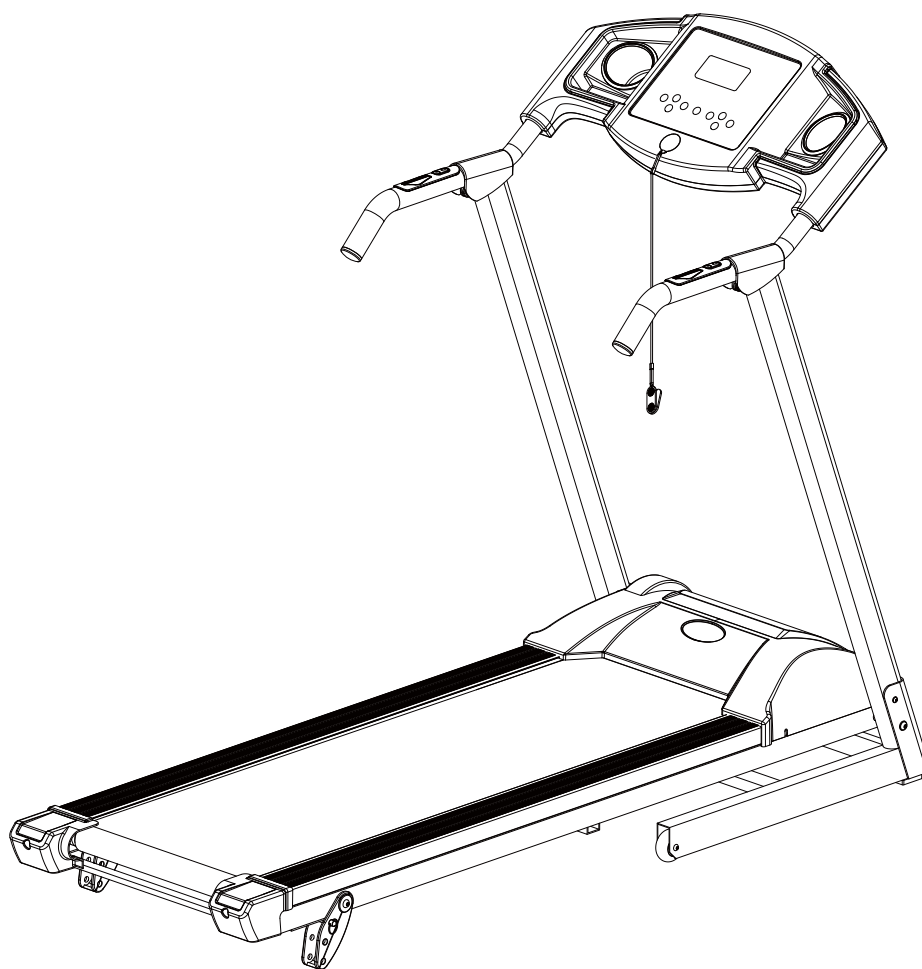


***WALKFIT PROGRAMMABLE
MOTORIZED TREADMILL
ITEM NO: 97535***

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 storage latch 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 220-240 volt 50/60Hz 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.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- 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.

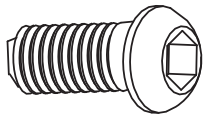
WARNING: Before beginning any exercise program consult your physician. This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this exercise equipment without properly fitted guards, 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.

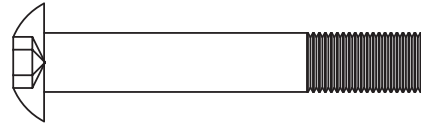
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Base Frame	1	032	Lock Pin	2
002	Main Frame	1	033	Motor	1
003R	Right Handlebar Support Tube	1	034	Sensor Wire I (L=1000 mm)	1
003L	Left Handlebar Support Tube	1	035	Sensor Wire II (L=1700 mm)	1
004	Handlebar Frame	1	036	Power Cord	1
005	Motor Bracket	1	037	Connect Wire (L=100 mm)	1
006R	Right Side Rail	1	038	Connect Wire (L=150 mm)	1
006L	Left Side Rail	1	039	Connect Wire (L=200 mm)	2
007R	Left End Cap	1	040	Cross Recessed Round Head Screw M4x8	3
007L	Right End Cap	1	041	Cross Recessed Truss Head Tapping Screw ST4x25	2
008	Computer Console	1 Set	042	Cross Recessed Round Head Screw M6x15	5
009	Lower Motor Cover	1	043	Cross Recessed Truss Head Tapping Screw ST4x12	23
010	Lower Motor Cap	1	044	Hexagon Bolt with Flange M8x12	2
011	Incline Adjuster	2	045	Hexagon Bolt with Flange M8x15	4
012	Upper Motor Cover	1	046	Truss Socket Head Bolt M8x15	4
013	Deck Bumper	2	047	Truss Socket Head Bolt M8x20	2
014	Fixed Plate for Running Deck	4	048	Countersunk Socket Head Bolt M8x25	6
015	Speed Sensor	1	049	Truss Socket Head Bolt M8x30	1
016	Power Control Board	1	050	Truss Socket Head Bolt M8x40	2
017	Handlebar Adorner	2	051	Truss Socket Head Bolt M8x45	3
018	Wire Grommet	1	052	Hexagon Socket Head Cap Bolt M8x50	1
019	Fuse	1	053	Truss Socket Head Bolt M8x50	5
020	Power Switch	1	054	Hexagon Socket Head Cap Bolt M8x80	2
021	Speed Sensor Bracket	1	055	Hexagon Head Bolt M10x100	2
022	Wire Clip	5	056	Flat Washer Ø8.5xØ16xT1.5mm	20
023	Pad for Incline Adjuster	2	057	Flat Washer Ø10.5xØ20xT1.5mm	2
024	Rubber Pad	2	058	Nut M8	10
025	Transport Wheel	2	059	Nut M10	2
026	Foot Lock Latch Tube	1	060	Hand Pulse Sensor with Wire	2
027	Rear Roller	1	061	Handlebar Foam Grip	2
028	Front Roller	1	062	Round End Cap	2
029	Running Belt	1	063	Safety Tether Key	1
030	Running Deck	1	064	Anti Slip Pad	2
031	Belt	1			

