainless steel heart rate contact grips; you do not have to squeeze tightly.

2. It may take from 30 to 60 seconds for the heart rate system to acquire and display your heart rate. While your heart rate is acquired, a pulsing heart ▩ displays in the Profile Window.

3. Once your heart rate has been acquired, the Profile Window returns to its normal display mode, and your current heart rate in beats-per-minute (BPM) displays in the HEART RATE Window.

4. Release the Heart Rate grips if you wish to remove your heart rate reading from the display.

CHEST STRAP HEART RATE MONITORING

You may use the heart rate strap to automatically check your heart rate. Just follow these steps:

1. Before beginning your workout, or during a pause, moisten the back of the transmitter on the heart rate strap (not included). Place the strap snugly around your chest with the transmitter resting directly over your sternum.

2. When your heart rate has been acquired, your heart rate in beats-per-minute (BPM) displays in the HEART RATE Window.

3. Remove the heart rate strap, if you wish to remove your heart rate reading from the display.

NOTE: *The performance of the transmitter may be affected by body types, body oils, metal in clothing, and outside electrical interference. Always be sure that the transmitter and skin are in good contact. Avoid operating other electrical equipment near your trainer when you use the heart rate strap.*

LOCKOUT ID PROCESSING

When the Lockout Enable has been set in Manage / Maintenance Mode (see "Manager Mode" or "Maintenance Mode", as appropriate), users must enter a Lockout ID number to enable the trainer for operation.

To enter a Lockout ID:

1. Access the trainer and begin striding.

   ■ If Lockout Enable is set, the message "TRAINER LOCKED; PRESS 0 TO ENTER ID" scrolls across the Profile Window.

2. Press the ⓪ key, then use the ⓪•••⑨ keys to enter the three-digit Lockout ID. Entered digits will show in the Profile Window.

3. When the Lockout ID has been entered, press the ⓄⓀ key.

   ■ If you enter the correct Lockout ID, the message "VALID ID" scrolls once across the Profile Window. You may continue with normal operation of the trainer (see "Quick Start" or "Preset Programs", as desired).

   ■ If you enter an incorrect Lockout ID, the message "INVALID ID" scrolls once across the Profile Window. Make sure you have the correct Lockout ID, then repeat steps 1 through 3 to re-enter.

QUICK START ⬭QUICK START

Quick Start lets you begin your workout by simply pressing one key, or by striding for approximately 10 seconds without pressing any key. Quick Start uses a default weight of 155 pounds (70 kg), a resistance LEVEL of 1, and a time limit of 99 minutes. YOU control resistance Level during the entire program.

NOTE: *The default time and weight are adjustable through Manager / Maintenance Mode.*
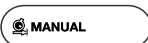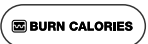
To operate the Quick Start program:

1. Access the trainer and begin striding.

   ■ If necessary, enter the Lockout ID to enable the trainer for operation (see "Lockout ID Processing").

2. Press the QUICK START key.

3. If desired, you can use the personal fan during your workout (see "Using the Personal Fan" for details).

4. You can adjust the difficulty LEVEL during the program, using either of the following methods.

   ■ Use the ⓪•••⑨ keys to enter a difficulty level (from 1 to 20). When the desired level has been entered, press the ⓄⓀ key to confirm the level.

   ■ Press the ⊞ or ⊟ key, as desired, to increase or decrease the difficulty LEVEL in 1 unit increments.

5. If you wish to pause the program, stop striding. The trainer enters pause mode and a "P" flashes in the TIME Window. Resume striding within 25 seconds to continue your workout.

6. When you have reached your workout goal, the trainer enters the Cooldown cycle (see "Cooldown Cycle" for details). If you wish to exit the program before you have reached your workout goal, stop striding and allow the Pause timer to expire. If you wish to skip the Cooldown cycle, press the ⓄⓀ key to view your workout summary.

PRESET PROGRAMS

The **STAR TRAC S-CTx CROSS TRAINER** offers 10 preset programs to add variety and challenge to your workout, including the ADVANCED WORKOUTS function that provides three cardio-intensive training programs, a Fitness Test, individual goal workouts and an auto-pilot program.

Pre-set programs include:

⬭ MANUAL	Allows the user to pre-program a time goal and user weight. Difficulty is determined by the user during the program.
⬭ BURN CALORIES	An intense 3-peak hike that allows the user to pre-program a time goal, user weight and maximum difficulty level (from 1 to 20).
⬭ INCREASE ENDURANCE	Allows the user to pre-program a time goal, user weight and maximum difficulty level (from 1 to 20). The program

begins at a difficulty level of 1, then increases linearly to the specified maximum difficulty level.

ADVANCED WORKOUTS Our ADVANCED WORKOUTS programs offer the user the ability to train in specific HR zones, to complete a Fitness Test, or to utilize other goal-oriented programs.

MANUAL PROGRAM

The MANUAL program allows the user to pre-program a time goal and user weight. Difficulty is determined by the user during the program.

To operate the MANUAL program:

1. Access the trainer and begin striding.

    ■   If necessary, enter the Lockout ID to enable the trainer for operation (see "Lockout ID Processing" for details).

2. Press the (MANUAL) key.

3. You are prompted to enter your weight. The trainer displays a default weight of 155 pounds (70 kg). You may enter any weight from 0 to 500 pounds (0 to 226 kg).

