

Rehab Motorized Treadmill

GT8800 RF

INSTRUCTION MANUAL



SAFETY PRECAUTIONS

Read carefully all instructions before using the treadmill.



NOTE: Before beginning any fitness program, a complete physical examination by your personal physician is strongly recommended.

1. Always position the treadmill on a flat, level surface.
2. Keep the treadmill away from water. Avoid getting water or other liquids on the electronics or power cord.
3. Keep small children away from the treadmill while in operation.
4. Keep walking surface and shoes clean and dry. Keep mud and dirt off of the walking belt. Clean as needed with a damp cloth, but wait until dry before using the treadmill, do not walk on a wet walking belt. The surface may be slippery.
5. Wear proper clothing and shoes. Clothing that allows free movement (exercise suit or shorts and T-shirt) is recommended. Avoid wearing robes, gowns, or oversized clothing that may get tangled. Air cushion shoes (tennis, running, or aerobic) are also suggested.
6. Do not start the treadmill while you are standing on the walking belt.
7. Do not place the treadmill at outdoor and high humidity area.
8. Keep away all loose clothing, shoelaces, and towels from the moving parts.
9. Do not insert objects into any opening in the treadmill. If an object should drop inside of machine, switch off the power, unplug the power cord from the outlet.
10. Be sure carefully retrieve it, if can't, please call for technical maintenance service.
11. If the treadmill fault cannot be eliminated, please contact Body Charger customer support and service.

Body Charger Fitness Customer Support Services

Global Website: <https://bodychargerfitness.com/>

Service Email: bodycharger@geehoo.com.tw

SAFETY PRECAUTIONS

Electrical Power Requirement and Cautions

1. To reduce the risk of any electrical shock, always unplug before doing clearing and maintenance activities.
2. To avoid any burns, fire, electric shock, or injury happened, be sure to connect each product to a properly grounded electrical outlet. The proper grounding provides a path of least resistance for the electric current, which reduces the risk of shock to anyone touching or using the treadmill. Each Unit is equipped with an Electrical Cord, which included an equipment grounding conductor and a grounding plug. The plug must be inserted into an outlet that has been properly installed and grounded in accordance with all local codes and ordinances.
3. Keep the treadmill away from water, avoid getting water or other liquids on the Electronics or Power Cord.
4. Always turn the power OFF at the Switch I/O then remove the plug from the power electrical outlet, if disconnected. The Power Switch I/O which is located at the Main Base of the treadmill, the ON/OFF switch has two positions "I" for On and "O" for OFF.
5. Never operate the treadmill if the Power Cord or Electrical Plug is damaged. Even plugged in water partially.
6. Extra install AVR device is needed, in case the Power Source of Voltage is not stable in a particular area
7. Place the treadmill nearby the Power Cord outlet is approachable to the user. But the front of Treadmill should keep a clear area at least 30 cm to the obstructions or wall.
8. Make sure the Voltage of the outlet and Power Plug are the same and don't remove the ground pin from the plug, it may cause damage before plugging in the socket and switch on the machine.
9. Do not modify the plug provided with our treadmill. If the plug does not fit into the available electrical, find a proper outlet installed by a qualified electrician.

**NOTE**

1. Maximum weight capacity for the GT8800 RF is 250 kg/ 551 lbs.
2. Before you start to assemble this unit, please check to be sure you have the correct quantity of parts that are listed above.
3. This Treadmill GT8800 RF is for indoor use only.
4. Always follow the console instruction to do for proper operation.
5. Running belt and running desk may wear out after long-term use, please replace them with new ones immediately to maintain safe use.
6. In order to insure our product warranty and to ensure the safe and efficient operation of your Body Charger product, only authorized parts can be used, the warranty is void if any parts other than those provided by Body charger are used.

EXCLUSIONS AND LIMITATIONS

- This warranty does not apply to any defects caused by negligence, misuse, improper assembly, or maintenance, accident, or “act of God.”
 - This warranty does not apply to discoloration of paints or plastics.
- Body Charger Fitness shall not be responsible for incidental or consequential damages.
- This warranty is non-transferable from the original owner.

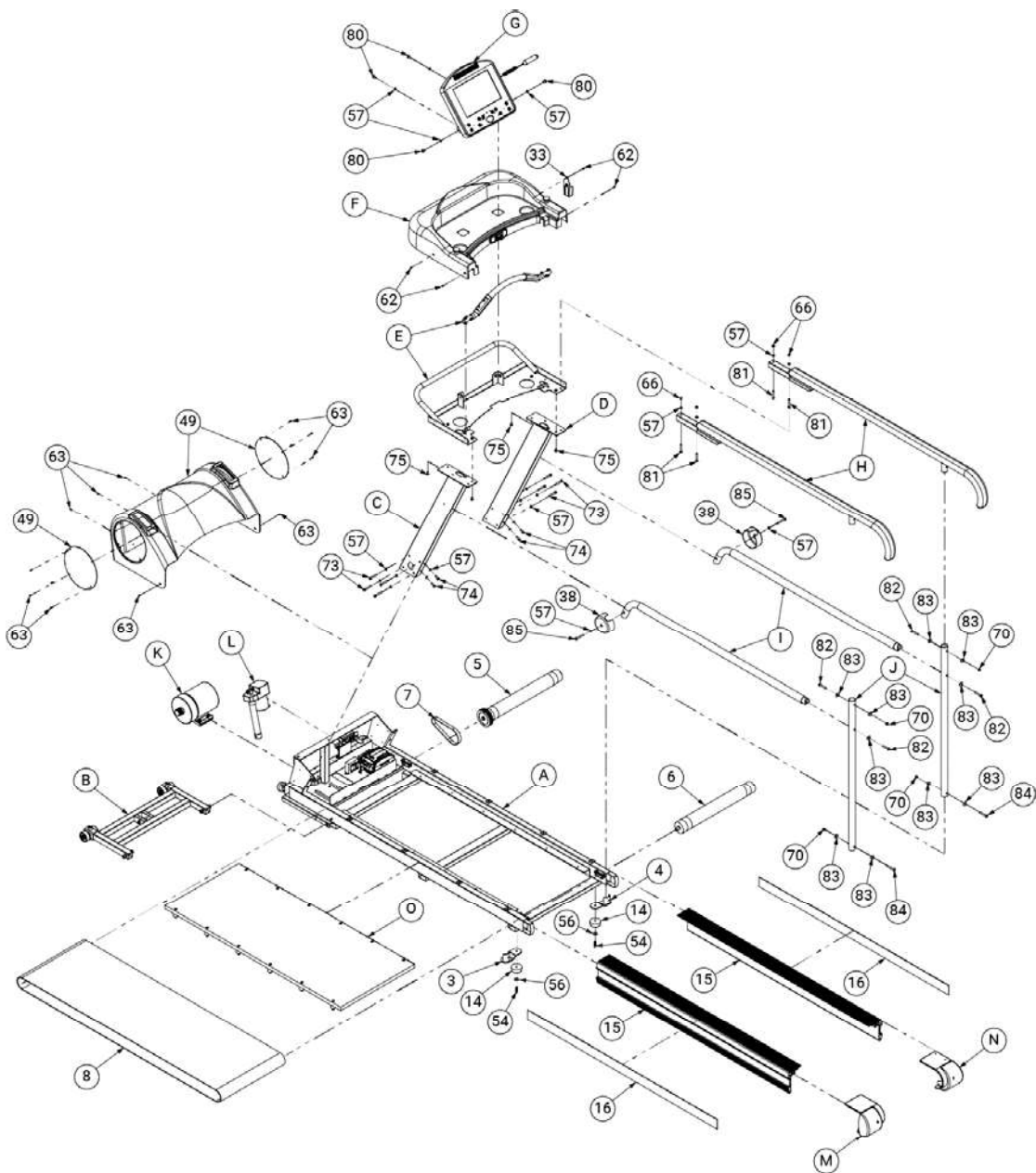


EXCESSIVE OR INCORRECT TRAINING MAY CAUSE BODILY HARM. BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS OF PRODUCT. READ ALL INSTRUCTION CAREFULLY BEFORE OPERATING THIS MACHINE. RETAIN THIS OWNER'S MANUAL FOR FUTURE REFERENCE.

WARNING!

Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

EXPLODED DRAWING



PART LIST

No.	Description	Qty	No.	Description	Qty
A	Main Frame	1	65	Nylon Nut M5	2
1	Main Frame	1	66	Nylon Nut M8	3
2	Plug	1	92	Safety Key Button	1
3	Handle Support Base (L)	1	B	Frame Tube	1
4	Handle Support Base (R)	1	17	Incline Welding Frame	1
5	Front Roller	1	18	Stop Cap	2
6	Rear Roller	1	19	Rubber Roller	6
7	Transmission Belt	1	57	Flat Washer D8xD16x1.5T M8	8
8	Running Belt with logo	1	63	Self-Drilled Cross Screw ST4x15L	2
9	Controller	1	67	Round Head Hexagonal Bolt M10x90L	1
10	Inductor	1	68	Round Head Hexagonal Bolt M8x110L	2
11	Filter	1	69	Round Head Hexagonal Bolt M12x65L	2
12	Energy Saving Control Board	1	70	Nylon Nut M8	2
13	Anti-dust Plate	1	71	Nylon Nut M10	1
14	Suspension	4	72	Nylon Nut M12	2
15	Side Rail	2	C	Supportive Tube-L	1
16	Long Acrylic Sheet	2	20	Supportive Tube (L)	1
50	Iron Plate	8	57	Flat Washer D8xD16x1.5T	6
51	C-shaped Clip	5	73	Round Head Hexagonal Bolt M8x50L	4
52	Round Head Hexagonal Bolt M8x100L	8	74	Round Head Hexagonal Bolt M8x20L	2
53	Round Head Hexagonal Bolt M8x70	3	D	Supportive Tube-R	1
54	Round Head Hexagonal Bolt M8x30	4	21	Supportive Tube (R)	1
55	Plastic Washer OD19xID8x4T	2	57	Flat Washer D8xD16x1.5T	6
56	Flat Washer D8.5xD26x2t	4	73	Round Head Hexagonal Bolt M8x50L	4
57	Flat Washer D8xD16x1.5T	11	74	Round Head Hexagonal Bolt M8x20L	2
58	Spring Washer M8	8	E	Console Rack	1
59	Flat Washer D6.2xD13x1.2T	2	22	Console Rack	1
60	Toothed Washer Ø5	1	23	Upper Handlebar	1
61	Cross Screw M5x15L	2	24	Heart Rate Handlebar	4
62	Cross Screw M5x10L	4	26	Handlebar Sponge-Short	2
63	Self-Drilled Cross Screw ST4x15L	16	66	Nylon Nut M8	2
64	Nut M4	1	75	Hexagonal Bolt M8x15L	4








PART LIST

No.	Description	Qty	No.	Description	Qty
76	Hexagonal Bolt M8x40L	4	83	Curve Washer D8.5xD22x1.5T	2
98	Emergency Stop Lower Cover	1	84	Cross Screw M8x55L	1
78	Cross Screw M4x10	2	J	Lower Handlebar	2
F	Console Cover	1	37	Handlebar-Lower	1
27	Console Frame	1	38	Handlebar Cover	1
28	Emergency Stop Button	2	57	Flat washer D8xD16x1.5T	1
29	Emergency Stop Pin	2	82	Mushroom Hexagonal Bolt M8x50L	1
30	Emergency Stop Base	1	83	Curve Washer D8.5xD22x1.5T	1
31	Emergency Stop Set	1	85	Mushroom Hexagonal Bolt M8x60L	1
32	Emergency Stop Set-Plate	1	K	Motor	1
33	Wired Controller	1	39	Motor	1
34	Partition Column	4	40	Motor Connection Board	1
62	Cross Screw M5x10L	4	41	Motor insulation sheet	2
77	Cross Screw M4x20L	4	57	Flat Washer D8xD16x1.5T	1
78	Cross Screw M4x10	4	71	Nylon Nut M10	4
79	Cross Screw Self-drilled Screw ST3x6L	2	86	Secondary Axis	1
99	Emergency Stop Cover	1	87	Round Head Hexagonal Bolt M8x40L	1
100	Cross Thread Cutting Screw 4x8	2	88	Flat Washer d10xD25x2T	12
G	Console	1	89	Rubber Washer 10x18	4
57	Mushroom Hexagonal Bolt D8xD16x1.5T	4	L	Incline Motor	1
80	Mushroom Hexagonal Bolt M8x16L	4	42	Incline Motor	1
H	Long Handlebar	2	43	Rubber Ring	1
35	Handlebar - Long type	1	71	Nut M10	1
57	Flat Washer D8xD16x1.5T	2	M	Endcap Cover-L	1
66	Nylon Nut M8	2	43	Endcap Cover-L	1
70	Nut M8	1	44	Roller Cover-L	1
81	Hexagonal Bolt M8x55L	2	63	Round Head Cross Self-drilled Screw ST4x15L	6
82	Mushroom Hexagonal Bolt M8x50L	1	N	Endcap Cover-R	1
83	Curve Washer D8.5xD22x1.5T	2	45	Endcap Cover-R	1
I	Supportive Handrail Set	2	46	Roller Cover-R	1
36	Handlebar Support Base	1	63	Round Head Cross Self-drilled Screw ST4x15L	6
70	Nylon Nut M8	1	O	Treadmill Desk	1



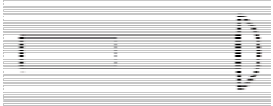




PART LIST

No.	Description	Qty
47	Treadmill Desk	1
48	Suspension	12
66	Nut M8	12
91	Stoppage Screw M8x30L	12
49	Motor Side Cover	1
63	Round Head Cross Self-drilled Screw ST4x15L	13
93	Power cord - EU standard 15A	1
94	Lower Control Wire	1
95	Upper Control Wire	1
96	Middle Control Wire	1
97	Tool Set	1
A	Allen Key 6 mm "+"	1
B	Allen Key 5 mm	1
C	Wrench 13*14mm	1


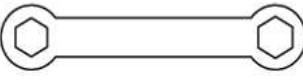
SCREW AND TOOL SET

	No.	Description	Q'ty
	57	Flat Washer D8xD16x1.5T	22
	62	Cross Screw M5x10L	4
	63	Round Head Cross Self-drilled Screw ST4x15L	8
	66	Nylon Nut M8	4
	70	Nylon Nut M8	4
	73	Round Head Hexagonal Bolt M8x50L	8
	75	Hexagonal Bolt M8x15L	5

SCREW AND TOOL SET

	No.	Description	Q'ty
	80	Mushroom Hexagonal Bolt M8x16L	4
	81	Hexagonal Bolt M8x55L	4
	82	Mushroom Hexagonal Bolt M8x50L	4
	83	Curve Washer D8.5xD22x1.5T	10
	84	Cross Screw M8x55L	2
	85	Mushroom Hexagonal Bolt M8x60L	2
	A	Allen Key 6 mm "+"	1

SCREW AND TOOL SET

	No.	Description	Qty
	B	Allen Key 5 mm	1
	C	Wrench 13*14mm	1



1. All the parts, screws need to assemble on this machine. Before you start to assemble, please check the q'ty to make sure all that is included. If there is any problem with the equipment, please remove the damaged parts as soon as possible and keep the equipment out of use until repair
2. Please note it may be dangerous if replace parts.
3. A statement that the training equipment is in compliance with Class SA EN ISO20957-1.

