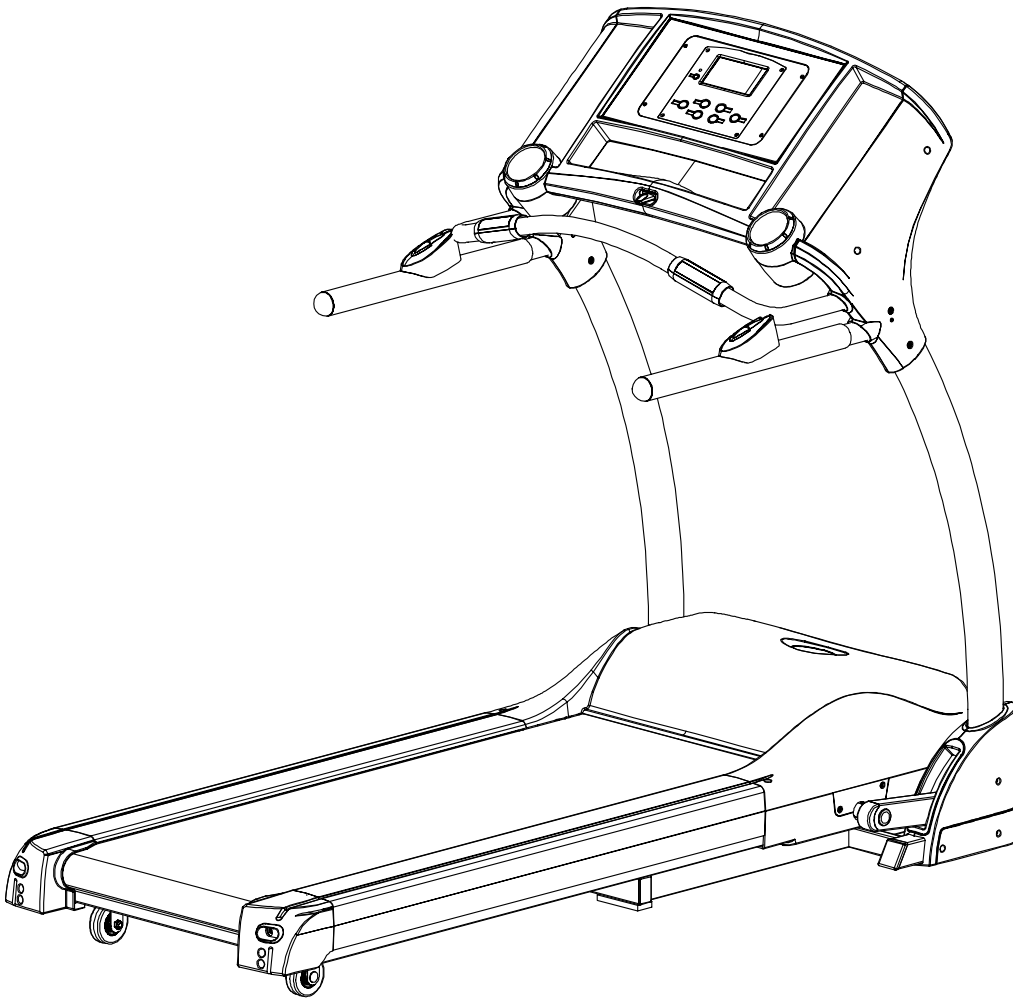


USER'S MANUAL

5.25E MOTORIZED TREADMILL

MODEL NUMBER: 5.25E



USER WEIGHT LIMITATION: **125 (275lbs)**

SERVICE NUMBER: 0800-09 72 100

SERIAL NUMBER (found on frame):

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 make 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 **125 kgs (275lbs)**
- 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.

The equipment is for Class B (Home Use).

POWER REQUIREMENTS

IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN A 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.

This treadmill is provided with two different grounding plugs for Central Europe and United Kingdom. Please choose the right one and plug in your treadmill.

Please make sure that your local voltage is appropriate for the power requirements of this treadmill before you plug it in.

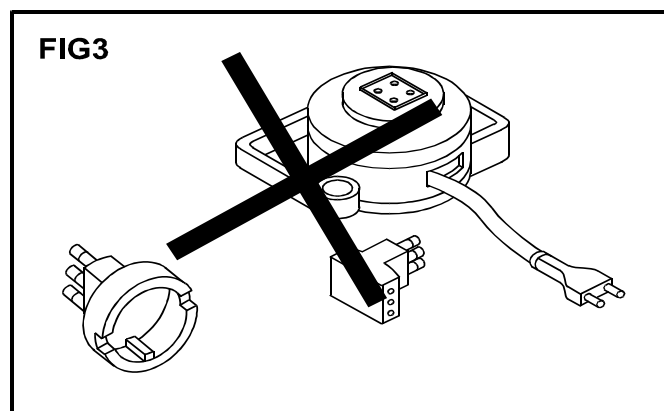
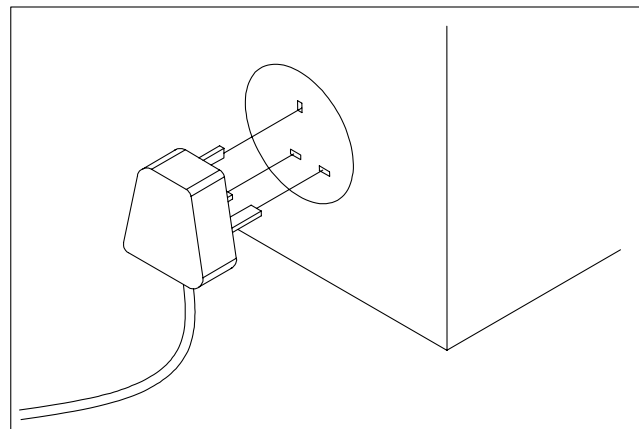
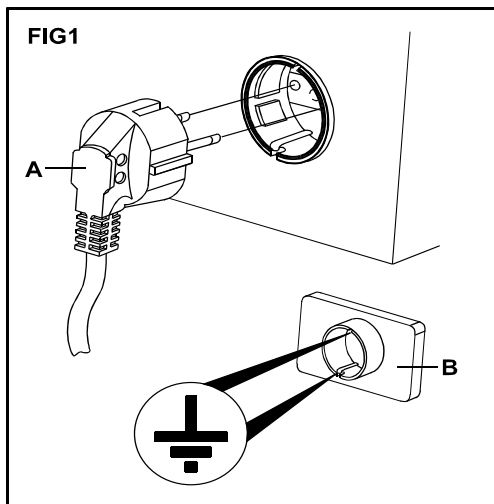
This product is for use with a voltage of 230V \pm 5%.

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 improperly function

Do not use a voltage transformer with this product.

Do not use an extension cord with this product when you are not sure if the product is still properly grounded.

The following pictures show the two delivered plugs:



PREASSEMBLY

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 pages 5-6 for a full count of the parts included . If you are missing any parts or have any assembly questions contact us directly at 0800-09 72 100 .

Assembly instructions begin on page 18

Gather your tools:

Before starting the assembly of your unit, 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 125 LBS (Approx. 275 Kg), 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.

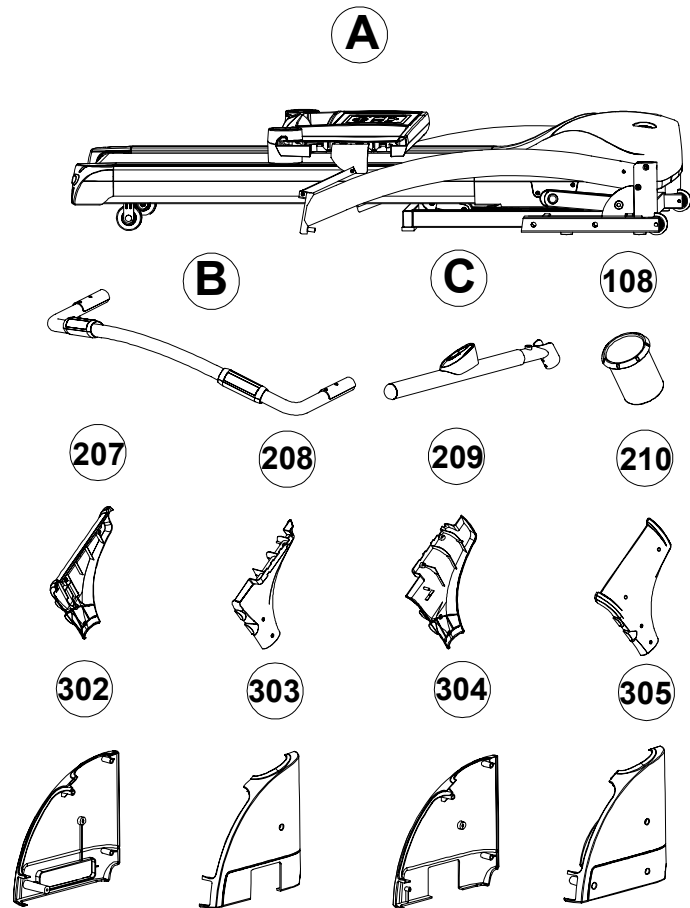
Care and maintenance:

1. The safety level can be maintained only if it is examined for damage and wear.
2. Replace any defect components immediately and stop to use the equipment until repaired.
3. Always take care when you mounting the equipment . Straddle the equipment by placing your feet on the straddle rails . . Dismount from the equipment only after all parts have stopped.
4. Always check the easily wear components like pulley ets. To prevent danger.
5. There is an emergency stop to prevent dangers, you can stop the treadmill immediately by actuated the emergency stop for emergency dismount.

Supplied components

This list identifies the major components you will use to assemble this product. Component A , B and C are already partially assembled .

