VIVA FITNESS

MOTORIZED TREADMILL
OWNER'S MANUAL
ITEM NO. T245

WARNING

----When using this treadmill, keep attaching the safety key rope to your clothes.

----When you are running, keep your hand swinging natural, stare frontward, never look adown at your feet.

----Increase the speed step by step when running.

----When emergency happens, take away the "safety key" immediately.

----Leave the treadmill after the running belt stop stably.

Caution: Read the assembly instruction carefully, follow the instruction when assemble.

ATTENTION

01- Before starting any exercise program, consult with your physician or health professional.

02- Check all the bolts locked.

03- Never put the treadmill in the wetness area, or it will cause troubles.

04- We take no responsibility for any troubles or hurts due to above reasons.

05- Dress sport clothes and shoes before running.

06- Do not do exercise in 40 minutes after meal.

07- To prevent hurts, please warm up before exercise.

08- Consult with doctor before exercise if you have high blood pressure.

09- The treadmill is only used for adults.

10- Provide the olds, children and handicapped with good care, guide and supervision.

11- Do not plug anything into any parts of this equipment, or it may damage.

12- Do not connect line to the middle of cable; do not lengthen cable or change the cable plug; do not put any heavy thing on cable or put the cable near the heat source; forbid using socket with several holes, these may cause fire or people may be hurt by the power.

13- Cut off the power when the equipment is not used. When the power is cut off, do not pull the power line to keep the wire unbroken.

14. Pulse monitor data may not be accurate, which can not be used for medical purpose. Over-exercise may cause injury, even death. If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor immediately.

15. Maximum weight of User: **120KGS**.

IMPORTANT SAFETY PRECAUTION

1. Plug the power cord of the treadmill directly into a dedicated grounded circuit. This product must be grounded. If it has breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.

2. Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Do not place the treadmill near water or outdoors.

3. Position treadmill so that the wall plug is visible and accessible.

4. Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, always stand on the foot rails on the sides of the frame until the belt is moving.

5. Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that may be caught in the treadmill. Always wear running or aerobic shoes with rubber soles.

6. Make sure the power supply is connected and the safety key is effective before using the treadmill. Fit one side of the safety lock on the treadmill and clip the other side on your clothes or belt, which will enable you to pull off the safety key promptly in an emergency.

7. Always unplug the power cord before remove the treadmill motor cover.

8. Make sure there is no less than 2*1m free space behind the treadmill.

9. Keep small children away from the treadmill during operation.

10. Always hold the handrails when initially walking or running on the treadmill, until you are comfortable with the use of the treadmill.

11. Always attach the safety key rope to your clothing when using the treadmill. If the treadmill should suddenly increase in speed due to an electronics failure or the speed being inadvertently increased, the treadmill will come to a sudden stop when the safety key is disengaged from the console.

12. In case of any Abnormality during the use process, please remove the safety key immediately,

grasping the handlebar and jumping onto the two edgings, then get off the treadmill after it stops.

13. When the treadmill is not being used, the power cord should be unplugged and the safety key removed.

14. Put the safety key away from reach of the children. Minors must be accompanied by the adults when using the treadmill.

15. Before starting any exercise program, consult with your physician or health professional. He or she can help establish the exercise frequency, intensity (target heart zone) and time appropriate for your particular age and condition. If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while you exercise, STOP! Consult your physician before continuing.

16. If you observe any damage or wear on the mains plug or on any section of the mains lead then please have these replaced immediately by a qualified electrician – do not attempt to change or repair these yourself.

17. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

18. Put your feet on the side rail before using the treadmill, and always attach the safety key rope to your clothing. Hold the handle bar before the running belt moving well (feel the running speed by your single foot before using it). To avoid loss balance, please slow down the speed to the lowest or take off the safety. And hold the handle bar to jump to the side rail when emergency or the safety key is not attached.

19. Make sure to unplug the power cord and the treadmill has completely stopped before folding. Please don't operate it after folding the treadmill.
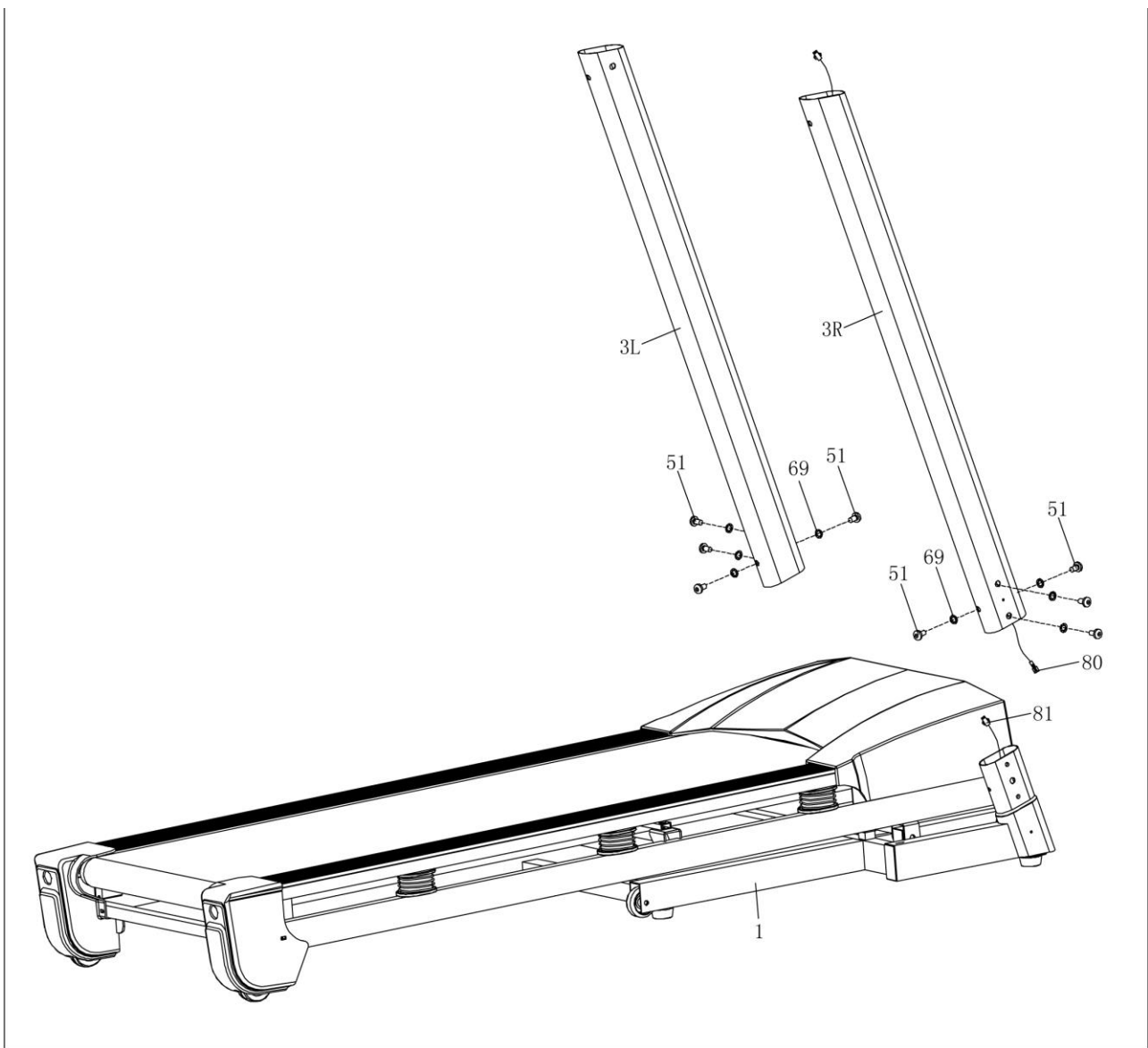
ASSEMBLY STEPS

