SAFETY GUIDELINE

Please read and follow the following safety guidelines:

Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

. Read this owner's manual and follow the instructions.

. Assemble and operate the treadmill on a solid, level surface. Keep the area behind the treadmill clear.

. Never allow children on or near the treadmill. The treadmill running belt will not stop immediately if any object becomes caught in the belt or rollers.

. Check the treadmill before every use. Make sure all parts are assembled, and all nuts and bolts are tightened. Do not use the treadmill if the unit is disassembled in any way.

. Keep hands away from moving parts.

. The weight limit for this treadmill is 250 lb. (120 kg).

. Wear proper workout clothing: Do not wear loose clothing. Do not wear shoes with leather soles or high heels. Tie back all long hair.

. Don't rock the unit from side to side. Care should be taken when mounting and dismounting the unit.

. Straddle the machine with your feet on the right and left staging platforms before starting the running belt.

. Do not place any liquids on any part of the treadmill.

. To prevent shock, keep all electric components, such as the motor, cord, and switch away from water.

. Do not use any accessories that aren't specifically recommended by the manufacturer, these might cause injuries or cause the unit to fail.

. Work within your recommended exercise level, do NOT work to exhaustion.

. If you feel any pain or abnormal sensation, STOP YOUR WORKOUT and consult your physician immediately.

. Turn off the treadmill while adjusting or working near the rear roller.

The treadmill is designed for your use and enjoyment. Follow the above precautions and use good judgment and common sense.
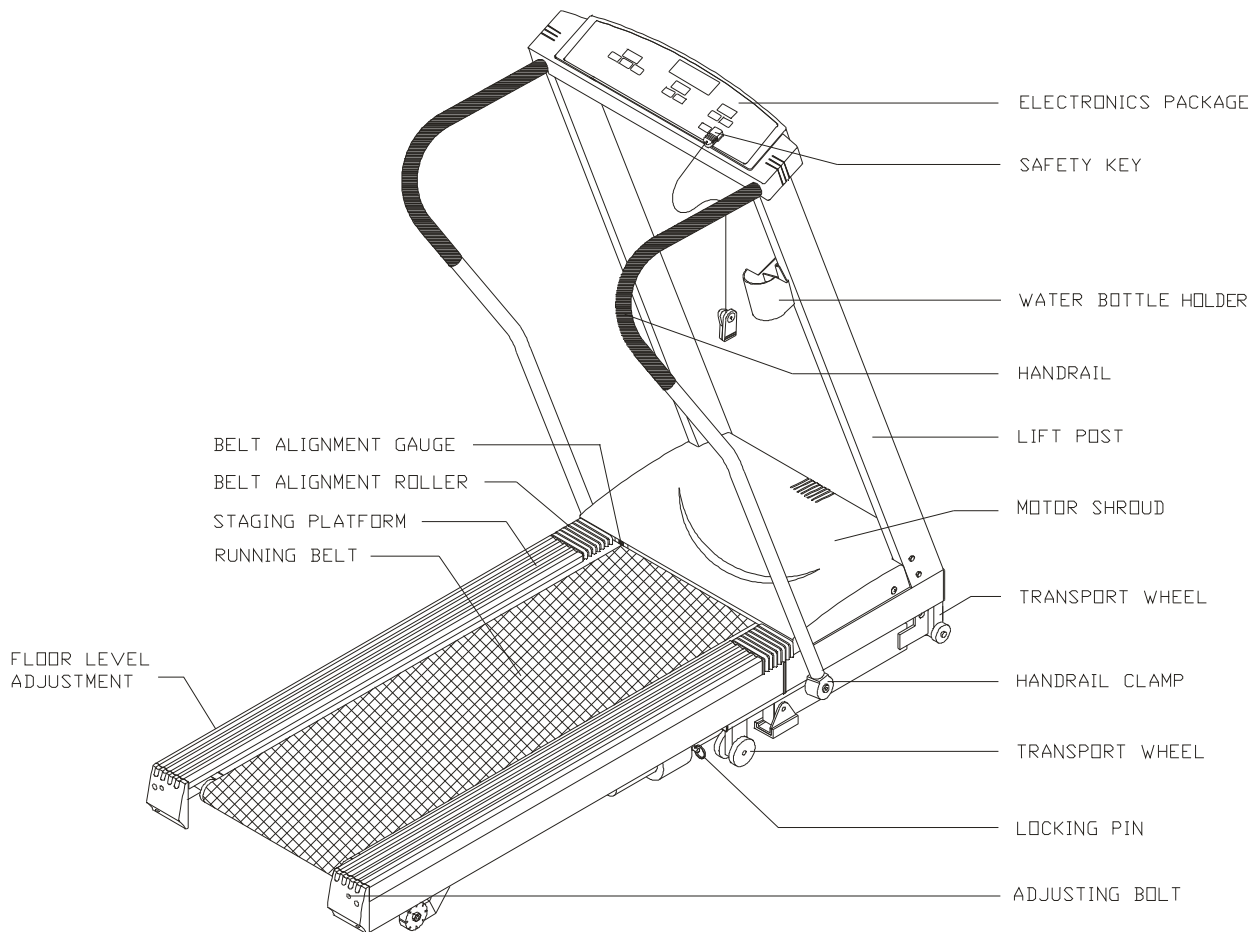
TABLE OF CONTENTS:

ASSEMBLING YOUR TREADMILL:

Installation requirements

Read this owner's manual and follow the instruction contained herein.

CAUTION: To avoid back strain, and to ensure safety to the unit and yourself, we suggest you may need a helper to remove the running deck assembly from box.

ELECTRONICS PACKAGE

SAFETY KEY

WATER BOTTLE HOLDER

HANDRAIL

LIFT POST

BELT ALIGNMENT GAUGE

BELT ALIGNMENT ROLLER

STAGING PLATFORM

RUNNING BELT

MOTOR SHROUD

TRANSPORT WHEEL

FLOOR LEVEL ADJUSTMENT

HANDRAIL CLAMP

TRANSPORT WHEEL

LOCKING PIN

ADJUSTING BOLT

List of parts

Before assembling your treadmill, make sure that you have all the following items:

1. Eight 5/16" x 1/2" bolts - lift post

2. Eight 5/16" washers - lift post

3. Six 5/16" x 1/2" bolts - electronics package

4. Six 5/16" washers - electronics package

5. Four 1/4" x 3/4 " bolts - handrail

6. Four 1/4" washers - handrail

7. Two 5/16" bolts - handrail clamp

8. Two fuses-
   (a) 12 amp for 100-120 volt or 6 amp for 200-240 volt - electronics package
       and motor
   (b) 1 amp for 100-120 volt or 0.5 amp for 200-240 volt - incline system.
   (c) 0.5 amp for 100-120 volt/200-240 volt - drive board.

9. One hex Allen wrench

10. One hex Allen wrench with handle

11. One combination wrench

If any items are missing, contact your authorized service dealer.

IMPORTANT: The packing for this treadmill was designed to protect it during
           shipment. Please store the original packaging in a safe place in case
           you need to ship the treadmill in the future.

Step by step instructions

The following steps explain how to assemble your treadmill. Please read every step thoroughly, and follow the directions completely to ensure correct assembly.

1. There are important parts enclosed inside of the Styrofoam, please check Styrofoam compartments before putting aside. Make sure all packing materials are removed from the treadmill deck.

