# LIFE FITNESS 15" ATTACHABLE TV (PAL / SECAM / DVB-T2)

OPERATION MANUAL M051-00K96-0009





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### **IMPORTANT SAFETY INSTRUCTIONS**



- **CAUTION:** Any changes or modifications to this equipment could void the product warranty.
- DANGER: To reduce the risk of electrical shock, always unplug this Life Fitness product before cleaning or attempting any maintenance activity.
- **WARNING:** To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect each product to a properly grounded electrical outlet.
- **WARNING:** To prevent injury, this product must be securely attached in accordance with the installation instructions.
- Never operate a Life Fitness product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. If this occurs, contact Life Fitness Customer Support Services as outlined on page one of this manual.
- Position this product so that the AC power cord plug is accessible to the user.
- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle.
- If the electrical supply cord is damaged, it must be replaced by the manufacturer, an authorized service agent, or a similarly qualified person to avoid a hazard.
- Always follow the product instructions for proper operation.
- Never insert objects into any opening of the Life Fitness product. If an object should drop inside, unplug this Life Fitness product and carefully retrieve it while the unit is not in use. If the object cannot be reached, contact Life Fitness Customer Support Services.
- Do not use this product outdoors, near swimming pools or in areas of high humidity. Do not expose this product to dripping or splashing liquids. If the product should be exposed to liquid, contact Life Fitness Customer Support Services.
- Never operate a Life Fitness product with the air openings blocked. Keep air openings free of lint, hair, or any obstructing material.
- Use this product only for its intended use as described in this manual. Do not use attachments that have not been recommended by the manufacturer.

### SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.



• **MISE EN GARDE:** tout changement ou toute modification de ce matériel peut annuler la garantie du produit.

- DANGER: Pour réduire les risques de décharge électrique, toujours débrancher cet appareil Life Fitness avant le nettoyage ou toute mesure d'entretien.
- AVERTISSEMENT: Pour réduire les risques de brûlures, d'incendies, de décharges électriques ou de blessures, chaque appareil doit absolument être branché sur une prise électrique correctement mise à la terre.
- **AVERTISSEMENT:** Pour prévenir les blessures, ce produit doit être solidement fixé, conformément aux instructions d'installation.
- Ne jamais faire fonctionner un produit Life Fitness dont la fiche ou le cordon d'alimentation est endommagé, ni aucun appareil qui serait tombé ou aurait été endommagé ou même partiellement plongé dans l'eau. Si cela se produit, communiquer avec le service à la clientèle de Life Fitness comme indiqué sur une page de ce manuel.
- Placer l'appareil de façon à ce que l'utilisateur ait accès à la fiche du cordon d'alimentation.
- Tenir le cordon d'alimentation à l'écart de toute surface chauffée. Ne pas tirer l'appareil par le cordon d'alimentation; ne pas utiliser le cordon comme poignée.
- Si le cordon d'alimentation électrique est endommagé, il doit être remplacé par le fabricant, par un réparateur agréé ou par une personne qualifiée afin d'éviter tout danger.
- Toujours suivre les instructions sur le produit pour s'assurer de son fonctionnement adéquat.
- Ne jamais insérer aucun objet dans les ouvertures du produit Life Fitness. Si un objet tombe à l'intérieur du produit Life Fitness, le débrancher et extraire l'objet soigneusement pendant que l'appareil est débranché. S'il est impossible d'atteindre l'objet, communiquer avec le service à la clientèle de Life Fitness.
- Ne pas utiliser ce produit à l'extérieur, près d'une piscine ou dans des endroits très humides.
   Ne pas exposer ce produit à des liquides qui s'égouttent ni à des éclaboussures. Si le produit est en contact avec des liquides, communiquer avec le service à la clientèle de Life Fitness.
- Ne jamais faire fonctionner d'appareil Life Fitness dont les orifices d'aération seraient bloqués. Les garder exempts peluches, de cheveux ou de toute obstruction.
- Utiliser ce produit uniquement pour les fins auxquelles il est destiné et de la manière décrite dans le présent manuel. Ne pas utiliser d'accessoires qui ne sont pas recommandés par le fabricant.

### CONSERVER CES INSTRUCTIONS POUR TOUT USAGE ULTÉRIEUR.

### **IMPORTANT SAFETY INSTRUCTIONS**

### Note to the CATV 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.

#### Antenna Grounding According to the NEC

Antenna Grounding According to the National Electrical Code, ANSI/NFPA 70.1.

