

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 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 275 LBS. (125 KGS).
- . Make sure the treadmill has come to a complete stop and the incline display shows "0" before folding.
- . 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.

Warning—To reduce the risk of burns, fire, electric shock, or injury to persons:

- . A treadmill should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- . Close supervision is necessary when this treadmill is used by, on, or near children, invalids, or disabled persons.
- . Use this treadmill only for its intended use as described in this manual.
- . Never operate this treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the treadmill to a service center for examination and repair.
- . Do not carry this treadmill by supply cord or use cord as a handle.
- . Keep the cord away from heated surfaces.
- . Never operate the treadmill with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- . Never drop or insert any object into any opening.
- . Do not use outdoors.
- . Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- . To disconnect, turn all controls to the off position, than remove plug from outlet.
- . Connect this treadmill to a properly grounded outlet only.

The treadmill is designed for the 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.

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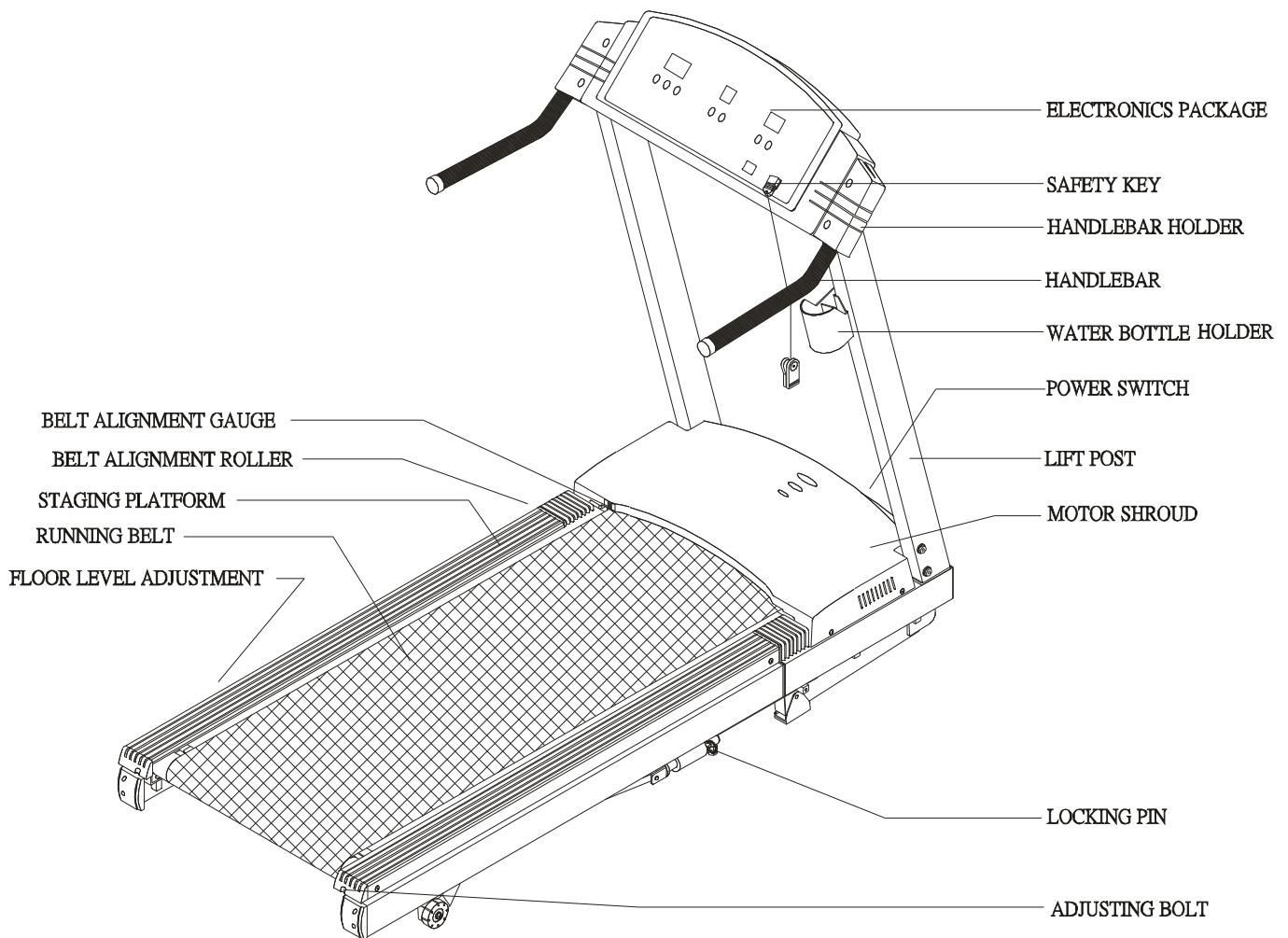
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INTRODUCTION:

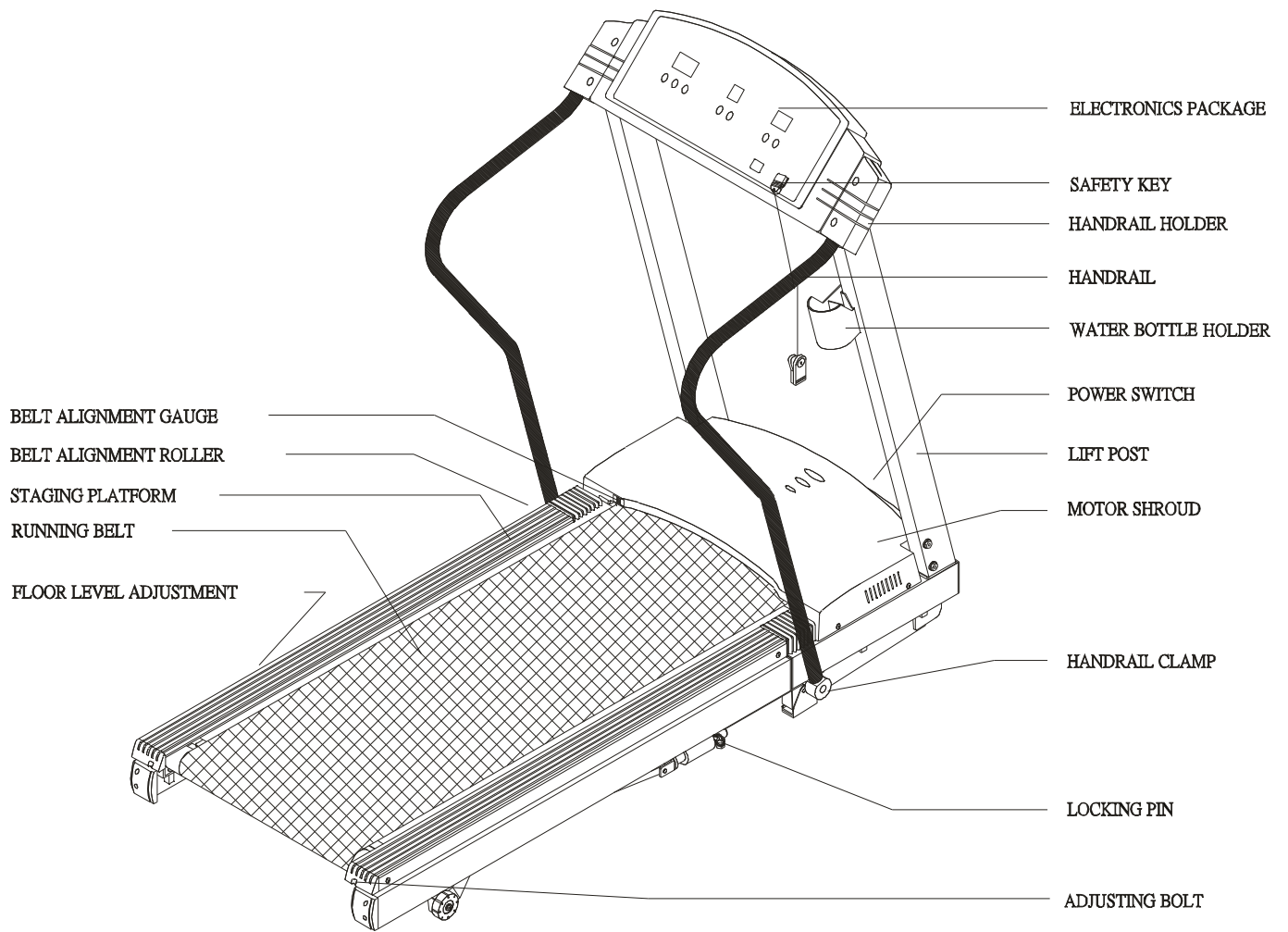
Congratulations on purchasing one of the finest pieces of exercise equipment on the market today. Constructed of high quality materials and designed for years of trouble free usage. We hope this treadmill will be an integral part of your fitness regimen.

Before using your Treadmill, we recommend that you familiarize yourself with this Owner's Manual. Whether you are a first time user of exercise equipment or a seasoned "pro", understanding the correct use of the equipment will enhance your ability to achieve your exercise goals safely and successfully. Below is the drawing of this treadmill.

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ASSEMBLING YOUR TREADMILL:

Installation Requirements

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

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

List of parts

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

1. Eight 5/16" x 3/4" bolts-lift post
2. Eight 5/16" nylon washers-lift post
3. Eight 5/16" washers-lift post
4. Four 1/4" x 1 1/4 " bolts-handrail / handlebar holder
- 4A. Two 5/16" bolts-handrail clamp (for 1250L only)
5. Two 1/4" x 1/2 " screws-water bottle holder
6. One water bottle holder
7. One safety key
8. One hex Allen wrench
9. One hex Allen wrench with handle
10. One combination wrench
11. Three fuses
 - a. 12A (100V/120V use) or 7A (200V/240V use) - Electronics and Motor
 - b. 1A (100V/120V use) or 0.5A (200V/240V use) - Incline system
 - c. 0.5A - Drive board

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. Fold the treadmill. Then discard the 4 blocks after removing them from both sides (see Fig.1).