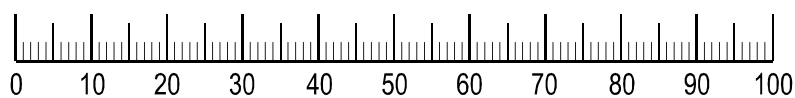
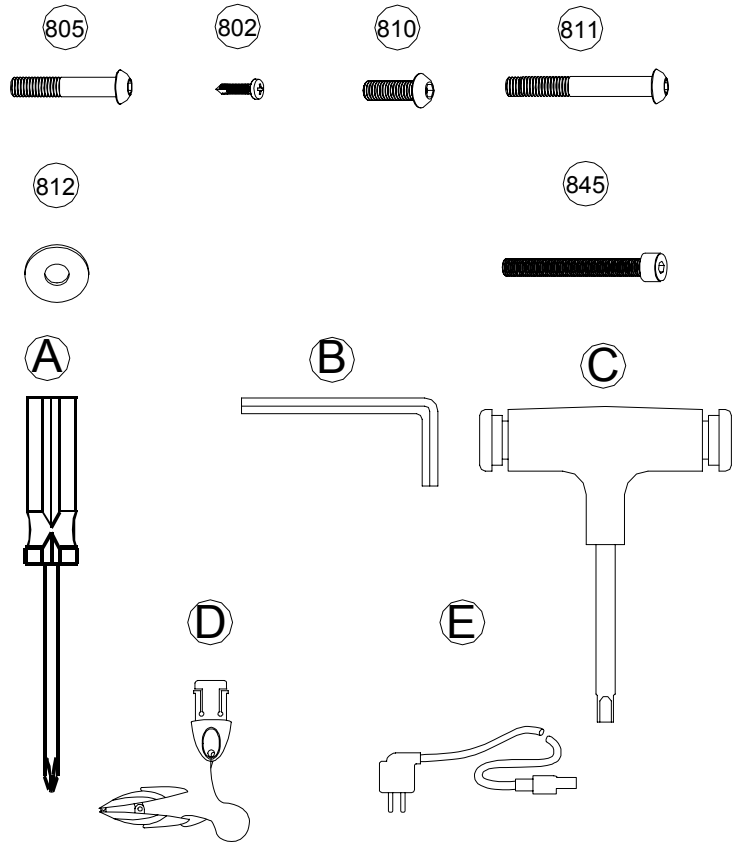
No.	Description	Qt
A	Main Frame Assembly	1
B	Front handlebar	1
C	Side handle bar	2
108	Water Bottle Holder	2
207	Handle Bar Cover - LL	1
208	Handle Bar Cover - LR	1
209	Handle Bar Cover - RL	1
210	Handle Bar Cover - RR	1
302	Upright Base Cover - LL	1
303	Upright Base Cover - LR	1
304	Upright Base Cover - RL	1
305	Upright Base Cover - RR	1



Supplied Hardware

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

No.	Description	Qty.
802	M4×15 Screw	27
805	M8×45 Bolt	2
810	M8×18 Bolt	8
811	M8×52 Bolt	2
812	φ8 Washer	12
845	M8×75 Bolt	2
A	Screw driver	1
B	Allen key	1
C	Allen Wrench	1
D	Safety Key	1
E	Power Cord	2



MILLIMETERS

Complete Computer Console Components

100	Console Assembly			
101	Overlay	1	5.25-101	
102	Computer PC Board	1	5.25-102	
103	Console Plate	1	5.25-103	
104	Console Housing - Upper	1	5.25-104	
105	Console Housing - Bottom	1	5.25-105	
106	Safety Key Base	1	5.25-106	
107	Safety Key	1	5.25-107	
108	Water Bottle Holder	2	5.25-108	
109	Motion Control Sensor Wire - Upper	2	5.25-109	
110	Plastic Fixing Insert	8	5.25-110	
111	Hand Pulse Wire - Upper	2	5.25-111	
200	Complete Handle Bar Components			
201	Front Handle Bar Tube	1	5.25-201	
202	Handle Bar	2	5.25-202	
203	Handle Bar Upright Foam Grip	2	5.25-203	
204	Handle Bar Upright Foam Grip	2	5.25-204	
205	Handle Bar Upright Foam Grip	1	5.25-205	
206	Hand Pulse Sensor	2	5.25-206	
207	Handle Bar Cover - LL	1	5.25-207	
208	Handle Bar Cover - LR	1	5.25-208	
209	Handle Bar Cover - RL	1	5.25-209	
210	Handle Bar Cover - RR	1	5.25-210	
211	Console Connect Piece - L	1	5.25-211	
212	Console Connect Piece - R	1	5.25-212	
213	Console Connect Tube	2	5.25-213	
214	Motion Control Sensor	2	5.25-214	
215	Motion Control Sensor Base	2	5.25-215	
216	Handle Bar End Cap	2	5.25-216	
217	Hand Pulse Wire - Lower	2	5.25-217	
300	Complete Upright Components			
301	Upright	2	5.25-301	
302	Upright Low Covre - LL	1	5.25-302	
303	Upright Low Covre - LR	1	5.25-303	
304	Upright Low Covre - RL	1	5.25-304	
305	Upright Low Covre - RR	1	5.25-305	
306	Adjustable Cylinder Cover - Upper	2	5.25-306	
307	Motion Control Sensor Wire - Middle	2	5.25-307	
308	2 pin Safety Key Wire 2200 mm	1	5.25-308	
309	7 pin Computer Wire – Upper 2980mm	1	5.25-309	

Complete parts list cont.

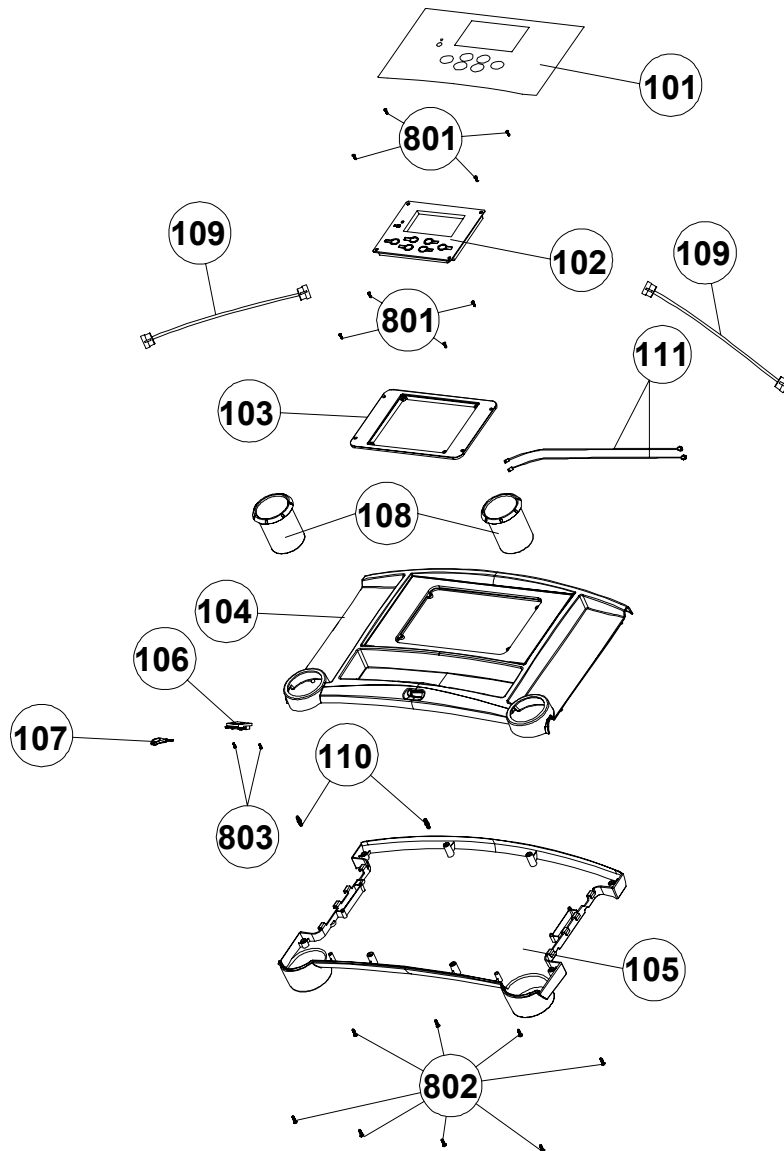
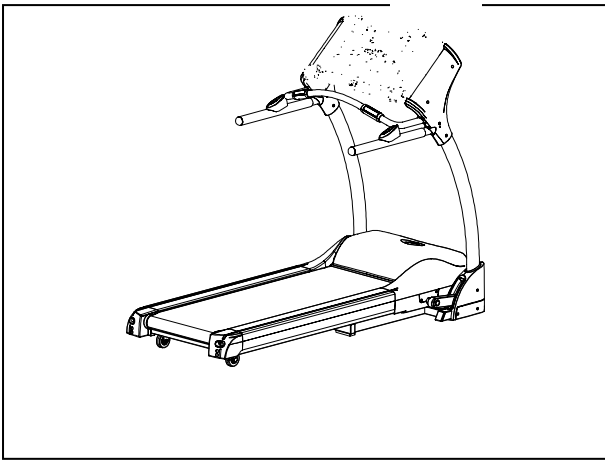
400		Complete Base Frame Components	
401	Base Frame	1	5.25-401
402	Rubber Cushion	2	5.25-402
403	Rubber Cushion	2	5.25-403
404	Power Switch Plate Base	1	5.25-404
405	Power Switch Plate Cover	1	5.25-405
406	Power Switch Plate	1	5.25-406
407	Power Breaker	1	5.25-407
408	Power Switch	1	5.25-408
409	Front Caster	2	5.25-409
410	Cushion	2	5.25-410
411	Foot Locker	1	5.25-411
412	Transportation Wheel Bracket	1	5.25-412
413	Spring	1	5.25-413
414	Transportation Wheel	1	5.25-414
415	Fold Up Locker	1	5.25-415
416	Spring Of The Fold Up Locker Assembly	1	5.25-416
500		Complete Motor Components	
501	Motor Hood Top	1	5.25-501
502	Driving Motor	1	5.25-502
503	Motor Holder	1	5.25-503
504	Driving Belt	1	5.25-504
505	Control Board	1	5.25-505
506	Elevation Support Tube	1	5.25-506
507	Elevation Support Tube End Cap	4	5.25-507
508	Elevation Motor	1	5.25-508
509	Elevation Gear Sleeve	1	5.25-509
510	Fold Up Support	1	5.25-510
511	Shock	1	5.25-511
512	Wheel	1	5.25-512
513	Plastic Clamp - Top	2	5.25-513
514	Plastic Clamp - Bottom	2	5.25-514
515	Elevation Support	2	5.25-515
516	Motor Hood - Left	1	5.25-516
517	Motor Hood - Right	1	5.25-517
518	Motor Bottom Cover	1	5.25-518
519	Relay board	1	5.25-519
600		Complete Running Deck Components	
601	Running Belt	1	5.25-601
602	Side Rail	2	5.25-602
603	Running Deck	1	5.25-603
604	Side Rail End Cap - Left	1	5.25-604
605	Side Rail End Cap - Right	1	5.25-605
606	Cushion Pad	8	5.25-606
607	Main Frame Cross Bar	1	5.25-607

Complete parts list cont.

