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ACTIVE WELLNESS TV™

THE NEW USER EXPERIENCE

TECHNOGYM®

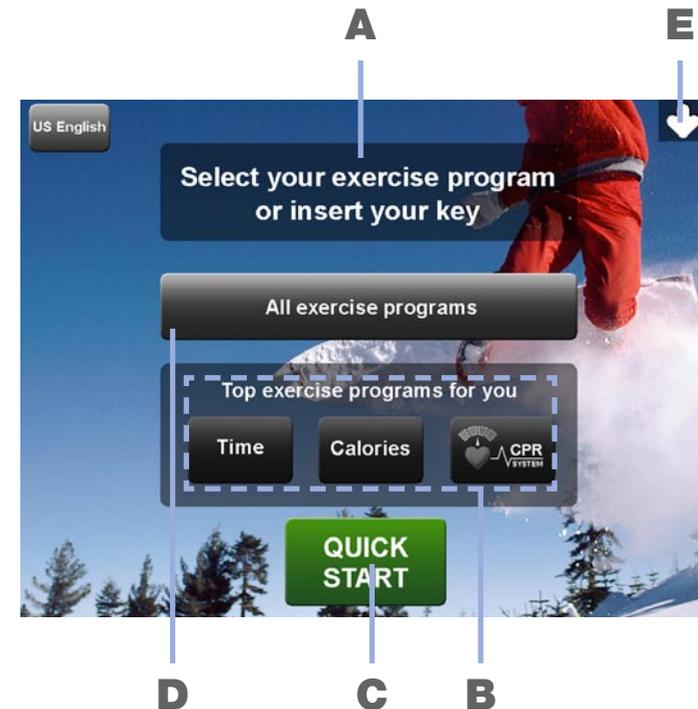
The Wellness Company™

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Home Page

From the Home Page you can

- A** - insert the TGS key into its reader slot to start the exercise memorised in the training program (if available);
- B** - access one of the workouts available in “Top exercise programs for you”. The time driven exercise and the calorie driven exercise are always present; furthermore in the configuration menu you can insert and modify two other exercises of your choice;
- C** - start an exercise, with Quick Start, that does not require any data to be inserted. In Top Excite there is the Warm Up key, to start a warm up exercise;
- D** - go to the page with “All exercise programs”;
- E** - display the TV, iPod, Radio and, in Run Excite, the fan, control keys.



Note:

Depending on the country of destination, the equipment will display: CHR™ (Constant Heart Rate), Smartkey™, mi and mph; CPR (Constant Pulse Rate), TGS Key™, km and km/h.

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All exercise programs

To start one of the exercises or tests, in the page with all the exercise programs press the relative key.

Press Home to go back to the Home Page.

Goal driven

These are workouts whose duration is determined either by the Time elapsed, or by the number of Calories burned, or by the Distance covered.

Heart rate driven

These are workouts performed at a constant heart rate and therefore the heart rate monitor must be used. The Weight Loss workout is not available in Top Excite.

Advanced profiles

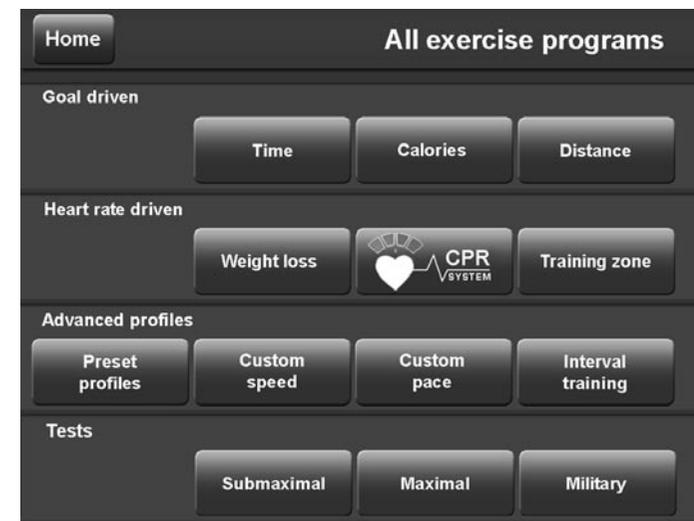
These are workouts in various steps, with preset load variations or variations set by the user.

Tests

The maximal, submaximal and military tests are available in Run Excite 900.

The fitness test is available in Run Excite 700, Bike, Recline, Step, Synchro and Cardio Wave Excite.

The fitness test, the custom maximal test and the Wingate test are available in Top Excite.



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Inserting data to set the exercise

The type of workout selected is constantly displayed at the top of the data insertion page. Press Home to go back to the Home Page.

Personal data may also be requested such as age, weight or gender; or the exercise duration and the work loads (for example, gradient, speed, heart rate, power).

Some of this information is compulsory, so you cannot continue and start the exercise without inserting them; other information is optional and does not have to be inserted. For example: for the Goal driven workout only the duration is compulsory, however if the weight is inserted too the calories burnt calculation is more accurate; if the age is inserted, the maximum heart rate value is calculated more precisely.

The numerical values requested can be inserted with the numbers keypad. Only the numbers are inserted, therefore 7 and 5 for 7.5 km.

The keypad contains the Delete key, as well as the numbers, to delete the value inserted. Non-numerical data may also be requested, for example gender or exercise intensity; in this case the possible choices can be selected with some keys.



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Inserting data to set the exercise

Other keys found in this type of window:

Back to go back to the previous message

Enter to confirm the value inserted and proceed

Start to start the exercise; it is active only after all the compulsory data has been inserted

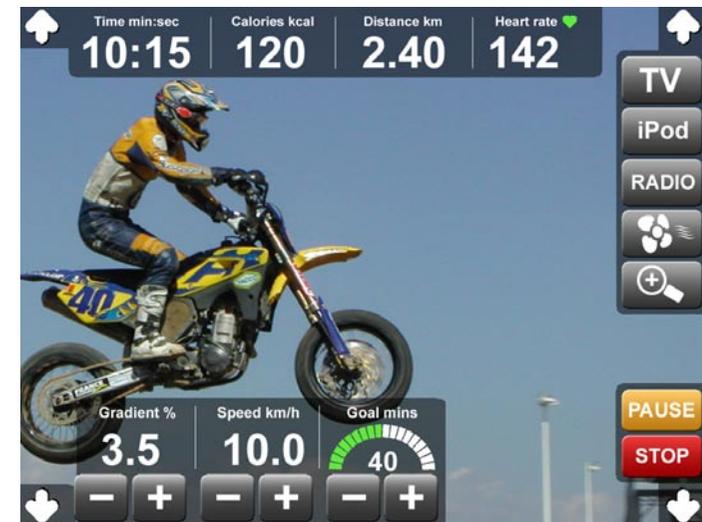
Home to go back to the Home Page

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Wellness TV lets you workout whilst listening to music or watching the TV; the screen contains only the necessary data and keys.

The four arrows at the corners of the screen let you display or hide the four corresponding information or control blocks at the sides.

The data about the exercise in progress is found at the top and bottom of the screen: at the top the values that are non modifiable, at the bottom the values that can be modified with the corresponding + and – edit keys.



The values displayed differ according to the type of exercise and equipment. The following are always displayed:

- time elapsed, expressed in minutes and seconds.
- calories burnt, expressed in kilocalories.
- distance covered, expressed in kilometres. The distance is expressed in floors only in Step Excite.
- heart rate, if detected, expressed in beats per minute. The heart shaped symbol above the heart rate value changes in colour according to the heart rate detected:
 - it's orange, if the value detected is less than 60% of the theoretical max HR;
 - it's green, if the value detected is between 60% and 90% of the theoretical max HR;
 - it's red, if the value detected is above 90% of the theoretical max HR.

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Workout

The theoretical max HR is calculated with the formula $220 - \text{age}$, therefore we recommend inserting the age, even though it is not compulsory, for a correct heart rate display.



DANGER

Always check that your heart rate never goes above 90% of your maximum rate.

The keys, which differ according to the type of exercise and equipment, let you change the exercise load as described below.

