

**dyaco**

**PT**

**Treadmil**

**4.0 T**

# User manual

Please read this entire manual carefully before operating your new treadmill and save it for future use.



Thank you for your recent purchase of the treadmill 4.0 T. Dyaco provides simple, reliable products that offer the most relevant feedback to users to achieve best-in-class outcomes and empower individuals to build confidence in maintaining healthy lifestyles.

Your new product has been manufactured by one of the world's leading fitness product manufacturers. It is backed by one of the most comprehensive warranties in the industry. Your warranty and service needs will be addressed either through your regional sales representative or our highly trained service technicians.

It is our responsibility to provide you with both the technical knowledge and access to service personnel to make your ownership experience more informed, and resolve any issues quickly.

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# Important safety instructions

## **⚠ Attention**

Read all instructions in this manual before using this device.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

## **⚠ Danger**

To reduce the risk of electric shock disconnect this device from the electrical outlet prior to cleaning and/or service work.

## **⚠ Warning**

- Before beginning exercise on this product, or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with preexisting health conditions.
- To reduce the risk of burns, fire, electric shock, or injury to persons, install the treadmill on a flat level surface with access to a 220-volt, 15-amp grounded outlet.
- DO NOT USE AN EXTENSION CORD UNLESS IT IS 1 mm<sup>2</sup> OR BETTER, WITH ONLY ONE OUTLET ON THE END. The treadmill should be the only appliance in the circuit in which it is connected. DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPROPER ADAPTERS, OR IN ANY WAY MODIFY THE CORD SET. A serious shock or fire hazard may result along with computer malfunctions.
- Keep children away from the treadmill. There are obvious pinch points and other caution areas that can cause harm.
- Children should be supervised to ensure that they do not play with the appliance.
- Keep hands away from all moving parts.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- To disconnect, turn all controls to the off position and then remove the plug from the outlet.
- Do not operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.

- Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- Do not attempt to use this product for any purpose other than for the purpose it is intended.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Never operate the product if it has a damaged cord or plug, if the product is not working properly, call your dealer. If it has been dropped or damaged, or dropped into water, call your dealer.
- Keep the cord away from heated surfaces.
- The hand pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.
- Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
- The product should never be left unattended when plugged in. Unplug from outlet when not in use and before putting on or taking off parts.
- Connect the product to a properly grounded outlet only. See Grounding Instructions.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
- Suitable information about replacement parts that could affect the safe use of the treadmill.
- The following statement: "Noise emission under load is higher than without load."
- If applicable, the value of the A-weighted emission sound pressure level at the trainer's ear.
- Don't change any component by yourself, it maybe got injured or destroyed the treadmill.
- Below mentioned sound pressure level is measured under the condition when the trainer is operating with 8 km/hr with no load. Sound pressure level (dB) < 70dB. Noise emission under load is higher than without load.

- Injuries to health may result from incorrect or excessive training.
- Remove tether cord after use to prevent unauthorized treadmill operation.
- Maximum User Weight: 180 kg (396 lbs)
- The user should mount the treadmill and stand on the step rails before starting the treadmill operation. Start the belt speed at a low setting and carefully step on the belt while holding the handrails until you get used to the speed. The hand rails are used for initial stability and not for continuous use.

Figure 1: Training Area

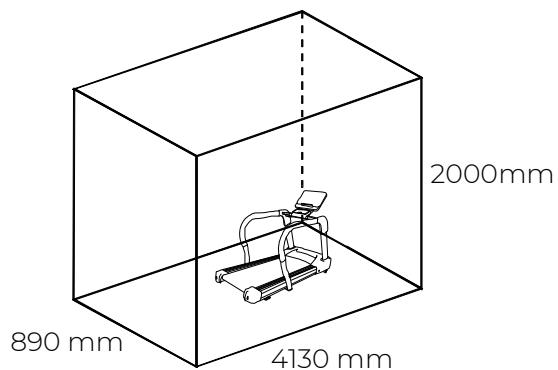
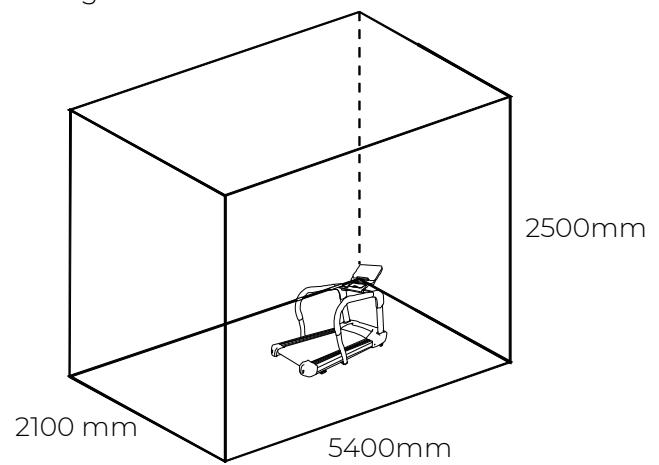


Figure 2: Free Area



# إرشادات السلامة

## المهمة

**تنبيه** اقرأ جميع الإرشادات الواردة في هذا الدليل قبل استخدام الجهاز. احتفظ بذلك الإرشادات - وجه فكرك نحو الأمان !

**خطر** لتقليل خطر التعرض للصدمات الكهربائية، يُرجى فصل هذا الجهاز من المقابس الكهربائي قبل التنظيف و/أو أعمال الصيانة.

### تحذير

- استشر الطبيب قبل بدء ممارسة التمرينات على هذا الجهاز ، وقبل بدء أي برنامج تدريبي. ويمثل هذا أهمية خاصة للأشخاص الذي يتجاوزون 35 عاماً أو الأشخاص الذين كانوا يعانون من حالات صحية سابقاً.
- للحد من خطر التعرّض للحروق أو صدمة كهربائية أو الإصابة أو اندلاع حريق، تثبت جهاز المشي على سطح مستوٍ، وتوصل بمقبس تيار كهربائي متعدد مؤرض بجهد 220 فولت، وشدة 15 أمبير.
- لا تستخدم سلك امتداد إلا إذا كان طوله 1 متر ، أو أكثر، وتأكد من توصيله بمقبس منفرد عند طرفه. يجب أن تكون آلة المشي هي الجهاز الوحيد في الدائرة التي يتم توصيلها بها. لا تحاول فصل تأريض القابس، ولا تحاول استخدام محولات غير ملائمة، ولا تحاول تعديل سلك التوصيل بأي طريقة كانت. قد يؤدي حدوث صدمة كهربائية خطيرة، أو مخاطر اندلاع حريق إلى تلف الحاسوب المضمن بالجهاز أو تعطله.
- أبق الأطفال بعيداً عن آلة المشي. هناك نقاط تضييق واضحة، ومناطق أخرى تستدعي الانتباه إليها، ويمكن أن تتسبب في إحداث ضرر.
- يجب الإشراف على الأطفال لضمان عدم العبث بالجهاز.

- أبقِ الأيدي بعيداً عن جميع الأجزاء المتحركة.
- تجنب مطلقاً إسقاط أو إدخال أي شيء في أي فتحات.
- لا تستخدم الجهاز في المناطق الخارجية.
- لفصل الجهاز، أعد كل وحدات التحكم إلى وضع الإيقاف، وبعدها أزل القابس من مصدر التيار الكهربائي.
- لا تشغل الجهاز تحت بطانية أو وسادة. قد تحدث سخونة مفرطة وتتسبب في حدوث صدمة كهربائية أو إصابة الأشخاص.
- لا تعمد إلى تشغيل جهاز المشي على سجادة عميقة أو من الصوف الخشن أو من نسيج البليش. قد يتسبب ذلك في إتلاف جهاز المشي والسجادة على حد سواء.
- لا تحاول استخدام هذا المنتج لأي غرض آخر بخلاف الغرض المخصص له.
- لا تشغل الجهاز عند استخدام منتجات (رش) رذاذ الأيروسول أو عند إعطاء الأكسجين. قد يتسبب الشرر الناتج من المحرك في حدوث اشتعال في البيئة المحيطة المشبعة بالغازات.

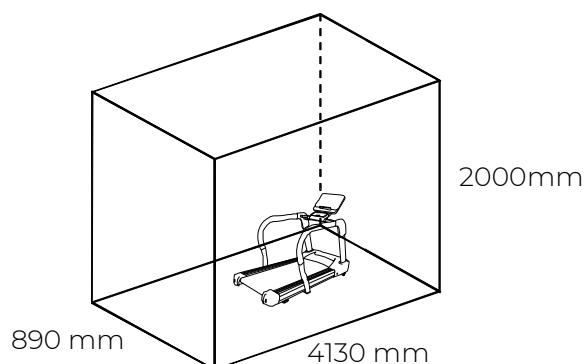
- تجنب مطلقاً تشغيل المنتج إذا كان هناك سلك أو قابس تالف، إذا لم يعمل المنتج بشكل صحيح، فاتصل بالوكيل. إذا تعرض للسقوط أو التلف أو السقوط في الماء، فاتصل بالوكيل.
- أبقِ السلك بعيداً عن الأسطح الساخنة.
- مستشعرات نبضات اليد ليست جهازاً طبياً. قد تؤثر العوامل المختلفة، التي من بينها حركة المستخدم، في دقة قراءة معدل ضربات القلب. مستشعرات النبض المقدمة في الجهاز معدة للمساعدة في أغراض التمرين فقط، وذلك بتحديد اتجاهات ضربات القلب بشكل عام.
- قد تكون أنظمة مراقبة معدل ضربات القلب غير دقيقة. قد تتسبب التدريبات الزائدة في التعرض لإصابة جسيمة أو الوفاة. إذا شعرت بدوار الإغماء، فتوقف عن ممارسة التدريبات في الحال.
- ارتدي أحذية ملائمة. لا يكون من الملائم ارتداء الأحذية ذات الكعب أو الأحذية الرسمية أو الصنادل عند استخدام جهاز المشي ولا استخدامه دون ارتداء حذاء ملائم. يُنصح بارتداء الأحذية الرياضية لتفادي إرهاق الساقين.
- لا يجب ترك المنتج بدون مراقبة عند توصيله. افصله عن مأخذ التيار الكهربائي عندما لا يكون قيد الاستخدام وقبل وضع الأجزاء أو إزالتها.
- قم بتوصيل المنتج بمائدة مورض بشكل صحيح فقط. انظر تعليمات التأريض.
- يمكن استخدام هذا الجهاز من جانب الأطفال الذين تتراوح أعمارهم بين 8 سنوات فما فوق والأشخاص الذين يعانون من نقص في القدرات البدنية أو الحسية أو الذهنية أو نقص الخبرة والمعرفة بشرط الإشراف عليهم أو منهم التعليمات المتعلقة باستخدام الجهاز بطريقة آمنة وفهم المخاطر المرتبطة. يجب عدم عبث الأطفال بالجهاز. يجب ألا يُعهد للأطفال بأعمال تنظيف الجهاز وصيانته دون الإشراف عليهم.
- معلومات مناسبة حول قطع الغيار التي يمكن أن تؤثر على الاستخدام الآمن لجهاز المشي .
- العبارة التالية "ابنبعث الضوضاء في وجود حمل أعلى من عدم وجود حمل".
- إذا كان ذلك ممكناً، تكون قيمة مستوى ضغط صوت الانبعاث حسب المقياس A عند مستوى أذن المدرب.
- لا تغير أي مكون بمفردهك، فقد يتعرض للتلف أو يدمر جهاز المشي.
- فيما يلي قياس مستوى ضغط الصوت المذكور في الحالة التي يكون فيها المدرب يعمل بسرعة 8 كم/ساعة دون تحمل. مستوى ضغط الصوت (ديسيبل) <70 ديسيل.
- انبعاث الضوضاء في وجود حمل أعلى من عدم وجود حمل.
- الإصابات الصحية قد تترجم عن التدريب غير الصحيح أو المفرط.

قم بفك السلك المطول بعد الاستخدام لمنع تشغيل جهاز المشي تلقائياً.

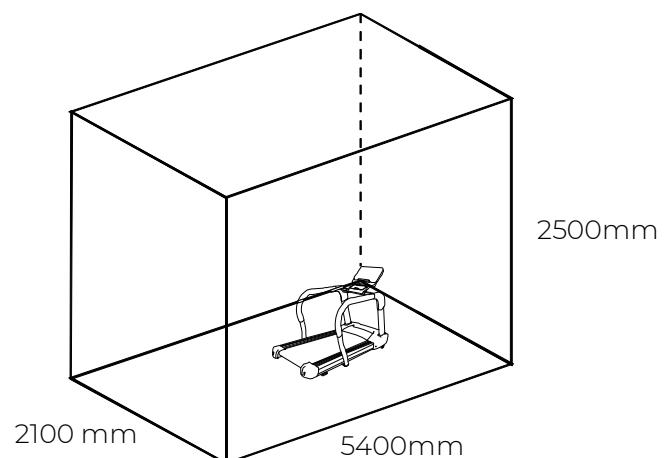
• الوزن الأقصى المستخدم: 180 كجم (396 رطل،)

• يجب على المستخدم تثبيت جهاز المشي والوقوف على قضبان المشي قبل بدء تشغيل جهاز المشي. ابدأ سرعة الحزام بسرعة منخفضة وقف على الحزام بحرص مع الإمساك بالدرايزين حتى تعتاد على السرعة. تستخدم القضبان اليدوية لتحقيق الاتزان الأولي وليس للاستخدام المتواصل.

الشكل 1: منطقة التدريب



الشكل 2: منطقة حرة



# Wichtige Sicherheitshinweise

## ⚠ Achtung

Lesen Sie vor dem Gebrauch dieses Geräts alle Anweisungen in diesem Handbuch. BEWAHREN SIE DIESE ANWEISUNGEN AUF - DENKEN SIE AN SICHERHEIT!

## ⚠ Gefahr

Vor Reinigungs- und / oder Wartungsarbeiten den Stecker aus der Steckdose ziehen, um das Risiko eines elektrischen Schocks zu verringern.

## ⚠ Warnung

- Konsultieren Sie einen Arzt, bevor Sie mit dem Training an diesem Gerät oder einem Trainingsprogramm beginnen. Dies gilt besonders für Personen, die älter als 35 Jahre sind oder für Personen mit vorbestehenden Gesundheitsproblemen.
- Stellen Sie das Laufband auf einer ebenen Fläche mit Zugang zu einer geerdeten 220-Volt-Steckdose mit 15 Ampere auf, um die Gefahr von Verbrennungen, Bränden, Stromschlägen oder Verletzungen von Personen zu verringern.
- NIEMALS EIN VERLÄNGERUNGSKABEL MIT WENIGER ALS 1 mm<sup>2</sup> MIT NUR EINEM STECKER VERWENDEN, Das Laufband sollte das einzige Gerät im Stromkreis sein, an den es angeschlossen ist. VERSUCHEN SIE NICHT, DEN GEERDETEN STECKER MIT UNSACHGEMÄSEN ADAPTERN ZU DEAKTIVIEREN ODER DAS KABELSET ZU VERÄNDERN. Neben Fehlfunktionen des Computers kann dies zu einem schweren Schlag oder Brand führen.
- Kinder von dem Laufband fernhalten. Es gibt offensichtliche Stellen, an denen man sich einklemmen kann und andere Gefahrenbereiche, die zu Verletzungen führen können.
- Kinder sollten beaufsichtigt werden, um sicherzustellen, dass sie nicht mit dem Gerät spielen.
- Hände von allen beweglichen Teilen fernhalten.
- Niemals Gegenstände in Öffnungen fallenlassen oder hineinstecken.
- Nicht im Freien verwenden.
- Zum Ausschalten alle Kontrollen in die Ausstellung bringen und dann den Stecker aus der Steckdose ziehen.
- Nicht unter einer Decke oder einem Kissen betreiben. Übermäßige Erwärmung kann zu Bränden, Stromschlägen oder Verletzungen von Personen führen.

- Das Laufband nicht auf weichen, Plüsch- oder Hochflorerteppichen betreiben. Es kann zu Schäden am Teppich und Laufband führen.
- Versuchen Sie nicht, dieses Produkt für einen anderen als den vorgesehenen Zweck zu verwenden.
- Nicht dort betreiben, wo Aerosol (Spray) -Produkte verwendet werden oder wo Sauerstoff verabreicht wird. Funken vom Motor können eine stark gasförmige Umgebung entzünden.
- Das Produkt niemals mit einem beschädigten Kabel oder Stecker benutzen. Wenn das Gerät nicht ordnungsgemäß funktioniert, wenden Sie sich an Ihren Händler. Wenn es heruntergefallen oder beschädigt ist, oder ins Wasser gefallen ist, wenden Sie sich an Ihren Händler.
- Das Kabel von heißen Oberflächen fernhalten.
- Die Handpulsensoren sind keine medizinischen Geräte. Verschiedene Faktoren, einschließlich die Bewegung des Benutzers, können die Genauigkeit der Auslesedaten der Herzfrequenz beeinträchtigen. Die Pulssensoren sind nur als Übungshilfe bei der Bestimmung von Herzfrequenztrends im Allgemeinen gedacht.
- Die Herzfrequenzüberwachungssysteme können ungenau sein. Überanstrengung kann zu schweren Verletzungen oder Tod führen. Wenn Sie sich schwach fühlen, hören Sie sofort mit dem Training auf.
- Tragen Sie geeignete Schuhe. High Heels, Anzugschuhe, Sandalen oder nackte Füße sind nicht für die Verwendung auf Ihrem Laufband geeignet. Qualitätssportschuhe werden empfohlen, um Beinermüdung zu vermeiden.
- Das Produkt sollte bei eingestecktem Stecker niemals unbeaufsichtigt sein. Ziehen Sie den Netzstecker aus der Steckdose, wenn Sie das Gerät nicht benutzen und bevor Sie Teile anbringen oder abnehmen.
- Schließen Sie das Produkt nur an eine ordnungsgemäß geerdete Steckdose an. Siehe Erdungsanweisungen.
- Dieses Gerät kann von Kindern ab 8 Jahren und Personen mit eingeschränkten körperlichen, sensorischen oder geistigen Fähigkeiten oder fehlender Erfahrung und Wissen benutzt werden, wenn sie in Bezug auf den sicheren Gebrauch des Geräts beaufsichtigt oder unterwiesen wurden und die damit verbundenen Gefahren kennen. Kinder dürfen nicht mit dem Gerät spielen. Reinigung und Benutzerwartung dürfen ohne Aufsicht nicht von Kindern durchgeführt werden.
- Geeignete Informationen über Ersatzteile, die die sichere Benutzung des Laufbands beeinträchtigen könnten
- Die folgende Aussage: „Die Geräuschemission unter Last ist höher als ohne Last.“
- Gegebenenfalls der Wert des A-bewerteten Emissionsschalldruckpegels am Ohr des Trainers.

