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Lumenite Control Technology, Inc.
2331 N 17th Ave. Franklin Park, IL 60131 Phone : 847-455-1450
Web Site : www.lumenite.com E-Mail : customerservice@lumenite.com



INSTRUCTIONS TO PROGRAM LUMENITE/THEBEN MODEL TR-610-TOP-2 Exercise Program

SETTING THE CLOCK

Press "MENU" button
Unit displays "PROGRAM", Press "OK"
Press ► button unit displays "TIME/DATE", Press "OK"
Unit displays TIME, Press "OK"
Unit now displays "Hour 0:00" with the hour flashing
Press ► button until unit displays "Hour 10:00" or whatever hour you desire, Press "OK"
Unit now displays "Minute 10:00" with minutes flashing
Press ► button until unit displays "Minute 10:05" or whatever minute you desire, Press "OK"
The unit now displays the date, time, day of the week and the relay status
Press "MENU" twice to escape to the main screen
The unit now displays the date, time, day of the week and the relay status (ON or OFF)

PROGRAMMING

Press "MENU" button
Unit displays "PROGRAM", press "OK"
Unit displays "NEW", Press "OK"
Unit momentarily displays "MEM FREE 56" which means 56 lines of programming are available (this number will decrease by 1 after each line of programming is stored)
Unit displays flashing "ON", Press "OK"
Unit displays "HOUR ON 0:00", hour is flashing
Press ► button until desired hour is achieved, Press "OK"
Unit displays "MINUTE ON 0:00", minutes are flashing
Press ► button until desired minute is achieved, Press "OK"
The on time is displayed, "MONDAY" is flashing on the screen and the number 1 is flashing below the time
If you want your exercise program for MONDAY, Press "OK"
Unit displays the time, and "COPY" is flashing
 To end programming, press ► button until "SAVE" appears, Press "OK"
 To copy the on time to other days of the week, Press "OK"
 "ADD TUESDAY" will be flashing, press "OK" to select Tuesday
 To skip Tuesday, press ► to skip to WEDNESDAY, THURSDAY, etc.
Once week is completed "SAVE" will be flashing, Press "OK"

"NEW" will be displayed on the screen to continue programming the off time, Press "OK"
Unit momentarily displays "MEM FREE 55" which means 55 lines of programming are available (this number will decrease by 1 after each line of programming is stored)
Unit displays flashing "OFF", Press "OK"
Unit displays "HOUR OFF 0:00", hour is flashing

Press ► button until desired hour is achieved, Press "OK"
Unit displays "MINUTE OFF 0:00", minutes are flashing
Press ► button until desired minute is achieved, Press "OK"
The off time is displayed, "MONDAY" is flashing on the screen and the number 1 is flashing below the time
If you want your exercise program for MONDAY, Press "OK"
Unit displays the time, and "COPY" is flashing
To end programming, press ► button until "SAVE" appears, Press "OK", press "MENU" twice to go back to the main screen
To copy the on time to other days of the week, Press "OK"
"ADD TUESDAY" will be flashing, press "OK" to select Tuesday
To skip Tuesday, press ► to skip to WEDNESDAY, THURSDAY, etc.
Once week is completed "SAVE" will be flashing, Press "OK", press "MENU" twice to go back to the main screen

REVIEW PROGRAM

To review or check your program, press the "MENU" button, unit will display "PROGRAM"
Press "OK", unit displays "NEW", press ► button, unit displays "CHECK", Press "OK"
Continue pressing "OK" to review all lines of programming and return to the main screen

DELETING LINES OR ENTIRE PROGRAM

To delete a single line or the entire program press "MENU" button, unit displays "PROGRAM", press "OK", unit displays "NEW", press ► button until unit says "DELETE", press "OK", unit displays "SINGLE", press "OK" if you want to delete one line, press ► button repeatedly to view all lines of programming, press "OK" when you would like to delete individual lines
If you want to delete entire program press ► button after unit displays "SINGLE", unit will display "ALL", press "OK" to delete entire program
Unit displays "CONFIRM" press "OK", all program lines have now been deleted
Press menu button twice to return to main screen