



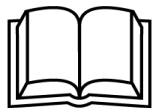
expect different™.

STAR TRAC  
14410 Myford Road  
Irvine, CA 92606 USA

## WORK INSTRUCTIONS, E-TBT / E-TBT<sub>e</sub> INSTALLATION



## GENERAL



Before using this product, it is essential to read ALL installation Instructions and this ENTIRE operations manual; the manual describes equipment setup and instructs members on how to use it correctly and safely.

## TOOLS REQUIRED

1. Phillips screwdriver, #2 (Included)
2. Hex (Allen) key, 3/16 (Included)
3. Hex (Allen) key, 1/2" (Included)
4. Hex (Allen) key, 5MM (Included)
5. Torque wrench (not included)

## FACTORY CERTIFIED INSTALLER

If you are a Factory Certified Installer you must:

- Adhere to all torque and assembly specifications.
- Use a CALIBRATED TORQUE WRENCH with the necessary hex key sockets
- NOT USE a powered drill, powered driver or powered impact tool for any part of the assembly.
- Complete the assembly checklist is completed on each Star Trac product.
- Complete the final programming, functional and cosmetic checklists for each Star Trac product.

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# UNPACKING INSTRUCTIONS



## Step 1.

Lay the box with heavy end facing down in the area where it is going to be assembled. Cut and remove packaging straps then open and remove the top cover.

## Step 2.

Lift and remove the box from the pallet base.



## Step 3.

Lift the unit off of the pallet base, then remove all packaging materials.



## Step 4.

Open the display assembly box and carefully remove its content.

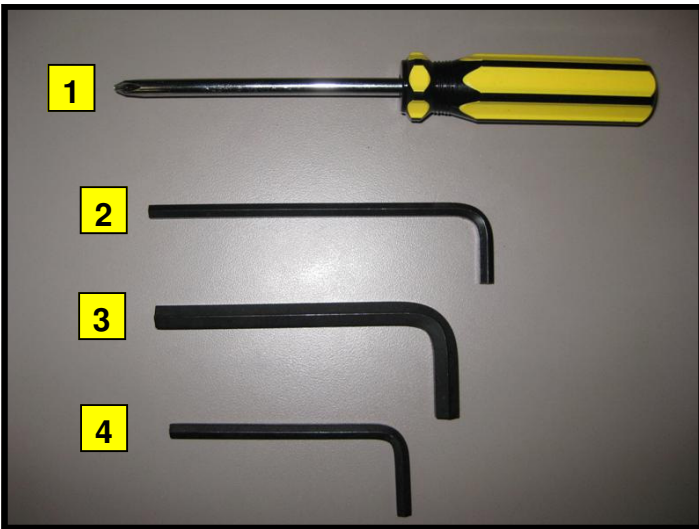
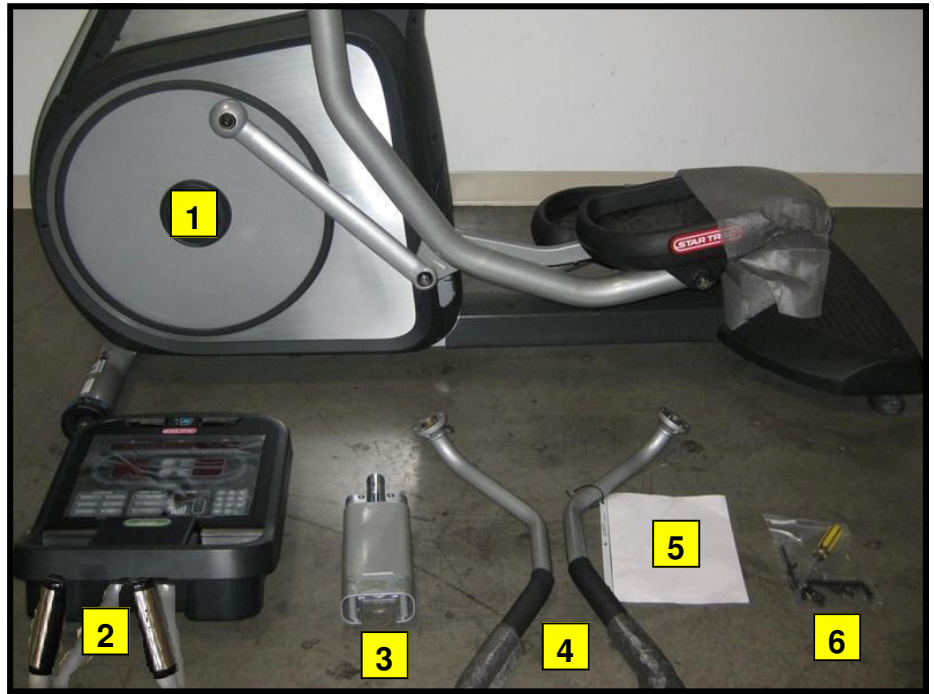
### Step 5.

Remove remaining packaging materials and lay all components on the floor.

### Step 6.

Verify the following components are included in the package:

1. TBT frame.
2. Display console assembly.
3. Upper neck.
4. Left and right upper body arms.
5. Owner's manual, installation manual and warranty registration card.
6. Hardware kit.



### Step 7.

Verify the following tools are included in the kit:

Item	Description	QTY
1	#2 Phillips screwdriver	1
2	3/16 Hex (Allen) key	1
3	5/16" Hex (Allen) key	1
4	5mm Hex (Allen) key	1



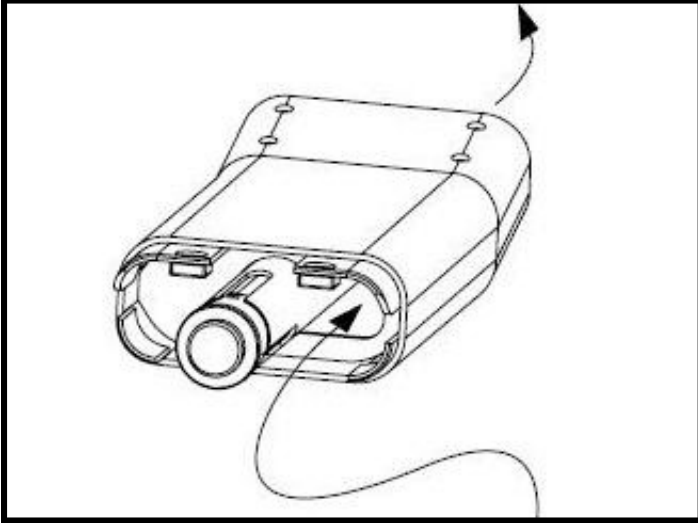
### Step 8.

Verify the following hardware is included in the kit:

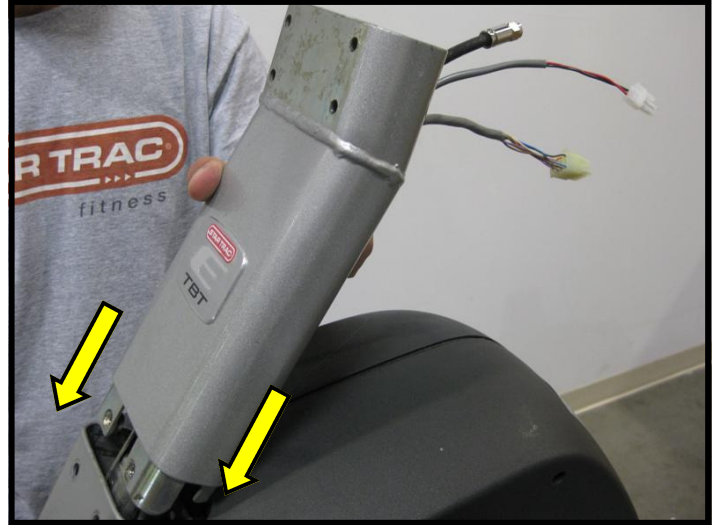
Item	Description	QTY
1	6mm x 50mm socket head cap screw	4
2	5/16 - 18 x 3/4 button head screw	2
3	1/4 - 20 x 1/2 socket head screw	10
4	M4 x 0.7 x 19mm Philips head screw	6
5	Washer	4



## INSTALLATION INSTRUCTIONS



**Step 1.**  
Route display cables up through upper half of neck through the holes provided.



**Step 2.**  
Insert the upper half of the neck into the lower half.

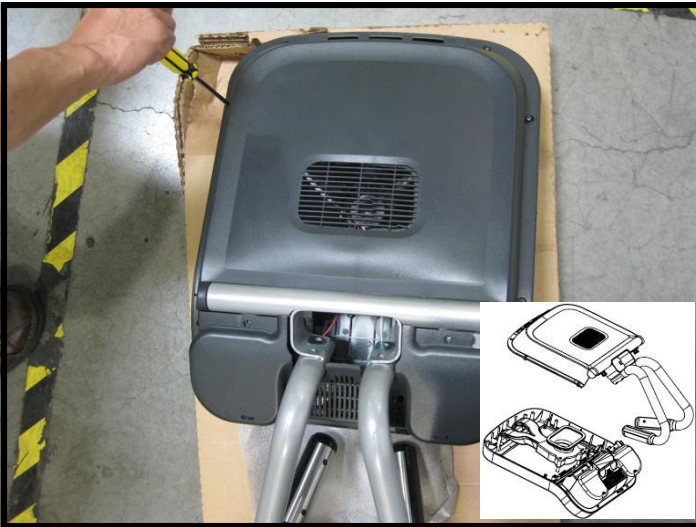
**Caution:** Be careful not to pinch any cables between the two sections of the assembled neck.



**Step 3.**  
Install two 5/16" - 18 X 3/4" button head screws into front neck using a 3/16" hex key. Tighten bolts to 200 in-lbs (23 N-m).



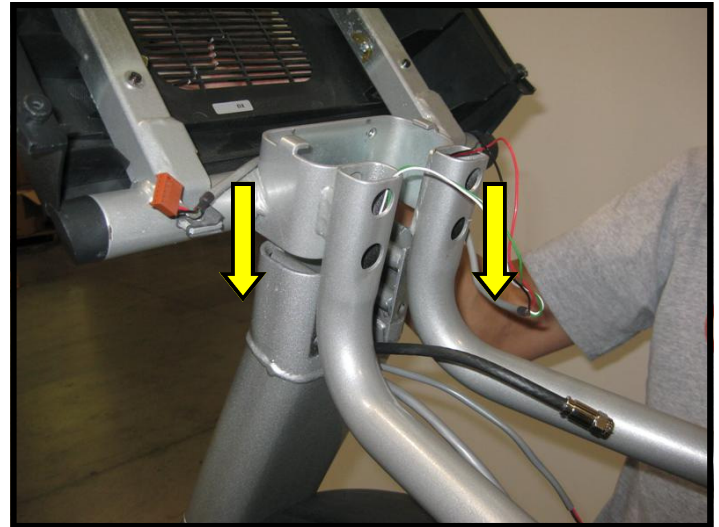
**Step 4.**  
Secure the neck by tightening the 3/8-16 x 2" socket head cap screw using a 5/16" hex key. Tighten bolt to 300 in-lbs (34 N-m).



### Step 5.

Using provided screwdriver, remove the M4 x 0.7 screws that hold the display assembly together, then separate the back of the display from the front.

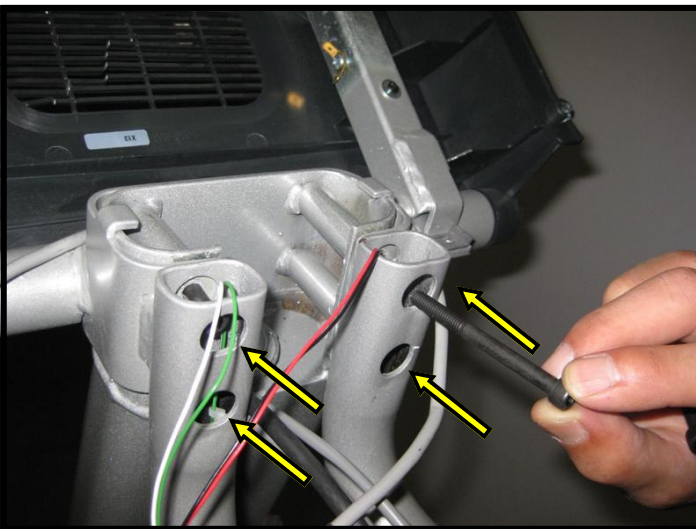
**Note:** Retain the screws for later use.



### Step 6.

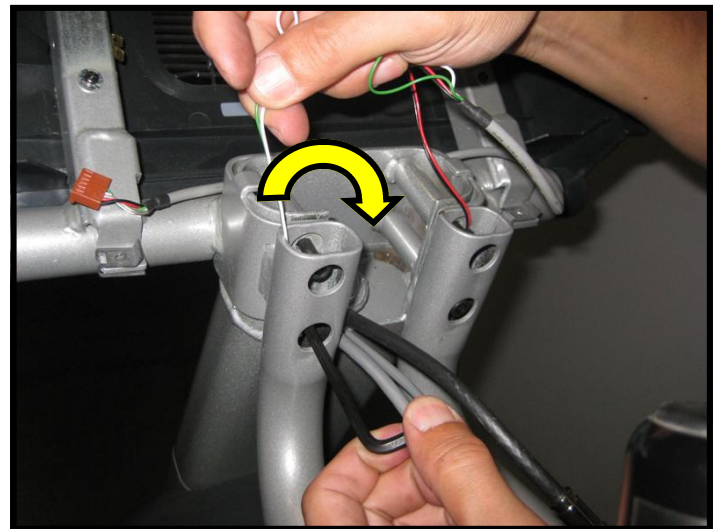
Slide the back of the display with the mounting bracket onto the upper neck of the Total Body Trainer.

**Caution:** Be careful not to pinch any cables between the two sections of the assembled neck.



### Step 7.

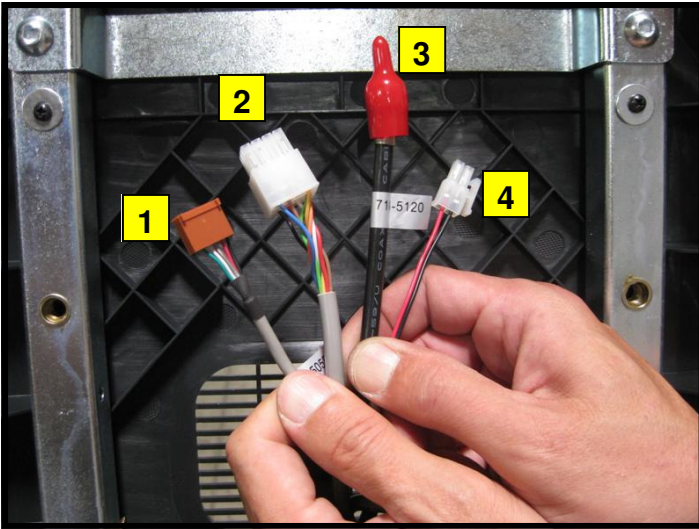
Line up the four holes of the mounting bracket with holes of the neck, then insert four 6mm x 50mm socket head cap screws.



### Step 8.

Using provided 5mm hex key, tighten down the screws to 240 in-lbs (27 N-m).





### Step 9.

Identify the four cables coming out of the neck and mounting bracket:

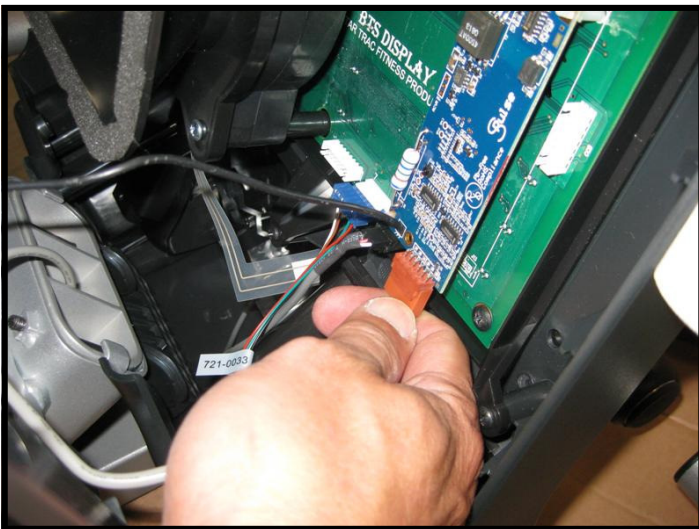
1. Heart rate cable
2. Main I/O cable
3. Coax cable
4. DC power cable

**Note:** If the unit is not equipped with Personal Viewing Screen, the coax and DC power cables should be tucked down the neck as they are part of the PVS Kit.



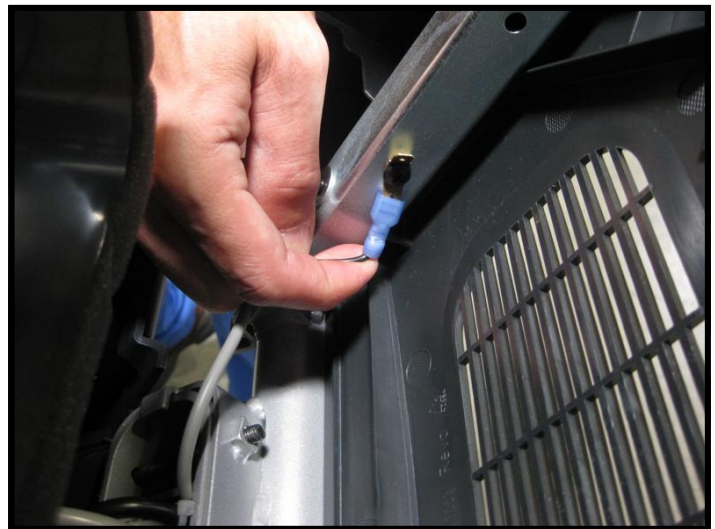
### Step 10.

Plug-in the 12-pin main I/O cable into the front display circuit board at J4 connector.



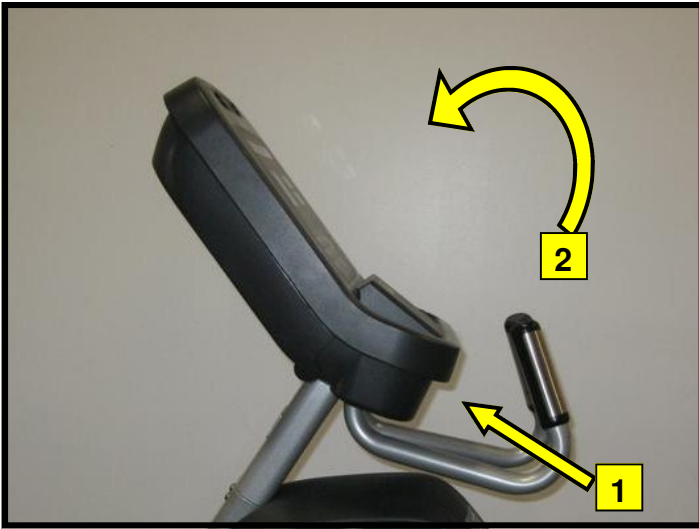
### Step 11.

Next, plug-in the heart rate cable into the HR board connector.



### Step 12.

Plug back the HR ground cable into the quick disconnect tab on the display frame.

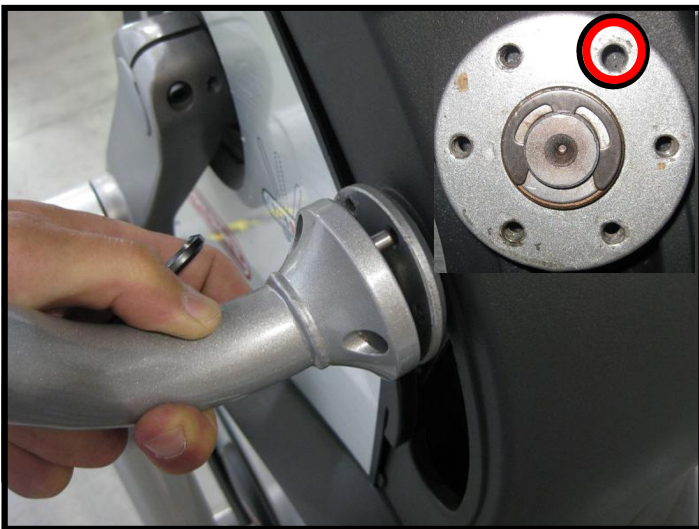


**Step 13.**  
Assemble the front and back display parts together by sliding the bottom of the front display under the 2 tabs at the base first, then pressing front display against the back cover.

**Caution:** Be careful not to pinch any wires.



**Step 14.**  
Using provided Phillips head screw driver, secure the front display to the back with (8) M4 x 0.7 x 19mm long Phillips head screws.

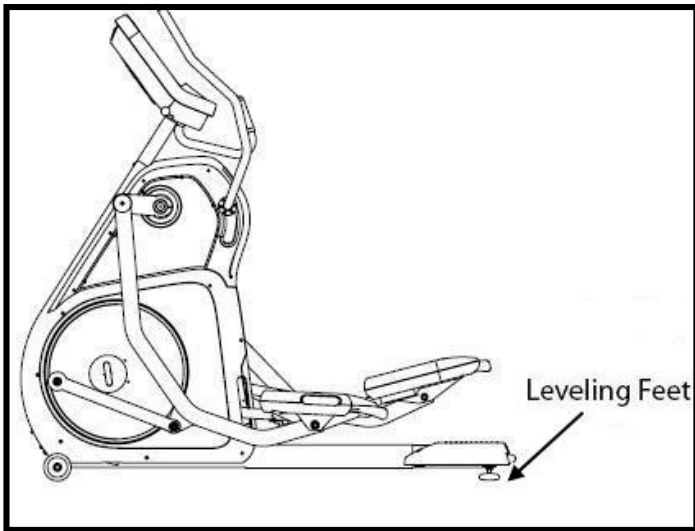


**Step 15.**  
Locate left side upper body arm, move to left side of the Total Body Trainer. Attach the left upper body arm to the left hub, align the pin to the unthreaded hole.



**Step 16.**  
Install the left arm and secure with (5) 1/4-20 x 1/2 socket head screws. Tighten the screws to 240 in-lbs (27 N-m) of torque with the 3/16" hex key. Repeat for the opposite side.





### Step 17.

Place the Total Body Trainer on the floor in the position it will be used. Then adjust leveling feet to assure that the Total Body Trainer is leveled to the floor and does not rock back and forth.



