

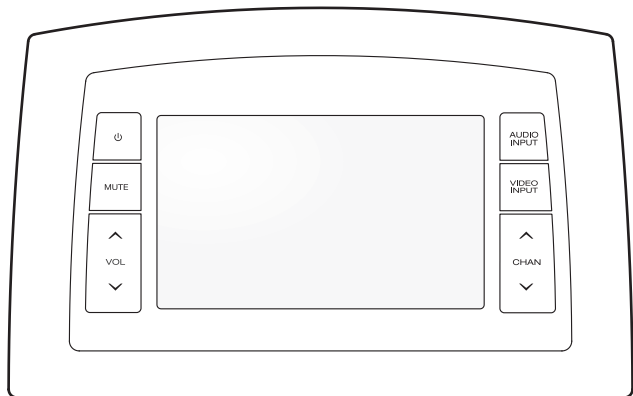
FREEMOTION[®]

Digital Personal Television

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.

www.freemotionfitness.com

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IMPORTANT PRECAUTIONS

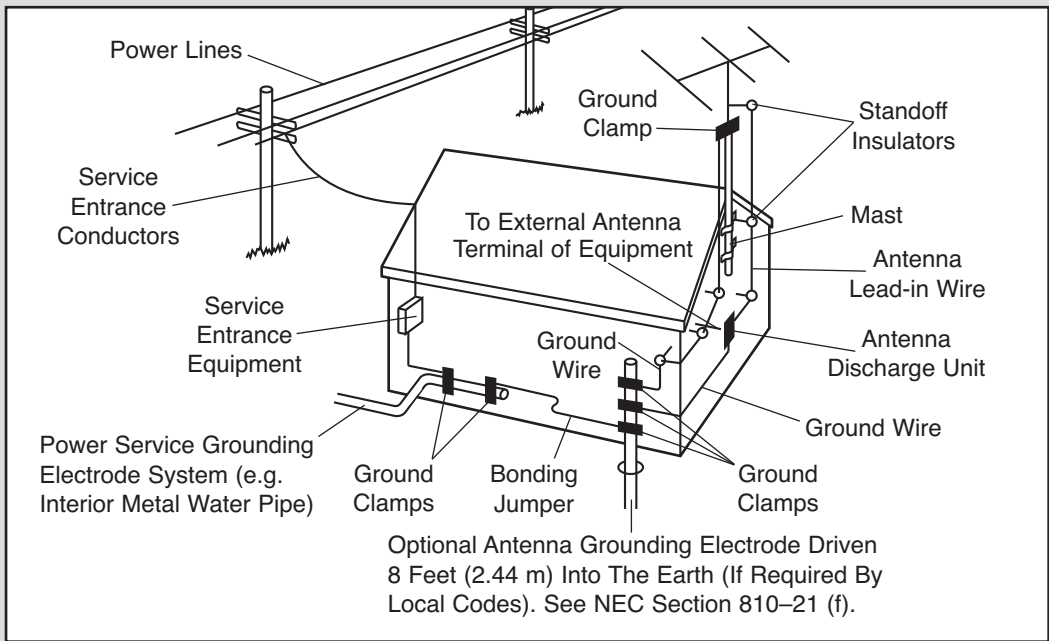
 WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual before using your digital personal television. Hotel Fitness and FreeMotion Fitness assume no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning 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 television are adequately informed of all warnings and precautions.
3. Use the personal television only as described in this manual and in the exercise equipment user's manual.
4. Keep the personal television away from moisture and dust. Do not use the personal television in a garage or covered patio or near water.
5. Keep children under age 12 away from the personal television at all times.
6. Never insert or drop any object into any opening on the personal television.
7. To reduce the risk of electric shock, do not remove the cover or the back of the personal television. There are no user serviceable parts inside. Refer servicing to qualified service personnel.

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FREEMOTION is a registered trademark of ICON IP, Inc.

