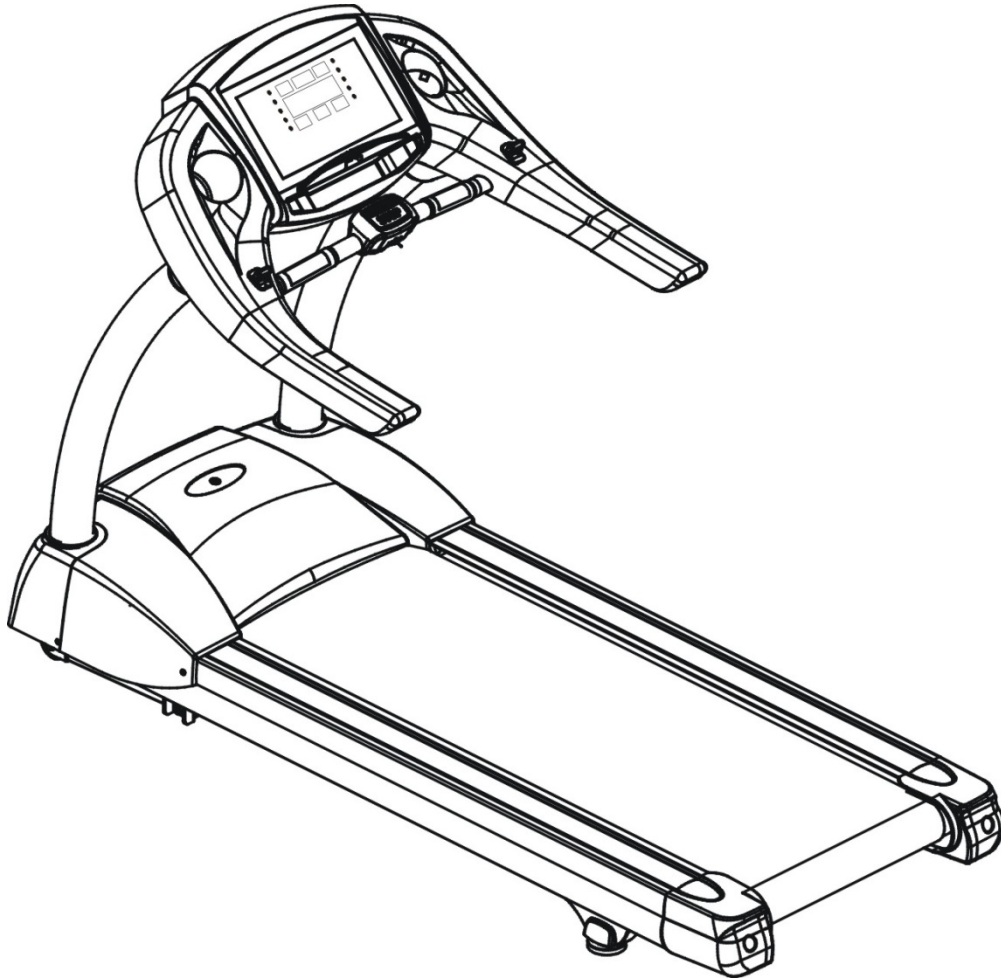


Owner's Manual



TREADMILL

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SAFETY PRECAUTIONS

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.

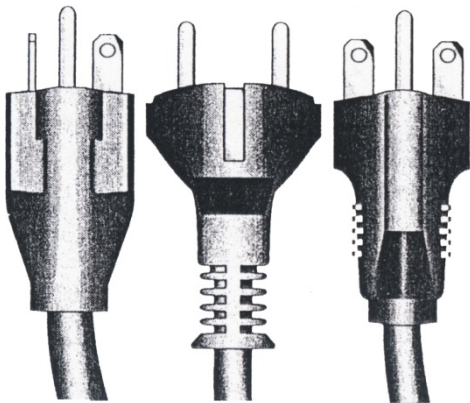
WARNING: Don't attempt to use this unit with a voltage adapter. Don't attempt to use this unit with an extension cord.

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

Before beginning

- 1). Only one person at a time should use this equipment. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this treadmill, stop the workout at once.
- 2). MAX. user weight: 182 kg (400 lbs)
- 3). Always use this treadmill on a clear and level surface. Do not use outdoors or near water.
- 4). Don't insert any object into any openings.
- 5). Before using this equipment to exercise, always do stretching exercises to properly warm up.
- 6). Advice to replace defective components immediately and keep the equipment out of use until repair.
- 7). Always wear appropriate workout clothing and shoes when exercising. Do not wear loose fitting clothing that could get caught in the equipment.

- 8). Place on a level surface, with 2mx1m of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
- 9). Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.

Important Safety Instructions

- 1). Keep children and pets away from this equipment at all times.
- 2). Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.
- 3). Deposit the safety key properly in order to avoid children to get the safety key and re-start the treadmill.
- 4). Stop the treadmill accordingly and take a rest while any discomfort happens during the exercise.
- 5). Correct steps of stopping your treadmill:
Press STOP button → Both hands hold the handlebars → Feet step on the side reins → Leave the treadmill
- 6). If there is any error sign shown on the monitor before/during exercising, please refer to the Trouble Shooting section in your owner's manual according to the code number of the error sign.
- 7). Turn off the power after using.
- 8). If the power 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.
- 9). Warning : Incorrect or excessive training may be injurious to health.

SAFETY PRECAUTIONS

SAFETY KEY

The safety key is to prevent falling down or any other emergencies from runner's not familiar with the speed of the treadmill. Please always wear safety key in case of any accident.



Attach the safety key to your waist.

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.

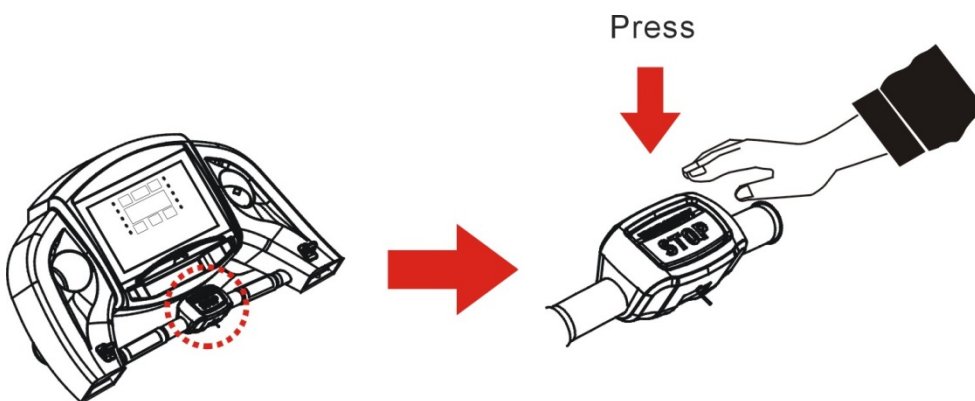
Only your doctor can prescribe the target training heart range for you. Before starting any exercise program consult your physician.

