

# Software Instructions

|                                                                                                                                                                                                                                                                     |                                                                                                                                                                               |                                                                                                                                     |                        |                                                                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|------------------------|-----------------------------------------------------------------------|
| <b>Revision Date</b><br><br>20 November<br>2014                                                                                                                                                                                                                     | <b>Problem Code</b><br><br>NA                                                                                                                                                 | <b>Warranty</b><br><br><input type="checkbox"/> Parts<br><input type="checkbox"/> Labor<br><input type="checkbox"/> Normal warranty | <b>Pages</b><br><br>29 | <b>Author</b><br><br>Noah Alcantara<br>Bart Bizon<br>Alex Menektchiev |
| <b>Document No.:</b>                                                                                                                                                                                                                                                | SI130729                                                                                                                                                                      |                                                                                                                                     |                        | <b>Rev.:</b> 0                                                        |
| <b>Subject:</b>                                                                                                                                                                                                                                                     | Software Update Instructions Elevation 1.58                                                                                                                                   |                                                                                                                                     |                        |                                                                       |
| <b>Time Required:</b>                                                                                                                                                                                                                                               | <input type="checkbox"/> 15 min <input type="checkbox"/> 30 min <input checked="" type="checkbox"/> 45 min <input type="checkbox"/> 1 hr+                                     |                                                                                                                                     |                        |                                                                       |
| <b>Distribute To:</b>                                                                                                                                                                                                                                               | <input checked="" type="checkbox"/> Internal <input checked="" type="checkbox"/> Dealer <input checked="" type="checkbox"/> ISO <input checked="" type="checkbox"/> Installer |                                                                                                                                     |                        |                                                                       |
| Life Fitness proprietary and confidential information. For the use of the intended recipient only. Do not reproduce or distribute. Warranty information applies to North American units only. Outside North America, contact the local Life Fitness representative. |                                                                                                                                                                               |                                                                                                                                     |                        |                                                                       |

## **DESCRIPTION**

This document describes the Elevation series consoles software updates.

The following instructions are applicable to the Engage and Inspire consoles (15" and 7" LCD-equipped consoles)

***NOTE: the software versions depicted in the screen captions of application's user interface may or may not be representative of the released software versions.***

## **AFFECTED MODELS**

| Model                  | Alpha Code | Starting Serial Number | Ending Serial Number |
|------------------------|------------|------------------------|----------------------|
| <b>Inspire Console</b> |            |                        |                      |
| 07Dx-xxxxxx-xx         | All codes  | 100 000                | 999 999              |
| <b>Engage Console</b>  |            |                        |                      |
| 15Dx-xxxxxx-xx         | All codes  | 100 000                | 999 999              |

## **REQUIRED TOOLS**

USB external flash memory

NOTE:

1. For proper USB selection follow guidelines outlined in: [EC09012901N USB Support](#).
2. Make sure that prior to copying the files onto the USB the USB is formatted as outlined below in section **PROCEDURE**.

**COMPATIBILITY MATRIX**

|                                 | Treadmill (95T)              | Cross Trainer (95X)                    | Bike (95C   R)                           |
|---------------------------------|------------------------------|----------------------------------------|------------------------------------------|
| 7-inch (Inspire) OS Version:    | 5.00_19   5.00_20   5.00_25  | 5.00_20   5.00_25                      | 5.00_20   5.00_25                        |
| 15-inch (Engage) OS Version:    | 5.00_18   5.00_28            | 5.00_18   5.00_28                      | 5.00_18   5.00_28                        |
| MIB Interface Boot Version:     | 2   3                        | 2   3                                  | 2   3                                    |
| SBC Console Boot Version:       | 2.8   2.11   2.22   2.26     | 2.8   2.11   2.22   2.26               | 2.8   2.11   2.22   2.26                 |
| 7-in (Inspire) Console Version: | 1.58                         | 1.58                                   | 1.58                                     |
| 15-in (Engage) Console Version: | 1.58                         | 1.58                                   | 1.58                                     |
| MIB Firmware Version:           | 4.20                         | 4.20                                   | 4.20                                     |
| Motor Controller Firmware:      | 51.03, 52.00   52.01   53.00 | N/A                                    | N/A                                      |
| GBC Board Revision:             |                              | D   E, F   F(H0)                       | E, F   F(H0)                             |
| GBC Firmware:                   |                              | 1.17   1.19   1.19, 1.20   1.35   2.00 | 1.19   1.19, 1.20   1.35   2.00          |
| iPod Type:                      | All 4G units and up          | All 4G units and up                    | All 4G units and up                      |
| Attachable TV Firmware:         | 1.3_20070820015611           | 1.3_20070820015611                     | 1.3_20070820015611                       |
| Polar Telemetry:                | Non-coded   Coded            | Coded                                  | Coded                                    |
| LifePulse Version:              | 9.9                          | 9.9                                    | 9.9                                      |
| CSAFE Version:                  | 22.1.54 (i)<br>23.1.54 (e)   | 25.1.54 (i)<br>26.1.54 (e)             | Upright:<br>28.1.54 (i)<br>29.1.54 (e)   |
|                                 |                              |                                        | Recumbent:<br>31.1.54 (i)<br>32.1.54 (e) |
| AppLoader Version:              | 11.11.18.1                   | 11.11.18.1                             | 11.11.18.1                               |
| Media Manager Version:          | 11.5.5.1                     | 11.5.5.1                               | 11.5.5.1                                 |

**Notes:**

1. MIBs must be updated with MIB version **4.20 (K70Y-12601-0000)**
2. Boot loader **2.26** is only for Engage platforms
3. Cross-Trainer (**95X**) and Bike (**95C|R**) were tested with GBC **AK66-00100-0005**
4. Rev **D | E, F | F(H0)** GBCs are compatible with MIB version **4.20 (K70Y-12601-0000)**
5. Inspire OS **5.00\_25** is only found on revision D SBCs containing two I<sup>2</sup>C buses
6. Engage OS **5.00\_28** is only found on revision D SBCs containing two I<sup>2</sup>C buses
7. Verification and validation of the bike features and functionality was performed on the **95C**
8. The cable that connects the AZ to the MIB must be upgraded to a new cable with part number **AK65-00043-0001, Rev A3** if a Digital TV is going to be connected to the Elevation unit.
9. Motor Controller **v53.00 (K65E-12602-0000)** allows full **UL 60730** compliance support

**Important Notes (retained since 1.50 release):**

**New motor controller hardware is being introduced as a replacement for the current 92343-based DSP design. The new design (based on the 92381 board) uses a different microcontroller which is not compatible with the current DSP. Software versions used by the 92381-based motor controller start with 7X.XX, as opposed to 5X.XX in the 92343-based design.**

**Motor controller software versions 7X.XX and 5X.00 ARE NOT COMPATIBLE – for this reason the advanced update password has been changed to a different one as of v. 1.50. It may be disclosed on a case-by-case basis.**

## **PROCEDURE**

### **A. Preparation:**

**Step 1.** Obtain the latest software from the support web site, [www.lftechsupport.com](http://www.lftechsupport.com).

Software can be retrieved from [www.lftechsupport.com](http://www.lftechsupport.com) by searching for it using the "SW1.58" or "1.58" keyword:

a. **Document Library** (tab) -> **in a search box type in SW1.58**

**OR by browsing for it**

- a. Product (column) -> Cardio
- b. Market (column) -> Commercial
- c. Equipment (column) -> Console
- d. Model (column) -> "Engage – 15in LCD" OR "Inspire – 7in LCD"
- e. Document (column) -> Software
- f. In search results look for file names specified in Step 2 below.

**Step 2.** Download the SW KIT 15Dx-xxxxx-xx 07Dx-xxxxx-xx Kxx-1260x-0000 SW1.58.zip file.

### **Step 2.a. Format the USB drive**

#### **Important Notes:**

- Formatting the USB flash disk **will destroy all the data on disk**, however it is necessary to ensure that the files are copied onto an empty storage medium.
- Although the USB selection document [EC09012901N USB Support](#) outlines which USB flash memory is supported, technology changes rapidly. In case the recommended memory is not available, **use a USB flash memory that is at least 128MB, but smaller or at most equal to 4GB in size.** Bigger size USB Flash Memory will result in slowing down the process or not recognizing the drive..

- a) Plug in the USB flash disk into your computer's USB port
- b) Identify the disk in Windows Explorer
- c) Right-click on the flash disk
- d) Select **Format...** File system - **FAT**
- e) Format the flash disk

### **Step 2.b. Unzip the Elevation Software onto the formatted USB drive**

#### **Important Notes:**

- After the files are unzipped onto the flash drive, **DO NOT enter any directories and subdirectories that had been created on the flash drive**. The reason is that many of those subdirectories contain pictures, which upon an attempt to view them in the Windows Explorer will be modified. **Any modifications of the directories** (automatic or not) **will result in application verification errors**.

