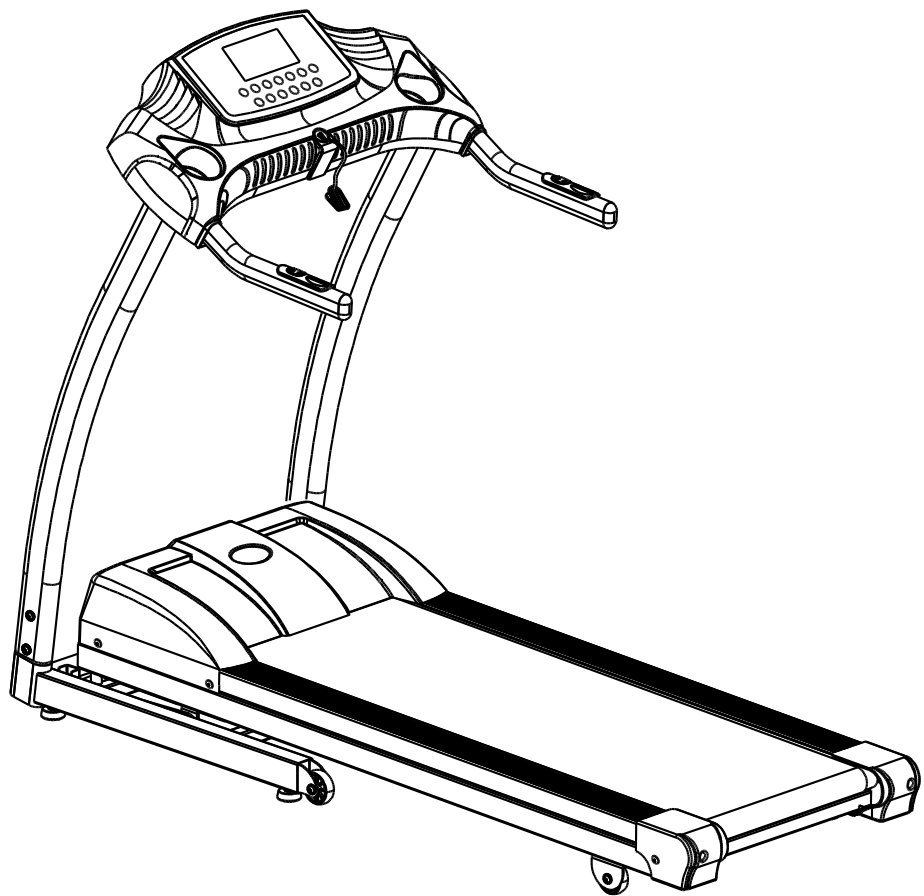


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**PROGRAMMABLE MOTORIZED TREADMILL ITEM NO: 1270**



## *OWNER'S MANUAL*

***IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.***

***The specifications of this product may vary from this photo, subject to change without notice.***

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## **IMPORTANT SAFETY INSTRUCTIONS**

**Basic precautions should always be followed, including the following safety instructions when using this treadmill: Read all instructions before using this treadmill.**

**DANGER:** To reduce the risk of electric shock, please read the following:

- Always unplug the treadmill from the electrical outlet immediately after using and before cleaning, assembling, or servicing.

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**NOTE: Failure to follow these instructions may lead to personal injury and cause damage to the treadmill.**

**WARNING:** To reduce the risk of burns, fire, electric shock or injury to any persons, please read the following:

- Never leave the treadmill unattended when plugged in. Disconnect by turning off the master power switch, and unplugging from outlet when not in use and before putting on or taking off parts.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this treadmill if it has a damaged cord or plug, or if it is not working properly. If it has been dropped or damaged, or been exposed to water, return the appliance to a service center for examination and repair.
- Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an *Authorized Service Representative*.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Do not use the treadmill outdoors.
- Do not pull the treadmill by its power cord or use the cord as a handle.
- Keep children and pets away from the equipment while in use. This machine is designed for adults only. Close supervision is necessary when this treadmill is used by on, near invalids or disabled persons.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Keep Dry - do not operate in a wet or moist condition. Save these instructions.
- Do not operate the treadmill near a blanket. Excessive heating can occur and cause fire, electrical shock, or injury to user.
- Keep electrical cord away from heated surfaces.
- Never insert any object into any opening.
- Keep the treadmill on a solid, level surface with the minimum safety area clearance of 2000mm x 1000mm of the treadmill. Be sure the area around the treadmill remains clear during use and has adequate clearance.
- This treadmill is for household use only.
- Only **one** person should be on the treadmill while in use.
- Wear comfortable and suitable clothing when using the treadmill. Do not use the treadmill barefoot, in only socks or in sandals, always wear athletic shoes. Never wear loose clothing because it could run the risk of getting caught in the treadmill.
- Always hold on to the handrails while using the treadmill.
- Always make sure the storage latch is in place when folding and moving the treadmill.
- Do not leave children who are under 12 year-old unsupervised near or on the treadmill.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- 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. Children should be supervised to ensure that they do not play with the appliance.
- If the supply cord is damaged, it must be replaced by the manufacture, its service agent or similarly qualified persons in order to avoid a hazard.

- 
- Pull up the Safety Tether Key for emergency stop. Reinstall the Safety Tether Key onto the Computer Console. Press the ON/OFF button to begin exercise again.
  - Maximum Weight Capacity for this product is 110 kgs.

**Note: It is the obligation of the owner to review and explain these safety precautions to all users of this treadmill.**

**WARNING:** Connect the treadmill to a properly grounded outlet only. See grounding instructions.

## **SAVE THESE INSTRUCTIONS**

### **GROUNDING INSTRUCTIONS**

- This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current reducing the risk of electric shock. \* **This treadmill is equipped with a cord having 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.**

**DANGER:** Improper connection of the treadmill grounding conductor can result in the risk of electric shock. Check with a qualified electrician, if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the treadmill. If it will not fit your outlet, have a properly grounded outlet installed by a qualified electrician.

Make sure that the product is connected to an outlet having the same configuration as the plug.

- This unit must be plugged into a nominal 220 volt 50/60Hz, which has a grounding.
- Keep hands clear of all moving parts. Never place hands, feet under the treadmill.
- Do not use the treadmill on a carpet that is greater than 1/2 inch in height.
- Before using the treadmill, check that the belt is aligned and centered on the walking deck and all visible fasteners on the treadmill are sufficiently tightened and secure.

**WARNING:** Before beginning any exercise program consult your physician.

This is especially important for the persons who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. We assume no responsibility for personal injury or property damage sustained by or through the use of this product. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury to young children.

