

T630 Heart rate control
T650 Voice option
FOLDABLE READMILL
OWNER'S MANUAL



Retain this owner's manual for future reference.
Read and follow all instructions in this owner's manual.

INTRODUCTION

T650 foldable treadmill has been designed to give you reliable performance and enjoyable workout in the comforts of your home.



CAUTION!

BEFORE BEGINNING ANY EXERCISE PROGRAM, ALWAYS CONSULT YOUR PHYSICIAN. IF YOU EXPERIENCE CHEST PAINS, NAUSEA, DIZZINESS OR SHORTNESS OF BREATH, STOP EXERCISING AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING.

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I. IMPORTANT SAFETY PRECAUTIONS

WARNING!

Connect this unit to a properly grounded outlet only.

When using an electrical product, basic precautions should always be followed. Read all instructions before using this treadmill.

GROUNDING INSTRUCTIONS

This product must be grounded! If it should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. This plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with 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.

ELECTICAL SAFETY

To reduce the risk of burns, fire, electrical shock, or injury to persons, take the following precautions.

- When plugged in, do not leave the treadmill unattended at any time. Unplug the treadmill from the power source when it is not in use.
- Do not use the treadmill if the unit is wet or the plug or cable is damaged or the treadmill is not working properly. Do not use a damaged or defective equipment.
- Keep the power cable and plug away from heated surface.
- Never place the power cord under carpeting or place any object on top of the power cord.
- Use only the power cord provided with this treadmill.
- To disconnect, turn the switch to the off position, then remove the plug from the outlet.

I. IMPORTANT SAFETY PRECAUTIONS

This exercise equipment is designed and built for optimum safety for the home use. However, certain precautions always apply whenever you operate any exercise equipment. Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions.

MECHANICAL SAFETY

- Before you start to exercise, make sure the unit functions correctly. To maintain the safety level of the exercise equipment do not use a faulty device.
- Replace defective components immediately and/or keep the equipment out of use until repair.
- Inspect the equipment prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
- Do not use attachments not recommended by the manufacturer.
- Never drop or insert any object into any opening.
- Only one person may use the treadmill at a time.
- Never activate the speed when someone is standing on the treadmill.

APPROPRIATE ATTIRE

- Always wear appropriate clothing. Do not wear clothing that might catch on any part of this treadmill.
- Always wear non-slippery shoes while working with the treadmill. Do not wear shoes with heels or leather soles. Check the soles of your shoes and remove any dirt and embedded stones.

CHILDREN AND PETS

- Most exercise equipment is not recommended for small children. Children should not use the equipment unless they are under adult supervision. To ensure safety, keep young children off the treadmill at all times.
- Exercise equipment has many moving parts. In the interest of safety, keep others (especially children and pets) at a safe distance while you exercise.
- To ensure child safety, store the safety key away when treadmill is not in use. Treadmill will not activate without safety key in place.

CAUTION!

Stop your workout immediately if you feel any pain or abnormal symptoms and consult your physician.

Read this manual before operating this treadmill.

II. SETTING UP YOUR TREADMILL

CAUTION!

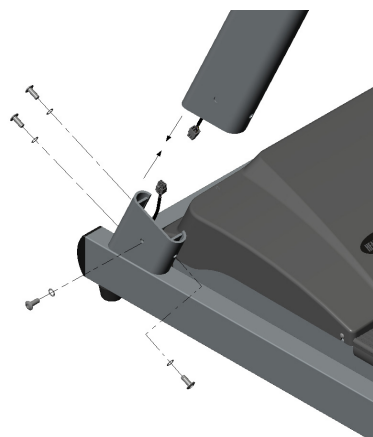
To avoid injury, you must fold up the deck prior to lifting the treadmill out of the box.

ASSEMBLY INSTRUCTIONS

Only one tool is required to assemble the treadmill.
This tool is provided along with the bolt pack.
Keep the tool to tension the running belt in the future.

** Use star washer for each bolt connection.

*** Take care that the cables do not get trapped or pinched.



1. Assemble the upright posts

Connect the wires before you assemble the upright posts.

Secure each upright post with four washers and four bolts.

Do not tighten these bolts until the horizontal handlebar and monitor have been tightened.



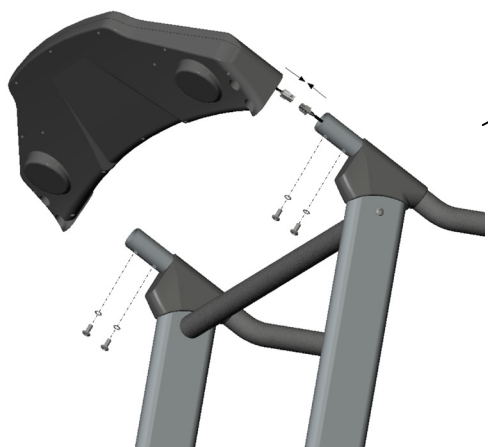
2. Assemble the horizontal handlebar

One end of the horizontal handlebar is not covered all the way with foam grip.

