DIAMONDBACK *FITNESS*

910T Treadmill

Operating Instruction Manual

Special tips:

1. Before installation and operation, please read this operation manual carefully.
2. Please save this manual for future reference.
3. Product may vary slightly from the item pictured due to model upgrades.

IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this treadmill. It is important your treadmill receives regular maintenance to prolong its working life. Failing to regularly maintain your treadmill may void your warranty.

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

DO NOT USE AN EXTENSION CORD: DON'T ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING ADAPTERS OR IN ANY WAY MODIFY THE CORD SET.

1) Install the treadmill on a solid flat level surface with nearby access to a power outlet (correct voltage, frequency and grounded).

2) Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result. Rubber Equipment mats are recommended on this type of surface.

3) Do not block the rear of the treadmill. Provide a minimum of 3 feet clearance between the rear of the treadmill and any fixed object.

4) Never allow children to play on or near the treadmill.

5) When using the treadmill, make sure the plastic clip of the safety key is fastened on your clothing. It is for your safety, should you fall or move too far back on the treadmill during use.

6) Keep hands away from all moving parts.

7) Never operate the treadmill if it has a damaged cord or plug.

8) Keep the cord away from heated surfaces.

9) Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite in a highly flammable environment.

10) Never drop or insert any object into any openings.

11) The treadmill is designed and intended for in-home use only and not suitable for long periods of running (Maximum program time is 99:59 minutes).

12) To ensure disconnection, turn all controls to the off position, remove the safety key, and then remove the plug from the outlet.

13) The pulse sensors are not medical devices. Various factors, including the user's movement, skin type and external interferences may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.

14) Use handrails provided; they are for your safety.

15) 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.

16) Temperature use range from 41 to 104 degrees Fahrenheit.

Remove the safety key after use to prevent unauthorized treadmill operation.

IMPORTANT ELECTRICAL INFORMATION

WARNING!

1) NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the

power cord away from any moving part of the treadmill including the elevation mechanism

and transport wheels.

2) NEVER operate treadmill on a Generator or UPS power supply.

3) NEVER remove any cover without first disconnecting AC power.

4) NEVER expose this treadmill to rain or moisture. This treadmill is not designed for use outdoors, near a pool, or

in any other high humidity environment.

IMPORTANT OPERATION INSTRUCTIONS

1) Insert the power plug into the wall socket directly. Do not use adaptors or extension cords.
2) Be sure to read the entire manual before operating your machine.
3) 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 respond to the command gradually.
4) 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.
5) In order to prevent losing balance and suffering unexpected injury, NEVER mount or dismount the treadmill while the belt is moving. To mount the treadmill stand on the side-rails press start the unit starts at a very low speed step onto the moving belt while it is moving at this speed. Always hold on to handrail while making control changes.
6) A safety key is provided with this machine it is recommended to always attach the safety key to the user while using the treadmill. Removal of the safety key will stop the walking belt immediately; the treadmill will shut off automatically. Inserting the safety key will reset the treadmill.
7) Do not use excessive pressure on console control keys. They are easily damaged by excessive force.
8) This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they are supervised by a person responsible for their safety, Children should be supervised to ensure that they do not play with the appliance.
9) Please consult your doctor at first before running, if any of the following conditions apply to you:
   a) Cardiovascular illnesses, high blood pressure, diabetes, respiratory illnesses, and other chronic ailments or complications from these.
   b) If you are over 35 years old and heavier than average weight.
   c) Pregnant or breast-feeding mothers.
10) Please stop exercising immediately and consult your doctor if you feel lightheaded or you experience and other aches and pains.
11) Drink adequate water after exercise to re-hydrate.

GROUNDING INSTRUCTIONS

Treadmill must be Electrically grounded. In case of malfunction or break down, grounding provides a path of least resistance for electric current which reduces the risk of electrical shock. This Treadmill is equipped with a power cord having an equipment-grounding conductor and a grounding plug. The plug must be inserted into an appropriate outlet that is properly installed and grounded in accordance with Indian Electricity codes and ordinances. It should be connected to a 15 Amps. dedicated circuit. Make sure that the Treadmill is connected to an outlet having the same configuration as the Plug. No adapter or converter should be used with this product.

D A N G E R

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified Electrician or Service person if you are in a doubt as to whether the Treadmill is properly grounded. Do not modify the plug provided with the Treadmill. If it does not fit the outlet, get a proper outlet installed by a qualified technician.

To reduce the risk of electrical shock, always unplug the Treadmill from its power source before cleaning or performing any maintenance tasks.
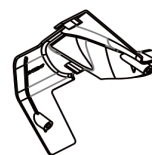
Components - Parts
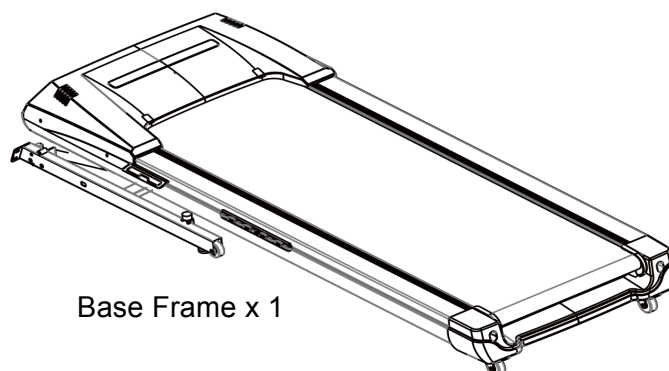
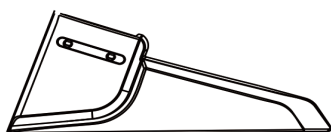Base Frame x 1

Left Handle Cover x 1

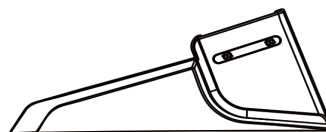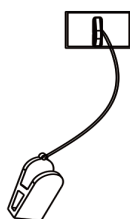Right Handle Cover x 1

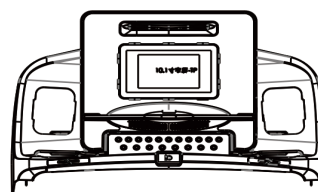Left Tray x 1

MP3 Link x 1

Right Tray x 1
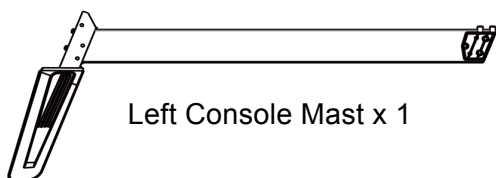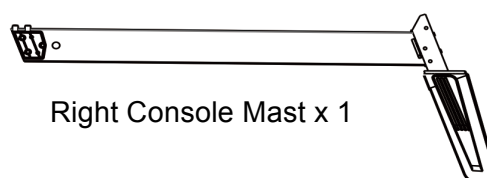
Left Console Mast Coverx 1

Right Console Mast Coverx 1

Console x 1

Safety Key x 1

Lubrication Oil x 2

Power Cord x 1

Harware Pack
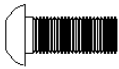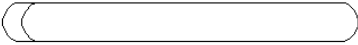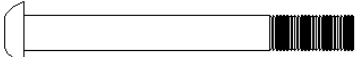
Left Console Mast x 1

Right Console Mast x 1

Components - Fixings

3	6	7
M8 x 15mm Allen Bolt x 10	8mm Spring Washer x 16	8mm Washer x 16
37	**8**	**10**
ST4.2 x 15mm Pad Phillips Screw x 4	ST4.8 x 15mm Pad Phillips Screw x 4	Console Mast CoverSticker x 2
5	**4**	
M8 x 105mm Allen Bolt x 4	M8 x 95mm Allen Bolt x 2	

