※TABLE OF CONTENTS

Yowza Technical Support

877-969-9240

Enter Serial Number: _____

Enter Original Sales Order # _____

Purchase Date: _____

PRECAUTIONS

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 **300LBS (136Kgs)**.

- 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.

- The cell phone signal might interfere treadmill functions, keep the cell phone away from the motor hood.

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.
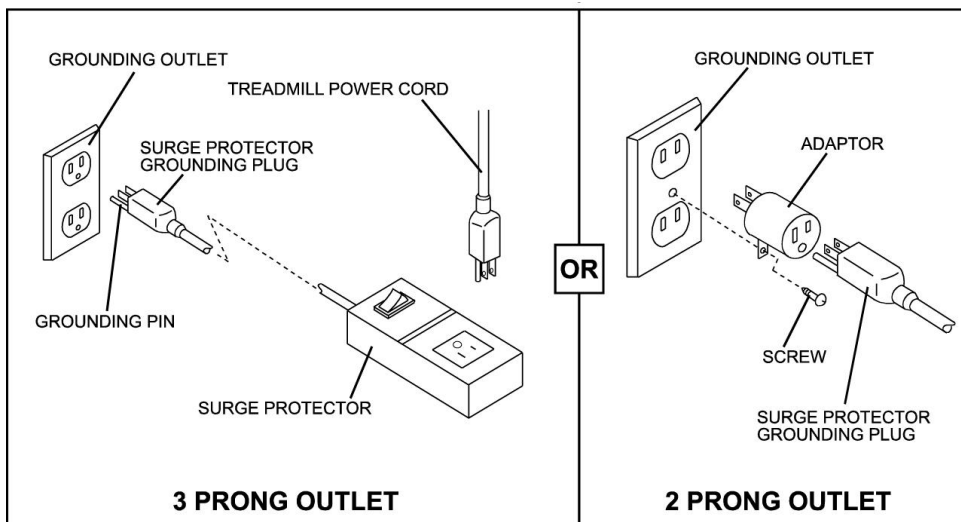
This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of treadmill damage, always use a surge protector (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.

GROUNDING OUTLET
TREADMILL POWER CORD
SURGE PROTECTOR GROUNDING PLUG
GROUNDING PIN
SURGE PROTECTOR

OR

GROUNDING OUTLET
ADAPTOR
SCREW
SURGE PROTECTOR GROUNDING PLUG

3 PRONG OUTLET   **2 PRONG OUTLET**

BEFORE YOU BEGIN

Open the boxes:

Open the boxes of your new equipment. Inventory all parts included in the boxes, and compare them to the Supplied Components and Supplied Hardware lists on assembling manual for a full count of the parts included. If you are missing any parts or have any questions contact us directly.

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 300LBS (Approx. 136 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 COMPONENTS

This list identifies the major components you will use to assemble this product.

No.	Description	Qty.
267	Handlebar	2
258	Upright fix bolt cover-left	1
221	Upright fix bolt cover-right	1
264	Left Handlebar cover –inside	1
265	Left Handlebar cover –outside	1
262	Right Handlebar cover–outside	1
263	Right Handlebar cover –inside	1
E	Power Cord	1
130	Safety Key	1
F	MP3 Connection Wire	1
G	Silicone bottle	1
274	IWM weight scale	1

2 6 7
2 x
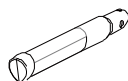
2 5 8
1 x

2 2 1
1 x

2 6 5
1 x

2 6 4
1 x

2 6 3
1 x

2 6 2
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E
1 x
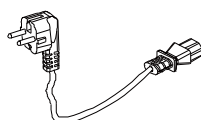
130
1 x

F
1 x
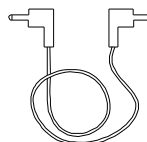
G
1 x

274
1 x

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.
837	M10X58 Bolt	4
126	M8X12 Allen head bolt	6
843	M3X14 Screw	8
A	5mm Allen Key	1
B	6mm Allen Key	1
C	Screw driver	1
D	5mm Allen Wrench	1

837

4 x

M10x58
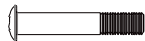
126

6 x

M8x12

843

8 x

M3x14

A

5mm
1 x

B

6mm
1 x

C

1 x

D

5mm
1 x

0 10 20 30 40 50 60 70 80 90 100
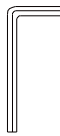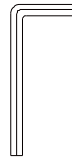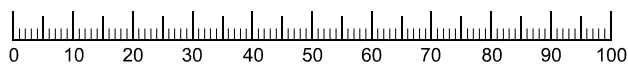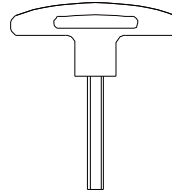
MILLIMETERS

PARTS LIST

Item No.	Description	Qty.	Part No.
109	Safety key base	1	SEBRING-109
110	Safety key base fix plate	1	SEBRING-110
126	M8X12 Allen head bolt	10	SEBRING-126
130	Safety key	1	SEBRING-130
131	Console housing -Lower	1	SEBRING-131
132	Console housing -upper	1	SEBRING-132
135	Console housing Decorate cover -right	1	SEBRING-135
138	Console housing Decorate cover -left	1	SEBRING-138
145	Computer	1	SEBRING-145
147	Overlay	1	SEBRING-147
218	Right upright lower cover –Front	1	SEBRING-218
221	Upright fix bolt cover-right	1	SEBRING-221
231	ID25XOD31XOD38X13 Sleeve	4	SEBRING-231
235	Handlebar end cap	2	SEBRING-235
239	Upright -Right	1	SEBRING-239
242	Right upright lower cover –Rear	1	SEBRING-242
243	Left upright lower cover –Front	1	SEBRING-243
244	Right side motor hood decorate cover	1	SEBRING-244
248	ID45XL328XT3.0 foam grip	2	SEBRING-248
251	Hand pulse sensor cover -Lower	1	SEBRING-251
256	Console support frame	1	SEBRING-256
257	Hand pulse sensor cover -upper	1	SEBRING-257
258	Upright fix bolt cover-left	1	SEBRING-258
259	Left upright lower cover –Rear	1	SEBRING-259
261	Left side motor hood decorate cover	1	SEBRING-261
262	Right Handlebar cover –outside	1	SEBRING-262
263	Right Handlebar cover –inside	1	SEBRING-263
264	Left Handlebar cover –inside	1	SEBRING-264
265	Left Handlebar cover –outside	1	SEBRING-265
267	Handlebar	2	SEBRING-267
273	Upright –Left	1	SEBRING-273
274	IWM weight scale	1	SEBRING-274
310	Tension bearing fix plate base	1	SEBRING-310
313	Cushion	2	SEBRING-313
317	2.0x17x99.5mm spring	1	SEBRING-317
320	Rear transport wheel holder	1	SEBRING-320
322	ID8X50X18X20.5 Rear transport wheel	2	SEBRING-322
324	OD3.4 X L34 plastic bushing	2	SEBRING-324
325	Soft drop shock	1	SEBRING-325
328	Rear transport wheel frame	1	SEBRING-328
329	Rear transport wheel cover	1	SEBRING-329
330	6900Z Bearing	2	SEBRING-330
331	Power switch board plate	1	SEBRING-331
332	Power switch	1	SEBRING-332
333	Power cord plug	1	SEBRING-333
334	Spring	1	SEBRING-334

PARTS LIST

Item No.	Description	Qty.	Part No.
335	Motor control board	1	SEBRING-335
336	Connecting plate	1	SEBRING-336
337	Transformer	1	SEBRING-337
338	M8 Nut	1	SEBRING-338
339	Rear elevation support tube cushion ring	2	SEBRING-339
348	Front motor hood decorate cover –Right	1	SEBRING-348
353	Motor hood	1	SEBRING-353
354	Soft drop shock holder nylon cover	1	SEBRING-354
355	Soft drop locker	1	SEBRING-355
357	Soft drop shock holder	1	SEBRING-357
358	Lock pin	2	SEBRING-358
359	Rear elevation support tube fix holder	2	SEBRING-359
360	Rear elevation support tube fix plate	2	SEBRING-360
361	Rear elevation support tube -Right	1	SEBRING-361
362	Rear elevation support tube -Left	1	SEBRING-362
365	Electronic protector	1	SEBRING-365
366	Tension bearing fix plate	1	SEBRING-366
367	Driving belt	1	SEBRING-367
368	DC Motor	1	SEBRING-368
369	Incline Motor	1	SEBRING-369
371	Front motor hood decorate cover -Left	1	SEBRING-371
372	Motor cover protect cushion - front	1	SEBRING-372
373	Φ8X17X1.5 Washer	11	SEBRING-373
378	Motor Cover -Lower	1	SEBRING-378
406	Left rear end cap – lower	1	SEBRING-406
409	Right rear end cap decorate cover	1	SEBRING-409
424	M10 Spring	1	SEBRING-424
432	OD23X39 Axle	1	SEBRING-432
448	Non slip cushion	28	SEBRING-448
450	Right side rail	1	SEBRING-450
452	Left side rail	1	SEBRING-452
455	Left rear end cap decorate cover	1	SEBRING-455
456	Right rear end cap – lower	1	SEBRING-456
458	Right rear end cap – upper	1	SEBRING-458
459	Left rear end cap -upper	1	SEBRING-459
469	Running belt	1	SEBRING-469
470	M8X16-30X26 protector	8	SEBRING-470
471	Running deck	1	SEBRING-471
507	14.96X604.8 Rear roller shaft	1	SEBRING-507
510	Folding tie rod spacer	1	SEBRING-510
512	Φ6X806.19-M6X50 pole	1	SEBRING-512
514	Folding tie rod fix holder	1	SEBRING-514
515	Folding tie rod handle	1	SEBRING-515
517	Rear adjustment cushion	2	SEBRING-517
518	Main frame bottom cover -lower	1	SEBRING-518

PARTS LIST

Item No.	Description	Qty.	Part No.
520	Main frame bottom cover -upper	1	SEBRING-520
525	Rear adjustment cushion holder	2	SEBRING-525
532	11X18X24 bushing	2	SEBRING-532
538	15XL400XT3.0 EVA sheet	1	SEBRING-538
541	M6X12 Screw	2	SEBRING-541
542	Main frame cross bar	1	SEBRING-542
544	M6X10 Screw	2	SEBRING-544
546	OD58X469mm Rear roller	1	SEBRING-546
549	15X595mm Front roller shaft	1	SEBRING-549
552	OD58X553mm Front roller	1	SEBRING-552
554	OD76X25-ID15 transport wheel	2	SEBRING-554
557	Front transport wheel frame	1	SEBRING-557
558	6004 Bearing	2	SEBRING-558
562	Main frame	1	SEBRING-562
605	M6X70 Allen bolt	3	SEBRING-605
702	Elevation motor power wire(Black)	1	SEBRING-702
703	Elevation motor power wire(Red)	1	SEBRING-703
704	Elevation motor power wire(White)	1	SEBRING-704
705	Elevation and control board connect wire (Blue)	1	SEBRING-705
706	Elevation and control board connect wire (Grey)	1	SEBRING-706
709	Earth cable	1	SEBRING-709
710	Two female head power cable (Red)	2	SEBRING-710
711	Two female head power cable(White)	1	SEBRING-711
712	Handle pulse wire	2	SEBRING-712
713	Blue-grey two core power wire	2	SEBRING-713
715	LOP of elevation motor	1	SEBRING-715
716	Transfer wire	1	SEBRING-716
717	8 PIN computer connect wire	1	SEBRING-717
720	Hand pulse sensor wire	2	SEBRING-720
801	M3X16 Screw	1	SEBRING-801
802	M4X15 Screw	79	SEBRING-802
807	Φ8X14X2 Spring washer	13	SEBRING-807
808	Φ6X10X2 Spring washer	2	SEBRING-808
812	M8 Thin Nut	12	SEBRING-812
814	Φ8.5X20.5X2 Curve washer	2	SEBRING-814
816	Φ4X9X2 washer	28	SEBRING-816
817	M10X45 Bolt	1	SEBRING-817
818	M8X20 Bolt	4	SEBRING-818
819	M25 Spring	2	SEBRING-819
820	M10 Nut	5	SEBRING-820
821	M10X67 Bolt	1	SEBRING-821
824	M8X65 Bolt	1	SEBRING-824
825	M8 Spring	2	SEBRING-825
827	M4.2X11 Screw	2	SEBRING-827
828	M3X8 Screw	2	SEBRING-828
830	Φ16X26X2 Washer	2	SEBRING-830
831	M15 Spring	2	SEBRING-831

PARTS LIST

Item No.	Description	Qty.	Part No.
832	M10X53 Allen bolt	2	SEBRING-832
833	Φ8.5X17 Washer	2	SEBRING-833
836	M20 C-clip	3	SEBRING-836
837	M10X58 Bolt	4	SEBRING-837
839	M4x12x12 Washer	2	SEBRING-839
840	M3.5X16 Screw	4	SEBRING-840
842	Φ10X20X1.5 Washer	2	SEBRING-842
843	M3X14 Screw	8	SEBRING-843
845	M4.2X15 Screw	2	SEBRING-845
847	M6 Nut	1	SEBRING-847
860	Φ6.5X12.6X1.25 Washer	3	SEBRING-860
863	M8X38 Bolt	4	SEBRING-863
864	M8X25 Screw	8	SEBRING-864
865	M10X38 Bolt	2	SEBRING-865
866	Φ6.4X24X2 Washer	2	SEBRING-866

ASSEMBLY

(A) Remove your treadmill from the carton and place it on the floor in an open area.

