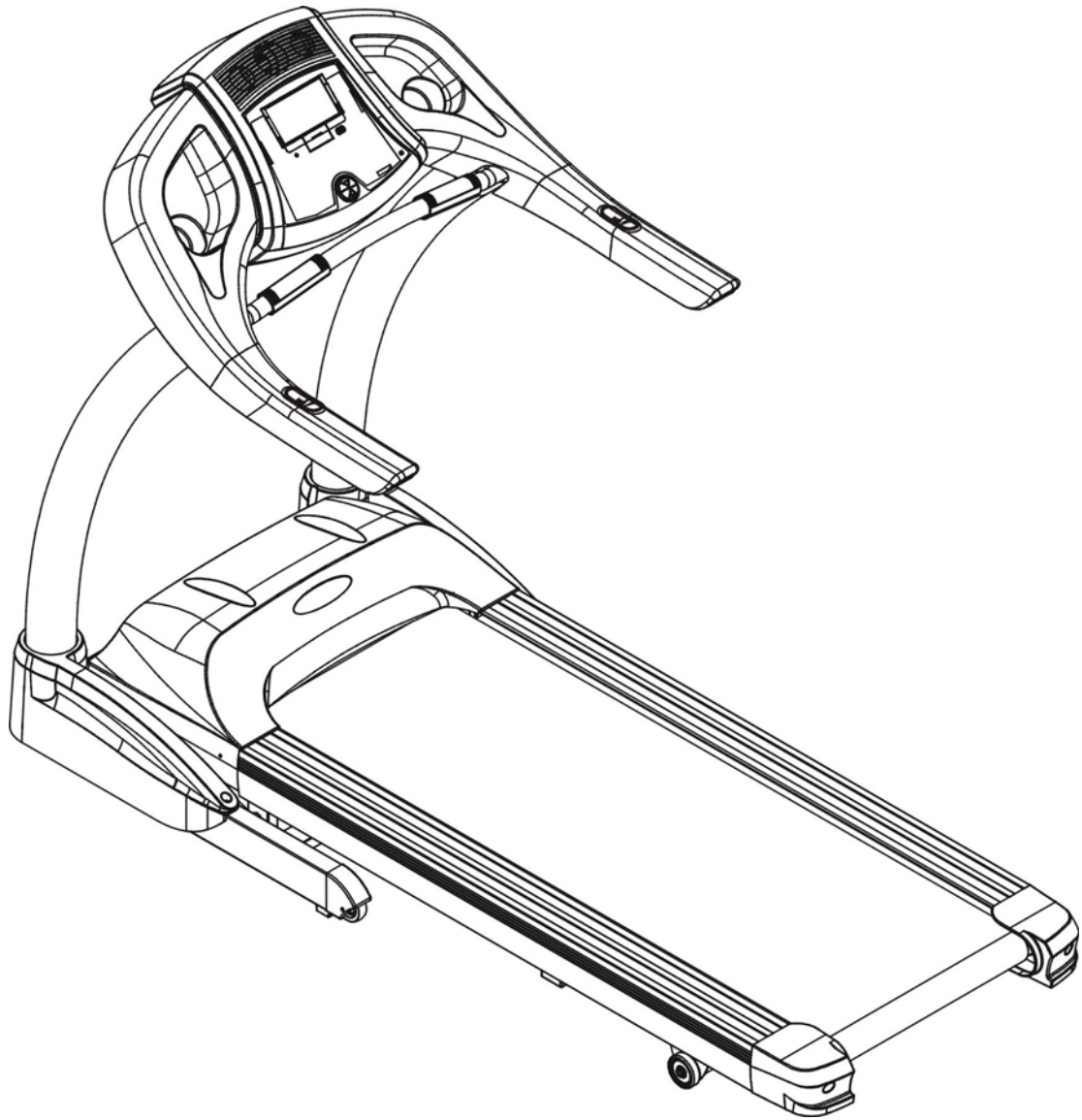


# Owner's Manual



TREADMILL



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# SAFETY PRECAUTIONS

## Waste Disposal

Products are recyclable. At the end of its useful life please dispose of this Article correctly and safely (local refuse sites).



- The running belt must be set up on firm even ground. Ensure that the power cable is not pinched and that no one can trip over it.
- Never touch the moving belt with your hands. Also ensure that there are no objects close to the belt or the rollers which could be pulled into it thus causing injury or damaging the unit itself.
- Repairs on the electrical components in the unit should be carried out by qualified persons only.
- The treadmill has an emergency stop mechanism for your safety. Before starting your workout, fasten the cord of the safety key to your clothing. If the treadmill has been shut down by removing the safety key, restart it by reinserting the key. An automatic restart of the treadmill belt does not occur. Further instructions concerning the handling of the safety cut-out can be found in the operating instructions for the training computer.

Thank you for your purchasing our products. Even though we go to great efforts to ensure the quality of each product, occasional error, and/or omissions do occur. In any event should you find this product to be defective or missing parts please contact us.

**IMPORTANT: Read all instructions and warnings before assembly and operation.**

### Important Voltage Information

Before plugging the power cord into an electrical outlet, verify that the voltage requirements for your area match the voltage of the treadmill that you have received. The power requirements for the treadmill include a grounded, dedicated circuit, rated for one of the following figure. See the serial number decal for the exact voltage requirements of your treadmill.

**WARNING: Don't attempt to use this unit with a voltage adapter. Don't attempt to use this unit with an extension cord.**

# SAFETY PRECAUTIONS

## IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using the Treadmill.

**DANGER** - To reduce the risk of electric shock:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

**WARNING** - To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
3. Use this appliance only for its intended use as described in this manual. Do not use attachment not recommended by the manufacture.
4. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
5. Do not carry this appliance by supply cord or use cord as a handle.
6. Keep the cord away from heated surfaces.
7. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
8. Never drop or insert any object into any opening.
9. Do not use outdoors.
10. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
11. To disconnect, turn all controls to the off position, than remove plug from outlet.
12. Connect this appliance to a properly grounded outlet only. See Grounding Instructions.
13. The appliance is intended for commercial use.
14. MAX. user weight: 180 kg(395 lbs ).

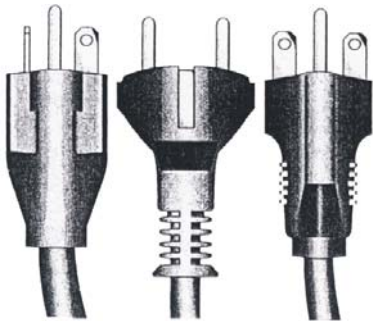
# SAFETY PRECAUTIONS

## Grounding Instructions

This treadmill must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.

This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

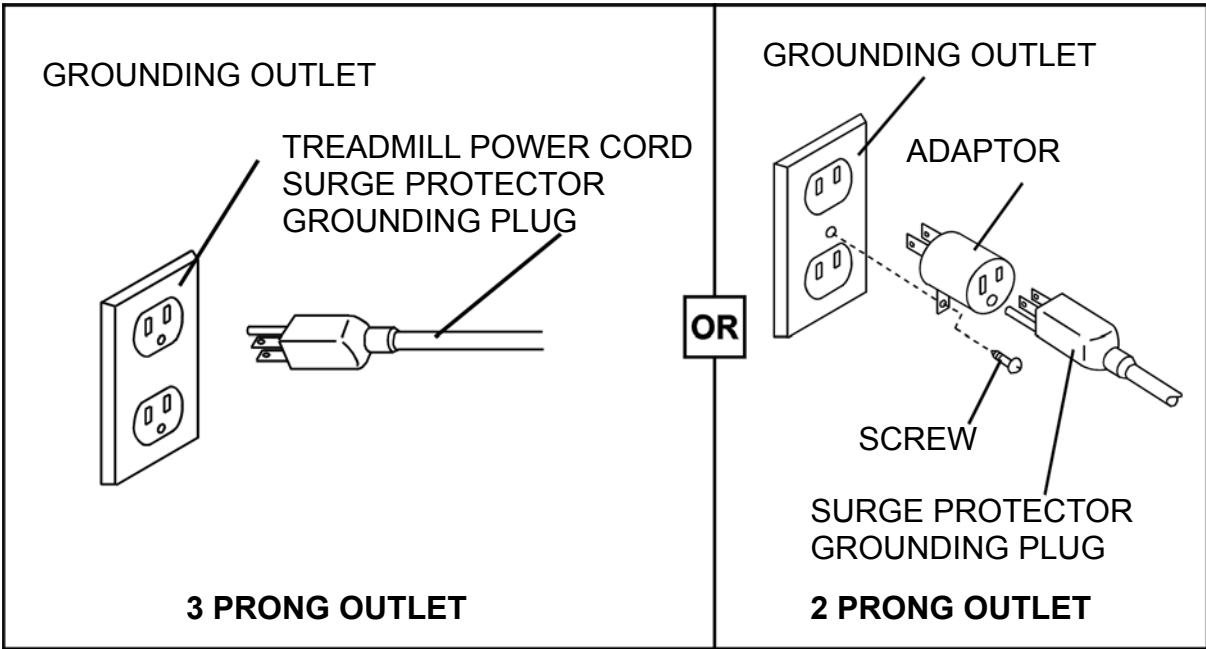
Please make sure that the treadmill is connected to an outlet having the same configuration as the plug. Do not use a ground plug adapter to adapt the power cord to a non-grounded outlet.



