VIVA FITNESS

MOTORIZED TREADMILL
OWNER'S MANUAL
ITEM NO. T470

WARNING!

Read all instruction carefully before use this product. Retain this owner's manual for the future's reference:

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

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

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

----When emergency happens, take away the "emergent stop button" 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, 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: **100KGS**.

IMPORTANT SAFETY PRECAUSTION

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 lock 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 lock 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 pull pin 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 pull pin is disengaged from the console.

12. In case of any Abnormality during the use process, please remove the safety lock 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 pull pin 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.

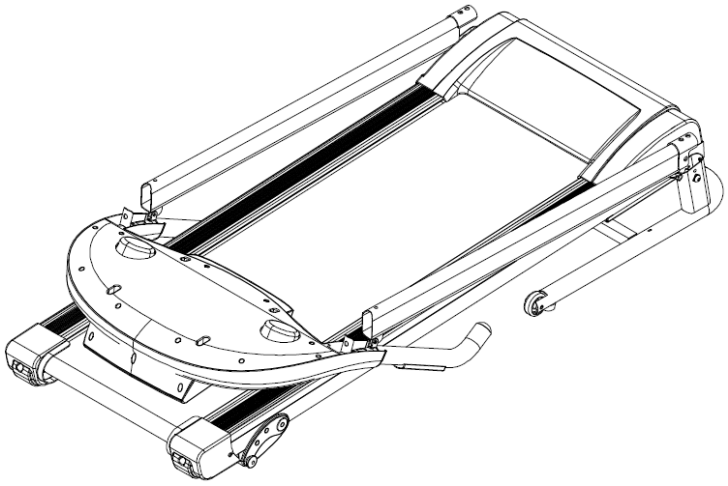
18. Put your feet on the side rail before using the treadmill, and always attach the safety pull pin rope to your clothing. Hold the handle bar before the running belt moving well (feel the running speed by your single foot before using it). To avoid loss balance, please slow down the speed to the lowest 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

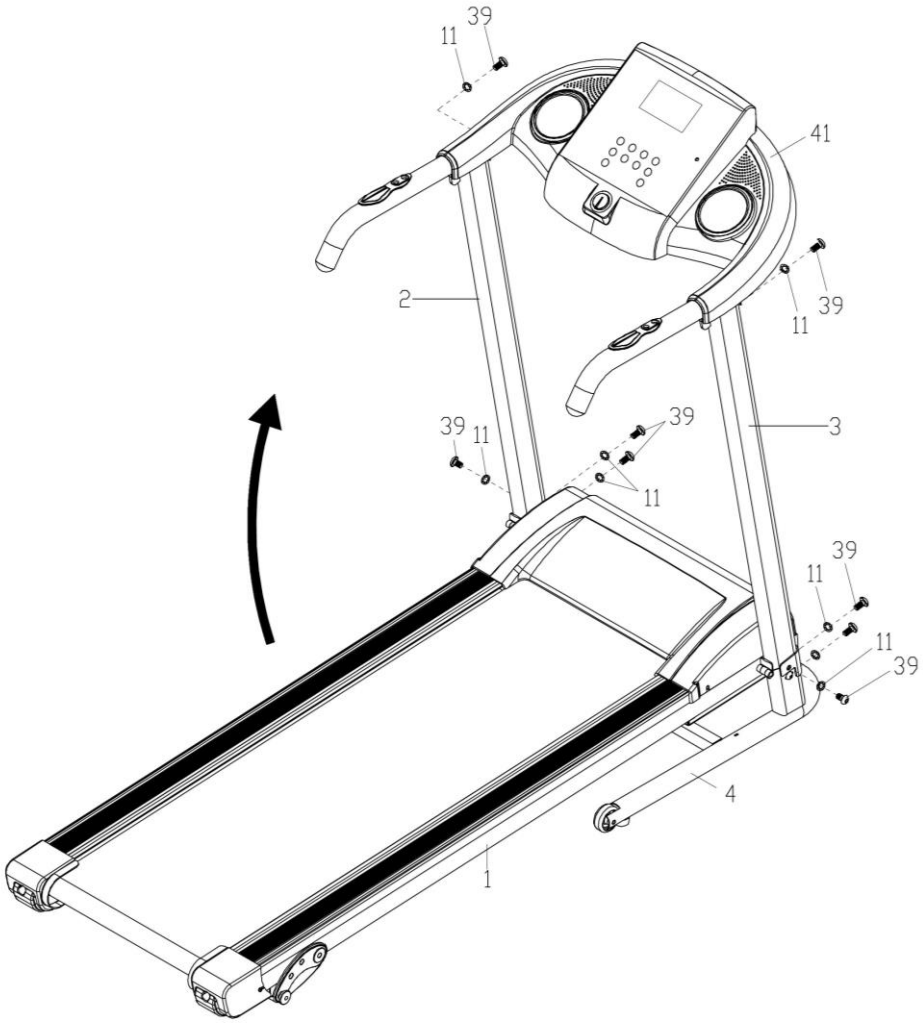
STEP 1:

Open the package, take out all parts and place the main frame on the flat ground. （Don't cut down the packing straps right now.）



STEP 2:

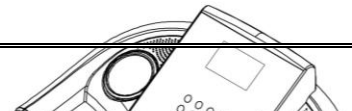
1. Cut down the straps when the main frame was placed well.(Note: Don’t move it any more)
2. Lift up the left upright tube (2), right upright tube (3) and computer frame (41) following the direction of the arrow shows in the picture. (NOTE:please don’t press the wires in the upright tube when you fold it,and support the upright tube by hand,otherwise it will fall down.)
3. Lock the left and right upright tubes (2&3) on the bottom frame (4) separately with the inner hex screw (39) and serrated lock washer (11).
   (NOTE: please don’t tighten the inner hex screw (39) for the time being.)
4. Fix the computer frame (41) to the upright tubes (2&3) with inner hex screw (39) and serrated lock washer (11).



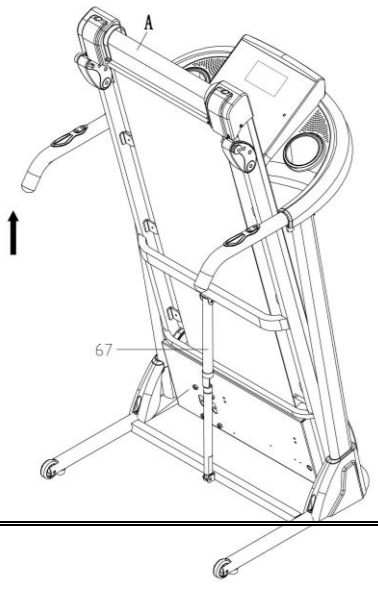
STEP 3

1. Tighten all the above mention Bolts installed in STEP 2;
2. Attach the base cover (13) to the bottom frame (4), secured with the cross pan head screw (14).

Note: There are 3 holes on the adjustable pad (19), 3 gradients are available by adjusting these holes and adjustable plug (30).



STEP 4



When you fold the machine:

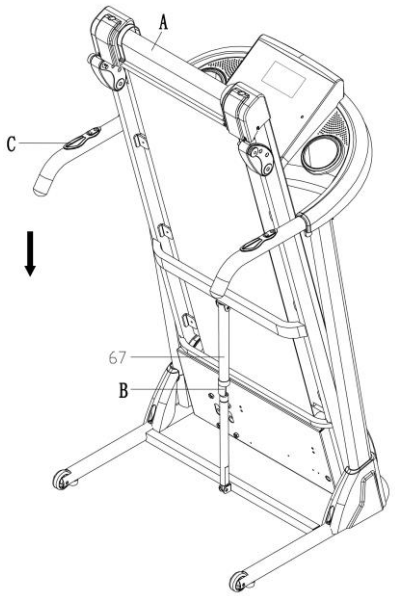
Put your hands on place A, lift up the machine, then push it as the direction of the arrow, stop it when you hear the sound from the cylinder (67).