(B) Remove the treadmill and all the components and hardware from the box.

(C) Check the quantities of all components and hardware with the component and hardware lists on pages 5-6.

(D) After verifying inventory if there are any missing parts please contact Yowza fitness at 877-969-9240.
.

STEP1   **ASSEMBLY**
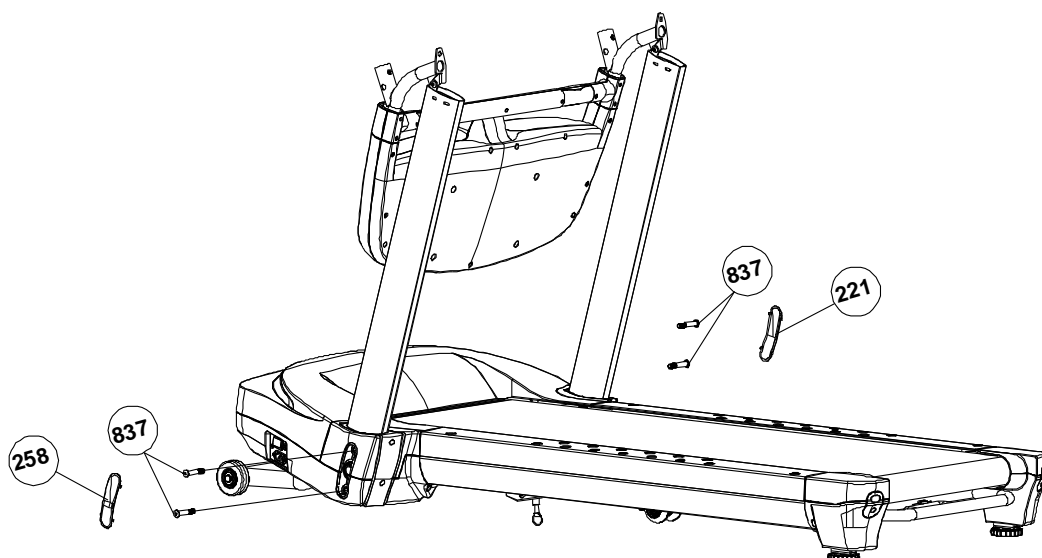
STEP2-A). Rotate the Uprights up to vertical position.
STEP2-B). Using the M8x58mm Bolt (837) to secure the upright
         to frame by 6mm Allen Key(B).
STEP2-C). Attach the Upright fix bolt cover-right (221) to the frame, then
attach the Upright fix bolt cover-left (258) to the frame

837	X2	
221	X2	
258	X2	

STEP2 **ASSEMBLY**
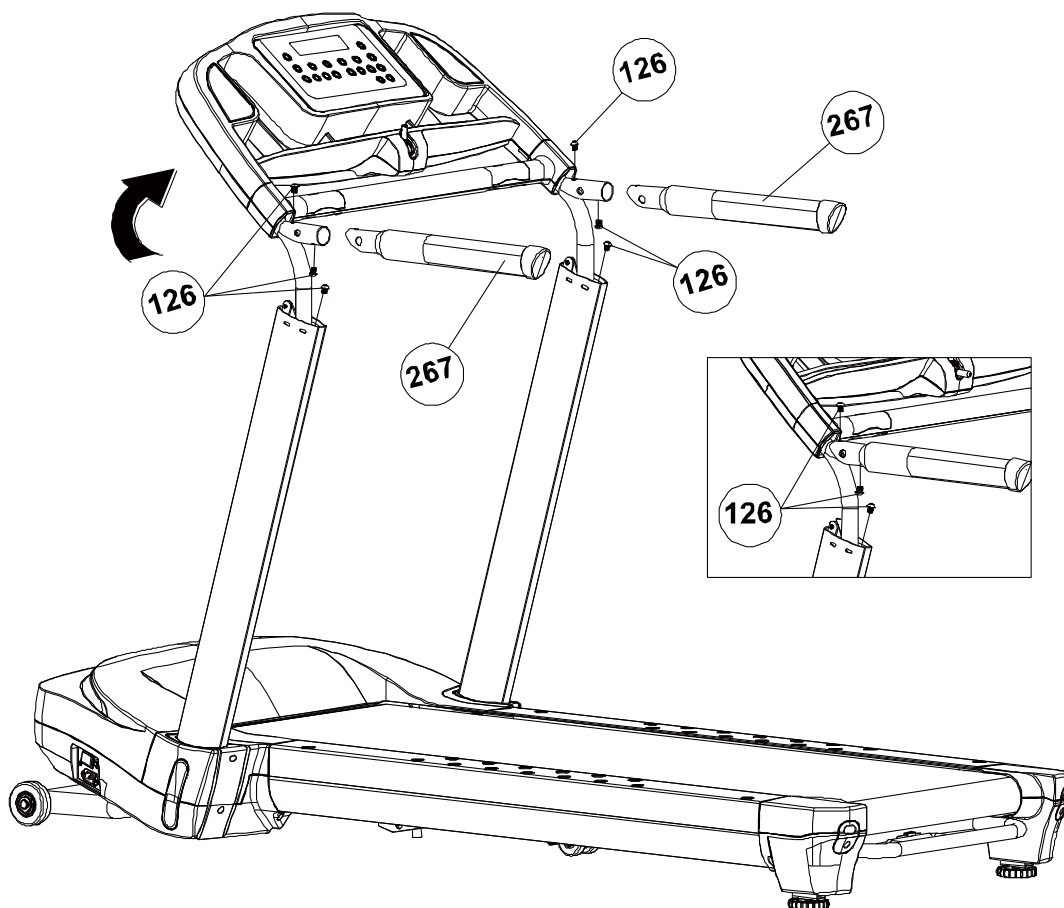
STEP1-A). Rotate the Console up.

STEP1-B). Using the M8X12 Allen head bolt (126) to secure the console Support tube to upright by 5mm Allen Wrench(D).

STEP1-C). Attach the Handlebar (267) into the Console Support Tube up , Using the M8X12 Allen head bolt (126) to fix them together by 5mm Allen Wrench(D) or 5mm Allen Key(A)

126	X2	
267	X2	
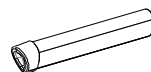
STEP3   ASSEMBLY
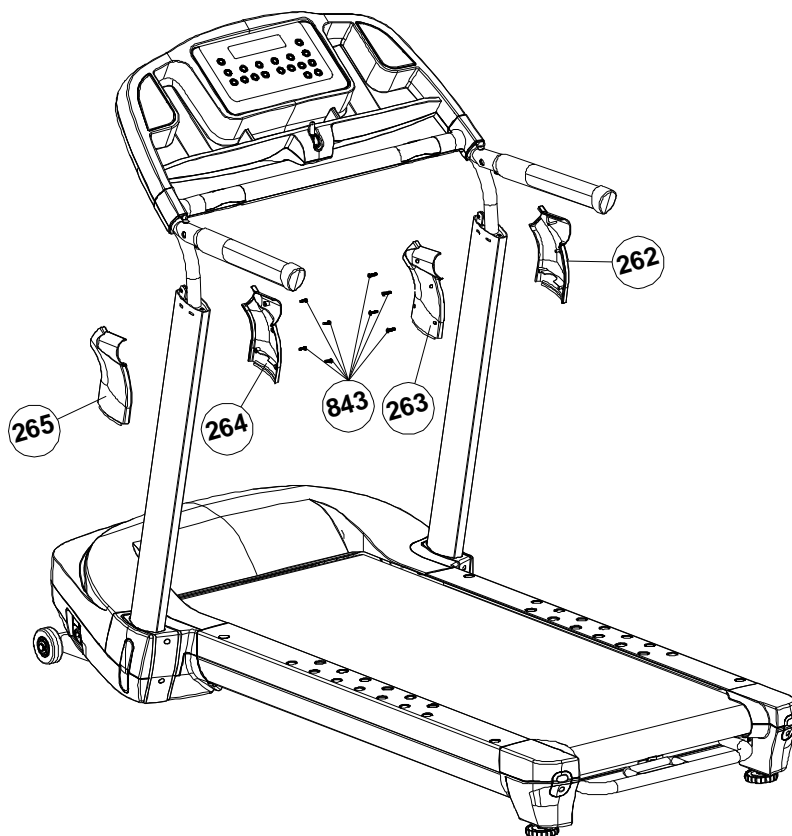
STEP3-A). Attached the Left Handlebar cover–inside(264) into upright,
STEP3-B). Adjust the left handlebar inside cover position, keep the cover in the side of upright then push in.
STEP3-C). Attached the Right Handlebar cover–outside(265) into upright
STEP3-D). Adjust the Right handlebar outside cover position, keep the plastic PIN is relative then push in.
STEP3-E). Fixed #264 and #265 together using M3X14 Screw (843)

STEP3-F). Repeat the same operation as A-F and assembly the right handlebar cover, first inside cover #263 then outside cover #262.

Your treadmill is now fully assembled.