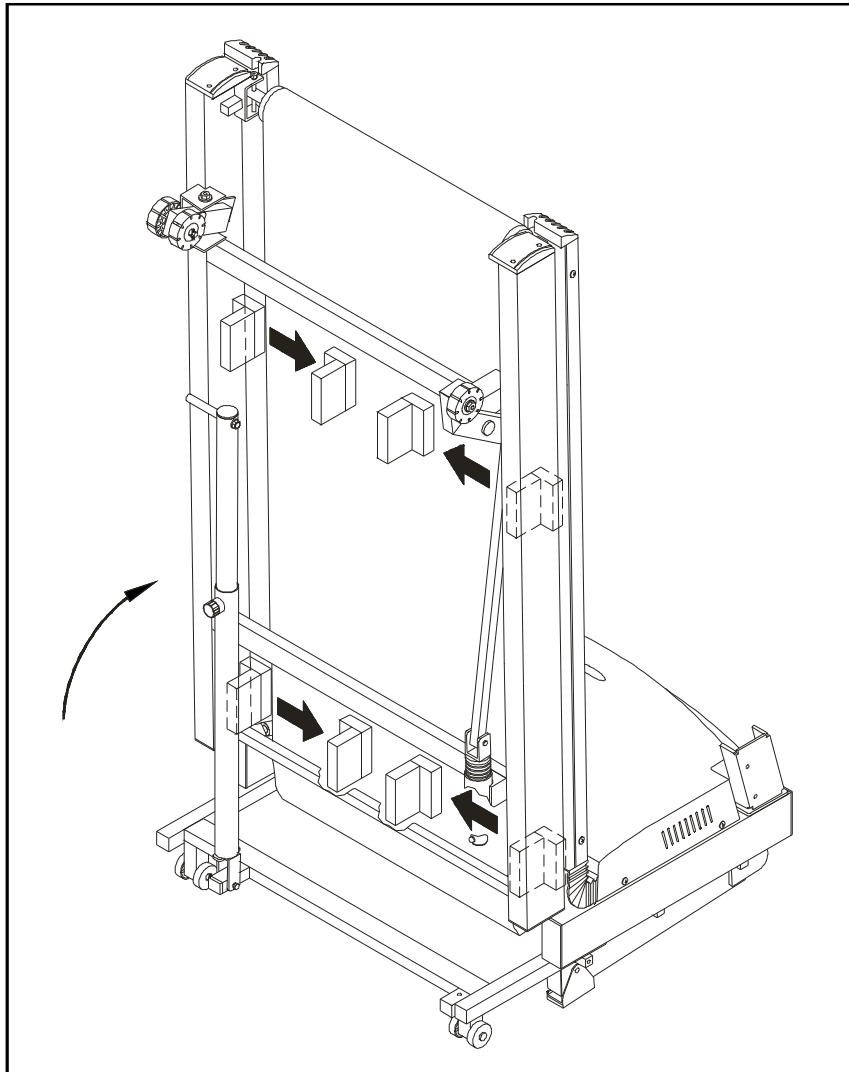
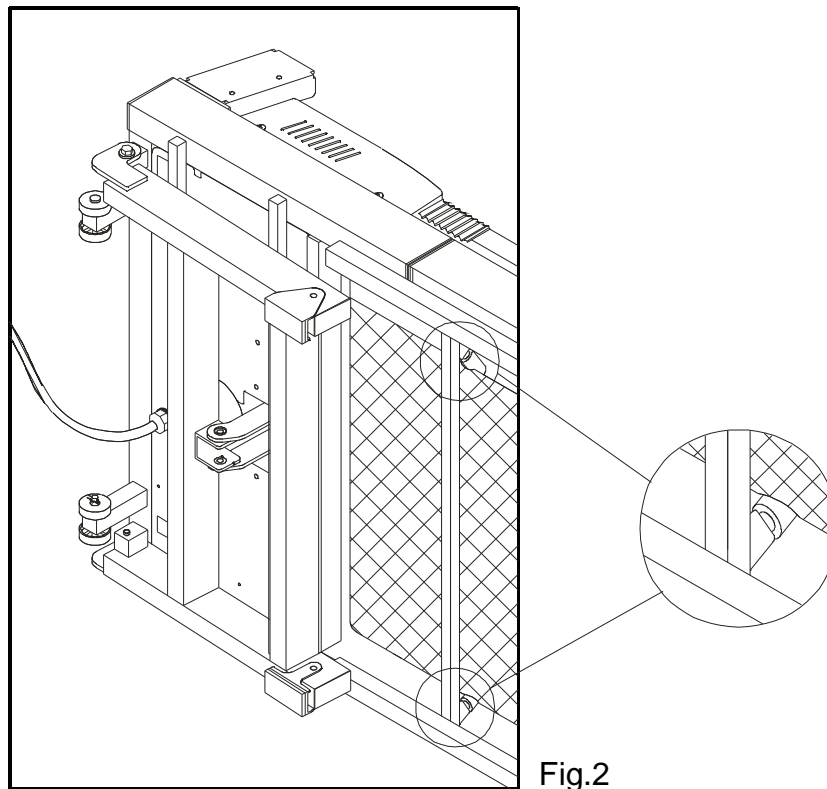


