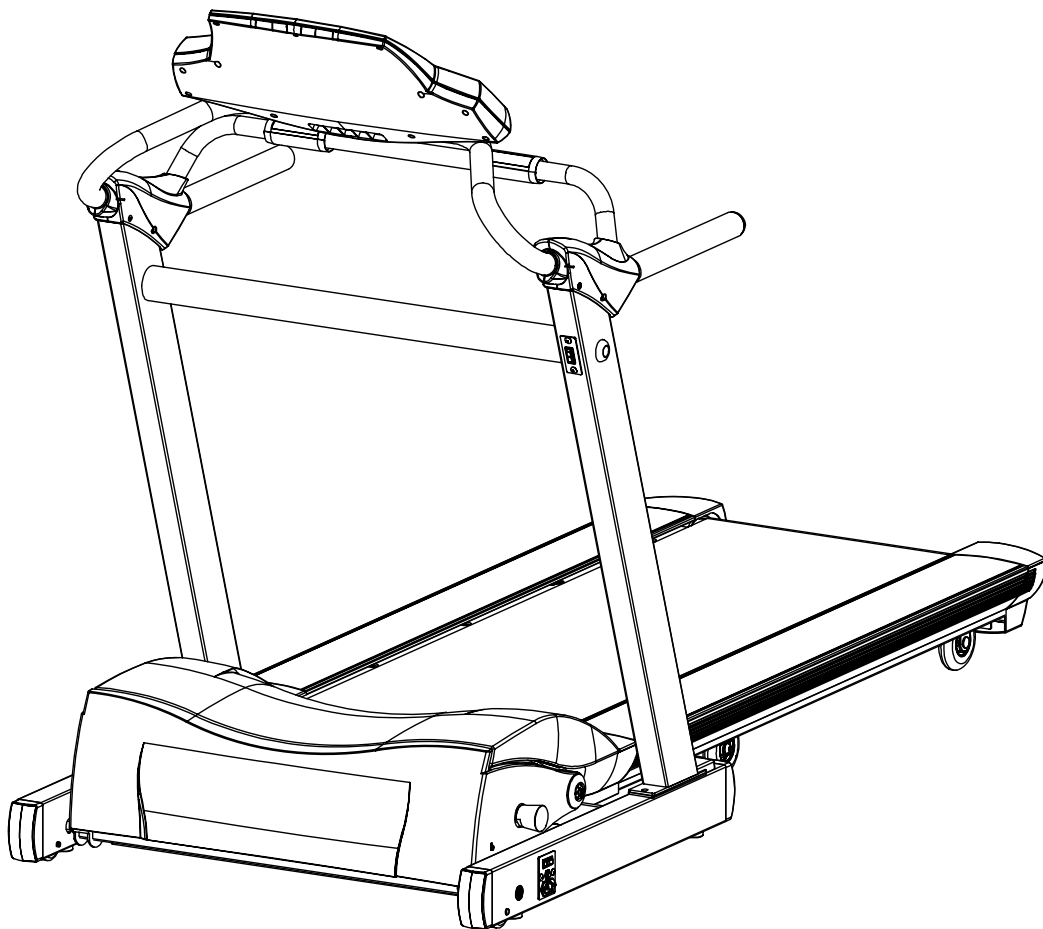


# 7.6HR PRO MOTORIZED TREADMILL



USER WEIGHT LIMITATION: **350lbs(160kgs).**

SERIAL NUMBER (found on frame):



## PRECAUTIONS

### For future service or related questions:

Please staple your receipt and/or write in the name and phone number of the retail store where you purchased your treadmill.

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_ Receipt: \_\_\_\_\_

### Precautions:

**WARNING:** To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

- Use the treadmill only as described in this manual.
- Place on a level surface, with 6 feet (2 m) of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
- When choosing a location for the treadmill be sure that the location and position permit access to a plug.
- Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
- Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
- Keep children under the age of 12 and pets away from the treadmill at all times.
- The treadmill should not be used by persons weighing more than **350LBS (160 Kgs)**.
- Never allow more than one person on the treadmill at a time. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.
- When connecting the power cord, plug the power cord into a grounded circuit. No other appliance should be on the same circuit.
- Always straddle the belt and allow it to start moving before stepping onto the belt.
- Always examine your treadmill before using to ensure all parts are in working order.
- Allow the belt to fully stop before dismounting.
- Never insert any object or body parts into any opening.
- Follow the safety information in regards to plugging in your treadmill.
- Keep the power cord away from the incline wheels and do not run the power cord underneath your treadmill. Do not operate the treadmill with a damaged or frayed power cord.
- Always unplug the treadmill before cleaning and/or servicing. Service to your treadmill should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer. Failure to follow these instructions will void the treadmill warranty.
- Never leave the treadmill unattended while it is running.
- Use "safety key" when operating the treadmill and make sure the "safety key" is clipped to the users clothing.
- Remove the "safety key" and store it in a safe place when the treadmill is not in use. Keep the "safety key" away from children.

## POWER REQUIREMENTS

### Power Requirements:

IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN THE RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN 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.

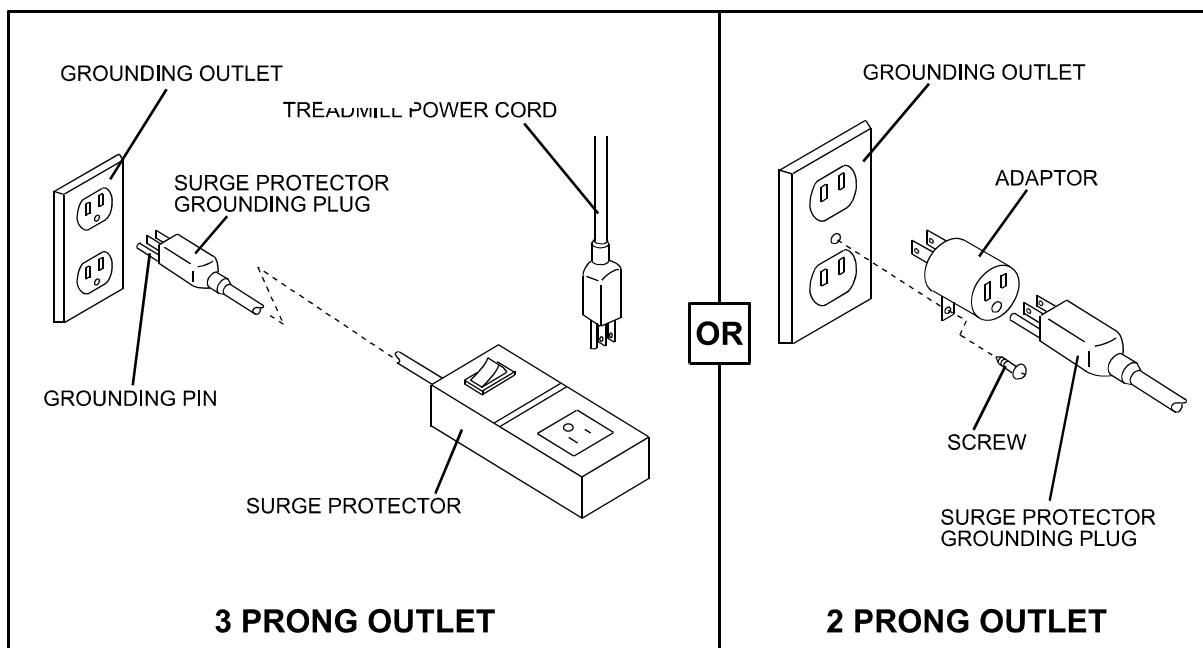
This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of treadmill damage, always use a surge protector (not included) with your treadmill.

Surge protectors can be purchased at most hardware stores. The manufacturer recommends a single outlet surge protector with a UL 1449 rating as a Transient Voltage Surge Suppressor (TVSS) with a UL suppressed voltage rating of 400V or less and an electrical rating 110VAC, 15 amps.

This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current, should the treadmill malfunction. This treadmill is equipped with an electrical cord that has an equipment-grounding conductor and a grounding plug. Always plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is for use on a nominal 110-volt circuit, and has a grounding plug that looks like the plug illustrated in the drawing below.

GFCI outlets and GFCI Circuit Breakers are NOT recommended for use on this product. GFCI outlets and GFCI Circuit Breakers may cause this equipment to function improperly.



**BEFORE YOU BEGIN****Open the boxes:**

Open the boxes of your new equipment. Inventory all parts included in the boxes, and Supplied Hardware lists on pages 5 for a full count of the parts included. If you are missing any parts or have any questions contact us directly at 888-800-1167

\*Assembly instructions are on pages 18-23.

**Gather your tools:**

Before you begin, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

**Clear your work area:**

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

**Invite a friend:**

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

**User Weight Limitation:**

Please note that there is a weight limitation for this product. If you weigh more than 350LBS (Approx. 160 Kgs). It is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.

**Care and maintenance:**

The safety level can be maintained only if it is examined for damage and wear.

Replace any defective components immediately and stop all use of the equipment until repaired.

Always take care when mounting the equipment. Straddle the equipment by placing your feet on the straddle rails. Dismount from the equipment only after all parts have stopped.

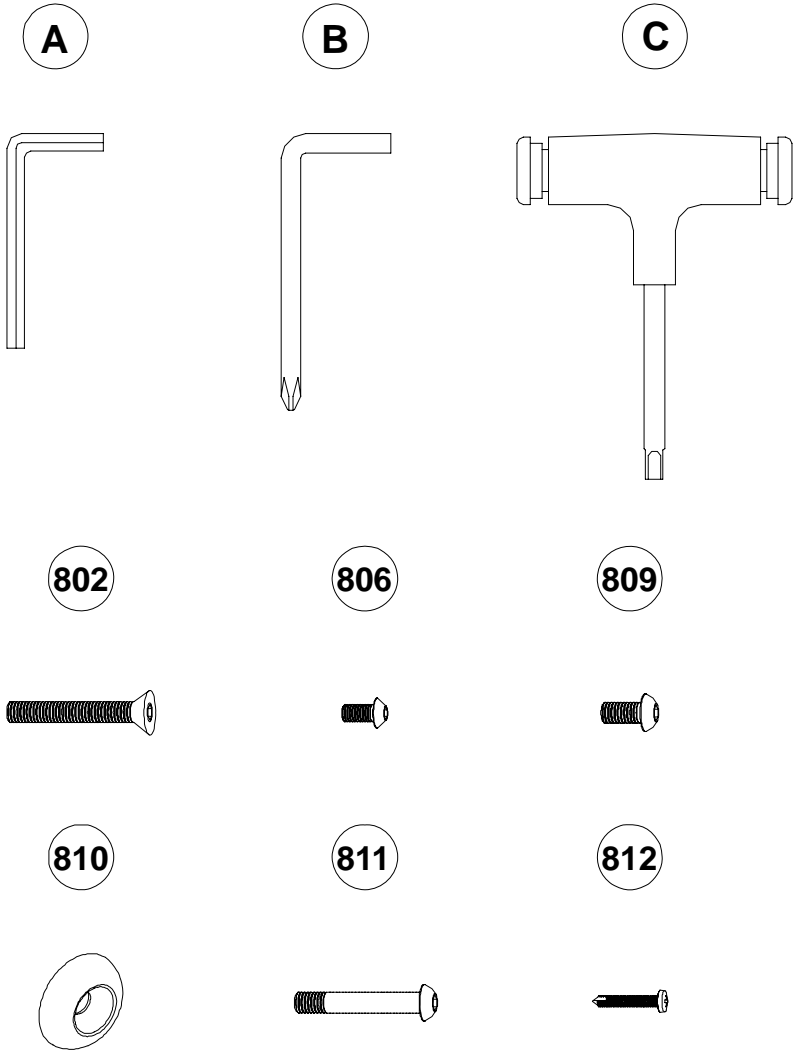
Always check the wear and tear components like pulley, belts, etc....To prevent injury.

There is an emergency stop, in the form of a SAFETY KEY, to prevent injury; you can stop the treadmill immediately by actuating the emergency stop for emergency dismount.

### SUPPLIED HARDWARE

This list identifies the hardware you will use to assemble the product. To help distinguish between the various types of screws and bolts, use the scale below to measure them and compare them to the sizes listed.

