

VIVA FITNESS

Assembly Manual For Motorized Treadmill T1919



Please read all precautions and instructions in this manual in detail before using this equipment. Save this manual for future reference.

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When using this product, basic precautions should always be followed, including the following:

Please read the instruction carefully before starting to use this product.

Danger – To reduce the risk of electric shock:

1. Always unplug this product from the electrical outlet immediately after using and before cleaning.

Warning – To reduce the risk of burns, fire, electric shock, or physical injury:

1. The product should never be left unattended while plugged in. Unplug the product from the outlet when not in use.
2. Close supervision is necessary when this product is used by or near children, invalids, or disabled persons.
3. Be sure to use the product only for its intended use as described in this manual. Do not use any attachment not recommended by the manufacturer in order to avoid any danger or accidents.
4. Never operate the product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or dropped into water. Please return the product to the service center of seller for examination and repair.
5. Do not carry this product by the supply cord or use the cord as a handle.
6. Keep the cord away from hot surfaces or ground.
7. Never operate the product with the air vents blocked. Keep the air vents free of lint, hair, etc.
8. Never drop or insert any objects into any openings.
9. Do not use or operate outdoors.
10. Do not operate where aerosol (spray) products are being used or where oxygen is thin.
11. Before turning the product power off, turn all controls to the off position then remove the plug from the outlet.
12. Connect the product to a properly grounded outlet only.
13. If the treadmill is foldable, when user finishes using the treadmill, the elevation needs to be back to original position.
14. When user is using the treadmill, it can not be folded at the same time.
15. Keep a safety zone of 2000mm x 1000mm away from the treadmill.
16. This machine is only intended for household use.
17. For the treadmill with folding function and electric elevation, be sure that the elevation is 0 before folding (To avoid interference of the components).
18. Stop using the treadmill if you feel faint, dizzy, or short of breath.
19. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.

GROUNDING INSTRUCTIONS

The products must be grounded first. If malfunction or breakdown occurs, grounding will provide a path of least resistance for electric current to reduce the risk of electric shock.

The product is equipped with a cord having an equipment-grounding conductor and a grounding plug.

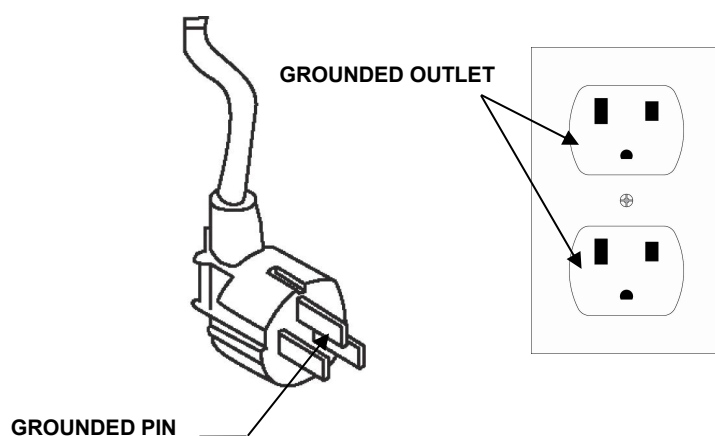
The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

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 products are properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet install by a qualified electrician.

The products is for use on nominal 220-240 volt and has a grounding plug that looks like the plug illustrated in the figure . Make sure that the product is connected to an outlet having the same configuration as the plug.

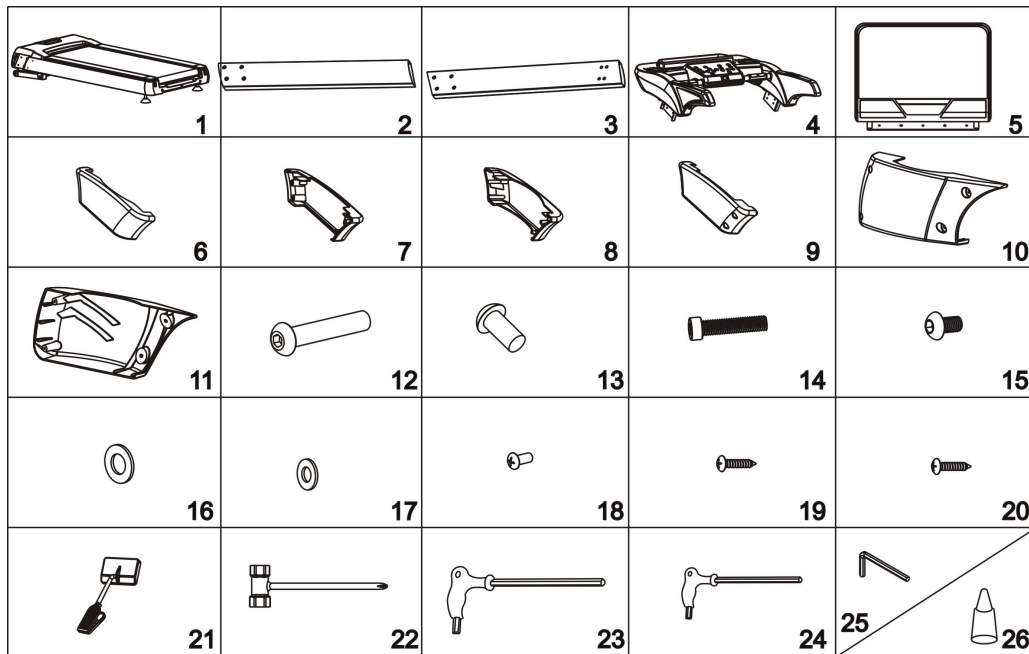
There is no need to use any adapter for this product.

