

FREEMOTION[®]

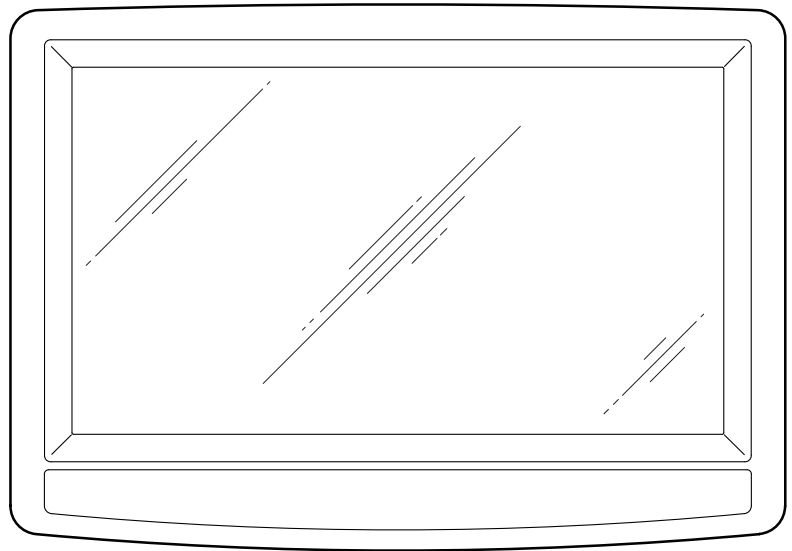
PERSONAL TV

Model No. FMTV74817-16.0

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.

USER'S MANUAL



CAUTION

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

freemotionfitness.com

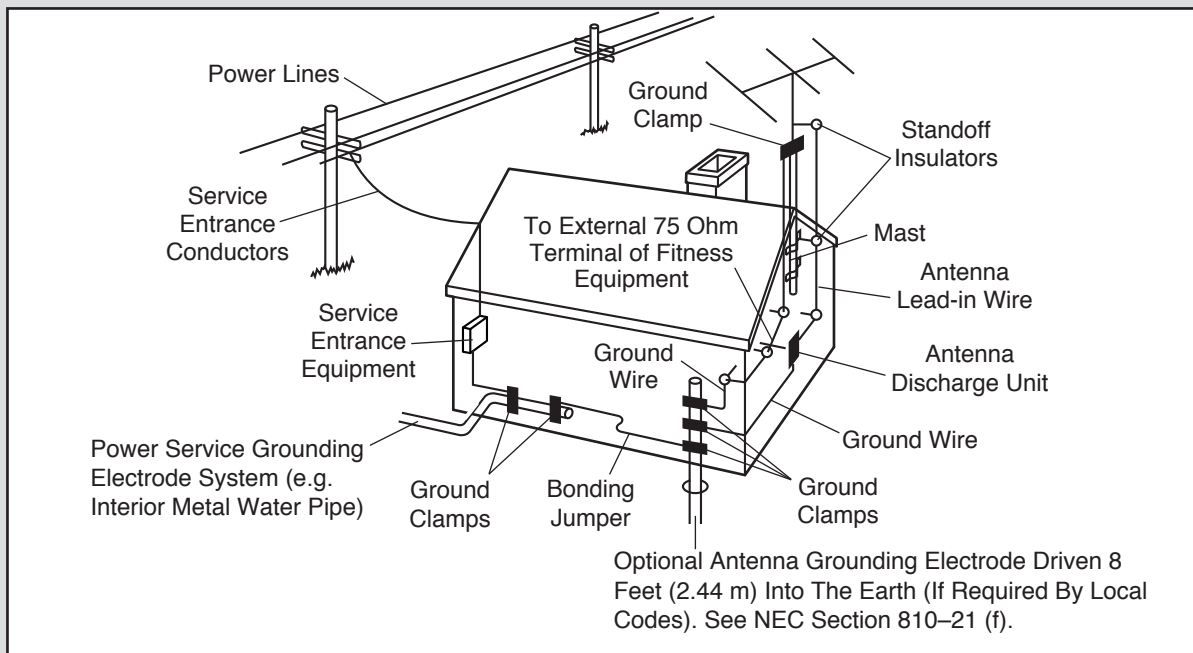
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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual before using the personal 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 personal TV are adequately informed of all warnings and precautions.
3. Use the personal TV only as described in this manual and in your fitness equipment user's manual.
4. Keep the personal TV indoors, away from moisture and dust. Do not place the personal TV in a garage or covered patio, or near water.
5. Keep children under age 13 and pets away from the personal 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 personal TV. There are no user serviceable parts inside. Refer servicing to qualified service personnel.
8. Upon completion of any service or repairs to the personal 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.

