

T656 OWNER'S MANUAL CONTENTS

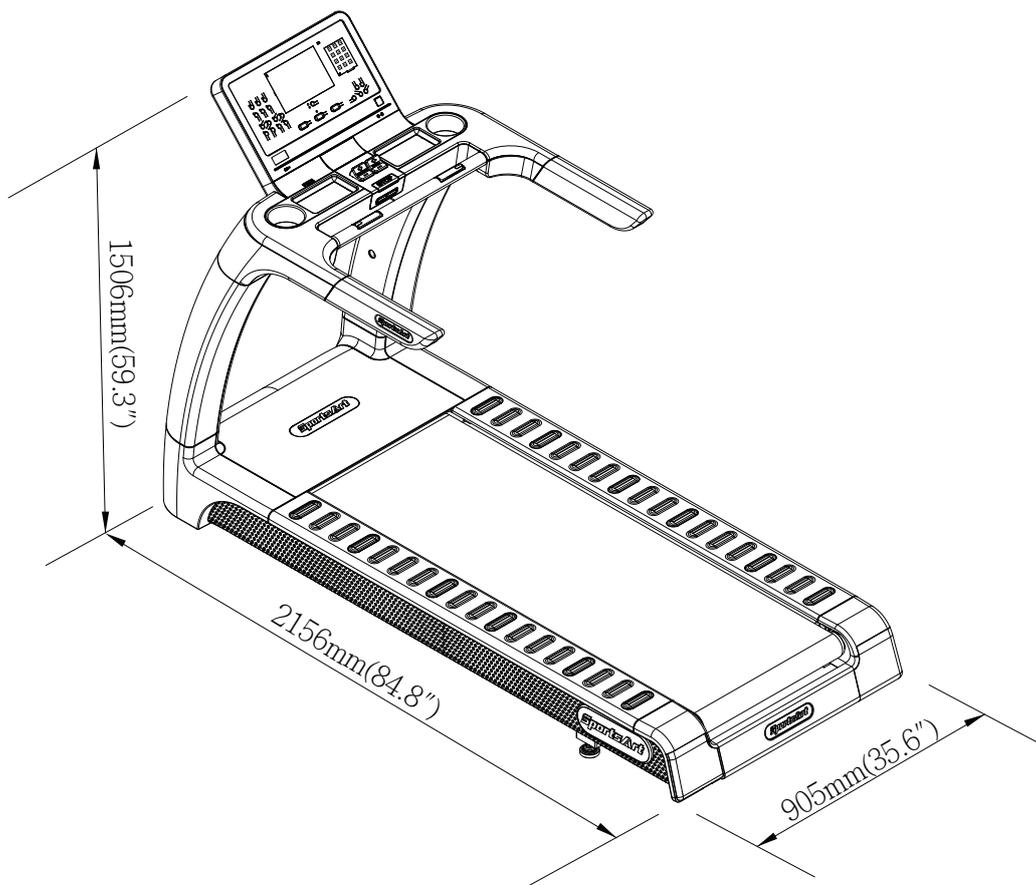
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1. INTRODUCTION

Congratulations on the purchase of a high quality SportsArt product, the T656 LCD 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 should be taken during the use of this product. Please note the following safety precautions:

- To reduce the risk of personal injury, read and understand all the instructions before using this product.
- Make sure the product is installed and operated as instructed in this manual. Be careful when mounting and dismantling the unit. The product shall be disconnected from its power source during service and installed and when replacing parts.
- Use this product only for the intended use described in this manual.
- 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.
- Do not leave your device unattended while in use.
- Assemble and operate the product on a solid, level surface. Do not use outdoors or near water (including swimming pools and saunas) and should not be used where aerosol (spray) products or oxygen are used. Do not operate on a blanket or near flammable materials.
- Keep all air ventilation areas free of blockage. Never drop or insert into any opening.
- Wear appropriate workout clothes, don't wear loose clothing, tie all long hair back, wear shoes with rubber or high traction soles, don't wear shoes with leather soles/ high heels or barefoot use this product.
- Never place liquids of any type directly on the unit, except in a bottle holder or accessory tray. Lidded containers are recommended.
- Use the handrails whenever additional stability is required. In case of emergency, such as tripping, the user should grab the handrails and place his/her feet on the side platforms. The handrails may be held to enhance stability as needed, but are not for continuous use.
- Keep away from moving parts. Moving parts may or may not stop immediately if an object becomes caught or impedes normal motion.
- 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.
- This product must be grounded. If it should malfunction or breakdown, improper grounding can increase the risk of electric shock. The product is equipped with a power cord having an equipment-grounding conductor and a grounding plug. The plug must be inserted into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Check with a qualified electrician if you are in doubt as to whether the power outlet is properly grounded.

2. SAFETY PRECAUTIONS (CONT.)

- To Avoid Injury, use extreme caution when stepping onto or off of a moving belt.
- Never operate this product if it has been damaged in any way. If it is not working properly, if it has been dropped or damaged, or dropped into water, contact a service technician for repairs.
- Do not use accessories or parts that are not specifically recommended by the manufacturer (SportsArt). Such parts might cause injuries or cause the unit to fail and void the warranty. We will not be responsible for any safety issue that arises due to the misuse of accessories or parts. At the same time, we will terminate the warranty terms of this equipment.
- Unpack and verify contents of boxes according to the list of parts to check if any parts are missing. If the product is damaged or missing, contact your SportsArt representative to find out all the materials that were damaged during shipping. (Note: Transport damage is the responsibility of the carrier.)
- This product is not intended for use by persons (including children 14 or younger) 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.
- CAUTION : The heart rate system is for reference only, if you feel any pain or any abnormal feeling, please stop Exercise and consult your doctor immediately.
- Consult your physician before starting a workout or training program. It is recommended that you undergo a complete physical examination. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- WORK within your recommended exercise level. DO NOT work to exhaustion.
- Before using this equipment to exercise, always do stretching exercises to properly warm up.
- Always unplug this appliance from the electrical outlet immediately after using and before cleaning.
- 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 5 minutes, then disconnect the power cord from the power socket. For products without power cords, let the unit sit without use for 5 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.

2. SAFETY PRECAUTIONS (CONT.)

- Noise emission under load is higher than without load.
- This equipment has been tested and found to comply with the limits for a Class B 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.
- In conformity with the European Union Machinery directive 2006/42/EC, this equipment runs at sound pressure levels below 70 dB(A) at the average operating speed of 12 km/hr.
- Warning that any of the adjustment devices that could interfere with the user's movement should not be left projecting.
- The recommended minimum operating temperature is 15 degree celsius.
- 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.
- Do not stand on the walk belt when starting the treadmill. Straddle the belt with your feet on the left and right landing strips.
- Always use the safety key when operating the treadmill.
- The user weight limit for this product is 160 kg (350lb).

Markings

CAUTION:

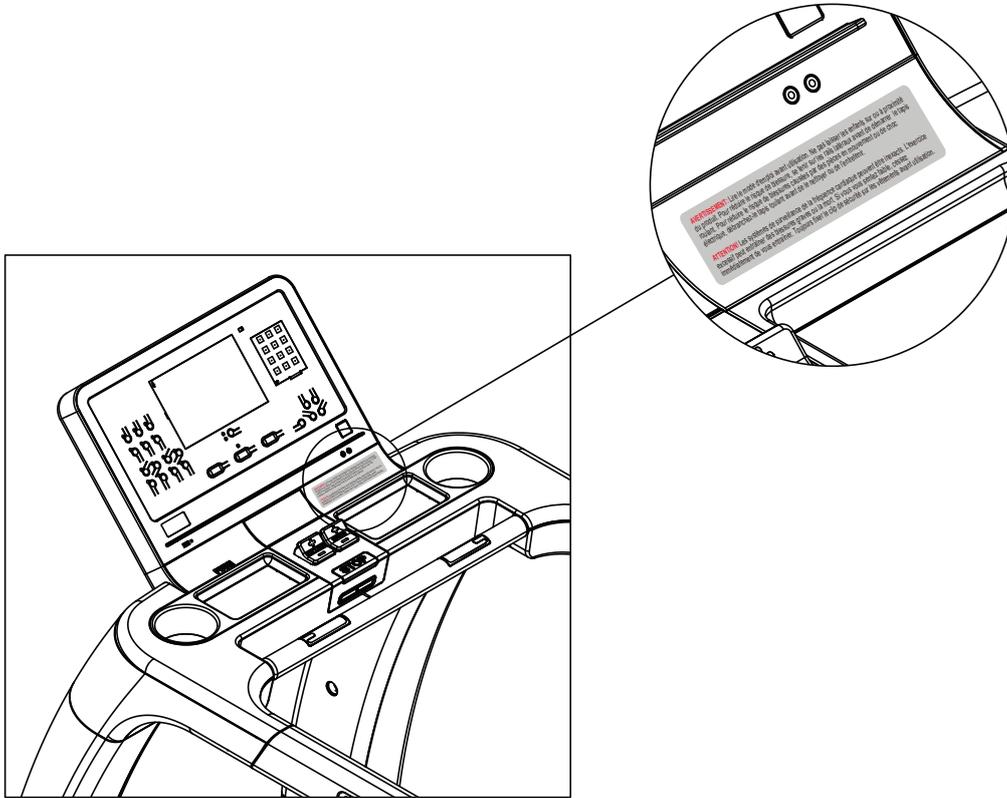
- Read instruction manual before using.
- Do not let children on or near the product.
- To reduce the risk of injury, stand on side rails before starting treadmill.
- To reduce the risk of injury from moving parts or electric shock, unplug before cleaning or servicing.

WARNING:

- WHEN NOT IN USE REMOVE SAFETY KEY! STORE SAFETY KEY OUT OF REACH OF CHILDREN.
- DURING USE, CLIP SAFETY KEY ONTO CLOTHES TO PROTECT USER AND MACHINE.
- Heart rate monitoring system may be inaccurate.
- Over exercise may result in serious injury or death.
- If you feel faint, stop exercising immediately.
- Always attach clip to clothing before use.

2. SAFETY PRECAUTIONS (CONT.)

If you are a French speaking person in North America, apply the sticker contained in the owner's manual to the product as shown below. Customers in other areas will not receive the sticker.



2. CONSIGNES DE SÉCURITÉ IMPORTANTES

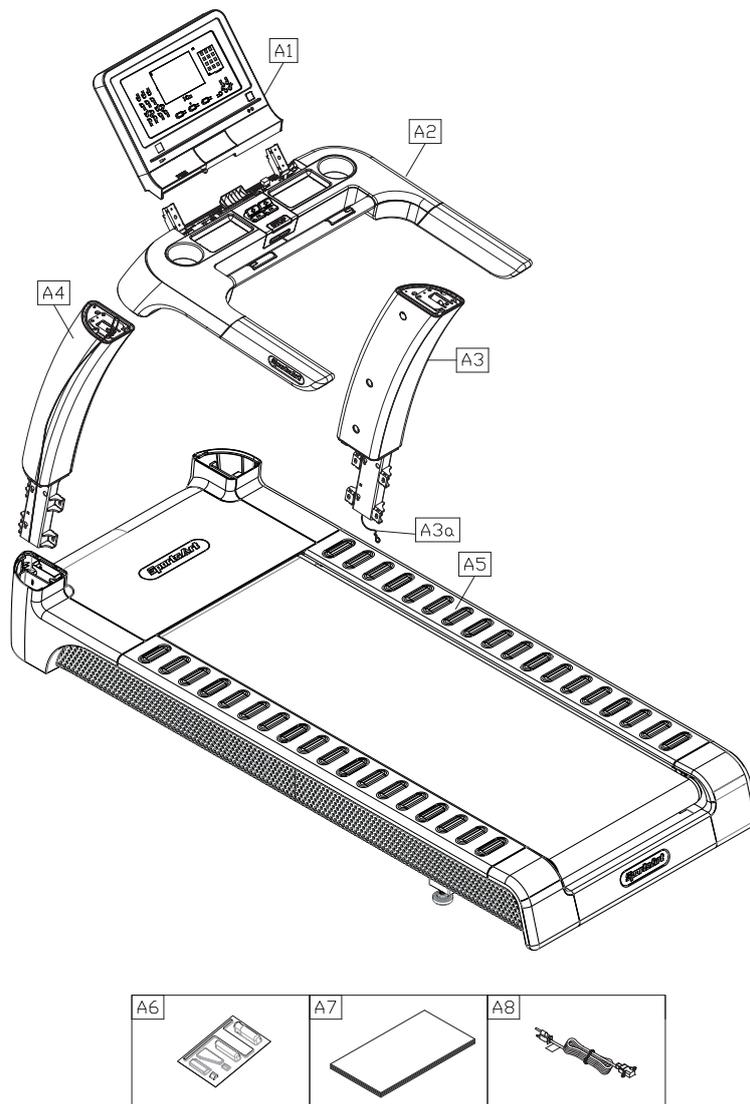
Le produit SportsArt a été conçu et fabriqué afin d'assurer une sécurité optimale. Cependant certaines précautions s'appliquent chaque fois que vous utilisez votre produit.

- 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 produit selon les instructions.
- Assemblez et faites fonctionner le produit 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 produit.
- 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 produit 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.
- Soyez prudent lors du montage et démontage de l'appareil.
- 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 de produit est utilisé par ou à proximité d'enfants, de malades ou de personnes handicapées.
- Utilisez ce produit uniquement pour l'usage prévu dans ce manuel.
- La limite de poids de l'utilisateur pour le produit est de 227 kg, 500 lb.
- Ce produit 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 produit par une personne responsable de leur sécurité.
- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le produit.
- Ce produit 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 produit par une personne responsable de leur sécurité.
- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le produit.

ATTENTION

Si vous ressentez une douleur ou si vous avez une sensation anormale, ARRÊTEZ 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. 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 panel	1	A6	Hardware kit	1
A2	Handlebar assembly	1	A7	Owner's manual	1
A3	Right pedestal	1	A8	Power cord	1
A3a	Feeder cord	1			
A4	Left pedestal	1			
A5	Main frame	1			

Components on the Product			
No.	Name	Specification	Notes
41	Flat washer	D22*d8.5*t3.0	QTY 6
	Spring washer	M8	QTY 6
	Inner hex screw	M8*P1.25*L20	QTY 6
42	Flat washer	D22*d8.5*t3.0	QTY 6
	Spring washer	M8	QTY 6
	Inner hex screw	M8*P1.25*L20	QTY 6
43	Inner hex screw	M6*P1.0*L12	QTY 4
	Flat washer	D16*d6.3*t2	QTY 4

Components In the Hardware Kit				
No.	Name	Qty.	Specification	Notes
	Double open-ended wrench	1	22mm*24mm	
	Screwdriver shank	1		
50	Plastic fastener	6		
	T-shaped Allen wrench	1	M6*L260	
	T-shaped Allen wrench	1	M5	

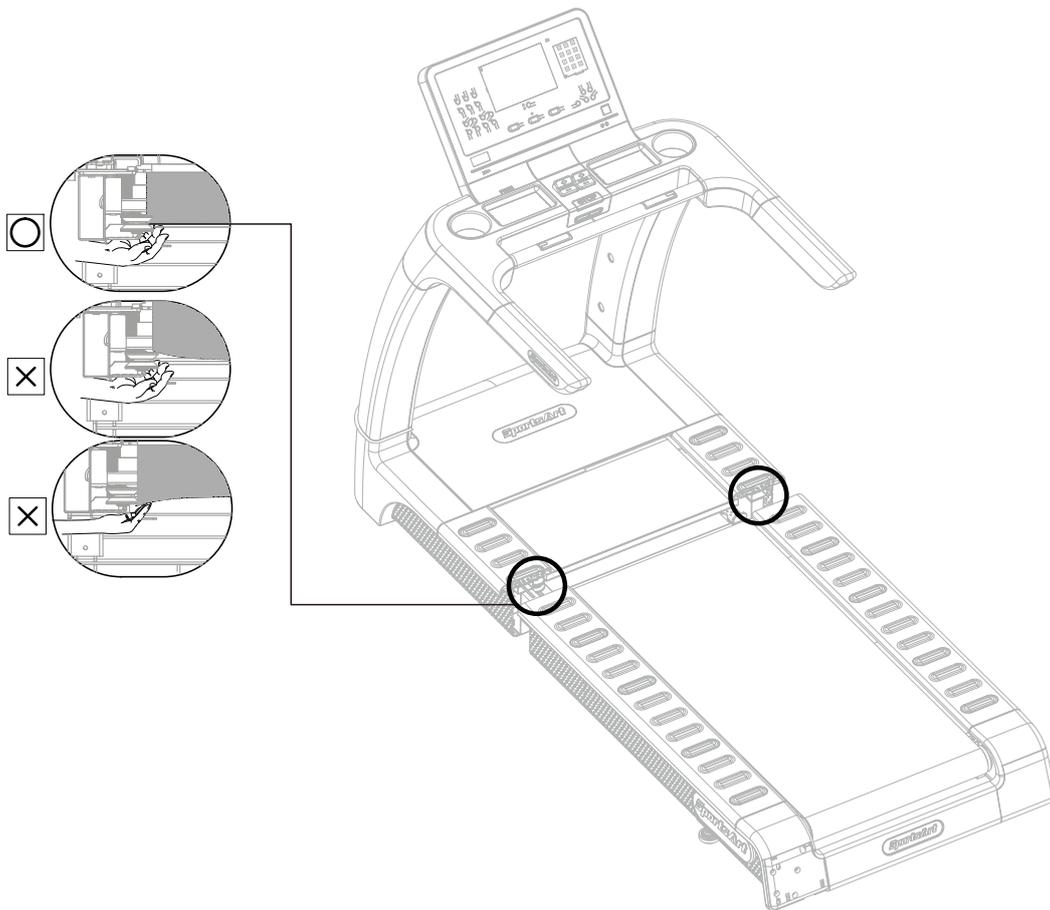
4. ASSEMBLE THE PRODUCT

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” or “nuts” is used where washers and other hardware may be involved.

