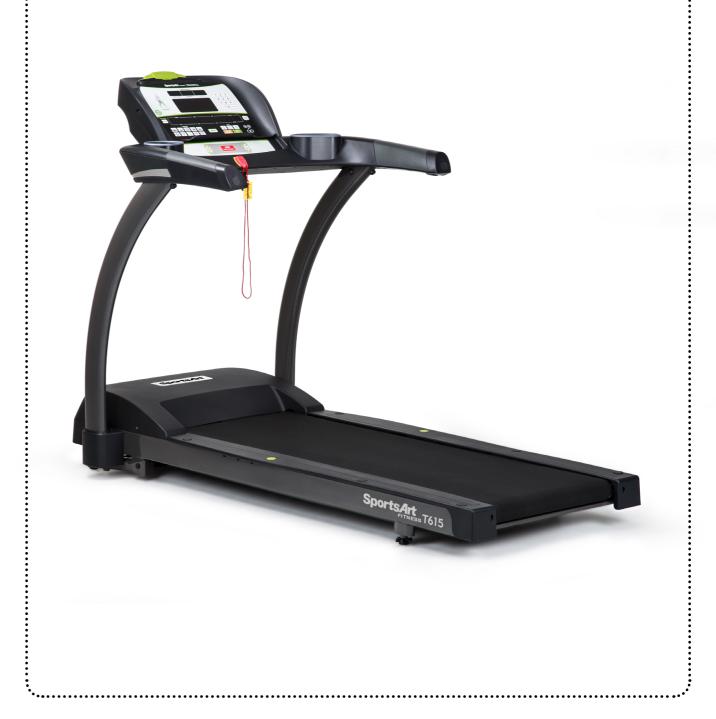


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USA 2014.08 www.gosportsart.com

T615 LED Treadmill Owner's Manual





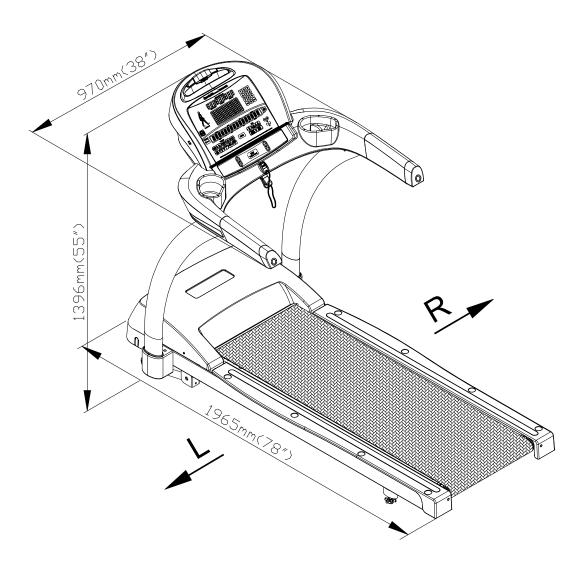
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1. INTRODUCTION

Congratulations on the purchase of a high quality SportsArt product, the T615 treadmill. Constructed of high quality materials and designed for years of reliable performance, this product was made for full commercial use.

Before this product is assembled or operated, we recommend that you familiarize yourself with this manual. Understanding the correct assembly and operation of this product will help ensure that exercisers obtain their fitness goals safely and successfully.



2. SAFETY PRECAUTIONS

This product was designed and built for optimum safety. However certain precautions apply during the use of this product. Please note the following safety precautions:

- Please read the entire manual before assembly and operation. Make sure the product is installed and operated as instructed in this manual.
- Assemble and operate the product on a solid, level surface. Do not use outdoors or near water, including pools and saunas.
- Check the product before every use. Make sure all parts are assembled, and all fasteners are tightened. Do not use the product if it is disassembled in any way.
- Wear proper workout clothing. Do not wear loose clothing. Do not wear shoes with leather soles or high heels. Tie all long hair back. Do not go barefoot on this product.
- Keep away from moving parts. Moving parts may or may not stop immediately if an object becomes caught or impedes normal motion.
- Use this product only for its intended purpose as described in this manual.
- Be careful when mounting and dismounting the unit.
- Never operate this product if it has been damaged in any way. If it is not working properly, or has been dropped or damaged, contact a service technician for repairs.
- Do not use accessories that are not specifically recommended by the manufacturer. Such parts might cause injuries or cause the unit to fail.
- Keep all air ventilation areas free of blockage. Never drop or insert any object into any opening.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- This product is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or by people who are otherwise deficient in product knowledge or experience. If such people use this product, they should be given training and be supervised at all times by someone responsible for their safety.
- Children should be supervised to ensure that they do not play on or near the product.
- Treadmills should be positioned away from walls to avoid injury due to falls. Be sure that the back of the treadmill has at least six to seven feet of clearance from a ledge, wall or window. The power supply and wiring should be located away from walking paths or taped to prevent tripping when stepping on or off of the running belt.
- The user weight limit for this product is 180 kg, 400 lb. At maximum speed, this product meets standards for users up to 125 kg, 275 lb.

2. SAFETY PRECAUTIONS (CONTINUED)

CAUTION: If you feel any pain or any abnormal sensations, STOP YOUR WORKOUT and consult your physician immediately. Work within your recommended exercise level. DO NOT work to exhaustion. Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

WARNING! Heart rate monitoring systems may be inaccurate. Too much exercise may result in serious injury or death. If you feel faint, stop exercising immediately.

Note: This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If the user desires to correct the interference, it is at the user's own expense.

WARNING! Only qualified technicians should be allowed to contact electrical components such as circuit boards. Some components carry an electrical charge even after use has been discontinued or the product has been unplugged. For products with power cords, turn off unit power, wait five minutes, then disconnect the power cord from the power socket. For products without power cords, let the unit sit without use for five minutes. Only after taking such precautions should covers be removed and electrical components be accessed.

- Do not attempt to drag or carry this unit by the power cord. Keep the power cord away from heated surfaces.
- Improper grounding can increase the risk of electric shock. Check with a qualified electrician if you are in doubt as to whether the power outlet is properly grounded.
- Do not attempt to modify the plug provided with this product. Proper power supply must be provided. If the plug does not fit an outlet, contact a qualified electrician to inspect or modify power in the facility.
- Do not stand on the walk belt when starting the treadmill. Straddle the belt with your feet on the right and left landing strips.
- Always use the safety key when operating the treadmill.
 French speakers, please note the following:
- Please place the sticker (provided in the owner's manual) on the product as shown.

2. CONSIGNES DE SÉCURITÉ IMPORTANTES

Votre tapis de course SportsArt a été conçu et fabriqué afin d'assurer une sécurité optimale. Cependant certaines précautions s'appliquent chaque fois que vous utilisez votre tapis de course.

- Lisez entièrement le manuel avant l'assemblage et l'utilisation. Veuillez aussi noter les consignes de sécurité suivantes:
- Veuillez lire attentivement les instructions et installer le tapis de course selon les instructions.
- Assemblez et faites fonctionner l'elliptique sur une surface solide et plane; NE PAS l'utiliser à l'extérieur ou près de l'eau.
- En aucun cas, ne laissez des enfants à proximité ou sur le tapis de course.
- Vérifiez le tapis de course avant chaque utilisation. Assurez-vous que toutes les pièces sont assemblées et que tous les éléments de fixation sont serrés. NE PAS utiliser le tapis de course si l'appareil est démonté de quelque façon.
- Gardez vos mains loin des pièces mobiles.
- Portez des vêtements d'entraînement appropriés; NE PORTEZ PAS de vêtements amples. NE PORTEZ PAS de chaussures à semelles en cuir ou à talons hauts. Attachez les cheveux longs. Ne marchez pas pieds nus sur l'appareil.
- Soyez prudent lors du montage et démontage de l'appareil.
- Le tapis de marche ne s'arrêtera pas immédiatement si un objet est pris dans les courroies ou les rouleaux.
- NE PAS utiliser d'accessoire non spécifiquement recommandé par le fabricant. Car cela pourraient provoquer des blessures ou entraîner une panne de l'appareil.
- Débranchez l'appareil de la prise avant l'entretien ou la suppression de toute pièce.
- Une surveillance étroite est nécessaire quand ce tapis de course est utilisé par ou à proximité d'enfants, de malades ou de personnes handicapées.
- Utilisez ce tapis de course uniquement pour l'usage prévu dans ce manuel.
- N'utilisez jamais ce tapis de course s'il a été endommagé de quelque façon que ce soit. S'il ne fonctionne pas correctement, ou s'il est tombé ou endommagé, contactez votre vendeur.
- NE PAS transporter ce tapis de course par le cordon d'alimentation et n'utilisez pas le cordon comme poignée.
- Maintenez le cordon éloigné de toute surface chaude.
- Veillez à ce qu'aucun orifice de ventilation ne soit obstrué.
- Ne faites jamais tomber ou n'insérez jamais d'objet dans les orifices.
- NE PAS l'utiliser là où des produits aérosols (vaporisés) sont utilisés ou lorsque de l'oxygène est administré.
- La limite de poids de l'utilisateur pour ce tapis de course est de 180 kg, 400 lb. Remarquez que la vitesse de 12 mph (20 km/h) convient jusqu'à 125 kg, 275 lb.
- Les performances du produit dépendent d'une alimentation adéquate.
- Ce tapis de course n'est pas destiné à être utilisé par des personnes (y compris des enfants) dont les capacités physiques, sensorielles ou mentales sont réduites ou qui ne disposent pas de l'expérience ou du savoir nécessaires, sauf si celles-ci ont au préalable été formées eu égard à l'utilisation de ce tapis de course par une personne responsable de leur sécurité.
- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le tapis de course.
- Les tapis de course doivent de préférence être situés loin des murs, pour éviter de se blesser en cas de chute. Vérifiez si l'extrémité arrière du tapis est au moins à 2 mètres d'un rebord, d'un mur ou d'une fenêtre. Veillez également à positionner le cordon d'alimentation loin de tout passage ou à le protéger avec du ruban adhésif pour ne pas s'y prendre les pieds en montant et descendant du tapis.
- Utilisez toujours le clip de sûreté pendant le fonctionnement du tapis de course.
- NE PAS rester sur le tapis de marche lors du démarrage du tapis de course. Enjambez le tapis et placez vos pieds sur les bandes de repos droite et gauche.