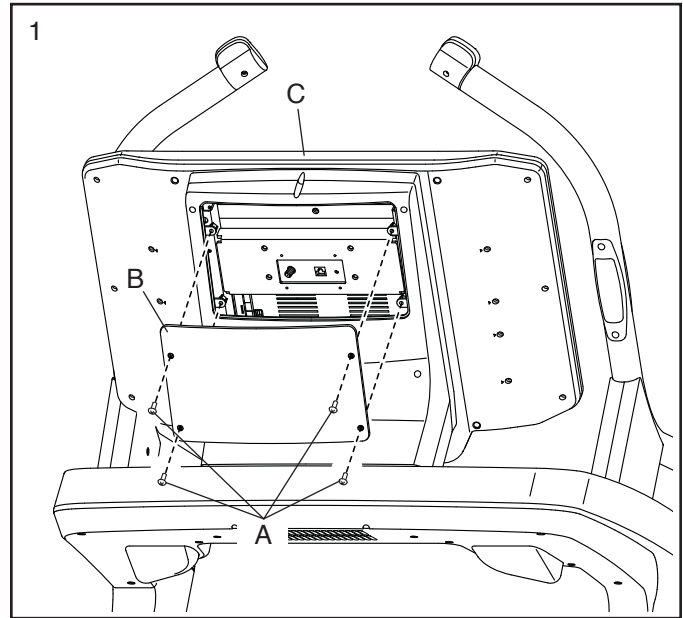
- Assembly requires the following tools:

one Phillips screwdriver



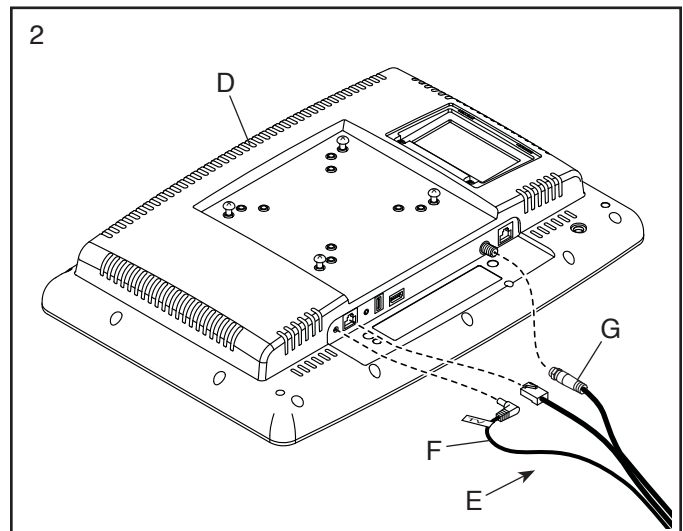
To avoid damaging parts, do not use power tools.

