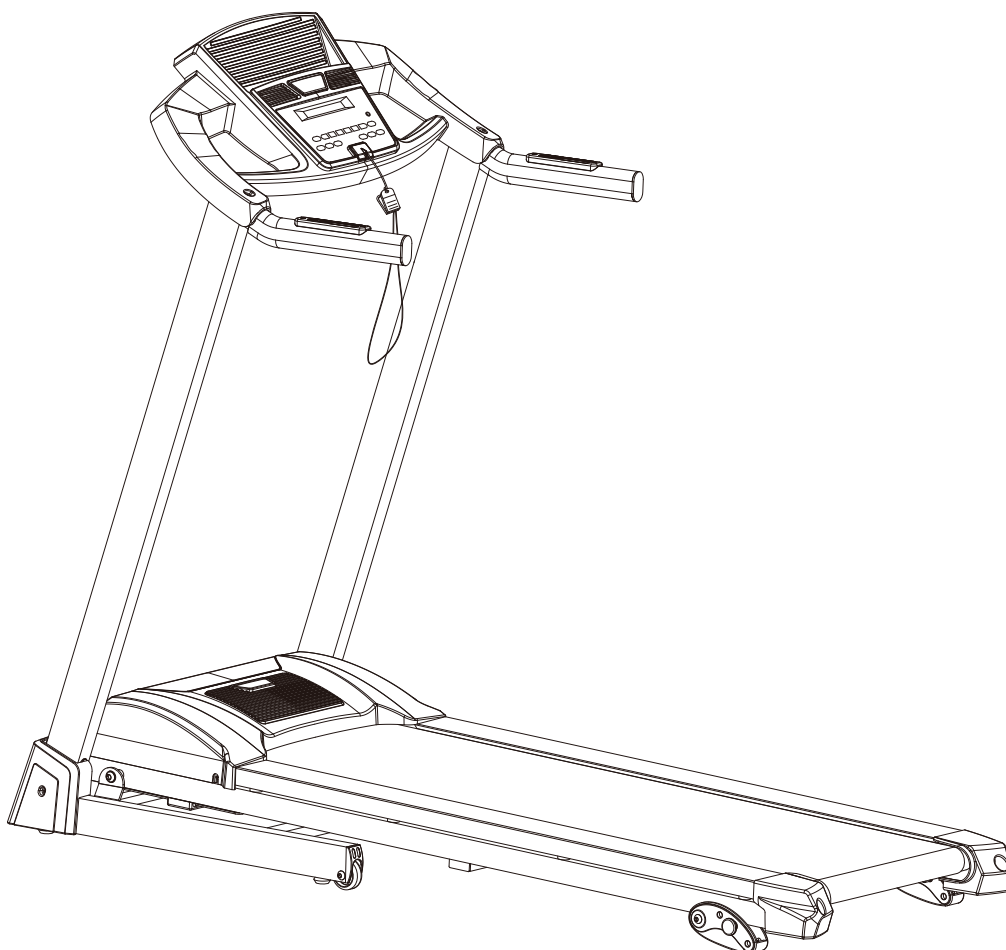


SYMPHONY PROGRAMMABLE MOTORIZED TREADMILL ITEM NO: 97650

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.

2023, May

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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 110 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.

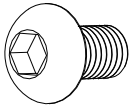
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Base Frame	1	027	Rear Roller Ø42x Ø15x499	1
002	Main Frame	1	028	Foot Lock Latch Tube	1
003	Left Handlebar Support Tube	1	029	Computer Console (T210E)	1 Set
004	Right Handlebar Support Tube	1	030	Motor Bracket	1
005	Hexagon Socket Button Head Bolt M10x65	2	031	Safety Tether Key	1
006	Hexagon Socket Button Head Bolt M8x45	1	032	Upper Motor Cover	1
007	Hexagon Socket Button Head Bolt M8x40	2	033	Left End Cover	1
008	Hexagon Socket Button Head Bolt M8x25	1	034	Right End Cover	1
009	Hexagon Socket Button Head Bolt M8x15	2	035	Left Fender	1
010	Hexagon Socket Round Head Cap Bolt M8x65	2	036	Right Fender	1
011	Hexagon Socket Round Head Cap Bolt M8x35	1	037	Power Switch Plate	1
012	Hexagon Socket Countersunk Head Bolt M6x35	8	038	Hand Pulse Sensor with Start/Stop Control Buttons	1
013	Cross Recessed Truss Head Bolt M5x25	6	039	Hand Pulse Sensor with Speed Control Buttons	1
014	Cross Recessed Truss Head Bolt M5x10	6	040	Side Rail	2
015	Cross Recessed Truss Head Bolt M5x12	6	041	Base Frame End Cap	2
016			042	Lower Motor Cover	1
017	Cross Recessed Pan Head Tapping Screw with Washer M4x12	19	043	Belt 170-J6	1
018	Cross Recessed Round Head Tapping Screw M4x15	6	044	Deck Bumper	6
019	Cross Recessed Truss Head Tapping Screw M4x10	4	045	Adjustable Leveler M8	4
020	Nylon Nut M8	6	046	Transport Wheel Ø44xØ8.5x18	2
021	Nylon Nut M10	2	047	Lock Pin	2
022	Nylon Nut M5	6	048	Incline Adjuster	2
023	Washer M10	8	049	Handlebar End Cap (20x40)	2
024	Washer M8	6	050	Rectangular End Cap (20x40)	2
025	Spring Washer M8	6	051	Handlebar Foam Grip Ø31xT5x300	2
026	Front Roller Ø42x Ø15x505	1	052	Running Deck T15x555x1115	1

PARTS LIST

No.	Description	Qty	No.	Description	Qty
053	Running Belt T1.4x425x2570	1	068		
054	Wire Grommet	1	069	Power Cord (L=1500 mm)	1
055	Dish Washer	6	070	Wire Clip	3
056	Motor	1	071	Control Cable (L= 400 mm)	1
057	Power Control Board	1	072	Extension Control Cable (L=1200 mm)	1
058	Socket	1	073	Hexagon Socket Round Head Cap Bolt M8x10	2
059	Power Switch	1	074	Hexagon Head Bolt M8x70	1
060	Ring for Cable Ø28xØ16x13	1	075	Cross Recessed Round Head Bolt M4x8	2
061	Fuse Box	1	076	Cross Recessed Pan Head Tapping Screw with Washer M3x6	2
062	Audio Cable	1	077	Sensor	1
063	Rubber Pad Ø22xØ4x16	2	078	Sensor Bracket	1
064	Red AC Wire (L=400 mm)	1	079	Hexagon Socket Button Head Bolt M10x45	4
065	Black AC Wire (L=400 mm)	1	080	Hexagon Socket Round Head Cap Bolt M8x15	4
066	Red AC Wire (L=100 mm)	1	081	Hexagon Socket Button Head Bolt M8x50	2
067			082	Reinforcement Tube	1

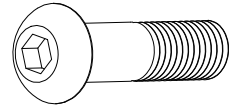
HARDWARE LIST



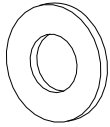
(9) Hexagon Socket
Button Head Bolt
2 PCS