This Treadmill is for Indoor use only and applies to EN957-6 Class SA.



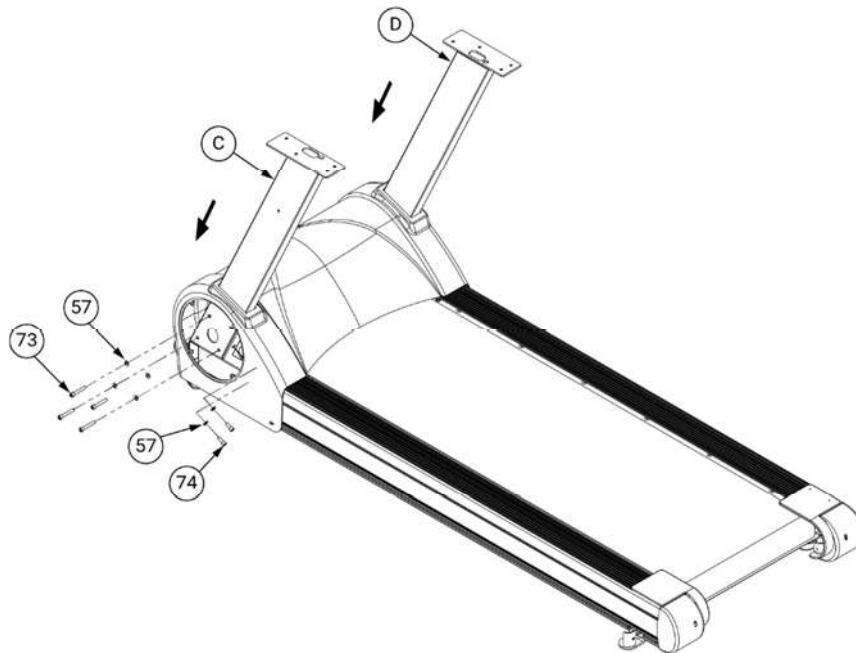
WARNING:

Indication that the free area shall be not less than 0.6 m greater than the training area in the directions from which the equipment is accessed. The free area must also include the area for the emergency dismount. Where equipment is positioned adjacent to each other the value of the free area may be shared. The free area and training area shall be illustrated with a dedicated figure. Warning that if any of the adjustment devices are left projecting, they could interfere with the user's movement.

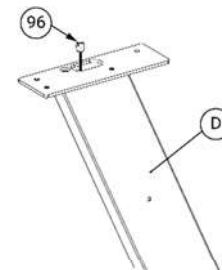
ASSEMBLY

Step 1 Assembling the Supportive Tube

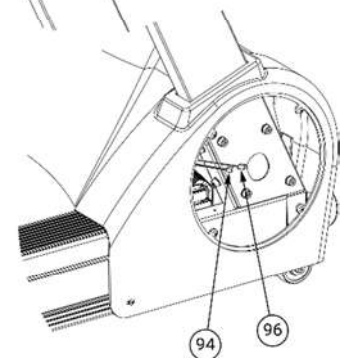
To inset the Supportive Tube (C)(D) to the main base, screw it tight by use the Round Head Hexagonal Bolt (73)(74) with Flat Washer (57).



Make sure the Middle Control Wire (96) is inside the Upright Poles properly and make sure it can connect with the Lower Control Wire (94) when the Upright Poles has been screw tightly.



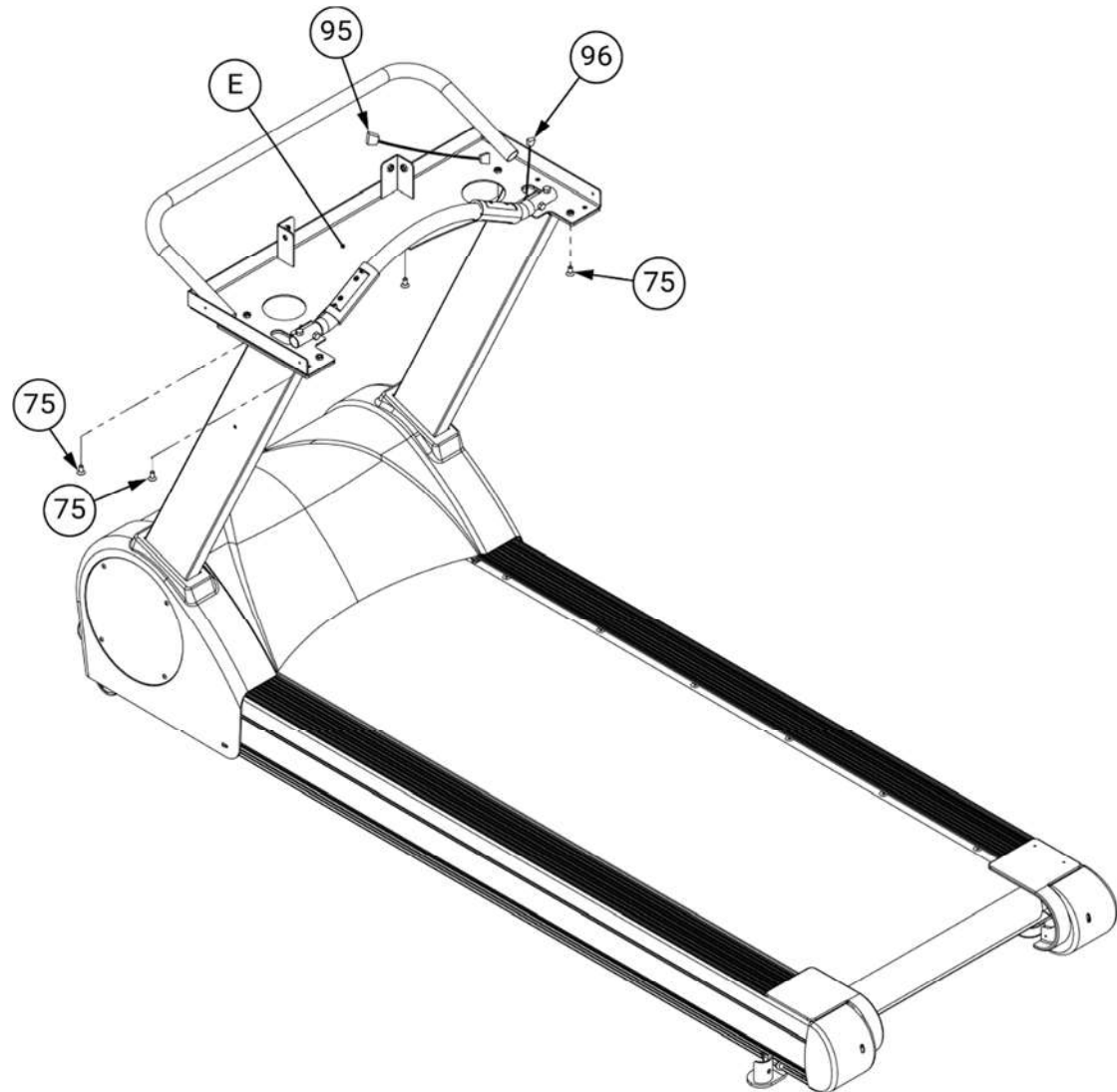
! WARNING
Wire Pinch Point



ASSEMBLY

Step 2 Assembling the Console Rack

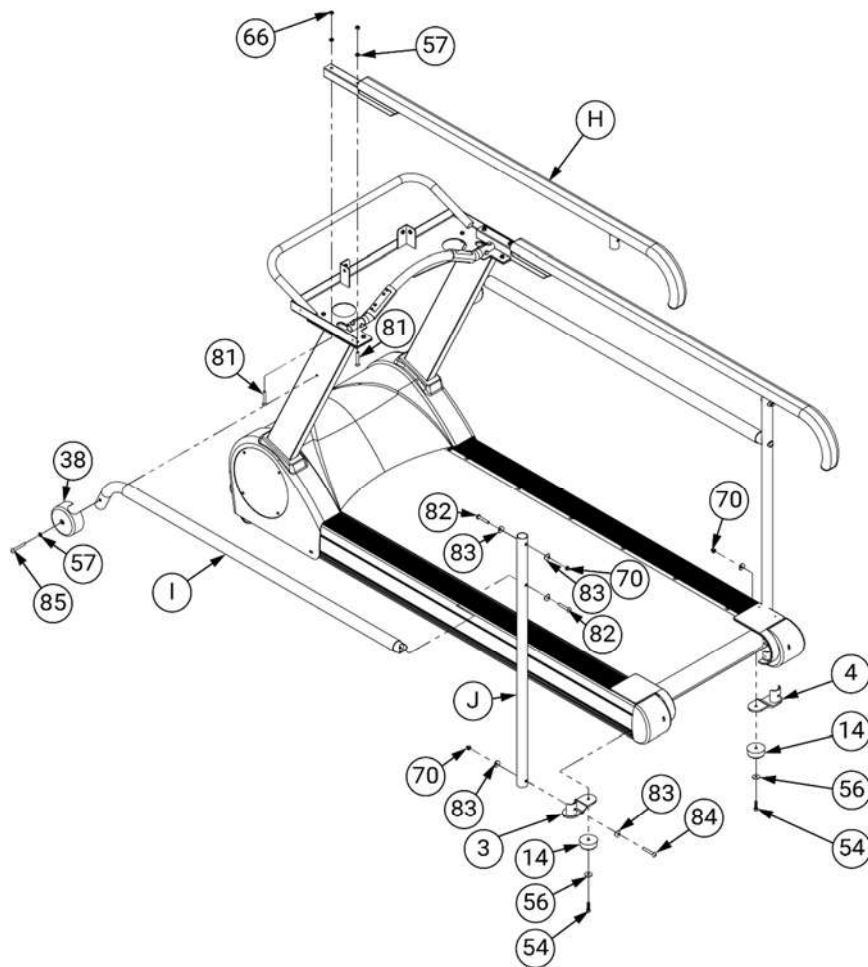
Place Console Rack (E) on top of Upright poles and screw it tightly with Hexagonal Bolt (75). Take another head of Middle Control Wire (96) connect with the Upper Control Wire (95) firmly.



ASSEMBLY

Step 3 Connecting the Handrail to the Frame

Using Nut and Washer to connect the Long Handlebar (H) to the Frame. To assemble lower right and left Supportive Handrail Set (I) with Handlebar Cover (38) as drawing to use Mushroom Hexagonal Bolt (85) and Flat Washer (57) and make sure screw tightly. Connecting the Long Handlebar and lower Supportive Handrail Set to the Lower Handlebar (J) by use Mushroom Hexagonal Bolt (82) and Curve Washer (83). To insert the Supportive Handrail Set into the Supportive Handrail Base by use Cross Screw (84) with Curve Washer (83).



