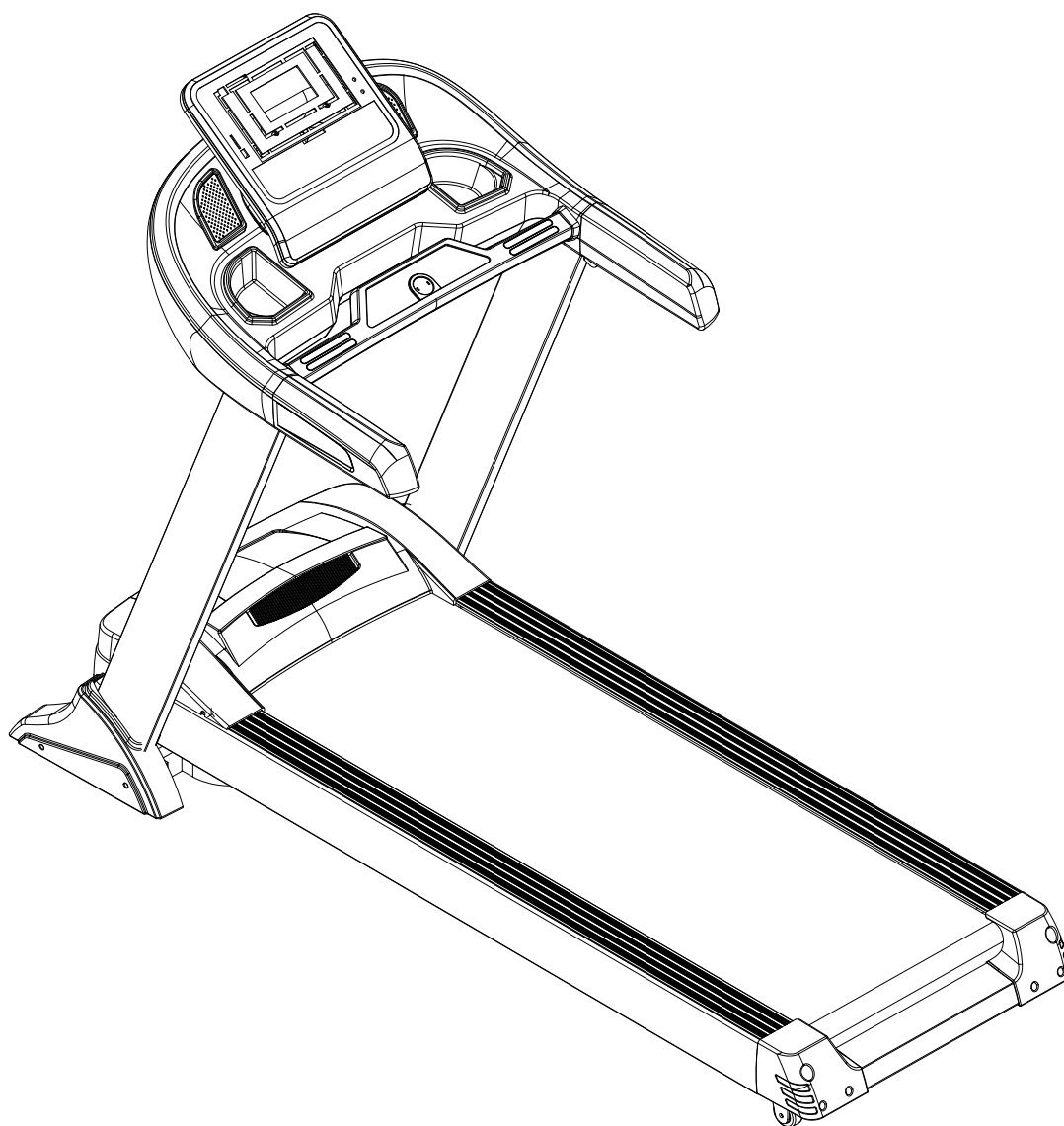VIVA FITNESS

Owner Manual For Motorized Treadmill T905

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

PRECAUTIONS

BEFORE BEGINNING ASSEMBLY

Before starting to exercise, read the manual carefully and also always keep this manual with you.

The equipment has been tested and certified by En957 under class H.C. for home use only.

Make sure that you have gathered all the necessary tools you may require to assemble the unit properly.   Having all your equipment at hand will save time and make the assembly quickly.

Make sure that you have cleared away a large enough space to properly assemble the unit.

Make sure space is free from anything that may cause injury during assembly.

Keep the treadmill indoors, away from moisture and dust . Do not put the treadmill in a garage or covered patio, outdoors or near water.

Keep pets and small children away from the treadmill at all time.

Keep at least 2500mm (L)* 1500mm (W) safety area behind the treadmill.

Assemble and operate the treadmill on a level, solid surface.

Keep the plug and power cord away from heated surface.

Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

BEGIN TO ASSEMBLE

Please check all the bolts and nuts and the tools in the tool bag.

You must follow the assembly instructions carefully.

When assemble the handle, you must note not to let it press any wire.

To make the assembly easier, at first you should not tighten all parts completely, but tighten all after finishing the assembly.
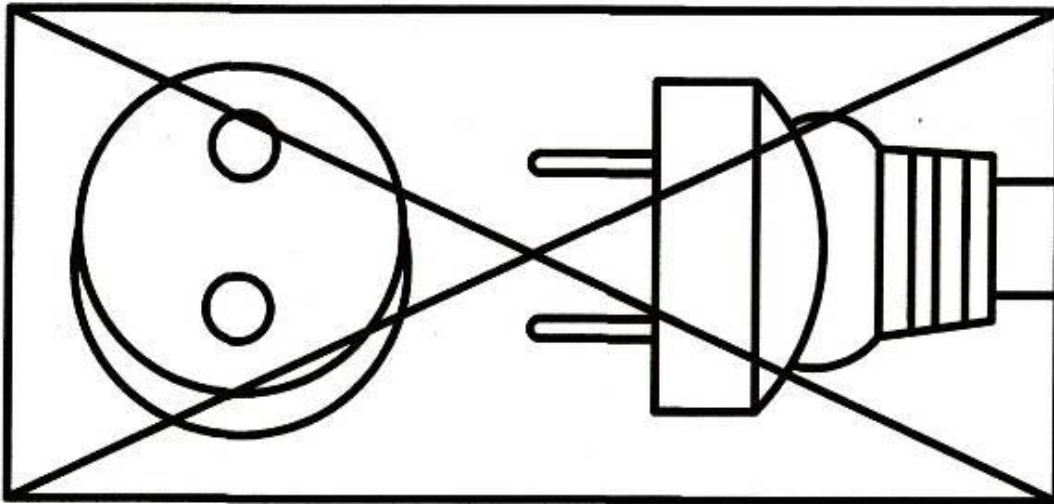
When finishing assembly, please make the tool in save keeping for future use.

Always keep all electric components, such as the motor, cord and switch away from water.

Before plugging in, check the voltage label near the power switch.

⚠ Don't plug in the power cable, until the assembly has been completed.

NOTE:

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.

BEFORE YOUR WORKOUT

Before beginning any exercise program you should consult your doctor first to determine if you have any medical or physical conditions that could put your health and safety at risk or any damage. Your doctor's advise is essential especially if you are taking medicine that affects your heart rate, blood pressure or cholesterol level.   We do not suggest you to use the machine unless you have your doctor's advice.

Be aware of your body's signals. Incorrect or excessive exercise can damage your health. If you feel dizziness, nausea, chest pain, back pain or other health symptoms stop the workout at once and consult your doctor before continuing.

Do warm-up exercises.

Never insert any objects into any opening on the treadmill.

Wear appropriate workout clothing while exercising.   Do not wear robes or other clothing that could become caught in the machine.   Running or aerobic shoes are also required while using the machine.

Never turn on the treadmill while somebody is standing on the running surface.

Before using the machine, please check the nuts and bolts are securely tightened.

DURING YOUR WORKOUT

Proceed with caution when getting on or off the treadmill. Use the handrails whenever possible. Do not step off the treadmill while the belt is running at high speed.

Keep all loose clothing and towels away from the running surface.

To get on running surface, straddle the running surface by standing on the right and left foot rails on each side of the belt before starting the belt.

The treadmill is capable of high speed. To avoid sudden jumps in speed, adjust the speed in small increments.

Keep hand away from all moving parts.

Always insert the safety key and attach the clip to your clothes at your waist before beginning your workout. If you encounter problems and need to stop the motor quickly, simply pull the safety key from the computer.

Never leave the treadmill unattended while it is running.

Never attempt to turn around while of the treadmill with the belt running. Keep your head and body facing forward at all times.

Do not overexert yourself during your workout. If you feel any pain or discomfort, stop your workout immediately and consult your physician.

Always use the equipment as mentioned. If any defective components while assembling or checking the equipment has been found, or you hear any unusual noises from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.

AFTER YOUR WORKOUT

Decrease the speed gradually, then press the button " STOP" on the computer.

To get off the running surface, straddle the running surface by standing on the right and left foot rails on each side of the belt after the belt has stopped.

Remove the safety key and store it away in a safe place when the treadmill is not in use. Keep the safety key away from children.

Do warm-down exercises at the end of your workout.

When you finish your workout, follow page 17 to fold up the treadmill for storage.

Regularly inspect and tighten all parts of the treadmill.

Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Do not remove the motor cover unless instructed to do so by an authorized

service representative. Servicing other than the procedures in this manual should be performed by any authorized service representative only.

To disconnect, turn the power switch to the OFF position before removing the power plug from the wall outlet.

Keep all electrical components, such as the motor, power cord and ON/OFF switch away from water or other liquids to prevent shock. Do not set anything on the handrail, computer console or belt. Never place liquids on any part of the unit.

