

Attachable LCD Entertainment System

U s e r m a n u a l



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M051-00K32-A065

06/05

INSTALLATION

NOTE: *This equipment has been tested and found to comply with the limits for a Class B digital device pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference with radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:*

- Reorient or relocate the receiving antennas.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.



CAUTION: Any changes or modifications to this equipment could void the product warranty.

Mise en garde : tout changement ou toute modification de ce matériel peut annuler la garantie du produit.

Any service, other than cleaning or user maintenance, must be performed by an authorized service representative. There are no user serviceable parts.

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IMPORTANT SAFETY INSTRUCTIONS

- **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 in *Service Contacts* at the end 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.

CONSIGNES DE SECURITE IMPORTANTES

- **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 de la manière indiquée à la rubrique Coordonnées des réparateurs agréés à la fin du présent guide.
- 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 de 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

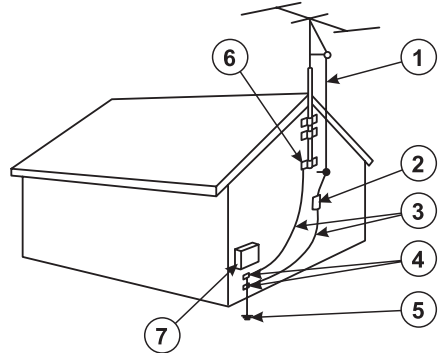
Note to the CATV Installer:

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.

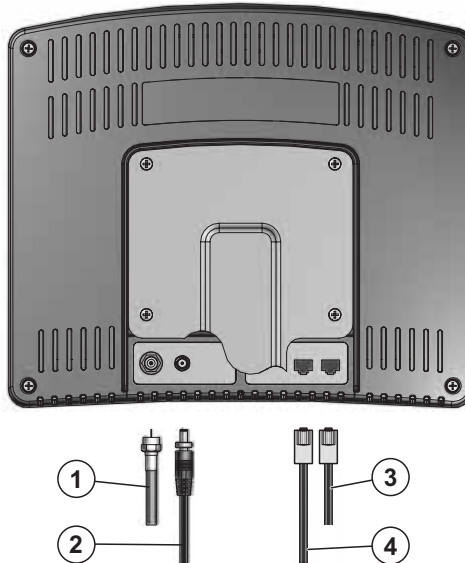
Antenna Grounding According to the NEC

Antenna Grounding According to the National Electrical Code, ANSI/NFPA 70.

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



TV CABLE CONNECTIONS



1. Coaxial Cable Input (from cable / antenna)
2. Power Adapter Input
3. EZ Input
4. Remote Control Cable Input

SYSTEM SETUP

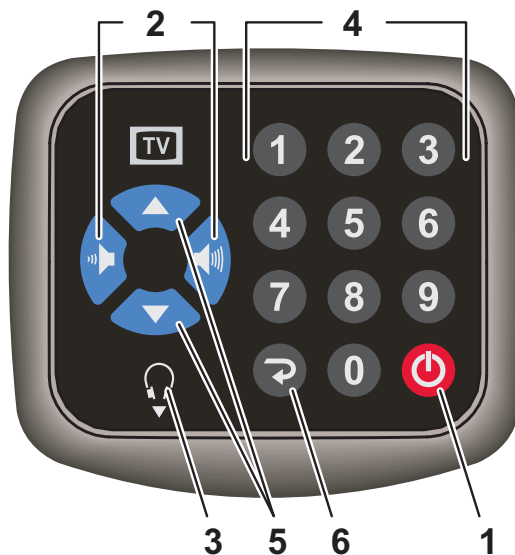
BASIC FUNCTIONS

Turn the power on by pressing the ON/OFF button (1) on the remote control. On EZ model Bike, Cross-Trainer and Stairclimber products, begin pedaling to power the console before using the ON/OFF button.

The volume can be increased or decreased by pressing the up or down VOLUME ARROW KEYS (2). A volume indicator will appear on the TV while the volume is being adjusted. The volume indicator will disappear after five seconds of inactivity. Headphones are necessary to hear any volume adjustments. Plug headphones into the HEADPHONE JACK (3) located on the remote control. On EZ products, the HEADPHONE JACK is located on the bottom of the console.

Channels can be selected by using the NUMERIC KEYPAD (4) or by scrolling up or down through available channels pressing the up or down CHANNEL ARROW KEYS (5). A channel indicator will appear on the TV while the channel is being selected. The channel indicator will disappear after five seconds of inactivity.

