

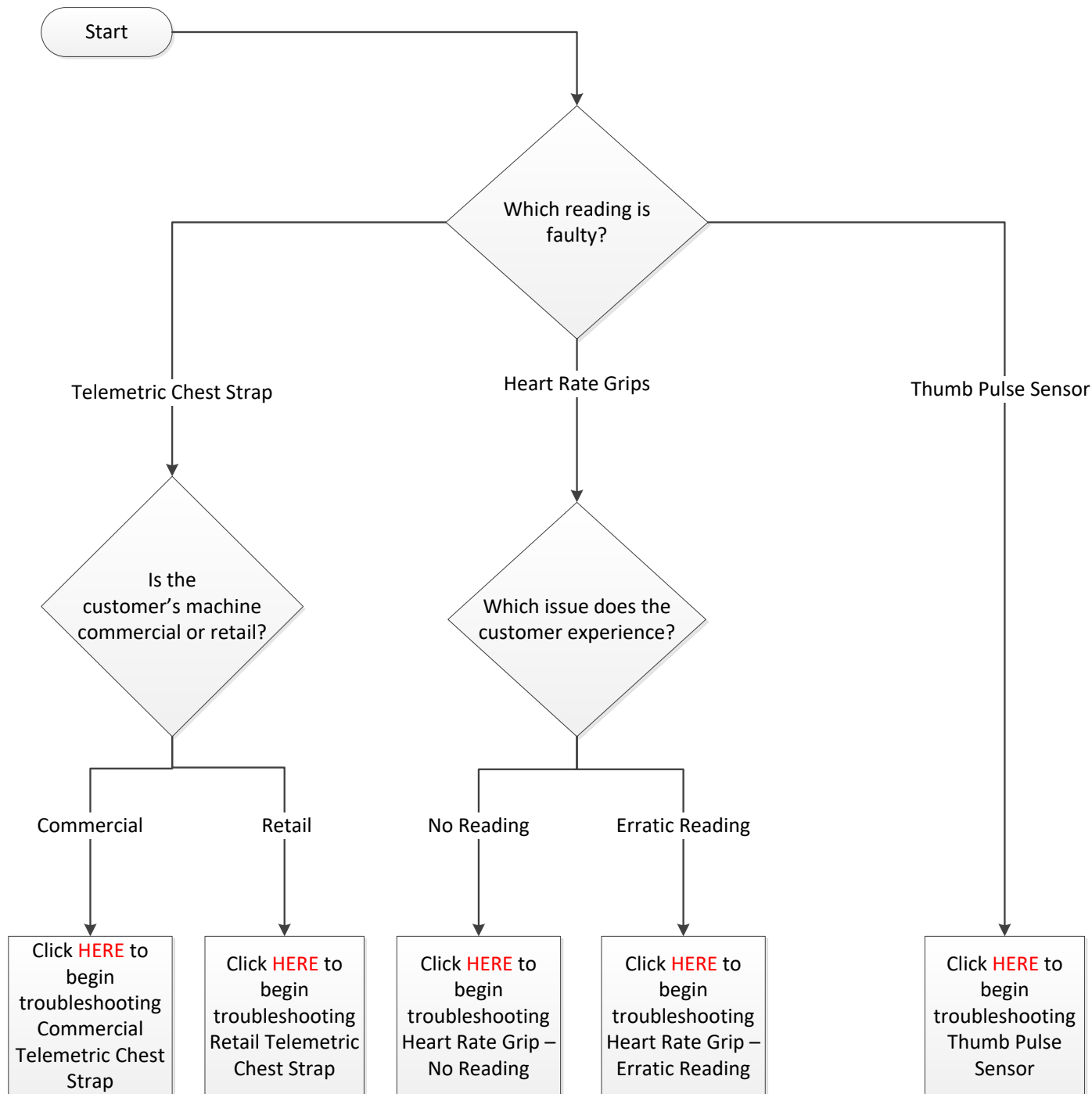
Troubleshooting Guide – Heart Rate Flow Chart

