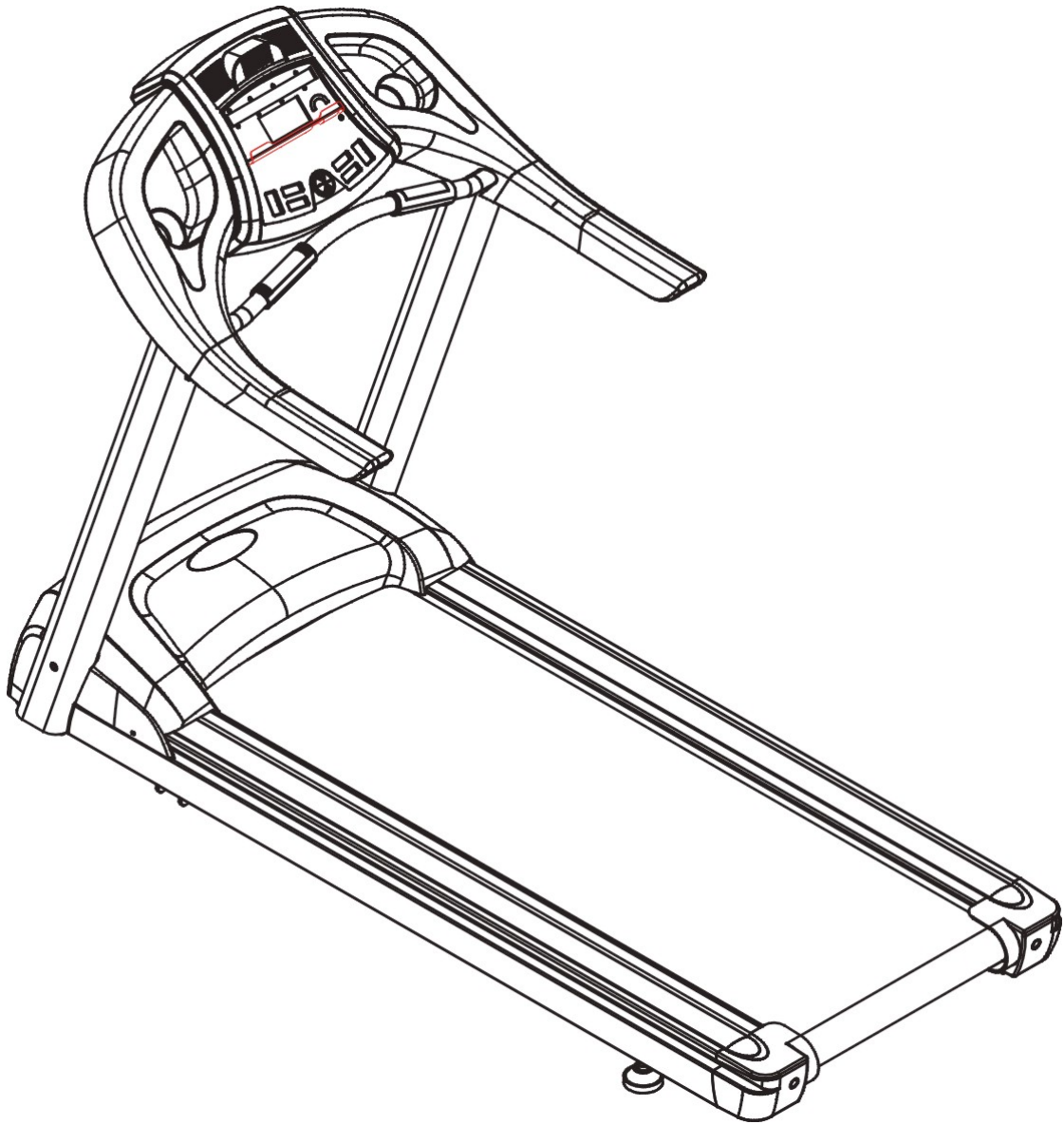


# Owner's Manual



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. Store the safety key in a secured location while not in use and keep away from children.
15. MAX. user weight: 180 kg(395 lbs ).

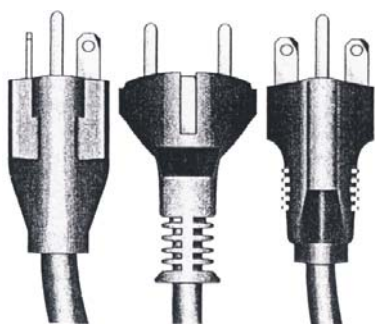
# SAFETY PRECAUTIONS

## 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.

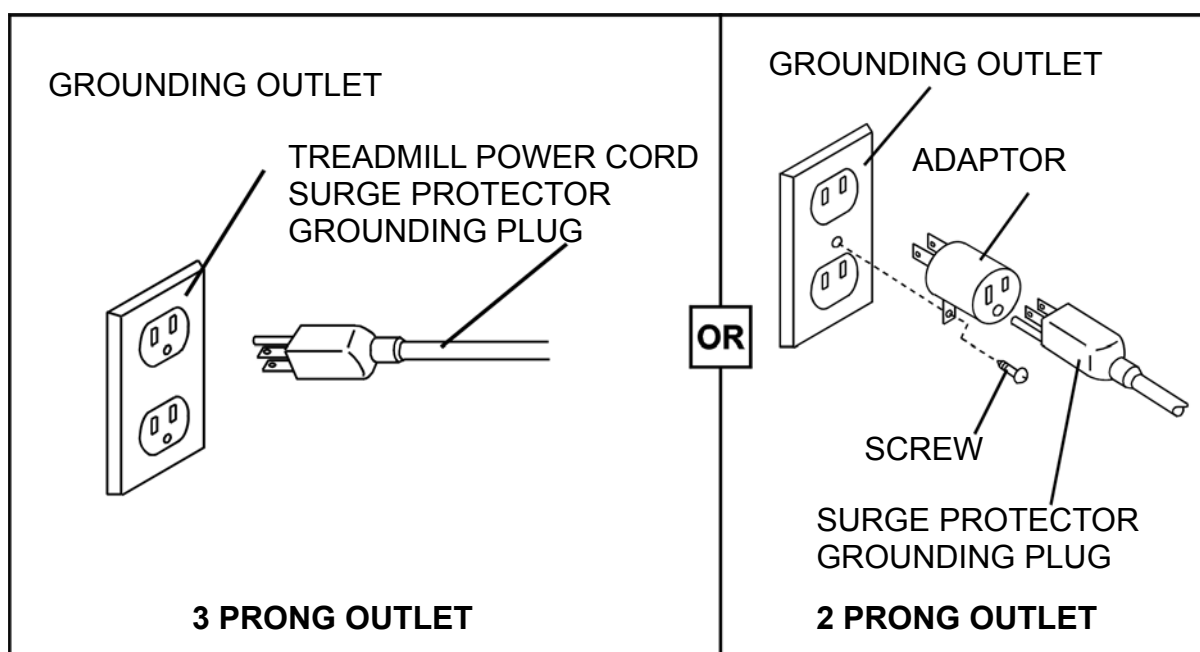
Please make sure that the treadmill is connected to an outlet having the same configuration as the plug. Do not use a ground plug adapter to adapt the power cord to a non-grounded outlet.



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.