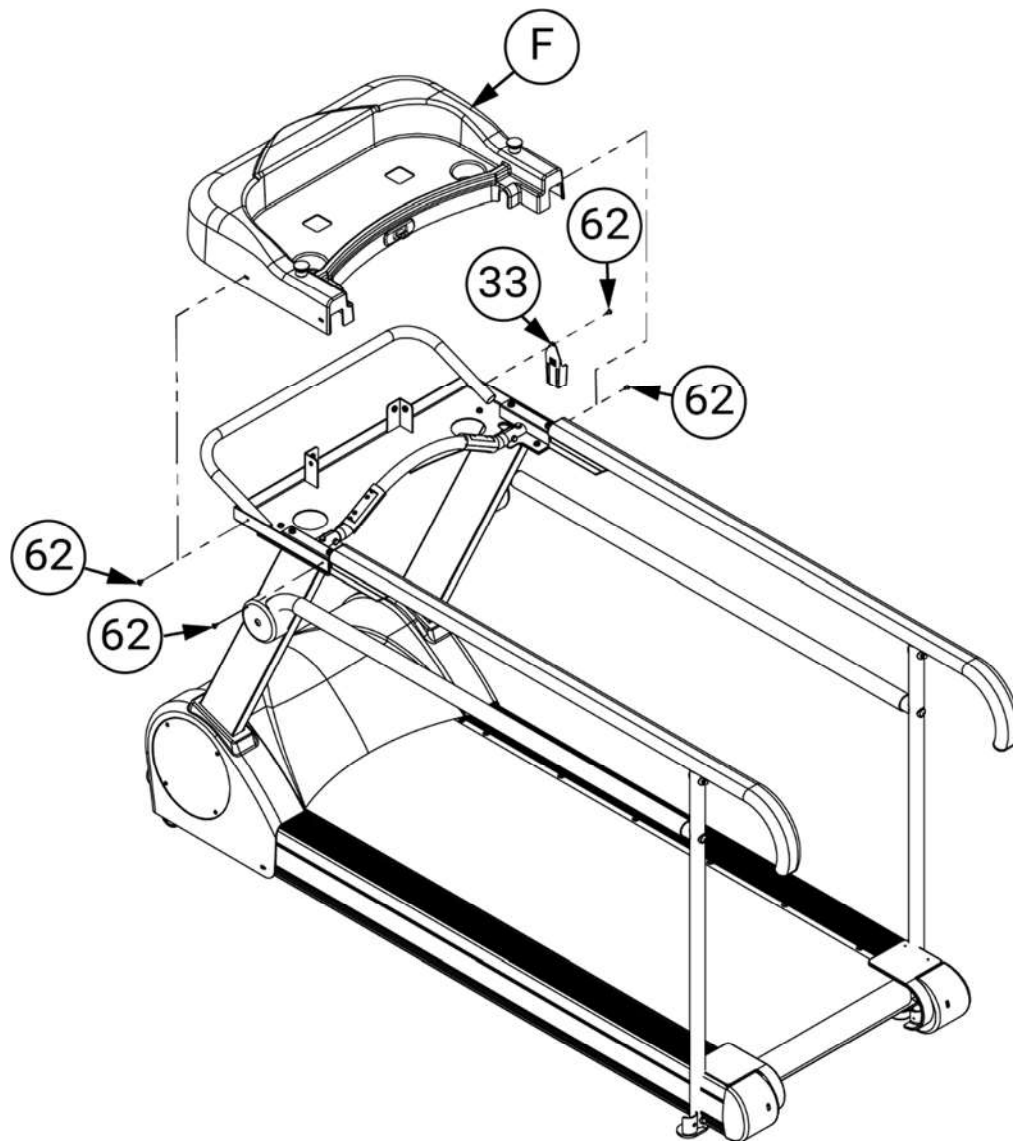
NOTE:

Long Handlebar underneath the treadmill is only as a reinforcing purposes. Do not use as a grip.

ASSEMBLY

Step 4 Attaching the Hand Pulse Set. Attaching the Console Rack Cover.

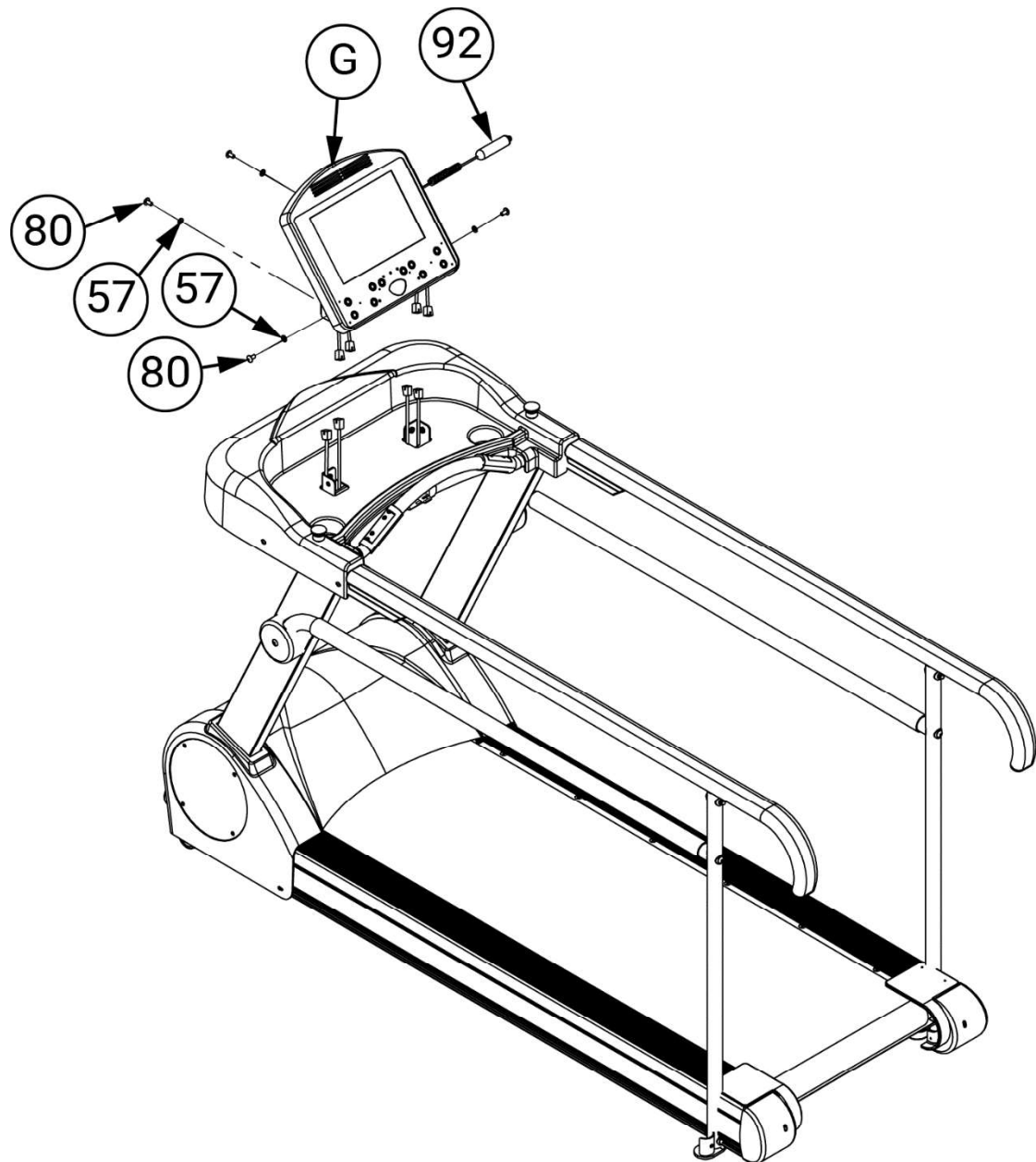
To put on the Console Rack Cover (F) as drawing to use Cross Screw (62) to screw it firmly.



ASSEMBLY

Step 5 Connecting the Console

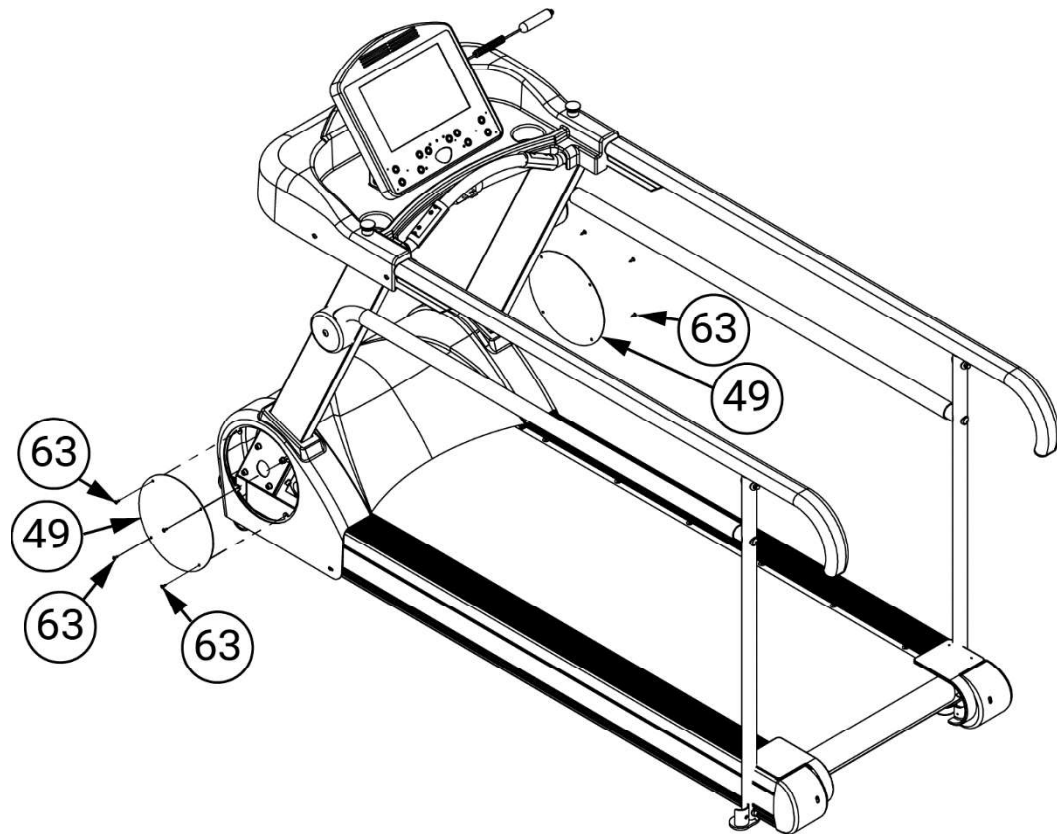
Pick up the Console (G) connect the computer sensor wire with the upper pulse sensor wire in advance. Install computer with console rack together by use Mushroom Hexagonal Bolt (80) and Flat Washer (57) to screw it tightly.



ASSEMBLY

Step 6 Attaching the Motor Side Cover

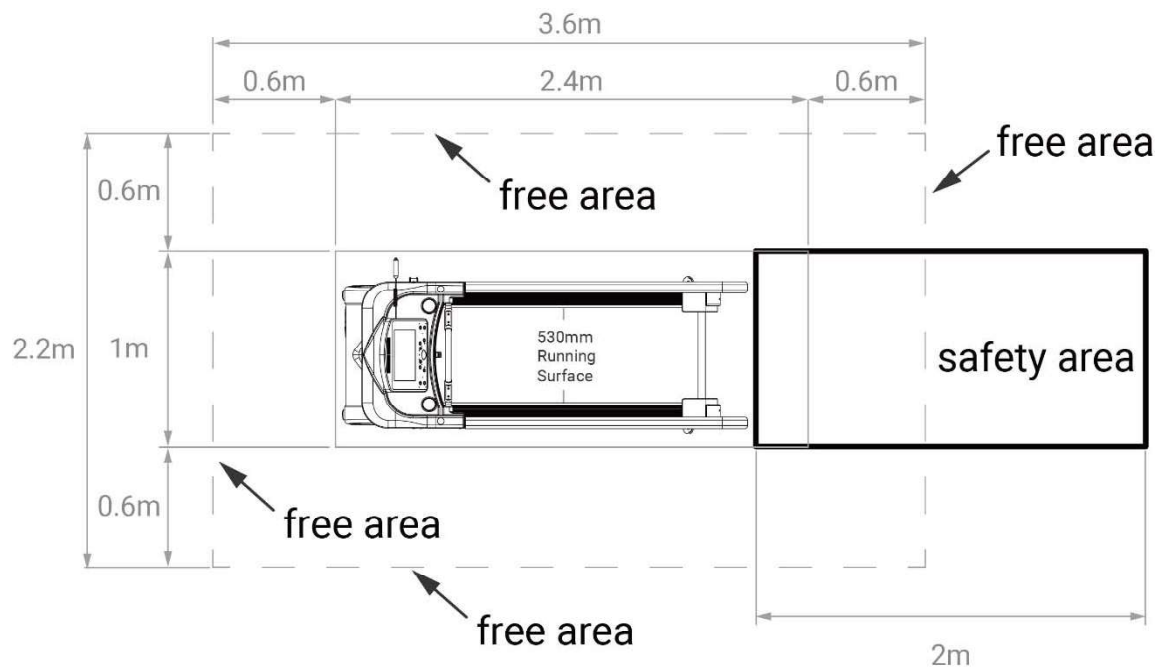
After everything are fabricated properly, put Motor Side Cover (49) back and screw it tight by use Round Head Cross Self-drilled Screw (63). The treadmill is not yet completed.



OPERATION FUNCTIONS

Safety clearance

Indication that the free area shall be not less than 0.6 m greater than the training area in the directions from which the equipment is accessed. The free area must also include the area for emergency dismount. Where equipment is positioned adjacent to each other the value of the free area may be shared. The free area and training area shall be illustrated with a dedicated figure. Warning that if any of the adjustment devices are left projecting, they could interfere with the user's movement. Please examined regularly for running deck, running belt, connection points. If there are any problem with the equipment, please remove the damaged parts as soon as possible and keep the equipment out of use until repair. Please use the equipment on a firm and flat ground.