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.

Emergency Stop switch

The function of the emergency stop can help the user to get off the treadmill safely in case of emergency happened, in case of emergency, press the safety key, hold the handrails and get off when the band stops.

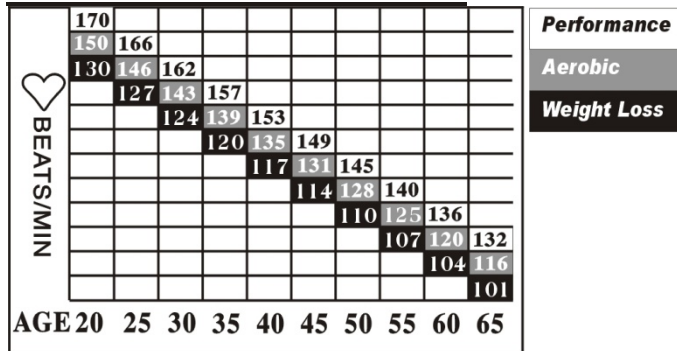


SAFETY PRECAUTIONS

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



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 60% and 80% 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 0.8

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

*This appliance is not intended for use by persons (including children) with reduced physical sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

*The noise value list below is when it is at top speed with unloading status : LpAeq(dB) < 70dB

TECHNICAL SPECIFICATIONS

SPECIFICATIONS:

Length: 215 cm

Width: 92.9 cm

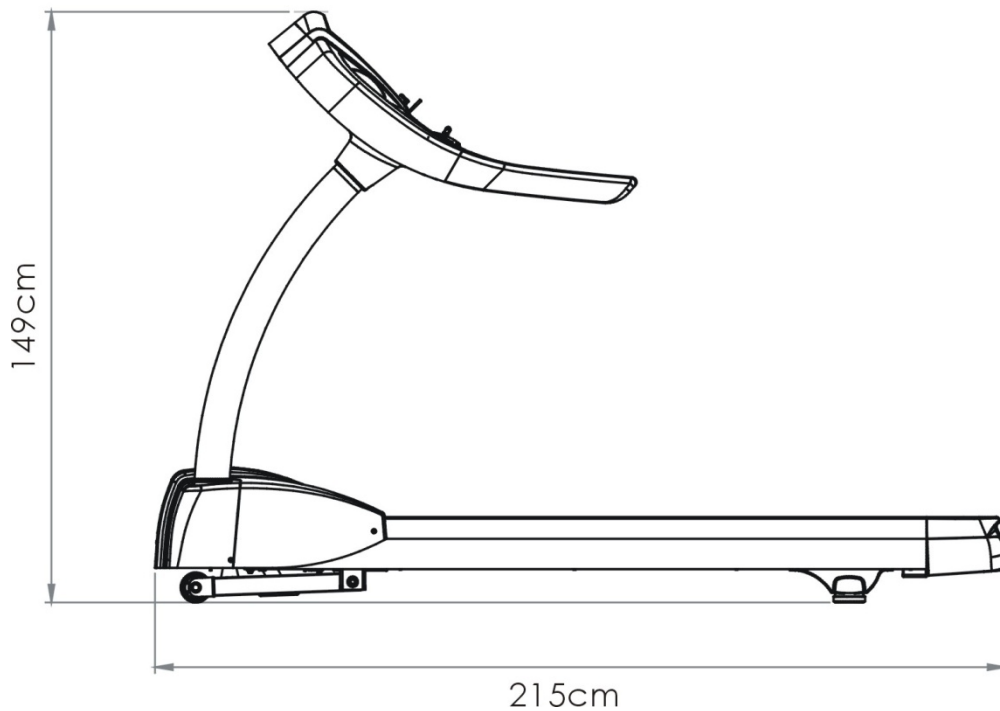
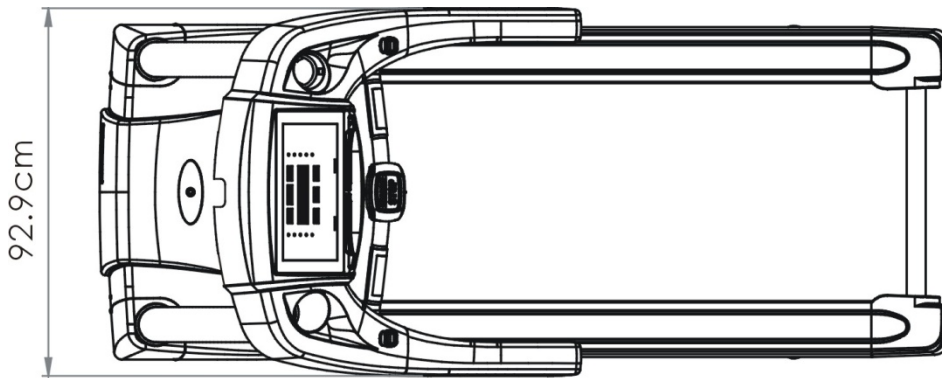
Running area: 55cm x 153cm

Weight of product: **165 kg (363 lbs)**

Power elevation: 0~16 motorized (front incline)

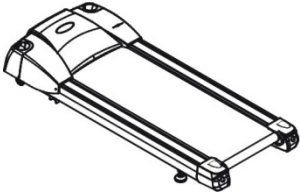
Programs: **9 preset programs, 4HRC.**

Standard features: Total used time, Distance memorize, Hand pulse, Receiver, Calories, Heart rate.
Quick speed/incline.



UNPACKING & ASSEMBLY

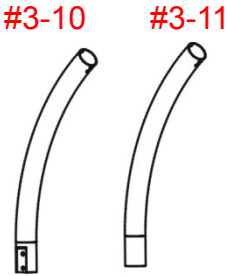
PARTS



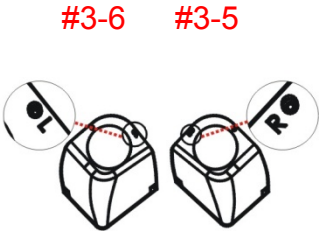
Main body



Console



Console mast set



Left console mast cover
(Packing via transparent bag)

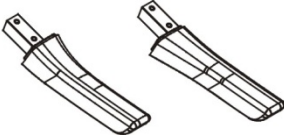
Right console mast cover

#3-9



Packing

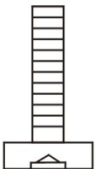


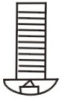


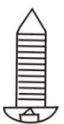
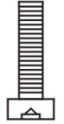


#3-2 #3-1



Handlebar set
(Left Handlebar with transparent bag)

