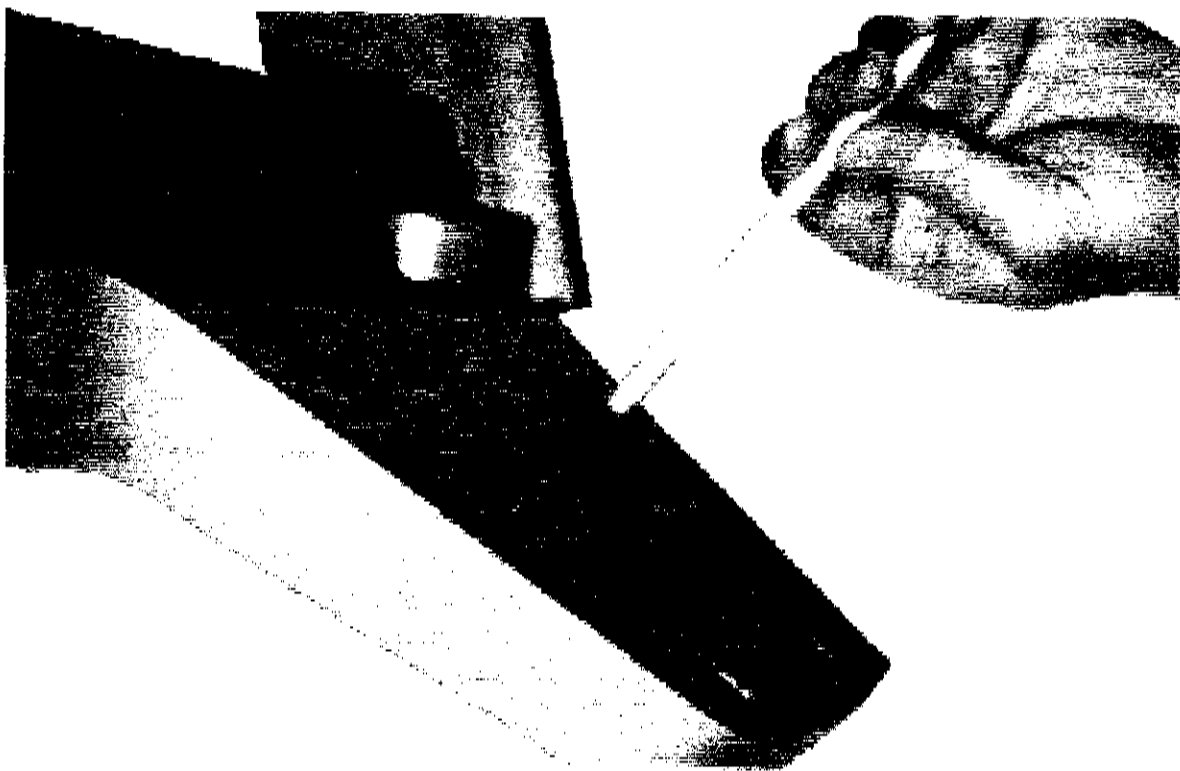




Note: The treadmill pictured below may not be identical to your particular model.

- 5) To accept the setting, press the POWER button.
 - 4) Pressing the SPEED +/- button will activate your choice.
 - 3) Depress the calibration mode switch ONCE. CL11 should appear in the TIME window.
 - 2) Activate the calibration mode switch by inserting the eraser end of a pencil into the opening in the backside of the console (see diagram below).
 - 1) Turn power OFF on the console. (Do not unplug treadmill.) Attach the magnet safety key to the console.
- Your treadmill will operate in British Units (miles per hour) or International Units (kilometers per hour). All treadmills are calibrated at the factory for British Units (miles per hour). To change the display to read in kilometers, follow the steps described here:

Change to MPH or KPH