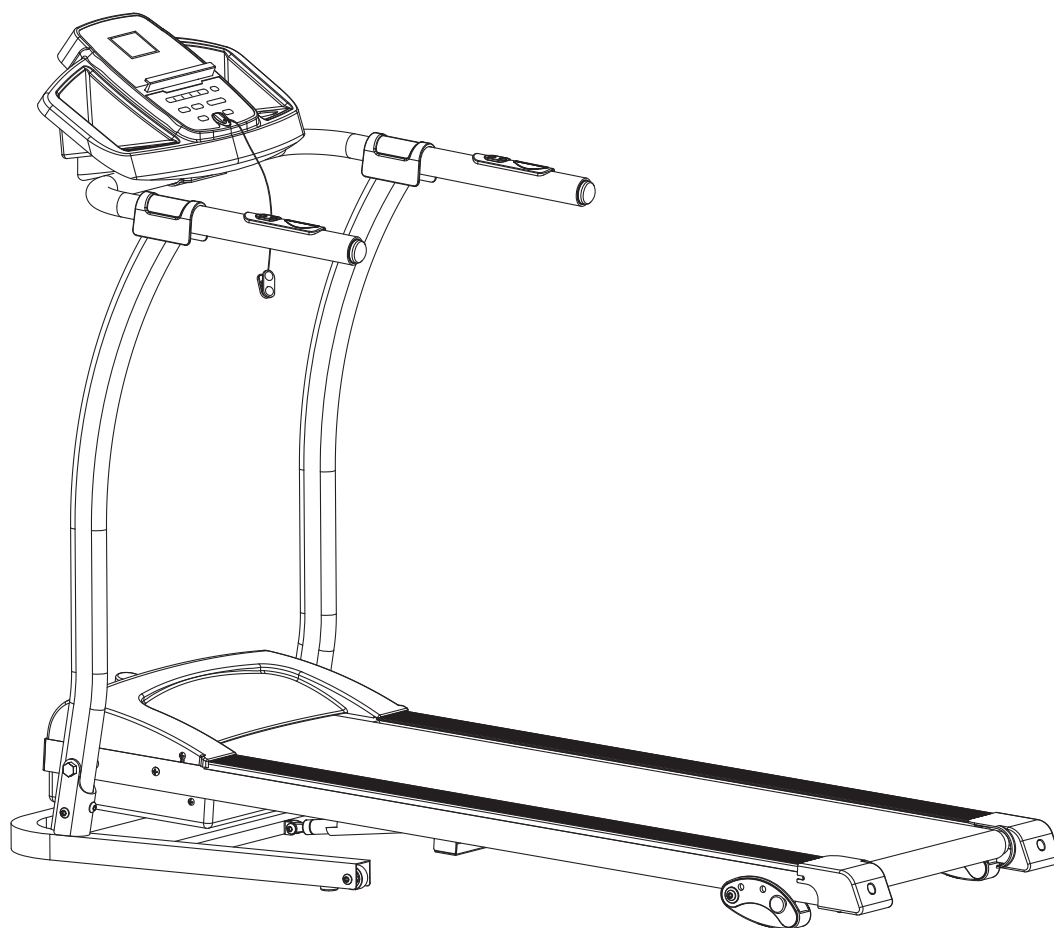


***ACTIVE PROGRAMMABLE
MOTORIZED TREADMILL
ITEM NO: 97018***

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 and are subject to change without prior 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 offered only to the original owner and is not transferable. Proof of purchase is required.

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**

IMPORTANT SAFETY INSTRUCTIONS

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

DANGER: To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet immediately after using and before cleaning, assembling, or servicing the treadmill.

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 while plugged in. Disconnect by turning off the master power switch and unplugging from wall 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 *Authorised Service Representative*.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and other obstructions.
- 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.
- Elderly or disabled users should only use this treadmill in the presence of an adult who can provide assistance if required.
- 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.
- The motor cover can become hot while the treadmill is in use. Do not place the treadmill on a blanket or other flammable surface as this can create a fire hazard.
- Keep electrical cord away from heated surfaces.
- Keep the treadmill on a solid, level surface with a minimum safety area clearance of two meters around the treadmill. Be sure the area around the treadmill remains clear of any obstructions during use.
- This treadmill is for domestic household use only.
- Only **one** person should use the treadmill at a time.
- Wear comfortable and suitable clothing when using the treadmill. Do not use the treadmill barefoot or in socks. Always wear appropriate, enclosed athletic footwear. Never wear loose or baggy clothing as it can become caught on the treadmill and create an entrapment hazard.

- Always hold on to the handrails while using the treadmill.
- Always make sure the foot lock latch tube is in place when folding and moving the treadmill.
- Do not leave children who are under 12 years-old unsupervised near or on the treadmill.
- To disconnect, turn all controls to the off position, then remove plug from the wall 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 not be allowed to play on or near the treadmill at any time.
- CAUTION - RISK OF INJURY TO PERSONS - To avoid injury, use extreme caution when stepping onto or off of a moving treadmill belt. Carefully read this instruction manual before use.
- **Maximum Weight Capacity is 110 kgs.**
- Pull out the Safety Tether Key for emergency stop.
- This unit must be plugged into a nominal 220 volt 50/60 Hz outlet which has been grounded.
- Keep hands clear of all moving parts. Never place hands or feet under the treadmill while in use.
- Do not use the treadmill on a carpet that is greater than 1.3 cm in height.
- Before using the treadmill, check that the belt is aligned and centered on the running deck and all visible fasteners on the treadmill are sufficiently tightened and secure.
- Children shall not play with the appliance.
- Cleaning and user maintenance shall not be made by children without supervision.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- Never operate this treadmill if it is in the folded position.
- Allow the running belt to fully stop and unplug the power cord from the wall outlet before folding up the treadmill.
- Always face towards the computer console and do not run backwards on the running belt.

WARNING: Before beginning any exercise program consult your physician.

This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

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

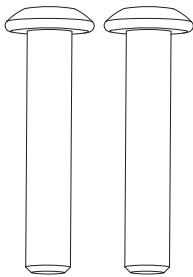
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Base Frame	1	031	Cross Recessed Truss Head Screw M5x10	10
002	Main Frame	1	032	Flange Nut M8	4
003	Left Handlebar Support Tube	1	033	Hexagon Head Bolt M8x30	4
004	Right Handlebar Support Tube	1	034	Spring Washer M8	4
005	Foot Lock Latch Tube	1	035	Washer M8	4
006	Main Control Cable (L=1700 mm)	1	036	Cross Recessed Truss Head Screw M6x20	1
007	Foot Pad for Base Frame Ø30x7	4	037	Hexagon Socket Round Head Cap Bolt M8x55	3
008	Cross Recessed Oval Head Bolt M6x16	4	038	Cross Recessed Countersunk Head Bolt M6x25	4
009	Transport Wheel Ø37x22	2	039	Cross Recessed Countersunk Head Bolt M6x40	6
010	Hexagon Socket Oval Head Bolt M8x50	4	040	Flange Nut M6	10
011	Nylon Nut M8	8	041	EVA Reinforced Pad 400x30xT3.0	3
012	Spacer Ø16xØ12.2x38	2	042	EVA Deck Bumper 28x28xT5	4
013	Hexagon Head Bolt M12x80	2	043	EVA Adhesive 1080x25xT3	4
014	Hexagon Socket Oval Head Bolt M8x15	2	044	Hexagon Socket Oval Head Bolt M8x45	1
015	Hexagon Socket Oval Head Bolt M8x30	3	045	Power Cord (L=1700 mm)	1
016	Motor	1	046	Power Switch	1
017	Foot Pad for Motor Ø22xT10	4	047	Power Cord Grommet	1
018	Front Roller Ø105xØ42xØ15x514	1	048	Fuse Box	1
019	Rear Roller Ø42xØ15x500	1	049	Incline Adjuster	2
020	Running Belt 400x2560xT1.6	1	050	Lock Pin Ø28x17xØ10x45	2
021	Side Rail 80x12x1090	2	051	Wire for Fuse Box (L=100 mm)	1
022	Belt 180J6	1	052	Wire for Power Control Board (L=180 mm)	1
023	Running Deck 1130x500xT15	1	053	Power Control Board	1
024	Rectangular End Cap (□25x50)	2	054	Computer MT05J	1
025	Lower Motor Cover	1	055	Handlebar Bracket	1
026	Reinforced Tube 15x30xT1.1x500	3	056	Handlebar Plastic Cover	2
027	Upper Motor Cover	1	057	Cross Recessed Oval Head Tapping Screw Ø3x12	4
028	Rectangular End Cap (□20x40)	2	058	Hexagon Socket Round Head Cap Bolt M6x20	1
029	Left End Cover	1	059	Safety Tether Key	1
030	Right End Cover	1	060	Hexagon Socket Oval Head Bolt M8x55	4

