

# ***SAVITAR PROGRAMMABLE MOTORIZED TREADMILL ITEM NO: 98330***

## ***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 product only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate the 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 product 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 product 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 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 120 kg.**
- Pull out the Safety Tether Key for emergency stop.
- This unit must be plugged into a nominal 220 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.
- 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	029	Cross Recessed Truss Head Bolt M5x10	9
002	Adjustable Leveler	4	030	Power Switch	1
003	Transport Wheel Ø51xØ8.5x20	2	031	Fuse Box	1
004	Hexagon Socket Button Head Bolt M8x40	8	032	Power Cord (L=1800 mm)	1
005	Nylon Nut M8	12	033	Wire for Power Switch (L=320 mm)	1
006	Hexagon Socket Button Head Bolt M8x35	1	034	Wire for Fuse Box (L=100 mm)	1
007	Hexagon Socket Button Head Bolt M8x50	5	035	Main Control Cable (L=1800 mm)	1
008	Foot Lock Latch Tube	1	036	Motor Cover	1
009	Incline Bracket	1	037	Side Rail 1180x80x19.5mm	2
010	Hexagon Socket Button Head Bolt M10x105	1	038	Left End Cover	1
011	Hexagon Socket Button Head Bolt M10x40	1	039	Right End Cover	1
012	Incline Motor	1	040	Handlebar Support Tube	1
013	Main Frame	1	041	Hexagon Socket Button Head Bolt M8x30	2
014	Rectangular End Cap (□30x80)	2	042	Left Handlebar Support Tube Cover	1
015	Running Deck 1180x570xT18	1	043	Right Handlebar Support Tube Cover	1
016	Deck Bumper Ø30x29.5	6	044	Handlebar Bracket	1
017	Cross Recessed Truss Head Bolt M6x16	6	045	Left Handlebar Cover	1
018	Running Belt 2740x480xT1.6	1	046	Right Handlebar Cover	1
019	Belt 6P/210J	1	047	Cross Recessed Countersunk Head Bolt M6x25	4
020	Front Roller	1	048	Washer Ø16xØ6x1.5T	4
021	Rear Roller	1	049	Hand Pulse Sensor with Wire (L = 450mm)	2
022	Hexagon Socket Round Head Cap Bolt M8x45	1	050	Lower Hand Pulse Sensor Cover	2
023	Hexagon Socket Round Head Cap Bolt M8x55	2	051	Nylon Nut M10	2
024	Washer Ø16xØ8x1.5T	3	052	Audio Cable	1
025	Hexagon Head Bolt M8x25	4	053	Safety Tether Key	1
026	Washer Ø20xØ8x1.5T	6	054	Round End Cap Ø32	2
027	Spring Washer Ø8	4	055	Rectangular End Cap (□20x30)	4
028	Flange Nut M8	4	056	Wire Grommet (SB6N-4)	2

# PARTS LIST

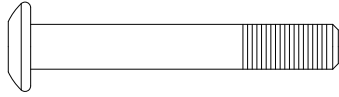
No.	Description	Qty	No.	Description	Qty
057	Power Cord Entry Input Socket	1	070	Motor (with Bracket)	1
058	Power Control Board	1	071	Wheel Ø64x24	2
059	Cross Recessed Truss Head Tapping Screw ST4x16	8	072	Pad for Motor	4
060	Cross Recessed Pan Head Tapping Screw ST3x8	2	073	Ring for Cable Ø25xØ15x10	1
061	Cross Recessed Truss Head Tapping Screw ST4x30	2	074	Hexagon Socket Button Head Bolt M8x80	2
062	Hexagon Socket Button Head Bolt M8x16	6	075	Hexagon Nut M8	2
063	Washer Ø14xØ4	4	076	Cross Recessed Countersunk Head Bolt M3x8	2
064	Single Sided Adhesive Tape	2	077	Cross Recessed Truss Head Bolt M4x16	4
065	Cross Recessed Truss Head Bolt M5x25	2	078	Cross Recessed Countersunk Head Bolt M6x35	8
066	Cross Recessed Truss Head Bolt M4x8	1	079	Flange Nut M6	2
067	Spring Washer Ø4	1	080	Sensor	1
068	Washer Ø8xØ4	1	081	Sensor Bracket	1
069	Ring for Cable Ø25xØ15x13	1			

# PARTS LIST

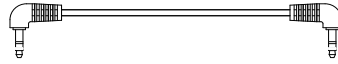
No.	Description	Qty	
082	Computer Console	1 Set	
	82A Upper Computer Cover		1
	82B Computer Fixing Plate		1
	82C Lower Computer Cover		1
	82D Speaker (150mm)		1
	82E Speaker (300mm)		1
	82F Small Fan		1
	82G Audio Control Button Panel		1
	82H Computer Screen		1
	82I Computer Control Button Panel		1
	82J Audio Module		1
	82K Cup Holder		2
	82L Control Cable (L=750 mm)		1
	82M Computer Panel Sticker		1
	82N Computer Control Button Panel Sticker		1
	82O Washer Ø4xØ14		2
	82P Cross Recessed Truss Head Tapping Screw ST4x16		14
	82Q Cross Recessed Pan Head Tapping Screw ST3x8		33
82R Cross Recessed Pan Head Tapping Screw ST3x14	4		



