

*dyaco*

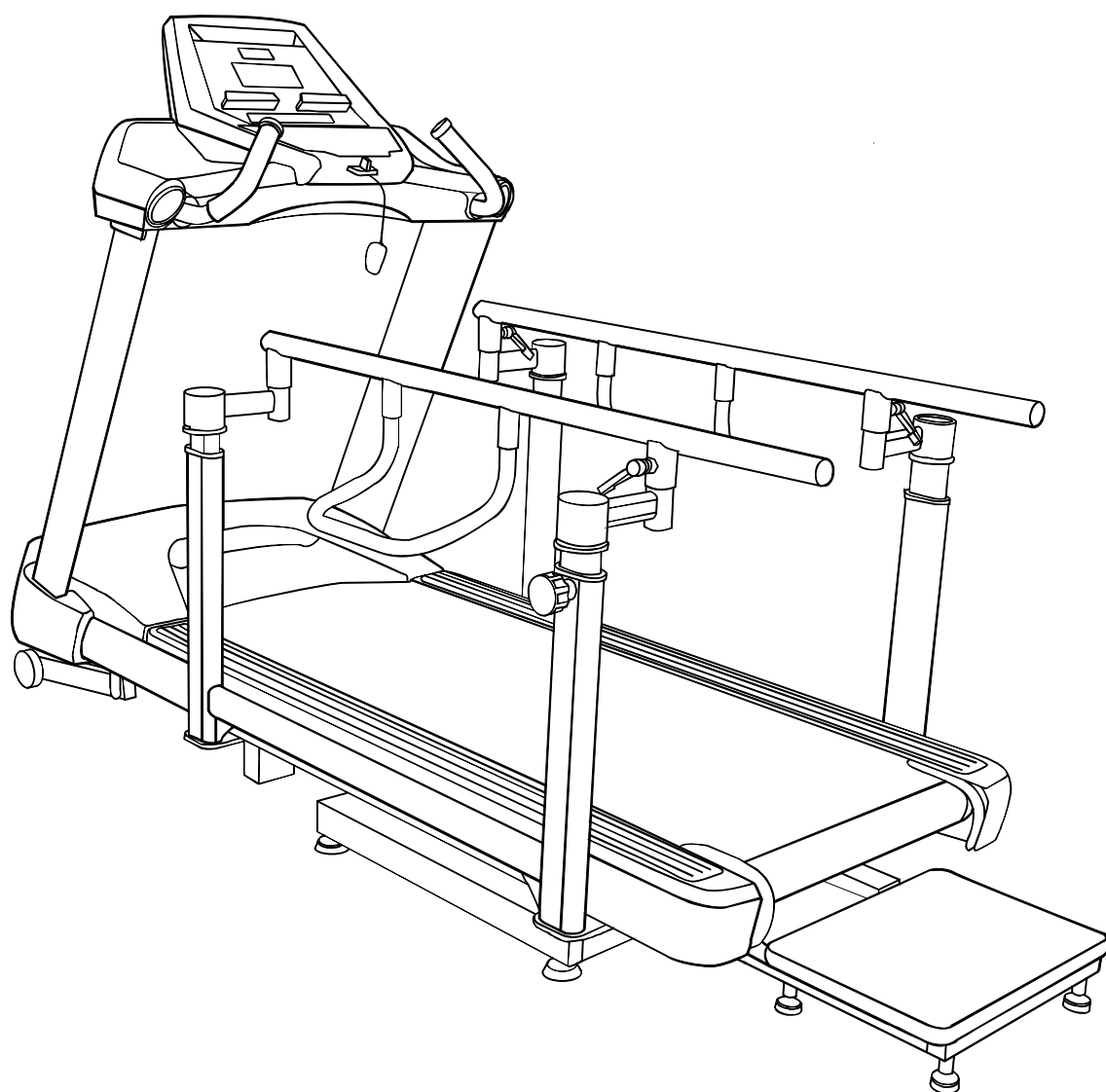
**MED**

**Rehabilitation Treadmill**

**7.0T**

# User manual

Please read this entire manual carefully before operating your new 7.0T and save it for future use.



Thank you for your recent purchase of the 7.0T.

Dyaco provides simple, reliable products that offer the most relevant feedback to caregivers and users to achieve best-in-class outcomes and empower individuals to build confidence in rebuilding and maintaining healthy lifestyles and keep in touch with their communities.

Your new product has been manufactured by one of the world's leading medical product manufactures. It is backed by one of the most comprehensive warranties in the industry. Through our dealers, distributors and manufacturer's representatives, we will do all we can to provide many years of successful and prosperous ownership.

Your warranty and service needs will be addressed either through your regional sales representative or our highly trained service technicians.

It is their 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 7.0T.

## **Danger**

To reduce the risk of electric shock, disconnect your 7.0T from the electrical outlet prior to cleaning and/or service work.

## **Warning**

- Do not modify this equipment without authorization of the manufacturer.
- To reduce the risk of burns, fire, electric shock, or injury to persons, install the 7.0T on a flat level surface with access to a 230-volt AC, 50 Hz, 10-amp grounded outlet. Do not use an extension cord unless it is 12awg or larger, with only one outlet on the end. The 7.0T should be the only appliance in the electrical circuit. 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.
- To avoid risk of electric shock, this equipment must only be connected to a supply main with protective earth.
- Use this 7.0T only for its intended use as described in this manual.
- Keep children away from the 7.0T. There are moving parts, obvious pinch points and other caution areas that can cause harm.
- Except as instructed for use of the 7.0T, keep hands away from all moving parts.
- Keep the electrical cord away from heated surfaces and out of all travel lanes and do not operate the 7.0T if the cord or plug is damaged.

- Never drop or insert any object into any openings.
- Do not use outdoors.
- To disconnect, turn all controls to the off position then remove the plug from the outlet.
- This 7.0T is designed for commercial use and will meet the demands of orthopedic, sports wellness and general conditioning programs.
- Do not attempt to use your 7.0T for any purpose other than for the purpose it is intended.
- The 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 exercise aids in determining heart rate trends in general.
- Heart rate monitoring system may be inaccurate. Over exercise may result in injury or death. If you feel faint stop exercising immediately.
- Ensure there is a minimum space on the sides of the 7.0T of two feet for proper operation, easy access and to prevent possible injuries to others standing or walking nearby. There should be a minimum of at least one foot of free space at the front and three and a half feet at the rear.
- Do not use any after market parts on this 7.0T, other than those recommended by Dyaco.
- 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.
- Installation and assembly of this product should be performed by trained personnel only.
- Hold the handlebar for support when getting on or off the 7.0T.
- To avoid injury please observe all minimum and maximum adjustment settings.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on the 7.0T. Quality athletic shoes are recommended to avoid leg fatigue.
- A safety tether cord is provided with this 7.0T. 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 tread-belt. Pulling this safety tether cord will stop tread-belt movement.

# إرشادات السلامة المهمة

## ⚠️ تنبيه

اقرأ جميع الإرشادات الواردة في هذا الدليل قبل استخدام الجهاز.

## ⚠️ خطر

لتقليل خطر التعرض للصدمات الكهربائية، يُرجى فصل مقبس جهاز الجري الكهربائي قبل تنظيف الو/أو أعمال الصيانة.

## ⚠️ تحذير

- لا تحاول تعديل الجهاز بغير تصريح من

الشركة المصنعة.

- للحد من خطر التعرض للحروق أو صدمة كهربائية أو الإصابة أو اندلاع حريق، يثبت جهاز الجري على سطح مستوٍ، ويوصل

بمقبس تيار كهربائي متردد مؤرض بجهد 230 فولت تيار متردد، وبتردد 50 هرتز، وشدة 10 أمبير. لا تستخدم سلك امتداد ما لم

على الأقل، أو أكثر، وتأكد من توصيله بمقبس منفرد عند طرفه. ينبغي توصيل جهاز الجري بدائرة كهربائية 12awg تكون سعته 12

مستقلة ومنفصلة. لا تحاول فصل تأريض القابس، ولا تحاول استخدام محولات غير ملائمة، ولا تحاول تعديل سلك التوصيل بأي

طريقة كانت، لأن هذا قد يعرضك لصدمة كهربائية خطيرة، أو لمخاطر اندلاع حريق، وقد ينتج عنه تلف الحاسوب المضمن بالجهاز أو تعطله.

- لتجنب خطر التعرض لصدمة كهربائية، يجب توصيل جهاز الجري

بمأخذ مصدر التيار الكهربائي الرئيسي المؤرض.

- لا تستخدم هذا الجهاز سوى للاستخدامات المعنية والمقصودة كما يصف هذا الدليل.

- أبق الأطفال بعيداً عن جهاز الجري. يتضمن الجهاز أجزاء متحركة،

ومناطق احتكاك واضحة، ومناطق أخرى تستدعي الانتباه إليها، ويمكن أن تتسبب في إحداث ضرر.

- وباستثناء التعليمات الموضحة لاستخدام الجهاز، لا تلمس أي أجزاء متحركة من الجهاز

بيديك.

- حافظ على إبعاد السلك الكهربائي بعيداً عن الأسطح الساخنة، وكذلك كافة مسارات التنقل، ولا تشغل جهاز الجري إذا تلف

السلك الكهربائي أو القابس.

- تجنب مطلقاً إسقاط أو إدخال أي شيء في أي فتحات.

- لا تستخدم الجهاز في المناطق الخارجية.

- لفصل الدراجة، أعد كل وحدات التحكم إلى وضع الإيقاف، وبعداً أزل

القابس من مصدر التيار الكهربائي.

- هذا الجهاز مصمم للاستخدام التجاري، وسيلبي متطلبات برامج أطباء العظام، والعافية الرياضية، وبرامج الحالات العامة.

- لا تحاول استخدام جهاز الجري لأي غرض آخر بخلاف

الغرض المخصص له.

- مستشعرات نبضات اليد ليست جهازًا طبيًا. 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 تؤدي التدريبات الزائدة إلى التعرض لإصابة جسيمة أو الوفاة. إذا شعرت بدوار الإغماء، فتوقف عن ممارسة التدريبات في الحال. تأكد من ترك مسافة لا تقل عن قدمين بحد أدنى على جانبي جهاز الجري لضمان التشغيل السليم، وسهولة الوصول إليها، والوقاية من تعرض الواقفين حول الدراجة أو المشاة بجوارها إلى الإصابات. ينبغي ترك مسافة خالية لا تقل عن قدم واحد على الأقل أمام الجهاز وثلاثة أقدام ونصف خلفه.
- لا تستخدم الملحقات المتوفرة في الأسواق لهذا الجهاز، فيما عدا تلك باستعمالها. Dyaco التي توصي شركة لا تحاول إجراء الصيانة أو إدخال أي تعديلات على الجهاز بخلاف ما يصفه هذا الدليل. وكل ما عداهما ينبغي تركه لموظفي الصيانة والخدمة المدربين على التعامل مع المعدات الكهربائية الميكانيكية، والمصرح لهم بالعمل بموجب قانون البلد المعني الذي تتم فيه أعمال الصيانة والإصلاح.
- ينبغي عدم تركيب وتجميع هذا الجهاز إلا على يد الموظفين المدربين دون سواهم. تمسك بقضيب المقبض لدعم جسدك عند الصعود إلى جهاز الجري أو النزول من عليه. يرجى مراعاة الحد الأدنى والحد الأقصى للضغط، وهذا لتجنب تعرضك للإصابة ضبط الإعدادات.
- ارتد أحذية ملائمة. لا يكون من الملائم ارتداء الأحذية ذات الكعب أو الأحذية الرسمية أو الصنادل عند استخدام جهاز الجري. يُنصح بارتداء الأحذية الرياضية لتفادي إرهاق الساقين.
- يأتي مع الجهاز قابس سلك للتأمين. إنه جهاز بتصميم مغناطيسي بسيط ينبغي استخدامه دائمًا. وهو مخصص لتأمين سلامتك في حالة السقوط أو تحركك للخلف كثيرًا على سير جهاز الجري. سحب قابس سلك التأمين هذا، يوقف حركة سير الجري فورًا.



# Wichtige Sicherheitshinweise

## **Achtung**

Lesen Sie vor dem Gebrauch dieses Geräts alle Anweisungen in diesem Handbuch.

## **Gefahr**

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

## **Warnung**

- Nehmen Sie an dem Gerät keine Änderungen ohne die Genehmigung des Herstellers vor.
- Stellen Sie das Laufband auf einer ebenen Fläche mit Zugang zu einer geerdeten 230-Volt-Steckdose mit 50Hz, 10 Ampere auf, um die Gefahr von Verbrennungen, Bränden, Stromschlägen oder Verletzungen von Personen zu verringern. Verwenden Sie nur ein Verlängerungskabel mit 12 AWG oder mehr und nur einem Stecker. Das Laufband sollte das einzige Gerät im Stromkreis sein. Versuchen Sie nicht, den geerdeten Stecker mit falschen Adaptern zu deaktivieren oder den Kabelsatz in irgendeiner Weise zu modifizieren. Zusammen mit Fehlfunktionen des Computers kann dies zu einem schweren Schlag oder Brand führen.
- Um das Risiko eines Stromschlags zu vermeiden, darf dieses Gerät nur an eine Hauptversorgung mit Schutz Erde angeschlossen werden.
- Benutzen Sie dieses Gerät nur für den vorgesehenen Zweck, wie in diesem Handbuch beschrieben.
- Kinder von dem Laufband fernhalten. Es gibt bewegliche Teile und offensichtliche Stellen, an denen man sich einklemmen kann sowie andere Gefahrenbereiche, die zu Verletzungen führen können.
- Halten Sie die Hände von allen beweglichen Teilen fern, es sei denn, dies ist für den Gebrauch des Geräts vorgesehen.
- Halten Sie das Elektrokabel von heißen Flächen und allen Wegen fern und benutzen Sie das Laufband nicht, wenn das Kabel oder der Stecker beschädigt ist.

- Niemals Gegenstände in Öffnungen fallen lassen oder hineinstecken.
- Nicht im Freien verwenden.
- Zum Ausschalten alle Kontrollen in die Ausstellung bringen und dann den Stecker aus der Steckdose ziehen.
- Dieses Gerät ist für die gewerbliche Nutzung konzipiert und erfüllt die Anforderungen von orthopädischen, sportlichen Wellness- und allgemeinen Konditionsprogrammen.
- Versuchen Sie nicht, Ihr Laufband für einen anderen als den vorgesehenen Zweck zu verwenden.
- Die Pulssensoren 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 Herzfrequenzrends im Allgemeinen gedacht.
- Das Herzfrequenzüberwachungssystem kann ungenau sein. Überanstrengung kann zu Verletzungen oder Tod führen. Wenn Sie sich schwach fühlen, hören Sie sofort mit dem Training auf.
- Stellen Sie sicher, dass auf beiden Seiten des Laufbands ein Mindestfreiraum von zwei Fuß vorhanden ist, um eine ordnungsgemäße Bedienung und einen einfachen Zugang zu gewährleisten und mögliche Verletzungen anderer Personen zu vermeiden, die in der Nähe stehen oder gehen. Vor dem Gerät sollte ein Mindestfreiraum von einem Fuß vorhanden sein und hinter dem Gerät dreieinhalb Fuß.
- Verwenden Sie bei diesem Gerät keine anderen Ersatzteile, als die von Dyaco empfohlenen.
- 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.
- Die Installation und Montage dieses Geräts sollte nur von geschultem Personal ausgeführt werden.
- Beim Auf- oder Absteigen von dem Laufband, halten Sie sich an den Griffstangen fest.
- Um Verletzungen zu vermeiden, beachten Sie alle minimalen und maximalen Einstellungen.
- Tragen Sie geeignete Schuhe. High Heels, Anzugschuhe, Sandalen oder nackte Füße sind nicht für die Verwendung auf dem Laufband geeignet. Qualitätssportschuhe werden empfohlen, um Beinermüdung zu vermeiden.
- 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 Laufband geraten sollten. Wenn Sie an dieser Leine ziehen, stoppt das Band.

# Consignes de Sécurité importantes

## **Attention**

Lire toutes les instructions de ce manuel avant utilisation.