- Wechseln Sie keine Komponenten selbst aus, da dies zu Verletzungen oder zur Zerstörung des Laufbands führen kann.
- Der unten stehende Schalldruckpegel ist bei einem Betrieb von 8 km/h ohne Last gemessen. Schalldruckpegel (dB) < 70 dB. Die Geräuschemission unter Last ist höher als ohne Last.
- Falsches oder übermäßiges Training kann zu Gesundheitsschäden führen.
- Entfernen Sie das Halteband nach dem Gebrauch, um unbefugten Betrieb des Laufbandes zu verhindern.
- Maximales Benutzergewicht: 180 kg (396 lbs)
- Der Nutzer sollte auf das Laufband steigen sich auf die Trittschienen stellen, bevor er den Laufbandbetrieb startet. Die Bandgeschwindigkeit mit einer niedrigen Einstellung beginnen und bei gehaltenen Griffstangen vorsichtig auf dem Band gehen, bis Sie sich an die Geschwindigkeit gewöhnt haben. Die Handgriffe dienen der Anfangsstabilität und nicht dem Dauereinsatz.

Abbildung 1: Trainingsbereich

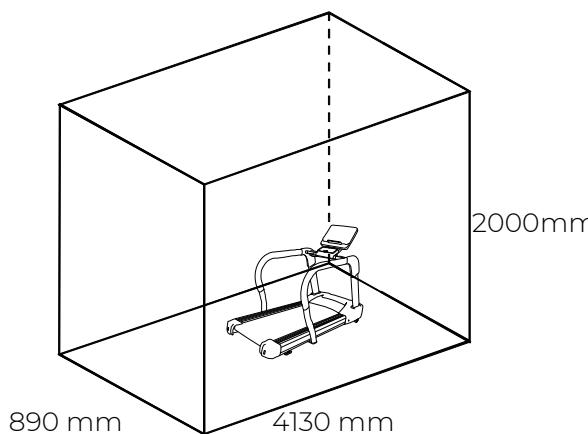
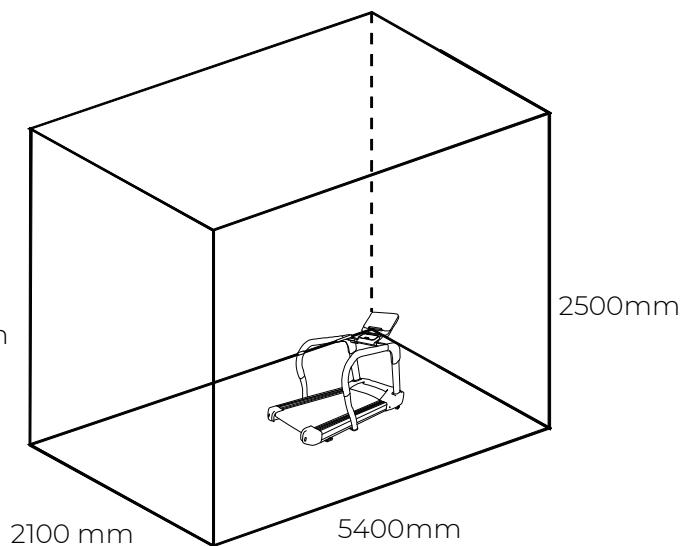


Abbildung 2: Freier Bereich



# Consignes de Sécurité importantes

## ⚠ Attention

Lire toutes les instructions de ce manuel avant utilisation.

CONSERVEZ PRÉCIEUSEMENT CES INSTRUCTIONS - PENSEZ À VOTRE SÉCURITÉ!

## ⚠ Danger

Pour réduire le risque d'électrocution, débranchez l'appareil de la prise avant d'effectuer des travaux de nettoyage et/ou d'entretien.

## ⚠ Avertissement

- Avant de commencer à faire de l'exercice avec ce produit ou de pratiquer tout autre programme d'exercice, consultez un médecin. Cette consigne est particulièrement importante pour les personnes de plus de 35 ans ou souffrant de problèmes de santé préexistants.
- Pour réduire les risques de brûlures, d'incendie, d'électrocution ou de blessures, installez le tapis de course sur une surface plane avec un accès à une prise de courant de 220 volts, 15 ampères reliée à la terre.
- N'UTILISEZ PAS UN CORDON D'EXTENSION SANS de moins de 1 mm<sup>2</sup> MIEUX ENCORE, AVEC UNE SEULE SORTIE À LA FIN. Le tapis de course doit être le seul appareil du circuit auquel il est branché. N'ESSAYEZ PAS DE DÉBRANCHER DE MISE À LA TERRE EN UTILISANT DES ADAPTATEURS INAPPROPRIÉS, OU DE MODIFIER DE QUELQUE FAÇON QUE CE SOIT LE JEU DE CORDONS. Cela pourrait provoquer un choc grave ou un risque d'incendie, voire des dysfonctionnements de l'ordinateur de bord.
- Éloignez les enfants du tapis de course. Des points de pincement apparents ainsi que d'autres zones nécessitant la plus grande prudence afin d'éviter tout dommage.
- Les enfants doivent être surveillés pour s'assurer qu'ils ne jouent pas avec l'appareil.
- Éloignez vos mains de toutes les pièces mobiles.
- Ne jamais laisser tomber ou insérer un objet dans un orifice.
- Ne pas utiliser à l'extérieur.

- Pour débrancher l'appareil, mettez toutes les commandes en position arrêt, puis retirez la fiche de la prise de courant.
- Ne pas utiliser sous une couverture ou un coussin. Un échauffement excessif peut se produire et provoquer un incendie, un choc électrique ou des blessures corporelles.
- Ne pas utiliser le tapis de course sur un tapis rembourré, en peluche ou à poils longs. Cela pourrait endommager la moquette et le tapis de course.
- N'essayez pas d'utiliser ce produit à d'autres fins que celles pour lesquelles il a été conçu,
- ni en présence d'aérosols (spray) ou d'oxygène. Les étincelles créées par le moteur peuvent enflammer un environnement très gazeux.
- L'appareil ne peut en aucun cas fonctionner si le câble ou la fiche d'alimentation sont endommagés. S'il ne fonctionne pas correctement, appelez votre revendeur. S'il est tombé, s'il a été endommagé ou s'il est tombé à l'eau,appelez votre revendeur.
- Tenir le cordon à l'écart des surfaces chauffées.
- Les capteurs de pouls manuels ne sont pas des dispositifs médicaux. Divers facteurs, y compris les mouvements de l'utilisateur, peuvent affecter la précision des mesures de la fréquence cardiaque. Les capteurs de pouls ne sont destinés qu'à faciliter l'exercice pour déterminer les tendances de la fréquence cardiaque en général.
- Les systèmes de surveillance de la fréquence cardiaque peuvent s'avérer imprécis. L'exercice excessif peut entraîner des blessures graves ou la mort. Si vous vous sentez faible, arrêtez-vous immédiatement.
- Portez des chaussures adaptées. Les talons hauts, les chaussures habillées, les sandales ou les nu-pieds ne sont pas appropriés. Des chaussures de sport de qualité sont recommandées pour éviter la fatigue des jambes.
- Le produit ne doit jamais être laissé sans surveillance une fois branché. Débrancher la prise de courant si vous n'utilisez pas le dispositif, et avant de le mettre en marche ou d'en enlever des pièces.
- Brancher l'appareil sur une prise de courant correctement mise à la terre uniquement. Voir Instructions de mise à la terre.
- Cet appareil peut être utilisé par des enfants à partir de 8 ans minimum, et par des personnes dont les capacités physiques, sensorielles ou mentales sont réduites, ou dénués d'expérience et de connaissances à condition d'être supervisés ou d'avoir reçu des consignes concernant son utilisation en toute sécurité et compris les dangers implicites. Les enfants ne peuvent en aucun cas jouer avec l'appareil. Le nettoyage et l'entretien par l'utilisateur ne doivent pas être effectués par des enfants sans surveillance.

- Des informations appropriées sur les pièces de rechange susceptibles d'affecter l' utilisation sans danger.
- La déclaration suivante : « L'émission de bruit sous charge est plus élevée qu'à vide. »
- Le cas échéant, la valeur de la pression acoustique pondérée A au niveau de l'oreille de l'instructeur.
- Ne modifiez aucun composant de votre propre chef, vous pourriez vous blesser ou endommager le tapis de course.
- Le niveau de pression acoustique mentionné ci-après se mesure dans les conditions où le dispositif fonctionne à 8 km/h sans charge. Niveau de pression acoustique (dB) < 70dB. L'émission de bruit sous charge est plus élevée qu'à vide.
- Un usage incorrect ou excessif pourrait entraîner un risque de blessure.
- Retirez le cordon d'attache après utilisation pour éviter toute utilisation non autorisée du tapis de course.
- Poids maximal de l'utilisateur : 180 kg (396 lbs)
- L'utilisateur doit monter sur le tapis de course et se tenir debout sur les marchepieds avant de l'activer. Démarrez à faible vitesse une vitesse et monter prudemment sur la bande tout en se tenant aux mains courantes, jusqu'à ce que vous vous habituez à la vitesse. Les mains courantes sont utilisées pour une stabilité initiale et non pour une utilisation continue.

Illustration 1 : Zone d'exercice

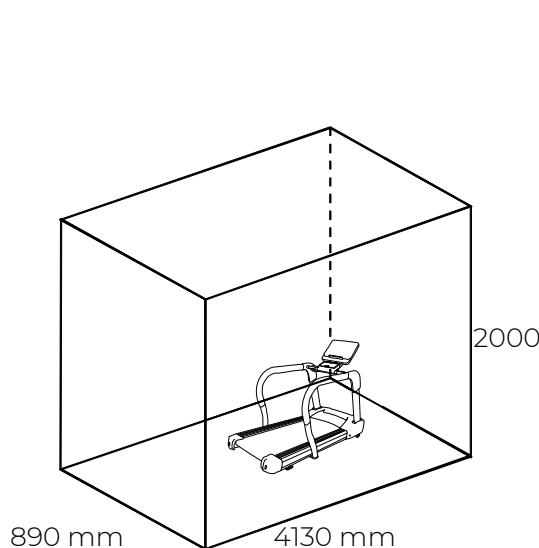
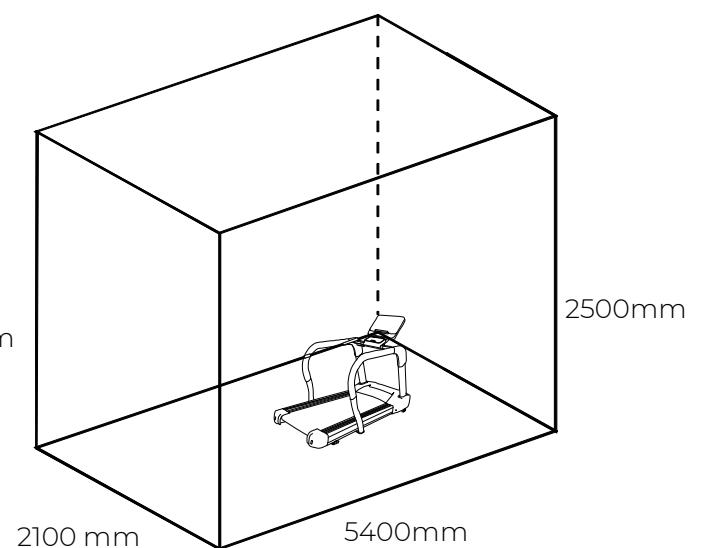


Illustration 2 : Zone libre



# Belangrijke veiligheids instructies

## ⚠ Let op

Lees alle instructies in deze handleiding voordat u dit apparaat gebruikt.  
BEWAAR DEZE INSTRUCTIES - DENK AAN VEILIGHEID!

## ⚠ Gevaar

Koppel het apparaat los van het stopcontact voordat u reinigings- en/of servicewerkzaamheden uitvoert om het risico op elektrische schokken te verminderen.

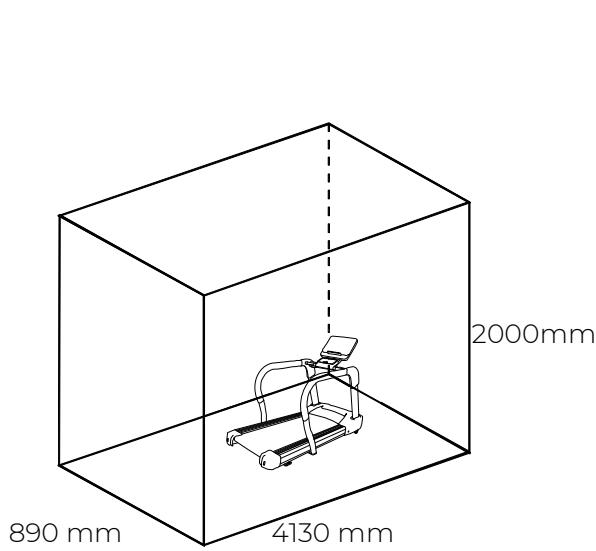
## ⚠ Waarschuwing

- Raadpleeg een arts voordat u dit product gebruikt of een ander trainingsprogramma begint. Dit is vooral belangrijk voor personen ouder dan 35 jaar of personen met reeds bestaande gezondheidsproblemen.
- Installeer de loopband op een vlakke ondergrond met toegang tot een geaard stopcontact van 220 volt en 15 ampère, om het risico op brandwonden, brand, elektrische schokken of persoonlijk letsel te verminderen.
- GEBRUIK GEEN VERLENGSNOER TENZIJ DEZE EEN DIAMETER HEEFT VAN 1 mm<sup>2</sup> OF, NOG BETER, MET SLECHTS ÉÉN STEKKER AAN HET UITEINDE. De loopband dient het enige apparaat te zijn dat aangesloten is op dit circuit. PROBEER DE GEAARDE STEKKER NIET UIT TE SCHAKELEN DOOR ONJUISTE ADAPTERS TE GEBRUIKEN OF DE KABELS OP ENIGERLEI MANIER TE WIJZIGEN. Een ernstig risico op een elektrische schok of brandgevaar kan samen met computerstoringen optreden.
- Houd kinderen uit de buurt van de loopband. Er zijn duidelijke knelpunten en andere, voorzichtigheid vereisende gebieden die schade kunnen veroorzaken.
- Kinderen moeten onder toezicht staan om te voorkomen dat zij met het apparaat spelen.
- Houd handen verwijderd van bewegende delen.
- Laat nooit iets in een opening vallen en steek hierin geen voorwerpen.
- Niet buitenshuis gebruiken.

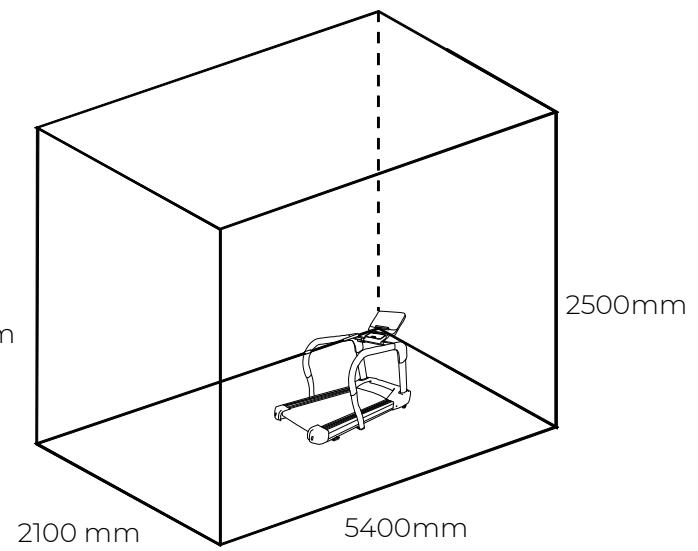
- Om het apparaat los te koppelen, draait u alle bedieningselementen naar de uit-stand en haalt u vervolgens de stekker uit het stopcontact.
- Laat het apparaat niet functioneren onder een deken of kussen. Overmatige verhitting kan brand veroorzaken en elektrische schokken of persoonlijk letsel veroorzaken.
- Gebruik de loopband niet op een hoogpolig tapijt. Dit kan zowel het tapijt als de loopband beschadigen.
- Probeer dit product niet te gebruiken voor een ander doel dan waarvoor deze is bestemd.
- Gebruik het apparaat niet op plaatsen waar aerosol (spray) producten (spuitbussen) worden gebruikt of waar zuurstof wordt toegediend. Vonken van de motor kunnen in een zeer gasvormige omgeving ontbranding veroorzaken.
- Gebruik het product nooit als het snoer of de stekker beschadigd is, als het product niet goed werkt, neem dan contact op met uw dealer. Neem contact op met uw dealer als het apparaat is gevallen of beschadigd of in water is gevallen.
- Houd het snoer uit de buurt van warme oppervlakken.
- De handpulssensoren zijn geen medische apparaten. Verschillende factoren, waaronder de beweging van de gebruiker, kunnen de nauwkeurigheid van de hartslagmetingen beïnvloeden. De pulssensoren zijn alleen bedoeld als hulpmiddel bij het bepalen van hartslagtrends in het algemeen.
- Hartslagbewakingssystemen kunnen onnauwkeurig zijn. Overmatig trainen kan leiden tot ernstig letsel of de dood. Stop onmiddellijk met trainen als u zich zwak voelt.
- Draag geschikte schoenen. Hoge hakken, schoenen, sandalen of blote voeten zijn niet geschikt voor gebruik op uw loopband. Sportschoenen van hoge kwaliteit worden aanbevolen om vermoeide benen te voorkomen.
- Het product mag nooit onbeheerd worden achtergelaten wanneer deze is aangesloten. Trek de stekker uit het stopcontact wanneer u het apparaat niet gebruikt en voordat u onderdelen aanbrengt of verwijdert.
- Sluit het product alleen aan op een correct geaard stopcontact. Zie de aardingsinstructies.
- Dit apparaat kan worden gebruikt door kinderen van 8 jaar en ouder en personen met verminderde lichamelijke, zintuiglijke of mentale vermogens of gebrek aan ervaring en kennis als zij onder toezicht staan of instructie hebben ontvangen over het veilige gebruik van het apparaat en de bijbehorende gevaren begrijpen. Kinderen mogen niet met het apparaat spelen. Reiniging en gebruikersonderhoud mogen niet zonder toezicht door kinderen worden uitgevoerd.

