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Congratulations on the purchase of your of a new motorized treadmill. To help to ensure the enjoyable and trouble-free operation of your new treadmill, we strongly suggest you read this manual carefully and follow its recommendations.

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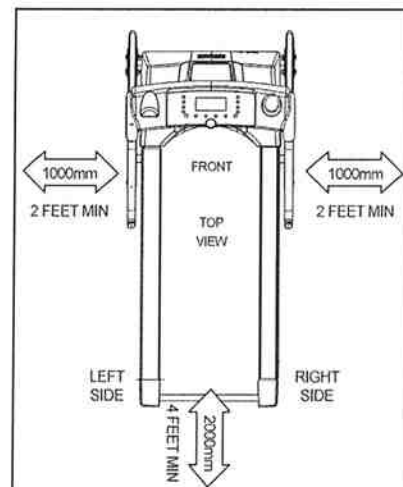
IMPORTANT SAFETY INSTRUCTIONS

DANGER

– To reduce the risk of electrical shock, always unplug this appliance from the electrical outlet immediately after using and before cleaning.

- ◆ Use this appliance only for its intended use as described in this manual.
- ◆ Do not use attachments not recommended by the manufacturer.
- ◆ To disconnect, turn all the controls to the off position, then remove the plug from the outlet.
- ◆ Connect this appliance to a proper grounded outlet only. See Grounding Instructions.
- ◆ This appliance is intended for household use.
- ◆ When you are not going to use your treadmill, or when finished, please remove the safety key from the console. Then always place the safety key where children can not reach.
- ◆ Do not use outdoors.
- ◆ Always unplug the treadmill from the outlet immediately after using, before cleaning, assembling or servicing.
- ◆ Never leave treadmill unattended when plugged in. disconnect by turning off the master power switch and unplug from the outlet.
- ◆ Never operate this treadmill if it has any damage to the lead or plug. Also if it is not operating correctly, has been dropped, damaged or if it has been exposed to water.
- ◆ Do not operate where aerosol products are being used or where oxygen is being administered.
- ◆ Don't pull the treadmill by its power cord or use the cord as a handle.
- ◆ Keep close supervision if the treadmill is being used by on near children, persons with disabilities or pets.
- ◆ Keep dry. Do not operate this treadmill in wet or moist conditions.
- ◆ Never insert any objects into any openings.
- ◆ To prevent injuries, always warm up your muscles before using the treadmill.
- ◆ Always attach the clip of the safety key to your body before inserting safety key. Please always wear safety key in case of an accident.
- ◆ MAX user weight: Please refer to the maximum user weight information on the treadmill before using.

- ◆ Keep unplugged and have the safety key out of reach of children, when not in use to prevent accidents.
- ◆ Keep electrical cord away from heated surfaces.
- ◆ Keep hands clear of all moving parts. Never place hands or feet under the treadmill.
- ◆ Each time you use the treadmill, check that the running belt is aligned and centered on the treadmill base and all visible fasteners on the treadmill are sufficiently tightened and secured.
- ◆ Be sure that the area around the treadmill remains clear during use and has adequate clearance. Keep the treadmill on a solid, level surface. At least 1000 mm/2 feet from any wall on either side.



NOTE:

Failure to follow this instruction may lead to personal injury or injury to others. It could also cause damage to the treadmill. To reduce the risk of burns, fire or electric shock, please follow these instructions.

ELECTRICAL GROUNDING INSTRUCTIONS

This product must be grounded. If it is malfunctioning or it breaks down, grounding provides the path of least resistance for the electrical current to reduce the risk of electrical shock. This treadmill is equipped with a cord having equipment grounding connector and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

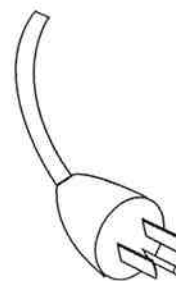
⚠ DANGER

Improper connection of the treadmill grounding connector can result in the risk of electrical shock. Check with a qualified electrician, if you are in doubt as to whether the product is properly grounded. Don't modify the plug provided with the treadmill. If it won't fit your outlet, have a properly grounded outlet installed by a qualified electrician.

Please pay attention, the power cable needs strictly an individual power source. It can not use the same power supply with any other equipment.

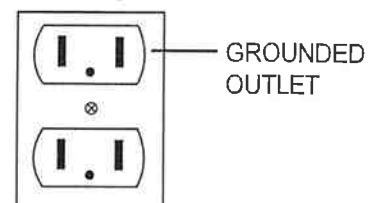
⚠ WARNING

Never use extension cords between the treadmill and the wall outlet. If there is any damage to the cables, please contact the service center. Parts should be replaced by an authorized technician.



GROUNDING PIN

Figure
Grounding methods

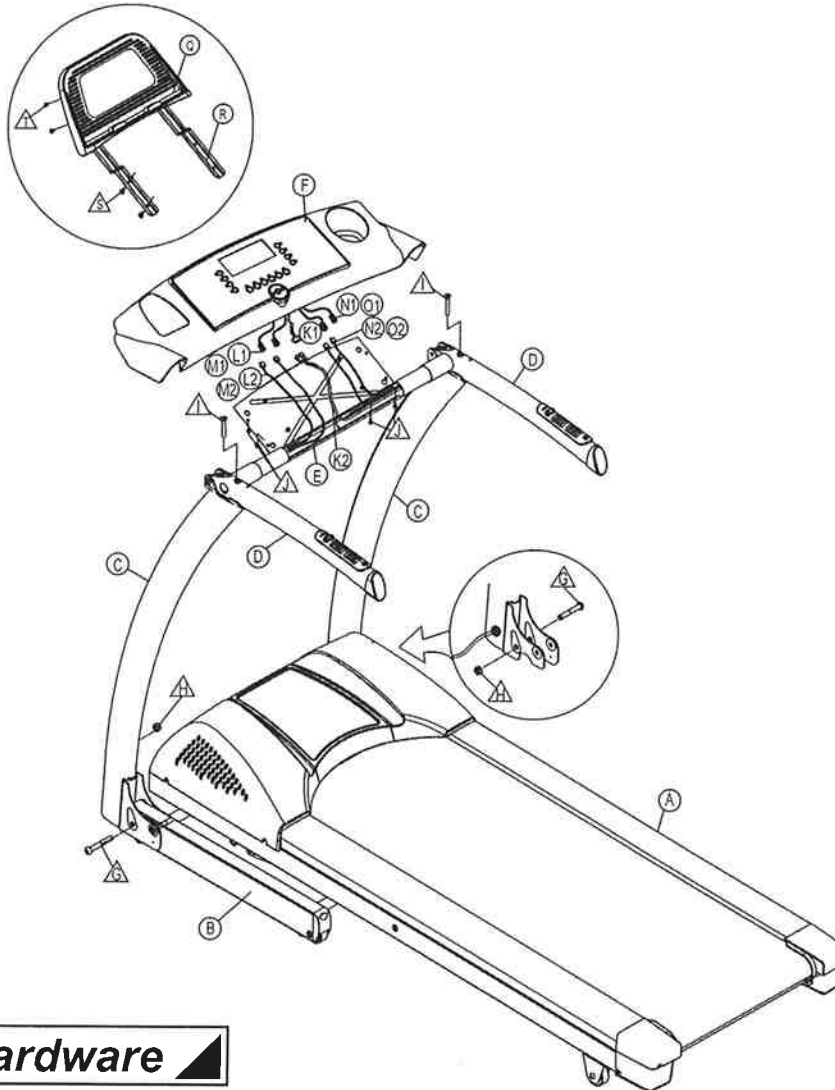


MA200X ASSEMBLY INSTRUCTION

⚠ WARNING

After unpacking the fitness equipment, examine it carefully for possible damage. If there is any damage or there are missing parts, please contact your retailer or an authorized repair facility for assistance.

1. Since your treadmill is a heavy piece of equipment, we recommend the after taking off the top portion of the box; you slit the corners of the lower carton and fold down the sides. This will eliminate the need to pick up the treadmill over the sides of the box.
2. Prior to starting the assembly process take all the parts out of the box, remove all plastic bags, and then lay them out on the floor to become familiar with the components. Make sure that you remove all parts packaged underneath the treadmill. You may need to slightly pick up the back of the treadmill to get better access to the parts on the bottom. You will notice that the treadmill is completely assembled except for the handle bars and the display window.