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

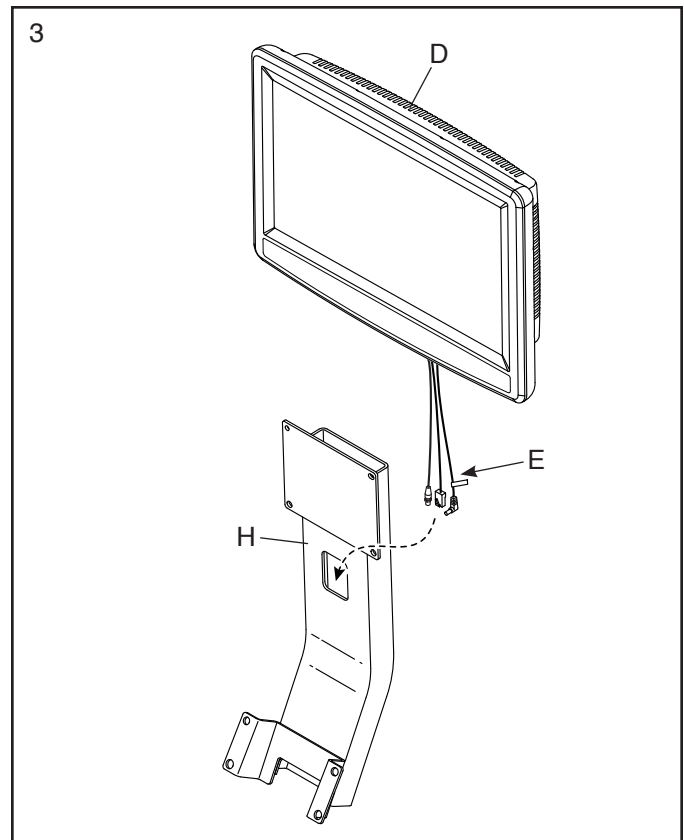


2. Set the TV (D) face down on a soft surface to avoid scratching the TV.

Connect the Wires (E) to the corresponding receptacles on the back of the TV (D). **Note:** Make sure to connect the end of the Power Wire (F) labeled “TV” to the TV. Do not over-tighten the Coaxial Cable (G).



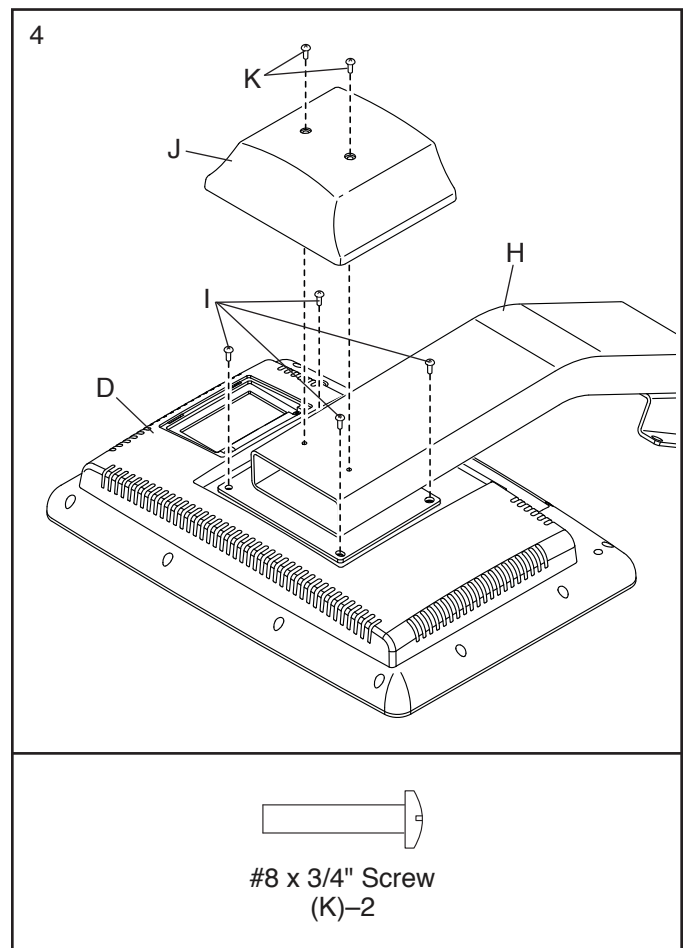
3. Insert the Wires (E) from the TV (D) down through the hole in the TV Bracket (H) as shown.



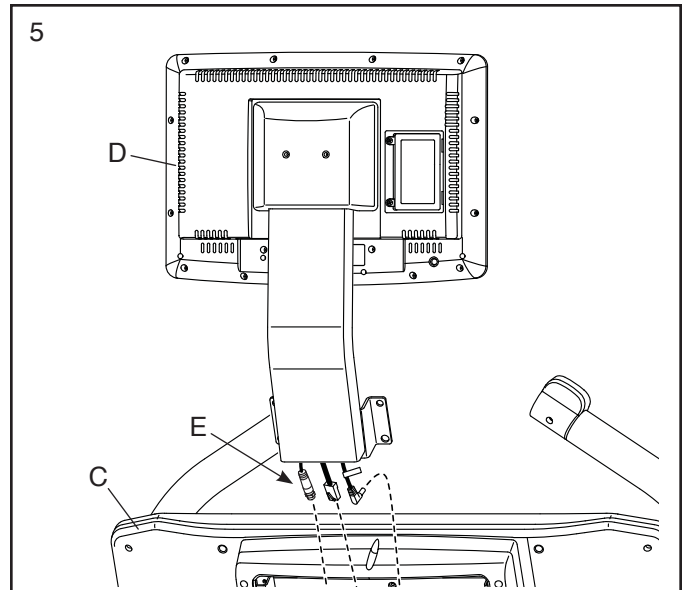
4. Set the TV (D) face down on a soft surface to avoid scratching the TV. Remove the four M5 Screws (I) from the back of the TV.