Insert the uncovered end of the bar into the right upright post first before fitting the other end flush against the left side.

Note: the left side is secured with the long bolt while the right side is secured with the short bolt.

Do not tighten these bolts until the monitor has been tightened.



3. Assemble the monitor

Connect the wires. Then push the monitor onto the upright posts. You may have to shake the posts from side to side to get the monitor to fit.

Once you have the monitor in place, secure and tighten the bolts on the monitor.

II. SETTING UP YOUR TREADMILL

PLACEMENT IN YOUR HOME

To make exercise a desirable daily activity for you, the treadmill should be placed in a comfortable and attractive setting. This treadmill is designed to use minimal floor space and to go nicely in your home.

- ✧ Do not place the treadmill outdoors.
- ✧ Do not place the treadmill near water or in a high moisture content environment.
- ✧ Make sure power cord is not in the path of heavy traffic.
- ✧ If your room is carpeted, check the clearance to make sure there is enough space between the carpet fiber and the treadmill deck. If you are uncertain, it is best to place a mat beneath your treadmill.
- ✧ Locate the treadmill at least 4 feet from walls or furniture.
- ✧ Allow the safety area of 2000mm x 1000mm behind the treadmill so that you can easily get on and off the treadmill and adjust the tension of the belt.

Occasionally after extended use you will find a fine black dust below your treadmill. This is normal wear and DOES NOT mean there is anything wrong with your treadmill. This dust can be easily removed with a vacuum cleaner. If you wish to prevent this dust from getting on your floor or carpet, place a mat beneath your treadmill.

LEVELLING THE BASE

It is important that you place the treadmill on a firm level surface. Check the treadmill to ensure the frame is level once you have moved the treadmill into the position of your choice.

USE DEDICATED CIRCUIT

The outlet selected should be a dedicated circuit. It is particularly important that NO sensitive electrical equipment, such as computer or TV, share the same circuit.

CAUTION!

Make sure the running deck is level to the ground. If the deck is positioned on uneven surface, it would cause premature damage to the electronic system.

III. HANDLING YOUR TREADMILL

MOVING THE TREADMILL

This treadmill is easy to move around safely.

To move the treadmill:

1. Turn power switch off.
2. Unplug the power cord.
3. Make sure the deck is at 0% grade
4. Fold the treadmill and make sure lock is engaged. You should hear a click to indicate positive engagement.
5. Simply roll the treadmill on four wheels to the desired location.

FOLDING THE TREADMILL

Folding and unfolding of this treadmill is made easy with the assistance of gas cylinder. After the treadmill has come to a complete stop, make sure the elevation is lowered all the way to the ground before folding the treadmill. With caution, fold up the deck slowly with both hands. When you hear a click, the deck is locked in place.

UNFOLDING THE TREADMILL

The folding lock release mechanism is located on the left end-cap at the end of the deck. To release the folding lock, use your left hand to reach up to the end of the deck, gently pull out the clip on the left end-cap no more than an inch. Use your right hand to unfold the deck slowly. Use both hands to bring the deck slowly to the ground. Please handle with caution. As the deck gets closer to the ground, it will drop at a faster rate and feel heavier.

IV. GETTING STARTED

TURN POWER ON

The On/Off switch for the treadmill is located next to the power supply cord at the back of the motor cover. Flip this switch to the "ON" position.

SAFETY TETHER KEY AND CLIP

The safety key is designed to cut the main power to the treadmill should you fall. Therefore, the safety key is designed to bring the treadmill to an immediate stop. At high speeds, it may be uncomfortable and somewhat dangerous to come to a complete stop immediately. So, use the safety key as emergency stop only.

To bring the treadmill to a complete stop safely and comfortably, use the red STOP button.

Your treadmill will not start unless the safety key is properly inserted into the key holder at the left side of the console. The other end of the safety key should be securely clipped to your clothing. Never use the treadmill without securing the safety key clipped to your clothing. Pull on the safety key clip to make sure it will not come off your clothing.

When safety key is removed from the console during a workout, all motion will stop. The workout program will be stopped. When safety key is returned to the console, elevation will return to 0% grade and all stats will be cleared and the console will return to idle mode ready for the next workout.