Total mass of the product is 182 lbs. Total size of the equipment is (width) 76.7" × (depth) 34.2" × (height) 58.2"

Console

Handle

Console Mast

Motor Cover

Side Rail

Console Mast Cover

Transportation Wheel

End Cap
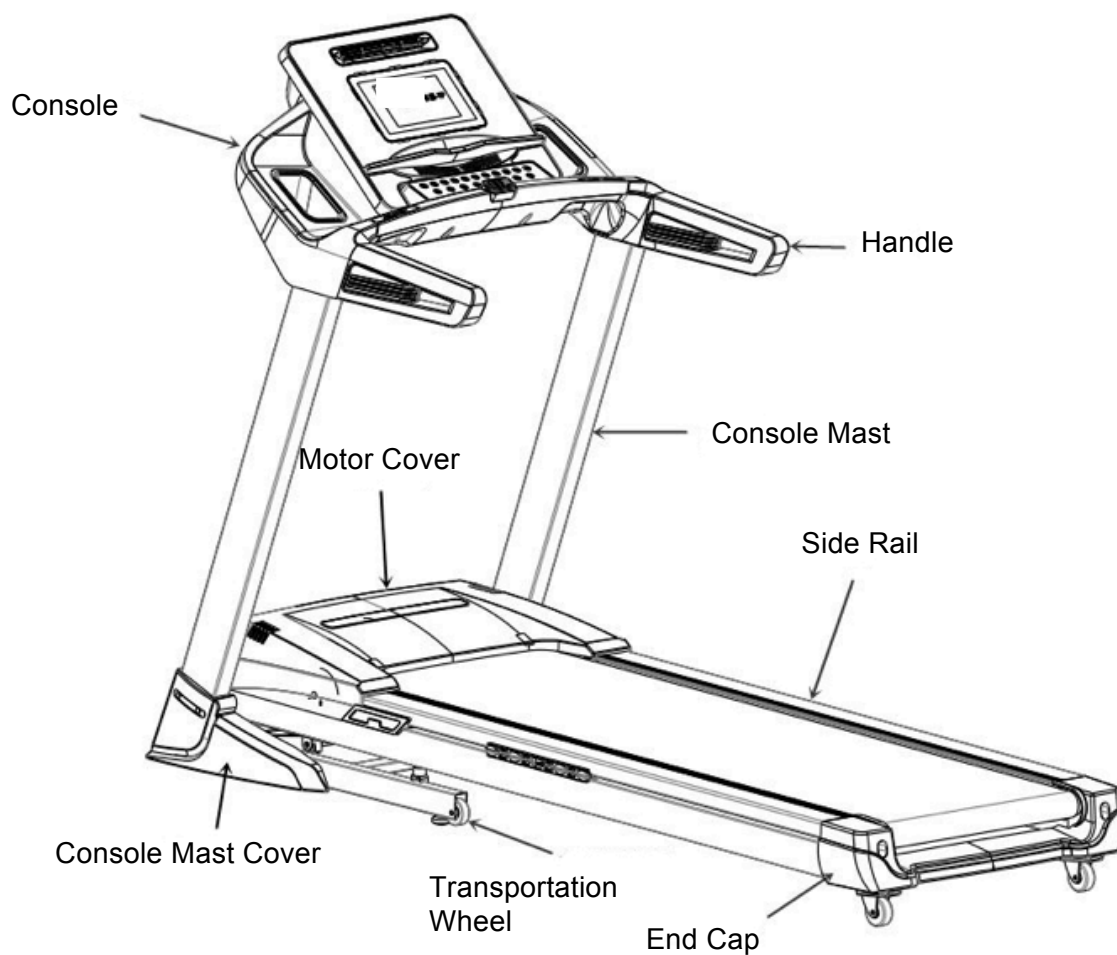
Assembly Instructions
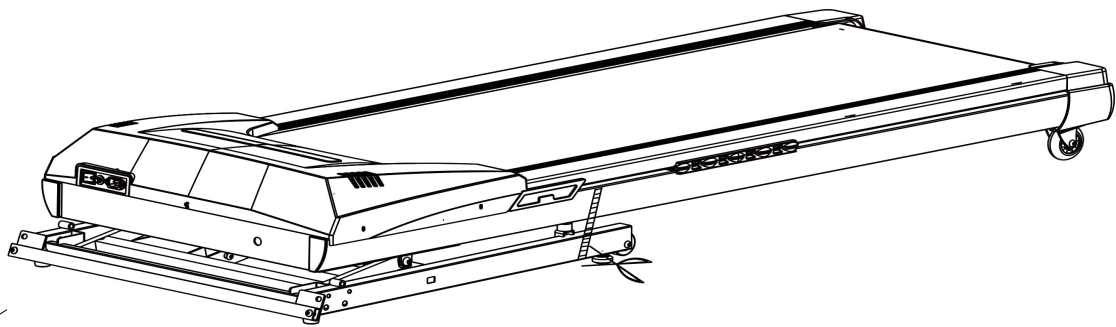
Carton
Reinforcing Tube

Before you start assembly please remove the carton reinforcing tube as show in above diagram, then cut off the nylon cable tie.
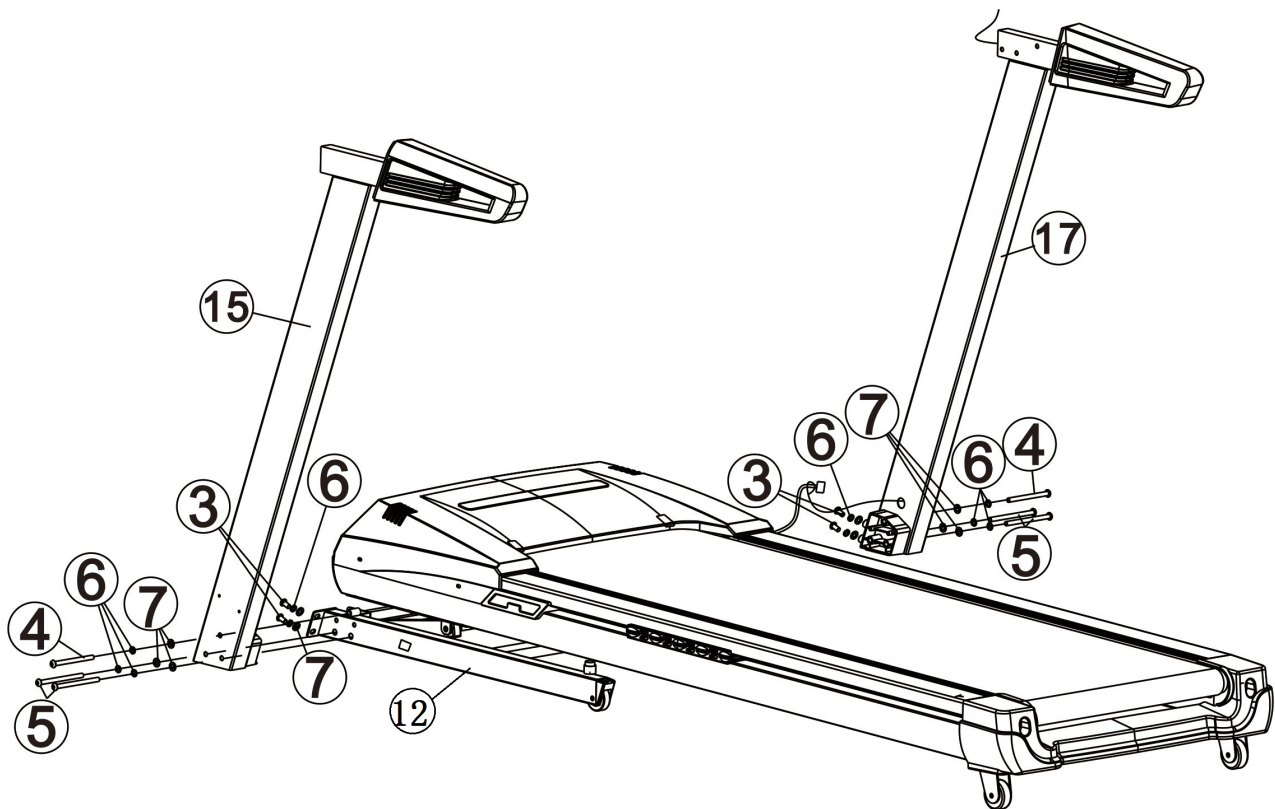
Position the Left & Right Console Mast (**15 & 17**) on the platform as shown in the diagram, then connect them to the Stabilizer (**12**) using 4 x M8 x 15mm Allen Bolts (**3**), 2 × M8×95mm Allen Bolts (**4**), 4 × M8×105mm Allen Bolts (**5**), 10 × 8mm Spring Washers (**6**) and 10 x 8mm washers (**7**).