- 1. Antenna lead in wire
- 2. Antenna discharge unit (NECSection 810-20)
- 3. Grounding conductors (NECSection 810-21)
- 4. Ground clamp
- 5. Power service grounding electrode system (NECArticle 250, Part H)
- 6. Ground clamp
- 7. Electric service equipment



## **MEDIA CONNECTIONS**



	Description	Connector Type	
Power In	12 Volt DC Power In Power Ja		
USB	USB Flash Drive	USB Type A	
High-Definition Input	t High-Definition Audio & Video Connection High-Def		
VGA In	PC-Video Connection	VGA	
Video In	Video In	RCA (yellow)	
Audio In	Stereo Line In RCA (red and		
S-Video In	S-Video Signal In S-Video		
RF Coaxial	kial Antenna / Cable Connection RF F-Type		
Wired Remote / Media Cable	Wired Remote Control Connection	Remote Control	
Audio Out	Headphone Connection	3.5mm stereo jack, 0.3W	

### **S**PECIFICATIONS

15.4" Diagonal Wide Screen Format

Aspect Ratio: 16:10

Viewing Angle: 140 degrees horizontal x 120 degrees diagonal

HD Channel Ready: High-definition television will accept content up to 1080p

Visible Screen Size: 13" L x 8.15" H (33cm L X 20cm H)

Brightness: 330nits (cd/m<sup>2</sup>)

Display Color: 26.2 million

**Resolution:** 5.3 million pixels, 1680(H) X 1050(V)WSXGA+ **Contrast Ratio:** 800:1

Video: Composite, AV, S-Video, High-Definition, VGA RF Analog TV Systems: SECAM, PAL-B/G, PAL-D/K, PAL-I, PAL-LL Digital Broadcasting System: DVB-T/T2, DVB-C MPEG-2, MPEG-4

Audio: NICAM/A2, MPEG-1, AC3+

Channel Coverage: UHF, VHF, CATV

Antenna: RF: 75-ohm RF Input (+12dBmV +/ - 25dB)

Power Requirements: 20W Nominal

External Power Supply: 12Vdc 5A

#### **Power Rating:**

AC Power Input: 100-240V ~ 50/60 Hz 1.5A DC Supply Input: 12V ... 5A

Headphone Jack: 3.5mm Stereo, 300 milliwatt

### Physical Dimensions:

Length: 16" (40.2cm) Depth: 2.6" (6.7cm) Height: 11.6" (29.5cm) Weight: 8.5lbs. (4.2 kg)

### Shipping Dimensions:

Length: 21" (53.3cm) Depth: 7" (17.8cm) Height: 15" (38.1cm) Weight: 11.2 lbs. (5.5 kg)

LCD Screen Length: 13" (33cm)

LCD Screen Height: 8.15" (20cm)

VESA Mounting Support: 75mm(H) x 75mm(W), 100mm (H) x 100mm (W)

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## **QUICK REFERENCE - TV MENU ACCESS**

LIFE FITNESS recommends programming the 15" Attachable TV by using an IR TV Remote.

The TV can also be programmed by using an attachable LF TV REMOTE if on the order (for Achieve consoles) and through an Integrity, Inspire or Discover SI console. Please follow the guidelines below to program the TV. The password key on Life Fitness TVs is always "0000".

If you are unable to follow the guidelines above, do not have an IR TV REMOTE, or if there are any other issues with the 15" Attachable TV please promptly report the issue to Life Fitness Customer Support Services.

Action	LF TV Remote	IR (Infrared) TV Remote	Integrity Consoles	Inspire & Discover SI Consoles
Access Setup Menu	Press and hold the POWER key for 5 seconds.	Press MENU.	Press and hold TV POWER key for 5 seconds.	Enter the SYSTEM OPTION MENU.
Scroll Menu	Use the UP and DOWN arrow keys.	Use the UP and DOWN arrow keys.	Use the VOLUME and CHANNEL UP and DOWN arrow keys.	Enter TV SETUP MENU.
Make a Selection	Press the CLOSED CAPTION (CC) button or the RIGHT VOLUME key.	Press ENTER.	Press ENTER.	key in the lower left corner of the screen (Discover SI only).
Go Back	Use the LEFT VOLUME key.	Press MENU.	N/A	Select the DVB Menu. Use the ARROW keys
Exit Setup Menu	Press and hold the POWER key for 5 seconds.	Press MENU or Press Exit.	Press TV LAST key once or press and hold the TV POWER key for 5 seconds.	to navigate TV Setup.

## **BASIC FUNCTIONS OF LF TV REMOTE**

### **BASIC FUNCTIONS**

Turn the power on by pressing the ON/OFF key (1) on the remote control. A blue LED appears on the lower right corner of the TV when the power is on. The LED blinks during SLEEP mode (the back light will be off).

Press the POWER key (1) and hold for 5 seconds to access the Setup Menu.

Use the RIGHT VOLUME key (2) and LEFT VOLUME key (3) to adjust volume. The RIGHT VOLUME key (2) increases volume. The LEFT VOLUME key (3) decreases volume. A volume indicator will appear on the console while the volume is being adjusted. The volume indicator will disappear after approximately 20 seconds of inactivity.

Use the RIGHT VOLUME KEY (2) to select a menu option. Use the LEFT VOLUME key (3) to go backwards through menu options. Channels can be selected by using the NUMERIC KEYPAD (4) or by scrolling up or down through available channels by pressing the UP and DOWN channel arrow keys (5).

