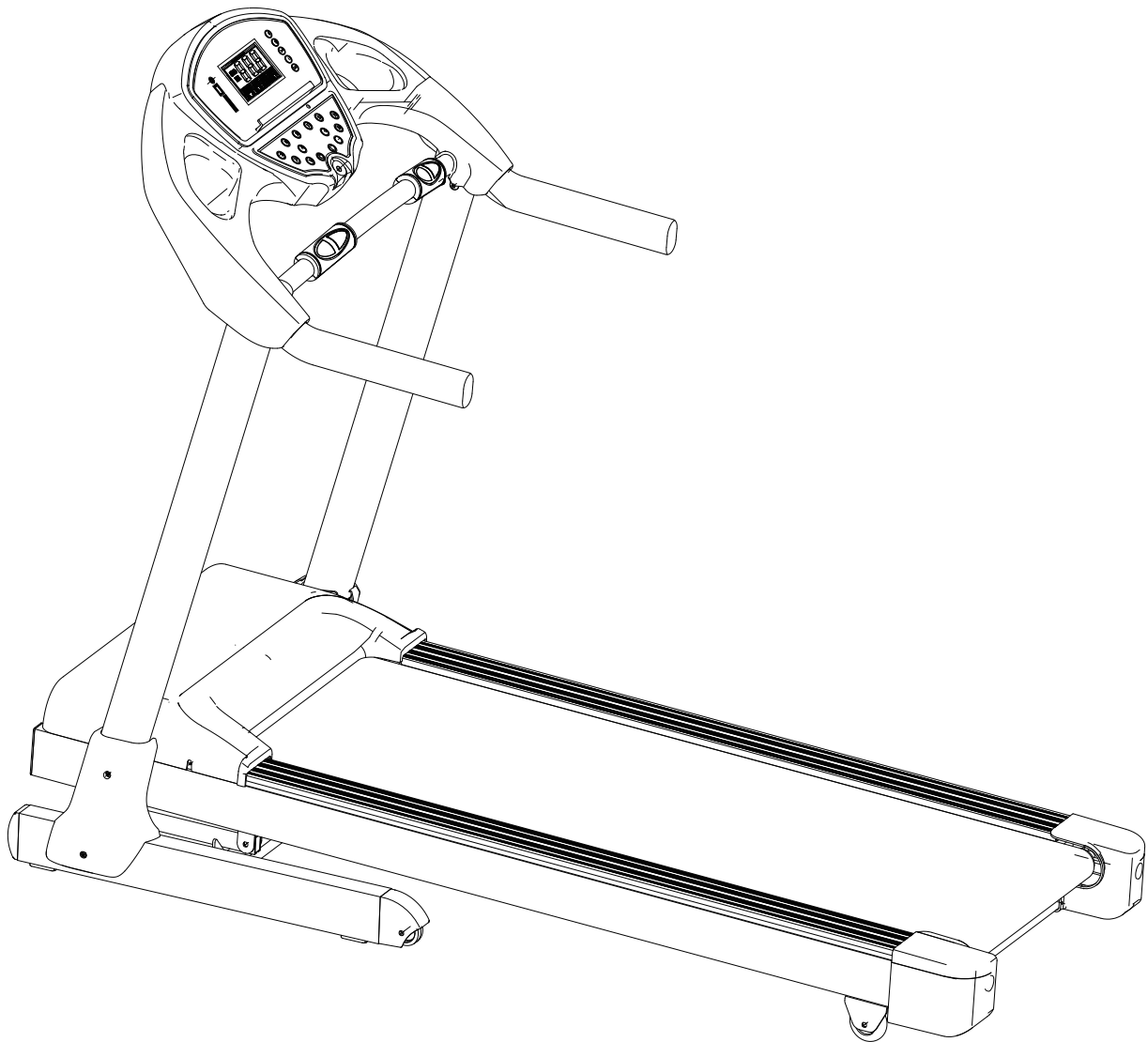




Motorized Treadmill



Note:

Before installation and operation, please read this operation manual carefully and save this manual for future reference.

Safety Precautions

Please keep this manual for future reference.