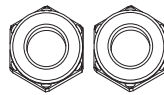
PARTS LIST

No.	Description	Qty	No.	Description	Qty
061	Handlebar Ø38	1	065	Handlebar Foam Grip	2
062	Handlebar End Cap Ø38	2	066	Cross Recessed Truss Head Screw ST4x25	4
063	Speed Buttons and Hand Pulse Sensor with Wire (L=2000 mm)	1	067	Curve Washer M8	4
064	Start/Stop Buttons and Hand Pulse Sensor with Wire (L=2000 mm)	1	068	Cross Recessed Oval Head Bolt M4x10	1

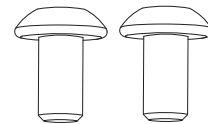
HARDWARE LIST



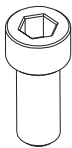
(10) Hexagon Socket Oval Head Bolt M8x50
2 PCS



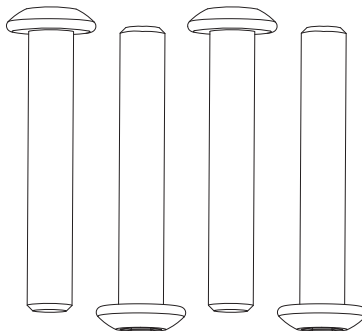
(11) Nylon Nut M8
2 PCS



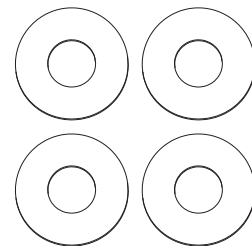
(14) Hexagon Socket Oval Head Bolt M8x15
2 PCS