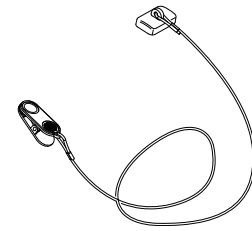
# ASSEMBLY PACK LIST



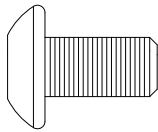
(7) Hexagon Socket  
Button Head Bolt  
2 PCS



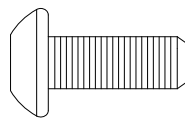
(52) Audio Cable  
1 PC



(53) Safety Tether Key  
1 PC

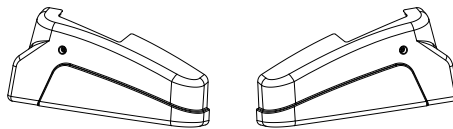


(62) Hexagon Socket  
Button Head Bolt  
6 PCS



(65) Cross Recessed  
Truss Head Bolt  
2 PCS

# ASSEMBLY COMPONENTS



(42/43) Left/Right Handlebar  
Support Tube Covers  
2 PCS

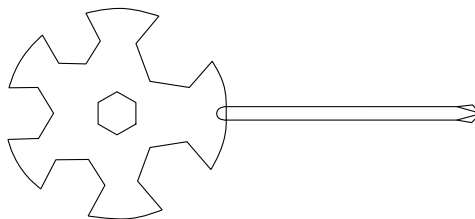
# TOOLS



Allen Wrench 5 mm  
1 PC



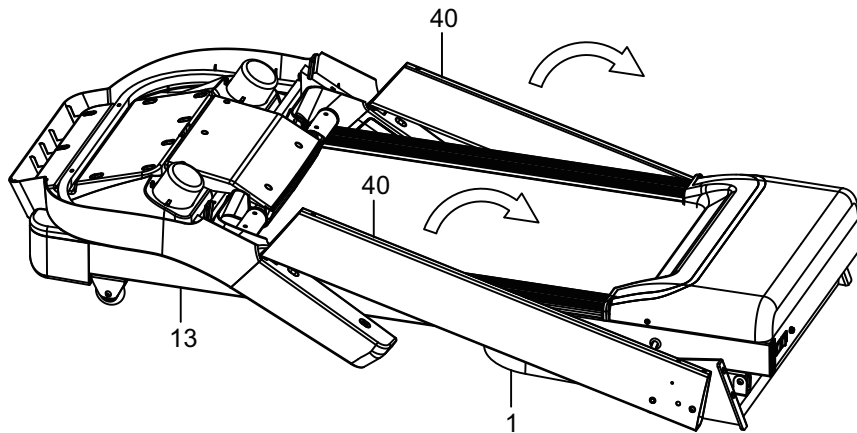
Allen Wrench 6 mm  
1 PC



Multi Hex Tool with Phillips Screwdriver  
1 PC



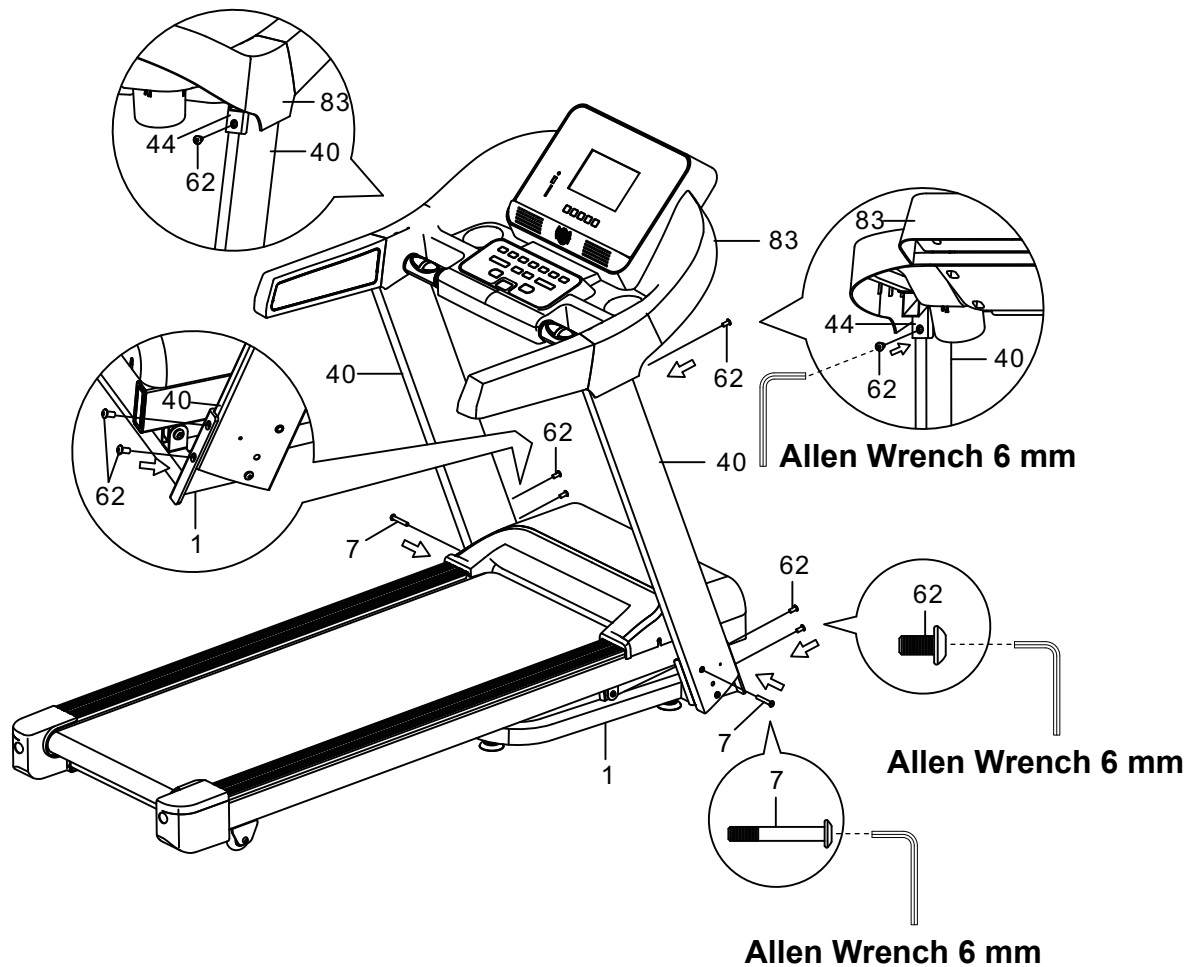
# ASSEMBLY INSTRUCTIONS



## Step 1

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

Lift both Handlebar Support Tubes (40) up and align bolt holes.