No.	Description	Qty.
802	M8 x 45mm Flat Head Bolt	6
806	M6 x 20mm Screw	2
809	M8 x 12mm Allen Head Bolt	4
810	Metal Cap	2
811	M8 x 80 x 25mm Allen Head Bolt	2
812	4 x 12mm Truss Head Phillips Screw-Cone Point	8
A	5mm Wrench	1
B	Screwdriver	1
C	6mm Allen Wrench	1



## COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
<b>7.6HR PRO-100</b>			
101	Overlay	1	7.6HR PRO-101
102	Computer Insert	1	7.6HR PRO-102
103	Console Housing – Upper	1	7.6HR PRO-103
104	Console Support Tube	1	7.6HR PRO-104
105	Safety Key Base	1	7.6HR PRO-105
106	Safety Key	2	7.6HR PRO-106
107	Safety Key Micro Switch	1	7.6HR PRO-107
108	Console Housing – Bottom	1	7.6HR PRO-108
109	Computer PC Board	1	7.6HR PRO-109
110	M6 Blind Nut	2	7.6HR PRO-110
111	Plastic Ring 20x40	1	7.6HR PRO-111
112	Console Housing – Bottom Stopper	1	7.6HR PRO-112
<b>7.6HR PRO-200</b>			
201	Front Handlebar	1	7.6HR PRO-201
202	Upright Cross Brace	1	7.6HR PRO-202
203	Handlebar- Left	1	7.6HR PRO-203
204	Handlebar- Right	1	7.6HR PRO-204
205	Upright-Left	1	7.6HR PRO-205
206	Upright-Right	1	7.6HR PRO-206
207	Handlebar Cover-LL	1	7.6HR PRO-207
208	Handlebar Cover-LR	1	7.6HR PRO-208
209	Handlebar Cover-RL	1	7.6HR PRO-209
210	Handlebar Cover-RR	1	7.6HR PRO-210
211	Front Handlebar Foam Grip 260mm	2	7.6HR PRO-211
212	Front Handlebar Foam Grip 310mm	1	7.6HR PRO-212
213	Handlebar Foam Grip 374.5mm	2	7.6HR PRO-213
214	Handlebar End Cap	2	7.6HR PRO-214
215	Hand Pulse Sensor	2	7.6HR PRO-215
216	Hand Pulse Sensor Back Cover	2	7.6HR PRO-216
217	Power Folding Switch Plate Cover	1	7.6HR PRO-217
218	Power Folding Switch	1	7.6HR PRO-218
<b>7.6HR PRO-300</b>			
301	Elevation Support Frame	1	7.6HR PRO-301
302	Elevation Support Tube	2	7.6HR PRO-302
303	Stopper	2	7.6HR PRO-303
304	Diving Tube	1	7.6HR PRO-304

**COMPLETE PARTS LIST**

Item No.	Description	Qty.	Part No.
305	Base Frame	1	7.6HR PRO-305
306	Fold Up Slipping Rod	2	7.6HR PRO-306
307	Wheel Support	1	7.6HR PRO-307
308	Front Shroud	1	7.6HR PRO-308
309	Elevation Motor Cover Board	1	7.6HR PRO-309
310	Motor Bottom Tray	1	7.6HR PRO-310
311	Base Frame End Cap	4	7.6HR PRO-311
312	Level Adjuster	4	7.6HR PRO-312
313	Wheel 8 x 60 x 30	2	7.6HR PRO-313
314	Wheel 76 x 25	4	7.6HR PRO-314
315	Fold Up Slipping Rod Sleeve	2	7.6HR PRO-315
316	Spring Load Knob	1	7.6HR PRO-316
317	Round Cap	2	7.6HR PRO-317
318	Bearing 6202	2	7.6HR PRO-318
319	Fold Up Position Limiting Rod	1	7.6HR PRO-319
320	Power Switch	1	7.6HR PRO-320
321	Power Plate	1	7.6HR PRO-321
322	Power Breaker	1	7.6HR PRO-322
323	Power Socket	1	7.6HR PRO-323
324	Position Limiter	1	7.6HR PRO-324
325	Elevation Motor	1	7.6HR PRO-325
326	Wire Clip	3	7.6HR PRO-326
327	1/4" Cable Tie	1	7.6HR PRO-327
<b>7.6HR PRO-400</b>			
401	Running Belt	1	7.6HR PRO-401
402	Side Rail – Left	1	7.6HR PRO-402
403	Side Rail – Right	1	7.6HR PRO-403
404	Side Rail End Cap – Left	1	7.6HR PRO-404
405	Side Rail End Cap – Right	1	7.6HR PRO-405
406	Running Deck	1	7.6HR PRO-406
407	Cushion Pad	10	7.6HR PRO-407
<b>7.6HR PRO-500</b>			
501	Motor Hood	1	7.6HR PRO-501
502	Motor Holder	1	7.6HR PRO-502
503	Driving Motor	1	7.6HR PRO-503
504	Driving Belt	1	7.6HR PRO-504
505	Motor Bottom Cover	1	7.6HR PRO-505
506	Rubber Cushion	2	7.6HR PRO-506

## COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
507	5/16" Cable Tie	1	7.6HR PRO-507
508	Transformer	1	7.6HR PRO-508
509	Control Board	1	7.6HR PRO-509
510	Elevation Control Board	1	7.6HR PRO-510
511	Elevation Control Board Fix Bolt	6	7.6HR PRO-511
<b>7.6HR PRO-600</b>			
601	Elevation Motor Connect Wire 1350mm	1	7.6HR PRO-601
602	8Pin Power Wire-Upper 2100mm	1	7.6HR PRO-602
603	8Pin Power Wire-Lower 1450mm	1	7.6HR PRO-603
604	Receiver	1	7.6HR PRO-604
605	Hand Pulse Sensor Wire 1300mm	2	7.6HR PRO-605
606	3C Power Folding Switch-Lower 1300mm	1	7.6HR PRO-606
607	Safety Key Wire-Upper 2100mm	1	7.6HR PRO-607
608	Safety Key Wire-Lower 650mm	1	7.6HR PRO-608
609	1Pin Power Folding Switch Wire 200mm	1	7.6HR PRO-609
610	6 Pin Control Board Connect Wire 300mm	1	7.6HR PRO-610
611	Power Connect Wire 100mm	3	7.6HR PRO-611
612	3C Power Wire 850mm	1	7.6HR PRO-612
613	Micro Switch Wire 1350mm	1	7.6HR PRO-613
614	3Pin Power Folding Switch Connect Wire 2100mm	1	7.6HR PRO-614
615	Power Folding Switch Wire-Upper 1400mm	1	7.6HR PRO-615
616	3C Power Connect Wire 300mm	2	7.6HR PRO-616
<b>7.6HR PRO-700</b>			
701	Lock Pin Guider	1	7.6HR PRO-701
702	Lock Pin Push Rod	1	7.6HR PRO-702
703	Bearing 6203	4	7.6HR PRO-703
704	Bearing Base	4	7.6HR PRO-704
705	Front Roller Shaft	1	7.6HR PRO-705
706	Front Roller	1	7.6HR PRO-706
707	Rear Roller	1	7.6HR PRO-707
708	Rear Roller Shaft	1	7.6HR PRO-708
709	Micro Switch	3	7.6HR PRO-709
710	Micro Switch Base	1	7.6HR PRO-710
711	1/2" Cable Tie	5	7.6HR PRO-711
712	Spring	1	7.6HR PRO-712
713	Motor Hood Fixing Bracket	2	7.6HR PRO-713
714	Fixed Block	8	7.6HR PRO-714



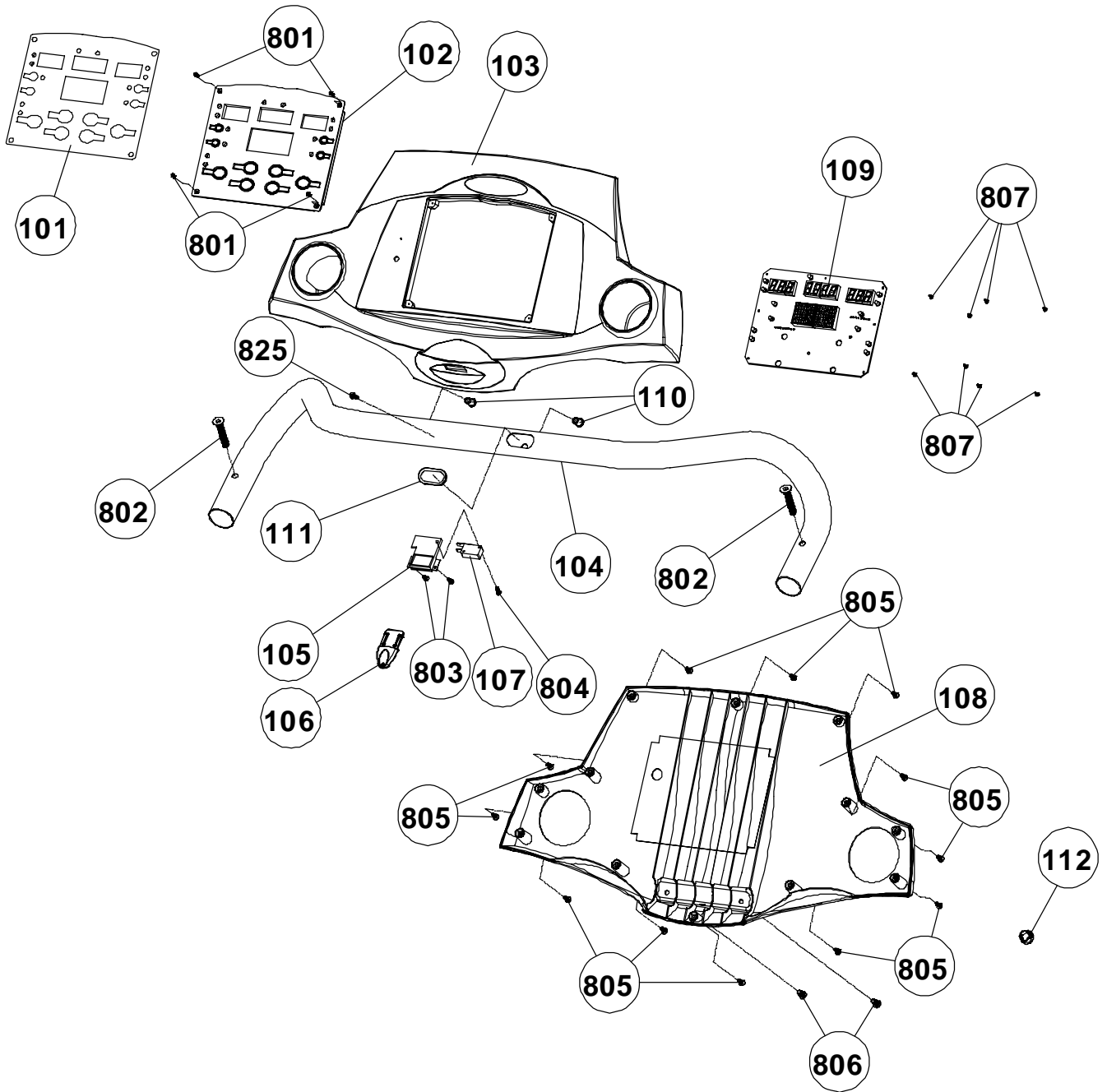
**COMPLETE PARTS LIST**

Item No.	Description	Qty.	Part No.
715	Board Clip	5	7.6HR PRO-715
716	Deck Frame	1	7.6HR PRO-716
717	Running Deck Belly Pan	1	7.6HR PRO-717
718	Roller Pulley	1	7.6HR PRO-718
719	Plastic Cushion	1	7.6HR PRO-719
720	Running Deck Support Tube	1	7.6HR PRO-720
<b>7.6HR PRO-800</b>			
801	3 x 10mm Round Head Phillips Screw-Cone Point	4	7.6HR PRO-801
802	M8 x 45mm Flat Head Bolt	6	7.6HR PRO-802
803	3 x 12mm Round Head Phillips Screw-Flat Point	2	7.6HR PRO-803
804	M3 x 20mm Round Head Phillips Screw	1	7.6HR PRO-804
805	4 x 12mm Truss Head Phillips Screw-Flat Point	12	7.6HR PRO-805
806	M6 x 20mm Screw	2	7.6HR PRO-806
807	2 x 6mm Round Head Phillips Screw-Cone Point	8	7.6HR PRO-807
808	M5 x 8mm Screw	4	7.6HR PRO-808
809	M8 x 15mm Allen Head Bolt	6	7.6HR PRO-809
810	Metal Cap	2	7.6HR PRO-810
811	M8 x 80 x 25mm Allen Head Bolt	2	7.6HR PRO-811
812	4 x 12mm Truss Head Phillips Screw-Cone Point	8	7.6HR PRO-812
813	12 x 34mm Axle	2	7.6HR PRO-813
814	M14 X 62.5mm Axle	2	7.6HR PRO-814
815	M5 x 20mm Allen Head Bolt	2	7.6HR PRO-815
816	8mm E Clip	2	7.6HR PRO-816
817	Bushing 12 x 20 x 9mm	4	7.6HR PRO-817
818	Bushing 15 x 30 x 6mm	4	7.6HR PRO-818
819	M14 x 55 x 30mm Bolt	2	7.6HR PRO-819
820	M8 x 16mm Round Head Phillips Screw	2	7.6HR PRO-820
821	3 x 12mm Round Head Phillips Screw-Flat Point	2	7.6HR PRO-821
822	M14 x 90mm Bolt	2	7.6HR PRO-822
823	8 x 55mm Axle	2	7.6HR PRO-823
824	6mm C Clip	2	7.6HR PRO-824
825	4 x 16mm Drilling Screw	62	7.6HR PRO-825
826	Wheel Bushing	8	7.6HR PRO-826
827	M10 x 43mm Allen Head Bolt	2	7.6HR PRO-827
828	M10 x 35mm Allen Head Cap Bolt	1	7.6HR PRO-828
829	10 x 16 x 2mm Plastic Washer	1	7.6HR PRO-829
830	6.5 x 13 x 1.5mm Washer	23	7.6HR PRO-830