## **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**

- Ne modifiez pas cet appareil sans l'autorisation de l'autorité du fabricant.
- 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 230 volts en CA, 50 Hz, 10 ampères reliée à la terre. N'utilisez pas de rallonge électrique à moins qu'elle ne soit de 12 AWG ou plus, avec une seule prise à l'extrémité. Le tapis de course doit être le seul appareil du circuit électrique. N'essayez pas de désactiver la prise mise à la terre à l'aide d'adaptateurs inappropriés ou de modifier de quelque façon que ce soit le cordon d'alimentation ; un choc électrique ou un risque d'incendie peut entraîner un dysfonctionnement de l'ordinateur.
- Afin d'éviter tout risque de choc électrique, cet équipement doit être uniquement raccordé à un réseau d'alimentation avec mise à la terre de protection.
- Utilisez cet appareil uniquement pour l'usage auquel il est destiné, tel que décrit dans ce manuel.
- Tenir les enfants éloignés du tapis de course. Il y a des pièces mobiles, Des points de pincement apparents ainsi que d'autres zones nécessitant la plus grande prudence afin d'éviter tout danger.
- Sauf indication contraire pour l'utilisation de l'appareil, tenir les mains éloignées de toutes les pièces mobiles.
- Tenir le cordon électrique à l'écart des surfaces chauffées et des voies d'accès, et ne pas faire fonctionner le tapis si le cordon ou la fiche sont endommagés.

- Ne jamais laisser tomber ou insérer un objet dans un orifice.
- Ne pas utiliser à l'extérieur.
- Pour débrancher l'appareil, mettre toutes les commandes en position arrêt, puis débrancher la fiche de la prise de courant.
- Cet appareil est conçu pour un usage commercial et répondra aux exigences des programmes d'orthopédie, de bien-être sportif et de conditionnement général.
- Ne pas utiliser le tapis de course à d'autres fins que celles pour lesquelles il a été conçu.
- 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. Un excès d'exercice peut entraîner des blessures voire la mort. Si vous vous sentez faible, arrêtez-vous immédiatement.
- Veillez à prévoir un espace minimum de deux pieds de chaque côté du tapis de course pour une utilisation optimale, un accès aisé et afin d'éviter de blesser d'autres personnes se tenant ou marchant à proximité. Il devrait y avoir au moins un pied d'espace libre à l'avant et trois pieds et demi à l'arrière.
- N'utilisez pas de pièces après-vente sur cet appareil, autres que celles recommandées par Dyaco.
- 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.
- L'installation et le montage de ce produit ne doivent être effectués que par du personnel qualifié.
- Tenez le guidon pour vous soutenir lorsque vous montez ou descendez du tapis de course.
- Pour éviter tout risque de blessure, veuillez respecter les valeurs minimales et maximales.
- Portez des chaussures appropriées. 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.
- 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.

# Belangrijke veiligheidsinstructies

## **Let op**

Lees alle instructies in deze handleiding voordat u dit apparaat gebruikt.

## **Gevaar**

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

## **Waarschuwing**

- Wijzig deze apparatuur niet zonder toestemming van de fabrikant.
- Installeer de loopband op een vlakke ondergrond met toegang tot een geaard stopcontact van 230 volt AC, 50 Hz en 10 ampère om het risico op brandwonden, brand, elektrische schokken of persoonlijk letsel te verminderen. Gebruik geen verlengsnoer tenzij deze minimaal is samengesteld uit 2 mm. dikke draden met slechts één stekker aan het uiteinde. De loopband moet het enige apparaat binnen het elektrische circuit zijn. Probeer de geaarde stekker niet uit te schakelen met behulp van onjuiste adapters of wijzig op geen enkele manier de kabelset; een ernstige schok of brand kan het gevolg zijn, samen met computerstoringen.
- Om het risico op elektrische schokken te voorkomen, mag dit apparaat alleen worden aangesloten op een voedingskabel met beschermende aarde-aansluiting.
- Gebruik dit apparaat alleen voor het beoogde gebruik, zoals beschreven in deze handleiding.
- Houd kinderen uit de buurt van de loopband. Er zijn bewegende delen, duidelijke knelpunten en andere, voorzichtigheid vereisende gebieden die schade kunnen veroorzaken.
- Houd de handen uit de buurt van alle bewegende delen, behalve zoals aangegeven voor het gebruik van het apparaat.
- Houd het netsnoer uit de buurt van warm wordende oppervlakken en van alle passages en gebruik de loopband niet als het snoer of de stekker beschadigd is.

- 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.
- Dit apparaat is ontworpen voor commercieel gebruik en voldoet aan de eisen van orthopedische, sportieve en algemene conditieprogramma's.
- Probeer uw loopband niet voor andere doeleinden te gebruiken dan voor het doel waarvoor deze bestemd is.
- De pulssensoren 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 letsel of de dood. Stop onmiddellijk met trainen als u zich zwak voelt.
- Zorg voor een minimale ruimte aan de zijkanten van de loopband van zestig centimeter voor een juiste bediening, gemakkelijke toegang en om mogelijk letsel aan anderen die in de buurt staan of lopen te voorkomen. Er moet minimaal 30 cm. vrije ruimte zijn aan de voorkant en één meter aan de achterkant.
- Gebruik geen aftermarket-onderdelen op dit apparaat, andere welke worden aanbevolen door Dyaco.
- Voer geen onderhoud uit of breng geen aanpassingen aan die niet in deze handleiding worden beschreven. Al het overige moet worden overgelaten aan opgeleid onderhoudspersoneel dat vertrouwd is met elektromechanische apparatuur en volgens de wetgeving van het betreffende land bevoegd is om onderhouds- en reparatiewerkzaamheden uit te voeren.
- Installatie en montage van dit product dienen uitsluitend te worden uitgevoerd door hiervoor opgeleid personeel.
- Hou de stang vast ter ondersteuning bij het in- en uitstappen van de loopband.
- Om letsel te voorkomen: respecteer alle minimale en maximale afstellingen.
- 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.
- Bij dit apparaat wordt een veiligheidskoord meegeleverd. Het is een eenvoudig magnetisch concept dat altijd moet worden gebruikt. Deze dient voor uw veiligheid als u valt of te ver naar achteren beweegt op de band. Als u aan dit veiligheidskoord trekt, stopt de band.

# Important electrical information

## **Warning**

- Never remove any cover without first disconnecting AC power. If voltage varies by 10% or more, the performance of your 7.0T 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 7.0T is not protected against the ingress of water or particulate matter.
- The 7.0T is not suitable for use in an oxygen rich environment.
- If not stated otherwise Dyaco 7.0T are designed for operation in normal climatic surroundings (IEC 60601-1):
  - Temperature: + 10° ... + 36° C
  - Relative humidity: 30 ... 90 % (non condensing)
  - Air pressure: 700 ... 1060 mbar
  - Maximum operating altitude: approx. 10,000 feet (3000m), without pressurization
  - Transport and store the 7.0T at a temperature of – 20° ... + 50° C.

## **Grounding instructions**

- This product must be grounded. In the unlikely event that the rehabilitation treadmill's electrical system should malfunction or breakdown grounding provides a path of the 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 whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet; have a proper outlet installed by a qualified electrician.



# معلومات

## كهربائية مهمة

### ⚠ تحذير

- تجنب مطلقاً إزالة أي أغطية دون فصل مقبس التيار الكهربائي أولاً. إذا كان الجهد الكهربائي يتباين بمقدار 10% أو أكثر، فإن أداء جهاز الجري قد يتضرر من ذلك. لا يشمل الضمان مثل تلك الحالات. إذا شككت 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.
- جهاز الجري ليس محميًا من التعرض للماء، أو الجسيمات الصلبة. وإذا لم يذكر غير ذلك، فإن أجهزة Dyaco مصممة للعمل في الظروف المناخية المعتادة (IEC 60601-1): - درجات الحرارة: + 10 درجة مئوية ... + 36 درجة مئوية - الرطوبة النسبية: 30 ... 90 % هواء (غير مكثف) - الضغط الجوي: 700 ... 1060 مللي بار - الحد الأقصى لارتفاع التشغيل: حوالي 10,000 قدم (3000م)، بدون التعرض لضغط خارجي - يتعين نقل الجهاز وتخزينه عند درجة حرارة - 20 درجة مئوية ... + 50 درجة مئوية

### تعليمات التأريض

- ينبغي تأريض المنتج. في حالة التعرض لخلل أو عطل مفاجئ في النظام الكهربائي لجهاز الجري، يوفر التأريض مسارًا أقل مقاومة للتيار الكهربائي، مما يقلل من خطر التعرض لصدمة كهربائية. هذا المنتج مجهز بكابل مزود بقابس وأداة تأريض. يجب توصيل القابس بأخذ 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 وتأريضه بشكل مناسب، فاطلب من فني كهربائي مرخص لإجراء الاختبارات الملائمة التحقق منه. لا تحاول تعديل القابس المرفق مع المنتج إذا لم يكن مناسبًا للمنفذ؛ واطلب من فني كهربائي مؤهل تركيب منفذ مناسب.

# Wichtige elektrische Hinweise

## **Warnung**

- Entfernen Sie nie eine Abdeckung ohne vorher den Stecker aus der Steckdose zu ziehen. Wenn die Spannung um 10 % oder mehr variiert, kann die Leistung Ihres Laufbands beeinträchtigt werden. 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.
- Das Laufband ist nicht gegen das Eindringen von Wasser oder bestimmten Stoffen geschützt.
- Das Laufband ist nicht für den Gebrauch in einer sauerstoffreichen Umgebung geeignet.
- Wenn nichts anderes angegeben ist, sind die Geräte von Dyaco für einen Betrieb in normalen klimatischen Umgebungen (IEC 60601-1) bei
  - Temperaturen von +10° bis +36° C konzipiert
  - Relative Luftfeuchtigkeit: 30 ... 90 % (nicht kondensierend)
  - Luftdruck: 700 ... 1060 mbar
  - Maximale Betriebshöhe ca. 3000 m (10.000 Fuß) ohne Druckbeaufschlagung
  - Transport und Lagerung der Geräte bei Temperaturen von -20° ... +50° C.

## **Erdungsanweisungen**

- Dieses Produkt muss geerdet werden. In dem unwahrscheinlichen Fall, dass an dem Elektrosystem des Rades 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 unsachgemäßer Anschluss des Erdungsleiters des Geräts kann zu einem Stromschlag 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 eine geeignete Steckdose von einem qualifizierten Elektriker einbauen.

# Données électriques importantes

## **Avertissement**

- N'enlevez jamais le couvercle sans avoir préalablement débranché l'alimentation secteur. Si la tension varie de 10 % ou plus, les performances de votre tapis de course peuvent en 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.
- Le tapis de course n'est pas protégé contre les infiltrations d'eau ou l'humidité.
- Le tapis de course ne convient pas à une utilisation dans un environnement riche en oxygène.
- Sauf indication contraire, les appareils Dyaco sont conçus pour fonctionner dans un environnement au climat normal (CEI 60601-1) :
  - Température : + 10°... + 36 °C
  - Humidité relative : 30... 90 % (sans condensation)
  - Pression atmosphérique : 700... 1 060 mbar
  - Altitude maximale de fonctionnement : environ 10 000 pieds(3 000 m), sans pressurisation.
  - Transporter et stocker les appareils à une température de - 20°... + 50 °C.

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

- Ce produit doit être mis 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 fournie avec l'appareil si elle ne s'adapte pas à la prise ; faites installer une prise appropriée par un électricien qualifié.

# Belangrijke informatie betreffende elektriciteit

## **Waarschuwing**

- Verwijder nooit een afdekking zonder eerst de netvoeding los te koppelen. Als de spanning met 10% of meer varieert, kan dit de prestaties van uw loopband beïnvloeden. 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 loopband is niet beschermd tegen het binnendringen van water of deeltjes.
- De loopband is niet geschikt voor gebruik in een zuurstofrijke omgeving.
- Tenzij anders vermeld, zijn Dyaco-apparaten ontworpen voor gebruik onder normale klimatologische omstandigheden (IEC 60601-1):
  - Temperatuur: + 10 ° ... + 36 ° C
  - relatieve luchtvochtigheid: 30 ... 90% (niet condenserend)
  - Luchtdruk: 700 ... 1060 mbar
  - Maximale bedrijfshoogte: ca. 3000 m (10.000 voet), zonder druk uit te oefenen
  - Transporteer en sla de apparaten op bij een temperatuur van - 20 ° ... + 50 ° C

## 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 een geschikt stopcontact installeren door een gekwalificeerde elektricien.

# Important operation instructions

- Never use the 7.0T during an electrical storm. Surges may occur in your facility power supply that could damage the 7.0T's components.
- All users should have medical clearance before starting any rigorous exercise program.
- Start the user at a safe exercise level. Do not allow the user to be over exerted. Symptoms to watch for, but not limited to, are: shortness of breath or difficulty in breathing, pain or discomfort, feeling faint.
- Make sure the user warms up and cools down properly to avoid over taxing the cardio vascular system. Allow three to five minutes of warm up and cool down during each exercise session.
- 7.0T rehabilitation Treadmill should not be used for patients with severe osteoporosis, non-union fractures, debilitating dizziness, or poor safety awareness/cognition. Do not use for patients weighing greater than 200kgs (bariatric). Do not use for patients with acute conditions such as pulmonary embolus, thrombus, acute MI, acute fractures, or BP over 180/110 Hg.



# معلومات إرشادات التشغيل المهمة

- لا تستخدم جهاز الجري أبدًا أثناء عاصفة كهربائية. قد تحدث طفرات في مصدر التيار الكهربائي في مرافق إقامتك، بما يمكن أن يتلف مكونات جهاز الجري.
- يجب أن يحصل مستخدم الدراجة على تصريح طبي قبل بدء أي برنامج تدريبي مكثف.
- ابدأ التمرين عند مستوى آمن للمستخدم. ولا تسمح بإجهاد المستخدم للغاية. من الأعراض التي يجب الانتباه إليها، على سبيل المثال لا الحصر: ضيق التنفس أو صعوبة التنفس أو الألم أو الانزعاج أو الشعور بالإغماء.
- تأكد من التزام المستخدم بتمارين الإحماء والتهدة بشكل صحيح لتجنب إجهاد القلب والأوعية الدموية. والتزم بالإحماء والتهدة لفترة تتراوح من ثلاث إلى خمس دقائق خلال كل جلسة تمارين.
- الشدة العظام هشاشة من يعانون الذين لمضى T7.0 التأهيل لإعدادة المشي جهاز استخدام عدم يجب لمضى تستخدم لا بالسلامة الإدارة ك/ال و عيضا وأال منهكة ال دوخة وأال نقابية غير ال كسور أو مثل حادة حالات من يعانون الذين لمضى تستخدمه لا. (ال سمنة علاج) كجم 200 عن وزنهم يزيد الذين 180/110 فوق ال دسخط وأال حادة ال كسور وأال حاد ال قلب عضلة اح تشاء وأال جلطة وأال ردوية الصمة زد بقى.

# Wichtige Bedienungs- anweisungen

- Benutzen Sie Ihr Laufband nie während eines Gewitters. In Ihrem Anlagennetzteil können Überspannungen auftreten, die die Laufbandkomponenten beschädigen können.
- Alle Benutzer sollten eine ärztliche Genehmigung haben, bevor sie mit einem strengen Trainingsprogramm beginnen.
- Lassen Sie den Benutzer mit einer sicheren Übungsstufe beginnen. Achten Sie darauf, dass sich der Benutzer nicht überanstrengt. Symptome, auf die geachtet werden sollten, sind unter anderem Kurzatmigkeit oder Atemschwierigkeiten, Schmerzen oder Unwohlsein, Schwächegefühle.
- Achten Sie darauf, dass sich der Benutzer vernünftig aufwärmt und abkühlt, um eine Überbelastung des Herz-Kreislauf-Systems zu vermeiden. Eine Aufwärm- und Abkühlphase von drei bis fünf Minuten sollten bei jedem Training eingehalten werden.
- 7.0T-Rehabilitations-Laufband sollten nicht bei Patienten mit schwerer Osteoporose, nicht gelenkigen Frakturen, lähmendem Schwindel oder schlechtem Sicherheitsbewusstsein/ schlechter Wahrnehmung verwendet werden. Nicht bei Patienten mit einem Gewicht von mehr als 200 kg (Adipositas) verwenden. Nicht bei Patienten mit akuten Zuständen wie Lungenembolie, Thrombus, akutem MI, akuten Frakturen oder Blutdruck über 180/110 Hg anwenden.

