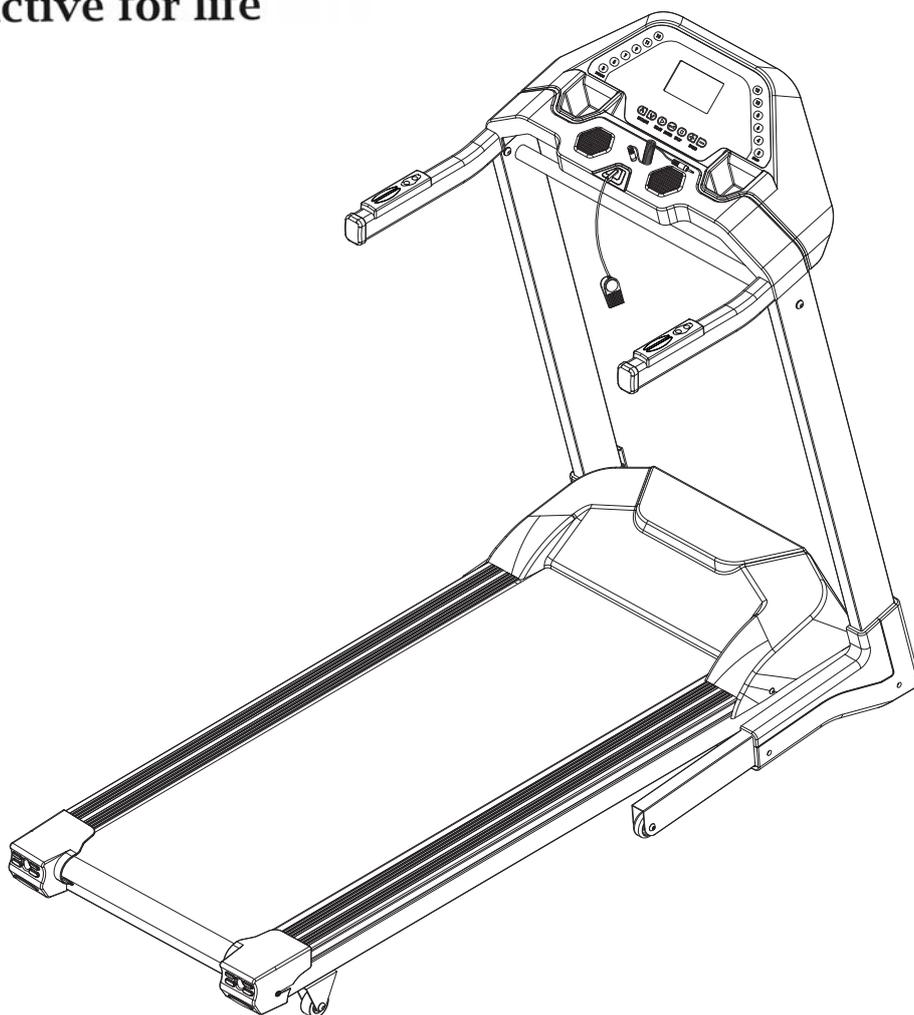


RUNFIT PRO PROGRAMMABLE MOTORIZED TREADMILL

ITEM NO: 98105

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 130 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.

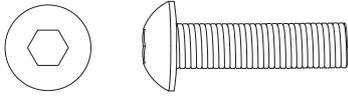
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Upper Computer Cover	1	028	Washer Ø8.5xØ16x2.0T	15
002	Lower Computer Cover-A	1	029	Nylon Nut M8	16
003	Lower Computer Cover-B	1	030	Transport Wheel Ø60xØ10	4
004	Cross Recessed Self Tapping Screw M4x12	35	031	Foot Lock Latch Tube	1
005	Handlebar Bracket	1	032	Hexagon Socket Oval Head Bolt M8x25 (Fully Threaded)	1
006	Hand Pulse Sensor with Incline Control Buttons	1	033	Incline Bracket	1
007	Hand Pulse Sensor with Speed Control Buttons	1	034	Powder Metal Bushing	8
008	Cross Recessed Self Tapping Screw M4x20	4	035	Hexagon Socket Oval Head Bolt M8x50	2
009	Handlebar Foam Grip	2	036	Hexagon Socket Oval Head Bolt M8x55	3
010	Handlebar End Cap □ 25x40	2	037	Incline Motor	1
011	Safety Tether Key	1	038	Main Frame	1
012	Cross Bar	1	039	Deck Bumper Ø25	10
013	Hexagon Socket Oval Head Bolt M8x50 (Fully Threaded)	2	040	Hexagon Head Bolt M8x10 (Fully Threaded)	1
014	Washer Ø8.5xØ16x1.0T	20	041	Motor Bracket	1
015	Left Handlebar Support Tube	1	042	Carriage Bolt M8x30 (Fully Threaded)	4
016	Right Handlebar Support Tube	1	043	Rubber Washer	4
017	Hexagon Socket Oval Head Bolt M8x12	6	044	Hexagon Socket Head Cap Bolt with Washer M8x12	2
018	Hexagon Socket Oval Head Bolt M8x40	14	045		
019	Base Frame	1	046	Rectangular End Cap (□25x50)	2
020	Left Handlebar Support Tube Cover	1	047		
021	Right Handlebar Support Tube Cover	1	048		
022	Cross Recessed Round Head Bolt M4x10	4	049	Left End Cover	1
023	Adjustable Leveler	2	050	Right End Cover	1
024	Self Drilling Screw M4x20	11	051	Bottom Board	1
025	Rubber Pad Ø25x30	2	052	Self Drilling Screw M4x12	21
026	Foot Pad for Base Frame Ø22x25	2	053	Belt	1
027			054	Front Roller	1

PARTS LIST

No.	Description	Qty	No.	Description	Qty
055			071	Motor	1
056	Running Deck	1	072	Ring for Power Cable	1
057	Hexagon Socket Oval Head Bolt M6x20 (Fully Threaded)	12	073	Hand Pulse Sensor Wire	1
058	Running Belt Alignment Bracket	2	074	Incline Control Wire	1
059	Rear Roller	1	075	Speed Control Wire	1
060	Hexagon Socket Oval Head Bolt M8x65 (Fully Threaded)	3	076	Cross Recessed Self Tapping Screw M2x6	4
061	Motor Cover	1	077	Extension Sensor Wire A	1
062	Running Belt	1	078	Extension Sensor Wire B	1
063	Side Rail	2	079	Speaker	2
064	Power Control Board	1	080	Cross Recessed Round Head Bolt M3x8	8
065	Power Cord	1	081	Audio Cable	1
066	Power Cord Grommet	1	082	Short Connect Wire (L=95 mm)	1
067	Fuse Box	1	083	Long Connect Wire (L=220 mm)	1
068	Power Switch	1	084R	Right Water Bottle / MP3 Player / Mobile Phone Holder	1
069	Sensor with Wire	1	084L	Left Water Bottle / MP3 Player / Mobile Phone Holder	1
070	Sensor Bracket	1	085	Sensor Wire Bracket	1

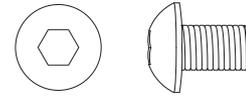
HARDWARE LIST



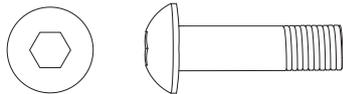
(13) Hexagon Socket
Oval Head Bolt
2 PCS