700	Complete Deck Frame Components		
701	Deck Frame	1	5.25-701
702	Front Roller Shaft	1	5.25-702
703	Front Roller Tube	1	5.25-703
704	Rear Roller Shaft	1	5.25-704
705	Rear Roller Tube	1	5.25-705
706	Running Deck Rear wheel	2	5.25-706
707	Cushion Pad	6	5.25-707
800	Complete Hardware Pack		
801	M3.5×16 Screw	8	5.25-801
802	M4×15 Screw	49	5.25-802
803	M3×10 Screw	2	5.25-803
804	φ4 Washer	4	5.25-804
805	M8×45 Bolt	2	5.25-805
806	M4×8 Screw	4	5.25-806
807	M5×30 Screw	4	5.25-807
808	M3×14 Screw	4	5.25-808
809	M8×49 Bolt	1	5.25-809
810	M8×18 Bolt	8	5.25-810
811	M8×52 Bolt	4	5.25-811
812	φ8 Washer	22	5.25-812
813	M4×25 Screw	2	5.25-813
814	Transportation Wheel Bolt	3	5.25-814
815	φ5 Washer	3	5.25-815
816	M5×10 Screw	3	5.25-816
817	M4×14 Screw	3	5.25-817
818	M10 Nylon Nut	7	5.25-818
819	M10×67 Bolt	2	5.25-819
820	φ14×50 Bolt	2	5.25-820
821	φ33×φ8×10 Screw	2	5.25-821
823	φ4×45 Screw	2	5.25-823
824	M10×116 Screw	1	5.25-824
825	φ8 Nylon Nut	2	5.25-825
826	M8×12 Bolt	2	5.25-826
827	φ8 Washer	2	5.25-827
828	φ10 Washer	4	5.25-828
829	φ14 Clip	2	5.25-829

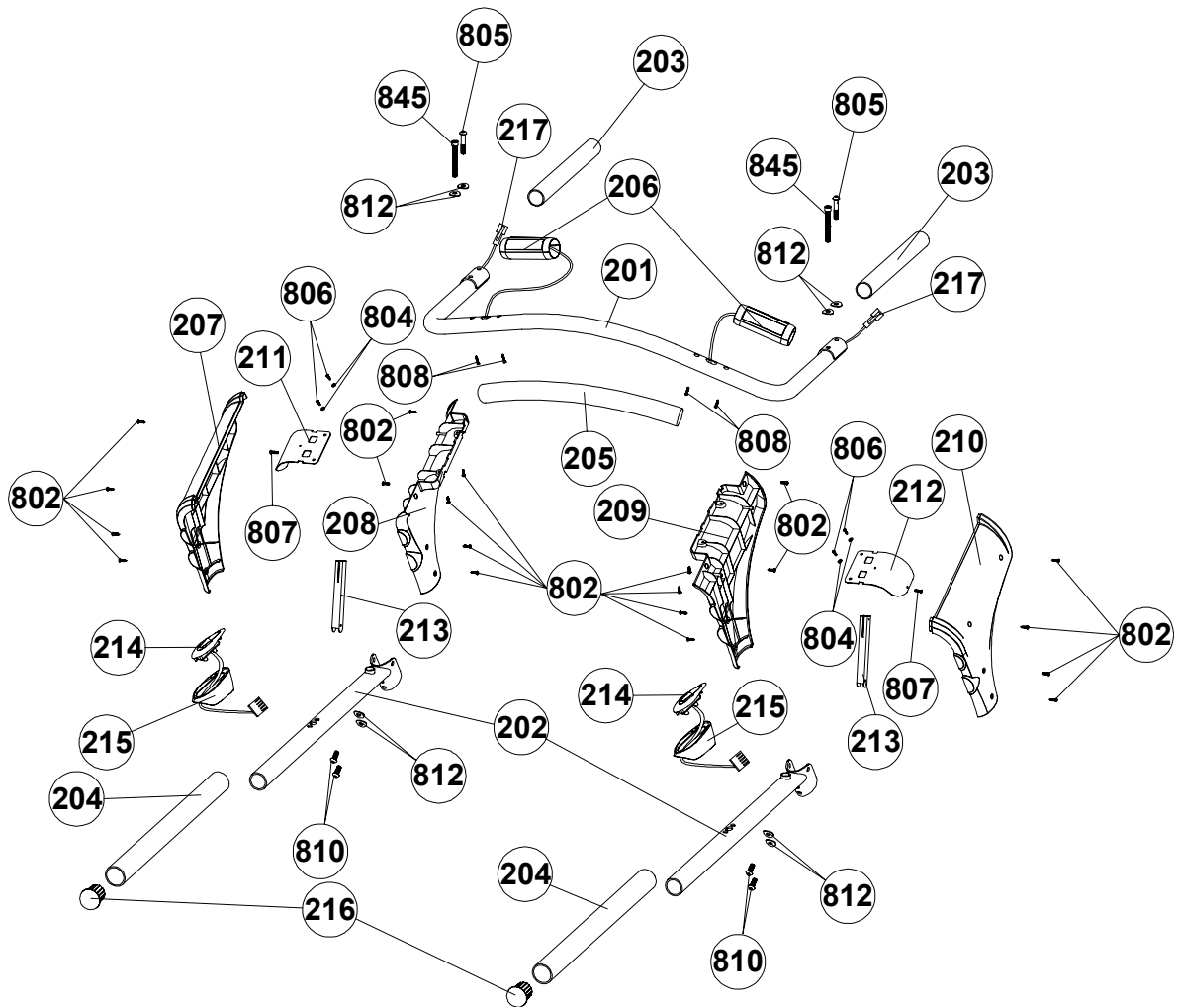
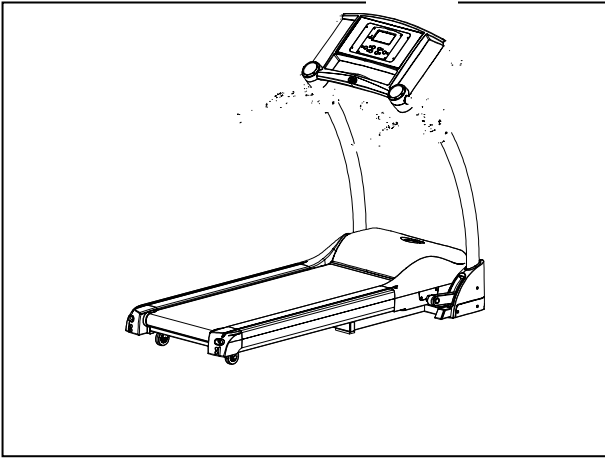
PARTS DIAGRAM

MOST OF THE PARTS SHOW HERE HAVE ALREADY BEEN PRE-ASSEMBLED.



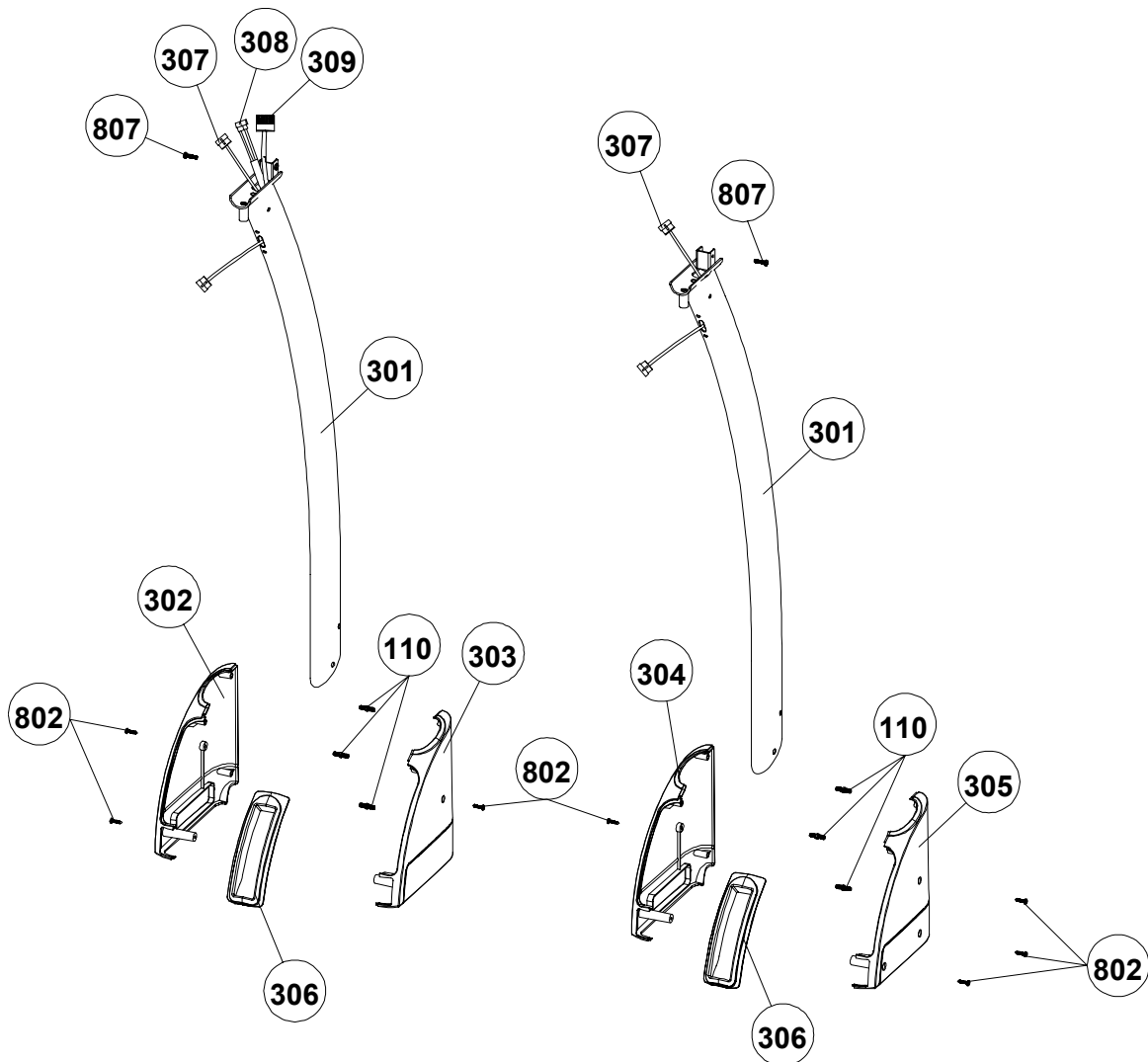
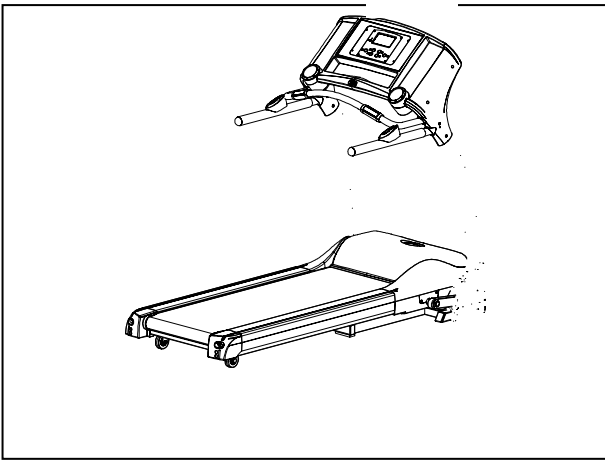
PARTS DIAGRAM