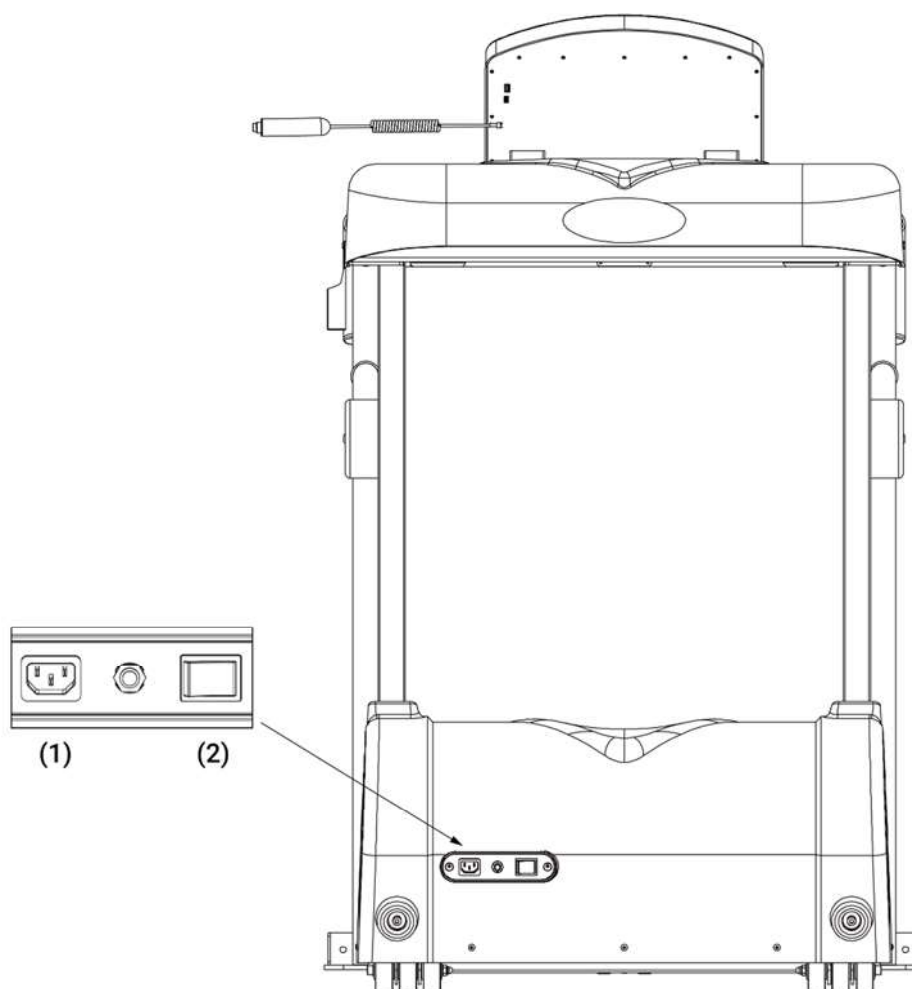
OPERATION FUNCTIONS

Power

Plug your fitness equipment into the mains power and turn on the switch (1). You will hear a beep and the computer screen will light up.

Over-Current Protector

There is an over-current protector (2) located on the right side of the switch (1) (see above picture); in case of short circuit or over-current, the Button of the over current protector will pop up and the treadmill will power off; please unplug the power source and push down the button. Plug the machine back in and then turn on the switch to restart your treadmill. If the button pops up again, please contact Body Charger customer support.



OPERATION FUNCTIONS

Safety Key

1. The treadmill will only work if the safety key is properly locked in the provided notch of the console.



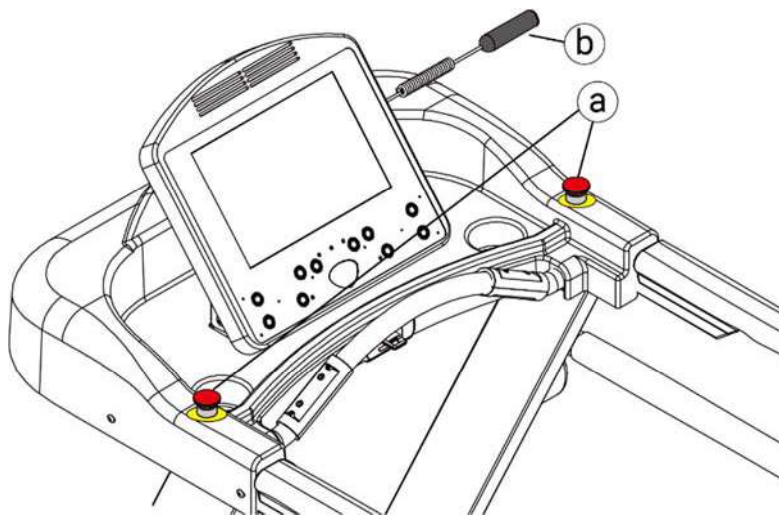
Detail enlarged view (A/B): Emergency Stop, pull out to STOP.

2. Insert the safety key and attach the clip to your chest or the waist belt of your clothes. Then move backward to test the safety key. The safety key should be able to be pulled out from the console with the clip still on your clothes.
3. If you need to turn the motor off immediately, just pull the safety key out of the console.
4. The safety key should be stored away from children when the treadmill is not in use.

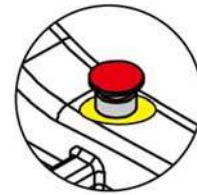
OPERATION FUNCTIONS

Stop Button

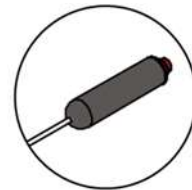
1. Emergency Stop, press down to STOP.
2. Wired Controller, click to make treadmill stop, click again to resume operation. By reversing the direction indicated button to resume operation.
3. Always follow the console instruction to do for proper operation.



Detail enlarged view (a)



Detail enlarged view (b)

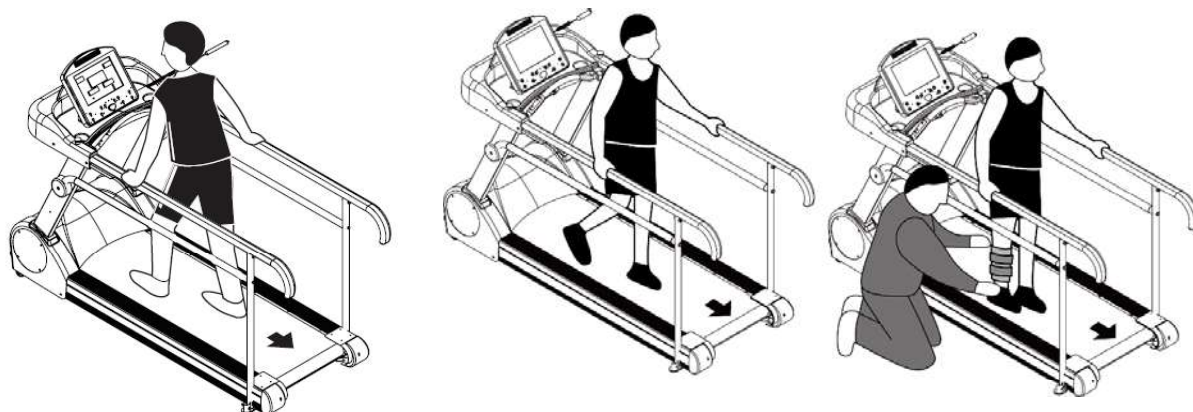


OPERATING FUNCTIONS

Instruction on Proper Workout Position and Safety Get Off

1. User proper workout position as Figure (a) shown.
2. If the user needs to leave the working running belt urgently, please put the hands on the handlebars and feet step on the landing strips as Figure (b) shown and then turn off the treadmill to get off the treadmill.
3. Noise emission under load is higher than without load.
4. Noise level has been measured at 75dBA in this product with background noise levels of 40dBA when operating. (Note: Noise level will be different depending on speed.)
5. Over exercise or improper workout position may result in serious injury.

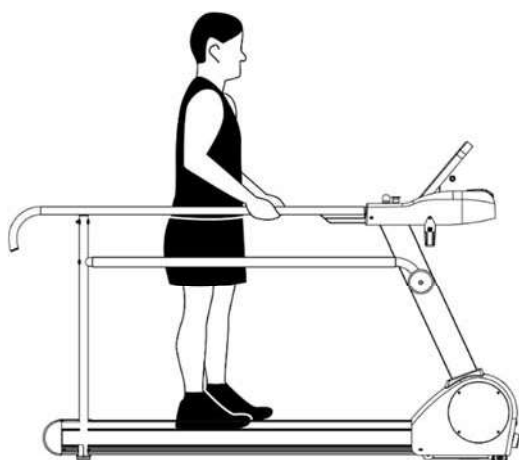
(a)



Forward

Backward (Reverse)

(b)



OPERATING FUNCTIONS

Front handlebar Instruction

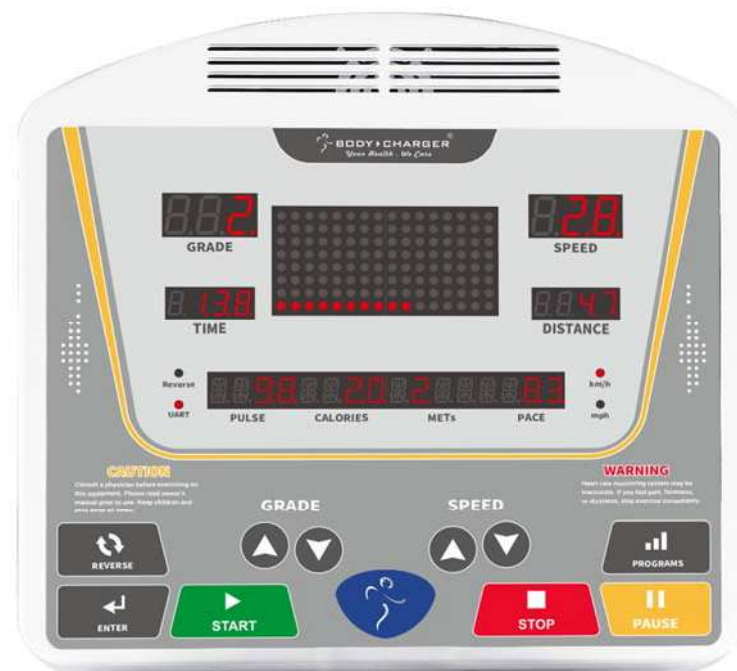
In order to properly hold the front handlebar safely for the ergonomics, please follow the arrow indication for the latent hand holding area.



CONSOLE OPERATION

The information of Dot-Matrix LED Console explaining how to operate for various workouts.

CONSOLE DESCRIPTION



GRADE and SPEED are displayed as orange LED indicators, while the others are displayed in red LED.



GRADE

Elevation Display Range:
0%-15%



SPEED

Speed Display Range:
Forward in English units 0.1 MPH ~ 13.7 MPH
Metric 0.1 KPH ~ 22 KPH

Reverse in English units
0.1 MPH ~ 3.1 MPH
Metric 0.1 KPH ~ 5 KPH



TIME

Time Display Range:
00:00-99:60, cycling.

CONSOLE OPERATION



DISTANCE

DISTANCE

Distance Display Range:
00.00-99.99, cycling.



PULSE

PULSE

Heart Rate Value Display
Range:40-220



CALORIES

CALORIES

Calorie Display Range:
000.0-999.9



METs

METs

Oxygen
Consumption Display
Range: 00.0-99.9



PACE

PACE

Time required per
kilometer min.
Display Range: 000-
999



REVERSE

REVERSE

Reverse Indicator
LED light.



UART

UART

External USB wired
protocol communication
indicator LED light.



km/h

km/h

Metric unit display LED
light.



mph

Mph

English unit display LED
light.



Dot matrix LED window (DM)

Display window with
8x16 LED dots.



Message window (WM) display window

14-segment display*16 characters.

CONSOLE OPERATION

1) Specification:

1.1 1 Manual (Time, Mileage, Calorie settings, up and down)

1.2 12 PROGRAMS (Each PROGRAM includes 3 LEVEL time settings, up and down)

1.3 Uses hand-held heart rate/Bluetooth/ANT/5KHz wireless heart rate.

1.4 Speed can be set within the range of Forward in English units 0.2 MPH ~ 8.7 MPH / Metric 0.3 KPH ~ 14 KPH, and Reverse in English units 0.2 MPH ~ 3.1 MPH / Metric 0.3 KPH ~ 5 KPH.

1.5 Elevation range: 0% - 16%

1.6 Key definitions:

Main function keys: START, STOP, PAUSE, ENTER, FAST, SLOW
UP, DOWN, PROGRAMS, REVERSE, ENTER

1.7 Display definitions: GRADE, SPEED, TIME, DISTANCE, PULSE, CALORIES, METs, PACE

1.8 PULSE display definitions:

- (1) Heart rate display prioritizes Bluetooth/ANT+ and is followed by 5KHz reception and hand-held heart rate.
- (2) Bluetooth heart rate reception displays "BT 米" for the first 5 seconds, followed by the heart rate value.
- (3) 5KHz heart rate reception displays "米米米" for at least 5 seconds before showing the heart rate value.
- (4) Hand-held heart rate displays "米米米" for at least 5 seconds before showing the heart rate value.
- (5) "米" is displayed as a dynamic LED scan.
- (6) In the absence of heart rate, "P" is displayed as the default.

CONSOLE OPERATION

2. Operating Procedure Explanation

2.1 SAFETY KEY not inserted, GRADE, SPEED, TIME, DISTANCE display "----". WM window displays "**PUT SAFETY KEY ON CONSOLE AND CONFIRM RESET EMERGENCY STOP BUTTON.**"

2.2 Turn on the electronic meter with a beep, and MW displays "WELCOME" for 3 seconds before entering standby display mode.

2.3 In standby display mode, GRADE, SPEED, TIME, DISTANCE windows reset to zero display, and MW displays "PRESS START OR PRESS PROGRAMS TO SELECT PRESET PROGRAM."