# Consignes d'utilisation importantes

- N'utilisez jamais votre tapis de course en cas d'un orage. Des surtensions peuvent survenir dans l'alimentation électrique et endommager les composants du tapis de course.
- Tous les utilisateurs doivent obtenir une autorisation médicale avant d'entreprendre tout programme d'exercices rigoureux.
- Commencez à utiliser l'appareil à un niveau d'exercice sans danger. L'utilisateur ne doit en aucun cas être surmené. Les symptômes à surveiller, sans toutefois s'y limiter, sont : l'essoufflement ou des difficultés respiratoires, une douleur ou un certain inconfort, une sensation de faiblesse.
- L'utilisateur doit s'être échauffé, de même qu'il devra récupérer adéquatement pour éviter de déstabiliser le système cardiovasculaire. Prévoyez de trois à cinq minutes d'échauffement et de récupération à chaque séance d'exercice.
- Le tapis de course de rééducation 7.0T ne doit pas être utilisé chez les patients souffrant d'ostéoporose sévère, de fractures non consolidées, d'étourdissements débilants ou d'une mauvaise sensibilisation/connaissance en matière de sécurité. Ne pas utiliser chez les patients pesant plus de 200 kg (bariatrique). Ne pas utiliser chez les patients souffrant d'affections aiguës telles que embolie pulmonaire, thrombus, infarctus du myocarde aigu, fractures aiguës ou tension artérielle supérieure à 180/110 Hg.

# Belangrijke bedieningsinstructies

- Gebruik uw loopband nooit tijdens onweer. Er kunnen spanningspieken in de stroomvoorziening van uw installatie optreden die de componenten van de loopband kunnen beschadigen.
- Alle gebruikers moeten over medische toestemming beschikken voordat ze aan een rigoureuus trainingsprogramma beginnen.
- Laat de gebruiker op een veilig trainingsniveau beginnen. Laat de gebruiker niet te vermoeid raken. Symptomen om op te letten, zonder zich hiertoe te beperken, zijn: kortademigheid of ademhalingsproblemen, pijn of ongemak, zich zwak voelen.
- Zorg ervoor dat de gebruiker goed opwarmt en afkoelt om te voorkomen dat het cardiovasculaire systeem te zwaar wordt belast. Zorg voor een warming-up gedurende drie tot vijf minuten en een cooling-down na elke trainingssessie.
- 7.0T revalidatie loopband mag niet worden gebruikt voor patiënten met ernstige osteoporose, non union fractuur, slopende duizeligheid, of slechte veiligheidsbewustzijn / cognitie op gebied van veiligheid. Niet gebruiken bij patiënten die meer dan 200 kg wegen (bariatrisch). Niet gebruiken bij patiënten met acute aandoeningen zoals longembolie, thrombus, acute MI, acute fractures of bloeddruk hoger dan 180/110 Hg.

# Application specification

## **Medical purpose**

- Patient warm-up before a physical therapy session.
- Have the patient walk to improve ambulation and range of motion after knee/hip/ankle surgery or neurological conditions.
- Allow patients to perform cardiovascular exercise.
- Used for open kinetic chain exercise only, patient is not restrained or connected to the 7.0T.
- 7.0T is a device intended to be used to redevelop muscles or restore motion to joints.

## **Intended patient population**

- Male and Female Adults. Children at the discretion of a Qualified Physical Therapist and or parental consent.
- Maximal patient's weight is 200kg.
- Patient must be ambulatory.
- Patient should have medical clearance before starting any rigorous exercise program. This is especially important for person with a history of heart disease or other high risk factors.

## **Intended part of the body or type of tissue applied to or interacted with:**

- Contact site: hands and feet
- Condition: should not have any trauma

## **Intended conditions of use**

- Environment including hygienic requirements
  - General: intended for indoors use. This product is not designed for use outdoors, near a pool or spa, or in any other high humidity environment.
  - Conditions of visibility:
    - ① Ambient luminance: standard ambient room lighting is sufficient.
    - ② Viewing distance: 1 m
    - ③ Viewing angle: 120°
  - Physical
    - ① Temperature range: 10°C ~ 36°C
    - ② Relative humidity range: 30% R.H. ~ 90% R.H., non condensing
  - Hygienic requirements: there is no particular restriction on hygienic requirements.
- Frequency of use
  - Dependent on therapist's plan.
- Location
  - Intended for hospital use, clinic use, home use and research in academic institutions.
- Mobility
  - The product is intended to be fixed.

# Operating principle

The operator will start the 7.0T and use the speed and incline keys to control motors. When the speed key is pressed, a signal will be sent to the AC motor inverter to request a change. The inverter will then send the appropriate amount of power the AC drive motor to reach the requested speed. The motor drives the front roller (which in turn moves the walking belt) through pulleys and fan belt. The incline motor is operated when the operator presses the incline keys. A command is generated that is transmitted to the incline control board where a relay is energized sending AC power to the motor until it reaches the desired position.

## Significant physical characteristics

Please refer to **Features** of 7.0T manual.

# Significant performance characteristic

Please refer to “**Unique uses for the 7.0T**” in operating the 7.0T.



# Intended user profile

## **Intended operator**

- There is no particular restriction on age, gender, height, weight, ability and culture.
- Education: University or above
- Knowledge: The operator should read the user's manual before use.
- Discipline: The operator should receive training from the manufacturer before use.
- Experience: The operator must have experience in physical therapy.
- Background: The operator must be a major in physical therapy.
- Professional competence: The operator should have the physical therapist license.

## **Intended installer**

- There is no particular restriction on age, gender, height, weight, ability and culture.
- Education: High School or above
- Knowledge: The installer shall be able to manipulate this product properly.
- Discipline: The installer shall be given a specific training by manufacturer.
- Experience: The installer must have experience in product assembly and disassembly.
- Background: The installer must be electro-mechanically trained.
- Professional competence: Normal vision ability required.

# Operating the 7.0T

The 7.0T is intended to be used in aiding in the physical rehabilitation process for patients with orthopedic and neurological problems. Also used in sports medicine, wellness and general conditioning programs.

## **Typical applications for this type of product are**

- Patient warm up before physical therapy session.
- Have the patient walk to improve ambulation and range of motion after knee/hip/ankle surgery or neurological conditions.
- Allow patients to perform cardiovascular exercise
- Used for open kinetic chain exercise only, patient is not restrained or connected to the 7.0T.

## **Unique uses for the 7.0T**

- The walking belt allows for both forward and reverse walking.
- The front and rear incline allows for uphill and downhill walking.
- Symmetry program measures distance between left and right step lengths. Graphical bio-feedback display motivates patients to maintain even step symmetry between left and right legs.

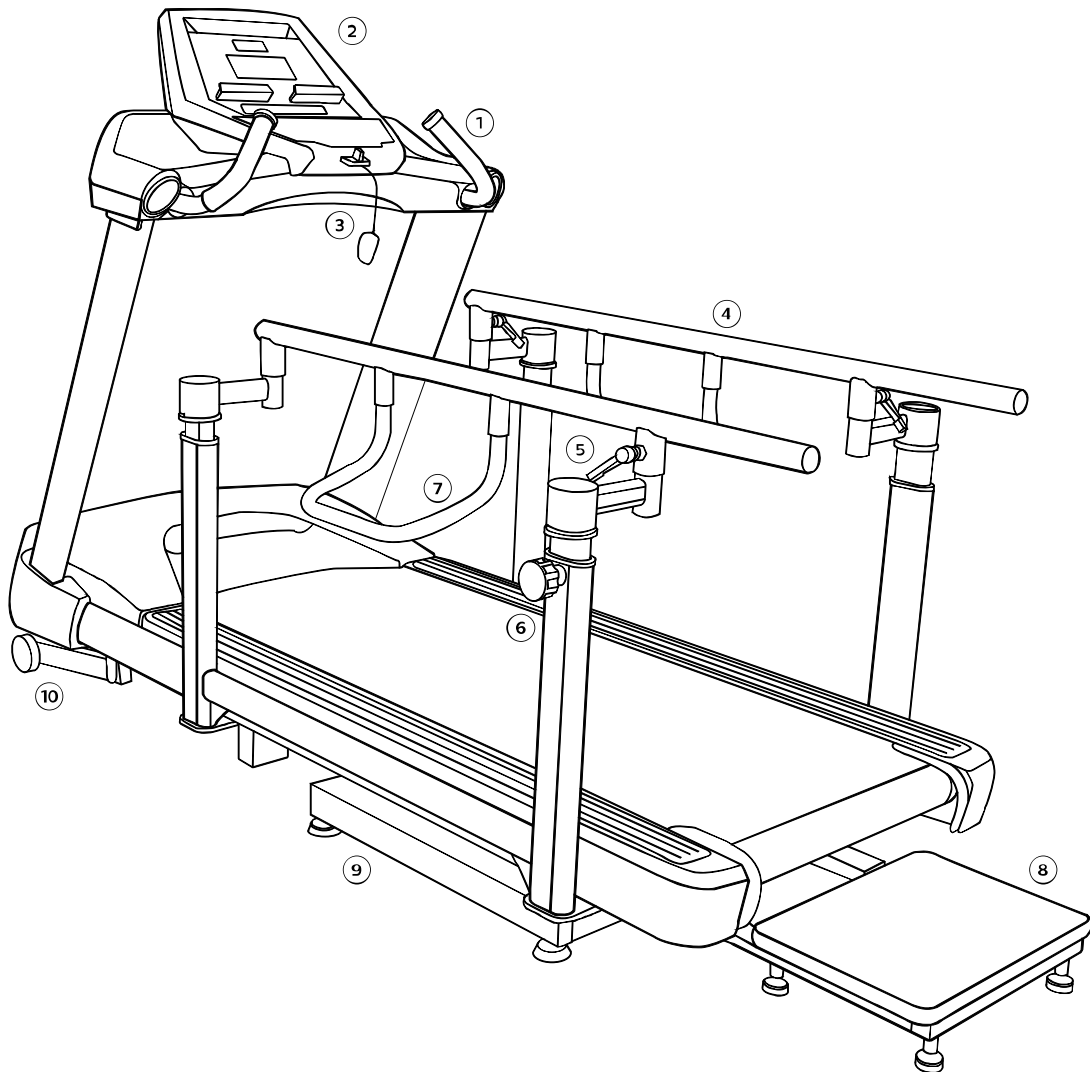
## **Other features of the 7.0T**

- Belt speed settings start at 0.1 km/hr.
- The parallel handrails are adjustable to accommodate for pediatric to large adult sizes.
- Heart rate monitoring using the optional heart rate chest-strap.

## **Heart rate measurements are not for medical use**

The heart rate function on this product is not a medical device and should not be relied on when accurate readings are necessary. Some people, including those in a cardiac rehab program, may benefit from using an alternate heart rate monitoring system like a chest or wrist strap. Various factors, including movement of the user, may affect the accuracy of your heart rate reading. The heart rate reading is intended only as an exercise aid for measuring heart rate trends in general.

# Features



## 7.0T

### Parts and adjustments

1. Hand grips
2. Electronic console
3. Safety lanyard
4. Adjustable handrails
5. Handrail horizontal adjustment
6. Handrail vertical adjustment
7. Handrail lift bar
8. Rear step
9. Rear incline
10. Front incline

The 7.0T is an easy product to set up and use, from the adjustments to the intuitive interface. This section explains how to set up, adjust and operate your 7.0T.

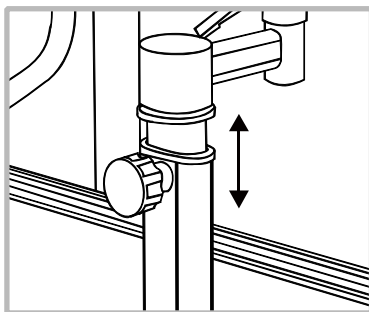
## Leveling the 7.0T

Once the 7.0T is assembled, and placed on a flat level floor, it may be necessary to adjust the leveling glides on the bottom of the rear incline unit to ensure proper stability of the 7.0T. Use a 1/2" wrench to loosen the top nut of the leveler. Adjust the levelers by hand as necessary to remove any wobble in the unit. Then tighten the top nut against the bottom of the stabilizer tube. Make sure the bottom nut remains cinched against the leveling foot.

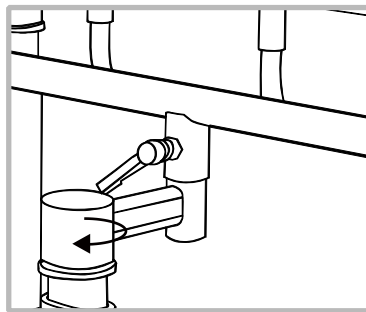
## Connecting to A.C. power

The 7.0T A.C. mains input connector is located in the front of the 7.0T. The input module has an input connector for the line cord, a power switch and a 20 amp circuit breaker. Turn the power switch to off when the 7.0T is not in use.

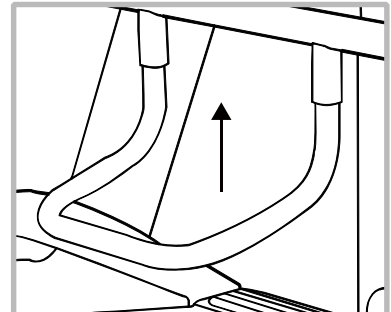
## Hand rail adjustments



Vertical adjustment



Horizontal adjustment



Lift bar

## **Adjusting the handrail vertical position**

- To lift: Turn both the left and right vertical adjustment knobs counterclockwise one or two rotations. Then just grab the lift bar and pull up. The locking pins in the knobs will automatically ratchet into the indexing holes in the tubes. Tighten the knobs when desired position is set. There is a numbered scale on the tubes for repeatable settings.
- To lower: Loosen the two knobs and then pull them out and rotate slightly until the knob remains out on its own. The pin should now be disengaged from the tube and you can use the lift bar to lower the rails. Lower the rail past the position you desire and rotate the knob again so the pin can engage the holes in the tube. Now lift the rails to the desired position and lock the knob.

## **Adjusting the handrails horizontal position**

Turn both the left and right levers counterclockwise one rotation. Move the rails to the desired position and re-lock the levers. There are numbered scales on the tubes for repeatable settings. The levers may be blocked by the rotating tube when position is changed. The levers can be repositioned by pulling out and rotating them to a new position, allowing tightening.

## **Lift bar**

The lift bar will make raising and lowering the handrails easier. You can remove the lift bars for better patient access by loosening the locking knobs. Hold the bar with one hand and loosen the knobs with the other so the lift bar does not suddenly fall to the floor.

## **Rear step**

Additional step lowers the step-up height to 4 inches. To install or remove the step easily there are two removable pins located under the rear of the 7.0T. Be sure these two pins are in place before using.

# Operation of your new 7.0T

## 7.0T Electronic console



## Power on

When initially powered on the console, it will perform an internal self-test. During this time all the lights will turn on for a short time. The message window will display a software version (i.e. VER 1.0) and the distance window will display an odometer reading indicating how many virtual miles (or Kilometers) the 7.0T has gone. The time window displays how many hours the 7.0T has been used.

The odometer will remain displayed for only a few seconds then 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 7.0T.

The console will automatically power down after 30 minutes of inactivity. Press any key to wake the console up again. To disable this function so console always remains powered on see Maintenance section on page 72. Always turn off the main power switch when the 7.0T is not in use.

## **Console operation**

### **Set up**

The set up key function will allow you to enter patient data and customize the settings of the 7.0T. When the set up key is pressed the first option in the menu appears. Use the up/down arrows to scroll through the menu and press the enter key to select an option.

### **Set up menu**

- Patient data
  - Age : used in Vo2 and heart rate programs.
  - Gender : used in Vo2 program.
  - Weight : used in METs and Calorie calculations and Vo2 program.
  - Height : used in the Symmetry program.

### **Quick start**

This is the quickest way to start an exercise session. After the console powers up you just press the Start key to begin; this will initiate the Quick Start mode. In Quick Start the speed will be set to zero until the user adjusts the speed. Time will count up from zero, all workout data will start to accrue and the speed and incline may be adjusted manually by pressing the Up or Down key. The dot matrix will display a speed level. As you increase the speed, more rows will light indicating a harder workout.

The dot matrix has 24 columns of lights and each column represents 1 minute in the Quick start program (time per column can be modified in other programs). At the end of the 24<sup>th</sup> column (or 24 minutes of work) the display will wrap around and restart at the first column again.

## **Basic information**

The dot matrix display is used for displaying graphic feedback and has three basic displays for most programs. When you begin a program, the dot matrix will display a speed profile. To the left of the dot matrix there is a key labeled display. 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 four data windows display:

- Time: Program time remaining, or elapsed time in quick start mode.
- Incline grade: Front incline range 0 to 15 %. Rear incline range 0 to minus 10%
- Distance: Displayed in miles or kilometers, selected in Maintenance mode (see page 72).
- Speed: Displayed in mph or kph. Range from minus 3 mph (5 kph) to plus 10 mph (16 kph) in 0.1 increments. True zero speed provided by a mechanical brake when ever motor is idle.

The message window is the main display for programming instructions and relevant measurements during a program. The measurement data shown varies depending on the program.