Press the CLOSED CAPTION (CC) key (7) to turn the closed caption on/off.

Press the MUTE key (8) to mute the sound.

The PREVIOUS key (9) can be used to select the channel viewed immediately prior to the current channel. Repeatedly pressing the PREVIOUS key can be used to toggle between two channels.

**Note:** The PREVIOUS key (9) acts as the "-" when entering channels. Example: Press "5", "PREVIOUS key", "1" to enter 5-1 as the channel.

Headphones are necessary to hear any volume adjustments. Plug headphones into the HEADPHONE JACK (6) located on the side of the remote control.

#### Within Set-Up Menus:

Use the RIGHT VOLUME key (2) to select a menu option. Use the LEFT VOLUME key (3) to go backwards through menu options.

Use the CC key (7) to select menu options.

Use the CC key (7) as the ENTER function when selecting channels.

**Note:** The Achieve<sup>™</sup> console with Attachable TV includes the LF TV Remote. The Attachable TV System for new or previously purchased Life Fitness silver/gray commercial cardio machines includes the LF TV Remote.



## **BASIC FUNCTIONS - IR TV REMOTE**

### **IR TV REMOTE**

IR TV Remote - Programming is easier with the optional IR TV Remote. Contact Life Fitness (see page one for information) to order one or more IR TV Remote controls if desired.



### **BASIC FUNCTIONS - IR TV REMOTE**



#### **IR TV REMOTE**

Enter / exit subpage.

Subpage (only available in teletext mode)

Two 1.5V-AAA BATTERIES ARE INCLUDED AND NECESSARY FOR OPERATION.



## **TV MENU ACCESS - CONSOLE CONTROLS**

TV Setup

Powe

cc

5

- # +

7

SAP

Input

Show

### INSPIRE TV CONTROLS

Inspire TV controls include:

- Power
- Channel Up / Down
- Volume Up / Down
- Input



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### DISCOVER SI TV CONTROLS

Discover SI TV controls include:

- TV Off
- Channel Up / Down
- Numeric Keypad
- Previous Channel
- Aspect Ratio
- Input

### INTEGRITY TV CONTROLS

Integrity TV controls include:

- Power
- Mute
- Last
- Numeric Keys
- Channel Up / Down
- Left / Right arrow keys to adjust volume





## **BASIC FUNCTIONS - LCD CONSOLE CONTROLS FOR EXERCISER**

The Life Fitness Elevation<sup>™</sup> Series with the Inspire<sup>™</sup> Console and the Elevation<sup>™</sup> Series with Discover SI Console have the TV controls built-in the integrated LCD touch screen. Inspire TV controls include power, channel up/down, numeric keypad, mute, and previous channel. Discover SI controls include TV Off, channel up/down, numeric keypad, previous channel, Aspect Ratio, and Input.

Note: Closed Caption (CC) and Secondary Audio Programming (SAP) are available in select countries.





## **BASIC FUNCTION - FRONT PANEL CONTROLS**

TV FRONT PANEL



TV On - Blue LED On

TV Off - Blue LED Off

Sleep Mode - Blue LED Blinks

## **GETTING STARTED**

SELECT INPUT SOURCE



- Press INPUT button on IR TV Remote Control.
- Use to select desired input source (TV, AV, S-Video, PC, HDMI).
- Press ENTER.

## **GETTING STARTED**

### FIRST TIME INSTALLATION

Connect an RF cable from the "RF-IN" to your TV aerial socket.

Press the MENU button on the IR TV Remote Control.

Use () to select SETUP menu. Use  $\triangleq$  to select FIRST TIME INSTALLATION.







## MAIN ON SCREEN DISPLAY (OSD) MENUS

Main Menus	Sub-Menus			
Channel	<ul> <li>Auto Tuning</li> <li>ATV Manual Tuning</li> <li>DTV Manual Tuning</li> <li>Signal Information</li> </ul>			
Picture	<ul> <li>Picture Mode</li> <li>Contrast</li> <li>Brightness</li> <li>Color</li> <li>Noise Reduction</li> </ul>			
Sound	<ul><li>Sound Mode</li><li>Treble</li><li>Bass</li></ul>	<ul><li>Balance</li><li>Auto Volume</li><li>AD Switch</li></ul>		
Time	<ul><li>Clock</li><li>Time Zone</li><li>Sleep Timer</li></ul>	<ul><li>Auto Standby</li><li>OSD Timer</li></ul>		
Lock	<ul> <li>Lock System</li> <li>Set Password</li> <li>Block Program</li> </ul>	<ul><li>Parental Guidance</li><li>Hotel Mode</li></ul>		
Hotel	<ul> <li>Hotel Mode</li> <li>Source Lock</li> <li>Default Source</li> <li>Default Volume</li> </ul>	<ul> <li>Max Volume</li> <li>Import Database</li> <li>Export Database</li> <li>Clear Lock</li> </ul>		
Setup	<ul> <li>OSD Language</li> <li>TT Language</li> <li>Audio Languages</li> <li>Subtitle Language</li> <li>Hearing Impaired</li> </ul>	<ul> <li>Aspect Ratio</li> <li>Blue Screen</li> <li>First Time Installation</li> <li>Reset</li> <li>Software Update (USB)</li> </ul>		



