

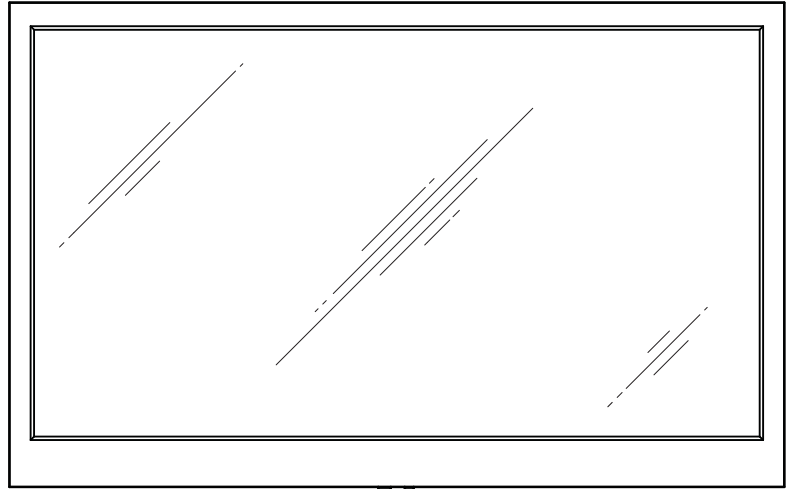
# FREEVISIONHD

Model No. FMTV74810-19.0

## USER'S MANUAL

### QUESTIONS?

If you have questions, or if parts are damaged or missing, please see **HOW TO CONTACT CUSTOMER CARE** on the back cover of this manual.



### CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

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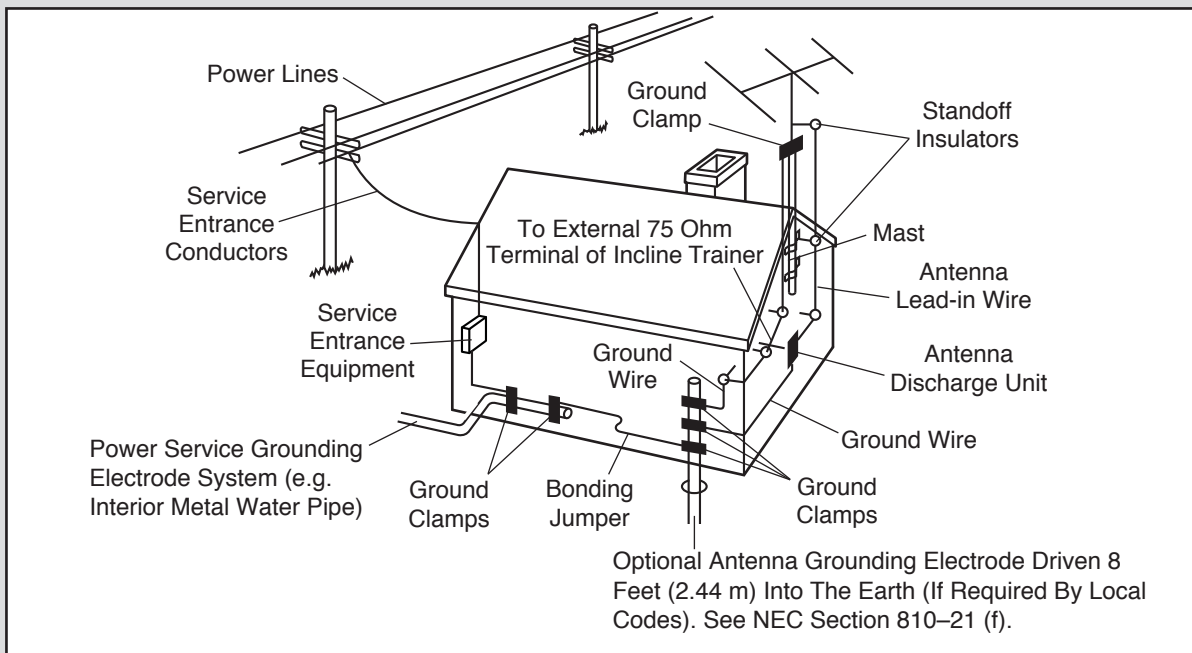
# TABLE OF CONTENTS

IMPORTANT PRECAUTIONS.....	3
ASSEMBLY.....	4
HOW TO CONNECT YOUR FITNESS EQUIPMENT.....	7
HOW TO CONNECT THE DIGITAL TV.....	8
HOW TO USE THE DIGITAL TV.....	9
MAINTENANCE AND TROUBLESHOOTING.....	14
HOW TO CONTACT CUSTOMER CARE.....	Back Cover

# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual before using the digital TV. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the digital TV are adequately informed of all warnings and precautions.
3. Use the digital TV only as described in this manual and in your fitness equipment user's manual.
4. Keep the digital TV indoors, away from moisture and dust. Do not place the digital TV in a garage or covered patio, or near water.
5. Keep children under age 13 and pets away from the digital TV at all times.
6. Never insert or drop any object into any opening.
7. To reduce the risk of electric shock, do not remove the cover or the back of the digital TV. There are no user serviceable parts inside. Refer servicing to qualified service personnel.
8. Upon completion of any service or repairs to the digital TV, ask the service technician to perform safety checks to confirm that the unit is in proper operating condition.
9. Note to the CATV system installer: This reminder is provided to call the CATV system installer's attention to Article 820-40 of the NEC that provides guidelines for proper grounding and, in particular, specifies that the cable ground shall be connected to the grounding system of the building, as close to the point of cable entry as practical.



**SAVE THESE INSTRUCTIONS**

# ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Extra hardware may be included.

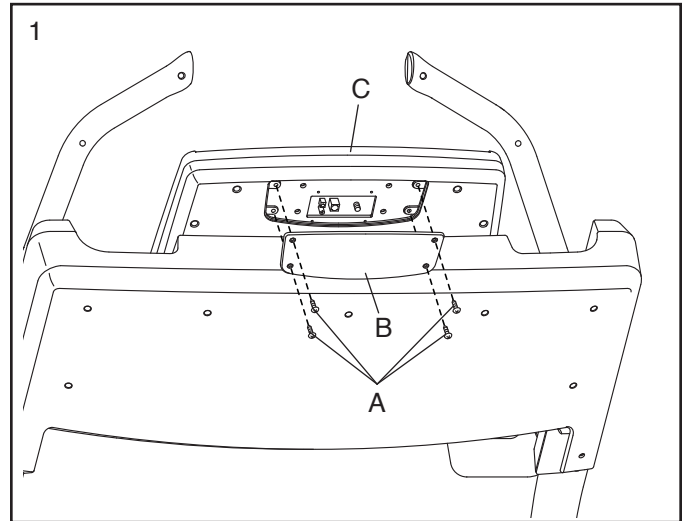
- Assembly requires the following tools:

one Phillips screwdriver 

one adjustable wrench 

To avoid damaging parts, do not use power tools.

1. Remove the four Screws (A) from the Console Back Cover (B), and remove the Console Back Cover from the back of the Console (C).

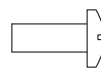
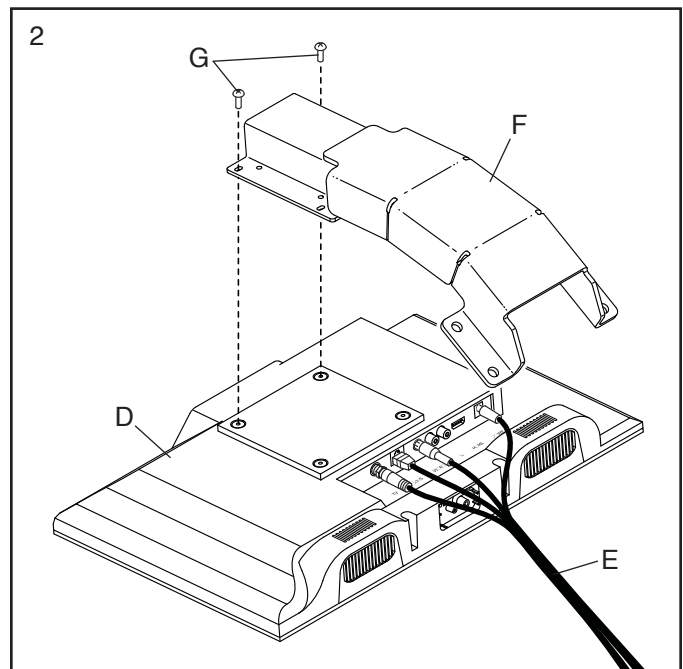


2. Set the Digital TV (D) face down on a soft surface to avoid scratching the TV.

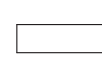
Connect the Wires (E) to the corresponding receptacles on the back of the TV (D) .

**See the inset drawing.** Identify the two M4 x 10mm Screws (G). **Do not use the slightly longer M4 x 12mm Screws (L) or #8 x 1/2" Screws (K) in this step.**

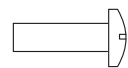
Attach the top of the TV Bracket (F) to the back of the TV (D) with the two M4 x 10mm Screws (G) in the locations shown.