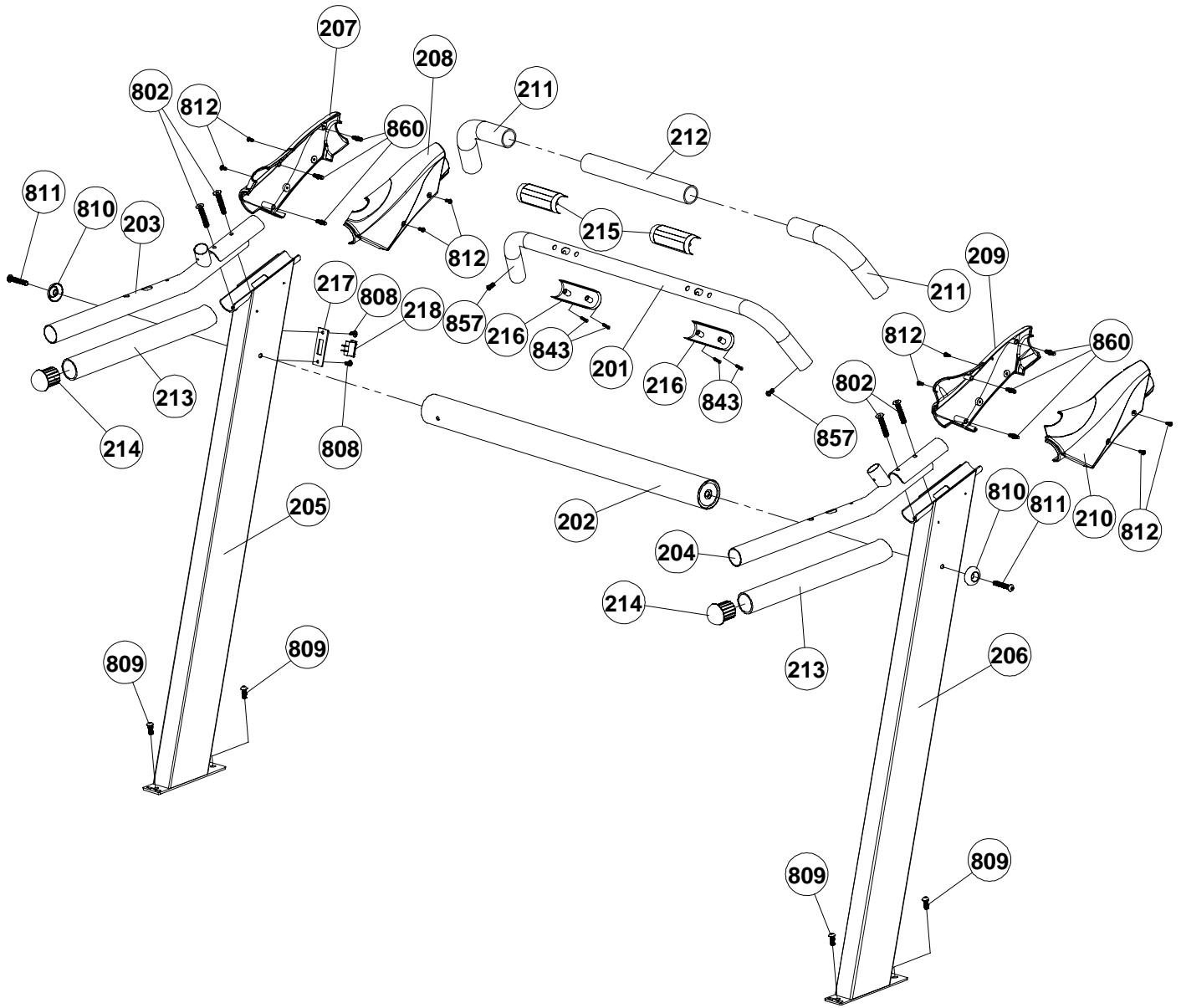
### PARTS DIAGRAM

MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED



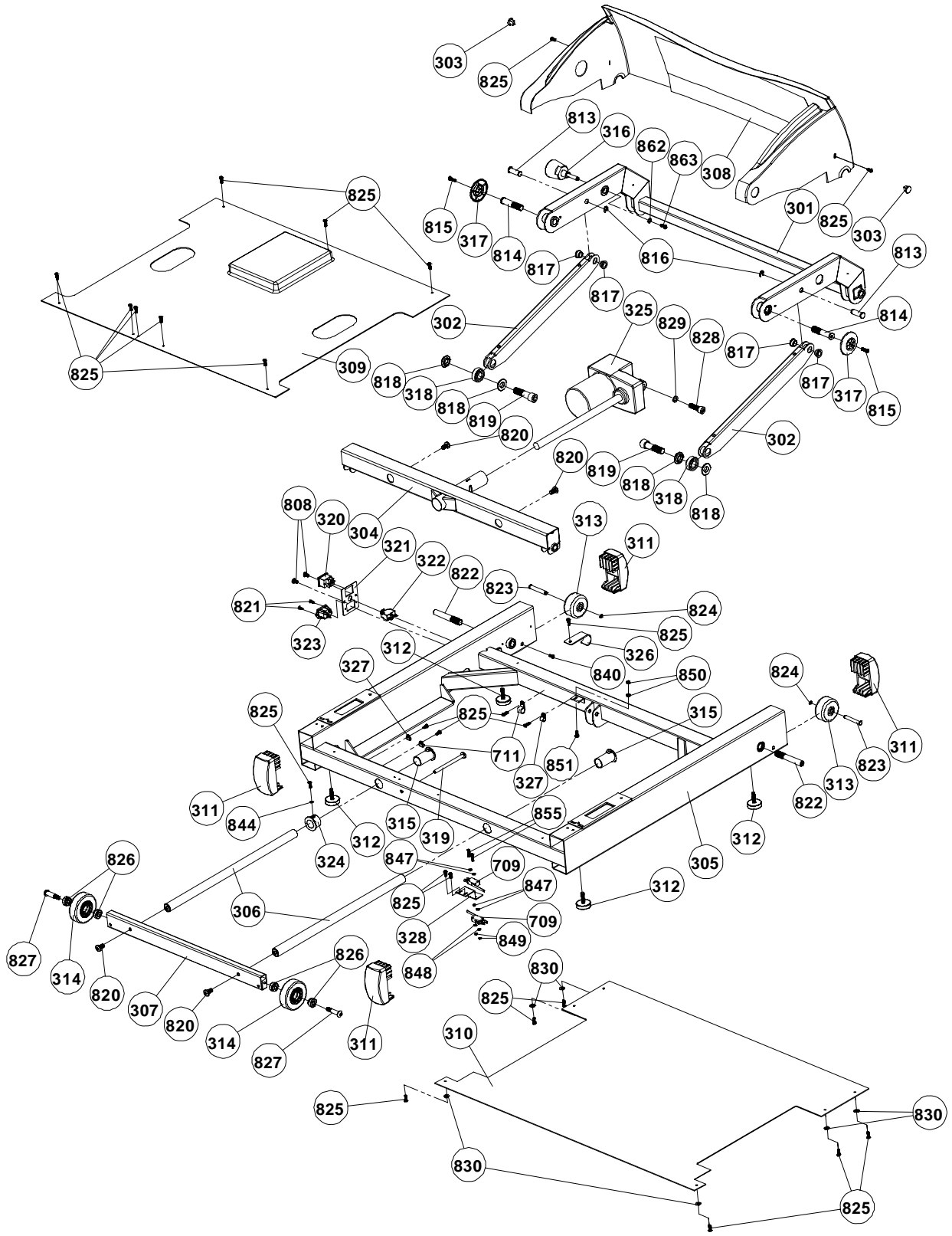
PARTS DIAGRAM

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# PARTS DIAGRAM

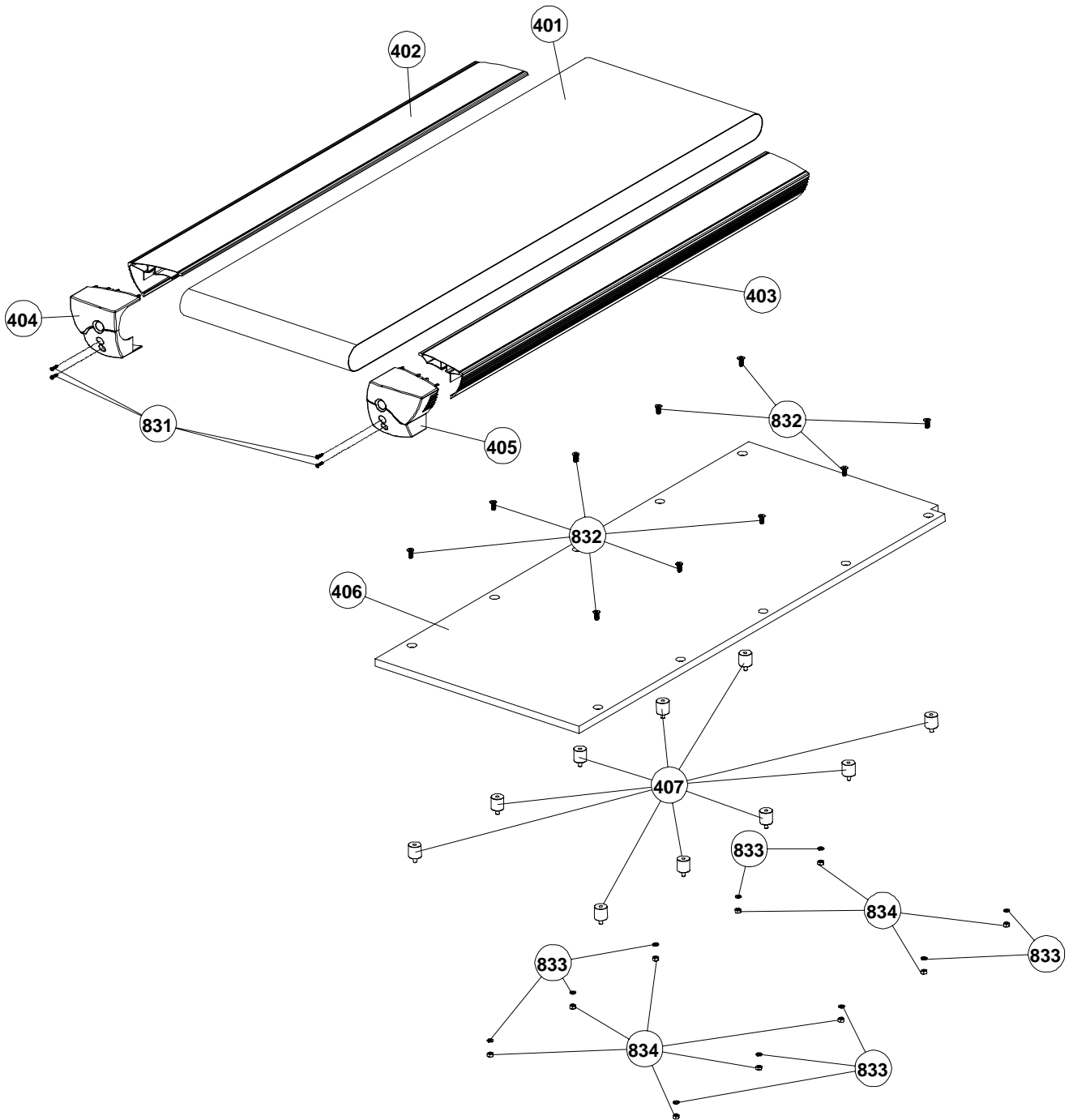
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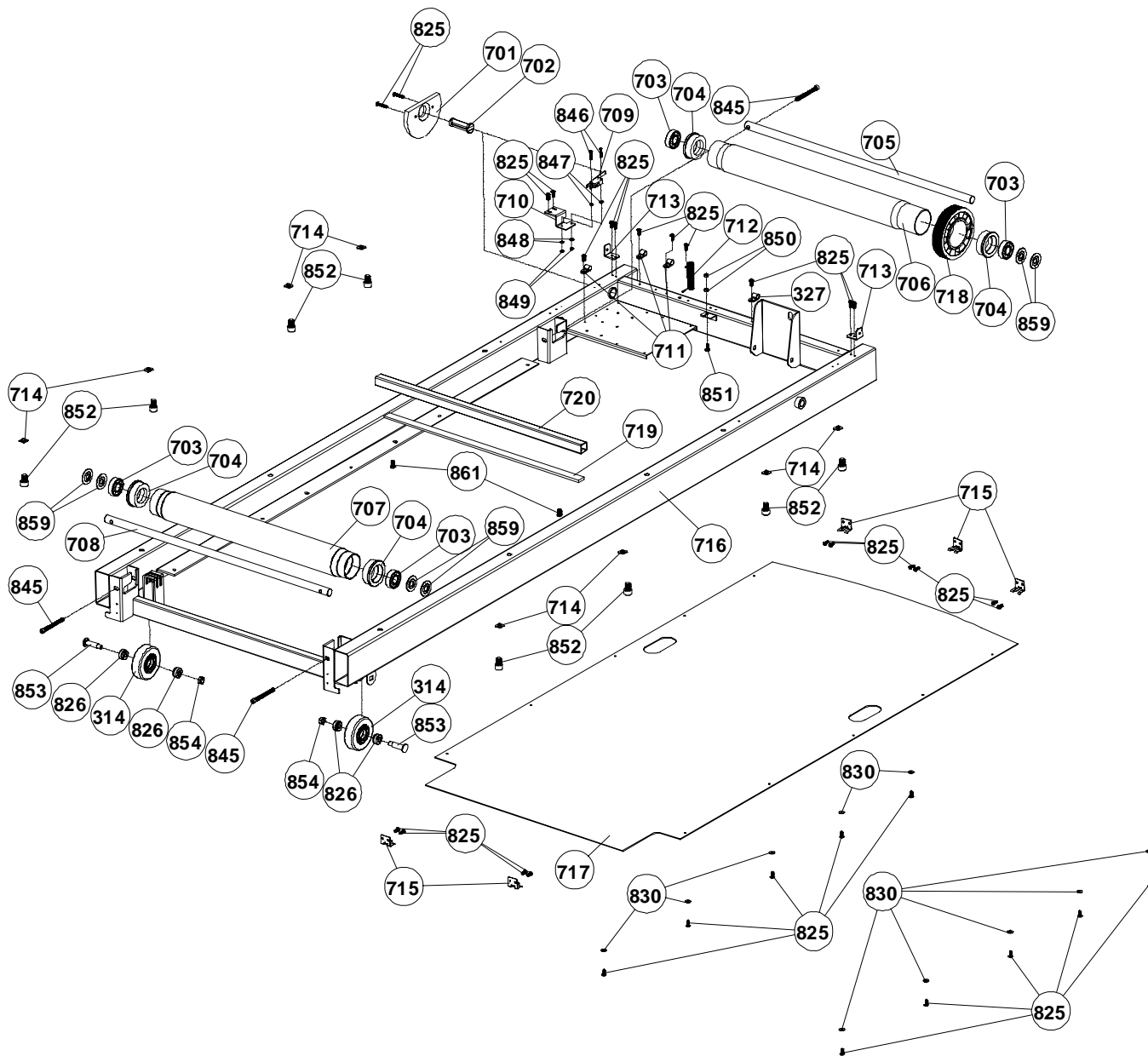
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PARTS DIAGRAM