(58) Hexagon Socket Round Head Cap Bolt M6x20
1 PC

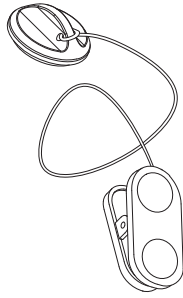


(60) Hexagon Socket Oval Head Bolt M8x55
4 PCS



(67) Curve Washer M8
4 PCS

PART INCLUDED



(59) Safety Tether Key
1PC

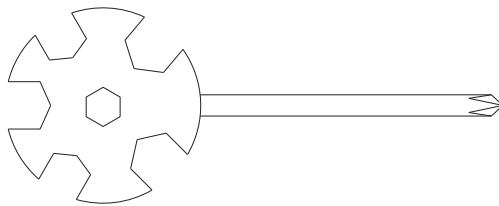
TOOLS



Allen Wrench 5 mm
1PC

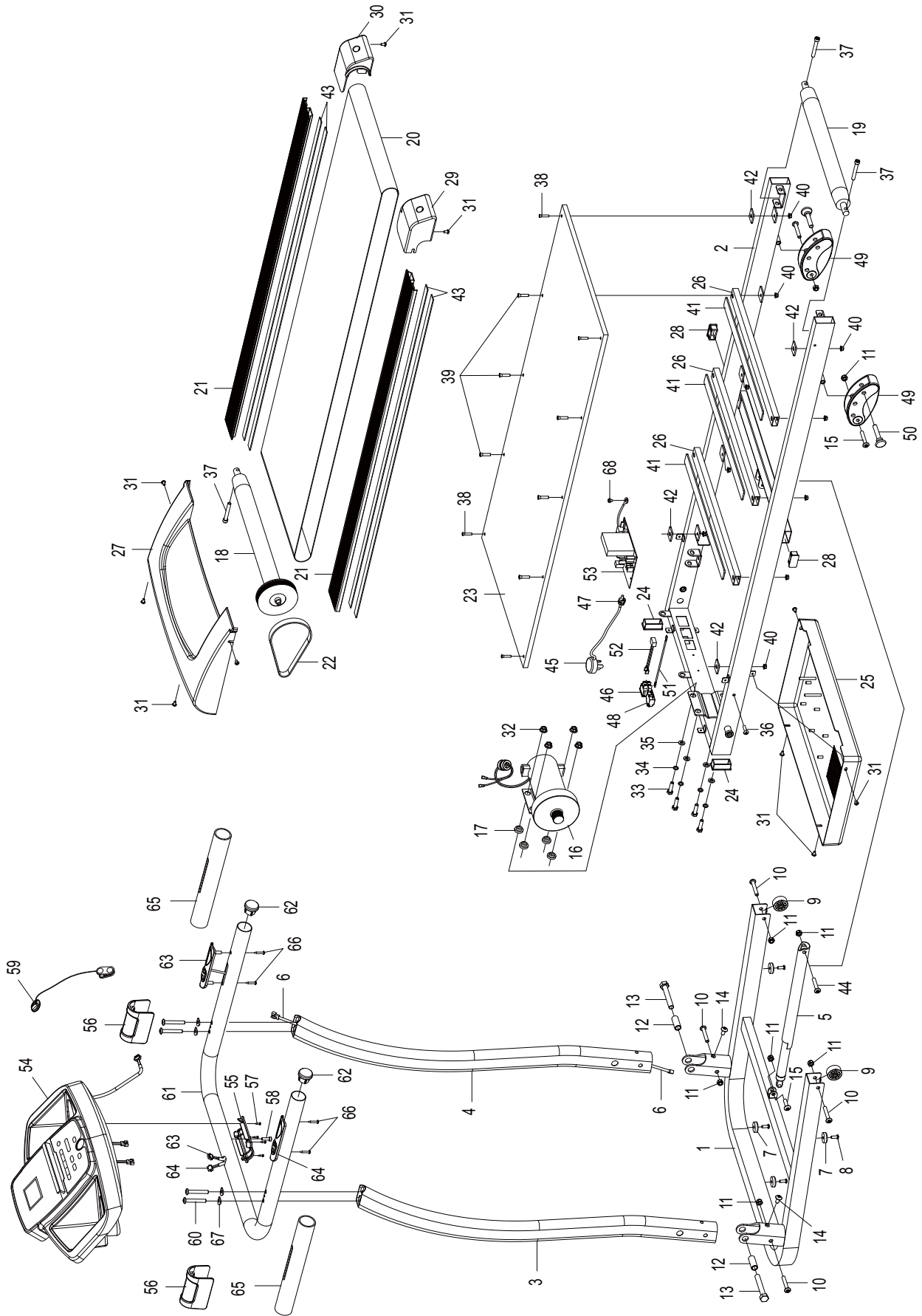


Allen Wrench 6 mm
1PC

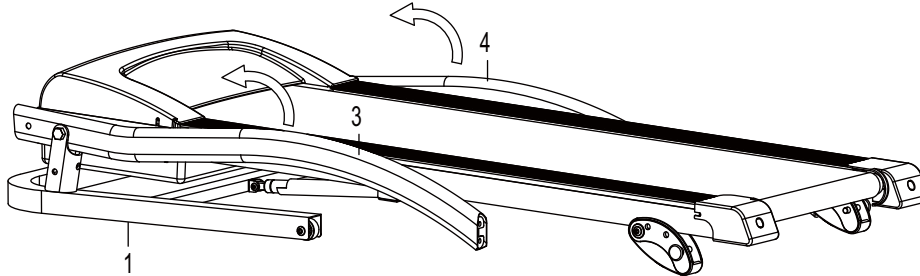


Multi Hex Tool with Phillips Screwdriver
1PC

EXPLODED VIEW



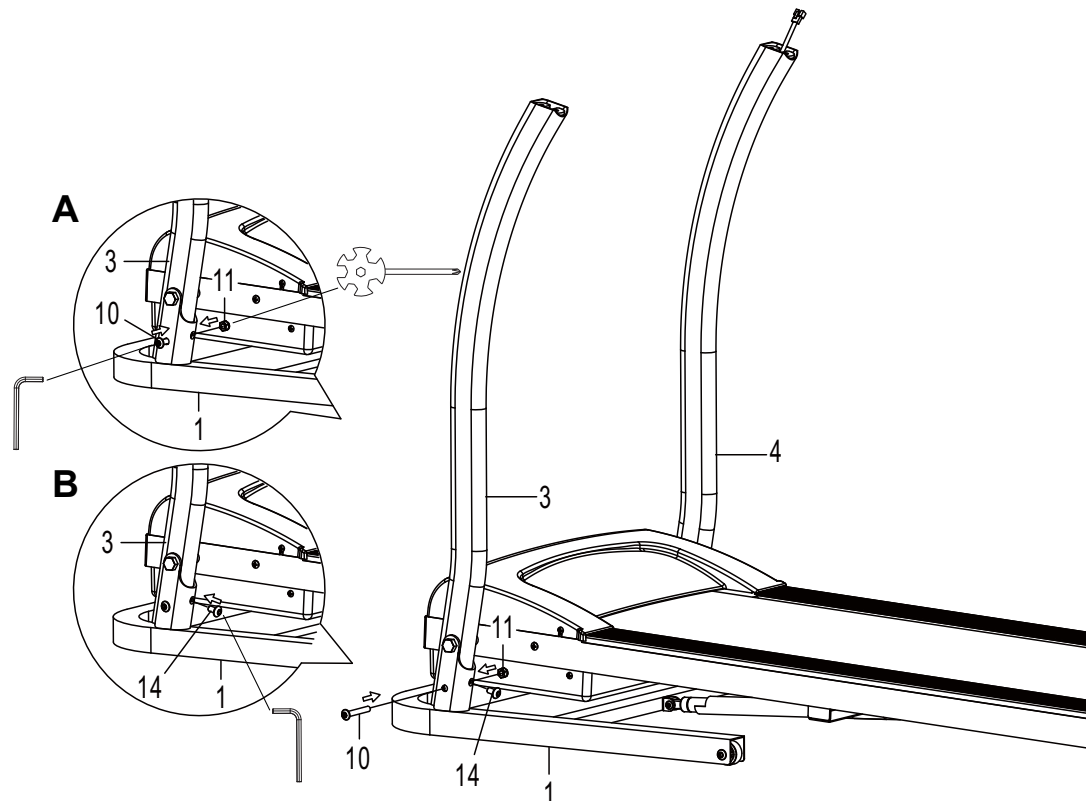
ASSEMBLY INSTRUCTIONS



Step 1

Remove the treadmill from the shipping carton and place it on a level flat surface. Please always use the aid of a second person when removing the treadmill from the shipping carton.

Lift both Left/Right Handlebar Support Tubes (3, 4) up and align bolt holes.



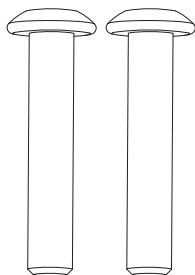
Step 2

It is recommended to have a second person assist with this step. One person should hold the Left/Right Handlebar Support Tubes (3, 4) in place while the other person tightens the bolts.

- A.** Use two M8x50 Hexagon Socket Oval Head Bolts (10) and two M8 Nylon Nuts (11) to secure both Left/Right Handlebar Support Tubes (3, 4) onto the Base Frame (1). Semi-tighten bolts with the 5 mm Allen Wrench and Multi Hex Tool with Phillips Screwdriver provided.
- B.** Use two M8x15 Hexagon Socket Oval Head Bolts (14) to secure both Left/Right Handlebar Support Tubes (3, 4) onto the Base Frame (1). Semi-tighten bolts with the 5 mm Allen Wrench provided.

NOTE: DO NOT FULLY TIGHTEN BOLTS IN STEP 2 UNTIL THE STEP 4 IS COMPLETE.

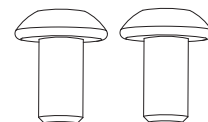
Hardware:



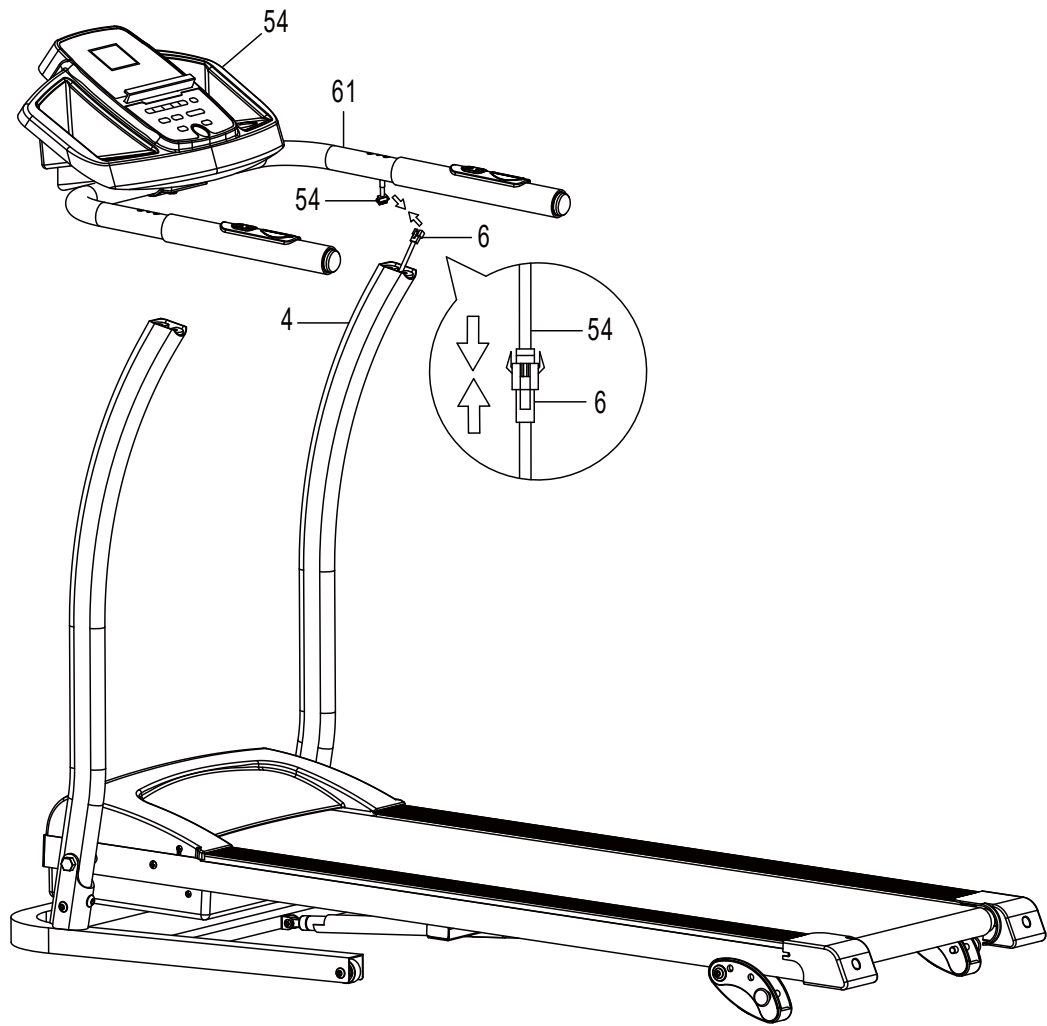
(10) Hexagon Socket Oval Head Bolt M8x50
2 PCS



