STAR TRAC FITNESS™
PERSONAL VIEWING SCREEN

OWNER'S MANUAL

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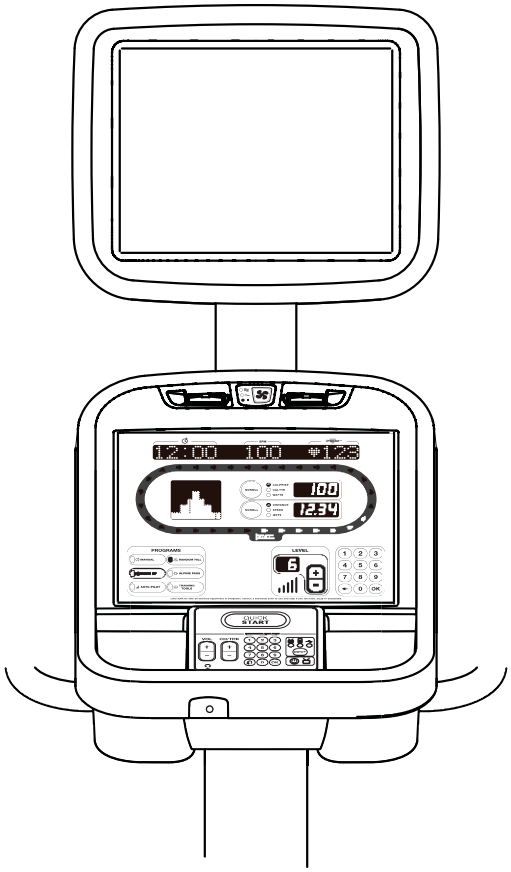
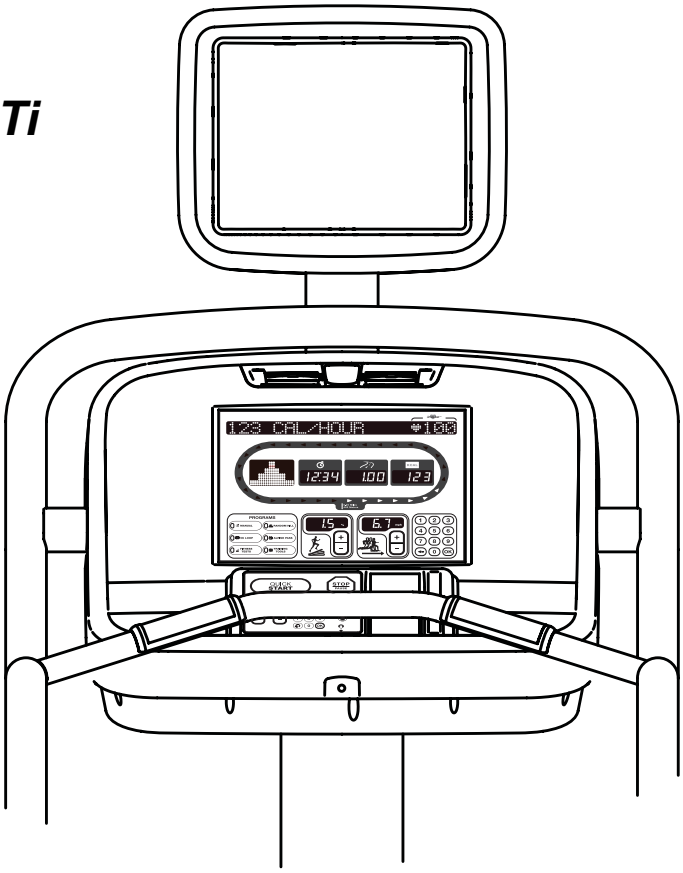


E-UBi, E-RBi, E-STi, AND E-TBTi



E-TRi

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INTRODUCTION

Thank you for adding the ***STAR TRAC PERSONAL VIEWING SCREEN (PVS)*** to your Star Trac Purchase. The Personal Viewing Screen has been designed to provide the user with the most rewarding experience based upon the carefully planned features it possess. The design elements of this Personal Viewing Screen will provide you with a comfortable, intuitive, safe and reliable experience, guiding you to a habit-forming lifestyle. Star Trac's mission is to provide products to mold lifelong habits for health and fitness.

ABOUT THIS MANUAL

This manual is applicable to the ***STAR TRAC E-UB UPRIGHT BIKE***, ***E-RB RECUMBENT BIKE, E-ST STEPPER, E-TBT TOTAL BODY TRAINER,*** and the ***E-TR TREADMILL***. The manual is divided into eight sections, as follows:

Introduction

Provides an overview of each section within the manual.

Before You Get Started

Provides guidelines to help you have a successful installation.

Warnings and Cautions

Helpful safety tips to keep you out of harms way.

STAR TRAC Personal Viewing Screen (PVS)

Provides a description of what you will find in your PVS kit.

Installing Your STAR TRAC Personal Viewing Screen (PVS)

Provides a step-by-step instruction set for installing your PVS on the E-UB, E-RB, E-ST, E-TBT and E-TR.

Setting Up Your STAR TRAC Personal Viewing Screen (PVS)

Provides step-by-step instruction set for configuring your PVS with either the NTSC/ATSC or PAL/SECAM screen.

FAQ's and Troubleshooting

Frequently asked questions and troubleshooting methods to help solve problems that may occur with your PVS.

Regulatory Information

Provides regulatory information for the Star Trac Personal Viewing Screen.

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Before You Get Started

Check Facilities Preparedness

For a proper installation, please read this guide thoroughly and follow the instructions. Star Trac's goal is to help you have a successful and reliable installation, for this reason we have come up with some helpful tips and check list to accomplish this goal.

Equipment Layout

Check to see that the equipment you will be adding the PVS to are place where they will be used. It is recommended that you follow your installation guides for each one of your Star Trac pieces of equipment in making sure that there is ample space around them to insure a safe and enjoyable experience.

Input Signal

In the world of entertainment today you have many choices. Star Trac recommends you know what type of video signal (cable, analogue, digital, satellite, antenna) is in the club facility and if it has a good signal. Don't forget every installation is different. Check to see that you have ample video coaxial cable connections to the locations where the PVS will be installed.

Cabling

When Radio Frequency signals travel through cabling the signal will degrade over distance. Connectors may degrade the signal as well. Check each output before connecting to your PVS and make sure you have a clean strong signal to insure an enjoyable experience. The Star Trac PVS requires a minimum signal strength of 45dBmV for analogue channels, and 40% for digital channels. Your club may require signal amplifiers to achieve a good strong signal. Star Trac recommends you use a qualified installer for your Audio Visual needs.

Electrical Receptacles

The Personal Viewing Screen requires a plug-in 60 watt power supply to operate (included). Check with your club facility to ensure ample electrical receptacles are placed next to the equipment for a safe and proper install. Check with your contractor to make sure you have enough power.

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Warnings and Cautions

CAUTION

RISK OF ELECTRIC SHOCK
DO NOT OPEN

ATTENTION

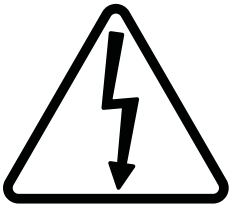
RISQUE DE CHOC ELECTRIQUE,
NE PAS OUVRIR

PRECAUCION

RIESGO DE CHOQUE ELECTRICO
NO ABRIR

CAUTION: TO REDUCE THE RISK OF ELECTRIC SHOCK,
DO NOT REMOVE COVER (OR BACK).
NO USER-SERVICEABLE PARTS INSIDE.

REFER SERVICING TO QUALIFIED SERVICE PERSONNEL.



This lighting flash with arrowhead symbol, within an equilateral triangle, is intended to alert the user to the presence of uninsulated “dangerous voltage” within the product’s enclosure that may be of sufficient magnitude to constitute a risk of electric shock to persons.

This exclamation point within an equilateral triangle is intended to alert the user to the presence of important operating and maintenance (servicing) instruction in the literature accompanying the appliance.

WARNING:

To reduce the risk of fire or electric shock, do not expose this appliance to rain or moisture.

CAUTION:

These service instructions are for use by qualified service personnel only, to reduce the risk of electric shock, DO NOT perform any servicing other than that contained in the operating instructions unless you are qualified to do so.

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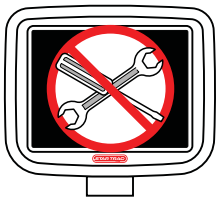
This STAR TRAC Personal Viewing Screen has been engineered and manufactured to assure your safety. Before using this product, be sure to read your user's manual in order to maximize the life of your display.

DO NOT disassemble the PVS.



Any Un-authorized maintenance will void the warrenty. Un-experienced technicians can cause serious damage, electric shock, and other hazards.

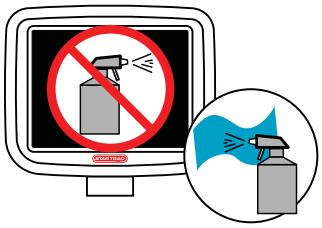
Contact your dealer or an experienced technician for repair.

DO NOT place sharp tools such as pin or metallic object near the display.

May result in scratching the surface of the monitor as well as the frame.

Keep your monitor away from liquid or a humid place.

May cause electric shock and damage the display.



DO NOT spray any fluid directly on the surface of the monitor.

Spray the cleaner fluid on a soft cloth to wipe the surface of the monitor.

When strange sound or smoke occurs, be sure to unplug your power cord.

These problems can cause a serious electric shock and other hazards.

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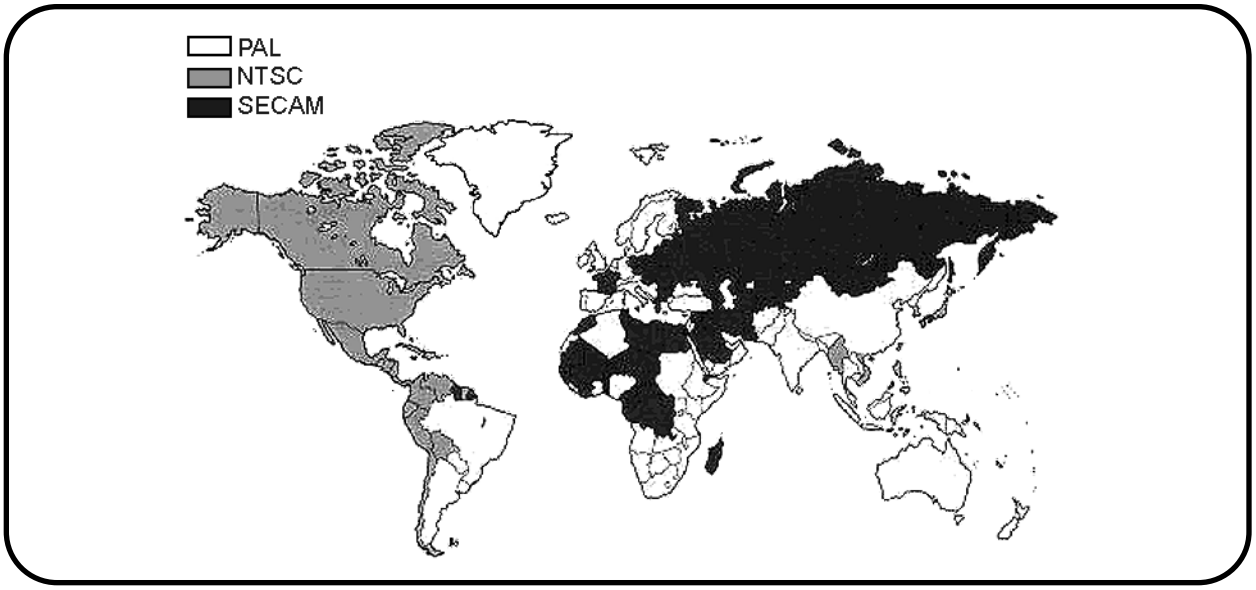
STAR TRAC PERSONAL VIEWING SCREEN (PVS)

UNPACK YOUR PERSONAL VIEWING SCREEN

Inspect the shipping carton for any parts that may be missing BEFORE discarding the carton. Items can shift during transportation, and may be accidentally discarded with the carton. If any parts are missing, please contact Star Trac Product Support at 800-503-1221. Have the serial number of the PVS, and a list of the missing parts ready so they may be shipped to you. The Personal Viewing Screen is shipped in one box separate from your exercise equipment. The following items will be in the box. PVS kits are available in two different signal formats; NTSC/ATSC (typically US, Japan) and PAL/SECAM (typically Europe, Middle East), make sure the kit you have is appropriate for the country of the club facility.



NTSC/ATSC Kit (US, Japan)

NOTE: there are 4 different kits ie. E-TRi, E-TBTi/E-UBi, E-RBi, AND E-STi.

- PVS assembly with Mounting Bracket, Cables, and Display Cap with Grommet (There are 5 cables in the neck)
- Center Console Keypad Assembly
- Entertainment Headphone Jack and Mount
- (2) 5” Tie straps
- (2)M8 x 20mm Buttonhead Screws
- (1)M8 x 20mm Buttonhead screw (E-TRi only)
- (1)M8 Nut (E-TRi only)
- 60w Power Supply
- Power Cord, AS/NZS 3112 (NOT INCLUDED IN THE E-TRi KIT)

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- Power Cord, Nema 6-15 (NOT INCLUDED IN THE E-TRi KIT)
- Power Cord, Nema 5-15 (NOT INCLUDED IN THE E-TRi KIT)
- Owners Manual

PAL/SECAM Kit (Europe, Middle East)

NOTE: there are 4 different kits ie. E-TRi, E-TBTi/E-UBi, E-RBi, AND E-STi.