2. Lay the treadmill on its side. Make sure the running belt is in position in the tracks of the two BELT ALIGNMENT ROLLER on the underside of the machine (see Fig. 1).
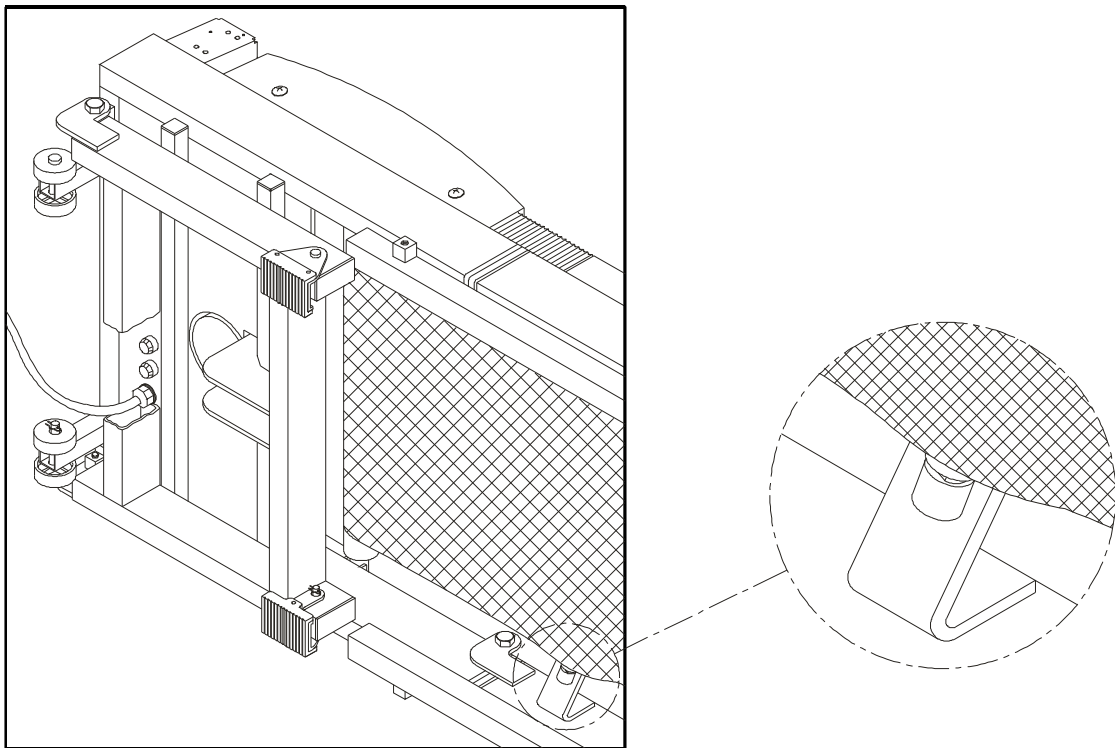
(FIG.1)

3. Then place the treadmill on a level, flat surface.

4. Locate the 16 pin cable connector inside the right lift post and push into the socket at the base of the treadmill. Tighten the connection securely by turning both screw pins clockwise.

   Insert the two lift posts into their respective sockets, using four 1/2" long bolts, and washers on each side. Do not tighten yet (see Fig. 2).
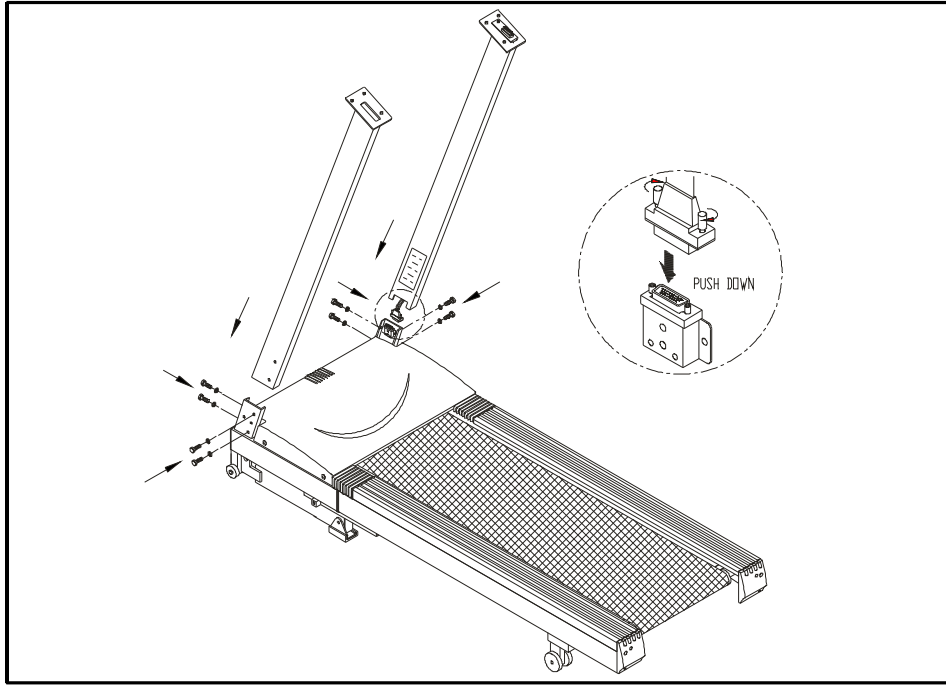
(FIG.2)

5. Push the 16 pin cable connector from the electronics package into the socket at the top of the right post. Tighten the connection securely by turning both screw pins clockwise.

Now assemble the electronics package to the upper ends of the posts, using three 1/2" long bolts, and washers on each side. Do not tighten yet (see Fig. 3).
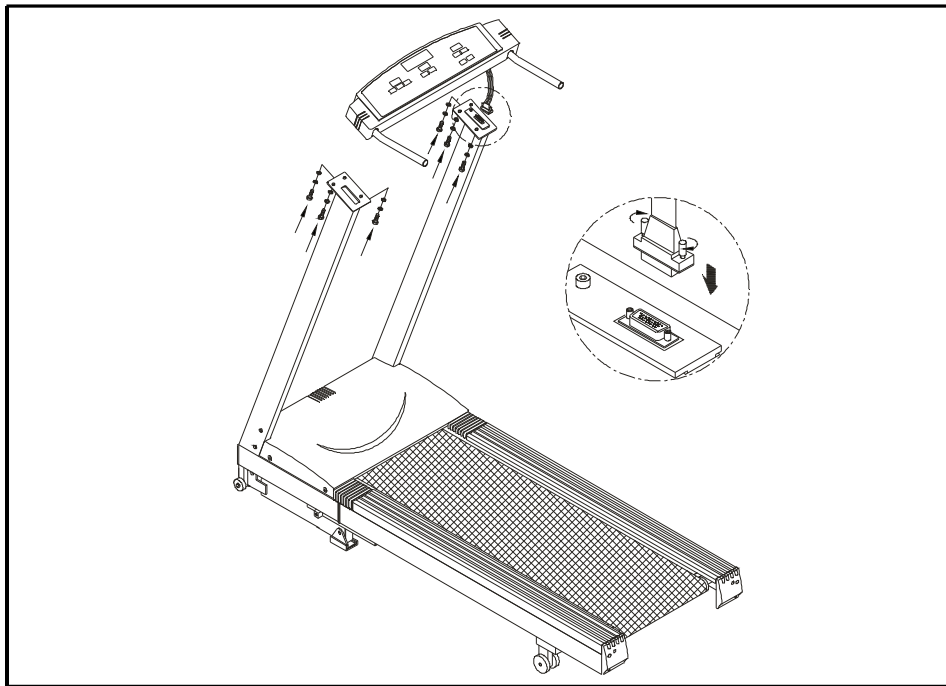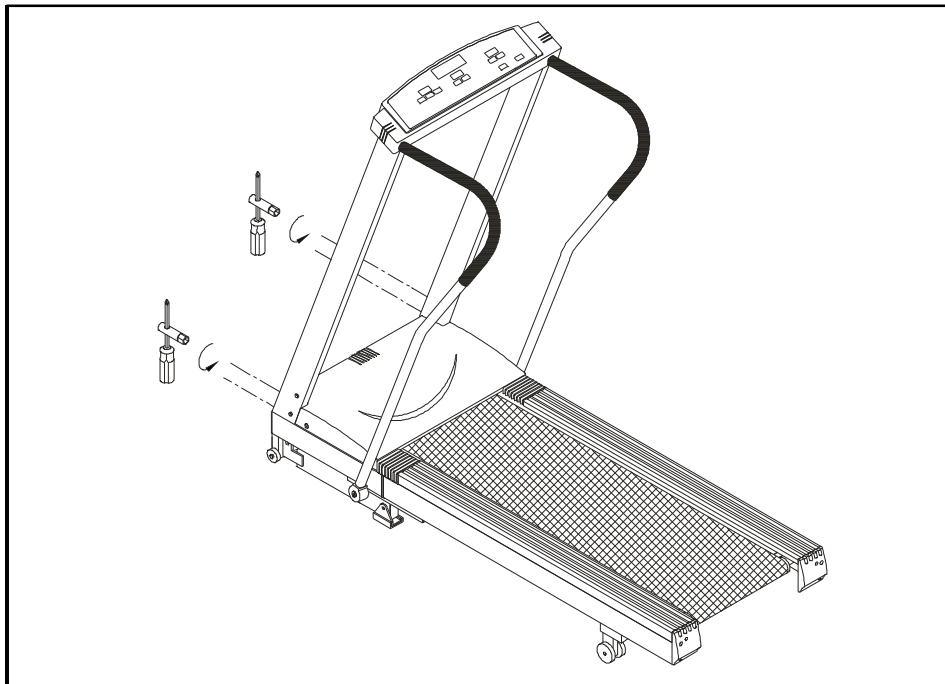

