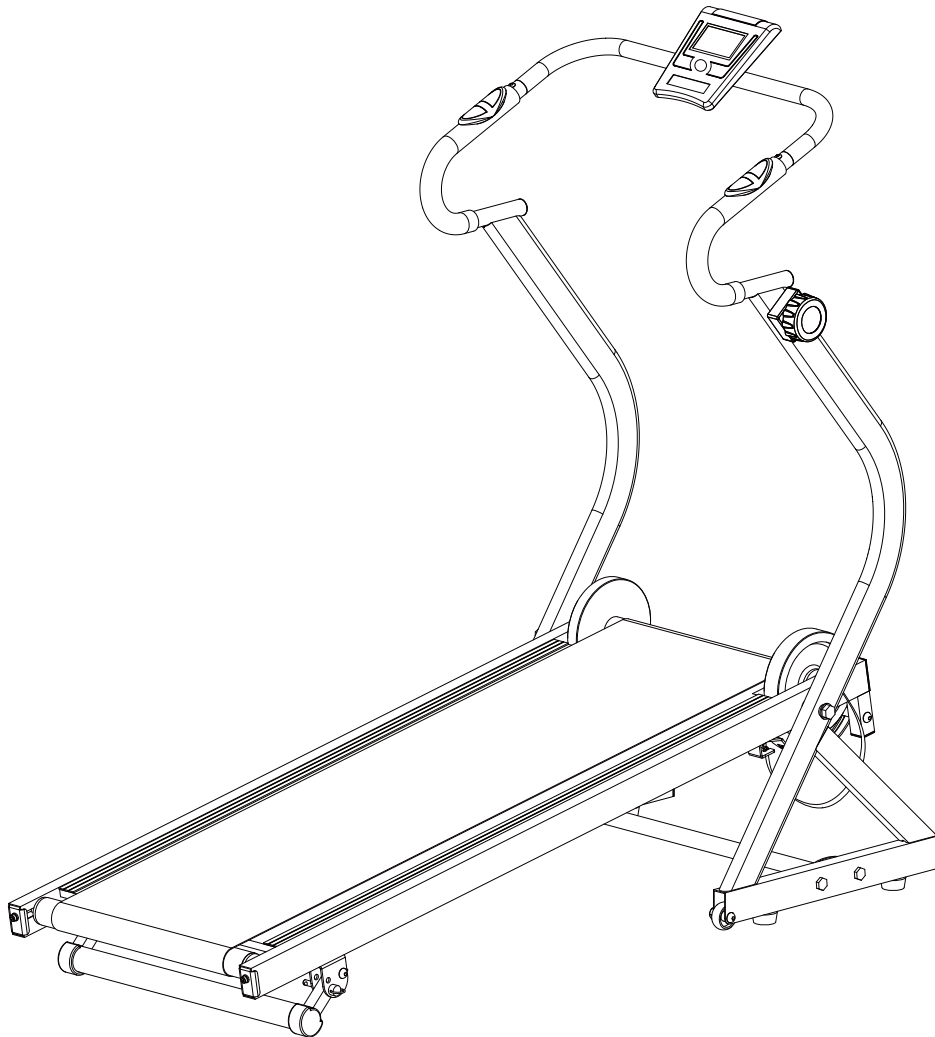


CV: mentor II, magnetic/TREADMILL

Item No.: 40125

LifeGear

Get active for life



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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ONE YEAR LIMITED WARRANTY

LifeGear Inc. warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with LifeGear's Owner's Manual. LifeGear's obligation under this warranty is limited to replacing or repairing, free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application.

From the date of purchase, the frame is warranted to be free from defects for 1 (one) year.

This warranty is extended only to the original owner and is not transferable.

When ordering replacement parts please have the following information ready:

- 1. Owner's Manual**
- 2. Model Number**
- 3. Description of Parts**
- 4. Part Number**
- 5. Date of Purchase**

SAFETY INSTRUCTIONS

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

1. Check every part of the equipment before exercise. If there is any defective component, replace it immediately; keep the equipment out of use until repair.
2. Make sure all parts, bolts and nuts are well assembled and locked before exercise.
3. Never insert any object into any opening.
4. Never operate this magnetic treadmill 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.
5. 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*.
6. 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.
7. Keep children and pets away from the equipment while in use.
8. Do not use the treadmill outdoors. This magnetic treadmill is for household use only.
9. Only **one** person should be on the treadmill while in use.
10. Keep the magnetic treadmill on a solid, level surface with the minimum safety area clearance of 2000mm x 1000mm of the magnetic treadmill. Be sure the area around the treadmill remains clear during use and has adequate clearance.
11. Hold the handlebar with your hands when starting or stopping exercise and increasing or decreasing the speed.
12. If feeling chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
13. The maximum weight capacity for this product is 110kgs.