Note: Unplug the power cord and make sure the treadmill has completely stopped before folding. Please don't operate it after folding the treadmill.

STEP 5

When you unfold the machine:

Grasp the place A by your hands, knick the place B of cylinder (67) by your right foot, pull the running board to the level of place C, then the running board will get down automatically.



GROUNDING METHODS

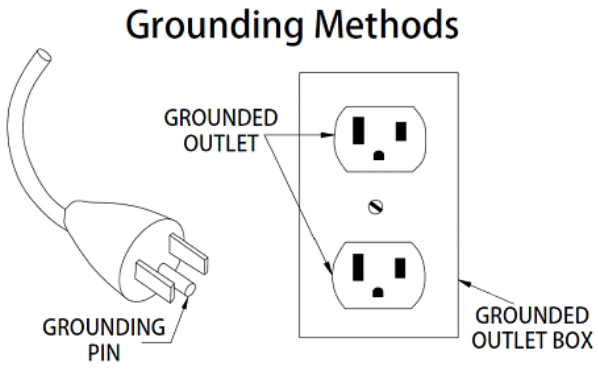
This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.

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 **220-volt** circuit and has a grounding plug that looks like the plug illustrated in **sketch A** in following 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**.**



TECHNICAL PARAMETER

ASSEMBLY SIZE (mm)	1540x 700 x 1240	**POWER**	AS ORDER
FOLDING SIZE (mm)	730 x 700 x1420	**MAX OUTPUT POWER**	AS ORDER
RUNNING SURFACE (mm)	400x1200	**INPUT CURRENT**	220V
NET WEIGHT	44.5 KG	**SPEED RANGE**	0.8-12 KM/H
MAX USER'S WEIGHT	100 KG	**INCLINE**	MANUAL

OPERATION INSTRUCTIONS

1. Function specifications

1.1. Start

Normal startup after 3s counting backwards.

1.2. Number of programs

Manual + 9 Preset programs + BODYFAT + 3 countdown Modes

1.3. Safe lock function

Remove the safety lock in any modes could rapidly slow down the treadmill till stop. “---” will be immediately displayed on the window, the buzzer buzz “Bi, Bi” sound continuously. Buttons are invalid in this condition.

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

1.4. Key function

1.4.1 START/STOP:

"START" is start key, press "START" when the treadmill is in stop state, the treadmill will be started and run, with the speed displayed as "0.8". "STOP" is stop key, press "STOP" when the treadmill is running, and all data will be reset, the system will return back to manual mode after stable stop of the treadmill.

The two keys are on the handrail.

1.4.2 Program key:

"PROG. " is the program key. In standby state, press PROGRAM to select manual mode, auto program P1 – P9 & FAT; manual mode is the default one under which the default speed is 0.8KM/H and the maximum running speed is 12km/h.

1.4.3. Mode key:

"MODE" is mode key. In standby state, press MODE key can select 3 kinds of countdown operation mode from H-1 to H-3. H-1 is the time countdown mode; H-2 is the distance countdown mode; H-3 is the calorie countdown mode; SPEED+ and SPEED- will be used to set up relevant countdown value. After the completion of the setting, press START can start the treadmill.

1.4.4. Speed shortcut keys:

Direct speed adjustment in the operation state can be realized through speed shortcut key of 2, 4, 6 and 8.

1.5. Display function

1.5.1. Speed display

Display the current running speed.

1.5.2. Lifting display

Display the current running lifting value.

1.5.3 Time display

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

1.5.4 Distance display

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

1.5.5 Heart rate display

When heart rate signals are detected, the heart shaped icon flashes and the pulse value will be displayed.