(11) Nylon Nut M8
2 PCS



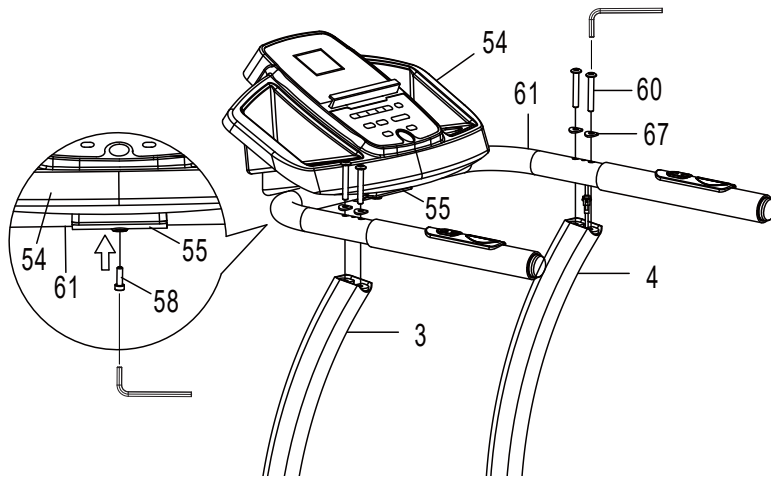
(14) Hexagon Socket Oval Head Bolt M8x15
2 PCS



Step 3

It is recommended to have a second person assist with this step. One person should hold the Handlebar (61) in place while the other person connects the wires.

Connect the cable that comes from the Computer (54) to the Main Control Cable (6) that comes from the Right Handlebar Support Tube (4).



Step 4

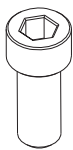
Slide the Handlebar (61) onto the both Left/Right Handlebar Support Tubes (3, 4). Secure the Handlebar (61) onto the both Left/Right Handlebar Support Tubes (3, 4) with four M8x55 Hexagon Socket Oval Head Bolts (60) and four M8 Curve Washers (67). Tighten bolts with the 5 mm Allen Wrench provided.

IMPORTANT: While sliding the Handlebar (61) onto the both Left/Right Handlebar Support Tubes (3, 4), make sure the cables are installed inside the Right Handlebar Support Tube (4) and pay attention not to pinch the cables.

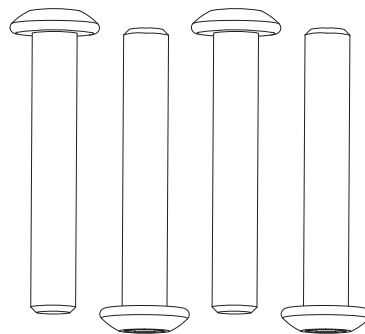
Turn the Computer (54) up or down to align the bolt hole on the Handlebar (61). Lock the Computer (54) in place by tightening a M6x20 Hexagon Socket Round Head Cap Bolt (58). Tighten bolt with the 5 mm Allen Wrench provided.

NOTE: PLEASE FULLY TIGHTEN BOLTS INSTALLED IN STEP 2 WITH THE TOOLS PROVIDED.

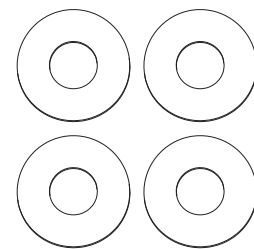
Hardware:



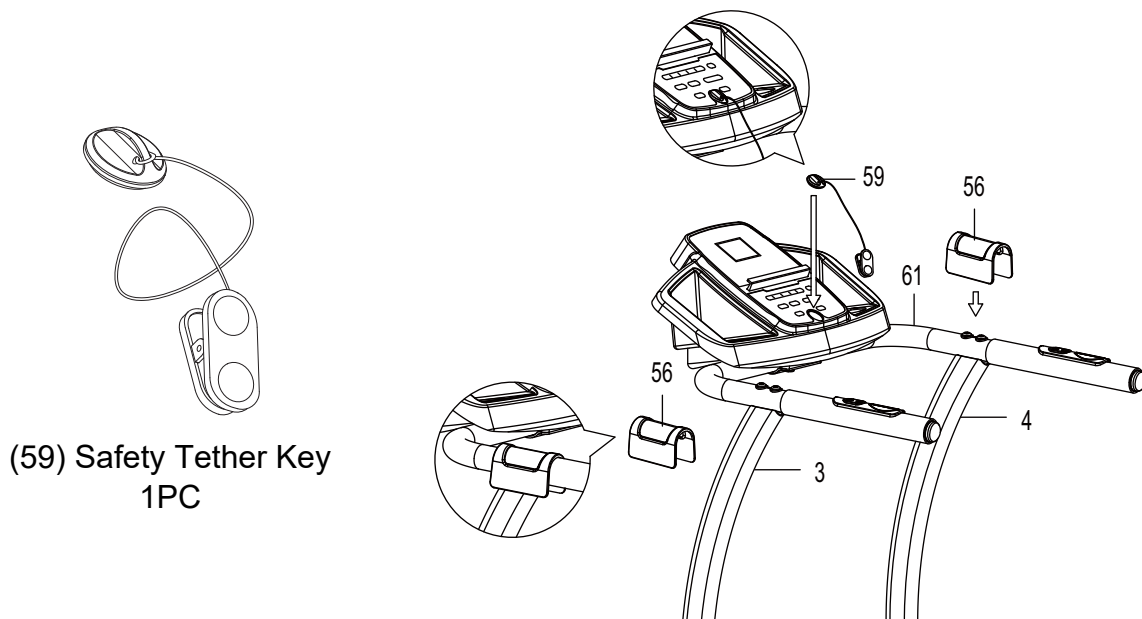
(58) Hexagon Socket Round Head Cap Bolt M6x20
1 PC



(60) Hexagon Socket Oval Head Bolt M8x55
4 PCS



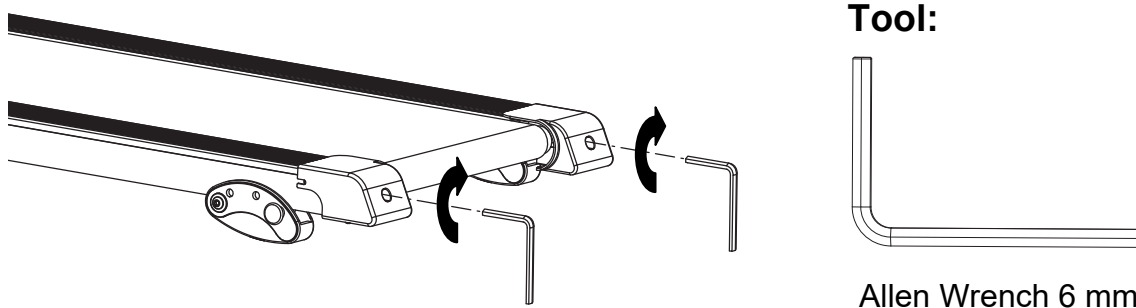
(67) Curve Washer M8
4 PCS



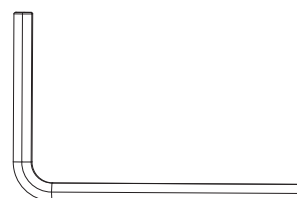
(59) Safety Tether Key
1PC

Step 5

Install both Handlebar Plastic Covers (56) onto the Handlebar (61).
Place the Safety Tether Key (59) onto the Computer (54).