115V NEMA 5-20      EURO PLUG CEE 7/7      208-220V NEMA 6-15

The power requirements for the treadmill include a grounded, dedicated circuit, rated for one of the following:

115 VAC 5%, 60HZ and 20 amps; 208/220 VAC, 60HZ, 15 amps or 230 VAC 5%, 50HZ and 15amps.



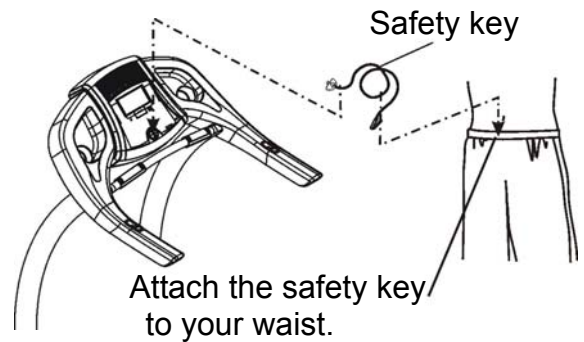
# SAFETY PRECAUTIONS

## **Emergency dismount:**

In case you must leave the equipment in an EMERGENCY SITUATION, grab the handrail and set both feet on the right and left foot platform beside the running belt. Now you pull out the safety switch, in order to slow down the equipment.

## **The function of the immobilization method:**

If you would like to stop the equipment, then you can stop it either with the switch on the console or pull out the safety switch. If you pull the safety switch, in this case the computer shut down all functions automatically and the running belt slow down immediately.



## **SAFETY KEY**

Check if the safety key at the treadmill and the clip at your clothes are secured. The safety key is intended for interrupting the mains connection in case you should fall. Thus, it was developed to bring the treadmill to an immediate stop. For higher speeds this can be unpleasant and somewhat dangerous as well. Please only use the safety key for an emergency stop. In order to stop the treadmill during training under normal circumstances in a safe, comfortable and complete manner, use the STOP button.

## **ENTER AND LEAVE THE TREADMILL**

Be careful when entering and leaving the treadmill. Use the handle bars. Do not position yourself on the treadmill when preparing the use. Spread your feet and put them on the two side platforms next to the running surface. Put your feet on the treadmill only if it has started moving at constant speed. For your own safety, only enter the treadmill if it is not running faster than 2 km/h. Always look to the front during the training sessions. Never try to turn around on the treadmill as long as the treadmill is activated. After having finished your training session, you can stop the treadmill by pressing the STOP button. Wait until the treadmill has stopped completely before trying to leave the treadmill. In case you feel unsure regarding the speed you should hold on to the handle bars, lift your feet from the treadmill, and position yourself on the side platforms next to the running surface. These side platforms are an appropriate position to relax before starting the training again. For your own safety and comfort, always start your training sessions at low speed.

# SAFETY PRECAUTIONS

## **CONSULT A PHYSICIAN IMMEDIATELY**

**Warning:** before starting any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. Read all instructions before using any fitness equipment. We assume no responsibility for personal injury damage sustained by or through the use of this treadmill.

## **How often you exercise:**

You should exercise three to four times a week to improve your cardiovascular and muscle fitness.

## **How hard you exercise:**

Intensity of exercise is reflected in your heart rate. Exercise must be sufficiently rigorous to strengthen your heart muscle and condition your cardiovascular system.

Only your doctor can prescribe the target training heart range for you. Before starting any exercise program consult your physician.

## **How long you exercise:**

Sustained exercise conditions your heart, lungs and muscles. The longer you are able to sustain exercise within your target heart range, the greater the aerobic benefits. To begin maintain 2~3 minutes of steady, rhythmic exercise, then check your heart rate.

- Recommend operating temperature : -20° C ~ 50° C
- Recommend storage temperature : -35° C ~ 65° C
- Max. Humidity for operating and storage : 90%

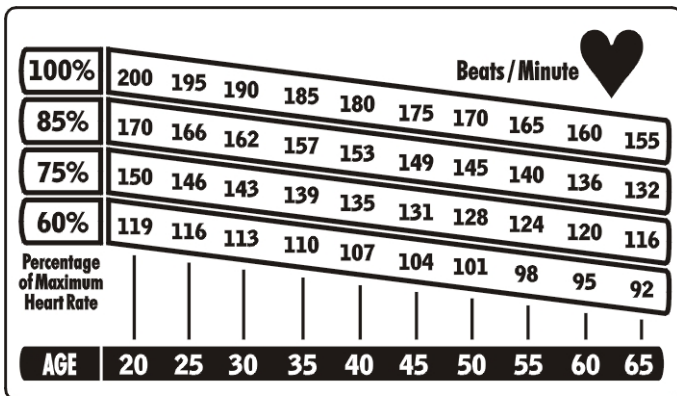


# SAFETY PRECAUTIONS

## BEGINNER TREADMILL PROGRAM

	EXERTION LEVEL	DURATION
WEEK 1	Easy	6~12 minutes
WEEK 2	Easy	10~16 minutes
WEEK 3	Moderate	14~20 minutes
WEEK 4	Moderate	18~24 minutes
WEEK 5	Moderate	22~28 minutes
WEEK 6	Slightly higher or slightly lower	20 minutes
WEEK 7	Add interval training	3 minutes at moderate exertion with 3 minutes at higher exertion for 24 minutes

## TARGET HEART RATE ZONE



- 100%** Increased Performance Range
- 85%** Aerobic Training Range
- 75%** Weight Loss Training Range
- 60%** Heart Rate BPM

220-your age = maximum heart zone

You do not want to workout at your maximum heart rate. The recommended Heart Rate Zone is a percentage of your maximum heart rate. Between 65% and 85% of your maximum heart rate.

\* Lower limit of Target Heart Rate Zone  
=maximum heart rate X 0.6

\* Upper limit of Target Heart Rate Zone  
=Maximum heart rate X 0.75

(This is recommended by American Heart Association. Before starting exercise program, please consult your physician to understand your physical situation)