- Geschikte informatie over vervangende onderdelen die het veiligegebruik van de loopband.
- De volgende verklaring: "Geluidsemissie onder belasting is hoger dan zonder belasting."
- Indien van toepassing, de waarde van het A-gewogen emissiegeluidsdruckniveau op het gehoor.
- Wijzig zelf geen enkel onderdeel, het kan de loopband beschadigen of vernietigen.
- Het hieronder vermelde geluidsdruckniveau wordt gemeten onder de voorwaarde dat de trainer zonder belasting functioneert met een snelheid van 8 km/uur. Geluidsdruckniveau (dB) <70dB. Geluidsemissie onder belasting is hoger dan zonder belasting.
- Letsel aan de gezondheid kan het gevolg zijn van onjuiste of overmatige training.
- Verwijder het snoer na gebruik om ongeoorloofde werking van de loopband te voorkomen.
- Maximaal gebruikersgewicht: 180 kg (396 lbs)
- De gebruiker moet op de loopband stappen en op de traprails gaan staan voordat hij de loopband in werking stelt. Start de band met een lage snelheidsinstelling en stap voorzichtig op de band terwijl u de leuningen vasthoudt totdat u gewend bent aan de snelheid. De leuningen worden gebruikt voor initiële stabiliteit en niet voor permanent gebruik.

Figuur 1: Trainingsgebied



Figuur 2: Vrij gebied



# Important electrical information

## **⚠ Warning**

- Never use a RCD - Residual Current Device (U.S ver. = GFCI, a ground fault circuit interrupter) wall outlet with this treadmill. As with any appliance with a large motor, the RCD/GFCI will trip often. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
- Do not attempt any servicing or adjustments other than those described in this manual. All else must be left to trained service personnel familiar with electro-mechanical equipment and authorized under the laws of the country in question to carry out maintenance and repair work.
- Never remove any cover without first disconnecting AC power. If AC voltage varies by 10% or more outside of specified range (200 to 240 V), the performance of your treadmill may be affected. Such conditions are not covered under your warranty. If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.
- Never expose this product to rain or moisture. This product is not designed for use outdoors, near a pool or spa, or in any other high humidity environment. The operating temperature specification is 5 to 48 degrees Celsius (40 to 120 degrees Fahrenheit) and humidity is 95% non-condensing (no water drops forming on surfaces).

- Circuit Breakers: Some circuit breakers are not rated for high inrush currents that can occur when a treadmill is first turned on or even during use. If your treadmill is tripping the circuit breaker (even though it is the proper current rating) but the circuit breaker on the treadmill itself does not trip, you will need to replace the facility breaker with a high inrush type. This is not a warranty defect. This is a condition we as a manufacturer have no ability to control. This part is available through most electrical supply stores.

## **Grounding instructions**

This product must be grounded. In the unlikely event that the treadmill's electrical system should malfunction or break grounding provides a path of least resistance for electric current, reducing the risk of electric shock. This product is equipped with a cord having an equipment-grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

### **⚠ Danger**

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet. Instead have a proper outlet installed by a qualified electrician.

# معلومات

## كهربائية مهمة

### تحذير ▲

- لا تستخدم أبداً { RCD a - جهاز التيار المتبقى (الإصدار الأمريكي). = a GFCI قاطع دائرة العطل المؤرضة) مقبس الحائط مع جهاز المشي هذا. وكما هو الحال مع أي جهاز مزود بمحرك كبير، فإن GFCI/RCD سيتعثر كثيراً. قم بتوجيهه سلك الطاقة بعيداً عن أي جزء متحرك من جهاز المشي بما في ذلك آلية الرفع وعجلات النقل.
- لا تحاول إجراء أي أعمال صيانة أو تعديلات غير تلك المذكورة في هذا الدليل. وكل ما عداهما ينبغي تركه لموظفي الصيانة والخدمة المدربين على التعامل مع المعدات الكهربائية الميكانيكية، والمصرح لهم بالعمل بموجب قانون البلد المعنى الذي تتم فيه أعمال الصيانة والإصلاح.
- تجنب مطلقاً إزالة أي أغطية دون فصل مقبس التيار الكهربائي أولاً. إذا كان جهد التيار المتردد يتغير بنسبة 10% أو أكثر خارج نطاق معين (200 إلى 240 فولت)، فقد يكون أداء جهاز المشي الخاص بك متاثراً. لا يشمل الضمان مثل تلك الحالات. إذا شكت في انخفاض الجهد، فاتصل بشركة الكهرباء المحلية أو فني كهربائي مرخص لإجراء الاختبارات الملائمة.
- تجنب مطلقاً تعريض هذا المنتج للمطر أو الرطوبة. هذا المنتج غير مصمم للاستخدام في المناطق الخارجية ولا بجوار حمام سباحة أو مركز صحي ولا في أي بيئات تتميز بالرطوبة العالية. مواصفات درجة حرارة التشغيل من 5 إلى 48 درجة مئوية (40 إلى 120 درجة فهرنهايت) والرطوبة بنسبة 95% بدون تكتف (لا توجد قطرات ماء تتشكل على الأسطح).
- قواطع الدائرة الكهربائية: لا يتم تصنيف بعض قواطع الدوائر الكهربائية على أنها تيارات تدفق عالية يمكن أن تحدث عند تشغيل جهاز المشي لأول مرة أو حتى أثناء الاستخدام. إذا كان جهاز المشي الخاص بك يفصل قاطع الدائرة (حتى لو كان التصنيف الحالي المناسب) ولكن قاطع الدائرة الموجود بجهاز المسي نفسه لا ينتقل، فستحتاج إلى استبدال قاطع المرفق بنوع تدفق عالي. هذا لا يعد عيباً الضمان. هذه حالة نحن كشركة مصنعة ليس لدينا القدرة على السيطرة عليها. هذا الجزء متاح من خلال معظم متاجر الإمداد بالكهرباء.

## تعليمات التأريض

يجب تأريض هذه المنتجات. في حالة التعرض لخلل أو عطل مفاجئ في النظام الكهربائي لجهاز المشي، يوفر التأريض مساراً أقل مقاومة للتيار الكهربائي، مما يقلل من خطر التعرض لصدمة كهربائية. هذا المنتج مجهز بقابل مزود بقباس وأداة تأريض. يجب توصيل القابس بمأخذ تيار كهربائي مثبت وموصل بشكل صحيح بما يتفق مع كافة الرموز واللوائح المحلية.

## خطر

يمكن أن يؤدي التوصيل غير الصحيح لموصل تأريض المعدات إلى التعرض لصدمة كهربائية. إذا كنت تشك في توصيل المنتج وتتأريضه بشكل مناسب، فاطلب من فني كهربائي مرخص لإجراء الاختبارات الملائمة التحقق منه. لا تقم بتعديل القابس المرفق مع المنتج إذا لم يكن مناسباً للمنفذ. بدلاً من ذلك، قم بتركيب منفذ مناسب بواسطة كهربائي مؤهل.

# Wichtige elektrische Hinweise

## **⚠ Warnung**

- Für dieses Laufband niemals eine Steckdose eines FI-Schutzschalters (US Ver. = GFCI, ein Fehlerstromschutzschalter) verwenden. Wie bei jedem Gerät mit großem Motor löst der FI / GFCI-Schutzschalter häufig aus. Verlegen Sie das Netzkabel von allen beweglichen Teilen des Laufbandes, einschließlich Hebemechanismus und Transporträdern, weg.
- Führen Sie keine anderen als in diesem Handbuch beschriebenen Wartungen oder Anpassungen aus. Alles andere muss geschultem Servicepersonal überlassen werden, das mit elektromechanischen Geräten vertraut und nach den Gesetzen des jeweiligen Landes zur Durchführung von Wartungs- und Reparaturarbeiten befugt ist.
- Entfernen Sie nie eine Abdeckung ohne vorher den Stecker aus der Steckdose zu ziehen. Wenn die Wechselspannung um 10% oder mehr außerhalb des angegebenen Bereichs (200 bis 240 V) variiert, kann dies die Leistung Ihres Laufbands beeinträchtigen. Solche Bedingungen werden nicht von Ihrer Garantie abgedeckt. Wenn Sie vermuten, dass die Spannung niedrig ist, kontaktieren Sie Ihr örtliches Stromversorgungsunternehmen oder einen lizenzierten Elektriker für eine ordnungsgemäße Prüfung.
- Setzen Sie dieses Gerät niemals Regen oder Feuchtigkeit aus. Dieses Produkt ist nicht zur Verwendung im Freien, in der Nähe eines Pools oder Spas oder in einer anderen Umgebung mit hoher Luftfeuchtigkeit konzipiert. Die Betriebstemperatur beträgt 5 bis 48 Grad Celsius (40 bis 120 Grad Fahrenheit) und die Luftfeuchtigkeit ist zu 95% nicht kondensierend (keine Bildung von Wassertropfen auf Oberflächen).

- Sicherungsschalter: Einige Sicherungsschalter sind nicht für hohe Einschaltströme ausgelegt, die auftreten können, wenn ein Laufband zum ersten Mal eingeschaltet wird oder sogar während des Betriebs. Wenn Ihr Laufband den Sicherungsschalter auslöst (obwohl dies die richtige Stromstärke ist), der Sicherungsschalter auf dem Laufband selbst jedoch nicht auslöst, müssen Sie den Sicherungsschalter durch einen Sicherungsschalter mit hohem Einschaltstrom ersetzen. Dies ist kein Garantiemangel. Hierauf haben wir als Hersteller keinen Einfluss. Dieses Teil ist in den meisten Elektrofachläden erhältlich.

## **Erdungsanweisungen**

Dieses Produkt muss geerdet werden. In dem unwahrscheinlichen Fall, dass an dem Elektrosystem des Laufbandes Fehlfunktionen oder eine Unterbrechung der Erdung auftreten, besteht die Gefahr eines Stromschlags. Dieses Produkt ist mit einem Kabel mit Erdungsstecker ausgestattet. Der Stecker muss in eine geeignete Steckdose gesteckt werden, die ordnungsgemäß, in Übereinstimmung mit allen örtlichen Vorschriften und Verordnungen eingebaut und geerdet ist.

### **⚠ Gefahr**

Ein unsachgemäß Anschluss des Erdungsleiters des Geräts kann zu einem Stomschlag führen. Wenn Sie Zweifel an der ordnungsgemäßen Erdung Ihres Produktes haben, lassen Sie es von einem qualifizierten Elektriker oder Servicetechniker überprüfen. Ändern Sie den mit dem Produkt gelieferten Stecker nicht, wenn er nicht in die Steckdose passt. Lassen Sie stattdessen eine geeignete Steckdose von einem qualifizierten Elektriker einbauen.

# Consignes Renseignements importants en matière d'électricité

## **⚠ Avertissement**

- Ne jamais utiliser une prise murale RCD - Residual Current Device (U.S ver. = GFCI, un disjoncteur de fuite à la terre) avec ce tapis. Comme pour tout appareil avec un gros moteur, le disjoncteur différentiel (RCD/GFCI) se déclenchera souvent. Eloignez le cordon d'alimentation de toute pièce mobile du tapis, incluant le mécanisme d'élévation et les roues de déplacement.
- N'essayez pas d'effectuer d'autres opérations d'entretien ou de réglage que celles décrites dans ce manuel. Tout le reste doit être confié à un personnel de service qualifié et connaissant les équipements électromécaniques, et autorisé par la législation du pays en question à effectuer des travaux d'entretien et de réparation.
- N'enlevez JAMAIS le couvercle sans avoir déconnecté au préalable l'alimentation en courant alternatif. Si la tension en CA varie de dix pour cent (10 %) ou plus, (200 à 240 V), les performances de votre tapis risquent d'être affectées. De telles conditions ne sont pas couvertes par la garantie. Si vous pensez que la tension est trop basse, contactez votre fournisseur local d'électricité ou un électricien qualifié pour tester le courant électrique.
- Ne jamais exposer ce produit à la pluie ou à l'humidité. Ce produit n'est pas conçu pour être utilisé à l'extérieur, près d'une piscine ou d'un spa, ni dans aucun autre environnement particulièrement humide. La température de fonctionnement varie de 5 à 48 degrés Celsius (40 à 120 degrés Fahrenheit) et le taux d'humidité est de 95 % sans condensation (aucune goutte d'eau ne se forme sur les surfaces).

- Disjoncteurs : Certains disjoncteurs utilisés dans les résidences ne sont pas conçus pour les courants d'appel élevés qui peuvent se produire lorsqu'un tapis démarre initialement ou même au cours de son utilisation. Si le tapis de course fait déclencher le disjoncteur de votre habitation, même s'il s'agit du courant approprié et que le tapis est seul sur le circuit et que le disjoncteur du tapis ne déclenche pas, vous devrez remplacer le disjoncteur de la maison par un type de calibre plus élevé. Il ne s'agit pas d'un défaut couvert par la garantie, mais plutôt d'un contexte indépendant de notre contrôle en usine. Cette pièce est disponible dans la plupart des magasins d'accessoires électriques.

## **Renseignements concernant la mise à la terre**

Ce produit doit faire l'objet d'une mise à la terre. Dans le cas peu probable où le système électrique du tapis de course ne fonctionnerait pas correctement ou que la mise à la terre serait interrompue, le courant électrique serait moins résistant, ce qui réduirait le risque de choc électrique. Ce produit est équipé d'un cordon d'alimentation muni d'une fiche à contact de mise à la terre. La fiche doit être branchée dans une prise de courant appropriée installée convenablement et mise à la terre conformément aux codes et aux règlements locaux.

### **⚠ Danger**

Un branchement incorrect du conducteur de mise à la terre de l'appareil peut entraîner un risque d'électrocution. En cas de doute sur la mise à la terre de l'appareil, consultez un électricien ou un dépanneur qualifié. Ne modifiez pas la fiche du produit si elle ne convient pas à la prise de courant. Faites plutôt installer une prise de courant appropriée par un électricien qualifié.

# Belangrijke informatie betreffende elektriciteit

## ⚠ Waarschuwing

- Gebruik nooit een stopcontact (UK = RCD, VS = GFCI) met met aardlekschakelaar voor deze loopband. Zoals bij elk apparaat met een grote motor, zal de aardlekschakelaar vaak uitslaan. Leid het netsnoer weg van bewegende delen van de loopband, met inbegrip van het hefmechanisme en de transportwielen.
- Voer geen onderhoud of aanpassingen uit die niet in deze handleiding worden beschreven. Al het andere moet worden overgelaten aan opgeleid onderhoudspersoneel dat bekend is met elektromechanische apparatuur en volgens de wetgeving van het betreffende land bevoegd is om onderhouds- en reparatiewerkzaamheden uit te voeren.
- Verwijder nooit een afdekking zonder eerst de netvoeding los te koppelen. Als de netspanning met 10% of meer buiten het gespecificeerde bereik varieert (200 tot 240 V), kunnen de prestaties van uw loopband worden beïnvloed. Dergelijke omstandigheden vallen niet onder de garantie. Als u vermoedt dat de spanning laag is, neem dan contact op met uw plaatselijke energiebedrijf of een erkende elektricien voor een test op correcte wijze.
- Stel dit product nooit bloot aan regen of vocht. Dit product is niet ontworpen voor gebruik buitenshuis, in de buurt van een zwembad of spa, of in een andere, zeer vochtige omgeving. De bedrijfstemperatuurspecificatie is van 5 tot 48 graden Celsius (40 tot 120 graden Fahrenheit) en de luchtvuchtigheid is 95% zonder condensatie (geen vorming van waterdruppels)

- Stroomonderbrekers: Sommige stroomonderbrekers zijn niet geschikt voor hoge startspanningen die kunnen optreden wanneer een loopband wordt ingeschakeld of zelfs tijdens gebruik. Als uw loopband de stroomonderbreker uitschakelt (zelfs als deze de juiste stroomsterkte heeft) maar de stroomonderbreker op de loopband zelf niet uitschakelt, moet u de stroomonderbreker vervangen door een hoger amperage. Dit is geen defect dat onder de garantie valt. Dit is een omstandigheid die wij als fabrikant niet onder controle hebben. Dit onderdeel is verkrijgbaar via de meeste elektriciteitswinkels.

## Aardingsinstructies

Dit product moet geaard worden. In het onwaarschijnlijke geval dat het elektrische systeem van de loopband defect raakt, biedt de aarding een weg van de minste weerstand voor elektrische stroom, waardoor het risico op elektrische schokken wordt verminderd. Dit product is uitgerust met een snoer met een aardestekker. De stekker moet worden aangesloten op een geschikt stopcontact dat op de juiste wijze is geïnstalleerd en geaard in overeenstemming met alle lokale voorschriften en verordeningen.

### **Gevaar**

Een onjuiste aansluiting van de aardgeleider van de apparatuur kan leiden tot een elektrische schok. Neem contact op met een gekwalificeerde elektricien of onderhoudsmonteur indien u twijfelt of het product correct is geaard. Wijzig de bij het product geleverde stekker niet als deze niet in het stopcontact past. Laat daarentegen een geschikt stopcontact installeren door een gekwalificeerde elektricien.

# Important operation instructions

- Never operate this product without reading and completely understanding the results of any operational change you request from the console.
- Never use your treadmill during an electrical storm. Surges may occur in your household power supply that could damage treadmill components.
- Understand that changes in speed or incline do not occur immediately. Set your desired speed or incline level on the console and release the adjustment key. The console will obey the command gradually.
- Use caution while participating in other activities while on your Treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance which may result in serious injury.
- Never mount or dismount the treadmill while the belt is moving. treadmills start with at a very low speed and it is unnecessary to straddle the belt during start up. Simply standing on the belt during slow acceleration is proper after you have learned to operate the unit.
- Always hold on to a handrail or hand bar while making control changes (incline, speed, etc.).
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. Pushing harder is not going to make the unit go faster or slower. If you feel the buttons are not functioning properly with normal pressure contact your dealer.