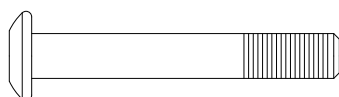
## Step 2

It is recommended to have a second person assist with this step. One person should hold the both Handlebar Support Tubes (40) in place while the other person tightens the bolts. Lift both Handlebar Support Tubes (40) up and align bolt holes. Use two Hexagon Socket Button Head Bolts (7) and four Hexagon Socket Button Head Bolts (62) to secure both Handlebar Support Tubes (40) onto the Base Frame (1). Tighten bolts with the 6 mm Allen Wrench provided.

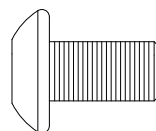
Pull the Handlebar Bracket (44) all the way up and align bolt holes.

Install the Handlebar Bracket (44) onto the both Handlebar Support Tubes (40) using two Hexagon Socket Button Head Bolts (62). Tighten bolts with the 6mm Allen Wrench provided.

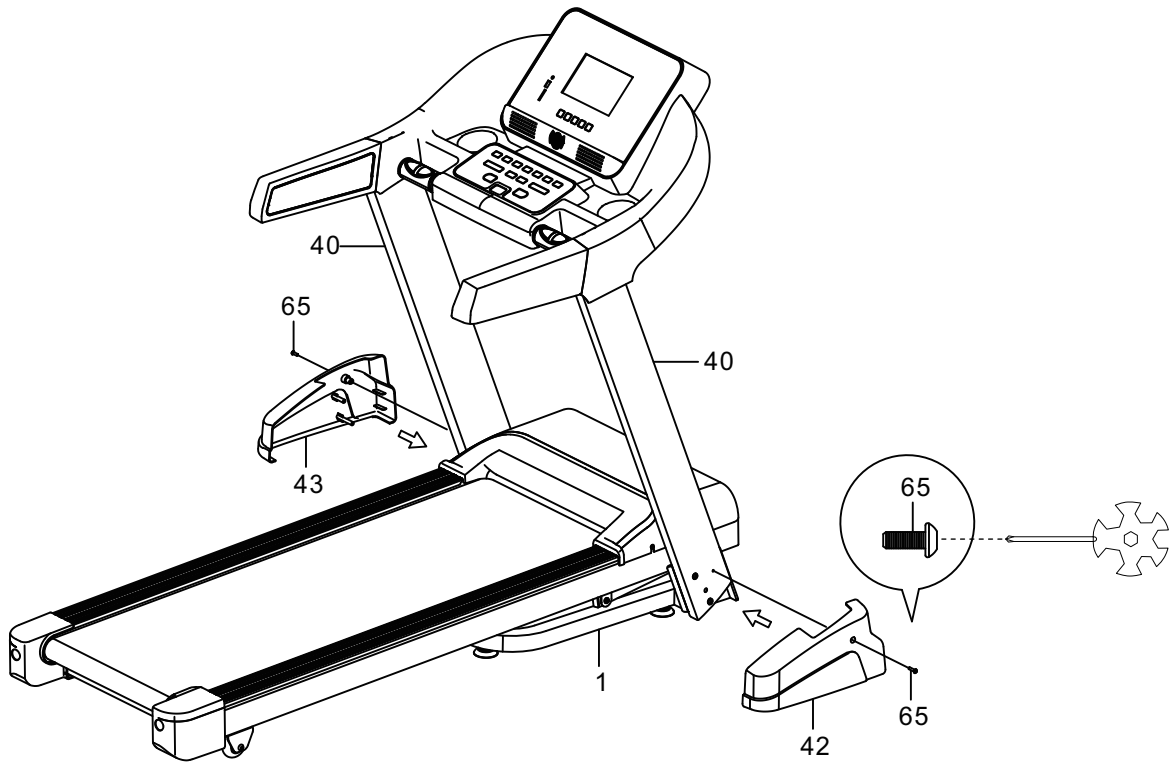
## Hardware:



(7) Hexagon Socket  
Button Head Bolt  
2 PCS



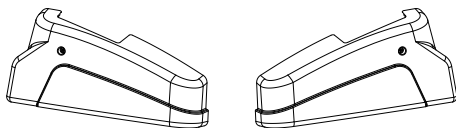
(62) Hexagon Socket  
Button Head Bolt  
6 PCS



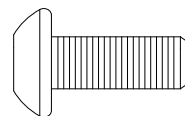
### Step 3

Install both Left/Right Handlebar Support Tube Covers (42/43) onto the both Handlebar Support Tubes (40) using two Cross Recessed Truss Head Bolts (65). Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

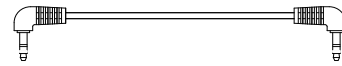
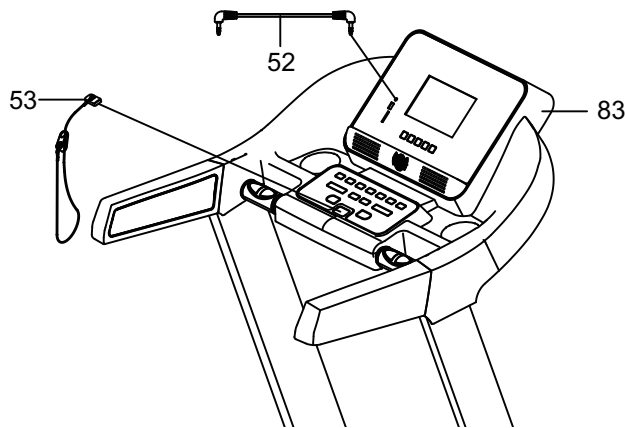
### Hardware & Assembly Components:



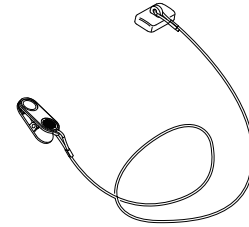
(42/43) Left/Right Handlebar  
Support Tube Covers  
2 PCS



(65) Cross Recessed  
Truss Head Bolt  
2 PCS



(52) Audio Cable  
1 PC

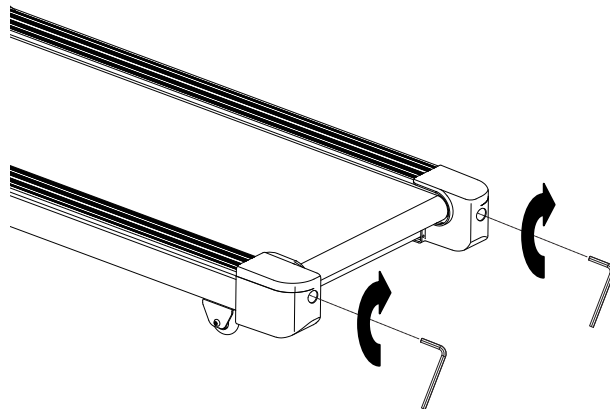


(53) Safety Tether Key  
1 PC

#### Step 4

User can connect one end of Audio Cable (52) into the MP3 aux input port on the Computer Console (83) 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 (53) onto the Computer Console (83).



#### Tool:



**Allen Wrench 6 mm**

#### Step 5

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

# LIFTING UP & SETTING DOWN THE TREADMILL

## LIFTING UP THE TREADMILL

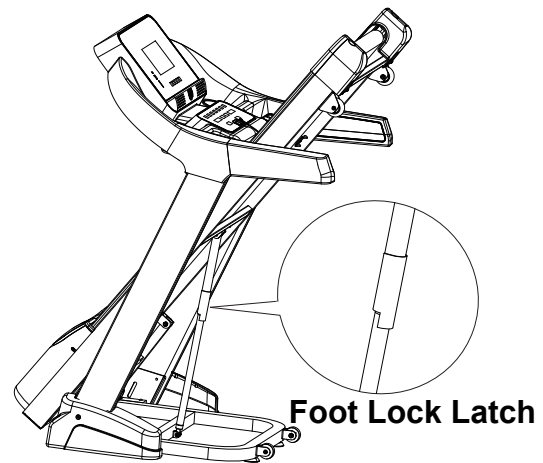
Firmly grasp the rear end of the main frame with both hands. Carefully lift the end of the treadmill up into the upright position until the Foot Lock Latch engages and securely locks the main frame into position. Make sure the main frame is securely latched before moving the treadmill. See figures A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

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

**A**



**B**

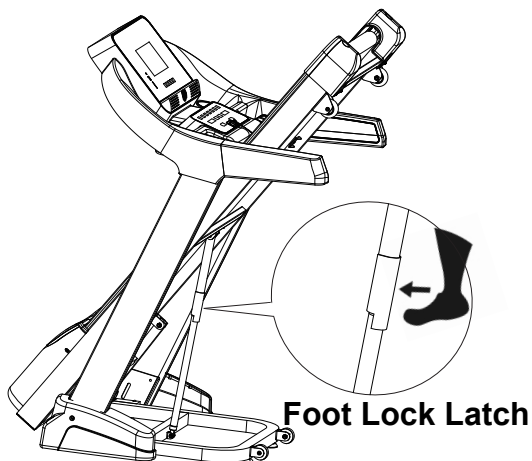


## SETTING DOWN THE TREADMILL

To set down the treadmill, firmly grasp the rear end of the main frame 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.**

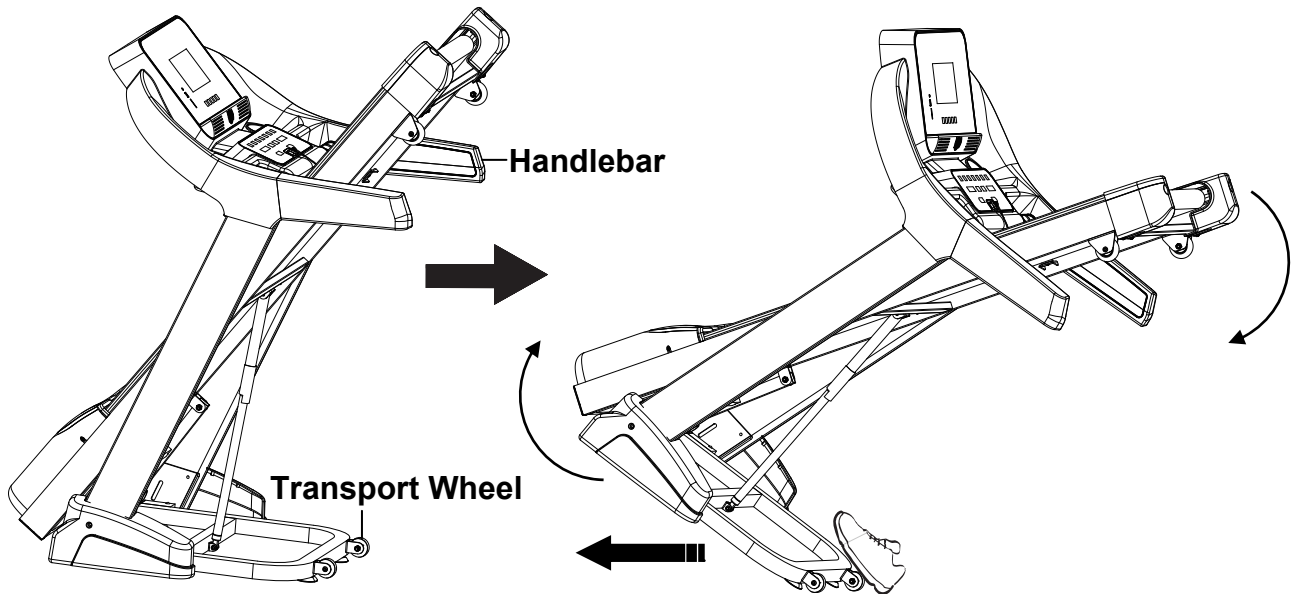
**C**



**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 (foot lock latch is engaged), firmly grasp the Handlebars with both hands and place one foot onto the Transport Wheel. Next, carefully tilt the treadmill back until it rolls freely on the transport wheels. To set the treadmill down, place one foot on the Transport Wheel 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 begin exercising, the computer screen will countdown 5 seconds before the running belt starts moving. The running belt starts moving with an initial speed of 1.0 KPH. You may press the SPEED + or SPEED - button on the computer console to increase or decrease the running speed during exercise. The the split window of SPEED will display your current running speed from the minimum 1.0 KPH to the maximum 20.0 KPH. You may also press one of the INSTANT SPEED buttons (6 / 12 / 18) 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 6 KPH, 12 KPH, or 18 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 computer screen will display the incline level. You may also press one of the INSTANT INCLINE buttons (2 / 4 / 8 ) on the computer console and the computer screen will display the incline level that you have pressed and the incline level will change to 2-level, 4-level, or 8-level respectively. The split window of TIME will display your elapsed workout time in minutes and seconds. The split window of DIS (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 2-5 seconds. For a more accurate reading, grip pulse sensors with both hands. During workout, you may press the STOP button on the computer console to end your workout at any time.

## FUNCTION BUTTONS:

**START:** Press the START button to begin exercising.

**STOP:** Press the STOP button to end your workout.

**MODE:** To select different function (TIME, DISTANCE, or CALORIES) for setting exercise goals in manual program mode before training.

**PROG (PROGRAM):** To select your chosen workout (P1 to P12).

**SPEED +:** To adjust the function value up.

To increase running speed adjustments during all training periods on different training modes.

**SPEED -:** To adjust the function value down.

To decrease running speed adjustments during all training periods on different training modes.

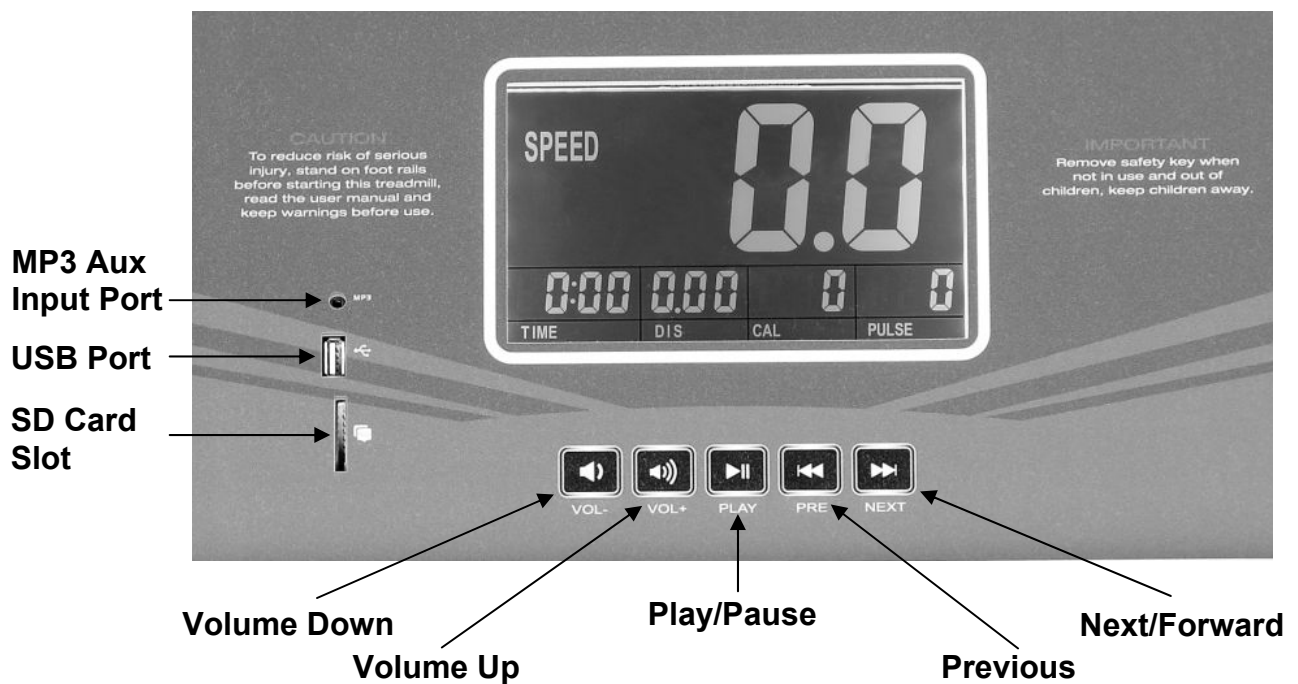
**INSTANT SPEED (6 / 12 / 18):** Used to reach desired speed more quickly.

**INCLINE  $\wedge$ :** To increase incline level adjustments during all training periods on different training modes.

**INCLINE  $\vee$ :** To decrease incline level adjustments during all training periods on different training modes.

**INSTANT INCLINE (2 / 4 / 8):** Used to reach desired incline level more quickly.

**Fan:** There is a fan located in the center of the computer console to keep you cool when needed.



## **DISPLAY FUNCTIONS:**

**TIME:** Displays your elapsed workout time in minutes and seconds. Press the START button on the computer to begin exercising, the computer screen will countdown 5 seconds before the running belt starts moving. The running belt starts moving with an initial speed of 1.0 KPH. You may press the SPEED + or SPEED - button on the computer console to increase or decrease the running speed during exercise. Time starts counting up from 0:00 to 99:59 per 1 second increment. You may also pre-set target time in STOP mode before training. To set TIME press the MODE button on the computer console until you see the split window of TIME begin blinking. Press the SPEED + or SPEED - button on the computer console to change the setting. Each increment is 1 minute. The pre-set target time range is from 5:00 to 99:00 minutes. Once you pre-set target time, press the START button on the computer to begin exercising, the computer screen will countdown 5 seconds before the running belt starts moving. The running belt starts moving with an initial speed of 1.0 KPH. You may press the SPEED + or SPEED - button on the computer console to increase or decrease the running speed during exercise. Time starts counting down from pre-set target time to 0:00 per 1 second backward. When the pre-set target time counts down to 0:00, the computer will beep to alert you and the treadmill will stop automatically.

**SPEED:** Displays the current speed from the minimum 1.0 KPH to the maximum 20.0 KPH. You may increase or decrease the speed by pressing the SPEED + or SPEED - button on the computer console. You may also press one of the INSTANT SPEED buttons (6 / 12 / 18) 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 6 KPH, 12 KPH, or 18 KPH respectively.

**DIS (DISTANCE):** Displays the accumulative distance traveled during workout. Press the START button on the computer to begin exercising, the computer screen will countdown 5 seconds before the running belt starts moving. The running belt starts moving with an initial speed of 1.0 KPH. You may press the SPEED + or SPEED - 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 before training. To set DIS (DISTANCE) press the MODE button on the computer console until you see the split window of DIS (DISTANCE) begin blinking. Press the SPEED + or SPEED - button on the computer console to change the setting. The pre-set target distance range is from 1.00 to 99.9 km, the default distance is 1.00 km. Once you pre-set target distance, press the START button on the computer to begin exercising, the computer screen will countdown 5 seconds before the running belt starts moving. The running belt starts moving with an initial speed of 1.0 KPH. You may press the SPEED + or SPEED - button on the computer console 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. Press the START button on the computer to begin exercising, the computer screen will countdown 5 seconds before the running belt starts moving. The running belt starts moving with an

initial speed of 1.0 KPH. You may press the SPEED + or SPEED - button on the computer console to increase or decrease the running speed during exercise. Calorie starts counting up. You may also pre-set target calories in STOP mode before training. To set CAL (CALORIES) press the MODE button on the computer console until you see the split window of CAL (CALORIES) begin blinking. Press the SPEED + or SPEED - button on the computer console to change the setting. The pre-set target calories range is from 10 to 990 calories. Once you pre-set target calories, press the START button on the computer to begin exercising, the computer screen will countdown 5 seconds before the running belt starts moving. The running belt starts moving with an initial speed of 1.0 KPH. You may press the SPEED + or SPEED - button on the computer console 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.

**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  $\wedge$  or INCLINE  $\vee$  button on the computer console. You may also press one of the INSTANT INCLINE buttons (2 / 4 / 8) on the computer console and the computer screen will display the incline level that you have pressed and the incline level will change to 2-level, 4-level, or 8-level respectively.

**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 PRE-SET PROGRAM MODE:**

This treadmill console has 12 Pre-set Workout Programs to choose from. When in PROGRAM mode, press the PROG (PROGRAM) button to select your chosen workout (P01 to P12). Press the SPEED + or SPEED - button to change the setting. Each increment is 1 minute. The pre-set target time range is from 5:00 to 99:00 minutes. Press the START button to confirm and start your workout, the computer screen will countdown 5 seconds before the running belt starts moving. The running speed will change automatically during the workout. When the pre-set training program time counts down to 0:00, the computer will beep to alert you and the treadmill will stop automatically.

# CARE, MAINTENANCE & TROUBLESHOOTING GUIDE

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

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

## CLEANING

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

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

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

## STORAGE

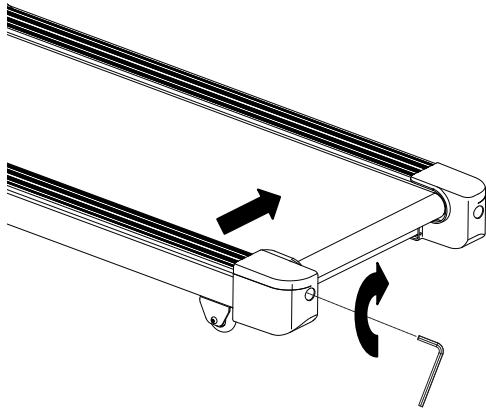
Store the treadmill in a clean and dry indoor environment. Never leave or use the unit outdoors. Ensure the master power switch is off and the power cord is un-plugged from wall outlet.

## TROUBLESHOOTING GUIDE

Problem	Potential Causes	Corrections
Treadmill will not start.	<ol style="list-style-type: none"><li>1. Treadmill not plugged in.</li><li>2. Safety Tether Key is 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 6 mm Allen Wrench provided to turn the rear roller adjustment bolts in order to centre the belt. If the running belt is shifting to the left, turn the left adjustment bolt 1/4 turn clockwise, and the running belt should start to correct itself.

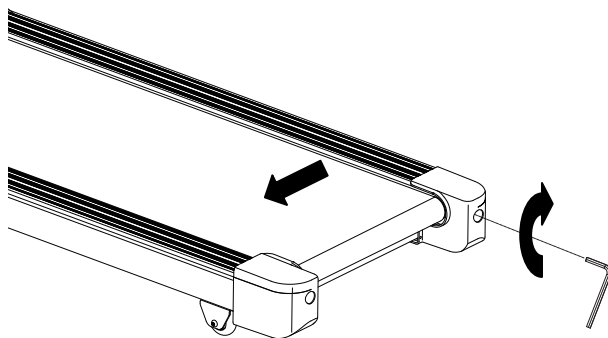


**Tool:**



**Allen Wrench 6 mm**

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

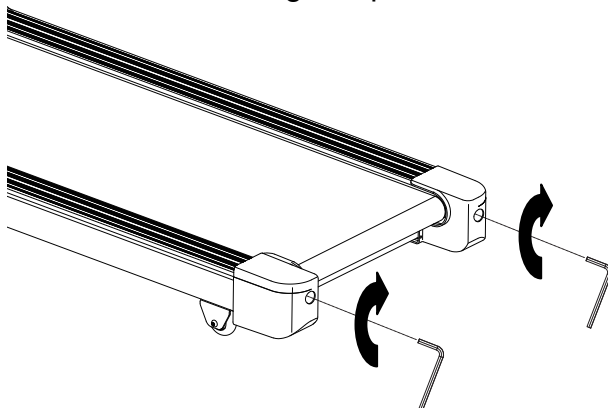


**Tool:**



**Allen Wrench 6 mm**

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



**Tool:**



**Allen Wrench 6 mm**

# LUBRICATION

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

## How to check running belt for proper lubrication

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

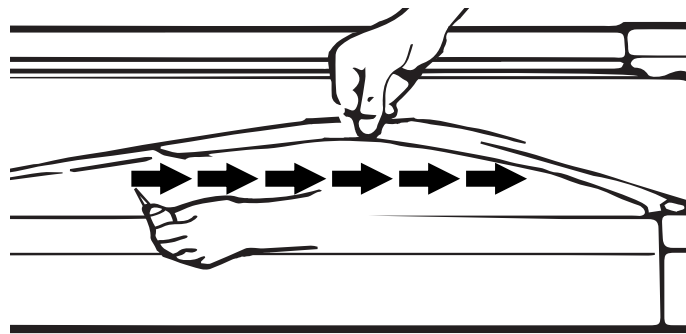
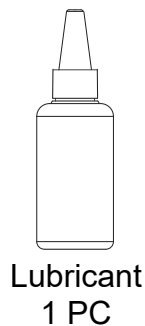
## How to apply lubricant

Lift one side of running belt.

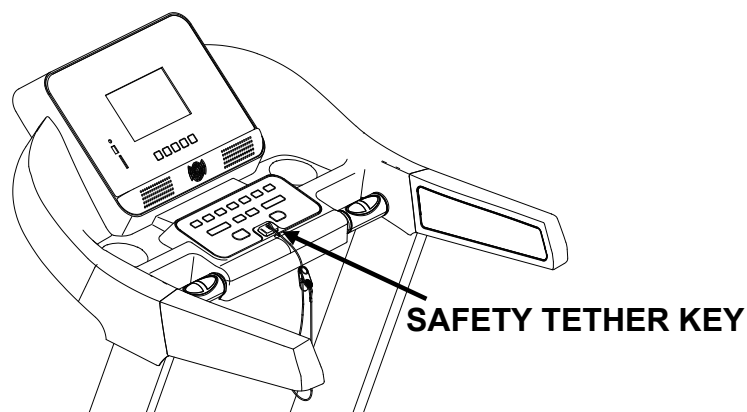
Pour some lubricant under the **centre** of the running belt on the top surface of the **running deck**.

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

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



# EMERGENCY STOP



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

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

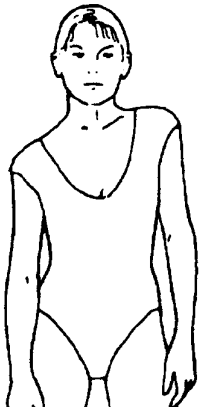
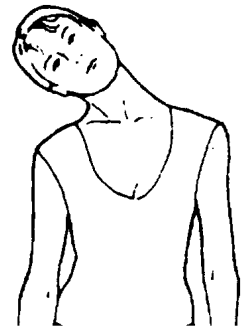
# WARM UP AND COOL DOWN ROUTINE

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

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

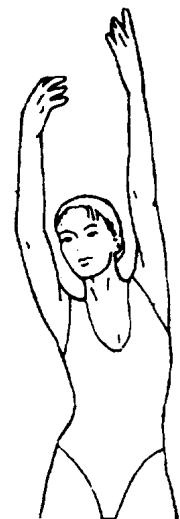
## HEAD ROLLS

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



## SHOULDER LIFTS

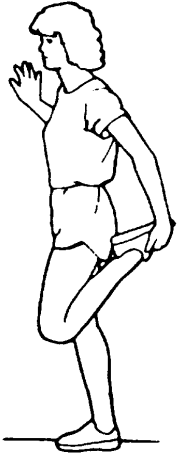
Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



## SIDE STRETCHES

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



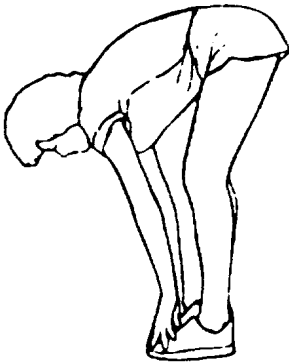


### **QUADRICEPS STRETCH**

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

### **INNER THIGH STRETCH**

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

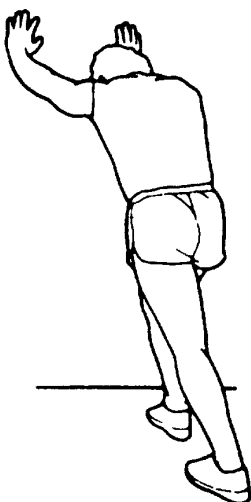
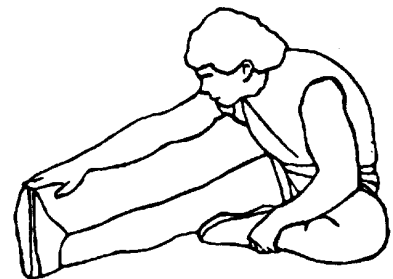


### **TOE TOUCHES**

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

### **HAMSTRING STRETCHES**

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



### **CALF/ACHILLES STRETCH**

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