Do not modify or attempt any service on the treadmill yourself other than the assembly and maintenance described in this manual.
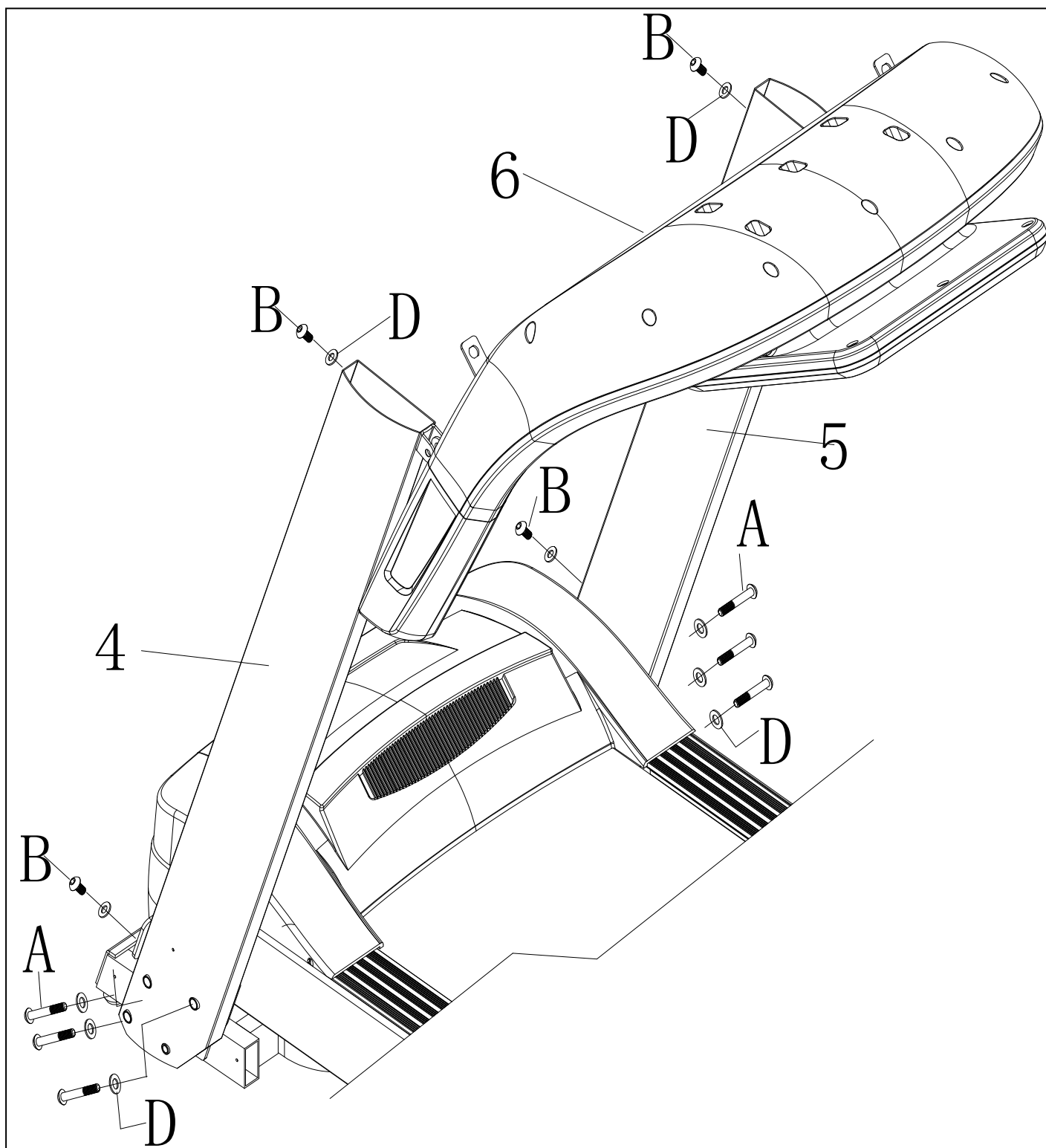
EXPLODE VIEW 1
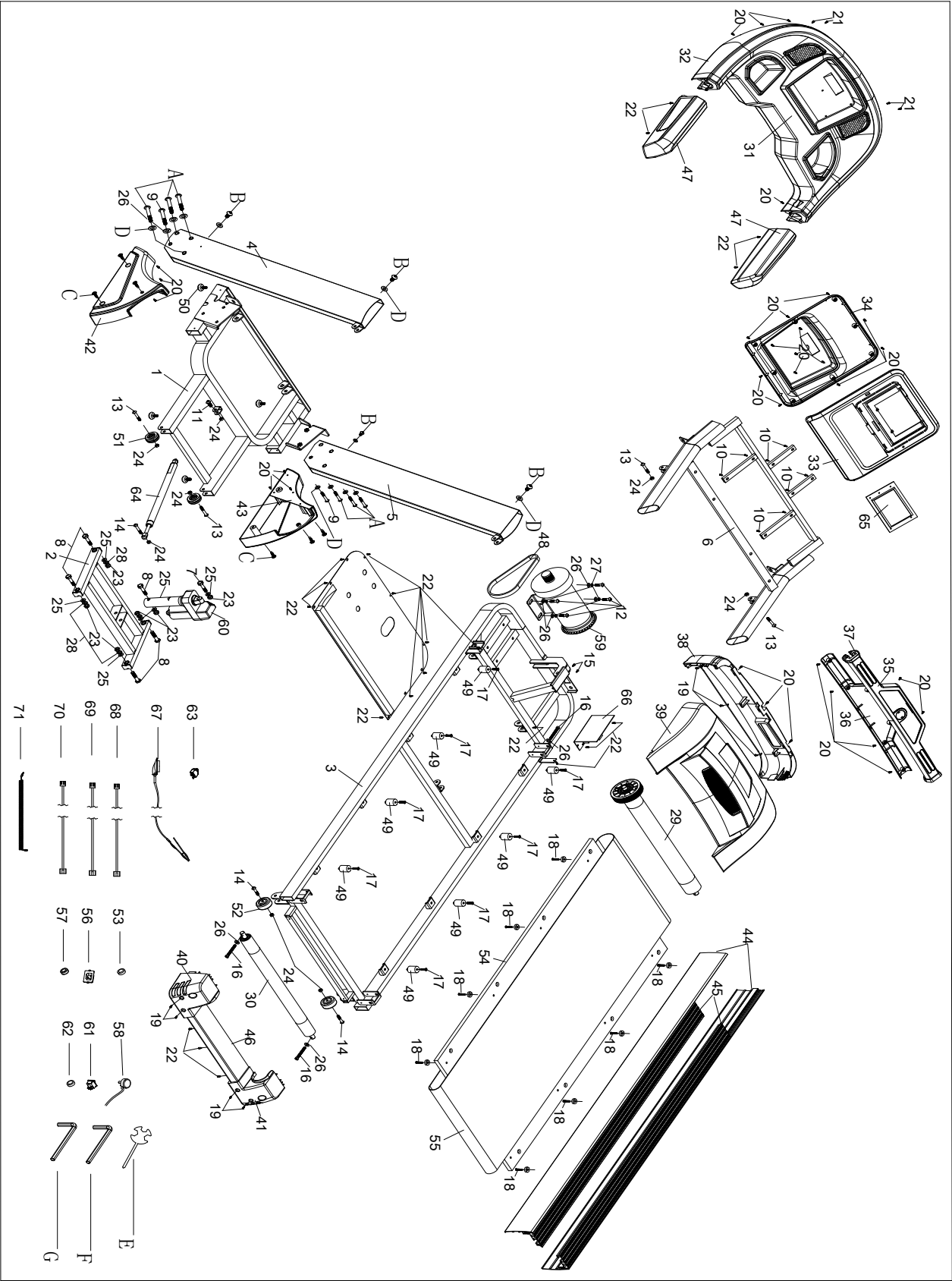
PARTS LIST

1	Base	1	40	Rear end cap left	1
2	Incline frame	1	41	Rear end cap right	1
3	Main frame	1	42	Base cover(left&right)	2
4	Left upright	1	43	Base cover board	2
5	Right upright	1	44	Side rail cover	2
6	Handrail rack	1	45	Side rail	2
7	Bolt M10*55	1	46	End cap support board	1
8	Bolt M10*45	5	47	Handrail foam	2
9	Bolt M8*55	2	48	Motor belt 210J-6	1
10	Screw ¢4*20	8	49	Cushion ¢25*33*M8	8
11	Bolt M8*25	1	50	Base foot	4
12	Bolt M8*30	4	51	Base moving wheel	2
13	Bolt M8*35	4	52	Frame moving wheel	2
14	Bolt M8*40	3	53	Magnet ring foam	1
15	Screw ¢4*12	2	54	Running board1220*605*T15	1
16	Bolt M8*65	3	55	Running belt460*2870*T1.6	1
17	Bolt M8*20	8	56	U socket	1
18	Bolt M5*28	8	57	Cable grommet ¢24*¢15*6	1
19	Screw ¢4*15	7	58	Power cord	1
20	Screw ¢4*12	30	59	AC Motor	1
21	Screw ¢3*10	4	60	Incline motor	1
22	Screw ¢4*12	22	61	Power switch	1
23	Nut M10	6	62	Magnetic ring ¢28*¢16*13	1
24	Nut M8	11	63	Circuit breaker	1
25	Washer ¢11*¢22*2.0	6	64	Air cyclinder	1
26	Washer ¢9*¢16*T1.6	12	65	Upper controller	1
27	Spring washer M8	4	66	Inverter	1
28	Spring washer M10	4	67	Safety key	1
29	Front roller dia	1	68	Upper cables	1
30	Rear roller dia	1	69	Middle cables	1
31	Console upper box	1	70	Under cables	1
32	Console under box	1	71	Audio cables	1
33	Console PCB upper cover	1	A	Bolt M8*55	6
34	Console PCB under cover	1	B	Bolt M8*15	4
35	Front handrail bar upper cover	1	C	Screw ¢4*15	6
36	Front handrail bar under cover	1	D	Washer ¢9*¢16*T1.6	10
37	Handrail cap	2	E	Wrench S13.15	1
38	Front motor cover	1	F	WrenchS5	1
39	Motor cover	1	G	WrenchS6	1