STEP 0 Preparation: Inspect Walk Belt Placement

Inspect the position of the walk belt in relation to the guide rollers. The walk belt should be in the groove of the guide rollers (image O). Make sure that the walk belt is not outside of the groove of the guide rollers (image X).

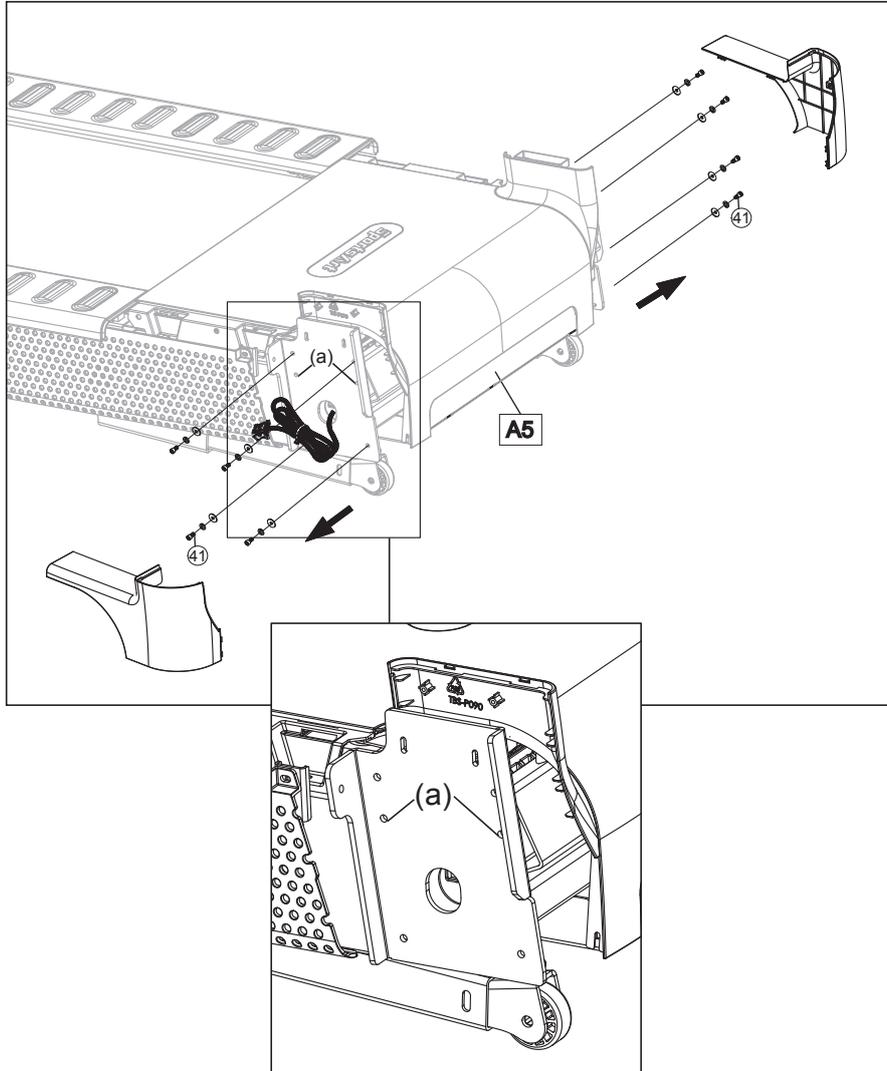
If the walk belt is in the wrong position, press the walk belt into the groove of the guide rollers. After making sure the walk belt is in the correct position, adjust walk belt tension as shown in step 7.



STEP 1 Data Cable Installation

Remove the screws (41) from the left and right sides of the main frame (A5).

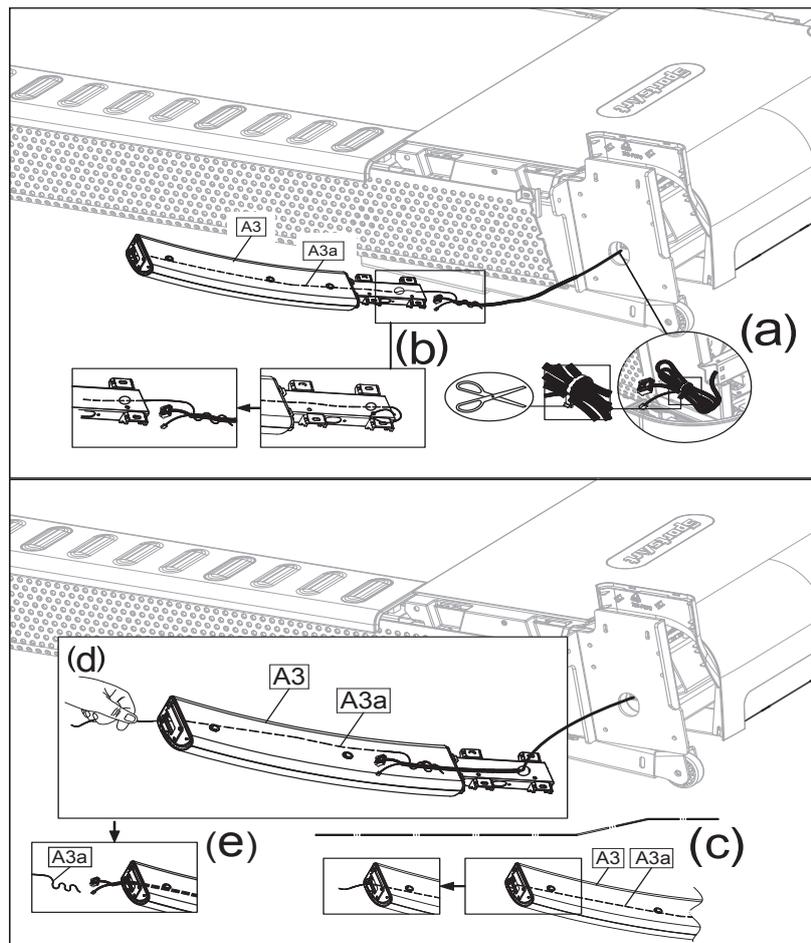
Note: DO NOT remove the screws in area (a).



STEP 1 Data Cable Installation (Cont.)

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

- (a) Pull out the data cable from the right pedestal base. Cut the zip tie, and uncurl the data cable.
- (b) Place the right pedestal (A3) on the floor as shown, with the bottom end facing the data cable. Detach the feeder cord (A3a) from the base of the pedestal, and tie the low end of the feeder cord (A3a) onto the top of the data cable.
- (c) Disconnect the feeder cord at the top of right pedestal (A3).
- (d) Pull the feeder cord (A3a) from the top of the right pedestal (A3) as shown, thus threading the data cable through the right pedestal (A3).
- (e) Once the data cable has been threaded through the pedestal, untie the feeder cord (A3a) from the data cable.



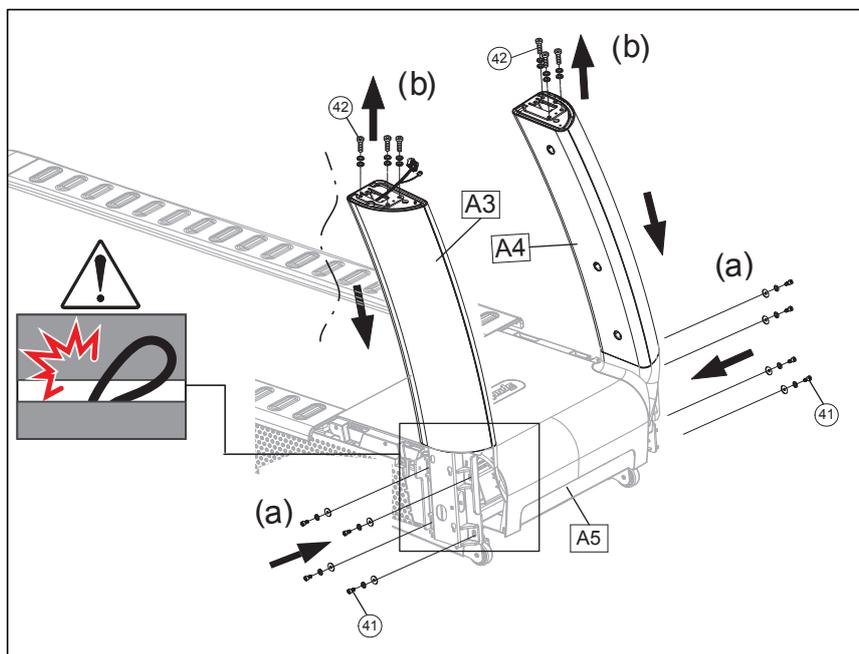
STEP 2 Left and Right Pedestals Installation

Follow steps (a) through (b) to install left and right pedestals (A3)(A4).

(a) Attach left and right pedestals (A3)(A4) to the main frame (A5), and use screws (41) to secure the assembly.

(Note: Make sure the data cable is not pinched when installing the right pedestal (A3).

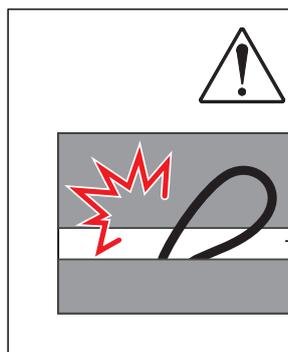
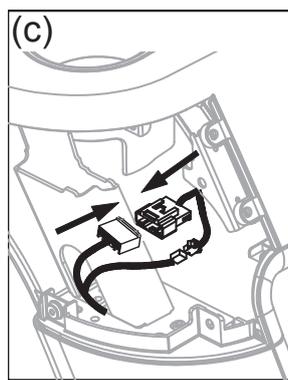
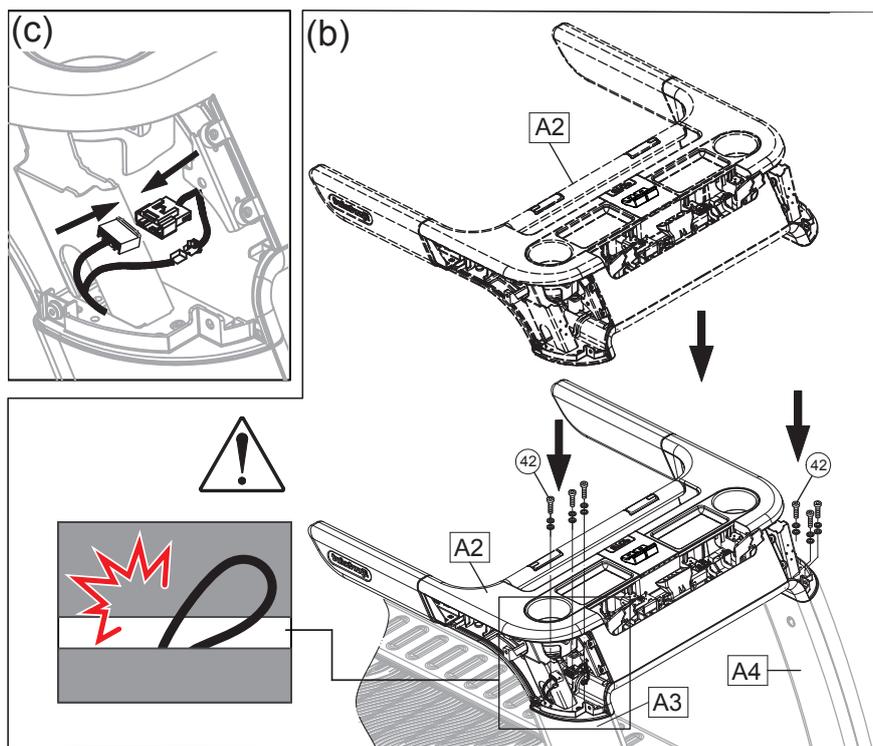
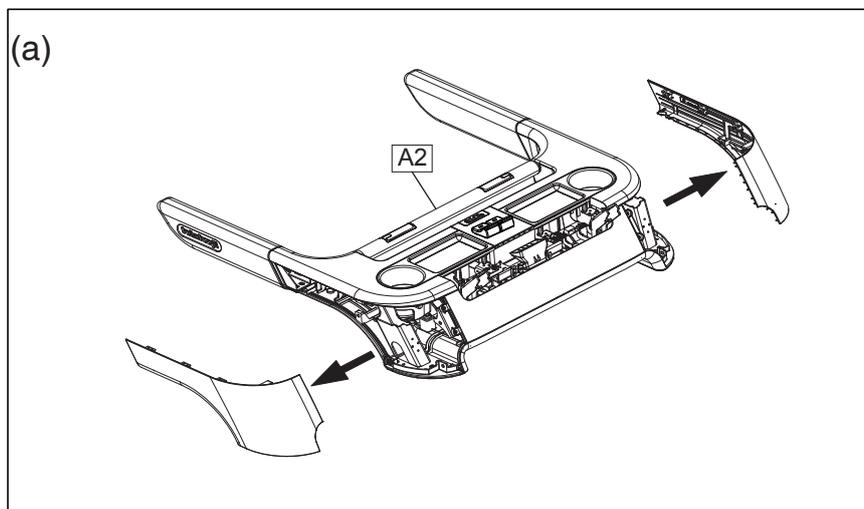
(b) Remove screws (42) from left and right pedestals (A3)(A4).



STEP 3 Display Panel Installation

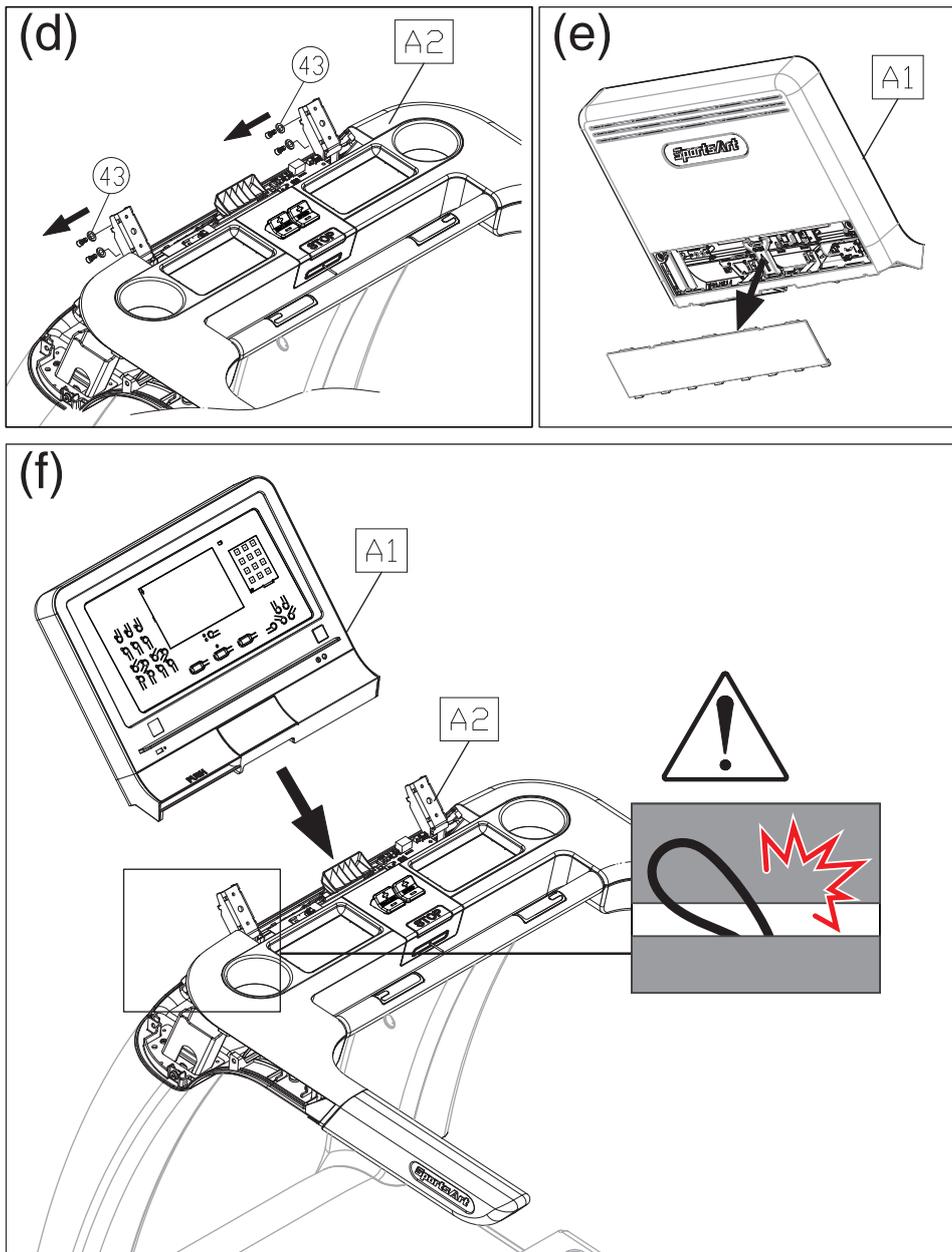
Follow steps (a) through (j) to install the display panel.