2.4 MANUAL mode:

(1) PRESS **FAST, SLOW** KEY: Set speed, increase or decrease by 0.1 speed unit each time.

(2) PRESS **UP, DOWN** KEY: Set elevation, increase or decrease by 1% elevation unit each time.

(3) PRESS **ENTER** KEY: Select time mode -> Set maximum heart rate -> Set mileage mode -> Set calorie mode

(4) PRESS **START** KEY: Start the treadmill motor, elevation motor, and program (time, mileage, calorie count up)

(5) PRESS **REVERSE** KEY: Forward/Reverse mode

2.5 REVERSE mode:

(1) When in REVERSE mode, pressing PROGRAMS will turn off the REVERSE mode.

(2) In REVERSE mode, it is allowed to press ENTER in the boot state to run a multi-target setting program.

(3) In REVERSE mode, it is allowed to adjust the slope and speed before starting. After starting, the elevation and speed follow the adjusted values. The maximum speed adjustment in REVERSE mode is 5.0 km/h.

2.6 Start by setting the target slope and target speed:

(1) In the standby state, regardless of the forward or reverse status, it is allowed to adjust the slope and speed before starting. After starting, the elevation and speed follow the adjusted values. The maximum speed adjustment in REVERSE mode is 5.0 km/h.

CONSOLE OPERATION

3. Default Program

Default program selection mode:

- (1) PRESS PROGRAMS KEY: Select PROGRAM MN→P1→..<→P15→H1→H2→
MANUAL
- (2) PRESS ENTER KEY: Confirm and enter the target or time program
- (3) PRESS START KEY: Start the treadmill motor, elevation motor, and start the
program. (Default LEVEL program 1)

The MW marquee text list for the default program is as follows:

P1: TARGET TIME

P2: TARGET DISTANCE

P3: TARGET CALORIES

P4: SPEED STROLLING

P5: SPEED WALKING

P6: COMFORT JOGGING

P7: EXERCISE JOGGING

P8: INTENSITY HILL TRAINING

P9: GRADUALLY HILL TRAINING

P10: COMFORT HILL TRAINING

P11: STRENGTH HILL TRAINING

P12: INCLINE STROLLING

P13: INCLINE WALKING

P14: INCLINE JOGGING

P15: KILLER HILL

H1: HEART RATE CONTROL 65%

H2: HEART RATE CONTROL 85%

CONSOLE OPERATION

P1: TARGET TIME

- (1) PRESS FAST, UP, SLOW, DOWN KEY: Increase or decrease the time by 1 minute each time. (Setting time range 00:00 ~ 99:00)
The time window blinks, and other windows reset to zero. The default time is 0:00.
- (2) PRESS START KEY: Start the treadmill motor, elevation motor, and start the program. The set time value counts up (if the set time value is not zero).
- (3) PRESS REVERSE KEY: Forward/Reverse mode

P2: TARGET DISTANCE

- (1)PRESS FAST, UP, SLOW, DOWN KEY: Increase or decrease the distance by 1. (Setting range 00.00 – 99.00 – 00.00)
The distance window blinks, and the calorie indicator lights up. The default distance is 0 kilometers.
- (2) PRESS START KEY: Start the treadmill motor, elevation motor, and start the program.
- (3) PRESS REVERSE KEY: Forward/Reverse mode

P3: TARGET CALORIES

- (1) PRESS FAST, UP, SLOW, DOWN KEY: Increase or decrease the calorie count by 1. (Setting range 000.0 – 999.0 – 000.0)
The calorie window blinks, and the calorie indicator lights up. The default calorie count is 50.0 calories.
- (2) PRESS START KEY: Start the treadmill motor, elevation motor, and start the program.
- (3) PRESS REVERSE KEY: Forward/Reverse mode

P4-P15

- (1) PRESS FAST, UP, SLOW, DOWN KEY: Increase or decrease the time by 1 minute each time. (Setting time range 00:00 ~ 99:00 ~ 00:00)
The time window blinks, and for P4~P7, P9~P15, the default time is 30:00 minutes, and for P8, the default time is 10:00 minutes, while other windows reset to zero.
- (2) PRESS ENTER KEY: Confirm data.
- (3) PRESS START KEY: Start the treadmill motor, elevation motor, and start the program. The set time value counts up (if the set time value is not zero).

CONSOLE OPERATION

H1, H2: HEART RATE CONTROL

(1) Program selection mode:

- (A) PRESS DISPLAY KEY: Select PROGRAM MN→P1→..→P12→H1→H2→MN
- (B) PRESS ENTER KEY: Confirm and enter the age setting program.
- (C) PRESS START KEY: Start the treadmill motor, elevation motor, and start the program.

(2) Age setting program: (H1 – H2)

- (A) PRESS FAST, UP, SLOW, DOWN KEY: The GRADE window blinks to display age, and the WN blinks to display "SET AGE". After pressing ENTER, it lights up. The age increases or decreases by 1 (setting range 10 ~ 70, default 35). The relative heart rate is calculated based on age (calculation method: H1 is $220 - \text{age} * 0.65$; H2 is $220 - \text{age} * 0.85$).
- (B) PRESS ENTER KEY: Confirm data, and enter the heart rate setting program.
- (C) PRESS START KEY: Start the treadmill motor, elevation motor, and start the program.

(3) Heart rate setting program: (H1 – H2)

- (A) PRESS FAST, UP, SLOW, DOWN KEY: The PULSE window blinks to display the heart rate setting, and the WN blinks to display "SET TARGET HEART RATE". After pressing ENTER, it lights up.

The heart rate increases or decreases by 1 (setting range 60~180, default 60).

- (B) PRESS ENTER KEY: Confirm data, and enter the time setting program.
- (C) PRESS START KEY: Start the treadmill motor, elevation motor, and start the program.

(4) Time setting program: (H1 – H2)

- (A) PRESS FAST, UP, SLOW, DOWN KEY: The TIME window blinks to display the time setting, and the WN blinks to display "SET WORKOUT TIME". After pressing ENTER, it lights up.

The time increases or decreases by 1 minute each time (setting time range 0:00 ~ 10:00 ~ 99:00 ~ 0:00). The time window blinks, and the default time is 30:00 minutes, while other windows reset to zero.

- (2) PRESS ENTER KEY: Confirm data.
- (3) PRESS START KEY: Start the treadmill motor, elevation motor, and start the program.

CONSOLE OPERATION

(5) HRC control method:

(A) Every 20 seconds, the current heart rate is compared to the set heart rate. When it does not reach the set heart rate, the speed increases by 0.2 KPH each time.

(B) When the current heart rate is higher than the set heart rate and exceeds by 20 counts, the machine stops and displays "HEART RATE OVER SAFETY RANGE" on MW.

(3) Matrix display: Heart rate achievement rate (0%, 15%, 30%, 45%, 60%, 75%, 90%, 100%)

CONSOLE OPERATION

WORKOUT DESCRIPTION

• PROGRAM (KPH)

SPEED/INCLUDE LEVEL 1	P4	P5	P6	P7
Interval 1	2.0 KPH/0 INC	2.0 KPH/0 INC	3 KPH/0 INC	3 KPH/0 INC
Interval 2	3.0 KPH/0 INC	4.0 KPH/0 INC	6 KPH/0 INC	3 KPH/0 INC
Interval 3	4.0 KPH/0 INC	6.0 KPH/0 INC	8 KPH/0 INC	5 KPH/0 INC
Interval 4	5.0 KPH/0 INC	2.0 KPH/0 INC	8 KPH/0 INC	6 KPH/0 INC
Interval 5	2.0 KPH/0 INC	4.0 KPH/0 INC	3 KPH/0 INC	7 KPH/0 INC
Interval 6	3.0 KPH/0 INC	6.0 KPH/0 INC	6 KPH/0 INC	8 KPH/0 INC
Interval 7	4.0 KPH/0 INC	2.0 KPH/0 INC	8 KPH/0 INC	6 KPH/0 INC
Interval 8	5.0 KPH/0 INC	4.0 KPH/0 INC	8 KPH/0 INC	4 KPH/0 INC
Interval 9	3.0 KPH/0 INC	6.0 KPH/0 INC	3 KPH/0 INC	3 KPH/0 INC
Interval 10	2.0 KPH/0 INC	2.0 KPH/0 INC	6 KPH/0 INC	3 KPH/0 INC
Interval 11	3.0 KPH/0 INC	4.0 KPH/0 INC	8 KPH/0 INC	5 KPH/0 INC
Interval 12	4.0 KPH/0 INC	6.0 KPH/0 INC	3 KPH/0 INC	6 KPH/0 INC
Interval 13	5.0 KPH/0 INC	2.0 KPH/0 INC	6 KPH/0 INC	7 KPH/0 INC
Interval 14	2.0 KPH/0 INC	4.0 KPH/0 INC	8 KPH/0 INC	8 KPH/0 INC
Interval 15	3.0 KPH/0 INC	6.0 KPH/0 INC	3 KPH/0 INC	6 KPH/0 INC
Interval 16	4.0 KPH/0 INC	2.0 KPH/0 INC	3 KPH/0 INC	4 KPH/0 INC

SPEED/INCLUDE LEVEL 1	P8	P9	P10	P11
Interval 1	3.2 KPH/0 INC	0.3 KPH/2 INC	0.3 KPH/2 INC	0.3 KPH/3 INC
Interval 2	3.2 KPH/2 INC	0.3 KPH/3 INC	0.3 KPH/4 INC	0.3 KPH/6 INC
Interval 3	3.2 KPH/4 INC	0.3 KPH/4 INC	0.3 KPH/6 INC	0.3 KPH/6 INC
Interval 4	3.2 KPH/6 INC	0.3 KPH/5 INC	0.3 KPH/2 INC	0.3 KPH/8 INC
Interval 5	3.2 KPH/8 INC	0.3 KPH/2 INC	0.3 KPH/4 INC	0.3 KPH/8 INC
Interval 6	3.2 KPH/10 INC	0.3 KPH/3 INC	0.3 KPH/6 INC	0.3 KPH/3 INC
Interval 7	3.2 KPH/12 INC	0.3 KPH/4 INC	0.3 KPH/2 INC	0.3 KPH/6 INC
Interval 8	3.2 KPH/14 INC	0.3 KPH/5 INC	0.3 KPH/4 INC	0.3 KPH/6 INC
Interval 9	3.2 KPH/16 INC	0.3 KPH/7 INC	0.3 KPH/6 INC	0.3 KPH/8 INC
Interval 10	3.2 KPH/16 INC	0.3 KPH/8 INC	0.3 KPH/2 INC	0.3 KPH/8 INC
Interval 11	3.2 KPH/16 INC	0.3 KPH/2 INC	0.3 KPH/4 INC	0.3 KPH/6 INC
Interval 12	3.2 KPH/16 INC	0.3 KPH/3 INC	0.3 KPH/6 INC	0.3 KPH/6 INC
Interval 13	3.2 KPH/16 INC	0.3 KPH/4 INC	0.3 KPH/2 INC	0.3 KPH/8 INC
Interval 14	3.2 KPH/16 INC	0.3 KPH/5 INC	0.3 KPH/4 INC	0.3 KPH/8 INC
Interval 15	3.2 KPH/16 INC	0.3 KPH/2 INC	0.3 KPH/6 INC	0.3 KPH/3 INC
Interval 16	3.2 KPH/16 INC	0.3 KPH/3 INC	0.3 KPH/2 INC	0.3 KPH/6 INC

SPEED/INCLUDE LEVEL 1	P12	P13	P14	P15
Interval 1	3 KPH/2 INC	2 KPH/2 INC	2 KPH/2 INC	2 KPH/3 INC
Interval 2	3 KPH/4 INC	2 KPH/3 INC	2 KPH/4 INC	6 KPH/6 INC
Interval 3	5 KPH/6 INC	5 KPH/4 INC	8 KPH/6 INC	8 KPH/6 INC
Interval 4	5 KPH/8 INC	6 KPH/5 INC	2 KPH/2 INC	6 KPH/8 INC
Interval 5	3 KPH/8 INC	7 KPH/2 INC	2 KPH/4 INC	2 KPH/8 INC
Interval 6	3 KPH/10 INC	5 KPH/3 INC	8 KPH/6 INC	6 KPH/3 INC
Interval 7	5 KPH/6 INC	6 KPH/4 INC	2 KPH/2 INC	8 KPH/6 INC
Interval 8	5 KPH/4 INC	7 KPH/5 INC	2 KPH/4 INC	6 KPH/6 INC
Interval 9	3 KPH/2 INC	5 KPH/7 INC	8 KPH/6 INC	2 KPH/8 INC
Interval 10	3 KPH/2 INC	6 KPH/8 INC	2 KPH/2 INC	6 KPH/8 INC
Interval 11	5 KPH/4 INC	7 KPH/2 INC	2 KPH/4 INC	8 KPH/6 INC
Interval 12	5 KPH/6 INC	7 KPH/3 INC	8 KPH/6 INC	6 KPH/6 INC
Interval 13	3 KPH/8 INC	5 KPH/4 INC	2 KPH/2 INC	2 KPH/8 INC
Interval 14	3 KPH/8 INC	6 KPH/5 INC	2 KPH/4 INC	6 KPH/8 INC
Interval 15	5 KPH/6 INC	8 KPH/2 INC	8 KPH/6 INC	8 KPH/3 INC
Interval 16	5 KPH/4 INC	9 KPH/3 INC	2 KPH/2 INC	6 KPH/6 INC

CONSOLE OPERATION

WORKOUT DESCRIPTION

• PROGRAM (MPH)