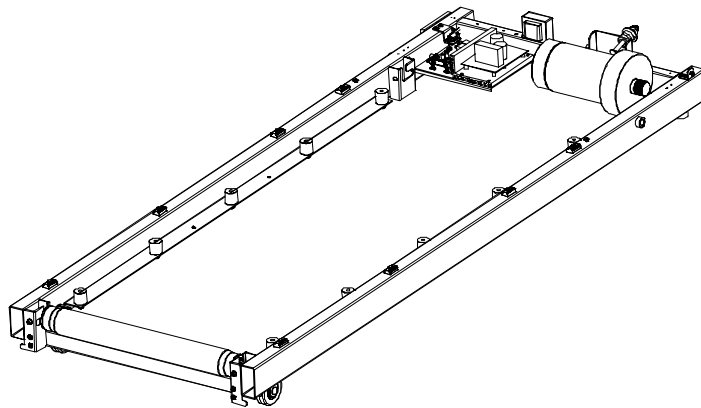
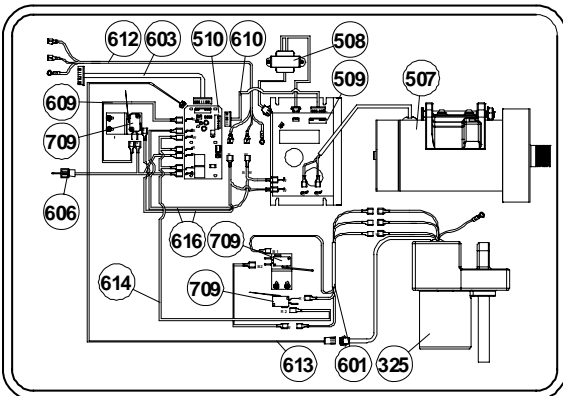
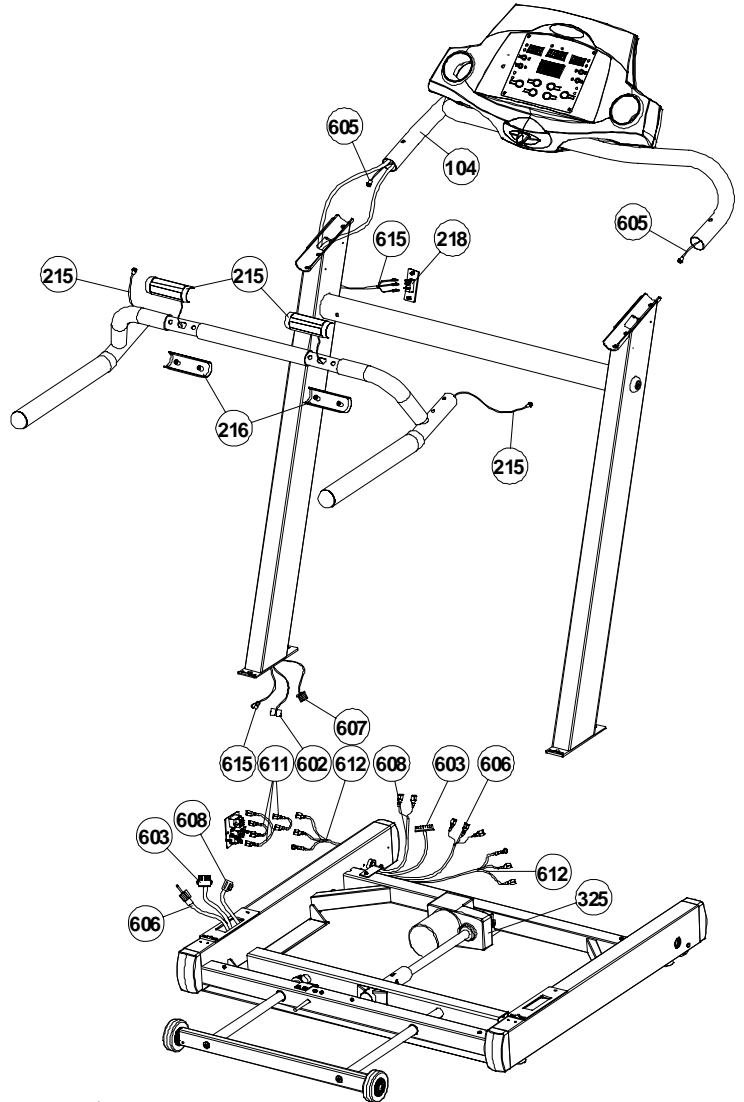
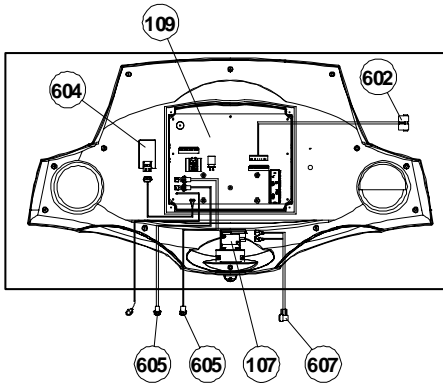
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# PARTS DIAGRAM

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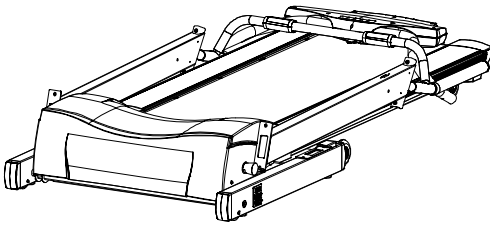
**ASSEMBLY**

**STEP 1: Assemble the Console Support Tube**

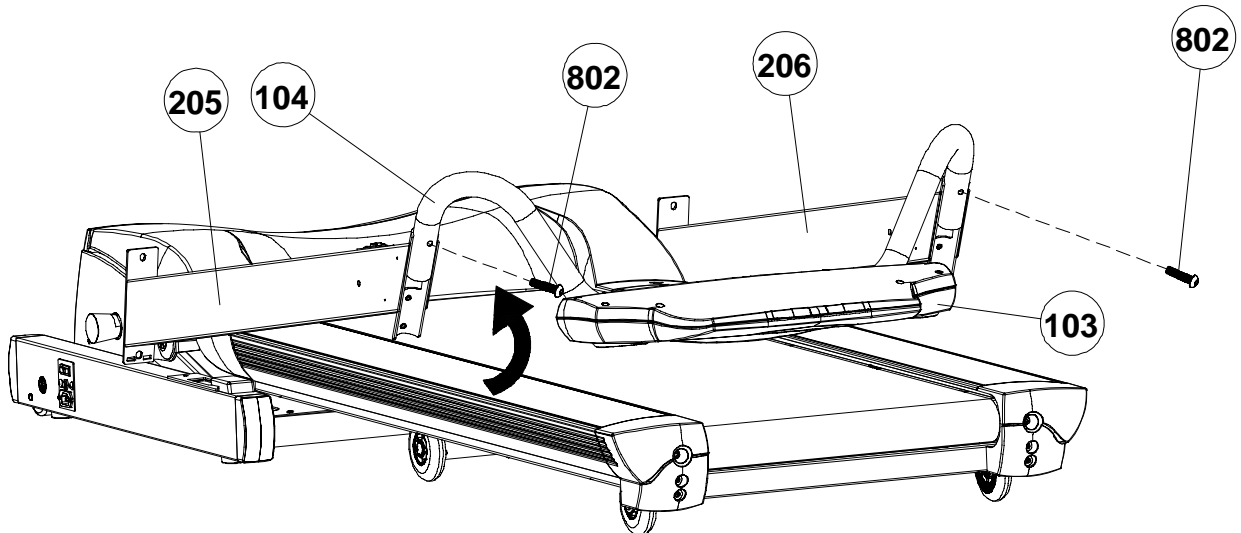
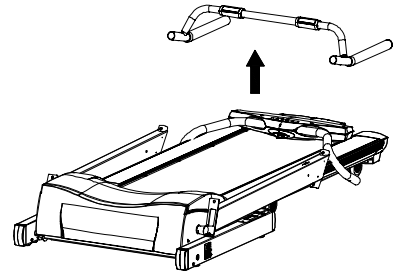
- (A) Remove your treadmill from the carton and place it on the floor in an open area as shown in FIG 1.
- (B) Then remove the Handlebar Assembly and place them out of the way for now, as shown in FIG2.
- (C) Attach the Console Support Tube (104) to Upright – Left (205) and Upright – Right (206), and secure with two M8 x 45mm Flat Head Bolts (802).