- PVS assembly with Mounting Bracket, Cables, and Display Cap with Grommet (There are 5 cables in the neck)
- Center Console Keypad Assembly
- Entertainment Headphone Jack and Mount
- (2) 5” Tie straps
- (2)M8 x 20mm Buttonhead Screws
- (1)M8 x 20mm Buttonhead screw (E-TRi only)
- (1)M8 Nut (E-TRi only)
- 60w Power Supply
- F-Type to PAL/SECAM Coaxial Adapter
- Power Cord, CEE 7/7 (NOT INCLUDED IN THE E-TRi KIT)
- Power Cord, Nema 6-15 (NOT INCLUDED IN THE E-TRi KIT)
- Power Cord, BS 1363 (NOT INCLUDED IN THE E-TRi KIT)
- Owners Manual

Required Tool for Installation

Supplied

- 5MM Hex Allen Key

Not Supplied

- #2 Phillips Screwdriver
- 1/2” Wrench (for E-TRi Kits only)
- Wire Cutters
- Step Stool

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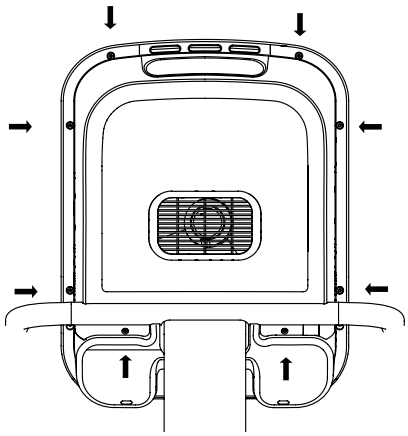
Installing Your Personal Viewing Screen (PVS)

The Star Trac Personal Viewing Screen is different for each of your Star Trac E-Series Cardio products. Make sure you have the proper kit for the E-Series product you are installing. The E-UBi, E-RBi, E-TBTi, and the E-STi will follow the same basic steps for installation. For the E-TRi turn page 18 in this section.

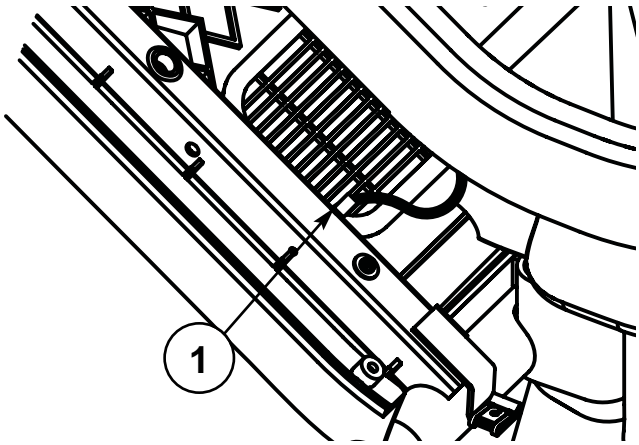
To install on the E-UB, E-RB, E-TBT, and the E-ST, follow these steps:

Step 1
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 reassembly.



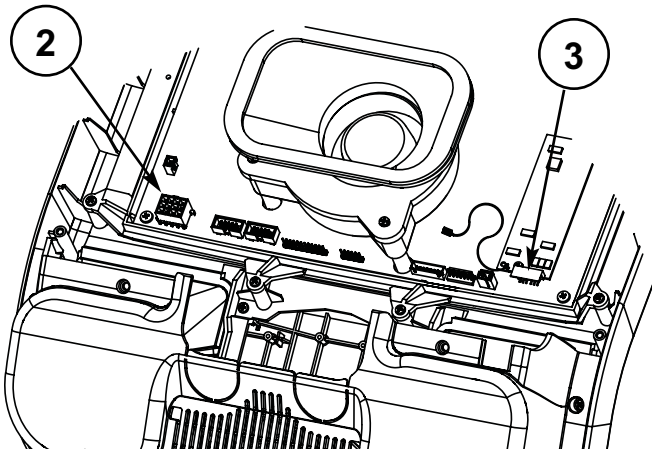
Step 2
After the screws have been removed, carefully open the display plastic, so as to not detach the inner cables from the display.

Disconnect the ground wire (1) between the Heart Rate board and the display mount.



Step 3

Disconnect the 12-pin serial connector (2) and the Heart Rate cable (3) from the display.



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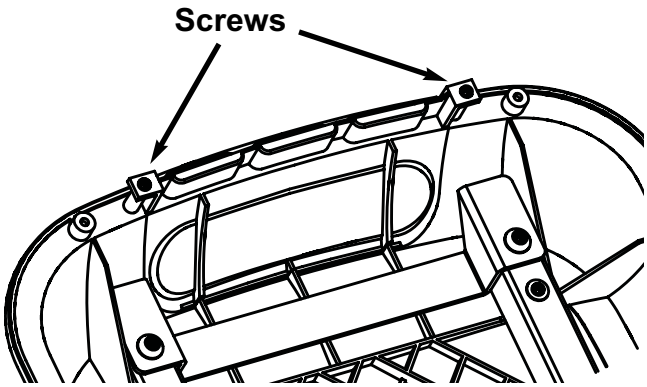
After all the cable/harnessing has been disconnected, place the front display plastics aside for later use. Be careful with the display and place it face down on top of a non-scratching surface.

NOTE

You can use the foam bag that ships inside the Personal Viewing Screen package to place the display face onto. This will help protect it from being damaged.

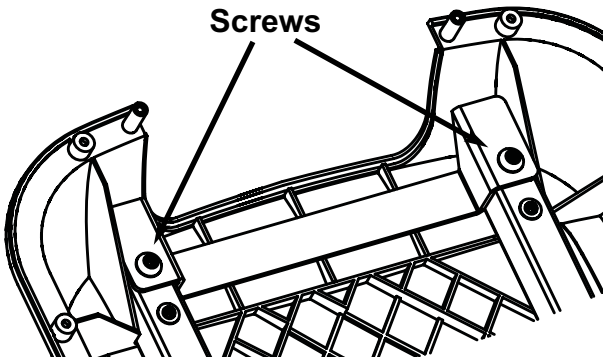
STEP 4

Remove the cap cover with the Star Trac logo from the plastics by removing the (2) screws using a #2 Phillips screwdriver. **Retain the screws for later use**. You will no longer need the cap cover and, if desired, you can store it away for any possible future use.



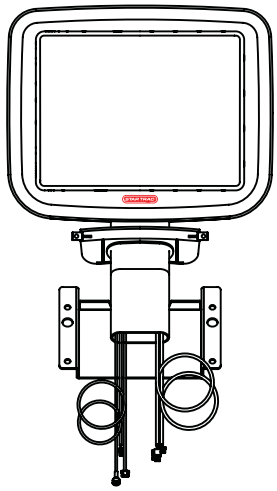
STEP 5

Remove the (2) M8 buttonhead screws retaining the crossbrace using the 5mm Hex Key found in the hardware kit. **Retain the screws for later use**. You will no longer need the crossbrace and, if desired, you can store it away for any possible future use.



STEP 6

It is now time to install the Personal Viewing Screen. Remove the PVS with its mounting bracket and cables from the packaging. Also remove the (2) M8 buttonhead screws from the hardware kit in the packaging.



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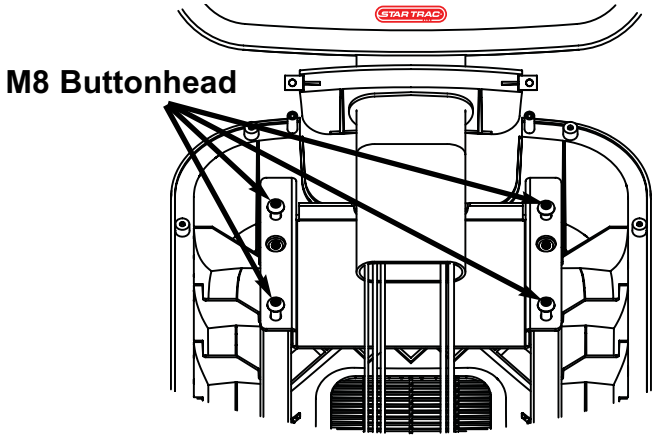
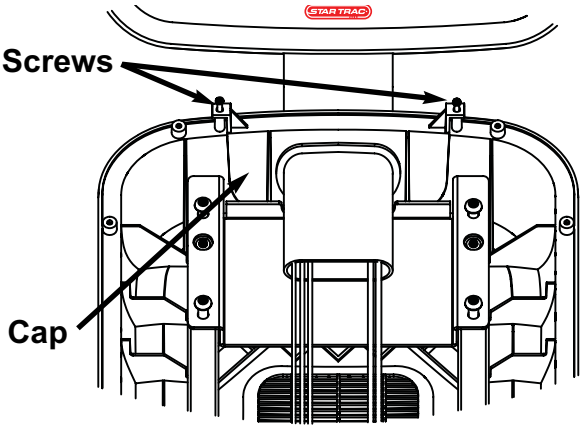


STEP 7

Install the (4) M8 Buttonhead Screws through the PVS mounting bracket into the display mount. *Note: (2) of the screws are in the PVS kit, (2) retained from step 5*. Do not tighten them at this time.



STEP 8

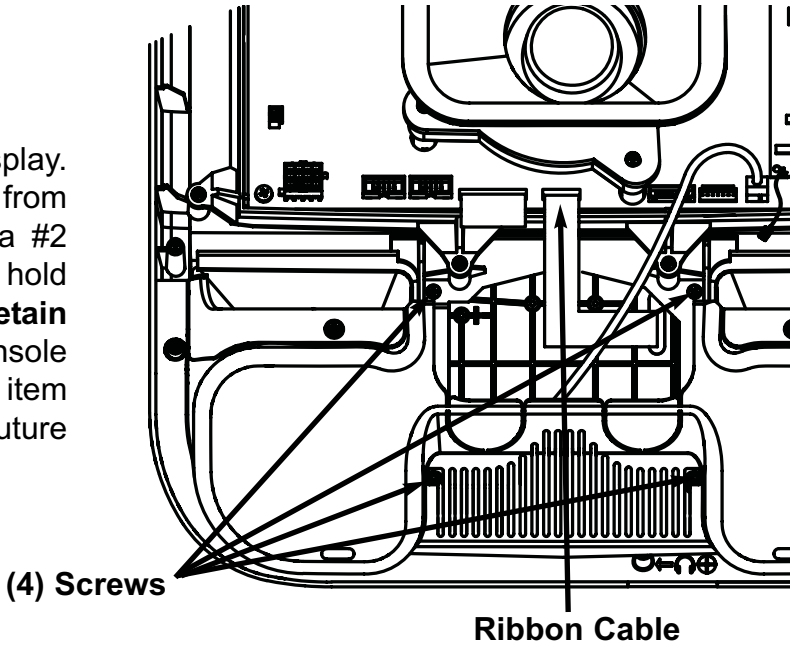
Adjust the cap with the grommet into place. Using the 5mm Hex Key, tighten the M8 Buttonhead Screws to 190 lb-in (21.5 N-m) of torque. Take the (2) Phillips head screws you removed from the original cap and snugly tighten screws down using a #2 Phillips screwdriver.

NOTE

Check the back side of the display to see that the cap is seated properly. If not, loosen the two Phillips Head Screws, adjust the cap and then retighten the screws.

STEP 9

It is now time to make changes to the front display. Disconnect the center console ribbon cable from the back of the display PC board. Using a #2 Phillips screwdriver remove (4) screws that hold the center console to the main display. **Retain screws for later use**. Detach the center console from the display. You will no longer need this item and it can be stored away for any possible future use.



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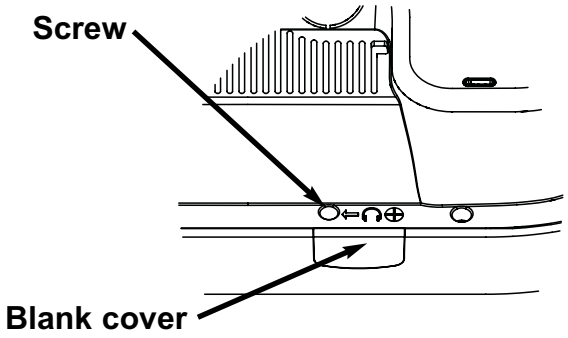
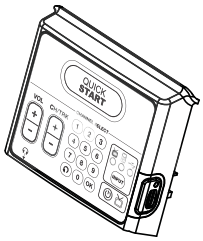
STEP 10

Using a #2 Phillips head screwdriver, remove the screw that holds in the blank cover where the new Head Phone Jack mount will go. Next remove the blank cover. You will no longer need this item and it can be stored away for any possible future use. **Retain screw for later use**.