1. Right-click on the saved file
2. Select WinZip -> Extract to...
3. In WinZip select the USB flash drive that you had formatted in Step 2.
4. Click on the **Extract** button

**Step 3. (Not applicable to version 1.58)** Download the KIT 15Dx-xxxxx-xx 07Dx-xxxxx-xx Kxx-1260x-0000 SW1.51.exe file. If you have executed **Step #2**, go to **Step #4**.

If you had downloaded the exe file then do the following:

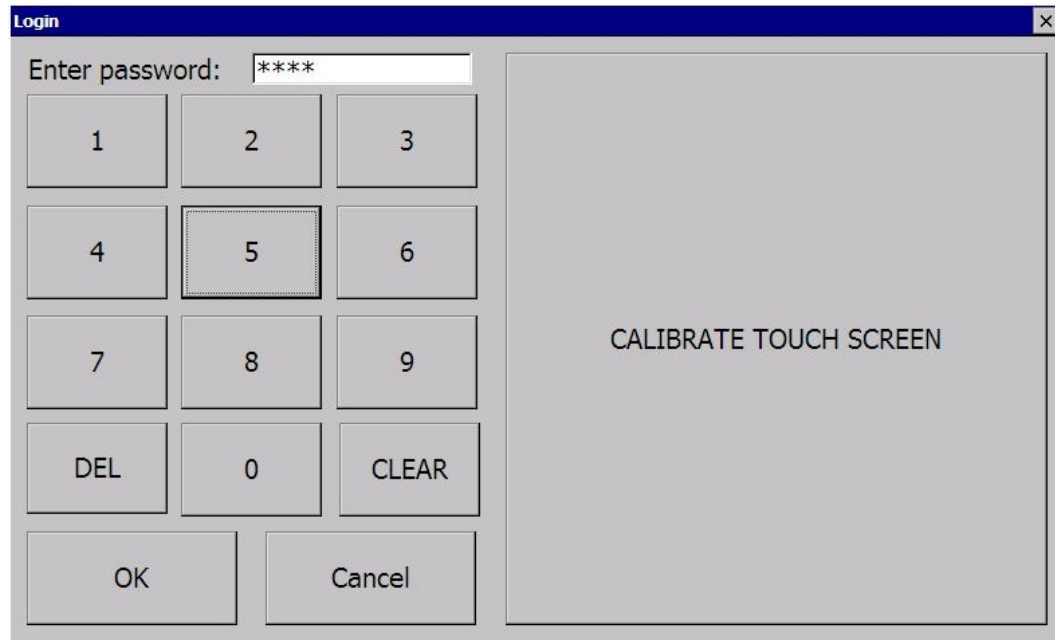
- a. Download the file to your desktop or a directory of choice on your computer.
- b. Connect a USB stick, which you plan to use for installing software on the Engage and Inspire consoles
- c. Double-click on the file (icon) and follow the on-screen instructions.
- d. All required files and folders will be created on the USB stick. After the process is completed remove the USB.

Note:

**DO NOT enter any directories and subdirectories that had been created on the flash drive.** The reason is that many of those subdirectories contain pictures, which upon an attempt to view them in the Windows Explorer will be modified. **Any modifications of the directories** (automatic or not) **will result in application verification errors.**

**B. Software update:****Step 1. Plug in the USB flash memory to the console**

USB can be plugged in to the console at any point in time. The first screen shown is the Login Screen which will be displayed once the USB stick with proper setup files and utility is detected on the console. This screen will allow the installer to enter the **assigned password** for the software release to access the installation menu and to perform the touch screen calibration if needed (in case the on-LCD numeric keypad activates wrong buttons).

**Step 2. Calibration**

If invoked, the CALIBRATE TOUCH SCREEN button will launch the touch screen calibration utility. This functionality has not changed and is the same as it was in the previous setup utility.

- 1) Press the "Calibrate Touch Screen" button.
- 2) Follow the on-screen instructions to recalibrate the screen.

Save the calibration settings by touching the screen at any time during the 30-second countdown

**Step 3. Enter password****Passwords:**

Since the release of v. 1.20 the **assigned passwords** are:  
Basic Update<sup>1</sup>: **1225**

Advanced Update<sup>2</sup>: **082106 (as of v. 1.50 this password has been changed, see Important Notes (retained since 1.50 release) in COMPATIBILITY MATRIX section of this document above for justification details)**

Format Disc Password: **06051961 (To be used only software update problems occur and complete deletion of the existing on the console software version is necessary)**

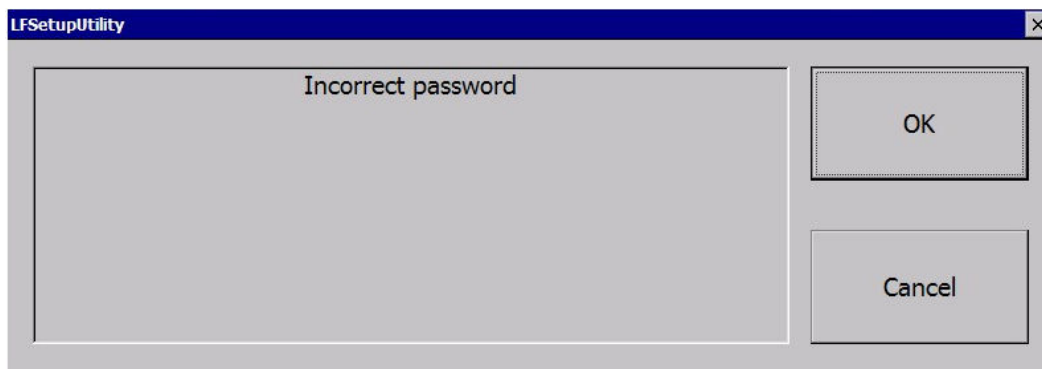
**These passwords are not to be disclosed to customers and are for technicians use only!**

Note:

<sup>1</sup> Basic Update Password unlocks entire system update without a possibility to revert software versions to older ones and without a possibility to update software on the hardware modules selectively.

<sup>2</sup> Advanced Update Password unlocks the advanced options that allow for any software version to be uploaded to any module.

- i. Using the numeric keypad, the installer can enter an assigned password that will be required to access the installation menu. All passwords will be masked with an "\*".
- ii. Once the assigned password is entered, selecting the "OK" button will verify the password and if the password is entered correctly, either the Simple or Advance Installation Menu Screen will be displayed (see the Simple and Advance Installation sections below).
- iii. Selecting "Cancel" button will close the Login Screen and reset the system and allow the installer to remove the USB stick without installing any updates.
  - 1) A popup will be displayed when the Cancel button is invoked to notify the installer that the system is resetting and that the USB stick can be removed.
- iv. Selecting "Del" will delete the entered password one character at a time. "Clear" will clear out any passwords that have been entered in the password field.
- v. If the password entered is incorrect, a popup will display to notify the installer that the password entry is incorrect (see the screen above).



- 1) Selecting either the "OK" or "Cancel" button will close the popup and return the installer to the Login Screen.

Below is the respective basic and advanced Main Setup Screen which will be displayed once the USB stick with proper setup files and utility is detected and the assigned password was accepted.

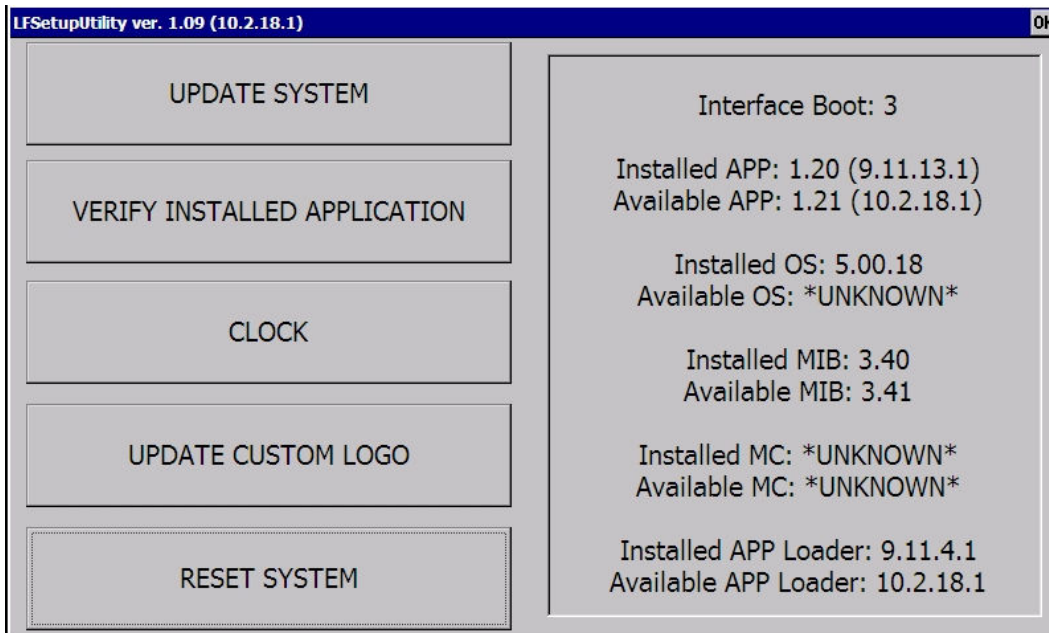
The basic screen allows the installer to select the following options:

- UPDATE SYSTEM
- VERIFY INSTALLED APPLICATION
- CLOCK
- UPDATE CUSTOM LOGO
- RESET SYSTEM

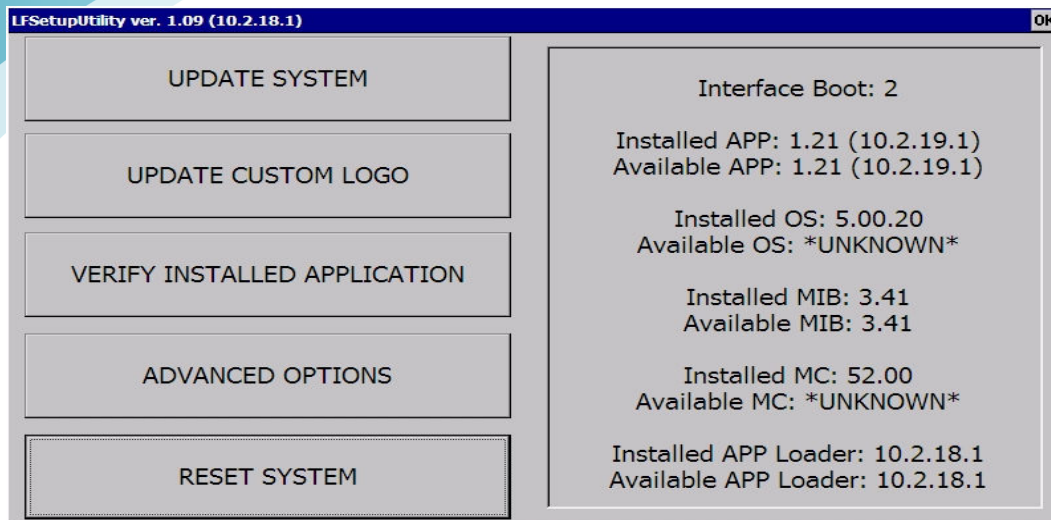
The advanced screen allows the installer to select the following options:

- UPDATE SYSTEM
- UPDATE CUSTOM LOGO
- VERIFY INSTALLED APPLICATION
- ADVANCED OPTIONS
- RESET SYSTEM

The below Figure shows the **BASIC** setup screen:



The below figure shows the **ADVANCED** setup screen:



Note:

The BASIC and ADVANCED update **screens** share most of the options in common. Consequently those options are discussed in one section.

The only difference between the BASIC and ADVANCED update **screens** lies in the CLOCK button being readily available from the BASIC setup screen. The CLOCK button is not available from the ADVANCED options menu. In lieu of it, ADVANCED OPTIONS button had been implemented.

### **C. Steps, based on the selected setup:**

- **Common BASIC and ADVANCED update options**
- **BASIC options only**
- **ADVANCED options only**

Keep in mind that for a typical system update a **BASIC update** is recommended. It is called **BASIC** from the point of view of the technician. This update automatically installs the Full Application software, the MIB software, the Platform OS, and the Application Loader. The **BASIC Update** installs newest versions of software only.

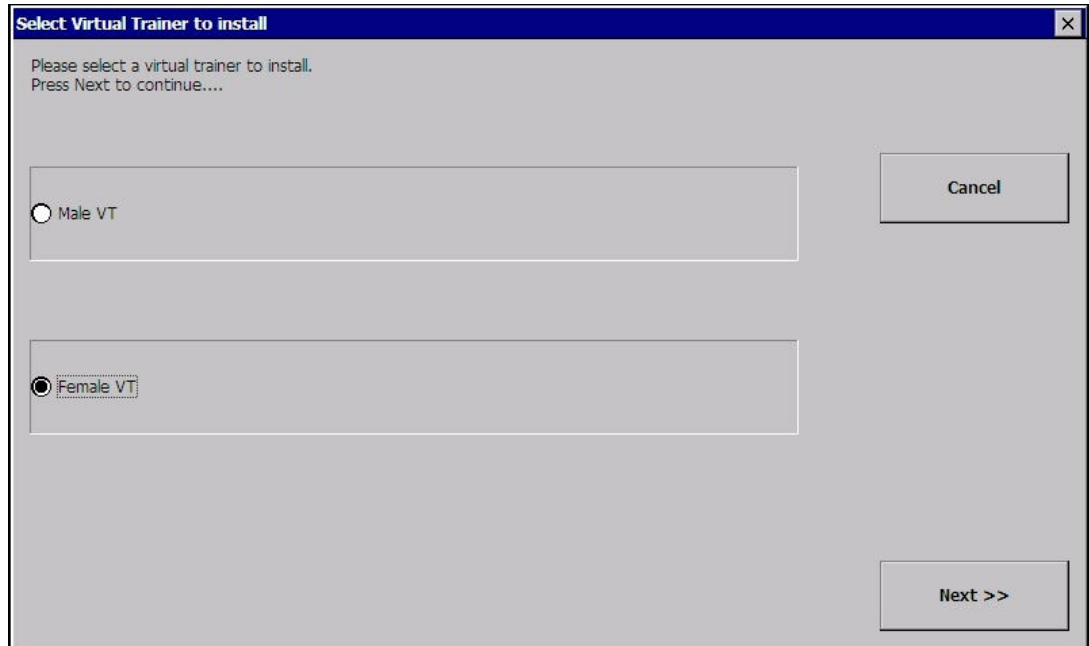
On the other hand, the **ADVANCED update** allows a technician to update the above mentioned software components separately. Additionally, this update allows for Flash FX disk formatting (not available for general Field use), update of Audio Files, and update of Custom Background. Also, it allows to set up Clock and upon pressing the Close button allows for rebooting of the console.



## Part 1. Common BASIC and ADVANCED update options

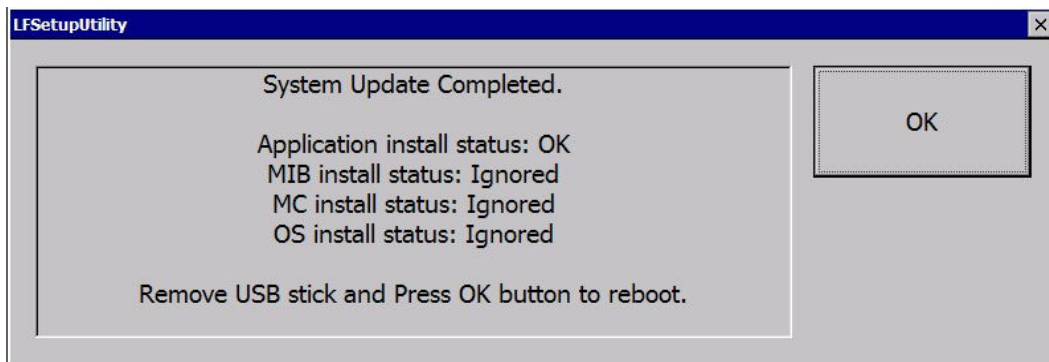
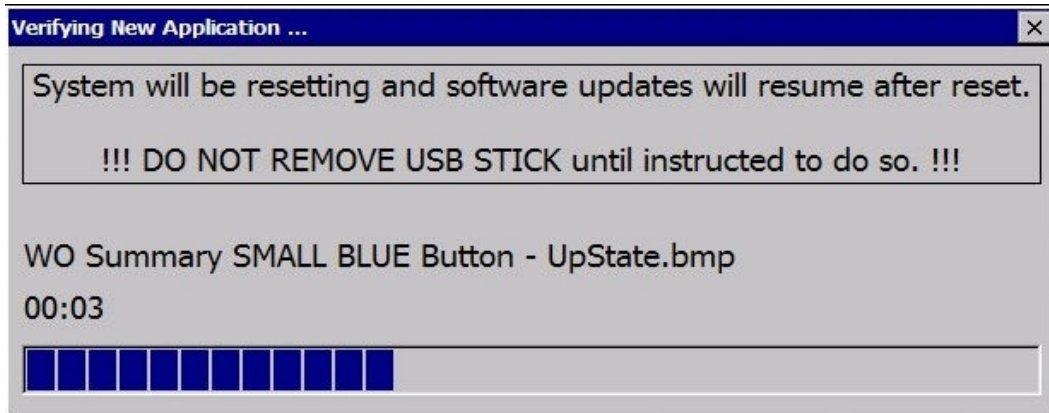
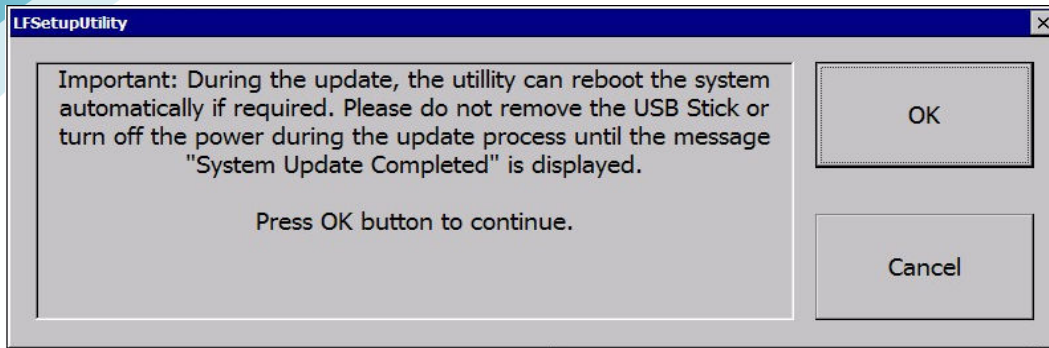
### I. UPDATE SYSTEM