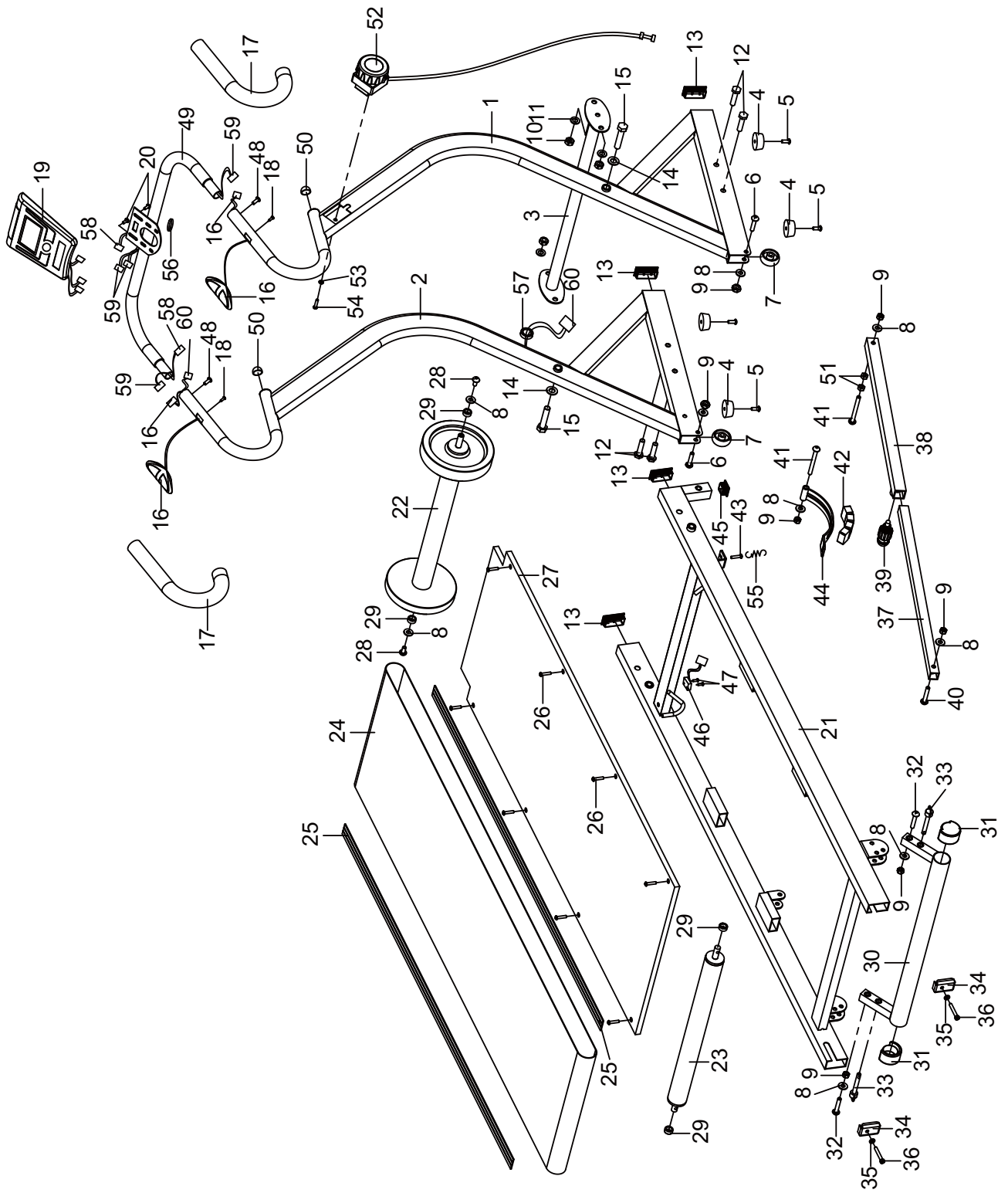
WARNING: Before beginning any exercise program consult your physician.

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.

CAUTION: Read all instructions carefully before operating this product.

Retain this Owner's Manual for future reference.