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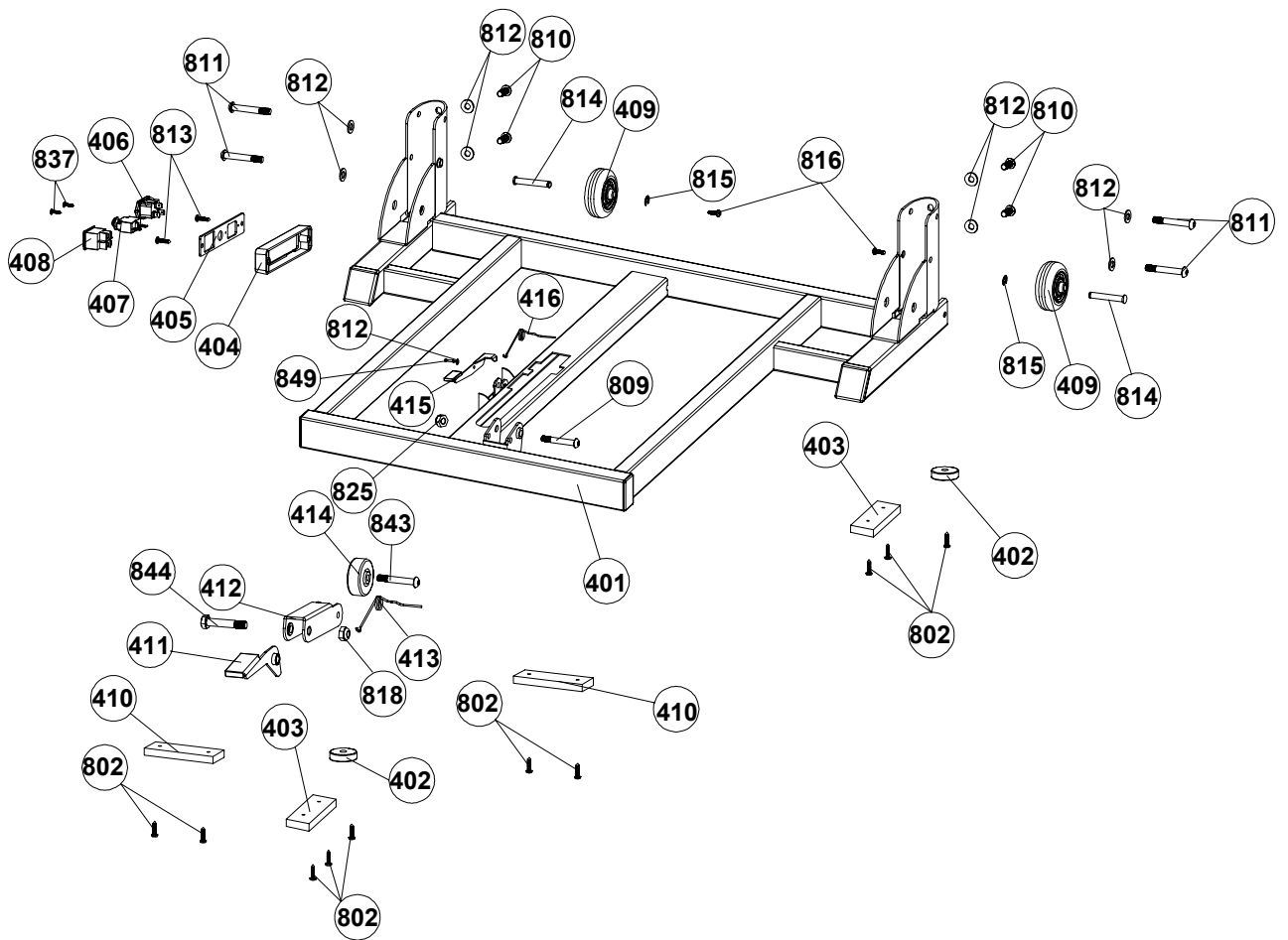
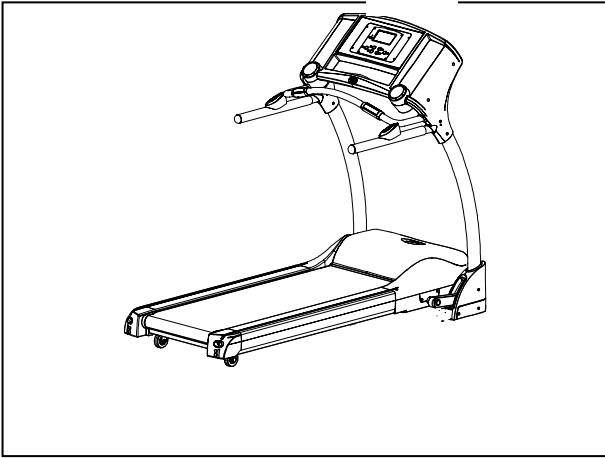
PARTS DIAGRAM

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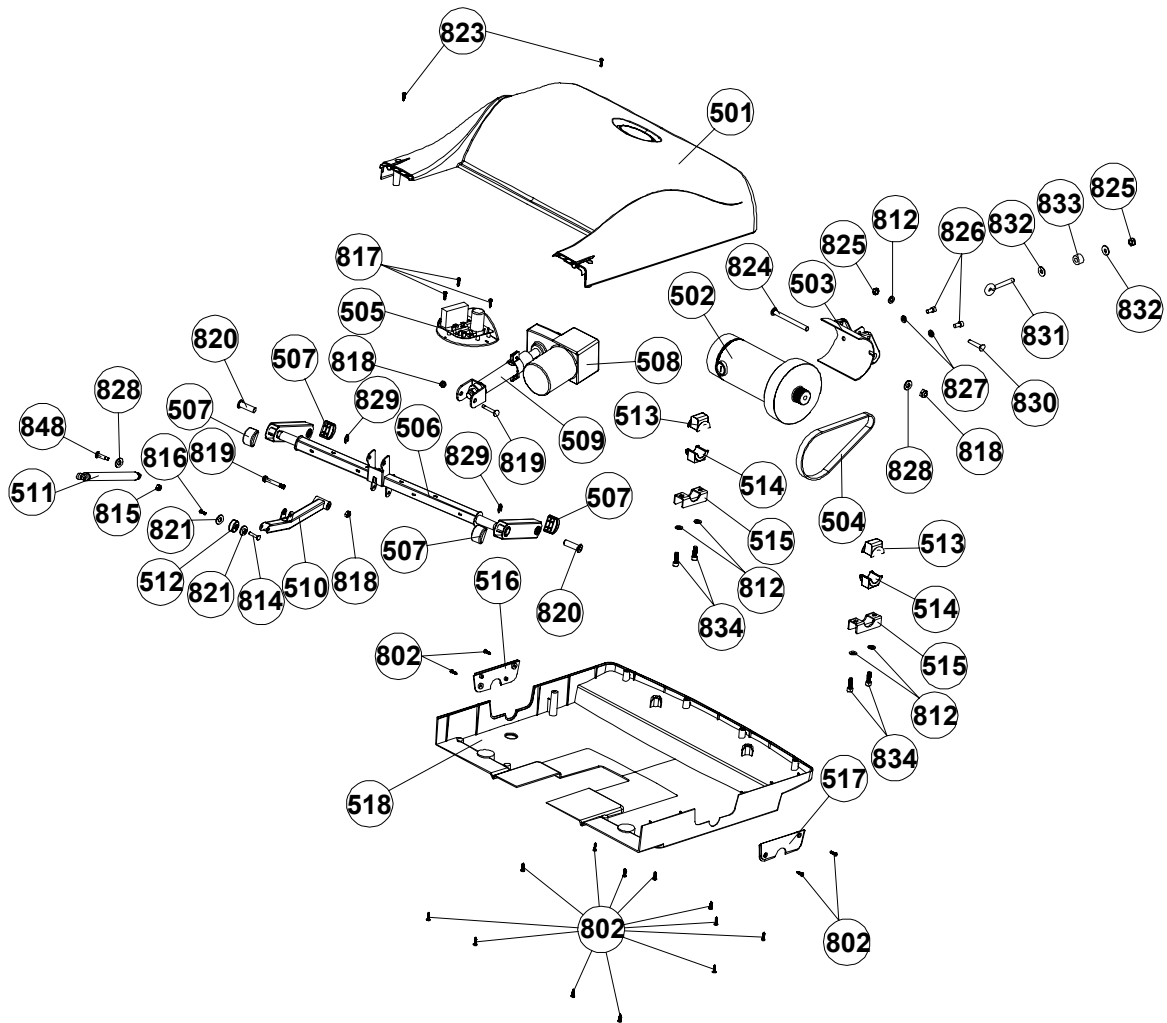
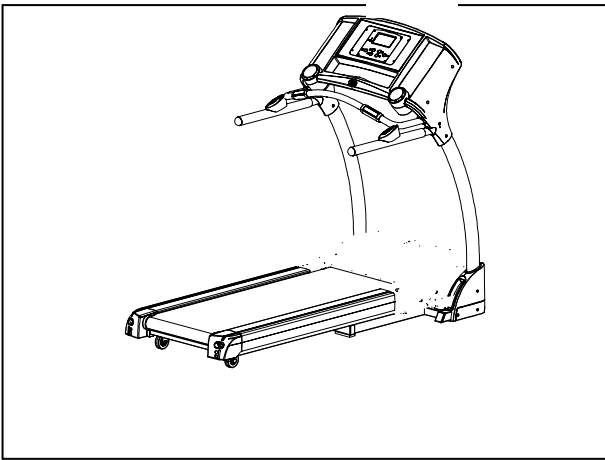
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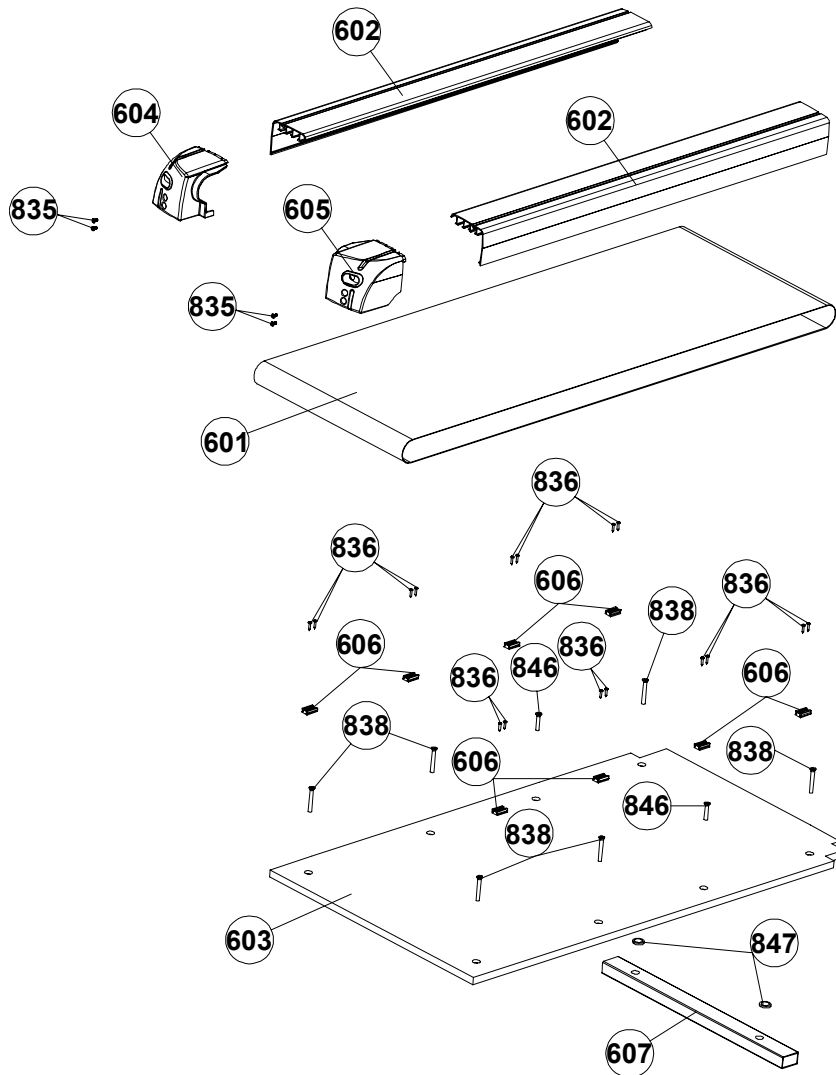
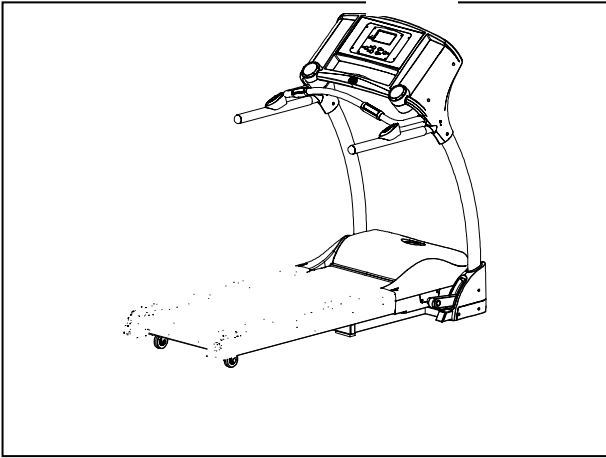
PARTS DIAGRAM

