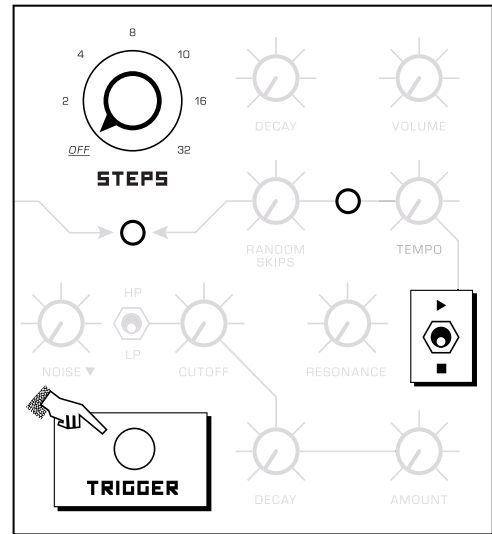# SETTINGS MENU QUICK-REFERENCE
For your Body Synths Metal Fetishist

The following steps explain how to enter the Settings Menu, navigate it, and select options.

1. With the Sequencer stopped, Press and Hold the TRIGGER button.

2. While holding the TRIGGER button, flip the PLAY/STOP switch up and then down. Do this as many times as the number of the menu you want to enter, then release the TRIGGER button.

3. The Right LED will do a sequence of blinks confirming which menu has been selected.

4. The STEPS Knob allows the user to navigate the menu's options. Inside each menu, the Left LED shows which options are enabled.

5. Use the trigger button as a way to select options within a menu. The Right LED shows if changes have been saved.

6. To exit the Settings Menu, switch the sequencer to PLAY.

POSITION	MENU 1 Effects	MENU 2 Mod Assign	MENU 3 MIDI Channel	MENU 4 Options
↙ OFF	Distortion	Cut Off	All (OMNI)	Load defaults
← 2	2nd Osc	Volume Decay Time	1	Alternative Steps Len: 3, 5, 7, 12, 18, 24
↖ 4	Phaser	Pitch Decay Amount	2	Re-start Sequence on Play
↑ 8	Flanger	CutOff Decay Amount	3	Disable Auto-Start
↗ 10	Chorus	Volume	4	—
→ 16	—	Effect Parameter	5	—
↘ 32	—	—	6	—

For details about each Menu and its available Options, please refer to the Metal Fetishist Manual.

FACTORY RESET

In order to reset the instrument to its factory settings, enter any of the menus and push the trigger button for about 5 seconds. The LEDs will blink as a confirmation.