OVERVIEW DRAWING



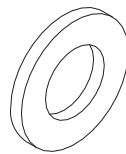
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Right Handlebar Support Frame 513x40x1180	1	031	Incline Adjustment Frame End Cap Ø25x27	2
002	Left Handlebar Support Frame 513x40x1180	1	032	Bolt M8x38	2
003	Connection Support Frame 103x535x54	1	033	Locking Pin	2
004	Rubber Pad Ø33xØ38x16	4	034	Rear Roller Adjustment Bolt Plate	2
005	Bolt M6x16	4	035	Washer Ø6	2
006	Bolt M8x35	2	036	Rear Roller Adjustment Bolt M6x55	2
007	Wheel Ø50xØ8x20	2	037	Safety Tube A	1
008	Washer Ø8	9	038	Safety Tube B	1
009	Nylon Nut M8	7	039	Spring Knob	1
010	Nylon Nut M10	4	040	Bolt M8x42	1
011	Washer Ø10	4	041	Bolt M8x75	2
012	Bolt M10x40	4	042	Magnet	4
013	End Cap (25x50)	4	043	Hex Head Bolt M5x25	1
014	Washer Ø12	2	044	Magnet Bracket	1
015	Bolt M12x65	2	045	Square End Cap (25x25)	1
016	Hand Pulse Sensor with Wire	2	046	Sensor with Wire 100mm	1
017	Foam Grip Ø28xØ23x280	2	047	Screw ST2.9x9.5	2
018	Screw M4x15mm.	2	048	Bolt M6x12	2
019	Computer XLG-605	1	049	Handlebar	1
020	Bolt M5x10	2	050	Handlebar End Cap Ø25	2
021	Main Frame	1	051	Nut M8	2
022	Front Roller Ø160xØ42x445	1	052	Tension Control Knob L=1080mm	1
023	Rear Roller Ø42x443	1	053	Curve Washer for Tension Control Knob Ø5	1
024	Running Belt 360x2532x1.3	1	054	Bolt for Tension Control Knob M5x25	1
025	Side Rail 30x1056x2	2	055	Spring	1
026	Bolt M5x25	8	056	Wire Plug Ø25xØ13x4	1
027	Running Deck 1114x458x12	1	057	Wire Plug Ø12	1
028	Bolt M8x15	2	058	Sensor Cable I (L=450mm)	1
029	Front Roller Sleeve	4	059	Sensor Cable II (L=450mm)	2
030	Incline Adjustment Frame 511x24x124	1	060	Sensor Cable III (L=1000mm)	1

