

***ENERGETIC PRO***  
***Programmable Motorized Treadmill***  
***ITEM NO: 98205***

***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 125 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.

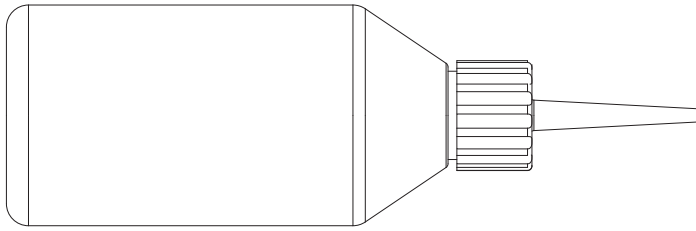
# PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Base Frame	1	031	Cross Recessed Pan Head Bolt M4x15	7
002	Base Frame End Cap	2	032	Hexagon Socket Round Head Bolt M8x70	1
003	Transport Wheel	4	033	Washer M8	15
004	Base Bumper	4	034	Nut M8x13	1
005	Hexagon Socket Truss Head Bolt M8x35	17	035	Sensor Bracket	1
006	Nylon Nut M8	7	036	Sensor	1
007	Cross Recessed Pan Head Tapping Screw M4x16	7	037	Cross Recessed Pan Head Tapping Screw M4x12	66
008	Rectangular End Cap (□30x60)	2	038	Power Switch	1
009	Wire Clip	3	039	Overload Switch	1
010	Long Bumper	2	040	Power Cord	1
011	Deck Frame	1	041	Power Cord Grommet	1
012	Front Roller	1	042	Cross Recessed Round Head Tapping Screw M4x12	2
013	Rear Roller	1	043	Rectangular End Cap (□25x50)	2
014	Running Belt	1	044	Belt	1
015	Running Deck	1	045	Washer Ø5xØ15xT2.0	4
016	Deck Bumper	2	046	Cross Recessed Flat Head Bolt M6x20	4
017	Side Rail	2	047	Washer Ø6xØ12xT2.0	3
018	Rear Right Upper End Cap	1	048	Hexagon Socket Round Head Bolt M6x55	3
019	Rear Left Upper End Cap	1	049	AC Wire (150 mm)	1
020	Rear Right Bottom End Cap	1	050	AC Wire (200 mm)	1
021	Rear Left Bottom End Cap	1	051	Connect Wire I (1500 mm)	1
022	Motor	1	052	Connect Wire II (800 mm)	1
023	Motor Bracket	1	053	Right Upright	1
024	Rear Decorative Cap	1	054	Left Upright	1
025	Motor Cover	1	055	Incline Base Assembly	1
026	Cushion Stick End Cap	4	056	Powder Metal Bushing	8
027	Cushion Stick	2	057	Incline Motor	1
028	Front Bottom Pan	1	058	Right Fender	1
029	Power Control Board	1	059	Left Fender	1
030	Hexagon Socket Round Head Bolt M18x100	1	060	Foot Lock Latch Tube	1

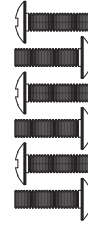
# PARTS LIST

No.	Description	Qty	No.	Description	Qty	
061	Handlebar	1	084	Computer	1 Set	
062	Control Box Cover	1	084a	Computer Fixing Plate		1
063	Safety Tether Key Base	1	084b	Speaker		2
064	Safety Tether Key Wire	1	084c	Sound Board		1
065	Control Box Button Board	1	084d	Upper Control Board		1
066	Cross Recessed Pan Head Tapping Screw M4x10	2	084e	Audio in Module		1
067			084f	Upper Computer Cover		1
068			084g	Lower Computer Cover		1
069			084h	Button Panel		1
070	Hexagon Bolt M10x45	4	084i	Computer Wire I		2
071	Cross Recessed Round Head Tapping Screw M2.5x6	43	084j	Computer Wire II		1
072	Cross Recessed Pan Head Tapping Screw M3x8	2	084k	Computer Wire III		1
073	Handlebar Foam Grip	2	084l	Computer Wire IV	1	
074	Handlebar End Cap	2	085	Right Reading Rack	1	
075	Hand Pulse Sensor with Incline Control Buttons and Wire	1	086	Left Reading Rack	1	
076	Hand Pulse Sensor with Speed Control Buttons and Wire	1	087	Incline Base Iron Plate Pin	2	
077	Left Handlebar Decorative Cover	1	088	Incline Base R Ring	2	
078	Right Handlebar Decorative Cover	1	089	Cross Recessed Pan Head Bolt M4x15	6	
079	Safety Tether Key	1	090	Hexagon Socket Truss Head Bolt M8x25	1	
080	Cross Recessed Pan Head Tapping Screw M4x50	2	091	Nylon Nut M8	4	
081	Left Cup Holder	1	092	Hexagon Socket Truss Head Bolt M8x15	4	
082	Right Cup Holder	1	093	Wire for MP3 Player and CD Player	1	
083	Lower Cup Holder Assembly Cover	1				

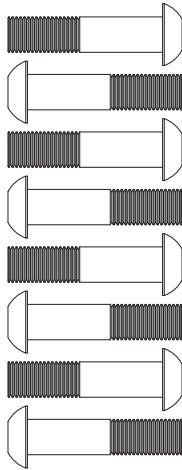
# HARDWARE & TOOLS CARD



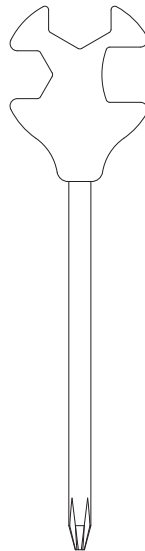
Lubricant  
1 PC



(89) Cross Recessed  
Pan Head Bolt M4x15  
6 PCS



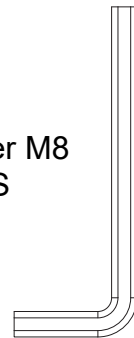
(5) Hexagon Socket  
Truss Head Bolt M8x35  
8 PCS



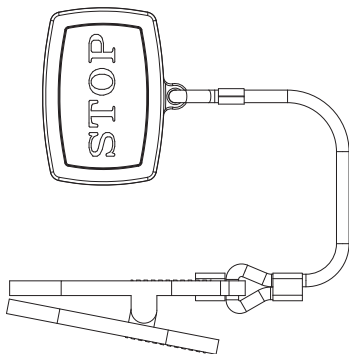
Multi Hex Tool with  
Phillips Screwdriver  
1 PC