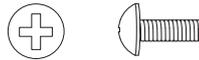
(14) Washer
16 PCS



(17) Hexagon Socket
Oval Head Bolt
6 PCS

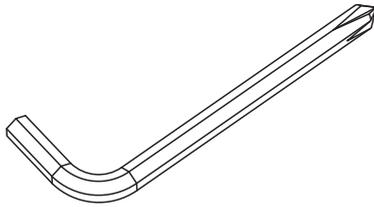


(18) Hexagon Socket
Oval Head Bolt
8 PCS

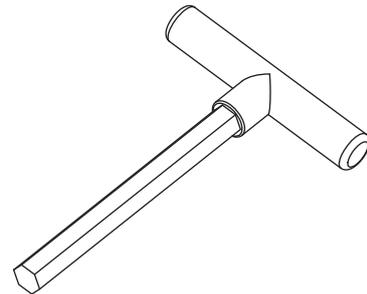


(22) Cross Recessed
Round Head Bolt
4 PCS

TOOLS

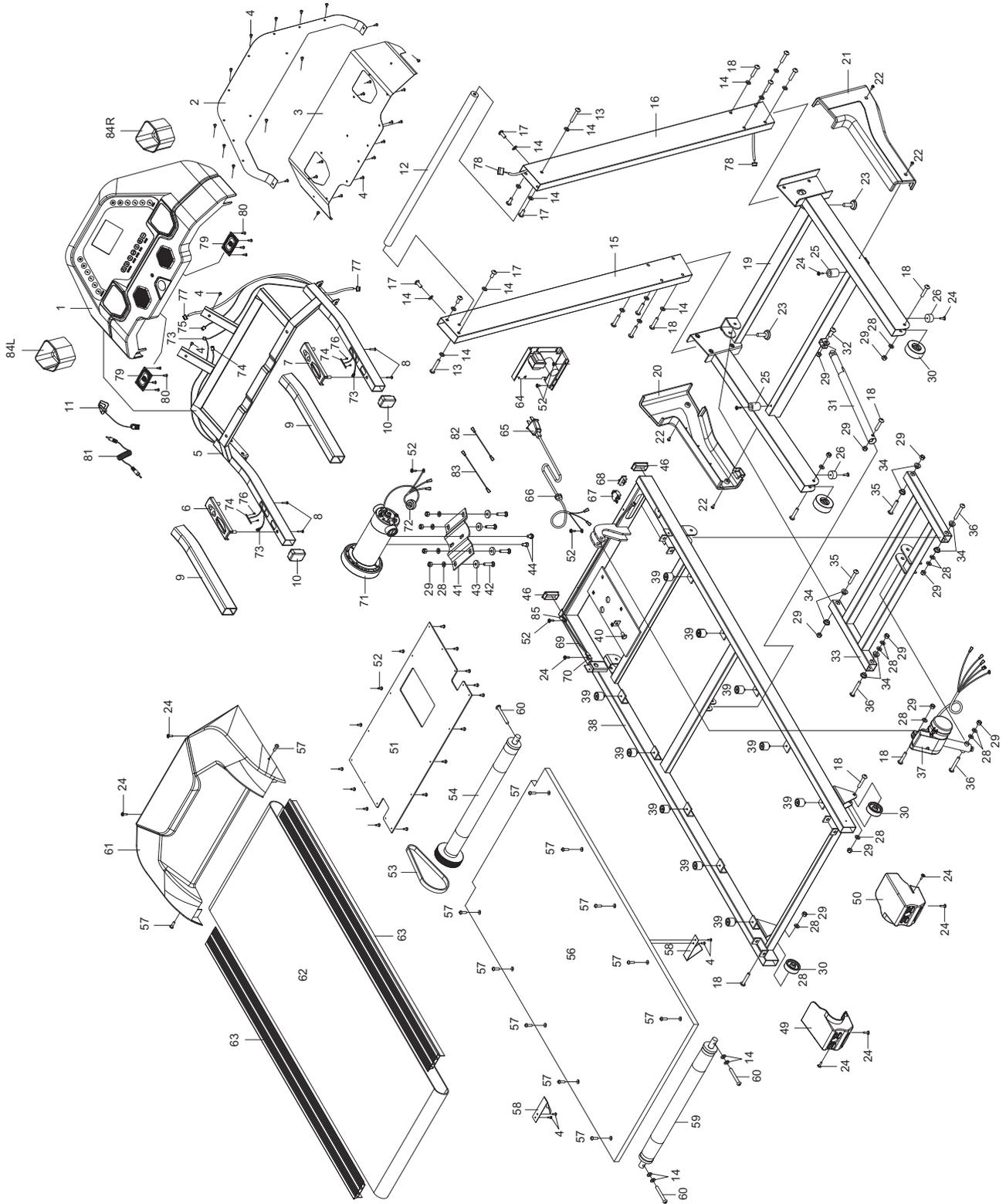


Allen Wrench with Phillips Screwdriver
1 PC

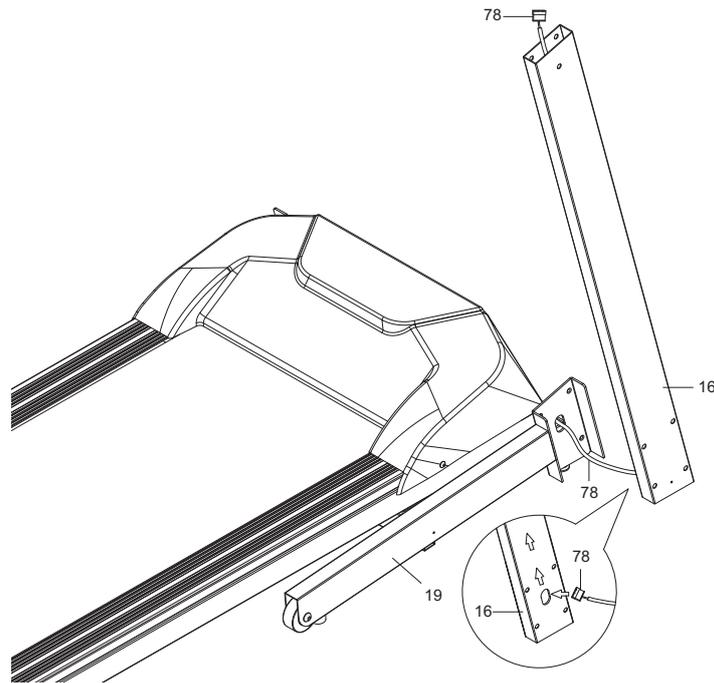


Allen Wrench
1 PC

EXPLODED VIEW

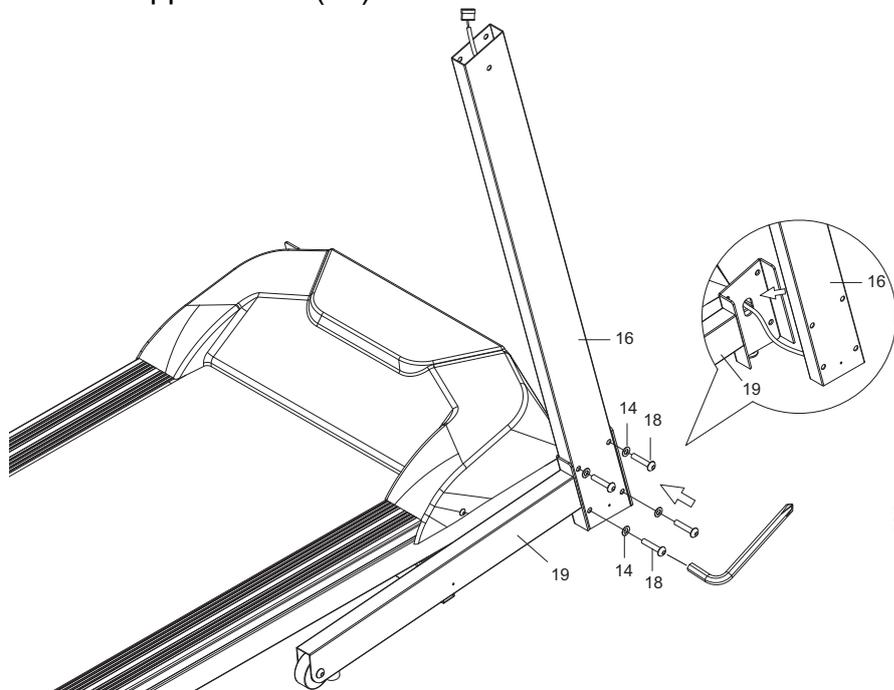


ASSEMBLY INSTRUCTIONS



Step 1

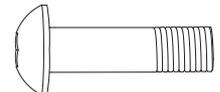
It is recommended to have a second person assist with this step. One person should hold the Right Handlebar Support Tube (16) in place while the other person inserts the wire. Insert the Extension Sensor Wire B (78) from the Base Frame (19) into the hole in the Right Handlebar Support Tube (16) and then pull it out from the top end of the Right Handlebar Support Tube (16).



Hardware:



(14) Washer
4 PCS



(18) Hexagon Socket
Oval Head Bolt
4 PCS

Step 2

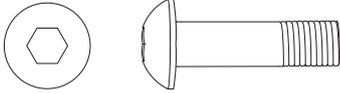
Attach the Right Handlebar Support Tube (16) to the Base Frame (19) with four Washers (14) and four Hexagon Socket Oval Head Bolts (18). Semi-tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

NOTE: DO NOT FULLY TIGHTEN BOLTS IN STEP 2 UNTIL THE STEP 6 IS COMPLETE.

