

Owner Manual For Motorized Treadmill T752



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

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SAFETY CAUTIONS

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.

SAFETY CAUTIONS

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.

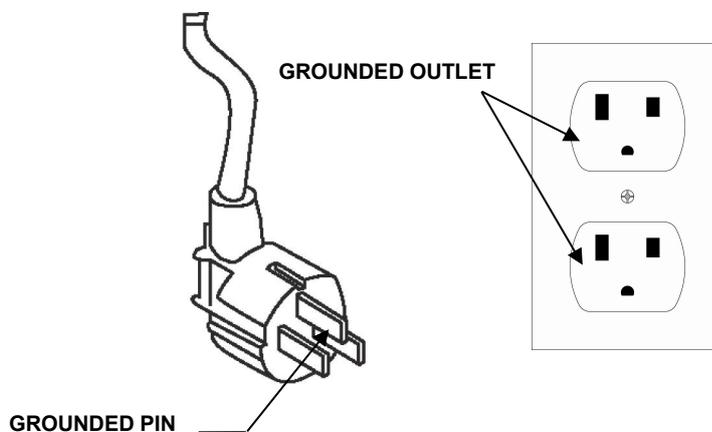
The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

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

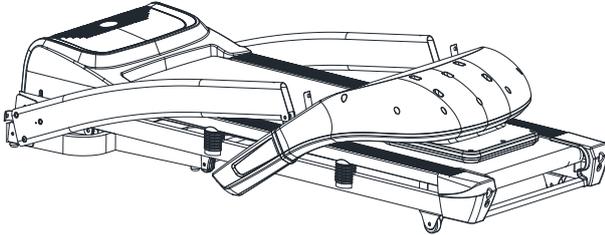
OPEN THE BOX YOU CAN FIND THE ALL PARTS AS BELOW.

 1	 14	 15	 23	 32
 34	 44	 45	 76	 89
 95	 96	 97	 98	

No.	Name	Specification	Q'ty	No.	Name	规格	数量
1	Main Frame		1	14	Bolt	M8*45	4
15	Bolt	M8*20	4	23	Bolt	ST4. 2*15	2
32	Washer	∅ 20*∅ 8.5*1	4	34	Washer	∅ 20*∅ 8.5*1	4
44	Base Cover Left		1	45	Base Cover Right		1
76	Safety Key		1	89	Lubricant Oil		1
95	MP3 Wire		1	96	Wrench	5#	1
97	Wrench	6#	1	98	Wrench	13 14 15	1

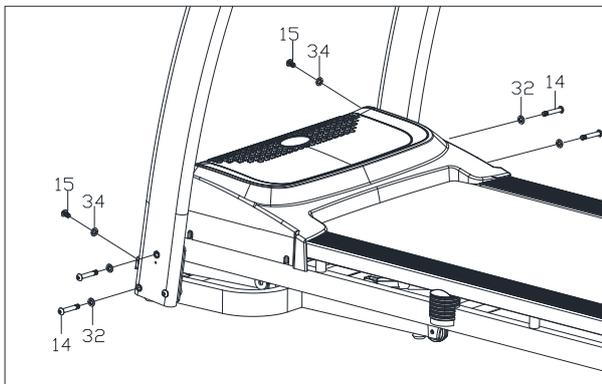
ASSEMBLY INSTRUCTIONS

STEP 1



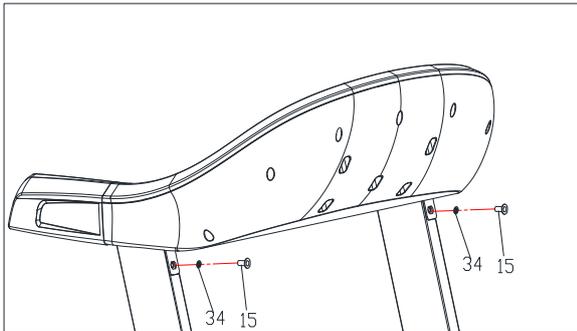
Open the packing carton, put the main frame on the level ground.

