

Scientific Solutions For Fitness™



INTELLI-FIT™ CONSOLE SET-UP GUIDE

INTELLI-FIT SET-UP MODE

This guide contains brief descriptions for each category in the set-up mode.

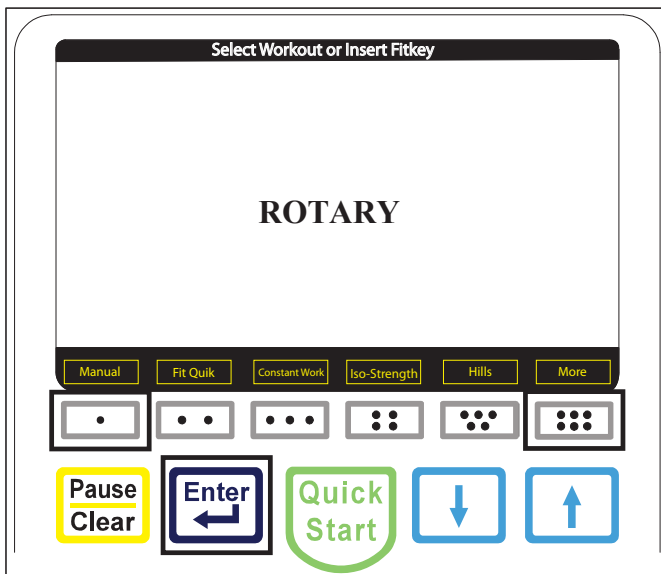
Use the **Up** or **Down** [↑] [↓] arrows to make adjustments. After making adjustments, press [**Quick Start**] to save and exit the set-up mode at any time.

Note: If you pass the desired category, you cannot go back. You must press [**Quick Start**] and re-enter the set-up mode.

ACCESSING THE SET-UP SCREEN - ROTARY

Rotary

To access the Intelli-Fit set-up screen on a rotary product press the [•] one dot key, [•••] six dot key, and [**Enter**] at the same time. The screen will change and display OVERLAY as the first category.



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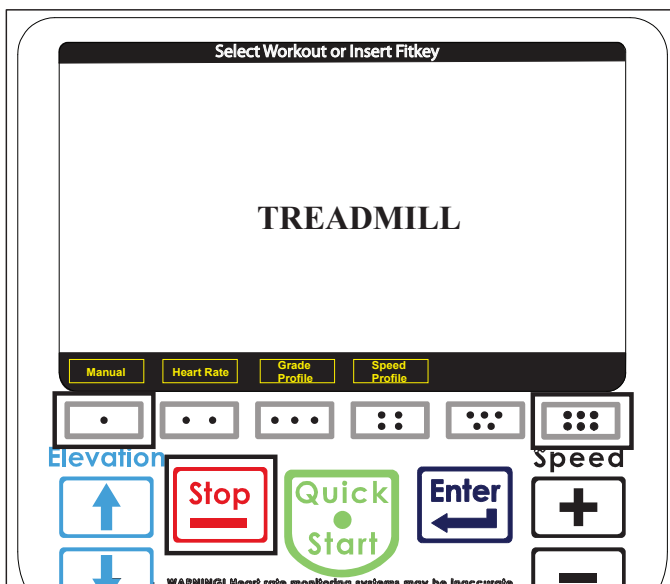
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ACCESSING THE SET-UP SCREEN - TREADMILL

Treadmill

To access the Intelli-Fit set-up screen on a treadmill press the [•] one dot key, [::::] six dot key, and [Stop] at the same time. The screen will change and display **OVERLAY** as the first category.





CATEGORIES

After each category, press **[Enter]** to advance to next category.

OVERLAY

This is a factory setting and cannot be changed. It indicates the type of membrane switch (overlay) that has been attached on the console.

Default: Rotary

MODEL

Selects the type of product to which the console is attached. PRO1, ISO1000, SXT, AC5000, etc. (This has been set at the factory and should not need to be changed.)

Default: PRO1

LANGUAGE

Allows option to select 1 of 6 languages: English, German, Spanish, Dutch, French and Italian.

Default: English

UNITS

Allows option to select units of measurement for weight: U.S. (Imperial) or Metric.

Default: U.S.

CATEGORIES - CONTINUED

BAUD RATE

This setting can be found in rotary products only.

The console may be connected via the COMM port on the back enclosure to an external monitoring device that can be used to track a user's progress. The Baud Rate determines the speed of data transfer from the console to the device. There are six different speed options: 4800, 9600, 19200, 38400, 57600 and 115200.

Default: 19200

Note: The Baud Rate selected should be the same as the device to which the data is being transferred.

WATT SCALAR

This setting can be found in rotary products only.

This is a multiplication factor to change the power (Watts) of the machine. The machine will be easier to operate if the WATT SCALAR is greater than 1 and it will be harder to operate if it is less than 1.

Default: 1.000

WATT OFFSET

This setting can be found in rotary products only.

For machine recalibration use only (not for customer use)

Default: 0.000



CATEGORIES - CONTINUED

After each category, press **[Enter]** to advance to next category.

EDITOR

The data entry and set-up mode screens may be displayed in two different formats. Use the **Up** or **Down** arrow keys to select either TABLE or CAROUSEL (both are briefly described below.)

Default: Table

TABLE

- Use the **[Enter]** key to advance to the next category.
- **Note:** Cannot go backwards.
- Use the **[up arrow]** and **[down arrow]** keys to adjust within the category.
- Use the **[Quick Start]** key to save.