## **Safety tether cord**

A safety tether cord is provided with this unit. It is a simple magnetic design that should be used at all times. It is for your safety should you fall or move too far back on the belt. Pulling this safety tether cord will stop belt movement. To use:

- Place the magnet into position on the round metal portion of the console control head. Your treadmill will not start and operate without this. Removing the magnet also secures the treadmill from unauthorized use.
- Fasten the plastic clip onto your clothing securely to assure good holding power. Note: The magnet has strong enough power to minimize accidental, unexpected stopping. The clip should be attached securely to make certain it does not come off. Be familiar with its function and limitations. The treadmill will stop, depending on speed, with a one to two step coast anytime the magnet is pulled off the console. Use the Stop / Pause switch in normal operation.
- If for any reason you feel unstable on the moving belt, immediately step off of the belt and onto the step rails while holding the handrails for support. You can then step off the treadmill safely

# إرشادات التشغيل

## المهمة

- تجنب مطلقاً تشغيل هذا المنتج دون قراءة نتائج أي تغيير تشغيلي تطلبه من وحدة التحكم.
- لا تستخدم جهاز المشي أثناء حدوث عاصفة كهربائية. قد تحدث تدفقات في مصدر الطاقة المنزلي قد يتسبب في تلف مكونات جهاز المشي.
- يجب عليك إدراك أن التغييرات التي تُجرى على السرعة أو الميل لا تحدث في الحال. عين السرعة المطلوبة أو مستوى الميل المطلوب على وحدة التحكم ثم حرر مفتاح الضبط. ستلبي الوحدة الأمر بشكل تدريجي.
- كن حذراً أثناء المشاركة في أنشطة أخرى أثناء استخدام جهاز المشي. مثل مشاهدة التلفزيون والقراءة وما إلى ذلك. قد تؤدي هذه الملهيات إلى فقدان توازنك مما قد يؤدي إلى إصابة خطيرة.
- لا تقم مطلقاً بتركيب جهاز المشي أو فكه أثناء تحرك الحزام. تبدأ أجهزة المشي بسرعة منخفضة للغاية ومن غير الضروري وضع الحزام أثناء بدء التشغيل. يعد الوقوف على الحزام أثناء التسارع البطيء أمراً مناسباً بعد أن تعلمت تشغيل الوحدة.
- دائماً أمسك بالدرايزين أو شريط اليد أثناء إجراء تغييرات التحكم (الميل، والسرعة، وما إلى ذلك).
- لا تضغط بشدة على مفاتيح التحكم في الوحدة. فهي مصممة لتعمل بشكل ملائم مع الضغط البسيط عليها بالإصبع. الضغط بقوة أكبر لن يجعل الوحدة أسرع أو أبطأ. إذا كنت تشعر بأن أزرار لا تعمل بشكل صحيح مع الضغط العادي عليها فتواصل مع الموزع.

## سلك السلامة المطول

يتم توفير سلك السلامة المطول مع هذه الوحدة. فهو عبارة عن تصميم مغناطيسي بسيط يجب استخدامه في جميع الأوقات. إنه من أجل سلامتك إذا تعرضت للسقوط أو تحركت بعيداً جداً على الحزام. سيؤدي سحب سلك السلامة المطول هذا إلى إيقاف حركة الحزام. للاستخدام:

- ضع المغناطيس في موضعه على الجزء المعدني المستدير لرأس وحدة التحكم. جهاز المشي الخاص بك لن يبدأ ويعمل بدون هذا الإجراء. تؤدي إزالة المغناطيس أيضاً إلى تأمين جهاز المشي ضد الاستخدام تلقائياً.
- اربط القصاصة البلاستيكية على ملابسك بأمان لضمان تحقيق قوة حمل جيدة. ملاحظة: يتمتع المغناطيس بقدرة قوية كافية لقليل حدوث التوقف العرضي وغير المتوقع. يجب توصيل المشبك بشكل آمن للتأكد من عدم انفكاه. يجب أن تكون على دراية بوظيفته والقيود. سيتوقف جهاز المشي، اعتماداً على السرعة، بمقدار خطوة إلى خطوتين بشكل انسابي في أي وقت يتم فيه سحب المغناطيس من وحدة التحكم. استخدم مفتاح الإيقاف/الإيقاف المؤقت في التشغيل العادي.
- إذا شعرت لأي سبب من الأسباب بعدم اتزان في الحزام المتحرك، فعليك الابتعاد فوراً عن الحزام ودرابزين القصبان مع الإمساك بالدرازبين للحصول على الدعم. يمكنك بعد ذلك النزول من جهاز المشي بأمان

# Wichtige Bedienungsanwei sungen

- Betreiben Sie dieses Produkt niemals, ohne die Ergebnisse einer von Ihnen über die Konsole angeforderten Betriebsänderung gelesen und vollständig verstanden zu haben.
- Benutzen Sie Ihr Laufband nie während eines Gewitters. In Ihrem Haushaltsnetzteil können Überspannungen auftreten, die die Laufbandkomponenten beschädigen können.
- Seien Sie sich bewusst, dass Geschwindigkeits- oder Neigungsänderungen nicht sofort auftreten. Stellen Sie Ihre gewünschte Geschwindigkeits- oder Neigungsstufe auf der Konsole ein und lassen Sie die Einstelltaste los. Die Konsole folgt dem Befehl nach und nach.
- Seien Sie vorsichtig, wenn Sie auf Ihrem Laufband andere Aktivitäten ausüben, wie Fernsehen, Lesen, etc. Diese Ablenkungen können dazu führen, dass Sie die Balance verlieren und so zu ernsthaften Verletzungen führen.
- Steigen Sie nie bei laufendem Band auf oder von Ihrem Laufband. Laufbänder beginnen mit einer sehr niedrigen Geschwindigkeit und es ist nicht notwendig, das Band während des Startvorgangs zu spreizen. Wenn Sie die Bedienung des Geräts gelernt haben, müssen Sie sich beim langsamen Beschleunigen nur auf das Band stellen.
- Bei Änderungen an der Steuerung (Neigung, Geschwindigkeit etc.) halten Sie sich immer an einem Handgriff oder einer Haltestange fest..
- Üben Sie keinen übermäßigen Druck auf die Steuertasten aus. Sie sind präzise eingestellt, um mit geringem Fingerdruck richtig zu funktionieren. Durch stärkeres Drücken wird das Gerät nicht schneller oder langsamer. Wenn Sie das Gefühl haben, dass die Tasten bei normalem Druckkontakt nicht richtig funktionieren, kontaktieren Sie Ihren Händler.

## **Sicherheitsleine**

Diesem Gerät liegt eine Sicherheitsleine bei. Es ist ein einfaches magnetisches Design, das jederzeit verwendet werden sollte. Es dient Ihrer Sicherheit, falls Sie fallen oder zu weit nach hinten auf das Band geraten sollten. Wenn Sie an dieser Leine ziehen, stoppt das Band. Verwendung:

- Platzieren Sie den Magneten auf dem runden Metallteil des Konsolensteuerkopfs. Ihr Laufband wird ohne ihn nicht starten und laufen. Das Entfernen des Magneten schützt das Laufband auch vor unbefugter Benutzung.
- Befestigen Sie den Plastikclip sicher an Ihrer Kleidung, um eine gute Haltekraft zu gewährleisten. Hinweis: Der Magnet ist stark genug, um ein versehentliches, unerwartetes Anhalten zu minimieren. Der Clip sollte sicher angebracht werden, um sicherzugehen, dass er sich nicht löst. Machen Sie sich mit seiner Funktion und seinen Einschränkungen vertraut. Das Laufband stoppt je nach Geschwindigkeit mit einem bis zwei Schritten Leerlauf, sobald der Magnet von der Konsole abgezogen wird. Benutzen Sie bei normalem Betrieb den Stop- / Pauseschalter.
- Wenn Sie sich aus irgendwelchen Gründen auf dem sich bewegenden Band unsicher fühlen, steigen Sie sofort vom Band auf die Trittschienen, wobei Sie sich zur Unterstützung an den Handgriffen festhalten. Dann können Sie sicher vom Laufband heruntersteigen.

# Consignes d'utilisation importantes

- N'utilisez jamais ce produit sans lire ni comprendre pleinement les conséquences de tout changement opérationnel opéré sur la console.
- N'utilisez JAMAIS ce tapis pendant un orage. Des surtensions peuvent se produire dans l'alimentation électrique de votre maison, ce qui peut endommager les composantes du tapis de course.
- Vous devez comprendre que les changements de vitesse ou d'inclinaison ne se produisent pas immédiatement. Réglez la vitesse ou le niveau d'inclinaison désiré sur la console et relâchez la touche de réglage. La console obéira progressivement à la commande.
- Faites preuve de prudence en faisant d'autres activités en marchant sur votre tapis, par exemple, regarder la télévision, lire ou autres. Ces distractions peuvent vous faire perdre l'équilibre, et ainsi entraîner des blessures graves.
- Ne jamais monter ou démonter le tapis de course lorsque le tapis/la plateforme est en mouvement. Le tapis démarre à une vitesse très faible et il n'est pas nécessaire de chevaucher la plateforme au démarrage. Une fois familiarisé avec l'appareil, il suffit de se tenir debout sur le tapis/la plateforme en accélération lente.
- Tenez toujours un support ou une barre en effectuant les changements de contrôle(inclinaison, vitesse ou autres).
- N'exercez pas une pression excessive sur les touches de commande de la console. Elles sont réglées avec précision pour un fonctionnement optimal d'une simple pression du doigt. Appuyer plus fort ne rendra pas l'appareil plus rapide ou plus lent. Si vous pensez que les touches ne répondent pas efficacement, malgré une pression normale, contactez votre evendeur.

## **Cordon de sécurité**

Cet appareil est fourni avec un cordon de sécurité. Il s'agit d'un élément magnétique simple à utiliser systématiquement. C'est pour votre sécurité en cas de chute, ou si vous reculez trop loin sur le tapis. Si vous tirez ce cordon de sécurité, le dispositif s'interrompt automatiquement. Utilisation:

- Placez l'aimant correctement sur la partie métallique arrondie de la partie supérieure de la console de commande. Sans cela, votre tapis de course ne démarrera pas et ne fonctionnera pas. Le retrait de l'aimant protège également le tapis contre toute utilisation non autorisée.
- Fixez solidement le clip en plastique sur vos vêtements pour assurer une bonne préhension. Remarque : L'aimant est suffisamment puissant pour minimiser les arrêts accidentels et inattendus. Le clip doit être solidement fixé de manière à ne pouvoir se détacher. Vérifiez sa fonction et ses limites. Le tapis de course s'arrêtera, en fonction de la vitesse, avec un ou deux pas chaque fois que l'aimant est retiré de la console. Utilisez l'interrupteur Stop / Pause en fonctionnement normal.
- Si, pour quelque raison que ce soit, vous vous sentez instable sur le tapis en mouvement, descendez immédiatement et mettez-vous sur le rail de butée, tout en tenant les mains courantes pour vous soutenir. Vous pouvez alors descendre du tapis de course en toute sécurité.

# Belangrijke bedieningsinstructies

- Gebruik dit product nooit zonder de resultaten te lezen en volledig te begrijpen van een eventuele operationele wijziging die u van de console vraagt.
- Gebruik uw loopband nooit tijdens onweer. Er kunnen spanningspieken in uw huishoudelijke stroomvoorziening optreden die componenten van de loopband kunnen beschadigen.
- Onthoudt dat veranderingen in snelheid of helling niet onmiddellijk optreden. Stel de gewenste snelheid of hellingsniveau in op de console en laat de aanpassingssleutel los. De console zal de opdracht geleidelijk uitvoeren.
- Wees voorzichtig wanneer u deelneemt aan andere activiteiten terwijl u op uw loopband staat, zoals televisie kijken, lezen, etc. Deze afleidingen kunnen ertoe leiden dat u uw evenwicht verliest, wat kan leiden tot ernstig letsel.
- Monteer of demonteer de loopband nooit terwijl de band beweegt. Loopbanden beginnen met een zeer lage snelheid en het is niet nodig om schrijlings op de band te staan tijdens het opstarten. Gewoon op de band staan tijdens langzame acceleratie is correct nadat u hebt geleerd het apparaat te bedienen.
- Houd altijd een leuning of handgreep vast terwijl u bedieningswijzigingen aanbrengt (helling, snelheid, enz.).
- Oefen geen overmatige druk uit op de bedieningstoetsen van de console. Ze zijn nauwkeurig ingesteld om goed te kunnen functioneren door een kleine vingerdruk. Door harder te duwen gaat het apparaat niet sneller of langzamer. Als u denkt dat de knoppen niet goed werken bij normale druk, neem dan contact op met uw dealer.

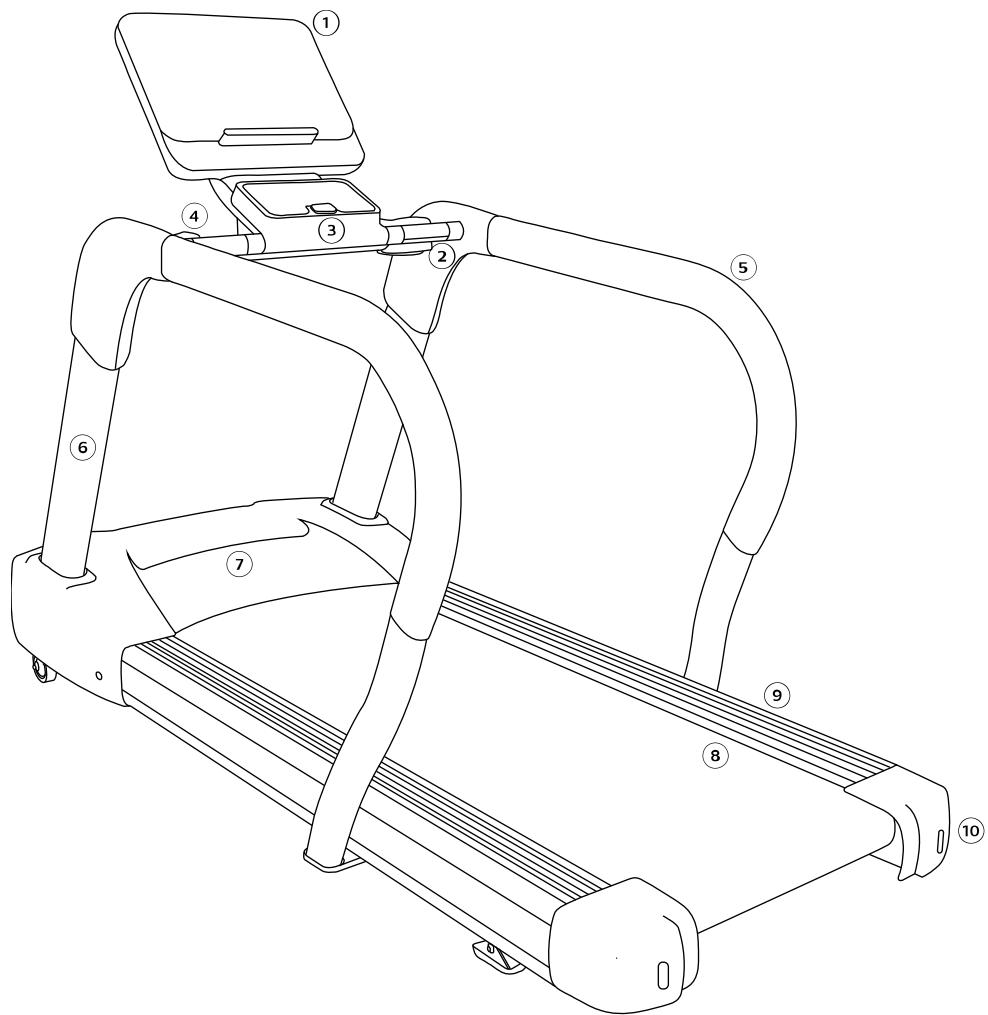
## **Veiligheidskoord**

Bij dit apparaat wordt een veiligheidskoord meegeleverd. Het is een eenvoudig magnetisch concept dat altijd moet worden gebruikt. Het is voor uw veiligheid als u valt of te ver naar achteren beweegt op de band. Als u aan dit veiligheidskoord trekt, stopt de band.

Gebruik:

- Plaats de magneet op het ronde metalen gedeelte van de bedieningskop van de console. Zonder dit zal uw loopband niet starten en functioneren. Het verwijderen van de magneet beveiligt de loopband ook tegen ongeautoriseerd gebruik.
- Bevestig de plastic clip stevig aan uw kleding om indien nodig een goede weerstand te garanderen. Opmerking: De magneet heeft voldoende kracht om onbedoeld en onverwacht stoppen tot een minimum te beperken. De clip moet stevig worden bevestigd om ervoor te zorgen dat deze goed vast blijft zitten. Zorg dat u bekend bent met de functie en de bijbehorende beperkingen. Afhankelijk van de snelheid stopt de loopband na één tot twee stappen wanneer de magneet van de console wordt getrokken. Gebruik de Stop / Pauze-schakelaar bij normaal gebruik.
- Als u om welke reden dan ook onstabiliteit ervaart op de bewegende band, stap dan onmiddellijk van de band af op de traprails terwijl u de leuningen vasthoudt ter ondersteuning. U kunt dan veilig van de loopband stappen.

# Features



## 4.0 T – Treadmill

Parts and adjustments

1. Console
2. Handlebar with hand pulse grips
3. Safety tether cord placement
4. Water bottle holder
5. Extended handrails
6. Console mast
7. Motor cover
8. Belt
9. Side rail
10. Tracking / Tension adjustment bolts

# Assembly instructions

## **Unpacking**

- Cut the straps, then lift the box over the unit and unpack.
- Carefully remove all parts from the carton and inspect for any damage or missing parts. If parts are damaged or missing, contact your dealer immediately.
- Locate the hardware package. Remove the tools first. Remove the hardware for each step as needed to avoid confusion. The numbers in the instructions that are in parenthesis (#) are the item number from the assembly drawing for reference.