# TECHNICAL SPECIFICATIONS

## TECHNICAL SPECIFICATIONS

Length: **204cm**

Width: **85cm**

Running area: 50cm x **150cm**

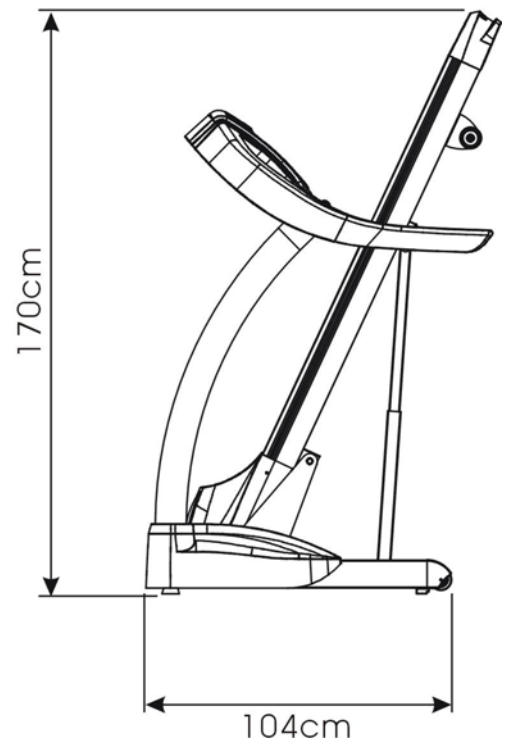
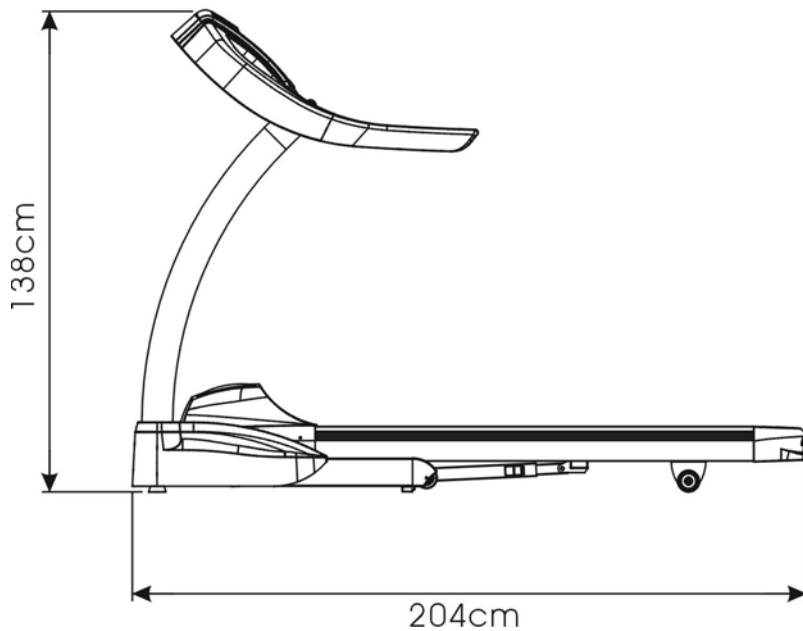
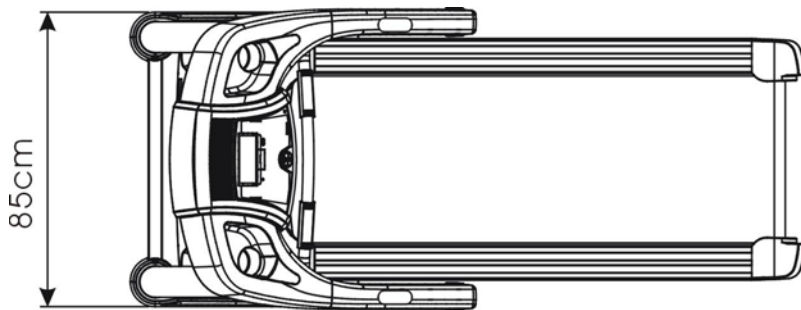
Weight of product: **109.9 kgs (241.8lbs)**

Power elevation: 0~15 motorized

Program: **8 course preset programs , 1 Target setting , 4 Heart Rate Control setting , 1 Fitness test , 2 Customs , Body index (including BFR / BMI / BMR)**

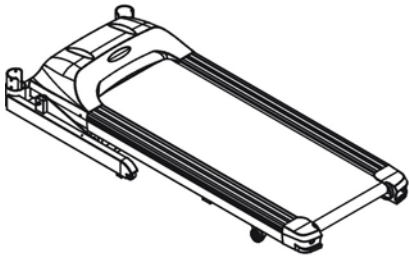
Standard features: Hand pulse, Fan, **Handle buttons**, Quick speed / incline button, Wireless HR receiver (receiver 5KHz), MP3 USB MP3 player

Emergency stop: Pull the safety key

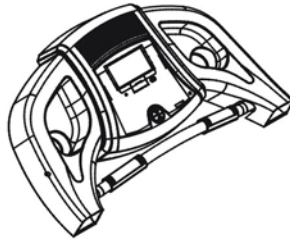


# UNPACKING & ASSEMBLY

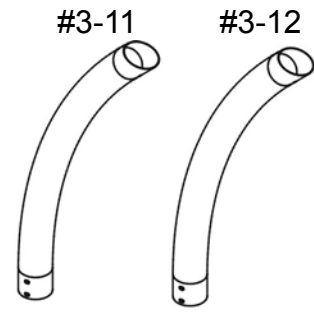
## PARTS



X1

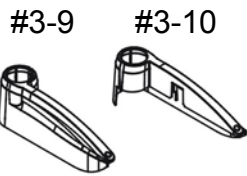


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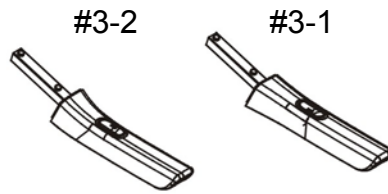
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X1



X1

X1

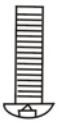


X1

X1

## HARDWARE KIT

#3-3



M8x15mm X 18

#3-5



M8 X 22

#3-8



M4x10mm X 4

#3-4



M8x100mm X 2

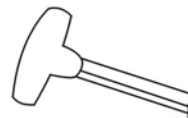
#3-6



M8 X 2



5mmx114 X1

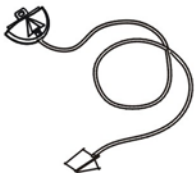


6mmX1

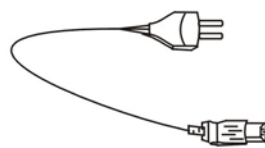


X1

#3-7



X1



X1



X1

# UNPACKING & ASSEMBLY

Unpacking your treadmill where will be using it. Being careful not to damage. Place your treadmill on a level flat surface. It is recommended that you place a protective covering on your floor.

Step1: Assembly console mast with base frame.

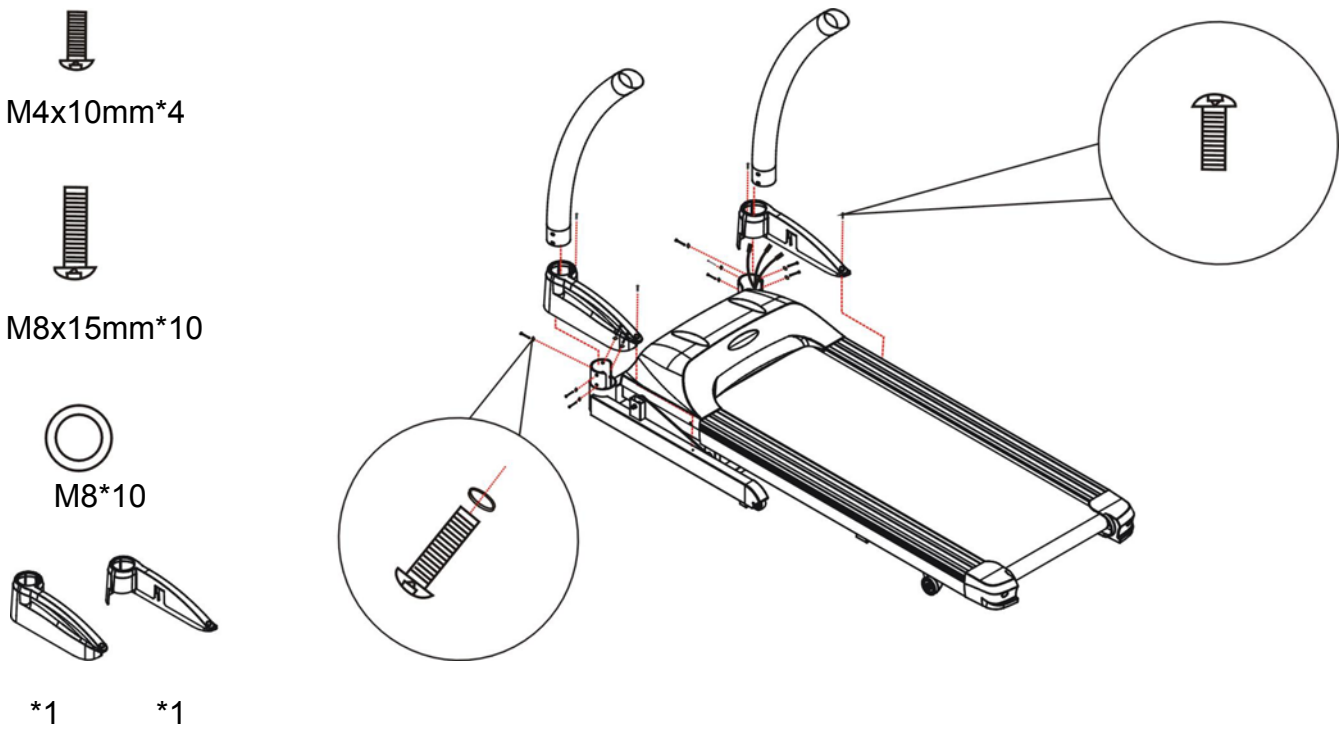
1). Put right/left protect cover into right/left console tube.