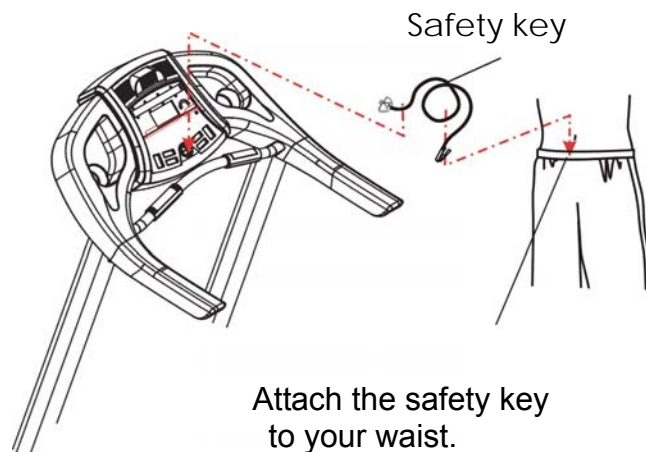
# SAFETY PRECAUTIONS

## **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 emergence 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:**

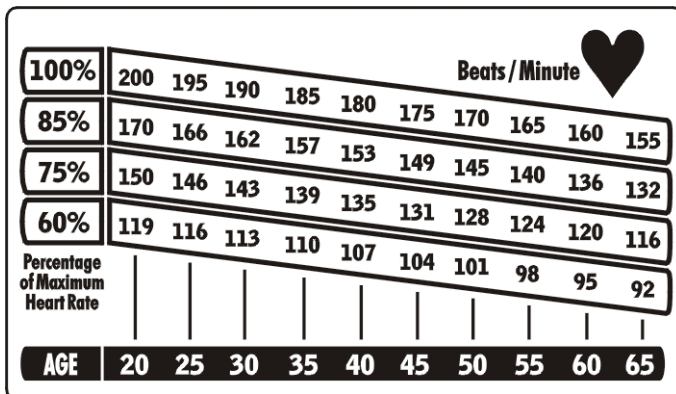
Sustained exercise conditions your heart, lungs and muscles. The longer you are able to sustain exercise within your target heart range, the greater the aerobic benefits. To begin maintain 2~3 minutes of steady, rhythmic exercise, then check your heart rate.

# 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

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)

220-your age = maximum heart zone

\* Advantage of using the treadmill is consumers can strengthen the cardiopulmonary function and physical fitness.

# TECHNICAL SPECIFICATIONS

## TECHNICAL SPECIFICATIONS

Length: 199 cm

Width: 86cm

Running area: 50cm x 152cm

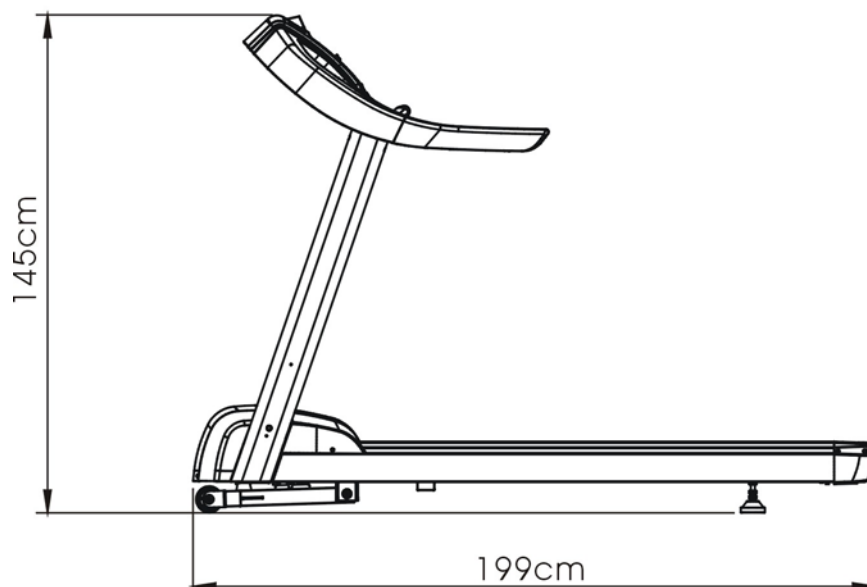
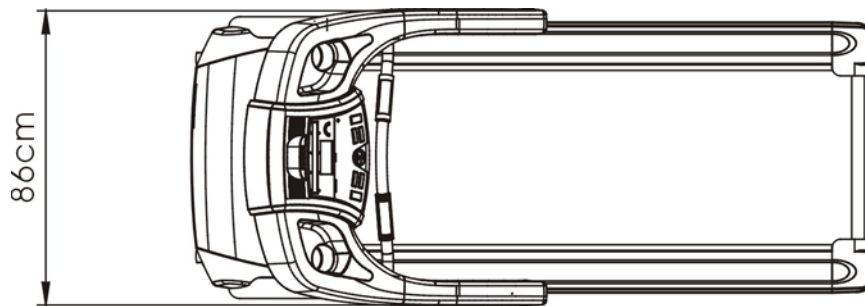
Weight of product: **137 kgs**

Power elevation: 0~15 motorized

Program: **40 programs, 1 target, 3 Heart Rate Control, 1 fitness test, 2 custom.**

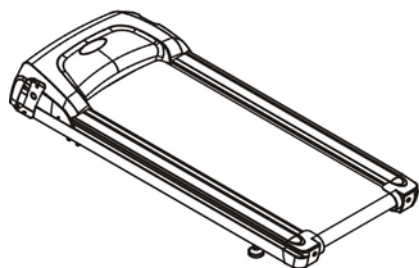
Standard features: Total used time, distance memorize, heart rate, calories, speed, incline, hand pulse, fan, quick speed / incline button, Wireless HR receiver, Audio in jack.

Emergency stop: Pull the safety key



# UNPACKING & ASSEMBLY

## PARTS



\*1



\*1

#4-2



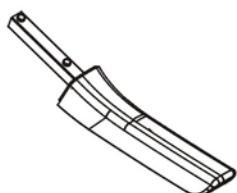
\*1

#4-1



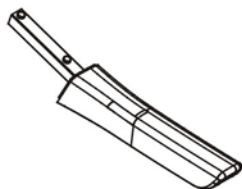
\*1

#4-7



\*1



#4-6



\*1

# UNPACKING & ASSEMBLY

## HARDWARE KIT

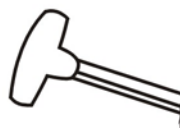
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Step4	<div>#4-3</div> <div></div> <div>M8x15mm*4</div>	<div>#4-5</div> <div></div> <div>M8 washer*4</div>	
Steps	<div>#4-3</div> <div></div> <div>M8x15mm*8</div>	<div>#4-5</div> <div></div> <div>M8 washer*4</div>	<div>#4-4</div> <div></div> <div>M8 curve washer*4</div>



Allen wrench  
5-76L mm \*1



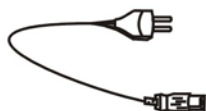
Allen wrench  
5-114L mm \*1



Allen wrench  
6mm\*1



Silicone bottle\*1

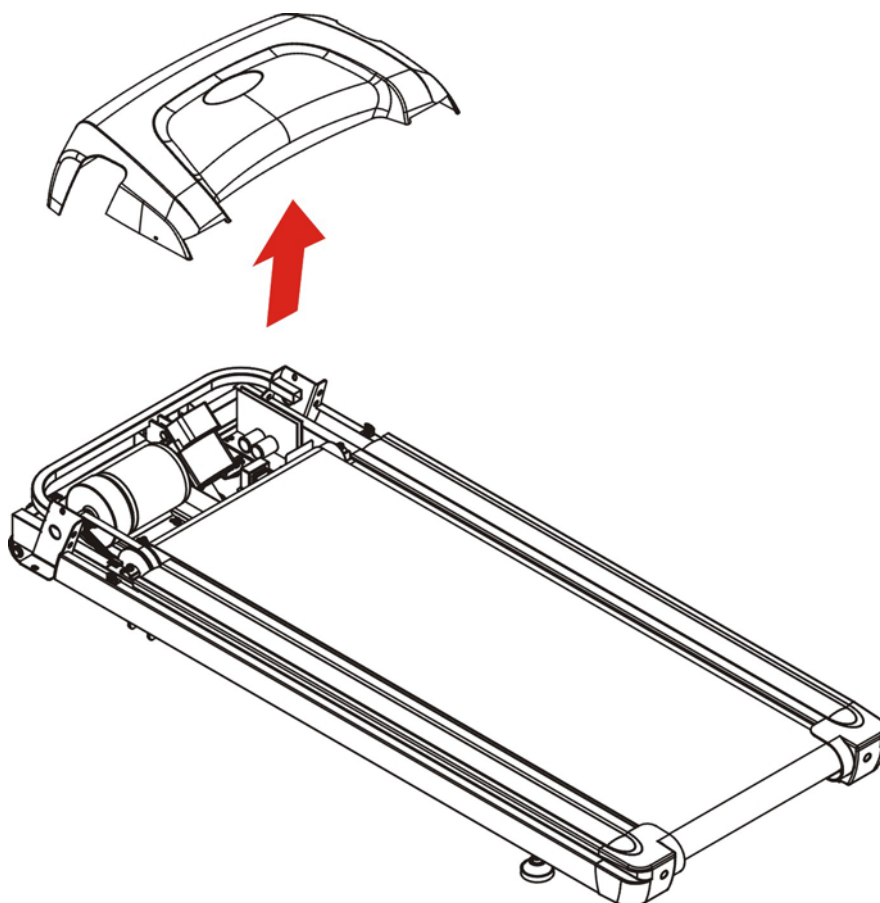


Power cord\*1

## UNPACKING & ASSEMBLY

Step1:

1). Loose the motor cover screws, and put the motor cover aside.



