⚠ CAUTION
Read the safety and comfort guide
in this manual before using this equipment.

TrekMill

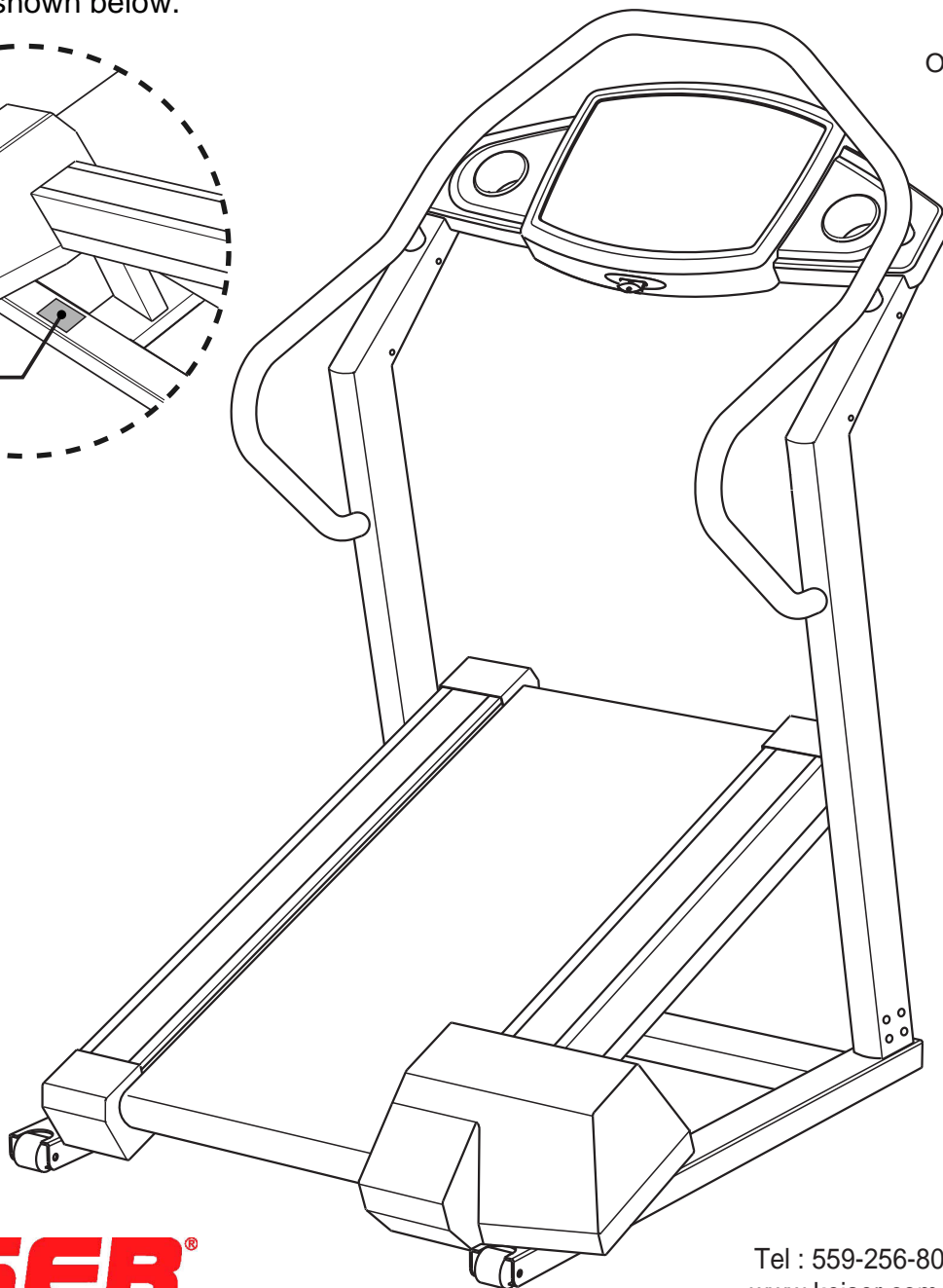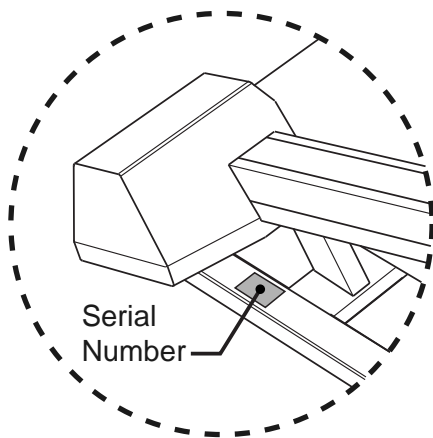## USER'S MANUAL

MM5050

Serial Number: _____
Date Purchased: _____
Find the serial number in
the location shown below.