- The goal increases or decreases, according to the type of goal, in 1 minute, 0.1 km or 10 calorie steps each time the key is pressed. During the exercise the goal arc lights up proportionally, from left to right, until the entire set goal value has expired.
- the gradient, expressed in percentage, increases or decreases by 0.5% each time the key is pressed (in Run Excite).
- the power increases or decreases, every time the key is pressed, by 10 watt in Bike, Recline and Synchro Excite; by 1 watt in Top Excite.
- the speed increases or decreases, every time the key is pressed, by 6 spm in Step Excite, by 5 spm in Cardio Wave Excite, by 5 rpm in Top Excite, by 0.1 km/h in Run Excite; or faster if the key is kept pressed.
- the pace increases or decreases by 00:01 min/km every time the key is pressed, or faster if the key is kept pressed (in Run Excite).
- the effort level increases or decreases by 1 unit every time the key is pressed (in Bike, Recline and Synchro Excite).
- the heart rate increases or decreases by 1 unit every time the key is pressed, if the keys are enabled (see *The configuration menu* section).



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Workout

Two blocks of keys can be found on the right hand side of the screen:

TV to display the TV control keys, that change channel and volume and, for digital TV, enable the subtitles and the program information, that is title and start time of the current program, title and start time of the next program.



iPod to display the iPod control keys, if connected.

RADIO to display the radio control keys, that change frequency and volume.



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Workout

fan only in Run Excite, to switch the fan on or off. The white border of the key indicates that the fan is on. If the equipment is not used, the fan switches off automatically after one minute.

zoom to enlarge, and vice versa reduce, the data display relative to the exercise in progress; the large mode occupies the whole screen, therefore the TV cannot be seen.



PAUSE to interrupt the exercise for a brief pause. During the pause all the values are blocked and only the RESTART key, to continue the exercise, and the STOP key, to end the exercise, are active.

STOP to end the exercise.

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Workout

During the CPR workout, in the profiles and in the tests, as well as the data listed above there are certain graphs that show the work loads (for example the effort level, gradient, speed and power) of the current workout, on the abscissa; and the goal on the ordinate. If the workout is in multiple steps, every step is represented by a column.



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QUICK START workout

Workouts started with QUICK START are on a time increment basis and the age and weight values are preset.

In Bike, Recline and Synchro Excite the workout is at constant torque and the initial power is 30 watts.

In Top Excite the workout is at constant torque and the effort level is 5.

In Step Excite the effort level is 1; in Cardio Wave Excite the effort level is 3. In both the workout is at constant speed.

In Run Excite the gradient is 0 and the speed is 0.8 km/h.

WARM UP

The Warm Up is a warm up exercise for the upper part of the trunk performed at constant torque mode.

This warm up lasts 4 minutes, 3 minutes with the forward movement and 1 minute backwards.

The duration of the WARM UP can be modified in the configuration menu; in case of modification, the movement remains forward for the first 3/4 of the exercise, and backwards for the remaining 1/4.

At the end of the exercise there is no cool down.

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Workout with goal

Press on one of the three goals to start the exercise.

The first parameter requested is the goal value, that is the exercise duration, the distance to cover, or the calories to burn, according to the selected goal.

The exercise ends when the goal is reached; the goal can also be changed during the exercise with the relative keys.

Age and weight are optional; if they are not inserted preset parameters are used to calculate the theoretical max heart rate and the calories burnt.

In Bike, Recline and Synchro Excite the workout is at constant torque and the initial power is 30 watts.

In Top Excite the workout is at constant torque and the effort level is 5.

In Step Excite the effort level is 1; in Cardio Wave Excite the effort level is 3. In both the workout is at constant speed.

In Run Excite the gradient is 0 and the speed is 0.8 km/h.

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Weight loss workout

The aim of the Weight loss workout is to burn the maximum amount of calories in the time available. The time, therefore, which determines the length of the exercise is one of the parameters that must be inserted.

The total duration must not be less than 10 minutes, as the first minutes of the exercise are needed to calculate the user's training heart rate and process the parameters of the actual exercise.

The Weight loss workout is in two stages: a first processing stage at constant heart rate; and a second stage with the actual exercise. The chest band must be worn for at least the first stage: if there is no heart rate signal the exercise does not start.

If, after the exercise is started, there is no heart rate signal for 100 consecutive seconds, the exercise is ended.

The Weight Loss workout is not available in Top Excite.

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Constant heart rate workout (CPR)

A constant heart rate workout is very important in situations where specific heart rate levels have to be maintained. In constant heart rate workouts the exercise load is automatically adjusted to take the heart rate to the preselected level and keep it constant throughout the entire exercise.

The user inserts the heart rate value that must be maintained during the exercise when he programs the exercise.

The length of the workout is defined on the basis of one of three goals: time, distance or calorie consumption.

The heart rate monitor is needed for the constant heart rate workout. If there is no heart rate signal the exercise does not start.

If, after the exercise is started, there is no heart rate signal for 100 consecutive seconds, the following message is displayed:

Heart Rate driven exercise
cannot be continued.

Do you want to complete
the minutes set?

Do you want to finish
the distance set?

Do you want to burn
the calories set?

Press YES to continue the exercise, which becomes a goal driven exercise and no longer at constant heart rate; press NO to finish the workout.

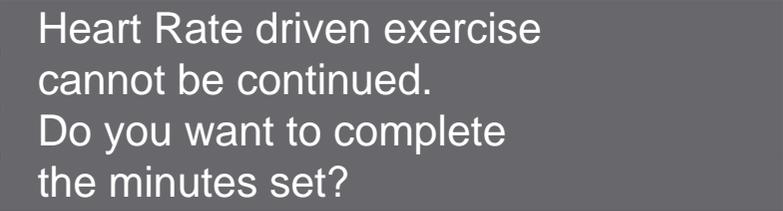
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Training zone workout

The Training zone workout is performed at constant heart rate; the training heart rate is determined by the user's fitness level, who must select the workout intensity: light, moderate or hard.

The heart rate monitor is needed for the constant heart rate workout. If there is no heart rate signal the exercise does not start.

If, after the exercise is started, there is no heart rate signal for 100 consecutive seconds, the following message is displayed:



Heart Rate driven exercise
cannot be continued.
Do you want to complete
the minutes set?

Press YES to continue the exercise, which becomes a time driven exercise and no longer at constant heart rate; press NO to finish the workout.

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Preset profiles

The Preset profiles are variable workouts defined on the basis of one of three goals: time, distance or calorie consumption. The goal value is set in the programming stage and can be changed during the exercise with the relative keys.

Profile workouts are set at the effort level specified by the user, calculated with the fitness test; you are advised, therefore, to do the fitness test first.



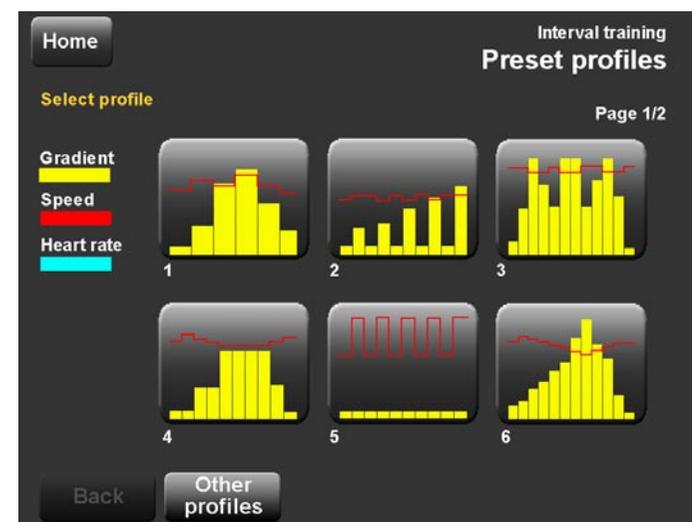
DANGER

You are advised not to perform the exercise at a higher effort level than that indicated by the fitness test.

The heart rate monitor is not needed for preset profiles workouts.

After pressing the Preset profiles key the graph of the profiles available is displayed in the selection page.