Figure
Grounding methods



ASSEMBLY INSTRUCTIONS

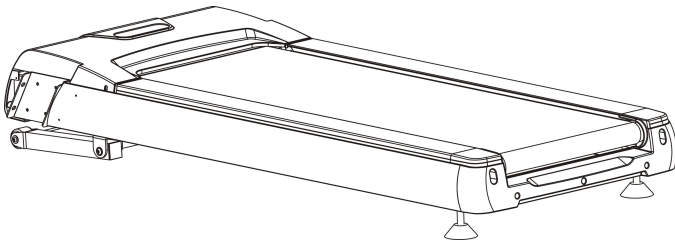
OPEN THE BOX YOU CAN FIND THE ALL PARTS AS BELOW, BE NOTED THAT THIS TREADMILL IS PACKED BY 2 CARTONS, ONE IS FOR MAIN FRAME, THE OTHER FOR CONSOLE



Part list					
No.	Description	Quantity	No.	Description	Quantity
1	Main frame	1 set	14	Bolt M8x35	3 pcs
2	Left upright	1 pc	15	Bolt M8x15	10 pcs
3	Right upright	1 pc	16	Washer M10	12 pcs
4	Console	1 pc	17	Washer M8	13 pcs
5	Display	1 pc	18	Bolt M5x10	4 pcs
6	Upright cover 1	1 pc	19	Screw M5x12	4 pcs
7	Upright cover 2	1 pc	20	Screw M3.2x12	8 pcs
8	Upright cover 3	1 pc	21	Safety key	1 pc
9	Upright cover 4	1 pc	22	Screw Driver	1 pc
10	Upright left cover	1 pc	23	Allen wrench 8mm	1 pc
11	Upright right cover	1 pc	24	Allen wrench 6mm	1 pc
12	Bolt M10x55	8 pcs	25	Allen wrench 5mm	1 pc
13	Bolt M10x20	4 pcs	26	Silicon oil	1 pc

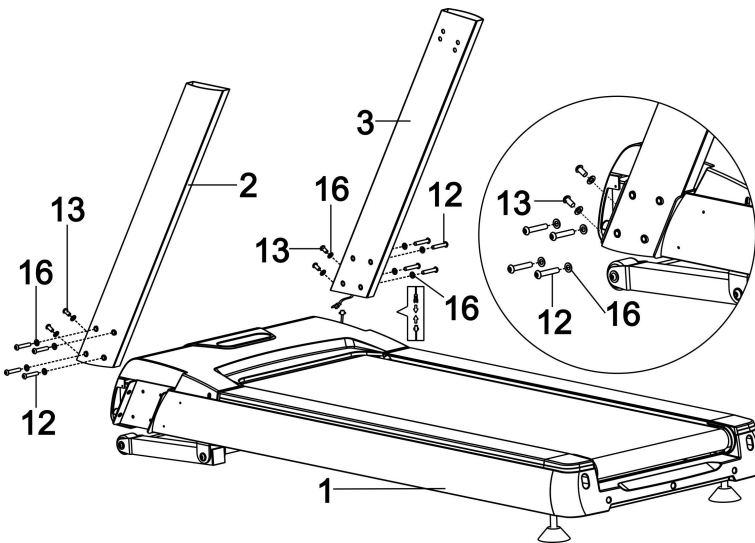
ASSEMBLY INSTRUCTIONS

STEP 1



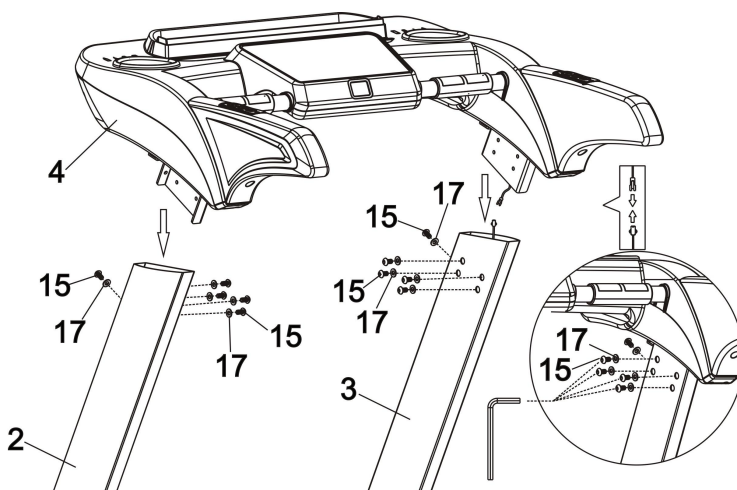
1. Please note that this treadmill need at least 2 people to finish assembly.
2. Open the carton box, and take out all the protection foam and assembly parts.
3. Lay the main frame onto the floor.

STEP 2



1. Connect the cable that come out from right head of main frame with the cable that come from lower part of right upright. Pay attention to the connection of the cable, a wrong connection would caused damage of the connector.
2. As the photo shows, install the left upright & right upright into the main frame, and use the wrench 6# to fasten the uprights with each 4 pcs M10x55 bolts, 2 pcs M10x20 and 6 pcs M10 washers. Be well noted that before fully assembly the treadmill, do not fasten all the bolts. Be noted that only right upright have cable connection.

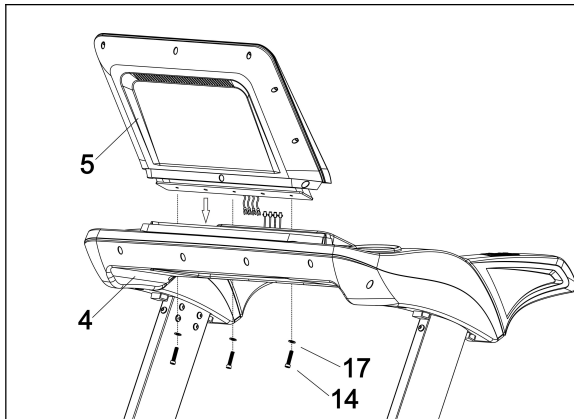
STEP 3



1. Connect the cable extent from console with the cable extent from left and right upright. Pay attention to the connection of the cable, a wrong connection would caused damage of the connector.
2. Install the console onto the left upright & right upright with each 5 pcs M8x15 bolt and 5 pcs M8 Washer.
3. Fasten all the bolts on STEP 2 and STEP 3.