Serial
Number —

CONTENTS

Keiser Corporation
2470 S. Cherry Avenue
Fresno, CA 93706 USA
Tel : 559-256-8000   Fax : 559-256-8100
www.keiser.com   service@keiser.com

KEISER®

Safety & Comfort Guide

Warning : To reduce the risk of burns, fire, electric shock, or injury to persons, read the following safety and comfort guide before operating the TrekMill.

1. It is the responsibility of the owner to ensure that all users of the TrekMill are adequately informed of all warnings and precautions.

2. Position the TrekMill on a clear, level surface. Do not place the TrekMill on thick carpet as it may interfere with proper ventilation. Also, do not place the TrekMill near water or outdoors.

3. Do not operate the TrekMill until it is fully assembled.

4. Keep children under the age of 12 and pets away from the TrekMill at all times.

5. The TrekMill should not be used by persons weighing more than 300 pounds (120 kg).

6. Never allow more than one person on the TrekMill at a time.

7. Wear appropriate exercise clothing when using the TrekMill. Do not wear loose clothing that could become caught in the TrekMill. Always wear athletic shoes.

8. Keep the power cord away from heated surfaces.

9. Do not operate the TrekMill if the power is off, if the power cord or electrical plug is damaged, or if the treadmill is not working properly.

10. Never start the TrekMill while standing on the walking belt. Place feet outside of belt on the frame, start the TrekMill at the lowest speed and then step onto the belt. Always hold the handrails while using the TrekMill.

11. The TrekMill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.

12. Never leave the TrekMill unattended while it is running. Remove the key, move the on/off switch to the off position and unplug the power cord when the TrekMill is not in use.

13. Do not change the grade of the TrekMill by placing objects under the TrekMill!

14. Never insert or drop any object into any opening.

15. Inspect and tighten all parts of the TrekMill regularly.

16. Danger: Always unplug the power cord immediately after use, before cleaning the TrekMill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor cover unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

Warning : Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35, expectant and nursing mothers, or persons with pre-existing health conditions. Read all instructions before using. Keiser assumes no responsibility for personal injury or property damage sustained by or through the use of this product.
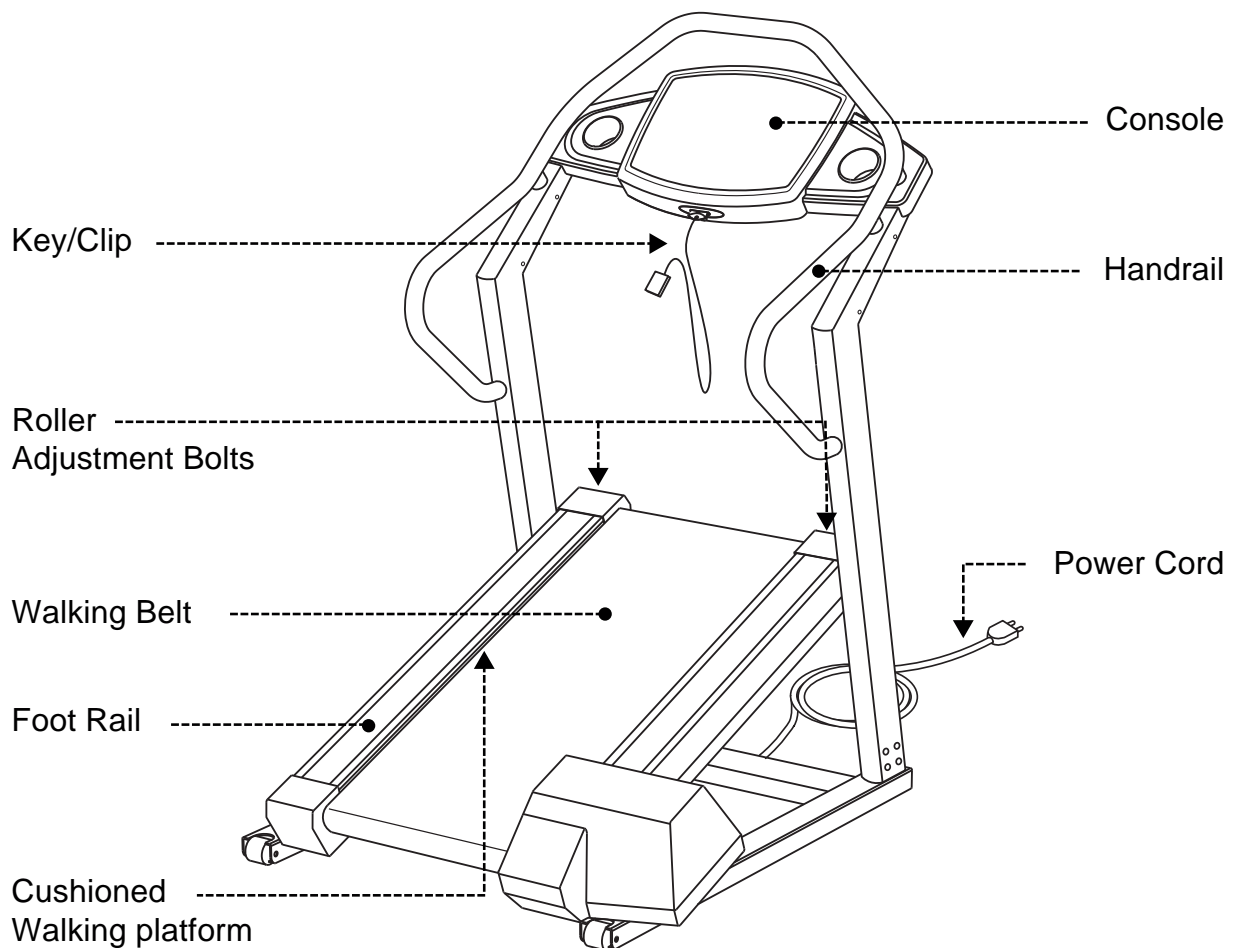
Before You Begin