    ■   Use the (0)•••(9) keys to enter your current weight; or press the (+) or (-) key, as necessary, to increase or decrease the displayed weight in 1 pound (or 1 kg) increments.

    ■   When your correct weight has been entered, press the (OK) key to accept the displayed value.

4. You are prompted to enter a time goal.

   The default time is 99 minutes. You may enter any time from 1 to 99 minutes.

    ■   Use the (0)•••(9) keys to enter your desired time goal; or press the (+) or (-) key, as necessary, to increase or decrease the displayed value in 1 minute increments.

    ■   When your desired goal has been entered, press the (OK) key to accept the displayed value.

5. You are prompted to enter a difficulty LEVEL.

    ■   Use the (0)•••(9) keys to enter a difficulty level (from 1 to 20) or press the (+) or (-) key, as desired, to increase or decrease the difficulty LEVEL in 1 unit increments.

    ■   When the desired difficulty LEVEL has been entered, press the (OK) key to accept the displayed LEVEL.

6. If desired, you can use the personal fan during your workout (see "Using the Personal Fan" for details).

7. You can adjust the difficulty LEVEL during the program, using either of the following methods:

    ■   Use the (0)•••(9) keys to enter a difficulty level (from 1 to 20). When the desired level has been entered, press the (OK) key to confirm the difficulty level.

    ■   Press the (+) or (-) key, as desired, to increase or decrease the difficulty LEVEL in 1 unit increments.

8. If you wish to pause the program, stop striding. The trainer enters pause mode and a "P" flashes in the TIME Window. Resume striding within 25 seconds to continue your workout.

9. If desired, you can jump to another preset program if your remaining workout time is greater than 5 minutes.

    ■   To jump to another preset program, press the (BURN CALORIES) or (INCREASE ENDURANCE) key, as desired.

10. When you have reached your workout goal, the trainer enters the Cooldown cycle (see "Cooldown Cycle" for details). If you wish to exit the program before you have reached your workout goal, stop striding and allow the Pause timer to expire.

BURN CALORIES PROGRAM

The BURN CALORIES program provides an intense 3-peak hike that allows the user to pre-program a time goal, user weight and maximum difficulty level (from 1 to 20).

To operate the BURN CALORIES program:

1. Access the trainer and begin striding.

- If necessary, enter the Lockout ID to enable the trainer for operation (see "Lockout ID Processing" for details).

2. Press the (⊞ BURN CALORIES) key.

3. You are prompted to enter your weight. The trainer displays a default weight of 155 pounds (70 kg). You may enter any weight from 0 to 500 pounds (0 to 226 kg).

   - Use the (0)•••(9) keys to enter your current weight; or press the (+) or (–) key, as necessary, to increase or decrease the displayed weight in 1 pound (or 1 kg) increments.

   - When your correct weight has been entered, press the (OK) key to accept the displayed value.

4. You are prompted to enter a time goal.

   The default time is 99 minutes. You may enter any time from 1 to 99 minutes.

   - Use the (0)•••(9) keys to enter your desired time goal; or press the (+) or (–) key, as necessary, to increase or decrease the displayed value in 1 minute increments.

   - When your desired goal has been entered, press the (OK) key to accept the displayed value.

5. You are prompted to enter a maximum difficulty LEVEL.

   - Use the (0)•••(9) keys to enter a difficulty level (from 1 to 20) or press the (+) or (–) key, as desired, to increase or decrease the difficulty LEVEL in 1 unit increments.

   - When the desired difficulty LEVEL has been entered, press the (OK) key to accept the displayed LEVEL.

6. If desired, you can use the personal fan during your workout (see "Using the Personal Fan" for details).

7. You can adjust the difficulty LEVEL during the program, using either of the following methods:

   - Use the (0)•••(9) keys to enter a difficulty level (from 1 to 20). When the desired level has been entered, press the (OK) key to confirm the difficulty level.

   - Press the (+) or (–) key, as desired, to increase or decrease the difficulty LEVEL in 1 unit increments.

8. If you wish to pause the program, stop striding. The trainer enters pause mode and a "P" flashes in the TIME Window. Resume striding within 25 seconds to continue your workout.

9. If desired, you can jump to another preset program if your remaining workout time is greater than 5 minutes.

   - To jump to another preset program, press the (⊞ MANUAL) or (⊞ INCREASE ENDURANCE) key, as desired.

10. When you have reached your workout goal, the trainer enters the Cooldown cycle (see "Cooldown Cycle" for details). If you wish to exit the program before you have reached your workout goal, stop striding and allow the Pause timer to expire.

INCREASE ENDURANCE PROGRAM

The INCREASE ENDURANCE program allows the user to pre-program a time goal, user weight and maximum difficulty level (from 1 to 20). The program begins at a difficulty level of 1, then increases linearly to the specified maximum difficulty level.

To operate the INCREASE ENDURANCE program:

1. Access the trainer and begin striding

   - If necessary, enter the Lockout ID to enable the trainer for operation (see "Lockout ID Processing" for details).

2. Press the (⊞ INCREASE ENDURANCE) key.

3. You are prompted to enter your weight. The trainer displays a default weight of 155 pounds (70 kg). You may enter any weight from 0 to 500 pounds (0 to 226 kg).

   - Use the (0)•••(9) keys to enter your current weight; or press the (+) or (–) key, as necessary, to increase or decrease the displayed weight in 1 pound (or 1 kg) increments.