GETTING ON AND OFF THE TREADMILL

Handle with care when getting on or off the treadmill. Try to use the handlebars while getting on or off. While you are preparing to use the treadmill, do not stand on the running mat. Straddle the running mat by place your feet on both side rails of the treadmill deck. Place your foot on the mat only after the mat has begun to move at a consistent slow speed.

During exercise, keep your body and head facing forward at all times. Never attempt to turn around on the treadmill when the running mat is still moving.

When you have finished exercising, stop the treadmill by pressing the red STOP button. Wait until the treadmill comes to a complete stop before attempting to get off the treadmill.

AT THE END OF WORKOUT

For safety precaution, especially when you have children in the house, we recommend that you follow these steps to keep the treadmill out of harms way.

1. Turn off the power switch.
2. Disconnect the plug from the wall socket.
3. Remove the safety tether key and store out of reach of children.

WARNING!

Never use this treadmill without first securing the safety tether clip to your clothing.

CAUTION!

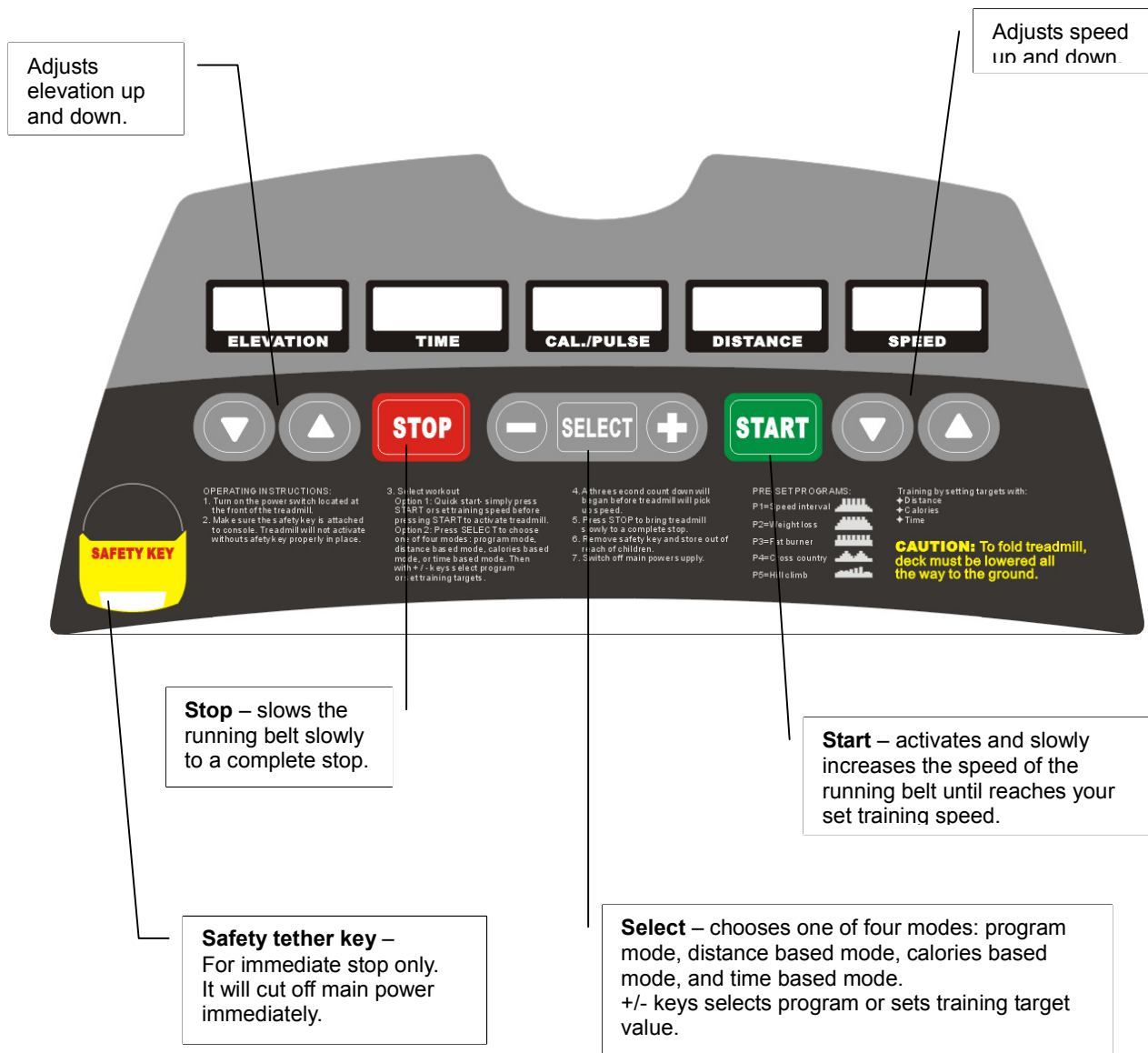
For your safety, step onto the belt when the speed is no more than 2 Km/H.