(33) Washer M8  
10 PCS



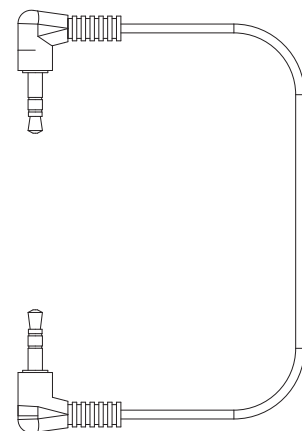
M5 Allen Wrench  
1 PC



(79) Safety Tether Key  
1 PC



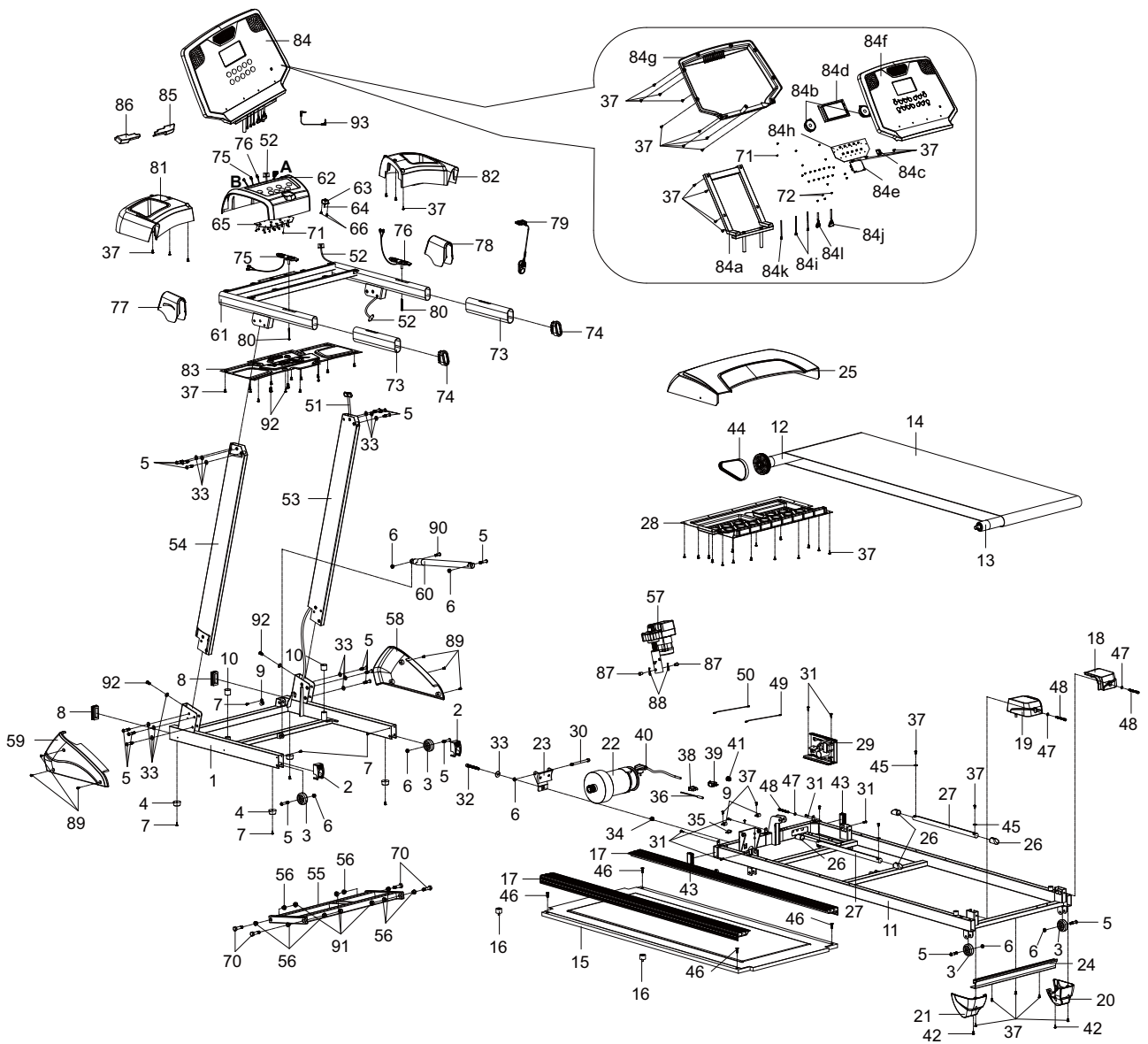
(92) Hexagon Socket  
Truss Head Bolt M8x15  
4 PCS



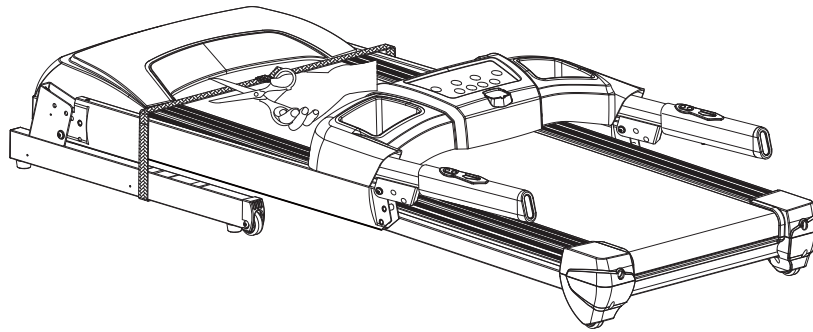
(93) Wire for MP3  
Player and CD Player  
1 PC



# EXPLODED VIEW



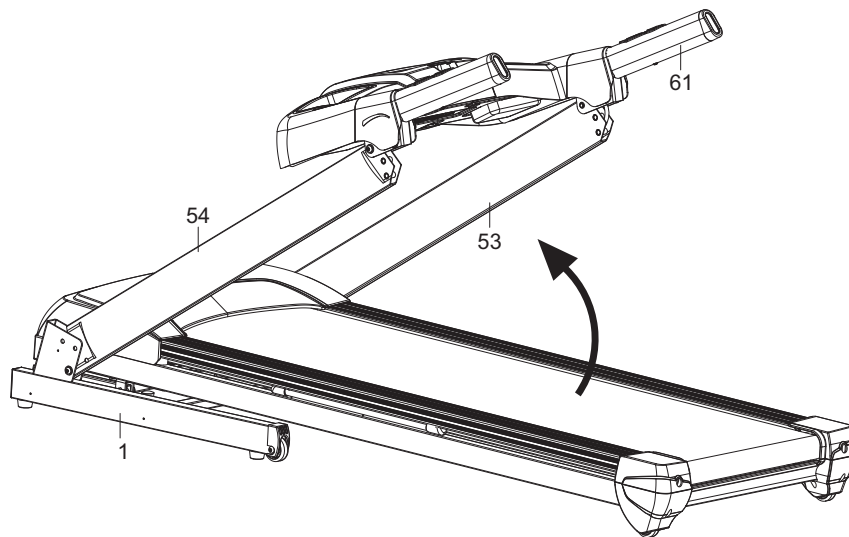
# ASSEMBLY INSTRUCTIONS



## Step 1

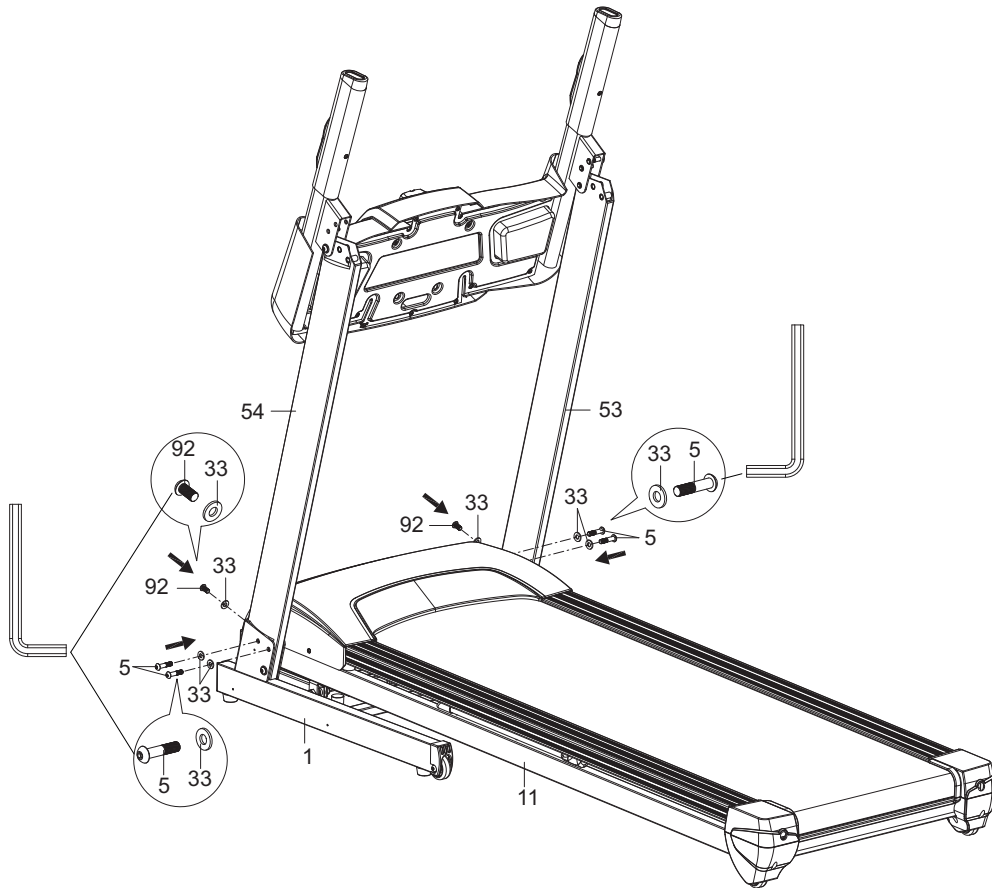
Remove the treadmill from the shipping carton and place it on a level flat surface. Please always use the aid of a second person when removing the treadmill from the shipping carton.