## CHANNEL MENU (DVB-T)





		Tuning Setup		
	Press ENTER on the IR TV Remote Control to start auto	Tune Type	ATV + DTV	
	search.	Digital Type	DVB-T	
Auto Tuning		Saan Type		
		Network ID		
		Frequency		
		Symbol Rate		
		MENU Back	ENTER Start	
	<ul> <li>Set the channel number.</li> </ul>			
	<ul> <li>Set the channel number.</li> <li>Color System</li> <li>Select the color system (PAL / SECAM)</li> </ul>	ATV Manua	1 Tuning	
	<ul> <li>Set the channel number.</li> <li>Color System         <ul> <li>Select the color system (PAL / SECAM).</li> </ul> </li> <li>Sound System</li> </ul>	ATV Manua • - Current CH	ıl Tuning	
	<ul> <li>Set the channel number.</li> <li>Color System</li> <li>Select the color system (PAL / SECAM).</li> <li>Sound System</li> <li>Select the sound system (L / BG / DK / L)</li> </ul>	ATV Manua <mark>• - Current CH</mark> Color System	nl Tuning PAL	
ATV Manual	<ul> <li>Set the channel number.</li> <li>Color System         <ul> <li>Select the color system (PAL / SECAM).</li> </ul> </li> <li>Sound System         <ul> <li>Select the sound system (I / BG / DK / L).</li> </ul> </li> <li>Eine-Tune</li> </ul>	ATV Manua <mark>« – Current CH</mark> Color System Sound System	I Tuning PAL DK	
ATV Manual Tuning	<ul> <li>Set the channel number.</li> <li>Color System <ul> <li>Select the color system (PAL / SECAM).</li> </ul> </li> <li>Sound System <ul> <li>Select the sound system (I / BG / DK / L).</li> </ul> </li> <li>Fine-Tune <ul> <li>Adjust the frequency of the channel</li> </ul> </li> </ul>	ATV Manua - Current CH Color System Sound System Fine-Tune	n) Tuning PAL DK 62.00 MHz	
ATV Manual Tuning	<ul> <li>Set the channel number.</li> <li>Color System         <ul> <li>Select the color system (PAL / SECAM).</li> </ul> </li> <li>Sound System         <ul> <li>Select the sound system (I / BG / DK / L).</li> </ul> </li> <li>Fine-Tune         <ul> <li>Adjust the frequency of the channel.</li> </ul> </li> </ul>	ATV Manua • - Current CH Color System Sound System Fine-Tune AFC	PAL DK 62.00 MHz Dn	
ATV Manual Tuning	<ul> <li>Set the channel number.</li> <li>Color System <ul> <li>Select the color system (PAL / SECAM).</li> </ul> </li> <li>Sound System <ul> <li>Select the sound system (I / BG / DK / L).</li> </ul> </li> <li>Fine-Tune <ul> <li>Adjust the frequency of the channel.</li> </ul> </li> <li>AFC <ul> <li>Turn Auto Erequency Control ON / OFE</li> </ul> </li> </ul>	ATV Manua - Current CH Color System Sound System Fine-Tune AFC Search	N Tuning PAL DK 62.00 MHz Dn	
ATV Manual Tuning	<ul> <li>Set the channel number.</li> <li>Color System <ul> <li>Select the color system (PAL / SECAM).</li> </ul> </li> <li>Sound System <ul> <li>Select the sound system (I / BG / DK / L).</li> </ul> </li> <li>Fine-Tune <ul> <li>Adjust the frequency of the channel.</li> </ul> </li> <li>AFC <ul> <li>Turn Auto Frequency Control ON / OFF.</li> </ul> </li> </ul>	ATV Manua Color System Sound System Fine-Tune AFC Search	PAL DK 62.00 MHz Dn	

# CHANNEL MENU (DVB-T) (CONTINUED)

┌────────────────────────────────────	1 1
Scroll through menu options.	ļ
▲ Adjust values of selected menu option.	1
Press ENTER to enter sub-menus and make selections.	l

DTV Manual Tuning	<ul> <li>Use ◀▶ to select channel.</li> <li>Press ENTER to search for signal.</li> </ul>	DTV Manual Tuning - VHF CH 1 + + Bad Freq: 43.50 MHz Good
Edit Channel	Use the red, green, yellow and blue buttons on the bottom of the IR TV Remote Control to edit channel settings.  Red button  Delete channel.  Green button  Use to select the word you want to change.  Use to select word.  Yellow button  Use to move the position of the current channel.  Blue button  Skip the selected channel.  FAV / FAV + / FAV - buttons  Press to display Favorite menu.  Press FAV + to add channel to Favorite list.  Press FAV - to delete channel from Favorite list.	Edit Channel

## CHANNEL MENU (DVB-T) (CONTINUED)

r	
Scroll through menu options.	
▲ Adjust values of selected menu option.	
Press ENTER to enter sub-menus and make selections.	



