



OWNER'S MANUAL



RETAIN OWNER'S MANUAL
FOR FUTURE REFERENCE

MELBOURNE
TFG
23 KELLETTS RD
ROWVILLE VIC 3178
PH:03 9765 9999

SYDNEY
TFG
OFFICE 4,11-13 ORION RD
LANE COVE WEST NSW 2066
PH: 02 9420 9988

BRISBANE
TFG
24-30 BLANCK ST
ORMEAU QLD 4208
PH:07 5540 7181

ADELAIDE
UNIT 3,35 JACOBSON CRES
HOLDEN HILL SA 5088
PH:08 8266 6386

PERTH
UNIT 1/100 WALTERS DRIVE
OSBORNE PARK WA 6017
PH:08 9444 6977

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SAFETY

IMPORTANT: Read all instructions and warnings before using the treadmill

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 this treadmill include a grounded, dedicated circuit, rated for one of the following: 115VAC +- 5%, 60Hz and 20amps; 208/220 VAC, 60Hz, 15amps or 230 VAC +- 5%, 50Hz and 10amps. Check with your dealer for the exact voltage requirements of your treadmill. Use of wrong voltage will damage the treadmill.

WARNING! : Do not attempt to use this treadmill with a voltage adapter.
Do not attempt to use this treadmill 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.

DANGER!

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service provider if you are in doubt as to whether the treadmill is properly grounded.

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 pre-existing 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.

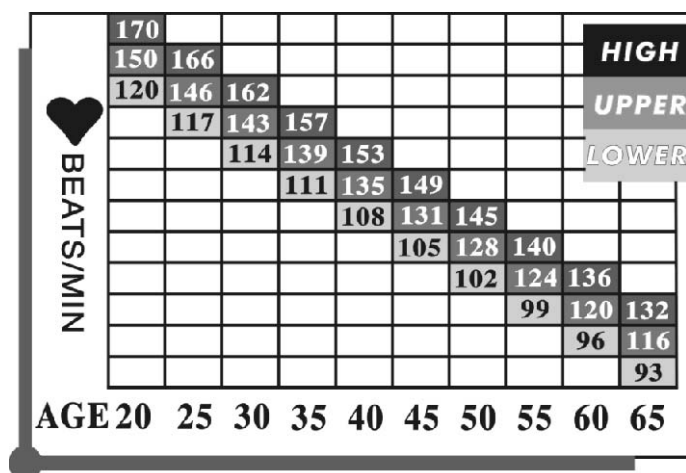
SAFETY

IMPORTANT SAFETY INSTRUCTIONS

- Obtain a medical exam before beginning any exercise program.
- Keep children and pets away from the treadmill. Teenagers and disabled persons must be supervised while using the treadmill.
- Stop exercising if you feel faint, dizzy, or experience pain at any time while exercising and consult your physician.
- Clip the SAFETY KEY onto your clothing and carefully test it prior to using the treadmill.
- Disconnect all power before servicing the treadmill.
- Connect the treadmill to a properly grounded outlet only.
- Do not operate electrically powered treadmill in damp or wet locations.
- Keep the running belt clean and dry at all times.
- Stop and place the treadmill at 0 degree (incline level) after each use.
- Use this treadmill for consumer use only.
- Remove the SAFETY KEY when not in use.
- Inspect the treadmill for worn or loose components before each use.
- Do not operate the treadmill if 1. The power cord is damaged; 2. the treadmill is not working properly; 3. The treadmill has been dropped or damaged.
- Do not place the power cord near heated surfaces or sharp edges.
- Do not use the treadmill outdoors.
- Read and understand this owner's manual completely before using the treadmill.
- Read and understand all warnings posted on the treadmill and in this owner's manual.
- Do not wear loose or dangling clothing while using the treadmill.
- Always wear proper footwear on or around exercise equipment.
- Set up and operate the treadmill on a solid, level surface. Do not operate in recessed areas or on plush carpet
- Provide the following clearances: 75cm at each side, 100cm at the back and enough room for safe access and passage at the front of the treadmill.
- Do not modify the treadmill in any way.

SAFETY

TARGET HEART RATE ZONE



Target Heart Rate Zone
 $220 - \text{your age} = \text{maximum heart zone}$

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 75% of your maximum heart rate.

Lower limit of Target Heart Rate Zone
 $= \text{maximum heart rate} \times 0.6$

Upper limit of Target Heart Rate Zone
 $= \text{Maximum heart rate} \times 0.75$

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

HOW OFTEN SHOULD YOU EXERCISE:

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

HOW HARD SHOULD 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 SHOULD 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.

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

WARM-UP & COOL DOWN

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:

1

Head rolls

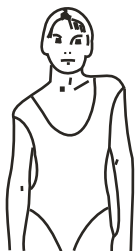
Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



2

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.



3

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.



4

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 counts.



5

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.



6

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 up.



7

Hamstring stretches

Sit with your right leg straight in front of you. Straighten your leg out while trying to hold on to your outstretched leg with your hand. Starting up with your back straight. Slowly exhale and try to bring your chest to the knee of your outstretched leg. Hold, then repeat on the other side for 15 seconds.



8

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 seconds.



UNPACKING & ASSEMBLY

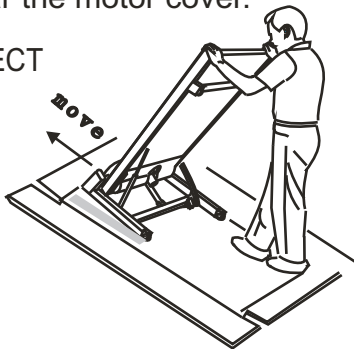
WARNING!: Use extreme caution when assembling the treadmill. Failure to do so could result in injury

NOTE: Each step number in the assembly instructions tells you what you will be doing. Read and

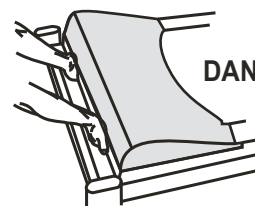
1. Unpack the carton and take off all of separated parts outside carton.
2. Tear open the carton as the picture showing, fold up the treadmill.
3. Hold on roller cover by two hands and lean back the treadmill, move the treadmill forward as the picture showing.

Failure to follow this procedure may result in serious injury due to pinch point area on the front frame near the motor cover.

○ CORRECT

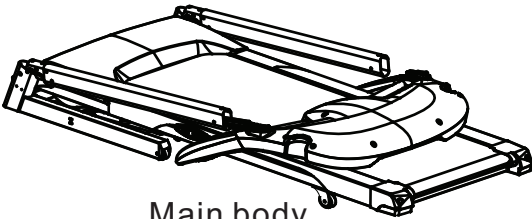
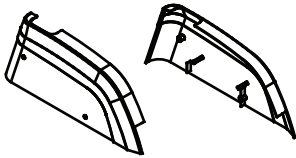


✗ WRONG

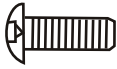
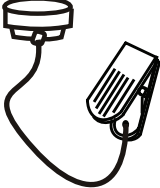


PROHIBITED !