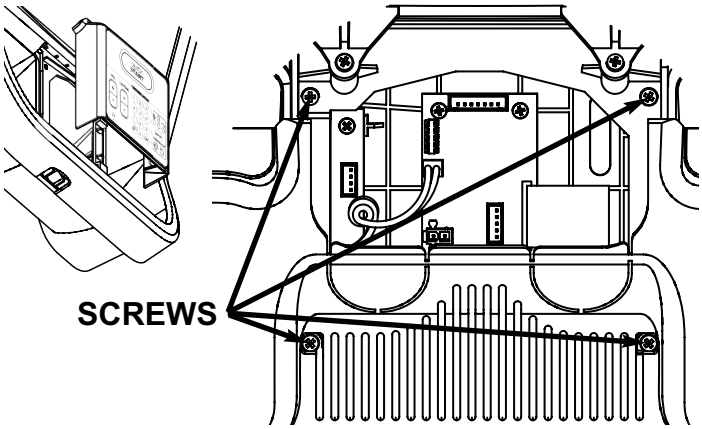
STEP 11

Take the PVS center console from the kit.



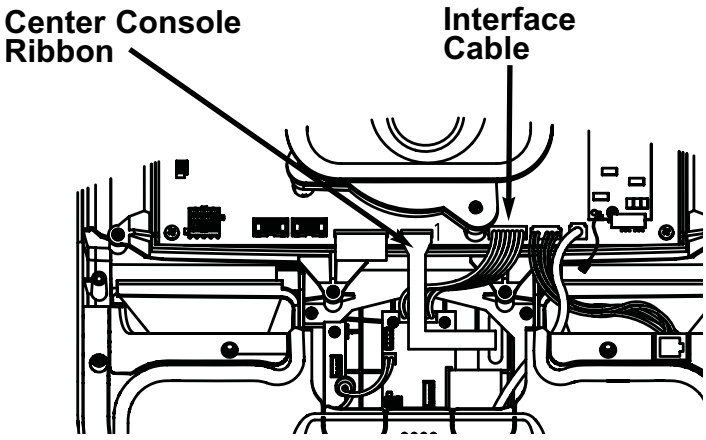
STEP 12

Insert the new center console into the front display. Using a #2 Phillips screwdriver, screw in the (4) screws that were saved from the original center console. Tighten the screws so they are snug.



STEP 13

With the center console now installed, it is time to attach the interface cable and center console ribbon. Take the seven pin interface cable from the center console and attach it to the display PC board. Next take the center console ribbon cable and attach it to the display PC board.



NOTE Make sure pin one on the cable is connected to pin one on the board.

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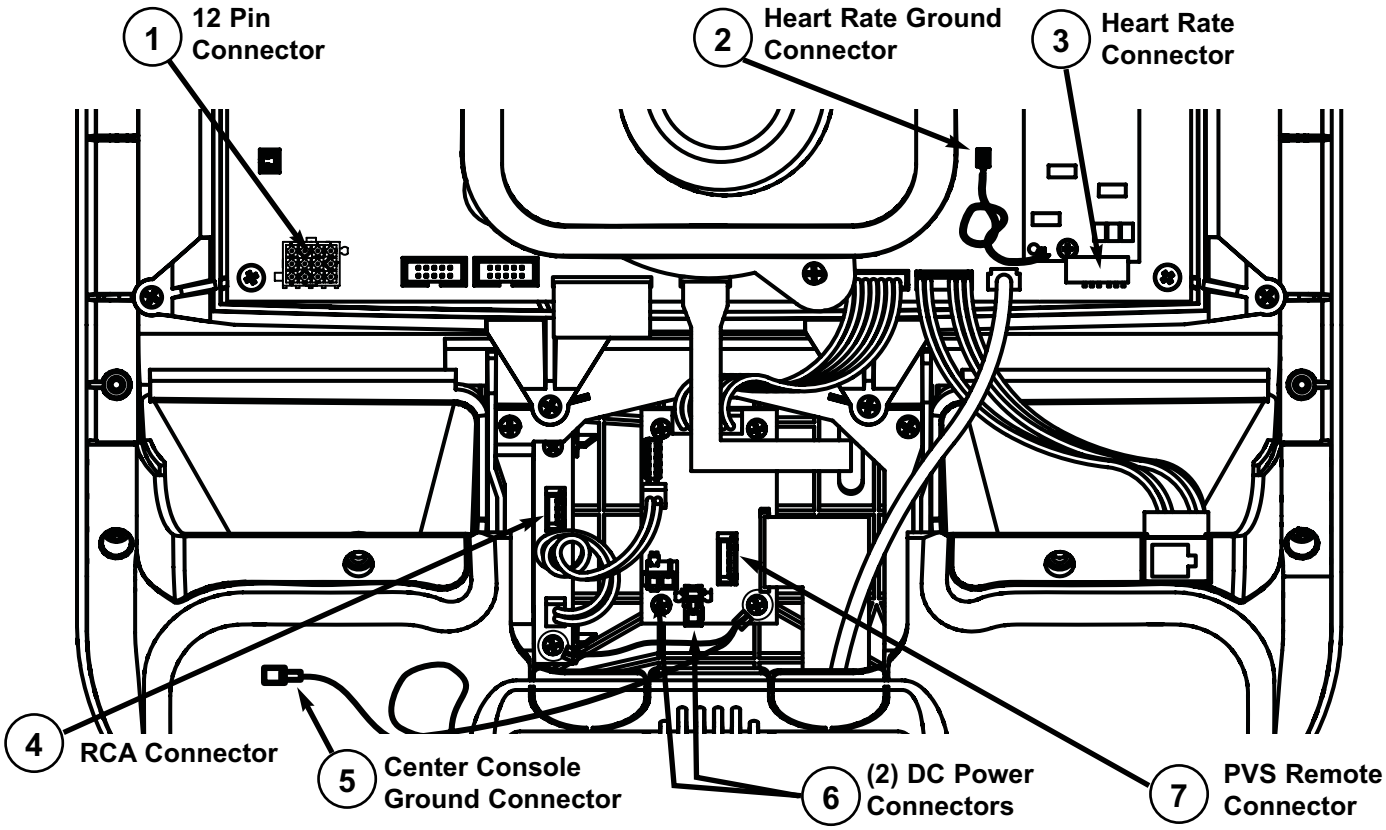
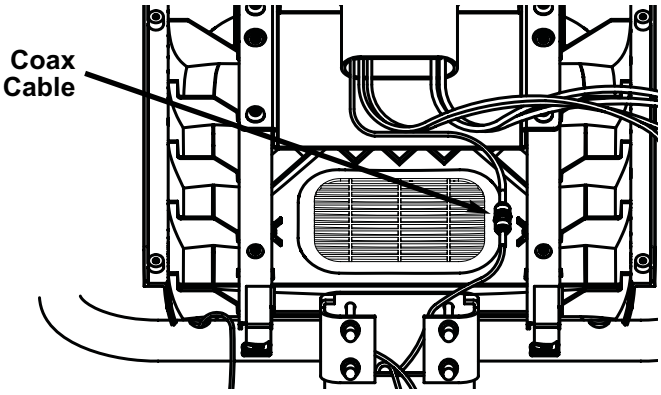
With the changes now completed on the display, it is now time to re-install the display to the base unit. There are the (3) cables from the PVS mount that will need to be attached to the display. One cable from the PVS mount will be fed through the display which will be connected to the head phone jack later. The fifth cable from the PVS mount, which is the coax, will be connected to the coax on the base unit. There are (2) cables from the base unit that will be connected to the display. Use the image below to help reference the needed points on the display.



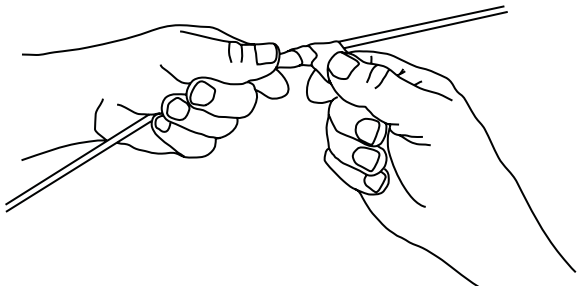
STEP 14

Take the coax cable from the PVS mount and attach it to the coax cable on the base unit. Tighten the connectors snug to each other.



STEP 15

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



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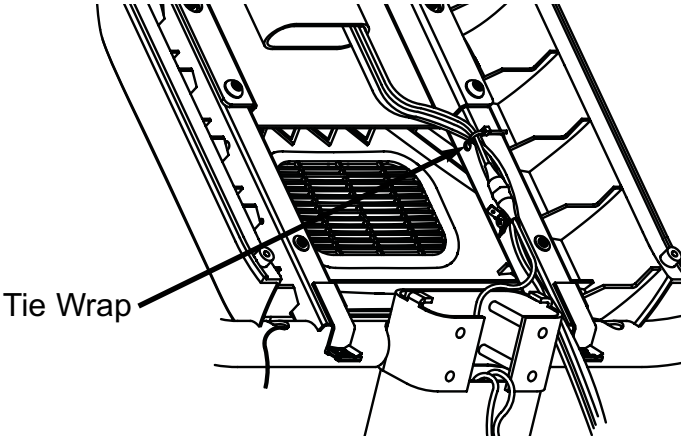
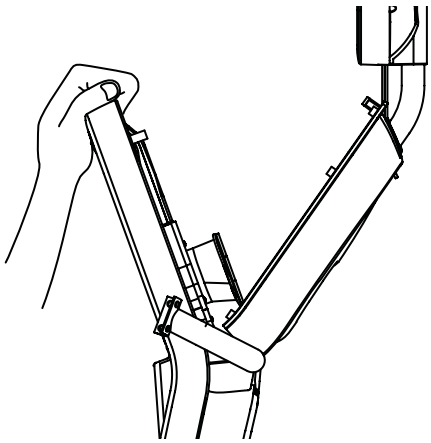
STEP 16

Using a 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 17

Now, 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. There is no particular order in connecting the cables/harnessing. However, it may be best to start off connecting the cables/harnessing coming from the neck of the base unit.



STEP 18

CABLES to be connected. (Refer to drawing on previous page for connection points on the display front.)

- Connect the 12 pin serial cable from the base frame neck to the (1) 12 pin socket on the display.
- Connect the Heart Rate cable from the display support tube to the (3) Heart Rate board on the display.
- Connect the DC power from the base frame neck to either one of the (6) DC connectors on the front display center console board.
- Connect the DC power from the PVS display neck to the other (6) DC connector on the front display center console board.
- Connect the Remote cable from the PVS display neck to the (7) Remote connector on the front display center console board.
- Connect the RCA cable from the PVS display neck to the (4) RCA connector on the front display center console board.
- Connect the Ground cable from the front display (2) Heart Rate board to one of the terminals on the display mount.
- Connect the Ground cable from the front display (5) Center Console to one of the terminals on the display mount.

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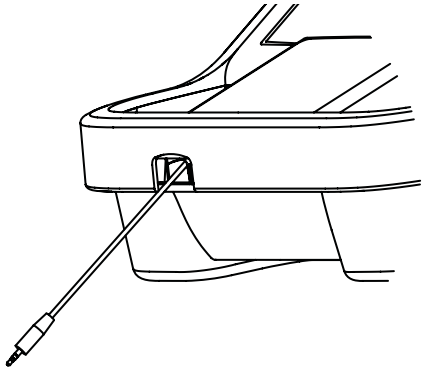
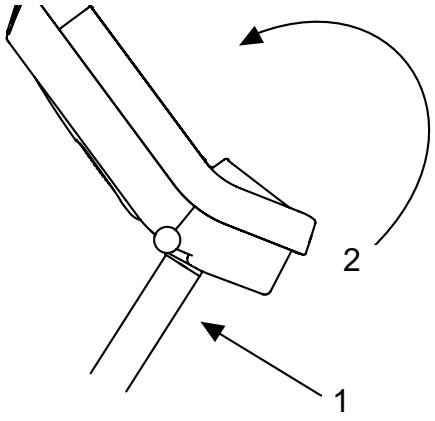
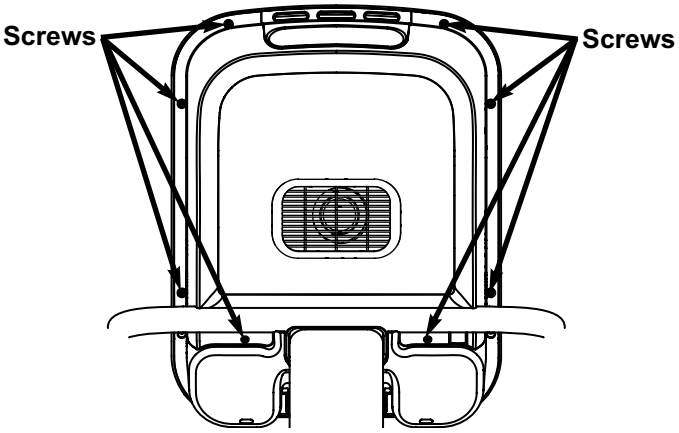
STEP 19
Feed the Head Phone Jack cable from the PVS display neck through the hole in the front display plastics where the blank cover was removed earlier.



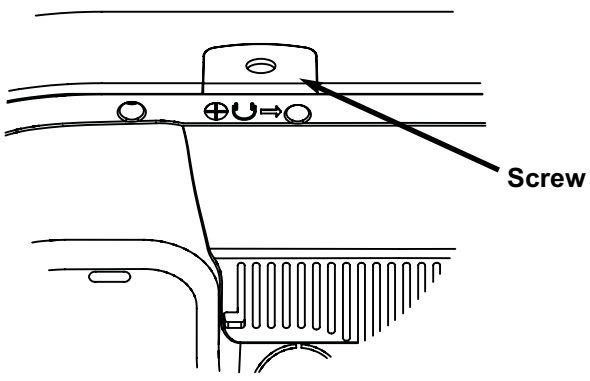
STEP 20
Now that all the cables are in their places, and confined to the post on the display mount. Place the display front plastic onto the back. Make sure the bottom of the display front is under the 2 tabs on the display mount. Press the front display against the round tube and rotate it to the back. **Be careful not to pinch any wires.**



STEP 21
Using a #2 Phillips screwdriver, secure the front display to the back with the (8) screws you previously removed and saved.