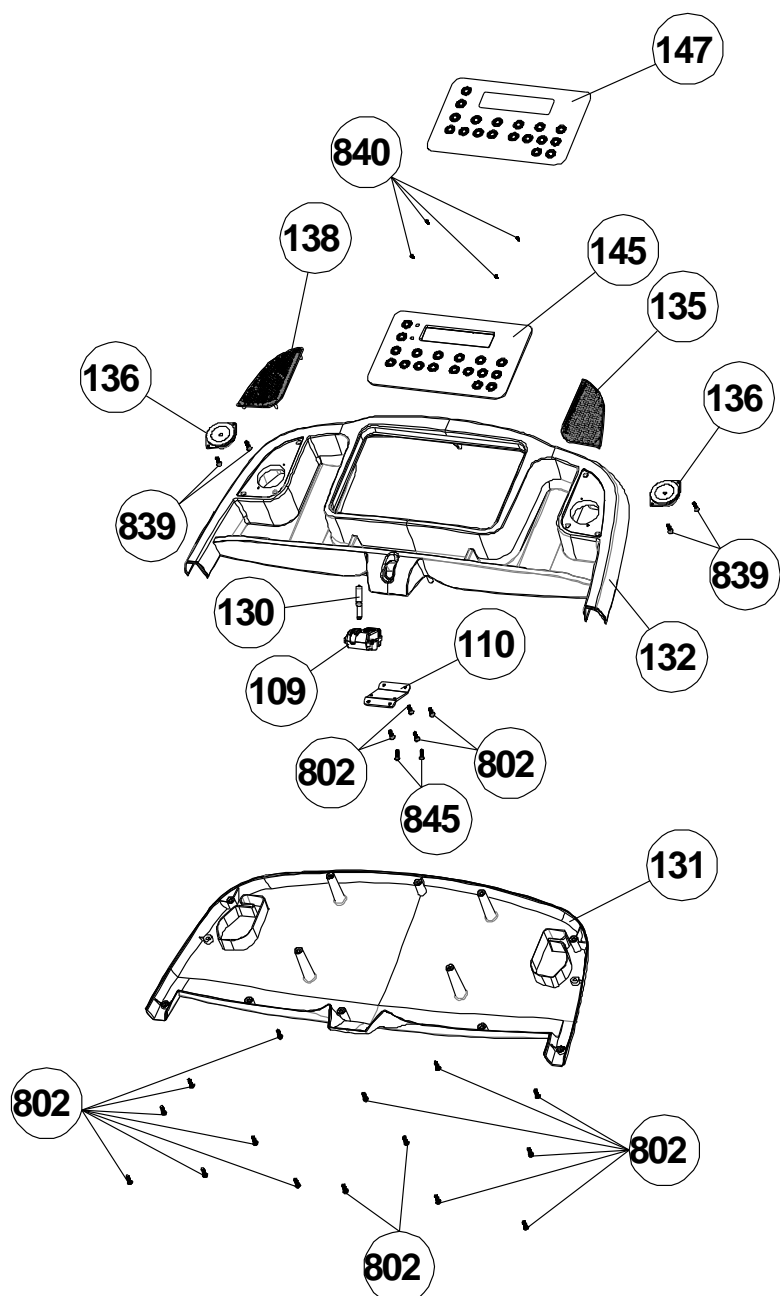| 843	X8	
264	X1	
265	X1	
262	X1	
263	X1	

ADJUSTABLE CUSHION

How to adjust the level for treadmill:
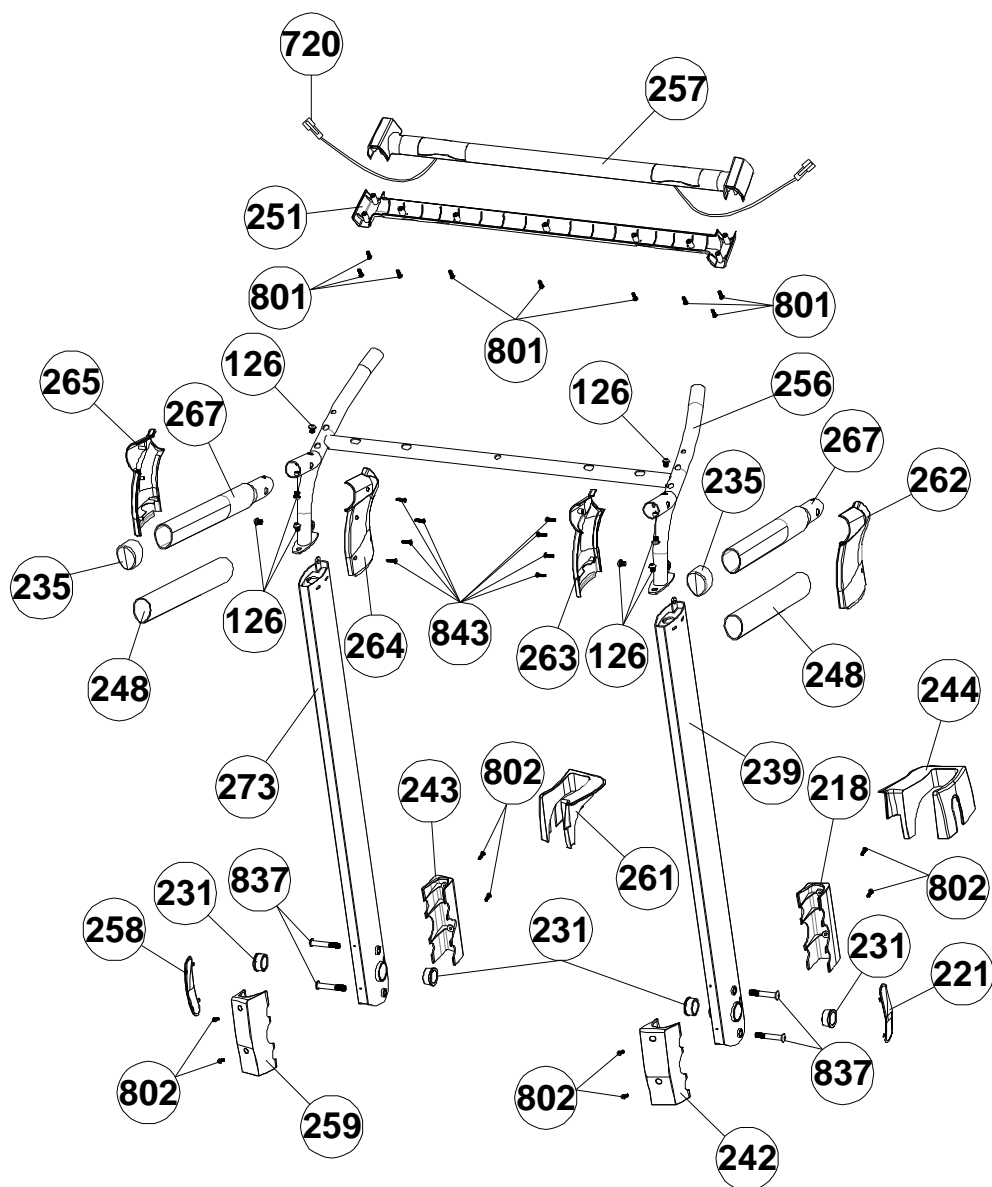You can adjust the Rear adjustment cushion as following show when you unfold treadmill on the floor
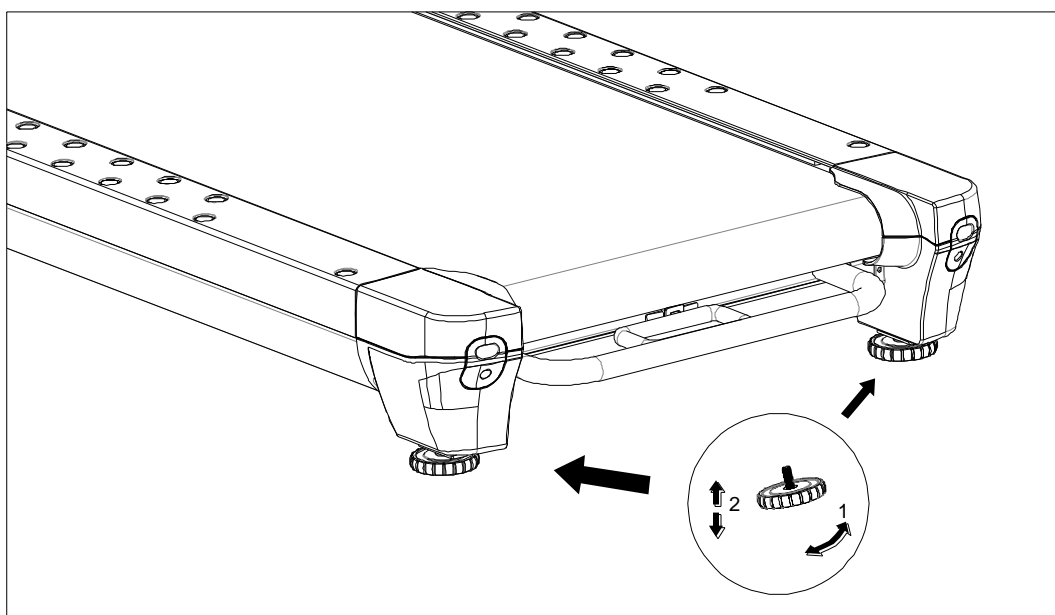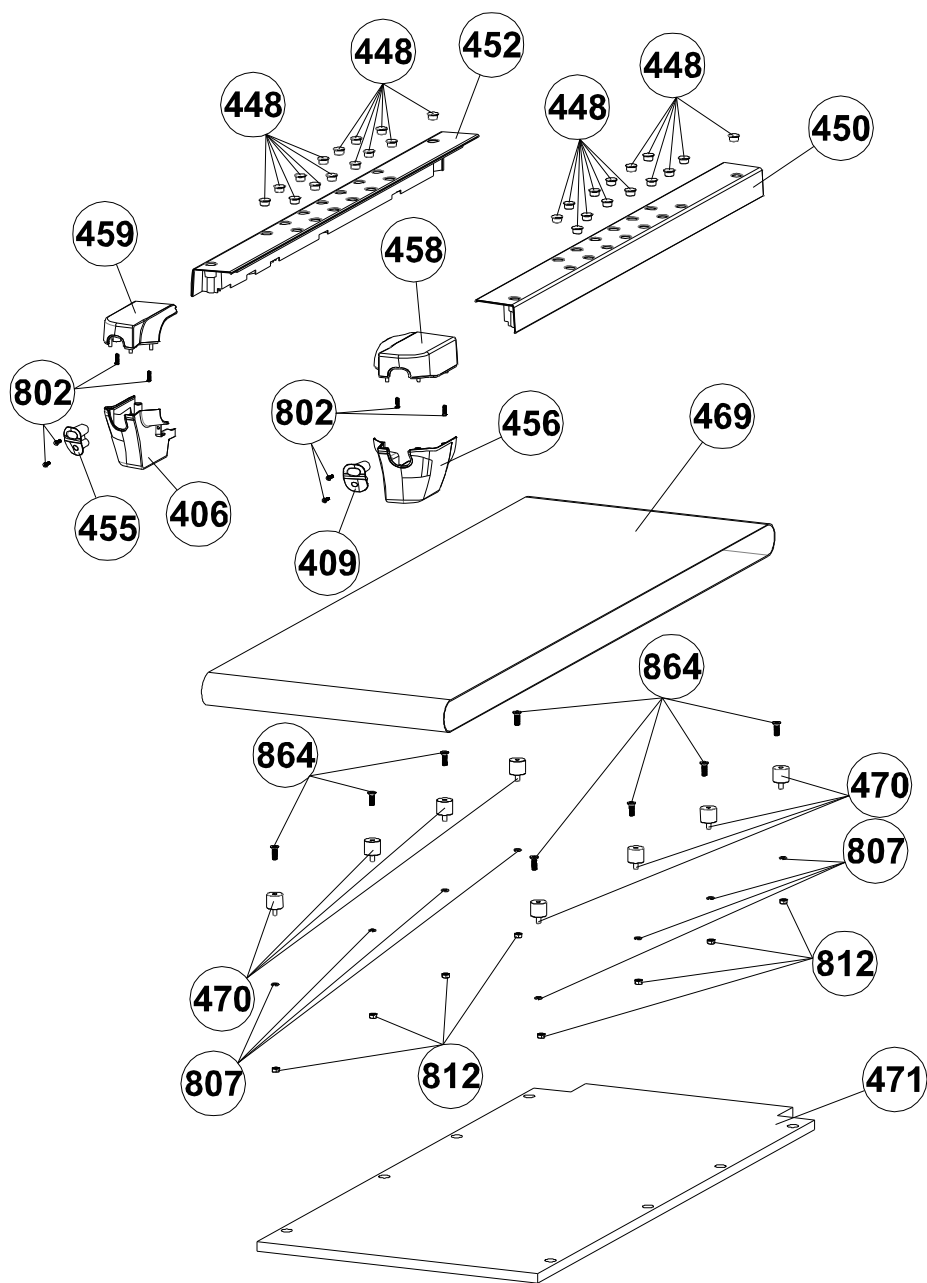
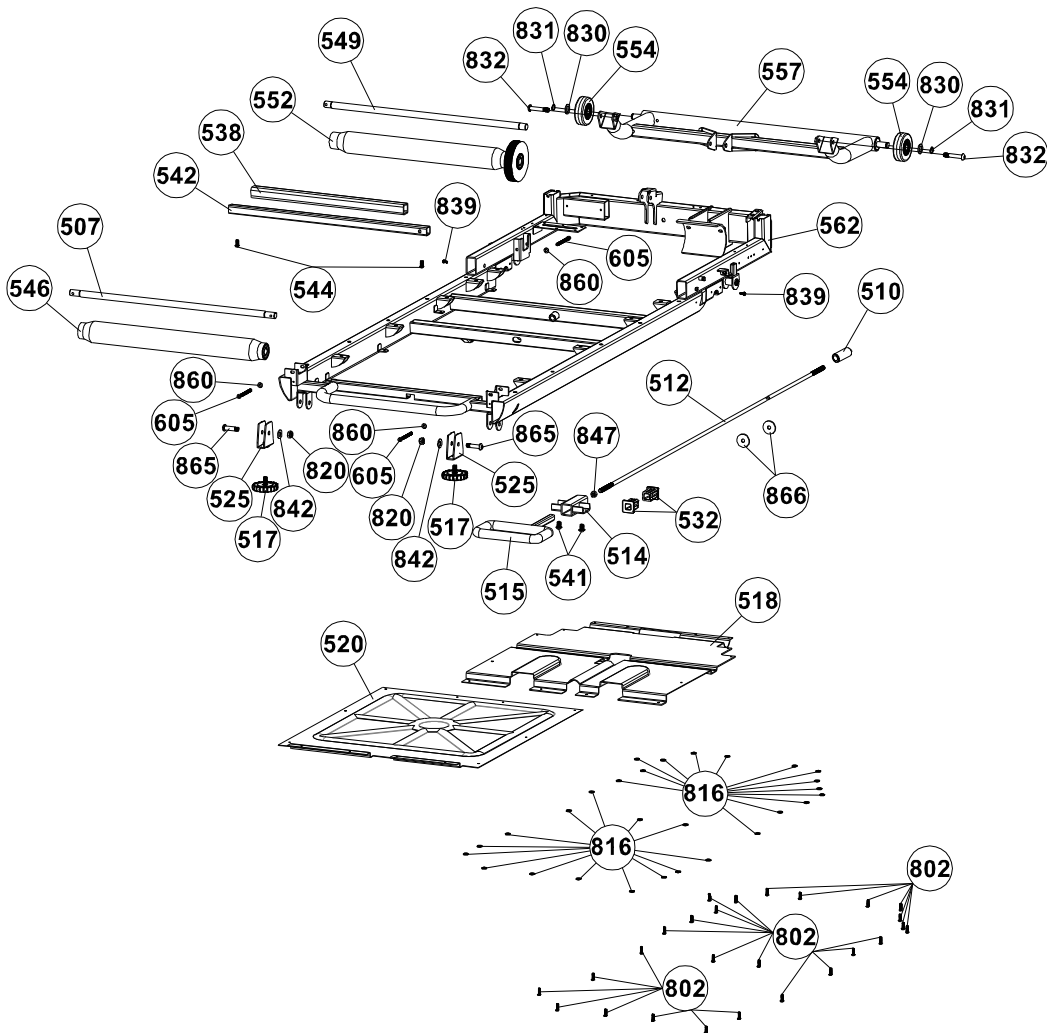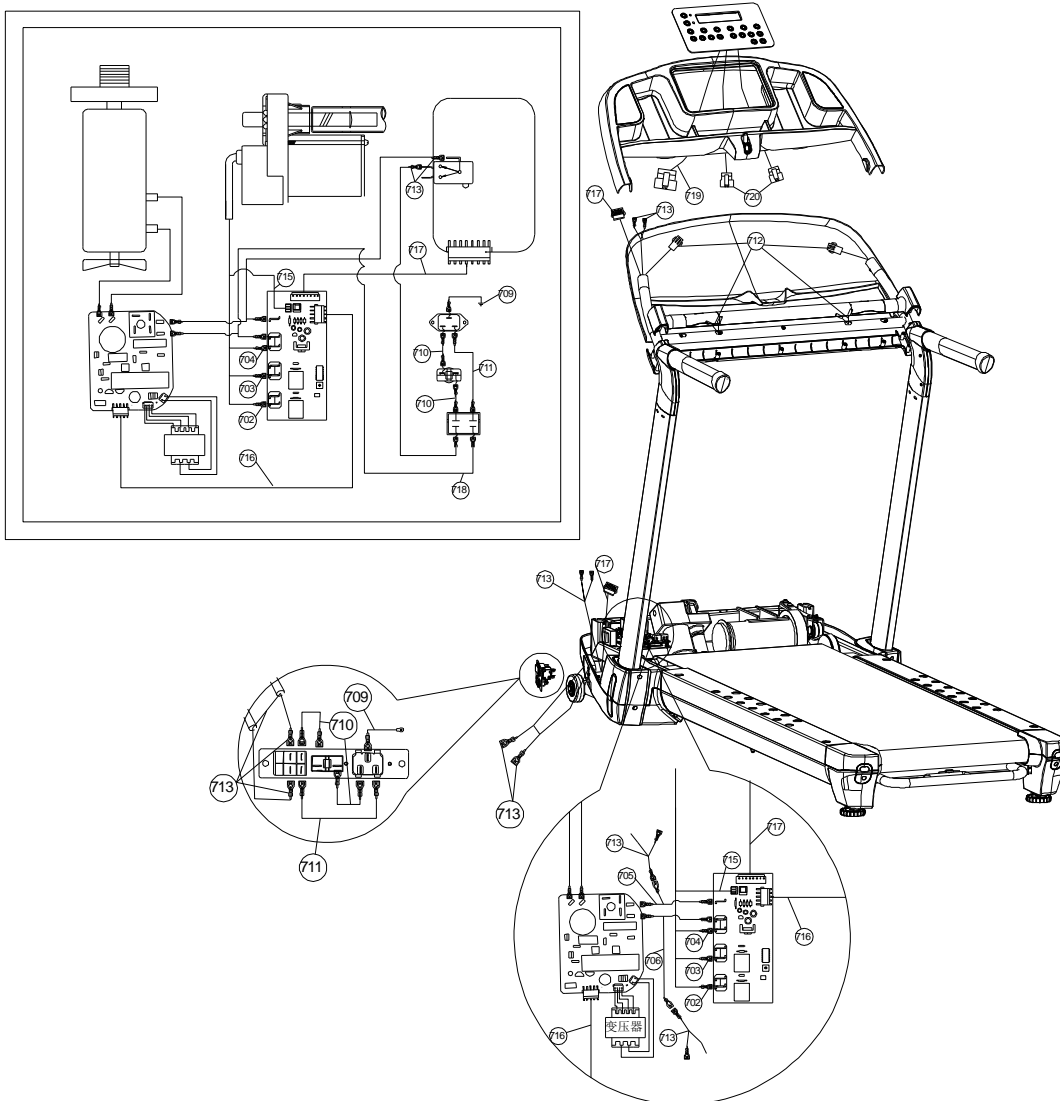**IWM WEIGHT SCALE SET UP**