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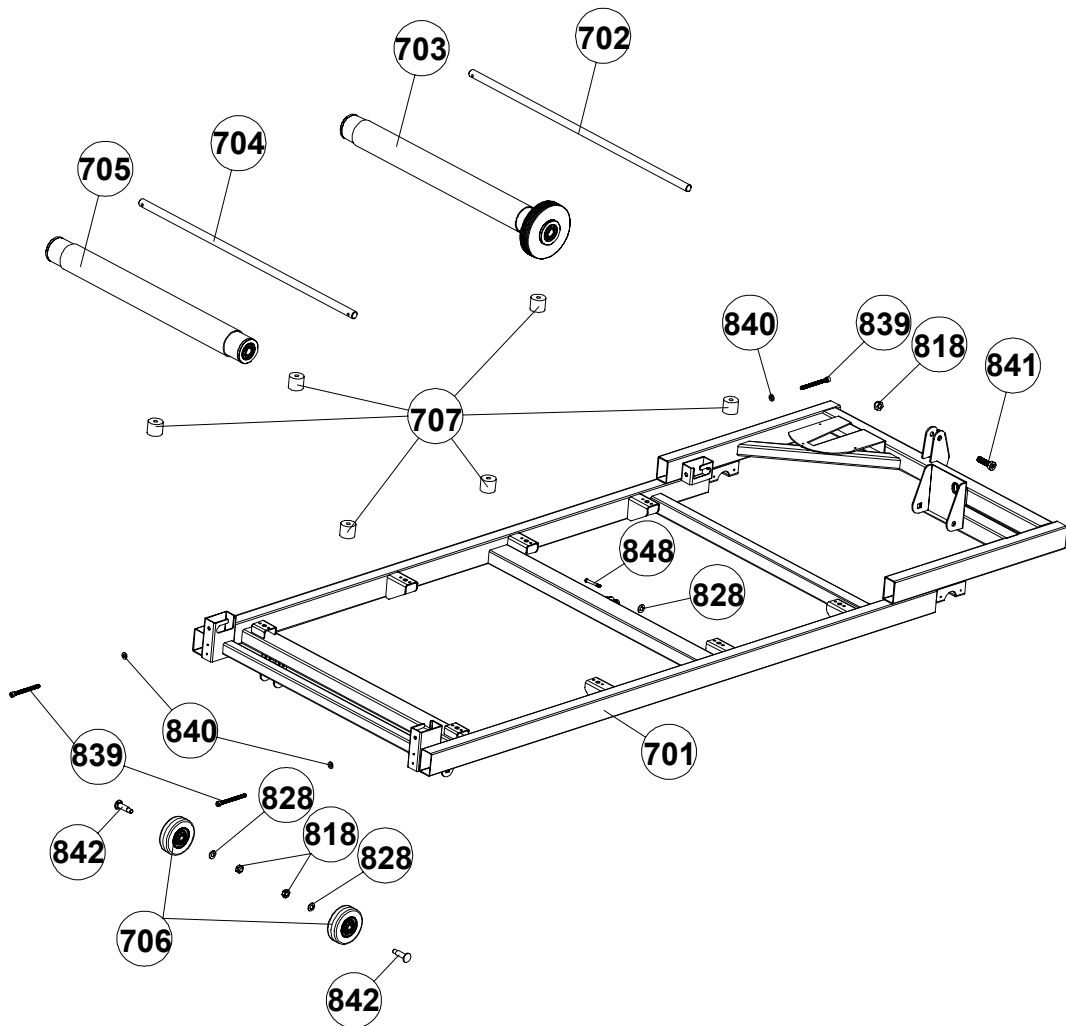
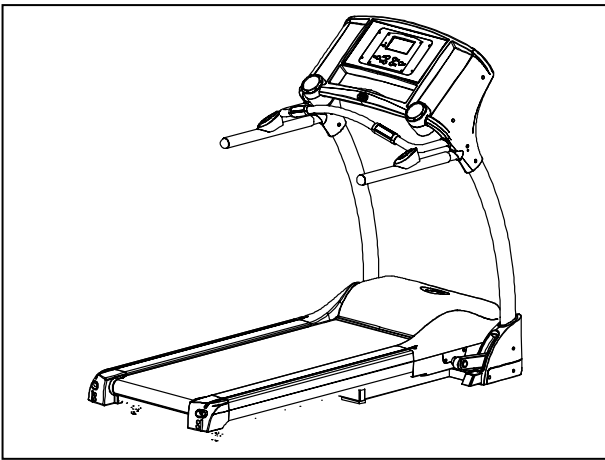
PARTS DIAGRAM

MOST OF THE PARTS SHOW HERE HAVE ALREADY BEEN PRE-ASSEMBLED.



PARTS DIAGRAM

MOST OF THE PARTS SHOW HERE HAVE ALREADY BEEN PRE-ASSEMBLED.



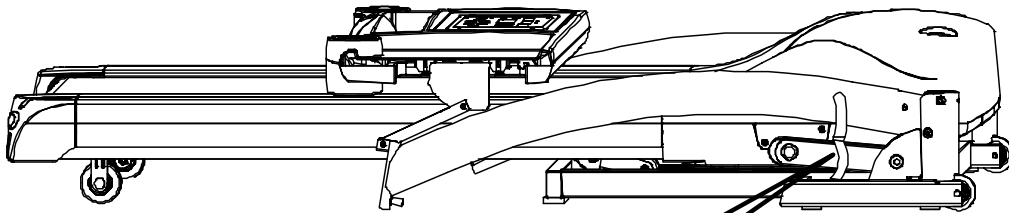
ASSEMBLY**STEP 1: Unpacking and Inventory**

NOTE: FOR SAFER AND EASIER TRANSPORTATION DO NOT REMOVE THE PLASTIC RETAINING STRAPS UNTILL THE UNIT IS IN THE AREA OF ASSEMBLY

Remove the treadmill and all the components and hardware from the box. Check the quantities of all components and hardware with the component and hardware lists on pages 5-6

P.5 **Components**

P.6 **Hardware and
tools**



Warning!!!
DO NOT REMOVE THE PLASTIC STRAPS
Until unit is in its final place of assembly.

ASSEMBLY**STEP 2: Assemble Upright Frame**

NOTE : Make sure all wires are recessed into the frame . DO NOT trap or pinch (Hand tight bolts until last step)

A) Raise the left and right uprights (301 X 2) .

B) Secure the left upright (301) with two 8x18 mm Allen bolts (810) and two # 8 washer through the front side of the base frame . hand tighten .

C) Secure the right upright (301) with two 8x18 mm Allen bolts (810) and two # 8 washer through the front side of the base frame . hand tighten .

D) Insert one M 8x52 mm Allen bolt (811) and one # 8 washer through the side of the base frame and the left upright , hand tighten .