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 (C)
SPEED: 0.8 – 12.0(KM/H)
PULSE: 50 – 200 (BPM)

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 **+ / -**. 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 1.0 km; set the distance by **+ / -** in the range of 1.0-99.0 km; each time of increase/ decrease will be 1.0 km.

D. In distance countdown mode, press MODE to enter **Calorie Countdown mode**; the initial distance will be displayed as 50 kcal; set the calorie by **+ / -** in the range of 20-990 kcal; each time of increase/ decrease will be 10 kcal.

1.7.3. Operation in Manual mode:

A. Press START and the motor will start operating after 3s of countdown; the initial speed will be 0.8km/h for metric system or 0.5mile/h for imperial system;

B. Press **+ / -** to adjust speed;

C. Press speed shortcuts to quickly set up to the speed marked on the key;

D. When the motor is running, press STOP and the motor will slow down and stop finally;

E. Remove the safety lock to urgently stop motor running; then, **LCD** window will display “---” and the buzzer will make short sound of Bi-Bi-Bi.

F. 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”;

G. 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 program

Each program is divided into 10 sections; the operation time will be evenly distributed to each program section. Here below is the 9-preset program running diagrams:

Time section / Program		Set time / 10 = running time for each section									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	6	5	5	4	4	4	4	3
P2	SPEED	3	3	4	4	5	5	5	6	6	4
P3	SPEED	2	4	6	8	7	8	6	2	3	2
P4	SPEED	3	3	5	6	7	6	5	4	3	3
P5	SPEED	3	6	6	6	8	7	7	5	5	4
P6	SPEED	2	6	5	4	8	7	5	3	3	2
P7	SPEED	2	9	9	7	7	6	5	3	2	2
P8	SPEED	2	4	4	4	5	6	8	8	6	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2

1.9. 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 - 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----------200	
F--5	FAT	≦19	Underweight
	FAT	=(20--24)	Normalweight
	FAT	=(25--29)	Overweight
	FAT	≧30	Obesity

1.10. Meanings of error message codes

Error code	Failure description	Solutions
E1	Communication abnormality: abnormal communication between the controller and the electronic meter after powering on	Stop the controller to enter failure state. It can not be started up. The electronic meter displays the error code and the buzzer sounds for 3 times. Possible reasons: The communication between the controller and the electronic meter is blocked; check each section of connection of the communication wires from the electronic meter to the controller and ensure that all core wires are well connected. Check whether wirings between the electronic meter and the controller are damaged; if yes, replace the damaged wire.
E2	Explosion-proof protection: abnormal power voltage or motor abnormality leads to the damage of driving motor circuit	Stop and enter the failure state. The electronic meter buzzer sounds for 9 times and the error code is displayed. No display at other areas. If recovering to the normal state and enter into the standby state after stop, normal startup can be implemented. Possible reasons: Check whether the power supply voltage is less than 50% of the normal value; please ensure correct voltage and test again; check whether the controller emits the odor of burning; if yes, replace the controller; check whether motor wires are well connected; re-connect motor wires.
E3	Motor wirings are not well connected	Stop and enter the failure state. The electronic meter buzzer sounds for 9 times and the error code is displayed. No display at other areas. If recovering to the normal state and enter into the standby state after stop, normal startup can be implemented. Possible reasons: Check whether motor wires are well connected; re-connect motor wires. Check whether the controller emits abnormal odor; replace it if yes.
	No speed sensor signal: while there is voltage output from the controller to the DC motor, speed feedback can not be received from the motor for more than 3s.	Stop and enter the failure state. The electronic meter buzzer sounds for 9 times and the error code is displayed. No display at other areas. If the system enters into standby state after about 10s of failure state, restart can be conducted. Possible reasons: If speed sensor signal is not received for more than 3s, check whether the sensor connector is well plugged or whether it is damaged; plug it well or replace the sensor.