   - When your correct weight has been entered, press the (OK) key to accept the displayed value.

4. You are prompted to enter a time goal.

   The default time is 99 minutes. You may enter any time from 1 to 99 minutes.

- Use the $\boxed{0}\cdots\boxed{9}$ keys to enter your desired time goal; or press the $\boxed{+}$ or $\boxed{-}$ key, as necessary, to increase or decrease the displayed value in 1 minute increments.

- When your desired goal has been entered, press the $\boxed{\text{OK}}$ key to accept the displayed value.

5. You are prompted to enter a maximum difficulty LEVEL.

- Use the $\boxed{0}\cdots\boxed{9}$ keys to enter a difficulty level (from 1 to 20) or press the $\boxed{+}$ or $\boxed{-}$ key, as desired, to increase or decrease the difficulty LEVEL in 1 unit increments.

- When the desired difficulty LEVEL has been entered, press the $\boxed{\text{OK}}$ key to accept the displayed LEVEL.

6. If desired, you can use the personal fan during your workout (see "Using the Personal Fan" for details).

7. You can adjust the difficulty LEVEL during the program, using either of the following methods:

- Use the $\boxed{0}\cdots\boxed{9}$ keys to enter a difficulty level (from 1 to 20). When the desired level has been entered, press the $\boxed{\text{OK}}$ key to confirm the difficulty level.

- Press the $\boxed{+}$ or $\boxed{-}$ key, as desired, to increase or decrease the difficulty LEVEL in 1 unit increments.

8. If you wish to pause the program, stop striding. The trainer enters pause mode and a "P" flashes in the TIME Window. Resume striding within 25 seconds to continue your workout.

9. If desired, you can jump to another preset program if your remaining workout time is greater than 5 minutes.

- To jump to another preset program, press the $\boxed{\text{MANUAL}}$ or $\boxed{\text{BURN CALORIES}}$ key, as desired.

10. When you have reached your workout goal, the trainer enters the Cooldown cycle (see "Cooldown Cycle" for details). If you wish to exit the program before you have reached your workout goal, stop striding and allow the Pause timer to expire.

ADVANCED WORKOUTS PROGRAMS

The ADVANCED WORKOUTS programs include the HEART RATE TRAINING and BURN FAT programs, the FITNESS TEST program, GOAL WORKOUTS programs and the AUTO PILOT program. When using the HEART RATE TRAINING programs, use of the heart rate strap (rather than the heart rate grips) is recommended.

HEART RATE CONTROL PROGRAMS

ADVANCED WORKOUTS offers both a DYNAMIC HEART RATE CONTROL program and a CONSTANT HEART RATE CONTROL program, as well as the BURN FAT program.

NOTE: *For best results, use a heart rate strap. If user is wearing a heart rate strap, the trainer will automatically use the data from the heart rate strap.*

To operate the Constant Heart Rate Control program:

This heart rate feature is designed to maintain your heart rate at a constant level by controlling striding difficulty and prompting you to stride at a specified SPM. Please note that your heart rate may vary above and below your target heart rate during this program.

1. Access the trainer and begin striding.

- If necessary, enter the Lockout ID to enable the trainer for operation (see "Lockout ID Processing" for details).

2. Press the $\boxed{\text{ADVANCED WORKOUTS}}$ key.

3. You are prompted to select the desired ADVANCED WORKOUTS program. Press the $\boxed{1}$ key to select the HEART RATE TRAINING programs, then press the $\boxed{1}$ key when prompted to select CONSTANT HEART RATE CONTROL.

4. You are prompted to enter your weight. The trainer displays a default weight of 155 pounds (70 kg). You may enter any weight from 0 to 500 pounds (0 to 226 kg).

- Use the (0)•••(9) keys to enter your current weight; or press the [+] or [-] key, as necessary, to increase or decrease the displayed weight in 1 pound (or 1 kg) increments.

- When your correct weight has been entered, press the (OK) key to accept the displayed value.

5. You are prompted to enter a time goal. The trainer displays a default time of 99 minutes. You may enter any time from 1 to 99 minutes.

- Use the (0)•••(9) keys to enter your desired time goal; or press the [+] or [-] key, as necessary, to increase or decrease the displayed value in 1 minute increments.

- When your desired goal has been entered, press the (OK) key to accept the displayed value.

6. You are prompted to enter your age.

- Use the (0)•••(9) keys to enter your age, or press the [+] or [-] key, as necessary, to increase or decrease the displayed value in 1 year increments.

- When your correct age has been entered, press the (OK) key to accept the displayed value.

7. You are prompted to enter a target heart rate. The trainer displays a default target heart rate that is based on 70% of your theoretical maximum heart rate (220 BPM - age). You may enter any value from 70 to 200 BPM.

- Use the (0)•••(9) keys to enter your target heart rate, or press the [+] or [-] key, as desired, to increase or decrease the target heart rate in 1 BPM increments.

- When the desired target heart rate has been entered, press the (OK) key to accept the displayed value.

8. If desired, you can use the personal fan during your workout (see "Using the Personal Fan" for details).

9. If you wish to pause the program, stop striding. The trainer enters pause mode and a "P" flashes in the TIME Window. Resume striding within 25 seconds to continue your workout.

10. When you have reached your workout goal, the trainer enters the Cooldown cycle (see "Cooldown Cycle" for details). If you wish to exit the program before you have reached your workout goal, stop striding and allow the Pause timer to expire.