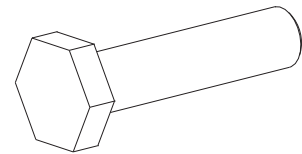
HARDWARE PACKING LIST



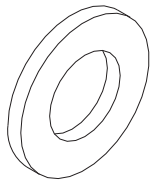
(10) Nylon Nut M10
4 PCS



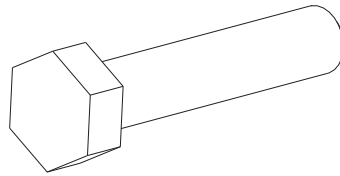
(11) Washer Ø10
4 PCS



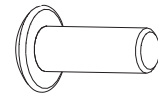
(12) Bolt M10x40
4 PCS



(14) Washer Ø12
2 PCS

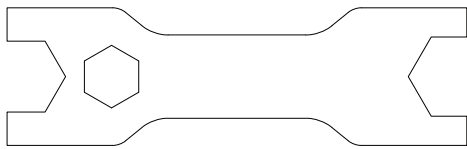


(15) Bolt M12x65
2 PCS



(48) Bolt M6x12
2 PCS

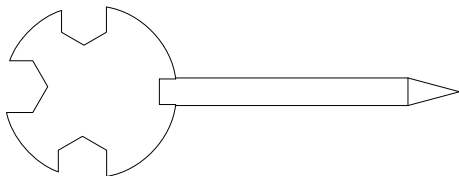
TOOLS



Multi Hex Tool S13, S17, S19
2 PCS

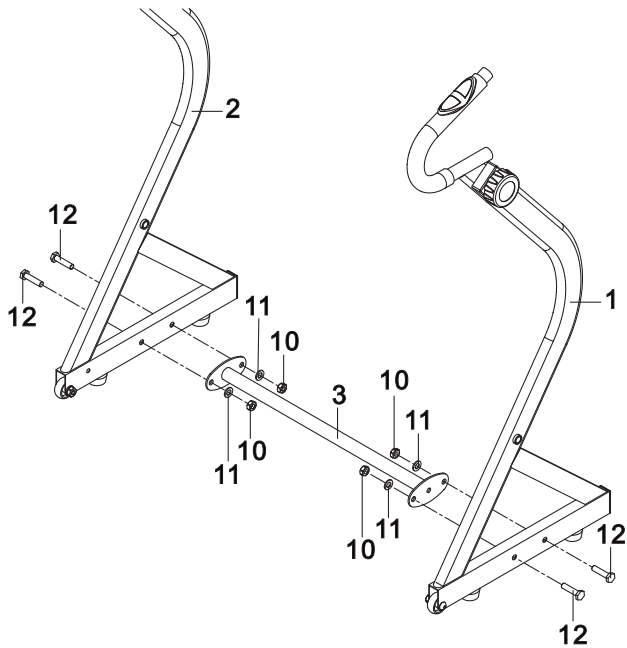


Allen Wrench #5
1 PC

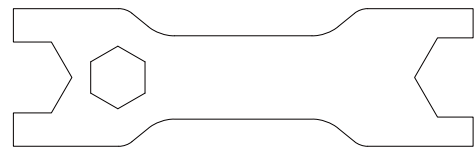


Multi Hex Tool with Phillips Screwdriver
1 PC

ASSEMBLY INSTRUCTIONS



Tool:

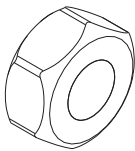


2 Multi Hex Tools (S13, S17, S19)

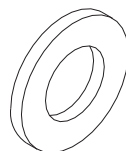
Step 1

Attach the Connection Support Frame (3) onto the Right/Left Handlebar Support Frames (1, 2) with four M10 Nylon Nuts (10), Ø10 Washers (11), and M10x40 Bolts (12). Tighten bolts with two Multi Hex Tools provided.

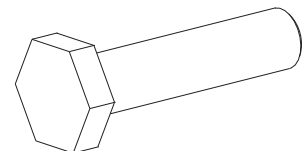
Hardware:



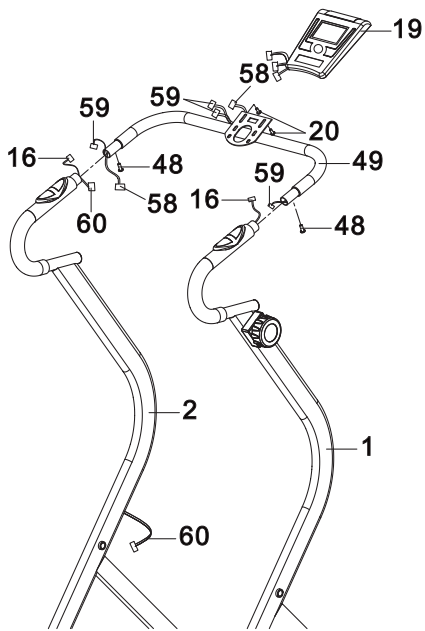
4 Nylon Nuts (M10)



4 Washers (Ø10)



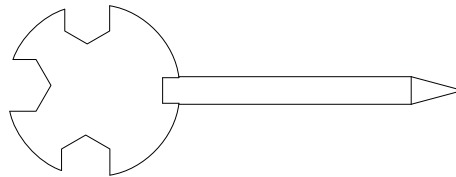
4 Bolts (M10x40)



Tool:



Allen Wrench #5



Multi Hex Tool with Phillips Screwdriver

Step 2

Connect the Hand Pulse Sensor Wire (16) from the Right Handlebar Support Frame (1) to the Sensor Cable II (59) from the Handlebar (49).

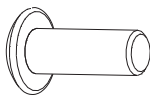
Connect the Hand Pulse Sensor Wire (16) and Sensor Cable III (60) from the Left Handlebar Support Frame (2) to the Sensor Cable II (59) and Sensor Cable I (58) from the Handlebar (49).

Attach the Handlebar (49) into the Right/Left Handlebar Support Frames (1, 2) with two M6x12 Bolts (48). Tighten bolts with the Allen Wrench provided.

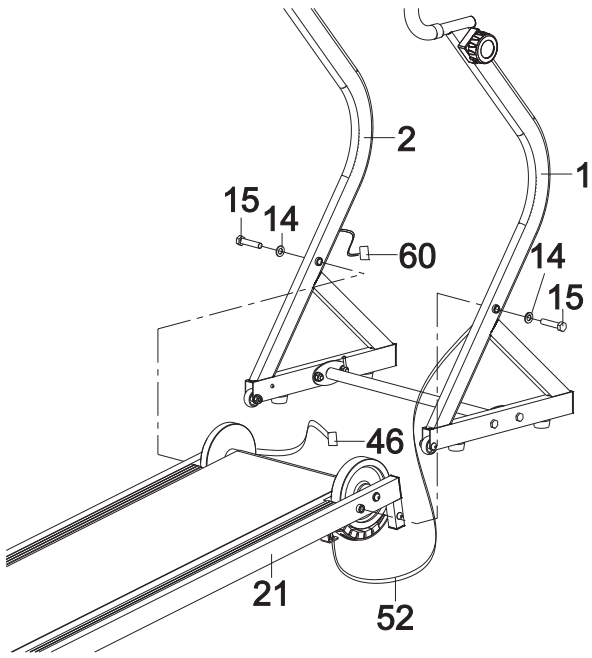
Remove two M5x10 Bolts (20) from the Computer (19). Connect the Sensor Cable I (58) and Sensor Cables II (59) from the Handlebar (49) to the wires that come from the Computer (19).