2). Put both of right/left console tube into base frame.

Using hex wrench to screw console tube and base frame with 10pcs of M8\*15mm screws and M8 washer..

3). Using hex wrench to screw protect cover and base frame with 4pcs of M4x10mm.

Attention: please don't screw too tight first.

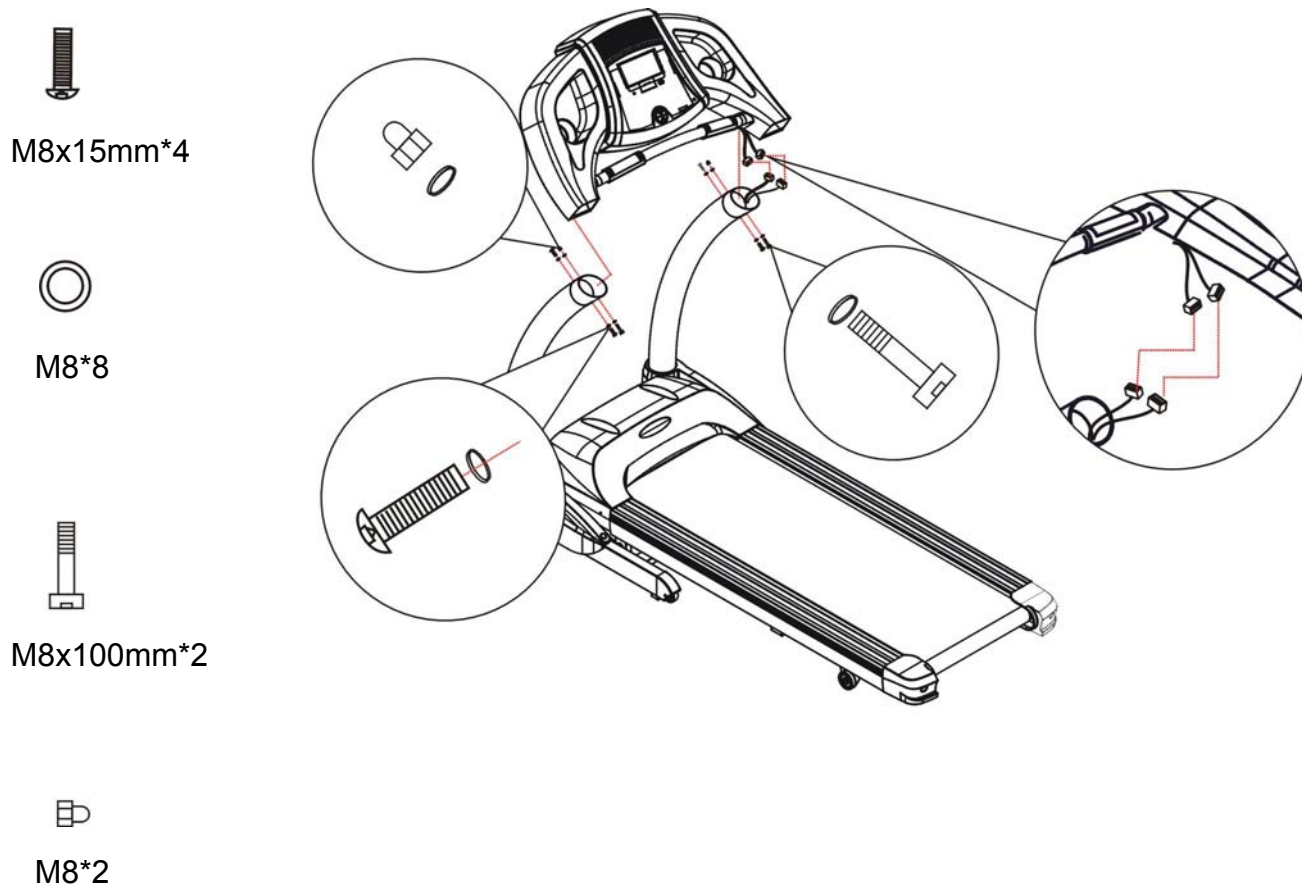


# UNPACKING & ASSEMBLY

Step2: Assembly console mast with console set.

- 1). Put the console into console mast.
- 2). To connect upper console wire with lower console wire.
- 3). Using hex wrench to screw console and console frame with 4pcs of M8\*15mm and 2pcs of M8\*100mm screws and 2pcs of nut M8.

Attention: please don't screw too tight first.

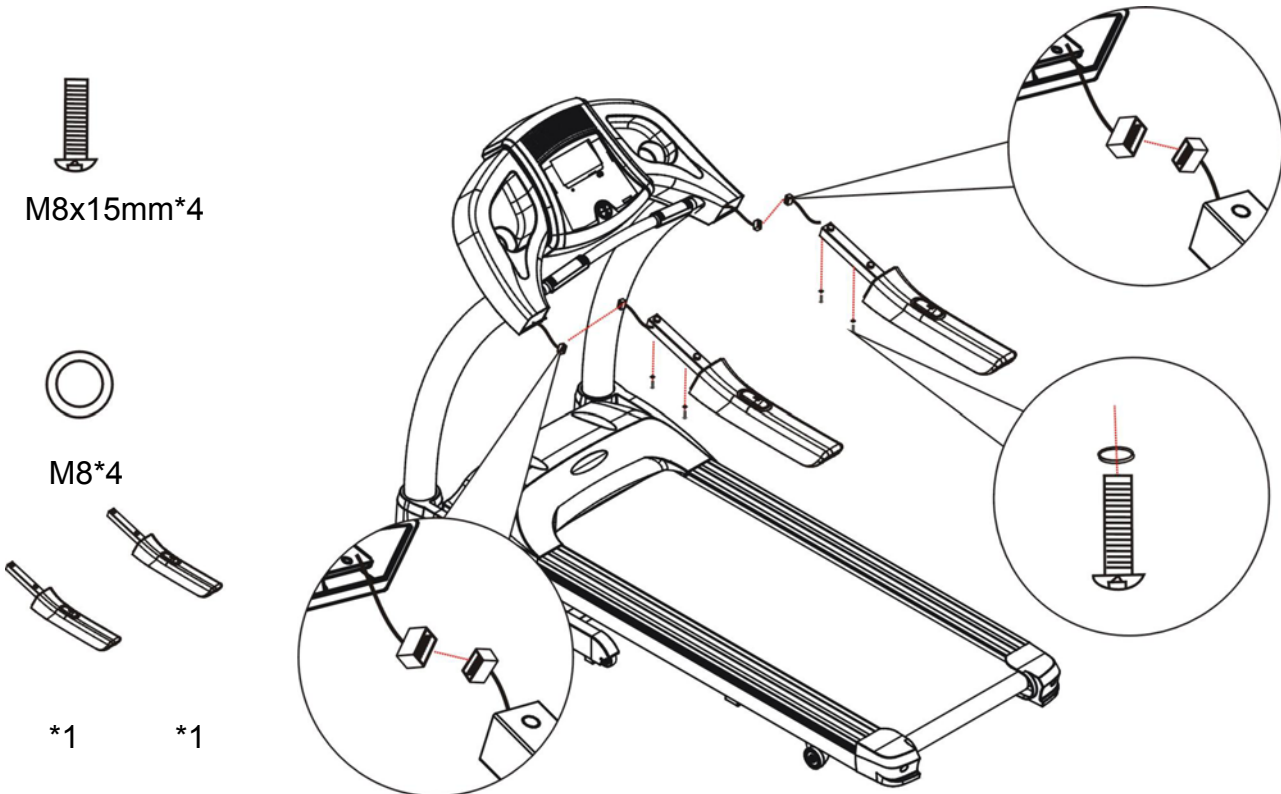


# UNPACKING & ASSEMBLY

## Step3: Assembly console set with handle bar

1. Take out right handle bar from carton, connect handle buttons wire, fasten handle bar on the console by 2x M8\*15mm screw and M8 washer.
2. Take out left handle bar from carton, connect Handle buttons wire. Fasten handle bar on the console by 2 x M8\*15mm screw and M8 washer