(FIG.3)

6. Assemble the side handrails to the front handlebars, using two 3/4" long bolts and washers from underneath on each side.

   Next, attach the handrails to the treadmill frame, using two 5/16" bolts on each side. Do not tighten yet (see Fig. 4).
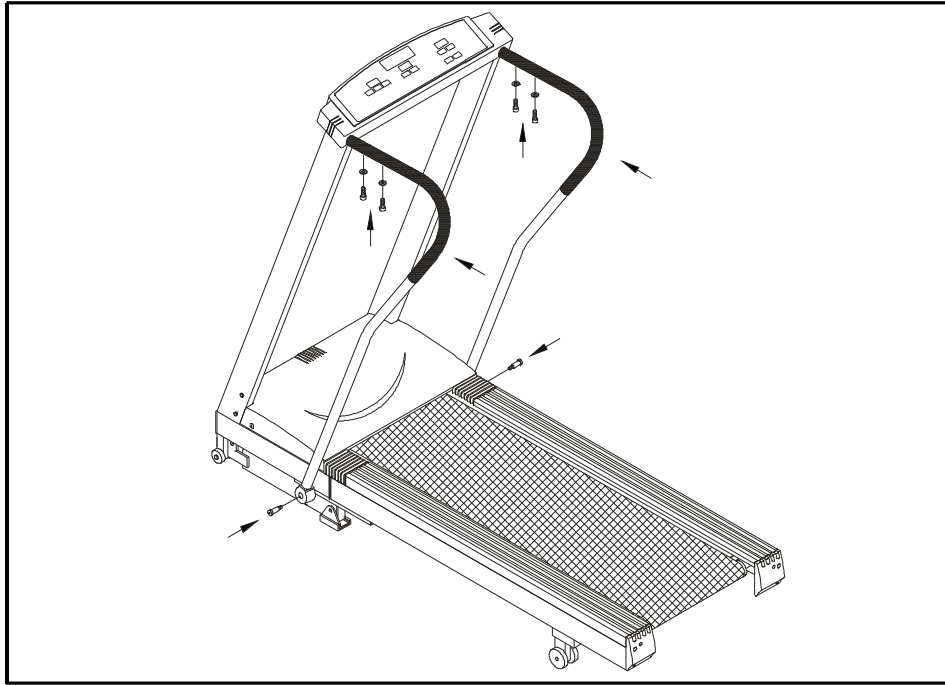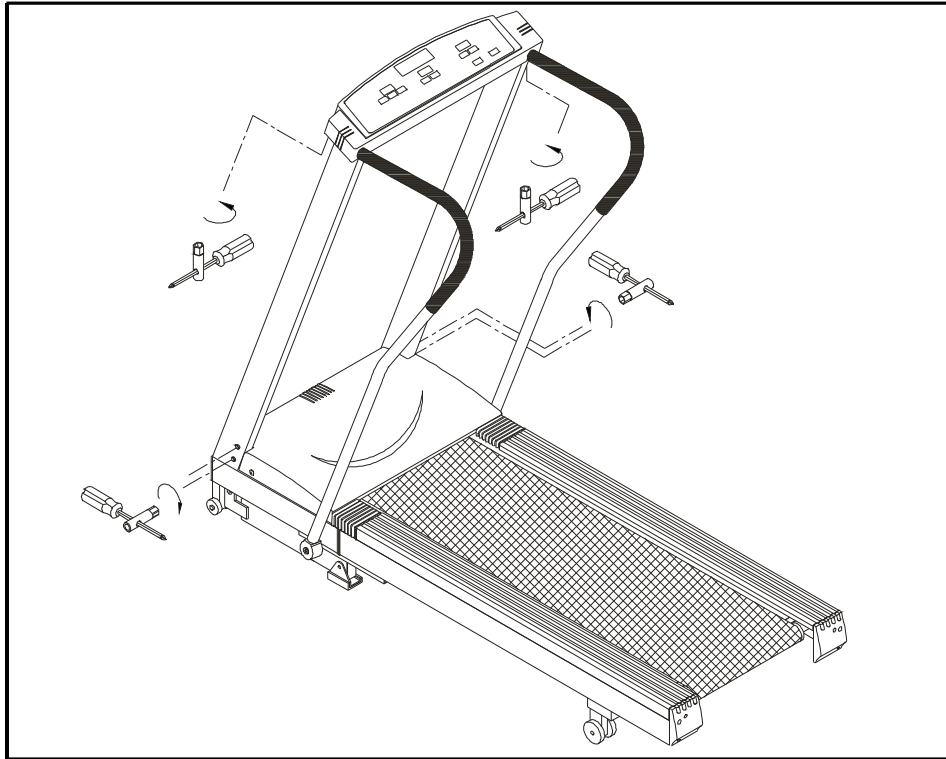

(FIG.4)