Attention: Do not tighten the above bolts at this step, there should be a space of 0.078 - 0.118" left. Before assembling the Right Console Mast, should lead out the main connection wire to the port of right vertical post by the binding wire.
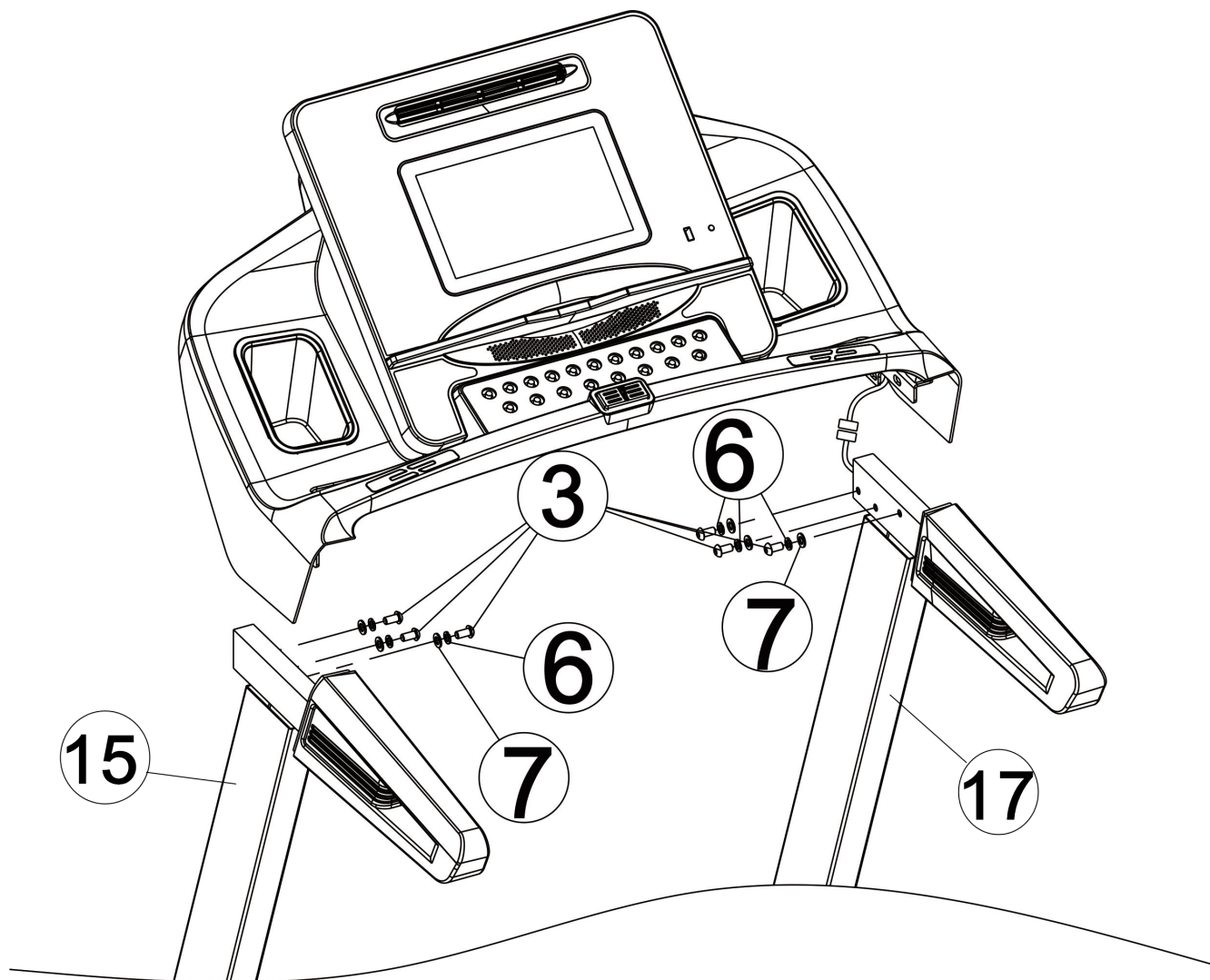
a. Connect the Main Sensor Wire from Controller to the Main Sensor Wire from the Console.

b. Attach the Console onto the Left & Right Console Masts (**15 & 17**), and secure with 6 x M8 x 15mm Allen Bolts (**3**), 6 × 8mm Spring Washers (**6**) and 6 x 8mm washers (**7**).

STEP 4
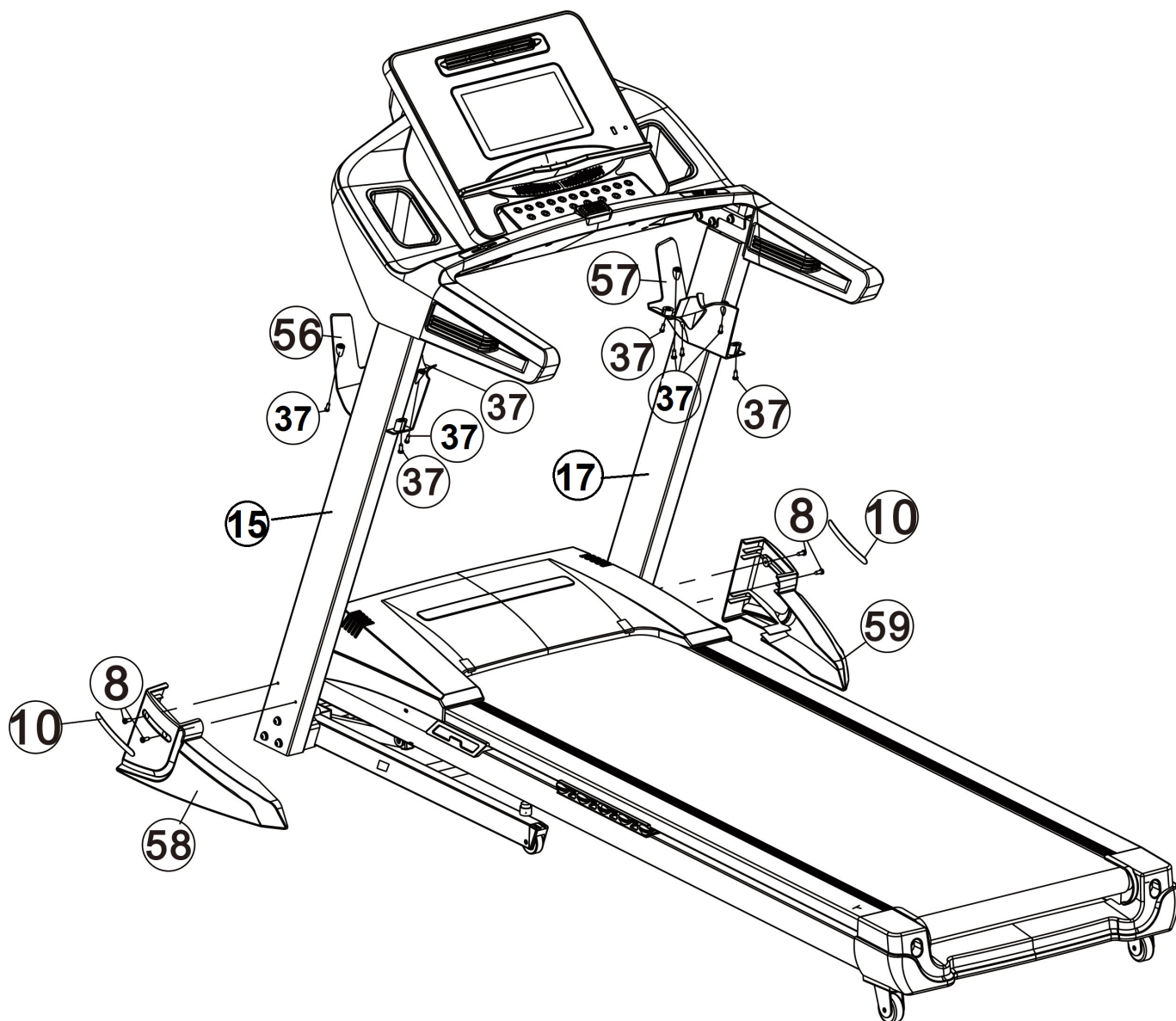
a. Fix the Left Upper Console Mast Cover (**56**) to the Left Console Mast (**15**) using 4 x ST4.2 x 15mm Phillips Pad Screws (**37**).