2. CONSIGNES DE SÉCURITÉ (SUITE)

- Pour éviter de vous blesser, restez sur les bandes de repos (barres latérales) avant de démarrer le tapis de course.
- Ce tapis de course n'est pas destiné à être utilisé par des personnes (y compris des enfants) dont les capacités physiques, sensorielles ou mentales sont réduites ou qui ne disposent pas de l'expérience ou du savoir nécessaires, sauf si celles-ci ont au préalable été formées eu égard à l'utilisation de ce tapis de course par une personne responsable de leur sécurité.
- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le tapis de course.
- Utilisez toujours le clip de sûreté pendant le fonctionnement du tapis de course.
- NE PAS rester sur le tapis de marche lors du démarrage du tapis de course. Enjambez le tapis et placez vos pieds sur les bandes de repos droite et gauche.
- Pour éviter de vous blesser, restez sur les bandes de repos (barres latérales) avant de démarrer le tapis de course.

ATTENTION

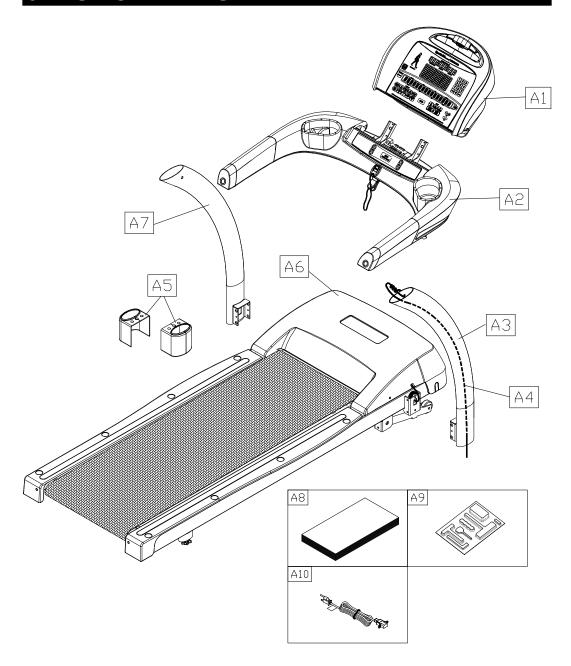
Si vous ressentez une douleur ou si vous avez une sensation anormale, AR-RÊTEZ VOTRE ENTRAÎNEMENT et consultez immédiatement votre médecin. Entraînez-vous à votre niveau d'exercice recommandé. NE PAS s'entraîner jusqu'à l'épuisement.

- Avant de commencer un programme d'exercice, vous devriez consulter votre médecin. Il est recommandé de faire un examen physique complet.
- NE PAS monter sur l'étape plus haute. En maintenant sur les supports de stabilité, monter sur l'étape plus bas.
- Pour diminuer le risque de choc électrique, débranchez toujours ce tapis de course de la prise de courant, immédiatement après utilisation et avant le nettoyage.
- Un branchement incorrect du connecteur de mise à la terre de l'équipement risque d'entraîner un choc électrique. En cas de doute sur la mise à la terre correcte de l'elliptique, faites appel à un technicien ou un électricien qualifié. NE PAS modifier la fiche fournie avec l'elliptique, si elle ne correspond pas à la prise, faites installer une prise adéquate par un technicien qualifié.

Remarque: Ce matériel a été testé et déclaré conforme aux normes des appareils digitaux de Classe A, conformément à la partie 15 du Règlement de la FCC. Ces limites sont conçues pour offrir une protection raisonnable contre les interférences nuisibles dans une installation résidentielle. Cet appareil génère, utilise, et peut diffuser des signaux radioélectriques, et, s'il n'est pas installé et utilisé conformément aux instructions, peut provoquer des interférences nuisibles aux communications radio. Cependant, il n'y a aucune garantie que des interférences ne se produiront pas dans une installation particulière. Si l'utilisateur désire corriger les interférences, ces corrections seront à la charge de l'utilisateur

Dans ce manuel, les mots "gauche" et "droit" sont utilisés en référence aux pièces et au produit. Comme tels, les mots "gauche" et "droit" font respectivement référence aux côtés gauche et droit de l'exerciseur. De même pour plus de concision, le mot «vis» est utilisé dans certains cas où des rondelles, des vis et autres matériels sont associés.

3. LIST OF PARTS



	Assembly Parts											
No.	Name	Qty.	No.	Name	Qty.							
A1	Display	1	A6	Main frame	1							
A2	Handlebar assembly	1	A7	Left pedestal	1							
A3	Right pedestal	1	A8	Owner's manual	1							
A4	Feeder cord	1	A9	Hardware kit	1							
A5	5 Pedestal cover		A10	Power cord	1							

Components on the Product											
No.	Name	Specification	Notes								
31	Serrated washer (flat)	D18*d8.5*t2.0*19T									
31	Mushroom top inner hex screw	M8*P1.25*L20									
32	Serrated washer (curved)	D18*d8.5*t2.0									
32	Mushroom top inner hex screw	M8*P1.25*L20									
33	Mushroom top inner hex screw	M5*0.8*L12									
34	Phillips screw	M4*P0.7*L10									

Components in the Hardware Kit											
No.	Name	Qty.	Specification	Notes							
21	Screw cover (flat)	2									
22	Screw cover (curved)	2									
23	Safety key	1									
	T-shaped Allen wrench	1	M6								
	T-shaped Allen wrench	1	M4								
	L-shaped Allen wrench	1	M6								
	Phillips head tool	1									
	Fuse	1	110V-15A								
	Fuse 		220V-10A								

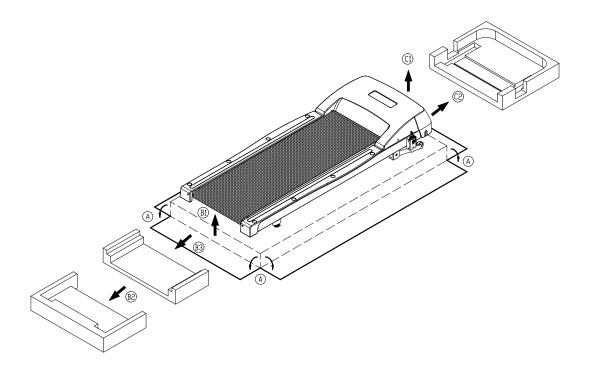
4. ASSEMBLE THE PRODUCT

Follow instructions below to assemble this product. Note that in this manual the words "left" and "right" are used to refer to the product and its parts. As such, these designations correspond to the "left" and "right" sides of a person in position to exercise on this product. Also, for brevity, the word "screws" is used where screws, washers, and other hardware may be involved. And, for clarity, names of keys are capitalized.

STEP 0 Preparation: Separate product from the Package

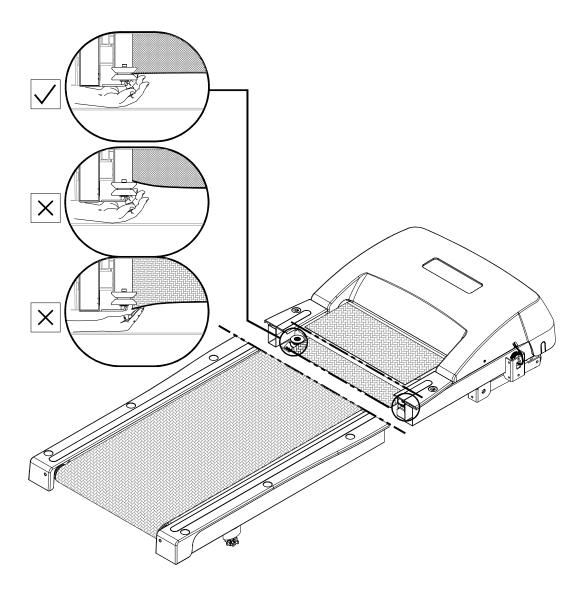
Follow steps (a) through (c) below to place the product on a flat sheet of cardboard for assembly.

- (a) Remove the packaging material and then cut the box flaps to lay them flat on the ground.
- (b) Lift the lift handle at the rear of the bike to remove packaging material in the rear and center of the box.
- (c) Lift the front of the bike to remove packaging material at the front of the treadmill.