Read this manual carefully before using this product.

If you have questions after reading this manual, please call our Customer Service Department at 1-800-888-7009 or 559-256-8000. The serial number can be found on a decal next to the motor.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

Console

Key/Clip

Handrail

Roller Adjustment Bolts

Power Cord

Walking Belt

Foot Rail

Cushioned Walking platform

Assembly

Assembly requires two people. Set the TrekMill in a clear area and remove all packing materials. Do not dispose of the packing materials until assembly is complete. Assembly requires the Allen wrenches provided, a Phillips screwdriver and a 13mm open-ended wrench.

1. Identify the right upright **[1]**. Insert upright harness **[2]** into upright and pull the excess upright wire harness out of the top of the right upright. Slide the right upright onto the base. Be careful not to pinch the wire harness.

Finger tighten six bolts **[3]** (four on outside of upright and two on the inside) with washer and star washer into the upright **[1]**.
**Note:** It may be necessary to move the upright slightly to align the holes.

Attach the left upright (not shown) in the same way.
Note: There is no wire harness in the left upright. Do not tighten the upright bolts **[3]** yet.

2. Place the console **[4]** on each upright **[1]**. Make sure the console is turned as shown in the drawing.

Connect the console wire harness **[5]** to the upright wire harness **[2]** and insert both wire harnesses into the right upright **[1]**.

Tighten two console side bolts **[6]** into the top of the upright and console. Repeat this procedure on the other side. Use 13mm wrench to tight these bolts.
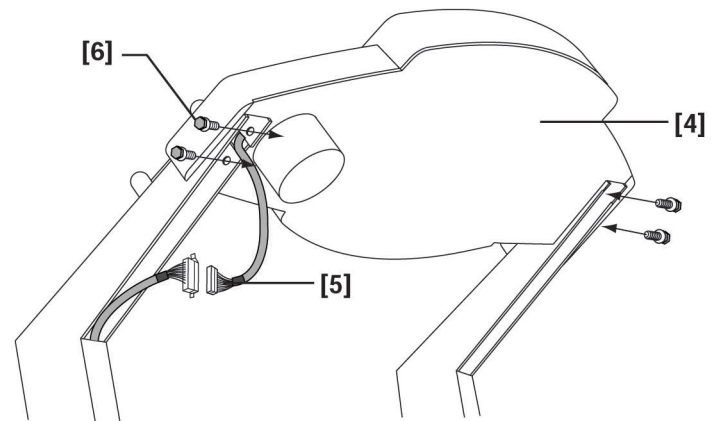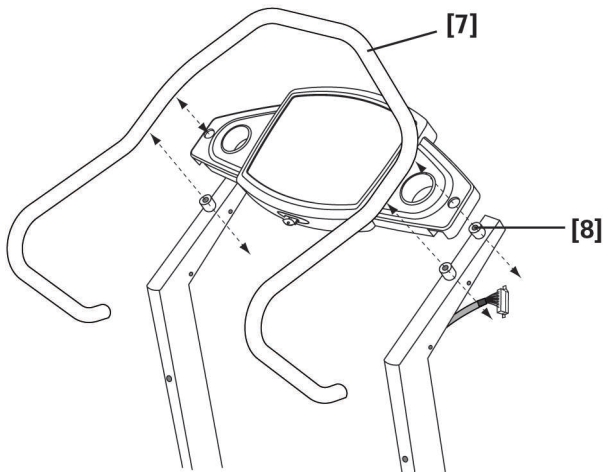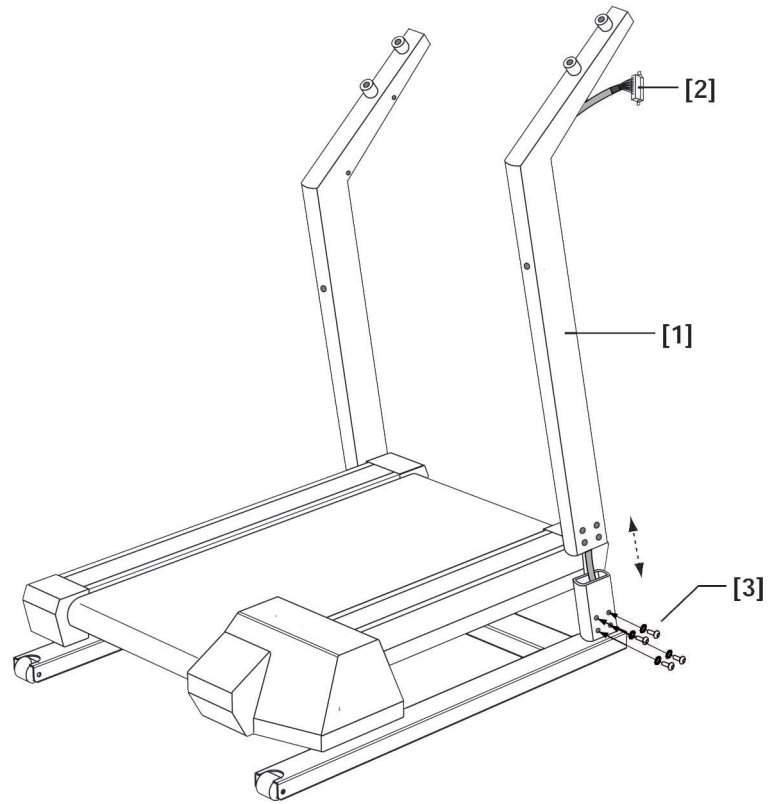
3. Place a handrail **[7]** on each pipe [**8**] of the console **[4]**. Have a second person hold the handrail [**7**] in the position shown. Insert two long handrail bolts **[9]** into handrail through the upright. Next, insert four short handrail bolts **[10]** down the handrail **[7]** as shown.