b. Fix the Right Upper Console Mast Cover (**57**) to the Right Console Mast (**17**) using 4 x ST4.2 x 15mm Phillips Pad Screws (**37**).

c. Respectively attach the Left and Right Console Mast Cover (**58, 59**) to the Left and Right Console Mast (**15 & 17**) using 4 x ST4.8 x 15mm Phillips Pad Screws (**8**) and stick 2 x Console Mast Cover Stickers (**10**) .

Workout Area

The free area must be at least 2 feet greater than the training area. This is a space where you can safely dismount, without obstruction, in case of an emergency. Where two pieces of equipment are positioned adjacent to each other the free area may be shared. The free area behind the treadmill should be 2 feet in length and double the width of the product.

2 feet
(Free area)

2 feet
(Free area)

2 feet
(Free area)

Training area
4.2 foot

2 feet
(Free area)
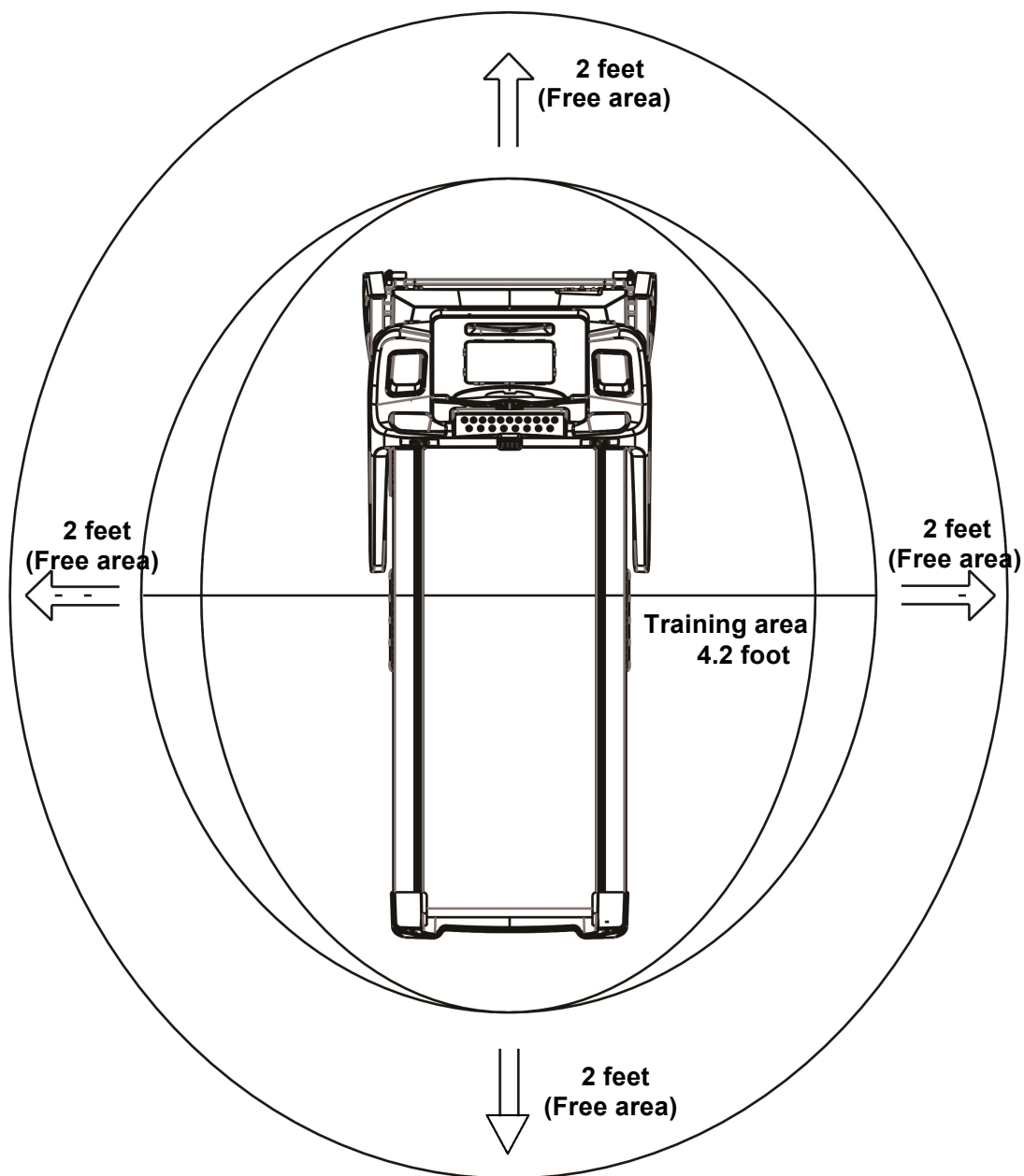
Exercise Information

Warming up and Cooling down

Each workout should include the following three parts:

1. A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

2. Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (***Note***: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

3. A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to reduce post-exercise muscle soreness.

Exercise Frequency

To maintain or improve your fitness, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

Toe touch stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down towards your toes as far as possible.

Hold for 15 counts, then relax

Repeat 3 times.

Stretches: Hamstrings, back of knees and back.

Hamstring stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach towards your toes as far as possible.

Hold for 15 counts, and then relax.

Repeat 3 times for each leg.

Stretches: Hamstrings, lower back and groin.
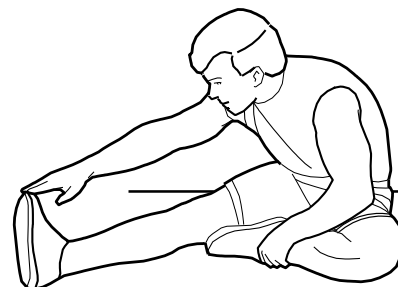
Calf/Achilles stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall.

Hold for 15 counts, then relax.

