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*PROGRAMMABL MOTORIZED TREADMILITEM*

*NO: 1272*



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# 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.

**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 or 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.

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- 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 START button to begin exercise again.
  - Maximum Weight Capacity for this product is 125 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 220-240 volt 50/60 HZ, 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.

Part #In,	Description	Qty	Part #	Description	Qty	
001	Base Frame	1	034	Rear Roller Cover	1	
002	Main Frame	1	035	Motor Cover	1	
003	Incline Frame	1	036	Side Rail	2	
004	Left Handlebar Support	1	037	Upper Supporting Tube	1	
005	Right Handlebar Support	1	038	Upper Supporting Tube Cap	1	
006	Computer Bracket	1	039	Lower Supporting Tube Cap	1	
007	Left Handrail	1	040	Lower Supporting Tube	1	
008	Right Handrail	1	041	Foot Lock Latch	1	
009	Pulse Pulse Sensor Bar	1	042	Sensor Wire I (2000mm)	1	
010	Incline Motor	1	043	Sensor Wire II (500mm)	1	
011	Gas Spring	1	044	Hand Pulse Sensor Wire (800mm)	2	
012	Motor Bracket	1	045	Control Wire (1200mm)	2	
013	Motor	1	046	Spring	1	
014	Front Roller	1	047	Washer	8	
015	Rear Roller	1	048	Flat Head Screw M4x15	8	
016	Running Deck	1	049	Lower Computer Cover	1	
017	Running Belt	1	050	Computer	1 Set	
018	Transformer	1	050A	Computer Panel Sticker		1
019	Flat Head Screw M3x8	1	050B	Computer Panel		1
020	Power Control Board	1	050C	Upper Computer Cover		1
021	Power Switch	1	050D	Computer Power Control Board		1
022	Fuse	1	050E	Control Button		16
023	Motor Sensor Wire (1100mm)	1	050F	START Button		1
024	Rubber Wheel Ø53xØ8.5x23	2	050G	STOP Button		1
025	Transport Wheel Ø61.5xØ8.5x23	2	050H	ENTER Button		1

<b>Part #....</b>	<b>Description</b>	<b>Qty</b>	<b>Part #</b>	<b>Description</b>	<b>Qty</b>
052	Hand Pulse Sensor	2 Sets	068	Bolt M8x22	5
053	Screw M3x30	4	069	Flat Washer Ø10.5xØ23xT1.5	4
054	Screw M4x55	4	070	Flat Head Bolt M8x32	8
055	Bolt M8x45	1	071	Screw M4x10	2
056	Bolt M8x65	2	072	Bolt M8x30	2
057	Instant Incline Button with Cover	1	073	Bolt M8x42	5
058	Instant Speed Button with Cover	1	074	Flat Washer Ø8.4xØ20xT1.5	23
059	Foam Grip	4	075	M8 Lock Nut	12
060	Power Cord	1	076	Bolt M10x42	1
061	Red Wire I (100mm)	1	077	Bolt M10x65	1
062	Red Wire II (150mm)	1	078	M10 Lock Nut	2
063	Green Wire (150mm)	1	079	Bolt M8x15	30
064	Earth Wire (Green+Yellow)	1	080	Spring Washer (8mm)	2
065	Screw M4x12	10	081	Clock Washer (8mm)	23
066	Screw M4x15	40	082	Bolt M8x100	1
067	Bolt M8x70	1	083	Bolt M4x8	4

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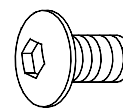
## HARDWARE PACKING LIST



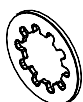
(51) Safety Tether Key  
1 PC  
Bezpečnostní klíč