ASSEMBLY INSTRUCTIONS

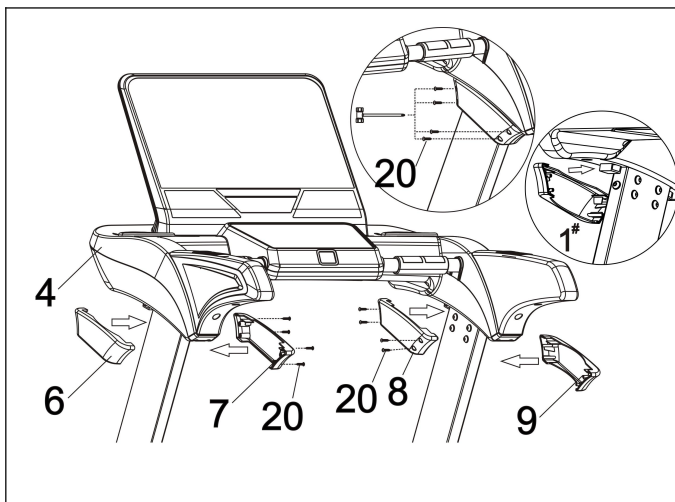
STEP 4



1. As the photo shows, connect the cable extent from display with the cable extent from console. Pay attention to the connection of the cable, a wrong connection would caused damage of the connector.

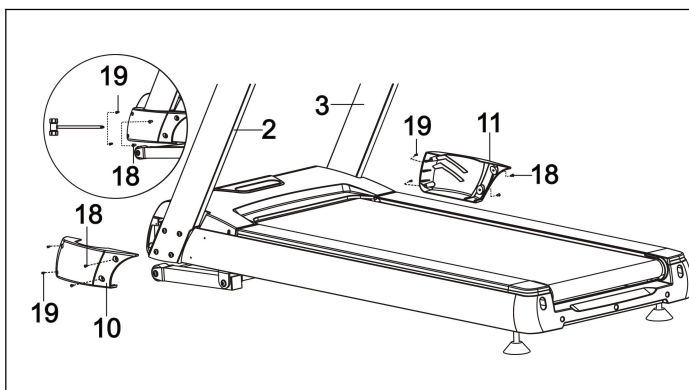
2. Install the display onto console by using 3 pcs M8x35 bolt and 3 pcs M8 washer, fasten it by wrench 5#.

STEP 5



As the photo shows, install upright cover by use screwdriver and 4 pcs M3.5x12 screws on each upright.

STEP 6



As the photo shows, install 2 upright covers onto the main frame by using screwdriver, 2 pcs M5x10 screws and 2 pcs M4x15 screws on each cover.

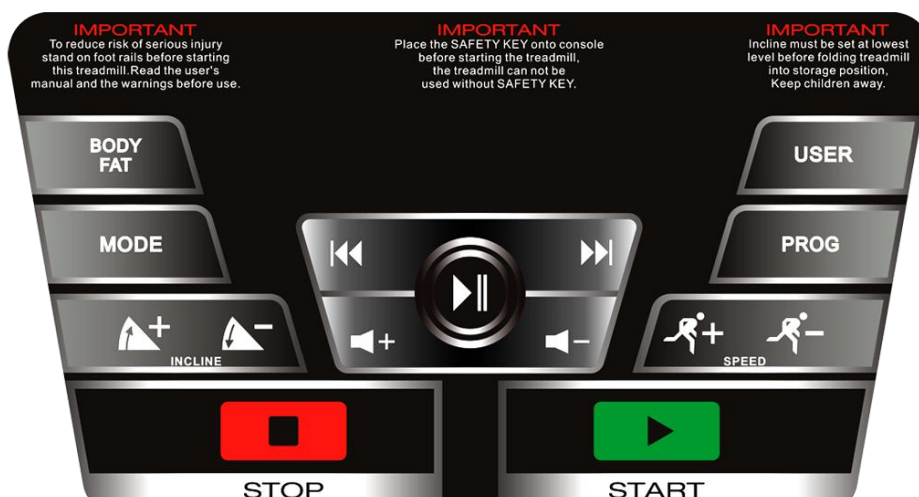
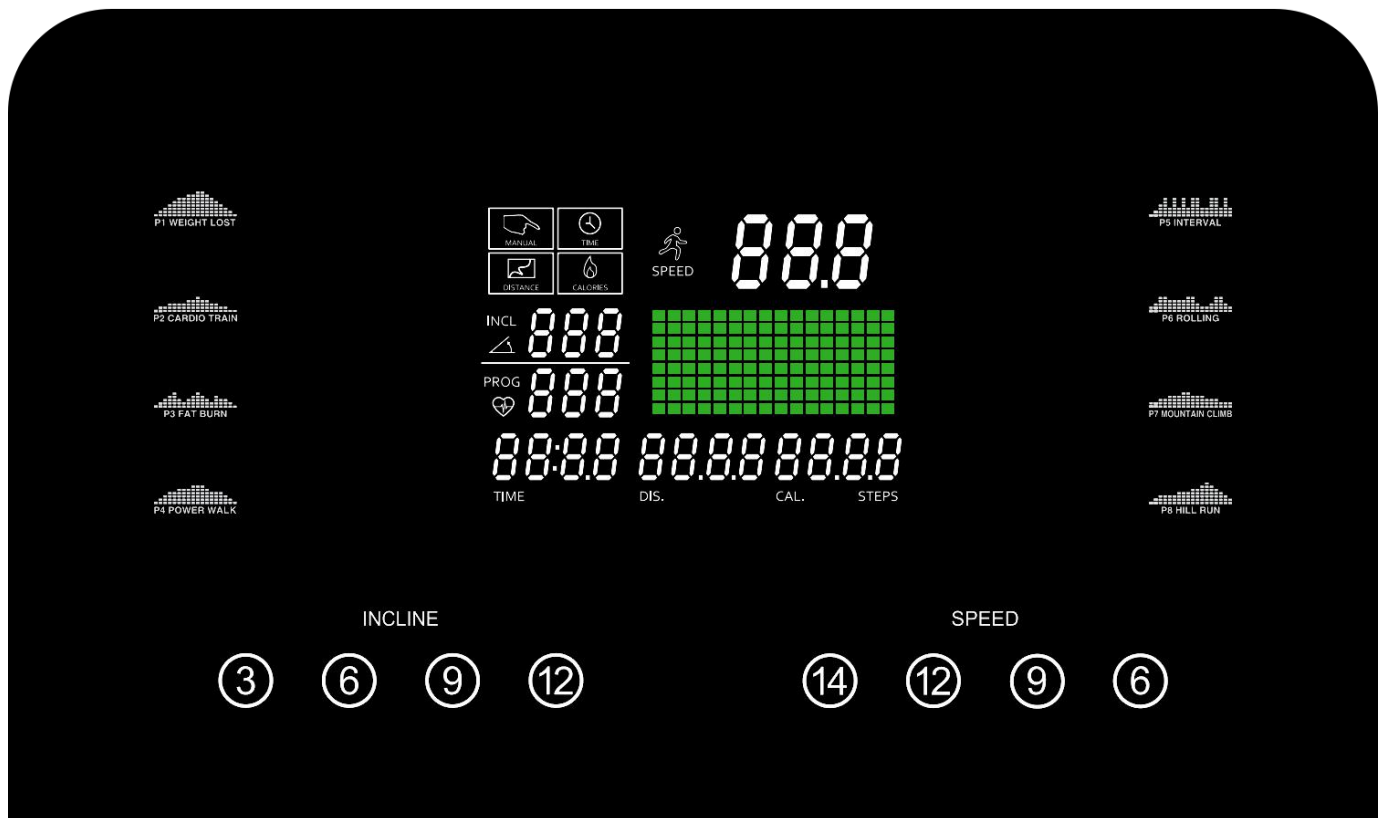
ASSEMBLY INSTRUCTIONS