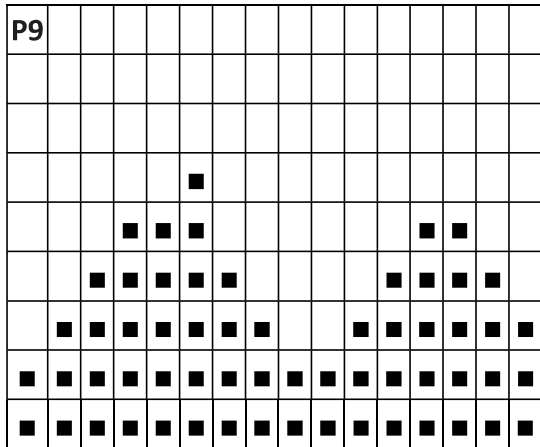
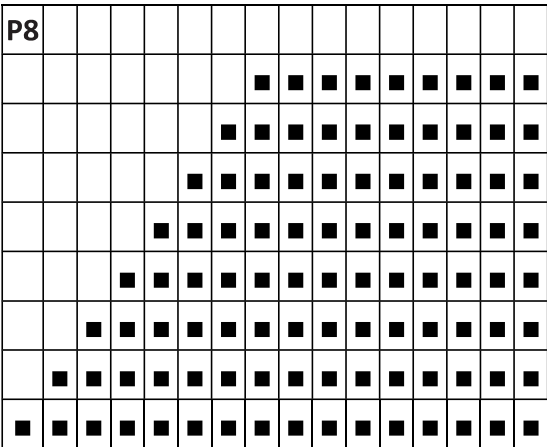
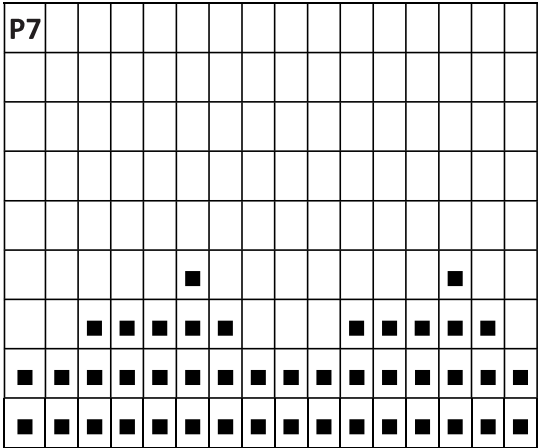
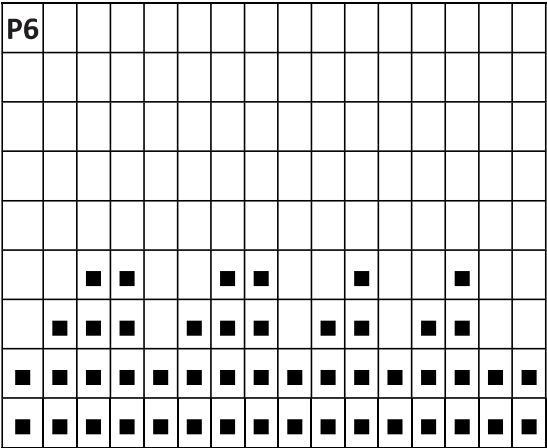
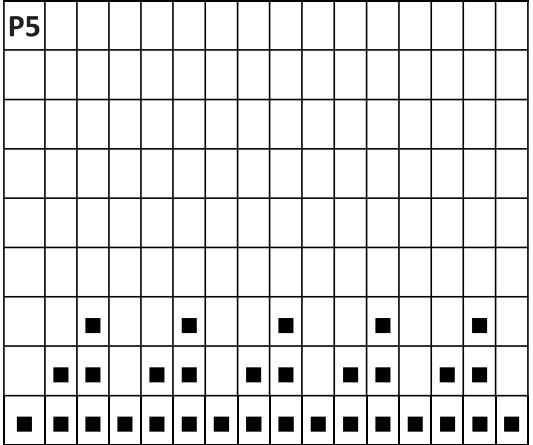
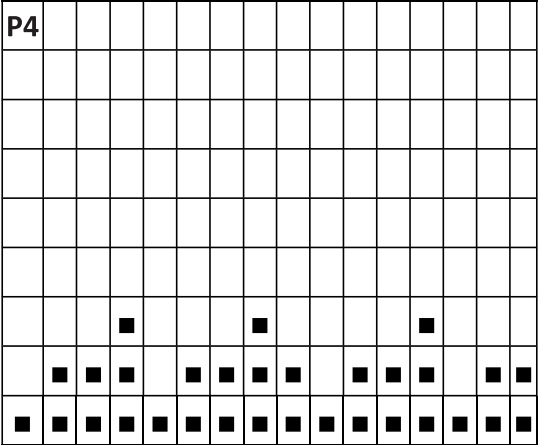
SPEED/INCLUDE LEVEL 1	P4	P5	P6	P7
Interval 1	1.2 MPH/0 INC	1.2 MPH/0 INC	1.8 MPH/0 INC	1.8 MPH/0 INC
Interval 2	1.8 MPH/0 INC	2.5 MPH/0 INC	3.7 MPH/0 INC	1.8 MPH/0 INC
Interval 3	2.5 MPH/0 INC	3.7 MPH/0 INC	5 MPH/0 INC	3.1 MPH/0 INC
Interval 4	3.1 MPH/0 INC	1.2 MPH/0 INC	5 MPH/0 INC	3.7 MPH/0 INC
Interval 5	1.2 MPH/0 INC	2.5 MPH/0 INC	1.8 MPH/0 INC	4.3 MPH/0 INC
Interval 6	1.8 MPH/0 INC	3.7 MPH/0 INC	3.7 MPH/0 INC	5 MPH/0 INC
Interval 7	2.5 MPH/0 INC	1.2 MPH/0 INC	5 MPH/0 INC	3.7 MPH/0 INC
Interval 8	3.1 MPH/0 INC	2.5 MPH/0 INC	5 MPH/0 INC	2.5 MPH/0 INC
Interval 9	1.8 MPH/0 INC	3.7 MPH/0 INC	1.8 MPH/0 INC	1.8 MPH/0 INC
Interval 10	1.2 MPH/0 INC	1.2 MPH/0 INC	3.7 MPH/0 INC	1.8 MPH/0 INC
Interval 11	1.8 MPH/0 INC	2.5 MPH/0 INC	5 MPH/0 INC	3.1 MPH/0 INC
Interval 12	2.5 MPH/0 INC	3.7 MPH/0 INC	1.8 MPH/0 INC	3.7 MPH/0 INC
Interval 13	3.1 MPH/0 INC	1.2 MPH/0 INC	3.7 MPH/0 INC	4.3 MPH/0 INC
Interval 14	1.2 MPH/0 INC	2.5 MPH/0 INC	5 MPH/0 INC	5 MPH/0 INC
Interval 15	1.8 MPH/0 INC	3.7 MPH/0 INC	1.8 MPH/0 INC	3.7 MPH/0 INC
Interval 16	2.5 MPH/0 INC	1.2 MPH/0 INC	1.8 MPH/0 INC	2.5 MPH/0 INC

SPEED/INCLUDE LEVEL 1	P8	P9	P10	P11
Interval 1	2 MPH/0 INC	0.2 MPH/2 INC	0.2 MPH/2 INC	0.2MPH/3 INC
Interval 2	2 MPH/2 INC	0.2 MPH/3 INC	0.2 MPH/4 INC	0.2MPH/6 INC
Interval 3	2 MPH/4 INC	0.2 MPH/4 INC	0.2 MPH/6 INC	0.2MPH/6 INC
Interval 4	2 MPH/6 INC	0.2 MPH/5 INC	0.2 MPH/2 INC	0.2MPH/8 INC
Interval 5	2 MPH/8 INC	0.2 MPH/2 INC	0.2 MPH/4 INC	0.2MPH/8 INC
Interval 6	2 MPH/10 INC	0.2 MPH/3 INC	0.2 MPH/6 INC	0.2MPH/3 INC
Interval 7	2 MPH/12 INC	0.2 MPH/4 INC	0.2 MPH/2 INC	0.2MPH/6 INC
Interval 8	2 MPH/14 INC	0.2 MPH/5 INC	0.2 MPH/4 INC	0.2MPH/6 INC
Interval 9	2 MPH/15 INC	0.2 MPH/7 INC	0.2 MPH/6 INC	0.2MPH/8 INC
Interval 10	2 MPH/16 INC	0.2 MPH/8 INC	0.2 MPH/2 INC	0.2MPH/8 INC
Interval 11	2 MPH/16 INC	0.2 MPH/2 INC	0.2 MPH/4 INC	0.2MPH/6 INC
Interval 12	2 MPH/16 INC	0.2 MPH/3 INC	0.2 MPH/6 INC	0.2MPH/6 INC
Interval 13	2 MPH/16 INC	0.2 MPH/4 INC	0.2 MPH/2 INC	0.2MPH/8 INC
Interval 14	2 MPH/16 INC	0.2 MPH/5 INC	0.2 MPH/4 INC	0.2MPH/8 INC
Interval 15	2 MPH/16 INC	0.2 MPH/2 INC	0.2 MPH/6 INC	0.2MPH/3 INC
Interval 16	2 MPH/16 INC	0.2 MPH/3 INC	0.2 MPH/2 INC	0.2MPH/6 INC

SPEED/INCLUDE LEVEL 1	P12	P13	P14	P15
Interval 1	1.8 MPH/2 INC	1.2 MPH/2 INC	1.2 MPH/2 INC	1.2 MPH/3 INC
Interval 2	1.8 MPH/4 INC	1.2 MPH/3 INC	1.2 MPH/4 INC	3.7 MPH/6 INC
Interval 3	3.1 MPH/6 INC	3.1 MPH/4 INC	5 MPH/6 INC	5 MPH/6 INC
Interval 4	3.1 MPH/8 INC	3.7 MPH/5 INC	1.2 MPH/2 INC	3.7 MPH/8 INC
Interval 5	1.8 MPH/8 INC	4.3 MPH/2 INC	1.2 MPH/4 INC	1.2 MPH/8 INC
Interval 6	1.8 MPH/10 INC	3.1 MPH/3 INC	5 MPH/6 INC	3.7 MPH/3 INC
Interval 7	3.1 MPH/6 INC	3.7 MPH/4 INC	1.2 MPH/2 INC	5 MPH/6 INC
Interval 8	3.1 MPH/4 INC	4.3 MPH/5 INC	1.2 MPH/4 INC	3.7 MPH/6 INC
Interval 9	1.8 MPH/2 INC	3.1 MPH/7 INC	5 MPH/6 INC	1.2 MPH/8 INC
Interval 10	1.8 MPH/2 INC	3.7 MPH/8 INC	1.2 MPH/2 INC	3.7 MPH/8 INC
Interval 11	3.1 MPH/4 INC	4.3 MPH/2 INC	1.2 MPH/4 INC	5 MPH/6 INC
Interval 12	3.1 MPH/6 INC	4.3 MPH/3 INC	5 MPH/6 INC	3.7 MPH/6 INC
Interval 13	1.8 MPH/8 INC	3.1 MPH/4 INC	1.2 MPH/2 INC	1.2 MPH/8 INC
Interval 14	1.8 MPH/8 INC	3.7 MPH/5 INC	1.2 MPH/4 INC	3.7 MPH/8 INC
Interval 15	3.1 MPH/6 INC	5 MPH/2 INC	5 MPH/6 INC	5 MPH/3 INC
Interval 16	3.1 MPH/4 INC	5.6 MPH/3 INC	1.2 MPH/2 INC	3.7 MPH/6 INC