1. Before commencing assembly and use of your new Treadmill, carefully read the instruction manual to understand the information provided. The correct installation, maintenance and use of your Treadmill is important to ensure you get the safest and most effective fitness workout.
2. Please ensure the equipment has been assembled according to the assembly manual.
3. If you are over 45 years old, have health or medical problems and/or this is your first time exercising in over 12 months, please consult your local Doctor or Medical Professional before use.
4. Should you experience any of the following symptoms including: headache, chest tightness, irregular heartbeat, shortness of breath, dizziness, nausea or any sharp muscle or joint pain, immediately stop training and consult your Doctor or Medical Professional.
5. Ensure that young children and pets are kept away from the equipment to prevent injury, the equipment is for adult use only.
6. The equipment should be placed on a hard, flat surface and at least 0.5 meters away from any obstacles.
7. Before using the equipment, please check all nuts and bolts of the Treadmill are tightened securely.
8. Do not place the treadmill in rooms or areas that are exposed to high levels of moisture i.e. outside, near heated indoor pools/spas, non-insulated garages or rooms.
9. It is strongly recommended you wear appropriate clothing and footwear when using your Treadmill for your own personal comfort.
10. The equipment is not suitable for use as a medical device.

Directions for Use

In order to avoid an accident, please ensure you have the treadmill safety key securely attached to your clothing. In the event, that you accidentally trip or slip whilst walking or running on the treadmill, removing the safety key from the console will ensure the power is paused to the motor bringing the belt to a stop. Re-attach the safety key to commence your workout.

When exercising on the treadmill concentrate on looking straight ahead and not at your feet, to avoid any risk of tripping or falling. Increase the speed gradually allowing yourself to adapt to the speed setting before making any further speed adjustments.

To pause or stop your treadmill use the emergency stop button or safety key when necessary.

Once you have completed installation of the treadmill and the motor cover is securely on, you may plug in the power cord. It is recommended you use a good quality surge protector device.

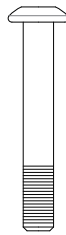
1. Position the treadmill on a clean and level surface, close to a dedicated wall socket power point. A rubber floor mat is recommended to assist with maintenance and protection of your floor.
2. For your safety, never start the treadmill while you are standing on the running belt. Place your feet on either side of the running belt side rails and press the start button. Increase the speed gradually to the desired speed level before standing on the belt surface.
3. Wear appropriate clothing and footwear when exercising on the treadmill. Do not wear long, loose fitting clothing that could become caught in any of the moving parts of the treadmill.
4. Always wear the safety key attachment.
5. The motor cover should never be removed while in use. A qualified electrical technician must be in attendance should any maintenance work need to be carried out. Always unplug the power cord should the cover ever need to be removed for maintenance reasons.
6. Young children should be kept away from the treadmill whilst it is in use to avoid injury and safety concerns.

Assembly Instructions

We recommend 2 people assist in assembling this unit. Place all parts of the Treadmill in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. Before you start installation inspect and prepare all parts and screws featured in this manual. When you open the carton, you will find the following parts.



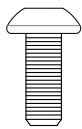
(S1) #5/#6 Allen Wrench
each 1 PC



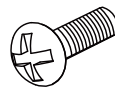
(S2) Hex Bolt M8x50mm
teeth 12 mm
2 PCS



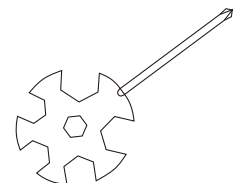
(S3) Spring Washer
2 PCS



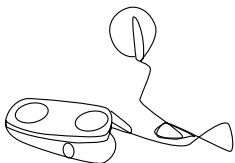
(S4) Hex Bolt
M8x16mm
8 PCS



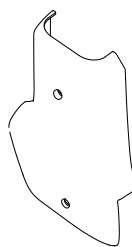
(S5) Philips Head Screw
M5x25mm
4 PCS



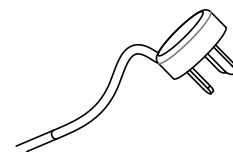
(S6) Multi Hex Tool with
Philips Screwdriver
1 PC