Parts

- (A) Frame
- (B) Base Frame
- (C) Support Handle
- (D) Handlebar
- (E) Console Bracket
- (F) Console
- (K1) PCB Console Plug
- (K2) PCB Console Wire
- (L1) Incline Control Plug
- (L2) Incline Control Wire
- (M1) Hand Pulse Cable L Plug
- (M2) Hand Pulse Cable L Wire
- (N1) Hand Pulse Cable R Plug
- (N2) Hand Pulse Cable R Wire
- (O1) Speed Control Plug
- (O2) Speed Control Wire
- (Q) Book Holder
- (R) Book Holder Bracket (2PCS)
- (S) Screw M5 X 10L (4PCS)
- (T) Screw M4 X 8L (4PCS)

Hardware

Screws already in place on the treadmill:

M10 X 60L (2pcs) Screw (S)	M10 X 10t (2pcs) Nylon nut (A)	M4 X 10L (4pcs) Screw (T)	M8 X 15L (4pcs) Screw (P)
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Screws in the plastic bag:

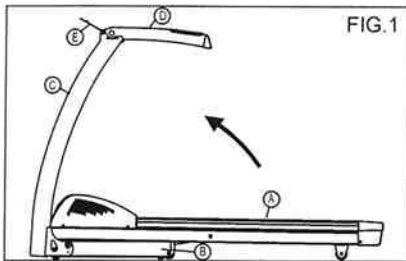
M8 X 70L (2pcs) Screw (T)

Tools:

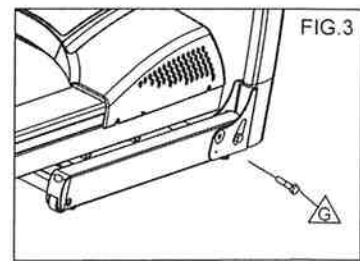
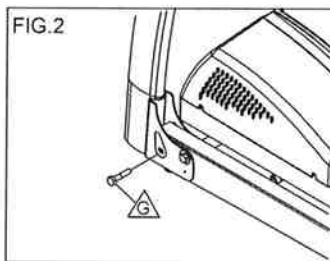
Wrench-6mm 	Wrench-5mm 	Wrench
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MA200X ASSEMBLY INSTRUCTION

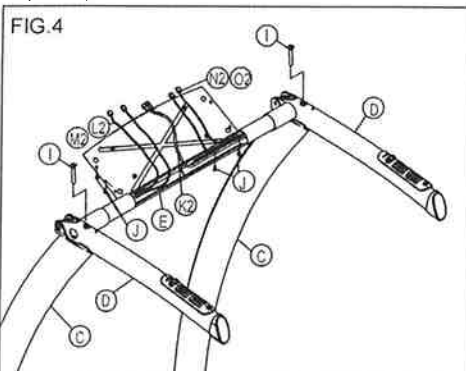
STEP 1: Handlebar support post assembly



1. Remove the screw $\triangle G$, and nut $\triangle A$ from both left and right sides of base frame.
2. Raise the support handle and handle bar. (FIG.1)

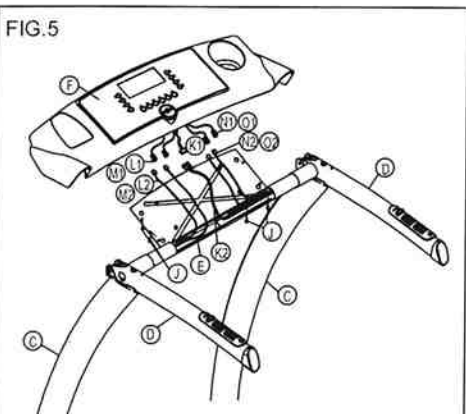


3. Refit the screw $\triangle G$, and nut $\triangle A$ to both the left and right sides of base frame and tighten. (FIG.2 , FIG.3)



STEP 2: Handlebar assembly

1. Place handlebars onto the support bars, Tighten the screws $\triangle A$ to both the left and right sides.
2. Rotate console tube to have console bracket in the proper position. (FIG.4)



STEP 3: Console assembly

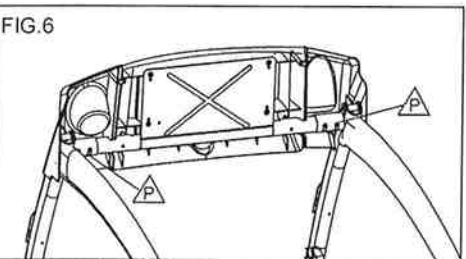
1. Hold console on console tube as illustration.
2. Connect PCB wires $\textcircled{K1}$ $\textcircled{K2}$.
3. Connect hand pulse wires $\textcircled{M1}$ $\textcircled{M2}$, $\textcircled{N1}$ $\textcircled{N2}$.
4. Connect the Speed Control wires $\textcircled{O1}$ $\textcircled{O2}$.
5. Connect the Incline Control wires $\textcircled{L1}$ $\textcircled{L2}$.

Note: Insert excess wiring into right side of console tube.

6. Fix console on bracket by tightening 4 screws $\triangle A$. (FIG.5)

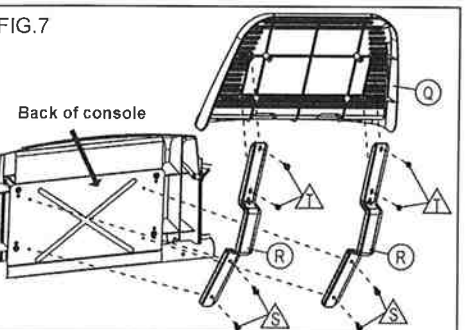
Warning:

Make sure all the cables/wires are not pinched when the console screws are tightened.



STEP 4: Complete assembly

1. Make sure side racks are fitted properly on handlebars. If necessary, rotate console tube to get correct position for console/racks on handlebars.
2. Tighten 4 screws $\triangle A$ under both sides of console tube. (FIG.6)



STEP 5: Book holder assembly

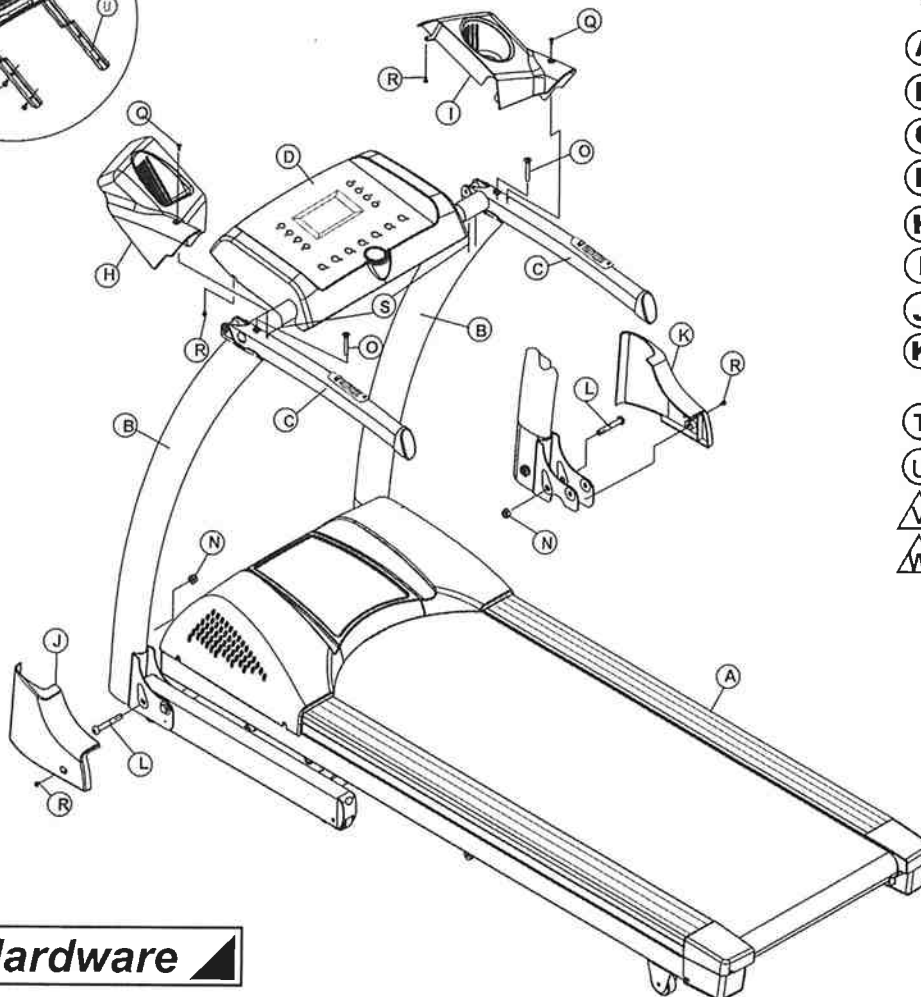
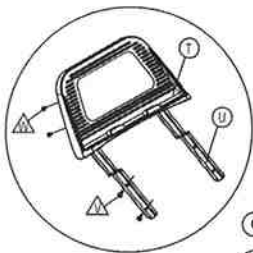
1. Fix the book holder brackets \textcircled{R} with 4 screws $\triangle A$ (round hole) and secure it on the back of the console.
2. Place the book holder \textcircled{Q} on the book holder bracket \textcircled{R} , secure it from the back of bracket with 4 screws $\triangle A$ (rectangular hole). (FIG.7)

MA300X ASSEMBLY INSTRUCTION

⚠ WARNING

After unpacking the fitness equipment, examine it carefully for possible damage. If there is any damage or there are missing parts, please contact your retailer or an authorized repair facility for assistance.