CAROUSEL

- Use the **[one dot]** or **[six dot]** keys to advance forward or backwards to different categories.
- Use the **[up arrow]** or **[down arrow]** keys to adjust within the category.
- Use the **[Quick Start]** key to save.
- **Note:** In Carousel, pressing the **[Enter]** key takes you back to the main screen and will not save changes.

POWER BURST (seconds)

This setting can be found in rotary products only.

This is an option seen on the workout screen in some programs. When the user activates this option (at any time during the workout), the user will then pedal faster and get more resistance for a short duration. This duration of time may be increased and decreased here.

Default: 8

Note: Power Burst range is 6-59 seconds

CATEGORIES - CONTINUED

After each category, press **[Enter]** to advance to next category.

PAUSED TIMEOUT (seconds)

This setting can be found in rotary products only.

The amount of time the screen will stay lit after the **[Pause]** key is pressed, the user stops pedaling and the brake stops rotating. This time can be adjusted here.

Default: 15

Note: Paused Timeout range is 0-180 seconds

UTILIZATION (hours)

This tracks amount of time (in hour increments) that the machine has been in use.

Default: 0.00

Note: Hours will not reset when a software upgrade is done.

DEFAULT LEVEL

This category controls the starting resistance level seen on the data entry screen for Manual, Hills and Random programs. If a different starting level is desired, it may be changed here.

Default: 1

Note: Default Level Range is 1-20



FIT-QUIK PRESET CATEGORIES

The following 9 categories pertain only to Fit-Quik rotary presettings

FIT-QUIK CARDIO WORKOUT

Allows the Fit-Quik program to be preset for 1 of 3 workouts: Manual, Hills or Constant Work.

Default: Manual

FIT-QUIK WATTS TARGET (Watts)

A preset wattage target is selected here when the Fit-Quik program is set for Constant Work.

Default: 20

FIT-QUIK PROFILE CARDIO

When the Fit-Quik program is preset for Hills, you may adjust to preselect 1 of 7 workout profiles: Course, Sprint, Twin Peaks, Peak, Progressive, Multi-Peaks and Ramp.

Default: Course

FIT-QUIK TIME CARDIO

This setting only affects Stage 1 of the Fit-Quik program.

Sets the time length of the 1st stage workout for the Fit-Quik program, before initiating the 2nd stage.

Default: 5.00

FIT-QUIK REVERSE

Sets the option to enable or disable the words "Change Direction" to display at the top of the screen during the Fit-Quik 1st stage workout for those machines that are bi-directional compatible.

Default: Enabled

Note: The banner will appear approximately every 27 seconds during the 1st stage only.

FIT-QUIK PRESET CATEGORIES - CONTINUED

After each category, press [Enter] to advance to next category.

FIT-QUIK RPM TARGET

Sets the RPM target for the 2nd stage of the Fit-Quik program.

Default: (machine dependent)

FIT-QUIK CHALLENGE TIME (mm:ss)

This setting is for the 2nd Stage of Fit-Quik.

Allows the option to increase or decrease the time length of the forward portion of the 2nd stage.

Default: 0:10

FIT-QUIK RECOVERY (mm:ss)

This setting is for the 2nd Stage of Fit-Quik.

Allows the option to increase or decrease the time length of the reverse portion of the 2nd stage.

Default: 0:35

FIT-QUIK ISO REPEATS

This setting is for the 2nd Stage of Fit-Quik.

Allows the option to set how many times the ISO-Strength portion of the 2nd stage is repeated.

Default: 4

Workout Example: Repeat set at 4

1st stage cardio, then within 2nd stage ISO-Strength

- | | |
|-----------------------|-------------------|
| (1) Forward Fast/Slow | Reverse Fast/Slow |
| (2) Forward Fast/Slow | Reverse Fast/Slow |
| (3) Forward Fast/Slow | Reverse Fast/Slow |
| (4) Forward Fast/Slow | Reverse Fast/Slow |
| (5) Workout ends. | |

END OF FIT-QUIK ROTARY PRESET CATEGORIES



FIT-QUIK PRESET CATEGORIES

After each category, press [Enter] to advance to next category.

REVERSE BANNER

This setting can be found in rotary products only.

Allows option to enable or disable the displaying of the banner "Change Direction" for bi-directional compatible model machines. Affects the following cardio workout programs: Manual, Constant Work, Hills and Random.

Default: Disabled

REVERSE TIME BANNER

This setting can be found in rotary products only.

Allow option to set the time interval when the Reverse banner "Change Direction" appears at the top of the screen.

Default: 0:30

Note: The first time the banner appears might not be at the chosen set time, but it will be correct afterward (dependent on the length of the workout time.)

FIT-QUIK PRESET CATEGORIES - CONTINUED

After each category, press **[Enter]** to advance to next category.

ISO BANNER

Allows the option to enable or disable the banners “Fast Forward”, “Slow” and “Reverse Fast” to be shown at the top of the screen during an ISO-Strength workout.

Default: Disabled

ISO FAST TIME

Allows the option to set a time length when the ISO banner is enabled to show “Fast Forward” and “Reverse Fast” at the top of the screen.

Default: 0:15

Example: ISO Fast Time set for 15 seconds
Fast Forward - displayed 15 seconds
Reverse Fast - displayed 15 seconds

ISO SLOW TIME

Allows the option to set a time length when the ISO banner is enabled to show “Slow” at the top of the screen.

Default: 0:15



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