**NOTE: For your safety and comfort, please check if all screws are fastened.
Congratulation! A brand new motorized treadmill has been successful assembled!**

GENERAL SAFETY TIPS

- A. Practice mounting and dismounting your treadmill before beginning your workout.
- B. Attach the Safety Key to the Computer (the treadmill will not operate without the Safety Key). Clip the other end of the Safety Key to your clothing before exercising to ensure the treadmill will stop if the user accidentally walks off the Treadmill.
- C. If the user falls off the Treadmill, the Safety Key will come off the Computer and the treadmill will stop at once to avoid further injury.
- D. Do not stand on the Walking Belt while starting the Treadmill. Straddle the Belt and stand on the plastic Foot Rails.
- E. The Treadmill will start at 1.0KM/H after countdown. If you are a new user, stay at a slow speed and hold onto the Hand Grips until you become comfortable.

QUICK REFERENCE GUIDE



DISPLAY FUNCTION

TIME: Accumulates total workout time from 0:00 to 99:59 minutes.

PULSE: When pulse single is detected by grasping both stainless steel pick-ups on front handrails, it will display your current heart rate in beats per minute from 50 to 200..

INCLINE: Displays the current deck incline from starting at level 1 to 15.

SPEED: Displays the current belt speed from starting at 1.0Km/h to 22.0Km/h.

CALORIE: Accumulates calorie consumption during exercise. Max. Value is 999 KCAL.

DISTANCE: Accumulates total workout distance from 0.0 to 99.9 kilometers by count-up.

GETTING STARTED

NOTES:

1. Check to make sure nothing is on or will hinder the movement of the treadmill.
2. Plug in the power cord and turn the treadmill ON.
3. Stand on the foot rails of the treadmill.
4. Attach the safety key clip to part of your clothing.
5. Put the safety key into the safety keyhole in the console, and then the treadmill will be on start/ready status.
6. There are 3 buttons on both handrails, right is SPEED+, SPEED- and STOP, left is INCLINE+, INCLINE- and START, and it will perform same functions as SPEED +/-, INCLINE +/- and START/STOP buttons on the console.
7. You have two options to start your workout:

A.QUICK START

Simply press the START button to begin working out.

B.SELECT A PROGRAM

Select manual program by pressing MODE button, or press PROG buttons to enter build-in programs, or press USER button to enter user programs, or press BODY FAT button to enter body fat function.

QUICK-START OPERATION

STEP 1: Attach the Safety key to wake display up; the treadmill then will be on start/ready status.

STEP 2: Press the START button to begin belt movement after countdown. Use the SPEED +/- or QUICK SPEED buttons to adjust the desired speed at any time during training; use the INCLINE +/- or QUICK INCLINE buttons to adjust the incline at any time during training. The buttons on handrail can also adjust the speed and incline, the buttons on left handrail to adjust incline, the buttons on right handrail to adjust speed.

STEP 3: To get a pulse reading, simply grasp stainless steel pick-ups on handrails. It may take a few seconds for the display to reach the actual number. The pulse rate will be displayed on PULSE window.

STEP 4: During quick-start operation, TIME, CALORIE and DISTANCE will count up.

MANUAL PROGRAMS OPERATION

NOTES: Under this program, one of **DISTANCE**, **CALORIE** and **TIME** can be set count-down for your workout, the others will count up during your workout, after one count-down reach zero, program will be ended and stop the belt movement, if you need to continue, press the **START** button to begin belt movement after count-down.