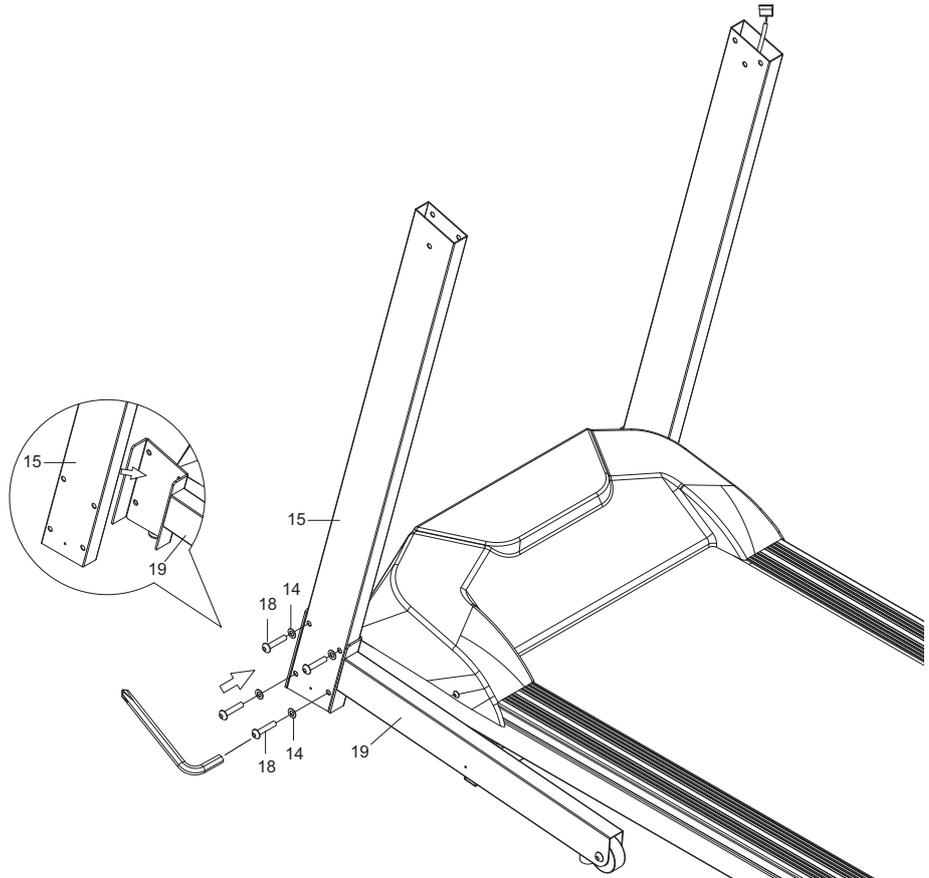
Hardware:



(14) Washer
4 PCS



(18) Hexagon Socket
Oval Head Bolt
4 PCS

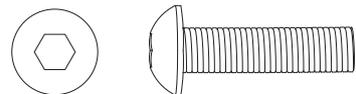


Step 3

Attach the Left Handlebar Support Tube (15) to the Base Frame (19) with four Washers (14) and four Hexagon Socket Oval Head Bolts (18). Semi-tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

NOTE: DO NOT FULLY TIGHTEN BOLTS IN STEP 3 UNTIL THE STEP 6 IS COMPLETE.

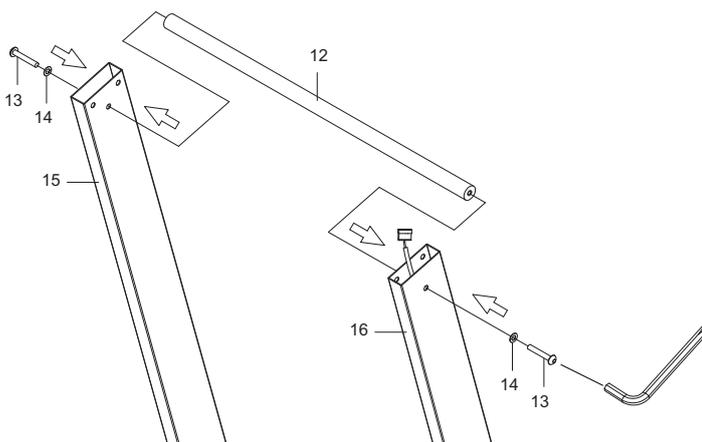
Hardware:



(13) Hexagon Socket
Oval Head Bolt
2 PCS



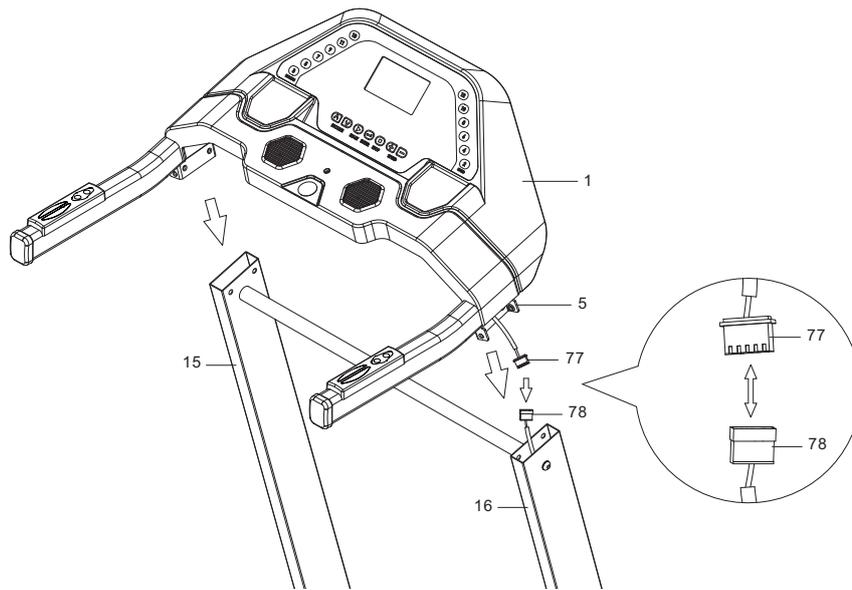
(14) Washer
2 PCS



Step 4

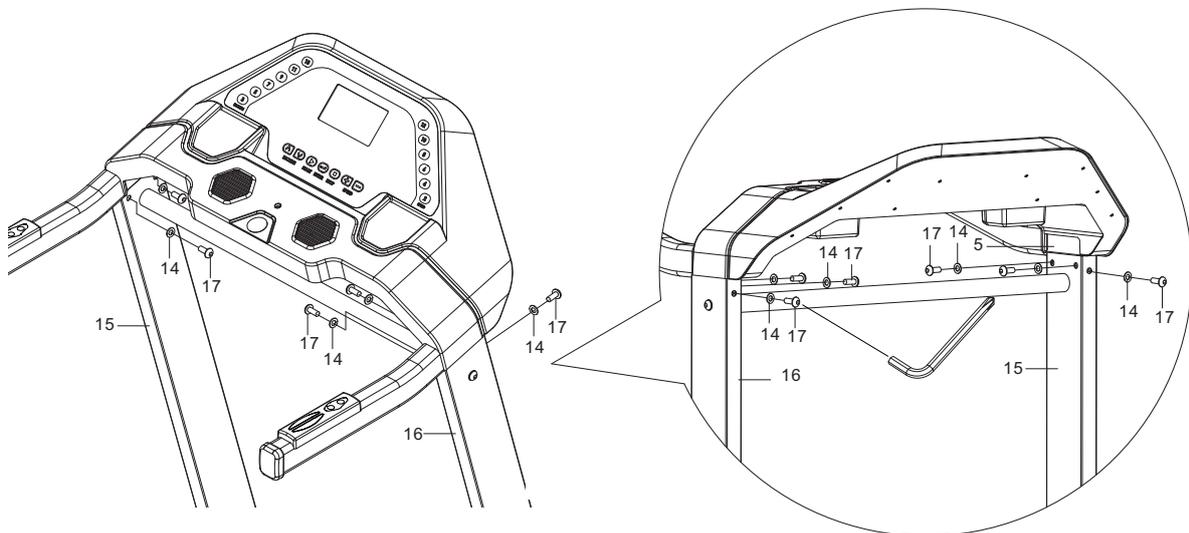
Attach the Cross Bar (12) onto both Left/Right Handlebar Support Tubes (15, 16) with two Hexagon Socket Oval Head Bolts (13) and two Washers (14). Semi-tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

NOTE: DO NOT FULLY TIGHTEN BOLTS IN STEP 4 UNTIL THE STEP 6 IS COMPLETE.