## UNPACKING & ASSEMBLY

Step2: Assemble the console mast

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

Using hex wrench to screw console tube and base frame with 8pcs of M8\*15mm screws and M8 washer.

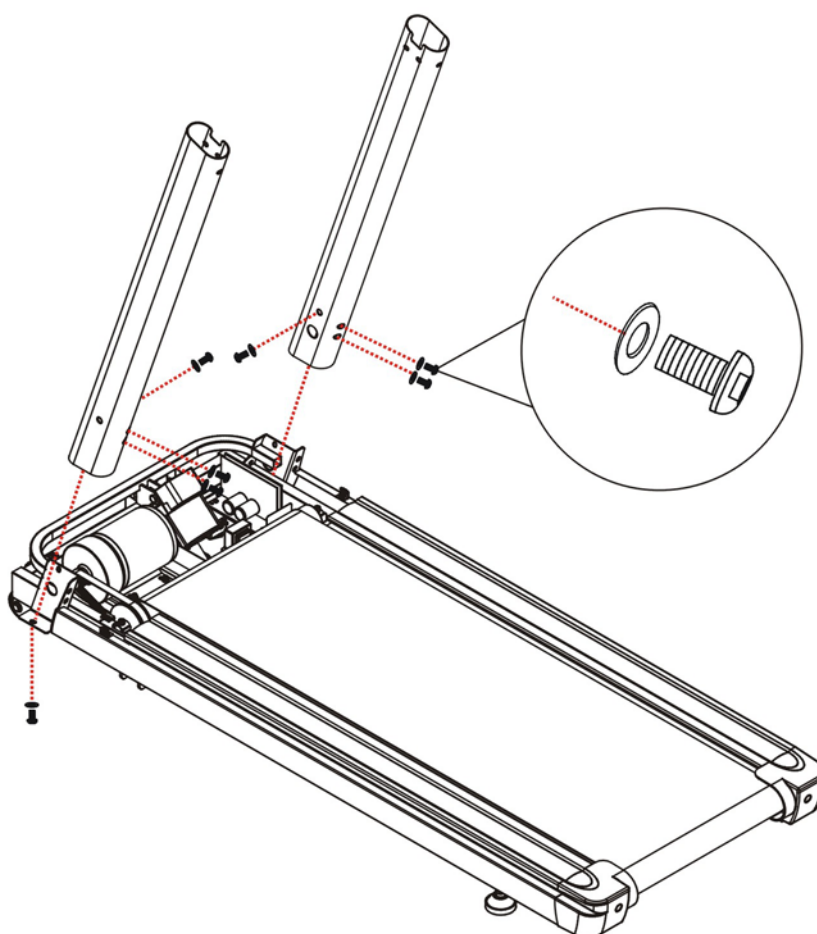
Attention: please tighten all screw after assembled completely.



M8x15mm\*8



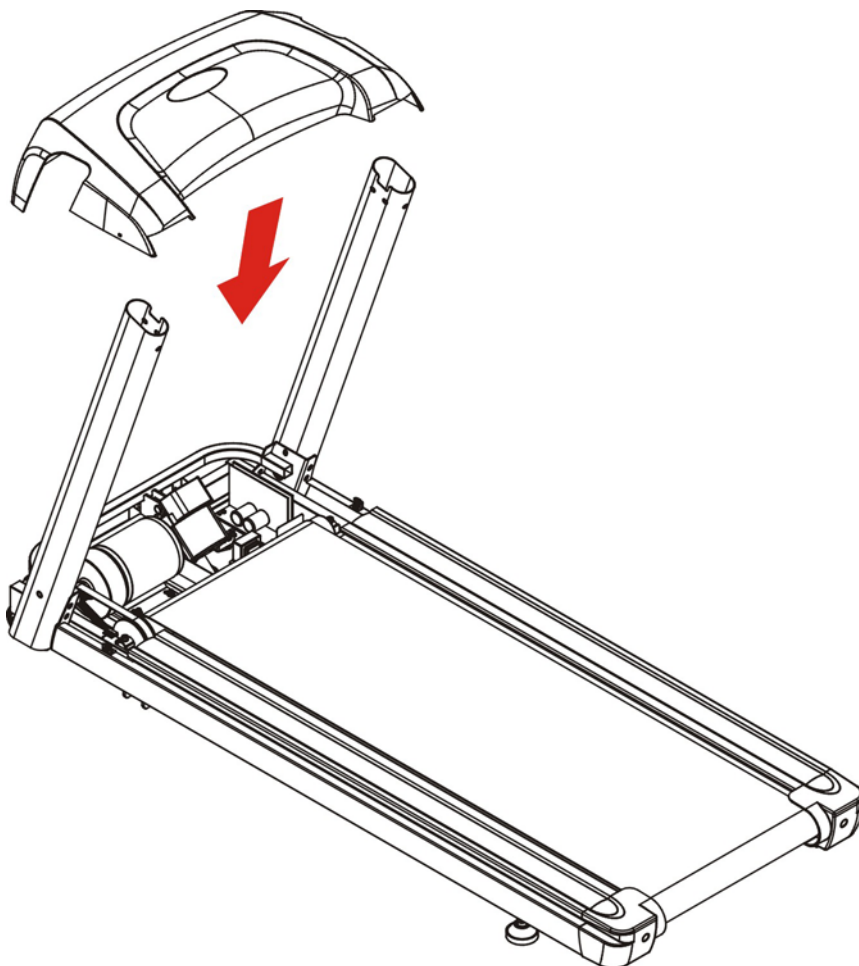
M8\*8



## UNPACKING & ASSEMBLY

Step3:

1). Mount the motor cover and tighten the screws well.



## UNPACKING & ASSEMBLY

Step4: Slide handlebars onto console

1).Slide handlebar onto console, Using Allen wrench with 4pcs bolt of M8\*15mm, M8 washers.

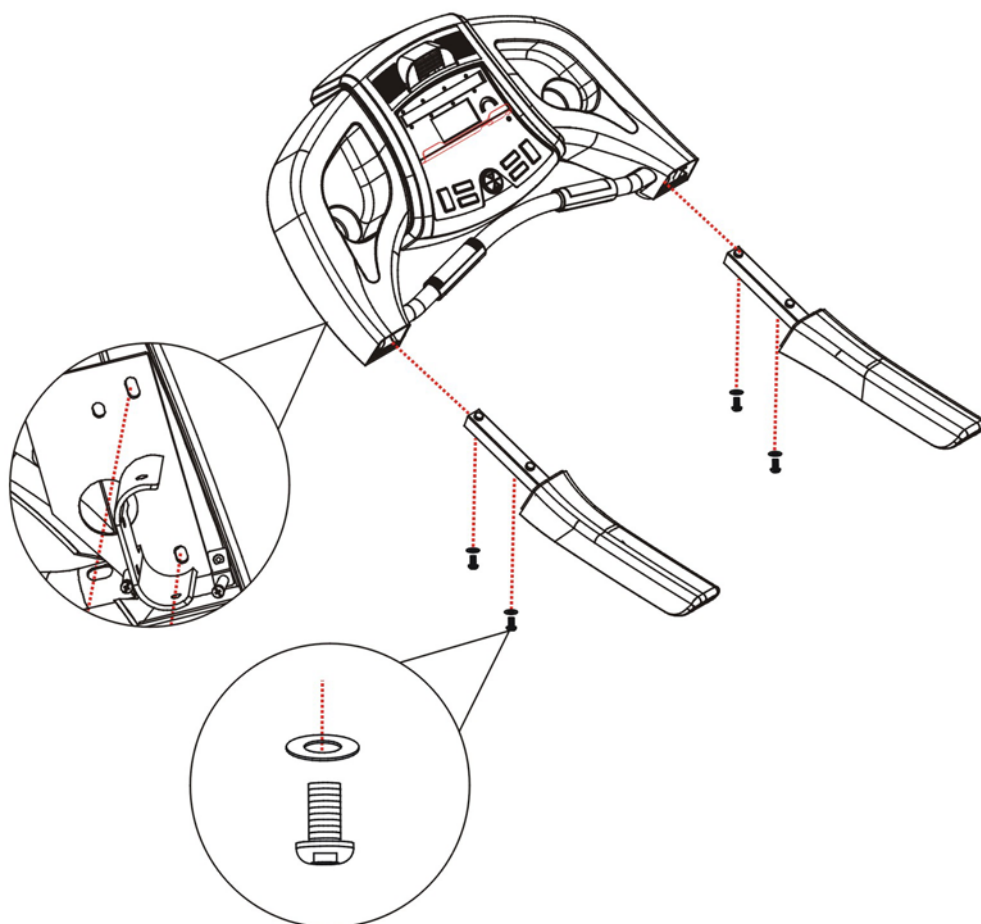
Attention: please tighten all screws after assembled completely.