PART LIST OF ASSEMBLY

#A   M8*55   6PCS

#B   M8*15   4PCS

#C   ST4*15   6PCS

#D   ID9*OD16*1.6T   10PCS

#E   S13.15   1PCS

#F   S5   1PCS

#G   S6   1PCS
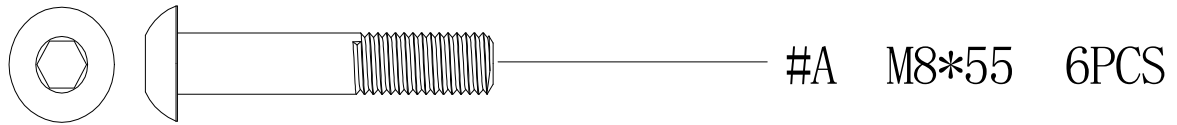
⚠ <u>Information: The following parts listed on the drawing is based on the ratio 1:1 , just find them from the bolt set and follow the illustration to finish the assembly</u>

ASSEMBLY STEPS:

STEP 1:

#A   M8＊55   3PCS

#B   M8＊15   1PCS

#D   ID9＊OD16＊1.6T   4PCS

S5   1PCS

4

B

A

D

STEP 2:

#A   M8*55   3PCS

#B   M8*15   1PCS

#D   ID9*OD16*1.6T   4PCS

S5   1PCS

5

D

A
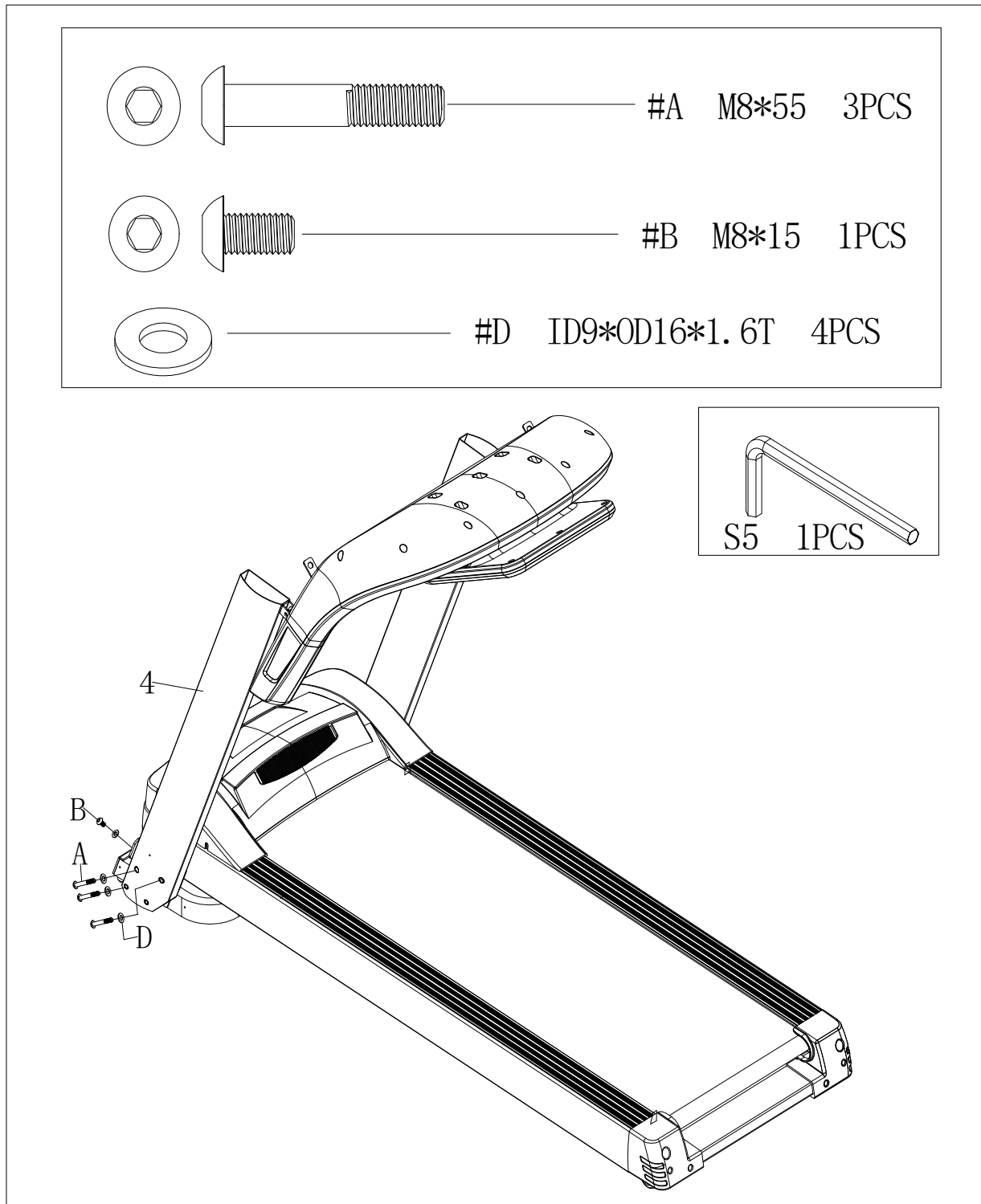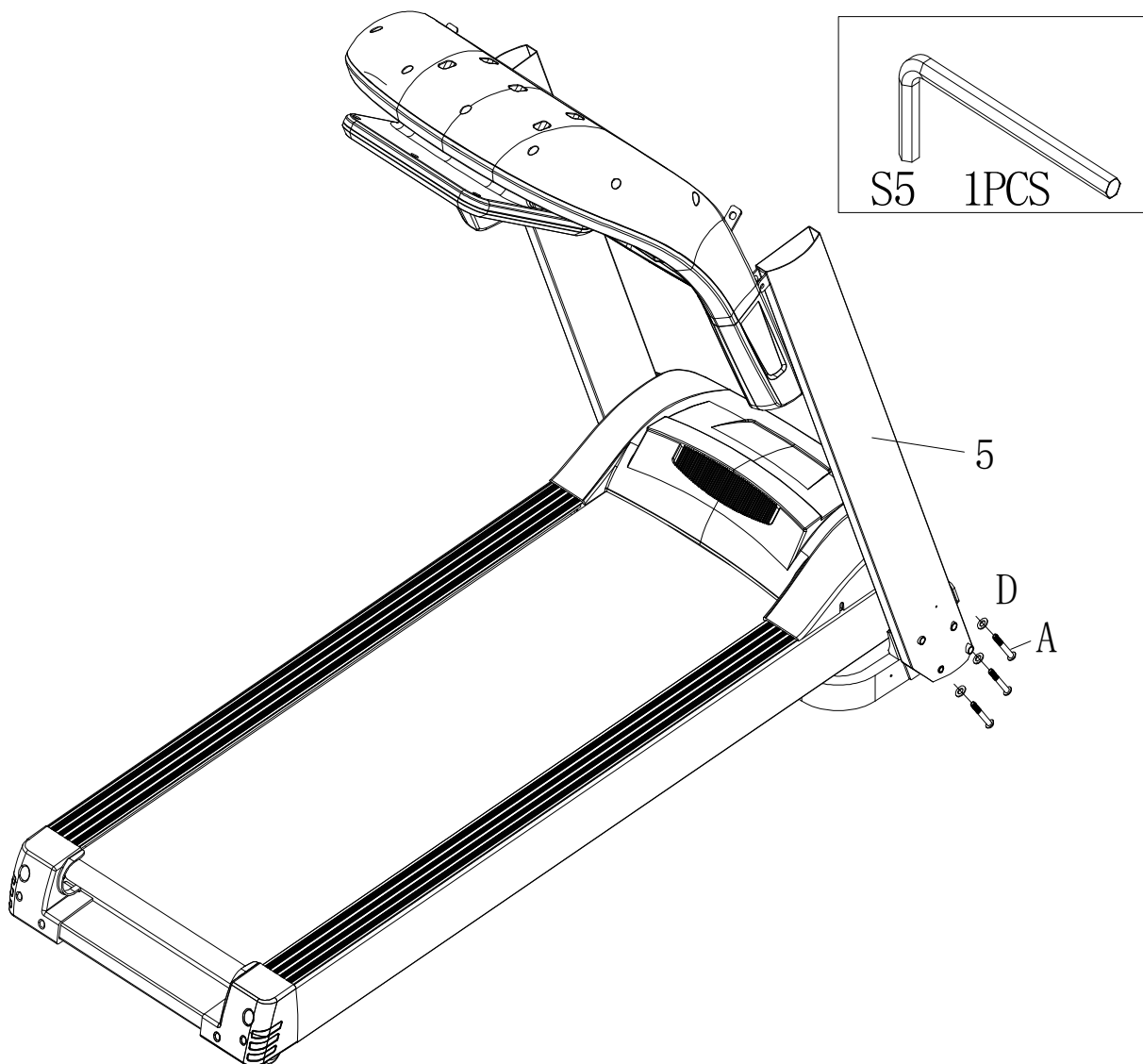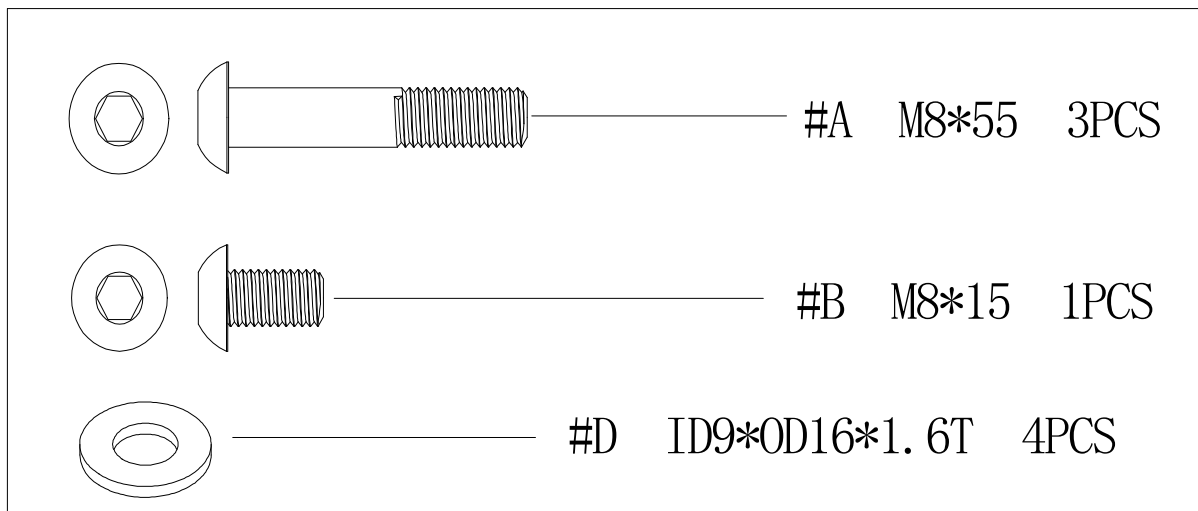
STEP 3:
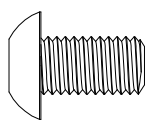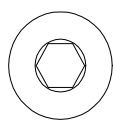
#B M8*15 2PCS
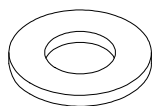
#D ID9*OD16*1.6T 2PCS

