

SPIRIT



XT185 Treadmill

OWNER'S MANUAL

Please carefully read this entire manual before operating your new treadmill.

TABLE OF CONTENTS

<u>Important Safety Instructions</u>	<u>2</u>
<u>Important Electrical Information</u>	<u>3</u>
<u>Important Operation Instructions</u>	<u>4</u>
<u>Assembly Pack Checklist</u>	<u>5</u>
<u>Assembly instructions</u>	<u>7</u>
<u>Folding Instructions</u>	<u>11</u>
<u>XT185(Spirit) Operation of Your Treadmill</u>	<u>12</u>
<u>General Maintenance</u>	<u>18</u>
<u>Service Checklist - Diagnosis Guide</u>	<u>21</u>
<u>XT185(Spirit) Exploded View Diagram</u>	<u>23</u>
<u>XT185(Spirit) Parts List</u>	<u>24</u>

Important Safety Instructions

WARNING - Read all instructions before using this appliance.

DANGER - To reduce the risk of electric shock disconnect your treadmill from the electrical outlet prior to cleaning and/or service work.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons, install the treadmill on a flat level surface with access to a 220-volt AC, 10-amp grounded outlet.

DO NOT USE AN EXTENSION CORD UNLESS IT IS 14AWG OR BETTER, WITH ONLY ONE OUTLET ON THE END. The treadmill should be the only appliance in the electrical circuit. DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPROPER ADAPTERS, OR IN ANY WAY MODIFY THE CORD SET. A serious shock or fire hazard may result along with computer malfunctions.

- Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- Do not block the rear of the treadmill. Provide a minimum of 3 1/2 feet clearance between the rear of the treadmill and any fixed object.
- Keep children away from the treadmill. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the treadmill if it has a damaged cord or plug. If the treadmill is not working properly, call your dealer.
- Keep the cord away from heated surfaces.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- To disconnect, turn all controls to the off position, remove tether cord, then remove the plug from the outlet.
- Do not attempt to use your treadmill for any purpose other than for the purpose it is intended.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Use handrails provided; they are for your safety.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
- The treadmill is not a medical device.

Remove tether cord after use to prevent unauthorized treadmill operation. SAVE THESE INSTRUCTIONS - THINK SAFETY!

Important Electrical Information

WARNING!

NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. As with any appliance with a large motor, the GFCI will trip often. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.

NEVER remove any cover without first disconnecting AC power. If voltage varies by ten percent (10%) or more, the performance of your treadmill may be affected. **Such conditions are not covered under your warranty.** If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.

NEVER expose this treadmill to rain or moisture. This product is **NOT** designed for use outdoors, near a pool or spa, or in any other high humidity environment. The temperature specification is 40 degrees c, and humidity is 95%, non-condensing (no water drops forming on surfaces).

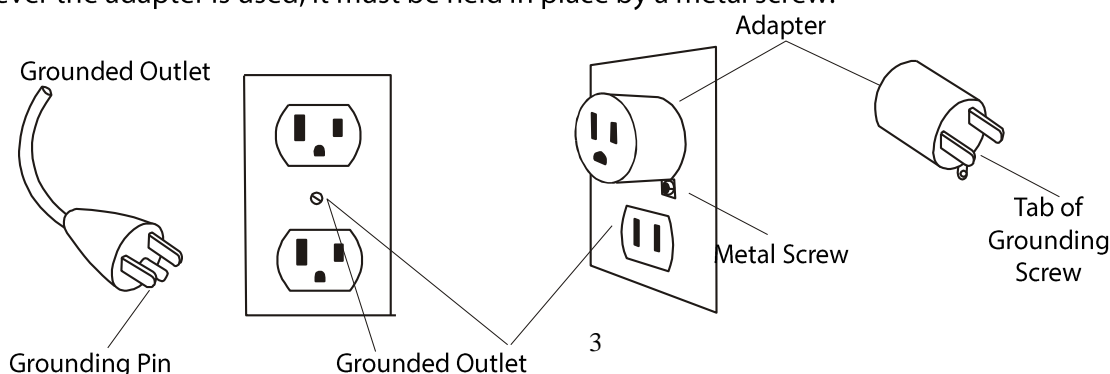
Circuit breakers: Some circuit breakers used in homes are not rated for high inrush currents that can occur when a treadmill is first turned on or even during normal use. If your treadmill is tripping the house circuit breaker (even though it is the proper current rating) but the circuit breaker on the treadmill itself does not trip, you will need to replace the home breaker with a high inrush type. This is not a warranty defect. This is a condition we as a manufacture have no ability to control. This part is available through most electrical supply stores. Examples: Grainger part # 1D237, or available online at www.squared.com part # QO120HM.

Grounding Instructions

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

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

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet, (shown below) can be installed by a qualified electrician. The green colored rigid ear-lug, or the like, extending from the adapter, must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.



Important Operation Instructions

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

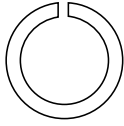
Safety Tether Cord

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

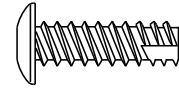
To Use:

1. Place the magnet into position on the console control head. Your treadmill will not start and operate without this.
2. Fasten the plastic clip onto your clothing securely to assure good holding power. **Note:** The magnet has strong enough power to minimize accidental, unexpected stopping. The clip should be attached securely to make certain it does not come off. Be familiar with its function and limitations. The treadmill will stop, depending on speed, with a one to two step coast anytime the magnet is pulled off the console. Use the red Stop / Pause switch in normal operation.

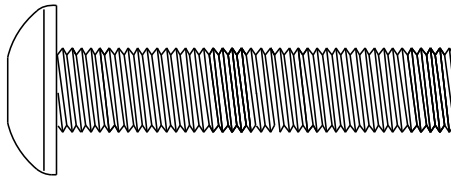
ASSEMBLY PACK CHECKLIST



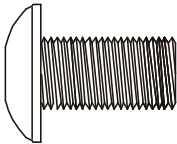
#82. $\varnothing 10 \times 2.0T$
Split Washer (4 pcs)



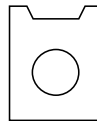
#88. $\varnothing 5 \times 16m/m$
Tapping Screw (6 pcs)



#90. $3/8" \times 1-3/4"$
Button Head Socket Bolt (4 pcs)



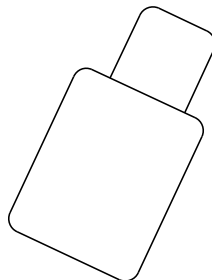
#93. $5/16" \times 15m/m$
Button Head Socket Bolt (8 pcs)



#132. M5
Speed Nut Clip (6 pcs)

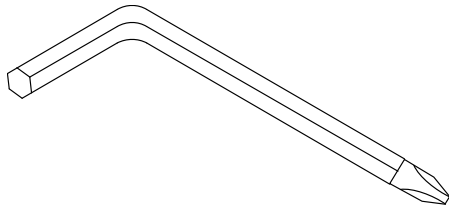


#142. $\varnothing 3.5 \times 16m/m$
Sheet Metal Screw (8 pcs)

