

FREEMOTION[®] DIGITAL TV

Model No. _____
Serial No. _____

Write the model number and serial number in the space above for reference.

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.

USER'S MANUAL

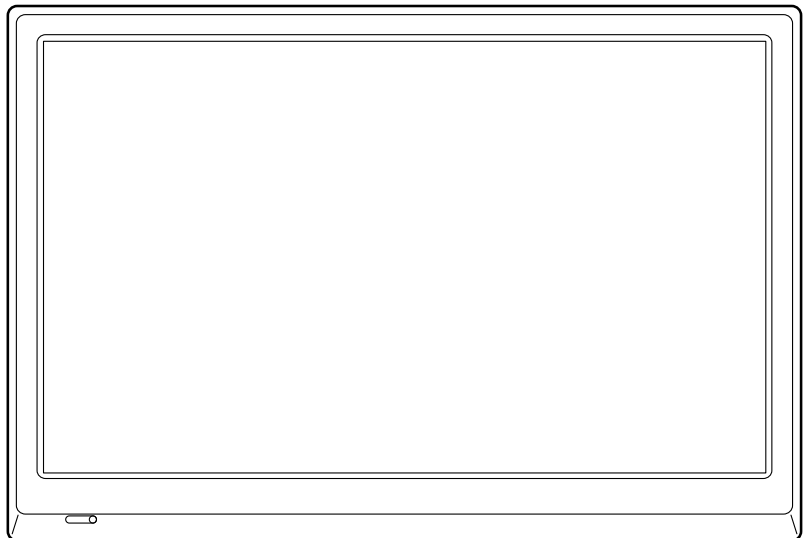


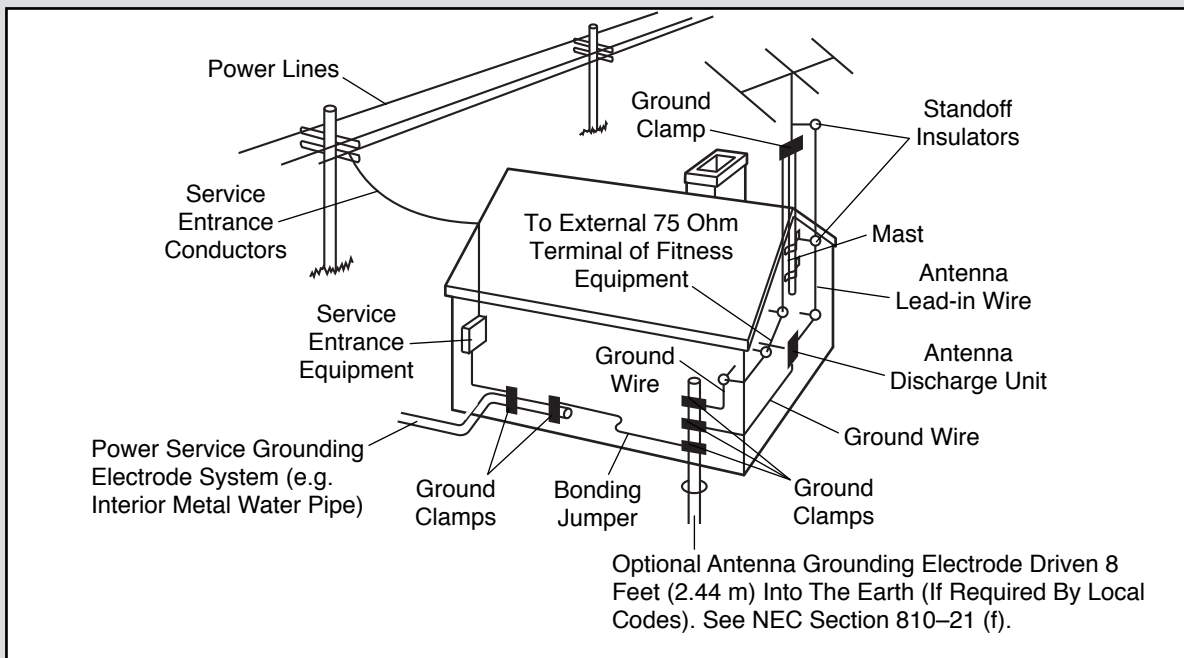
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IMPORTANT PRECAUTIONS

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

1. Use the digital TV only as described in this manual and in your fitness equipment user's manual.
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. 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.
4. Keep children under age 12 and pets away from the digital TV at all times.
5. Never insert or drop any object into any opening on the digital TV.
6. 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.
7. 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.
8. 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

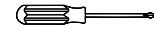
ASSEMBLY

ASSEMBLY FOR ELLIPTICAL/EXERCISE BIKE

- 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.

- In addition to the included tool(s), assembly requires the following tool(s):

one Phillips screwdriver



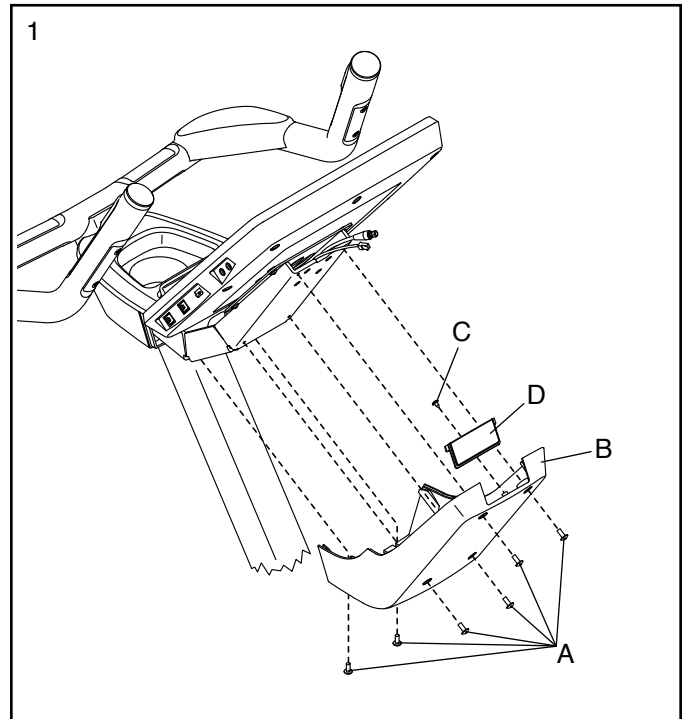
To avoid damaging parts, do not use power tools.

1. Note: Your fitness equipment may look different from the fitness equipment shown in the drawings.

Remove the Screws (A) from the Cover(s) (B) and remove the Cover(s) from the fitness equipment. Set these parts aside until a later step.

Then, remove the Screw (C) from the Cover Cap (D) and remove the Cover Cap.

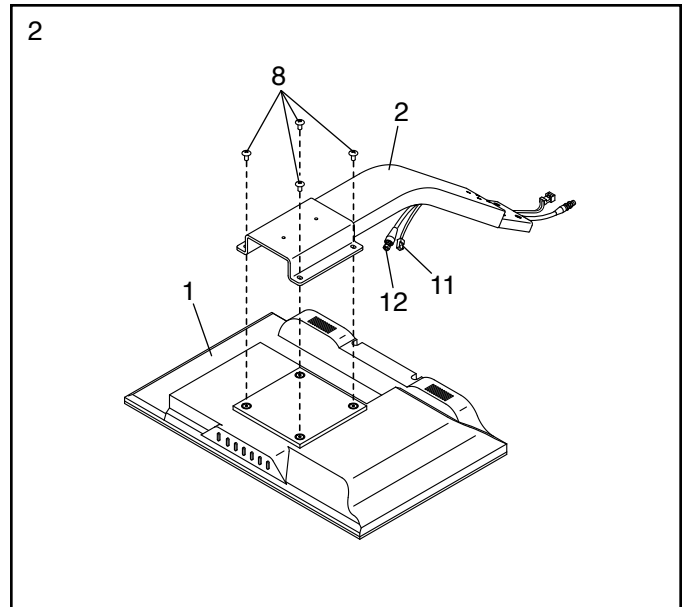
Note: Keep the Screw (C) from the Cover Cap (D) in a secure place; these parts can be used in the future if the Digital TV (not shown) is removed from the fitness equipment.