Step 5

It is recommended to have a second person assist with this step. One person should hold the Handlebar Bracket (5) in place while the other person connects the wires. Connect the Extension Sensor Wire A (77) from the Handlebar Bracket (5) to the Extension Sensor Wire B (78) that comes from the Right Handlebar Support Tube (16). Slide the Handlebar Bracket (5) into the both Left/Right Handlebar Support Tubes (15, 16).



Step 6

Secure the Handlebar Bracket (5) to the both Left/Right Handlebar Support Tubes (15, 16) with six Washers (14) and six Hexagon Socket Oval Head Bolts (17). Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

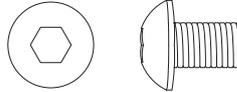
IMPORTANT: While sliding the Handlebar Bracket (5) into the both Left/Right Handlebar Support Tubes (15, 16), make sure the wires are installed inside the Right Handlebar Support Tube (16) and pay attention not to pinch the wires.

NOTE: PLEASE FULLY TIGHTEN BOLTS INSTALLED IN STEP 2 TO STEP 4 WITH THE TOOL PROVIDED.

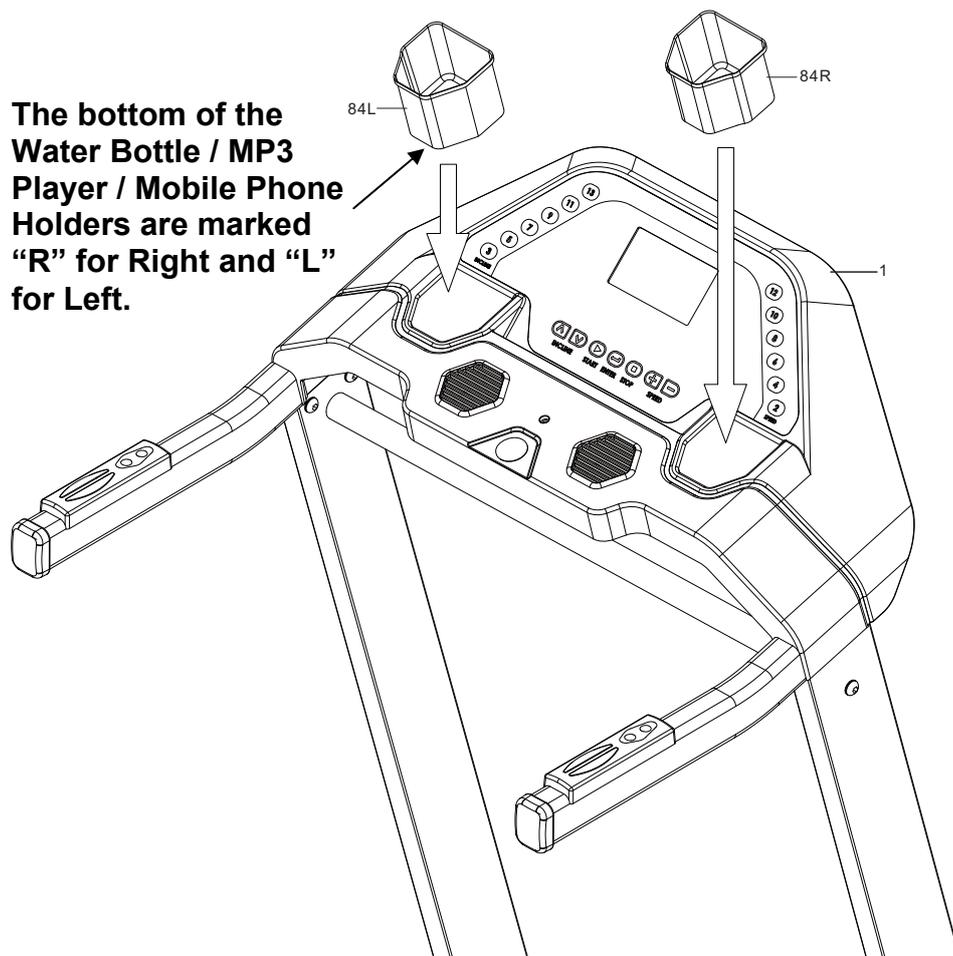
Hardware:



(14) Washer
6 PCS



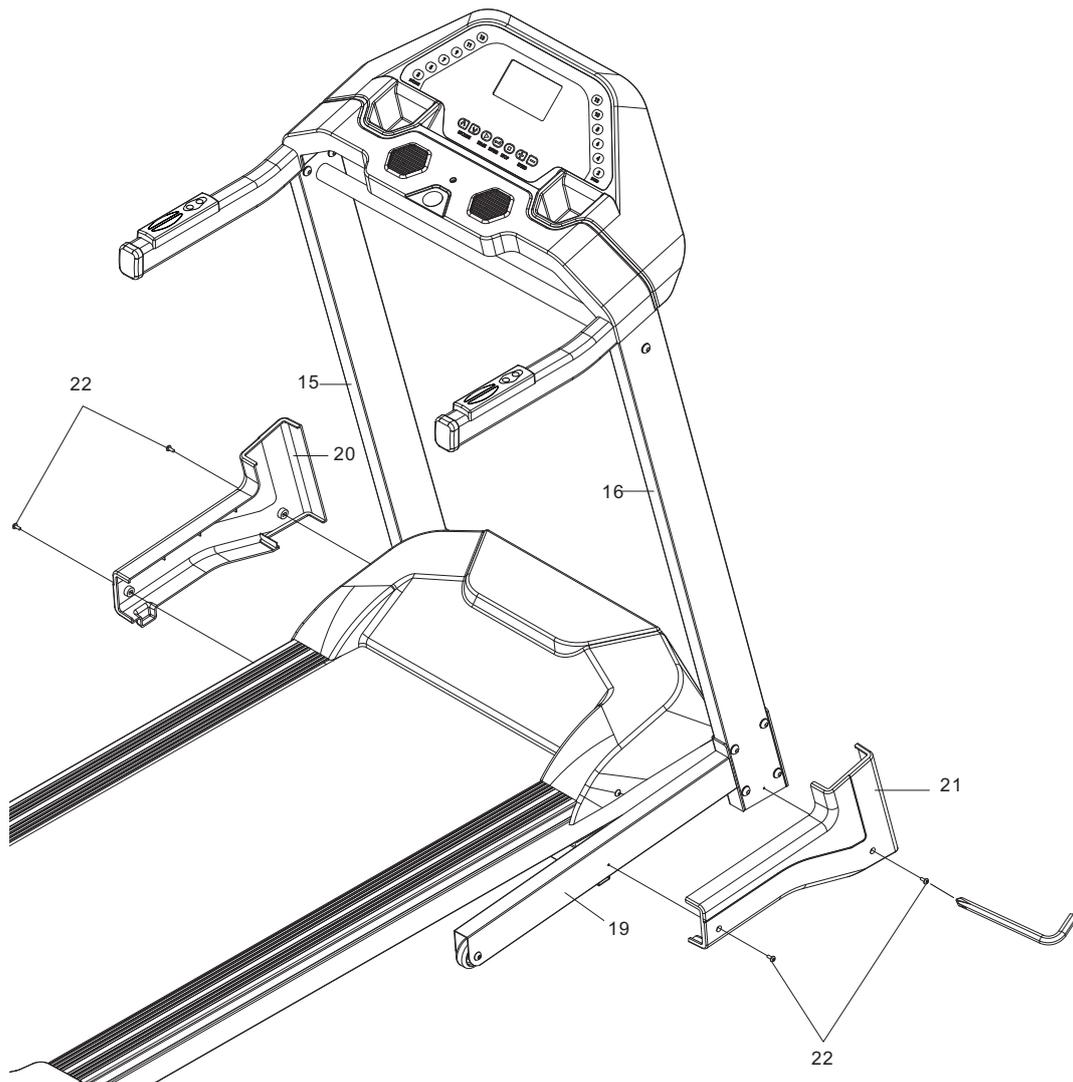
(17) Hexagon Socket
Oval Head Bolt
6 PCS



The bottom of the Water Bottle / MP3 Player / Mobile Phone Holders are marked "R" for Right and "L" for Left.