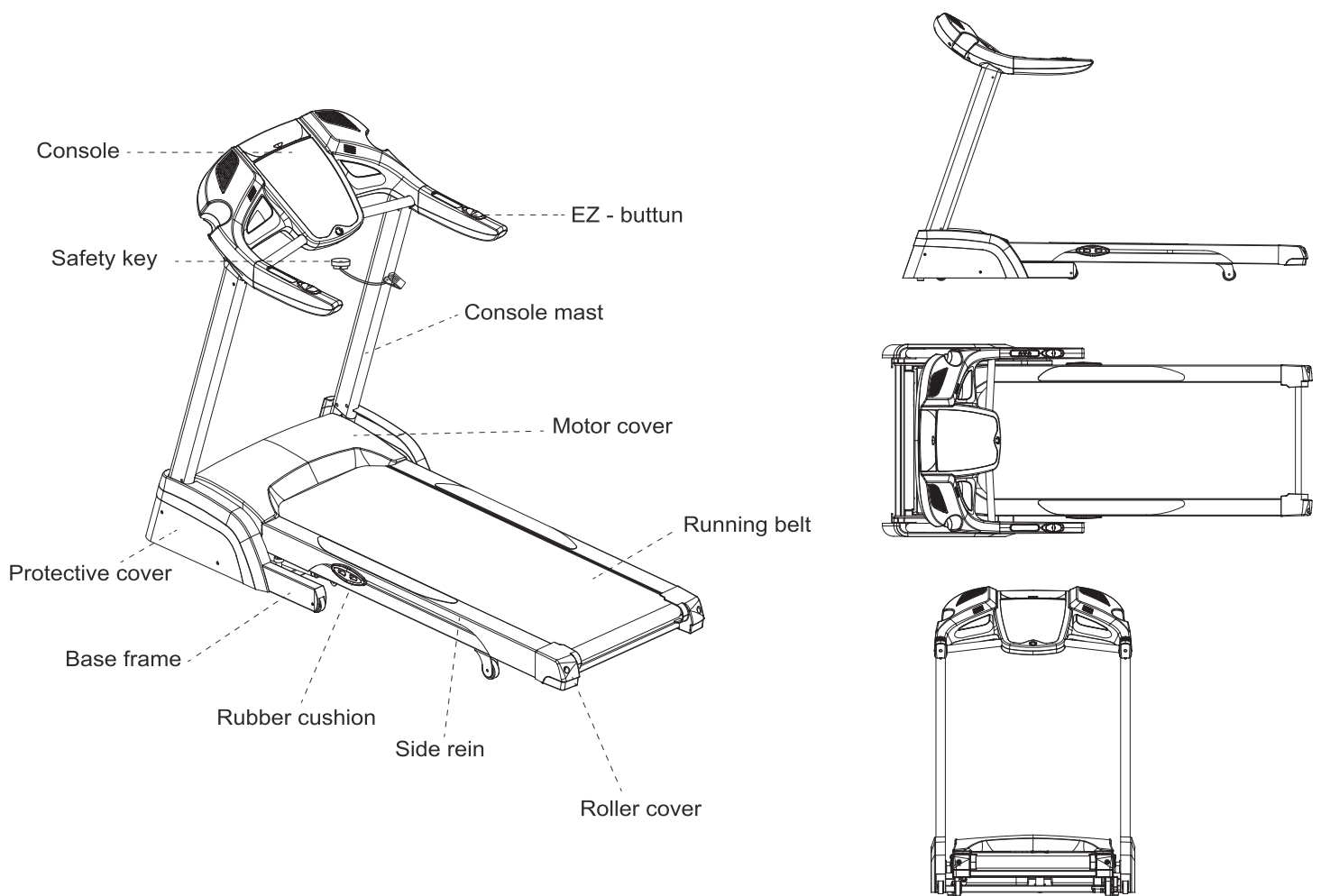
Check the following items are present. If any of the parts are missing, contact with the dealer.

 Main body	 Protective cover
 Hardware kit	 Power cord

HARDWARE KIT

 M8X15mm hex socket head bolt 12pcs (base frame and console)	 Allen wrench	 Safety key
 Self tapping screw ψ 4X10mm 4pcs	 Lubricant for running deck	

ASSEMBLY DRAWING



MOVEMENT :

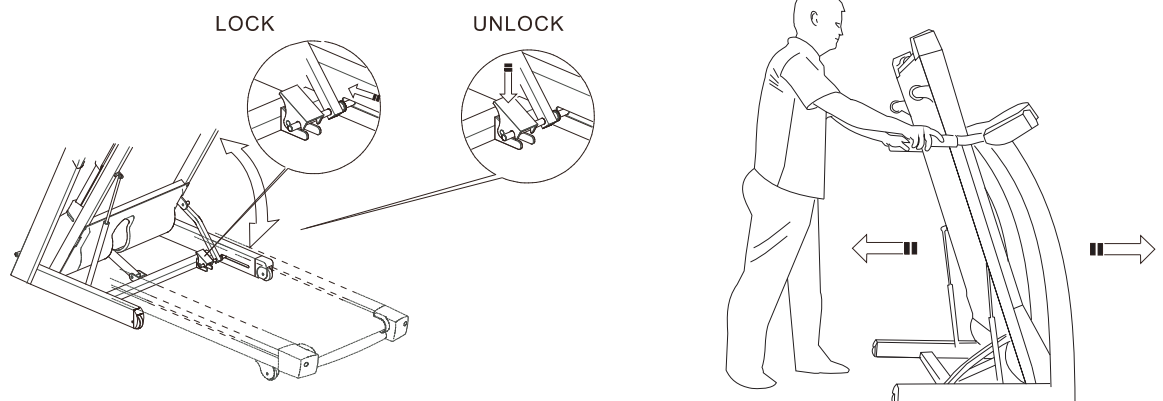
How to move the treadmill (in folded position)?

This treadmill is designed with wheels for easy movement.

- 1). Make sure the elevation is at the lowest position. (display shows 0 level)
- 2). Turn off and unplug the power cord, fold up the running deck. make sure that it is in locked position.

WARNING! As you raise the running deck, lift using your legs, not your back to avoid the injury.

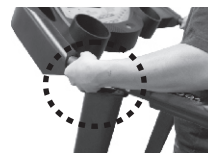
- 3). Face the bottom of the running deck and hold on the handlebars to move the treadmill forward or backward to the desired place.
- 4). unlock and fold down the running deck. then plug the power cord.



Note: the drawing above may not be identical to your particular model.

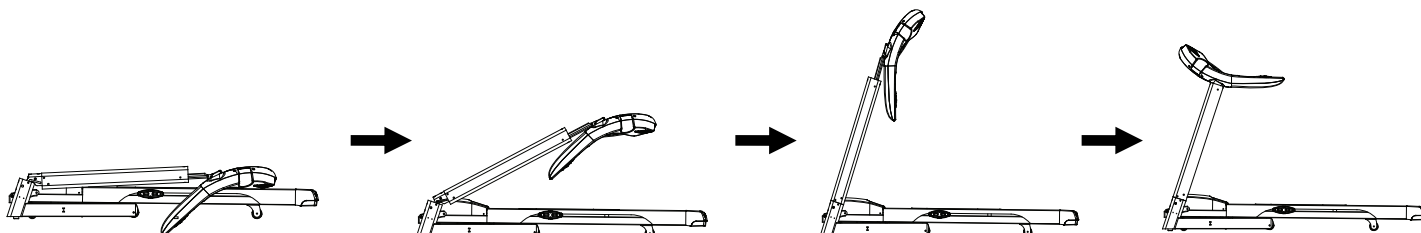
ASSEMBLY DRAWING

✗ DANGEROUS !