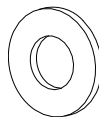
(15) Cross Recessed
Truss Head Bolt
6 PCS



(79) Hexagon Socket
Button Head Bolt
4 PCS

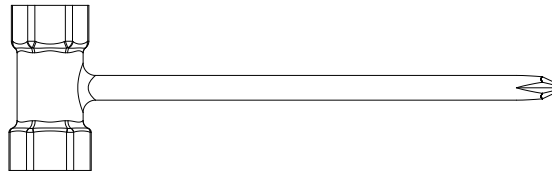


(23) Washer
4 PCS



(24) Washer
2 PCS

TOOLS



Hex Socket Wrench with Phillips Screwdriver
1 PC

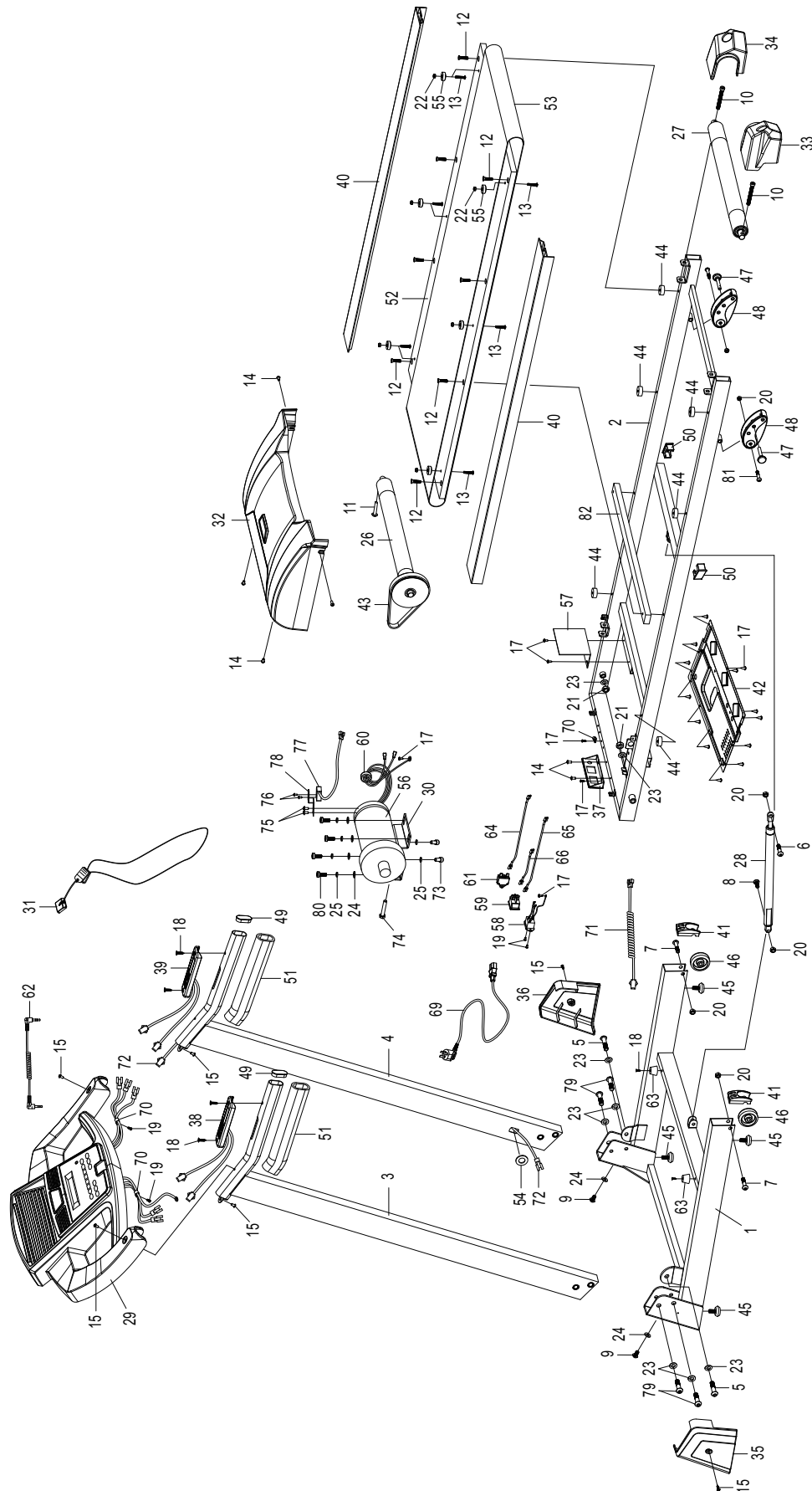


5 mm Allen Wrench
1 PC

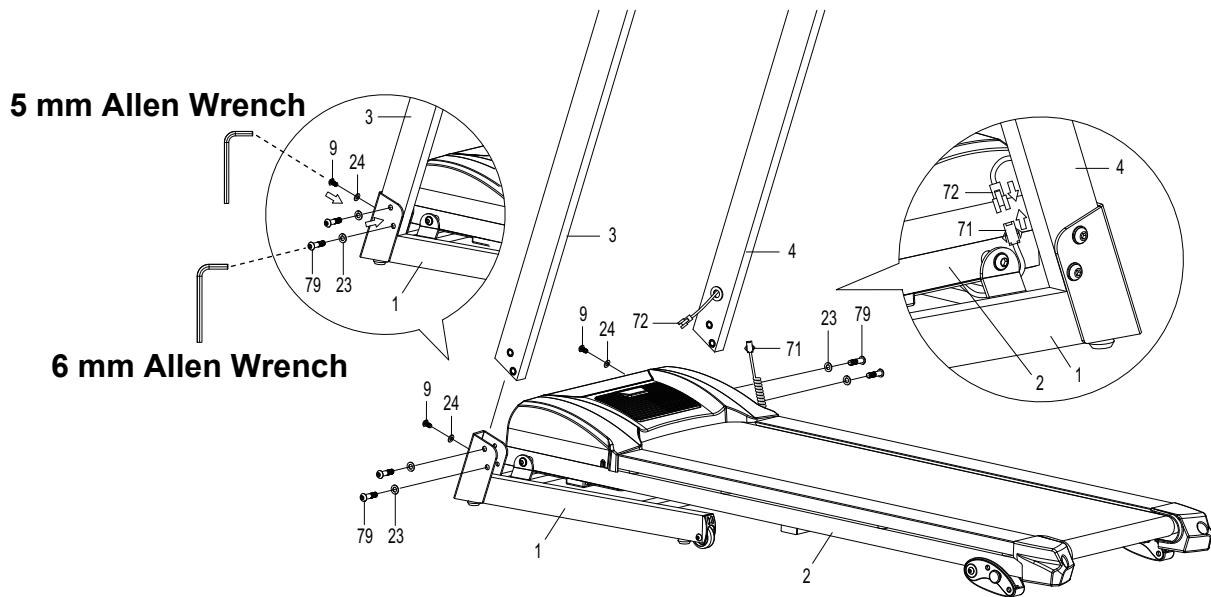


6 mm Allen Wrench
1 PC

EXPLODED VIEW



ASSEMBLY INSTRUCTIONS

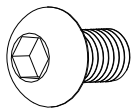


Step 1

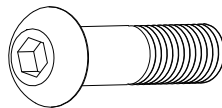
Attach the Left Handlebar Support Tube (3) to the Base Frame (1) with one Hexagon Socket Button Head Bolt (9), one Washer (24), two Hexagon Socket Button Head Bolts (79), and two Washers (23). Semi-tighten bolts with the 5 mm and 6 mm Allen Wrenches provided. It is recommended to have a second person assist with this step. One person should hold the Right Handlebar Support Tube (4) in place while the other person connects the wires. Connect the Control Cable (71) from the Base Frame (1) to the Extension Control Cable (72) that comes from the Right Handlebar Support Tube (4). Attach the Right Handlebar Support Tube (4) to the Base Frame (1) with one Hexagon Socket Button Head Bolt (9), one Washer (24), two Hexagon Socket Button Head Bolts (79), and two Washers (23). Semi-tighten bolts with the 5 mm and 6 mm Allen Wrenches provided.

