




After having used your **STAR TRAC PRO / PRO S TREADMILL** for many workouts, you may wish to change some of its settings.

## MANAGER MODE

The Manager Mode allows you to query and modify the basic settings of your treadmill. To enter Manager Mode:

1. Press and *hold* the , , and START keys together.
2. Release the  key.
3. A beep will sound and “MANAGER MODE” will display momentarily in the Information Window.
4. Release the remaining keys. “UNITS” will display in the Information Window.

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

The following keys are available in MANAGER MODE:




**Incline Keys:** Displays the next and previous parameter, respectively. Keys will repeat if held.



**Speed Keys:** Adjust the value of the displayed parameter up and down, respectively, in increments of 1 unit or 0.01 unit, as appropriate for the parameter. These keys *do not* save the new value - see **Start Key** and **OK Key** below.



**Start Key:** Updates (saves) the value of the displayed parameter in Flash memory. Alternatively, the  key may be used (see below).



**OK Key:** Updates (saves) the value of the displayed parameter in Flash memory. Alternatively, the START key may be used (see above).



**Number/Program Select Keys:** Enter new data item values for numeric parameters.



**Stop Key:** Exits Manager Mode and restarts the treadmill greeting.

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

| Item         | Lowest Value | Default Value | Highest Value | Meaning  |
|--------------|--------------|---------------|---------------|--|
| UNITS        | -            | English       | -             | English = units of pounds, miles, hours, minutes, seconds, feet, inches;<br>Metric = units of kilograms, kilometers, hours, minutes, seconds, centimeters. |
| MINIMUM SPD* | 0.5/0.8      | 0.5/0.8       | 2.0/3.2       | Minimum speed in mph (UNITS=English), or km/hr (UNITS=Metric).   |
| MAXIMUM SPD* | 5.0/5.0      | 10.0/16.0     | 12.5/20.0     | Maximum speed in mph (UNITS=English), or km/hr (UNITS=Metric).   |
| ELEVATION    | -            | ON            | -             | ON=Elevation function enabled.<br>OFF=Elevation function disabled.   |
| TIME         | 5            | 99            | 99            | Maximum time in minutes allowed for program, including warm-up.  |
| OPER HOURS   | 0            | 0             | 65,535        | Total operating hours.   |
| DISTANCE     | 0            | 0             | 65,535        | Total treadmill miles (UNITS=English), or km (UNITS=Metric).   |
| WEIGHT       | 1            | 155/70        | 500/226       | Default (to user), typical weight in lb (UNITS=English), or kg (UNITS=Metric).   |
| SERIAL NO    | 0            | 0             | 65,535        | Treadmill serial number.   |
| LANGUAGE     | -            | English       | -             | Language in English, Dutch, French, German, Portuguese, Spanish, Swedish, Italian or Katakana.   |




| Item              | Lowest Value | Default Value | Highest Value | Meaning  |
|-------------------|--------------|---------------|---------------|--|
| ENTRY             | -            | Units         | -             | Speed entry: First character is UNITS, or TENTHS.                          |
| METS              | -            | OFF           | -             | ON=METS display enabled.<br>OFF=METS display disabled.                     |
| PAUSE             | 30           | 45            | 120           | Pause duration during a program, in seconds, either 30, 45, 60, 90 or 120. |
| SCALE**           | -            | OFF           | -             | ON=Treadmill weight scale enabled.<br>OFF=Treadmill weight scale disabled. |
| INFRA RED COM**   | -            | OFF           | -             | ON=IR communication enabled.<br>OFF=IR communication disabled.             |
| CSAFE**           | -            | OFF           | -             | ON=CSAFE communication enabled.<br>OFF=CSAFE communication disabled.       |
| FAN**             | -            | OFF           | -             | ON=Treadmill fan enabled.<br>OFF=Treadmill fan disabled.                   |
| AUTO STOP         | -            | OFF           | -             | ON=Auto stop feature enabled.<br>OFF=Auto stop feature disabled.           |
| ENTERTAINMENT     | -            | OFF           | -             | This feature is currently unavailable.                                     |
| ACCELERATION TIME | 25           | 25            | 60            | Time, in seconds, to reach maximum speed from 0 mph (0 km/hr).             |
| DECELERATION TIME | 20           | 20            | 60            | Time, in seconds, to reach 0 mph (0 km/hr) from maximum speed.             |
| LOCK OUT          | -            | OFF           | -             | ON=Treadmill lock out enabled.<br>OFF=Treadmill lock out disabled.         |
| LOCKOUT ID        | 10000        | 12345         | 65535         | Treadmill lockout ID.  |
| RAIL STOP         | -            | OFF           | -             | ON=Enables handrail stop switch.<br>OFF=Disables handrail stop switch.     |