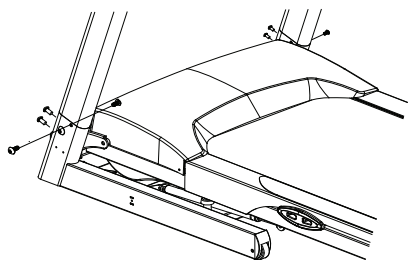


Do not hold on this place while assembling. The fingers would be jammed

STEP 1- Assembly the console masts and the console

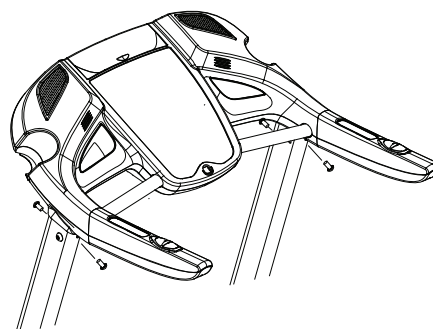


STEP 2- Secure the bolts on console mast



A). Secure the right console mast with 4 pcs of M8X15mm, using Allen wrench. Do the same on left console mast
(Do not tighten the bolts)

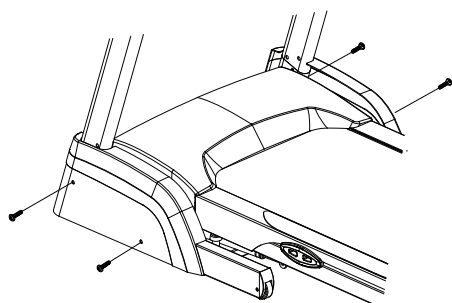
STEP 3- Put the console onto to the console masts



A). Secure with 2 pcs of M8X15mm bolt on the right console mast, using Allen wrench. Do the same on left console mast
(Do not tighten the bolts)

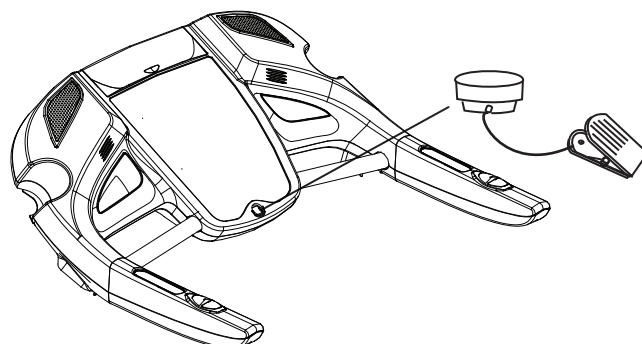
STEP 4- Tighten STEP2 and STEP3 bolts

STEP 5- Attach the protective cover



A). Assembly the protective cover to base frame, secure with screw 4X10mm using Allen wrench.

STEP 6- Put the safety key on its position



COMPUTER OPERATIONS

CONTROL PANEL FUNCTION

CALORIES: indicates estimated calories burned

SPEED: indicates speed in 0.1 increments

DISTANCE: indicates distance traveled in 0.1 increment

TIME: indicates time you workout, can be set to countdown

START: Start the treadmill

BODY FAT:
Provide user to measure body index

INCLINE: Indicates incline in 1 level increments

STOP:
1. Stop the treadmill, it will reset automatically if runner does not push start in 5 minutes.

PULSE: estimated heart rate

INCLINE UP(+)/DOWN(-):
Adjust incline

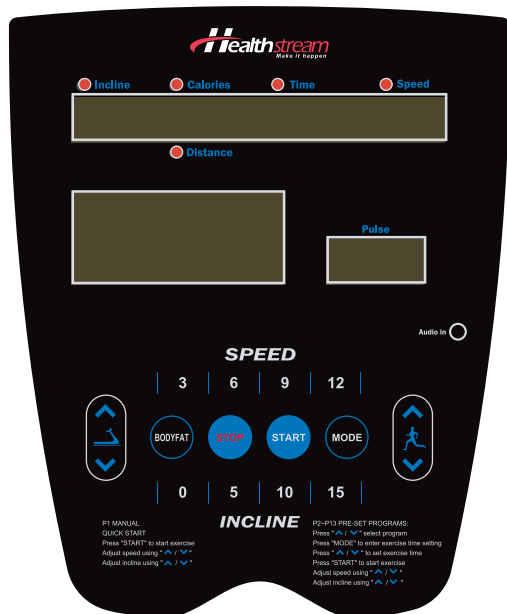
MODE: Enter programs selection, Enter time setting

Running light: show information

ONE-TOUCH SPEED 3, 6, 9, 12: Used to reach ideal speed

ONE-TOUCH INCLINE 0, 5, 10, 15: Used to reach ideal incline

SPEED FAST(+)/SLOW(-): Used to adjust speed in 0.1 kph increments
Set time to countdown



COMPUTER OPERATION

PROGRAMS :

P1 : manual

P2~P13 : pre-set programs

HRC 1: HRC speed program

HRC 2 : HRC speed+incline program

U1: user1 program

U2: user2 program

P1 MANUAL:

Maximum: 99 minutes

QUICK START:

- 1). Power on, put SAFETY KEY on
- 2). press "START " to start exercise
- 3). Adjust speed using "SPEED +/-"
- 4). Adjust incline using "INCLINE +/-"

COMPUTER OPERATIONS

COUNT DOWN SETTING(exercise time count down setting):

- 1). Power on, put SAFETY KEY on, press "MODE" to enter count down setting
 - 2). Use "SPEED +/-" to set exercise time (min.:6minutes, max.:99 minutes)
 - 3). Press "START" to start exercise
 - 4). Adjust speed using "SPEED +/-"
 - 5). Adjust incline using "INCLINE +/-"
- Maximum: 99 minutes
Minimum : 6 minutes

COOL DOWN:

COOL DOWN is designed to slow down speed gradually and cool down your body gradually to avoid any injury by sudden stopping running.

P1 COOL DOWN :In count down mode,Last 2minute cool down,Speed decrease 50%,Incline will be 0 level.

P2-P13 COOL DOWN: Segment 21~24 auto cool down,Speed decrease 50%,Incline will be 0 level.

ONE-TOUCH SPEED/ONE-TOUCH INCLINE:

ONE-TOUCH SPEED/INCLINE provide a comfortable and convenient operation to use this treadmill, especially for professional runner.

ONE-TOUCH INCLINE CONTROL

There is one set of ONE-TOUCH INCLINE control panel on the console overlay for user to reach the ideal incline.

- 15** Incline level 15
- 10** Incline level 10
- 5** Incline level 5
- 0** Incline level 0

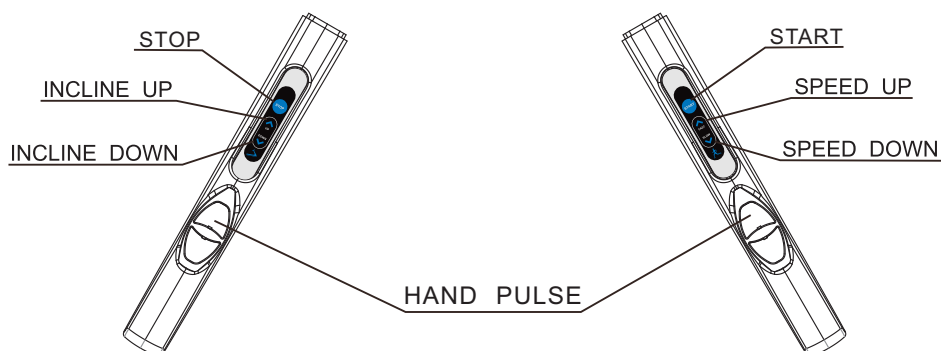
ONE-TOUCH SPEED

There is one set of ONE-TOUCH SPEED control panel on the console overlay for user to reach the ideal speed.