### Step 18.

Perform a visual inspection, and test the features and functions of the unit prior to use.

**Note:** Refer to the User's Manual for other settings and instructions.

**YOU HAVE NOW COMPLETED THE TOTAL BODY TRAINER INSTALLATION**

## Use the checklist below to ensure the proper installation of the Total Body Trainer:

- 1. All parts, tools and hardware in the package are accounted for.
- 2. All screws are tightened and torqued down to their specified values.
- 3. Upper body arms are properly mounted and secured.
- 4. Upper body arms move freely, along the entire range of motion.
- 5. Upper neck is properly mounted and secured.
- 6. Display's mounting bracket and back cover are properly mounted and secured.
- 7. All cables and harnesses are properly plugged to their respective connectors.
- 8. The front and back display plastics are properly installed and secured.
- 9. Verify unit is leveled to the floor.
- 10. Once powered up, all features of the unit function properly.

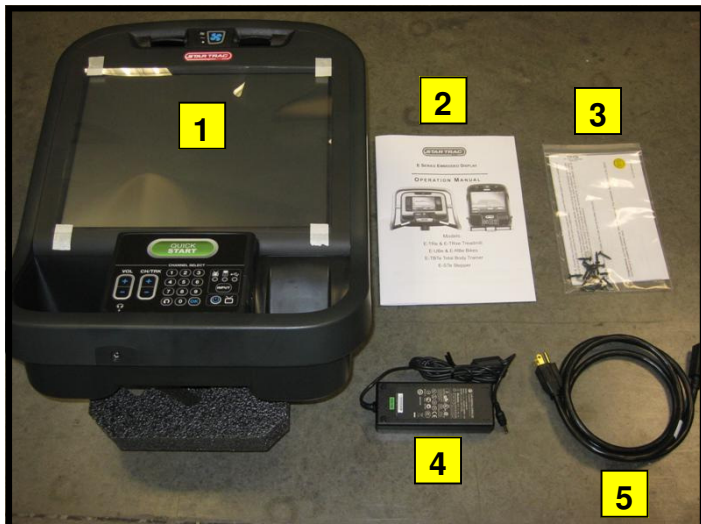


### ATTENTION

- Star Trac recommends that the Total Body Trainers be spaced a minimum of 20.0 inches (0.5 m) apart to allow safe and easy ingress and egress. Even more importantly, there must be at least 48 inches (1.25 m) of free space behind the Total Body Trainer.
- As with any motorized equipment, the area where Total Body Trainers are located must be free of obstructions and fixtures with sharp edges to prevent injury in the event that a user trips or loses balance and falls.

**For technical assistance call Star Trac Customer Service: 1 800 503 1221**

# EMBEDDED DISPLAY CONSOLE INSTALLATION INSTRUCTIONS



## Step 1.

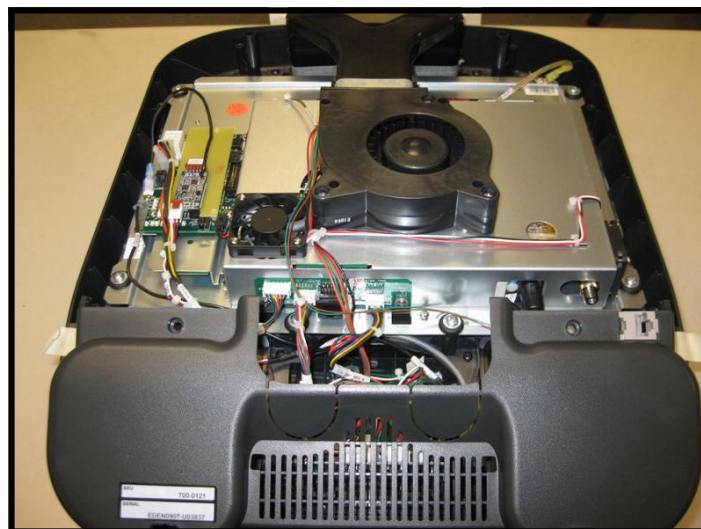
Remove all contents from the packaging and verify that you have the following parts:

1. Embedded display console.
2. Operation manual.
3. Tool kit.
4. Power adaptor (60W AC).
5. Power cord.

## Step 2.

Verify the tool kit has the following parts:

Item	Description	QTY
1	Assembly instructions	1
2	Screw, Phillips Head, M4 x 19mm	18
3	Washer, flat, M4	5



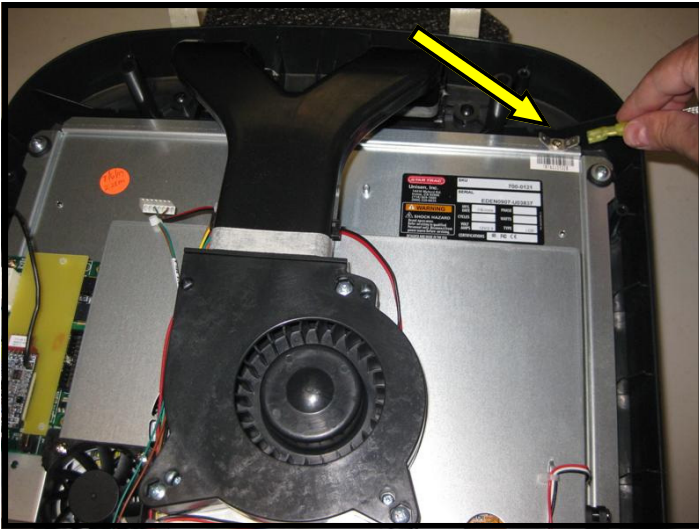
## Step 3.

Be careful with the display and place it face down on top of a **non-scratching surface** to protect it from being damaged.

## Step 4.

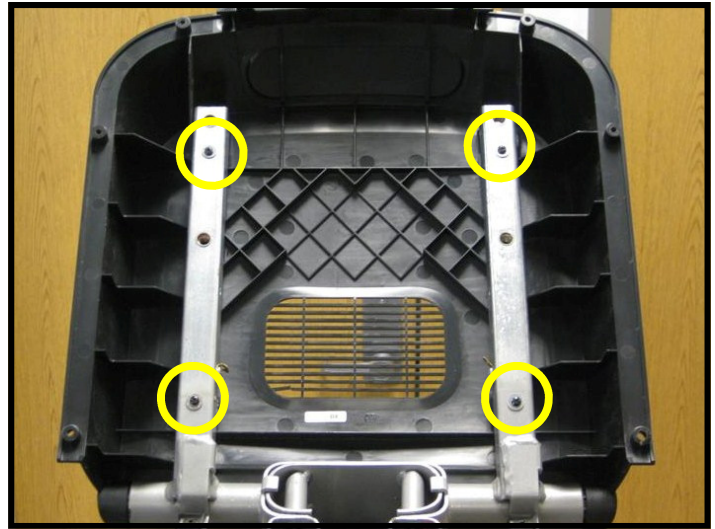
Remove the back cover from the embedded display assembly and place it in a safe place for later use.





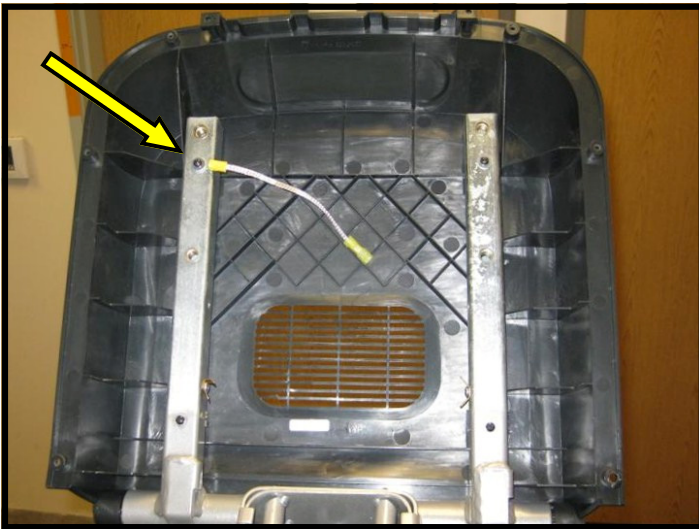
**Step 5.**

Disconnect the ground cable from the ground quick disconnect tab on the embedded display. Save the cable for later use.



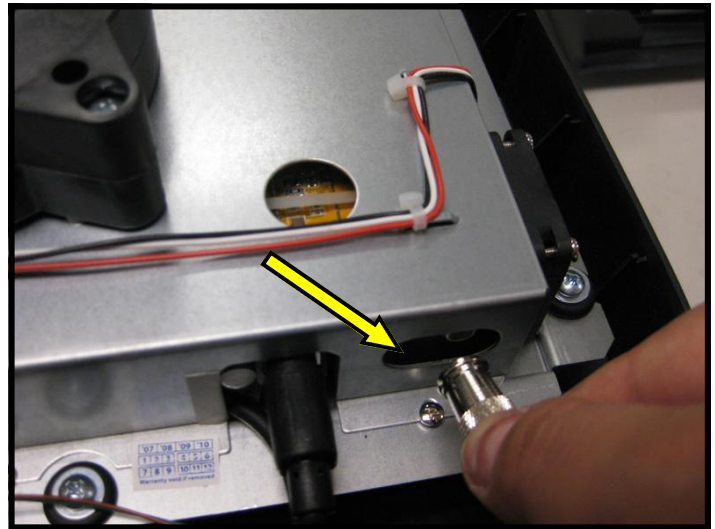
**Step 6.**

Mount the back cover to the display mounting bracket using four (4) M4 x 0.7 x 19mm long Phillips head screws and four (4) M4 flat washers.



**Step 7.**

Attach the ground cable to upper left screw on the mounting bracket and secure tightly.



**Step 8.**

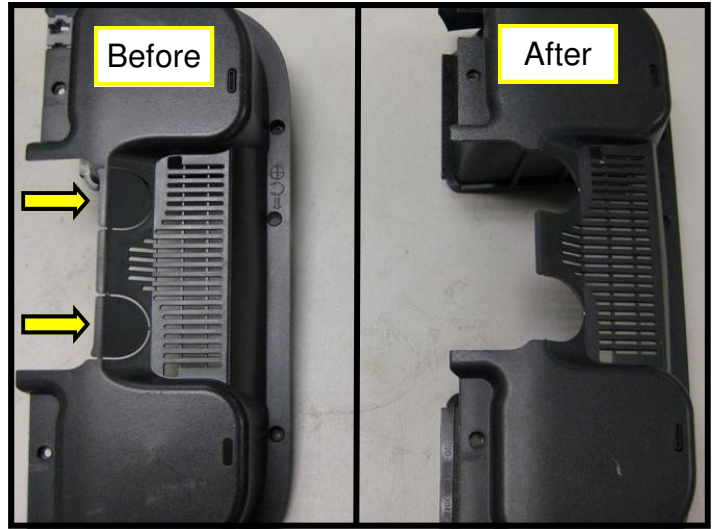
Pullout the coax adapter from the tuner card on the embedded display.





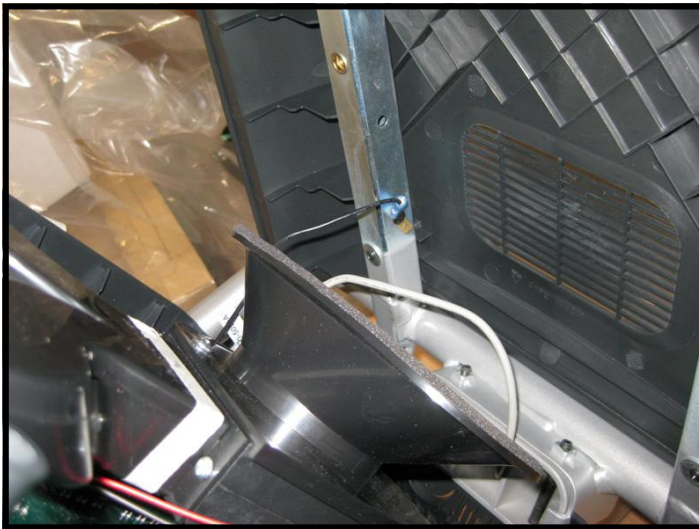
**Step 9.**

Now screw in the coax adaptor to the coax cable coming out of the base neck.



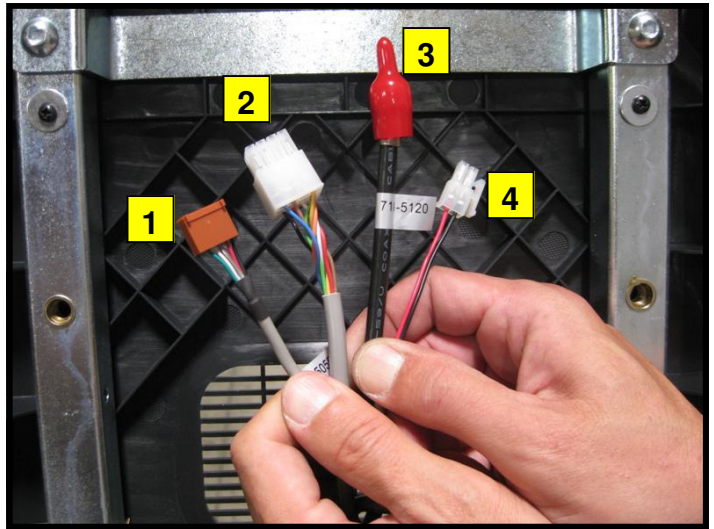
**Step 10.**

Go back to the embedded display assembly and remove the plastic tabs from the lower back cover.



**Step 11.**

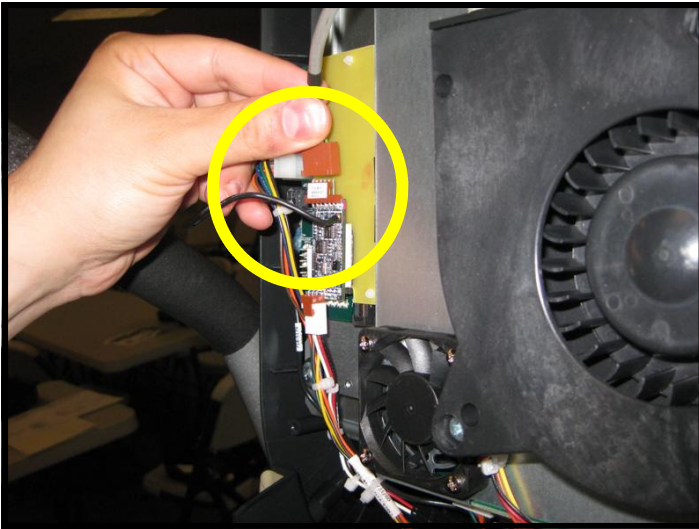
Take the embedded display assembly to the base unit. Hold the front display plastics at the top with one hand while connecting the cables and harnesses with the other.



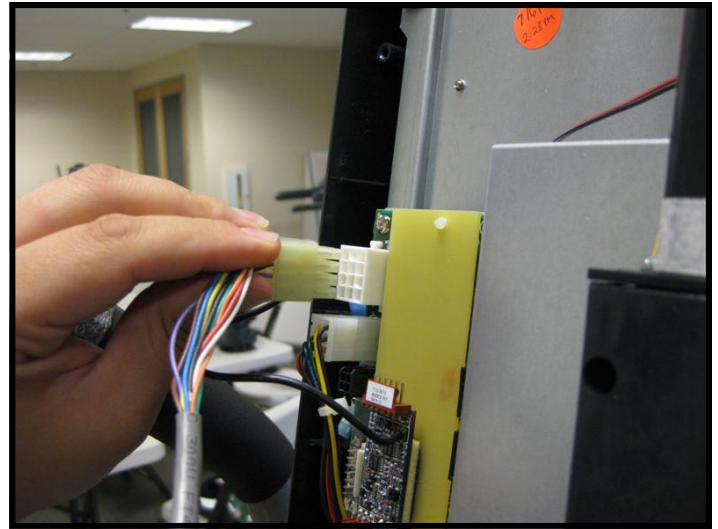
**Step 12.**

Identify the four cables coming out of the neck and mounting bracket:

1. Heart rate cable
2. Main I/O cable
3. Coax cable
4. DC power cable



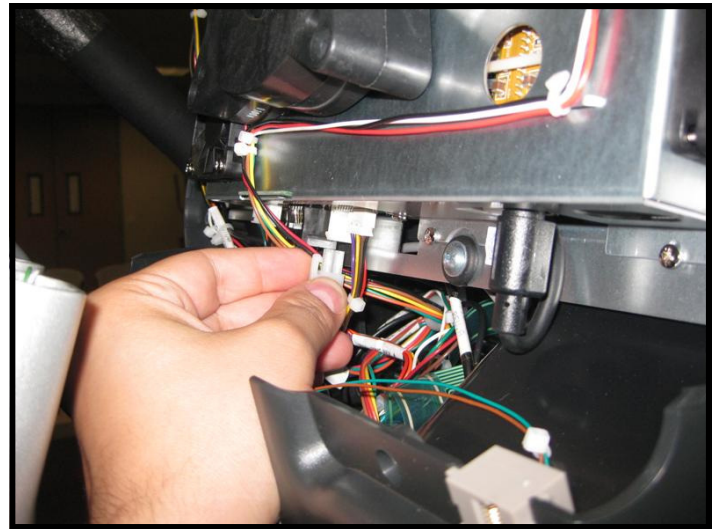
**Step 13.**  
Plug-in the heart rate cable from the neck into the heart rate board connector on the FitCPU board of the embedded display assembly.



**Step 14.**  
Plug-in the 12-pin main I/O cable from the neck to the 12 pin connector on the FitCPU board of the embedded display assembly.

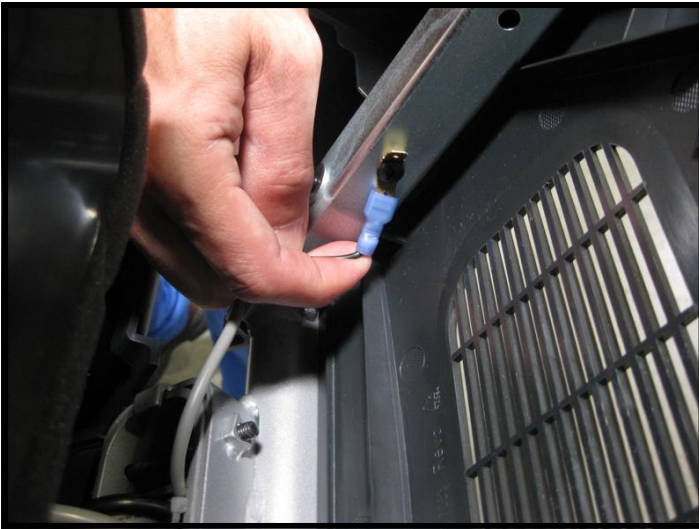


**Step 15.**  
Next plug in the coax cable to the coax adapter on the tuner card of the embedded display assembly.

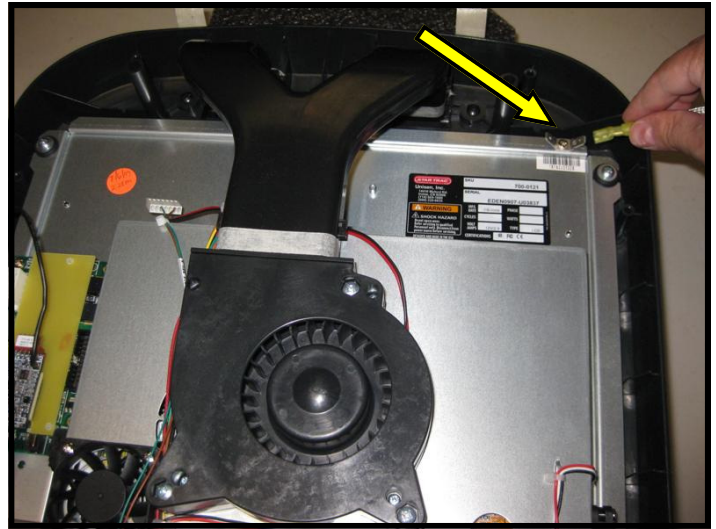


**Step 16.**  
Now plug in the DC power cable from the base neck to DC connectors on the embedded display assembly.

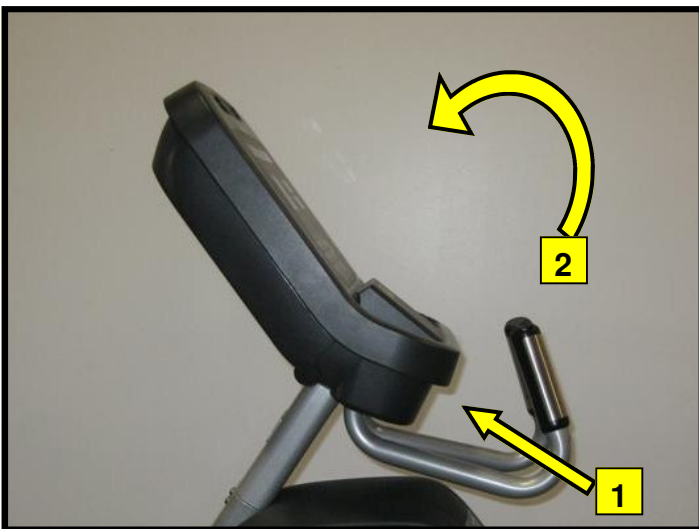




**Step 17.**  
 Plug in the Heart rate ground cable into the quick disconnect tab on the display mount.



**Step 18.**  
 Plug in the ground cable coming from upper left side of the display mounting bracket into the quick disconnect tab on the embedded display assembly.

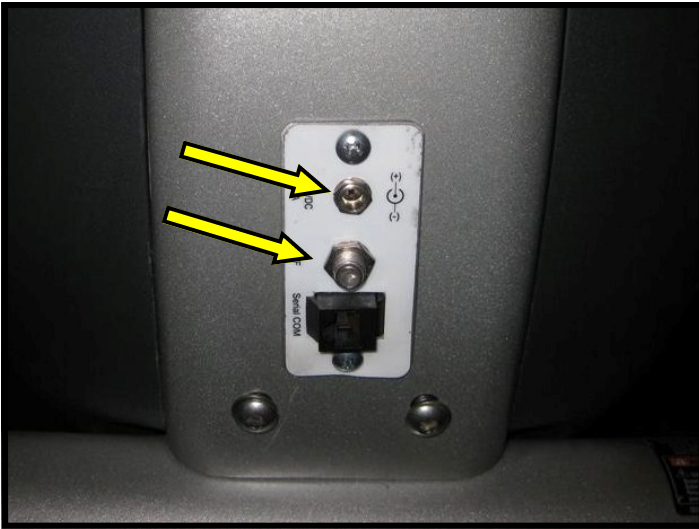


**Step 19.**  
 Assemble the front and back display parts together by sliding the bottom of the front display under the 2 tabs at the base first, then pressing front display against the back cover.

