

On-Line Fitness FM Instruction Manual



Full installation instructions accompany your Fitness FM equipment order. This On-Line version of our Installation/Instruction Manual is included in our web site for your convenience.

If you have any questions regarding your installation that are not covered by this Manual or by our Troubleshooting Guide, please contact our [Service Department](#):

Cardio Theater Inc.
Service Department
Telephone: 1-800-776-6695
E-mail: service@cardiotheater.com

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Suggestions for Installation (Location Suggestions)

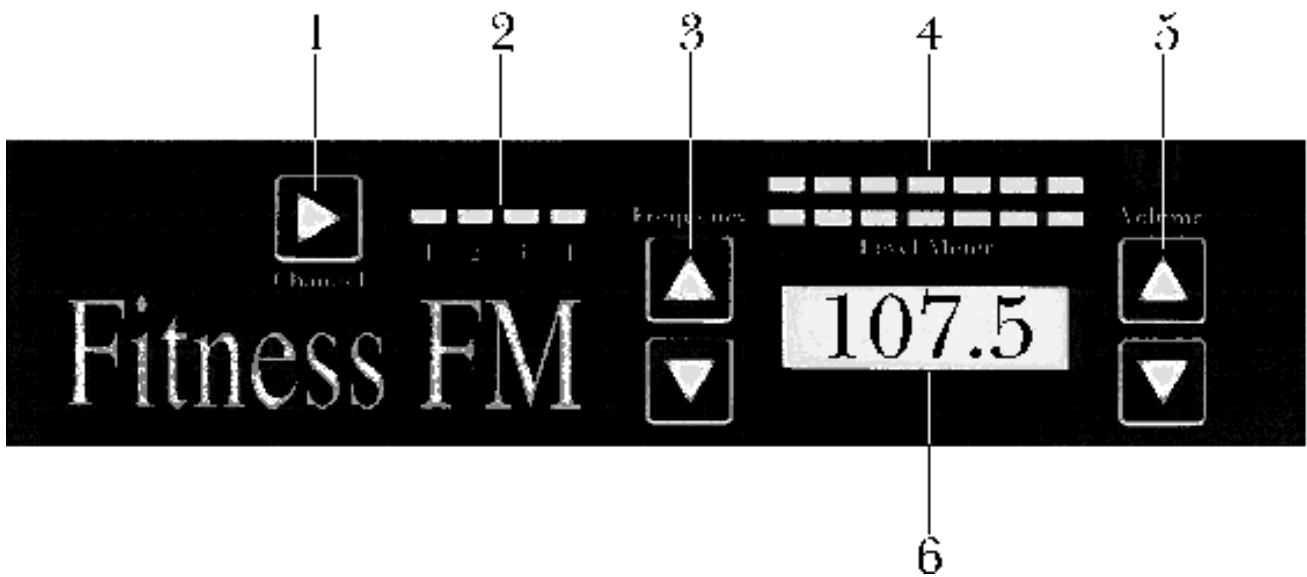
- Provide for cable or an antenna for television reception. The type of building and the location could effect reception.
- Use televisions with "Audio Out" or preferably "Line Out" features. If you are using televisions with "Audio Out" the external speakers should be turned off and the volume turned to the highest level.

- **Televisions should be arranged so that each user has a clear view of all televisions. Stagger the rows of cardio equipment and place the shorter pieces (e.g., recumbent bikes) in front and the taller pieces (e.g., steppers) toward the back.**
- **Group components to be connected to the Fitness FM in a single location to minimize cabling.**
- **If the components are stacked in a stereo cabinet, insure that there is adequate ventilation.**
- **Place the Fitness FM in a well ventilated area a minimum of four feet (4') off the floor with easy access to the front and back of the unit.**
- **After setting the transmit frequencies, label the TV and audio components to match the frequencies selected.**
- **Label the audio cables as you connect them to the Fitness FM. This will avoid any guess work in the future.**
- **Do not place the Fitness FM on or near large metal surfaces: this will severely limit the range of the transmitted signal.**