## CHANNEL MENU (DVB-C)





		Tuning Setup
	Use <b>()</b> to adjust the values of the following options:	Country 🔫 Pan-Europe 🕨
		Tune Type ATV + DTV
	<ul> <li>Scan type (Quick or Full)</li> </ul>	Digital Type DVB-C
Auto Tuning	<ul> <li>Network ID (Auto or 100)</li> </ul>	Scan Type 🔌 🛛 Full 👂
		Network ID ┥ Auto 🕨
	<ul> <li>Frequency (Auto or 77000)</li> </ul>	Frequency Auto
	<ul> <li>Symbol Rate (Auto or 6900)</li> </ul>	Symbol Rate 🖪 Auto 🖡
		ENTER Start MENU Back
CADTV Manual Tuning	<ul> <li>Use () to adjust the values of the following options:</li> <li>Frequency</li> <li>Symbol (ks /s)</li> <li>Select QAM type (QAM16, QAM32, QAM64, QAM128 or QAM256)</li> </ul>	CADTV Manual Tuning Frequency 770.000 MHz Symbol(ks/s) 6900 QAM Type QAM 16 NO SIGNAL Bad Normal Good

**Note:** Menus and descriptions for Auto Tuning, ATV Manual Tuning, Edit Channel, Schedule List and Signal Information settings are the same as the information listed for CHANNEL menu (DVB-T).

## PICTURE MENU



▲ Adjust values of selected menu option.

<sup>1</sup> Press **ENTER** to enter sub-menus and make selections. <sup>1</sup>

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	<ul> <li>Select desired picture mode:</li> <li>Dynamic (produces a high defined image in a brightly lit room)</li> <li>Standard (produces a high defined image in a</li> </ul>	Picture Mode Dynamic Standard
Picture Mode	<ul> <li>normally lit room)</li> <li>Mild (produces a high defined image in a gently lit room)</li> <li>Personal (customizes picture settings)</li> </ul>	Mild Personal
	<b>Note:</b> Press PMODE button on the IR TV Remote Con- trol to change the picture mode directly.	DTTER Select 17034 Back
	SUBTITLE FAV. FAV.	
Contrast Brightness Color, Tint Sharpness	<ul> <li>Use () to adjust.</li> <li>Contrast (adjust the highlight intensity)</li> <li>Brightness (adjust optical fiber output)</li> <li>Color (adjust saturation)</li> <li>Tint (adjust color changed with the transmission in</li> <li>Sharpness (adjust the peaking in the picture's det</li> <li>Note: The PERSONAL picture mode must be selected in a tint and sharpness levels. The TINT setting can only be add the NTSC color system.</li> </ul>	the NTSC code) ail) order to adjust contrast, brightness, color, justed in certain input sources and with

### PICTURE MENU (CONTINUED)





### SOUND MENU

	٠	모	- 7-	O	<u>^</u>		
			Sound M	lode		Standard	t i
			Treble			50	
	_		Bass			50	
		<u>ି</u> (	Balance	2		0	
SOUND		$\supset \land$	Auto Vo	olume		Off	
			AD Swit	tch		Off	
<b>↓</b> Move	MENU	Return	E	NTER Select		EXIT Exit	



	Select desired sound mode:				
Sound Mode	<ul> <li>Standard (produces a balanced sound in all environments)</li> <li>Music (preserves the original sound; good choice for musical programs)</li> <li>Movie (enhances treble and bass for a richer sound)</li> <li>Sports (enhances vocals for sports)</li> <li>Personal (customizes audio settings)</li> <li>Note: Press SMODE button on the IR TV Remote Control to change the sound mode directly.</li> </ul>				
Treble	Use () to adjust treble effect, bass effect, and the balance between the left and right speakers.				
Balance	<b>Note:</b> The PERSONAL sound mode must be selected in order to adjust treble and bass settings.				
	<ul> <li>Select ON or OFF.</li> </ul>				
Auto Volume	<ul> <li>Automatically reduces sudden volume changes (for example, when switching between channels).</li> </ul>				
	<ul> <li>Reduces sound fluctuation.</li> </ul>				

## TIME MENU



Clock	This setting cannot be adjusted.		
Time Zone	Use ◀▶ to select desired time zone.		
	Select the time in minutes for the TV to automatically shut down. Available options are: • Off • 10, 20, 30, 60, 90, 120, 180 or 240 minutes Sleep Timer		
Sleep Timer	Off 10min	120min 180min	
	20min 30min	240min	
	60min		
	90min		
	BNBS Select <u>NENC</u> Back	BNDD Select MENU Back	

### TIME MENU (CONTINUED)





Auto Standby	Select the desired time in hours for the TV to remain on after your last operation. Available options are: • Off • 3, 4, or 5 hours	Auto Standby Off 3 H 4 H 5 H 5 H
OSD Timer	Select the desired time in seconds for the On Screen Menu Display to remain on after the last operation. Available options are: 5, 10, 15, 20, 25, or 30 seconds	OSD Timer 5 S 10 S 15 S 20 S 25 S 30 S BITE Select IBU Back

## LOCK MENU



- Adjust values of selected menu option.
- Press ENTER to enter sub-menus and make selections.