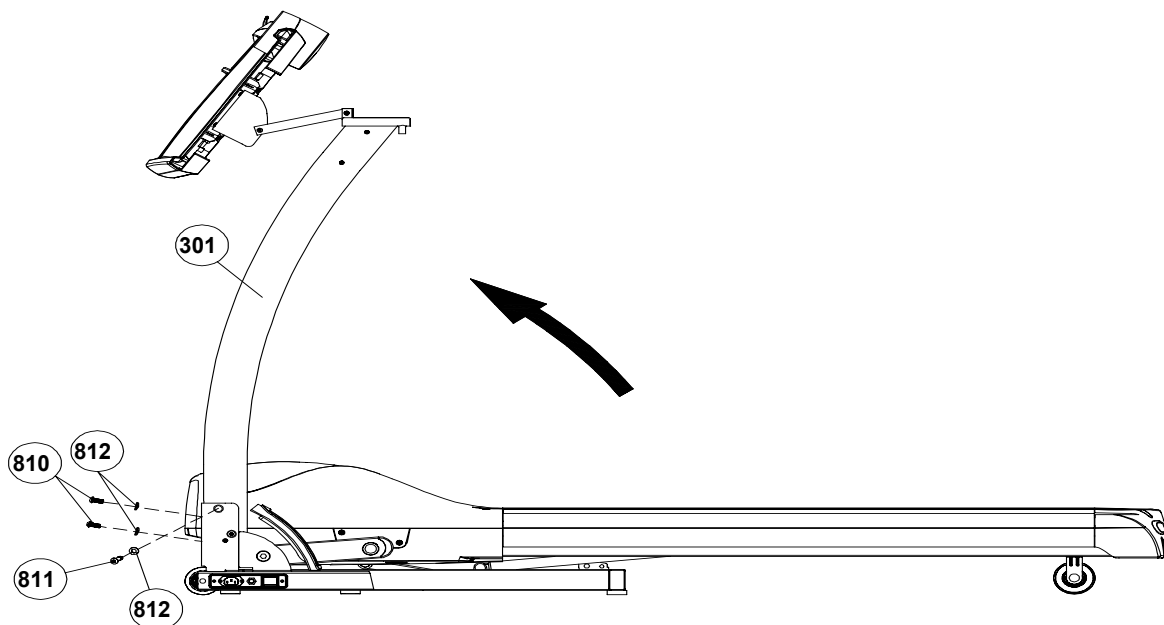
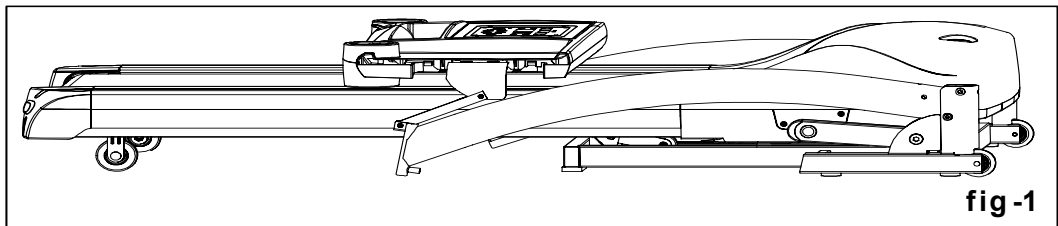
E) Insert one M 8x52 mm Allen bolt (811) and one # 8 washer through the side of the base frame and the right upright , hand tighten .

F) Tighten all Allen bolts with Allen wrench C (Provided with hardware).

811 **X2** 

810 **X4** 

812 **X6** 



ASSEMBLY**STEP 3: Assemble Front Handle Bar**

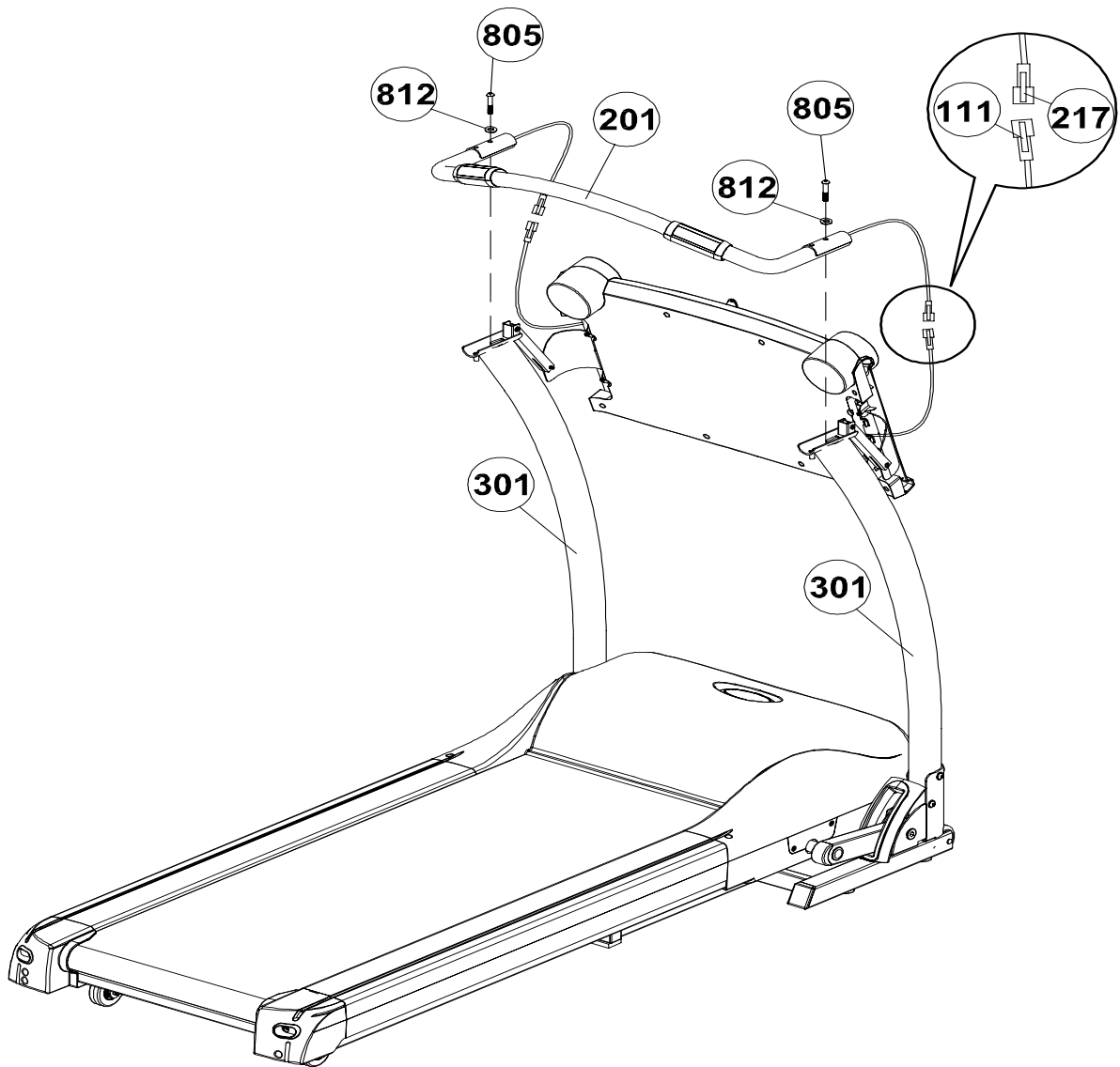
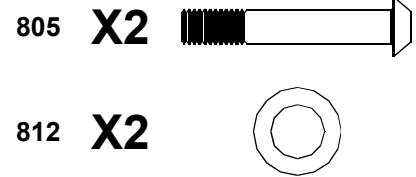
NOTE : Only hand tighten bolts until last step.

A) Place the front handle bar (201) on top of the left and right upright (301).

B) Secure left side with one # 8 washer (812) and M8x45 mm Allen bolt (805) in the forward most hole .

C) Secure right side with one # 8 washer (812) and M8x45 mm Allen bolt (805) in the forward most hole .

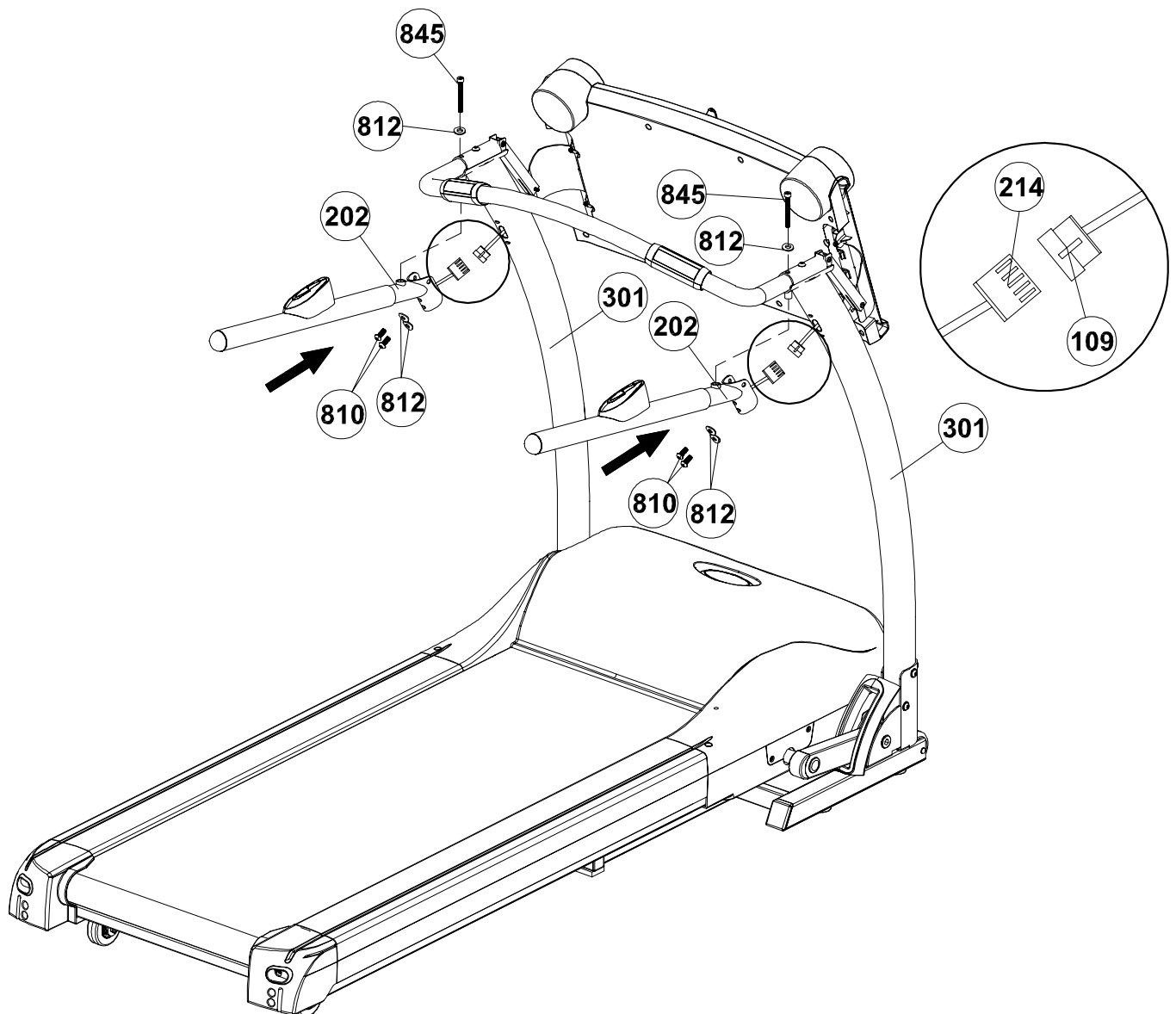
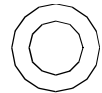
D) Connect pulse wire (217) and wire (111) on left and right side (as shown in diagram) . Then insert the remaining length of the wire into the front handle bar tube . Tighten all bolts with Allen Wrench .