Never start the treadmill at a running speed and attempt to get on while it is moving fast.

NOTE:

The deck should NOT be folded unless the elevation is at 0% grade. Attempts to fold the deck while it is elevated may cause damage to the frame.

V. OPERATING THE MONITOR



DISPLAY VALUES

Elevation	0-10% grade	0.5% increment
Time	0:00 to 59:59	One second increment
Calories	0-999 calories	One calorie increment
Pulse	40-240	One pulse beat increment
Distance	0-65 Km	0.1 Km increment
Speed	1-16 Km/H	0.1 Km/H increment

V. OPERATING THE MONITOR

The heart rate control console presents many user friendly features. There are displayed messages to guide you through every step of the programming and workout.

VOICE – all displayed messages will be audibly voiced through the speaker. To turn off the voice, please press down on both the ELEVATION and SPEED keys at the same time. The same two keys will activate the voice feature again.

METRIC TO MILES

You have the option to change from miles to Km and vice versa by pressing FAST + SLOW + 0 (three keys at the same time)

WIRELESS HEART RATE MONITOR

The treadmill features wireless heart rate monitoring, the most advanced technology to date for accurate read out of your heart beat. You must wear the heart rate transmitter chest strap so that the contact surface is next to your skin directly under your heart to pick up the pulse signals from your heart. To ensure positive readout, make sure the contact surface is moist. When the console picks up your heart beat signal, the little heart under the viewing screen will light up and blink to your heart beat.

% of MAX HEART RATE

For this information to display on the viewing screen, you must wear the heart rate transmitter chest strap and also accurately enters your age. Maximum heart rate is based on the calculation of 220 minus your age. Then based on the pulse picked up from your chest strap, the console will calculate your heart beat as percent of your maximum heart rate. This is the best indication of how hard you are working your heart and lungs.

VIEW

During workout, the viewing screen will show a track making progress as well as time counting down. This gives you a visual as well as a numeric value of how much time is remaining of your workout. Any time during the workout, you may also choose to view other data. You may SCAN all values or chose to view: Time, Distance, Calories, Pulse, or % of maximum heart rate. Speed and Elevation will be on constant display.

COOL DOWN

Whenever you are ready to stop your workout, even if you are in the middle of a program, be sure to use the COOL DOWN program. When the cool down button is pressed, it will automatically interrupt the current workout and go directly into cool down routine, which is programmed for four minutes. The first two minutes will reduce speed and elevation to 50% of your last setting. The last two minutes will reduce speed and elevation another 50%.

NOTE:

To view pulse or % of maximum heart rate, you must wear the heart rate transmitter chest strap.

V. OPERATING THE MONITOR

SPEED ADJUSTMENTS

During workout, for minor adjustments, use FAST and SLOW buttons to change at increments of 0.1 Km/H. Or you may press SPEED and use numeric keys to enter the new speed value. Then press ENTER to accept the new value.

ELEVATION ADJUSTMENTS

During workout, for minor adjustments, use UP and DOWN buttons to change at increments of 0.5% grade. Or you may press ELEVATION and use numeric keys to enter the new elevation value. Then press ENTER to accept the new value.

PAUSE

If STOP key is pressed during workout, the program is suspended. The display will show “workout stopped” and start to count down from three minutes. During pause no keys other than STOP and GO will function. If user presses GO during pause (within three minutes), then program resumes where it was stopped. If user presses STOP again during pause, program will end. Or if after three minutes without any button pressed, program will automatically end.

END OF WORKOUT

When you have completed your workout or if you have stopped your workout, the elevation will automatically return to 0% grade. Then the display will show “Congratulations! You did a good job”. Then it will display the totals for exercise time spent, distance, and calories burned for that workout. The workout stats will repeat twice, then console will go back to idle mode ready for the next user workout.

QUICK START

The default settings for this program are 0% and 1 Km/H. You may adjust the speed or elevation any time during the workout. The default time for this program is 30 minutes.

1. Turn power on
2. Check safety key and clip – ensure clip secured to clothing
3. Press START for quick start
4. Use numeric keys to enter age
5. Press ENTER to confirm and begin workout

V. OPERATING THE MONITOR

CUSTOM PROGRAM A & B

The first time you use this workout, you must program the routine. We have 15 recordings to memorize elevation and speed. In addition, we also memorize your age and workout time. The next time that you use this workout, it will repeat what you have programmed for the last workout.