Lock System	<ul><li>Select ON to lock the system.</li><li>Default password is 0000.</li></ul>	Please enter password ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■
Set Password	<ul> <li>Input a new 4-digit password.</li> <li>Re-enter password to confirm.</li> <li>Press to select SET PASSWORD.</li> </ul>	
Block Program	<ul> <li>Lock or Unlock TV programs.</li> <li>Use to scroll through the TV programs and select the one you want to lock.</li> <li>Press green button on IR TV Remote Control to lock / unlock the program.</li> </ul>	Block Program
Parental Guidance	<ul> <li>Select OFF or desired level.</li> </ul>	
Hotel Mode	<ul> <li>Press ENTER to enter Hotel Sub-Menu (see next Menu).</li> </ul>	t page for further explanation of Hotel

### HOTEL MENU





Hotel Mode	<ul> <li>Use () to select ON or OFF.</li> </ul>
Source Lock	<ul> <li>Use () to select the source you want to lock.</li> </ul>
Default Source	<ul> <li>Use          to select the default source.</li> </ul>
Default Volume	<ul> <li>Use () to adjust the default volume level.</li> </ul>
Max Volume	<ul> <li>Use () to adjust the maximum volume level.</li> <li>The volume can't be adjusted above the set maximum level.</li> </ul>
Import Database	<ul> <li>Import hotel mode settings from USB.</li> </ul>
Export Database	<ul> <li>Export hotel mode settings to USB.</li> </ul>
Clear Lock	<ul> <li>Reset default settings.</li> </ul>

### SETUP MENU



	<ul> <li>Use          to select OSD Menu language.     </li> </ul>	
OSD Language	<ul> <li>Default setting is English.</li> </ul>	
TT Language	<ul> <li>Choose teletext language (West, East, Russian, Arabic or Farsi).</li> </ul>	
Aspect Ratio	<ul> <li>Adjust the size ration of the picture shown on the screen.</li> <li>Choose ratio (<i>Auto, 4:3, 16:9, Zoom1, Zoom2, or Full Screen</i>).</li> <li>4:3</li> <li>16:9</li> <li>Zoom1</li> <li>Zoom2</li> <li>Full Screen</li> <li>Select Coll Back</li> </ul>	
Audio Languages	<ul> <li>Use  to select primary or secondary audio language.</li> <li>Use  to select languages.</li> </ul>	
Subtitle Language	<ul> <li>Use () to select primary or secondary subtitle language.</li> <li>Use () to select languages.</li> </ul>	
Hearing Impaired	<ul> <li>Select ON / OFF.</li> </ul>	
Blue Screen	<ul> <li>Select OFF to have a black screen to appear while changing channels.</li> <li>Select ON to have a blue screen appear while changing channels.</li> </ul>	
First Time Installation	<ul> <li>Set options including OSD language, country, and tuning. See Getting Started First Time Installation for more details.</li> </ul>	
Reset	<ul> <li>Reset all settings to factory defaults.</li> </ul>	
Software Update (USB)	<ul> <li>Update the TV software from USB.</li> </ul>	

### SCREEN MENU - PC INPUT SOURCE





Auto Adjust	<ul> <li>Press ENTER or use b to automatically adjust the screen to the optimal position of the picture.</li> </ul>	
H-Offset	<ul> <li>Adjust the horizontal position of the picture.</li> </ul>	
V-Offset	<ul> <li>Adjust the vertical position of the picture.</li> </ul>	
Size	<ul> <li>Adjust the display size.</li> </ul>	
Phase	<ul> <li>Adjust the horizontal interfering lines.</li> </ul>	
Position Reset	<ul> <li>Press ENTER to reset position.</li> </ul>	

#### Notes:

#### When PC is the selected INPUT SOURCE:

- 1. Sharpness and Noise Reduction in the PICTURE menu are not applicable.
- 2. Block Program in the LOCK menu is not applicable.
- 3. Audio Languages, Subtitle Language, and Hearing Impaired options in the SETUP menu are not applicable.
- 4. No CHANNEL menu available in PC Mode.

The Life Fitness Attachable TV System requires little maintenance and has been designed to withstand the environment of a fitness facility. However, please review our suggestions on cleaning and troubleshooting your Life Fitness Attachable TV System.