## **Tools included**

- 5mm L Allen Wrench
- 6mm L Allen Wrench
- 1 Phillips Screwdriver

## **Parts included**

- 1 Main Frame
- 2 Console Mast
- 1 Main Panel
- 1 Console
- 1 Console Bracket Cover
- 4 Handrail Cover

## Assembly

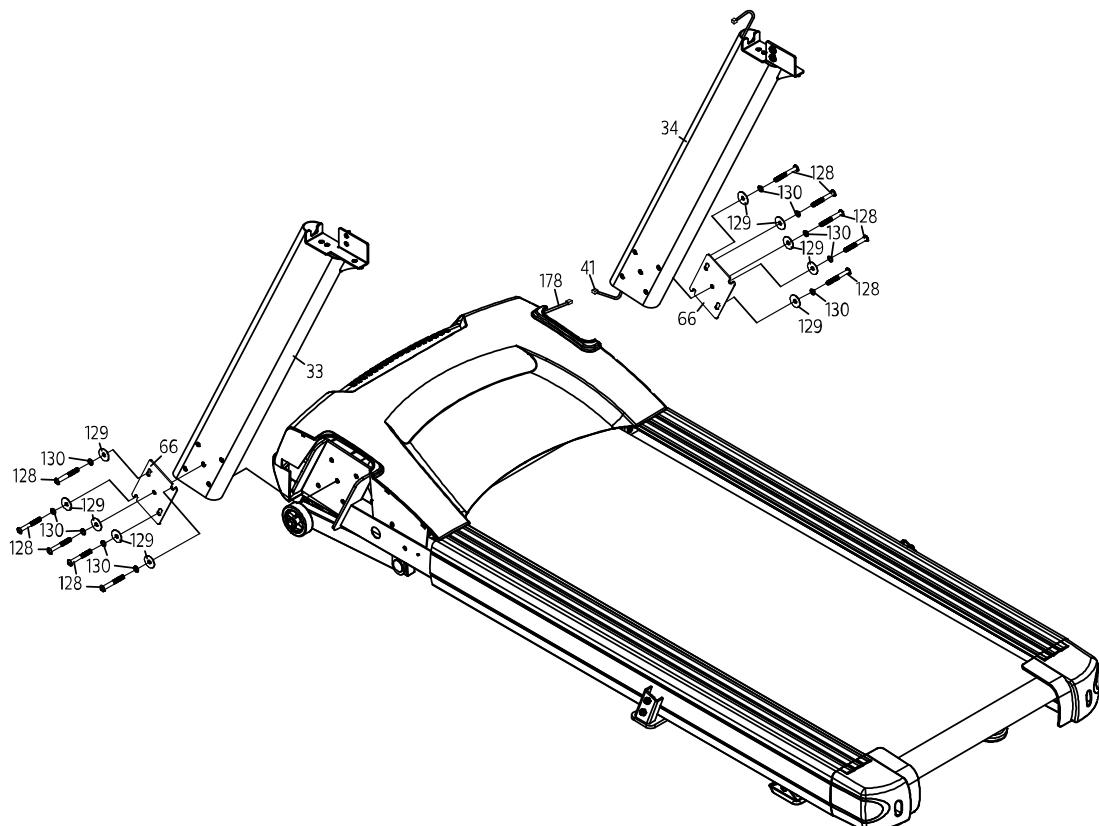
Read each step's instructions and study the drawing carefully to become familiar with all the parts and procedures before beginning each step.

### Step 1.

- Attach one Fixing Plate (66) and Left Console Mast (33) to Frame (1) using five Bolts (128), five Split Washers (130), and five Flat Washers (129). Do not tighten before putting the console on.
- Connect Wires (41) from the Right Console Mast (34) with another Wires (178 ) from the Frame (1). Then attach another Fixing Plate (66) and Right Console Mast (34) to Frame (1) using five Bolts (128), five Split Washers (130), and five Flat Washers (129). Do not pinch Wires (41 & 178). Do not tighten before putting the console on.

Hardware for step 1

Part	Type	Description	Qty
128	Bolt	3/8" x 3"	10
129	Flat washer	$\varnothing 3/8" \times \varnothing 35 \times 2T$	10
130	Split washer	$\varnothing 10 \times 2.0T$	10

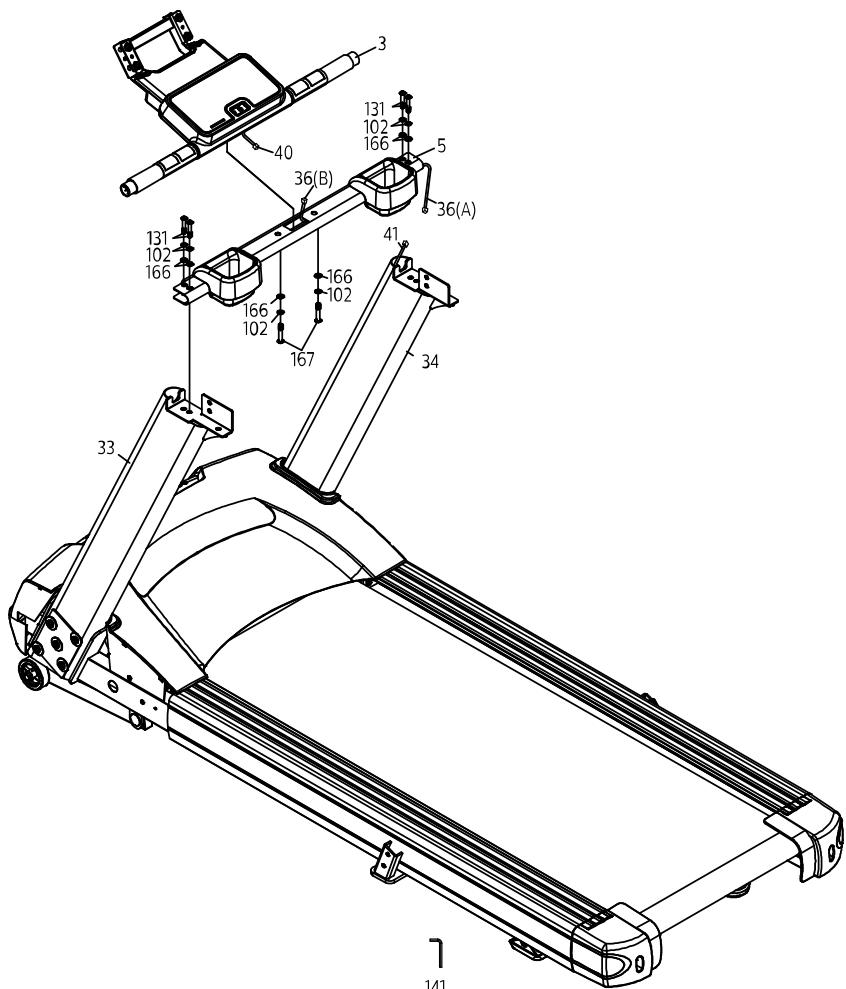


## Step 2.

- Connect Wires (41) with Handle Bar Wires (36A) from Handle Bar Frame (5). Do not pinch Wires (41 & 36A).
- Install Handle Bar Frame (3) onto the console masts using Bolts (131), Split Washers (102) and Flat Washers (166). Do not tighten before putting the console on.
- Connect Wires (40) from Lower Console Assembly (3) with Handle Bar Wires (36A).
- Install Lower Console Assembly (3) onto Handle Bar Frame (3) using Bolts (167), Split Washers (102) and Flat Washers (166). Do not tighten before putting the console on.

Hardware for step 2

Part	Type	Description	Qty
102	Split washer	$\varnothing 8 \times 1.5T$	6
131	Bolt	M8 × 45mm	4
166	Flat washer	$\varnothing 8.5 \times \varnothing 16 \times 1.5T$	6
167	Bolt	M8 × 50mm	2

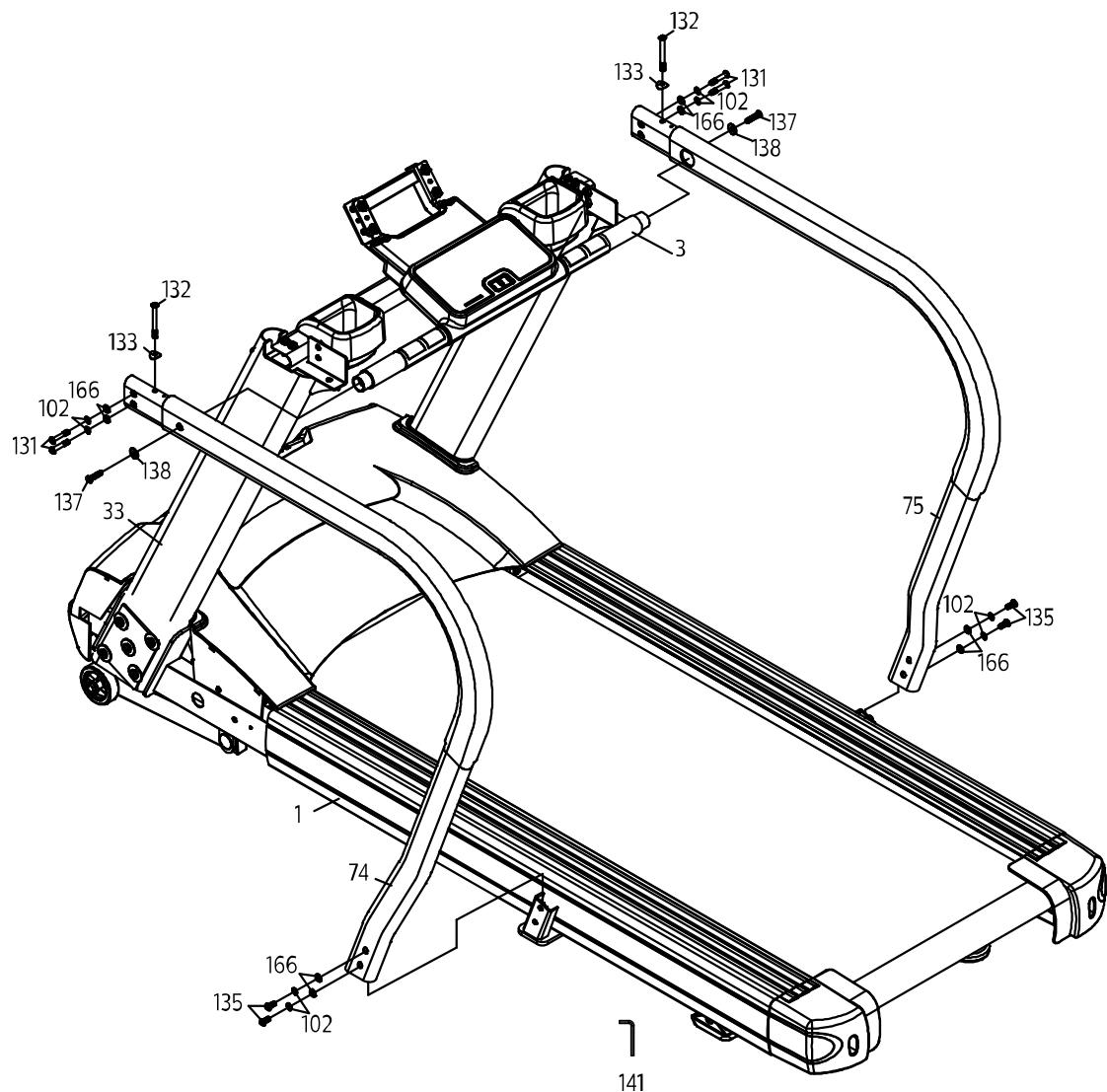


### **Step 3.**

- Attach Left Handrail (74) onto Frame (1) and Lower Console Assembly (3), at the top area using two Bolts (131), two Split Washers (102), two Flat Washers (166), one Bolt (132), one Curved Washer (133), one Bolt (137) and one Flat Washer (138) at the bottom area using two Bolts (135), two Split Washers (102) and two Flat Washers (166). Do not tighten before putting both handrails on.
- Attach Right Handrail (75) onto Frame (1) and Lower Console Assembly (3), at the top area using two Bolts (131), two Split Washers (102), two Flat Washers (166), one Bolt (132), one Curved Washer (133), one Bolt (137) and one Flat Washer (138) at the bottom area using two Bolts (135), two Split Washers (102) and two Flat Washers (166).
- Tight all bolts and washers from previous step.

**Hardware for step 3**

Part	Type	Description	Qty
102	Split washer	$\varnothing 8 \times 1.5T$	8
131	Bolt	M8 × 45mm	4
132	Bolt	M8 × 80mm	2
133	Curved washer	$\varnothing 10 \times \varnothing 23 \times 1.5T$	2
135	Bolt	M8 × 20mm	4
137	Bolt	M8 × 35mm	2
138	Flat washer	$\varnothing 5/16" \times \varnothing 35 \times 1.5T$	2
166	Flat Washer	$\varnothing 8.5 \times \varnothing 16 \times 1.5T$	8

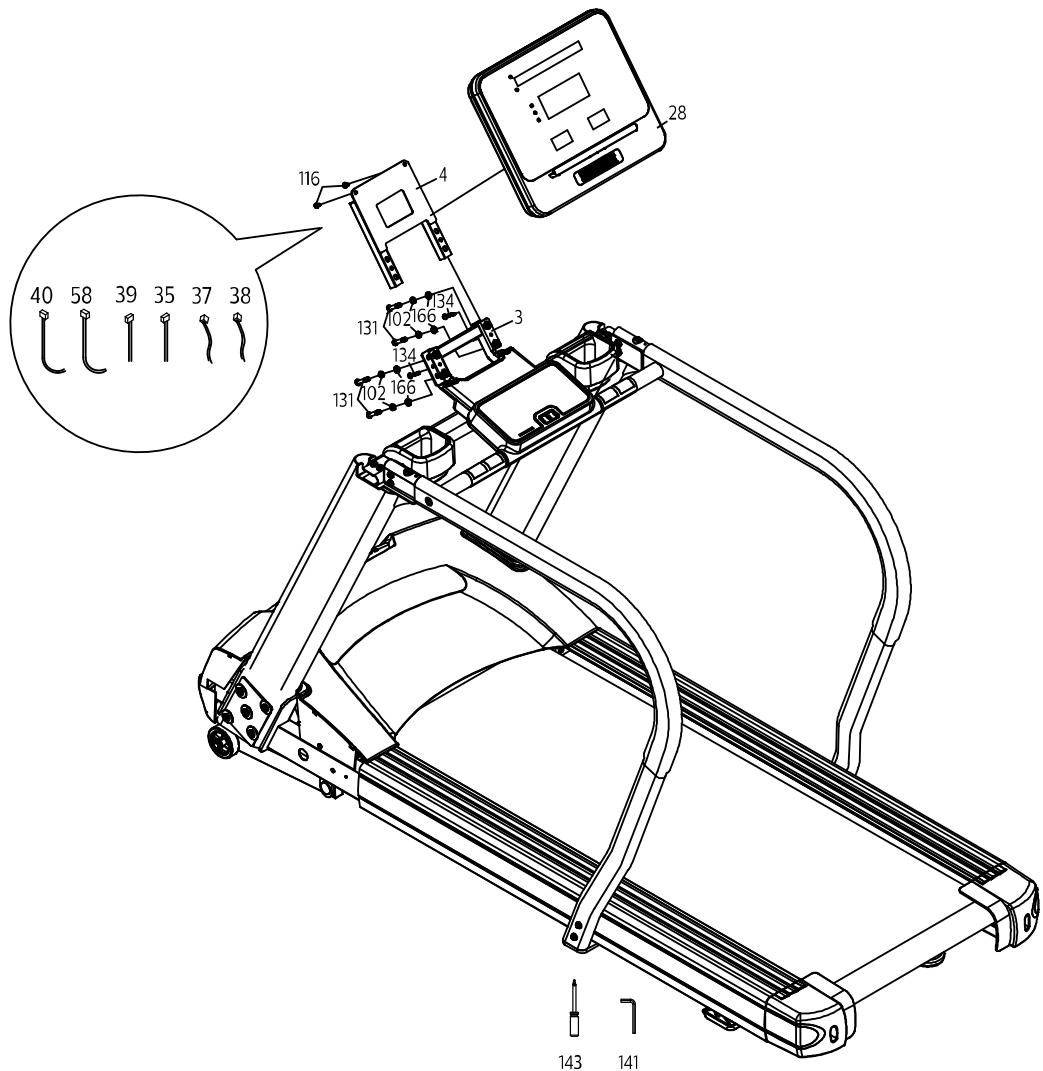


## Step 4.

- Attach Console Frame (4) on Lower Console Assembly (3) using four Bolts (131), four Split Washers (102) and four Flat Washers (166).
- Connect the Wiring Harness (35.37.38.39.40.58) with Console (28), attach Console (28) on Console Frame (4) using two Screws (116), and two Screws (134).

Hardware for step 4

Part	Type	Description	Qty
116	Screw	M5 × 12mm	2
102	Split washer	Ø8 × 1.5T	4
131	Screw	M8 × 45mm	4
134	Screw	M5 × 40mm	2
166	Flat washer	Ø8.5 × Ø16 × 1.5T	4

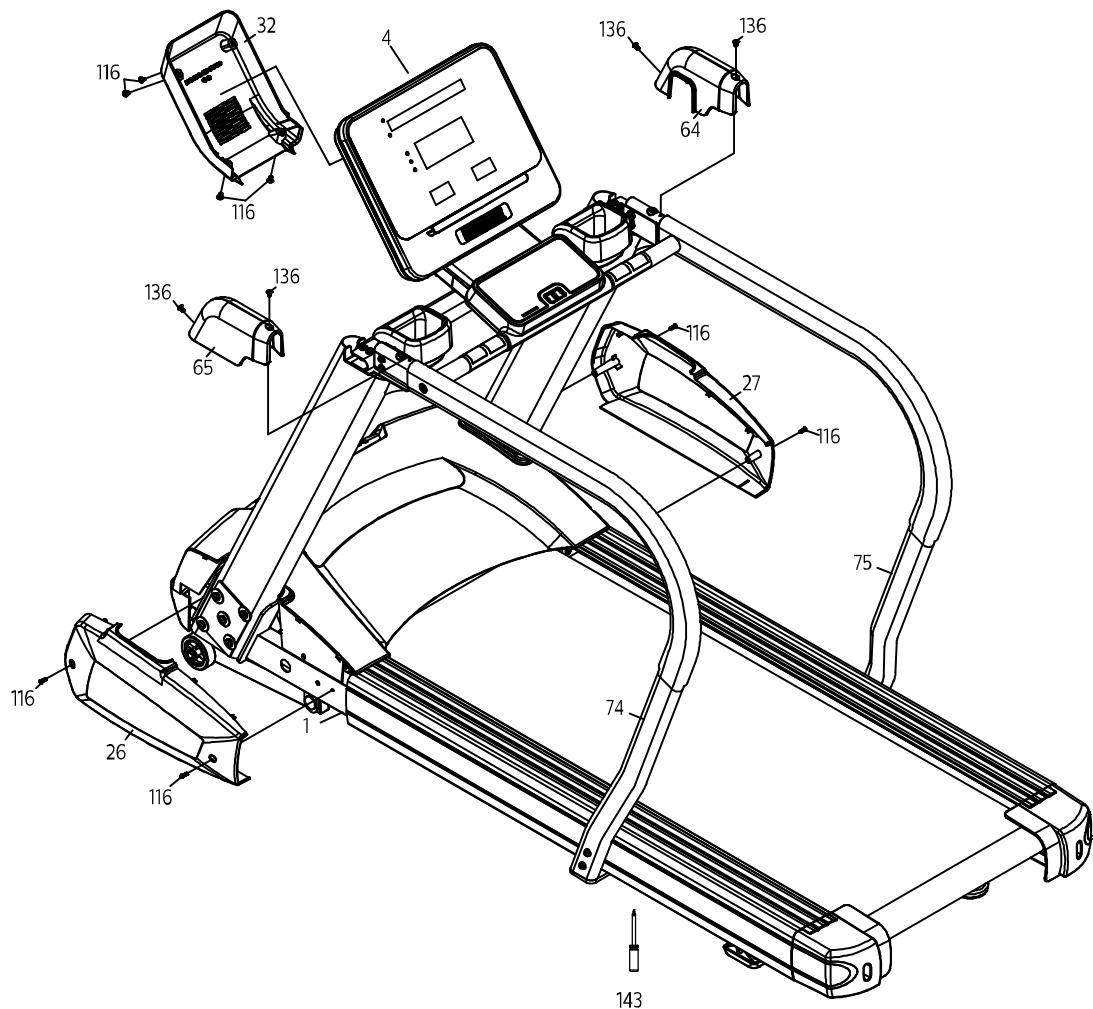


## Step 5.

- Attach Right & Left Lower Console Mast (26 & 27) on Frame (1) using four Screws (116) (Black).
- Attach Right & Left Upper Console Mast (64、65) on Right & Left Handrail (74.75) using four Screws (136) (Silver).
- Attach Console Back Cover (32) on Console Frame (4) using four Screws (116).

