CALIBRATE SCALE

The Calibrate Scale function allows for calibration of the treadmill's integral weight scale. This function requires a calibrated weight set or your known current weight. Additionally, your current weight must be at least 150 pounds. To enter the Calibrate Scale function:

1. While in the Maintenance Mode, press the ② key, as necessary, until "CALIBRATE SCALE" is shown in the information window.

2. The Information Window will display the Calibrate Scale menu: "1 = INPUT SPAN WEIGHT - 2 = CAL SPAN WEIGHT - 3 = CAL ZERO WEIGHT - 4 = VERIFY WEIGHT - PRESS STOP TO EXIT".

3. You may calibrate the weight scale using either your body weight, or the calibrated weight set. When calibrating the weight scale using your body weight, you must know your current body weight.

4. To calibrate the weight scale using your body weight:

   - Press the ① key. The Information Window will display the message "REF WEIGHT = 155", followed by the message "STEP ON WEIGHT PADS - PRESS OK TO BEGIN".

   - Stand on the weight scale. If your weight is other than 155 units (pounds or kilograms, as appropriate), press the 🏃⬆ or 🏃⬇ key, as necessary, to increase or decrease the reference weight value in 1 pound (or 1 kg) increments until your actual weight is displayed. (***IMPORTANT:*** You must know your current weight *to the pound*. If you don't know your current weight, you must weight yourself on a know accurate scale *prior to calibration*.)

   - When your correct weight has been entered, press the ENTER key and remain standing on the weight scale. The Information Window will display the message "CALIBRATING".

   - When calibration is complete, the Information Window will display the message "SPAN CAL = XXX", followed by the message "PRESS OK TO ACCEPT - PRESS STOP TO REJECT".

   - Press the ⊙ key to accept the displayed value. The Information Window will return to the Calibrate Scale menu. Proceed to step 6.

5. To calibrate the weight scale using the calibrated weight set:

   - Press the ② key. The Information Window will display the message "PLACE CAL WEIGHT ON WEIGHT PADS", followed by the message "PRESS OK TO BEGIN". (***IMPORTANT:*** DO NOT use free weights found in clubs for calibration. Weights used for calibration must be approved to the standards of the National Institue of Standards and Technology (NIST)).

   - Place the calibrated weights (125 lbs. per weight) on each foot pad, then press the ⊙ key. The Information Window will display the message "CALIBRATING".

   - When calibration is complete, the Information Window will display the message "WEIGHT ###", followed by the message "OK TO ACCEPT -STOP TO REJECT".

   - Press the ⊙ key to accept the displayed value. The Information Window will return to the Calibrate Scale menu. Proceed to step 6.

6. Press the ③ key. The Information Window will display the message "REMOVE WEIGHT ON WEIGHT PADS", followed by the message "PRESS OK TO BEGIN".

7. Remove the calibrated weights from the weight scale, then press the ⊙ key. The Information Window will display the message "CALIBRATING".

8. When calibration is complete, the Information Window will display the message "WEIGHT ###", followed by the message "OK TO ACCEPT -STOP TO REJECT".

9. Press the ⊙ key to accept the displayed value. The Information Window will return to the Calibrate Scale menu.

10. Press the ④ key. The Information Window will display the message "WEIGHT = 0". Stand on the weight scale and verify the Information Window displays your correct weight (±2 lbs). Step off the weight scale.

11. Place the calibrated weights on the weight scale and verify the Information Window displays 250 pounds, or, stand on the weight scale and verify the information window shows your correct weight.

12. Press the STOP key to exit the Calibrate Scale function.

SPEED CALIBRATION

The Speed Calibration function allows for calibration of the treadmill's speed function. To enter the Speed Calibration function:

1. While in the Maintenance Mode, press the ⑧ key.

2. The Information Window will display the message "ABC   D   E", where ABC is between "233" and "241" (representing digital elevation at zero level), D is "3" and E is "0".

3. Press the ⓒ MANUAL ⊙ key. The Information Window will display the message "CAL   3   0". The treadmill belt will begin moving as auto-calibration starts.

4. Verify the values in the Information Window changes as the treadmill speed reaches maximum (12.5 mph) and returns to zero. When calibration is complete, the Information Window will display the message "CAL   3   0".

5. Press the S⊤ОР key to exit the Speed Calibration function.

ELEVATION CALIBRATION

The Elevation Calibration function allows for calibration of the treadmill's elevation function. To enter the Elevation Calibration function:

1. While in the Maintenance Mode, press the ⑧ key.

2. The Information Window will display the message "AB   D   E", where AB is between "233" and "241" (representing digital elevation at zero level), D is "3" and E is "0".

3. Press the ⏏▽ key, as necessary, until the treadmill is at zero (0%) elevation. When minimum elevation is obtained, press and hold the ⓞ key until a "Z" is displayed in the Information Window next to the value in the "ABC" field; "236Z" for example.

4. Press the ⓒ ALPINE PASS ⊙ key to accept the displayed value as elevation zero. The "Z" will be removed from the Information Window display.

5. Press the ⏏△ key until the treadmill is at maximum (15%) elevation. The Information Window will display the message "ABC   D   E", where ABC is between "60" and "70" (representing digital elevation at maximum level), D is "3" and E is "0".

6. When maximum elevation is obtained, press and hold the ⓞ key until an "M" is displayed in the Information Window next to the value in the "ABC" field; "68M" for example.

7. Press the ⓒ ALPINE PASS ⊙ key to accept the displayed value as elevation maximum. The "Z" will be removed from the Information Window display.

8. Press the S⊤ОР key to exit the Elevation Calibration function.