Tool:



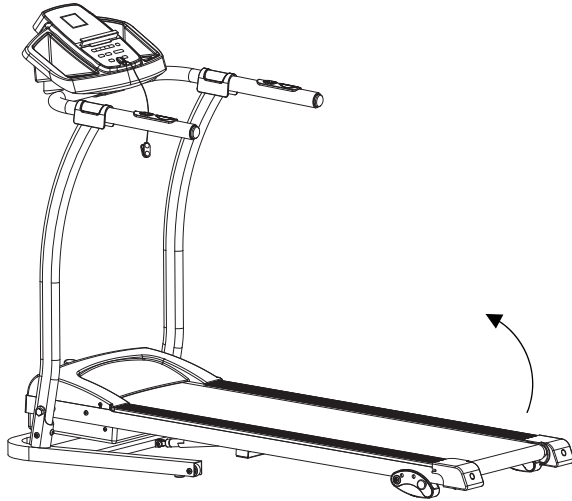
Allen Wrench 6 mm

Step 6

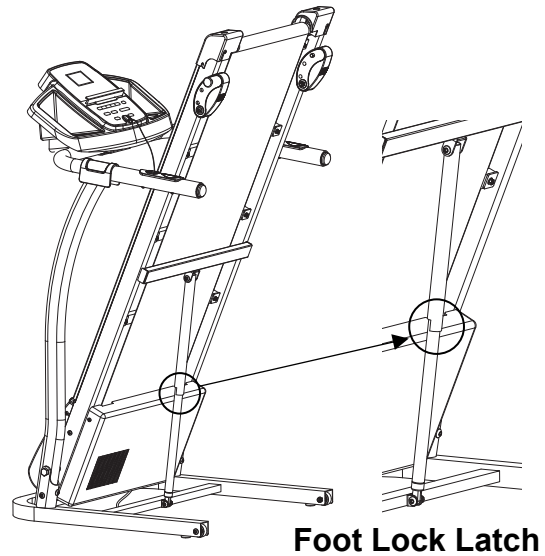
The running belt has been adjusted to the running deck at the factory before it was shipped. At times the running belt may get slippery during shipment. After the treadmill is completely assembled, use the 6 mm Allen Wrench provided to turn the both left and right rear roller adjustment bolts 1/4 turn clockwise before using the treadmill.

LIFTING UP THE TREADMILL

A



B

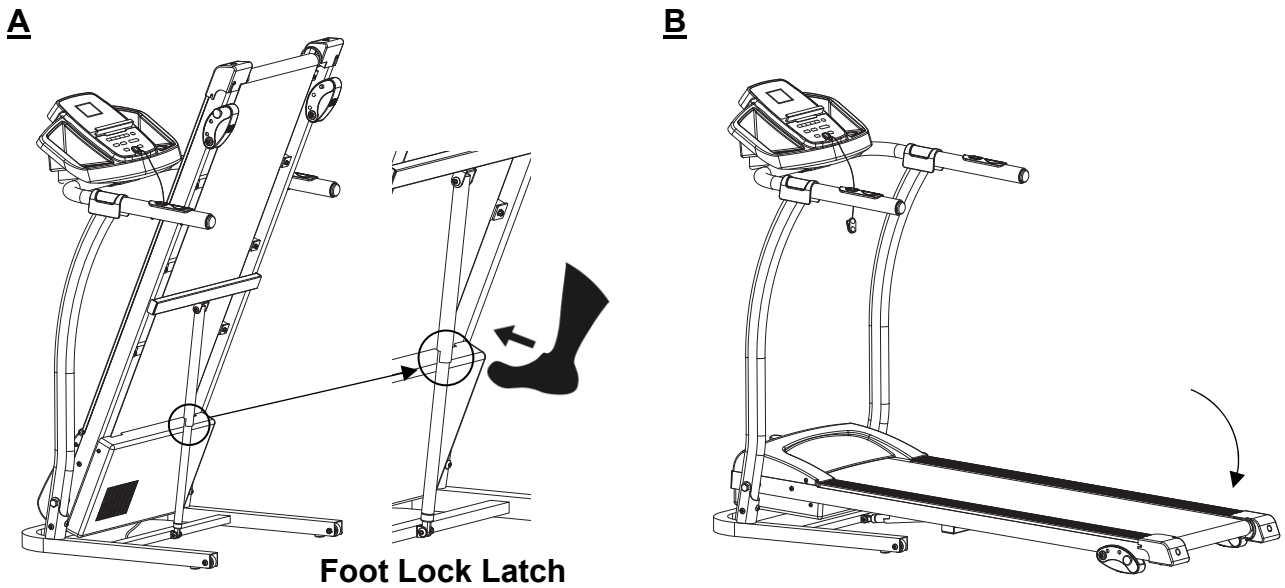


Firmly grasp the rear end of the main frame with both hands. Carefully lift the end of the main frame up into the upright position until the Foot Lock Latch engages and securely locks the main frame into position. Make sure the main frame is securely latched before moving the treadmill. See figures A and B.

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

CAUTION: Failure to secure the main frame with the foot lock latch may cause the treadmill accidental fall and cause bodily injury.

SETTING DOWN THE TREADMILL



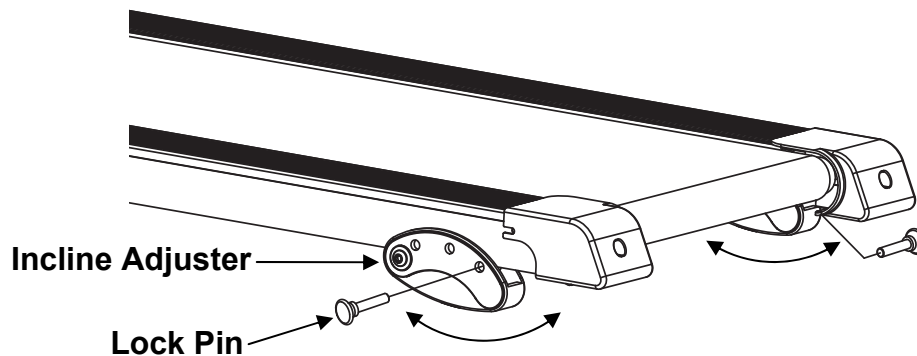
To set down the treadmill, firmly grasp the back end of the treadmill with both hands. Gently kick on the **Foot Lock Latch** with your foot until the lock latch disengages. Carefully lower the main frame to the ground. See figures A and B.

WARNING: Do not stand under the main frame 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.

Always keep children and pets away from the machine when folding, unfolding, or during operation.