Step 7

Place both Right / Left Water Bottle / MP3 Player / Mobile Phone Holders (84R, 84L) to the Upper Computer Cover (1).



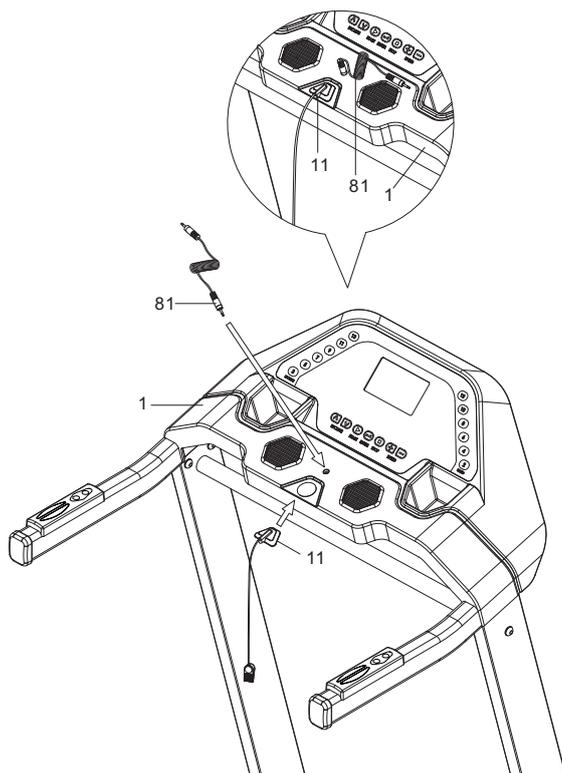
Step 8

Attach both Left/Right Handlebar Support Tube Covers (20, 21) onto Base Frame (19) and Left/Right Handlebar Support Tubes (15, 16) with four Cross Recessed Round Head Bolts (22). Tighten Bolts with the Allen Wrench with Phillips Screwdriver provided.

Hardware:

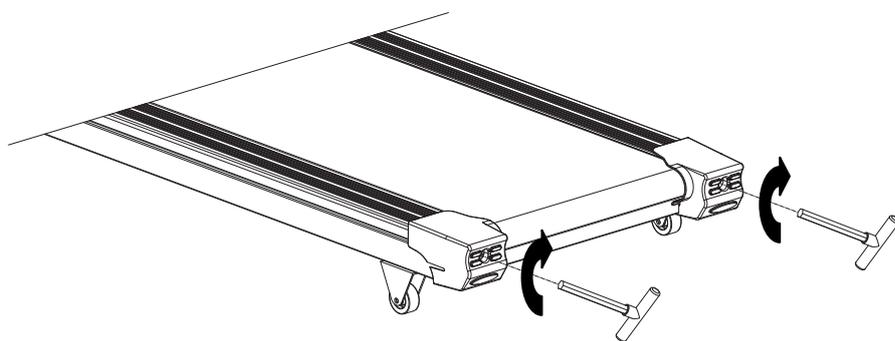


(22) Cross Recessed
Round Head Bolt
4 PCS

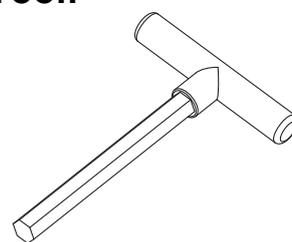


Step 9

This treadmill has an audio port on the Upper Computer Cover (1). User can connect one end of Audio Cable (81) into the audio port on the Upper Computer Cover (1) and then connect the other end of the cable into the jack for MP3 Player / CD Player or Mobile Device. The music plays through the two speakers on the treadmill. Place the Safety Tether Key (11) onto the Upper Computer Cover (1).



Tool:



Allen Wrench

Step 10

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

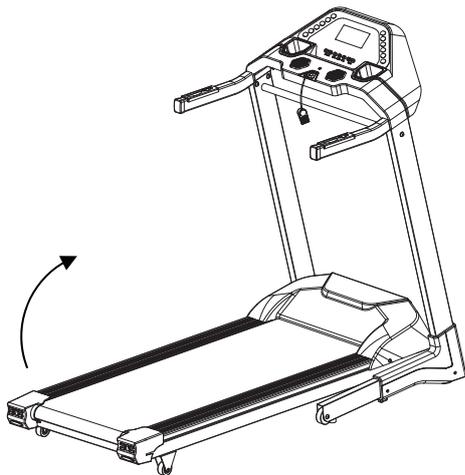
LIFTING UP & SETTING DOWN THE TREADMILL

LIFTING UP THE TREADMILL

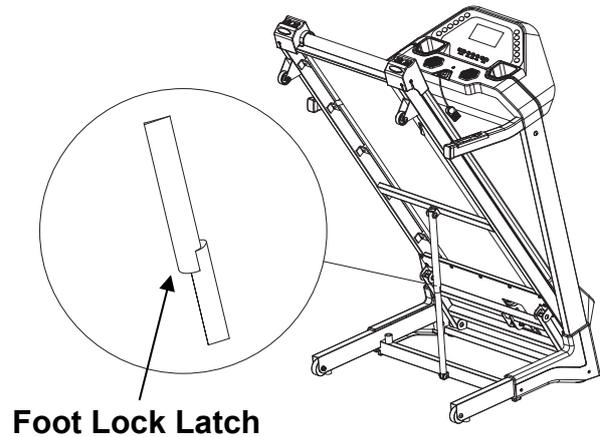
Firmly grasp the back end of the treadmill with both hands. Carefully lift the end of the treadmill up into the upright position until the Foot Lock Latch engages and securely locks the main frame into position. Make sure the main frame is securely latched before moving the treadmill. See figures A and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

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

A



B

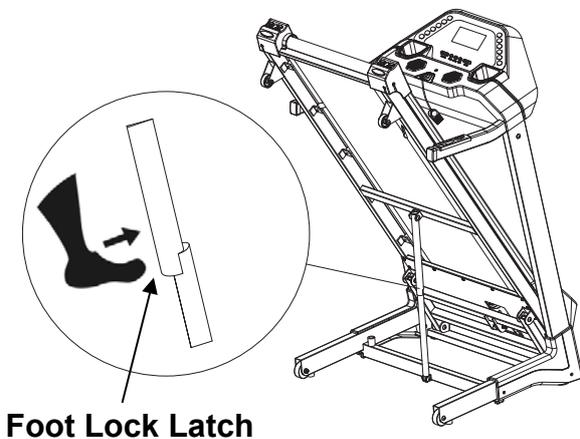


SETTING DOWN THE TREADMILL

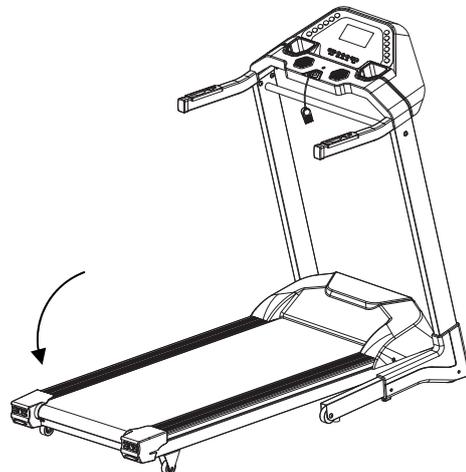
To set down the treadmill, firmly grasp the back end of the treadmill with both hands. Gently kick on the Foot Lock Latch with your foot until the lock latch disengages. Carefully lower the deck to the ground. See figures C and D.

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.