M8x15mm\*4



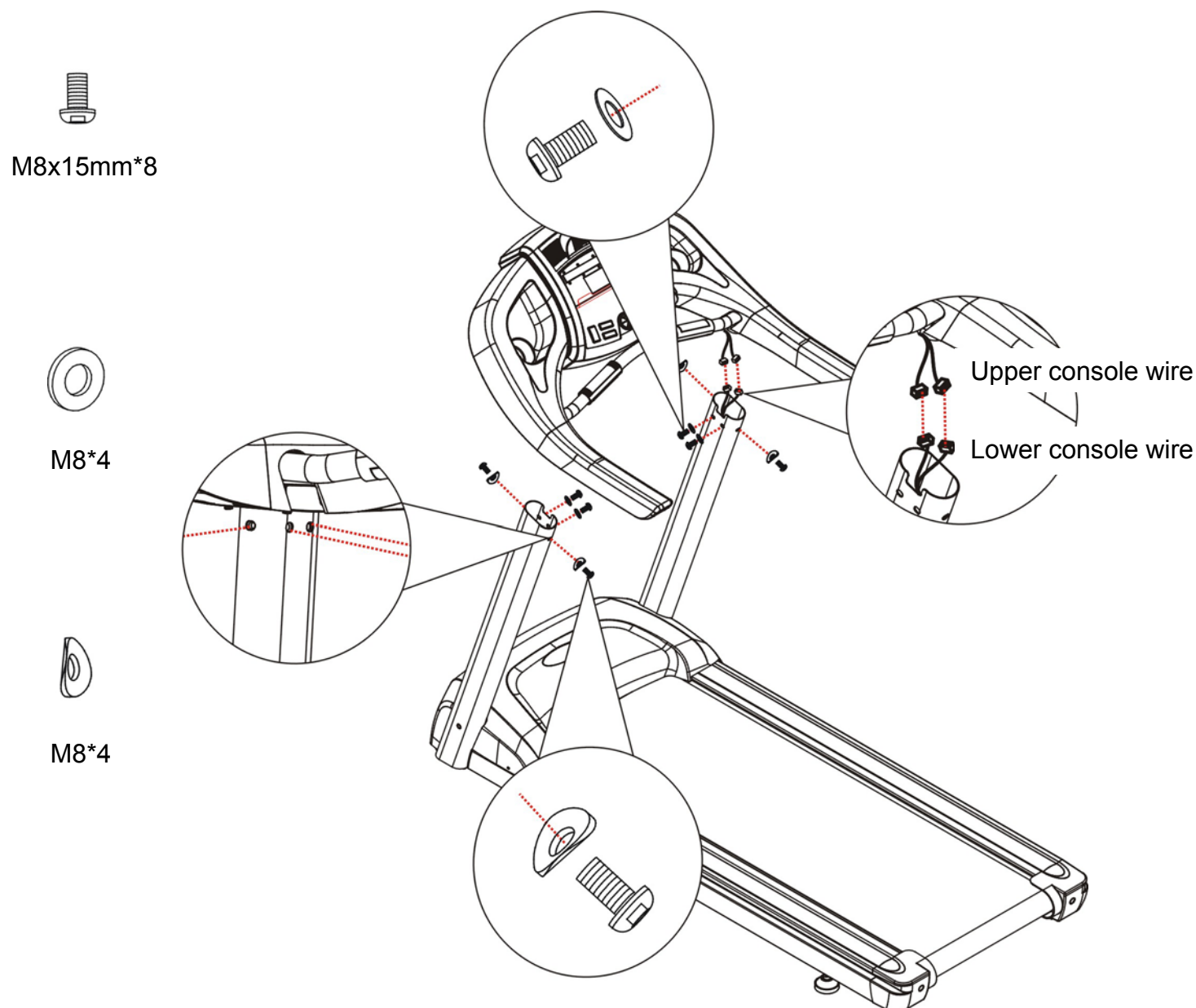
M8\*4



## UNPACKING & ASSEMBLY

Step5: Assembly console mast with console set.

- 1). Connect the upper console wire from console to lower console wire on the right console mast.
- 3). Put the wire and connector into right console mast.
- 4). Set the whole console set on the console mast, make sure aim with the screw hole.  
Fasten by hex. Wrench with 4pcs M8\*15mm screw, 2pcs M8 washer and 2pcs M8 curve washer on left console mast.
- 5). Set the whole console set on the console mast, make sure aim with the screw hole.  
Fasten by hex. Wrench with 4pcs M8\*15mm screw, 2pcs M8 washer and 2pcs M8 curve washer on right console mast.