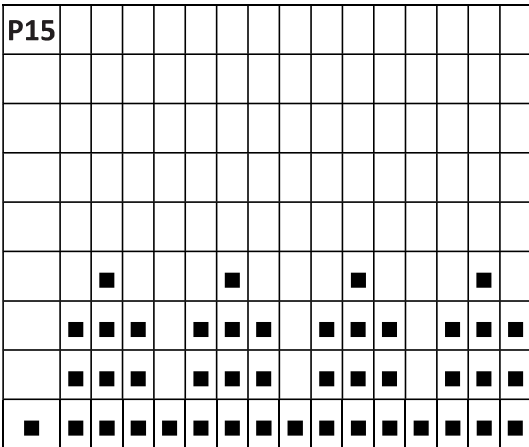
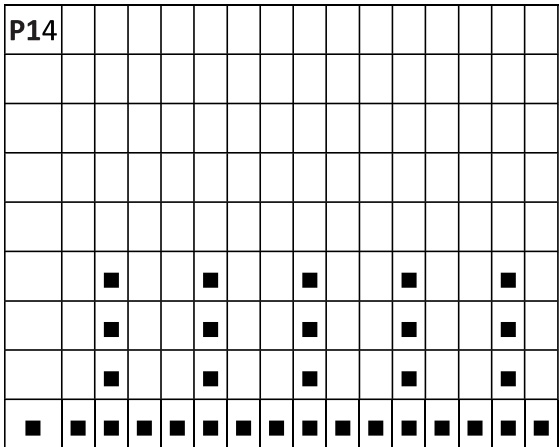
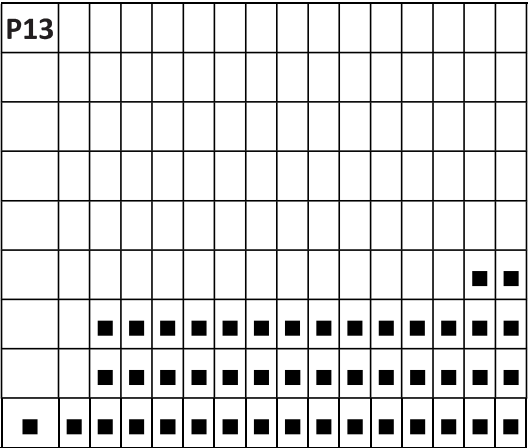
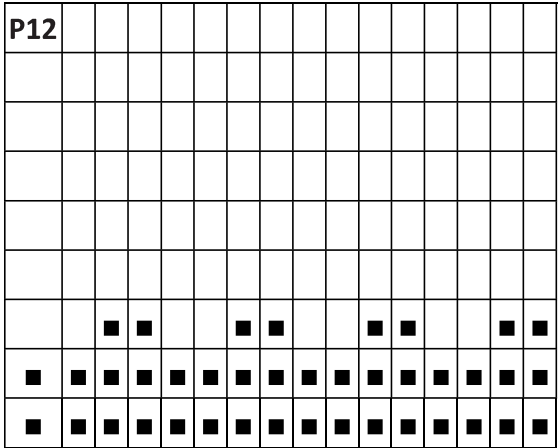
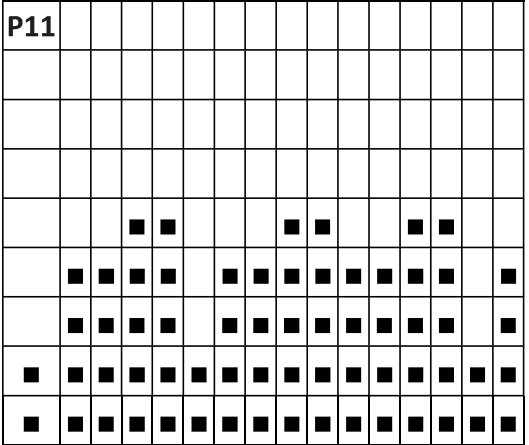
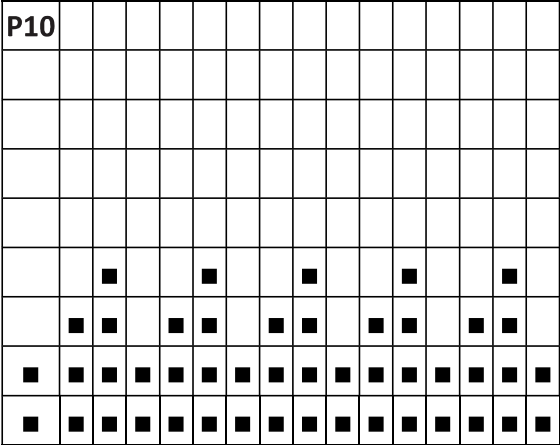
CONSOLE OPERATION

WORKOUT DESCRIPTION



CONSOLE OPERATION

WORKOUT DESCRIPTION



CONSOLE OPERATION

4. User Setting Mode

Entering the User Setting Mode:

Turn on the power and remove the safety magnet. Press and hold REVERSE + INCLINE UP, then place the safety magnet to enter. The GRADE window displays the option number.

4.1 Choosing KPH and MPH:

- (1) After entering the User Setting Mode, the GRADE window displays "1" flashing, and the MW marquee displays "SET CONSOLE DISPLAY IN METRIC OR ENGLISH."
- (2) Press ENTER, and the GRADE window displays "1" steadily, and the MW marquee displays "PRESS UP/DOWN TO SELECT KM/H OR MPH."
- (3) The Km/h and mph indicators flash according to the up and down keys.
- (4) Press ENTER to save the setting. "1" and the km/h or mph indicators light up, indicating the completion of the storage. Press STOP once again to return to the electronic meter's boot display state.

4.2 Choosing the 8x16 Dot Matrix Display Mode:

- (1) After entering the User Setting Mode, select "2," and the Dot Matrix display will flash the previously set lighting status. The MW marquee displays "SET DOT MATRIX DISPLAY MODE."
- (2) Press ENTER to enter and use UP/DOWN to choose:
Track Display Mode: The MW marquee displays "TRACK RUN DISPLAY MODE," and the Dot Matrix display window shows flashing track LED lights.
Speed Segment Display Mode: The MW marquee displays "SPEED SEGMENT DISPLAY MODE," and the Dot Matrix display window shows the flashing dot matrix graphic of "P3."
- (3) Press ENTER to save the setting. "2" and the Dot Matrix LED lights light up, indicating the completion of the storage. Press STOP once again to return to the electronic meter's boot display state.

4.3 Setting Sleep Mode SLEEP ON/OFF:

- (1) After entering the User Setting Mode, select "3," and the Dot Matrix display will flash the previously set lighting status. The MW marquee displays "SET CONSOLE SLEEP MODE ON/OFF."
- (2) Press ENTER to enter, and use UP/DOWN to choose:
Sleep Mode On: The MW flashes to display "SLEEP MODE ON."
Sleep Mode Off: The MW flashes to display "SLEEP MODE OFF."
- (3) Press ENTER to save the setting. "3" and the MW display light up, indicating the completion of the storage. Press STOP once again to return to the electronic meter's boot display state.

CONSOLE OPERATION

4.4 Setting Electronic Meter Buzzer ON/OFF:

- (1) After entering the User Setting Mode, select "4," and the Dot Matrix display will flash the previously set lighting status. The MW marquee displays "SET BEEP SOUND ON/OFF."
- (2) Press ENTER to enter, and use UP/DOWN to choose:
Buzzer Sound On: The MW flashes to display "BEEP SOUND ON."
Buzzer Sound Off: The MW flashes to display "BEEP SOUND OFF."
- (3) Press ENTER to save the setting. "4" and the MW display light up, indicating the completion of the storage. Press STOP once again to return to the electronic meter's boot display state.

4.5 Displaying Accumulated Mileage:

- (1) After entering the User Setting Mode, select "5," and the Dot Matrix display will flash the previously set lighting status. The MW marquee displays "CHECK TOTAL MILEAGE."
- (2) Press ENTER to enter, and "5" will light up, displaying the TIME and DISTANCE showing the accumulated mileage, a total of 8888 8888. Press the SPEED DOWN button to reset.
- (3) Press STOP once again to return to the electronic meter's boot display state.

4.6 Displaying Accumulated Hours of Use:

- (1) After entering the User Setting Mode, select "6," and the Dot Matrix display will flash the previously set lighting status. The MW marquee displays "CHECK TOTAL USAGE HOURS."
- (2) Press ENTER to enter, and "6" will light up, displaying TIME and DISTANCE showing the accumulated hours of use, a total of 8888 8888. Press the SPEED DOWN button to reset.
- (3) Press STOP once again to return to the electronic meter's boot display state.

CONSOLE OPERATION

5. Entering the User Setting Mode

Turn on the power and remove the safety magnet. Press and hold REVERSE + ENTER + INCLINE UP, then place the safety magnet to enter. The SPEED window displays the option number.

5.1 Entering Automatic Speed and Incline Calibration Mode:

- (1) After entering the User Setting Mode, the SPEED window displays "1" flashing, and the MW marquee displays "PRESS START TO ENTRY AUTOMATIC CALIBRATION."
- (2) After pressing START, the treadmill will begin automatic calibration of speed and incline. The speed will automatically adjust and stop, and the incline will automatically move to its highest and lowest positions. During calibration, the MW will flash the message "--CALIBRATING--."
- (3) After calibration is complete, the electronic meter will return to its boot display state.

5.2 Production Line Test Run:

- (1) After entering the User Setting Mode, the SPEED window displays "2" flashing, and the MW marquee displays "PRESS START TO ENTRY AUTOMATIC RUN TEST."
- (2) After pressing START, the treadmill will automatically start running at its highest and lowest speeds, completing two cycles of the test. During the test, the MW will flash "--RUN TEST--." You can press STOP to forcibly stop the test and return to the boot state.
- (3) After the automatic test run is complete, the electronic meter will return to its boot display state.

5.3 Speed Wheel Ratio Setting:

According to Yijie (Shengzhan) lower control specifications, the command is input for the front drum diameter (in inches), with a default value of "2.36."

- (1) After entering the User Setting Mode, the SPEED window displays "3" flashing, and the MW marquee displays "SET SPEED WHEEL RATIO NUMBER."
- (2) Press ENTER to enter, and the MW displays "RATIO x.xx" as the default value. Use UP/DOWN to adjust the front drum diameter value, which can be adjusted within the range of "2.30-2.40." Press ENTER to confirm and save.
- (3) Press STOP once again to return to the electronic meter's boot display state.

CONSOLE OPERATION

ERROR MESSAGE

Six, Error Messages: When an error code is displayed, the dot matrix display window shows the error code, and the other window LEDs turn off. When an Error code occurs, the electronic meter beeps twice and displays the Error Code.

E1: Overcurrent protection, motor operating current is too high.

E2: No speed sensor signal detected.

E3: FET short circuit.

E4: Motor wire break detected.

E5: Low main power supply voltage.

E6: High main power supply voltage.

E7: Main power supply abnormality.

E8: MCU abnormality.

E9: FET drive abnormality.

E10: Lower control EEPROM error.

E11: Incline adjustment error.

E12: Incline calibration error

E22: The communication of the downstream control failed.

E23: Communication between the electronic console and the downstream control failed.

E88: Electronic console EEPROM failure.

TROUBLE SHOOTING

Malfunction	Problem Probable Cause	Countermeasure
No Power	ON/OFF Switch	Turn the Switch in the ON position.
	Safety Key/Emergency stop	1. Check the console bridge board and safety key wiring connection. 2. Replace Safety-key in the proper position, turn right to release.
	Display is not lit up when power is turned on.	1. Check product fuse 2. Check drive board fuse and power source LED 3. Check drive board LED and program IC
	Insufficient Power Source	Using the voltmeter, verify power at outlet. If no power exists, reset circuit breaker at panel.
	Damaged Line Cord	Replace line cord. Contact the Service Technician Services or replaced by the Qualified Technician.
	Line cord improperly plugged in socket	Check power connection at wall outlet and treadmill connected properly.
	Tripped Circuit Breaker	Checking that Circuit Breaker whether is open or not. If open, reset Circuit Breaker. The Circuit Breaker is located near the Switch I/O. The Circuit Breaker is a round black button. It is always popped out when open. Press the black button to reset the circuit breaker.
Incline doesn't work	Pressing incline & no response	1. Check incline system wiring connections. 2. Test with a different drive board.
Key not function properly (control board)	Key is not responding or stuck	Replace display key switches.

TROUBLE SHOOTING

Malfunction	Problem Probable Cause	Countermeasure
Treadmill resets randomly itself or pauses	Insufficient Power Source	Plug Treadmill into a dedicated Proper Amp circuit. Refer to the Operations Manual. Using the voltmeter, verify power at outlet. If no power exists, reset circuit breaker at panel.
	Damaged Ground Pin on the line cord	Check power connection at wall outlet and treadmill connected properly. Do Not remove the Ground Pin from the plug.
	Emergency Stop Button not fitted	Re-fit the Emergency Stop Button.
	Safety Key not fitted properly	Place the Safety Key in the proper position.
	Any obstructions interfere the Emergency Stop Button or Safety Key	Remove the obstructions on the console and handlebar such as towels...etc.
	Emergency Stop Button not work well, Push down hardly or come back slowly when it being pressed.	Contact the Technician Services or replaced by the Qualified Technician.
	Emergency Stop Button and Safety Key sensor cord not properly contact	Contact the Technician Services or replaced by the Qualified Technician.
	Nipped the Control Message Wire	Contact the Technician Services or replaced by the Qualified Technician.
	Ground Pin being removed	Contact the Technician Services or replaced by the Qualified Technician.

TROUBLE SHOOTING

Malfunction	Problem Probable Cause	Countermeasure
Running Belt tracking not in center	Floor not level	Check rest legs and adjust it to be sure the treadmill is leveled see MAINTENANCE TIP as shown how to adjust. Adjust the Running Belt tracking in Center see MAINTENANCE TIP as shown how to adjust.
Noise coming out when treadmill is running	Probable the obstruction stuck into the Running Belt	Check and remove all possible obstructions and tinsel to interfere the Running Belt.
	Running is not tracking in center, to right or left to touch the side.	Check rest legs and adjust it to be sure the treadmill is leveled see MAINTENANCE TIP as shown how to adjust. Adjust the Running Belt tracking in Center see MAINTENANCE TIP as shown how to adjust.
	Hardware as screw is not installed properly	Checking hardware, all screws and accessories and position it again properly.
Display maybe reduced brighten and flash	Damaged Console PCB	Contact the Technician Services or replaced by the Qualified Technician.
HR readout is show erratic	Damaged Safety Key Sensor	Contact the Technician Services or replaced by the Qualified Technician.
	No/bad HTR heart rate signal	1. Make sure hands have to hold Hand Contact Sensors in properly position when measuring. 2. Check the HTR board signal status. 3. Check HTR wiring problem.
	Damaged HR PCB	Contact the Technician Services or replaced by the Qualified Technician.
	Damaged or connected	Reconnect properly control message wire
	Belt Transmitter is not wet	Checking Wet the Belt Transmitter
	Belt Transmitter is not wearing properly and not perfectly fit the skin	Make sure the Belt Transmitter wearing on properly.
	Belt Transmitter needs to clean	Clean the Belt Transmitter with soft cleaner and water.
	Belt Transmitter is far away of heart rate receiver	Keep the Belt Transmitter within 80 cm (2.6 feet) to catch the receiver.
	Belt Transmitter is at low Battery	Replace Battery. Contact the Service Technician Services or replaced by the Qualified Technician.