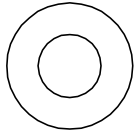
**CAUTION:** Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

**NÁVOD USCHOVAJTE**

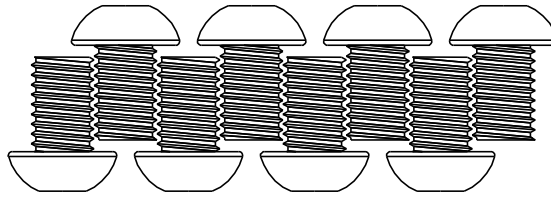
Part #	Description	Qty	Part #	Description	Qty	
001	Base Frame základní rám	1	028	Handrail Tube Oval End Cap 50x30 řídítková trubka oválného zakončení	2	
002	Main Frame hlavní rám	1	029	Belt pás	1	
003	Left Handlebar Support Tube levá trubka nosního rámu	1	030	Incline Motor motor	1	
004	Right Handlebar Support Tube pravá trubka nosného rámu	1	031	Motor motor	1	
005	Computer Bracket počítač	1	032	Power Socket zásuvka	1	
006	Handrail Tube závitová trubka	2	033	Motor Bumper Pad I motorová tlumící podložka	1	
007	Incline Frame sklon rámu	1	034	Computer počítač	1 Set	
008	Upper Foot Lock Latch Tube přední noha uzamykací trubka	1	034A	Upper Computer Cover horní kryt počítače		1
009	Brand Logo Sticker značka logo	1	034B	Computer Panel počítačový panel		1
010	Motor Bracket držák motoru	1	034C	Computer Power Control Board počítačová kontrolní deska		1
011	Motor Cover kryt motoru	1	034D	Safety Tether Key Plate bezpečnostní klíč		1
012	Lower Motor Cover 584x375xT1.6 dolní kryt motoru	1	034E	Computer Panel Sticker samolepka panelového počítače		1
013	Front Roller Ø86xØ50x553 přední kolo	1	034F	Button Panel panelové tlačítko		1
014	Rear Roller Ø46x558 zadní kolo	1	034G	Round Head Phillips Screw ST3x8 šroubovák		17
015	Running Deck 1082x584xT18 běžící kryt	1	034H	Phillips Screw ST4.2x13 philips šroubovák		6
016	Running Belt 2555x430xT1.6 běžící pás běžící pás	1	035	Lower Computer Cover spodní kryt počítače		1
017	Side Rail 81x40.4x1095 boční lišta	2	036	Switch, AC Power síťový spínač	1	
018	Handrail Tube Foam Grip Ø40xT3.0x360 řídítková trubka	2	037	Safety Tether Key bezpečnostní klíč	1	
019	Left End Cover levý koncový kryt	1	038	Hand Pulse Sensor and Incline Buttons with Wires	1	
020	Right End Cover pravý koncový kryt	1	039	Hand Pulse Sensor and Speed Buttons with Wires ruční puls	1	
021	Adjustable Leveler nastavitelné vyrovnání	4	040	Screw Cover kryt šroubu	4	
022	Lower Foot Lock Latch Tube Ø22 dolní zámek	1	041	Cable Tie kabel	5	
023	Transport Wheel Ø60x25 transportní kolo	4	042	Plastic Washer plastická podložka	2	

Part #1	Description	Qty	Part #	Description	Qty
047	Hex. Socket Round Head Bolt M8x45	3	067	Hex. Head Bolt M10x65	1
048	Hex. Socket Round Head Bolt M8x40	2	068	Cross Recessed Pan Head Tapping Screw ST4.2x38	8
049	Hex. Socket Head Cap Bolt M8x80	2	069	Cross Recessed Pan Head Tapping Screw ST4.2x20	4
050	Hex. Socket Round Head Bolt M8x35	1	070	Hand Pulse Sensor Extension Wire I	1
051	Flat Washer Ø8 plochá podložka	35	071	Hand Pulse Sensor Extension Wire II	1
052	Curve Washer Ø8 kulatá podložka	4	072	Hex. Socket Round Head Bolt M8x12	8
053	Control Button Wire ovládací tlačítko	2	073	AC Wire (100mm/120mm)	1
054	Flat Washer Ø10 plochá podložka	10	074	Power Control Board kontrolní deska	1
055	Nylon Nut M8 nylonová matice	18	075	Red Wire I (100mm) červený drát	2
056	Nylon Nut M10 nylonová matice	4	076	Ring for Cable Power Ø25xØ15x12 kroužek napájecího kabelu	1
057	Cross Recessed Modified Truss Tapping Screw ST4.2x13	17	077	Deck Bumper Ø30x20xM8 palubní nárazník	6
058	Hex. Socket Head Cap Bolt M8x55 šestihranný zakončení šroubu	1	078	Motor Bumper Pad II motorová tlumící podložka	1
059	Cross Recessed Countersunk Head Bolt M8x25 křížová zahloubená drážka	6	079	Hex. Head Bolt M8x35 šestihranný šroub	1
060	Cross Recessed Countersunk Head Bolt M8x35 křížová zahloubená drážka	2	080	Ring for Cable Power Ø31xØ19x13 kroužek napájecího kabelu	1
061	Cross Recessed Pan Head Tapping Screw ST4.2x13 výčepní šroub	14	081	Power Cord napájecí kabel	1
062	Mod. Truss Cross Head Screw ST4.2x13 křížový šroub	18	082	Sensor with Wire snímač	1
063	Hex. Head Bolt M8x12 šestihranný šroub	2	083	Earth Wire (Green+Yellow 100mm) snímač	1
064	Hex. Head Bolt M8x16 šestihranný šroub	4	084	Sensor Wire II(700mm) snímač	1
065	Cross Recessed Pan Head Bolt M4x8 zápustný šroub	4	085	Sensor Wire I (1800mm) snímač	1
066	Hex. Head Bolt M10x50 šestihranný šroub	1			

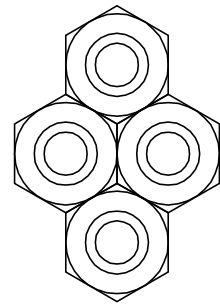
# HARDWARE PACKING LIST & TOOLS



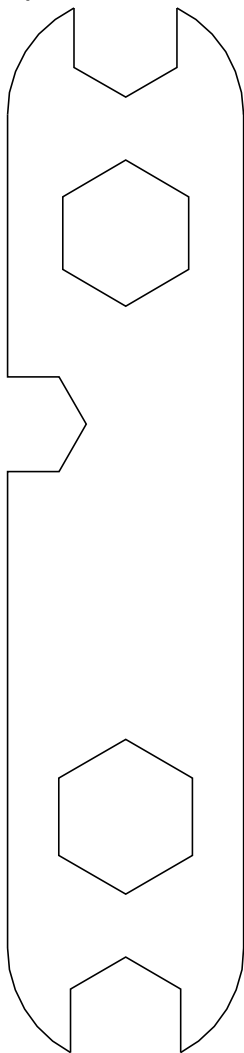
(52) Curve Washer Ø8  
4 PCS  
kulatá podložka