Measurements include:

- Pulse: Heart rate monitor displayed in beats per minute, from 0 to 240 bpm.
- METs: Metabolic equivalent; values of activities range from 0.9 (sleeping) to 23 (running at 22.5 km/h or a 4:17 mile pace).
- Calories: Or kilocalorie (kcal), nutritional Calories burned during exercise.
- Pace: Displayed as minutes per mile (or kilometer).
- Step cadence: Steps per minute average.
- Step length: Heel strike to heel strike step length in inches or centimeters.
- Symmetry: The percentage of difference between the left and right step length.



To the left of the message window is a display key that allows you to switch the data shown.

Below the message window is a heart icon and a bar graph. Wearing an optional heart rate chest belt transmitter will start the Heart Icon blinking (this may take a few seconds). The message window will display your heart rate in beats per minute. The bar graph represents the percentage of maximum heart rate.

Note: Enter the correct age in set up for the bar graph to be accurate. Refer to heart rate section for details about these features.

## Function keys

The stop/reset key provides several functions:

- Pressing the stop/reset key once during a program will pause the program. To resume the exercise session just press the start key.
- If the stop/reset button is pressed twice during a workout ends the program and a summary of information for the exercise session will be displayed.
- If the stop/reset key is held down for 3 seconds the console will perform a complete reset.
- During data entry for a program the stop/reset key performs a previous screen function. This allows you to go back one step in the programming each time you press the stop/reset key.

The program keys may be used to preview each program when in the idle mode. Press each program key to preview the program profile. To begin a program press the corresponding program key and then press the enter key to select the program.

The program keys also function as a number key pad when you are in the data-setup mode. The number for each key is shown below the program name. If you are entering new data such as time, age, weight etc., you can use these keys to enter the numbers quickly.

## **Forward**

This key sets the belt direction to forward. Forward is the default direction setting when the 7.0T is powered on and any time the console is in the idle mode. If the belt is already set in the reverse direction, it will change the direction of the belt to forward. If the belt is moving in reverse when the key is pressed the belt will slow down to zero speed and then speed changes in the forward direction are allowed.

## **Reverse**

This key sets the belt direction to reverse if the belt is already set to forward direction. This function only operates in quick start or manual mode. If the belt is moving when the key is pressed the belt will slow down to zero speed then allow speed changes in the reverse direction. The speed window will show a minus (-) sign indicating the speed is set to reverse.

## **Acceleration - Deceleration**

This function adjusts the acceleration and deceleration rate of the walking belt by allowing you to change the amount of time it takes for the belt to change speeds. The adjustment value is in seconds. You can input how many seconds it takes for the belt to change 1 mph of speed. The default setting is 3 seconds, which means the belt will take 3 seconds to go from zero to 1 mph. The range can be set from 1 second to 60 seconds. This function can be disabled in the Maintenance mode (see page 72).

## **Incline**

Press this key to return to front incline function if decline function is active.

## **Decline**

Allows operation of the rear deck motor for decline function. This key only operates in quick start or manual modes. When the function is active the grade window will show a minus (-) sign indicating the grade is set for decline.

## **Zero Percent**

Returns the deck to zero percent when pressed.

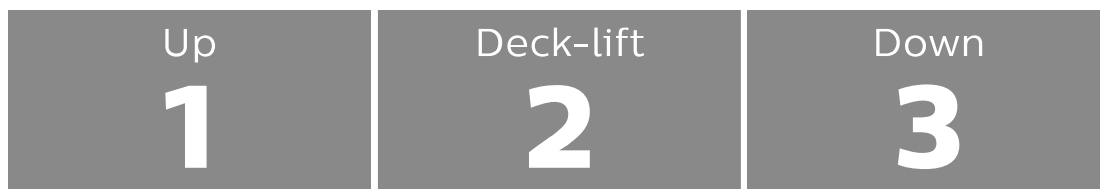
## Deck-lift program

This program allows you to raise the entire deck parallel to the floor. In this mode the deck, rear step and handrails can be used for step-up, step-down, stretching and PNF/PTA exercises.

Lifting the deck while a patient walks allows the therapist to assist the patient by moving their legs without having to bend over too far.

The deck-lift program is also used with the basic un-weighting system. Raise the deck and connect the patient's un-weighting harness to the un-weighting system. The up and down keys can be used to raise or lower the deck for un-weighting the patient.

- Instructions for raising and lowering the deck  
Press the deck-lift key to activate the program.



- The grade window will display 01 which indicates the first level. The starting height from the step to the deck at level 1 is 5.25 inches (13.34cm). The height will be displayed in the message window. The height from the floor to the step is 4 inches (10 cm).
- Press the up and down keys to raise and lower the deck. There are 30 levels available with each level raising the deck ¼ inch (6.35mm). At level 30 the deck height is 12.5 inches (31.75cm) from the step. Note that the measurements are approximate.
- In the deck-lift program you can press the start key and the 7.0T will function normally as if in manual mode.
- When the stop key is pressed you will be prompted to confirm the deck will be returned to the lowest level. This ensures that the deck does not automatically lower itself to level one when a patient is connected to the un-weighting system.

## Selecting and customizing programs

When a program is selected 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. When you start a program the data from the set up menu 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 button then the enter button and follow the directions in the message window.

- Press the manual key then press the enter key.
- The message window will prompt you to enter the time for the program. You may enter the time using the up and down keys or the numeric key pad then press the enter key to accept.
- Now you are finished editing the settings and can begin the program by pressing the start key. All data calculations will use the patient information from the set up function (set up key at top left of console).
- During the manual program you will be able to scroll through the data in the message window by pressing the display key. You may also switch between the speed, incline or track displays by pressing the display key adjacent to the dot matrix display.
- When the program ends you may press start to begin the same program again or stop to exit the program, or you can save the program you just completed as the facility program by pressing the facility key and following the instructions in the message window.

## Preset programs

The 7.0T has two preset exercise programs that have been designed for a variety of 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.

The profiles shown in the dot matrix are merely pictures of the whole profile and will not change in size when the speed keys are pressed. When setting up a program you will enter the maximum speed setting for the peak of the profile. During the program the speed levels will change as the profile progresses. When the up key is pressed to request more speed the profile picture will not change, but the speed will increase. Pressing the speed keys actually change the peak level of the program not the current segment speed. You may need to change the peak setting several times by pressing the speed key before the current segment increases.

## Preset programs speed and incline settings

The preset program speed and incline levels are shown in the chart below. The Speed numbers shown in the chart indicate a percentage of the top speed of the program.

| Prog     | SEG     | Warm up |    |    | 1  | 2  | 3  | 4  | 5  | 6   | 7   | 8   | 9   | 10  | 11  | 12  | 13  | 14  | 15  | 16  | 17  | 18  | 19  | 20 | 21 | 22 | 23 | 24 | Cool down |    |    |
|----------|---------|---------|----|----|----|----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|----|----|----|----|----|-----------|----|----|
| Plateau  | Speed   | 20      | 30 | 40 | 50 | 60 | 60 | 70 | 80 | 100 | 100 | 100 | 100 | 100 | 100 | 100 | 100 | 100 | 100 | 100 | 100 | 100 | 100 | 80 | 70 | 60 | 50 | 40 | 30        | 20 |    |
|          | Incline | 0       | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0  | 0  | 0  | 0  | 0  | 0         | 0  |    |
| Interval | Speed   | 20      | 30 | 40 | 50 | 60 | 60 | 70 | 80 | 100 | 60  | 60  | 70  | 80  | 100 | 60  | 70  | 100 | 60  | 70  | 100 | 60  | 70  | 80 | 70 | 60 | 60 | 50 | 40        | 30 | 20 |
|          | Incline | 0       | 0  | 0  | 0  | 1  | 2  | 3  | 5  | 6   | 2   | 3   | 5   | 6   | 7   | 2   | 3   | 7   | 2   | 3   | 8   | 2   | 3   | 5  | 4  | 3  | 1  | 0  | 0         | 0  | 0  |

## Programming preset programs

- Select a program then press the enter key to begin customizing the program settings, or just press the start key to begin the program with the default settings. All data calculations will use the patient information from the set up function (set up key at top left of console).
- After selecting a program, press enter to set the program time. The Time window will blink with the default value of 30 minutes. You may use any of the up/down keys to adjust the time. After adjusting the time, press enter. (Note: You may press start at any time during the programming to begin with only settings you have modified at that point).
- The speed window will now be blinking, showing the preset top speed of the selected program. Use the up/down keys to adjust, and then press enter. Each program has various speed changes throughout; this allows you to limit the highest speed the program will attain during your workout.
- Now press the start key to begin your workout.
- There will be a 3 minute warm-up to begin. You can press the start button to bypass this and go straight to the workout. During the warm-up the clock will count down from 3 minutes.

## Facility program

The facility program allows you to build and save a custom program. You can build your own custom program by following the instructions below or you can save any other preset program you complete as a custom program. The facility program allows you to further personalize it by adding your facility name.

## Designing and saving a new program

- Press the facility key. 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 Enter key to begin programming.
- When you press enter, the message window will show “Name – A”, if there is no name saved. If the name “Custom Workout” had been previously saved, the message window will show “Name – Custom Workout” 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 up and/or the down key to change the first letter then press enter 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 up and down keys or the numeric key pad, then press the enter 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 up and down keys or the numeric key pad then press enter to continue.
- Next is time. You may adjust the time and press enter to continue.
- Now you are asked to adjust the max level. This is the peak exertion level you will experience during the program. Adjust the level and then press enter.
- Now the first column will be blinking and you are asked to adjust the level for the first segment of the workout. When you finish adjusting the first segment, or if you don't want to change, then press enter 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 enter. Continue this process until all twenty-four segments have been set.
- The message window will then tell you to press enter to save the program. After saving the program the message window says “New program saved” then will give you the option to start or modify the program. Pressing stop will exit to the start up screen.
- During the facility program you will be able to scroll through the data in the message window by pressing the adjacent Display key.

## Running a saved program

- Press Facility key then Enter
- Enter Time then press enter. Then press start to begin program.

## Vo2 test

The Vo2 test is based on the Gerkin protocol, also known as the fireman's protocol, and is a sub-max Vo2 (volume of oxygen) test. The test will increase speed and elevation alternately until 85% of Max heart rate is attained. The time it takes the heart rate to reach 85% determines the test score (Vo2 max) as shown in the chart below.

| Stage | Time      | Speed  | Grade | VO2 Max |
|-------|-----------|--------|-------|---------|
| 1     | 0 to 1:00 | 4.5mph | 0%    | 31.15   |
| 2.1   | 1:15      | 4.5mph | 2%    | 32.55   |
| 2.2   | 1:30      | 4.5mph | 2%    | 33.6    |
| 2.3   | 1:45      | 4.5mph | 2%    | 34.65   |
| 2.4   | 2:00      | 4.5mph | 2%    | 35.35   |
| 3.1   | 2:15      | 5.0mph | 2%    | 37.45   |
| 3.2   | 2:30      | 5.0mph | 2%    | 39.55   |
| 3.3   | 2:45      | 5.0mph | 2%    | 41.3    |
| 3.4   | 3:00      | 5.0mph | 2%    | 43.4    |
| 4.1   | 3:15      | 5.0mph | 4%    | 44.1    |
| 4.2   | 3:30      | 5.0mph | 4%    | 45.15   |
| 4.3   | 3:45      | 5.0mph | 4%    | 46.2    |
| 4.4   | 4:00      | 5.0mph | 4%    | 46.5    |
| 5.1   | 4:15      | 5.5mph | 4%    | 48.6    |
| 5.2   | 4:30      | 5.5mph | 4%    | 50      |
| 5.3   | 4:45      | 5.5mph | 4%    | 51.4    |
| 5.4   | 5:00      | 5.5mph | 4%    | 52.8    |
| 6.1   | 5:15      | 5.5mph | 6%    | 53.9    |
| 6.2   | 5:30      | 5.5mph | 6%    | 54.9    |
| 6.3   | 5:45      | 5.5mph | 6%    | 56      |
| 6.4   | 6:00      | 5.5mph | 6%    | 57      |
| 7.1   | 6:15      | 6.0mph | 6%    | 57.7    |
| 7.2   | 6:30      | 6.0mph | 6%    | 58.8    |
| 7.3   | 6:45      | 6.0mph | 6%    | 60.2    |
| 7.4   | 7:00      | 6.0mph | 6%    | 61.2    |
| 8.1   | 7:15      | 6.0mph | 8%    | 62.3    |
| 8.2   | 7:30      | 6.0mph | 8%    | 63.3    |
| 8.3   | 7:45      | 6.0mph | 8%    | 64      |
| 8.4   | 8:00      | 6.0mph | 8%    | 65      |
| 9.1   | 8:15      | 6.5mph | 8%    | 66.5    |
| 9.2   | 8:30      | 6.5mph | 8%    | 68.2    |
| 9.3   | 8:45      | 6.5mph | 8%    | 69      |
| 9.4   | 9:00      | 6.5mph | 8%    | 70.7    |
| 10.1  | 9:15      | 6.5mph | 10%   | 72.1    |
| 10.2  | 9:30      | 6.5mph | 10%   | 73.1    |
| 10.3  | 9:45      | 6.5mph | 10%   | 73.8    |
| 10.4  | 10:00     | 6.5mph | 10%   | 74.9    |
| 11.1  | 10:15     | 7.0mph | 10%   | 76.3    |
| 11.2  | 10:30     | 7.0mph | 10%   | 77.7    |
| 11.3  | 10:45     | 7.0mph | 10%   | 79.1    |
| 11.4  | 11:00     | 7.0mph | 10%   | 80      |

## **Before the 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.

## **Fitness test programming**

- Press the Vo2 key and press enter.
- The message window will ask you to enter your age. You may adjust the age setting, shown in the Incline window, using the up and down keys then press the enter 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 setting, shown in the distance window, using the up and down keys then press enter to continue.
- Now press start to begin the test.

## **During the test**

- The console must be receiving a steady heart rate for the test to begin. You may wear a heart rate chest strap transmitter.
- The test will start with a 3 minute warm-up at 3 mph (4.8 kph) before the actual test begins.
- The data shown during the test is:
  - Time indicates total elapsed time.
  - Incline in percent grade.
  - Distance in Miles or Kilometers depending on preset parameter.
  - Speed in mph or kph depending on preset parameter.
  - Target Heart Rate and Actual Heart Rate are shown in the message window.

## **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.



## What the score indicates:

Vo2max Chart for males and very fit females

|                  | 18-25<br>years<br>old | 26-35<br>years<br>old | 36-45<br>years<br>old | 46-55<br>years<br>old | 56-65<br>years<br>old | 65+<br>years<br>old |
|------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|---------------------|
| excellent        | >60                   | >56                   | >51                   | >45                   | >41                   | >37                 |
| good             | 52-60                 | 49-56                 | 43-51                 | 39-45                 | 36-41                 | 33-37               |
| above<br>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<br>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                 |

Vo2max Chart for females and de-conditioned males

|                  | 18-25<br>years<br>old | 26-35<br>years<br>old | 36-45<br>years<br>old | 46-55<br>years<br>old | 56-65<br>years<br>old | 65+<br>years<br>old |
|------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|---------------------|
| excellent        | 56                    | 52                    | 45                    | 40                    | 37                    | 32                  |
| good             | 47-56                 | 45-52                 | 38-45                 | 34-40                 | 32-37                 | 28-32               |
| above<br>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<br>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                 |

## Symmetry

The symmetry program provides basic gait information and a feedback graph. The program will measure the left and right step length and calculates the symmetry index. The message window will display the user's cadence, left and right step length in inches (or centimeters) and symmetry index.

The dot matrix display will show a graph indicating step symmetry so the user has a visual feedback to aid in improving their gait. If the user has a longer step length with their left leg the graph will increase in size on the left of the dot matrix as shown below.

When the program ends, either by the set time reaching zero or pressing stop twice at any time during the program, a summary is shown in the message window. The summary gives the average cadence, step lengths and average symmetry for the amount of time the user walked.

- Press the symmetry key then press the enter key.
- The message window will prompt you to enter the time for the program. You may enter the time using the up and down keys or the numeric key pad then press the enter key to accept and proceed to the next screen.
- Now you are finished editing the settings and can begin by pressing the Start key. All data calculations will use the patient information from the set up function (set up key at top left of console).
- 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 you may press start to begin the same program again or stop to exit the program, or you can save the program you just completed as the facility program by pressing the facility key and following the instructions in the message window.

## Biofeedback graph

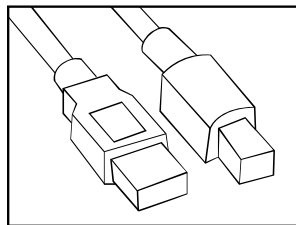
Below is a sample picture showing the symmetry graph. In the message window there is an average step cadence, left and right step length and symmetry measurements. In the example below the step length numbers shown indicate that the left leg is stepping longer than the right leg, 26 vs. 15 inches. The graph reflects the longer stride of the left leg. If the step length was even, only two dots would be lit on the bottom center of the graphic screen.