UNPACKING & ASSEMBLY

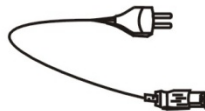
HARDWARE KIT

Step2	<p>#3-8</p>  <p>M12 X 30mm / 6pcs (Console mast set)</p>	<p>#3-22</p>  <p>M12 S Washer / 6pcs</p>	<p>#3-23</p>  <p>M12 Washer / 6pcs</p>
Step4	<p>#3-18</p>  <p>M8X15mm / 8pcs (Console set)</p>	<p>#3-20</p>  <p>M8 S Washer / 8pcs</p>	<p>#3-16</p>  <p>M8 curve Washer / 8pcs</p>
Step5	<p>#3-7</p>  <p>M5x15mm / 4pcs (Console mast set)</p>		
Step6	<p>#3-3</p>  <p>M8x25mm / 4pcs (Console / Handlebar set)</p>	<p>#3-20</p>  <p>M8 S Washer / 4pcs</p>	<p>#3-4</p>  <p>M8 / 4pcs (Console / Handlebar set)</p>

#3-17



End cap / 4pcs
(Lower console)



Power cord
/1pcs



Allen wrench /
1pcs(5mm)



Allen wrench /
1pcs(6mm)



Allen wrench /
1pcs(10mm)

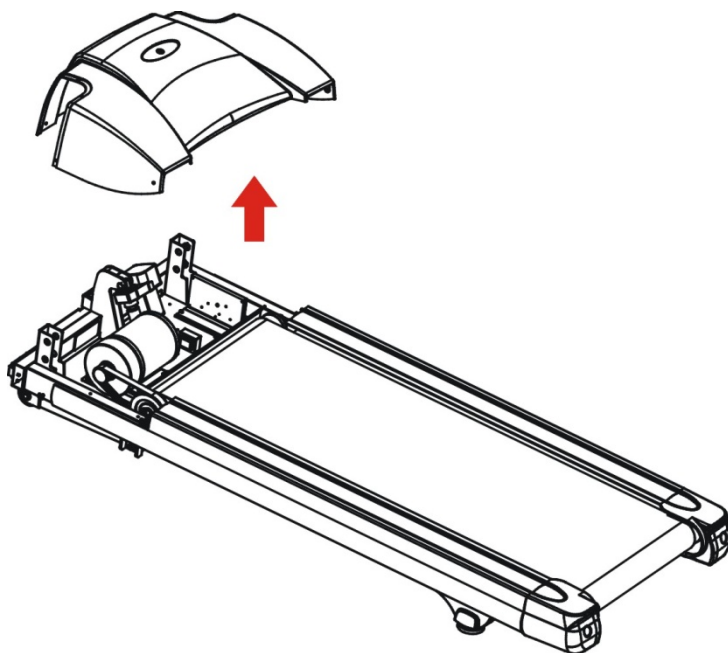
UNPACKING & ASSEMBLY

Be careful to unpack your treadmill where will be using it for avoiding damage. Put down the treadmill before covering cushion on a flat floor.

*Notice: Please get more than two people to assemble the treadmill because it's way too heavy.

Step1:

Take off the screws on the motor cover and then take the motor cover away.



UNPACKING & ASSEMBLY

Step2: Assemble the console mast on the base.

- 1). Put the Console wire into the right mast and make it through out of the bottom by using the Guide wire. (The left mast is with transparent bag.)
- 2). Use the Allen wrench (10mm) to lock on 6 screws (M12*30), 6 pcs S washers and 6 washers for fixing the mast on the base. (Don't have to lock on these screws tightly in this phase.)

#3-8
M12x30mm
X6



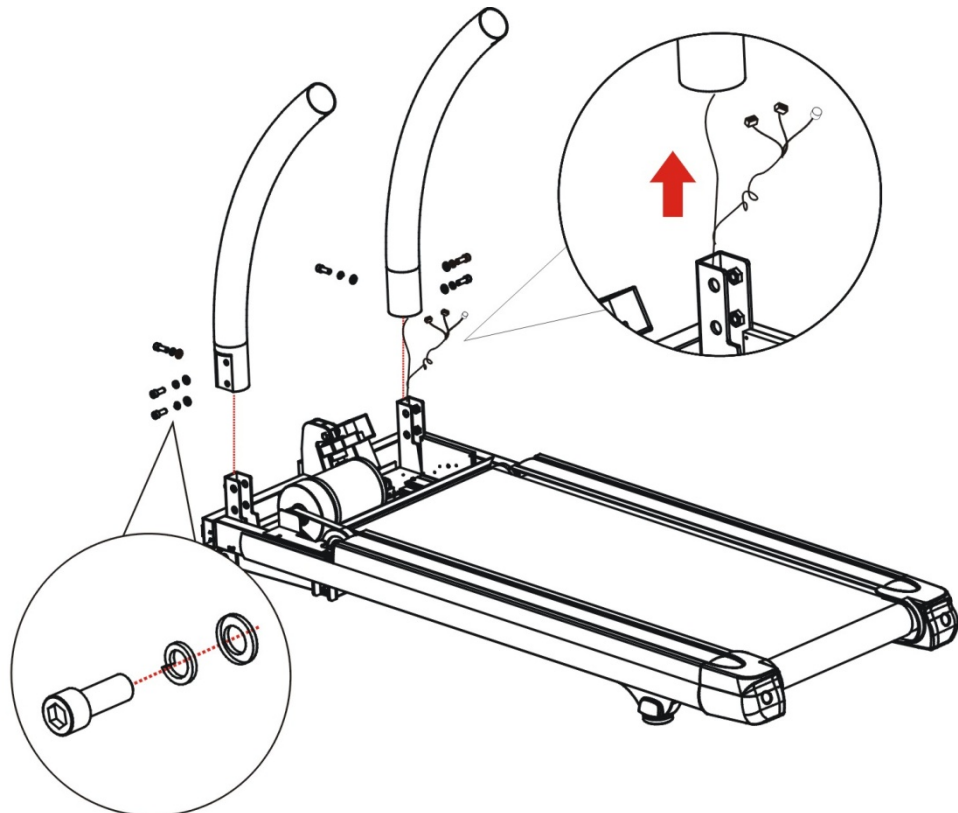
#3-22
M12 S washe
X6



#3-23
M12 washe
X6



Allen wrench
10mm



UNPACKING & ASSEMBLY

Step 3: Set into the cover on the console mast.

1).Slide the console mast cover and packing into two sides of console mast.