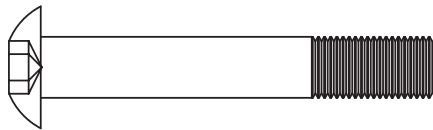
HARDWARE AND TOOLS PACK



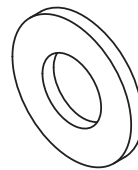
(46) Truss Socket Head Bolt
4 PCS



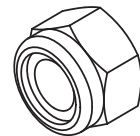
(51) Truss Socket Head Bolt
2 PCS



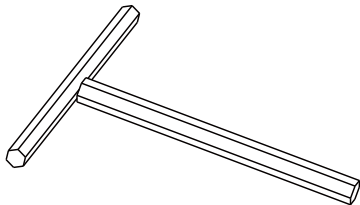
(53) Truss Socket Head Bolt
2 PCS



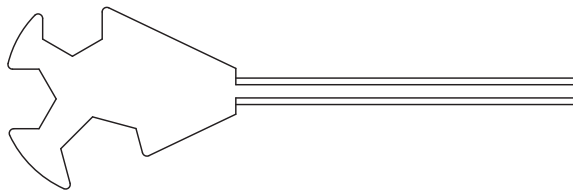
(56) Flat Washer
8 PCS



(58) Nut
2 PCS

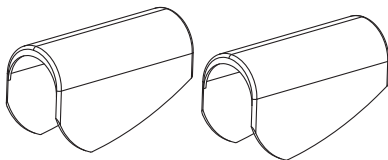


5mm/6mm Allen Wrench
1 PC

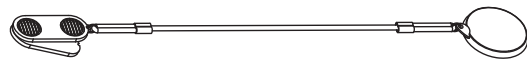


Multi Hex Tool
1 PC

ASSEMBLY COMPONENTS

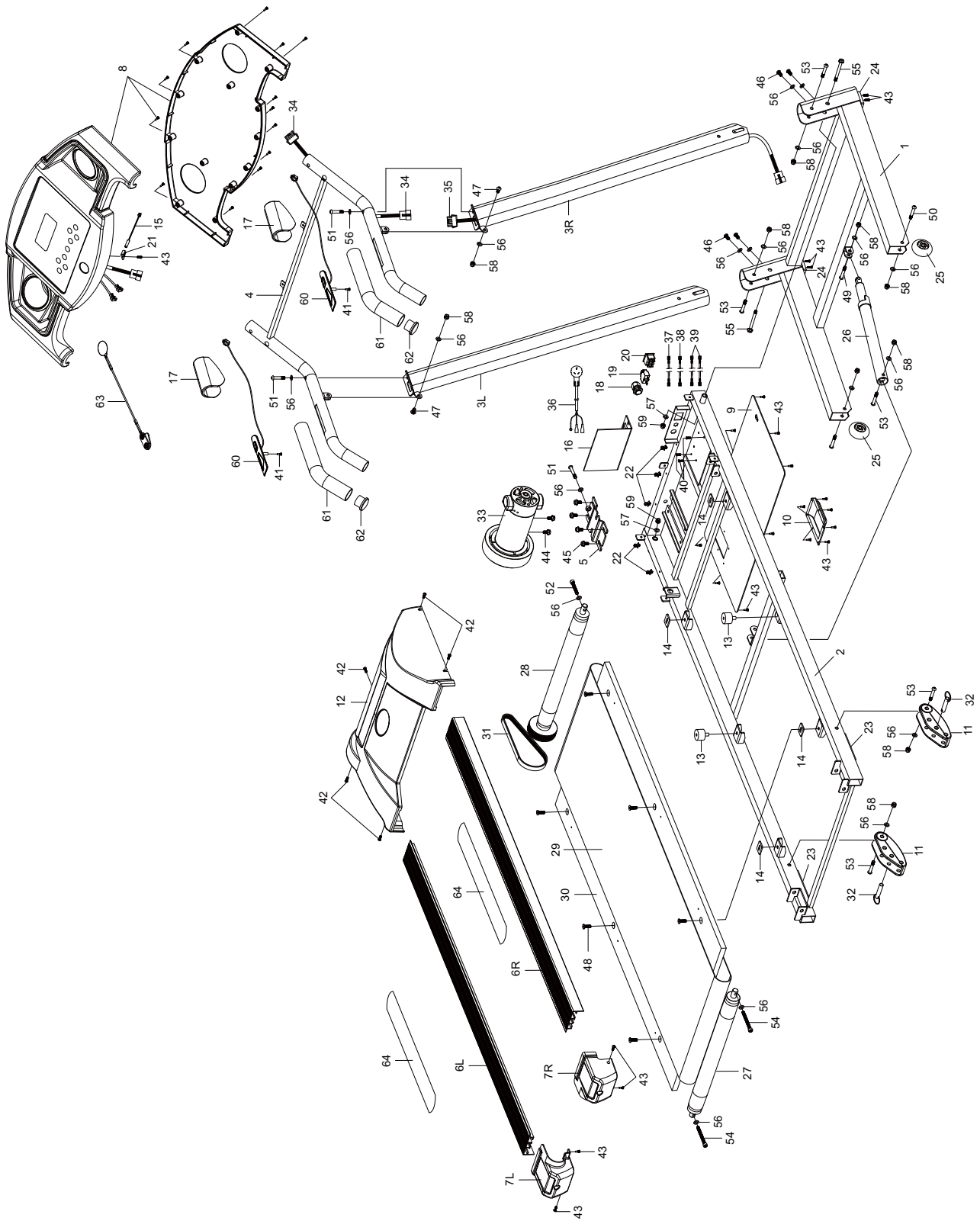


(17) Handlebar Adorner
2 PCS

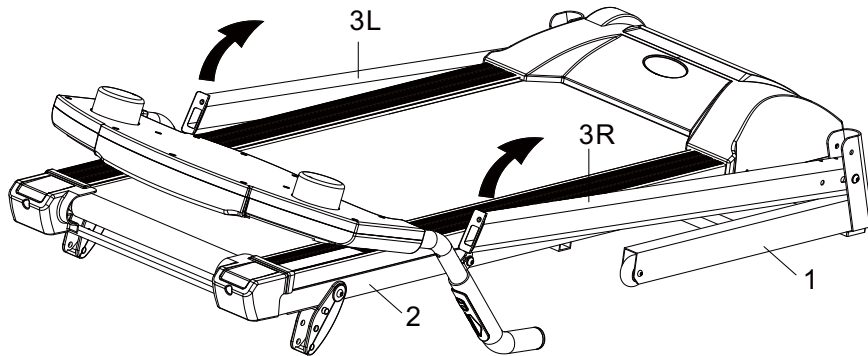


(63) Safety Tether Key
1 PC

OVERVIEW DRAWING



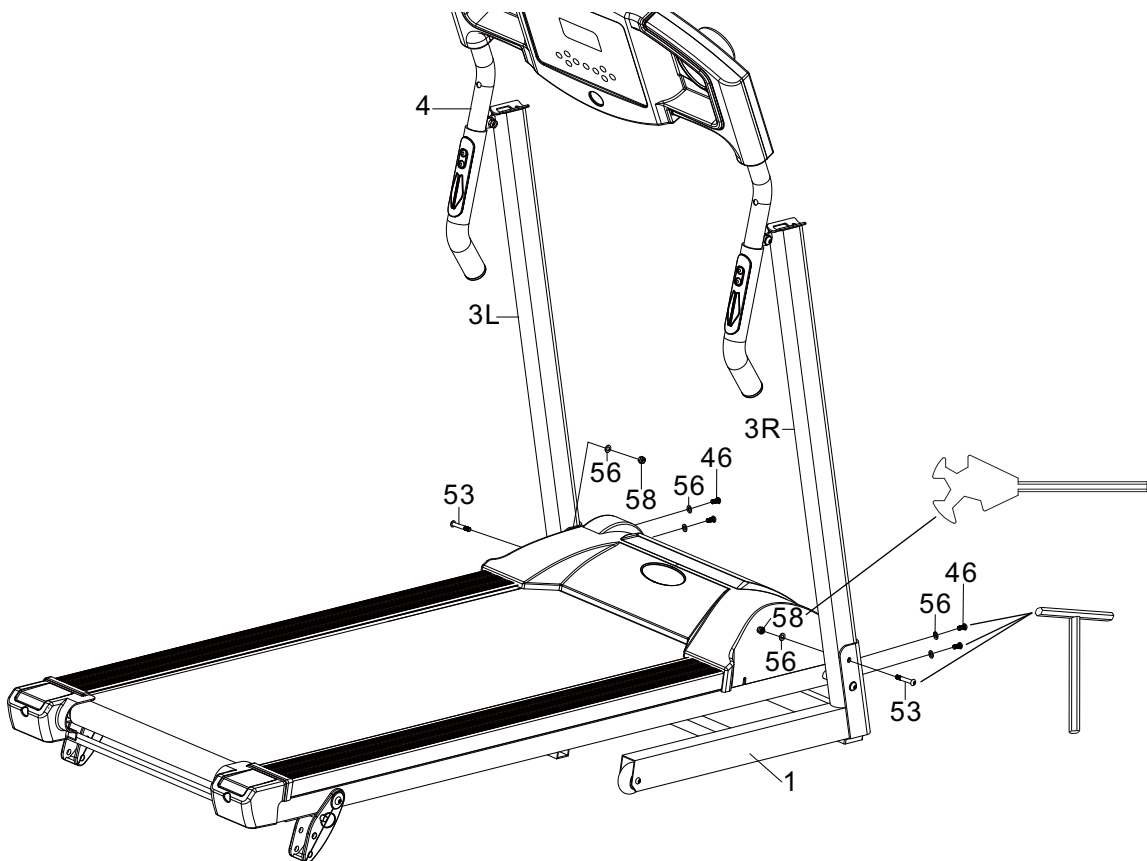
ASSEMBLY INSTRUCTIONS



Step 1

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

Lift both Right and Left Handlebar Support Tubes (3R, 3L) up.



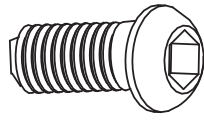
Step 2

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

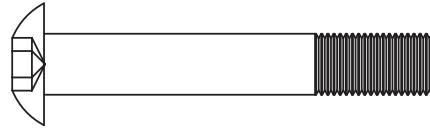
Lift both Right/Left Handlebar Support Tubes (3R, 3L) up and align bolt holes. Use two Truss Socket Head Bolts (53), two Nuts (58), four Truss Socket Head Bolts (46), and six Flat Washers (56) to secure both Right/Left Handlebar Support Tubes (3R, 3L) onto the Base Frame (1). Semi-tighten all bolts and nuts with the 5mm Allen Wrench and Multi Hex Tool provided.

NOTE: DO NOT FULLY TIGHTEN BOLTS AND NYLON NUTS IN STEP 2 UNTIL THE STEP 3 IS COMPLETE.

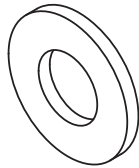
Hardware:



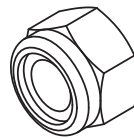
(46) Truss Socket Head Bolt
4 PCS



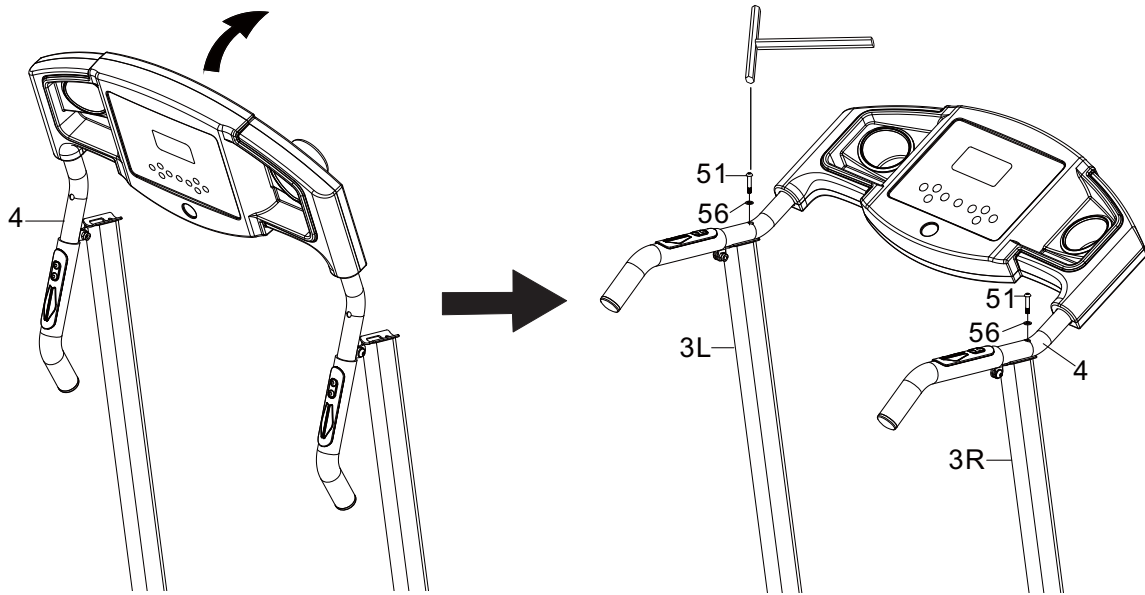
(53) Truss Socket Head Bolt
2 PCS



(56) Flat Washer
6 PCS



(58) Nut
2 PCS



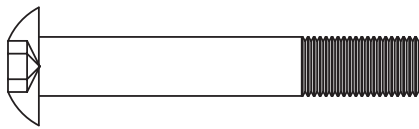
Step 3

Lift the Handlebar Frame (4) up and align bolt holes. Use two Truss Socket Head Bolts (51) and two Flat Washers (56) to secure the Handlebar Frame (4) onto the top ends of the Right/Left Handlebar Support Tubes (3R, 3L). Semi-tighten bolts with the 5mm Allen Wrench provided.

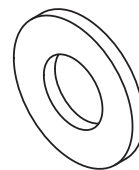
NOW PLEASE FOLLOW THIS PROCEDURE TO FULLY TIGHTEN BOLTS AND NYLON NUTS INSTALLED IN STEP 2 AND STEP 3 WITH THE TOOLS PROVIDED:

Fully tighten the four Truss Socket Head Bolts (46) in front of the Base Frame (1) first then the two Truss Socket Head Bolts (53) and two Nuts (58) on the side to secure both Right/Left Handlebar Support Tubes (3R, 3L) successfully for step 2. Then fully tighten two Truss Socket Head Bolts (51) and two Flat Washers (56) to secure the Handlebar Frame (4) onto the top ends of the Right/Left Handlebar Support Tubes (3R, 3L) for step 3.

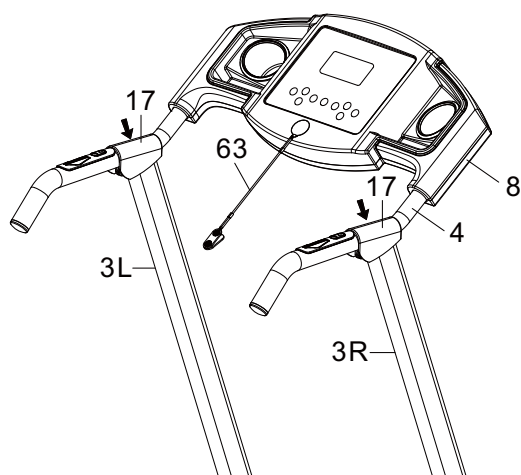
Hardware:



(51) Truss Socket Head Bolt
2 PCS



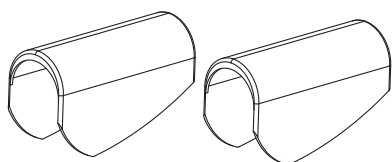
(56) Flat Washer
2 PCS



Step 4

Install both Handlebar Adorners (17) onto the Handlebar Frame (4).
Place the Safety Tether Key (63) onto the Computer Console (8).

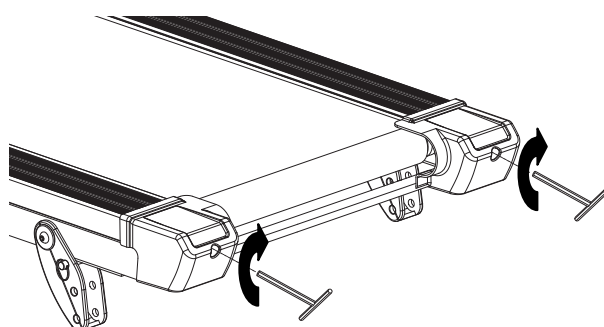
Assembly Components:



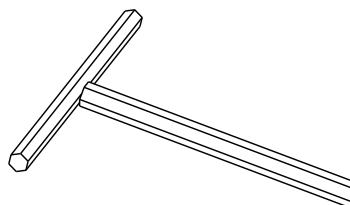
(17) Handlebar Adorner
2 PCS



(63) Safety Tether Key
1 PC



Tool:



5mm/6mm Allen Wrench

Step 5

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 6mm Allen Wrench provided to turn the both left and right rear roller adjustment bolts 1/4 turn clockwise before using the treadmill.

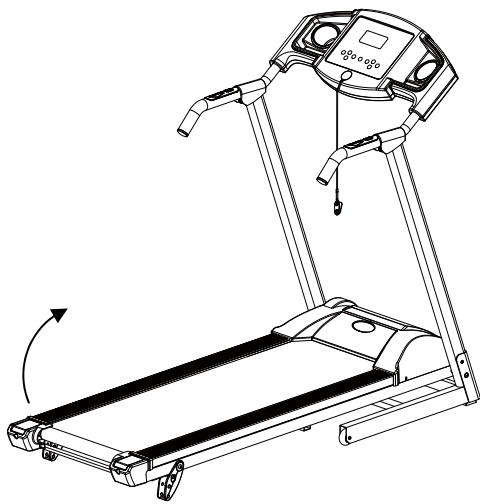
LIFTING UP & SETTING DOWN THE TREADMILL

LIFTING UP THE TREADMILL

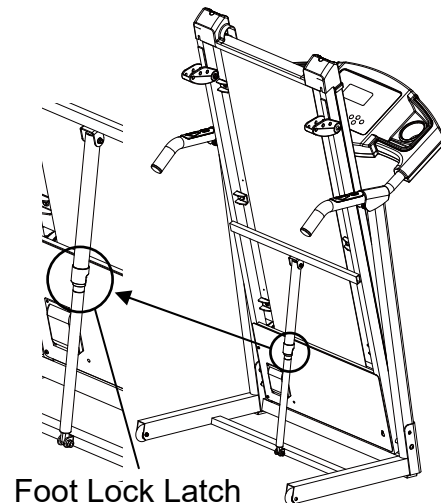
Firmly grasp the back end of the treadmill with both hands. Carefully lift the end of the treadmill up into the upright position until the Foot Lock Latch engages and securely locks the main frame into position. Make sure the main frame is securely latched before moving the treadmill. See figures A and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