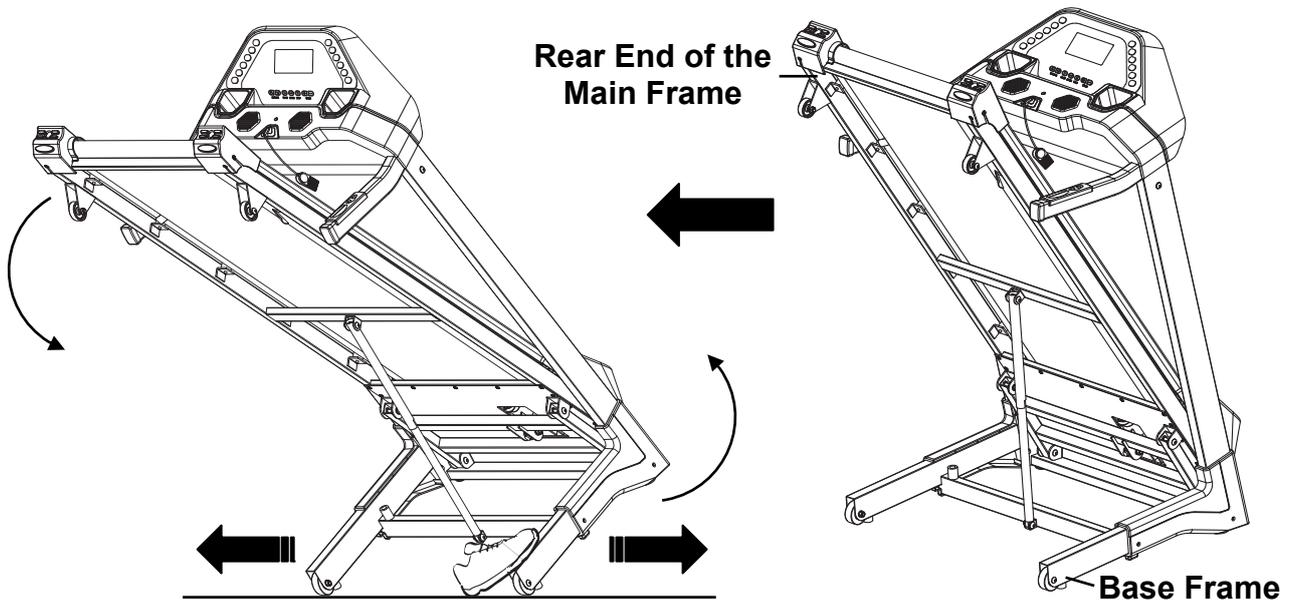
C



D



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 **Rear End of the Main Frame** 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 running belt starts moving with an initial speed of 1.0 KPH. You may press the SPEED \wedge or SPEED \vee button on the computer console 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 18.0 KPH. You may also press one of the INSTANT SPEED buttons (2 / 4 / 6 / 8 / 10 / 12) 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, 10 KPH, or 12 KPH respectively. You may press the INCLINE \uparrow or INCLINE \downarrow button on the computer console to increase or decrease the incline level during exercise. Each increment or decrement is 1 level. The incline adjustment available range is from 0 to 15 levels. The split window of INCLINE will display the incline level. You may also press one of the INSTANT INCLINE buttons (3 / 5 / 7 / 9 / 11 / 13) on the computer console and the split window of INCLINE will display the incline level that you have pressed and the incline level change to 3-level, 5-level, 7-level, 9-level, 11-level, or 13-level 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 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 2-5 seconds. For a more accurate reading, grip pulse sensors with both hands.

The computer screen will display a cycle with LCD. One cycle is 400 meters for 1 LAP. During training, you may press the STOP button on the computer console to stop the treadmill running at any time.

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: During training, press the STOP button on the computer console to stop the treadmill running.

ENTER: During exercise mode, press the ENTER button to switch display as below :
TIME \longleftrightarrow DISTANCE, PULSE \longleftrightarrow CALORIES, PROG. (PROGRAM) \longleftrightarrow INCLINE
Press the ENTER button to confirm the selected program or the setting value for different programs.

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

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

SPEED \wedge : To make upward selection to select different training program.

To make upward adjustments for pre-setting target training speed, time, and distance in P0 (Manual Program) mode.

To make upward adjustment for pre-setting training speed, time, and distance in P1-P7 (Pre-set Program) mode.

To make upward selection to select H.R.C. (Heart Rate Control) Program (H1 or H2) mode.

To make upward adjustment for setting user's age in H1 or H2 program mode.

To make upward selection to select Custom User Program (U1 or U2) mode.

To make upward adjustment for setting running speed, time, and distance in U1 or U2 program mode.

To make upward adjustment for setting gender, height, weight, and age of user in BODY FAT program mode.

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

The speed range is from 1.0 KPH to 18.0 KPH.

SPEED \vee : To make backward selection to select different training program.

To make backward adjustments for pre-setting target training speed, time, and distance in P0 (Manual Program) mode.

To make backward adjustment for pre-setting training speed, time, and distance in P1-P7 (Pre-set Program) mode.

To make backward selection to select H.R.C. (Heart Rate Control) Program (H1 or H2) mode.

To make backward adjustment for setting user's age in H1 or H2 program mode.

To make backward selection to select Custom User Program (U1 or U2) mode.

To make backward adjustment for setting running speed, time, and distance in U1 or U2 program mode.

To make backward adjustment for setting gender, height, weight, and age of user in BODY FAT program mode.

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

The speed range is from 1.0 KPH to 18.0 KPH.

INCLINE ↑ : Makes incline adjustments during all training periods on different training modes.

The incline adjustment available range is from 0 to 15 levels.

INCLINE ↓ : Makes incline adjustments during all training periods on different training modes.

The incline adjustment available range is from 0 to 15 levels.

INSTANT SPEED (2 / 4 / 6 / 8 / 10 / 12): Press one of the INSTANT SPEED buttons (2 / 4 / 6 / 8 / 10 / 12) 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, 10 KPH, or 12 KPH respectively.

INSTANT INCLINE (3 / 5 / 7 / 9 / 11 / 13): Press one of the INSTANT INCLINE buttons (3 / 5 / 7 / 9 / 11 / 13) on the computer console and the split window of INCLINE will display the incline level that you have pressed and the incline level change to 3-level, 5-level, 7-level, 9-level, 11-level, or 13-level respectively.

COMPUTER FUNCTIONS:

TIME: Displays your elapsed workout time in minutes and seconds. Press the START button on the computer to start exercise. You may press the SPEED ^ or SPEED v button on the computer console to increase or decrease the running speed during exercise. Time starts counting up. You may also pre-set target time in STOP mode for P0-P7 and U1-U2 programs before training. To set TIME press the ENTER button on the computer console to select TIME until you see the split window of TIME begin blinking. Press the SPEED ^ or SPEED v button on the computer console to change the setting. Press the ENTER button for confirmation. Once you pre-set target time, press the START button on the computer to start 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 18.0 KPH. Press the START button on the computer to start exercise. You may press the SPEED ^ or SPEED v button on the computer console to increase or decrease the running speed during exercise. You may also pre-set target speed in STOP mode for P0-P7 programs before training. To set SPEED press the ENTER button on the computer console to select SPEED until you see the split window of SPEED begin blinking. Press the SPEED ^ or SPEED v button on the computer console to change the setting. Press the ENTER button for confirmation. Once you pre-set target speed, press the START button on the computer to start exercise. The split window of SPEED will display the speed that you have pre-set respectively.

DISTANCE: Displays the accumulative distance travelled during workout. Press the START button on the computer to start exercise. You may press the SPEED ^ or SPEED v button on the computer console to increase or decrease the running speed during exercise. Distance starts counting up. You may also pre-set target distance in STOP mode for P0-P7 and U1-U2 programs before training. To set DISTANCE press the

ENTER button on the computer console to select DISTANCE until you see the split window of DISTANCE begin blinking. Press the SPEED \wedge or SPEED \vee button on the computer console to change the setting. Press the ENTER button for confirmation. Once you pre-set target distance, press the START button on the computer to start 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.

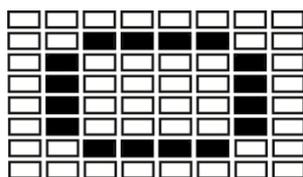
CALORIES: Displays the total calories burned during your workout. Press the START button on the computer to start exercise. You may press the SPEED \wedge or SPEED \vee button on the computer console to increase or decrease the running speed during exercise. Calorie starts counting up.

INCLINE: Displays the incline level from the minimum 0-level to the maximum 15-level. You may increase or decrease the incline level by pressing the INCLINE \uparrow or INCLINE \downarrow button on the computer console.