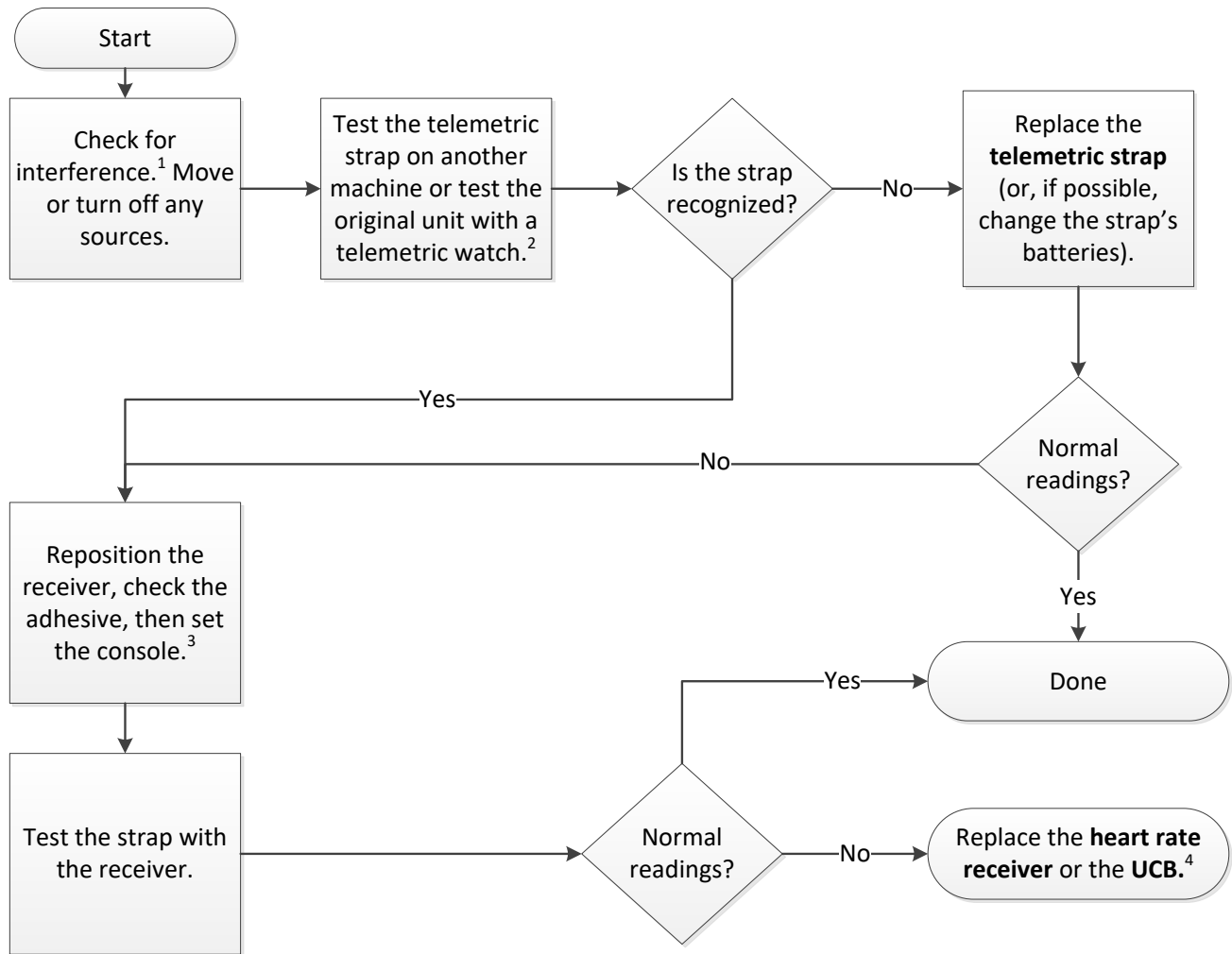


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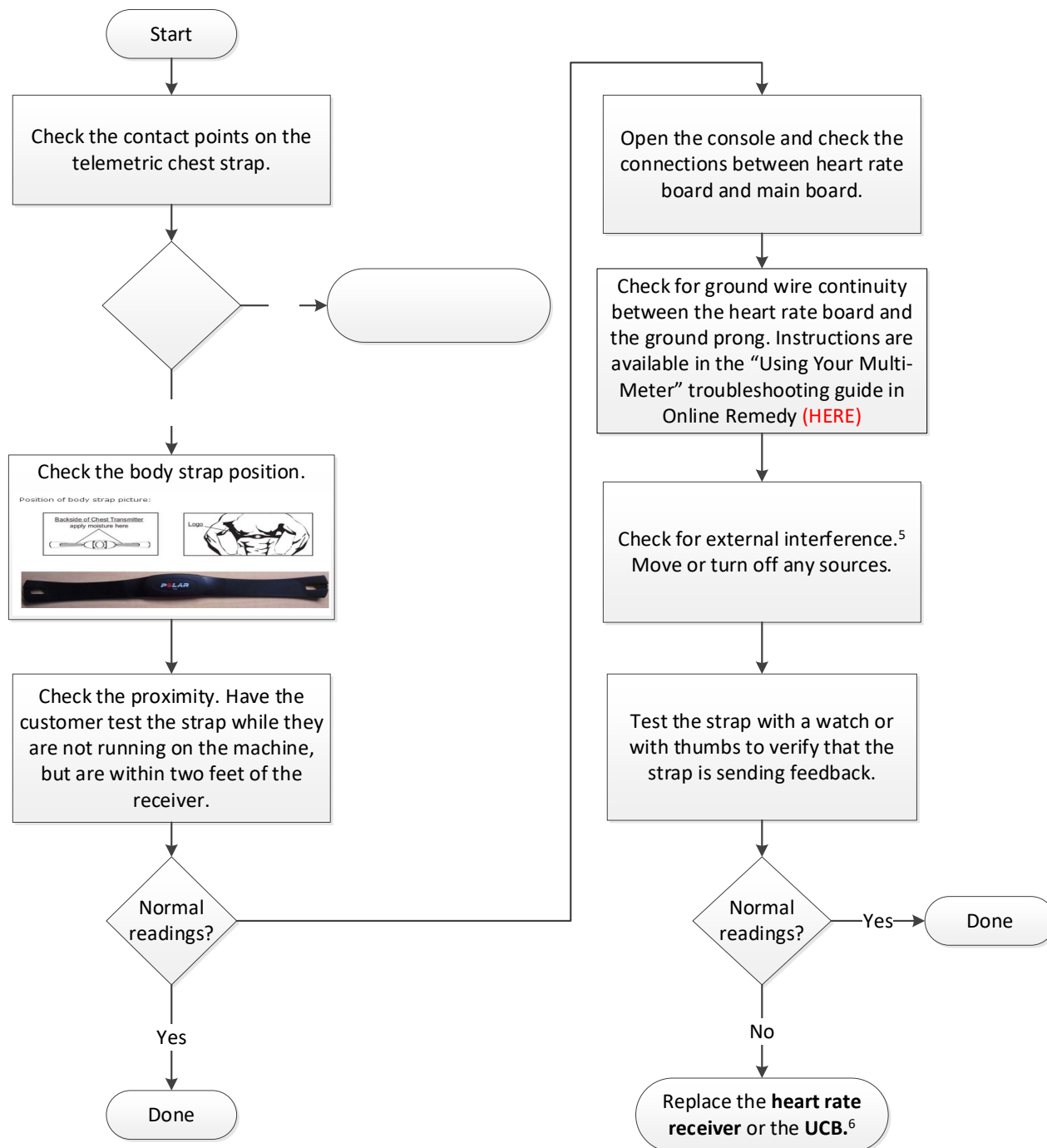


¹Sources of interference include other machines (make sure to position consoles at least six feet apart), anything omitting electromagnetic currents, competitor's stand-alone entertainment (including Cardio Theater), fluorescent lighting, and cell phone signals.

²If the telemetric chest strap registers on another machine, the issue is isolated to the original unit's heart rate receiver. If a telemetric watch registers on the original machine, the issue is isolated to the telemetric chest strap.