- Speed 12kilometer per hour **12**
- Speed 9kilometer per hour **9**
- Speed 6kilometer per hour **6**
- Speed 3kilometer per hour **3**

EZ-BUTTON:

EZ-BUTTON is designed for the beginner. You can grip on handlebar and adjust speed and incline. Also allow you to stop or start your workout while you are griping on handlebar. It means this treadmill is with double safety protections, besides safety key, EZ-BUTTON design will supply the runner much safety protection.



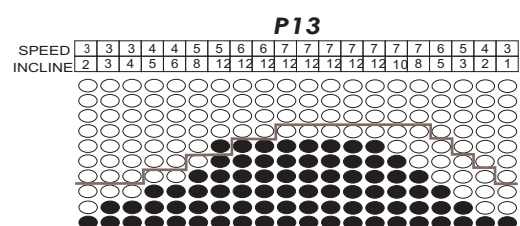
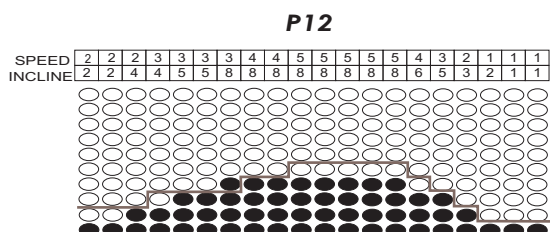
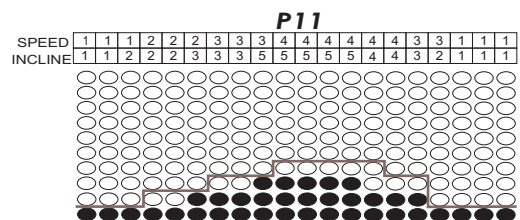
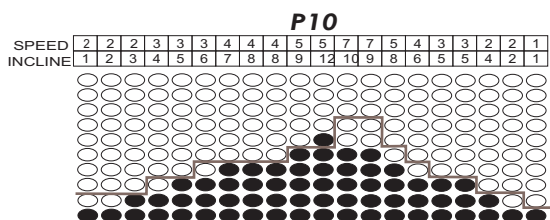
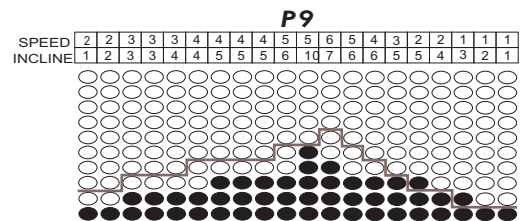
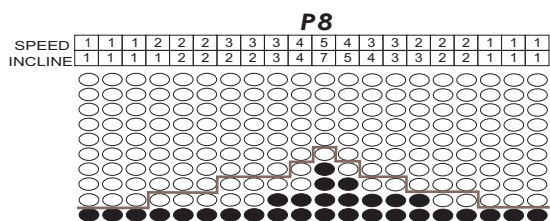
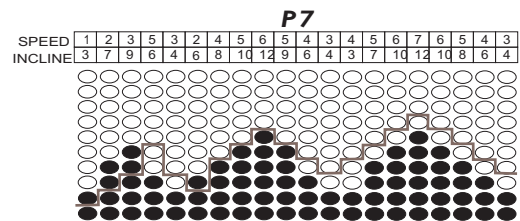
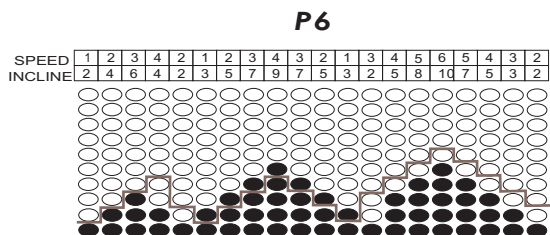
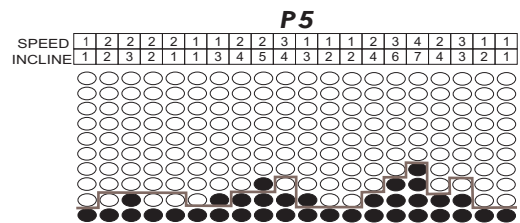
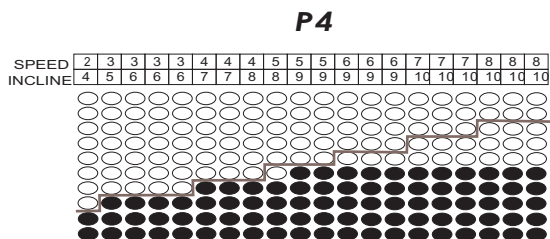
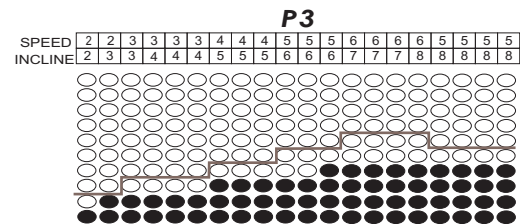
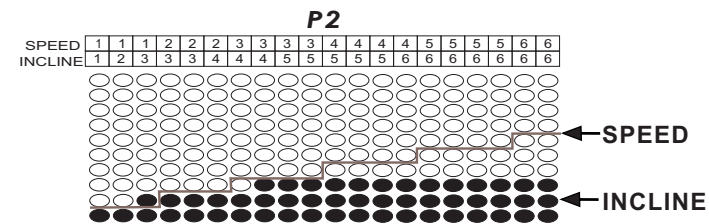
COMPUTER OPERATIONS

PROGRAMS(P2~P13):

- 1). Power on, put SAFETY KEY on
- 2). Press "FAST/SLOW" to select program
- 3). Press "MODE" to enter count down setting
- 4). Press "SPEED +/-" to set exercise time
- 5). Press "START" to start exercise
- 6). Adjust speed using " SPEED +/-" , adjust incline using "INCLINE +/-"

Minimum: 6 minutes

Maximum: 99 minutes



INCLINE&SPEED: incline and speed change at same time.

COMPUTER OPERATIONS

HRC OPERATION:

This is with the most advanced design, including HRC (Heart rate control). HRC is a sophisticated program. It controls the speed or incline by runner heart rate beating. In order to provide runner with optimum workout, the runner needs to set the target heart rate first, and workout time. The whole program includes 3 stages.