Hardware for step 5

Part	Type	Description	Qty
116	Screw	M5 × 12mm	8
136	Screw	M5 × 12mm	4



Size: 212.5×147×88.5 cm Weight: 178 kg

# Console operation

## 4.0 T Console



### Power on

Power the treadmill on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill below the motor hood. Ensure that the safety key is installed, as the treadmill will not power on without it.

When the power switch is turned on the console will go to the start up display, also known as Idle Mode. The Message Window will be scrolling the start up message. You may now begin to use the 4.0 T.

## **CSAFE feature**

Your console is equipped with a CSAFE feature. The Power (POWER) port can be used for powering a remote controlled audio-visual system by connecting a cable from the remote to the Power port at the back of the console. The Communication port (COMM) can be used to interact with software applications.

## **Quick start**

This is the quickest way to start a workout. After the console powers up you just press the Start key to begin. This will initiate the Quick Start mode. In Quick Start, the Time will count up from zero, all workout data will start to accrue and the workload may be adjusted manually by pressing the Plus and Minus keys. As you increase the workload more rows will light indicating a harder workout.

## **Basic information**

When you begin a program the dot matrix will display the workout Profile.

The Message Window will initially be displaying distance, calories, pulse and time information. On the bottom left of the lower keypad is a key labeled Display. Each time this Display key is pressed the next set of information will appear. If the Display key is pressed during the second set of information display the Scan mode will come on and the Message Window will show each set of data for four seconds then switch to the next set of data in a continuous loop. Pressing the Display key again will bring you back to the first set of information as beginning.

The dot matrix window is used for displaying graphic feedback and has three basic displays for most programs. When you begin a program the dot matrix window will display a speed profile. On the bottom right of the lower keypad is a key labeled Profile. Pressing this key will switch the display to show an incline grade and then a track. When the LEDs are blinking the graph will scan through the three displays.

The product has a built in heart rate monitoring system. Simply grasping the hand pulse sensors, or wearing a heart rate chest belt transmitter will start the heart rate detection, The Message Window will display your heart rate, or Pulse, in beats per minute (this may take a few seconds).

NOTE: You must enter your correct age during program setup for heart rate control program to be accurate. Refer to Using a Heart Rate transmitter section for details about these features and how they can help you work out more efficiently.

The Stop key actually has several functions. Pressing the Stop key once during a program will pause the program for 5 minutes. If you need to get a drink, answer the phone, or any of the many things that could interrupt your workout, this is a great feature. To resume your workout during Pause just press the Start key. If the Stop key is pressed twice during a workout the program will end and a summary of information of the exercise session will be displayed, and then the console will return to the start up screen. If the Stop key is held down for 3 seconds the console will perform a complete Reset. During data entry for a program the Stop key performs a Previous Screen function. This allows you to go back one step in the programming each time you press the Stop key.

The program keys may be used to preview each program when in the idle mode. When you first turn the console on you may press each program key to preview what the program profile looks like. If you decide that you want to try a program, press the corresponding program key and then press the Confirm key to select the program and enter into the data-setup mode.

The console includes a built-in fan to help keep you cool.

## **Programmable features**

Each of the programs can be customized with your personal information and changed to suit your needs. Some of the information asked for is necessary to ensure the readouts are correct. You will be asked for your Age and Weight. Entering your Age ensures that the Heart Rate window shows the correct number. Your Age is also necessary during the Heart Rate control program to ensure the correct settings are in the program for your Age. Otherwise the work settings could be too high or low for you; entering your Weight aides in calculating a more correct Calorie reading. Although we cannot provide an exact calorie count we do want to be as close as possible.

CALORIE NOTE: Calorie readings on every piece of exercise equipment, whether it is in a facility or at home, are not accurate and tend to vary widely. They are meant only as a guide to monitor your progress from workout to workout. The only way to measure your calorie burn accurately is in a clinical setting connected to a host of machines.

This is because every person is different and burns calories at a different rate. Some good news is that you will continue to burn calories at an accelerated rate for at least an hour after you have finished exercising!

## **Entering a program and changing settings**

When you enter a program (by pressing a program key, then Confirm key) you have the option of modifying the settings. If you want to begin without entering new settings just press the Start key. This will bypass the programming of data and take you directly to the start of the program. If you want to change the settings just follow the instructions in the Message Window. If you start a program without changing the settings the default or pre-saved setting will be used.

## **Manual**

The Manual program works as the name implies, manually. This means that you control the workload yourself, not the computer. To start the Manual program follow the instructions below or just press the Manual key then the Confirm key and follow the directions in the Message Window.

- Press the Fitness key and select the Manual program then press the Confirm key.
- The Message Window will ask you to enter your Age. You may enter your Age, using the Plus and Minus keys, then press the confirm button to accept the new number and proceed on to the next screen.
- You are now asked to enter your Weight. You may adjust the Weight number using the Plus and Minus keys, then press confirm to continue.
- The next setting is Time. You may adjust the Time and press Confirm key to continue.
- Now you are finished editing the settings and can begin your workout by pressing the Start key. You can also go back and modify your settings by pressing the Confirm key.
- Note: At any time during the editing of data you can press the Stop key to go back one level, or screen.
- During the Manual program you will be able to scroll through the data in the Message Window by pressing the Display key.
- When the program ends you may press Start to begin the same program again or Stop to exit the program

## **Preset programs**

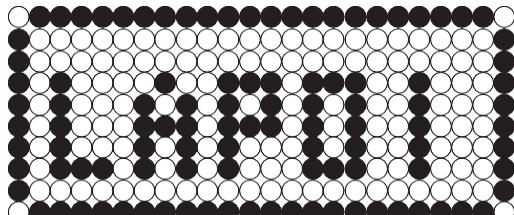
The treadmill has four different programs that have been designed for a variety of workout goals. These programs factory preset work level profiles for achieving different goals. The initial built-in level of difficulty for each program is set to a relatively easy level. You may adjust the level of difficulty (Max speed) for each program before beginning.

## **Programming preset programs**

- Select the desired program by pressing Fitness key then press Confirm key.
- The Message Window will ask you to enter your Age. You may adjust the age setting, using the Plus and Minus keys, then press Confirm key to accept the new number and proceed on to the next screen.
- You are now asked to enter your Weight. You may adjust the weight number using the Plus and Minus keys, then press Confirm to continue.
- Next is Time (excluding the 5K program). You may adjust the Time and press Confirm to continue.
- Now you are asked to adjust the Max Speed. This is the peak exertion level you will experience during the program. Adjust the speed and then press Confirm.
- Now you are finished editing the settings and can begin your workout by pressing the Start key. You can also go back and modify your settings by pressing the Stop key to go back one level, or screen.
- If you want to increase or decrease the workload at any time during the program press the Plus and Minus key. This will change the workload settings of the entire profile, although the profile picture on the screen will not change. The reason for this is so that you can see the entire profile at all times. If the profile picture is changed it will look distorted and not a true representation of the actual profile. When you make a change to the workload, the Message Window will show the current column, and program maximum levels of workload.
- During the program you will be able to scroll through the data in the Message Window by pressing the Display key.
- When the program ends the Message Window will show a summary of your workout. The summary will be displayed for a short time then the console will return to the start-up display.

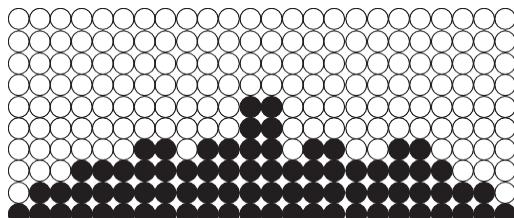
## **5K**

This program automatically sets a 5 Kilometer distance as your goal. The dot matrix will show how many track you have (one track is equivalent of 0.4 kilometers or 1/4 miles). When the program begins the Distance will count down; once it reaches zero the program ends.  
\*Please note that the Speed readout is in MPH if the console is not set to Metric.



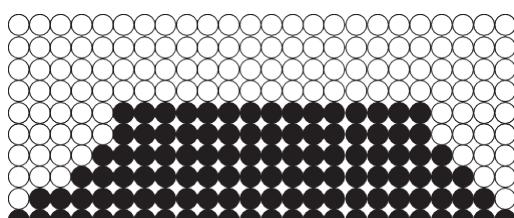
## **Hill**

The Hill program simulates going up and down a hill. The speed and grade will increase and decrease during the program.



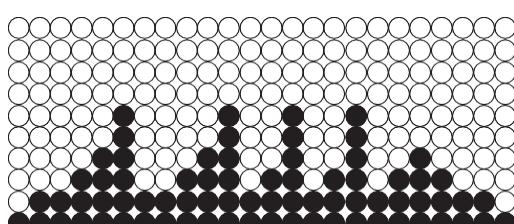
## **Plateau**

The Plateau program provides a steady speed and varied grade exercise with warm up and cool down periods.



## **Interval**

The Interval program takes you through high levels of intensity followed by periods of low intensity. This program increases your endurance by depleting your oxygen level followed by periods of recovery to replenish oxygen. Your cardiovascular system gets programmed to use oxygen more efficiently this way.



## **Custom program**

The custom program allows you to build and save a custom program.

You can build your own custom program by following the instructions below. The custom program allows you to further personalize it by adding your facility name.

- Designing and saving a new program as a custom program. The message window will show a welcome message; if you had previously saved a program the message will contain the name you gave it. Then press the Confirm key to begin programming.
- When you press Confirm, the Message Window will show “Name – XXXXXXX”, if there is no name saved. If the name “CustomA” had been previously saved the Message Window will show “Name – CustomA” and the C in Custom will be blinking. If there is a name saved you can change it or you may press the Stop key to keep the name and continue to the next step. If you want to enter a name use the Plus and/or the Minus key to change the first letter then press Confirm to save the first letter and continue to the next letter. When you have finished entering the name press the Stop key to save the name and continue to the next step.
- The Message window will ask you to enter an Age. You may enter an Age, using the Plus and Minus keys, then press the Confirm key to accept the new number and proceed on to the next screen.
- You are now asked to enter a Weight. You may adjust the Weight number using the Plus and Minus keys and then press Confirm to continue.
- Next is Time. You may adjust the Time and press Confirm to continue.
- Now you are asked to enter the speed of each segment.
- Now the first column will be blinking and you are asked to adjust the level of speed for the first segment of the workout. When you finish adjusting the first segment, or if you don’t want to change, then press Confirm to continue to the next segment.
- The next segment will show the same level as the previously adjusted segment. Repeat the same process as the last segment then press Confirm. Continue this process until all twenty four segments have been set.

- Now you are asked to enter the grade of each segment. Repeat the process same as above speed setting, until all twenty four segments have been set.
- The Message Window will then tell you to press Confirm to save the program. After saving the program the Message Window says “PRESS START TO BEGIN OR CONFIRM TO MODIFY” then will give you the option to start or modify the program. Pressing Stop will exit to the start up screen.
- During the Custom program you will be able to scroll through the data in the Message Window by pressing the Display key.
- Use the heart rate monitoring features and can switch to Heart Rate Auto-Pilot mode (See HR auto pilot section for details of this feature).

## **VO2 Test**

The VO2 program is based on the YMCA protocol and is a sub-maximal test that uses pre-determined, fixed work levels that are determined based on the heart rate readings measured as the test progresses.

At the end of the test a VO2 score will be displayed. VO2 stands for Volume of Oxygen uptake which is a measurement of how much oxygen you need to perform a known amount of work. The YMCA protocol employs two to four stages, lasting 3 minutes each, of continuous exercise (see charts below). You will be prompted to choose either, Male or Female at the beginning of the test. This choice determines which protocol will be used during the test as shown in the charts below. The only caveat is if you are a very de-conditioned male you may need to choose option Female. If you are a very conditioned female you may need to choose option Male.

## **VO2 test programming**

- When the VO2 key is pressed the message window displays: GERKIN. This is the first of 9 different tests available: Gerkin, WFI (Wellness Fitness Initiative), Army, Navy, Air Force, Marines, PEB (Physical Efficiency Battery), Coast Guard, and CTT (Chester Treadmill Test). The initial test is Gerkin; to select a different test press the VO2 key again and the next test will be shown. Continue to press the VO2 key until the test you want is shown in the message window. To select your desired test, press Confirm.
- (Except CTT-performance) You are now prompted to enter your Age. You may adjust the age using the Plus and Minus key then press Confirm to continue.
- You are now prompted to enter your Weight. You may adjust the weight using the Plus and Minus key then press enter to continue (Only for WFI)  
You are now prompted to enter your Height. You may adjust the age using the Plus and Minus key then press Confirm to continue.
- The Message Window will prompt you to enter your Gender. Use the Plus and Minus keys to change and press the Confirm key to accept and proceed on to the next screen.
- Now press Start to begin the test.

## **Before the Gerkin/WFI test:**

- Make sure you are in good health; check with your physician before performing any exercise if you are over the age of 35 or persons with pre-existing health conditions.
- Make sure you have warmed up and stretched before taking the test.
- Do not take in caffeine before the test.
- Hold the hand grips gently if you don't wear your wireless chest strap transmitter, do not tense up.

## **During the test**

- The console must be receiving a steady heart rate for the test to begin. You may use the hand pulse sensors or wear a heart rate chest strap transmitter, although chest strap transmitter is recommended.
- The test will start with a 3-minute warm-up at 3 MPH (4.8 km/hr) before the actual test begins.

## **After the test**

- Cool down for about one to three minutes.
- Take note of your score because the console will automatically return to the start-up mode after a few minutes.

## Gerkin

The Gerkin protocol, also known as the fireman's protocol, is a sub-max VO<sub>2</sub> (volume of oxygen) test. The test will increase speed and elevation alternately until you reach 85% of your Max heart rate. The time it takes for you to reach 85% determines the test score (VO<sub>2max</sub>) as shown in the chart below.

<b>Stage</b>	<b>Time</b>	<b>Speed</b>	<b>Grade</b>	<b>VO<sub>2</sub> Max</b>
1	0 to 1:00	4.5mph (7.2 km/hr)	0%	31.15
2.1	1:00	4.5mph (7.2 km/hr)	2%	32.55
2.2	1:30	4.5mph (7.2 km/hr)	2%	33.6
2.3	1:45	4.5mph (7.2 km/hr)	2%	34.65
2.4	2:00	5.0mph (8.0 km/hr)	2%	35.35
3.1	2:15	5.0mph (8.0 km/hr)	2%	37.45
3.2	2:30	5.0mph (8.0 km/hr)	2%	39.55
3.3	2:45	5.0mph (8.0 km/hr)	2%	41.3
3.4	3:00	5.0mph (8.0 km/hr)	4%	43.4
4.1	3:15	5.0mph (8.0 km/hr)	4%	44.1
4.2	3:30	5.0mph (8.0 km/hr)	4%	45.15
4.3	3:45	5.0mph (8.0 km/hr)	4%	46.2
4.4	4:00	5.5mph (8.8 km/hr)	4%	46.5
5.1	4:15	5.5mph (8.8 km/hr)	4%	48.6
5.2	4:30	5.5mph (8.8 km/hr)	4%	50
5.3	4:45	5.5mph (8.8 km/hr)	4%	51.4
5.4	5:00	5.5mph (8.8 km/hr)	6%	52.8
6.1	5:15	5.5mph (8.8 km/hr)	6%	53.9
6.2	5:30	5.5mph (8.8 km/hr)	6%	54.9
6.3	5:45	5.5mph (8.8 km/hr)	6%	56
6.4	6:00	6.0mph (9.6 km/hr)	6%	57
7.1	6:15	6.0mph (9.6 km/hr)	6%	57.7
7.2	6:30	6.0mph (9.6 km/hr)	6%	58.8
7.3	6:45	6.0mph (9.6 km/hr)	6%	60.2
7.4	7:00	6.0mph (9.6 km/hr)	6%	61.2
8.1	7:15	6.0mph (9.6 km/hr)	8%	62.3
8.2	7:30	6.0mph (9.6 km/hr)	8%	63.3
8.3	7:45	6.0mph (9.6 km/hr)	8%	64
8.4	8:00	6.5mph (10.4 km/hr)	8%	65
9.1	8:15	6.5mph (10.4 km/hr)	8%	66.5
9.2	8:30	6.5mph (10.4 km/hr)	8%	68.2
9.3	8:45	6.5mph (10.4 km/hr)	8%	69
9.4	9:00	6.5mph (10.4 km/hr)	10%	70.7
10.1	9:15	6.5mph (10.4 km/hr)	10%	72.1
10.2	9:30	6.5mph (10.4 km/hr)	10%	73.1
10.3	9:45	6.5mph (10.4 km/hr)	10%	73.8
10.4	10:00	7.0mph (11.2 km/hr)	10%	74.9
11.1	10:15	7.0mph (11.2 km/hr)	10%	76.3
11.2	10:30	7.0mph (11.2 km/hr)	10%	77.7
11.3	10:45	7.0mph (11.2 km/hr)	10%	79.1
11.4	11:00	7.0mph (11.2 km/hr)	10%	80

## **WFI**

The WFI test is a modified Gerkin protocol. The actual test is the same as the Gerkin chart above, but the score is calculated differently.