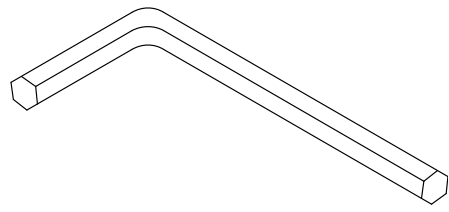


#58. Lubricant

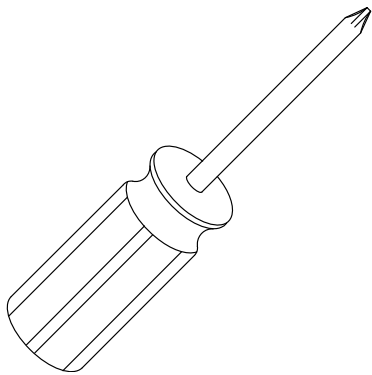
ASSEMBLY TOOLS



#96. Combination M5 Allen Wrench
& Phillips Head Screw Driver



#97. M6 L Allen Wrench

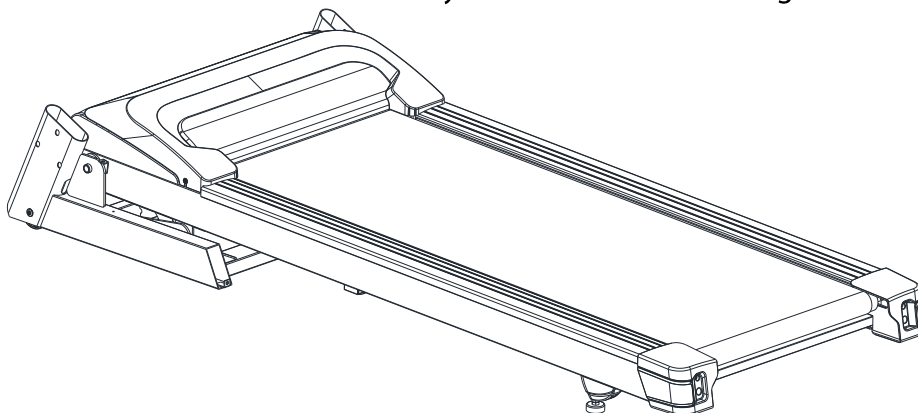


#122. Phillips Head Screw Driver

ASSEMBLY INSTRUCTIONS

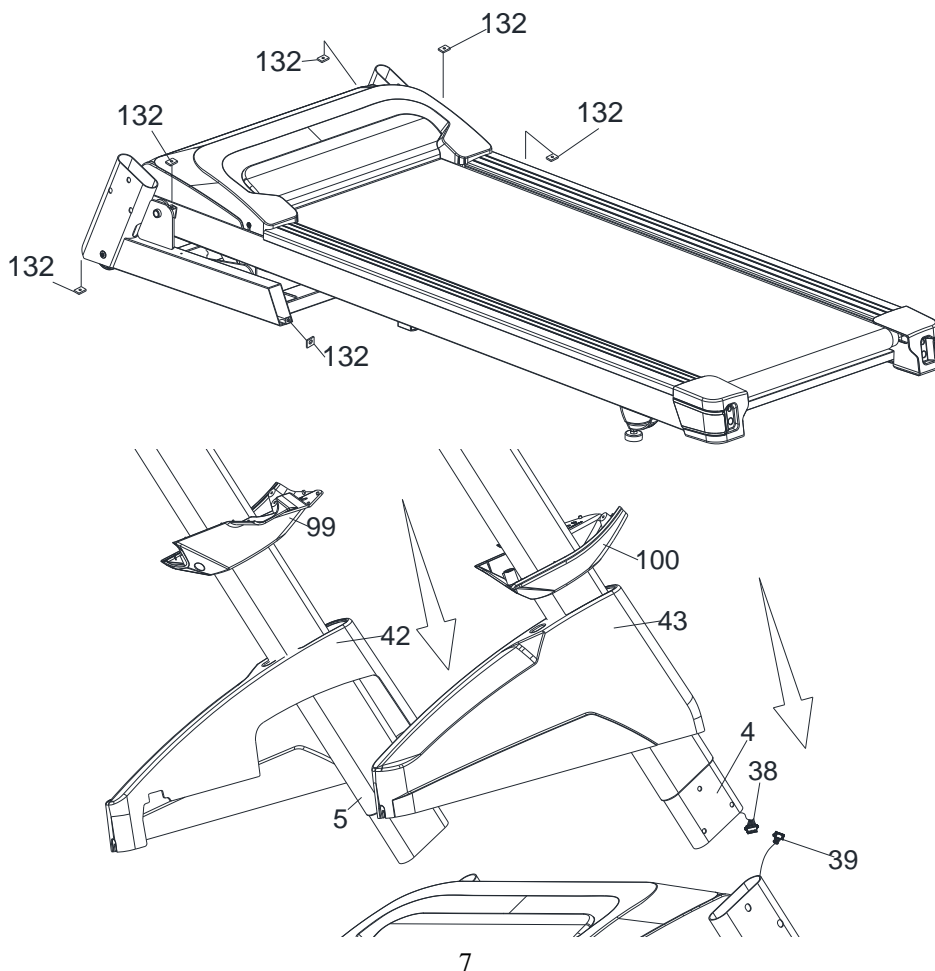
STEP 1

Take out the treadmill from the carton and lay it aside on the smooth ground.



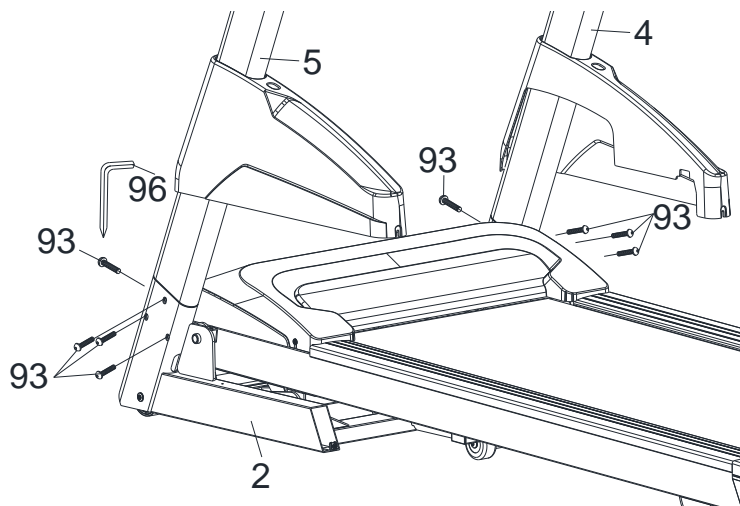
STEP 2

Locate 6 pcs of M5 Speed Nut Clips (132), which are included in the hardware kit, at the front and each side of the unit as shown below and guide Right and Left Uprights (4, 5) go through Frame Base Covers (L, R), (42, 43) and Console Mast Covers (L, R) (99, 100), respectively, as shown further below. Connect Computer Cable (Middle) (38) with Computer Cable (Lower) (39).



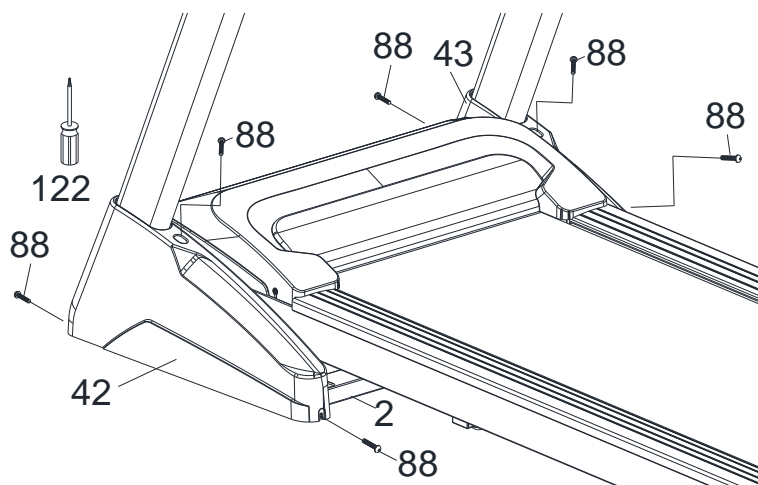
STEP 3

Insert Right and Left Uprights (4) and (5) into the Frame Base (2) and use Combination M5 Allen Wrench & Phillips Head Screw Drive (96) to tighten 8 pcs of 5/16" × 15m/m_ Button Head Socket Bolts (93).