M4 x 10mm  
Screw (G)–2

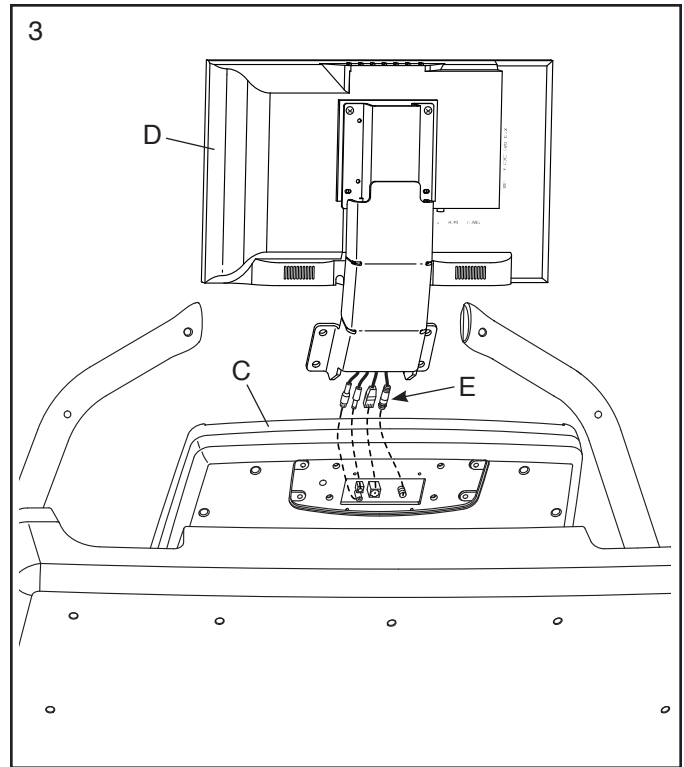


M4 x 12mm  
Screw (L)–2

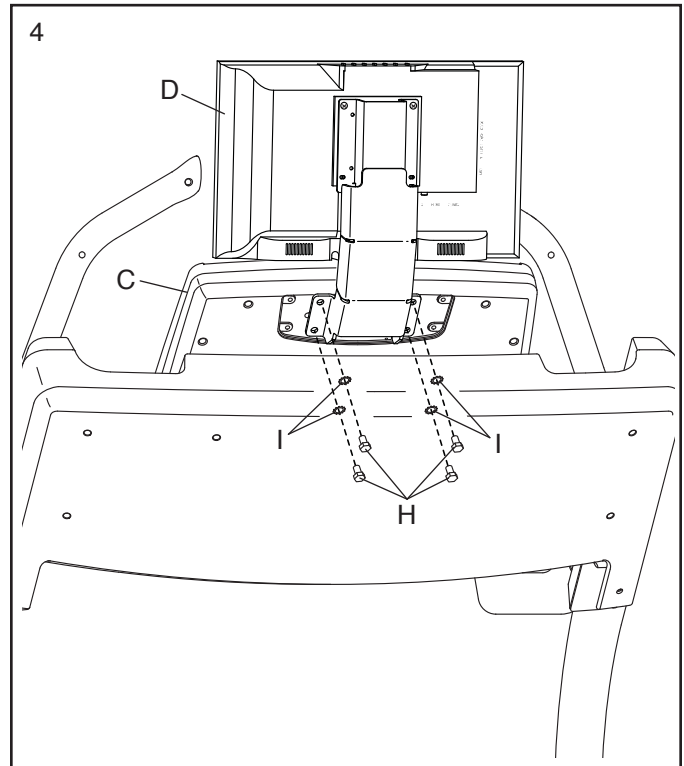


#8 x 1/2"  
Screw (K)–4

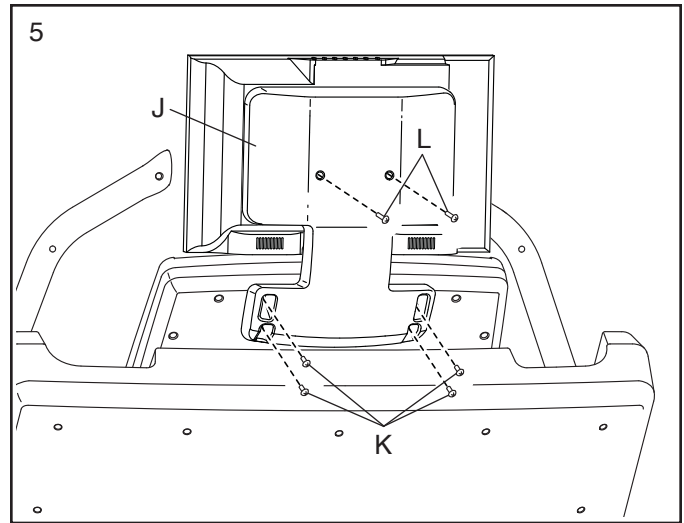
3. Hold the Digital TV (D) near the Console (C). Connect the Wires (E) from the TV to the corresponding receptacles on the back of the Console.