Program Speed and Incline Chart

TIME	SPEED	% Grade
0:00 - 1:00	3.0 mph (4.8 km/hr)	0
1:01 - 2:00	3.0 mph (4.8 km/hr)	0
2:01 - 3:00	3.0 mph (4.8 km/hr)	0
3:01 - 4:00	4.5 mph (7.2 km/hr)	0
4:01 - 5:00	4.5 mph (7.2 km/hr)	2
5:01 - 6:00	5.0 mph (8.0 km/hr)	2
6:01 - 7:00	5.0 mph (8.0 km/hr)	4
7:01 - 8:00	5.5 mph (8.8 km/hr)	4
8:01 - 9:00	5.5 mph (8.8 km/hr)	6
9:01 - 10:00	6.0 mph (9.6 km/hr)	6
10:01 - 11:00	6.0 mph (9.6 km/hr)	8
11:01 - 12:00	6.5 mph (10.4 km/hr)	8
12:01 - 13:00	6.5 mph (10.4 km/hr)	10
13:01 - 14:00	7.0 mph (11.2 km/hr)	10
14:01 - 15:00	7.0 mph (11.2 km/hr)	12
15:01 - 16:00	7.5 mph (12.0 km/hr)	12
16:01 - 17:00	7.5 mph (12.0 km/hr)	14
17:01 - 18:00	8.0 mph (12.8 km/hr)	14

## **Army**

A timed 2 mile (3.2 kilometer) run. You control the speed manually.

Maximum time allowed to pass the test.

- For more detailed information, visit: <http://bit.ly/SF-Army>

Age	Male	Female
17-21	16:36	19:42
22-26	17:30	20:36
27-31	17:54	21:42
32-36	18:48	23:06
37-41	19:30	24:06

## **Navy**

A timed 1.5 mile (2.4 kilometer) run. You control the speed manually.

Maximum time allowed to pass the test.

- For more detailed information, visit: <http://bit.ly/SF-Navy>

<b>Age</b>	<b>Male</b>	<b>Female</b>
19	12:30	15:00
20-24	13:30	15:30
25-29	14:00	16:08
30-34	14:30	16:45
35-39	15:00	17:00
40-44	15:30	17:15

<b>Age</b>	<b>Male</b>	<b>Female</b>
45-49	16:08	17:23
50-54	16:45	17:30
55-59	17:09	18:34
60-64	18:52	19:43
65+	20:35	20:52

## **Air force**

A timed 1.5 mile (2.4 kilometer) run. You control the speed manually.

Maximum time allowed to pass the test.

- For more detailed information, visit: <http://bit.ly/SF-AirForce>

<b>Age</b>	<b>Male</b>	<b>Female</b>
<30	13:36	16:22
30-30	14:00	16:57
40-49	14:52	18:14
50-59	16:22	19:43
60+	18:14	22:28

## **Marines**

A timed 3 mile (4.8 kilometer) run. You control the speed manually.

Maximum time allowed to pass the test.

- For more detailed information, visit: <http://bit.ly/SF-Marines>

<b>Age</b>	<b>Male</b>	<b>Female</b>
17-26	28:00	31:00
27-39	29:00	32:00
40-45	30:00	33:00
46+	33:00	36:00

## **PEB**

A timed 1.5 mile (2.4 kilometer) run. You control the speed manually.

Maximum time allowed to pass the test.

- For more detailed information, visit: <https://www.fletc.gov/peb-scores-age-and-gender>

## **Coast guard**

A timed 1.5 mile (2.4 kilometer) run. You control the speed manually.

Maximum time allowed to pass the test.

Male	20-29 Yrs. Old	30-39 Yrs. Old	40-49 Yrs. Old	50-59 Yrs. Old	60+ Yrs. Old
Superior	<9:17	<9:33	<9:51	<10:37	<11:26
Excellent	9:18-10:09	9:34-10:46	9:52-11:15	10:28-12:08	11:27-13:23
Good	10:10-11:29	10:47-11:54	11:16-12:24	12:09-13:35	13:24-15:04
Fair	11:30-12:38	11:55-12:28	12:25-13:50	13:36-15:06	15:05-16:46
Poor	12:39-14:00	12:59-14:34	13:51-15:24	15:07-16:28	16:47-19:10
Very Poor	>14:00	>14:34	>15:24	>16:28	>19:10
Failure	>12:51	>13:36	>14:29	>15:26	>16:40
Female	20-29 Yrs. Old	30-39 Yrs. Old	40-49 Yrs. Old	50-59 Yrs. Old	60+ Yrs. Old
Superior	<10:28	<11:00	<11:33	<12:53	<14:05
Excellent	10:29-11:59	11:01-12:24	11:34-13:23	12:54-14:34	14:06-16:33
Good	11:59-13:34	12:25-14:08	13:24-14:53	14:35-16:35	16:34-18:27
Fair	13:25-14:50	14:09-15:43	14:54-16:31	16:36-18:18	18:28-20:16
Poor	14:51-16:46	15:44-17:38	16:32-18:37	18:19-20:44	20:17-22:52
Very Poor	>16:46	>17:38	>18:37	>20:44	>20:52
Failure	>15:26	>15:57	>16:58	>17:55	>18:44

## **CTT**

This test has two modes: CTT Performance and CTT Prediction (of Aerobic Capacity)

CTT Performance is a 12 minute graded, treadmill walk test with a fixed speed of 6.2km/hr (3.8 MPH) designed to assess whether or not the subject can achieve the minimum recommended standard for aerobic capacity, namely 42mlsO<sub>2</sub>/kg/min.

Procedures:

1. Check there are no medical contraindications to performing exhaustive exercise
2. Subject walks at 6.2km/hr (3.8 MPH) at 0% for 2 mins
3. Every 2 mins increase gradient by 3%
4. Test is completed after 12 mins

5. Test should be stopped if subject is showing overt signs of distress and exhaustion or RPE=18+

CTT Prediction is a submaximal test designed to predict aerobic capacity

1. Same walk protocol as CTT Performance but wearing HR monitor
2. Test is stopped when the subject reaches 80%HRMax or RPE=14
3. A VO<sub>2</sub> score is given at the end of the test

## What the score means

VO<sub>2</sub>max Chart for males and very fit females

	18-25 years old	26-35 years old	36-45 years old	46-55 years old	56-65 years old	65+ years old
excellent	>60	>56	>51	>45	>41	>37
good	52-60	49-56	43-51	39-45	36-41	33-37
above average	47-51	43-48	39-42	35-38	32-35	29-32
average	42-46	40-42	35-38	32-35	30-31	26-28
below average	37-41	35-39	31-34	29-31	26-29	22-25
poor	30-36	30-34	26-30	25-28	22-25	20-21
very poor	<30	<30	<26	<25	<22	<20

VO<sub>2</sub>max Chart for females and de-conditioned males

	18-25 years old	26-35 years old	36-45 years old	46-55 years old	56-65 years old	65+ years old
excellent	56	52	45	40	37	32
good	47-56	45-52	38-45	34-40	32-37	28-32
above average	42-46	39-44	34-37	31-33	28-31	25-27
average	38-41	35-38	31-33	28-30	25-27	22-24
below average	33-37	31-34	27-30	25-27	22-24	19-22
poor	28-32	26-30	22-26	20-24	18-21	17-18
very poor	<28	<26	<22	<20	<18	<17

## **METs program**

METs stands for metabolic equivalent, which is one way that exercise physiologists estimate how many calories are burned during physical activity.

1 MET is essentially the amount of energy produced relative to body mass whilst at rest. As you sit here now reading you are expending 1 MET of energy.

Using 1 MET as the reference value, light activities burn up to 3 times as many calories as rest, moderate activities burn 3-6 times as many and vigorous exercise turns over more than 6 times as much energy as rest.

## **METs programming**

- Press the METs key and then press Confirm.
- The Message Window will prompt you to enter your age. Use the Plus and Minus keys to change and press the Confirm key to continue.
- You are now prompted to enter your weight. You may adjust the age using the Plus and Minus key then press Confirm key to continue.
- You are now prompted to enter your workout time. You may adjust the time using the Plus and Minus key then press Confirm to continue.
- You are now prompted to enter your target METs. You may adjust the target METs using the Plus and Minus keys then press Confirm to continue.
- Now press Start to begin the program.

## Metabolic rate activity chart

Physical activity	MET
<b>Light intensity activities</b>	<b>&lt;3</b>
sleeping	0.9
watching television	1
writing, desk work, typing	1.5
walking, 1.7 mph (2.7 km/h), level ground, strolling, very slow	2.3
walking 2.5 mph (4 km/h)	2.9
<b>Moderate intensity activities</b>	<b>3 to 6</b>
bicycling, stationary, 50 watts, very light effort	3
walking 3.0 mph (4.8 km/h)	3.3
calisthenics, home exercise, light or moderate effort, general	3.5
walking 3.4 mph (5.5 km/h)	3.6
bicycling, <10 mph (16 km/h), leisure, to work or for pleasure	4
bicycling, stationary, 100 watts, light effort	5.5
sexual activity	5.8
<b>Vigorous intensity activities</b>	<b>&gt; 6</b>
jogging, general	7
calisthenics (e.g. pushups, situps, pullups, jumping jacks), heavy, Vigorous effort	8
running jogging, in place	8
jogging, 5.6 mph (9.0 km/h)	8.8
rope jumping (66/min)	9.8
rope jumping (70/min)	10
rope jumping (84/min)	10.5
rope jumping (100/min)	11
jogging, 6.8 mph (11.0 km/h)	11.2

## Heart rate program

The old motto; "no pain, no gain" is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

To determine the benefit range in which you wish to train, you must first determine your maximum heart rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the maximum Heart rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage of your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the recommended for burning fat while 80% is recommended for strengthening the cardio vascular system. This 60% to 80% is the zone to stay in for maximum benefit.

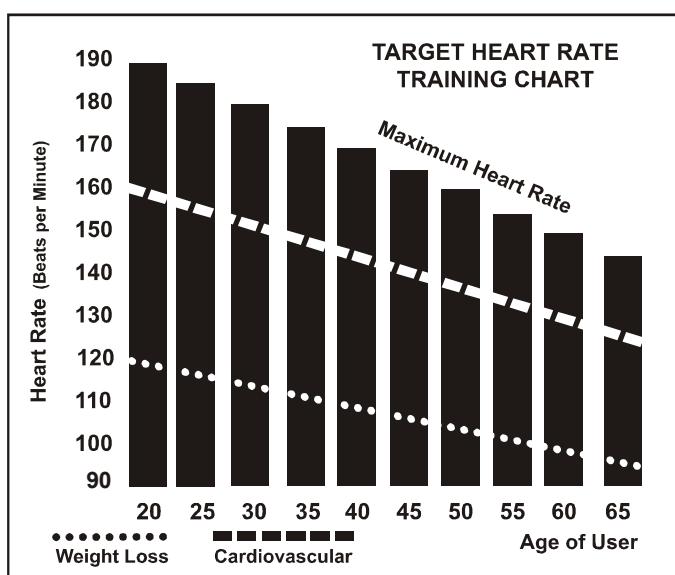
For someone who is 40 years old their target heart rate zone is calculated:

$$220 - 40 = 180 \text{ (maximum heart rate)}$$

$$180 \times .6 = 108 \text{ beats per minute (60\% of maximum)}$$

$$180 \times .8 = 144 \text{ beats per minute (80\% of maximum)}$$

So for a 40 year old the training zone would be 108 to 144 beats per minute.



If you enter your age during programming the console will perform this calculation automatically. Entering your age is used for the heart rate programs. After calculating your MHR you can decide upon which goal you would like to pursue.

The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the MHR for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 80% or 60%, respectively, of your MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.

With all heart rate programs you may use the heart rate monitor feature without using the Heart Rate program. This function can be used during manual mode or during any other different programs. The heart rate program automatically controls incline.

### **Rate of perceived exertion**

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should workout than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate, all contribute to the intensity at which you should workout. If you listen to your body, it will tell you all of these things.

The rate of perceived exertion (RPE), also known as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort. The scale is as follows:

Rating perception of effort
6 Minimal
7 Very, very light
8 Very, very light +
9 Very light
10 Very light +
11 Fairly light
12 Comfortable
13 Somewhat hard
14 Somewhat hard +
15 Hard
16 Hard +
17 Very hard
18 Very hard +
19 Very, very hard
20 Maximal

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending upon the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong and your pace will feel easier. When your body is in this condition, you are able to train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel harder. Again, this will show up in your RPE and you will train at the proper level for that day.

## **Heart rate program programming**

To start the HR program follow the instructions below and follow the directions in the message window.

- Press the HR key to select the HR program (Target HR 65 Percent / Target HR 80 Percent / HR interval) and then press the Confirm key to enter.
- The Message Window will ask you to enter your Age. You may enter your Age, using the Plus and Minus key, then press the Confirm key to accept the new number and proceed on to the next screen.
- You are now asked to enter your Weight. You may adjust the Weight number using the Plus and Minus keys, then press Confirm to continue.
- Next is Time. You may adjust the Time and press enter to continue.
- Now you are asked to adjust the target HR. This is the target HR in Target HR 65 Percent program or in Target HR 80 Percent program or Work and Rest heart rate level in HR Interval program you will experience during the program. Adjust the target number and then press Confirm.
- Now you are finished editing the settings and can begin your workout by pressing the Start key. You can also go back and modify your settings by pressing the Confirm key. NOTE: At any time during the editing of data you can press the Stop key to go back one level, or screen.
- If you want to increase or decrease the workload at any time during the program press the Plus or Minus keys. This will allow you to change your target heart rate at any time during the program.
- During the HR program you will be able to scroll through the data in the Message Window by pressing the Display key.
- When the program ends you may press Start to begin the same program again or Stop to exit the program.

## **Heart rate auto pilot mode**

The HR auto pilot mode only works in Fitness programs (Manual / 5K / Hill / Plateau / Interval / Custom). When you are exercising in a fitness program and decide to just maintain the HR level you are at currently you can just press auto pilot and the console will automatically switch to HR control and will maintain your current HR. To start the HR auto pilot mode follow the instructions below and the directions in the Message Window.

- Press the HR auto pilot key during the fitness programs. It is necessary to wear HR strap to enter this mode. If a HR is not detected the message window shows NO HEART RATE.
- At the end of the HR auto pilot program a workout summary will be displayed in the Message Window.

# Using a heart rate transmitter

Note: The chest strap transmitter is not a standard part, but is a separate purchase. Most transmitters that operate at Bluetooth or ANT+ will also work.

## **How to wear your wireless chest strap transmitter?**

- Attach the transmitter to the elastic strap using the locking parts.
- Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
- Position the transmitter with the logo centered in the middle of your body facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
- Position the transmitter immediately below the pectoral muscles.
- Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 black square areas on the reverse side of the belt and either side of transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.

- Your workout must be within range - distance between transmitter / receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter immediately against bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, moisten the areas of the shirt that the electrodes will rest upon.

Note: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life. (estimated transmitter battery life is 2500 hours). If your chest strap has a replaceable battery the replacement battery is CR2032.

## **Erratic operation**

Caution! Do not use this product for heart rate control unless a steady, solid actual heart rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

Areas to look at for interference, which may cause erratic heart rate

- Microwave ovens, TVs, small appliances, etc.
- Fluorescent lights.
- Some household security systems.
- Perimeter fence for a pet.
- Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down. Normally the transmitter will be oriented so the logo is right side up.
- The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
- If there is another person wearing a chest strap within 1 meter, it will interfere.
- If you continue to experience problems contact your dealer.

# Maintenance

The effect that the safety level of the equipment can be maintained only if it is examined regularly for damage and wear.

The components which are most susceptible to wear: Belt, Idler, roller, Desk, Tread-belt.

- Belt and deck

Your treadmill uses a very high-efficient low-friction deck and belt. Performance is maximized when the belt is kept as clean as possible. Use a soft, damp cloth or paper towel to wipe the edge of the belt and the area between the belt edge and frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and deck life. Use water only no cleaners or abrasives. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt.

Allow the belt to dry before using.

The low maintenance (routine monthly cleaning), dual-sided hard wax deck is designed to withstand up to 20,000 miles (32,000 kilometers) on each side. If the original side of the deck shows significant wear, it needs to be flipped. Contact your service technician for assistance. Do not apply any type of lubricant or wax to the surface.

- Belt dust

This occurs during normal break-in or until the belt stabilizes.

Wiping excess off with a damp cloth will minimize buildup.

- General Cleaning

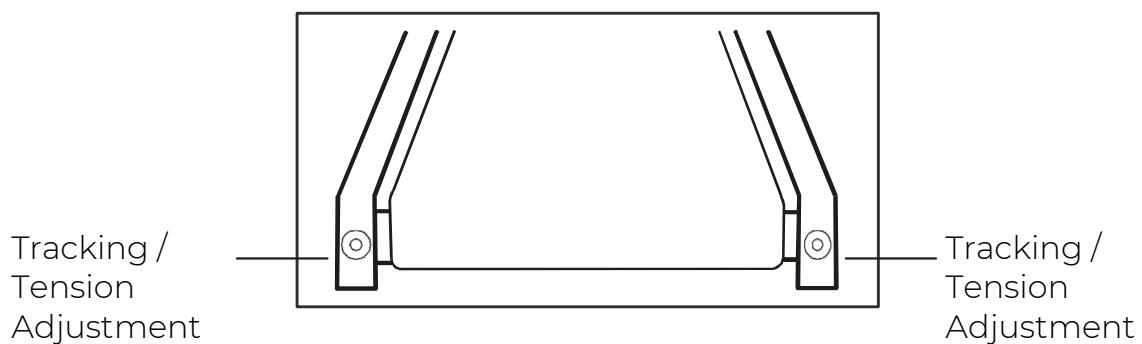
Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. On a monthly basis: vacuum underneath your treadmill to prevent buildup. Once a year, you should remove the black motor hood and vacuum out dirt that may accumulate. UNPLUG POWER CORD BEFORE THIS TASK. Do not attempt any servicing or adjustments other than those described in this manual. Opening the motor cover must be left to trained service personnel familiar with electro-mechanical equipment and authorized under the laws of the country in question to carry out maintenance and repair work.