7. Use a combination wrench to tighten the bolts at the bottom and top of the lift posts securely (see Fig. 5 & 6).
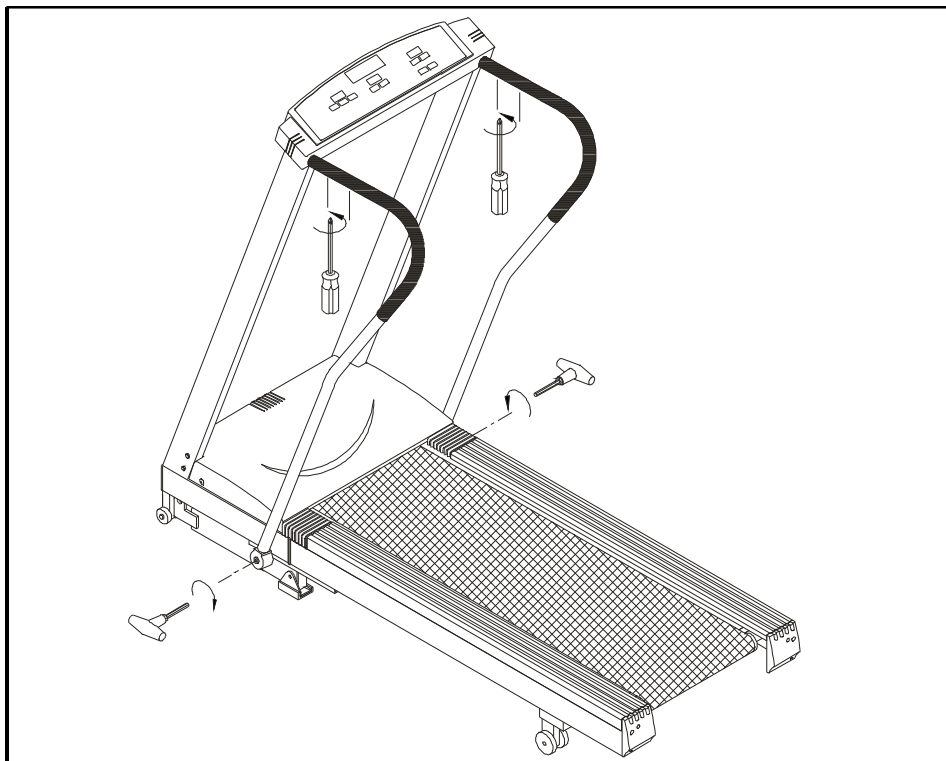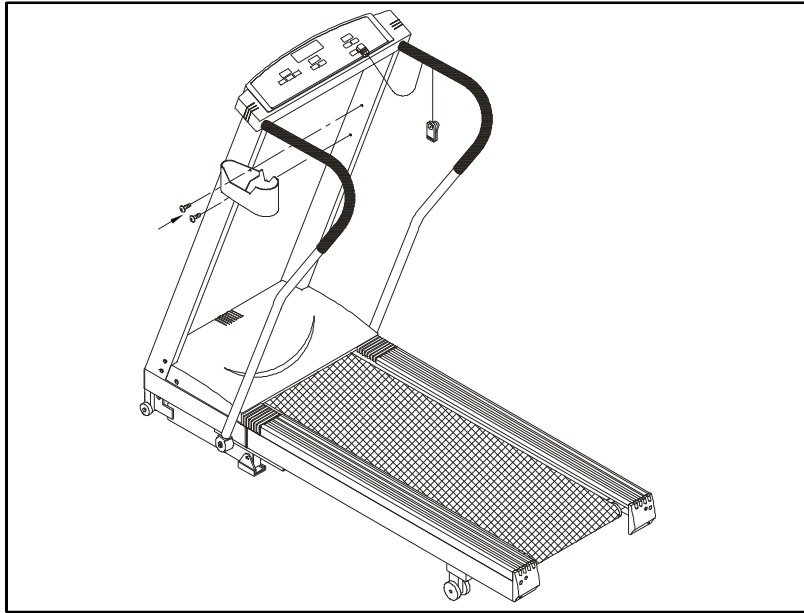

(FIG.5)

(FIG.6)

8. Use a hex Allen wrench and a combination wrench to tighten the bolts on the top and bottom handrails securely (see Fig. 7).

(FIG.7)

9. Assemble the water bottle/personal stereo holder to the right front post using the screws provided (see Fig. 8).

(FIG.8)

10. After your treadmill is assembled completely, place the safety key onto the "SAFETY KEY" position on the electronics package in order for the unit to function (see Fig. 9). Please refer to the "OPERATING INSTRUCTIONS" section, "Safety Key" for more information.
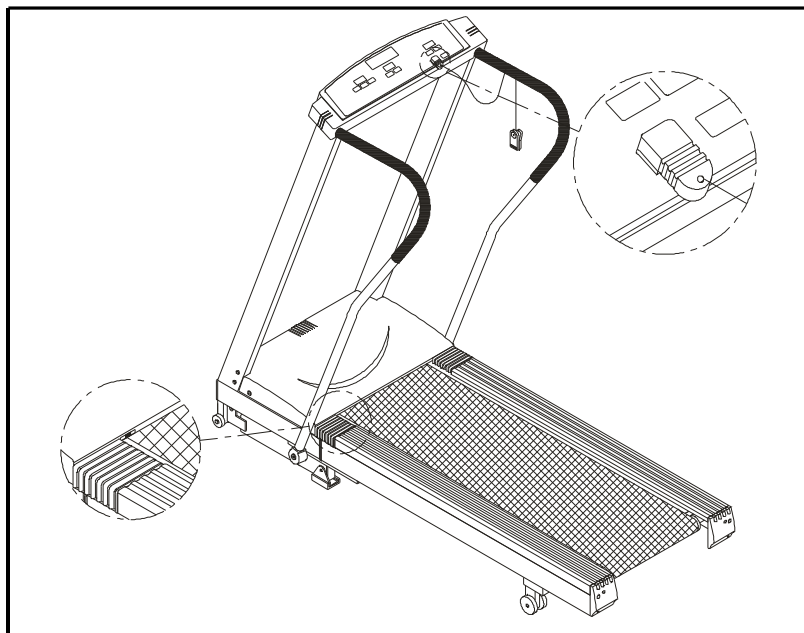
(FIG.9)

IMPORTANT: Before using the treadmill, the left edge of the running belt must be completely in the green portion of the BELT ALIGNMENT GAUGE, located on the left side of the motor shroud. Please refer to the "Maintaining your treadmill" section, "Adjusting the running belt" for more information (see Fig. 9).

Floor level adjustment

If the treadmill is not steady on your floor, turn the FLOOR LEVEL ADJUSTMENT on the rear legs of the treadmill. Use a hex Allen wrench to raise or lower the floor level adjustment to steady your treadmill (see Fig. 10)
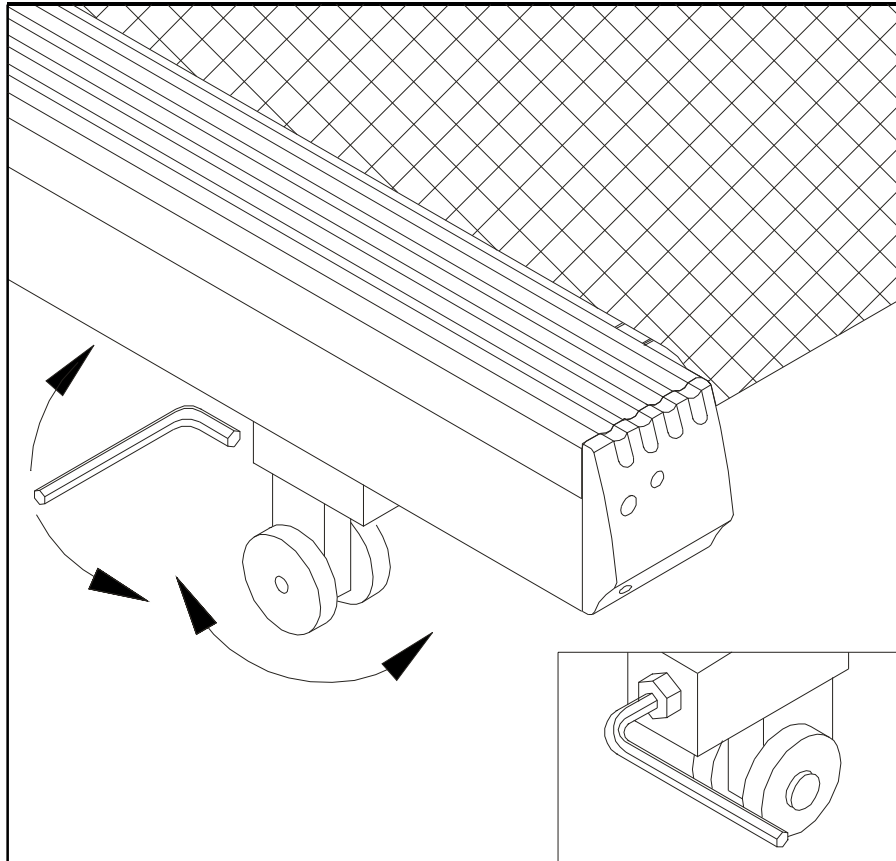
(FIG.10)

Your treadmill is assembled and ready to use.