STEP 22
Take the Entertainment Head Phone Jack from the PVS kit and attach it to the cable that is hanging out of the front of the display. Make sure the connector is seated all the way into the jack. Now slide the jack into the front of the display. Using a #2 Phillips screwdriver, fasten the head phone jack into the front display with the screw that was saved from the earlier step.



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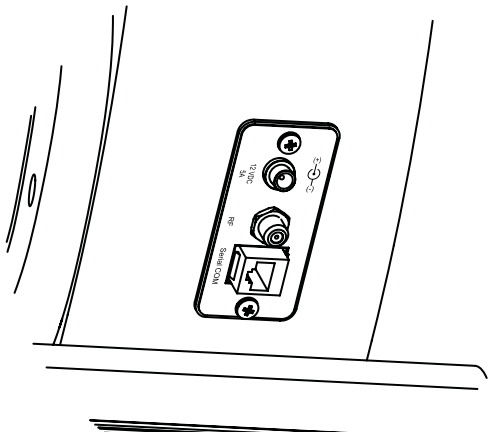
STEP 23

Now with the Personal Viewing Screen installed on your Star Trac equipment, it is time to connect your entertainment cable and power to the unit Look at the bottom of the neck, next to the floor. Connect your in-house Entertainment cable to the RF input. Take the power supply from the PVS kit and plug the small barrel connector to the DC input. Now take the appropriate Power Adapter Cable from the kit and plug it into the power supply and the electrical receptacle.



NOTE

Only use the power supply that was provided in your Personal Viewing Screen Kit. Using the wrong supply may damage your PVS.

This completes the installation of the Personal Viewing Screen. Now it is time to set it up. Turn to the appropriate section for your Personal Viewing Screen.

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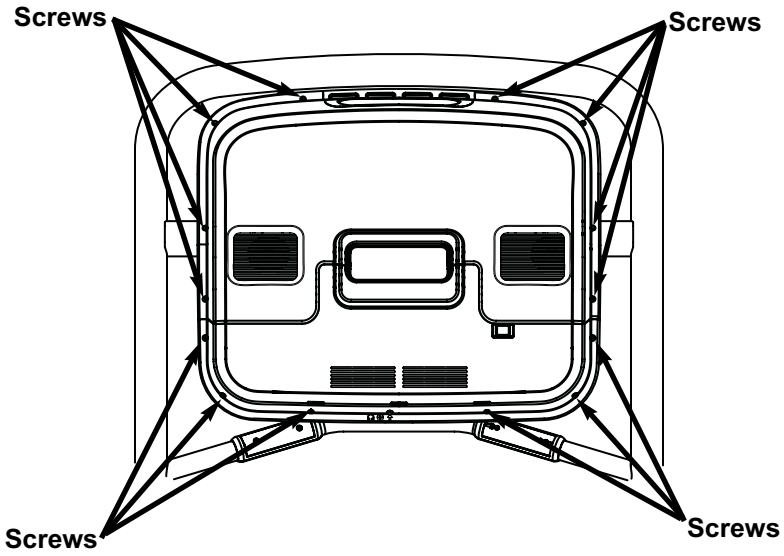
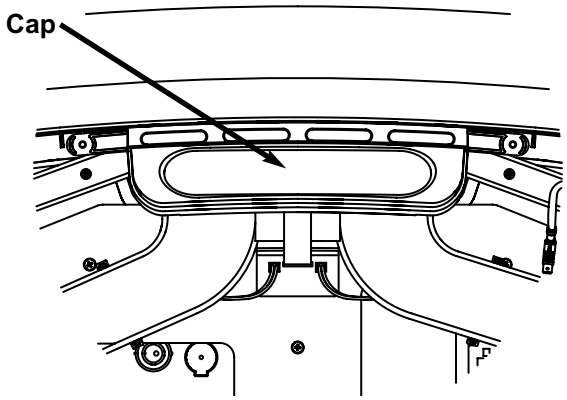
To install on the E-TR, follow these steps:

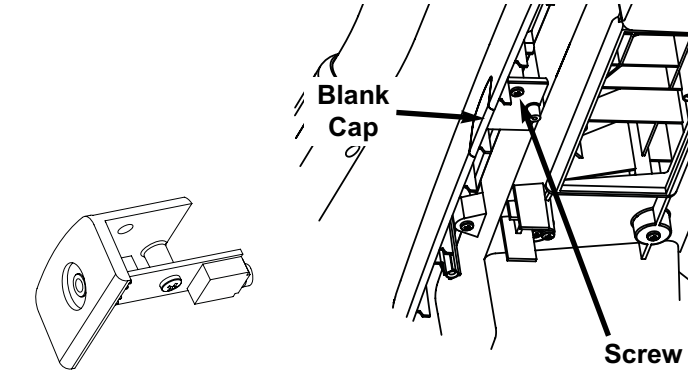
Step 1
Using a #2 Phillips screwdriver, remove the (8) screws from the upper back of the display. Place the cover somewhere safe to keep it from being damaged. Next, remove the (6) screws from the lower back of the display. Place the cover with the other one. **Retain all the screws for later use**.



Step 2
Now remove the upper cap cover that has the STAR TRAC logo on it. This cap is held in by the upper back cover. You will no longer need this cap cover and, if desired, you can store it away for any possible future use.



Step 3
Using a #2 Phillips screwdriver, remove the screw that holds in the Blank Head Phone Jack Cap at the lower front of the display. **Retain the screw**. You will no longer need the cap and, if desired, you can store it away for any possible future use. Now take the Entertainment Head Phone Jack from the PVS hardware kit. Use the previously retained screw to reinstall the Headphone Jack. Tighten snugly.



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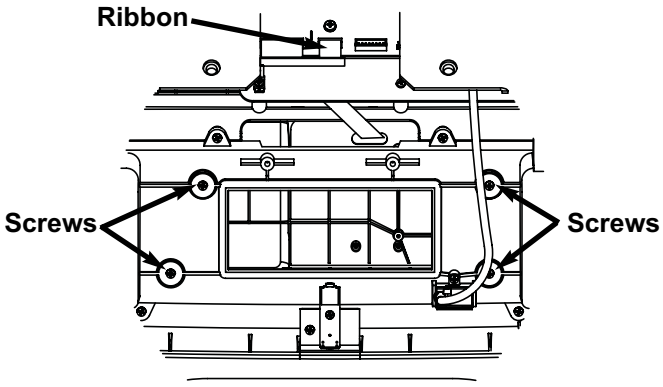
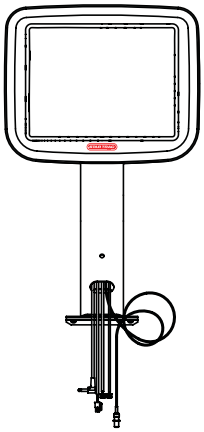
STEP 4

Detach the Center Console Ribbon Cable from the display board by gently pulling on the ribbon connector. Using a #2 Phillips screwdriver to remove the (4) screws that hold the center console in place. **Retain the screws for later use**. Remove the center console. You will no longer need this center console and, if desired, you can store it away for any possible future use.



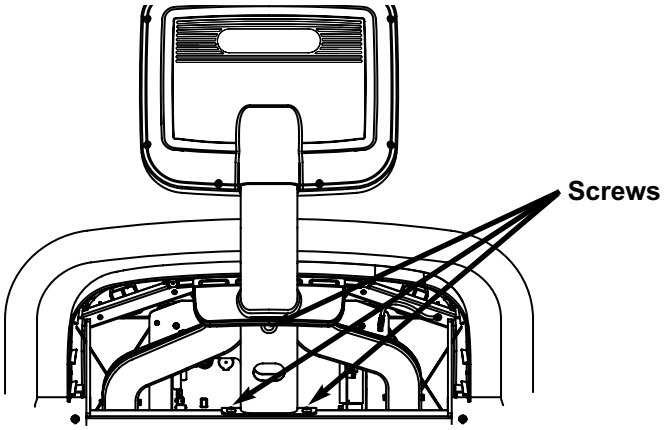
STEP 5

Take the Personal Viewing Screen from the PVS kit. Next, take the (3) M8 Buttonhead screws, the M8 Hex nut with washer, and the 5mm Hex key from the PVS hardware tool kit.



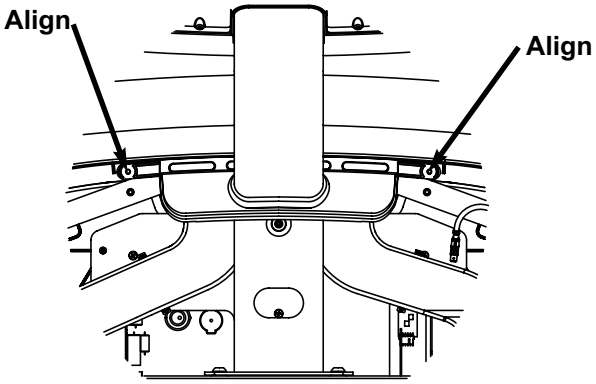
STEP 6

Mount the Personal Viewing Screen on the Treadmill. Using the 5mm hex key, screw in the (2) M8 Buttonheads at the base of the PVS first (do not tighten yet). Using the 5mm hex key put one of the M8 Buttonhead screws into the hole on the PVS neck, then put the hex nut with washer on the back side (do not tighten).



STEP 7

Adjust the display cap up or down to align with the holes on the display front. Once the cap is aligned, tighten the buttonhead screws with the 5mm hex key.



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STEP 8

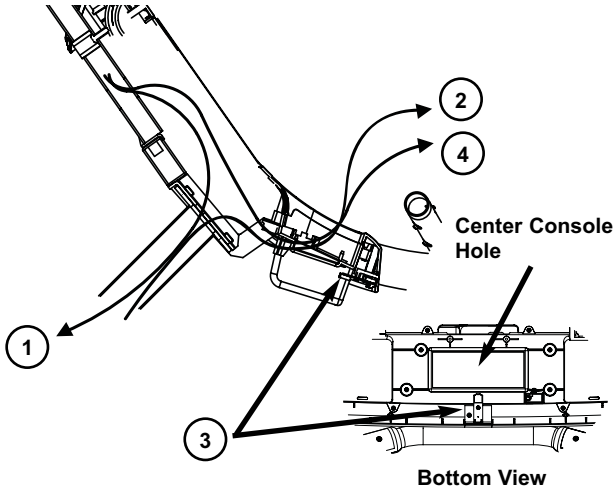
Now that the PVS is mounted to the Treadmill, you need to route the wires to their proper places.

Take the coax cable (1) and feed it all the way down the treadmill neck.

Feed the DC power cable (2) from the treadmill neck through the center console hole.

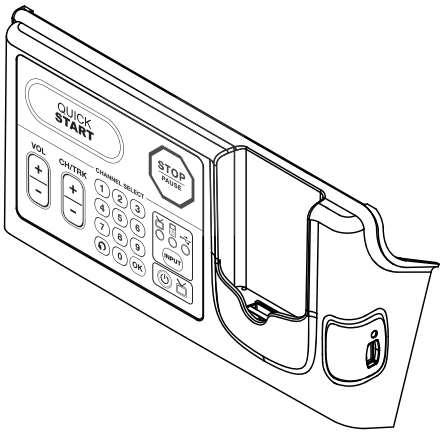
Next take the Head Phone Jack cable (3) from the PVS neck and connect it to the Head Phone Jack.