8. Do not store the television in temperatures below -40° F (-40° C) or above 140° F (60° C). Do not operate the television in temperatures below 23° F (-5° C) or above 90° F (35° C).
9. To protect the exercise equipment and television during lightning storms, unplug the power cord from the wall outlet and disconnect the cable system. This will prevent damage due to lightning and power line surges.
10. If an outside antenna or cable system is connected, make sure that the antenna or cable system is grounded to provide some protection against voltage surges and built-up static charges. Section 810 of the National Electrical Code, ANSI/NFPA No. 70-1984, provides information with respect to proper grounding of the mast and supporting structure, grounding of the lead-in wire to an antenna discharge unit, size of grounding conductors, location of antenna discharge unit, connection to grounding electrodes, and requirements for the grounding electrode.
11. An outside antenna system should not be located in the vicinity of overhead power lines or other electric light or power circuits, or where it can fall into such power lines or circuits. When installing an outside antenna system, extreme care should be taken to keep from touching such power lines or circuits, as contact with them might be fatal.
12. Upon completion of any service or repairs to the exercise equipment or the television, ask the service technician to perform safety checks to confirm that the unit is in proper operating condition.
 - Use No. 10 AWG (5.3 mm^2) copper, No. 8 AWG (8.4 mm^2) aluminum, No. 17 AWG (1.0 mm^2) copper-clad steel or bronze wire, or larger as a ground wire.
 - Secure an antenna lead-in and ground wires to the house with stand-off insulators spaced from 4 to 6 feet (1.22 to 1.83 m) apart.
 - Mount an antenna discharge unit as close as possible to where the lead-in enters the house.
 - Use a jumper wire not smaller than No. 6 AWG (13.3 mm^2) copper, or the equivalent when a separate antenna-grounding electrode is used. See NEC Section 810-21 (j).

Note to 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.

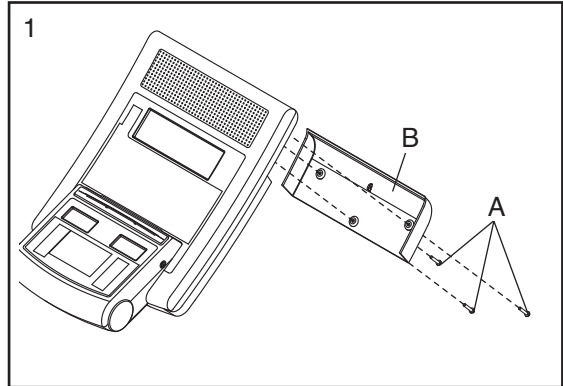


SAVE THESE INSTRUCTIONS

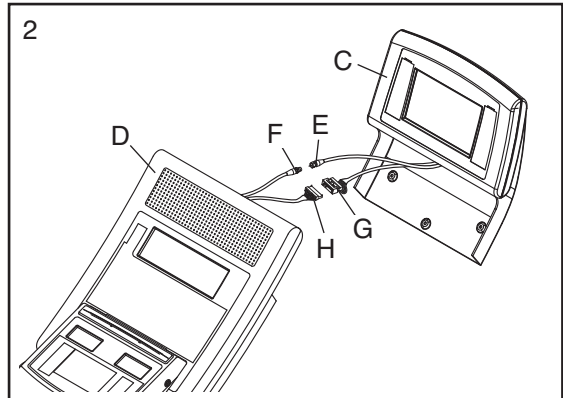
HOW TO ASSEMBLE YOUR TELEVISION

1. **Note: The personal television is to be used only with FreeMotion or Hotel Fitness products.**

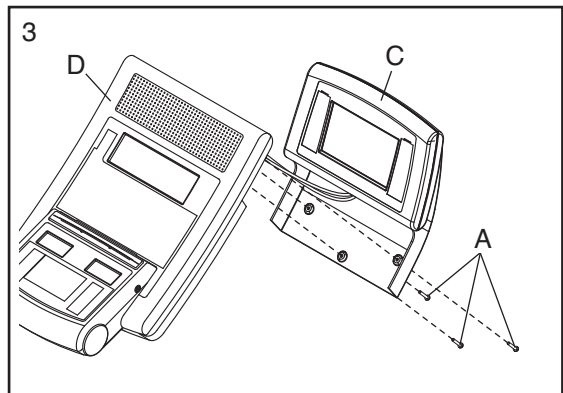
Remove the three M4 x 10mm Screws (A) from the Console Back Cover (B). Discard the Console Back Cover. **Save the Screws for step 3.**



2. While a second person holds the TV Console (C) near the Console (D), connect the TV Cable (E) to the Console Cable (F). Then, connect the TV Wire Harness (G) to the Console Wire Harness (H).