STEP 2



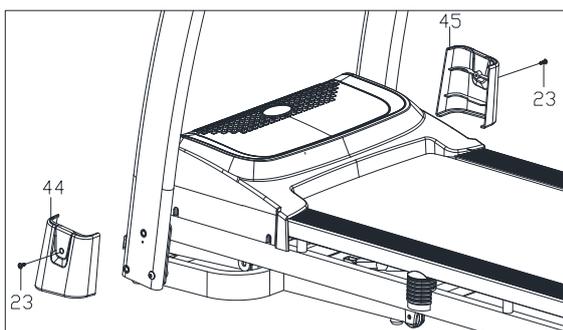
Use a tool (96) to put bolt(14),washer(34) and bolt(15) into uprights and base frame.Don't lock up firmly.

STEP 3

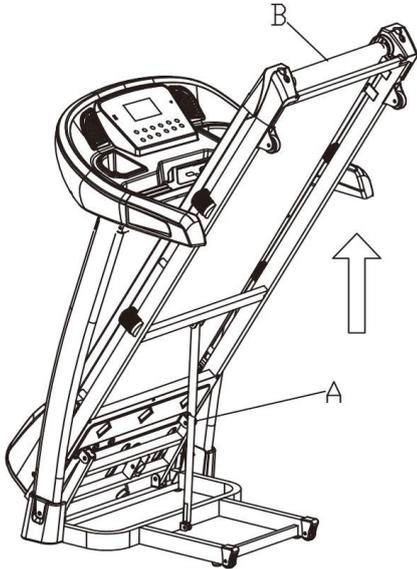


Use a tool (96) to put bolt(15) and washer(34) into uprights and console frame.Don't lock up firmly.

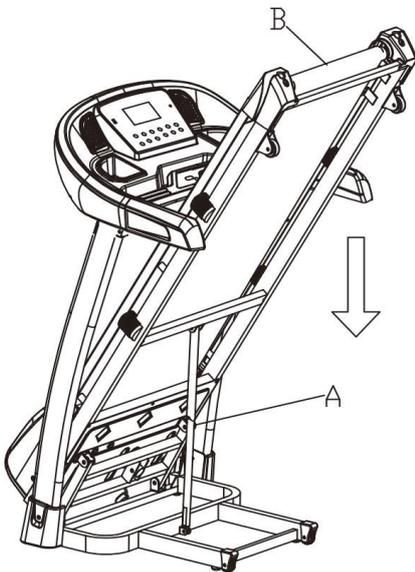
STEP 4



Lock up firmly above steps,then use a tool (98) to put base cover left(44) and base cover right(45) with bolt(24) into corresponding places.

ASSEMBLY INSTRUCTIONS**STEP 5**

Hold one hand up to the arrow at A and hear the gas spring (11) sound.

STEP 6

Hold one hand at A, kick the gas spring(11) with your foot, press the hand at A slightly harder down to the rear end of the armrest, let go of the rest of the arm, let go of the machine, and then you can automatically drop it down to the end of the armrest.

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

COMPUTER OPERATION

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 a 5,4,3,2,1 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 (with build-in MP3 player version)



1.WINDOWS DESCRIPTION

“**PROG**” window: Show program number, show “---” when in manual mode.

“**TIME**” window: Show running time.

“**SPEED**”: Show speed, in the startup process, show 3 seconds countdown.

“**INCLINE/PULSE**” window: When INCL character is lit up, corresponding window shows incline; when PULSE character is lit up, corresponding window shows pulse value.

“**CAL/DIST**” window: When CAL character is lit up, corresponding window shows calorie; when DIST character is lit up, corresponding window shows distance. Show calories and distance every 5 seconds.

COMPUTER OPERATION

2.KEYBOARD FUNCTION

“PROGRAM”button: Select program and FAT while the machine is stop,manual mode-P1-P12-FAT.Default speed is 1.0KM/H. “MODE” button : Countdown mode selection key.Manual mode-Time countdown-Distance countdown-Calorie countdown.In FAT mode,choosing keys for FAT parameters under FAT mode.

“START/STOP” button : When machine is stop,press this button,it will be working after a three second count-down or program default speed.When machine is running,press this button,it will be reduced speed,then stop.

“SPEED+/-” button : When machine is running,press these button to adjust speed and when machine is stop,press these button to adjust parameter.

“SPEED (3 6 9 12)” :Speed adjustment button quickly.