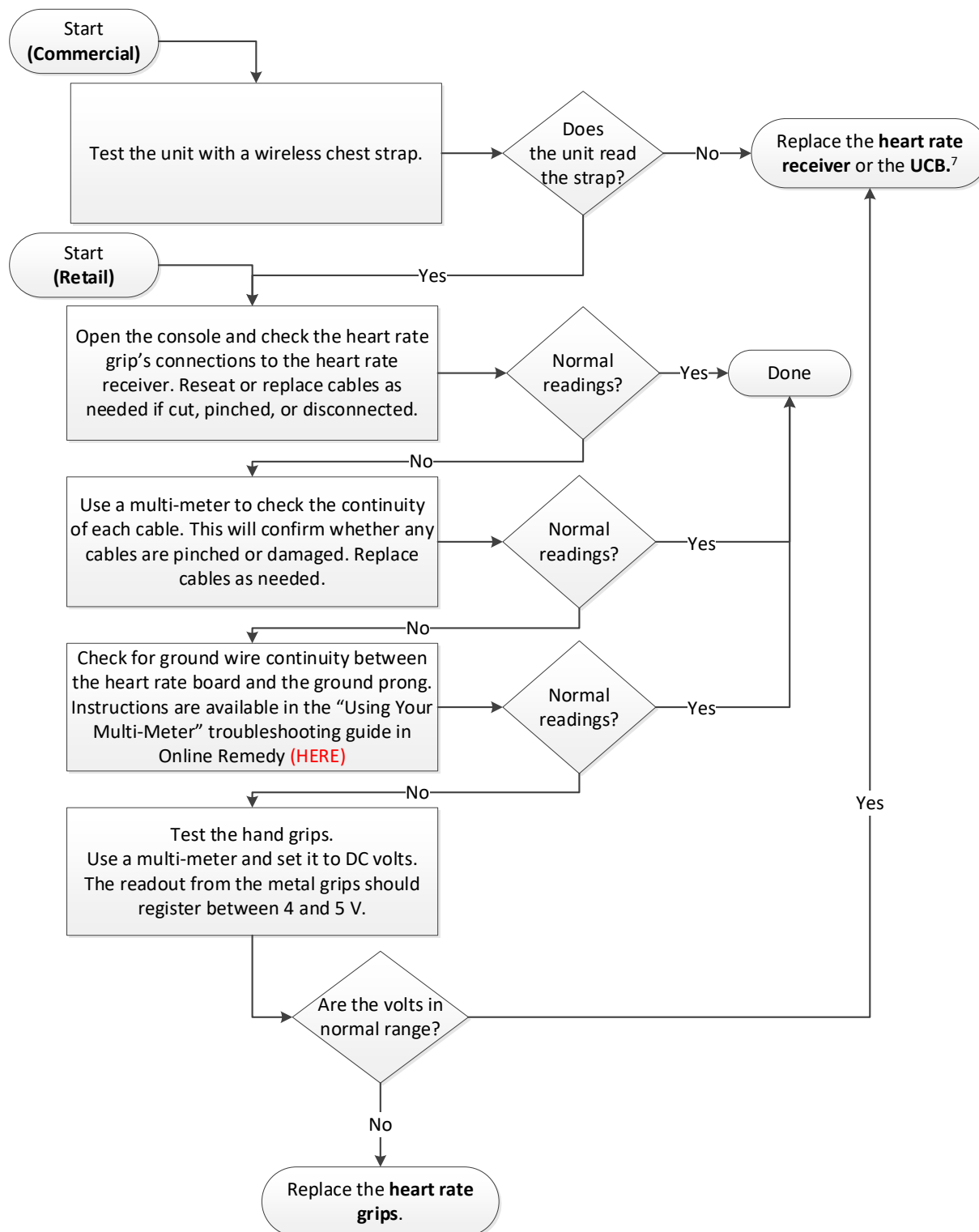
³When repositioning the receiver, make sure the blue rectangle faces the user. Follow these steps to set the console: enter engineering mode, select HRT, then run a test. Note: steps may vary by model.

⁴The receiver's position on the frame varies by model. On some models, the receiver is soldered to the UCB. In these cases, order the full UCB with the attached receiver as replacement.