3. **Tip: Avoid pinching the cables and wires during this step.** Attach the TV Console (C) to the Console (D) with the three M4 x 10mm Screws (A) that you removed in step 1.

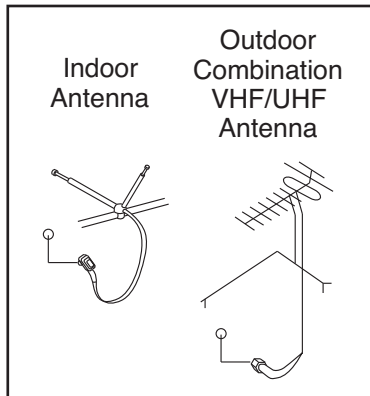


HOW TO CONNECT YOUR TELEVISION

Before operating the television, you must connect an antenna or a 75 ohm CATV cable to the 75 ohm terminal on the exercise equipment or an RCA component video cable to the audio/video input jack. No antenna, adapter, CATV cable, or RCA component video cable is included.

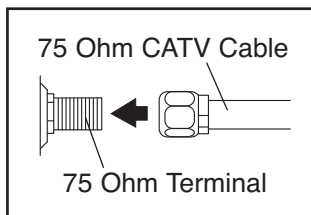
HOW TO CONNECT AN ANTENNA

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



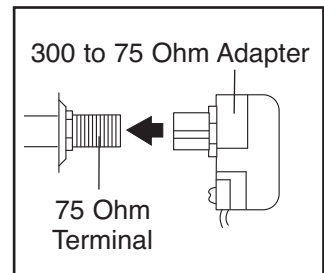
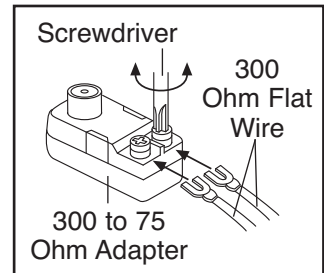
75 Ohm CATV Cable

1. Connect the 75 ohm CATV cable from the antenna to the 75 ohm terminal on the frame of the exercise equipment near the floor.



300 Ohm Flat Wire

1. Connect the 300 ohm flat wire from the antenna to a 300 ohm to 75 ohm adapter.
2. Connect the 300 ohm to 75 ohm adapter to the 75 ohm terminal on the frame of the exercise equipment near the floor.

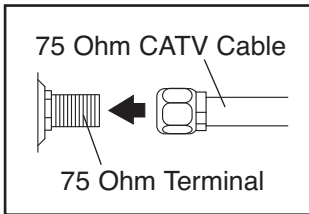


Note: Due to an FCC requirement, analog signals may no longer be broadcast over the air in the United States after June 12, 2009. If you wish to view television signals through an antenna after that date, you must have an antenna capable of receiving digital signals or a digital converter box. Cable television will not be affected.

HOW TO CONNECT AN EXTERNAL SOURCE USING A CATV CABLE

Use a CATV cable to connect to an external source such as a cable box, analog cable, satellite TV box, or VCR.

1. Connect one end of a 75 ohm CATV cable to the 75 ohm output jack 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 CATV cable to the 75 ohm terminal on the frame of the exercise equipment near the floor.



HOW TO CONNECT AN EXTERNAL SOURCE USING AN RCA COMPONENT VIDEO CABLE

Use an RCA component video cable to connect to an external source such as a VCR or DVD player.

Note: Not all models have this feature.

1. Connect the three-pronged end of the RCA component video cable to 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 RCA component video cable to the audio/video input jack on the frame of the exercise equipment near the floor.

HOW TO OPERATE YOUR TELEVISION

FEATURES OF THE CONSOLE

The digital personal television offers an impressive array of features designed to make your workouts more effective and enjoyable.

With the built-in flat screen TV you can watch the programs of your choice while you exercise.

To use the personal television, see page 8. **To use the remote control**, see page 10. **To replace the batteries in the remote control**, see page 11. **To adjust television settings**, see page 12. **To use a VCR or DVD player**, see page 15. **To use the sound system**, see page 15.

IMPORTANT: Before operating the television, you must connect an antenna, a CATV cable, or an RCA component video cable to the exercise equipment (see pages 6 and 7).