#3-9

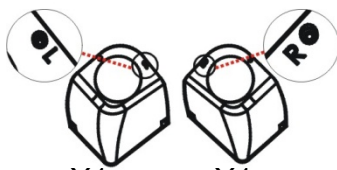


X1

X1

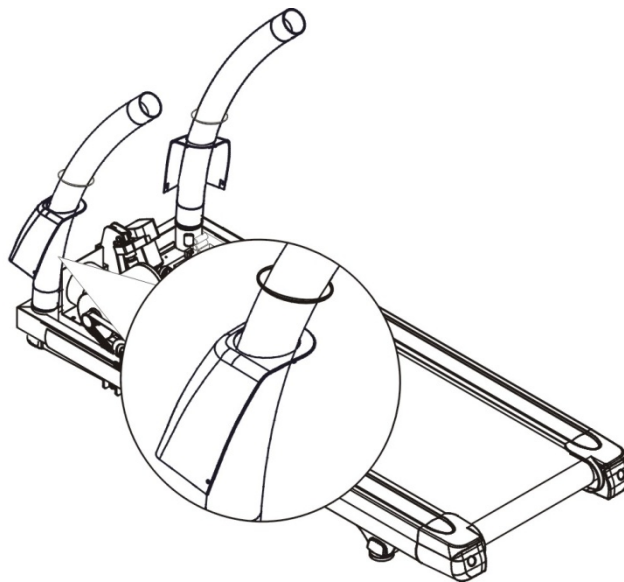
#3-6

#3-5



X1

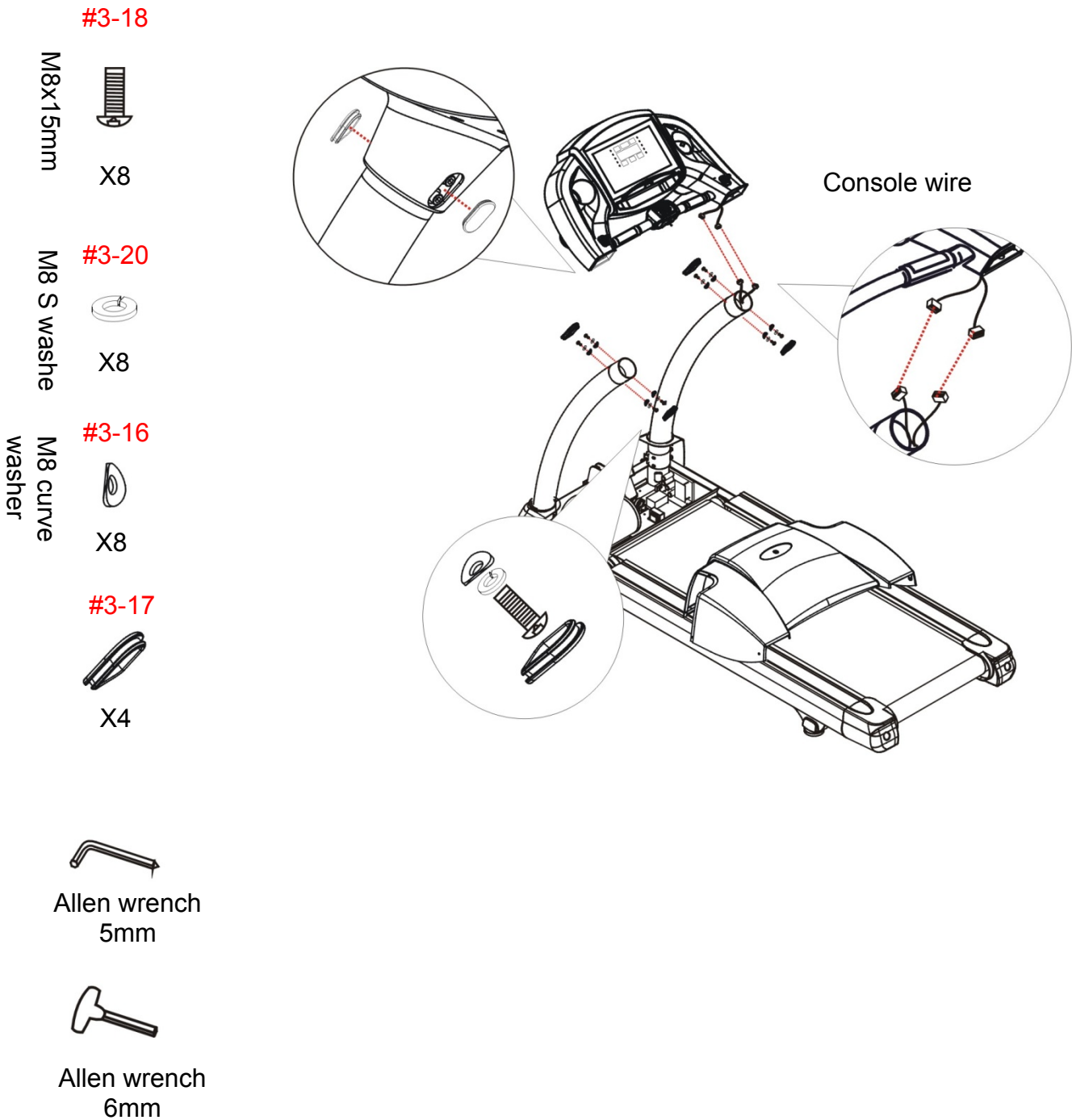
X1



UNPACKING & ASSEMBLY

Step 4: Attach the console to the console mast

- 1). Remove the guiding wire from the right console mast, then connect console cable.
- 2). Assemble the console into the console mast.
- 3). Fasten console mast and console by using hex wrench (5mm) to lock on 8pcs M8x15mm screws , 8 pcs S washers and 8pcs curve washers.
- 4). Put 4pcs end cap into console lower cover.
- 5). Use hex wrench (6mm) to tighten the bolt for making console mast fix to base frame.
- 6). Assemble the motor cover and lock on the screws.

