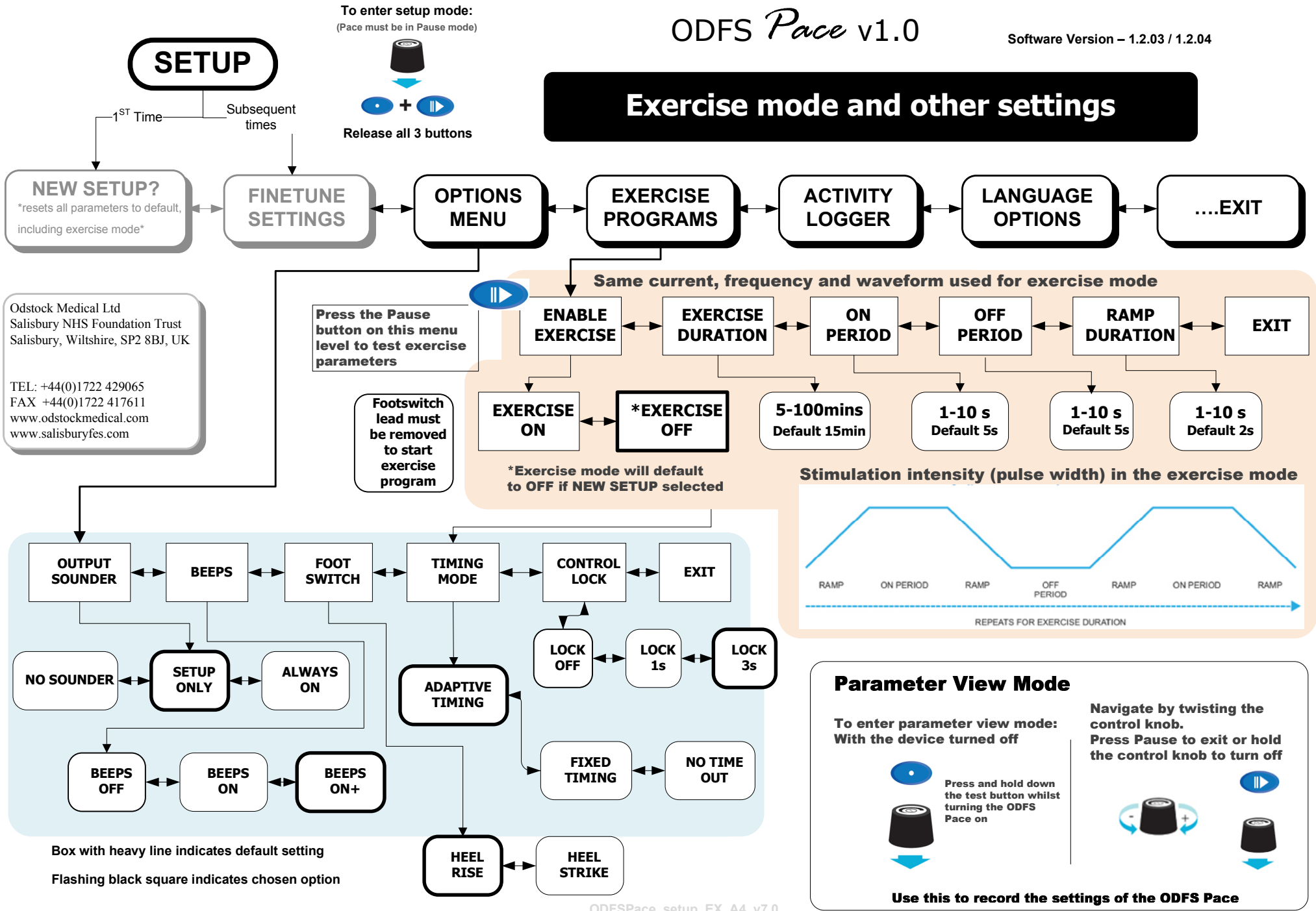


## Exercise mode and other settings



### Parameter View Mode

To enter parameter view mode:  
With the device turned off

Press and hold down the test button whilst turning the ODFS Pace on

Navigate by twisting the control knob.  
Press Pause to exit or hold the control knob to turn off

Use this to record the settings of the ODFS Pace