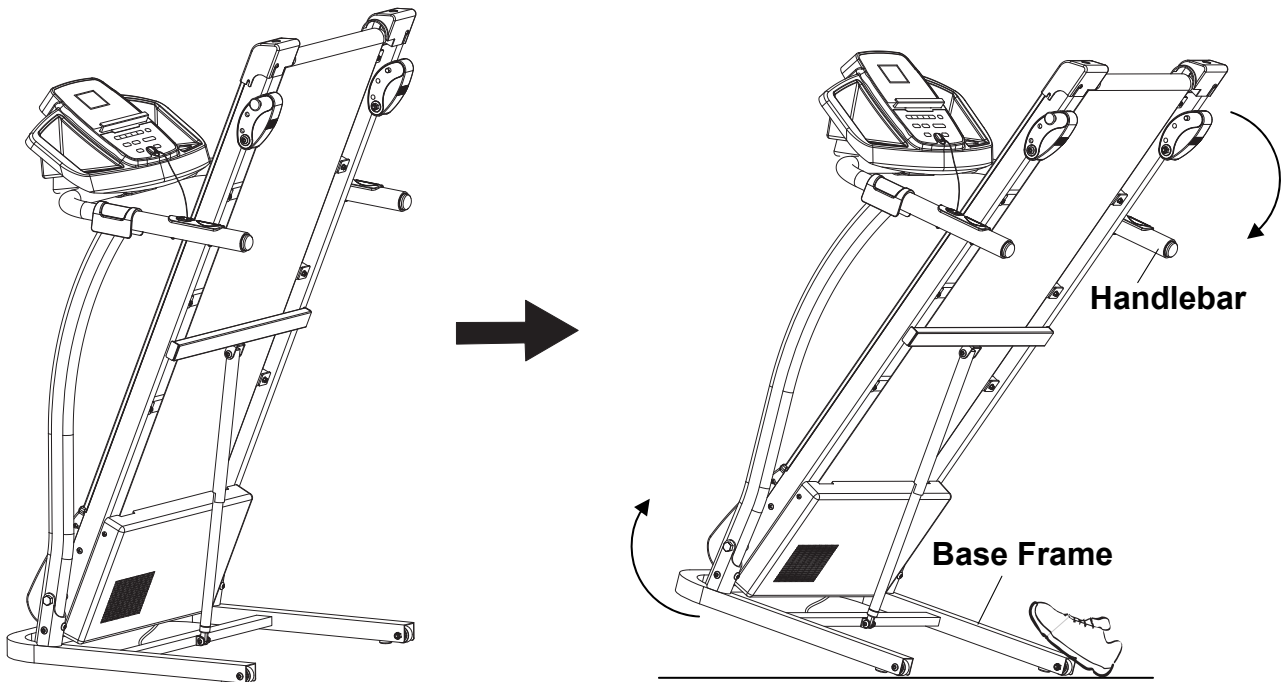
INCLINE ADJUSTMENT



There are 3 incline angles that the **Incline Adjuster** can be set to. Place one hand on the rear end of the main frame, then lift the rear end of the main frame up and use the other hand to remove the **Lock Pin**. Adjust the **Incline Adjuster** to the desired position and insert the **Lock Pin** into the holes on the main frame and **Incline Adjuster** to lock the **Incline Adjuster** in place.

NOTE: Make sure when adjusting the incline angle of the Incline Adjuster that both Incline Adjusters should be adjusted to the same angle. Using the Incline Adjusters at different angles can cause the treadmill to be unstable and cause injury.

MOVING THE TREADMILL



The unit can be carefully tilted onto its transport wheels for easy moving and storage. With the treadmill in the folded locked position, firmly grasp the **Handlebar** with both hands and place one foot on the **Base Frame**. Next, carefully tilt the treadmill back until it rolls freely on the transport wheels. To set the treadmill down, place one foot on the **Base Frame** and carefully lower treadmill onto base in the folded position.

CAUTION: The treadmill is heavy, it is suggested you always use the aid of a second person when moving the treadmill. Do not attempt to move the treadmill while it is in the unfolded position.

OPERATING THE COMPUTER



Flip the Master Power Switch that is located at the front of the treadmill to the ON position. Before beginning a workout session ensure that the Safety Tether Key is properly placed onto the Computer Console and the Safety Clip is securely attached to an article of your clothing.

NOTE: Always stand on the side rails when you start the treadmill, never start the treadmill while you are standing on the running belt.

QUICK START:

Press the START button on the computer to start exercise, the LCD window will countdown 3 seconds with the LCD showing "3-2-1" before the running belt starts moving. The running belt starts moving with an initial speed of 0.8 KPH. Always allow the treadmill to reach a speed of 0.8 KPH before stepping on to the running belt. You may press the SPEED \wedge or SPEED \vee button on the computer console or handlebar to increase or decrease the running speed during exercise. The split window of SPEED will display your current running speed. The speed range is from the minimum 0.8 KPH to the maximum 12.0 KPH. You may also press one of the INSTANT SPEED buttons (2 / 4 / 6 / 8 / 10) on the computer console and the split window of SPEED will display the speed that you have pressed and the running speed will change to 2 KPH, 4 KPH, 6 KPH, 8 KPH, or 10 KPH respectively. The split window of TIME will display your elapsed workout time in minutes and seconds. The split window of DIST. (DISTANCE) will display the accumulative distance travelled during workout. The split window of CAL. (CALORIES) will display the total accumulated calories burned during workout. The split window of PULSE will display your current heart rate in beats per minute (BPM). To activate, grip the hand pulse sensors on both handlebars during exercise and the pulse will display after 4-5 seconds. For a more accurate reading, grip pulse sensors with both hands. During training, you may press the STOP button on the computer console to stop the treadmill running at any time, or pull out the safety tether key to stop the treadmill running.

FUNCTION BUTTONS:

START:

Press the START button to start training on different training mode.

STOP:

Press the STOP button to stop training on different training mode.

PROG (PROGRAM):

Press the PROG button to select the pre-set training program (P01-P12) mode before training.

MODE:

Press the MODE button to select different functions (time or distance) for setting exercise goals in manual program mode before training.

SPEED ^ (SPEED UP):

Press the SPEED ^ button to make upward adjustments for pre-setting target training time or distance in manual program mode before training.

Press the SPEED ^ button to make upward adjustments for pre-setting target training time in pre-set training program (P01-P12) mode before training.

Makes speed adjustments during all training periods on different training modes.

The speed range is from 0.8 KPH to 12.0 KPH.

SPEED v (SPEED DOWN):

Press the SPEED v button to make backward adjustments for pre-setting target training time or distance in manual program mode before training.

Press the SPEED v button to make backward adjustments for pre-setting target training time in pre-set training program (P01-P12) mode before training.

Makes speed adjustments during all training periods on different training modes.

The speed range is from 0.8 KPH to 12.0 KPH.

INSTANT SPEED (2 / 4 / 6 / 8 / 10):

Used to reach desired speed more quickly.

PULSE/cal:

During exercise mode, press the PULSE/cal button to switch display the pulse and calories values on the split window of PULSE/CAL..

DISPLAY FUNCTIONS:

TIME: Displays your elapsed workout time in minutes and seconds. Press the START button on the computer to begin exercising, the LCD window will countdown 3 seconds with the LCD showing "3-2-1" before the running belt starts moving. The running belt starts moving with an initial speed of 0.8 KPH. You may press the SPEED ^ or SPEED v button on the computer console or handlebar to increase or decrease the running speed during exercise. Time starts counting up.

SPEED: Displays the current speed from the minimum 0.8 KPH to the maximum 12.0 KPH. You may increase or decrease the speed by pressing the SPEED ^ or SPEED v button on the computer console or handlebar.

DIST. (DISTANCE): Displays the accumulative distance travelled during workout. Press the START button on the computer to begin exercising, the LCD window will countdown 3 seconds with the LCD showing "3-2-1" before the running belt starts moving. The running belt starts moving with an initial speed of 0.8 KPH. You may press the SPEED ^ or

SPEED ∨ button on the computer console or handlebar to increase or decrease the running speed during exercise. Distance starts counting up.

CAL. (CALORIES): Displays the total calories burned during your workout. Press the START button on the computer to begin exercising, the LCD window will countdown 3 seconds with the LCD showing "3-2-1" before the running belt starts moving. The running belt starts moving with an initial speed of 0.8 KPH. You may press the SPEED ^ or SPEED ∨ button on the computer console or handlebar to increase or decrease the running speed during exercise. Calorie starts counting up. (This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

PULSE: Displays your current heart rate in beats per minute (BPM). To activate, grip the hand pulse sensors during exercise and the pulse will display after 2-5 seconds. For a more accurate reading, grip pulse sensors with both hands.