4. Attach the Digital TV (D) to the Console (C) with four 5/16" x 1" Screws (H) and four 5/16" Star Washers (I). **Be careful not to pinch any wires.**



5. Attach the TV Console Back (J) with the four #8 x 1/2" Screws (K) and two M4 x 12mm Screws (L) in the locations shown. **Start all six Screws before tightening them. Do not over-tighten the Screws.**



6. **Make sure that all parts are properly tightened before you use the digital TV.** If there is a sheet of plastic on the digital TV, remove the plastic. Note: Extra hardware may be included.

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# HOW TO CONNECT YOUR FITNESS EQUIPMENT

## CONNECT THE POWER CORD

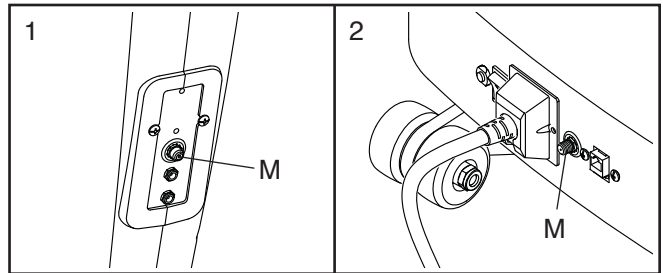
Before using your fitness equipment with the digital TV, make sure that the power cord is properly connected as described in your fitness equipment user's manual.

## HOW TO CONNECT A COAXIAL CABLE TO THE FITNESS EQUIPMENT

A coaxial cable must be connected to the fitness equipment for cable or over-the-air television stations to be viewed.

**If your fitness equipment is an elliptical or exercise bike, see drawing 1. If your fitness equipment is a treadmill, see drawing 2.**

Locate the coaxial cable terminal (M) on the frame of the fitness equipment. Connect the coaxial cable to the coaxial cable terminal. **Route the coaxial cable so that it will not be pinched or crushed by the fitness equipment.**



A satellite receiver, VCR, or DVD player can also be connected to the fitness equipment. Connect a coaxial cable from the coaxial output on your equipment (usually labeled TV OUT or RF OUT) to the coaxial cable terminal (M) on the frame of the fitness equipment.

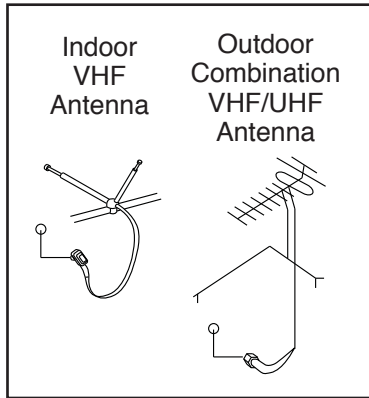
Note: Audio/video equipment without coaxial outputs may be able to be connected directly to the optional digital TV; the optional digital TV has a variety of input receptacles.

# HOW TO CONNECT THE DIGITAL TV

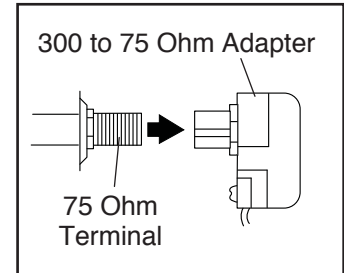
Before operating the digital TV, you must connect an antenna or a 75 ohm coaxial cable to the 75 ohm coaxial cable terminal, an AV cable to the audio/video input receptacles, or an HDMI cable to the HDMI input receptacle. Note: Use a coaxial cable to connect to an external source such as a cable box, satellite TV box, VCR, or analog cable. No coaxial cable, antenna, or adapter; AV cable; or HDMI cable is included.

## HOW TO CONNECT AN ANTENNA

Place an indoor VHF antenna or an outdoor combination VHF/UHF antenna in the desired location. Note: Outdoor antennas are subject to weathering that can reduce signal quality. Inspect your outdoor antenna and the lead-in wiring before connecting the antenna.



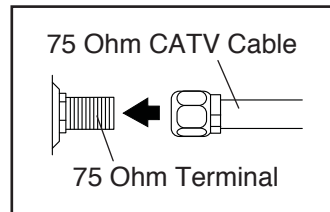
2. Push the 300 ohm to 75 ohm adapter onto the 75 ohm terminal on the fitness equipment frame near the power cord.



Note: Due to an FCC requirement, analog signals are no longer broadcast over the air in the United States as of June 12, 2009. If you wish to view television signals through an antenna, you must have an antenna capable of receiving digital signals. Cable television has not been affected.