## 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.

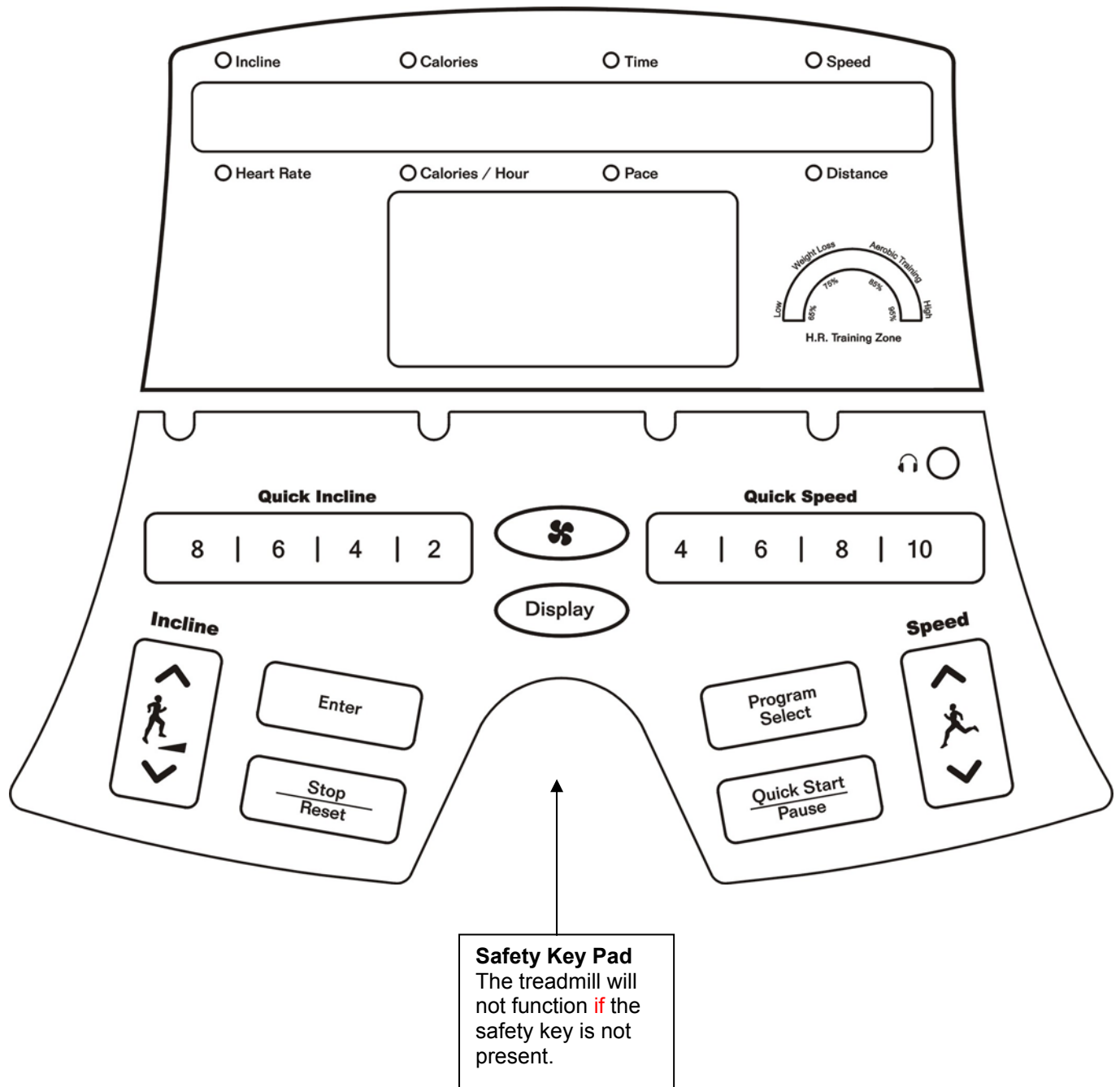


### **HAMSTRING STRETCHES**

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



# PANEL CONTROL

## Display:

Window	Function
<b>Message window</b>	<b>Display</b> the workout program and operational instruction to begin a workout.
<b>Dot-matrix</b>	Display the program profile or setting value & figure.
<b>Incline</b>	<b>Display</b> the incline level during a workout.
<b>Calories</b>	<b>Display</b> the calories consumed during a workout.
<b>Time</b>	<b>Display</b> the workout time or countdown during a workout.
<b>Speed</b>	<b>Display</b> the speed during a workout.
<b>Heart Rate</b>	<b>Display</b> the heart rate during a workout.
<b>Calories / Hour</b>	<b>Display</b> the calories consumed per hour during a workout.
<b>Pace</b>	Display the required time per KM or Mile during a workout.
<b>Distance</b>	<b>Display</b> the accumulative traveled distance during a workout.

## 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>Fan</b>	To switch on / off the fan.
<b>Display</b>	Shift the window display while using. Incline $\longleftrightarrow$ Heart Rate    Calories $\longleftrightarrow$ Calories / Hour Time $\longleftrightarrow$ Pace    Speed $\longleftrightarrow$ Distance
<b>Enter</b>	Confirm the set value while setting.
<b>Stop / Reset</b>	To stop the treadmill while exercising. To reset and back to idle mode while setting, pause or stop condition.
<b>Program select</b>	To select program.
<b>Quick Start / Pause</b>	Quick start or program start. Press for start the treadmill while in the pause, stop or idle condition.

# 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 for 5 minutes 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 Manual:

1. Insert the Safety Key in position. Press 『Program Select』 to select the Manual program. Message Window shows **【MANUAL】**, press 『ENTER』 to Time setting.

2. Time setting: Message Window shows **【SET TIME】**, press 『Speed / Incline up』 or 『Speed / Incline down』 to set the target workout time. Press 『ENTER』 to confirm the setting and go to speed setting.

3. Speed setting: Message Window shows **【START SPEED】**, press 『Speed / Incline up』 or 『Speed / Incline down』 to set the workout speed. Press 『ENTER』 to confirm the setting and go to incline setting.

4. Incline setting: Message Window shows **【START INCLINE】**, press 『Speed / Incline up』 or 『Speed / Incline down』 to set the workout incline. Press 『ENTER』 to confirm the setting and go to weight setting.

5. Body weight setting: Message Window shows **【SET WEIGHT】**, press 『Speed / Incline up』 or 『Speed / Incline down』 to set user weight. Then press 『ENTER』 to confirm the setting and go to next setting. Body weight setting range is from 40-180 KGS or 88-330 LBS.

6. Age setting: Message Window shows **【SET AGE】**, press 『Speed / Incline up』 or 『Speed / Incline down』 to set user age. Then press 『ENTER』 to confirm the setting and go to next setting. Age setting range is from 13 – 80 years old.

7. Message Window shows **【PRESS START TO BEGIN WORKOUT】** while the whole setting is done, you can press 『QUICK START』 to begin workout. Message Window shows **【3→2→1】**, every value starts to count.

\* During the setting, the user can press 『QUICK START』 to skip the rest setting and start the workout.

\* If time setting is not zero (count down mode), the time of each segment is “time/16”, else every 2 minute will change the program profile segment.

# PROGRAMS

P2 Target :

1. Insert the Safety Key in position. Press 『Program Select』 to select the Target program. Message Window shows **【TARGET】**. Then press 『ENTER』 to Target Time setting.

2. Target Time setting: Message Window shows **【SET TIME】**, press 『Speed / Incline up』 or 『Speed / Incline down』 to set the target workout time. Press 『ENTER』 to confirm the setting and go to Target Distance setting.

3. Target Distance setting: Message Window shows **【SET DISTANCE】**, press 『Speed / Incline up』 or 『Speed / Incline down』 to set the target workout distance. Press 『ENTER』 to confirm the setting and go to Target Calories setting.

4. Target Calories setting: Message Window shows **【SET CALORIES】**, press 『Speed / Incline up』 or 『Speed / Incline down』 to set the target consumption calories. Press 『ENTER』 to confirm the setting and go to Target Speed setting.

5. Target Speed setting: Message Window shows **【START SPEED】**, press 『Speed / Incline up』 or 『Speed / Incline down』 to set the target workout speed. Press 『ENTER』 to confirm the setting and go to Target Incline setting.

6. Target Incline setting: Message Window shows **【START INCLINE】**, press 『Speed / Incline up』 or 『Speed / Incline down』 to set the Target workout incline. Press 『ENTER』 to confirm the setting and go to weight setting.

7. Body weight setting: Message Window shows **【SET WEIGHT】**, press 『Speed / Incline up』 or 『Speed / Incline down』 to set user weight. Press 『ENTER』 to confirm the setting and go to next setting. Body weight setting range is from 40-180 KGS or 88-330 LBS.

8. Age setting: Message Window shows **【SET AGE】**, press 『Speed / Incline up』 or 『Speed / Incline down』 to set user age. Press 『ENTER』 to confirm the setting and go to next setting. Age setting range is from 13 – 80 years old.

9. Message Window shows **【PRESS START TO BEGIN WORKOUT】** while the whole setting is done, you can press 『QUICK START』 to begin workout. Message Window shows **【3→2→1】**, every value starts to count up or down according to the setting value.

9.1. User can adjust the speed and incline during the workout.

9.2. The treadmill goes into the Cool Down program while any value of Time, Distance, Calories count down to “0” or any setting value achieves.

\* During the setting, the user can press 『QUICK START』 to skip the rest setting and start the workout..

\* If time setting is not zero (count down mode), the time of each segment is “time/16”, else every 2 minute will change the program profile segment.