Tighten all of the bolts used in steps 1, 2 and 3. Insert the large rubber caps **[11]** into the uprights **[1]**.

[7]

[4]

[10]

[11]
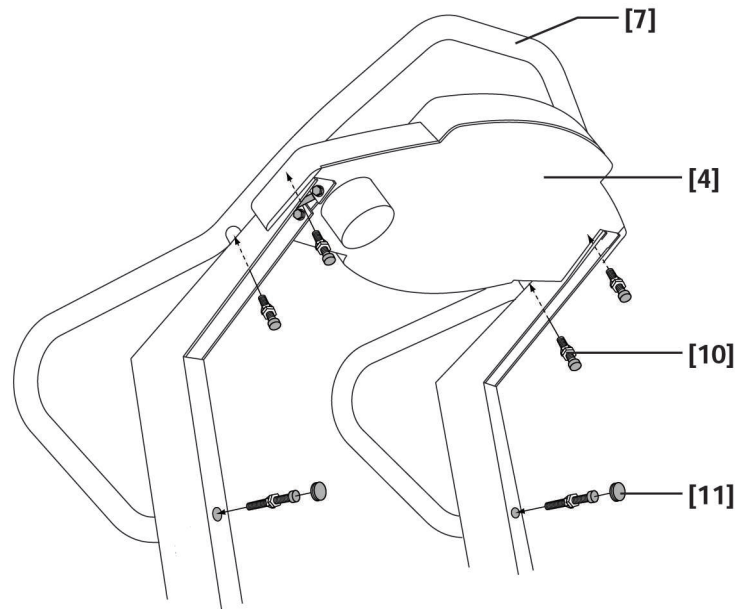
4. Place the channel **[12]** under the upright **[1]** and tighten the screws **[13]**.

Note: Make sure that all parts are tight before you use the TrekMill. Keep the included Allen wrenches in a secure place. The second Allen wrench is also used to adjust the walking belt.

[13]

[12]
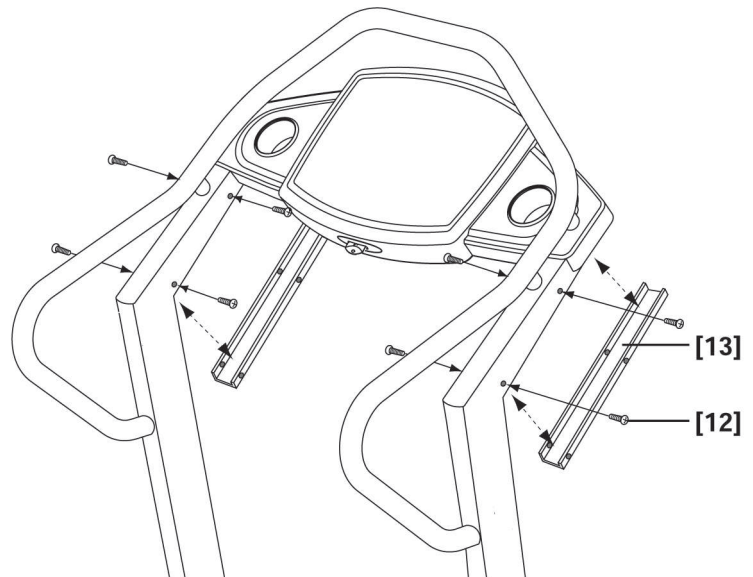
Packing List

1. Long Handrail Bolts - 2

2. Short Handrail Bolts - 4

3. Console Bolts - 4

4. Upright Bolts - 12
(with star and plate washer)

5. Upright Channel Screws - 8

6. Large Rubber Cap - 2

**7.** Allen Wrench - 2

8. Safety Key - 1

HOW TO PLUG IN THE POWER CORD

Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Do not modify the power cord provided with the product. Use a transformer when the voltages between the TrekMill and your facility do not match.