- i. For Inspire only: if invoked, the button will launch the Select Virtual Trainer to Install Screen and only allow the technician to select either the female or male Virtual Trainer to install and not both.

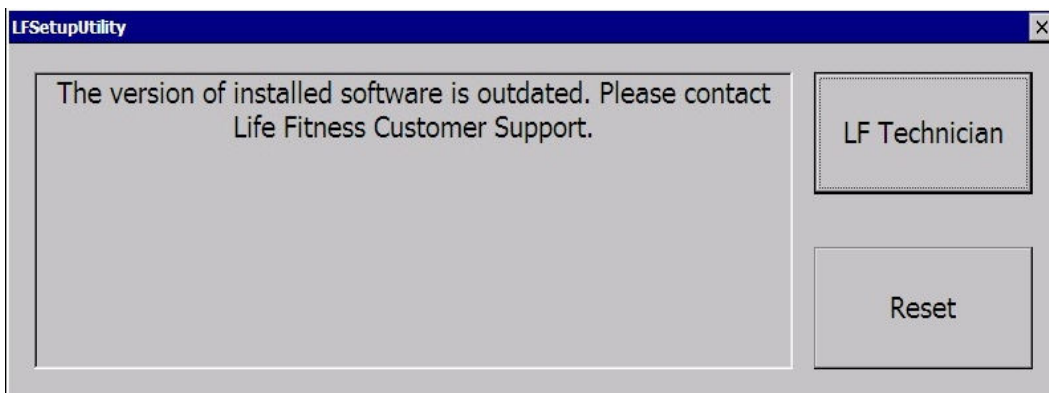


- ii. For Engage only: if invoked, this button will automatically verify both available software on the USB stick and installed software on the unit. If the verification process is successful, the utility will update software components (GUI application, MIB, OS, MC and Application Loader) only if those components are newer than the installed components on the console.
- iii. For the GUI application, this functionality will tremendously cut down the time of installation approximately 50% or more by eliminating the needs to erase and install new GUI application files. It will detect and install only files that are changed in the newer version. *Note that the time of installation can vary depending on the number of files that are changed in the newer version.*
- iv. If the Update System failed to verify the installed GUI Application, it will automatically erase all application files and perform a full installation of the application.
- v. During the update, various popup windows will be displayed to give the installer important instructions that must be followed. DO NOT REMOVE THE USB stick during the installation process until the utility gives instruction to do so (see below are examples of various popup windows with important instructions that will be displayed during the installation process).
- vi. During the update process, the Setup Utility will create an UpdatedLog.log file that will be stored in the UpdatedLog folder on the USB stick.

This log will keep track of all updated units by logging the serial numbers, installed software component(s) and status of each installed software component.



If the installed software is less than version 1.06 is detected on the console, the Setup Utility will display a popup to warn the customer that they need to contact Life Fitness Customer Support.



Explanation of buttons:

**LF Technician** button:

If invoked, this button will allow the LF Technician to enter a password to gain entry to the Advance Installation Menu to perform the update manually.

**Reset** button:

Reset the system without installation of any software.

## II. VERIFY INSTALLED APPLICATION

This button allows an installer to verify the installed application on the console against the file listing in the Version Comparison directory on the USB Stick.

If invoked, this button will launch the verification process which takes approximately 40 seconds. During the verification process the **Verifying Installed Application** pop-up window will be displayed (pictured below).

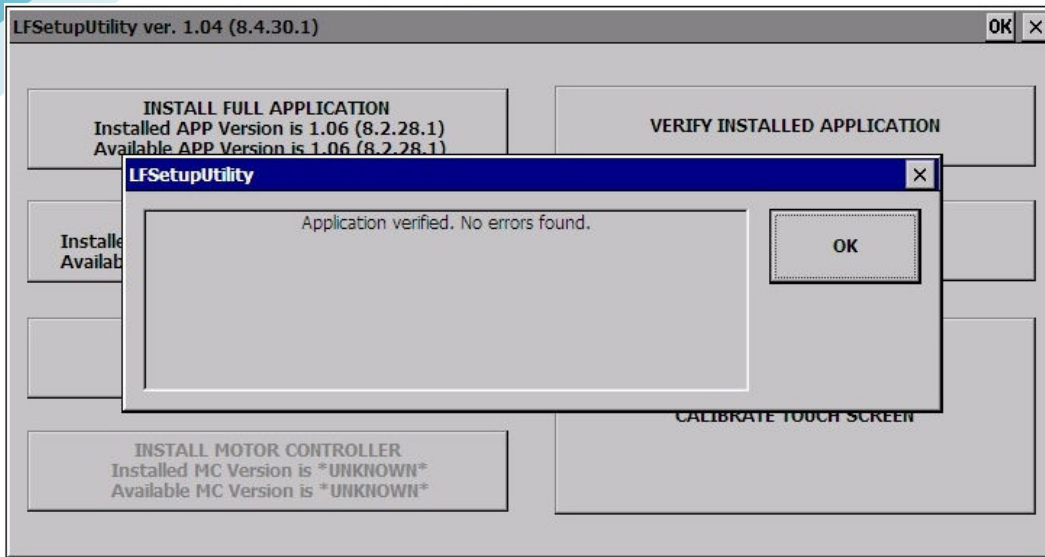


The verification time will depend on the number of files that are installed. A popup window (shown and described below in the **Verification Process Successful Popup Window** section) will be displayed at the end of the verification to notify the user of a successful or failed verification process.

Software release v1.07 has the ability to verify itself and older installed software such as v1.06 and v1.065. If the verification process failed for older software version(s), the installer must use the special SW kit to re-install v1.06 or v1.065 from SW Engineering in order to take advantage of all the improvements/fixes in the Setup Utility v1.04.

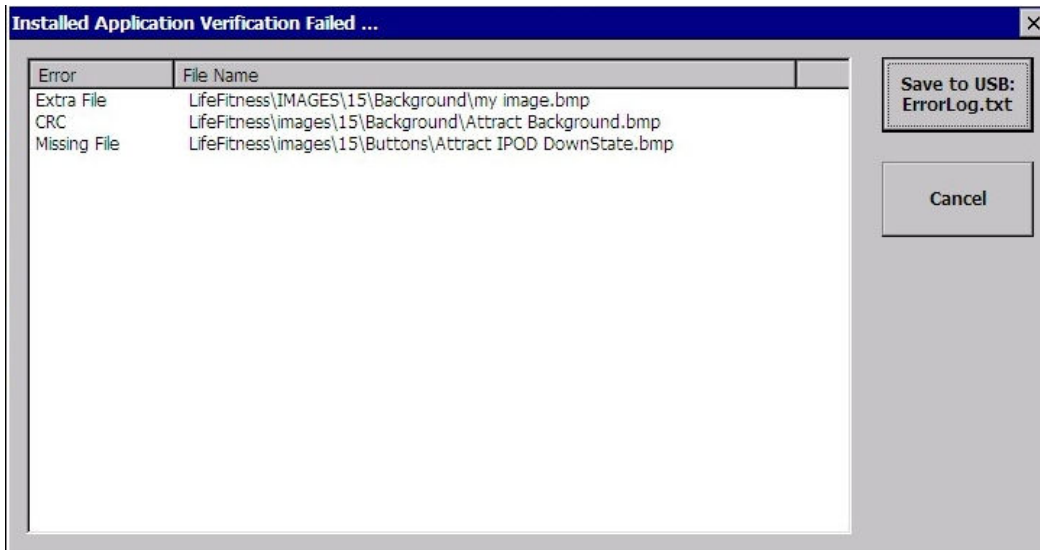
### **Verification Process Successful Popup Window**

Upon successful verification, this popup window displays the text "Application verified. No errors found."