Attach the Computer (19) onto the plate of the Handlebar (49) with two M5x10 Bolts (20) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

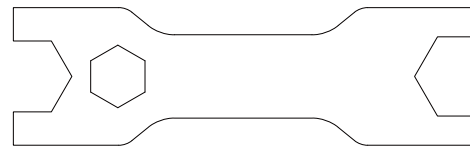
Hardware:



2 Bolts (M6x12)



Tool:



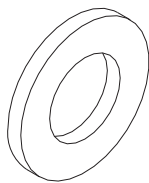
2 Multi Hex Tools (S13, S17, S19)

Step 3

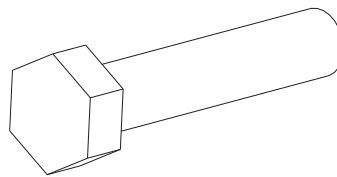
Attach the Main Frame (21) onto the Right/Left Handlebar Support Frames (1, 2) with two Ø12 Washers (14) and M12x65 Bolts (15). Tighten bolts with two Multi Hex Tools provided. Connect the Sensor Wire (46) from the Main Frame (21) to the Sensor Cable III (60) from the Left Handlebar Support Frame (2).

NOTE: It is recommended that you always use the aid of a second person when assembling the treadmill.

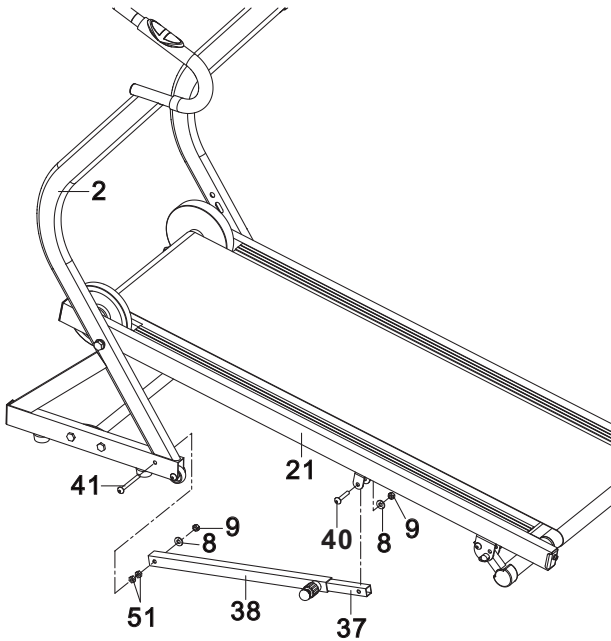
Hardware:



2 Washers (Ø12)



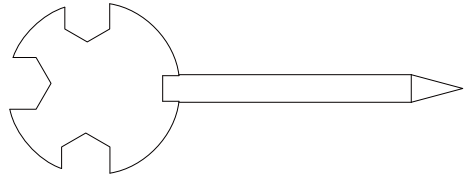
2 Bolts (M12x65)



Tool:



Allen Wrench #5



Multi Hex Tool with Phillips Screwdriver

Step 4

Remove one Ø8 Washer (8), M8 Nylon Nut (9), M8x75 Bolt (41), and two M8 Nuts (51) from the Safety Tube B (38).

Remove one Ø8 Washer (8), M8 Nylon Nut (9), and M8x42 Bolt (40) from the Safety Tube A (37).

Attach the Safety Tube B (38) onto the Left Handlebar Support Frame (2) with one Ø8 Washer (8), M8 Nylon Nut (9), M8x75 Bolt (41), and two M8 Nuts (51) that were removed. Tighten bolt and nylon nut with a Allen Wrench and Multi Hex Tool with Phillips Screwdriver provided.

Attach the Safety Tube A (37) onto the Main Frame (21) with one Ø8 Washer (8), M8 Nylon Nut (9), and M8x42 Bolt (40) that were removed. Tighten bolt and nylon nut with a Allen Wrench and Multi Hex Tool with Phillips Screwdriver provided.