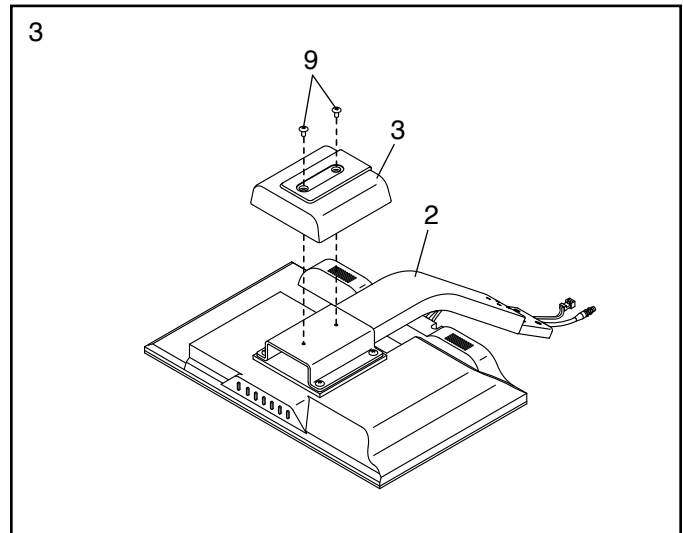
2. Set the Digital TV (1) face down on a soft surface to avoid scratching the Digital TV.

Hold the Mounting Bracket (2) near the Digital TV (1). Connect the TV Coaxial Cable (12) to the coaxial cable terminal on the Digital TV, and connect the TV Power Wire (11) to the receptacle on the Digital TV.

Then, attach the Mounting Bracket (2) to the Digital TV (1) with four M4 x 12mm Screws (8); **start all the Screws and then tighten them.**

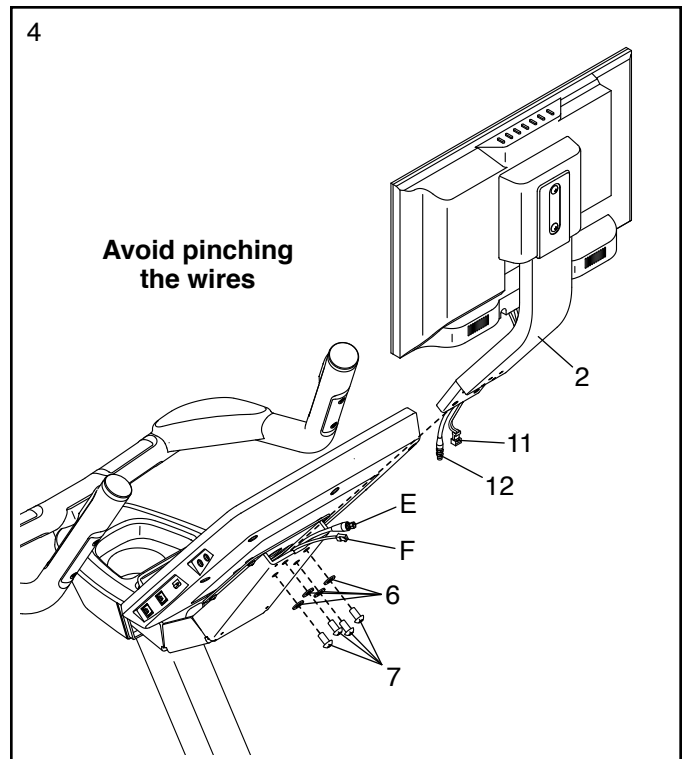


3. Attach the Bracket Cover (3) to the Mounting Bracket (2) with two M5 x 12mm Screws (9).

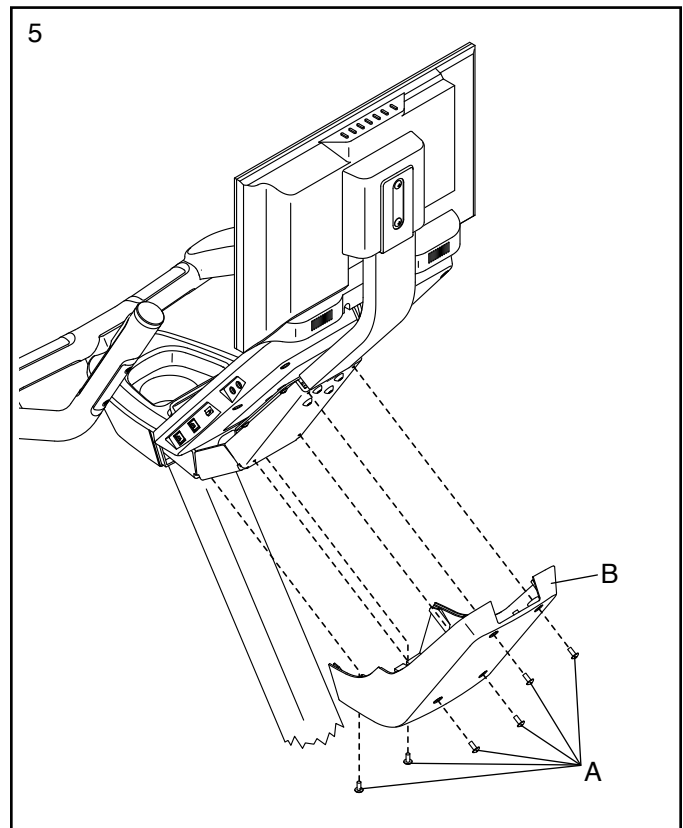


4. Hold the Mounting Bracket (2) near the fitness equipment. Connect the TV Coaxial Cable (12) and the TV Power Wire (11) to the TV Coaxial Cable (E) and the TV Power Wire (F).

Tip: Avoid pinching the wires. Attach the Mounting Bracket (2) to the fitness equipment with four M8 x 15mm Screws (7) and four M8 Washers (6); **start all the Screws and then tighten them.**

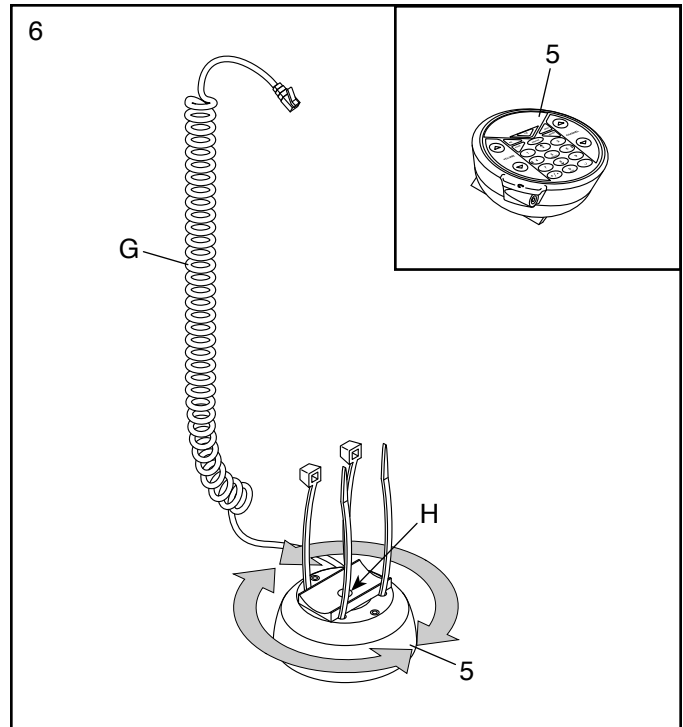


5. Attach the Cover(s) (B) to the fitness equipment with the Screws (A); **start all the Screws and then tighten them.**

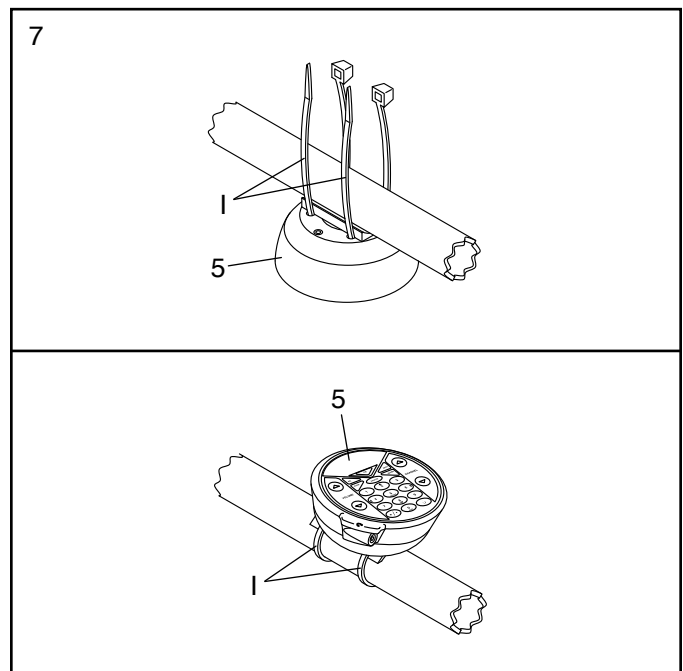


6. Choose a location on the handlebar of the fitness equipment to attach the Controller (5). **IMPORTANT: Make sure that the Cable (G) on the Controller will reach the RJ45 receptacle on the back of the Digital TV (not shown).**

If necessary, loosen the Screw (H) in the controller base and rotate the controller base until the groove is parallel with the handlebar on the fitness equipment.