**Caution:** Be careful not to pinch any wires.



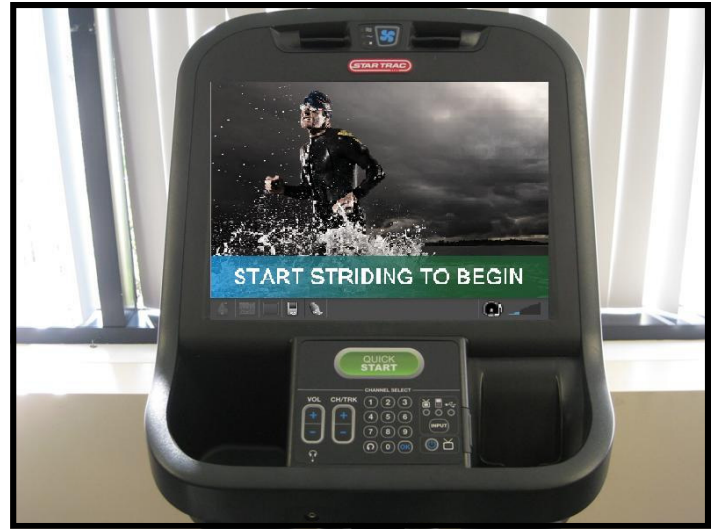
**Step 20.**  
 Using a Phillips head screw driver, secure the front display to the back with (8) M4 x 0.7 x 19mm long Phillips head screws.



### Step 21.

Now it is time to connect entertainment cable and power to the unit. Connect the in-house entertainment cable to the RF input at the base of the unit.

Take the power supply from the kit and plug the small barrel connector to the DC input. Then take the power adapter cable from the kit and plug it into the power supply and the electrical receptacle.



### Step 22.

Turn power on. Perform a visual inspection, and test the features and functions of the unit prior to use.

**Note:** Refer to the User's Manual for other settings and instructions.

**YOU HAVE NOW COMPLETED THE EMBEDDED DISPLAY INSTALLATION**



## Use the checklist below to ensure the proper installation of the Total Body Trainer:

- 1. All parts and hardware in the package are accounted for.
- 2. Embedded display assembly is clear of any scratches or damage.
- 3. All screws are tightened and torqued down to their specified values.
- 4. Display's mounting bracket and back cover are properly mounted and secured.
- 5. All cables and harnesses are properly plugged to their respective connectors.
- 6. The front and back display plastics are properly installed and secured.
- 7. Cable feed and power adaptor are plugged into the front base of the unit.
- 8. Verify unit is leveled to the floor.
- 9. Touch screen responds to commands as specified in the User's Manual section regarding the Calibration and Setup.
- 10. iPod test: Verify iPod menu is functioning and user can browse and listen to music
- 11. TV is setup properly per the owner's manual, signal is clear and audio is coming from both ear-phones.

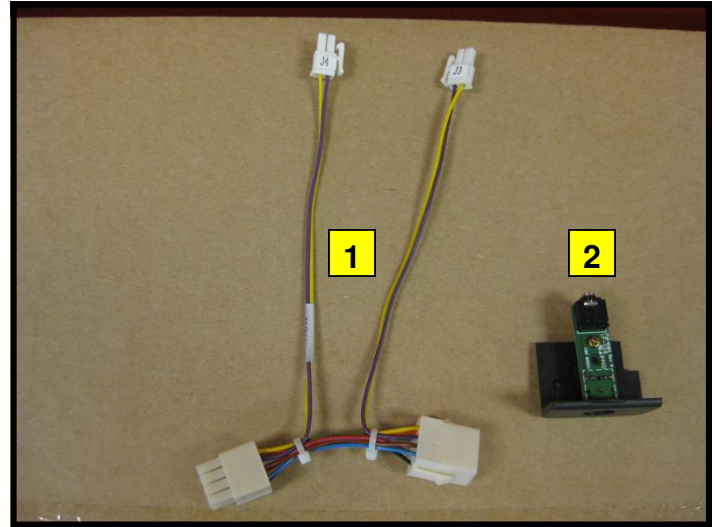
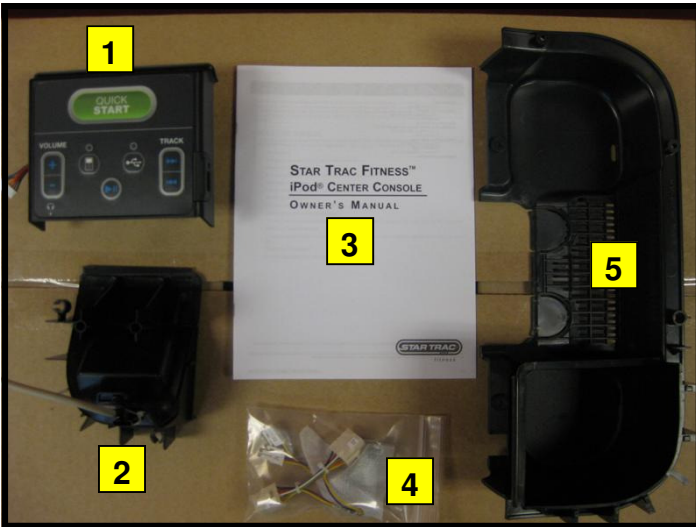


### ATTENTION

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- As with any motorized equipment, the area where Total Body Trainers are located must be free of obstructions and fixtures with sharp edges to prevent injury in the event that a user trips or loses balance and falls.

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# iPod® CENTER CONSOLE INSTALLATION INSTRUCTIONS



## Step 1.

Remove all contents from the packaging and verify that you have the following parts:

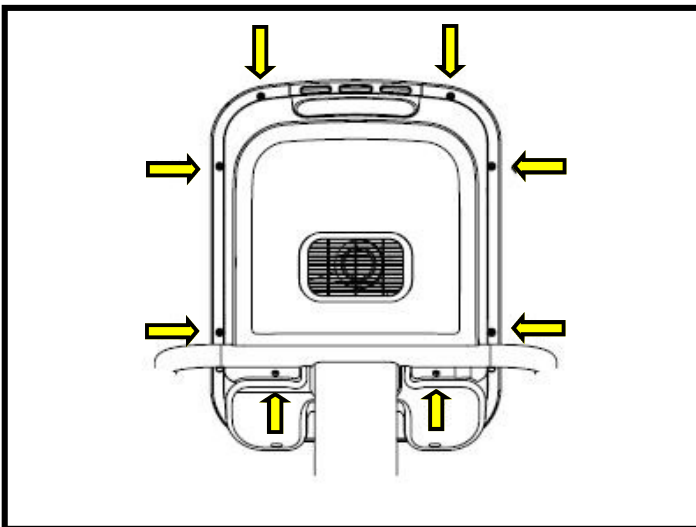
1. iPod® center console.
2. iPod® cradle.
3. Owner's manual.
4. Cable kit.
5. Lower back cover.

**Note:** If the center console is being installed on a new unit, then perform this installation prior to mounting the display assembly onto the frame.

## Step 2.

Verify the cable kit has the following two parts:

1. Center console power cable.
2. Headphone jack and mount.



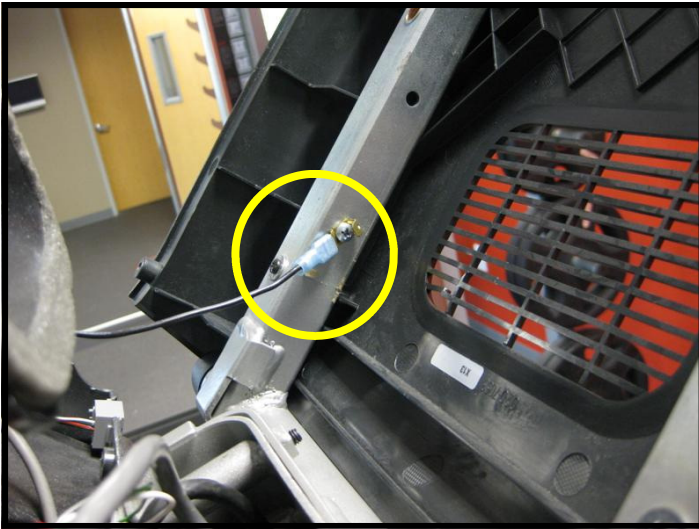
## Step 3.

Using a #2 Phillips screwdriver, remove the (8) screws on the back of the display plastic. Set the screws aside, you will need them for re-assembly.



## Step 4.

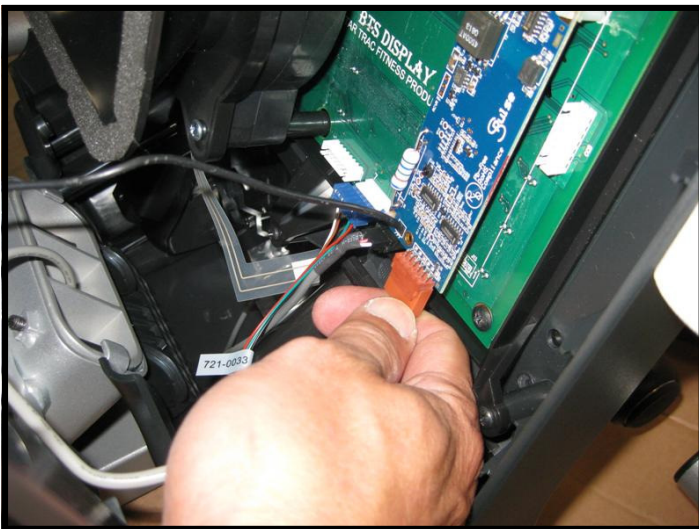
Carefully open the display plastic, so as to not detach the inner cables from the display.



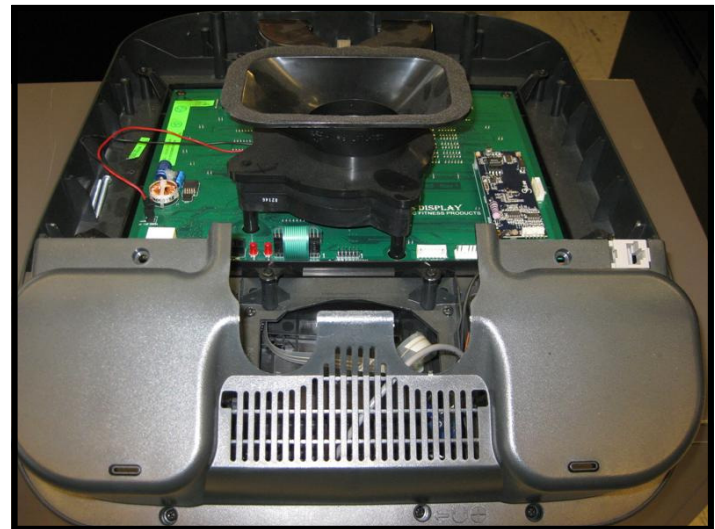
**Step 5.**  
Disconnect the ground wire between the heart rate board and the display mount.



**Step 6.**  
Disconnect the 12-pin serial connector from the display

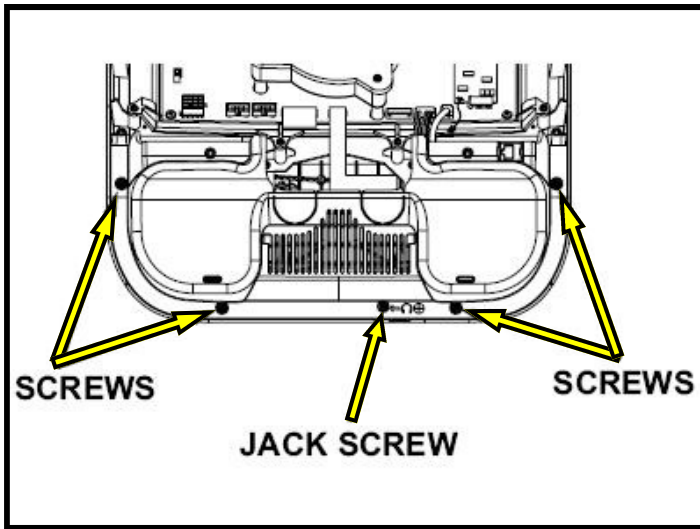


**Step 7.**  
Now disconnect the heart rate connector from the display



**Step 8.**  
Be careful with the display and place it face down on top of a non-scratching surface to protect it from being damaged.





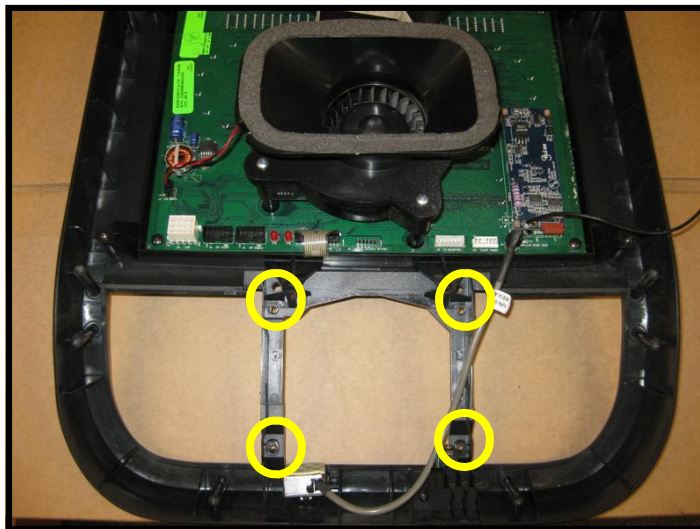
**Step 9.**

Using a #2 Phillips head screwdriver, remove the (4) screws that hold bottom side of the display console on, then remove the (1) screw that holds the headphone jack cap.

*Note: Retain screws for later use.*

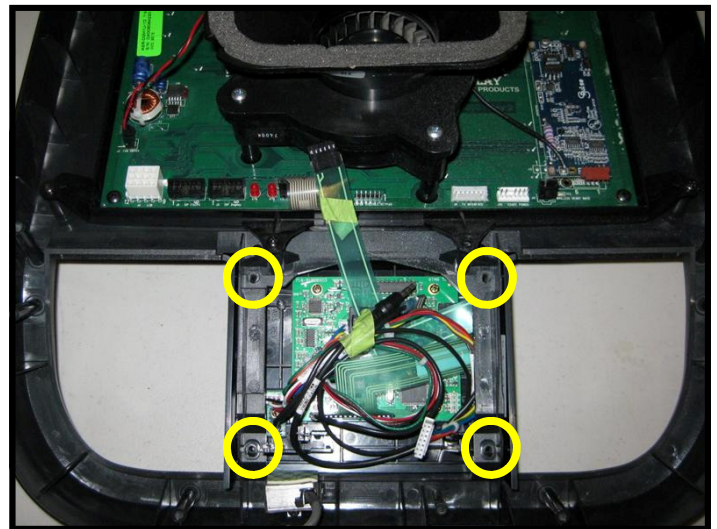
**Step 10.**

Next remove the bottom cover, then remove the headphone blank cover. You will no longer need those covers and they can be stored away for any possible future use.



**Step 11.**

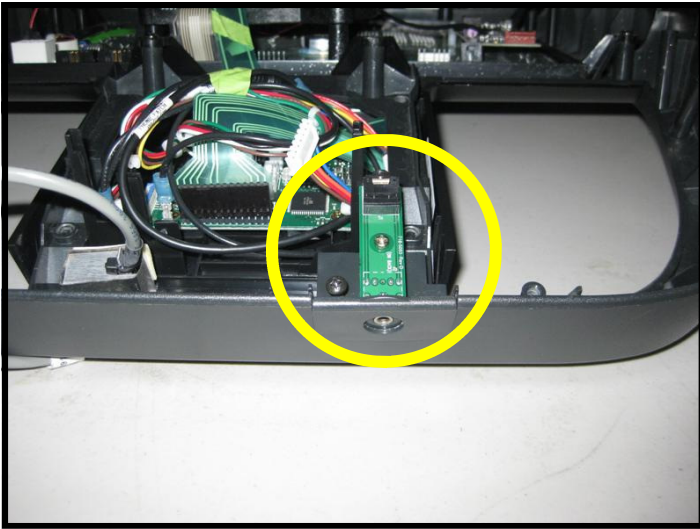
Using a Phillips head screwdriver, remove the (4) screws that hold the original center console in place, then remove the center console. You will no longer need the center console and it can be stored away for any possible future use.



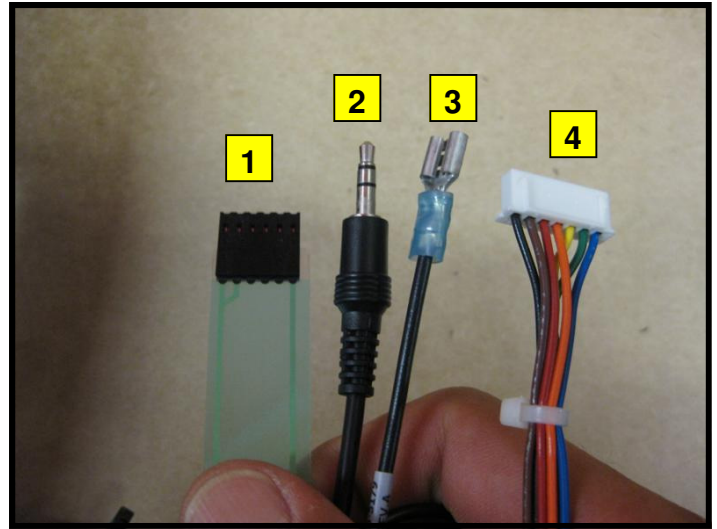
**Step 12.**

Insert the new center console into the front display. Using a #2 Phillips screwdriver, screw in and secure the (4) screws that were saved from the original center console.

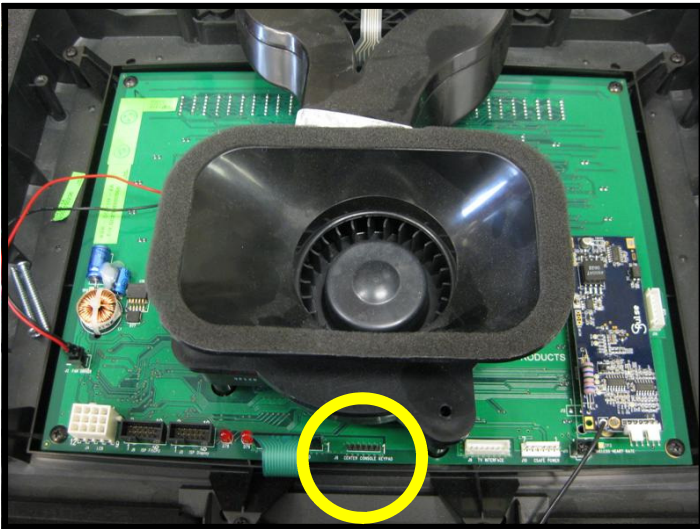




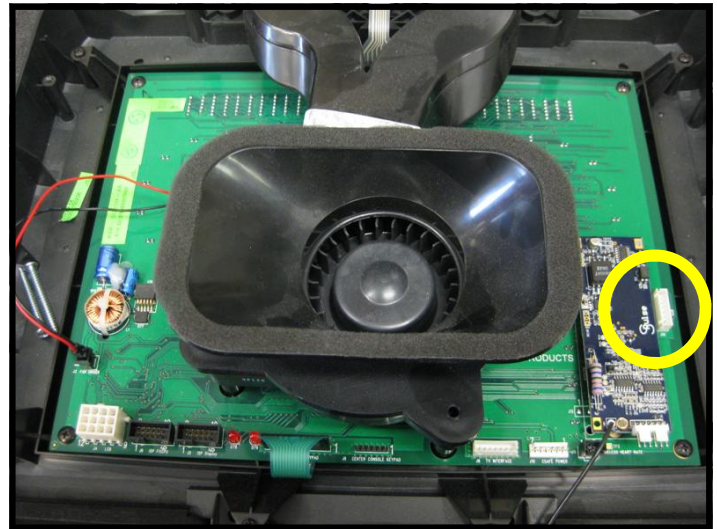
**Step 13.**  
 Now install the new head phone jack mount.  
 Use the screw saved from the earlier step to secure the mount to the display.



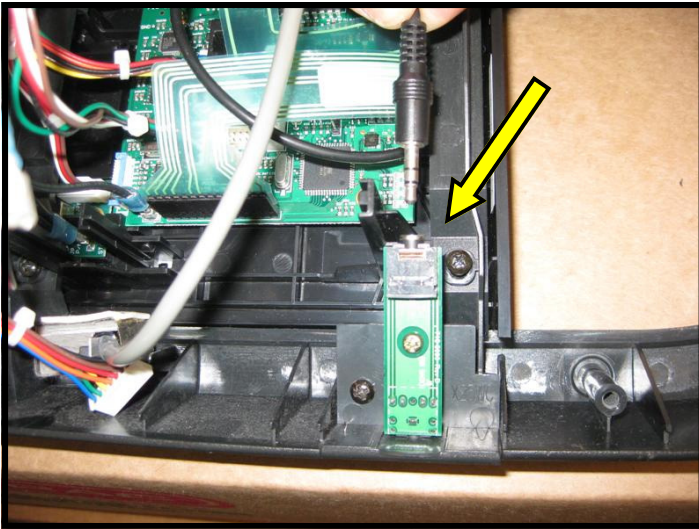
**Step 14.**  
 Identify the cables coming out of the new center console:  
 1. Center console keypad ribbon cable.  
 2. Headphone jack cable.  
 3. Center console ground cable.  
 4. Seven-pin interface cable.