(66) Screw M4x15  
4 PCS  
šroub



(79) Bolt M8x15  
16 PCS  
šroub



(81) Clock Washer (8mm)  
16 PCS  
Ozubená podložka

## SILICONE OIL INCLUDED SILIKONOVÝ OLEJ



Silicone Oil  
1 PC  
Silikonový  
olej

## TOOLS NÁŘADÍ

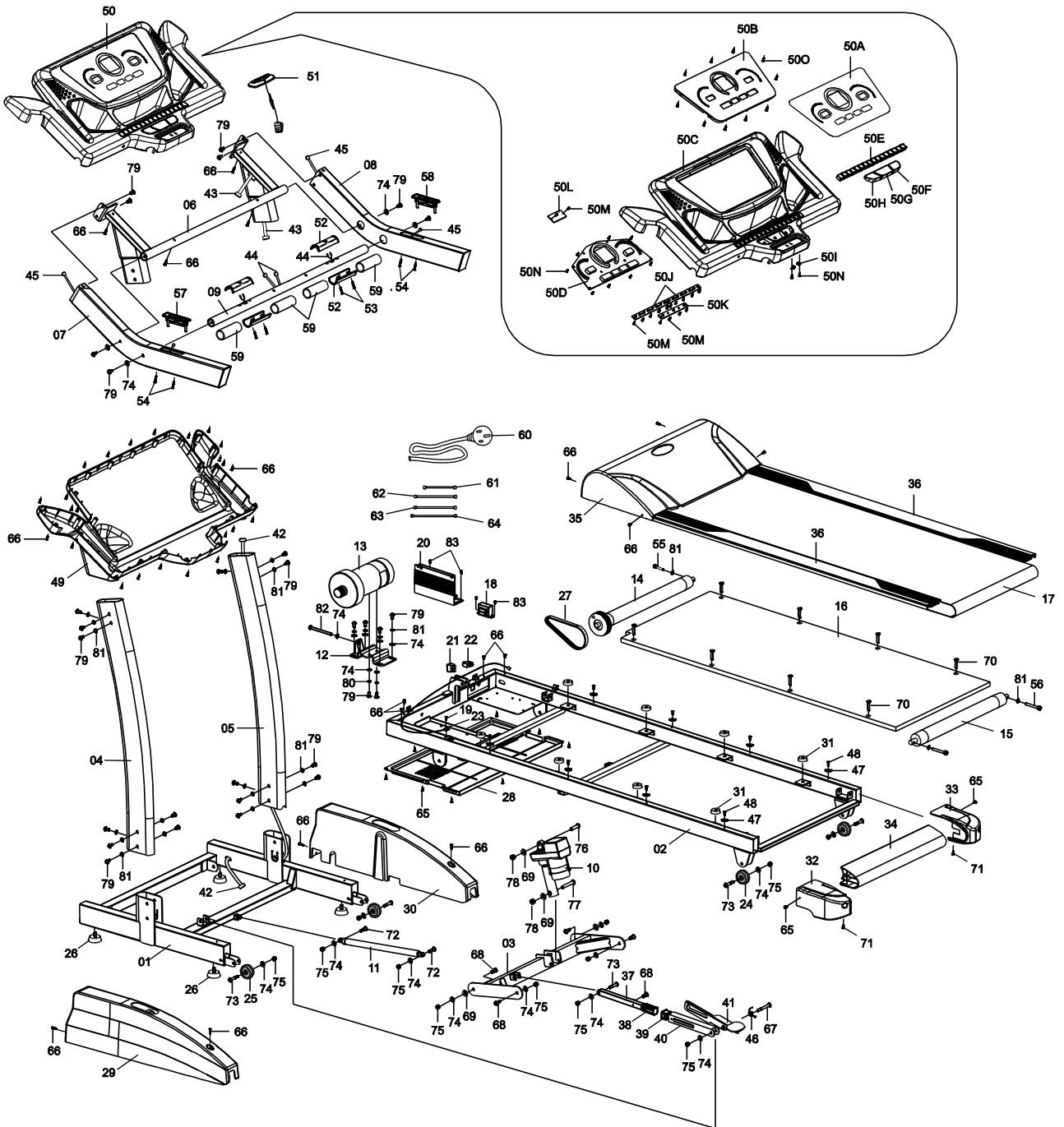


Allen Wrench  
1 PC  
Univerzálny  
klíč



Phillips Screwdriver  
1 PC  
Philips šroubovák

# OVERVIEW DRAWING

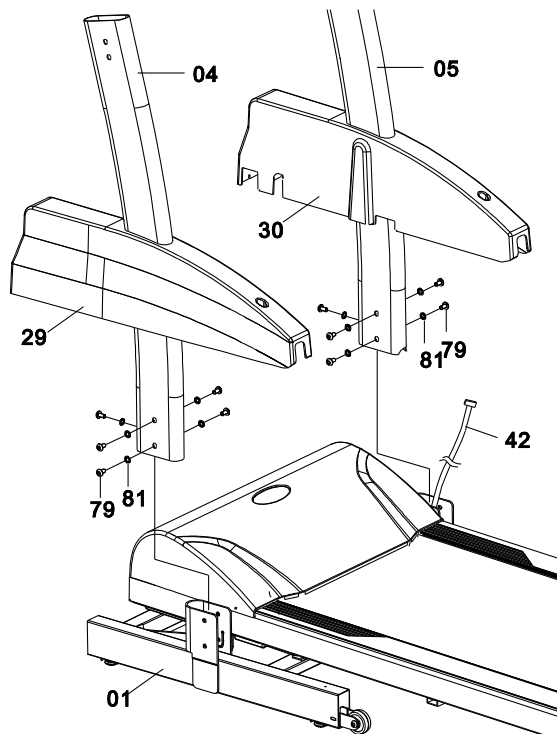




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# ASSEMBLY INSTRUCTIONS



## Tool:



*Allen Wrench*

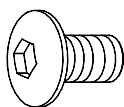
## Step 1

Slide the Right Base Cover (30) up onto Right Handlebar Support (05). Insert the Sensor Wire I (42) through into the bottom hole of Right Handlebar Support (05) and pull it out from the top hole of Right Handlebar Support (05). Then install the Right Handlebar Support (05) to the Base Frame (01), using five M8x15 Bolts (79) and five 8mm Clock Washers (81). Tighten bolts with the Allen Wrench Provided. Slide the Right Base Cover (30) down onto the Base Frame (01).

Slide the Left Base Cover (29) up onto Left Handlebar Support (04). Then install the Left Handlebar Support (04) to the Base Frame (01) by inserting the Left Handlebar Support (04) onto the Base Frame (01), using five M8x15 Bolts (79) and five 8mm Clock Washers (81). Tighten bolts with the Allen Wrench Provided. Slide the Left Base Cover (29) down onto the Base Frame (01).