To operate the DYNAMIC HEART RATE CONTROL program:

This heart rate feature is designed to gradually elevate your heart rate to the upper end of your selected training range, then gradually decrease your heart rate to the lower end of your selected training range by dynamically controlling striding difficulty. During the workout, this cycle will repeat several times until the time goal is complete, creating an interval training effect that is customized to the user's desired heart rate training range.

During program setup, there must be at least an 18 BPM difference between the lower heart rate limit and upper heart rate limit to ensure an interval workout.

To calculate your training zone, use the following formulas:
(theoretical max HR = 220 - Age)

Heart Rate Training Range Upper Level

_____ x 0.75 = _____
Your Theoretical Max   Training Range Upper Limit

Heart Rate Training Range Lower Level

_____ x 0.60 = _____
Your Theoretical Max   Training Range Lower Limit

NOTE: *Calculating your theoretical maximum heart rate using age is an approximation. For more information, please contact a fitness professional or doctor.*

By including interval exercise in your regular aerobic program, greater effects are noticed. Your heart and muscles will adapt to the increases in demand by utilizing stored calories for energy more effectively. Dynamic Heart Rate Control may potentially result in more calories expended. It will strengthen the heart, provide stress relief and variety to a workout. This program is more effective in training the body to remove excess lactic acid from the muscles.

1. Access the trainer and begin striding.

- If necessary, enter the Lockout ID to enable the trainer for operation (see "Lockout ID Processing" for details).

2. Press the (ADVANCED WORKOUTS) key.

3. You are prompted to select the desired ADVANCED WORKOUTS program. Press the (1) key to select the HEART RATE TRAINING programs, then press the (2) key when prompted to select DYNAMIC HEART RATE CONTROL.

4. You are prompted to enter your weight. The trainer displays a default weight of 155 pounds (70 kg). You may enter any weight from 0 to 500 pounds (0 to 226 kg).

- Use the $(0)\cdots(9)$ keys to enter your current weight; or press the $+$ or $-$ key, as necessary, to increase or decrease the displayed weight in 1 pound (or 1 kg) increments.

- When your correct weight has been entered, press the (OK) key to accept the displayed value.

5. You are prompted to enter a time goal. The trainer displays a default time of 99 minutes. You may enter any time from 1 to 99 minutes.

- Use the $(0)\cdots(9)$ keys to enter your desired time goal; or press the $+$ or $-$ key, as necessary, to increase or decrease the displayed value in 1 minute increments.

- When your desired goal has been entered, press the (OK) key to accept the displayed value.

6. You are prompted to enter your age.

- Use the $(0)\cdots(9)$ keys to enter your age, or press the $+$ or $-$ key, as necessary, to increase or decrease the displayed value in 1 year increments.

- When your correct age has been entered, press the (OK) key to accept the displayed value.

7. You are prompted to enter an upper heart rate limit. The trainer displays a default upper heart rate limit that is based on 80% of your theoretical maximum heart rate (220 BPM - age). You may enter any value from 90 to 200 BPM.

- Use the $(0)\cdots(9)$ keys to enter an upper heart rate limit, or press the $+$ or $-$ key, as desired, to increase or decrease the heart rate limit in 1 BPM increments.

- When the desired upper heart rate limit has been entered, press the (OK) key to accept the displayed value.

8. You are prompted to enter a lower heart rate limit. The trainer displays a default lower heart rate limit that is based on 60% of your theoretical maximum heart rate (220 BPM - age). You many enter any value from 70 BPM to 20 BPM less than the upper heart rate limit set in step 7.

- Use the $(0)\cdots(9)$ keys to enter a lower heart rate limit, or press the $+$ or $-$ key, as desired, to increase or decrease the heart rate limit in 1 BPM increments.

- When the desired lower heart rate limit has been entered, press the (OK) key to accept the displayed value.

9. If desired, you can use the personal fan during your workout (see "Using the Personal Fan" for details).

10. If you wish to pause the program, stop striding. The trainer enters pause mode and a "P" flashes in the TIME Window. Resume striding within 25 seconds to continue your workout.

11. When you have reached your workout goal, the trainer enters the Cooldown cycle (see "Cooldown Cycle" for details). If you wish to exit the program before you have reached your workout goal, stop striding and allow the Pause timer to expire.

BURN FAT PROGRAM

The BURN FAT program is similar to the CONSTANT HEART RATE program. It is designed to maintain your heart rate at a constant level equal to 62.55% of your theoretical maximum heart rate (220 BPM – age) by controlling striding difficulty and prompting you to stride at a specified SPM. Please note that your heart rate may vary above and below the target heart rate during this program.

To operate the BURN FAT Control program:

1. Access the trainer and begin striding.

- If necessary, enter the Lockout ID to enable the trainer for operation (see "Lockout ID Processing" for details).

2. Press the (ADVANCED WORKOUTS) key.

3. You are prompted to select the desired ADVANCED WORKOUTS program. Press the (1) key to select the HEART RATE TRAINING programs, then press the (3) key when prompted to select the BURN FAT program.

4. You are prompted to enter your weight. The trainer displays a default weight of 155 pounds (70 kg). You may enter any weight from 0 to 500 pounds (0 to 226 kg).

- Use the $(0)\cdots(9)$ keys to enter your current weight; or press the $+$ or $-$ key, as necessary, to increase or decrease the displayed weight in 1 pound (or 1 kg) increments.