ASSEMBLY**STEP 4: Assemble The Side Handlebars**

NOTE: Side rails are interchangeable for use on both right and left sides

- A) Attach one handlebar (202) to the left upright (301), and connect the motion control sensor wire (214) and wire (109).
 B) Secure the Side Handlebar with one M8 x75 mm bolt (845) and one # 8 washer , through the top of front handle bar into the side handle bar .
 C) Insert two M8x18 mm (810) and two # 8 washer through the side handrail plate and thread into the upright .
 D) Repeat the above process for the right side .
 E) Tighten all bolts with Allen Wrench .

810 **X4**845 **X2**812 **X6**

ASSEMBLY**STEP 5: Assemble Computer Console**

A) Rotate the console until it stops as shown in diagram below .

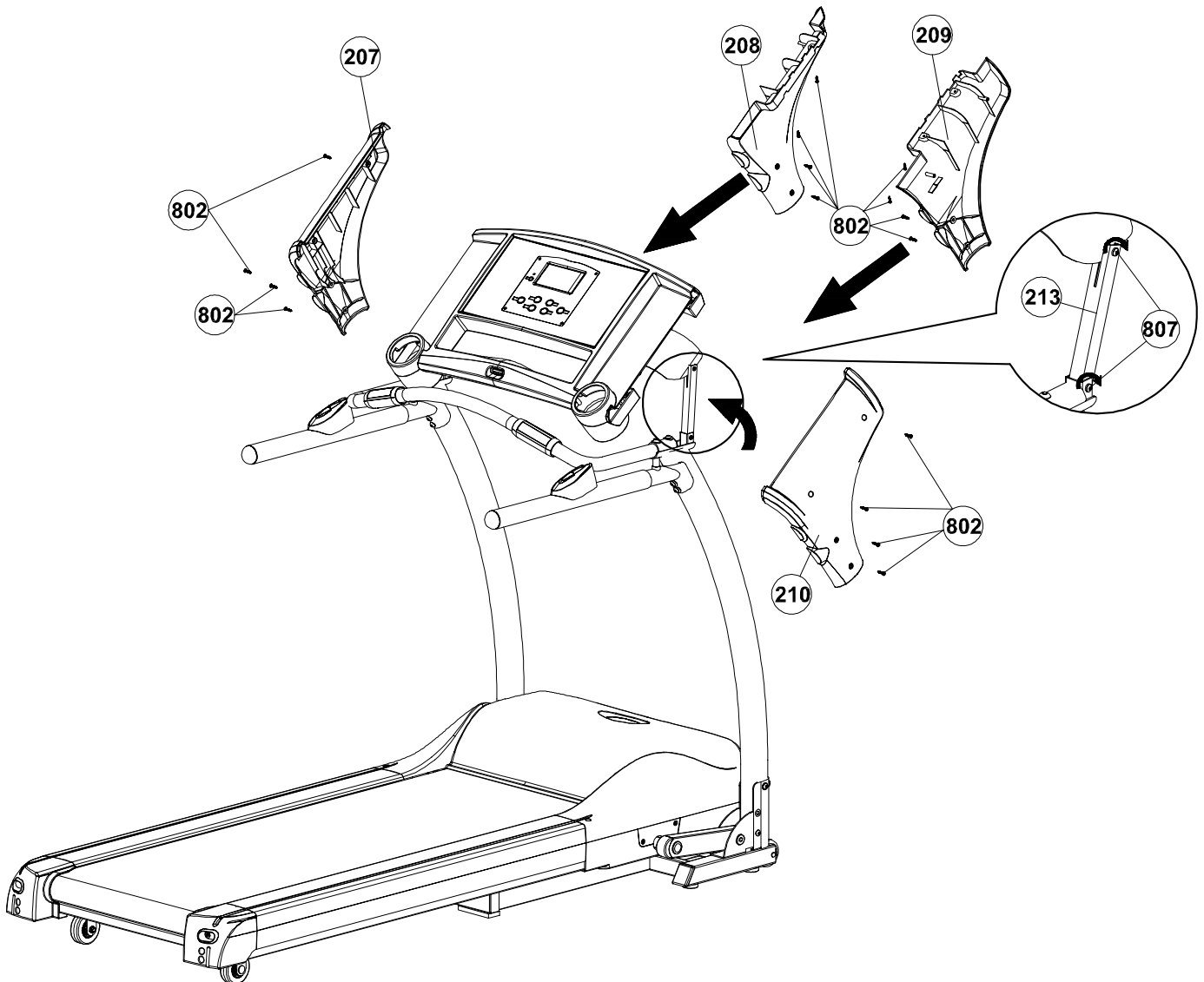
B) Tighten the screw (807) of the console connect tube (213) for right and left side . Console connect tube (213) will be adjust for the next steps of assembly .

C) Attach the Handle Bar Cover - LR (208) to the underside of the console and the inside of the left upright (301), Secure with four M4×15mm screw (802). And secure with two M4×15mm screw (802) between the Handle Bar Cover - LR (208) outside and the console housing -upper.

D) Attach the Handle Bar Cover - LL (207) to the top of the console and the outside of the Upright - Left (301). And secure with four M4×15mm screw (802).

E) Repeat the above process for the right hand side cover (209) and cover (210) as shown in diagram.

802 X20 

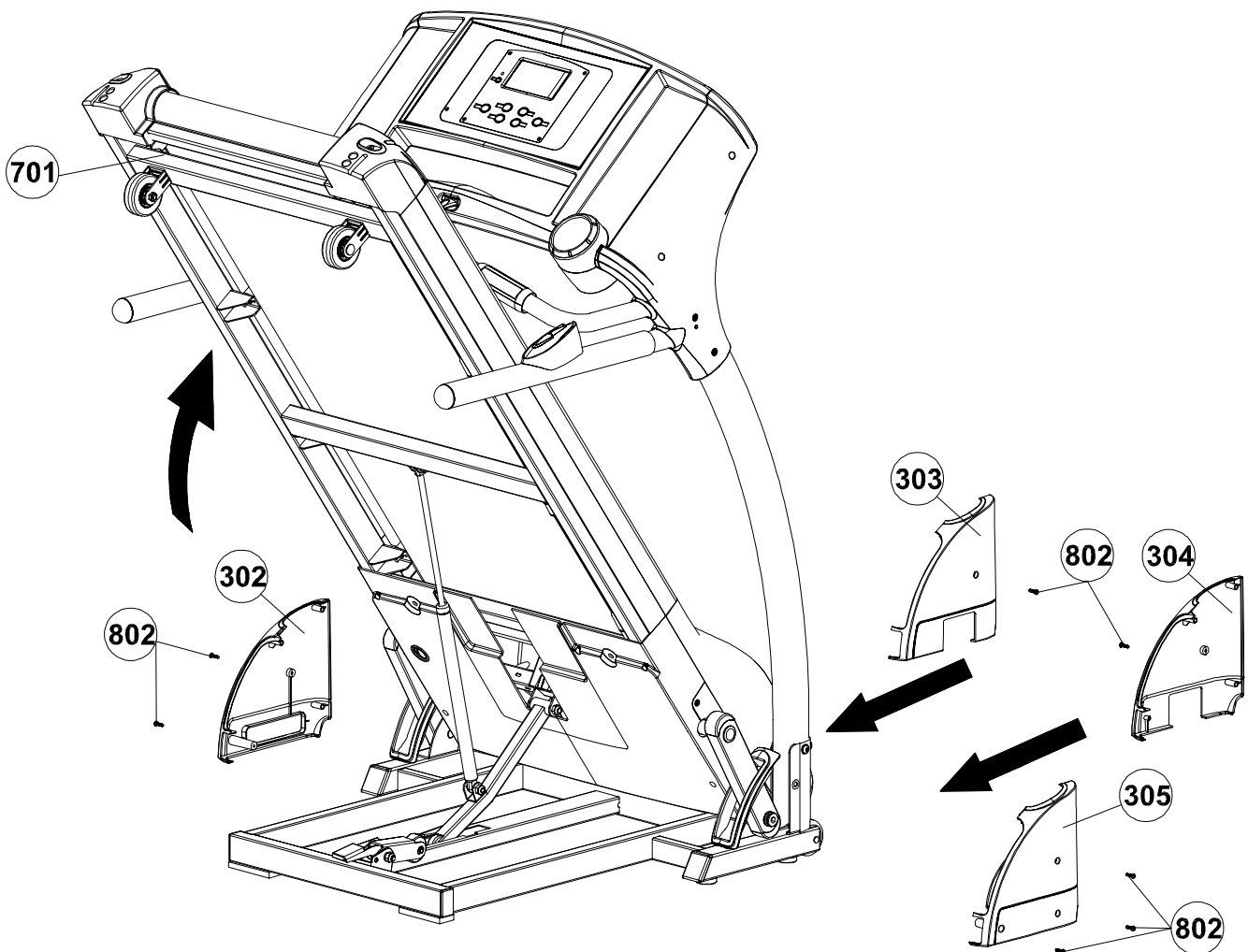


ASSEMBLY**STEP 6: Assembly base covers**

NOTE : Refer to folding instructions on page 27 .