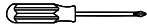
7. Attach the Controller (5) to the handlebar on the fitness equipment with the Ties (I) on the Controller.



8. **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 parts may be included.

ASSEMBLY

ASSEMBLY FOR TREADMILL

- 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.
- In addition to the included tool(s), assembly requires the following tool(s):
one Phillips screwdriver 

To avoid damaging parts, do not use power tools.

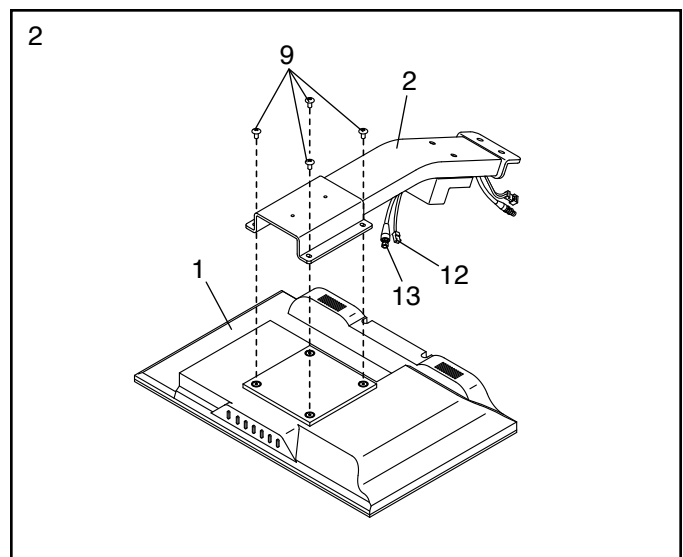
1. Remove the Screw (A) from the Cover (B) and remove the Cover from the back of the Console (C).



2. Set the Digital TV (1) face down on a soft surface to avoid scratching the Digital TV.

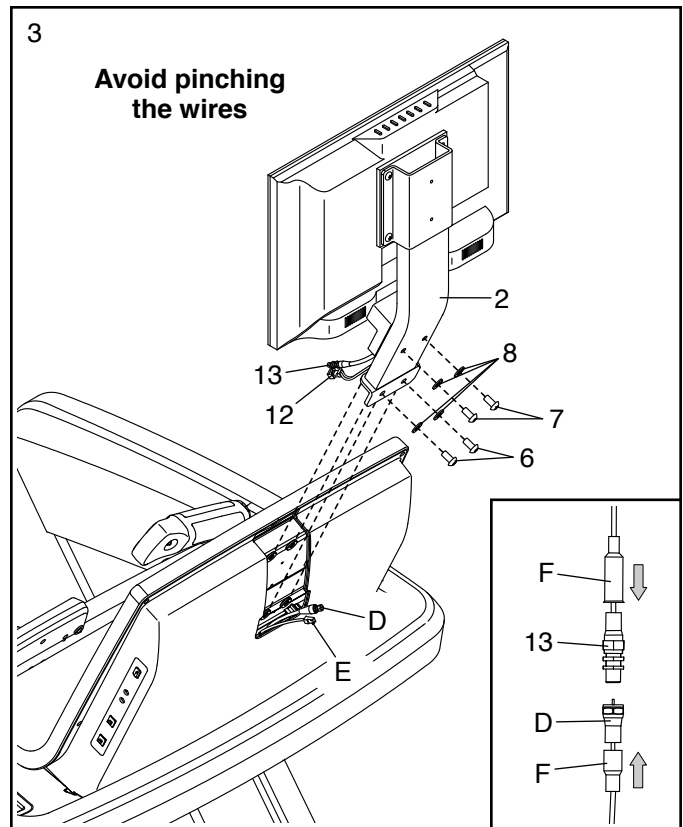
Hold the Mounting Bracket (2) near the Digital TV (1). Connect the TV Coaxial Cable (13) to the coaxial cable terminal on the Digital TV, and connect the TV Power Wire (12) to the receptacle on the Digital TV.

Then, attach the Mounting Bracket (2) to the Digital TV (1) with four M4 x 10mm Screws (9); **start all the Screws and then tighten them.**

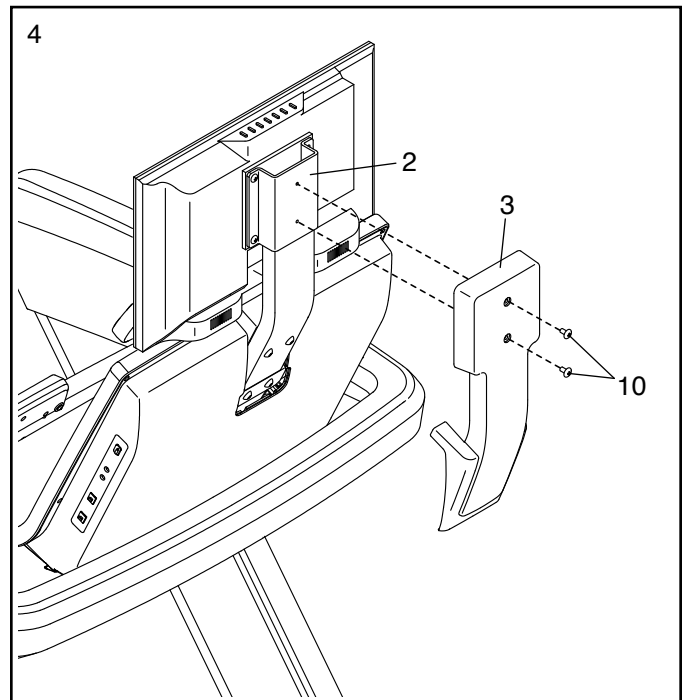


3. Hold the Mounting Bracket (2) near the fitness equipment. Connect the TV Coaxial Cable (13) and the TV Power Wire (12) to the TV Coaxial Cable (D) and the TV Power Wire (E). After connecting the TV Cables (13, D), slide the covers (F) over the connection.

Tip: Avoid pinching the wires. Attach the Mounting Bracket (2) to the fitness equipment with two M8 x 50mm Screws (7), two M8 x 20mm Screws (6) and four M8 Spring Washers (8); **start all the Screws and then tighten them.**