The PREVIOUS BUTTON (6) can be used to select the channel viewed immediately prior to the current channel. Repeatedly pressing the PREVIOUS BUTTON can be used to toggle between two channels.



SYSTEM SETUP

HOW TO ACCESS MENUS

Turn the power on by pressing the ON/OFF button on the remote control. Wait at least five seconds before proceeding.

To access the system setup menus, press and hold the ON/OFF button on the remote control for five seconds. The main system setup menu will appear.

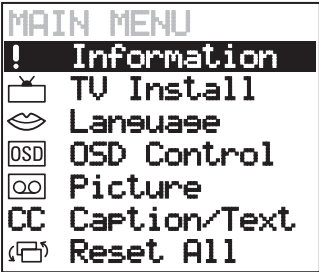
Use the VOLUME ARROW KEYS on the remote control to scroll through the available option.

Use the CHANNEL DOWN ARROW KEY on the remote control to select an option.

Use the UP CHANNEL ARROW KEY on the remote control to step backwards through selected menu options.

The menu(s) will automatically close after ten second of inactivity.

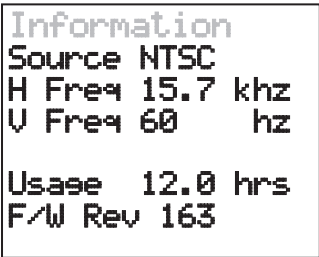
NOTE: The menu duration time can be modified. See *OSD Control Menu, Duration* for details.



INFORMATION MENU

Selecting the INFORMATION menu will display the current system settings.

NOTE: No information can be changed from this menu.



TV INSTALL MENU

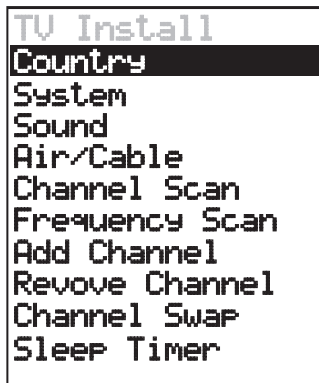
Selecting TV INSTALL will display options to modify current signal settings.



COUNTRY

Selecting COUNTRY will display a menu from which available countries can be selected. Selecting the proper country ensures the receiver is configured for the correct broadcast type.

Use the VOLUME ARROW KEYS on the remote control to highlight either next or back in the COUNTRY menu. Use the CHANNEL DOWN ARROW KEY to progress through the available countries. When the desired country appears, use the VOLUME ARROW KEYS to highlight the SELECT option and press the CHANNEL DOWN ARROW KEY to accept the selection. A color change occurs to verify selection acceptance.



Available Countries:

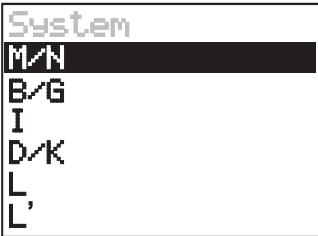
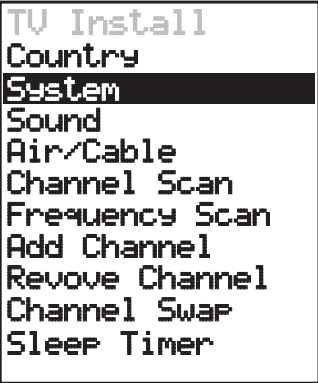
USA HRC	Cyprus	Japan	Romania
USA	Czech Republic	Jordan	Russia
Argentina	Dominican Republic	Kenya	Saudi Arabia
Aruba	Ecuador	Korea	Singapore
Australia	Egypt	Kuwait	Slovakia
Austria	El Salvador	Lebanon	South Africa
Bahamas	Ethiopia	Malaysia	Spain
Bahrain	Finland	Mexico	Sri Lanka
Bangladesh	France	Moldova	St. Martin
Barbados	Germany	Nepal	Sweden
Belgium	Ghana	New Zealand	Switzerland
Bonaire	Greece	Nicaragua	Syria
Bosnia	Guatemala Honduras	Norway	Taiwan
Brazil	Hong Kong	Pakistan	Thailand
Caribbean	Hungary	Panama	Turkey
Cayman Islands	Iceland	Peru	United Arab Emirates
Chile	India	Philippines	United Kingdom
China	Indonesia	Poland	Venezuela
Colombia	Ireland	Portugal	
Costa Rica	Israel	Puerto Rico	
Curacao	Italy	Qatar	

SYSTEM SETUP

SYSTEM

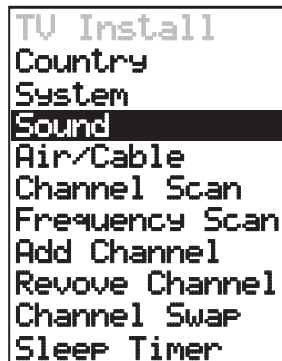
Selecting SYSTEM displays a selection of compatible PAL broadcast types. This input will override settings made when choosing a COUNTRY in the TV INSTALL menus.