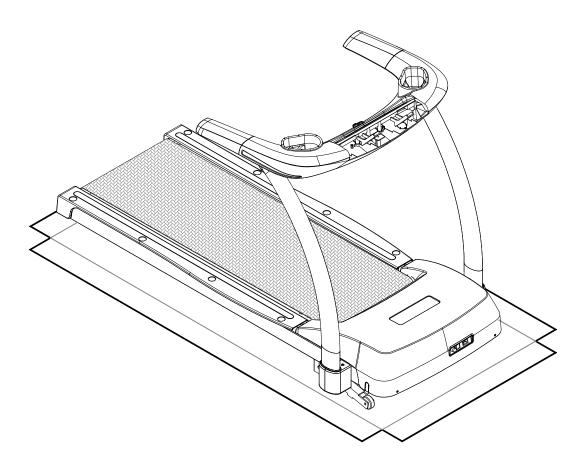
STEP 0 Preparation: Inspect Walk Belt Placement

- * Please make sure that the walk belt runs below the walk belt guides. Shown below: Walk belt should be aligned correctly with the guide wheel.
- * If the walk belt is not aligned correctly with the guide wheel, please re-align the belt on to the guide wheel. Then re-adjust walk belt tightness per in structions in part 6.

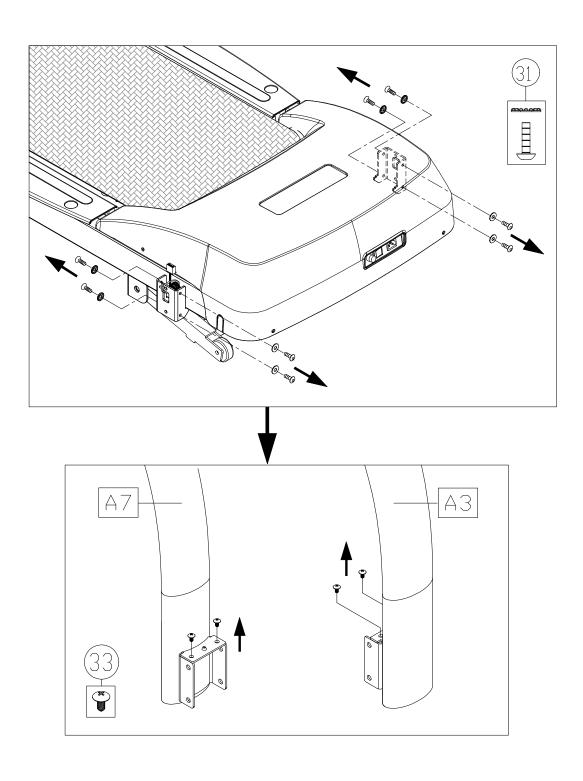


STEP 1 Install the Pedestals and Handlebar Assembly

Follow instructions below to install the pedestals and handlebar assembly. The illustration below provides an overview of this step.

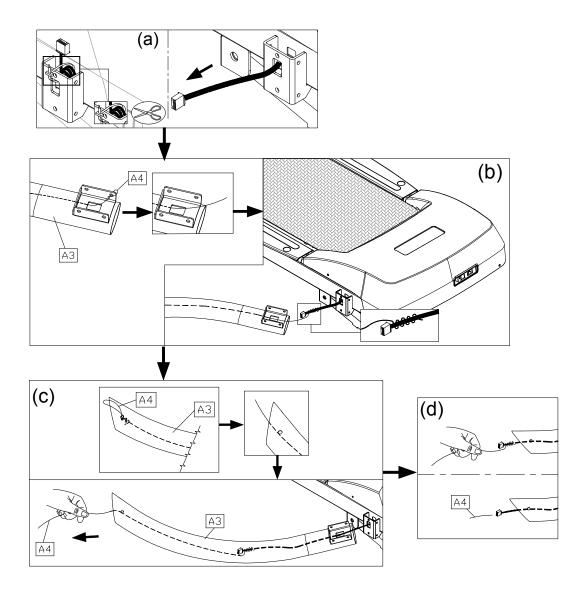


(a) Remove screws (31) from the left and right pedestal bases. Remove screws (33) from the left and right pedestals (A7) (A3).



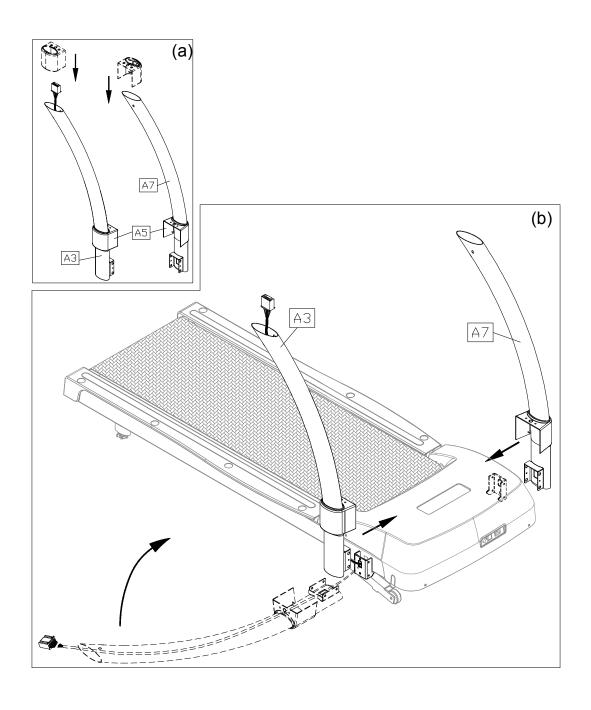
Follow steps (a) through (d) below to thread the data cable into the right pedestal (A3).

- (a) First, cut the zip tie that secures the data cable to the right pedestal base and then pull the data cable through the hole as shown. Note: make sure the cable is fully pull out of the side hole.
- (b) Place the right pedestal (A3) flat on the ground with its bottom part facing the data cable. Until the feeder cord (A4) from the lower part of the pedestal. Tie the feeder cord (A4) onto the end of the data cable.
- (c) Untile the feeder cord (A4) from the top of the right pedestal (A3) and then, from the top of the pedestal, pull the feeder cord, thus threading the data cable through the pedestal.
- (d) After the data cable is threaded through the pedestal, until the feeder cord (A4) from the data cable.

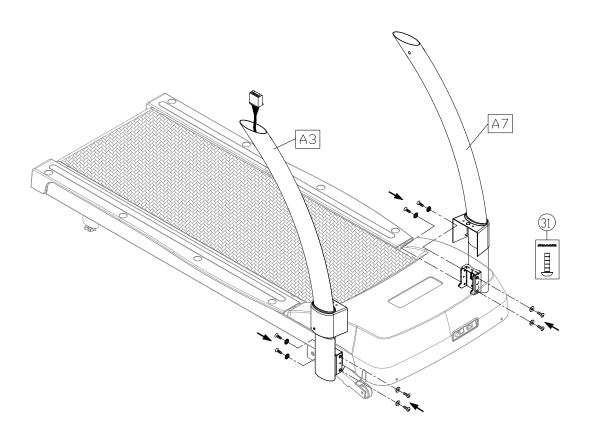


After threading the data cable into the right pedestal, follow the following steps.

- (a) Insert pedestal base covers (A5) separately onto the left and right pedestals (A7) (A3).
- (b) Insert the right pedestal (A3) onto the right pedestal base. Insert the left pedestal (A7) onto the left pedestal base.

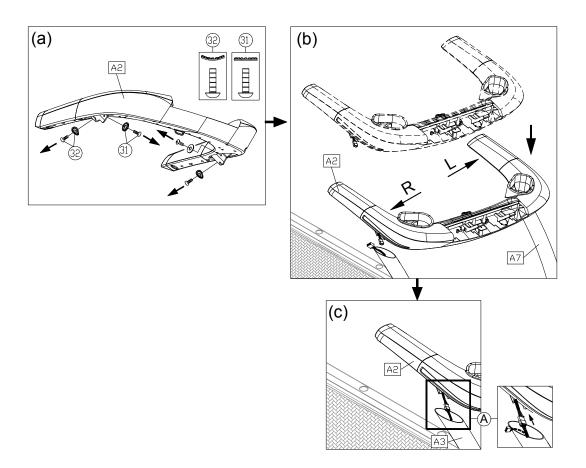


(a) Hand-tighten screws (31) on both left and right pedestals (A7) (A3), but do not fully secure these screws yet.

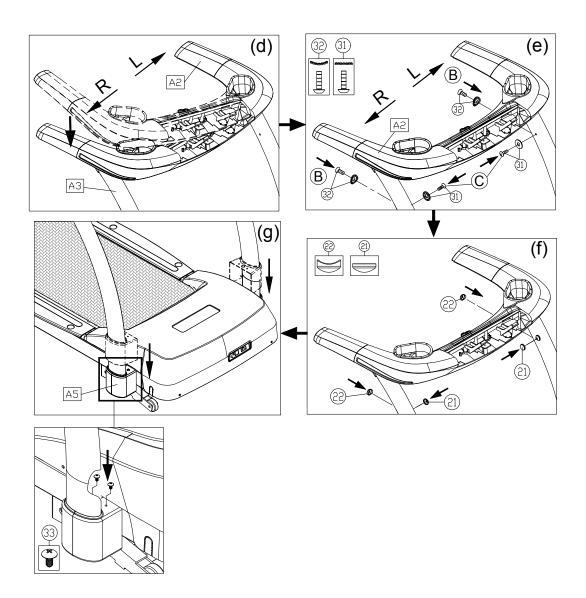


Follow steps (a) through (g) below to assemble the handlebar assembly.

- (a) First, remove screws (31) (32) from the handlebar assembly (A2).
- (b) Slightly angle the handlebar assembly (A2) to set one side of them onto the left pedestal (A7).
- (c) Connect the data cable in the right pedestal (A3) to the cable in the handlebar assembly (A2).