Every column of the graph corresponds to a step, that is a change in the load. The height of the columns is proportional to the load set.



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Preset profiles

As described below, 6 other profiles can be memorised, which will be added to the Technogym preset profiles; to view the graph of these profiles press the Other profiles key.

The additional profiles can be at external load (for example speed and gradient or power), like the Technogym profiles, or at constant heart rate; for the second option, when the profile is selected, you are prompted to wear the heart rate monitor.

During the exercise the graph remains displayed at the centre of the screen; at each new step, which is represented by a column, a message describes the load.

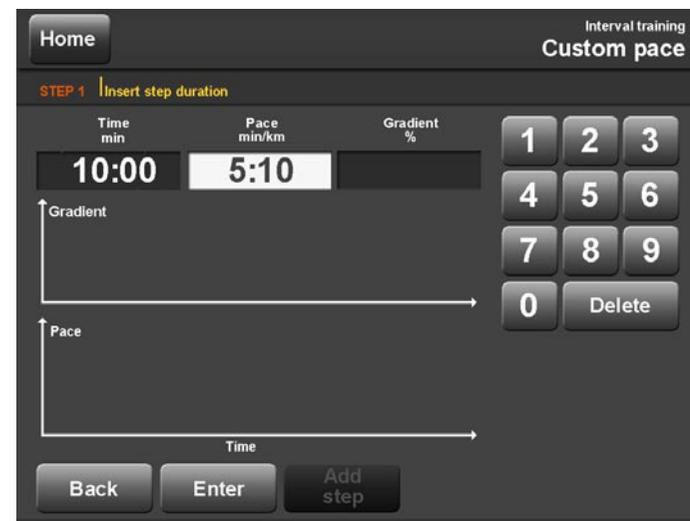
If the load or the goal value are changed during the exercise, the change will apply to the parameters of the remaining profile and not to the single step in progress.

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Custom profiles

The Custom profiles are multiple step workouts, up to a maximum of 12 steps. The load and duration are defined when programming each step.

The duration is defined by the time or the distance covered. The goal value is set when programming the exercise and it can be changed during the exercise with the relative keys.



After the goal, time or distance, the following loads must be set:

Custom speed	speed and gradient	Run Excite
Custom pace	pace and gradient	Run Excite
Custom	power	Bike, Recline and Synchro Excite
Custom	speed	Step and Wave Excite
Custom power	power	Top Excite
Custom speed	speed	Top Excite

The profile graph is displayed at the centre of the screen; every column of the graph corresponds to a step, that is a change in the load.

The height of the columns is proportional to the load set.

Press Add step to continue programming and define other steps; or press Start to start the exercise.

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Custom profiles

During the exercise the graph remains displayed at the centre of the screen; at each new step a message describes the load.

If the load is changed during the exercise, the change will apply only to the single step in progress.

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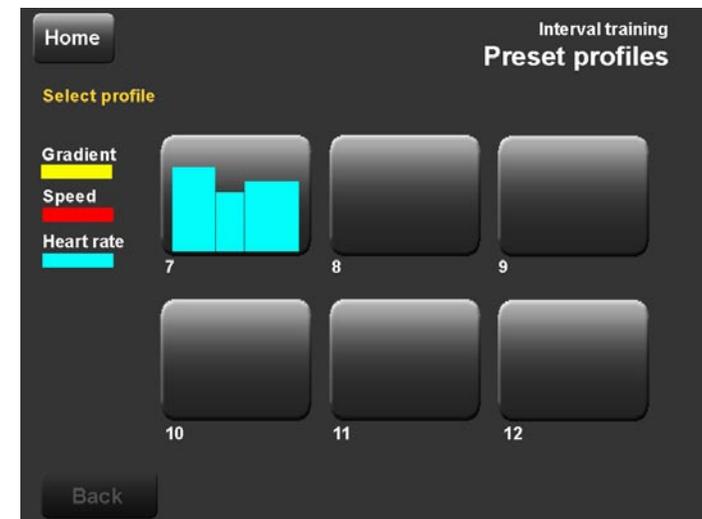
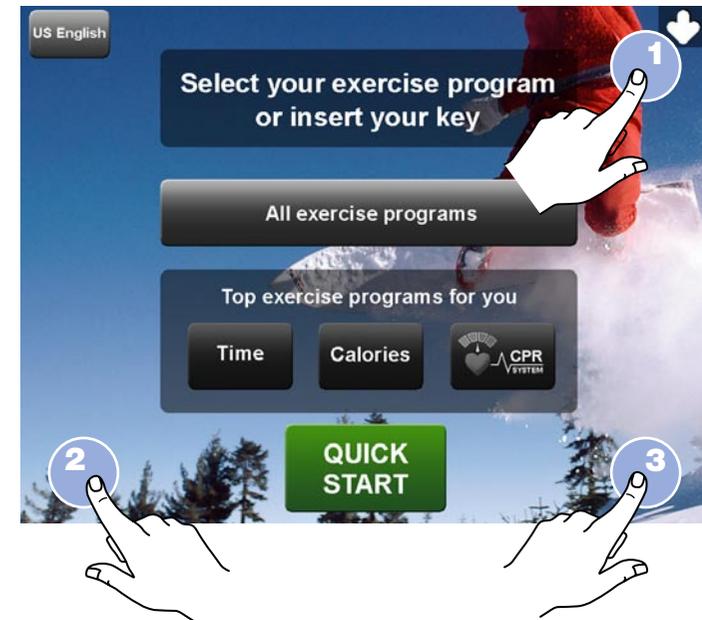
Programming the Preset profiles

6 other profiles, as well as the Technogym profiles, can be added to the Preset profiles and memorised for the user.

The additional profiles can be at external load (for example speed and gradient or power), like the Technogym profiles, or at constant heart rate.

To go to the custom profiles management page in the Home Page press the top right hand corner, the bottom left hand corner and the bottom right hand corner of the screen in sequence. Then insert the **2 4 1 2** password with the numbers keypad, and press Enter to confirm.

Select the profile to be memorised. If a previously memorised profile is selected, for example the first key of the illustration, it will be overwritten.



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Programming the Preset profiles

First of all you must define the type of profile:

- at constant heart rate or at external load;
- with goal in time or distance;
- running or walking (for Run Excite at constant heart rate).

Then you must program each step: the parameters, which differ according to the type of profile selected and equipment, must be set for each step.

Equipment	NON CPR Profile	CPR Profile
Excite Line	goal value (duration or distance)	goal value (duration or distance)
Run Excite	speed and gradient	% of the theoretical max HR value
Bike, Recline, Top and Synchro Excite	power	% of the theoretical max HR value
Step and Cardio Wave Excite	speed	% of the theoretical max HR value

The percentage of the theoretical maximum heart rate value is inserted because the user is unknown as well as the maximum heart rate of the person performing the exercise. This percentage, applied to the user's max HR, provides the heart rate value that must be kept constant during the exercise, specifically for the user that has selected the profile and inserted his age.

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Programming the Preset profiles

The profile graph is displayed at the centre of the screen; every column of the graph corresponds to a step, that is a change in the load.

The height of the columns is proportional to the load set.

Press Add step to continue programming and define other steps; or press Save to memorise the profile.

The new memorised profile is now available together with the other 6 Technogym preset profiles.



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Interval training

Interval training lets you workout by repeating preset work blocks, each one consisting of a high intensity effort stage followed by a low intensity recovery period.

The work loads are set in the programming stage and can be changed during the exercise with the corresponding keys.

When programming the interval training, you must set the following parameters:

Warmup:	time (minutes)	pace (min/km)
----------------	----------------	---------------

then, for each **Block**:

Effort	distance (km)	pace (min/km)	gradient (%)
Recovery	time (minutes)	pace (min/km)	gradient (%)

The workout graph is displayed at the centre of the screen; every column of the graph corresponds to a step, that is a change in the load.

The height of the columns is proportional to the load set.

Press Copy block, to enter an effort and a recovery identical to the two last that have been previously entered, highlighted in the graph by two white vertical bars.

Press Delete block, to delete the last effort and the last recovery entered, highlighted in the graph by two white vertical bars.