NOTE: DO NOT FULLY TIGHTEN BOLTS IN STEP 1 UNTIL THE STEP 2 IS COMPLETE.

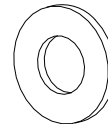
Hardware:



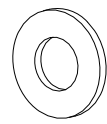
(9) Hexagon Socket
Button Head Bolt
2 PCS



(79) Hexagon Socket
Button Head Bolt
4 PCS

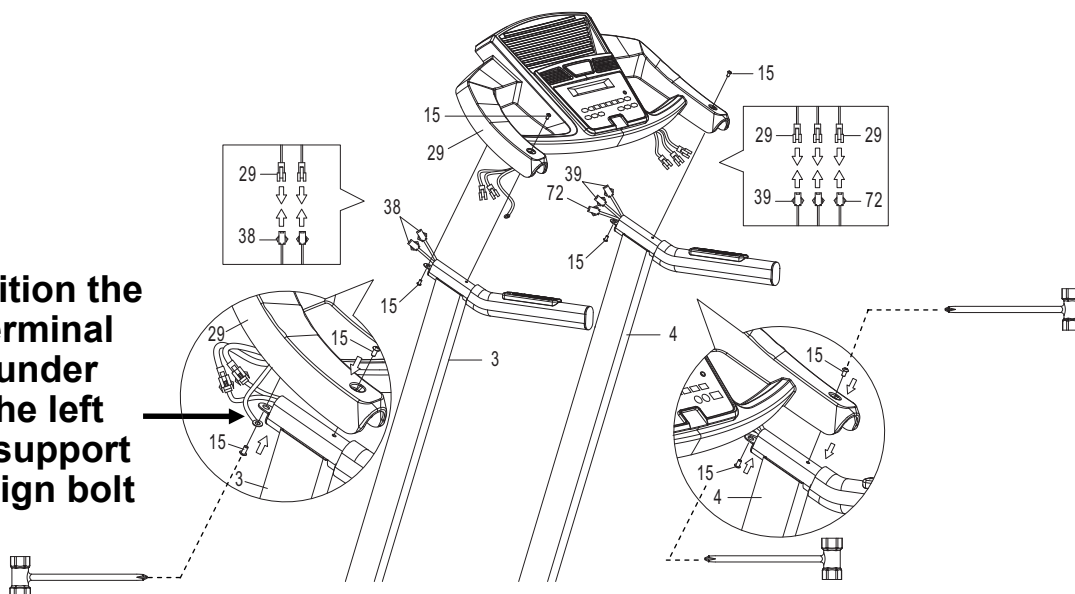


(23) Washer
4 PCS



(24) Washer
2 PCS

NOTE: Position the wire ring terminal connector under the lug of the left handlebar support tube and align bolt hole.



Step 2

It is recommended to have a second person assist with this step. One person should hold the Computer Console (29) in place while the other person connects the wires.

Connect the Hand Pulse Sensor wire with Start/Stop Control Button Wires (38) from the Left Handlebar Support Tube (3) to the wires that come from the Computer Console (29).

Connect the Hand Pulse Sensor wire with Speed Control Button Wires (39) and Extension Control Cable (72) from the Right Handlebar Support Tube (4) to the wires that come from the Computer Console (29).

Attach the Computer Console (29) onto the both Left/Right Handlebar Support Tubes (3, 4) with four Cross Recessed Truss Head Bolts (15). Tighten bolts with the Hex Socket Wrench with Phillips Screwdriver provided.

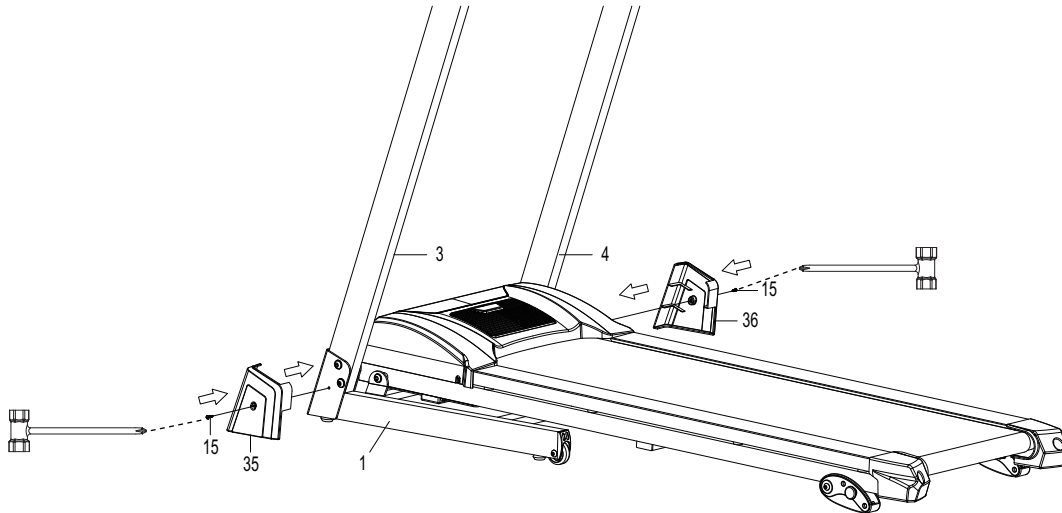
IMPORTANT: While attaching the Computer Console (29) onto the both Left/Right Handlebar Support Tubes (3, 4), make sure the wires are installed inside the both Left/Right Handlebar Support Tubes (3, 4) and pay attention not to pinch the wires.

NOTE: PLEASE FULLY TIGHTEN BOLTS INSTALLED IN STEP 1 WITH THE TOOL PROVIDED.

Hardware:



(15) Cross Recessed
Truss Head Bolt
4 PCS



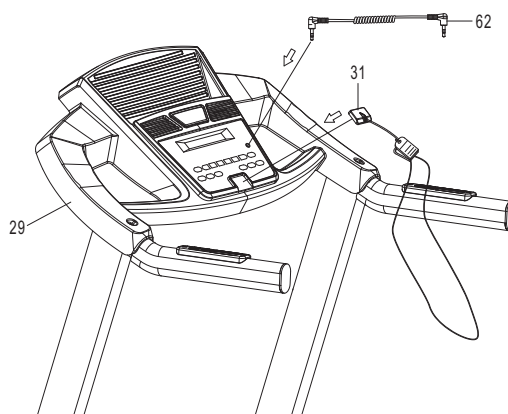
Step 3

Attach two Left and Right Fenders (35, 36) onto the Base Frame (1) with two Cross Recessed Truss Head Bolts (15). Tighten bolts with the Hex Socket Wrench with Phillips Screwdriver provided.