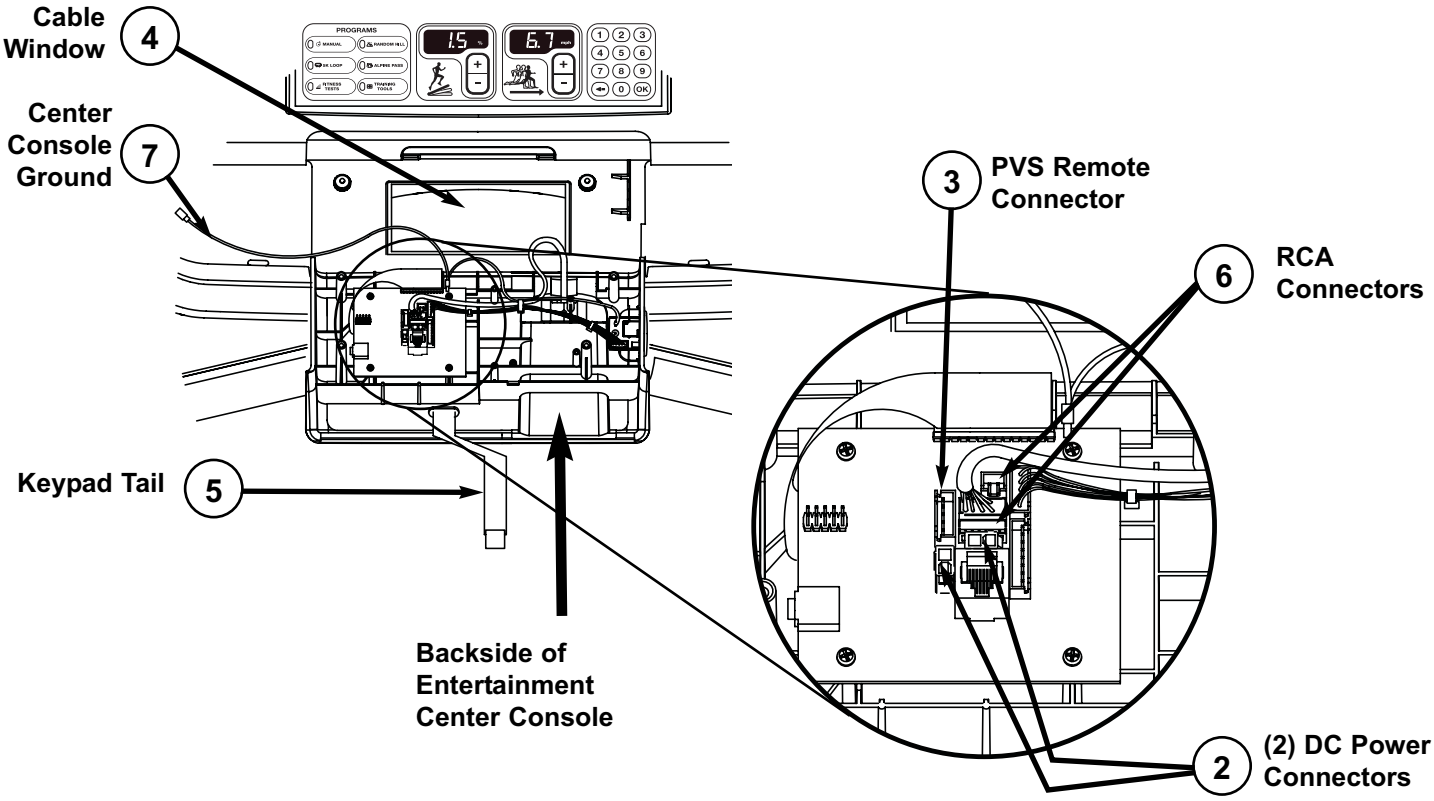
Now feed the other (3) cables (4) through the display and out the center console hole.



STEP 9

Take the Entertainment Center Console from the PVS Kit.





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STEP 10

While holding the New Center Console near the opening of the display, connect the following cables to there approprate connector.(There is no particular order)

Plug in the (2) DC power cables to the ② DC connectors, (they are the same so it does not matter which goes to which).

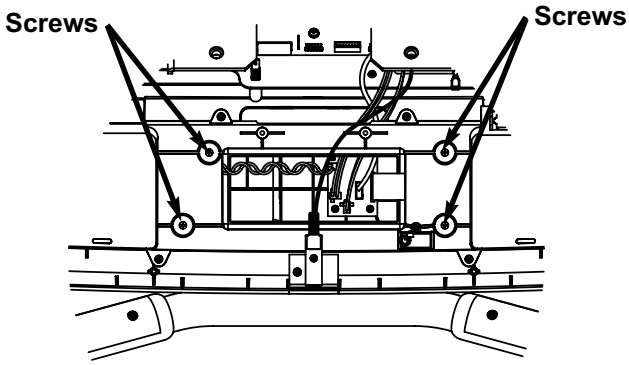
Plug in the PVS Remote Cable to the ③ PVS Remote Connector.

Plug in the RCA Cable to the Video (6-pin) and the Audio (2-pin) connector, respectively ,⑥ RCA Connectors.

Take the ⑤ Keypad Tail, and the ⑦ Center Console Ground and feed them through the ① Cable Window.

STEP 11

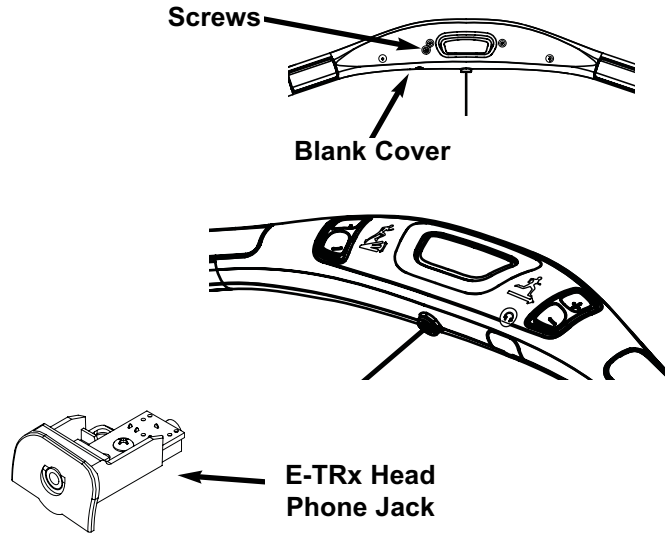
Close the Center Console. Using a #2 Phillips screwdriver, take the screws retained from earlier and screw in the (4) screws from below that hold in the center console. Tighten the screws snug.



STEP 12

Note: *If you have an E-TR skip this step.*

Using a #2 Phillips screwdriver, remove the screw that holds in the Blank Head Phone Jack Cap at the lower front of the Hot Bar. **Retain the screw**. You will no longer need the cap and, if desired, you can store it away for any possible future use. Now take the Head Phone Jack from the PVS CC hardware kit. Conect the Head Phone Jack to the cable in the jack opening. Use the previously retained screw to reinstall the Headphone Jack. Tighten snugly.



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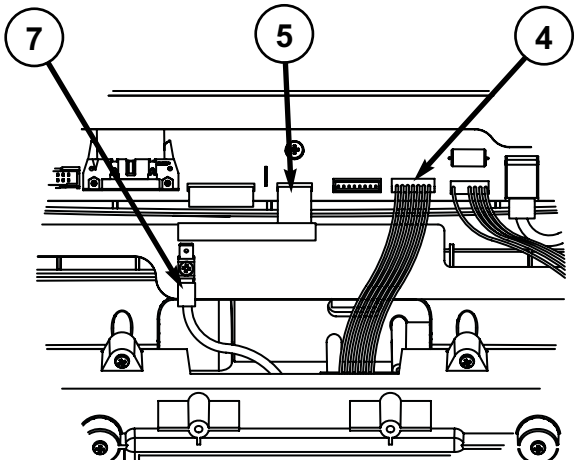
STEP 13

From below the display, connect the Center Console Ground Cable to the (7) Quick Disconnect Tab on the display mount.

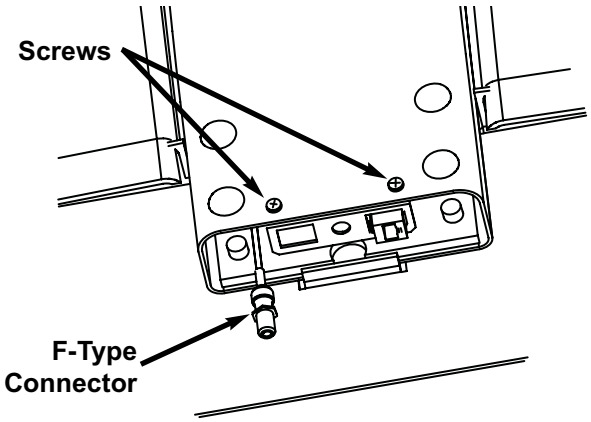
Connect the Keypad Tail to the (5) Keypad connector on the display PC board.

Connect the Interface Cable to the (4) Interface connector on the display PC board.



STEP 14

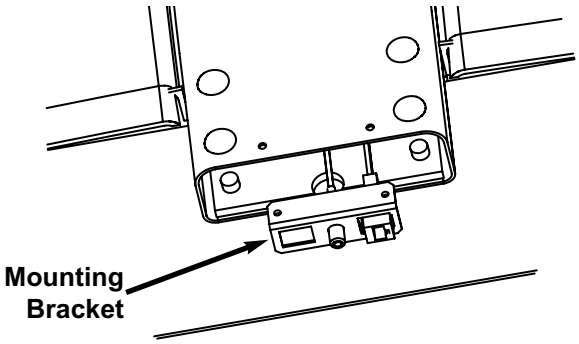
Go to the base of the treadmill neck. Using a #2 Phillips screwdriver, remove the (2) screws that hold in the RF cable Mounting Bracket. **Retain the screws for later use**.



STEP 15

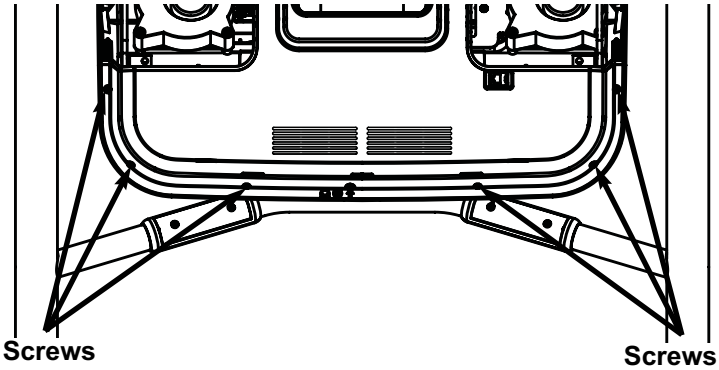
Remove the nut and washer from the F-Type connector on the end of the coax cable you fed down the treadmill neck, then put connector through the Mounting Bracket. Replace the nut and washer, and tighten the nut snugly.

Next replace Mounting Bracket into the neck, using the screws retained from previous step. Tighten with a #2 Phillips screwdriver.



STEP 16

Replace the bottom back plastic. Using a #2 Phillips screwdriver insert the (6) screws, retained from earlier step, into the plastic and tighten snug. **Caution: Do Not over tighten screws.**



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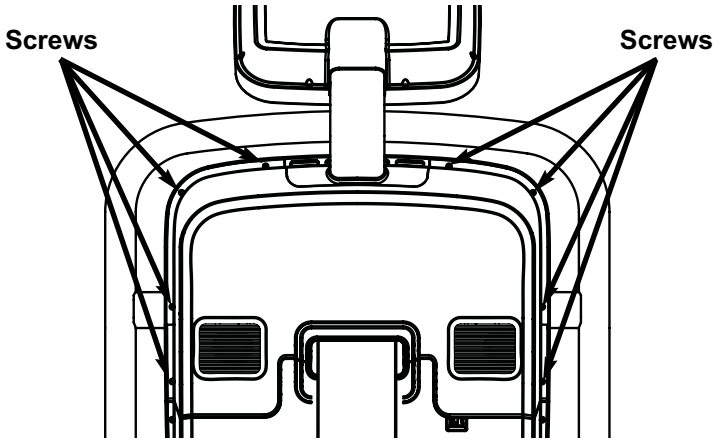
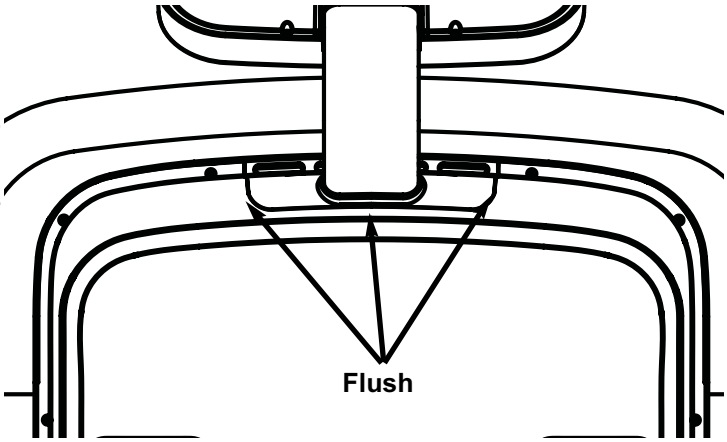


STEP 17

Replace the top back plastic. Using a #2 Phillips screwdriver insert the (8) screws, retained from earlier step, into the plastic. Do Not tighten at this time.



STEP 18

Check the cap with the neck and grommet. Make sure the cap is flush with the top back plastic. Adjust if necessary. Use the screwdriver to tighten the screws snug from the previous step. **Caution: Do Not over tighten screws.**

This completes the installation of the Personal Viewing Screen on the E-TR treadmill. Now it is time to set it up. Turn to the appropriate section for your Personal Viewing Screen.

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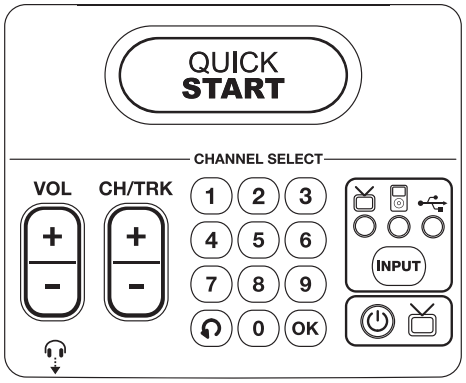
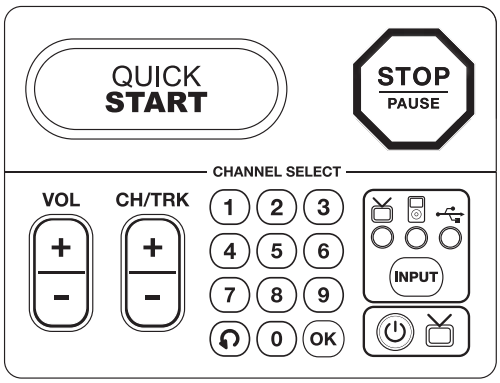
Setting Up Your Personal Viewing Screen

Now that your Personal Viewing Screen is installed on your Star Trac Cardio Equipment, it is time to set it up. There are 2 types of Personal Viewing Screens, turn to the section that applies to your unit.