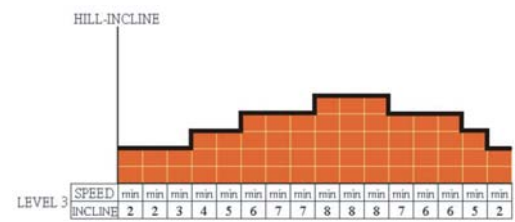
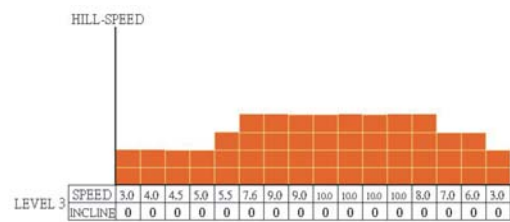
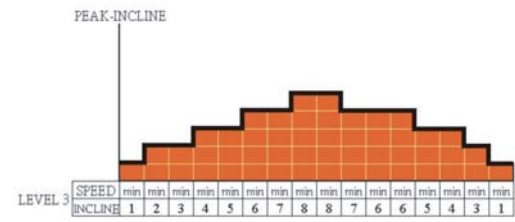
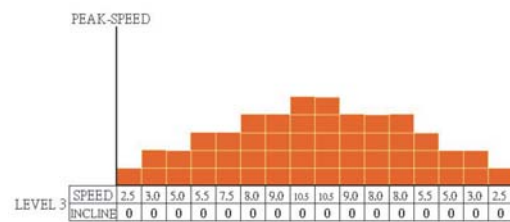
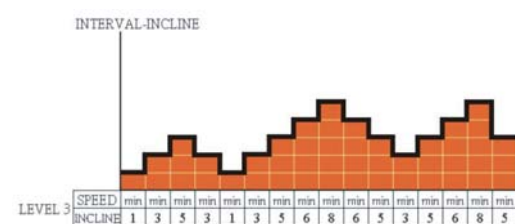
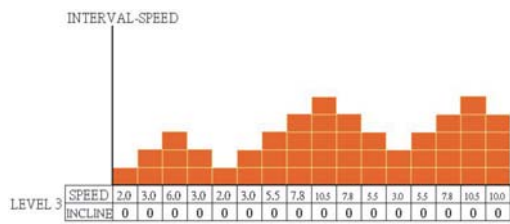
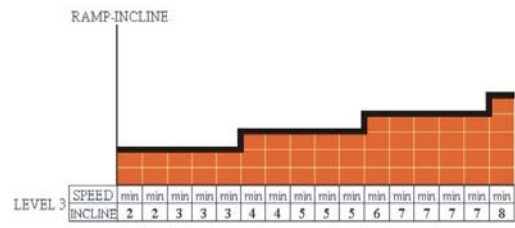
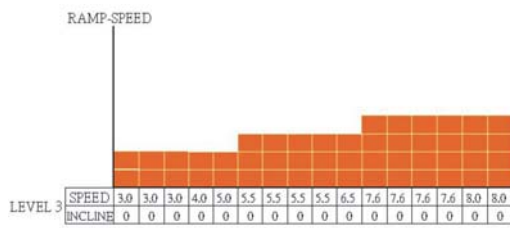
# PROGRAMS

P3 Course :

1. Insert the Safety Key in position. Press 『Program Select』 to select the COURSE program. Message Window shows **【COURSE】**. Press **【ENTER】** to enter the program.
2. There are 8 preset course programs. Press 『Speed / Incline up』 or 『Speed / Incline down』 to choose the programs between **【RAMP-SPEED】**、**【RAMP-INCLINE】**、**【INTERVAL-SPEED】**、**【INTERVAL-INCLINE】**、**【PEAK-SPEED】**、**【PEAK-INCLINE】**、**【HILL-SPEED】**、**【HILL-INCLINE】**. Then press **【ENTER】** to enter the chosen program.
3. Set time : Press 『Speed / Incline up』 or 『Speed / Incline down』 to set time, and press **【ENTER】** to confirm.
4. **Set speed** or incline ( exercise level setting ) :
  - 4.1. For speed change program : ( RAMP-SPEED 、 INTERVAL-SPEED 、 PEAK-SPEED 、 HILL-SPEED )
    - 4.1.1. The preset level is LV3.
    - 4.1.2. Press 『Speed / Incline up』 or 『Speed / Incline down』 to set the level between Level 1 to Level 5. Profile will change accordingly.
    - 4.1.3. Press **【ENTER】** to confirm and go to next setting or press **【START】** to begin workout.
  - 4.2. For incline change program : ( RAMP-INCLINE 、 INTERVAL-INCLINE 、 PEAK-INCLINE 、 HILL-INCLINE )
    - 4.2.1 The preset level is LV3.
    - 4.2.2. Press 『Speed / Incline up』 or 『Speed / Incline down』 to set the level between Level 1 to Level 5. Profile will change accordingly.
    - 4.2.3. Press **【ENTER】** to go to next setting or press **【START】** to begin workout.
5. Set user weight: Press 『Speed / Incline up』 or 『Speed / Incline down』 to set user weight. Then press **【ENTER】** to confirm the setting and go to next setting.
6. Set age: Press 『Speed / Incline up』 or 『Speed / Incline down』 to set user age. Press 『ENTER』 to confirm.
7. Begin workout :
  - 7.1. Speed or incline will change automatically according to the program setting.
  - 7.2. Speed or incline change 2 minutes per segment if time is count up mode, else, time of segment change = set time / 16.
  - 7.3. You can use any speed or incline key or device to change present speed or incline.
  - 7.4. It will process the cool down program before end of workout if time counts down to 0

# PROGRAMS

## Course program profile



# PROGRAMS

P4 Custom :

1. Press 『Program Select』 to select the Custom program. Message Window shows **【CUSTOM】**. Press **【ENTER】** to enter the program. Press 『ENTER』 to choose program or 『Quick Start』 to begin workout.

2. There are 2 custom settings can be chosen: CUSTOM 1 and CUSTOM 2. Press 『Speed / Incline up』 or 『Speed / Incline down』 to choose and press 『ENTER』 to go to next setting.

3. Body weight setting: Press 『Speed / Incline up』 or 『Speed / Incline down』 to set user weight then press 『ENTER』 to confirm the setting and go to next step.

4. Age setting: Press 『Speed / Incline up』 or 『Speed / Incline down』 to set user age. Press 『ENTER』 to confirm the setting and go to next setting.

5. Set speed and incline of every segment: There are 16 segments can be set.

5.1 Message Window and dot matrix show speed profile first. Press 『speed up』, 『speed down』 or Quick Speed keys to set the speed and press 『incline up』, 『incline down』 or Quick Incline keys to set the incline in first segment, then press 『ENTER』 to confirm and enter the time setting.

5.2 Message Window **shows 【SET TIME 0:00】**, press 『speed/incline up』 or 『speed/incline down』 to set the exercise time for this segment. Then press 『ENTER』 to confirm the setting of present segment and go to next segment setting.

5.3 When setting the last segment and press 『ENTER』, Message Window shows **【PRESS START TO BEGIN WORKOUT OR ENTER TO MODIFY】**. Press 『Quick Start』 to execute the program or press 『ENTER』 to back to the setting of first segment.

6. After the setting of all 16 segments, press 『Quick Start』 to execute the program. Message Window shows **【3→2→1】**, and every value starts to count.

6.1 It is workable to press 『Quick Start』 during the setting to confirm and execute the program immediately.

7. Speed and incline automatically change according to your setting. And the Time window displays the countdown value of current segment. It will go to next segment when the time counts down to “0”

8. The segment will not be executed if the setting time is “0”.

9. You can also adjust the speed and incline during the workout.

10. It will process the cool down program after 16 segments have been executed.

## PROGRAMS

### P5 Fitness test:

1. Press 『Program Select』 to select the Fitness test program. Message Window shows **【FITNESS TEST】**. Press **【ENTER】** to enter the program.
2. Body weight setting: Message Window shows **【SET WEIGHT】**, press 『Speed / Incline up』 or 『Speed / Incline down』 to set user weight. Press 『ENTER』 to confirm the setting and go to next setting.
3. Age setting: Message Window shows **【SET AGE】**, press 『Speed / Incline up』 or 『Speed / Incline down』 to set user age. Press 『ENTER』 to confirm the setting and go to next setting.
4. Gender setting : Message Window shows **【SET GENDER: MALE】**, press 『Speed / Incline up』 or 『Speed / Incline down』 to switch to **【SET GENDER: FEMALE】**. Press 『ENTER』 to confirm the setting and go to next setting.
5. Starting speed setting : Message Window shows **【START SPEED 0.8】** which is the lowest speed.. Press 『Speed / Incline up』, 『Speed / Incline down』 or 『Quick Speed keys』 to set starting speed then press **【Quick Start】** to begin workout.
6. Begin workout :
  - 6.1. This program is for testing your fitness condition for how far you can run in 12 minutes. You can use any speed key or device to change the speed. The preset 12 minutes can not be changed. And the incline function is not available.
  - 6.2. The program will be end if time count down to 0 and process the cool down program. After finish the cool down program and get into end mode, the dot matrix shows the test result.
  - 6.3. Test result : **【VERY GOOD】**, **【GOOD】**, **【AVERAGE】**, **【BAD】**, **【VERY BAD】**.