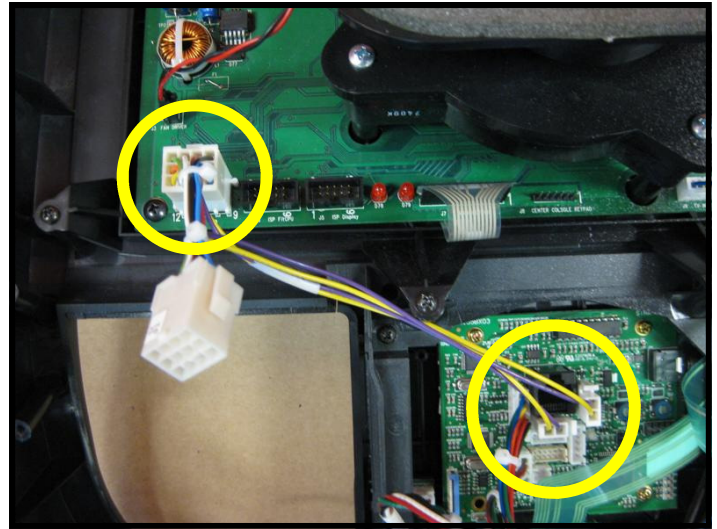
**Step 15.**  
 Connect the center console keypad cable to J8 connector on the display board.



**Step 16.**  
 Connect the seven-pin interface cable from the console to J14 connector on the display board.

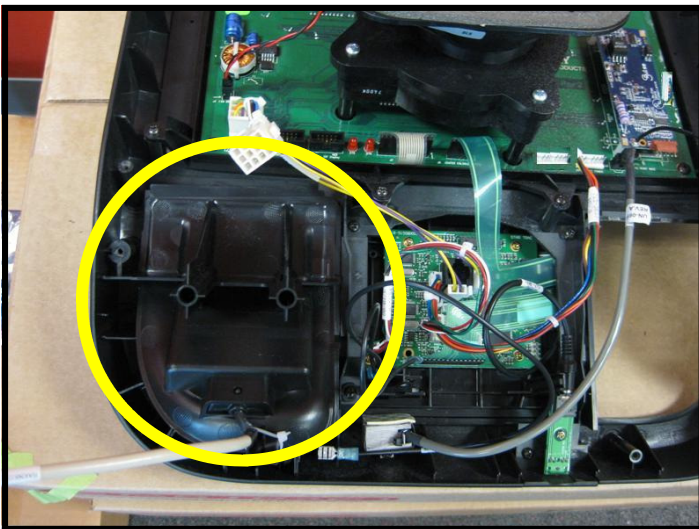


**Step 17.**  
Take the headphone jack cable from the center console and connect it to the newly installed headphone jack in the front of the display.

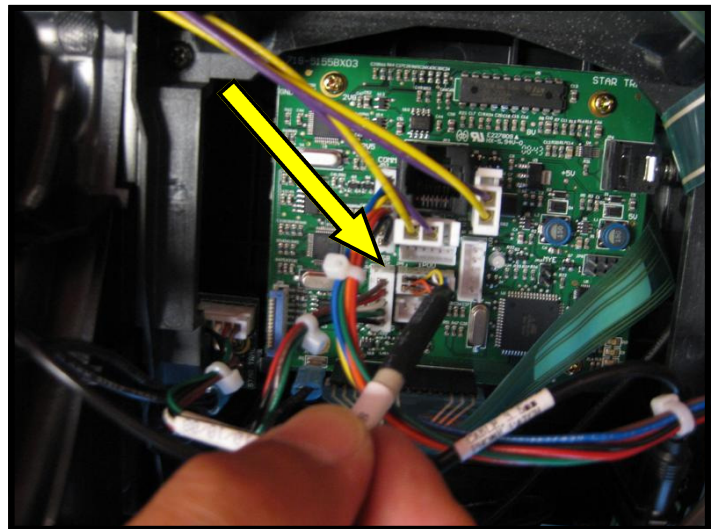


**Step 18.**  
Take the center console power cable from the kit, attach the male 12 pin connector to the female 12 pin connector on the display board. Then connect the (2) DC power connectors to the center console.

*Note: The DC power cables can be plugged to either one of the DC connectors on center console.*

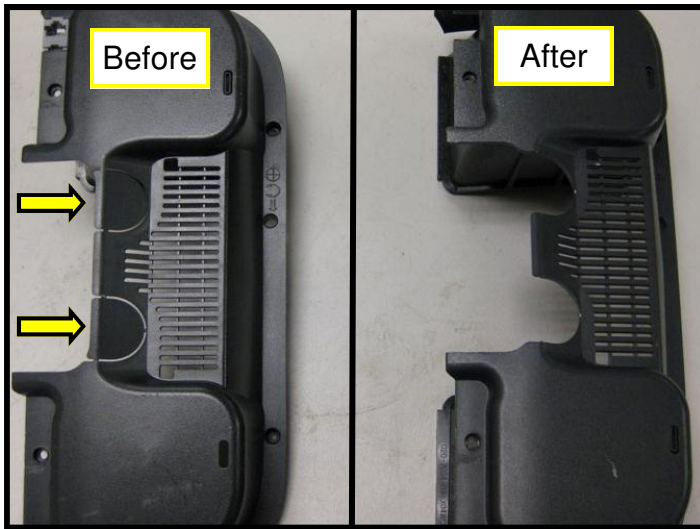


**Step 19.**  
Take the new iPod® cradle from the kit and install it onto display console.

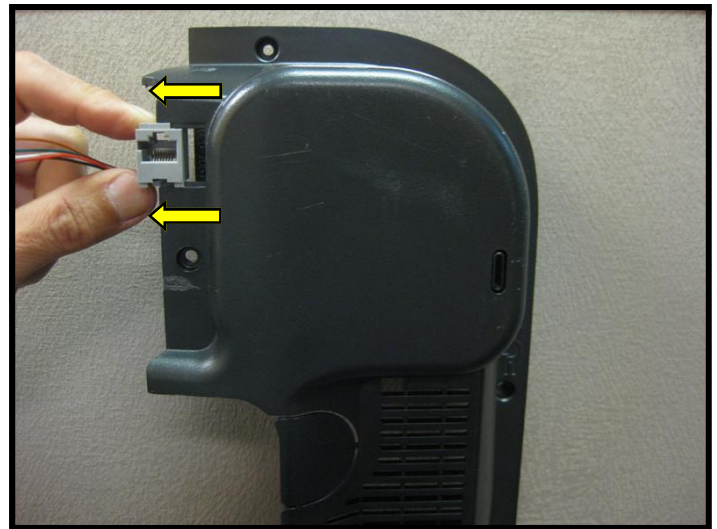


**Step 20.**  
Now connect iPod® cable from the bottom cover to J10 connector on the center console board.

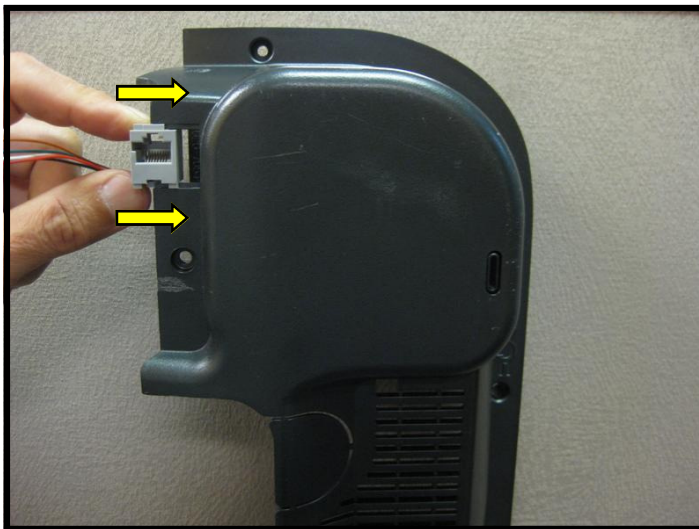




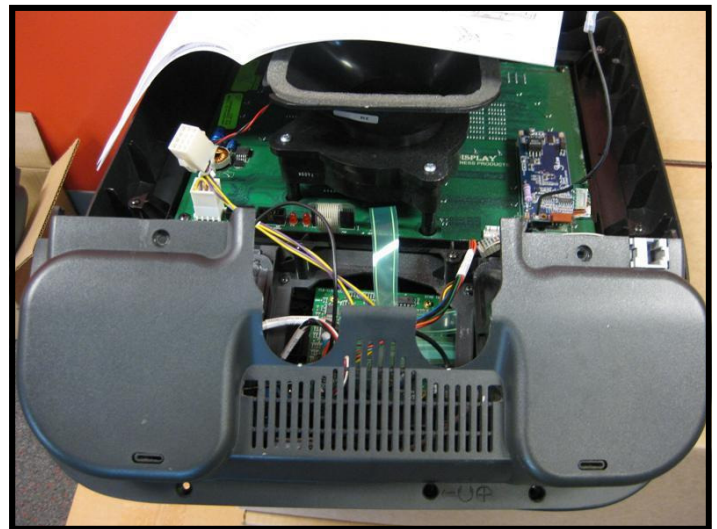
**Step 21.**  
Take the new bottom cover and remove the handlebar plastic tabs.



**Step 22.**  
Slide off and remove the CSafe power connector from the old bottom plastic cover.



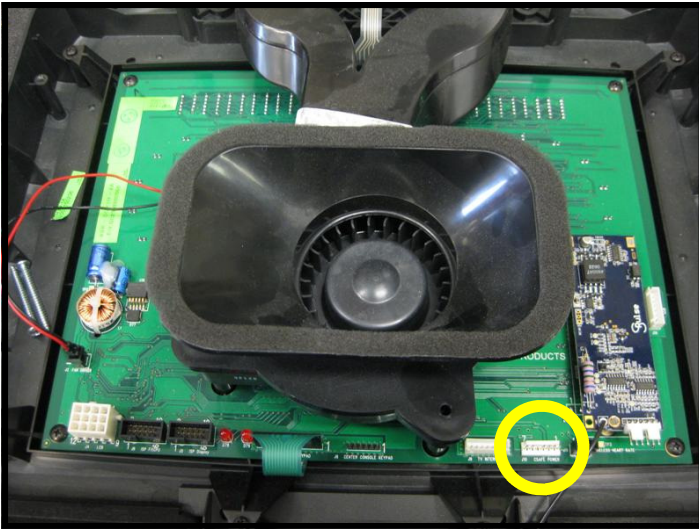
**Step 23.**  
Install the CSafe power connector on the new bottom plastic cover.



**Step 24.**  
Install the new bottom plastic cover onto display, use the screws saved from the earlier step to secure the display bottom. Tighten the screws so they are snug.

**Note:** Take special care to not pinch any of the cables between the plastics.

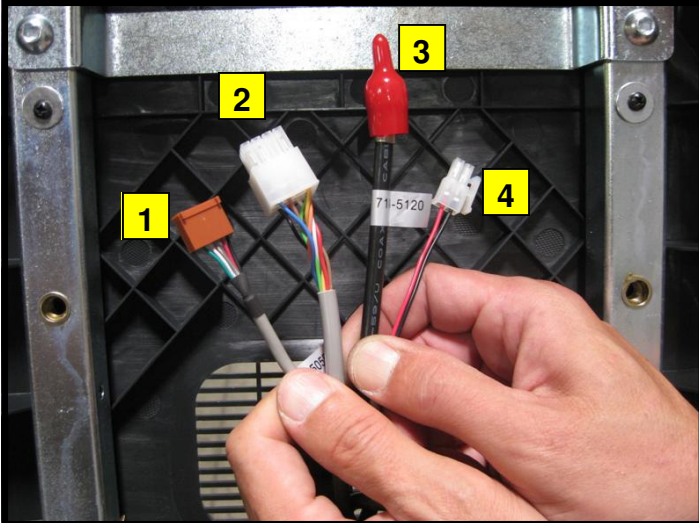




**Step 25.**  
Connect the CSAFE power cable from the bottom cover to J10 connector on the display board.



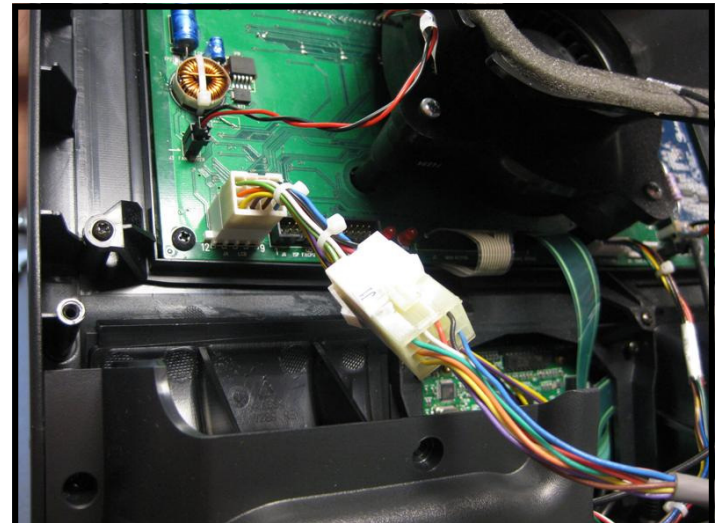
**Step 26.**  
Take the front display plastics with the new center console to the base unit. Hold the front display plastics at the top with one hand while connecting the cables and harnesses with the other.



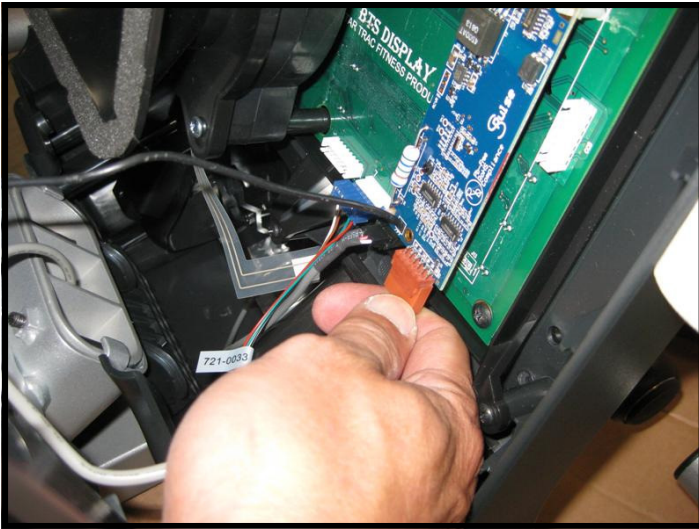
**Step 27.**  
Identify the four cables coming out of the neck and mounting bracket:

1. Heart rate cable
2. Main I/O cable
3. Coax cable
4. DC power cable

**Note:** The coax and DC power cables are part of the PVS and embedded kits and should be tucked down the neck for possible future use.

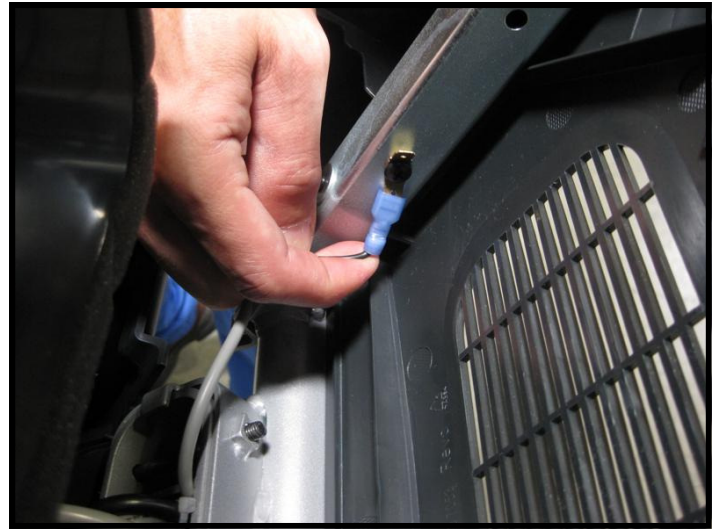


**Step 28.**  
Plug-in the 12-pin main I/O cable from the neck to the new 12 pin adaptor.



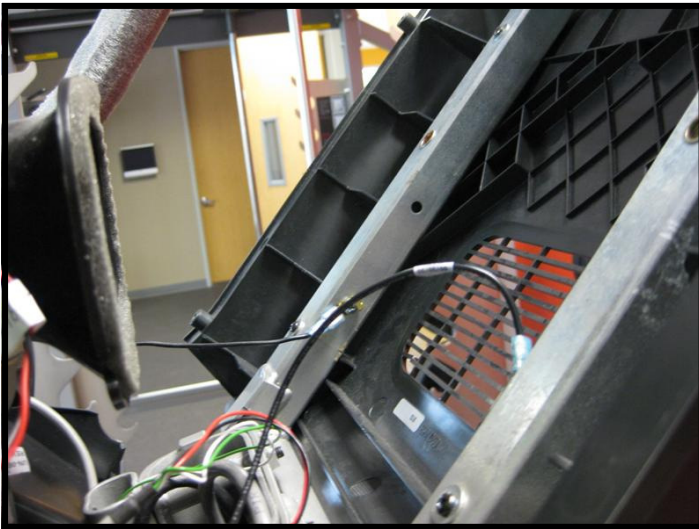
**Step 29.**

Next, plug-in the heart rate cable from the neck into the heart rate board connector on the display.



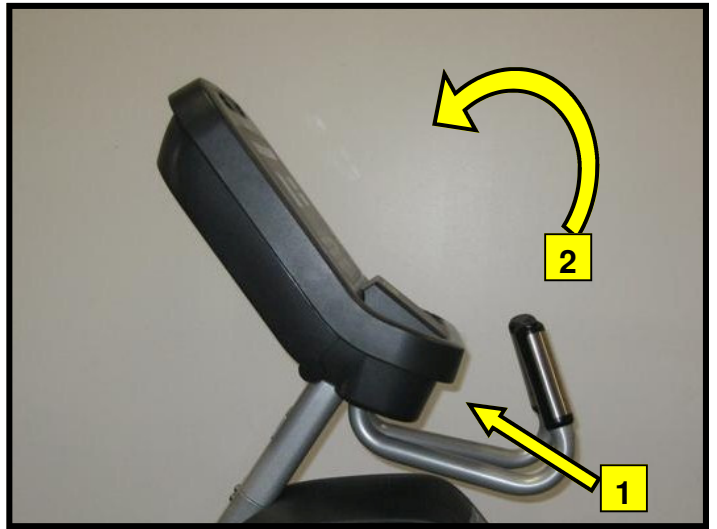
**Step 30.**

Plug back the Heart rate ground cable into the quick disconnect tab on the display mount.



**Step 31.**

Plug the center console ground cable into the quick disconnect tab on the display mount.



**Step 32.**

Assemble the front and back display parts together by sliding the bottom of the front display under the 2 tabs at the base first, then pressing front display against the back cover.

**Caution:** Be careful not to pinch any wires.





**Step 33.**  
Using a Phillips head screw driver, secure the front display to the back with (8) M4 x 0.7 x 19mm long Phillips head screws.



**Step 34.**  
Turn power on. Perform a visual inspection, and test the features and functions of the unit prior to use.

**Note:** Refer to the User's Manual for other settings and instructions.

**YOU HAVE NOW COMPLETED THE iPod® CENTER CONSOLE INSTALLATION**



## Use the checklist below to ensure the proper installation of the Total Body Trainer:

- 1. All parts, tools and hardware in the package are accounted for.
- 2. Center console assembly is properly mounted and secured.
- 3. All screws are tightened and torqued down to their specified values.
- 4. Display's mounting bracket and back cover are properly mounted and secured.
- 5. All cables and harnesses are properly plugged to their respective connectors.
- 6. The front and back display plastics are properly installed and secured.
- 7. Verify iPod menu is functioning and user can browse and listen to music.
- 8. Verify clear audio coming from both earphones.

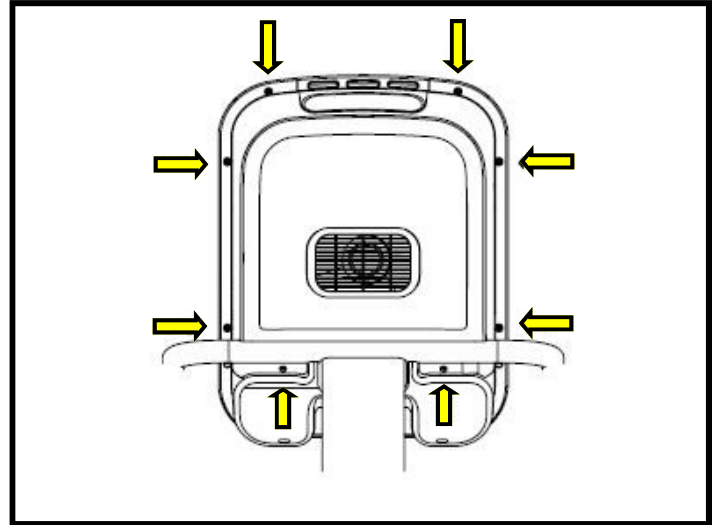
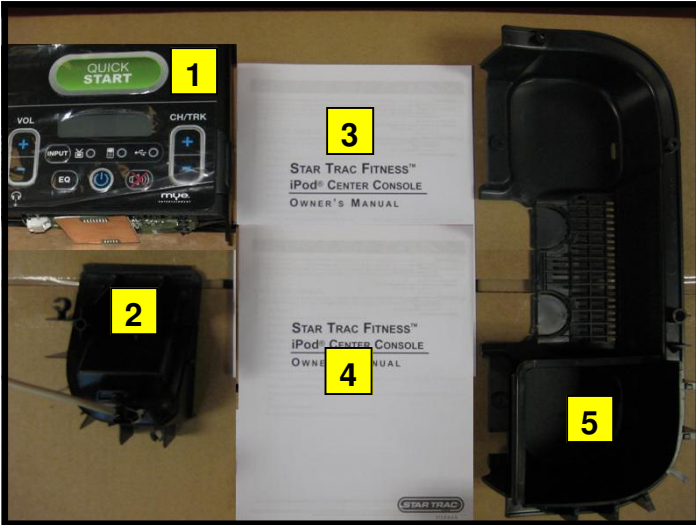


### ATTENTION

- Star Trac recommends that the Total Body Trainers be spaced a minimum of 20.0 inches (0.5 m) apart to allow safe and easy ingress and egress. Even more importantly, there must be at least 48 inches (1.25 m) of free space behind the Total Body Trainer.
- As with any motorized equipment, the area where Total Body Trainers are located must be free of obstructions and fixtures with sharp edges to prevent injury in the event that a user trips or loses balance and falls.

