# Manager Mode
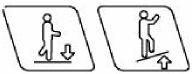
After having used you **Star Trac 4500 treadmill** for several workouts, you may wish to specially customize your treadmill by changing some of its settings.

**To engage Manager Mode:**

**1.** Press and hold the " 0 ", " 1 " & " START " keys together. While holding the " 0 " & " START " keys down, release the " 1 " key only.

**2.** The display will beep and display **Manager Mode** momentarily, then UNITS will be displayed.

Once the treadmill is in Manager Mode, you may use the following keys:

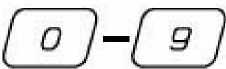INCLINE KEY: Displays the next or previous parameter.

SPEED KEYS: Allows the variable to be changed within the parameter.

ENTER KEY: Saves the value if changed in the EPROM (software).
Note: ENTER KEY must be pressed, for each value changed.

STOP KEY: Exists Manager Mode and restarts the treadmill with a "warm start."

0 – 9 KEYS: Enters new parameter values. If **UNITS** parameter is displayed, key **5** starts DISPLAY TEST and key **8** starts MOTOR TEST.

HEART KEY: When pressed will automatically display manufactures default value.
Note: ENTER KEY must be pressed, to save the default values if changed.

# Manager Mode

The following parameters may be changed using the previous keys:

| Parameters | Lowest Value | Highest Value | Option 1 | Option 2 | Default Value | Meaning |
|------------|--------------|---------------|----------|----------|---------------|---------|
| **UNITS** | --- | --- | English | Metric | English | English= units of lbs., miles, hours, minutes Metric= units of kg., km, hours, minutes. |
| **MN SPD** | 0.1 | 2.5 | English=0.5 | Metric=1.0 | 0.5 | Minimum speed in MPH or KM/HR |
| **MX SPD** | 5.0 | 20.0 | English=10.0 | Metric=20.0 | 10.0 | Maximum speed in MPH or KM/HR |
| **EL OPT** | --- | --- | ON | OFF | ON | Turns the elevation system ON or OFF. |
| **TIME** | 5 | 99 | | | 99 | Maximum time in minutes allowed for program, including warm-up/cool-down. |
| **OP HRS** | 0 | 0 | --- | --- | 6,553.5 | Total operating hours |
| **DIST** | 0 | 0 | --- | --- | 65,635 | Total treadmill miles (Units=English) or kilometers (Units=Metric) |
| **WEIGHT** | 0 | 399 | --- | --- | 155 | Defaults (to user), typical weight in lbs/kg depending on what setting (UNITS= English or Metric |
| **SER NO** | 0 | 0 | --- | --- | 65,535 | Treadmill serial number. |
| **LANG** | --- | --- | --- | --- | English | Language in English, Dutch, German, Portuguese, Spanish, Swedish, or Italian. |
| **ENTRY** | --- | --- | Units | Tenths | Units | This variable changes the starting speed in Units or Tenths |