1. Warm-up (We suggest at least 5 minutes)
2. Entering HRC program
3. Cool down

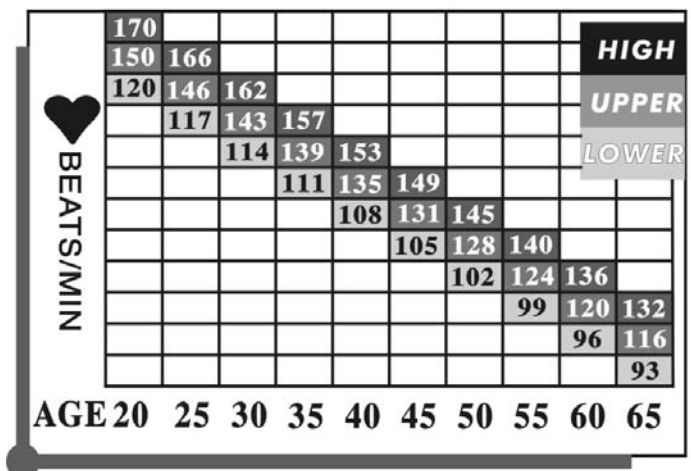
You do not want to workout at your maximum heart rate. The recommended Heart Rate Zone is a percentage of your maximum heart rate. Between 60% and 75% of your maximum heart rate.

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

Upper limit of Target Heart Rate Zone
=Maximum heart rate X0.75

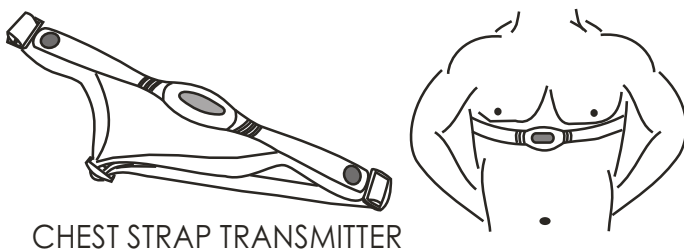
(This is recommended by American Heart Association. Before starting exercise program, please consult your physician to understand your physical situation)

TARGET HEART RATE ZONE



CHEST STRAP TRANSMITTER

To operate HRC, the user needs to wear a chest strap transmitter

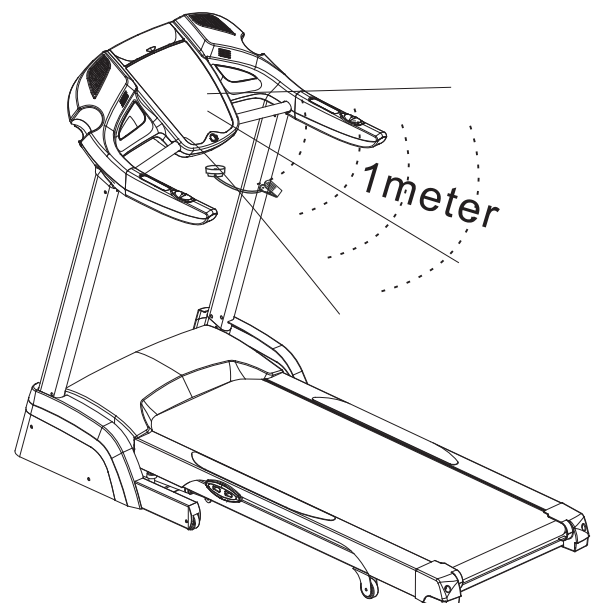


CHEST STRAP is not standard specification. It is optional, please contact your dealer for more details.

ATTENTION: Please use Polar belt compatible chest strap.

TRANSMITTING AREA

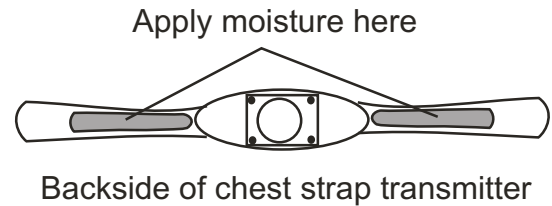
The transmitting area is around 1 meter on straight line. Please see the below drawing for more detail for transmitting area.



COMPUTER OPERATIONS

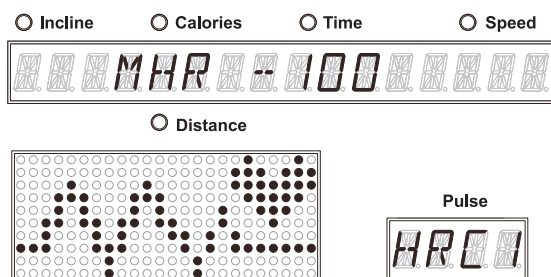
HRC OPERATION STEPS

1. Wear chest strap transmitter.
Apply moisture on the electrodes before wear.



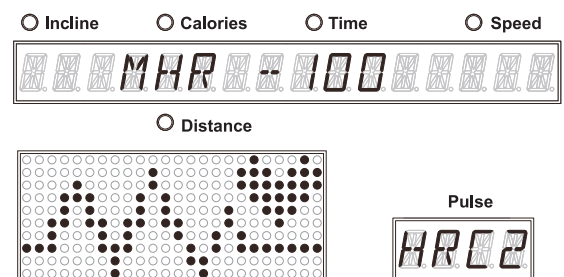
HRC 1(herat rate control 1) program

2. Press "FAST/SLOW" to HRC1 program .
The screen on monitor shows:

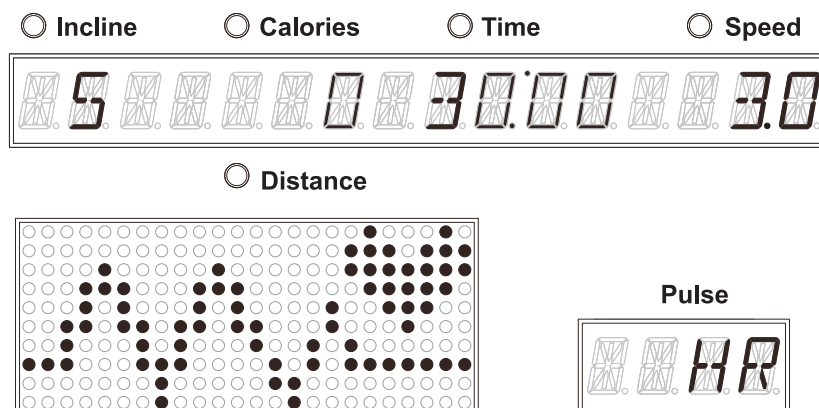


HRC 2(herat rate control 2) program

2. Press "FAST/SLOW" to HRC 2 program.
The screen on monitor shows:



3. Press "MODE" to enter TARGET HEART RATE setting.
Press " FAST/SLOW" to set TARGET HEART RATE. (Max=190, min=90)
4. Press "MODE" to enter WORKOUT TIME setting.
Press " FAST/SLOW" to set WORKOUT TIME.
5. Press "START" to start workout and enter HRC program. It shows:



P.S. While in HRC setting, press "STOP" to return to P1 If do not want to finish HRC setting while

COMPUTER OPERATIONS

HOW HRC WORK?

Initial speed limit: 12kph

HRC 1: HRC SPEED PROGRAM

WARM-UP and EXERCISE:

After setting the "TARGET HEART RATE" and the "WORKOUT TIME", push "START" button to start workout and enter WARM-UP. The computer will detect per 10 seconds.

If your heart rate is under and more 5 than "TARGET HEART RATE", the computer will switch to detect per 5seconds.

If the heart rate is less than "TARGET HEART RATE", the speed will add 0.2kph.

If the heart rate is over "TARGET HEART RATE", the speed will reduce 0.4kph.

(Under speed reduced situation, the heart rate should be more than 5 beats of "TARGET HEART RATE", and can add the speed. If the heart rate is in +- 5 difference from TARGET HEART RATE, the speed will maintain same speed.)

The runner can push speed +/- , incline +/- to change speed/incline. The speed can be adjusted to maximum speed. Not limit under 12kph.