**For technical assistance call Star Trac Customer Service: 1 800 503 1221**

# MYE® ENTERTAINMENT CENTER CONSOLE INSTALLATION INSTRUCTIONS



## Step 1.

Remove all contents from the packaging and verify that you have the following parts:

1. MYE® center console.
2. iPod® cradle.
3. iPod® center console owner's manual.
4. MYE® operation manual.
5. Lower back cover.

**Note:** If the center console is being installed on a new unit, then perform this installation prior to mounting the display assembly onto the frame.

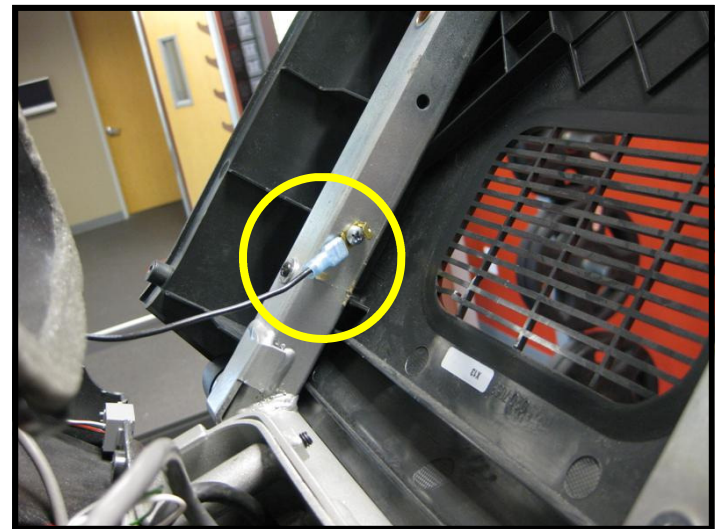
## Step 2.

Using a #2 Phillips screwdriver, remove the (8) screws on the back of the display plastic. Set the screws aside, you will need them for re-assembly.



## Step 3.

Carefully open the display plastic, so as to not detach the inner cables from the display.

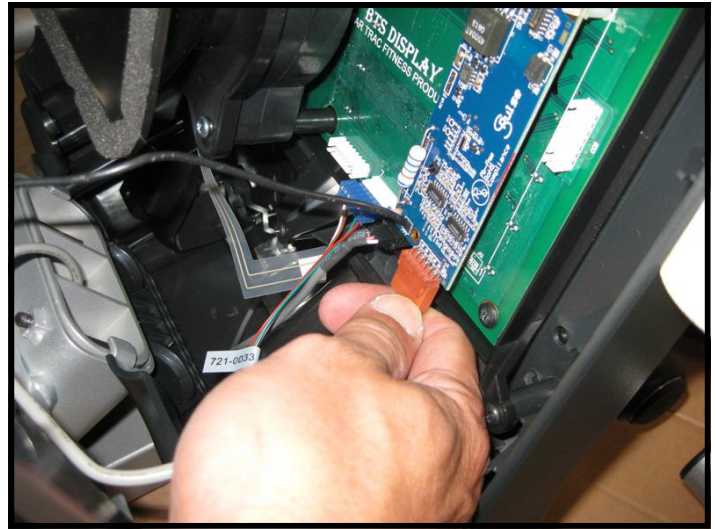


## Step 4.

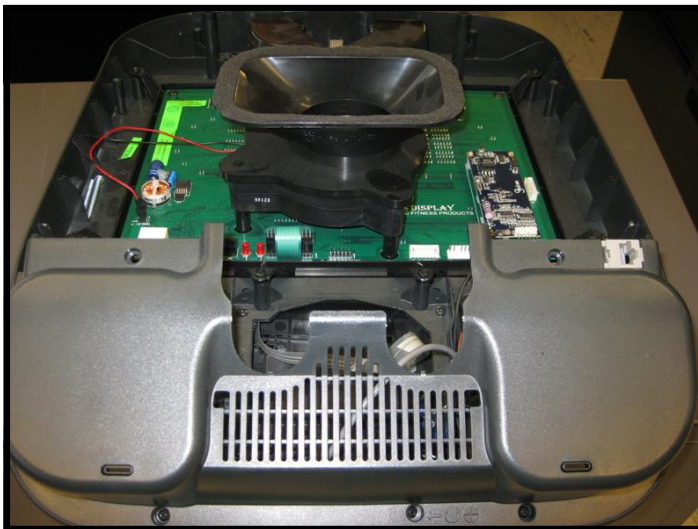
Disconnect the ground wire between the heart rate board and the display mount.



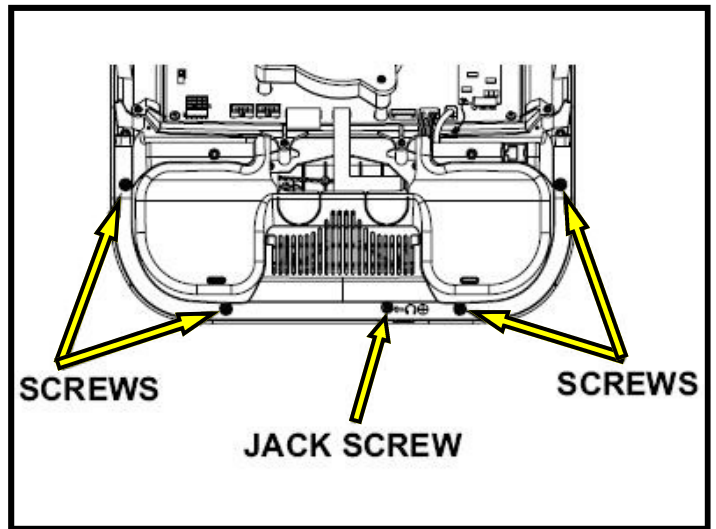
**Step 5.**  
Disconnect the 12-pin serial connector from the display



**Step 6.**  
Now disconnect the heart rate connector from the display



**Step 7.**  
Be careful with the display and place it face down on top of a non-scratching surface to protect it from being damaged.



**Step 8.**  
Using a #2 Phillips head screwdriver, remove the (4) screws that hold bottom side of the display console on, then remove the (1) screw that holds the headphone jack cap.

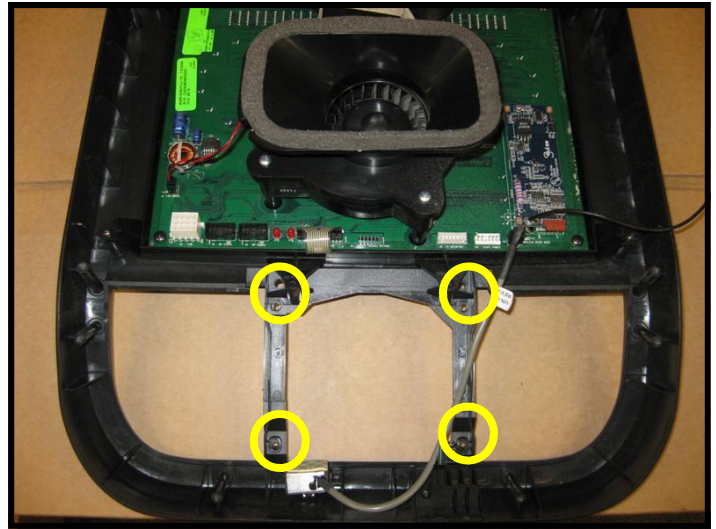
**Note:** Retain screws for later use.





### Step 9.

Next remove the bottom cover, then remove the headphone blank cover. You will no longer need those covers and they can be stored away for any possible future use.



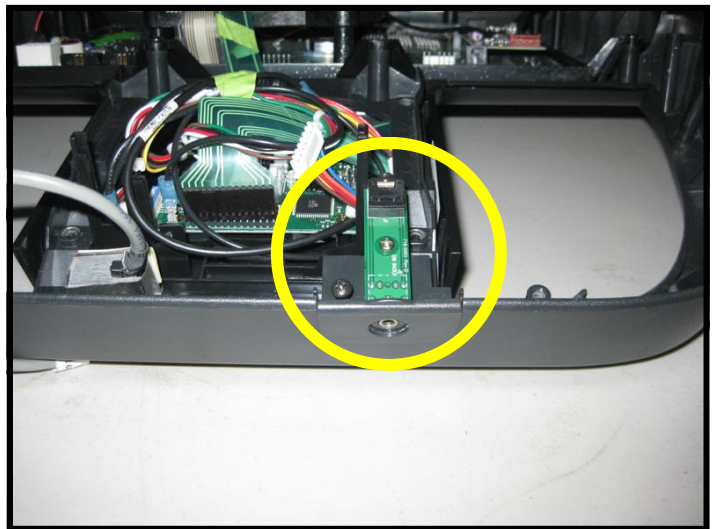
### Step 10.

Using a Phillips head screwdriver, remove the (4) screws that hold the original center console in place, then remove the center console. You will no longer need the center console and it can be stored away for any possible future use.



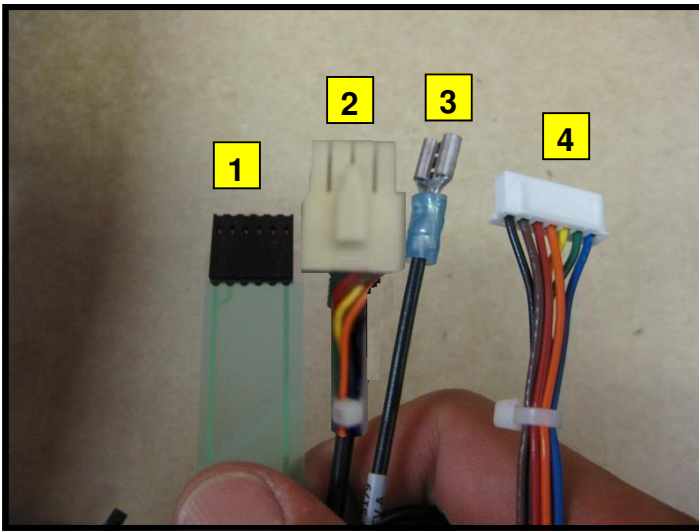
### Step 11.

Insert the new center console into the front display. Using a #2 Phillips screwdriver, screw in and secure the (4) screws that were saved from the original center console.



### Step 12.

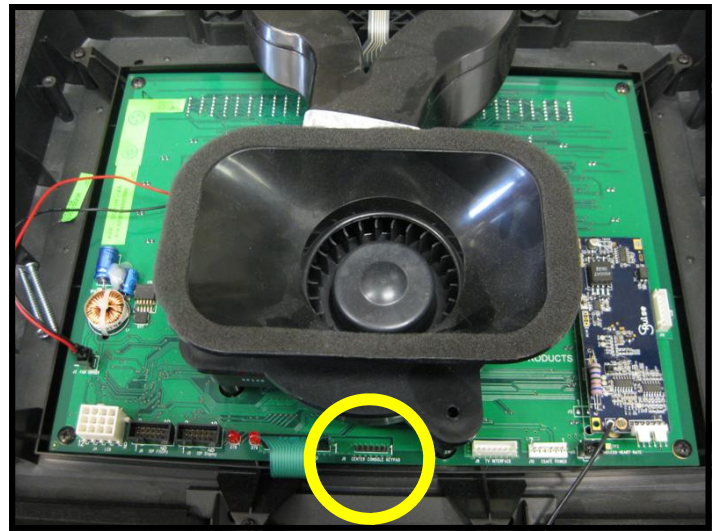
Now install the new head phone jack mount (which came connected to the new center console). Use the screw saved from the earlier step to secure the mount to the display.



**Step 13.**

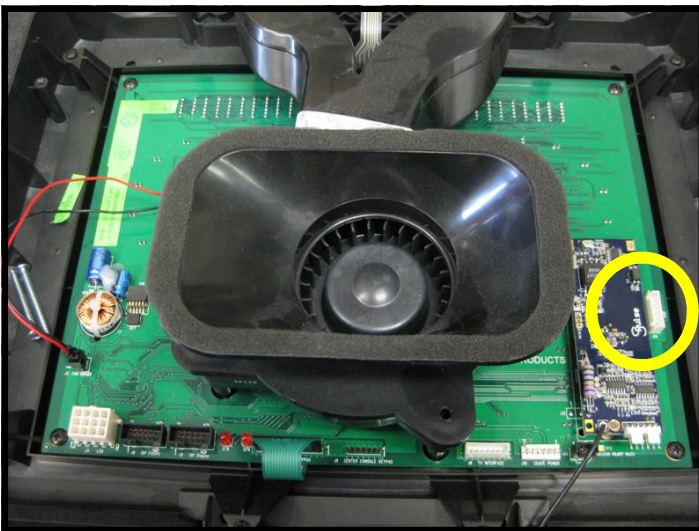
Identify the cables coming out of the new center console:

1. Center console keypad ribbon cable.
2. Center console power cable
3. Center console ground cable.
4. Seven-pin interface cable.



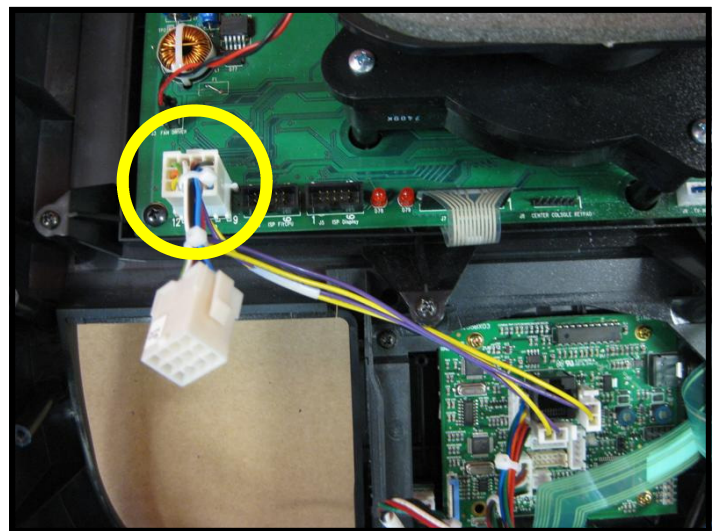
**Step 14.**

Connect the center console keypad cable to J8 connector on the display board.



**Step 15.**

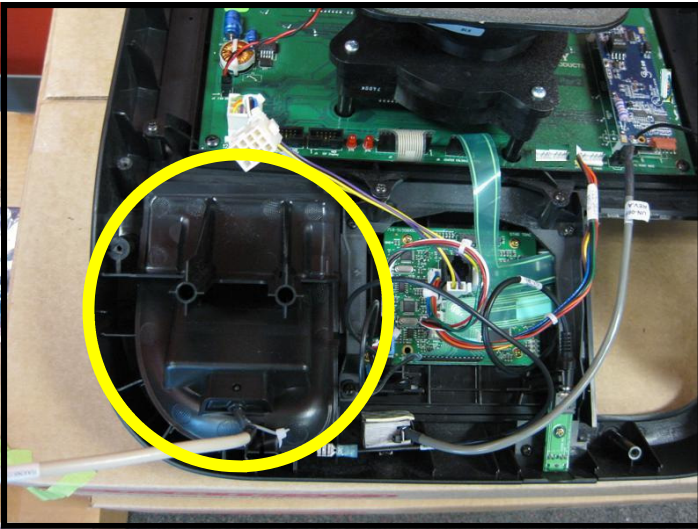
Connect the seven-pin interface cable from the console to J14 connector on the display PC board.



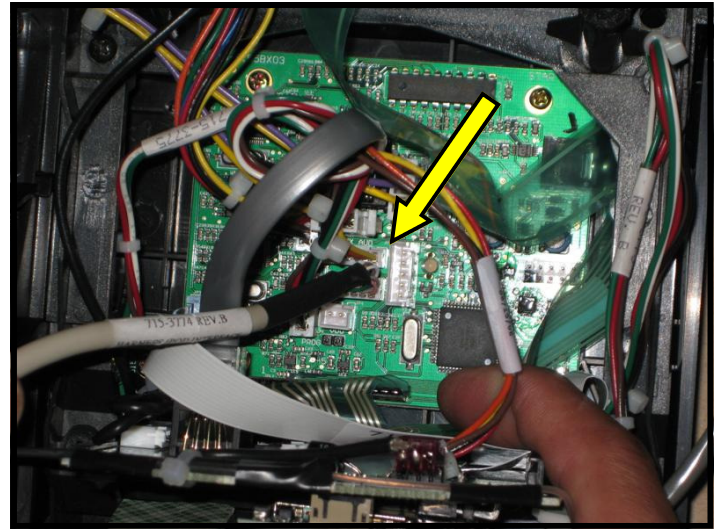
**Step 16.**

Take the center console power cable and attach the male 12 pin connector to the female 12 pin connector on the display board.

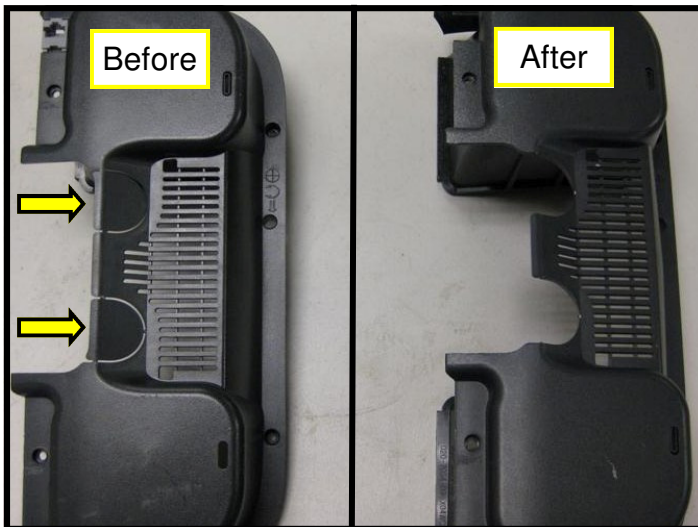




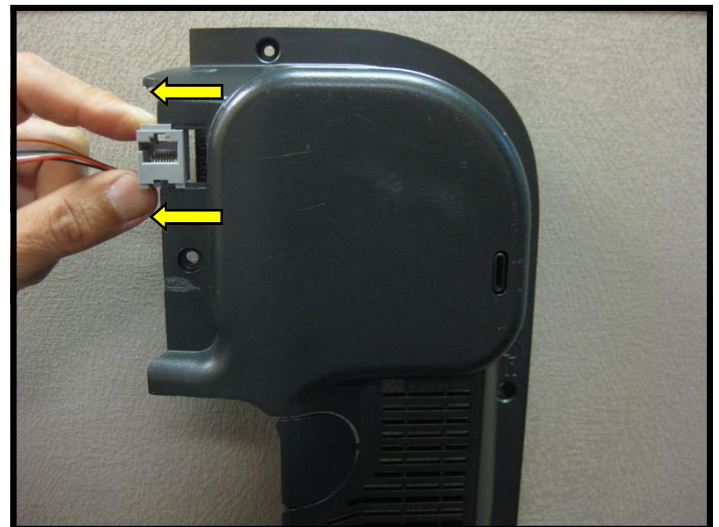
**Step 17.**  
Take the new iPod® cradle from the kit and install it onto display console.



**Step 18.**  
Now connect iPod® cable from the iPod cradle to J10 connector on the center console board.

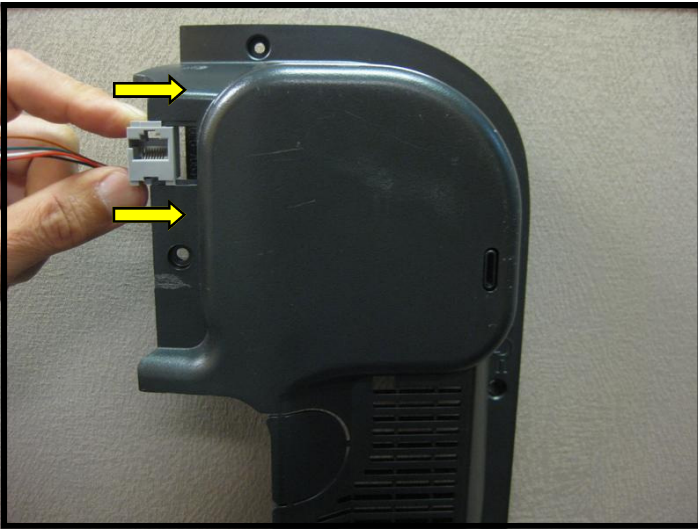


**Step 19.**  
Take the new bottom cover and remove the handlebar plastic tabs.



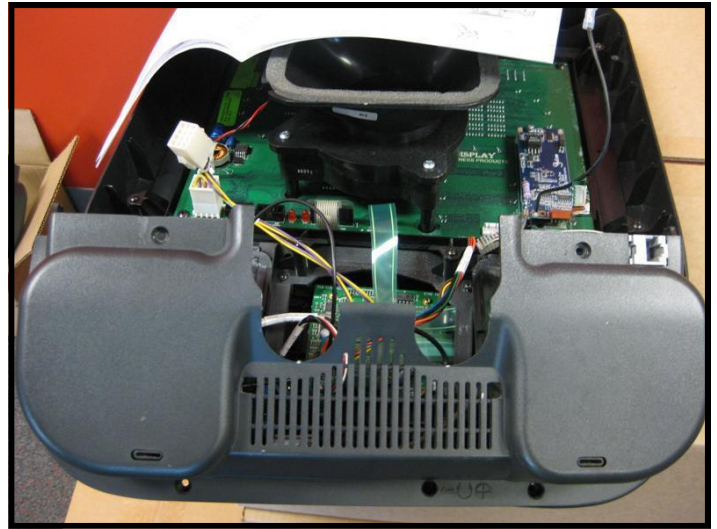
**Step 20.**  
Slide off and remove the CSAFE power connector from the old bottom plastic cover.





### Step 21.

Install the CSafe power connector on the new bottom plastic cover.



### Step 22.

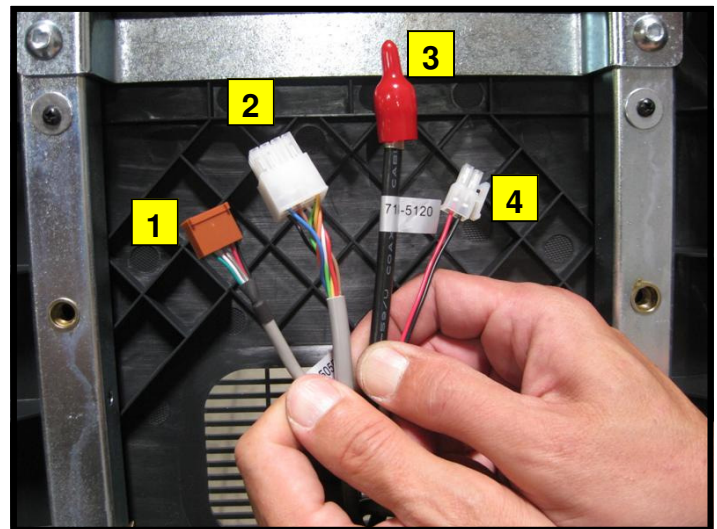
Install the new bottom plastic cover onto display, use the screws saved from the earlier step to secure the display bottom. Tighten the screws so they are snug, then plug in the CSafe power cable to the back of the display.