OPERATING THE COMPUTER

SPECIFICATIONS:

TMR (TIMER)-----	00:00-99:59 MIN: SEC
SPD (SPEED)-----	0.0-999.9 KM/H
DST (DISTANCE)-----	0.00-99.99 KM
TOTAL (ODOMETER)-----	0.00-99.99 KM
CAL (CALORIES)-----	0.0-999.9 KCAL
PULSE -----	40-200 BEATS/MIN



KEY FUNCTIONS:

MODE: Press MODE key to select each function of computer.

Press and hold MODE key for 3 seconds, all functional values will reset to zero except the TOTAL (ODOMETER) function.

SET: Press SET key to set functional values of TIME, DISTANCE, or CALORIES for target presetting.

RESET: Press RESET key to reset functional values of TIME, DISTANCE, or CALORIES to zero for target presetting.

COMPUTER FUNCTIONS:

AUTO ON/OFF: When you start to exercise or press any key on the computer, the computer will turn on. If you leave the equipment for 4 minutes, the power will turn off automatically.

SCAN: Press MODE key until the screen displays SCAN; the computer will automatically scan the function of TMR, SPD, DST, TOTAL, and CAL every 4 seconds.

TMR (TIMER): Press MODE key until the screen displays TMR; the computer will display your elapsed workout time in minutes and seconds. When you start to exercise, time starts counting up from 0:00 to 99:59 minutes per 1 second increment. You may also preset target time before training when STOP appears on the screen. Press MODE key to select TMR function and then press SET key to preset target time. Press RESET key to reset the target values of TIME to zero. The preset target time range is from 0:00 to 99:00 minutes. Once you preset target time and then start to exercise, time starts counting down from preset target time to 0:00 per 1 second backward. When the preset target time counts down to 0:00, time will start to count up immediately and the computer will begin beeping to remind you.

SPD (SPEED): Press MODE key until the screen displays SPD; the computer will display the current training speed.

DST (DISTANCE): Press MODE key until the screen displays DST; the computer will display the accumulative distance traveled during workout. When you start to exercise, distance starts counting up from 0.00 to 99.99km per 0.01km increment. You may also preset target distance before training when STOP appears on the screen. Press MODE key to select DST function and then press SET key to preset target distance. Press RESET key to reset the target values of DISTANCE to zero. The preset target distance range is from 0.00 to 99.90km. Once you preset target distance and then start to exercise, distance starts counting down from preset target distance to 0.00 per 0.01km backward. When the preset target distance counts down to 0.00, distance will start to count up immediately and the computer will begin beeping to remind you.

TOTAL (ODOMETER): Press MODE key until the screen displays TOTAL; the computer will display the total accumulative distance traveled. The TOTAL function can not be reset to zero by pressing and holding MODE key for 3 seconds. If you take out the batteries from the computer, the TOTAL function will reset to zero.

CAL (CALORIES): Press MODE key until the screen displays CAL; the computer will display the total accumulated calories burned during workout. When you start to exercise, calories start counting up from 0.0 to 999.9 calories. You may also preset target calories before training when STOP appears on the screen. Press MODE key to select CAL function and then press SET key to preset target calories. Press RESET key to reset the target values of CALORIES to zero. The preset target calories range is from 0.0 to 999.0 calories. Once you preset target calories and then start to exercise, calories start counting down from preset target calories to 0.0. When the preset target calories count down to 0.0, calories will start to count up immediately and the computer will begin beeping to remind you. (This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

PULSE: Computer will display your current heart rate figures 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.

HOW TO INSTALL THE BATTERIES:

1. Remove the battery cover at the rear of computer.
2. Place two "SIZE-AA" batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment appear, remove batteries and wait 15 seconds before reinstalling.

LIFTING UP AND SETTING DOWN THE TREADMILL

Lifting Up the Treadmill

Holding the rear end of the Main Frame by one hand and then pull the Spring Knob (39) to lift The Main Frame up until the Spring Knob (39) "pops" down into the locked position. Check the Spring Knob (39) is "pop" down into the locked position before moving the treadmill. The unit can be carefully tilted onto its wheels for easy moving and storage.