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 (P0):

You may select training manual program in STOP mode before training. Press the SPEED \wedge or SPEED \vee button on the computer console to select P0 training program. Press the ENTER button for confirm the selected program. The split window of SPEED begin blinking. You may press the SPEED \wedge or SPEED \vee button on the computer console to change the setting. Press the ENTER button for confirmation. The split window of TIME begin blinking. You may press the SPEED \wedge or SPEED \vee button on the computer console to change the setting. Press the ENTER button for confirmation. The split window of DISTANCE begin blinking. You may press the SPEED \wedge or SPEED \vee button on the computer console to change the setting. Now you may press the START button on the computer to start exercise. You may press the SPEED \wedge or SPEED \vee button on the computer console to increase or decrease the running speed during exercise. You may also press the INCLINE \uparrow or INCLINE \downarrow button on the computer console to increase or decrease the incline level during exercise. When the pre-set training program time or distance counts down to 0, the computer will beep to alert you and the treadmill will stop automatically.

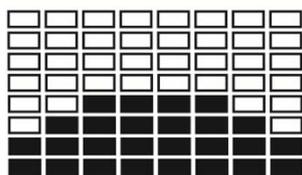


P0

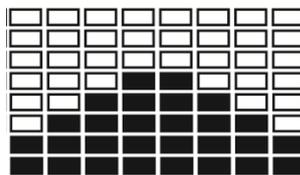
TRAINING IN PRE-SET PROGRAM MODE (P1-P7):

The computer offers 7 pre-set programs (P1-P7). You may select one of the pre-set training programs in STOP mode before training. Press the SPEED \wedge or

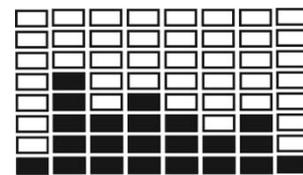
SPEED \downarrow button on the computer console to select one of the training programs. Press the ENTER button for confirm the selected program. The split window of SPEED begin blinking. You may press the SPEED \wedge or SPEED \downarrow button on the computer console to change the setting. Press the ENTER button for confirmation. The split window of TIME begin blinking. You may press the SPEED \wedge or SPEED \downarrow button on the computer console to change the setting. Press the ENTER button for confirmation. The split window of DISTANCE begin blinking. You may press the SPEED \wedge or SPEED \downarrow button on the computer console to change the setting. Now you may press the START button on the computer to start exercise. The running speed will change automatically during the workout (as shown below). The program is split evenly into 8 intervals. You may press the SPEED \wedge or SPEED \downarrow button on the computer console to increase or decrease the running speed during exercise. You may also press the INCLINE \uparrow or INCLINE \downarrow button on the computer console to increase or decrease the incline level during exercise. When the pre-set training program time or distance counts down to 0, the computer will beep to alert you and the treadmill will stop automatically.



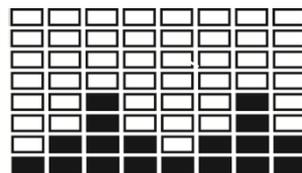
P1



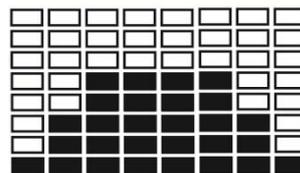
P2



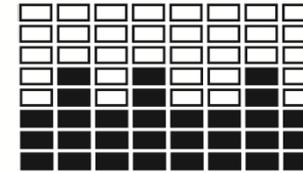
P3



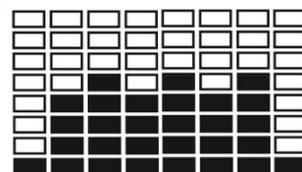
P4



P5



P6



P7

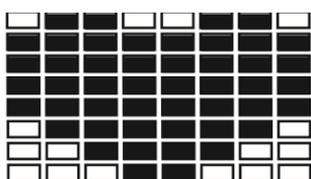
TRAINING IN HEART RATE CONTROL PROGRAM MODE (H1 and H2):

In STOP mode before training. Press the SPEED \wedge or SPEED \downarrow button on the computer console to select training heart rate control program H1(65% of your maximum heart rate) or H2 (85% of your maximum heart rate) until the screen displays H1 or H2. Press the ENTER button for confirm the selected program. Press the SPEED \wedge or SPEED \downarrow button on the computer console to set user's age. Press the ENTER button for confirm the user's age. If user selects H1(65% of your maximum heart rate) and the target heart rate will display on the split window of PULSE according to user's age.

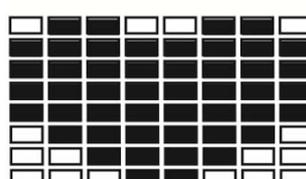
Press the START button on the computer to start exercise and grip the hand pulse sensors during exercise. The H1 and H2 program mode is designed to keep your heart at a desired amount of "beats per minute" by automatically adjusting the running speed. The computer will adjust the running speed according to the heart rate detected. For example, the running speed will increase while the heart rate detected is lower than

Target Heart Rate. Also, the running speed will decrease while the heart rate detected is higher than Target Heart Rate. As a result, the user's heart rate will be adjusted equal to the Target Heart Rate. You may press the SPEED \wedge or SPEED \vee button on the computer console to increase or decrease the running speed during exercise. You may also press the INCLINE \uparrow or INCLINE \downarrow button on the computer console to increase or decrease the incline level during exercise.

Use the same procedure to operate H2 (85% of your maximum heart rate) as described above.



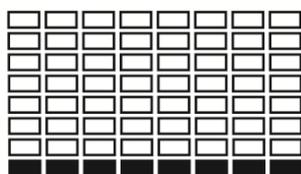
H1 (H.R.C 65%)



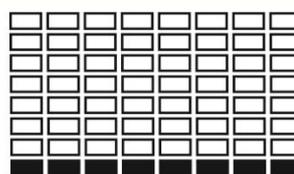
H2 (H.R.C 85%)

TRAINING IN CUSTOM USER PROGRAM MODE (U1 and U2):

There are 2 CUSTOM USER programs available for setting your own program. Press the SPEED \wedge or SPEED \vee button on the computer console to select U1 or U2 custom program mode until the screen displays U1 or U2. Press the ENTER button to confirm the selected program and the split window of SPEED begin blinking. Press the SPEED \wedge or SPEED \vee button to set speed for the first interval of custom user program graphic. Press the ENTER button to confirm the speed for the first interval of custom user program graphic. Repeat above steps to set the speed for all 8 intervals. Press the ENTER button for confirmation. The split window of TIME begin blinking. You may press the SPEED \wedge or SPEED \vee button on the computer console to change the setting. Press the ENTER button for confirmation. The split window of DISTANCE begin blinking. You may press the SPEED \wedge or SPEED \vee button on the computer console to change the setting. Now you may press the START button on the computer to start exercise. The running speed will change automatically according to your own pre-set program throughout the workout. When the pre-set training time or distance counts down to 0, the computer will beep to alert you and the treadmill will stop automatically.



U1



U2

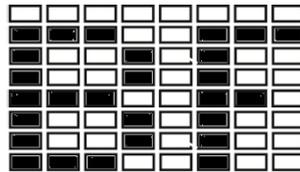
TRAINING IN BODY FAT PROGRAM MODE:

In STOP mode before training. Press the SPEED \wedge or SPEED \vee button on the computer console to select body fat program until the screen displays BF. Press the ENTER button for confirmation. Press the SPEED \wedge or SPEED \vee button on the computer console to set user's gender. Press the ENTER button on the computer console to confirm the gender and the screen will display 175.0 (HEIGHT). Press the SPEED \wedge or SPEED \vee button on the computer console to set user's height. Press the ENTER button on the computer console to confirm the height and the screen will 70 (WEIGHT). Press the SPEED \wedge or SPEED \vee button on the computer console to set

user's weight. Press the ENTER button on the computer console to confirm the weight and the screen will display 35 (AGE). Press the SPEED \wedge or SPEED \vee button on the computer console to set user's age. Press the ENTER button on the computer console to confirm the age and then press the START button and grip the handlebar pulse sensors with both hands for a few seconds, and the screen will display as shown below:

Body FAT% \rightarrow BODY TYPE \rightarrow BMR \rightarrow BMI

If your heart rate can not be detected within 8 seconds, the error message "E5" will be displayed on the split window of Pulse.



BODY FAT

NOTE: Body Fat Percentage is an estimate based on the gender, height, weight, and age 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%

Body Type:

Base on body fat ratio categorized into 9 types as below:

Type 1 / Underweight 5% ~9%	Type 2 10% ~14%	Type 3 15% ~19%
Type 4 20% ~24%	Type 5 / Standard 25% ~29%	Type 6 30% ~34%
Type 7 35% ~39%	Type 8 40% ~44%	Type 9 / Overweight 45% ~50%

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.