*Note:* Take special care to not pinch any of the cables between the plastics.



### Step 23.

Take the front display plastics with the new center console to the base unit. Hold the front display plastics at the top with one hand while connecting the cables/harnesses with the other.

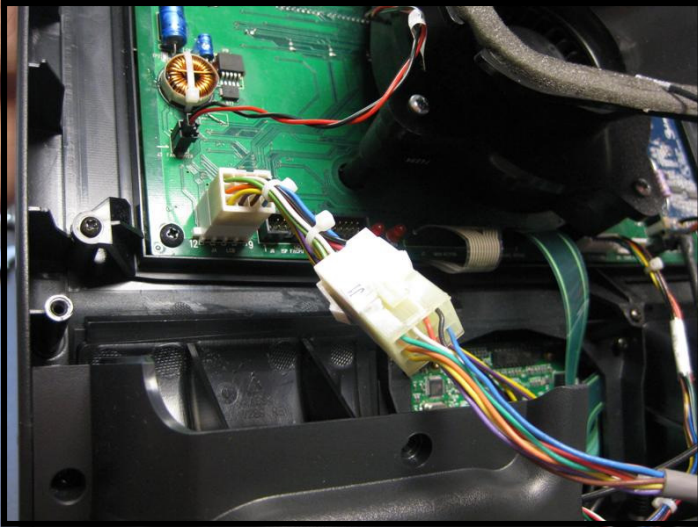


### Step 24.

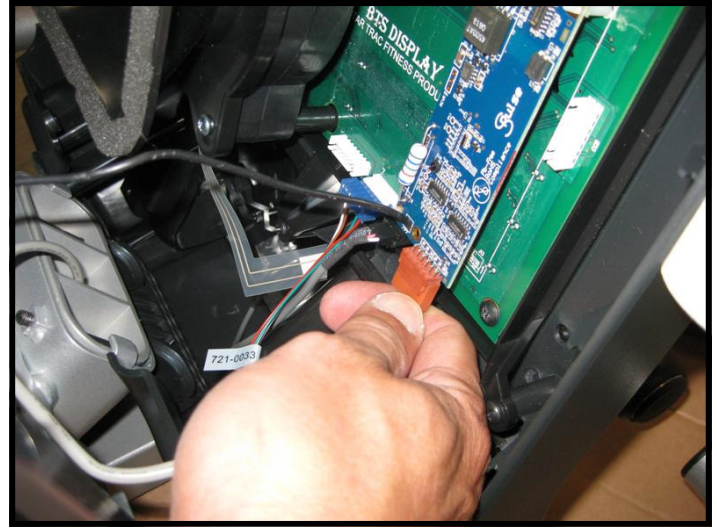
Identify the four cables coming out of the neck and mounting bracket:

1. Heart rate cable.
2. Main I/O cable.
3. Coax cable.
4. DC power cable.

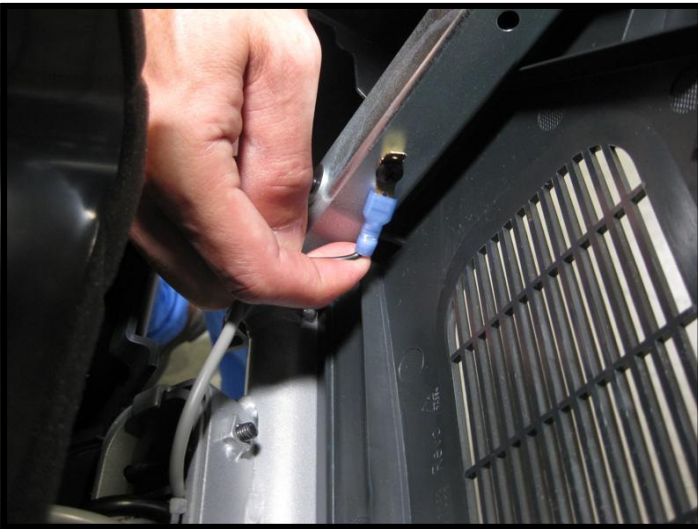
*Note:* The coax and DC power cables are part of the PVS and embedded kits and should be tucked down the neck for possible future use.



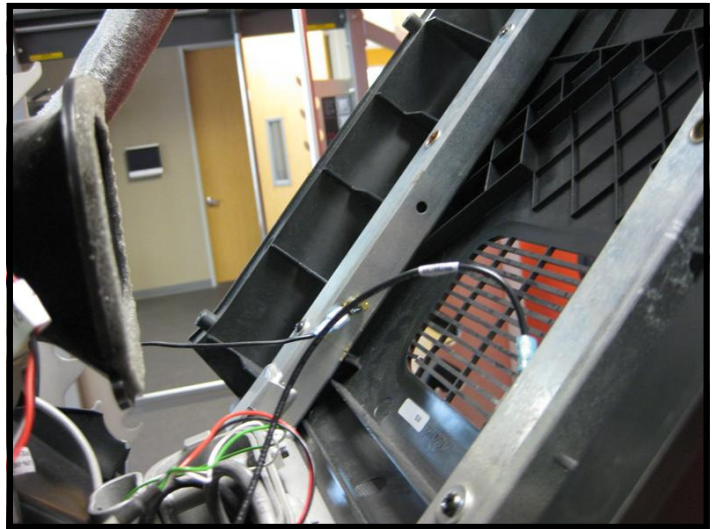
**Step 25.**  
Plug-in the 12-pin main I/O cable from the neck to the new 12 pin adaptor.



**Step 26.**  
Next, plug-in the heart rate cable from the neck into the heart rate board connector on the display.

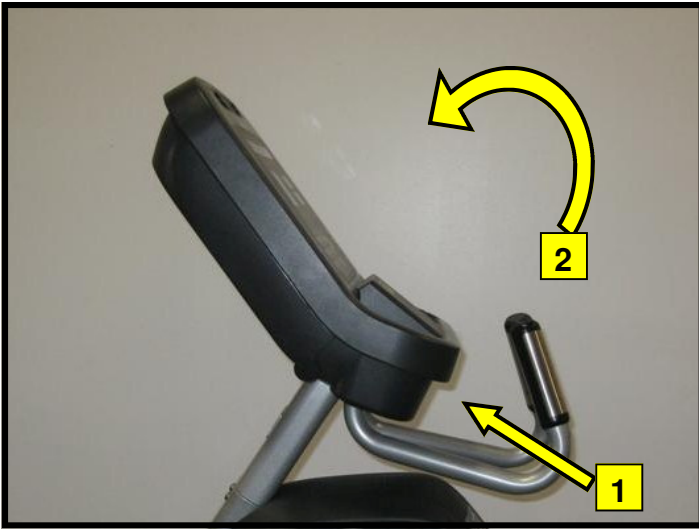


**Step 27.**  
Plug back the Heart rate ground cable into the quick disconnect tab on the display mount.



**Step 28.**  
Plug the center console ground cable into the quick disconnect tab on the display mount.





**Step 29.**  
Assemble the front and back display parts together by sliding the bottom of the front display under the 2 tabs at the base first, then pressing front display against the back cover.

**Caution:** Be careful not to pinch any wires.



**Step 30.**  
Using a Phillips head screw driver, secure the front display to the back with (8) M4 x 0.7 x 19mm long Phillips head screws.



**Step 31.**  
Turn power on. Perform a visual inspection, and test the features and functions of the unit prior to use.

**Note:** Refer to the User's Manual for other settings and instructions.

**YOU HAVE NOW COMPLETED THE MYE® CENTER CONSOLE INSTALLATION**



## Use the checklist below to ensure the proper installation of the Total Body Trainer:

- 1. All parts, tools and hardware in the package are accounted for.
- 2. Center console assembly is properly mounted and secured.
- 3. All screws are tightened and torqued down to their specified values.
- 4. Display's mounting bracket and back cover are properly mounted and secured.
- 5. All cables and harnesses are properly plugged to their respective connectors.
- 6. The front and back display plastics are properly installed and secured.
- 7. Verify MYE center console function as specified in the user manual.
- 8. iPod test: Verify iPod menu is functioning and user can browse and listen to music.

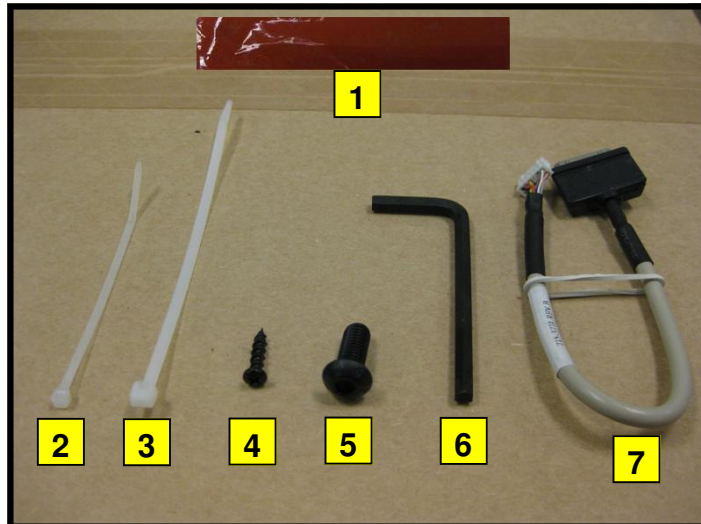


### ATTENTION

- Star Trac recommends that the Total Body Trainers be spaced a minimum of 20.0 inches (0.5 m) apart to allow safe and easy ingress and egress. Even more importantly, there must be at least 48 inches (1.25 m) of free space behind the Total Body Trainer.
- As with any motorized equipment, the area where Total Body Trainers are located must be free of obstructions and fixtures with sharp edges to prevent injury in the event that a user trips or loses balance and falls.

**For technical assistance call Star Trac Customer Service: 1 800 503 1221**

# PERSONAL VIEWING SCREEN (PVS) INSTALLATION INSTRUCTIONS



## Step 1.

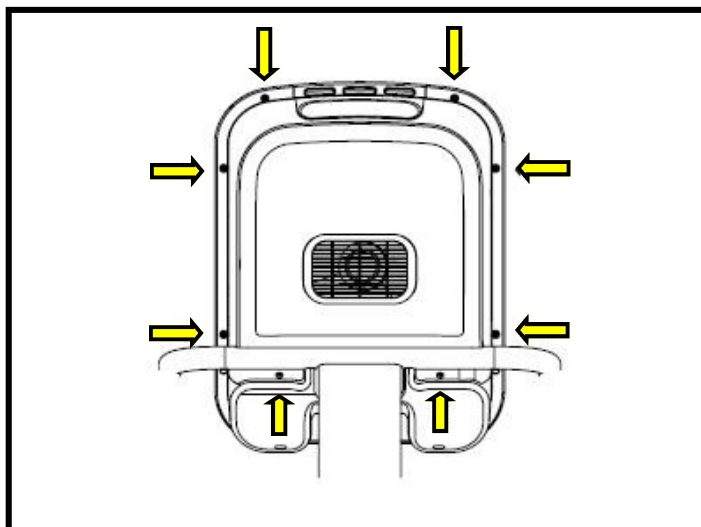
Remove all contents from the packaging and verify that you have the following parts:

Item	Description	QTY
1	PVS assembly with mounting bracket.	1
2	Headphone jack and mount.	1
3	PVS center console.	1
4	Owner's manual with registration card.	1
5	Power adaptor.	1
6	Hardware kit.	1
7	Power cord.	1

## Step 2.

Remove all content from the hardware kit packaging and verify that you have the following parts:

Item	Description	QTY
1	5" tape	1
2	3.5" tie strap	1
3	5" tie strap	1
4	M4 screws	4
5	M8 button head screws	4
6	5mm Hex hex	1
7	iPod® cable	1

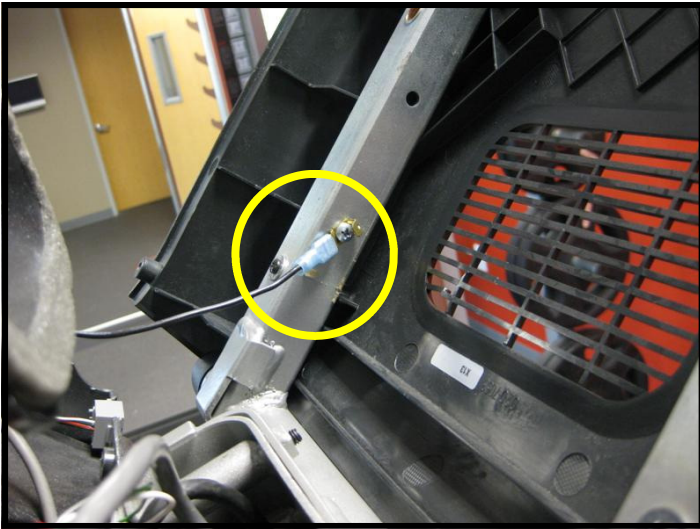


## Step 3.

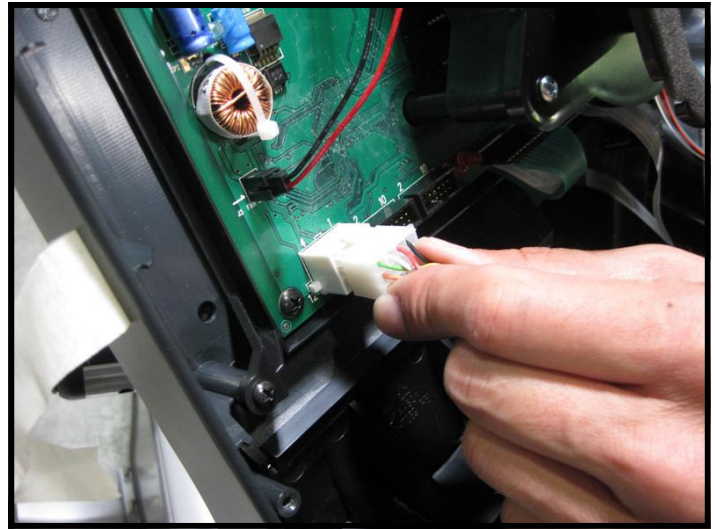
Using a #2 Phillips screwdriver, remove the (8) screws on the back of the display plastic. Set the screws aside, you will need them for re-assembly.

## Step 4.

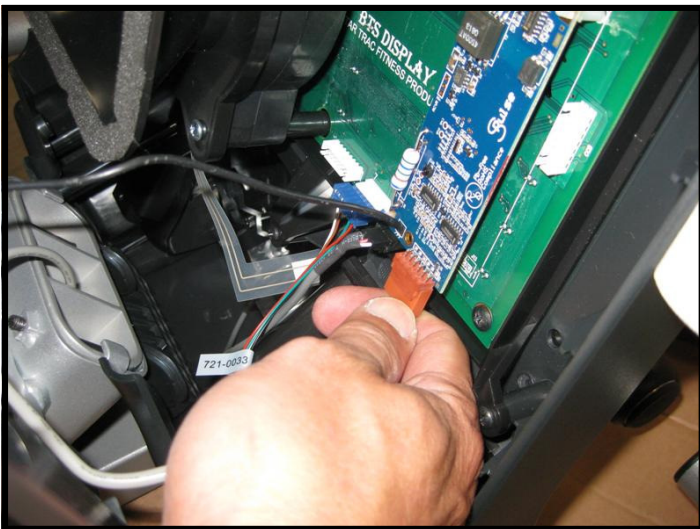
Carefully open the display plastic, so as to not detach the inner cables from the display.



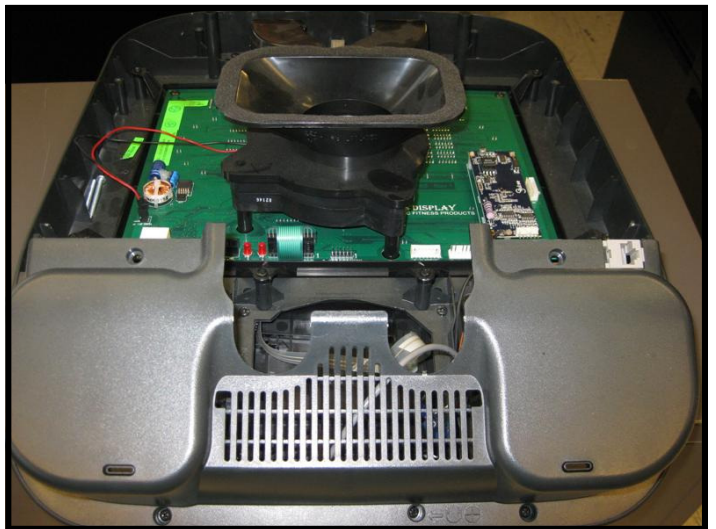
**Step 5.**  
Disconnect the ground wire between the heart rate board and the display mount.



**Step 6.**  
Disconnect the 12-pin serial connector from the display.

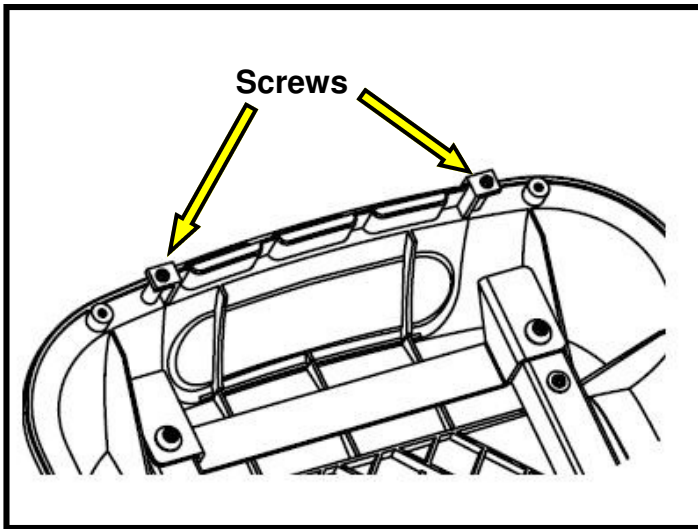


**Step 7.**  
Now disconnect the heart rate connector from the display.



**Step 8.**  
Be careful with the display and place it face down on top of the non-scratching surface.

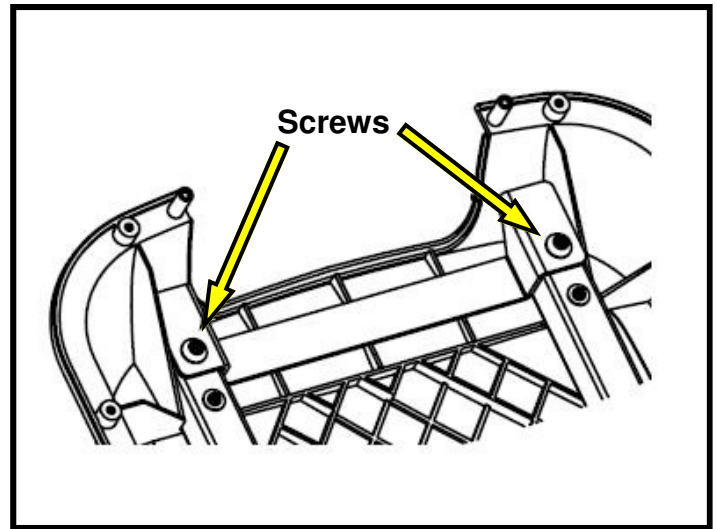




### Step 9.

Remove the cap cover with the Star Trac logo from the back cover plastics by removing the (2) screws using a #2 Phillips screwdriver. Retain screws for later use.

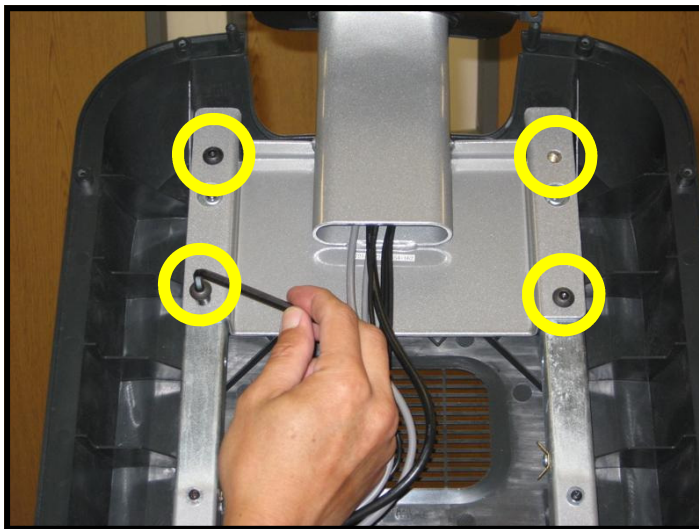
**Note:** You will no longer need the cap cover and, if desired, you can store it away for any possible future use.



### Step 10.

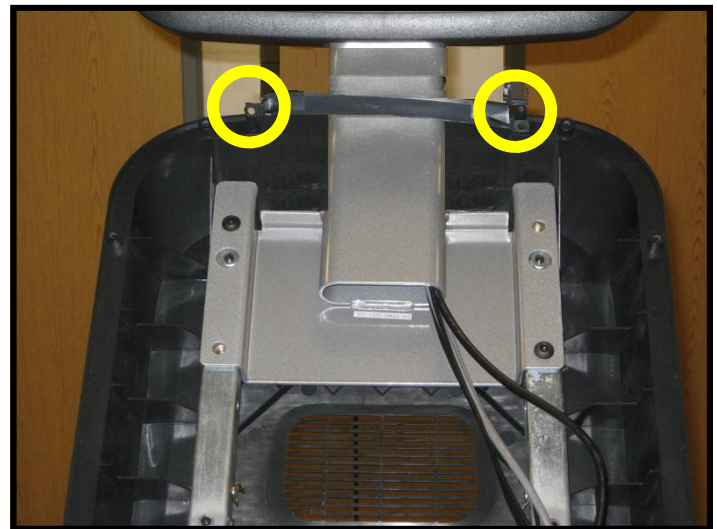
Remove the (2) M8 buttonhead screws retaining the cross-brace using provided 5mm Hex key. Retain screws for later use.