\*When the MINIMUM SPD or MAXIMUM SPD parameters are changed, the Treadmill will perform an auto calibration. To terminate the auto calibration and return the parameter to its default setting, press the STOP key.

\*\*Available on Pro / Elite Treadmills only.

## MAINTENANCE MODE

Your Service Representative may need to check accumulated data about the past usage of your treadmill, test its motor and display controls, or investigate error messages. For these reasons, your treadmill is equipped with Maintenance Mode. 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 , , and START keys together.
2. Release the  key.
3. A beep will sound and “MAINTENANCE MODE” will display momentarily in the Information Window.
4. Release the remaining keys. “UNITS” will display in the Information Window.

The following keys are available in MAINTENANCE MODE:




**Incline Keys:** Displays the next and previous parameter, respectively. Keys will repeat if held.




**Speed Keys:** Adjust the value of the displayed parameter up and down, respectively, in increments of 1 unit or 0.01 unit, as appropriate for the parameter. These keys *do not* save the new value - see **Start Key** and **OK Key** below.



**Start Key:** Updates (saves) the value of the displayed parameter in Flash memory. Alternatively, the  key may be used (see below).



**Enter Key:** Updates (saves) the value of the displayed parameter in Flash memory. Alternatively, the  key may be used (see above).



**Number/Program Select Keys:** Enter new data item values for numeric parameters.



**Stop Key:** Exits Maintenance Settings Mode and restarts the treadmill greeting.

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

| Item              | Lowest Value | Default Value | Highest Value | Meaning  |
|-------------------|--------------|---------------|---------------|--|
| UNITS             | -            | English       | -             | English = units of pounds, miles, hours, minutes, seconds, feet, inches;<br>Metric = units of kilograms, kilometers, hours, minutes, seconds, centimeters. |
| MINIMUM SPEED     | 0.5/0.8      | 0.5/0.8       | 2.0/3.2       | Minimum speed in mph (UNITS=English), or km/hr (UNITS=Metric).   |
| MAXIMUM SPEED     | 5.0/5.0      | 10.0/16.0     | 12.5/20.0     | Maximum speed in mph (UNITS=English), or km/hr (UNITS=Metric).   |
| ELEVATION         | -            | ON            | -             | ON=Elevation function enabled.<br>OFF=Elevation function disabled.   |
| TIME              | 5            | 99            | 99            | Maximum time in minutes allowed for program, including warm-up.  |
| OPER HOURS        | 0            | 0             | 65,535        | Total operating hours.   |
| DISTANCE          | 0            | 0             | 65,535        | Total treadmill miles (UNITS=English), or km (UNITS=Metric).   |
| WEIGHT            | 0            | 155/70        | 500/226       | Default (to user), typical weight in lb (UNITS=English), or kg (UNITS=Metric).   |
| SERIAL NO         | 0            | 0             | 65,535        | Treadmill serial number.   |
| LANGUAGE          | -            | English       | -             | Language in English, Dutch, French, German, Portuguese, Spanish, Swedish, Italian or Katakana.   |
| ENTRY             | -            | Units         | -             | Speed entry: First character is UNITS, or TENTHS.  |
| HEART RATE        | -            | BOTH          | -             | POLAR=polar receiver only<br>CONTACT=hand contact only<br>BOTH=polar receiver and hand contact   |
| METS              | -            | OFF           | -             | ON=METS display enabled.<br>OFF=METS display disabled.   |
| PAUSE             | 30           | 45            | 120           | Pause duration during a program, in seconds, either 30, 45, 60, 90 or 120.   |
| SCALE**           | -            | OFF           | -             | ON=Treadmill weight scale enabled.<br>OFF=Treadmill weight scale disabled.   |
| INFRA RED - COM** | -            | OFF           | -             | ON=IR communication enabled.<br>OFF=IR communication disabled.   |
| CSAFE**           | -            | OFF           | -             | ON=CSAFE communication enabled.<br>OFF=CSAFE communication disabled.   |
| FAN**             | -            | OFF           | -             | ON=Treadmill fan enabled.<br>OFF=Treadmill fan disabled.   |
| AUTO STOP         | -            | OFF           | -             | ON=Auto stop feature enabled.<br>OFF=Auto stop feature disabled.   |
| ENTERTAINMENT     | -            | OFF           | -             | ON=Entertainment enabled.<br>OFF=Entertainment disabled.   |
| ACCELERATION TIME | 25           | 25            | 60            | Time, in seconds, to reach maximum speed from 0 mph (0 km/hr).   |