- (a) Remove the left and right covers from the handlebar assembly (A2).
- (b) Attach the handlebar assembly (A2) to the left and right pedestals (A3) (A4), then mount screws (42) in position. After all screws on the left and right pedestals (A3)(A4) were mounted in position, fully tighten all mounting screws to secure the assembly. (Note: Make sure the data cable is not pinched)
- (c) Install the connector in the handlebar assembly (A2) on the data cable in the right pedestal (A3) as shown.



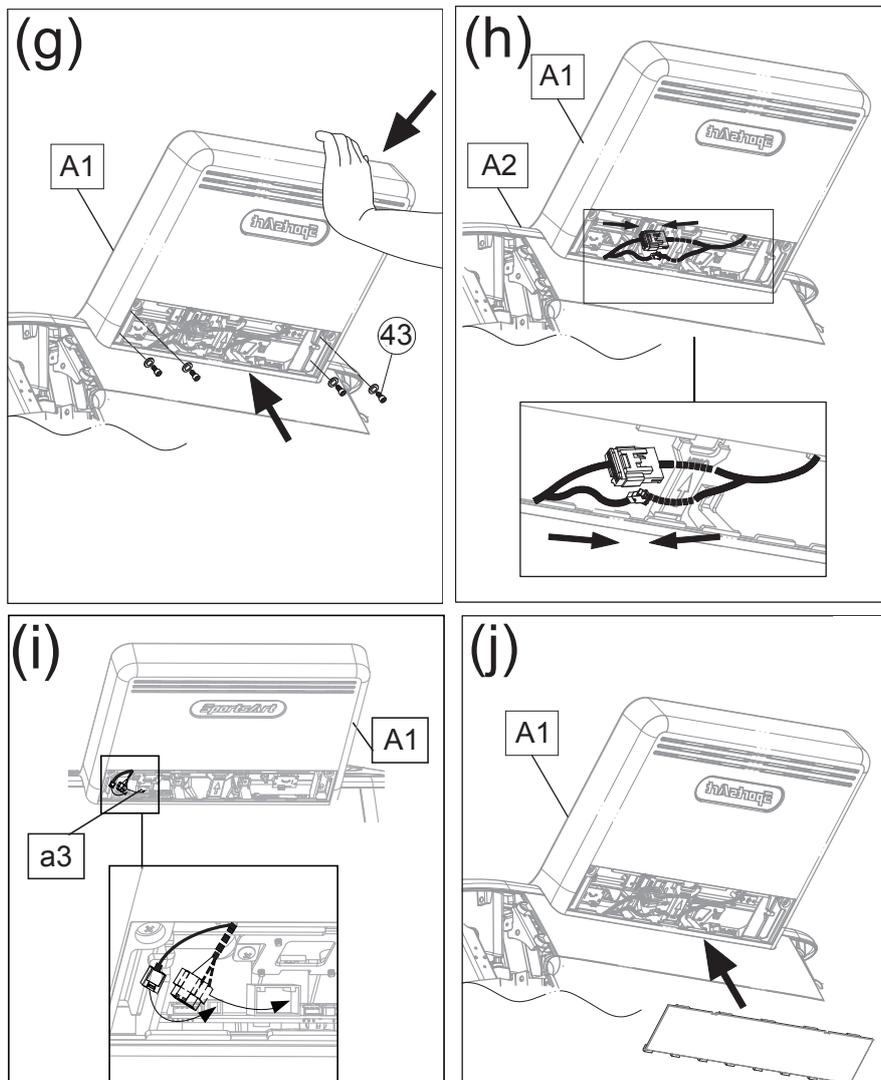
STEP 3 Display Panel Installation (Cont.)

- (d) Remove screws (43) from the handlebar assembly (A2).
- (e) Remove the rear cover of the display panel (A1).
- (f) Insert the display panel into the 2 mounting brackets on the handlebar assembly (A2). Gently press down on the display during installation to avoid the front edge of display protrudes over the storage tray.
(Note: Make sure the data cable is not pinched)



STEP 3 Display Panel Installation (Cont.)

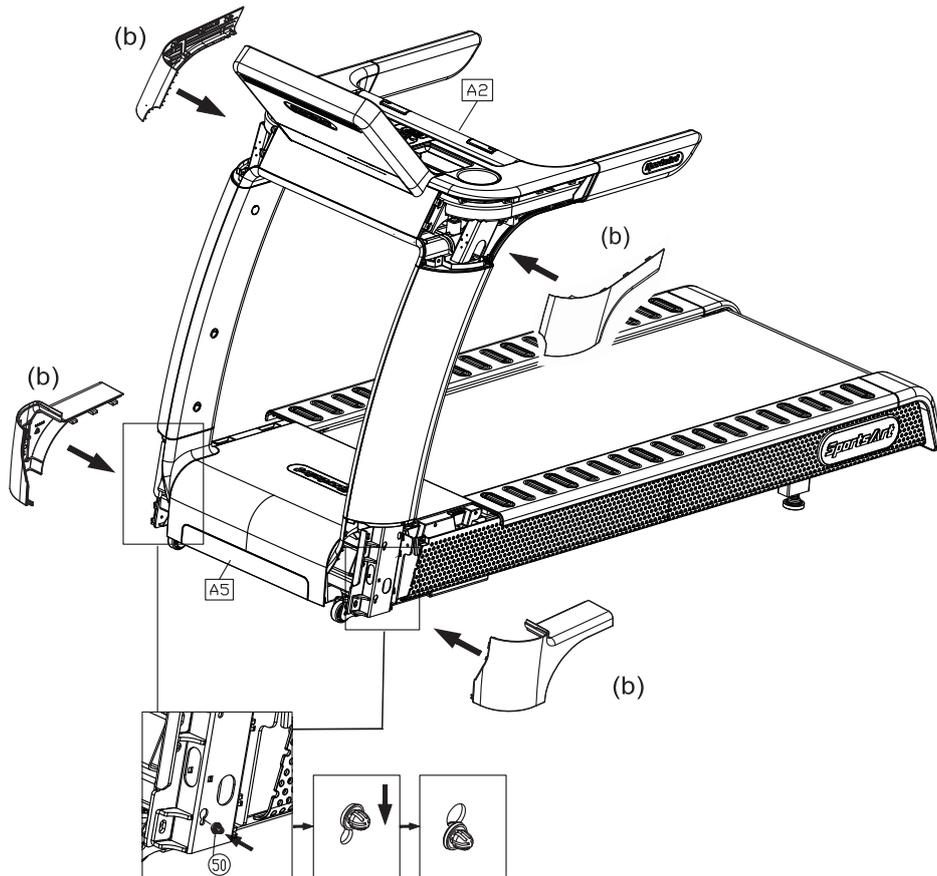
- (g) Hold the display with one hand, gently tilt it forward, then press it downward. Use screws (43) to secure the display panel to the mounting brackets on the assembly.
- (h) Pull out the data cable from the handlebar assembly (A2), and connect it with the one on the back side of the display panel.
(Note: arrange all the cables neatly inside the display panel)
- (i) Attach the display panel cables to the connector in the handlebar assembly (A2), and to the circuit board as shown. Organize all the cables and stuff them in the display panel.
- (j) Finally, fully tighten screw (43) to secure the assembly, and put the cover back on.



STEP 4 Left and Right Side Covers Installation

Follow steps (a) through (b) to install left and right side covers.

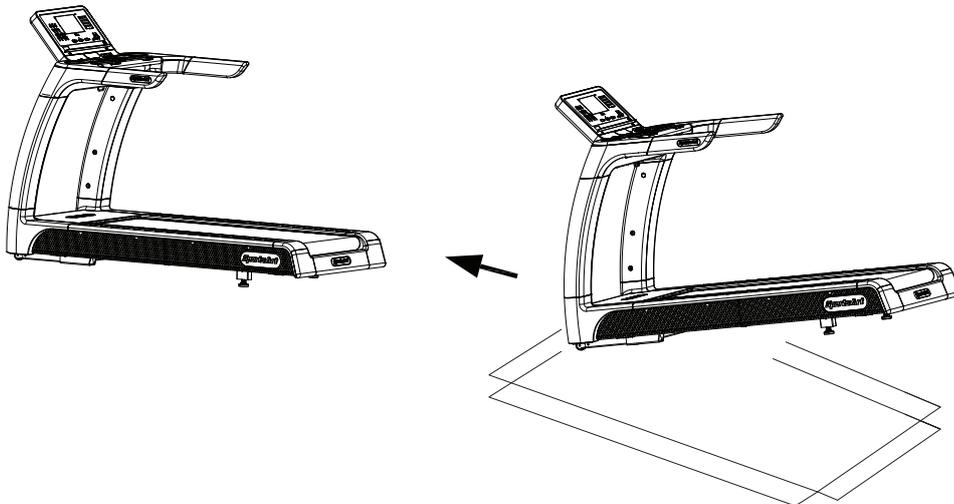
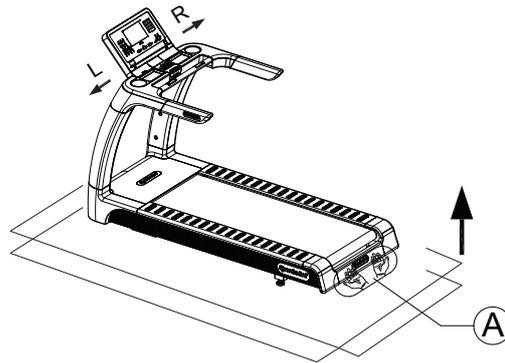
- (a) Install the plastic fasteners (50) to the left/right pedestals from top to bottom.(there are a total of two places)
- (b) Put the left/right side covers of the main frame (A5) and handlebar assembly (A2) in place.



STEP 5 Move the Treadmill Into Place For Use

Hold the rear of the walking deck in area A, and then lift the treadmill to roll it into desired position.

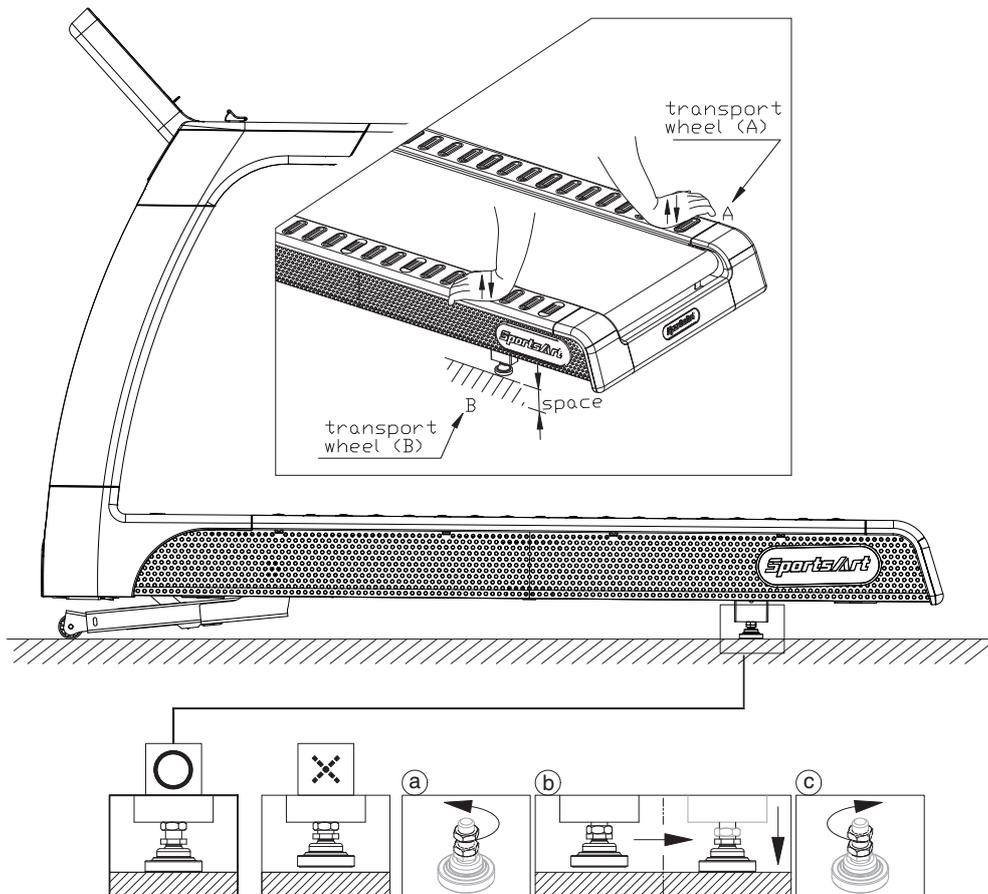
Warning: Do not place the treadmill on thick carpet or rugs as it may interfere with the walking belt. Place a wooden board on the carpet to keep carpet fibers out of the treadmill if unavoidable.



STEP 6 Level the Treadmill

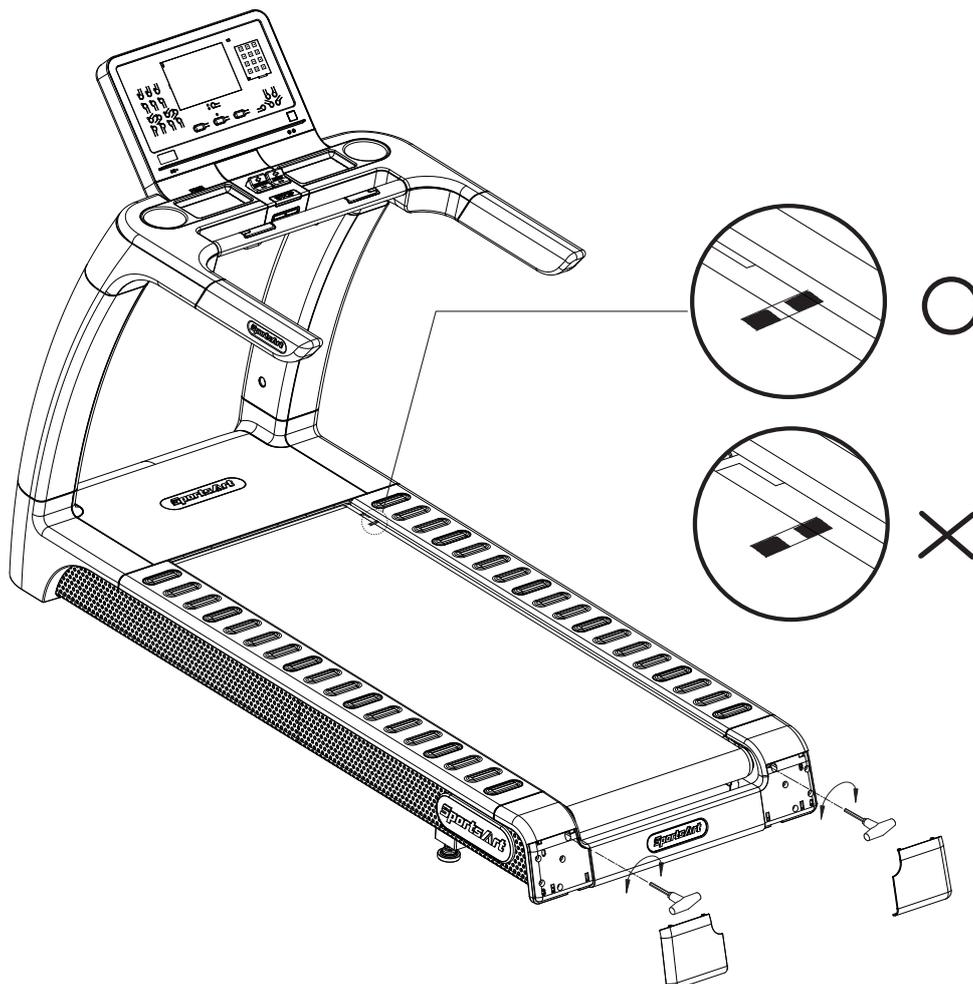
Press downward on the rear part of the treadmill as shown. Inspect whether the treadmill rests flat on the floor. If the treadmill wobbles, adjust treadmill levelers as follows:

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



STEP 7 Align the Walk Belt

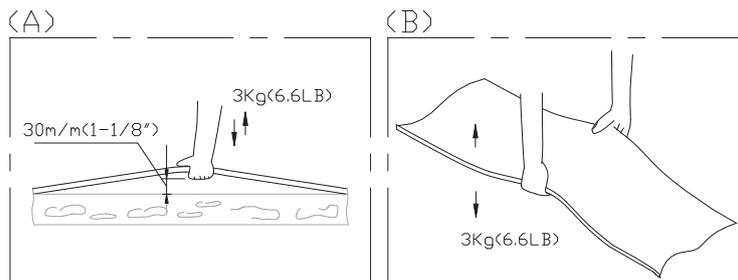
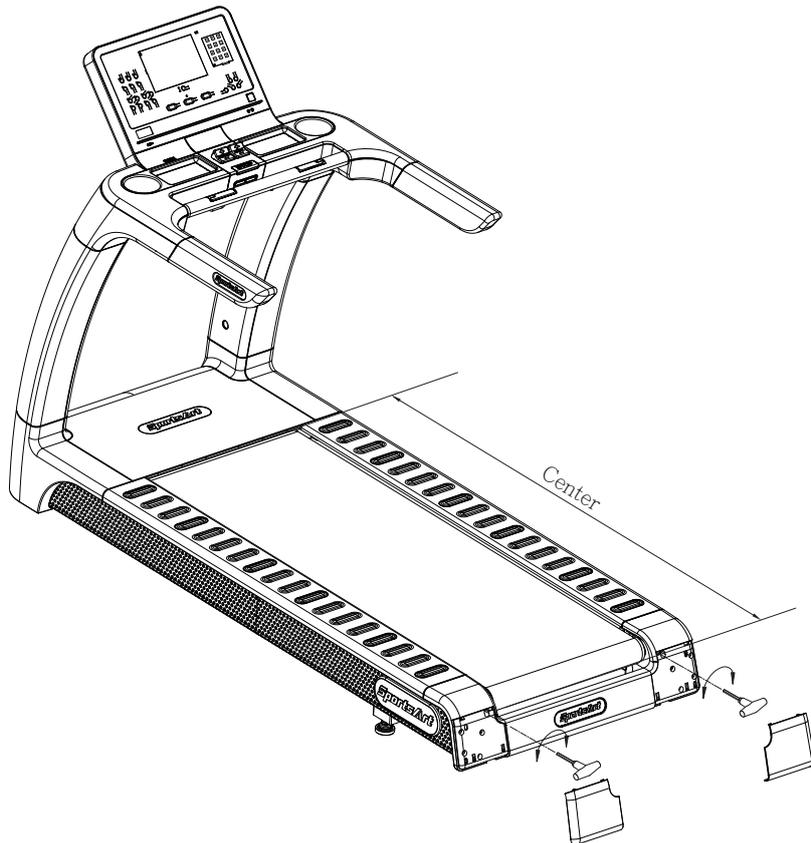
- (a) First, make sure the treadmill is on a level surface and the incline is at 0% .
 - (b) Start the speed at a lower rate of 3kph/2.5mph to check if the walk belt is aligned and if there is an equal amount of space between walk belt and side-rails on both sides. Remove the rear cover and turn the rear roller adjustment screw to adjust the walk belt if there is misalignment.
 - (c) Put the speed up greater than, or equal to 15kph to ensure the belt is aligned.
 - (d) Check if the walk belt fall in the middle of 2 green labels in the front of the deck. Just slightly off center is acceptable.
 - (e) Let the treadmill run for 2 min., and check if the walk belt is shifted off-center, if so, go back to step (d) for readjustments.
 - (f) Finish adjustment and walk belt is aligned.
- *Make adjustments as needed, but avoid turning rear roller screws more than one quarter rotation at a time.