- When your correct weight has been entered, press the (OK) key to accept the displayed value.

5. You are prompted to enter a time goal. The trainer displays a default time of 99 minutes. You may enter any time from 1 to 99 minutes.

   - Use the (0)•••(9) keys to enter your desired time goal; or press the (+) or (-) key, as necessary, to increase or decrease the displayed value in 1 minute increments.

   - When your desired goal has been entered, press the (OK) key to accept the displayed value.

6. You are prompted to enter your age.

   - Use the (0)•••(9) keys to enter your age, or press the (+) or (-) key, as necessary, to increase or decrease the displayed value in 1 year increments.

   - When your correct age has been entered, press the (OK) key to accept the displayed value.

7. If desired, you can use the personal fan during your workout (see "Using the Personal Fan" for details).

8. If you wish to pause the program, stop striding. The trainer enters pause mode and a "P" flashes in the TIME Window. Resume striding within 25 seconds to continue your workout.

9. When you have reached your workout goal, the trainer enters the Cooldown cycle (see "Cooldown Cycle" for details). If you wish to exit the program before you have reached your workout goal, stop striding and allow the Pause timer to expire.

FITNESS TEST

The FITNESS TEST performs a single-stage, sub-maximal protocol, and calculates the results using the Astrand-Rhyming nomogram. The FITNESS TEST requires 6~7 minutes to complete. During the FITNESS TEST, you will be required to stride at a constant 60 strides per minute (SPM). You can view your SPM's in the SPM window on the Display Panel.

NOTE: *The test information is invalid if the SPM is not maintained at approximately 60 RPM.*

You are required to raise your heart rate between 120 and 170 BPM for minutes 5, 6 and 7 (optional minute determined by the program). If, during the test, your heart rate reading levels out increase the difficulty LEVEL, but DO NOT change the speed at which you are striding.

The Fitness Test utilizes age, gender, weight, workload output and HR to calculate two values:

- Max VO2 (in m/O2/Kg/min) - measurement of oxygen consumption, which is used to define aerobic fitness.

- Fitness Level - allows a user to track progress on a scale from 0% to 100%.

NOTE: *You must wear the heart rate strap during the Fitness Test to monitor your heart rate.*

To operate the Fitness Test program:

1. Access the trainer and begin striding.

   - If necessary, enter the Lockout ID to enable the trainer for operation (see "Lockout ID Processing" for details).

2. Press the (ADVANCED WORKOUTS) key.

3. You are prompted to select the desired ADVANCED WORKOUTS program. Press the (2) key when prompted to select the FITNESS TEST.

4. You are prompted to enter your weight. The trainer displays a default weight of 155 pounds (70 kg). You may enter any weight from 0 to 500 pounds (0 to 226 kg).

   - Use the (0)•••(9) keys to enter your current weight; or press the (+) or (-) key, as necessary, to increase or decrease the displayed weight in 1 pound (or 1 kg) increments.

   - When your correct weight has been entered, press the (OK) key to accept the displayed value.

5. You are prompted to enter your gender.

   - Press the (1) key to set the gender to "male", press the (2) key to set the gender to "female".

   - When your correct gender has been entered, press the (OK) key to accept the displayed value.

6. You are prompted to enter your age.

   ■ Use the ⓪•••⑨ keys to enter your age, or press the [+] or [−] key, as necessary, to increase or decrease the displayed value in 1 year increments.

   ■ When your correct age has been entered, press the ⓞⓚ key to accept the displayed value.

7. The FITNESS TEST runs for 6~7 minutes. During the FITNESS TEST, you must maintain striding speed at a constant 60 SPM.

   ■ During the test, you may adjust the difficulty LEVEL at any time.

8. If desired, you can use the personal cooling fan during your workout (see "Using the Cooling Fan" for details).

9. When the test is completed, the trainer enters the Cooldown cycle (see "Cooldown Cycle" for details). If you wish to exit the program before you have reached your workout goal, stop striding and allow the Pause timer to expire.

GOAL WORKOUTS

The GOAL WORKOUTS programs allow the user to set a personal program goal based either on calories expended or distance traveled.

To operate the CALORIE GOAL program:

1. Access the trainer and begin striding.

   ■ If necessary, enter the Lockout ID to enable the trainer for operation (see "Lockout ID Processing" for details).

2. Press the (ADVANCED WORKOUTS) key.

3. You are prompted to select the desired ADVANCED WORKOUTS program. Press the ③ key to select the GOAL WORKOUTS programs, then press the ① key when prompted to select the CALORIE GOAL program.

4. You are prompted to enter your weight. The trainer displays a default weight of 155 pounds (70 kg). You may enter any weight from 0 to 500 pounds (0 to 226 kg).

   ■ Use the ⓪•••⑨ keys to enter your current weight; or press the [+] or [−] key, as necessary, to increase or decrease the displayed weight in 1 pound (or 1 kg) increments.

   ■ When your correct weight has been entered, press the ⓞⓚ key to accept the displayed value.

5. You are prompted to enter your goal for calories expended. You may enter any calorie goal from 1 to 999 calories.

   ■ Use the ⓪•••⑨ keys to enter your calorie goal; or press the [+] or [−] key, as necessary, to increase or decrease the displayed calories in 1 calorie increments.

   ■ When your desired calorie goal has been entered, press the ⓞⓚ key to accept the displayed value.