Use a scissors or knife to cut the strap.



## Step 2

Lift both Right/Left Uprights (53, 54) up and align bolt holes.



### Step 3

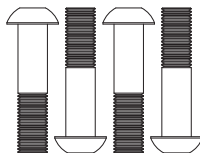
It is recommended to have a second person assist with this step. One person should hold the both Right/Left Uprights (53, 54) in place while the other person tightens the bolts. Use two M8x15 Hexagon Socket Truss Head Bolts (92), four M8x35 Hexagon Socket Truss Head Bolts (5), and six M8 Washers (33) to secure both Right/Left Uprights (53, 54) onto the Base Frame (1). Semi-tighten all bolts with the M5 Allen Wrench provided.

**NOTE: DO NOT FULLY TIGHTEN BOLTS IN STEP 3 UNTIL THE STEP 5 IS COMPLETE.**

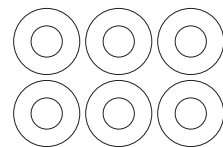
### Hardware:



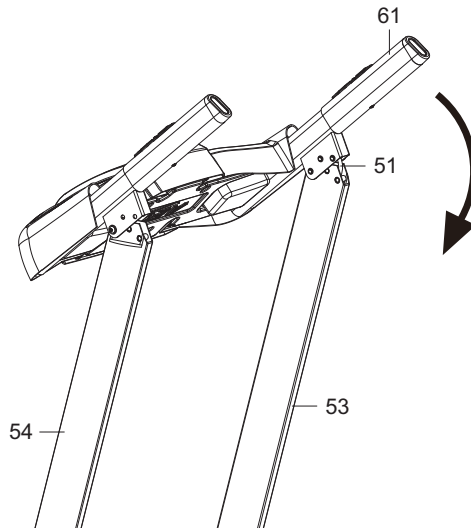
(92) Hexagon Socket  
Truss Head Bolt  
M8x15  
2 PCS



(5) Hexagon Socket  
Truss Head Bolt  
M8x35  
4 PCS

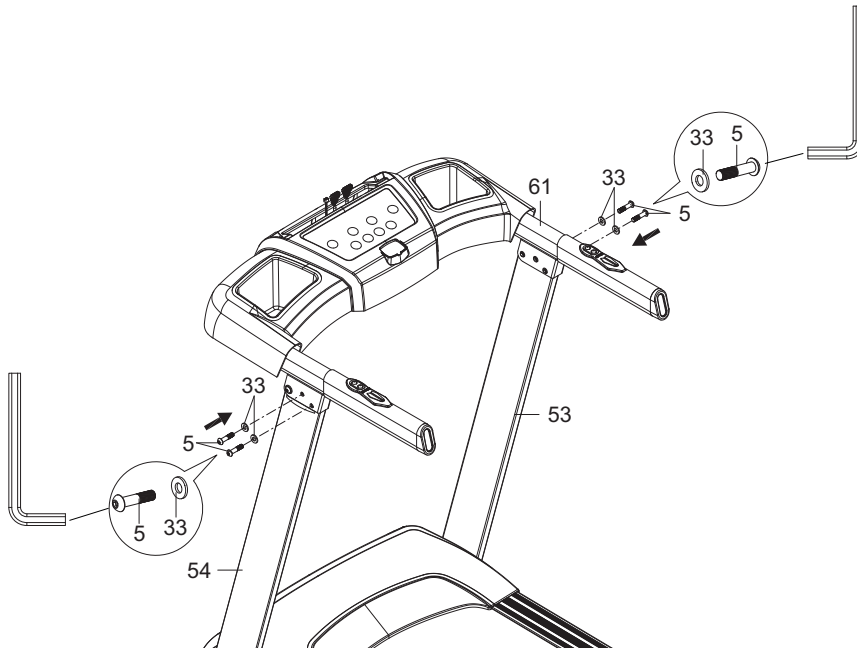


(33) Washer M8  
6 PCS



**Step 4**

Lift the Handlebar (61) down and align bolt holes.

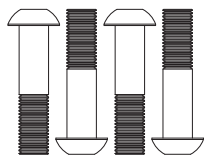


**Step 5**

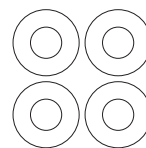
Use four M8x35 Hexagon Socket Truss Head Bolts (5) and four M8 Washers (33) to secure Handlebar (61) onto the top ends of Right/Left Uprights (53, 54). Tighten all bolts with the M5 Allen Wrench provided.