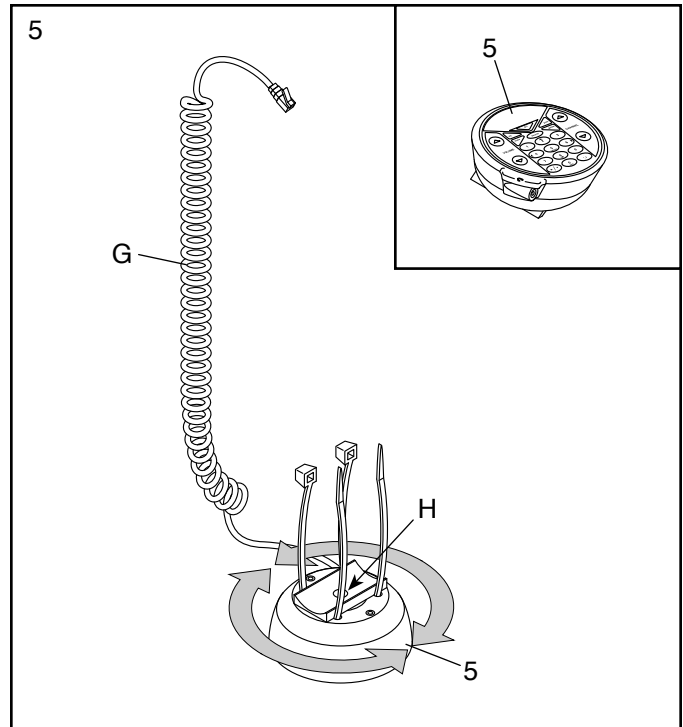


4. Attach the Bracket Cover (3) to the Mounting Bracket (2) with two M5 x 15mm Screws (10).

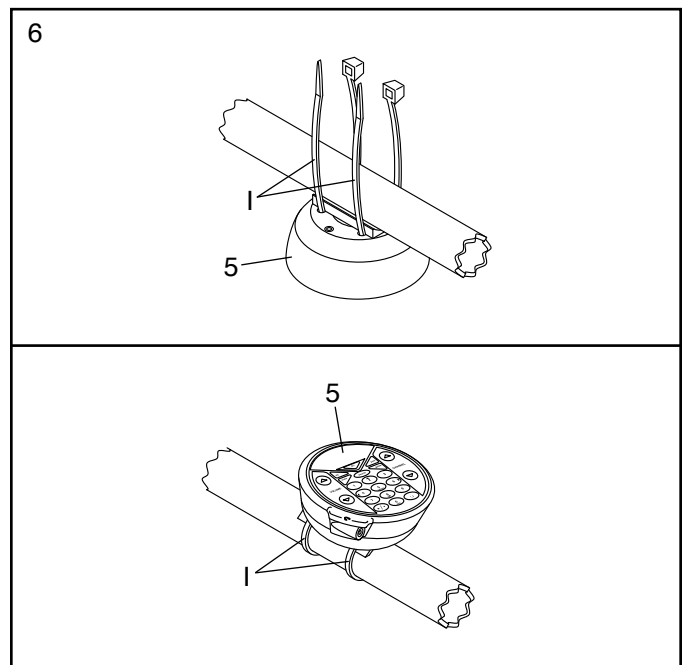


5. Choose a location on the handlebar of the fitness equipment to attach the Controller (5). **IMPORTANT: Make sure that the Cable (G) on the Controller will reach the RJ45 receptacle on the back of the Digital TV (not shown).**

If necessary, loosen the Screw (H) on the controller base and rotate the controller base until the groove is parallel with the handlebar on the fitness equipment.



6. Attach the Controller (5) to the handlebar on the fitness equipment with the Ties (I) on the Controller.



7. **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 parts may be included.

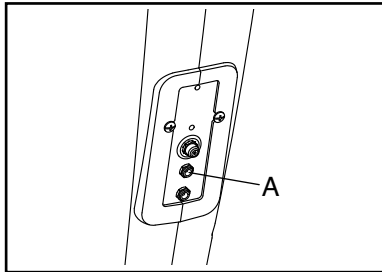
HOW TO CONNECT YOUR FITNESS EQUIPMENT

HOW TO PLUG THE DIGITAL TV POWER ADAPTER INTO AN ELLIPTICAL OR EXERCISE BIKE

The power adapter included with the digital TV must be used for the digital TV to operate.

IMPORTANT: If the fitness equipment has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

Plug the power adapter for the digital TV into the digital TV power receptacle (A) on the frame of the fitness equipment. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

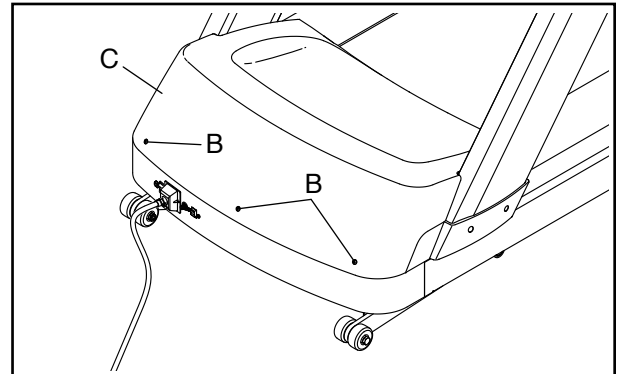


HOW TO PLUG THE DIGITAL TV POWER ADAPTER INTO A TREADMILL

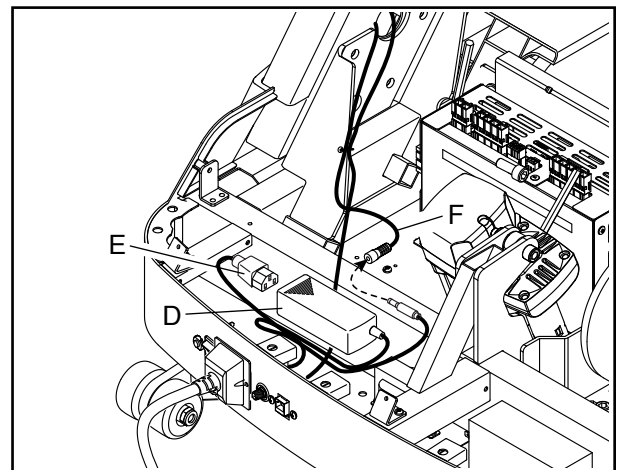
The power adapter included with the digital TV must be used for the digital TV to operate.

IMPORTANT: If the fitness equipment has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

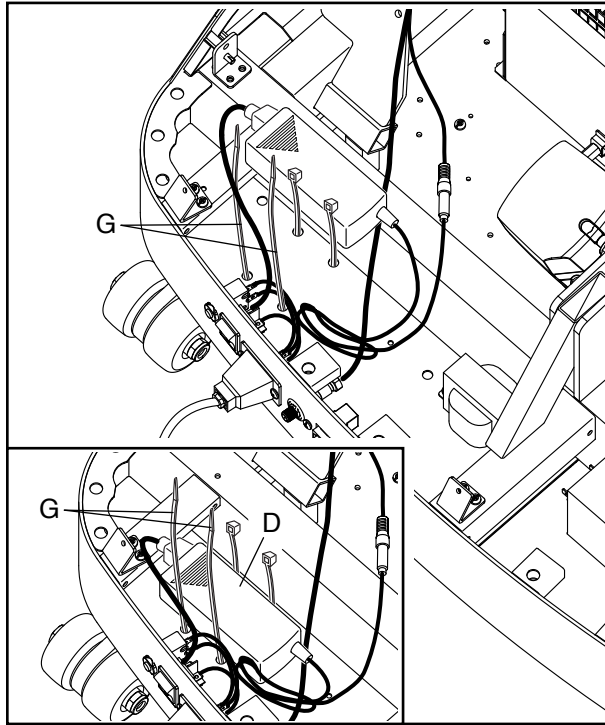
1. **Make sure the power cord is unplugged.** Remove the three screws (B) from the motor hood (C), and then remove the motor hood from the treadmill.



2. Set the digital TV power adapter (D) inside the treadmill as shown. Next, connect the wires inside the treadmill (E, F) to the digital TV power adapter as shown.



3. Insert the two cable ties (G) through the holes in the bottom of the treadmill as shown. **See the inset drawing.** Attach the digital TV power adapter (D) to the treadmill with the two plastic ties (G).



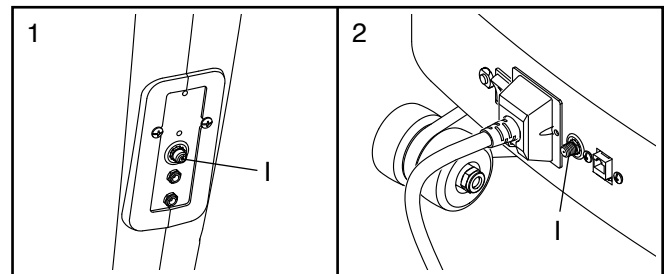
4. See step 1. Reattach the motor hood (B) to the treadmill and plug in the power cord.

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 (I) 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 (B) on the frame of the fitness equipment.