6. If desired, you can use the personal fan during your workout (see "Using the Personal Fan" for details).

7. You can adjust the difficulty LEVEL during the program, using either of the following methods:

   ■ Use the ⓪•••⑨ keys to enter a difficulty level (from 1 to 20). When the desired level has been entered, press the ⓞⓚ key to confirm the difficulty level.

   ■ Press the [+] or [−] key, as desired, to increase or decrease the difficulty LEVEL in 1 unit increments.

8. If you wish to pause the program, stop striding. The trainer enters pause mode and a "P" flashes in the TIME Window. Resume striding within 25 seconds to continue your workout.

9. When you have reached your workout goal, the trainer enters the Cooldown cycle (see "Cooldown Cycle" for details). If you wish to exit the program before you have reached your workout goal, stop striding and allow the Pause timer to expire.

To operate the DISTANCE GOAL program:

1. Access the trainer and begin striding.

   ■ If necessary, enter the Lockout ID to enable the trainer for operation (see "Lockout ID Processing" for details).

2. Press the (ADVANCED WORKOUTS) key.

3. You are prompted to select the desired ADVANCED WORKOUTS program. Press the ③ key to select the GOAL WORKOUTS programs, then press the ② key when prompted to select the DISTANCE GOAL program.

4. You are prompted to enter your weight. The trainer displays a default weight of 155 pounds (70 kg). You may enter any weight from 0 to 500 pounds (0 to 226 kg).

   ■ Use the ⓪•••⑨ keys to enter your current weight; or press the ⊞ or ⊟ key, as necessary, to increase or decrease the displayed weight in 1 pound (or 1 kg) increments.

   ■ When your correct weight has been entered, press the ⓄⓀ key to accept the displayed value.

5. You are prompted to enter your goal for distance traveled. You may enter any distance goal from 1 to 999 miles (or kilometers).

   ■ Use the ⓪•••⑨ keys to enter your distance goal; or press the ⊞ or ⊟ key, as necessary, to increase or decrease the displayed distance in 1 mile (or kilometer) increments.

   ■ When your desired distance goal has been entered, press the ⓄⓀ key to accept the displayed value.

6. If desired, you can use the personal fan during your workout (see "Using the Personal Fan" for details).

7. You can adjust the difficulty LEVEL during the program, using either of the following methods:

   ■ Use the ⓪•••⑨ keys to enter a difficulty level (from 1 to 20). When the desired level has been entered, press the ⓄⓀ key to confirm the difficulty level.

   ■ Press the ⊞ or ⊟ key, as desired, to increase or decrease the difficulty LEVEL in 1 unit increments.

8. If you wish to pause the program, stop striding. The trainer enters pause mode and a "P" flashes in the TIME Window. Resume striding within 25 seconds to continue your workout.

9. When you have reached your workout goal, the trainer enters the Cooldown cycle (see "Cooldown Cycle" for details). If you wish to exit the program before you have reached your workout goal, stop striding and allow the Pause timer to expire.

AUTO PILOT PROGRAM

The Auto Pilot program allows the user to positively increase the level of difficulty by increasing striding speed (SPM's). No keys to press with this one!

To operate the Auto Pilot program:

1. Access the trainer and begin striding.

   ■ If necessary, enter the Lockout ID to enable the trainer for operation (see "Lockout ID Processing" for details).

2. Press the ⌗ADVANCED WORKOUTS key.

3. You are prompted to select the desired ADVANCED WORKOUTS program. Press the ④ key when prompted to select the AUTO PILOT program.

4. If desired, you can use the personal fan during your workout (see "Using the Personal Fan" for details).

5. You can increase the difficulty LEVEL during the program by increasing your striding speed. Decreasing your striding speed will lower the difficulty LEVEL.

6. If you wish to pause the program, stop striding. The trainer enters pause mode and a "P" flashes in the TIME Window. Resume striding within 25 seconds to continue your workout.

7. When you have reached your workout goal, the trainer enters the Cooldown cycle (see "Cooldown Cycle" for details). If you wish to exit the program before you have reached your workout goal, stop striding and allow the Pause timer to expire.

PREVENTATIVE MAINTENANCE

With durable, high performance components, **STAR TRACS-CTx CROSS TRAINER** is designed for heavy usage with minimal maintenance required. To keep your trainer in top condition, Star Trac strongly recommends performing the regular daily, weekly and monthly preventive maintenance routines outlined below. Any unusual symptoms, such as a loud continuous noise during operation, should be reported to **STAR TRAC PRODUCT SUPPORT DEPARTMENT** at (800) 503-1221, or USA 1-714-669-1660.

DAILY MAINTENANCE

- Remove excessive accumulations of dust, dirt, and other substances by using a clean, soft cloth and a non-abrasive liquid cleaner, such as Formula 409TM or FANTASTIK™. Wipe down the exterior of the display panel, upper body arms, pedals, shrouds and heart rate grips.

NOTE: *DO NOT spray the cleaner directly onto the display panel or heart rate grips.*

WEEKLY MAINTENANCE

Perform the following services each week:

- Vacuum the floor under and around the trainer. Move the trainer to another spot, if necessary, to vacuum thoroughly.

- Inspect the display panel mounting screws for security, and retighten if necessary.

- Inspect the display panel keypads for wear.

MONTHLY MAINTENANCE

Perform the following services each month, or as needed:

- Check that the pedals and shrouds are secure.