Repeat 3 times for each leg. To cause further stretching of the Achilles tendons, bend your back leg as well.

Stretches: Calves, Achilles tendons and ankles.
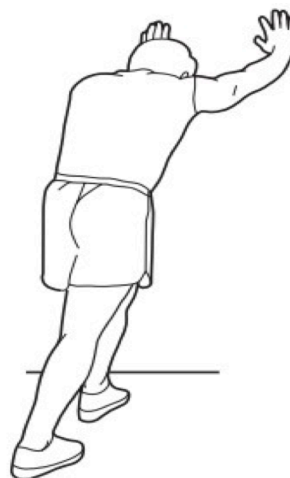
Quadriceps stretch

With one hand against the wall for balance, reach back and grasp one foot with your other hand. Keeping your bent knee pointing directly down towards the floor, gently pull your heel towards your buttock until you feel a gentle stretch in the target area.

Hold for 15 counts, and then relax.

Repeat 3 times for each leg.

Stretches: Quadriceps and Hip muscles.

Inner thigh stretch

Sit with the soles of your feet together and your knees outwards. Pull your feet towards your groin area as far as possible, and push your knee down towards the ground.

Hold for 15 counts, and then relax.

Repeat 3 times.

Stretches: Quadriceps and Hip muscles.
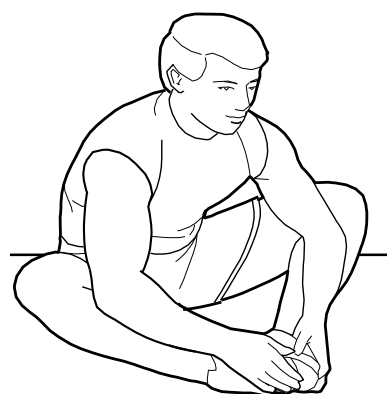
Operation and Adjustment
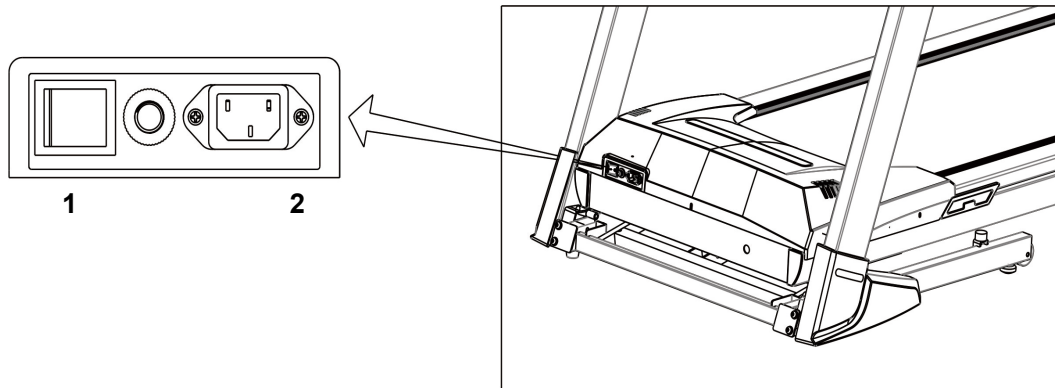
Plug your fitness equipment into the main power and turn on the switch (**1**).
You will hear a beep and the computer screen will light up.

OVER-CURRENT PROTECTOR:
There is an over-current protector (**2**) located on the right side of the switch (**1**) (see above picture); in case of short circuit or over-current, the Button of the over current protector will pop up and the treadmill will power off; please unplug the power source and push down the button. Plug the machine back in and then turn on the switch to restart your treadmill.

Operation and Adjustment

Operation and Adjustment

Console Operation

TECHNICAL SPECIFICATION
Time------------------------------- 00:00 - 99:59 Min
Speed------------------------------ 0.0 - 12 mph
Incline---------------------------- 0 - 15%
Distance--------------------------- 0.0 - 99.99 mph
Calories--------------------------- 0.0 - 999 Kcal

START
On standby status, press it to start the treadmill with initial speed at 0.5 mph

STOP
Press during workout, and the treadmill will gradually stop and clear all the data.

QUICK SPEED SELECT
Press to select your desired running speed of 4, 6, 8, or 10 mph

QUICK INCLINE SELECT
Press to select your desired running incline of 3, 9, 12 or 15%.

FAN
Press to open or close the fan.

SPEED UP/DOWN
1. Press the speed+/- to increase/decrease exercise speed by 0.1 mph
2. Press the speed+/- to select training time within a workout programme.
3. Press the speed+/- to select the desired training target (Time, Distance, Calories) within the target workouts.

INCLINE UP/DOWN
1. Press the incline+/- to increase/decrease exercise incline by 1%.
2. Press the incline+/- to select training time within a workout programme.
3. Press the incline+/- to select the desired training target (Time, Distance, Calories) within the target workouts.

MODE
Press to select training target workout mode (Time-Distance-Calories count down).

PROGRAM
Press to select workout program (P01-P02-…-P10-HP1-HP2-HP3-FAT).

Important Instructions

IMPORTANT
- The console will turn off automatically approximately ten minutes after the belt stopped, and press any button on the console will wake it up.

SAFETY KEY
- The safety key must be placed into the magnetic recess on the console in order to operate the treadmill. Always place the safety key in this position and attach the clip to your clothing waist band before beginning your workout.

- If you should need to stop the motor immediately, simply pull the safety key away from the console.

GENERAL OPERATION
1. Turn on the power switch at the front of your treadmill. This switch is located next to the mains power cord inlet.
2. Place the safety key into the magnetic recess on the middle front of the computer console.

The console will beep and all console window displays will function with a start display value of 0. ***Note:*** If the Safety Key is not placed correctly or is faulty, the "Speed" window will display "E00", which indicates that the treadmill will not operate.

To stop the treadmill in an emergency, simply pull the safety key or press the red STOP button. It is important that you connect the clothing clip to your shirt or other suitable clothing during exercise to ensure that this safety system can operate easily.

Note: The readings displayed by the computer should not be used for therapeutic purposes as they can vary due to the sensitivity of the equipment. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

Operation and Adjustment

- **START YOUR TREADMILL**

Turn on the treadmill, and press the "Start" button on the console.

Press "Speed +" or "Speed -" to adjust the speed. Pressing the key once will change the speed by 0.1 mph

Also the user can press the "Quick Speed Select" button to select desired running speed.

- **STOP YOUR TREADMILL**

Press the "Speed -" button on the console to reduce the speed, then press the "Stop" key on the Console, and the treadmill will stop; turn off the switch if you intend to finish your workout.

If you remove the safety key the treadmill will stop and the console will display E00 until the safety key is replaced.

- **TRAINING TIME CONTROL WORKOUT MODE**

Turn on the treadmill, press the "MODE" button once, the "Time" window flashes and displays "15:00". Press "Speed +" / "Speed -" or "Incline+" / "Incline -" button to select your desired training time, (the range is 5:00—99:00 minutes).

Press "Start" to begin your workout, the time data will reduce gradually during your training and the treadmill will stop automatically when the "Time" window displays "0:00".

- **TRAINING DISTANCE CONTROL WORKOUT MODE**

Turn on the treadmill, press the "MODE" key twice to enter distance count down mode, the "Distance" window displays "1.00".

Press "Speed +" / "Speed -" or "Incline+" / "Incline -" button to select your desired training distance (the range is 0.50—99.90 mph).

Press "Start" to begin your workout, the distance data will reduce gradually during your training and the treadmill will stop automatically when the window displays "0.00".

- **BURNING CALORIE CONTROL WORKOUT MODE**

Turn on the treadmill, press the "MODE" button three times to enter Calorie count down mode, the initial calorie is "50.0" Kcal.