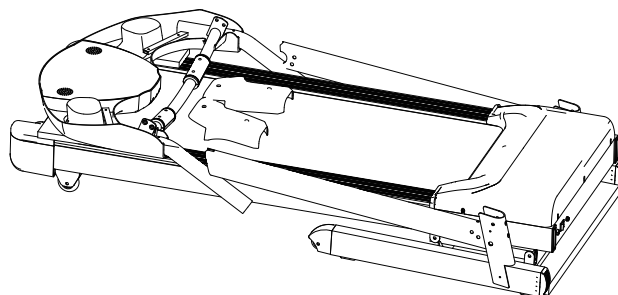
(S7) Safety Key
1 PC



(S8) Covers
2 PCS

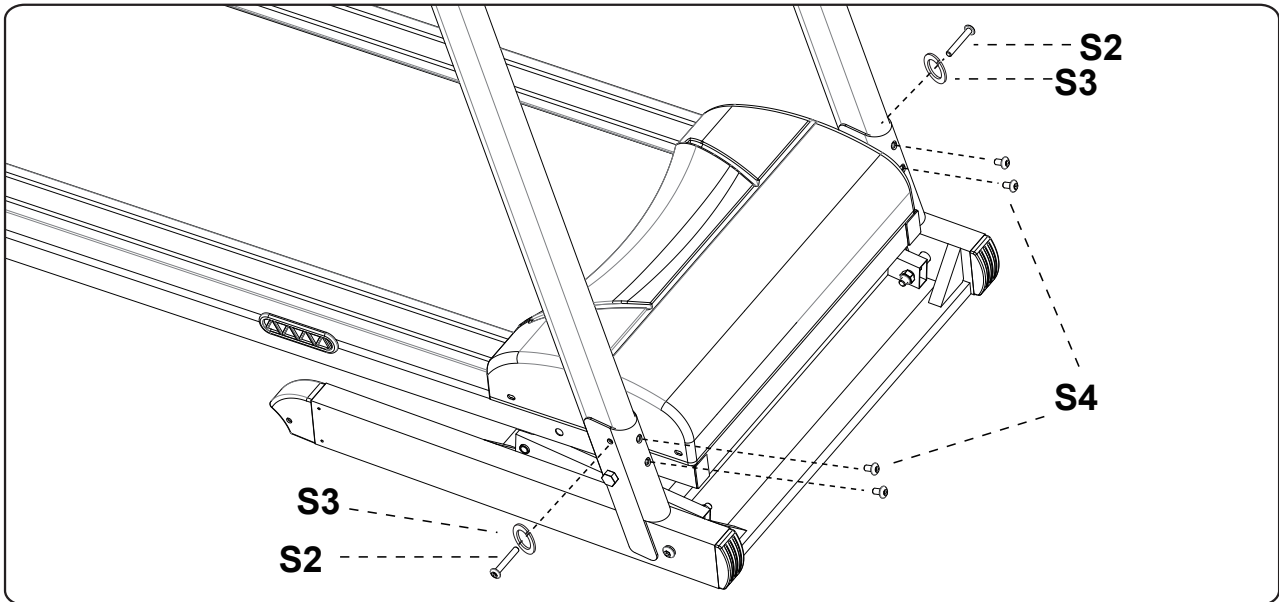


(S9) Power Cable
2 PCS

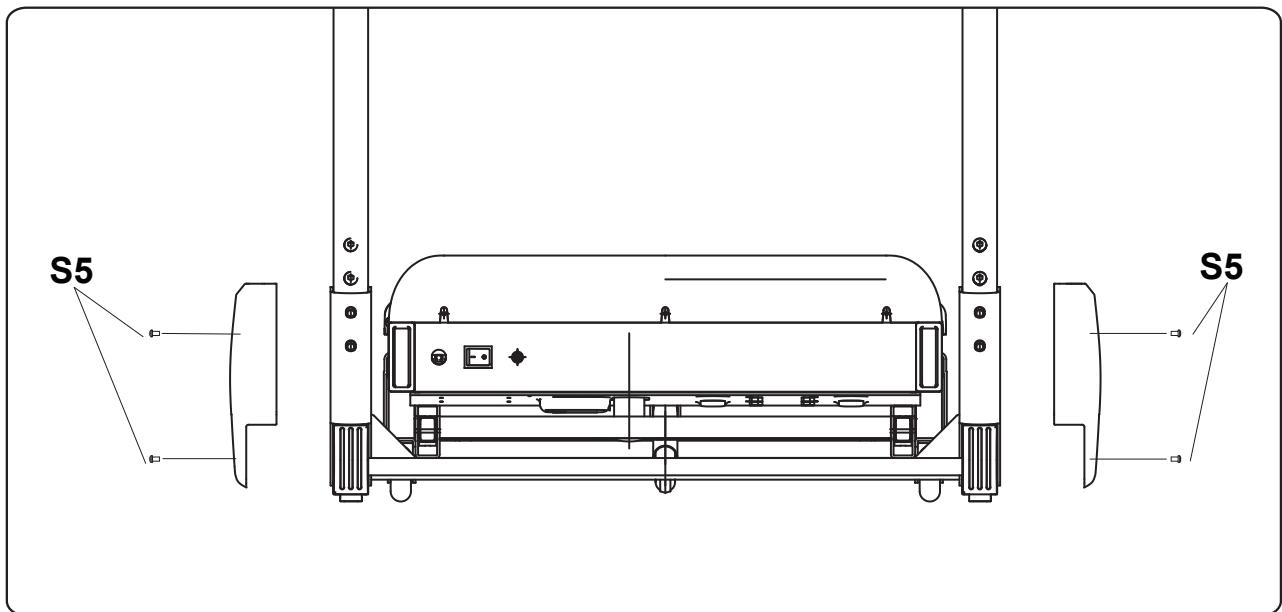


(S9) Treadmill Main Body
1 PC

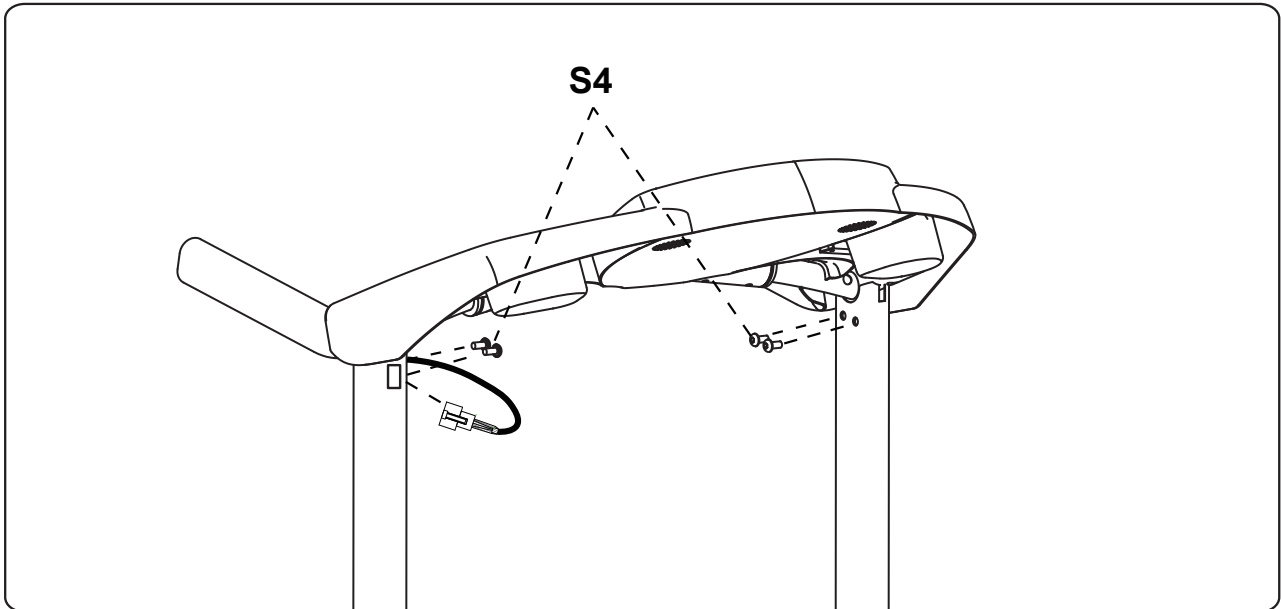
Step 1



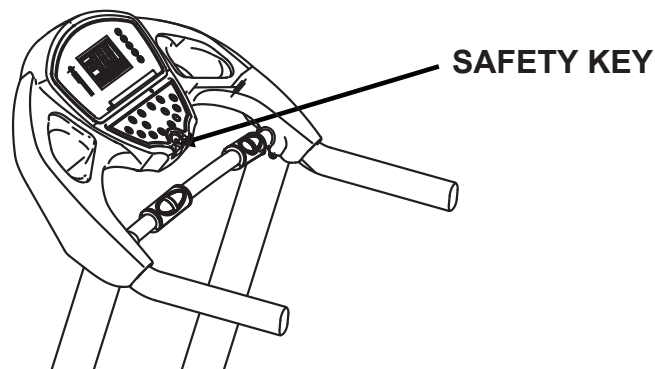
Step 2



Step 3



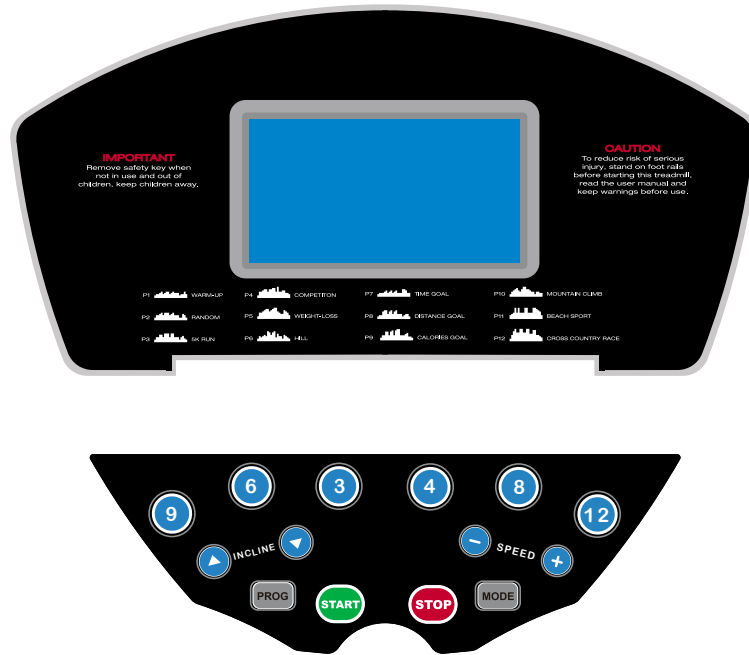
EMERGENCY STOP



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 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.

Operation Instructions



Display Functions

TIME	No Set Target Time - TIME will count up from 00:00 to maximum 99:00 with each increments is one minute. Using Set Target Time - TIME will count down from Preset Value . Each preset Increment is one minute between 5:00 to 99:00 minutes.
SPEED	Display current training speed from 1.0 to a maximum of 20.0 km/h.
DISTANCE	No Set Target Distance - DISTANCE will count up from 0.00 to a maximum of 99.5km with each increment 0.1 KM. Using Set Target Distance - DISTANCE will count down from preset Value. Each preset increment is 0.5 KM between 0.5 to 99.5.