Note: For some types of gaits it may be possible that the left/right data can be displayed in reverse. If this occurs, press the symmetry program key to flip the display.

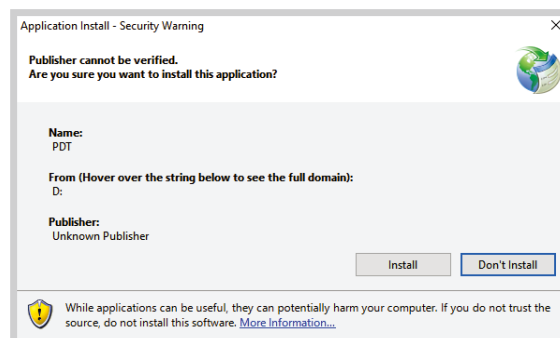
# Data transfer software instructions

- Works with newer 7.0T, 7.0S, 7.5S, 7.0R and 7.0U consoles with USB ports on the back
- The software works with Windows 10, 7 and XP series, with .Net Framework 2.0.
- The output for the data is in a .CSV file format.
- <http://www.dyaco.com/software>  
Please follow the website instructions to download software.
- Use a USB cable (type a to type b, illustrated to the right) to connect the product and the computer.



## Step 1.

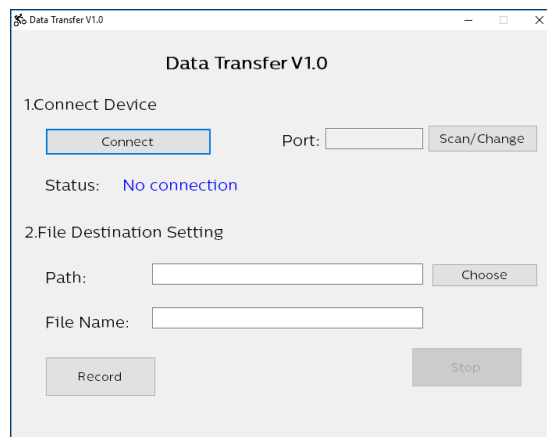
Download the software from the link (<http://www.dyaco.com/software>) and connect the console of the product to the computer via USB cable. Click "Install" when you see the pop-up window as below during installation.



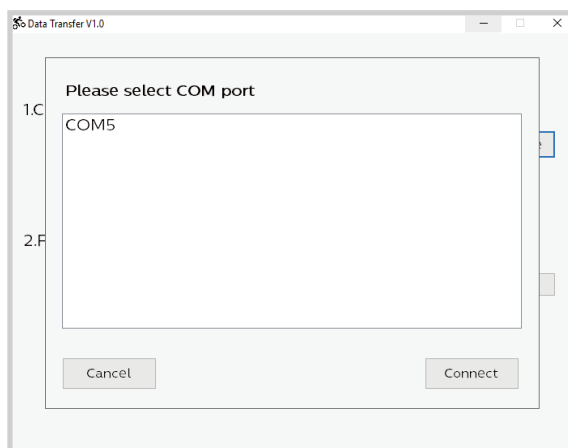
## Step 2.

Click "Connect" or "Change" to select the connecting port (left figure). After clicking the "Change", or connecting to the wrong port, the COM port selection window pops up (right figure). Select the correct COM port and click "Connect".

Selecting COM port



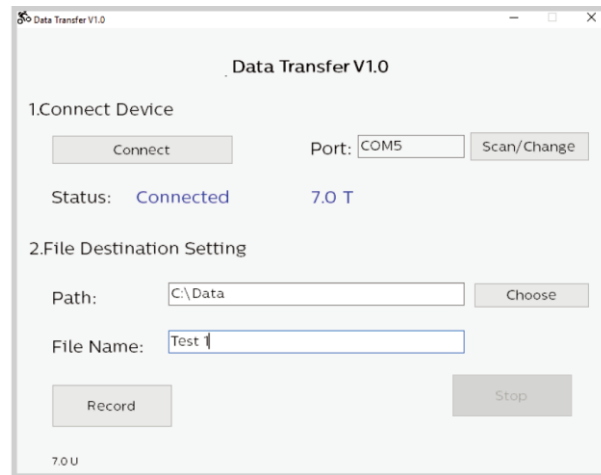
Pop-Up COM Port Selection Window



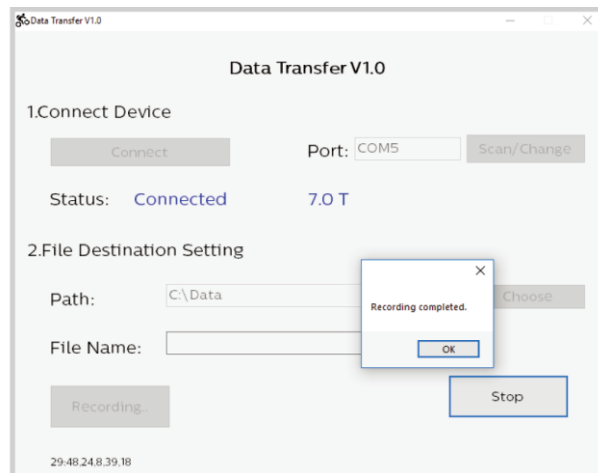
### Step 3.

After the status shows “Connected” and the product model name to the right, choose the file path and create the file name for saving the data. Click the “Record” button to start collecting data. Click “Stop” or quit the program from the console of the product to stop the data collection process. The saved data can be found at the assigned destination.

Click record button



Recording complete



The file is saved in .CSV format, which can be opened by Microsoft Excel. Example shown below.

|              |       |              |                |          |           |            |          |     |
|--------------|-------|--------------|----------------|----------|-----------|------------|----------|-----|
| Model:       | 7.0 T | Date & Time: | 2017/8/1 10:02 | Program: | MANUAL    |            |          |     |
| Program time | SPM   | Steps        | Level          | Watt     | Left Watt | Right Watt | Symmetry | L/R |
| 00:01        | 0     | 0            | 1              | 0        | 0         | 0          | 0        | R   |
| 00:02        | 0     | 0            | 1              | 0        | 0         | 0          | 0        | R   |
| 00:03        | 0     | 0            | 1              | 4        | 0         | 4          | 200      | R   |
| 00:04        | 0     | 0            | 1              | 4        | 0         | 4          | 200      | R   |
| 00:05        | 29    | 1            | 1              | 8        | 8         | 4          | 66       | L   |
| 00:06        | 48    | 2            | 1              | 14       | 8         | 0          | 11       | P   |

# 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 5kHz frequency 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 7.0T 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.

## **Heart rate program operation**

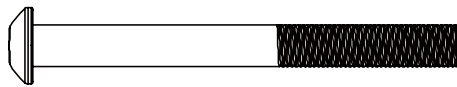
To start the HR program follow the instructions below or just press the HR key then the Enter button and follow the directions in the message window.

- Press the HR key then press the Enter key.
- The message window will ask you to enter your Age. You may enter your Age, using the Up and Down keys or the numeric key pad, then press the Enter 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 Up and Down keys or the numeric key pad, then press enter to continue.
- Next is Time. You may adjust the Time and press enter to continue.
- Now you are asked to adjust the Heart rate Level. This is the heart rate level you will experience during the program. Adjust the level and then press enter.
- 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 Enter 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 Up or Down key. 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 adjacent Display key.
- When the program ends you may press Start to begin the same program again or Stop to exit the program or you can save the program you just completed as a custom user program by pressing the Facility key and following the instructions in the message window.

# Assembly instructions for 7.0T

## Hardware

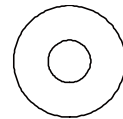
### Step 1.



#104-3/8" × 3-3/4"  
(6PCS)

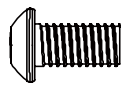


#58- Ø10 × 2T  
(6PCS)



#59-3/8" × 25 × 2T  
(6PCS)

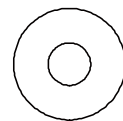
### Step 2.



#153-3/8" × 3/4"  
(6PCS)



#58- Ø10 × 2T  
(6PCS)



#59-3/8" × 25 × 2T  
(6PCS)



#108-M8 × 12L  
(6PCS)



#73-M5 × 12L  
(4PCS)

### Step 3.

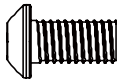


#110-M5 × 10L  
(2PCS)

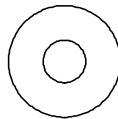


#112-M5 × 30L  
(2PCS)

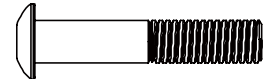
### Step 4.



#153-3/8" × 3/4"  
(8PCS)

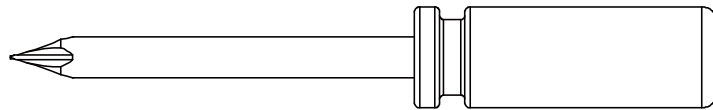


#59-3/8" × 25 × 2T (8PCS)



#226-3/8" × 2"  
(8PCS)

### Tools.



#113-Phillips screw driver  
(1PCS)



#137-5mm Allen wrench  
(1PCS)



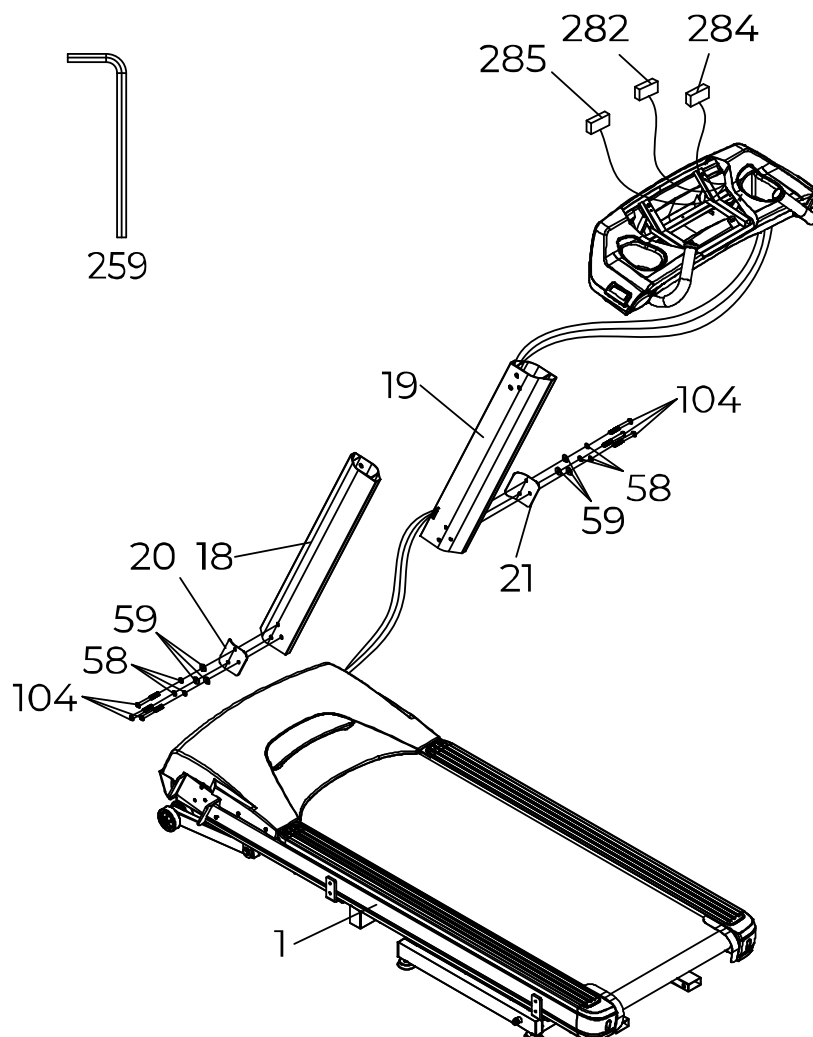
#259-6mm Allen wrench  
(1PCS)

## Assembly

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

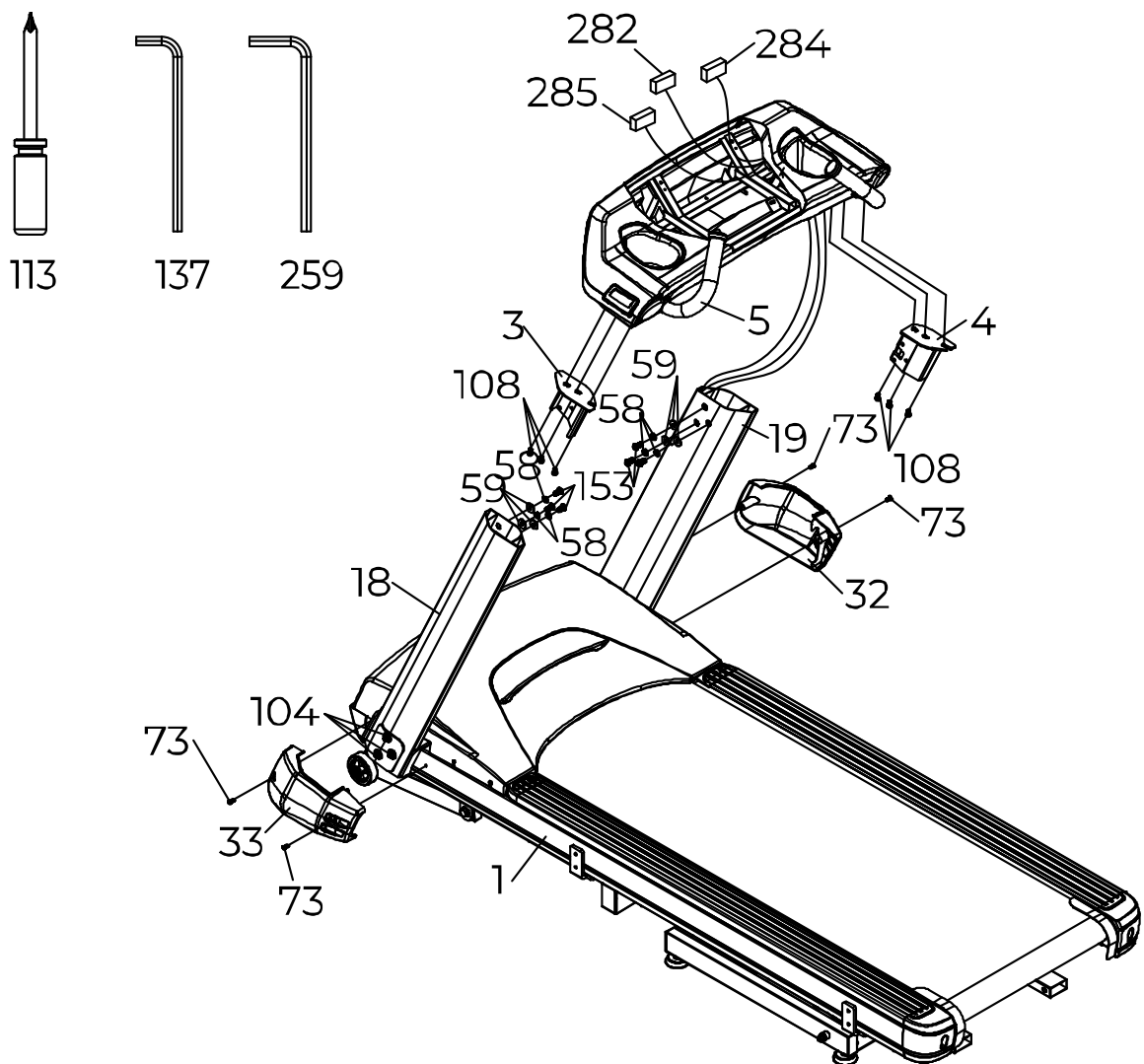
### Step 1. Upright tubes

- The right side upright tube (19) has the computer cables pre-installed. Lift the tube off the walking surface and attach it to the base frame. You need to gently pull on the computer cables as you align the upright tube into the bracket on the base frame, taking the slack out so the cable does not get pinched between the tube and the base frame. Assemble one 3/8" x 3-3/4" bolt (104), 3/8" split washer (58) and 3/8" flat washer (59) through the top hole in the retaining plate (21), and corresponding top hole in the upright tube, and screw into the base frame. Now install the other two bolts (104) and washers (58 & 59) and hand tighten all three. Do not torque the bolts yet until the upper console frame is installed.
- Install the left upright (18) in the same manner.