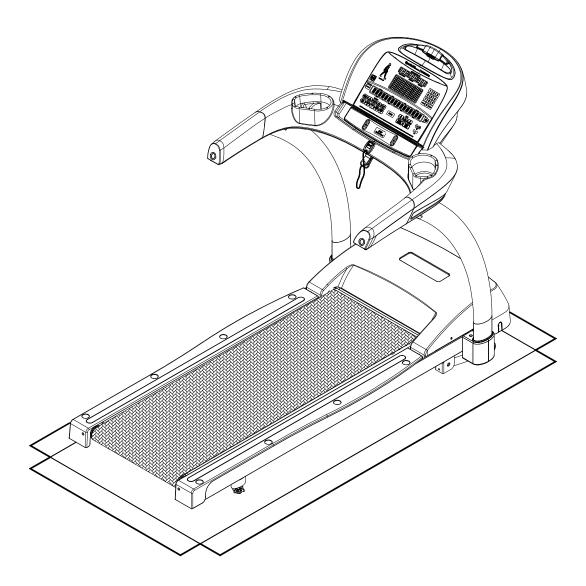


- (d) Insert the right side of the handlebar into the right pedestal (A3), while tucking the cable into the pedestal safely.
- (e) Loosely secure handlebar screws (31) (32), but do not fully secure these screws. First secure pedestal base screws (in steps (a)) and then first secure screws (32) in area B and then secure screws (31) in area C.
- (f) Insert the screw covers (21) (22) into the screw heads.
- (g) Finally, push pedestal base covers (A5) down into place and secure them with screws (33).



STEP 2 Install the Display

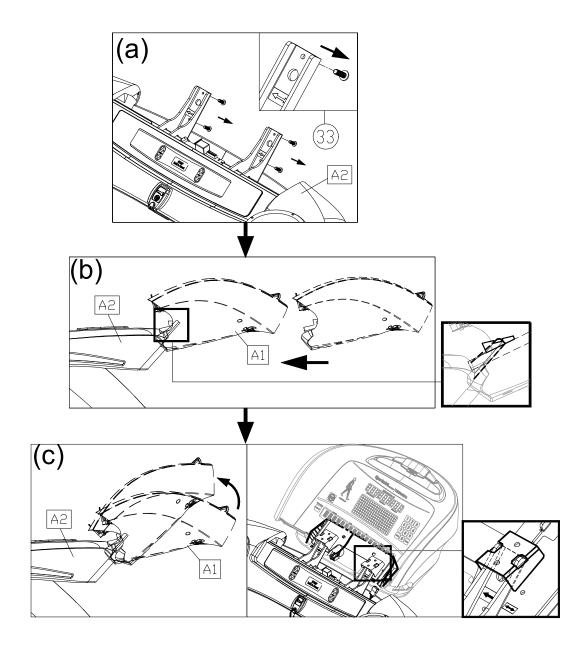
Follow instructions below to install the display onto the handlebar assembly. The illustration below provides an overview of this step.



STEP 2 Install the Display (Continued)

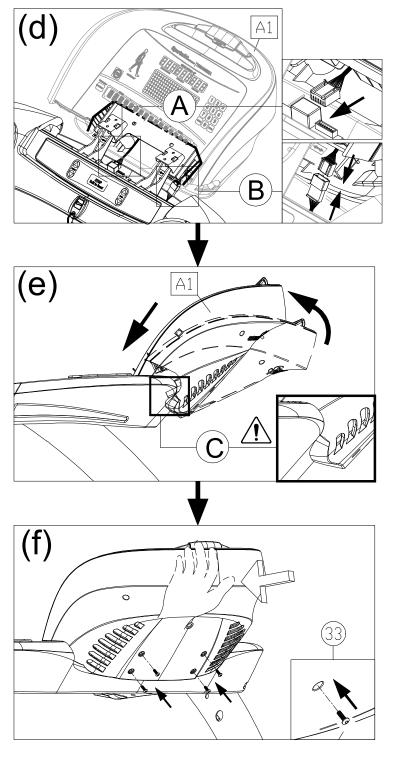
Follow steps (a) through (f) below to install the display.

- (a) First, remove display connection screws (33) from the handlebar assembly (A2).
- (b) To avoid damaging the display, insert the display (A1), as indicated by the arrows, onto the handlebar assembly (A2).
- (c) Tilt the display (A1) slightly and temporarily secure the display by asserting pressure as indicated by the arrows and make sure the display is place securely.



STEP 2 Install the Display (Continued)

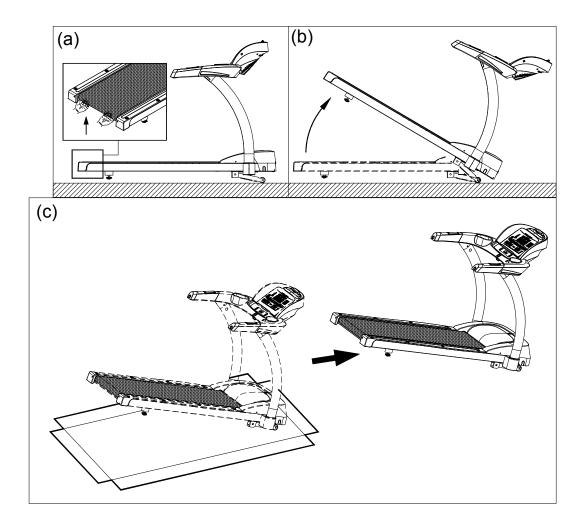
- (d) Connect cables in areas A and B as shown.
- (e) After connecting cables, tuck them away safely and then slightly lift the display (A1) and press it into place. Make sure that the plastic of the display lower cover in area C rests on the outside of the handlebar plastic.
- (f) Hold the display (A1) forward slightly as shown and then press downward when securing screws (44). Secure screws (44) on the top of display first and then screws (44) on the bottom of display.



STEP 3 Move the Treadmill into Place for Use

Please follow steps (a) through (c) below to put the treadmill in place for use.

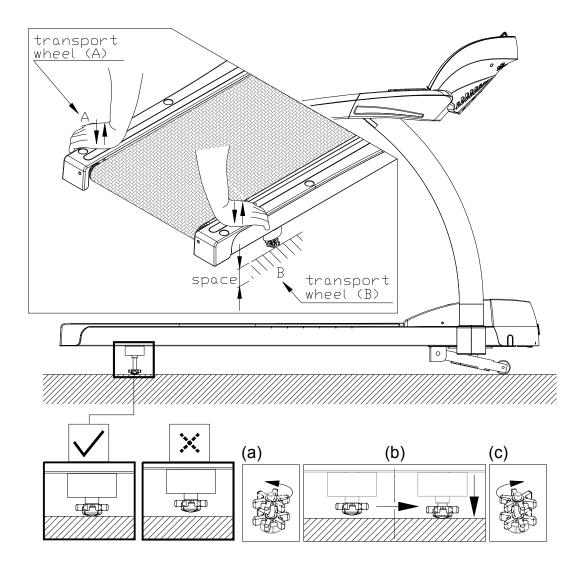
- (a) Grasp the back frame with both hands and lift the walk deck up.
- (b) With the front of the treadmill slanted downward, use the front transport wheels to roll the unit.
- (c) Push the unit into place for use.



STEP 4 Level the Treadmill

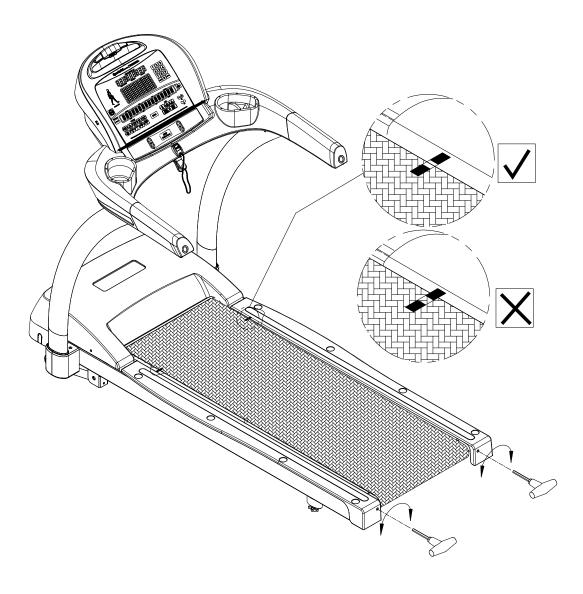
Press downward on the rear part of the treadmill as shown. Inspect whether the treadmill rests flat on the floor. If the treadmill wobbles, adjust treadmill levelers as follows:

- (a) Loosen the leveler nut.
- (b) Rotate the leveler foot downward, touching the floor.
- (c) Rotate the leveler nut upward, against the frame of the product, to secure this position.



