

9" CT/PST/RTM Software Update Instructions

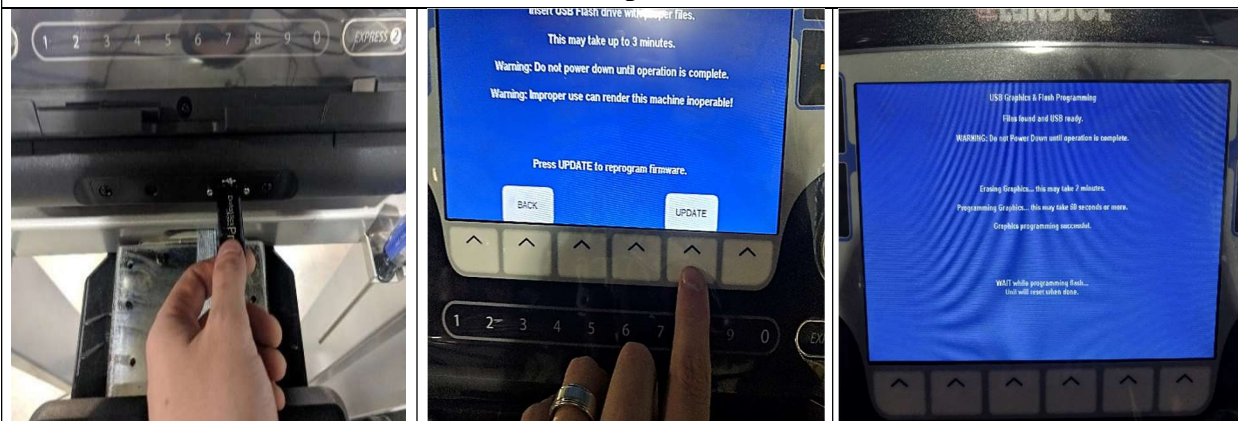
Landice L-Series Treadmills

Step 1



With the treadmill turned off, press the “3”, “9” and “START” key simultaneously. The Hidden Menu screen will appear. Using the “-” key, scroll down to Reprogram Firmware and press the “START” key.

Step 2



Insert the USB stick as shown. Then, press the button below the “UPDATE” screen prompt. The software update will install, which could take a few minutes. Once complete, the treadmill will power off. Press **START**. “Birth” will be displayed on the screen, and will then show the “Diagnostic” screen. Hold **STOP** for 3 seconds to back into the Hidden Menu, at which point you will press **STOP** once to turn the treadmill off. You can now start the treadmill as normal.

PLEASE NOTE: You can verify the software version by going back into the Hidden Menu and selecting “NV INIT-BOOT” Press **START** to verify “Booted Software” is displayed. Turn off by pressing **STOP** and restart the treadmill as normal.

**PLEASE CALL LANDICE TECHNICAL SERVICE
1-800-526-3423, OPTION 3 FOR FURTHER ASSISTANCE**

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