STEP 1:

Open the package, take out all parts and place the main frame on the flat ground.
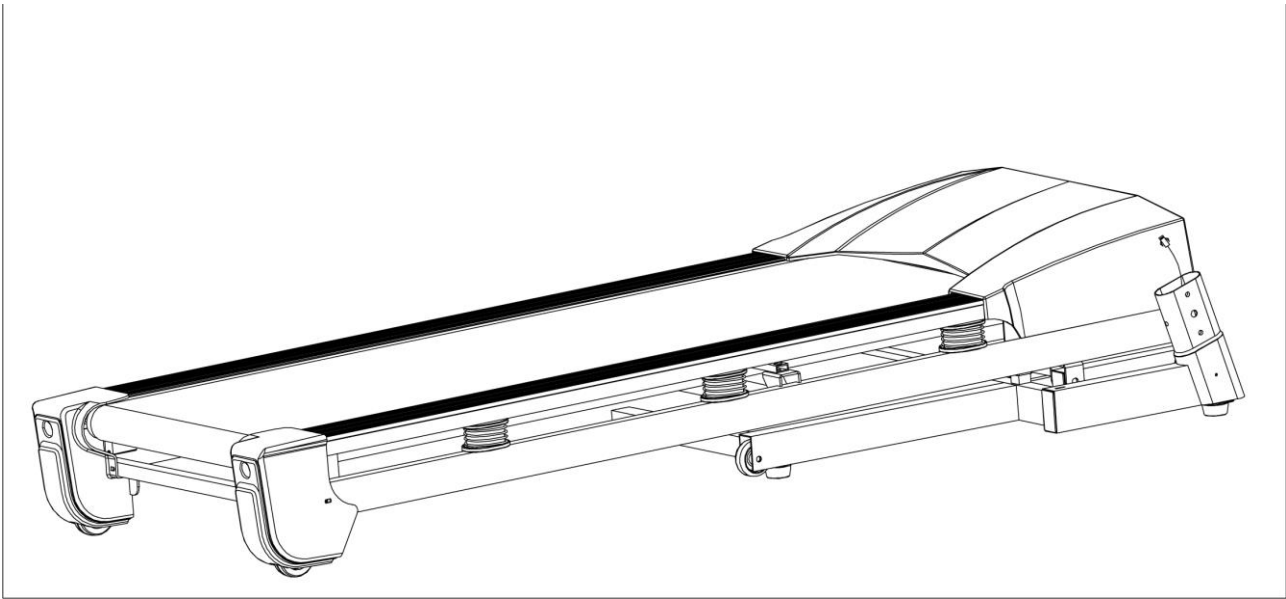
STEP 2:

1. Connect the Sensor wire (80) with Extension wire (81) together;
2. Lock the Upright tubes (3L & 3R) on the Bottom frame (1) with the Allen bolts (51) and Washers (69). (Note: Please don't lock them tightly till this Step.)

3L

3R

51

69

51

51

69

51

80

81

1

STEP 3:

1. First, connect the Computer connecting wire (79) with the Extension wire (80) together, then lock the Computer frame (4) on the Upright tubes (3L & 3R) with the Allen bolts (51) and Washers (69) as shown;

2. Lock the Allen bolts (51) on the Upright tubes (3L & 3R) and Bottom frame (1) tightly;
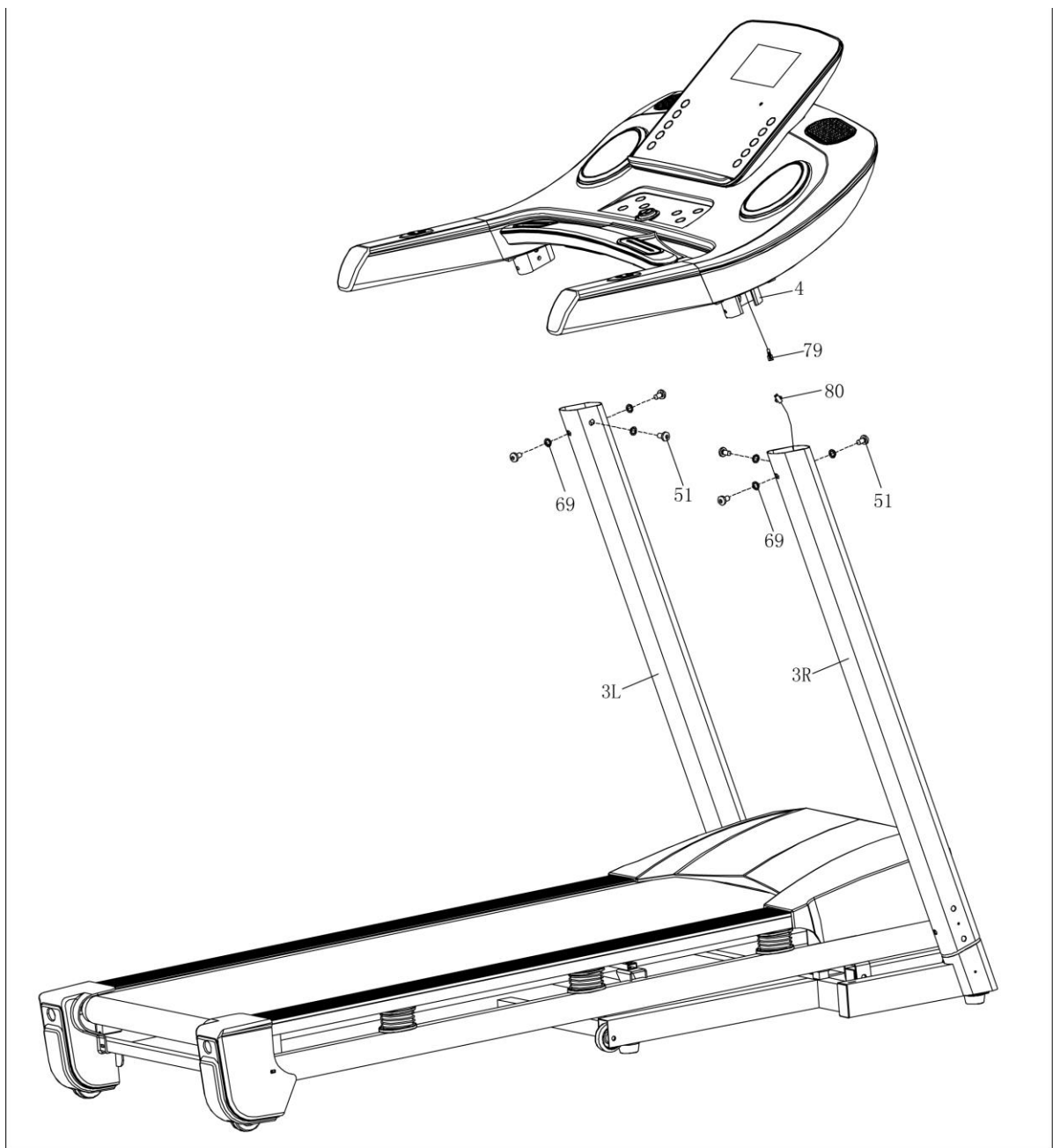
STEP 4:

1. Lock the Protective cover (18L & 18R) tightly to the Bottom frame （1） with Cross tapping screw(64) and Cross Screw (61)
2. insert the A side of the Outside upright cover (16) and Inside upright cover (17) to the B side of the Computer frame (4) like the picture shown, then lock the Outside upright cover (16) and Inside upright cover (17) tightly to the Upright tube (3L & 3R) with Cross tapping screw (64).
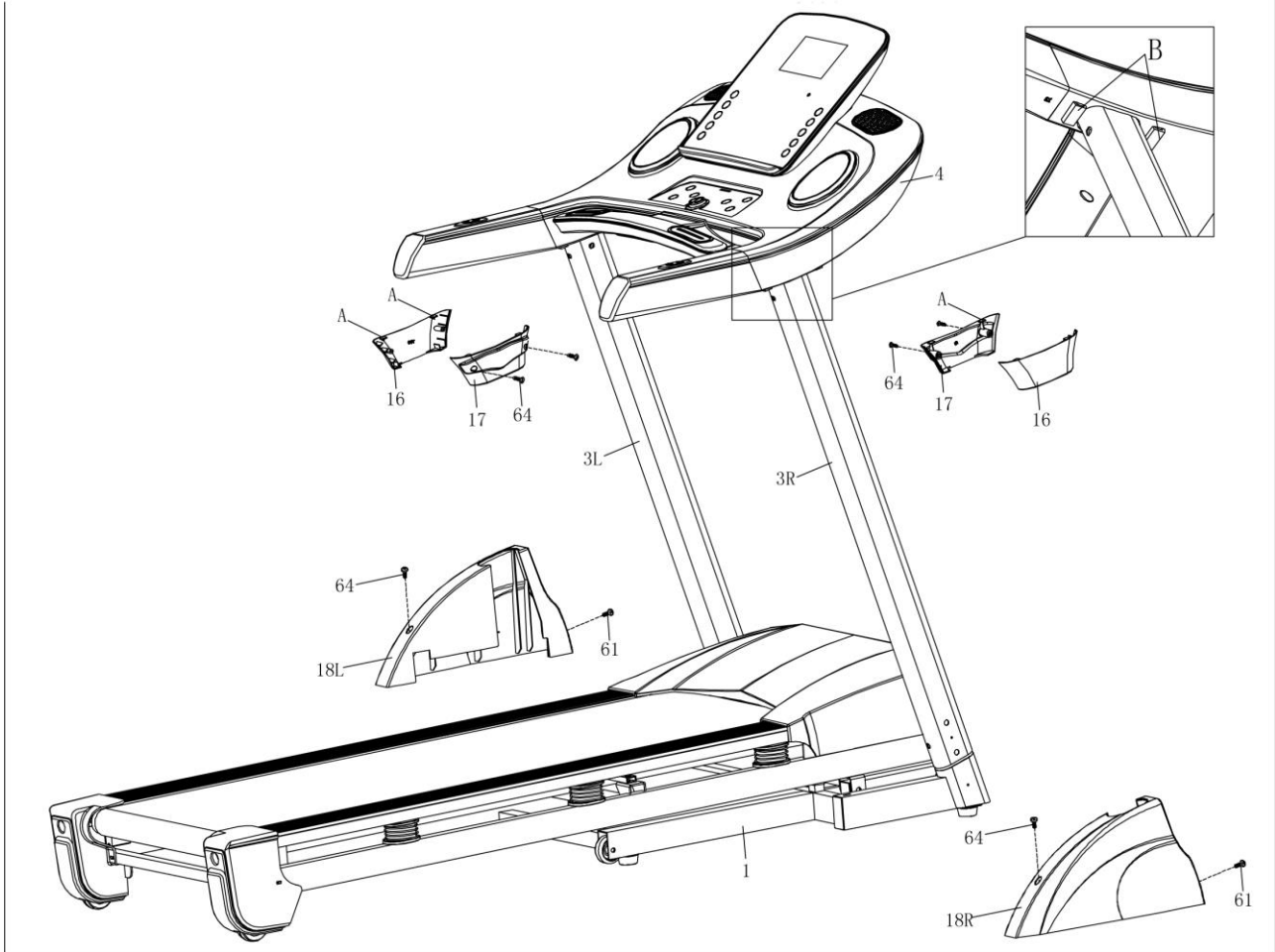
STEP 5:

<u>When you fold the machine:</u>
Put your hands on place *A*, lift up the machine, then push it to the direction of the arrow shown, stop it when you hear the Clip sound from the Cylinder (9).
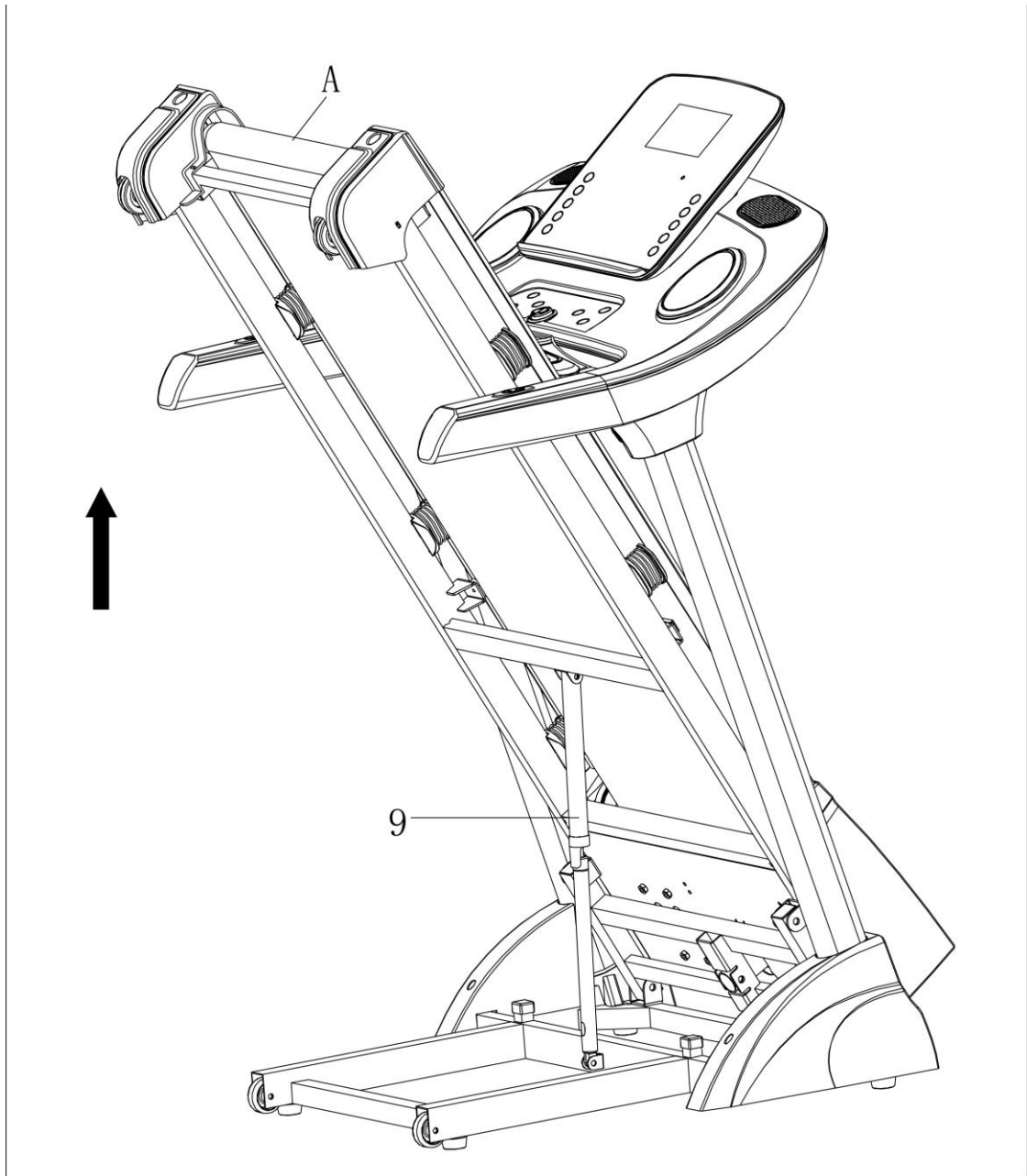
STEP 6:

<u>When you unfold the machine:</u>
Grasp the place *A* by your hands, kick the place *B* of Cylinder (9) by your right foot, push the running board to the level of place *C*, then the running board will get down automatically.
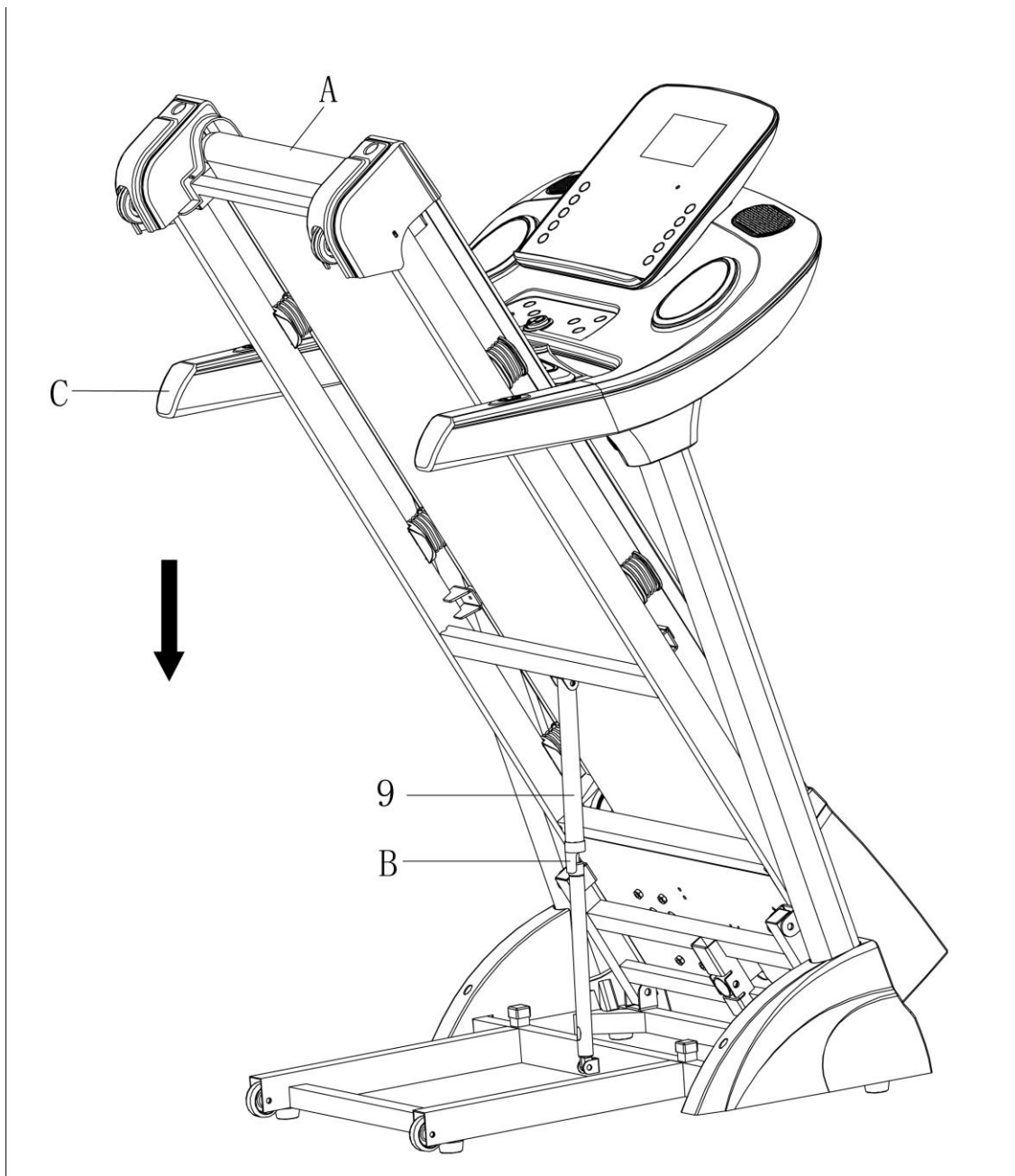
GROUNDING METHODS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.

This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with 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 a qualified electrician.

This product is for use on a nominal **230-Volt** circuit and has a grounding plug that looks like the plug illustrated in below figure. Make sure that the product is connected to an outlet having the same configuration as the plug.

No adapter should be used with this product.

Grounding Methods

GROUNDED OUTLET

GROUNDING PIN

GROUNDED OUTLET BOX
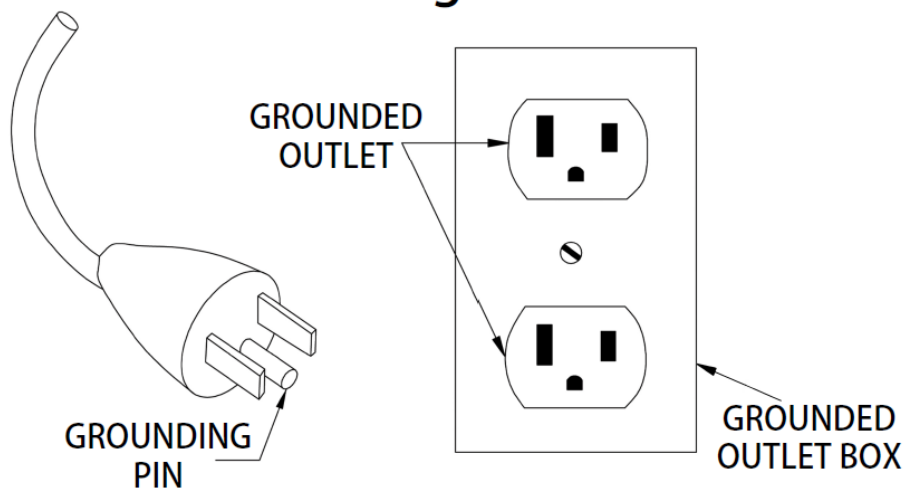
TECHNICAL PARAMETER

ASSEMBLY SIZE (mm)	1660X740X1400	POWER	2.0HP
FOLDING SIZE (mm)	1060x740x1455	MAX OUTPUT POWER	4.0HP
RUNNING SURFACE SIZE(mm)	420X1280	INPUT VOLTAGE	230V
NET WEIGHT	65KG	SPEED RANGE	1.0 - 16 KM/H
MAX USER'S WEIGHT	120KG	INCLINE	0 – 15%