Max. 3m

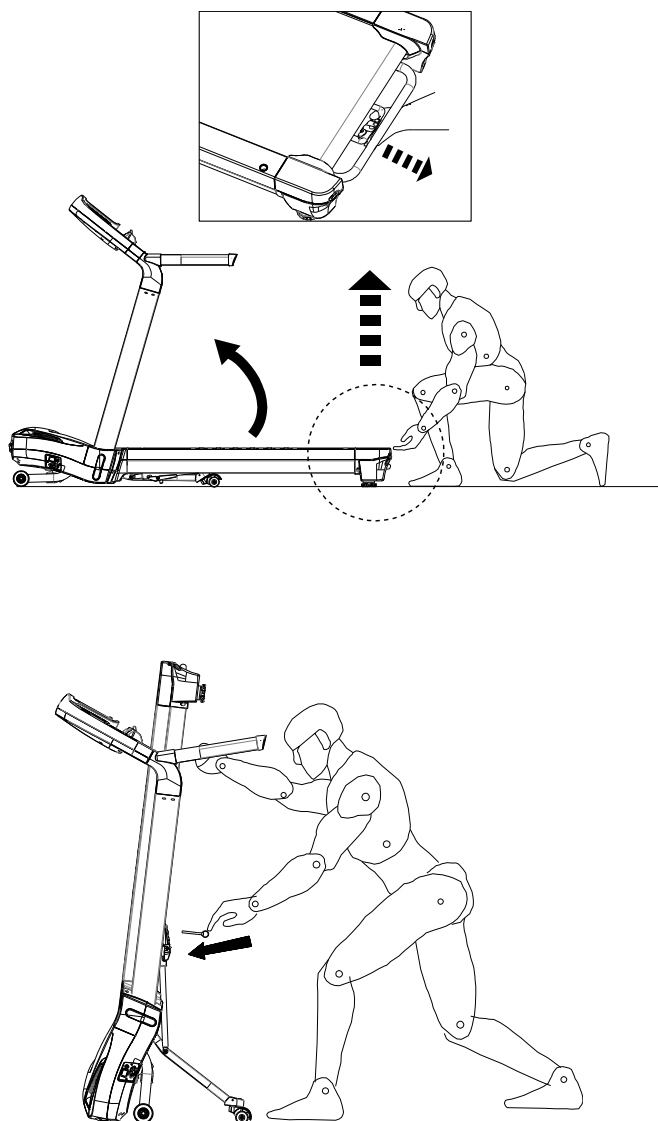**EXPLODED DIAGRAM**

EXPLODED DIAGRAM

EXPLODED DIAGRAM

EXPLODED DIAGRAM

EXPLODED DIAGRAM

WIRE DIAGRAM

FOLD UP/ UNFOLD UP

FOLD UP/ UNFOLD UP
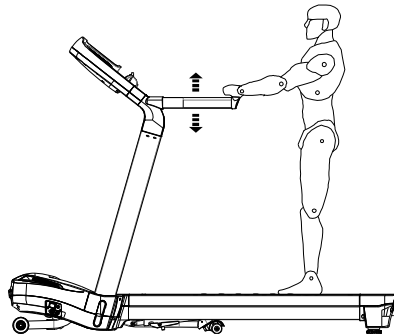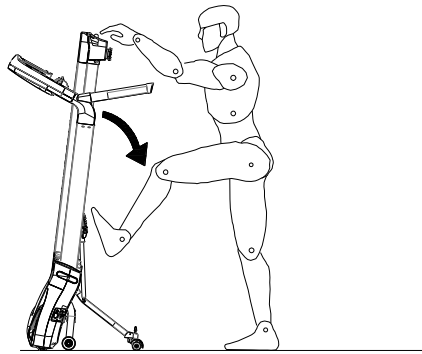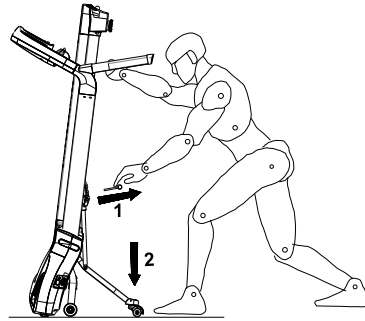
TRANSPORT
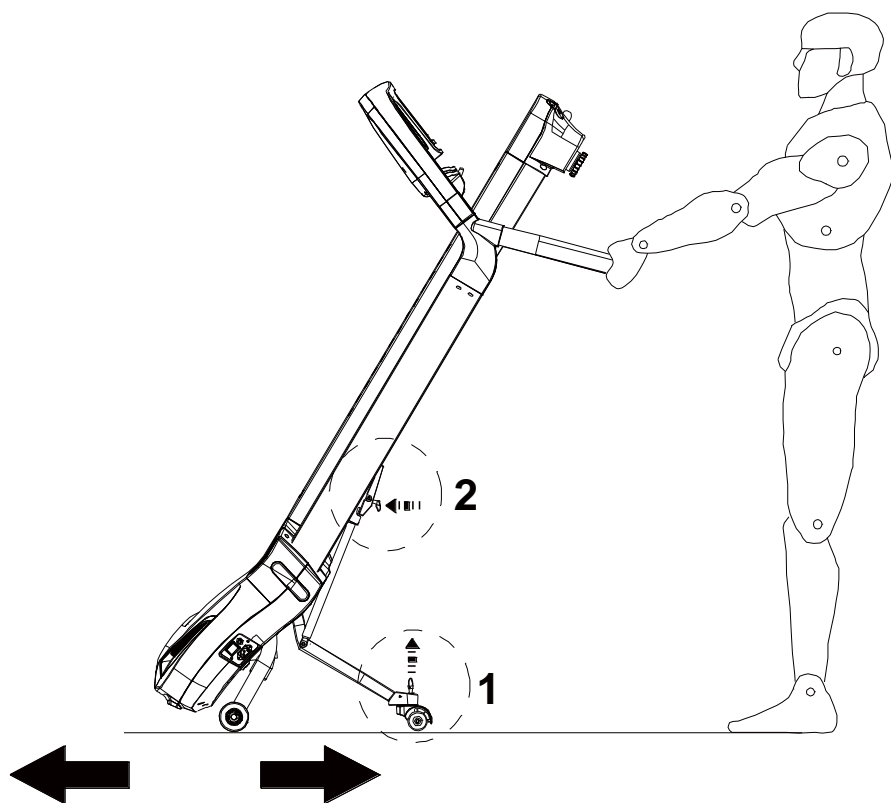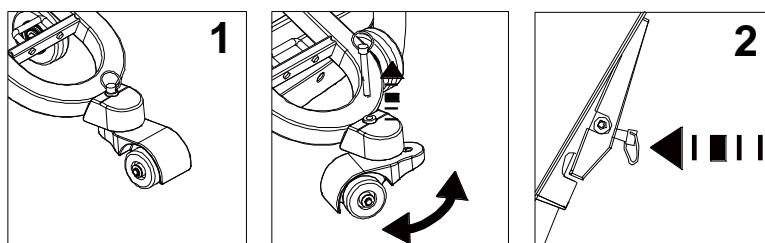
CORRECT USE
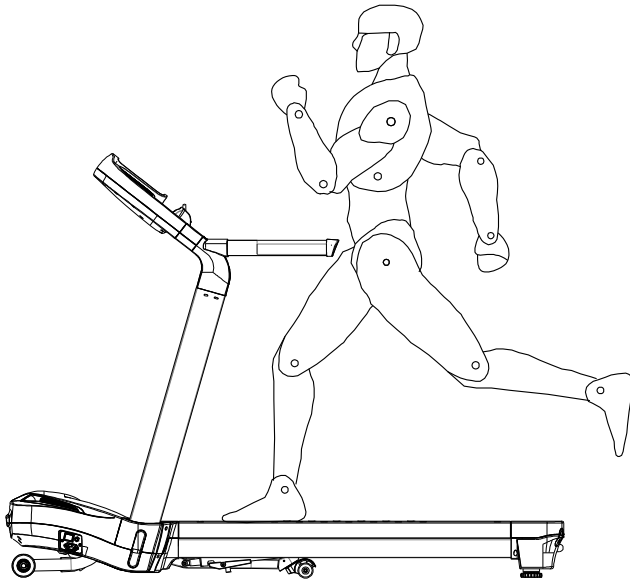
Correct biomechanical position: Please refer to left picture. Running straight on the treadmill is made easier by focusing on a fixed object in front of you in the room. Run as if you wanted to approach the object. Always keep a distance which you can reach the front hand bar.