- Check the upper body arms for security. Tighten bolts as necessary.

- Check for smooth and quiet operation of all moving parts.

MANAGER / MAINTENANCE MODE

After using your **STAR TRACS-CTx CROSS TRAINER** for a period of time, you may wish to change some of its settings.

MANAGER MODE

The Manager Settings allow you to query and modify the basic settings of your trainer. To enter Manager Settings:

1. Press and hold the ⓪, ① and ⓞⓚ keys together.

2. A beep will sound and "MANAGER SETTINGS" will scroll once across the PROFILE Window.

3. Release all keys. "SN" will display in the PROFILE Window; the associated numeric value for the parameter will display in the DISTANCE Window.

NOTE: *The system will automatically exit Manager Settings if no key is pressed for 30 seconds.*

The following keys are used to modify MANAGER SETTINGS:

Increase and Decrease Level Keys: Display the next (Increase) and previous (Decrease) parameters. Keys will repeat if held.

Numeric Keypad: Facilitates entry of the desired value for the displayed parameter. These keys *do not* save the new value – see **OK Key** below.

OK Key: Updates (saves) the value of the displayed parameter in Flash memory. "UPDATING" will scroll once across the PROFILE Window while the update is in process. When the update is complete, the PROFILE Window will show the new value for the parameter.

NOTE: *To exit MANAGER SETTINGS without saving any values or settings, press the QUICK START key.*

NOTE: *Unless otherwise specified, the **Item** (parameter) name is shown in the PROFILE Window, and the value of the parameter is shown in the DISTANCE Window.*

The items that you may display and change with the previous keys are:

Item	Lowest Value	Highest Value	Default Value	Meaning
SN	0	9999	N/A	Serial Number.Cross Trainer serial number (set by factory).
DSW	1.0	99.99	N/A	Display Software. Display panel software version number (set by factory). **NOTE:** *Software checksum value is displayed in CALORIES Window.*
OHR	0	9999	0	Operating Hours. Total operating hours.
DST	0	9999	0	Distance. Total distance traveled in miles or kilometers, based on current UNx setting.
UNx	UNE	UNM	UNE	Units. UNE (English) = units of pounds, miles, feet, inches UNM (Metric) = units of kilograms, kilometers, centimeters **NOTE:** *Current Value is shown in PROFILE Window.*
TIM	5	99	99	Time. Maximum time in minutes allowed for a program, excluding warm-up and cooldown.
WGT	1 (lb) 1 (kg)	500 (lb) 226 (kg)	155 (lb) 70 (kg)	Default Weight (to user). Typical weight in lb (UNx = UNE) or kg (UNx = UNM).
Lxx	N/A	N/A	LEN	Language. Display language; either LEN (English), LGE (German), LSP (Spanish), LDU (Dutch), LPO (Portuguese), LFR (French), LIT (Italian), LSW (Swedish) or LKA (Katakana).
LOE	OFF	ON	OFF	Lockout Enable. Enables/disables lockout function.
LOI	001	999	001	Lockout ID. Lockout override identification number.

MAINTENANCE MODE

Your Service Representative may need to check accumulated data about the past usage of your trainer, test its display controls, or investigate error messages. For these reasons, your trainer is equipped with a Maintenance Mode. The Maintenance Mode includes all of the items available through Manager Mode, plus additional items for Service and Diagnostic use. To enter Maintenance Mode:

1. Press and hold the ⓪, ② and ⓞⓚ keys together.

2. A beep will sound and "MAINTENANCE SETTINGS" will scroll once across the PROFILE Window.

3. Release all keys. "SN" will display in the PROFILE Window; the associated numeric value for the parameter will display in the DISTANCE Window.

NOTE: *The system will automatically exit MAINTENANCE SETTINGS if no key is pressed for 30 seconds.*

The following keys are used to modify MAINTENANCE SETTINGS:

| + | − | **Increase and Decrease Level Keys:** Display the next (Increase) and previous (Decrease) parameters. Keys will repeat if held. |

| ⓪ ••• ⑨ | **Numeric Keypad:** Facilitates entry of the desired value for the displayed parameter. These keys *do not* save the new value – see **OK Key** below. |

| ⓞⓚ | **OK Key:** Updates (saves) the value of the displayed parameter in Flash memory. "UPDATING" will scroll once across the PROFILE Window while the update is in process. When the update is complete, the PROFILE Window will show the new value for the parameter. |

NOTE: *To exit MAINTENANCE SETTINGS without saving any values or settings, press the QUICK START key.*

NOTE: *Unless otherwise specified, the* **Item** *(parameter) name is shown in the PROFILE Window, and the value of the parameter is shown in the DISTANCE Window.*

The items that you may display and change with the previous keys are:

Item	Lowest Value	Highest Value	Default Value	Meaning
SN	0	9999	N/A	Serial Number.Cross Trainer serial number (set by factory).
DSW	1.0	99.99	N/A	Display Software. Display panel software version number (set by factory). *NOTE: Software checksum value is displayed in CALORIES Window.*
OHR	0	9999	0	Operating Hours. Total operating hours.
DST	0	9999	0	Distance. Total distance traveled in miles or kilometers, based on current UNx setting.
UNx	UNE	UNM	UNE	Units. UNE (English) = units of pounds, miles, feet, inches UNM (Metric) = units of kilograms, kilometers, centimeters *NOTE: Current Value is shown in PROFILE Window.*
TIM	5	99	99	Time. Maximum time in minutes allowed for a program, excluding warm-up and cooldown.
WGT	1 (lb) 1 (kg)	500 (lb) 226 (kg)	155 (lb) 70 (kg)	Default Weight (to user). Typical weight in lb (UNx = UNE) or kg (UNx = UNM).
Lxx	N/A	N/A	LEN	Language. Display language; either LEN (English), LGE (German), LSP (Spanish), LDU (Dutch), LPO (Portuguese), LFR (French), LIT (Italian), LSW (Swedish) or LKA (Katakana).
LOE	OFF	ON	OFF	Lockout Enable. Enables/disables lockout function.
LOI	001	999	001	Lockout ID. Lockout override identification number.