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

A



B

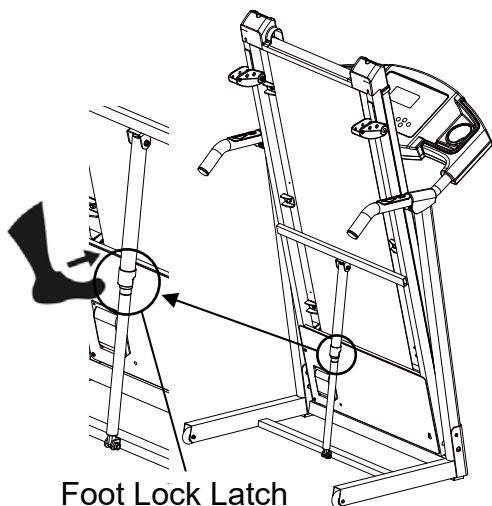


SETTING DOWN THE TREADMILL

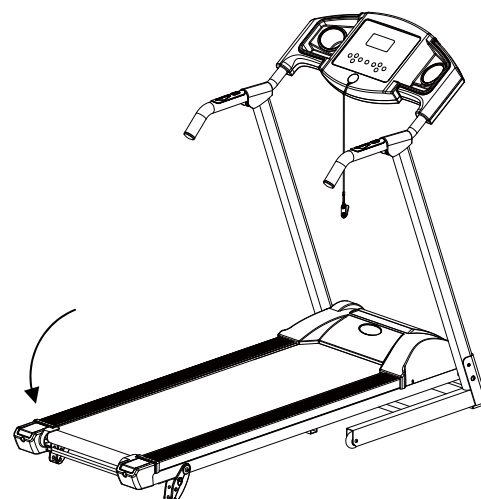
To set down the treadmill, firmly grasp the back end of the treadmill with both hands. Gently kick on the Foot Lock Latch with your foot until the lock latch disengages. Carefully lower the deck to the ground. See figures C and D.

NOTE: DO NOT STAND UNDER THE DECK WHEN SETTING DOWN THE TREADMILL. TO PREVENT INJURY, PLEASE MAKE SURE YOU HAVE A FIRM HOLD WHEN LIFTING UP OR SETTING DOWN THE DECK.

C



D



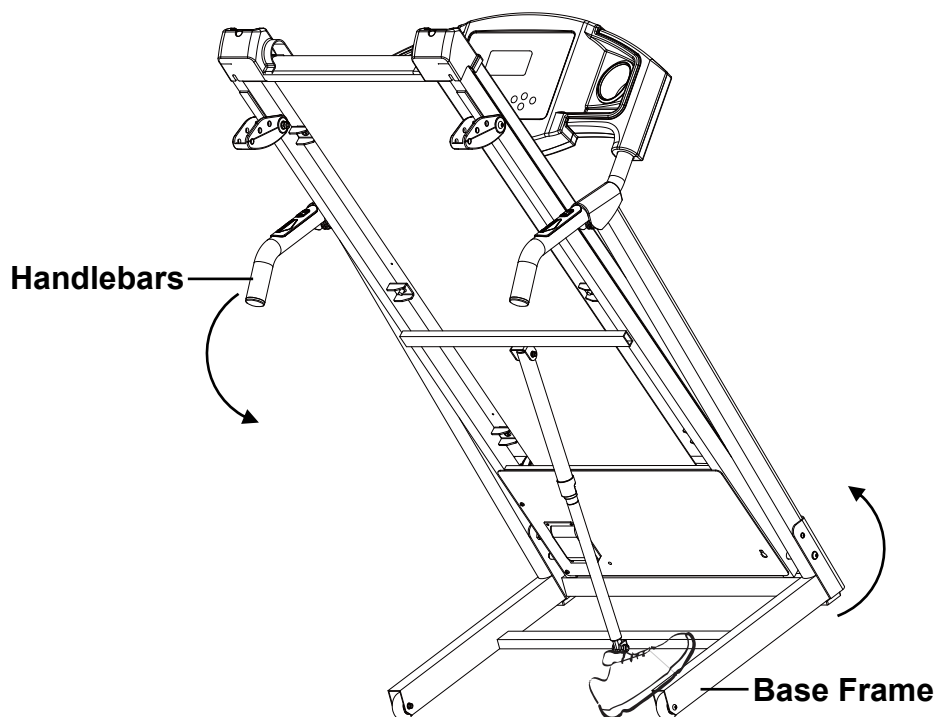
INCLINE ADJUSTMENT



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 (foot lock latch is engaged), firmly grasp the Handlebars 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. The computer console will beep for 1 second before starting. **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 split window of SPEED will countdown 3 seconds before the running belt starts moving. The running belt starts moving with an initial speed of 1.0 KPH. You may press the FAST or SLOW 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 from the minimum 1.0 KPH to the maximum 13.0 KPH. You may also press one of the INSTANT SPEED buttons (3 / 6 / 9) 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 3 KPH, 6 KPH, or 9 KPH respectively. The split window of TIME will display your elapsed workout time in minutes and seconds. The split window of DISTANCE will display the accumulative distance travelled during workout. The split window of CALORIE 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 2-5 seconds. For a more accurate reading, grip pulse sensors with both hands. During training, you may press the STOP/RESET button on the computer console to pause the treadmill running at any time and the split window of TIME will display PAUS (PAUSE), all data values on the computer will freeze. Press the START button to resume the program and all displays will continue the performance until the program finishes. 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.

COMPUTER BUTTON FUNCTIONS:

START: Press the START button to start the treadmill.

STOP/RESET: During training, press the STOP/RESET button on the computer console to pause the treadmill running and the split window of TIME will display PAUS (PAUSE), all data values on the computer will freeze. Press the STOP/RESET button again, all data values will reset to zero.

During setting, press the STOP/RESET button, all data values will reset to zero.

MODE: Press the MODE button to select different functions (H-1 time, H-2 distance, or H-3 calories) for setting exercise goals.

Press the MODE button to select different pre-set training program (P-01 - P-12) mode.
Press the MODE button to select different custom user program (U-1, U-2, U-3, or U-4) mode.

Press the MODE button to select body fat calculator program mode.

Press the STOP/RESET button to quit the program.