**NOW PLEASE FULLY TIGHTEN ALL BOLTS INSTALLED IN STEP 3 WITH THE M5 ALLEN WRENCH PROVIDED.**

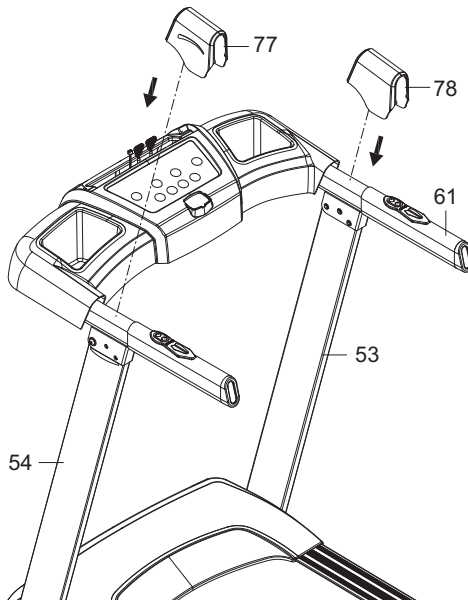
**Hardware:**



(5) Hexagon Socket Truss Head Bolt  
M8x35  
4 PCS



(33) Washer M8  
4 PCS



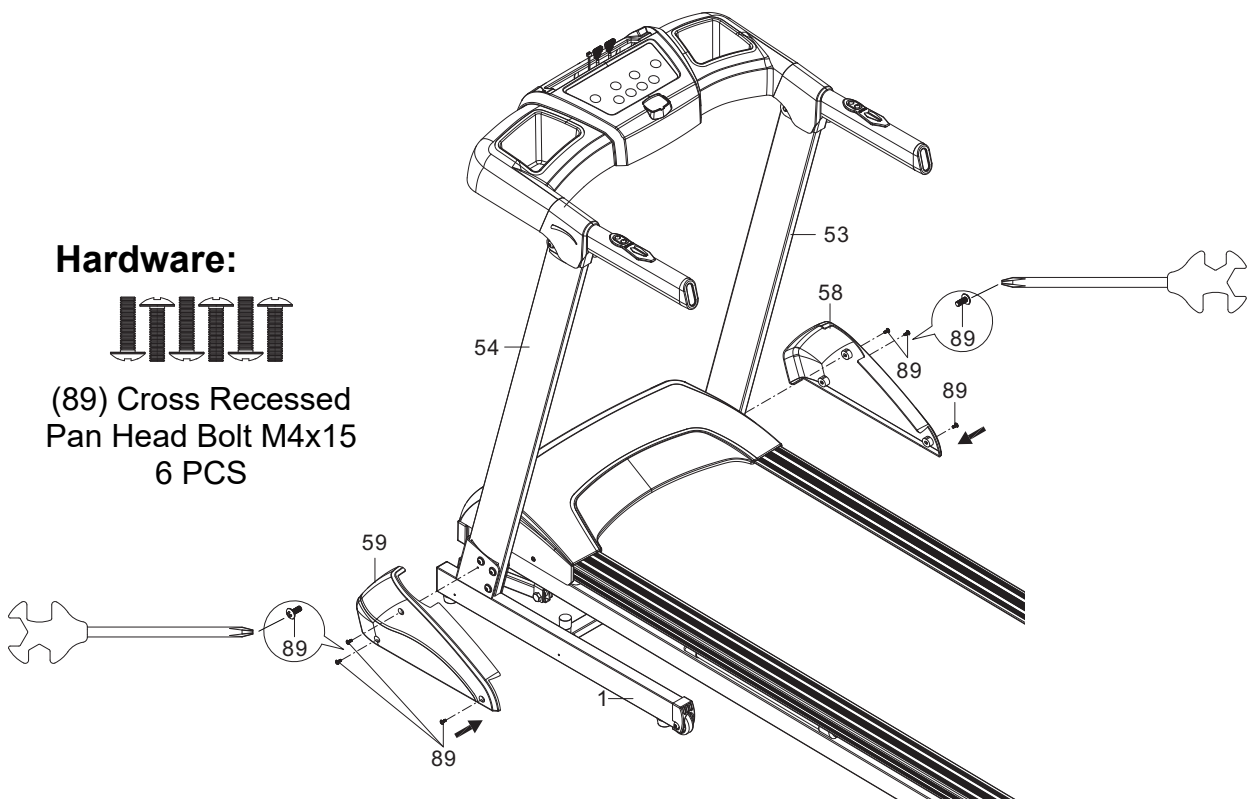
**Step 6**

Install both Left/Right Handlebar Decorative Covers (77, 78) onto the Handlebar (61).

**Hardware:**

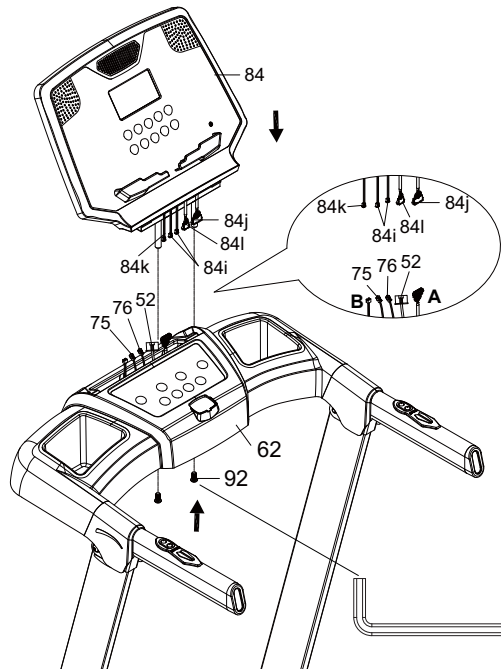


(89) Cross Recessed  
Pan Head Bolt M4x15  
6 PCS



**Step 7**

Attach both Right/Left Fenders (58, 59) onto the Base Frame (1) with six M4x15 Cross Recessed Pan Head Bolts (89). Tighten all bolts with the Multi Hex Tool with Phillips Screwdriver provided.



### Hardware:



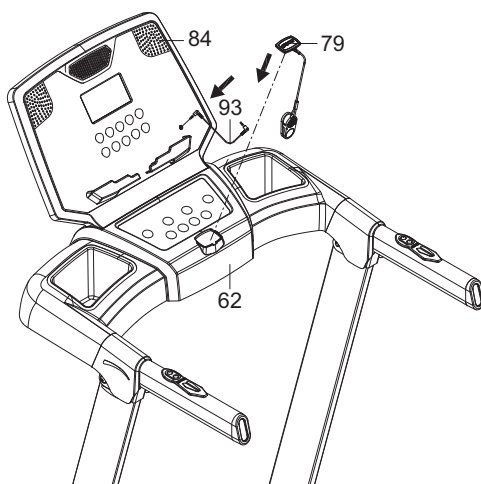
(92) Hexagon Socket  
Truss Head Bolt  
M8x15  
2 PCS

### Step 8

It is recommended to have a second person assist with this step. One person should hold the Computer (84) in place while the other person connects the wires.

Connect the Connect Wire II (52), Wires (A, B), Hand Pulse Sensor with Incline Control Buttons and Wire (75), and Hand Pulse Sensor with Speed Control Buttons and Wire (76) from the Control Box Cover (62) to the Computer Wires I/II/III/IV (84i, 84j, 84k, 84l) that come from the Computer (84).

Attach the Computer (84) to the Control Box Cover (62) with two M8x15 Hexagon Socket Truss Head Bolts (92). Tighten bolts with the M5 Allen Wrench provided.



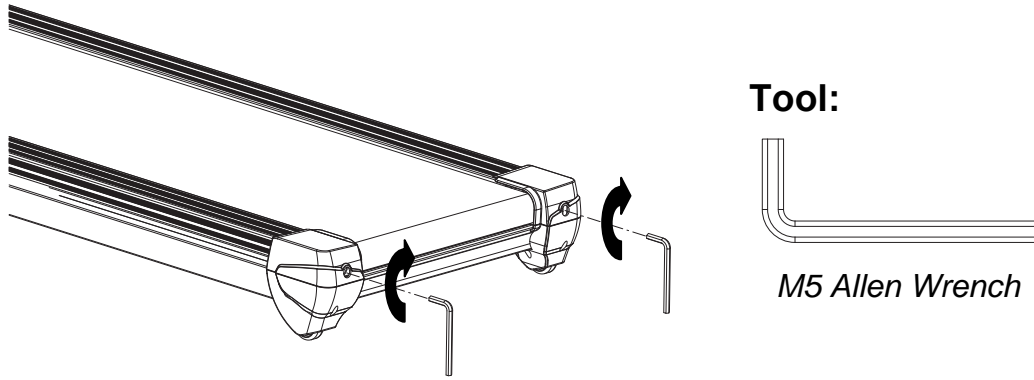
(79) Safety Tether Key  
1 PC

(93) Wire for MP3  
Player and CD Player  
1 PC

### Step 9

Place the Safety Tether Key (79) onto the Control Box Cover (62).

This treadmill has a MP3/CD player port on the Computer (84). User can connect one end of Wire for MP3 Player and CD Player (93) into the port on the Computer (84) and then connect the other end of the wire into the jack for MP3 player or CD player.



**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 M5 Allen Wrench provided to turn the both left and right rear roller adjustment bolts 1/4 turn clockwise before using the treadmill.

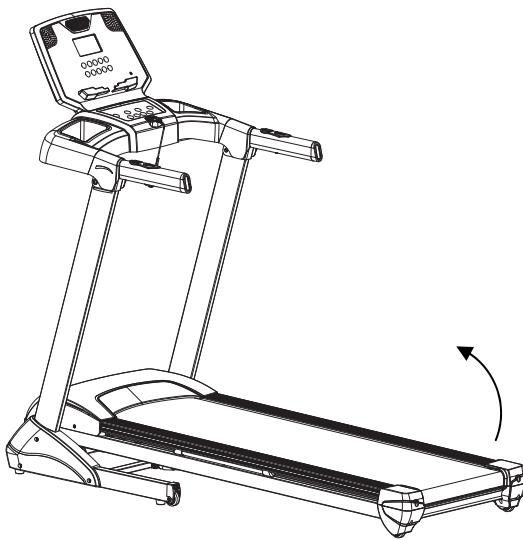
# LIFTING UP & SETTING DOWN THE TREADMILL

## LIFTING UP THE TREADMILL

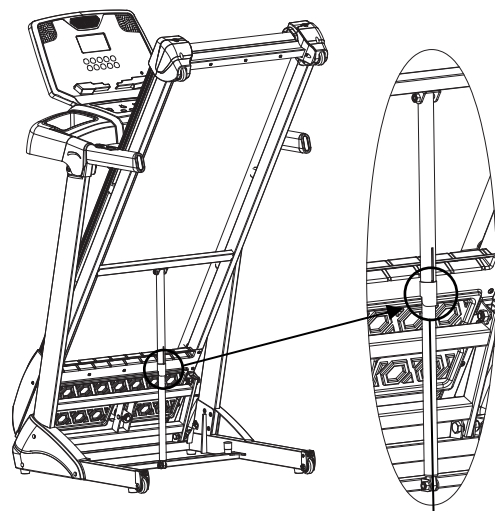
Firmly grasp the back end of the treadmill with both hands. Carefully lift the end of the treadmill up into the upright position until the Foot Lock Latch engages and securely locks the main frame into position. Make sure the main frame is securely latched before moving the treadmill. See figures A and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