Next, attach the top of the TV Bracket (H) to the back of the TV (D) with the four M5 Screws (I) that you just removed.

Then, attach the Upper TV Bracket Cover (J) with two #8 x 3/4" Screws (K); **start both Screws, and then tighten them. Be careful not to overtighten the Screws.**

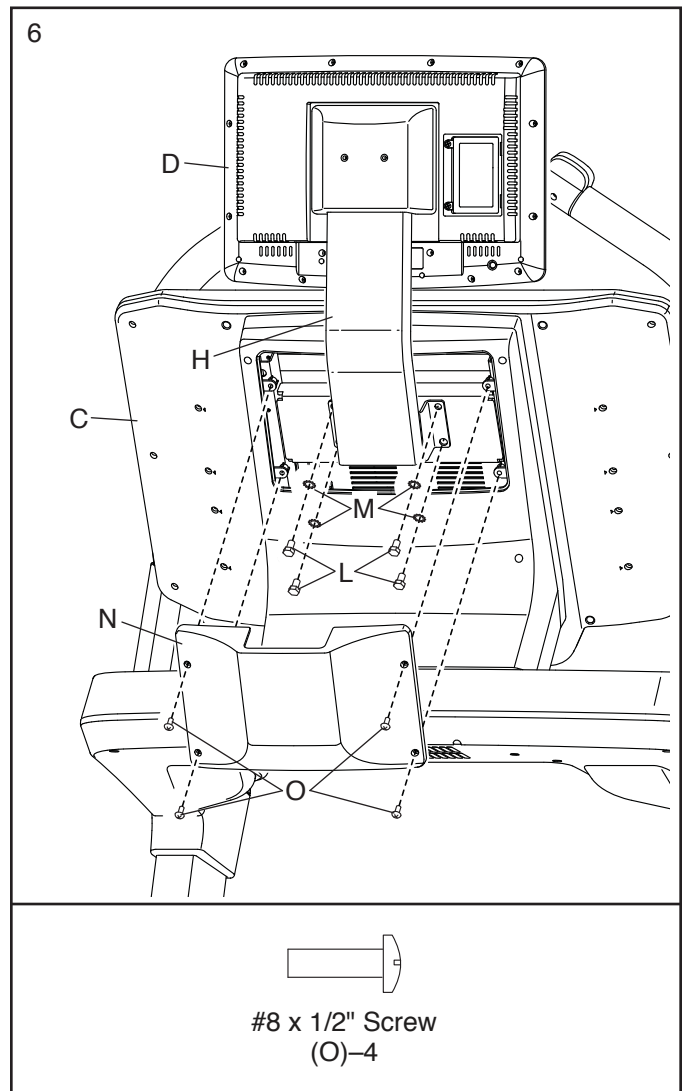


5. Hold the TV (D) near the Console (C). Connect the Wires (E) to the corresponding receptacles on the back of the Console.



6. Attach the TV assembly (D) to the Console (C) with four 5/16" x 1" Screws (L) and four 5/16" Star Washers (M); **start all four Screws, and then tighten them. Do not pinch the wires.** Insert the excess wires into the TV Bracket (H).