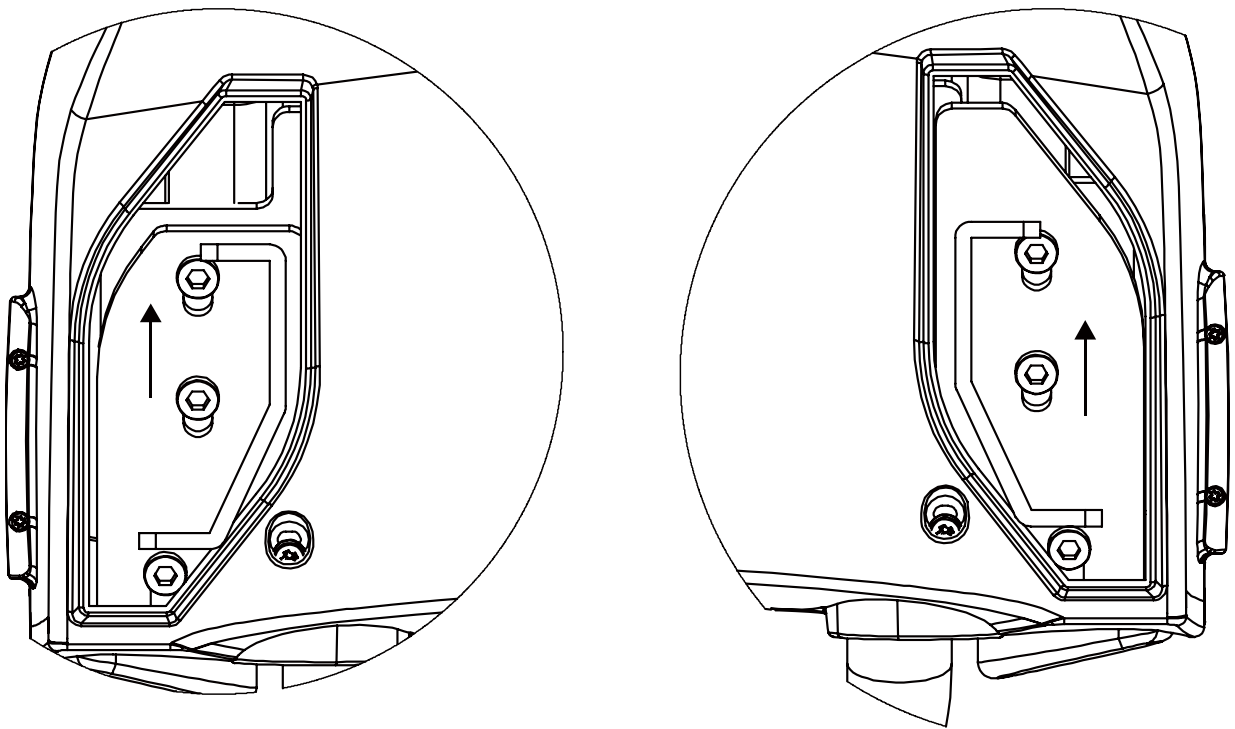
## Step 2. Console frame assembly

- Install the two mounting brackets (3 & 4) with the six M8 x 12mm screws (108). Refer to the important instructions on the following page for this step.
- Mount the console frame (5) to the upright tubes (18 & 19) with six 3/8" x 3/4" bolts (153), 3/8" split washers (58) and 3/8" flat washers (59). Be careful not to pinch the computer cables.
- Firmly tighten the six bolts (104) at the bottom of the uprights and install the two end caps (32 & 33) with the four M5 x 12mm screws (73).



# Important Assembly instructions

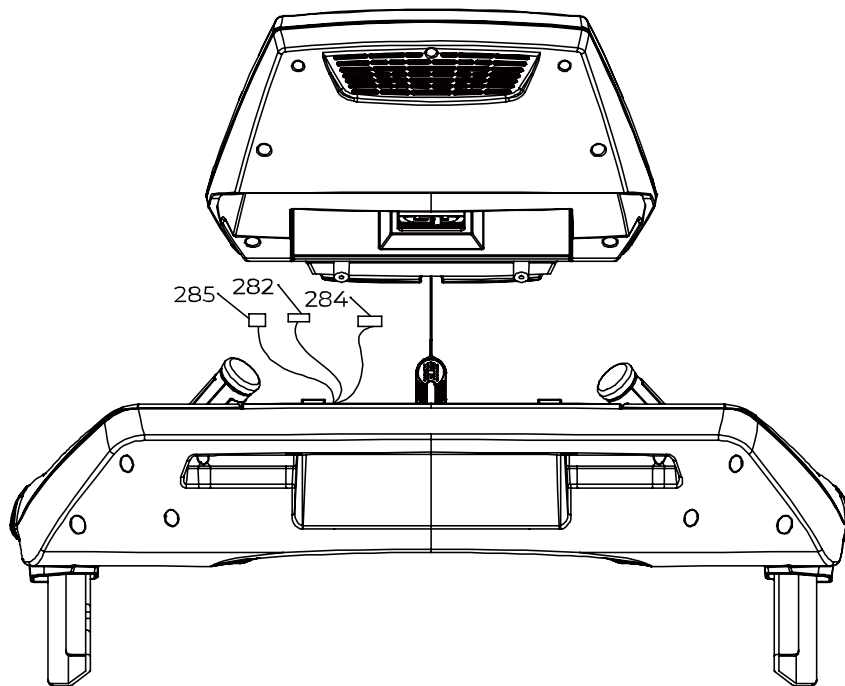
When assembling the console mounting brackets (Items 3&4,) please be sure to slide the brackets all the way towards the back of the console frame before tightening the bolts.



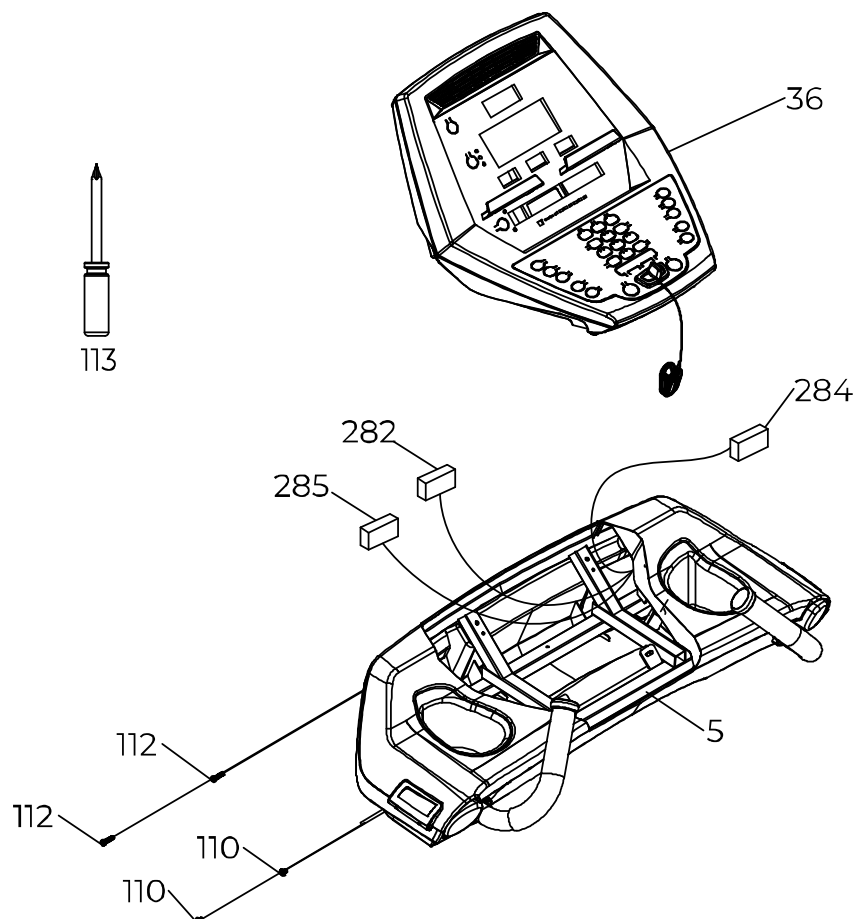
Push mounting bracket all the way towards the back of the console, then tighten screws.

### Step 3. Console assembly

- Plug all the connectors in back of the console.

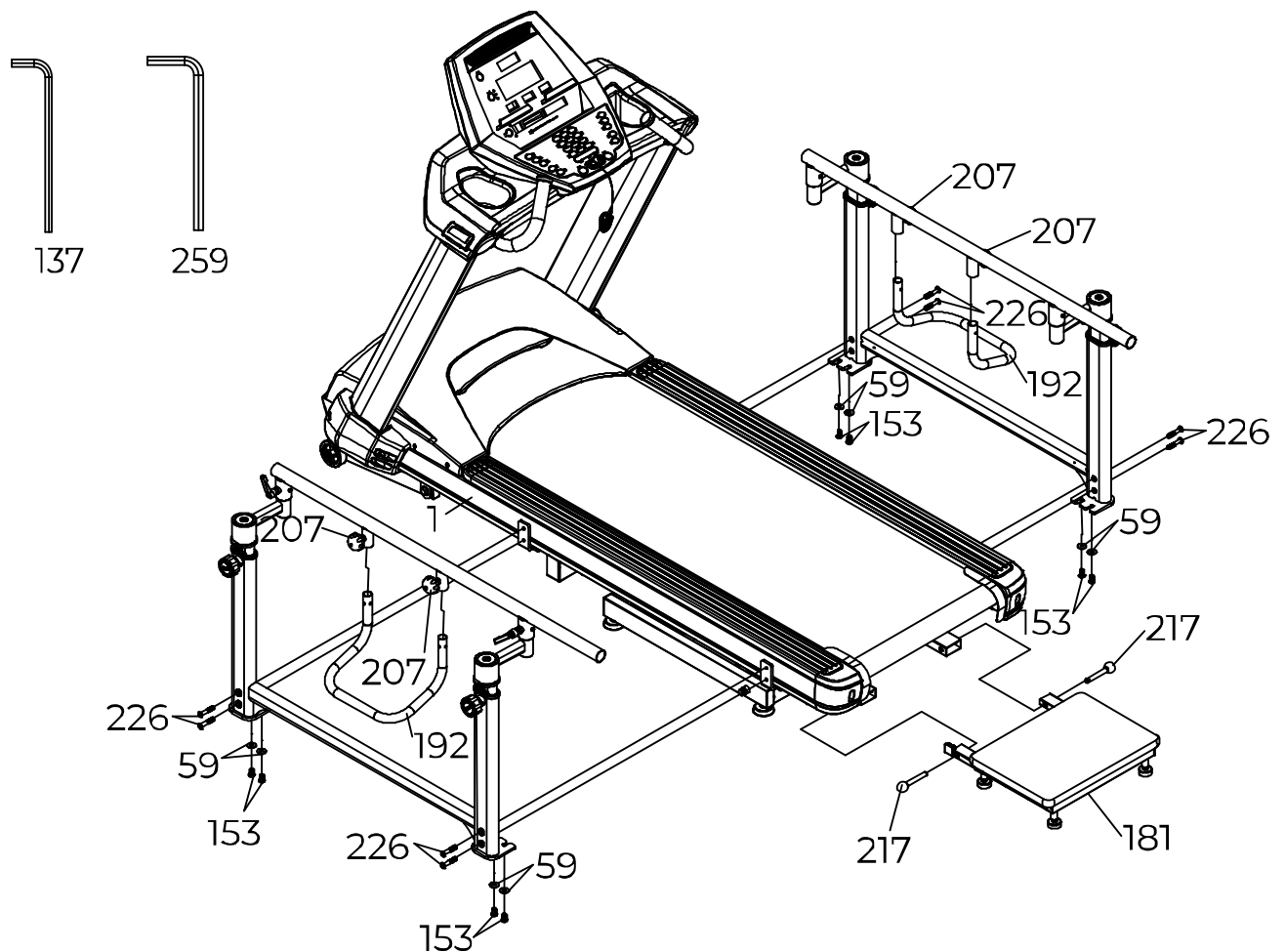


- Mount the console (36) to the console frame (5) with two M5 x 30mm screws (112) in the top holes and two M5 x 10mm screws (110) in the bottom holes in the back side of the console frame.



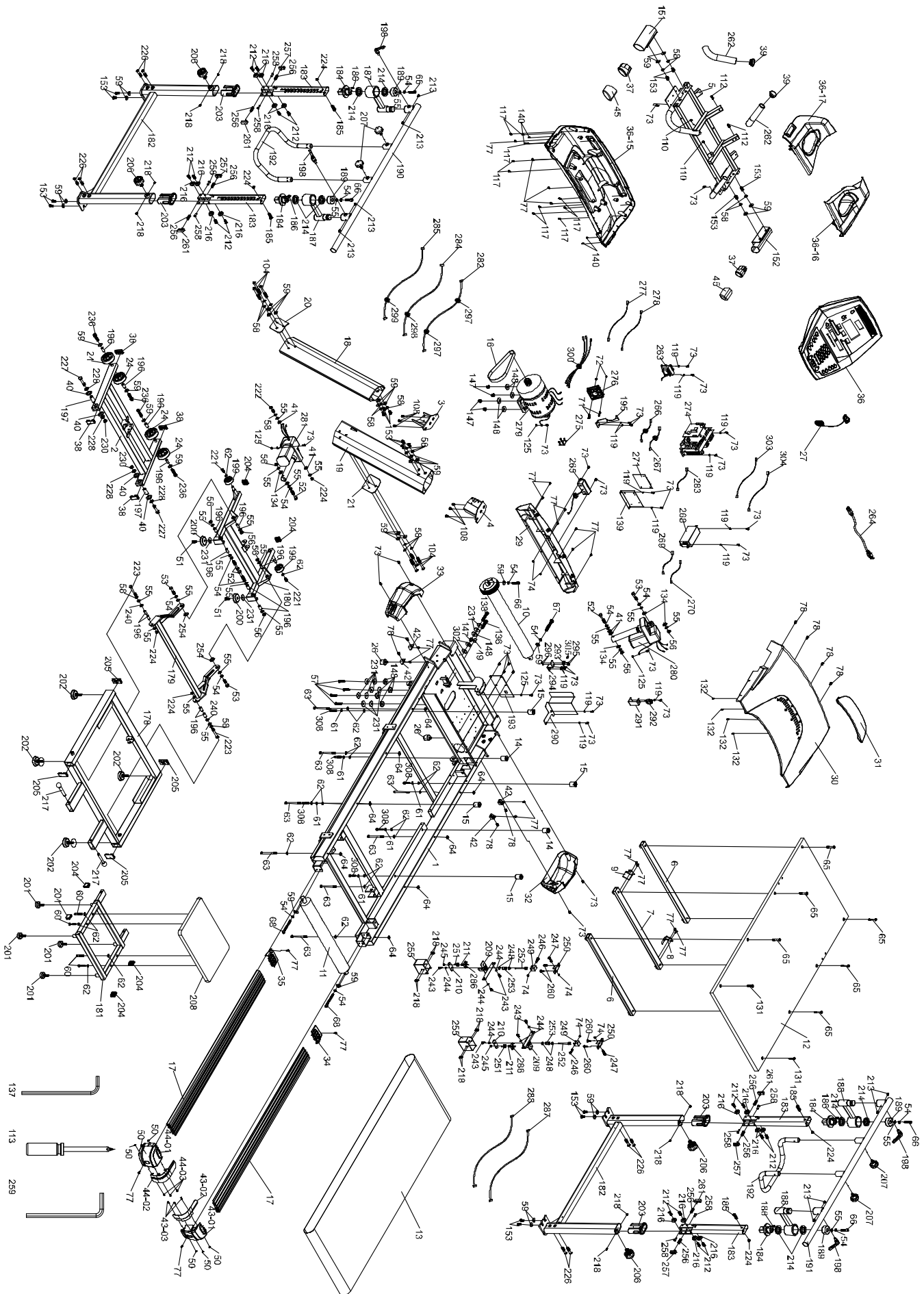
## Step 4. Parallel bar handrail assembly

- Install the eight 3/8" x 3/4" bolts (153) and 3/8" flat washers (59) into the holes on the underside of the frame. Only thread them into the holes two or three turns so the slots in the handrail brackets can slide onto the bolts easily. Slide the handrail onto the bolts and hand-tighten them. Thread the eight 3/8" x 2" bolts (226) into the sides of the handrails. Once all the bolts are installed, tighten all of them securely.
- Install the Lift Bars (192) to the parallel bars and secure with the knobs (207).
- Install the rear step (181) by sliding into the receiving tubes under the rear of the deck and secure with the two pins (217). Raising the rear incline may make it easier to line up the holes for the pins.