COOL DOWN:Cool down is located at the last 2 minutes,

While entering the last 2nd minute. The speed reduces 50%, The incline returns to 0 level.

While entering last minute. The speed will reduce 50% again, The incline still is 0 level.

While the set time is over, the treadmill stops.

(Under cool down, can not be adjusted speed/incline manually)

HRC2: HRC SPEED + INCLINE PROGRAM

WARM-UP and EXERCISE:

after setting the "TARGET HEART RATE" and the "WORKOUT TIME", push "START" button to start workout and enter WARM-UP. The computer will detect per 10seconds.

If your heart rate is under and more 10 than "TARGET HEART RATE", the computer will switch to detect per 5seconds.

If the heart rate is under "TARGET HEART RATE", the speed will add 0.2kph.

After accumulating 10 times of 0.2kph speed up. The incline will add 1 level.

If the heart rate is over "TARGET HEART RATE", the speed will reduce 0.4kph.

After accumulating 5 times of 0.4kph speed down. The incline will reduce 1 level.

(Under speed reduced situation, the heart rate should be more than 5 beats of "TARGET HEART RATE", and can add the speed. If the heart rate is in +- 5% difference from TARGET HEART RATE, the speed will maintain same speed.)

The runner can push speed +/- , incline +/- to change speed/incline. The speed can be adjusted to maximum speed. Not limit under 12kph.

COOL DOWN:Cool down is located at the last 2 minutes,

While entering the last 2nd minute. The speed reduces 50%, The incline returns to 0 level.

While entering last minute. The speed will reduce 50% again, The incline still is 0 level.

While the set time is over, the treadmill stops.

(Under cool down, can not be adjusted speed/incline manually)

COMPUTER OPERATIONS

NO HEART RATE SIGNAL:

IF the computer can not detect heart rate, the heart rate shows on computer will be 0 after 15 seconds.

The possible reasons for no heart rate signal:

1. Improper chest strap wearing
2. Not enough moisture on electrodes
3. The distance between chest strap and computer is over 1 meter
4. Need to change battery on chest strap transmitter.

STOP:

If the runner push "STOP" button during workout, the computer will be reset after 5 minutes without push "START" button to resume workout.

CHEST STRAP TRANSMITTER and HAND PULSE:

1. The runner still can detect heart rate by gripping hand pulse after taking off chest strap transmitter. (Use chest strap transmitter is much accurate to detect heart rate than use hand pulse. Some runner is hard to detect heart rate by using hand pulse. We strongly suggest to use chest strap transmitter if you need much accurate heart rate detection while using this treadmill.)
2. Chest strap transmitter is priority than hand pulse if you wear chest strap transmitter and grip hand pulse at same time.
3. The runner also can use chest strap transmitter to detect heart rate even do not use HRC program.

BODY FAT:

GENDER: Pre set Male or Female.

AGE: Pre set user age , adjust range :13~80 years.

WEIGHT: Pre set user weight , adjust range : 40~220 kgs.

HEIGHT: Pre set user height , adjust range : 140~220 cm.

Finish setting ,display show "please put your hand on hand pulse" , wait 10 minutes , display show "Your BMR DATA" , "Your BFR DATA" , Your BMI DATA" , display show pulse rate , one minute changes once , after 4 times resetting automatically.

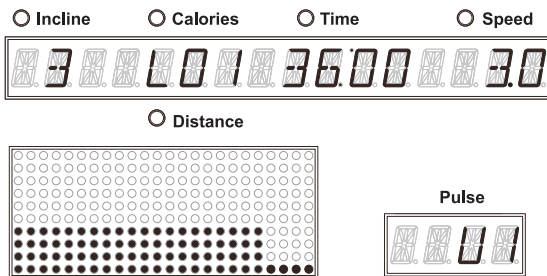
COMPUTER OPERATIONS

2 USER PROGRAMS:

The user can also create his/her own programs to do workouts. There are two user programs: U1 and U2

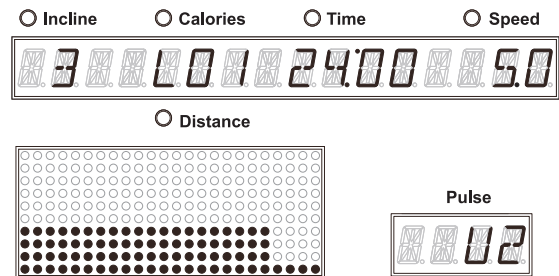
U1 (user 1 program)

20 segments
speed range — 0.8~20kph
incline range — 0~15level
initial value at each segment:
speed: 3kph
incline: level 3



U2 (user 2 program)

20 segments
speed range — 0.8~20kph
incline range — 0~15level
initial value at each segment:
speed: 5kph
incline: level 3



(Treadmill has been completely test at factory. The initial value would be different from the monitor shows due to factory test)

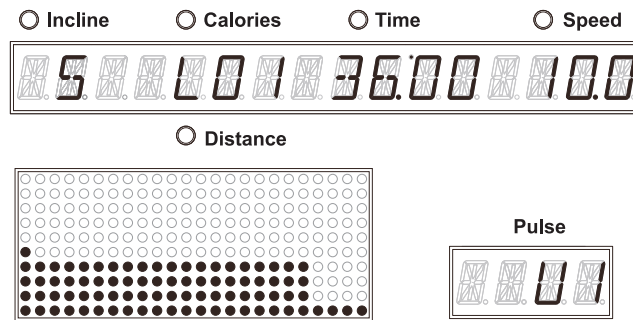
HOW TO OPERATE U1, U2

- 1). Power on, put SAFETY KEY on
- 2). Press "FAST/SLOW" to U1/U2 program,
- 3). Then press "MODE" into time setting, press "FAST/SLOW" to set your ideal workout time.
Under segment 1. Press "FAST/SLOW" to set speed. Press "UP/DOWN" to set incline level

For example: on U1, SEGMENT 1, The user want to create
speed: 10
incline: 5

Press "FAST/SLOW" to digital No. 10 on speed window
Press "UP/DOWN" to digital No. 5 on incline window
The screen on monitor shows:

COMPUTER OPERATIONS



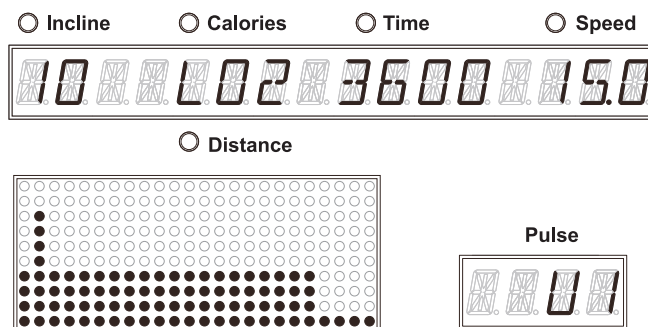
- 5). After finishing SEGMENT 1 setting, press “MODE” again to enter SEGMENT 2 to set speed and incline for SEGMENT 2.
- 6). Press “FAST/SLOW” to set speed, press “UP/DOWN” to set incline

For example: on USER1, SEGMENT 2, The user want to create
 speed: 15
 incline:10

Press “FAST/SLOW” to digital No. 15 on speed window

Press “UP/DOWN” to digital No. 10 on incline window

The screen on monitor shows:



- 6). Repeat and set all of SEGMENT1 ~20. After finishing SEGMENT1~20 setting.
- 7). Then press "START"to start your created workout program. ENJOY a nice your own program.