STEP 8 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 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 below). The walk belt should rise 30m/m (about 1 1/8"). A hanging gauge, should measure the weight at 3Kg or 6.6lb.

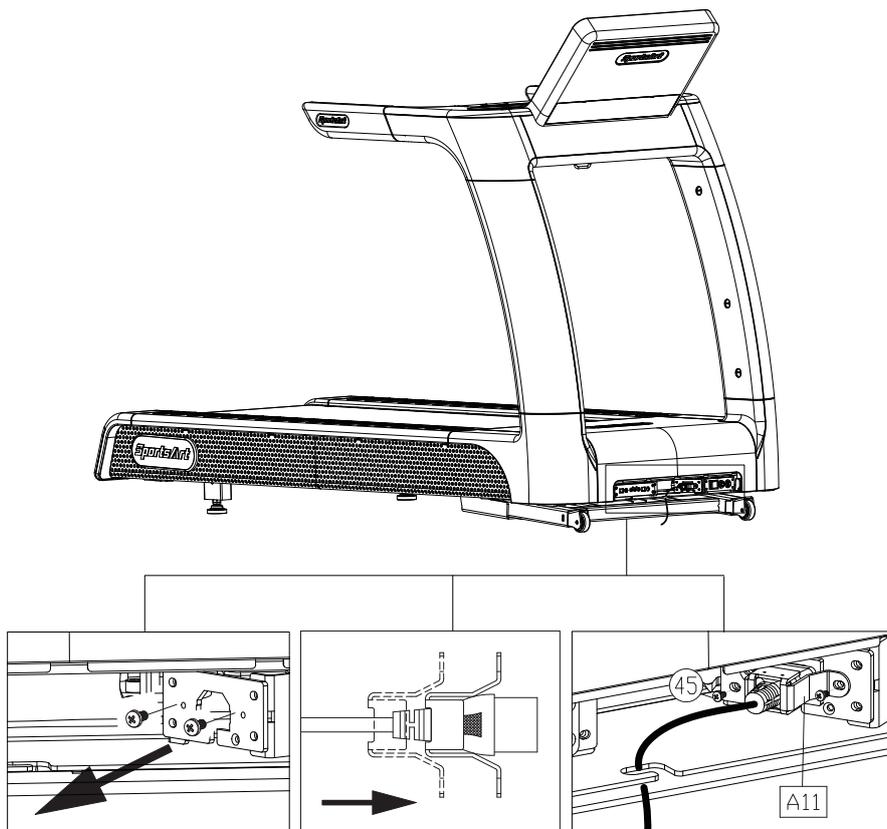
Adjust the tension if it differs from this specification. If the walk belt is too loose, use a hex wrench to rotate rear roller screws, clockwise one-quarter turn at a time. If the walk belt is too tight, use a hex wrench to rotate rear roller screws counterclockwise one-half turn at a time. Test walk belt tension after each adjustment and repeat the process until the tension is right. Do not rotate the screw more than 720 degrees.



STEP 9 Power Cord Installation

- (a) First, remove screws (45) from the power connector on the product.
- (b) Insert the power cord plug into the connector on the product.
- (c) Use screws (45) to secure the power cord plug (A10) into place.
- (d) Then insert the other end of the power cord (A10) into a proper power socket and thread the power cord out from the bottom as shown.

Note: the figure below is for reference purposes only.



5. UNDERSTAND T656 LCD DISPLAY

DISPLAY Overview

Before using the treadmill, please familiarize yourself with the features on the display so you can fully utilize the treadmill and all it has to offer.



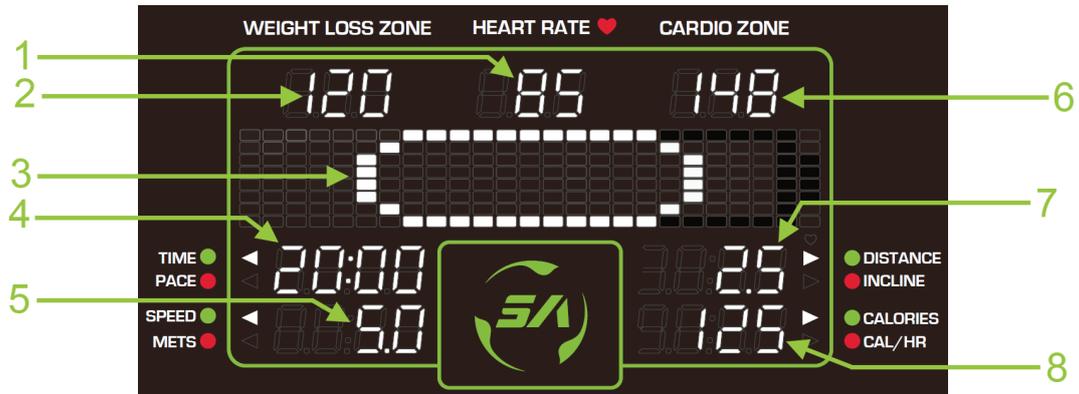
DISPLAY Keys

No.	Key Name	Function
1	LCD window	Displays the following parameters: SPEED, INCLINE, HEART RATE, DISTANCE, TIME, CALORIES
2	GOAL	Sets the following parameters: TIME, DISTANCE, CALORIES.
3	PROGRAMS	Sets the workout modes: TRACK, HILL, INTERVAL, RANDOM, FAT BURN, FIT TEST, ZONE TRAINER, WT LOSS, CARDIO.
4	ENTER	Confirm your selection
5	QR code and NFC tag	(1) Without SA WELL+: Scanning the QR code and tapping the NFC tag will only display the SPORTSART website. (2) With SA WELL+: Using our SA WELL+ app (for Android or iOS), you can scan the QR code or tap the NFC tag on the console to connect with the treadmill.

DISPLAY Keys (Cont.)

No.	Key Name	Function
6	USB port	Used for software updates but can also be used as a charging port.
7	SA WELL+	Data management (This function is only available if you purchase SA WELL+)
8	INCLINE +—	Press +/— to adjust incline settings
9	STOP key	Press to stop the treadmill, hold down to go back to start screen.
10	Safety key	Insert safety key to allow treadmill to start. If key is removed, the treadmill will stop immediately.
11	Numeric keys	To change the speed of the unit, you can type it using this keypad
12	CHANGE DISPLAY	Move between messages in LCD window
13	QUICK START	Skips the setup, selections, and starts the treadmill immediately.
14	PAUSE/RESUME	Press to pause or resume the workout.
15	TV WIRELESS AUDIO RECEIVER	Change volume and TV audio channel (in conjunction with MYE option)
16	Fan speed key	Cycles thru 3 different fan speeds
17	Wake button	Wake up the display from sleep mode
18	Headphone Jack	Plug in headphones to hear wireless TV audio (in conjunction with MYE option).
19	SPEED +—	Press +/—keys to adjust speed settings.

DISPLAY Parameter Window



No.	Parameter	Function
1	HEART RATE	Hold the heart rate handle touch sensor while exercising, and your heart rate is displayed within seconds.
2	WEIGHT LOSS ZONE	Shows WT LOSS 65%.
3	Display area	Displays text and graphics
4	TIME / PACE	TIME : Your time covered or remaining in your workout. PACE : Your current pace.
5	SPEED / METS	SPEED : Displays the actual speed METS : Your current MET.
6	CARDIO ZONE	Shows CARDIO 80%
7	DISTANCE / INCLINE	DISTANCE : The distance you've covered or the distance still remaining in your current program. INCLINE : Displays the current incline.
8	CALORIES / CAL/HR	CALORIES : Total calories burned during current workout. CAL/HR : Calories burned per hour.

DISPLAY Specifications

Parameter	Spec.
SPEED	0.1~15.0 MPH or 0.2~24.0 KPH (international) 0.1~12.0 MPH or 0.2~20.0 KPH (Japan)
INCLINE	-3%~15%, in increments of 0.5%.
TIME	0:00-99:59 , 100-9999
DISTANCE	0.00-9999 Mile/KM (display maximum of 2 decimal places)
CALORIES	0~9999 K-CAL
CAL/HR	0~9999 K-CAL
HEART RATE	35~220 bpm
METS	0.0~99.9
PACE	1 /SPEED

DISPLAY Setup Guide

GOAL:

TIME	The time duration ranges from 5-300min. The default duration is 30min.
DISTANCE	The distance ranges from 0.1-99.9 miles/kilometers. The default distance is 2 miles / 3 kilometers.
CALORIES	The calories ranges from 100-9999 Kcal. The default value is 100Kcal.

PROGRAMS:

TRACK	There are 3 modes of TRACK: TRACK, TRACK 5K, TRACK 10K. The default mode is TRACK.
HILL	There are 3 modes of HILL: HILL1, HILL2, HILL3. The default mode is HILL1.
INTERVAL	There are 3 modes of INTERVAL: INTERVAL 1:1, INTERVAL 1:2, INTERVAL 2:2. The default mode is INTERVAL 1:1.
RANDOM	Creates a list of random graphic patterns using a random number generator.

PROGRAMS (cont.):

FAT BURN	Changes the difficulty from 1 to 20. The default value is 1
FIT TEST	There are 3 modes of TEST: BRUCE, GERKIN, and FIRE FIGHTER. The default mode is BRUCE.
ZONE TRAINER	Displays your current heart rate, and helps keep heart rate in target zone. This function is not supported for PROGRAM mode.
WT LOSS/CARDIO	Sets WT LOSS target heart rate / cardio conditioning target heart rate

User Information Settings:

The treadmill measures your calories burned based on your personal information that you've entered.

AGE	Age ranges from 10-90y/o. The default age is 35y/o.
WEIGHT	Weight ranges from 50-500LB / 20-227KG. The default weight is 165LB / 75KG.

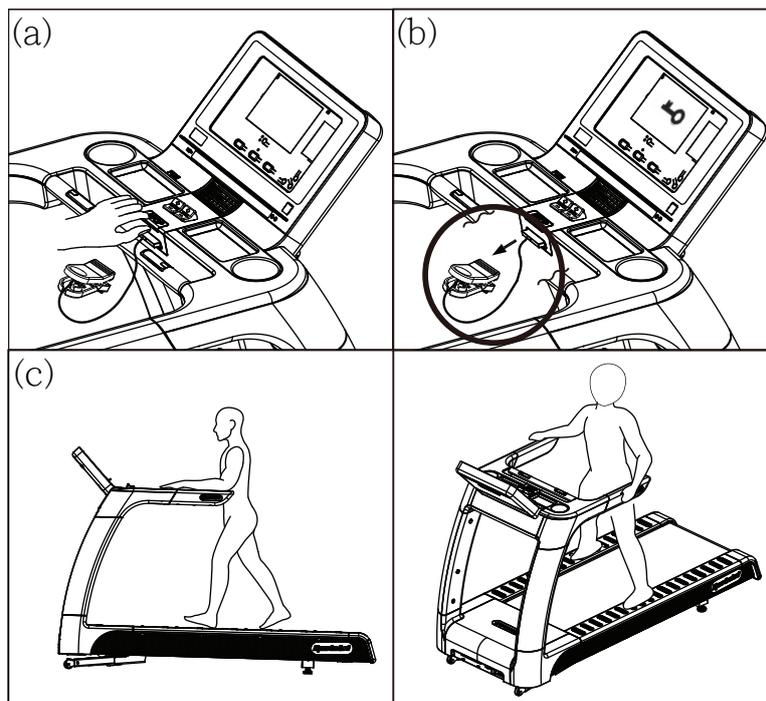
User Parameter Settings:

EUP time	EUP time ranges from 5-600 min. The default value is 30 min.
Time limit	Time limit ranges from 5-60 min. The default value is 30 min.

6. SAFETY TIPS FOR USING T656 TREADMILL

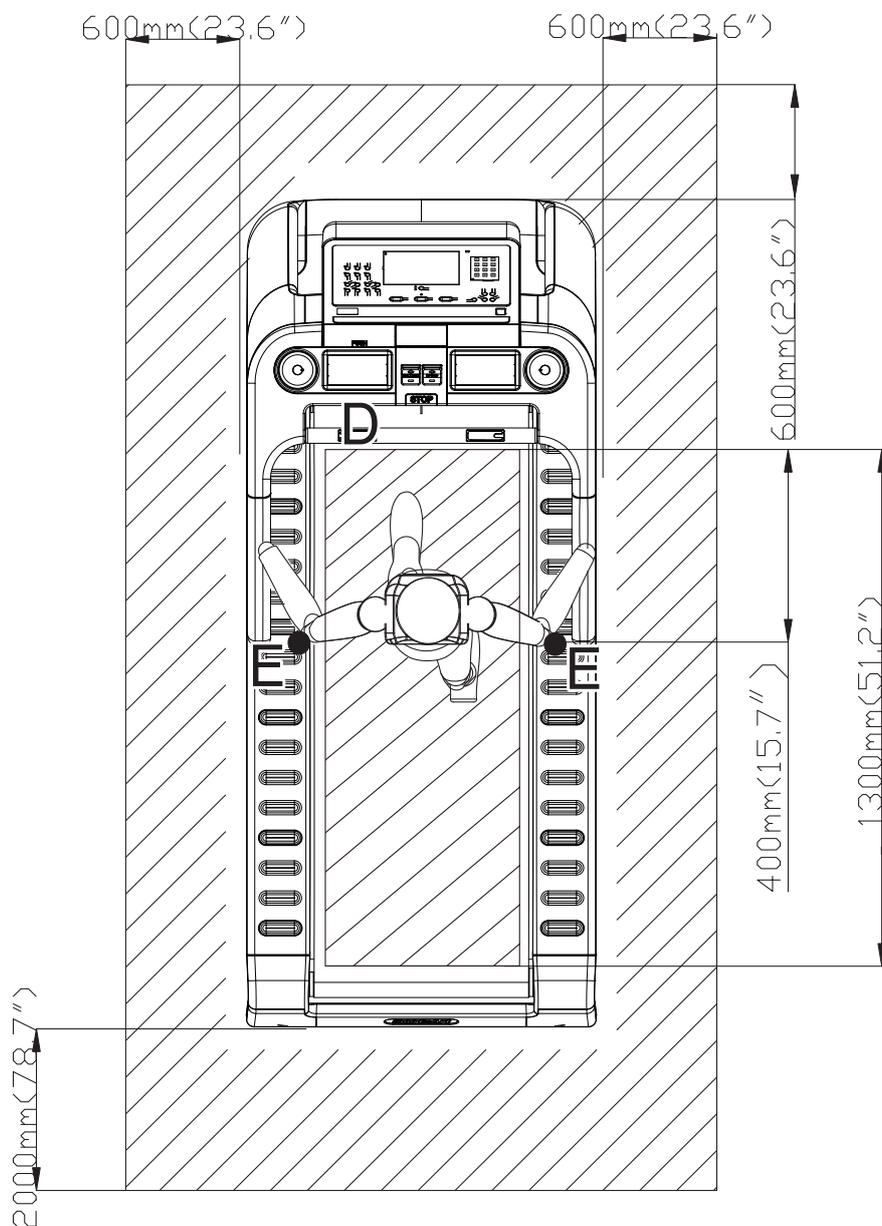
SAFETY TIPS Safety Mechanism

- The treadmill is equipped with a safety key so that one can immediately stop the belt and shut off the treadmill to prevent accidents from happening.
 - The flashing key sign  shown on the display indicates that the safety key has been removed and the treadmill will not start again until it has been reinserted.
- (a) **Emergency-stop push button:** Press the emergency-stop push button shown in figure (a) to shut down the device. To restart the device, please follow the standard operating procedure.
- Safety key:** Simply pull the safety key as shown in figure (b) and the treadmill will come to a halt. To start it up again, just attach the key and you are back up and running again.
- (b) **Emergency dismount:** Hold on to railing and stand astride the treadmill belt as shown in figure (c). Step off the treadmill when it stops running.
- (c) Noise emission under load is higher than without load.
- (d) In the 40 dBA ambient noise environment with the treadmill going without load, the noise level will reach 75dBA at 1m/1.3m height above the device. (The noise level depends on the treadmill speed).
- (e) Poor position for operating the treadmill or over-exercising can lead to injuries. Please read the basic precautions prior to use of the treadmill:



SAFETY TIPS **Safety Operating Area**

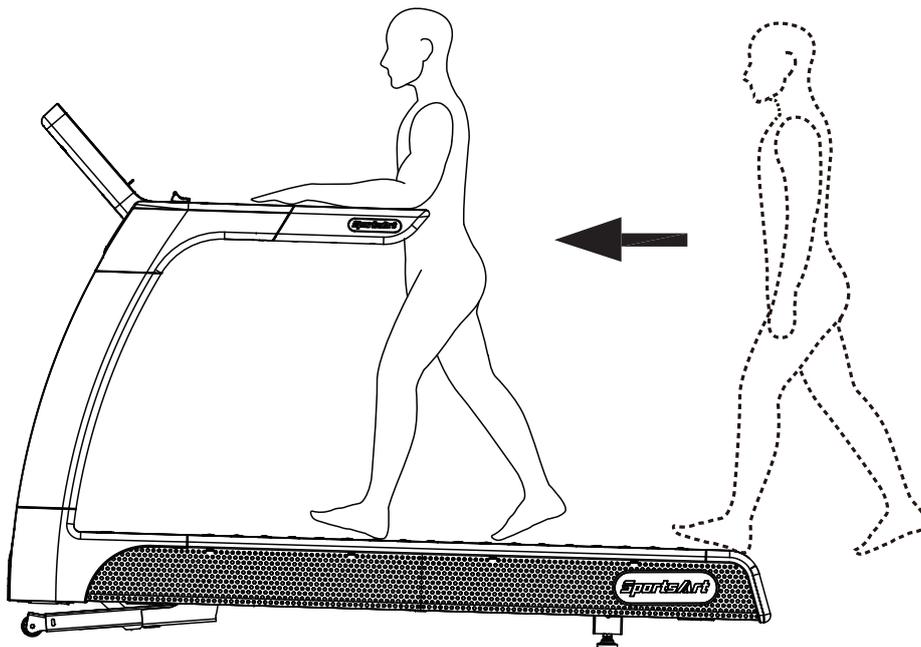
- (a) Safety clearance required as shown below. Do not allow people to be near this area when operating.
- (b) The stationary handlebar (highlight by mark D) is for heart rate measurement. Do not holding as support while exercising.
- (c) Make sure to stand on the center of the running belt where are marked with green round labels at area E while exercising.
- (d) The area of the running surface is marked with the slash pattern as shown below.



SAFETY TIPS Mounting and Dismounting Instructions

Get on the treadmill: To mount a treadmill properly, use the handrails to balance while you step onto the sides, straddling the belt. Step onto the belt before start exercising.

Get off the treadmill: Always wait for the belt to come to a complete stop before dismounting the treadmill.



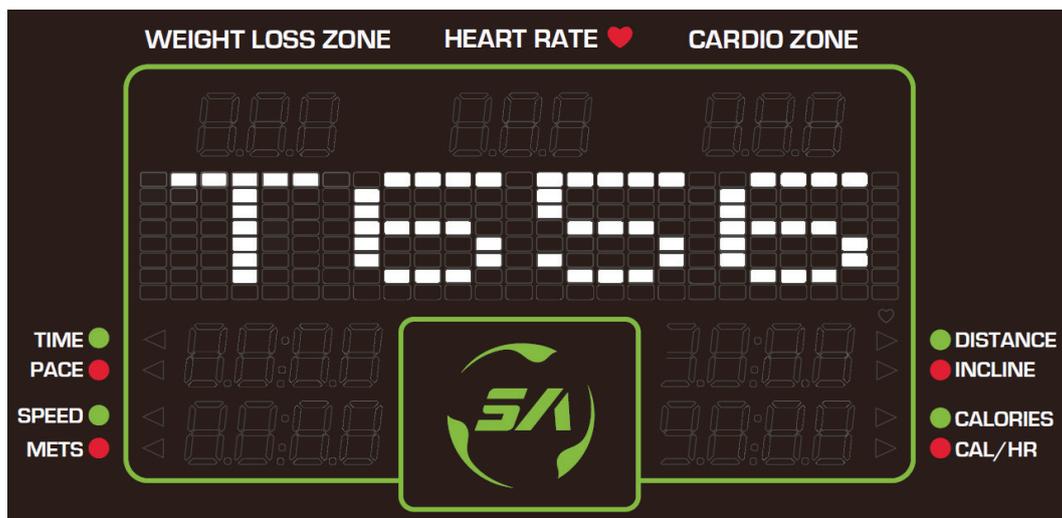
7. T656 TREADMILL OPERATION

OPERATION Start Screen

1. For safety reasons, make sure the safety key is properly clipped onto your clothes before operating treadmill.



2. Press the wake button  located on the bottom right corner of the display, after hearing a “beep” sound, the display will show the start screen of T656.

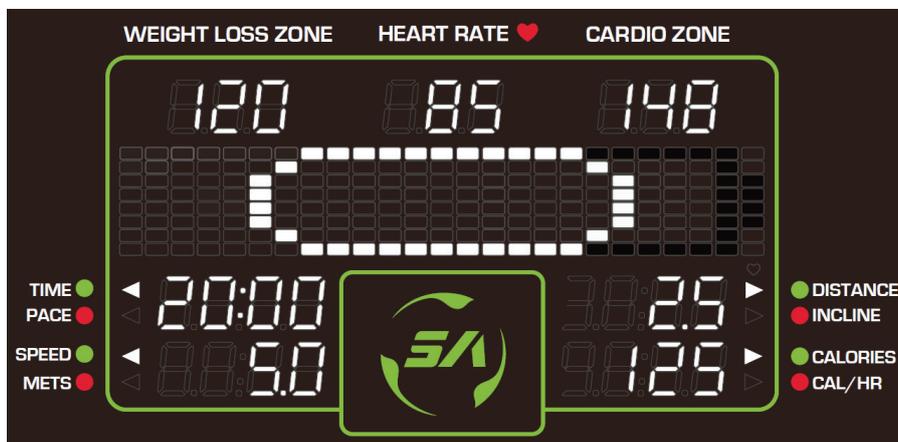


OPERATION QUICK START

The Quick Start program is used to bypass the setup mode and start your workout immediately. When using Quick Start, the treadmill will start in RUN mode and will use the default values (35y/o, 75kg/165lb) for calculations.

Getting started: QUICK START

1. Press <QUICK START> , or the plus sign(+) on <SPEED> .
2. The walk belt will be unlocked and a 3-second countdown will be shown on the display, and the walk belt start moving.

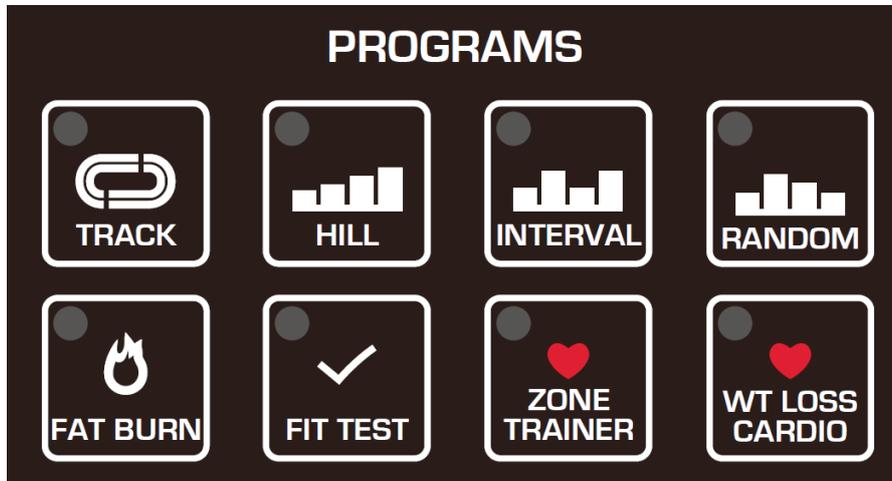


3. You can switch to PROGRAMS mode while exercising.
4. Press <STOP>  to end your workout. The word “REVIEW SUMMARY” will popup on the display and your workout summary will be shown for 15 sec. Press <STOP> again to return to the start screen.



OPERATION PROGRAMS

Select exercise mode from the PROGRAMS menu on the left side of the display.



TRACK :

This program simulates running around the playground, one lap equals 400 meters (1/4Mile). There are 3 types of choices:

TRACK: You can choose between 3 different types of goals for your work out: TIME/DISTANCE/CALORIES.

TRACK 5K: Set yourself the goal of running 5km.

TRACK 10K: Set yourself the goal of running 10km.

Getting started: TRACK

1. Press <TRACK>  then press <ENTER> 

NOTE: you can switch from one TRACK mode to another everytime you press <TRACK>, then press <ENTER> to confirm your selection.

2. Press <GOAL> to select the goal you would like to set up. Take <TIME>

as an example: press <TIME>  and press plus/minus sign(+/-) on the <INCLINE / SPEED>key  to set the time on this interface, then press Enter to confirm your selection.



TIME setting screen

OPERATION PROGRAMS (cont.)

3. Setting AGE and WEIGHT

The display will show "AGE", press +/- on the <INCLINE / SPEED> key, or type the number on keypad to set your age. After you confirm your selection, the display will show "KG", press +/- on the <INCLINE / SPEED> key, or type the number on keypad to set your weight, press confirm to complete the settings.



AGE setting screen



WEIGHT setting screen

4. After completing the setup, the walk belt will be unlocked and a 3-second countdown will be shown on the display after which the walk belt will start moving.
5. You can select other exercise programs in PROGRAMS mode while exercising.

HILL :

This program simulates hill running. There are 3 types of choices: HILL1, HILL2, and HILL3.

Getting started: HILL

1. Press <HILL>  then press <ENTER>

NOTE: you can switch from one HILL mode to another everytime you press <HILL>, then press <ENTER> to confirm your selection.

2. Press <GOAL> to select the goal you would like to set up. Take <TIME>

as an example: press <TIME>  and press plus/minus sign(+/-) on the <INCLINE / SPEED>key  to set the time on this interface, then press Enter to confirm your selection.

OPERATION PROGRAMS (cont.)

3. Setting AGE and WEIGHT

The display will show "AGE", press +/- on the <INCLINE / SPEED> key, or type the number on keypad to set your age. After you confirm your selection, the display will show "KG", press +/- on the <INCLINE / SPEED> key, or type the number on keypad to set your weight, press confirm to complete the settings.

4. After completing the setup, the walk belt will be unlocked and a 3-second countdown will be shown on the display after which the walk belt will start moving.

5. You can select other exercise programs in PROGRAMS mode while exercising.

INTERVAL:

This program includes alternating periods of high-intensity aerobic exercise with low-intensity exercise.

(1) The 2 exercise stages namely as REST and WORK, have different speed and incline settings based on Work/Rest Ratio: 1:1, 1:2, 2:2.

(1:2 stands for 2 minute on 1 minute off workout interval training)

(2) You can initialize the resistance to your own preference at either exercise stage (REST or WORK), the system will memorize your preference for later use.

Getting started: INTERVAL

1. Press <INTERVAL>  then press <ENTER> 

NOTE: you can switch from one INTERVAL mode to another everytime you press <INTERVAL>, then press <ENTER> to confirm your selection.

2. Press <GOAL> to select the goal you would like to set up. Take <TIME>

as an example: press <TIME>  and press plus/minus sign(+/-) on

the <INCLINE / SPEED> key  to set the time on this interface,

then press Enter to confirm your selection.

3. Setting AGE and WEIGHT

The display will show "AGE", press +/- on the <INCLINE / SPEED> key, or type the number on keypad to set your age. After you confirm your selection, the display will show "KG", press +/- on the <INCLINE / SPEED> key, or type the number on keypad to set your weight, press confirm to complete the settings.

OPERATION PROGRAMS (cont.)

4. After completing the setup, the walk belt will be unlocked and a 3-second countdown will be shown on the display after which the walk belt will start moving.
5. You can select other exercise programs in PROGRAMS mode while exercising.

RANDOM :

The graphic patterns in RANDOM PROGRAM are generated randomly.

Getting started: RANDOM

1. Press <RANDOM>  then press <ENTER> 

NOTE: Press <RANDOM> to select the graphic patterns which appear in random order, once you're up to your desired pattern, press <ENTER> to set it.

2. Press <GOAL> to select the goal you would like to set up. Take <TIME> as an example: press <TIME>  and press plus/minus sign(+/-) on the <INCLINE / SPEED> key  to set the time on this interface, then press Enter to confirm your selection.

3. Setting AGE and WEIGHT

The display will show "AGE", press +/- on the <INCLINE / SPEED> key, or type the number on keypad to set your age. After you confirm your selection, the display will show "KG", press +/- on the <INCLINE / SPEED> key, or type the number on keypad to set your weight, press confirm to complete the settings.

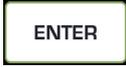
4. After completing the setup, the walk belt will be unlocked and a 3-second countdown will be shown on the display after which the walk belt will start moving.
5. You can select other exercise programs in PROGRAMS mode while exercising.

FAT BURN :

This program helps you burn fat. There are 20 difficulty levels to select from.

Getting started: FAT BURN

OPERATION PROGRAMS (cont.)

1. Press <FAT BURN>  then press <ENTER> 
2. Press <GOAL> to select the goal you would like to set up. Take <TIME> as an example: press <TIME>  and press plus/minus sign(+/-) on the <INCLINE / SPEED>key  to set the time on this interface, then press Enter to confirm your selection.
3. Setting AGE and WEIGHT
The display will show "AGE" , press +/- on the <INCLINE / SPEED> key, or type the number on keypad to set your age. After you confirm your selection, the display will show "KG" , press +/- on the <INCLINE / SPEED> key, or type the number on keypad to set your weight, press confirm to complete the settings.
4. The display will show the difficulty level, press +/- on the <INCLINE/ SPEED> key to choose levels, the press <ENTER> to confirm your selection.
NOTE: simply press +/- on the <INCLINE >key to change the difficulty level while .exercising.
5. After completing the setup, the walk belt will be unlocked and a 3-second countdown will be shown on the display after which the walk belt will start moving.
6. You can select other exercise programs in PROGRAMS mode while exercising.

FIT TEST:

This program includes 3 fitness tests: BRUCE, GERKIN, FIRE FIGHTER.

Getting started: FIT TEST

1. Press <FIT TEST>  then press <ENTER> 

NOTE: Press <FIT TEST>, the word "BRUCE" will pop up on the display, press +/- on the <INCLINE / SPEED>key to switch between the tests, then press<ENTER>to confirm your selection. Or you can enter a number (1 or 2 or 3) to quickly select the desired test.

2. Press <GOAL> to select the goal you would like to set up. Take <TIME> as an example: press <TIME>  and press plus/minus sign(+/-) on the <INCLINE / SPEED>key  to set the time on this interface, then press Enter to confirm your selection.

OPERATION PROGRAMS (cont.)

3. Setting AGE and WEIGHT

The display will show "AGE", press +/- on the <INCLINE / SPEED> key, or type the number on keypad to set your age. After you confirm your selection, the display will show "KG", press +/- on the <INCLINE / SPEED> key, or type the number on keypad to set your weight, press confirm to complete the settings.

4. After completing the setup, the walk belt will be unlocked and a 3-second countdown will be shown on the display after which the walk belt will start moving.

NOTE: these fitness tests will end if any of the following conditions occurs:

- ▶ The STOP key is pressed.
- ▶ The fitness test is completed.
- ▶ The user's heart rate exceeds $(220 - \text{AGE}) * 0.8$ for more than 15 sec.
- ▶ No heart rate signal detected for more than 30 sec.

For BRUCE and GERKIN tests:

When the tests finish, the words "END OF FIT TEST", "YOUR SCORE-xxx" will pop up on the display, where "xxx" represents a score from 0-100.

For FIRE FIGHTER test:

If the test is finished, the word "TEST FINISH" will pop up on the display, if not, the word "TEST FAIL" will pop up instead.

5. You can select other exercise programs in PROGRAMS mode while exercising.

ZONE TRAINER, WT LOSS, and CARDIO :

These programs take control of speed and incline, keeping your heart rate within the target zone.