**FIG.1**



**FIG.2**

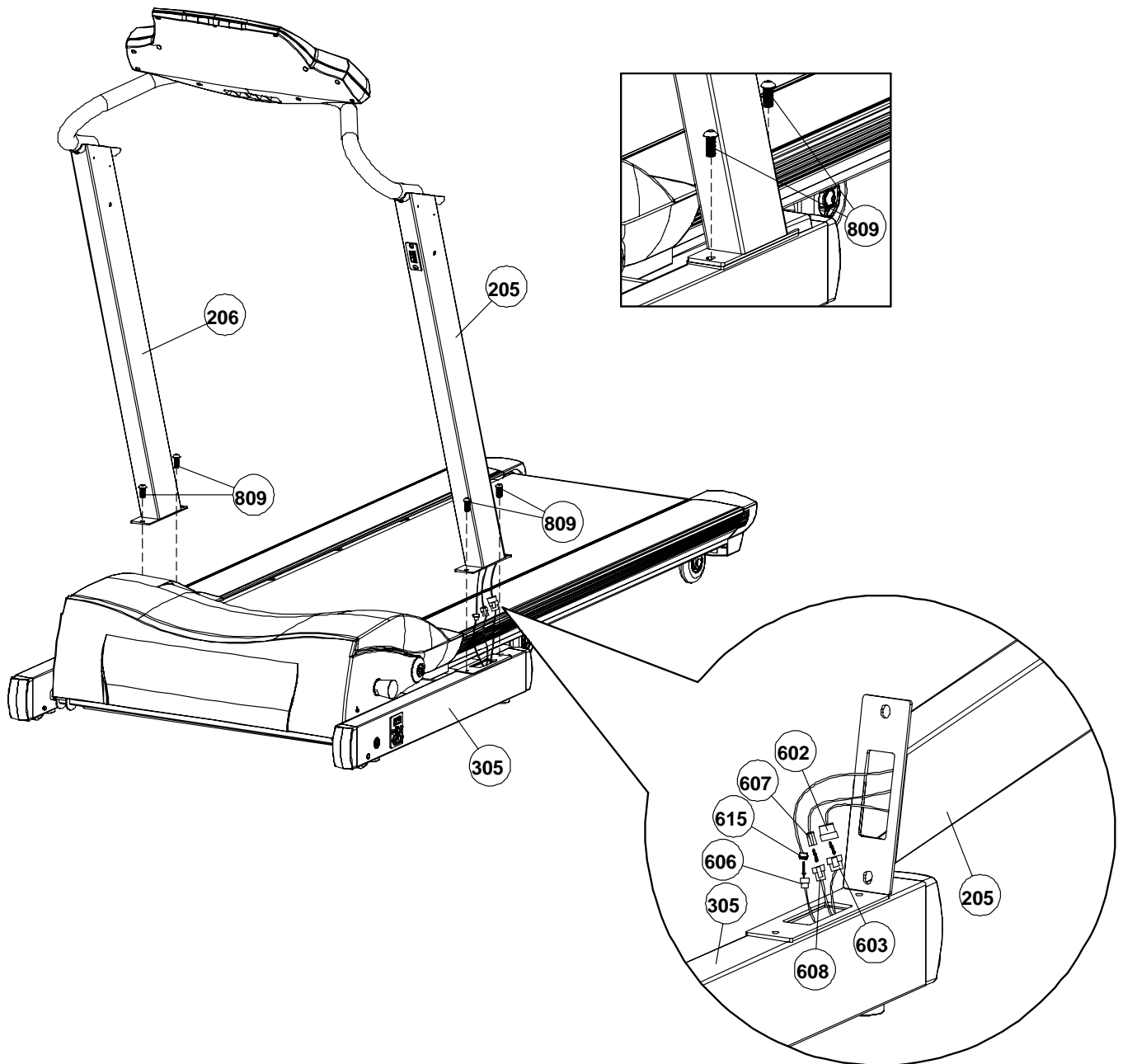


**ASSEMBLY****STEP 2: Assemble the Upright**

**NOTE: YOU WILL NEED THE HELP OF ANOTHER PERSON IN ORDER TO COMPLETE STEP 2 OF THE ASSEMBLY PROCEDURE.**

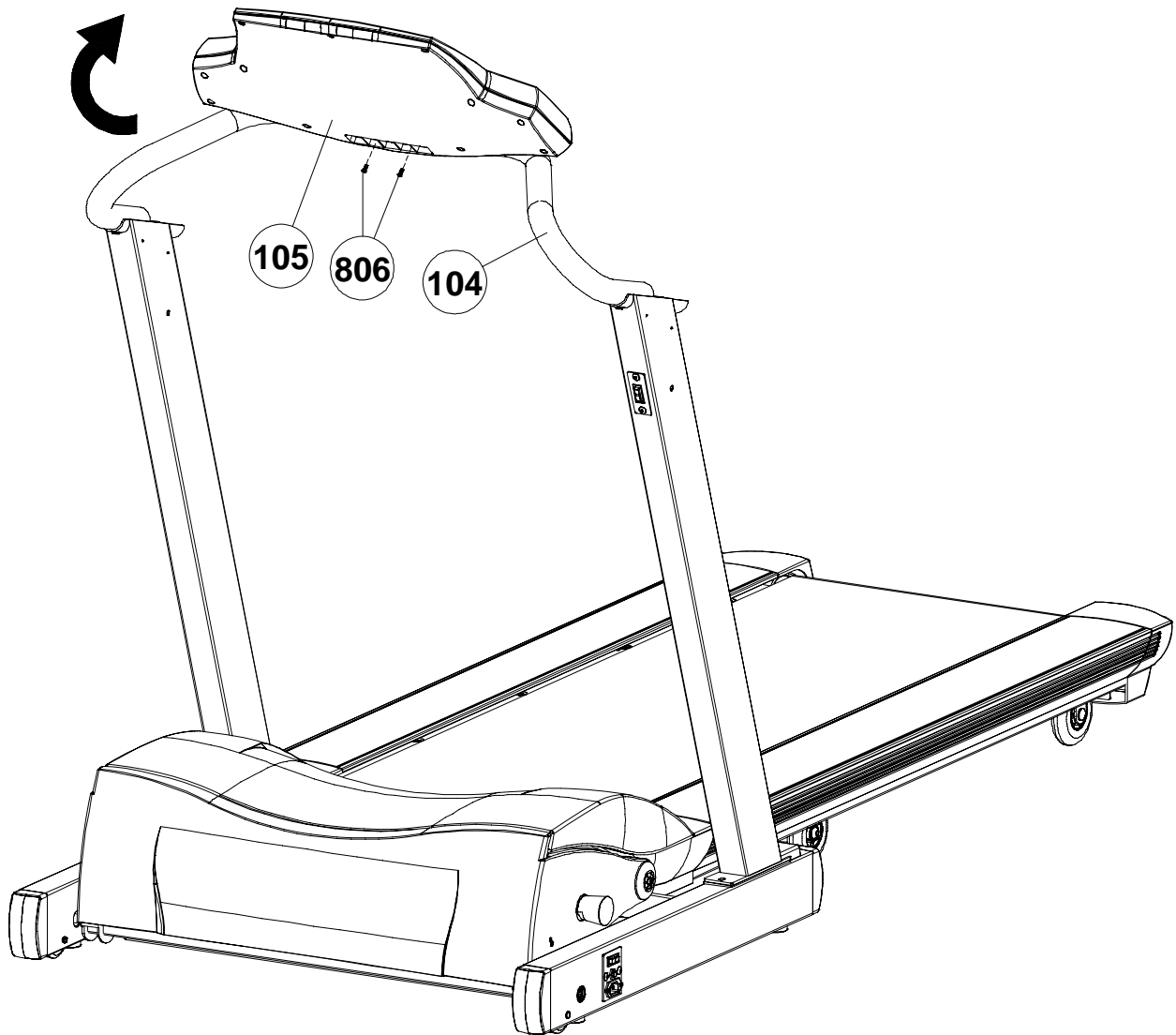
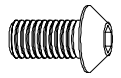
(A) Connect the Power Folding Switch Wire (606 and 615), Safety Key Wire (607 and 608) and 8Pin Power Wire (602 and 603) as shown.

(B) Simply have one person hold the Uprights (205 and 206) in place on the Base Frame (305) while the other secures it with four M8 x 15mm Allen Head Screw (809).

**809****X4**

**ASSEMBLY****STEP 3: Assemble the Console**

(A) Rotate the Console Housing (105) to position as shown and secure with two M6 x 20mm Screws (806).

**806****X2**

**ASSEMBLY****STEP 4: Assemble the Upright Cross Brace**

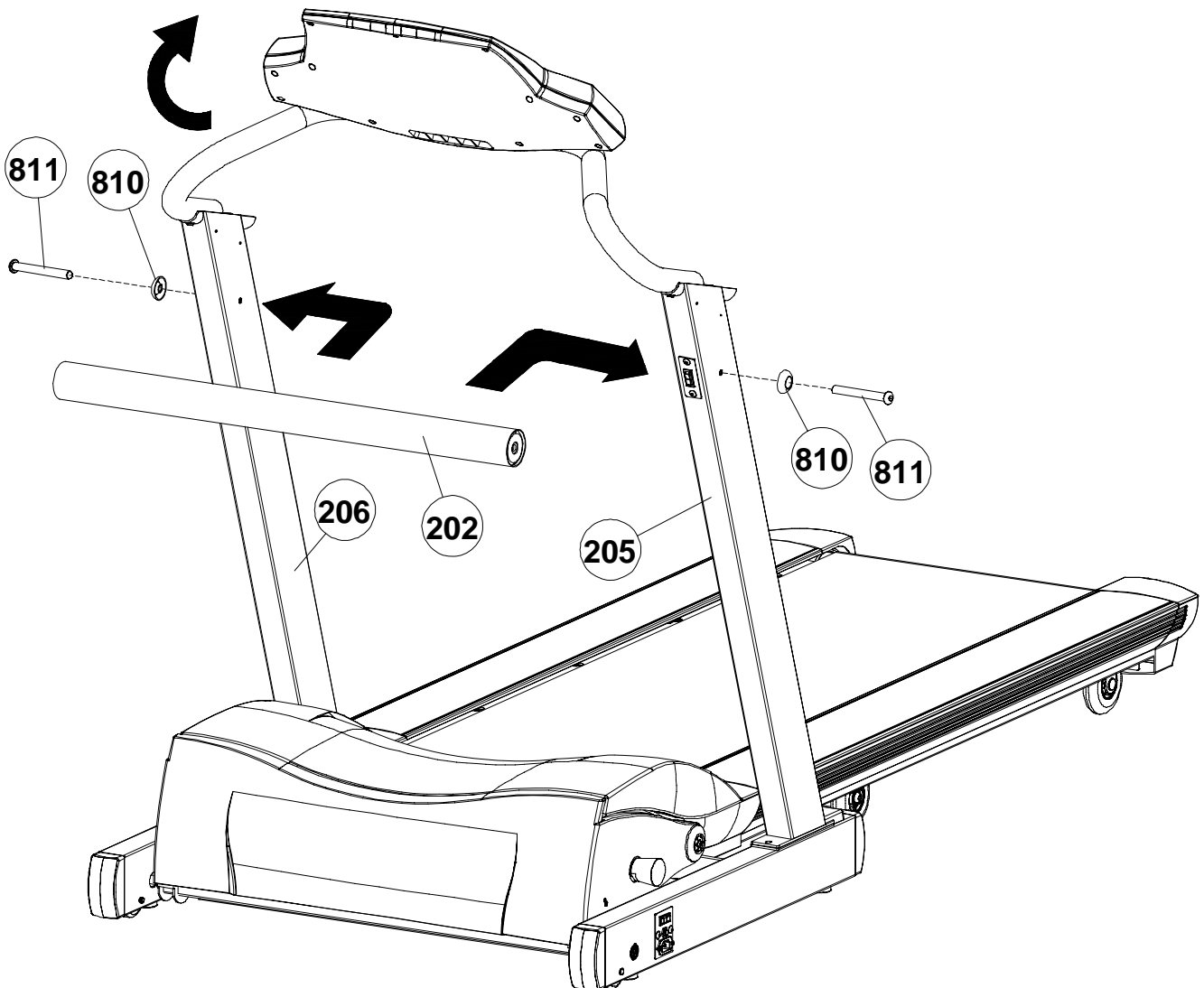
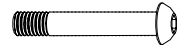
**NOTE: DO NOT FULLY TIGHTEN M8 x 50 x 25mm ALLEN HEAD BOLT (811) WHEN YOU ASSEMBLE THE UPRIGHT CROSS BRACE TO THE UPRIGHTS.**

(A) Attach the Upright Cross Brace (202) to the Left and Right Uprights (205 and 206) and secure with Metal Caps (810) and M8 x 80 x 25mm Allen Head Bolt (811).

810 X2



811 X2



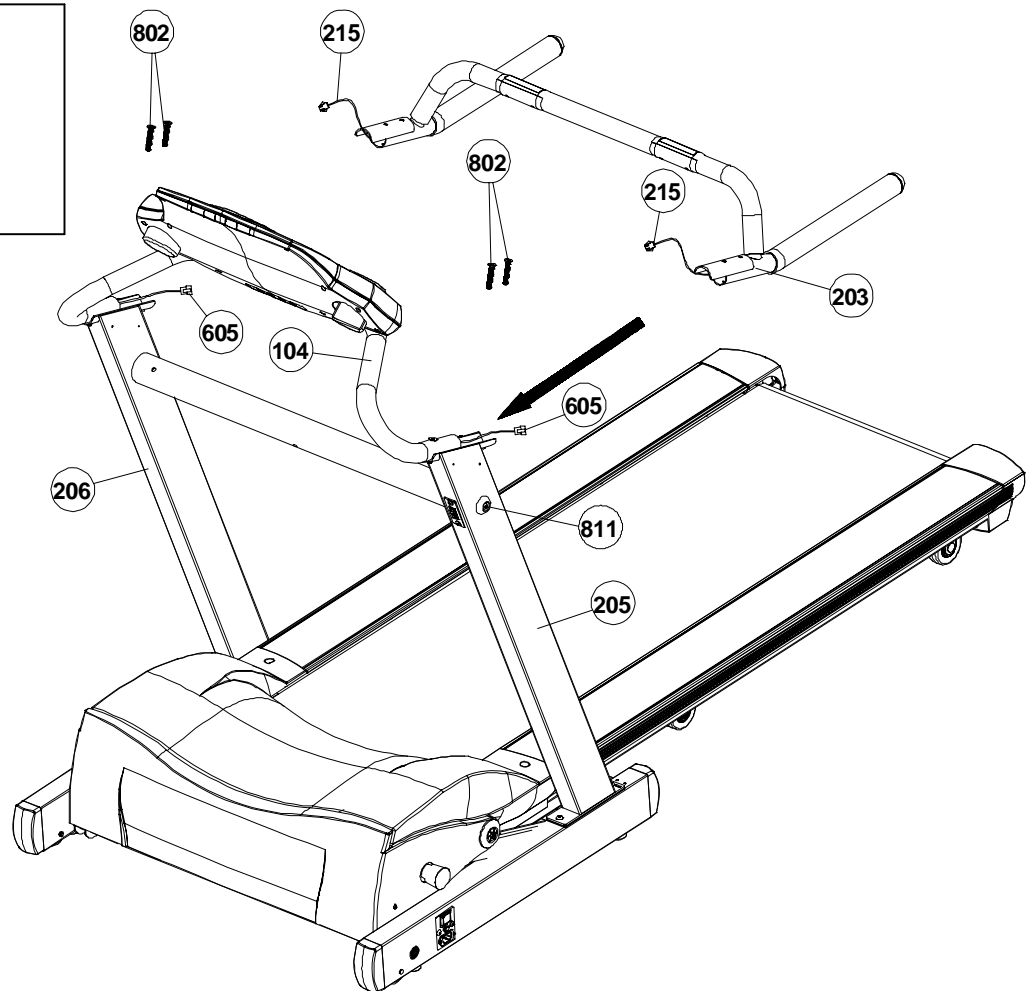
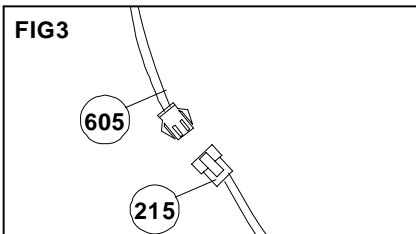
## ASSEMBLY

### STEP 5: Assemble the Front Handlebar

**NOTE: PLEASE MAKE SURE NOT TO PINCH THE HAND PULSE SENSOR WIRE WHEN ATTACHING THE HANDLEBAR ASSEMBLY.**

- (A) Connect the Hand Pulse Sensor Wires (215 and 605), as shown in FIG3.
- (B) Attach the Handlebar Assembly to the Right and Left Uprights (205 and 206) and secure with four M8 x 45mm Flat Head Bolts (802).
- (C) Fully tighten the M8 x 80 x 25mm Allen Head Bolt (811).