Press Start to end the programming stage and start the exercise.



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Interval training

During the exercise the graph remains displayed at the centre of the screen; at each new step, a message describes the pace.

If the load is changed during the exercise, the change will apply only to the single step in progress.

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Fitness test

The fitness test is a sub-maximal test suitable for quite unfit or moderately fit user. You need to wear the heart rate monitor to perform the test; if there is no heart rate signal the exercise does not start.

The fitness test is in three stages:

- 1) a 90 second **warm-up** stage:
 - with gradient at 0% and speed at 3.5 km/h on Run Excite
 - at 50 watts on Bike, Recline and Synchro Excite
 - at 50 spm on Step Excite
 - at 30 watts on Top Excite
 - at 60 spm on Cardio Wave Excite
- 2) a **test** stage of about 3 minutes, once the heart rate required is reached, at constant heart rate (step 1).

In the next step the heart rate will be 160 beats/min

Step 1:
heart rate = 160 beats/min

- 3) a subsequent **test** stage in constant heart rate mode at 75% (70% in Top Excite) of the maximum theoretical heart rate (step 2); this stage lasts for about 4 minutes once the heart rate required is reached.

In the next step the heart rate will be 180 beats/min

Step 2:
heart rate = 180 beats/min

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Fitness test

The graphs show the heart rate progression and the workout load until all the test time expires.

Only the STOP key is enabled, to cancel the test.
The test cannot be interrupted for a pause.

When the STOP key is pressed or if during the test there is no heart rate signal for 100 consecutive seconds, the test is cancelled, then it ends without giving any result.

At the end of the test the effort level decreases for the cool down, during which the results are displayed, which vary according to the type of equipment:

Maximum heart rate reached	beats/min	180
Absolute max V02	l/min	10.03
Relative max V02	ml/kg/min	5.0
Max mets	mets	15.0
Effort level recommended for training		10
Max reached speed	spm	120
Maximum power	watt	300

If the test has been performed without the TGS key the results cannot be saved.

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Custom maximal test on Top

The maximal test is for very fit users.

The heart rate monitor is recommended: if it is not worn, the maximum heart rate value cannot be calculated.

In the custom maximal test the loads are set by the user: the starting power, the power increase between one step and the next, the duration of each step.

There is no specific warm up stage; therefore you are advised to set the first step or steps with appropriate loads or to warm up for a few minutes before the test.

The test ends for exhaustion when the STOP key or the emergency stop key are pressed; then the effort level decreases for the cool down, during which the results are displayed:

Maximum heart rate reached	beats/min	180
Absolute max V02	l/min	10.03
Relative max V02	ml/kg/min	5.0
Maximum power	watts	175

If the STOP key is pressed before 70% of the maximum heart rate is reached or before 60 seconds, the test is cancelled, then ends without giving any result.

If the test has been performed without the TGS key, the results cannot be saved.

If during the test there is no heart rate signal for 100 consecutive seconds, the test is cancelled, then it ends without giving any result.

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Wingate test

The Wingate test is a maximal test for any category of user. It is available on Top Excite. The heart rate monitor is recommended: if it is not worn, the maximum heart rate value cannot be calculated.

The Wingate test is performed at a constant torque and requires entry of the resistance.

Considering the maximum effort required, it is important that the test is preceded by a correct warm up lasting at least 10 minutes, and that it is followed by a cool down stage.

GO!
Go as fast as possible for 30 seconds

When the start message is displayed, accompanied by a beep, the user must go at maximum speed, for 30 seconds.

At the end of the test, during the cool down, the results are displayed:

Maximum power	watt	175
Relative maximum power	watt/kg	4.0
Average power	watt	150
Relative average power	watt/kg	3.3
Fatigue ratio	%	58

Only the STOP key is enabled, for cancelling the test.

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The Run 900 tests

There are three categories of tests available in Run Excite 900: submaximal, maximal and military.

If the tests are not performed with the TGS key, the results cannot be saved.

The test cannot be interrupted for a pause.

Maximal tests

- 1 [Technogym maximal test](#)
- 2 [Custom maximal test](#)
- 3 [Bruce test](#)
- 4 [Bruce modified test](#)
- 5 [Naughton test](#)
- 6 [Balke & Ware test](#)
- 7 [Astrand modified test](#)
- 8 [Costill & Fox test](#)

The heart rate monitor is recommended for maximal tests: if it is not worn, the maximum heart rate value cannot be calculated.

Subject to all medical-sports precautions, maximal tests are considered concluded when the STOP key is pressed.

In tests with a maximum number of steps, the test ends if STOP is not pressed before the end of the last step.

A 3 minute cool down follows, with loads lower than those during the test.

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The Run 900 tests

Submaximal tests

- 1 [Fitness test](#)
- 2 [Single stage model](#)
- 3 [Multistage model](#)

You need to wear the chest band to perform the submaximal tests.

If there is no heart rate signal for 100 consecutive seconds the test is cancelled, then it ends without giving any result.

At the end of the test there is a 1 minute cooling down stage at an effort level half that of the test stage.

Military tests

- 1 [Gerkin Protocol](#)
- 2 [Air Force PRT](#)
- 3 [Navy PRT](#)
- 4 [Army PFT](#)
- 5 [Marine corps PFT](#)
- 6 [Federal Law Enforcement PEB](#)

Apart from the Gerkin Protocol, which lasts 11 minutes, all the other military tests have a distance as a goal, to be covered in the least amount of time possible.

During the tests the Goal keys and the keys for changing the gradient are not enabled. The keys for changing the speed are enabled during the effort stage.

At the end of test there is a 3 minute cooling down stage with half the speed of the last effort step and gradient 0%.

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The Run 900 tests

Technogym maximal test

The maximal test is a test to exhaustion suitable for a fit user.

You need to wear the heart rate monitor to perform the test; if there is no heart rate signal the exercise does not start.

To perform this test the maximum heart rate is required as well as age, weight and gender; however if you don't know your max heart rate you can continue without inserting it. In this case a maximum theoretical HR will apply.

The maximal test is performed in running mode and is in two stages:

- 1) a 15 minute **warm-up** stage at constant heart rate: 5 minutes at 65% of the maximum heart rate; 5 minutes at 70% of the maximum heart rate; 5 minutes at 75% of the maximum heart rate;
- 2) a **test stage, not** in CPR mode, with increases in speed every minute.

The graphs show the heart rate progression and the workout effort until all the test time expires.

The test ends for exhaustion when the STOP key or the emergency stop key are pressed; then the effort level decreases for the cool down, during which the results are displayed:

Maximum heart rate reached	beats/min	180
Absolute max V02	l/min	10.03
Relative max V02	ml/kg/min	5.0
Max mets	mets	15.0
Max reached speed	km/h	5.5
Anaerobic heart rate	beats/min	115
Anaerobic speed	km/h	10.5

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If during the test there is no heart rate signal for 100 consecutive seconds, the test is cancelled, then it ends without giving any result.

If the STOP key is pressed before having reached 85% of the maximum heart rate or before 60 seconds have elapsed, the test is cancelled, then it ends without giving any result.

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The Run 900 tests

Custom maximal test

The custom maximal test is for very fit users.

In the custom maximal test the loads are set by the user: starting speed, speed increase between one step and the next and the single step duration.

There is no specific warm up stage; therefore you are advised to set the first step or steps with appropriate loads or to warm up for a few minutes before the test.

The test ends for exhaustion when the STOP key or the emergency stop key are pressed; then the effort level decreases for the cool down, during which the results are displayed:

Maximum heart rate reached	beats/min	180
Absolute max V02	l/min	10.03
Relative max V02	ml/kg/min	5.0
Max reached speed	km/h	5.5
Anaerobic heart rate	beats/min	115
Anaerobic speed	km/h	10.5

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The Run 900 tests

Bruce test

The Bruce test is for any category of user.