Hardware:



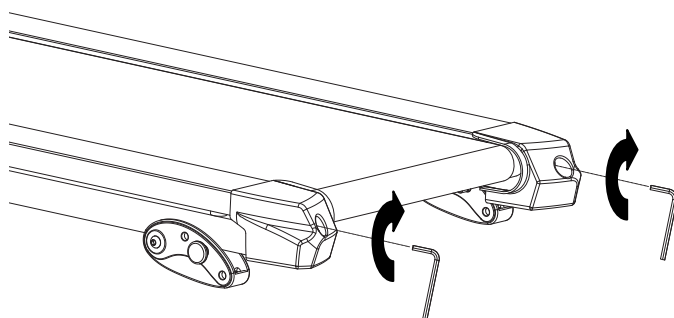
(15) Cross Recessed
Truss Head Bolt
2 PCS



Step 4

User can connect one end of Audio Cable (62) into the MP3 aux input port on the Computer Console (29) 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 (31) onto the Computer Console (29).



Tool:



6 mm Allen Wrench

Step 5

The running belt has been adjusted to the running deck at the factory before it was shipped. At times the running belt may get slippery during shipment. After the treadmill is completely assembled, use the 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 & SETTING DOWN THE TREADMILL

LIFTING UP THE TREADMILL

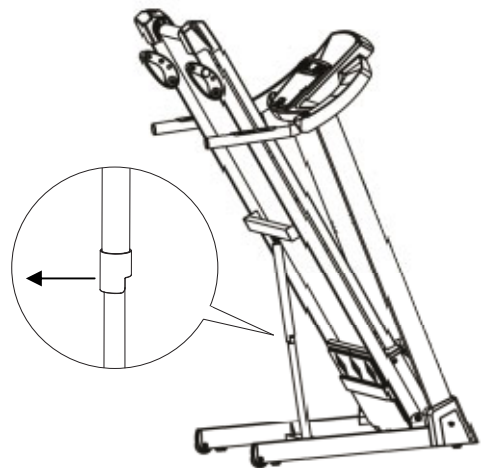
Firmly grasp the rear end of the Main Frame with both hands. Carefully lift the end of the treadmill up into the upright position until the Foot Lock Latch engages and securely locks the main frame into position. Make sure the main frame is securely latched before moving the treadmill. See figures A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

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

A



B

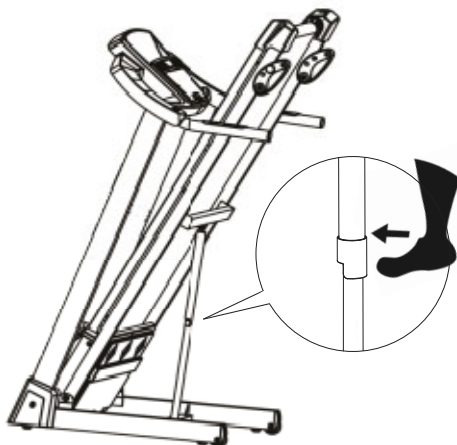


SETTING DOWN THE TREADMILL

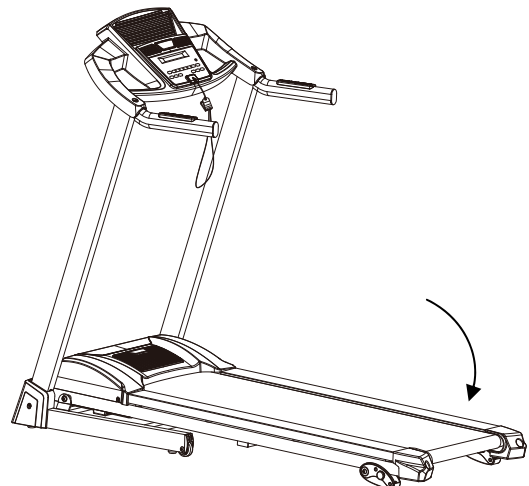
To set down the treadmill, firmly grasp the rear end of the treadmill with both hands. Gently kick on the Foot Lock Latch with your foot until the lock latch disengages. Carefully lower the deck to the ground. See figures C and D.

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

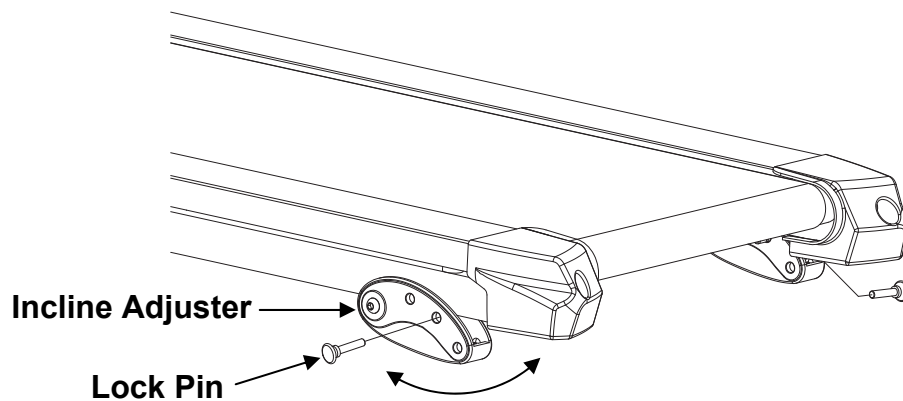
C



D



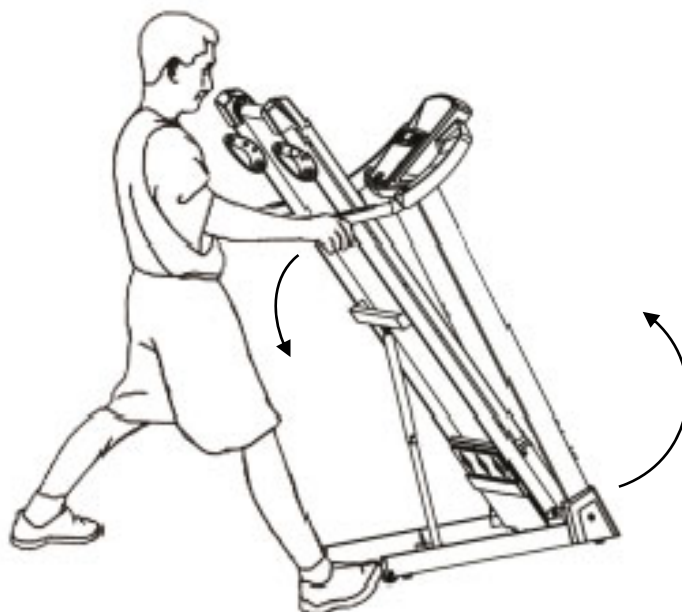
INCLINE ADJUSTMENT



There are 3 incline angles that the Incline Adjuster can be set to. Place one hand on the Rear end of the main frame, then lift the rear end of the main frame up and use the other hand to remove the Lock Pin. Adjust the Incline Adjuster to the desired position and insert the Lock Pin into the holes on the main frame and Incline Adjuster to lock the Incline Adjuster in place.