NTSC / ATSC Personal Viewing Screen Set up



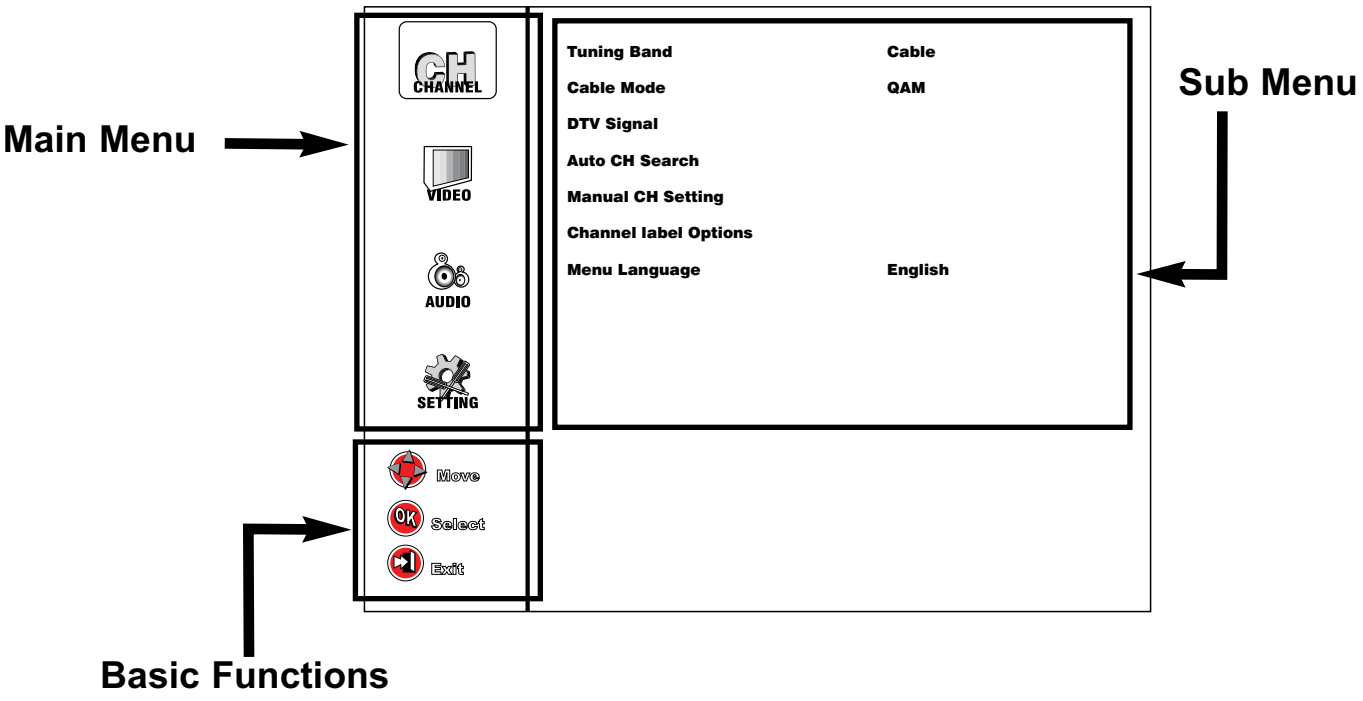
E-UBi, E-RBi, E-STi, AND E-TBTi



E-TRi

To enter the setup menu, you need to press VOL (+), CH (+), and (3), on the Center Console key-pad, *at the same time*.

Below you will see the basic screen for the unit, with its window descriptions. Follow the step by step directions to set up your screen.



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To navigate through the setup screens you will use the Entertainment Center Console keypad. To move between the items on the Main Menu, press the CH [+] or CH [-]. To move to the items on the Sub Menu, press the VOL [+]. While in the sub menu use the CH [+] or CH [-] down to move bewteen items, to select an item press the (OK). Use the VOL [+] and VOL [-] to modify the selected item as applicable, then press the (OK) to return to the sub menu. Use the VOL [-] to return to the Main Menu. When you are finished modifying your Personal Viewing Screen settings, press any number key in the Entertainment Center Console keypad to exit.

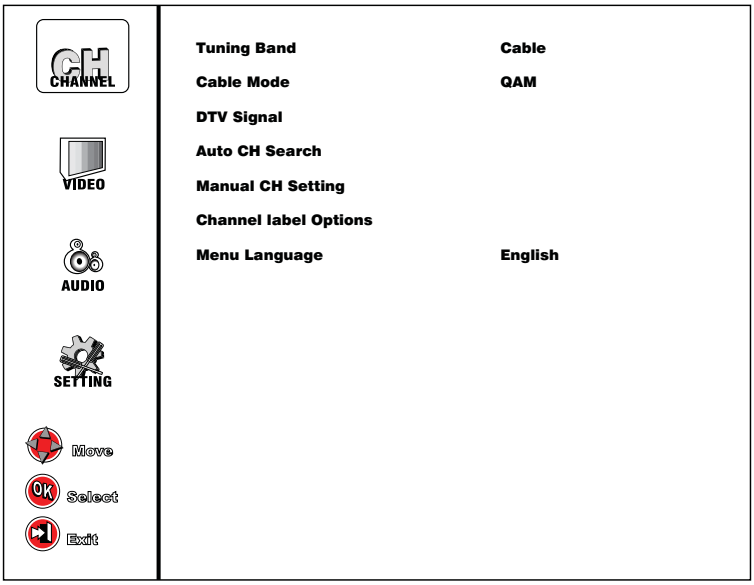
NOTE

If no keys are pressed on the keypad for 30 seconds, the setup screen will automatically close. You will need to press VOL [+], CH [+], and (3) to enter back into the setup screens

NTSC

SETTING UP THE CHANNELS

CHANNEL MENU



In the Channel Menu you will tell your system what type of signal it will be receiving. Check with your provider to insure the best possible output. In this menu you will also select what channels you would like your Personal Viewing Screen to show. You will also select the Language that will appear in the Sub Menus setup screens. Refer the remainder of this section for a more complete description of each sub category.

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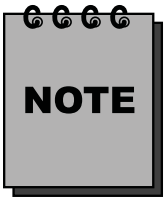
TUNING BAND

Air: Use this selection when a terrestrial(indoor/outdoor) antenna is used.
Cable: Use this selection for standard analogue cable. Consult cable provider of cable type prior to set up.
HRC: Harmonically related carriers.
IRC: Incrementally related carriers.
CABLE AUTO: Use to automatically sense the cable type.

CABLE MODE

When you set Tuning Band to CABLE, your menu selections will change. Cable mode will set the type of cable service you are using. Consult cable provider for cable type. For digital cable, VSB/QAM is supported depending on transmission system. When QAM is set, 64/256 QAM is automatically detected and set.

VSB: When transmission is 8VSB, set cable mode to VSB.
QAM: When transmission is 64/256 QAM, set cable mode to QAM.
NONE: When Digital cable is not used, set cable mode to NONE



This works only when Tuning Band is set to cable. For digital cable, please check whether the transmission system is 8VSB, 64QAM or 256QAM with your cable provider. In addition, encrypted signals cannot be displayed.

AUTO CH SEARCH

Navigate to the Auto CH Search, and push the OK button. Broadcasting frequencies are automatically searched and saved. The search starts from analog broadcasting to digital, and it takes 2~4 min. Channel numbers are allocated for weak signals from analog broadcasting. As for digital, however, weak signals or signals without broadcasting info are ignored.

MANUAL CH SET

Move to a channel you want by using CH + and CH - . Push OK to change between Viewable, Not Viewable, and Favorite (Favorite will act the same as Viewable). When you are finished modifying the Channel set, press VOL +, CH +, and 3, *at the same time*, to exit this menu and return to the Channel Sub Menu.

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CHANNEL LABELS

You can change the channel labels for each of the viewable channels. Analog channels are shown as ------ because there is no channel name info. Digital channels without channel info will also be displayed as ------. Some channels of digital broadcasting may be misnamed.

Use the CH (+) and CH (-) to navigate between channels. Use the VOL (+) and VOL (-) to move to the next letter of the selected channel, or back to the channel selection area. Once you are in the label area use CH (+) and CH (-) to scroll through the Alpha Numeric. Use VOL (+) to move to the next space. When you are finished labeling the channels you want, press the (OK) to return to the Channel Sub Menu.

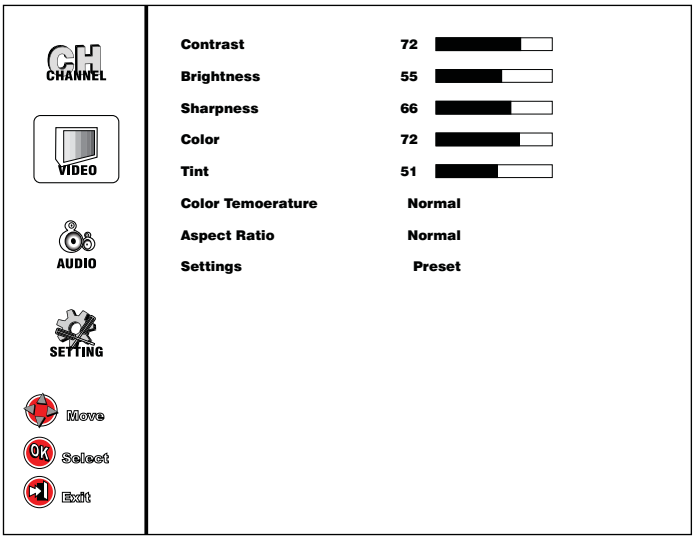
MENU LANGUAGE

Push (OK) to change between Menu Languages (English, French and Spanish). Menu Language changes as you select, but the Main Menu remains in English.

NTSC

ADJUSTING IMAGE QUALITY

VIDEO MENU



The Video Menu on you Personal Viewing Screen is much like any standard Video display. This section will allow you to change the visual look of the screen. Use the CH (+) or CH (-) move between selections. Press the (OK) to enter the the selected item. Use the VOL (+) and VOL (-) to adjust the item, when you are finished press (OK) to return to the Video Menu.

CONTRAST: Adjust the white level of the picture.

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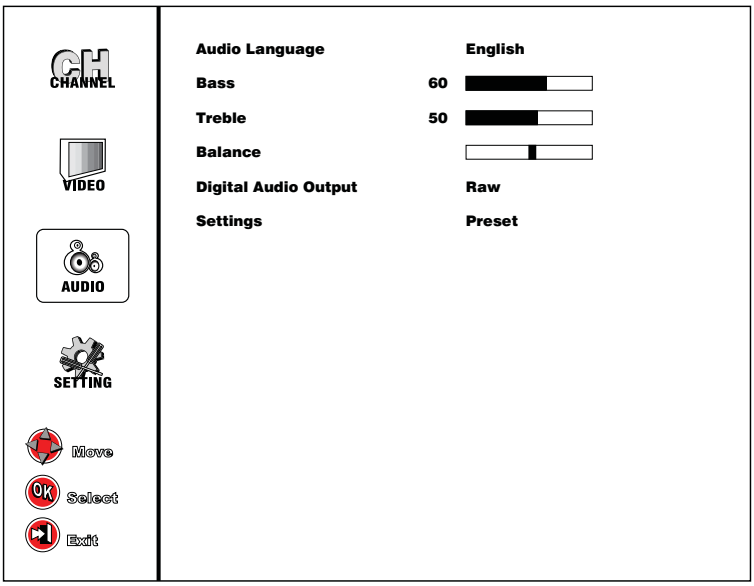
BRIGHTNESS: Adjust to brighten or darken the picture.
SHARPNESS: Further you go left, more the screen softens, and further you go right, more the screen sharpens. Caution: When sharpness is too high, video noise soars in some videos which may cause problems in image quality. Normal setting is recommended.
COLOR: Adjust to increase or decrease the Color intensity.
TINT: Adjust color tone.
COLOR TEMPERATURE: Default to NORMAL
ASPECT RATIO: Image size on screen, Default to NORMAL.
SETTING: When you execute this menu, all video-related values which were previously set will reset to the factory default.

NTSC

ADJUSTING AUDIO QUALITY

AUDIO MENU



The Audio Menu will allow you to adjust the sound features for your Personal Viewing Screen. Use the CH + or CH - move between selections. Press the OK to enter the the selected item. Use the VOL + and VOL - to adjust the item, when you are finished press OK to return to the Audio Menu.

AUDIO LANGUAGE: Audio Language supports digital broadcast audio, as digital broadcasts may include several channels of audio. Note: In some digital channels, audio language is not English, although English is set as audio language. It can be regarded as an error in terms of broadcasting information, but there should not be any problem functioning.
BASS: Will adjust the bass tone of the sound output.