- (1) The target heart rate for each program:

- (a) ZONE TRAINER: your current heart rate.
- (b) WT LOSS: $(220 - \text{AGE}) \times 65\%$
- (c) CARDIO: $(220 - \text{AGE}) \times 80\%$

- (2) Set maximum speed in HRC program:

When "MAX SPEED" pop-up appears, enter the max. speed.

- (a) Press (+/-) sign on the <INCLINE / SPEED> key to set the speed.
- (b) Press <ENTER> key to confirm your setting.
- (c) The starting speed is 0.1MPH / 0.2KPH, and then it gradually increases during your workout. Once reaching the MAX SPEED, the system will adjust the incline of the treadmill accordingly to keep heart rate within the target zone.
- (d) You can adjust the MAX SPEED at any time during your workout by pressing plus/minus sign (+/-) on the <SPEED> key, or simply type the numbers using the keypad.

OPERATION PROGRAMS (cont.)

- (3) If no heart rate signal detected after starting the workout, the words “NO HEART RATE READING , PLEASE CHECK TRANSMITTER” will pop up on the screen, the speed will be reduced to its minimum value, and the incline of the treadmill can only be adjusted manually.
- (4) If the current heart rate is slower than the target heart rate during a workout, the words “PRESS SPEED UP” will pop up on the display.

Getting started: ZONE TRAINER

NOTE: this program can only be activated during a workout, and the user's heart rate must fall between 84~200. If not, the word “HR RANGE IS 84~200” will pop up on the display, and the program cannot be activated.

We take <TRACK> as an example:

1. Press <TRACK>  then press <ENTER> 
2. Press <GOAL> to select the goal you would like to set up. Take <TIME> as an example: press <TIME>  and press plus/minus sign(+/-) on the <INCLINE / SPEED> key  to set the time on this interface, then press Enter to confirm your selection.
3. Setting AGE and WEIGHT
The display will show “AGE” , press +/- on the <INCLINE / SPEED> key, or type the number on keypad to set your age. After you confirm your selection, the display will show “KG” , press +/- on the <INCLINE / SPEED> key, or type the number on keypad to set your weight, press confirm to complete the settings.
4. After completing the setup, the walk belt will be unlocked and a 3-second countdown will be shown on the display after which the walk belt will start moving.
5. Press <ZONE TRAINER>  if the heart rate reading displayed is between 84~200.
6. You can select other exercise programs in PROGRAMS mode while exercising.

OPERATION PROGRAMS (cont.)

Getting started: WT LOSS / CARDIO

1. Press <WT LOSS / CARDIO>  then press <ENTER> 

NOTE: you can switch from one mode to another everytime you press <WT LOSS / CARDIO>, then press <ENTER> to confirm your selection.

2. Press <GOAL> to select the goal you would like to set up. Take <TIME>

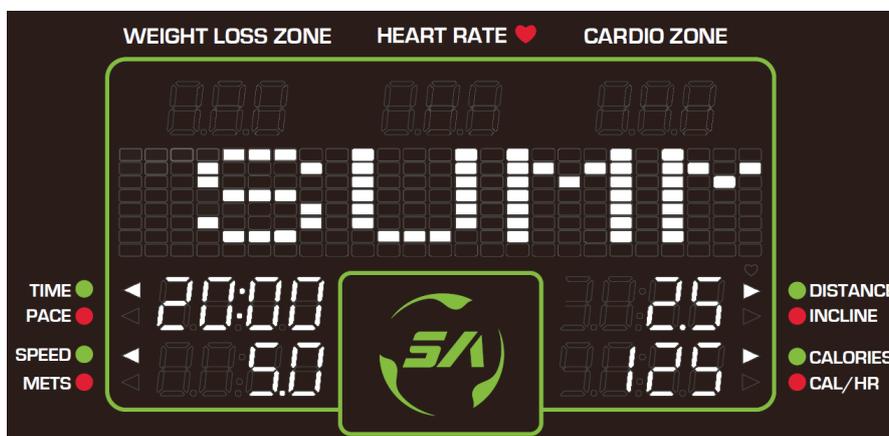
as an example: press <TIME>  and press plus/minus sign(+/-) on the <INCLINE / SPEED>key  to set the time on this interface, then press Enter to confirm your selection.

3. Setting AGE and WEIGHT

The display will show “AGE”, press +/- on the <INCLINE / SPEED> key, or type the number on keypad to set your age. After you confirm your selection, the display will show “KG”, press +/- on the <INCLINE / SPEED> key, or type the number on keypad to set your weight, press confirm to complete the settings.

4. After completing the setup, the walk belt will be unlocked and a 3-second countdown will be shown on the display after which the walk belt will start moving.
5. You can select other exercise programs in PROGRAMS mode while exercising.

NOTE: Simply press<STOP>  to end any of the 8 programs. The words “REVIEW SUMMARY” will pop up on the display and your workout summary will be shown for 15 sec. Press <STOP> again to return to the start screen.



OPERATION Other Functions

EUP Function

When the treadmill is in standby, the driver and display panel require no power supply and the electricity is cut off to save energy. The EUP timer is adjustable. Refer to “User Preference and Component Versions” for details.

OPERATION User Preference and Component Versions

(1) UNITS

“UNIT – MILE” or “UNIT – KM” will scroll across the screen, use <INCLINE / SPEED> +/- to toggle between the two settings. When your preference appears, press the ENTER key to confirm and proceed to the next setting.

(2) PROGRAM VERSION

The following program version will scroll across the screen, use <INCLINE / SPEED> +/- keys to view each program version. Press the ENTER key to view total distance.

(a) CTL xxxx : Display program version

(b) DRV xx-xxxx : Drive board version

(c) SA WELL+ x.x.x : SA WELL+ board version (Available with optional SA WELL+.)

(3) TOTAL DISTANCE

“TOTAL DISTANCE xxxxxx KM” or “TOTAL DISTANCE xxxxxx MILE” will scroll across the screen, press the ENTER key to view total time.

(4) TOTAL TIME

“TOTAL TIME xxxxxx HOURS” will scroll across the screen, press the ENTER key to proceed to the next setting.

(5) PRODUCT SERIAL NUMBER

“S/N xxxxxxxx”(as shown in the following figure) will scroll across the screen, press the ENTER key to proceed to the next setting.



An illustration of serial number

OPERATION User Preference and Component Versions(Cont.)

(6) LANGUAGE

The current country selected will scroll across the screen, use <INCLINE / SPEED> +/- to toggle between languages. Press the ENTER key to confirm and proceed to the next setting.

(7) EUP TIME

The screen will show "EUP", use <INCLINE / SPEED> +/- or the key pad to change the sleep timer. Press the ENTER key to confirm and proceed to the next setting.

Note: If the timer is set less than 5 minutes, EUP mode will be deactivated.

(8) PROGRAM TIME

The screen will show "LIMIT", use <INCLINE / SPEED> +/- or the key pad to make your selection. Press the ENTER key to confirm and proceed to the next setting.

Note: If the timer is set less than 5 minutes, program time limit mode will be deactivated.

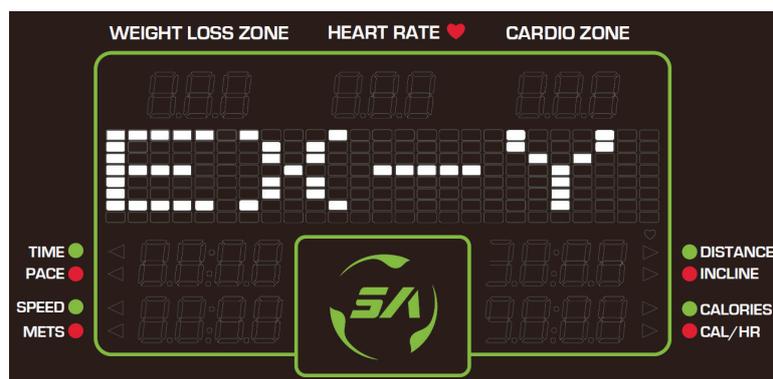
(9) BEEP SOUND

The screen will show "BZ", use <INCLINE / SPEED> +/- to toggle between "YES" or "NO". Press the ENTER key to confirm and proceed to the next setting.

OPERATION Error Messages

Error messages can appear on the treadmill as a troubleshooting aid.

Error messages appear in the following format: "ERROR _X_Y". X represents the category of the error. Y represents the specific issue.



OPERATION Error Messages

T656 Error code explanations :

Error code X	Error code Y	Explanation	Remarks
1	1	Servomotor encoder abnormality, restart it to get back on track	
1	2	Servomotor over temp warning. Reduce motor speed during operation.	
1	3	Servomotor abnormality, restart it to get back on track	
2	1	IGBT overcurrent, restart it to get back on track	
2	2	IGBT over temp. Reduce IGBT speed during operation.	
2	3	Current sensor reading abnormal. Restart after it returns to normal	
3	1	Lift motor position abnormality	
4	2	Power supply voltage is too low	
4	3	Power supply voltage is too high.	
8	1	Communication error at startup	
8	2	Communication error	
8	3	Communication error due to MCU RE-SET condition	

8. MAINTENANCE

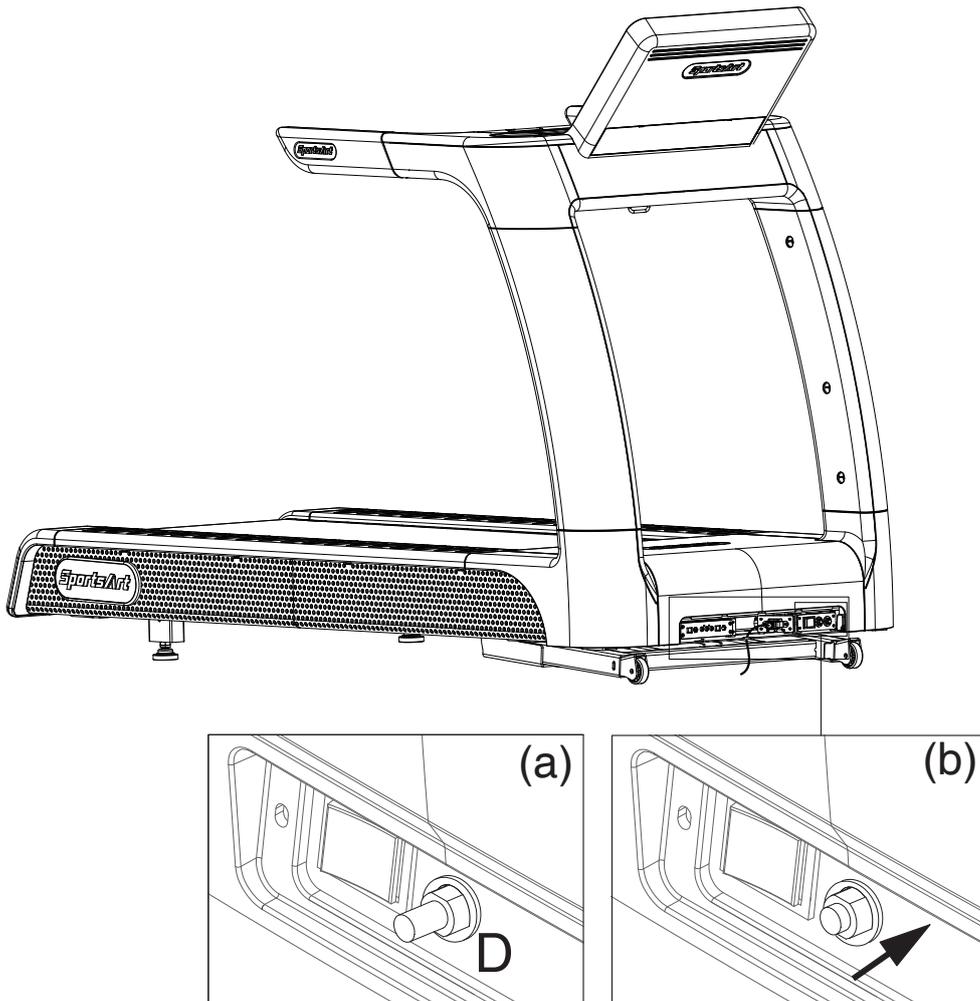
This section covers maintenance topics and includes a maintenance schedule, task list, and log.

MAINTENANCE Safety Precautions

- Please follow standard safety precautions when servicing this product.
- Electronic components can carry an electrical charge even after the product has been turned off. For safety, turn off unit power. Wait ten 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.
- Unplug product and wait 10 minutes before performing maintenance.
- DO NOT use a damp towel to clean the product and do perform the following maintenances. For dirty or heavily used areas, Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner, to thoroughly clean the handlebar and the console.
- 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. Never spray or pour any liquid directly onto the product. Doing so can damage electronic components and void the warranty.
- Do not use accessories or parts that are not specifically recommended by the manufacturer (SportsArt). Such parts might cause injuries or cause the unit to fail and void the warranty. We are not responsible for any safety issue that arises due to the misuse of accessories or parts. At the same time, we will terminate the warranty terms of this equipment.
- The treadmill should be disconnected from its power source during service and when replacing parts.
- Maintenance and repair must be performed by trained service personnel only. Improper maintenance would not only damage the machine, but may also present a danger to the exerciser.
- Keep this product out of use until maintenance is completed.
- If you need to remove any cover for repair or maintenance, please contact your service technician or dealer; do not attempt repairs on your own.

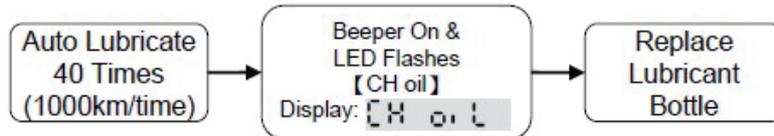
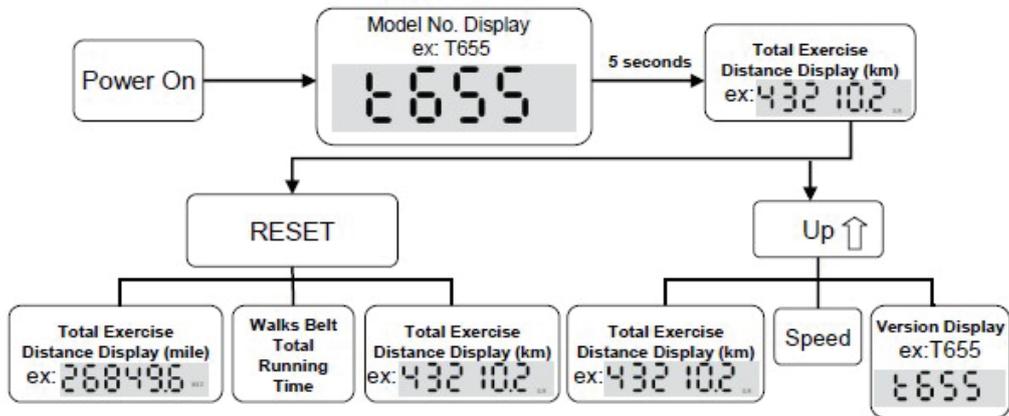
MAINTENANCE Circuit Breaker

- (a) A circuit breaker is an automatically operated electrical switch designed to protect an electrical circuit from damage caused by overcurrent/over load or short circuit. A spring located under the push button causes the button at area D to lift up and the breaker to trip as shown.
- (b) After the fault is repaired by qualified technicians, press the push button to reset circuit breaker to resume normal operation as shown.



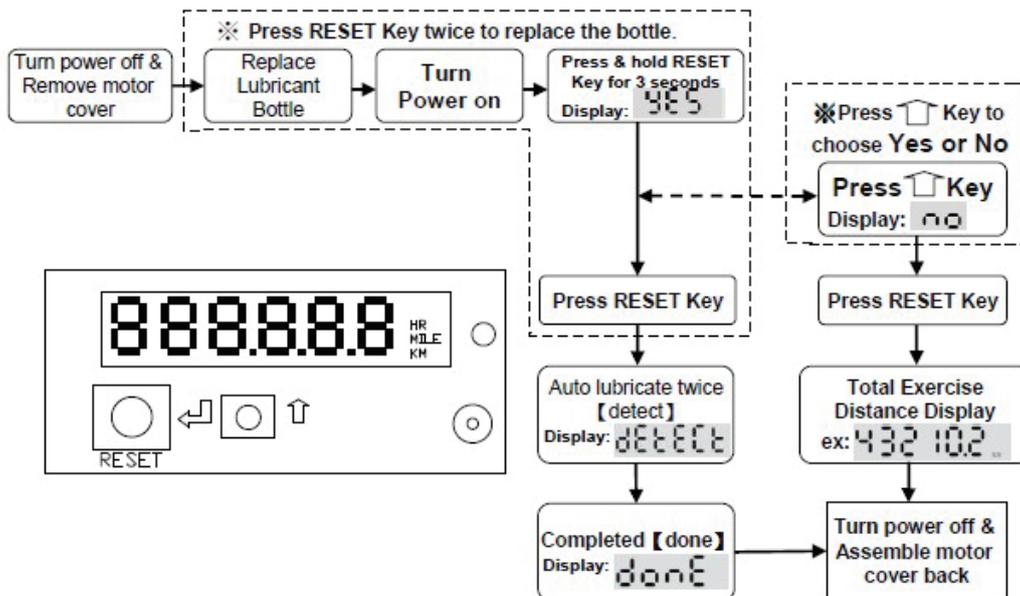
MAINTENANCE Lubrication System

Lubrication System Flowchart



Lubricant Change Procedure

Note: Pay extra attention during the lubricant changing procedure to avoid electric shock, especially during power up.