1. Turn power on
2. Check safety key – ensure clip secured to clothing
3. Press 0 for program A or 1 for program B.
4. Display will show program selected
5. Press ENTER to confirm
6. Use numeric keys to enter age.
7. Press ENTER to accept.
8. Use numeric keys to enter workout time.
9. Press ENTER to accept.
10. Press START to begin workout.

There are two ways to reset the custom program workout routine.

Option 1:

Just change the workout time will alert the computer to erase the previous programmed routine. At this time, you may adjust your workout routine, at the end of the program, it will memorize the new routine for the next time that you choose this workout.

Option 2:

1. Select the program that you wish to re-set (A or B)
2. Press CLEAR, the display will show “clear prog? No”
3. Press CLEAR the second time, display will show “clear prog? Yes”
4. Press ENTER this time, memory will be cleared.

SPEED PROGRAMS: Speed interval or Aerobic

During speed programs, only speed will automatically adjust according to pre-set profiles. If you wish to adjust elevation, you may do so any time during workout. However, you will not be able to adjust speed during the speed program.

1. Turn power on
2. Check safety key – ensure clip secured to clothing
3. Press 2 for speed interval or 3 for aerobic
4. Display will show workout profile of the program selected
5. Press ENTER to accept
6. Use numeric keys to enter age.
7. Press ENTER to accept.
8. Use numeric keys to enter workout time.
9. Press ENTER to accept.
10. Use numeric keys to set maximum speed. Note: all speeds will be scaled down accordingly for the entire program.
11. Press ENTER to confirm.
12. Press START to begin workout

NOTE:

This model is not designed for therapeutic purposes. Pulse rate and calories consumption values displayed on the monitor are motivational values only.

V. OPERATING THE MONITOR

Note:

You must wear the transmitter chest strap in order to use the heart rate control program. The chest strap will function at its best once you have worked up a little sweat. The moisture will help to conduct the signals.

ELEVATION PROGRAMS: Weight loss or Hill climb

During elevation programs, only elevation will automatically adjust according to pre-set profiles. If you wish to adjust speed, you may do so any time during workout. However, you will not be able to adjust elevation during the elevation program.

1. Turn power on
2. Check safety key – ensure clip secured to clothing
3. Press 4 for weight loss or 5 for hill climb
4. Display will show workout profile of the program selected
5. Press ENTER to accept
6. Use numeric keys to enter age.
7. Press ENTER to accept.
8. Use numeric keys to enter workout time.
9. Press ENTER to accept.
10. Use numeric keys to set maximum elevation. Note: all elevations will be scaled down accordingly for the entire program.
11. Press ENTER to confirm.
12. Press START to begin workout

HEAT RATE CONTROL

After you have set your program according to the steps below, the treadmill will activate according to your warm up speed for the duration that you have requested. Treadmill will automatically adjust by speed or elevation to achieve and maintain your target heart rate. After the warm up time, it will take about 3-5 minutes to reach your target heart rate. Your heart rate will be maintained at +/- 5 beats of your target heart rate.

When the console picks up your heart beat signal, the heart under the viewing display will light up and blink. When you have reached your target heart rate, the HRC next to the heart will light up.

1. Turn power on
2. Check safety key – ensure clip secured to clothing
3. Press 6 for heart rate control program
4. Display will show program selected
5. Press ENTER to accept
6. Use numeric keys to enter age.
7. Press ENTER to accept.
8. Use numeric keys to enter workout time.
9. Press ENTER to accept.
10. Use numeric keys to enter warm up time.
11. Press ENTER to accept
12. Use numeric keys to enter warm up speed.
13. Press ENTER to accept
14. Use numeric keys to enter target heart rate. Note: you cannot input a value that is greater than your maximum heart rate.
15. Press ENTER to confirm.
16. Press START to begin workout

V. OPERATING THE MONITOR

You may choose to workout by setting targets with Time, Distance, or Calories. All workouts by target have default settings of 0% for elevation and 1 Km/H for speed. You may adjust the speed or elevation any time during the workout. Once you have reached your target, workout will automatically stop.

TARGET BY TIME

During workout, the display window will show time counting down from the target value and the track making progress.

1. Turn power on
2. Check safety key and clip – ensure clip secured to clothing
3. Press 7 to select target by time.
4. Display will show program selected.
5. Press ENTER to confirm.
6. Use numeric keys to enter age.
7. Press ENTER to confirm.
8. Use numeric keys to enter workout time.
9. Press ENTER to confirm.
10. Press START to begin workout.

TARGET BY DISTANCE

During workout, the display window will show distance counting down from the target value and the track making progress.

1. Turn power on
2. Check safety key and clip – ensure clip secured to clothing
3. Press 8 to select target by distance.
4. Display will show program selected.
5. Press ENTER to confirm.
6. Use numeric keys to enter age.
7. Press ENTER to confirm.
8. Use numeric keys to enter target distance.
9. Press ENTER to confirm.
10. Press START to begin workout.