Major exercise type: This equipment focuses on your lower body, and it can train your thigh and shank muscles

Important: Incorrect/excessive training can cause health injuries.

MAINTENANCE

HOW TO MAINTAIN THE SEBRING 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 and exceed the LIMITED WARRANTY coverage.

- **Important**: **DO NOT** 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 damaged or worn parts immediately.

BELT ADJUSTMENT:

ALL BELT ADJUSTMENTS ARE CONSIDERED MAINTENANCE, AND ARE THE RESPONSIBILITY OF THE END USER.
Belt adjustment and tension performs two functions: adjustment for tension and centering. The running belt has been adjusted properly at the factory. However transportation, uneven flooring or other unpredicted reasons could cause the belt to shift off center resulting in the belt rubbing on the plastic side rail or end caps and possibly causing damage to the equipment. To adjust the belt back to it's proper position please follow the directions below:

- **Walking belt has shifted to the left**: First unplug the power cord from the surge protector. Using the hex key provided, turn the left rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.

- **Walking belt has shifted to the right:** First unplug the power cord from the surge protector. Using the hex key provided, turn the right rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.

- **Walking belt is slipping**: First unplug the power cord from the surge protector. Using the hex key provided, turn both the left and right rear roller adjustment bolts the equal amounts , 1/2 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should now walk on the belt to determine if the belt is still slipping. Repeat the above procedure until the walking belt is not slipping. The tension should be just tight enough not to slip. If proper tension cannot be achieved within four attempts please contact Yowza Fitness Technical Support. Belt centering may be necessary once you have completed the tensioning procedure.

WARNING! Do not over tighten rollers! This will cause premature roller bearing failure!
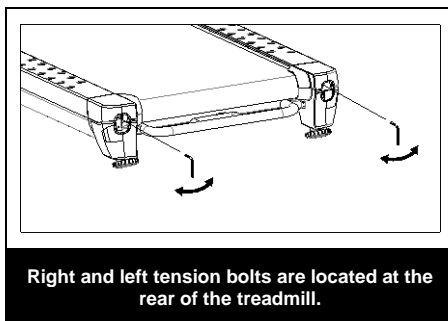
Right and left tension bolts are located at the rear of the treadmill.

MAINTENANCE

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**: **<u>DO NOT</u>** 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.

DECK LUBRICATION:

The walking belt has been pre-lubricated at the factory. However, it is recommended that the running deck be checked periodically for lubrication to ensure optimal treadmill performance. Your treadmill should not have to be lubricated usually within the first 400 hours of use.

Every 2 months of operation lift the sides of the walking belt and feel the top surface of the running deck 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.

To apply lubricant under 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 6" from the front of the treadmill and as far to the center as possible. 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 1/4 bottle (supplied with treadmill) each time.

Allow the silicone to "set" for 1 minute before using the treadmill.

Spray lubricant from to back.

IMPORTANT STEPS

Warning:

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.

- Begin your training program slowly with realistic goals that have been set by you and your doctor.

- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.

- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.

The Surgeon General has determined that lack of physical activity is detrimental to your health.

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.
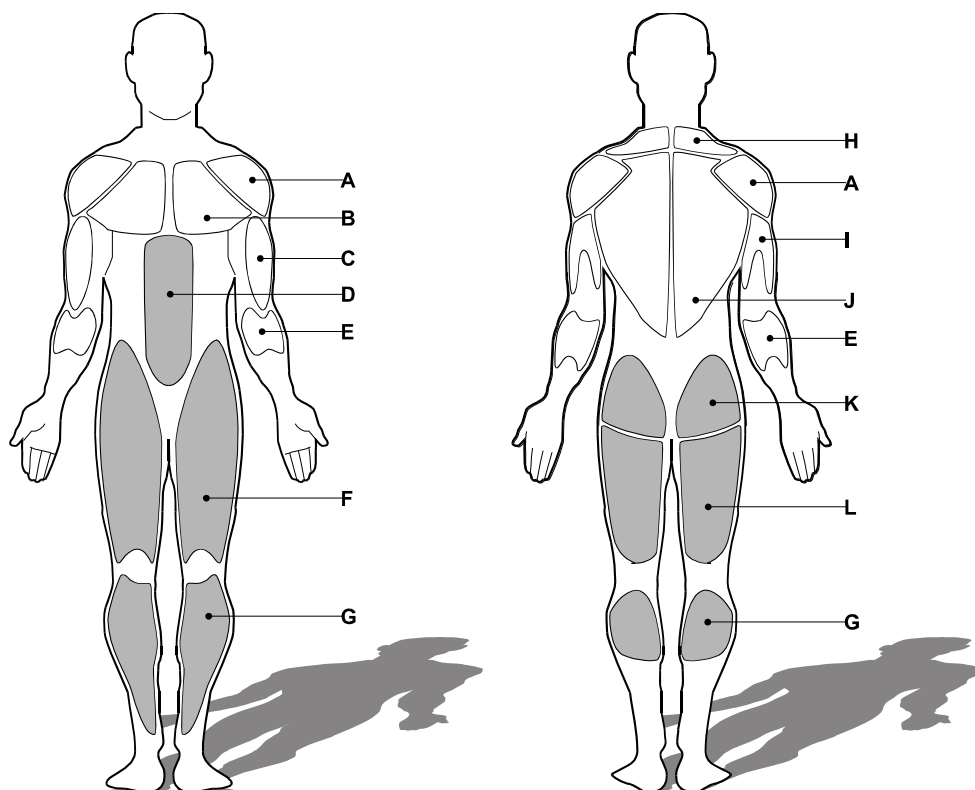
MUSCLE GROUPS

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

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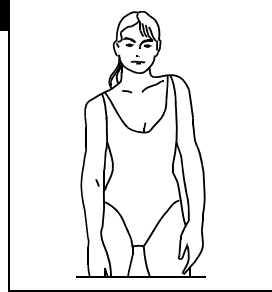
Toe Touch:
Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

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.
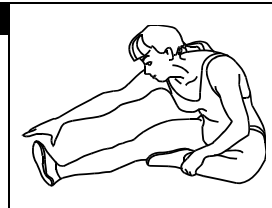
Side Stretch:
Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.
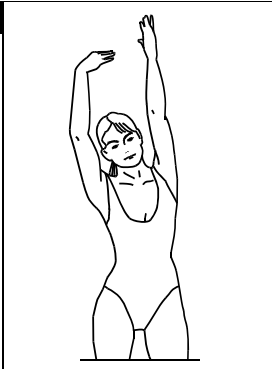
Calf-Achilles Stretch:
Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.
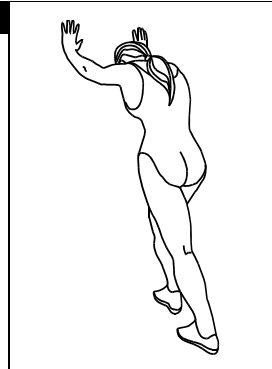
Head Roll:
Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.
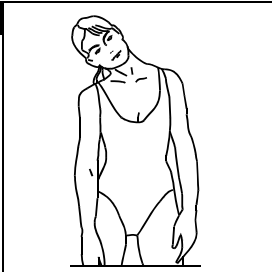
TROUBLESHOOTING

NOTE: Do not touch any internal electric wires without consulting the manufacturer.
Treadmill will not start:

Symptom	Resolution
Treadmill will not power up	Check the following: ▪ 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). ▪ Equipment circuit breaker is in the reset position ▪ Equipment power switch is in the on position ▪ Safety key is properly inserted into the computer console ▪ 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) ▪ House circuit breaker is reset and is the proper size. (refer to the Power Requirements section in this manual)
Treadmill stops operation during use	▪ Safety key is properly inserted into the computer console ▪ Equipment circuit breaker is in the reset position ▪ House circuit breaker is reset, meets proper requirements and if worn replaced by an electrician. (refer to the Power Requirements section in this manual) ▪ Program time has expired
Treadmill will not incline(Power fold models only)	▪ Check for proper positioning of spring knob for folding(See procedure in owners manual)
Treadmill will not unfold	Power Fold only ▪ Check for proper positioning of spring knob for folding(See procedure in owners manual) Manual Fold only ▪ Folding locking lever is depressed
Treadmill running belt moves slower than speed displayed on computer	▪ Metric/English conversion (See owners manual for Metric/English conversion process)
Treadmill running belt moves slower than speed displayed on computer	▪ Metric/English conversion (See owners manual for Metric/English conversion process)
Running belt is not centered	▪ Treadmill is properly leveled(See procedure in owners manual) ▪ Center running belt (See Centering procedure in owners manual)
Running belt is slipping or hesitating while in use	▪ Tension running belt (See process in owners manual)
Treadmill running belt moves slower than speed displayed on computer	▪ Metric/English conversion (See owners manual for Metric/English conversion process)
Running belt is not centered	▪ Treadmill is properly leveled(See procedure in owners manual) ▪ Center running belt (See Centering procedure in owners manual)
Running belt is slipping or hesitating while in use	▪ Tension running belt (See process in owners manual)

WARRANTY

NOTE: Save this document for your records. This warranty include all YOWZA "SEBRING" Products

TO OBTAIN SERVICE: CALL 877-969-9240 OR EMAIL SERVICE@YOWZAFITNESS.COM to report a service issue or manufacturers defect. At the sole discretion of YOWZA FITNESS, Yowza will provide one of the following methods to resolve the service claim: a) dispatching of an authorized independent service technician to repair the product in the home, b) reimburse the customer at a rate of $75.00 per service issue. Service issue is defined as an approved service claim. Limit of one $75.00 payment will be made on each service claim. All repairs must be authorized by YOWZA FITNESS prior to performance of work. In some instances, consumers may be asked to find a local service provider, especially, if they reside in a remote area of the US. Claims on unauthorized repairs may be denied. Many oversights, which are not covered under this Agreement, can be due to simple circumstances such as the Covered Product not being switched on, being unplugged, or a fuse blown at the junction box.

WHO IS COVERED: THIS LIMITED WARRANTY IS OFFERED ONLY TO BUYER(s) WHO PURCHASED THE PRODUCT FROM YOWZA OR ONE OF OUR AUTHORIZED DEALER'S IN THAT AUTHORIZED TERRITORY. THIS LIMITED WARRANTY IS NOT OFFERED TO BUYER(S) WHO PURCHASED THE PRODUCT FROM ANY OTHER SOURCE, The terms "you" and "your" are used in this Limited Warranty to refer to the original buyer who purchased the product form YOWZA or one of our authorized dealers in that dealer's authorized territory, and any person receiving the product in an unused condition as a gift from such original buyer. The terms "we", "us" and "YOWZA" are used in this Limited Warranty to refer to YOWZA International, Inc.