FEATURES OF THE CONSOLE

When the manual mode of the console is selected, the grade and speed of the TrekMill can be changed with a touch of a button. As you exercise, the console will display continuous exercise feedback.

The console also offers twenty preset programs. Each preset program automatically controls the grade and speed of the TrekMill to simulate a hiking trail as it guides you through an effective workout. Choose from five low courses, nine middle courses, and six high courses.
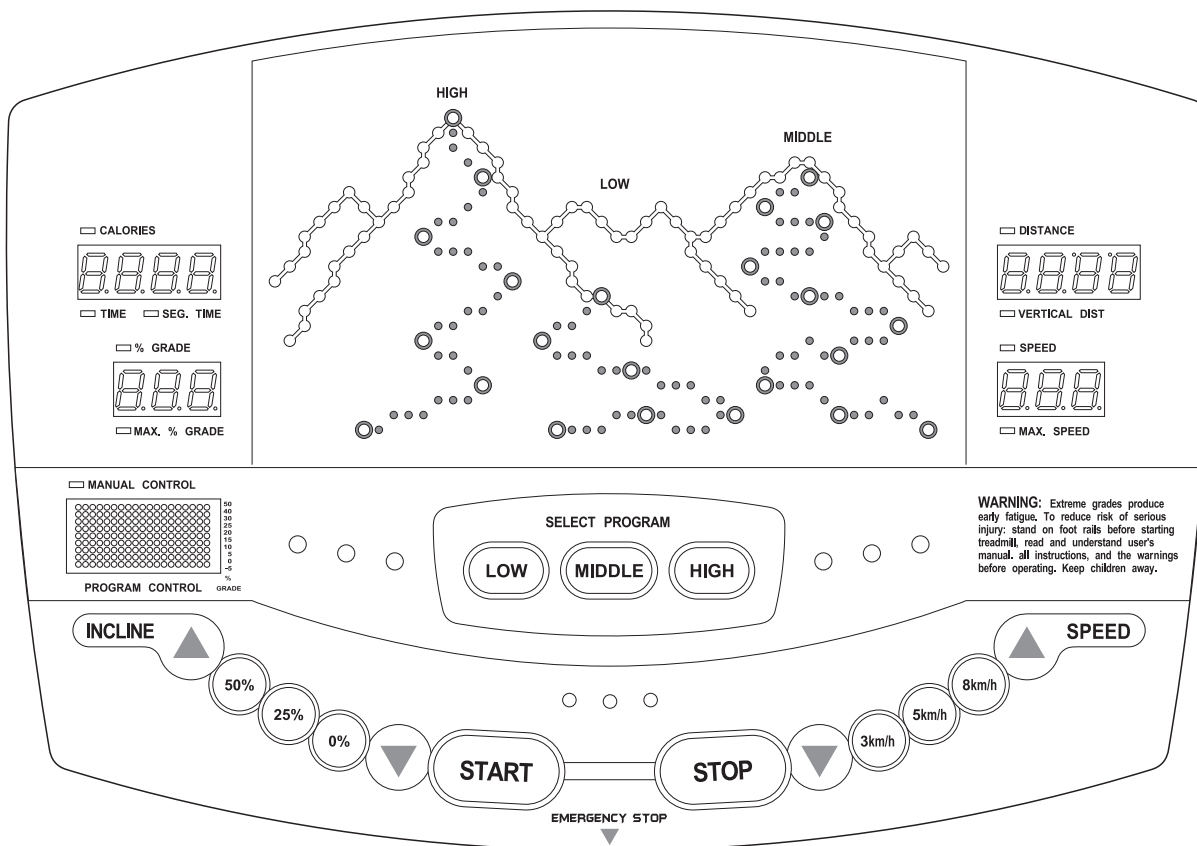
Before operating the console, read the following precautions.

- Do not stand on the walking belt when turning on the power.

- Always wear the clip while operating the TrekMill.

- Adjust the speed in small increments to avoid sudden jumps in speed.

- To reduce the possibility of electric shock, keep the console dry.
  Avoid spilling liquids on the console.

GETTING STARTED.

1. Attach the clip to the waistband of your clothing.
Stand on the foot rails of the TrekMill. Find the clip attached to the key and slide the clip onto the waistband of your clothing. Next, insert the key into the console. Test the clip by carefully taking a few steps backward until the key is pulled from the console, adjust the position of the clip as needed. Then, remove the key from the console.