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

**A**



**B**



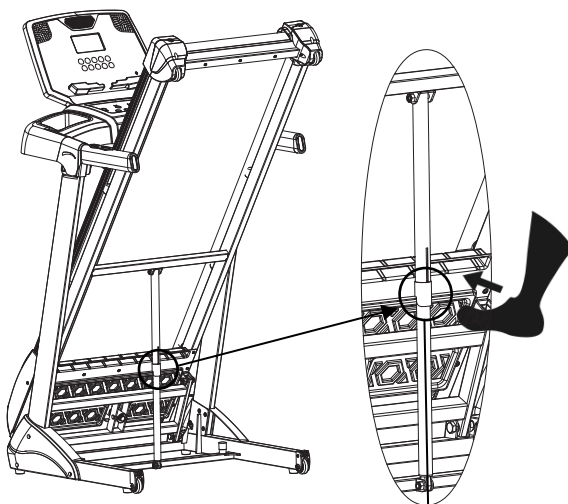
Foot Lock Latch

## 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.

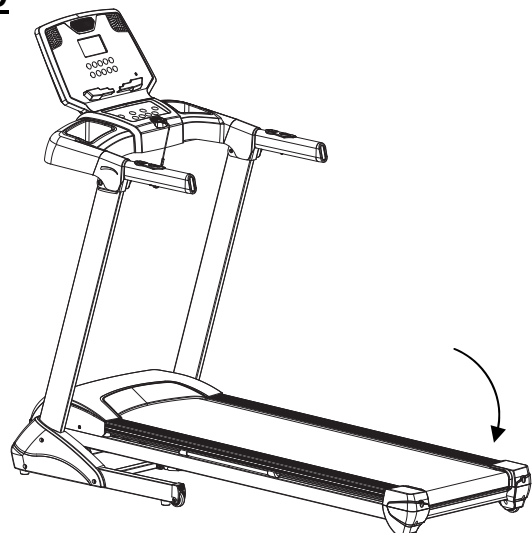
**NOTE: DO NOT STAND UNDER THE DECK WHEN SETTING DOWN THE TREADMILL. TO PREVENT INJURY, PLEASE MAKE SURE YOU HAVE A FIRM HOLD WHEN LIFTING UP OR SETTING DOWN THE DECK.**

**C**



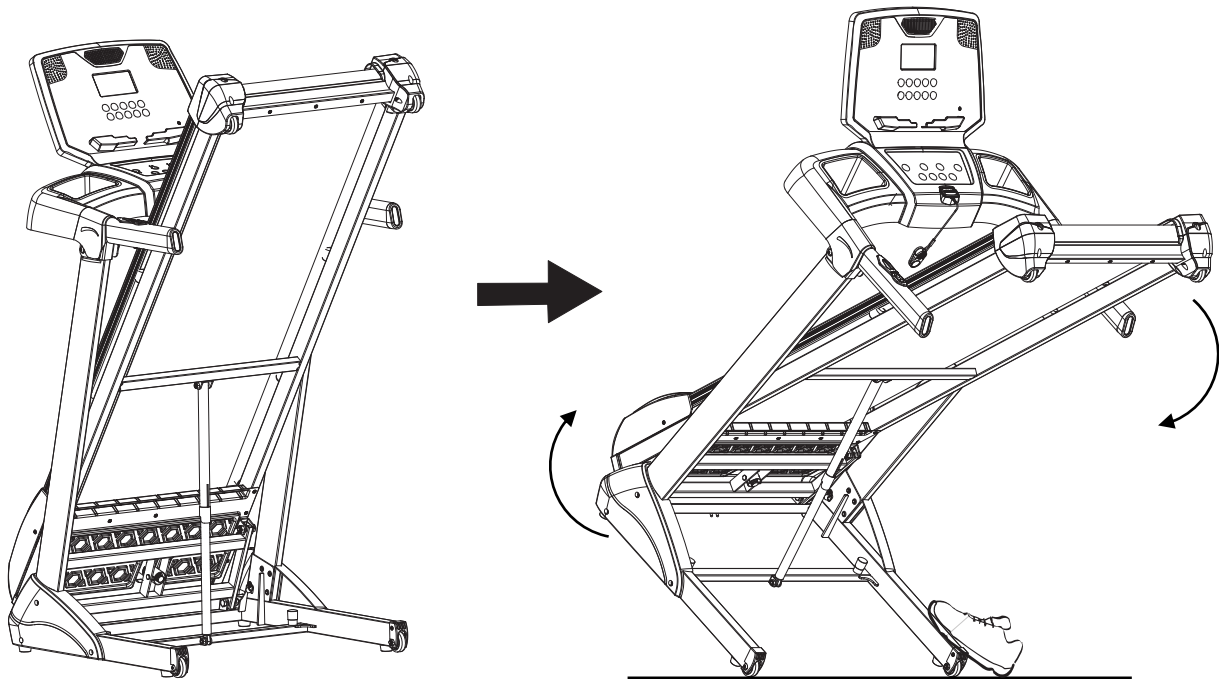
Foot Lock Latch

**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 (foot lock latch is engaged), firmly grasp the back end of the treadmill with both hands and place one foot onto one of the the Transport Wheels to make it stop moving. Next, carefully tilt the treadmill back until it rolls freely on the transport wheels.

To set the treadmill down, place one foot onto one of the the Transport Wheels 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 3 seconds 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. If the Safety Tether Key is not placed onto the Computer Console, the screen will display E0.

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

## QUICK START:

Press the START button on the computer to start exercise, the LCD window will countdown 3 seconds with the LCD showing "3-2-1" before the running belt starts moving. The running belt starts moving with an initial speed of 0.8 KPH. Always allow the treadmill to reach a speed of 0.8 KPH before stepping on to the running belt. You may press the SPEED + or SPEED - 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. The speed range is from the minimum 0.8 KPH to the maximum 16.0 KPH. You may also press one of the INSTANT SPEED buttons (2 / 4 / 6 / 8 / 10) on the computer console and the split window of SPEED will display the speed that you have pressed and the running speed will change to 2 KPH, 4 KPH, 6 KPH, 8 KPH, or 10 KPH respectively. You may press the INCLINE  $\wedge$  or INCLINE  $\vee$  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 INCL. (INCLINE) will display the incline level. You may also press one of the INSTANT INCLINE buttons (1 / 3 / 5 / 7 / 9) on the computer console and the split window of INCL. (INCLINE) will display the incline level that you have pressed and the incline level change to 1-level, 3-level, 5-level, 7-level, or 9-level respectively. The split window of TIME will display your elapsed workout time in minutes and seconds. The split window of DIST. (DISTANCE) will display the accumulative distance travelled during workout. The split window of CAL. (CALORIES) will display the total accumulated calories burned during workout. The split window of PULSE will display your current heart rate in beats per minute (BPM). To activate, grip the hand pulse sensors on both handlebars during exercise and the pulse will display after 4-5 seconds. For a more accurate reading, grip pulse sensors with both hands. During training, you may press the STOP button on the computer console to stop the treadmill running at any time, or pull out the safety tether key to stop the treadmill running.

## **COMPUTER BUTTON FUNCTIONS:**

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

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

**MODE:** In P00 (manual program) mode, press the MODE button to select different functions (time, distance, or calories) for setting exercise goals.

In Pre-set Programs (P01-P24) mode, press the MODE button to set time goal.

**PROG (PROGRAM):** Press the PROG button to enter into or quit the pre-set training program mode.

**SPEED +:** To make upward adjustments for pre-setting target training time, distance, or calories in P00 (manual program) mode.

To make upward adjustments for pre-setting target training time in P01-P24 (pre-set programs) mode.

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

**SPEED -:** To make backward adjustments for pre-setting target training time, distance, or calories in P00 (manual program) mode.

To make backward adjustments for pre-setting target training time in P01-P24 (pre-set programs) mode.