**NOTE:** Do not fully tighten hardware in step 1 until step 2 is completed.

## Hardware:

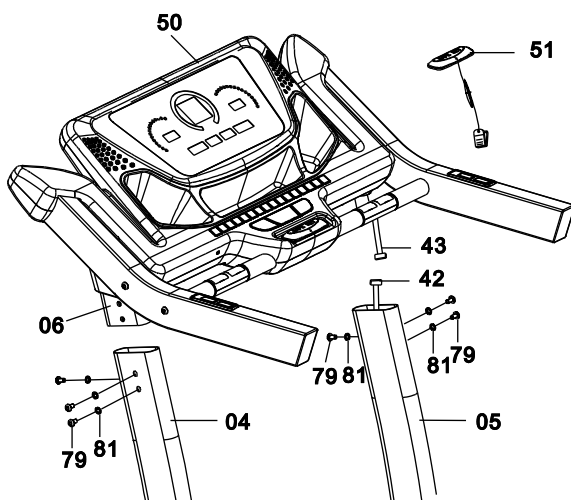


10 Bolts (M8x15)  
šroub



10 Clock Washers (8mm)  
Ozuběná podložka

Step



Tool:

2



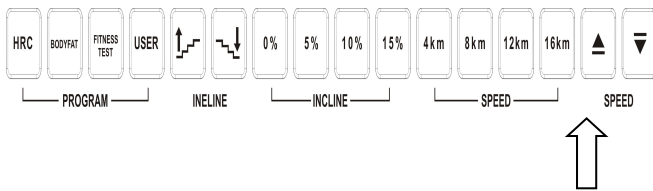
Allen Wrench  
Univerzálny  
šroubovák

Connect the Sensor Wire I (42) from the Right Handlebar Support (05) to the Sensor Wire II (43) from the Computer Bracket (06). Then install the Computer Bracket (06) to the Right and Left Handlebar Supports (05, 04) by inserting the Computer Bracket (06) into the Right and Left Handlebar Supports (05, 04), using six M8x15 Bolts (79) and six 8mm Clock Washers (81). Tighten bolts with the Allen Wrench Provided.

Place the Safety Tether Key (51) onto the Computer (50).

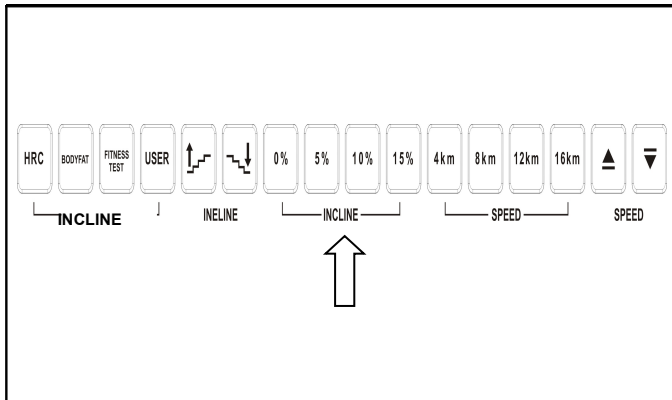
**NOTE: PLEASE FULLY TIGHTEN ALL HARDWARE INSTALLED IN STEP 1 AND STEP 2 WITH THE ALLEN WRENCH PROVIDED.**