There is no specific warm up stage for the Bruce test; you are advised to warm up for a few minutes before the test.

step	time	speed	gradient
1	3 min	2.7 km/h	10%
2	3 min	4.0 km/h	12%
3	3 min	5.5 km/h	14%
4	3 min	6.8 km/h	16%
5	3 min	8.0 km/h	18%

The test ends after 15 minutes or if the STOP key is pressed; then the load decreases for the cool down, during which the results are displayed:

Maximum heart rate reached	beats/min	180
Absolute max V02	l/min	10.03
Relative max V02	ml/kg/min	5.0
Max mets	mets	15.0

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The Run 900 tests

Bruce modified test

The Bruce modified test is for any category of user, as well as high risk individuals.

There is no specific warm up stage for the Bruce modified test; you are advised to warm up for a few minutes before the test.

step	time	speed	gradient
1	3 min	2.7 km/h	0%
2	3 min	2.7 km/h	5%
3	3 min	2.7 km/h	10%
4	3 min	4.0 km/h	12%
5	3 min	5.5 km/h	14%
6	3 min	6.8 km/h	16%
7	3 min	8.0 km/h	18%

The test ends after 21 minutes or if the STOP key is pressed; then the load decreases for the cool down, during which the results are displayed:

Maximum heart rate reached	beats/min	180
Absolute max V02	l/min	10.03
Relative max V02	ml/kg/min	5.0
Max mets	mets	15.0

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The Run 900 tests

Naughton test

The Naughton test is specifically for the assessment of individuals with heart disease or at high risk.

There is no specific warm up stage for the Naughton test; you are advised to warm up for a few minutes before the test.

step	time	speed	gradient
1	2 min	1.6 km/h	0%
2	2 min	3.2 km/h	0%
3	2 min	3.2 km/h	3.5%
4	2 min	3.2 km/h	7%
5	2 min	3.2 km/h	10.5%
6	2 min	3.2 km/h	14%
7	2 min	3.2 km/h	17.5%

The test ends after 14 minutes or if the STOP key is pressed; then the load decreases for the cool down, during which the results are displayed:

Maximum heart rate reached	beats/min	180
Absolute max V02	l/min	10.03
Relative max V02	ml/kg/min	5.0
Max mets	mets	15.0

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The Run 900 tests

Balke & Ware test

The Balke & Ware test is for any category of user.

There is no specific warm up stage for the Balke & Ware test; you are advised to warm up for a few minutes before the test.

The loads of the effort stage are different for men and women, and are divided as indicated in the tables below.

Men			
step	time	speed	gradient
1	1 min	5.3 km/h	0%
2	1 min	5.3 km/h	2%
3	1 min	5.3 km/h	3%
4	1 min	5.3 km/h	4%
5	1 min	5.3 km/h	5%
6	1 min	5.3 km/h	6%
7	1 min	5.3 km/h	7%
8	1 min	5.3 km/h	8%
9	1 min	5.3 km/h	9%
10	1 min	5.3 km/h	10%
11	1 min	5.3 km/h	11%
12	1 min	5.3 km/h	12%
13	1 min	5.3 km/h	13%
14	1 min	5.3 km/h	14%
15	1 min	5.3 km/h	15%
16	1 min	5.3 km/h	16%
17	1 min	5.3 km/h	17%
18	1 min	5.3 km/h	18%

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Women

step	time	speed	gradient
1	3 min	4.8 km/h	0.0%
2	3 min	4.8 km/h	2.5%
3	3 min	4.8 km/h	5.0%
4	3 min	4.8 km/h	7.5%
5	3 min	4.8 km/h	10.0%
6	3 min	4.8 km/h	12.5%
7	3 min	4.8 km/h	15.0%
8	3 min	4.8 km/h	17.5%

The test ends after the last step or if the STOP key is pressed; then the load decreases for the cool down, during which the results are displayed:

Maximum heart rate reached	beats/min	180
Absolute max V02	l/min	10.03
Relative max V02	ml/kg/min	5.0
Max mets	mets	15.0

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The Run 900 tests

Astrand modified test

The Astrand modified test is for very fit users.

In the Astrand modified test the speed is set by the user and the value must be between 8.0 and 13.0 km/h.

You are advised to warm up for 5 minutes before the test, with a walk or a light run.

step	time	speed (km/h)	gradient
1	3 min	set by the user	0.0%
2	2 min	set by the user	2.5%
3	2 min	set by the user	5.0%
4	2 min	set by the user	7.5%
5	2 min	set by the user	10.0%
6	2 min	set by the user	12.5%
7	2 min	set by the user	15.0%
8	2 min	set by the user	17.5%

The test ends after 17 minutes or if the STOP key is pressed; then the load decreases for the cool down, during which the results are displayed:

Maximum heart rate reached	beats/min	180
Absolute max V02	l/min	10.03
Relative max V02	ml/kg/min	5.0
Max mets	mets	15.0

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The Run 900 tests

Costill & Fox test

The Costill & Fox test is for very fit users.

You are advised to warm up for 10 minutes before the test, with a walk or a light run.

step	time	speed	gradient
1	2 min	14.3	0%
2	2 min	14.3	2%
3	2 min	14.3	4%
4	2 min	14.3	6%
5	2 min	14.3	8%
6	2 min	14.3	10%
7	2 min	14.3	12%
8	2 min	14.3	14%
9	2 min	14.3	16%
10	2 min	14.3	18%

The test ends after 20 minutes or if the STOP key is pressed; then the load decreases for the cool down, during which the results are displayed:

Maximum heart rate reached	beats/min	180
Absolute max V02	l/min	10.03
Relative max V02	ml/kg/min	5.0
Max mets	mets	15.0

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The Run 900 tests

Single stage model

This is a single-point submaximal protocol, in which the load is set by the user.

The single stage model includes a 90 second warm up, at half the set speed and gradient of 0%; followed by a 5 minute effort stage.

At the end of the test the load decreases for the cool down, during which the results are displayed:

Maximum heart rate reached	beats/min	180
Absolute max V02	l/min	10.03
Relative max V02	ml/kg/min	5.0
Max mets	mets	15.0
Effort level recommended for training		10

When the STOP key is pressed, or if there is no heart rate signal for 100 consecutive seconds the test is cancelled, then it ends without giving any result.

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The Run 900 tests

Multistage model

This is a two-point submaximal protocol, in which the mode and the load for each of the two steps is set by the user.

For the run, the minimum speed that can be set is 7.0 km/h; for the walk, the maximum speed that can be set is 6.9 km/h

The minimum load for the second step is given by the value set for the first step.

The multistage model includes a 90 second warm up, with gradient 0% and half the speed set for the first step; followed by two effort stages, each lasting 4 minutes.

At the end of the test the load decreases for the cool down, during which the results are displayed:

Maximum heart rate reached	beats/min	180
Absolute max V02	l/min	10.03
Relative max V02	ml/kg/min	5.0
Max mets	mets	15.0
Effort level recommended for training		10

When the STOP key is pressed, or if there is no heart rate signal for 100 consecutive seconds, the test is cancelled, then it ends without giving any result.

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The Run 900 tests

Gerkin Protocol

The Gerkin Protocol includes a 3 minute warm up stage.

step	time	speed	gradient
warm up	3 min	4.8 km/h	0%
1	1 min	7.2 km/h	0%
2	1 min	7.2 km/h	2%
3	1 min	8.0 km/h	2%
4	1 min	8.0 km/h	4%
5	1 min	8.8 km/h	4%
6	1 min	8.8 km/h	6%
7	1 min	9.6 km/h	6%
8	1 min	9.6 km/h	8%
9	1 min	10.4 km/h	8%
10	1 min	10.4 km/h	10%
11	1 min	11.2 km/h	10%

The test ends by exceeding 85% of the maximum theoretical heart rate; if the user exceeds 85% of the maximum theoretical heart rate, for 15" the loads remain the same, then the test ends.

The test ends if STOP is not pressed before the end of the last step.

At the end of the test the load decreases for the cool down, during which the results are displayed:

Maximum heart rate reached	beats/min	180
Absolute max V02	l/min	10.03
Relative max V02	ml/kg/min	5.0
Max mets	mets	15.0
Effort level recommended for training		10

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The Run 900 tests

Air Force PRT test

The Air Force PRT test requires the user to cover **2.4 km**, with gradient 1%, in the shortest possible time.

