



FREEMOTION®

Workout TV Console

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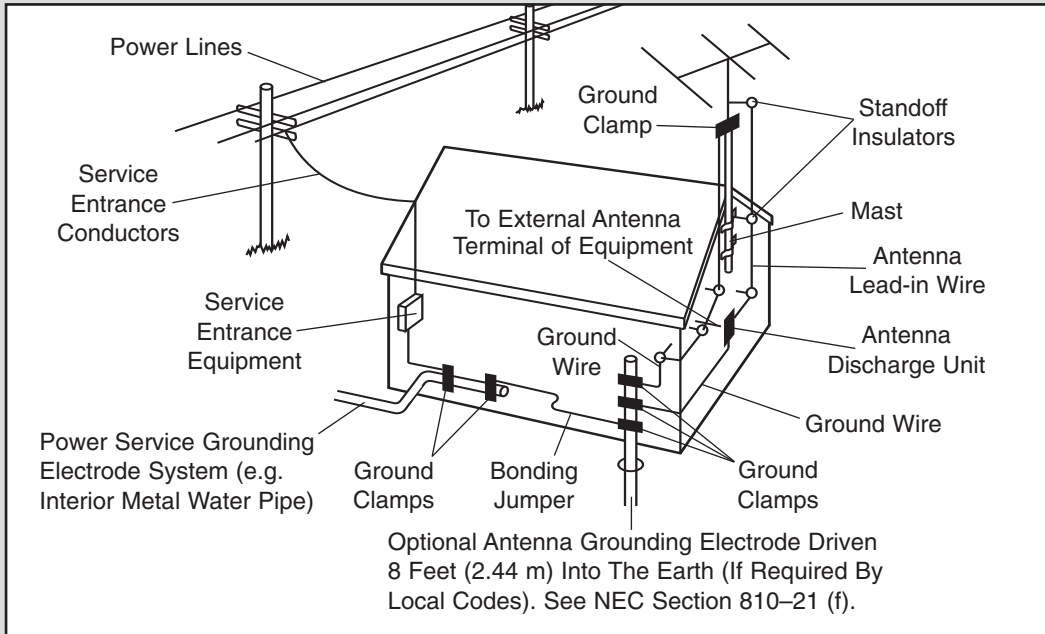
IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions and information before operating the Workout TV console.

1. It is the responsibility of the owner to ensure that all users of the Workout TV console are adequately informed of all warnings and precautions.
2. Use the Workout TV console only as described in this manual and in the exercise equipment user's manual.
3. Keep the Workout TV console away from moisture and dust. Do not use the Workout TV console in a garage or covered patio or near water.
4. Keep children under the age of 12 away from the Workout TV console at all times.
5. Never insert or drop any object into any opening.
6. 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 electrodes.
7. 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.
8. To reduce the risk of electric shock, do not remove the cover or the back of the Workout TV console. There are no user serviceable parts inside. Refer servicing to qualified service personnel.
9. Upon completion of any service or repairs to the Workout TV console, ask the service technician to perform safety checks to confirm that the unit is in proper operating condition.
 - Use No. 10 AWG (5.3mm²) copper, No. 8 AWG (8.4mm²) aluminum, No. 17 AWG (1.0mm²) copper-clad steel or bronze wire, or larger as a ground wire.
 - Secure an antenna lead-in and ground wires to the facility 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 facility.
- Use a jumper wire not smaller than No. 6 AWG (13.3mm²) 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.



⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

HOW TO CONNECT YOUR EXERCISE EQUIPMENT

CONNECT THE POWER CORD

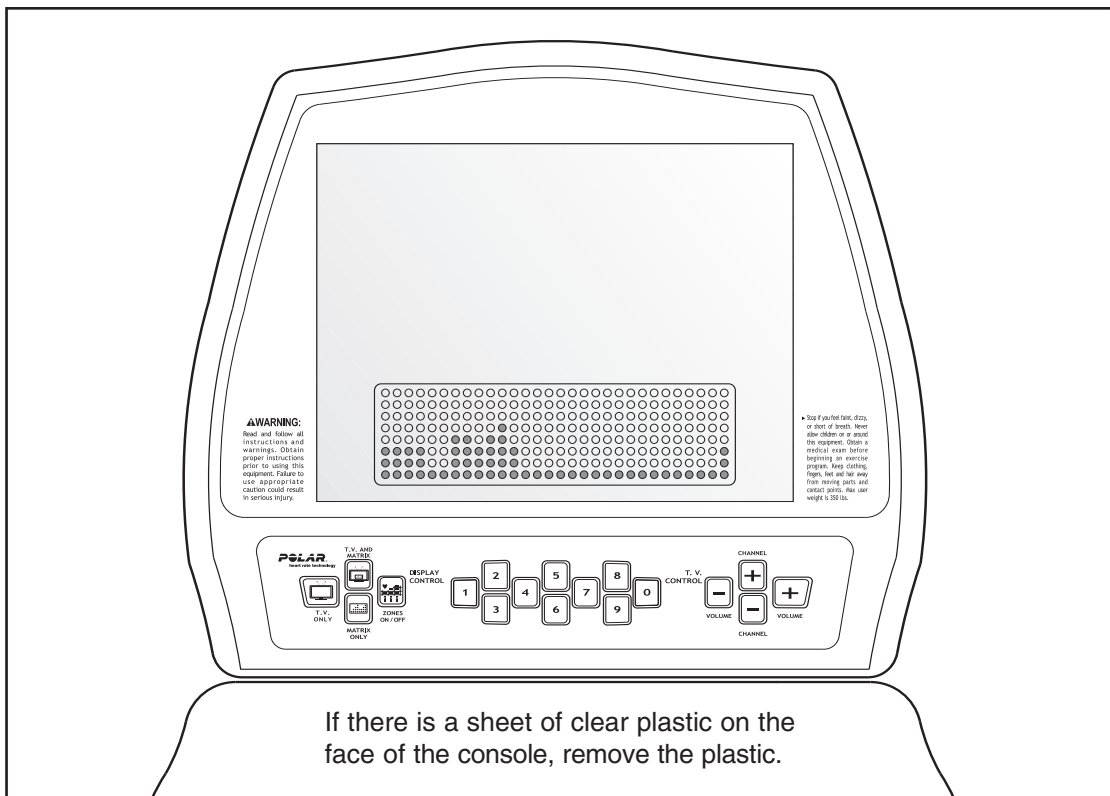
Before using your exercise equipment with the Workout TV console, make sure that the power cord is properly connected as described in your exercise equipment user's manual.

CONNECT A CATV CABLE

A CATV cable must be connected to your exercise equipment for cable TV stations to be viewed. Locate the cable jack on your exercise equipment, and connect a CATV cable to the cable jack.

A satellite receiver, VCR, or DVD player can also be connected to your exercise equipment. Connect a CATV cable from the coaxial output on your satellite receiver, VCR, or DVD player (usually labeled TV OUT or RF OUT) to the cable jack. Note: Audio/video equipment without coaxial outputs requires an RF modulator to operate with your exercise equipment. RF modulators and external CATV cables are not available from FreeMotion Fitness, but are available at electronics stores. See the user's manual included with the audio/video equipment you wish to connect to see whether an RF modulator is needed.

HOW TO USE THE WORKOUT TV CONSOLE



If there is a sheet of clear plastic on the face of the console, remove the plastic.

FEATURES OF THE CONSOLE

The state-of-the-art Workout TV console offers an impressive array of features designed to make your workouts more effective and enjoyable.

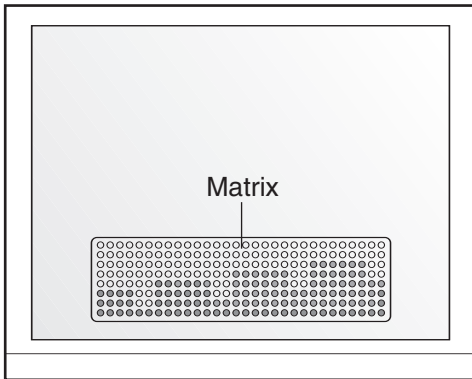
The Workout TV console incorporates all of the features of the Basic console, and adds a built-in flat screen TV so you can watch the programs of your choice while you exercise. See the instructions beginning on page 7 of this manual to operate the console.