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



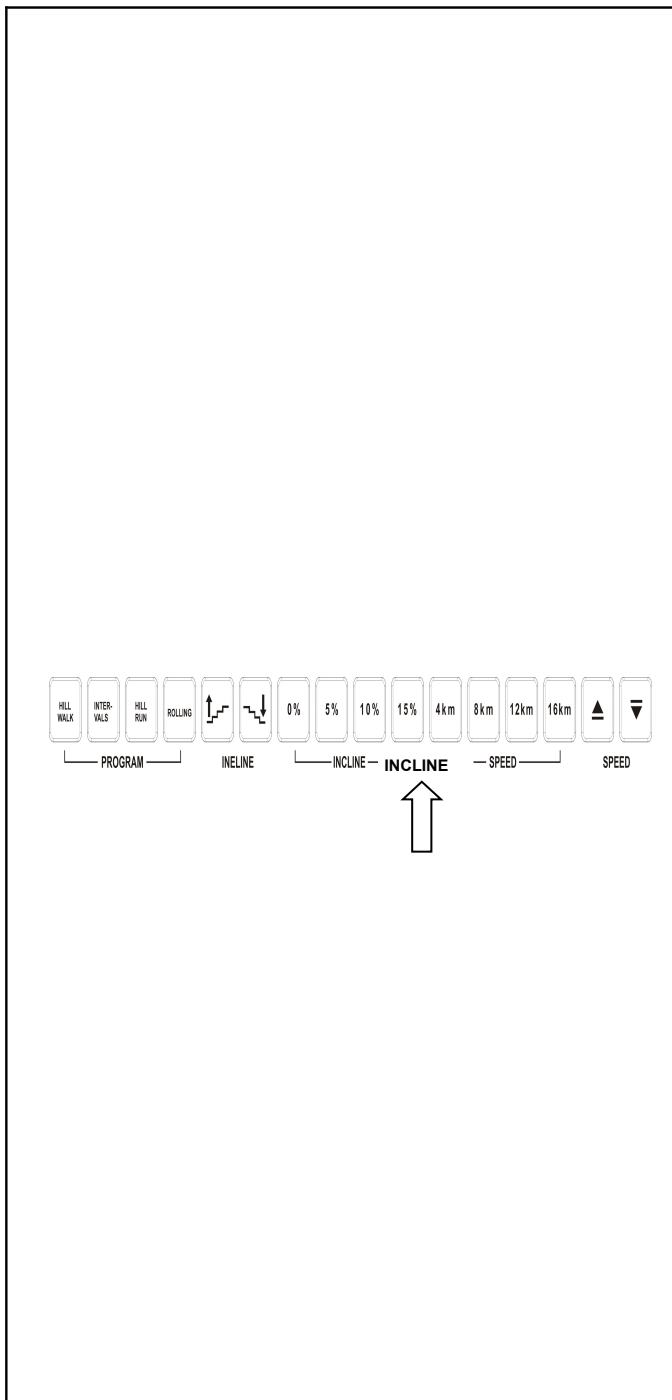
### **SPEED UP/DOWN BUTTONS:**

- Press the SPEED UP or DOWN button to increase or decrease running speed.
- Press the SPEED UP or DOWN button to select the one of the training programs (P1-P10).
- Press the SPEED UP or DOWN button to increase or decrease TIME, CALORIES, DISTANCE, and WEIGHT setting values in P1.
- Press the SPEED UP or DOWN button to select the one of the training levels (L1-L10) in P2 to P6.
- Press the SPEED UP or DOWN button to increase or decrease TIME setting values in P1, P2, P3, P4, P5, P6, P7, P9, and P10.
- Press the SPEED UP or DOWN button to increase or decrease WEIGHT setting values in P2 to P10.
- Press the SPEED UP or DOWN button to increase or decrease AGE setting values in P7 and P8.
- Press the SPEED UP or DOWN button to increase or decrease TARGET HR setting values in P7.
- Press the SPEED UP or DOWN button to increase or decrease HEIGHT and SEX setting values in P8.
- Press the SPEED UP or DOWN to increase or decrease USER SETTING SPEED and USER SETTING INCLINE values in P9 and P10.



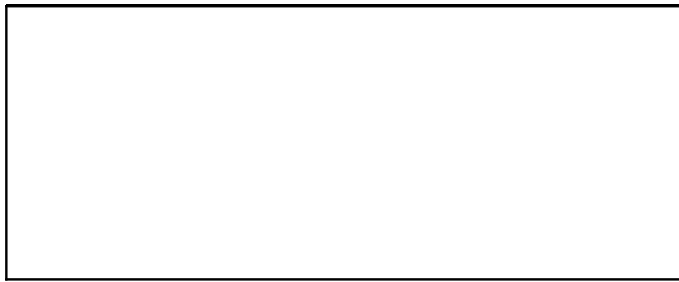
### INSTANT INCLINE BUTTONS:

Press one of INSTANT INCLINE buttons (0%, 5%, 10%, 15%) on the computer console, the INCLINE window will display the incline level that you are pressed and the incline level will change to 0-level, 5-level, 10-level, or 15-level immediately.

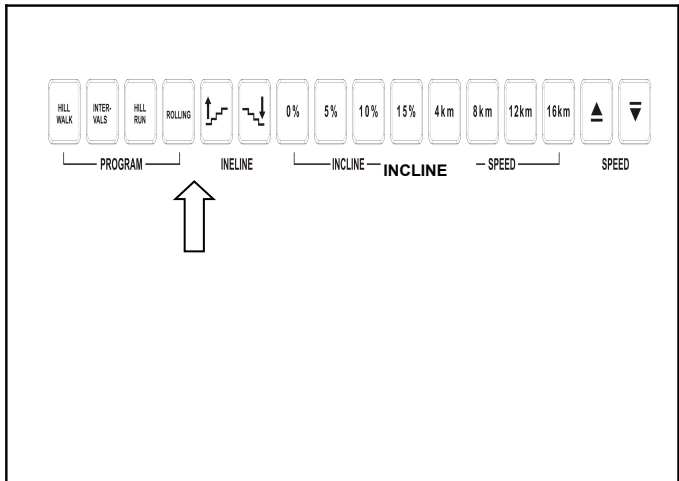


### INCLINE UP/DOWN BUTTONS:

- Press the INCLINE UP or DOWN button to increase or decrease incline level.
- Press the INCLINE UP or DOWN button to select the one of the training programs (P1-P10).
- Press the INCLINE UP or DOWN button to increase or decrease TIME, CALORIES, DISTANCE, and WEIGHT setting values in P1.
- Press the INCLINE UP or DOWN button to select the one of the training levels (L1-L10) in P2 to P6.
- Press the INCLINE UP or DOWN button to increase or decrease TIME setting values in P1, P2, P3, P4, P5, P6, P7, P9, and P10.
- Press the INCLINE UP or DOWN button to increase or decrease WEIGHT setting values in P2 to P10.
- Press the INCLINE UP or DOWN button to increase or decrease AGE setting values in P7 and P8.
- Press the INCLINE UP or DOWN button to increase or decrease TARGET HR setting values in P7.
- Press the INCLINE UP or DOWN button to increase or decrease HEIGHT and SEX setting values in P8.
- Press the INCLINE UP or DOWN to increase or decrease USER SETTING SPEED and USER



SETTING INCLINE values in P9 and P10.

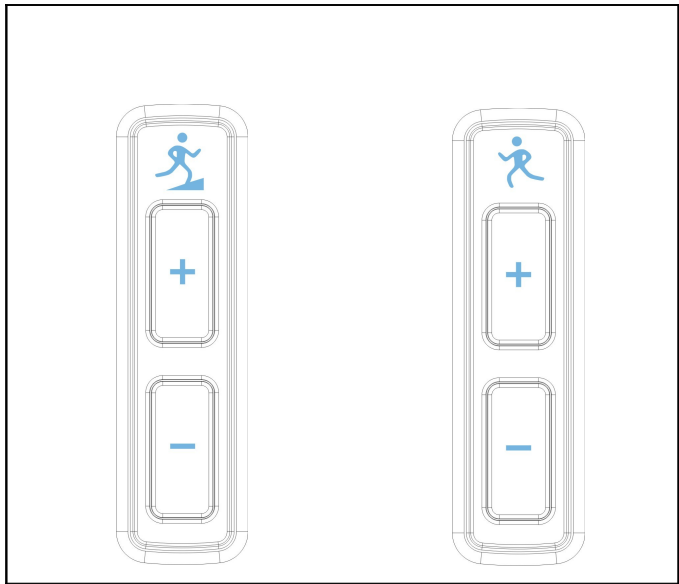


**INSTANT PROGRAM BUTTONS:**

Press the HILL WALK (P2), INTERVALS (P3), HILL RUN (P4), or ROLLING (P5) button to instant enter the selected program.