NOTE: Make sure when adjusting the incline angle of the Incline Adjuster that both Incline Adjusters should be adjusted to the same angle. Using the Incline Adjusters at different angles can cause the treadmill to be unstable and cause injury.

MOVING THE TREADMILL



The unit can be carefully tilted onto its transport wheels for easy moving and storage. With the treadmill in the folded locked position (foot lock latch is engaged), firmly grasp the Handlebars with both hands and place one foot 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 3 seconds before the running belt starts moving. The running belt starts moving with an initial speed of 1.0 KPH. You may press the SPEED \wedge or SPEED \vee 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 14.0 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. The split window of TIME will display your elapsed workout time in minutes and seconds. The split window of DISTANCE will display the accumulative distance travelled during workout. The split window of CALORIE will display the total accumulated calories burned during workout. The split window of PULSE will display your current heart rate in beats per minute (BPM). To activate, grip the hand pulse sensors on both handlebars during exercise and the pulse will display after 2-5 seconds. For a more accurate reading, grip pulse sensors with both hands. During workout, you may press the STOP button on the computer console to pause the treadmill running at any time. Press the START button to resume the program and all displays will continue the performance until the program finishes. Press the STOP button twice to stop the treadmill running and all data values on the computer will reset to zero.

BUTTON FUNCTIONS:

START: Press the START button to begin exercising.

STOP: Press the STOP button to stop/pause your workout.

MODE: Press the MODE button to select Manual Program Mode before training. Press the MODE button to select one of the functions (TIME, DISTANCE, or CALORIE) for setting exercise target in Manual Program Mode before training. Press the MODE button to enter into the Body Fat Calculator Program Mode and confirm

the setting for user's gender, age, height, and weight.

PROG (PROGRAM): To select your chosen program (P01-P64 Pre-set Program).

SPEED \wedge : To make upward adjustments for pre-setting target training TIME, DISTANCE, or CALORIE) in Manual Program Mode before training.

To make upward adjustments for pre-setting target training TIME in Pre-set Program Mode (P01-P64) before training.

To make upward adjustment for setting user's gender, age, height, and weight in Body Fat Calculator Program Mode.

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

SPEED \vee : To make backward adjustments for pre-setting target training TIME, DISTANCE, or CALORIE in Manual Program Mode before training.

To make backward adjustments for pre-setting target training TIME in Pre-set Program Mode (P01-P64) before training.

To make backward adjustment for setting user's gender, age, height, and weight in Body Fat Calculator Program Mode.

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

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

Aerobic:

Press the Aerobic button to select Aerobic Program Mode. The split window of SPEED will display L1 and the split window of TIME will display 30:00. The per-set workout time is 30: 00 minutes. The pre-set workout time can not be adjusted by pressing the SPEED \wedge or SPEED \vee button. Press the START button to start your workout, the computer screen will countdown 3 seconds before the running belt starts moving. The running speed will change automatically during the workout (as shown below). The program is split evenly into 30 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.

L1															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	2	3	4	5	6	7	8	9	9	10	10	11	11	12	12
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	12	12	11	11	10	10	9	9	8	7	6	5	4	3	2

Run:

Press the Run button to select Run Program Mode. The split window of SPEED will display L2 and the split window of TIME will display 30:00. The per-set workout time is 30: 00 minutes. The pre-set workout time can not be adjusted by pressing the SPEED \wedge or SPEED \vee button. Press the START button to start your workout, the computer screen will countdown 3 seconds before the running belt starts moving. The running speed will change automatically during the workout (as shown below). The program is split evenly into 30 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.

L2															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	4	5	6	7	8	9	9	10	10	11	11	12	12	13	13
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	14	14	13	13	12	12	11	11	10	9	8	7	6	5	4

Fat burn:

Press the Fat burn button to select Fat burn Program Mode. The split window of SPEED will display L3 and the split window of TIME will display 30:00. The per-set workout time is 30: 00 minutes. The pre-set workout time can not be adjusted by pressing the SPEED \wedge or SPEED \vee button. Press the START button to start your workout, the computer screen will countdown 3 seconds before the running belt starts moving. The running speed will change automatically during the workout (as shown below). The program is split evenly into 30 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.

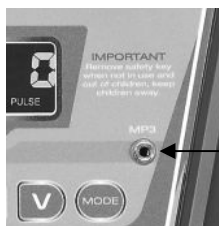
L3															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	2	3	3	4	4	5	5	7	7	7	7	8	8	10	12
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	14	14	13	12	12	10	10	9	9	6	6	4	4	2	2

Walk:

Press the Walk button to select Walk Program Mode. The split window of SPEED will display L4 and the split window of TIME will display 30:00. The per-set workout time is 30: 00 minutes. The pre-set workout time can not be adjusted by pressing the SPEED \wedge or SPEED \vee button. Press the START button to start your workout, the computer screen will countdown 3 seconds before the running belt starts moving. The running speed will change automatically during the workout (as shown below). The program is split evenly into 30 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.

L4															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	1	2	2	3	3	3	3	3	3	4	4	4	4	5	6
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	6	5	4	4	4	4	4	3	3	2	2	2	2	1	1

AUDIO FUNCTIONS:



**MP3 Aux
Input Port**

Plug one end of the audio cable to the MP3 aux input port on the computer console, and then plug the other end of the audio cable to MP3 player. The speakers on the computer console will play the music from the MP3 player. The volume of the speakers can only be adjusted by MP3 player.

DISPLAY FUNCTIONS:

TIME: Displays your elapsed workout time in minutes and seconds.

SPEED: Displays the current training speed.

DISTANCE: Displays the accumulative distance travelled during your workout.

CALORIE: Displays the total calories burned during your workout.

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

TRAINING IN MANUAL PROGRAM MODE (COUNT DOWN OPERATION):
On this count down operation, only one of the function of TIME, DISTANCE, or CALORIE can be set count-down for your workout, the others will count up during your workout.

Press the MODE button on the computer console until you see the split window of TIME begin blinking in Manual Program Mode. Press the SPEED \wedge or SPEED \vee 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, the default time is 30:00 minutes. If you do not want to set TIME for count-down, just directly press the MODE button again, the split window of DISTANCE will begin blinking. Press the SPEED \wedge or SPEED \vee button on the computer console to change the setting. The pre-set target distance range is from 1.0 to 99.0 km, the default distance is 1.0 km. If you do not want to set DISTANCE for count-down, just directly press the MODE button again, the split window of CALORIE will begin blinking. Press the SPEED \wedge or SPEED \vee button on the computer console to change the setting. The pre-set target calories range is from 10 KCAL to 990 KCAL. After finishing setting one of the function of TIME, DISTANCE, or CALORIE for count-down, press the START button on the computer to begin exercising, the computer screen will countdown 3 seconds before the running belt starts moving. The running belt starts moving with an initial speed of 1.0 KPH. You may press the SPEED \wedge or SPEED \vee button on the computer console to increase or decrease the running speed during exercise. When one of the function of TIME, DISTANCE, or CALORIE counts down to 0, the computer will beep to alert you and the treadmill will stop automatically.