# Exploded view drawing



## 7.0T parts list

| Item  | Description                           | Qty |
|-------|---------------------------------------|-----|
| 1     | Main Frame                            | 1   |
| 2     | Incline Bracket                       | 1   |
| 3     | Console Mast Locking Assembly (L)     | 1   |
| 4     | Console Mast Locking Assembly (R)     | 1   |
| 5     | Console Support                       | 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 Motor Belt, Poly-V              | 1   |
| 17    | 1380mm_Aluminum Foot Rail             | 2   |
| 18    | Aluminum Upright (L)                  | 1   |
| 19    | Aluminum Upright (R)                  | 1   |
| 20    | Upright Fixing Plate (L)              | 1   |
| 21    | Upright Fixing Plate (R)              | 1   |
| 24    | Ø82 × Ø14 × 35mm_Transportation Wheel | 4   |
| 26    | Incline Rubber Foot                   | 2   |
| 27    | 800mm_Safety Key                      | 1   |
| 29    | Front Motor Cover                     | 1   |
| 30    | Motor Top Cover                       | 1   |
| 31    | Top Motor Cover Plate                 | 1   |
| 32    | Motor Base Cap (R)                    | 1   |
| 33    | Motor Base Cap (L)                    | 1   |
| 34    | Foot Rail Cap (R)                     | 1   |
| 35    | Foot Rail Cap (L)                     | 1   |
| 36    | Console Assembly                      | 1   |
| 36~15 | Console Bottom Cover                  | 1   |
| 36~16 | Console Top Cover (R)                 | 1   |
| 36~17 | Console Top Cover (L)                 | 1   |

| Item | Description                                   | Qty |
|------|-----------------------------------------------|-----|
| 37   | Oval Eye Tube Endcap                          | 2   |
| 38   | Square End Cap                                | 4   |
| 39   | Handpulse End Cap                             | 2   |
| 40   | Stable Wheel Spacer                           | 4   |
| 41   | Ø10 × Ø25 × 0.8T_Nylon Washer                 | 4   |
| 42   | Motor Cover Anchor(D)                         | 4   |
| 43   | Rear Adjustment Base (R)                      | 1   |
| 44   | Rear Adjustment Base (L)                      | 1   |
| 45   | 76 × 52 × 80mm_Handgrip Foam                  | 2   |
| 49   | Insulation bushing                            | 1   |
| 51   | 3/8" × UNC16 × 3/4"_Hex Head Bolt             | 2   |
| 52   | M10 × P1.5 × 65L_Hex Head Bolt                | 4   |
| 53   | M10 × P1.5 × 50L_Hex Head Bolt                | 3   |
| 54   | Ø10 × 1.5T_Spring Washer                      | 15  |
| 55   | 3/8" × Ø19 × 1.5T_Flat Washer                 | 24  |
| 56   | M10 × P1.5 × 8T_Nyloc Nut                     | 7   |
| 57   | 3/8" × UNC16 × 1-1/2"_Socket Head Cap Bolt    | 4   |
| 58   | Ø10 × 2T_Spring Washer                        | 19  |
| 59   | Ø10 × Ø25 × 2T_Flat Washer                    | 32  |
| 60   | M8 × P1.25 × 40L_Socket Head Cap Bolt         | 4   |
| 61   | Ø8 × 1.5T_Spring Washer                       | 6   |
| 62   | Ø8 × Ø16 × 1T_Flat Washer                     | 20  |
| 63   | M8 × P1.25 × 110L_Socket Head Cap Bolt        | 8   |
| 64   | M8 × P1.25 × 6.5T_Square Nut                  | 8   |
| 65   | M8 × P1.25 × 55L_Flat Head Countersink Bolt   | 6   |
| 66   | M10 × P1.5 × 40L_Socket Head Cap Bolt         | 5   |
| 67   | M10 × P1.5 × 80L_Socket Head Cap Bolt         | 1   |
| 68   | M10 × P1.5 × 100L_Socket Head Cap Bolt        | 2   |
| 71   | M4 × P0.7 × 35L_Phillips Head Screw           | 2   |
| 72   | M4 × P0.7 × 5T_Nyloc Nut                      | 2   |
| 73   | M5 × P0.8 × 12L_Phillips Head Screw           | 31  |
| 74   | M5 × P0.8 × 5T_Nyloc Nut                      | 6   |
| 76   | Ø3 × 20L_Tapping Screw                        | 4   |
| 77   | M5 × 12L_Tapping Screw                        | 23  |
| 78   | Ø5 × 15L_Sheet Metal Screw                    | 8   |
| 104  | 3/8" × UNC16 × 3-3/4"_Button Head Socket Bolt | 6   |

| Item | Description                                 | Qty |
|------|---------------------------------------------|-----|
| 108  | M8 × P1.25 × 12L_Socket Head Cap Bolt       | 6   |
| 110  | M5 × P0.8 × 10L_Phillips Head Screw         | 2   |
| 112  | M5 × P0.8 × 30L_Phillips Head Screw         | 2   |
| 113  | Phillips Head Srewdriver                    | 1   |
| 117  | Ø3.5 × 12L_Sheet Metal Screw                | 10  |
| 119  | Ø5 × 1.5T_Spring Washer                     | 15  |
| 125  | Ø5 × 0.6T_Star Washer                       | 4   |
| 131  | M8 × P1.25 × 35L_Flat Head Countersink Bolt | 2   |
| 132  | Ø3 × 8L_Tapping Screw                       | 4   |
| 134  | Ø10 × Ø24 × 3T_Nylon Washer                 | 5   |
| 136  | 3/8" × UNC16 × 2"_Socket Head Cap Bolt      | 1   |
| 137  | L Allen Wrench                              | 1   |
| 138  | 3/8" × UNC16 × 2-1/4"_Socket Head Cap Bolt  | 1   |
| 139  | Controller L-Plate                          | 1   |
| 140  | M3 × 10L_Sheet Metal Screw                  | 4   |
| 147  | Ø10 × Ø14 × 14L_Isolation Bushing           | 5   |
| 148  | Ø13 × Ø35 × 5T_Nylon Washer                 | 9   |
| 151  | Left Handgrip                               | 1   |
| 152  | Right Handgrip                              | 1   |
| 153  | 3/8" × UNC16 × 3/4"_Button Head Socket Bolt | 18  |
| 178  | Frame Base                                  | 1   |
| 179  | Folding Assembly Bracket                    | 1   |
| 180  | Incline Bracket                             | 1   |
| 181  | Step Up Frame                               | 1   |
| 182  | Parallel Bar Frame                          | 2   |
| 183  | P. Bar Vertical Adjustment Tube             | 4   |
| 184  | P. Bar Bearing Inner Race                   | 4   |
| 185  | 3/8" × 1-1/2"_Button Head Socket Bolt       | 4   |
| 186  | M5 × P0.8 × 6L_Socket Head Cap Bolt         | 4   |
| 187  | P. Bar Horizontal Adjustment Arm (L)        | 2   |
| 188  | P. Bar Horizontal Adjustment Arm (R)        | 2   |
| 189  | P.Bar Horizontal Adj. Cap                   | 4   |
| 190  | Handle Bar (L)                              | 1   |
| 191  | Handle Bar (R)                              | 1   |
| 192  | P.Bar Lift Assist Handle                    | 2   |
| 193  | Fan Back Plate                              | 1   |

| Item | Description                                 | Qty |
|------|---------------------------------------------|-----|
| 195  | Fan Mounting Plate                          | 1   |
| 196  | Ø14 × 10 × 25L_Podwer metallurgy Sleeve     | 14  |
| 197  | Ø20 × 13.4 × 41L_Podwer metallurgy Sleeve   | 2   |
| 198  | Seat/Handlebar Adj. Locking Lever           | 4   |
| 199  | Ø54 × 25mm_Transportation Wheel             | 2   |
| 200  | Rubber Foot                                 | 2   |
| 201  | Ø37mm × 3/8"_Adjustment Foot Pad            | 4   |
| 202  | Ø55 × 3/8"_Adjustment Foot Pad              | 4   |
| 203  | Slider Sleeve                               | 4   |
| 204  | 30 × 30_Square End Cap                      | 6   |
| 205  | 30 × 60 × 2T_Square End Cap                 | 4   |
| 206  | Locking Knob                                | 4   |
| 207  | Brake Tension Knob                          | 4   |
| 208  | Step Up Platform                            | 1   |
| 209  | Sensor Mounting Plate                       | 2   |
| 210  | Magnet Plate                                | 2   |
| 211  | Braking Magnet                              | 2   |
| 212  | M8 × P1.25 × 25L_Flat Head Countersink Bolt | 16  |
| 213  | M5 × P0.8 × 12L_Flat Head Socket Screw      | 8   |
| 214  | P. Bar Bearing                              | 8   |
| 216  | PU Wheel                                    | 16  |
| 217  | Step Up Frame Pop Pin                       | 2   |
| 218  | M4 × P0.7 × 8L_Phillips Head Screw          | 16  |
| 221  | 5/16" × UNC18 × 5/8"_Hex Head Bolt          | 2   |
| 222  | 3/8" × UNC16 × 1-1/2"_Hex Head Bolt         | 1   |
| 223  | 3/8" × UNC16 × 3"_Hex Head Bolt             | 2   |
| 224  | 3/8" × UNC16 × 7T_Nyloc Nut                 | 7   |
| 226  | 3/8" × UNC16 × 2"_Button Head Socket Bolt   | 8   |
| 227  | 1/2" × UNC12 × 2-1/4"_Hex Head Bolt         | 2   |
| 228  | Ø13 × Ø26 × 2T_Flat Washer                  | 4   |
| 230  | 1/2" × UNC12 × 8T_Nyloc Nut                 | 2   |
| 231  | 3/8" × Ø35 × 2T_Flat Washer                 | 12  |
| 236  | 3/8" × UNC16 × 1-3/4"_Socket Head Cap Bolt  | 4   |
| 240  | Ø14 × Ø 20 × 2T_Flat Washer                 | 2   |
| 243  | M5 × P0.8 × 15L_Socket Head Cap Bolt        | 6   |
| 244  | Ø5 × Ø12 × 1T_Flat Washer                   | 6   |

| Item | Description                                        | Qty |
|------|----------------------------------------------------|-----|
| 245  | M6 × P1.0 × 5T_Luck Nut                            | 2   |
| 246  | M5 × P0.8 × 30L_Socket Head Cap Bolt               | 2   |
| 247  | M5 × P0.8 × 35L_Socket Head Cap Bolt               | 2   |
| 248  | Ø15_C Ring                                         | 4   |
| 249  | U-Joint, Step Sensor                               | 2   |
| 250  | U-Joint Mounting Plate                             | 2   |
| 251  | Ø20 × M6 × 20L_Step Magnet Holde                   | 2   |
| 252  | Plunger, Step Sensor                               | 2   |
| 253  | Linear Bearing                                     | 2   |
| 254  | Rotate Axle Spacer                                 | 2   |
| 255  | Cover, Step Sensor Assembly                        | 2   |
| 256  | Ø13.5 × 30mm_Spring                                | 8   |
| 257  | Brake Pad, P. Bar Slide                            | 4   |
| 258  | M6 × Ø8 × 19L_Nut                                  | 8   |
| 259  | L Wrench                                           | 1   |
| 260  | M6 × P1.0 × 20L_Button Head Socket Bolt            | 4   |
| 261  | Brake Pad - Wool Felt                              | 4   |
| 262  | EVA Foam for Rail Strap                            | 2   |
| 263  | Choke                                              | 1   |
| 264  | Power Cord                                         | 1   |
| 265  | AC Electronic Module (220V/10A)                    | 1   |
| 266  | 200mm_Connecting Wire (White)                      | 1   |
| 267  | 200mm_Connecting Wire (Black)                      | 1   |
| 268  | Filter                                             | 1   |
| 269  | 150mm_Connecting Wire (White)                      | 1   |
| 270  | 150mm_Connecting Wire (Black)                      | 1   |
| 271  | Lower Control Board (CS56001-01H,220V)             | 1   |
| 274  | Inverter                                           | 1   |
| 275  | Encoder                                            | 1   |
| 276  | Fan (P2082HST,230V,50/60HZ,0.14/0.17A)             | 1   |
| 277  | 500mm_Motor Fan Connecting Cable (Black)           | 1   |
| 278  | 500mm_Motor Fan Connecting Cable (White)           | 1   |
| 279  | AC Motor                                           | 1   |
| 280  | 400mm_Incline Motor (TM01-023,JS25-B,N50058L,230V) | 1   |
| 281  | 1550mm_Incline Motor (TM01-041,JS25B,N50058L,230V) | 1   |
| 282  | 2100mm_Computer Cable                              | 1   |

| Item | Description                          | Qty |
|------|--------------------------------------|-----|
| 283  | 800mm_Computer Cable                 | 1   |
| 284  | 2100mm_Computer Cable                | 1   |
| 285  | Communication Cable                  | 1   |
| 286  | Step Sensor Board                    | 2   |
| 287  | 800mm_Step Sensor Cable, Right       | 1   |
| 288  | 1550mm_Step Sensor Cable, Left       | 1   |
| 290  | Back Plate                           | 1   |
| 291  | Plate                                | 1   |
| 292  | Breaker                              | 1   |
| 293  | Grounding Brush                      | 1   |
| 294  | Brush Holder                         | 1   |
| 295  | M3 × 10L_Phillips Head Screw         | 2   |
| 296  | M3 × 2.5T_Luck Nut                   | 2   |
| 297  | Ferrite Core (29mm)                  | 2   |
| 298  | Ferrite Core (21.4mm)                | 1   |
| 299  | Ferrite Core (30mm)                  | 1   |
| 300  | 80mm_Connecting Cable Of Motor       | 1   |
| 302  | Ø16 × Ø35 × 1T_Flat Washer           | 2   |
| 303  | 300mm_Connecting Wire (White)        | 1   |
| 304  | 300mm_Connecting Wire (Black)        | 1   |
| 305  | Ø5.2 × 0.4T × 14.5L_Constrict Spring | 1   |
| 308  | M8 × 40L_Socket Head Cap Bolt        | 6   |

# Maintenance

- Belt and deck

Your 7.0T uses a very high-efficient low-friction deck and belt. Performance is maximized when the bed 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.

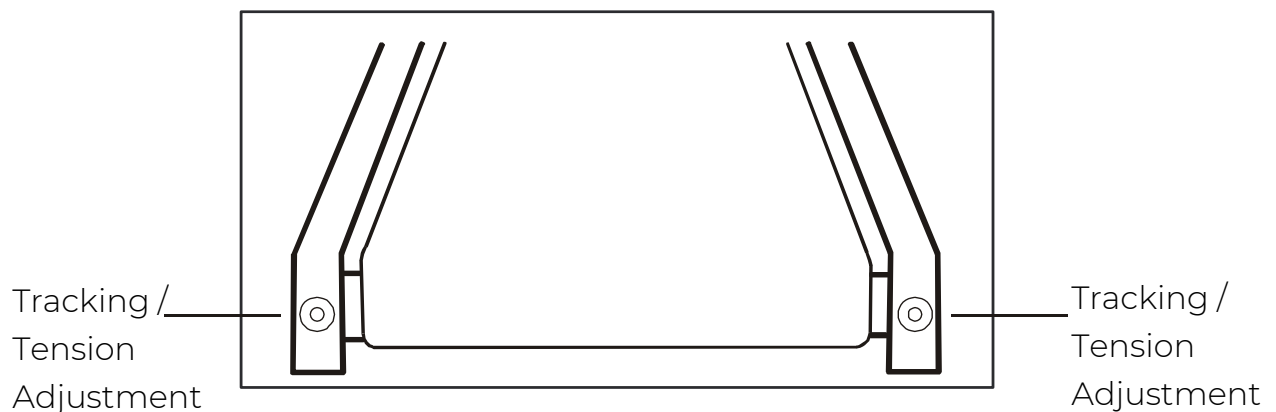
- General cleaning

Dirt, dust, and carpet fibers can block air inlets and accumulate on the running belt. On a monthly basis: vacuum underneath your 7.0T to prevent buildup. Once a year, you should remove the motor hood and vacuum out dirt that may accumulate. Unplug power cord before this task.

## Belt adjustments

- Tread-belt tension adjustment

Adjustment must be made from the rear roller. The adjustment bolts are located at the end of the step rails in the end caps, as noted in diagram below.



Note: Adjustment is through small hole in the end



Tighten the rear roller bolts only enough to prevent slippage at the front roller. Turn both tread-belt tension adjustment bolts with a 10mm allen wrench in increments of 1/4 to 1/2 turn each and inspect for proper tension by walking on the belt at a low speed, making sure the belt does not slip. Keep tensioning the bolts until the belt stops slipping.

- If you feel the belt is tight enough, but it still slips, the problem may be a loose Motor drive belt under the front motor cover.

## **Do not overtighten**

Over tightening will cause belt damage and premature bearing failure.