1. Since your treadmill is a heavy piece of equipment, we recommend the after taking off the top portion of the box; you slit the corners of the lower carton and fold down the sides. This will eliminate the need to pick up the treadmill over the sides of the box.
2. Prior to starting the assembly process take all the parts out of the box, remove all plastic bags, and then lay them out on the floor to become familiar with the components. Make sure that you remove all parts packaged underneath the treadmill. You may need to slightly pick up the back of the treadmill to get better access to the parts on the bottom. You will notice that the treadmill is completely assembled except for the handle bars and the display window.



Parts

- (A) Frame
- (B) Support Handle
- (C) Handlebar
- (D) Console
- (H) Left Rack
- (I) Right Rack
- (J) Left Cover
- (K) Right Cover
- (T) Book Holder
- (U) Book Holder Bracket (2PCS)
- (V) Screw M5 X 10L (4PCS)
- (W) Screw M4 X 8L (4PCS)

Hardware

Screws already in place on the treadmill:

M10 X 60L (2PCS) screw (V)	M10 X 10t (2PCS) nylon nut (N)	M8 X 15L (4PCS) screws (S)	Ø4.1 X 5/8L (2PCS) screws (Q)	M4 X 10L (2PCS) screws (R)
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Screws in the plastic bag:

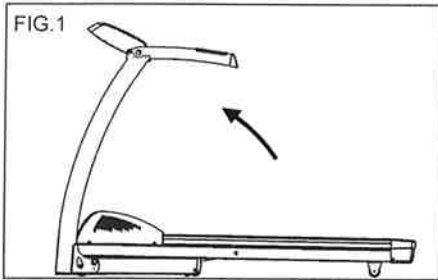
M8 X 70L (2PCS) screws (Q)	M4 X 10L (2PCS) screws (R)
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Tools:

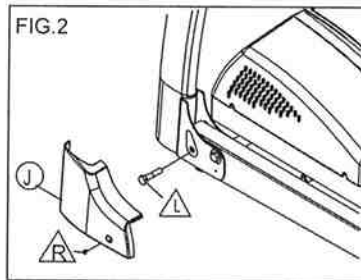
Wrench-6mm 	Wrench-5mm 	Wrench
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MA300X ASSEMBLY INSTRUCTION

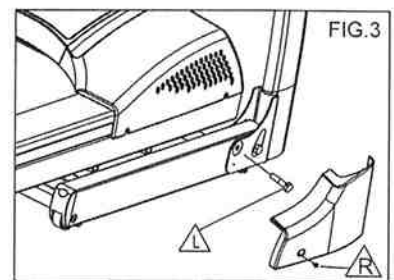
STEP 1: Handlebar support post assembly



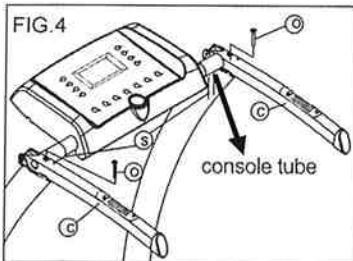
1. Remove the screw and nut from both left and right sides of base frame.
2. Raise the support handle and handle bar. (FIG.1)



3. Refit the screw and nut to both the left and right sides of base frame and tighten.
4. Attach right base cover on base frame and tighten the screw . Repeat same step for left side. (FIG.2, FIG.3)

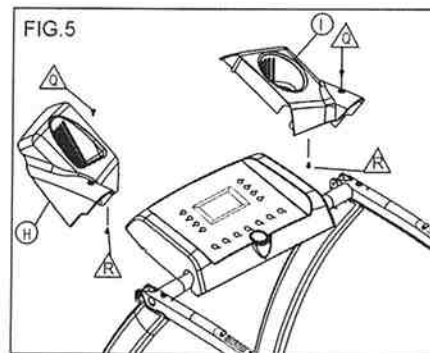


STEP 2: Handlebar assembly



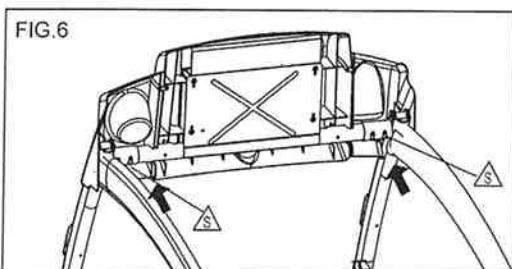
1. Place handlebars onto the supportbars. Tighten the screw to both the left and right sides.
2. Rotate console tube to have console bracket in proper position. (FIG.4)

STEP 3: Cup holder assembly



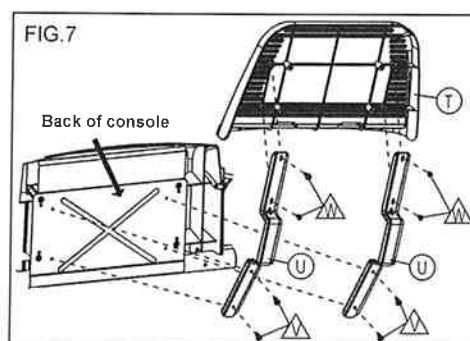
1. Attached right rack on console tube and right handle bar. Rotate console tube if necessary to make sure the rack is fit on handle bar.
2. Attached screw from top rack on handle bar and tighten.
3. Attached screw from bottom of rack connected to console.
4. Repeat the above steps to fix left rack on handle bar. (FIG.5)

STEP 4: Complete assembly



- Make sure console and racks are fit properly. Tighten 4 screws under both sides of console tube. (FIG.6)

STEP 5: Book holder assembly



1. Fix the book holder brackets with 4 screws (round hole) and secure it on the back of the console.
2. Place the book holder on the book holder bracket , secure it from the back of bracket with 4 screws (rectangular hole).

MA200X CONSOLE OPERATION

Button description

START / STOP :

This will start the treadmill and this will stop the treadmill.
There will also be an emergency stop switch. (Safety key)

INCLINE up ▲ :

This will select program / level in setting mode before starting.
This will increase the elevation by one increment at a time.

INCLINE down ▼ :

This will select program / level in setting mode before starting.
This will decrease the elevation by one increment at a time.

SPEED up ▲ :

This will select program / level in setting mode before starting.
This will increase the speed by one increment at a time.

SPEED down ▼ :

This will select program / level in setting mode before starting.
This will decrease the speed by one increment at a time.

MODE :

This will accept programs / levels selection. And this will switch display data on the data window during your exercise.

RESET : This will reset programs.

Quick keys for incline : 4, 6, 8, 10 increment.

Quick keys for speed : 4, 6, 8, 10km/hr or 3, 4, 5, 6 mph

Handlebar toggle for incline / speed adjustment :

Left handlebar = For incline adjustment. Increase or decrease by 1 every time.