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

**INCLINE ^:** To increase incline adjustments during all training periods on different training modes.

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

**INCLINE v:** To decrease 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):** Press one of the INSTANT SPEED buttons (2 / 4 / 6 / 8 / 10) on the computer console and the split window of SPEED will display the speed that you have pressed and the running speed will change to 2 KPH, 4 KPH, 6 KPH, 8 KPH, or 10 KPH respectively.

**INSTANT INCLINE (1 / 3 / 5 / 7 / 9):** Press one of the INSTANT INCLINE buttons (1 / 3 / 5 / 7 / 9) on the computer console and the split window of INCL. (INCLINE) will display the incline level that you have pressed and the incline level change to 1-level, 3-level, 5-level, 7-level, or 9-level respectively.

## **COMPUTER DISPLAY:**

**TIME:** Displays your elapsed workout time in minutes and seconds. You may also pre-set target time before training in P00 (manual program) mode. Press the MODE button to select the TIME goal, the split window of TIME will begin blinking for pre-setting target training time. The initial pre-set target time is 30:00 minutes, you may press the

SPEED + or SPEED - button to pre-set target time. 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 to start exercise. The running belt starts moving with an initial speed of 0.8 KPH. You may press the SPEED + or SPEED - button on the computer console or handlebar to increase or decrease the running speed during exercise. Time starts counting down from pre-set target time to 0:00 per 1 second backward. When the pre-set target time counts down to 0:00, the computer will beep to alert you and the treadmill will stop automatically.

**SPEED:** Display the current running speed from the minimum 0.8 KPH to the maximum 16.0 KPH. You may press the SPEED + or SPEED - button on the computer console or handlebar to speed up or down your running speed during exercise. You may also press one of the INSTANT SPEED buttons (2 / 4 / 6 / 8 / 10) on the computer console and the split window of SPEED will display the speed that you have pressed and the running speed will change to 2 KPH, 4 KPH, 6 KPH, 8 KPH, or 10 KPH respectively.

**DIST. (DISTANCE):** Displays the accumulative distance travelled during workout. You may also pre-set target distance before training in P00 (manual program) mode. Press the MODE button to select the DIST. (DISTANCE) goal, the split window of DIST. (DISTANCE) will begin blinking for pre-setting target training distance. The initial pre-set target distance is 1.00 km, you may press the SPEED + or SPEED - button to pre-set target distance. The pre-set target distance range is from 1.00 to 99.9 kms. Once you pre-set target distance, press the START button to start exercise. The running belt starts moving with an initial speed of 0.8 KPH. You may press the SPEED + or SPEED - button on the computer console or handlebar to increase or decrease the running speed during exercise. Distance starts counting down from pre-set target distance to 0.00. When the pre-set target distance counts down to 0.00, the computer will beep to alert you and the treadmill will stop automatically.

**CAL. (CALORIES):** Displays the total calories burned during your workout. You may also pre-set target calories before training in P00 (manual program) mode. Press the MODE button to select the CAL. (CALORIES) goal, the split window of CAL. (CALORIES) will begin blinking for pre-setting target calories. The initial pre-set target calories is 50 calories, you may press the SPEED + or SPEED - button to pre-set target calories. The pre-set target calorie range is from 10 to 990 calories. Once you pre-set target calories, press the START button to start exercise. The running belt starts moving with an initial speed of 0.8 KPH. You may press the SPEED + or SPEED - button on the computer console or handlebar to increase or decrease the running speed during exercise. 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 4-5 seconds. For a more accurate reading, grip pulse sensors with both hands.

## COMPUTER OPERATION:

### TRAINING IN P00 (MANUAL PROGRAM) MODE:

in STOP mode before training, press the MODE button to select the TIME, DIST. (DISTANCE), or CAL. (CALORIES) goal, the split window of TIME, DIST. (DISTANCE), or CAL. (CALORIES) will begin blinking for pre-setting target values. Press the SPEED + or SPEED - button to pre-set target values. Only one function can be pre-set. Press the START button to start exercise, the LCD window will countdown 3 seconds with the LCD showing "3-2-1" before the running belt starts moving. You may press the SPEED + or SPEED - button to increase or decrease the speed and the INCLINE  $\wedge$  or INCLINE  $\vee$  to increase or decrease the incline level during exercise. When the pre-set target values count down to 0, the computer will beep to alert you and the treadmill will stop automatically.

### TRAINING IN P01-P24 (PRE-SET PROGRAMS) MODE:

The computer offers 24 pre-set programs. You may select training programs in STOP mode before training. Press the PROG (PROGRAM) button to enter in the pre-set training program mode. Press the SPEED + or SPEED - button to select one of the pre-set programs (P01-P24). Press the MODE button to set TIME goal, the split window of TIME will begin blinking for pre-setting target time. The initial pre-set target time is 30:00 minutes, you may press the SPEED + or SPEED - button to pre-set target time. Press the START button to start exercise, the LCD window will countdown 3 seconds with the LCD showing "3-2-1" before the running belt starts moving. The running speed and incline level will change according to the pre-set program. You may also press the SPEED + or SPEED - button to increase or decrease the speed and the INCLINE  $\wedge$  or INCLINE  $\vee$  to increase or decrease the incline level during exercise. When the pre-set target training program time count down to 0:00, the computer will beep to alert you and the treadmill will stop automatically.

<b>P-01</b>															
<b>INTERVAL</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
SPEED (KPH)	3	3	4	4	4	4	5	5	5	5	6	6	6	6	7
INCLINE LEVEL	0	2	3	4	5	6	7	7	6	5	4	3	2	1	1
<b>INTERVAL</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
SPEED (KPH)	7	7	7	6	6	6	6	5	5	5	4	4	4	3	3
INCLINE LEVEL	2	3	4	5	6	7	7	6	5	4	3	2	1	1	0
<b>P-02</b>															
<b>INTERVAL</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
SPEED (KPH)	4	4	5	7	9	11	11	11	9	7	5	5	7	9	11
INCLINE LEVEL	0	3	3	5	5	7	7	9	9	7	7	5	5	3	3
<b>INTERVAL</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
SPEED (KPH)	11	11	11	9	7	5	5	7	9	11	11	9	5	4	4
INCLINE LEVEL	3	3	5	5	7	7	9	9	7	7	5	5	3	3	0

<b>P-03</b>															
<b>INTERVAL</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
SPEED (KPH)	5	5	5	5	12	12	5	5	5	12	12	5	5	5	12
INCLINE LEVEL	0	5	5	5	12	12	5	5	5	12	12	5	5	5	12
<b>INTERVAL</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
SPEED (KPH)	12	5	5	5	12	12	5	5	5	12	12	5	5	5	5
INCLINE LEVEL	12	5	5	5	12	12	5	5	5	12	12	5	5	5	0
<b>P-04</b>															
<b>INTERVAL</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
SPEED (KPH)	5	5	6	6	6	6	7	7	7	7	8	8	8	8	9
INCLINE LEVEL	0	2	3	4	5	6	7	7	6	5	4	3	2	1	1
<b>INTERVAL</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
SPEED (KPH)	9	9	9	8	8	8	8	7	7	7	6	6	6	5	5
INCLINE LEVEL	2	3	4	5	6	7	7	6	5	4	3	2	1	1	0
<b>P-05</b>															
<b>INTERVAL</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
SPEED (KPH)	5	7	9	7	5	7	9	7	5	7	9	11	9	7	5
INCLINE LEVEL	0	2	3	4	5	6	7	7	6	5	4	3	2	1	1
<b>INTERVAL</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
SPEED (KPH)	7	9	11	9	7	5	5	7	9	7	5	7	9	7	5
INCLINE LEVEL	2	3	4	5	6	7	7	6	5	4	3	2	1	1	0
<b>P-06</b>															
<b>INTERVAL</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
SPEED (KPH)	5	6	7	8	9	8	7	6	5	6	7	8	9	8	7
INCLINE LEVEL	0	2	3	4	5	6	7	7	6	5	4	3	2	1	1
<b>INTERVAL</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
SPEED (KPH)	6	5	6	7	8	9	8	7	6	5	6	7	8	9	8
INCLINE LEVEL	2	3	4	5	6	7	7	6	5	4	3	2	1	1	0
<b>P-07</b>															
<b>INTERVAL</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
SPEED (KPH)	7	7	8	10	12	14	14	14	12	10	8	8	10	12	14
INCLINE LEVEL	2	3	4	5	6	7	8	9	9	9	9	9	8	7	6
<b>INTERVAL</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
SPEED (KPH)	14	14	14	12	10	8	8	10	12	14	14	12	8	8	8
INCLINE LEVEL	5	4	3	2	2	2	3	4	5	6	7	8	9	5	0