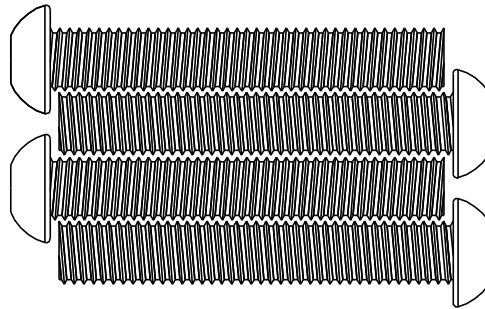
(72) Hex. Socket Round Head Bolt M8x12  
8 PCS



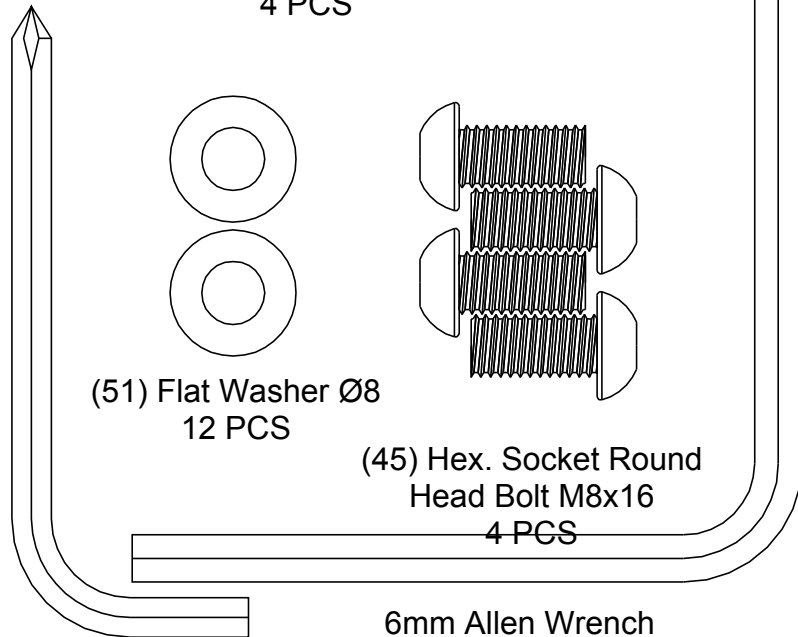
(55) Nylon Nut M8  
4 PCS  
nylonová matice



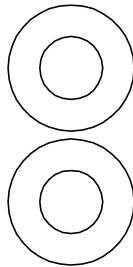
Multi Hex Tool  
1 PC



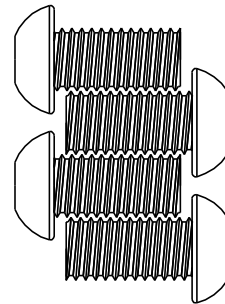
(44) Hex. Socket Round Head Bolt M8x50  
4 PCS