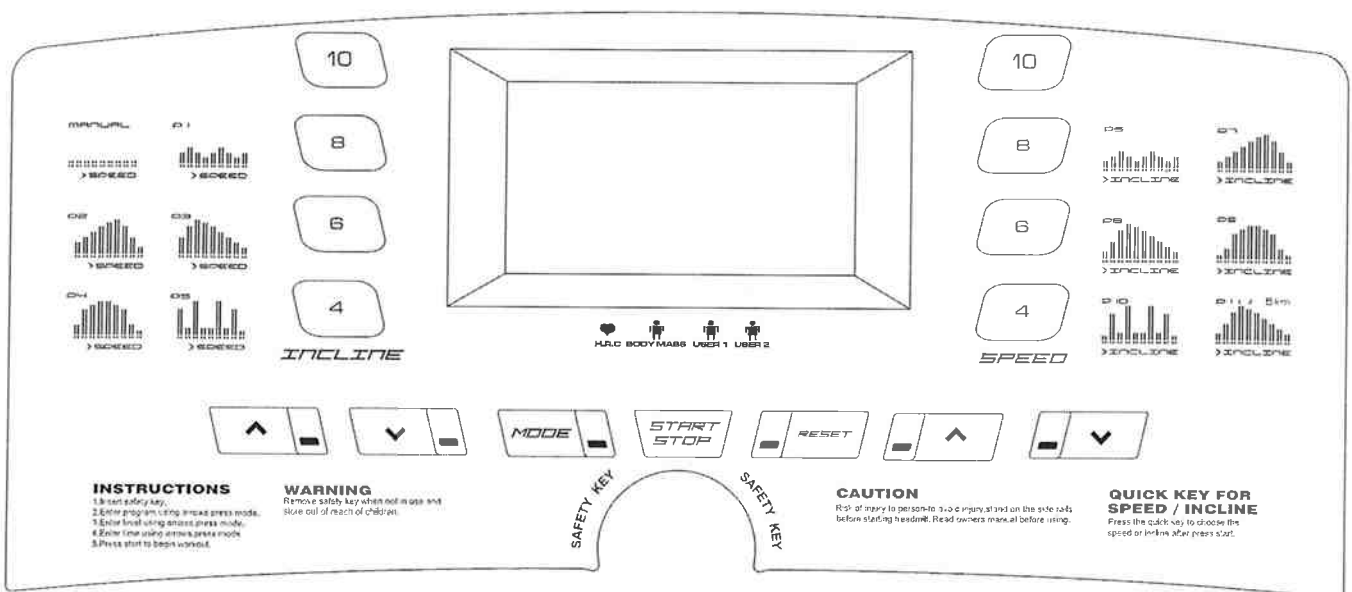
Right handlebar = For speed adjustment. Increase or decrease by 0.1 km/h or 0.1 mph every time.

Display

Windows : The display is 1 LCD windows.

Data window :

Time : 88:88
Distance : 888
Cal : 8888
Pulse : 888
Incline : 88
Speed : 88.8



MA300X

CONSOLE OPERATION

Button description

START / STOP :

This will start the treadmill and this will stop the treadmill.
There will also be an emergency stop switch. (Safety key)

INCLINE up ▲ :

This will select program / level in setting mode before starting.
This will increase the elevation by one increment at a time.

INCLINE down ▼ :

This will select program / level in setting mode before starting.
This will decrease the elevation by one increment at a time.

SPEED up ▲ :

This will select program / level in setting mode before starting.
This will increase the speed by one increment at a time.

SPEED down ▼ :

This will select program / level in setting mode before starting.
This will decrease the speed by one increment at a time.

MODE :

This will accept programs / levels selection. And this will switch display data on the data window during your exercise.

RESET : This will reset programs.

Quick keys for incline : 4, 6, 8, 10 increment.

Quick keys for speed : 4, 6, 8, 10 km/hr or 3, 4, 5, 6 mph

Handlebar toggle for incline / speed adjustment :

Left handlebar = For incline adjustment. Increase or decrease by 1 every time.

Right handlebar = For speed adjustment. Increase or decrease by 0.1 km/h or 0.1 mph every time.

Display

Windows : The display is 1 LCD windows.

Data window :

Time : 88:88

Distance : 888

Cal : 8888

Pulse : 888

Incline : 88

Speed : 88.8

Audio in/out (Option)

There is a 3.5 mm audio in and audio out socket installed on this console.

Audio in socket :

It supports all kinds of devices/mp3 with 3.5 mm connector and plays through the speaker on the console.

Note: Volume is controlled by your device/mp3.

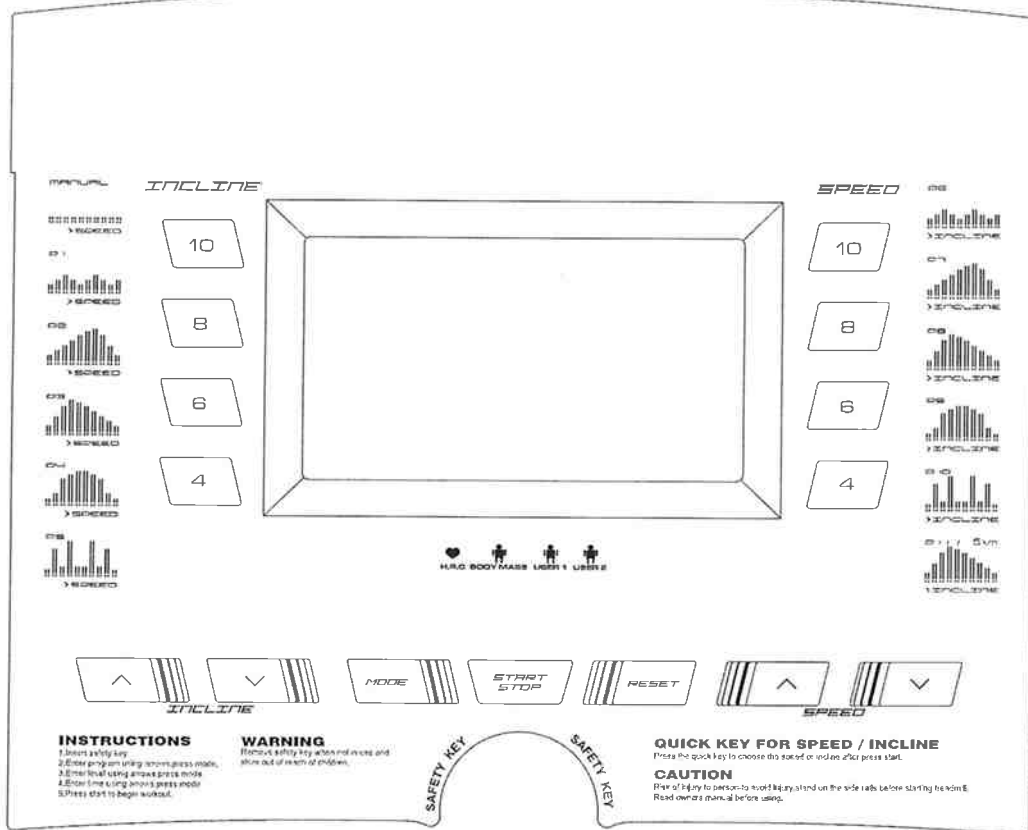
Audio out socket :

It supports all kinds of speaker and earphone with 3.5 mm connector.

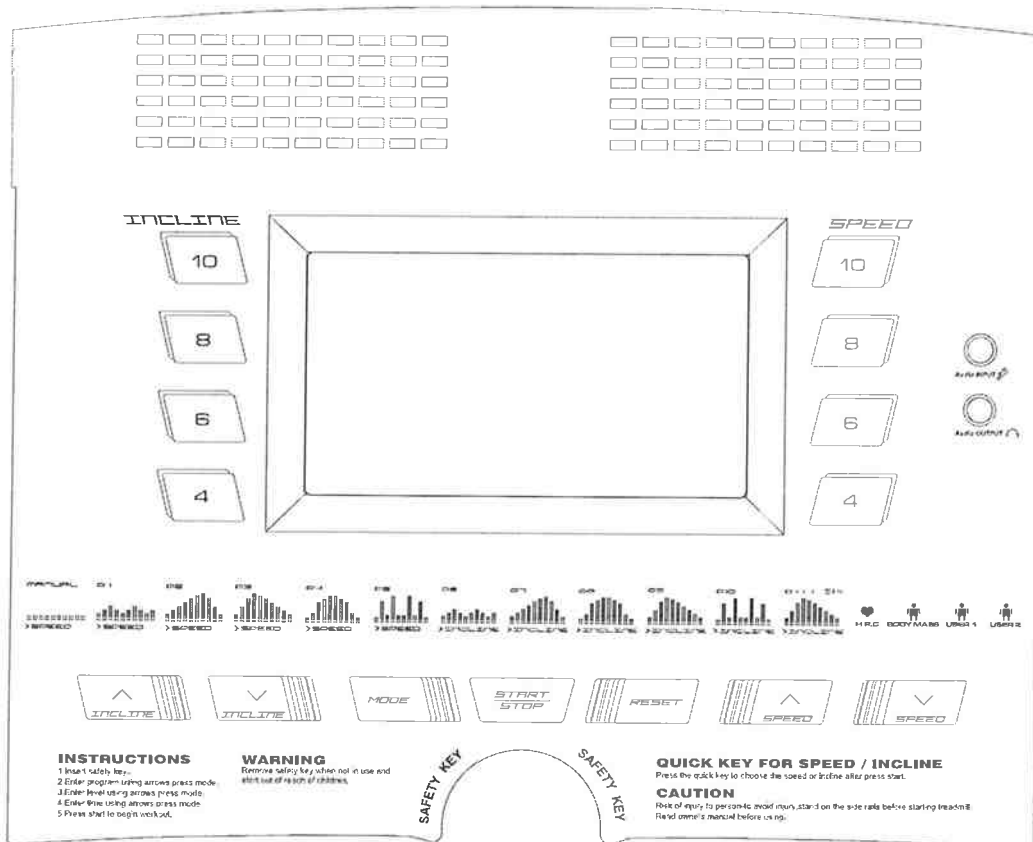
Note: The output volume is controlled by the device/mp3 or speaker. There are no volume controls on the console.