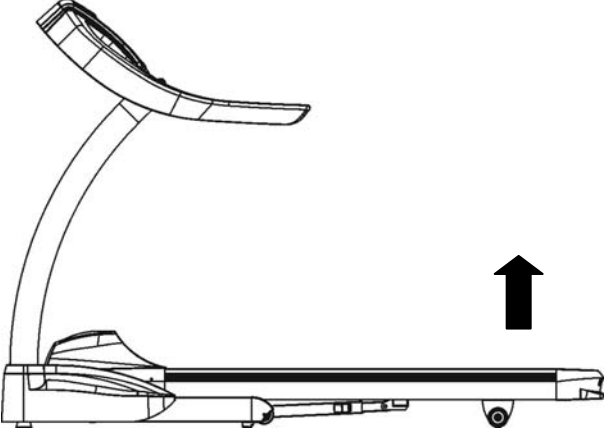
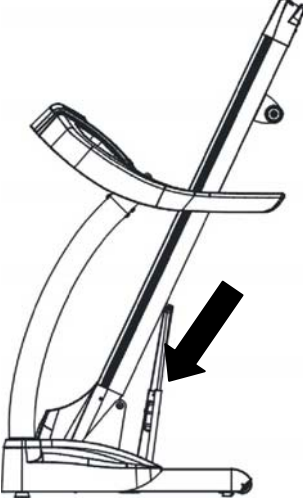
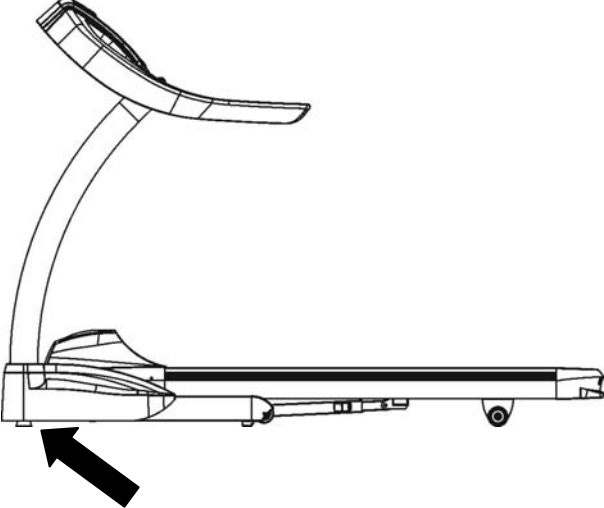
Attention: please tighten all screw after assembled completely.



# FOLDING INSTRUCTIONS

## How to fold and unfold the treadmill:

Your treadmill can be folded up for space saving storage. To do this follow the instructions here:

	<p><b>Fold Up</b> After the workout session, you can fold the treadmill to the upright position. Lift up the rear end of the treadmill until the upper folding latch clicks. Before releasing the treadmill frame verify the folding mechanism is locked.</p>
	<p><b>Release</b> You can release the treadmill from the upright position:</p> <ol style="list-style-type: none"><li>1. Push up the frame by hands.</li><li>2. Lightly kick the locking latch.</li><li>3. Lower the treadmill by hand and it will drop automatically without hand support.</li></ol>
	<p><b>Horizontal Adjustment</b> For floor stability, you can adjust the 2 screws located under the front of base frame.</p> <ol style="list-style-type: none"><li>1. Lift the machine on one side and then turn the screw under the front of base frame.</li><li>2. Turn the screw clockwise to make the screw go up.</li><li>3. Turn the screw counterclockwise to make the screw go down.</li></ol>

# WARM UP & COOL DOWN

A successful exercise program consists of a warm up, aerobic exercise, and a cool down. Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:



## **HEAD ROLLS**

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.

Repeat this action for several times.



## **SHOULDER LIFTS**

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

Repeat this action for several times.



## **QUADRICEPS STRETCH**

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 seconds and repeat with left foot up.



## **SIDE STRETCHES**

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



## **CALF/ACHILLES STRETCH**

Step your right foot in front of your body. Lean against a wall with your arms and stretch your left foot backward your body. Bend forwards your right foot, and slightly push your buttock toward to the wall for 15 seconds. Repeat the action with front left foot and rear right foot for another 15 seconds.



## **INNER THIGH STRETCH**

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees toward the floor. Hold for 15 seconds.

Repeat this action 3-5 times.



## **TOE TOUCHES**

Slowly bend forward from your waist, letting your back and shoulder relax as you stretch toward your toes. Reach down as far as you can and hold for 15 seconds.



## **HAMSTRING STRETCHES**

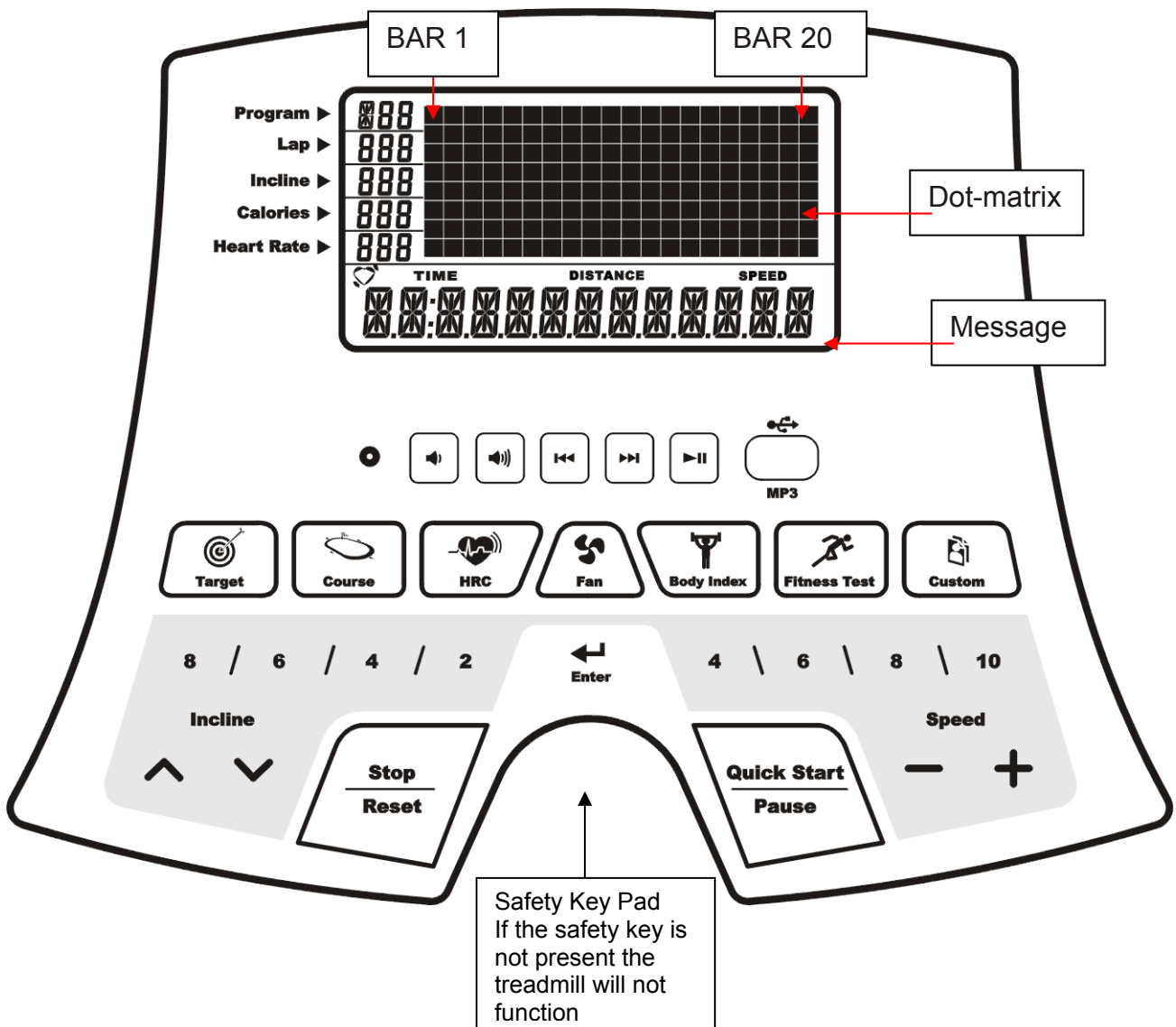
Keep your right leg straight and the left foot on the floor; try to stretch your right hand toward the toe, hold this posture for 15 seconds.