2. Plug in the power cord.

3. Move the on/off switch to the on position.
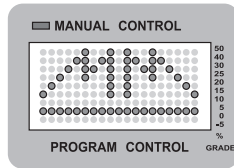
4. Insert the key fully into the console.
Stand on the foot rails of the TrekMill. Attach the clip securely to the waistband of your clothing. Next, insert the key into the console.

Operation

HOW TO USE THE MANUAL MODE

You can adjust the speed and grade as desired in the manual mode.

1. Select the manual mode.
When the key is inserted, the manual mode will automatically be selected, as shown by the manual indicator. If a preset program has been selected, press the Select Program button repeatedly until the Manual indicator lights.

```
MANUAL CONTROL
                    50
                    40
                    30
                    25
                    20
                    15
                    10
                    5
                    -5
PROGRAM CONTROL   %
                 GRADE
```

2. Press the Start button.
A moment after the button is pressed, the walking belt will begin to move at .3 m/h (.5 km/h). Hold the handrails and begin walking.
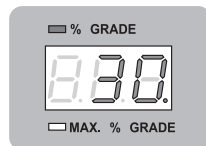
3. To stop the walking belt.
Press the Stop button. To restart the walking belt, press the Start button.
Note: It will take a moment for the walking belt to reach the selected speed setting.

4. Change the grade of the TrekMill as desired.
To change the grade of the TrekMill, press ▲and ▼buttons. Each time a button is pressed, the grade will change by 1%. The grade range is -5% to 50%.

```
% GRADE
[ 3 0 ]
MAX. % GRADE
```

Note: It will take a moment for the TrekMill to reach the selected grade setting.

5. Change the speed of the TrekMill as desired.
As you exercise, change the speed of the walking belt as desired by pressing the Speed ▲ and ▼ buttons. Each time a button is pressed, the speed

```
SPEED
[ 7 5 ]
MAX. SPEED
```

setting will change by .06 m/h (0.1 km/h). If a button is held down, the speed setting will change quickly. To change the speed setting quickly, press the exact desired speed button.
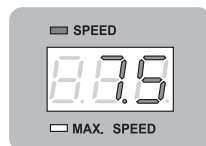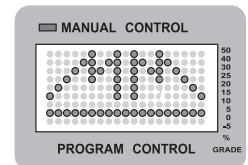
Note: It will take a moment for the walking belt to reach the selected speed setting.
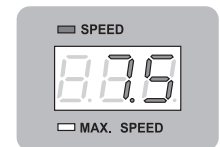
6. Follow your progress with the console displays.

- The Matrix
When the manual mode is selected, the matrix will display a logo in the manual mode.

```
MANUAL CONTROL
                    50
                    40
                    30
                    25
                    20
                    15
                    10
                    5
                    -5
PROGRAM CONTROL   %
                 GRADE
```

- The Speed Display
This display shows the speed of the walking belt. This display also shows the maximum speed in the automatic mode.

```
SPEED
[ 7 5 ]
MAX. SPEED
```

- The Grade Display
This display shows the grade of the TrekMill. This display also shows the maximum grade in the automatic mode.

```
% GRADE
[ 3 0 ]
MAX. % GRADE
```
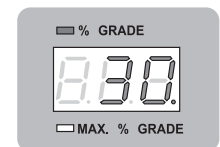
- The Distance/Vertical Distance Display
This display shows the distance you have trekked and the vertical distance automatically. The automatic mode is identical.

- The Calories/Time Display
This display shows the the approximate number of calories you burned and the elapsed time. This display shows preset segment time of the program in the automatic mode.

7. Finishing exercise.
Step onto the foot rails and press the Stop button. Next, remove the key from the console and put it in a secure place.
Note: If you press the Stop button in the manual mode, the grade will be changed to the lowest level. If the key is removed, the display and indicators on the console remain lit when the power is on.

When you are finished using the TrekMill, move the on/off switch to the off position and unplug the power cord.

TrekMill

HOW TO USE PRESET PROGRAMS

The console offers twenty preset programs. Each preset program automatically controls the grade and speed of the TrekMill to simulate a hiking trail as it guides you through an effective workout. You can choose from five low courses, nine middle courses, and six high courses.

Follow the steps below to use a preset program.