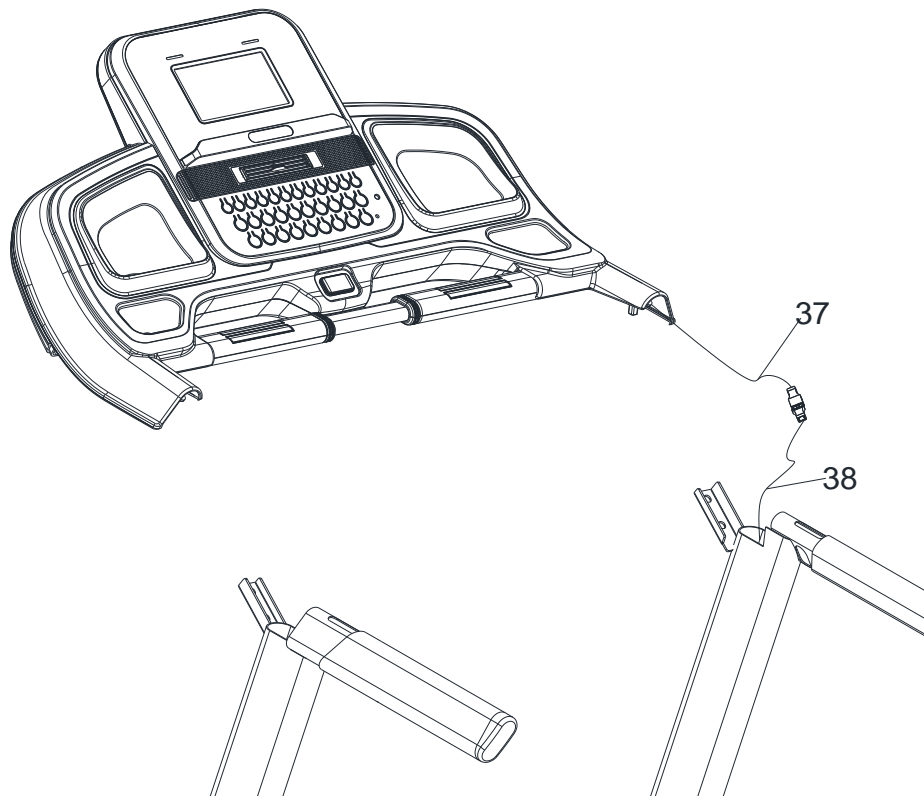
STEP 4

Install Frame Base Covers (L) and (R), (42) and (33), on the Frame Base (2) and secure with 6 pcs of Ø5 × 16m/m_ Tapping Screws (88) by using Phillips Head Screw Driver (122).



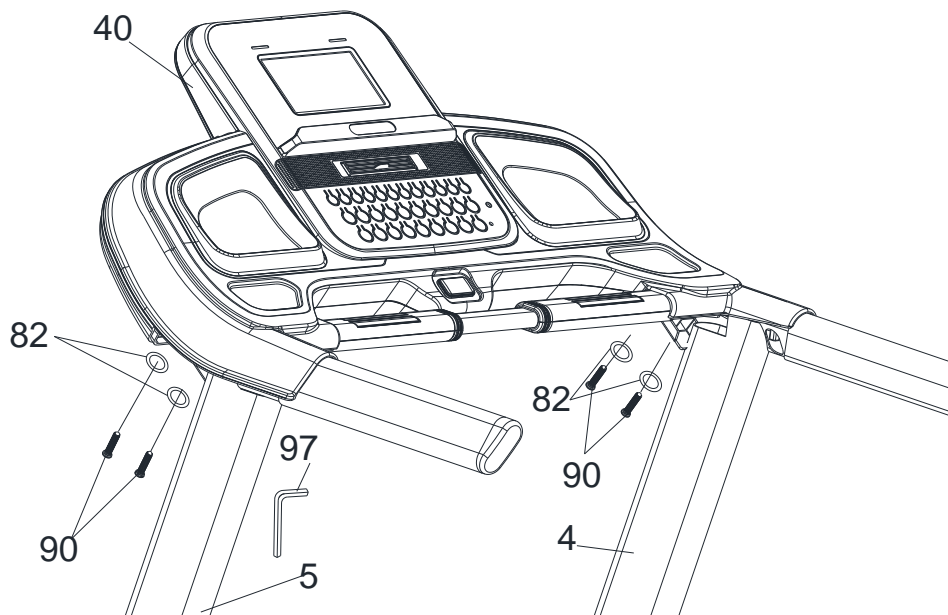
STEP 5

Connect the Computer Cable (Middle) (38) and Computer Cable (Upper) (37)



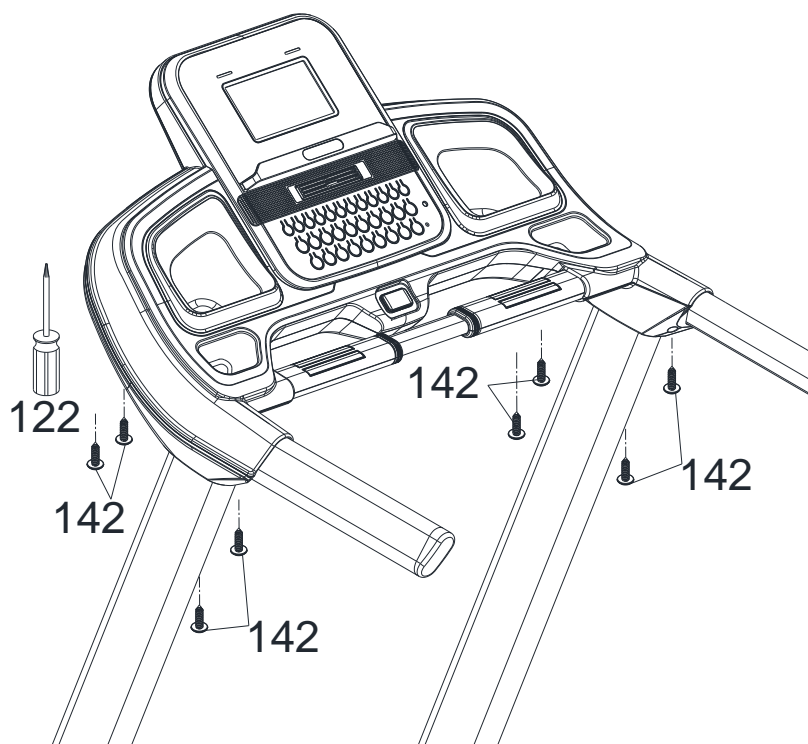
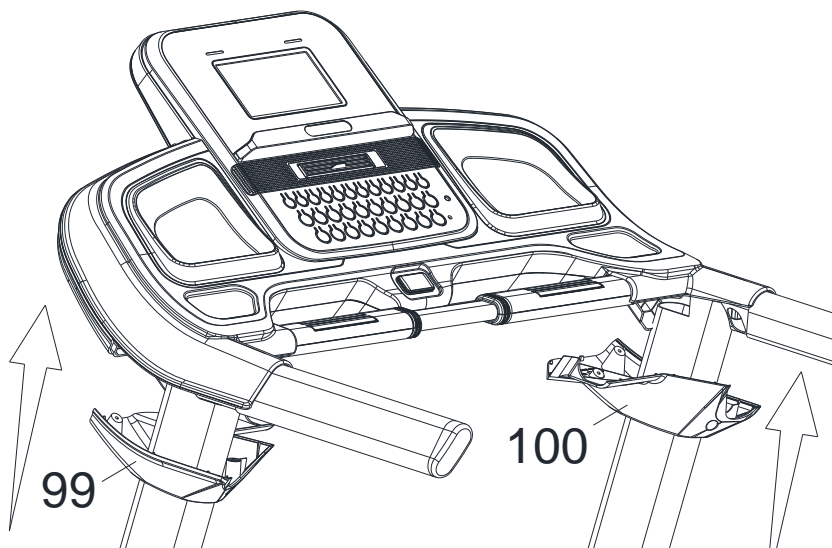
STEP 6

Insert Console Assembly (40) into right and left Uprights (4) and (5) and secure with 4 pcs of $\frac{3}{8}$ " \times 1-3/4" Button Head Socket Bolts (90) with 4 pcs of $\varnothing 10 \times 2.0$ T Split Washers (82) by using M6_L Allen Wrench (97).