Relax, then repeat the action for left leg.



# PANEL CONTROL

Optional features: MP3



# PANEL CONTROL

## Display:

Window	Function
<b>Program</b>	To show the program which is using or selected.
<b>LAP</b>	To show how many laps you run, 1 lap=0.4km / 0.25mil.
<b>Time</b>	To show use time.
<b>Calories</b>	To show how many calories you consumption.
<b>Heart Rate</b>	To show user's heart rate.
<b>Distance</b>	To show how far you run.
<b>Incline</b>	To show the level of the grade.
<b>Speed</b>	To show the speed.
<b>Dot-matrix</b>	To show the program profile or setting value & figure.
<b>Message</b>	To show the message.

## Keys definition :

Key	Function
<b>Incline ▲ / ▼</b>	Adjust the grade while using. Set the value while setting.
<b>Speed – / +</b>	Adjust the speed while using. Set the value while setting.
<b>Quick keys for incline</b>	For quick adjust the grade while using. There are 4 incline quick keys.
<b>Quick keys for speed</b>	For quick adjust the speed while using. There are 4 speed quick keys ◦
<b>Enter</b>	Confirm the set value while setting.
<b>Start / Pause</b>	To pause the treadmill while exercising. Press for start the treadmill while in the pause, stop or idle condition.
<b>Stop / Reset</b>	To stop the treadmill while exercising. To reset and back to idle mode while setting, pause or stop condition.
<b>Target</b>	To select the target program.
<b>Course</b>	To select the course program.
<b>HRC</b>	To select the HRC program.
<b>Body index</b>	To select the Body index program.
<b>Fitness test</b>	To select the fitness test program.
<b>Custom</b>	To select the custom program.
<b>Fan</b>	To switch on / off the fan.

## MP3 Keys definition

Buttons	Function
<b>MP3</b>	USB plug for MP3 player.
<b>▶  </b>	Music play or pause.
<b>◀◀ ▶▶</b>	Song select.
<b>🔊 🔊)</b>	Adjust the volume.

# PROGRAMS

## Quick START :

1. Press START, speed start from lowest speed, incline start from 0, all data starting to count.
2. Use any speed or incline adjust key or device to change the speed or incline what you want.

## Cool down program :

It will process the cool down program before end of workout if time count down to 0. If you do not want to process, press 【STOP】 to skip. After finish the cool down program and get into end mode, it will reset to idle mode after 2 minutes.

## P1 TARGET:

1. Press 【TARGET】 key to select and enter the program.
2. Set user weight : press speed  $- / +$  to set user weight then press 【ENTER】 to confirm.
3. Set target time : press speed  $- / +$  to set target time then press 【ENTER】 to confirm.
4. Set target distance : press speed  $- / +$  to set target distance then press 【ENTER】 to confirm.
5. Set target calories : press speed  $- / +$  to set target calories then press 【START】 to begin.
6. Begin workout :
  - 6.1. Time, Distance and Calories starting to count down, any one count down to 0 will end the program.
  - 6.2. If set value is 0 will not to be included in end work judgments.

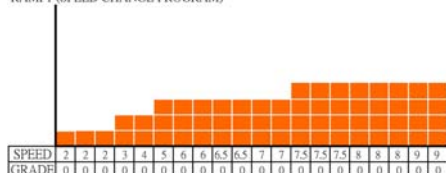
# PROGRAMS

## P2 COURSE :

1. Press **[ COURSE ]** key to select the program. There are 8 preset course programs.
2. Press speed  $- / +$  to change the program **[ RAMP 1 ]** 、 **[ RAMP2 ]** 、 **[ INTERVAL 1 ]** 、 **[ INTERVAL 2 ]** 、 **[ PEAK 1 ]** 、 **[ PEAK 2 ]** 、 **[ HILL 1 ]** 、 **[ HILL 2 ]** then press **[ ENTER ]** to select program.
3. Set user weight : press speed  $- / +$  to set user weight then press **[ ENTER ]** to confirm.
4. Set time : press speed  $- / +$  to set time then press **[ ENTER ]** to confirm.
5. Set max speed or incline ( exercise level setting ) :
  - 5.1.For speed change program : ( RAMP 1 、 INTERVAL 1 、 PEAK 1 、 HILL 1 )
    - 5.1.1.Speed window show max speed of program.
    - 5.1.2.Press speed  $- / +$  to set max speed, program profile will change related to max speed.
    - 5.1.3.Press **[ START ]** to begin workout.
  - 5.2. For incline change program : ( RAMP 2 、 INTERVAL 2 、 PEAK 2 、 HILL 2 )
    - 5.2.1 Incline window show max incline of program.
    - 5.2.2.Press incline  $\blacktriangle / \blacktriangledown$  to set max incline, program profile will change related to max incline.
    - 5.2.3. Press **[ START ]** to begin workout.
6. Begin workout :
  - 6.1. Speed or incline will change automatically according to the program, speed or incline change 2 minutes per time if time is count up mode, else, change time=set time / 20. You can use any speed or incline key or device to change speed or incline.
  - 6.2. The program will be end if time count down to 0.

## 7.Preset program profile :

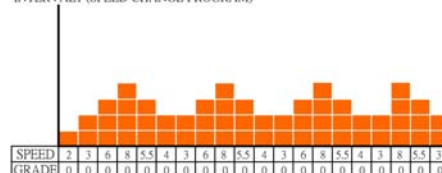
RAMP1 (SPEED CHANGE PROGRAM)



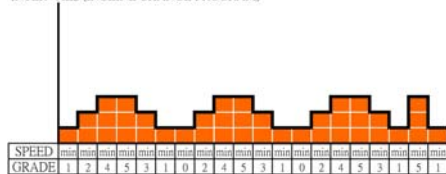
RAMP2 (INCLINE CHANGE PROGRAM)



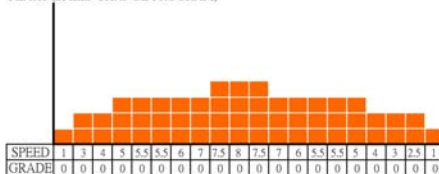
INTERVAL1 (SPEED CHANGE PROGRAM)



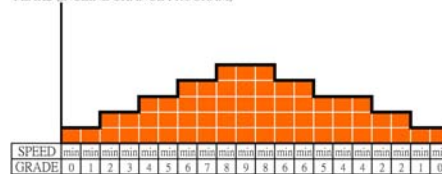
INTERVAL2 (INCLINE CHANGE PROGRAM)



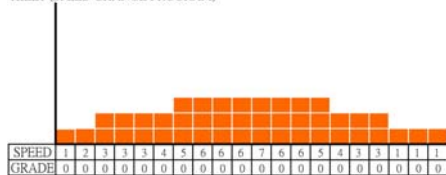
PEAK1 (SPEED CHANGE PROGRAM)



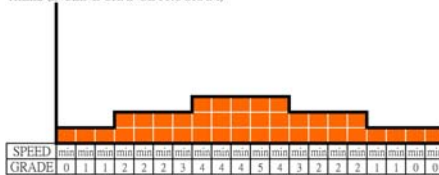
PEAK2 (INCLINE CHANGE PROGRAM)



HILL1 (SPEED CHANGE PROGRAM)



HILL2 (INCLINE CHANGE PROGRAM)



## PROGRAMS

P3 HRC(Heart Rate Control) :

1. Press 【 HRC 】 to select and enter the program.
2. There are 4 kinds of mode you can choice. THR(Target Heart Rate), MHR 65%(65% Max Heart Rate), MHR 75%(75% Max Heart Rate), MHR 85%(85% Max Heart Rate), press speed - / + to select then press 【 ENTER 】 to confirm.
3. Set user weight : press speed - / + to set user weight then press 【 ENTER 】 to confirm.
4. Set time : press speed - / + to set time then press 【 ENTER 】 to confirm.
5. Set age : press speed - / + to set age then press 【 ENTER 】 to confirm.
6. Set target heart : THR mode preset value=130, MHR mode preset value depend on set age press speed - / + to set target heart then press 【 ENTER 】 to confirm.
7. Set starting speed : Speed window show lowest speed, press speed - / + to set starting speed then press 【 START 】 to begin workout..
8. Begin workout :
  - 8.1. Program will compare real and set heart rate every 30 seconds to adjust speed or incline for real heart rate to reach and keep the set heart rate.
  - 8.2. You can use any speed or incline key or device to change the speed or incline.
  - 8.3. The program will be end if time count down to 0.