SET: Under the Custom User program mode, press the SET button to confirm the setting for training time and running speed.

Under the body fat calculator program mode, press the SET button to confirm the setting for user's gender, age, height, and weight. Press the SET button to calculate the body fat ratio.

Press the STOP/RESET button to quit the program.

FAST: To make upward adjustments for pre-setting exercise goals of time, distance, or calories.

To make upward adjustment for setting training time in pre-set training program (P01 - P12) mode.

To make upward adjustment for setting training time and running speed in custom user program (U-1, U-2, U-3, or U-4) mode.

To make upward adjustment for setting user's gender, age, height, and weight in body fat calculator program mode.

Makes speed adjustments during all training periods on different training modes. The speed range is from 1.0 KPH to 13.0 KPH.

SLOW: To make backward adjustments for pre-setting exercise goals of time, distance, or calories.

To make backward adjustment for setting training time in pre-set training program (P01 - P12) mode.

To make backward adjustment for setting training time and running speed in custom user program (U-1, U-2, U-3, or U-4) mode.

To make backward adjustment for setting user's gender, age, height, and weight in body fat calculator program mode.

Makes speed adjustments during all training periods on different training modes. The speed range is from 1.0 KPH to 13.0 KPH.

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

COMPUTER FUNCTIONS:

TIME: Displays your elapsed workout time in minutes and seconds. Press the START button on the computer to start exercise, the split window of SPEED will countdown 3 seconds before the running belt starts moving. The running belt starts moving with an initial speed of 1.0 KPH. You may press the FAST or SLOW button on the computer console or handlebar to increase or decrease the running speed during exercise. Time

starts counting up from 0:00 to 99:59 per 1 second increment. You may also pre-set target time in STOP mode before training. To set TIME press the MODE button on the computer console to select H-1 until you see the split window of TIME begin blinking. The initial pre-set target time is 30:00 minutes. Press the FAST or SLOW 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 start exercise, the split window of SPEED will countdown 3 seconds before the running belt starts moving. The running belt starts moving with an initial speed of 1.0 KPH. You may press the FAST or SLOW 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.

SPEED: Displays the current speed from the minimum 1.0 KPH to the maximum 13.0 KPH. You may increase or decrease the speed by pressing the FAST or SLOW button on the computer console or handlebar.

DISTANCE: Displays the accumulative distance traveled during workout. Press the START button on the computer to start exercise, the split window of SPEED will countdown 3 seconds before the running belt starts moving. The running belt starts moving with an initial speed of 1.0 KPH. You may press the FAST or SLOW button on the computer console or handlebar to increase or decrease the running speed during exercise. Distance starts counting up. You may also pre-set target distance in STOP mode before training. To set DISTANCE press the MODE button on the computer console to select H-2 until you see the split window of DISTANCE begin blinking. The initial pre-set target distance is 5.0 kms. Press the FAST or SLOW button on the computer console or handlebar to change the setting. The pre-set target distance range is from 1.0 to 99.0 kms. Once you pre-set target distance, press the START button on the computer to start exercise, the split window of SPEED will countdown 3 seconds before the running belt starts moving. The running belt starts moving with an initial speed of 1.0 KPH. You may press the FAST or SLOW 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 0.0. When the pre-set target distance counts down to 0.0, the computer will beep to alert you and the treadmill will stop automatically.

CALORIE: Displays the total calories burned during your workout. Press the START button on the computer to start exercise, the split window of SPEED will countdown 3 seconds before the running belt starts moving. The running belt starts moving with an initial speed of 1.0 KPH. You may press the FAST or SLOW button on the computer console or handlebar to increase or decrease the running speed during exercise. Calorie starts counting up. You may also pre-set target calories in STOP mode before training. To set CALORIE press the MODE button on the computer console to select H-3 until you see the split window of CALORIE begin blinking. The initial pre-set target calorie is 20 calories. Press the FAST or SLOW button on the computer console or handlebar to change the setting. The pre-set target calories range is from 20 to 990 calories. Once

you pre-set target calories, press the START button on the computer to start exercise, the split window of SPEED will countdown 3 seconds before the running belt starts moving. The running belt starts moving with an initial speed of 1.0 KPH. You may press the FAST or SLOW button on the computer console or handlebar to increase or decrease the running speed during exercise. Calories start counting down from pre-set target calories to 0. When the pre-set target calories count down to 0, the computer will beep to alert you and the treadmill will stop automatically.

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 PROGRAM MODE:

The computer offers 12 pre-set programs. You may select training programs in STOP mode before training. Press the MODE button on the computer console to select training program. The split window of TIME begins blinking. The initial pre-set target time is 30:00 minutes. Press the FAST or SLOW button on the computer console or handlebar to change the setting. Once you pre-set training program time, press the START button on the computer to start exercise, the split window of SPEED will countdown 3 seconds before the running belt starts moving. The running speed will change automatically during the workout (as shown below). The program is split evenly into 10 intervals. When the pre-set training program time counts 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)	2.0	4.0	3.0	4.0	3.0	5.0	4.0	2.0	5.0	3.0
P02										
INTERVAL	1	2	3	4	5	6	7	8	9	10
SPEED (KPH)	2.0	5.0	4.0	6.0	4.0	6.0	4.0	2.0	4.0	2.0
P03										
INTERVAL	1	2	3	4	5	6	7	8	9	10
SPEED (KPH)	2.0	5.0	4.0	5.0	4.0	5.0	4.0	2.0	3.0	2.0
P04										
INTERVAL	1	2	3	4	5	6	7	8	9	10
SPEED (KPH)	3.0	6.0	7.0	5.0	8.0	5.0	9.0	6.0	4.0	3.0
P05										
INTERVAL	1	2	3	4	5	6	7	8	9	10
SPEED (KPH)	3.0	6.0	7.0	5.0	8.0	6.0	7.0	6.0	4.0	3.0
P06										
INTERVAL	1	2	3	4	5	6	7	8	9	10
SPEED (KPH)	2.0	8.0	6.0	4.0	5.0	9.0	7.0	5.0	4.0	3.0