STEP 7

Install Console Mast Cover (L) (99) and Console Mast Cover (R) (100) on Right and Left Uprights (4,5). Then secure with 8 pcs of $\text{Ø}3.5 \times 16\text{m/m}$ Sheet Metal Screws (142) by using Phillips Head Screw Driver (122).



NOTE: Please Tighten All Screws After All Components Assembly Complete.

CAUTION: Do not attempt to move the unit unless it is in the folded and locked position. Remove the power cord from the front of the unit to avoid possible damage. Use both handrails to maneuver the unit to the desired position.

Folding Instructions

■ TO FOLD THE TREADMILL

Lift the deck until the latch is in place.

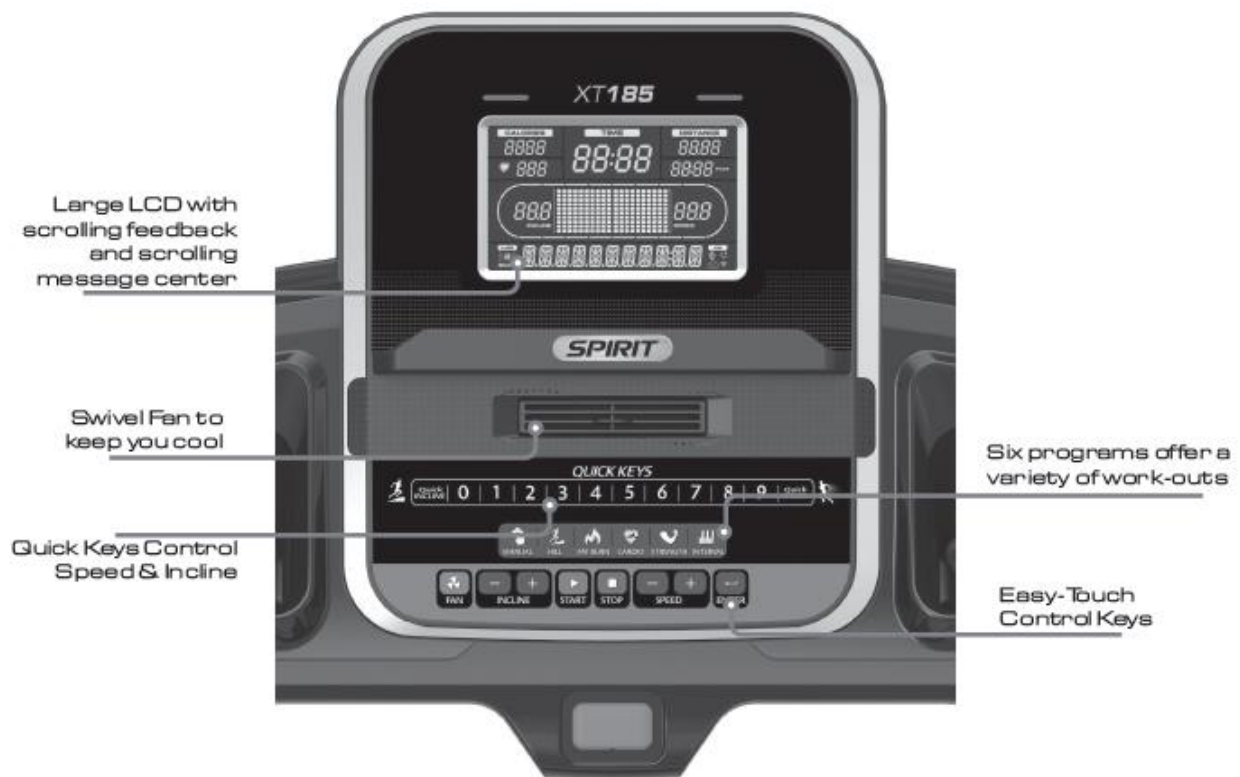
■ TO UNFOLD THE TREADMILL

Press the tube with your foot at the yellow sticker
To release latch. See picture to the right.

Transportation Instructions

The treadmill is equipped with four transport wheels that are engaged when the treadmill is folded. After folding simply roll the treadmill away.

Operation of Your Treadmill



Quick Speed & Incline Buttons

You are able to set your speed and incline settings quickly by using the quick keys on the console. Just press either Speed or Incline, then select 2 digits, then press Enter and the treadmill will automatically adjust to that value. This saves time because you don't have to press and hold or hold a button down until reaching the desired value. The maximum value you may input for speed is 9.9 mph or KPH and incline level 9.5. Speed values can be entered in 0.1 mph increments and Incline in .5 level increments.

Examples:

Press the Quick Incline button, then 1, 0 = Incline Level 1.0 Press the Quick Incline button, then 3, 5 = Incline Level 3.5 Press the Quick Speed button, then 8, 0 = 8.0 mph or KPH Press the Quick Speed button, then 0, 8 = 0.8 mph or KPH

Console

The console will display Pace, Calories burned, Time (elapsed or countdown), Distance travelled, Pulse, Speed, Incline, Program Name, number of Laps completed, and Segment Time. There is also a Speed & Incline profile graph that lets you see how hard you have worked and how challenging the upcoming segments will be.

Getting Started

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

When the power is turned on, all the lights on the display will light for a short time. Then the Time and Distance windows will display Odometer readings for a short time. The Time window will show how many hours the treadmill has been in use and the Distance window will show how many miles (or Kilometers if the treadmill is set to metric readings) the treadmill has gone. Then a message will scroll across the Message Center showing the current software version. The treadmill will then enter idle mode, which is the starting point for operation.

Quick Start/ Manual Operation

1. Press and release the Start key to wake display up (if not already on).

Note: Installing the tether key will also wake up the console.

2. Press and release the Start key to begin belt movement, at 0.5 mph, then adjust to the desired speed using the Speed + / - or Fast/Slow keys (console or hand rail). You may also use the quick speed key, then 0 through 9 to adjust the speed.
3. To adjust the speed, press and hold Speed Up / Down keys (console or handgrip keys) to achieve desired speed. You may also adjust to the desired speed by pressing Quick Speed and then 0 through 9.
4. To adjust the Incline level, press and hold the Incline Up / Down keys (console or handgrip keys) to achieve desired gradient. You may also adjust to the desired incline by pressing the Quick Incline key and then 0 through 9.
5. To stop the tread-belt press and release the Stop key.

Pause/Stop/Presets

1. When the treadmill is running the pause feature may be utilized by pressing the red Stop key once. This will slowly decelerate the tread-belt to a stop. The incline will go to zero percent. The Time, Distance and Calorie readings will hold while the unit is in the pause mode. After 5 minutes the display will reset and return to the start up screen.
 2. To resume your exercise, when in Pause mode, press the Start key. The speed and incline will return to their previous settings.
- Pause is executed when the Stop button is pressed once. If the Stop key is pressed a second time, the program will end and a workout summary will be displayed. If the Stop button is pressed a third time, the console will return to the idle mode (start up) screen. If the Stop button is held down for more than 3 seconds the console will reset

Incline

1. Incline may be adjusted anytime after belt movement.
 2. Press and hold the Incline Up / Down keys to achieve desired gradient. You may also choose a more rapid increase / decrease by selecting the Quick Incline key, then 0 through 9.
- The display will indicate incline percent in increments of 0.5 as adjustments are made.
 - The incline will return to zero unless the main power switch or safety key are turned off while is at a higher setting.

Dot Matrix Center Display

Twenty columns of boxes (10 high) indicate each segment of a workout. The boxes only show an approximate level (resistance) of effort. They do not necessarily indicate a specific value - only an approximate percent to compare levels of intensity. In Manual Operation the resistance dot matrix window will build a profile "picture" as values are changed during a workout.

1/4 Mile Track

The 1/4-mile track (one lap) will be displayed around the dot matrix window. The flashing segment indicates your progress. Once the 1/4-mile (Metric - 0.4k) is complete this feature will begin again. The Lap track will move in a counterclockwise direction. There is a lap counter in the message window for monitoring your distance.