TARGET BY CALORIES

During workout, the display window will show calories counting down from the target value and the track making progress.

1. Turn power on
2. Check safety key and clip – ensure clip secured to clothing
3. Press 9 to select target by calories.
4. Display will show program selected.
5. Press ENTER to confirm.
6. Use numeric keys to enter age.
7. Press ENTER to confirm.
8. Use numeric keys to enter target calories.
9. Press ENTER to confirm.
10. Press START to begin workout.

VI. EXERCISE TIPS AND GUIDELINES

CAUTION!

Always consult your physician before beginning any exercise program.

STRETCH

Stretching prior to exercise will improve flexibility and reduce chances of exercise related injury. Ease into each of these stretches with a slow gentle motion. Hold for a count of ten. Do not bounce. Repeat the stretch exercises again after the cool down will help to loosen and relax your muscles to prevent soreness.

WARM UP

The first five minutes of a work out should be devoted to warming up. This warm up will limber your muscles and prepare them for more strenuous exercise. Warm up on the treadmill by walking at slow speeds.

COOL DOWN

Never stop exercising suddenly. A cool down period of about 5 minutes will allow your heart to readjust to the decreased demand. Use a low speed setting during the cool down to gradually lower your heart rate.

HOW OFTEN?

It is most often recommended that you exercise at least three to four times a week to maintain cardiovascular fitness. If you have other goals such as weight or fat loss, you will achieve your goal faster with more frequent exercise. Whether it is three days or six days, remember that your ultimate goal should be to make exercise a lifetime habit.

Many people are successful staying with a fitness program if they set aside a specific time of the day to exercise. Regular exercise is key to a healthy life style.

HOW LONG?

For aerobic exercise benefits, it is recommended that you exercise for about thirty minutes per session. Always start slowly, especially if you have been sedentary during the past year. In the beginning you may began with as little as five minutes per session. Your body will need time to adjust to the new activity. As your body adjusts, gradually increase your workout time per session.

If your goal is weight loss, a longer exercise session at lower intensities has been found to be most effective. A workout time of 45-50 minutes or more is recommended for best weight loss results.

VI. EXERCISE TIPS AND GUIDELINES

HOW HARD?

How hard you work out is determined by your goal. Regardless of your fitness goals, always begin an exercise program at low intensity. Aerobic exercise does not have to be painful to be beneficial!

There are two ways to measure your exercise intensity. The first is by evaluating your perceived exertion level and the second is by monitoring your heart rate.

During exercise, if you cannot maintain a conversation without gasping, you are working too hard. A good rule of thumb is to work to the point of exhilaration, not exhaustion. If you cannot catch your breath, it is time to slow down. Always be aware of other warning signs to overexertion.

To monitor your heart rate you can use a pulse monitor or take your pulse with your fingers. Pulse monitors are convenient tools for monitoring your heart rate. However, these values are for reference only. You should always listen to your body first.

You can measure your pulse with your fingers by placing your first two fingers lightly over the blood vessel (carotid artery) on your neck located next to your Adam's apple. Count your pulse for ten seconds and multiply by six. This figure is your heart rate in beats per minute. Compare this number to the Target Heart rate zone for your age group.

TARGET HEART RATE

The most common method for calculating your target heart rate is to find your maximum heart rate. The standard formula for this is: $220 - \text{your age} = \text{maximum heart rate}$.

You DO NOT want to workout at your maximum heart rate. You want to workout in your target heart rate zone. Your target heart rate zone is a percentage of your maximum heart rate. The American Heart Association recommends working out at a target heart rate zone of between 60% - 75% of your maximum heart rate. If you are just beginning an exercise program, exercise near or below the lower limit of your target zone.

Lower limit of target zone = maximum heart rate x 0.60

Upper limit of target zone = maximum heart rate x 0.75

CAUTION!

For your health and safety, Do not over exert yourself.

CAUTION!

If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.

TARGET HEART RATE

Age	Target Zone (60% - 75%)
20	120-150
25	117-146
30	114-142
35	111-138
40	108-135
45	105-131
50	102-127
55	99-123
60	96-120
65	93-116
70	90-113

VII. MAINTENANCE

DANGER!

To reduce the risk of electrical shock, always unplug the treadmill from the electrical outlet immediately after use and before cleaning.

CLEANING

Remove dust on the treadmill with vacuum or slightly damp cloth. Fold up the deck and clean the floor with vacuum periodically will help to prolong the treadmill product life.

Never use solvents on the deck or running mat. Use of solvents can reduce critical lubrication of the deck and mat.