P07										
INTERVAL	1	2	3	4	5	6	7	8	9	10
SPEED (KPH)	2.0	6.0	7.0	4.0	4.0	7.0	4.0	2.0	4.0	2.0
P08										
INTERVAL	1	2	3	4	5	6	7	8	9	10
SPEED (KPH)	2.0	4.0	6.0	8.0	7.0	8.0	6.0	2.0	3.0	2.0
P09										
INTERVAL	1	2	3	4	5	6	7	8	9	10
SPEED (KPH)	2.0	4.0	5.0	5.0	6.0	5.0	6.0	3.0	3.0	2.0
P10										
INTERVAL	1	2	3	4	5	6	7	8	9	10
SPEED (KPH)	2.0	3.0	5.0	3.0	3.0	5.0	3.0	6.0	3.0	3.0
P11										
INTERVAL	1	2	3	4	5	6	7	8	9	10
SPEED (KPH)	3.0	5.0	8.0	8.0	9.0	6.0	7.0	6.0	3.0	2.0
P12										
INTERVAL	1	2	3	4	5	6	7	8	9	10
SPEED (KPH)	2.0	5.0	5.0	4.0	4.0	6.0	4.0	2.0	3.0	4.0

TRAINING IN CUSTOM USER PROGRAM MODE:

There are 4 CUSTOM USER programs available for setting your own program. Press the MODE button until you see the screen display U-1, U-2, U-3, or U-4. The split window of TIME begins blinking. The initial pre-set target time is 30:00 minutes. Press the FAST or SLOW button on the computer console or handlebar to change the setting. Press the SET button to confirm the training time. The split window of CALORIE displays L01 and the split window of SPEED displays 1.0. Press the FAST or SLOW button to set running speed for the first interval of custom user program. Press the SET button to confirm the running speed for the first interval of custom user program. Repeat above steps to set the running speed for all 10 intervals. After setting all the running speed, press the START button on the computer to start exercise, the split window of SPEED will countdown 3 seconds before the running belt starts moving. The running speed will change automatically according to your own pre-set program throughout the workout. When the pre-set target time counts down to 0:00, the computer will beep to alert you and the treadmill will stop automatically.

TRAINING IN BODY FAT CALCULATOR PROGRAM MODE:

In STOP mode before training. Press the MODE button on the computer console to select body fat calculator program mode until the screen displays FAT and F-1 (Gender). Press the FAST or SLOW button on the computer console to set user's gender. 1 indicates male and 2 indicates female. Press the SET button to confirm the gender and the screen will display F-2 (Age). Press the FAST or SLOW button on the computer console to set user's age. Press the SET button to confirm the age and the screen will

display F-3 (Height). Press the FAST or SLOW button on the computer console to set user's height. Press the SET button to confirm the height and the screen will display F-4 (Weight). Press the FAST or SLOW button on the computer console to set user's weight. Press the SET button to confirm the weight and the screen will display F-5 (body fat ratio). Please grip the handlebar pulse sensors with both hands for a few seconds, and the screen will display the body fat ratio..

NOTE: Body Fat Ratio is an estimate based on the gender, age, height, and weigh input, and is to be used as a guide only.

Gender	Standard Body Fat (<30 Years Old)	Standard Body Fat (> 30 Years Old)	High Body Fat
Male	14-20%	17-23%	>25%
Female	17-24%	20-27%	>30%

CARE, MAINTENANCE & TROUBLESHOOTING GUIDE

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

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 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 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.

TREADMILL ERROR MESSAGES

E01:

The computer console does not receive the feedback data from the power control board.

Troubleshooting:

1. Check the all the wires that connect to the computer console.
2. Turn off the Master Power Switch of the treadmill to the OFF position, wait 30 seconds, then turn on the Master Power Switch to the ON position. If the screen still shows E01, please notify your local dealer for support.

E03:

Over voltage protection trip.

Troubleshooting:

Turn off the Master Power Switch of the treadmill to the OFF position, wait 30 seconds, then turn on the Master Power Switch to the ON position. If the screen still shows E03, please notify your local dealer for support.

E04:

Excessive current from the power control board of the treadmill.

Troubleshooting:

Turn off the Master Power Switch of the treadmill to the OFF position, wait 20 minutes, then turn on the Master Power Switch to the ON position. If the screen still shows E04, please notify your local dealer for support.

E05:

Excessive current from the power control board.

Troubleshooting:

Over the weight capacity of the treadmill. Turn off the Master Power Switch of the treadmill to the OFF position, wait 30 seconds, then turn on the Master Power Switch to the ON position. If the screen still shows E05, please notify your local dealer for support.

E06:

Motor does not work.

Troubleshooting:

1. Check the all the wires that connect to the motor.
2. Turn off the Master Power Switch of the treadmill to the OFF position, wait 30 seconds, then turn on the Master Power Switch to the ON position. If the screen still shows E06, please notify your local dealer for support.

E07:

The power control board does not receive the feedback data from the computer console.

Troubleshooting:

1. Check the all the wires that connect to the power control board.
2. Turn off the Master Power Switch of the treadmill to the OFF position, wait 30 seconds, then turn on the Master Power Switch to the ON position. If the screen still shows E07, please notify your local dealer for support.

---/----:

The Safety Tether Key is not placed onto the computer console.

Troubleshooting:

Please place the Safety Tether Key onto the computer console.

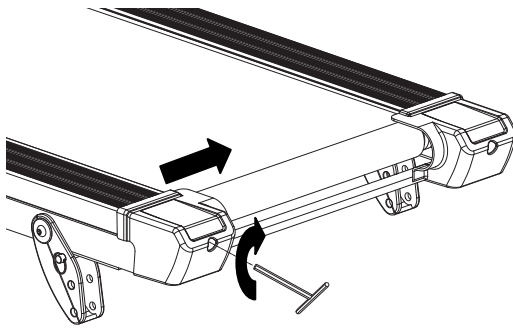
To avoid possible damage to the treadmill and the possibility of injury, discontinue operate the treadmill until the problem is corrected.

PLEASE CONTACT YOUR LOCAL DEALER FOR SUPPORT.

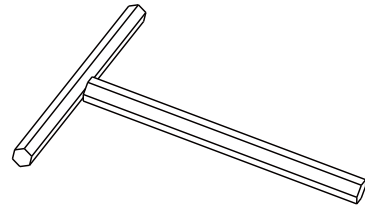
BELT ADJUSTMENT

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 6mm 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.