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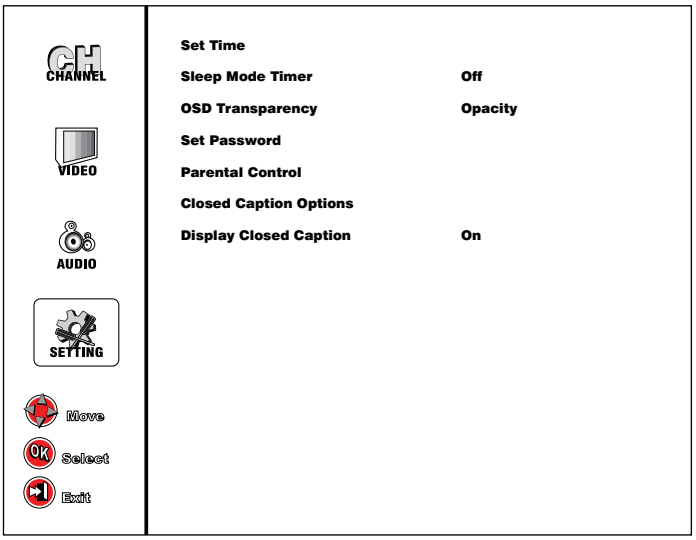
TREBLE: Will adjust the treble tone for the sound output.
BALANCE: Will adjust the sound volume between the right and left ear.
DIGITAL AUDIO OUTPUT: Push the OK button, and it changes to PCM or RAW.
SETTINGS: When you execute this menu, all Audio-related values which were previously set will reset to the factory default.

NTSC

ADJUSTING SPECIAL FEATURES

SETTING MENU



The Setting Menu will allow you to adjust the special features for your Personal Viewing Screen. Use the CH (+) or CH (-) move between selections. Press the (OK) to enter the the selected item. Use the VOL (+) and VOL (-) to adjust the item, when you are finished press (OK) to return to the Setting Menu.

SET TIME: It is recommended that you set the Time Set Mode to Manual. Adjust all other settings as desired.
SLEEP MODE TIMER: Will allow you to tell the screen to turn of 30, 60, or 90 minutes from activation.
OSD TRANSPARENCY: Adjusting transparency of all OSD such as program information, Volume control & channel edit etc,. Except main Menu OSD (above picture)
SET PASSWORD: Allows you to put a menu access password. Enter a four digit code with the keypad and then press OK.
PARENTAL CONTROL: Digital broadcasting includes several ratings/grades. This feature will allow you to set which ratings or grades to block.
DISPLAY CAPTION OPTIONS: Allows you to adjust how you would like the captions to appear.

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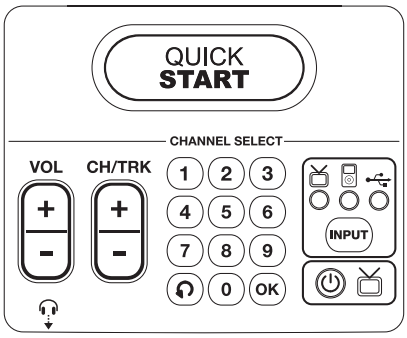
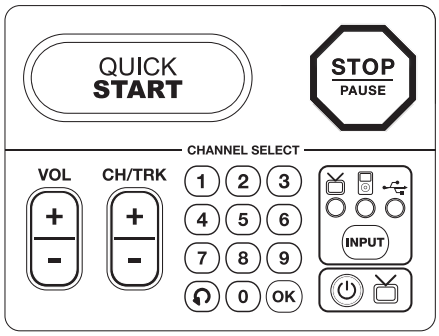
PAL / SECAM Personal Viewing Screen Set up





Before you can set up the Personal Viewing Screen you must first get into the “Maintenance Mode” of the Star Trac Cardio Equipment, while is this mode you will tell the equipment what type of Personal Viewing Screen you are installing.

For the “Maintenance Mode” on the E-TR follow the steps below;

1. Press and *hold* the 0, 2, and OK keys together on the display keypad of the Cardio Equipment.
2. A beep will sound and “MAINTENANCE MODE” will display momentarily in the Information Window.
3. Release the keys. “MCI VX.XX CKSM XXXX” will display in the Information Window.

The following keys are available in MAINTENANCE MODE:

Incline Keys: Displays the next and previous parameter, respectively. Keys will repeat if held.

Speed Keys: Adjust the value of the displayed parameter up and down, respectively, in increments of 1 unit or 0.01 unit, as appropriate for the parameter. These keys *do not* save the new value - see OK **Key** below.

Enter Key: Updates (saves) the value of the displayed parameter in Flash memory. Alternatively, the OK key may be used (see above).

Number/Program Select Keys: Enter new data item values for numeric parameters.

Stop Key: Exits Maintenance Settings Mode and restarts the treadmill greeting.

4. Press the (incline up) to navigate to the “PVS” variable.
5. Press the (speed up) to change the variable from ATSC/NTSC to PAL/SECAM.
6. Press the OK to accept the change.

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7. Press the STOP/PAUSE to exit.

This completes the E-TR setup, now turn to the “Accessing The On Screen Display” to continue.

For “Maintenance Mode” on the E-TBT, E-ST, E-RB, and E-UB follow the steps below.

1. Press and *hold* the 0, 2 and OK keys together.
2. A beep will sound and “MAINTENANCE SETTINGS” will display momentarily in the Information Window.
3. Release all keys. “SERIAL NUMBER” will display in the Information Window.

The following keys are available in MAINTENANCE SETTINGS:

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 value of the displayed parameter 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:

4. Press either SCROLL to navigate to the “PVS” variable.
5. Press the + (level up) to change the variable from ATCS/NTSC to PAL/SECAM.
6. Press the OK to save the change and exit.

This completes the E-TBT, E-ST, E-RB, and E-UB setup, now turn to “Accessing The On Screen Display” to continue.

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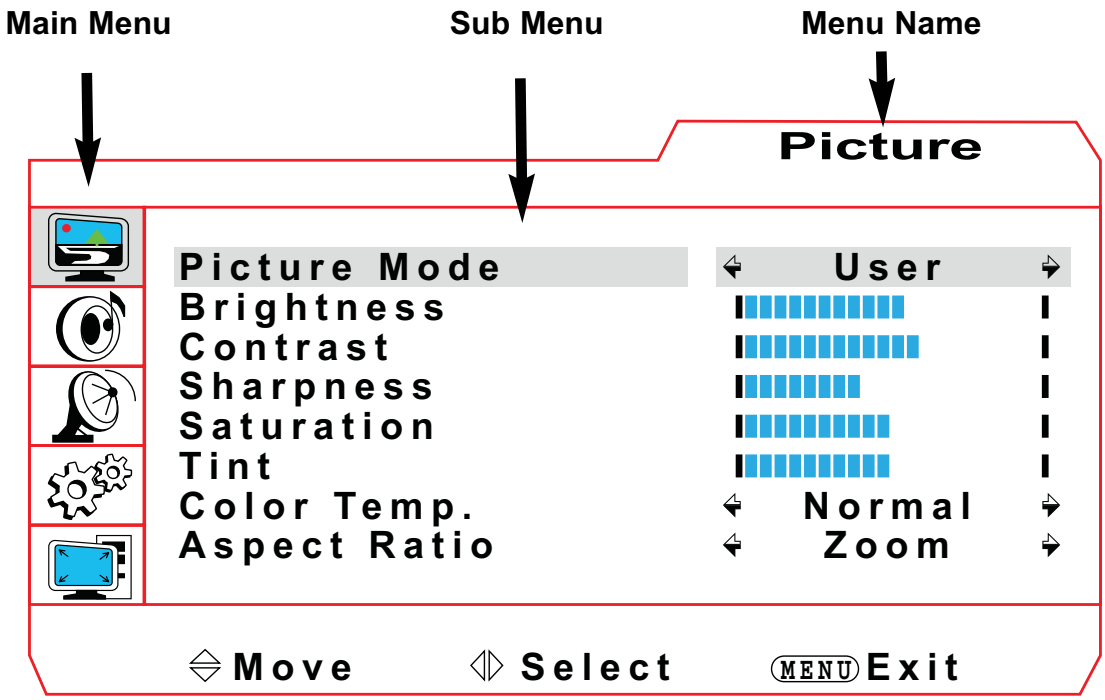
PAL/SECAM

ACCESSING THE ON SCREEN DISPLAY (OSD)

To enter the On Screen Display (OSD) setup menu, you need to press and *hold* the VOL [+] and CH [+], and *at the same time* press the (3), on the Entertainment Center Console keypad.

NOTE

The On Screen Display requires either a strong video signal or no video signal. If you are unable to get into the On Screen Display, try changing the channel, if that does not work, disconnect the RF cable at the base of the unit.



Below you will see the setup screen for the PAL/SECAM unit, with its window descriptions. Follow the step by step directions to set up your screen.

Use the CH [+] and CH [-] to navigate between Main menu items. To enter a sub menu press VOL [+] and to exit a sub menu press VOL [-]. Once you are in a sub menu, use the CH [+] and CH [-] to navigate between sub menu items. Press the VOL [-] to select an element to modify. To increase or decrease a selected item, use the VOL [+] and VOL [-]. When finished press the (OK) to exit that element. Press the VOL [-] to exit the sub menu.

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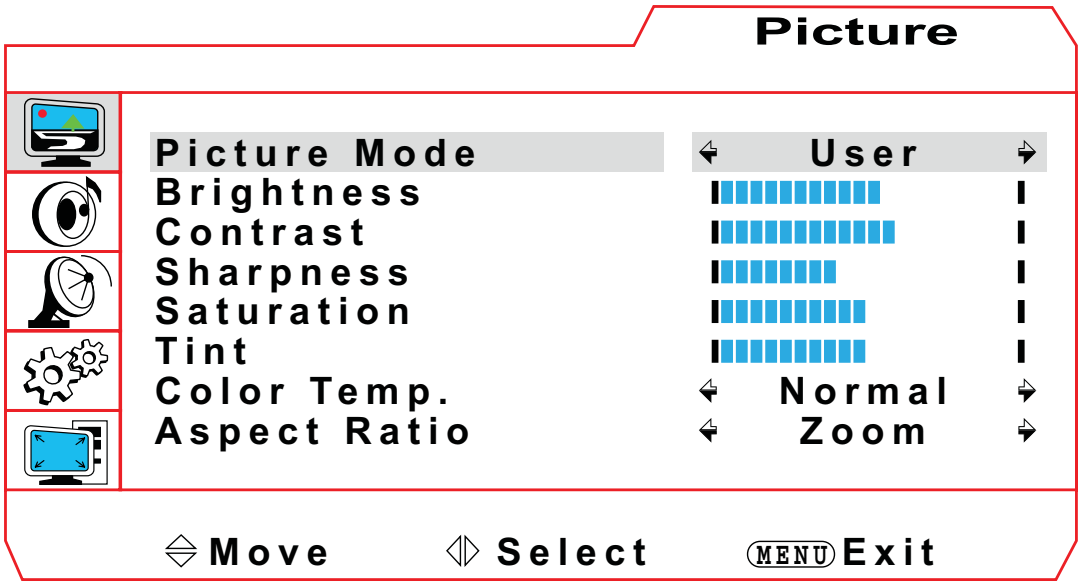
PAL/SECAM

ADJUSTING THE ON SCREEN DISPLAY



PICTURE MENU

Use the CH (-) to navigate to the Picture menu. To enter the sub menu press VOL (+). Use the CH (+) and CH (-) to navigate to the desired sub menu. Use the VOL (-) to select the element you wish to modify. Once a sub menu element is selected use the VOL (+) and VOL (-) to modify that item. When you are finished with that item press the (OK) to exit that item. Use the CH (+) or CH (-) to select a different element or press the VOL (-) to exit the sub menu and return to the Main menu.

This menu is for adjusting the following items.

Picture Mode:
Brightness: Adjust to brighten or darken the picture.
Contrast: Adjust the white level of the picture.
Sharpness: Adjust to sharpen or soften the picture.
Saturation: Adjust Saturation of the picture.
Tint: Adjust color tone.
Color Temp: Default to NORMAL.
Aspect Ratio: Image size on screen, Default to NORMAL.

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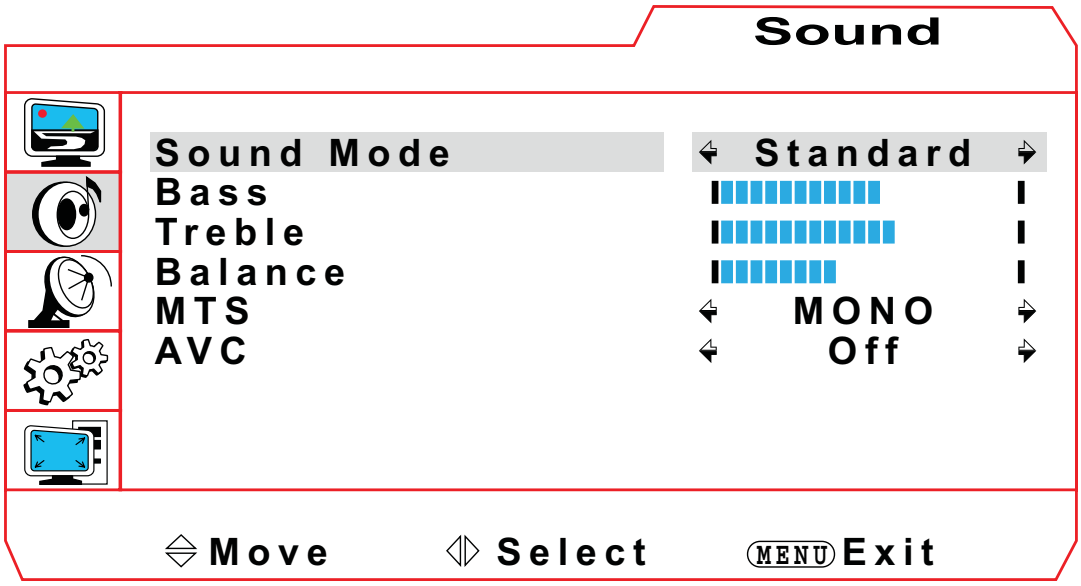
PAL/SECAM

SETTING THE SOUND



This menu is for adjusting the following items.