“INCLINE+/-” button : When machine is running,press these button to adjust incline and when machine is stop,press these button to adjust parameter.

“INCLINE (2 4 6 8)” :Incline adjustment button quickly.

Handrail button left:Incline adjustment button.

Handrail button right:Speed adjustment button.

3.MAIN FUNCTION

Open power switch,all windows are lit up 2 seconds,then enter manual mode.

3.1 Quick start(manual mode):

Open power switch,put safety key into safety key position below the panel.Press PROGRAM button to select circularly:P1-P12-U1-U3-FAT,press START button>window will display:3333 - 2222 - 1111,and each minus one buzzer chirping, then start the motorized treadmill from minimum speed. After running,press speed +/- and incline+/- button can adjust required speed and incline.Press STOP button or move safety key then the treadmill will resume to ready mode.

3.2 Countdown mode:

Press mode button to select:time countdown,distance countdown,calorie countdown,corresponding window will blink and display by default value. Press SPEED+/- button to adjust required value.Press START button>window will display:3333 - 2222 - 1111,and each minus one buzzer chirping, then start the motorized treadmill from minimum speed 1.0km/h.Press SPEED+/- button and INCLINE+/- button to adjust speed and incline.When window value countdown to zero,treadmill will be reduced,then stop.Of course,you can press STOP button or move safety key then the treadmill will resume to ready mode.

3.3 Built-in workout program:

Press PROGRAM button, select P1 any one of P1-P12 as the built-in programs, time window will blink and display by default time.At this moment, press SPEED button to adjust your desired running time. All the built-in programs are made up with 10 time-based segments. Every segment running time is setting time / 10.Press START button, treadmill will depend on 1 time-based segment speed and incline to move in 3 seconds. When finished last segment, program will be automatically arranged to the next segment. At the same time,speed and incline can be adjusted value of this segment. When all of segments is finished, the program is over, then treadmill will slow speed to zero. Press SPEED +/- button and INCLINE

COMPUTER OPERATION

+/- button to adjust speed and incline when treadmill is moving, but when into next segment, it will automatically adjust to default value. Also, you can press STOP button or move safety key then the treadmill will resume to ready mode.

Built-in workout program value as below:

TIME PROG		Time set/10 intervals=running duration									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	6	5	5	4	4	4	4	3
	INCLINE	0	3	3	3	4	4	4	1	1	0
P2	SPEED	3	3	4	4	5	5	5	6	6	4
	INCLINE	2	2	2	3	3	3	3	4	4	2
P3	SPEED	2	4	6	8	7	8	6	2	3	2
	INCLINE	3	5	4	4	3	4	4	3	4	2
P4	SPEED	3	3	5	6	7	6	5	4	3	3
	INCLINE	0	3	3	2	2	5	5	3	3	2
P5	SPEED	3	6	6	6	8	7	7	5	5	4
	INCLINE	3	5	3	4	2	3	4	2	3	2
P6	SPEED	2	6	5	4	8	7	5	3	3	2
	INCLINE	3	4	5	6	3	5	5	6	4	3
P7	SPEED	2	9	9	7	7	6	5	3	2	2
	INCLINE	0	3	3	3	4	4	4	1	1	0
P8	SPEED	2	4	4	4	5	6	8	8	6	2
	INCLINE	1	1	4	4	4	5	5	4	3	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
	INCLINE	3	5	3	4	2	3	4	2	3	2
P10	SPEED	2	5	7	5	8	6	5	2	4	3
	INCLINE	1	5	6	8	12	9	10	9	5	3
P11	SPEED	2	5	6	7	8	9	10	5	3	2
	INCLINE	3	5	6	8	6	5	8	7	5	2
P12	SPEED	2	3	5	6	8	6	9	6	5	3
	INCLINE	5	7	5	8	6	5	9	10	6	2

4.Operation in motion

- 4.1 Press SPEED- button can reduce speed.
- 4.2 Press SPEED+ button can increase speed.
- 4.3 Press INCLINE- button can reduce incline.
- 4.4 Press INCLINE+ button can reduce incline.
- 4.5 It will show heartbeat value when your both hands put on the hand pulse button in 5 seconds.
- 4.6 Press STOP button can reduce speed until stop.

