



## F & S Series Engineering Mode

Remove tether cord. Press and hold Start, Enter, and Stop. Replace tether cord  
Display should go Engineering Mode. Press Enter.  
Unit will now display the sub menus listed below. Press the Up/Down buttons to scroll through the list.  
Press Enter to access the selected program.

### Calibration

- Speed Cal. In this mode, you can test the speed
- Incline Cal. In this mode, you can test the incline

### Factory Settings

- This mode will allow you to view the Wheel size, Max Inc, Max Spd, Min Spd.
- Use Up/Down to scroll through, cannot be changed here

### Security

- Child Lock On/Off
- Press Enter to turn on/off. To unlock display, press Start and Enter

### Functions

- Sleep Mode On/Off Press Enter to turn on/off.
- Units English/Metric Press Enter to turn change.

### Maintenance

- Lube Message Reset Press Enter to Reset
- Odometer Message Reset Press Enter to Reset
- Pause Mode On/Off Press Enter to turn on/off.

### Display Test

- Test all LED's

### Key Test

- Test all switches

For more information, please contact our SOLE Service Department.

[www.soletreadmills.com](http://www.soletreadmills.com)

Fill out form at <https://soletreadmills.com/technical.php?p=service>

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