STEP 1: Attach the Safety key to wake display up; the treadmill then will be on start/ready status.

STEP 2: Press **MODE** button, the **TIME** window will display 30:00, press **SPEED +/-** button to set count-down **TIME** from 5:00 minutes to 99:00 minutes.

If you do not like to set **TIME** for count-down and pass to others, press **MODE** again, the **DIST** window will display 1.0, you can set count-down **DISTANCE** from 1.0KM - 99.0KM. If you do not like to set **DISTANCE** for count-down and pass to others, press **MODE** again, the **CAL.** window will display 50, you can set count-down **CALORIE** from 20 **KCAL** to 990 **KCAL**.

STEP 3: After finishing setting count-down for your workout, press **START** to begin belt movement after count-down.

STEP 4: During the program you can adjust the speed and incline by pressing **SPEED +/-** and **INCLINE +/-** buttons, or **QUICK SPEED** and **QUICK INCLINE** buttons. The buttons on handrail can also adjust the speed and incline, the buttons on left handrail to adjust incline, the buttons on right handrail to adjust speed.

STEP 5: Press **STOP** button to stop your workout or pull safety key away from its position to shut down the computer.

PRESET PROGRAMS OPERATION

NOTES:

All the preset programs are made up with 16 time-based segments; the speed and incline are preset on each segment. The elapse time of 16 segments on each program will be automatically arranged according to the time you set for your workout time. There are 64 preset programs for 8 different training goals, and 8 different intensity levels on each training goals.

STEP 1: Attach the Safety key to wake display up; the treadmill then will be on start/ready status.

STEP 2: Press **PROGRAM** button to scroll through the 8 training goals, A training goal will be selected once you press **PROGRAM** button. After selecting a training goal, press **MODE** button to select intensity from L1 to L8. After selecting intensity, then press **SPEED +/-** buttons to modify the elapsing time. The pre-set elapsing time of each program is 30:00 minutes, and it can be set from 8:00 to 99:00 minutes.

STEP 3: After modifying the elapsing time, press **START** button to accept and begin your workout.

STEP 4: During procession of program you can adjust the **SPEED & INCLINE** by pressing **SPEED +/-** and **INCLINE +/-** buttons, or uses **QUICK SPEED** and **QUICK INCLINE** buttons to jump directly to a setting. The buttons on handrails can also adjust the speed and incline,

OPERATION GUIDE

the buttons on left handrail to adjust incline, the buttons on right handrail to adjust speed. However, the SPEED and INCLINE you adjust will only be effective on the ongoing segment, after the segment finished, the SPEED and INCLINE will process with preset values.

STEP 5: Press STOP button to stop your workout or pull safety key away from its position to shut down the computer.

USER PROGRAM

This program is for user to edit a personal program; the speed and incline of each segment can be edited according as personal's desire. There are 18 segments on this program for user to edit workout program.

Once the program is set, it will be stored on the computer, the computer will proceed the program by pressing START/STOP button. There are totally 3 user program can be edited.

If you want to re-edit the program, just follow the steps described as bellow.

STEP 1: Attach the Safety key to wake display up; the treadmill then will be on start/ready status, press USER button, the speed window will display U-1, the TIME window display 30:00, press SPEED+/- to set the program time.

STEP 2: Press MODE button, the SPEED/INCLINE window display 1 which means segment 1, press INCLINE+/- to set incline and press SPEED+/- to set speed on this segment. After finish setting segment 1, press MODE button to set all other 2-18 segments.

STEP 3: After finish setting all 18 segments, the program will be stored, and then press START button to load this program.

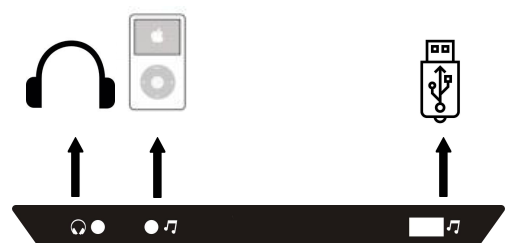
USING THE PULSE FUNCTION

The PULSE Window on your Computer works in conjunction with the Pulse Sensors on both handrails. When you are ready to read your pulse:

1. Place both hands firmly on the Pulse Sensors. For the most accurate reading, it is important to use both hands.
2. Your estimated heart rate will display in the PULSE window approximately 5 seconds after you grasp the Pulse Sensors.
3. This estimate is not exact and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.

USING THE AUDIO FUNCTION

As the figure shows, plug one end of the audio cable to the audio jack on computer, and then plug the other end of the audio cable to MP3 player. The speaker on the computer will then play the music from MP3 player. The volume of speaker can only be adjusted by MP3 player.



BUILD-IN MP3 PLAYER

The computer have build-in MP3 player function, it can be operated with following instruction:

Turn on the power of treadmill, attach the Safety key to wake display up, and then plug-in USB flash, then the build-in MP3 player will play the music file in the flash.

CONNECT SMART PHONE

If the treadmill have the bluetooth function, then connect the smart phone as follow steps:

STEP1: Turn on the Bluetooth of the smart phone, search the device, and click to connect the devices when RUN MUSIC appears.

STEP2: After the connection, the voice of smart phone will be played by the speaker on the computer.

BODY FAT SCALE

This function is to estimate your body fat according to the basic information of you body condition.

This estimate is not exact and persons with medical conditions and/or a specific need for accurate body fat value should not rely on the estimations provided.

At the beginning state, press “ BODY FAT” to enter “FAT“ body fat test, window display “FAT”. Press “MODE” to enter (F1 SEX, F2 AGE, F3 HEIGHT, F4 WEIGHT). Press “SPEED+”, “SPEED-” to set. After setting, the computer will display F5 and grasp the hand pulse, the window will display your body quality index.