TRAINING IN MANUAL PROGRAM MODE:

You may pre-set target TIME or DISTANCE in STOP mode before training. **Only one of the functions can be pre-set.**

To set TIME press the MODE button on the computer console until you see the split window of TIME begin blinking. Press the SPEED ^ or SPEED ∨ button on the computer console or handlebar to change the setting. Each increment is 1 minute. The pre-set target time range is from 5:00 to 99:00 minutes. Once you pre-set target time, press the START button on the computer to begin exercising. The running belt starts moving with an initial speed of 0.8 KPH. You may press the SPEED ^ or SPEED ∨ button on the computer console or handlebar to increase or decrease the running speed during exercise. Time starts counting down from pre-set target time to 0:00 per 1 second backward. When the pre-set target time counts down to 0:00, the computer will beep to alert you and the treadmill will stop automatically.

To set DISTANCE press the MODE button on the computer console until you see the split window of DISTANCE begin blinking. Press the SPEED ^ or SPEED ∨ button on the computer console to change the setting. The pre-set target distance range is from 0.50 to 99.5 kilometers, the default distance is 1 kilometer. Once you pre-set target distance, press the START button on the computer to begin exercising. The running belt starts moving with an initial speed of 0.8 KPH. You may press the SPEED ^ or SPEED ∨ button on the computer console or handlebar to increase or decrease the running speed during exercise. Distance starts counting down from pre-set target distance to 0.00. When the pre-set target distance counts down to 0.00, the computer will beep to alert you and the treadmill will stop automatically.

TRAINING IN PRE-SET PROGRAM MODE (P01-P12):

The computer offers 12 pre-set programs (P01-P12). You may select one of the pre-set training programs in STOP mode before training. Press the PROG (PROGRAM) button on the computer console to select one of the training programs. The split window of TIME begin blinking. You may press the SPEED ^ or SPEED ∨ button on the computer console or handlebar to change the setting. Each increment is 1 minute. The pre-set target time range is from 5:00 to 99:00 minutes. Once you pre-set target time, press the

START button on the computer to begin exercising. The running speed will change automatically during the workout (as shown below). The program is split evenly into 20 intervals. You may press the SPEED \wedge or SPEED \vee button on the computer console or handlebar to increase or decrease the running speed during exercise. When the pre-set training program time count down to 0:00, the computer will beep to alert you and the treadmill will stop automatically.

P01	INTERVAL	1	2	3	4	5	6	7	8	9	10
	SPEED (KPH)	2	3	3	4	5	3	4	5	5	3
	INTERVAL	11	12	13	14	15	16	17	18	19	20
	SPEED (KPH)	4	5	4	4	4	2	3	3	5	3

P02	INTERVAL	1	2	3	4	5	6	7	8	9	10
	SPEED (KPH)	2	4	4	5	6	4	6	6	6	4
	INTERVAL	11	12	13	14	15	16	17	18	19	20
	SPEED (KPH)	5	6	4	4	4	2	2	5	4	2

P03	INTERVAL	1	2	3	4	5	6	7	8	9	10
	SPEED (KPH)	2	4	4	6	6	4	7	7	7	4
	INTERVAL	11	12	13	14	15	16	17	18	19	20
	SPEED (KPH)	7	7	4	4	4	2	4	5	3	2

P04	INTERVAL	1	2	3	4	5	6	7	8	9	10
	SPEED (KPH)	3	5	5	6	7	7	5	7	7	8
	INTERVAL	11	12	13	14	15	16	17	18	19	20
	SPEED (KPH)	8	5	9	5	5	6	6	4	4	3

P05	INTERVAL	1	2	3	4	5	6	7	8	9	10
	SPEED (KPH)	2	4	4	5	6	7	7	5	6	7
	INTERVAL	11	12	13	14	15	16	17	18	19	20
	SPEED (KPH)	8	8	5	4	4	6	5	5	4	2

P06	INTERVAL	1	2	3	4	5	6	7	8	9	10
	SPEED (KPH)	2	4	3	4	5	4	8	7	5	7
	INTERVAL	11	12	13	14	15	16	17	18	19	20
	SPEED (KPH)	8	3	6	4	4	2	5	4	3	2

P07	INTERVAL	1	2	3	4	5	6	7	8	9	10
	SPEED (KPH)	2	3	3	3	4	5	3	4	5	3
	INTERVAL	11	12	13	14	15	16	17	18	19	20
	SPEED (KPH)	4	5	3	3	3	6	6	5	3	3

P08	INTERVAL	1	2	3	4	5	6	7	8	9	10
	SPEED (KPH)	2	3	3	6	7	7	4	6	7	4
	INTERVAL	11	12	13	14	15	16	17	18	19	20
	SPEED (KPH)	4	4	6	7	4	4	4	2	3	2

P09	INTERVAL	1	2	3	4	5	6	7	8	9	10
	SPEED (KPH)	2	4	4	7	7	4	7	8	4	8
	INTERVAL	11	12	13	14	15	16	17	18	19	20
	SPEED (KPH)	9	9	4	4	4	5	6	3	3	2

P10	INTERVAL	1	2	3	4	5	6	7	8	9	10
	SPEED (KPH)	2	4	5	6	7	5	4	6	8	8
	INTERVAL	11	12	13	14	15	16	17	18	19	20
	SPEED (KPH)	6	6	5	4	4	2	4	4	3	3

P11	INTERVAL	1	2	3	4	5	6	7	8	9	10
	SPEED (KPH)	3	4	5	9	5	9	5	5	5	9
	INTERVAL	11	12	13	14	15	16	17	18	19	20
	SPEED (KPH)	9	5	5	5	9	9	8	7	6	3

P12	INTERVAL	1	2	3	4	5	6	7	8	9	10
	SPEED (KPH)	2	5	8	10	7	7	10	10	7	7
	INTERVAL	11	12	13	14	15	16	17	18	19	20
	SPEED (KPH)	10	10	6	6	9	9	5	5	4	3

CARE, MAINTENANCE & TROUBLESHOOTING GUIDE

WARNING: To prevent electrical shock, please turn off and unplug the treadmill before cleaning or performing routine maintenance.

WARNING: Always check the wear and tear components like foot lock latch tube and running belt to prevent injury.

CLEANING

After each exercise, ensure that the unit is wiped down and any sweat is removed from the unit.

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

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

STORAGE

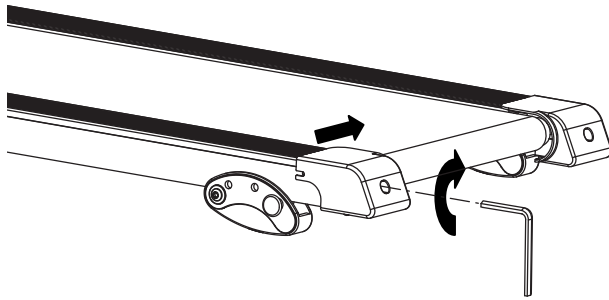
Store the treadmill in a clean and dry indoor environment. Never leave or use the unit outdoors. Ensure the master power switch is off and the power cord is un-plugged from wall outlet.

TROUBLESHOOTING GUIDE

Problem	Potential Causes	Corrections
Treadmill will not start.	<ol style="list-style-type: none">1. Treadmill not plugged in.2. Safety Tether Key is not correctly installed.3. Circuit breaker in the house has been tripped.4. Treadmill circuit breaker has been tripped.	<ol style="list-style-type: none">1. Plug the power cord into a wall outlet.2. Reinstall the Safety Tether Key.3. Reset the circuit breaker, or call an electrician to replace the circuit breaker.4. Wait 5 minutes and then try to restart the treadmill.
Belt slips.	Belt not tight enough.	Adjust belt tension.
Belt hesitates when stepped on.	<ol style="list-style-type: none">1. Not enough lubrication applied onto the running deck.2. Belt is too tight.	<ol style="list-style-type: none">1. Apply lubricant.2. Adjust belt tension.
Belt is not centred.	Running belt tension not even across the rear roller.	Centre the belt.