## 75 Ohm Coaxial Cable

1. Connect the 75 ohm coaxial cable from the antenna to the 75 ohm terminal on the frame of the fitness equipment near the power adapter.

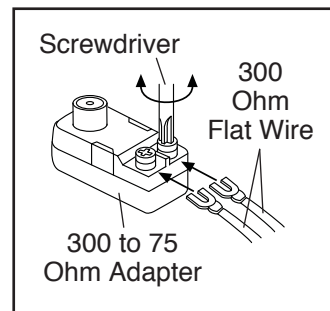


## HOW TO CONNECT AN EXTERNAL SOURCE USING A COAXIAL CABLE

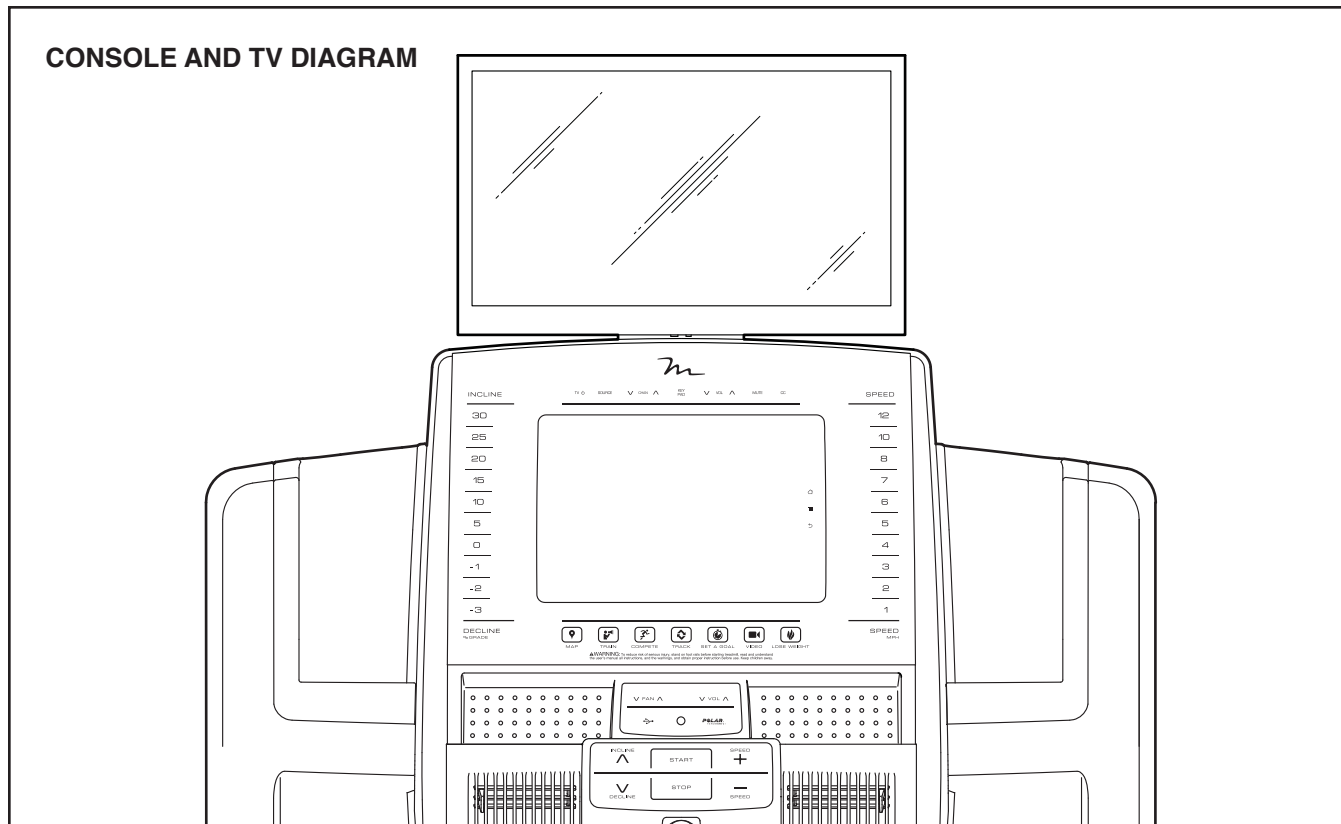
1. Connect one end of a 75 ohm coaxial cable to the 75 ohm output receptacle on your external source.
2. Plug in the power cord of your external source. See your external source user's manual for proper grounding instructions.
3. Connect the 75 ohm coaxial cable to the 75 ohm terminal on the fitness equipment frame near the power cord. See the drawing at the left.

