

XERKES PRO PROGRAMMABLE MOTORIZED TREADMILL ITEM NO: 97085M

LifeGear

Get active for life



Bluetooth



FitShow App



Kinomap App



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
001A	Vibration Control Head	1	027	Right Handlebar Support Tube	1
001B	Massage Belt	1	028	Wire Grommet Ø16xØ14	3
002	Dumbbell	2	029	Right Base Cover	1
003	Vibration Control Head Support Tube	1	030	Nylon Nut M10	6
004	Hexagon Socket Button Head Bolt M8x16	6	031	Incline Motor	1
005	Foam Roll Ø23xØ60x130	4	032	Power Cord	1
006	Round End Cap Ø25	2	033	Motor (with Bracket)	1
007	Crossbar Ø25xT1.2x870	2	034	Spring Washer Ø8	7
008	Cross Recessed Truss Head Bolt M6x10	4	035	Washer Ø8xØ16x1.5T	14
009	Handlebar Bracket	1	036	Belt 5P/185J	1
010	Handlebar Bracket End Cap	2	037	Power Socket	1
011	Hexagon Socket Button Head Bolt M8x65	2	038	Cross Recessed Countersunk Head Bolt M3x8	2
012	Curve Washer Ø8xØ19x1.5T	8	039	Power Switch	1
013	Crossbar Protective Cover	4	040	Hexagon Socket Button Head Bolt M10x105	3
014	Left Handlebar Support Tube	1	041	Fuse Box	1
015	Hexagon Socket Button Head Bolt M8x30	3	042	Rectangular End Cap (□30x40)	2
016	Control Cable (L=1500 mm)	1	043	Audio Cable	1
017	Wire Grommet Ø22	1	044	Foot Lock Latch Tube	1
018	Computer Console	1	045	Hexagon Socket Button Head Bolt M8x44	1
019	Safety Tether Key	1	046	Motor Cover	1
020	Hand Pulse Sensor and Speed Control Buttons with Wires (L=650 mm)	1	047	Hexagon Socket Button Head Bolt M8x55	2
021	Hand Pulse Sensor and Incline Control Buttons with Wires (L=650 mm)	1	048	Cross Recessed Truss Head Bolt M5x10	13
022	Plastic Cap	4	049	Left Base Cover	1
023	Handlebar Foam Grip Ø40xT3.0x290mm	2	050	Hexagon Socket Button Head Bolt M12x60	2
024	Handlebar End Cap	2	051	Base Frame End Cap	2
025	Cross Recessed Pan Head Tapping Screw ST4x50	4	052	Base Frame Foot Pad	4
026	Nylon Nut M8 (Zinc Plated)	8	053	Base Frame	1

PARTS LIST

No.	Description	Qty	No.	Description	Qty
054	Right Transport Wheel Cap Set	1	072	Side Rail	2
055	Left Transport Wheel Cap Set	1	073	Hexagon Socket Round Head Cap Bolt M8x45	1
056	Wheel	2	074	Front Roller Ø90xØ42xØ15x548	1
057	Hexagon Socket Button Head Bolt M10x40	3	075	Hexagon Socket Button Head Bolt M8x20	1
058	Incline Bracket	1	076	Hexagon Head Bolt M8x25	4
059	Rectangular End Cap (□20x40)	4	077	Pad for Motor	4
060	Main Frame	1	078	Flange Nut M8	4
061	Hexagon Socket Button Head Bolt M8x40	2	079	Nut M5	4
062	Rear Roller Ø42xØ15x530	1	080	Power Control Board Bracket	1
063	Hexagon Socket Round Head Cap Bolt M8x55	2	081	Cross Recessed Truss Head Bolt M5x16	4
064	Left End Cover	1	082	Power Control Board	1
065	Right End Cover	1	083	Wire for Power Control Board (L=180 mm)	1
066	Running Belt	1	084	Wire for Fuse Box (L=100 mm)	1
067	Shock Absorption Bumper	4	085	Cross Recessed Countersunk Head Tapping Screws ST3x20	4
068	Deck Bumper Ø30x29.5xM6	8	086	Cross Recessed Pan Head Screw ST3x10	8
069	Cross Recessed Countersunk Head Bolt M6x45	8	087	Hexagon Head Bolt M8x12	3
070	Running Deck	1	088	Cross Recessed Pan Head Tapping Screw ST4x16	6
071	Cross Recessed Truss Head Bolt M6x16	8			

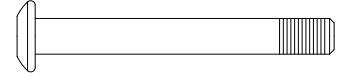
HARDWARE LIST



(4) Hexagon Socket
Button Head Bolt
6 PCS



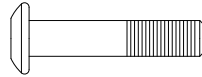
(8) Cross Recessed
Truss Head Bolt
4 PCS



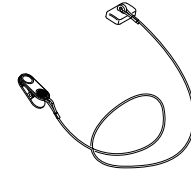
(11) Hexagon Socket
Button Head Bolt
2 PCS