COMPUTER OPERATION

5.Using the pluse 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:

5.1 Place both hands firmly on the Pulse Sensors. For the most accurate reading, it is important to use both hands.

5.2 Your estimated heart rate will display in the PULSE window approximately 6 seconds after you grasp the Pulse Sensors.

5.3 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.

6.Using safety key function

When you take off safety key,the LCD will show "OFF" ,meanwhile the treadmill will be stopped.Put the safety key into the safety key hole in the console, and then the treadmill will be on start/ready status.

7.Body fat scale function

In ready mode, press PROGRAM button, window will indicate FAT to BODY FAT analysis function. Press MODE button to select parameters of the category(gender, age, height, weight) .Corresponding window can indicate F1,F2,F3,F4.Each one parameter selected category, press SPEED+- button to adjust parameter value. When all of parameter are adjusted, press MODE button again, corresponding window will indicate F5 and "---" , to enter The state of under test, then place both palms on the handrail pulse kit for 5 seconds and the body fat reading will be displayed on the corresponding window.

F-1	Seg(0)	0= Male	1=Female
F-2	Age(25)	10-----99 years old	
F-3	Height(170)	100----220 CM	
F-4	Weight(70)	20-----150 KG	
F-5	FAT	≤19	Under weight
	FAT	=(19---26)	Normal weight
	FAT	=(26---30)	Over weight
	FAT	>30	Obesity

7.Dormancy function

7.1 : When motorized treadmill stops, we don' t have press any buttons in 10 minutes, it will enter a dormant state.

7.2 : In a dormant state, you can press any buttons to resume console.

HOW TO FOLD AND MOVE

HOW TO FOLD THE TREADMILL

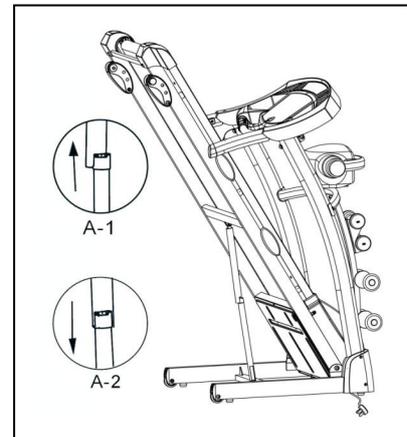
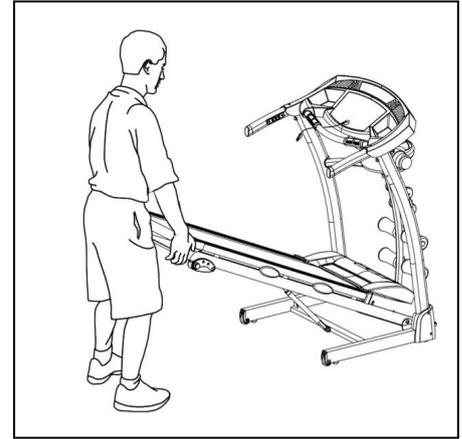
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, unplug the power cord.

CAUTION: You must be able to safely lift 45 pounds (20kg) in order to raise, lower, or move the treadmill.

1. Hold the treadmill with your hands in the locations shown at the right. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill until the running deck is firmly held by the cylinder as the figure A-1 shows.

2. If you want to put the treadmill to the work position, please lift the end of main fame (end cap) a little to make the foldaway support tube higher than the cylinder cover (see figure A-1), tip the foldaway support tube with your foot slightly, press the end of main fame forcibly, remove your foot and keep on pressing the end of main fame for a while.

The cylinder will shrink under the weight of itself (see figure A-2) and the main fame goes flat.



HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the cylinder is securely held by the tube.**

1. Hold the handrails as shown and place one foot against a wheel.
2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location.

Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.

3. Place one foot on a wheel, and carefully lower the treadmill until it is resting in the storage position.



SUGGESTED STRETCHES

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.

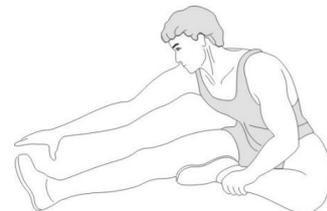


2. Hamstring Stretch

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.



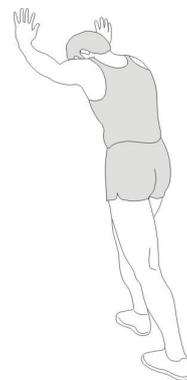
5. Toe Touch

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.