HOW TO USE THE PERSONAL TELEVISION

1. Turn on the television.

If there is a sheet of clear plastic on the television screen, remove the plastic.

To turn on the television, hold down the Power button on your television until the red light comes on.

2. Scan for channels.

Before operating your television, you must scan for channels. See page 13 for information about scanning for channels.

Your television can receive analog and digital signals. For the television to operate properly, good reception is necessary. Make sure that the television settings are set correctly (see HOW TO ADJUST THE TELEVISION SETTINGS on page 12). 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 6).

3. Select a television source.

Select a television source by pressing the Video Input button repeatedly. If you have connected an antenna or a 75 ohm CATV cable to the 75 ohm terminal on your exercise equipment, select the TV source. If you have plugged an RCA component video cable into the audio/video input jack, select the AV source.

4. Select the television audio mode.

The console can receive audio signals from the television or from an MP3 player, CD player, or other personal audio player. Press the Audio Input button repeatedly to switch between the television audio mode and the MP3 audio mode. Note: The screen will not display the current audio mode.

5. Select the desired channel.

When you turn on the television, the screen will show the last channel that was selected. To select a different channel, press the Channel increase and decrease buttons. The selected channel number will appear on the screen for a few seconds. Note: Before channels can be selected, they must be saved in the television's memory (see page 13).

Press the PR. List button on the remote control to view a list of channels (see page 10).

6. Adjust the volume.

Press the Volume increase or decrease buttons on the console to change the volume level. Note: For best results, change the volume level by pressing the Volume buttons on the console only. Make sure that the audio wire is not plugged into the audio jack on the console.

Press the Mute button to turn on or turn off the sound.

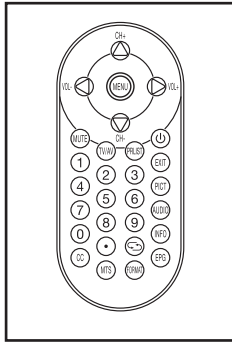
To use earphones or headphones (not included), plug them into the headphone jack on the console. Some models require the use of earphones or headphones for the sound system to function. Note: Not all models have a headphone jack.

7. Turn off the television.

When you are finished using the television, hold down the Power button on the personal television until the red light switches off.

HOW TO USE THE REMOTE CONTROL

The first time you use the remote control, insert batteries (see HOW TO REPLACE THE BATTERIES IN THE REMOTE CONTROL on page 11).



Hold the remote control near the television. Point the remote control directly at the television.

Press the Power button (PWR). After a few moments, the television will turn on or turn off.

Press the Volume (VOL) increase or decrease button to navigate left or right in a menu.

For best results, change the volume level by pressing the Volume buttons on the console only.

Press the Mute button to turn on or turn off the sound.

Press the numbered channel buttons or the Channel (CH) increase or decrease button to select a channel. The Channel increase and decrease buttons on the remote also function as the up and down navigation buttons in a menu.

Press the Return button (↵) to view the previous channel.

To select a subchannel, select a channel, press the Subchannel button (●), and then press the numbered channel buttons.

Press the Menu button to view the main menu or to view a previous menu. See page 12 for information about the menu.

Press the Exit button to exit any menu.

Press the PRLIST button to view a list of channels. If you have labeled any channels, the menu will also show the channel label. See page 14 for information about labeling channels.

Press the EPG button to view the electronic program guide. Note: The electronic program guide is available only when viewing ATSC digital television.

Press the Info button to view information about the current program and the broadcast or cable signal.

Press the CC button repeatedly to turn on or turn off closed captioning. See step 5 on page 13 to adjust closed captioning settings.

Press the TV/AV button repeatedly to select the input source. To view television channels through an antenna or a CATV cable, select the TV source. To use an RCA component video cable, select the AV source.

Press the MTS button repeatedly to select mono, stereo, or SAP (secondary audio programming) as the audio format.

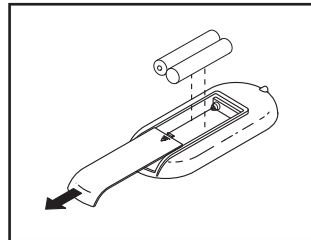
Press the Format button repeatedly to select auto, 4:3, or wide image as the display format. Note: The auto display format is available only when viewing ATSC digital television.