MA300X CONSOLE OPERATION

MA300X



MA300X Audio in / out (Option)



MA200X/300X CONSOLE OPERATION

Program operation and instruction

Under standby status, press the **MODE** button, then press the **SPEED** up / down (**INCLINE** up / down) button to enter the program setting. Program in sequence as below : Manual run "P1~P11" → "USER1~USER2" → "H.R.C" → "BODY MASS", when you have chosen desired program, press the **MODE** button to enter detailed setting.

1. Manual mode :

- (1) Under program setting, press the **SPEED** up / down (**INCLINE** up / down) button to return to manual mode.
- (2) Press the **START** button, after a 3-second countdown and then the motor starts to run.
- (3) a. After a 3-second countdown, if the time setting is 0 then it will start counting, when time has reached (99:00), the motor will stop.
b. If time setting is 1 or more it's countdown, when the time reaches (00:00) the motor will stop.
- (4) Press the **START/STOP** button when the motor is running it shuts down the motor and incline motor and console shows "PAUSE"; if you press the **START** button again, after a 3-second countdown and then the motor will start to run.
- (5) Under Manual mode, time display on the console will start to flash, press the **SPEED** up / down (**INCLINE** up / down) button to set the workout time and complete time setting and press the **START** button to start your workout.

2. Program mode :

Time display in console will flash, each time by pressing it, time will increase or decrease by 1 min (P1~P10). You can press the **MODE** button to enter time setting with in P1~P10. In P11 you set the distance.

Speed control (P1~P5) :

- (1) When in program setting, press the **SPEED** up / down (**INCLINE** up / down) button to choose desired program.
- (2) Press the **MODE** button to move to profile setting, press the **SPEED** up / down (**INCLINE** up / down) button to set levels.

Incline control (P6~P10) :

- (1) When in program setting, press the **SPEED** up / down (**INCLINE** up / down) button to choose desired program.
- (2) Press the **MODE** button to move to profile setting, press the **SPEED** up / down (**INCLINE** up / down) button to set levels.

Distance control (P11) :

- (1) When in program setting, press the **SPEED** up / down (**INCLINE** up / down) button to choose desired program.
- (2) Press the **MODE** button to move to profile setting, press the **SPEED** up / down (**INCLINE** up / down) button to set levels.
- (3) Time is unable to set, but you can set the distance, Default = 5K (1~20km) / 3mile (0.6~12mile)

User mode

- (1) Press the **MODE** button to move to time setting (Default : 24), then press the **SPEED** up / down (**INCLINE** up / down) button to set time in sequence.
- (2) Press the **MODE** button to enter incline and speed setting (12 sequences).
- (3) Incline display in console shows current incline level, press the **INCLINE** up / down button to set required incline level.
- (4) Speed display in console shows current incline level, press the **SPEED** up / down button to set required speed, press the **MODE** button to enter next incline and speed stng and so on.
- (5) Press the **MODE** botton to show setting process, Ex. time → SE01 → SE02 → → SE12 → to enter time counting automatically.

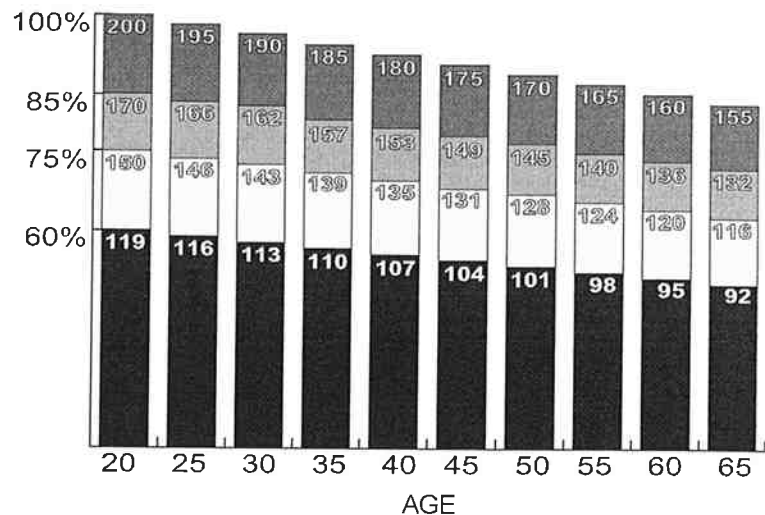
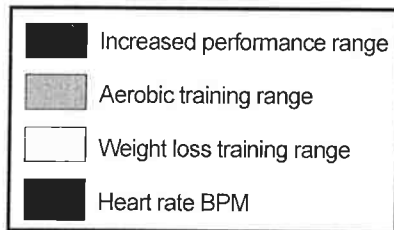
MA200X/300X CONSOLE OPERATION

Heart rate mode

Target Heart Rate Program - This program automatically modifies the speed program and the incline to maintain a preset target heart rate. This target is established in the set up process. The chart on this owner's manual should be used to determine the appropriate target heart rate. To set up the target heart rate program, you will need to enter the workout time, your age and your target heart rate.

- (1) Press the **MODE** button, press the **SPEED** up / down (**INCLINE** up / down) button to choose HRC.
- (2) Press the **MODE** button, for Time, press the **SPEED** up / down (**INCLINE** up / down) button to choose desired time.
Default= 24 minutes (12~99minutes)
- (3) Press the **MODE** button, for Age, press the **SPEED** up / down (**INCLINE** up / down) button to choose correct age.
Default= Age 30 (Age 10~99)
- (4) Press the **MODE** button, for Heart Rate, press the **SPEED** up / down (**INCLINE** up / down) button to use the target HR chart for your settings. Use up and down for desired setting. Default= 114 bpm (80~180 bpm)
- (5) Press the **MODE** button, for Speed, use up and down to get your desired speed.
- (6) Press the **START/STOP** button, the Warm up function will run for 3 minutes at 3 km/h or 2 mph and at the incline level of 5.
- (7) After the Warm up is finished the program will start and will check your heart rate after 5 seconds.
- (8) If it does not read the heart rate signal in 30 seconds after Warm up, the motor will stop and goes into run-end mode.

TARGET HEART RATE CHART



Wireless Heart Rate Chest Strap (Optional) : The most accurate way to read your heart rate is by using a wireless heart rate transmitter. Prior to wearing the strap, moisten the two contact pads with several drops of water and spread the water over the pads with your fingers. When you put on the strap, center the transmitter strap below the breast or pectoral muscles, over your sternum. Adjust the elastic strap so the belt fits snugly and stays in place.

MA200X/300X CONSOLE OPERATION

Body mass index mode

- (1) Press the **MODE** button, press the **SPEED** up / down (**INCLINE** up / down) button to choose Body Mass.
- (2) Press the **MODE** button, for which Sex (M) Male or (F) Female use the **SPEED** up / down (**INCLINE** up / down) button to select.
- (3) Press the **MODE** button, CM or IN, for height, use the **SPEED** up / down (**INCLINE** up / down) button to set.
Default= 170 cm / 5'07" (120~250 cm / 3'11"~8')
- (4) Press the **MODE** button, KG or LB, for weight, use the **SPEED** up / down (**INCLINE** up / down) button to set.
Default= 70 kg / 155 lb (20~200 kg / 44~440 lb)
- (5) Press the **MODE** button, for AGE, use the **SPEED** up / down (**INCLINE** up / down) button to set.
Default= Age 30 (Age 10~99)
- (6) When all settings are completed, the console will show P – Hold.
- (7) Place your hands on the Heart rate sensors on the handle bars.
- (8) Under Body Mass mode, the console will constantly read your heart rate for 25 seconds. Then you will be able to read your Body Mass Index. If the console can't read it, E4 will show on the screen.