**802 X4** 

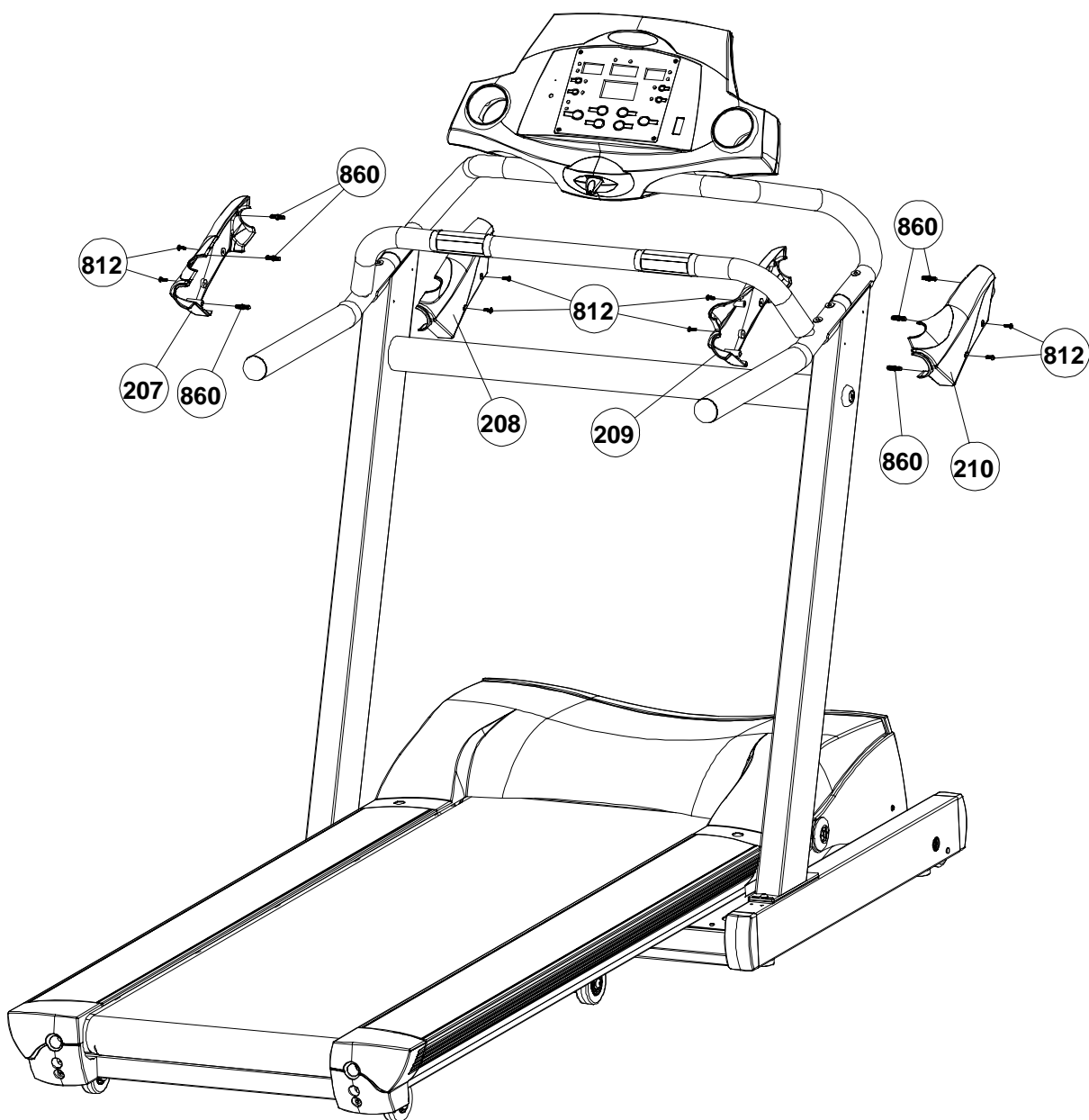


**ASSEMBLY****STEP 6: Assemble the Handlebar Cover**

- (A) Attach the Handlebar Cover-RL (209) and Handlebar Cover-RR (210) to the Upright-Right (206) and secure with 4 x 12mm Truss Head Phillips Screw-Cone Point (812) and Plastic Fixing Inserts (860).
- (B) Repeat the procedure on the Upright-Left (205) with Handlebar Cover-LL (207), Handlebar Cover-LR (208) and 4 x 12mm Truss Head Phillips Screw-Cone Point (812) and Plastic Fixing Inserts (860).

**Your treadmill is now fully assembled.**

**812 X8** 



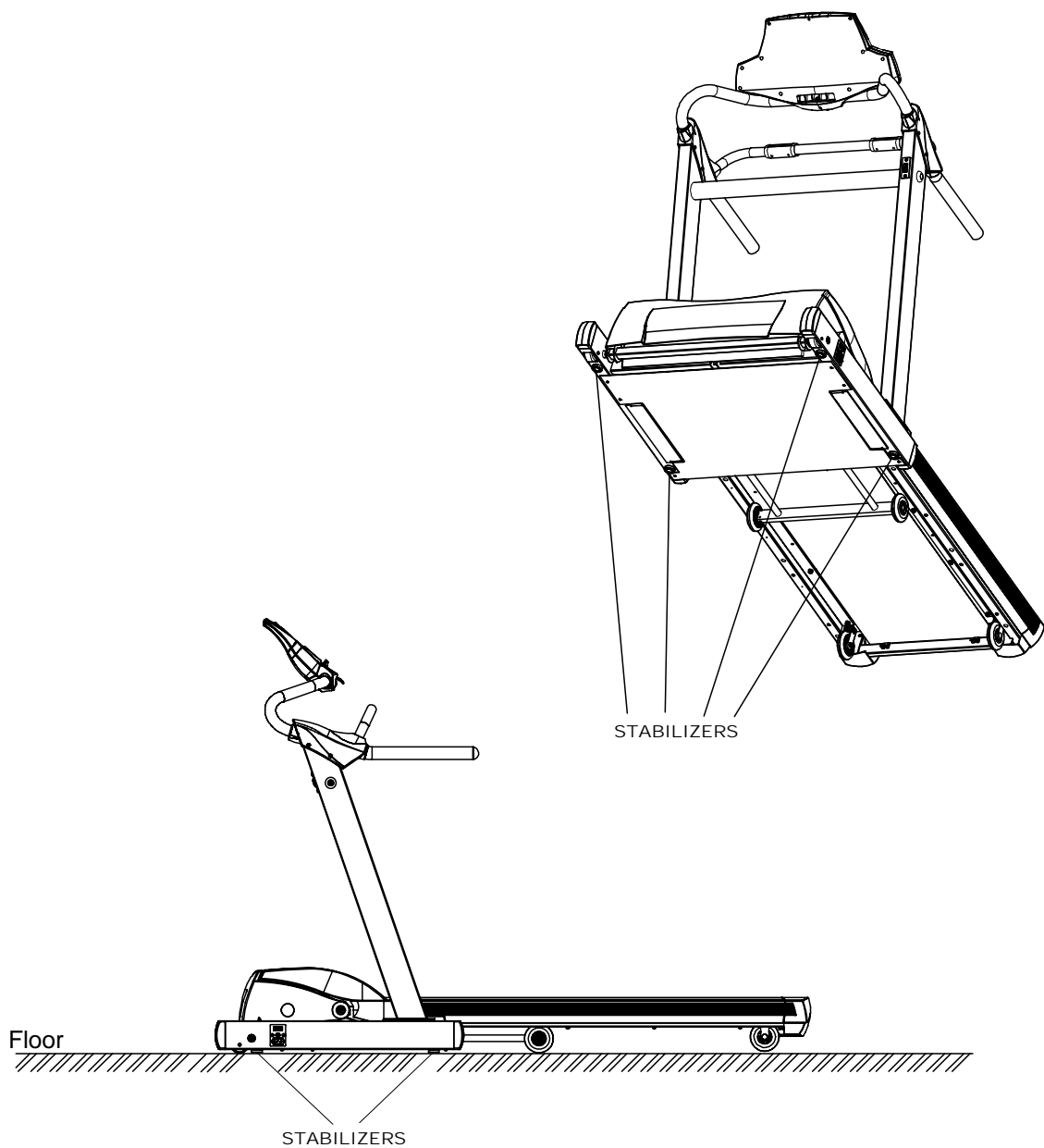
## LEVEL ADJUSTMENT

How to level the treadmill:

Uneven flooring could cause the Spring loaded Knob not to engage and thus prevent the treadmill from folding or being able to incline.

To adjust the level you will need the help of another person, as you will need to tip the treadmill on its side.

Tip the treadmill to the left/right. You will see the stabilizers. These will need to be screwed either in or out to level the treadmill. Repeat for the other side. It may help to use a spirit level when adjusting the level on your treadmill.





## FOLDING INSTRUCTIONS

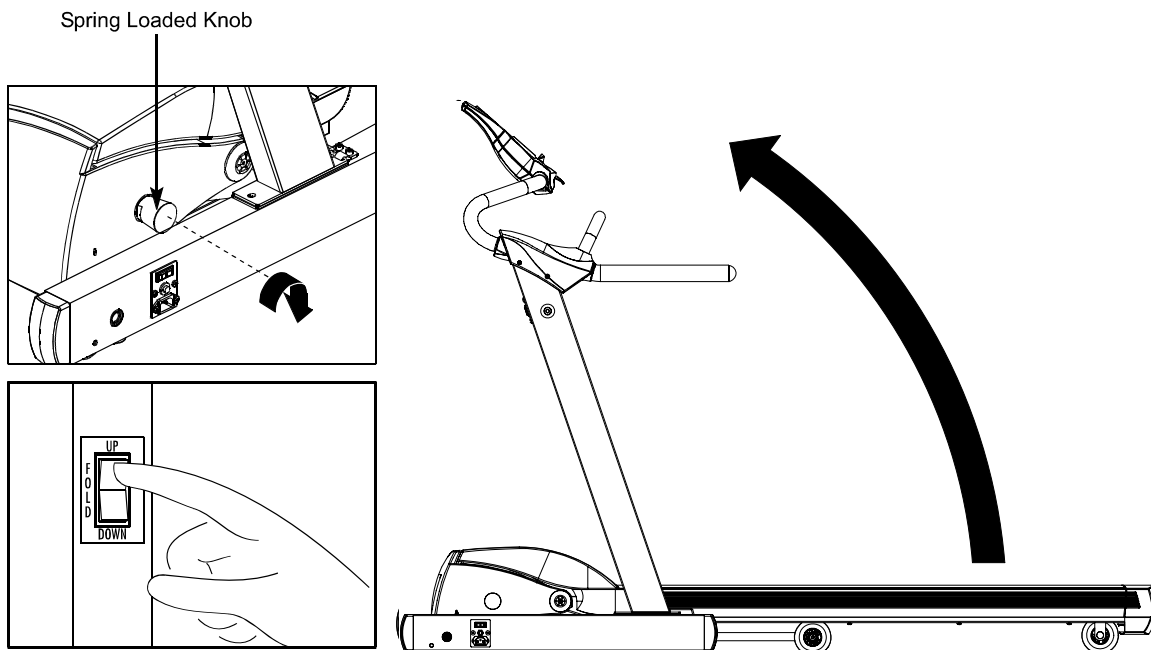
### How to fold up the treadmill:

In order for the power fold system to work you need to plug your 7.6HR PRO in and insert the safety key.

The 7.6HR PRO treadmill has a unique Easy-Up power fold system. Before folding the 7.6HR PRO press the "reset" button on the console. This will ensure that the 7.6HR PRO is in its lowest position and the 7.6HR PRO will fold. The 7.6HR PRO won't fold unless it's in this position.

Follow these instructions to power fold your 7.6HR PRO:

1. Press STOP button twice to reset the console and wait until the belt has fully stopped. The deck will return to Level 1 and the console will reset.
2. Turn the Spring Loaded Knob clockwise until it's fully engaged. You should hear a 'click' to indicate the mechanism is engaged.
3. Push the Power Fold Switch located on the front of the Left Upright and the deck will now start to fold. Keep holding this switch until the deck has fully folded.
4. Turn off the power and unplug the treadmill before you leave it. Do not leave the treadmill unattended and plugged in at any time.