## 300 Ohm Flat Wire

1. Connect the 300 ohm flat wire from the antenna to a 300 ohm to 75 ohm adapter.



# HOW TO USE THE DIGITAL TV



## FEATURES OF THE DIGITAL TV

The FREEVISION HD Digital TV allows you to watch your favorite TV shows or movies while you get in shape. The TV operates through your fitness equipment's console. To learn about the features of the console, see the user's manual that came with your fitness equipment. **Note: The buttons at the top of the console are for use with the TV or a remote TV.**

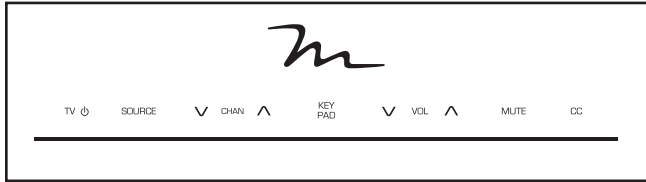
**To learn about how to operate the digital TV, see page 10. To use the entertainment mode, see page 11. To adjust the digital TV settings, see page 12.**

If there is a sheet of plastic on the screen of the digital TV, remove the plastic.

**IMPORTANT:** Before you can change channels on the digital TV, you must perform an Auto Scan (see step 5 on page 13).

## HOW TO OPERATE THE DIGITAL TV

The digital TV can be controlled using the control buttons located on your fitness equipment's console.



### 1. Turn on the digital TV.

To turn on the digital TV, touch the TV power button, which is the farthest left of the control buttons.

### 2. Select an audio input source.

To select an audio source, touch the Source button. Then, choose an audio source from the list. Select Wall of TV's for input from a remote TV connected to your fitness equipment, Personal TV for digital TV input, iPod for an iPod connected to your fitness equipment's console, or FM Radio for a radio tuner.

### 3. Select the desired channel.

Note: The digital TV can identify and store in memory all valid cable channels in your area (see step 6 on page 13). The Chan increase and decrease buttons will select only channels that are stored in memory. If a satellite TV box, VCR, or DVD player is connected, the channel must be changed on the satellite TV box, VCR, or DVD player.

To select the desired cable channel, touch the Chan increase and decrease buttons or the Key Pad button. Note: If you touch the Key Pad button, a ten-number button pad will appear on your console's touch screen. Touch the numbers for the desired cable channel.

When the buttons are touched, a graphic will appear on-screen to show which channel is selected.

### 4. Adjust the volume as desired.

Touch the Vol increase and decrease buttons to adjust the volume. When the buttons are touched, a graphic will appear on-screen to show which volume setting is selected.

### 5. Mute the digital TV if desired.

Touch the Mute button to turn off the digital TV's audio output. Touch the button again or adjust the volume to turn on the digital TV's audio output.

### 6. Use closed captioning.

If the TV show or movie you are watching features closed captioning, you can use this feature to display text to supplement the audio output. To view closed captioning on the digital TV, touch the CC button repeatedly (see step 4d on page 13 to adjust closed captioning settings).

### 7. When you are finished using the digital TV, turn it off.

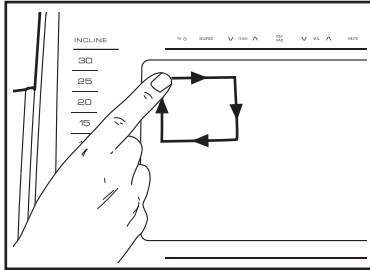
To turn off the digital TV, touch the TV power button.

## HOW TO USE THE ENTERTAINMENT MODE

Your fitness equipment's console features an entertainment mode that allows you to connect your console to other remote TVs in a fitness club setting, personalize settings for the digital TV, and access an on-screen remote control.

### 1. Access the settings main menu on your fitness equipment's console.

Insert the key into the console (see HOW TO TURN ON THE POWER in the console instructions of your fitness equipment's user's manual).



Next, select the main menu (see your user's manual). Then, draw a square clockwise on the console screen to access the settings main menu (see the drawing above).

### 2. Select the entertainment mode.

In the settings main menu, touch the Entertainment button to select the entertainment mode.

### 3. Set up the wall of screens receiver.

Touch the Wall of Screens button to view options for setting up the console to operate with a remote TV.

Touch the Default Settings button to select a default volume.

Touch the Custom Settings button to select customized channels. Select your transmitter type from the drop-down list. Then, select a channel. Touch the Add button to create multiple transmitter and/or channel settings.

Touch the Enable checkbox to turn the Wall of Screens settings on or off.

### 4. Select settings for the digital TV.

From the entertainment mode main menu, touch the Personal Settings button to customize settings for your personal digital TV.

Touch the Default Settings button to enter the default channel or the default volume.

Enter the default channel by touching the channel number on the keypad. Enter the default volume using the increase/decrease buttons.