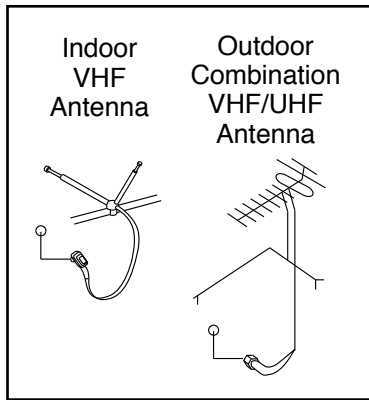
Note: Audio/video equipment without coaxial outputs may be able to be connected directly to the optional digital TV; the optional digital TV has a variety of input receptacles.

HOW TO CONNECT THE DIGITAL TV

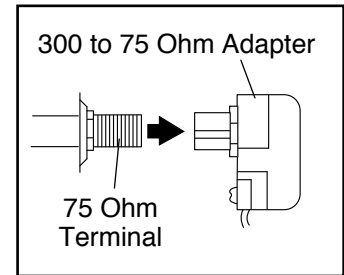
Before operating the digital TV, you must connect an antenna or a 75 ohm coaxial cable to the 75 ohm coaxial cable terminal, an AV cable to the audio/video input receptacles, or an HDMI cable to the HDMI input receptacle. Note: Use a coaxial cable to connect to an external source such as a cable box,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



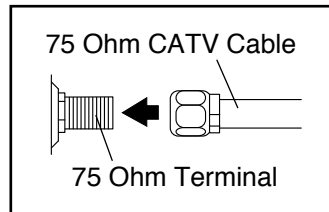
2. Push the 300 ohm to 75 ohm adapter onto the 75 ohm terminal on the fitness equipment frame near the power cord.



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.

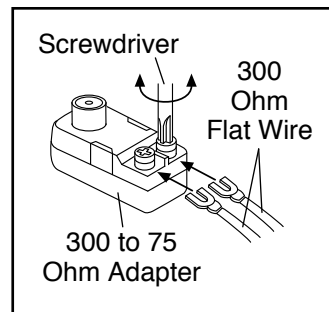


HOW TO CONNECT AN EXTERNAL SOURCE USING A COAXIAL CABLE

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.



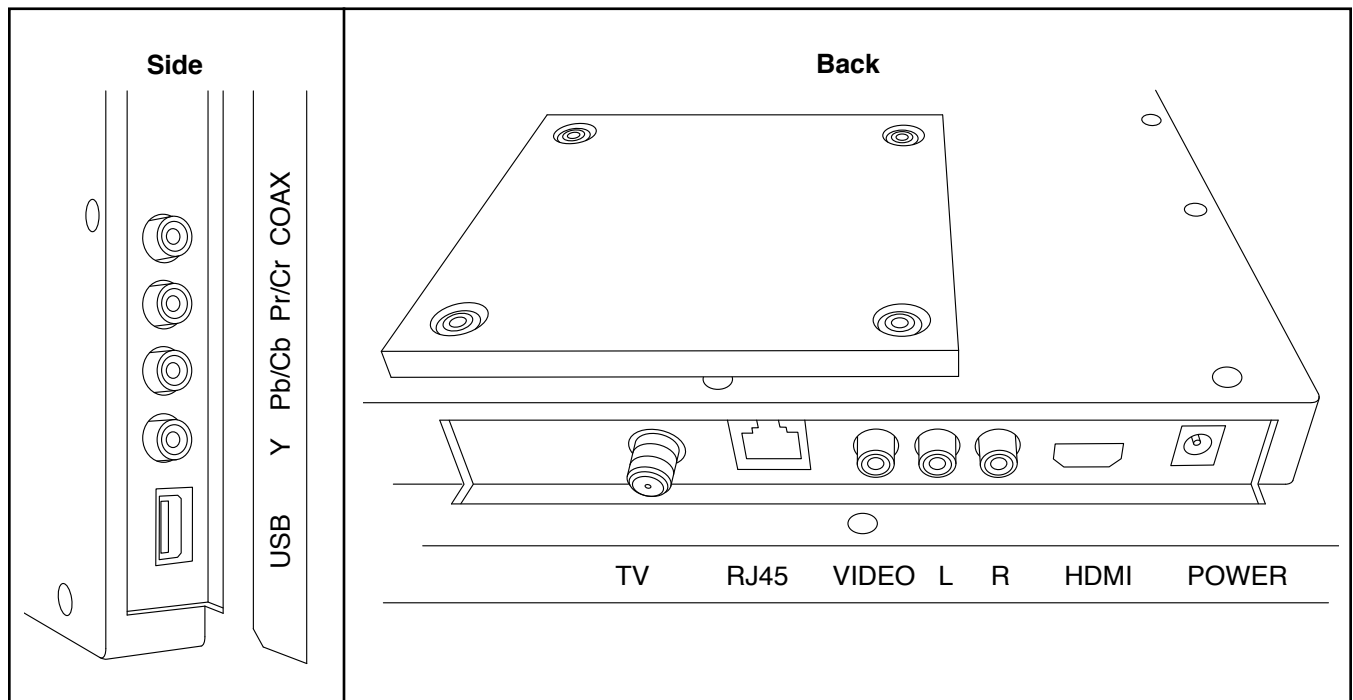
HOW TO CONNECT A VCR, DVD PLAYER, OR OTHER DEVICE USING AN AV CABLE

1. Connect a component or composite AV cable to your VCR, DVD player, or other device.
2. Plug in the power cord of your device. See your VCR, DVD player, or other device's user's manual for proper grounding instructions.
3. Connect the component or composite AV cable to the appropriate audio/video input receptacles on the digital TV.

HOW TO CONNECT A DVD PLAYER OR OTHER DEVICE USING AN HDMI CABLE

1. Connect one end of an HDMI cable to your DVD player or other device.
2. Plug in the power cord of your device. See your DVD player or other device's user's manual for proper grounding instructions.
3. Connect the other end of the HDMI cable to the HDMI input receptacle on the digital TV.

RECEPTACLES ON THE DIGITAL TV



HOW TO USE THE DIGITAL TV

FEATURES OF THE DIGITAL TV

The digital TV allows you to watch your favorite TV shows or movies while you get in shape. The digital TV operates through a controller attached to your fitness equipment.

IMPORTANT: Before you can use the digital TV and the controller, you must set up the digital TV.

To set up the digital TV, see HOW TO SET UP THE DIGITAL TV below.

To use the remote control, see page 17. To use the buttons on the digital TV, see page 18. To use the controller, see page 19. To operate the digital TV, see page 21. To adjust the digital TV settings, see page 22.

HOW TO SET UP THE DIGITAL TV

1. Prepare the digital TV for setup.

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

Make sure that the power adapter included with the digital TV is plugged into the fitness equipment (see page 11).

Make sure that the digital TV is connected to receive a television signal (see page 12 and page 13).

IMPORTANT: Make sure that the controller is not plugged into the digital TV.

2. Learn how to use the remote control.

Use the remote control to make setting up the digital TV easier. However, you can also use the buttons on the digital TV to set up the digital TV.

To learn how to use the remote control, see page 17.

To learn how to use the buttons on the digital TV, see page 18.

3. Turn on the digital TV.

Press the Power button on the remote control or on the digital TV to turn on the digital TV.

4. Select TV as the input source.

Press the Mode button on the remote control or press the Source button on the digital TV and select TV as the input source.

5. Scan for channels.

The digital TV can identify and store in memory all valid cable or over-the-air channels in your area.

To scan for channels, first press the Menu button on the remote control or on the digital TV and navigate to the Channel menu.

Next, make sure that Cable is selected for the Air/Cable menu option. When Air is selected, the digital TV will be limited to scanning only for analog channels. When Cable is selected, the digital TV will scan for both digital and analog channels.

Then, select the Auto Scan menu option. Make sure that Auto or the appropriate cable system is selected for the Cable System menu option.

Select the Start to Scan menu option. 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.

This process will continue until the highest channel number is reached. **Do not turn off the power while the digital TV is scanning channels.** Note: If a channel disappears, scan for channels again.

When the digital TV is finished scanning for channels, an active channel will appear on the screen. Note: There are no speakers on the digital TV or the fitness equipment, so you will not hear audio from the digital TV at this time.

6. Turn off the digital TV.

Press the Power button on the remote control or on the digital TV to turn off the digital TV.

IMPORTANT: The digital TV must be turned off before you plug in the controller.