MAINTENANCE

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.**

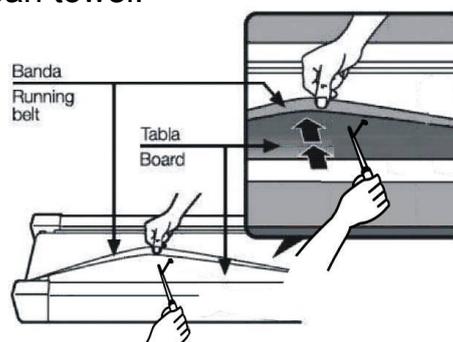
WEEKLY: Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually ends up underneath the treadmill. Vacuum underneath the treadmill once a week.

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.



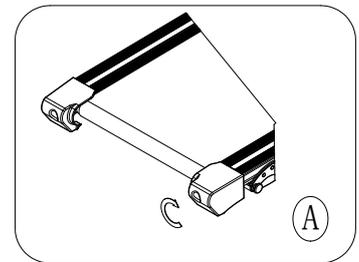
Running belt tension adjustment

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:

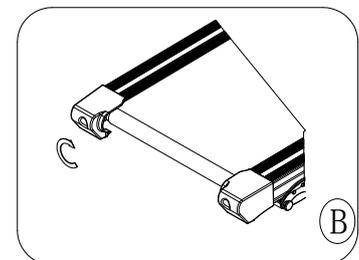
- A. The frame is not stably laid
- B. The user is not running on the centre of the running belt;
- C. The user's two feet are not using even strength.

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

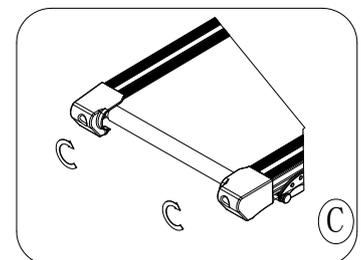
If the belt tends to move to the right, you should turn the belt adjustment screw on the right in clockwise direction. We recommend you turn 1/4 turn each time and check how it works. If the belt remains slanting to the right, then turn the belt adjustment screw on the left in counterclockwise direction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