The body quality index is to test the relation between height and weight not the body scale. The body FAT suits for any male and female to adjust the weight according together with other body quality index. The ideal FAT should be between 20-25, if under 19, it means too thin. If between 25 and 29, it means overweight, if over 30, it means obesity. (The data is just for reference and can not be as medicinal data)

- 01 Sex01 Male 02 Female
- 02 Age 10-----99
- 03 Height 100---200
- 04 Weight 20-----150
- 05 FAT ≤19 Under weight
- FAT = (20---25) Normal weight
- FAT = (25---29) Over weight
- FAT ≥30 Obesity

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PRESET PROGRAM CHART

P1. WEIGHT LOST

SPEED CHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Level 1	SPEED(KM/H)	1	4	6	0	12	12	14	14	16	17	14	12	10	8	4	2
Level 2	SPEED(KM/H)	1	2	2	4	4	5	6	8	8	10	8	8	5	5	3	2
Level 3	SPEED(KM/H)	1	2	3	5	5	6	8	9	10	12	10	8	7	6	4	2
Level 4	SPEED(KM/H)	1	2	3	6	7	8	10	11	12	13	11	10	8	7	5	2
Level 5	SPEED(KM/H)	2	3	4	7	7	8	10	12	14	14	13	12	10	9	6	2
Level 6	SPEED(KM/H)	2	3	4	7	9	10	12	13	14	14	13	12	10	9	6	3
Level 7	SPEED(KM/H)	2	3	5	8	9	10	12	13	14	15	13	12	10	9	6	3
Level 8	SPEED(KM/H)	2	3	5	8	10	12	14	14	15	15	14	13	11	9	7	3

P2. CARDIO TRAIN

SPEED & INCLINE CHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Level 1	ELEVATION	1	1	2	4	5	6	7	7	8	8	7	7	5	4	2	1
	SPEED(KM/H)	1	3	3	5	5	5	7	7	9	7	7	5	5	3	2	1
Level 2	ELEVATION	1	2	3	5	6	7	8	8	9	9	8	8	6	5	3	1
	SPEED(KM/H)	1	2	2	4	5	6	7	7	8	8	7	7	5	4	2	1
Level 3	ELEVATION	1	2	4	6	7	8	9	9	10	10	9	9	7	6	4	1
	SPEED(KM/H)	1	2	3	5	6	7	8	8	9	9	8	8	6	5	3	1
Level 4	ELEVATION	2	3	5	7	8	9	10	10	11	11	10	10	8	7	5	2
	SPEED(KM/H)	2	2	4	6	7	8	9	9	10	10	9	9	7	6	4	2
Level 5	ELEVATION	2	4	6	8	9	10	11	11	12	12	11	11	9	8	6	2
	SPEED(KM/H)	2	3	5	7	8	9	10	10	11	11	10	10	8	7	5	2
Level 6	ELEVATION	3	5	7	9	10	11	12	12	13	13	12	12	10	9	7	3
	SPEED(KM/H)	2	4	6	8	9	10	11	11	12	12	11	11	9	8	6	2
Level 7	ELEVATION	4	6	8	10	11	12	13	13	14	14	13	13	11	10	8	4
	SPEED(KM/H)	3	5	7	9	10	11	12	12	13	13	12	12	10	9	7	3
Level 8	ELEVATION	5	7	9	11	12	13	14	14	15	15	14	14	12	11	9	5
	SPEED(KM/H)	4	6	8	10	11	12	13	13	14	14	13	13	11	10	8	4

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P6. ROLLING

SPEED CHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Level 1	SPEED(KM/H)	3	6	10	8	8	8	8	10	10	6	4	4	6	10	6	4
Level 2	SPEED(KM/H)	2	3	4	2	3	4	3	2	3	4	3	2	3	4	3	2
Level 3	SPEED(KM/H)	2	3	4	4	3	4	5	4	3	4	5	4	3	4	5	3
Level 4	SPEED(KM/H)	2	4	5	5	4	5	6	5	4	5	6	5	4	5	6	3
Level 5	SPEED(KM/H)	2	5	6	6	5	6	7	6	5	6	7	5	6	7	6	3
Level 6	SPEED(KM/H)	3	6	7	7	6	7	8	7	6	7	8	7	6	7	8	4
Level 7	SPEED(KM/H)	3	7	8	8	7	8	9	8	7	8	9	8	7	8	9	4
Level 8	SPEED(KM/H)	3	8	9	9	8	9	10	9	8	9	10	9	8	9	10	4

P7. MOUNTAIN CLIMB

SPEED & INCLINE CHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Level 1	ELEVATION	0	1	1	2	3	3	4	4	5	6	7	8	7	6	4	0
	SPEED(KM/H)	3	6	6	8	8	8	10	10	8	8	8	6	6	6	4	3
Level 2	ELEVATION	0	1	2	3	3	4	4	5	6	7	8	9	8	6	4	0
	SPEED(KM/H)	1	1	2	3	3	3	4	4	4	3	3	3	2	2	2	1
Level 3	ELEVATION	1	1	2	3	4	4	5	6	7	8	9	10	9	8	6	2
	SPEED(KM/H)	1	1	2	3	3	3	4	4	4	3	3	3	2	2	2	1
Level 4	ELEVATION	1	2	2	3	4	5	6	7	8	9	10	11	10	8	7	3
	SPEED(KM/H)	2	2	3	4	4	4	5	5	4	4	4	3	3	3	2	2
Level 5	ELEVATION	1	2	3	5	6	7	8	9	9	10	11	12	11	10	8	4
	SPEED(KM/H)	2	2	3	4	4	4	5	5	4	4	4	3	3	3	2	2
Level 6	ELEVATION	2	2	3	5	6	7	8	9	10	11	12	13	12	10	8	4
	SPEED(KM/H)	2	2	3	4	4	4	5	5	4	4	4	3	3	3	2	2
Level 7	ELEVATION	2	3	4	6	7	8	9	10	11	12	13	14	13	10	8	4
	SPEED(KM/H)	2	2	4	5	5	5	6	6	6	5	5	4	4	4	2	2
Level 8	ELEVATION	3	4	5	7	8	9	10	11	12	13	14	15	13	10	8	4
	SPEED(KM/H)	2	2	4	5	5	5	6	6	6	5	5	4	4	4	2	2