Pulse Grip Feature

The Pulse (Heart Rate) window will display your current heart rate in beats per minute during the workout. You must use both stainless steel sensors on the stationary grips or the heart rate transmitter chest strap to display your pulse. Pulse value displays anytime the upper display is receiving a Pulse signal. You may not use the Pulse Grip feature while in Heart Rate Programs.

Note: Refer to Important Safety Instructions (page 4) concerning Pulse Grip operation.

Calorie Display

Displays the cumulative calories burned at any given time during your workout.

Note: This is only a rough guide used for comparison of different exercise sessions, and is not to be used for medical purposes.

To Turn Treadmill Off

1. Display will automatically turn off (go to sleep) after 30 minutes (no key operations). The treadmill will draw very little current in display mode (about as much as your screen when it is turned off).
2. Remove the tether cord.
3. Turn off the main switch on the front of the treadmill, below the motor cover.

Program Keys

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

The treadmill has a built in heart rate monitoring system. Simply grasping the hand pulse sensors on the stationary handle bars or wearing the heart rate transmitter (see Using Heart Rate Transmitter section) will start the Heart Icon blinking (this may take a few seconds). The Pulse Display Window will display your heart rate, or Pulse in beats per minute.

The console includes a built-in fan to help keep you cool. To turn the fan on, press the key on the left side of the console.

Programming The Console

Each of the programs can be customized with your personal information and changed to suit your needs. Some of the information is necessary to ensure the readouts are correct. You will be asked for your Age and Weight. Entering your Age is necessary during the Heart Rate programs to ensure the correct predicted target heart rate zone. Entering your Weight aides in calculating a more correct Calorie reading. Although we cannot provide an exact calorie count, we do want to be as close as possible.

CALORIE NOTE: Calorie readings on every piece of exercise equipment, whether it is in a gym or at home, are only an estimate and tend to vary widely. They are meant only as a guide to monitor your progress from workout to workout.

Entering A Program And Changing Settings

When you enter a program, by pressing a program key, then **Enter** key, you have the option of entering your own personal settings. If you want to workout without entering new settings, then just press the **Start** key. This will bypass the programming of data and take you directly to the start of your workout. If you want to change the personal settings then just follow the instructions in the Message Center. If you start a program without changing the settings, the default or saved settings will be used.

NOTE: Age and Weight default settings will change when you enter a new number. So the last Age and Weight entered will be saved as the new default settings. If you enter your Age and Weight the first time you use the treadmill, you will not have to enter it every time you work out unless either your Age or Weight changes, or someone else enters a different Age and Weight. Each preset program has a maximum Speed and Incline level that is displayed when a desired workout is chosen. The maximum Speed and Incline that the particular program will achieve will be displayed in the Message Center.

To Select and Start A Preset Program

1. Press the desired program (**Hill, Fat Burn, Cardio, Strength, or Interval**) key. Press **Enter** to select the program. The display will prompt you through the programming or you can just press **Start** to begin the program with default values.
2. If Enter was pressed, the Message Center will now be blinking a value, indicating your Age (default is 35). Entering your correct age affects the heart rate Bar Graph Display and the Heart Rate programs. Use the **+ / - keys** to adjust, then press **Enter**. Your age determines your recommended maximum heart rate. Since the Bar Graph Display and the Heart Rate features are based on a percentage of your maximum heart rate, it is important to enter the correct age for these features to work properly.
3. The Message Center will now be blinking a value, indicating your Body Weight (default is 150 lbs.). Entering the correct body weight will affect the calorie count. Use the **+ / - keys** to adjust, then press **Enter**.
A note about the Calorie display: No exercise machine can give you an exact calorie count because there are too many factors which determine exact calorie burn for a particular person. Even if someone is the exact same body weight, age and height, their calorie burn may be very different than yours. The Calorie display is to be used as a reference only to monitor improvement from workout to workout.
4. The Message Center will be blinking a value, indicating Time (the default value is 20 minutes). You may use any of the **+ / - keys** to adjust the time. After adjusting, or to accept the default, press

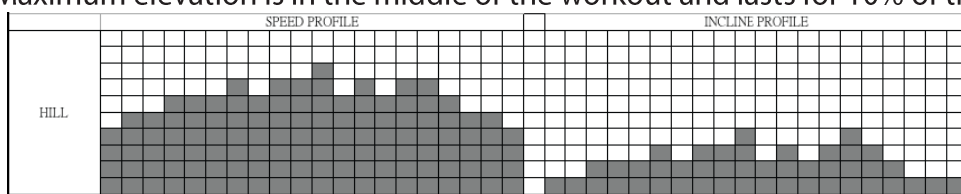
- Enter. (Note: You may press **Start** at any time during the programming to start the program).
- The Message Center will now be blinking the preset top speed of the selected program (3.0 MPH). Use the **Speed + / - keys** to adjust, then press **Enter**. Each program has various speed changes throughout; this allows you to limit the highest speed the program can reach.
 - The Message Center will be blinking the preset top incline of the selected program. Use the Incline + / - keys to adjust, then press **Enter**.
You are now done programming data and may press **Start** to begin your workout or **Enter** to go back one level to change data entered in the programming phase.

Preset Programs

The treadmill has five different programs that have been designed for a variety of workouts. These five programs have factory preset work level profiles for achieving different goals.

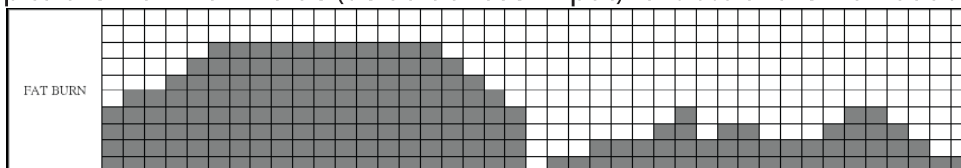
HILL

This program follows a triangle or pyramid type of gradual progression from approximately 10% of maximum effort (the level that you chose before starting this program) up to a maximum effort which lasts for 10% of the total workout time, then a gradual regression of resistance back to approximately 10% of maximum effort. Incline: The deck elevation is a more gradual and sustained progression. Maximum elevation is in the middle of the workout and lasts for 10% of the duration.



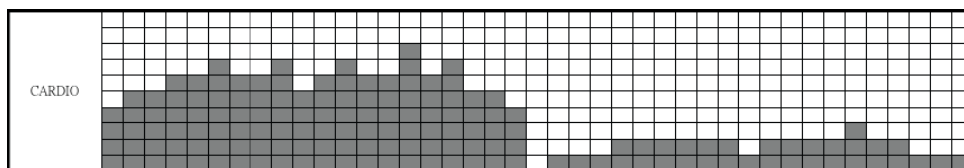
FAT BURN

This program follows a quick progression up to the maximum resistance level (default or user input level) that is sustained for 2/3 of the workout. This program will challenge your ability to sustain your energy output for an extended period of time. Incline: The deck elevation is a quick and sustained progression up to the maximum value (default or user input) for 90% of the workout duration.



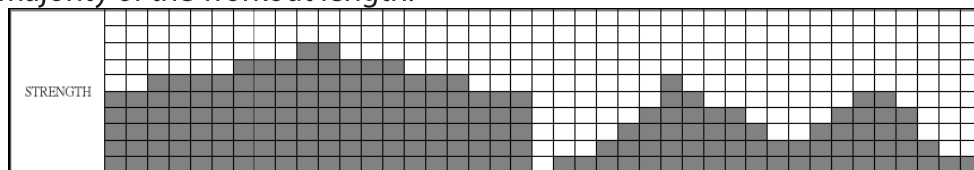
CARDIO

This program presents a quick progression up to near maximum resistance level (default or user input level). It has slight fluctuations up and down to allow your heart rate to elevate, and then recover repeatedly, before beginning a quick cool down. This will build up your heart muscle and increase blood flow and lung capacity. Incline: The elevation in this program is moderate. There are several elevation spikes at different points of the workout. Segment 15 is maximum elevation for this program.