Body Mass Program

Body Mass Index B.M.I. – is a scientific measure that uses the ratio of height and weight. It is a general measure of health risk, but does not take into account lean body mass. As a result, a healthy muscular individual with very low body fat can be classified as overweight. The following are the general range of B.M.I. measurements:

Below 20	Lean - If you are not an athlete you should consider gaining weight through good diet and exercise.
Between 21 and 24	Ideal - Indicates a healthy amount of body fat and the lowest incidence of serious illness.
Between 25 and 29	Slightly overweight - Increased risk for a variety of illnesses. You should find ways to reduce your weight through diet and exercise.
Over 30	Overweight - Indicates an unhealthy condition with a higher risk of heart disease, diabetes, high blood pressure, gall bladder disease and some cancers. You should focus on losing weight by changing your diet and increasing levels of exercise.

PRESET PROGRAM

Under preset programs, the preset workout time is 24 minutes. You can adjust the workout time while in set program mode.

MA200X / 300X

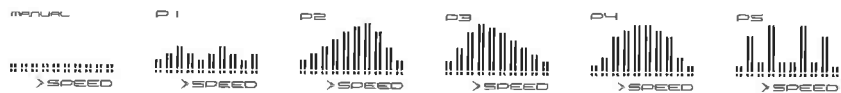
Km/h SPEED PROGRAM

	P1			P2			P3			P4			P5		
	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3
Interval 1	2	3	4	2	3	4	2	3	4	1	2	3	1	2	3
Interval 2	2	3	4	3	4	5	4	5	6	3	4	5	7	8	9
Interval 3	3	4	5	4	5	6	6	7	8	6	7	8	2	2	2
Interval 4	4	5	6	5	6	7	8	9	10	7	8	9	9	10	11
Interval 5	3	4	5	6	7	8	8	9	10	7	8	9	9	10	11
Interval 6	2	3	4	7	8	9	7	8	9	8	9	10	2	3	4
Interval 7	3	4	5	7	8	9	7	8	9	8	9	10	2	3	4
Interval 8	4	5	6	8	9	10	6	7	8	7	8	9	9	10	11
Interval 9	3	4	5	8	9	10	5	6	7	7	8	9	9	10	11
Interval 10	2	3	4	6	7	8	4	5	6	6	7	8	2	2	2
Interval 11	3	4	5	4	5	6	3	4	5	3	4	5	7	8	9
Interval 12	2	3	4	2	3	4	2	3	4	1	2	3	1	2	3

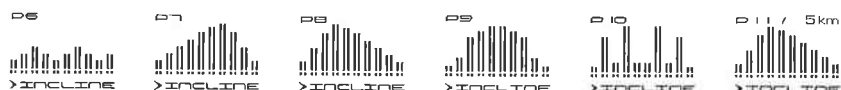
INCLINE PROGRAM

	P6			P7			P8			P9			P10			P11		
	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3
Interval 1	2	3	4	2	3	4	2	3	4	1	2	3	1	2	3	2	3	4
Interval 2	2	3	4	3	4	5	4	5	6	3	4	5	7	8	9	4	5	6
Interval 3	3	4	5	4	5	6	6	7	8	6	7	8	2	2	2	6	7	8
Interval 4	4	5	6	5	6	7	8	9	10	7	8	9	9	10	11	8	9	10
Interval 5	3	4	5	6	7	8	8	9	10	7	8	9	9	10	11	8	9	10
Interval 6	2	3	4	7	8	9	7	8	9	8	9	10	2	3	4	7	8	9
Interval 7	3	4	5	7	8	9	7	8	9	8	9	10	2	3	4	7	8	9
Interval 8	4	5	6	8	9	10	6	7	8	7	8	9	9	10	11	6	7	8
Interval 9	3	4	5	8	9	10	5	6	7	7	8	9	9	10	11	5	6	7
Interval 10	2	3	4	6	7	8	4	5	6	6	7	8	2	2	2	4	5	6
Interval 11	3	4	5	4	5	6	3	4	5	3	4	5	7	8	9	3	4	5
Interval 12	2	3	4	2	3	4	2	3	4	1	2	3	1	2	3	2	3	4

SPEED PROGRAM



INCLINE PROGRAM



Read the following carefully before using your treadmill

- ◆ Always stretch your muscles before commencing the exercise program. Warm up slowly by walking at a slow speed. Increase workout intensity gradually until you reach your desired workout pace. Decrease workout intensity gradually to an easy walk. Allow your heart rate to decrease to a normal situation.
- ◆ When starting the treadmill, always stand with both feet on the step on the side rails.
- ◆ When finishing, allow the running belt to slow down and come to a complete stop before stepping off.
- ◆ Wear comfortable nonrestrictive clothing when using the treadmill. Never wear anything loose, such as baggy sweat pants, necklaces, loose socks or jewelry. Never drape towels on or around the treadmill during use.
- ◆ Always use the handrail when stepping on or off the treadmill and when changing incline or speed.
- ◆ This treadmill is equipped with a safety key – Always clip the cord attached to the safety key to a part of your clothing so the safety key will properly detach from the computer console, therefore stopping the treadmill.
- ◆ Wear running or walking shoes with high traction soles. To avoid injury and unnecessary wear on your treadmill, be sure your shoes are free of any debris such as gravel or small rocks.

WARNING

If you feel dizzy, nausea, chest pain or other abnormal symptoms, **STOP** immediately. Consult a physician before continuing use.

Before completing an exercise session always

1. Allow time to slow your pace, cool down, reduce your heart rate to a normal level before completing your workout.
2. Grasp the handlebars and press the speed "▼" button. Slow your pace to an easy walk.
3. Ensure the running belt has come to a complete stop before exiting the treadmill.

WARNING

Turn off and unplug the treadmill before proceeding with any maintenance or visual inspections. Failure to do so may result in serious injury.

NOTE: Failure to perform this required periodic and preventative maintenance can void your warranty.

At the end of every exercise session always

1. Remove the safety key from the console.
2. Use the master power switch to turn the treadmill off. The master power switch is located on the right-hand side of the frame, next to the electrical cord.
3. Always position and store the electrical cord where it is clear of all pathways.
4. Unplug the electrical cord from the outlet. This is especially important if you are not going to use your treadmill for extended time period.
5. Wipe all treadmill surfaces with a dry cloth or towel especially perspiration on the handlebars, control panel, running belt or any other treadmill components.

MAINTENANCE

General cleaning

1. Before proceeding, ensure that the treadmill power is off and that it is unplugged from the electrical outlet.
2. Remove dust, use a small vacuum nozzle to carefully vacuum around all visual components.
3. To remove film or dirt use a slightly damp rag with a mild cleaning agent only.
4. Be careful not to immerse any treadmill components with any liquids.

Cleaning and inspecting the running belt

Turn off the power and unplug from the electrical outlet. Carefully position the treadmill on its side. Use a damp cloth to wipe off the inside of the running belt. Carefully rotate the running belt by hand to clean the entire inside surface. Return treadmill to its upright position. If running belt edge is frayed, check the running belts alignment. If seams are splitting, call your retailer or nearest authorized service center.

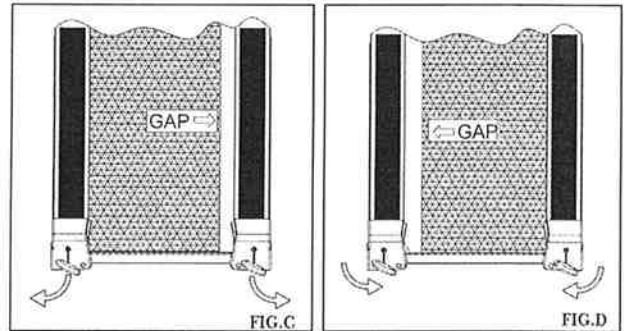
Aligning the running belt

Ensure the running belt is centered on your treadmill at all times. Running style and a non-level surface are two instances that may cause the belt to drift off center. Minor adjustments to the two bolts at the rear of the treadmill are necessary when the belt has drifted off center.

1. Press **"START"** to begin running belt, then increase the treadmill's speed to 5 km/h (3mph).
2. Stand at the rear of the treadmill to determine which direction the belt is drifting.
3. If the belt drifts to the left, turn the left adjustment bolt with #6

wrench a 1/4 of a turn clockwise. (FIG. C)

4. If the belt drifts to the right, turn the right adjustment bolt with #6 wrench a 1/4 of a turn clockwise. (FIG. D)
5. Observe the tracking of the belt for about 30 seconds. Repeat previous steps if needed.