STEP 5 Align the Walk Belt

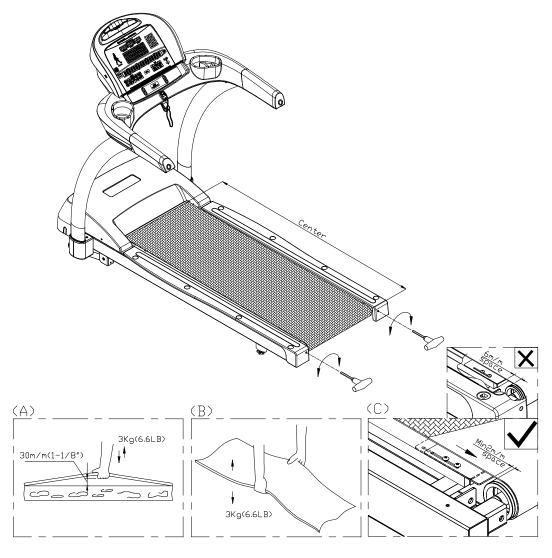
- (a) First, make sure the treadmill is on a leveled surface and the incline is at 0%.
- (b) Start the speed at a lower rate of 3kph/2.5mph to check if the walk belt is aligned and there is an equal amount of space between walk belt and side-rails on both sides. Turn the rear roller adjustment screw to adjust the walk belt if there is a misalignment.
- (c) Adjust the speed higher to 15kph/10mph or above to ensure the belt is aligned.
- (d) Adjust the rear roller screw if necessary to make sure the belt fall in the middle of 2 green labels in the front of the deck and the distance between deck and rear roller on both sides of walk belt is tolerable.
- (e) Let the treadmill run for 2 minutes or more to see if the walk belt moved. If so, repeat the procedure (d).
- (f) Finish adjustment and walk belt is aligned.
- *Make adjustments as needed, but avoid turning rear roller screws more than 1/4 turn at a time.



STEP 6 Adjust the Walk Belt Tension

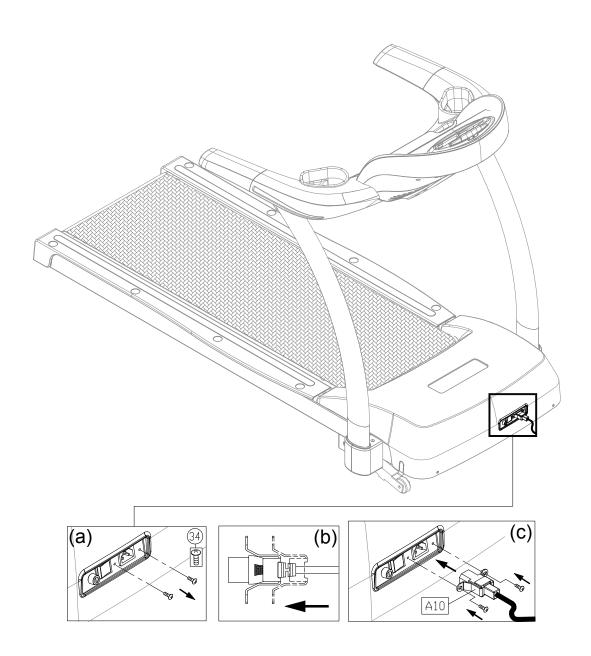
Walk belt tension is important to treadmill performance. As your foot hits the walk belt, does the walk belt stop sluggishly before regaining traction? Or, if you stomp your feet, bracing against the direction of rotation, does the walk belt not pause whatsoever? When either of these two conditions occurs, walk belt tension should be adjusted. To further examine walk belt tension, lift both sides of the walk belt at the center of its length (Shown in figure A & B). The walk belt should rise 30 mm (about 1 1/8th inch). A hanging gauge, should measure the weight at 3 kg or 6.6 lb.

Adjust the tension if it differs from this specification. If the walk belt is too loose, use a hex wrench to turn rear roller screws clockwise one quarter rotation at a time. If the walk belt is too tight, use a hex wrench to turn rear roller screws counterclockwise one half rotation at a time. Test walk belt tension after each adjustment and repeat the process until the tension is right. Do not turn the screw more than 2 turns. Note: The gap between the finger pinch guard and the rear roller should be 2mm. If it is larger than 6mm, then remove the step rail and loosen the finger pinch guard to adjust its position (Shown in figure C).



STEP 7 Install the Power Cord

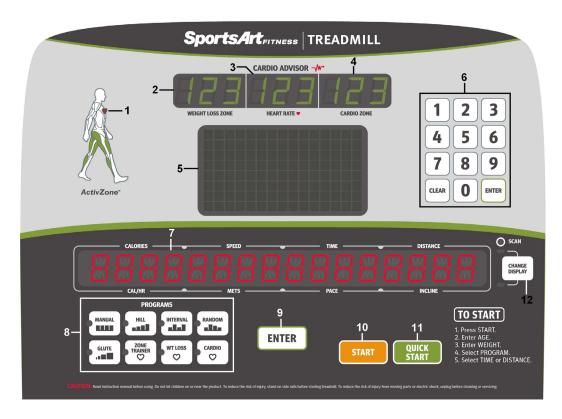
- (a) First, remove screws (34) from the power cord connector.
- (b) Insert the end of the power cord into the connector on the product.
- (c) Insert the other end of the power cord (A10) into the wall power socket. Secure the power cord onto the product socket with screws (34).



5. UNDERSTAND THE T615 LED DISPLAY

DISPLAY Overview

The T615 display was designed to help people obtain their fitness goals simply and conveniently. Please familiarize yourself with the features of this display and thereby get optimum benefit and enjoyment from this product.





- 1. Pulse LED
- 2. Weight Loss Target Heart Rate
- 3. Actual Heart Rate
- 4. Cardio Target Heart Rate
- 5. Dot Matrix Display
- 6. Numeric Keys
- 7. Exercise feedback window
- 8. Workout Program Keys

- 9. Enter Key
- 10. Start Key
- 11. Quick Start Key
- 12. Change Display Key
- 13. Stop/Pause/Reset Key
- 14. Speed Adjusting Keys
- 15. Incline Adjusting Keys

DISPLAY Specifications

Calories: 0.0 - 9999 kcal

Speed: 0.2 to 20.0 kph; 0.1 to 12.0 mph, in increments of 0.1

Time: 00:00 - 99:59

Distance: 0.0 - 9999 km or mile

Cal/Hr: 0.0 - 9999 kcal

METS: Metabolic equivalent of task: 0.0 to 99.0

PACE: 1 / SPEED

Incline: 0% to 15%, in increments of 1%

 Programs: MANUAL, HILL (HILL1, HILL2, HILL3), RANDOM, INTERVAL (1:1, 1:2, 2:2), GLUTE, ZONE TRAINER, WT LOSS, CARDIO).

DISPLAY Windows

- Cardio Advisor[™] shows heart rate goals, WT LOSS 65% and CARDIO 80%, and actual heart rate (center).
- The exercise feedback window shows workout usage prompts and workout information.
- The workout illustration window shows workout program illustrations.

DISPLAY Keys

Display key functions are introduced briefly below.

START – Press this key to begin exercising after inputting user information.

QUICK START – Press this key to start exercising without first entering age, weight, and other user information.

ENTER – When entering settings, press the ENTER key to confirm your selections.

INTERVAL – Press this key to select one of three interval programs: 1:1, 1:2, 2:2. Numbers represent minutes. For example, the 1:1 interval program consists of one minute of rest, followed by one minute of work.

RANDOM – Press this key to select one of an almost endless number of randomly generated workout programs. Each key press, the console will randomly generate a different program.

HILL – Each time this key is pressed, one of three hill workouts will appear: HILL 1, HILL 2, HILL 3.

DISPLAY Keys (Continued)

MANUAL – Press this key to directly control treadmill functions without activating workout programs such as interval, random, hill, or glute.

GLUTE – Each time this key is pressed, one of two glute workouts will appear: GLUTE 30, GLUTE 45. Numbers represent time. Glute 30 is a 30-minute workout. Glute 45 is a 45-minute workout.

ZONE TRAINER – Press this key during a workout to make your current heart rate your target heart rate. ZONE TRAINER does not operate from the startup banner screen.

CARDIO/WT LOSS – These heart rate control programs. The weight loss target heart rate is calculated as (220-AGE) × 0.65. The cardio conditioning target heart rate is calculated as (220-AGE) × 0.8.

0 – 9 numeric keys – Press these keys to directly input numbers, rather than pressing **△**/**▼** keys.

CLEAR – Press this key to clear workout setting values.

INCLINE \triangle/∇ – Press INCLINE \triangle/∇ keys to increase or decrease incline settings in increments of 0.5%. Or hold these keys to more quickly change incline settings.

SPEED ▲/▼ – Press these keys to increase or decrease speed settings in increments of 0.1 kph/mph. Or hold these keys to more quickly change speed settings.

CHANGE DISPLAY – Press this key to activate or deactivate scan mode. In scan mode, a different row of workout feedback is activated every four seconds. Top or bottom LEDs light to indicate the active row of feedback, either the top row (calories, speed, time, distance) or the bottom row (cal/hr, METs, pace, incline).

STOP/HOLD TO RESET – This key has two functions: pause and reset. When exercising, press this key to pause. The walk belt will stop rotating as the treadmill enters pause mode. During pause mode, press this key again to enter review summary mode. Under any circumstance, hold this key for two seconds to reset the unit and return to the startup banner screen.

DISPLAY Safety Key

While operating the treadmill, put the safety key magnet in place on the console, and clip the other side of the safety key onto your shirt. This safety feature is meant to stop walk belt rotation if the exerciser stumbles or falls. The magnet part of the safety key must be in place on the console for the walk belt to rotate. When the safety key magnet is not in place, the message "SAFETY KEY" appears, and the walk belt will not rotate.

6. OPERATE THE T615 LED TREADMILL

There are two ways to start operating this product: (1) Press the QUICK START key, or (2) press the PROGRAM SELECTION key to enter a preset program. Using the QUICK START key allows you to begin exercising immediately, without first entering user information.