BELT ADJUSTMENT

The running belt is pre-adjusted to the running deck at the factory, but after prolonged use it can stretch and require readjustment. To adjust the belt, turn on the main power switch of the treadmill and let the belt run at a speed of 8-10 KPH. Use the 6 mm Allen Wrench provided to turn the rear roller adjustment bolts in order to centre the belt. If the running belt is shifting to the left, turn the left adjustment bolt 1/4 turn clockwise, and the running belt should start to correct itself.

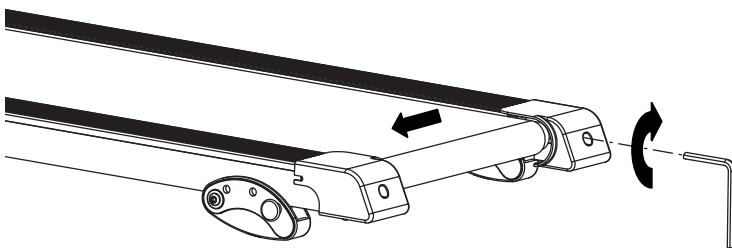


Tool:



Allen Wrench 6 mm

If the running belt is shifting to the right, then turn the right adjustment bolt 1/4 turn clockwise, and the belt should start to correct itself. Keep turning the adjustment bolts until the running belt is properly centered.

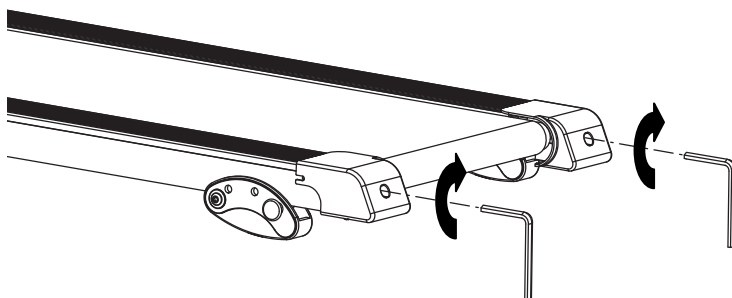


Tool:



Allen Wrench 6 mm

If the running belt is slipping during use, turn off and unplug the treadmill. Using the 6 mm Allen Wrench provided, turn both left and right rear roller adjustment bolts 1/4 turn clockwise, then turn the main power switch back on and run the treadmill at a speed of 8-10 KPH. Run on to the running belt to determine if the belt is still slipping. Repeat this procedure until the belt no longer slips.



Tool:



Allen Wrench 6 mm

LUBRICATION

Lubricating under the running belt will ensure superior performance and extend its life expectancy. After the first 25 hours of use (or 2-3 months) apply some lubricant, and repeat for every following 50 hours of use (or 5-8 months).

How to check running belt for proper lubrication

Lift one side of the running belt and feel the top surface of the running deck. If the surface is slick to the touch, then no further lubrication is required. If the surface is dry to the touch, apply some lubricant.

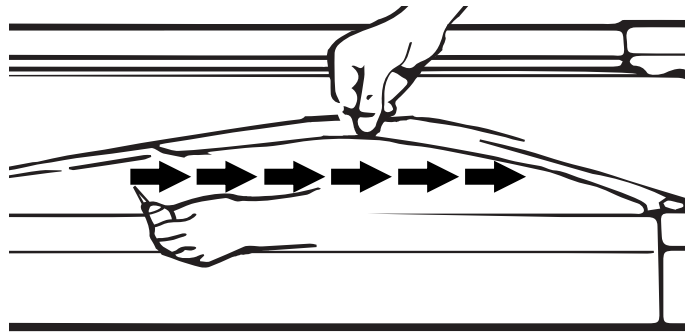
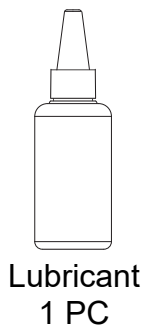
How to apply lubricant

Lift one side of running belt.

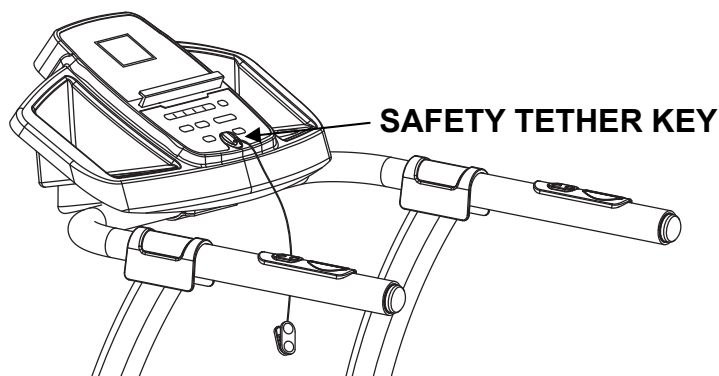
Pour some lubricant under the **centre** of the running belt on the top surface of the **running deck**.

Run on the treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.

NOTE: DO NOT over lubricate running deck. Any excess lubricant that comes out should be wiped off.



EMERGENCY STOP



Before beginning a workout session ensure that the Safety Tether Key is properly placed onto the Computer Console and the Safety Clip is securely attached to an article of your clothing. If you fall the clip will pull out the **SAFETY TETHER KEY** from the Computer Console and the running belt will stop immediately for emergency stop, helping to prevent injury.

Replaced the Safety Tether Key onto the Computer Console. Press the START button to begin exercise again.

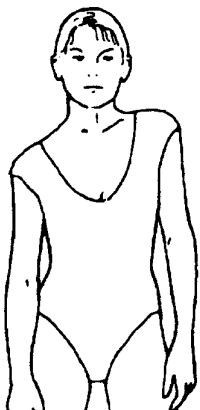
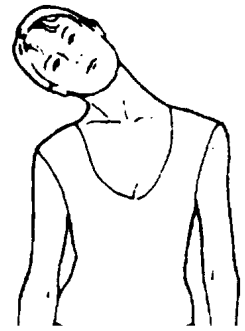
WARM UP AND COOL DOWN ROUTINE

The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. 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. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

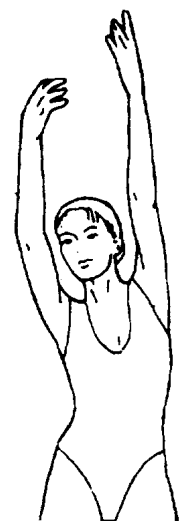
HEAD ROLLS

Rotate your head to the right for one count, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



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.

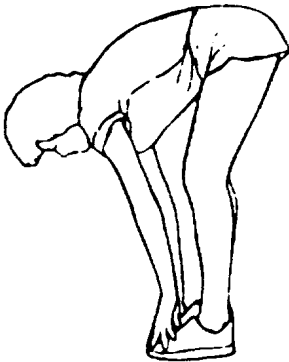


QUADRICEPS STRETCH

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.

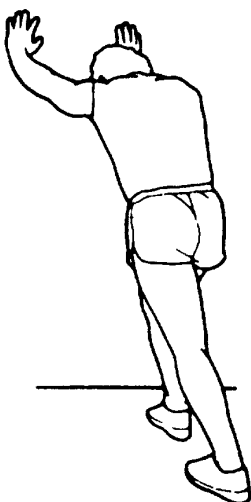
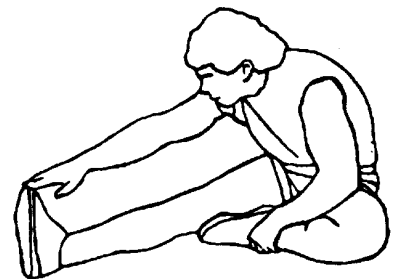


TOE TOUCHES

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