

5 MANAGER CONFIGURATIONS

5.1 ENTERING AND USING THE MANAGER CONFIGURATION SETTINGS

Fitness facility managers and other authorized personnel can use the Manager Configurations feature to change default settings or to enable or disable certain workouts or displays on the Life Fitness exercise equipment. To access the console diagnostics to view version numbers and customize optional settings, users must be in the Select Workout Mode. Hold the COOL DOWN key while pressing the CLEAR key twice. Do not release the COOL DOWN key until "CODE VER-X.XX" is displayed. Use the ENTER key to advance through the settings. Use the CLEAR key to go back to the previous setting or exit the settings.

The following version numbers, for non-treadmill products, can be displayed: code version, console part number, GBC version (if available), Life Pulse version, CSafe version, and bootloader version.

MANAGER CONFIGURATION OPTIONAL SETTINGS: NON-TREADMILL PRODUCTS

Setting	Default Value	Description
MAX WORKOUT DURATION	60 MINUTES	This is the maximum possible duration for a workout. The value can range from 1 to 99.
SHUTDOWN TIME	DISABLED	Enables the LED screen backlight to be turned off due to inactivity. <i>(This setting is only available on units using external power.)</i>
PAUSE TIME	60 SECONDS	The amount of time the unit can be inactive before it reverts back to the workout summary. The range is between 1 and 99 minutes.
ENGLISH/METRIC UNITS	ENGLISH	This option determines the units used for entering weight and measuring distance.
WATTS DISPLAY ENABLE/ DISABLE	DISABLED	If this option is enabled, the MESSAGE CENTER displays the work rate in Watts.
METS DISPLAY ENABLE/ DISABLE	DISABLED	If this option is enabled, the MESSAGE CENTER displays the work rate in METs.
CAL/HR DISPLAY ENABLE/ DISABLE	DISABLED	If this option is enabled, the MESSAGE CENTER displays the rate of calories per hour burned for the current intensity.
USER LANGUAGE SELECT	ENGLISH	This option, if enabled, allows the user to choose a language before each workout. Choices include: English, German, French, Italian, Dutch, Portuguese, Spanish, and Turkish.
STATISTICS	N/A	Press any UP arrow key to display information including cumulative hours the equipment was used, the number of times specific workouts were started, and cumulative distance.
PHOTOSHOOT	N/A	This is the last option in Manager's Configuration. When this option is reached, the display static data simulating a screen capture of a workout in progress. Press the CLEAR key to exit this setting.

The following version numbers, for treadmills, can be displayed: console version, console software part number, motor controller version, Life Pulse version, CSafe version, and bootloader version.

MANAGER CONFIGURATION OPTIONAL SETTINGS: TREADMILL		
Setting	Default Value	Description
MAX WORKOUT DURATION	60 MINUTES	This is the maximum possible duration for a workout. The value can range from 1 to 99, unless Marathon Mode is enabled.
PAUSE TIME	60 SECONDS	The amount of time the unit can be inactive before it reverts back to the workout summary. The range is between 1 and 99 minutes.
ENGLISH/METRIC UNITS	ENGLISH	This option determines the units used for entering weight and measuring distance.
WATTS DISPLAY ENABLE/DISABLE	DISABLED	If this option is enabled, the MESSAGE CENTER displays the work rate in Watts.
METS DISPLAY ENABLE/DISABLE	DISABLED	If this option is enabled, the MESSAGE CENTER displays the work rate in METs.
CAL/HR DISPLAY ENABLE/DISABLE	DISABLED	If this option is enabled, the MESSAGE CENTER displays the rate of calories per hour burned for the current intensity.
USER LANGUAGE SELECT	ENGLISH	This option, if enabled, allows the user to choose a language before each workout. Choices include: English, German, French, Italian, Dutch, Portuguese, Spanish, and Turkish.
DEFAULT LANGUAGE SETUP	ENGLISH	Select a language as the default upon an exit from diagnostics. Press any of the UP arrow keys to scroll through the following choices (in order of appearance): English, German, French, Italian, Dutch, Portuguese, Spanish and Turkish. Pressing any of the DOWN arrow keys will show the languages in reverse order.
MAX SPEED	14 MPH	The maximum speed available to the users for the purpose of workout programming and execution.
MIN SPEED	0.5 MPH	The minimum speed available to the users for the purpose of workout programming and execution.
MAX INCLINE	15%	The maximum incline available to the users for the purpose of workout programming and execution.
MARATHON MODE	DISABLED	Enables/disables the constant run mode (allowing an unlimited workout duration).
STRIDE SENSOR	ENABLED	This feature automatically pauses the workout if the user steps off the belt.
ACCELERATION RATE	3	Set the acceleration rate.
DECELERATION RATE	3	Set the deceleration rate.
ACTIVITY ZONE 3-SPEED KEYS ON/OFF	ENABLED	Enables/disables the three speed keys (walk, jog, run) on the Activity Zone.
BELT NOTIFICATION	DISABLED	If enabled, this option will alert a fitness club manager if a belt notification exists.
TELEMETRY	ENABLED	This feature makes it possible to use the Polar-compatible Heart Rate Zone Training exercise chest strap for monitoring heart rate.
SYSTEM BEEPS	ENABLED	Enables/disables system beeps.
BELT/DECK INFO	N/A	Checks if notifications exist and how many events occurred. Use the arrow keys to view notifications.
STATISTICS	N/A	Press any UP arrow key to display information including cumulative hours and distance of both the belt and treadmill and the number of times specific workouts were started.
PHOTOSHOOT	N/A	This is the last option in Manager's Configuration. When this option is reached, the display shows static data simulating a screen caption of a workout in progress. Press the CLEAR key to exit this setting.