RUNNING MAT CENTERING ADJUSTMENT

When you run or walk, you may push off harder with one foot than the other. This will cause the running mat to run off centered. This treadmill is designed and built to ensure proper tracking of the mat running centered on the deck. Occasionally the mat may need further adjustment to keep it centered. To center the mat, use the enclosed Allen wrench to adjust the rear roller position.

MAT CENTERING PROCEDURE:

1. Do not wear loose clothing, neckties, or loose jewelry while making this adjustment.
2. Never turn the bolts more than 1/4 turn at a time.
3. Always tighten one side and loosen the other to prevent over tightening or loosening the belt.
4. Run the treadmill. Adjust belt while the treadmill is running at 4 Mi/H (6.4 Km/H) with no person on the belt.

After making the adjustment walk on the mat for five minutes to test. If necessary, repeat the procedure but never turn the bolts more than 1/4 turn at a time. Over tightening of the mat will significantly shorten the mat life.

IF MAT IS TOO FAR TO THE LEFT SIDE:

1. Turn the left roller bolt 1/4 turn clockwise (tighten)
2. Turn the right roller bolt 1/4 turn counterclockwise (loosen)

IF MAT IS TOO FAR TO THE RIGHT SIDE:

1. Turn the right roller bolt 1/4 turn clockwise (tighten)
2. Turn the left roller bolt 1/4 turn counterclockwise (loosen)

VII. MAINTENANCE

MAT TENSIONING ADJUSTMENT

If when you plant your foot on the mat and you feel a slipping sensation, then the mat has stretched and is slipping across the rollers. All mats will stretch over time. This is a normal and common adjustment on any treadmill. To eliminate this slipping, tension both Allen bolts on the rear roller 1/4 turn as shown. Try the treadmill again to check for slipping. Repeat if necessary, but never turn the roller bolts more than 1/4 turn at a time.

DRIVE BELT TENSIONING ADJUSTMENT

If you have tensioned the running mat and are still experiencing a slipping sensation, call your dealer. Only an authorized dealer should perform tensioning of the drive belt.

LUBRICATING THE DECK

A well lubricated deck will ensure high performance of your treadmill and reduce the level of normal wear and tear to important components. This treadmill has been pre-lubed at the factory. However, for optimal performance, the running deck may require periodic lubrication. With average usage (30 minute workout session at 5-6 Km/H 3 times a week for two people) lubricate with silicon every four to six months. You may adjust the timing of the lubrication based on the intensity of the treadmill use level.

To check the lubrication level, simply lift the running belt, and put your hand as far into the center of the mat as you can reach. If your hand shows signs of silicone (some wetness), then it does not need additional lubrication. If the board feels dry and there is very little evidence of silicone on your hand, then additional lubrication should be added.

TO LUBRICATE THE DECK:

1. Stop the mat so that the seam is located on the top and in the center of the deck.
2. Insert nozzle into spray head of lubricant can.
3. Lift running belt.
4. Position nozzle between the belt and the board approximately 200mm (8") from the front of the treadmill.
5. Apply the silicon from the front to the rear of the treadmill on each side of the treadmill. Try to reach the spray as far into the center of the running deck as possible. The spray time should be approximately four seconds for each side.
6. Spread the silicon by running the treadmill at 1 Km/H and step gently on the mat from left to right. Do that for a few minutes and allow the silicon to soak into the mat.

CAUTION!

Over tightening of the mat will severely shorten the life of the mat and may cause further damage to other components.

NOTE:

A well lubricated deck will ensure longevity of your treadmill in addition to providing you with the optimal performance.

VIII. TROUBLE SHOOTING

WHEN TO CALL FOR HELP

This treadmill is designed with user safety as the number one priority. In the event of electrical failure, the treadmill will shut off automatically to prevent user injury and to prevent damage to expensive components such as the motor.

When you encounter unusual behavior from the treadmill, simply turn the power switch off and on to reset the treadmill. This should clear incidental errors and ready the treadmill for normal operation again.

If after you have reset the treadmill by turning the power switch off and on again, and the treadmill is still not operational, then it is time to call your dealer for service.

NO SIGNAL ON THE CONSOLE LCD WINDOWS

If there is no signal on the console, even if you turn off and turn on many times to reset the treadmill, check the communication cable between console and motor controller.

First, make sure the connections are good and that the cable is not pinched or damaged. If defective, ask your dealer for a replacement cable.

ERROR 1 – SPEED SENSOR ERROR

Error 1 occurs when console is not picking up the motor speed signal. In other words, when motor speed is not correctly feed back to the controller and console, treadmill will shut off to protect user and error 1 will be displayed on the console. When trouble shooting this error, do not stand on the running belt.