Press "Speed +" / "Speed -" or "Incline+" / "Incline -" button to select the target calories for your workout (the range is 10.0---999 calories).

Press "Start" to begin your workout, the calories data will reduce gradually during your training, and the treadmill will stop automatically when the window displays "0.0".

Operation and Adjustment

- **Program Workout Model (P01—P10)**
  In this mode, the user has a choice of
  Program P01 – Program P10.

1. Press the "Program" button once, the "Pro."
   window will display "P01" and the "Time"
   window will display "10:00", which is the
   preset time of the treadmill for each program;
   press the "Program " button to select your
   desired training program "P01-P10".

2. The preset workout time of the treadmill for
   each program is 10:00Mins; when you finish
   selecting workout program, press "Speed +" /
   "Speed -" or "Incline+" / "Incline -" button to

   select your desired workout time (the range is:
   5:00---99:00 minutes).

3. Press "Start" and the treadmill will count down
   from three before commencing the workout.
   The start speed depends on the program you
   have chosen.

4. For all preset values, please refer to following
   table and diagrams.

Any of the training program levels has 10 segments,
and each segment time is 1/10 of the total time;
during any training segments, press the "Speed +" /
"Speed -" button to adjust your speed.

TIME	PROG	Set Time/10 = Running time for each segment									
		1	2	3	4	5	6	7	8	9	10
P01	SPEED	0.9	1.8	2.7	3.6	4.5	5.4	6.3	6.3	5.4	4.5
	INCLINE	1	1	2	2	2	3	3	2	2	2
P02	SPEED	1.8	2.7	4.5	1.8	2.7	4.5	1.8	2.7	4.5	2.7
	INCLINE	1	2	2	2	2	4	4	3	2	2
P03	SPEED	2.7	3.6	4.5	3.6	2.7	3.6	4.5	3.6	2.7	3.6
	INCLINE	2	3	3	2	2	6	6	3	2	2
P04	SPEED	1.8	1.8	2.7	2.7	3.6	3.6	4.5	4.5	5.4	5.4
	INCLINE	2	3	3	2	2	6	6	3	2	2
P05	SPEED	1.8	2.7	3.6	4.5	5.4	5.4	4.5	3.6	2.7	1.8
	INCLINE	3	3	3	4	4	3	3	2	2	2
P06	SPEED	4.5	4.5	3.6	2.7	1.8	0.9	1.8	2.7	3.6	4.5
	INCLINE	3	5	5	5	4	3	3	4	3	2
P07	SPEED	1.8	3.6	2.7	1.8	5.4	4.5	1.8	5.4	3.6	2.7
	INCLINE	4	4	4	4	3	6	6	5	3	3
P08	SPEED	0.9	1.8	2.7	3.6	3.6	3.6	3.6	2.7	1.8	0.9
	INCLINE	4	5	5	5	6	12	12	8	6	3
P09	SPEED	1.8	1.8	2.7	4.5	4.5	4.5	4.5	2.7	1.8	1.8
	INCLINE	5	5	5	6	6	9	9	7	4	2
P10	SPEED	0.9	1.8	2.7	4.5	3.6	2.7	1.8	3.6	1.8	0.9
	INCLINE	4	6	4	2	5	7	8	3	2	1

PULSE CONTROL WORKOUT MODE

1. Turn on the treadmill, press "Program" button until the "Pro." window display "HP1". "Time" window displays "10:00" which is the treadmill pre set workout time for pulse control workout mode.
2. Press "Speed +" or "Speed -" button or press "Incline +" or "Incline -" button to choose your desired training time.
3. Press the "Mode" button, the main window is displaying "30" - which is the treadmill pre set user's age. Press "Speed +" or "Speed -" button (or press "Incline +" or "Incline -" button) to choose your correct age
4. Press the "Mode" key again, the main window is displaying your target heart rate date according to your age (Please refer next page to the target heart rate table), you can press "Speed +" or "Speed -" button (or press "Incline +" or "Incline -" button) to choose your desired target heart rate date.
5. Press "Mode" key to enter your setting information when starting your workout, the treadmill will run with the speed 0.5 mph for about 1min warm up, grasp the two handle pulse sensors with your two hands, then the treadmill will run automatically according to user's heart beat rate, every 10 seconds increasing by 0.3 mph. Once the treadmill speed is on 5 mph, but the heart rate is lower than the setting data, then the treadmill will increase incline by 1% every 10 seconds to reach your setting heart rate.
6. When your heart rate is over your setting heart rate, then the treadmill will decrease incline by 1% every 10 seconds, if user's heart is still over your setting heart rate, then the treadmill will decrease running speed by 0.3 mph , until our heart rate is lower than your setting heart beat rate.
7. The treadmill has three pulse control workout modes, press "Program" button to select "HP1" "HP2 " or "HP3".

Note: HP1 Pulse Control Workout Mode, the treadmill default Max running speed is 5 mph, HP2 and HP3 Max running speed is 5.5 mph,6 mph. We recommend you to read target heart rate zone table on page 20 carefully before you starting Pulse Control Workout.

AGE	Heart Beat (Times/Mins)			AGE	Heart Beat (Times/Mins)			AGE	Heart Beat (Times/Mins)		
	H	Default	L		H	Default	L		H	Default	L
15	195	123	123	37	174	110	110	59	153	97	97
16	194	122	122	38	173	109	109	60	152	96	96
17	193	122	122	39	172	109	109	61	151	95	95
18	192	121	121	40	171	108	108	62	150	95	95
19	191	121	121	41	170	107	107	63	149	94	94
20	190	120	120	42	169	107	107	64	148	94	94
21	189	119	119	43	168	106	106	65	147	93	93
22	188	119	119	44	167	106	106	66	146	92	92
23	187	118	118	45	166	105	105	67	145	92	92
24	186	118	118	46	165	104	104	68	144	91	91
25	185	117	117	47	164	103	103	69	143	91	91
26	184	116	116	48	163	103	103	70	143	90	90
27	183	116	116	49	162	103	103	71	142	90	89
28	182	115	115	50	162	102	102	72	141	90	89
29	181	115	115	51	161	101	101	73	140	90	88
30	181	114	114	52	160	101	101	74	139	90	88
31	180	113	113	53	159	100	100	75	138	90	87
32	179	113	113	54	158	100	100	76	137	90	86
33	178	112	112	55	157	99	99	77	136	90	86
34	177	112	112	56	156	98	98	78	135	90	85
35	176	111	111	57	155	98	98	79	134	90	85
36	175	110	110	58	154	97	97	80	133	90	84

Operation and Adjustment

BODY FAT ANALYSIS

1.Turn on the treadmill, press "program" button until the main window displays "FAT".

2.Press the "MODE" button, the "pro." window is displaying "F-1", the main window is displaying "01", Press "Speed +" or "Speed -" Key (or press "Incline +" or "Incline -" key then the main window will change to" 01" or "02 ", Please select your sexual distinction, " 01" – Male, "02" – Female.

3.Press the "MODE" key again,the "pro." window is displaying "F-2", the main window displays: "25" – Which is the treadmill preset user's age. Press "Speed +" or "Speed -" button (or press "Incline +" or "Incline-" button) to select your correct age. (Range is: 10 – 99).

4.Press the "MODE" button again, the "pro." window is displaying "F-3",the main window displays "67" – Which is the treadmill preset user's body height 67 in. Press "Speed +" or "Speed -"

button or press "Incline +" or "Incline -" key to select your correct body height. (Range is: 39-78 in).

5.Press the "MODE" button again, the "pro." window is displaying "F-4",the main window displays: "150"　Which is the treadmill preset user's body weight 150lbs. Press "Speed +" or "Speed -" button or press "Incline +" or "Incline -" key to select your correct body weight. (Range is: 44-330 lbs).