The starting speed is set by the user. During the test the speed edit keys are enabled.

At the end of the test the load decreases for the cool down, during which the results are displayed:

Test duration	min:sec	10:20
Points		45.00

When the STOP key is pressed the test is cancelled, then it ends without giving any result.

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The Run 900 tests

Navy PRT test

The Navy PRT test requires the user to cover **2.4 km**, with gradient 1%, in the shortest possible time.

The starting speed is set by the user. During the test the speed edit keys are enabled. Furthermore you are requested to specify if the test is performed at an altitude below or above 1525 metres (5000 ft) to calculate the results.

At the end of the test the load decreases for the cool down, during which the results are displayed:

Test duration	min:sec	10:20
Points		45.00
Category		good
Level		high

When the STOP key is pressed the test is cancelled, then it ends without giving any result.

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The Run 900 tests

Army PFT test

The Army PFT test requires the user to cover **3.2 km**, with gradient 0%, in the shortest possible time.

The starting speed is set by the user. During the test the speed edit keys are enabled.

At the end of the test the load decreases for the cool down, during which the results are displayed:

Test duration	min:sec	10:20
Points		45.00

When the STOP key is pressed the test is cancelled, then it ends without giving any result.

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The Run 900 tests

Marine Corps PFT test

The Marine Corps PFT test requires the user to cover **4.8 km**, with gradient 0%, in the shortest possible time.

The starting speed is set by the user. During the test the speed edit keys are enabled. Furthermore you are requested to specify if the test is performed at an altitude below or above 1370 metres (4500 ft) to calculate the results.

At the end of the test the load decreases for the cool down, during which the results are displayed:

Test duration	min:sec	10:20
Points		45.00

When the STOP key is pressed the test is cancelled, then it ends without giving any result.

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The Run 900 tests

PEB (Federal Law Enforcement) test

The PEB test requires the user to cover **2.4 km**, with gradient 0%, in the shortest possible time.

The starting speed is set by the user. During the test the speed edit keys are enabled.

At the end of the test the load decreases for the cool down, during which the results are displayed:

Test duration	min:sec	10:20
Points		45.00

When the STOP key is pressed the test is cancelled, then it ends without giving any result.

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Cool down

At the end of each workout, if it lasted at least one minute, there is a cooling down stage, at half the load of the exercise just completed.

The loads can be modified with the corresponding keys, like during the exercise.

During the cool down only the STOP key is active, to go to the Home Page.

The workout results, which vary according to the type of equipment and exercise, are displayed:

Calories burned	kcal	150
Exercise duration	min:sec	30:20
Distance covered	km	5.0
Calories per hour	kcal/h	300

Average speed	km/h	10.5
Average gradient	(%)	7.5
Average pace	min/km	6:15

Average power	watt	180
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and if the heart rate monitor has been used for at least 3 minutes during the exercise:

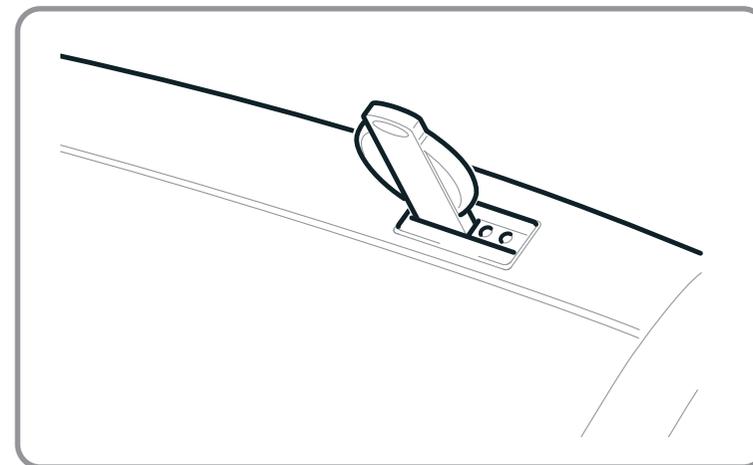
Max heart rate	beats/min	150
Average heart rate	beats/min	120
Performance Index	PI	10

During the cool down you can insert the TGS key in the reader to save the results of the exercise just ended.

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Training with the TGS key

The TGS key contains the personal data and the exercise parameters in its memory, so that they don't have to be inserted each time. To start the exercise simply insert the TGS key into its reader slot; the user name and then the type of exercise specified in the training program are displayed on the screen.



EXERCISE GOAL: 30.00 KM
speed 5.0 km/h, gradient 3.0%

For example, if a single-step goal exercise must be performed, the goal value (a distance of 30 km), the speed (5.0 km/h) and the gradient (3.0%) parameters are shown.

CPR EXERCISE IN CALORIES
STEP 1: 60 calories, H.R. = 135

If a CPR type of exercise with various steps must be performed, the following are shown: the type of goal (calories), then, at the beginning of each step, the goal value (60 calories) and the heart rate to be reached and kept constant (135 beats/min).

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Training with the TGS key

After the first message a beep indicates that the workout can be started and the equipment behaves as if the exercise had been selected and set from the control panel.

At the end of the exercise, a message warns whether the exercise just ended was the last one of the training program memorised on the TGS key or whether there is another exercise.

End of workout

Your next equipment is BIKE EXCITE

Even if an exercise is not in the training program it can still be performed and the results memorised on the TGS key (unless the TGS is not enabled: see *The configuration menu* section):

- after having inserted the TGS key in the reader select the exercise with the keys on the screen;
- or select the exercise with the keys on the screen, then insert the TGS key in the reader during the workout or cool down.

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Training in Plug & Play mode

The Plug & Play mode lets you save the exercise performed in the TGS key without the TGS system.

The TGS key must firstly be formatted in the configuration menu (see *The configuration menu* section); formatting is not compatible with the Wellness System.

Select and set an exercise with the keys, then, after the workout has started, insert the TGS key in the reader. The type of exercise performed will be memorised. To repeat the exercise at the next session simply insert the TGS key in the same type of equipment.

Only one exercise for each type of equipment can be memorised on each TGS key (for example, one exercise for Run and one for Cardio Wave); therefore:

- if an exercise performed on the 900 version has been memorised on the TGS key, it cannot be done on the 500 version (for example, the Custom exercise), the exercise will not start if the TGS key is inserted in the 500 version;
- if at the next session a different type of exercise from the one memorised is performed on the same type of equipment, and the TGS key is inserted to memorise it, the new exercise will be memorised and the old one deleted.

The test cannot be memorised in the TGS key with the Plug & Play mode.

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Performance Index

The performance index (PI) was invented by Technogym to give a concise and easily comparable assessment of performance in a workout.

To have your performance index shown with the other results at the end of the exercise, in any kind of workout, simply use the heart rate monitor for at least 3 minutes.

Performance Index	PI	10
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The index is based on a rating scale ranging from 0 to 99. The higher the rating, the greater your aerobic capacity.

If your performance index increases, this means that you are exercising more intensely without increasing your heart rate.

The criteria used to calculate the performance index makes it possible to compare tests taken by people of different ages. In any case you are advised to compare results of different tests by the same person, or different people, working out at the same intensity for the same time.

PI value	Rating
under 10	Improvable
from 11 to 20	Fair
from 21 to 30	Very good
from 31 to 40	Excellent
over 40	Superb

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The configuration menu

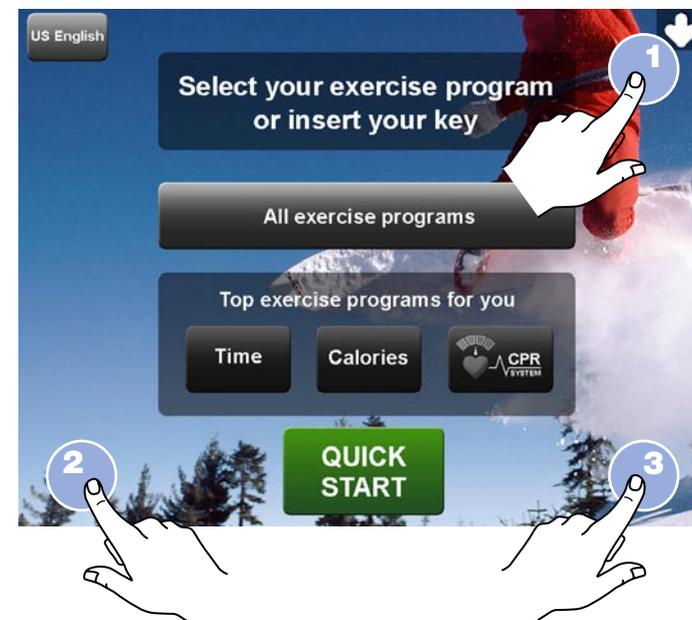
To customise the software configuration in the Home Page press the top right hand corner, the bottom left hand corner and the bottom right hand corner of the screen in sequence.