Selecting the wrong input will result in a distorted broadcast picture. The menu display is not affected by the input selection.



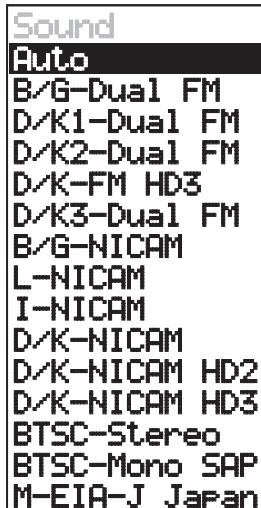
SOUND

Selecting SOUND will display a menu from which specific audio formats can be selected as the input preference.



A screenshot of a television's main menu. The menu is displayed in a monospaced font. The options are: TV Install, Country, System, Sound, Air/Cable, Channel Scan, Frequency Scan, Add Channel, Remove Channel, Channel Swap, and Sleep Timer. The 'Sound' option is highlighted with a black background and white text.

```
TV Install
Country
System
Sound
Air/Cable
Channel Scan
Frequency Scan
Add Channel
Remove Channel
Channel Swap
Sleep Timer
```



A screenshot of the 'Sound' sub-menu. The menu is displayed in a monospaced font. The options are: Auto, B/G-Dual FM, D/K1-Dual FM, D/K2-Dual FM, D/K-FM HD3, D/K3-Dual FM, B/G-NICAM, L-NICAM, I-NICAM, D/K-NICAM, D/K-NICAM HD2, D/K-NICAM HD3, BTSC-Stereo, BTSC-Mono SAP, and M-EIA-J Japan. The 'Auto' option is highlighted with a black background and white text.

```
Sound
Auto
B/G-Dual FM
D/K1-Dual FM
D/K2-Dual FM
D/K-FM HD3
D/K3-Dual FM
B/G-NICAM
L-NICAM
I-NICAM
D/K-NICAM
D/K-NICAM HD2
D/K-NICAM HD3
BTSC-Stereo
BTSC-Mono SAP
M-EIA-J Japan
```

SYSTEM SETUP

AIR/CABLE

Selecting AIR/CABLE will display a menu from which either standard air broadcast or cable television can be selected as the input preference. A color change occurs to verify selection acceptance

```
TV Install
Country
System
Sound
Air/Cable
Channel Scan
Frequency Scan
Add Channel
Remove Channel
Channel Swap
Sleep Timer
```

```
Air/Cable
AirTV
CableTV
```

CHANNEL SCAN

Selecting CHANNEL SCAN will begin the automatic channel discovery sequence. The system will automatically seek and lock onto all available channels. When the screen stops flashing through the available channels, the sequence is complete.

NOTE: Channel Scan is the typical signal setup procedure for NTSC configurations.

```
TV Install
Country
System
Sound
Air/Cable
Channel Scan
Frequency Scan
Add Channel
Remove Channel
Channel Swap
Sleep Timer
```

FREQUENCY SCAN

Selecting FREQUENCY SCAN will begin the automatic frequency discovery sequence. The system will automatically seek and lock onto all available frequencies. When the screen stops flashing through the available frequencies, the sequence is complete.

WARNING: Performing a Frequency Scan will erase and override all current Channel Swap, Add, and Remove settings.