TRAINING IN BODY FAT CALCULATOR PROGRAM MODE:

Press the MODE button to select FAT (Body Fat Calculator Program). The computer screen will display -1- (gender), FAT, and 1 (male). Press the SPEED \wedge or SPEED \vee button to set user's gender (1 indicates male and 2 indicates female). Press the MODE button to confirm the gender and the computer screen will display -2- (age), FAT, and 25 (year-old). Press the SPEED \wedge or SPEED \vee button to set user's age. Press the MODE button to confirm the age and the computer screen will display -3- (height), FAT, and 170 (cm). Press the SPEED \wedge or SPEED \vee button to set user's height. Press the MODE button to confirm the height and the computer screen will display -4- (weight), FAT, and 70 (kg). Press the SPEED \wedge or SPEED \vee button to set user's weight. Press the MODE button to confirm weight and the computer screen will display -5- (body fat ratio), FAT, and 0. Please grip the handlebar pulse sensors with both hands for a few seconds and the computer screen will display your body fat ratio.

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

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

TRAINING IN PRE-SET PROGRAM MODE (P01-P64):

All the pre-set programs are made up with 30 intervals, the speed is pre-set on each interval. The elapse time of 30 intervals on each program will be automatically arranged according to the time you set for your workout time. There are 64 pre-set programs for training goals.

Press the PROG (PROGRAM) button to select your chosen workout (P01 to P64). Press the SPEED \wedge or SPEED \vee button to change the time setting. The pre-set elapsing time of each pre-set program is 30: 00 minutes. 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 3 seconds before the running belt starts moving. The running speed will change automatically during the workout (as shown below). The program is split evenly into 30 intervals. When the pre-set training program time counts down to 0:00, the computer will beep to alert you and the treadmill will stop automatically.

P01															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	1	2	2	2	2	3	3	3	3	3	3	4	4	5	6
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	6	7	6	5	5	4	4	4	4	3	3	2	2	2	2

P02															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	1	2	2	2	2	3	3	4	4	4	4	5	5	6	8
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	8	10	8	8	8	5	5	5	5	3	3	2	2	2	2
P03															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	1	2	2	3	3	4	4	5	5	5	5	6	6	8	9
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	10	12	10	8	8	7	7	6	6	4	4	3	3	2	2
P04															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	1	2	2	3	3	4	4	6	6	7	7	8	8	10	11
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	12	13	11	10	10	8	8	7	7	5	5	4	4	3	2
P05															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	2	3	3	4	4	5	5	7	7	7	7	8	8	10	12
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	14	14	13	12	12	10	10	9	9	6	6	4	4	2	2
P06															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	2	3	3	4	4	5	5	7	7	9	9	10	10	12	13
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	14	14	13	12	12	10	10	9	9	6	6	5	5	3	3
P07															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	2	3	3	5	5	6	6	8	8	9	9	10	10	12	13
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	14	13	13	12	12	10	10	9	9	6	6	6	6	3	3
P08															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	2	3	3	5	5	6	6	8	8	10	10	12	12	14	14
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	14	14	14	13	13	11	11	9	9	7	7	6	6	3	3

P09															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	1	1	1	2	2	2	2	3	3	4	4	5	5	6	6
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	7	7	6	6	5	5	4	4	3	2	2	2	1	1	1
P010															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	1	1	2	2	2	3	3	4	4	5	5	6	6	7	7
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	8	8	7	7	6	6	5	5	4	6	2	2	2	1	1
P11															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	1	2	2	2	3	4	4	5	5	6	6	7	7	8	8
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	9	9	8	8	7	7	6	6	5	4	3	2	2	2	1
P12															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	2	2	2	3	4	5	5	6	6	7	7	8	8	9	9
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	10	10	9	9	8	8	7	7	6	5	4	3	2	2	2
P13															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	2	2	3	4	5	6	6	7	7	8	8	9	9	10	10
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	11	11	10	10	9	9	8	8	7	6	5	4	3	2	2
P14															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	2	3	4	5	6	7	7	8	8	9	9	10	10	11	11
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	12	12	11	11	10	10	9	9	8	7	6	5	4	3	2
P15															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	3	4	5	6	7	8	8	9	9	10	10	11	11	12	12
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	13	13	12	12	11	11	10	10	9	8	7	6	5	4	3

P16															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	4	5	6	7	8	9	9	10	10	11	11	12	12	13	13
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	14	14	13	13	12	12	11	11	10	9	8	7	6	5	4
P17															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	1	1	2	2	3	3	4	5	5	6	6	7	7	8	8
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	8	8	7	7	6	6	5	5	4	3	3	2	2	1	1
P18															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	1	2	2	3	3	4	5	6	6	7	7	8	8	9	9
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	9	9	8	8	7	7	6	6	5	4	3	3	2	2	1
P19															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	1	2	2	3	4	5	6	7	7	8	8	9	9	10	10
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	10	10	9	9	8	8	7	7	6	5	4	3	2	2	1
P20															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	2	2	3	4	5	6	7	8	8	9	9	10	10	11	11
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	11	11	10	10	9	9	8	8	7	6	5	4	3	2	2
P21															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	2	3	4	5	6	7	8	9	9	10	10	11	11	12	12
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	12	12	11	11	10	10	9	9	8	7	6	5	4	3	2
P22															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	3	4	5	6	7	8	9	10	10	11	11	12	12	13	13
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	13	13	12	12	11	11	10	10	9	8	7	6	5	4	3

P23															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	4	5	6	7	8	9	10	11	11	12	12	13	13	14	14
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	14	14	13	13	12	12	11	11	10	9	8	7	6	5	4
P24															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	4	6	7	8	9	11	11	12	12	13	13	14	14	14	14
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	14	14	14	14	13	13	12	12	11	10	9	8	7	6	4
P25															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	1	1	1	2	2	2	2	3	3	3	3	4	4	4	4
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	4	4	4	3	3	3	2	2	2	2	2	2	1	1	1
P26															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	1	2	2	2	2	2	2	3	3	3	3	4	4	4	5
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	4	4	4	3	3	3	3	2	2	2	2	1	1	1	1
P27															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	1	2	2	2	2	3	3	3	3	4	4	4	4	5	5
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	5	4	4	4	4	3	3	3	3	2	2	1	1	1	1
P28															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	1	2	2	3	3	3	3	3	3	4	4	4	4	5	6
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	6	5	4	4	4	4	4	3	3	2	2	2	2	1	1
P29															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	1	2	2	3	3	4	4	4	4	5	5	5	5	5	6
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	6	6	5	4	4	4	4	4	4	3	3	2	2	1	1