# PROGRAMS

## P4 Body Index :

1. Press **【 Body Index 】** to select and enter the program.
2. Set gender : Dot-matrix window show gender figure, press speed  $- / +$  to select gender then press **【 ENTER 】** to confirm.
3. Set age : Press speed  $- / +$  to set age then press **【 ENTER 】** to confirm.
4. Set user weight : Press speed  $- / +$  to set user weight then press **【 ENTER 】** to confirm.
5. Set user height : Press speed  $- / +$  to set user height then press **【 START 】** to begin.
6. Begin test :
  - 6.1. Hold the hand pulse device during the test.
  - 6.1. Window will show BFR / BMI / BMR one by one after test 15 seconds.
7. Test result explanation :
  - 7.1. BFR(Body Fat Ratio) : Normal $\rightarrow$ 15~25% for male, 20~30% for female.
  - 7.2. BMI(Body Mass Index) : Health $\rightarrow$ 22, over weight $\rightarrow$ over 23, Fat $\rightarrow$ over 27, Too fat $\rightarrow$ over 35.
  - 7.3. BMR(Basal Metabolic Rate) : The key for weight loss.

## P5 Fitness test

1. Press **【 Fitness test 】** to select and enter the program.
2. Set user weight : Press speed  $- / +$  to set user weight then press **【 ENTER 】** to confirm.
3. Set age : Press speed  $- / +$  to set user age then press **【 ENTER 】** to confirm.
4. Set gender : Dot-matrix window show gender figure, press speed  $- / +$  to select gender then press **【 ENTER 】** to confirm.
5. Set starting speed : Speed window show lowest speed, press speed  $- / +$  to set starting speed then press **【 START 】** to begin workout..
6. begin workout :
  - 6.1. This program is test your fitness condition, how far you can run in 12minutes, you can use any speed key or device to change the speed, the incline function is not available.
  - 6.2. The program will be end if time count down to 0.
  - 6.4. Test result : **【 VERY GOOD 】** , **【 GOOD 】** , **【 AVERAGE 】** , **【 BAD 】** , **【 VERY BAD 】** .

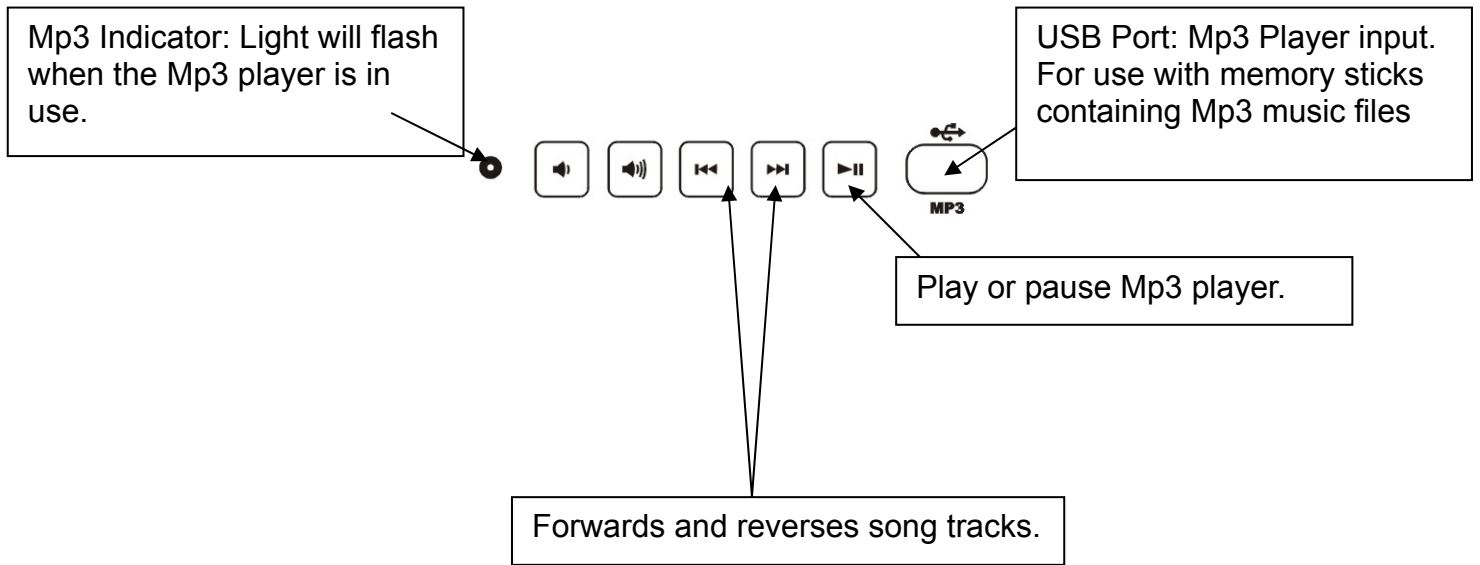
# PROGRAMS

## P6 CUSTOM

1. Press **【CUSTOM】** key to select and enter the program.
2. There are 2 customs for user build their own program, press speed  $- / +$  to select custom 1 or custom 2 then press **【ENTER】** to confirm.
3. Set user weight : Press speed  $- / +$  to set user weight then press **【ENTER】** to confirm.
4. Set each BAR : There 20 BARs you can set according to your exercise custom, you can set speed, incline and time in each bar.
  - 4.1. Set speed : Press speed  $- / +$  to set speed of bar.
  - 4.2. Set incline : Press incline  $\blacktriangle / \blacktriangledown$  to set incline of bar.
  - 4.3. Set time : Press **【ENTER】** to set time after set speed and incline, press speed  $- / +$  to set time then press **【ENTER】** to next bar and set.
5. Press **【START】** to begin workout after set all BARs, the setting will be saved.
6. Begin workout :
  - 6.1. The speed and incline will process and change according to your setting automatically, program will pass the BAR to next if set time=0.
  - 6.2. The program will be end if time count down to 0.

# OPERATION

## MP3



## Note:

High speaker volume may interfere with the heart rate accuracy. Please decrease the speaker volume when you are using the heart rate function.

※Warning: After removing the safety key, wait for 5 seconds to re-insert in.

※Please only use USB saver on this MP3 module, do not use MP3 player on this USB plug.

When use MP3 player, please plug on Audio in jack.



## OPERATION

If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.

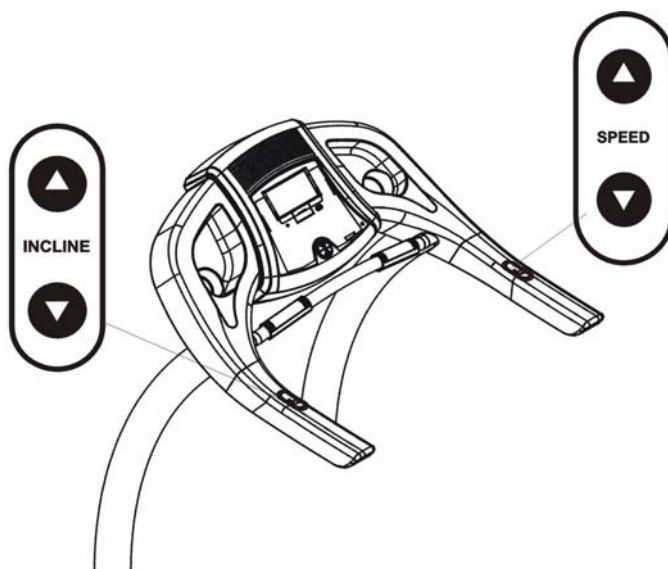
### **Hand pulse**

Before/after running, to put your feet separately on each side rein, then hold the hand grip, so as to avoid any shaking.

If the heart beat is too high or irregular, please have your hands out of the hand grip until the pulse display returns to " 0 ", then redoing the test. Don't do this test while running.