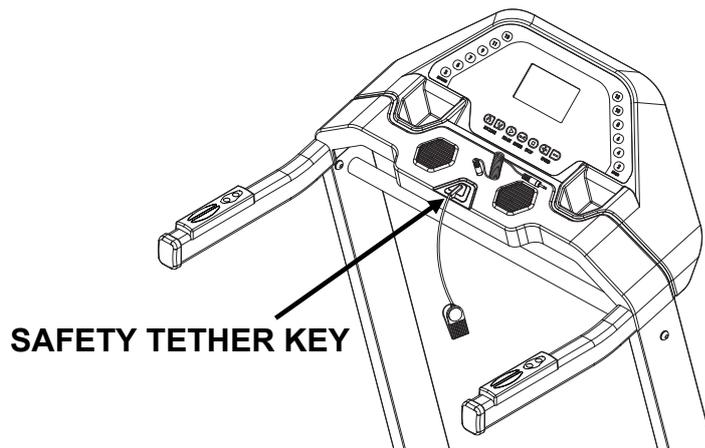
TROUBLESHOOTING GUIDE

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.

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.

EMERGENCY STOP

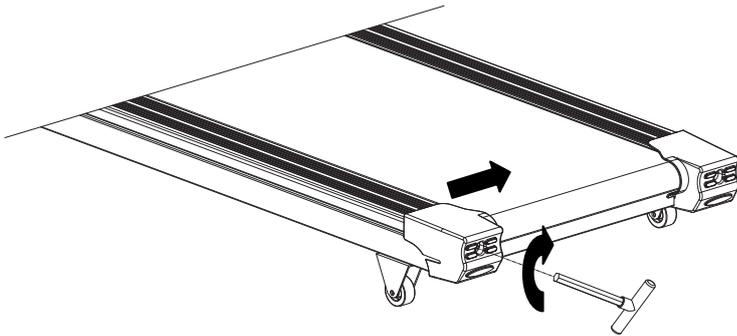


Before beginning a workout session ensure that the Safety Tether Key is properly placed onto the Computer Console and the Safety Clip is securely attached to an article of your clothing. If you fall the clip will pull out the **SAFETY TETHER KEY** from the Computer Console and the running belt will stop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

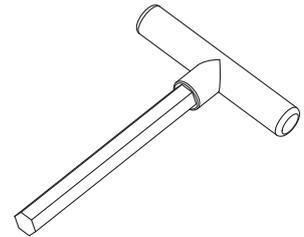
Replaced the Safety Tether Key onto the Computer Console. Press the START button to begin exercise again.

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 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.

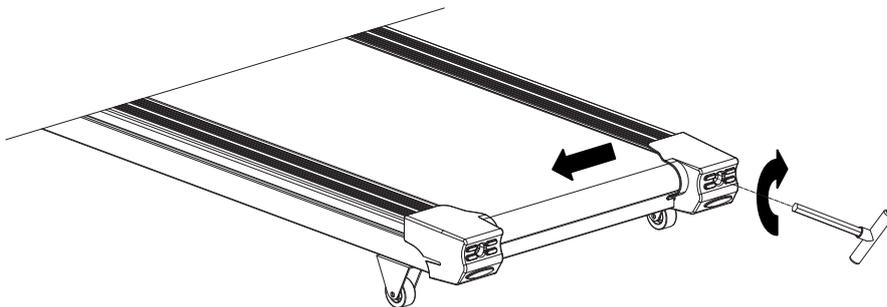


Tool:

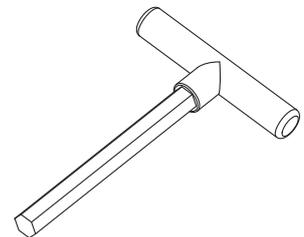


Allen Wrench

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.

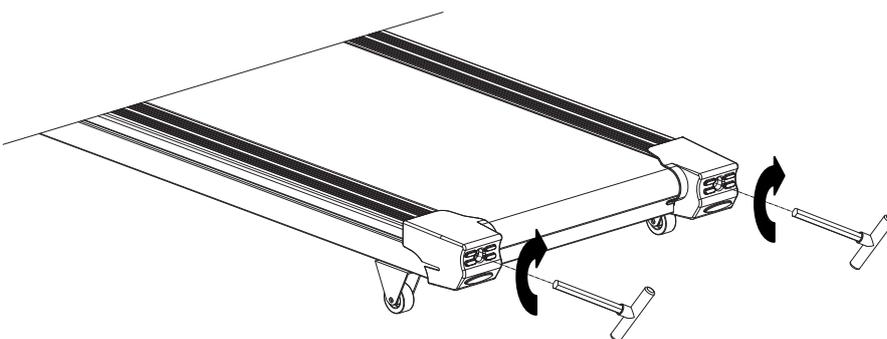


Tool:

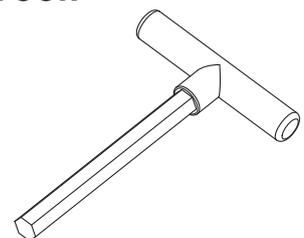


Allen Wrench

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

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.

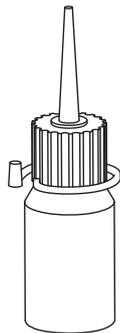
How to apply lubricant

Lift one side of running belt.

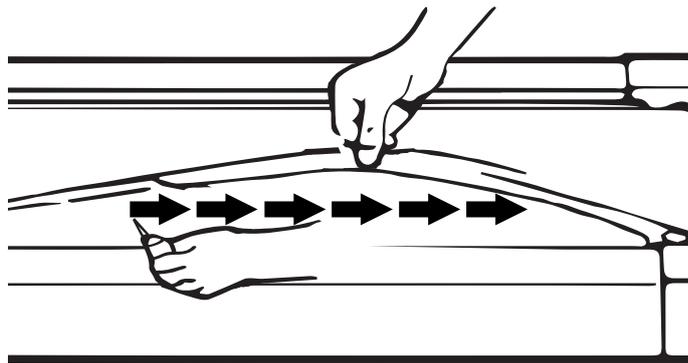
Pour some lubricant under the **centre** of the running belt on the top surface of the **running deck**.

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.



Lubricant
1 PC



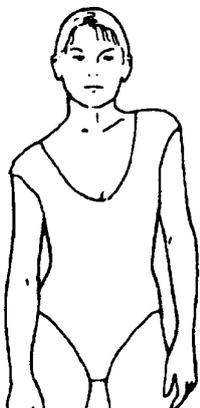
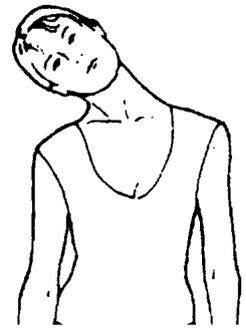
WARM UP AND COOL DOWN ROUTINE

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.

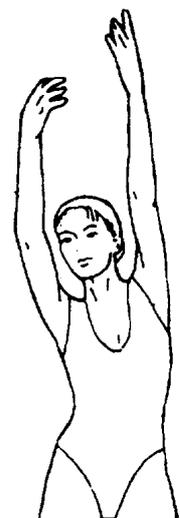
HEAD ROLLS

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.

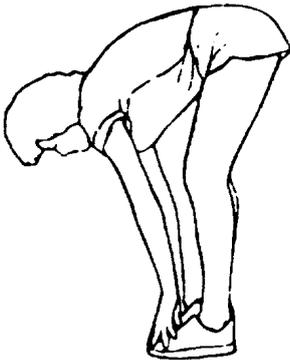


QUADRICEPS STRETCH

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.

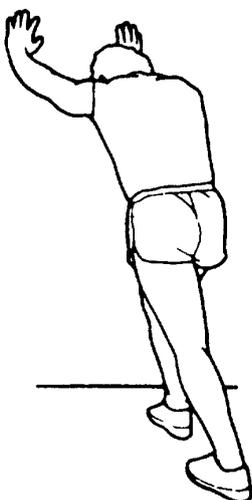
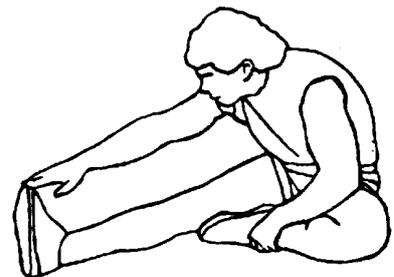


TOE TOUCHES

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.