NOTE: Frequency Scan is utilized primarily for international PAL configurations.

```
TV Install
Country
System
Sound
Air/Cable
Channel Scan
Frequency Scan
Add Channel
Remove Channel
Channel Swap
Sleep Timer
```

ADD CHANNEL

Selecting ADD CHANNEL will add an available channel that has been previously removed from the viewable listing. ADD CHANNEL can also be used to add channels with weak signal strength that the TV tuner cannot automatically find. Use the ADD selection to add a channel. Use the next selection to advance to the NEXT available channel. Continue adding as necessary until finished. Use the SAVE selection to save the channel additions.

```
TV Install
Country
System
Sound
Air/Cable
Channel Scan
Frequency Scan
Add Channel
Remove Channel
Channel Swap
Sleep Timer
```

```
Channel 2
Add
Next
Save
```

REMOVE CHANNEL

Selecting REMOVE CHANNEL will remove a channel from the viewable listing. Use the REMOVE selection to remove a channel. Use the next selection to advance to the NEXT available channel. Continue removing as necessary until finished. Use the SAVE selection to save the channel removals.

```
TV Install
Country
System
Sound
Air/Cable
Channel Scan
Frequency Scan
Add Channel
Remove Channel
Channel Swap
Sleep Timer
```

```
Channel 2
Remove
Next
Save
```

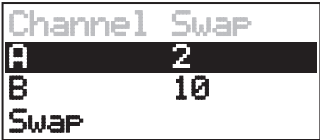
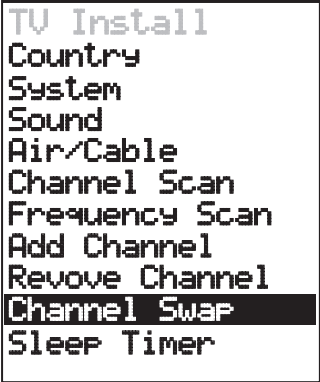
SYSTEM SETUP

CHANNEL SWAP

Selecting CHANNEL SWAP will display a menu from which available channel number assignments can be modified.

Use the VOLUME ARROW KEYS on the remote control to select the DESIRED channel to swap (A). Use the CHANNEL DOWN ARROW KEY to highlight the alternate channel selection. Use the VOLUME ARROW KEYS on the remote control to select the DESIRED channel number to swap from (B). Press the CHANNEL DOWN ARROW KEY to accept the channel swap selection.

NOTE: Channel Swap is intended for use in conjunction with Frequency Scan.



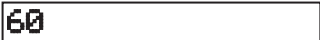
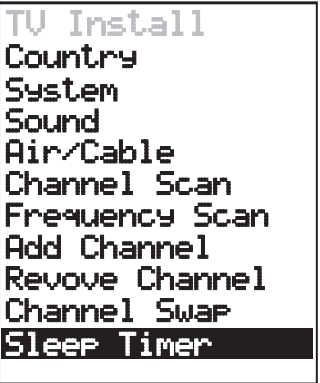
SLEEP TIMER

Selecting SLEEP TIMER will display a menu from which available sleep parameters can be set.

Use the CHANNEL ARROW KEYS on the remote control to highlight the Sleep Timer option. Use the VOLUME ARROW KEYS to change the duration units (seconds). Use the CHANNEL DOWN ARROW KEY to accept the selection. A color change occurs to verify selection acceptance.

NOTE: The current active setting is highlighted.

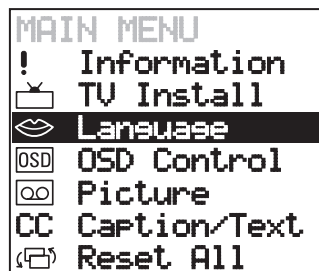
NOTE: Sleep Timer duration can be set between 20 and 1440 minutes. The default setting is 60 minutes.



LANGUAGE MENU

Selecting LANGUAGE will display a menu from which available languages can be selected in which to display setup menus.

Use the VOLUME ARROW KEYS on the remote control to highlight the DESIRED language. Select the NEXT option to view additional language choices. Use the CHANNEL DOWN ARROW KEY to accept the selection.



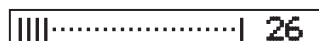
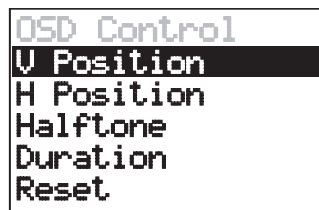
OSD (ON SCREEN DISPLAY) CONTROL MENU

Selecting the OSD CONTROL menu will display options to modify current On Screen Display settings including VERTICAL POSITION, HORIZONTAL POSITION, HALFTONE, and DURATION.



VERTICAL POSITION

Selecting VERTICAL POSITION will display a numeric indicator below the menu display. Using the VOLUME ARROW KEYS on the remote control, the vertical position of where the setup menus appear can be modified. Use the VOLUME UP ARROW to move the menu upward and the VOLUME DOWN ARROW to move the menu downward on the screen.