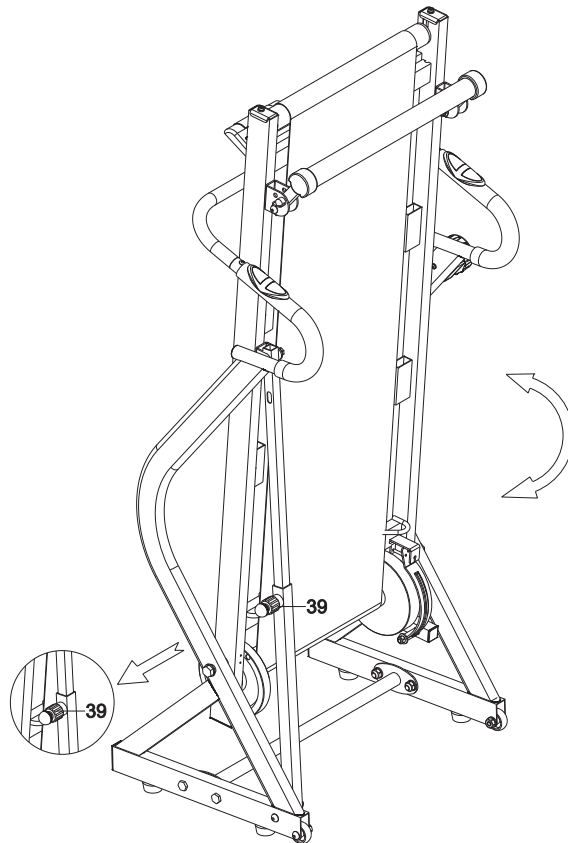
Setting Down the Treadmill

Place one hand on the rear end of the Main Frame and the other hand to pull the Spring Knob (39), then lower the Main Frame down from the rear of treadmill until the Spring Knob (39) "pops" down into the locked position.

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 MAIN FRAME.

Warning: Keep the children and pets away from the folding machine.

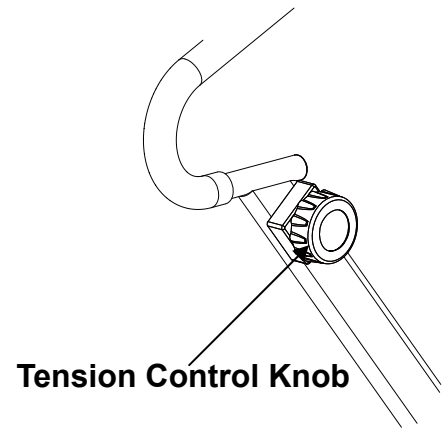


ADJUSTMENTS

Adjusting the Tension Control Knob

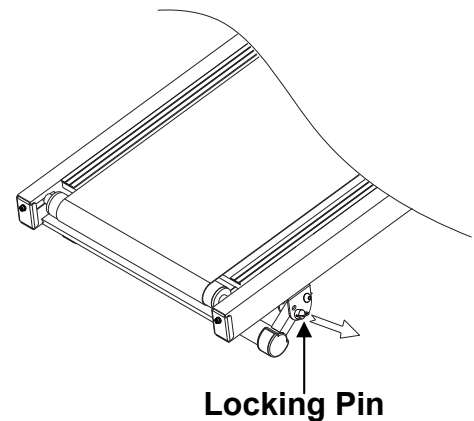
To increase the load, turn the Tension Control Knob in a clockwise direction.

To decrease the load, turn the Tension Control Knob in a counterclockwise direction.



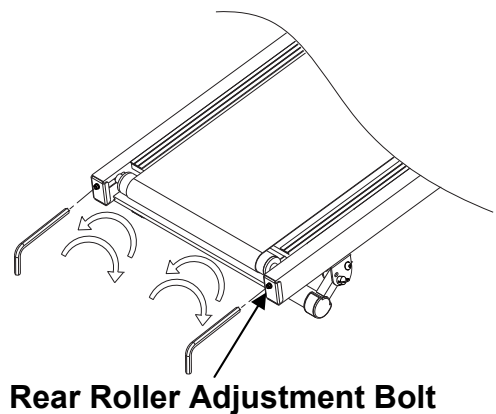
Adjusting the Incline Adjustment Frame

Place one hand on the rear end of the Main Frame. Lift the rear end of the Main Frame up and then remove the locking Pins from the Main Frame and Incline Adjustment Frame. Adjust the Incline Adjustment Frame to the desired position and insert the Locking Pins into the holes on the Main Frame and Incline Adjustment Frame that were removed.



Adjusting the Running Belt

The Running Belt is adjusted at the factory; it may come loose during transportation and from use. After prolong use of running, the belt will stretch out. If the Running Belt is shifting to the left, using the Allen Wrench provided, turn the left Rear Roller Adjustment Bolt 1/4 turn in a clockwise direction. Try running again; you should see the belt start to correct itself by moving back toward the center. Repeat the above procedure until the running belt is centered. If the Running Belt is shifting to the right, using the Allen Wrench provided, turn the right Rear Roller Adjustment Bolt 1/4 turn in the clockwise direction. Try running again; you should see the belt start to correct itself by moving back toward the center. Repeat the above procedure until the running belt is centered.