OPERATING INSTRUCTIONS

CAUTION: DO NOT STAND ON THE BELT WHEN STARTING.

Safety key

The safety key is required to operate the treadmill. The safety key should be used as an emergency stop by clipping the cord to your exercise clothing. Be sure to remove the safety key from your exercise clothing after you have finished your workout, and place it in the key "⊶NOT IN USE" position for your convenience or store in a safe place to avoid using by children or persons unfamiliar with this treadmill.

Turn on the power switch located on the front of the treadmill. Place the safety key onto the "SAFETY KEY" position on the electronics package in order for the unit to function.

Folding the treadmill

1. To fold the unit, pull the locking pin out (see Fig.11) and lift the treadmill bed.
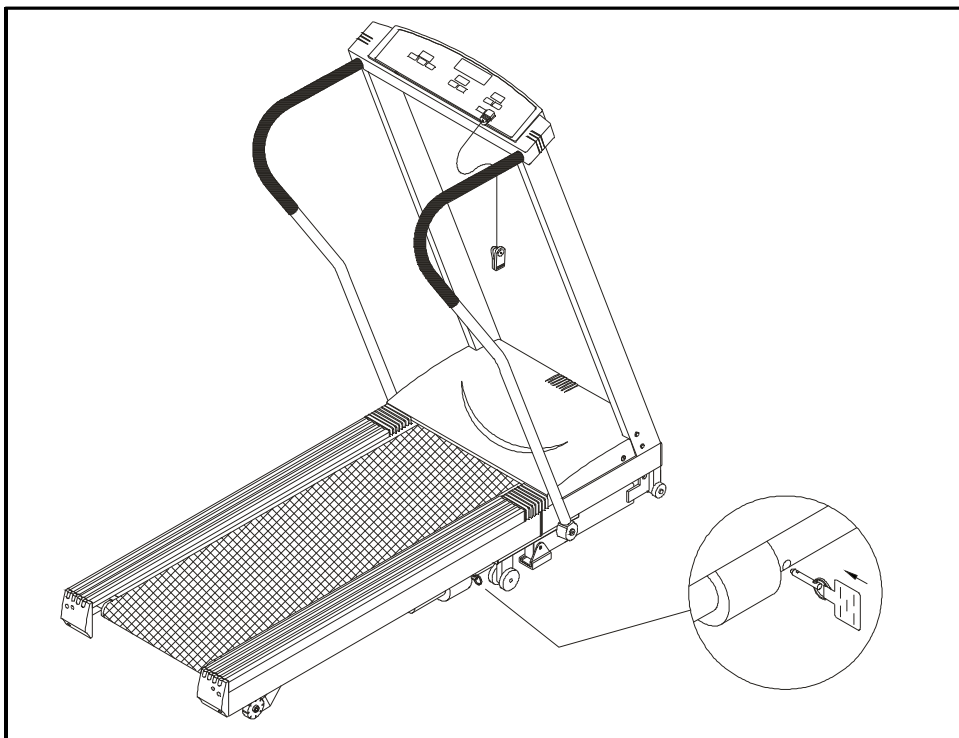
(FIG.11)

When the bed is in its upright position, the locking knob will automatically click into place, turn the locking knob clockwise to secure it (see Fig.12).
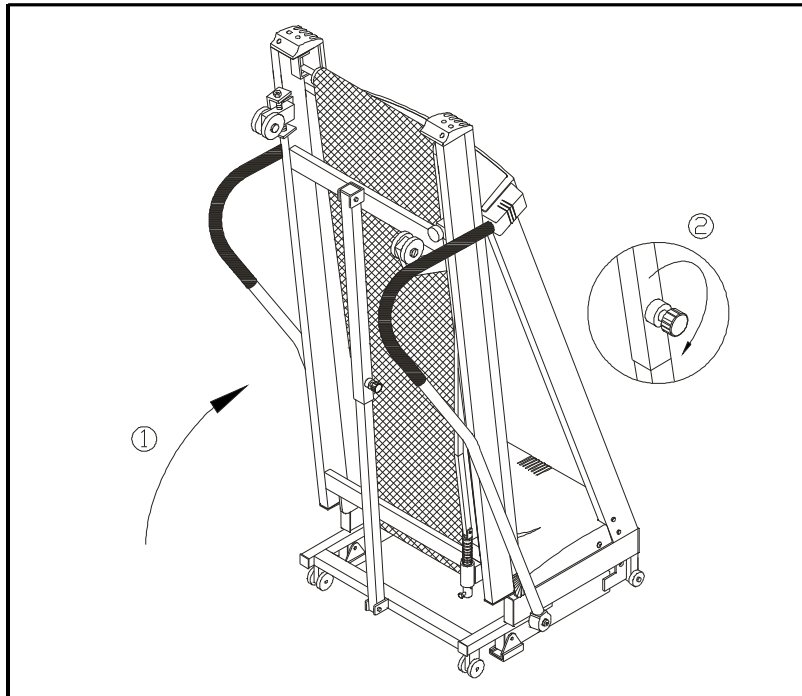
(FIG.12)

Unfolding the treadmill

CAUTION: Make sure the treadmill has come to a complete stop and the incline display shows "0" before folding.

To unfold the unit, turn the locking knob counterclockwise to release it, and lay the treadmill bed down (see Fig.13).
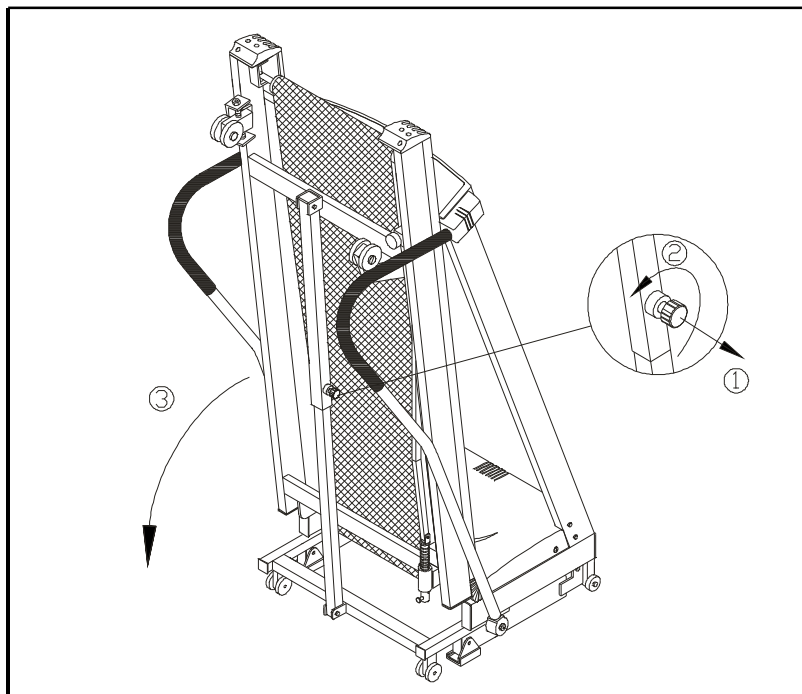
(FIG.13)

UNDERSTANDING THE ELECTRONIC PACKAGE

Key functions:

SPEED ▲▼ : Use the speed ▲▼ key to adjust your desired speed. The speed
range for the treadmill is from 0.5 - 8 MPH (0.8 - 13 KPH). Press
the speed ▲ key to increase the speed and press the speed ▼ key
to decrease the speed.