HOW TO OPERATE THE WORKOUT TV CONSOLE

To operate the Workout TV console, see HOW TO USE THE BASIC CONSOLE in your exercise equipment user's manual. To use the additional features of the Workout TV console, follow the instructions below.

1 Press the TV AND MATRIX button, the MATRIX ONLY button, or the TV ONLY button.

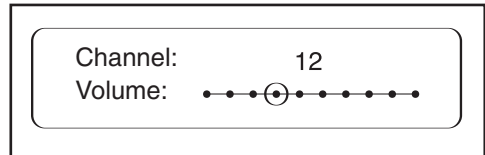
The Basic console has a matrix that shows your progress during your workouts. The Workout TV console displays the matrix on-screen.



To watch programs and view the matrix while you exercise, press the TV AND MATRIX button. To view only the matrix while you exercise, press the MATRIX ONLY button. To watch programs while you exercise without viewing the matrix, press the TV ONLY button.

2 Select the desired channel.

Press the CHANNEL + and – buttons or the ten numbered buttons below the screen to select the desired channel. When the buttons are pressed, a graphic will appear on-screen to show which channel is selected.



Note: The Workout TV console can identify and store in memory all valid TV channels in your area (see HOW TO USE THE CONFIGURATION MODE on pages 8 and 9 of this manual). The CHANNEL + and – buttons will select only channels that are stored in memory. If a satellite receiver, VCR, or DVD player is connected, the channel must be changed on the satellite receiver, VCR, or DVD player.

3 Adjust the volume as desired.

Press the VOLUME + and – buttons to adjust the volume. When the buttons are pressed, a graphic will appear on-screen (see the drawing above) to show which volume setting is selected.

4 View the heart rate training zones chart if desired.

To view a chart of recommended heart rate training zones, press the ZONES ON/OFF button. To turn off the chart, press the button again.

HOW TO USE THE CONFIGURATION MODE

The Workout TV console features a configuration mode that allows you to change settings such as brightness and contrast and to initiate the channel-scanning function. Follow the instructions below to use the configuration mode.

1 Select the configuration mode.

Hold down the TV ONLY button and the VOLUME + button for about two seconds. When the configuration mode is selected, a list of settings will appear on the left side of the screen.

| | | | | | | |
|---|------------|---------|---|---|---|---|
| + | Language | English | | | | |
| | Mode | AIR | | | | |
| | Brightness | | • | • | • | • |
| | Contrast | | • | • | • | • |
| | Hue | | • | • | • | |
| | Saturation | | • | • | • | • |
| | Scan | | | | | |

2 Choose a connection mode for the TV.

Press the CHANNEL – button. A plus symbol will appear beside the word Mode.

| | | | | | | |
|---|------------|---------|---|---|---|---|
| + | Language | English | | | | |
| | Mode | AIR | | | | |
| | Brightness | | • | • | • | • |
| | Contrast | | • | • | • | • |

Next, press the VOLUME + and – buttons to select the AIR or CABLE (CBL) setting.

3 Adjust the brightness, contrast, hue, and saturation of the TV if desired.

Press the CHANNEL – button repeatedly until the plus symbol appears beside the word Brightness, Contrast, Hue, or Saturation.

| | | | | | | |
|---|------------|--|---|---|---|---|
| + | Brightness | | • | • | • | • |
| | Contrast | | • | • | • | • |
| | Hue | | • | • | • | |
| | Saturation | | • | • | • | • |

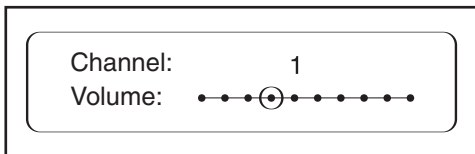
Next, press the VOLUME + and – buttons to increase or decrease the setting. Repeat this step for each color property that you wish to adjust.