**Note:** You will no longer need the cross-brace and, if desired, you can store it away for any possible future use.



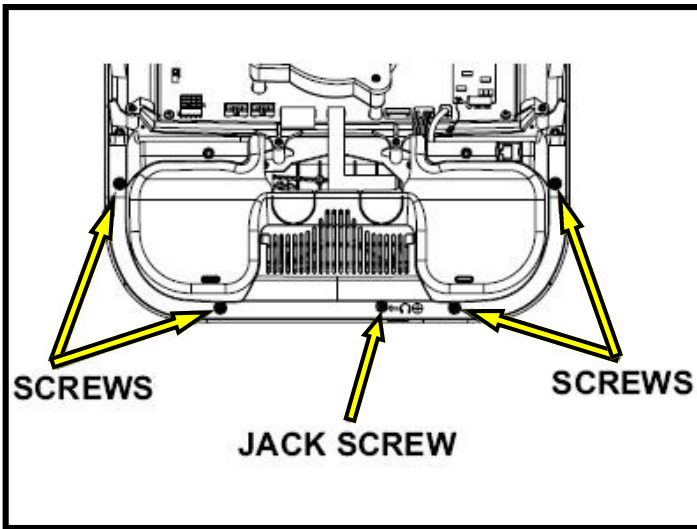
### Step 11.

Mount the PVS assembly on the mounting bracket, then thread the (4) M8 buttonhead screws through the PVS mounting bracket into the display mount. Do not tighten the screws yet.



### Step 12.

Adjust the new cap with the grommet into place. Then use the 5mm Hex key to secure the M8 buttonhead screws holding the PVS assembly in place. Now secure the cap with the (2) screws that were saved earlier.



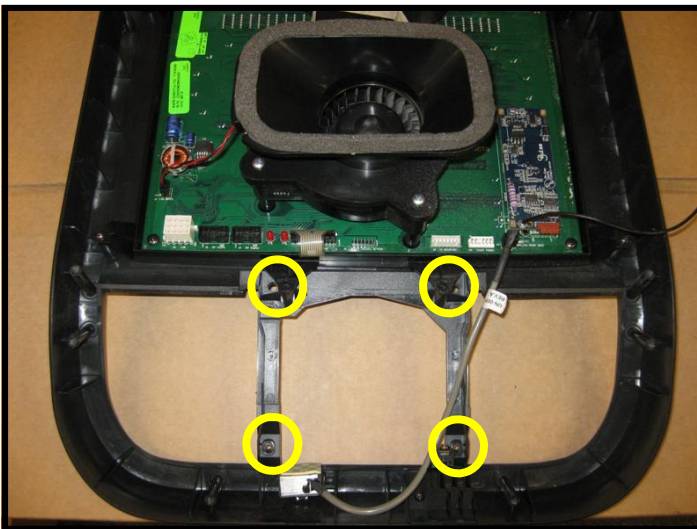
**Step 13.**  
Using a #2 Phillips head screwdriver, remove the (4) screws that hold the bottom cover of the display console, then remove the (1) screw that holds the headphone jack cap.

**Note:** Retain screws for later use.



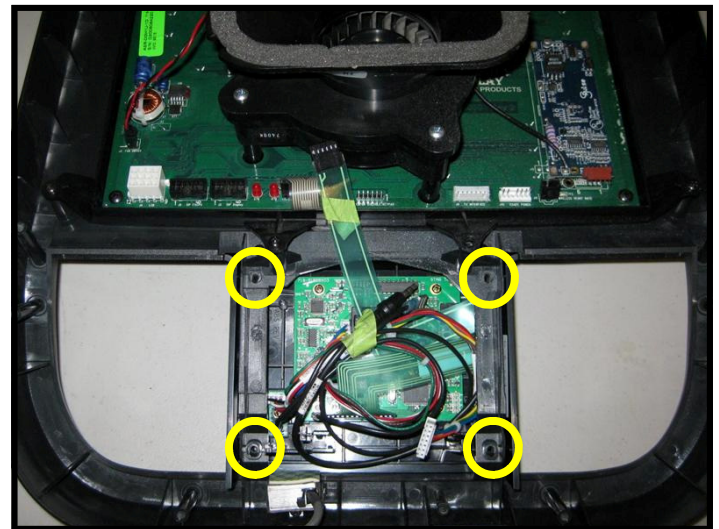
**Step 14.**  
Next remove the bottom cover, then remove the headphone blank cover.

**Note:** You will no longer need the headphone jack cover and it can be stored away for any possible future use.



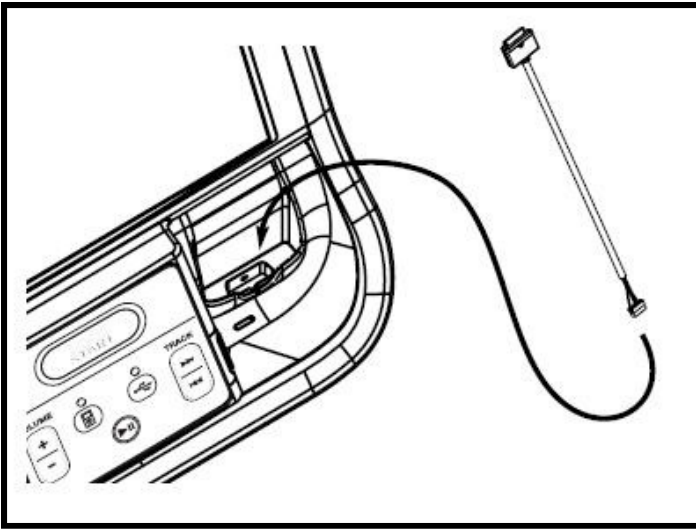
**Step 15.**  
Using a Phillips head screwdriver, remove the (4) screws that hold the original center console in place, then remove the center console.

**Note:** You will no longer need the center console and it can be stored away for any possible future use.

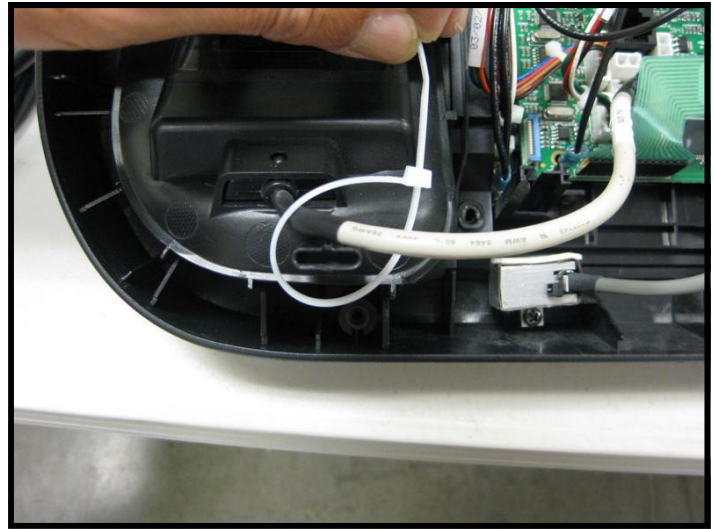


**Step 16.**  
Insert the new center console into the front display. Using a #2 Phillips screwdriver, screw in and secure the (4) screws that were saved from the original center console.

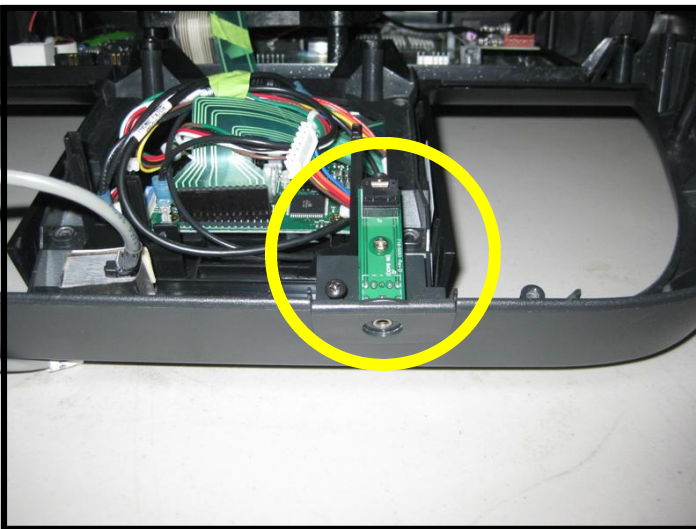




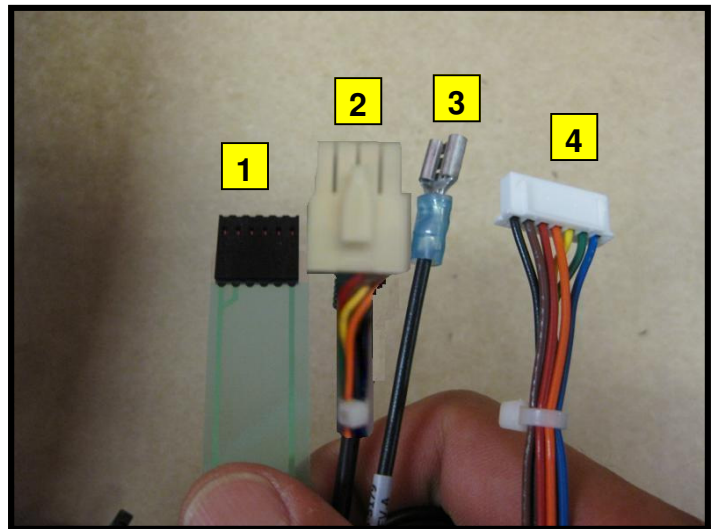
**Step 17.**  
 Install the iPod® cable into the iPod® cradle on the front side of the display console by removing the plug from the cradle then inserting the cable through opening. Make sure cable is aligned properly with the display plastics. Press firmly to insure the cable is seated into the cradel.



**Step 18.**  
 Tie the iPod® cable to the plastic using the 3.5" tie wrap.

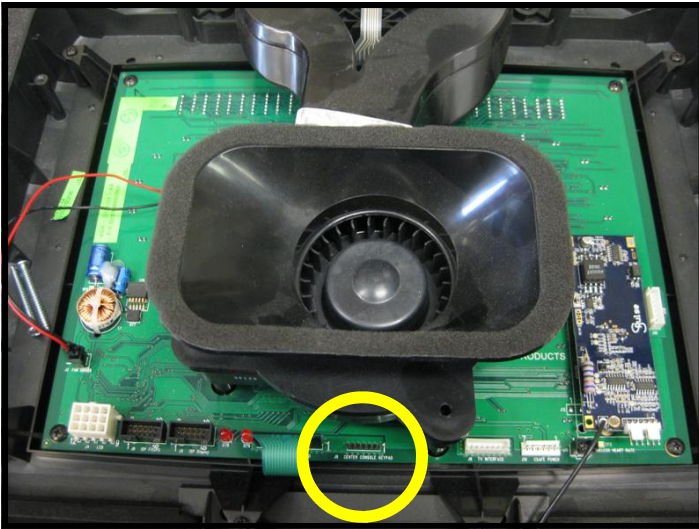


**Step 19.**  
 Now install the new head phone jack mount. Use the screw saved from the earlier step to secure the mount to the display.



**Step 20.**  
 Identify the cables coming out of the new center console:

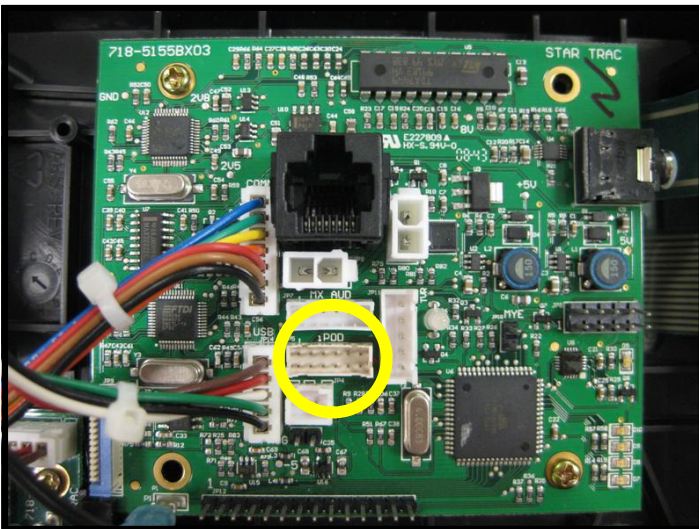
1. Center console keypad ribbon cable.
2. Center console power cable.
3. Center console ground cable.
4. Seven-pin interface cable.



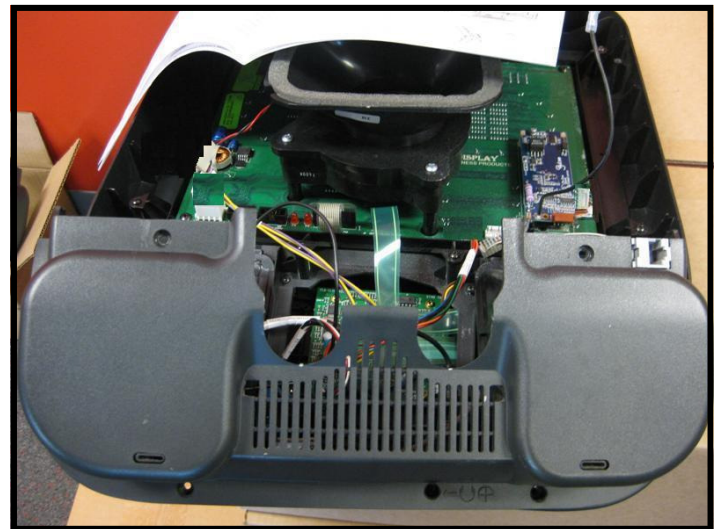
**Step 21.**  
Connect the center console keypad cable to J8 connector on the display board.



**Step 22.**  
Connect the seven-pin interface cable from the console to J14 connector on the display board.



**Step 23.**  
Now connect the iPod® cable from the bottom cover to J10 connector on the center console board.



**Step 24.**  
Next replace the bottom cover. Use the screws saved from the earlier step to secure the display bottom. Tighten the screws so they are snug, then plug in the CSAFE power cable to the back of the display.

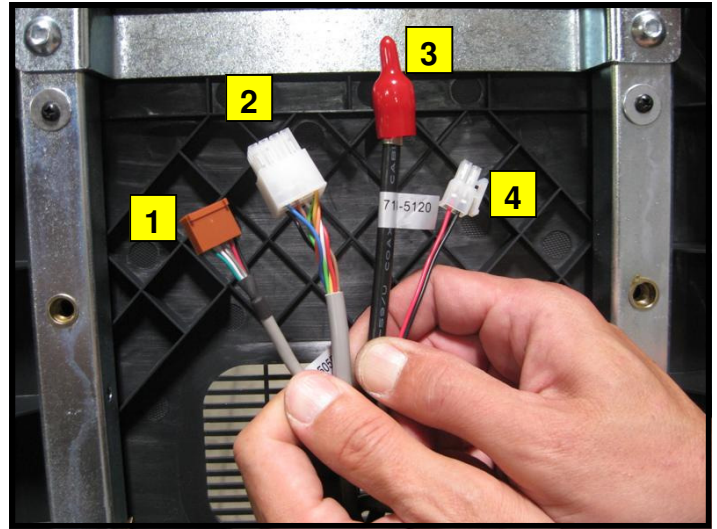
**Note:** Take special care to not pinch any of the cables between the plastics.





### Step 25.

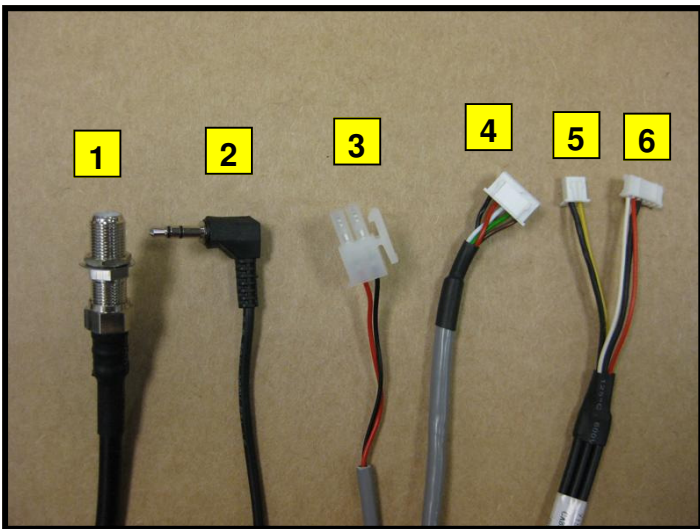
Take the front display plastics with the new center console to the base unit. Hold the front display plastics at the top with one hand while connecting the cables/harnesses with the other.



### Step 26.

Identify the four cables coming out of the neck and mounting bracket:

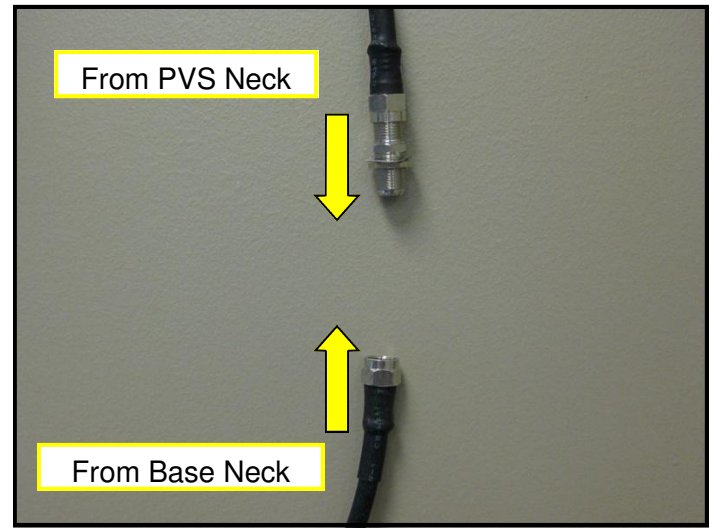
1. Heart rate cable
2. Main I/O cable
3. Coax cable
4. DC power cable



### Step 27.

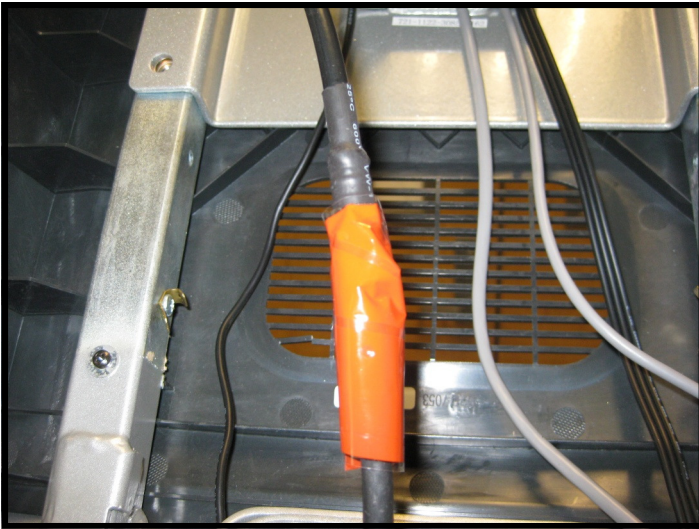
Identify the cables coming out of the PVS neck:

1. Coax cable.
2. Headphone jack cable.
3. DC power cable
4. Data interface cable
5. Video cable
6. Audio cable



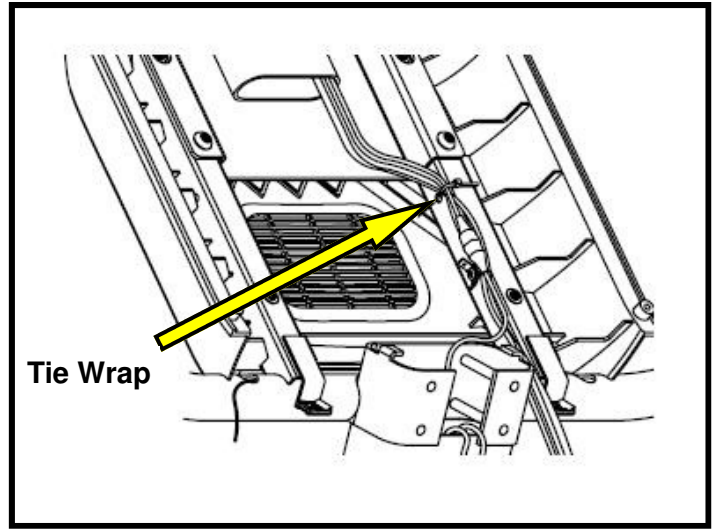
### Step 28.

Connect the coax cable coming out of the base unit with the coax cable coming out of PVS neck. Secure tightly.



**Step 29.**

Take the 5" piece of tape from the PVS kit and wrap the connectors so that all of the metal surface is covered.



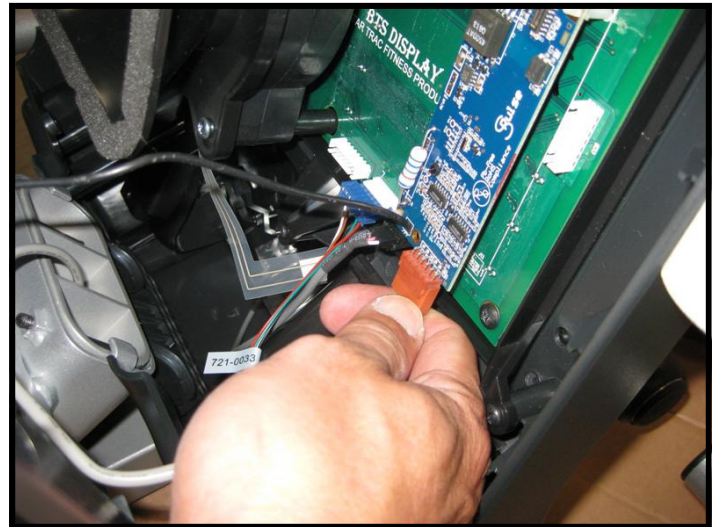
**Step 30.**

Using a 5" tie wrap from the PVS kit, bind the cables from the PVS neck to one side of the display mount. Take the tie and put it through the hole on one of the display mount tubes.