(12) Curve Washer
8 PCS



(15) Hexagon Socket
Button Head Bolt
2 PCS



(19) Safety Tether Key
1 PC



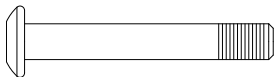
(26) Nylon Nut
4 PCS



(35) Washer
4 PCS



(43) Audio Cable
1 PC

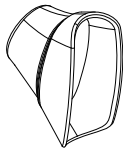


(47) Hexagon Socket
Button Head Bolt
2 PCS

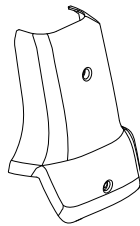


(48) Cross Recessed
Truss Head Bolt
4 PCS

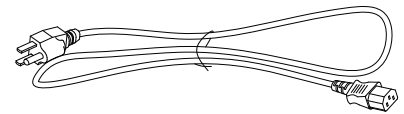
ASSEMBLY COMPONENTS



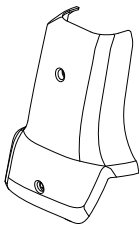
(13) Crossbar Protective Cover
4 PCS



(29) Right Base Cover
1 PC

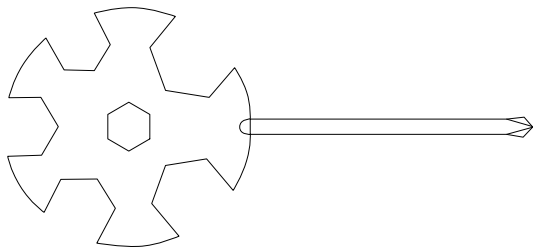


(32) Power Cord
1 PC



(49) Left Base Cover
1 PC

TOOLS

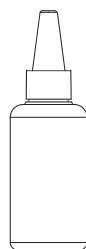


Multi Hex Tool with Phillips Screwdriver
1 PC



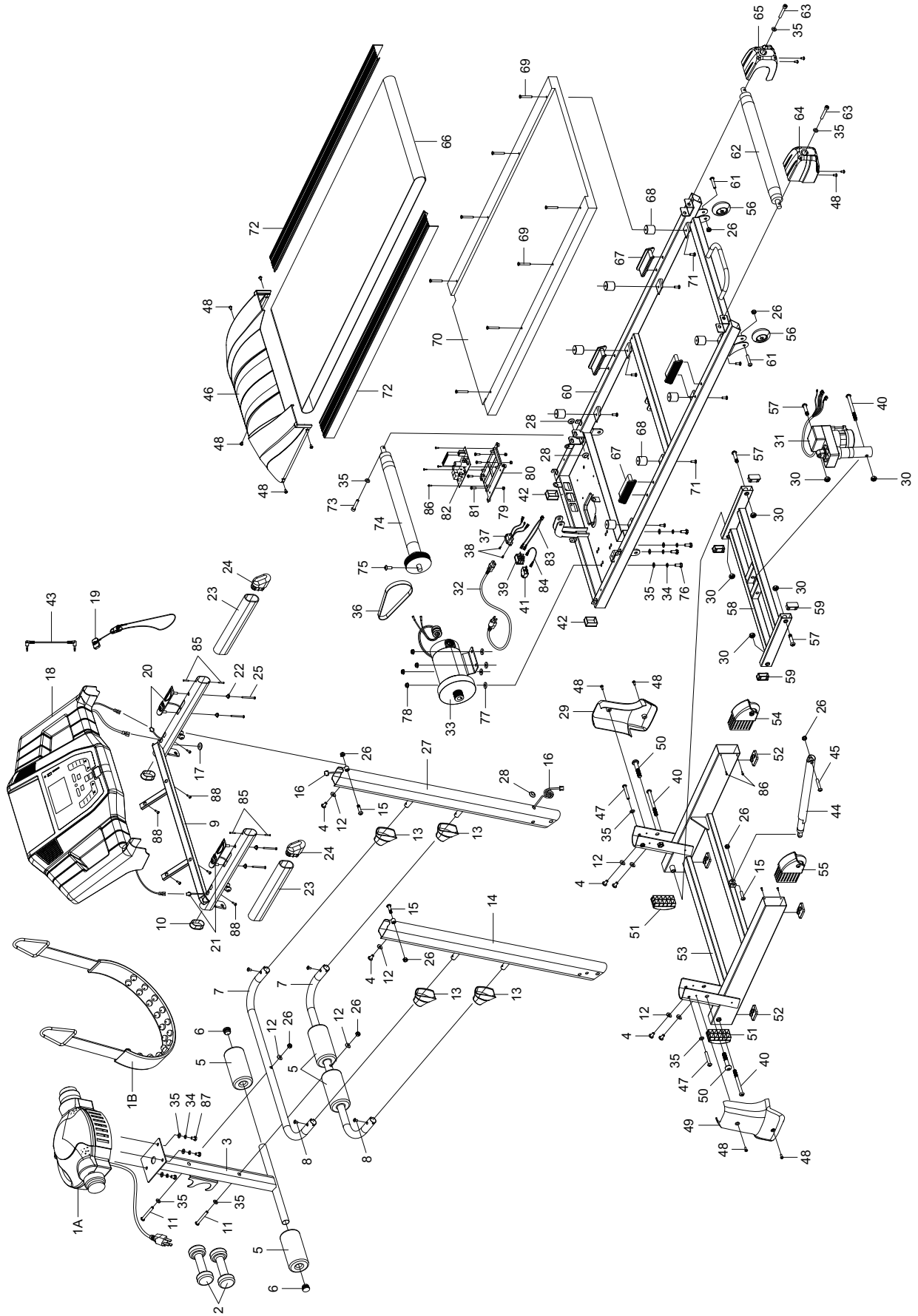
6 mm Allen Wrench
1 PC

LUBRICANT INCLUDED

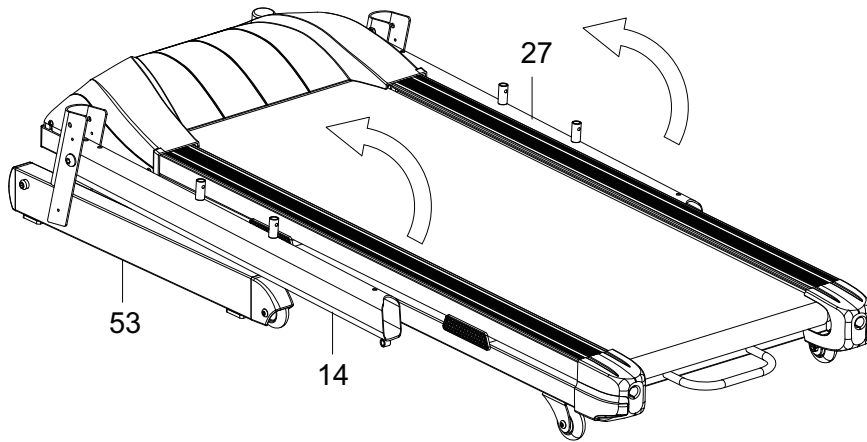


Lubricant
1 PC

EXPLODED VIEW

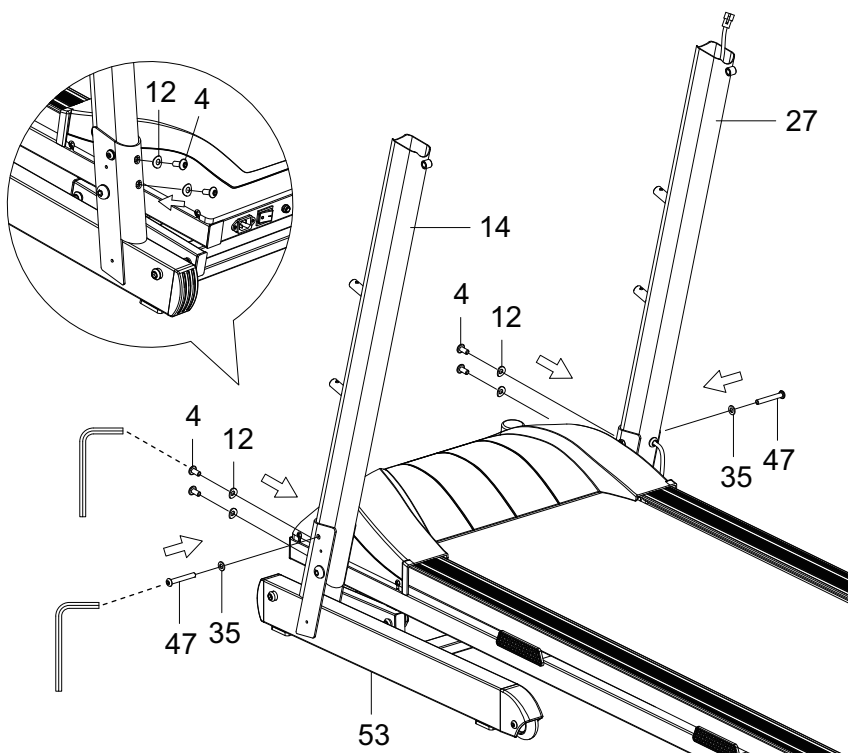


ASSEMBLY INSTRUCTIONS

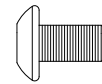


Step 1

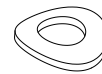
Lift both Left and Right Handlebar Support Tubes (14, 27) up.



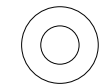
Hardware:



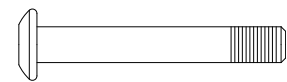
(4) Hexagon Socket Button Head Bolt
4 PCS



(12) Curve Washer
4 PCS



(35) Washer
2 PCS

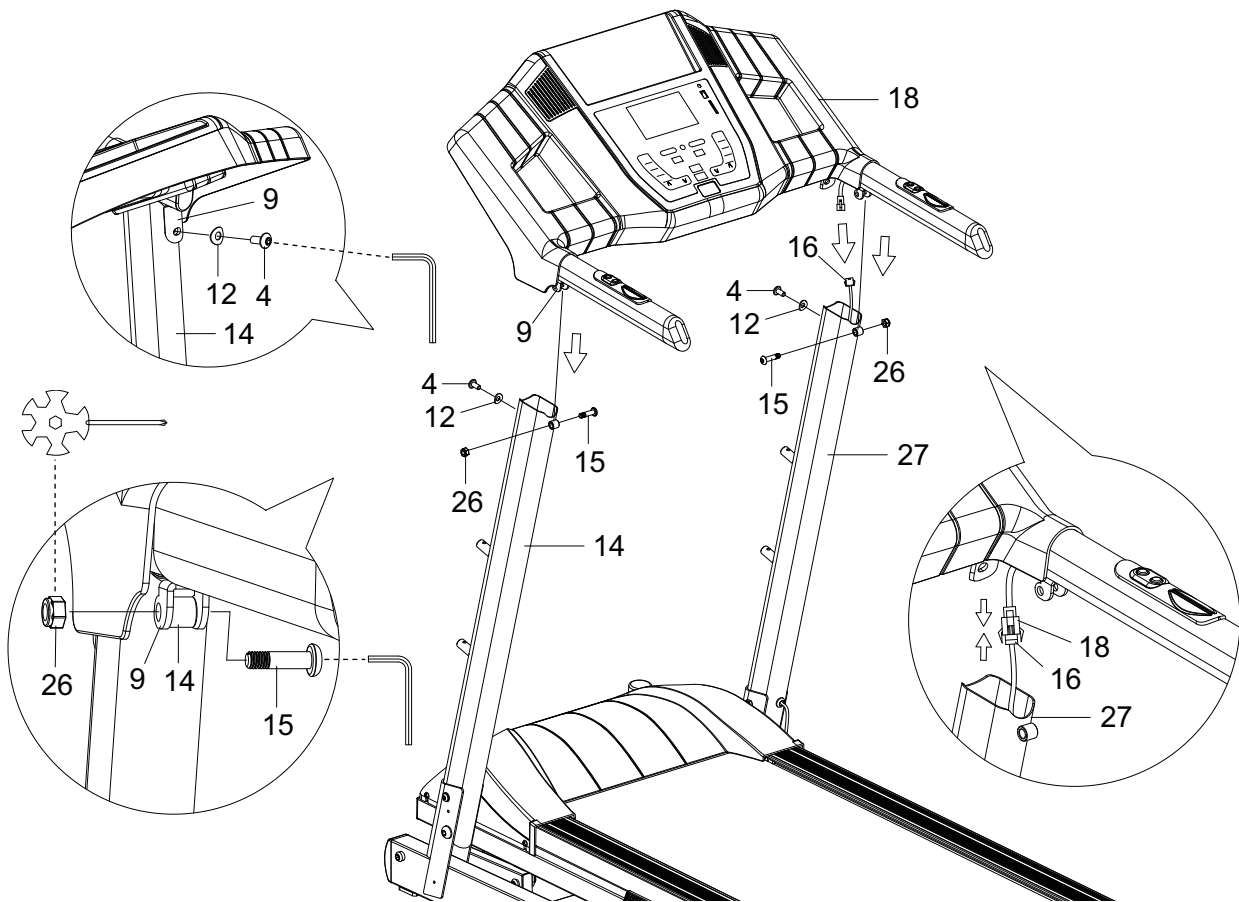


(47) Hexagon Socket Button Head Bolt
2 PCS

Step 2

It is recommended to have a second person assist with this step. One person should hold the both Left and Right Handlebar Support Tubes (14, 27) in place while the other person tightens the bolts. Lift both Left and Right Handlebar Support Tubes (14, 27) up and align bolt holes. Use four Hexagon Socket Button Head Bolts (4), four Curve Washers (12), two Hexagon Socket Button Head Bolts (47), and two Washers (35) to secure both Left and Right Handlebar Support Tubes (14,27) onto the Base Frame (53). Semi-tighten all bolts with the Allen Wrench provided.

NOTE: DO NOT FULLY TIGHTEN BOLTS IN STEP 2 UNTIL STEP 3 IS COMPLETED.



Step 3

It is recommended to have a second person assist with this step. One person should hold the Handlebar Bracket (9) with Computer Console (18) in place while the other person connects the wires.

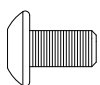
Connect the Control Cable (16) from the Right Handlebar Support Tube (27) to the wire that comes from the Computer Console (18).

Attach the Handlebar Bracket (9) with Computer Console (18) onto the both Left/Right Handlebar Support Tubes (14, 27) with two Hexagon Socket Button Head Bolts (4), two Curve Washers (12), two Hexagon Socket Button Head Bolts (15), and two Nylon Nuts (26). Tighten bolts and nylon nut with the Allen Wrench and Multi Hex Tool with Phillips Screwdriver provided.

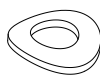
IMPORTANT: While attaching the Handlebar Bracket (9) with Computer Console (18) onto the both Left/Right Handlebar Support Tubes (14, 27), make sure the wires are installed inside the Right Handlebar Support Tube (27) and pay attention not to pinch the wires.

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

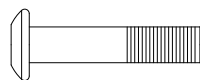
Hardware:



(4) Hexagon Socket
Button Head Bolt
2 PCS



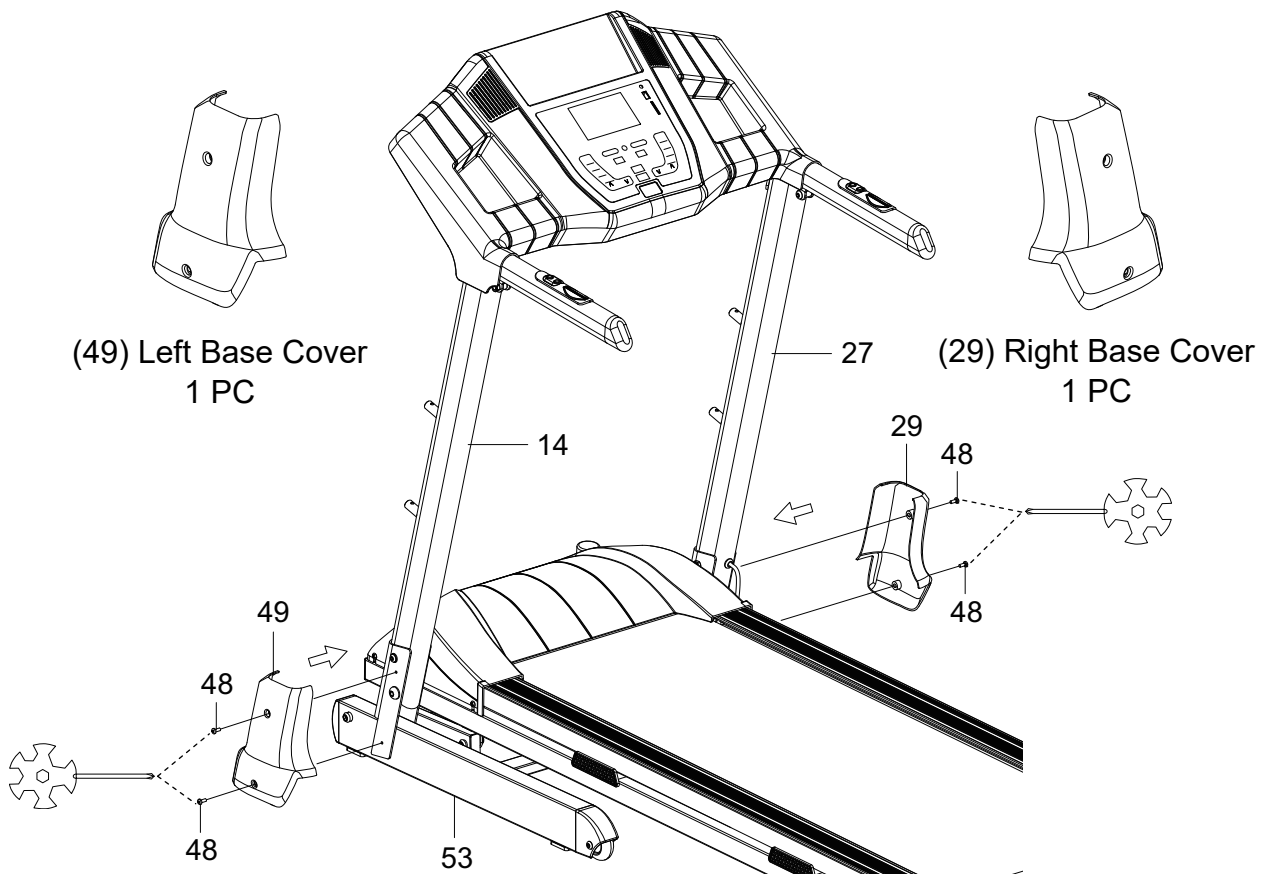
(12) Curve Washer
2 PCS



(15) Hexagon Socket
Button Head Bolt
2 PCS



(26) Nylon Nut
2 PCS



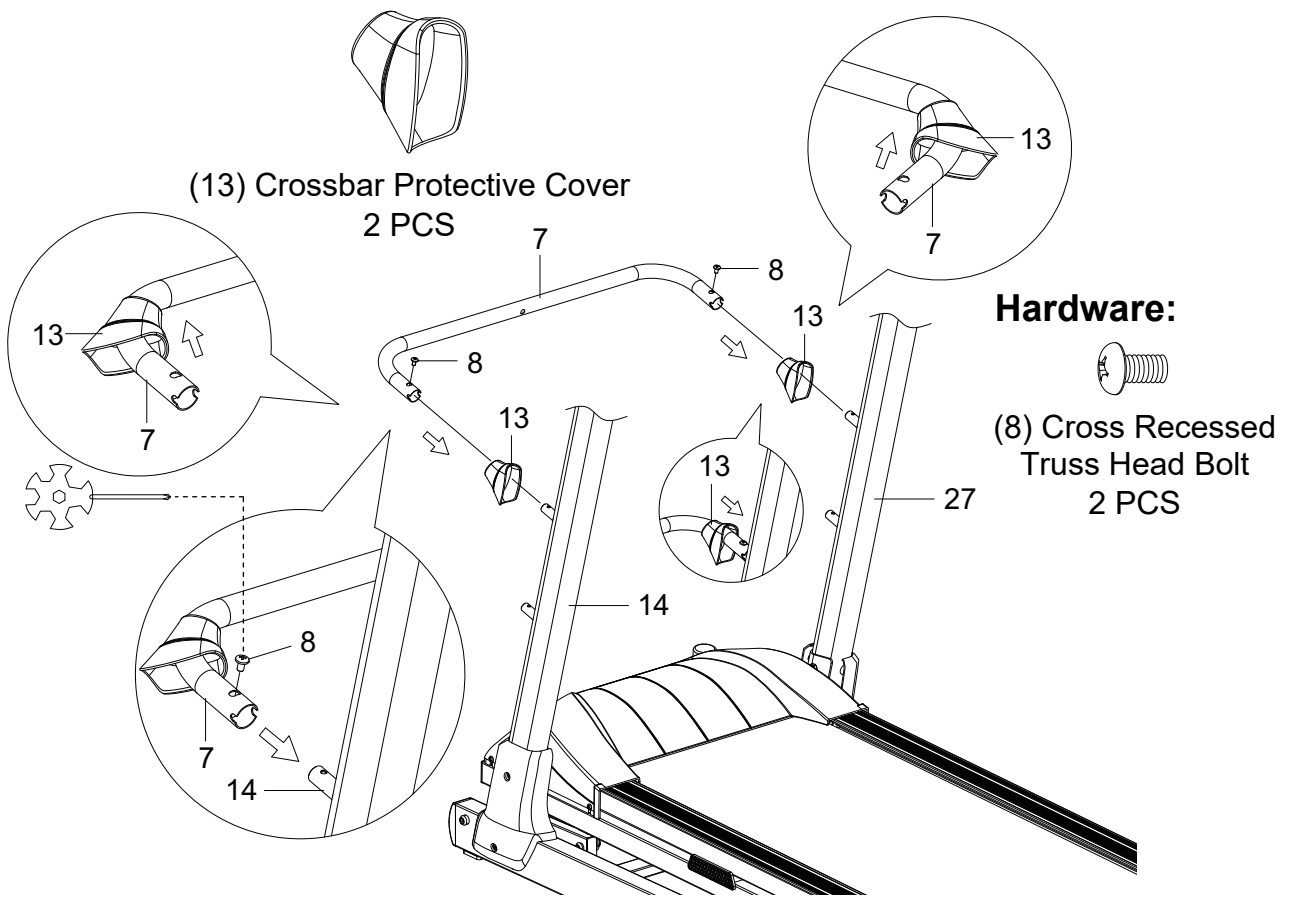
Step 4

Attach both Right/Left Base Covers (29, 49) onto the Base Frame (53) and Left/Right Handlebar Support Tubes (14, 27) with four Cross Recessed Truss Head Bolts (48). Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Hardware:

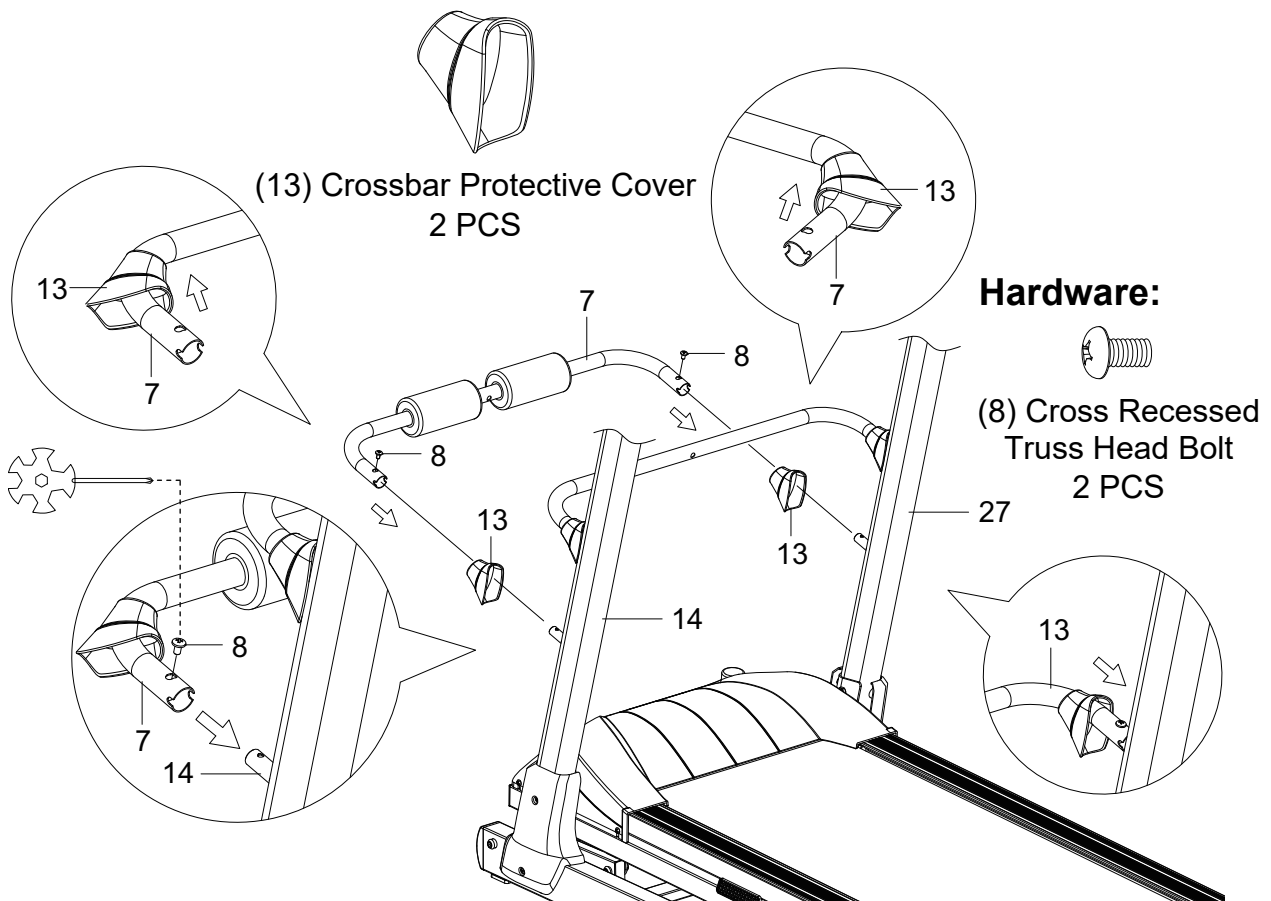


(48) Cross Recessed
Truss Head Bolt
4 PCS



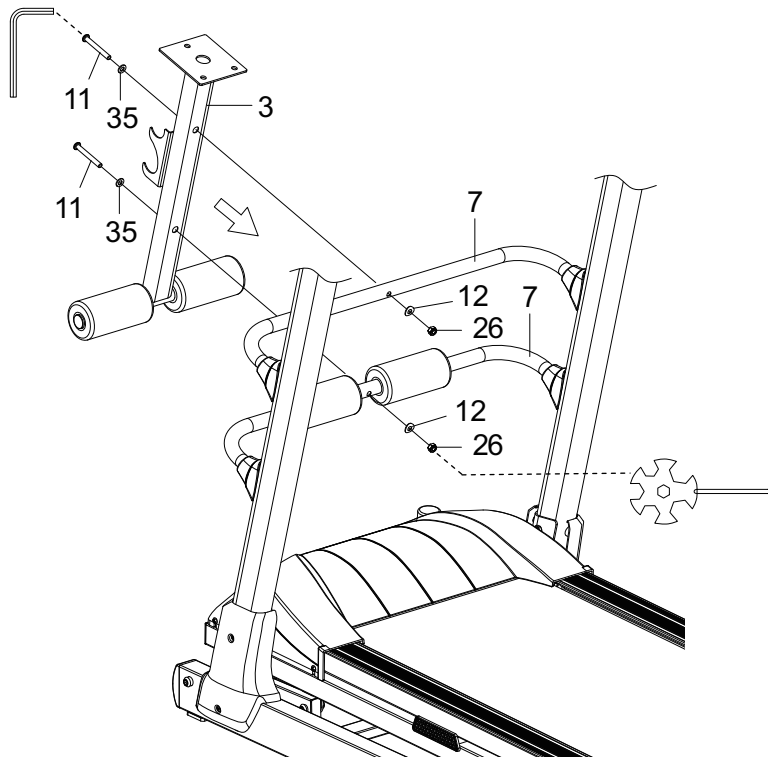
Step 5

Slide both Crossbar Protective Covers (13) onto each ends of the Crossbar (7). Attach the Crossbar (7) onto both Left/Right Handlebar Support Tubes (14, 27) with two Cross Recessed Truss Head Bolts (8). Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.



Step 6

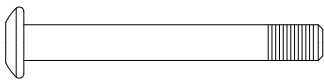
Slide both Crossbar Protective Covers (13) onto each ends of the other Crossbar (7). Attach the Crossbar (7) onto both Left/Right Handlebar Support Tubes (14, 27) with two Cross Recessed Truss Head Bolts (8). Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.



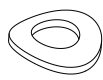
Step 7

Attach the Vibration Control Head Support Tube (3) onto both Crossbars (7) with two Hexagon Socket Button Head Bolts (11), two Curve Washers (12), two Washers (35), and two Nylon Nuts (26). Tighten bolts and nylon nut with the Allen Wrench and Multi Hex Tool with Phillips Screwdriver provided..