Touch the Custom Settings button to select your TV type (Freemotion TV) or to access the on-screen remote control. **IMPORTANT:** You must use the on-screen remote control to adjust the digital TV settings (see page 12).

### 5. Exit the entertainment mode.

To exit the entertainment mode, touch the back button on the screen.

## TV CONNECTION SETTINGS

Note: The digital TV has been pre-configured to operate with ATSC, QAM, NTSC, or PAL SECAM broadcast formats. Compatibility may vary from country to country.

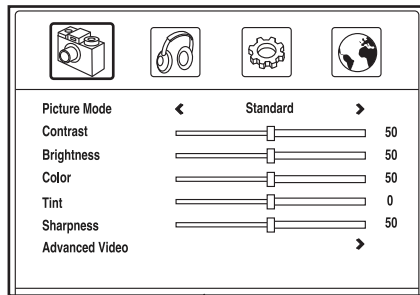
## HOW TO ADJUST THE DIGITAL TV SETTINGS

The digital TV has a menu that allows you to adjust and personalize digital TV settings. **IMPORTANT: You must use the on-screen remote control (see HOW TO USE THE ENTERTAINMENT MODE ON PAGE 11).**

Touch the Menu button on the on-screen remote control to enter, return to, or exit the main menu. Use the CH and Vol arrow buttons to navigate right and left or up and down in a menu. Touch the OK button to make a selection.

### 1. Touch the Menu button to enter the main menu.

To select one of the icons in the menu, touch the Vol arrow buttons until the desired icon is highlighted.



Select the camera icon to adjust the image settings. Select the headphones icon to adjust the audio settings. Select the gear icon to adjust digital TV settings. Select the globe icon to adjust the channel settings. To return to the main menu, touch the Menu button.

### 2. Adjust the image settings.

The camera icon menu allows you to adjust the Picture Mode, Contrast, Brightness, Color, Tint, Sharpness, and Color Mode of the digital TV display. Use the arrow buttons to navigate through the various settings and personalize the image settings.

Also, you can adjust advanced image settings in the Advanced Video submenu.

### 3. Adjust the audio settings.

The headphones icon menu allows you to adjust the Sound Mode, Bass, Treble, Balance, Surround, AVC, Digital Output, and Audio Language of the digital TV audio output. Use the arrow buttons to navigate through the various settings and personalize the audio settings.

### 4. Adjust the digital TV settings.

The gear icon menu allows you to set the Parental Controls, the Time settings, the Closed Caption settings, the Menu Settings, and to restore the digital TV to factory default settings.

- a. The Parental Controls submenu allows you to block or allow various settings on the digital TV. Note: You can access this menu only if TV is selected as the input source.

First, enter the Password, which is a 4-digit PIN. Note: The default password is 0000. Once the password has been entered, the Parental Controls submenu can be accessed.

Select Change Password to change the Lock menu password. Enter the new password twice as indicated. You will now have to enter the new password to enter the Lock menu. **IMPORTANT:** Make sure to record the password. If you forget the password, you will not be able to access locked programs or menus. To reset the password and restore the TV to default settings, see step 4e on page 13.

Select System Lock and turn it on to adjust parental lock settings.

Select US or Canada to control which TV and movie ratings are blocked or allowed. Note: The lock icon will indicate whether a rating has been blocked or allowed. You will need to enter the password to watch blocked programs.

- b. The Time submenu allows you to set a Sleep Timer, adjust the Time Zone, and turn Daylight Saving Time on or off. Adjust the Sleep Timer to set how long the TV will wait before it automatically shuts off. Adjust the Time Zone to match your local time.
- c. In the Menu Settings submenu, adjust the menu Transparency level or select Menu Language to change the language used in the menus.

- d. To enter the closed caption submenu, highlight Closed Caption and touch the OK button. In the closed caption submenu, turn the CC Mode on or off, adjust the Basic Selection and/or Advanced Selection, and enter the Option submenu. In the Option submenu, you can adjust the appearance of the closed captioning text.
- e. To restore the TV to factory default settings, highlight Restore Default and touch the OK button. **IMPORTANT:** All of your favorite channels, labels, and personal adjustments will be erased.

**5. Run the Auto Scan process to scan through the available channels.**

- a. Touch the menu button on the TV to access the main menu.
- b. Touch the CH+ button to access the channel menu.
- c. Touch the VOL+ button to scroll over different channel settings.
- d. Touch VOL+ repeatedly until the Air/Cable option is set to Cable.
- e. Touch CH- to highlight Auto Scan, and touch VOL+ to save the selection.
- f. Touch CH- to highlight Start to Scan, and touch VOL+ to start the auto scan.