Insert the **2 4 0 6** password with the numbers keypad, then press Enter.

If the password inserted is incorrect, the software goes back to the Home Page.

The configuration menu consists of many pages that can be scrolled with the Forward and Back keys.

To exit the configuration menu press Home. Pressing Home in any page, all changes made up to that moment are saved; you cannot exit without saving. In case of errors the initial Technogym settings can be restored with *default config*. (see below).



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The configuration menu

In the configuration menu there are the following parameters

LANGUAGE UK ENGLISH

To select the message language from the list.

MEASURE KM

To select the unit of measurement: either kilometres and kilograms (KM); or miles and pounds (MILES).

TGS ENABLED

To be able to use the equipment with the TGS key. If the TGS is disabled the equipment can only be used with the touch screen.

KEYS ENABLED

To use the equipment with the function keys. If the function keys are disabled, the equipment can only be used with the TGS key.

MAX TIME 0

With this function all exercises are automatically interrupted when they reach the set time; for example, if a max time of 30 minutes has been set and an exercise is started with the Quick Start key, the workout ends after 30 minutes.

This does not apply to exercises memorised on the TGS key.

To set a max time for all exercises press MODIFY, then insert the number of minutes with the numbers keypad. Press Enter to confirm the value inserted, or Back to go back to the configuration menu.

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PAUSE TIME 120

To set the maximum pause time after which the exercise interrupted temporarily is ended. Press MODIFY, then insert the number of seconds with the numbers keypad. Press Enter to confirm the value inserted, or Back to go back to the configuration menu.

COOLDOWN TIME: 60

To set the cool down time, from 5 to 180 seconds. Press MODIFY, then insert the number of seconds with the numbers keypad. Press Enter to confirm the value inserted, or Back to go back to the configuration menu. Whatever duration has been set, the results of the workout scroll completely.

TOP EXERCISE PROGRAMS FOR YOU SHORTCUT

The Home Page always contains two keys to start the time driven exercise and the calorie driven exercise.

With this function you can add two exercises of your choice, to be started directly from the Home Page.

HR MODIFIABLE

To enable (*modifiable*) the keys used to change the constant heart rate during exercises performed in CPR mode. If *not modifiable* is selected, the target heart rate cannot be changed during the exercise.

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The configuration menu

LANGUAGE FIXED

If the language is *fixed*, all the messages are in the language set in this configuration menu; if the language is *optional*, it can be changed in the Home Page.

STANDBY TV ON

Select TV ON, if you want the TV to be always on; select TV OFF, if you want the TV to be off. In any case the TV can be turned on and off by the user with the relative keys during the exercise.

UP/DOWN ENABLED

In Run Excite, to enable or disable the treadmill gradient.

LUBRICATED YES

In Step Excite, to confirm that the chains have been lubricated.

DEFAULT CONFIG.

To restore all the default settings of the configuration menu.

FORMAT P&P

To format the TGS key in the Plug & Play mode.

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The configuration menu

USER PRESENT km/h 5.0

In Run Excite, to set the speed (in the example 5.0 km/h) at which the user present function is activated. Press MODIFY and insert the number of km/h with the numbers keypad. In case of error press Delete. Press Enter to confirm the value inserted, or Back to go back to the configuration menu.

To disable the function insert a value between **0** and **3**.

If the function is active a user present control is performed at the speed set; if no user is detected for a minute, the equipment stops and the exercise ends. In any case the function is not activated if the user weight, inserted when setting the exercise, is less than 50 kg.

Screensaver minutes (10-360)

To set the maximum time that a page is displayed without any changes or interventions; for example, if when setting an exercise the user does not insert any datum nor touch any key for the time set, the page closes and the Home Page is displayed.

Press MODIFY and insert the number of minutes with the numbers keypad. In case of error press Delete. Press Enter to confirm the value inserted, or Back to go back to the configuration menu.

DISPLAY IN THE WORKOUTS

To set the display size of the data relative to the exercise in progress; the large mode occupies the whole screen, therefore the TV cannot be seen.

The user can change the mode at any time during the exercise



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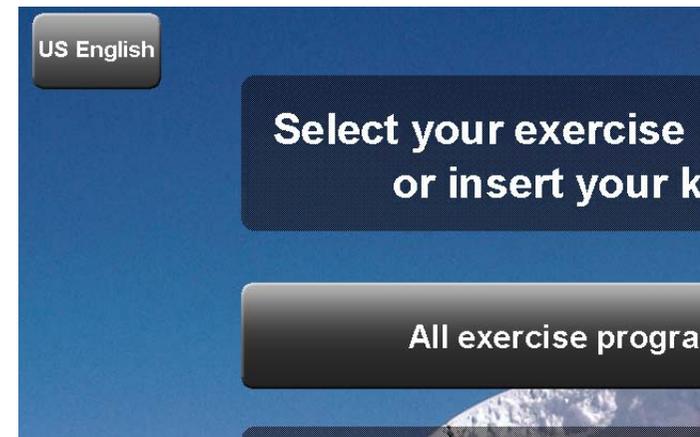
The configuration menu

STANDBY CHANNEL

To set the channel for the TV when it is in stand by.

OTHER LANGUAGE

If other language is selected, the selected language is present in the Home Page with a key which allows users to quickly change the interface language.



WARM UP TIME 4 (2-10)

In Top Excite, to modify the duration of the WARM UP, up to a maximum of 10 minutes.

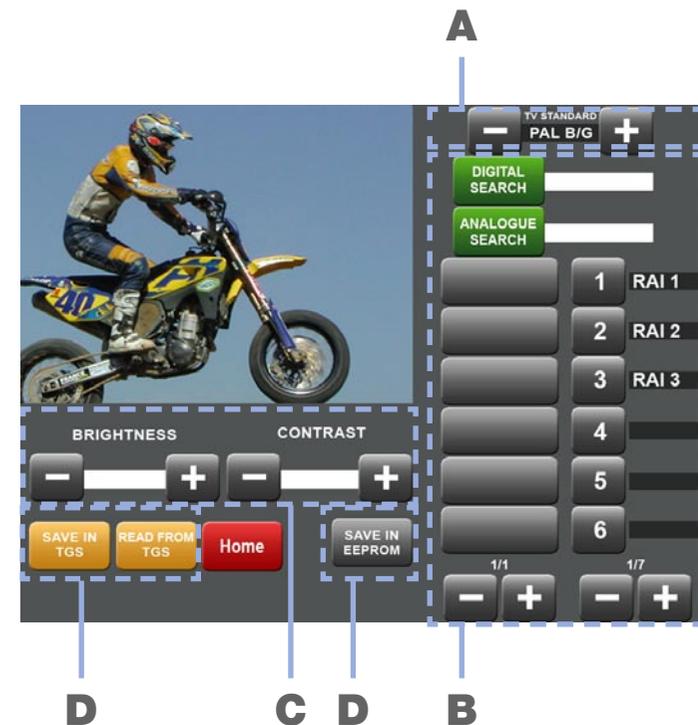
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The TV configuration

In the Home Page, to go to the TV configuration menu, press the top right hand corner, the bottom left hand corner and the bottom right hand corner of the screen in sequence. Insert the **2 4 0 7** password with the numbers keypad, then press Enter to confirm. If the password inserted is incorrect, the software goes back to the Home Page.