Hardware:



(11) Hexagon Socket Button Head Bolt
2 PCS



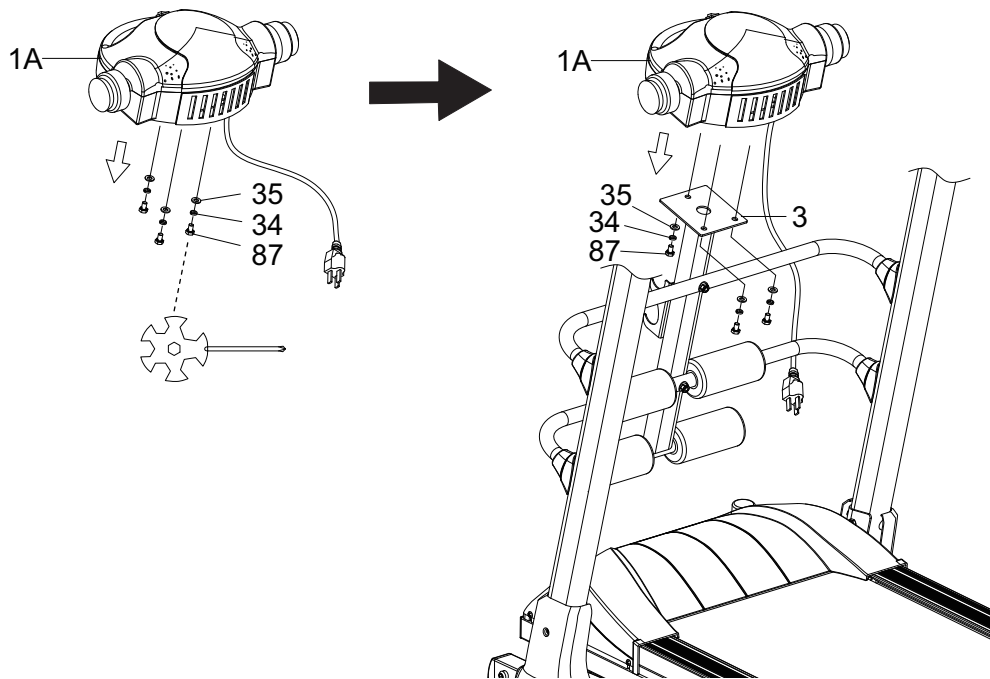
(12) Curve Washer
2 PCS



(26) Nylon Nut
2 PCS



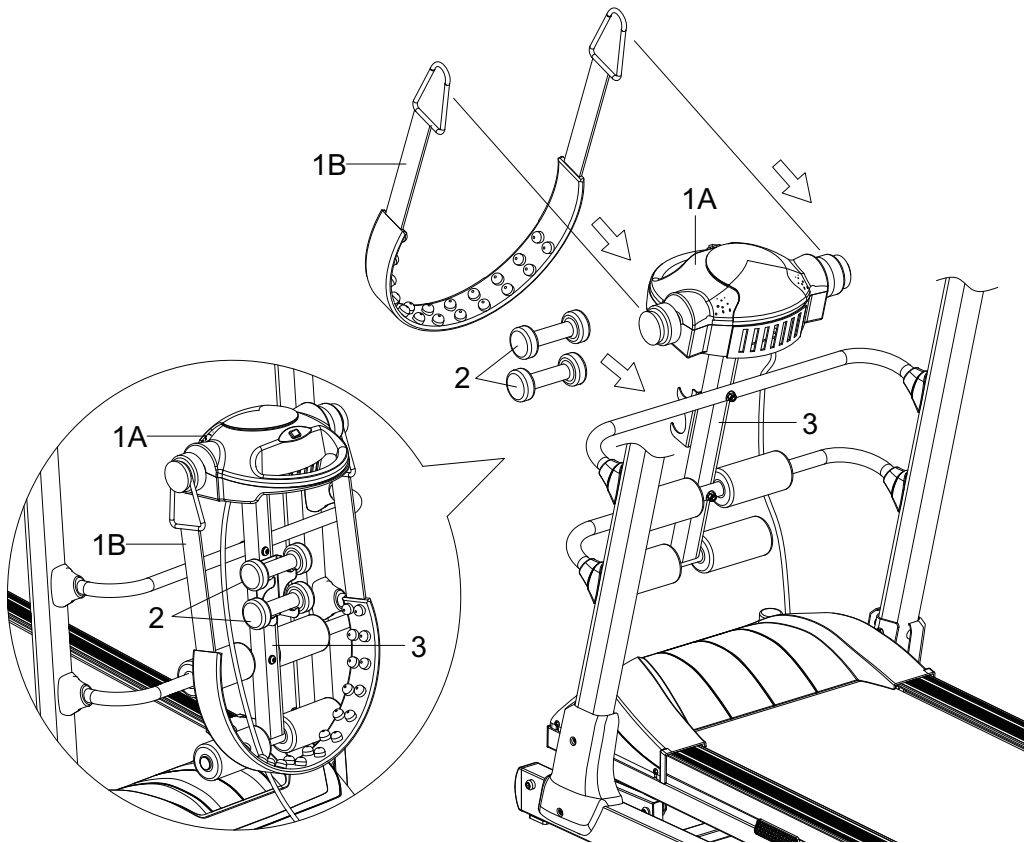
(35) Washer
2 PCS



Step 8

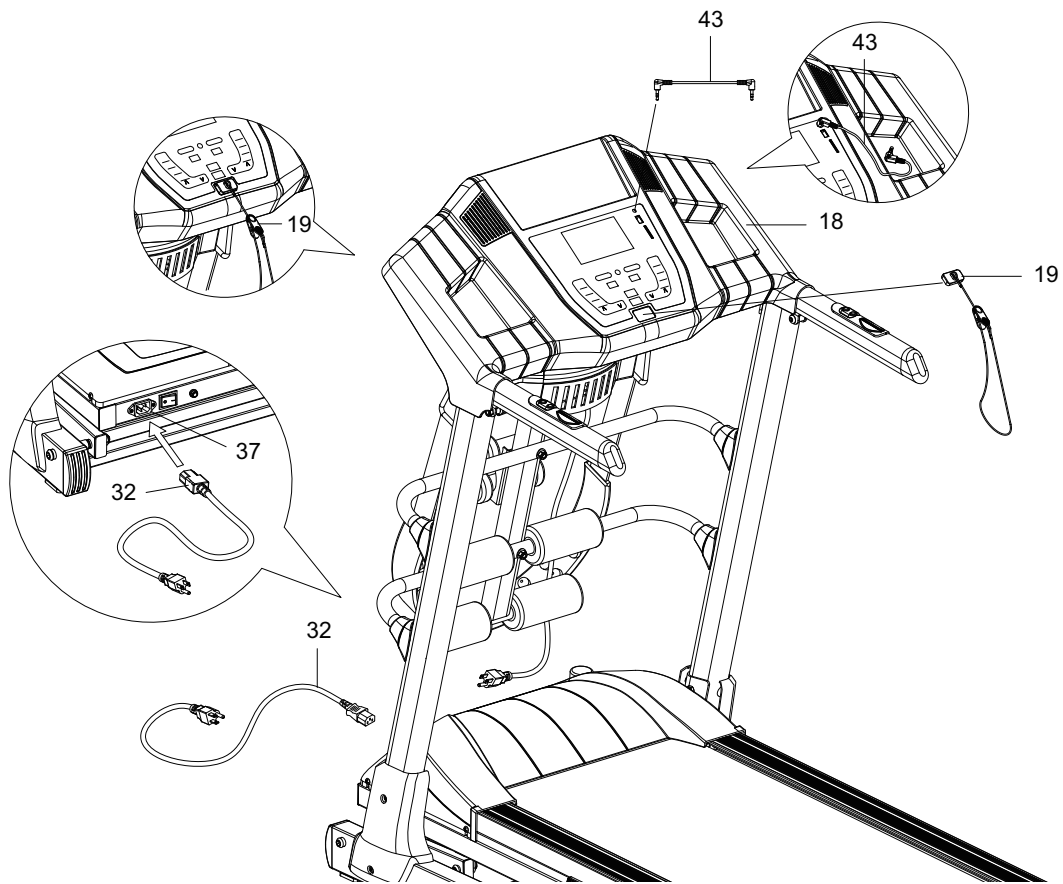
Remove three Hexagon Head Bolts (87), three Spring Washers (34), and three Washers (35) from the Vibration Control Head (1A). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided..

Attach the Vibration Control Head (1A) onto the top end of the Vibration Control Head Support Tube (3) with three Hexagon Head Bolts (87), three Spring Washers (34), and three Washers (35) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided..



Step 9

Install the Massage Belt (1B) to the belt connectors of the Vibration Control Head (1A). Place two Dumbbells (2) onto the dumbbell rack (83) of the Vibration Control Head Support Tube (3) .



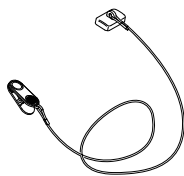
Step 10

User can connect one end of Audio Cable (43) into the MP3 aux input port on the Computer Console (18) 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 speakers on the treadmill.

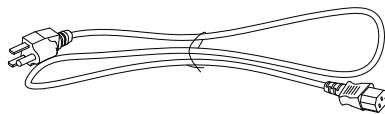
Place the Safety Tether Key (19) onto the Computer Console (18).

Plug the indicated end of the Power Cord (32) into the Power Socket (37) on the treadmill.

Assembly Components:



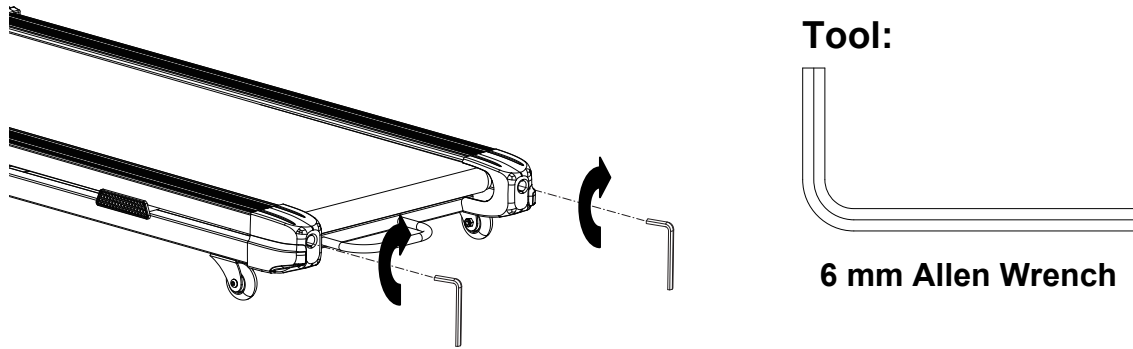
(19) Safety Tether Key
1 PC



(32) Power Cord
1 PC



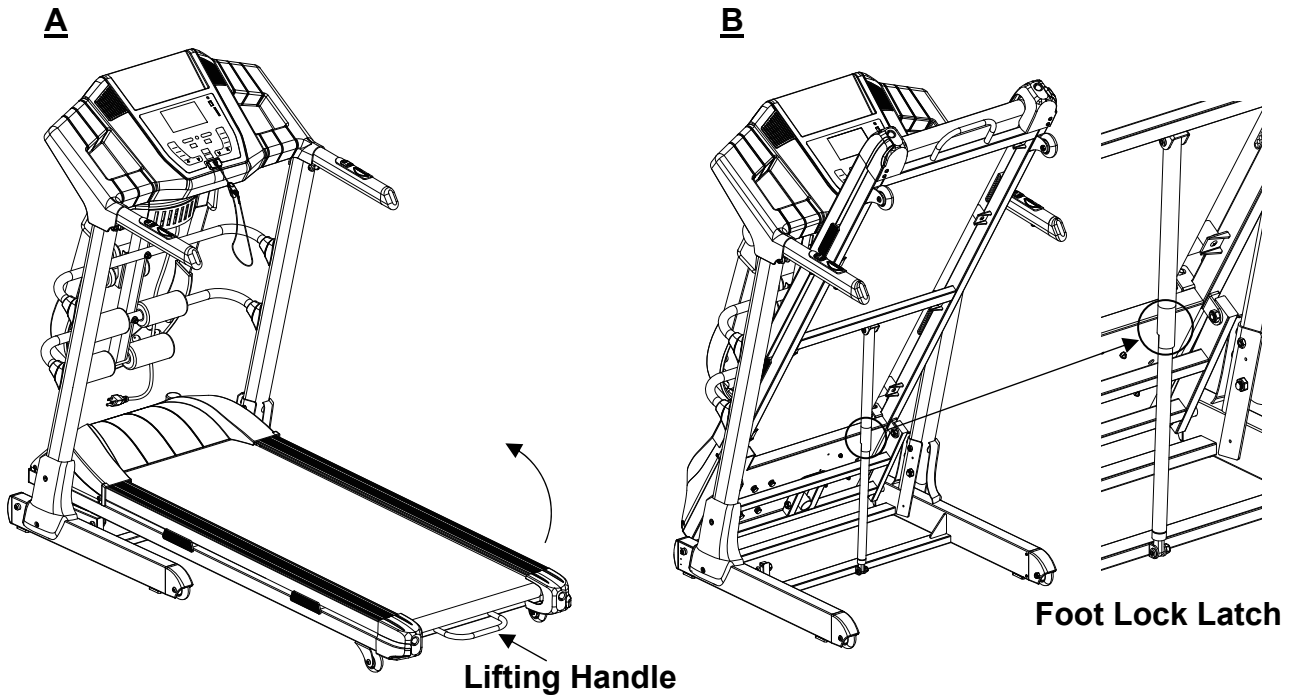
(43) Audio Cable
1 PC



Step 11

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

LIFTING UP THE TREADMILL

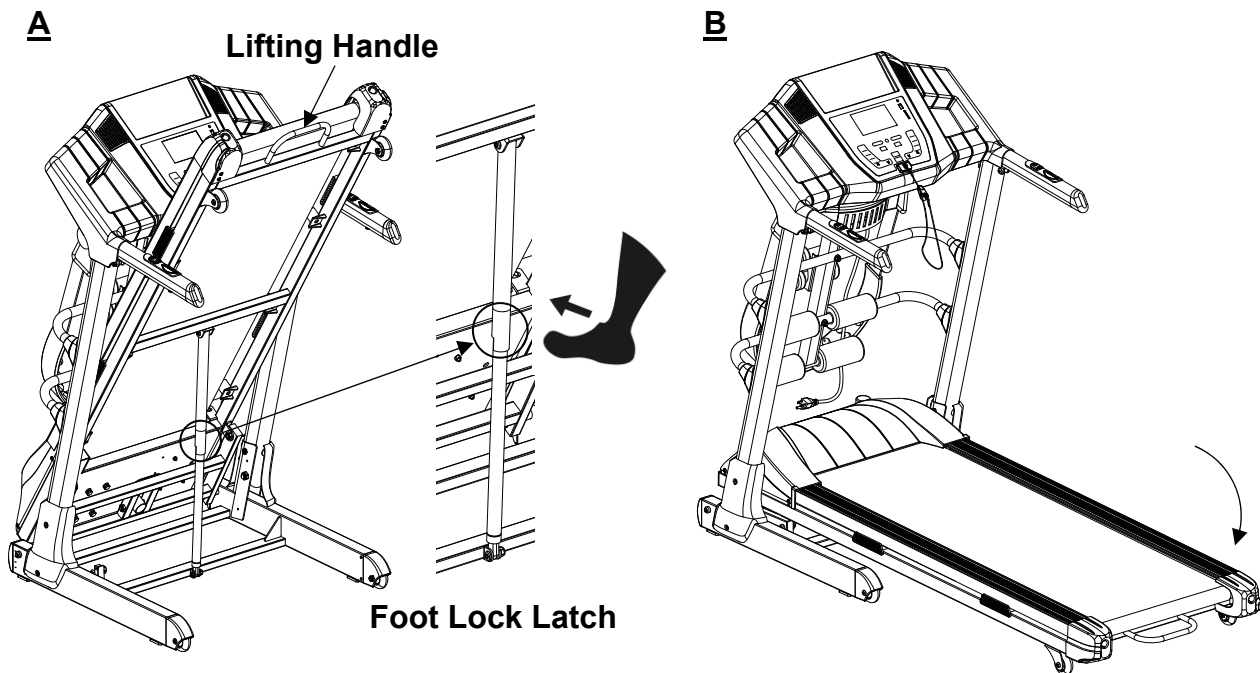


Firmly hold the **Lifting Handle** with one hand. Carefully lift the **Lifting Handle** up into the upright position until the **Foot Lock Latch** engages and securely locks the main frame into position. Make sure the main frame is securely latched before moving the treadmill. See figures A and B.

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

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

SETTING DOWN THE TREADMILL



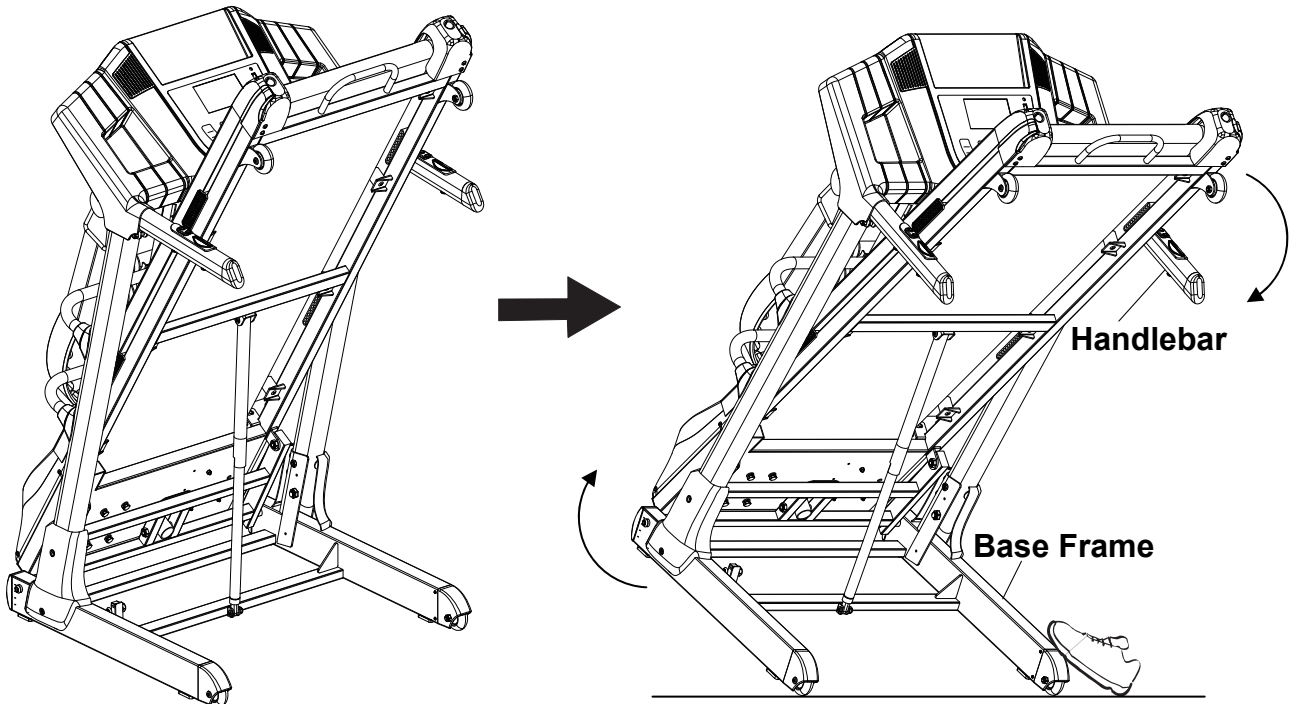
To set down the treadmill, firmly hold the **Lifting Handle** with one hand. Gently kick on the **Foot Lock Latch** with your foot until the lock latch disengages. Carefully lower the main frame to the ground. See figures A and B.

WARNING: Do not stand under the main frame when setting down the treadmill.

To prevent injury please make sure you have a firm hold when lifting up or setting down the main frame.

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

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 **Handlebar** with both hands and place one foot onto 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 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 16.0 KPH. You may also press one of the INSTANT SPEED buttons (3 / 6 / 9 / 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 3 KPH, 6 KPH, 9 KPH, or 12 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 / 12) 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, 8-level, or 12-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 (GREEN BUTTON): Press the START button to begin exercising.

STOP (RED BUTTON): 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 (P01 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.

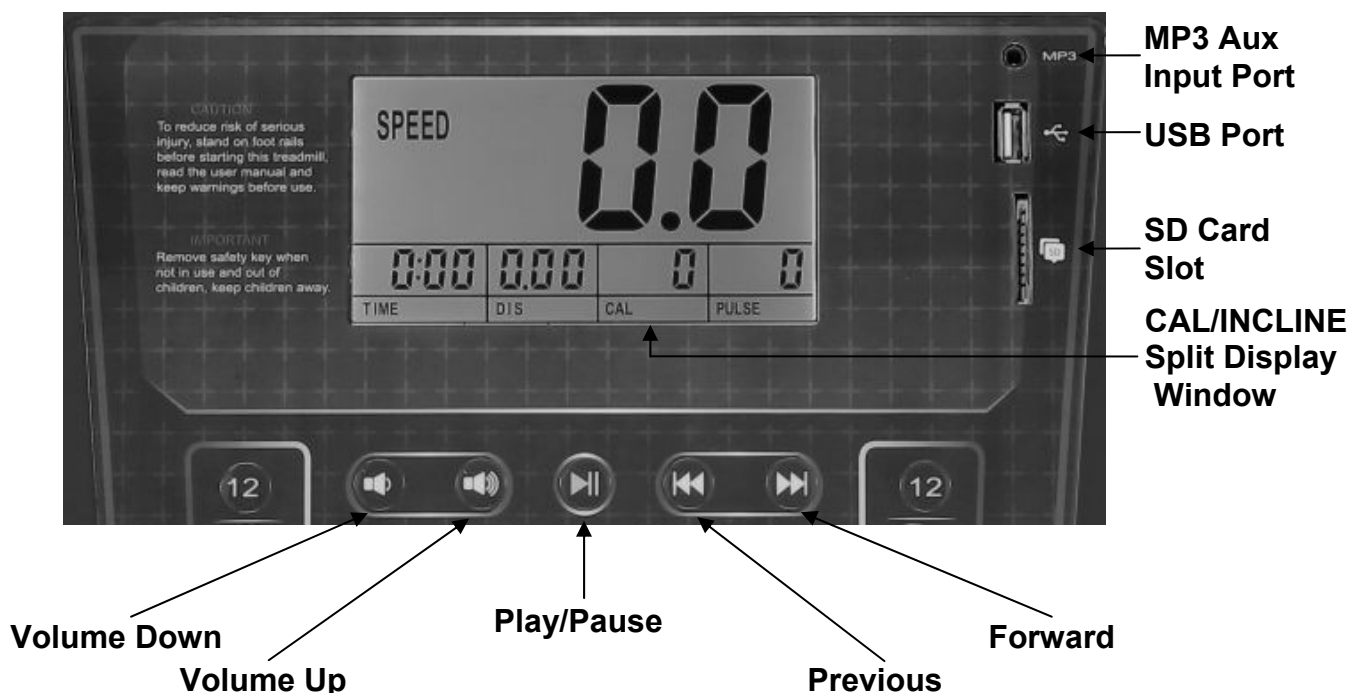
To decrease running speed adjustments during all training periods on different training modes.