OPERATION Quick Start

- 1. Press the QUICK START key or the SPEED ▲ key to immediately begin exercising without first inputting user information. This is called the "quick start" activation mode.
- 2. The default user age is 35 years old; default user weight is 165 lb. (75 kg).
- 3. When activated via the quick start mode, the display will show "TREAD STARTING", and the walk belt will start operating at 0.1 mph, after which speed can be modified.
- 4. Touch-N-Go programs, which include interval, random, hill, and manual, can be activated via the quick start mode. Custom programs, which include glute, weight loss, and cardio conditioning, can only be activated via the start key.

OPERATION User ID Selection

Press the START key to exercise with the benefit of user information. User information, such as weight and age, is used in calorie and target heart rate calculations. Four user IDs are available in this product.

After the START key is pressed, the most recently activated user ID will appear. Press the ENTER key to exercise under that user ID. Press INCLINE ▲/▼ keys to select a different user ID. Then press the ENTER key to confirm your choice.

OPERATION User ID Selection

Once a user ID is selected, the accumulated workout record for that user will appear. Example:

	CALORIES SPEED						TIN	ИΕ		DISTANCE					
1	0	2	0					3	9:	5	9		1	9.	9

Press INCLINE▲ and INCLINE▼ keys, or press numeric keys 1-4, to select a user ID, then press the ENTER key to confirm your choice.

You can personalize your user ID, substituting up to 11 alpha-numeric characters, for the user ID number. To do so, first create a user ID number, as explained above. While that user ID number appears, press and hold the CHANGE DISPLAY key for three seconds. A scrolling message will appear: "PRESS INCLINE ▲/▼ TO INPUT NAME, PRESS ENTER."

Toggle from one alphabetical character/numeral to another by pressing INCLINE ▲/▼ keys. When your preferred character or number appears, press the ENTER key to confirm your selection. Proceed in this way until you have completed your user ID name. Then hold the ENTER key for three seconds to commit that name to the display memory.

To modify a user name, while the name appears, hold the CHANGE DISPLAY key. Follow instructions above to input a new name. To delete a user's workout record, while that user ID appears, hold the CLEAR key for three seconds.

OPERATION Start a Workout Program

Once a user ID is selected, the following messages appear in sequence on the display:

- "AGE XX", where XX represents a number. The number flashes. Press INCLINE ▲/▼ keys or press numerical keys to select age numbers. Then press the ENTER key to confirm your choice.
- "WEIGHT XX", where XX represents a number. The number flashes. Press INCLINE ▲/▼ keys or press numerical keys to select weight values. Then press the ENTER key to confirm your choice.
- "SELECT PROGRAM" flashes. Workout program key, except for Zone Trainer, also flash. Press a workout program key to select a workout. Then press the ENTER key to confirm your choice.

Once a workout program is selected, instructional prompts appear on the display. Follow the prompts to operate the workout program.

OPERATION Workout Programs

There are two groups of workout programs: Touch-N-Go programs and Custom programs. Touch-N-Go programs include interval, hill and manual. These programs can be activated via the quick start mode and via the start key. Custom programs include glute, zone trainer, weight loss, and cardio conditioning. Custom programs can only be activated via the start key.

This product has two heart rate control programs: weight loss and cardio conditioning. In these programs, the treadmill automatically adjusts incline or speed to help you maintain an ideal target heart rate to meet your fitness goals. All heart rate control programs require the user to wear a telemetry heart rate strap; these programs will not work if no heart rate signal is received by the display.

Zone trainer is unique in that it can only be activated after your begin exercising in another workout program. Zone trainer turns any workout into a heart rate control program. It makes your current heart rate your target heart rate.

Touch-N-Go programs operate differently when activated by different means. If activated via the quick start mode, default Touch-N-Go programs are activated. This allows you to start exercising quickly, without first choosing a workout goal. If activated via the start key, Touch-N-Go programs allow you to establish a workout goal, either time or distance, much like custom programs.

Workout program explanations and operating instructions follow. These instructions apply to workout programs as activated via the start key.

Once a workout program begins, you can select another program simply by pressing the workout program key. Your workout information, such as time and distance, will continue to accrue.

In all workout programs, after inputting values, press the SPEED▲ key to begin exercising.

INTERVAL – This is a custom interval program, so total time must be established, followed by work and rest segment time, incline, and speed settings.

After you press the INTERVAL key and then the ENTER key, messages scroll across the display: "ENTER TOTAL TIME" "TIME: XX:00" "PRESS INCLINE $\blacktriangle/\blacktriangledown$ TO SELECT TOTAL TIME" "PRESS ENTER". Press INCLINE $\blacktriangle/\blacktriangledown$ to select total time, or press numeric keys, then press the ENTER key to confirm your choice.

OPERATION Workout Programs (Continued)

Similar instructions appear for rest time, incline, and speed, and for work time, incline, and speed. At each prompting, press INCLINE ▲/▼ to make selections, or press numeric keys, then press the ENTER key to confirm your choices. Press the SPEED ★ key to begin exercising.

Note: The default setting is 1:1, one minute of rest at a two percent incline and one minute of work at a four percent incline. Time is based on one minute segments. After the workout begins, speed and incline settings can be changed by pressing speed and incline keys. The new settings will apply to following intervals. A message appears between rest and work intervals.

RANDOM – Each time the RANDOM key is pressed, a different workout profile appears on the display. Generated mathematically, random programs are almost infinite in number.

Press the RANDOM key until you see a workout profile that you like, then press the ENTER key to confirm your choice. The following prompt appears: "TIME-1 OR DIST- 2". Press INCLINE ▲/▼ keys to select time or distance, then press the ENTER key, or press numerical keys (1 or 2) to select time or distance. The name of your selected workout goal, either time or distance, will flash. To establish the time or distance value, press INCLINE ▲/▼ keys, or press numerical keys, then press the ENTER key to confirm your choice. Press the SPEED ▲ key to begin exercising.

HILL – There are three hill programs. Press the hill key to toggle between programs 1, 2, and 3. When your preferred workout appears, press the ENTER key to confirm your choice. The following prompt appears: "TIME-1 OR DIST-2". Press INCLINE ▲/▼ keys to select time or distance, then press the ENTER key, or press numerical keys (1 or 2) to select time or distance. The name of your selected workout goal, either time or distance, will flash. Press INCLINE ▲/▼ keys, or press numerical keys, then press the ENTER key to confirm your choice. Press the SPEED ▲ key to begin exercising.

MANUAL – Press the MANUAL key for direct control of speed and incline functions. Then press the ENTER key to confirm your choice. The following prompt appears: "TIME-1 OR DIST-2". Press INCLINE ▲/▼ keys to select time or distance, then press the ENTER key, or press numerical keys (1 or 2) to select time or distance. The name of your selected workout goal, either time or distance, will flash. Press INCLINE ▲/▼ keys, or press numerical keys, then press the ENTER key to confirm your choice. Press the SPEED ▲ key to begin exercising.

OPERATION Workout Programs (Continued)

GLUTE – Press the GLUTE key to activate one of two incline-based workout programs: 30 or 45. Glute 30 is a 30-minute workout; Glute 45 is a 45-minute workout.

Press the ENTER key to confirm your choice. Press the SPEED▲ key to begin exercising.

ZONE TRAINER – This workout program can only be activated after you begin exercising in another workout program. Zone trainer turns any workout into a heart rate control program. It makes your current heart rate your target heart rate. While exercising in any workout program, when a good target heart rate appears on screen, press the ZONE TRAINER key to make your current heart rate your target heart rate.

Like all heart rate control programs, ZONE TRAINER requires a heart rate signal. You must wear a telemetry heart rate strap to operate this program.

WEIGHT LOSS – Weight loss is a heart rate control program in which speed or incline automatically adjusts to maintain an optimum target heart rate for weight loss. The formula for calculating the weight loss target heart rate follows: (220-AGE)* 0.65. It is designed to keep your heart rate at 65% of your maximum heart rate as calculated by 220 minus your age.

Press the WEIGHT LOSS key and then press the ENTER key to activate this program. "TIME – XX:00" appears, where XX represents a number. This number flashes. Other messages appear: "PRESS INCLINE $\blacktriangle/\blacktriangledown$ TO SELECT TIME" "PRESS ENTER". Press INCLINE $\blacktriangle/\blacktriangledown$ keys, or press numeric keys, to establish your workout time. Then press the ENTER key to confirm your selection.

The prompt appears: "ENTER MAX SPEED" "MAX SPEED XX:00 MPH", where XX represents a number. The number flashes. Then another prompt appears: "PRESS INCLINE ▲/▼ TO ENTER MAX SPEED" "PRESS ENTER".

Press INCLINE ▲/▼ keys or numeric keys to establish a maximum speed. Then press the ENTER key to confirm your choice. At this point, the workout can begin. Press the SPEED ▲ key to begin exercising. Speed will gradually increase until the maximum speed or the target heart rate is reached.

If no heart rate signal is detected, "NO HEART RATE READING" "PLEASE CHECK TRANSMITTER" appears on the display.

OPERATION Workout Programs (Continued)

CARDIO – Cardio is a heart rate control program in which speed or incline automatically adjusts to maintain an optimum target heart rate for cardio conditioning. The formula for calculating the cardio conditioning target heart rate follows: (220- AGE)* 0.80. It is designed to keep your heart rate at 80% of your maximum heart rate as calculated by 220 minus your age.

Press the CARDIO key and then press the ENTER key to activate this program. "TIME – XX:00" appears, where XX represents a number. This number flashes. Other messages appear: "PRESS INCLINE▲/▼ TO SELECT TIME" "PRESS ENTER".