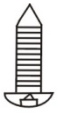


UNPACKING & ASSEMBLY

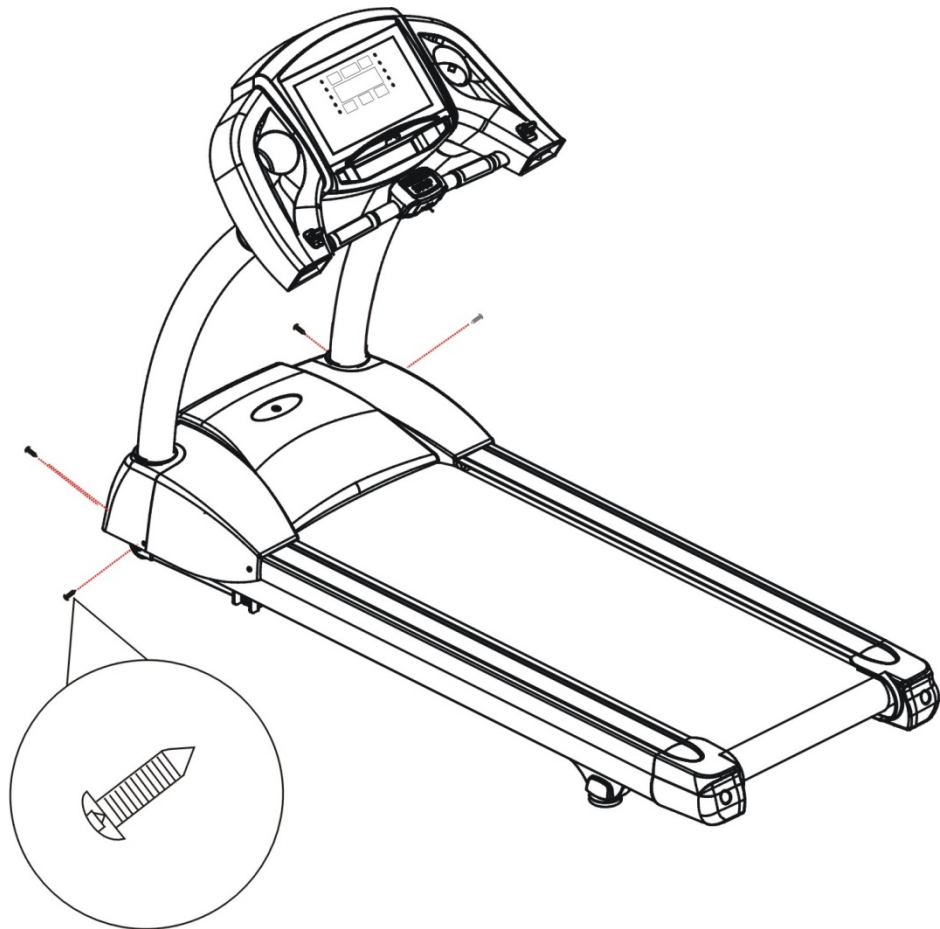
Step 5: Assemble the console mast cover

- 1). Slide the console mast cover and packing down, and secure using the M5*15mm bolt.
Use hex wrench (5mm) to lock on 4pcs M5*15mm for making mast cover fix to base frame.

#3-7
M5x15mm
X4



Allen wrench
5mm



UNPACKING & ASSEMBLY

Step6: Slide handlebars onto console

1).Slide handlebar onto console, use hex wrench (6mm) to lock on 4pcs M8*25mm screws, 4 pcs S washers and 4 pcs M8 washers.