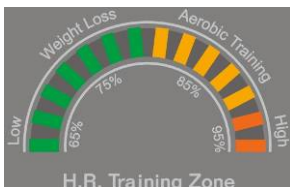
## PROGRAMS

P6 Heart Rate Train :

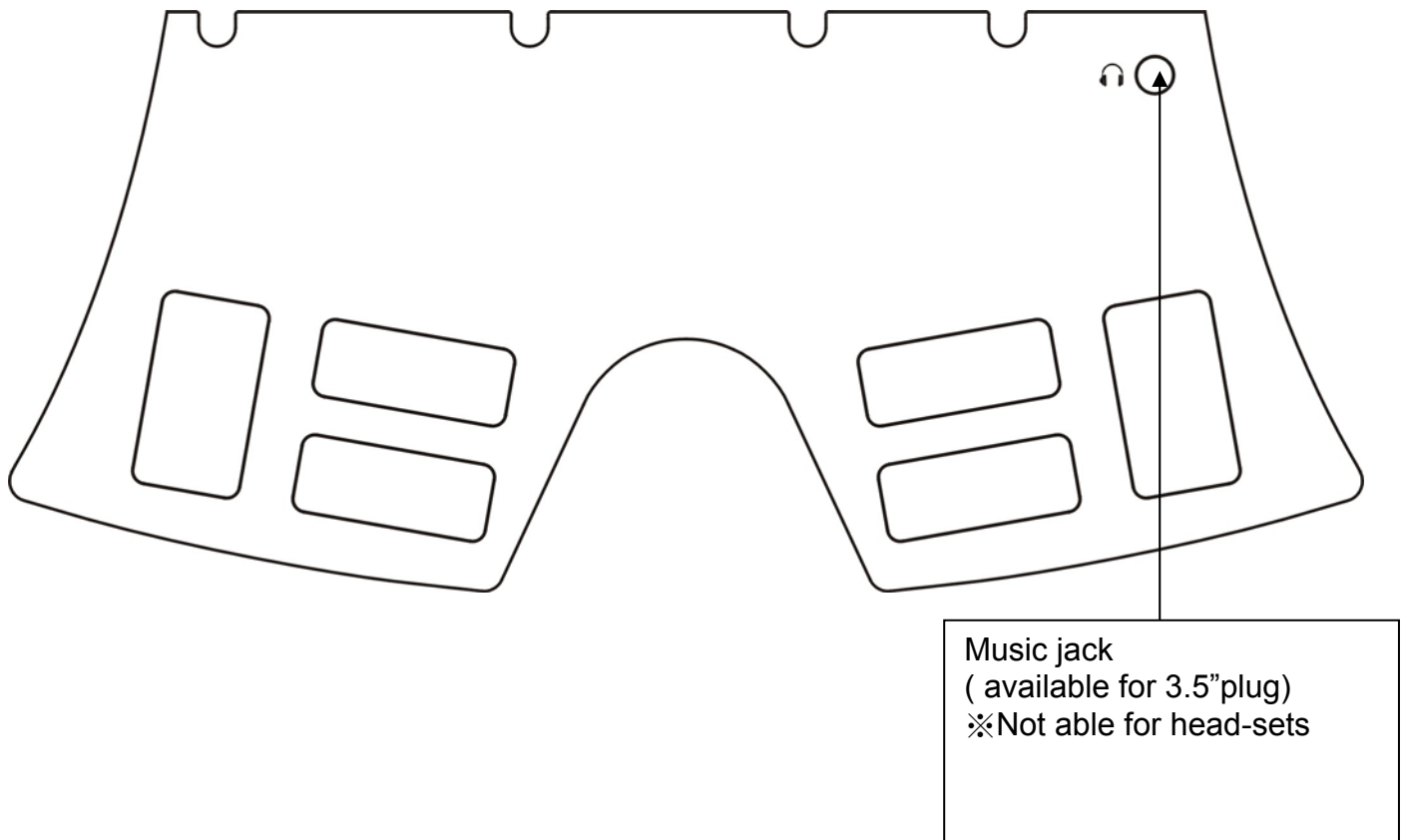
1. Press 『Program Select』 to select the Heart Rate Train program. Message Window shows **【HEART RATE TRAIN】**. Press **【ENTER】** to enter the program.
2. Time setting: Message Window shows **【SET TIME】**, press 『Speed / Incline up』 or 『Speed / Incline down』 to set the workout time. Press 『ENTER』 to confirm the setting and go to next setting.
3. Body weight setting: Press 『Speed / Incline up』 or 『Speed / Incline down』 to set user weight then press 『ENTER』 to confirm the setting and go to next step.
4. Age setting: Press 『Speed / Incline up』 or 『Speed / Incline down』 to set user age. Press 『ENTER』 to confirm the setting and go to next setting.
5. Mode Setting: There are 3 HRT modes. Press 『Speed / Incline up』 or 『Speed / Incline down』 to choose among **【WEIGHT LOSS MODE】**, **【AEROBIC MODE】** and **【TARGET】**.
  - 5.1 WEIGHT LOSS MODE: The default heart rate is MHR (Max Heart Rate) x 70%. MHR is defined after setting user weight and age. The default heart rate can be adjusted by pressing 『Speed / Incline up』 or 『Speed / Incline down』.
  - 5.2 AEROBIC MODE: The default heart rate is MHR (Max Heart Rate) x 80%. MHR is defined after setting user weight and age. The default heart rate can be adjusted by pressing 『Speed / Incline up』 or 『Speed / Incline down』.
  - 5.3 TARGET: The default heart rate is 130. Press 『Speed / Incline up』 or 『Speed / Incline down』 to adjust the target heart rate.
6. Press 『ENTER』 to confirm the setting and go to next setting.

# PROGRAMS

7. Start speed setting: Message Window shows **【START SPEED】** , press 『Speed /Incline up』 or 『Speed / Incline down』 to set the workout speed. Press 『ENTER』 to confirm the setting and go to incline setting.
8. Incline setting: Message Window shows **【START INCLINE】** , press 『Speed / Incline up』 or 『Speed / Incline down』 to set the workout incline. Press 『ENTER』 to confirm. Press 『QUICK START』 , the Message Window shows **【3→2→1】** , every value starting to count.
9. Speed and incline change automatically every 30 seconds according to your heart rate setting and real heart rate.
  - 9.1. **【real heart rate】 < 【set heart rate -5】** → Incline will increase 1 level every 30 seconds till max level, then speed will increase 0.2 KPH / 0.1MPH every 30 seconds till speed  $\geq$  12KPH / 7.5MPH.
  - 9.2 **【real heart rate】 < 【set heart rate -15】** → speed will increase 0.5 KPH/0.3MPH every 30 seconds till speed  $\geq$  8KPH / 5.0MPH, then Incline will increase 1 level every 30 seconds till max level.
  - 9.3 **【real heart】 > 【set heart rate+5】** → Incline will decrease 1 level every 30 seconds till min level-, then speed will decrease 0.2 KPH / 0.1MPH every 30 seconds till lowest speed.
  - 9.4 **【real heart rate】 > 【set heart rate +15】** → speed will decrease 0.5 KPH/0.3MPH every 30 seconds till lowest speed, then Incline will decrease 1 level every 30 seconds till min level.
10. Message window will show **【NO HR INPUT】** after 10 seconds without detecting any heart rate signal. It will back to idle mode after 30 seconds without detecting any heart rate signal.
11. You can use any speed or incline key or device to change the speed or incline.
12. It will process the cool down program if time count down to 0.