USING HEART RATE TRANSMITTER

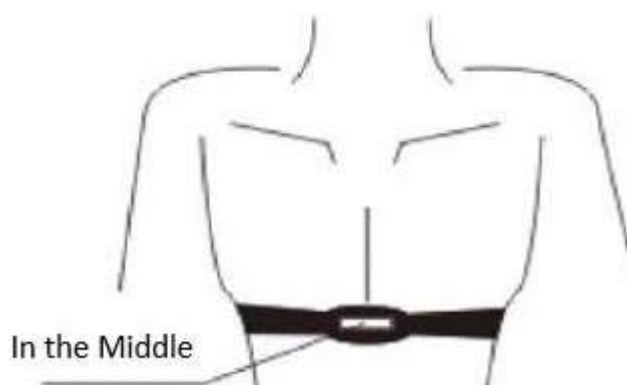
MOISTEN TRANSMITTER CONTACTS (for dry skin user)

Before wearing the transmitter strap, moisten the 2 rectangular rubber pads (electrodes) located on the inside surface of the chest transmitter. Use water, glue or saliva to moisten these pads.



POSITIONING THE TRANSMITTER

The transmitter should be positioned below the breast of pectoral muscles with the middle of center on the chest, then fasten. The transmitter starts to send a signal after worn.



ADJUSTING THE STRAP

The strap should be worn tight enough to prevent the transmitter from bouncing or sliding, but not so tight as to be uncomfortable.

MAINTENANCE TIP

For keep safety the Treadmill always at the high performance and working well, perform following tips are very important.

- Clean the display console and all exterior surfaces parts routines to use soft cotton cloth with a soft cleaner are strongly recommended. Do Not use the paper towels, ammonia or acid based cleaners.
- Switch Off the power on the machines always if discontinue to use.
- Vacuum the area directly surrounding and under the unit regularly.
- Check the Emergency Stop System before using.
- Lube under the Running Belt and on Deck regularly.
- Check the centering of Running Belt, if the Running Belt was tracking beyond the position, see the instructions P19 2(A) and P19 2(B) to adjust back tracking center of the Running Belt.

Routine Maintenance Schedule

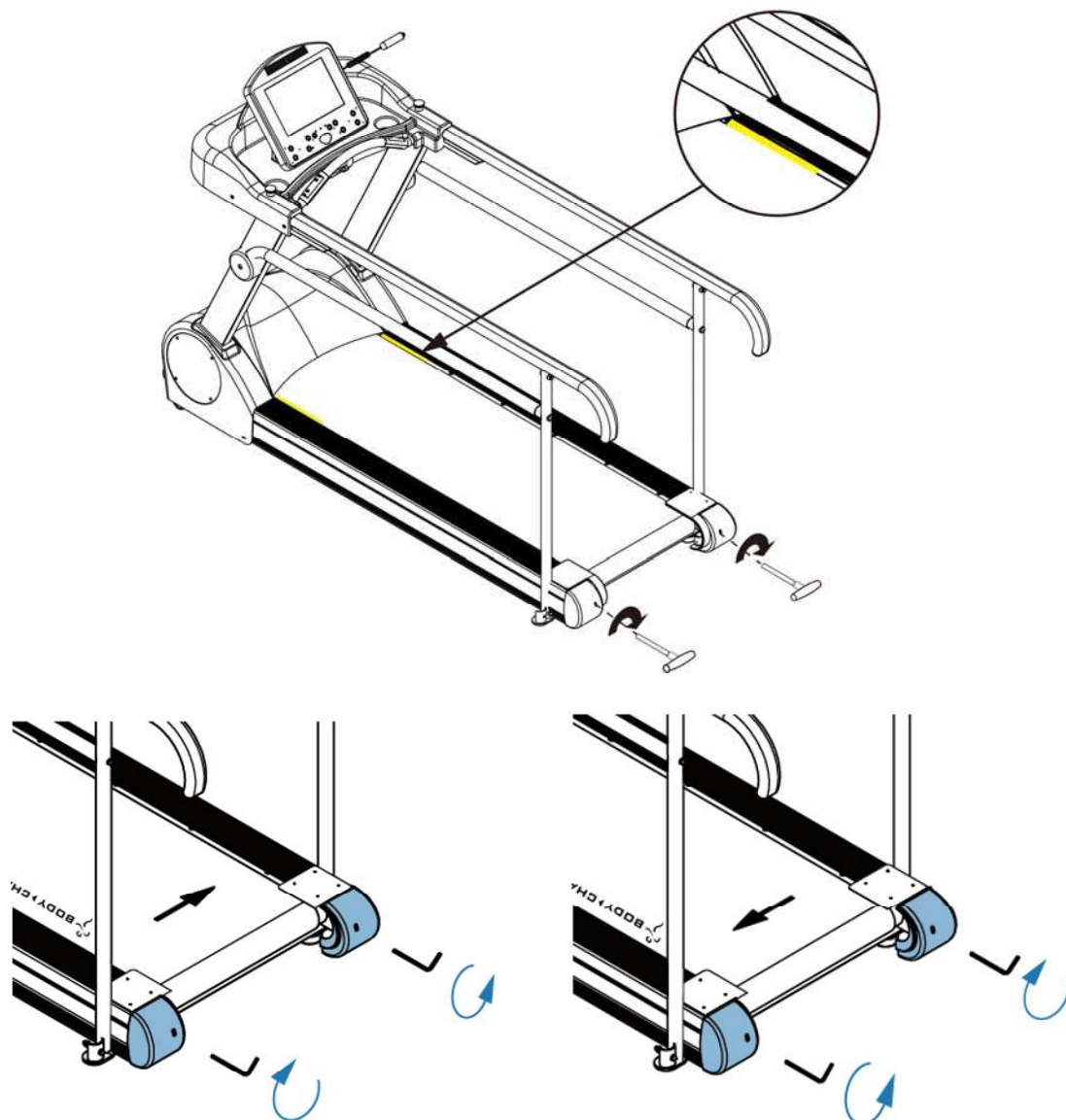
- **Daily to clean:**
 - ✓ Overlay, Stop Switch, Emergency Stop Button, Safety Key, Hand Contact Sensors, Side Hand Rails, Motor Cover, Side Step Rails, Running Belt and all other exterior parts.
- **Weekly to inspect:**
 - ✓ Stop Switch, Emergency Stop Button, Safety Key, Hand Contact Sensors, Machine Level, Centering Running Belt.
 - ✓ Tension of Belt lube under the Running Belt and on Deck.
- **Monthly to clean:**
 - ✓ Vacuum Clean Motor Electronic Compartment, Frame, End Caps, Motor Cover, Front Wheel and all other accessories.
- **Monthly to inspect and adjust:**
 - ✓ Leg Levelers
- **Quarterly to inspect:**
 - ✓ Hardware for Console, Side Step Rails
- **Semiannual to inspect:**
 - ✓ Hardware for Handlebar and Frame, Side Hand Rails, Motor Electronic Compartment, Drive Belt, Front and Rear Roller, Deck and Running Belt.

MAINTENANCE TIP

ADJUSTMENT DRIVE BELT

If the running belt has shifted to the edge and into the inside beyond the yellow color mark, it is necessary to perform the actions described below to adjust the running belt.

Please turn off the power when the belt is off center. Use hex key to adjust the belt and do not over tighten it. Turn on the power and center the belt by repetitive adjustment.



(A) Adjust running belt to the **RIGHT**

(B) Adjust running belt to the **LEFT**.

MAINTENANCE TIP

DECK LUBRICATION

How to lubricate running belt allow bellow instruction.

The walking belt has been pre-lubricated at the factory. However, it is recommended that the running deck be checked periodically for lubrication to ensure optimal treadmill performance. Your treadmill should not have to be lubricated usually within the first 400 hours of use.

Every 2 months of operation lift the sides of the walking belt and feel the top surface of the running deck as far as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, follow the instructions below.

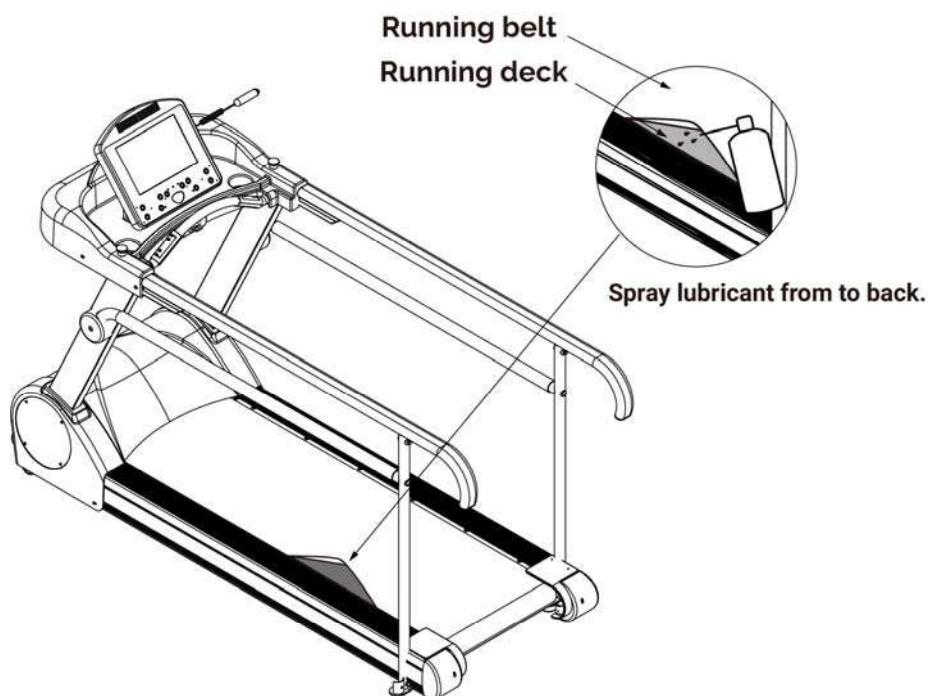
To apply lubricant under the walking belt

Step1. Position the walking belt so that the seam is located on top and in center of the walking board.

Step2. Insert the spray nozzle into the spray head of the lubricant can.

Step3. While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 6" from the front of the treadmill and as far to the center as possible. 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 2-3 sec. (supplied with treadmill) each time.

Allow the silicone to "set" for 1 minute before using the treadmill.



FITNESS TIP

Consult your physician

Before using this product, please consult your personal physician for a complete physical examination.

Your doctor should approve frequent and strenuous exercise.

If any discomfort should result from your use of this product, stop exercising and consult your doctor.

Proper usage of this product is essential.

Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Dress comfortable

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercise.

Check your equipment

Make sure that all bolts and nuts are tightened when equipment is in use.

Periodic maintenance is required on all exercise equipment in order to keep it in good condition.

Begin at your fitness level

How you begin your exercise program depends on your physical condition.

If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone; however, your aerobic fitness will improve over the next six to eight weeks.

Do not become discouraged if it takes longer. It is important to work at your own pace.

Ultimately, you will be able to exercise continuously for 30 minutes.

The better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials.

Contact your physician before starting a workout or training program.

Have him review your training and diet programs to advise you on a workout routine you should adopt.

FITNESS TIP

Begin your training program slowly with realistic goals that have been set by you and your physician. Supplement your program with some type of aerobic exercise such as Walking, Jogging, Swimming, Dancing and Bike Riding. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.

Drink plenty of fluids during the course of your routine. You must replace the water content that you have lost from excessive exercising to avoid dehydration. Fluids should be room temperature when consumed. Avoid drinking large amounts of cold liquids.

Check your pulse

To make sure your heart is beating in its target zone, you will 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 muscles. Count the number of beats in ten seconds then multiply by six.

This gives you the number of beats per minute.

Exercising in your target zone

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 our age and physical condition. To determine your target zone, consult the chart we provide.

Age	Target HR Zone 50~75% (Beats Per Minute)	Average Maximum 100%
20 years	100~150	200
25 years	98~146	195
30 years	95~142	190
35 years	93~138	185
40 years	90~135	180
45 years	88~131	175
50 years	85~127	170
55 years	83~123	165
60 years	80~120	160
65 years	78~116	155
75 years	75~113	150

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FITNESS TIP

Warning cool down

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down.

Do the entire program at least two or 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.

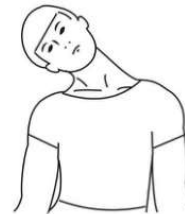
At the end of your workout, repeat these exercises to reduce sore muscles problems.

We suggest the following warm- up and cool- down exercises

Head rolls

Rotate your head to the right for one count, feeling the stretch up the left side of your neck.

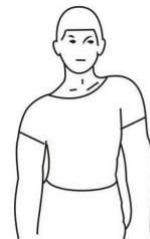
Next rotate your head back for one count, stretching your chin to the ceiling and let your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



Shoulder lifts

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.



Side stretches

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.



Quadriceps stretch

With one hand against a wall for balance. Reach behind you and pull your right foot up. Bring your heels as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



FITNESS TIP

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 toward the floor. Hold for 15 counts.



Toe touches

Slowly bend forward from your waist, let your back and shoulders relax as you stretch toward your toes. Reach down as far as you can hold for 15 counts.



Hamstring stretches

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.



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.



FITNESS TIP

Aerobic exercise

Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and Lungs -your body's most important muscle.

Aerobic fitness is promoted by any activity that uses your large muscles-arms, legs, or buttocks, for example.

Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine

Weight training

Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle.

If you are working above your target zone, you may want to do a less amount of reps. And as always, consult your physician before beginning any exercise program.

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