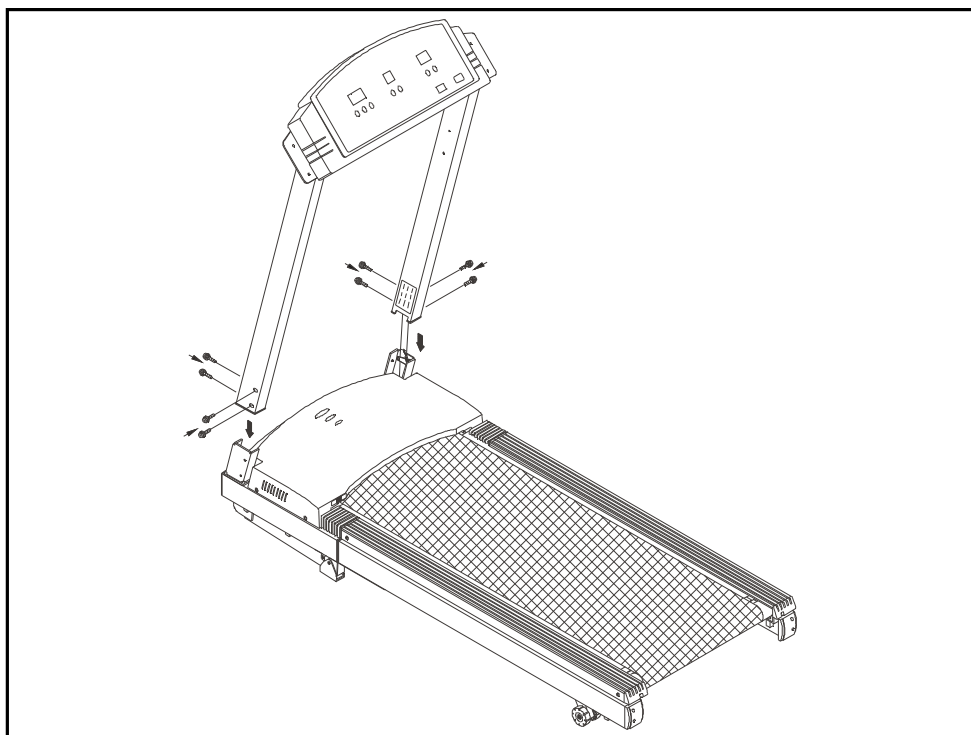
Fig.1

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

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



4. Then, place the treadmill on a level, flat surface.
5. Insert the two front posts into their respective sockets and secure with four bolts and washers provided on each side (see Fig. 3).



6. Attach the handlebars or the end of the handrails to their holders, do not tighten the bolts yet (see Fig. 4).

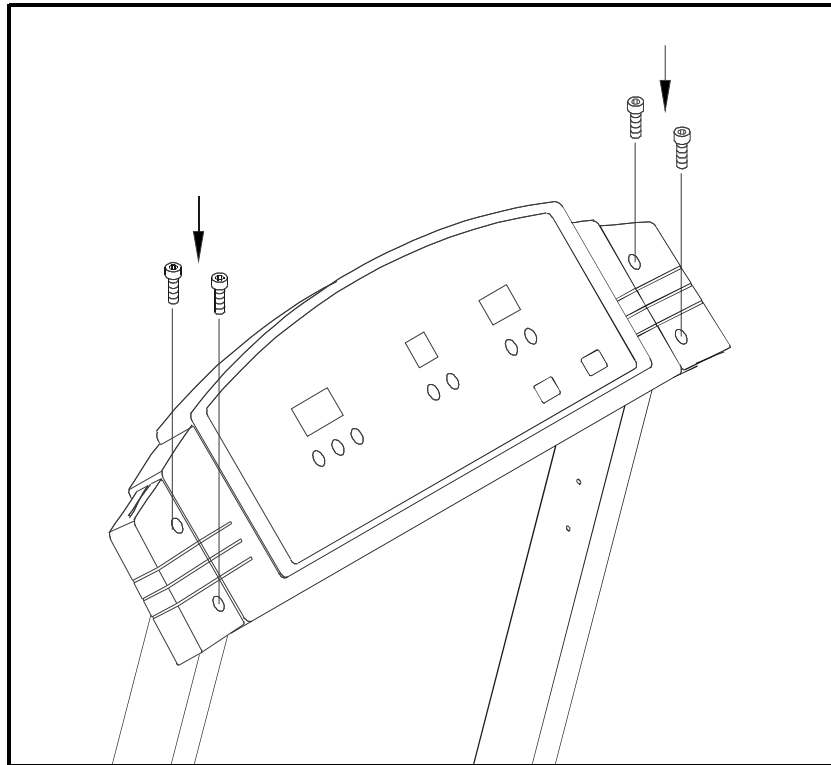


Fig.4

7. Making sure that the notches in the handlebars or handrails fit into the holder channel (see Fig. 5).

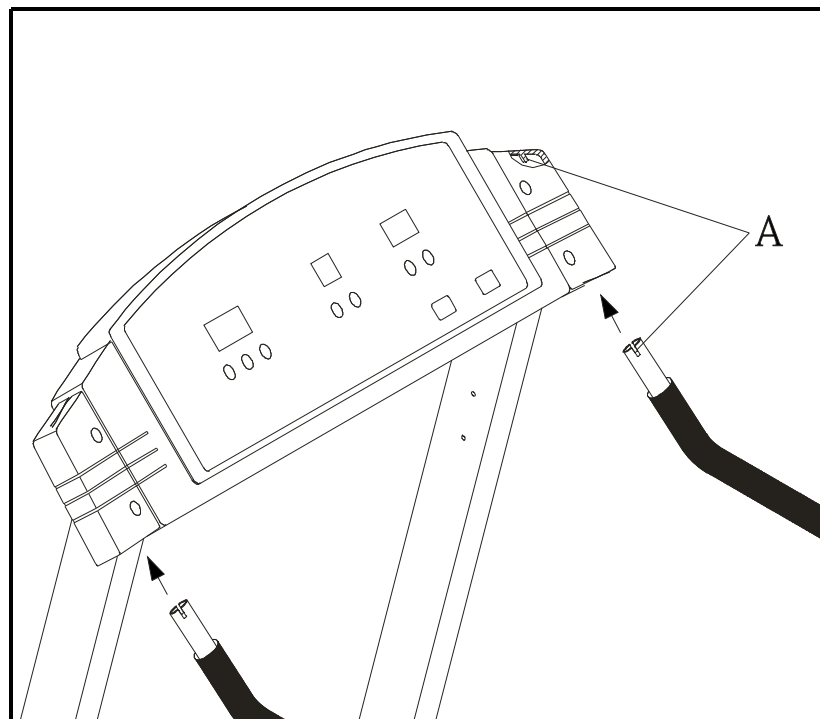


Fig.5

8. Then, secure with screws provided (see Fig. 6).

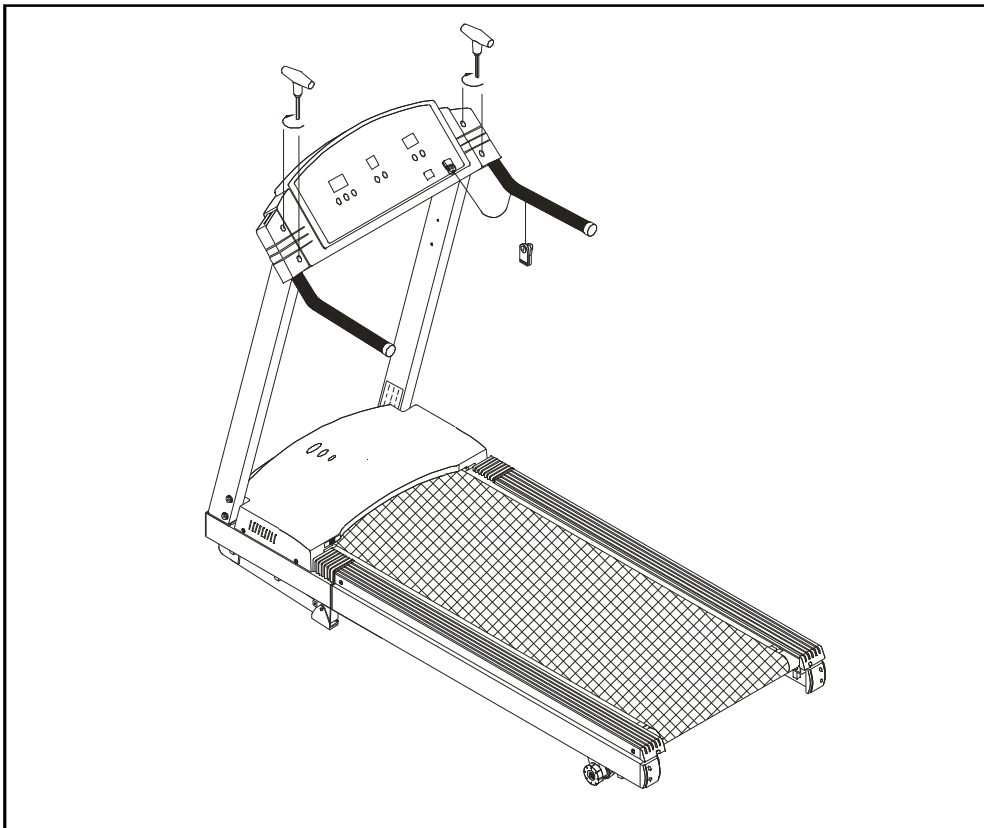


Fig.6

9. If the unit with handrails, attach the bottom of the handrails with handrail clamps to the treadmill frame secure with one bolt on each side (see Fig. 7). Then, tighten the upper handrails bolts securely.

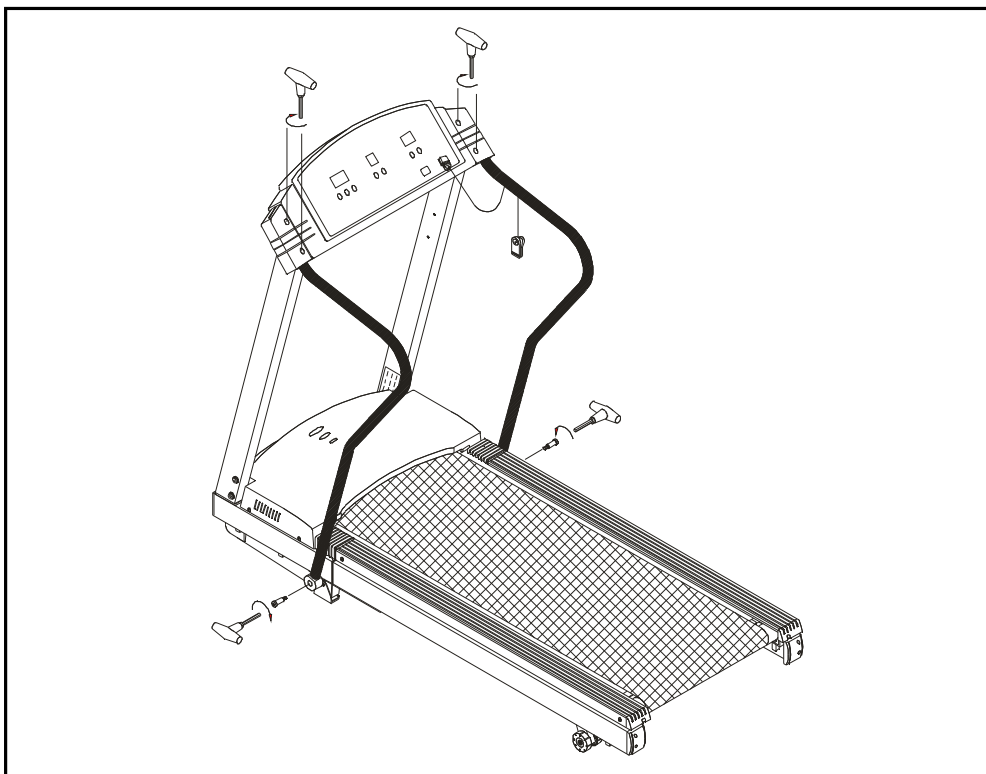
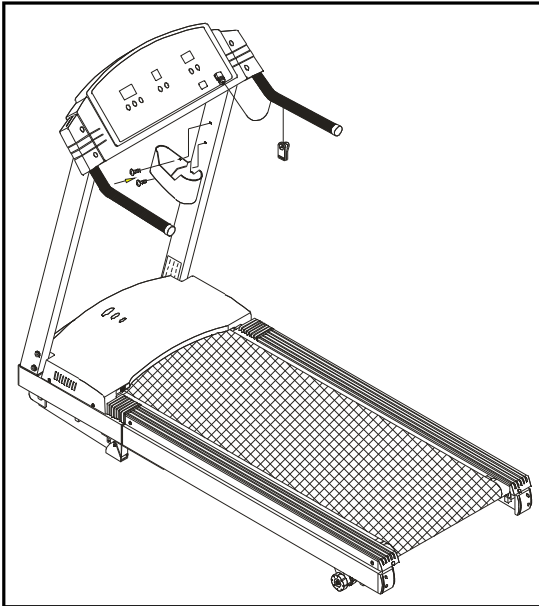


Fig.7

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

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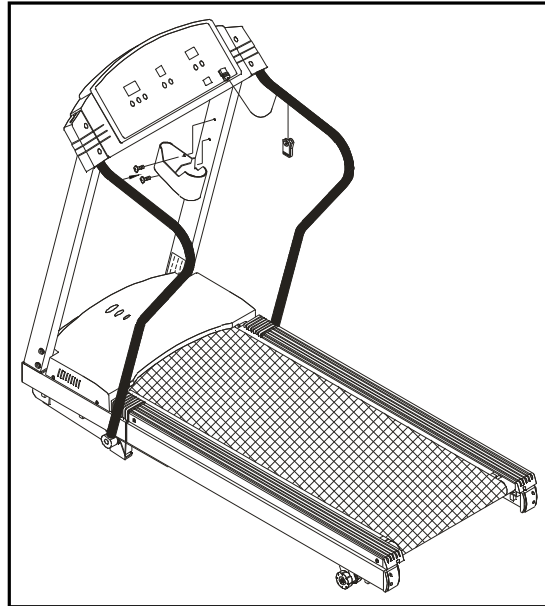
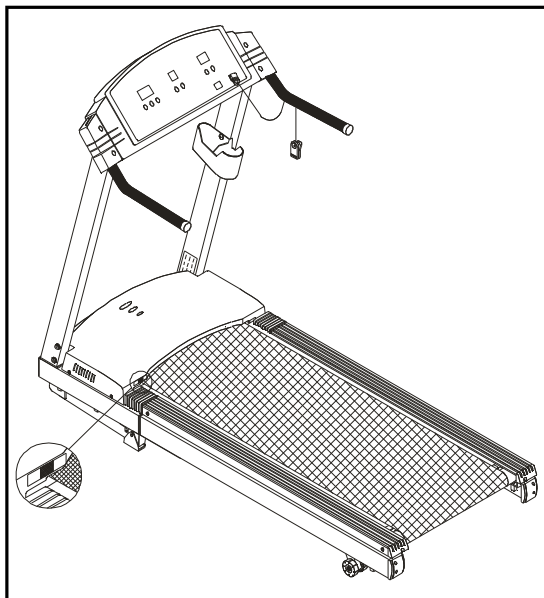


Fig.8

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 treadmill" section "Adjusting the running belt" for further information.(see Fig. 9).

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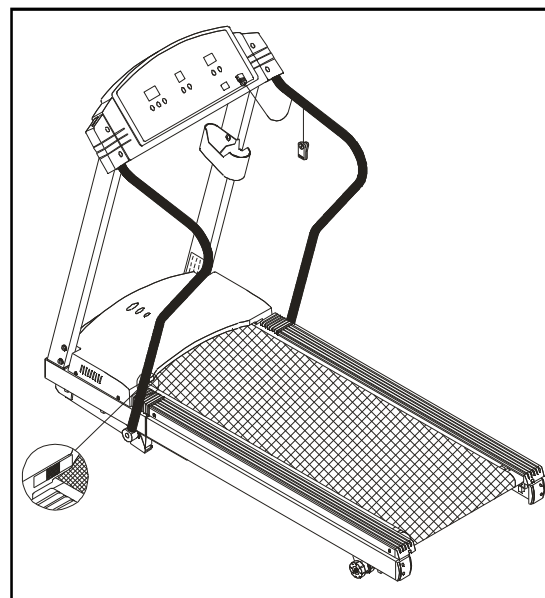


Fig.9

NOTE: 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. Please refer to the "OPERATING INSTRUCTION" section "Safety key" for further information.

Floor level adjustment

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

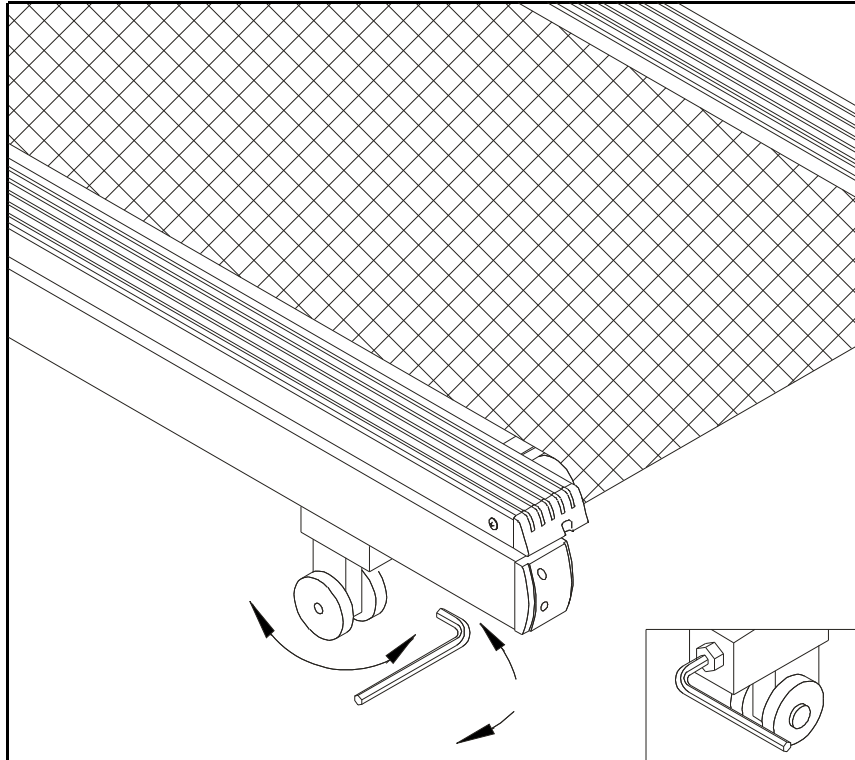


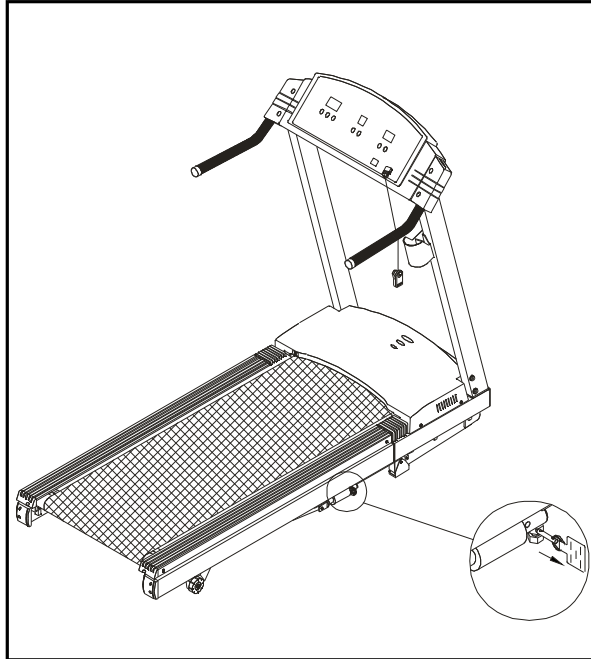
Fig.10

Your treadmill is assembled and ready to use.

Folding the treadmill

1. Discard the pin before folding the treadmill (see Fig. 11).

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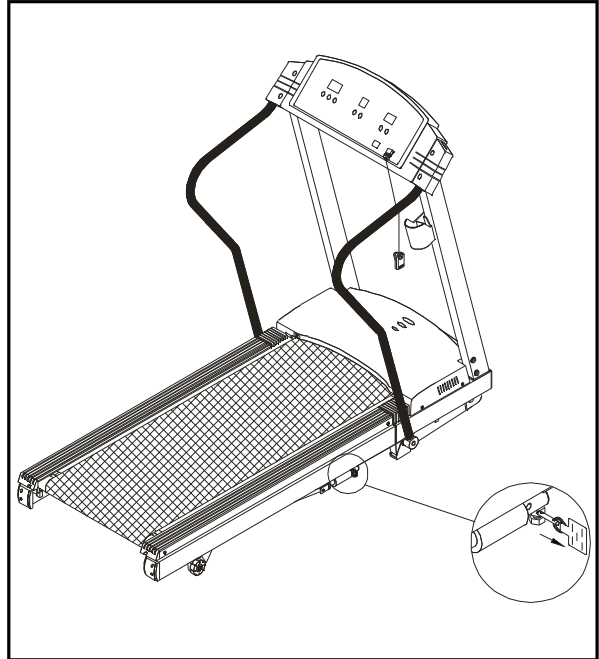
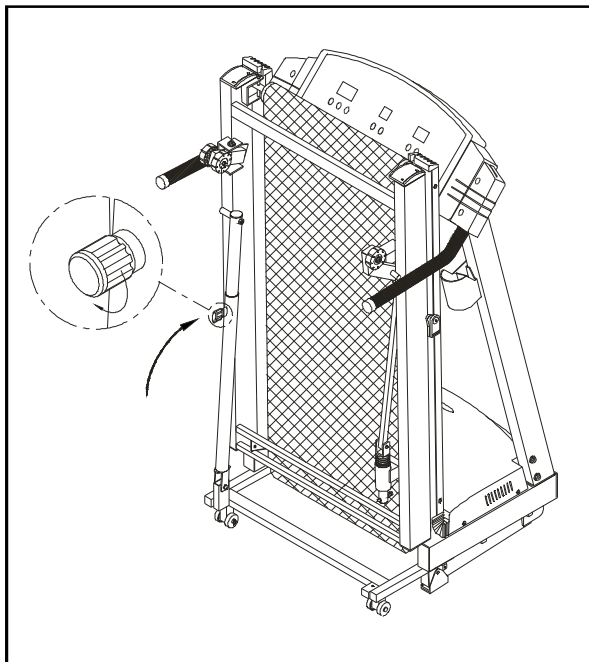


Fig.11

2. Lift the end of the treadmill bed to fold into its upright position, locate the locking nut below the running deck, turning the knob clockwise to secure (see Fig. 12).

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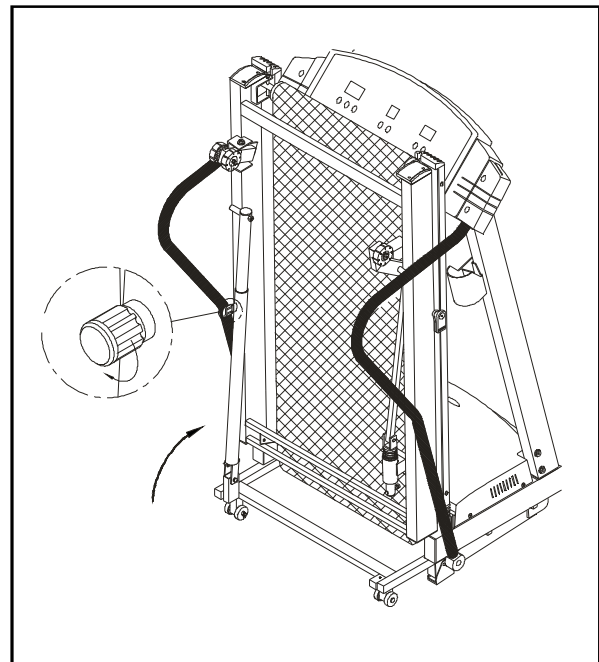


Fig.12

Note: Make sure the incline percentage is 0% before you fold the treadmill.