Selecting the OK button will close the popup and return to the Main Setup Screen.

In case of application verification error a window shown below will be displayed.



**Error** column:

Indicates the type of error.

Types of errors are:

Extra File,

Missing File,

CRC – Checksum error if the file is damaged or altered,

Corrupted File,  
Write or Read Failed, and  
Delete or Create Failed.

**File Name** column:

Displays the path and the name of the missing, damaged or extra file.

**Save to USB: ErrorLog.txt** button:

This button will allow the installer to save the "ErrorLog.txt" file to the root of the inserted USB stick which will contain all the error(s) reported by the utility.

**Cancel** button (*continued on the next page*):

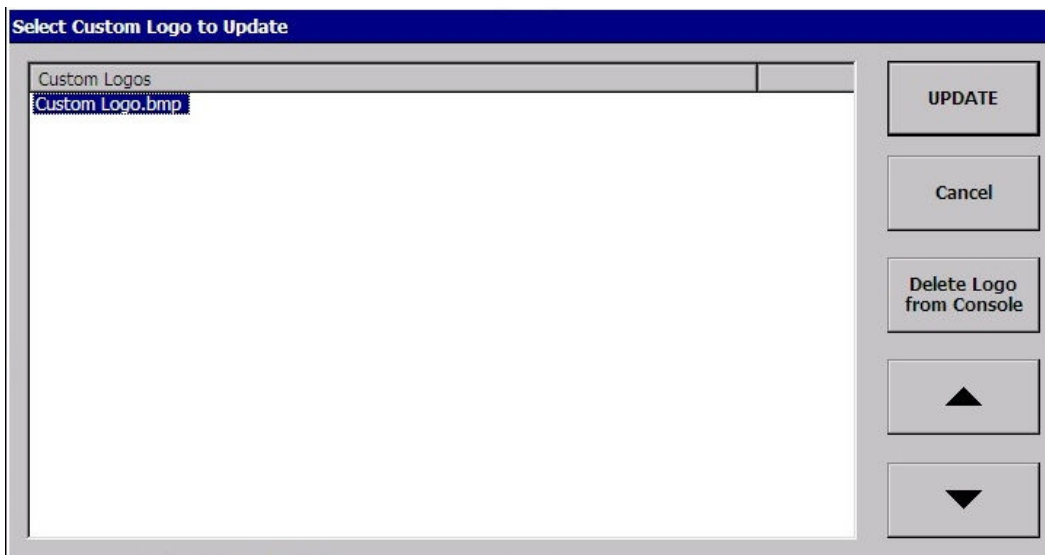
This button will close the screen and return to the Main Screen.

Note:

**Make sure that the ErrorLog.txt is saved before canceling out of this screen, otherwise the installer will need to go through the verification process again.**

### III. UPDATE CUSTOM LOGO

This button displays the Update Custom Logo Screen and allows an installer to install/update/delete a small custom logo on the Attract Screen for both the Engage and Inspire Consoles.



Allows an installer to select an available custom logo to install.

**Cancel** button:

Used to exit out of the custom logo installation screen.

**Delete Logo from Console** button:

Used to remove previously installed custom logo from the console.

**Up and Down Arrow** buttons:

Used to navigate the available list of custom logo.

**NOTE:**

*All custom logos must be approved by Life Fitness. They must be pre-packed in the installer application in order for them to be available for installation.*

#### IV. RESET SYSTEM

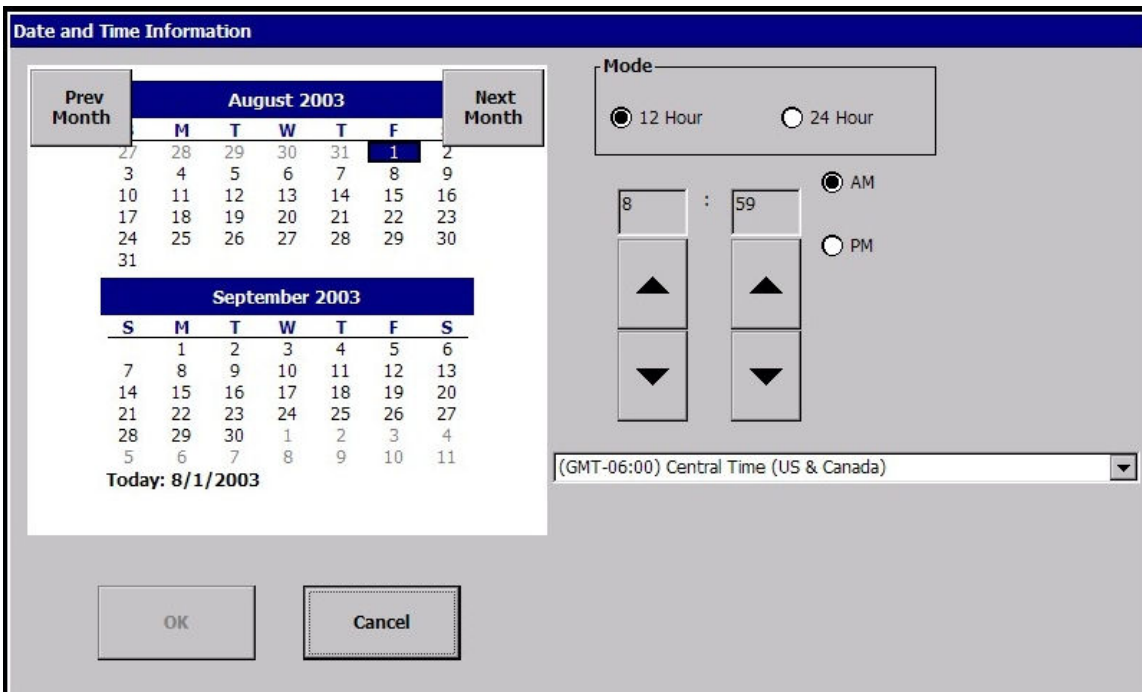
If invoked, this button will display a pop-up message notifying the installer that the system is resetting and will automatically reset the system.



### Part 2. BASIC options only

#### I. CLOCK

This button allows an installer to set the system date/time and time zone information easily without having the needs to shut down the application and going to desktop to set the date/time.



**Prev/Next Month** buttons:

Allow the installer to move and select month.

To set the day, select the number of the date on the calendar.

To set the year, select the current year next to the month to enable the control and use the up/down arrow to adjust the year.

**Mode** section:

12 Hour radio button – select it to set the time in 12 Hour format.

24 Hour radio button – select it to set the time in 24 Hour format.

**AM/PM** radio buttons:

Used to select the AM or PM to set ante meridian or post meridian.

**Hours** and **Minutes Up/Down** Arrow buttons:

Used to adjust the hours and minutes.

**Time Zone Selection Drop Down** box:

Used to adjust or select the time zone.

**OK** button:

Used to accept and set the system date/time and time zone and return to the previous screen.

**Cancel** button:

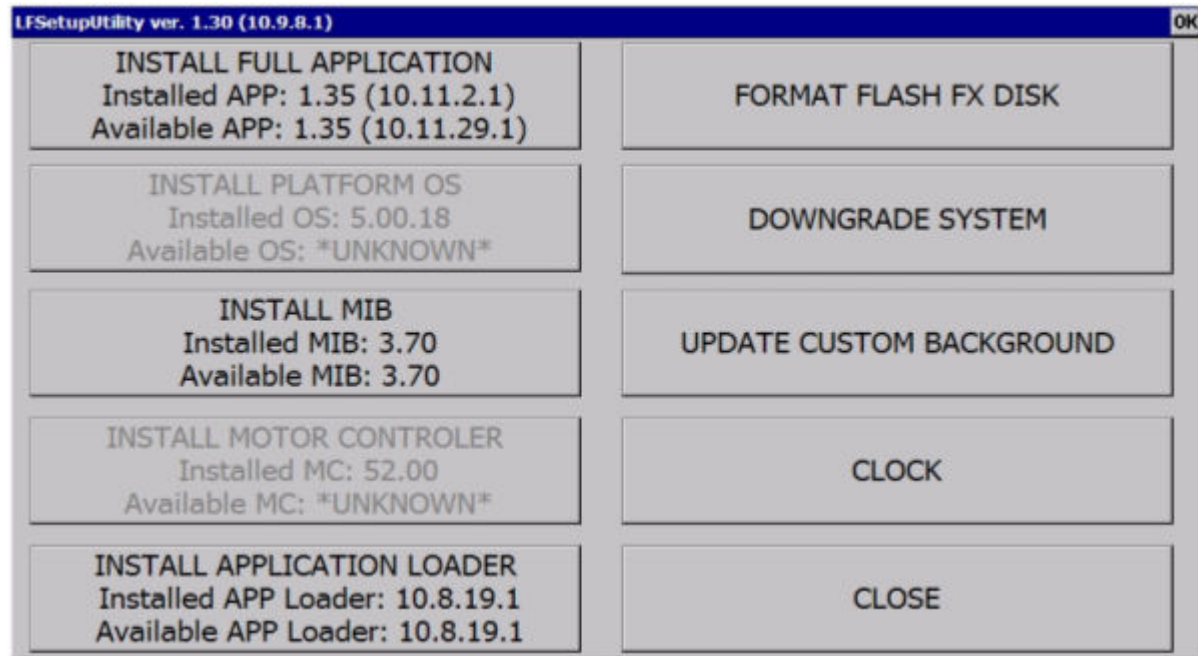
Used to cancel out of the Clock screen and return to the previous screen.