## UNFOLDING INSTRUCTIONS

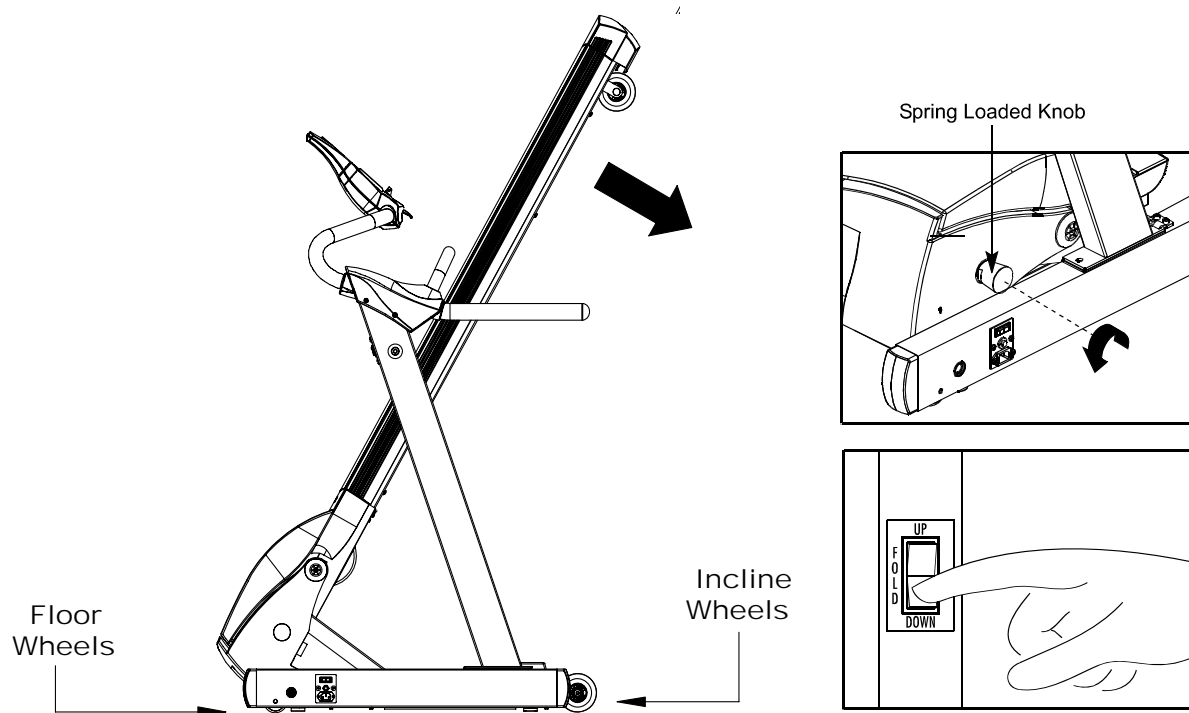
### IMPORTANT

Before unfolding the 7.6HR PRO plug the treadmill in and insert the safety key.

Follow these instructions to un-fold your 7.6HR PRO.

1. Push the Power Fold Switch "down". The 7.6HR PRO will now start to descend. Keep holding the switch until the deck has fully descended.
2. Turn the Spring Loaded Knob counter clockwise until it disengages. If you do not do this the 7.6HR PRO will not elevate/incline while being used.

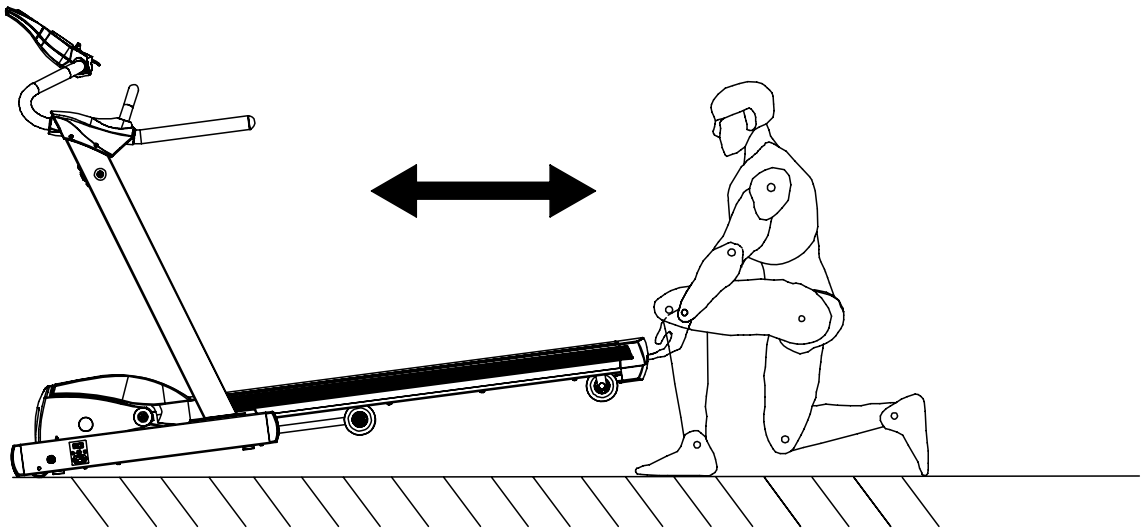
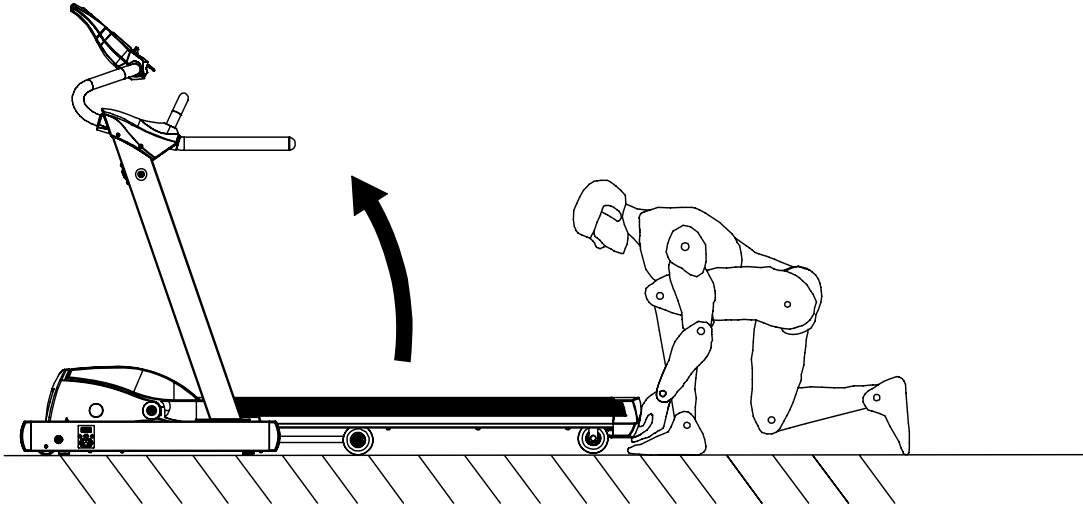
**IMPORTANT: Never tilt your treadmill using the incline wheels when repositioning or moving your treadmill. Only roll/push the treadmill on the floor wheels.**



## TRANSPORT INSTRUCTIONS

### MOVING YOUR TREADMILL:

There are **TRANSPORT WHEELS** located under the front of the base frame of your Smooth 7.6HR PRO treadmill. The easiest way to move the treadmill is to lift the deck up from the rear until the **TRANSPORT WHEELS** touch the floor. Then simply wheel the treadmill to a desired location and set the deck back on the floor.



## MAINTENANCE

### HOW TO MAINTAIN YOUR TREADMILL:

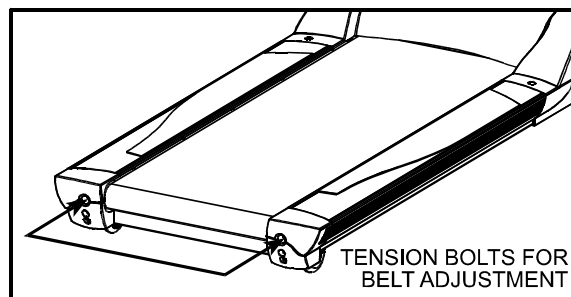
Proper maintenance is very important to ensure your treadmill is always in top working condition. Improper maintenance could cause damage or shorten the life of your treadmill.

- **Important:** Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- Inspect and tighten all parts of the treadmill regularly. Replace any worn parts immediately.

### BELT ADJUSTMENT:

The running belt has been properly adjusted at the factory. However transportation, uneven flooring or other unpredicted reasons could cause the belt to shift off center resulting in the belt rubbing with the plastic side rail or end caps and possibly causing damage. To adjust the belt back to it's proper position please follow the directions below:

1. If your belt tends to walk to the right, rotate the right tension bolt clockwise. We recommend adjustments of 1/4 turn at a time, and follow with a test. If your belt continues to walk to the right, simply adjust the left belt tension bolt by turning it 1/4 turn counterclockwise, and follow with a test.
2. If your belt tends to walk to the left, rotate the left tension bolt clockwise 1/4 turn at a time, and follow with a test. If the belt continues to walk to the left, simply adjust the right tension bolt counterclockwise.
3. If your belt appears to be loose, simply tighten both bolts evenly 1/4 turn. If it appears tight, simply loosen both bolts evenly 1/4 turn.



Right and left tension bolts are located at the rear of the treadmill.

### DECK LUBRICATION:

The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance. Your treadmill should not have to be lubricated usually within the first year or 500 hours of use.

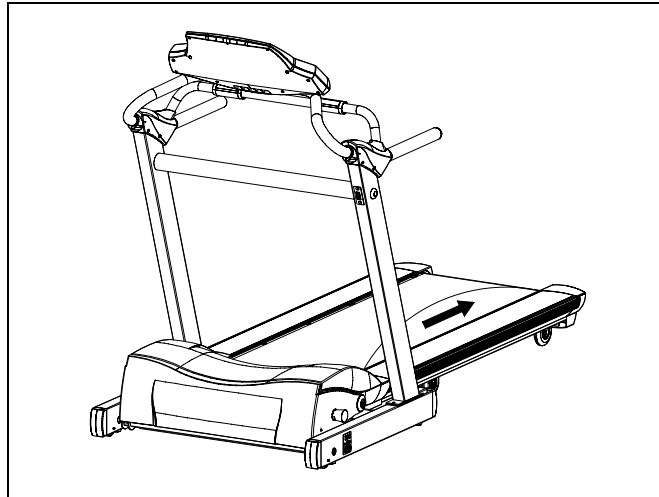
Every 3 month of operation lift the sides of the walking belt and feel the top surface of the walking board as far as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, follow the instructions below.

Please use a non-petroleum based silicone.

## MAINTENANCE

### To apply lubricant to the walking belt:

1. Position the walking belt so that the seam is located on top and in center of the walking board.
2. Insert the spray nozzle into the spray head of the lubricant can.
3. While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 15 cm (6 inches) from the front of the treadmill. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 4 seconds on each side.
4. Allow the silicone to "set" for 1 minute before using the treadmill.



**Spray lubricant from front to back.**

### CLEANING:

Routine cleaning of your treadmill will extend the product's life.

- **Warning:** To prevent electrical shock, be sure the power to the treadmill is OFF and the power cord is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.
- **Important:** Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- **After each workout:** Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration.

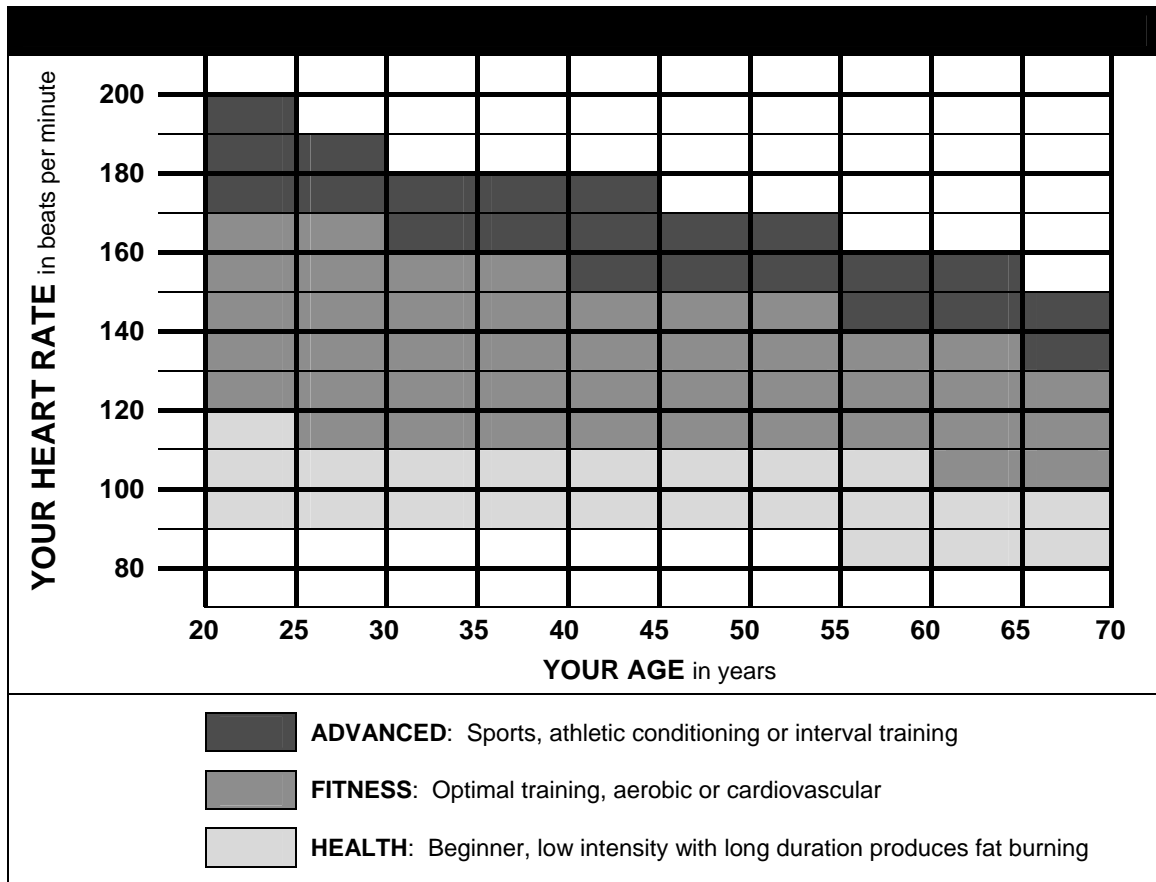
**Weekly:** Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually makes it to underneath the treadmill. Vacuum underneath treadmill once a week.