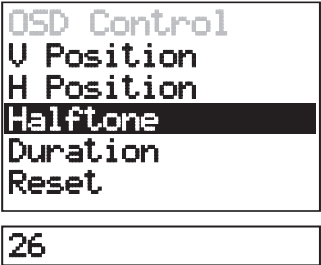
SYSTEM SETUP

HORIZONTAL POSITION

Selecting HORIZONTAL POSITION will display a numeric indicator below the menu display. Using the VOLUME ARROW KEYS on the remote control, the horizontal position of where the setup menus appear can be modified. Use the VOLUME UP ARROW to move the menu to the right and the VOLUME DOWN ARROW to move the menu to the left on the screen.

HALFTONE

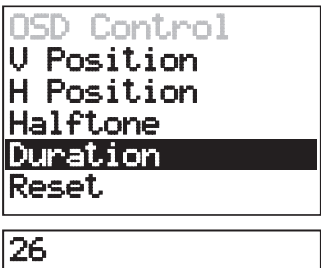
Selecting HALFTONE will display a numeric indicator below the menu display. Using the VOLUME ARROW KEYS on the remote control, the density of the setup menus can be modified. Use the VOLUME UP ARROW to increase the transparency and the VOLUME DOWN ARROW to decrease the transparency of the menus on the screen.



DURATION

Selecting DURATION will display a numeric indicator below the menu display. Using the VOLUME ARROW KEYS on the remote control, the display duration time of the setup menus can be modified. Use the VOLUME UP ARROW to increase the display duration time and the VOLUME DOWN ARROW to decrease the display duration time of the menus on the screen.

NOTE: Duration can be set between 5 and 20 seconds. The default setting is 10 seconds.



RESET

Selecting RESET will reset all OSD Control Menu options to the factory default settings.

PICTURE MENU

Selecting the PICTURE menu will display options to modify current display quality settings including CONTRAST, BRIGHTNESS, SATURATION, HUE and SHARPNESS. The broadcast input type can be modified as well.

CONTRAST

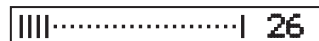
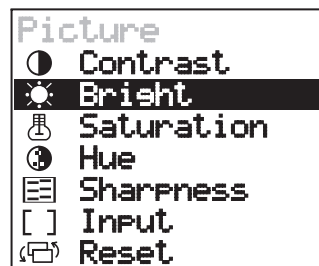
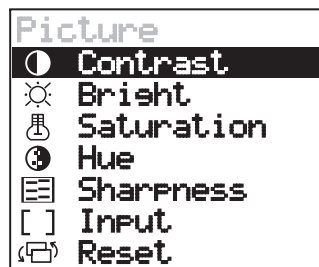
Selecting CONTRAST will display a numeric indicator below the menu display. Using the VOLUME ARROW KEYS on the remote control, the picture contrast can be modified. Use the VOLUME UP ARROW to increase and the VOLUME DOWN ARROW to decrease the contrast.

BRIGHT

Selecting BRIGHT will display a numeric indicator below the menu display. Using the VOLUME ARROW KEYS on the remote control, the picture brightness can be modified. Use the VOLUME UP ARROW to increase and the VOLUME DOWN ARROW to decrease the brightness.

SATURATION

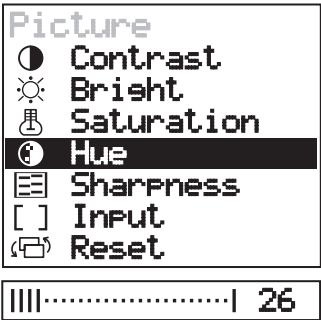
Selecting SATURATION will display a numeric indicator below the menu display. Using the VOLUME ARROW KEYS on the remote control, the picture saturation can be modified. Use the VOLUME UP ARROW to increase and the VOLUME DOWN ARROW to decrease the saturation.



SYSTEM SETUP

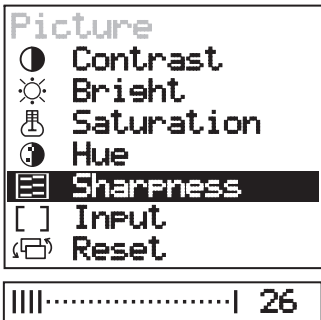
HUE

Selecting HUE will display a numeric indicator below the menu display. Using the VOLUME ARROW KEYS on the remote control, the picture color hue can be modified. Use the VOLUME UP ARROW to increase and the VOLUME DOWN ARROW to decrease the picture color hue.