Press INCLINE ▲/▼ keys, or press numeric keys, to establish your workout time. Then press the ENTER key to confirm your selection.

The prompt appears: "ENTER MAX SPEED" "MAX SPEED XX:00 MPH", where XX represents a number. The number flashes. Then another prompt appears: "PRESS INCLINE ▲/▼ TO ENTER MAX SPEED" "PRESS ENTER".

Press INCLINE ▲/▼ keys or numeric keys to establish a maximum speed. Then press the ENTER key to confirm your choice. At this point, the workout can begin. Press the SPEED ▲ key to begin exercising. Speed will gradually increase until the maximum speed or the target heart rate is reached.

If no heart rate signal is detected, "NO HEART RATE READING" "PLEASE CHECK TRANSMITTER" appears on the display.

OPERATION Cool Down

When an exercise goal (time or distance) is obtained, "COOL DOWN" will appear on the message window. The treadmill will enter a two-minute cool down mode. Exercise time will show "2:00". Speed will slow to a stop within two minutes, and the incline will gradually return to the 0% position. When the time countdown arrives at 0:00, "REVIEW SUMMARY" will appear on the message window, showing accumulated time, distance, and caloric expenditure values. If you press the STOP key or wait for 30 seconds, "SELECT PROGRAM" will appear on the display. If the workout time limit function is activated, the startup banner screen will appear.

OPERATION User Preference and Component Versions

While the startup banner screen appears, hold the CHANGE key for three seconds to enter the user parameter setting mode.

One of the following messages will appear:

"UNIT – MPH" (for the imperial unit setting)

"UNIT – KPH" (for the metric unit setting)

Press INCLINE ▲▼ keys to toggle between MPH and KPH settings. While your preferred unit of measurement appears, press the ENTER key to select that as the product's distance unit operating mode and to proceed to the next user parameter setting.

 Upon entering the USER ID function activation/deactivation setting mode, the message window will show the active setting. One of the following messages will appear:

```
"USER ID – ON" (the USER ID activated setting)
"USER ID – OFF" (the USER ID deactivated setting)
```

Press INCLINE ▲▼ keys to toggle between these two choices. While your preferred choice appears, press the ENTER key to confirm your choice and proceed to view total distance.

• Upon entering the total distance feedback mode, one of the following messages will appear:

```
"DIST – "??????MI" (total distance appearing in miles)
"DIST – "??????KM" (total distance appearing in kilometers)
```

Distance represents total distance a person on the walk belt would have traveled over the treadmill's life. Press the ENTER key to proceed and view total time.

- Upon entering the total time feedback mode, the message window will show the following: "TIME-?????HOUR". Time is the total hours of treadmill operation. Press the <ENTER> key to proceed and view the display IC version.
- Upon entering the display board IC version presentation mode, the message window will show the following: "CTL XXXXX – XX". Press the <ENTER> key to proceed and view the drive board IC version.
- Upon entering the drive board IC version display mode, the message window will show the following: "DRV XXXXX – XX". Press the <ENTER> key to proceed to the start up banner screen.

(Note: In the sentences above, ????? and XXXXX are placeholders for alphanumeric values that will appear on the screen.)

7. ABOUT HEART RATE DETECTION

Heart rate detection functions are selected at the time of purchase. Not every product includes every type of heart rate detection device. The following explains factors that influence the performance of two of the most common types of heart rate detection devices.

HEART RATE Telemetry

The words "telemetry heart rate" refer to the detection of heart rate via a device worn on the exerciser and transmitted over the air to a circuit board built into the product. Telemetry heart rate devices are commonly worn on the exerciser's chest, where the pulse is strongest and relatively easy to detect.

The following explains conditions that affect the performance of the telemetry heart rate detection in all fitness products.

- The telemetry heart rate transmitter emits a wireless 5 kHz signal that is harmless to the human body. Inside the transmitter is a 3-volt battery (CR2032). If the battery voltage is too low, either the reception distance shortens or there will be no reception whatsoever.
- Secure the telemetry heart rate transmitter on your chest so that it stays in place without making you feel uncomfortable. Moisten the skin for better contact.
- Because the telemetry heart rate signal varies in strength from 20 Hz to 20 KHz, environmental interference can block signal reception. Physical vibration and electronic devices, including stereos, TVs, and even fluorescent lights, can interfere with signal reception. For best results, install fitness products in an area free from such interference.
- Space fitness products apart by at least 39 inches (100 cm) to avoid having the heart rate value from one exerciser appear on a neighboring fitness product.

HEART RATE Contact

The words "contact heart rate" refer to the detection of the heart rate via sensors on the fitness product. By holding the sensors, the exerciser can view his or her heart rate on the product display. Like telemetry heart rate, contact heart rate can be influenced by several factors. The following list includes some of these factors.

- A weak pulse makes it difficult to detect heart rate.
- Low systolic blood pressure makes it difficult to detect heart rate.
- Dry, course palms impede heart rate detection. For best results, moisten your palms. But do not apply hand lotion immediately prior to your workout, because hand lotion can gum up the contact pads.

Heart rate detection devices used on fitness products are not medical devices. Heart rate values are for reference only. Do not use them for medical diagnostic or treatment work.

Note that in dry areas in particular, static electricity can interfere with unit operation and shock people. To discharge static electricity from your body, touch something else before touching metal on the product.

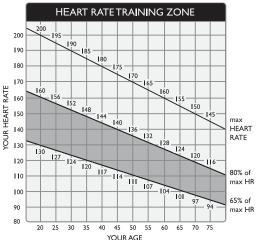
8. GUIDELINES FOR EXERCISE

HOW HARD SHOULD I EXERCISE?

Studies show that to benefit from aerobic exercise, people need to maintain a certain heart rate during their workouts. Your heart rate training zone depends on your age and fitness level.

The darkened area in the chart to the right represents the recommended heart rate training zone for people of various ages. It was calculated by taking 220 minus age in years, multiplied by 65% and 80%. The area between those values is the heart rate training zone.

CAUTION: Heart rate training zones are generalizations and may not suit every person. Always check with your physician to understand what heart rate goal would be appropriate for you.



HOW LONG SHOULD I EXERCISE?

The duration of your workout must depend on your fitness level. In general, it is recommended that you maintain a heart rate within your training zone for at least 15 to 20 minutes to experience the benefits of aerobic exercise. Beginners should always start out slowly and gradually increase the duration and intensity of their workouts. As your fitness level improves, you will be able to maintain a heart rate within the training zone for longer periods of time.

When you begin your workout, use the first several minutes to warm up. Then slowly increase the intensity of your workout to bring your heart rate into your training zone. At the end of your workout, gradually decrease your workload. Then exercise lightly to cool down.

HOW OFTEN SHOULD I EXERCISE?

Research indicates that to achieve the greatest benefit, people should exercise three to five times per week. It is important to allow sufficient time, at least 24 hours, for your body to recover after exercise.

9. MAINTENANCE

This section covers maintenance topics, including instructions on replacing a fuse and lubricating the walk belt, along with the presentation of a maintenance schedule, maintenance task list, one-year maintenance log, and electronics block diagram.

MAINTENANCE Error Messages

The following messages can appear on this product for diagnostic purposes.

ERR1 – Optic sensor error. The main program IC has not received the optic sensor signal. Re-start the unit to see if normal operation will resume.

ERR3 – Treadmill speed doesn't match the setting. Contact your local dealer for assistance.

ERR7 – Incline motor calibration error. Have a technician calibrate or replace the incline motor set.

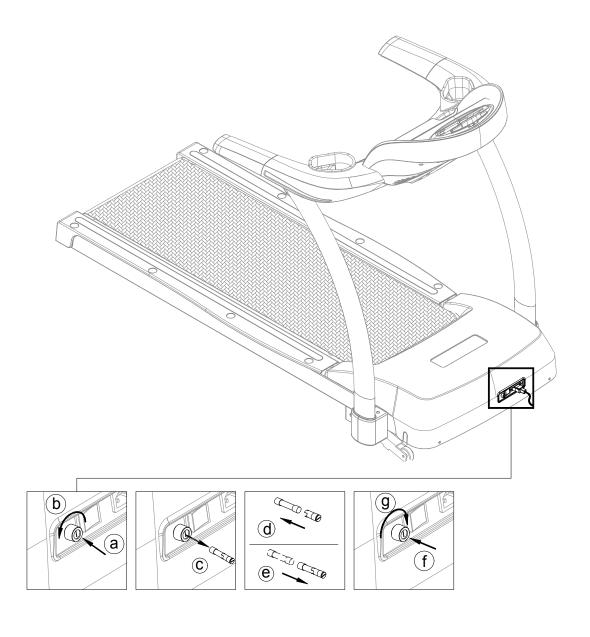
SERVICE REQUIRED/TREADMILL SHUTTING DOWN /STOPPING – Excessive heat error. Turn off the treadmill. Then restart the treadmill as a test. Or, let the treadmill rest for one hour before restarting it. If the message persists, inspect the cable connection of the thermal sensor on the motor.

FOR ACCURATE HR, HOLD SENSORS FIRMLY WHILE WALKING — This message appears when someone touches contact heart rate pads and speed exceeds 4 mph or 6.4 kph. It is a reminder that the contact heart rate system functions best at low speeds when the user maintains a secure grip on the heart rate contact pads.