4 Initiate the channel-scanning function.

The Workout TV console can identify and store in memory all valid TV channels in your area. Press the CHANNEL – button repeatedly until the plus symbol appears beside the word Scan.

| | | | | | | |
|---|------------|--|---|---|---|---|
| + | Contrast | | • | • | • | • |
| | Hue | | • | • | • | |
| | Saturation | | • | • | • | • |
| | Scan | | | | | |

Next, press the VOLUME + or – button. The console will begin scanning all TV channels in your area. Each time the console scans a new channel, a beep will be heard and the channel number will appear on-screen.



If no broadcast signal is detected on a channel, the channel will be skipped; if a signal is detected, the channel will be stored in memory.

Note: While the console is scanning channels, you can manually skip unwanted channels or store desired channels. To manually skip a channel, press the CHANNEL + button within two

seconds after the channel number appears on-screen. To manually store a channel, press the VOLUME + button within two seconds after the channel number appears on-screen.

The scanning process will continue until the console scans the highest channel. The console will then automatically exit the configuration mode.

Note: To manually add or delete channels at any time, select the configuration mode and initiate the channel-scanning function again.

5 Exit the configuration mode.

If you did not initiate the channel scanning function, hold down the TV ONLY button and the VOLUME + button for about two seconds to exit the configuration mode.

TV CONNECTION SETTINGS

Note: Your Workout TV console has been pre-configured to be either NTSC-compatible or PAL-compatible.

| | NTSC | NTSC | NTSC J | PAL B/G | PAL B/G | PAL B/G |
|----------------|-------------|------------|---------------|-------------|--------------|----------------|
| COUNTRY | Bahamas | Taiwan | Japan | Afghanistan | Madeira | Zimbabwe |
| | Barbados | Tobago | | Albania | Majorca Is. | |
| | Bermuda | Trinidad | | Algeria | Malaysia | |
| | Cambodia | U.S.A. | | Australia | Malawi | PAL I |
| | Canada | Venezuela | | Austria | Mozambique | Angola |
| | Chile | Vietnam | | Azores | Netherlands | Botswana |
| | Colombia | Virgin Is. | | Bahrain | N. Zealand | Hong Kong |
| | Costa Rica | | | Bangladesh | Nigeria | S. Africa |
| | Cuba | | | Brunei | Norway | U.K. |
| | Dominican | | | Cameroon | Oman | Zanzibar |
| | Ecuador | | | Canary Is. | Pakistan | |
| | El Salvador | | | Cape Verde | Palestine | |
| | Greenland | | | Cyprus | N. Guinea | PAL D/K |
| | Guam | | | Denmark | Portugal | China |
| | Guatamala | | | Fiji | Qatar | N. Korea |
| | Haiti | | | Finland | Sierra Leone | |
| | Honduras | | | France | Singapore | |
| | Jamaica | | | Germany | Spain | |
| | Mexico | | | Ghana | Sri Lanka | |
| | Micronesia | | | Iceland | Sudan | |
| | Myanmar | | | India | Swaziland | |
| | Nicaragua | | | Indonesia | Sweden | |
| | Panama | | | Israel | Switzerland | |
| | Peru | | | Italy | Thailand | |
| | Phillipines | | | Jordan | Turkey | |
| | Puerto Rico | | | Kenya | Uganda | |
| Samoa | | | Kuwait | U.A.E. | | |
| S. Korea | | | Laos | Yemen | | |
| Suriname | | | Leichtenstein | Zambia | | |

MAINTENANCE AND TROUBLESHOOTING

CLEANING THE WORKOUT TV CONSOLE

To clean the Workout TV console, wipe the console with a clean 100% 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 ammonia or acid-based cleaners.

TROUBLESHOOTING

If the Workout TV console does not function, make sure that the power cord is fully inserted. If the TV picture is fuzzy, make sure that all cables are properly connected. In addition, make sure that the correct connection setting is selected (see HOW TO USE THE CONFIGURATION MODE on pages 8 and 9 of this manual).

HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, or if you require assistance, please contact Customer Care at the address or phone number listed below. Please mention the name of the product (FreeMotion Fitness Workout TV Console) when calling.

Customer Care: 1-800-201-2109, Monday–Friday, 7 a.m.–6 p.m. Mountain Time
FreeMotion Fitness, Inc. • 1096 Elkton Drive, Suite 600 • Colorado Springs, CO 80907

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