P.S. While in HRC setting, press “STOP” to return to P1 If do not want to finish HRC setting while

BELT ADJUSTMENT

BELT ADJUSTMENT

You may need to adjust the running belt during the first few 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 feels 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 8MM 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 turn 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 excessive 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.

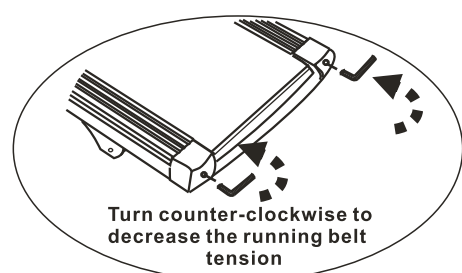
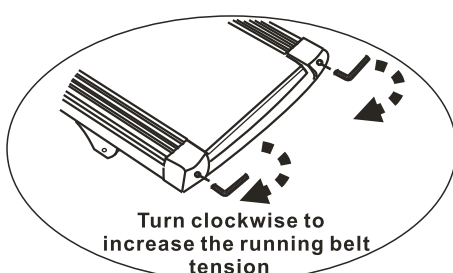
TO DECREASE THE TENSION ON THE RUNNING BELT, TURN BOTH BOLTS COUNTER-CLOCKWISE THE SAME NUMBER OF TURNS.

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 centre when no body is on the running belt. If the running belt remains consistently off-center, you will need to centre the running belt manually.

- A).** Start the treadmill without anyone on the running belt, press (SPEED UP) bottom until speed reached 6kph.
- 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, or turn 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, or turn 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.



CARE & MAINTENANCE

WARNING! To prevent electrical shock, be certain the treadmill is turned off and unplugged before cleaning or routine maintenance.

RUNNING BELT AND RUNNING DECK LUBRICATION

For maximum treadmill life, this treadmill needs a routine lubrication as part of a general maintenance for the machine. The routine maintenance procedure will prevent premature wear of the running belt, running deck and drive motor system. The recommended lubrication schedule as:

USAGE	LUBRICATION
1~6kph	Every 4 months
6~12kph	Every 3 months
12~16kph	Every 2 months



Lubricant for running deck

This schedule is the recommended application for a single user, up to 20~30 minutes per time. 3~4 times per week. For lubrication, you can contact your dealer.

CLEANING

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

STORAGE

Store your treadmill in a clean and dry environment. Ensure the master power switch is off and is un-un-plugged 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.

FOR CONSUMER/HOME USE ONLY!!

This treadmill is designed for home use only. Do not use for light institutional or commercial.

LUBRICATION MAINTENANCE

It is important to take good care of your treadmill deck (the walking surface underneath the belt). A good silicone lubrication will also improve the performance of your treadmill.

NOTE: Use the silicone that is supplied with the treadmill. Additional silicone lubricant can be purchased from your retail store.

WARNING: STOP the treadmill and remove the safety key before lubricating the running deck.

HOW TO SPRAY SILICONE ON DECK?

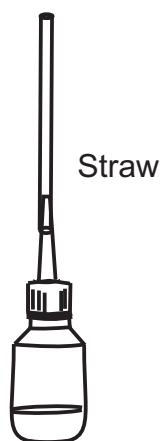
- A). Find the silicone bottle. It is located in the hardware kit package included with this treadmill..
 - B). Find a straw and put it onto the silicone bottle as the drawing shows.
 - C). Spray silicone evenly on treadmill deck as the drawing shows. (ATTENTION : The treadmill **MUST BE STOPPED** before applying the silicone lubricant. This is to prevent injury, otherwise the edge of the running belt may cut you or your fingers could be crushed by the rollers.)
- Do not put too much silicone on the deck. Excessive lubricant may cause slippage of the belt on the rollers.

A



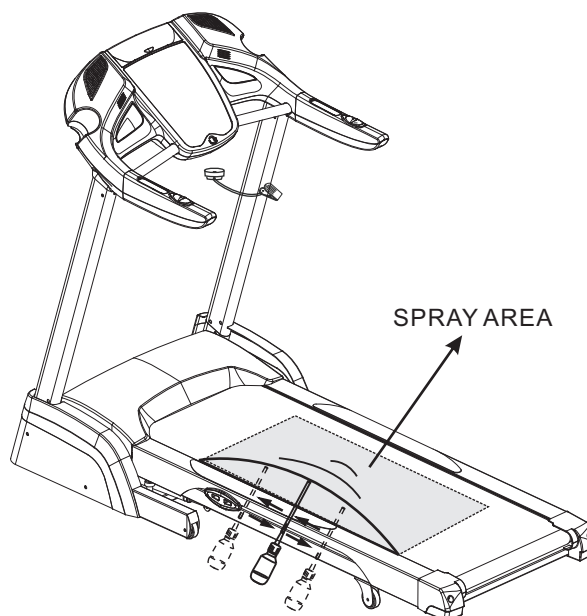
Silicone bottle

B



Put on straw

C



TROUBLE SHOOTING

TROUBLE SHOOTING GUIDE

SYMPTOM	CAUSE	SOLUTION
Console display LCD's do not illuminate	a. No power to treadmill b. Console wire connector not connected or incompletely connected c. Overload protection is activated	Check the on-off switch Turn off, then turn on power. Push START, Check all of connected wires, if still not illuminated, a service is required
Scrambled digitalis on console LCD	Damaged console	Service required
Show E1	a. RPM sensor problem b. Sensor wire not connect to controller or improper connection c. Motor wire not connected d. Console wires not connect properly e. Controller damaged f. Overload protection is activated	Service required Check the lubrication, running belt tension, turn off, then turn on power
Show E7	E7 error code will appear on the console display while hand -grip pulse sensor receives no signal when operates in BODY FAT function , which fails to calculate user's BODY FAT. Root causes of why no signal received by hand-grip pulse sensor. The user does not firmly touch the hand-grip pulse sensor with his/her palm of hand.	Reset save key

TROUBLE SHOOTING

The most happened symptom is current overload protection.

And show E1 (error 1) on monitor. E1 is to inform the runner to examine your treadmill by yourself to avoid the damage happened on treadmill. The runner can follow the below steps to do the examination.

- 1). E1 would be happened by electricity system at your home. Sudden big current would cause E1. Please turn off the on-off switch, then turn on the switch to resume the using.

If it still happened, the most reason is too much friction between the running belt and the running deck.

- 2). Please do lubrication according to LUBRICATION MAINTENANCE instructions. Enough lubrication will improve the performance and maximum the treadmill life.
- 3). Keep clean under running belt.
- 4). Check the tension between roller and running belt.
(please see BELT ADJUSTMENT)
- 5). The damaged running belt will increase the current and be easy to cause E1. Wear proper footwear while using. It can avoid to damage the running belt.
If still can not solve it, please call your dealer for helps.