**Part 3. ADVANCED options only**



## I. ADVANCED OPTIONS

This button allows an installer to access advanced and some of the common system update and configuration options.



The above screen is displayed once the ADVANCED button of the ADVANCED setup screen is pressed. This screen allows the installer to select from the following options:

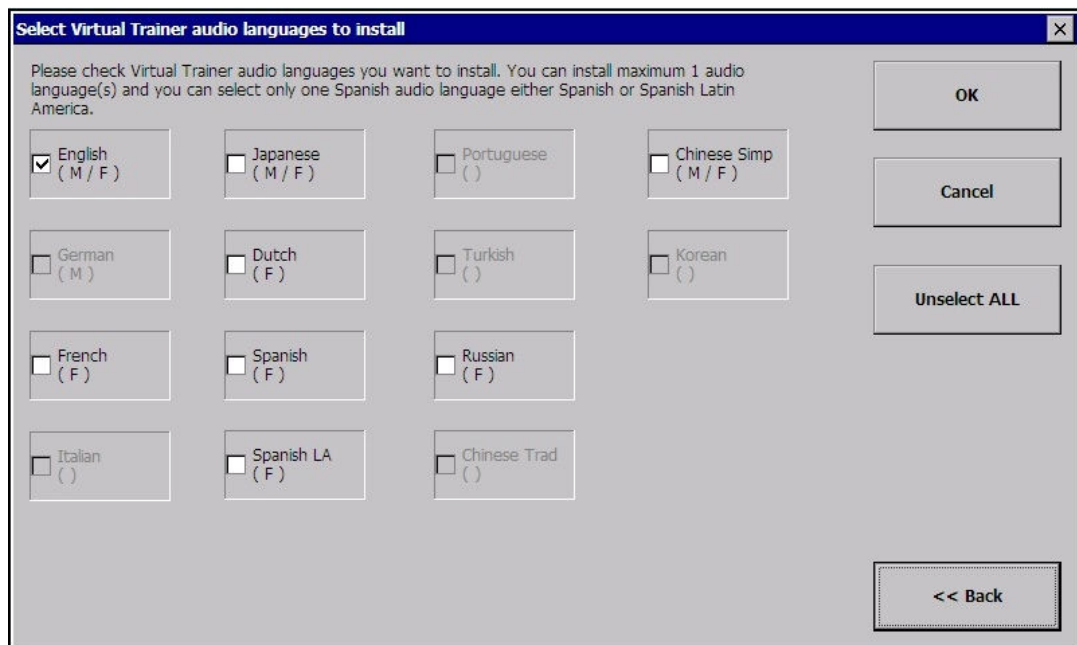
- Install Full Application,
- Install Platform OS,
- Install MIB,
- Install Motor Controller,
- Install Application Loader,
- Format Flash FX Disk,
- Downgrade System,
- Update Custom Background,
- Set the Clock (set system date/time and time zone),
- Close the window and go back to the previous window.

Detailed description of the above options follows.

- a. Install Full Application



- i. This button will display the installed software version information on the console as well as the available software version on the USB stick.
- ii. If invoked, this button will automatically verify the content of the files on the USB stick to make sure that all installation files for the application are correctly copied onto the USB stick.
- iii. For v1.06, if the verification process is successful it will automatically proceed to install the available application on the USB stick.
- iv. For v1.07+, it displays the Virtual Trainer's Language Selection Screen and allows the installer to select language(s). On the 15", only up to 2 languages can be selected. On the 7", only 1 language can be selected. English will be selected as default and can be changed on this screen.
- v. For v1.07, the verification process will begin after the Virtual Trainer's Language is selected and if the verification process is successful, it will automatically proceed to install the available application on the USB stick.



1. This screen will display 13 checkboxes representing the 13 languages that the application supports. By default, the English language will be checked. For Inspire consoles, only one language and one set of audio (either Male or Female Virtual Trainer) can be installed. For Engage, a maximum of two languages can be installed with both set of audio (both Male and Female Virtual Trainer).
2. The checkbox will only be enabled if the audio files for its language are available on the USB stick. The (M/F) under the language name indicates that the language have both set of audio (male and female) for the Virtual Trainer otherwise just (F) for female and (M) for male.
3. OK button will save the selection and start the verification process and proceed to automatically install the application if the verification process is successful. If the installer selects more than the allowable language(s), this button will be disabled.

4. Cancel button will close out the screen and return to the Main Screen.
  5. Unselect ALL button will unselect all checkboxes.
  6. Select All button will allow the installer to select all available languages up to the maximum allowable language(s) for the installation. On the 7", this button will be hidden since only one language is allowed due to memory limitation.
- vi. If the verification failed for any reasons, it will display an Error List Screen and the installation process can not continue until the error is corrected.
- b. Install Platform OS
- i. This button will display the installed OS version information on the console as well as the available OS version on the USB stick.
  - ii. If invoked, this button will launch the OS installation process. This functionality has not changed and is the same as it was in the previous setup utility.
- c. Install MIB
- i. This button will display the installed MIB version information on the console as well as the available MIB version on the USB stick.
  - ii. If invoked, this button will launch the MIB installation process. This functionality has not changed and is the same as it was in the previous setup utility.
- d. Install Motor Controller
- i. This button will display the installed MC version information on the console as well as the available MC version on the USB stick.
  - ii. If invoked, this button will launch the MC installation process. This functionality has not changed and is the same as it was in the previous setup utility.
  - iii. In order to install motor controller software with the Setup Utility, the Interface Boot Version must be version 3 or higher (Go into diagnostics "Information\Software Versions" to verify). If the Interface Boot Version is less than 3, please read the paragraph below on how to update the MC:
    1. **\*\*\*Issue:** It has been found that treadmill Apollo consoles with interface boot version 2 (this is the boot version associated with BDM'ing interface board version 1.65) are not able to program the motor controller if the interface board version is 2.00 or higher. Consoles with interface board software version 1.65 are the only consoles that are capable of programming the motor controller with interface boot version 2.
    2. Apollo consoles with interface boot version 3 (this is the boot version associated with BDM'ing interface board version 2.00 or higher) are capable of programming the motor controller with interface board versions of 2.00 or higher.
    3. Proposed updating method if a field update of motor controllers is ever required for Apollo consoles containing interface boot version 2 and interface software version 2.00 or higher:
    4. Two flash sticks would be required for this proposed update method. The first stick used would contain interface board (MIB) software version 1.65, and the new treadmill motor controller software version. The second flash stick would contain the up to date interface board software version.

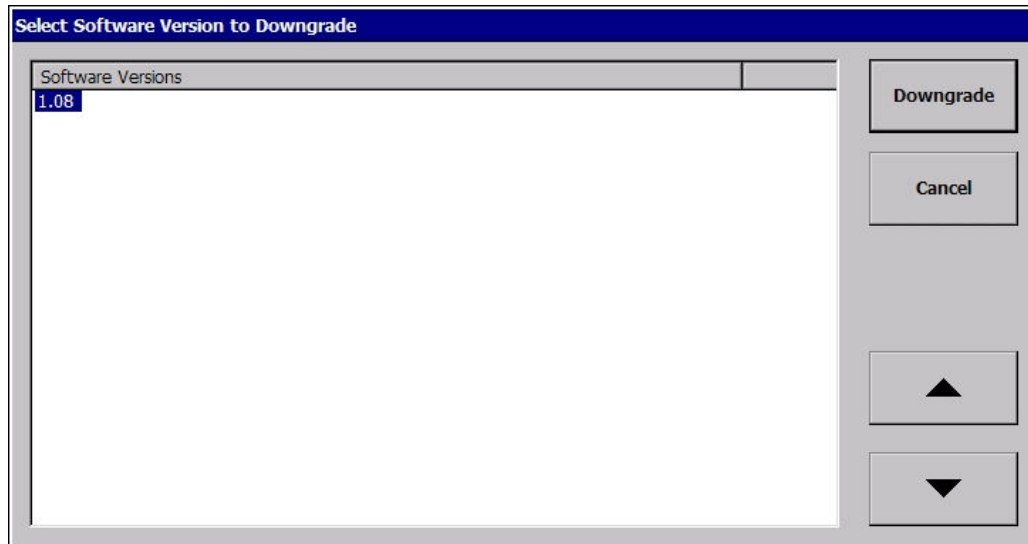
5. The programming steps are as follows:

