



Master Code Default [2][5][8][0]

Installer Code Default [1][2][3][4]

To check your entries at any time enter the location number then [*].
The first value will illuminate. [*] for next value and so on.

1 Show Fault/Trouble Condition

- Main screen > press & hold [5]
- Refer to numerical fault list
- Press [*] to exit

2 Default the Panel

- Remove power (PSU & battery)
- Press & hold DEFAULT button on PCB for 5 secs while reconnecting power

3 Set the System Time & Date

- Main screen > Master Code then [6] [*]
- Enter Date & Time using number keys [DD][MM][YY][HH][MM]. Time = 24 hours
- [*] to save or [*] to exit

Zone	Fault description	Button	Zone	Fault condition
1	System fault	1	1	Low battery
			2	Date and time
			3	RF receiver jamming
				RF receiver tamper switch
				RF receiver communications fail
			4	Warning device (output 1-3) fail
			5	Telephone line fail
			7	Power supply fail
			8	On-board tamper
			9-16	RF repeater fail
2	RF device low battery	2	1-16	Zones 1 to 16 RF low battery
3	Zone tamper alarm	3	1-16	Zones 1 to 16 tamper alarm
4	Sensor watch fail	4	1-16	Zones 1 to 16 sensor watch fail
5	RF sensor missing	5	1-16	Zones 1 to 16 RF sensor watch fail
6	Communications fail	6	1	Receiver 1 fail
			2	Receiver 2 fail
			3	SP module 1 fail
			4	SP module 2 fail
7	Output & codepad fail	7	1-2	Output expander fail
			3-6	Codepad fail
8	Keypad low battery	8	1-16	Keypad 1 to 16 low battery

4 Change the Master Code

- Installer Code then [*]
- Enter [1][8][5][*]
- Enter first digit of new master code then [*][*]
- Repeat for each digit
- [9][6][0][*] to exit

5 Enter/Exit Installer Menu & Change Installer Code

- Installer Code then [*]
- Enter [1][8][1][*]
- Enter first digit of new installer code then [*][*]
- Repeat for each digit
- [9][6][0][*] to exit

Zone List

1 - 267; 2 - 274; 3 - 281; 4 - 288; 5 - 295; 6 - 302; 7 - 309; 8 - 316; 9 - 323; 10 - 330; 11 - 337; 12 - 344; 13 - 351; 14 - 358; 15 - 365; 16 - 372.

Common Zone Types

0 - Instant; 1 - Handover; 2 - Delay 1; 3 - Delay 2; 11 - Keypad; 12 - 24hr Burglary; 14 - Chime Only; 15 - Not Used

6 Program Zone Type

- Installer Code then [*]
- Enter zone location from zone list then [*]
- Enter zone type then [*][*]
- Repeat for all zones
- [9][6][0][*] to exit

9 Program System Account Code (4 digits)

- Installer Code then [*].
- Location starts [0][0][3][4] but **programming starts from Location [0][0][3][6]**
- Enter first digit of account code then [*][*]
- Repeat for each digit
- [9][6][0][*] to exit

8 Program Primary Receiver (2nd reporting phone number) if required

- Installer Code then [*]
- Enter location [0][0][1][6][*]
- Enter first digit of phone number then [*][*]
- Repeat for each number
- [9][6][0][*] to exit

7 Program Primary Receiver (1st reporting phone number)

- Installer Code then [*]
- Enter location [0][0][0][0][*]
- Enter first digit of phone number then [*][*]
- Repeat for each number
- [9][6][0][*] to exit

Bosch Alarm Keypad Manual

Yijin Wang



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web sep 27 2023 pre run the night before a long run or race the night before a long effort aim for a balanced dinner with roughly 50 carbs 25 protein 25 fruits and vegetables limit your consumption of foods that are high in fat and fiber which may cause stomach issues during your run

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web apr 16 2023 the best hydration packs for running my go to before a 5k is a banana a banana is one of the best foods to eat before a run they re rich in potassium full easily digestible carbs without being heavy on the stomach i would eat this at least 30 minutes before going to warm up for the race

runner s diet what to eat before during and after running - Oct 14 2023

web sep 16 2022 a balanced diet for healthy runners should include all the essentials carbohydrates protein fats vitamins and minerals while they should be used along with a proper diet some of these best supplements for runners can help improve performance carbohydrates without a doubt carbs are the best source of energy for athletes

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web oct 29 2021 a runner s diet plan typically includes a balance of the three macronutrients carbohydrates proteins and fats by focusing on eating plenty of fruits and vegetables people will typically

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web jan 24 2022 daily this runner consumes carbohydrates 35 of total daily fuel these carbohydrates are a mix that includes run of the mill carbs such as bread and oatmeal dairy such as yogurt and milk and fruit such as berries and bananas protein 35 of total daily fuel healthy fats 15 of total daily fuel