CALORIES	No Set Target Calories - CALORIES will count up from zero to maximum 995 with each increment 1 cal. Using Set Target Calories - CALORIES will count down from preset value. Each preset increment is 5 cal from 10 to 995 cal.
PULSE	Hold the hand sensor tight and the console will detect your pulse signal. When monitor is reading your heart tare signal, the HEART SYMBOL will flash on the console.

Function Buttons

1. MODE: To confirm all settings and to enter exercise modes.
2. Speed +: To select training mode and adjust the function value up.
3. Speed -: To select training mode and adjust the function value down.
4. START/STOP: To start or stop your workout.

POWER ON:

Plug the main power cord in a grounded wall outlet, please make sure the power matched. Ensure the 'Safety Key' is in the correct position and inserted properly in the console.

QUICK WORKOUT:

User can start a workout by pressing the 'Quick Select' button for either Speed or incline.











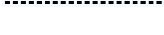

There are 3 'Quick Select' buttons for both Speed and Incline – 6km/h to 18km/h for speed options and 2% to 8% for Incline options.

You can use Quick Workout (the speed and incline) during your workout, press 'START' to beginning your workout.

If you need to stop the treadmill during your workout, press 'STOP' or pull out the Safety Key.

PROGRAM MODE

This treadmill console has 12 Preset Workout Programs to choose from (see below for breakdown of each Program). When in PROGRAM mode, use PROGRAM button to select your chosen workout – P1 TO P12. Press START button to confirm and start your workout.

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

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

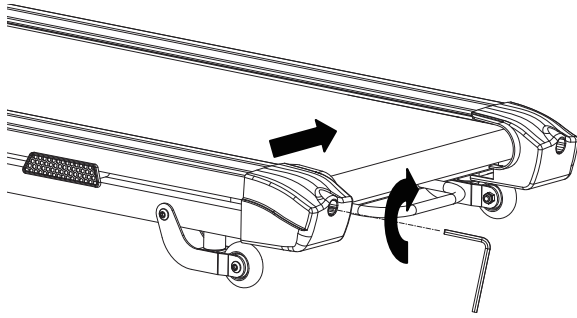
Store the treadmill in a clean and dry indoor environment. Never leave or use the unit outdoors. Ensure the master power switch is off and the power cord is un-plugged from wall outlet.