Sound Mode: Default is Standard
Bass: Will adjust the bass tone of the sound output.
Treble: Will adjust the treble tone for the sound output.
Balance: Will adjust the sound volume between the right and left ear.
MTS: Multi Channel Television Sound.
AVC: Auto Volume Control.

Use the CH [-] to navigate to the Sound menu. To enter the sub menu press VOL [+]. Use the CH [+] and CH [-] to navigate to the desired sub menu. Use the VOL [-] to select the element you wish to modify. Once a sub menu element is selected use the VOL [+] and VOL [-] to modify that item. When you are finished with that item press the (OK) to exit that item. Use the CH [+] or CH [-] to select a different element or press the VOL [-] to exit the sub menu and return to the Main menu.

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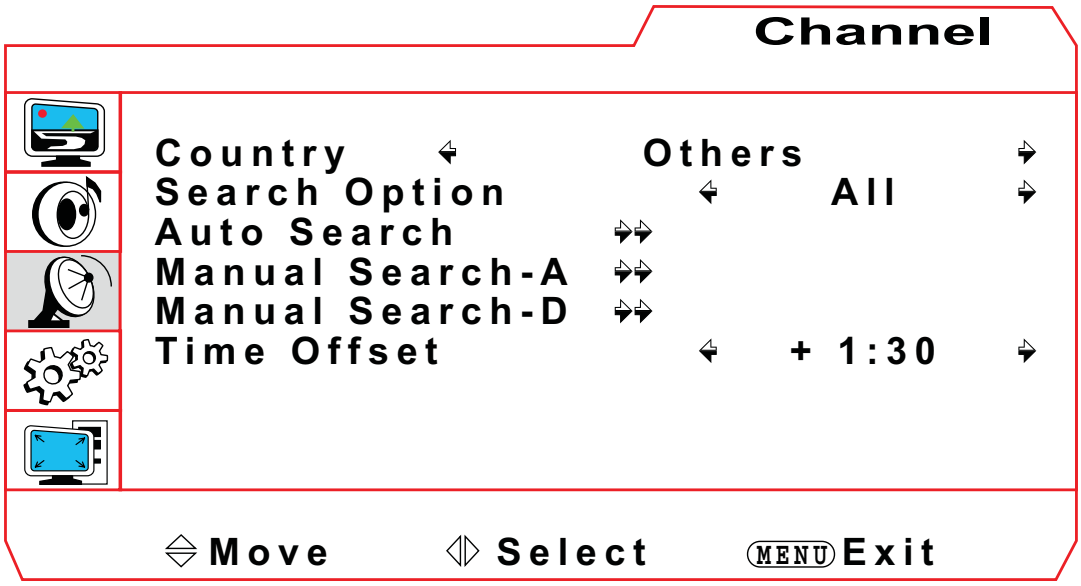
PAL/SECAM

SETTING UP THE CHANNELS



This menu is for adjusting the following items.

Country: Provide a list of country settings supported by PVS.
Search Option: All, FTA, Scramble.
Auto Search: Press OK to start Auto Search.
Manual Search - A: Used to manually Scan and add selected channels.
Manual Search - D: Used to manually Scan and add selected channels.
Time Offset: From -12:00 to +12:00.

Use the CH [-] to navigate to the Sound menu. To enter the sub menu press VOL [+]. Use the CH [+] and CH [-] to navigate to the desired sub menu. Use the VOL [-] to select the element you wish to modify. Once a sub menu element is selected use the VOL [+] and VOL [-] to modify that item. When you are finished with that item press the OK to exit that item. Use the CH [+] or CH [-] to select a different element or press the VOL [-] to exit the sub menu and return to the Main menu.

AUTO Search

Use this feature to automatically scan your service and add channels to the PVS. To do this follow this procedure. Use the CH [+] or CH [-] to navigate to the Auto Search, then press the VOL [-] to start the Auto Search. This will scan for channels and exit the OSD.

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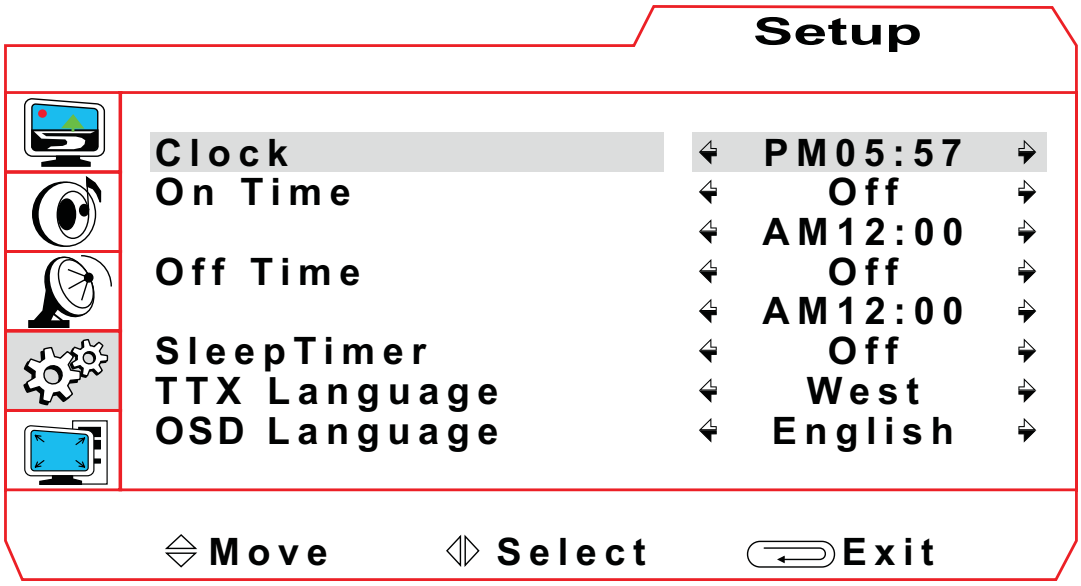
PAL/SECAM

SETTINGS MENU



This menu is for adjusting the following items.

Clock: PVS clock time.
On Time: On time.
Off Time: Off Time.
SleepTimer: Enable on off timers.
TTX Language: Timed text.
OSD Language: On Screen Display Language.

Use the CH (-) to navigate to the Sound menu. To enter the sub menu press VOL (+). Use the CH (+) and CH (-) to navigate to the desired sub menu. Use the VOL (-) to select the element you wish to modify. Once a sub menu element is selected use the VOL (+) and VOL (-) to modify that item. When you are finished with that item press the (OK) to exit that item. Use the CH (+) or CH (-) to select a different element or press the VOL (-) to exit the sub menu and return to the Main menu.

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FAQ's and Troubleshooting

Your Star Trac Personal Viewing Screen is designed with little maintenance in mind and rarely should you experience a problem once it is installed. However, you may find the cleaning and troubleshooting information in this section useful.

We will also explain how to replace the headphone jack when it no longer provides good audio quality.

Cleaning the Personal Viewing Screen

Periodically dust the Personal Viewing Screen with a clean soft cloth.

For your Star Trac Cardio equipment, refer to the owners manual for daily cleaning instructions and cautions information.

Caution: DO NOT use liquid cleaners or aerosol cleaners to clean screen. **DO NOT** use any solvents such as alcohol and paint thinner, or any acidic cleaners to clean screen. This will void the warrenty.

Each week or as needed, clean the Center Console keypad with a mild soap and water solution. Lightly dampen a clean cloth with the solution and wipe the keypad. Do not use too much solution on the cloth or spray cleaning solution onto the center console. Doing this could cause moisture to enter the controller and cause damage.

The following information may help you understand and troubleshoot any problems the you may encounter with your Star Trac Personal Viewing Screen. If the suggestions in this table do not help solve the problem that you encounter please contact Star Trac's Service Hotline at (800) 503-1221, or USA 1-714-669-1660.

No Power	Make sure that all the power cables are connected and secure. Check that the plug is in a functional outlet. Check the power supply at the base of the unit and see if the green LED is lit. Push the Power button on the Center Console.
No Picture	Make sure the PVS has power. Make sure the correct INPUT is selected by pushing the INPUT button. Make sure your signal source is properly connected. Try changing channels, it may be a station problem. Turn off the PVS, and then back on after one minute.
No Audio	Increase the audio level with the VOL (+). Make sure the Headphone jack is secure. Replace Headphone jack if necessary.

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Poor Picture	Check the input signal cable, make sure it is in good shape and is connected snug to the RF input. Adjust the Brightness, Hue, Sharpness, and Contrast in the Video Setup of the PVS.
Bars or Snow on the screen	Check the input signal cable, make sure it is in good shape and is connected snug to the RF input. Try a new channel; it may be the station is having difficulties. Check for local interference.
Poor TV reception	Check the input signal cable, make sure it is in good shape and is connected snug to the RF input. Try a new channel; it may be the station is having difficulties. Check for local interference. Try adjusting the Sharpness in the PVS video setup.
Ghost in the picture	Check the input signal cable, make sure it is in good shape and is connected snug to the RF input. Try a new channel; it may be the station is having difficulties. Check for local interference.
Missing TV Channels	Check the Channel setup of the PVS. The specific channel may not be programmed. If necessary, rerun the Auto Channel feature in the PVS setup.
Center Console Keypad seems unresponsive	Check to see that the ribbon cables are connected firmly and properly (ribbon may be reversed). Check Center console PC board LED (will be green or red), if there is no light the center console, it is not receiving any power. Check to see if the "Maintenance Settings, PVS value" is set to the proper PVS type, (See "Setting up your Star Trac PVS").
"No Signal" displayed on screen.	See "NO PICTURE", You may have to rerun the setup routine for the display. Check that all input values are correct for you service provider. Press the (input) to change from AV input to RF input.
"PAL/SECAM Display" Unable to get into the OSD	Push Channel UP or Down to see if you are getting any clean channels. Turn Display off, then wait for a minute and turn back on. Disconnect the RF cable, get into the OSD and reconnect the RF cable.

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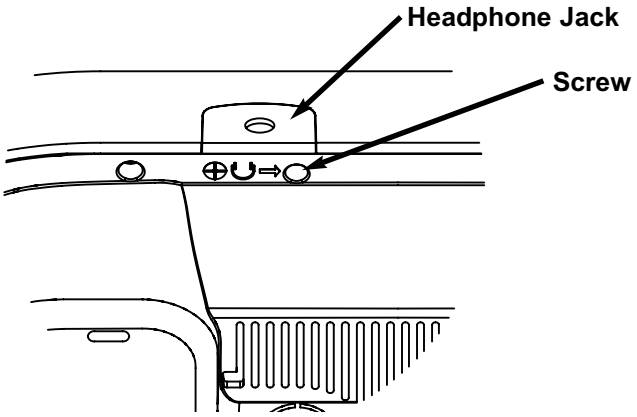
Headphone Jack Replacement.

When you are experiencing poor audio output from your PVS, you should check the entertainment headphone jack to see if it needs replacement. The headphone jack was designed for an easy and quick replacement. Before you begin, make sure your have the proper replacement part available. For the E-TRi use part number 715-3668. For the E-TBTi, E-STi, E-RBi, and E-UBi use part number 718-5098 .

Look under the Display unit, in the front you will see a printed headphone screw logo. Use a #2 Phillips screwdriver to remove the screw holding the headphone jack in place. **Retain the screw for later use**.

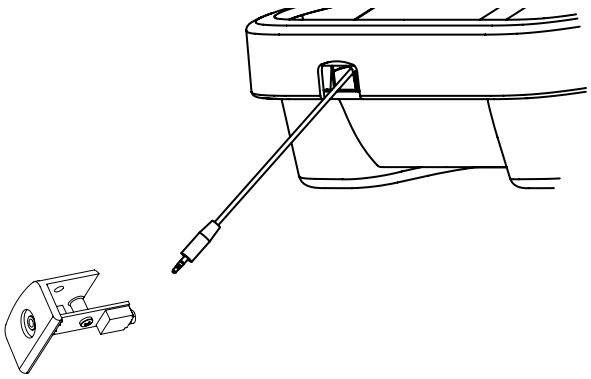


Gently pull the Headphone jack out of the display. Be careful, the headphone is connected to a cable.

Disconnect the cable.

Take the new Headphone jack and connect the cable.

Slide new Headphone jack into the Display plastic front, using the screwdriver, re-install the screw.



This completes the Headphone replacement.

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REGULATORY INFORMATION

Radio Frequency Interference (RFI)

Federal Communications Commission, Part 15
Warning: To prevent fire or electrical shock, do not expose this equipment to rain, moisture or excessive heat.

The unit has been tested and found to comply with the limits for Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference when the equipment is operated in a commercial environment.

The Personal Viewing Screen generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the assembly, installation and maintenance instruction manuals, may cause harmful interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into a separate outlet that uses a different circuit than the receiver.

Consult a Star Trac Service Representative or an experienced radio/TV technician for help.

Warning: Per FCC rules, changes or modifications not expressly approved by Star Trac could void the user's authority to Operate the equipment.

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