**Step 31.**

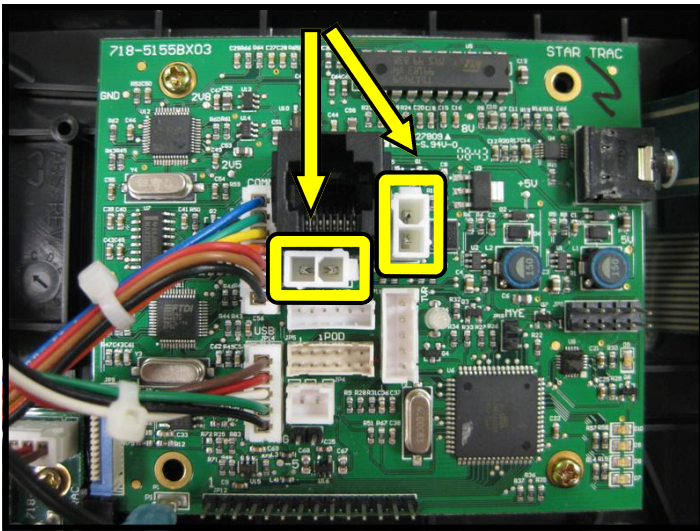
Plug-in the 12-pin main I/O cable coming from the unit base into the front display circuit board at J4 connector.



**Step 32.**

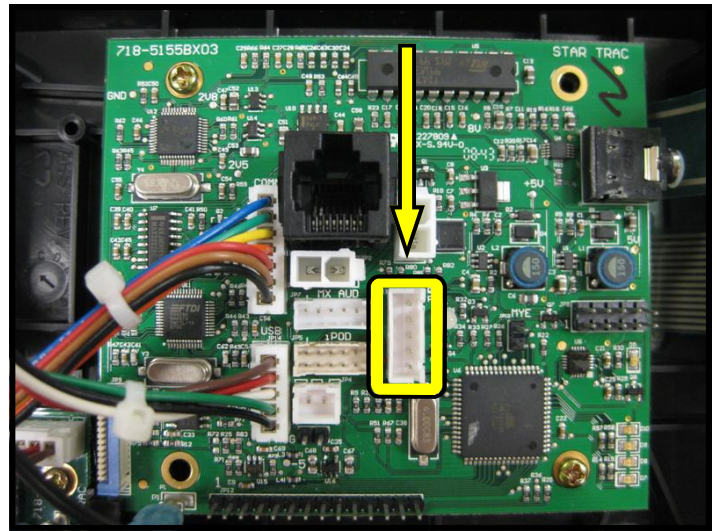
Next, plug-in the heart rate cable from the neck into the heart rate board connector on the display.





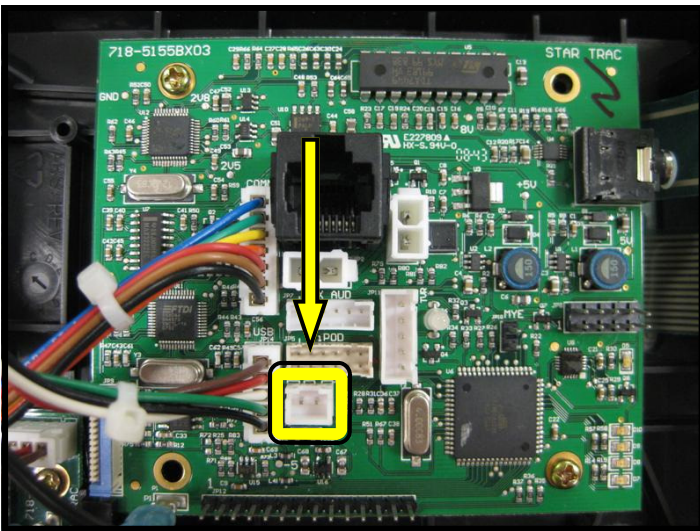
**Step 33.**

Plug the DC power cable from the base neck to either one of the DC connectors on new center console board. Then plug the DC power cable from the PVS neck to the other DC connectors on same center console board.



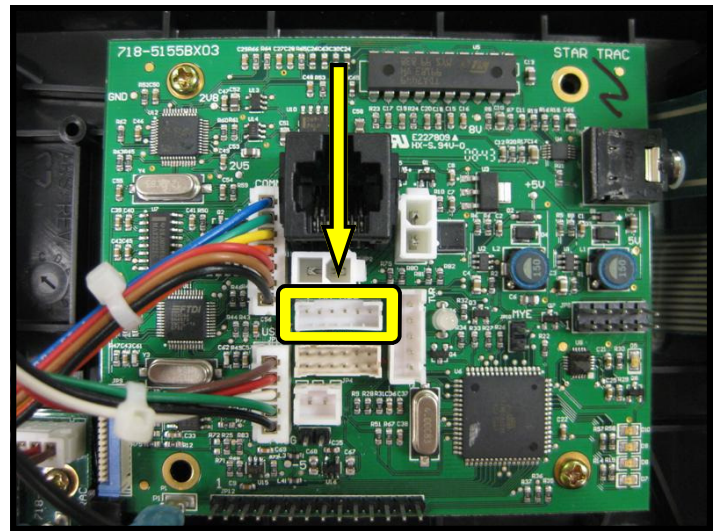
**Step 34.**

Plug the data interface cable coming from the PVS neck into the center console board.



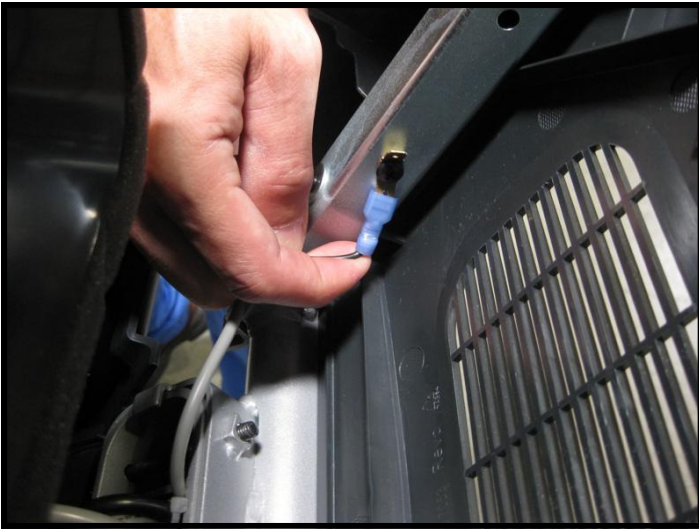
**Step 35.**

Plug the video cable coming from the PVS neck into the center console board.

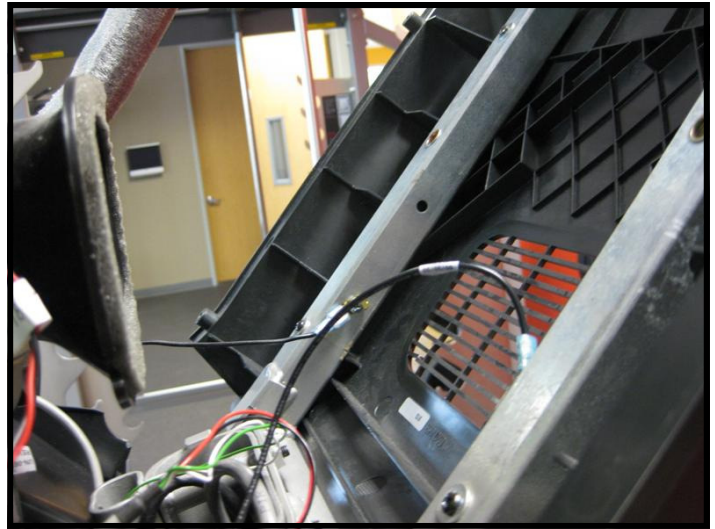


**Step 36.**

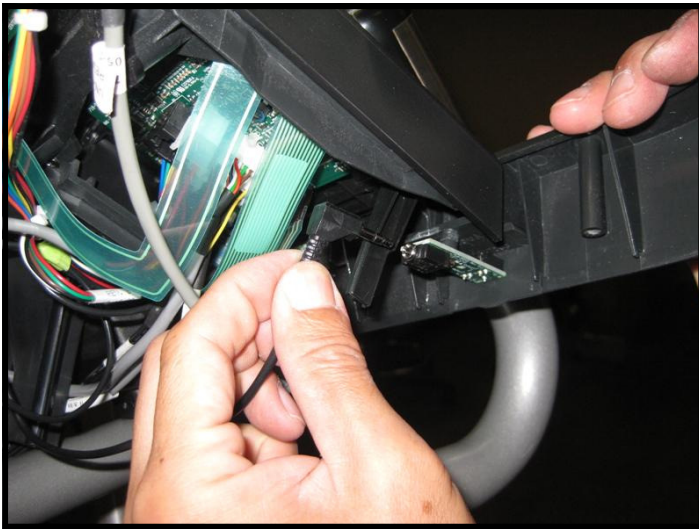
Plug the audio cable coming from the PVS neck into the center console board.



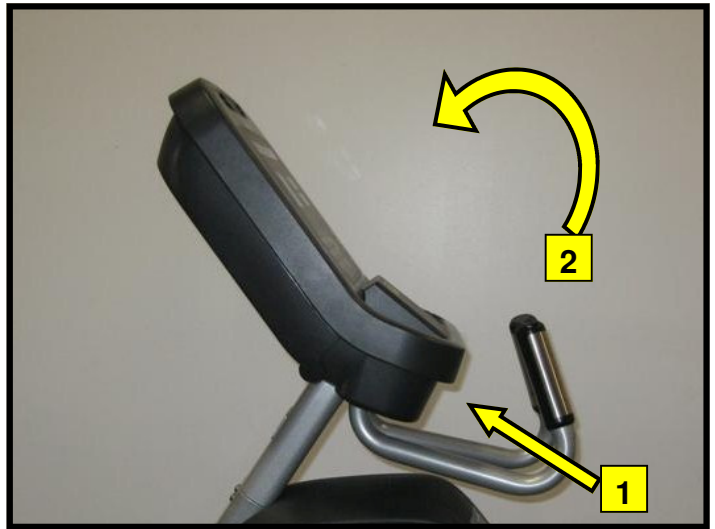
**Step 37.**  
Plug back the Heart rate ground cable into the quick disconnect tab on the display mount.



**Step 38.**  
Plug the center console ground cable into the quick disconnect tab on the display mount.



**Step 39.**  
Plug the headphone jack cable coming from the PVS neck into the, newly installed, headphone jack on the front of display.



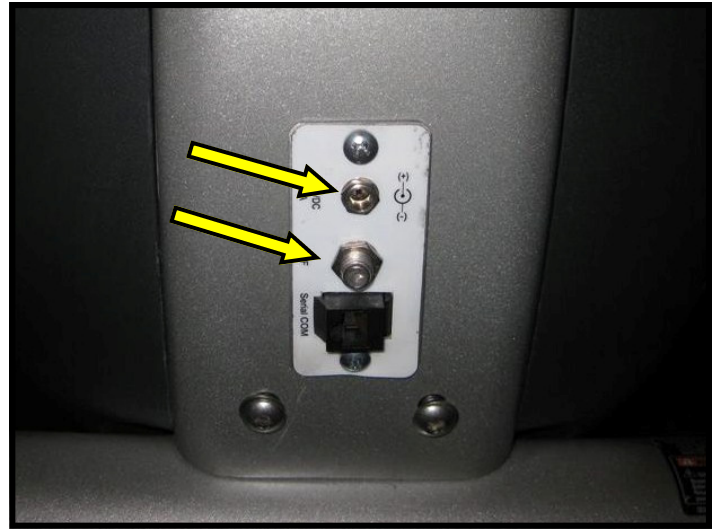
**Step 40.**  
Assemble the front and back display parts together by sliding the bottom of the front display under the 2 tabs at the base first, then pressing front display against the back cover.

**Caution:** Be careful not to pinch any wires.





**Step 41.**  
Using a Phillips head screw driver, secure the front display to the back with (8) M4 x 0.7 x 19mm long Phillips head screws.



**Step 42.**  
Now it is time to connect entertainment cable and power to the unit. Connect the in-house entertainment cable to the RF input at the base of the unit.

Take the power supply from the kit and plug the small barrel connector to the DC input. Then take the power adapter cable from the kit and plug it into the power supply and the electrical receptacle.



**Step 43.**  
Turn power on. Perform a visual inspection, and test the features and functions of the unit prior to use.

**Note:** Refer to the User's Manual for other settings and instructions.

**YOU HAVE NOW COMPLETED THE PERSONAL VIEWING SCREEN INSTALLATION**

## Use the checklist below to ensure the proper installation of the Total Body Trainer:

- 1. All parts, tools and hardware in the package are accounted for.
- 2. Personal Viewing Screen assembly is properly mounted and secured.
- 3. Center console assembly is properly mounted and secured.
- 4. All screws are tightened and torqued down to their specified values.
- 5. Display's mounting bracket and back cover are properly mounted and secured.
- 6. All cables and harnesses are properly plugged to their respective connectors.
- 7. The front and back display plastics are properly installed and secured.
- 8. Cable feed and power adaptor are plugged into the front base of the unit.
- 9. Verify iPod menu is functioning and user can browse and listen to music
- 10. TV is setup properly per the owner's manual, signal is clear and audio is coming from both earphones.



### ATTENTION

- Star Trac recommends that the Total Body Trainers be spaced a minimum of 20.0 inches (0.5 m) apart to allow safe and easy ingress and egress. Even more importantly, there must be at least 48 inches (1.25 m) of free space behind the Total Body Trainer.
- As with any motorized equipment, the area where Total Body Trainers are located must be free of obstructions and fixtures with sharp edges to prevent injury in the event that a user trips or loses balance and falls.

**For technical assistance call Star Trac Customer Service: 1 800 503 1221**





**expect different™.**

**STAR TRAC  
14410 Myford Road  
Irvine, California 92606  
Telephone: (800) 228-6635, (714) 669-1660  
Fax: (714) 508-3303  
<http://www.startrac.com>**

# Star Trac Fitness™

## E-TBT Total Body Trainer

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# OWNER'S MANUAL



expect different.






# MANAGER / MAINTENANCE MODE

After using your **STAR TRAC E SERIES TOTAL BODY TRAINERS** for a period of time, you may wish to change some of its settings.

## MANAGER MODE

The Manager Mode allow you to query and modify the basic settings of your Total Body Trainer. To enter Manager Mode:

1. Press and *hold* the ,  and  keys together.
2. A beep will sound and "MANAGER MODE" will display momentarily in the Message Window.
3. Release all keys. "SERIAL NO #####" will display in the Message Window.

**NOTE:** The system will automatically exit Manager Mode if no key is pressed for 30 seconds.

The following keys are used to modify settings in MANAGER MODE:



**Upper and Lower Data Information Window SCROLL Keys:** Display the next and previous parameters, respectively.



**Increase and Decrease LEVEL Keys:** Adjust the value of the displayed parameter up and down, respectively, in increments of 1 unit . These keys *do not* save the new value - see **OK Key** below.



**OK Key:** Updates (saves) the values of all parameters in Flash memory, and exits Manager Mode.




**NOTE:** To exit Manager Mode without saving any values or settings, press the QUICK START key.

The items that you may display and change with the previous keys are:

Item	Lowest Value	Highest Value	Default Value	Meaning
Serial No	0	65535	0	Serial number (set by factory)
Date	01/00	12/99	01/05	Manufacture date for the Total Body Trainer (set by factory)
Display Vers 1	01.00	99.99	N/A	Display panel software version (set by factory)
Display Vers 2	01.00	99.99	N/A	Display panel software version (set by factory)
LCB Vers	01.00	99.99	N/A	Display panel software version (set by factory)
Units	English	Metric	English	English = units of pounds, miles, feet, inches; Metric = units of kilograms, kilometers, centimeters.
Time	5	99	99	Maximum time in minutes allowed for program, excluding warm-up and cool-down.
Weight	50 (Lb) 22 (KG)	350 (Lb) 158 (KG)	350 lbs 158 (KG)	Default (to user), typical weight in lb (UNITS=English), or kg (UNITS=Metric).
Language	N/A	N/A	ENGL	Language is English (ENGL), Dutch (DUTC), French (FREN), German (GERM), Portuguese (PORT), Spanish (SPAN), Swedish (SWED), Italian (ITAL) or Katakana (KATA).

## MAINTENANCE MODE

Your Service Representative may need to check accumulated data about the past usage of your **STAR TRAC E SERIES TOTAL BODY TRAINER**, test its display controls, or investigate error messages. For these reasons, your Total Body Trainer is equipped with a Maintenance Mode. The Maintenance Mode includes all of the items available through Manager Mode, plus additional items for Service and Diagnostic use. To enter Maintenance Mode:

1. Press and *hold* the ,  and  keys together.
2. A beep will sound and "MAINTENANCE MODE" will display momentarily in the Message Window.
3. Release all keys. "SERIAL NO #####" will display in the Message Window.

The following keys are available in MAINTENANCE MODE:



**Upper and Lower Data Information Window SCROLL Keys:** Display the next and previous parameters, respectively. Keys will repeat if held.



**Increase and Decrease LEVEL Keys:** Adjust the value of the displayed parameter up and down, respectively, in increments of 1 unit. These keys *do not* save the new value - see **OK Key** below.



**OK Key:** Updates (saves) the values of all parameters in Flash memory, and exits Maintenance Mode.

**NOTE:** To exit Maintenance Mode without saving any values or settings, press the QUICK START key.

The items that you may display and change with the previous keys are:

Item	Lowest Value	Highest Value	Default Value	Meaning
Serial No	0	65535	0	Serial number (set by factory)
Date	01/00	12/99	01/05	Manufacture date for the Total Body Trainer (set by factory)
Display Vers 1	01.00	99.99	N/A	Display panel software version (set by factory)
Display Vers 2	01.00	99.99	N/A	Display panel software version (set by factory)
LCB Vers	01.00	99.99	N/A	Load Control Board software version (set by factory)
Units	English	Metric	English	English = units of pounds, miles, feet, inches; Metric = units of kilograms, kilometers, centimeters.
Time	5	99	99	Maximum time in minutes allowed for program, excluding warm-up and cool-down.
Weight	50 (Lb) 22 (KG)	350 (Lb) 158 (KG)	350 lbs 158 (KG)	Default (to user), typical weight in lb (UNITS=English), or kg (UNITS=Metric).
Language	N/A	N/A	ENGL	Language is English (ENGL), Dutch (DUTC), French (FREN), German (GERM), Portuguese (PORT), Spanish (SPAN), Swedish (SWED), Italian (ITAL) or Katakana (KATA).
Model	N/A	N/A	PB-UB	E-UB = E SERIES - Upright E-RB = E SERIES - Recumbent E-TBT = E SERIES TOTAL BODY TRAINER STEPPER = Pro Stepper
LCB TYPE	N/A	N/A	VERI	Type of LCB detected by display.
CSAFE	N/A	N/A	OFF	Turns on/off CSAFE functionality.
PVS	N/A	N/A	ATSC	ATSC/NTSC or PAL/SECAM, RF signal.
Wall Power	N/A	N/A	OFF	Turns the wall power setting on/off.
AUTO FAN	OFF	ON	ON	Turns fan on 1 minute into the program.
OPER Hours	0	65535	0	Total operating hours.
Quick Start	0	65535	0	Number of times the Quick Start program was run since last reset.
Manual	0	65535	0	Number of times the Manual Program was run since last reset.
TB Begin	0	65335	0	Number of times the Total Body - Beginner program was run since last reset.
TB Inter	0	65335	0	Number of times the Total Body - Intermediate program was run since last reset.
TB Diff	0	65335	0	Number of times the Total Body - Difficult program was run since last reset.
Auto Pilot	0	65535	0	Number of times the Auto Pilot Program was run since last reset.
IHR Prog	0	65535	0	Number of times the Interval Heart Rate Control Program was run since last reset.
CHR Prog	0	65535	0	Number of times the Constant Heart Rate Control Program was run since last reset.



Item	Lowest Value	Highest Value	Default Value	Meaning
CW Prog	0	65535	0	Number of times the Continuous Watts Program was run since last reset.
Alpine	0	65535	0	Number of times the Alpine Pass Program was run since last reset.
Rndm Prog	0	65535	0	Number of times the Random Hill Program was run since last reset.
UB Revs	0	65335	0	Number of times the upper body system completed a full revolution.
Comm Lost	0	65535	0	Number of times a "Communication Lost" condition occurred since last reset.
Key Down	0	65535	0	Number of times a "Key Down" condition occurred since last reset.
BATT LOW	0	65535	0	Number of times battery voltage measured between 5.3 and 5.7 volts.
REPL BATT	0	65535	0	Number of times battery voltage measured below 5.3 volts.
LED Test	N/A	N/A	N/A	Access to integral LED test function (for use by authorized Maintenance Technician).
Keypad Test	N/A	N/A	N/A	Access to integral keypad test function (for use by authorized Maintenance Technician).
Heart Rate Test	N/A	N/A	N/A	Access to integral heart rate system test function (for use by authorized Maintenance Technician).
FAN TEST	N/A	N/A	N/A	Access to integral FAN TEST function (for use by authorized Maintenance Technician)
CSAFE TEST	N/A	N/A	N/A	Access to integral CSAFE TEST function (for use by authorized Maintenance Technician)
Measurements	N/A	N/A	N/A	Access to integral Measurements function (for use by authorized Maintenance Technician).
UB CALIBRATION	N/A	N/A	N/A	Access to integral Upper Body system calibration function (for use by authorized Maintenance Technician).

## TROUBLESHOOTING

**STAR TRAC E SERIES TOTAL BODY TRAINERS** perform a self-test at the beginning of every workout. If a problem is detected, a message displays before or after the workout, depending on the nature of the problem. Star Trac recommends that you refer your questions about your **STAR TRAC E SERIES TOTAL BODY TRAINER** operation and suspected malfunctions to Star Trac's Service Hotline at (800) 503-1221, or USA 1-714-669-1660.

## SERVICE MESSAGES

The following messages are displayed if the associated problem is detected during self-test.

- Key Down** - One or more keys on the display panel are stuck in the "on" position. This can occur if a user presses keys before the system is turned on, or if a key is held down for more than 10 seconds. Call Star Trac Product Support for assistance if the **Key Down** message continues to display.

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