Inspecting fasteners and cables

Check that all fasteners are properly tightened and all cables are securely in place. To avoid damaging fasteners do not over tighten.

Storage

Store your treadmill in a clean and dry environment. Ensure the master power switch is off and is unplugged from the electrical outlet.

Moving

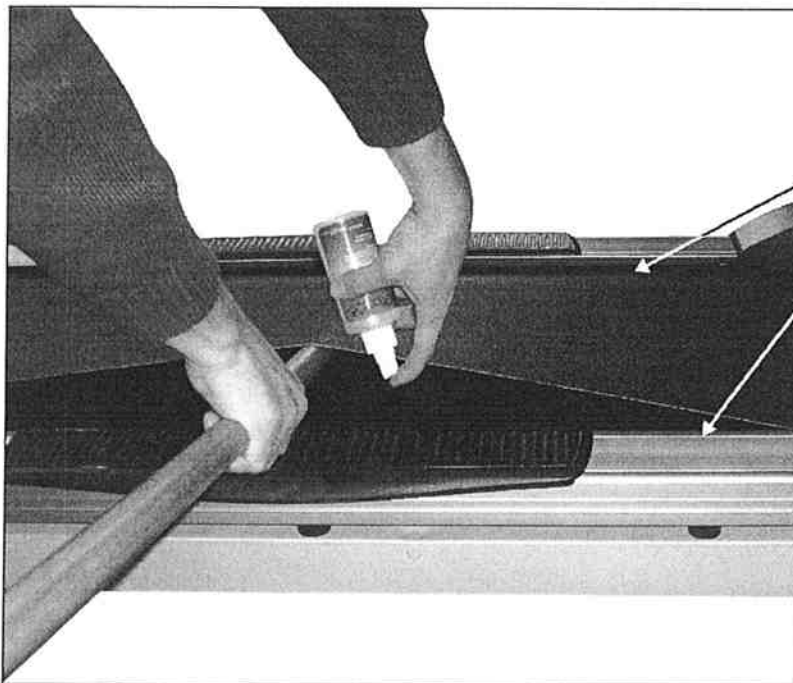
The treadmill has been designed and equipped with wheels for easy mobility. Before moving, ensure the master power switch is in the "OFF" position and the power cord is unplugged. Lift the base frame of the treadmill and then roll the treadmill to the desired position.

MAINTENANCE

Running belt lubrication

⚠ ATTENTION

Treadmill must be lubricated with 20ml of silicone once every 20 hours of use or once every two weeks. This is essential to maintain operation. To lubricate, insert broomstick or similar lever under mat and lift. Ensure lever is not sharp to protect smooth surface. Spray **20 pumps** or **10ml** from each side, ensuring the entire width of the deck is covered. remove broomstick, start treadmill and walk on for 1 minute.



Lift mat here

Spray 20 ml of
silicone under
mat onto deck

INFINTI or high quality silicone and only silicone must be used. WD40 & OLIS are not suitable. Silicone may be purchased from INFINTI or your dealer. If you are unsure about lubrication procedure, contact your local dealer.

If the mat is stuck under the siderail, use a blunt instrument like a screwdriver to dig it out. You may need to align the mat to the centre if too far to the side. Please see alignment instruction.

⚠ **WARNING!** **WARRANTY VOID** if treadmills are not maintained with silicone correctly.

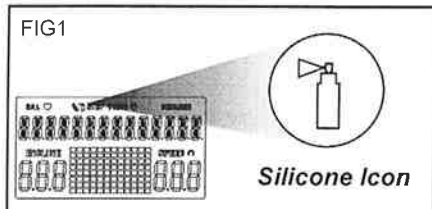
MAINTENANCE

Belt Lubrication

Use only 100% Silicone and avoid using aerosol silicone sprays which include additives and petroleum distillates. One ounce of Silicone should be used for each application.

Your treadmill running belt should be lubricated every 3 months (irregardless of use) or every 50 hours of use, whichever comes first. Even if the treadmill is not being used, silicone will dissipate over time and the belt will dry out.

Note: Even though the running belt is lubed from the manufacturer, it is not a bad idea to lubricate the running belt when first using the treadmill in case the belt has dried some between the dates the unit was manufactured and when it was purchased.



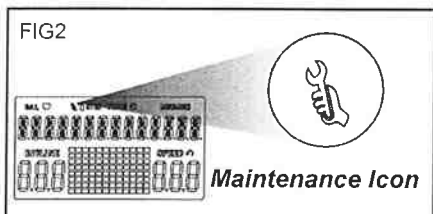
The Silicone icon in figure 1 will turn on in the display every 100 hours of use and is a reminder that it is time to lubricate the running belt. As indicated above it is best to lubricate the running belt every 50 hours of use. This is a reminder for the 2nd 50 hours. The icon will be in the display for 5 minutes and then it will turn off. To turn the icon off you can simply press the "Speed down" and "Incline down" buttons simultaneously till the icon goes off.

Apply the silicone directly to the deck surface or to the back white surface of the running belt. This may be accomplished by folding the treadmill and applying the silicone to the back of the belt from each back corner. Spray the silicone down and across the belt from each corner. Rotate the belt 1/2 of the circumference and repeat from each corner.

Note: When lubricating the belt, make sure the treadmill is located on a surface that can be easily cleaned. After lubricating your treadmill running belt, clean any excess silicone off the belt and frame.

Cleaning

It is recommended to wipe the treadmill down after each use to keep the treadmill clean and dry. A mild detergent may be used at times to help remove all dirt and salt from the belt, painted parts and the display.



The icon in figure 2 shows up in the display every 150 hours of use. This is a reminder to clean the unit really good. This cleaning would include removing the motor cover and cleaning around the motor and electronics. It is recommended to clean the motor compartment if the treadmill is in an area where there might be a lot of pet hair or plush carpet fibers that could get pulled up into the motor compartment. It is a good idea at this time to check and tighten all assembly hardware as well.

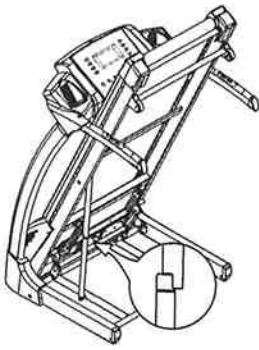
Warning: Unplug the Power Cord Before Removing the Motor Cover.

After cleaning and checking all assembly hardware, to turn the maintenance icon off, press the "Speed down" and "Incline down" buttons simultaneously till the icon turns off.

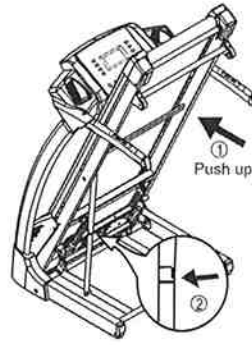
Note: If you do not use combined button "Speed Down" and "Incline Down" to reset, the console will display maintenance caution for 1 minute after turn on the treadmill. If you reset it by using combined button "Speed Down" and "Incline Down", then the caution will not be displayed after turn on the treadmill.

MAINTENANCE

Folding/unfolding (Soft drop function)



Fold up:
After the workout session, you can fold the treadmill to the upright position. Lift up the rear end of the treadmill until the upper and lower strut tube lock (click) into position.

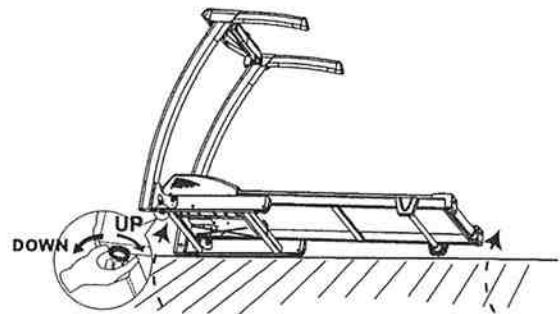


Release:
You can release the treadmill from the upright position.
1. Push the frame by hand.
2. Push (click) upper and lower strut tube with your foot.
3. Lower the treadmill by hand and it will drop automatically without any support.

Horizontal adjustment

To stabilize the treadmill on the floor, you can adjust the two screws located under the front of the base frame.

1. Lift the machine on one side and then turn the screw under the front of the base frame.
2. Turn the screws clockwise to make it screw up.
3. Turn the screw counterclockwise to make it screw down.