7. Plug in the controller.

Plug the cable on the controller into the RJ45 receptacle on the back of the digital TV.

8. Turn on the digital TV using the controller.

Press the Power button (Ⓢ) on the controller to turn on the digital TV.

IMPORTANT: Once the controller is plugged into the digital TV, always turn the digital TV on and off using the Power button on the controller.

Keep the remote control in a secure place; fitness club staff can use the remote control in the future to make setting up and adjusting the digital TV easier.

9. Plug your headphones into the controller.

Plug your headphones into the headphones jack on the controller. You will hear audio output from the digital TV through your headphones.

Note: The digital TV and your fitness equipment console do not have speakers. You must plug headphones into the headphones jack on the controller to hear audio output from the digital TV.

10. Learn how to use the controller.

To learn how to use the controller, see page 19.

11. Learn how to operate the digital TV.

To learn how to operate the digital TV, see page 21.

To learn how to adjust the digital TV settings, see page 22.

TELEVISION SYSTEM COMPATIBILITY

Note: The digital TV has been pre-configured to be either ATSC-compatible or DVB-T-compatible. Compatibility may vary from country to country.

HOW TO USE THE REMOTE CONTROL

Only fitness club staff should be permitted to use the remote control, which will make setup easier. All user controls are located on the controller attached to your fitness equipment.

The first time you use the remote control, insert batteries (see **HOW TO REPLACE THE BATTERIES IN THE REMOTE CONTROL** at the right).

If the controller is not plugged into the digital TV, hold the remote control near the digital TV. Point the remote control directly at the digital TV.

If the controller is plugged into the digital TV, you must first press this sequence of buttons on the controller: ***/- 2 Source**. The signal from the remote control will then pass through the controller to the digital TV.

The buttons on the remote control are described below:

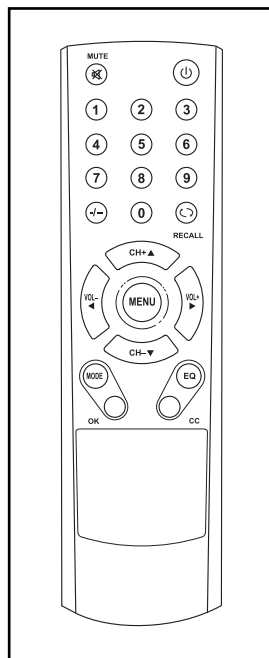
Power—Press the Power button (⏻) to turn on or turn off the digital TV. A green light will appear below the screen when the digital TV is turned on. A red light will appear below the screen when the digital TV is turned off. Note: It may take a few moments for the digital TV to turn on or turn off.

Volume—Press the Volume increase (VOL+) or decrease (VOL-) button to adjust the volume level.

Mute—Press the Mute button to mute or un-mute the audio output from the digital TV.

Channel—Press the numbered channel buttons and the dash button (-/-) or the Channel increase (CH+) or decrease (CH-) button to select a channel.

Recall—Press the Recall button (Ⓜ) to view the previously selected channel.



Arrows—Press the CH and VOL arrow buttons to navigate a menu and highlight menu options.

OK—Press the OK button to select a highlighted menu option.

Mode—Press the Mode button to view or exit the input source menu.

Select TV for input from a coaxial cable connected to cable television or an antenna, AV for input from a device connected with a composite AV cable, Component for input from a device connected with a component video or AV cable, or HDMI for input from a device connected with an HDMI cable.

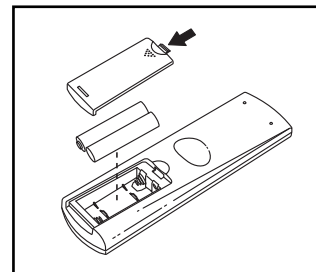
Menu—Press the Menu button to view the settings menu or to exit a menu.

Equalizer—Press the Equalizer (EQ) button repeatedly to change the sound mode setting for the digital TV.

Closed Captioning—Press the Closed Captioning (CC) button repeatedly to view or turn off closed captioning.

HOW TO REPLACE THE BATTERIES IN THE REMOTE CONTROL

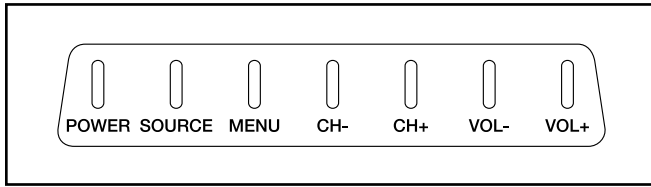
To replace the batteries, first locate the battery cover on the back of the remote control. Push down on the clip on the battery cover and remove the battery cover.



Next, remove the old batteries from the remote control, and insert two new AAA batteries; alkaline batteries are recommended. Do not use old and new batteries together or alkaline, standard, and rechargeable batteries together. **Make sure to orient the batteries as shown by the diagram inside the battery compartment.** Then, press the battery cover onto the remote control.

HOW TO USE THE BUTTONS ON THE DIGITAL TV

The buttons described below are located on the digital TV.



Power—Press the Power button to turn on or turn off the digital TV. A green light will appear below the screen when the digital TV is turned on. A red light will appear below the screen when the digital TV is turned off. Note: It may take a few moments for the digital TV to turn on or turn off.

Source—Press the Source button to view or exit the input source menu.

Press the Channel increase (CH+) or decrease (CH-) buttons to navigate up and down in the input source menu and highlight a menu option. Press the Volume increase (VOL+) button to select the highlighted menu option.

Select TV for input from a coaxial cable connected to cable television or an antenna, AV for input from a device connected with a composite AV cable, Component for input from a device connected with a component video or AV cable, or HDMI for input from a device connected with an HDMI cable.

Menu—Press the Menu button to view the settings menu or to exit a menu.

Press the Channel increase (CH+) or decrease (CH-) buttons to navigate up and down in a menu and highlight a menu option.

Press the Volume decrease (VOL-) and increase (VOL+) buttons to navigate left and right in a menu and highlight a menu option.

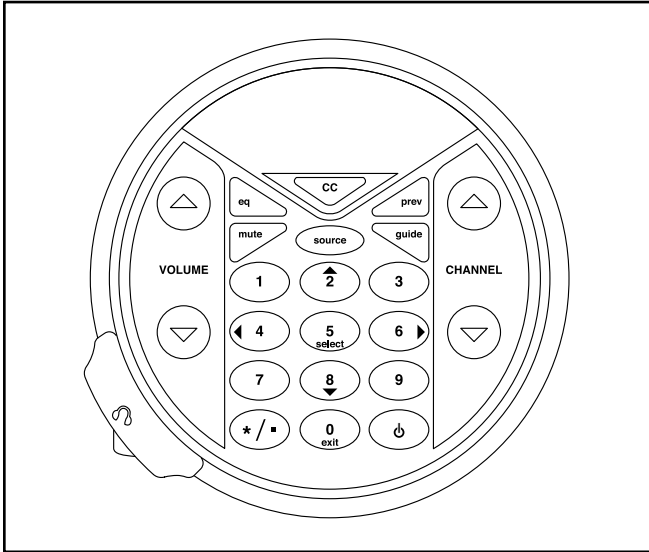
Press the Volume increase (VOL+) button to select a highlighted menu option.

Channel—Press the Channel decrease (CH-) or increase (CH+) button to select a channel.

Volume—Press the Volume decrease (VOL-) or increase (VOL+) button to adjust the volume level.

HOW TO USE THE CONTROLLER

The buttons described below are located on the controller.



Power—Press the Power button (Ⓜ) to turn on or turn off the digital TV. A green light will appear on the controller when headphones are plugged into the controller. A red light will appear on the controller when headphones are not plugged into the controller.

A green light will appear below the screen when the digital TV is turned on. A red light will appear below the screen when the digital TV is turned off. Note: It may take a few moments for the digital TV to turn on or turn off.

Volume—Press the Volume increase or decrease button to adjust the volume level.

Mute—Press the Mute button to mute or un-mute the audio output from the digital TV.

Channel—Press the numbered channel buttons and the decimal button (* / .) or the Channel increase or decrease button to select a channel.

Previous—Press the Previous (Prev) button to view the previously selected channel.

Source—Press the Source button repeatedly to select an input source.