Press the Pict button repeatedly to select standard, dynamic, soft, or personal as the image setting.

Press the Audio button repeatedly to select standard, music, movie, or personal as the audio setting.

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 lightly on the battery cover with your thumb and slide off the battery cover.



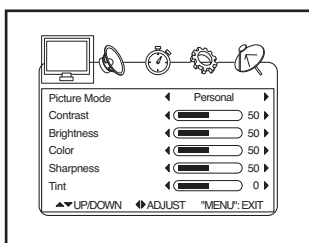
Remove the old batteries from the remote control. Insert two new AAA batteries. **Make sure to insert the batteries as shown in the drawing.** Then, slide the battery cover onto the remote control.

HOW TO ADJUST TELEVISION SETTINGS

You must use your remote control to adjust television settings. Press the Menu button to enter the main menu or to return to a previous menu. Press the Exit button to exit a menu. Press the Channel (CH) increase and decrease buttons to navigate up and down in a menu and the Volume (VOL) increase and decrease buttons on your remote control to navigate right and left.

1. Enter the main menu.

Press the Menu button to enter the main menu. To select one of the icons across the top of the screen, press the Volume increase and decrease buttons on your remote control until the desired icon appears larger than the others.



Select the monitor to adjust the image settings. Select the speaker to adjust the audio settings. Select the clock to adjust the time settings. Select the gear to adjust the television settings. Select the antenna to locate and save channels.

To return to the main menu, press the Menu button repeatedly.

2. Adjust the image settings.

Select the personal, standard, dynamic, or soft picture mode. The contrast, brightness, color, sharpness, and tint will automatically adjust.

You can also manually adjust the contrast, brightness, color, sharpness, or tint.

3. Adjust the audio settings.

Select the personal, standard, movie, or music sound mode. The bass, treble, and balance will automatically adjust.

You can also manually adjust the bass, treble, balance, or audio language. Select an audio language to hear programs in the selected language. Note: The audio language setting will function only if another audio signal is available.

4. Adjust the time settings.

Adjust the OSD (on-screen display) duration, sleep timer, time zone, or daylight saving time settings. The clock will display the current date and time and is reset every time the power is turned on.

The OSD duration is the length of time indicators (such as channel number or the electronic program guide) will remain on the screen after they appear.

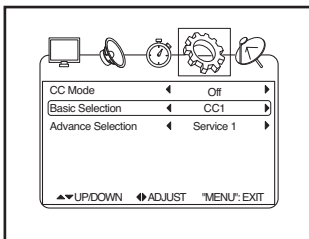
If you set the sleep timer, the television will turn off after the indicated number of minutes. A countdown will warn you when the television is about to turn off.

Note: The time zone setting, daylight saving time setting, and clock are available only when viewing digital television.

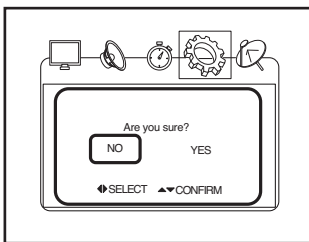
5. Adjust the television settings.

Adjust the language used in the menus, the transparency of the menu, the color mode, or the closed caption settings. You can also restore the original television settings.

To enter the closed caption submenu, highlight **CLOSED CAPTION** and press the Volume increase button on your remote control. In the closed caption submenu, adjust the closed caption mode, the basic selection, and the advanced selection.



When you highlight **RESTORE SETTING** and press the Volume increase button, a confirmation request will appear in the display. Use the Volume increase or decrease button to select YES or NO and press



the Channel increase or decrease button to confirm your selection. Select YES to restore the original television settings or NO to keep the current settings.

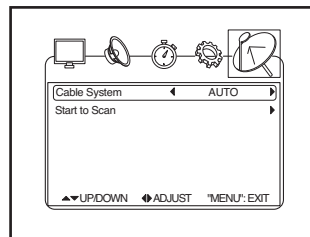
6. Scan and save channels.

Select **CATV** or **AIR**. Select **CATV** to receive cable channels through the 75 ohm terminal on your exercise equipment. Select **AIR** to receive channels through an antenna.