E5	Over-current protection: in the operation state, the controller continuously detects DC motor current of more than the value of rated current + 6A for more than 3s.	Stop and enter the failure state. The electronic meter buzzer sounds for 9 times and the error code is displayed. No display at other areas. If the system enters into standby state after about 10s of failure state, restart can be conducted. Possible reasons: System self-protection is triggered under excessive current caused by the excessive load more than the rated value, or some place of the treadmill is jammed so that the motor can not rotate; thus, the system start up self-protection against excessive current under excessive load; adjust the treadmill and restart it. Besides, check whether there is over-current sound or burning odor when the motor is running; replace the motor; check whether the controller emits abnormal odor; replace it if yes; check whether power supply voltage specifications is inconsistent or too low and use correct voltage specifications for re-test.

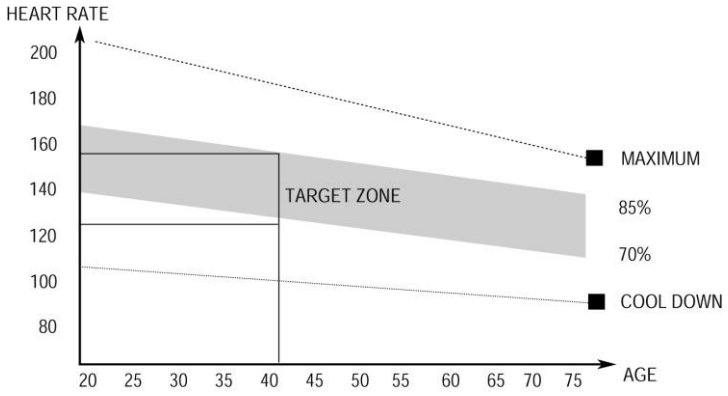
EXERCISE INSTRUCTIONS

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 CENTERING AND TENSION ADJUSTMENT

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

TO CENTER WALKING BELT:

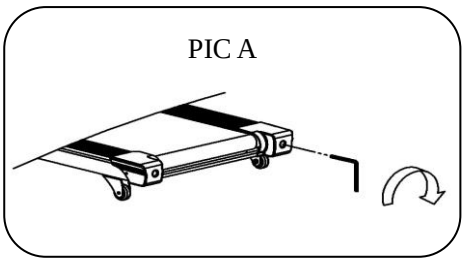
● Place treadmill on a level surface

● Run treadmill at approximately 3.5 mph

● If the belts off the track to the right side, please screw the right adjusting bolt clockwise slowly, noticing the change of the deviating distance, until center the belt. (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.

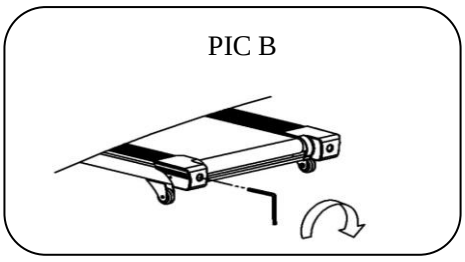
● If the belts off the track to the left side, please screw the left adjusting bolt clockwise slowly, noticing the change of the deviating distance, until center the belt. (Attention: the space between the belt and the right/left edgings is at a distance normally. And the gap between the right and left distance should be no more than 5mm.

PIC A



Picture A: If the belt has drifted to the RIGHT

PIC B



Picture B: If the belt has drifted to the LEFT

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.