S5 1PCS
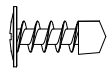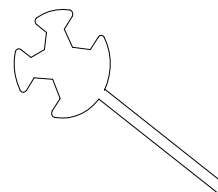
33

B   D

B
D

STEP 4:

#C   ST4∗15   6PCS

S13.15   1PCS

71

67

C

C
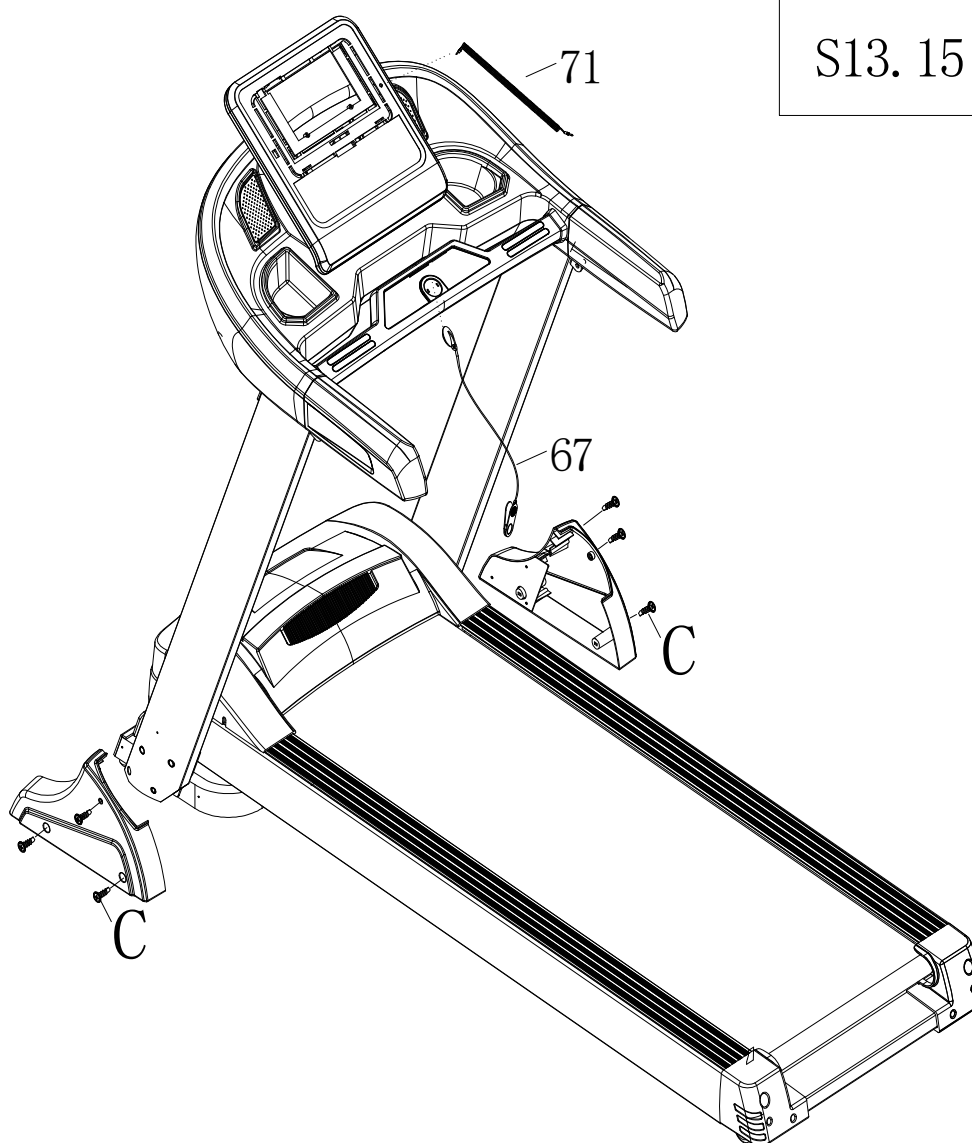
STEP 5:
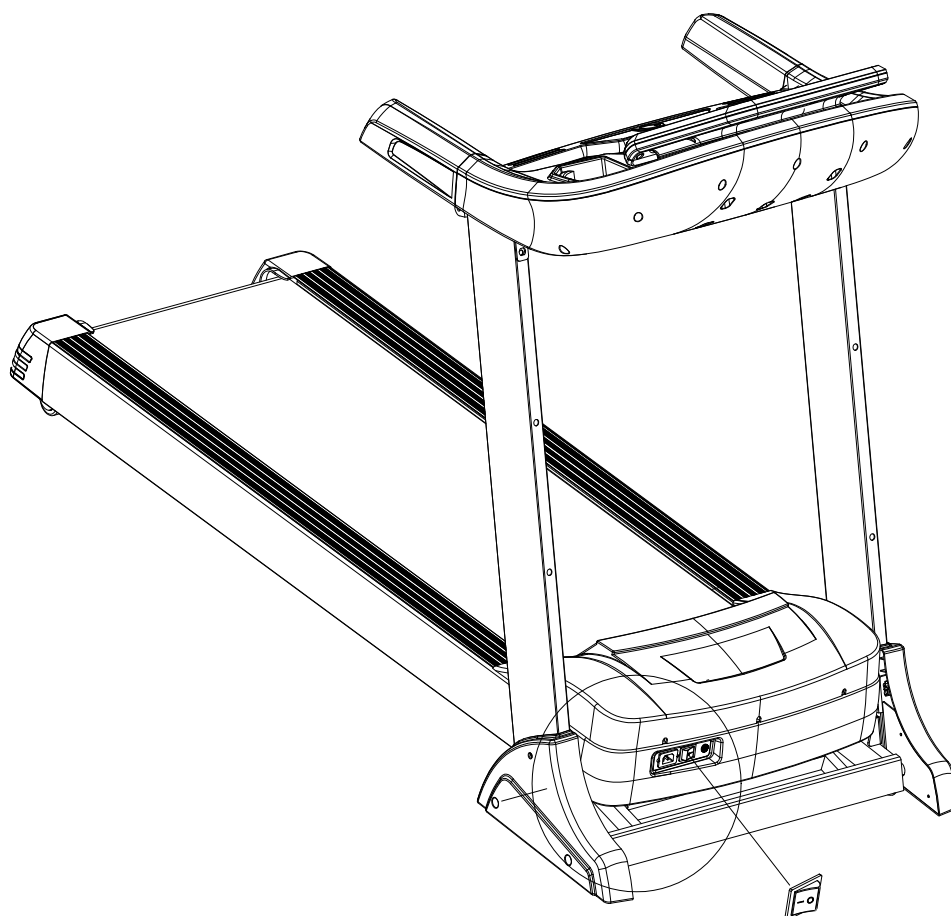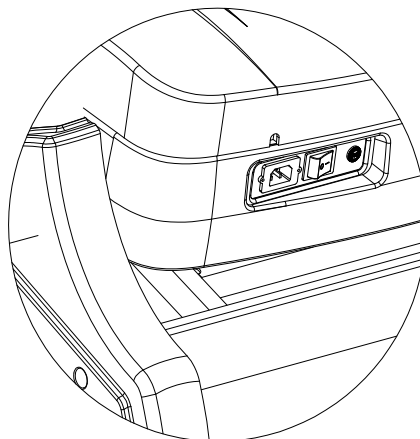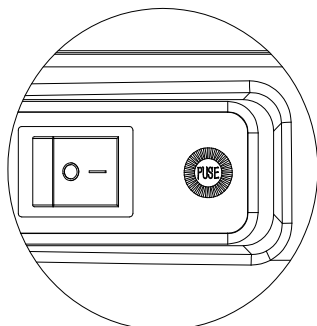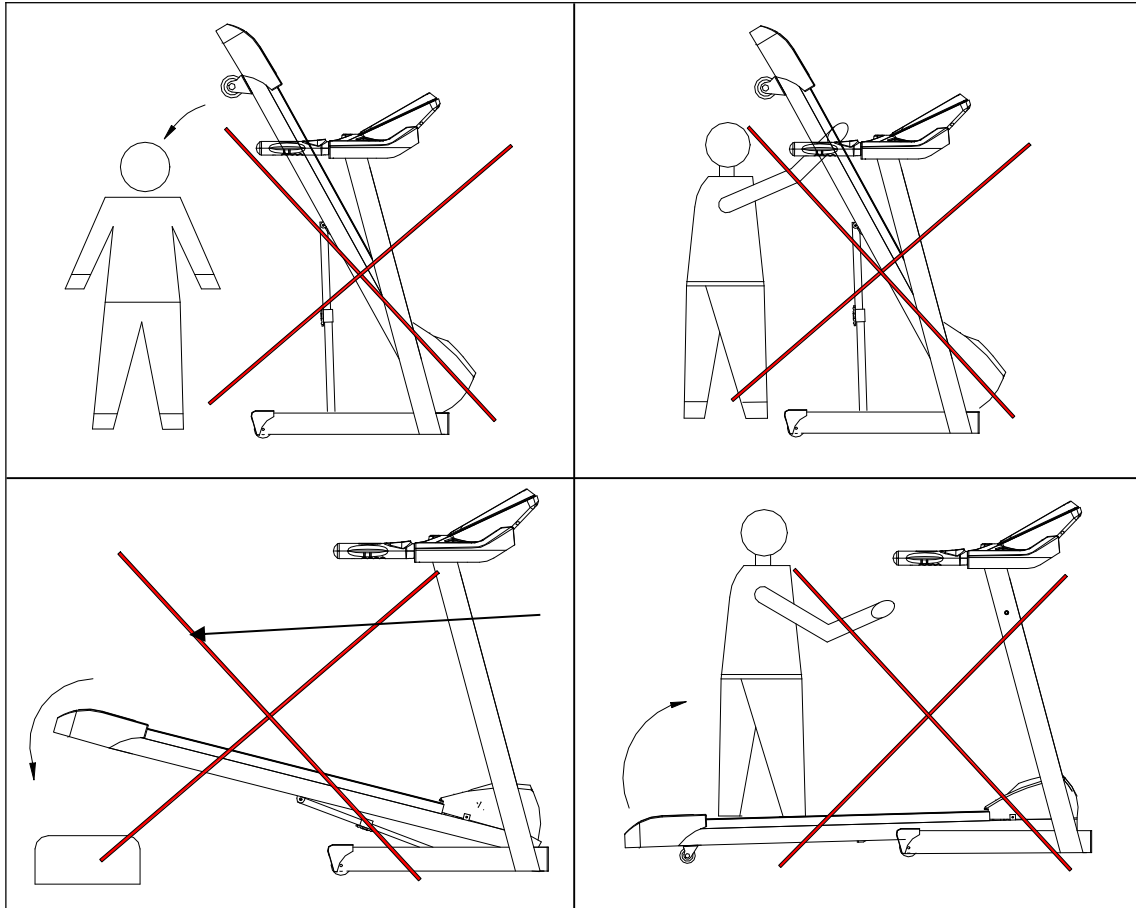
WARNING 2: Make **sure the treadmill has been disconnected with the electricity. You can switch off the treadmill by pressing the main power switch as below.**
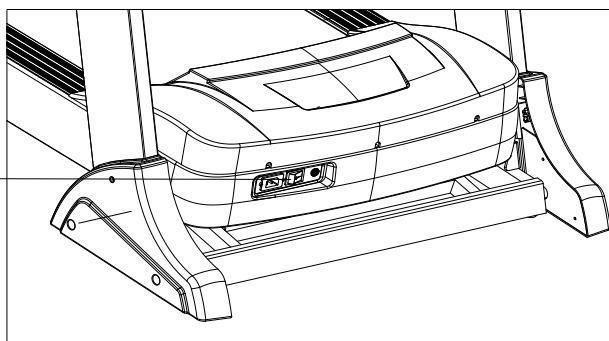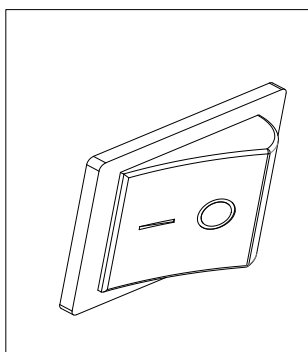
INSTRUCTION OF FOLDING AND GRADIENT ADJUSTMENT
HOW TO FOLD UP THE TREADMILL
1. FOLD UP:

To fold the deck you first need to bring
the treadmill to the lowest incline level.
Hold the rear cap position (on main
Frame) firmly, raise the rear side of Main
frame to fold the treadmill up,
Then after hearing "kick" sound, the
machine has been folded up.
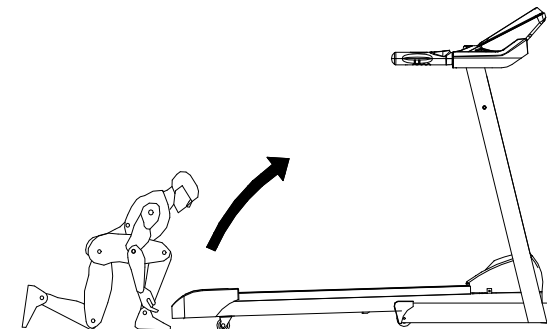
HOW TO FOLD DOWN THE TREADMILL

2. FOLD DOWN:

A. Step on the damper(as shown by the arrow on bottom middle).Both hands hold on to the top end
covers(as shown by the arrow on top left) and pull down the treadmill slowly.
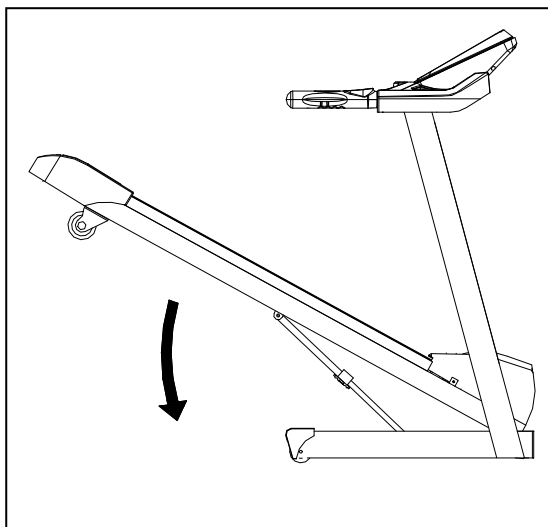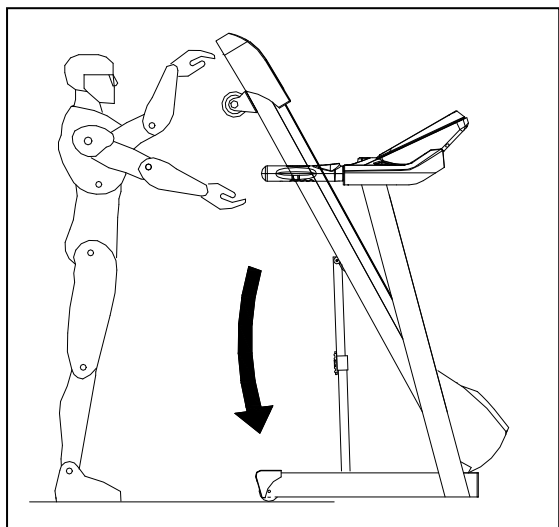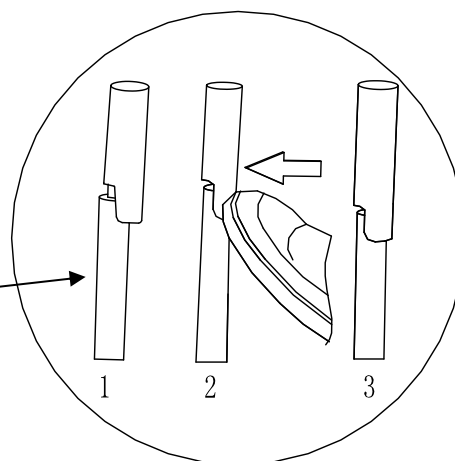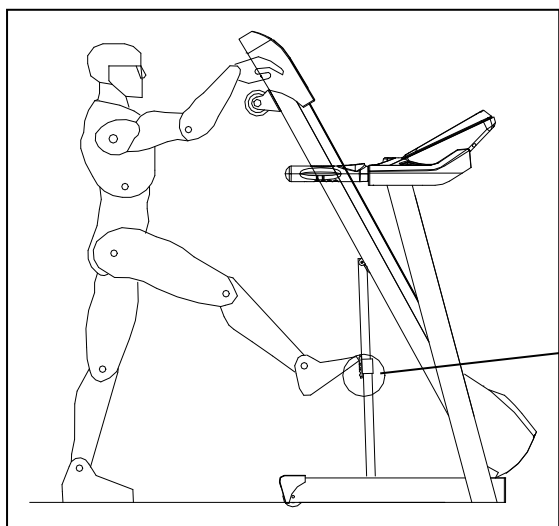
CARE AND MAINTENANCE

Use a warm damp cloth with mild detergent to keep your treadmill clean.

Do not clean between the mat and running board---The silicone lubricant is needed for smooth movement of the mat.

Check parts for wear before use.

If in doubt do not use the treadmill and contact our help line.

Pay particular attention to the fixing knob and make sure they are tight.