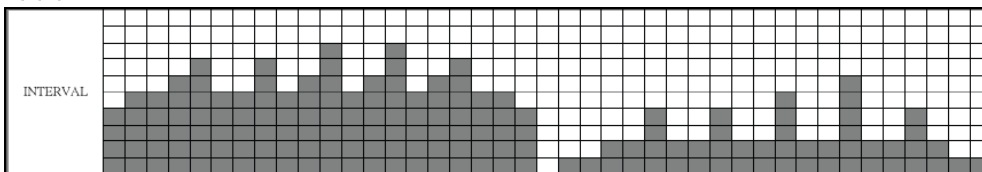
STRENGTH

This program has a gradual progression of resistance up to 100% of maximum effort that is sustained for 25% of workout duration. This will help build strength and muscular endurance in the lower body and glutes. A brief cool down follows. Incline: There is a quick climb to a moderate, sustained elevation that lasts the majority of the workout length.



INTERVAL

This program takes you through high levels of intensity followed by recovery periods of low intensity. This program utilizes and develops your “Fast Twitch” muscle fibers which are used when performing tasks that are intense and short in duration. These deplete your oxygen level and spike your heart rate, followed by periods of recovery and heart rate drop to replenish oxygen. Your cardiovascular system gets programmed to use oxygen more efficiently. Incline: This program will spike similar to the speed profile, but in different segments (columns); this means that all of your lower extremity muscles will be equally challenged throughout this program. The incline alternates between 25 & 65 % of maximum elevation



GENERAL MAINTENANCE

BELT & DECK

Your treadmill uses a very high-efficient low-friction deck. Performance is maximized when the deck is kept as clean as possible. Use a soft, damp cloth, or paper towel, wipe the edge of the belt and the area between the belt edge and the frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and bed life. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. Allow to dry before using.

BELT DUST

This occurs during normal break-in or until the belt stabilizes. Sometimes the black dust from the belt will appear on the floor behind the treadmill, this is normal.

GENERAL CLEANING

Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. Please vacuum underneath your treadmill on a monthly basis to prevent excess build-up of dirt that can get sucked up and get into the inner workings under the motor cover. Once a year, you should remove the black motor hood and vacuum out dirt that may accumulate. UNPLUG POWER CORD BEFORE THIS TASK.

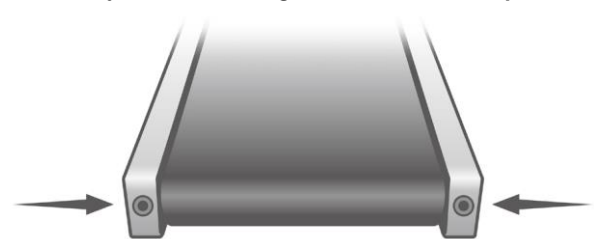
BELT ADJUSTMENTS

Tread-belt Tension Adjustment - Belt tension is not critical for most users. It is very important though for joggers and runners in order to provide a smooth, steady running surface. Adjustment must be made from the rear roller with the 6 mm Allen wrench (132) provided in the parts package. The adjustment bolts are located at the end of the step rails as shown in the diagram below. Note: Adjustment is through small hole in end cap. Tracking / Tension Adjustment Tracking / Tension Adjustment

Tighten the rear roller only enough to prevent slippage at the front roller. Turn the tread-belt tension adjusting bolts 1/4 turn each and inspect for proper tension by walking on the belt and making sure it is not slipping or hesitating with each step. When an adjustment is made to the belt tension, you must be sure to turn the bolts on both sides evenly or the belt could start tracking to one side instead of running in the middle of the deck.

DO NOT OVERTIGHTEN—Over tightening will cause belt damage and premature bearing failure. If you tighten the belt a lot and it still slips, the problem could actually be the drive belt -located under the motor cover- that connects the motor to the front roller. If that belt is loose it feels similar to the walking belt being loose. Tightening the motor belt should be done by a trained service person.

NOTE: Adjustment is through small hole in end cap.



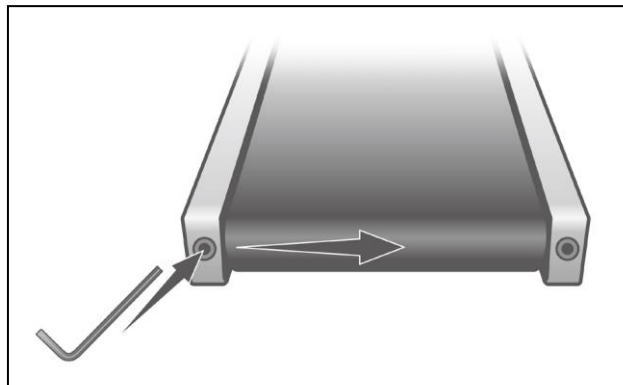
TREAD-BELT TRACKING ADJUSTMENT

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

SETTING TREAD-BELT TRACKING

A 6 mm Allen wrench (132) is provided for this adjustment. Make tracking adjustments on the left side bolt. Set belt speed at 3 mph. Be aware that a small adjustment can make a dramatic difference which may not be apparent right away. If the belt is too close to the left side, then turn the bolt only a 1/4 turn to the right (clockwise) and wait a few minutes for the belt to adjust itself. Continue to make 1/4 turns until the belt stabilizes in the center of the running deck.

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



ATTENTION:

DAMAGE TO THE RUNNING BELT RESULTING FROM IMPROPER TRACKING / TENSION ADJUSTMENTS IS NOT COVERED UNDER THE WARRANTY.

BELT/DECK LUBRICATION PROCEDURE

First, you want to clean between the belt and deck to remove any debris that may be trapped. Use a clean, non-fraying rag, t-shirt, or light towel. Halfway between the end of the treadmill and motor cover, shove the garment under the belt until you can grasp it on both sides of the belt. Drag the garment the length of the entire belt 1-2 times. Remove the garment.

Do not lubricate with anything other than FUEL Fitness approved lubricant. **YOUR TREADMILL COMES WITH ONE TUBE OF "LUBE" AND EXTRA TUBES CAN BE ORDERED**

Keeping the deck lubricated at the recommended intervals ensures the longest life possible for your treadmill. If the lubricant dries out, the friction between the belt and deck rises and places undue stress on the drive motor, drive belt and electronic motor control board, which could result in catastrophic failure of these expensive components. Failure to lubricate the deck at regular intervals may void the warranty.

The belt & deck come pre-lubricated and subsequent lubrication should be performed every 90 hours of use or if you notice that the deck is dry. It is recommended that you reach between the belt and deck to verify there is lubrication present, every other month. If you check and there isn't any lubrication present, follow the procedure below even though the "Lube" indicator isn't lit on the console. Otherwise, lubricate when the console's lubrication reminder lights after 90 hours of use. Use the following procedure to apply the silicone lubricant:

1. Turn the power switch off and unplug the power cord from the wall outlet
 2. Measure 18" from the edge of the motor cover; kneel down and reach under the belt approximately 4- 6" from one edge. Squirt a line of lubricant about 1/8" wide x 15" long in an "S" pattern perpendicular to the motor cover.
 3. Repeat the process on the opposite side.
 4. Plug the electrical cord back into the outlet and turn the power switch on.
 5. Walk on the belt at a moderate speed for five minutes to evenly distribute the silicone lube.
- Note: If the "Lube" message appears on the console, perform the following procedure to reset the message:
- To enter the Engineering Mode Menu press and hold down the Start, Stop and Enter keys, then at the same time insert the safety key. Keep holding the keys down until the Message Center displays Engineering Mode Menu. Press the Enter button to access
 - Press the Speed + button (or Speed – button to go backwards) until "Functions" appears; press Enter
 - Press the Speed + button until "Maintenance" message appears; press Enter
 - Press Stop to exit Engineering mode and resume use of your treadmill

SERVICE Checklist Diagnosis Guide

Before contacting your dealer for aid, please review the following information. It may save you both time and expense. This list includes common problems that may not be covered under the treadmill's warranty.