**INSTANTNÍ PROGRAM**

Stiskněte Walk HILL (P2), Intervaly ( P3 ) , Hill RUN (P4 ) , nebo ROLLING ( P5 ) tlačítko pro okamžité zadání zvoleného programu .



**SPEED UP +/DOWN- BUTTONS ON THE RIGHT HANDRAIL:**

Press the SPEED UP+ or DOWN- button to increase or decrease running speed.

**INCLINE UP+/DOWN- BUTTONS ON THE LEFT HANDRAIL:**






Press the INCLINE UP+ or DOWN- button to increase or decrease the incline level.

**COMPUTER DISPLAY:**



**INCLINE:**

Displays the current incline level.

	<p><b>SPEED:</b> Displays the current running speed.</p>
	<p><b>TIME:</b> Displays minutes and seconds of the elapsed or remaining time.</p> <p><b>WEIGHT:</b> Displays the weight when you set the program.</p> <p><b>AGE:</b> Displays the age when you set the program.</p> <p><b>HEIGHT :</b> Displays the height when you set the program.</p> <p><b>SEX SETTING DISPLAY:</b> Displays male (S 01) or female (S 02).</p> <p><b>NUMBER OF SEGMENT DISPLAY:</b> Displays the number of segment when you set USER SETTING SPEED and USER SETTING INCLINE values in P9 and P10.</p>
	<p><b>CALORIES:</b> Displays estimated use of calories at the time of display.</p> <p><b>BFR:</b> Displays the result of BFR (Body Fat Ratio).</p> <p><b>LEVELS:</b> Displays the selected training level.</p>
	<p><b>DISTANCE:</b> Displays the completed or remaining distance in kilometres.</p> <p><b>BMI:</b> Displays the result of BMI (Body Mass Index).</p>
	<p><b>PROGRAM:</b> Displays the selected training program.</p> <p><b>PULSE:</b> Displays the current heart rate.</p> <p><b>BMR:</b> Shows the result of BMR (Basal Metabolic</p>

	Rate).
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## COMPUTER OPERATIONS (P1-P10):

### Training In Program 1 (P1):

When PGM/PULSE window begins blinking for selecting training program, press the SPEED UP or DOWN button to select P1. Press the ENTER button to enter into the P1 training program. The TIME window will begin blinking for pre-setting target training time. The initial pre-set training time is 0:00 minute. Press the SPEED UP or DOWN button to pre-set target training time. Press the ENTER button to enter into pre-set target CALORIES. The CALORIES window will begin blinking for pre-setting target calories. Press the SPEED UP or DOWN button to pre-set target calories. Press the ENTER button to enter into pre-set target DISTANCE. The DISTANCE window will begin blinking for pre-setting target distance. Press the SPEED UP or DOWN button to pre-set target distance. **ONLY ONE OF THE TARGET TRAINING TIME, CALORIES, OR DISTANCE CAN BE PRE-SET, THE OTHER TWO FUNCTIONAL VALUES WILL BE ZERO.** Press the ENTER button to enter into WEIGHT setting. The TIME window will begin blinking for setting user's weight. Press the SPEED UP or DOWN button to set user's weight. Press the START button to start exercise. During training, you may press SPEED UP or DOWN button to increase or decrease the running speed. You may also press INCLINE UP or DOWN button to increase or decrease the incline level. Once the pre-set training function has reached to the target, the computer will begin beeping to remind you and the running belt will stop automatically.

### Training In Program 2 (P2-HILL WALK):

When PGM/PULSE window begins blinking for selecting training program, press the SPEED UP or DOWN button to select P2. Press the ENTER button to enter into the P2 training program. The CALORIES window will begin blinking for setting level. The initial training level is level 1 (L1). The LEVEL range is from L1 to L10. Press the SPEED UP or DOWN button to set level. Press the ENTER button to confirm the level and enter into pre-set target TIME. The TIME window will begin blinking for pre-setting target training time. The initial pre-set training time is 20:00 minute. Press the SPEED UP or DOWN button to pre-set target training time. Press the ENTER button to confirm the pre-set target training time and enter into WEIGHT setting. The TIME window will begin blinking for setting user's weight. Press the SPEED UP or DOWN button to set user's weight. Press the START button to start exercise, the pre-set target time starts counting down from pre-set target training time to 0 backward. Running speed and incline level will change according to your pre-set level program profile automatically. During training, you may press SPEED UP or DOWN button to increase or decrease the running speed. You may also press INCLINE UP or DOWN button to increase or decrease the incline level. When the pre-set target time counts down to 0, the computer will begin beeping to remind you and the running belt will stop automatically.