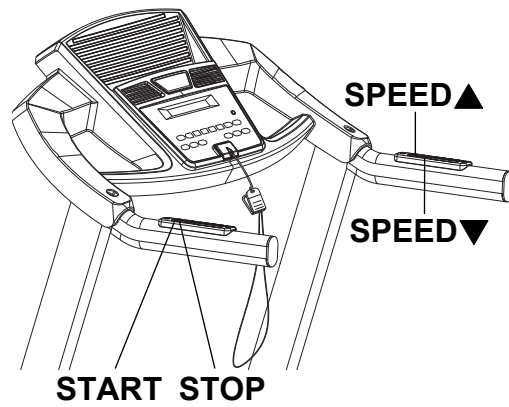
P30															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	1	2	2	3	3	4	4	5	5	5	5	6	6	6	6
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	6	6	5	5	5	4	4	4	4	3	3	2	2	1	1
P31															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	1	2	2	3	3	4	4	5	5	6	6	6	6	7	7
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	6	6	6	5	5	5	5	4	4	3	3	2	2	1	1
P32															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	1	2	2	3	3	3	3	3	3	4	4	4	4	5	6
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	6	5	4	4	4	4	4	3	3	2	2	2	2	1	1
P33															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	1	2	2	3	3	4	4	4	4	5	5	5	5	5	6
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	6	6	5	4	4	4	4	4	4	3	3	2	2	1	1
P34															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	1	2	2	3	3	4	4	5	5	5	5	6	6	6	6
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	6	6	5	5	5	4	4	4	4	3	3	2	2	1	1
P35															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	1	2	3	5	2	5	2	5	2	5	2	5	2	5	2
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	5	2	5	2	5	2	5	2	5	2	5	2	5	2	2
P36															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	1	2	3	5	3	5	3	5	3	5	3	5	3	5	3
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	5	3	5	3	5	3	5	3	5	3	5	3	5	3	2

P37															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	1	2	4	6	3	6	3	6	3	6	3	6	3	6	3
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	6	3	6	3	6	3	6	3	6	3	6	3	6	3	3
P38															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	1	3	5	7	4	7	4	7	4	7	4	7	4	7	4
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	7	4	7	4	7	4	7	4	7	4	7	4	7	4	4
P39															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	1	3	5	8	4	8	4	8	4	8	4	8	4	8	4
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	8	4	8	4	8	4	8	4	8	4	8	4	7	4	4
P40															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	2	4	6	9	5	9	5	9	5	9	5	9	5	9	5
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	9	5	9	5	9	5	9	5	9	5	9	5	8	5	4
P41															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	1	2	3	2	1	1	2	3	2	1	1	2	3	2	1
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	1	2	3	2	1	1	2	3	2	1	1	2	3	2	1
P42															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	2	3	4	3	2	2	3	4	3	2	2	3	4	3	2
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	2	3	4	3	2	2	3	4	3	2	2	3	4	3	2
P43															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	3	4	5	4	3	3	4	5	4	3	3	4	5	4	3
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	3	4	5	4	3	3	4	5	4	3	3	4	5	4	3

P44															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	3	5	7	5	3	3	5	7	5	3	3	5	7	5	3
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	3	5	7	5	3	3	5	7	5	3	3	5	7	5	3
P45															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	3	6	9	6	3	3	6	9	6	3	3	6	9	6	3
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	3	6	9	6	3	3	6	9	6	3	3	6	9	6	3
P46															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	4	7	10	7	4	4	7	10	7	4	4	7	10	7	4
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	4	7	10	7	4	4	7	10	7	4	4	7	10	7	4
P47															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	4	8	12	8	4	4	8	12	8	4	4	8	12	8	4
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	4	8	12	8	4	4	8	12	8	4	4	8	12	8	4
P48															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	4	9	14	9	4	4	9	14	9	4	4	9	14	9	4
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	4	9	14	9	4	4	9	14	9	4	4	9	14	9	4
P49															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	1	1	1	2	2	2	2	3	3	3	3	3	3	4	4
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	4	3	3	3	3	2	2	2	2	2	2	1	1	1	1
P50															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	1	1	1	2	2	2	2	3	3	3	3	3	3	4	4
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	4	3	3	3	3	2	2	2	2	2	2	1	1	1	1

P51															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	1	1	1	2	2	2	2	3	3	3	3	3	3	4	4
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	4	3	3	3	3	2	2	2	2	2	2	1	1	1	1
P52															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	2	2	2	3	3	3	3	4	4	4	4	4	4	5	5
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	4	4	4	3	3	3	3	3	3	2	2	2	2	2	2
P53															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	2	2	2	3	3	3	3	4	4	4	4	4	4	5	5
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	4	4	4	3	3	3	3	3	3	2	2	2	2	2	2
P54															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	2	2	2	3	3	3	3	4	4	4	4	4	4	5	5
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	4	4	4	3	3	3	3	3	3	2	2	2	2	2	2
P55															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	2	2	2	4	4	4	4	5	5	5	5	5	5	6	6
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	6	5	5	4	4	4	4	4	4	2	2	2	2	2	2
P56															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	2	2	2	4	4	4	4	5	5	5	5	5	5	6	6
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	6	5	5	4	4	4	4	4	4	2	2	2	2	2	2
P57															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	2	2	2	2	2	3	3	3	3	3	3	5	5	5	7
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	7	9	9	10	10	8	8	8	8	6	6	4	4	2	2

P58															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	2	2	2	2	2	4	4	4	4	4	4	6	6	6	6
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	8	8	10	10	10	8	8	8	8	6	6	4	4	2	2
P59															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	2	2	2	4	4	4	4	4	4	6	6	6	6	6	8
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	8	10	10	12	12	10	10	8	8	6	6	4	4	2	2
P60															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	2	2	2	4	4	4	4	6	6	6	6	8	8	8	8
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	10	10	10	12	12	12	12	10	10	7	7	5	5	3	3
P61															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	2	4	4	6	6	6	6	6	6	6	6	8	8	8	8
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	10	10	12	13	13	12	12	10	10	7	7	5	5	3	3
P62															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	2	4	4	6	6	6	6	6	6	6	6	8	8	8	10
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	10	12	13	13	13	12	12	10	10	7	7	5	5	3	3
P63															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	2	4	4	6	6	6	6	7	7	7	7	10	10	10	12
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	13	13	14	13	13	12	12	10	10	7	7	5	5	3	3
P64															
INTERVAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SPEED	2	4	4	6	6	8	8	10	10	10	10	12	12	12	13
INTERVAL	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED	13	14	14	13	13	12	12	10	10	7	7	5	5	3	3



START: Press the START button to begin exercising.

STOP: Press the STOP button to stop/pause your workout.

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

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

ERROR MESSAGES

Error Messages	Potential Cause	Things to Check
E01	The computer console did not receive any feedback within 30 seconds from the power control board.	Please re-check and/or re-connect the cable joint between the computer console and the power control board.
E02	The power control board did not receive any input voltage from the motor.	Please re-check and/or re-connect the cable joint between the motor and the power control board.
E03	No speed sensing information, problem on speed sensor.	Please check the speed sensor. Please re-check and/or re-connect the sensor cable.
E05	Overload of the input current of motor that triggered the power control board protection.	Please lubricate then adjust the running belt tension.
E06	Overload of the input voltage of motor that triggered the power control board protection. Defection on motor.	Please check the input power. Please re-check and/or re-connect the cables for motor.
E07	Security protection.	Please check the Safety Tether Key is placed on right position and fitted properly.
E08	Defection on EEPROM.	Replace the controller.