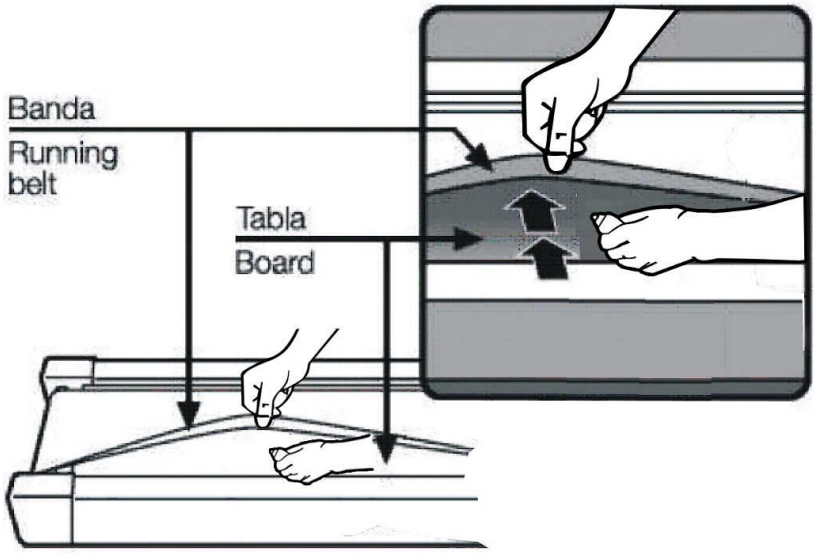
The top of the belt may be cleaned with a wet, soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or from underneath the belt. **Warning：Always unplug the treadmill from the electrical outlet before removing the motor cover.** At least once a year remove the motor cover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

WALKING BELT AND DECK LUBRICATION

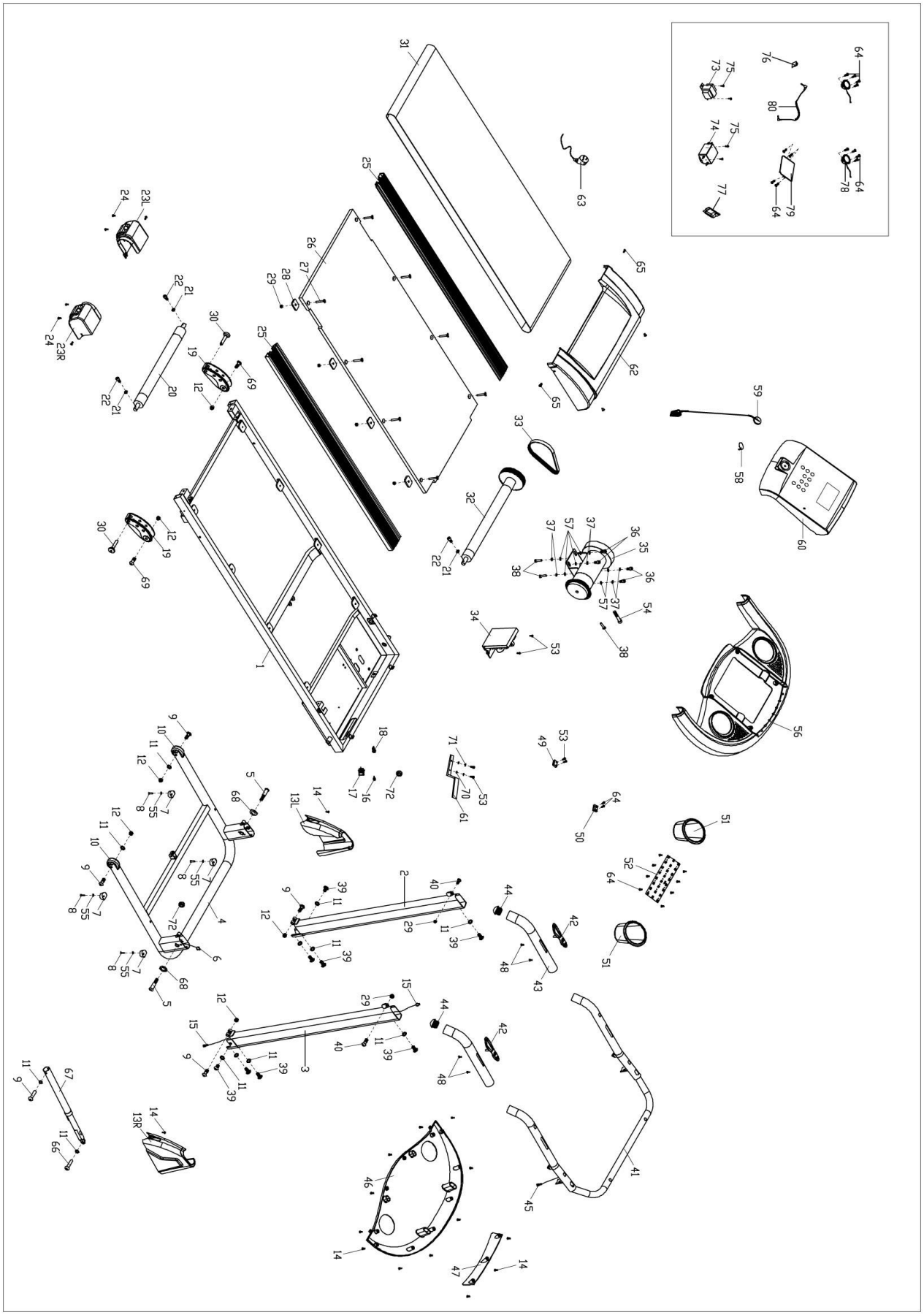
This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck.