6.Press "MODE" key again, the "pro. " window is displaying "F - 5" and the main window is displaying: " --- " . Grasp the two handle pulse sensor with your two hands and hold for about 5 seconds, the main window will display your desired body fat rate, refer to below table for your body fat date.

| Body Fat Scale Parameter Table			
FAT	ITEM	SET OR ANALYSIS DATA	
F-1	Sex	01-Male	02-Female
F-2	Age	10-99 (25)	
F-3	Height	39-78 in	
F-4	Weight	44-330 lbs	
F-5	Body Fat	<19	Under weight
		20~24	Normall weight
		25~29	Over weight
		>30	Obesity

Care and Maintenance
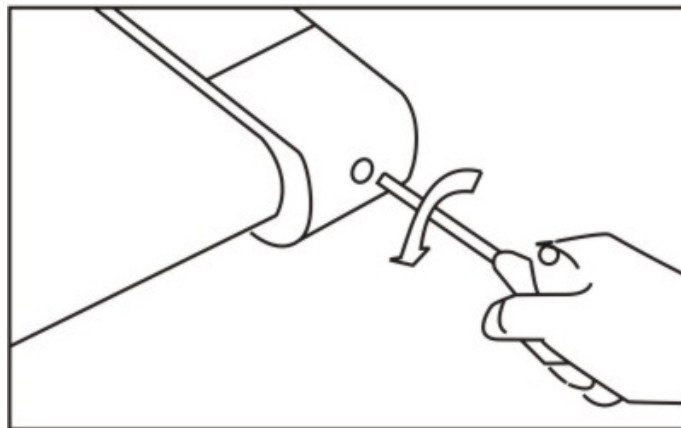
Adjust the treadmill belt to the center.

The treadmill belt has been adjusted well before leaving the factory. Sometimes the belt would deviate from the center during transportation. Check whether the belt is on the center and operates stably.

CAUTIONS: When adjusting the belt to center, make sure that speed of the treadmill shall not exceed 1mph and keep your fingers, clothes and hairs away from the belt.

If the belt deviates right: Start up the treadmill and adjust the speed to 1mph. Use a proper wrench to turn the adjusting screw at right side of belt clockwise by 1/4 turns. Wait for 2 minutes and then observe the effect. If it still deviates right, then continue to adjust it until it returns to the center. See the following figure.
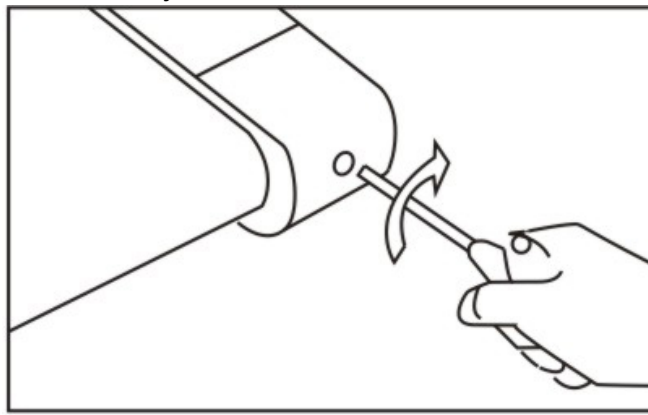
If the belt deviates left: Start up the treadmill and adjust the speed to 1mph. Use a proper wrench to turn the adjusting screw at right side of the belt anticlockwise by 1/4 turns. Wait for 2 minutes and then observe the effect. If it still deviates left, then continue to adjust it until it returns to the center. See the following figure.

Care and Maintenance

Adjust tensile force of the treadmill belt

The treadmill belt has been adjusted well before leaving the factory. Long time idleness may lead to stretching of the belt. Check to make sure the belt will not slip before using the treadmill.

Do not adjust the tension force of the belt when some one is using the machine. Excessive tensile force of the belt will add load to machine and its components. Do not tighten the belt excessively.

If the belt slips when you are doing exercise on the treadmill, then you need to adjust tensile force of the belt. Slipping is usually caused by stretching of the belt. And adjustment is common and normal. In order to exclude slipping, use wrenches with proper size to turn adjusting screws at both sides of the belt clockwise by 1/4 turns (see the following figure) and then check whether slipping remains. If it remains to slip, repeat the above procedures until it is free of slipping. Make sure that it is available to turn by 1/4 turns every time.

CLEANING
WARNING: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT

General cleaning or the unit will greatly prolong the life of the treadmill. Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the build-up of foreign material underneath the walking belt.

The top of the belt may be cleaned with a damp, soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or from underneath the belt. Warning¨ Always ensure the treadmill is unplugged from the electrical outlet before removing the motor cover. At least once a year remove the motor cover and vacuum under the motor cover.

WALKING BELT AND DECK LUBRICATION

The treadmill is equipped with lubricated running board, which needs regular maintenance. The friction between running board and running belt has a great effect on the treadmills' life.

The steps are as follows:

a) Remove the power cord from the wall socket.

b) Wipe out the dust between running board and running belt with a clean cloth.

c) As shown in the picture apply the Silicon oil on the running board (2 small daubs about 2 inches in diameter

approximately where your feet hit the deck during use).

d) Plug the treadmill back and set running to the lowest speed. Slowly walk the silicon over the surface of the treadmill deck.
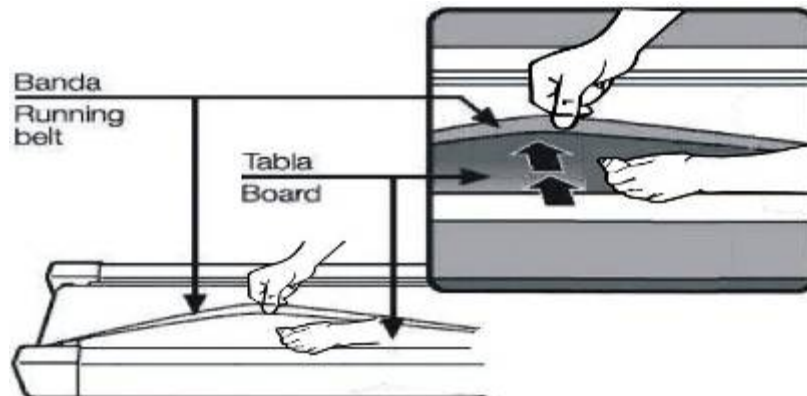
TROUBLESHOOTING

Symptom	Cause and Check	Solution
E00	Safety Key not in the position	Re-locate the safety key in the correct position
E01	No signal to Controller from console	A: Check the Main Controller Wire B: Replace the PCB Board
E02	Motor communication error	A: Check the wire from motor to controller B: IGBT breakdown, Replace the controller C: Check the power voltage if 50% lower than rate voltage D: Replace the motor wire or replace motor
E04	Incline Motor communication error	A: Check the wire from incline motor to controller B: Replace the incline motor C: Replace the controller
E05	Over current protector	A: Over loading or over resistance, restart the treadmill B: Transmission parts seized up, check the parts C: Replace controller D: Motor breakdown, replace the motor
E06	Motor Open Circuit	Connect the Motor link
E08	IC Driver Error	Replace the IC driver
E09	Folding up protect	A: Do not fold up the running deck when treadmill in is running B: If the running deck in laying position and show E09, you need change the controller
E10	Motor instantaneous current abnormal	A: Adjust the torsion potentiometer of the Controller to lower B: Motor Breakdown, change the motor
E11	Over voltage protector	Voltage over 150v (for 110v) -- turn off the treadmill and check the power source
E13	No singnal to console from Controller	A: Check the Main Controller Wire B: Replace the controller
E14	Lower voltage protector	Voltage lower than 70v (110v) -- turn off the treadmill and check the power source

