

Calibration Guide

200 Series

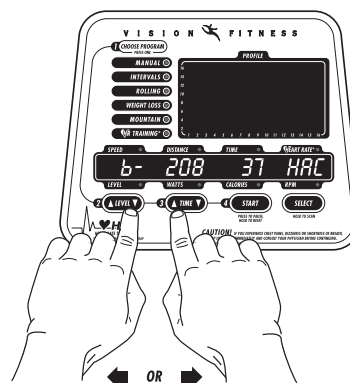
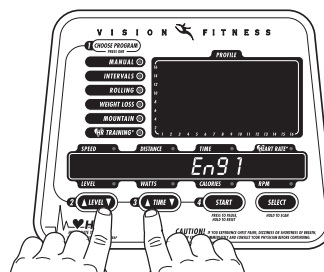
Models: X6200HRT/DA (MEP12) & X6200HRT (MEP01)

STEP 1 ENTER ENGINEERING MODE

- Press and hold the **"LEVEL DOWN"** button and the **"TIME UP"** button for 10 seconds to enter the engineering mode menu. NOTE: You will hear a series of beeps when you enter the Engineering Mode.

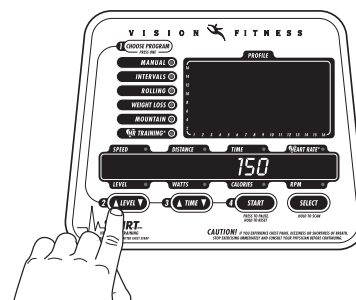
STEP 2 ENG 1 - SWITCH BETWEEN BIKE & ELLIPTICAL MODE, SWITCH BETWEEN HRT AND NON-HRT PROGRAMMING, VIEW TOTAL DISTANCE AND TOTAL TIME

- The console display will show **"ENG1"**. Press the **"SELECT"** button to enter **"ENG1"**.
- Use the **"LEVEL UP"** and **"LEVEL DOWN"** buttons to switch between **E for elliptical** and **b for bike mode**.
- Press and hold the **"SELECT"** button for three seconds to save. (You will hear a series of beeps when it is saved)
- Use the **"TIME UP"** and **"TIME DOWN"** buttons to switch between **HRT** and **non-HRT** modes. (NOTE: the HRT console has the initials HRC, the regular console or non-Heart Rate console has the initials HR)
- Press and hold the **"SELECT"** button for three seconds to save. (You will hear a series of beeps when it is saved).
- Press the **"SELECT"** button to switch between **Total Time** in the TIME window and **Total Distance** in the CALORIES window.
- Press and hold the **"START"** button for three seconds to exit this engineering mode.



STEP 3 ENG 5 - SETTING DEFAULT WEIGHT

- Go to **"ENG5"** by pushing the **"LEVEL UP"** and **"LEVEL DOWN"** buttons. Push the **"SELECT"** button to enter **"ENG5"**.
- Use the **"LEVEL UP"** and **"LEVEL DOWN"** buttons to change the default weight.
- Press and hold the **"SELECT"** button for three seconds to save. (You will hear a series of beeps when it is saved)
- Press and hold the **"START"** button for three seconds to exit.



STEP 4 EXITING ENGINEERING MODE

- Press and hold the **"START"** button for three seconds to exit the engineering menu and return to normal function.