When you report error 1 to the service center, make sure you note down the circumstantial details.

1. Is the motor operational? For example, motor is not working when you push the start button, error 1 displays immediately. Motor and running mat do not move.
2. If treadmill was running, then it stopped and showed error 1, then motor is operational.
3. If motor is operational, did the treadmill stop at low speeds (1.0-1.5 Km/H) or high speeds (10 KPH-12 KPH)

VIII. TROUBLE SHOOTING

ERROR 2 – OVER SPEED ERROR

Error 2 occurs when actual belt speed is faster than displayed speed on the console. This is also called run away protection. If controller is broken, and the motor is running out of control, it is dangerous to the user. So, this is a safety mechanism to shut off the treadmill immediately when the actual speed is faster than the displayed speed. When trouble shooting this error, do not stand on the running belt.

If you see error 2 when you first turn on the power to the treadmill, before the motor has moved. One possibility for the error 2 occurring is because the belt had moved before motor actually move. This could happen during handling of treadmill. The controller thinks motor moved even though it has not given power to the motor. So, controller thinks something is wrong. Simply turn power off and on again to reset.

If user is pushing hard on the running belt to cause the belt to run faster than the displayed speed, error 2 will also occur. Simply turn power off and on again to reset.

While the treadmill is running, it suddenly speed up quickly and stopped and displayed error 2 on the console. This means controller is damaged and motor is running out of control. Call your dealer for service. Do not use the treadmill until it is repaired.

ERROR 3 – SAFETY TETHER KEY ERROR

Error 3 occurs when safety tether key is not in positive contact with the console. Check for positive contact of the safety key to the console.

ERROR 5 – INCLINE MOTOR ERROR

This error occurs when the incline motor is not functioning properly.

1. Incline motor is over-loaded or over-heated. Simply wait until the incline motor has returned to normal temperature, then try again.
2. Sensor connection cable has problem
3. Sensor (Potentiometer) is defective or damaged
4. Incline motor is damaged

ERROR 11 – COMMUNICATION ERROR

This error occurs when the communication between console and controller is not functioning properly. Check the communication line connections first to make sure it is not loose or the cables are not pinched. If communication cable is damaged, change it. Turn power off and on to reset the treadmill.

TROUBLE SHOOTING GUIDE

Problem	Potential Cause	Corrections
Treadmill will not start	<ol style="list-style-type: none"> 1. Not plugged in 2. Safety tether not inserted 3. House circuit breaker tripped 4. Treadmill circuit breaker tripped 5. On/Off switch on OFF 	<ol style="list-style-type: none"> 1. Plug into grounded outlet. 2. Insert safety tether key into console. 3. Reset or replace fuse. 4. Lubricate treadmill deck and reset. 5. Turn on/Off switch to ON
Running belt slips	<ol style="list-style-type: none"> 1. Running belt too loose 2. Drive belt not tight enough 	<ol style="list-style-type: none"> 1. Adjust running belt tension 2. Adjust drive belt tension
Running belt hesitates when stepped on	<ol style="list-style-type: none"> 1. Insufficient lubrication 2. Running belt too loose 	<ol style="list-style-type: none"> 1. Apply silicone lubricant 2. Adjust running belt tension
Running belt is off centered	Running belt tension not even across the rear roller	Center the running belt

WARRANTY

TERMS AND CONDITIONS

This warranty is valid only in accordance with the conditions set forth below. Warranty applies only while the followings three conditions are met.

- It remains in the possession of the original purchaser and proof of purchase is demonstrated.
- It has not been subject to accident, misuse, abuse, improper service or unauthorized modifications.
- Claims are made within the 12 months manufacturer's warranty period.

EXCLUSIONS AND LIMITATIONS

This warranty is for home use only. Under no circumstances is this treadmill warranted for commercial use.

Healthstream warrants this product to be free from defects in materials and workmanship. This warranty is expressly limited to the replacement of a defective motor, electronic component, or defective part and is the sole remedy of the warranty. Labor for repair or replacement of defective parts is not covered by this warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance or installation of parts or accessories not originally intended or compatible with the treadmill sold. The warranty does not apply to damage or failure due to accident, abuse, corrosion or neglect.

Manufacturer shall not be responsible for incidental or consequential damages.

WARRANTY REGISTRATION

The warranty registration must be completed in full. Send or fax this information along with a proof of purchase to your dealer to keep on file. Your dealer must have this information on file before a warranty claim can be processed.

WARRANTY REGISTRATION -- Keep a copy for your records

Model #: _____

Serial #: _____

Date of purchase: _____

Your name: _____

Dealer name: _____

Address: _____

Dealer address: _____