PROBLEM	SOLUTION/CAUSE
Display does not light	<ol style="list-style-type: none"> 1.Tether cord not in position. 2.Circuit breaker on front grill tripped. Push circuit breaker in until it locks. 3.Plug is disconnected. Make sure plug is firmly pushed into AC household wall outlet. 4. Breaker panel circuit breaker may be tripped. 5. Treadmill defect. Contact your dealer.
Tread-belt does not stay centered Treadmill belt hesitates when walked/run on	<p>The user may be walking while favoring or putting more weight on either the left or right foot. If this walking pattern is natural, track the belt slightly Off-center to the side opposite from the belt movement. See General Maintenance section on Tread-belt Tension Adjust as necessary.</p>
Motor is not responsive after pressing start	<ol style="list-style-type: none"> 1.If the belt moves, but stops after a short time and the display shows "E1", run calibration. 2. If you press Start and the belt never moves, then the display shows E1, contact service.
Treadmill will only achieve approximately 7 mph but shows higher speed on display	<p>This indicates motor should be receiving power to operate. Low AC voltage to treadmill. Do not use an extension cord. If an extension cord is required it should be as short as possible and heavy duty 16 gauge minimum. Low household voltage. Contact an electrician or your dealer. A minimum of 220 V AC current is required.</p>
Tread-belt stops quickly/suddenly when tether cord is pulled	<p>High belt/deck friction. See General Maintenance section on cleaning the deck.If cleaning doesn't prevent this from reoccurring,check to see if there is significant wear of the deak .If so, the deck may need to be flipped if it is on its original side</p>
Treadmill trips on board 10 amp circuit	<p>High belt/deck friction. See General Maintenance.If cleaning doesn't prevent this from reoccurring,check the amp draw of the motor.If this is high and there are signs of significant wear of the deck,it may need to be flipped if it is on its original side</p>
Computer shuts off when console is touched (on a cold day) while walking/running	<p>Treadmill may not be grounded. Static electricity is "crashing" the computer. Refer to Grounding Instructions.</p>
House circuit breaker trips, but not the treadmill circuit breaker	<p>Need to replace the house breaker with a "High In-rush current" type breaker(see page 5 for details)</p>

Calibration Procedure

1. Remove the Safety Key.
2. Press and hold Start and Speed _ buttons and at the same time replace the Safety Key. Continue to hold Start and Speed _ keys until the window displays "Factory settings" , then press the Enter key.
3. You will now be able to set the display to show Metric or English settings (Miles vs. Kilometers). To do this, press the incline Up/ Down key to show which you want, then press Enter(The maximum speed value is displayed in the speed window, and the maximum elevation value is displayed in the incline window.)
4. Grade return – On (This allows the incline to return to zero when Stop button is pressed. For sale in Europe, EU standards require this to be off)
5. Press Start button to begin calibration. The process is automatic; the speed will start up without warning, so do not stand on the belt.

Adjusting the Speed Sensor

If the calibration does not pass you may need to check the speed sensor alignment.

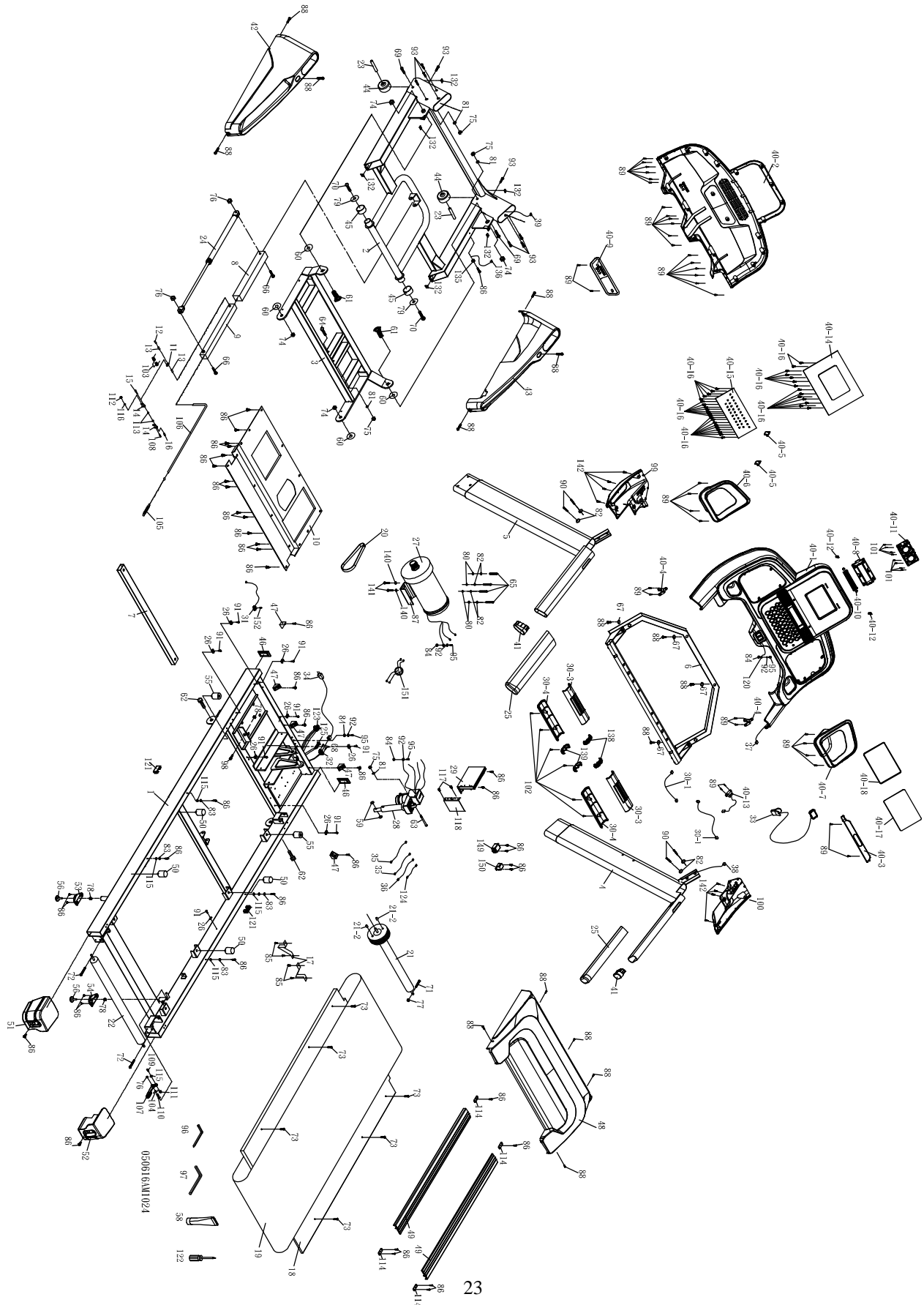
1. Remove the motor cover hood by loosening the 4 screws that hold it in place (you do not need to remove them completely).
2. The speed sensor is located on the left side of the frame, right next to the front roller pulley (the pulley will have a belt around it that also goes to the motor). The speed sensor is small and black with a wire connected to it.
3. Make sure the sensor is as close as possible to the pulley without touching it. You will see a magnet on the face of the pulley; make sure the sensor is aligned with the magnet. There is a screw that holds the sensor in place that needs to be loosened to adjust the sensor. Re-tighten the screw when finished.