WHAT IS COVERED: This Limited Warranty covers all products that are sold under the YOWZA "SEBRING" name to buyers who purchased the product from YOWZA or one of our authorized dealers in that dealer's authorized territory and used in United States and Canada. Except as otherwise stated in this Limited Warranty, we will repair or correct any product or part defect occurring during the stated WARRANTY PERIOD which we determine is related to materials or workmanship and is not due to normal wear and tear. Yowza reserves the right to use new, used or reconditioned parts for all repairs and will make this determination based on the impact to the performance and appearance of the machine being repaired.

WHAT IS NOT COVERED: THIS LIMITED WARRANTY DOES NOT COVER PRODUCTS PURCHASED FROM ANY SOURCE THAN YOWZA OR ONE OF OUR AUTHORIZED IN THAT DEALER'S AUTHORIZED TERRITORY. PRODUCTS SOLD, MOVED OR USED OUTSIDE THE BORDERS OF THE CONTINENTAL UNITED STATES AND CANADA ARE SUBJECT TO THE TERMS PROVIDED BY THE LOCAL DISTRIBUTOR AND ARE NOT COVERED BY THIS LIMITED WARRANTY. Product requires normal maintenance including, but not limited to, regular inspection and wear component replacement. We do not warrant damage caused by the lack of normal maintenance repairs such as those detailed within the Owner's Manual. We do not warrant any causes beyond our control. Corrosion, oxidation or deterioration caused by product location, exposure or environment, or conditions caused by unsuitable finishes, cleaners, or lubricants are not covered. Damage or breakage caused by unauthorized service, installation, alteration, modification, assembly or disassembly, negligence, or conditions of use which are unintended for the product are not warranted. This Limited Warranty does not cover cosmetic or surface corrosion resulting from chips or scratches in the paint. Extra expenses including, but not limited to, loss of machine use and inconvenience are not covered. Due to varying conditions under which the product is used, we offer no warranties, express or implied, as to the length of service. We do not warrant products that have not been paid for, or in the event that we have offered a payment plan, products purchased by buyers who are in arrears on a payment plan. THIS LIMITED WARRANTY DOES NOT COVER UNINTENDED USE. See "INTENDED USE" below.

INTENDED USE: This Limited Warranty covers only defects that arise in the ordinary, intended use of the product. Products sold under the YOWZA "SEBRING" name are intended for residential use.

WARRANTY PERIOD: The warranty period begins on the date on the product was delivered to the original buyer. The warranty period for lifetime frame and motor, and five years on all other parts. The labor portion of the warranty is two years from the date of delivery.

 WHO WILL PAY LABOR AND TRANSPORTATION COSTS: If we determine, during the first year of the warranty period, that the product or any covered part must be shipped to the manufacturing facility for repair or service, all warranty repairs, including transportation costs and labor, will be made at NO CHARGE to you; thereafter, you will be responsible for all costs of repair and service, including labor and transportation costs.

WARRANTY

WHAT YOU MUST DO TO OBTAIN WARRANTY COVERAGE DO TO OBTAIN WARRANTY COVERAGE: Retain proof of purchase. All warranty repairs and corrections require proof of purchase. To obtain coverage, please contact YOWZA Technical Support (877-969-9240) within seven (7) days after discovery of the defect and follow the directions provided to you by your YOWZA Service Representative.

MODIFICATIONS TO WARRANTY ARE NOT AUTHORIZED: No one is authorized to modify, change, transfer or extend in any way the terms of this Limited Warranty.

THINGS TO KNOW ABOUT OBTAINING PRODUCT ACCESSORIES, PARTS AND REPAIR SERVICE: To secure repair service under this warranty.

DISCLAIMER OF WARRANTIES AND LIMITATION OF REMEDIES: It is impossible to eliminate all risks inherently associated with use of the product. Personal injury or other unintended consequences may result because of factors beyond our control. WE MAKE NO OTHER WARRANTIES OF ANY KIND. EXPRESS OR IMPLIED, OTHER THAN THOSE EXPRESSLY SET FORTH WITHIN THIS DOCUMENT. ALL WARRANTIES OTHER THAN THE WARRANTIES EXPRESSLY PROVIDED HEREIN ARE SPECIFICALLY EXCLUDED. IN THE CASE OF NON-CONSUMER BUYERS, ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE HEREBY DISCLAIMED.

IN THE CASE OF A CONSUMER BUYER, THE DURATION OF ALL IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED TO THE DURATION OF THE EXPRESS WARRANTIES PROVIDED WITHIN THIS DOCUMENT.

WE WILL NOT BE LIABLE FOR ANY DIRECT OR INDIRECT, CONSEQUENTIAL OR INCIDENTAL DAMAGES, LOSSES OR EXPENSES, INCLUDING BUT NOT LIMITED TO COMMERCIAL LOSSES, BUSINESS INTERRUPTION, OR DAMAGE TO PROPERTY OTHER THAN THE PRODUCT OR PRODUCTS TO WHICH THIS LIMITED WARRANTY APPLIES.

EFFECT OF STATE LAWS: Some States do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. Some States do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from State to State. If there is a section in there Bout disputes it should read that all disputes must be litigated in Collier county Florida.

ALTERNATIVE DISPUTE RESOLUTION FOR NON-CONSUMER BUYERS: WE RESERVE THE RIGHT TO MANDATE ALTERNATIVE DISPUTE RESOLUTION TO SETTLE ANY OR ALL CLAIMS RESULTING FROM THIS SALES TRANSACTION. ALTERNATIVE DISPUTE RESOLUTION PROCEEDINGS WILL BE CONSUCTED IN THE STATE OF FLORIDA ACCORDING TO THE COMMERCIAL RULES OF THE AMERICAN ARBITRATION ASSOCIATION.

COMPUTER OPERATION
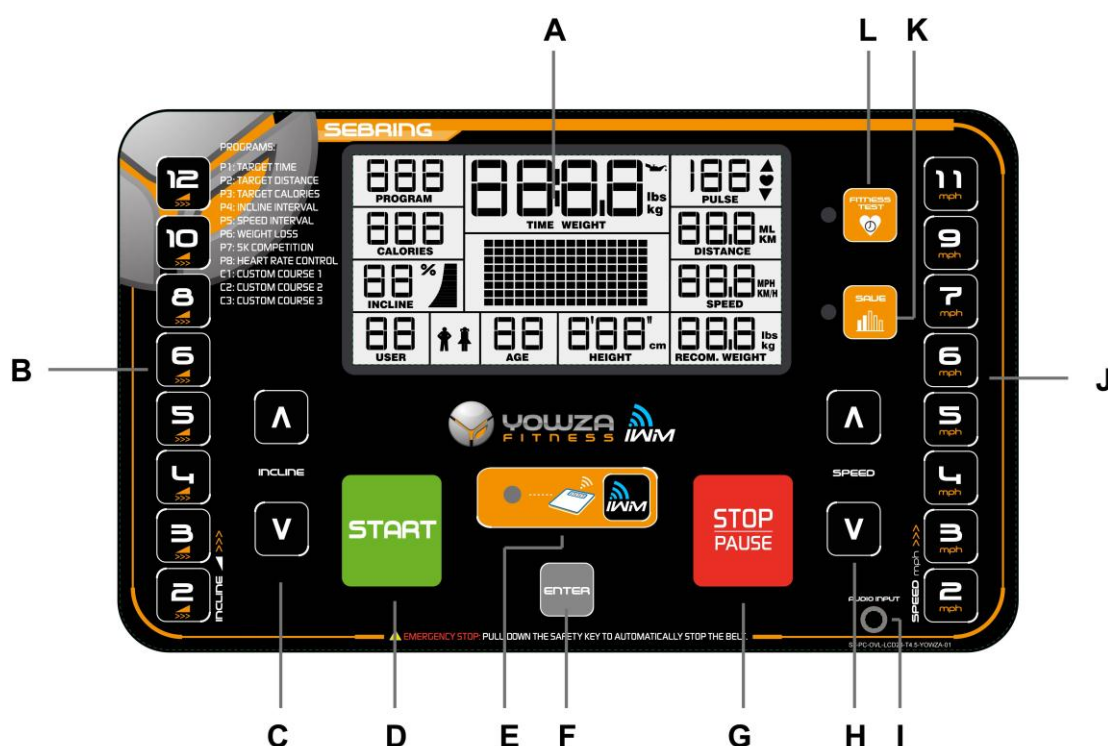
LCD SCREEN	A	B	EXPRESS INCLINE BUTTONS
INCLINE UP/DOWN BUTTON	C	D	START BUTTON
IWM BUTTON	E	F	ENTER BUTTON
STOP/PAUSE BUTTON	G	H	SPEED UP/DOWN BUTTON
AUDIO INPUT	I	J	EXPRESS SPEED BUTTONS
SAVE	K	L	FIT TEST

COMPUTER OPERATION

SAFETY KEY

The safety key must be inserted into the slot on the console in order to operate the treadmill. Always insert the safety key and attach the clip to your clothing waist before beginning your workout. Please pay attention with the direction when you inserted Safety Key.

If you should encounter problems and need to stop the motor quickly, simply pull on the cord the disengage the safety key from the console. To continue operation simply turn the power switch to off, set the speed controller to stop and then reinsert the safety key into the console.
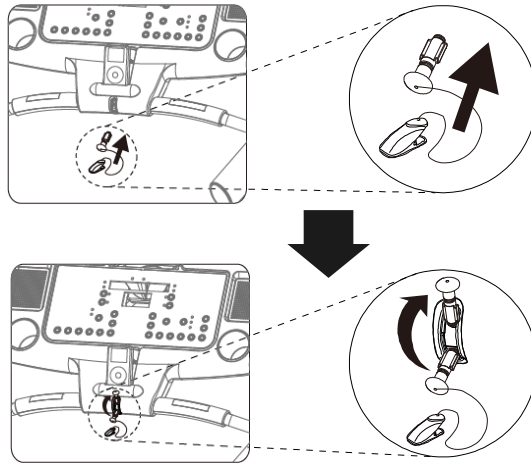
Buttons and Functions

START
Press to start exercise at an initial speed of 0.5 mph / 0.8 km/h.

STOP
Press to stop exercise during workout time.

ENTER
a. Press to confirm program and preset function values during setting mode.
b. Press to run setting procedure before pressing the START button.

Scan/Hold
Switches the LCD window display information:
The computer has a factory setting that auto switches between TIME, SPEED, PULSE, DISTANCE, CALORIES and INCLINE LEVEL. Each value will be displayed for 10 seconds.

CUSTOM PROGRAM
When selecting the custom program from C1 to C3, follow the instructions to press this button and save the program as your own custom workout program. Follow the C1-C3 CUSTOM PROGRAM operating instructions for details.

FITNESS-TEST
Press to start the Fitness-Test function to test your physical condition during a workout. Follow the Fitness-Test operating instructions for details.

SPEED UP / DOWN
a. Press to increase/decrease exercise speed by 0.1mph / km/h.
b. Hold the button to rapidly increase/decrease speed by 0.5mph / km/h per second. Release the button to stop the function.
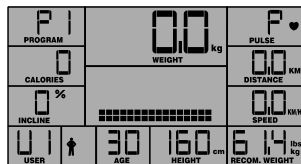c. Press to select programs and preset related function value.

INCLINE UP / DOWN
Press up or down to change incline level.

COMPUTER OPERATION

POWER ON MODE
When the unit is switched on, "PRESS START TO QUICK START OR ENTER TO SELECT PROGRAM" will display on the LCD. Press START to begin training in QUICK START MODE or ENTER to go into PROGRAM MODE.

UNIT CONVERSION MODE – (KM / ML.)
Power on the treadmill, press and hold the START button then turn up the safety key to power on the computer. The console will enter into the UNIT CONVERSION MODE. The console will sound a BEEP and show the current default setting KM (kilometers) or ML (miles). Use START to switch between KM and ML. Press STOP to confirm the selection and return to POWER ON MODE. The console will sound an extended BEEP as it saves the new setting.

SLEEP MODE
When the power is on the computer will automatically enter SLEEP MODE if it is left idle for 3 minutes without receiving any input. Press any button to return to POWER ON MODE when the computer is in the SLEEP MODE.