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### **Training In Program 3 (P3-INTERVALS):**

When PGM/PULSE window begins blinking for selecting training program, press the SPEED UP or DOWN button to select P3. Press the ENTER button to enter into the P3 training program. The CALORIES window will begin blinking for setting level. The initial training level is level 1 (L1). The LEVEL range is from L1 to L10. Press the SPEED UP or DOWN button to set level. Press the ENTER button to confirm the level and enter into pre-set target TIME. The TIME window will begin blinking for pre-setting target training time. The initial pre-set training time is 30:00 minute. Press the SPEED UP or DOWN button to pre-set target training time. Press the ENTER button to confirm the pre-set target training time and enter into WEIGHT setting. The TIME window will begin blinking for setting user's weight. Press the SPEED UP or DOWN button to set user's weight. Press the START button to start exercise, the pre-set target time starts counting down from pre-set target training time to 0 backward. Running speed and incline level will change according to your pre-set level program profile automatically. During training, you may press SPEED UP or DOWN button to increase or decrease the running speed. You may also press INCLINE UP or DOWN button to increase or decrease the incline level. When the pre-set target time counts down to 0, the computer will begin beeping to remind you and the running belt will stop automatically.

### **Training In Program 4 (P4-HILL RUN):**

When PGM/PULSE window begins blinking for selecting training program, press the SPEED UP or DOWN button to select P4. Press the ENTER button to enter into the P4 training program. The CALORIES window will begin blinking for setting level. The initial training level is level 1 (L1). The LEVEL range is from L1 to L10. Press the SPEED UP or DOWN button to set level. Press the ENTER button to confirm the level and enter into pre-set target TIME. The TIME window will begin blinking for pre-setting target training time. The initial pre-set training time is 35:00 minute. Press the SPEED UP or DOWN button to pre-set target training time. Press the ENTER button to confirm the pre-set target training time and enter into WEIGHT setting. The TIME window will begin blinking for setting user's weight. Press the SPEED UP or DOWN button to set user's weight. Press the START button to start exercise, the pre-set target time starts counting down from pre-set target training time to 0 backward. Running speed and incline level will change according to your pre-set level program profile automatically. During training, you may press SPEED UP or DOWN button to increase or decrease the running speed. You may also press INCLINE UP or DOWN button to increase or decrease the incline level. When the pre-set target time counts down to 0, the computer will begin beeping to remind you and the running belt will stop automatically.

### **Training In Program 5 (P5- ROLLING):**

When PGM/PULSE window begins blinking for selecting training program, press the SPEED UP or DOWN button to select P5. Press the ENTER button to enter into the P5 training program. The CALORIES window will begin blinking for setting level. The initial training level is level 1 (L1). The LEVEL range is from L1 to L10. Press the SPEED UP or DOWN button to set level. Press the ENTER button to confirm the level and enter into pre-set target TIME. The TIME window will begin blinking for pre-setting target training time. The initial pre-set training time is 40:00 minute. Press the SPEED UP or DOWN

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button to pre-set target training time. Press the ENTER button to confirm the pre-set target training time and enter into WEIGHT setting. The TIME window will begin blinking for setting user's weight. Press the SPEED UP or DOWN button to set user's weight. Press the START button to start exercise, the pre-set target time starts counting down from pre-set target training time to 0 backward. Running speed and incline level will change according to your pre-set level program profile automatically. During training, you may press SPEED UP or DOWN button to increase or decrease the running speed. You may also press INCLINE UP or DOWN button to increase or decrease the incline level. When the pre-set target time counts down to 0, the computer will begin beeping to remind you and the running belt will stop automatically.

### **Training In Program 6 (P6):**

When PGM/PULSE window begins blinking for selecting training program, press the SPEED UP or DOWN button to select P6. Press the ENTER button to enter into the P6 training program. The CALORIES window will begin blinking for setting level. The initial training level is level 1 (L1). The LEVEL range is from L1 to L10. Press the SPEED UP or DOWN button to set level. Press the ENTER button to confirm the level and enter into pre-set target TIME. The TIME window will begin blinking for pre-setting target training time. The initial pre-set training time is 45:00 minute. Press the SPEED UP or DOWN button to pre-set target training time. Press the ENTER button to confirm the pre-set target training time and enter into WEIGHT setting. The TIME window will begin blinking for setting user's weight. Press the SPEED UP or DOWN button to set user's weight. Press the START button to start exercise, the pre-set target time starts counting down from pre-set target training time to 0 backward. Running speed and incline level will change according to your pre-set level program profile automatically. During training, you may press SPEED UP or DOWN button to increase or decrease the running speed. You may also press INCLINE UP or DOWN button to increase or decrease the incline level. When the pre-set target time counts down to 0, the computer will begin beeping to remind you and the running belt will stop automatically.

### **Training In Target Heart Rate Program (P7):**

When PGM/PULSE window begins blinking for selecting training program, press the SPEED UP or DOWN button to select P7. Press the ENTER button to enter into the P7 training program. The TIME window will begin blinking for pre-setting target training time. The initial pre-set training time is 30:00 minute. Press the SPEED UP or DOWN button to pre-set target training time. Press the ENTER button to confirm the pre-set target training time and enter into WEIGHT setting. The TIME window will begin blinking for setting user's weight. Press the SPEED UP or DOWN button to set user's weight. Press the ENTER button to confirm the user's weight and enter into AGE setting. The TIME window will begin blinking for setting user's age. Press the SPEED UP or DOWN button to set user's age. Press the ENTER button to confirm the user's age and enter into TARGET HEART RATE setting. For instance, if user inputs age (25 years old), the calculations will be as follows:

$$220 - 25 = 195$$

25 year-old male (THR) Target Heart Rate would be 195, but for the safety consideration, the computer only set the maximum Target Heart Rate up to the 190 bpm (beats per minute). You may press the SPEED UP or DOWN button to set TARGET HEART RATE. Press the START button to start exercise, the pre-set target time starts counting down from pre-set target training time to 0 backward. The computer will adjust the running speed and incline level according to the heart rate detected. For example, the running speed and incline level will increase while the heart rate detected is lower than Target Heart Rate. Also, the running speed and incline level will decrease while the heart rate detected is higher than Target Heart Rate. As a result, the user's heart rate will be adjusted to equal the Target Heart Rate. During training, you may press SPEED UP or DOWN button to increase or decrease the running speed. You may also press INCLINE UP or DOWN button to increase or decrease the incline level. When the pre-set target time counts down to 0, the computer will begin beeping to remind you and the running belt will stop automatically.