IF THE BELT IS STICKY (DOES NOT RUN SMOOTHLY)

You may feel after a period of time (depending on how often you use the machine) that the mat is sticky. We recommend you apply a light covering of Silicone between the mat and the running board as below

LUBRICATE

To reduce the friction (sticking) of the running belt and minimize wear,   a silicone lubricant or WD-40, may be applied directly to the wooden board and under the running belt.

NOTE: The lubricant may be applied whenever sticking occurs. To apply simply lift up one side of the running belt and spray the lubricant onto the board and underside of running belt, See the figure as below.
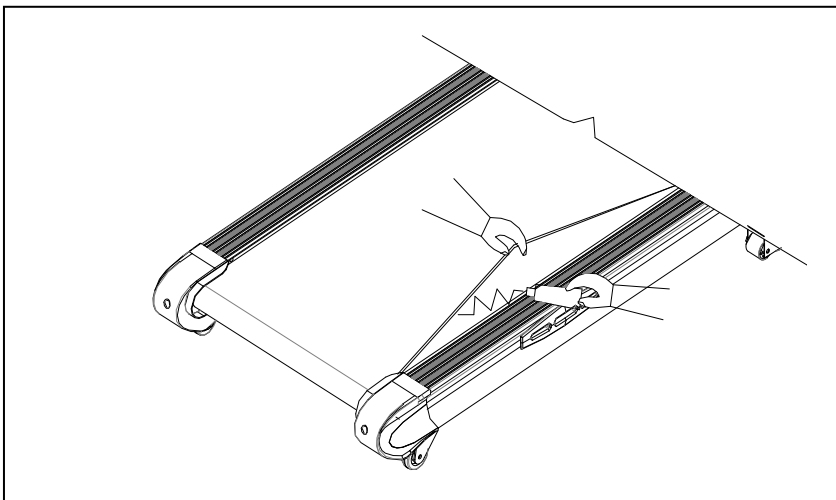
BELT ADJUSTMENT

NOTE:
For most people, one of your legs is stronger than the other, the treadmill mat
may tend to track to that side because of the extra pressure exerted by your stronger
leg.   If this occurs then either dismount treadmill and allow mat to track back to
middle, or exert pressure to side of mat with other leg to track mat back to middle.

IF THE BELT TENDS TO WALK ON THE RIGHT SIDE:

Turn the right belt tension bolt clockwise. 1/4 at a time, with a test to follow, If the belt continues to walk to the right, simply adjust the left belt tension bolt by turning 1/4 counterclockwise , with a test to follow.
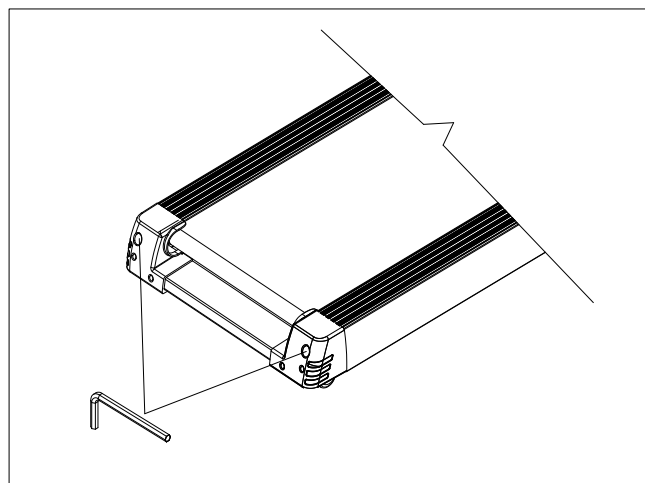
IF THE BELT TENDS TO THE LEFT SIDE:

Turn the left belt tension bolt clockwise 1/4 at a time. If the belt continues to walk to the left, simply adjust the right belt tension bolt by turning 1/4 counterclockwise.

IF THE BELT APPEARS TO BE LOOSE

Simply tighten both right and left belt tension   Both right and left belt tension bolts evenly 1/4 turn clockwise.

IF THE BELT APPEARS TO BE TIGHT.

Simply loosen both bolts evenly 1/4 turn counterclockwise.

Operation instructions of computer

I. Display function
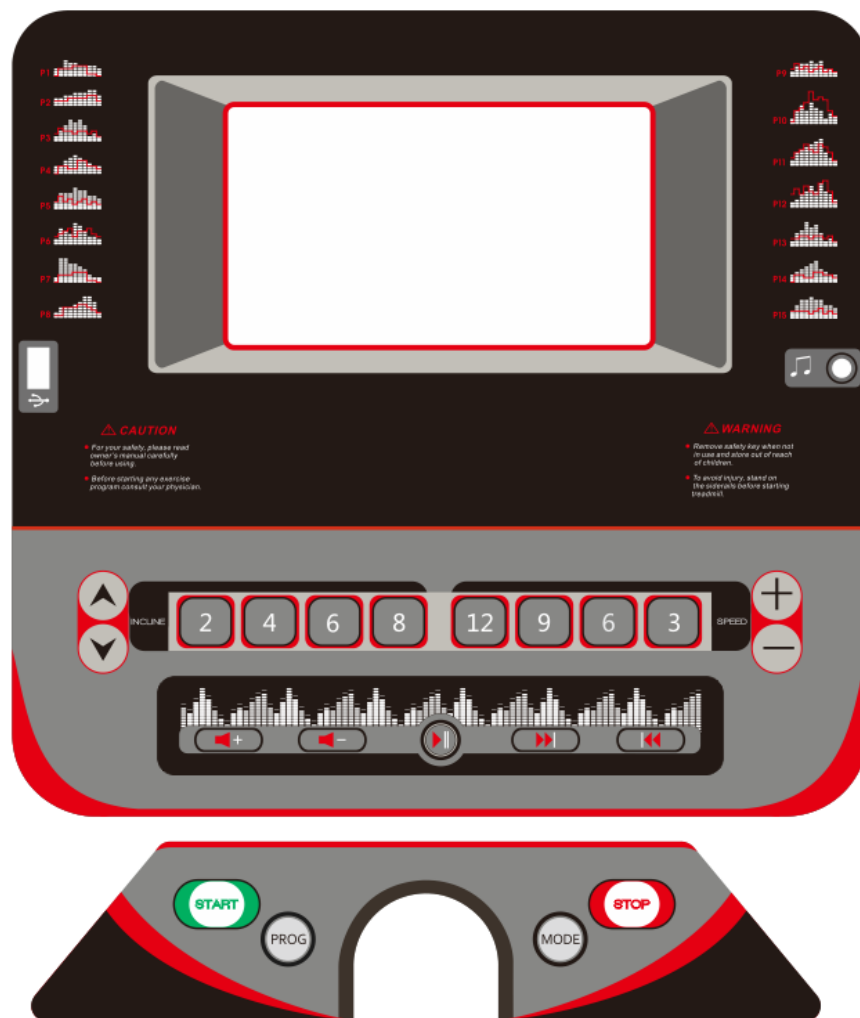
1:LCD Display readout：

1、"SPEED"：（Referred to as: window 1 ）

1.1 display speed

2、"INCLINE/ DIS/CAL" ：（Referred to as: window 2）

2.1 When"INCLINE"flashes, display the accumulated total workout incline

2.2 When"DIS"flashes, display the accumulated total workout distance in kilometers

2.3 When"CAL"flashes, display the accumulated calories burn during workout

2.4 When you enter into program sports, it will display program number

3、"TIME/PULSE"：（Referred to as: window 3）

3.1 When"TIME"flashes, display the accumulated total workout time in minute

3.2 When"PULSE"flashes, display the current pulse reading in beats per minute when the pulse is detected by placing Both palm on the stainless steel handrail pulse kit

3.3 When the value displayed, the countdown enter into 3 seconds

4、Dot matrix window：

4.1 display graphics program

5、Volume icon: display volume

6、"MANUAL/TIME/DISTANCE/CALORIES/PROGRAM"display manual mode/time meter mode/distance meter mode/ Calories meter mode

2: Keyboard function:

PROG.：Program selection key. In the order: manual mode—P1-P80—U1-U5- FAT

MODE ：Time mode selection key. In the order: manual mode-time mode-distance mode-calories mode. Fat measurements mode for lipid measurement parameter selection key.

START/STOP：Press the START button and wait 3 seconds for belt begin to move. Press STOP button then the equipment will resume to ready mode.

SPEED：Speed add and subtract adjustment. Movement speed can be adjusted. Stop can be used to adjust the parameters.

SPEED（3 6 9 12）：Speed quick adjustment button

INCLINE ：Incline up and down adjustment. Movement incline can be adjusted. Stop can be used to adjust the parameters.

INCLINE（2 4 6 8）： Incline quick adjustment button

Left handrail key: Incline adjustment button

Right handrail key: Speed adjustment button

Volume+/volume-/in the song/the next song/start stop button：Volume adjustment button、in the song/the next song、start/stop button

3. Main function:

Attach the safety key to wake up console in 2 seconds, and then the equipment is on manual mode.

3．1 Manual mode：

Plug in power cord and switch on the equipment, press PROGRAM button can be settled in circle: Program P1-P80-U1-U5-FAT,press start button, window 3 will display:3333－2222－1111,and each minus one buzzer chirping, then start the motorized treadmill from minimum speed. Press speed +/- and incline +/- button can adjust speed and incline, also can be adjusted by the quick speed on the displayer or handrail button. Press STOP button or move safety key then the equipment will resume to ready mode.

3．2 Pour meter mode：

Press PROGRAM button, you can choose follow: Time meter mode, Distance meter mode, Calories meter mode. The corresponding window shows the default values and flashing. At this moment, press SPEED button to adjust your desired value. Press START button, window 3 will display:3333－2222－1111,the initial speed is 1km/h,press SPEED

+/- or INCLINE +/- button to adjust speed and incline. When the window numerical meter to zero, treadmill slow speed down to stop. Also, you can press STOP button or move safety key then the equipment will resume to ready mode.