1. Getting into the present program.
After inserting the key and the LED is lit, you can select the program desired.

2. Select the desired preset program.
The twenty trails shown in the trail display represent the twenty preset programs. As you press the Select Program button repeatedly, indicators will light in the trail display to show which trail you have selected.
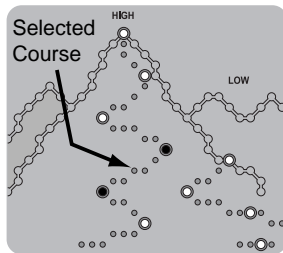
When a preset program is selected, the matrix will show the grade settings for the program. In addition, the Speed display will show the maximum speed setting for the program and the time.
Grade display will show the maximum grade setting for the program. The numbers shown at first are maximum numbers, the numbers will be changed automatically during your trek.
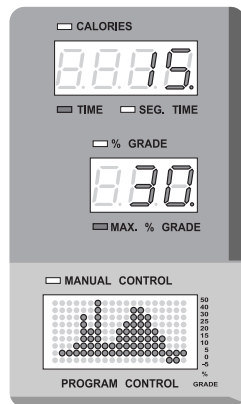
3. Press the Start button.
A moment after the button is pressed, the TrekMill will automatically adjust to the first grade and speed settings for the program. Hold the handrails and begin walking. Each program is divided into several time segments of different lengths.

The Calories/Time display shows both the last time in the program and the time remaining in the current segment of the program. One grade setting and one speed setting are programmed for each segment. The grade setting for the first segment is shown in the flashing Current Segment column of the matrix. The grade settings for upcoming segments are shown in the columns to the right.
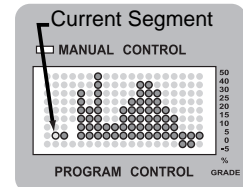
When only three seconds remain in a segment of the program, a series of tones will sound. In addition, the Speed display will flash three times if the speed is about to change. And the Vertical Distance/Calories/Grade display will flash if the grade is about to change. When the segment is completed, all grade settings in the matrix will move one column to the left. The grade setting for the second segment will then be shown in the flashing Current Segment column and the TrekMill will automatically adjust to the grade and speed settings for the second segment.
The program will continue until the grade setting for the last segment is show in the Current Segment column of the matrix and no time remains in the program. The walking belt will then slow to a stop.

4. Adjusting Exercise
If the grade or speed for the current segment is too high or too low, you can manually override the setting by pressing the Incline or Speed buttons on the console. Every few times one of the Incline buttons is pressed, an additional indicator will lighten or darken in the Current Segment column of the matrix.

Note: If you manually override either the grade or speed setting for the current segment, when that segment ends, the TrekMill will automatically adjust to the grade and speed settings for the next segment. Because each program is based on a preset distance, if you manually increase the speed, the time remaining in the current segment and the time remaining in the program will decrease; if you manually decrease the speed, the time remaining in the current segment and the time remaining in the program will increase.

5. Temporarily stopping the program.

To stop the program temporarily, press the Stop button once. When the stop button is pressed and the grade is less than 10%, the grade remains constant in the stopped position. When the stop button is pressed and the grade is greater than 10%, the grade will automatically adjust to 0%. If you press the start button after you have paused the program will continue from the point where you paused. If you press the stop button a second time the preset program will end and you will have to start your program over.

6. Continuing exercise.

If you complete a course, the next course will flash. Press the start button to begin the next program.

7. Switching to the manual mode.

Press the stop button twice if you want to switch to the manual mode.

8. Completing exercise.

When the program is completed step onto the foot rails and remove the key from the console. Make sure to keep the key in a secure place.

Note: The displays and indicators on the console will remain lit when the power is on even if the key is removed.

When you are finished using the TrekMill, move the on/off switch to the off position and unplug the power cord.

HOW TO USE ADMINISTRATOR MODE

1. Display the Cumulative Distance.

1. Stop the machine.
2. Take the key from the console.
3. Press the middle button and the stop button at the same time.
4. You can see the cumulative distance in the distance window.

DISTANCE
VERTICAL DIST
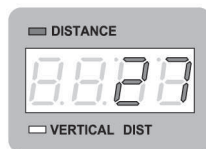
2. Setting the limit of incline and speed.

1. Stop the machine.
2. Take the key from the machine.
3. Press the middle button pressing the stop button at the same time.
4. Press the middle button once more. (Entering the setting mode, max. incline an max. speed will display).
5. Using the buttons related to the incline and speed, you can set the limits of incline and speed.
6. Operate the TrekMill once, prior to powering off to enable the set values.
7. If you want to cancel this operation turn the power off without running machine.

% GRADE
MAX. % GRADE

SPEED
MAX. SPEED

To finish this mode press the stop key.
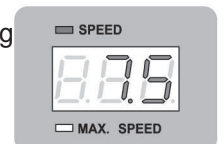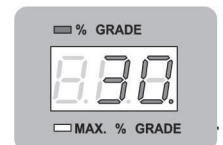
To finish this mode press the stop key.

Maintenance

When using this product commercially, periodically lubricate the inside of walking belt with silicon oil. Most problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please let us know.

HOW TO MOVE THE TREKMILL

Before moving the TrekMill, change the grade of the TrekMill to the lowest level and unplug the power cord.

Tilt the TrekMill back until it rolls freely on the wheels. The help of a second person may be needed when tipping the TrekMill. Carefully move the TrekMill to the desired location. Place one foot on the walking belt, and carefully lower the TrekMill until it is resting on the floor. Never move the TrekMill without tipping it back. To reduce the risk of injury, use extreme caution while moving the TrekMill. Do not attempt to move the TrekMill over an uneven surface.