To scan for available channels, highlight **AUTO SCAN** or **AUTO SCAN ADD CH**. To scan all channels, select the Auto scan option. To scan all channels and add an extra channel, select the Auto Scan Add Ch option. The scan channel submenu will appear.

If you are receiving channels through a **CATV** cable, highlight **CABLE SYSTEM**

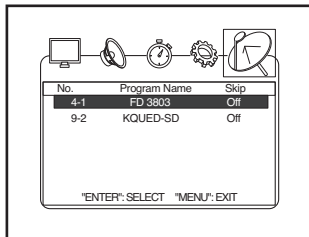
and select the auto, **STD**, **IRC**, or **HRC** setting. Try all four cable settings, if necessary, to find the optimal setting.



Highlight START TO SCAN and press the Volume increase button to start the auto scan. The television 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 television will renumber the channels in the order in which it locates them. Note: If a television channel disappears, scan for channels again.

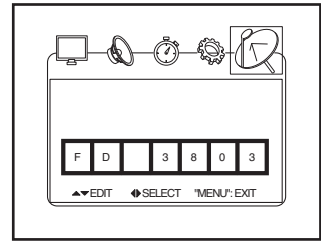
After all valid channels available in your area have been saved into the television's memory, you can manually skip unwanted channels.

To skip a channel, highlight CHANNEL SKIP and press the Volume increase button on



your remote control. In the channel skip submenu, press the Channel increase and decrease buttons to highlight the desired channel and the Volume increase and decrease buttons to turn on or turn off the skip option. Continue this process until you have skipped all unwanted channels.

To change the display name of a channel, highlight CHANNEL NO. and select a channel.



Then, highlight CHANNEL LABEL and press the Volume increase button to enter the channel label submenu.

Press the Volume increase and decrease buttons to select a number or letter box. Then press the Channel increase and decrease buttons to select the desired number or letter.

7. Exit the Menu.

When you have finished adjusting the settings, press the Exit button.

HOW TO USE A VCR OR DVD PLAYER

Note: Not all models have this feature.

1. **Connect a VCR or DVD player to the exercise equipment.**

See page 7 to connect the VCR or DVD player. Then, turn on the VCR or DVD player. See your VCR or DVD player user's manual.

2. **Turn on the television.**

See step 1 on page 8.

3. **Scan for channels.**

You must connect a VCR or DVD player to your exercise equipment before scanning for channels. See page 13 for information about scanning for channels.

4. **Select a television source.**

See step 3 on page 9. Then, press the Play button on your VCR or DVD player.

5. **Select the television audio mode.**

See step 4 on page 9.

6. **Adjust the volume.**

See step 6 on page 9.

7. **Turn off the television**

When you are finished using the VCR or DVD player, hold down the Power button on the personal television until the red light switches off.

HOW TO USE THE SOUND SYSTEM

1. **Connect a personal audio player.**

Connect an MP3 player, CD player, or other personal audio player (not included) to your exercise equipment (see your exercise equipment user's manual).

2. **Turn on the television.**

See step 1 on page 8.

3. **Select the MP3 audio mode.**

The console can receive audio signals from the television or from an MP3 player, CD player, or other personal audio player.

Press the Audio Input button repeatedly to switch between the television audio mode and the MP3 audio mode. (Note: The screen will not display the current audio mode.) Then, press the Play button on your personal audio player.

4. **Adjust the volume.**

See step 6 on page 9.

5. **Turn off the television.**

When you are finished using the sound system, hold down the Power button on the personal television until the red light switches off.

MAINTENANCE AND TROUBLESHOOTING

CLEANING THE PERSONAL TELEVISION

To clean the personal television, wipe the console with a clean 100 percent cotton cloth. To remove marks, apply a small amount of mild multi-purpose cleaner to the cloth and wipe the console, screen, and external surfaces. **Never spray cleaner directly onto the console or use solvents, ammonia, alcohol, benzene, or acid-based cleaners.**

TROUBLESHOOTING

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

PROBLEM: The television does not function

SOLUTION: a. Make sure that the power cord is fully inserted.

PROBLEM: The remote control does not function correctly

SOLUTION: a. Make sure that you are holding the remote control near the television, and pointing the remote control directly at the television.

- b. If the remote control is still not functioning correctly, the batteries should be replaced; most remote control problems are the result of low batteries. See page 11 to replace the batteries.