MAINTENANCE How to Replace a Fuse

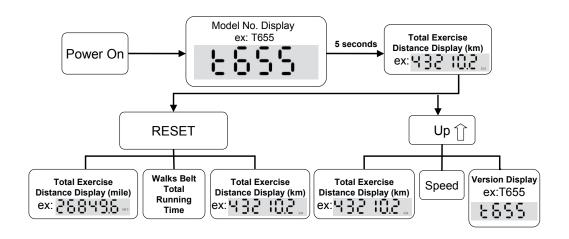
If electrical current becomes too high, the fuse breaks. This protects the product. To replace a fuse, follow instructions (a) through (g) below.

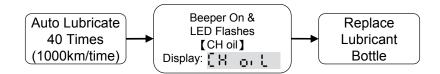
- (a) Ues a tool to press the fuse cap inward.
- (b) Turn the fuse cap counterclockwise.
- (c) The fuse cap springs out.
- (d) Remove the burnt fuse.
- (e) Insert a new fuse into the fuse cap.
- (f) Insert the fuse into the fuse holder.
- (g) Use a tool to rotate the fuse cap clockwise and secure it into place. Fuse specifications: 110 V = 15 Amp, A(F); 220 V = 10 Amp, A(F)



MAINTENANCE Lubrication System

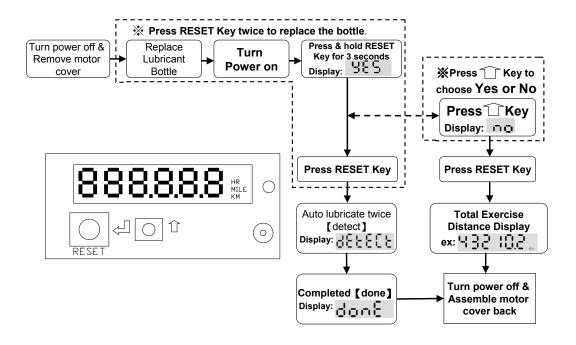
Lubrication System Flowchart





Lubricant Change Procedure

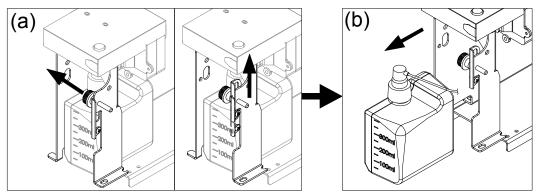
Note: Pay extra attention during the lubricant changing procedure to avoid electric shock; especially operating it while the power is on.



MAINTENANCE Lubrication System (Continued)

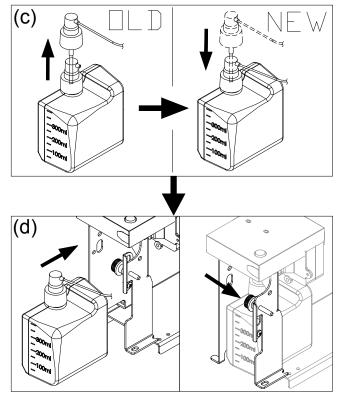
To replace the lubricant bottle, follow instructions (a) through (d) below.

- (a) Loosen the screws on the bezel and push the bezel up.
- (b) Take the old lubricant bottle out.



- (c) Unscrew the nozzle from the old lubricant bottle and screw it onto new bottle
- (d) Place the new lubricant bottle into the lubrication system; push the bezel down and tighten it with screws. (Note: Before place the new bottle in place, press the pump a couple of times to ensure the lubricant floats through the hose nicely. Pay attention to the lubricant hose direction when place the bottle into the system.)

Also note the following:



- 1. Even if the "Lubricant bottle exchange" warning is not displaying, it is still OK to perform the "Lubricant change procedure".
- 2. After replacing the lubricant, the total lubrication timer will reset to 0 and start counting again.
- 3. After the "Lubricant bottle exchange" warning displayed, the lubrication system will stop lubricating automatically. The lubrication system will continue lubricating every 1000km (621.4miles) after the warning is cleared.
- 4. The lubrication system will pump twice automatically once the lubricant exchanging procedure is completed to ensure the new bottle is working properly.

MAINTENANCE Lubrication System (Continued)

Error Messages:

There are 2 error messages with this system.

Error 1: It indicates that the system memory failing and it will not be able to perform any auto lubrication.

Error 2: It indicates motor is failing or system will not be able to perform any function.

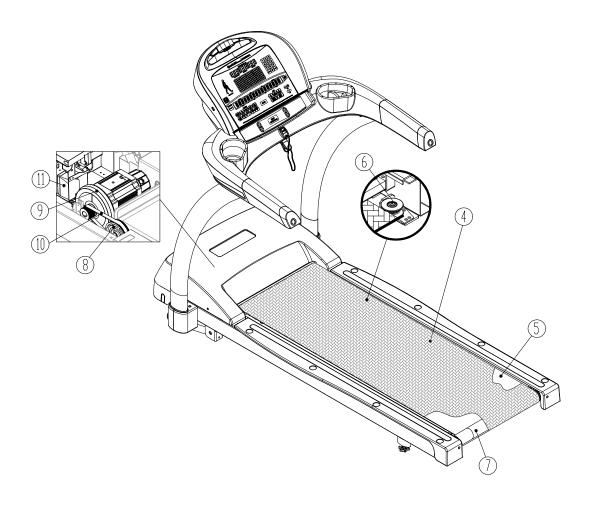
If any of these messages showing, contact your local dealer for servicing.

Protective Message:

Indication	Buzzer occurred	Buzzer sound frequency	Action	Protective message
Replace lubricant bottle	If an abnormality occurs during the operating, the buzzer will sound for 30 seconds.	The buzzer will sound for 0.5 seconds and stop for 0.5 seconds. The buzzer will stop working after 30 seconds.	Replace lubricant bottle. Press & hold RESET Key for 3 seconds and then choose Yes.	CH Oil
Lubrication VR motor damaged	If an abnormality occurs during the operating, the buzzer will sound for 30 seconds	The buzzer will sound for 2 seconds and stop for 2 seconds. The buzzer will stop working after 30 seconds.	Replace lubrication VR motor.	ERR.02
EEPROM damaged	If an abnormality occurs during the operating, the buzzer will sound for 30 seconds.	The buzzer will sound for 2 seconds and stop for 2 seconds. The buzzer will stop working after 30 seconds.	Replace new lubrication system.	ERR.01
Lubrication system cannot accumulate mileage	If an abnormality occurs, the buzzer will sound for 60 seconds after the unit is turned on for 20 times.	The buzzer will sound for 1 second and stop for 1 second. The buzzer will stop working after 60 seconds.	Wipe dust off the sensor if necessary. Replace the sensor if damaged.	ERR.03
Lubrication system cannot accumulate mileage	If an abnormality occurs, the buzz- er will sound for 60 seconds after 480 hours.	The buzzer will sound for 1 second and stop for 3 second. The buzzer will stop working after 60 seconds.	Wipe dust off the sensor if necessary. Replace the sensor if damaged.	ERR.04

MAINTENANCE Schedule

	Area	Day	Week	Month	Quarter	Year	Notes
1	Exterior	•					Clean.
2	Screws	•					Inspect and secure loose parts.
3	Treadmill test	•					Ensure the treadmill operates properly.
4	Walk belt			•			Inspect alignment (centering) and look for wear. Apply SportsArt lubricant.
5	Walk deck				•		Inspect for wear.
6	Belt guides				•		Inspect for normal rotation.
7	Rear roller				•		Inspect for normal rotation.
8	Front roller				•		Inspect for normal rotation.
9	Motor compartment				•		Remove dust and debris.
10	Drive belt					•	Replace once every three years.
11	Lubricant bottle					•	Replace once every 40000km /25000mi



MAINTENANCE Task List

Like cars, fitness products require maintenance. Regular maintenance extends product life, and failure to maintain products can void the manufacturer's warranty. Copy the maintenance log sheet, and record maintenance work for each fitness product.

Daily tasks

- 1. Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner and water, to thoroughly clean the product exterior.
- 2. Inspect all screws. Secure if necessary.
- Run a treadmill test everyday to make sure it is operating properly.

Monthly tasks

1. Inspect walk belt alignment. Align the walk belt if necessary. Inspect for wear. Lubricate if needed.

Quarterly

- 1. Inspect the walk deck for wear. Flip the walk deck if necessary.
- 2. Inspect the walk belt guides for normal rotation.
- 3. Inspect the front roller for normal rotation.
- 4. Inspect the rear roller for normal rotation.
- 5. Remove dust and debris from the motor compartment.

Yearly

- 1. Replace the drive belt once every three years.
- 2. Replace the lubricant bottle every 40,000km/25,000mile.

Caution

- Please follow standard safety precautions when servicing on this product.
- Electronic components can carry an electrical charge even after the product has been turned off. For safety, turn off unit power. Wait five minutes to allow capacitors to discharge. Then disconnect the power cord from the wall socket (if applicable.) Only after such steps have been completed should covers be removed and electronic components accessed.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage electronic components and void the warranty.
- This product has moving parts that can be hazardous. Exercise caution when maintaining, operating, or moving this product.

MAINTENANCE One-Year Maintenance Log

Facility:								_ Supervisor:												
Product model number:							_	Serial number:												
Start date:								_	_ End date:											
Daily Tasks	W	eek:	s 1-	7		W	ee	ks	8-	14	4	۷	Veek	(s 1	<u> </u>	21	W	eel	× 22 -	-28
Completed										I										
Daily Tasks	W	eek	29-	35		W	ee	k :	36-	42	2	۷	Veek	43	-4	9	W	eel	< 50 -	-52
Completed																		\perp		
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MAINTENANCE Electronics Block Diagram