- a. Insert the first USB flash stick and program the interface board with software version 1.65.
  - b. After programming the interface board with software version 1.65, allow the console to reset and program the motor controller with the updated version of motor controller code.
  - c. Following the update of the motor controller, allow the console to reset. Remove the first flash stick and insert the second flash stick. With the second flash stick in place the interface board can now be updated with the latest software version.
  - d. After the up to date version of interface board software has been programmed, and the console has reset, proceed to diagnostics to ensure that the interface board and motor controller software versions are correct.
- e. Install Application Loader
- i. This button will display the installed APP Loader version information on the console as well as the available APP Loader version on the USB stick.
  - ii. If invoked, this button will launch the application loader installation process. This is a new functionality that is added in v1.20 to allow the installer to update the application loader if necessary since the application loader can be updated separately.
  - iii. Once the application loader is finished installing, the console must be rebooted.
- f. Format Flash FX Disk
- Option normally not needed. Use only if normal attempts to upgrade the software are unsuccessful.
- i. If this button is invoked, a password entry screen will be displayed. You will need to enter a valid password to be able to access the formatting disk screen. The password can be obtained from Field Engineering.
  - ii. Formatting the FlashFX disk should only be done at the recommendation of the software engineers, because it will erase the console application, all console configuration settings, logs and statistics.



## g. Downgrade System

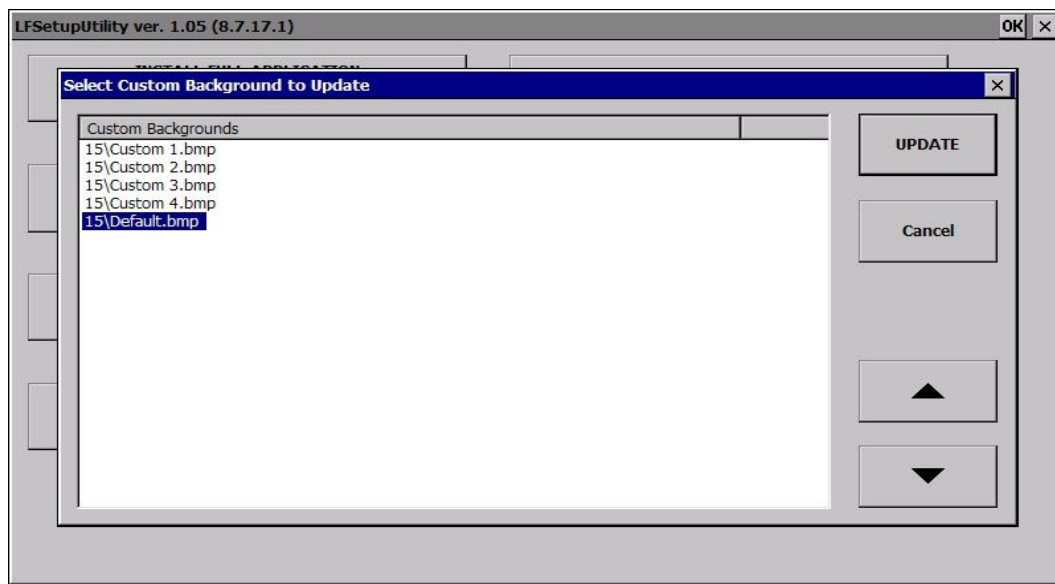
- i. If invoked, this button will launch a pop-up window listing the available software version(s) that the installer can downgrade the system to. \*\*\*Remember, as a default the installation kit will not include any older software versions. The installer must contact Field Engineering to have this setup \*\*\*



- ii. The above window will show all the available downgrade system software. The installer can select a version and invoke the Downgrade button to start the downgrade process. For more information on the Downgrade System installation process see the Update System section as the downgrade procedure will be similar to that of the update system.

## h. Update Custom Background

- i. This button will allow the installer to update and replace the existing Life Fitness' background ("Are you ready") with an approved custom background.



- ii. If invoked, this button will display the available custom graphics in the Custom Background folder on the USB Stick. *Note that the LifeFitness' default.bmp ("Are you ready") will be highlighted by default*
- iii. Update Button will update and replace the existing background with the selected background.
- iv. Cancel Button will cancel out of the current screen and return to the Advanced Options Menu Screen.
- v. Up/Down arrow allows the installer to quickly scroll through the list of available backgrounds.
- i. Set the Clock  
See Step 4, **Part 2. BASIC options only**, section I. CLOCK
- j. Close the window

## **V. ELEVATION INSPIRE AND ENGAGE CONSOLE SOFTWARE REVISION LOG**

### **Version 1.58 – September/25/14**

Products affected.

- Inspire and Engage Consoles

Significant Fixes and Enhancement Details

Fixes:

Enhancements:

1. Federal Air Marshall Service (FAMS) workout

### **Version 1.54 – July/29/13**

Products affected.

- Inspire and Engage Consoles

Significant Fixes and Enhancement Details

Fixes:

1. Malfunctioning of Speed Interval on Engage Console in Japanese Mode (FIELD# 6376)

### **Version 1.53 – March/20/13**

Products affected.

- Inspire and Engage Consoles

Significant Fixes and Enhancement Details

Fixes:

2. Incline motor doesn't move (LF# 1302)
3. DTV engage with green bars in TV screen section (FIELD# 5596)

### **Version 1.51 – July/20/12**

Products affected.

- Inspire and Engage Consoles

Significant Fixes and Enhancement Details

Fixes:

4. DTV root menu is seen (LF# 1295)
5. Audio initially not heard if console drops down to sleep (LF# 1297)
6. For IPTV on Apollo 1, the favorites, promo channel and secure channel do not work. (LF# 1298)

### **Version 1.50 – May/18/12**

Products affected.

- Inspire and Engage Consoles

Significant Fixes and Enhancement Details

Fixes:

1. Stride Sensor Modification (LF# 1252)
2. Hybrid Workout Summary Light Bulb Graphic Modification (LF# 1253)
3. Hide the Volume icon on the workout screen if:
  - Audio MP3 is disabled,
  - iPod is disabled,
  - VT is disabled,

- TV is disabled,
- iPod/Nike+ is disabled.

This is for the inspires only to support NetPulse. (LF# 1255)

4. TV enable and disabled setting appears to not be preserved for 7" consoles between power ups. (LF# 1258)
5. Insertion and disconnecting iPod may throw a Fatal Application Error (LF# 1259)
6. Channel arrows and Media led on "I" consoles should go dark when the icons for them are not visible. And pressing Media led, hardkey, should not do anything if the Media icon is not visible. (LF# 1260)
7. Disconnect and stop the recording process on VT iPhone (LF# 1264):  
Added a routine to notify the GUI that the workout recording process on the VT has been disconnected (either the user hit the Disconnect button or removed the device). The recording logic stops sending workout data to the device and the GUI hides the recording icon.
8. Incline can get higher than expected in Around the World workout (LF# 1273)
9. New requirements for Navy PRT for treadmill to be put into 1.5 release (LF# 1282)
10. Incorrect description when choosing between a Mexican Flag and Spanish Flag (LF# 1283)
11. Navy PRT: Elevation selection is reversed (LF# 1284)
12. Navy PRT Scoring table for 35-39 y/o females > 5K is incorrect (LF# 1285)

Enhancements:

1. Android Open Protocol
2. IPTV (**Exterity only**)
3. Mexican flag for the Spanish Language
4. Stride Sensor message suppression option

**Version 1.45 – February/23/12**

Products affected.

- Inspire and Engage Consoles

Significant Fixes and Enhancement Details

Fixes:

1. Fixed UL 60730 Error Test Capabilities on MIB (Time Slot Test algorithm revision preventing a false positive UL 60730 error condition)

**Version 1.44 – February/02/12 – This software release is for field upgrades only and should not be used after the release of 1.45**

Products affected.

- Inspire and Engage Consoles

Significant Fixes and Enhancement Details

Fixes:

1. Removed UL 60730 Error Test Capabilities

**Version 1.43 – January/09/12**

Products affected.



- Inspire and Engage Consoles

Significant Fixes and Enhancement Details

Fixes:

1. iPod: Music times are not updated (LF# 1240)
2. Add safety features per UL requirements to Apollo (LF# 1266)
3. UL 60730 error handling does not completely lock out the GUI (LF# 1268)
4. Pressing hard keys may trigger undefined belt start behavior (LF# 1269)

Enhancements:

1. UL 60730 Error Test Capabilities
2. AppLoader reset routine modification

**Version 1.42 – November/22/11**

Products affected.