Then, attach the lower TV Bracket Cover (N) with four #8 x 1/2" Screws (O); **start all four Screws, and then tighten them. Do not over-tighten the Screws.**



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

HOW TO CONNECT YOUR FITNESS EQUIPMENT

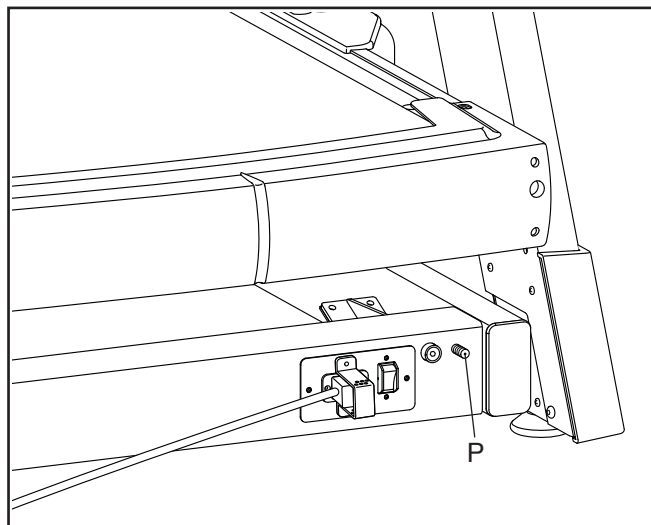
CONNECT THE POWER CORD

Before using your fitness equipment with the personal 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.

Locate the coaxial cable terminal (P) at the front 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 fitness equipment (usually labeled TV OUT or RF OUT) to the coaxial cable terminal (P) on the frame of the fitness equipment.

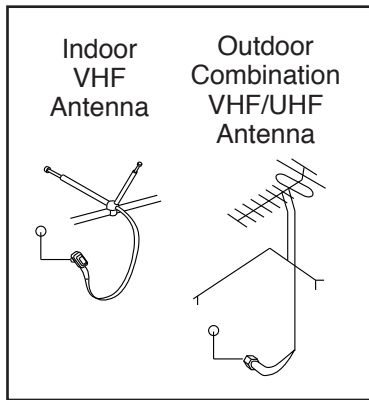
Note: Audio/video equipment without coaxial outputs may be able to be connected directly to the optional personal TV; the optional personal TV has a variety of input receptacles.

HOW TO CONNECT THE PERSONAL TV

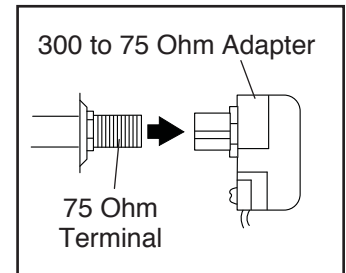
Before operating the personal TV, you must connect an antenna or a 75 ohm coaxial cable to the 75 ohm coaxial cable terminal, an AV cable to the audio/video input receptacles, or an HDMI cable to the HDMI input receptacle. Note: Use a coaxial cable to connect to an external source such as a cable box, 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.



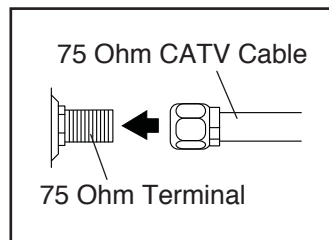
2. Push the 300 ohm to 75 ohm adapter onto the 75 ohm terminal on the fitness equipment frame near the power cord.



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.

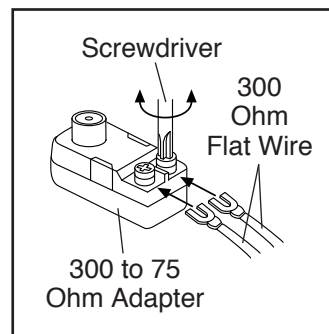
75 Ohm Coaxial Cable

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.