## Belt adjustments

- Running surface : 56 x 153 cm (22" x 60" )

- Tread-belt tension adjustment

Belt tension is not critical for most users. It is very important though for joggers and runners in order to provide a smooth, steady running surface. Adjustment must be made from the rear roller with the 8mm Allen wrench provided in the parts package. The adjustment bolts are located at the end of the step rails as shown in the diagram below.



Note: Adjustment is through small hole in the end cap.

Tighten the rear roller only enough to prevent slippage at the front roller. Turn the belt tension adjusting bolts 1/4 turn each and inspect for proper tension by walking on the belt and making sure it is not slipping or hesitating with each step. If you feel the belt is tight enough, but it still slips, the problem may be a loose Motor drive belt under the front cover

When an adjustment is made to the belt tension, you must be sure to turn the bolts on both sides evenly or the belt could start tracking to one side instead of running in the middle of the deck.

## Do not over tighten

Over tightening will cause belt damage and premature bearing failure. If you tighten the belt a lot and it still slips, the problem could actually be the drive belt—located under the motor cover—that connects the motor to the front roller. If that belt is loose it feels similar to the walking belt being loose. Tightening the motor belt should be done by a trained service person.

## Belt tracking adjustment

The treadmill is designed so that the belt remains reasonably centered while in use. It is normal for some belts to drift near one side while in use, depending on a user's gait and if they favor one leg. But if during use the belt continues to move toward one side, adjustments are necessary.

The treadmill is designed to keep the tread-belt reasonably centered while in use. It is normal for some belts to drift near one side while the belt is running with no one on it. After a few minutes of use, the tread-belt should have a tendency to center itself. If, during use, the belt continues to move toward one side, adjustments are necessary.

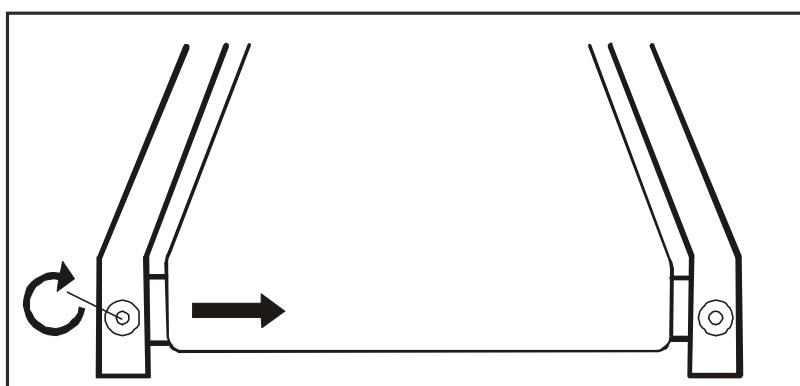
## Setting belt tracking

An 8mm Allen wrench is provided for this adjustment. Make tracking adjustments on the left side bolt. Set the belt speed to 3 mph (5 km/hr). Be aware that a small adjustment can make a dramatic difference which may not be apparent right away. If the belt is too close to the left side, then turn the bolt only a 1/4 turn to the right (clockwise) and wait a few minutes for the belt to adjust itself.

Continue to make 1/4 turns until the belt stabilizes in the center of the running deck.

If the belt is too close to the right side, turn the bolt counter-clockwise. The belt may require periodic tracking adjustment depending on use and walking/ running characteristics. Some users may affect tracking differently. Expect to make adjustments as required to center the belt. Adjustments will become less of a maintenance concern as the belt is used. Proper belt tracking is an owner responsibility common with all treadmills.

Remember, a small adjustment can make a dramatic difference!



## Troubleshooting

Before contacting your dealer for aid, please review the following information. It may save you both time and expense.

Problem	Cause
Display does not light	1. Tether cord not in position. 2. Circuit breaker on front grill tripped. Push circuit breaker in until it locks. 3. Plug is disconnected. Make sure the plug is firmly pushed into 220 VAC wall outlet. 4. Breaker panel circuit breaker may be tripped.
Belt does not stay centered Treadmill	The user may be walking while favoring or putting more weight on either the left or right foot. If this walking pattern is natural, track the belt slightly off-center to the side opposite from the belt movement. See Maintenance section on Tread- belt Tension. Adjust as necessary.
Belt hesitates when walked/run on	
Motor is not responsive after pressing start	1. Reset power. If still no good contact service.
Circuit breaker trips, but not the treadmill circuit breaker	Need to replace the breaker with a "High Inrush current" type breaker
Treadmill will only achieve approximately 7 mph (11 kmph) but shows higher speed on display	This indicates motor should be receiving power to operate. Do not use an extension cord. If an extension cord is required, it should be as short as possible and heavy duty, 16-gauge minimum, low voltage. Contact an electrician or your dealer. A minimum of 210-volt AC current is required.
Belt stops quickly/suddenly when tether cord is pulled	High belt/deck friction. See Maintenance section on cleaning the deck. If cleaning doesn't prevent this from reoccurring, check to see if there is significant wear of the deck. If so, the deck may need to be flipped if it is on its original side.
Treadmill trip on board 20-amp circuit	High belt/deck friction. See Maintenance. If cleaning doesn't prevent this from reoccurring, check the amp draw of the motor. If this is high and there are signs of significant wear of the deck, it may need to be flipped on its original side.
Computer shuts off when console is touched (on a cold day) while walking/running	Treadmill may not be grounded. Static electricity is crashing the computer. Refer to Grounding Instructions.

## General maintenance

Unplug treadmill before performing any maintenance.

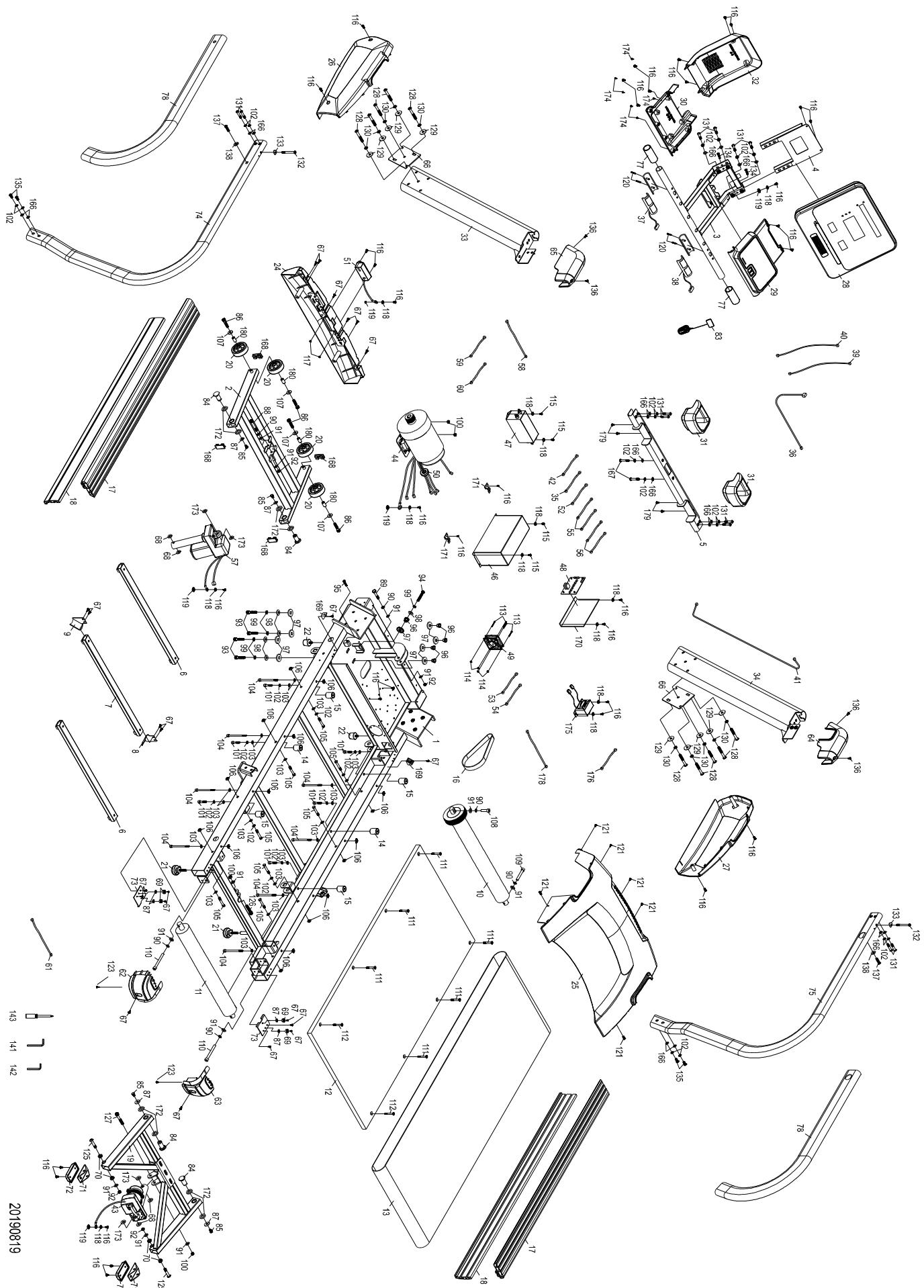
Task	How To	Daily	Weekly	Monthly	Semi-Annually	Annually
Wipe down unit	Damp cloth w/ water	•				
Clean under belt	Towel or vacuum			•		
Check belt tension/tracking	Feel/visual		•			
Clean under motor cover	Vacuum carefully				•	
Check hardware	Wrench			•		
Inspect for deck wear	Visual				•	
Inspect drive belt	Visual				•	

## **Maintenance mode in console software**

The console has built in maintenance/diagnostic software. The software will allow you to change the console settings from English to Metric and turn off the beeping of the speaker when a key is pressed for example. To enter the Maintenance mode press and hold down the Start, Stop and Confirm key. Keep holding the keys down for about 2 seconds and the Message Window will display “Maintenance mode”. Press the Confirm key to access the menu below:

- Key test
  - Will allow you to test all the keys to make sure they are functioning.  
Press all the keys one at a time.
- Display test
  - Tests all the display functions by lighting each LED light sequentially.
- Functions (press Confirm key to access menu)
  - Units  
Set to English (imperial units) or metric display readings. The default is imperial, which means data such as body weight and height will be in pounds and inches.
  - Pause mode  
Turn on allow 5 minutes of pause, turn off to have the console pause indefinitely.
  - Odometer reset  
Resets the odometer to zero (Time and distance)
  - Beep sound  
Turn on or off the speaker to silence beeping sound.
  - LED brightness  
Adjust the LED brightness.
  - Model  
Select the kind of device.
- Service
  - Brake test
  - CSAFE test  
Test the CSAFE functions.
  - ANT ID
    - Adjust the ANT ID.
    - Update code
    - Switch bootloader on/off. The default is off.
  - Exit
  - Press Confirm key to leave maintenance mode and restart.

# Exploded view drawing



## 4.0 T parts list

Item	Description	Qty
1	Main Frame	1
2	Incline Bracket	1
3	Console Support	1
4	Console Support	1
5	Handle Bar	1
6	Running Deck Stabilizer Assembly(A)	2
7	Running Deck Stabilizer Assembly(B)	1
8	Belt Guide(R)	1
9	Belt Guide(L)	1
10	Front Roller W/Pulley	1
11	Rear Roller	1
12	Running Deck	1
13	Running Belt	1
14	Cushion A	2
15	Cushion B	4
16	Drive Belt	1
17	Aluminum Foot Rail(122×39×1390L)	2
18	Aluminum Foot Rail(125×29×1390L)	2
19	Rear Incline Bracket	1
20	Transportation Wheel	4
21	Foot Pad	2
22	Incline Rubber Foot	2
24	Front Motor Cover	1
25	Motor Top Cover	1
26	Motor Base Cap (L)	1
27	Motor Base Cap (R)	1
28	Console Assembly	1
29	Switch Top Cover	1
30	Switch Bottom Cover	1
31	Drink Bottle Holder	2
32	Console Cover	1
33	Left Upright	1
34	Right Upright	1

Item	Description	Qty
35	200m/m_Ground Wire	1
36	550m/m_Computer Cable (Upper/Lower)	1
37	900m/m_Handpulse W/Cable Assembly(XHP-4)	1
38	900m/m_Handpulse W/Cable Assembly(XHP-3)	1
39	600m/m_Computer Cable	1
40	600m/m_Computer Cable (Upper)	1
41	Computer Cable(Lower)	1
42	300m/m_Connecting Wire	1
43	Incline Motor	1
44	AC Motor	1
46	Inverter	1
47	Filter	1
48	Inverter Board	1
49	Fan	1
50	Ø35 × 21 × 13L_Ferrite Core	1
51	AC Electronic Module	1
52	450m/m_Connecting Wire (White)	1
53	Motor Fan Connecting Cable(White)	1
54	Motor Fan Connecting Cable (Black)	1
55	250m/m_Connecting Wire(White)	2
56	250m/m_Connecting Wire(Black)	1
57	Incline Motor	1
58	600m/m_Connecting Cable	1
59	300m/m_Ground Wire	1
60	450m/m_Connecting Wire (Black)	1
61	Power Cord	1
62	Rear Adjustment Base (L)	1
63	Rear Adjustment Base (R)	1
64	Handgrip Cap (R)	1
65	Handgrip Cap (L)	1
66	Upright Fixing Plate	2
67	5 × 20m/m_Tapping Screw	22
68	Ø10 × Ø25 × 2.5T_Nylon Washer	4

Item	Description	Qty
69	Ø25 × Ø25 × 15T_Rubber Foot Pad	4
70	Ø19 × Ø14 × Ø10 × (5+4)_Bushing	4
71	Foot Pad Bracket	2
72	Foot Pad	2
73	Adjustment Rail Pad	2
74	Handle Bar(L)	1
75	Handle Bar(R)	1
77	Ø38 × 3T × 90m/m_Handgrip Foam	2
78	Ø30 × 70 × 3T × 1160m/m_Handgrip Foam	2
83	Square Safety Key	1
84	Ø18 × Ø19 × 41L_Carriage Bolt	4
85	M8 × 12m/m_Hex Head Bolt	4
86	3/8" × 1-3/4"(Socket Head Cap Bolt	4
87	Ø8.5 × Ø26 × 2.0T_Flat Washer	8
88	M10 × 65m/m_Hex Head Bolt	1
89	M10 × 50m/m_Hex Head Bolt	1
90	Ø10 × 1.5T_Split Washer	6
91	Ø3/8" × Ø19 × 1.5T_Flat Washer	12
92	M10 × P1.5 × 8T_Nylon Nut	4
93	3/8" × UNC16 × 1-1/2"(Socket Head Cap Bolt	4
94	3/8" × 2-1/2"Hex Head Bolt	1
95	3/8" × UCN16 × 2"(Socket Head Cap Bolt	1
96	Ø10 × Ø14 × 14L_Bushing	5
97	Ø13 × Ø35 × 5T_Nylon Washer	9
98	Ø3/8" × 35 × 2.0T_Flat Washer	5
99	Ø10 × 2.0T_Split Washer	5
100	3/8" × 7T_Nylon Nut	4
101	M8 × 1.25 × 40m/m_Socket Head Cap Bolt	6
102	Ø8 × 1.5T_Split Washer	28
103	Ø5/16" × 16 × 1.0T_Flat Washer	22
104	M8 × 1.25 × 90m/m_Socket Head Cap Bolt	8
105	M8 × 55m/m_Hex Head Bolt	8
106	M8 × 1.25 × 6.5T_Square Nut	16

Item	Description	Qty
107	Ø3/8" × Ø25 × 2.0T_Flat Washer	4
108	M10 × 40m/m_Socket Head Cap Bolt	1
109	M10 × 80m/m_Socket Head Cap Bolt	1
110	M10 × 100m/m_Socket Head Cap Bolt	2
111	M8 × P1.25 × 55L_Flat Head Countersink Bolt	6
112	M8 × 35m/m_Flat Head Countersink Bolt	2
113	M3 × 50m/m_Phillips Head Screw	4
114	M3 × 5T_Nylon Nut	4
115	M5 × 12m/m_Phillips Head Screw	4
116	M5 × 12m/m_Phillips Head Screw	35
117	M5 × 5T_Nylon Nut	2
118	Ø5 × 1.5T_Split Washer	13
119	M5_Star Washer	5
120	3 × 25m/m_Tapping Screw	4
121	5 × 12m/m_Sheet Metal Screw	6
123	5 × 25m/m_Tapping Screw	2
125	M10 × P1.5 × 50L_Button Head Socket Bolt	2
126	3/8" × UNC16 × 1-1/2"(Socket Head Cap Bolt	1
127	3/8" × UNC16 × 2-1/2"(Socket Head Cap Bolt (Alloy Steel)	1
128	3/8" × 3"Button Head Socket Bolt	10
129	Ø3/8" × 35 × 2.0T_Flat Washer	10
130	Ø10 × 2.0T_Split Washer	10
131	M8 × 45m/m_Button Head Socket Bolt	12
132	M8 × 80L_Button Head Socket Bolt	2
133	Ø10 × Ø23 × 1.5T_Curved Washer	2
134	M5 × 40m/m_Phillips Head Screw	2
135	M8 × 20m/m_Button Head Socket Bolt	4
136	M5 × 12m/m_Phillips Head Screw	4
137	M8 × P1.25 × 35L_Button Head Socket Bolt	2
138	Ø5/16" × Ø35 × 1.5T_Flat Washer	2
141	L Allen Wrench	1
142	6mm Allen Wrench	1
143	Phillips Head Screw Driver	1

Item	Description	Qty
166	Ø8.5 × Ø16 × 1.5T_Flat Washer	18
167	M8 × 50m/m_Button Head Socket Bolt	2
168	25m/m × 50m/m_Square End Cap	4
169	Motor Cover Anchor(D)	2
170	Control Fixing Plate	1
171	Inverter Plate	2
172	Stable Wheel Spacer	8
173	Ø10 × Ø25 × 0.8T_Nylon Washer	4
174	3.5 × 12m/m_Sheet Metal Screw	6
175	Choke	1
176	150m/m_Connecting Wire	1
178	150m/m_Computer Cable	1
179	Ø4 × 16m/m_Sheet Metal Screw	4
180	Podwer metallurgy Sleeve	4