OPERATION INSTRUCTIONS

1. Function specifications
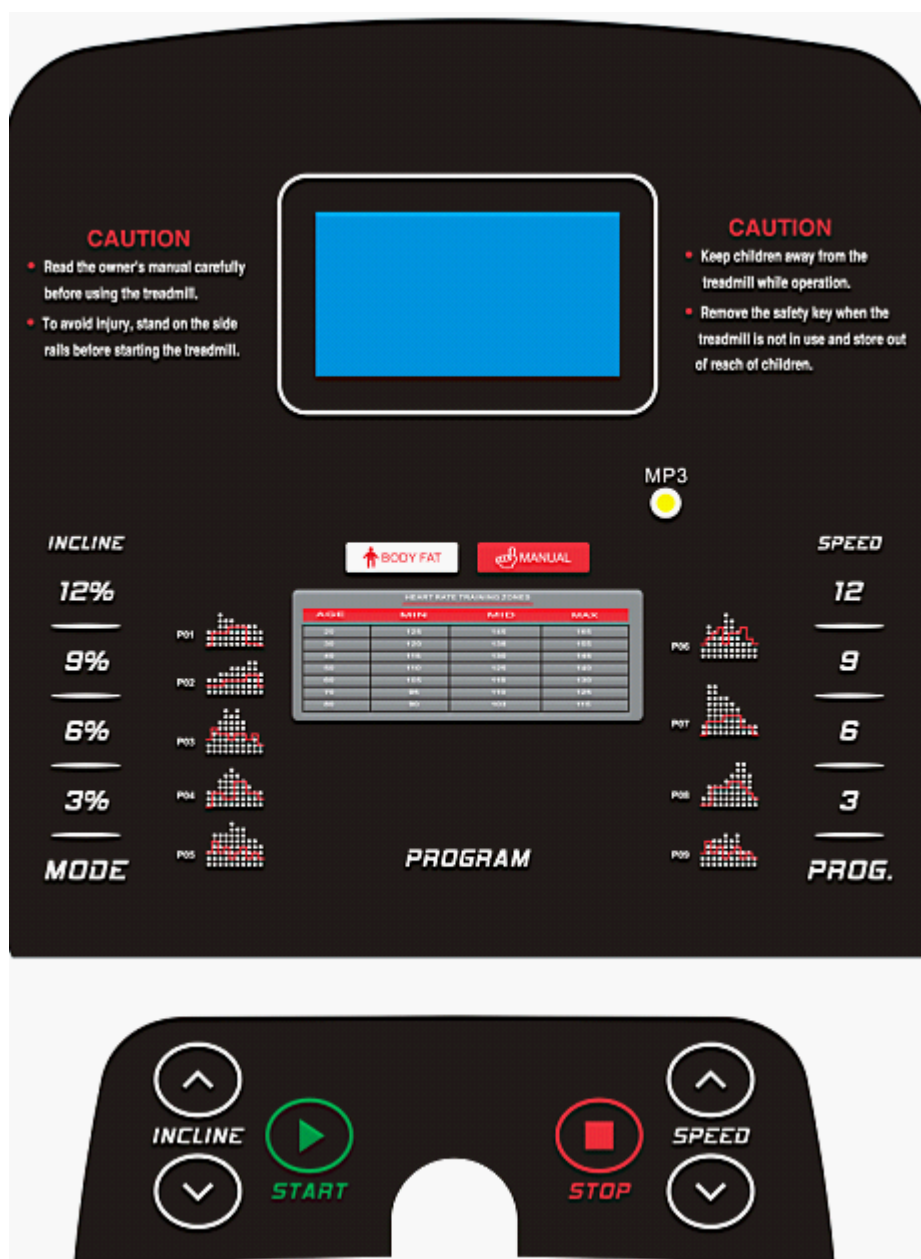
1.1. Start

Normal startup after 3s counting backwards.

1.2. Number of programs

Manual modes, 9 Preset programs, FAT, 3 User setting programs.

1.3. Safe key function

Remove the safety key in any modes could rapidly slow down the treadmill till stop. "---" will be instantly displayed on the window, the buzzer buzz "Bi, Bi" sound continuously. Buttons are invalid in this condition. When the safety key is off, at the same time press "program" + "mode" key for 3s, the display switches between imperial and metric systems.

Restore the safety key, the window will display for 2s and then get into standby state, wait for inputting commands.

1.4. Key function

①"START" is the star key. Press "START" when the treadmill is in stop state，the speed will be displayed as "1.0", treadmill will be started."STOP" is the stop key, Press "STOP" when the treadmill is running, the data will be cleared and the treadmill will be in manual mode after the treadmill is completely stopped.

②"PROG." stands for program key: in standby mode, press the key you can select manual mode "1.0" to "P1-P9", FAT and "U1-U3" different programs; manual mode is the default mode, the default speed is 1.0KM/H, the max operating speed is 16km/h。In The British System, the default speed 0.6MPH, the max operating speed is 10.0MPH.

③"MODE" stands for mode key, in standby mode, press the key you can loop set H-1 to H-3 different countdown modes. H-1 is time countdown mode, H-2 is distance countdown mode, H-3 is calorie countdown mode; all mode parameter can be set by speed +/- key, and press "start" key to start the treadmill.

④Speed keys: "SPEED+" and "SPEED -" are accelerating and decelerating keys: They may be used to adjust parameter setting when setting up parameters of the treadmill. When the treadmill is running, they are used to adjust the speed for 0.1km/time; after holding for more than 2s, automatic continuous acceleration and deceleration will be realized.

There are fast keys on the handrail.

⑤Speed shortcut keys: Speed can be directly adjusted to 3km/h, 6km/h, 9km/h, and 12km/h by speed shortcut keys when the treadmill is running.

⑥Incline key: "INCLINE+" and "INCLINE-" are incline increasing and incline reducing keys: They may be used to adjust parameter setting when setting up parameters of the treadmill. When the treadmill is running, they are used to adjust the incline for 1 grade/time; after holding for more than 2s, automatic continuous increasing or reducing will be realized.

There are fast keys on the handrail.

⑦Incline shortcut keys: Incline can be directly adjusted to grade 3, 6, 9, 12 by incline shortcut keys when the treadmill is running.

1.5. Display function

1.5.1. Speed display

Display the current running speed.

1.5.2. Time display

Display the running time under manual mode or the countdown running time under mode and programmed mode.

1.5.3. Distance display

Display the accumulated distance under manual and programmed mode or the countdown distance under mode running state.

1.5.4. Calorie display

Display the accumulated calorie under manual and programmed mode or the countdown calorie under mode running state.

1.5.5 Heart rate display

Detect heat rate signals and display the pulse value.

1.5.6 Data display range of various parameters:

TIME: 0:00 – 99.59(MIN)
DISTANCE: 0.00 – 99.9(KM)
CALORIES: 0.0 – 999 (KC)
SPEED: 1.0 – 16.0(KM/H)
PULSE: 50 – 200 (BPM)
INCLINE: 0 – 15%

1.6. Heart rate measurement function

While the treadmill is connected to the power, hold the pulse tester for 5s and the heart rate value will be displayed. The initial value is the actually measured heart rate, and its display range is: 50-200 times/ minutes. In the heartbeat measurement process, there will be a heart shaped icon flashing.

Heart rate displayed is for reference only and can not be used as medical data.

1.7. Manual Modes

1.7.1. How to enter manual mode:
A. Switch on the power supply; then, directly enter normal mode under the manual mode.
B. In stop state, press MODE to select Normal mode, Time Countdown, Calorie Countdown and Distance Countdown modes under the manual mode.

