

TO PROGRAM A WEEKLY EXERCISE CYCLE:

STEP 1 - Clear existing program by pressing  button.

STEP 2 - Set the current Day/Time (in 24hr format):

- A. Press and hold the CLOCK button during steps B, C, D.
- B. Press DAY button until today's day of the week is shown.
- C. Press HOUR button until the current hour is shown.
- D. Press MIN button until current minute is shown.

STEP 3 - Set the desired Day/Time for the generator test to BEGIN:

- A. Push the TIMER button once. The display will show "1ON".
- B. Repeatedly push the DAY button until the desired day is shown.
- C. Repeatedly push the HOUR button until the desired hour is shown.
- D. Repeatedly push the MIN button until the desired minute is shown.

STEP 4 - Set the desired Day/Time for the generator test to STOP:

- A. Push the TIMER button once. The display will show "1OFF".
- B. Repeat B, C, D from STEP 3 above for the day, hour, and min.
(Approximately 20 mins from BEGIN time is suggested)
- C. Push the CLOCK button to exit programming mode.

STEP 5 – Enable the exercise program:

Repeatedly push the MANUAL button until the horizontal bar is displayed above the "AUTO" label (see NOTE below).

NOTE:

The MANUAL button will start the generator immediately when ON mode is activated. Afterwards, stop the generator by first activating OFF mode. Then activate AUTO mode re-enable the exercise program.

Battery Replacement (if clock display is blank):

- A. Remove 4 front screws to access back of exerciser.
- B. Insert a coin in the back slot and rotate.
- C. Remove cover and remove battery with a small flathead.
- D. Replace with Lithium CR2032.

