

BODYCRAFT

Instructions for Spacewalker English/Metric conversion:

1. With the main power switch on and the key removed, simultaneously hold the [MODE] and [START/PAUSE] keys, insert the key. You can now release the keys. A software version such as "1.1" will appear in the display.
2. Then press and hold [MODE] key for 3 seconds until a "0" or "1" appears in the display (the distance LED will light).
3. Use the [SPEED +] or [SPEED -] arrows to switch between 0 and 1.
0=METRIC (KPM)
1=ENGLISH (MPH)
4. Press [START/PAUSE] to save and exit.