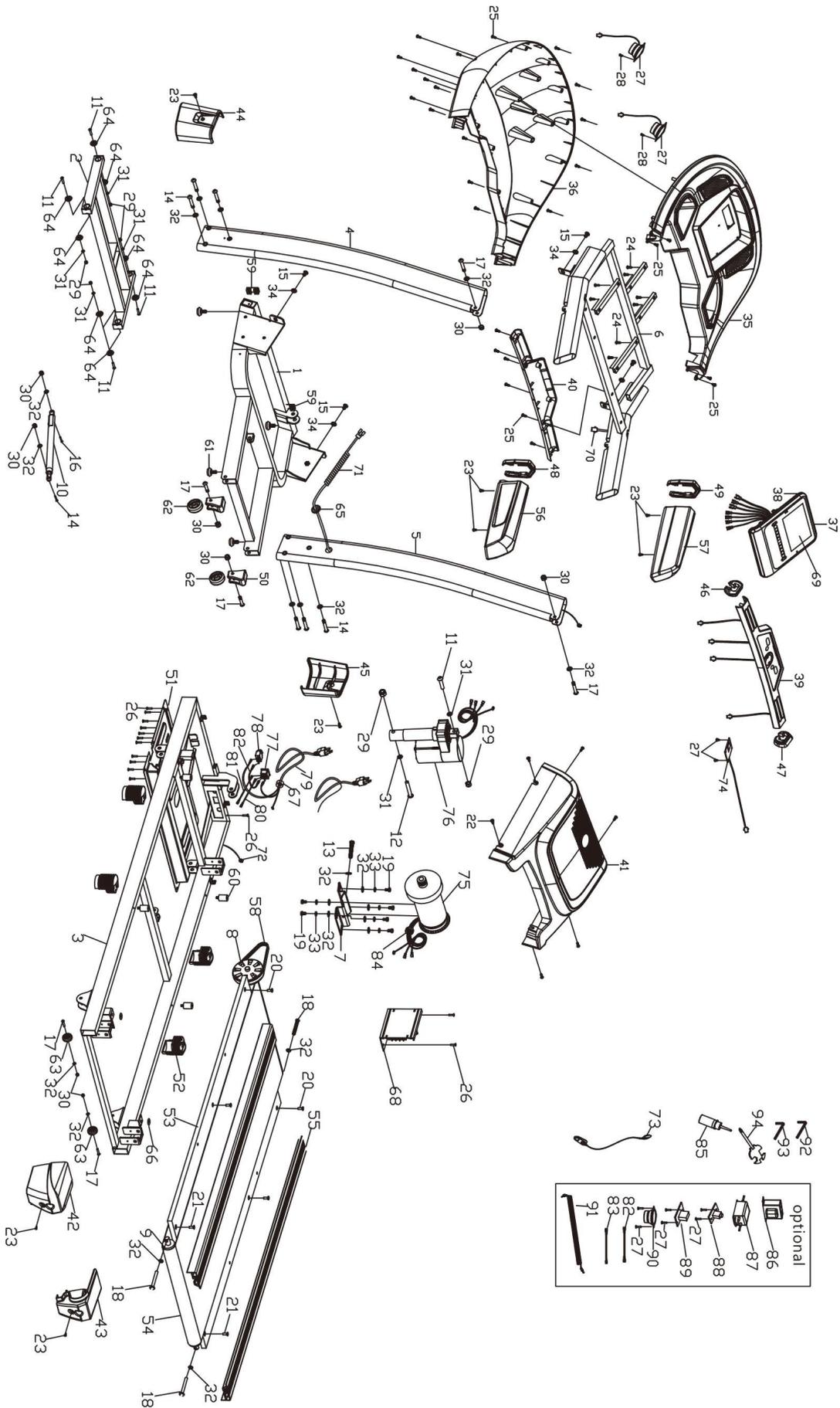
If the belt tends to move to the left, then turn the belt adjustment screw on the left in clockwise direction for 1/4 turn. If the belt remains slanting to the left, then turn the belt adjustment screw on the right in counterclockwise direction for 1/4 turn, as shown in the picture B



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.



EXPLODED DRAWING



PART LIST

1	Base frame		1	48	Decorative ring left		1
2	Incline frame		1	49	Decorative ring right		1
3	Main frame		1	50	Moving wheel cover		2
4	Upright left		1	51	Balley pan		1
5	Upright right		1	52	Cushion	Φ60*72	4
6	Console frame		1	53	Running board	1200*635*18	1
7	Motor frame		1	54	Running belt	480*2945*T1. 6	1
8	Front roller		1	55	Side rail	80*33.5*1275	2
9	Rear roller		1	56	Handrail foam left	295*65*100	1
10	Gas spring		1	57	Handrail foam right	295*65*100	1
11	Bolt	M10*45	5	58	Motor belt	210J-6	1
12	Bolt	M10*55	1	59	Cap	25*50	2
13	Bolt	M8*30	1	60	Cushion	Φ 20*Φ 27*M6	4
14	Bolt	M8*45	7	61	Adjust foot	28*10*m8*18	4
15	Bolt	M8*20	4	62	Moving wheel	Φ 46*Φ 8.5	2
16	Bolt	M8*25	1	63	Moving wheel	Φ 51*Φ 8.5	2
17	Bolt	M8*40	6	64	Incline turn cap	Φ22*Φ16.3	8
18	Bolt	M8*55	3	65	Ring plug cap	Φ 27*Φ 17	1
19	Bolt	M8*20	4	66	Wahser	Φ 30*Φ 10*2	4
20	Bolt	M6*25	4	67	Power cord buckle	6p-4	1
21	Bolt	M8*30	4	68	Console PCB		1
22	Bolt	M5*10	6	69	Controller		1
23	Screw	ST4.2*15	8	70	Top signal wire		1
24	Screw	ST4.2*20	8	71	Middle signal wire		1
25	Screw	ST4.2*15	35	72	Bottom signal wire		1
26	Screw	ST4.2*12	16	73	Safety key		1
27	Screw	ST2.9*10	2	74	Safety key sensor		1
28	Screw	ST2.9*6.5	2	75	DC motor		1
29	Nut	M10	6	76	Incline motor		1
30	Nut	M8	8	77	Power switch		1
31	Washer	Φ 20*Φ 10*1	6	78	Circuit breaker		1
32	Washer	Φ 20*Φ 8.5*1	13	79	Power line		1
33	Washer	Φ 8	4	80	Blue wire		1
34	Washer	Φ 20*Φ 8.5*1	4	81	Brown wire		1
35	Top cover of console		1	82	Brown wire		1
36	Bottom cover of console		1	83	Ground wire		1
37	Top cover of console PCB		1	84	Magnetic ring		1
38	Bottom cover of console PCB		1	85	Lubrican oil		1
39	Top cover of		1	86	Inductors	optional	1