**Training In Body Fat Program (P8):**

When PGM/PULSE window begins blinking for selecting training program, press the SPEED UP or DOWN button to select P8. Press the ENTER button to enter into the P8 training program. The TIME window will begin blinking for setting user's AGE. Press the SPEED UP or DOWN button to set user's AGE. Press the ENTER button to confirm the user's AGE and enter into WEIGHT setting. The TIME window will begin blinking for setting user's weight. Press the SPEED UP or DOWN button to set user's weight. Press the ENTER button to confirm the user's weight and enter into HEIGHT setting. The TIME window will begin blinking for setting user's height. Press the SPEED UP or DOWN button to set user's height. Press the ENTER button to confirm the user's height and enter into SEX setting. Press the SPEED UP or DOWN button to set user's sex. S 01 indicates male and S 02 indicates female.

Press the START button to start test body fat, then you hold both two hands on handlebar grip sensors in a few seconds, the indication windows will display BFR, BMI, and BMR.

	Standard Body Fat Ratio		Fat
Sex	< 30 Year-old	> 30 Year-old	
Male	14-20%	17-23%	Over 25%
Female	17-24%	20-27%	Over 30%

**Training In USER 1 Program (P9):**

When PGM/PULSE window begins blinking for selecting training program, press the SPEED UP or DOWN button to select P9. Press the ENTER button to enter into the P9 training program. The TIME window will begin blinking for pre-setting target training time. The initial pre-set training time is 30:00 minute. Press the SPEED UP or DOWN button to pre-set target training time. Press the ENTER button to confirm the pre-set target training time and enter into WEIGHT setting. The TIME window will begin blinking for setting

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user's weight. Press the SPEED UP or DOWN button to set user's weight. Press the ENTER button to confirm the user's weight and enter into USER SPEED setting. The TIME window will display 1 for setting the first segment of user program profile. The first segment of user program profile will begin blinking for pre-setting SPEED. Press the SPEED UP or DOWN button to pre-set speed for the first segment of user program profile. Press the ENTER button to confirm the speed for the first segment of user program profile. There are 30 segments for pre-setting the speed. Repeat above steps to pre-set the speed from the second segment to the thirty segment. After pre-setting all the speed and then press the ENTER button to enter into USER INCLINE LEVEL setting. The TIME window will display 1 for setting the first segment of user program profile. The first segment of user program profile will begin blinking for pre-setting INCLINE LEVEL. Press the SPEED UP or DOWN button to pre-set incline level for the first segment of user program profile. Press the ENTER button to confirm the incline level for the first segment of user program profile. There are 30 segments for pre-setting the incline level. Repeat above steps to pre-set the incline level from the second segment to the thirty segment. After pre-setting all the incline level and then press the START button to start exercise, the pre-set target training time starts counting down from pre-set target training time to 0 backward. Running speed and incline level will change according to your own user pre-set program profile automatically. During training, you may press SPEED UP or DOWN button to increase or decrease the running speed. You may also press INCLINE UP or DOWN button to increase or decrease the incline level. When the pre-set target time counts down to 0, the computer will begin beeping to remind you and the running belt will stop automatically.

**NOTE: P9 program profile will be saved in the memory of the computer after setup for future use.**

### **Training In USER 2 Program (P10):**

When PGM/PULSE window begins blinking for selecting training program, press the SPEED UP or DOWN button to select P10. Press the ENTER button to enter into the P10 training program. The TIME window will begin blinking for pre-setting target training time. The initial pre-set training time is 30:00 minute. Press the SPEED UP or DOWN button to pre-set target training time. Press the ENTER button to confirm the pre-set target training time and enter into WEIGHT setting. The TIME window will begin blinking for setting user's weight. Press the SPEED UP or DOWN button to set user's weight. Press the ENTER button to confirm the user's weight and enter into USER SPEED setting. The TIME window will display 1 for setting the first segment of user program profile. The first segment of user program profile will begin blinking for pre-setting SPEED. Press the SPEED UP or DOWN button to pre-set speed for the first segment of user program profile. Press the ENTER button to confirm the speed for the first segment of user program profile. There are 30 segments for pre-setting the speed. Repeat above steps to pre-set the speed from the second segment to the thirty segment. After pre-setting all the speed and then press the ENTER button to enter into USER INCLINE LEVEL setting. The TIME window will display 1 for setting the first segment of user program profile. The first segment of user program profile will begin blinking for pre-setting INCLINE LEVEL. Press the SPEED UP or DOWN button to pre-set incline level for the first segment of user program profile. Press the ENTER button to confirm the incline level for the first segment of user program profile. There are 30 segments for pre-setting the incline level. Repeat

above steps to pre-set the incline level from the second segment to the thirty segment. After pre-setting all the incline level and then press the START button to start exercise, the pre-set target training time starts counting down from pre-set target training time to 0 backward. Running speed and incline level will change according to your own user pre-set program profile automatically. During training, you may press SPEED UP or DOWN button to increase or decrease the running speed. You may also press INCLINE UP or DOWN button to increase or decrease the incline level. When the pre-set target time counts down to 0, the computer will begin beeping to remind you and the running belt will stop automatically.