300 Ohm Flat Wire

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

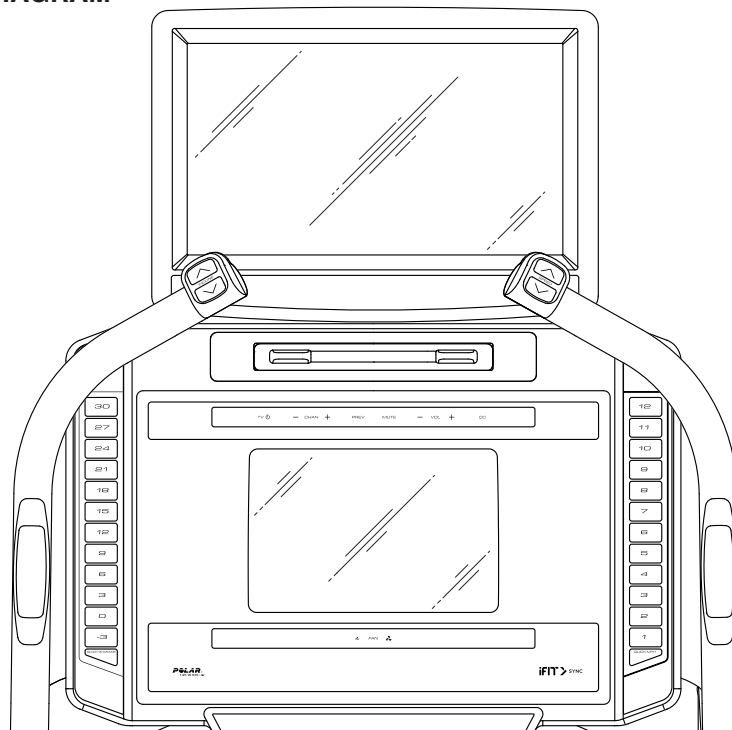


HOW TO CONNECT AN EXTERNAL SOURCE USING A COAXIAL CABLE

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.

HOW TO USE THE PERSONAL TV

CONSOLE AND TV DIAGRAM



FEATURES OF THE PERSONAL TV

The personal 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.

IMPORTANT: Your console and components may look different from those shown in the drawings.

IMPORTANT: The personal TV is compatible with both touchscreen and LED consoles. In some sections, the instructions for the two types of consoles differ, and they are described separately as needed.

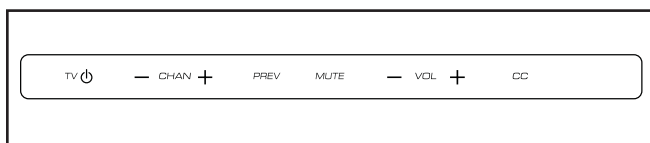
To learn about how to operate the personal TV, see page 10. To use the entertainment mode, see page 11. To adjust the personal TV settings, see page 11.

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

IMPORTANT: Before you can change channels on the personal TV, you must perform an Auto Scan (see step 2 on pages 11 and 12).

HOW TO OPERATE THE PERSONAL TV

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



1. Turn on the personal TV.

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

2. Select the desired channel.

Note: The personal TV can identify and store in memory all valid cable channels in your area (see step 2 on pages 11 and 12). 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, press the Chan increase and decrease buttons. When the buttons are pressed, a graphic will appear on-screen to show which channel is selected.

3. Adjust the volume as desired.

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

4. Mute the personal TV if desired.

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

5. 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 personal TV, press the CC button repeatedly (see step 6 on page 12 to adjust closed captioning settings).

6. When you are finished using the personal TV, turn it off.

To turn off the personal TV, press the TV power button.

HOW TO USE THE ENTERTAINMENT MODE

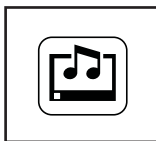
Your fitness equipment's console features an entertainment mode that allows you to personalize settings for the personal TV.

1. Insert the key into the console and select the main menu.

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).

2. Select the entertainment mode.

Touchscreen Console: Touch the Entertainment button in the lower-left corner of your console screen to select the entertainment mode and access the on-screen keypad.



LED Console: Instead of the entertainment mode and the on-screen keypad, your console has three Mode buttons that have been programmed to access various menus on the personal TV. See pages 11 to 13 for more information about using the Mode buttons.

3. Exit the entertainment mode.

Touchscreen Console: To exit the entertainment mode, touch the Close button on the screen.

LED Console: To exit the TV's submenus, press the Prev button at the top of your console.

TV CONNECTION SETTINGS

Note: The personal 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 PERSONAL TV SETTINGS

The personal TV has a menu that allows you to adjust and personalize the TV settings.

1. Enter the TV's main menu and navigate the submenus.

Touchscreen Console: IMPORTANT: You must use the on-screen keypad to adjust the TV settings (see HOW TO USE THE ENTERTAINMENT MODE at the left). Touch 0002, and then touch Enter on the keypad to enter the TV's main menu. Use the CH and Vol arrow buttons to navigate right and left or up and down in a menu. Touch the Enter button to make a selection.