INSTANT SPEED (3 / 6 / 9 / 12): 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 / 12): Used to reach desired incline level more quickly.



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. 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 16.0 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 (3 / 6 / 9 / 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 3 KPH, 6 KPH, 9 KPH, or 12 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 0.50 to 65.0 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. **At the exercise mode the split window of CAL (CALORIES) will display the calories burned and incline level with change every 5 seconds.** 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 995 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 ^ or INCLINE v button on the computer console. You may also press one of the INSTANT INCLINE buttons (2 / 4 / 8 / 12) 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, 8-level, or 12-level respectively.

At the exercise mode the split window of CAL (CALORIES) will display the calories burned and incline level with change every 5 seconds.

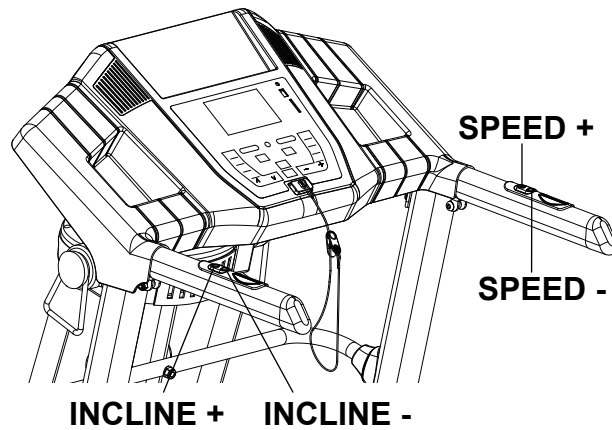
PULSE: Displays your current heart rate in beats per minute (BPM). To activate, grip the hand pulse sensors during exercise and the pulse will display after 2-5 seconds. For a more accurate reading, grip pulse sensors with both hands.

TRAINING IN PROGRAM MODE:

This treadmill console has 12 Pre-set Workout Programs to choose from (see below Program Profiles). 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 (as shown below). The program is split evenly into 20 intervals. When the pre-set training program time counts down to 0:00, the computer will beep to alert you and the treadmill will stop automatically.

PROGRAM PROFILES:

P1		WARM-UP	P5		WEIGHT - LOSS	P9		CALORIES GOAL
P2		RANDOM	P6		HILL	P10		MOUNTAIN CLIMB
P3		5K RUN	P7		TIME GOAL	P11		BEACH SPORT
P4		COMPETITION	P8		DISTANCE GOAL	P12		CROSS COUNTRY RACE



INCLINE +: Press the INCLINE + button on the Left Handrail to increase incline level.

INCLINE -: Press the INCLINE - button on the Left Handrail to decrease incline level.

SPEED +: Press the SPEED + button on the Right Handrail to increase speed.

SPEED -: Press the SPEED - button on the Right Handrail to decrease speed.

COMPATIBLE FITNESS APPLICATION

DOWNLOAD THE FITSHOW APPLICATION

You can install the FitShow app on your mobile device using a QR code. Scan the QR code to download and install the app.

1. You can search FitShow app in the Google Play Store (Android System) or App Store (iOS System) and then download the app.



Android



iOS

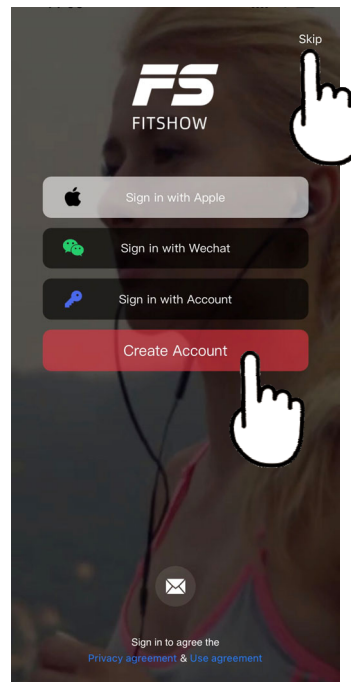
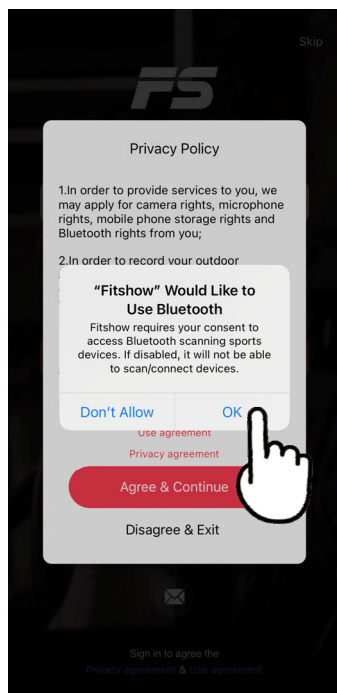
LOGGING INTO THE APPLICATION

After downloading app, tap on the FitShow icon on the screen to open the app.

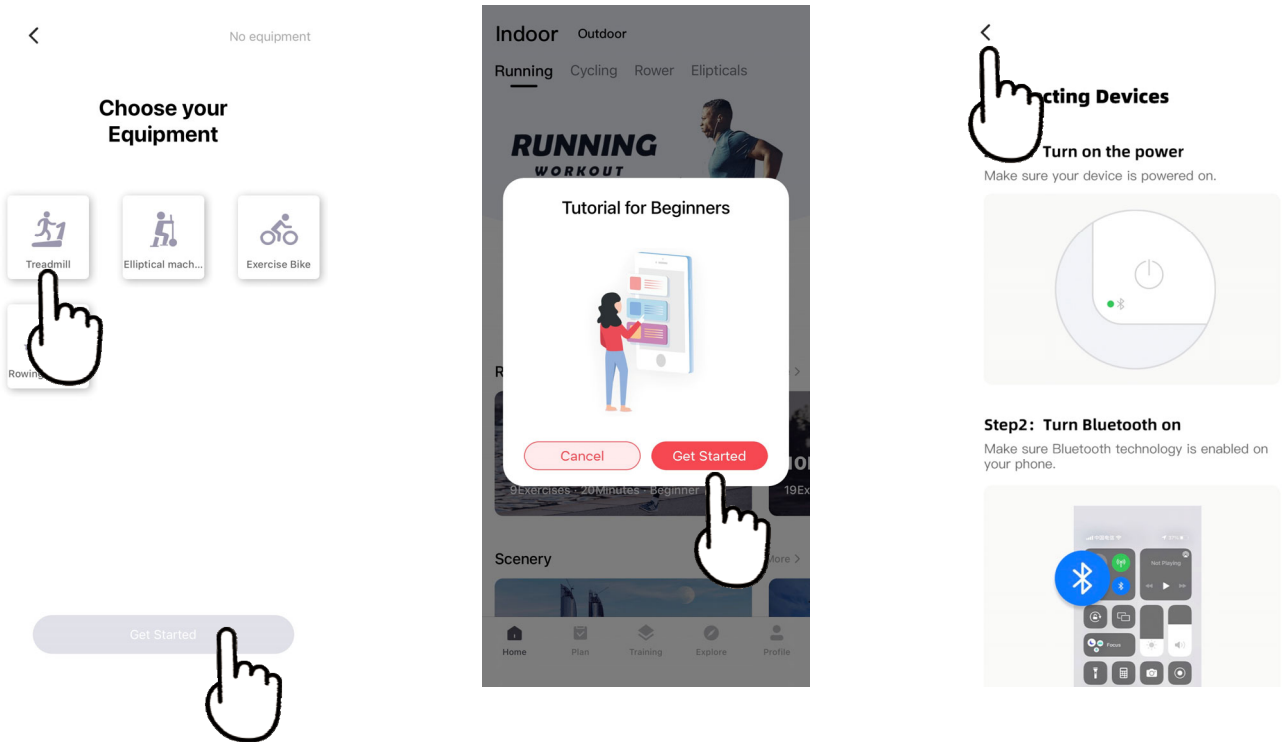
To connect app via Bluetooth, please go to your mobile device's settings section and turn on the BLUETOOTH function. Make sure that Bluetooth is enabled on your mobile device and the treadmill is within the Bluetooth connection range of your mobile device.

As an Android user, please make sure that a check mark is placed under "Unknown sources" in "Settings -> Device security".

1. Choose one of the following login methods to sign in. For first time users, you must register with a FitShow account in order to save your personal workout history.
2. Tap "Skip" to log in as a GUEST.

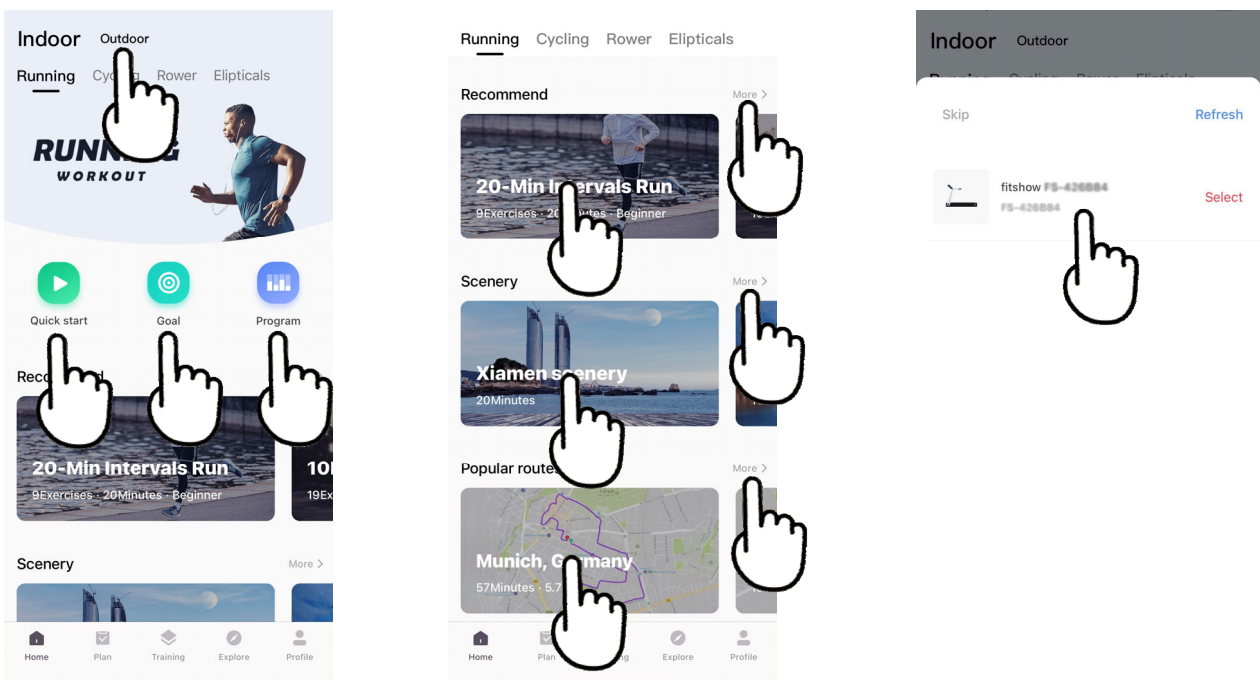


Select and tap the “Treadmill” and “Get Started” that you are going to use. You may tap the “Get Started” to look at the “Tutorial for Beginners”. Tap “Back Icon” to go back.



GETTING STARTED

Log in as a GUEST, the personal workout record will not be saved after each exercise. Once you’ve logged into your account, you will see the home screen. From the home screen you may tap one of the following exercise modes that you are interested.