1.7.2. Setting functions under manual mode: Time, Distance and Calorie Setting

A. When entering the manual mode, the time is displayed as 0:00;
B. In manual mode, press MODE to enter **Time Countdown mode**; the time window will display the time and flicker; the initial time is 30:00; set countdown time by SPEED +/ SPEED - and INCLINE +/ INCLINE -. Time setting range: 5:00-99:00; each time of increase/ decrease will be 1: 00.
C. In time countdown mode, press MODE to enter **Distance Countdown mode**; the initial distance will be displayed as 1.00 km; set the distance by SPEED +/ SPEED - and INCLINE +/ INCLINE - in the range of 1.0-99.0 km/mi; each time of increase/ decrease will be 1 km.
D. In distance countdown mode, press MODE to enter **Calorie Countdown mode**; the initial distance will be displayed as 50.0kcal; set the calorie by SPEED +/ SPEED - and INCLINE +/ INCLINE - in the range of 20.0-990.0 kcal; each time of increase/ decrease will be 10.0 kcal.

1.7.3. Operation in manual mode:

A. wg; then, LCD window will display "---" and the buzzer will make short sound of Bi-Bi-Bi.

B. When the set time reduces to zero or when the set calorie reduces to zero, or the set distance reduces to zero, the speed will gradually reduce till the stop of the machine, the buzzer will make short alarm "Bi-Bi-Bi", and the speed window will display END; 5s later, the machine will return to the standby state and the buzzer will make long alarm "Bi-Bi";

C. Parameters not set will increase forwards, and will be reset after reaching the upper limit of the display range; in manual mode, the machine will stop when the time accumulates to be more than 99: 59 (100min).

1.8. Preset Programs

Each program is divided into 20 sections; the operation time will be evenly distributed to each program section.   Here below is the 9 Preset program running diagrams.

Time Section Program		Setup time / 20 = each segment of the running time																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
	INCLINE	1	1	2	2	2	3	3	3	2	2	1	2	2	1	1	3	3	2	2	2
P02	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
	INCLINE	1	2	2	2	2	3	3	2	2	2	2	2	3	3	3	4	4	3	2	2
P03	SPEED	1	3	3	5	5	3	6	6	6	3	6	6	3	3	3	1	3	4	2	1
	INCLINE	1	2	2	1	1	2	2	2	1	1	1	1	3	3	3	5	5	2	1	1
P04	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P05	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
P06	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	4	3	2
P07	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P08	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
	INCLINE	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
P09	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	2

1.9. User-setting programs:

Beside the 9 preset programs, the treadmill has 3 User-setting programs: U1, U2 & U3.

1. Setting the user-defined program:

Continuously press "program" key until the expected program (U1/U2/U3) display in the standby condition, while the "time" window flash, display the setting time, press "incline+", "incline -" , "speed+", "speed -"to set up expected run time, press "mode" key to enter program parameter, then set up the first time period parameter, by "speed+" /"speed-" key to set the speed; by "incline+"/"incline-" key to set slope;

press "mode" key to finish the first time period setting, and entering the next time period setting, until all 20 time period setting. The parameter will be kept permanently until resetting, and all parameter will not be lost when power off.

2. Selection and start the user-defined program:

In the standby condition, continuously press "program" key until the expected user-defined program U1/U2/U3 display, set up the run time, press "start" key to turn on the treadmill.

1.10. Body Fat Test:

In standby state, press PROG to enter FAT (Physical fitness test) program. Press MODE to enter the program of F—1, F—2, F—3, F—4, F—5 (F—1:gender, F—2:age, F—3:height, F—4:weight, F—5:physical test), Press SPEED +/ SPEED - or INCLINE +/ INCLINE to set the parameter of 01-04(see below detailed table), then press MODE to enter the program of F—5 for physical test. At this state, hold the handle pulse board for 5-6 seconds and it will display the FAT, check if the weight matches with your height.

FAT is to measure the relevance between height and weight, not the body proportion. FAT is suitable for every man and woman, it provide the important grounds for adjusting the weight with other health indicators. The perfect FAT is between 20-24, which means if less than 19 is too thin, and if between 25-29 is overweight and if more than 30 is obesity.

F--1	Gender	01(man)	02(woman)
F--2	Age	10------------99	
F--3	Height	100----------200	
F--4	Weight	20------------150	
F--5	FAT	≦19	Underweight
	FAT	=(20--24)	Normal weight
	FAT	=(25--29)	Overweight
	FAT	≧30	Obesity

1.11. Others

1.11.1. When a countdown parameter run off, display "END", the alarm rings 0.5s every 2s, until the treadmill full stop, then return to manual mode.

1.11.2. In setting a parameter, it can be loop-setting, for example, time range is 5:00--99:00, when set at 99:00, press "+" key, the time return to 5:00, and so on recirculation, add or reduce by "+""-"symbol.

1.11.3. Countdown time, countdown calorie and countdown distance can only be set up for one of them. The last time setting will be implemented. The parameter set will be counted backwards while other parameters will be counted forwards.

1.11.4. The standard calorie is about 30kcal/km.

1.11.5. The acceleration is 0.5Km/S and the deceleration is 0.5Km/S.

1.11.6. MP3 music audio amplification, input from the enter hole by the side.

1.11.7. In the process the un-set parameter will be up cumulative, the display clear when up to the max range; in the manual mode when the time accumulation excess 99:59(100min) the treadmill stops.

1.12. Meanings of error message codes

Error	Possible reasons	Test method	solutions
E01	Communicational failure between the meter and the controller, and the drive cannot receive signal from the meter.	Check whether the connector of the meter and the controller has broken down.	If yes, change the connector.
		Check whether the joint has been plugged in well.	Pull the joint and plug in again.
E02	Explosion proof protection	Whether the supply voltage is 50% lower than the normal voltage.	Use correct voltage standard and retest.
		Whether the electric machine has been installed well.	Change the electric machine.
		Whether the controller has awful smell.	Change the controller.
E03	Failure in inspecting the motor signal for more than 15 seconds continuously and speed sensor for 10 seconds continuously.	Whether the distance and location of the sensor and the disc is correct or the sensor is installed well.	The sensor should be installed right in the hole of disc.
		Whether the sensor wire has been open circuited, short circuited or broken circuited.	Reconnect the motor interface, and examine the sensor wire.
		Whether the sensor has been broken down,	Change the sensor.
E04	Lifting learning or self-inspection fails	Check whether motor wiring is damaged to form open circuit	re-insert the signal wire joint to ensure that it is reliable
		Check whether lifting motor's AC wires are properly connected	lifting motor shall be correctly plugged according to marks on its AC controller
		Check whether motor wiring is damaged to form open circuit;	if yes, replace wires or replace the lifting motor
		Check whether the lifting motor is damaged	If yes, change the lifting motor

|		Lifting motor fails in learning	Press the button of controller for 3 seconds and relearn again.
E05	Over-current protection	Check whether the controller match with the standard of electric engine.	Change the electric machine or controller and retest.
E06	Fault of motor's open circuit	Check whether the motor interface of the drive is loose.	Re-plug the motor interface properly.
		Check whether the motor is open-circuited.	Change the motor
		when the motor is idling, if the current is less than standard, it will go wrong, please install the machine and test.	
E08	Failure of the controller EEPROM	24C02 is broken down or you forgot to install 24C02, please change the motor control board.	
E09	controller is in tilted position	machine is not placed on level surface when it is powered on	place machine on a level surface, then start the machine
E10	Transient current protection	check if the torsion of controller is normal	adjust the torsion regulator to normal value
		Check whether the motor is short-circuited.	Change the motor
		Check whether treadmill's transmissional part is stuck	Eliminate the disturbance, and make sure the treadmill go smoothly.
E11	External AC over-voltage	Check whether the external AC voltage is higher than 270VAC, or if is unstable; if yes, stop using the product and ask electrical engineers for help.	
E13	Communicational failure between the meter and the controller, and the meter cannot receive the signal from the drive.	Check whether the wire between the meter and the controller is broken down	Change the wire
		Check whether the socket is plugged in well.	Re-plug the socket and make sure it is reliable.
E14	External AC under-voltage	Check whether external AC voltage is lower than 160VAC or if is unstable, if yes, stop using the product and ask the electrical engineers for help.	