The partial screen TV is displayed between:

- A** the television standard selection keys. Depending on the type of Wellness TV it is possible to choose from either the European standards (PAL B/ G, PAL I, PAL D/K, PAL B/H, SECAM B/G, SECAM D/K, SECAM L, SECAM L1, SECAM H) or the American standards (NTSC M, NTSC MPAL M, PAL N). Every time you enter the TV configuration, the standard corresponding to the channel saved on number 1 is displayed.
- B** the TV channels memorisation keys.
- C** the luminosity and contrast adjustment keys.
- D** the keys to permanently save the settings.



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To permanently save (on EEPROM) the changes made in this page press the SAVE IN EEPROM key.

To go back to the Home Page press Home.

If, when this key is pressed, the TV configurations have been changed (luminosity, contrast, channels memorisation, TV standard) and the changes have not been permanently saved (on EEPROM), the new configuration is saved in the memory only until the equipment is restarted; this is why the following confirmation message is displayed:

ATTENTION

The changes have not been saved.

Do you want to
save the changes?

Press YES to save the changes permanently (on EEPROM), press NO to continue.

Memorising the TV channels

The TV channels memorisation keypad allows an identification name, and a number, to be associated to the selected channels. The memorised channels can be viewed during use with the corresponding TV control keys.

Up to 190 TV channels can be memorised; a further channel is reserved for the AV signals from the DVD, or the VHS, or from the games console.

The TV channels search is done automatically by pressing either the ANALOGUE SEARCH key, to search for analogue channels; or the DIGITAL SEARCH key, to search for digital channels. The frequencies of the channels are scrolled in the first column as they are found during the search.

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WARNING

You cannot exit the configuration menu during the search.

The STOP SEARCH key stops the automatic search; the channels found in the meantime can be memorised.

Use the + and – keys under the list of channels to scroll through the pages with the channels; use the + and – keys under the list of numbers to scroll through the pages with the numbers and names associated to the channels.

Once you have found a channel to memorise, select it in the first column, then press the number that you want to associate it with, in the second column.

If a channel has already been memorised under that number, the old channel will be overwritten with the new one.

If it is an analogue channel, an alphanumeric keypad is displayed, to associate a name to the memorised channel.

Use the CAPS LOCK key to change from lower case to upper case and vice versa: if the key led is on, the letters are upper case.

To delete the text inserted press the  key.

To memorise the text inserted and proceed press the  key.

In this way the new channel will remain in the memory until the equipment is switched off (RAM memory); to permanently memorise the changes (in EEPROM) press the SAVE IN EEPROM key.

If there are problems with the digital signal reception consult an authorised TV installation technician to check the system. It may, for example, require the repositioning of the existing aerial, the installation of a new aerial or the adjustment of the control unit with the replacement or installation of some of its modules.

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Consulting digital TV channels

The SHOW SUBTITLES key displays the subtitles, if available.

If the subtitles are available in various languages, a language selection menu is opened: press on the desired language, or on “No subtitles” to close the menu without displaying the subtitles.

Press the HIDE SUBTITLES key to hide the subtitles.

Use the  key to display the title and start time of the current program and the title and start time of the next program. Press the  key to hide this information.



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The radio configuration

In the Home Page press the top right hand corner, the bottom left hand corner and the bottom right hand corner of the screen in sequence.

Insert the **2 4 0 8** password with the numbers keypad, then press Enter to confirm.

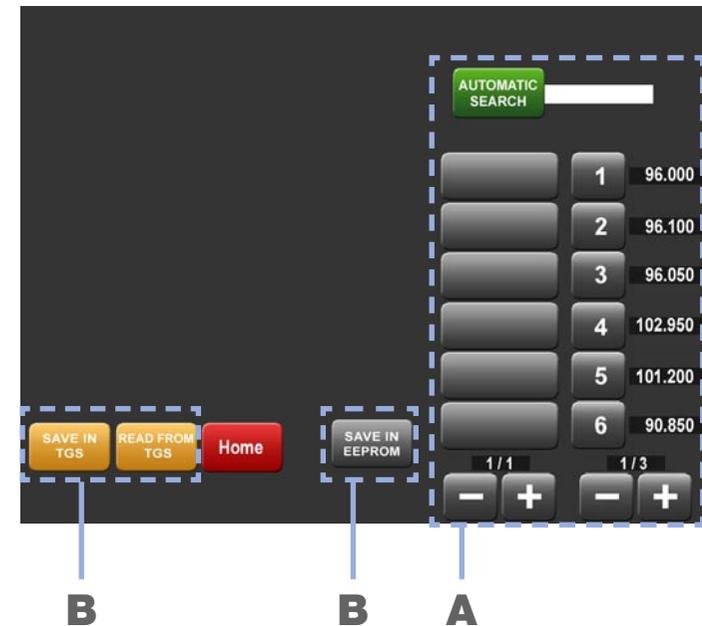
If the password inserted is incorrect, the software goes back to the Home Page.

The following are displayed:

- A** the radio frequencies memorisation keys;
- B** the keys to permanently save the frequencies.

To permanently save (in EEPROM) the changes made in this page press the SAVE IN EEPROM key.

To go back to the Home Page press Home.



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The radio configuration

If, when the Home key is pressed, the radio frequencies have been changed and the changes have not been saved permanently (in EEPROM), the new configuration is saved in the memory only until the equipment is restarted; this is why the following confirmation message is displayed:

ATTENTION
The changes have not been saved.
Do you want to
save the changes?

Press YES to save the changes permanently (on EEPROM), press NO to continue.

The radio frequencies search is done automatically by pressing the AUTOMATIC SEARCH key. The frequencies are scrolled in the first column as they are found during the search. The STOP SEARCH key stops the automatic search; the frequencies found in the meantime can be memorised.

Use the + and – keys under the list of frequencies to scroll through the frequencies found; use the + and – keys under the list of numbers to scroll through the pages with the numbers; if a frequency has already been associated to a number it will be displayed on the right of the numbers.

Select the station to be memorised, then press the number to associate to the station. If a frequency has already been memorised under that number, the old frequency will be overwritten with the new one.

In this way the new station will remain in the memory until the equipment is switched off (RAM memory); to permanently memorise the changes (in EEPROM) press the SAVE IN EEPROM key.

Up to 16 frequencies can be memorised.

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Transferring data with the TGS key

In order to transfer the same TV or radio settings to other TVs, without repeating the same configuration operations on each TV, the data can be memorised on the TGS key and then loaded from there onto a new equipment.

To transfer the TV settings enter the TV configuration menu; to transfer the radio settings enter the radio configuration menu.

To use the TGS key the changes must be saved in EEPROM; the settings in the RAM memory are not transferred.

To save all the settings in the EEPROM memory on the TGS key, insert it in the reading device, then press the SAVE IN TGS key.

To load the data saved on the TGS key into an equipment, enter the TV or radio configuration menu, insert the TGS key in the reading device, then press the READ FROM TGS key.

The transferred data is loaded in the RAM memory, therefore it is memorised until the equipment is switched off; to permanently memorise it, it must be saved in EEPROM, with the SAVE IN EEPROM key.



WARNING

Insert the TGS key only AFTER having entered the TV or radio configuration menu. If the configuration menu is not selected, only the workout data in the TGS key is read instead.

Up to 45 TV channels can be memorised in the TGS key; if there are more than 45 channels to be memorised, a message indicates the number of TGS keys required. The TGS keys must be inserted one at the time as requested by the messages, until all the channels have been memorised.

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press the centre of the cross
to continue calibration
or anywhere
to cancel and exit

You should calibrate the touch screen immediately after installation and each time you press a key and the event described in the manual does not occur, giving a result different to that expected.

In the Home Page press the top right hand corner, the bottom left hand corner and the bottom right hand corner of the screen in sequence.

Insert the **2409** password with the numbers keypad, then press Enter to confirm.

If the password inserted is incorrect, the software goes back to the Home Page.

A cross symbol appears 3 times in three different positions on the screen. Each time it appears press the centre of the cross in the three positions.