P8. HILL RUN

SPEED & INCLINE CHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Level 1	ELEVATION	0	0	1	2	2	2	3	3	3	4	4	5	5	4	3	1
	SPEED(KM/H)	2	4	6	6	6	8	8	8	10	10	12	14	12	10	6	4
Level 2	ELEVATION	0	0	1	2	2	2	3	3	3	4	4	5	6	5	3	1
	SPEED(KM/H)	2	2	2	4	4	6	6	6	8	8	10	10	8	8	6	2
Level 3	ELEVATION	0	0	1	2	2	3	3	3	4	4	5	5	6	5	3	1
	SPEED(KM/H)	2	2	4	4	6	6	6	8	8	10	10	12	10	8	6	2
Level 4	ELEVATION	0	1	1	2	3	3	4	4	4	5	5	6	7	6	5	2
	SPEED(KM/H)	2	2	4	6	6	8	8	8	10	10	10	12	12	10	7	3
Level 5	ELEVATION	1	1	2	3	3	4	4	5	5	6	6	7	8	7	6	2
	SPEED(KM/H)	2	4	6	6	6	8	8	8	10	10	12	13	12	10	7	3
Level 6	ELEVATION	1	2	3	4	4	5	5	6	6	7	8	8	8	7	6	2
	SPEED(KM/H)	2	4	6	6	6	8	8	10	10	12	13	13	12	10	7	3
Level 7	ELEVATION	1	2	3	5	6	6	7	7	8	8	9	10	10	9	6	2
	SPEED(KM/H)	2	4	6	8	8	10	10	12	13	13	14	13	12	10	7	3
Level 8	ELEVATION	1	2	3	6	6	7	7	8	8	9	9	10	12	9	6	2
	SPEED(KM/H)	2	4	6	10	10	12	12	13	13	14	14	13	12	10	7	3

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

1. Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



2. Hamstring Stretch

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



3. Head Roll

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



SUGGESTED STRETCHES**4. Shoulder Lift**

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

**5. Toe Touch**

Slowly bend forward from your waist, letting your back and Shoulders relax as you stretch toward your toes.

Reach down as far as you can and hold for 15 counts.

**6. Calf-Achilles Stretch**

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.

**7. Side Stretch**

Open your arms to the side and continue lifting them until they are over your head.

Reach your right arm as far upward toward

The ceiling as you can for one count.

Feel the stretch up your right side.

Repeat this action with your left arm.



WARNING! Before performing any maintenance to your treadmill, always unplug the power cord from the surge protector.

CLEANING: Routine cleaning of your TREADMILL will extend the life of your treadmill.

WARNING! To prevent electrical shock, be sure the power to the treadmill is OFF and the unit is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.

AFTER EACH WORKOUT: Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration. **USE NO CHEMICALS.**

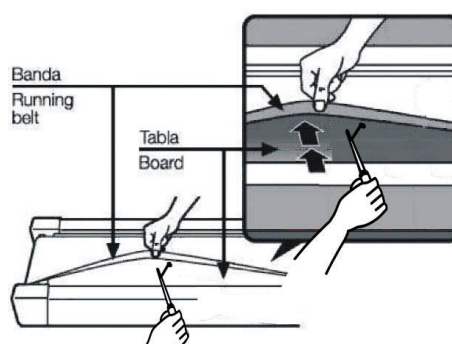
WEEKLY: Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually ends up underneath the treadmill. Vacuum underneath the treadmill once a week.

DECK LUBRICATION: The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance. Every 10 days or 10 hours of operation, lift the sides of the walking belt and feel the top surface of the walking board as far under as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, lubrication is needed. Ask your retailer or call Service line for the type of silicone.

TO APPLY LUBRICANT TO THE WALKING BOARD

- 1) Position the walking belt so that the seam is located on top and in the center of the center of the walking board.
- 2) Insert the spray nozzle into the spray head of the lubricant can.
- 3) While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 10cm from the front of the treadmill. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 4 seconds on each side.
- 4) Allow the silicone to 'set' for one minute before using the treadmill.

WARNING: Do not over-lubricate the walking board. Excess lubricant should be wiped off with a clean towel.



Running belt tension adjustment

The treadmill has been adjusted and passed QC inspection before leaving the factory. If there is phenomenon of bias running of the belt, the possible reasons might be:

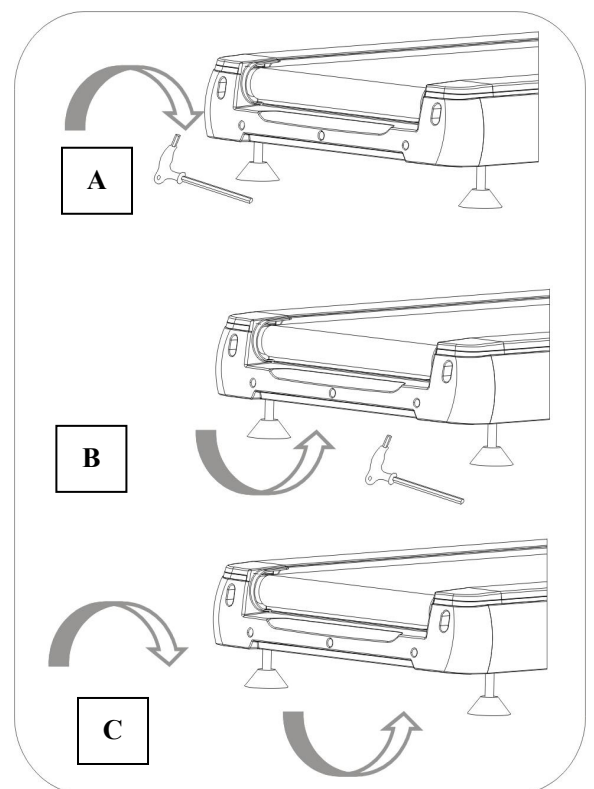
- A. The frame is not stably laid
- B. The user is not running on the center of the running belt;
- C. The user's two feet are not using even strength.