### CLEANING

Regularly (at least once a week) clean the Life Fitness Attachable TV and cardio equipment using mild soap and water. Lightly dampen a soft clean cloth with the mild soap and water solution and wipe the product. Do not use too much solution on the cloth and do not spray or pour any solution directly on the products. Doing so could cause damage to the LCD panel or remote controls.

**CAUTION:** Do not use liquid cleaners or aerosol cleaners to clean the screen. Do not use any solvents such as alcohol and paint thinner or acidic cleaners.

### LIFE FITNESS APPROVED CLEANERS (United States Availability Only)

Two preferred cleaners have been approved by LIFE FITNESS reliability experts: PureGreen 24 and Gym Wipes. Both cleaners will safely and effectively remove dirt, grime and sweat from equipment. PureGreen 24 and the Antibacterial Force formula of Gym Wipes are both disinfectants that are effective against MRSA and H1N1. PureGreen 24 is available in a spray which is convenient for gym staff to use. Apply the spray to a microfiber cloth and wipe down the equipment. Use PureGreen 24 on the equipment for at least 2 minutes for general disinfection purposes and at least 10 minutes for fungus and viral control. Gym Wipes are large, durable pre-moistened wipes to use on the equipment before and after workouts. Use Gym Wipes on the equipment for at least 2 minutes for general disinfection purposes.

Contact Customer Support Services to order these cleaners (1-800-351-3737 or email: customersupport@lifefitness.com).

### LIFE FITNESS COMPATIBLE CLEANERS

Mild soap and water or a mild non-abrasive household cleaner can also be used to clean the display and all exterior surfaces. Use a soft microfiber cloth only. Apply the cleaner to the microfiber cloth before cleaning. DO NOT use ammonia or acid based cleaners. DO NOT use abrasive cleaners. DO NOT use paper towels. DO NOT apply cleaners directly to the equipment surfaces.

### TROUBLESHOOTING

If you are having a problem with your TV, try the suggestions below and on the next several pages. If the problem persists, contact Life Fitness Customer Support Services as outlined in the front of this manual.

Problem	Possible Solutions
Reset the TV to factory settings.	Refer to the Setup Menu for instruction on how to access the Reset option.
No picture, no sound	Make sure the power cord is plugged in.
	Be sure the power is on by pressing the on/off button on the remote control.
	Choose an alternate channel using the channel up/down arrow keys.
Poor or no picture, good sound	Refer to the Picture Menu. Adjust the options as instructed to improve the picture quality.
	Check the antenna and/or cable connections. Have your service provider confirm that the signal level at the machine is 72 dBuV + / - 25 dB. This is equivalent to +12 dBmV, and includes the range of -13 dBmV to +37dBmV. These levels are acceptable for both analog and digital TV signals.

Problem	Possible Solutions
Only snow appears on the screen	Check the antenna and/or cable connections.
	Make sure the channel selected is currently broadcasting.
	Confirm the correct Air/Cable option is selected. Refer to the Channel Menu.
Dotted lines or stripes	Adjust the antenna.
	Move the TV away from other electronic equipment. Some electronic equipment creates electrical noise, which can interfere with TV reception.
Double images or ghosts	Check your outdoor antenna or call your cable service.
Unable to switch to a particular	Confirm the correct Air/Cable option is selected. Refer to the Channel Menu.
	Perform a Scan Channel or add a channel manually. Refer to the Channel Menu.
Screen does not turn on	Check the power supply for 12 volts DC and replace if faulty.
	Remove the remote and test it against a working unit. Replace if faulty.
	Replace TV.
Channels do not change	Remove the remote and test against a working unit. Replace if faulty.
	Rerun Auto Scan.
	Replace TV.
Sound does not change	Remove the remote and test it against a working unit. Replace if faulty.
	Replace TV.
No sound	Replace headphones.
	Replace headphone jack.
	Remove the remote and test it against the working unit. Replace if faulty.
	Replace TV.
Unable to receive any channels when using cable	Follow the install and setup procedures in the Installation Instructions.
	Replace Coax Cable (75 Ohms). Replace TV.

Possible Solutions
Follow the install and setup procedures in the Installation Instructions.
Replace Coax Cable (75 Ohms).
Replace TV.
Check connections at wall plugs and where cables con- nect with the TV (and other devices such as VCRs, DVD players, etc.)
Replace cables, connectors, outlets, and splitters with high quality components, Quad Shield coaxial cables, and "F" connectors.

### Advanced Troubleshooting

# If the picture regularly breaks up, then the signal received may be too weak or too strong to allow the digital TV receiver to generate a stable picture.

Have your service provider confirm that the signal level at the machine is 72 dBuV + / - 25 dB. This is equivalent to +12 dBmV, and includes the range of -13 dBmV to +37dBmV. These levels are acceptable for both analog and digital TV signals.

If signal levels are not OK, you are unlikely to have good reception unless signal strength can be improved. Antenna relocation or changes to your amplifiers (masthead or distribution) may be indicated.