INCLINE ▲▼ : Use the INCLINE ▲▼ key to raise or lower the treadmill. The
incline range for the treadmill is from 0% - 10%.

⤶ MODE : When you put the safety key in place, the electronics package
will automatically go into MODE function. Press the mode key, and
this will scroll you through the different modes. With each press of the
MODE key, the display will alternately show TIME, DIST(Distance),
CAL(Calories), SCAN or PULSE.

▲▼ key: These keys are used to choose the desired TIME or DISTANCE.

SAFETY KEY: Turn on the POWER switch located on the front of the machine. Put
the safety key on the "SAFETY KEY" position of the electronics
package to operate the treadmill.

(NOT IN USE): After your workout, place the safety key on (NOT IN USE) position for your
convenience. Then turn the power switch off.

What each of the categories means:

TIME: The range available in TIME mode is 00:00 - 99:00 minutes. Use the MODE
key to select the time mode. When TIME appears in the display, use the ▲
▼ key to adjust the desired time. The electronics package will BEEP for 10
seconds when your desired time is reached, then will start to count up if you
workout continues. Each press of the key change the time by 1 minute.

DIST: The distance of the treadmill will register goes from 0-99.99 miles or
0-999.9 kilometers. Use the MODE key to select the DIST mode. When
DIST appears in the display, use the ▲▼ keys to adjust the desired
distance. Each press of the key changes the distance by 0.1 mile or 0.1 km.
The electronics package will BEEP for 10 seconds when your desired
distance is reached, then will start to count up if you workout contin use.

CAL: This readout gives you the amount of calories burned, the range of calories
is from 0-999.9CAL.

SCAN: The SCAN will alternate the display between Modes readouts every 4
       seconds.

PULSE: If your electronic package includes the pulse feature, use a pulse meter to
        monitor your heart rate. This readout measures your heart rate per minute.

> Operation:

> 1. Plug the pulse connector into the pulse socket.

> 2. Press MODE key until you reach the pulse mode, and the pulse indicator
>   lit located on the electronics package is lit.

> 3. Rub your earlobe or fingertip 15 times before clipping the sensor to it in
>   order to get the best results.

RUNNING ON THE TREADMILL:

Now, you have become familiar with your treadmill's operation and are ready to
exercise:

1. Straddle the belt with your feet on the right and left staging platforms.

2. Balancing one hand on the handrail, adjust the SPEED ▲ key until you reach
   1.5-2.0 MPH / 2.5-3.5 KPH, a comfortable walking speed. With both hands on
   the handrails, place one foot, then the other on the treadmill, and walk for a few
   minutes to get comfortable with your machine.

3. After you are walking in an easy, relaxed, and steady fashion, release your grip
   on the handrails, and let your arms swing freely and naturally.

4. When you feel comfortable walking, you may wish to jog. Hold the handrail with
   one hand, and use the other hand to increase the speed.

5. Remember to hold the handrail when using the electronics package, or adjusting
   the speed. Holding the handrail with one hand will help to maintain your balance,
   especially when slowing down or stopping. Also, remember to hold onto the
   handrail when dismounting.

6. It is best to do a cool-down before you bring the machine completely to a stop.

GUIDELINES FOR EXERCISE

How long should I exercise?

The duration of your exercise session is dependent on your fitness level. In general, it is recommended that you maintain your heart rate in the training zone for at least 10 minutes to realize an aerobic benefit. As your fitness level increases, you will be able to maintain your heart rate in the training zone for longer periods: usually between 20 and 30 minutes.

When first starting your workout, use the first several minutes to warm up, then slowly increase your workload to bring your heart rate into your specific training zone. At the end of your workout, gradually decrease your workload, then exercise lightly as a "cool down".

How often should I exercise?

Aerobic exercises, to achieve the greatest benefits, should be performed 3-5 times a week. It is important to allow sufficient time, at least 24 hours, for your body to recover after exercise.

MAINTAINING YOUR TREADMILL:

Your treadmill relies on low friction for peak performance. The treadmill's low friction operation is dependent on keeping the unit as clean as possible. See "Cleaning the Treadmill" for more information.

Proper belt alignment is also important for proper operation of the treadmill. See "Adjusting the Running Belt" for more information.

Cleaning the treadmill

CAUTION: Turn off unit and disconnect the AC cord before cleaning.

Regular cleaning is recommended to keep your treadmill running at peak performance.

Before your workout, use a dry cloth to clean the staging platform, exposed slider deck, and under the belt as far as you easily reach. This removes any dirt or dust which might enter the slider area and compromise the unit's running efficiency.

To clean the plastic parts, use a mild detergent and make sure the unit is completely dry before operating. On the running surface, use a soft nylon scrub brush. Do not use water to clean the belt or running surface, or to clean the electronics package. Should water, for some reason, get on the electronics package, immediately blow dry the electronics package.

It is recommended that you keep all liquids away from the unit during operation. Spillage of liquids onto or into the machine will void the warranty.

Adjusting the running belt:

The belt is properly aligned at the factory. However, during shipping and handling or by use on an uneven surface, the belt may move off center. Therefore, it is important that you check the belt's alignment before using the treadmill.

The correct alignment of the running belt is critical for smooth operation of the treadmill.

CAUTION: DO NOT ALLOW ANYONE TO WALK ON RUNNING BELT DURING THIS PROCEDURE.

Failure to realign the belt could result in tearing or fraying of the belt, which is not covered in the warranty. Please follow the adjustment procedure listed below:

1. Turn on the POWER switch located on the front of machine.

2. Press the electronics package's SPEED ▲ key until the speed read 2.0 mph / 3.2 kph on the digital display.

3. While the unit is running at 2 mph / 3.2 kph, determine where the belt is in relation to the belt alignment gauge, located on the motor cover above the left hand edge of the running belt (see Fig. 14). The left edge of the running belt should be in the middle of the green portion of the gauge. Observe for approximately 30 seconds.
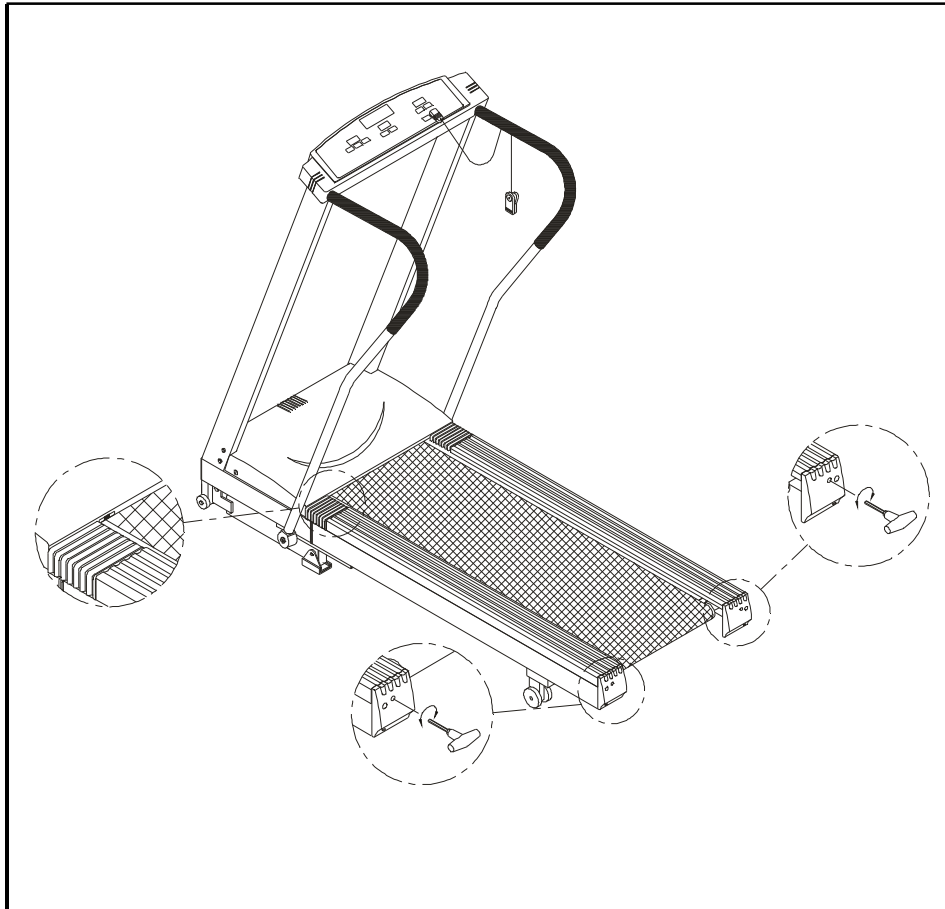
(FIG.14)

If the belt edge is in the green, the belt does not need adjusting.

If the left edge is in the red portion, the belt needs adjusting immediately.

4. Should your belt be in the wrong color range, follow the steps below to return the belt to the "safety zone":

17

5. Run the treadmill at a steady 2.0 mph (3.2 kph). Determine if the belt is too far left or too far right.

6. If the belt is in the left red zone, turn the left belt adjustment nut located at the rear of the treadmill clockwise 1/4 turn at a time, using the hex Allen wrench. Then turn the right adjustment bolt counter-clockwise 1/4 turn. Let the treadmill run at least 30 seconds, then check the position of the belt in the color gauge. If it still has not returned to the green safety zone, repeat with another 1/4 turn until the belt has return to the middle of the green area. Do not turn adjusting bolt more than 1/4 turn at a time.

7. If the belt is on the edge of the green color, please adjust it so it is in the middle of the green color. You may turn the adjustment nut less than 1/4 turn at a time.

8. Conversely, if the belt is in the right red zone, turn the right belt adjustment nut clockwise 1/4 turn, then turn the left adjustment bolt counterclockwise 1/4 turn. Then let the treadmill run at least 30 seconds, and check the position of the belt in the color gauge.

   If it still has not returned to the green safety zone, repeat with another 1/4 turn until the belt has returned to the middle of the green area. Do not turn adjusting bolt more than 1/4 turn at a time.

9. When the belt is back in the green "safety zone", you can continue your regular use of the treadmill. Slowly increase the speed of the unit to 5.5 mile (9 km), and let it run for at least 45 seconds. Try using the treadmill, if you feel a pause in the belt with each foot plant the belt is too loose. Stop the machine, then adjust both rear roller bolts clockwise 1/2 turn at a time. Try on the machine again then check the result, if more adjusting is required, give both adjusting bolts another slight turn. Do not adjusting over 2 full-turn.

10. If the belt is too tight, this will adversely effect the life of the unit.

Periodically monitor the position of the belt to ensure peak performance:

When you are using the treadmill, if you feel a pause in the belt with each foot plant the belt is too loose. Stop the machine, check the belt tension, grab the running belt off the deck in the middle (see Fig.15-1 & 15-2). There should be about 15 m/m (5/8") or 3-5 kgs of "give" in the belt. If there is too much, then adjust both rear roller bolts clockwise 1/2 turn at a time (see Fig.15-3).
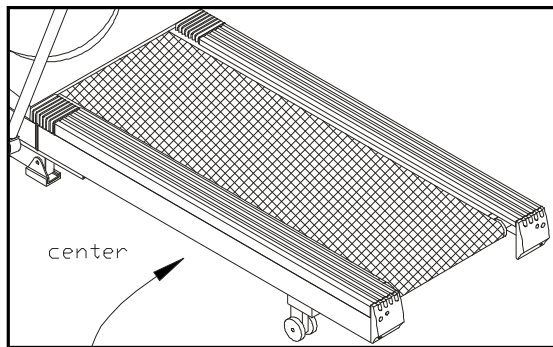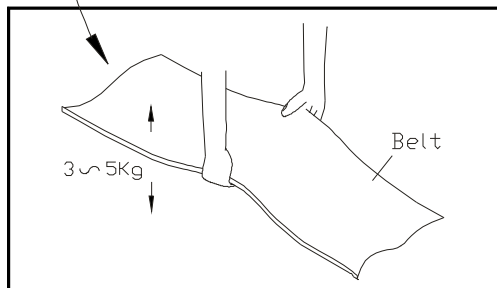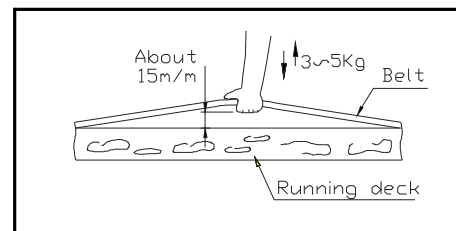
Fig.15-1

Fig.15-3

Fig.15-2

Then, try the belt tension again, if more adjusting is required, give both adjusting bolts another slight turn. Do not adjust over 2 fullturns.

Conversely, if the "give" in the belt is too tight, adjust both rear rooler bolts counterclockwise 1/2 turn at a time (see Fig.15-3).

CAUTION: To avoid injury, special care must be taken when adjusting the running belt or working near the rear roller. Remove any loose clothing or shoes laces and tie back your hair. Be very careful to keep your fingers or any other object clear of the belt and rollers.

The treadmills are designed to carry specific weights at specific speeds. The treadmill will not stop immediately if any object becomes caught in the belt or rollers.

Over tightening of the belt causes damage and premature failure of the precision bearings in the front and rear rollers.

TROUBLE SHOOTING:

CAUTION: SHUT OFF UNIT AND DISCONNECT AC CORD BEFORE MAKING ANY REPAIRS OR MODIFICATIONS.

"ERR" messages

Note: If the electronic display shows "ERR 1, ERR 3, ERR 6 or ERR 7", please turn off the POWER switch on the front of the machine. Allow the unit rest for 5 seconds, then turn on the power switch begin operation again. Should the electronics package display "ERR" again, please refer to the following section for more information. OR, please contact your dealer for further instructions.

ERR 1- The optical switch mounted on the motor is not receiving the signal reflected from the tachometer wheel. Please contact your dealer.

ERR 3- The user is running faster than the belt. Please turn the POWER switch off, allow the machine to rest for 5 seconds, then try normal use again.