5mm Allen Wrench with  
Phillips Screwdriver  
1 PC



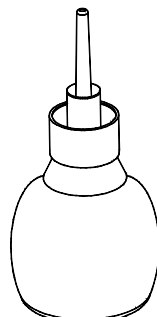
(51) Flat Washer Ø8  
12 PCS



(45) Hex. Socket Round  
Head Bolt M8x16  
4 PCS

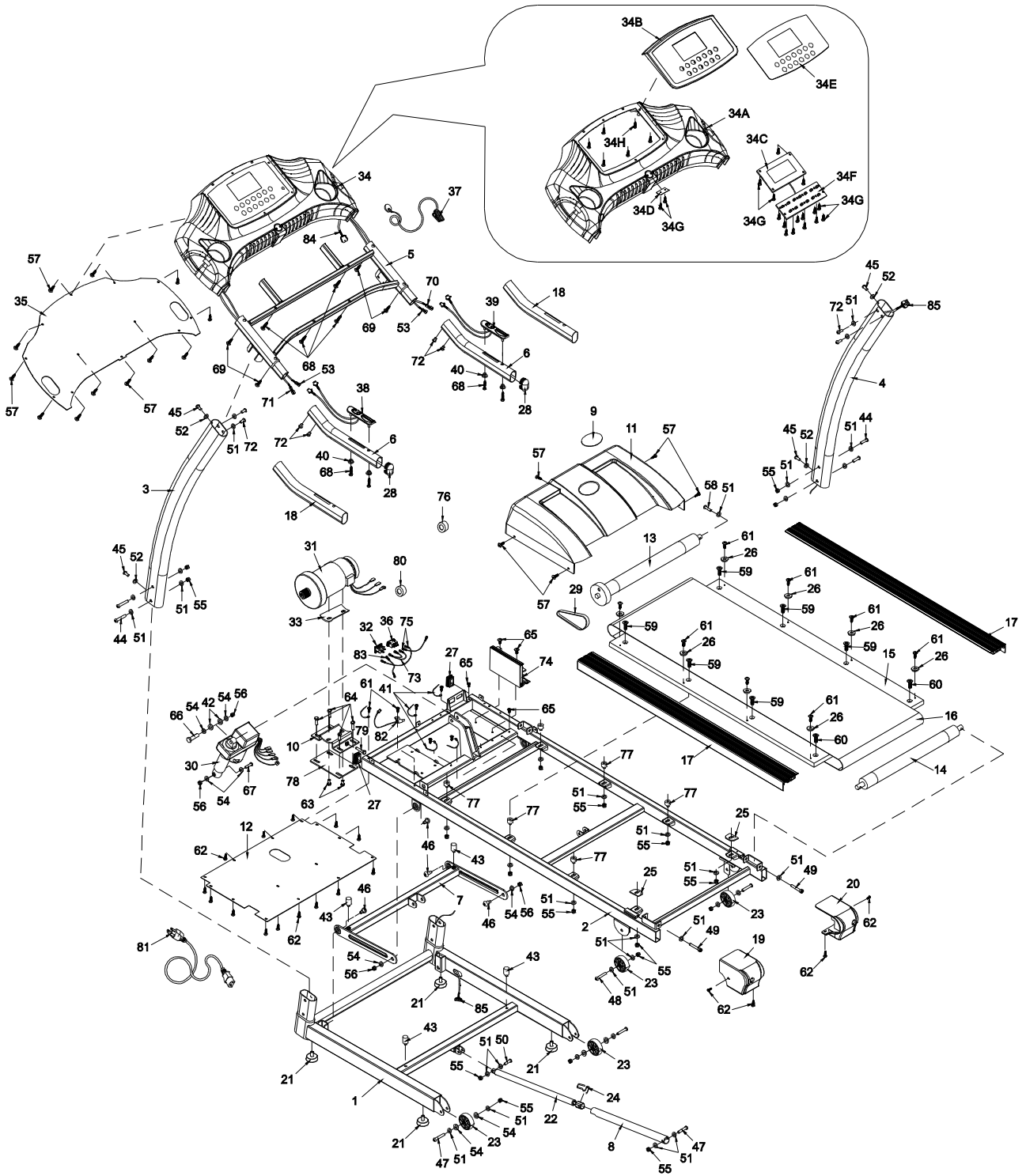
6mm Allen Wrench  
1 PC

## SILICONE OIL INCLUDED



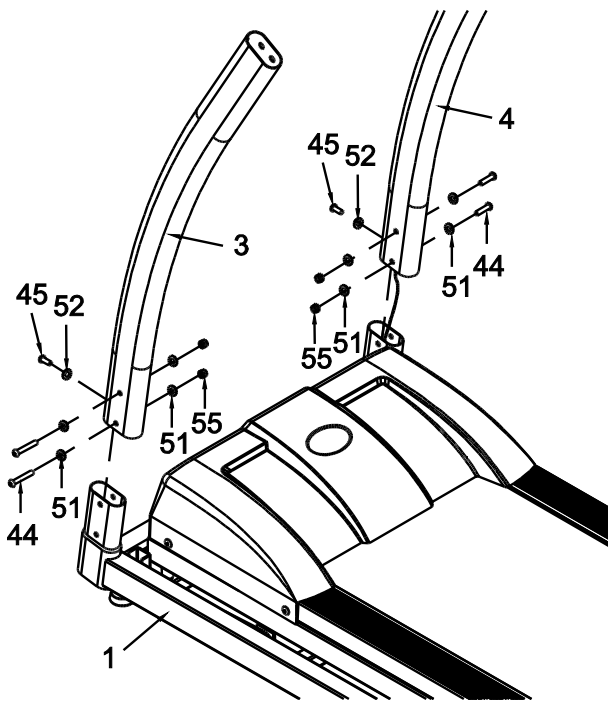
Silicone Oil  
1 PC

# OVERVIEW DRAWING





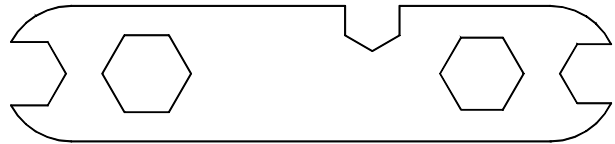
# ASSEMBLY INSTRUCTIONS



## Tool:



5mm Allen Wrench with  
Phillips Screwdriver



Multi Hex Tool

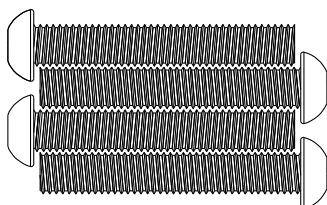
## Step 1

Insert the Sensor Wire I (85) through into the bottom hole of Right Handlebar Support Tube (4) and pull it out from the top hole of Right Handlebar Support Tube (4). Then install the Right Handlebar Support Tube (4) to the Base Frame (1) by inserting the Right Handlebar Support Tube (4) onto the Base Frame (1), using two M8x50 Hex. Socket Round Head Bolts (44), four Ø8 Flat Washers (51), two M8 Nylon Nuts (55), one M8x16 Hex. Socket Round Head Bolt (45), and one Ø8 Curve Washer (52). Tighten bolts and nylon nuts with the 5mm Allen Wrench with Phillips Screwdriver and Multi Hex Tool Provided.

Install the Left Handlebar Support Tube (3) to the Base Frame (1) by inserting the Left Handlebar Support Tube (3) onto the Base Frame (1), using two M8x50 Hex. Socket Round Head Bolts (44), four Ø8 Flat Washers (51), two M8 Nylon Nuts (55), one M8x16 Hex. Socket Round Head Bolt (45), and one Ø8 Curve Washer (52). Tighten bolts and nylon nuts with the 5mm Allen Wrench with Phillips Screwdriver and Multi Hex Tool Provided.

**NOTE: Do not fully tighten hardware in step 1 until step 3 is completed.**

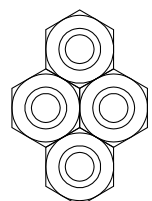
## Hardware:



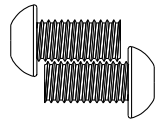
(44) Hex. Socket Round Head Bolt M8x50  
4 PCS  
Šroub šestihránného kulatého ložiska



(51) Flat Washer Ø8  
8 PCS  
Kulatá podložka



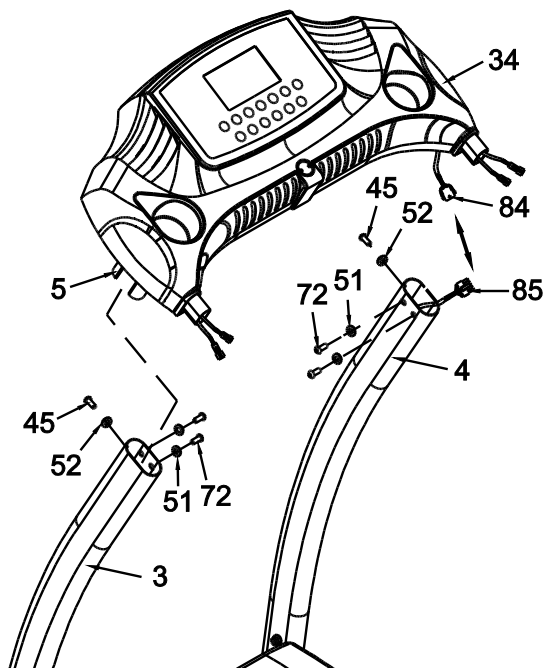
(55) Nylon Nut M8  
4 PCS  
Nylonová matice



(45) Hex. Socket Round Head Bolt M8x16  
2 PCS  
Šroub šestihřanného kulatého ložiska



(52) Curve Washer Ø8  
2 PCS  
Křivá podložka



**Tool:**



*5mm Allen Wrench with  
Phillips Screwdriver*

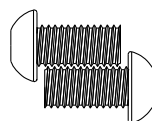
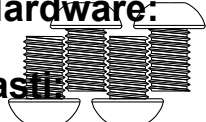
**Step 2**

Connect the Sensor Wire I (85) from the Right Handlebar Support Tube (4) to the Sensor Wire II (84) from the Computer Bracket (5). Then install the Computer Bracket (5) to the Right and Left Handlebar Support Tubes (4, 3) by inserting the Computer Bracket (5) into the Right and Left Handlebar Support Tubes (4, 3), using four M8x12 Hex. Socket Round Head Bolts (72), four Ø8 Flat Washers (51), two M8x16 Hex. Socket Round Head Bolts (45), and two Ø8 Curve Washers (52). Tighten bolts with the 5mm Allen Wrench with Phillips Screwdriver Provided.