SHARPNESS

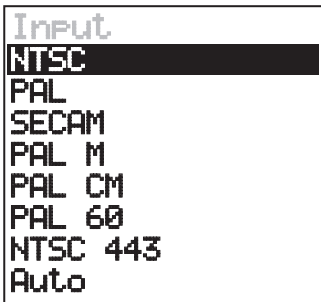
Selecting SHARPNESS will display a numeric indicator below the menu display. Using the VOLUME ARROW KEYS on the remote control, the picture sharpness can be modified. Use the VOLUME UP ARROW to increase and the VOLUME DOWN ARROW to decrease the picture sharpness.



INPUT

Selecting INPUT displays a selection of compatible broadcast types. This input will override settings made when choosing a COUNTRY in the TV INSTALL menus.

Selecting the wrong input will result in a distorted broadcast picture. The menu display is not affected by the input selection.

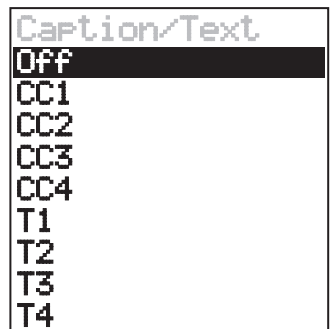


RESET

Selecting RESET will reset all PICTURE options, except input, to the factory default settings.

CAPTION / TEXT MENU

Selecting CAPTION/TEXT will display a menu listing of possible closed caption text channels.



RESET ALL

Selecting RESET ALL will return **ALL** settings to the original factory defaults. This includes all TV Install, Language, OSD, Picture, and Caption/Text settings.

OTHER INFORMATION

TROUBLESHOOTING

If you are having a problem with your TV, try the suggestions below. If the problem persists, contact Life Fitness Customer Support Services as outlined in *Service Contacts* at the end of this manual.

Problem	Possible Solutions
Reset the TV to factory settings	Refer to the System Setup section for instruction on how to access the Reset All 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 or start pedalling on EZ Bike, Cross-Trainer and Stairclimber products. Choose an alternate channel using the CHANNEL UP/DOWN ARROW KEYS.
Poor or no picture, good sound	Refer to the System Setup section for instruction on how to access the Picture Menu. Adjust the options as instructed to improve the picture quality. Check the antenna and/or cable connections.
Good picture, no sound	Ensure headphone jack is fully seated. Press the volume up key on the remote control. (headphones are required to hear sound)
No color	Check the antenna and/or cable connections. Confirm the correct country is selected. Refer to the System Setup section for instruction on how to access the country option within the TV Install Menu. Refer to the System Setup section for instruction on how to access the Picture Menu. Adjust the Contrast, Hue and/or Saturation options as instructed to improve the picture quality.
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 System Setup section for instruction on how to access the Air/Cable option within the TV Install 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 TV channel	Confirm the correct Air/Cable option is selected. Refer to the System Setup section for instruction on how to access the Air/Cable option within the TV Install Menu. Perform a channel scan or add a channel manually. Refer to the System Setup section for instruction on how to access the channel scan or Add Channel option within the TV Install Menu.

SPECIFICATIONS

Channel coverage	VHF: 2-13/UHF: 14-69/CATV: 1-125
Antenna	75-ohm external antenna terminal for VHF/UHF (>43dBuV (@75ohm) or > 65.8dBm)
Screen Size	12.1 in. Diagonal, 800 x 600 TFT LCD
Power requirements	100V-240v, 50-60 Hz
External Power Supply	12v. DC
Headphone Jack	300 milliwatt, 3.5mm Stereo
Power Consumption	12 v. 1.5 amp DC
Broadcast Capabilities	NTSC : NTSC-Japan, NTSC-HRC, NTSC-M, PAL-M and PAL-N. PAL/SECAM : PAL B/G, PAL-I, PAL-D/K, SECAM-L and SECAM-D/K.
Headphone Jack:	300 milliwatt, 3.5mm Stereo

LCD Dimensions:

Console

Height	-	10.5 in. (27 cm)
Width	-	12.25 in. (31 cm)
Depth	-	3 in. (7.6 cm)
Weight	-	10 lbs. (4.5 kg)

Screen

Height	-	7.37 in. (19 cm)
Width	-	9.75 in. (25 cm)

SERVICE CONTACTS

For Product Service within the United States and Canada:

Telephone: (+1) 847.451.0036
FAX: (+1) 847.288.3702
Toll-free telephone: 800.351.3737



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