#3-3
M8x25mm
X4



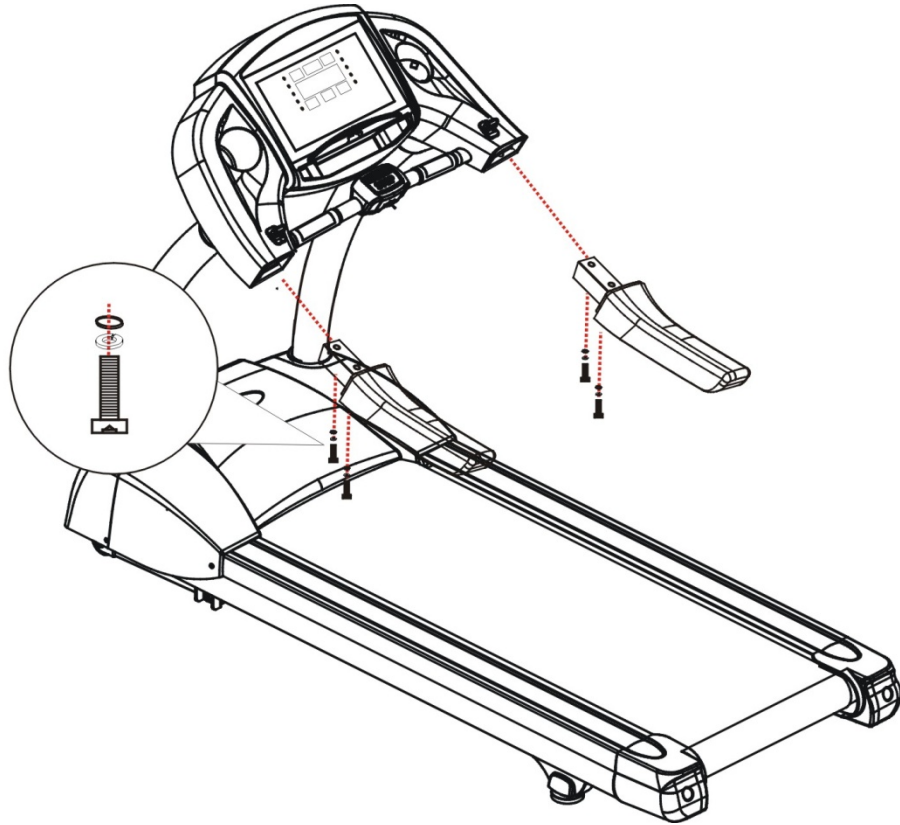
#3-20
M8 S washer
X4



#3-4
M8
X4



Allen wrench
6mm



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

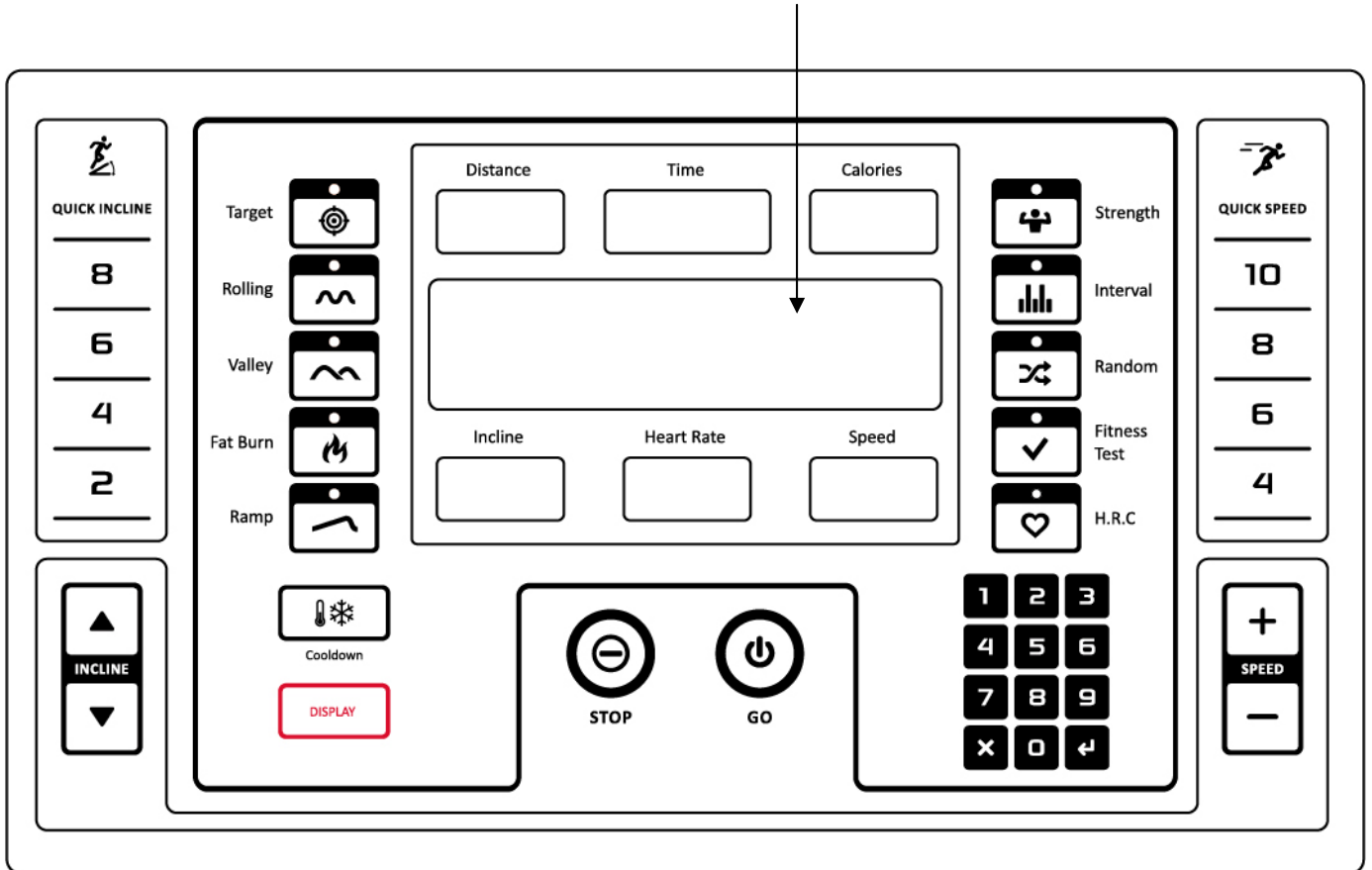


Keep your right leg straight and the left foot on the floor; try to stretch your right hand toward the toe, hold this posture for 15 seconds. Relax, then repeat the action for left leg.

PANEL CONTROL

Display & Keys

Message window, display program profiles & message



PANEL CONTROL

Display function

Display	Defination
Time	Displays time remaining or total time.
Calories	Displays calories burned.
Incline	Displays current incline level.
Heart Rate	Displays hand grip and wireless Heart Rate reading.
Distance	Displays total distance KM/Mi.
Speed	Displays the running speed.

Key function

Key	Function
Start	Quick start or program start.
Stop	Press to pause when in use.
Incline ▲	Adjusts the incline while in use. Adjusts program types and program values.
Incline ▼	Adjusts the incline while in use. Adjusts program types and program values.
Keypad 0~9	Set the running speed while in use. Set program values.
Rest / Clear	Clear the setting value while setting.
Enter	Confirm value entered.
Speed+	Adjusts the speed while in use. Adjusts program types and program values.
Speed –	Adjusts the speed while in use. Adjusts program types and program values.
Quick Speed	Adjusts speed to a predetermined value. There are 4 speed quick keys.
Quick Incline	Adjusts incline to a predetermined value. There are 4 incline quick keys.
Cool Down	Program will gradually lower the speed.
Display	Press DISPLAY button once, Matrix (Message) window shows the METS → CAL/H → PACE . Press DISPLAY button twice, Matrix (Message) window shows the Program Profile .
Program keys	Select program directly.

PROGRAMS

PROGRAMS



Target



Rolling



Valley



Fat Burn



Ramp



Strength



Interval



Random



Fitness Test



H.R.C

Program operation :

1. 【Target】 :

1.1. Press 『Target』 key to select 【Target】 program.

1.1.1. Message window show 『SET BODYWEIGHT THEN PRESS ENTER』, set body weight then press 『ENTER』 to next setting.

1.1.2. Set time : Message window show 『SET TIME THEN PRESS ENTER』, set time then press 『ENTER』 to next setting.

1.1.3. Set distance : Message window show 『SET DISTANCE THEN PRESS ENTER』, set distance then press 『ENTER』 to next setting.

1.1.4. Set calories : Message window show 『SET CALORIES THEN PRESS ENTER』, set calories then press 『ENTER』 to next setting.

1.1.5. Set beginning speed, message window show 『SET BEGIN SPEED THEN PRESS ENTER』, press 『FAST』 or 『SLOW』 to set the beginning speed then press 『ENTER』 to next setting.

1.1.6. Set beginning incline, message window show 『SET BEGIN INCLINE THEN PRESS ENTER』, press 『UP』 or 『DOWN』 to set the beginning **incline** then press 『START』 to begin workout.

1.2. Beginning the workout :

1.2.1. If either, Time, Distance and Calories are set the program will count down. Once the preset value reaches 0 the program will end. If no goal is set the program will not end unless manually stopped.

PROGRAMS

2. 【Preset Programs】:

2.1. Press program key to select a preset program, there are 7 preset program keys(ROLLING、VALLEY、FAT BURN、RAMP、STRENGTH、INTERVAL、RANDOM).

2.1.1. Message window show 『**SET BODYWEIGHT THEN PRESS ENTER**』, set body weight then press 『ENTER』 to next setting.

2.1.2. Set time : Message window show 『**SET TIME THEN PRESS ENTER**』, set time then press 『ENTER』 to next setting.

2.1.3. Set target max speed : (Level)

2.1.4. Message window show program profile, press ▲ or ▼ to set target max speed(if select RANDOM program, Message window show 『CHANGE PROFILE』 once, press ▲ or ▼ to change the profile randomly), press 『QUICK START』 to begin workout.

2.2. Beginning the workout :

2.2.1. The speed or incline will change automatically according to the program settings, if time is entered during setup then the segment time=time set / 32. You can use any speed or incline key to change speed or incline during your workout.

2.2.2. The program will end when the counter reaches 0.

2.3. Preset program profiles :

Preset program (unit in %, speed=target max speed x speed%)

PROGRAMS

Prog.	SEG	1	2	3	4	5	6	7	8	9	10	11	12	13
P1	speed	50	50	60	60	70	80	90	100	90	80	70	60	60
	incline	0	1	2	3	4	5	6	6	5	4	3	2	1
P2	speed	50	60	80	100	90	90	80	80	70	70	60	60	60
	incline	0	2	4	6	5	4	5	4	3	2	3	2	1
P3	speed	50	50	60	60	70	70	80	80	90	90	100	100	100
	incline	0	1	2	3	4	5	4	3	2	2	5	4	3
P4	speed	50	50	50	50	50	60	60	60	60	60	70	70	70
	incline	0	1	2	1	3	2	3	4	3	4	5	4	5
P5	speed	50	50	60	60	60	70	70	70	80	80	80	90	90
	incline	0	1	2	4	6	8	7	5	6	8	7	6	5
P6	speed	50	50	60	60	70	80	90	50	50	90	100	50	50
	incline	0	1	2	3	5	2	3	6	2	3	7	2	3

Prog.	SEG	14	15	16	17	18	19	20	21	22	23
P1	speed	70	80	90	100	100	90	80	80	70	70
	incline	2	3	4	5	6	5	4	3	2	1
P2	speed	50	50	50	50	50	50	60	60	70	70
	incline	2	1	2	3	2	3	4	3	4	5
P3	speed	100	100	100	100	100	100	100	100	100	100
	incline	5	5	3	3	3	4	5	4	4	3
P4	speed	70	70	80	80	80	80	100	90	90	80
	incline	4	5	6	5	6	5	4	5	3	4
P5	speed	100	100	100	100	100	90	90	80	80	80
	incline	4	3	3	4	3	6	5	4	3	3
P6	speed	60	70	90	50	50	80	90	50	50	80
	incline	8	2	3	5	3	7	2	3	8	2