Item	Lowest Value	Highest Value	Default Value	Meaning
MDL	1	2	N/A	CT = 2-- CTx = 2CH
QKS	0	9999	0	Quick Start. Number of times the Quick Start program was run since last reset.
MNL	0	9999	0	Manual. Number of times the Manual program was run since last reset.
BRN	0	9999	0	Burn Calories. Number of times the Burn Calories program was run since last reset.
INC	0	9999	0	Increase Endurance. Number of times the Increase Endurance program was run since last reset.
CHR	0	9999	0	Constant Heart Rate. Number of times the Constant Heart Rate program was run since last reset.
DHR	0	9999	0	Dynamic Heart Rate. Number of times the Dynamic Heart Rate program was run since last reset.
BNF	0	9999	0	Burn Fat. Number of times the Burn Fat program was run since last reset.
FIT	0	9999	0	Fitness Test. Number of times the Fitness Test program was run since last reset.
CAL	0	9999	0	Calorie Goal. Number of times the Calorie Goal program was run since last reset.
DIS	0	9999	0	Distance Goal. Number of times the Distance Goal program was run since last reset.
AUT	0	9999	0	Auto Pilot. Number of times the Auto Pilot program was run since last reset.
KYD	0	9999	0	Key Down. The number of times a "Key Down" condition occurred since last reset.
DSP	N/A	N/A	N/A	Display Test. Access to integral Display Test function (for use by authorized Maintenance Technician).
KPT	N/A	N/A	N/A	Keypad Test. Access to integral Keypad Test function (for use by authorized Maintenance Technician).
HRT	N/A	N/A	N/A	Heart Rate Test. Access to integral Heart Rate Test function (for use by authorized Maintenance Technician).

TROUBLESHOOTING

STAR TRAC S-CTx CROSS TRAINER perform a self-test at the beginning of every workout. If a problem is detected, a message displays before or after the workout, depending on the nature of the problem. Star Trac recommends that you refer your questions about your *STAR TRAC S-CTx CROSS TRAINER* operation and suspected malfunctions to Star Trac's Service Hotline at (800) 503-1221, or USA 1-714-669-1660.

START-UP SERVICE MESSAGES

The following messages are displayed at the beginning of a workout if the associated problem is detected during self-test.

- **Key Down** - One or more keys on the display panel are stuck in the "on" position. This can occur if a user presses keys before the system is turned on. Call Star Trac Product Support for assistance if the **Key Down** message continues to display.

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REGULATORY INFORMATION

FCC AND OTHER DOMESTIC / INTERNATIONAL REGULATIONS

The S-CTx Cross Trainer has been test ed and found to comply with the limits for a Class B digital device, pursuant to Part 15 of FCC rules. Under the FCC guidelines, operation is subject to the following two guidelines: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

The Star Trac S-CTx generates and uses ra dio frequency energy. If the products are not installed and used in accordance with the instructions provided in the owner's manual, interference with radio communications may occur. Likewise, if unapproved accessories are installed, interference with radio communications may occur. The intent of the FCC Class B limit is to provide reasonable protection against harmful interference in a residential installation. However, there is no guarantee that interference may not occur in a specific installation. In the event that interference is experienced, turn off the unit to verify that it is in fact the source. If the interference clears with the unit off, then try each of the following measures and combinations thereof:

- Reorient or relocate the CT
- Reorient or relocate the receiving antenna of your television, radio, and / or VCR recorder.
- Connect the unit to a different power outlet. (if applicable)
- Consult Star Trac Support, your authorized dealer, or a qualified radio / television technician for assistance.

This product has been tested to meet the following standards:

- UL 1647 (Safety for Motor operated Message and Exercise Machines).
- CAN/CSA – E335-1/3E -94- Safety of household and Similar appliance

INTERNATIONAL REGULATIONS

- 89/336/ECC, Electromagnetic Compatibility
- 92/590/EEC, General Product Safety Directives
- 73/23/EEC, Electrical equipment Low Voltage Safety Directive

Under the Directive and in addition to Domestic standards, the product also has been tested to meet the following international standards:

EN 60355-1	Safety of the household and Similar Electrical appliance
EN957-1	Safety of Machinery
EN957-9	Elliptical Trainers, additional specific safety requirements
EN55022	Conducted and Radiated Emission Class B
EN61000-3-2	Harmonics Current Emission
EN61000-3-3	Flicker and Voltage Fluctuation
EN61000-4-3	Radiated Immunity/Conducted Immunity
EN61000-4-2	ESD
EN61000-6-1	EMC Generic Standards, Immunity for residential
EN61000-6-3	EMC Generic Standards, Immunity for industrial
EN61000-4-8	Power Freq. Immunity