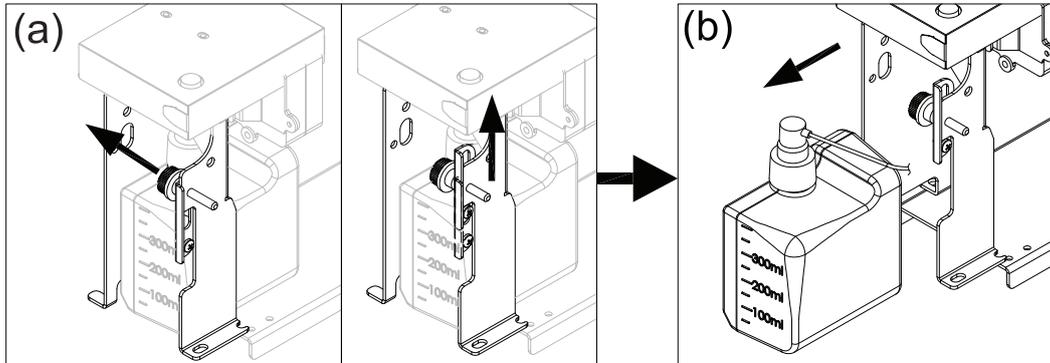


MAINTENANCE Lubrication System (cont.)

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

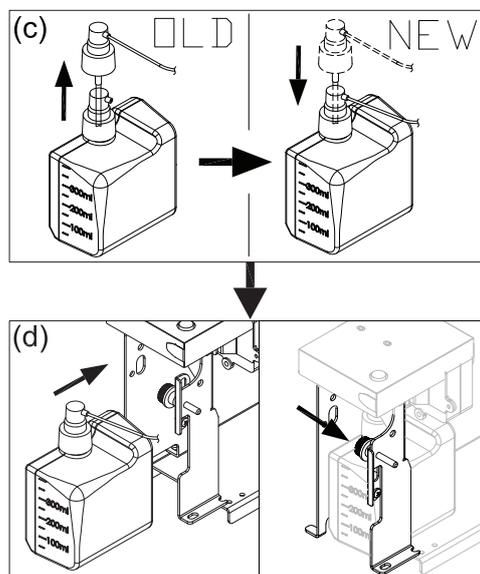
(a) Loosen the screws on the bezel and push the bezel up.

(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” 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 200km (124.3miles) 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 (cont.)

Error Messages:

There are 2 types of error:

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

Err. 01

EEPROM

Error 2: It indicates motor failure or system malfunction.

Err. 02

Motor

Contact your local dealer for service enquiries if an error occurred.

Protective Message:

Indication	Buzzer occurred	Buzzer sound frequency	Action	Protective message
Replace lubricant bottle	If an abnormality occurs when operating the device, the buzzer will sound for 30sec.	The buzzer sounds 0.5 sec., then a 0.5-sec pause This pattern repeats for 30 sec..	Replace lubricant bottle. Press & hold RESER key for 3 sec., then choose Yes to disable the alarm	CH Oil
Lubrication VR motor damaged	If an abnormality occurs when operating the device, the buzzer will sound for 30sec.	The buzzer sounds 2 sec., then a 2-sec pause This pattern repeats for 30 sec.	Replace lubrication VR motor	ERR.02

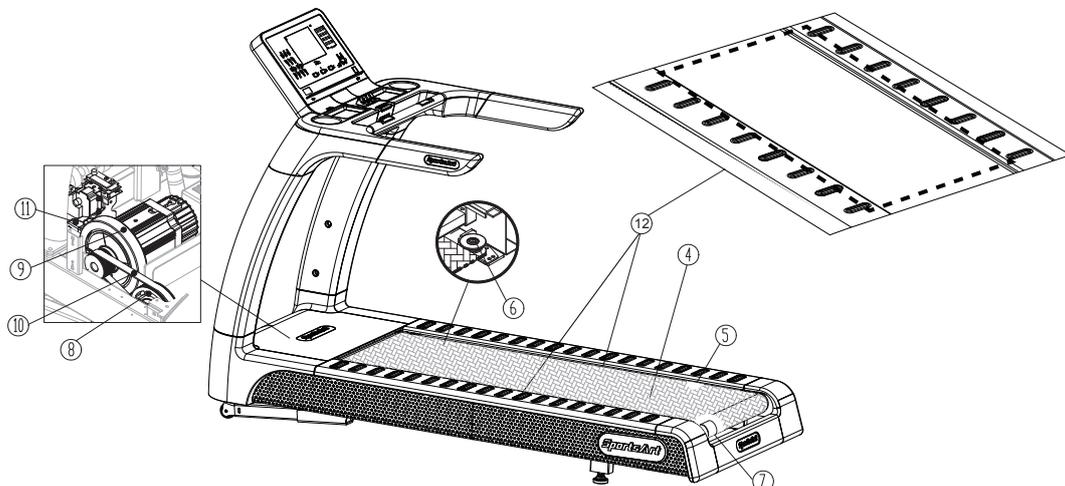
MAINTENANCE Lubrication System (cont.)

Protective Message:

Indication	Buzzer occurred	Buzzer sound frequency	Action	Protective message
EEPROM damaged	If an abnormality occurs when operating the device, the buzzer will sound for 30sec.	The buzzer sounds 2 sec., then a 2-sec pause This pattern repeats for 30 sec.	Replace new lubrication system	ERR.01
Lubrication system cannot accumulate mileage	If an abnormality occurs, the buzzer will sound for 60 sec., after the device has been turned on for 20 times.	The buzzer sounds 1 sec., then a 1-sec pause This pattern repeats for 60 sec.	Wipe off the dust from the sensor. Replace the sensor if damaged.	ERR.03
Lubrication system cannot accumulate mileage	If an abnormality occurs, the buzzer will sound for 60 sec. after 480 hours	The buzzer sounds 1 sec., then a 3-sec pause. This pattern repeats for 60 sec.	Wipe off the dust from the sensor. 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
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 3 years
11	Lubricant bottle					•	Replace once every 40000km.
12	Between the running belt and deck		•				Use a cloth moistened with water then wrung well, and wipe gently between the running belt and deck to remove excess grease.



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 to thoroughly clean the product exterior.
2. Inspect all screws. Secure if necessary.

Weekly tasks

Use a cloth moistened with water then wrung well, and wipe gently between the running belt and deck to remove excess grease.

Monthly tasks

Inspect brake pad monthly, replace once touches screws.

Quarterly

1. Inspect the belt guides for normal rotation.
2. Inspect the front roller for normal rotation.
3. Inspect the rear roller for normal rotation.
4. Remove dust and debris from the product interior.

Yearly

Replace the drive belt once every three years.

Caution

- Please follow standard safety precautions when servicing this product.
- 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 components and void the warranty.

MAINTENANCE Maintenance Log

Facility: _____ Supervisor: _____

Product model number: _____ Serial number: _____

Start date: _____ End date: _____

Daily Tasks	Week 1-7							Week 8-14							Week 15-21							Week 22-28									
Completed																															

Daily Tasks	Week 29-35							Week 36-42							Week 43-49							Week 50-52									
Completed																															

Weekly Tasks	Week 1-7							Week 8-14							Week 15-21							Week 22-28									
Completed																															

Weekly Tasks	Week 29-35							Week 36-42							Week 43-49							Week 50-52									
Completed																															

Monthly Tasks	1	2	3	4	5	6	7	8	9	10	11	12
Completed												

Quarterly Tasks	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Completed				

Yearly Tasks	Year 1
Completed	

Notes: _____

9. ACCESSORIES

ACCESSORIES Standard

USB CHARGER

The USB port provides up to 5V, 1A of power for charging.

CSAFE PORT

Compatible with CSAFE (Communications Specification for Fitness Equipment) Protocol.

ACCESSORIES Option

SA WELL+ Member System

1. This is designed specially by SportsArt to assist the users in managing their workout history. Connect your smartphone to the device, using Bluetooth or WIFI, to use the SA WELL+ App. The App is available for download in the App Store and Google Play.
2. You can use USB Flash Drives to store your workout data.
3. Help give users more control over their personal data and workout history. Visit www.gosportsart.com for more information about this feature.



No.	Name of button	Function
a	USB port	This port is used for optional data transferring.
b	Bluetooth/WIFI button	When a smart phone is connected wirelessly to the treadmill, press this button to disconnect. Scan the QR code or tap the NFC tag on the console to connect to the equipment again.

ACCESSORIES MYE Wireless TV Audio_Channel Receivers

[To purchase, please contact MYE Inc. <http://www.myclubtv.com/>]

Multiple TV and audio channels receiving and volume adjustment enabled.

- The following two modules are available for this receiver (to be purchased by client):
 1. MC3R-9(900MHZ), which has to be used with a MYE Wireless TV Digital Audio Channel Transmitter MWTD-S9.
 2. MC3R-8(863MHZ), which has to be used with a MYE Wireless TV Digital Audio Channel transmitter MWTD-S8.

Choose a suitable module according to country of location. (Please contact MYE Inc. for detail specification and technical information)

For example: Wireless TV transmission frequency in America is 900MHZ.

Wireless TV transmission frequency in Europe is mostly 863MHZ (or nominally 800MHZ).

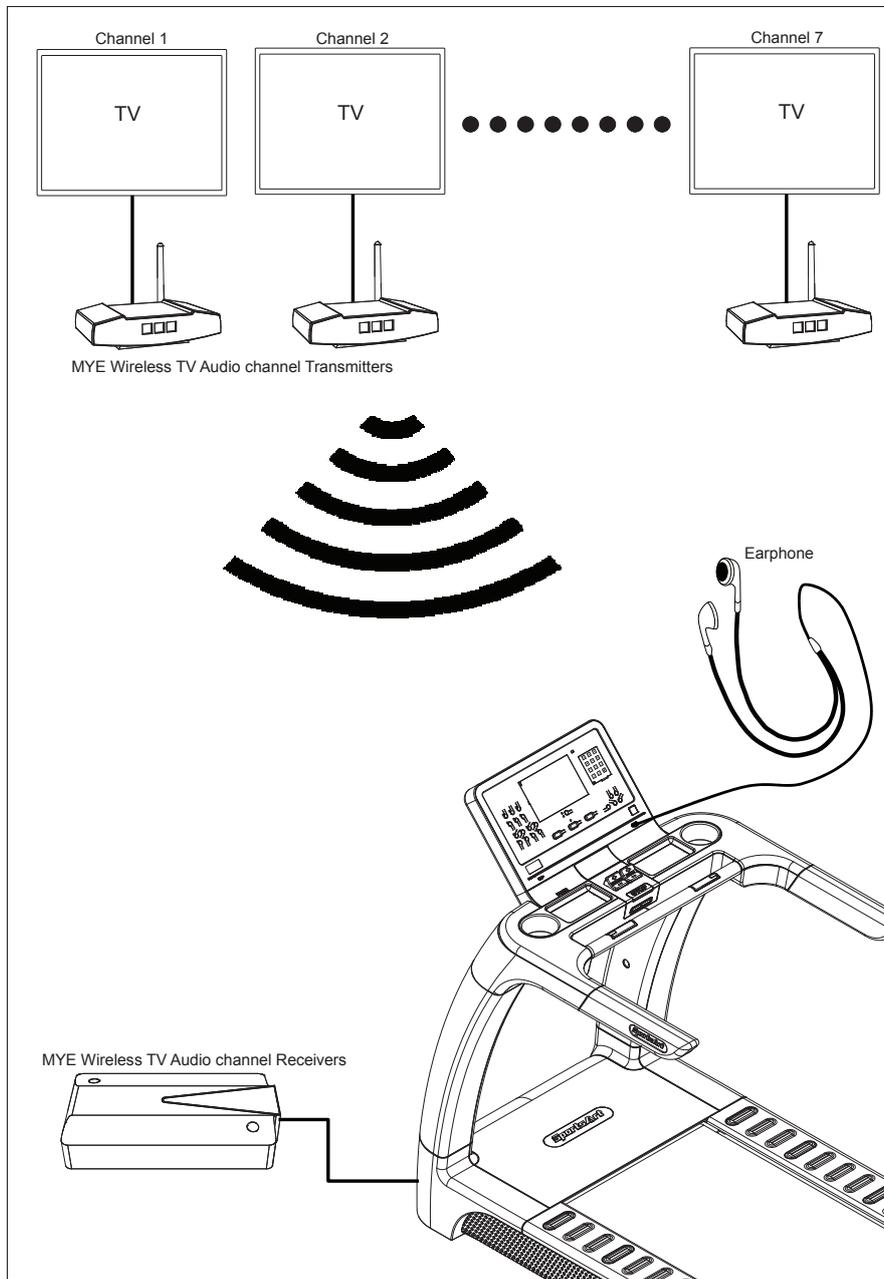
- Operation instruction: Turn off treadmill power, plug the receiver into the CSAFE port located at left of display and then turn on the power.
- The VOLUME +/- keys and CHANNEL ▲/▼ keys will be activated once the receiver is plug into the unit.

Press VOLUME +/- keys to adjust volume settings. The volume setting range is from 0 to 15, with a default setting of 5.

Press CHANNEL ▲/▼ keys to change channel settings. The channel setting range is from 1 to 32, with a default setting of 1. The display will show "CH XX" during setting.
- Note: Do not unplug the receiver from unit before turning off the power to avoid receiver being damaged.

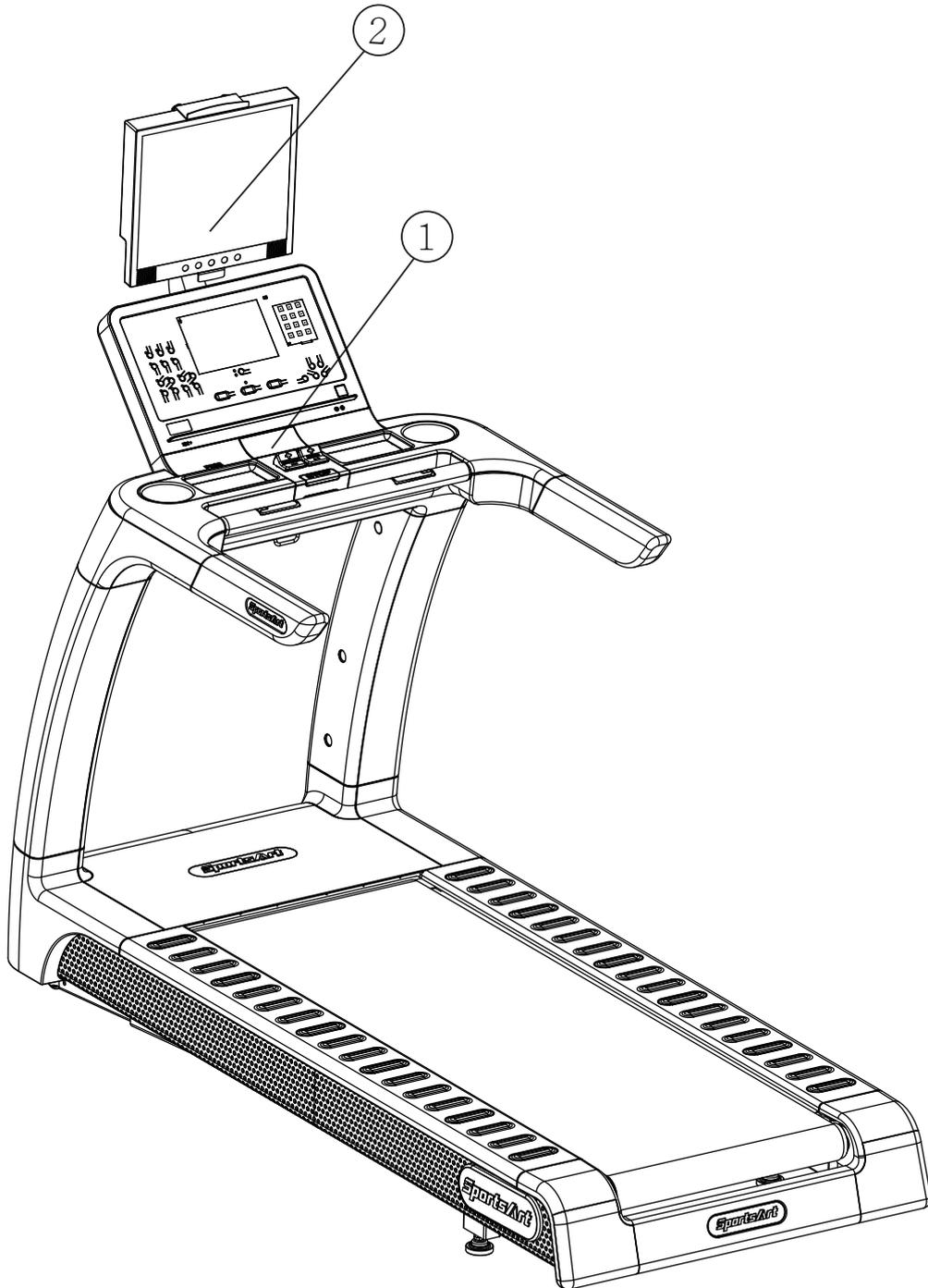
ACCESSORIES MYE Wireless TV Audio_Channel Receivers

- The following is a schematic diagram of the connection:



ACCESSORIES Option

(1) Fan Set (2) TV rack

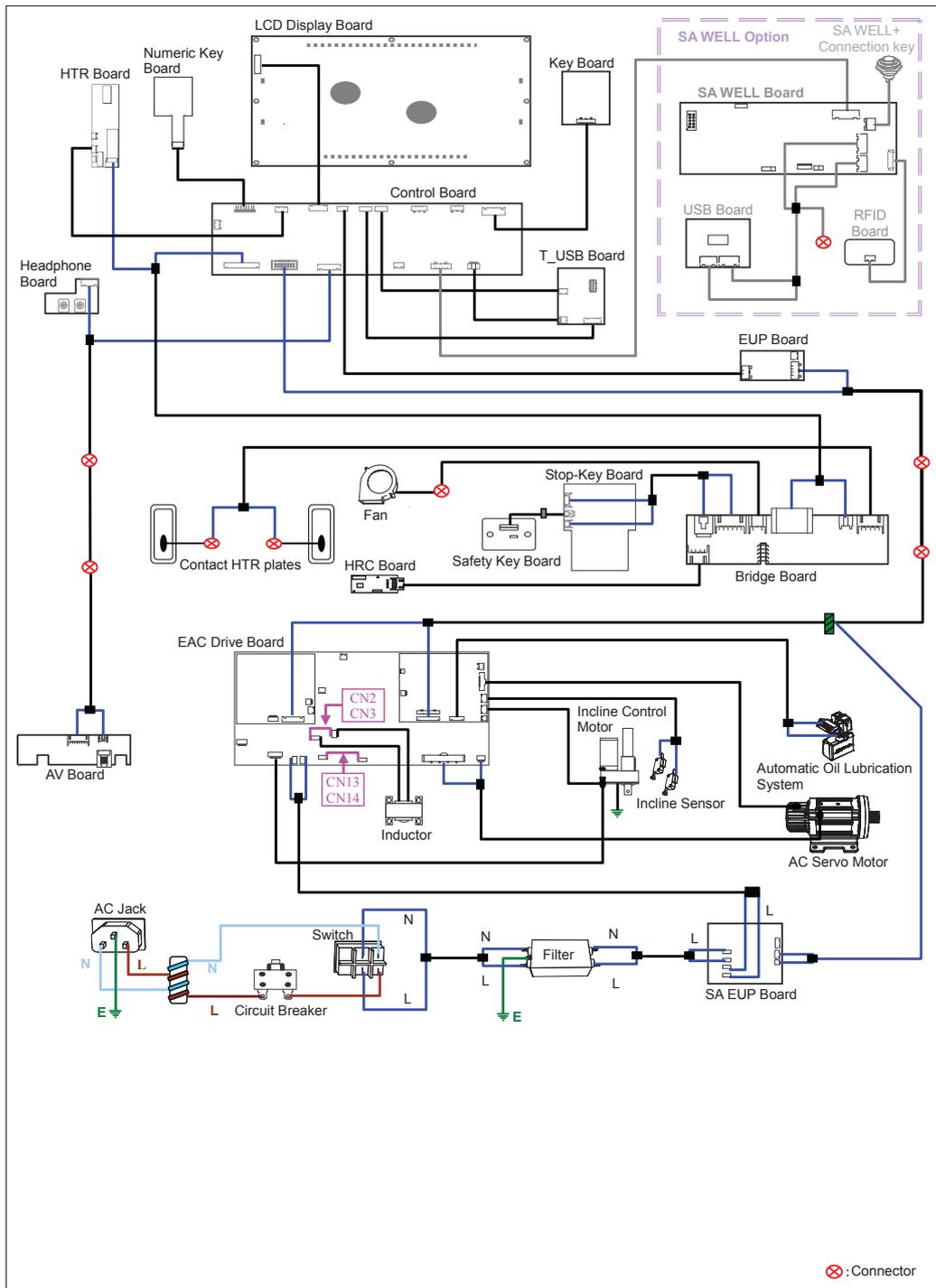


10. APPENDIXES

APPENDIX Technical Specifications

Model	T656 (LCD)
Dimensions	L : 2300 mm (90.5") W : 980 mm (38.5") H : 540 mm (21.2")
Overall Weight	210 kg (463 lbs)
Maximum User Weight	160kg (350lb)
EN957 Classification	Type 6 /Class SA
Speed Range	0.1~15.0 MPH or 0.2~24.0 KPH (international) 0.1~12.0 MPH or 0.2~20.0 KPH (Japan)
Incline Range	-3 % – 15%
Power Requirement	100 – 120 V / 60Hz 200V - 240V / 50Hz
Circuit Breaker Current Rating	110 V : 20A 220 V : 10A

APPENDIX Wiring Diagram



APPENDIX Exploded Diagram

No.	Diagram	Tool Needed
1	TBS-F101B LCD	LCD
2	TBS-F101C	
3	TBS-F101D	
4	TBR-F101G	OPTIDNS

CHANGE DATE	CHANGE DESCRIPTION	CHANGE NO.	NAME	

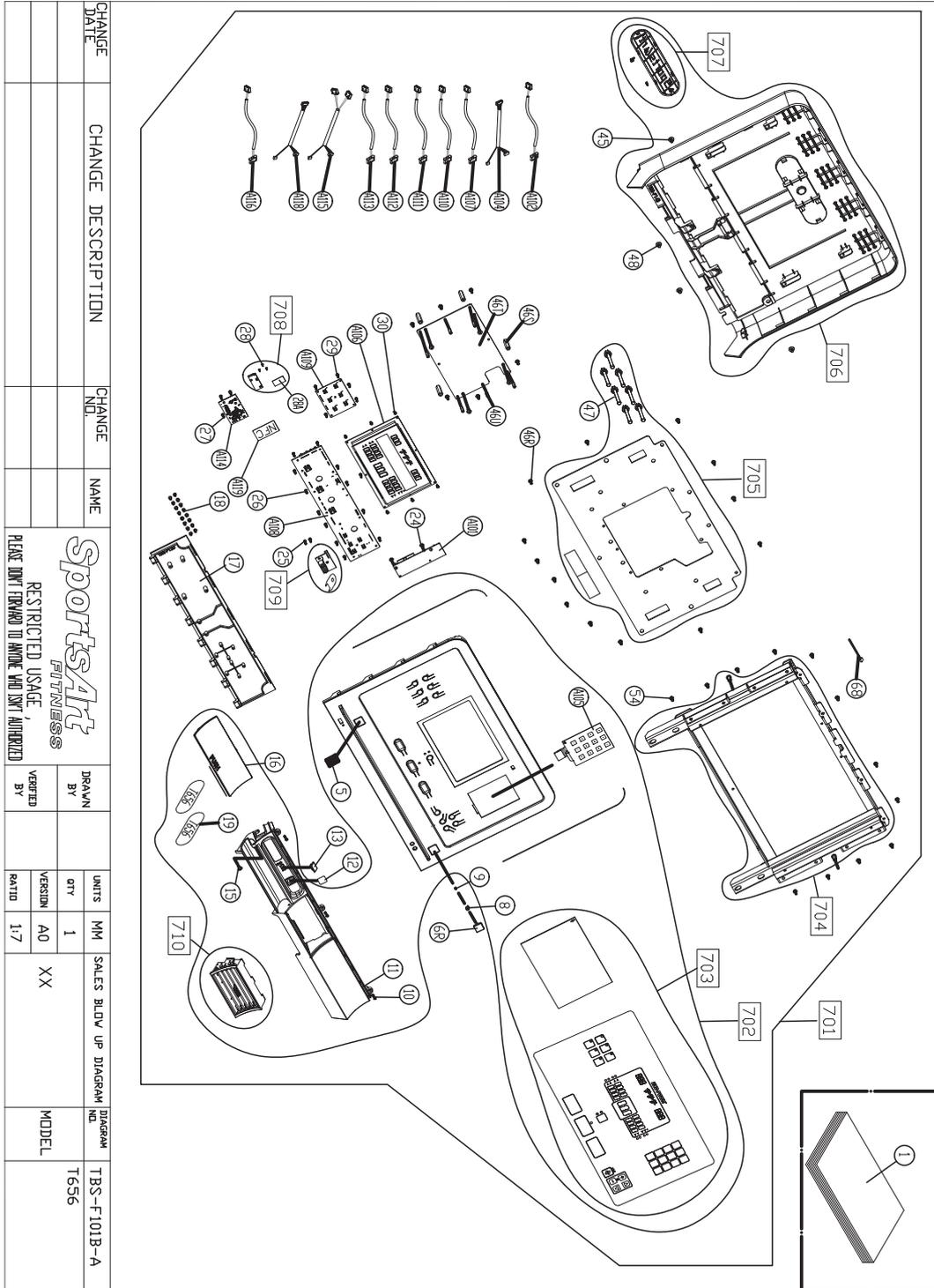
SportsArt
FITNESS

RESTRICTED USAGE,
PLEASE INQ. FORWARD TO MANUF. WHO INQ. AUTHORIZED

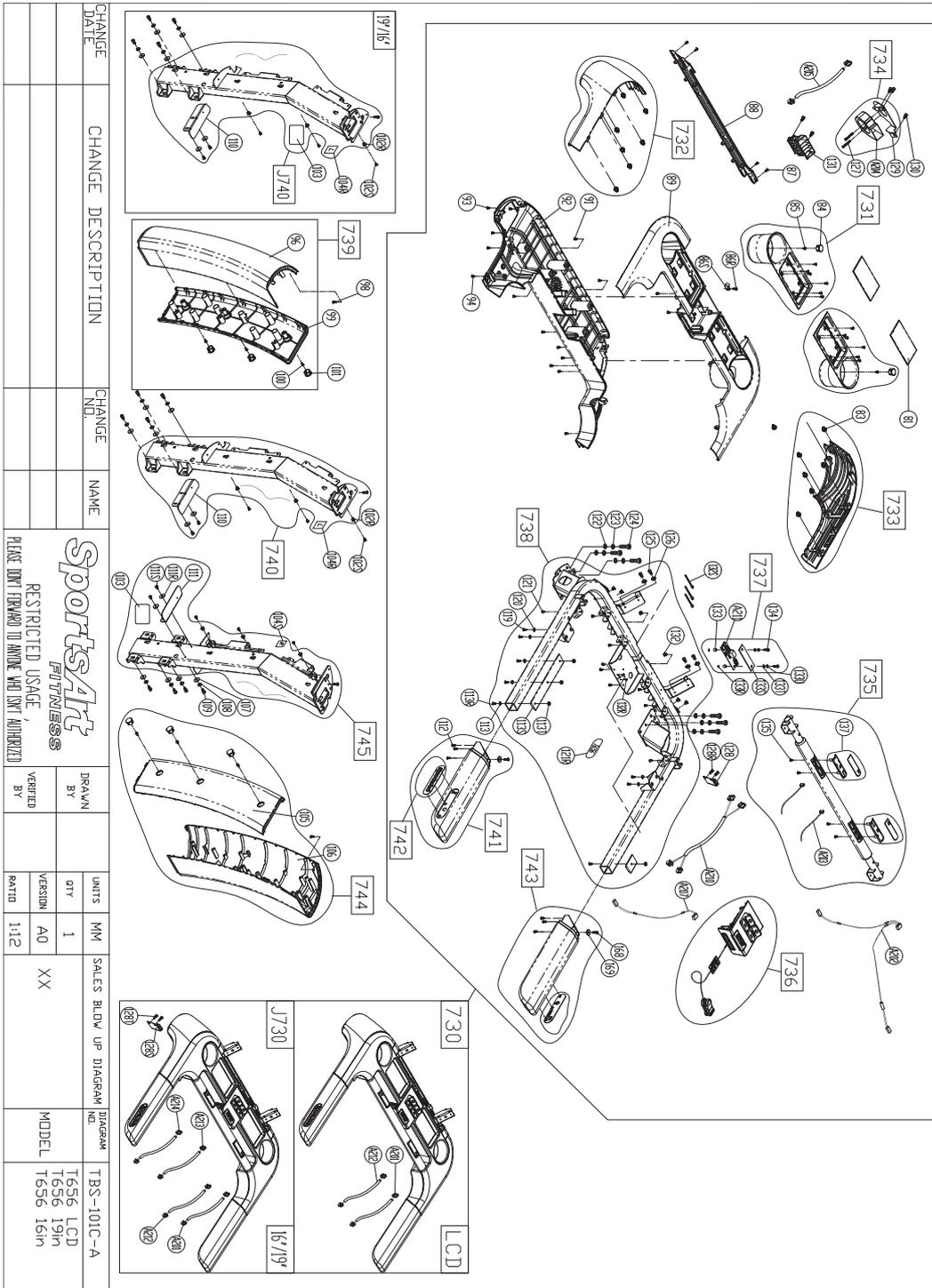
DRAWN BY	UNITS	MM	SALES BLDG	UP	DIAGRAM NO.
VERIFIED BY	QTY	1	XX		TBS-F101A-A
	VERSION	A0			MODEL
	RATIO	1:1.2			T656

T701	Hardware kit
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	

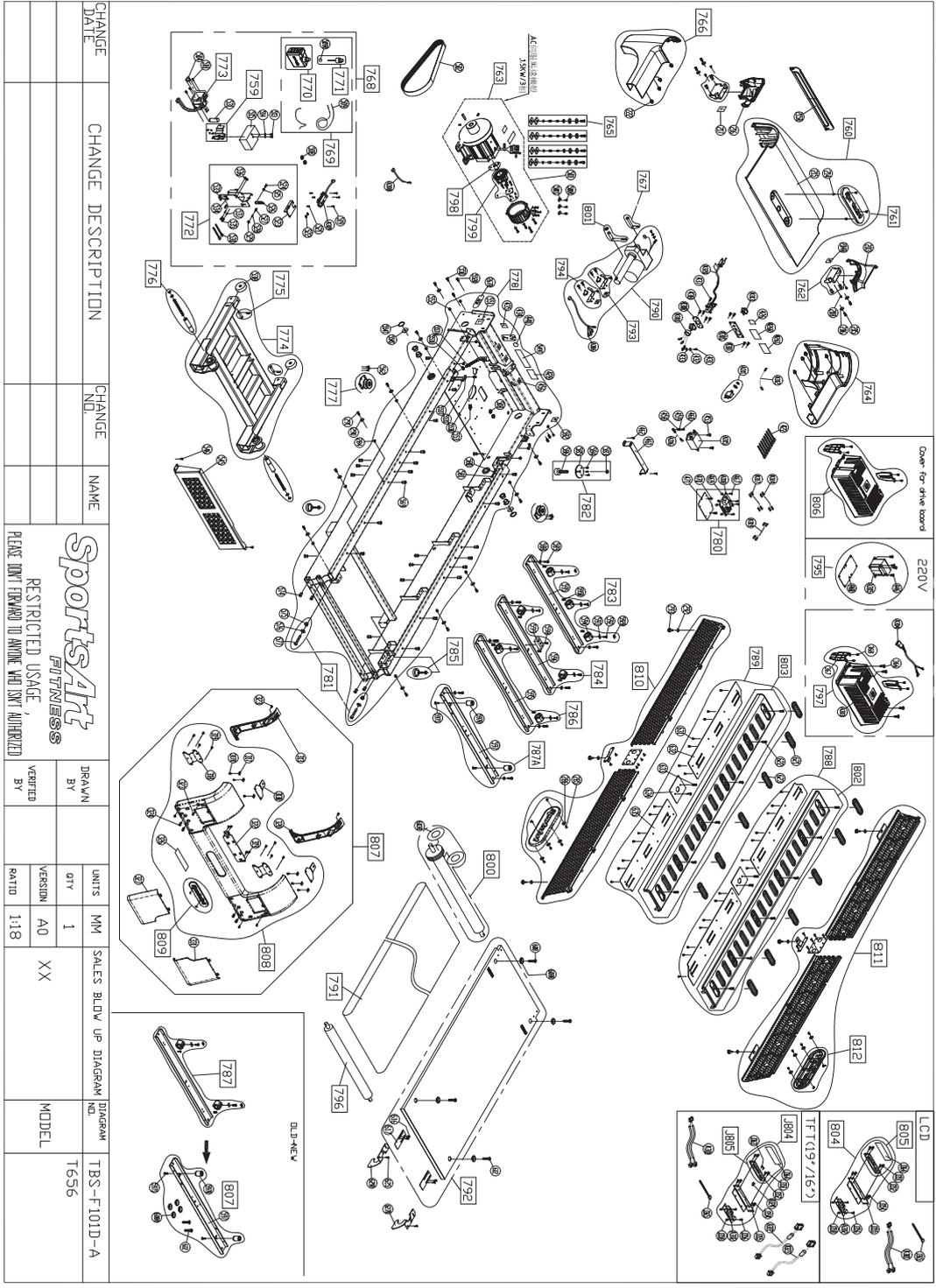
APPENDIX Exploded Diagram



APPENDIX Exploded Diagram



APPENDIX Exploded Diagram



CHANGE DATE	CHANGE DESCRIPTION	CHANGE NO.	NAME

		RESTRICTED USAGE, PLEASE DON'T FORWARD TO ANYONE WHO IS NOT AUTHORIZED	
DRAWN BY	UNITS	MM	SALES BLOW UP DIAGRAM NO.
VERIFIED BY	QTY	1	
	VERSION	A0	XX
	RATIO	1:18	
	MODEL	TBS-F101D-A	

Your Authorized Distributor