SAFETY KEY
The safety key must be inserted into the slot on the console in order to operate the treadmill. Always insert the safety key and attach the clip to your clothing at your waist before beginning your workout. If you should encounter problems and need to stop the motor quickly, simply pull on the cord to disengage the safety key from the console. To continue operation turn the power switch to on and reinsert the safety key into the console.

QUICK START MODE
Press the START after powering on the treadmill to enter Quick Start workout mode, when in QUICK START MODE, the treadmill will countdown from 3 to zero and then the belt starts at 0.8km/h or 0.5 mph speed. The workout Time, Distance and approximate Calories figure will count up from 0. The running speed will also display on screen. The user can press SPEED-UP or SPEED-DOWN buttons to adjust running speed, and press INCLINE-UP or INCLINE-DOWN buttons to adjust the INCLINE level. Press the STOP button to pause the program, and START to restart, or ~~and~~ press STOP again to return to POWER ON MODE.

COOL DOWN
After completion of each program the TIME LCD window will show "COOL" and blink then start a 50 seconds cool down procedure. Time counts down from 01:00 to 00:00 and speed stays at 2 mph / 3.2 km/h and the incline level stays at level 0. Press the STOP button to return to POWER ON status. To escape the cool down procedure press the STOP button once anytime during the process to enter the PAUSE status and press the STOP button again to enter the POWER ON status
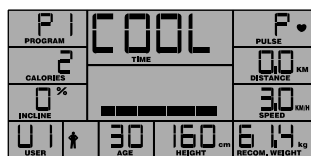
COMPUTER OPERATION

FITNESS-TEST

The Fitness-Test function is the feature to let the user test their physical condition during a workout. The fitness rating is determined by measuring how quickly the user's pulse slows down and with that measuring the user physical condition. The faster the pulse slows down, the better the user's physical condition. User's can record their fitness rating to use for reference. To start the Fitness-Test, press the "Fitness-Test" button toward the end of a workout (while your pulse is still under trainings load).

The treadmill will enter the PAUSE/STOP status. Put both hands on the hand pulse sensors within 10 seconds (for models equipped with a chest belt pulse transmitter, keep the chest belt on, no need to hold the hand pulse). The pulse receiver will scan and detect the user's pulse in 10 seconds and enter the Fitness-Test function. TIME counts down from 01:00 to 00:00. After the count-down the SPEED LCD window will show the Fitness rating (1-6). The lower the number the better your fitness.

Record the rating for future comparison. After completion of the Fitness-Test (1 minute) the training can be resumed by pressing the START button.

During the Fitness-Test, if you want to stop the function and stop workout, press the STOP/ENTER button and return to POWER ON status.

During the Fitness-Test, if you want to continue the previous program, press the START button to continue the previous program.

After pressing the Fitness-Test button, if the pulse receiver fails to scan and receive the user's pulse the computer will stay at PAUSE/STOP status. Press the STOP/ENTER button to return to POWER ON status or press the START button to continue the previous program.

The Fitness-Test cannot be activated while in the COOL DOWN.

INTELLIGENT WEIGHT MANAGEMENT PROGRAM OPERATION PROCEDURES:

1. Keep the safety key in the "ON" position then turn on the power of treadmill. Press the button of "IWM" on console, the light would start blinking. The blinking light on IWM button means that console is waiting for a signal of the users weight
2. measurement from the weighing scales. Stand on scales steadily until the body weight figure displays on the scales and blinks 3 times. The body weight figure will be transmitted to the treadmill console display automatically. The IWM light will stop blinking and have one "beep" after the users weight data is received. You will see the users weight figure that records on the console screen.
3. Press Incline UP/DOWN or Speed UP/DOWN buttons to select user ID (between U1 to U7) then press ENTER to confirm.
4. You now need to set the sex of the user. Press the Incline UP/DOWN or Speed UP/DOWN buttons to change the user sex between male and female. Press ENTER button to confirm your choice.
5. Next set the users age. The default age is 30, press Incline UP/DOWN or Speed UP/DOWN buttons to adjust the user age. Press ENTER button to confirm.
6. Now set the user height. Press Incline UP/DOWN or Speed UP/DOWN buttons to adjust the users height then press ENTER button to confirm.
7. After the user profile set up is complete, the console will display the recommend user weight on "RECOM." weight numbers
8. which are calculated through users height based on standard BMI measurements. You can compare the exact body weight and recommend body weight. The console will also automatically generate personalized workout program with target calories and target distance. All you need to do now is press START button and enjoy your workout. After starting the exercise program, the target calories and distance will countdown till zero. The console will adjust speed and incline automatically.

You can adjust the speed and incline by pressing related buttons during exercise. The workout time will be changed according to speed and incline change. For example, if you increase speed manually then the workout time will become shorter accordingly. This is due to It because the target calories been preset by IWM, once you increase speed the workout time will become shorter to maintain the same calories consuming.

PROGRAM MODE

Press ENTER button to enter PROGRAM MODE and to set user parameters. ~~begin setting user preferences, at the time of first use of the treadmill.~~

SET USER WEIGHT

At first, the LCD will show a blinking WEIGHT, and will also display only factory default setting values for user AGE and HEIGHT. Press the ENTER and UP / DOWN buttons to set the user weight.

COMPUTER OPERATION

SET UP USER CODE
After setting the User WEIGHT, User ID will show a blinking "U1",press UP / DOWN buttons to choose the User ID from U1 to U7 and press the ENTER button to assign the user ID shown.

SET USER GENDER

After assigning your user ID, the gender icon will display on the Upper LCD. Press the UP/DOWN buttons to switch between male and female icon then press the ENTER button to select your gender.

SET USER AGE
After setting the User gender, the LCD will display the current (or default) setting for Age (30). Press the UP and DOWN button to set the user Age and press ENTER to save.

SET USER HEIGHT
After setting the user Age, the LCD will display current (or default) setting for Height (160 cm / 5'3''). Press the INCLINEUP and INCLINEDOWN buttons to set the user height and press ENTER to save.

PROGRAM MODE
After setting the user Height, the LCD will display a blinking P -, indicating that the user is now free to select from Programs 1-8. Press the UP and DOWN buttons to select the program and press the ENTER button to set up that program. Details on each of the Programs follow.

P1 - TARGET TIME PROGRAM
If user selects P1 and presses the ENTER, the LCD will blink 30.00 (min.).The user must next select the target time (min.) and then press ENTER to confirm the setting. The user may then press the START button to begin the program. Time will count down from the defined target time, with an initial speed with 3.2km/hr / 2.0 mph.
The user may press SPEED-UP or SPEED-DOWN to adjust the running speed.
The user may press INCLINE-UP or INCLINE-DOWN button to adjust the treadmill angle.
Press the STOP to pause the program, START to restart, or press the STOP button again to return to POWER ON MODE.

P2 - TARGET DISTANCE PROGRAM
If the user selects P2 and presses ENTER, the LCD will blink 3.2 (km/mi.). The user must next use UP /DOWN to setup the Target Distance, and then press ENTER to confirm the setting.
The user must then press START to begin the program P2 – TARGET DISTANCE.
As previously described in Program P1, the user may at any time during the workout period alter the speed with SPEED-UP / SPEED-DOWN, angle with INCLINE-UP / INCLINE-DOWN. The User may also pause (STOP) or STOP (2x) the workout, and will at the conclusion of any given program enter the COOL DOWN program as detai LCD above.

COMPUTER OPERATION

P3 - TARGET CALORIES PROGRAM

If the user selects the P3 program and presses ENTER, the LCD will begin blinking 50 (calories). The user must next use UP / DOWN to setup Target Calories, and then press ENTER to confirm the setting.

The user may then press START to initiate the program, P3 – TARGET CALORIES. At program start the Calories will count down from the Target Calories value, running at an initial speed setting of 3.2km/ h / 2.0 mph.

As previously described in Program P1, the user may at any time during the workout period alter the speed with SPEED-UP / SPEED-DOWN, angle with INCLINE-UP / INCLINE-DOWN. The User may also pause (STOP) or STOP (2x) the workout, and will at the conclusion of any given program enter the COOL DOWN program as detai LCD above.

As previously described in Program P1, the user may alter the speed with SPEED UP / SPEED DOWN, angle with INCLINE UP / INCLINE DOWN, and Pause, COOL DOWN or STOP as described.
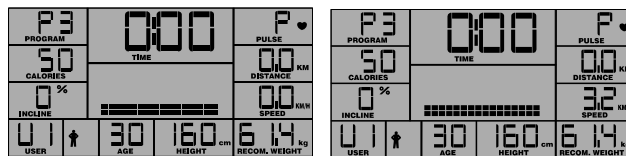

P4 - INCLINE INTERVAL PROGRAM

If user selects the P4 program, and presses ENTER, Level and Duration Time need to be setup to start the program.

After selecting the P4 program, L1 will first be blinking, and the user must use UP /DOWN to select a Performance Level between L1 and L12, and then press ENTER to confirm the setting.

After setting the preferred Performance Level, the LCD will blink 24:00 (min.) workout time, the user must use UP/ DOWN to setup total workout time in intervals of 4:00 (min.), then press ENTER to confirm the setting.

The user may then press START to initiate the program, P4 – INCLINE INTERVAL.

As previously described in Program P1, the user may at any time during the workout period alter the speed with SPEED-UP / SPEED-DOWN, angle with INCLINE-UP / INCLINE-DOWN. The User may also pause (STOP) or STOP (2x) the workout, and will at the conclusion of any given program enter the COOL DOWN program as detaiLCD above.
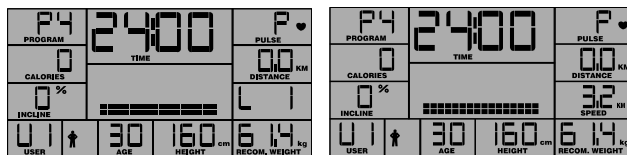
| LEVEL	MIN. INCLINE LEVEL	MAX. INCLINE LEVEL
1	0.0	4.0
2	0.0	7.0
3	1.0	5.0
4	1.0	8.0
5	2.0	6.0
6	2.0	9.0
7	3.0	7.0
8	3.0	10.0
9	4.0	8.0
10	4.0	11.0
11	5.0	9.0
12	5.0	12.0

COMPUTER OPERATION

P5 - SPEED INTERVAL PROGRAM

If the user selects P5 and presses ENTER, L1 will first be blinking and the user must select a Performance Level between L1 and L12 using UP /DOWN to set the min. and max. speed setting.

After setting the preferred Performance level (ENTER), then press ENTER to confirm the setting, the LCD will display a blinking 24:00 (min.) workout time. The user must then use UP /DOWN buttons to adjust the total workout time in intervals of 4:00 (min.) and then press ENTER to confirm the setting.

The user may press START to initiate the program, P5- SPEED INTERVAL..

As previously described in Program P1, the user may at any time during the workout period alter the speed with SPEED-UP / SPEED-DOWN, angle with INCLINE-UP / INCLINE-DOWN. The User may also pause (STOP) or STOP (2x) the workout, and will at the conclusion of any given program enter the COOL DOWN program as detai LCD above.
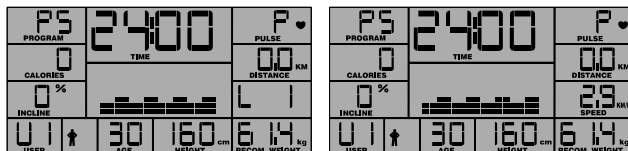
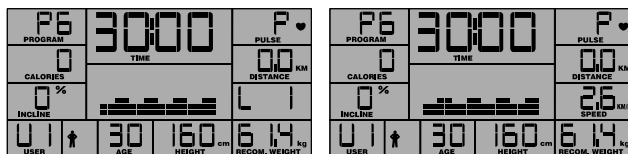| LEVEL	MIN. SPEED(ML)	MAX. SPEED(ML)	MAX. SPEED(KM)	MAX. SPEED(KM)
1	1.8	3.0	2.9	4.8
2	2.0	3.4	3.2	5.4
3	2.2	3.8	3.5	6.1
4	2.4	4.2	3.8	6.7
5	2.6	4.6	4.2	7.4
6	2.8	5.0	4.5	8.0
7	3.0	5.4	4.8	8.6
8	3.2	5.8	5.1	9.3
9	3.4	6.2	5.4	9.9
10	3.6	6.6	5.8	10.6
11	3.8	7.0	6.1	11.2
12	4.0	7.2	6.4	11.5

P6 - WEIGHT LOSS PROGRAM

If the user selects P6 and presses ENTER, L1 will first be blinking and the user must select a Performance Level between L1 and L12 using UP /DOWN to set the min. and max. speed and incline settings.