Prog.	SEG	24	25	26	27	28	29	30	31	32
P1	speed	60	60	70	80	90	90	80	70	50
	incline	1	2	3	4	5	6	5	4	2
P2	speed	80	80	90	100	100	80	70	60	50
	incline	4	5	6	5	6	6	4	2	0
P3	speed	100	100	100	100	90	80	70	60	50
	incline	2	2	3	5	4	3	2	1	0
P4	speed	80	70	70	70	60	60	60	50	50
	incline	3	4	3	2	3	2	1	2	0
P5	speed	70	70	70	60	60	60	50	50	50
	incline	6	5	7	7	5	3	1	0	0
P6	speed	90	100	50	50	90	70	60	50	50
	incline	3	5	3	1	6	5	3	0	0

P1=ROLLING, default value 4 MPH/6KPH. P2=VALLEY, default value 4MPH/6KPH. P3=FAT BURN , default value 3 MPH/5KPH. P4=RAMP, default value 4 MPH/6KPH. P5=STRENGTH, default value 5 MPH/7KPH, P6=INTERVAL, default value 5 MPH/7KPH, P7=RANDOM.

PROGRAMS

3. Fitness Test :

3.1. Press 『 **Fitness Test** 』 to select the program.

3.2. Message window show 『 **SET BODYWEIGHT THEN PRESS ENTER** 』, set body weight then press 『 **ENTER** 』 to next setting.

3.3. Set age, message window show 『 **SET AGE THEN PRESS ENTER** 』, set age then press 『 **ENTER** 』 to next setting.

3.4. Set gender, message window show『 **SET GENDER THEN PRESS ENTER**』for 3 seconds then display『 **MALE**』 pattern, press **FAST** or **SLOW** or **UP** or **DOWN** to set gender then press 『 **ENTER** 』 to next setting.

3.5. Set beginning speed : message window show 『 **SET BEGIN SPEED THEN PRESS ENTER** 』, press 『 **FAST** 』 or 『 **SLOW** 』 to set begin speed then press 『 **Start** 』 to begin workout.

3.6. Beginning the workout :

3.6.1. This program is testing your fitness condition, how far you can run in 12 minutes, you can use any speed key to change the speed during your workout, the incline function is not available.

3.6.2. The program will end when the counter reaches 0.

3.6.3. Test result : 『 **VERY GOOD** 』, 『 **GOOD** 』, 『 **AVERAGE** 』, 『 **BAD** 』, 『 **VERY BAD** 』

3.6.4. show as below:

AGE	SEX	VERY GOOD	GOOD	AVERAGE	BAD	VERY BAD
13~14	Male	>2.7 KM	2.4~2.7 KM	2.2~2.39 KM	2.1~2.19 KM	<2.1 KM
	Female	>2.0 KM	1.9~2.0 KM	1.6~1.89 KM	1.5~1.59 KM	<1.5 KM
15~16	Male	>2.8 KM	2.5~2.8 KM	2.3~2.49 KM	2.2~2.29 KM	<2.2 KM
	Female	>2.1 KM	2.0~2.1 KM	1.9~1.99 KM	1.6~1.89 KM	<1.6 KM
17~20	Male	>3.0 KM	2.7~3.0 KM	2.5~2.69 KM	2.3~2.49 KM	<2.3 KM
	Female	>2.3 KM	2.1~2.3 KM	1.8~2.09 KM	1.7~1.79 KM	<1.7 KM
21~29	Male	>2.8 KM	2.4~2.8 KM	2.2~2.39 KM	1.6~2.19 KM	<1.6 KM
	Female	>2.7 KM	2.2~2.7 KM	1.8~2.19 KM	1.5~1.79 KM	<1.5 KM
30~39	Male	>2.7 KM	2.3~2.7 KM	1.9~2.29 KM	1.5~1.89 KM	<1.5 KM
	Female	>2.5 KM	2.0~2.5 KM	1.7~1.99 KM	1.4~1.69 KM	<1.4 KM
40~49	Male	>2.5 KM	2.1~2.5 KM	1.7~2.09 KM	1.4~1.69 KM	<1.4 KM
	Female	>2.3 KM	1.9~2.3 KM	1.5~1.89 KM	1.2~1.49 KM	<1.2 KM
Over 50	Male	>2.4 KM	2.0~2.4 KM	1.6~1.99 KM	1.3~1.59 KM	<1.3 KM
	Female	>2.2 KM	1.7~2.2 KM	1.4~1.69 KM	1.1~1.39 KM	<1.1 KM

PROGRAMS

4. 【HRC】

4.1. HRC operate with chest belt only, will be reset to idle mode if no any heart rate signal input after 60 seconds.

4.2. Press **【HRC】 key to select the program**, message window show **【THR】**, press 『Fast』、 『Slow』、 『Up』、 『Down』 Key to select **【HRC 65%】**、**【HRC 75%】** or **【HRC 85%】**, press 『ENTER』 to confirm and starting to settings. (HRC 65%=(220-Age)x 65% / 75%=(220-Age)x 75% / 85%=(220-Age)x 85%)

4.2.1. Selected **【THR】**：

4.2.1.1. Message window show 『**SET TARGET HR THEN PRESS ENTER**』, set target HR then press 『Enter』 to next setting.

4.2.1.2. Message window show 『**SET BODYWEIGHT THEN PRESS ENTER**』, set body weight then press 『ENTER』 to next setting.

4.2.1.3. Set time: Message window show 『**SET TIME THEN PRESS ENTER**』, set time then press 『ENTER』 to next setting.

4.2.2. Selected **【HRC 60%】** or **【HRC 75%】** or **【HRC 85%】**：

4.2.2.1. Set age: Message window show 『**SET AGE THEN PRESS ENTER**』, set age then press 『ENTER』 to next setting.

4.2.2.2. Message window show 『**SET BODYWEIGHT THEN PRESS ENTER**』, set body weight then press 『ENTER』 to next setting.

4.2.2.3. Set time: Message window show 『**SET TIME THEN PRESS ENTER**』, set time then press 『ENTER』 to next setting.

4.2.2.4. Set begin speed: Message window show 『**SET BEGIN SPEED THEN PRESS ENTER**』, press 『Fast』 or 『Slow』 to set begin speed then press 『Enter』 to next setting.

4.2.2.5. Set begin incline: Message window show 『**SET BEGIN INCLINE THEN PRESS ENTER**』, press 『Up』 or 『Down』 to set begin incline then press 『Start』 to begin workout.

4.2.3. Beginning the workout：

4.2.3.1. The program will compare the real time and preset target heart rate every 30 seconds to adjust incline until the actual heart rate is reaches within + or - 5 beats of the preset target heart rate.