TROUBLESHOOTING GUIDE

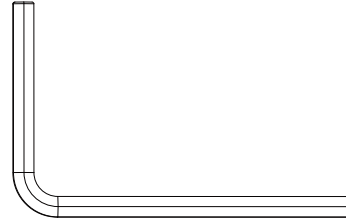
Problem	Potential Causes	Corrections
Treadmill will not start.	<ol style="list-style-type: none">1. Treadmill not plugged in.2. Safety Tether Key is not correctly installed.3. Circuit breaker in the house has been tripped.4. Treadmill circuit breaker has been tripped.	<ol style="list-style-type: none">1. 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.

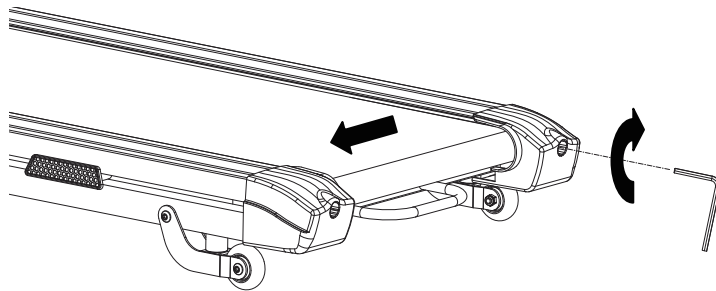


Tool:



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.

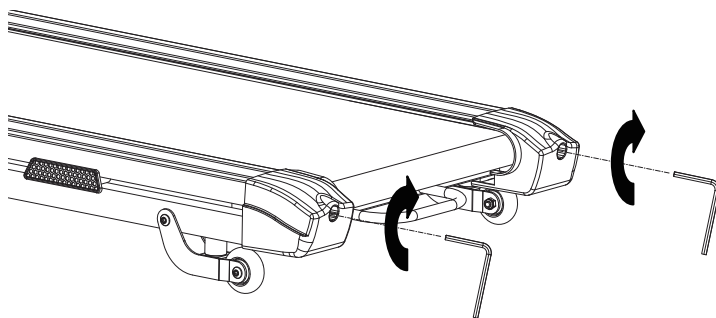


Tool:



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.

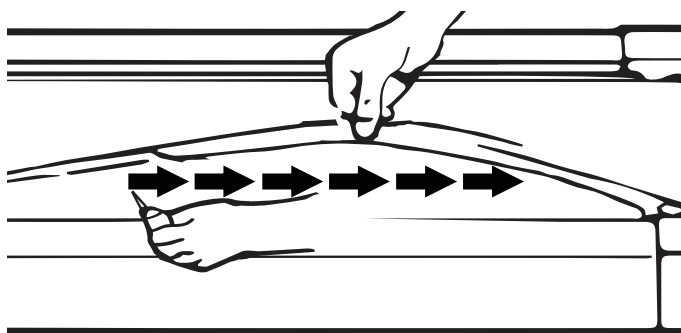
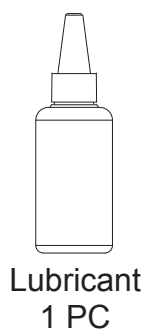
How to apply lubricant

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.



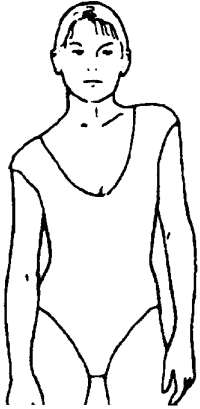
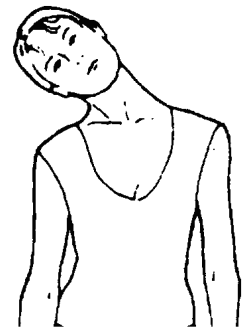
WARM UP AND COOL DOWN ROUTINE

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.

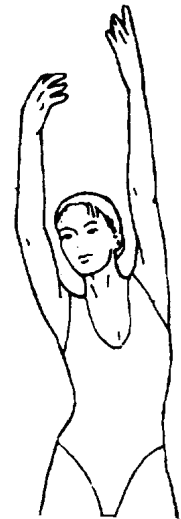
HEAD ROLLS

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.



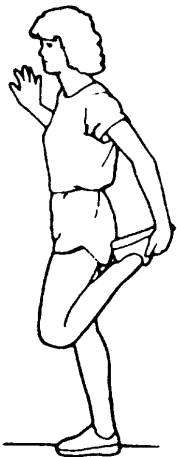
SHOULDER LIFTS

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.