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Controls and Indicators

Front

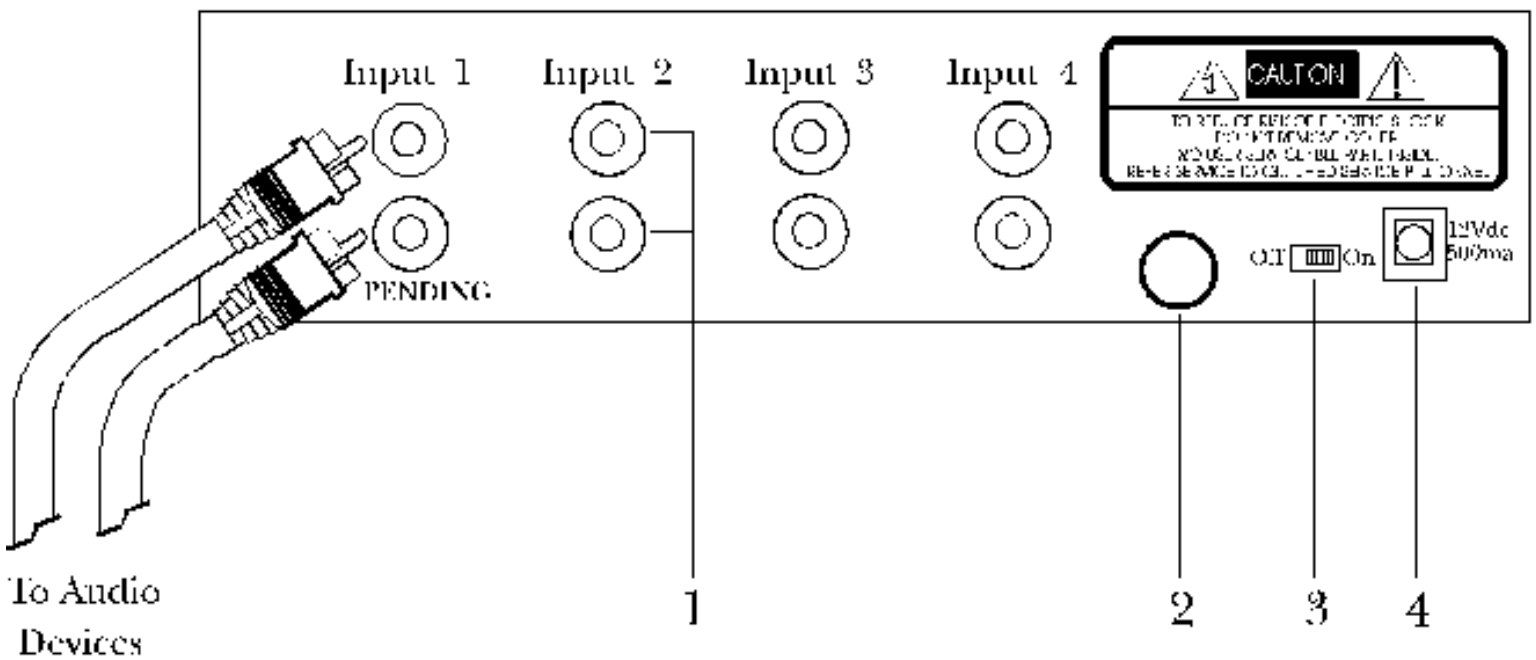


1. **Channel Select Button** - Selects input channel to be adjusted.
2. **LED Indicators** - Indicates input channel selected.
3. **Frequency Buttons** - Adjusts transmission frequency of selected channel.
4. **Level Meter** - Shows input volume level of selected channel.
5. **Volume Buttons** - Adjusts input volume level of selected channel.
6. **LCD Display** - Displays frequency and volume settings of selected channel.

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Controls and Indicators

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1. **Input Connectors** - Stereo input connectors for audio sources: TVs, tape players, CD players, etc. (The model purchased will determine the number of input connectors.)
2. **Antenna** - Broadcast antenna.
3. **Power Switch** - Main power on / off switch.
4. **Power Input Connector** - Connector for power adapter.

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Setup & Operation




Setup

1. Connect an audio component to each of the inputs with standard stereo audio patch cables.
2. Connect the supplied power transformer to the power input connector and plug it into a 110 Volt outlet.
3. Extend the antenna fully & rotate it to a vertical position.

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Operation

The following procedure will set the transmit frequencies for each channel.

Step 1	Use an FM radio, preferably with a digital tuner (i.e., a display that shows the actual radio station frequency: 101.5 or 89.5 etc.).	Find 4 to 6 frequencies on the FM band that have no local stations transmitting on them. Record these frequencies to use in the following steps.
Step 2	Press the channel select button repeatedly until the Channel 1 LED indicator illuminates. The display will show the transmit frequency currently set for that channel.	
Step 3	Using the frequency up or frequency down buttons, select the desired transmit frequency.	
Step 4	While watching the Level Meter, Press volume up or volume down buttons to set the input volume. Adjust the volume such that the red Level Meter illuminates infrequently. The volume level will continue to display for five seconds, before reverting to the frequency display.	

Step 5

Repeat steps 2 through 4 for each of the remaining channels, if applicable.

Step 6

Tune an FM radio to each of the selected frequencies to check audio quality. If any of the channels have excessive background noise, adjust that channel to a different frequency that has fewer commercial signals near by.

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SPECIFICATIONS

Fitness FM Transmitter

Input Sensitivity/ Impedance

Maximum..... 3.5Vrms / 30k ohm

Minimum..... 100mVrms / 30 k ohm

Gain Control Range..... 31db

Transmission Frequency Range..... 87.5 - 108.0 MHz

Power Requirements..... 12VDC 500mA

Dimensions..... W: 8.062" / 20.3cm

H: 2.125" / 5.41cm

D: 6.25" / 15.8cm

Weight..... 2.41 lb. / 2.41kg

This low power FM transmitter conforms to FCC part B rules and regulations.

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Note: Cardio Theater Inc. follows a policy of continuous advancements in development. For this reason specifications may change without notice. For questions regarding any specifications, please call the Service Center at (800) 776-6695.