4.2.3.2. During the program, if the actual pulse rate \leq target workout heart rate minus 5, will be increased one level every 30 seconds until the max. level.

4.2.3.3. During the program, if the actual pulse rate \geq target workout heart rate plus 5, will be decreased one level every 30 seconds until the min. level.

4.2.3.4. You can use any speed or incline key to change speed or incline during your workout.

4.2.3.5. The program will end when the counter reaches 0, then enter cool down.

PROGRAMS

5. Function Descriptions of the DISPLAY Button (Optional)

5.1. As you exercise (press GO button to start your workout), the treadmill keeps track of the following data:

5.1.1. Press DISPLAY button once, Matrix (Message) window shows the **METS → CAL/H → PACE**. The definitions are listed below:

METS (Metabolic Equivalent)	METS is a physiological measure expressing the energy cost of physical activities and is defined as the ratio of metabolic rate.
	METS Calculation formula: $\text{METS} = [(10.8 * \text{WATT} / \text{Body Weight}) + 7] / 3.5$ <ul style="list-style-type: none"> *WATT= Calories /H ÷ 4.184 *CAL/H= Calories burned per hour *Body Weight unit is kilogram.
CAL/H (Calories/Hour)	CAL/H means calories burned per hour.
	Display range: 0~9999 CAL Display example: CAL/H=XXXX
PACE	PACE means how long it would take to walking (running) a mile (or kilometer).
	PACE Calculation formula: $\text{PACE} = 60 / \text{SPEED}$
	Display range: 00:00~99:59 Display example: PACE=XX:XX (minutes: seconds)

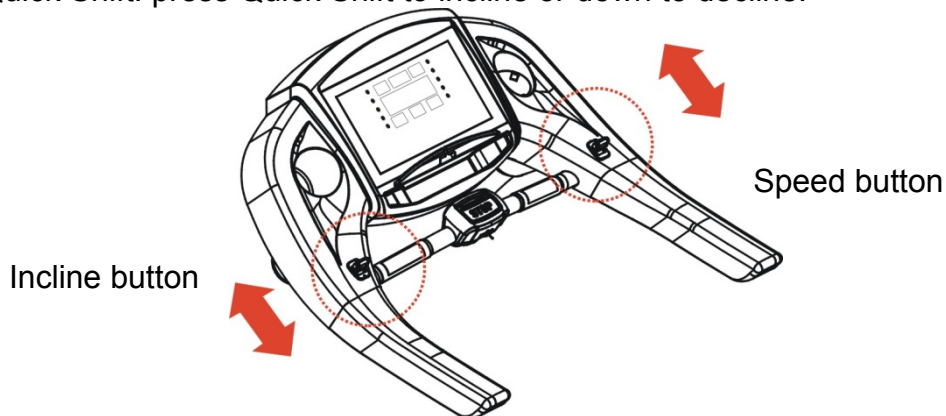
5.1.2. Press DISPLAY button twice, Matrix (Message) window shows the **Program Profile**.

OPERATION

1.Quick Shift :

Speed Quick Shift: press Quick Shift up to increase speed or down to decrease speed.

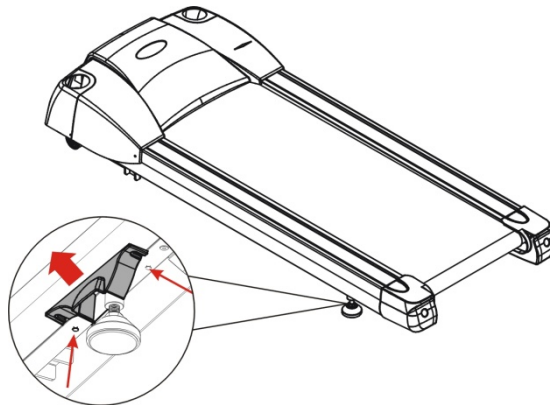
Incline Quick Shift: press Quick Shift to incline or down to decline.



2.FOLLOW THESE INSTRUCTIONS TO LEVEL YOUR TREADMILL:

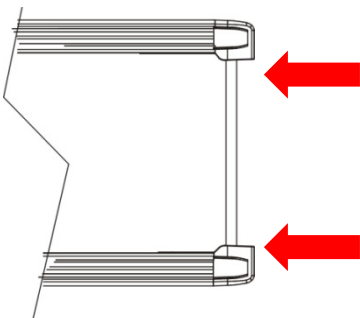
An uneven floor or improper adjustable pad level can cause the treadmill to wobble during use as well as the incline adjustment to function incorrectly. Please follow the procedure described below to make sure the treadmill adjustable pad is adjusted correctly prior to use. You may need the assistance of another person to perform this adjustment.

First locate the two adjustable pads under the running deck frame. Loose the screws of adjustable pad cover, and remove the adjustable pad cover. Then simply rotate them in or out to adjust the level of the treadmill. When properly adjusted the treadmill should sit firmly on both adjustable pads and all cushions.



3. 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.



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.

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:

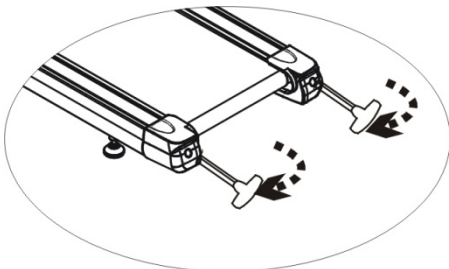
Using wrench, turn the right adjustment bolt clockwise 1/4 turn and the left adjustment bolt counterclockwise 1/4.

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

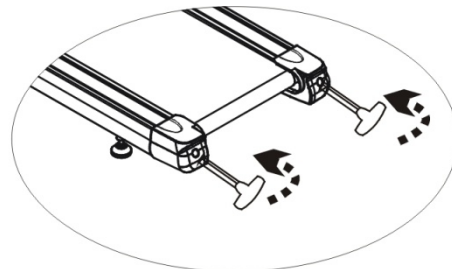
C). After the belt is centered, increase the speed to 16kph and verify that it is running smoothly.

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.

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

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.

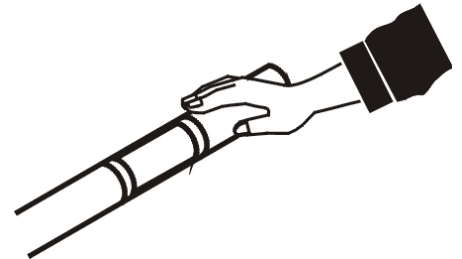
MOVING

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.

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.



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).Check power, turn off power then open the motor cover, turn on the power and check the console power pilot lamp(LED1) where on the interface PCB, it shall be light completely, if not, replace it.
Show Err	Communication between console and inverter error.	A).Re-start the power, make sure if the console wire damaged or connect pin bend. B).Check the error message by engineering manual instruction. C).After re-start the power, if still present error, then change inverter.

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.