

# ***BODYCRAFT***

## **TD250 Treadmill Desk Switch Units MPH/KPH**

1. Make sure the CONSOLE is flipped in the up position and remove the SAFETY KEY.
2. Turn off the POWER SWITCH near where the POWER CORD enters the machine.
3. While simultaneously pressing the [ENTER] and [START] buttons, turn on the POWER SWITCH, then release both buttons.

**The TIME WINDOW will display “EN”. You are now in Engineering mode.**

While the TIME WINDOW is displaying “EN”, the CALORIES WINDOW displays the “Program date code” and the DISTANCE WINDOW displays the “Program version”.

**CONVERT UNITS MPH/KPH**

1. Press [ENTER] to continue to the KPH/MPH Switch Mode.
2. Press the [SPEED UP] to switch between miles and km (kilometers)
3. Press the [ENTER] button to save your selection.
4. Press and hold [ENTER] button for 3 seconds or replace the SAFETY KEY to return the treadmill to its normal.