### **Handle buttons:**



# BELT ADJUSTMENT

## **BELT ADJUSTMENT**

You may need to adjust the running belt during the first weeks of use. All running belts are properly set at the factory. It may stretch or be off-center after use. Stretching is normal during the break-in period.

### **ADJUSTING THE BELT TENSION**

If the running belt feel as though it is "slipping" or hesitating when you plant your foot during a run, the tension on the running belt may have to be increased. **(Please spray silicone on deck first)**

#### **TO INCREASE THE RUNNING BELT TENSION**

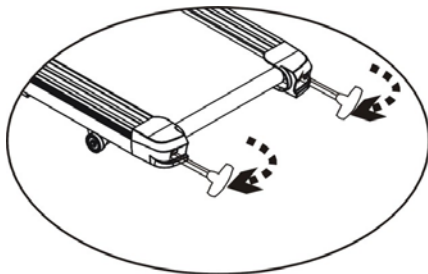
- A). Place 6mm wrench on the left belt tension bolt. Turn the wrench clockwise 1/4 turn to draw the rear roller and increase the belt tension.
- B). Repeat STEP "A" for the right belt tension bolt. You must be sure to run both bolts the same number of turns, so the rear roller will stay square relative to the frame.
- C). Repeat STEP "A" and STEP "B" until the slipping is eliminated.
- D). Be careful not to tighten the running belt tension too much as you can create excessively pressure on the front and rear roller bearings. An excessively tightened running belt may damage the roller bearings that would result in bearing noise from the front and rear rollers.

#### **TO DECREASE THE TENSION ON THE RUNNING BELT, TURN BOTH BOLTS COUNTERCLOCKWISE THE SAME NUMBER OF TURNS.**

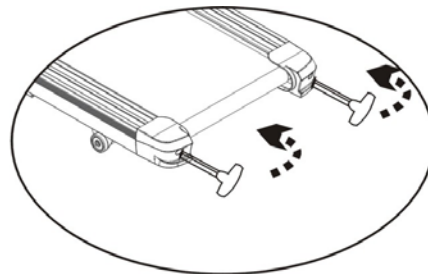
### **CENTERING THE RUNNING BELT**

When you run, you may push off harder with one foot than with another. The severity of the deflection depends on the amount of force that one foot exerts in the relation to the other. This deflection can cause the belt to move off-center. This deflection is normal and the running belt will be balanced or no body is on the running belt. If the running belt remains consistently off-center, you will need to center the running belt manually.

- A). Start the treadmill without anyone on the running belt, press (SPEED UP ) button until speed reached 6 kph.
  - B). Observe whether the running belt is toward the right or left side of the deck.
    - a. If toward the left side of the deck:  
Using wrench, turn the left adjustment bolt clockwise 1/4 turn and the right adjustment bolt counterclockwise 1/4.
    - b. If toward the right side of the deck:  
Using wrench, turn the right adjustment bolt clockwise 1/4 turn and the left adjustment bolt counterclockwise 1/4.
    - c. If the belt is still not centered, repeats the above steps until the running belt is on center.
  - C). After the belt is centered, increase the speed to 16kph and verify that it is running smoothly. Repeat the above steps if it is necessary.
- If the above procedure is unsuccessful in resolving the off-center, you may need to increase the belt tension.



Turn clockwise to Increase the running belt tension



Turn counter-clockwise to decrease the running belt tension

# CARE & MAINTENANCE

## **CARE & MAINTENANCE**

Always remove the key and unplug the power cord before cleaning, lubricating, or performing any maintenance.

### **RUNNING BELT AND RUNNING DECK LUBRICATION**

Regular maintenance is necessary for best performance and longer treadmill life. The maintenance procedure will prevent premature wear of the running belt, running deck and drive motor system. It is difficult to predict exactly when will need lubrication, we recommend the following time table as a guide to lubricate:

<b>USAGE</b>	<b>PERIOD</b>	<b>LUBRICATION</b>
Light user	Less than 3 hours / week	Every 4 months
Medium user	3~5 hours / week	Every 2 months
Heavy user	More than 5 hours / week	Every 1 months



Please contact your dealer for ordering lubricant.

### **HOW TO SPRAY SILICONE ON DECK**

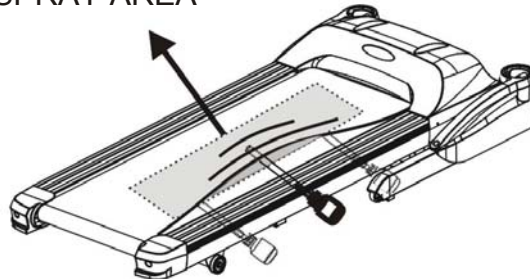
- 1). Find the silicone bottle. It put into hardware kit package when you purchase this treadmill, and open the carton box.
- 2). Spray silicone on treadmill deck even, the spray area is like the drawing showing.

**(ATTENTION :** You must stop the treadmill belt completely before spraying the silicone. Failure to do so could cause injury such as cutting your hand on the edge of the belt and crushing your fingers between the rear roller and the belt.)Do not put too much silicone on the deck. It can cause the running belt to slip when in use if there is too much lubrication.



Silicone bottle

SPRAY AREA



# CARE & MAINTENANCE

## **REPLACEMENT RUNNING BELT**

Running belt is consumables parts. It should be replaced when the running belt surface showing signs of wear. Or we suggested you replace running belt as following timing schedule.

<b>USAGE</b>	<b>PERIOD</b>	<b>REPLACEMENT</b>
Light user	Less than 3 hours / week	Annually
Medium user	3~5 hours / week	Every 6 months
Heavy user	More than 5 hours / week	Every 3 months

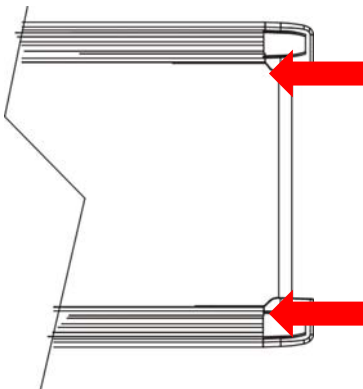
## **REPLACEMENT RUNNING DECK**

Running deck is consumables parts. It should be replaced when the running deck surface showing signs of wear. Or we suggested you replace running belt as following timing schedule.

<b>USAGE</b>	<b>PERIOD</b>	<b>REPLACEMENT</b>
Light user	Less than 3 hours / week	Annually
Medium user	3~5 hours / week	Every 6 months
Heavy user	More than 5 hours / week	Every 3 months

### **Running Belt Travel Area:**

The running belt should be centered and adjusted within the area which has been indicated by the arrows on right roller cover and left roller cover. The running belt can be worn and damaged if the running belt travels beyond this scope.



# CARE & MAINTENANCE

## **CLEANING**

Perspiration should be wiped from the console and treadmill surface after your workout. You should wipe down this treadmill after each use with a water dampened, soft cloth. Be careful do not get excessive moisture on the display panel, this might cause an electrical hazard or electronics to fail.

## **STORAGE**

Store your treadmill in a clean and dry environment. Ensure the master power switch is off and is unplugged from the electrical wall outlet.

## **MOVING**

This treadmill has been designed and equipped with wheels for easy mobility. Before moving, ensure the master power switch is in the off position and the power cord is unplugged from the electrical outlet.



# TROUBLE SHOOTING

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<b>SYMPTOM</b>	<b>CAUSE</b>	<b>SOLUTION</b>
No any display	A). No plug in. B). Do not switch on the power. C). Power input protect (FUSE) switch on.	Please check power input and fuse. Contact your agent if power input and fuse checked and normal.
LCD display abnormal	LCD damaged	Contact your agent to replace the LCD.
MP3 player problem	MP3 storage device can not fit with player.	Change the storage device.
Show E1	A).speed feed back problem. B).Motor console damaged.	Switch off the power input and switch on after 10 seconds then press START and check: 1. Running belt move? 2. If running belt moved, is there still show E1 after 10 seconds? If anything is fine after reset the power, please maintenance the running belt and deck, if running belt moved and still show E1, please contact your agent and inform the result of 1 & 2.
Show E7	Grade lift motor abnormal.	Contact your agent.
Show E8	Console memory device damaged.	Contact your agent to replace the console.
Show E9	A).Do not hold hand pulse device during Body Index test. B). hand pulse device problem.	Test again according the steps. Contact your agent.