**IMPORTANT:** While sliding the computer bracket into the right and left handlebar support tubes, make sure the wires are installed inside the right handlebar support tube and pay attention not to pinch the wires.

## Hardware:

části:



(72) Hex. Socket Round  
Head Bolt M8x12  
4 PCS

(51) Flat Washer  
Ø8  
4 PCS

(45) Hex. Socket Round  
Head Bolt M8x16  
2 PCS

(52) Curve Washer  
Ø8  
2 PCS

### Step 3

Connect the Hand Pulse Sensor and Speed Buttons Wires (39) from the right Handrail Tube (6) to the Control Button Wire (53) and Hand Pulse Sensor Extension Wire I (70) from the Computer Bracket (5). Then install the right Handrail Tube (6) to the Computer Bracket (5) by inserting the right Handrail Tube (6) onto the Computer Bracket (5), using two M8x12 Hex. Socket Round Head Bolts (72). Tighten bolts with the 5mm Allen Wrench with Phillips Screwdriver Provided.

**NOTE: The Handrail Tubes are marked “R” for right side of the Handrail Tube and “L” for left side of the Handrail Tube.**

Connect the Hand Pulse Sensor and Incline Buttons Wires (38) from the left Handrail Tube (6) to the Control Button Wire (53) and Hand Pulse Sensor Extension Wire II (71) from the Computer Bracket (5). Then install the left Handrail Tube (6) to the Computer Bracket (5) by inserting the left Handrail Tube (6) onto the Computer Bracket (5), using two M8x12

Hex. Socket Round Head Bolts (72). Tighten bolts with the 5mm Allen Wrench with Phillips Screwdriver Provided.

Place the Safety Tether Key (37) onto the Computer (34).

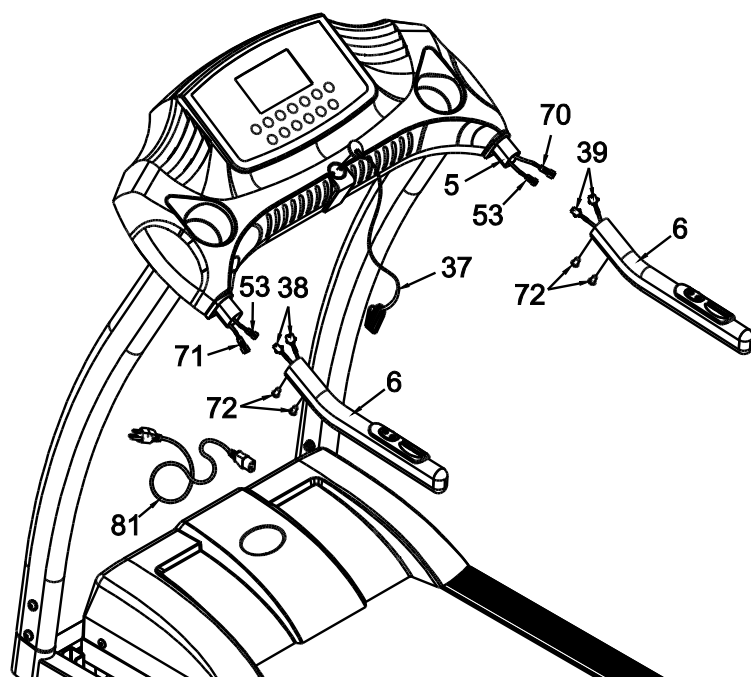
Connect power plug of the Power Cord (81) to the treadmill.

**NOTE: PLEASE FULLY TIGHTEN ALL HARDWARE INSTALLED IN STEP 1 TO STEP 3 WITH THE TOOLS PROVIDED.**

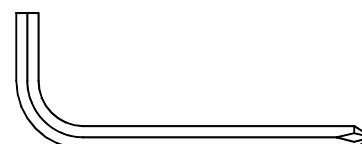
**IMPORTANT:** While sliding the handrail tubes onto the computer bracket, make sure the wires are installed inside the handrail tubes and pay attention not to pinch the wires.

### Krok

3

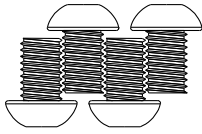


### Tool:



5mm Allen Wrench with  
Phillips Screwdriver

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**Hardware:**

(72) Hex. Socket Round  
Head Bolt M8x12

## STORAGE<sup>4 PCS</sup>

### FOLDING UP THE TREADMILL

Firmly grasp the back end of the treadmill with both hands. Carefully lift the end of the treadmill up into the upright position until the Foot Lock Latch engages and securely locks the deck into position. Make sure the deck is securely latched before moving the treadmill. (See diagrams A and B.)

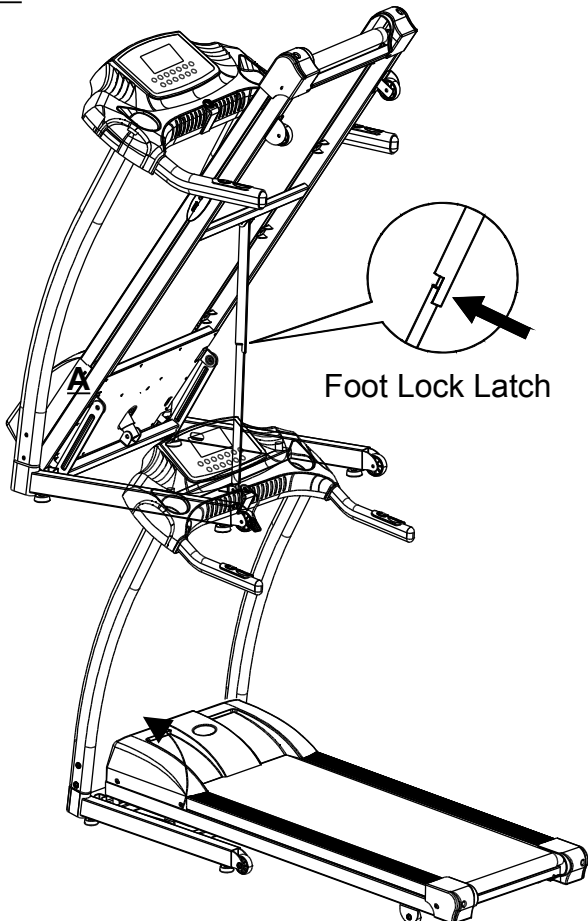
The unit can be carefully tilted onto its transport wheels for easy moving and storage. Store the treadmill in a clean and dry environment away from children.