For bias which can not be fixed automatically, try the following methods to fix the belt, as picture shown

If the belt tends to move to the right, you should turn the belt adjustment screw on the right in clockwise direction. We recommend you turn 1/4 turn each time and check how it works. If the belt remains slanting to the right ,then turn the belt adjustment screw on the left in counterclockwise direction 1/4,as shown in the picture A

If the belt tends to move to the left, then turn the belt adjustment screw on the left in clockwise direction for 1/4 turn. If the belt remains slanting to the left ,then turn the belt adjustment screw on the right in counterclockwise direction for 1/4 turn, as shown in the picture B

After having been used for a period, the belt might be slightly elongated, and slipping and halting might appear when a person is running on it. When these phenomena appear, you should secure the screws on both sides for 1/4 turn. If the belt is too tight, just loosen the screw on both sides for 1/4 turn, as shown in picture C.



PART LIST

No.	Description	Qty
1	Incline frame	1
2	Main frame	1
3	Left upright	1
4	Right upright	1
5	Console rack	1
6	Display rack	1
7	Wooden deck support tube	1
8	Bolt M12x85	2
9	Bolt M10x55	8
10	Bolt M10x40	1
11	Bolt M10x20	4
12	Bolt M8x35	3
13	Bolt M8x15	14
14	Bolt M8x65	4
15	Bolt M8x15	4
16	Bolt M6x30	6
17	Bolt M6x45	2
18	Bolt M5x30	10
19	Bolt M5x10	27
20	Screw M4x15	4
21	Screw M4x12	7
22	Screw M4x15	2
23	Screw M4x15	26
24	Screw M3.5x12	12
25	Screw M4x25	2
26	Screw M4x30	6
27	Screw M4x40	4
28	Screw M4x50	4
29	Screw M4x15	5
30	Screw M4x10	8
31	Screw M3.5x25	4
32	Screw M3x10	8
33	Nut M12	2

No.	Description	Qty
34	Nut M10	2
35	Nut M5	10
36	Flat wahser	4
37	Flat wahser	4
38	Flat wahser	13
39	Flat wahser	20
40	Flat wahser	4
41	Console plastic housing upper	1
42	Console plastic housing bottom	1
43	Display with plastic housing	1
44	Display back cover	1
45	Bottle holder	2
46	Key pad	1
47	Upright cover 1	1
48	Upright cover 2	1
49	Upright cover 4	1
50	Upright cover 3	1
51	Motor cover	1
52	Motor cover front	1
53	Rear wheel cover	2
54	Upright lower cover left	1
55	Upright lower cover right	1
56	Foot rail cover left	1
57	Foot rail cover right	1
58	Handrail left	1
59	Handrail right	1
60	Handrail button left	1
61	Handrail button left	1
62	Handrail pulse	2
63	Foot rail	2
64	Motor belt	1
65	Cushion	6
66	Incline rack tube cap	2

No.	Description	Qty
67	Running deck	1
68	Running belt	1
69	Side rail fastener	10
70	Rear leveling foot	2
71	Moving wheel	2
72	Plastic cushion	4
73	Speaker cover left	1
74	Speaker cover right	1
75	Axle	2
76	Front roller	1
77	Rear roller	1
78	Casing	4
79	Inverter	1

No.	Description	Qty
80	AC motor	1
81	Motor rubber base	1
82	Power code	1
83	Power cord jack	1
84	Power switch	1
85	Power cable 1	1
86	Power cable 2	1
87	Power cable 3	1
88	Magnetic ring	1
89	Circuit breaker	1
90	Incline motor	1
91	Safety key	1
92	Audio input cable	1

ERROR CODE	SYMPTOM
E01	Cable connection problem, check cable connection on every end.
E02	Check motor cable.
E03	Check motor and controller.
E04	Check incline motor.
E05	Overload protection.
E06	Check controller and voltage stability on power supply.
---	Safety key off, or safety key problem.

PROBLEM	POSSIBLE CAUSES	CORRECTION
Console has no display	<ol style="list-style-type: none"> 1. Not plugged in. 2. Defection on whole set cable or not plug well. 3. Overload protection. 4. Transformer burned. 	<ol style="list-style-type: none"> 1. Tighten into suitable outlet. 2. Plug every connector well. 3. Reset overload protector. 4. Replace transformer.
Treadmill belt slipping	<ol style="list-style-type: none"> 1. Running belt too loose. 2. Motor belt too loose.. 	<ol style="list-style-type: none"> 1. Tighten running belt. 2. Tighten motor belt.
Running belt not smooth	<ol style="list-style-type: none"> 1. Lack lubrication oil 2. Running belt too tight. 	<ol style="list-style-type: none"> 1. Add lubrication oil to belt and deck. 2. Loose running belt.
Motor not work	<ol style="list-style-type: none"> 1. Safety key not attached correctly. 2. Power cord of motor not connect well. 3. Whole set cable not plug well. 4. Controller damaged. 5. Motor damaged. 	<ol style="list-style-type: none"> 1. Insert safety pull pin. 2. Plug power cord of motor again. 3. Plug whole set cable again. 4. Replace controller. 5. Replace motor.
Treadmill power off automatically after high-speed running for a period of time	<ol style="list-style-type: none"> 1. Lack lubrication oil. 2. Protector damaged. 	<ol style="list-style-type: none"> 1. Add lubrication oil to belt and deck. 2. Replace protector.