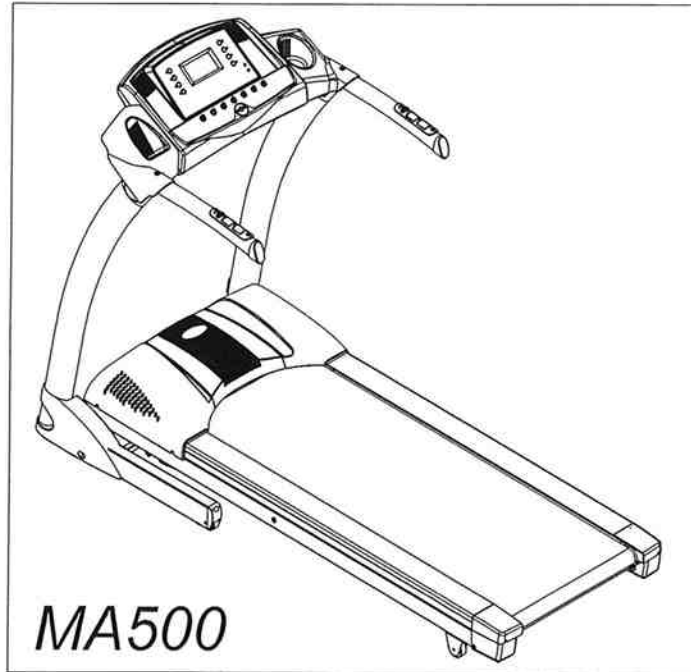
Trouble shooting with error codes

The electronics are continuously running self-tests. If it finds any irregularities, the electronics console will display an error code and stop normal operations for your safety.

Error codes description : E1 - Speed error E2 - Memory readout error E4 - Heart rate is not read from the heart rate sensors
E6 - Incline error E7 - Incline error E9 - Connection timed out

Error Code	Trouble shooting
E1	1. Check the speed sensor if it is damaged or well fixed; the speed sensor has to be fixed where it close to the magnet within 2-3mm. 2. Check the signal cable of speed sensor if it is well connected to the controller. To solve the problem, please reconnect the signal cable to the controller. 3. Please contact your local distributor for technical service.
E2	1. Check the EEPROM if it is well fixed. To solve the problem, please reconnect the EEPROM IC. 2. Check the EEPROM's pin if it is bent or well connected. To solve the problem, please reconnect the EEPROM IC. 3. Check the IC series number if it is correct. To solve the problem, please replace the EEPROM IC. 4. Please contact your local distributor for technical service.
E6	1. Reconnect the black cable and red cable of the incline motor. To solve the problem, please contrary reconnect the cable. 2. Reconnect the signal cable of incline motor. To solve the problem, please contrary reconnect the cable or replace the incline motor. 3. Please contact your local distributor for technical service.
E7	1. Check the VR of incline motor if it is well fixed. To solve the problem, please replace the incline motor. 2. Unable to read the electric potential variation of incline motor. To solve the problem, please replace the incline motor. 3. Please contact your local distributor for technical service.
E9	1. Upper control cable and lower control cable are not well connected. To solve the problem, please check the wiring circuit. 2. Please contact your local distributor for technical service.
N/A	The console is erratic or not lighting up: Check to make sure that the treadmill is properly plugged in, turn the power switch off and back on again and make sure the safety key is in place. If the problem persists contact your local distributor for technical service.
N/A	The belt does not stay in the center of the treadmill when in use: First check to make sure that the treadmill is level, then refer to the instructions in this manual on how to tension and adjust the belt.
N/A	The treadmill motor seems strained: The lubricating silicone that is applied to the deck and belt is wearing down and the belt needs to be lubricated with silicone spray.
N/A	The treadmill belt slips during use: The belt may need to be tensioned after a period of use. Refer to the Belt Tensioning and Adjustment Section of this manual.
N/A	Heart Rate is erratic or not picking up(Only with HRC program): Make sure your hands are moist (Aloe Vera helps). Make sure all connectors at the back of the console are properly connected and no wires are damaged. If wearing a chest strap make sure the batteries are good and that the electrodes are moist and position properly on your chest.

Table Of Contents



Congratulations on the purchase of your new motorized treadmill. To help to ensure the enjoyable and trouble-free operation of your new treadmill, we strongly suggest you read this manual carefully and follow its recommendations.

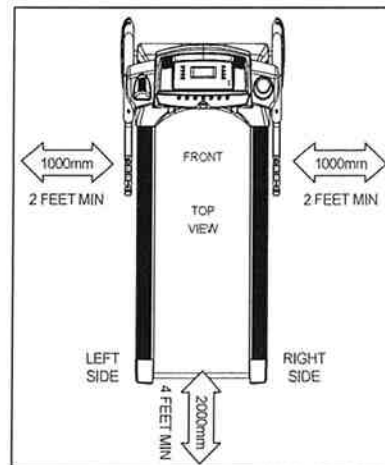
■ <i>Important Safety Instruction</i>	1	■ <i>Preset Program</i>	9
■ <i>Assembly Instruction</i>	2	■ <i>Utilization</i>	10
■ <i>Console Operation</i>	4	■ <i>Maintenance</i>	11

IMPORTANT SAFETY INSTRUCTIONS

DANGER – To reduce the risk of electrical shock, always unplug this appliance from the electrical outlet immediately after using and before cleaning.

- ◆ Use this appliance only for its intended use as described in this manual.
- ◆ Do not use attachments not recommended by the manufacturer.
- ◆ To disconnect, turn all the controls to the off position, then remove the plug from the outlet.
- ◆ Connect this appliance to a proper grounded outlet only. See Grounding Instructions.
- ◆ This appliance is intended for household use.
- ◆ When you are not going to use your treadmill, or when finished, please remove the safety key from the console. Then always place the safety key where children can not reach.
- ◆ Do not use outdoors.
- ◆ Always unplug the treadmill from the outlet immediately after using, before cleaning, assembling or servicing.
- ◆ Never leave treadmill unattended when plugged in. disconnect by turning off the master power switch and unplug from the outlet.
- ◆ Never operate this treadmill if it has any damage to the lead or plug. Also if it is not operating correctly, has been dropped, damaged or if it has been exposed to water.
- ◆ Do not operate where aerosol products are being used or where oxygen is being administered.
- ◆ Don't pull the treadmill by its power cord or use the cord as a handle.
- ◆ Keep close supervision if the treadmill is being used by on near children, persons with disabilities or pets.
- ◆ Keep dry. Do not operate this treadmill in wet or moist conditions.
- ◆ Never insert any objects into any openings.
- ◆ To prevent injuries, always warm up your muscles before using the treadmill.
- ◆ Always attach the clip of the safety key to your body before inserting safety key. Please always wear safety key in case of an accident.
- ◆ MAX user weight: Please refer to the maximum user weight information on the treadmill before using.

- ◆ Keep unplugged and have the safety key out of reach of children, when not in use to prevent accidents.
- ◆ Keep electrical cord away from heated surfaces.
- ◆ Keep hands clear of all moving parts. Never place hands or feet under the treadmill.
- ◆ Each time you use the treadmill, check that the running belt is aligned and centered on the treadmill base and all visible fasteners on the treadmill are sufficiently tightened and secured.
- ◆ Be sure that the area around the treadmill remains clear during use and has adequate clearance. Keep the treadmill on a solid, level surface. At least 1000 mm/2 feet from any wall on either side.



NOTE:

Failure to follow this instruction may lead to personal injury or injury to others. It could also cause damage to the treadmill. To reduce the risk of burns, fire or electric shock, please follow these instructions.

ELECTRICAL GROUNDING INSTRUCTIONS

This product must be grounded. If it is malfunctioning or it breaks down, grounding provides the path of least resistance for the electrical current to reduce the risk of electrical shock. This treadmill is equipped with a cord having equipment grounding connector and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

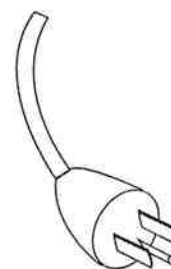
⚠ DANGER

Improper connection of the treadmill grounding connector can result in the risk of electrical shock. Check with a qualified electrician, if you are in doubt as to whether the product is properly grounded. Don't modify the plug provided with the treadmill. If it won't fit your outlet, have a properly grounded outlet installed by a qualified electrician.

Please pay attention, the power cable needs strictly an individual power source. It can not use the same power supply with any other equipment.

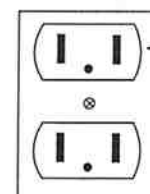
⚠ WARNING

Never use extension cords between the treadmill and the wall outlet. If there is any damage to the cables, please contact the service center. Parts should be replaced by an authorized technician.



GROUNDING PIN

Figure
Grounding methods



— GROUNDED
OUTLET