



TREADMILL GUIDE



Read this TREADMILL GUIDE before using the OWNER'S MANUAL.

PRE-WAXED

IMPORTANT PRECAUTIONS



SAVE THESE INSTRUCTIONS

Read this TREADMILL GUIDE before using the OWNER'S MANUAL. When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions. If you have any questions after reading this guide, contact your local dealer for more information.

This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.



IMPORTANT

This treadmill has a pre-waxed belt and should never be lubricated or waxed. Lubricating or waxing the belt can cause damage that is not covered by the warranty.



DANGER

TO REDUCE THE RISK OF ELECTRICAL SHOCK:

Always unplug the treadmill from the electrical outlet immediately after using and before cleaning, performing maintenance and putting on or taking off parts.

WARNING

TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- Never use the treadmill before securing the safety tether clip to your clothing.
- If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- When exercising, always maintain a comfortable pace.
- Do not wear clothes that might catch on any part of the treadmill.
- Always wear athletic shoes while using this equipment.
- Do not jump on the treadmill.
- At no time should more than one person be on treadmill while in operation.
- This treadmill should not be used by persons weighing more than specified in the OWNER'S MANUAL WARRANTY SECTION. Failure to comply will void the warranty.
- When lowering the treadmill deck, wait until rear feet are firmly on the floor before stepping on the deck.
- Disconnect all power before servicing or moving the equipment. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- The treadmill should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock or injury to persons.
- Connect this exercise product to a properly grounded outlet only.

WARNING

TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- At NO time should children under the age of 13 or pets be within 310 cm (10 feet) of the treadmill.
- At NO time should children under the age of 13 use the treadmill.
- Children over the age of 13 or disabled persons should not use the treadmill without adult supervision.
- Use the treadmill only for its intended use as described in the TREADMILL GUIDE and OWNER'S MANUAL.
- Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- Never operate the treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged or if it has been immersed in water.
- Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
- Never operate the treadmill with the air opening blocked. Keep the air opening clean, free of lint, hair and the like.
- To prevent electrical shock, never drop or insert any object into any opening.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Do not use treadmill in any location that is not temperature controlled, such as but not limited to garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply may void the warranty.
- This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
- Do not remove the console covers unless instructed by your local dealer. Service should only be done by an authorized service technician.
- Disconnect the safety key to prevent uncontrolled usage of third parties.
- The equipment shall be installed on a stable base.
- Centering the running belt regularly with instruction given.
- While exercising, run within the logo printed on belt to prevent possible injury.

It is essential that your treadmill is used only indoors, in a climate-controlled room. If your treadmill has been exposed to colder temperatures or high-moisture climates, it is strongly recommended that the treadmill is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.



GROUNDING INSTRUCTIONS

This product must be grounded. If a treadmill should malfunction or break down, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.

DANGER

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

This product must be used on a dedicated circuit. To determine if you are on a dedicated circuit, shut off the power to that circuit and observe if any other devices lose power. If so, move devices to a different circuit. Note: There are usually multiple outlets on one circuit. This treadmill should be used with a minimum 15-amp circuit.

WARNING

Connect this exercise product to a properly grounded outlet only. Never operate the treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged or if it has been immersed in water. Contact your local dealer for replacement or repair.

BASIC OPERATION

CONGRATULATIONS ON CHOOSING YOUR TREADMILL!

You've taken an important step in developing and sustaining an exercise program! Your treadmill is a tremendously effective tool for achieving your personal fitness goals. Regular use of your treadmill can improve the quality of your life in so many ways.

Here are just a few of the health benefits of exercise:

- Weight Loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels

The key to reaping these benefits is to develop an exercise habit. Your new treadmill will help you eliminate obstacles that prevent you from exercising. Inclement weather and darkness won't interfere with your workout when you use your treadmill in the comfort of your home. This guide provides you with basic information for using and enjoying your new machine.

LOCATION OF THE TREADMILL

Place the treadmill on a level surface. We would advise there should be 214 cm (7 feet) of clearance behind the treadmill, 92 cm (3 feet or same width as your treadmill) on each side and one foot in front for folding and the power cord. Do not place the treadmill in any area that will block any vent or air openings. The treadmill should not be located in a garage, covered patio, near water or outdoors.

CAUTION - RISK OF INJURY TO PERSONS

While you are preparing to use the treadmill, do not stand on the belt. Place your feet on the side rails before starting the treadmill. Start walking on the belt only after the belt has begun to move. Never start the treadmill at a fast running speed and attempt to jump on!

USING THE SAFETY KEY

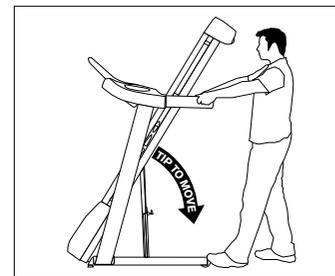
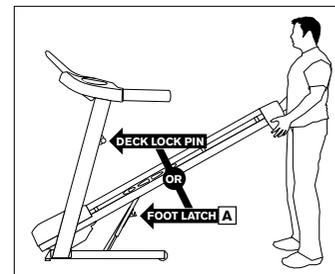
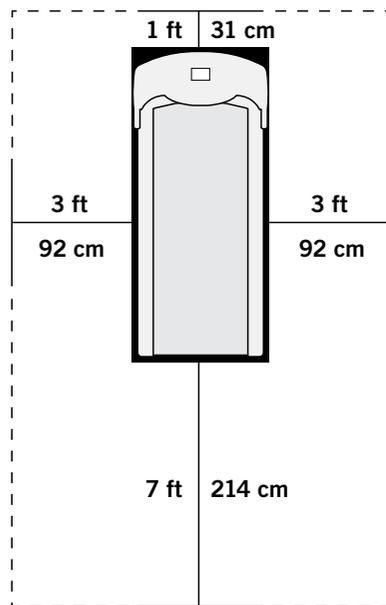
Your treadmill will not start unless the safety key is placed in position. Attach the clip end securely to your clothing. This safety key is designed to cut the power to the treadmill if you should fall. Check the operation of the safety key every 2 weeks.

WARNING

Never use the treadmill without securing the safety key clip to your clothing.
Pull on the safety key clip first to make sure it will not come off your clothing.

PROPER USAGE

Your treadmill is capable of reaching high speeds. Always start off using a slower speed and adjust the speed in small increments to reach a higher speed level. Never leave the treadmill unattended while it is running. When not in use, remove the safety key, turn the ON/OFF switch to off and unplug the power cord. Make sure to follow the MAINTENANCE schedule in this guide to maintain optimal performance and prevent premature electronic failure. Keep your body and head facing forward. Do not attempt to turn around or look backwards while the treadmill is running. Stop your workout immediately if you feel pain, faint, dizzy or are short of breath.



WARNING

Our treadmills are heavy; use care and additional help if necessary when moving. Make sure the treadmill comes to complete stop before folding. Do not operate the treadmill when it is folded. Do not attempt to move or transport treadmill unless it is in the upright, folded position with the lock latch secured. Failure to follow these instructions could result in injury.

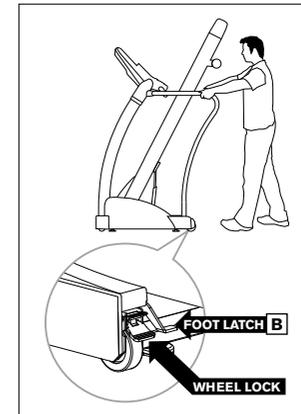
FOLDING THE TREADMILL

Firmly grasp the back end of the treadmill. Carefully lift the end of the treadmill deck into the upright position until the foot lock latch or deck lock pin engages and securely locks the deck into position. Make sure the deck is securely latched before letting go. To unfold, firmly grasp the back end of the treadmill. Gently press down on the foot lock latch (A or B) with your foot until the lock latch disengages or pull the deck lock pin to release the deck. Carefully lower the deck to the ground.

MOVING THE TREADMILL

Your treadmill has 2 transport wheels built into the frame. To move, make sure the treadmill is folded and securely latched. Then firmly grasp the handlebars, tilt the treadmill back and roll.

Some treadmills have 4 transport wheels and 2 wheel locks that must be released before moving. To unlock wheels, push down on the top lever of the rear wheel locks located on the rear corners of the base frame. Then firmly grasp the handlebars, and slowly move the treadmill. After moving to the desired location, push down on the bottom lever of the rear wheel locks to lock the rear wheels. NOTE: Both rear wheel locks must be locked before using the treadmill.



LEVELING THE TREADMILL

Your treadmill should be level for optimum use. Once you have placed your treadmill where you intend to use it, raise or lower one or both of the adjustable levelers located on the bottom of the treadmill frame*. A carpenter's level is recommended. If your treadmill is not level, the running belt may not track properly. Once you have leveled your treadmill, lock the levelers in place by tightening the nuts against the frame. *NOTE: Some treadmills do not have levelers.



ADJUST HEIGHT



LOCK ADJUSTMENT

USING THE HEART RATE FUNCTION

Your treadmill could be equipped with either heart rate pulse grips or a thumb pulse sensor. To find out what your model has, refer to the beginning of the ASSEMBLY section of your OWNER'S MANUAL.

The heart rate function on this product is not a medical device. Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint, stop exercise immediately. While heart rate grips or a thumb pulse sensor can provide a relative estimation of your actual heart rate, they should not be relied on when accurate readings are necessary. Some people, including those in a cardiac rehab program, may benefit from using an alternate heart rate monitoring system like a chest or wrist strap. Various factors, including movement of the user, may affect the accuracy of your heart rate reading. The heart rate reading is intended only as an exercise aid in determining heart rate trends in general. Please consult your physician.

PULSE GRIPS

Place the palm of your hands directly on the grip pulse handlebars. Both hands must grip the bars for your heart rate to register. It takes 5 consecutive heart beats (15-20 seconds) for your heart rate to register. When gripping the pulse handlebars, do not grip tightly. Holding the grips tightly may elevate your blood pressure. Keep a loose, cupping hold. You may experience an erratic readout if consistently holding the grip pulse handlebars. Make sure to clean the pulse sensors to ensure proper contact can be maintained.

THUMB PULSE

Place and hold your thumb LIGHTLY over the thumb sensor. The sensor may not work properly if you press too hard. The sensor window should be completely covered by your finger. Wait for a few seconds, and your heart rate will show in the heart rate window. The thumb sensor can also read a pulse from your index finger.

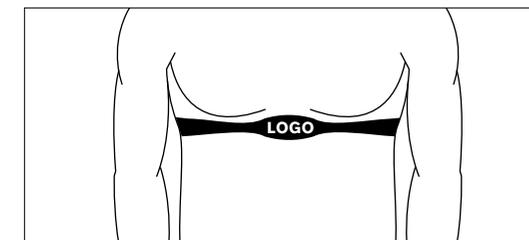
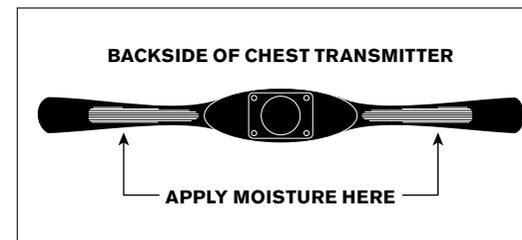
CAUTION

Always stand still on side rails when measuring your heart rate. Checking your heart rate while in motion will cause inaccurate readings. Do not press excessively hard on the sensor as this may cause damage.

WIRELESS HEART RATE RECEIVER

Some treadmills also include a built-in wireless heart rate receiver. When used in conjunction with a **wireless chest transmitter**, your heart rate can be transmitted wirelessly to the treadmill and displayed on the console. Your treadmill may or may not include a wireless chest transmitter (see the beginning of the ASSEMBLY section of your OWNER'S MANUAL).

Prior to wearing the wireless chest transmitter on your chest, moisten the two rubber electrodes with water. Center the chest strap just below the breast or pectoral muscles, directly over your sternum, with the logo facing out. NOTE: The chest strap must be tight and properly placed to receive an accurate and consistent readout. If the chest strap is too loose, or positioned improperly, you may receive an erratic or inconsistent heart rate readout.





MAINTENANCE

Preventative maintenance is the key to smooth operating equipment, as well as keeping the users' liability to a minimum. Equipment needs to be inspected at regular intervals. Defective components must be replaced immediately. Improperly working equipment must be kept out of use until it is repaired. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so.



IMPORTANT

This treadmill has a pre-waxed belt and should never be lubricated or waxed. Lubricating or waxing the belt can cause damage that is not covered by the warranty.

AFTER EACH USE (DAILY)

Clean and inspect, following these steps:

- Turn off the treadmill with the ON/OFF switch, then unplug the power cord at the wall outlet.
- Wipe down the running belt, deck, motor cover and console casing with a damp cloth. Never use solvents, as they can cause damage to the treadmill.
- Inspect the power cord. If the power cord is damaged, please reference contact information for assistance.
- Make sure the power cord is not underneath the treadmill or in any other area where it can become pinched or cut during storage or use.
- Check the tension and alignment of the running belt. Make sure that the treadmill belt will not damage any other components on the treadmill by being misaligned.
- If any labels are damaged or illegible, please reference contact information for assistance.

EVERY WEEK

Clean underneath the treadmill, following these steps:

- Turn off the treadmill with the ON/OFF switch, then unplug the power cord at the wall outlet.
- Fold the treadmill into the upright position, making sure that the lock latch is secure.
- Move the treadmill to a remote location.
- Wipe or vacuum any dust particles or other objects that may have accumulated underneath the treadmill.
- Return the treadmill to its previous position.

EVERY MONTH - IMPORTANT!

- Turn off the treadmill with the ON/OFF switch, then unplug the power cord at the wall outlet. Wait 60 seconds.
- Inspect all assembly bolts of the machine for proper tightness.
- Remove the motor cover. Wait until ALL display screens turn off.
- Clean the motor and lower board area to eliminate any lint or dust particles that may have accumulated. Failure to do so may result in premature failure of key electrical components.
- Wipe down the belt with a damp cloth. Vacuum any black/white particles that may accumulate around the unit. These particles may accumulate from normal treadmill use.
- If your treadmill has air shocks under the deck for lift assistance, lubricate the silver air shock tube with Teflon-based spray found at your local hardware or bike store.

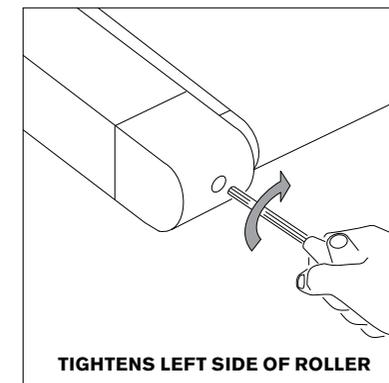
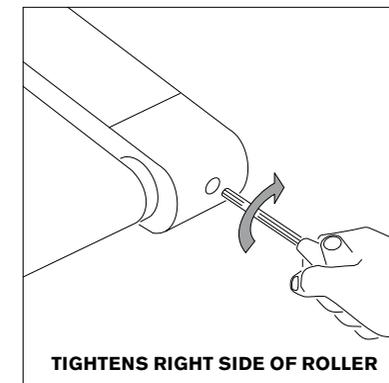
TENSIONING THE RUNNING BELT

For more information and/or how-to videos, visit our Customer Support section on our website.

CAUTION

Running belt should NOT be moving during tensioning. Over-tightening the running belt can cause excessive wear on the treadmill as well as its components. Never over-tighten the belt.

If you can feel a slipping sensation when running on the treadmill, the running belt must be tightened. In most cases, the belt has stretched from use, causing the belt to slip. This is a normal and common adjustment. To eliminate this slipping, **turn the treadmill off** and tension **both the rear roller bolts** using the supplied Allen wrench, turning them 1/4 turn to the right (clockwise) as shown. Turn the treadmill on and check for slipping. Repeat if necessary, but **never turn** the roller bolts more than 1/4 turn at a time. Belt is properly tensioned when the slipping sensation is gone.



CENTERING THE RUNNING BELT

For more information and/or how-to videos, visit our Customer Support section on our website.

CAUTION

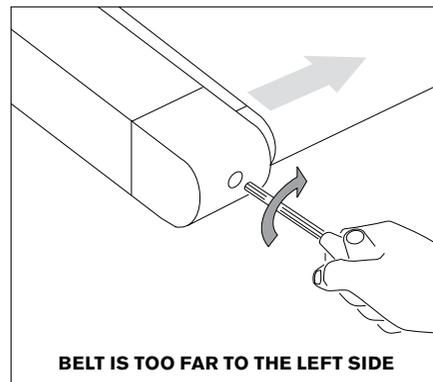
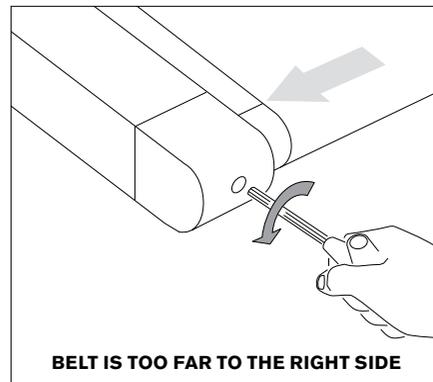
Do not run belt faster than 4 km/h / 3 mph while centering. Keep fingers, hair and clothing away from belt at all times.

If the running belt is too far to the right side: Using the supplied Allen wrench and with the treadmill running at 4 km/h / 3 mph turn the **LEFT** adjustment bolt counter-clockwise a 1/4 turn and wait for the belt to adjust itself. Repeat if necessary, until the belt remains centered during use.

If the running belt is too far to the left side: Using the supplied Allen wrench and with the treadmill running at 4 km/h / 3 mph turn the **LEFT** adjustment bolt clockwise a 1/4 turn and wait for the belt to adjust itself. Repeat if necessary, until the belt remains centered during use.

- If you find the belt is slipping because it is too loose, center it then tension as needed.
- For easier adjustment bolt access, remove the end caps.

NOTE: Please refer to the logo printed at side of running belt and the marking on the motor cover to help you centering the belt.



TROUBLESHOOTING



COMMON PRODUCT QUESTIONS

ARE THE SOUNDS MY TREADMILL MAKES NORMAL?

All treadmills make a certain type of thumping noise due to the belt riding over the rollers, especially new treadmills. This noise will diminish over time, although it may not totally go away. Over time, the belt will stretch, causing the belt to ride smoother over the rollers.

WHY IS THE TREADMILL I PURCHASED LOUDER THAN THE ONE AT THE STORE?

All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. Also, there will be less reverberation on a carpeted concrete floor than on a wood overlay floor. Sometimes a heavy rubber mat will help reduce reverberation through the floor. If a fitness product is placed close to a wall, there will be more reflected noise.

WHEN SHOULD I BE WORRIED ABOUT A NOISE?

As long as the sounds your treadmill makes are no louder than a normal conversational tone of voice, it is considered normal noise.

NOTE: Following instructions might vary according to the model you buy. Please contact your local dealer for further information.

BASIC TROUBLESHOOTING

PROBLEM: The console does not light up.

SOLUTION: Verify the following:

Does the red light on the ON/OFF switch light up?

NOTE: Some treadmill models do not have a switch that lights up. If this is the case, please proceed with the yes and no solutions below.

If yes:

- Turn the power off, unplug the power cable and wait 60 seconds. Remove motor cover. Wait until all red LED lights have gone off on the motor control board before proceeding. Next verify that none of the wires connecting to the lower board are loose or disconnected.
- Double-check that all connections are secure, especially the console cable. Unplug and reconnect the console cable to verify.
- Make sure the console cable is not pinched or damaged in any way.
- Plug the treadmill in, turn the power switch on and look for any lit LEDs on the motor control board.

If no:

- Verify that the outlet the machine is plugged into is functional. Double-check that the breaker has not tripped, it is on a dedicated 15-amp circuit, it is not on a GFCI-equipped outlet, and it is not

plugged into a power strip/surge protector or extension cord.

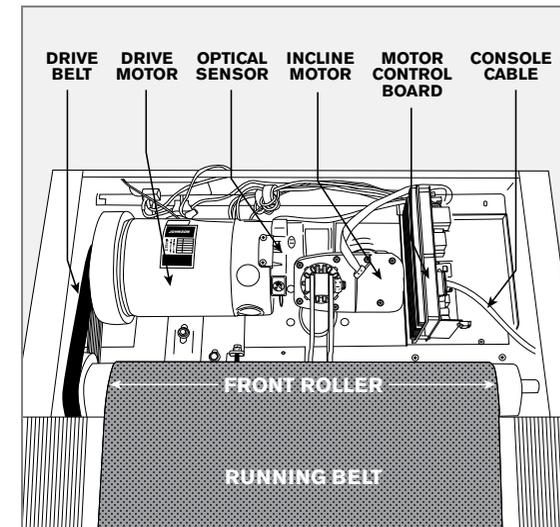
- Verify that the power cord is not pinched or damaged and is properly plugged into the outlet AND the machine.
- Verify that the power switch is turned to the ON position.

PROBLEM: The console reads SAFETY KEY OFF or only displays dashes.

SOLUTION: Verify the following:

- Verify the safety key is securely in place.
- If using a magnetic key, make sure the key is magnetized.

UNDERNEATH THE MOTOR COVER



(Images for reference only it may be differ from your equipment.)



PROBLEM: The belt does not move or moves briefly, but the console works.

SOLUTION: Verify the following:

- Make sure you are following the recommendations and power guidelines on pages 4 and 5 of this TREADMILL GUIDE. The unit should be on a dedicated 15-amp circuit and not on a GFCI-equipped outlet. Do not plug the machine into a power strip/surge protector or extension cord.
- Check for any belt movement. If so, make note of how far or how long it moves before stopping.
- Try to move the belt by hand. If not, the drive belt may have come off or the motor bearings may have seized.
- Turn the treadmill off and unplug it from the outlet. Remove the plastic motor cover located in front of the machine by taking out the Phillips screws. Check the drive belt for proper alignment.
- With the cover still off, check over the wire and cable connections, as they may have become loose or disconnected during shipping or assembly. Make sure connections are secure and no wires are crimped, damaged, disconnected or burnt.

PROBLEM: The incline does not move, won't go down or does not seem to be at the right level.

SOLUTION: Verify the following:

- Make sure you are following the recommendations and power guidelines on pages 4 and 5 of this TREADMILL GUIDE. The unit should be on a dedicated 15-amp circuit

and not on a GFCI-equipped outlet. Do not plug the machine into a power strip/surge protector or extension cord.

- Make sure the console shows a change on the display when the elevation buttons are pressed.
- Turn the treadmill off and unplug it from the outlet. Verify the console cable connections at the top of the mast are connected securely. Make sure all of the multicolored wires are fully inserted into the cable harness.
- Remove the plastic motor cover located in front of the machine by taking out the Phillips screws. Check over the wire and cable connections, as they may have become loose or disconnected during shipping or assembly. Make sure connections are secure and no wires are crimped, damaged, disconnected or burnt.

PROBLEM: No audio comes out of the speakers, but the headphones work.

SOLUTION: Verify the following:

- Turn the treadmill off and unplug it from the outlet. Remove the plastic motor cover located in front of the machine by taking out the Phillips screws.
- Check the wire and cable connections to the speaker board, near the motor control board.

PROBLEM: The treadmill circuit breaker trips during a workout.

SOLUTION: Verify the following:

- Make sure the treadmill is plugged into a dedicated 15-amp circuit.

- Verify that you do not have the machine on an extension cord or surge protector.
- Confirm that the machine is not plugged into a GFCI-equipped outlet or on a circuit that has a GFCI-equipped outlet on it.

PROBLEM: The running belt does not stay centered during a workout.

SOLUTION: Verify the following:

- Make sure the treadmill is on a level surface.
- Verify that the belt is properly tightened and centered (Refer to the TENSIONING and CENTERING THE RUNNING BELT sections for detailed directions).

PROBLEM: Operating speed appears inaccurate.

SOLUTION:

- Turn the treadmill off and unplug it from the wall.
- Remove the screws from the motor cover screws using a Phillips screwdriver.
- Verify that the optical sensor is plugged into the motor control board.
- Inspect the speed sensor cable/connection for any visible damage.

PLEASE REFERENCE CONTACT INFORMATION FOR ADDITIONAL TROUBLESHOOTING ASSISTANCE.





TROUBLESHOOTING HEART RATE (GRIP-PULSE ONLY)

Check your exercise environment for sources of interference such as fluorescent lights, computers, underground fencing, home security systems or appliances containing large motors. These items may cause erratic heart rate readouts.

You may experience an erratic readout under the following conditions:

- Gripping the heart rate handlebars too tight. Try to maintain moderate pressure while holding onto the heart rate handlebars.
- Constant movement and vibration due to constantly holding the heart rate handlebars while exercising. If you are receiving erratic heart rate readouts, try to only hold the grips long enough to monitor your heart rate.
- When you are breathing heavily during a workout.
- When your hands are constricted by wearing a ring.
- When your hands are dry or cold. Try to moisten your palms by rubbing them together to warm.
- Anyone with heavy arrhythmia.
- Anyone with arteriosclerosis or peripheral circulation disorder.
- Anyone whose skin on the measuring palm is especially thick.

If this troubleshooting section does not remedy the problem, discontinue use and turn the power off.

PLEASE REFERENCE CONTACT INFORMATION FOR ASSISTANCE.

The following information may be asked of you when you call. Please have these items readily available:

- Model Name
- Serial Number
- Proof of Purchase (receipt or credit card statement)

Some common troubleshooting questions that may be asked are:

- How long has this problem been occurring?
- Does this problem occur with every use? With every user?
- If you are hearing a noise, does it come from the front or the back? What kind of noise is it (thumping, grinding, squeaking, chirping etc.)?
- Has the machine been maintained per the maintenance schedule?

Answering these and other questions will give the technicians the ability to send proper replacement parts and the service necessary to get you and your treadmill running again!