| Item              | Lowest Value | Default Value | Highest Value | Meaning   |
|-------------------|--------------|---------------|---------------|---|
| DECELERATION TIME | 20           | 20            | 60            | Time, in seconds, to reach 0 mph (0 km/hr) from maximum speed.  |
| LOCK OUT          | -            | OFF           | -             | ON=Treadmill lock out enabled.<br>OFF=Treadmill lock out disabled.  |
| LOCKOUT ID        | 10000        | 12345         | 65535         | Treadmill lockout ID.   |
| RAIL STOP         | -            | OFF           | -             | ON=Enables handrail stop switch.<br>OFF=Disables handrail stop switch.  |
| 10 REV            | 220          | 307           | 740           | Tenths of inches of running belt travel for 10 flywheel revolutions, always measured in tenths of inches. Nominal values are:<br><ul style="list-style-type: none"> <li>■ 1.6" pulley: 275</li> <li>■ 1.7" pulley: 291</li> <li>■ 1.8" pulley: 307</li> <li>■ 2.1" pulley: 358</li> </ul> |
| CNT/REV           | 31           | 31            | 125           | Number of counts for each motor shaft revolution. Values are:<br><ul style="list-style-type: none"> <li>■ RPM sensor at flywheel notches: 31</li> <li>■ RPM sensor at motor shaft optical disk: 125</li> </ul>  |
| MINIMUM PWM       | 4            | 60            | 110           | Pulse duty cycle to obtain the selected MN SPD. Divide MN PWM by 512 to get % duty cycle.   |
| 1/2 MAXIMUM       | 50           | 260           | 340           | Pulse duty cycle to obtain 1/2 maximum speed. Divide 1/2 MX by 512 to get % duty cycle.   |
| MAXIMUM PWM       | 172          | 460           | 511           | Pulse duty cycle to obtain the selected MX Spd. Divide MX PWM by 512 to get % duty cycle.   |
| PERSON DETECT 1   | 1            | 150           | 150           | NEED DESCRIPTION FOR THIS FUNCTION  |
| PERSON DETECT 2   | 1            | 150           | 150           | NEED DESCRIPTION FOR THIS FUNCTION  |
| PERSON DETECT 3   | 1            | 150           | 150           | NEED DESCRIPTION FOR THIS FUNCTION  |
| DATE              | 1.00         | 1.98          | 12.99         | Treadmill manufacture date.   |
| NO RAIL STOP      | 0            | 0             | 65,535        | Number of times Hand Rail Stop switch was down or disconnected on power-up since last reset.  |
| KEY DOWN          | 0            | 0             | 65,535        | Number of times key other than <b>5</b> or <b>8</b> was down on power-up since last reset.  |
| SPEED CHG         | 0            | 0             | 65,535        | Number of times speed changed suddenly more than 2 mph (UNITS=English) or 2 km/hr (UNITS=Metric) since last reset.  |
| ELEV STALL        | 0            | 0             | 65,535        | Number of times elevation failed to change (stalled) since last reset.  |
| ELEV RANGE        | 0            | 0             | 65,535        | Number of times elevation was out of range (not between 0% and 15%) at power-up since last reset.   |
| ELEV LOST         | 0            | 0             | 65,535        | After pressing START and reaching 0% reset, the number of times elevation went beyond 0% to 15%, since last reset.  |
| CHECK MOTOR SYS   | 0            | 0             | 65,535        | Number of times the motor system was inoperable.  |
| CHECK SPEED SYS   | 0            | 0             | 65,535        | Number of times the speed system was inoperable.  |
| ELEVATION ZERO    | 175          | 240           | 242           | Representation of voltage to elevation motor to obtain 0% elevation. Multiply ELEV ZERO by 0.019608 to get actual voltage.  |