	handrail						
40	Bottom cover of handrail		1	87	Filter	optional	1
41	Motor cover		1	88	MP3 module	optional	1
42	End cap left		1	89	USB module	optional	1
43	End cap right		1	90	Speaker	optional	2
44	Base cover left		1	91	Audio wire	optional	1
45	Base cover right		1	92	Wrench	5#	1
46	Handrail cap left		1	93	Wrench	6#	1
47	Handrail cap right		1	94	Wrench	13 14 15	1

TROUBLE SHOOTING

ERROR CODE	POSSIBLE CAUSES	CORRECTION
E01	Poor communication between console and controller	<ol style="list-style-type: none"> 1. Check if signal wire between console PCB and controller is normal.If not,change it. 2. Check if communication on console PCB or controller is normal.If not,change console PCB or controller.
E02	Blast protection	<ol style="list-style-type: none"> 1. Check if the power supply voltage is lower than 50% of the normal voltage,please retest with the correct voltage specification. 2. Check if controller is bad smell,change it. 3. Check if motor line is connected,connect well.
E03	Poor speed sensing(Light sensor or magnetic sensor)——Cancel E03 directly if senseless	No speed sensor signal detected for 10 seconds,check if sensor plug is inserted or if magnetic sensor is broken,insert sensor plug well or change magnetic sensor.
E05	Over current protection	<ol style="list-style-type: none"> 1. Excessive current caused by over rated load,system self protection or any part of treadmill is stuck cause motor can't work,overload,overcurrent,system self protection,adjust treadmill well and restart. 2. Check if running motor is over flow sound or bad smell,change it. 3. Check if controller is bad smell,change it. 4. Check if the power supply voltage is inconformity or lower,please retest with the correct voltage specification.
E6	Self-checking error of controller	<ol style="list-style-type: none"> 1.If press START button,motor can't work,control motor's lines are abnormal,damage or falling off of controller safety pipe,or motor line isn't insert well,check and adjust. 2.Check if IGBT on the controller are burnout,change it or change controller.
E7	Missing parameter	Change controller
E08	EEPROM broken	Change controller

TROUBLE SHOOTING

PROBLEM	POSSIBLE CAUSES	CORRECTION
Treadmill will not start	<ol style="list-style-type: none"> 1. Not plugged in. 2. Safety key not attached correctly. 3. Treadmill circuit breaker tripped. 4. On/Off switch not turned on. 5. Auto shut down timed out. 	<ol style="list-style-type: none"> 1. Tighten into suitable outlet. 2. Insert safety pull pin. 3. Reset circuit breaker. 4. Turn on On/Off switch. 5. Unplug and re-plug electrical cord.
Treadmill belt slipping	<ol style="list-style-type: none"> 1. Walking belt too loose. 2. Deck needs lubrication. 	<ol style="list-style-type: none"> 1. Tighten walking belt. 2. Lubrication belt and deck.
Treadmill noisy	<ol style="list-style-type: none"> 1. Loose hardware. 2. Motor straining. 3. Clicking sound-roller knocking. 	<ol style="list-style-type: none"> 1. Tighten visible screws, nuts and bolts. 2. Check the belt tension-3 finger test. 3. Adjust rear rollers-check the tension.
Inaccurate pulse rate	<ol style="list-style-type: none"> 1. Too much hand movement. 2. Palms too wet. 3. Gripping hand-grips too tight. 4. Wearing rings. 	<ol style="list-style-type: none"> 1. Stand on the side rails to obtain accurate pulse reading. 2. Dry palms. 3. Grip using moderate pressure. 4. Remove all rings.