PARTS LIST

ITEM	DESCRIPTION		QTY	ITEM	DESCRIPTION		QTY
AB1	ST24-AB1	Main frame	1	H01	ST82-H01	Upper console case	1
B19	ST01-B19	Motor place	1	H02	ST82-H02	Lower console case	1
B20	ST82-B21	Rubber cushion	2	H04	ST82-H04	Overlay , console	1
B21	ST08-B21	Rubber cushion	6	Z02	ST01-Z02	Safety key set	1
B22	ST32-B22	Running belt	1	H08	ST82-H08	Monitor	1
B23	ST82-B23	Side rein	2	H09	ST03-H09	Sensor wire , monitor	1
B24	ST82-B24	Upper motor cover	1	H10	ST06-H10	Hear rate PCB	1
B25	ST10-B25	Lower motor cover	1	H11	ST01-H11	Upper console wire	1
B26	ST82-B26	Roller cover,left	1	H15	ST82-H15	Membrane key	1
B27	ST01-B27	Mobile wheel	2	H25	ST82-H25	Key - chain box-L	1
B28	ST25-B28	End cap , main frame	2	H26	ST82-H26	Key - chain box-R	1
B33	ST82-B33	Roller cover,right	1	H27	ST82-H27	Top box cover	1
B39	ST17-B39	Running deck	1	H28	ST82-H28	Resistance key	1
B41	ST82-B41	Anti-slip pad	2	H29	ST82-H29	Lock pin	1
B45	ST29-B45	Supporting tube	1	H30	ST03-H30	Loudspeaker	1
AC6	ST82-AC6	Base frame	1	H31	ST11-H31	Expansion monitor	1
C11	ST03-C11	Foot step	1	H35	ST03-H35	Palpitation receiver	1
C13	ST08-C13	Mobile wheel housing	2	H40	ST82-H40	Top box spring-L	1
C14	ST01-C14	Mobile wheel,base frame	2	H41	ST82-H41	Top box spring-R	1
C16	ST01-C16	Pad,base frame	4	J01	ST29-J01	Motor	1
C18	ST01-C18	Spring,foot step	1	J02	ST04-J02	Incline motor	1
C22	ST18-C37	Protective cover,left	1	J03	ST14-J03	Controller	1
C23	ST18-C35	Protective cover,right	1	J08	ST01-J08	Wire,motor sensor	1
C28	ST25-C28	Rotary bracket	2	J09	ST01-J09	Power cord	1
C29	ST27-B27	Wheel	2	J13	ST01-J13	Grounded wire	1
AE1	ST14-AE1	Fixing arm,folding	1	J15	ST03-J15	Lower console wire	1
E04	ST12-E04	Air shock	1	J16	ST06-J16	Socket	1
E07	ST03-E07	Rubber bush	1	J17	ST06-J17	On/off switch	1
AD1	ST14-AD1	Lift arm , incline	1	J18	ST06-J18	Breaker	1
D03	ST14-D03	Bush,base frame	2	J19	ST01-J19	Core,moter	1
AF1	ST83-AF1	Console frame	1	J20	ST01-J20	Core,wire	1
AF2	ST82-AF2	Upper EZ-button case, incline	1	J22	ST08-J22	Fixing bracket,controller	1
AF3	ST82-AF3	Upper EZ-button case, speed	1	J23	ST01-J23	Wave filter	1
F08	ST03-F08	Wire,hand pulse	1	J28	ST01-J28	Wave filter housing	1
F12	ST82-F12	Lower EZ-button case	2	K01	ST34-K01	Front roller	1
AG1	ST82-AG1	Console mast	2	K02	ST25-K02	Rear roller	1
G13	ST82-G13	connecting bracket	2	K03	ST08-K03	Drive belt	1

PARTS LIST

ITEM	DESCRIPTION		QTY
H11	ST01-H11	Upper console wire	1
H15	ST82-H15	Membrane key	1
H25	ST82-H25	Key - chain box-L	1
H26	ST82-H26	Key - chain box-R	1
H27	ST82-H27	Top box cover	1
H28	ST82-H28	Resistance key	1
H29	ST82-H29	Lock pin	1
H30	ST03-H30	Loudspeaker	1
H31	ST11-H31	Expansion monitor	1
H35	ST03-H35	Palpitation receiver	1
H40	ST82-H40	Top box spring-L	1
H41	ST82-H41	Top box spring-R	1
J01	ST29-J01	Motor	1
J02	ST04-J02	Incline motor	1
J03	ST14-J03	Controller	1
J08	ST01-J08	Wire, montor sensor	1
J09	ST01-J09	Power cord	1
J13	ST01-J13	Grounded wire	1
J15	ST03-J15	Lower console wire	1
J16	ST06-J16	Socket	1
J17	ST06-J17	On/off switch	1
J18	ST06-J18	Breaker	1
J19	ST01-J19	Core, moter	1
J20	ST01-J20	Core, wire	1
J22	ST08-J22	Fixing bracket, controller	1
J23	ST01-J23	Wave filter	1
J28	ST01-J28	Wave filter housing	1
K01	ST34-K01	Front roller	1
K02	ST25-K02	Rear roller	1
K03	ST08-K03	Drive belt	1

PARTS LIST-BOLTS

ITEM	DESCRIPTION	QTY	ITEM	DESCRIPTION	QTY
AB	Bolt M10x40 Incline motor	1	AS	Bolt M8X15mm Pad, base frame	4
AC	Nylon nut M10 Incline motor	2		console mast	4
	Lift arm	4		console frame	8
AD	BOLT M8X140mm Motor	1	AU	Bolt M8x25mm Air shock	2
AG	Nylon nut M8 Motor	2	AX	Screw ψ3x6mm Monitor	10
	Air shock	2		MP3	2
	Fixing arm, folding	1	AX	Screw ψ3x10mm EZ-button PCB	4
	Mobile wheel	2		Sensor wire, Monitor	2
	Foot step	1	AY	Washer M6 Front&rear roller	3
	Mobile wheel housing	2	BB	Screw ψ4X15mm Grounded wire	1
	Rotary bracket	4		Filter grounded wire	1
AH	Washer M8 Motor	1	BC	Screw ψ4X10mm Loud speaker	4
AI	Nut M4 Upper motor cover	4		Ground wire	1
AJ	Self tapping screw 4X15mm EZ-button	6		Resistance key	1
	Upper motor cover	4	BN	Bolt M10X60mm Incline motor	1
	Console frame	6		Fixing arm, incline	2
	Fixing bracket, controller	2	BP	Bolt copper column M3X10 Wave filter	4
	Upper & lower console case	12	BR	M8X40(set) Console frame	4
	Rotary bracket	4	BS	M8X25(set) Base frame	2
AJ	Self tapping screw 4X20mm upper EZ butter cover	2	BQ	Bolt M3X6mm wave filter	4
AJ	Self tapping screw 4X25mm upper EZ butter cover	2	CJ	Bolt M8x115MM Motor	1
AL	Bolt M8X40mm Lift arm, folding	1	CK	Screw ψ6x15 w/u shap washer Deck	2
	Rear mobile wheel	2	CO	Bolt M6X65mm Front & rear roller	3
	Rotary bracket	2	CP	Bolt ψ6X25mm w/washer Running deck	6
AN	Bolt M5X10mm Controller	2	SB1	Bolt M10X40 Fixing arm, folding	2
AO	Self tapping screw ψ3X10mm Motor sensor wire	1	DE	Screw ψ4x10mm side cover, right left	4
	Socket	2	FQ	Screw ψ5X25mm supporting tube	2
AR	Self tapping screw M4X10mm Lower motor cover	4			
	Left, right roller cover	2			
AT	Bolt M8X50mm Foot step	1			
	Front mobile wheel	2			
	Mobile wheel house	2			

EXPLODED DRAWING