## TARGET HEART RATE

### Finding your pulse:

To make sure your heart is beating in its target zone, you'll need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on either side of your neck, between the windpipe and the large neck muscles. Count the number of beats in ten seconds, and then multiply that number by six. This gives you the number of beats per minute.

How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its "target zone," a range of beats per minute that is largely determined by your age and physical condition. To determine your target zone, consult the chart we have provided.



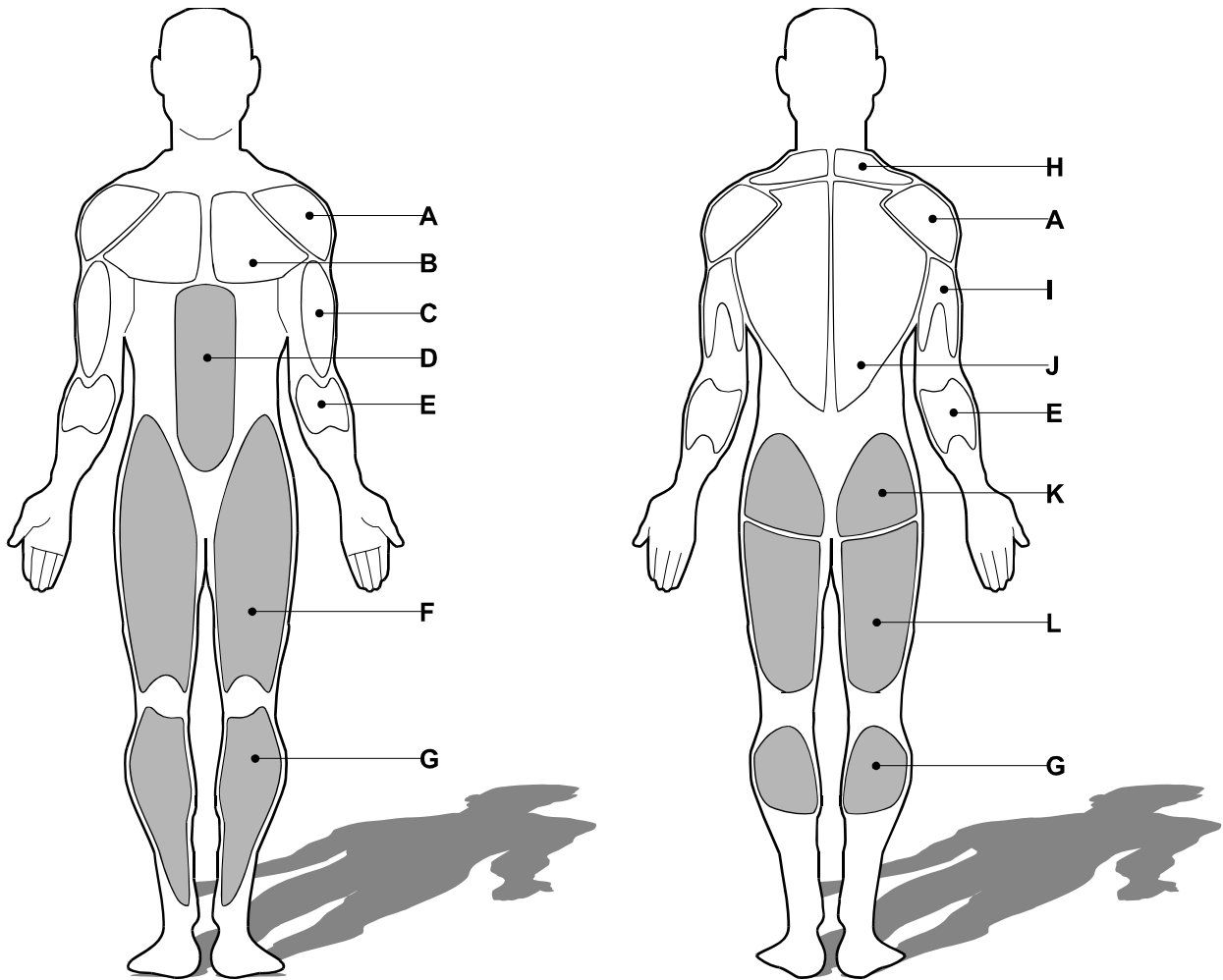
### Aerobic exercise:

Is any sustained activity that sends oxygen to your muscles via your heart and lungs. It will improve the fitness of your lungs and heart: your body's most important muscle. Aerobic fitness is promoted by any activity that uses your large muscle groups - arms, legs or buttocks, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

## MUSCLE CHART

### Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.



### MUSCLE GROUPS

<b>A</b>	Shoulder muscles	Calf muscles	<b>G</b>
<b>B</b>	Pectoral muscles	Trapezius muscles	<b>H</b>
<b>C</b>	Bicep muscle	Tricep muscles	<b>I</b>
<b>D</b>	Abdominal muscles	Back muscles	<b>J</b>
<b>E</b>	Forearm muscles	Gluteal muscles	<b>K</b>
<b>F</b>	Quadricep muscles	Hamstring muscles	<b>L</b>

## STRETCHING ROUTINE

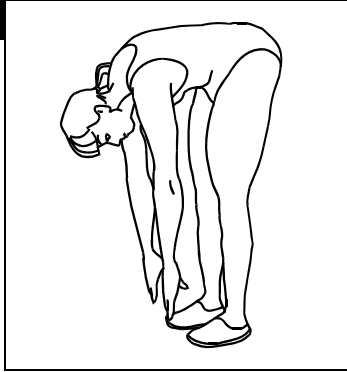
### Warm up and cool down:

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

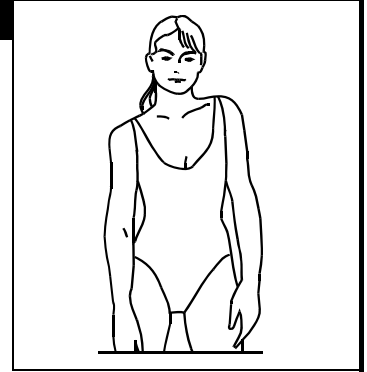
### Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



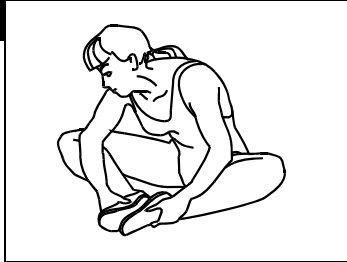
### Shoulder Lift:

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



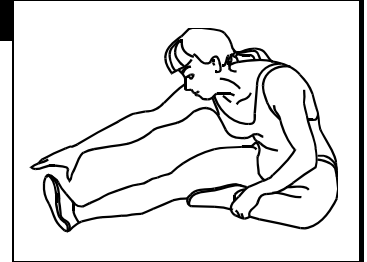
### Inner Thigh Stretch:

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



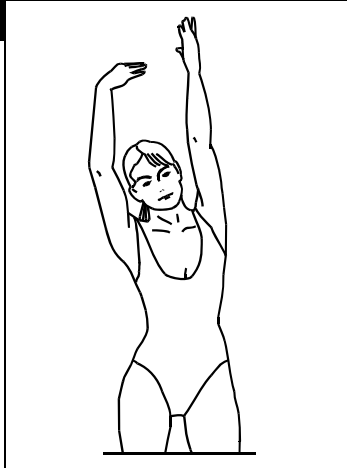
### Hamstring Stretch:

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



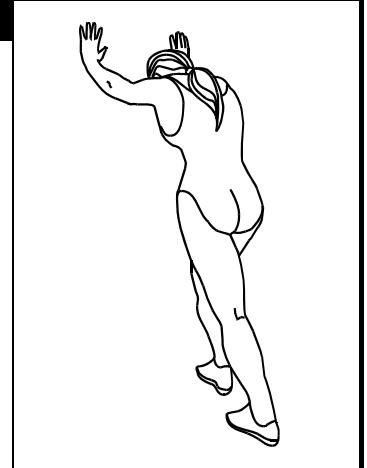
### Side Stretch:

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



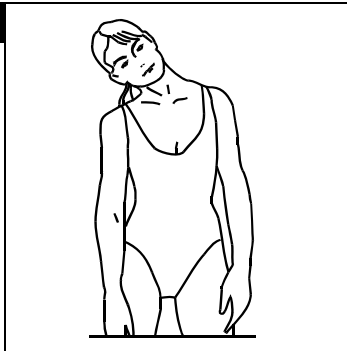
### Calf-Achilles Stretch:

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.



### Head Roll:

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.





## TROUBLESHOOTING

**NOTE:** Do not touch any internal electric wires without consulting the manufacturer.

Symptom	Resolution
Treadmill will not power up	Check the following:
	<ul style="list-style-type: none"> <li>▪ Make sure the power cord is plugged into a surge protector, the surge protector is plugged into a properly grounded outlet and the surge protector is turned on (refer to the Power Requirements section in this manual).</li> </ul>
	<ul style="list-style-type: none"> <li>▪ Equipment circuit breaker is in the reset position</li> </ul>
	<ul style="list-style-type: none"> <li>▪ Equipment power switch is in the on position</li> </ul>
	<ul style="list-style-type: none"> <li>▪ Safety key is properly inserted into the computer console</li> </ul>
Treadmill stops operation during use	<ul style="list-style-type: none"> <li>▪ Wall outlet is properly functioning with correct voltage (Have an electrician check for inadequate voltage at the outlet refer to the Power Requirements section in this manual)</li> </ul>
	<ul style="list-style-type: none"> <li>▪ House circuit breaker is reset and is the proper size. (refer to the Power Requirements section in this manual)</li> </ul>
	<ul style="list-style-type: none"> <li>▪ Safety key is properly inserted into the computer console</li> </ul>
	<ul style="list-style-type: none"> <li>▪ Equipment circuit breaker is in the reset position</li> </ul>
Treadmill will not incline(Power fold models only)	<ul style="list-style-type: none"> <li>▪ House circuit breaker is reset, meets proper requirements and if worn replaced by an electrician. (refer to the Power Requirements section in this manual)</li> </ul>
	<ul style="list-style-type: none"> <li>▪ Program time has expired</li> </ul>
Treadmill will not unfold	<ul style="list-style-type: none"> <li>▪ Check for proper positioning of spring knob for folding(See procedure in owners manual)</li> </ul>
	Power Fold only <ul style="list-style-type: none"> <li>▪ Check for proper positioning of spring knob for folding(See procedure in owners manual)</li> </ul> Manual Fold only <ul style="list-style-type: none"> <li>▪ Folding locking lever is depressed</li> </ul>
Treadmill running belt moves slower than speed displayed on computer	<ul style="list-style-type: none"> <li>▪ Metric/English conversion (See owners manual for Metric/English conversion process)</li> </ul>
Treadmill running belt moves slower than speed displayed on computer	<ul style="list-style-type: none"> <li>▪ Metric/English conversion (See owners manual for Metric/English conversion process)</li> </ul>
Running belt is not centered	<ul style="list-style-type: none"> <li>▪ Treadmill is properly leveled(See procedure in owners manual)</li> </ul>
	<ul style="list-style-type: none"> <li>▪ Center running belt (See Centering procedure in owners manual)</li> </ul>
Running belt is slipping or hesitating while in use	<ul style="list-style-type: none"> <li>▪ Tension running belt (See process in owners manual)</li> </ul>
Treadmill running belt moves slower than speed displayed on computer	<ul style="list-style-type: none"> <li>▪ Metric/English conversion (See owners manual for Metric/English conversion process)</li> </ul>
Running belt is not centered	<ul style="list-style-type: none"> <li>▪ Treadmill is properly leveled(See procedure in owners manual)</li> </ul>
	<ul style="list-style-type: none"> <li>▪ Center running belt (See Centering procedure in owners manual)</li> </ul>
Running belt is slipping or hesitating while in use	<ul style="list-style-type: none"> <li>▪ Tension running belt (See process in owners manual)</li> </ul>



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