LED Console: Hold down the Stop button while inserting the key into the console, and then release the Stop button to select your console's maintenance mode. Your console has three Mode buttons. When the maintenance mode is selected, press the center Mode button to enter the TV's main menu. Use the CH and Vol arrow buttons to navigate right and left or up and down in a menu. Press the CC button to make a selection.

2. Adjust the channel settings.

The channel submenu allows you to select between antenna or cable input, save channels in the personal TV memory, and select settings for channels.

Select Show/Hide to view a list of channels saved in the TV memory. **Touchscreen Console:** Highlight a channel and touch Enter to have the TV no longer show that channel. **LED Console:** Highlight a channel and press CC to have the TV no longer show that channel.

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

- a. Highlight Air/Cable
- b. Select Cable
- c. Highlight and select Auto Scan
- d. Select Yes

The personal 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.

3. Adjust the image settings.

The Picture submenu allows you to adjust the Picture Mode, Contrast, Brightness, Sharpness, Tint, Color, Color Mode, and Aspect Ratio of the personal TV display.

4. Adjust the audio settings.

The Audio submenu allows you to adjust the Equalizer, MTS, Audio Language, Surround Sound, and AVC of the personal TV audio output.

5. Adjust the time settings.

The Time submenu allows you to set a Sleep Timer, adjust the Time Zone, adjust the Time Format, turn Auto Sync on or off, turn Daylight Saving Time on or off, or manually set the Clock.

6. Adjust the menu settings.

The Setup submenu allows you to change the language used in the menus, adjust the menu Transparency level, adjust Closed Caption settings, and restore the TV to factory default settings.

In the Closed Caption submenu, you can turn the CC Mode on or off, adjust the Basic Selection and/or Advanced Selection.

You can also restore the TV to factory default settings. **IMPORTANT: All of your personal adjustments will be erased.**

7. Block or allow various settings.

IMPORTANT: Making changes to the Lock submenu is only available on touchscreen consoles.

The Lock submenu allows you to block or allow various settings on the personal TV.

First, enter the Password, which is a 4-digit PIN. Note: The default password is 0000. Once the password has been entered, the Lock 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 6 above.

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

Select Input Block to block input from various media sources.

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.

8. Adjust other custom features and view the software version number of your personal TV.

Touchscreen Console: Touch 0003, and then touch Enter to enter the Custom Features submenu.

LED Console: Hold down the Stop button while inserting the key into the console, and then release the Stop button to select your console's maintenance mode. When the maintenance mode is selected, press the right side Mode button to enter the Custom Features submenu.

Detect Vibration: Set a vibration monitoring time. When no vibration is detected on the fitness equipment after the selected time duration (in minutes), the TV will automatically turn off.

Channel Default Time: Set a duration of time the TV will remain on the default channel before the user is allowed to change the channel.

Channel Default: Enable a default channel for the TV.

Auto Default: Set the promotional club programming as the default channel for the TV. Note: When Auto Default is turned on, the user will not be able to change the channel until the Channel Default Time selected has elapsed.

Auto Power On: Set the TV to turn on automatically when the fitness equipment is powered on.

Manual CH Setting: Select a channel as the default channel for the TV.

Set Factory Default: Set the Custom Features submenu to factory settings.

The Custom Features menu also displays the software version number of your personal TV.

9. Exit the menu.

Touchscreen Console: When you have finished adjusting the settings, touch the Close button.

LED Console: When you have finished adjusting the settings, press the Prev button.

MAINTENANCE AND TROUBLESHOOTING

Most personal 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 personal TV is not receiving a signal

- a. 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.
- b. Scan for cable or over-the-air signals. See step 2 on pages 11 and 12 to scan for signals.
- c. 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 personal 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 personal TV through your headphones, make sure that the TV audio output is not muted.

SYMPTOM: Personal TV reception is poor

- a. Make sure that the personal TV settings are set correctly. See HOW TO ADJUST THE PERSONAL TV SETTINGS on page 11.
- b. For the personal 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 personal TV settings are set correctly (see HOW TO ADJUST PERSONAL TV SETTINGS on page 11). 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 personal TV needs to be cleaned

- a. **UNPLUG THE POWER CORD.** To clean the personal 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.

NOTES

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

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