Engineering Mode Menu

The console has built in maintenance/diagnostic software. The software will allow you to change the console settings from English to Metric and turn off the beeping of the speaker when a key is pressed for example. To enter the Engineering Mode Menu, press and hold down the Start, Stop and Enter keys. Keep holding the keys down for about 5 seconds and the Message Center will display Engineering Mode Menu. Press the Enter key to access the menu below:

1. Key Test (Will allow you to test all the keys to make sure they are functioning)
2. Display Test (Tests all the display functions)
3. Functions (Press Enter to access settings; use the Speed Up and Down keys to scroll)
 - I. Display Mode (Turn off to have the console power down automatically after 30 minutes of inactivity)
 - II. Pause Mode (Turn on to allow 5 minutes of pause, turn off to have the console pause indefinitely)
 - III. Maintenance (Reset lube message and odometer readings)
 - IV. Units (Sets the display to readout in English or Metric display measurements)
 - V. Key Tone (Turns off the speaker so no beeping sound is heard)
4. Security (Allows you to lock the keypad so no unauthorized use of the machine is allowed. When the child lock is enabled, the console will not allow the keypad to operate unless you press and hold the Start and Enter buttons for 3 seconds to unlock the console.)
5. Exit

EXPLODED VIEW DIAGRAM



PARTS LIST

Part Number	Part Description	Qty per unit
1	Main Frame	1
2	Frame Base	1
3	Incline Bracket	1
4	Right Upright	1
5	Left Upright	1
6	Console Support	1
7	Deck Cross Brace	1
8	Outer Slide	1
9	Inner Slide	1
10	Motor Bottom Cover	1
11	Link	1
12	Link Shaft	1
13	Shaft Bushing	2
14	Fastening Bracket	2
15	Clevis Pin	1
16	Fastening Bushing	1
17	Belt Guide	2
18	Running Deck	1
19	Running Belt	1
20	Drive Belt	1
21	Front Roller W/Pulley	1
21~2	Magnet	2
22	Rear Roller	1
23	Wheel Sleeve	2
24	Cylinder	1
25	PVC Handgrip	2
26	Wire Tie Mount	8
27	Drive Motor	1
28	Incline Motor	1
29	Motor Controller	1
30~1	1000m/m_Handpulse Wire	2
30~3	Handpulse Sensor (w/o wire)	2
30~4	Handpulse Bottom Cover	2
31	1200m/m_Sensor W/Cable	1
32	Power Socket	1
33	Square Safety Key	1
34	Power Cord	1
35	200m/m_Connecting Wire (White)	2
36	200m/m_Connecting Wire (Black)	1
37	800m/m_Computer Cable (Upper)	1
38	1300m/m_Computer Cable (Middle)	1
39	1200m/m_Computer Cable (Lower)	1
40	Console Assembly	1
40~1	Console Top Cover	1

Part Number	Part Description	Qty per unit
40~2	Console Bottom Cover	1
40~3	Book Rack	1
40~4	Anchor	2
40~5	Square Magnet Stop Plate	2
40~6	Drink Bottle Holder (L)	1
40~7	Drink Bottle Holder (R)	1
40~8	Wind Duct	1
40~9	Console Bottom Cover	1
40~10	Deflector Fan Grill	1
40~11	500m/m_Fan Assembly	1
40~12	Fan Grill Anchor	2
40~13	400m/m_Safety Switch Module W/ Cable	1
40~14	Console Display Board	1
40~15	Key Board	1
40~16	2.3 x 6m/m_Sheet Metal Screw	35
40~17	LCD Transparent Piece	1
40~18	Water-resist Rubber	1
41	Handgrip End Cap	2
42	Frame Base Cover (L)	1
43	Frame Base Cover (R)	1
44	Transportation Wheel(A)	2
45	Transportation Wheel(B)	2
46	30 x 80m/m_Square End Cap	2
47	Motor Cover Anchor(D)	5
48	Motor Top Cover	1
49	Foot Rail	2
50	M8 x Ø40 x 25.5m/m_Cushion	4
51	Rear Adjustment Base (L)	1
52	Rear Adjustment Base (R)	1
53	Adjustment Foot Pad Cap	1
54	Adjustment Foot Pad Cap (R)	1
55	M8 x Ø40 x 25m/m_Cushion	2
56	Adjustment Foot Pad	2
58	Lubricant	1
59	Ø24 x Ø10 x 3T_Nylon Washer (A)	2
60	Ø50 x Ø13 x 3T_Nylon Washer (B)	4
61	1/2" x UNC12 x 1-1/4" _Carriage Bolt	2
62	1/2" x UNC12 x 1" _Hex Head Bolt	2
63	3/8" x UNC16 x 4" _Hex Head Bolt	1
64	3/8" x UNC16 x 92L _Hex Head Bolt	1
65	3/8" x UNC16 x 3/4" _Hex Head Bolt	4
66	5/16" x UNC18 x 2-3/4" _Button Head Socket Bolt	2
67	Ø1/4" x 19 x 1.5T _Flat Washer	4
68	3 x 10m/m_Sheet Metal Screw	2
69	3/8" x 2" _Flat Head Socket Bolt	2
70	5/16" x 1" _Button Head Socket Bolt	2
71	M8 x 60m/m _Hex Head Bolt	1

Part Number	Part Description	Qty per unit
72	M8 x 80m/m_Socket Head Cap Bolt (Alloy Steel)	2
73	M8 x 30m/m_Flat head countersink Bolt	6
74	1/2" x 8T_Nyloc Nut	4
75	3/8" x 7T_Nyloc Nut	4
76	5/16" x 6T_Nyloc Nut	3
77	M8 x 7T_Nyloc Nut	1
78	3/8" x 7T_Nut	3
79	Ø5/16" x Ø35 x 1.5T_Flat Washer	2
80	Ø3/8" x Ø25 x 2.0T_Flat Washer	4
81	Ø3/8" x Ø19 x 1.5T_Flat Washer	4
82	Ø10 x 2.0T_Split Washer	8
83	Ø25 x Ø20 x Ø16 x Ø5 x 4.5H x 1.1T_Concave Washer	4
84	M5_Star Washer	4
85	4 x 12m/m_Sheet Metal Screw	4
86	Ø5 x 16L_Tapping Screw	42
87	Motor Bracket	1
88	5 x 16m/m_Tapping Screw	15
89	3.5 x 12m/m_Sheet Metal Screw	36
90	3/8" x 1-3/4"_Button Head Socket Bolt	4
91	3.5 x 16m/m_Tapping Screw	8
92	Ø5 x 1.5T_Split Washer	4
93	5/16" x UNC18 x 15L_Button Head Socket Bolt	8
95	M5 x 10m/m_Phillips Head Screw	4
96	Combination M5 Allen Wrench & Phillips Head Screw Driver	1
97	M6_L Allen Wrench	1
98	3/8" x 2"_Hex Head Bolt	1
99	Console Mast Cover (L)	1
100	Console Mast Cover (R)	1
101	3.5 x 40m/m_Sheet Metal Screw	8
102	3 x 12m/m_Tapping Screw	6
103	Dual Torsion-Spring	1
104	ChenChin Torsion-Spring	1
105	Steel Cable Tension Spring	1
106	775m/m_Steel Cable	1
107	Release Lever	1
108	M3 x 10m/m_Phillips Head Screw	1
109	M5 x 20m/m_Phillips Head Screw	1
110	5/16" x 2"_Hex Head Bolt	1
111	M5 x 5T_Nyloc Nut	1
112	M3 x 2.5T_Nut	1
113	Ø5 x Ø10 x 1.0T_Flat Washer	2
114	Ø5.5 x 27 x 60 x 1Tx 2.5H_Concave Washer	4
115	Ø5 x Ø13 x 1.0T_Flat Washer	5
116	M3_Split Washer	1
117	3 x 10m/m_Sheet Metal Screw	2
118	Controller Back Plate	1
120	400m/m_Console Ground Wire	1

Part Number	Part Description	Qty per unit
121	20 × 40m/m_Square End Cap	2
122	Phillips Head Screw Driver	1
123	On/Off Switch	1
124	100m/m_Connecting Wire (Black)	1
125	Breaker	1
132	M5_Speed Nut Clip	6
135	Wire Clamp	1
136	1000m/m_Ground Wire	1
138	Handpulse Top End Cap	2
139	Handpulse Bottom End Cap	2
140	Ø8 × 1.5T_Split Washer	2
141	M8 × 12m/m_Hex Head Bolt	2
142	Ø3.5 × 16L_Sheet Metal Screw	8
149	Filter	1
150	Choke	1
151	650m/m_Connecting Cable Of Motor	1
152	Ø5 × 19L_Tapping Screw	1