NOTE: All the activity information from this app may vary from the computer; user can choose either one of them to help you get the best results.

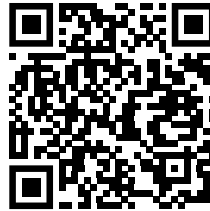
DOWNLOAD THE KINOMAP APPLICATION

You can install the Kinomap app on your mobile device using a QR code. Scan the QR code to download and install the app.

You can search Kinomap app in the Google Play Store (Android System) or App Store (iOS System) and then download the app.



Android



iOS

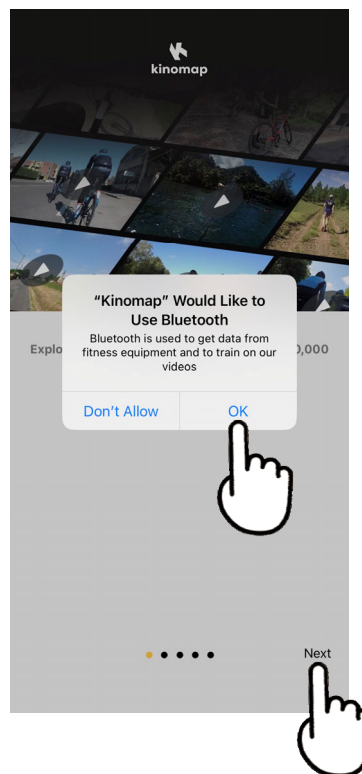
LOGGING INTO THE APPLICATION

After downloading app, tap on the Kinomap icon on the screen to open the app.

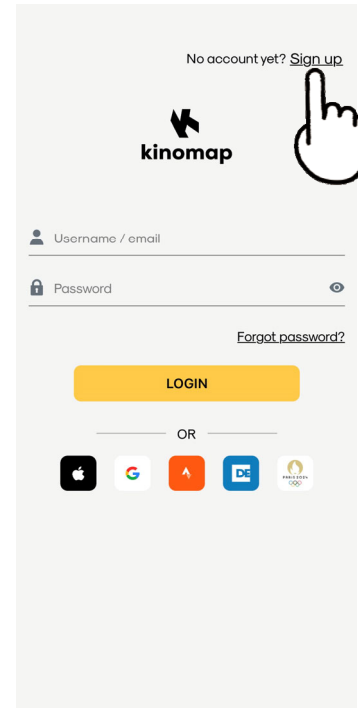
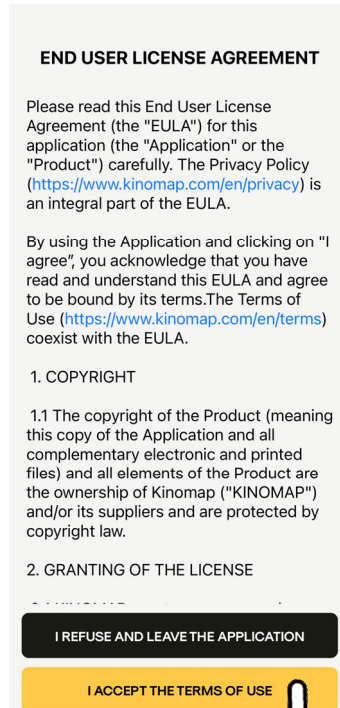
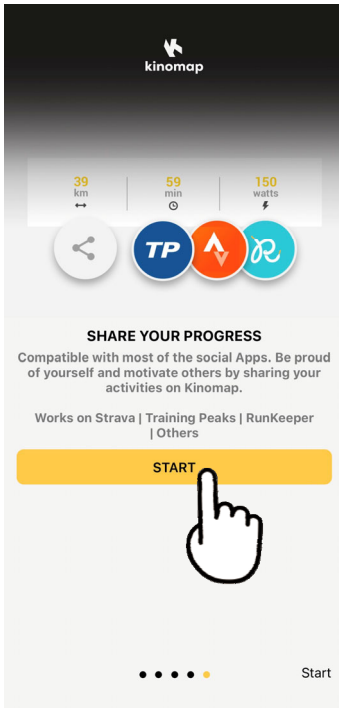
To connect app via Bluetooth, please go to your mobile device's settings section and turn on the BLUBTOOTH function. Make sure that Bluetooth is enabled on your mobile device and the treadmill is within the Bluetooth connection range of your mobile device.

As an Android user, please make sure that a check mark is placed under "Unknown sources" in "Settings -> Device security".

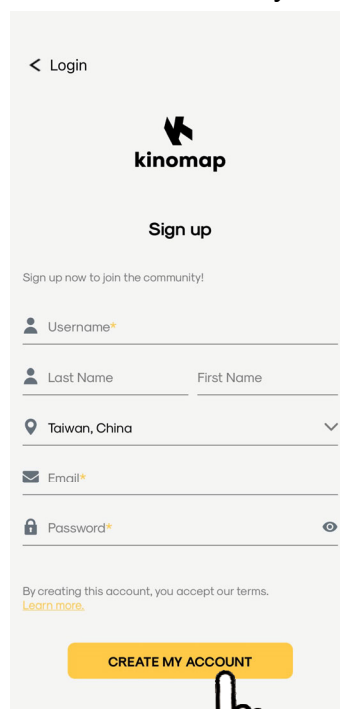
Tap "NEXT" and continue to the next steps.



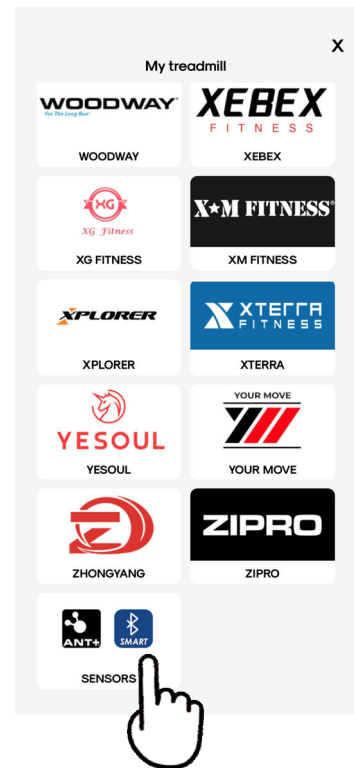
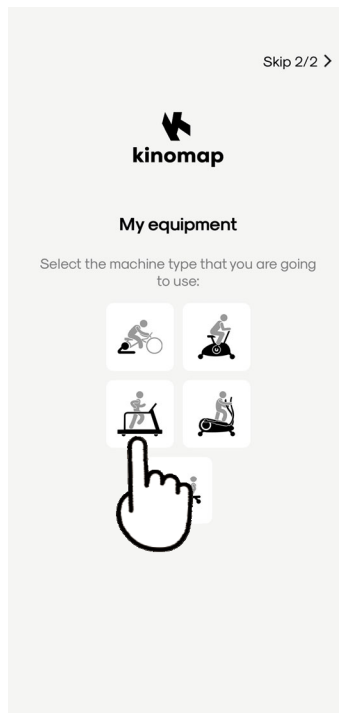
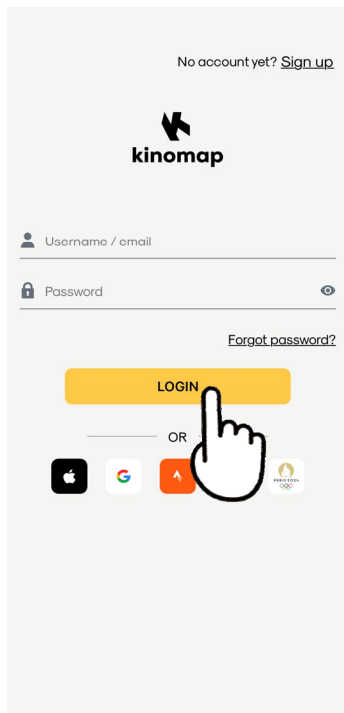
1. Tap “START” and continue to the next steps.
2. Tap “I ACCEPT THE TERMS OF USE” and continue to the next steps.
3. Choose one of the following login methods to sign in or tap “Sign up”. For first time users, you must register with a Kinomap account in order to save your personal workout history.



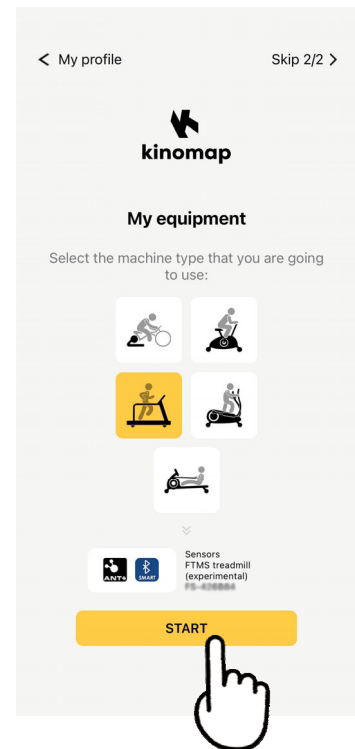
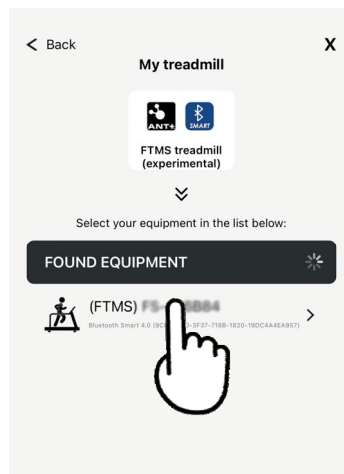
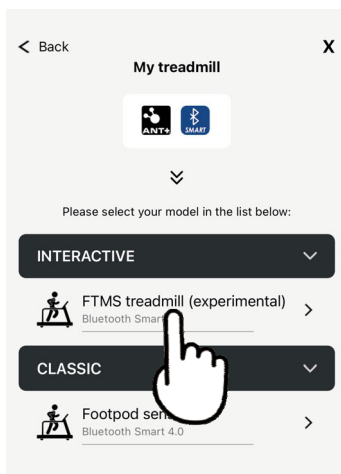
Fill out your personal information. Then tap “CREATE MY ACCOUNT”. This will create your account and a verification email will be sent to you.



1. Once you've confirmed your account you can now login to the app. Entering your Username / email and Password for logging into the app. Then tap "LOGIN".
2. Select and tap the "treadmill" that you are going to use.
3. Select and tap the "SENSORS".