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

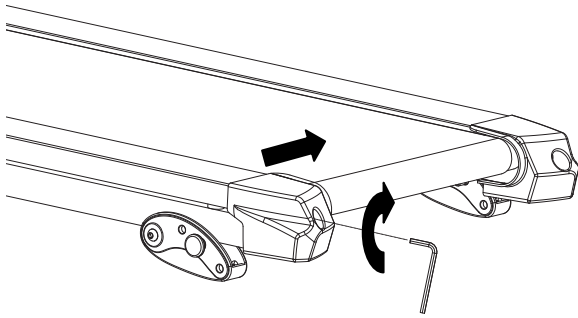
Store the treadmill in a clean and dry indoor environment. Never leave or use the unit outdoors. Ensure the master power switch is off and the power cord is un-plugged from wall outlet.

TROUBLESHOOTING GUIDE

Problem	Potential Causes	Corrections
Treadmill will not start.	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.	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.	1. Not enough lubrication applied onto the running deck. 2. Belt is too tight.	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.

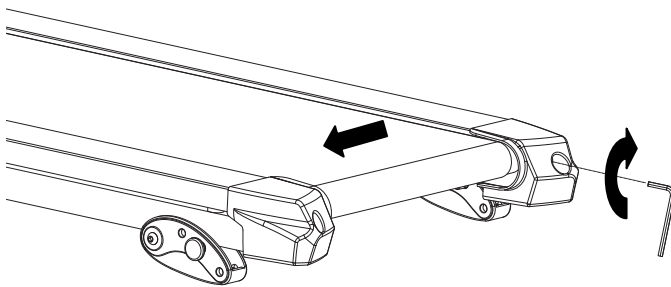


Tool:



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.

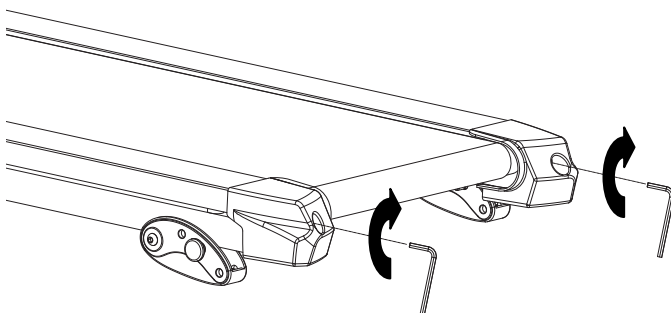


Tool:



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.

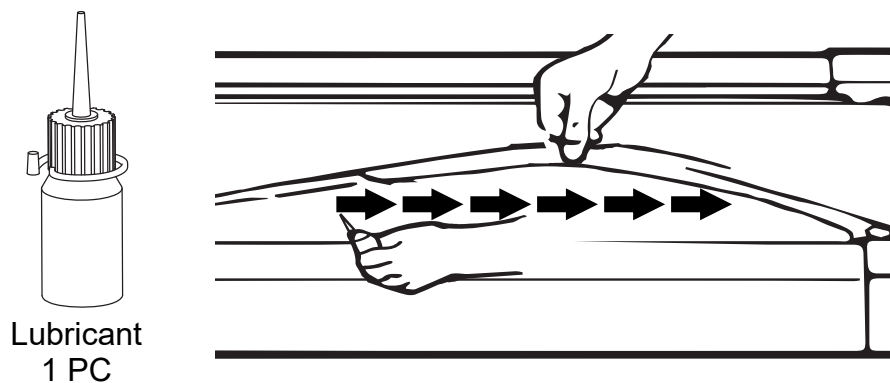
How to apply lubricant

Lift one side of running belt.

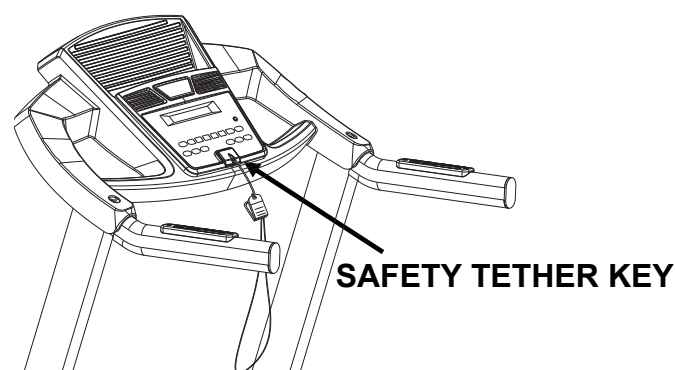
Pour some lubricant under the **centre** of the running belt on the top surface of the **running deck**.

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.

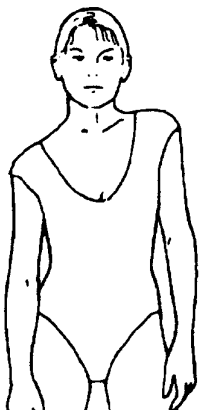
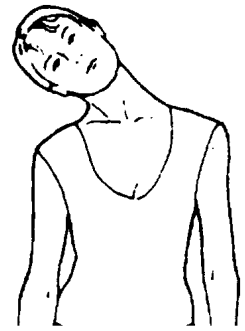
WARM UP AND COOL DOWN ROUTINE

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.

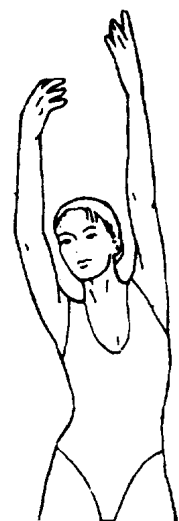
HEAD ROLLS

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.



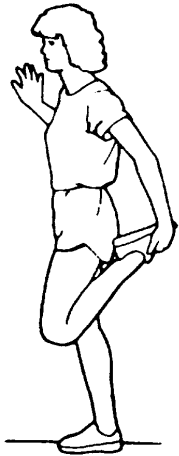
SHOULDER LIFTS

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.

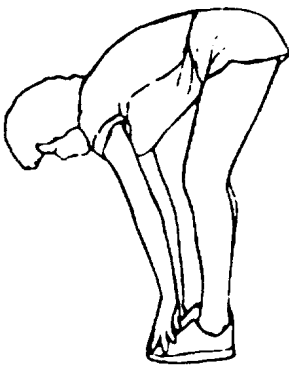


QUADRICEPS STRETCH

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.

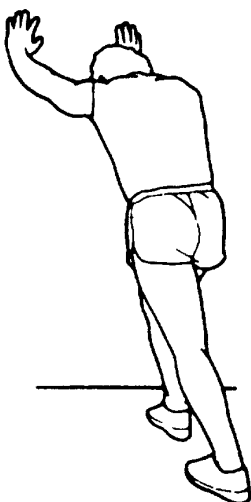
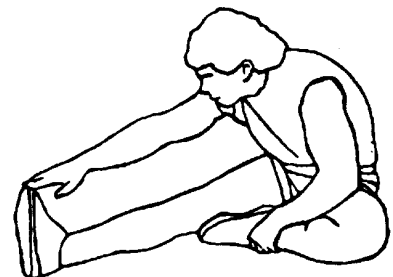


TOE TOUCHES

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.