## OPERATION



### **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.

## 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.

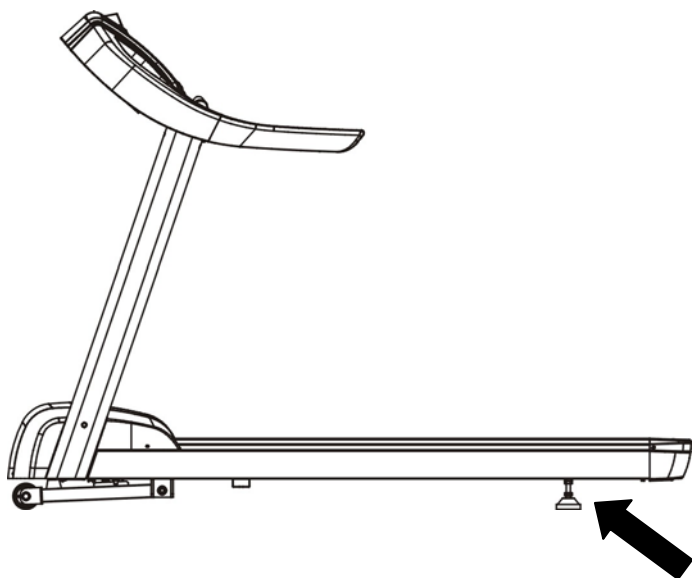
If the heart beat is too high or irregular, please have your hands out of the hand grip until the pulse display returns to " 0 ", then redoing the test. Don't do this test while running.



### **Horizontal Adjustment**

For floor stability, you can adjust the 2 screws located under the front of base frame.

1. Lift the machine on one side and then turn the screw under the front of base frame.
2. Turn the screw clockwise to make the screw go up.
3. Turn the screw counterclockwise to make the screw go down.



# 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.

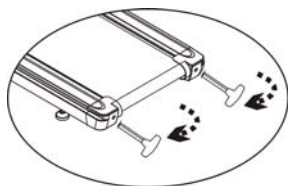
b. If toward the right side of the deck:

Using wrench, turn the right adjustment bolt clockwise 1/4 turn and the left adjustment bolt counterclockwise 1/4.

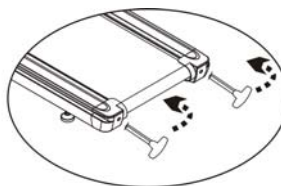
c. If the belt is still not centered, repeats the above steps until the running belt is on center.

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:

USAGE	PERIOD	LUBRICATION
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.

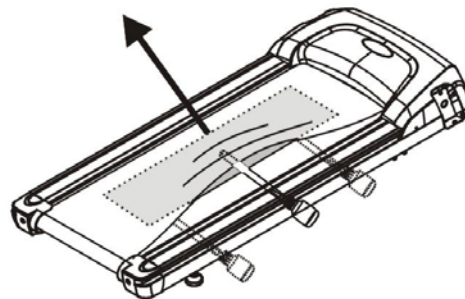
1



Silicone bottle

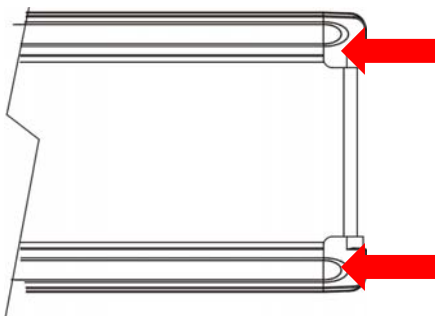
2

SPRAY AREA



## **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

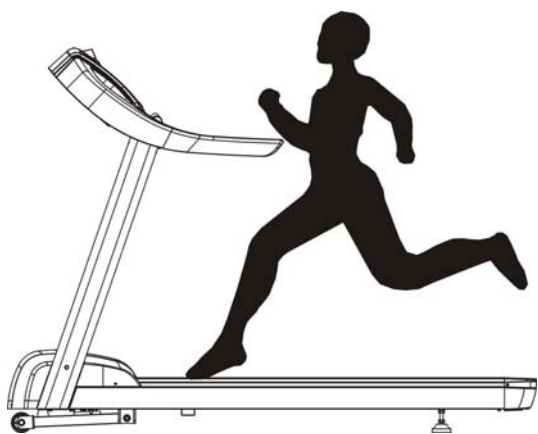
## **CARE & MAINTENANCE**

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

Other parts maintenance:

Number	Checking Item	Daily	Week	Month	Season	6 Months
1	Console Screws					Checking
2	Frame	Wipe				Checking
3	Running Surface		Clean(dust)			Checking
4	Power Code			Checking		
5	Overlay	Wipe		Checking		
6	Handle bar	Wipe				Checking
7	Handle bar screws				Checking	
8	Front Roller & Groove				Wipe	Checking
9	Rear Roller					Checking
10	Safety Key	Wipe				
11	Drive Belt				Wipe	Checking
12	Running belt tension					Checking
13	Motor Control					Clean(dust)
14	Motor Pulley & Groove					Checking

Diagram of running on a treadmill:



## 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.

### **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 after 6000 hours usage.

### **REPLACEMENT RUNNING DECK**

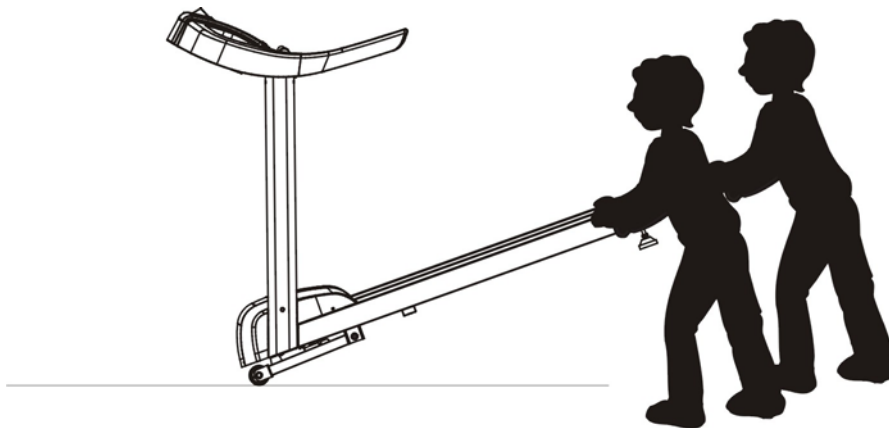
Running deck is consumables parts. It should be replaced when the running deck surface showing signs of wear. Or we suggested you replace running belt the same schedule as running belt.

### **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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SYMPTOM	CAUSE	SOLUTION
Console display do not illuminate	A).No power to treadmill. B).Console wire is not connected or incompletely. C).Overload, protecting is started. D).Console power source damaged	A).Check the on-off switch is on, switch indicator shall be light. if not light, check AC power source. B).Check console wire every connector points connect correctly, including outward and connector point insert PINs. C).Check fuse(near on-off switch) is worked or not, if worked, push it back, and restart again, if work please maintenance the running belt and deck. D).Turn off power then open the motor cover, turn on the power and check the console power pilot lamp(LED2) where on the interface PCB, it shall be light completely, if not, replace it.
Display not completely	A).Console damaged. B).Console source power unstable.	A).Replace the console PCB. B).Turn off the ON/OFF switch, then open the motor cover. Turn on the power again to see if the interface power lights up or not. The interface needs to be changed if the interface power doesn't light up or glitter.
Show SPEED ERROR	A).RPM sensor problem. B).Driver system problem.	A).Turn off power and wait 15 seconds then turn on again, press start, if motor work then show SPEED ERROR, turn off power then open the motor cover, check the sensor wire connect correctly or replace it. If motor not work, see description of B). B). Turn off power then open the motor cover, replace the interface PCB, if not work, replace inverter.
Show E1	Memory device damaged.	Replace console PCB.
Show INCLINE ERR	Console can not receive the incline motor signal or signal error.	1. Reset power, if incline can be work, check incline wire and console wire connector connect well, check every points connect correctly, including outward and connector point insert PINs. 2. If wires check ok but still show <b>ERR</b> , replace the incline motor VR. 3. Reset power, if incline can not be work, check the incline operate pilot lamps LED4(UP) & LED5(DOWN) lights up or not when operate the incline function, if not light, check console wire or replace interface PCB. If light up, check the motor is locked or not(maybe already at lowest position and still move down, must be re-homing), if not locked, replace interface PCB.
Show LUBRICATE DECK	Prompt message, that warning you running belt need to lubricate.	After dropping lubricating oil, press "Stop" to erase the signal.

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.