### SETTING DOWN THE TREADMILL

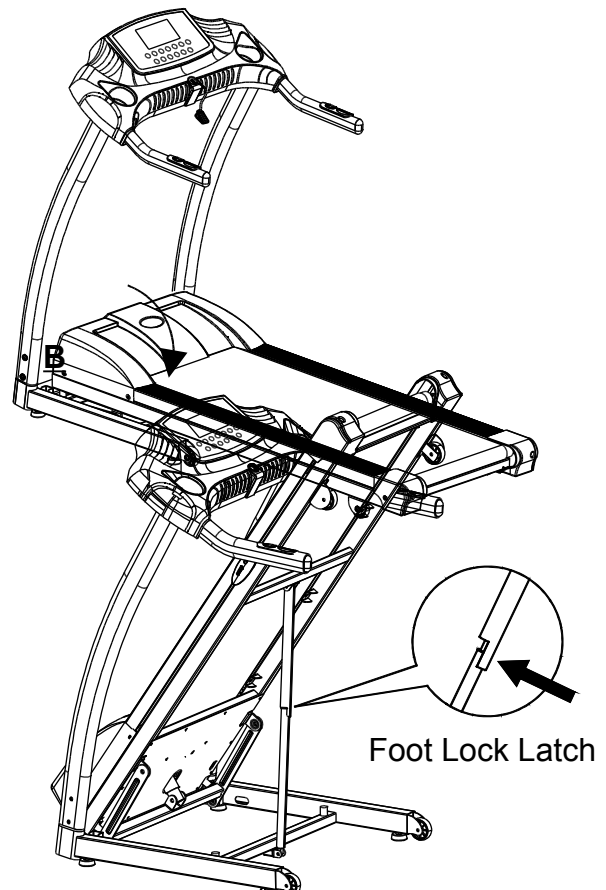
To set down the treadmill, firmly grasp the back end of the treadmill with both hands. Gently kick on the Foot Lock Latch with your foot until the lock latch disengages. Carefully lower the deck to the ground. (See diagrams C and D.)

**Note: Do not stand under the deck when setting down the treadmill. TO PREVENT INJURY PLEASE MAKE SURE YOU HAVE A FIRM HOLD WHEN LIFTING UP OR SETTING DOWN THE DECK.**

**C**



**D**



# OPERATING THE COMPUTER



## QUICK START:

Flip the Master Power Switch that is located at the front of the treadmill to the ON position. Before beginning a workout session ensure that the Safety Tether Key is properly installed onto the Computer Console and the Safety Clip is securely attached to an article of your clothing. Always begin the treadmill standing on the side rails, not on the running belt. Press the ON/OFF button to start exercise, the LCD window will countdown 3 seconds with the LCD showing "3-2-1" before the running belt starts moving. The running belt starts moving with an initial speed of 1.0 KPH. Always allow the treadmill to reach a speed of 1.0 KPH before stepping on to the running belt. The TIME on the LCD window will display your elapsed workout time. The DISTANCE on the LCD window will display the accumulative distance traveled during workout. The CALORIES on the LCD window will display the total accumulated calories burned during workout. The PULSE on the LCD window will display your current heart rate figures in 4-5 seconds after you hold both two hands on handlebar grip sensors during exercise. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures. You may press SPEED UP or SPEED DOWN button on the computer console or handlebar to increase or decrease the running speed during exercise. Each increment or decrement is 0.5 KPH. The treadmill's speed range is from 1.0 KPH to 16.0 KPH. The SPEED on the LCD window will display the current running speed. You may also press one of INSTANT SPEED buttons (3 / 6 / 9) on the computer console, the running speed will change to 3 KPH, 6 KPH, or 9 KPH immediately. You may press INCLINE UP or INCLINE DOWN button on the computer console or handlebar to increase or decrease the incline level. Each increment or decrement is 1 level. The incline adjustment available range is from 0 to 16 levels. The INCLINE on the LCD window will display the incline level. You may also press one of INSTANT INCLINE buttons (3 / 6 / 9) on the computer console, the INCLINE on the LCD window will display the incline level that you are pressed and the incline level will change to 3-level, 6-level, or 9-level immediately. During training, you may press the ON/OFF button to pause the treadmill running at any time, press the ON/OFF button to start the treadmill running again. For emergency stop, you may pull up the Safety Tether Key and the treadmill will stop running immediately.

---

## **COMPUTER BUTTON FUNCTIONS:**

**ON/OFF:** Press the ON/OFF button to start or stop training on different training mode.

**MODE:** Press the MODE button to select pre-set programs P1 to P25.

**CLEAR/SET:** Press the CLEAR/SET button to select function of TIME, DISTANCE, or CALORIES for target pre-setting in Program 0.

Press the CLEAR/SET button to exit P1-P25 program mode.

Press the CLEAR/SET button to clear up the record.

**SPEED UP:** Press the SPEED UP button to make upward for speed adjustment on different training mode.

Press the SPEED UP button to pre-set function values of TIME, DISTANCE, or CALORIES for target pre-setting in Program 0.

**SPEED DOWN:** Press the SPEED DOWN button to make downward for speed adjustment on different training mode.

Press the SPEED DOWN button to pre-set function values of TIME, DISTANCE, or CALORIES for target pre-setting in Program 0.

**INCLINE UP:** Press the INCLINE UP button to increase the incline level.

**INCLINE DOWN:** Press the INCLINE DOWN button to decrease the incline level.

**INSTANT SPEED (3 / 6 / 9):** Press one of the INSTANT SPEED buttons (3 / 6 / 9) on the computer console, the SPEED on the LCD window will display the speed that you are pressed and the running speed will change to 3 KPH, 6 KPH, or 9 KPH immediately.

**INSTANT INCLINE (3 / 6 / 9):** Press one of the INSTANT INCLINE buttons (3 / 6 / 9) on the computer console, the INCLINE on the LCD window will display the incline level that you are pressed and the incline will change to 3-level, 6-level, or 9-level immediately.