3．3 Build-in workout program：

Press PROGRAM button, select P1 any one of P1-P80 as the built-in programs, time window will blink and display by default. At this moment, press SPEED button to adjust your desired value. All the build-in programs are made up with 10 time-based segments. 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 +/- or INCLINE +/- 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 equipment will resume to ready mode.

	Initial	Set the initial value	Set range	Display range
Time(minute/second)	0:00	30:00	5:00-99:00	0:00－99:59
Speed(km/h)	0.0	N/A	N/A	1.0－18.0
Incline（xx%）	0	N/A	N/A	0-18%
Distance(kilometer)	0.00	1.0	1.0－99.0	0.00－99.9
Pulse(time/minute)	P	N/A	N/A	60－200
Calories(kilocalori)	0	50	10－990	0－999

II. The operation in the process of movement

1：Press speed- can reduce the moving speed.

2：Press speed+ can increase the moving speed.

3：Press incline- can reduce the incline angle.

4：Press incline+ can increase the incline angle.

5：Place both palms firmly on the handrail pulse kit for 5 seconds, the displayer heart rate will indicate the estimated heart rate.

6：Press STOP button then the equipment will resume to ready mode.

III．Pulse Function

Place both palms firmly on the handrail pulse kit for 5 seconds. Placing both palms will deliver the more accurate reading. The displayer heart rate indicates the estimated heart rate. The measurement is not meant for medical conditions and/or any specific need of accurate heart rate monitoring purposes.

IV：Safety key Function：

In any of status, take off safety key, window 2&3 will indicate "OFF", and the buzzer is BI-BI-BI. At the moment, treadmill can't do anything. And put in safety key again, all of windows are reset. devices are reset, Waiting for a command input.

Program instruction：schedule

PROG \ TIME		1	2	3	4	5	6	7	8	9	10
		Time set/10 intervals=running duration									
P01	SPEED	3	3	6	5	5	4	4	4	4	3
	INCLINE	0	3	3	3	4	4	4	1	1	0
P02	SPEED	3	3	4	4	5	5	5	6	6	4
	INCLINE	2	2	2	3	3	3	3	4	4	2
P03	SPEED	2	4	6	8	7	8	6	2	3	2
	INCLINE	3	5	4	4	3	4	4	3	4	2
P04	SPEED	3	3	5	6	7	6	5	4	3	3
	INCLINE	0	3	3	2	2	5	5	3	3	2
P05	SPEED	3	6	6	6	8	7	7	5	5	4
	INCLINE	3	5	3	4	2	3	4	2	3	2
P06	SPEED	2	6	5	4	8	7	5	3	3	2
	INCLINE	3	4	5	6	3	5	5	6	4	3
P07	SPEED	2	9	9	7	7	6	5	3	2	2
	INCLINE	0	3	3	3	4	4	4	1	1	0
P08	SPEED	2	4	4	4	5	6	8	8	6	2
	INCLINE	1	1	4	4	4	5	5	4	3	2
P09	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
P13	SPEED	2	5	6	9	7	8	5	2	3	2
	INCLINE	3	3	4	4	3	4	4	3	4	2
P14	SPEED	3	4	5	6	7	8	5	4	3	3
	INCLINE	0	3	3	2	2	4	4	3	3	2
P15	SPEED	3	5	7	7	8	7	7	5	5	4
	INCLINE	3	3	3	3	2	3	4	2	3	2
P16	SPEED	2	9	9	7	8	7	5	6	4	2
	INCLINE	0	3	3	2	4	5	5	3	3	2
P17	SPEED	2	4	5	6	5	7	8	8	6	2
	INCLINE	3	5	6	4	2	3	4	5	3	2
P18	SPEED	2	4	5	7	6	7	6	3	3	2
	INCLINE	3	4	5	6	8	7	5	6	4	3
P19	SPEED	3	4	5	6	7	8	5	4	3	3
	INCLINE	0	3	3	2	2	4	4	3	3	2
P20	SPEED	2	9	9	7	8	7	5	6	4	2
	INCLINE	0	3	3	2	4	5	5	3	3	2
P21	SPEED	2	6	9	9	9	9	9	6	3	2
	INCLINE	3	5	3	4	2	3	4	2	3	2
P22	SPEED	2	5	7	9	10	10	8	6	4	3
	INCLINE	1	5	6	8	12	9	10	9	5	3
P23	SPEED	2	5	7	8	10	10	10	5	3	2
	INCLINE	3	5	6	8	6	5	8	7	5	2
P24	SPEED	2	3	7	9	10	10	10	9	9	3
	INCLINE	5	7	5	8	6	5	9	10	6	2
P25	SPEED	3	4	5	4	3	3	6	5	4	2
	INCLINE	4	4	5	5	3	3	3	2	2	2
P26	SPEED	1	3	6	4	4	2	5	4	3	2
	INCLINE	3	4	4	4	3	3	3	4	3	2
P27	SPEED	4	5	3	3	3	6	6	5	3	3
	INCLINE	2	4	8	9	9	6	6	5	4	4
P28	SPEED	1	3	4	4	4	2	3	4	4	2
	INCLINE	3	2	2	4	3	2	2	4	6	3
P29	SPEED	2	5	5	5	4	5	6	3	3	2
	INCLINE	5	5	8	8	9	9	9	7	4	2
P30	SPEED	6	6	5	4	4	2	4	4	3	3
	INCLINE	4	5	5	8	8	10	10	8	6	3
P31	SPEED	4	2	4	4	3	4	5	5	4	3
	INCLINE	2	4	5	6	3	2	5	5	2	0
P32	SPEED	5	5	2	2	4	5	5	7	6	3

	INCLINE	3	5	7	3	3	5	6	5	3	3
P33	SPEED	2	3	2	1	3	2	9	9	4	3
	INCLINE	2	0	0	5	5	3	2	3	2	1
P34	SPEED	2	3	4	5	6	5	4	3	2	1
	INCLINE	4	2	2	4	2	6	6	5	4	4
P35	SPEED	2	4	6	8	6	6	4	4	2	2
	INCLINE	4	4	5	5	3	3	3	2	2	2
P36	SPEED	2	4	6	8	6	6	4	4	2	2
	INCLINE	5	5	8	8	9	9	9	7	4	1
P37	SPEED	2	2	6	6	8	10	6	6	2	2
	INCLINE	4	2	2	6	8	10	12	8	6	3
P38	SPEED	2	3	4	5	2	3	4	5	3	2
	INCLINE	7	8	8	9	9	6	6	5	3	2
P39	SPEED	2	4	6	2	4	6	2	4	6	2
	INCLINE	3	4	4	4	3	3	3	4	3	2
P40	SPEED	1	3	4	5	6	5	4	3	2	1
	INCLINE	4	4	5	5	3	3	3	2	2	2
P41	SPEED	3	4	5	5	3	4	5	4	4	4
	INCLINE	3	3	3	2	2	1	2	2	1	1
P42	SPEED	4	6	6	6	4	5	6	4	4	4
	INCLINE	3	3	2	2	2	2	2	3	3	3
P43	SPEED	4	7	7	7	4	7	7	4	4	4
	INCLINE	3	3	3	2	2	2	2	4	4	4
P44	SPEED	7	5	7	7	8	8	5	9	5	5
	INCLINE	3	3	3	2	2	2	2	4	4	4
P45	SPEED	7	7	5	6	7	8	8	5	4	3
	INCLINE	5	5	5	4	4	4	4	5	5	3
P46	SPEED	6	8	8	6	7	8	8	6	4	4
	INCLINE	4	4	3	3	3	3	4	4	4	3
P47	SPEED	5	3	4	5	3	4	5	3	3	3
	INCLINE	3	6	6	6	7	7	8	8	9	9
P48	SPEED	7	4	6	7	4	6	7	4	4	4
	INCLINE	6	6	7	8	9	9	9	10	10	10
P49	SPEED	4	7	8	4	8	9	9	4	4	4
	INCLINE	6	4	4	6	6	5	5	8	8	9
P50	SPEED	5	4	6	8	8	6	6	5	4	4
	INCLINE	5	8	8	4	4	4	5	5	8	8
P51	SPEED	4	4	3	6	6	10	10	5	5	9
	INCLINE	6	2	2	2	2	2	4	5	6	3
P52	SPEED	5	6	6	5	6	7	5	5	7	9
	INCLINE	5	5	0	0	2	3	5	7	3	3
P53	SPEED	4	4	3	6	7	9	5	8	5	9
	INCLINE	3	3	7	5	3	2	0	0	5	5
P54	SPEED	5	4	3	2	1	2	3	4	5	6
	INCLINE	3	6	6	6	7	7	8	8	9	9
P55	SPEED	6	4	4	2	2	2	4	6	8	6
	INCLINE	5	5	5	4	4	4	4	5	5	3
P56	SPEED	8	6	4	2	2	2	4	6	8	6
	INCLINE	6	4	4	6	6	5	5	8	8	9
P57	SPEED	3	4	4	3	2	2	2	6	6	8
	INCLINE	6	6	7	8	9	9	9	10	10	10
P58	SPEED	3	4	5	3	2	2	3	4	5	2
	INCLINE	3	6	6	6	7	7	8	8	9	9
P59	SPEED	6	2	4	6	2	2	4	6	2	4
	INCLINE	4	4	3	3	3	3	4	4	4	3
P60	SPEED	5	4	3	2	1	1	3	4	5	6
	INCLINE	5	5	5	4	4	4	4	5	5	3
P61	SPEED	2	3	3	5	3	3	3	4	5	3
	INCLINE	3	3	2	2	2	1	2	2	2	3
P62	SPEED	2	2	5	4	2	4	4	5	6	4
	INCLINE	4	4	3	2	2	2	2	2	2	3
P63	SPEED	2	4	5	3	2	4	4	6	6	4
	INCLINE	6	6	3	2	2	3	3	2	2	3
P64	SPEED	6	6	4	4	3	5	5	6	7	7
	INCLINE	6	6	3	2	2	3	3	2	2	3
P65	SPEED	3	6	5	4	2	4	4	5	6	7
	INCLINE	3	3	2	2	2	3	3	4	4	5