| Item           | Lowest Value | Default Value | Highest Value | Meaning  |
|----------------|--------------|---------------|---------------|--|
| ELEVATION MAX  | 25           | 57            | 170           | Representation of voltage to elevation motor to obtain 15% (maximum) elevation (incline). Multiply ELEV MAX by 0.019608 to get actual voltage.<br>120 volt treadmill = 57<br>230 volt treadmill = 80 |
| LAST DECK      | 0            | 0             | 65,535        | Number of miles (UNITS=English), or km (UNITS=Metric) since the running deck was last serviced or replaced.  |
| LAST BELT      | 0            | 0             | 65,535        | Number of miles (UNITS=English) or km (UNITS=Metric) since the running belt was last replaced.   |
| LAST MOTOR     | 0            | 0             | 65,535        | Number of miles (UNITS=English), or km (UNITS=Metric) since the motor brushes were last serviced or replaced.  |
| CS AUTO STATUS | -            | OFF           | -             | ON=Automatic reporting of CSAFE state changes enabled.<br>OFF= ON=Automatic reporting of CSAFE state changes disabled.   |
| MODEL          | 0            | 1             | 255           | Model number used by CSAFE to distinguish between different models and equipment. Also enables and disables features depending on model.   |
| HR CALC TIME   | -            | -             | -             | Maximum time in seconds allowed for HR calculation.  |
| MANUAL         | 0            | 0             | 65,535        | Number of times the Manual program was run since last reset.   |
| FOREST WALK**  | 0            | 0             | 65,535        | Number of times the Forest Walk program was run since last reset.  |
| TRAIL**        | 0            | 0             | 65,535        | Number of times the Trail Blazer program was run since last reset.   |
| ALPINE PASS    | 0            | 0             | 65,535        | Number of times the Alpine Pass program was run since last reset.  |
| RANDOM***      | 0            | 0             | 65,535        | Number of times the Mystery Hike program was run since last reset.   |
| 5K LOOP        | 0            | 0             | 65,535        | Number of times the 5K Lake Loop program was run since last reset.   |
| 10K LOOP***    | 0            | 0             | 65,535        | Number of times the 10K Bay Run program was run since last reset.  |
| CUSTOM PALM**  | 0            | 0             | 65,535        | Number of times the Palm PC Custom program was run since last reset.   |
| DYNAMIC HR     | 0            | 0             | 65,535        | Number of times the Dynamic Heart Rate Control program was run since last reset.   |
| CONSTANT HR    | 0            | 0             | 65,535        | Number of times the Constant Heart Rate Control program was run since last reset.  |
| QUICK-START    | 0            | 0             | 65,535        | Number of time the Quick Start program was run since last reset.   |
| FITNESS TEST   | 0            | 0             | 65,535        | Number of times the Fitness Test program was run since last reset.   |
| FIREFIGHTER    | 0            | 0             | 65,535        | Number of times the Firefighter Test program was run since last reset.   |
| US ARMY TEST   | 0            | 0             | 65,535        | Number of times the Army 2 Mile Run program was run since last reset.  |
| USMC TEST      | 0            | 0             | 65,535        | Number of times the USMC 3 Mile Run program was run since last reset.  |
| USAF TEST      | 0            | 0             | 65,535        | Number of times the USAF 1.5 Mile Run program was run since last reset.  |
| NAVY TEST      | 0            | 0             | 65,535        | Number of times the Navy 1.5 Mile Run program was run since last reset.  |

\*When the MINIMUM SPEED or MAXIMUM SPEED parameters are changed, the Treadmill will perform an auto calibration. To terminate the auto calibration and return the parameter to its default setting, press the STOP key.

\*\*Available on Pro / Elite Treadmills only.

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