TROUBLE SHOOTING

The power does not turn on.
1. Make sure the power cord is plugged in.
2. Make sure the power supply is the correct voltage.
3. Make sure the on/off switch is in the "on" position.

The power turns off during use.
1. Check the circuit breaker located on the TrekMill near the power cord. If the circuit breaker has tripped, wait
for five minutes and then press the switch back in.
2. Make sure the power cord is plugged in.
3. Remove the key from the console. Reinsert the key back into the console.
4. Make sure the on/off switch is in the "on" position.

The walking belt slows when walked on.
If the belt is over tightened, the TrekMill performance may decrease and walking belt may become damaged. Remove the key, and UNPLUG THE POWER CORD. Using the supplied Allen wrench, turn both rear roller adjustment bolts counterclockwise 1/4 turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 2 to 2.75 in (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, inset the key and carefully walk on the TrekMill for a few minutes. Repeat until the walking belt is properly tightened.
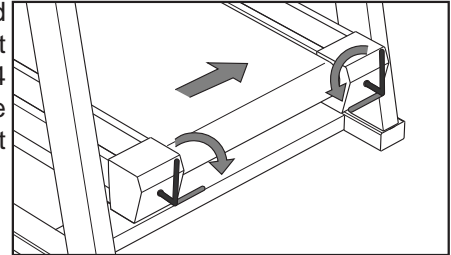

Roller Adjustment Bolts
2 to 2.75 in
5 to 7 cm
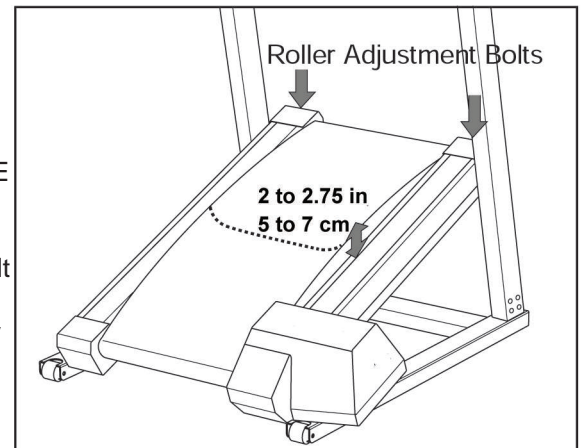
Note: There is no need to adjust this product upon delivery.
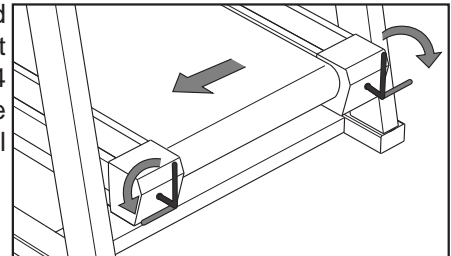
The walking belt is off-center

1. If the walking belt has shifted to the right, first remove the key and UNPLUG THE POWER CORD. Using the Allen wrench, turn the left front roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to over tighten the walking belt. Plug in the power cord, insert the key and run the TrekMill for a few minutes. Repeat until the walking belt is centered.

2. If the walking belt has shifted to the left, first remove the key and UNPLUG THE POWER CORD. Using the Allen wrench, turn the left front roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to over tighten the walking belt. Plug in the power cord, insert the key and run the TrekMill for a minutes. Repeat until the walking belt is centered.

The walking belt slips when walked on

If the walking belt slips when walked on, first remove the key and UNPLUG THE POWER CORD. Using the Allen wrench, turn both roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 2 to 2.75 in. (5-7cm) off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and carefully walk on the TrekMill for a few minutes. Repeat until the walking belt is properly tightened.
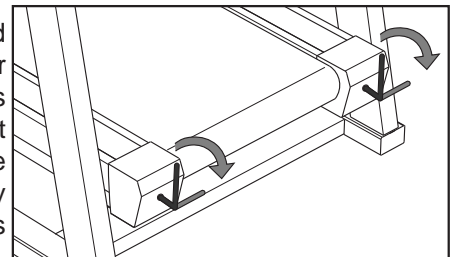
Limited Warranty

Product Name	TrekMill
Model Name	
Serial No.	
Warranty Period	1 year from purchase (6 months for Running Belt and Motor Belt)
Purchase Date	

1. Keiser warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one year from the date of purchase (Running Belt and Motor Belt for six months from the date of purchase). This warranty extends only to the original purchaser. Keiser's obligation under this warranty is limited to replacing or repairing, at Keiser's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by Keiser at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by Keiser. This warranty does not extend to any product or damage to a product caused by or attributable to freight damages, abuse, misuse, improper or abnormal usage or repairs not provided by an Keiser authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by Keiser.

2. Keiser is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of any nature.

3. The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose and is limited in its scope and duration to the terms set forth herein.

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