## **Treadbelt tracking adjustment**

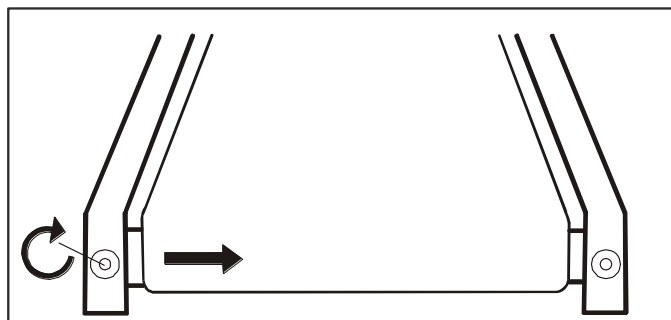
The performance of your 7.0T is dependent on the frame running on a reasonably level surface. If the frame is not level, the front and back roller cannot run parallel, and constant belt adjustment may be necessary.

The 7.0T 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.

## **To set treadbelt tracking**

Use a 10mm Allen wrench to adjust the rear roller. Make tracking adjustments from the left side only. Set belt speed at approximately 2 to 3 mph.

Remember, a small adjustment can make a dramatic difference!



Turn the bolt clockwise to move the belt to the right. Turn the bolt only a 1/4 turn and wait a few minutes for the belt to adjust itself. Continue to make 1/4 rotation turns until the belt stabilizes in the center of the running deck.

The belt may require periodic tracking adjustment depending on use and walking/running characteristics. Some users will affect tracking differently. Expect to make adjustments as required to center the tread-belt. Adjustments will become less of a maintenance concern as the belt is used. Proper belt tracking is an owner responsibility common with all rehabilitation treadmills.

### **Attention**

Damage to the running belt resulting from improper tracking /tension adjustments is not covered under the warranty.

### **Maintenance menu 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 menu (may be called Engineering mode, depending on version) press and hold down the Start, Stop and Enter keys. Keep holding the keys down for about 5 seconds and the message window will display "Maintenance menu". Press the enter button to access the menu below:

### **Maintenance Mode**

- Press and hold the start, stop and enter key at the same time, until the display shows "Maintenance menu" press the enter key. You can now scroll through the menu using the up and down keys. Use the stop key to return to previous menu selection. The menu selections are:
  - Key Test
    - Press each key to verify it is functioning correctly
  - Display test
    - Lights all LED lights
  - Functions
    - Sleep
      - Turns sleep mode on or off. When off, display power is always on.

- Pause  
Turns pause mode on or off. When on, pause lasts 30 minutes.
- Odometer reset  
Reset odometer readings
- Units  
Set display to English or metric readings
- Grade Return (GS Mode)  
Turns GS mode on or off. Returns the elevation to the lowest setting when pause is pressed
- Beep  
Turns the speaker (beep sound) on or off.
- Service Mode  
Incline
  - ① MW scrolls: "Use incline keys for front use speed keys for rear" then switch to VR display below.
  - ② Incline keys operate front motor, speed keys operate rear motor. Hold down up/down key to operate motor, stop when key is released. Motor is allowed to move until limit switch activated.
  - ③ MW displays A/D values for both position sensors. Example of the readings F 920 R 70. F=Front incline sensor and R = Rear incline sensor. The readings will be opposite: when at lowest incline the front will show a large number and rear will be small.
- Drive Motor
  - ① MW displays: "Use speed keys to move motor". Each key press increases motor speed 0.1 mph/kph
  - ② MW then shows: RPM 000 AMP 00.0. The sensor reading indicates motor RPM, not belt speed. The AMP is measuring motor current
- Motor Brake
  - ① Brake ON (brake coil turned off) (User press enter to turn Brake OFF)
- Step Sensors  
Test
  - ① Use sensor outputs to light DM similar to Symmetry display. This test is only to make sure the sensors are functioning and does not test accuracy. The DM graph shows left and right sensor activity when stepping on the deck. Both sides of the graph will light at the same time, but the side the user steps with would show more segments lit.

## ② Calibration

- MW: START LEFT SIDE
- When Start is pressed the MW shows: AD \_ \_ \_ TGT 65
- Speaker will beep slowly when magnet distance is too far, quickly when near and steady when correct.
- Press enter to continue
- MW: START RIGHT SIDE
- When Start is pressed the MW shows: AD \_ \_ \_ TGT 65
- Speaker will beep slowly when magnet distance is too far, quickly when near and steady when correct.
- User press enter or stop to end calibration
- Acceleration Key Lock
  - MW show "ACCEL KEY", press enter then MW shows "ACCEL LOCKED". This is the default. If the user presses the up or down key the MW shows "ACCEL UNLOCKED". Press enter to exit.
- Speed limit setting
  - MW shows "SPEED LIMIT", press enter. The MW shows Limit 10.0 MPH. This is the default setting and is the top forward speed of the 7.0T.
  - If the user presses the down key the MW shows Limit 9.9 MPH. The top limit can be changed in 0.1 MPH increments.
  - The minimum speed limit setting is 3.0 mph.
- Security
  - MW show "SECURITY" MW shows "CHILD LOCK ON" or OFF , Sets the Child Lock function. This function locks out the keypad until a pre-determined key sequence is pressed. Key sequence = Start & Enter held down together until unlocked.

## Factory and Acceleration Settings

- Enter the Factory settings; press Start and Speed Fast keys while console is in power up reset. User presses enter
  - UNITS: ENGLISH
    - ① The default setting is English. User can press any up/down arrows to change to Metric. User presses enter.
  - ADJUST MIN SPEED THEN PRESS ENTER
    - ① Default value is 0.1 mph and can be adjusted up to 0.5mph.
    - ② The speed number to be shown in the speed window.
  - ADJUST MAX SPEED THEN PRESS ENTER
    - ① Default value is 10.0 mph and can be adjusted down to 3.0 mph.
    - ② The speed number to be shown in the speed window
  - ADJUST REVERSE SPEED MAX THEN PRESS ENTER
    - ① Default value is 3.0 mph and can be adjusted down to 1.0 mph and up to 5.0 mph.
  - ADJUST BELT SPEED ACCELERATION TIME PER EACH 1.0 MPH
    - ① The default is 0:03 seconds and will be shown in the Time window.
    - ② The time can be adjusted down to 0:01 and up to 1:00 minute
  - ADJUST BELT SPEED DECELERATION TIME PER EACH 1.0 MPH
    - ① The default is 0:03 seconds and will be shown in the Time window.
    - ② The time can be adjusted down to 0:01 and up to 1:00 minute
  - Press Enter for Grade Calibration Or To Exit Hold Stop Key Until Reset.
  - Adjust Max Incline Then Press Enter
    - ① The default value is 15 and can be adjusted down to 10
  - Adjust Max Decline Then Press Start to calibrate
    - ① The default value is 5 and can be adjusted up to 10
  - If Grade calibration is successful the MW shows "Passed" for 3 seconds then exit to idle mode.

## Error Codes, Messages and Solution/Cause

### Error Codes

|                                                                         |                                                             |                                                                              |
|-------------------------------------------------------------------------|-------------------------------------------------------------|------------------------------------------------------------------------------|
| E1 Over Current<br>Deck Lube<br>Bad Drive or Motor<br>Check Brake       | E12 EPROM RD<br>Check AC Line V<br>Reset Power<br>Bad Drive | E26 Bk Chopper<br>Reset Power<br>Bad Drive                                   |
| E2 Over Volt<br>Check AC line V                                         | E13 EPROM WR<br>Check AC Line V<br>Reset Power<br>Bad Drive | E27 PG Error<br>Check Motor                                                  |
| E3 Over V Decel<br>Check AC line V<br>Check Brake                       | E14 Ext Fault<br>Reset Power                                | E28 Phase Loss<br>Check Wiring<br>Bad Drive                                  |
| E4 Ground Fault<br>Check wiring<br>Replace Drive                        | E15 U Phase I<br>Reset Power<br>Bad Drive                   | E29 I Signl Stop<br>Reset Power<br>Bad Drive                                 |
| E5 IGBT Fault<br>Check wiring<br>Replace Drive                          | E16 W Phase I<br>Reset Power<br>Bad Drive                   | E30 CPU Error<br>Electronic circuit fault                                    |
| E6 Drive Ovrload<br>Deck Lube<br>Brake locked<br>Bad Drive<br>Bad Motor | E17 HW Fault<br>Reset Power<br>Bad Drive                    | E31 Fan<br>Drive Fan Bad                                                     |
| E7 Thrm Ovrload<br>Brake locked<br>Deck Lube<br>Bad Drive<br>Bad Motor  | E18 IGBT O-Heat<br>Bad Drive Fan<br>Dirty Heat Sink         | E32 Analog In<br>Check Wiring<br>Bad Drive                                   |
| E8 Over Torque<br>Brake locked<br>Deck Lube<br>Bad Drive<br>Bad Motor   | E19 Ambient Temp<br>Air Vent Blocked<br>Bad Fan             | E33 Over Trque<br>Mechanical<br>Deck Lube<br>Brake<br>Bad Motor<br>Bad Drive |
| E9 Over I Speed<br>Check Brake<br>Deck Lube<br>Bad Drive<br>Bad Motor   | E20 Inrush Fault<br>Reset Power<br>Bad Drive                | E34 Thrm Ovrld 2<br>Brake locked<br>Deck Lube<br>Bad Drive<br>Bad Motor      |
| E10 Over I Accel<br>Deck Lube<br>Bad Drive<br>Bad Motor                 | E21 In Sig Lost<br>Check Wiring<br>Bad Drive                | E35 Motor Sel<br>Motor Wiring                                                |
| E11 Over I Decel<br>Deck Lube<br>Bad Drive<br>Bad Motor                 | E22 RS-485 Flt<br>Check Wiring                              | E36 LV Bus Run<br>Check AC Line V<br>Bad Drive                               |
|                                                                         | E23 PID Error<br>Check Wiring<br>Chk Para Setting           | E37LV Bus<br>Check AC Line V<br>Bad Drive                                    |
|                                                                         | E24 PU Comm<br>Bad Drive                                    | E38 Ext BB<br>Para Settings                                                  |
|                                                                         | E25 Auto Tune<br>Chk Motor wires<br>Reset Power             | ERR Incline Err<br>(Shows in Grade window)                                   |
|                                                                         |                                                             | ER2 Decline Err<br>(Shows in Grade window)                                   |

# Specifications

## **REF 7.0T**

### **Dimensions**

Length : 94" (239 cm) with rear step.

Width : 36" (91.4 cm)

Height : 56.5" (143.5cm)

### **Product Weight**

514.8 Lbs. (234 Kgs)

### **Speed**

Forward: 0.0 to 10.0 mph (0.0 to 16 kph)

Reverse: 0.0 to 3.0 mph (0.0 to 5 kph)

### **Incline**

Front: 0 to 15% Grade

Rear: 0 to 10% Grade

### **Disposal**

Reference should be made to local regulations concerning the disposal of this product at the end of useful life.

### **Readouts**

Time, Grade, Distance, Speed, Pause, METs, Calories, Pace, Cadence, Left and Right Step Length, Symmetry Index

### **Certifications**

CAN/CAS-C22.2 No. 60601-1:14 , ANS/AAMI ES60601-1:2005+A2 (R2012) +A1,

IEC 60601-1-2:2014, EN 60601-1-2:2015,

IEC 60601-1:2015+A1:2012, EN 60601-1:2006+A1:2013+A12:2014

EN ISO 20957:2013, MDD 93/42/EEC Class IIa , ISO 14971: 2012



### **Manufacturer**



Dyaco International Inc.  
No. 1, Gong 1st Rd., Hemei  
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**EC**

**REP**

**Dyaco Europe GmbH**

Address: Friedrich-Ebert-Straße  
75, 51429 Bergisch Gladbach,  
Germany

TEL: +49 (0) 2204 844300

### **Patient weight capacity**

440 Lbs. (200 Kgs.)

### **Power**

220~240 Volts A.C., 10 Amps, 50 Hz.

### **Fuse rating**

Circuit Breaker: AC 250V, 10A

Mode of Tripping: Thermal

Operating Speed: 0.25~3.0 sec.

Breaking Capacity: 500A, 250 VAC

### **Fuse on Inverter**

Voltage: 125 Vac

Current: 1A

Operating Speed: 0.4~1.0 sec.

Breaking Capacity: 50A, 125 Vac

Size: 2.65mm X 7.1mm

# Guidance and manufacturer's declaration – electromagnetic compatibility

The 7.0T is intended for use in the electromagnetic environment specified below. The customer or the user of the 7.0T should assure that it is used in such an environment.

| Emissions test                                             |                            | Compliance               | Electromagnetic environment – guidance                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|------------------------------------------------------------|----------------------------|--------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| RF emissions<br>CISPR 11                                   |                            | Group 1                  | The 7.0T uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| RF emissions<br>CISPR 11                                   |                            | Class B                  | The 7.0T is suitable for use in all establishments, including domestic establishments                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Immunity test                                              | IEC 60601 test level       | Compliance level         | Electromagnetic environment – guidance                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Electrostatic discharge (ESD)<br>IEC 61000-4-2             | 6 kV contact<br>8 kV air   | 6 kV contact<br>8 kV air | Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30 %.                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Power frequency (50/60 Hz) magnetic field<br>IEC 61000-4-8 | 3 A/m                      | 3 A/m                    | Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Radiated RF<br>IEC 61000-4-3                               | 3 V/m<br>80 MHz to 2,5 GHz | 3 V/m                    | $d = 1,2 \sqrt{P}$ 80 MHz to 800 MHz<br>$d = 2,3 \sqrt{P}$ 800 MHz to 2,5 GHz<br>Where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in meters (m).<br>Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, a) should be less than the compliance level in each frequency range. B) Interference may occur in the vicinity of equipment marked with the following symbol:<br> |

## Recommended separation distances between portable and mobile RF communications equipment and the 7.0T

The 7.0T is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the 7.0T can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the 7.0T as recommended below, according to the maximum output power of the communications equipment.

| Rated maximum output power of transmitter<br>W | Separation distance according to frequency of transmitter<br>m |                                         |                                          |
|------------------------------------------------|----------------------------------------------------------------|-----------------------------------------|------------------------------------------|
|                                                | 150 kHz to 80 MHz<br>$d = 1,2 \sqrt{P}$                        | 80 MHz to 800 MHz<br>$d = 1,2 \sqrt{P}$ | 800 MHz to 2,5 GHz<br>$d = 2,3 \sqrt{P}$ |
| 0,01                                           | 0,12                                                           | 0,12                                    | 0,23                                     |
| 0,1                                            | 0,38                                                           | 0,38                                    | 0,73                                     |
| 1                                              | 1,2                                                            | 1,2                                     | 2,3                                      |
| 10                                             | 3,8                                                            | 3,8                                     | 7,3                                      |
| 100                                            | 12                                                             | 12                                      | 23                                       |

For transmitters rated at a maximum output power not listed above, the recommended separation distance  $d$  in meters (m) can be estimated using the equation applicable to the frequency of the transmitter, where  $P$  is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

NOTE 1 At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.



| Immunity test                                           | IEC 60601 test level                                             | Compliance level                                                 | Electromagnetic environment – guidance                                              |
|---------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| <b>Electrical fast transient/burst</b><br>IEC 61000-4-4 | +/-2 kV for power supply lines<br>+/-1 kV for input/output lines | +/-2 kV for power supply lines<br>+/-1 kV for input/output lines | Mains power quality should be that of a typical commercial or hospital environment. |
|                                                         |                                                                  |                                                                  |                                                                                     |

## Note

- If the device is interfered by power or signal cable, image quality may be reduced or abnormally displayed. Such kind of interference images could be easily identified and differentiated from the physiological characteristics of patient and longer clinical time consumed but wouldn't have any diagnostic accuracy issue.
- If there is a certain frequency of image interference, there is a need of isolation or filtering of the RF signal.

# Description of packaging & labeling symbols



Indicates that the package is heavy and two or more people are required to lift.



Package contains fragile electronic equipment.

Care should be used when handling.

The product inside the packaging could be easily damaged if dropped or handled without care and attention. The contents are fragile!



Do not use forklift truck here.

Do not use Spade truck here.

Do not use Razorback truck here.



Hand truck only.



Indicates that an object is capable of being recycled - not that the object has been recycled or will be accepted in all recycling collection systems.



Top. This side up.



AC power 220-240 Volt, 10Amps, 50Hz



Product certificate logo, CE MDD 93/42/EEC  
Class IIa



read this entire manual carefully before  
operating your new 7.0T



Type B applied parts. This is used for parts  
applied to the patient that require only ordinary  
electrical protection, e.g. headphones.



Follow Instructions for use