**NOTE: P10 program profile will be saved in the memory of the computer after setup for future use.**

## CARE, MAINTENANCE & TROUBLESHOOTING GUIDE

**WARNING:** To prevent electrical shock, please turn off and unplug(ed) the treadmill

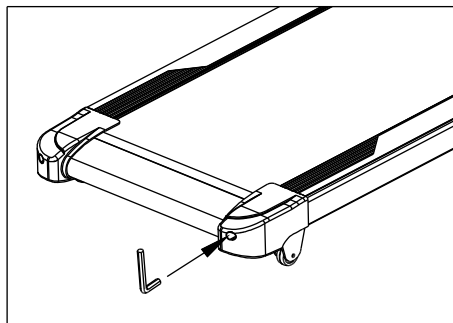
Problem problém	Potential Causes Potenciální chyba	Corrections řešení
Treadmill will not start.	Not plugged in.  Safety tether key not connected. House circuit breaker tripped. Treadmill circuit breaker tripped.	Put the power plug into the electrical wall outlet. Install the safety tether key.  Reset or have an electrician replace the breaker in home. Wait five minutes and then press the switch back in.
Belt slips.	Belt not tight enough.	Adjust belt tension.
Belt hesitates When stepped on.	Not enough lubrication applied onto the running deck. Belt is too tight.	Apply silicone lubricant.  Adjust belt tension.
Belt is off Centered.	Running belt tension not even across the rear roller.	Center the belt.

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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 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 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 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 walk on to the belt to determine if the belt is still slipping. Repeat the above procedure until the belt no longer slips.

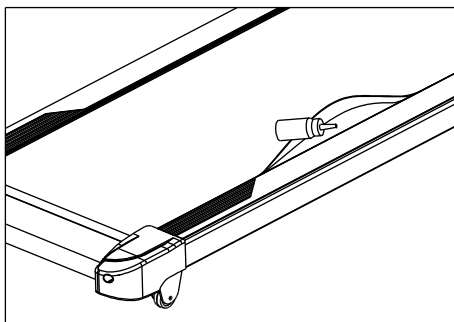


### **Lubrication:**

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.



## WARM UP DOWN ROUTINE

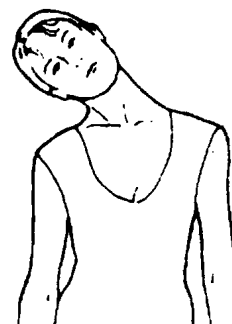
## AND COOL

A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the 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.

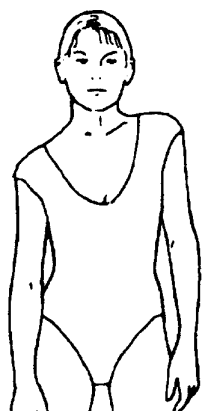
**AEROBIC EXERCISE** is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles e buttocks. Your heart beats quickly and you breathe deeply.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

### 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 increasing your circulation and pulse rate, and delivering more oxygen to letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



**COOL DOWN** at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

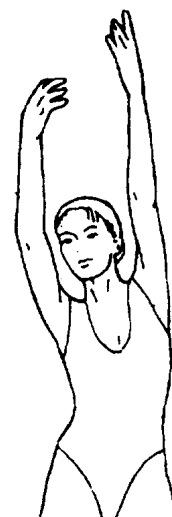


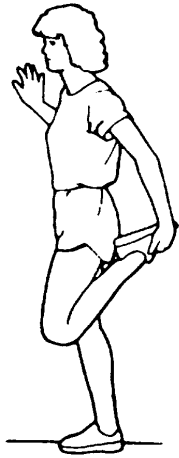
### SHOULDER LIFTS

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.

### 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.





### **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 counts and repeat with left foot.

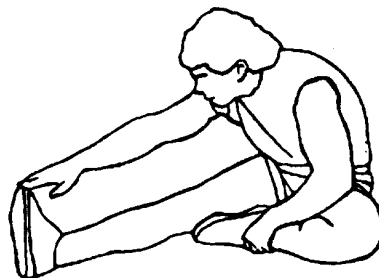
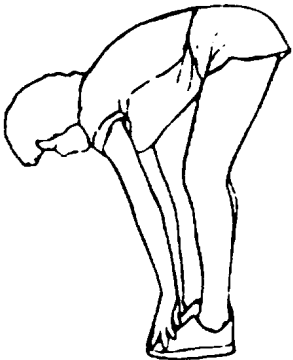


### **INNER THIGH STRETCH**

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. Hold for 15 counts.

### **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.

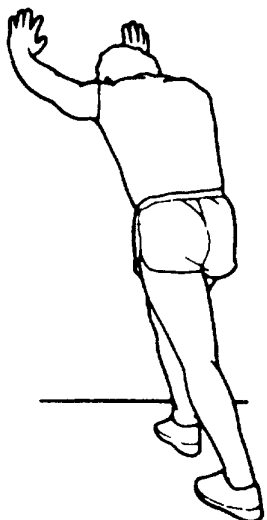


### **HAMSTRING STRETCHES**

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.

### **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.





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