EXERCISE INSTRUCTIONS

1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, **STOP.**

2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become Stronger.   Work to your but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.
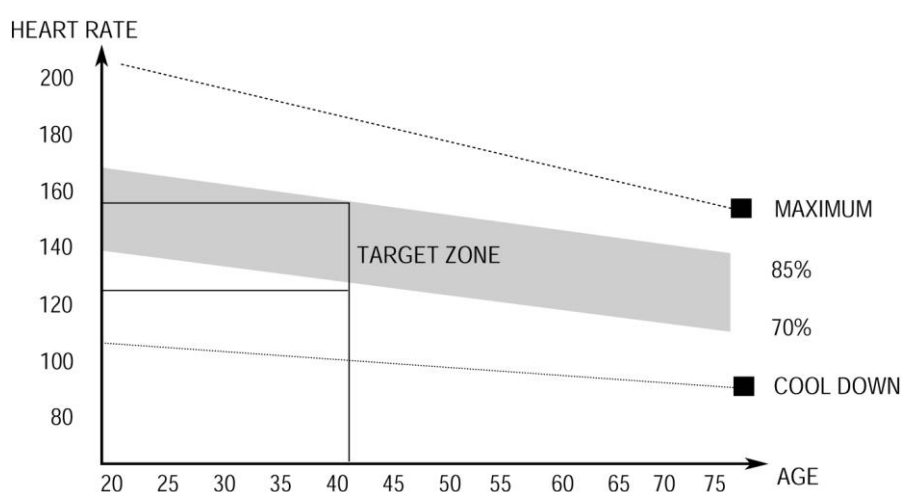
This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

To tone muscle while on your Treadmill you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making your legs work harden than normal. You may have to reduce your speed to keep your heart rate in the target zone.

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

MAINTENANCE INSTRUCTIONS

WALKING BELT TENSION ADJUSTMENT AND CENTERING

DO NOT OVERTIGHTEN the walking belt. This may cause reduced motor performance and excessive roller wear.

TO CENTER WALKING BELT

● Place treadmill on a level surface

● Run treadmill at approximately 3.5 mph

●If the running belt is too far to the right side, use the supplied Allen wrench to turn the right tension bolt **clockwise** slowly, noticing the change of the deviating distance until the belt remains centered during use. (Attention: the space between the belt and the right/left edgings is at a distance normally. And the gap between the right and left distance should be no more than 5mm.)

●If the running belt is too far to the left side, turn the left tension bolt **clockwise** slowly, noticing the change of the deviating distance until the belt remains centered during use. (Attention: the space between the belt and the right/left edgings is at a distance normally. And the gap between the right and left distance should be no more than 5mm.)

PIC A

PIC B
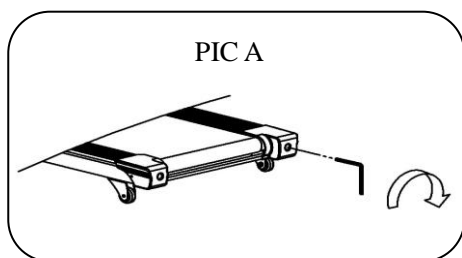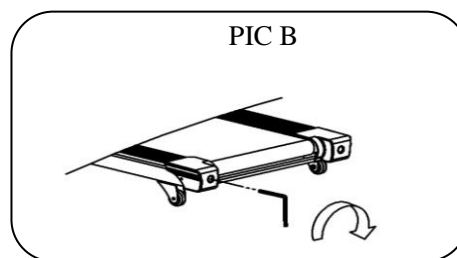
IF THE BELT IS TOO FAR TO THE RIGHT SIDE   IF THE BELT IS TOO FAR TO THE LEFT SIDE

TENSIONING THE BELT

If you can feel a slipping sensation when running on the treadmill, the running belt must be tightened.

In most cases, the belt has stretched from use, causing the belt to slip. This is a normal and common adjustment. To eliminate this slipping, tension both the rear roller bolts with the appropriate size allen wrench, turning it **1/4 TURN** to the right as shown. Try the treadmill again to check for slipping.

Repeat if necessary, but NEVER TURN the roller bolts more than **1/4 turn** at a time. The belt tension is set properly when the running belt is **50 - 75mm** from the deck.

WARNING: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT.

CLEANING

General cleaning or the unit will greatly prolong the treadmill. Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the build up of foreign material underneath the walking belt.

The top of the belt may be cleaned with a wet, soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or from underneath the belt. **Warning：Always unplug the treadmill from the electrical outlet before removing the motor cover.** At least once a year remove the motor cover and vacuum under the motor cover.
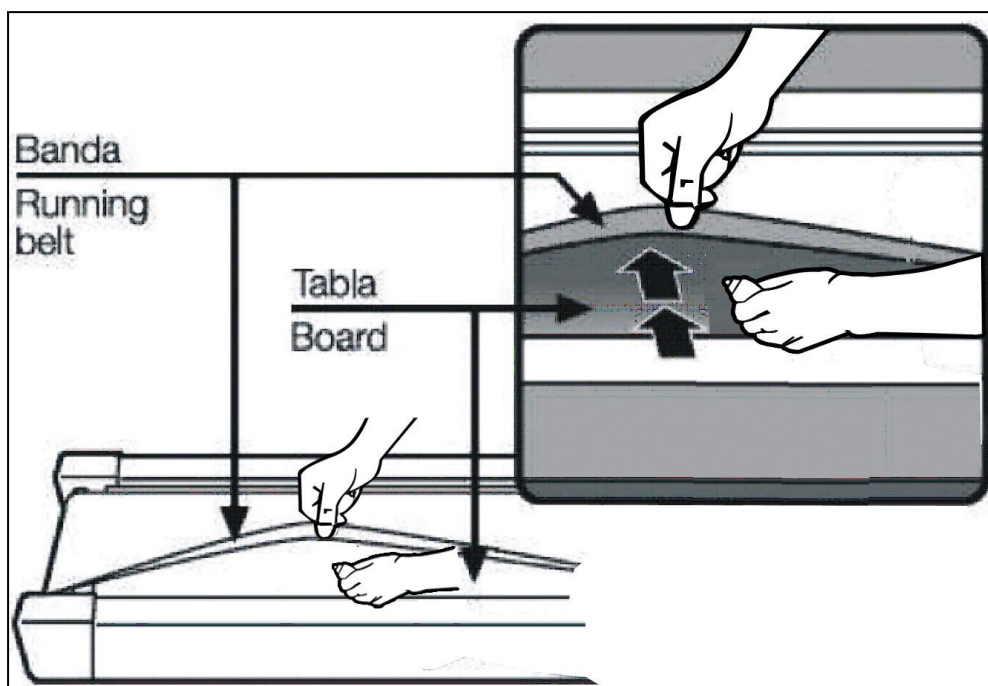
WALKING BELT AND DECK LUBRICATION

This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck.

