SPORTSART 1210

OWNER'S MANUAL
ASSEMBLY INSTRUCTIONS

TABLE OF CONTENTS

SAFETY GUIDELINES:

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 carefully 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 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 275 lb. (125 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 platform 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.

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

• 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.
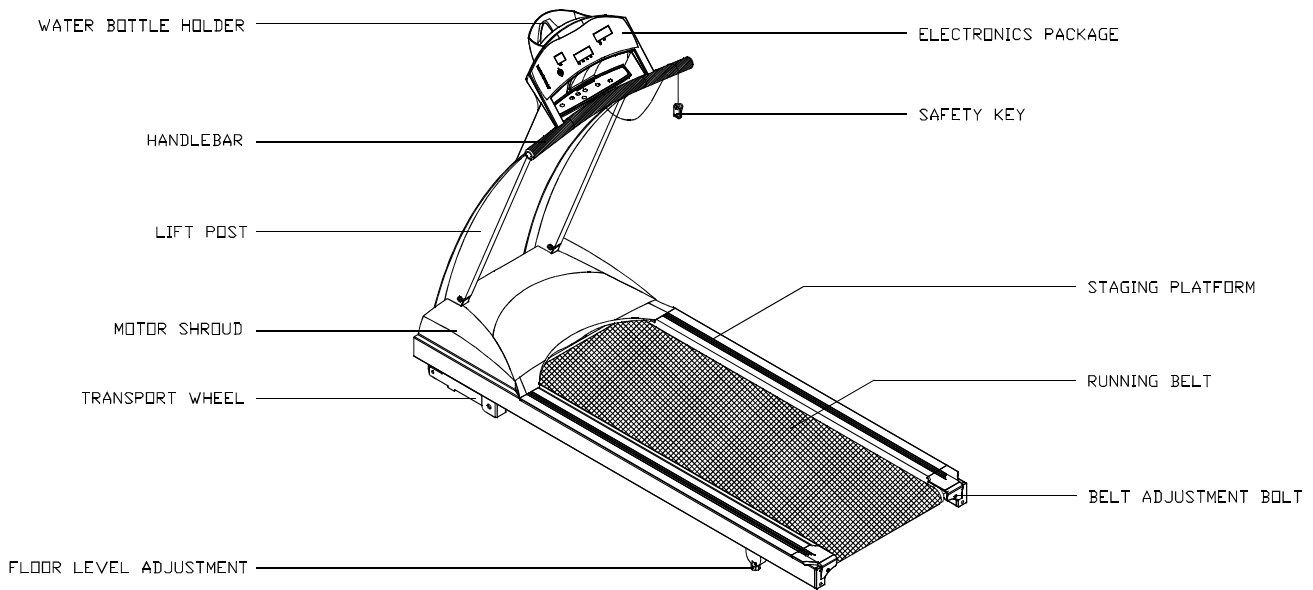
The treadmill is designed for your use and enjoyment. By following the above precautions and using good judgment and common sense, you will enjoy safe and pleasurable exercise with this treadmill.

ASSEMBLING YOUR TREADMILL:

Installation requirements

Read this owner's manual and follow the instructions 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.

WATER BOTTLE HOLDER — ELECTRONICS PACKAGE

HANDLEBAR — SAFETY KEY

LIFT POST —

MOTOR SHROUD — STAGING PLATFORM

TRANSPORT WHEEL — RUNNING BELT

BELT ADJUSTMENT BOLT

FLOOR LEVEL ADJUSTMENT —

If the unit with handrails

WATER BOTTLE HOLDER

ELECTRONICS PACKAGE

HANDRAILS

SAFETY KEY

LIFT POST

MOTOR SHROUD

STAGING PLATFORM

TRANSPORT WHEEL

RUNNING BELT

BELT ADJUSTMENT BOLT

FLOOR LEVEL ADJUSTMENT
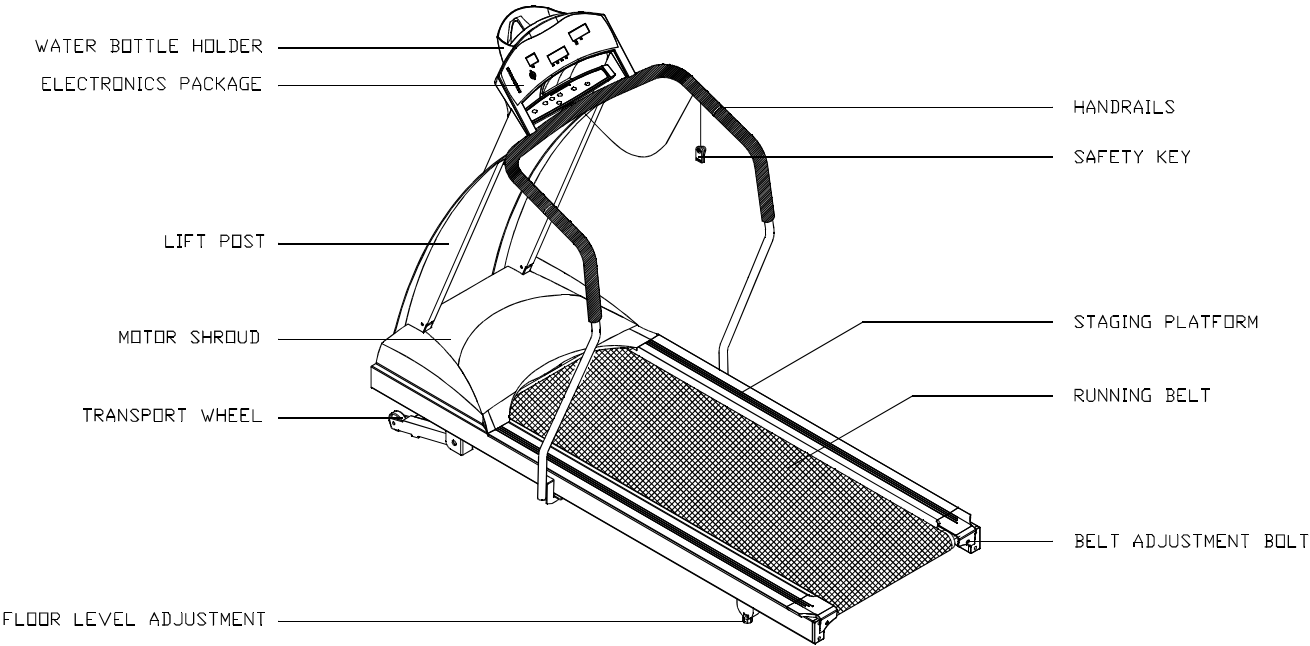
<u>List of parts</u>

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

1. One safety key

2. One hex Allen wrench (M6) with T-handle

3. One hex Allen wrench (M5) with T-handle

4. One hex Allen wrench (M5)

5. One hex Allen wrench (M4) with T-handle

6. One fuse - 12 amp for 100-120 volt use; 7 amp for 200-240 volt use

7. Four M4 x L12 Philips screws - electronics package
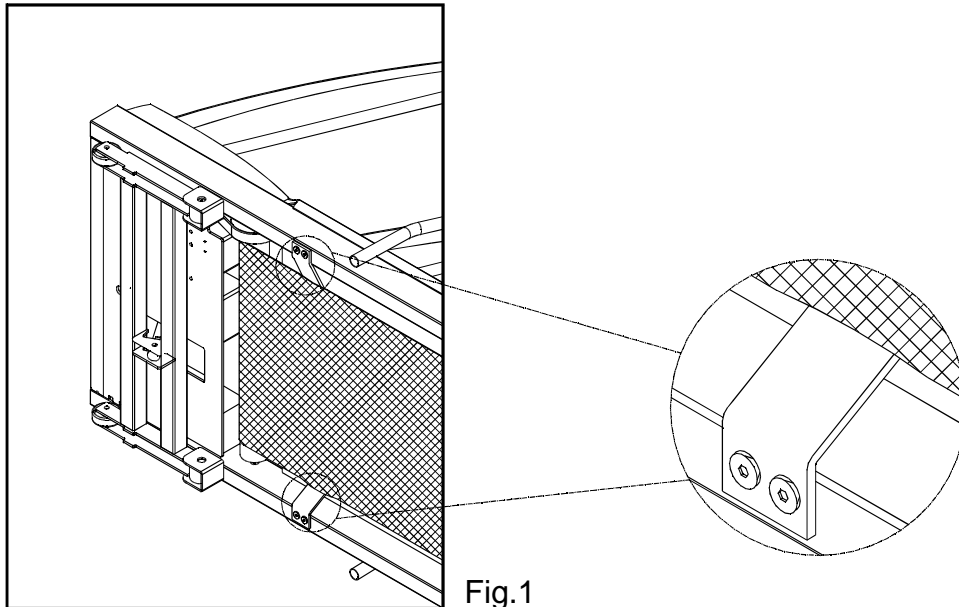
8. One 2-way Screwdriver

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

<u>IMPORTANT:</u> The packing for this treadmill is 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.
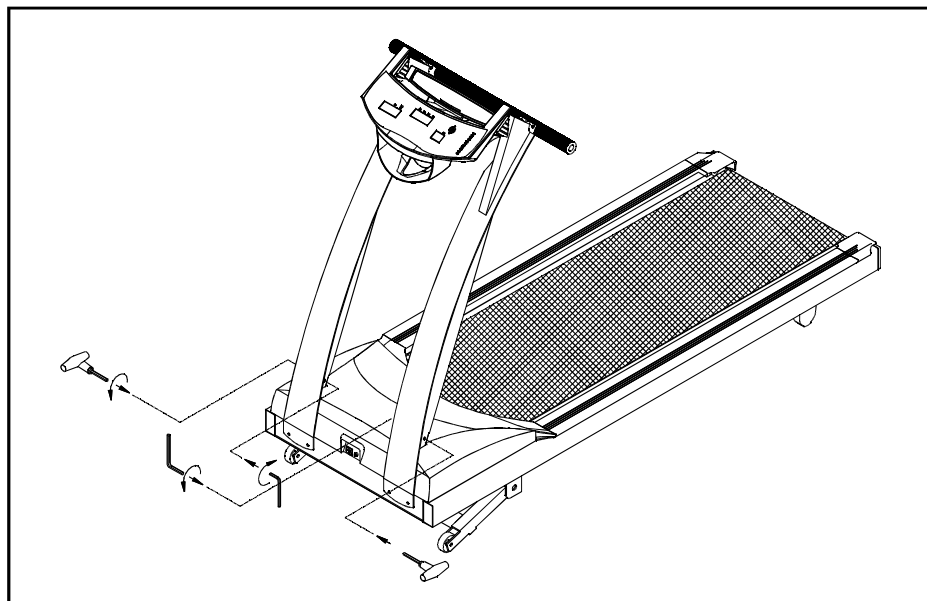
<u>Step by step instructions</u>

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 the Styrofoam compartments before discarding. Make sure all packing materials are removed from the treadmill deck.

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

Fig.1

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

4. Bring the side post to their upright positions. Attach the screws to the lift post. Do not tighten yet. (see Fig. 2)

Fig.2

5. Using two screws provided on each post. Do not tighten yet. (see Fig. 3)
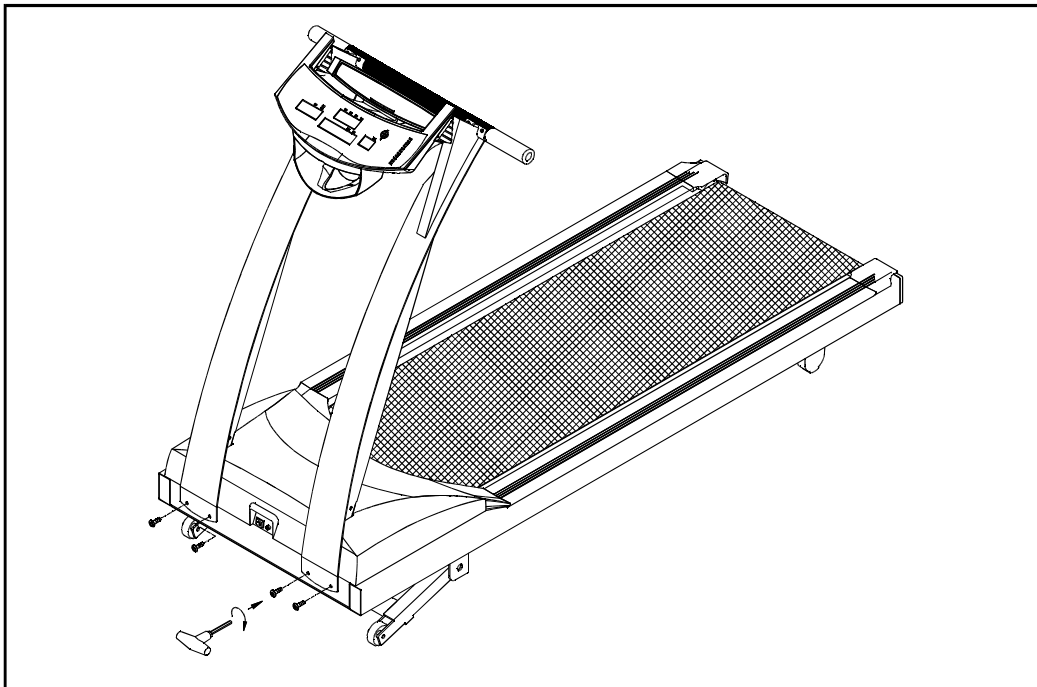

Fig.3

6. Insert the electronics display into the slots on the side posts. Use the screwdriver to tighten all screws securely. (See the Fig 4 Highlight). Lastly tighten all the screws on each post.
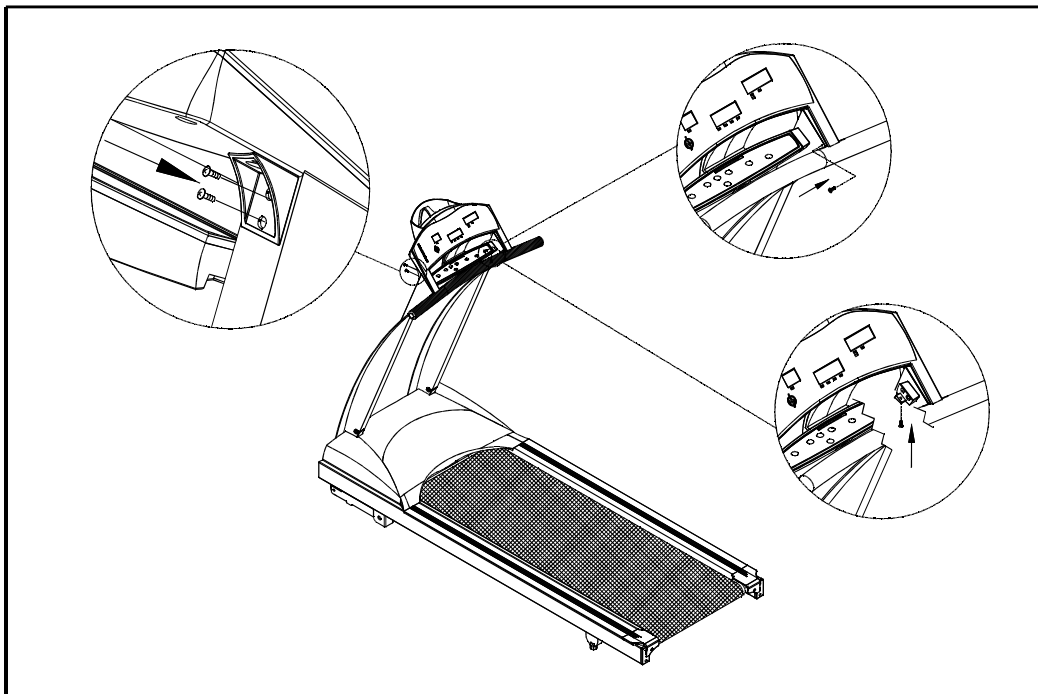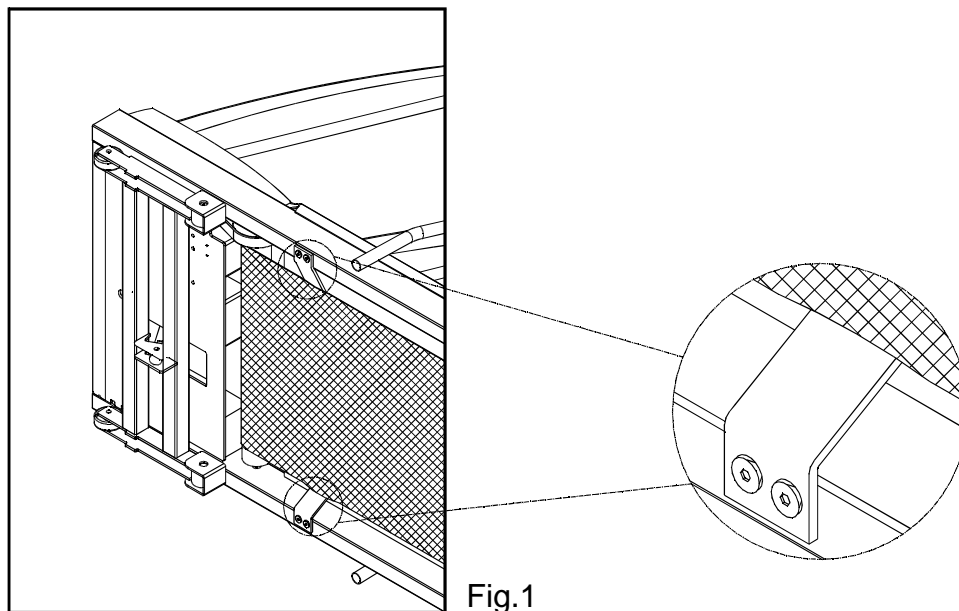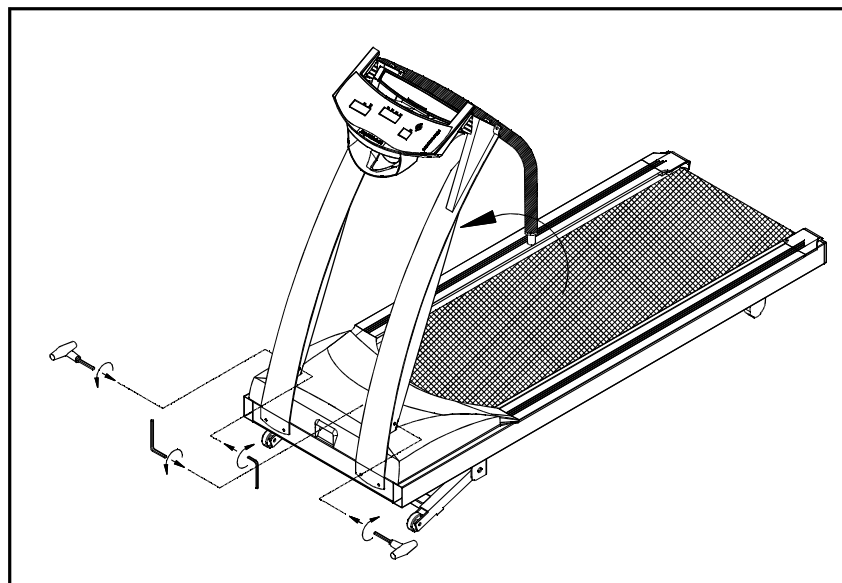

Fig.4

Step by step instructions (If the unit with handrails)

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 the Styrofoam compartments before discarding. Make sure all packing materials are removed from the treadmill deck.

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

Fig.1

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

4. Bring the side post to their upright positions (including the handlebar and the electronics package). Attach the screws to the lift post. Do not tighten yet. (See Fig. 2)

Fig.2

5. Using two 5/16" screws provided on each post. Do not tighten yet. (see Fig. 3)
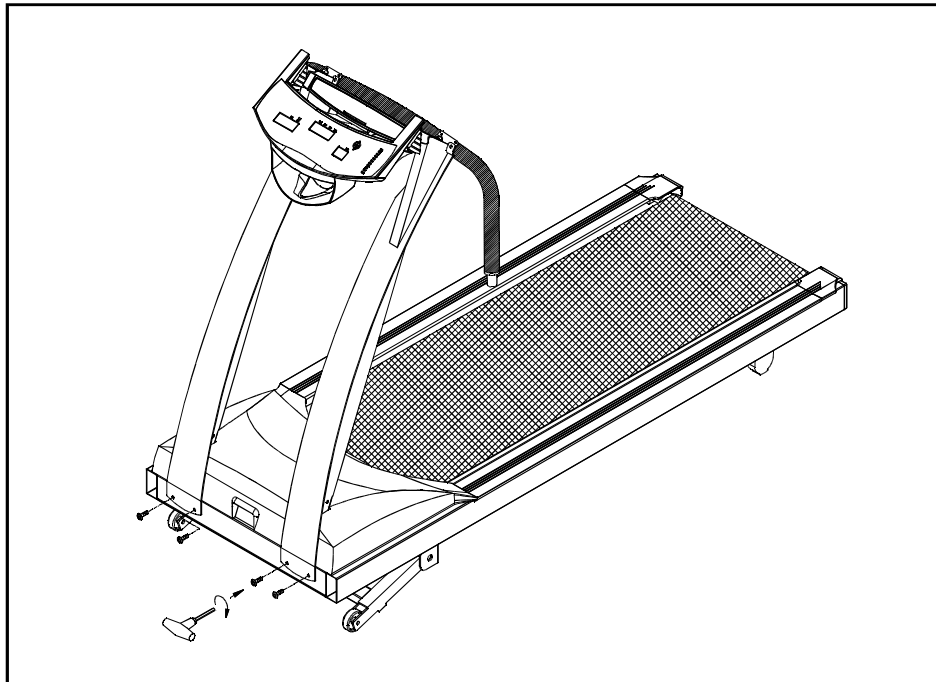

Fig.3

6. Loosen the screws of fixing the handlebar and remove the steel plate. (see Fig. 4)

Fig.4

Please note: The screws to handlebar (Fig.4) are special provided by manufacturer. Do not attempt to substitute any other screws. Any questions, please contact your dealer.

7. Turn up the handlebar and fasten the screws. Do not tighten yet. Make sure to assemble the handlebar to the lift post correctly. R to R which are marked on the handlebar and lift post respectively. (see Fig. 5)
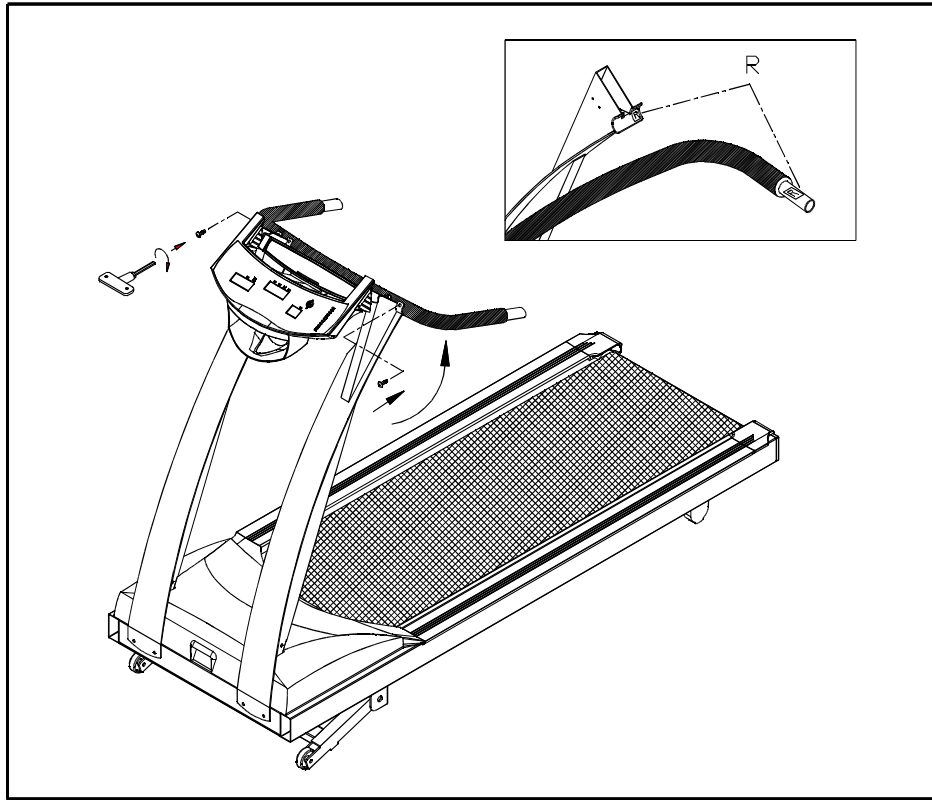
Fig.5

8. Insert the electronics display into the slots on the side posts. Use the screwdriver to tighten all screws securely (see the Fig 6 Highlight). Lastly tighten all the screws on each post.
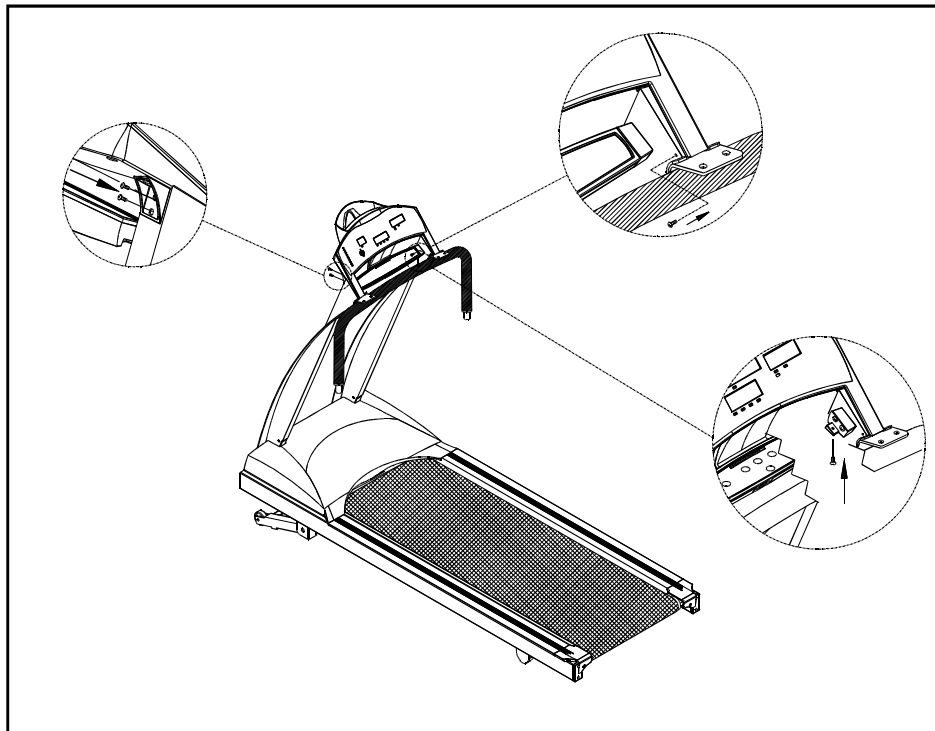
Fig.6

9. Insert the two handrails into the handlebars and then fasten the screws provided. Lastly secure the handrail clamp by fastening the screws (see Fig. 7).
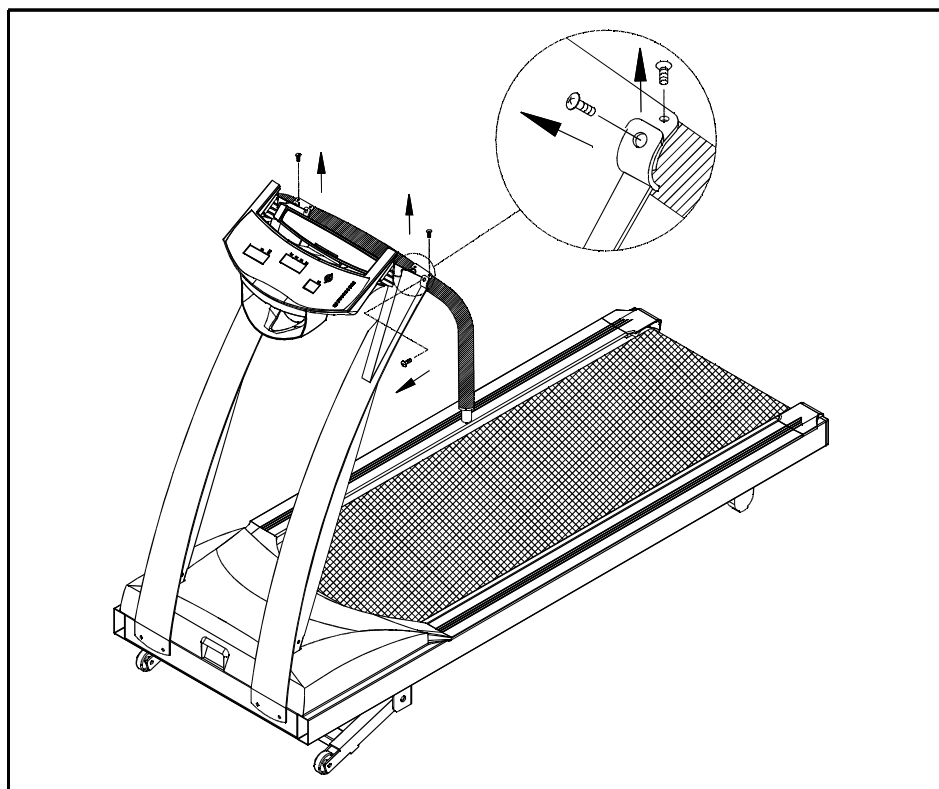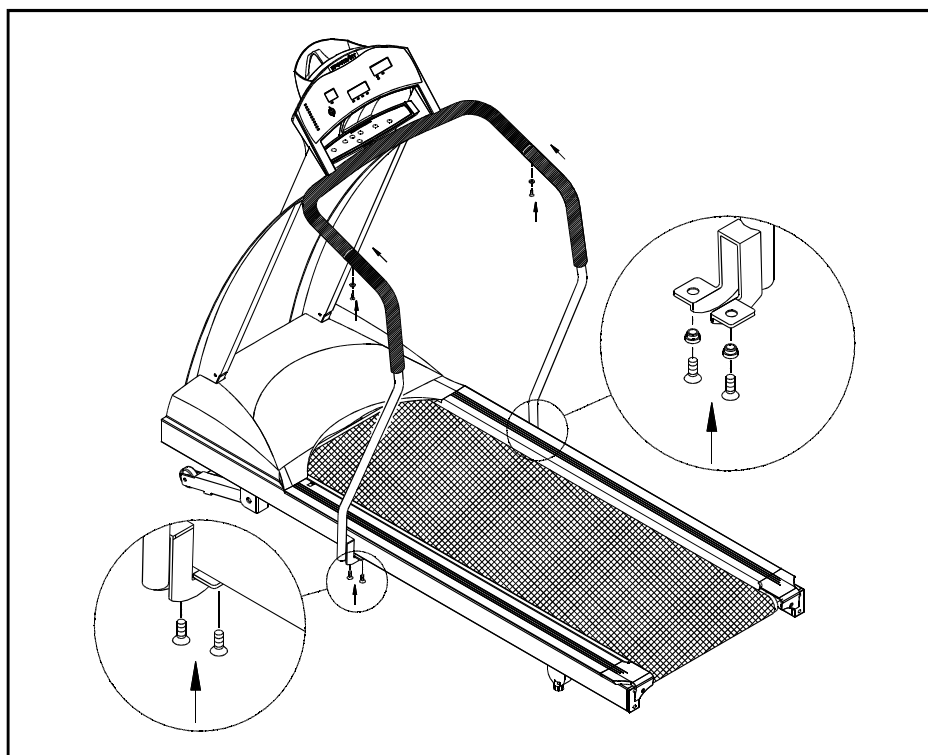

Fig.7

Please note: The screws to the handrail clamp (Fig.7) are special provided by manufacturer. Do not attempt to substitute any other screws. Any questions, please contact your dealer.

10. Secure the screws in front of the lift posts and handlebar tightly, Secure the screws to the lift posts tightly (see Fig. 8).
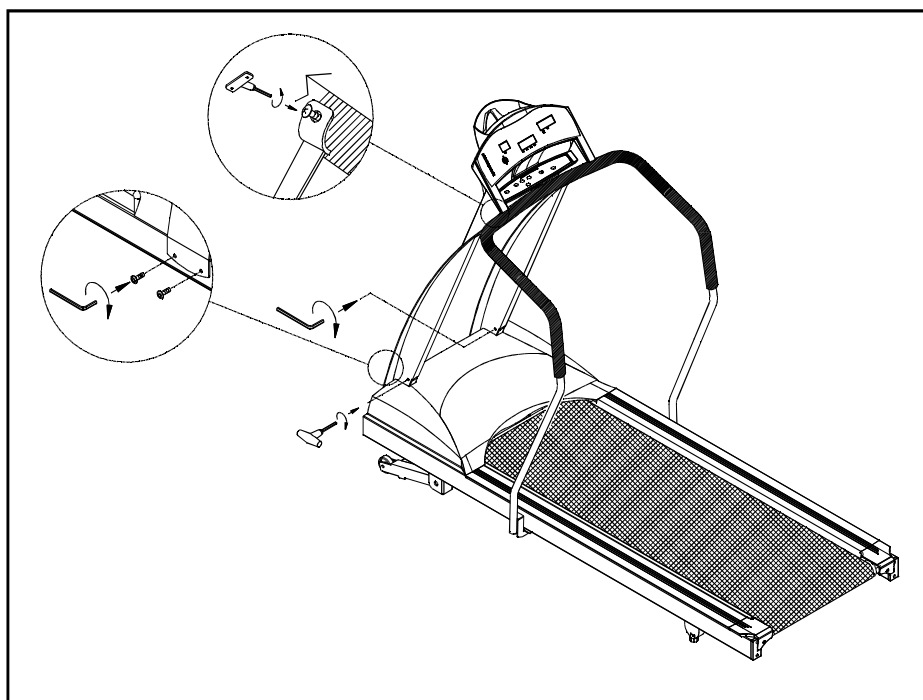
Fig.8

Floor level adjustment

If the treadmill is not steady on your floor, turn the floor level adjustment on the rear feet leg of the treadmill. Raise or lower the floor level adjustment to steady your treadmill (see Fig. 9).
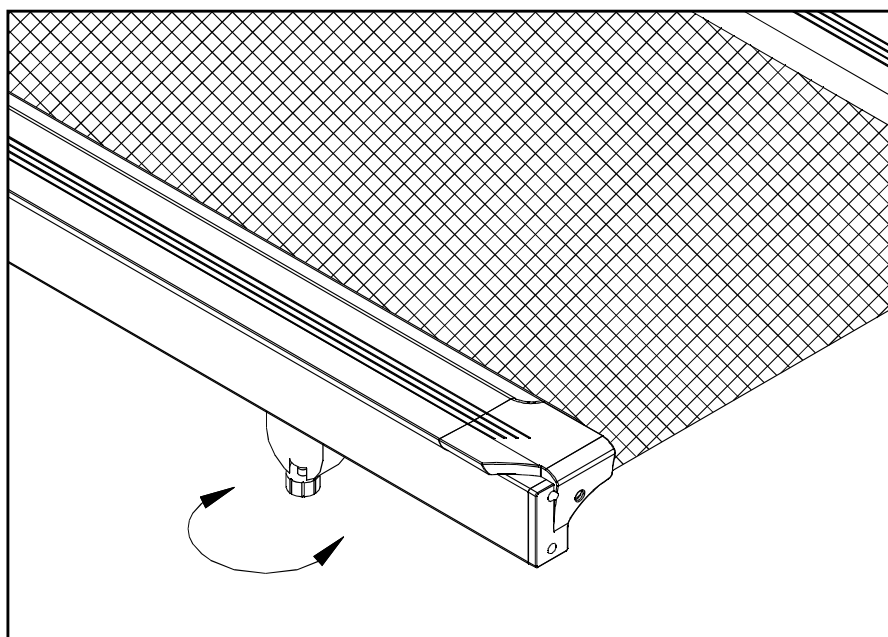
Fig.9

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 (see Fig.10). The safety key should be used as an emergency stop by clipping the cord to your exercise clothing. Be sure to store it in a safe place to avoid use by children or persons unfamiliar with this treadmill.

Turn on the power switch located on the front of the treadmill. Insert the safety key into the "SAFETY KEY" position on the middle socket of the electronics package in order for the unit to function.
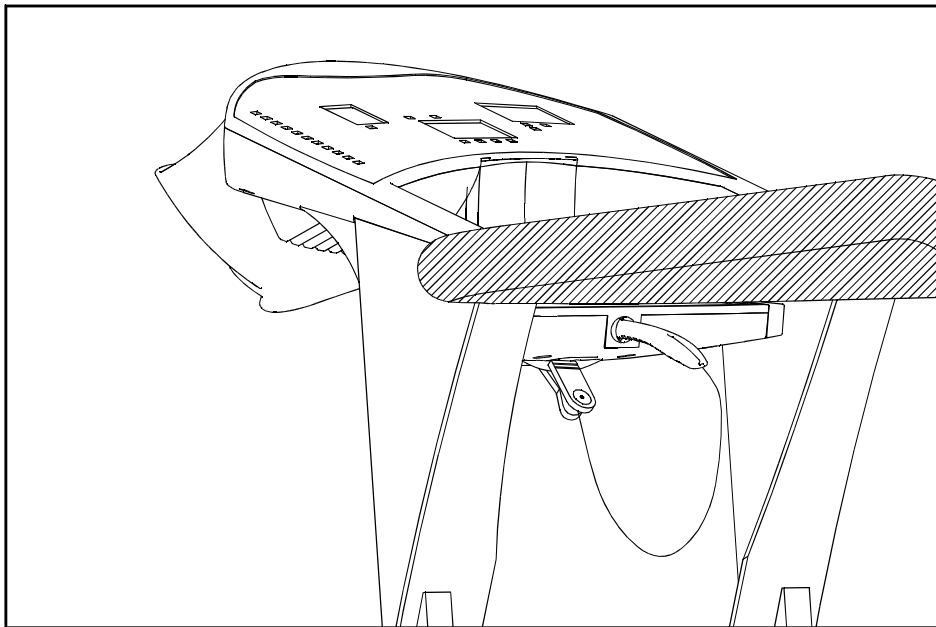
Fig.10

UNDERSTANDING THE ELECTRONICS PACKAGE

CAUTION: DO NOT STAND ON THE BELT WHEN STARTING. Straddle the belt with your feet on the right and left staging platforms.

A. After your turn on the power switch located on the front of the treadmill, the treadmill will not function without the safety key in place on the "SAFETY KEY" position of the electronics package.

B. The display shows $-\ -\ -\ -$, that means to insert the safety key into its position.

C. After you insert the safety key in place, the "User" light flashes, and the display above User shows 01 ~ 04, that is User 1 ~ 4. You may press Speed ▲▼ to start the unit or follow the below steps.

D. Use the ▼ or ▲ keys to select from user 1 through user 4. Once you have made your choice, press "Enter". The user light stops flashing, and the "Weight" light flashes. The display above Weight shows Weight, you can adjust it by pressing ▼ or ▲ keys, and it will change the weight 10LB or 5KG each time. Press "Enter". The electronics package automatically recalls the program that was used last.

MANUAL mode:

A. When the MANUAL LED is lit, you are in the MANUAL mode.

B. Press the SPEED ▼ or ▲ keys, and this will start the motor. The speed range is 0-10 MPH (0-16 KPH). Press speed ▲ key to increase and press ▼ key to decrease the speed.

C. Press the INCLINE ▼ or ▲ keys, and this will raise and lower the treadmill. The INCLINE range is 0-12%.

D. Press the MODE key, and this will scroll you through the different modes on the display window. With each press of the MODE key, the display will alternately show TIME, DIST(DISTANCE), CAL(CALORIES), HR or SCAN.

PROGRAM mode

A. There are a total of five (5) programs in this machine.

B. Press the Scroll key to choose any program, and you are in the program mode.

   The course profile for each PROGRAM is as follows:

2. 0 1 2 1 3 2 0 1 2 0

3. 0 1 4 3 0 1 4 3 0 1

4. 0 2 1 4 6 3 0 6 3 0

5. 0 1 4 3 0 1 4 3

6. 0 3 7 10 0 3 7 10
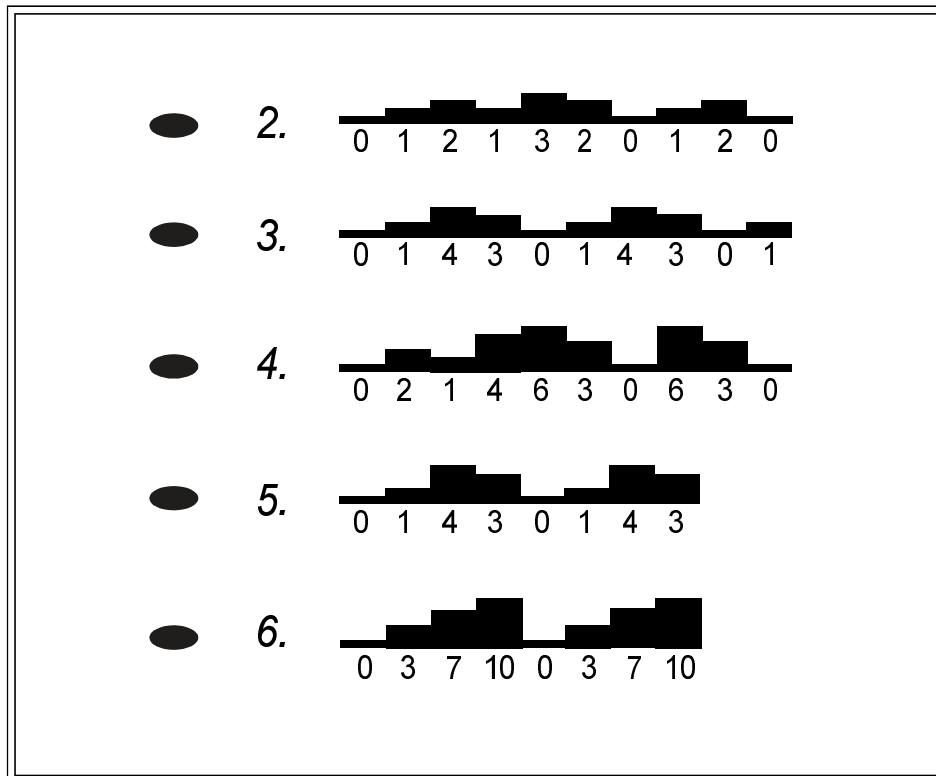
C. When you have chosen the one you want, press the ENTER key. The TIME LED flashes. Use the ▼ or ▲ keys to set TIME, then press ENTER.

Then you start the unit using the speed ▼ or ▲ keys. During these programs, you control the speed, and the unit will automatically switch between elevation percentages, giving you the feeling of running on hills or level ground.

Use the MODE key to switch the smaller center display between TIME, DIS, CAL, HR or SCAN.

When your desired TIME is reached, a beep tone will sound for 10 seconds, after which the machine will begin to count up again.

HR 65% mode / HRC 80% mode (The function is available while the unit is with Polar Receiver.)

A. Press the scroll key to HRC 65% or HRC 80%.

B. Press ENTER, then the AGE LED flashes to remind you to input your age. Press ▼ or ▲ key to input it, while the Target HR is lit, the display shows the target heart rate according to your input age.

C. Input your age, press ENTER. The Target HR is still lit, and the display flashes the target heart rate. Use ▼ or ▲ key to adjust it, but you cannot increase the prescribed limit. Then press ENTER.

D. The TIME LED flashes. Use ▼ or ▲ key to input the time you want to spend in your Target Zone. Then press ENTER.

E. The MAX SPEED flashes. Use speed ▼ or ▲ key to set your desired MAX SPEED, the motor start working. While you input and confirm the MAX SPEED, after 3 seconds, the display shows the current speed automatically.

F. Every 4 seconds, the display switches between Target HR, current HR, and Time. Every 8 seconds, it switches between MAX SPEED and current speed.

KEY FUNCTIONS:

SCROLL: Use the Scroll key to choose the desired course, like Manual, Program, and HRC.

SPEED ▼▲ : Use the speed ▼▲ key to adjust your desired speed. The speed range for the treadmill is from 0-10 mph (0-16 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%-12%.

MODE: 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), HR or SCAN.

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

SAFETY KEY: For safety, one has to insert the safety key in its place to operate the treadmill. If not, the unit won't work.

(HOLD TO RESET)
STOP   :   Press STOP key, this treadmill will come to stop running gradually.

When this treadmill stops running, hold STOP key as a function of RESET, and all data is cleared up accordingly.

ENTER: Use the enter key to confirm your input.

What each of the categories means:

TIME: The range available in TIME mode is 00:00-99:59 minutes. Use the MODE key to select the time mode. When TIME LED is lit in the display, use the ▼ ▲ keys to adjust the desired time.

The electronics package will BEEP for 3 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 LED is lit in the display, use the ▼▲ keys to adjust the desired distance.

Each press of the key changes the distance by 0.05 mile or 0.1 km.

The electronics package will BEEP for 3 seconds when your desired distance is reached, then will start to count up if you workout continues.

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

SCAN: The SCAN will result in the display alternation between Modes readouts every 4 seconds.

HR: This readout gives you the heart rate of your workout.

RUNNING ON THE TREADMILL:

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

1. Turn the power switch ON, and place the safety key on the "SAFETY KEY" position.

2. Straddle the belt with your feet on the right and left staging platforms. Clip the safety key to your exercise clothing at your waistline.

3. Straddle the belt, balancing one hand on the handrail. Press SPEED key to start the treadmill. 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.

4. 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.

5. When you feel comfortable walking, you may wish to jog. Hold the handrail with one hand, using your other hand to increase the speed.

6. Remember to hold the handrail when using the control panel on the electronics package. 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.

7. When you have finished your workout, remove the safety key from the "SAFETY KEY" position. Always remember to cool down after your workout before completely stopping.

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.

<u>Cleaning the treadmill</u>

<u>CAUTION:</u> Turn off unit and disconnect 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

Your treadmill comes with a belt alignment gauge located on the deck. (see Fig.11) The edge of the running belt should be in the middle of the green portion of the gauge. If the belt edge is in the green area, the belt does not need adjusting. If the belt edge is in the red portion, the belt needs adjusting immediately.
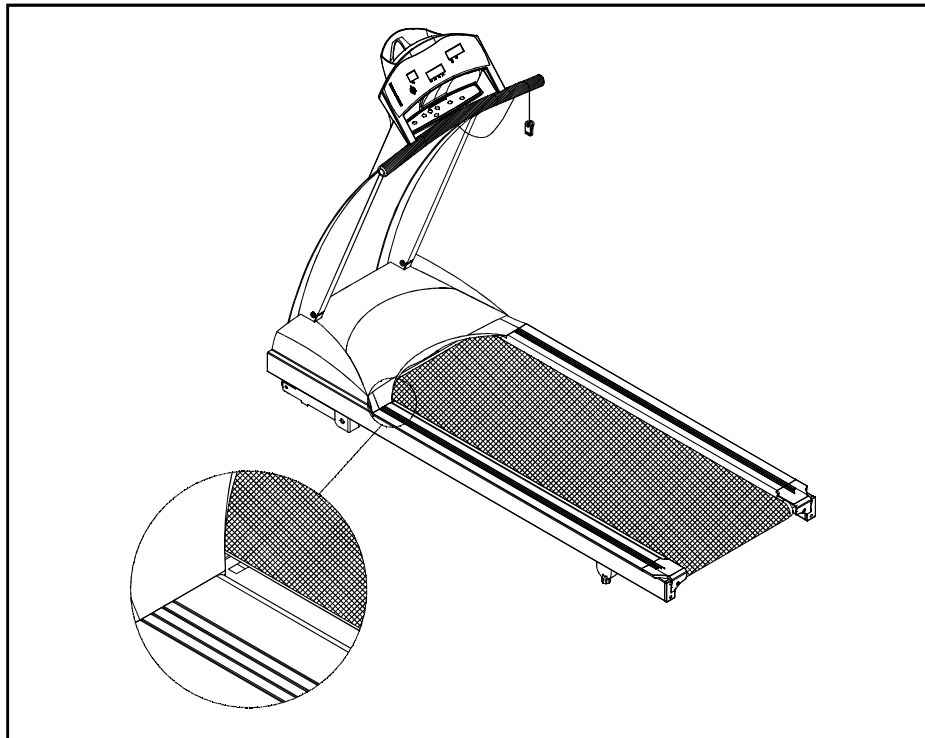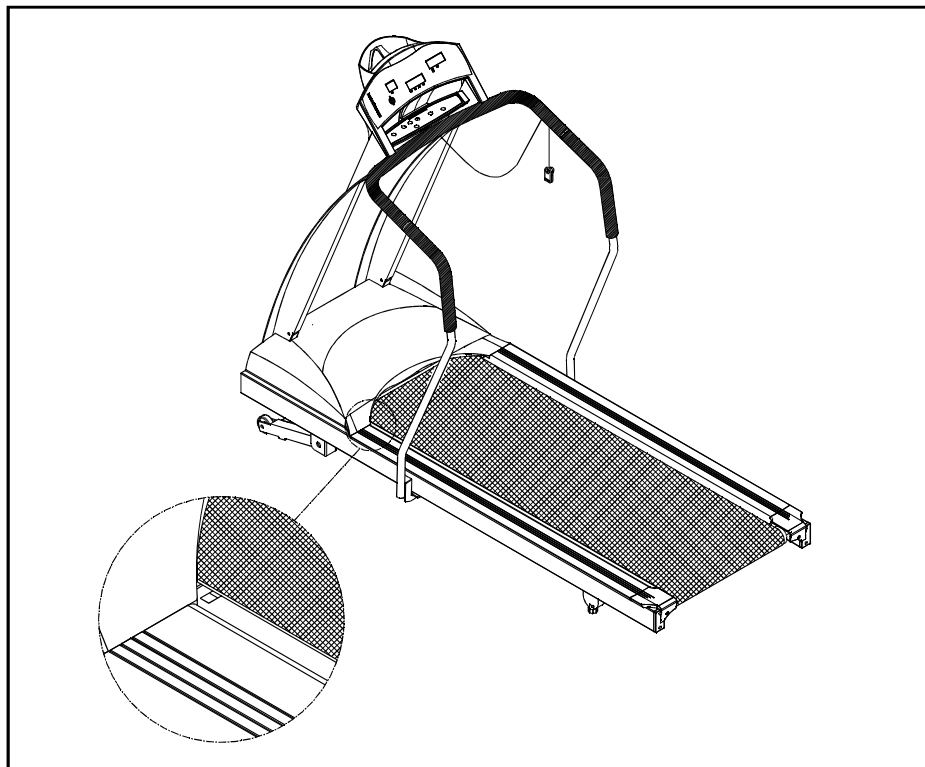
Fig.11

If the unit with handrails

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 the 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:
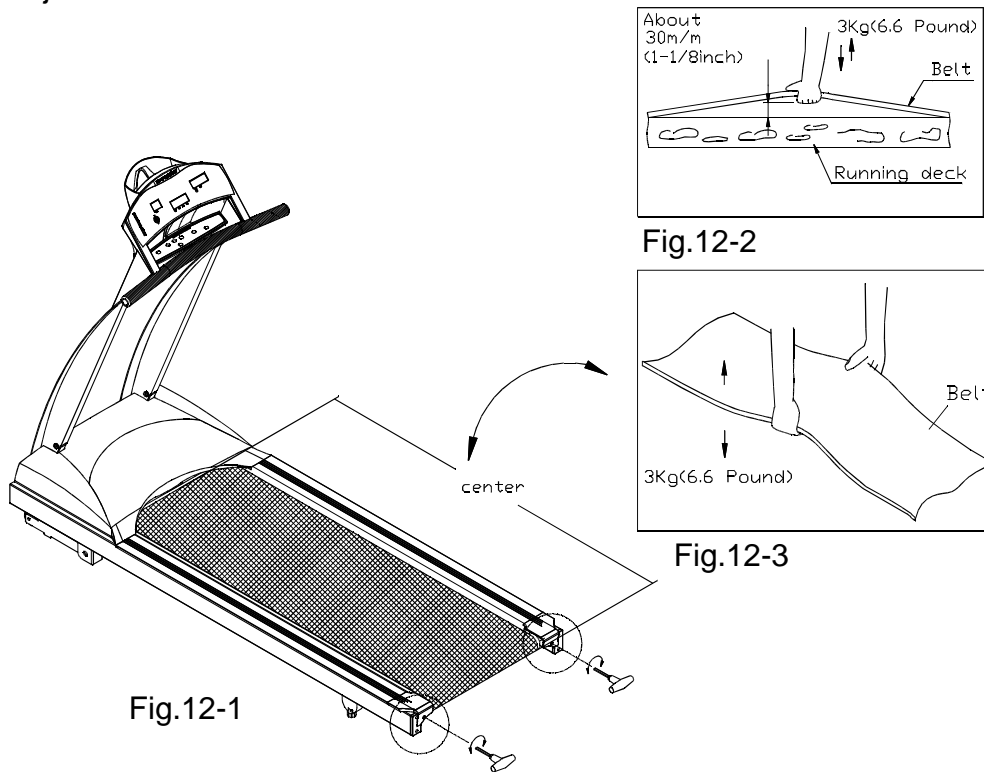
1. Turn on the power switch located on the front of machine. Insert the SAFETY KEY on the its position.

2. Press the SPEED ▲ key to increase the speed until the speed registers 2.0mph / 3.2kph on the digital display.

3. While the unit is running at 2.0mph/3.2kph, determine where the belt is in relation to the belt alignment gauge.

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

5. If the belt is in the left red zone: Turn the left belt adjustment bolt located at the rear of the treadmill clockwise 1/4 turn at a time, using the hex Allen wrench. Then turn the right belt adjustment bolt counterclockwise 1/4 turn. Let the treadmill run 30 seconds, then check the position of the belt in the color gauge. If the belt 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 one time.

   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 one time.
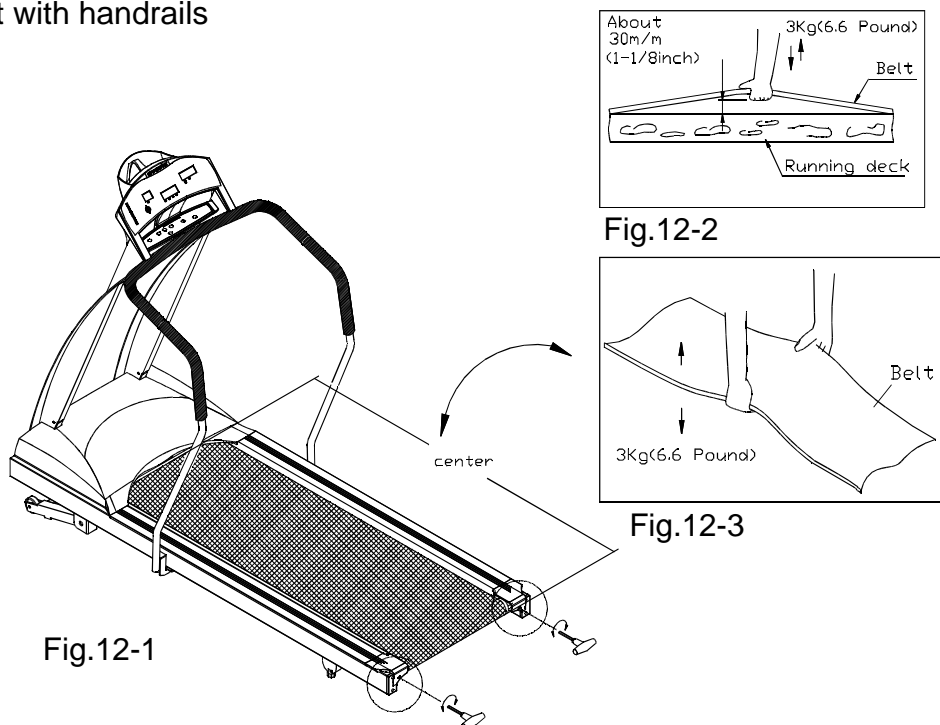
6. Conversely, if the belt is in the right red zone, turn the right belt adjustment nut clockwise 1/4 turn, then turn the left adjustment bolt counterclockwise 1/4 turn. Then let the treadmill run at least 30 seconds, check the position of the belt in the color gauge. If it still has not returned to 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 one time.

7. 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 MPH (9 KPH), and let it run for at least 45 seconds.

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 to check the belt tension, pull the running belt up in the middle (see Fig. 12-1 & 12-2). There should be about 30 m/m (1 1/8") or 3 kgs of "give" in the belt (see Fig. 12-3). If there is too much, adjust both rear roller bolts clockwise 1/2 turn at a time (see Fig. 12-1). Then, check the belt tension again, if more adjusting is required, give both adjusting bolts another slight turn. Do not adjust over 2 full turns.

About 30m/m (1-1/8inch)   3Kg(6.6 Pound)

Belt

Running deck

Fig.12-2

Belt

3Kg(6.6 Pound)

Fig.12-3

center

Fig.12-1

If the unit with handrails

About 30m/m (1-1/8inch)   3Kg(6.6 Pound)

Belt

Running deck

Fig.12-2

Belt

3Kg(6.6 Pound)

Fig.12-3

center

Fig.12-1

Conversely, if there is not enough "give", adjust both rear roller bolts counterclockwise 1/2 turn at a time.

<u>CAUTION:</u> To avoid injury, special care must be taken when adjusting the running belt. Remove any loose clothing or shoelaces and tie back your hair. Be very careful to keep your fingers or any other objects clear of the belt and rollers.

The treadmill is designed to carry specific weights at specific speeds. The treadmill will not stop immediately if an 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:

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

<u>"ERR" messages</u>

Note: If the electronic display shows "E-1, E-3, E-7 or E-10", please turn off the
POWER switch on the front of the machine. Allow the unit to 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.

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

E-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.

E-7 The computer is receiving the signal reflected from VR incorrectly which means
the wires have been disconnected. Make sure the ribbon cable is connected
securely, or contact your dealer for further information.

E-10 The treadmill suddenly speeds up to maximum speed while you are using it
and shuts off. Discontinue use and contact your dealer for further information
immediately.

<u>Blank display</u>

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.

    b. If no words appear in the display, 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

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 THE UNIT AND DISCONNECT AC CORD BEFORE MAKING ANY REPAIRS OR MODIFICATIONS.

The fuse holders 12 amp (100V-120V) / 7 amp (200V-240V) for the electronics package and motor are located on the front of the machine. Please determine your area's standard voltage prior to replacement.

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. (See Fig 13-1 ~ 13-4)
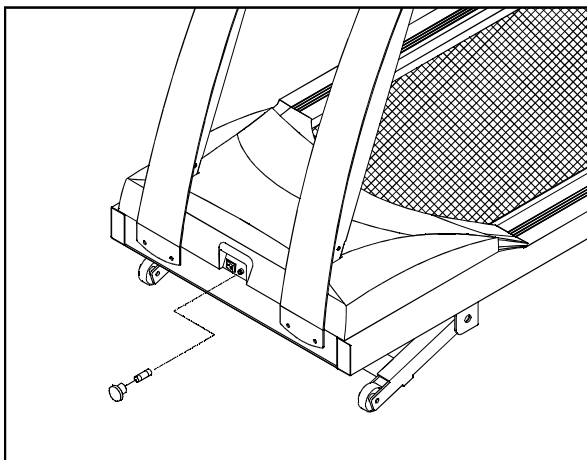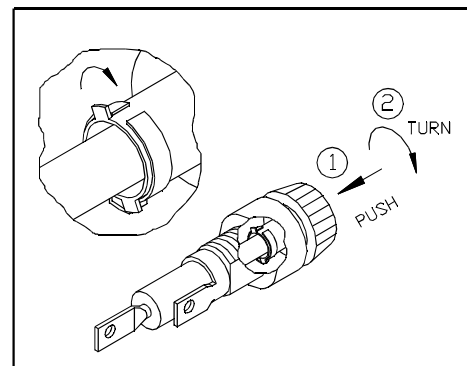
Fig.13-1

Fig.13-2
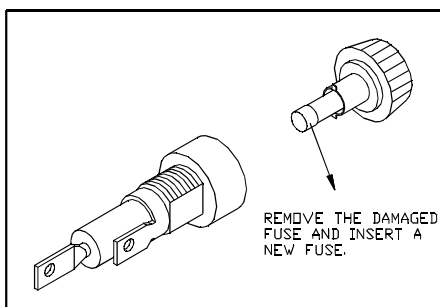
REMOVE THE DAMAGED FUSE AND INSERT A NEW FUSE.
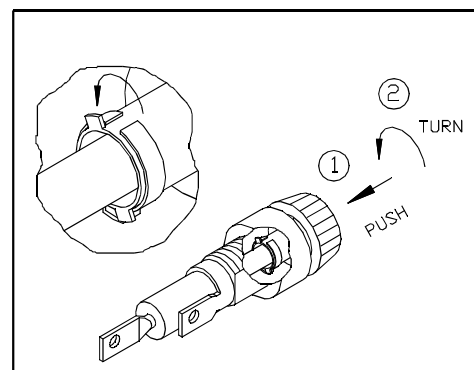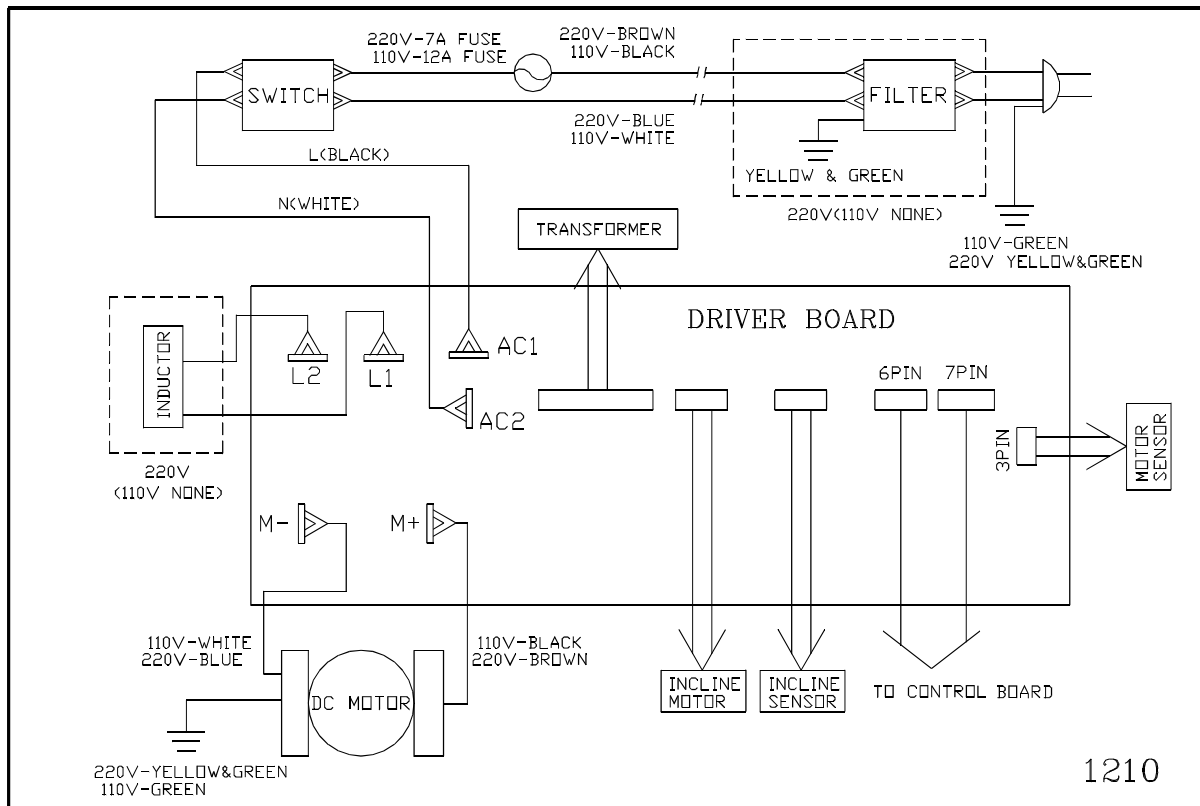
Fig.13-3

Fig.13-4

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

<u>Wiring Schematic:</u>