Remember amplifiers should only be used by your installer to provide the minimum necessary boost to signal strength.

#### Interference from impulse noise may be causing pictures to break up and audio to drop out momentarily.

Check for domestic sources of impulse noise (i.e. the use of light switches, fridges, hair dryers, air conditioner, etc.).

If present, arrange for all cables, connectors, outlets and splitters between the antenna and the receiver to be upgraded in accordance with antenna installation guidelines. Recommends the use of quad shielded coaxial cable and F connectors.

# A masthead amplifier may have boosted the signal outside the receiver's "operating window", making reception impossible.

The masthead amplifier (appears as a small box on the antenna pole within about a meter of the antenna arms) may be able to be turned down. If your antenna is on your roof you should arrange for an antenna installer to perform this task.

When digital broadcasting services begin operating in an area some masthead amplifiers (boosters) operating at maximum output or maximum gain may need to be turned down to avoid signal overload for digital receivers. This matter should be determined by an antenna installer, who will be able to adjust the amplifier for you.

Please note that performing this operation may affect any existing analog signals, so you **MAY** need to find a medium point between adequate analog reception and good digital reception.

### REPLACING HEADPHONE JACK ON THE WIRED REMOTE CONTROL

Check the headphone jack when you cannot hear audio or the audio quality is poor. The headphone jack is designed to be easily and quickly replaced in the facility.

- 1. Take out headphone jack.
- 2. Disconnect audio cable.
- 3. Slide the stereo plug on the audio cable in the new headphone jack.
- 4. Replace the headphone jack.

**IMPORTANT:** Do not stretch, crimp or damage the cable. Cables damaged by improper installation will not be covered by the warranty.

#### SERVICE

Any service, other than cleaning or user maintenance, must be performed by an authorized service representative.

For information about product service or operation, please contact Life Fitness Customer Service.

**IMPORTANT:** Do not attempt to service any of the Attachable TV System products except the service described in this manual.

### **RETURNING EQUIPMENT TO LIFE FITNESS**

To return equipment to Life Fitness for any reason, you must contact Life Fitness to obtain a return maintenance authorization (RMA) number (see page one for contact information). When you request an RMA number, please explain why you are returning the equipment.

**IMPORTANT:** Equipment must be shipped with an RMA number in order for Life Fitness to process the return.

### WARRANTY INFORMATION

#### WHAT IS COVERED.

This LIFE FITNESS commercial exercise equipment ("Product") is warranted to be free of all defects in material and workmanship.

#### WHO IS COVERED.

The original purchaser or any person receiving a newly purchased Product as a gift from the original purchaser. Warranty will be voided on subsequent transfers.

#### How Long Is IT Covered.

All coverage is provided by specific Product according to the guidelines listed on the chart below.

#### WHO PAYS TRANSPORTATION & INSURANCE FOR SERVICE.

If the Product or any covered part must be returned to a service facility for repairs, We, LIFE FITNESS, will pay all transportation and insurance charges for the first year. You are responsible for transportation and insurance charges during the second and third years (*if applicable*).

#### WHAT WE WILL DO TO CORRECT COVERED DEFECTS.

We will ship to you any new or rebuilt replacement part or component, or, at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

#### WHAT IS NOT COVERED.

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in your Operation Manual ("Manual").

All terms of this warranty are void if this product is moved beyond the continental borders of the United States of America *(excluding Alaska, Hawaii and Canada)* and are then subject to the terms provided by that country's local authorized LIFE FITNESS representative.

Model	2 years	90 days
15" Attachable TV	Electrical and	Labor
	mechanical parts.	

Warranties outside the U.S. may vary. Specifications subject to change.

#### WHAT YOU MUST DO.

Retain proof of purchase; use, operate and maintain the Product as specified in the Manual; notify Customer Support Services of any defect within 10 days after discovery of the defect; if instructed, return any defective part for replacement or, if necessary, the entire Product for repair.

#### OPERATION MANUAL: It is VERY IMPORTANT THAT YOU

READ THE MANUAL before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

#### HOW TO GET REPLACEMENT PARTS & SERVICE.

Refer to page one of this manual for your local service contact information. Reference your name, address and the serial number of your Product *(consoles and frames may have separate serial numbers)*. They will tell you how to get a replacement part, or, if necessary, arrange for service where your Product is located.

#### EXCLUSIVE WARRANTY.

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WAR-RANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, IN-CLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you.

#### CHANGES IN WARRANTY NOT AUTHORIZED.

No one is authorized to change, modify or extend the terms of this limited warranty.

#### EFFECT OF STATE LAWS.

This warranty gives you specific legal rights and you may have other rights which vary from state to state.

#### OUR PLEDGE TO YOU.

Our Products are designed and manufactured to the highest standards. We want you completely satisfied with our Products and will do everything possible under the terms of this warranty to keep you secure in knowing you have bought the best!