We recommend lubrication of the deck according to the following timetable:

➢ Light user (less than 3 hours/ week)   annually
➢ Medium user (3-5 hours/ week)   every six months
➢ Heavy user (more than 5 hours/ week)   every three months

EXPLODED DRAWING
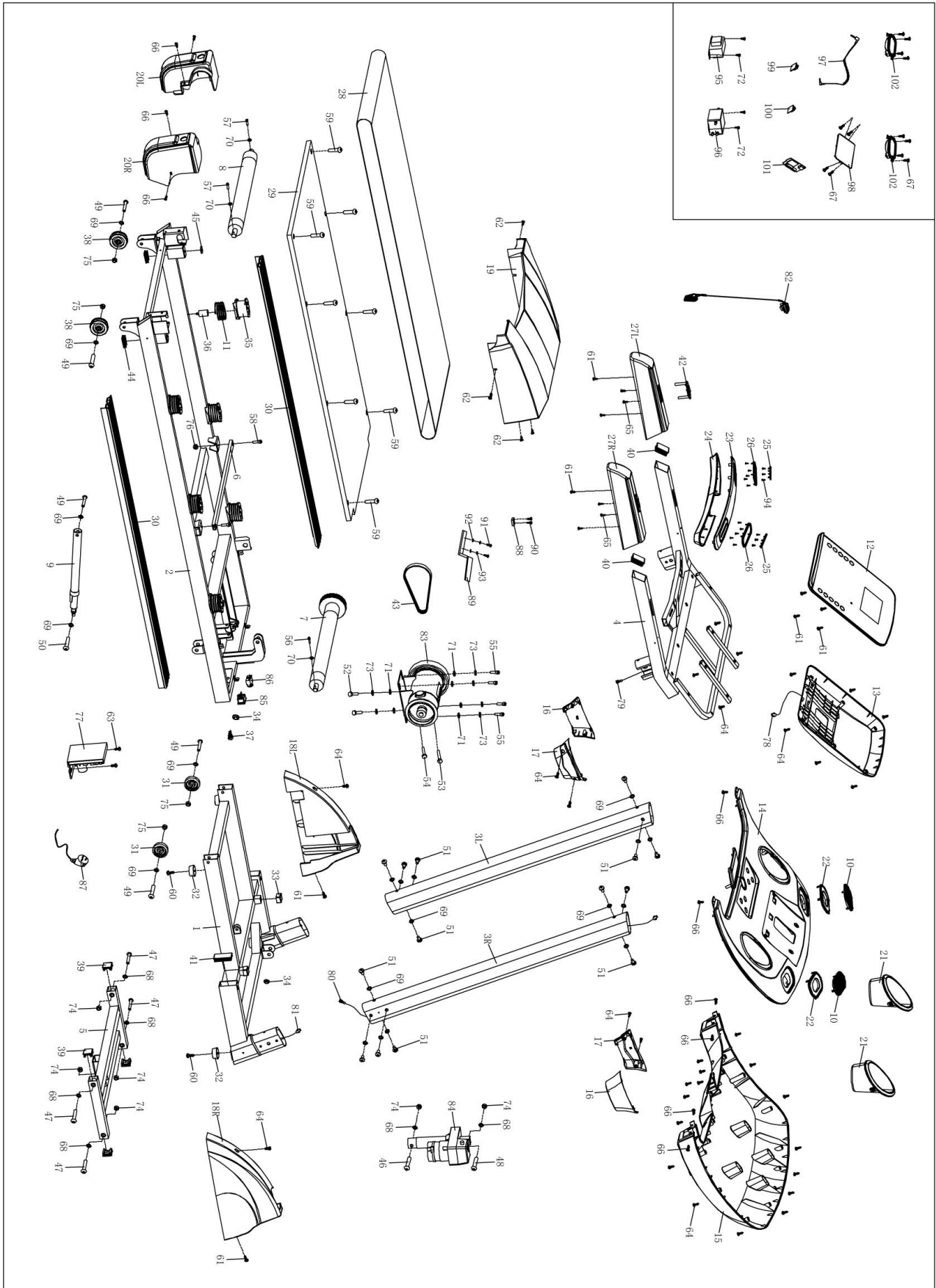
PARTS LIST

Part No.	Description	Qty	Part No.	Description	Qty
1	Bottom frame	1	52	Hex Bolt M8*35	2
2	Main frame	1	53	Hex Bolt M8*55	1
3L/R	Left & Right upright tube	1 pr	54	Hex Bolt M8*80	1
4	Computer frame	1	55	Roller Tension Bolt M8*18	4
5	Incline support	1	56	Roller Tension Bolt M6*45	1
6	Reinforced tube	1	57	Roller Tension Bolt M6*55	2
7	Front roller	1	58	Roller Tension Bolt M6*10	2
8	Rear roller	1	59	Hex socket Screw M6*25	8
9	Cylinder	1	60	Cross Screw M6*15	4
10	Metal speaker grille	2	61	Cross Screw M5*16	10
11	Spring	6	62	Cross Screw M5*8	4
12	Computer board	1	63	Cross Screw M4*8	2
13	Computer board bottom cover	1	64	Phillips Tapping Screw ST4*16	48
14	Computer up cover	1	65	Phillips Tapping Screw ST4*20	4
15	Computer bottom cover	1	66	Tapping Screw ST4*12	10
16	Outside upright cover	2	67	Tapping Screw ST2.9*9.5	12
17	Inside upright cover	2	68	Washer Φ10*1.2	6
18L/R	Bottom frame cover L/R	1 pr	69	Washer Φ8*1.2	20
19	Motor cover	1	70	Washer Φ6*1.2	3
20L/R	Roller End cap	1 pr	71	Flat washer Φ8*1.5	6
21	Kettle case	2	72	Phillips Screw M4*8	4
22	Loudspeaker cover Adornment	2	73	Spring washer Φ8	6
23	Front Handlebar up cover	1	74	Nylon nut M10	6
24	Front Handlebar bottom cover	1	75	Nylon nut M8	4
25	Hand grip 1	2	76	Nylon nut M6	2
26	Hand grip 2	2	77	Circuit board	1
27L/R	Handle foam L/R	1 pr	78	Computer connecting wire	1
28	Running belt	1	79	Extension upper wire	1
29	Running board	1	80	Extension lower wire	1
30	Edgings	2	81	Controller wire	1
31	Transport wheel	2	82	Safety key	1
32	Flat foot pad	4	83	DC Motor	1
33	Square end cap	2	84	Incline motor	1
34	Wire plug	2	85	Switch	1
35	Silicon cushion	6	86	Circuit breaker	1
36	Running board cushion	6	87	Power wire	1
37	Power wire buckle	1	88	Optical detector	1
38	Leveling Wheel	2	89	Optical detector support	1
39	Square end cap 1	4	90	Phillips Tapping Screw ST2.9*6	2
40	Square end cap 2	2	91	Cross Screw M4*8	2

41	Square end cap 3	2	92	Flat washer D4	2
42	Shortcut key	2	93	Spring washer D4	2
43	Motor belt	1	94	Tapping Screw ST2.2*6	16
44	Square end cap 4	2	95	Choke (optional)	1
45	Plastic pad	2	96	EMC Filter (optional)	1
46	Allen Bolt M10*55	1	97	MP3 Cable (optional)	1
47	Allen Bolt M10*55	4	98	Amplifier board (optional)	1
48	Allen Bolt M10*40	1	99	Audio socket (optional)	1
49	Allen Bolt M8*40	5	100	Headphone jack (Optional)	1
50	Allen Bolt M8*25	1	101	USB/SD card socket (optional)	1
51	Allen Bolt M8*15	14	102	Loudspeaker (optional)	2