After setting the preferred Performance level, the LCD will display a blinking 30:00 (min.) workout time. The user must then use UP /DOWN buttons to adjust the total workout time in intervals of 5:00 (min.) and then press ENTER to confirm the setting.

The user may then press START to initiate the program, P6 – WEIGHT LOSS.

As previously described in Program P1, the user may at any time during the workout period alter the speed with SPEED-UP / SPEED-DOWN, angle with INCLINE-UP / INCLINE-DOWN. The User may also pause (STOP) or STOP (2x) the workout, and will at the conclusion of any given program enter the COOL DOWN program as detai LCD above.As previously described in Program P1, the user may alter the speed with SPEED-UP / SPEED-DOWN, angle with INCLINE-UP / INCLINE-DOWN, and Pause, COOL DOWN or STOP as described.

Note: During the workout Users can override the Speed and Incline settings by pressing the SPEED-UP/SPEED-DOWN and INCLINE-UP/INCLINE-DOWN buttons.

COMPUTER OPERATION

| LEVEL	MIN. SPEED(ML)	MAX. SPEED(ML)	MIN. SPEED(KM)	MAX. SPEED(KM)	MIN. INCLINE LEVEL	MAX. INCLINE LEVEL
1	1.6	2.8	2.6	4.5	0	1
2	1.8	3.0	2.9	4.8	0	2
3	2.0	3.2	3.2	5.1	1	3
4	2.2	3.4	3.5	5.4	1	4
5	2.4	3.6	3.8	5.8	2	5
6	2.6	3.8	4.2	6.1	2	6
7	2.8	4.0	4.5	6.4	3	7
8	3.0	4.2	4.8	6.7	3	8
9	3.2	4.4	5.1	7.0	3	9
10	3.4	4.6	5.4	7.4	4	10
11	3.6	4.8	5.8	7.7	4	11
12	3.8	5.0	6.1	8.0	4	12

P7- 5K SELF LEARNING PROGRAM

If the user selects the P7 and presses ENTER, the display shows the preset distance 5 km / 3mi.

The user may then press START to initiate the program, P7 – 5K SELF LEARNING. The Speed starts from 3.2 km/h / 2.0 mph, and Time and Calories begin to count up from 0. The Incline Level follows the factory pre-set profile, andDuring the course of the workout, Distance will gradually count down from 5 km
/ 3 mi.

At the end of the workout the user may observe the Time and Calories displayed and note these values as target parameters to be improved upon in the next workout session (for example with the goal to achieve a faster time and/or a higher level of calories spent).

As previously described in Program P1, the user may at any time during the workout period alter the speed with SPEED-UP / SPEED-DOWN, angle with INCLINE-UP / INCLINE-DOWN. The User may also pause (STOP) or STOP (2x) the workout, and will at the conclusion of any given program enter the COOL DOWN program as detaiLCD above.As previously described in Program P1, the user may alter the speed with SPEED-UP / SPEED-DOWN, angle with INCLINE-UP / INCLINE-DOWN, and Pause, COOL DOWN or STOP as described.

Note: During the workout Users can override the Speed and Incline settings by pressing the SPEED-UP/SPEED-DOWN and
INCLINE-UP/INCLINE-DOWN buttons.
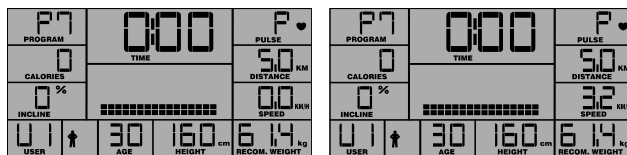
P8 - HEART RATE CONTROL PROGRAM

If the user selects P8 and presses ENTER, the Time display will show the a calculated initialpreset Target Heart Rate (based on user age) as
shown at the end of this manualof 153 (bpm). The user must now set the Target Heart Rate using UP / DOWN according to the user's
own physical condition and professional trainer or doctor's instruction, and then pressing START to confirm the user-defined setting. After this the user must then enter a Total Workout Time in 3:00 (min.) intervals or accept the default 60:00 (min.).

The user may then press START to initiate the program, P8 – HEART RATE CONTROL.

Upong beginning the HEART RATE CONTROL program, up to 3 consecutive 3 minute monitoring phases are executed just after the program initiates and the belt begins moving.

Phase 1 – Speed Adjust

Phase 2 – Incline Adjust

In the first second Phase, the user's heart rate will again be monitored continuously and at 30 second intervals counting down from 3:00 (min.), if the Target Threshold Heart Rate (approx. 75% Target Heart Rate) is still not met, the Incline of the treadmill will be raised
at one level at a time. The treadmill will continue to raise during this Phase for up to the maximum of Level 5. If the Target Threshold Heart
Rate is met in this Phase (twice), then the program skips Phases 2 and 3 below and begins directly with HEART RATE CONTROL MODE.

Note: The incline level will not change when the program can notcannot detect the heart rate.

COMPUTER OPERATION

Phase 3 – Extended Monitoring

In the third Phase, there is no further change to Incline or Speed, and the user's heart rate in monitored continuously counting down from 3:00 (min.) at fixed Speed and Incline settings. If during this period the Threshold ~~Target~~ Heart Rate (approx. 75% Target Heart Rate) is not met ~~(at least twice)~~ then the display will give an indication that the HEART RATE CONTROL Program has frail (shows the word FAIL at the top of the display) and after blinking 10 seconds ~~blinking~~ will return to the POWER ON MODE. If during the extended monitoring period of 3 minutes the ~~Target~~ Threshold Heart Rate is achieved the program will switch over to HEART RATE CONTROL MODE as described in the next section.

HEART RATE CONTROL MODE

When the program enters into the HEART RATE CONTROL Program, the total time continues to count down, Calories spent and Distance traversed increase, and the treadmill will run with the same Speed and Incline level determined by the warm-up phases (Incline, Speed, ~~Extended~~and Extended Monitoring). Throughout the duration of the program, the Incline level will be adjusted to maintain the Target Heart Rate, and speed will be subsequently adjusted if the incline reaches a minimum or maximum level. At every 30 second interval the program will monitor the actual user hear rate and modify incline or speed to maintain the user-defined Target Heart Rate. If the Target Heart Rate is exceed for just over 3:00 (min), then the monitored heart rate will flash 10 seconds before the unit ~~swiches~~switches into COOL DOWN MODE. If the unit cannot detect the actual heart rate it will display a 'P' (pulse) in place of the heart rate value until the sensors pick up a signal. If no pulse can be detected for a period of more than 30 seconds, incline and speed will reduce to their minimum levels (L0 (level) and 3.2 km/h / 5 mph) respectively.

As previously described in Program P1, the user may at any time during the workout period alter the speed with SPEED-UP / SPEED-DOWN, angle with INCLINE-UP / INCLINE-DOWN. The User may also pause (STOP) or STOP (2x) the workout, and will at the conclusion of any given program enter the COOL DOWN program as detaiLCD above.~~As previously described in Program P1, the user may alter the speed with SPEED-UP / SPEED-DOWN, angle with INCLINE-UP / INCLINE-DOWN, and Pause, COOL DOWN or STOP as described.~~
~~Note: During the workout Users can override the Speed and Incline settings by pressing the SPEED-UP/SPEED-DOWN and INCLINE-UP/INCLINE-DOWN buttons.~~
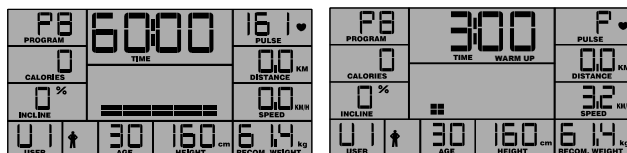
P9 -11: CUSTOM COURSE 1 – 3 (C1-C3) PROGRAM

If the user selects the P9 program a~~nm~~d presses ENTER, the LCD will display the previously saved Speed Profile or Preset Profile. The program can maintain settings for a total workout period of 60 minutes.
The user may then press START to initiate the program, P9 – CUSTOM COURSE 1. The user can adjust speed and incline intervals using SPEED-UP/SPEED-DOWN and INCLINE-UP/INCLINE-DOWN, respectively. The program is designed to then record the settings made for both incline and speed at 1:00 (min.) intervals for replay at a later time. The program automatically enters COOL DOWN MODE when the user presses STOP.

Upon exiting the program (with STOP) and/or after the COOL DOWN MODE, the user will be queried as to whether the recorded workout session should be saved for repeat use or not. The user can then press ENTER to save the recorded workout profile or press BACK to return to the POWER ON MODE without saving.

Extending/Reducing Recorded Time
When running a previously recorded ~~progam~~program, the user can extend the time duration of the CUSTOM COURSE by pressing START before the time counts down to zero. ~~Similarily~~Similarly, pressing START at this time will also allow the user to toggle between the option to extend training time duration or reduce it. With each contact of the START button during the duration of the CUSTOM COURSE program, it will toggle between EXTENDED and REDUCED MODE.

Extended Mode
Pressing START from within the workout period or during COOL DOWN allows the user to enter extended mode and then continue to alter speed and incline settings until a maximum of 60:00 (min) is reached.

COMPUTER OPERATION

Reduced Mode

Toggling with START to Reduced Mode and then pressing STOP ~~to~~ ends the workout and deletes all subsequent speed and incline settings that may have been previously been stored in that program.

As previously described in Program P1, the user may at any time during the workout period alter the speed with SPEED-UP / SPEED-DOWN, angle with INCLINE-UP / INCLINE-DOWN. The User may also pause (STOP) or STOP (2x) the workout, and will at the conclusion of any given program enter the COOL DOWN program as detai LCD above.~~As previously described in Program P1, the user may alter speed with SPEED-UP / SPEED-DOWN, angle with INCLINE-UP / INCLINE-DOWN, and Pause, COOL DOWN or STOP as described.~~

~~Note: During the workout Users can override the Speed and Incline settings by pressing the SPEED-UP/SPEED-DOWN and INCLINE-UP/INCLINE-DOWN buttons.~~

If the total workout time is reached or

if the user decides to STOP the program, the SAVE screen will be portrayed, giving the user the option to save the recorded session for use. The Save screen as shown below stays open for access over a course of 10 seconds. Should the counter be permitted to count down to zero then a 1 min. COOL DOWN Program is initiated first. The user may still interrupt the COOL DOWN sequence, by pressing STOP sequentially.
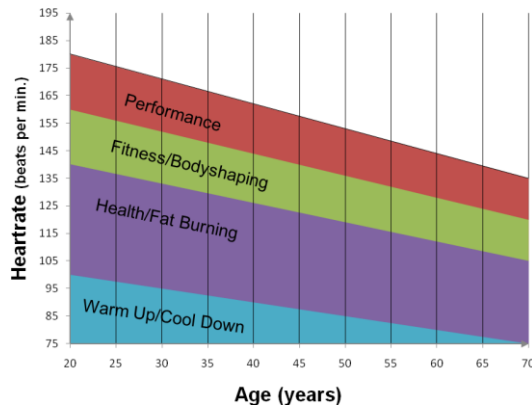
To save the last set of 1 min. intervals executed, the user must now simply press ENTER. This will overwrite any previous interval settings for this program. To not save or overwrite the previous data the user must simply press STOP (once and again), and they will be returned to POWER ON MODE.

COMPUTER OPERATION

Heart Rate diagram

You can calculate the target-heartrate for your training as follows:
Maximum heartrate = 220 minus age
For the different trainingtargets you should train with the following percentage of your maximum heartrate:
Health/Fat Burning: **50 – 70% of your max. heartrate**
Fitness/Bodyshaping: **70 – 80% of your max. heartrate**
Performance: **80 - 90% of your max. heartrate**
Example:
You are 25 years old and want to train for the target Fitness:
          220 – 25 = 195
               70% of 195 = 136.5
               80% of 195 = 156
    Your target-heartrate should be between 136.5 and 156 beats per minute.

⚠

    This information is for your reference only. To determine your individual training intensity or in case you should have
    health restrictions please consult your physician before starting exercising.

Advice

The owner's manual is only for the customer reference. Yowzafitness ~~can not~~cannot be held responsible for mistakes occurring due to translation or change in technical specification of the product.