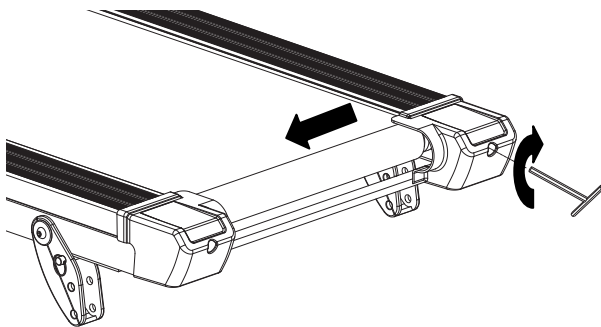


Tool:

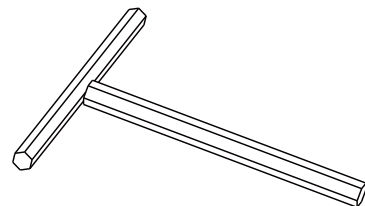


5mm/6mm Allen Wrench

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.

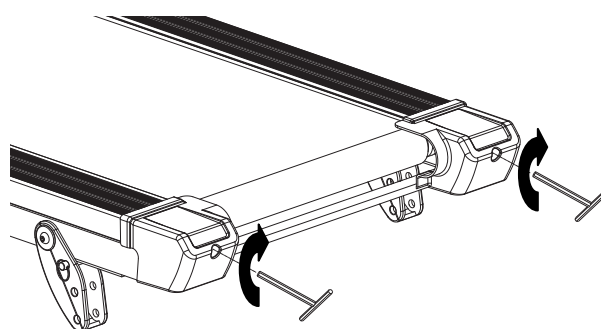


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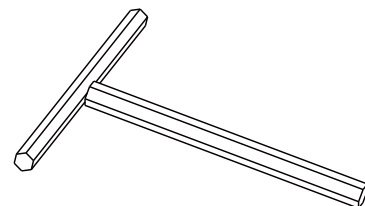


5mm/6mm Allen Wrench

If the running belt is slipping during use, turn off and unplug the treadmill. Using the 6mm 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:



5mm/6mm Allen Wrench

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.

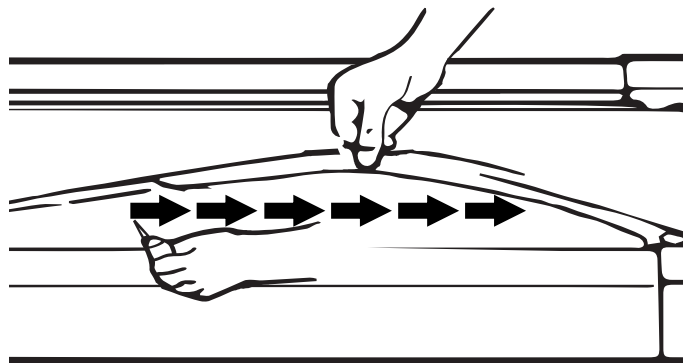
How to apply lubricant

Lift one side of running belt.

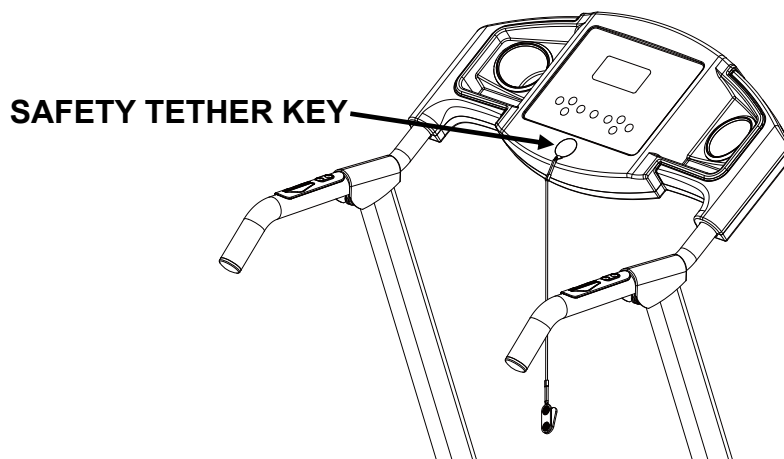
Pour some lubricant under the **centre** of the running belt on the top surface of the **running deck**.

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.

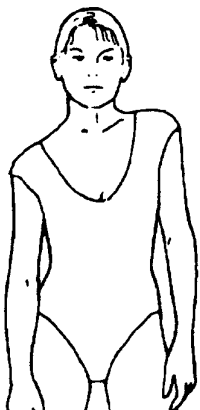
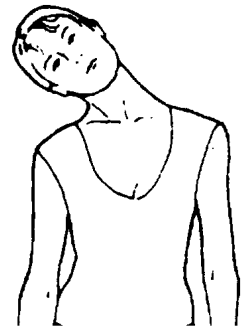
WARM UP AND COOL DOWN ROUTINE

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.

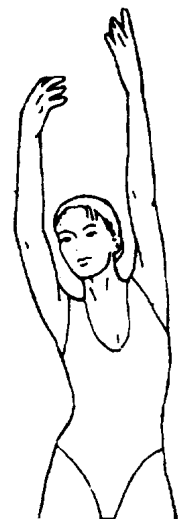
HEAD ROLLS

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.

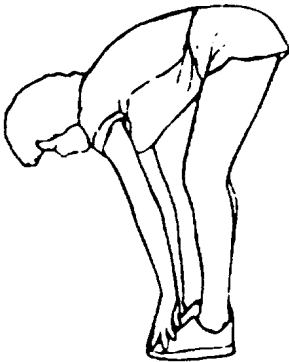


QUADRICEPS STRETCH

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.

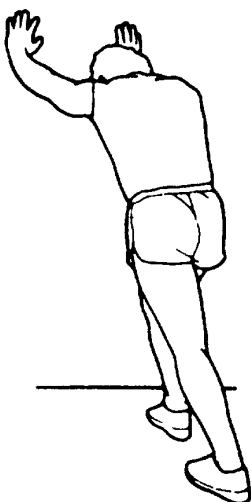
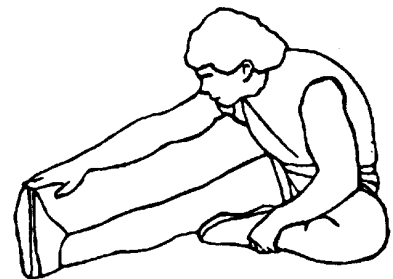


TOE TOUCHES

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 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.