- Inspire and Engage Consoles

Significant Fixes and Enhancement Details

1. Graceful recovery from a GUI watchdog timer reset preventing a system lockup with the "MIB Not Detected" message being displayed. Modification limited to Application Loader only.

**Version 1.41 – June/13/11**

Products affected.

- Inspire and Engage Consoles

Significant Fixes and Enhancement Details

1. The USB audio turns off when the games are turned off;
2. Mute function not working;
3. Apple Chip is holding up the boot sequence;
4. iPod authentication got into a weird state.

**Version 1.40 – May/11/11**

Products affected.

- Inspire and Engage Consoles

Significant Fixes and Enhancement Details

1. Support of custom interval workouts created on Virtual Trainer Certain fit test workouts workout elapsed time correction;
2. Support of the Life Fitness Virtual Trainer iPhone and iPod touch app coming soon to iTunes (ENGAGE only)
3. Life Fitness ePub Reader functionality (ENGAGE only)
4. Solitaire Game added (ENGAGE only)
5. Additional Languages: Arabic and Catalan
6. Japanese Digital TV tuner Support for Engage consoles
7. Mini Workout Profile (Resistance / Level bar in the upper left corner of the Workout screen)
8. Hybrid Engage support - (Works on the new revision 04 Bikes and Cross-trainers)

### **Version 1.35 – Dec/19/11**

Products affected.

- Inspire and Engage Consoles

Significant Fixes and Enhancement Details

1. EMEA Digital TV tuner capability;
2. Certain fit test workouts workout elapsed time correction;
3. Corrected "Interface Board not detected" after LCD.exe upgrade;
4. Secure Channel can be defeated - corrected;
5. Corrected Calories Expenditure Variance;
6. Added dual audio sources: Video and VT;
7. Added finer granularity for FM Scanning or Searching for European FM Stations;
8. Removed the hyphen (i.e. '-') on the channel keypads for EMEA Digital TV;
9. Changing Workout Don't Show Average Level – corrected;
10. Diagnostics: Information -> Main Motor Information titles do not make sense;
11. Enter Weight For Accurate Calories Button during Quick Start Workout;
12. Corrected some Drive Ratio corruptions;
13. SW version displayed on Attract Screen;
14. Removed the Air Force PRT from Bikes;
15. Added ability to update the bootloader to version 2.26.

### **Version 1.31 –Oct/05/10**

Products affected.

- Inspire and Engage Consoles

Significant Fixes and Enhancement Details

1. New MIB software version was added to the kit. This version eliminates error in the accumulative data storage.

### **Version 1.30 – Aug/27/10**

Products affected.

- Inspire and Engage Consoles

Significant Fixes and Enhancement Details

1. System reboot counter. The system will reboot after the number set for this meter is reached. It can be reached in the Manufacturer's option. Default value is 100 workouts.
2. Wellness Fitness Initiative (WFI) replaces any instance of the Gerkin workout.
3. British Army Physical Fitness Assessment (BFA)
4. Air Force Walk or Run Physical Fitness Assessment (Treadmill Only)
5. New dimensions for Custom Logos and Backgrounds
6. Inspire Attachable TV dash ("") support
7. Fit Test modifications
8. Additional Language / Text support: Basque, Finnish, Hungarian, Polish
9. Memory Improvement: reduction of graphics resolution, memory handling, reduced executable size
10. Improved boot up time
11. Improved USB detection by reducing the number of messages (insertion, mounting, removal) sent
12. Improved USB song seek and advancing
13. Nike+ iPod Logo
14. Fit Test function commonality: termination scenarios, qualifications, results communication
15. Enhanced CSafe cmdGetInfo command to return cardio product types

#### **Version 1.22 – Mar/17/10**

Products affected.

- Inspire and Engage Consoles

Significant Fixes and Enhancement Details

1. Eliminate crashing/freezing issue during workout execution.
2. Added Watch Dog - fail-safe mechanism to prevent the system from being lockup due to ESD or anomalous application execution.
3. USB Preset correction - prevent the system crashes on both the Engage and Inspire Treadmill Consoles.
4. Feature Log - allows the system to log usage of features
  - i. A great research tool for Sales/Marketing and customers.
5. Contains MIB 3.5 that prevents MIB from being lockup after MIB reset due to ESD or power supply noise events.

#### **Version 1.20 – Recalled – Not a production release. Nov/13/09**

Products affected.

- Inspire and Engage Consoles

Significant New Features and Enhancement Details

1. Added ability to restrict the installation of Virtual Trainer to just one set of audio for either a male or a female, but not both

2. Added ability to install customer's custom logo
3. Added ability to install/update Application Loader under both the Update System process and the Advanced Options Menu.
4. Canadian flag under both the English and French languages
5. MP3, WMA audio file playback from USB
6. Engage Digital TV tuner: supports ATSC Digital TV Standard
7. Added message: "To lower resistance, please reduce your speed or increase level," when the user pedals too fast and reaches restricted RPM (100 at level 1 for Cross Trainers and 148 at level 1 for Bikes). Pedaling too fast generates 320V which causes an Over Voltage error being logged.
8. Fit Test HR Reading: new status messages regarding HR detection
9. Disable iPod in Manager's Configuration: customer iPod content control
10. Average Level: current messaging did not convey to the user the overall resistance difficulty – refined messaging.
11. Feature Usage Log: tracks feature usage.
12. Workout Summary Screen Data: expanded, more fields added.
13. Aspect Ratio option: Added medium size TV dimension.
14. GUI Graphical Upgrades:
  - Walk, Jog, Run distinction and active speed indicator
  - Go System Speed confirmation button readability
  - Workout Landscape graphic refinements
  - Reduced USB pop-up save/content text
  - Workout Goal Selection layout
15. Virtual Trainer: Additional Languages implemented as noted in section 6 of Apollo 1.20 Release Notes.
16. Virtual Trainer (VT) Active State Indicator: an orange border around a virtual trainer button once VT activated
17. Diagnostics:
  - Scrolling Message import/export ability
  - Dedicated Fitlinxx option
  - Console Serial Number
18. iPod Volume Slider
19. Setup Utility:
  - Virtual Trainer selection by gender

#### **Version 1.10 – Apr/15/09**

Products affected.

- Inspire and Engage Consoles

Significant New Features and Enhancement Details

1. New GUI Refinements, “What We Live For”
2. Media Center: Aspect Ratio Manipulation
3. Bike | Cross-Trainer: Revised Navy PRT Test
4. Attachable TV Configuration: Only 7” Inspire Models
5. Added ability to download Console statistics to a USB

**Version 1.09 – Nov/07/08**

Products affected.

- Inspire and Engage Consoles
- **Not deployed in Production.**

**Version 1.08 – Jul/28/08**

Products affected.

- Inspire and Engage Consoles

Significant New Features and Enhancement Details

1. Bike | Cross-Trainer: Revised Navy PRT Test
2. Watts / Mets / Constant Calories (Bike Only)
3. Nike+
4. Life Fitness Virtual Trainer Website compatibility enhancements
5. “Enter Weight for Accurate Calories” button
6. TV volume level display on the Engage LCD screen
7. FitLinxx Certified
8. Maintenance Logs / Speed bucket for Non-TR
9. LFSetupUtility
  - i. Custom Background Loader – Allows loading of custom background
  - ii. Added Clock button for setting system Time and Time Zone

**Version 1.07 – May/28/08**

Products affected.

- Inspire and Engage Consoles

Significant New Features and Enhancement Details

1. Change Goal
2. Distance Climbed Goal
3. International Virtual Trainer
  - i. Ability to substitute virtual trainer languages with LFSetup Utility, Japanese available
4. Air Force PRT for bikes
5. Gerkin modifications - Treadmill only

6. FitLinxx support – Enhanced
7. Closed Captioning on Engage consoles
8. Improved Diagnostics touch screen behavior
9. USB Compatibility improved greatly
10. Enhanced LFSSetupUtility reduces load time from 20 min. to 8-11 min.

### **Version 1.06 – Feb/29/08**

Products affected.

- Inspire and Engage Consoles
- First Unified Build to support all of Elevation Series.
- Upcoming initial release for bikes

Significant New Features and Enhancement Details

1. Corrected USB detection.
2. Watts / Mets / Constant Calories (Bike Only)
3. FitLinxx Compatibility, pre-Certified.
4. Addition of support for iPod Nano video and iPod Classic models.
5. Platinum Club Series treadmill support.

## **VI. GLOSSARY**

| <b>Term</b> | <b>Meaning</b>          |
|-------------|-------------------------|
| MC          | Motor Controller        |
| MIB         | Machine Interface Board |
| OS          | Operating System        |
| SBC         | Single Board Computer   |