## **COMPUTER DISPLAY:**

**TIME:** Press the ON/OFF button to start exercise, the LCD window will countdown 3 seconds with the LCD showing "3-2-1" before the running belt starts moving. The running belt starts moving with an initial speed of 1.0 KPH. You may press the SPEED UP or SPEED DOWN button on the computer console or handlebar to increase or decrease the running speed during exercise. You may also press INCLINE UP or INCLINE DOWN button on the computer console or handlebar to increase or decrease the incline level during exercise. The TIME on the LCD window will display your elapsed workout time in minutes and seconds. You may also pre-set target time before training in Program 0. Press the CLEAR/SET button to select TIME function, the TIME on the LCD window will begin blinking for pre-setting target training time. The initial pre-set target time is 30:00 minutes, you may press the SPEED UP or SPEED DOWN button to pre-set target time. Each increment is 1 minute. The pre-set target time range is from 5:00 to 99:00 minutes. Press the ON/OFF button to start exercise. The running belt starts moving with an initial speed of 1.0 KPH. You may press the SPEED UP or SPEED DOWN button on the

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computer console or handlebar to increase or decrease the running speed during exercise. Time starts counting down from pre-set target time to 0:00 per 1 second backward. Once the pre-set target time count down to 0:00, the computer will begin beeping to remind you and the running belt will stop automatically.

**SPEED:** Display the current running speed from the minimum 1.0 KPH to the maximum 16 KPH. You may press the SPEED UP or SPEED DOWN button on the computer console or handlebar to speed up or down your running speed during exercise. You may also press one of INSTANT SPEED buttons (3 / 6 / 9) on the computer console, the running speed will change to 3 KPH, 6 KPH, or 9 KPH immediately.

**DISTANCE:** Press the ON/OFF button to start exercise, the LCD window will countdown 3 seconds with the LCD showing "3-2-1" before the running belt starts moving. The running belt starts moving with an initial speed of 1.0 KPH. You may press the SPEED UP or SPEED DOWN button on the computer console or handlebar to increase or decrease the running speed during exercise. You may also press INCLINE UP or DOWN button on the computer console or handlebar to increase or decrease the incline level during exercise. The DISTANCE on the LCD window will display the accumulative distance traveled during workout. You may also pre-set target distance before training in Program 0. Press the CLEAR/SET button to select DISTANCE function, the DISTANCE on the LCD window will begin blinking for pre-setting target training distance. The initial pre-set target distance is 1.00km, you may press the SPEED UP or SPEED DOWN button to pre-set target distance. The pre-set target distance range is from 1.00 to 9.00km. Press the ON/OFF button to start exercise. The running belt starts moving with an initial speed of 1.0 KPH. You may press the SPEED UP or SPEED DOWN button on the computer console or handlebar to increase or decrease the running speed during exercise. Distance starts counting down from pre-set target distance to 0.00. Once the pre-set target distance count down to 0.00, the computer will begin beeping to remind you and the running belt will stop automatically.

**CALORIES:** Press the ON/OFF button to start exercise, the LCD window will countdown 3 seconds with the LCD showing "3-2-1" before the running belt starts moving. The running belt starts moving with an initial speed of 1.0 KPH. You may press the SPEED UP or SPEED DOWN button on the computer console or handlebar to increase or decrease the running speed during exercise. You may also press INCLINE UP or INCLINE DOWN button on the computer console or handlebar to increase or decrease the incline level during exercise. The CALORIES on the LCD window will display the total accumulated calories burned during workout. You may also pre-set target calories before training in Program 0. Press the CLEAR/SET button to select CALORIES function, the CALORIES on the LCD window will begin blinking for pre-setting target calories. The initial pre-set target calories is 50 calories, you may press the SPEED UP or SPEED DOWN button to pre-set target calories. The pre-set target calorie range is from 10 to 990 calories. Press the ON/OFF button to start exercise. The running belt starts moving with an initial speed of 1.0 KPH. You may press the SPEED UP or SPEED DOWN button on the computer console or handlebar to increase or decrease the running speed during exercise. Calories start counting down from pre-set target Calories to 0. Once the pre-set target Calories counts down to 0, the computer will begin beeping to remind you and the running belt will stop automatically.

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**PULSE:** The PULSE window will display your current heart rate figures in 4-5 seconds after you hold both two hands on handlebar grip sensors during exercise. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures.

**INCLINE:** Display the incline level. You may press the INCLINE UP or DOWN button on the computer console or handlebar to increase or decrease the incline level during exercise. You may also press one of INSTANT INCLINE buttons (3 / 6 / 9) on the computer console, the incline will change to 3-level, 6-level, or 9-level immediately.

## **COMPUTER OPERATION:**

### **TRAINING IN PROGRAM:**

The computer offers 25 pre-set programs. Press the MODE button to select training programs from P1 to P25. Press the CLEAR/SET button to exit P1-P25 program mode. The LCD window will display P1, P2..., or P25. Press the ON/OFF button to start exercise, the LCD window will countdown 3 seconds with the LCD showing "3-2-1" before the running belt starts moving. The running speed and incline level will change according to the pre-set program. You may also press the SPEED UP or SPEED DOWN button to increase or decrease the speed and press the INCLINE UP or INCLINE DOWN button to adjust the incline level during exercise. Once the pre-set target training program time count down to 0:00, the computer will begin beeping to remind you and the running belt will stop automatically.

## **CARE, MAINTENANCE & TROUBLESHOOTING GUIDE**

**WARNING:** To prevent electrical shock, please turn off and unplugg(ed) the treadmill before cleaning or performing routine maintenance.

### **CLEANING**

The treadmill can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents. Be careful not get excessive moisture on the display panel as this might cause an electrical hazard or electronics to fail.

Please keep the treadmill, especially, the console, out of direct sunlight to prevent screen damage.

Store the treadmill in a clean and dry environment. Ensure the master power switch is off and is in the off position and the power plug is un-plugged from the electrical wall outlet.