ERR 6- The unit's incline system is not responding, please replace the 0.5A (200-240V) or 1A (100-120V) fuse located underneath the treadmill, make sure your area standard voltage prior to replacement. The incline system fuse holder is located under the frame at the front of the machine (see Fig. 16-1 to 16-4).
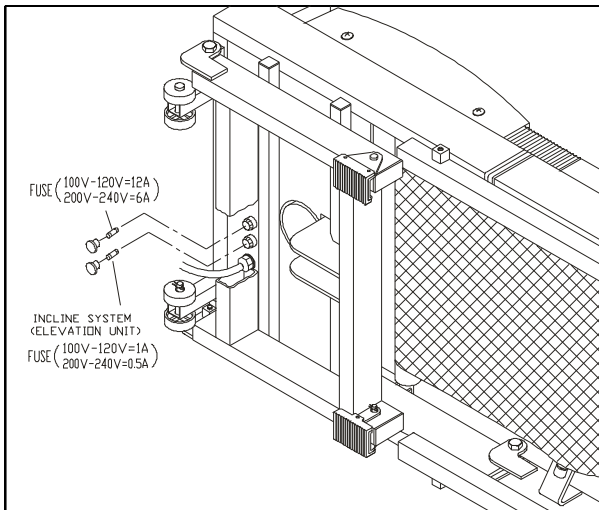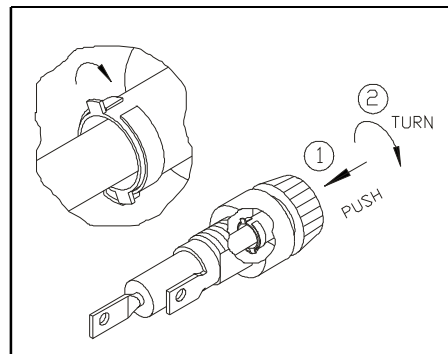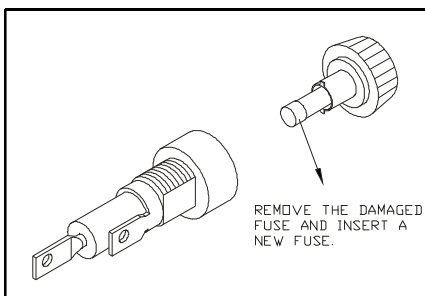
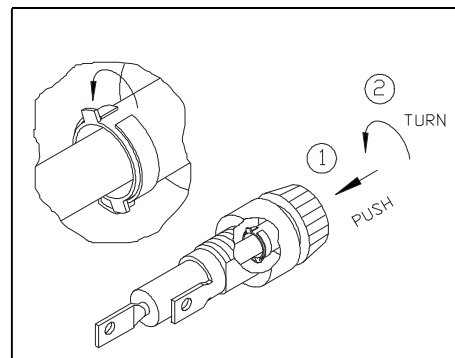Fig.16-1

Fig.16-2

Fig.16-3

Fig.16-4

To remove the fuse, push on the fuse holder and then turn the holder counterclockwise and the fuse holder with fuse will protrude. Remove the damage fuse and insert a new fuse, push the fuse and holder in, turning clockwise to secure it.

If the unit still refuse to respond, please contact your dealer for more information.

ERR 7- Once you turn on the machine, the computer display shown the ERR 7. The computer receiving the signal reflected from VR incorrectly, that means the wires disconnected.

Make sure the 16 pin cable connector inside the right front post and push into the socket at the base of the treadmill is connected securely, please refer to Fig. 2. Make sure the 16 pin cable connector from the electronics package into the socket at the top of the right post is connected securely, please refer to Fig 3.

If, after performing the above steps, the display still shows ERR 7, please contact your dealer for further information.

Blank display

1. If you turn on the POWER switch and there is no light:

a. Check if the power cord is plugged securely into the wall socket.

b. Check that the power switch on the front of the unit is in the "ON" position. The power switch should be lit.

c. If the power switch is not lit, replace the fuse. Please refer to the ELECTRONICS PACKAGE AND MOTOR FUSE FAILURE section for more information.

d. If there is still no display after completing the above steps, please contact your dealer for more information.

2. The power switch is lit, but no words appear on the display:

a. Make sure the cable connectors both inside the right lift post at the base of the treadmill and at the top of the post are firmly in their sockets. Please refer to the Fig. 2 and 3.

b. If the display has is no words, then the fuse on the drive board needs to be replaced, please check with your dealer for further information. Electronics package and motor fuse failure

Electronics package and motor fuse failure

If you turn on the POWER switch and there is no light, and nothing displays on the electronics package, then the fuse must be replaced.

CAUTION: SHUT OFF UMT AND DISCONNECT AC CORD BEFORE MAKING ANY REPAIRS OR MODIFICATIONS.

The fuse holders 12 amp (100V-120V) / 6 amp (200V-240V) for the electronics package and motor are located under the frame at the front of the machine, Please dertermine your area standard voltage prior to replacement. Please follow the steps as shown in Fig. 16-1 to 16-4.

To remove the fuse for the electronics package and motor, push on the fuse holder and then turn the holder counterclockwise and the fuse holder with fuse will protrude. Remove the damaged fuse and insert a new fuse, pushing the fuse and holder in, then turning clockwise to secure the fuse holder.

If the unit's electronics package refuses to respond after changing the fuse, please contact your dealer for more information.

Fuse Failure For Incline System

Should the incline system refuse to respond, but there is power to the electronics package and it remains operable, please replace the incline system fuse.

The 1 amp (100V-120V)/0.5 amp (200V-240V) fuse is for the Incline system. To remove the incline system fuse, push on the fuse holder and then turn the holder counterclockwise and the fuse holder with fuse will protrude. Remove the damaged secure the fuse holder (see Fig.16-1~16-4).

If the incline system refuses to respond after changing the fuse, please contact your dealer for more information.

Fuse failure for driver board

NOTE: If you are not a technician or do not have expert knowledge of this machine. Please do not attempt to replace it.

If there is nothing displays on the electronics package, and the POWER SWITCH located on the front of the treadmill if lit, then the fuse is damaged on the driver board and must be replaced.

The fuse holder 0.5 amp for the driver board is located on the frame at the front of the treadmill (see Fig.17).
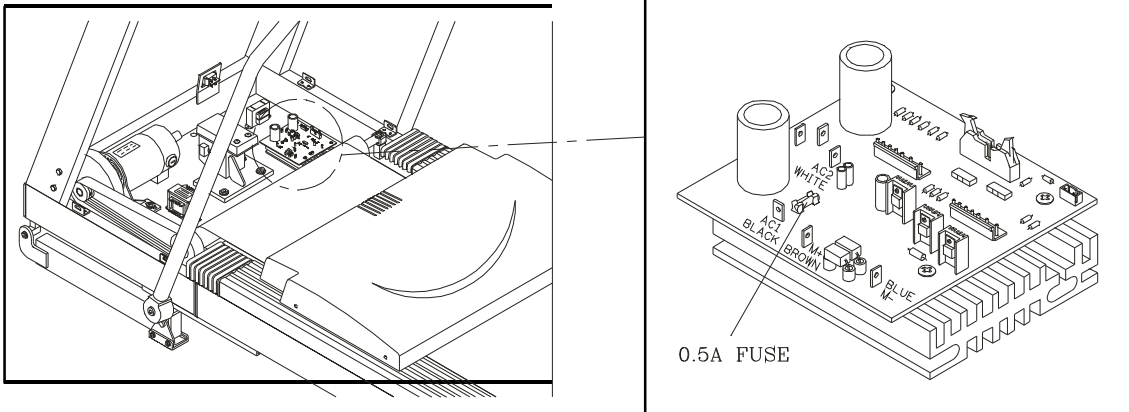

0.5A FUSE

Fig.17

Wiring Schematic: