TREADMILL

OWNER'S MANUAL

PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING YOUR NEW TREADMILL!

Table of Contents

ST950B

IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this appliance.
DANGER - To reduce the risk of electric shock disconnect your treadmill from the electrical outlet prior to cleaning and/or service work.
*WARNING-*To reduce the risk of burns, fire, electric shock, or injury to persons, install the treadmill on a flat level surface with access to a 220~240-volt, 10-amp grounded outlet with only the treadmill plugged into the circuit.

DO NOT USE AN EXTENSION CORD UNLESS IT IS A 14AWG OR BETTER, WITH ONLY ONE OUTLET ON THE END: DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPROPER ADAPTERS, OR IN ANY WAY MODIFY THE CORD SET.
A serious shock or fire hazard may result along with computer malfunctions. See Grounding Instructions

- Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- Do not block the rear of the treadmill. Provide a minimum of 3 1/2 feet clearance between the rear of the treadmill and any fixed object.
- Keep children away from the treadmill. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the treadmill if it has a damaged cord or plug. If the treadmill is not working properly, call your dealer.
- Keep the cord away from heated surfaces.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- To disconnect, turn all controls to the off position, remove tether cord, then remove the plug from the outlet.
- Do not attempt to use your treadmill for any purpose other than for the purpose it is intended.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Use handrails provided; they are for your safety.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
- Please verify and make sure safety key functions properly before using the treadmill. Always wear the safety key clip while in use.
- For energy savings, always unplug the power cord when treadmill is not in use.

Remove tether cord after use to prevent unauthorized treadmill operation.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT ELECTRICAL INSTRUCTIONS

WARNING!
NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. As with any ap- pliance with a large motor, the GFCI will trip often. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
NEVER remove any cover without first disconnecting AC power.
If voltage varies by ten percent (10%) or more, the performance of your treadmill may be af- fected. Such conditions are not covered under your warranty. If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.
NEVER expose this treadmill to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high humidity environment. The maximum operating temperature specification is 40 degrees c, and humidity is 95% non-condensing (no water drops forming on surfaces).
**Circuit Breakers:** Some circuit breakers used in homes are not rated for high inrush currents that can occur when a treadmill is first turned on or even during use. If your treadmill is tripping the house circuit breaker (even though it is the proper current rating) but the circuit breaker on the treadmill itself does not trip, you will need to replace the home breaker with a high inrush type. This is not a warranty defect. This is a condition we as a manufacture have no ability to control. This part is available through most electrical supply stores. Examples: Grainger part # 1D237, or available online at www.squared.com part # QO120HM.

GROUNDING INSTRUCTIONS

This product must be grounded. If the treadmill should malfunction or breakdown, grounding provides a path of least resistance for electric current, reducing the risk of electric shock. This product is equipped with a cord having an equipment-grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all 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 aqualified electrician.
This product is for use on a nominal 220~240-volt circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet, (shown below) can be installed by a qualified electrician. The green colored rigid earlug, or the like, extending from the adapter, must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.
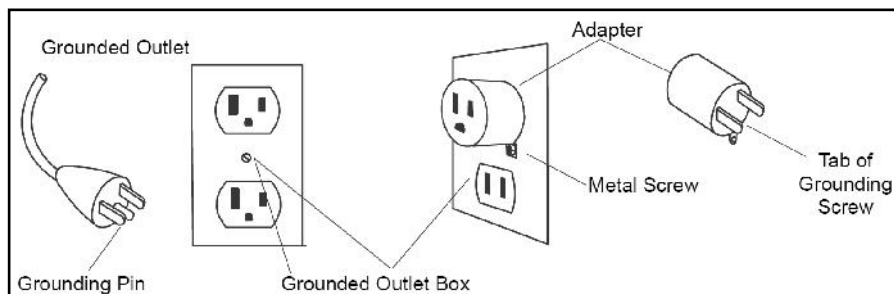
IMPORTANT OPERATION INSTRUCTIONS

- **NEVER** operate this treadmill without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your treadmill during an electrical storm. Surges may occur in your household power supply that could damage treadmill components. Unplug the treadmill during an electrical storm as a precaution.
- Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the center of the belt; which may result in serious injury.
- **NEVER** mount or dismount the treadmill while the belt is moving. treadmills start at a very low speed and it is unnecessary to straddle the belt during start up. Simply standing on the belt during slow acceleration is proper after you have learned to operate the unit.
- Always hold on to a handrail or hand bar while making control changes (incline, speed, etc.).
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. If you feel the buttons are not functioning properly with normal pressure contact your dealer.

IMPORTANT SAFETY INSTRUCTIONS

A safety tether cord is provided with this unit. It is a simple magnetic design that should be used at all times. It is for your safety should you fall or move too far back on the tread-belt.
Pulling this safety tether cord will stop tread-belt movement.

To Use:
1. Place the magnet into position on the red portion of the console control head between the Start and Stop keys. Your treadmill will not start and operate without this. Removing the magnet also secures the treadmill from unauthorized use.

2. Fasten the plastic clip onto your clothing securely to assure good holding power. Note: The magnet has strong enough power to minimize accidental, unexpected stopping. The clip should be attached securely to make certain it does not come off. Be familiar with its function and limitations. The treadmill will stop, depending on speed, with a one to two step coast anytime the magnet is pulled off the console. Use the red Stop / Pause switch in normal operation.
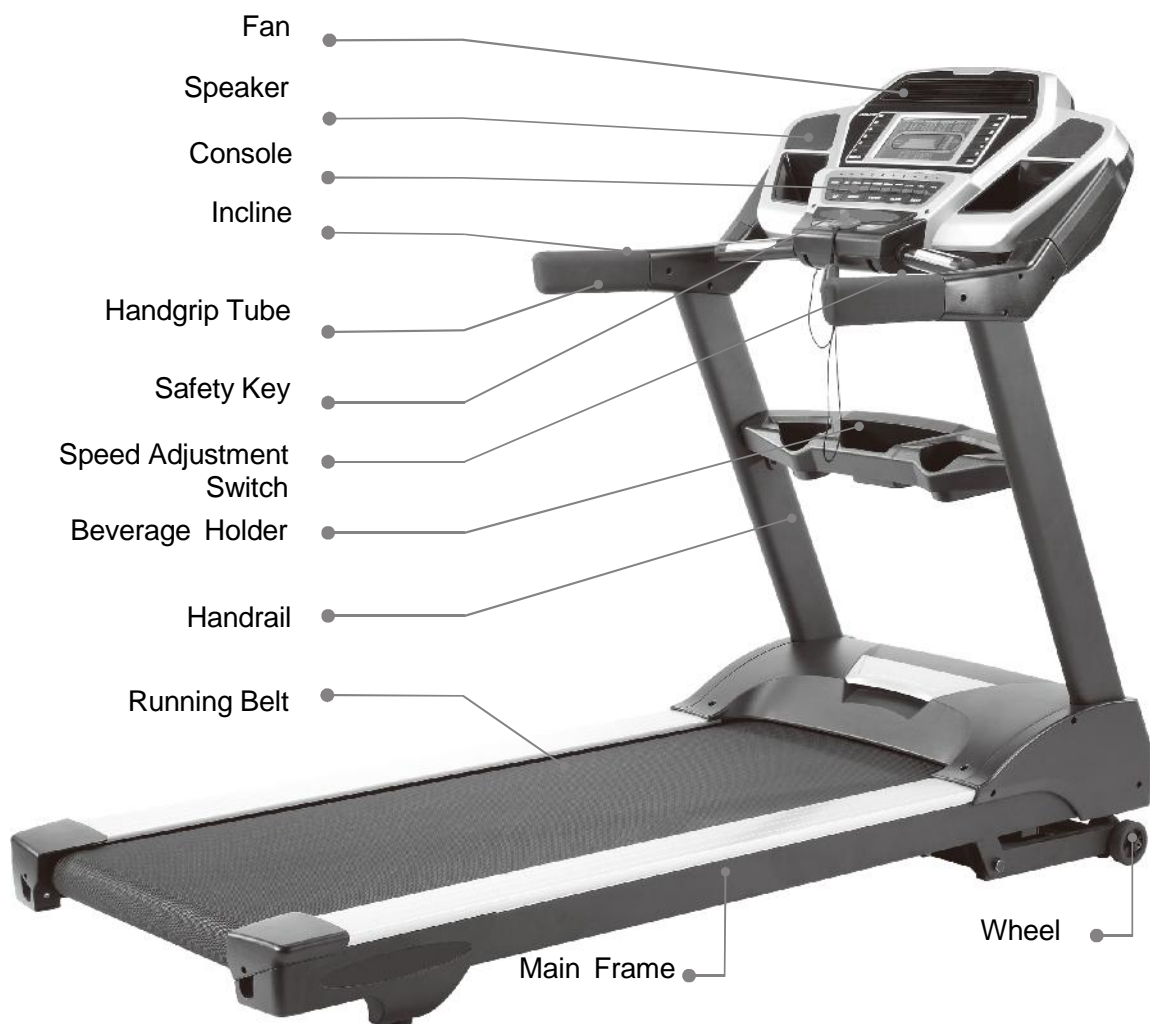
INTRODUCTION

The treadmill has been designed and constructed to provide trouble free usage and enjoyable exercise. You can greatly improve your understanding and benefits of exercising by carefully reading the instructions given in this manual. Please familiarize yourself with the maintenance advice provided for you.

SPECIFICATIONS

Drive Motor: 3.0 hp
- Speed Range:0.8-20 km
- Running Surface: 560 m/m × 1525 m/m
- Incline Level: 0-15 Levels (0.25%~14.0%)
- Folding Design: No

Fan

Speaker

Console

Incline

Handgrip Tube

Safety Key

Speed Adjustment Switch

Beverage Holder

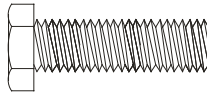Handrail

Running Belt

Wheel

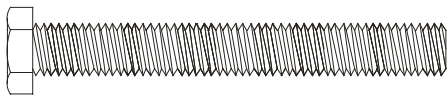Main Frame

Assembly Pack Check List
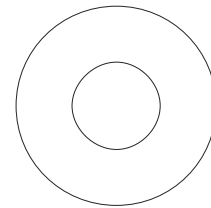
Step 1

#85. 3/8" x 2T
Split Washer (8 pcs)

#100. 3/8" x 1"
Hex Head Bolt (4 pcs)

#101. 3/8" x 3/4"
Sheet Metal Screw (4 pcs)

#102. 3/8" x 2"
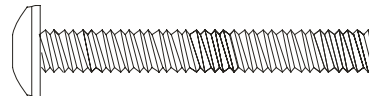Hex Head Bolt (4 pcs)

#131. 3/8" x 23 x 1.5T
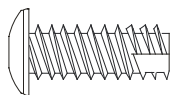Curved Washer (4 pcs)

Step 2

#85. 3/8" x 2T
Split Washer (4 pcs)

#125. 3/8" x 1-3/4"
Button Head Socket Bolt (4 pcs)

Step 3

#92. 5 x 16mm
Tapping Screw   (6 pcs)
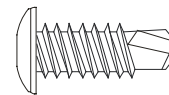
#87. 5 x 16mm
Tapping Screw (2 pcs)

#99. 5/16" x 3/4"
Button Head Socket Bolt
(4 pcs)
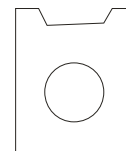
#84. M5 Speed Nut Clip (4 pcs)

Step 4
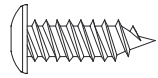
#89. 3.5 x 12mm
Sheet Metal Screw (4 pcs)
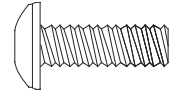
#126. M5 x 10mm
Phillips Head Screw (8 pcs)

Assembly tools
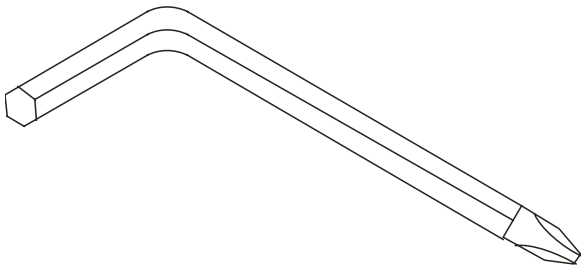
#104. Combination M5 Allen Wrench &
Phillips Head Screw Driver
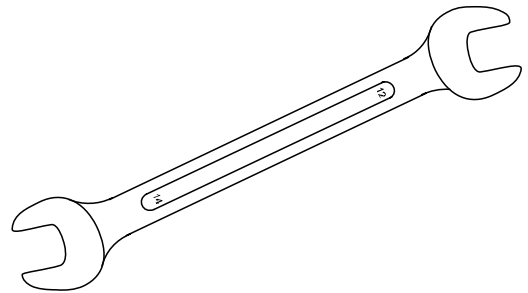
#108. 12/14mm Wrench
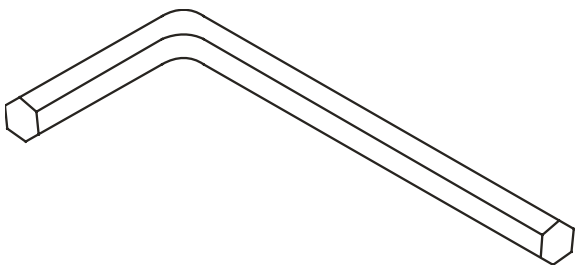
#105. M6 Allen Wrench
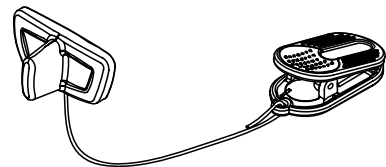
#63. Safety Key

Assembly Instructions

Step 1.
Take out the treadmill from the carton and lay it aside on the smooth ground.
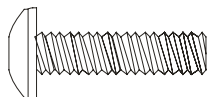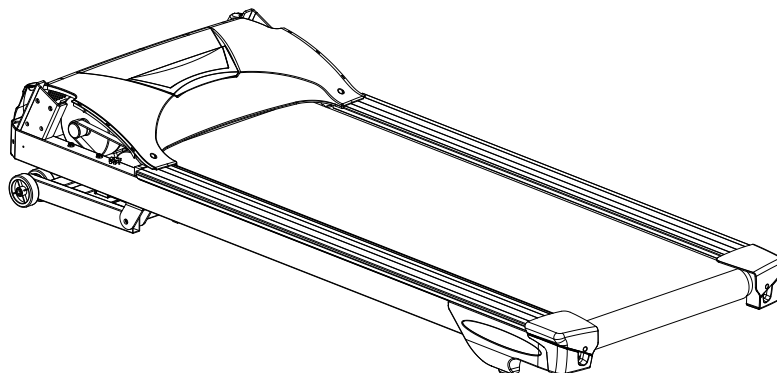
Step 2.
Use Combination M5 Allen Wrench & Phillips Head Screw Driver (104) to loosen two M5 ×
10m/m_Phillips Head Screws(129) in front of Motor Top Cover and two M5 ×
10m/m_Phillips Head Screws(129) on top of Motor Top Cover(43) and take apart the Motor
Top Cover (43).
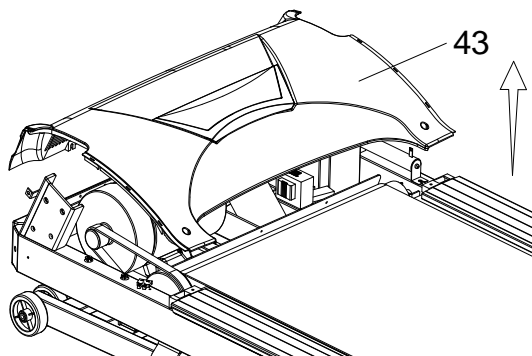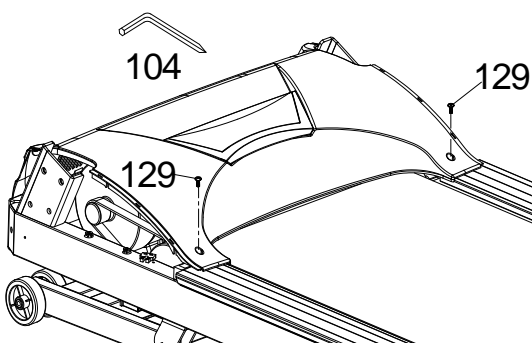
Step3.
Connect the Computer Cable (Lower/Upper) (32) with Computer Cable(33).
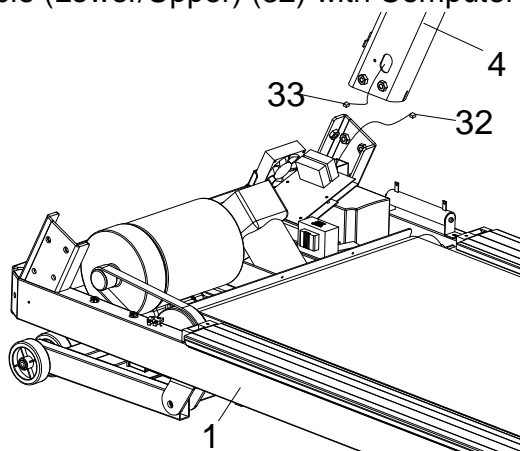
Step4.

1. Insert the Upright (L, R)(5,4) into the Main Frame (1) and tighten with 4pcs of 3/8" × 1" Hex Head Bolts (100), 4pcs of 3/8"x2" Hex Head Bolts (102), 8pcs of 3/8" × 2.0T Split Washers (85) ,4pcs of the 3/8" × 3/4" Hex Head Bolts (101) and 4pcs of 3/8" × 23 ×1.5T Curved Washers (131) by using 12.14m/m_Wrench (108).

2. Then install the Motor Top Cover(43) with 4pcs of M5 × 10m/m Phillips Head Screws(129) by using Combination M5 Allen Wrench & Phillips Head Screw Driver(104).
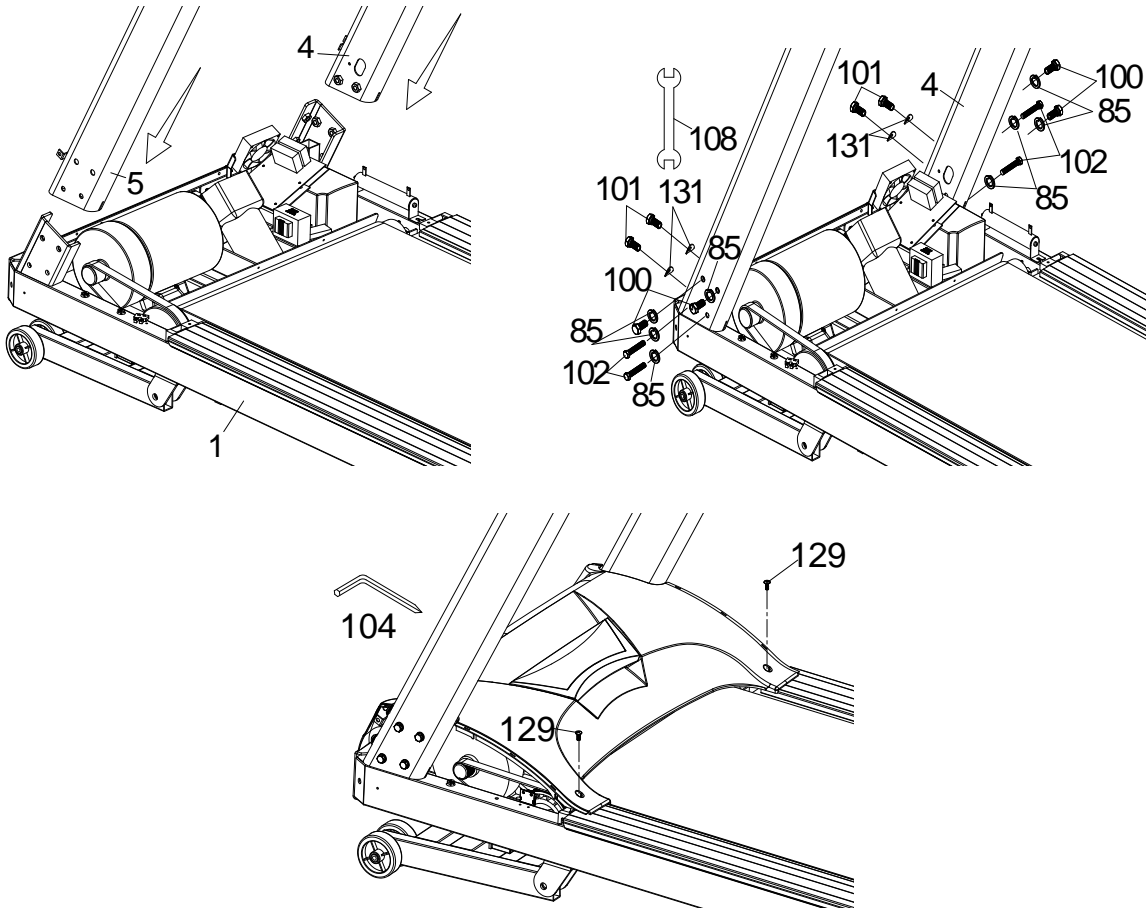
Step5.

Connect the Computer Cable (33) with the Computer Cable (Lower/Upper) (31).
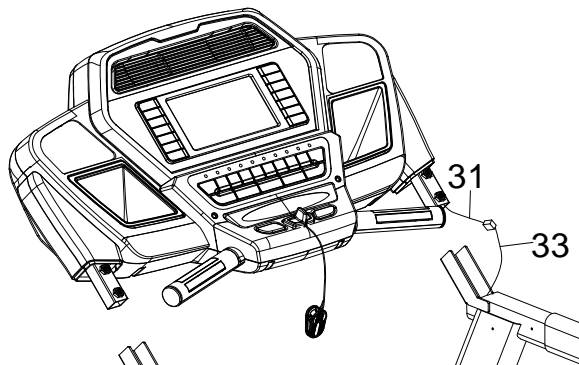
Step 6.

Install the Console Assembly (36) into the Upright (L, R)(5,4) with the 4pcs of 3/8"x1-3/4" Button Head Socket Bolts (125) and 4pcs of 3/8"x2.0T Split Washers (85) by using the M6 Allen Wrench(105).
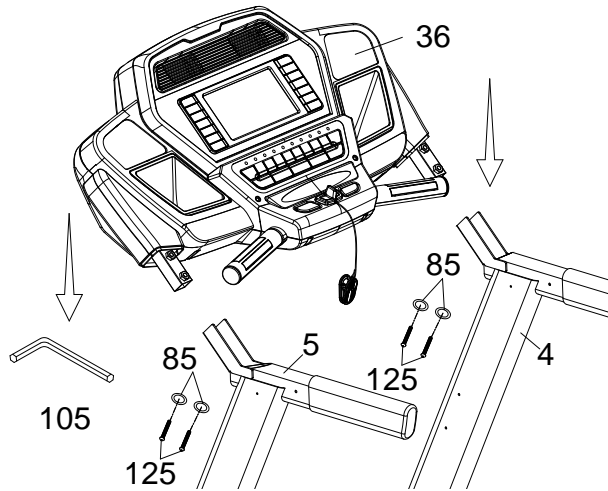
Step7.

1. Install the Handrail Support (3) between the Uprights (L, R)(5,4) with the 4pcs of 5/16"x3/4" Button Head Socket Bolts (99) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (104).
2. Put the Beverage Holder (48) on the Handrail Support (3).
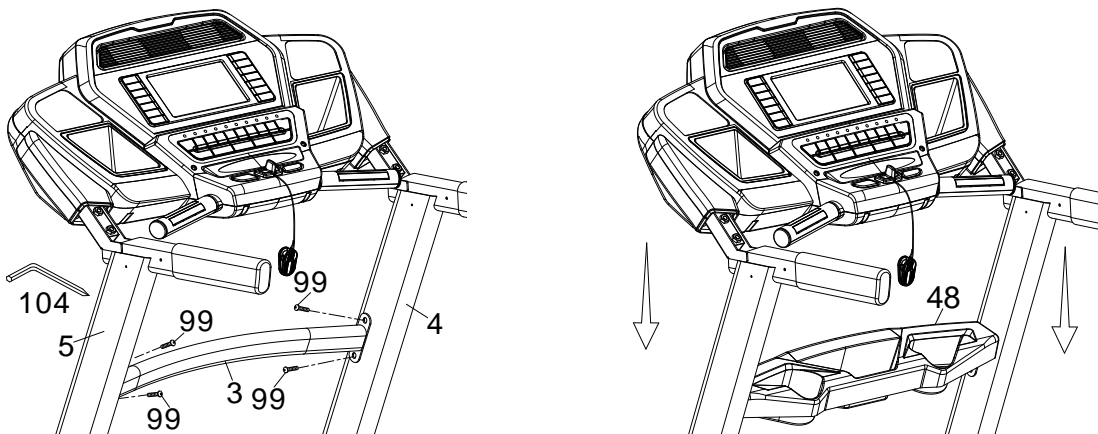
Step 8.

1. Secure the Main Frame (1) and Motor Top Cover (43) with the 4pcs of M5 Speed Nut Clips (84).

2. Install the Motor Base Caps (L, R)(40,41) with the 6pcs of 5x16mm Tapping Screws (92) and 2pcs of 5x16mm Tapping Screws (87) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (104).
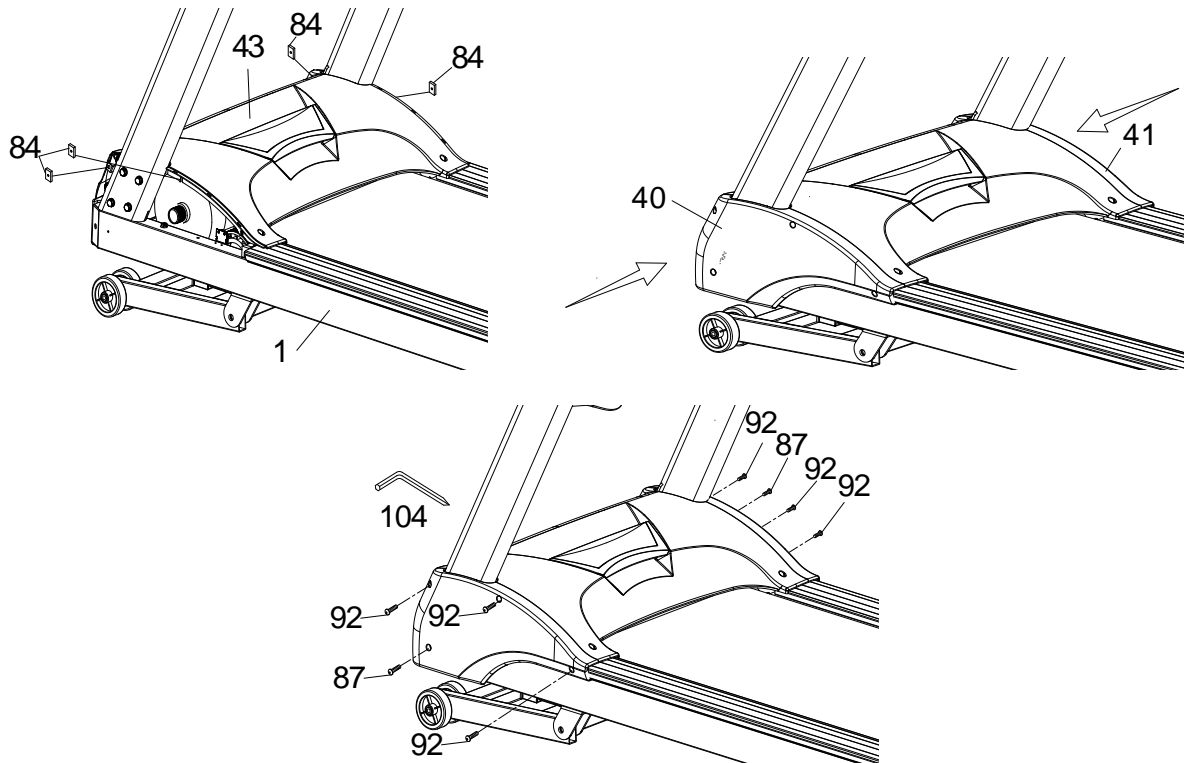
Step 9.

Install the Left Handgrip Side Caps (L, R)(117,118) and Right Handgrip Side Caps (L, R)(119,120) on the Uprights (L, R)(5,4) and Console Support (6) with the 8pcs of M5x10mm Phillips Head Screws (126) and 4pcs of 3.5x12mm Sheet Metal Screws (89) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (104).
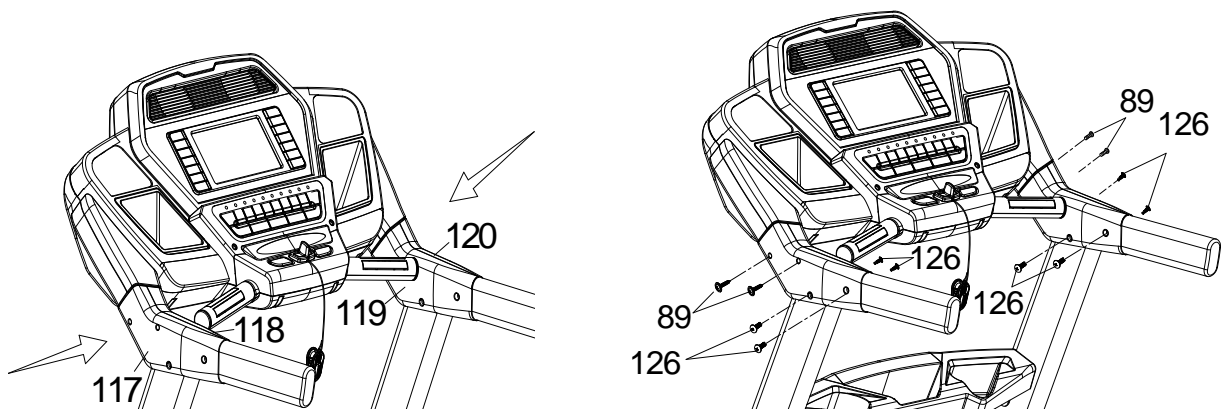
NOTE: Please Tighten All Screws After All Components Assembly Complete.

TRANSPORTATION INSTRUCTIONS

When the treadmill fully stops, switch off the power and unplug the power cord.
Carefully lift the treadmill at the rear roller area, grasping the two side end caps, and roll the treadmill away.
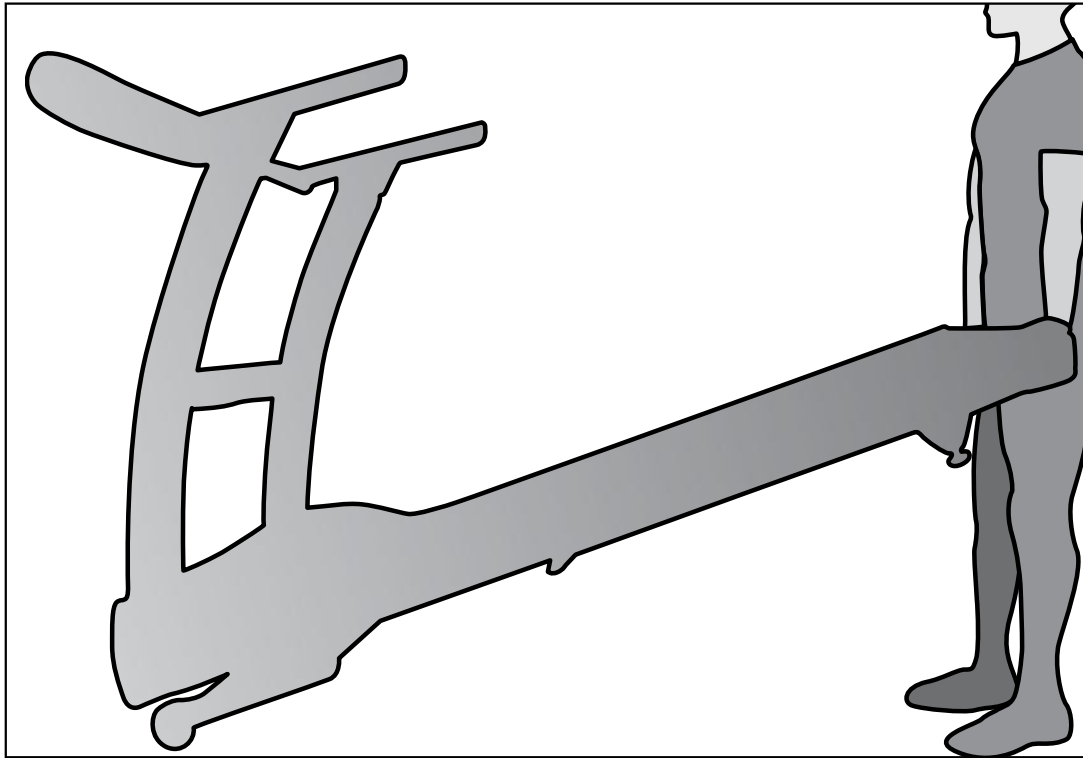
Operation of Your Treadmill

Getting familiar with the control panel

Console

GETTING STARTED CONSOLE :
Power the treadmill on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill below the motor hood. Ensure that the Safety Key is installed, as the treadmill will not power on without it.

When the power is turned on, the Time and Distance windows will display Odometer readings for a short time, Time window will show how many hours the treadmill has been in use and the Distance window will show how many miles (or Kilometers if the treadmill is set to metric readings) the treadmill has gone. The current software version will appear in the Message window. The treadmill will then enter idle mode, which is the starting point for operation.

QUICK-START OPERATION

1. Attach the **Safety Key** to wake display up (if not already on).
2. Press the **Start** key to begin belt movement then adjust to the desired speed using the **Fast / Slow** keys. You may also use the **Quick** speed keys 2, 4, 6, 8, 10 or 12 to adjust the speed.
3. To slow tread-belt, press and hold the **Slow** key to the desired speed. You may also press the **Quick** speed adjust keys, 2 through 12.
4. To stop the tread-belt, press the **Stop** key or pull away the **Safety Key**.

PAUSE/STOP/RESET FEATURE

1. When the treadmill is running the pause feature may be utilized by pressing the red **Stop** key once. This will slowly decelerate the tread-belt to a stop. The incline will go to zero percent. The **Time**, **Distance** and **Calorie** readings will hold while the unit is in the pause mode. After 5 minutes the display will reset and return to the start up screen.
2. To resume your exercise, when in Pause mode, press the **Start** key. The speed and incline will return to their previous settings.

   ■ Pause is executed when the **Stop** button is pressed once. If the **Stop** button is pressed a second time, the program will end and a workout summary will be displayed. If the **Stop** button is pressed a third time, the console will return to the idle mode (start up) screen. If the **Stop** button is held down for more than 3 seconds the console will reset.

INCLINE FEATURE

■ Incline may be adjusted anytime after belt movement.
■ Press and hold the **Up / Down** keys to achieve desired level of incline. You may also choose a more rapid increase / decrease by selecting the desired **Quick Incline** key, 1, 3, 6, 9,12, 15, on left hand side of console (incline).
■ The message window display will indicate incline position as adjustments are made.
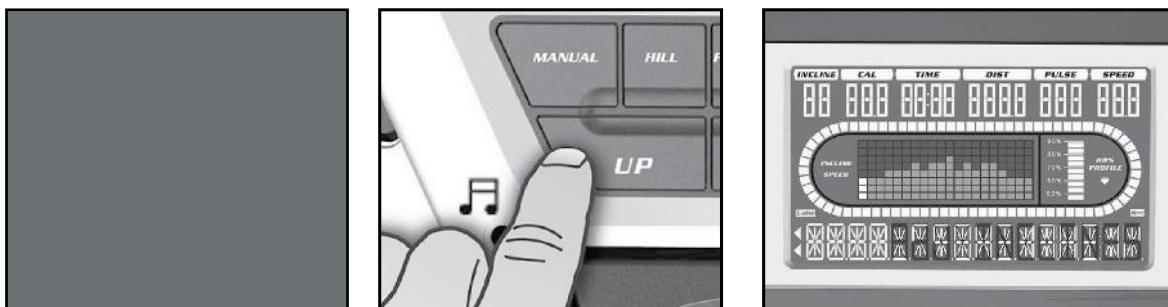
DOT MATRIX CENTER DISPLAY

Twenty columns of dots (10 high) indicate each segment (speed or incline) of a workout. They do not necessarily indicate a specific value - only an approximate percent to compare levels of intensity. In Manual Operation the **Speed** / **Incline** dot matrix window will build a profile "picture" as values are changed during a workout. The 20 columns are divided into 1/20th of the total time of the program. The Dot Matrix window will show either speed or incline. When **Speed** is lit the Dot matrix displays the **Speed** profile and when **Incline** is lit the Dot Matrix displays the **Incline** profile.

You may change the Dot Matrix profile view by pressing the **Enter** button. After scrolling through the two profiles the Dot matrix will automatically scroll through the two displays showing each one for four seconds. The icon associated with each profile will light while that view is displayed.   Pressing the **Enter** button a third time will alternate the display view between the **Speed** and **Incline** profiles.
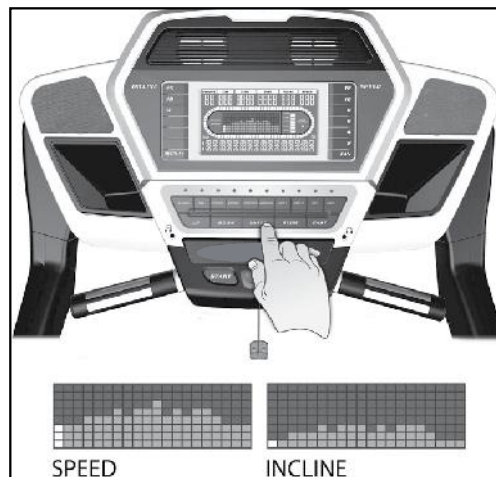
1/4 MILE TRACK
The **1/4-Mile Track** (0.4 km) will be displayed around the dot matrix window. The flashing dot indicates your progress.
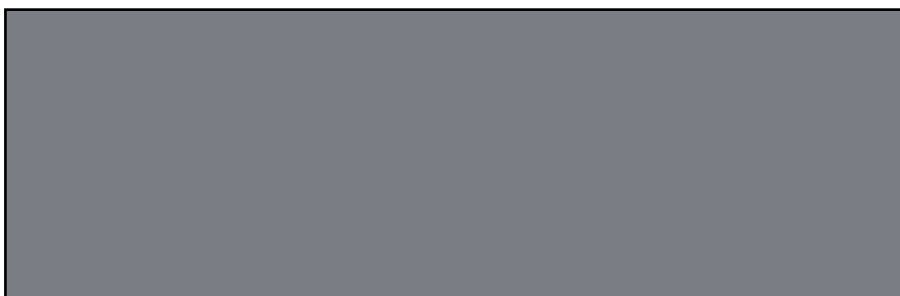
PULSE GRIP FEATURE
The **Pulse** (Heart Rate) window will display your current heart rate in beats per minute during the workout. You must use both left and right stainless steel sensors on the front cross bar to pick up your pulse. Pulse values are displayed anytime the computer is receiving a Grip Pulse signal or while wearing an optional chest strap transmitter (see Using the Heart Rate Transmitter section for directions). You may use the Grip Pulse feature while in a Heart Rate Program (**HR1** or **HR2**).
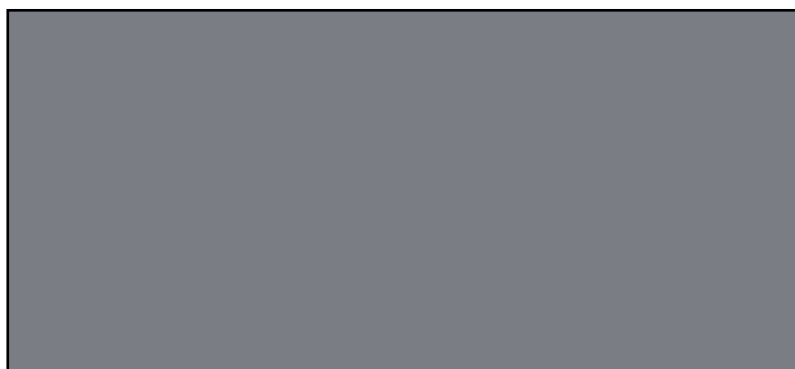
CALORIE DISPLAY

Displays the cumulative calories burned at any given time during your workout. Note: This is only a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.

TURNING OFF TREADMILL

1. The display will automatically turn off – go to sleep - after 30 minutes of inactivity when in the Pause / Stop mode. Almost all power for the treadmill will be off except for some circuits that are needed to detect if any key is pressed, indicating the console should "wake up". When the console is "asleep" the treadmill draws very little power, about as much as your television when it is turned off.

2. Removing the safety key is similar to entering "sleep" mode. Turning off the main power switch in the front of the treadmill will completely remove any power.

3. To exit the display mode, for normal operation, press and hold the **Stop**/**Enter**/**Display** keys for 5 seconds; the display will show **Display Mode · ON**. Use the speed Up key to change the setting to OFF then press **Enter**.

PROGRAMMABLE FEATURES

The console have ten built-in programs: one Manual program, five preset profiles, one Custom, one Fit Test, and two Heart Rate programs (**HR1** & **HR2**).

PRESET PROGRAMS

Hill

The **Hill** program simulates going up and down a hill. The speed will steadily increase and then decrease during the program.

SPEED   INCLINE
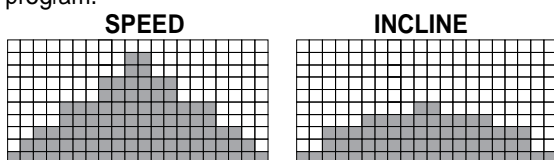
Fat Burn

The **Fat Burn** program is designed, as the name implies, to maximize the burning of fat. There are many schools of thought on the best way to burn fat but most experts agree that a lower exertion level that stays at a steady workload is the best. The absolute best way to burn fat is to keep your heart rate at around 60% to 70% of its maximum potential. This program does not use heart rate but simulates a lower, steady exertion workout.

SPEED   INCLINE
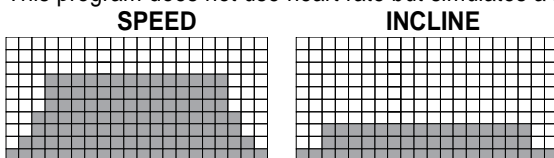
Cardio

The **Cardio** program is designed to increase your cardiovascular function and endurance. This is exercise for your heart and lungs. It will build up your heart muscle and increase blood flow and lung capacity. This is achieved by incorporating a higher level of exertion with slight fluctuations in work.

SPEED   INCLINE
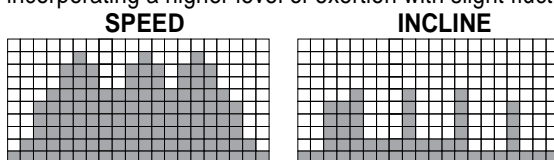
Strength

The **Strength** program is designed to increase muscular strength in your lower body. This program will steadily increase in speed to a high level and forces you to sustain it. This is designed to strengthen and tone your legs and glutes (muscles of the butt).

SPEED   INCLINE
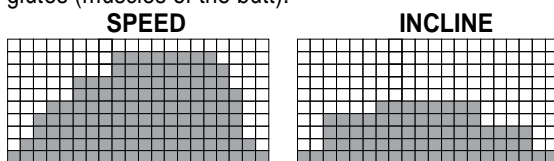
Interval

The **Interval** program takes you through high levels of intensity followed by periods of low intensity. This program increases your endurance by depleting your oxygen level followed by periods of recovery to replenish oxygen. Your cardiovascular system gets programmed to use oxygen more efficiently this way. This program also forces your body to become more efficient due to spikes in heart rate, between recovery periods. This aids in heart rate recovery from intense activities.

SPEED   INCLINE
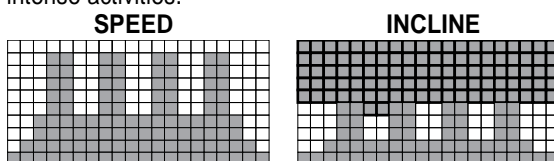
Fit Test Program

The fit test program is designed to determine your estimated VO2 max or how well your body utilizes oxy·gen. The test follows a progression in both speed and elevation and lasts a maximum of 11 minutes. If your actual heart rate reaches 85% of projected maximum before the end of the test, the program will end and your score will be based on the stage you ended at. The higher your estimated VO2, the more fit you are.

Stage	Time	Speed	Grade	VO2 Max
1	0 to 1:00	4.5mph	0%	31.15
2.1	1:15	4.5mph	2%	32.55
2.2	1:30	4.5mph	2%	33.6
2.3	1:45	4.5mph	2%	34.65
2.4	2:00	4.5mph	2%	35.35
3.1	2:15	5.0mph	2%	37.45
3.2	2:30	5.0mph	2%	39.55
3.3	2:45	5.0mph	2%	41.3
3.4	3:00	5.0mph	2%	43.4
4.1	3:15	5.0mph	4%	44.1
4.2	3:30	5.0mph	4%	45.15
4.3	3:45	5.0mph	4%	46.2
4.4	4:00	5.0mph	4%	46.5
5.1	4:15	5.5mph	4%	48.6
5.2	4:30	5.5mph	4%	50
5.3	4:45	5.5mph	4%	51.4
5.4	5:00	5.5mph	4%	52.8
6.1	5:15	5.5mph	6%	53.9
6.2	5:30	5.5mph	6%	54.9
6.3	5:45	5.5mph	6%	56
6.4	6:00	5.5mph	6%	57
7.1	6:15	6.0mph	6%	57.7
7.2	6:30	6.0mph	6%	58.
7.3	6:45	6.0mph	6%	60.2
7.4	7:00	6.0mph	6%	61.2
8.1	7:15	6.0mph	8%	62.3
8.2	7:30	6.0mph	8%	63.3
8.3	7:45	6.0mph	8%	64
8.4	8:00	6.0mph	8%	65
9.1	8:15	6.5mph	8%	66.5
9.2	8:30	6.5mph	8%	68.2
9.3	8:45	6.5mph	8%	69
9.4	9:00	6.5mph	8%	70.7
10.1	9:15	6.5mph	10%	72.1
10.2	9:30	6.5mph	10%	73.1
10.3	9:45	6.5mph	10%	73.8
10.4	10:00	6.5mph	10%	74.9
11.1	10:15	7.0mph	10%	76.3
11.2	10:30	7.0mph	10%	77.7
11.3	10:45	7.0mph	10%	79.1
11.4	11:00	7.0mph	10%	80

1. When the Fit Test button is pressed, the Message Window will display GERKIN PROTOCOL PRESS ENTER TO BEGIN

2. The Message Window will now be showing a value, indicating your Age. Use the Up/Down keys to adjust, and then press Enter.

3. The Message Window will now be showing a value, indicating your Body Weight. Use the Up/Down keys to adjust, and then press Enter.

4. The Message Window will display PRESS START TO BEGIN OR ENTER TO MODIFY

5. The test starts with a three minute warm-up. Speed will be set at 3 mph, grade at 0%. The Message Window will display 3 MINUTE WARM-UP And alternate every 5 seconds with actual HR888 & Target Heart Rate. The time window will start at three minutes and count down to zero. All other data windows will accrue.

6. The speed and incline will follow the changes shown in the chart to the right.

7. When the user reaches the target the test will continue for 15 seconds. A cool down period will start. The incline will be set to 0 percent. The speed will be 3.0 MPH. The cool down time will be based on the total time to complete the test. If the test took 5 min. or less, then the cool down is 1 minute. If the test took between 5 min. to12 min., the cool down will be 3 minutes. The Message Window will display for 5 seconds: 1 (or 3 min) MIN COOL DOWN and alternate every 5 seconds with YOUR SCORE. The time window will start at 1 (or 3 min) minute and count down to zero.

8. The score is taken from the table based on the final stage completed. After the cool down the Message Window will display TEST OVER PRESS STOP TO END OR ENTER TO SEE SCORE. If no button is pressed for 20 seconds, the screen goes to the idle mode. If Enter is pressed, the score will be displayed for 10 seconds then go to TEST OVER⋯. Message.

What your score means:

VO2max Chart for males and very fit females

	18-25 years old	26-35 years old	36-45 years old	46-55 years old	56-65 years old	65+ years old
excellent	>60	>56	>51	>45	>41	>37
good	52-60	49-56	43-51	39-45	36-41	33-37
above average	47-51	43-48	39-42	35-38	32-35	29-32
average	42-46	40-42	35-38	32-35	30-31	26-28
below average	37-41	35-39	31-34	29-31	26-29	22-25
poor	30-36	30-34	26-30	25-28	22-25	20-21
very poor	<30	<30	<26	<25	<22	<20

VO2max Chart for females and de-conditioned males

	18-25 Years old	26-35 Years old	36-45 Years old	46-55 Years old	56-65 Years old	65+ Years old
excellent	56	52	45	40	37	32
good	47-56	45-52	38-45	34-40	32-37	28-32
above average	42-46	39-44	34-37	31-33	28-31	25-27
average	38-41	35-38	31-33	28-30	25-27	22-24
below average	33-37	31-34	27-30	25-27	22-24	19-22
poor	28-32	26-30	22-26	20-24	18-21	17-18
very poor	<28	<26	<22	<20	<18	<17

SELECTING A PROGRAM

1. Press the desired program from the 10 available program keys. Then press the **Enter** key to begin customizing the program with your personal data, or just press the **Start** key to begin the program with the default settings.
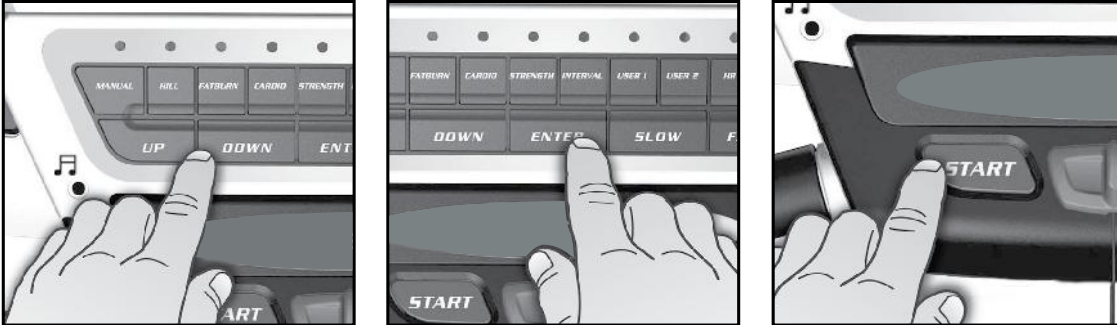
2. The **Message** window will now be showing a value, indicating your **Age**.   Entering your cor·rect age affects the heart rate **Bar Graph Display** and the **Heart Rate** programs. Use the **Up/ Down** keys to adjust, and then press **Enter**.   Your age determines the maximum heart rate you may achieve. Since the **Bar Graph Display** and the **Heart Rate** features are based on
a percentage of your maximum heart rate, it is important to enter the correct age for these features to work properly.

3. The **Message** window will now be showing a value, indicating your **Body Weight**. Entering the correct body weight will affect the **Calorie** count. Use the **Up/Down** keys to adjust, and then press enter.   *A note about the **Calorie** display: No exercise machine can give you an exact calorie count because there are too many factors which determine exact calorie burn for a particular person. Even if someone is the exact same body weight, age and height, their calorie burn may be very different than yours. The **Calorie** display is to be used as a reference only to monitor improvement from workout to workout.*

4. After selecting a program and pressing **Enter** to set your personal data, the Time window will show the default value of 20 minutes. Use the **Up/Down** keys to adjust, then press enter.

5. The **Message** window will now be blinking, showing the preset top speed of the selected program. Use the **Up/Down** keys to adjust, and then press **Enter**. Each program has various speed changes throughout; this allows you to limit the highest speed the program will attain during your workout.

6. Press **Start** to begin or **Enter** to modify your settings.
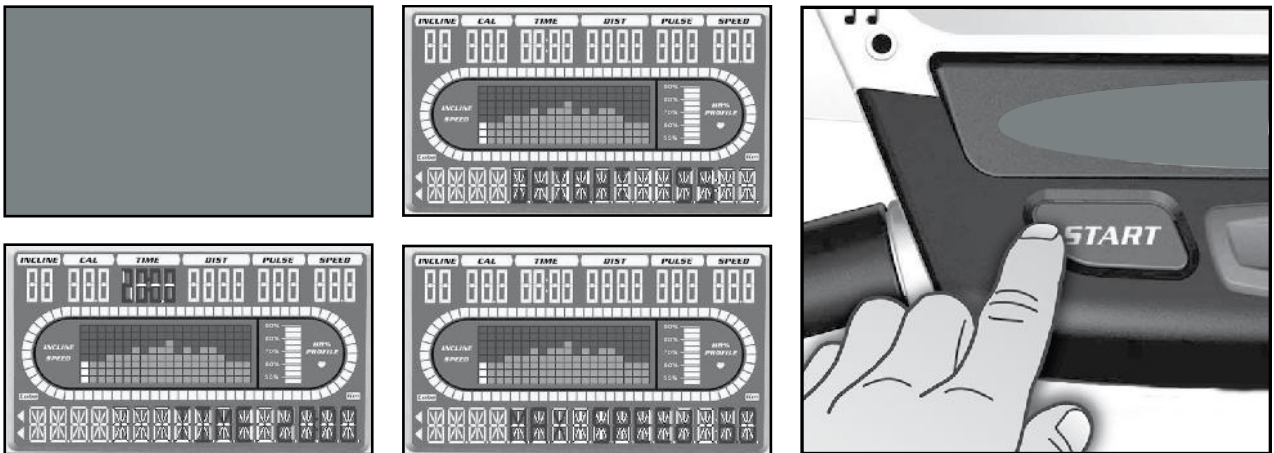
CUSTOM PROGRAM

1. Select **Custom** on the **Program** keypad, then press **Enter**. Note that the dot matrix display portion will light a single row of dots at the bottom (Unless there is a previously saved pro·gram). If there is a program stored under the button that is pressed, it will be retrieved. If not, you have the option of programming in your first name. The message window will display and flash the letter "A". To change it, press the arrow   key, then "B" will be displayed; if the arrow   key is pressed, the letter "Z" will be displayed. After selecting the appropriate letter, press enter. The letter "A" will again be displayed and blinking. Repeat the procedure until all letters of your first name are programmed (7 characters maximum). When your name is displayed, press Stop and it will be stored under **Custom**.

2. The **Time** window will be flashing. Use the **Up**/**Down** adjustment keys to set the program for the desired time. Press the **Enter** key. This is a must to continue even if the time is not adjusted.

3. The **Message** window will show a bodyweight value. Adjust the number with the **Up**/**Down** keys to your bodyweight value and press **Enter**.

4. The **Message** window will now show an **Age** value. Adjust the age with the **Up**/**Down** keys and press **Enter**.

5. The first speed setting column (segment) will now be blinking. Using the **Fast**/**Slow** keys, adjust the speed to your desired effort level for the first segment then press **Enter**. The second column will now be blinking. Note that the previous segment value has been carried over to the new segment. Repeat the above process until all speed segments have been programmed.
   Note: While in a User program, if you manually change the speed, all segment speeds from there on will also change.
   Examples: If you increase your current speed 1 mph, the remaining segment speeds will increase by 1 mph. If you decrease your current speed .5 mph, the remaining segment speeds will decrease by .5 mph, etc.

6. The first column will be blinking again. The console is now ready for the incline settings. Repeat the same process used to set the speed values for programming the segments for incline.

7. Press the **Start** button to begin the workout and also save the program to memory.
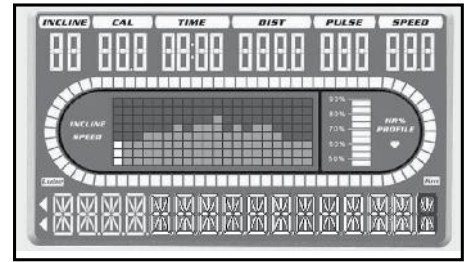
HEART RATE PROGRAMS
Before we get started, a word about Heart Rate:
The old motto, "no pain, no gain", is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate
monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum Heart Rate (MHR)for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat while 80% is for strengthening the cardio vascular system. This 60% to 80% is the zone to stay in for maximum benefit.

For someone who is 40 years old their target heart rate zone is calculated:

220 – 40 = 180 (maximum heart rate)
180 x .6 = 108 beats per minute (60% of maximum)
180 X .8 = 144 beats per minute (80% of maximum)

So for a 40 year old the training zone would be 108 to 144 beats per minute.

If you Enter your age during programming the console will perform this calculation automatically. Entering your age is used for the Heart Rate control programs. After calculating your MHR you can decide upon which goal you would like to pursue.
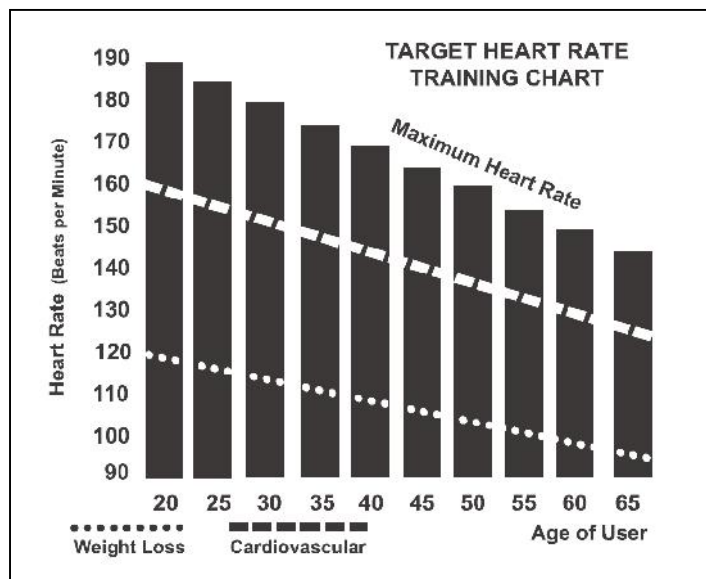
The two most popular reasons for, or goals, of exercise are cardiovascular fitness(training for the heart and lungs) and weight control. The black columns on the chart above represent the MHR for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 80% or 60%, respectively, of your MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.
With all Heart Rate Control treadmills you may use the heart rate monitor feature
without using the Heart Rate Control program. This function can be used during manual mode or during any fo the nine different programs. The Heart Rate Control program automatically controls the incline while you control the speed.

RATE OF PERCEIVED EXERTION

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should workout than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate, all contribute to the intensity at which you should workout. If you listen to your body, it will tell you all of these things.

The rate of perceived exertion (RPE), also know as the Borg scale, was developed by Swedish
physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.

The scale is as follows:
Rating Perception of Effort
6 Minimal
7 Very,very light
8 Very,very light +
9 Very light
10 Very light +
11 Fairly light
12 Comfortable
13 Somewhat hard
14 Somewhat hard +
15 Hard
16 Hard +
17 Very hard
18 Very hard +
19 Very,very hard
20 Maximal

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending up the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong and your pace will feel easier. When your body is in this condition, you are able to train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel harder. Again, this will show up in your RPE and you will train at he proper level for that day.

USING HEART RATE TRANSMITTER(Optional)

How to wear your wireless chest strap transmitter:
1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the logo centered in the middle of your body facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter immediately below the pectoral muscles.
5. Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.
6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter immediately against bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, moisten the areas of the shirt that the electrodes will rest upon.

Note: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). The replacement battery is Panasonic CR2032.

ERRATIC OPERATION
Caution! Do not use this treadmill for Heart Rate Control unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.
Areas to look for interference which may cause erratic heart rate:
1. Microwave ovens, TV's, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Perimeter fence for a pet.
5. Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down. Normally the transmitter will be oriented so the logo is right side up.
6. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
7. Loose treadmill console or bolts in the upright tube.
8. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems contact your dealer.
WARNING! - DO NOT USE THE HEART RATE CONTROL PROGRAM IF YOUR HEART RATE IS NOT REGISTERING PROPERLY ON THE TREADMILL'S DISPLAY!

HEART RATE CONTROL PROGRAMMING
CAUTION!
Heart Rate Control programs are intended for wireless transmitter chest strap. Do not use Pulse Grip bar for Heart Rate Control. You must receive a strong/steady value in the heart rate window (See Using Heart Rate Transmitter section for instrucions on how to use).
The HR1 program has a default level that is 60% of your projected heart rate maximum. This program is geared for individuals with fat loss as a goal. The HR2 program has a default of 80% of your projected heart rate maximum. It is geared for individuals with a goal of improving cardiovascular & lung function.

1. Select H1 or H2 via the Program keys then press enter.
2. The Message window will be blinking, showing the user' s age for this program. You may adjust it and press enter if you want or just press enter to accept the default value. Adjusting the age will change the target heart rate value.
3. The or Message window will now be blinking showing user's weight. Adjust and press enter or press enter to accept the default value.
4. Now you are asked to adjust the HR1 or H2 value. The default is 60% (HR1) (220 - age x .60) or 80% (HR2) (220 – age x .80). You may select a higher or lower number also. Adjust the number by pressing the Speed Up or Down keys (console or handrails) and press Enter to continue.
5. The Time window will now be blinking. Adjust the time and press enter.
6. Now you are finished editing the settings and can begin your workout by pressing the Start key. You can also go back and modify your settings by pressing the Stop key to go back one level, or screen.
7. If you want to increase or decrease the speed at any time during the program press the Fast or Slow (console or handrail) keys.
8. During the HR program you will be able to scroll through the data in the message window by pressing the Display key. When the program ends the message window will show a summary of your workout. The summary will be displayed for a short time then the console will return to the start-up display.
9. Press Start to begin program.

The program will now control the treadmill Incline to steadily increase your heart rate to the target value. This process is automatic and could take upwards of five minutes, depending on how far your HR needs to go and what kind of physical shape you are in. People who are more fit will take longer to reach the target. You can make manual adjustments to the speed throughout the program.

GENERAL MAINTENANCE

BELT & DECK
Your treadmill uses a very high-efficient low-friction deck. Performance is maximized when the deck is kept as clean as possible. Use a soft,damp cloth,or paper towel, wipe the edge of the belt and the area between the belt edge and the frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and bed life. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. Allow to dry before using.

BELT DUST
This occurs during normal break-in or until the belt stabilizes. Sometimes the black dust from The belt will appear on the floor behind the treadmill, this is normal.

GENERAL CLEANING
Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. Please vacuum underneath your treadmill on a monthly basis to prevent excess build-up of dirt that can get sucked up and get into the inner workings under the motor cover. Once a year, you should remove the black motor hood and vacuum out dirt that may accumulate. UNPLUG POWER CORD BEFORE THIS TASK.

BELT ADJUSTMENTS
Tread-belt Tension Adjustment - Belt tension is not critical for most users. It is very important though for joggers and runners in order to provide a smooth, steady running surface.
Adjustment must be made from the rear roller with the 6 mm Allen wrench (105) provided in the parts package. The adjustment bolts are located at the end of the step rails as shown in the diagram below. Note: Adjustment is through small hole in end cap. Tracking / Tension Adjustment Tracking / Tension Adjustment.

Tighten the rear roller only enough to prevent slippage at the front roller. Turn the tread-belt tension adjusting bolts 1/4 turn each and inspect for proper tension by walking on the belt and making sure it is not slipping or hesitating with each step. When an adjustment is made to the belt tension, you must be sure to turn the bolts on both sides evenly or the belt could start tracking to one side instead of running in the middle of the deck.

NOTE: Adjustment is through small hole in end cap.

DO NOT OVERTIGHTEN–Over tightening will cause belt damage and premature bearing failure. If you tighten the belt a lot and it still slips, the problem could actually be the drive belt-located under the motor cover - that connects the motor to the front roller. If that belt is loose it feels similar to the walking belt being loose. Tightening the motor belt should be done by a trained service person.
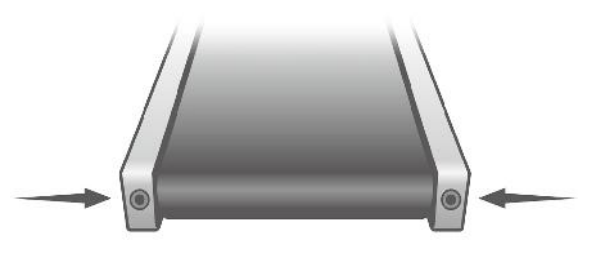
TREAD-BELT TRACKING ADJUSTMENT

The treadmill is designed so that the tread-belt remains reasonably centered while in use. It is normal for some belts to drift near one side while in use, depending on a user's gait and if they favor one leg. But if during use the belt continues to move toward one side, adjustments arenecessary.

SETTING TREAD-BELT TRACKING
A 6 mm Allen wrench (105) is provided for this adjustment. Make tracking adjustments on the
left side bolt. Set belt speed at 3 mph. Be aware
that a small adjustment can make a dramatic difference
which may not be apparent right away.
If the belt is too close to the left side,then turn the bolt only
a 1/4 turn to the right (clockwise) and wait a few minutes
for the belt to adjust itself.
Continue to make 1/4 turns until the belt is stabilized and
the edge is within the range marked on the motor hood.
If the belt is too close to the right side, turn the bolt
counter-clockwise. The belt may require periodic tracking
adjustment depending on use and walking/running
characteristics. Some users may affect tracking differently.
Expect to make adjustments as required to center the
tread-belt. Adjustments will become less of a maintenance
concern as the belt is used. Proper belt tracking is an
owner responsibility common with all treadmills.
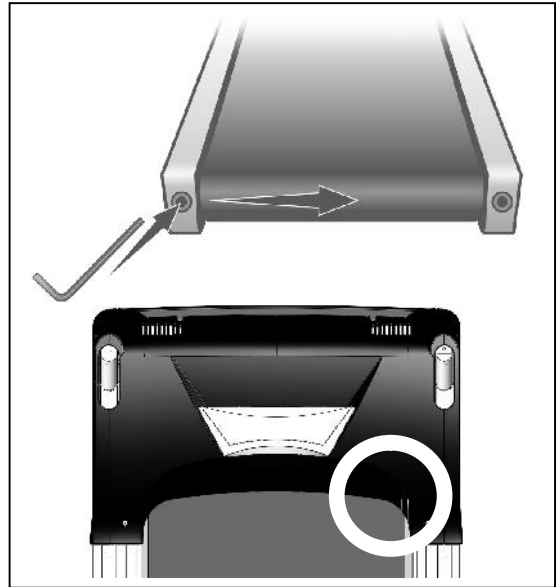
ATTENTION:
DAMAGE TO THE RUNNING BELT RESULTING FROM IMPROPER TRACKING / TENSION ADJUSTMENTS IS NOT COVERED UNDER THE WARRANTY.

BELT/DECK LUBRICATION

Keeping the deck lubricated at the recommended intervals ensures the longest life possible for your treadmill. If the lubricant dries out, the friction between the belt and deck rises and places undue stress on the drive motor, drive belt and electronic motor control board, which could result in catastrophic failure of these expensive components. Failure to lubricate the deck at regular intervals may void the warranty. The belt and deck come pre-lubricated and subsequent lubrication should be performed every 180 hours of use.

The belt & deck come pre-lubricated. The console has a built in lubrication reminder indicator that lights every 180 hours of use. To lubricate the deck with the tube of lubricant supplied it will be necessary to loosen the walking belt. Using the 6 mm Allen wrench supplied, loosen the two rear roller adjustment bolts -- located in the rear end caps – enough to get your hand under the belt (5 –10 turns). Make sure to loosen both bolts the same amount of turns and also remember how many turns, because when finished you will need to tighten the bolts back to the point they were before.

Once the belt is loose, wipe the deck with a clean lint free cloth to remove any dirt. Apply the whole tube of lubricant onto the deck surface about 18 inches from the motor cover. Squeeze out the contents of the tube across the deck (parallel to the motor cover) in about a one-foot line, like toothpaste on a toothbrush. The one-foot line should be in the middle of the deck at approximately equal distance from both side edges of the belt. You want the lubricant to be applied about the spot that your feet would hit the belt as you are walking. This should be about 18 inches from the motor cover, but you may want to walk on the treadmill before loosening the belt to note where your feet land on the belt. If you mostly use the treadmill for running, the spot where your feet land may be different from walking.

Once the lubricant is applied, tighten the rear roller bolts the same amount of turns as when you loosened them. Run the treadmill at about 3 mph without walking on it for about a minute or two to make sure the belt stays in the middle of the deck. If the belt tracks to one side then follow the belt tracking instructions to remedy. Now the deck is lubricated and you should walk, not run, on the treadmill immediately for at least 5 minutes to ensure the lubricant is evenly distributed. If you purchase a silicone based Lube-N-Walk kit, follow the instructions that come with it to apply the lubrication.

SERVICE CHECKLIST – DIAGNOSIS GUIDE

Before contacting your dealer for aid, please review the following information. It may save you both time and expense. This list includes common problems that may not be covered under the treadmill's warranty.

PROBLEM	SOLUTION/CAUSE
Display does not light	1.Tether cord not in position. 2.Circuit breaker on front grill tripped. Push circuit breaker in until it locks. 3.Plug is disconnected. Make sure plug is firmly pushed into AC household wall outlet. 4. Household circuit breaker may be tripped. 5. Treadmill defect. Contact your dealer.
Tread-belt does not stay centered Treadmill belt hesitates when walked/run on	The user may be walking while favoring or putting more weight on either the left or right foot. If this walking pattern is natural, track the belt slightly Off-center to the side opposite from the belt movement. See General Maintenance section on Tread-belt Tension Adjust as necessary.
Motor is not responsive after pressing start	If the belt moves, but stops after a short time and the display shows "LS", run calibration. If you press start and the belt never moves, then the display shows LS, contact service.
Treadmill will only achieve approximately 7 mph but shows higher speed on display	This indicates motor should be receiving power to operate. Low AC voltage to treadmill. Do not use an extension cord. If an extension cord is required it should be as short as possible and heavy duty 16 gauge minimum. Low household voltage. Contact an electrician or your dealer. A minimum of 220 volt AC current is required.
Tread-belt stops quickly/suddenly when tether cord is pulled	High belt/deck friction. See General Maintenance section on lubrication.
Treadmill trips on board 10 amp circuit	High belt/deck friction. See General Maintenance
Computer shuts off when console is touched (on a cold day) while walking/running	Treadmill may not be grounded. Static electricity is "crashing" the computer. Refer to Grounding.
House circuit breaker trips, but not the treadmill circuit breaker	Need to replace the house breaker with a "High In- rush current" type breaker.
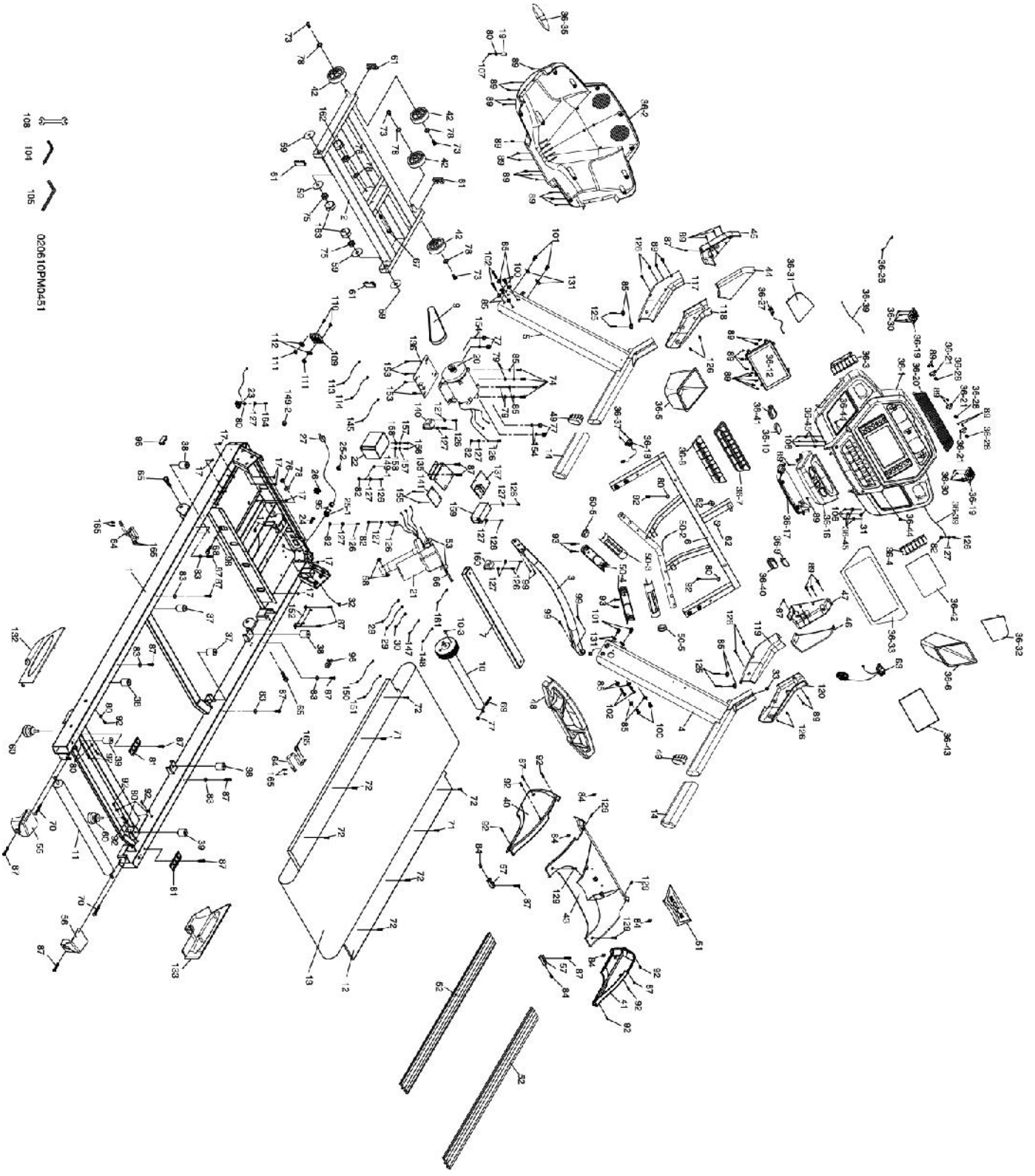
PARTS LIST

Part Number	Part Description	Qty per unit
1	Main Frame	1
2	Incline Bracket	1
3	Handrail Support	1
4	Right Upright	1
5	Left Upright	1
6	Console Support	1
7	Deck Cross Brace	1
9	Drive Belt	1
10	Front Roller W/Pulley	1
10~3	Magnet	1
11	Rear Roller	1
12	Running Deck	1
13	Running Belt	1
14	PVC Handgrip	2
17	Locking Pin Mount	8
19	Safety Key Sleeve	1
20	AC Motor	1
21	Incline Motor	1
22	Inverter	1
23	1200m/m_Sensor W/Cable	1
24	Breaker	1
25~1	Power Socket	1
25~2	Ø25 × 12 × 15m/m_Ferrite Core	1
26	On/Off Switch	1
27	Power Cord	1
28	100m/m_Connecting Wire (Black)	1
29	100m/m_Connecting Wire (White)	1
30	100m/m_Connecting Wire (Black)	1
31	800m/m_Computer Cable (Lower/Upper)	1
32	550m/m_Computer Cable (Lower/Upper)	1
33	1200m/m_Computer Cable	1
36	Console Assembly	1
36~1	Console Top Cover	1
36~2	Console Bottom Cover	1
36~3	INCLINE Key(L)	1
36~4	SPEED Key(R)	1
36~5	Drink Bottle Holder (L)	1
36~6	Drink Bottle Holder (R)	1
36~7	Lower Controller Button – TPR	1
36~8	Formula Key	1
36~9	Stop Key Cover	1
36~10	Start Key Cover	1

Part Number	Part Description	Qty per unit
36~12	Console Display Board	1
36~16	Front Console Cover (Top)	1
36~17	Front Console Cover (Bottom)	1
36~18	300m/m_Safety Switch Module W/ Cable	1
36~19	Fan Assembly	1
36~20	Deflector Fan Grill	1
36~21	Fan Grill Anchor	3
36~26	400m/m_Connecting Wire	1
36~27	HR monitor module	1
36~28	Fan Grill Anchor	3
36~30	3.5 × 32m/m_Sheet Metal Screw	8
36~31	Speaker Iron Net (L)	1
36~32	Speaker Iron Net (R)	1
36~33	Face Plate Lens Cover	1
36~35	Badge	1
36~37	3 × 10m/m_Sheet Metal Screw	2
36~39	400m/m_Console Ground Wire	2
36~40	Srart Key	1
36~41	Stop Key	1
36~42	LCD Transparent Piece	1
36~43	9" Water-resist Rubber	1
36~44	Audio End Cap	2
36~45	Speaker Grill Anchor	6
37	Cushion (Gray)	2
38	Cushion (Green)	4
39	Cushion (Black)	2
40	Motor Base Cap (L)	1
41	Motor Base Cap (R)	1
42	Transportation Wheel	4
43	Motor Top Cover	1
44	Left Connecting Cap (Top)	1
45	Left Connecting Cap (Bottom)	1
46	Right Connecting Cap (Top)	1
47	Right Connecting Cap (Bottom)	1
48	Beverage Holder	1
49	Handgrip End Cap	2
50~2	500m/m_Handpulse Wire (Upper)	1
50~3	Handpulse Top Cover	2
50~4	Handpulse Bottom Cover	2
50~5	Handpulse End Cap	2
51	Top Motor Cover Plate	1
52	Aluminum Foot Rail	2
53	Ø10 × Ø25 × 0.8T_Nylon Washer	2
55	Rear Adjustment Base (L)	1
56	Rear Adjustment Base (R)	1

Part Number	Part Description	Qty per unit
57	Motor Cover Anchor	2
58	Ø24 × Ø10 × 3T_Nylon Washer (A)	2
59	Ø50 × Ø13 × 3T Nylon Washer (B)	4
60	Foot Pad	2
61	25m/m × 50m/m_Square End Cap	4
62	Bolt Cap	2
63	Safety Key	1
64	Belt Guide	2
65	1/2" × 2-1/2"_Socket Head Cap Bolt	2
66	3/8" × 1-3/4"_Socket Head Cap Bolt	1
67	3/8" × 4-1/4"_Socket Head Cap Bolt	1
68	3/8" × 1-1/2"_Hex Head Bolt	1
69	M8 × 60m/m_Hex Head Bolt	1
70	M8 × 80m/m_Socket Head Cap Bolt	2
71	M8 × 55m/m_Flat Head Countersink Bolt	2
72	M8 × 35m/m_Flat Head Countersink Bolt	6
73	3/8" × 3/4"_Button Head Socket Bolt	4
74	3/8" × 1"_Hex Head Bolt	4
75	1/2" × 15T_Nyloc Nut	2
76	3/8" × 7.0T_Nyloc Nut	2
77	M8_Nyloc Nut	5
78	Ø19 × Ø10 × 1.5T_Flat Washer	6
79	Ø25 × Ø10 × 2.0T_Flat Washer	4
80	Ø3/16" × Ø15 × 1.5T_Flat Washer	10
81	Ø5.5 × 27 × 60 × 1T× 2.5H_Concave Washer	2
82	M5_Star Washer	5
83	Ø6.5 × 25 × 1.5T × 5.8H_Concave Washer	6
84	M5_Speed Nut Clip	6
85	3/8" × 2.0T_Split Washer	16
87	5 × 16m/m_Tapping Screw	20
89	3.5 × 12m/m_Sheet Metal Screw	42
92	5 × 16m/m_Tapping Screw	14
93	3 × 10m/m_Tapping Screw	4
95	3 × 10m/m_Sheet Metal Screw	2
96	20mm × 40m/m Square End Cap	2
98	3/8"_Nut	1
99	5/16" × 3/4"_Button Head Socket Bolt	4
100	3/8" × 1"_Hex Head Bolt	4
101	3/8" × 3/4"_Hex Head Bolt	4
102	3/8" × 2"_Hex Head Bolt	4
104	Combination M5 Allen Wrench & Phillips Head Screw	1
105	M6 L Allen Wrench	1
106	3 × 8mm_Sheet Metal Screw	6
107	3.5 × 40m/m_Sheet Metal Screw	1
108	12/14m/m_Wrench	1

Part Number	Part Description	Qty per unit
109	Fan	1
110	M4 × 35m/m_Phillips Head Screw	2
111	M4_Nyloc Nut	2
112	Ø4 × Ø10 × 1.0T_Flat Washer	2
113	200m/m_Motor Fan Connecting Cable (Black)	1
114	200m/m Motor Fan Connecting Cable (White)	1
117	Left Handgrip Side Cap (L)	1
118	Left Handgrip Side Cap (R)	1
119	Right Handgrip Side Cap (L)	1
120	Right Handgrip Side Cap (R)	1
125	3/8" × 1-3/4" Button Head Socket Bolt	4
126	M5 × 10m/m_Phillips Head Screw	19
127	M5 Split Washer	12
129	M5 × 10m/m_Phillips Head Screw	4
131	3/8" × 23 × 1.5T_Curved Washer	4
132	Logo Cover (L)	1
133	Logo Cover (R)	1
135	Control N Bracket	1
136	Motor Bracket	1
137	Interface Board	1
140	Adaptor	1
141	Controller Back Plate	1
145	200m/m_Computer Cable	1
147	250m/m_Connecting Wire (Black)	1
148	250m/m_Connecting Wire (White)	1
149~1	300m/m_Ground Wire	1
149~2	Ø31 × 18 × 13L_Ferrite Core	1
150	150m/m_Connecting Wire (White)	1
151	200m/m_Connecting Wire (Black)	1
152	Cement Resister, high power	1
153	M8 × 20m/m_Flat Head Countersink Bolt	4
154	Ø8.5 × Ø18 × 1.5T_Flat Washer	4
155	Ø3.2 × 9.9L_Pop rivet	2
156	M4 × 20m/m_Phillips Head Screw	2
157	M4_Split Washer	2
158	Ø5 × Ø10 × 1.0T_Flat Washer	2
159	Filter	1
160	Choke	1
161	150m/m_Connecting Wire (White)	1
162	Ø14m/m_Bolt Cap	1
163	Ø19m/m_Bolt Cap	2
164	M5 × 20m/m_Phillips Head Screw	1
165	5 × 19m/m_Tapping Screw	8