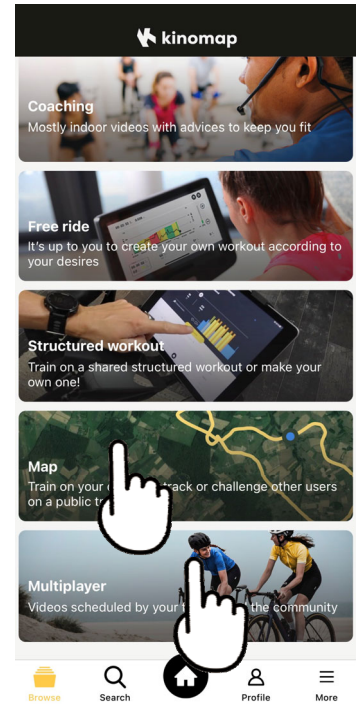
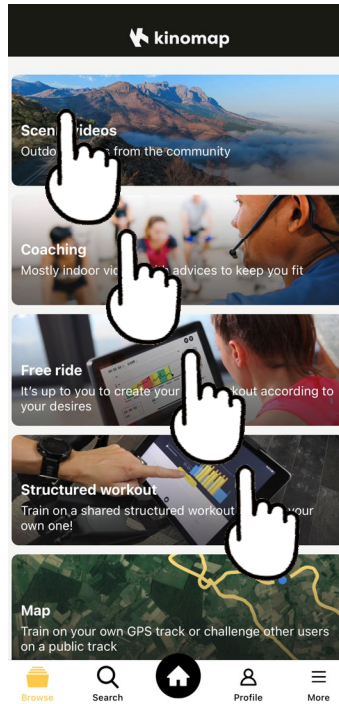
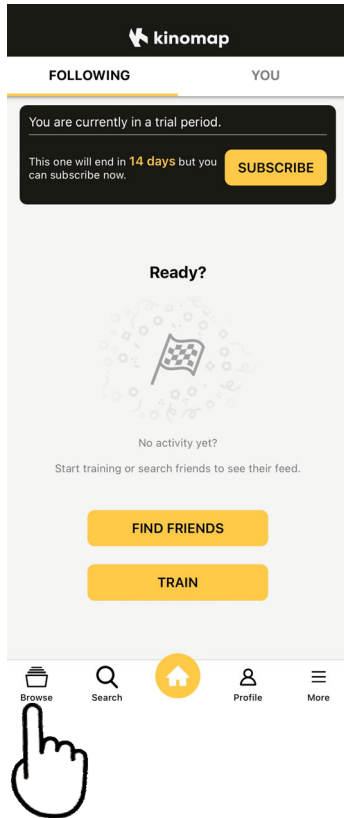
Select and tap the "FTMS treadmill (experimental) and (FTMS)". After pairing, devices can connect with each other automatically. Tap "START" to go to the Kinomap home screen.



GETTING STARTED

Once you've logged into your account, you will see the home screen. From here you can navigate to what area you need, whether that's settings, videos or previous achievements. You may tap "Browse" button to open the browse screen.

From the browse screen you may tap one of the following exercise modes that you are interested.



NOTE: All the activity information from this app may vary from the computer; user can choose either one of them to help you get the best results.

CARE, MAINTENANCE & TROUBLESHOOTING GUIDE

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

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

CLEANING

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

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

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

STORAGE

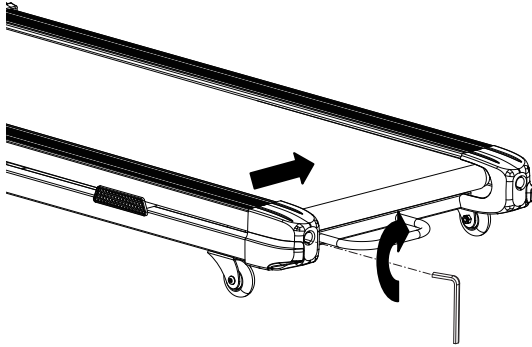
Store the treadmill in a clean and dry indoor environment. Never leave or use the unit outdoors. Ensure the master power switch is off and the power cord is un-plugged from wall outlet.

TROUBLESHOOTING GUIDE

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

BELT ADJUSTMENT

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

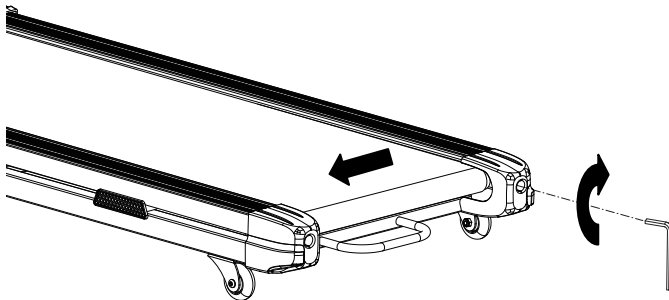


Tool:



6 mm 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.

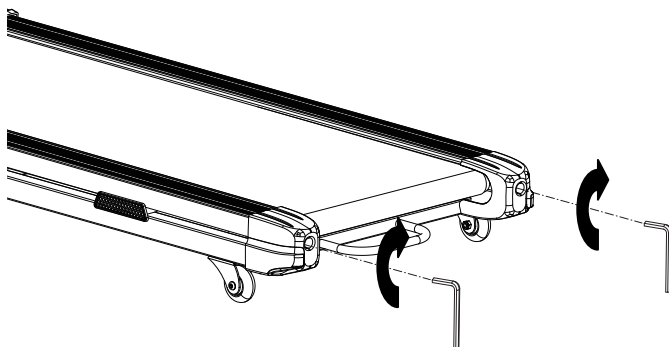


Tool:



6 mm Allen Wrench

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:



6 mm Allen Wrench

LUBRICATION

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

How to check running belt for proper lubrication

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

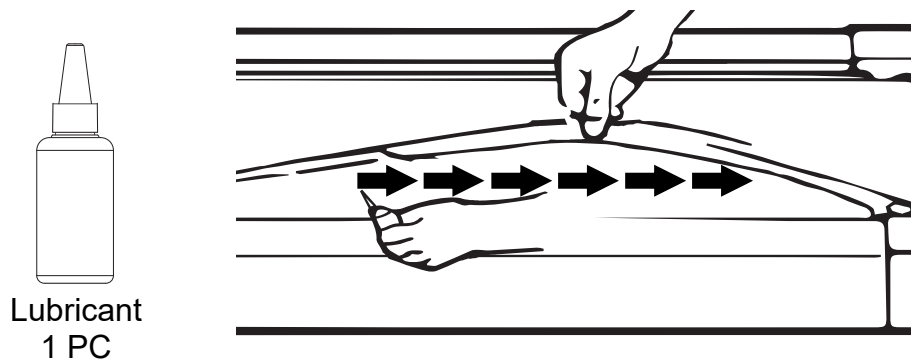
How to apply lubricant

Lift one side of running belt.

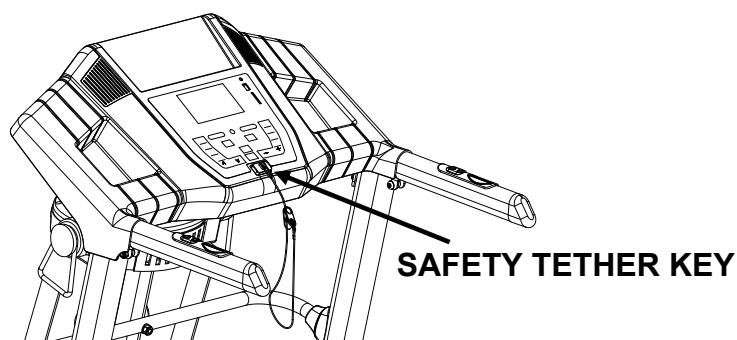
Pour some lubricant under the **centre** of the running belt on the top surface of the **running deck**.

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

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



EMERGENCY STOP



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

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

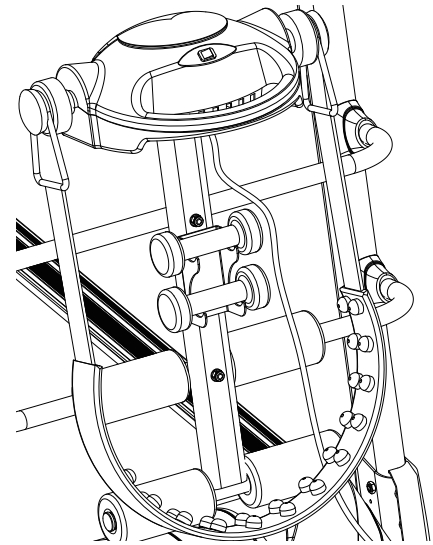
HOW TO USE

Vibration Control Head with Massage Belt

The Massage Belt allows you to direct the massage to different areas of your body. You can position the massage belt on your thighs, belly, hips, waist and buttocks as well as massage your shoulders, your chest muscles or your entire back.

Instructions:

Position massage belt prior to starting the machine. Plug the wire from the vibration control head into the electrical wall outlet. Then press the power switch on the vibration control head to the ON position.



Shoulder Position

Stand on the floor facing the vibration control head. Wrap the massage belt across the shoulder.

Underarm Position

Stand on the floor facing the vibration control head. Wrap the massage belt around the upper body just under the arms to massage the chest muscles.

Waist Position

Stand on the floor facing the vibration control head. Wrap the massage belt around the waist to exercise.

Belly Position

Stand on the floor facing away from the vibration control head. Wrap the massage belt around the belly to massage your belly.

Hip Position

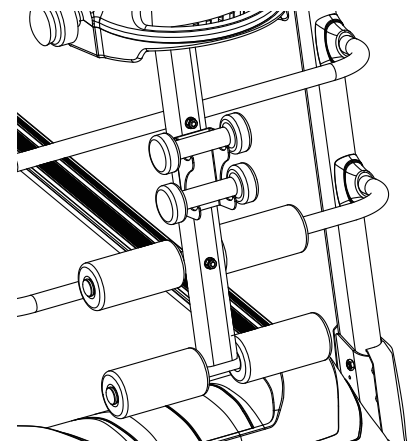
Stand on the floor facing away from the vibration control head. Wrap the massage belt around the lower hip to massage the hip muscles.

Sit-Up Frame

Strengthen your abdominal muscles.

Instructions:

Lie on your back on the running belt with legs on the foam rolls ahead. Hook both feet onto the foam rolls on the sit-up frame. Place your hands across your chest or behind your head. First lie down and then sit up. You can also do exercises with dumbbells.



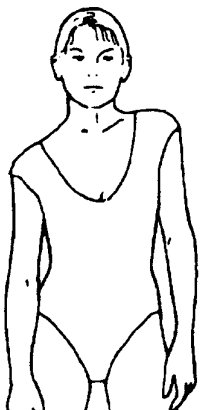
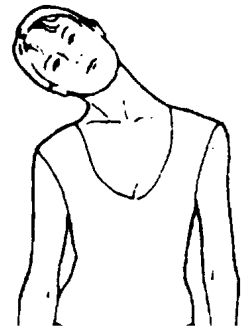
WARM UP AND COOL DOWN ROUTINE

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.

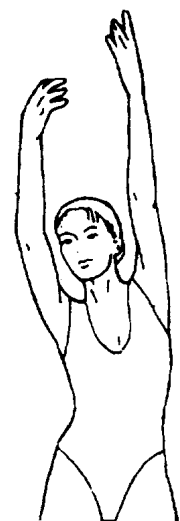
HEAD ROLLS

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.

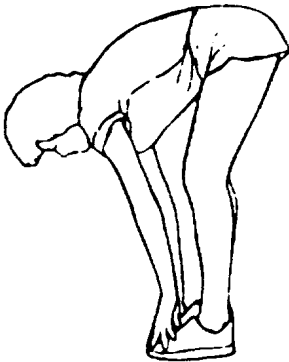


QUADRICEPS STRETCH

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.

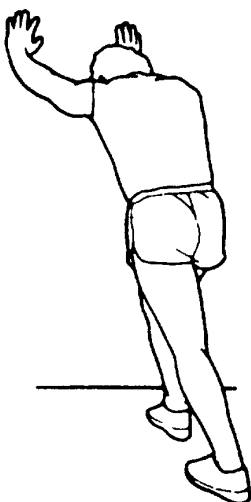
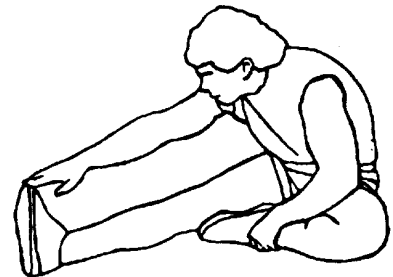


TOE TOUCHES

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.