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	Main frame	1	41	Console frame	1
2	Left upright tube	1	42	Hand pulse sensor	2
3	Right upright tube	1	43	Handrail foam grip	2
4	Bottom frame	1	44	Handrail Round end cap	2
5	Pivot Bolt	2	45	Upper Console wire	1
6	Lower Console wire	1	46	Bottom Console cover	1
7	Cushion	4	47	Bottom Console cover insert	1
8	Cross tapping crew ST4*16	4	48	Cross tapping crew ST4*20	4
9	Allen bolt M8*40	5	49	Optical sensor	1
10	Moving roller	2	50	Console Sensor	1
11	Serrated lock washer	12	51	Water bottle insert	2
12	Nylon nut M8	4	52	Key board	1
13 L/R	Base cover	1 pr.	53	Cross crew M4*8	6
14	Cross tapping screw ST4*12	23	54	Allen cap bolt M8*50	1
15	Extension Console wire	1	55	Flat washer D6	4
16	Circuit breaker	1	56	Top Console cover	1
17	On/off Switch	1	57	Flat washer D8	6
18	Power wire buckle	1	58	Safety key plate	1
19	Adjustable pad	2	59	Safety key	1
20	Rear roller	1	60	Console panel	1
21	Serrated lock washer ϕ 6	3	61	Optical sensor bracket	1
22	Allen screw M6*55	3	62	Motor cover	1
23 L/R	Rear End cap	1 pr.	63	Power cord	1
24	Cross pan head tapping screw	6	64	Cross tapping crew ST2.9*9.5	22
25	Foot rail	2	65	Cross crew M5*8	4
26	Running deck	1	66	Allen bolt M8*25	1
27	Allen Countersunk screw M6*30	8	67	Cylinder	1
28	Deck cushion	8	68	Rubber spacer	2
29	Nylon nut M6	10	69	Allen bolt	2
30	Adjustable plug	2	70	Flat washer D4	2
31	Running belt	1	71	Spring washer D4	2
32	Front roller	1	72	Ring end cap	2
33	Motor Belt	1	73	Choke (optional)	1
34	Control board	1	74	EMC Filter (optional)	1
35	Motor	1	75	Cross pan head screw	4
36	Socket head cap screw M8*18	4	76	Audio socket (optional)	1
37	Spring washer D8	14	77	USB/SD card socket(optional)	1
38	Hex bolt M8*35	3	78	Loudspeaker (optional)	2
39	Allen bolt M8*15	8	79	Amplifier board (optional)	1
40	Allen bolt M6*20	2	80	MP3 cable (optional)	1