If the Running Belt is slipping during use, using the Allen Wrench provided, turn both left and right Rear Roller Adjustment Bolts 1/4 turn in the clockwise direction for the same distance, you should now walk on to the running belt to determine if the Running Belt is still slipping. Repeat the above procedure until the Running Belt is not slipping.

MAINTENANCE

Cleaning

The treadmill can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the treadmill after each use. Be careful not get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.

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

Please inspect all assembly bolts, nuts, and screws on the machine for proper tightness every week.

Storage

Store the treadmill in a clean and dry environment away from children.

TROUBLESHOOTING

PROBLEM: Treadmill running belt slips or is not centered on rear roller.

SOLUTION: Refer to “Adjusting the Running Belt” section on page 13.

PROBLEM: There is no display on the computer console.

SOLUTION: Remove the computer console and verify the wires that come from the computer console are properly connected to the wires that come from the handlebar.

SOLUTION: Check the batteries are correctly positioned and battery springs are proper contact with batteries.

SOLUTION: The batteries in the computer console may be dead. Change the new batteries.

PROBLEM: There is no heart rate reading or heart rate reading is erratic or inconsistent.

SOLUTION: Make sure that the wire connections for the hand pulse sensors are secure.

SOLUTION: 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.

SOLUTION: Gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.

PROBLEM: The treadmill makes a squeaking noise when in use.

SOLUTION: The bolts may be loose on the treadmill, please inspect the bolts and tighten the loose bolts.

WARM UP AND COOL DOWN ROUTINE

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.

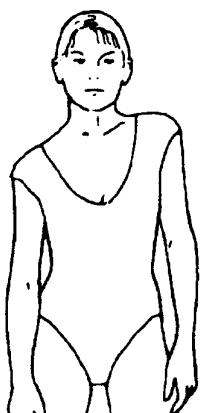
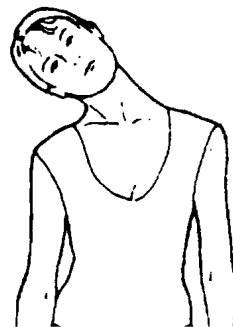
AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you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

The **WARM-UP** is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

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

HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch 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.

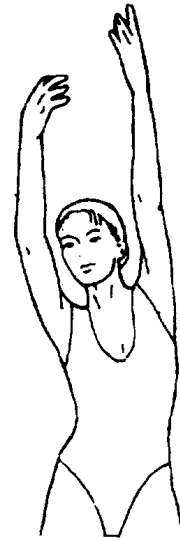


SHOULDER LIFTS

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.



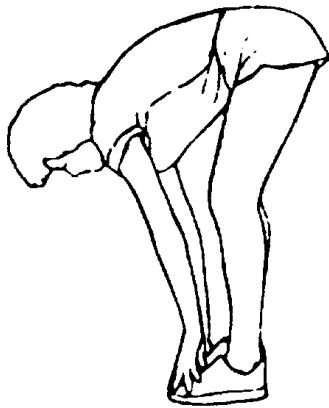
QUADRICEPS STRETCH

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.



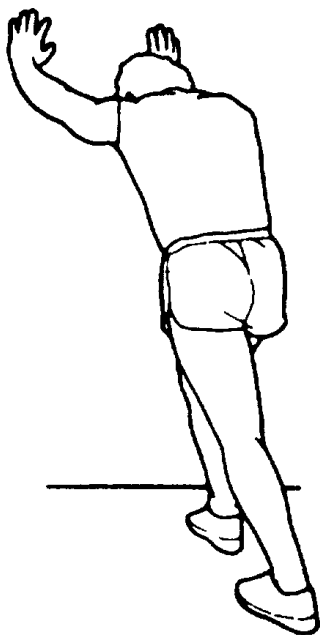
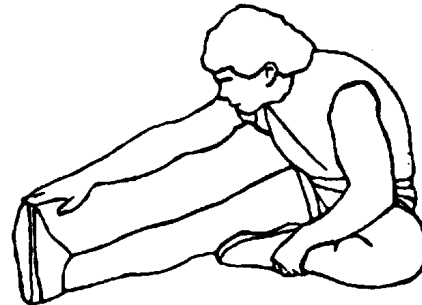


TOE TOUCHES

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.