Exploded Diagram
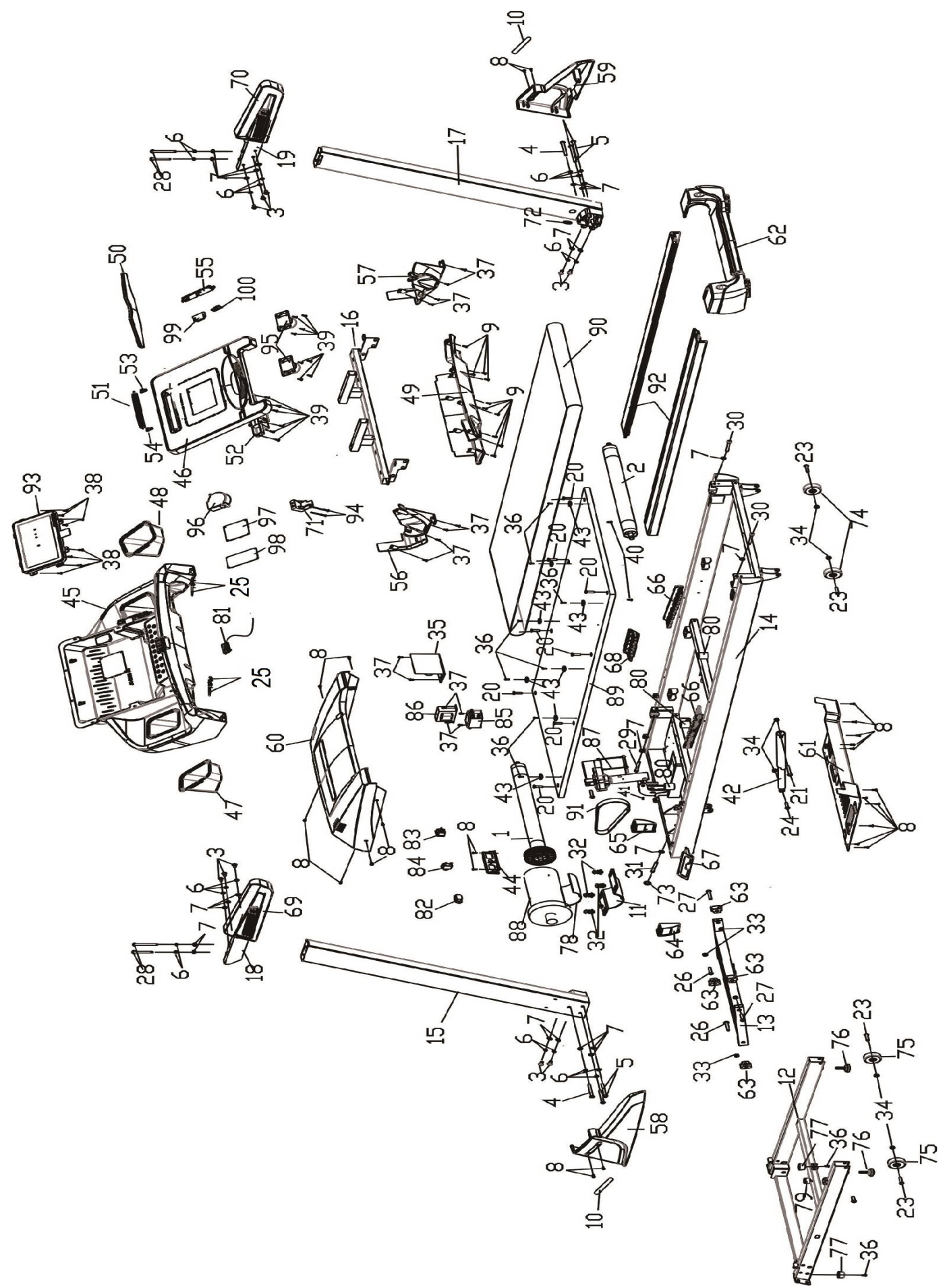
Parts List

Part #	Description	QTY
1	Front Roller	1
2	Rear Roller	1
3	M8 x 15mm Allen Bolt	16
4	M8 x 95mm Allen Bolt	2
5	M8 x 105mm Allen Bolt	4
6	8mm Spring Washer	16
7	8mm Washer	16
8	ST4.8 x15mm Phillips Pad Screw	35
9	ST4.2 x15mm Phillips Screw	29
10	Console Mast Cover Sticker	2
11	Base Frame	1
12	Stabilizer	1
13	Incline Frame	1
14	Running Stage	1
15	Left Console Mast	1
16	Console Frame	1
17	Right Console Mast	1
18	Left Handle	1
19	Right Handle	1
20	M8 x 28mm Phillips Countersunk Bolt	8
21	M8 x 45mm Allen Bolt	1
22	M10 x 65mm Allen Bolt	1
23	M8 x 40mm Allen Bolt	4
24	M8 x 30mm Allen Bolt	1
25	Handle Pulse Sensor	4
26	M10 x 35mm Allen Bolt	2
27	M10 x 40mm Allen Bolt	3
28	M8 x 70mm Allen Bolt	4
29	M8 x 60mm Hex Socket Cap Screw	1
30	M8 x 70mm Hex Socket Cap Screw	2
31	M8 x 50mm Hex Socket Cap Screw	1
32	M10 x 250mm Hex Socket Cap Screw	4
33	M10mm Aircraft Nut	6
34	M8mm Aircraft Nut	6
35	Controller	1
36	ST4.8 x15mm Phillips Screw	8
37	ST4.2 x15mm Phillips Pad Screw	14
38	ST4.2 x10mm Phillips Pad Screw	10
39	ST2.9 x 8mm Phillips Pad Screw	30
40	ST4.2 x 30mm Phillips Countersunk Screw	2
41	M4 x10mm Phillips Bolt	1
42	Air Spring	1
43	Side Rail Fixer	8
44	Switch Box	1
45	Upper Console Cover	1
46	Screen	1
47	Left Trayer	1
48	Right Trayer	1
49	Console Housing	1
50	IPAD Support	1
51	Fan Picks	1
52	Air Flue	1

53	Right Fan Picks Fixing Block	1
54	Left Fan Picks Fixing Block	1
55	USB Fixing Support	1
56	Left Upper Console Mast Cover	1
57	Right Upper Console Mast Cover	1
58	Left Console Mast Cover	1
59	Right Console Mast Cover	1
60	Motor Cover	1
61	Bottom Motor Cover	1
62	End Cap	1
63	15×30mm End Cap	4
64	Left Running Deck End Cap	1
65	Right Running Deck End Cap	1
66	Decoration Shock Pad	2
67	Left Motor Cover Decoration	1
68	Right Motor Cover Decoration	1
69	Left Handle	1
70	Right Handle	1
71	Fan Support	1
72	Shield Coil	1
73	End Cover	1
74	PU Wheel	2
75	Tranportation Wheel	2
76	Adjustable Cushion	2
77	Shock Pad	2
78	Rubber Motor Support	1
79	Limit Rubber Support	1
80	Big Cushion	6
81	Safety Key	1
82	Power Socket	1
83	Power Switch	1
84	Over Current Protector	1
85	Filter	1
86	Inductor	1
87	Incline Motor	1
88	DC Motor	1
89	Running Deck	1
90	Running Belt	1
91	Motor Belt	1
92	Side Rail	2
93	LCD Screen	1
94	ST4.2 x 40mm Phillips Screw	2
95	Speaker	2
96	Fan	1
97	CPU Board	1
98	Fitshow Bluetooth Module	1
99	USB Port	1
100	MP3 Port	1