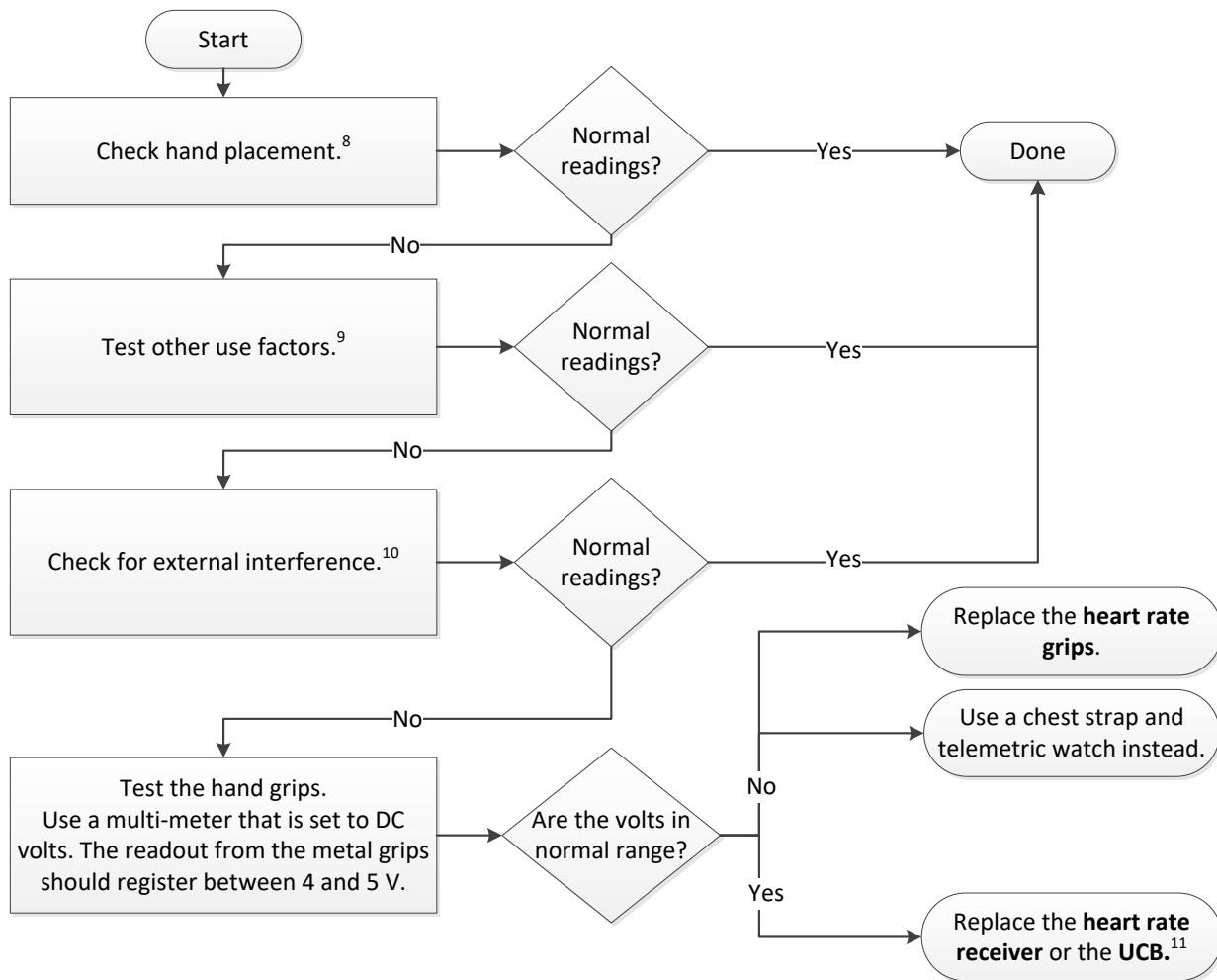


⁵Sources of external interference include underground fencing, home security systems, florescent lighting, wireless networks, computers, cell phone signals, appliances containing large motors, and anything omitting an electromagnetic current.

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⁸Follow these guidelines for proper hand grip: position your palms directly on the heart rate grip sensors, grip both sensors, keep a loose hold (holding too tightly may elevate your blood pressure), maintain grip for at least 20 seconds (it takes five consecutive heartbeats for your heart rate to register), and release your grip after the reading displays (you may experience an erratic readout if you consistently grip the pulse sensors while exercising).

⁹The following conditions may contribute to an erratic readout: constant movement and vibration while running or walking (try stepping off to the side rails before taking a reading), heavy breathing during a workout, hands constricted by jewelry, dry or cold hands (try to moisten your palms by rubbing them together), heavy arrhythmia, arteriosclerosis, peripheral circulation disorder, thicker skin on the measuring palm, a weak power source (switch the power adapter or the power cord to a different outlet), or dirt and sweat accumulation (regularly clean the grip pulse sensors to ensure proper contact with the sensor).

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