Select TV for input from a coaxial cable connected to cable television or an antenna, AV for input from a device connected with a composite AV cable, Component for input from a device connected with a component video or AV cable, or HDMI for input from a device connected with an HDMI cable.

Equalizer—Press the Equalizer (EQ) button repeatedly to change the sound mode setting for the digital TV.

Closed Captioning—Press the Closed Captioning (CC) button repeatedly to view or turn off closed captioning.

Guide—Press the Guide button to access your cable television provider's television listings.

You can change the controller settings and troubleshoot controller problems as described below:

Disable the Auto-off Feature

The controller has been preset to turn off the digital TV automatically after 15 minutes if no headphones are plugged into the headphones jack and no controller buttons are pressed. To disable the auto-off feature, press this sequence of buttons: * / . 4 **Source**.

Use the Remote Control Through the Controller

To use the remote control when the controller is plugged into the digital TV, you must first press this sequence of buttons on the controller: * / . 2 **Source**.

The signal from the remote control will then pass through the controller to the digital TV. To learn how to use the remote control, see page 17.

Enable the Controller to Communicate With the Digital TV

If the controller does not communicate with the digital TV, press this sequence of buttons: * / . 1 **Source** 1 7 **Source**.

Note: You may have to enable this setting after you use the remote control through the controller.

Adjust the Internal Default Volume Level

If the volume level is too high or too low at the mid-range, you can change the internal default volume level of the controller.

First, press the Volume increase or decrease button until the volume bar on the digital TV screen is at level 50.

Next, press this sequence of buttons: *** / 5 Source**.

Then, press the Volume increase or decrease button until the volume reaches the desired moderate level.

Press the Source button to save your selection as the new internal default volume level.

Enable the Source Button to Select Among Input Sources or to Function as a Decimal Point

The Source button on the controller can be set to select among input sources, such as TV, AV, Component, and HDMI. To enable the Source button to select among input sources, press this sequence of buttons: *** / 1 Source 1 9 Source**.

Note: The Source button has been preset to select among input sources.

The source button can also be set to function as a decimal point. Depending on your television provider's setup, it may be helpful to allow users to enter a decimal point to access some channels. To enable the Source button to function as a decimal point, press this sequence of buttons: *** / 1 Source 1 8 Source**.

View the Settings Menu

It is recommended that you use the remote control or the buttons on the digital TV to view the settings menu and change digital TV settings (see HOW TO USE THE REMOTE CONTROL on page 17 and HOW TO USE THE BUTTONS ON THE DIGITAL TV on page 18).

However, if you have misplaced the remote control, you can press the 7 and 9 buttons at the same time to view the settings menu.

HOW TO OPERATE THE DIGITAL TV

The digital TV operates through a controller attached to your fitness equipment. To learn how to use the controller, see page 19.

1. Turn on the digital TV.

Press the Power button on the controller to turn on the digital TV.

IMPORTANT: When the controller is plugged into the digital TV, always turn the digital TV on and off using the Power button on the controller.

2. Plug your headphones into the controller.

Plug your headphones into the headphones jack on the controller. You will hear audio output from the digital TV through your headphones.

Note: The digital TV and your fitness equipment console do not have speakers. You must plug headphones into the headphones jack on the controller to hear audio output from the digital TV.

3. Select an input source.

Press the Source button on the controller repeatedly to select an input source.

Select TV for input from a coaxial cable connected to cable television or an antenna, AV for input from a device connected with a composite AV cable, Component for input from a device connected with a component video or AV cable, or HDMI for input from a device connected with an HDMI cable.

4. Select the desired channel.

Note: The digital TV can identify and store in memory all valid cable and over-the-air channels in your

area (see HOW TO SET UP THE DIGITAL TV on page 15). The Channel increase and decrease buttons on the controller will select only channels that are stored in memory.

To select the desired channel, press the Channel increase and decrease buttons or press the numbered buttons on the controller.

When the buttons are pressed, the selected channel number will appear on the digital TV screen.

5. Adjust the volume level as desired.

Press the Volume increase and decrease buttons on the controller to adjust the volume level. When the buttons are pressed, the selected volume level will appear on the digital TV screen.

6. Mute the digital TV if desired.

Press the Mute button on the controller to mute the audio output from the digital TV. Press the Mute button again or adjust the volume level to un-mute the audio output from the digital TV.

7. Use closed captioning.

If the program 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, press the CC button on the controller repeatedly. To adjust closed captioning settings, see step 6 on page 23 to adjust.

8. When you are finished using the digital TV, turn off the digital TV.

To turn off the digital TV, press the Power button on the controller.

HOW TO ADJUST THE DIGITAL TV SETTINGS

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

1. Use the remote control.

Use the remote control to make adjusting the digital TV settings easier.

To learn how to use the remote control, see page 17. Note: If the controller is plugged into the digital TV, you must first press this sequence of buttons on the controller: ***/- 2 Source**. The signal from the remote control will then pass through the controller to the digital TV.

Note: You can also use the buttons on the digital TV to adjust the digital TV settings. To learn how to use the buttons on the digital TV, see page 18. If the controller is plugged into the digital TV, unplug the controller before you use the buttons on the digital TV.

2. View the settings menu.

Press the Menu button to view the settings menu.

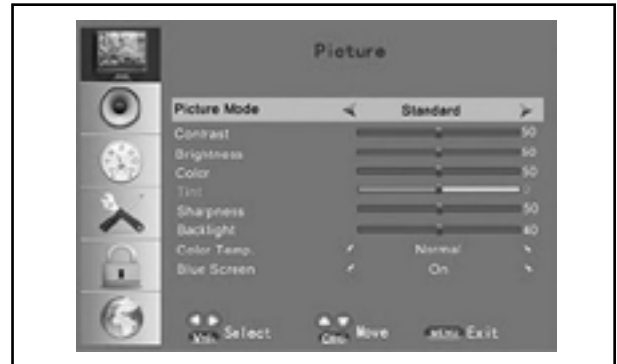
Press the CH and VOL arrow buttons to navigate the menus and highlight menu options. Press the OK button to select a highlighted menu option.

Select the Picture menu to adjust the image settings. Select the Audio menu to adjust the audio settings. Select the Time menu to adjust the time settings. Select the Setup menu to adjust digital TV settings. Select the Lock menu to block or allow various settings on the digital TV. Select the Channel menu to adjust the channel settings.

To exit a menu or to return to the settings menu, press the Menu button.

3. Adjust the image settings.

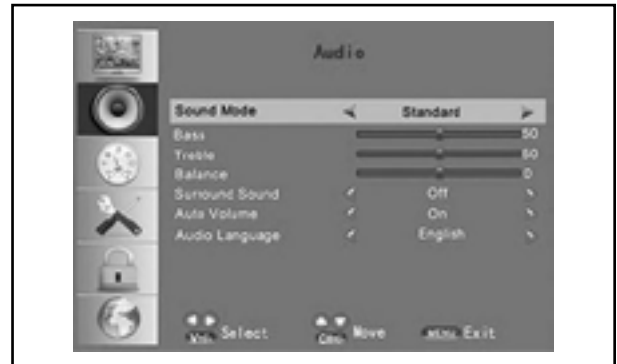
The Picture menu allows you to adjust various image settings, such as Picture Mode, Contrast, Brightness, Color, Tint, Sharpness, Backlight, Color Temp, and Blue Screen.



Navigate the menu and personalize the image settings as desired.

4. Adjust the audio settings.

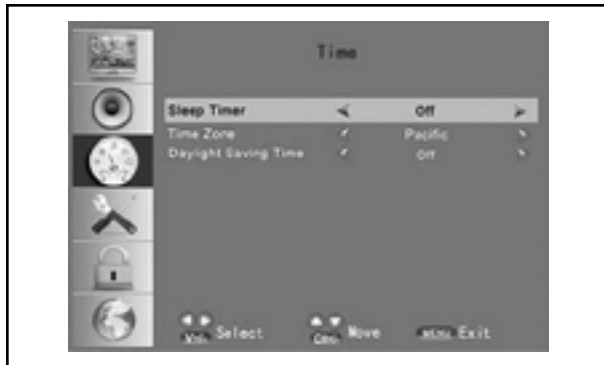
The Audio menu allows you to adjust various audio settings, such as Sound Mode, Bass, Treble, Balance, Surround Sound, Auto Volume, and Audio Language.