P66	SPEED	2	5	4	3	2	4	4	4	5	6
	INCLINE	3	3	4	3	2	5	5	5	4	4
P67	SPEED	6	6	5	3	3	3	3	3	4	5
	INCLINE	6	6	5	4	4	5	4	4	3	3
P68	SPEED	2	3	4	4	2	3	3	6	7	7
	INCLINE	5	5	8	8	5	5	5	5	6	6
P69	SPEED	5	6	3	3	2	4	4	7	7	4
	INCLINE	3	4	5	2	2	5	5	6	6	6
P70	SPEED	2	4	4	3	3	4	5	6	7	5
	INCLINE	5	5	7	5	3	6	6	6	7	5
P71	SPEED	3	2	2	4	5	3	8	10	7	7
	INCLINE	2	5	5	2	0	5	3	2	6	6
P72	SPEED	6	6	7	7	6	4	9	9	5	9
	INCLINE	5	6	5	3	3	2	3	2	3	5
P73	SPEED	5	9	9	4	3	6	7	5	9	9
	INCLINE	3	2	3	2	1	3	5	6	5	3
P74	SPEED	5	4	3	2	1	2	4	5	6	5
	INCLINE	6	6	5	4	4	4	4	4	3	3
P75	SPEED	6	4	4	2	2	4	6	8	6	6
	INCLINE	3	3	2	2	2	3	3	4	4	5
P76	SPEED	4	6	6	2	2	4	6	8	10	8
	INCLINE	2	4	6	8	6	2	5	6	6	6
P77	SPEED	10	6	6	2	2	2	6	6	8	10
	INCLINE	4	6	2	6	3	5	5	5	6	6
P78	SPEED	3	4	5	3	2	3	4	5	2	3
	INCLINE	6	6	5	3	2	4	4	4	3	3
P79	SPEED	6	2	4	6	2	4	6	2	4	6
	INCLINE	3	3	4	3	2	5	5	5	4	4
P80	SPEED	5	4	3	2	1	3	4	5	6	5
	INCLINE	3	3	2	2	2	3	3	4	4	5

V. Body Fat Scale Function：

In standby 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.

5.1 The input parameter display and setting range

Parameter catagory	Default value	Setting range	Note
Gender（-1-）	00（male）	00—01	00=male 01=female
Age（-2-）	25 years old	10—99 years old	
Height（-3-）	170 CM	100—220 CM	
Weight（-4-）	70KG	20—150KG	

5.2 Body Fat

Index（BMI）	Obesity degree
<19	thin
19--26	normal
26--30	overweight
>30	obesity

VI. Dormancy Function：

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

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

IF THE METER DISPLAYS AS BELOW:

QUESTION	EXPLAIN	FIRST INSPECT
Blank console	1.Wires damaged	Replace the wires
	2.console broke down	Replace the console
	3.Power cord isn't inserted	Plug the power cord
E01	1.Connecting error between the console and controller	Connecting wire
	2.Error on controller IC	Insert IC accurately
	3.Damage on controller	Replace the controller
E02	1.Damaged or loose on MOS crash	Check that the meter line to motor is connected or not
	2. motor lines loosened	Insert motor line accurately
E03	Connecting error on light sensor magnetic induction signal	Insert the wire accurately or aim at light hole directly

E05	The electricity is too strong	Check if it is overloaded , please adjust the motorized treadmill and restart
E07	The safety key is out of place	Put the safety key back
Inverse function of handrail quick button	Start/Stop line plugged into speed line	Check the handrail sensor line

WHEN TO CALL UP

This treadmill is designed with user safety as the number one priority in the event of electrical failure, the treadmill will shut off automatically to prevent user injury and to prevent damage to expensive components such as the motor.

When you encounter unusual behavior from the treadmill, simply go to the front of the treadmill, turn the power switch off and on to resent the treadmill. This should clear incidental errors and ready the treadmill for normal operation again.

If after you have reset the treadmill by turning the power switch off and on again, and the treadmill is still not operational, then it is time to call your dealer for service.

TROUBLE SHOOTING GUIDE

Problem	Potential Cause	Corrections
Treadmill will not start	1.Not plugged in 2.Safety key not inserted 3.House circuit breaker tripped 4.Treadmill circuit breaker tripped 5.On/Off switch on OFF	1.Plug into grounded outlet 2.Insert safety tether into console 3.Reset or replace fuse as following photo. 4.Lubricate treadmill deck and reset 5.Turn on/Off switch to ON
Running belt slips	1.Running belt not tight 2.Drive belt not tight enough	1.Adjust running belt tension 2.Adjust drive belt tension
Running belt hesitates when stepped on	1.Insufficient lubrication 2.Running belt too tight	1.Apply silicone lubricant 2.Adjust running belt tension
Running belt is off concerned	Running belt tension not even across the rear roller	Center the running belt

For correction NO. 3, you can check the place as the following drawing

FUSE POSISTION
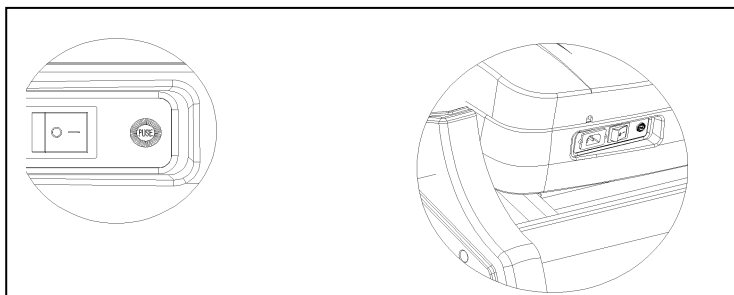
EXERCISE TIPS:

First try to find your hear beating rate. To make sure your heart is beating in its target zone. You'll need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on either side of your neck. Between the windpipe and the large neck muscle. Count the number of beats in ten seconds, Then multiply by six. This gives you the number of beats per minute.

How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its " target zone ", a range of beats per minute that is largely determined by your age and physical condition. To determine your target zone, consult the chart we have provided.
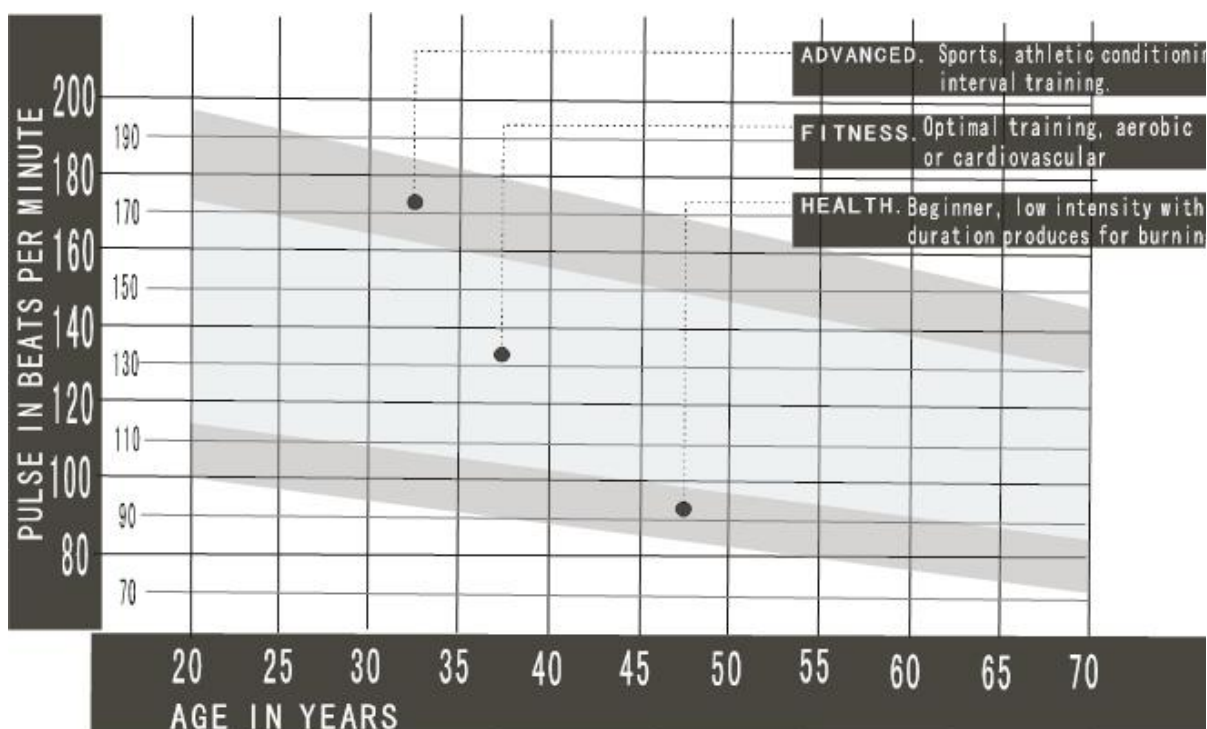
Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lung . It will improve fitness is promoted by any activity that, uses your large muscle groups-arms legs or buttocks, for example. Your heart beats quickly and you breath deeply an aerobic exercise should be part of your entire exercise routine.

WARM UP AND COOL DOWN	Stretching routine

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 workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercise.

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 extend. 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 extend.

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.

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. 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, then repeat on the other side for 15 counts.

6. 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.

7. Toe Touch
    Slow 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.