<b>P-08</b>															
<b>INTERVAL</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
SPEED (KPH)	7	7	8	9	10	11	12	13	14	15	15	15	15	15	15
INCLINE LEVEL	0	3	3	5	5	7	7	9	9	7	7	5	5	3	3
<b>INTERVAL</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
SPEED (KPH)	15	15	15	15	15	13	13	11	11	11	9	9	6	6	6
INCLINE LEVEL	3	3	5	5	7	7	9	9	7	7	5	5	3	3	0
<b>P-09</b>															
<b>INTERVAL</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
SPEED (KPH)	4	4	6	6	8	8	10	10	11	11	12	12	10	10	8
INCLINE LEVEL	0	2	2	2	2	2	2	2	2	2	2	2	2	2	2
<b>INTERVAL</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
SPEED (KPH)	8	7	7	8	8	7	7	6	6	5	5	4	4	3	3
INCLINE LEVEL	2	2	2	2	2	2	2	2	2	2	2	2	2	2	0
<b>P-10</b>															
<b>INTERVAL</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
SPEED (KPH)	7	7	9	9	11	11	13	13	14	14	13	13	11	11	10
INCLINE LEVEL	9	8	7	6	5	4	3	3	4	5	6	7	8	9	9
<b>INTERVAL</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
SPEED (KPH)	10	12	12	11	11	10	10	9	9	8	8	7	7	6	6
INCLINE LEVEL	8	7	6	5	4	3	3	4	5	6	7	8	9	9	0
<b>P-11</b>															
<b>INTERVAL</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
SPEED (KPH)	4	4	6	6	8	8	10	10	8	8	6	6	4	4	3
INCLINE LEVEL	9	8	7	6	5	4	3	3	4	5	6	7	8	9	9
<b>INTERVAL</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
SPEED (KPH)	3	2	2	3	3	5	5	7	7	9	9	7	7	5	5
INCLINE LEVEL	8	7	6	5	4	3	3	4	5	6	7	8	9	9	0
<b>P-12</b>															
<b>INTERVAL</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
SPEED (KPH)	2	3	4	5	4	3	2	3	4	5	6	7	8	9	10
INCLINE LEVEL	2	2	2	2	2	2	2	2	3	3	3	3	3	3	3
<b>INTERVAL</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
SPEED (KPH)	9	8	7	6	5	4	3	4	5	6	7	6	5	4	3
INCLINE LEVEL	4	4	4	4	4	4	5	5	5	5	5	5	5	3	0

<b>P-13</b>															
<b>INTERVAL</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
SPEED (KPH)	3	3	4	4	5	5	6	6	7	7	8	8	9	9	10
INCLINE LEVEL	1	1	3	3	5	5	7	7	9	9	11	11	9	9	7
<b>INTERVAL</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
SPEED (KPH)	10	9	9	8	8	7	7	6	6	5	5	4	4	3	3
INCLINE LEVEL	7	5	5	3	3	1	1	3	3	5	5	3	3	1	1
<b>P-14</b>															
<b>INTERVAL</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
SPEED (KPH)	3	4	5	6	7	6	5	4	7	9	9	7	6	5	4
INCLINE LEVEL	0	3	3	5	5	7	7	9	9	7	7	5	5	3	3
<b>INTERVAL</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
SPEED (KPH)	5	6	7	7	6	5	4	7	9	8	7	6	5	4	3
INCLINE LEVEL	3	3	5	5	7	7	9	9	7	7	5	5	3	3	0
<b>P-15</b>															
<b>INTERVAL</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
SPEED (KPH)	9	9	9	8	8	8	7	7	7	6	6	6	5	5	5
INCLINE LEVEL	0	1	2	1	2	3	3	2	1	2	2	2	0	0	0
<b>INTERVAL</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
SPEED (KPH)	5	5	5	6	6	6	7	7	7	8	8	8	9	9	9
INCLINE LEVEL	1	1	1	3	3	3	2	2	2	3	2	3	3	2	0
<b>P-16</b>															
<b>INTERVAL</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
SPEED (KPH)	8	8	10	10	12	12	14	14	14	14	14	14	13	13	12
INCLINE LEVEL	0	0	0	0	1	1	0	0	0	1	1	0	0	0	1
<b>INTERVAL</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
SPEED (KPH)	12	11	11	13	13	14	14	14	14	12	12	10	10	8	8
INCLINE LEVEL	1	0	0	0	1	1	0	0	0	1	1	0	0	0	0
<b>P-17</b>															
<b>INTERVAL</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
SPEED (KPH)	1	2	3	4	5	6	7	8	9	10	11	12	11	10	9
INCLINE LEVEL	0	0	0	0	3	3	0	0	0	3	3	0	0	0	3
<b>INTERVAL</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
SPEED (KPH)	8	7	6	5	4	3	2	1	2	3	4	5	6	5	4
INCLINE LEVEL	3	0	0	0	3	3	0	0	0	3	3	0	0	0	0



<b>P-18</b>															
<b>INTERVAL</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
SPEED (KPH)	6	6	6	4	4	4	8	8	8	10	10	10	8	8	8
INCLINE LEVEL	0	1	1	2	2	2	0	0	0	1	1	1	0	0	0
<b>INTERVAL</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
SPEED (KPH)	6	6	6	4	4	4	6	6	6	8	8	8	6	6	6
INCLINE LEVEL	2	2	2	0	0	0	0	0	0	1	1	1	0	0	0
<b>P-19</b>															
<b>INTERVAL</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
SPEED (KPH)	2	2	3	3	3	3	4	4	4	4	5	5	5	5	6
INCLINE LEVEL	0	5	5	6	6	5	5	4	4	3	3	2	2	2	2
<b>INTERVAL</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
SPEED (KPH)	6	6	6	5	5	5	5	4	4	4	3	3	3	2	2
INCLINE LEVEL	2	2	3	3	4	4	5	5	7	7	6	6	4	3	7
<b>P-20</b>															
<b>INTERVAL</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
SPEED (KPH)	3	3	4	6	8	10	10	10	8	6	4	4	6	8	10
INCLINE LEVEL	1	4	4	6	6	8	8	10	10	8	8	6	6	4	4
<b>INTERVAL</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
SPEED (KPH)	10	10	10	8	6	4	4	6	8	10	10	8	6	4	4
INCLINE LEVEL	4	4	6	6	8	8	10	10	8	8	6	6	4	4	1
<b>P-21</b>															
<b>INTERVAL</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
SPEED (KPH)	6	6	6	13	13	6	6	6	13	13	6	6	6	13	13
INCLINE LEVEL	0	5	5	5	12	12	5	5	5	12	12	5	5	5	12
<b>INTERVAL</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
SPEED (KPH)	6	6	6	13	13	6	6	6	13	13	6	6	6	13	13
INCLINE LEVEL	12	5	5	5	12	12	5	5	5	12	12	5	5	5	0
<b>P-22</b>															
<b>INTERVAL</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
SPEED (KPH)	4	4	5	5	5	5	6	6	6	6	7	7	7	7	8
INCLINE LEVEL	0	3	4	5	6	7	8	8	7	6	5	4	3	2	2
<b>INTERVAL</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
SPEED (KPH)	8	8	8	7	7	7	7	6	6	6	5	5	5	4	4
INCLINE LEVEL	3	4	5	6	7	8	8	7	6	5	4	3	4	5	6

<b>P-23</b>															
<b>INTERVAL</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
SPEED (KPH)	8	8	8	8	7	7	6	6	6	5	5	5	4	4	4
INCLINE LEVEL	1	2	3	4	5	6	7	7	6	5	4	3	2	1	1
<b>INTERVAL</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
SPEED (KPH)	4	4	4	5	5	5	6	6	6	7	7	7	8	8	8
INCLINE LEVEL	2	3	4	5	6	7	7	6	5	4	3	2	1	1	2
<b>P-24</b>															
<b>INTERVAL</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
SPEED (KPH)	4	5	6	7	8	9	9	8	7	6	5	4	4	5	6
INCLINE LEVEL	4	5	6	7	8	9	9	8	7	6	5	4	4	5	6
<b>INTERVAL</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
SPEED (KPH)	7	8	9	9	8	7	6	5	4	4	5	6	7	8	9
INCLINE LEVEL	7	8	9	9	8	7	6	5	4	4	5	6	7	8	9

# CARE, MAINTENANCE & TROUBLESHOOTING GUIDE

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

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

## CLEANING

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

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

Please keep the treadmill, especially the 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.