Navigate the menu and personalize the audio settings as desired.

5. Adjust the time settings.

The Time menu allows you to adjust various time settings, such as Sleep Time, Time Zone, and Daylight Saving Time.



Navigate the menu and personalize the time settings as desired.

6. Set up the digital TV settings.

The Setup menu allows you to adjust various digital TV settings, such as Menu Language, Transparency, Zoom Mode, Noise Reduction, Closed Caption, and Restore Default.



Navigate the menu and personalize the digital TV settings as desired. Some of the settings are described in more detail below:

Closed Caption—Select this menu option to turn the CC Mode on or off, adjust the Basic Selection, and adjust the Advanced Selection.

Restore Default—Select this menu option to restore the digital TV to factory default settings. Press the OK button to confirm your selection.

IMPORTANT: All of your favorite channels, labels, and personalized adjustments will be erased.

7. Adjust the lock settings.

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



Navigate the menu and personalize the lock settings as desired. Some of the settings are described in more detail below:

Password—Select this menu option and enter the password, which is a 4-digit number. **The default password is 0000.** Once the password has been entered, you can access the Lock menu.

Change Password—Select this menu option 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 digital TV to default settings, see step 6 on page 23.



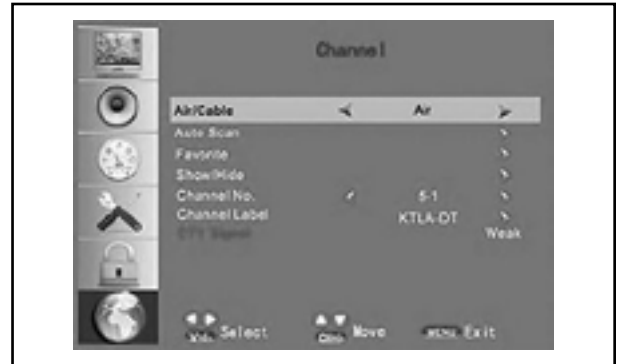
System Lock—Select this menu option and turn on the System Lock to adjust lock settings for the digital TV.

US or Canada—When the System Lock is turned on, you can select these menu options to control which TV programs and movie ratings are blocked or allowed. Note: The lock icon will indicate whether a rating has been blocked or allowed. You will have to enter the password to watch blocked programs.

Clear Lock—Select this menu option to clear all the lock settings you have made and turn off the System Lock.

8. Adjust the channel settings.

The Channel menu allows you to scan for channels and adjust various channel settings. Note: You can access this menu only if TV is selected as the input source.



Navigate the menu and personalize the channel settings as desired. Some of the settings are described in more detail below:

Air/Cable—Select the Air menu option to set the digital TV to scan only for analog channels. Select the Cable menu option to set the digital TV to scan for both digital and analog channels.

Auto Scan—Select this menu option to have the digital TV scan for channels.

First, select the Cable System menu option and then select Auto or the appropriate cable system.

Then, select the Start to Scan menu option to have the digital TV scan 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.

This process will continue until the highest channel number is reached. **Do not turn off the power while the digital TV is scanning channels.**

Note: If a channel disappears, scan for channels again.

When the digital TV is finished scanning for channels, an active channel will appear on the screen.

Favorite—Select this menu option to view a list of channels saved in the digital TV memory. Highlight a channel in the list and press the OK button to add the channel to your favorite channels list.

Show/Hide—Select this menu option to view a list of channels saved in the digital TV memory. Highlight a channel in the list and press the OK button to have the digital TV no longer show that channel.

Channel No. and Channel Label—Select these menu options to label channels.

First, select the Channel No. menu option to scroll through a list of channels saved in the digital TV memory.

Then, select the Channel Label menu option to edit the name of the channel. Press the CH and VOL arrow buttons to edit each letter in the label.

9. Exit the digital TV menu.

When you are finished adjusting the digital TV settings, press the Menu button repeatedly to exit the digital TV menu.

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 step 3 on page 21 to select an input source.
- b. Make sure that the coaxial cable is connected securely to your fitness equipment. See HOW TO CONNECT A COAXIAL CABLE on page 12 to connect a coaxial cable to your fitness equipment.
- c. Scan for cable or over-the-air signals. See step 8 on page 24 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 level cannot be turned up

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

SYMPTOM: Digital TV reception is poor

- a. Make sure that the digital TV settings are set correctly. See step 8 on page 24.
- 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 13.

- 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 television 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 television 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 that the digital TV settings are set correctly (see step 8 on page 24). 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 broadcast.

SYMPTOM: The digital TV needs to be cleaned

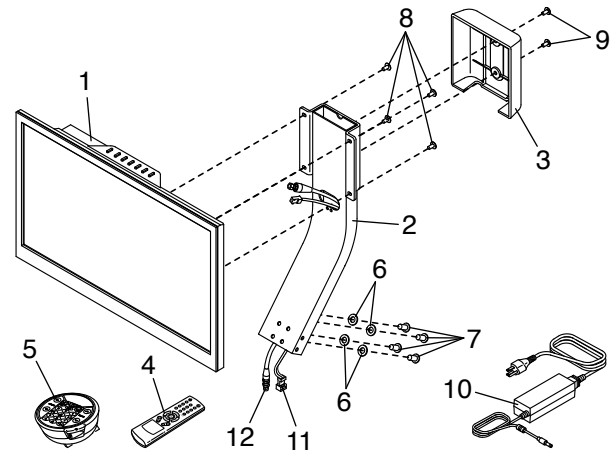
- a. **UNPLUG THE POWER ADAPTERS OR POWER CORD connected to the fitness equipment.** To clean the digital TV, wipe the digital TV and screen using a soft cloth with a small amount of soft detergent. Do not use a polishing cloth, solvent, or any type of propellant or chemical detergent such as alcohol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

PART LISTS AND EXPLODED DRAWINGS

DIGITAL TV FOR ELLIPTICAL/EXERCISE BIKE

R0515A

Key No.	Qty.	Description
1	1	Digital TV
2	1	Mounting Bracket
3	1	Bracket Cover
4	1	Remote Control
5	1	Controller
6	4	M8 Washer
7	4	M8 x 15mm Screw
8	4	M4 x 12mm Screw
9	2	M5 x 12mm Screw
10	1	Power Adapter/Wire
11	1	TV Power Wire
12	1	TV Coaxial Cable
*	-	User's Manual

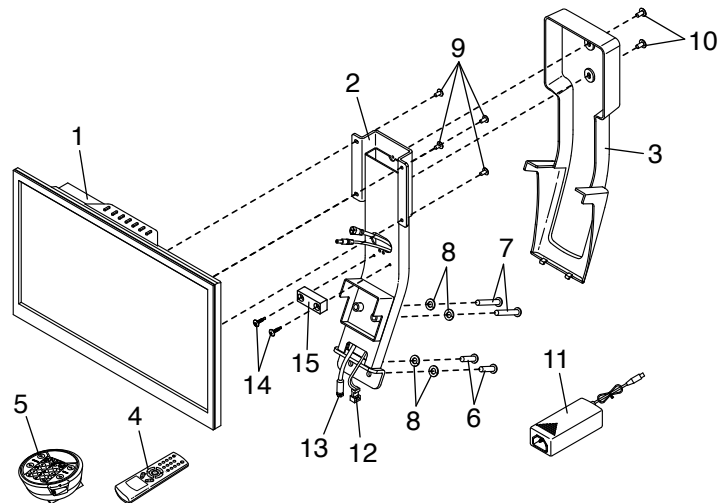


Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

DIGITAL TV FOR TREADMILL

R0515A

Key No.	Qty.	Description
1	1	Digital TV
2	1	Mounting Bracket
3	1	Bracket Cover
4	1	Remote Control
5	1	Controller
6	2	M8 x 20mm Screw
7	2	M8 x 50mm Screw
8	4	M8 Spring Washer
9	4	M4 x 10mm Screw
10	2	M5 x 15mm Screw
11	1	Power Adapter/Wire
12	1	TV Power Wire
13	1	TV Coaxial Cable
14	2	M4 x 20mm Screw
15	1	Bumper
*	-	User's Manual



Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, or if parts are damaged or missing, 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. If you are ordering replacement parts, please also note the key number and description of each part (see the PART LISTS and the EXPLODED DRAWINGS near the end of this manual).**

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