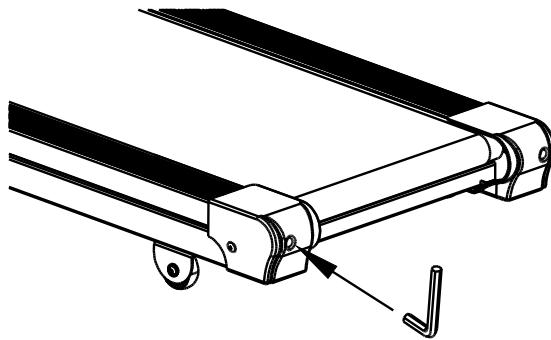
Problem problém	Potential Causes Potenciální chyba	Corrections řešení
Treadmill will not start. Běžící pás nefunguje	Not plugged in.  Safety tether key not connected. House circuit breaker tripped. Treadmill circuit breaker tripped. Není zasunutý Bezpečnostní klíč není připojen. jistič je vypnut .Běžecký pás vypnut .	Put the power plug into the electrical wall outlet. Install the safety tether key.  Reset or have an electrician replace the breaker in home. Wait five minutes and then press the switch back in. Dejte zástrčku do elektrické zásuvky. Nainstalujte bezpečnostní klíč. elektrikář musí vyměnit jistič v domě .Počkejte pět minut a pak stiskněte vypínač zpět dovnitř
Belt slips. Kloužou se pásy	Belt not tight enough. Pás není dostatečně utažený	Adjust belt tension. Nastavte napětí řemene
Belt hesitates When stepped on. Pas váhá při stupnování	Not enough lubrication applied onto the running deck.  Belt is too tight. Přemažte palubu Pás je příliš těsný	Apply silicone lubricant. Namažte silikonovým olejem  Adjust belt tension. Nastavte napětí řemene
Belt is off Centered. Střed pásu je vypnutý	Running belt tension not even across the rear roller. Nefunguje běh řemene přes zadní valec	Center the belt. Střed pasu

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# BELT ADJUSTMENT AND LUBRICATION

## Belt Adjustment:

The belt is adjusted at the factory; it may come loose during transportation and/or from use. After prolong use of the treadmill, the belt will stretch out. If the belt is shifting to the left, turn on the main power switch of treadmill and let the belt run at the speed of 2-3 KPH. Using the 6mm Allen Wrench provided, turn the left rear roller adjustment bolt 1/4 turn in the clockwise direction. You should see the belt start to correct itself by moving back toward the center. Repeat the above procedure until the belt is properly centered. If the belt is shifting to the right, turn on the main power switch of treadmill and let the belt run at the speed of 2-3 KPH. Using the 6mm Allen Wrench provided, turn the right rear roller adjustment bolt 1/4 turn in the clockwise direction. You should see the belt start to correct itself by moving back toward the center. Repeat the above procedure until the belt is properly centered. If the belt is slipping during use, turn off and unplugged the treadmill. Using the 6mm Allen Wrench provided, turn both left and right rear roller adjustment bolts 1/4 turn in the clockwise direction for the same amount, then turn on the main power switch of treadmill and let the belt run at the speed of 2-3 KPH. You should now run on to the belt to determine if the belt is still slipping. Repeat the above procedure until the belt no longer slips.

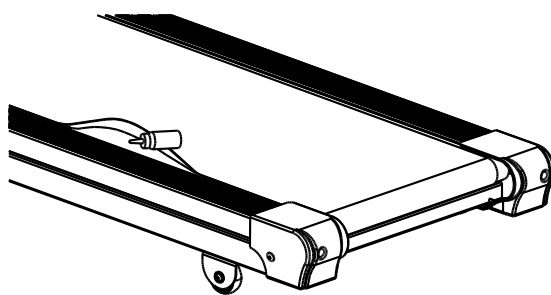


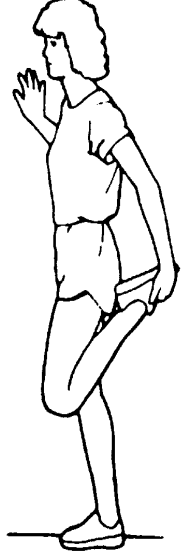
## Lubrication:

The treadmill has already been coated with "Silicone Oil" in advance. Silicone oil is a non-volatile oil and by the time you receive should have permeated through the belt. There will be no need to re-apply the oil under normal circumstances.

To maintain the belt, "Silicone Oil" may be re-applied once the resistance has been increased and the belt starts rubbing against the running deck. To re-apply "Silicone Oil" to the treadmill, lift up the belt, one side at a time, and apply the oil directly to the center of the running deck. Allow the silicone oil to 'set' for one minute before using the treadmill.

**Attention:** Only use "Silicone Oil" lubricants for this equipment. **In addition, do not add any other type of oil; otherwise the treadmill will be damaged. Do not over-lubricate the walking board. Excess lubricant should be wiped off with a clean towel.**

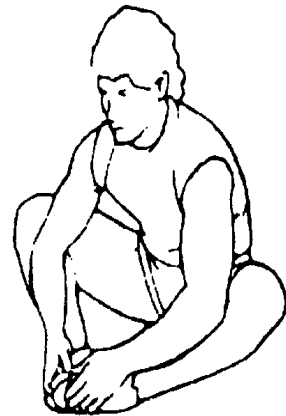




# QUADRICEPS STRETCH

Stand on one hand and lean back on the other hand. Bend your right leg and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot. This exercise program consists of a warm-up, aerobic exercise, and a cool down. Do entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

**AEROBIC EXERCISE** is any sustained activity that sends oxygen to your muscles via heart and lungs. Aerobic exercise improves the fitness. Aerobic fitness is promoted by any activity that uses your buttocks. Your heart beats quickly and you breathe deeply. This should be part of your entire exercise routine.

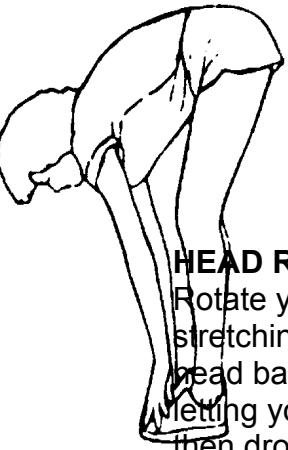


oxygen to your muscles via heart. This stretches your arms and shoulders. It is a good preparation for running and other activities. It should be done before and after running to prevent muscle cramps and soreness.

## INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor and hold for 15 counts.

**WARM UP** at the end of your workout, repeat these exercises to relax tired muscles.

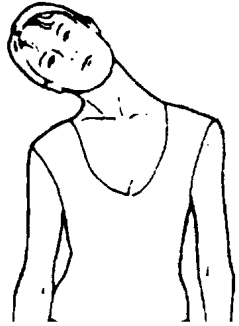


## TOE TOUCHES

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

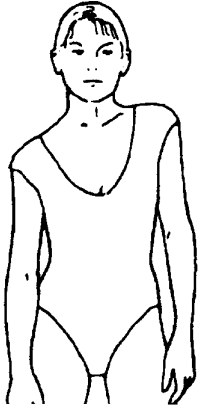
## HEAD ROLLS

Rotate your head to the right for one count, you should feel a stretching sensation up the left side of your neck. Then 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, then drop your head to your chest for one count.



## HAMSTRING

Extend your right leg against your left leg as far as possible. Repeat with the other leg.



Place the sole of your left foot on the floor. Stretch toward your toe and hold for 15 counts. Relax and then repeat with the other leg.

## SHOULDER LIFTS

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



## CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

## SIDE STRETCHES

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



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