PROBLEM: The volume is too loud or the television audio makes a crackling sound

SOLUTION: a. If the television audio makes a crackling sound when the volume is turned up, the volume is too loud. Press the Volume increase or decrease button on the remote control until the volume level is 80 percent. Once the volume reaches 80 percent, adjust the volume by pressing the Volume buttons on the console only.

PROBLEM: The volume cannot be turned up

- SOLUTION:**
- a. If the volume cannot be turned up, the volume may have been adjusted with the remote control. Press the Volume increase or decrease button on the remote control until the volume level is 80 percent. Once the volume reaches 80 percent, adjust the volume by pressing the Volume buttons on the console only.
 - b. If there is no sound coming from the television, make sure that the television audio is not muted.
 - c. Make sure that the correct audio mode is selected (see step 4 on page 9).
 - d. If there is no sound coming from the television, make sure that the audio wire is not plugged into the audio jack on the console.
 - e. Some models require the use of earphones or headphones for the sound system to function. To use earphones or headphones (not included), plug them into the headphone jack on the console.

PROBLEM: The television is not receiving a signal

- SOLUTION:**
- a. Make sure that the correct TV or AV source is selected. See step 3 on page 9 to select a television source.
 - b. Make sure that the antenna, CATV cable, or RCA component video cable is connected securely to the exercise equipment. See pages 6 and 7.
 - c. Scan for broadcast or cable signals. See page 13 to scan for signals.
 - d. Due to an FCC requirement, analog signals may no longer be broadcast over the air in the United States after June 12, 2009. If you wish to view television signals through an antenna after that date, you must have an antenna capable of receiving digital signals or a digital converter box. Cable television will not be affected.

PROBLEM: Television reception is poor

SOLUTION: a. Make sure that the television settings are set correctly. See HOW TO ADJUST TELEVISION SETTINGS on page 12.

- b. For the digital television 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 6.)
- 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 exercise 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 exercise 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 television settings are set correctly (see HOW TO ADJUST TELEVISION SETTINGS on page 12). Do not use a splitter.

Note: If one of these problems appears when the cable from a CATV company is connected, the problem may be caused by the local company broadcast.

LIMITED WARRANTY

FreeMotion Fitness warrants this product to be free from defects in workmanship and material under normal use and service conditions for a period of one (1) year from the date of purchase. The warranty period commences on the invoice date of purchase. Any parts repaired or replaced during this warranty period will be warranted for the remainder of the original warranty period.

CONDITIONS AND LIMITATIONS

This warranty applies only to the original owner and is non-transferable. The following will void the warranty on this product:

1. Any misuse, abuse, or improper service.
2. Damage caused by moving the product or improper storage, including moving or storing the product on its side.
3. Use or storage of the product outdoors or in high-humidity environments including spa and pool areas.
4. Damage caused by improper wiring or insufficient electrical current.

This warranty shall not apply to the following:

1. Cosmetic items including decals and labels.
2. Pick up, delivery, or freight charges involved with a repair.
3. Any problem as a result of improper assembly or delivery.

WHAT TO DO IF SERVICE IS REQUIRED

FreeMotion Fitness warranty service may be obtained by contacting FreeMotion Fitness (see the back cover of this manual). Make sure to retain your original invoice. If this product experiences a failure under the warranty terms set forth, FreeMotion Fitness shall provide at their option either repair, replacement, or refund of the purchase price. FreeMotion Fitness compensates service providers for warranty trips within their service area. You may be charged additionally for service calls beyond this service area.

Hotel Fitness and FreeMotion Fitness are not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, cost of removal, installation, or other consequential damages. Some states do not allow the exclusion or limitation of consequential damages. Accordingly, the above limitation may not apply to you. This warranty gives you specific rights and you may have other rights which vary from state to state.

TO CONTACT FREEMOTION FITNESS:

See HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, if you require assistance, or if you need to order replacement parts, please contact Customer Care at the phone number or address listed below. Please mention the name of the product (FreeMotion Fitness Digital Personal Television) when calling.

Call toll-free: 1-866-799-8946, Mon.–Fri. 8 a.m.–5 p.m. MT

Write: FreeMotion Fitness, 1500 S. 1000 W., Logan, UT 84321-9813