The digital TV will begin scanning all of the channels available in your area. When no signal is detected on a channel, the channel will be skipped. When a signal is detected, the channel will be saved into memory and the next channel will be selected. This process will continue until the highest channel number is reached. The TV will renumber the channels in the order in which it locates them. Note: It will take several minutes for the auto scan to complete. **Do not turn off the power while the TV is scanning channels.** Note: If a TV channel disappears, scan for channels again.

**6. Adjust the channel settings.**

The globe icon menu allows you to select between antenna or cable input, save channels in the digital TV memory, and select settings for channels. Note: You can access this menu only if TV is selected as the input source.

Select Favorite to view a list of channels saved in the TV memory. Highlight a channel in the list and touch OK to add the channel to your favorite channels list.

Select Show/Hide to view a list of channels saved in the TV memory. Highlight a channel and touch OK to have the TV no longer show that channel.

Select Channel No. to scroll through a list of channels saved in the TV memory.

Select Channel Label and touch the right Vol arrow button to edit the currently selected channel's name. Edit each letter in the name using the CH and Vol arrow buttons.

**7. Exit the menu.**

When you have finished adjusting the settings, touch the Menu button.

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# MAINTENANCE AND TROUBLESHOOTING

**Most digital TV problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, see the back cover of this manual.**

**SYMPTOM: The digital TV is not receiving a signal**

- a. Make sure that the correct input source is selected. See page 10 to select an input source.
- b. Make sure that the coaxial cable is connected securely to your fitness equipment. See page 8 to connect a coaxial cable to your fitness equipment.
- c. Scan for cable or over-the-air signals. See step 5 on page 13 to scan for signals.
- d. Due to an FCC requirement, analog signals are no longer broadcast over the air in the United States as of June 12, 2009. If you wish to view television signals through an antenna, you must have an antenna capable of receiving digital signals. Cable television has not been affected.

**SYMPTOM: The volume cannot be turned up**

- a. Note: The digital TV and your fitness equipment console do not have speakers. You must use headphones to hear audio output from the TV or console.
- b. If there is no sound coming from the digital TV through your headphones, make sure that the TV audio output is not muted.

**SYMPTOM: Digital TV reception is poor**

- a. Make sure that the digital TV settings are set correctly. See HOW TO ADJUST THE DIGITAL TV SETTINGS on page 12.
- b. For the digital TV to operate properly, good reception is necessary. If you are using an antenna, make sure that it is properly connected and adjusted for optimal reception. See HOW TO CONNECT AN ANTENNA on page 8.

- c. Check for the problems listed below and follow the applicable instructions:
  - Ignition (black spots or horizontal streaks that appear or a picture that flutters or drifts)—Usually this is caused by interference from automobile ignition systems, neon lamps, electric drifts, or other electric appliances. Try changing the position of your fitness equipment or other electric appliances to correct the problem.
  - Ghosts—Ghosts are caused by the TV signal following two paths—one is the direct path and the other is reflected from tall buildings, hills, or other objects. Change the direction or position of the antenna to improve reception.
  - Blue Screen—If your fitness equipment is located in the fringe area of a TV station where the signal is weak, the picture may be of poor quality or a blue screen may appear. If the signal is weak, it may be necessary to install an external antenna to improve the picture.
  - Fading—If blocks of the picture are missing, the picture moves around the screen, or the picture disappears, the signal may be weak. Change the direction or position of the antenna to improve reception. Make sure the digital TV settings are set correctly (see HOW TO ADJUST DIGITAL TV SETTINGS on page 12). Do not use a splitter.

Note: If one of these problems appears when a cable from a cable television provider is connected, the problem may be caused by the cable television provider.

**SYMPTOM: The digital TV needs to be cleaned**

- a. **UNPLUG THE POWER CORD.** To clean the digital TV, wipe the TV and screen using a soft cloth with a small amount of soft detergent. Do not use a polishing cloth, solvent, or any type of propellant or chemical detergent such as alcohol or benzene.

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# NOTES

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# HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, or if you require assistance, please contact Customer Care at one of the phone numbers or addresses listed below. **Please note the model number, serial number, and name of the product (see the front cover of this manual) before contacting Customer Care.**

## **In the United States**

Call: 1-800-201-2109, Mon.–Fri. 6 a.m.–6 p.m. MT

Email: [customercare@freemotionfitness.com](mailto:customercare@freemotionfitness.com)

Write:

FreeMotion Fitness  
1500 South 1000 West  
Logan, UT 84321-9813  
United States

## **Outside the United States**

Call: 001-800-527-5417 or 001-435-786-3521,

Mon.–Fri. 6 a.m.–3 p.m. USA Mountain Time

Email: [intlcustomercare@freemotionfitness.com](mailto:intlcustomercare@freemotionfitness.com)