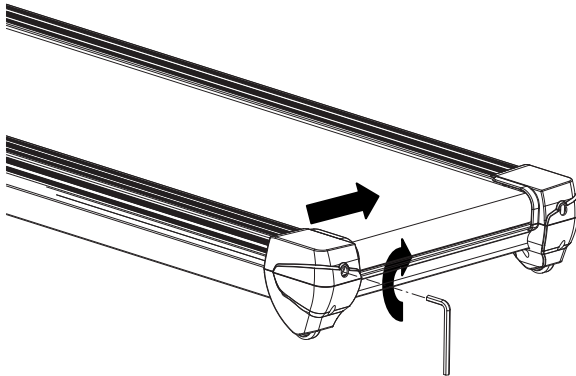
## TROUBLESHOOTING GUIDE

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

# BELT ADJUSTMENT

The running belt is pre-adjusted to the running deck at the factory, but after prolonged use it can stretch and require readjustment. To adjust the belt, turn on the main power switch of the treadmill and let the belt run at a speed of 8-10 KPH. Use the M5 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.

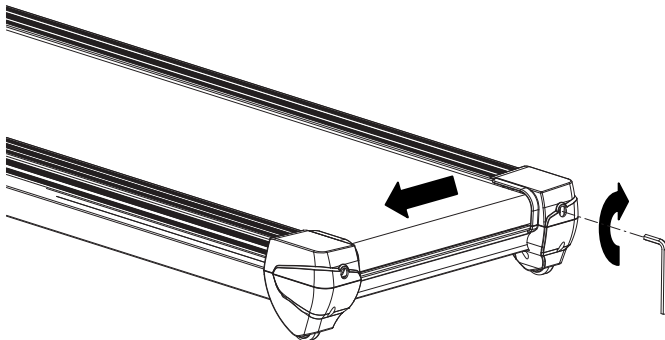


**Tool:**



*M5 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.

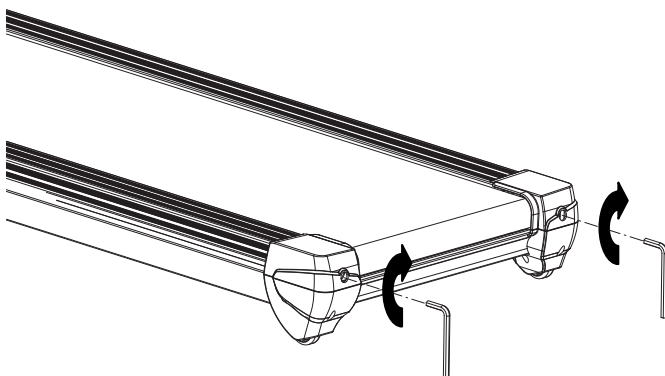


**Tool:**



*M5 Allen Wrench*

If the running belt is slipping during use, turn off and unplug the treadmill. Using the M5 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:**



*M5 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.

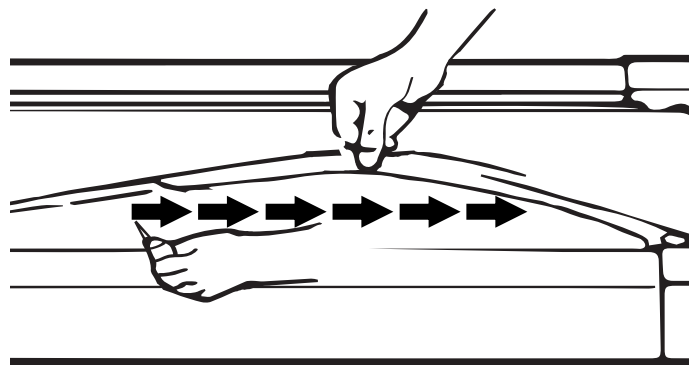
Pour some lubricant under the **centre** of the running belt on the top surface of the **running deck**.

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

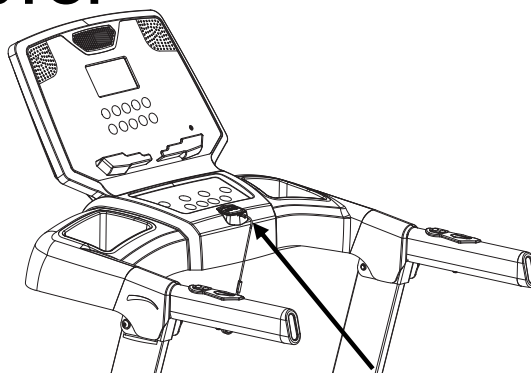
*NOTE: DO NOT over lubricate running deck. Any excess lubricant that comes out should be wiped off.*



Lubricant  
1 PC



# EMERGENCY STOP



## SAFETY TETHER KEY

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

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

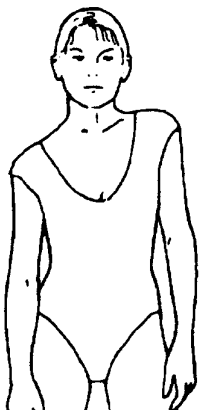
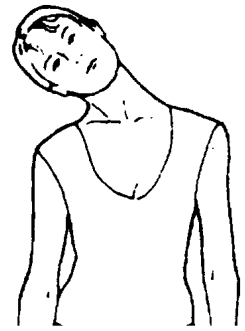
# WARM UP AND COOL DOWN ROUTINE

The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

**COOL DOWN** at the end of your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

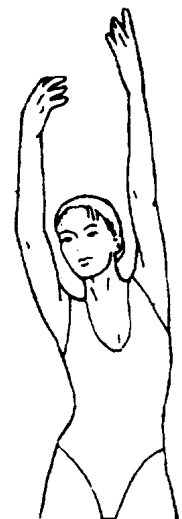
## HEAD ROLLS

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



## SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



## SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

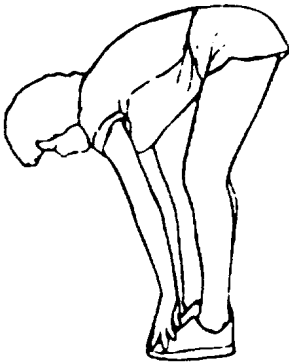


### **QUADRICEPS STRETCH**

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

### **INNER THIGH STRETCH**

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

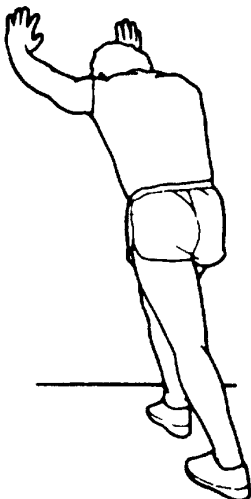
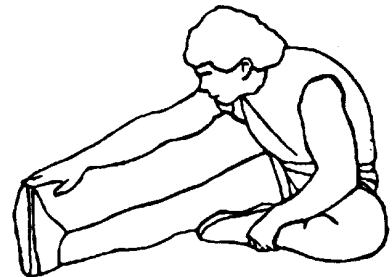


### **TOE TOUCHES**

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

### **HAMSTRING STRETCHES**

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



### **CALF/ACHILLES STRETCH**

Lean against a wall with your 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.