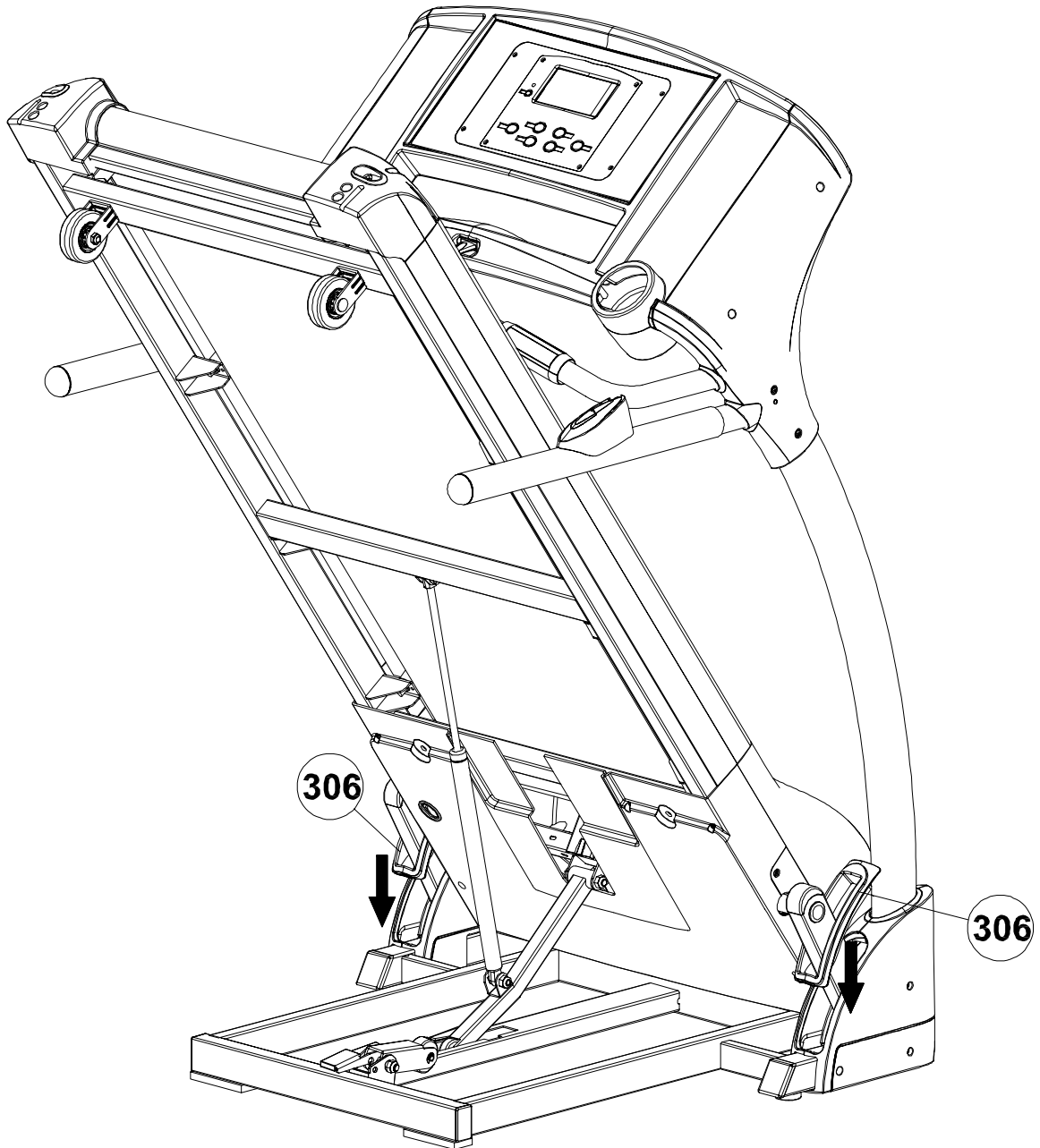
- A) Fold up the running deck until it locks in place .
- B) Attach Upright Base Cover (302) to the outside of the Left Upright (301). Secure with two M4x15 mm screw (802).
- C) Attach Upright Base Cover (303) to the inside of the Left Upright (301). Secure with one M4x15 mm screw (802).
- D) Attach Upright Base Cover (305) to the outside of the Right Upright (301). Secure with three M4x15 mm screw (802).
- E) Attach Upright Base Cover (304) to the inside of the Right Upright (301). Secure with one M4x15 mm screw (802).

802 X7 



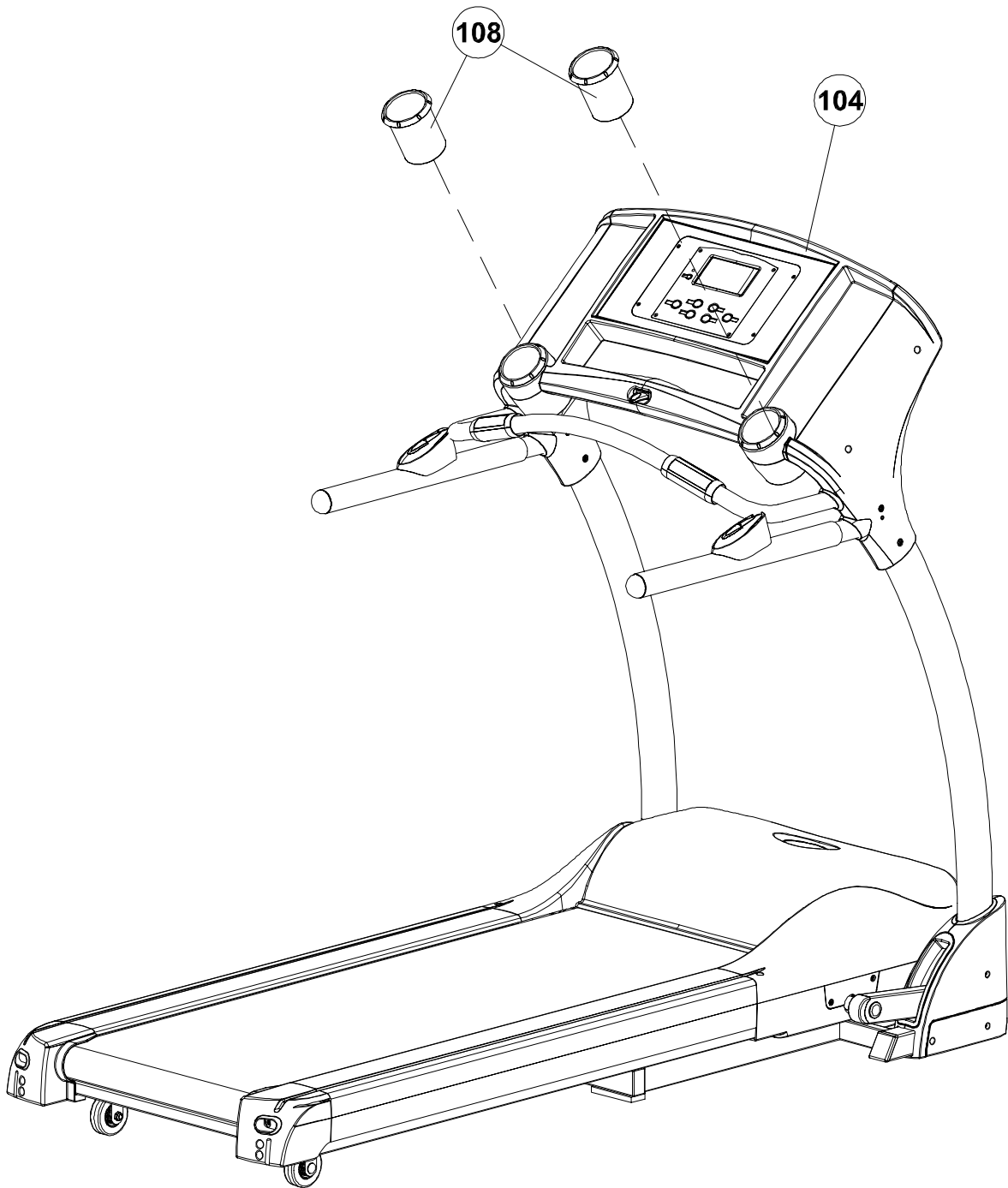
ASSEMBLY**STEP 7: Attaching Rubber Cover**

Insert the rubber cover (306) into the slot upright base cover .



ASSEMBLY**STEP 8: Inserting Water Bottle Holders**

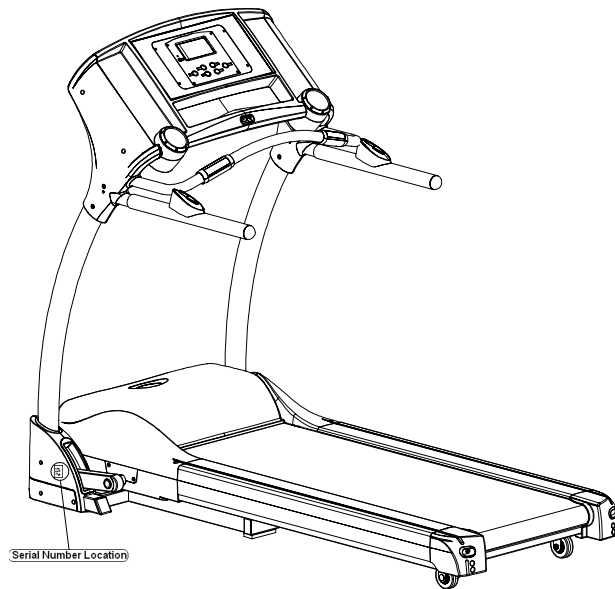
Attach the Water Bottle Holder (108) to the Console Housing
- Upper (104) and push down until snap in place.



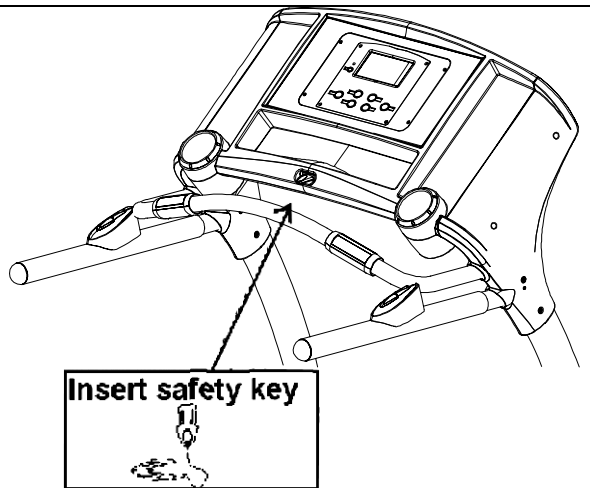
ASSEMBLY COMPLETE

Assembly is now complete. Check that all the components are secure and all the hardware is tight. By this step all bolts and screws should be wrench tight. If any hardware is not wrench tight go back and tighten.

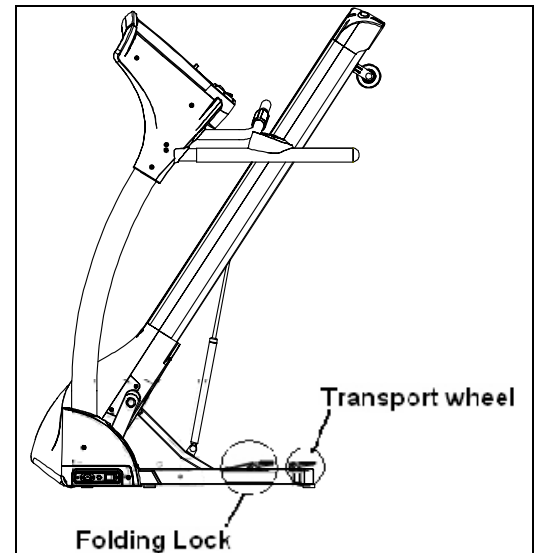
The finished product should resemble the picture below.



Safety Features



The safety key must be inserted for the treadmill to function. The safety key tether should be worn at all times when the treadmill is in use. This safety feature is designed to prevent injury.

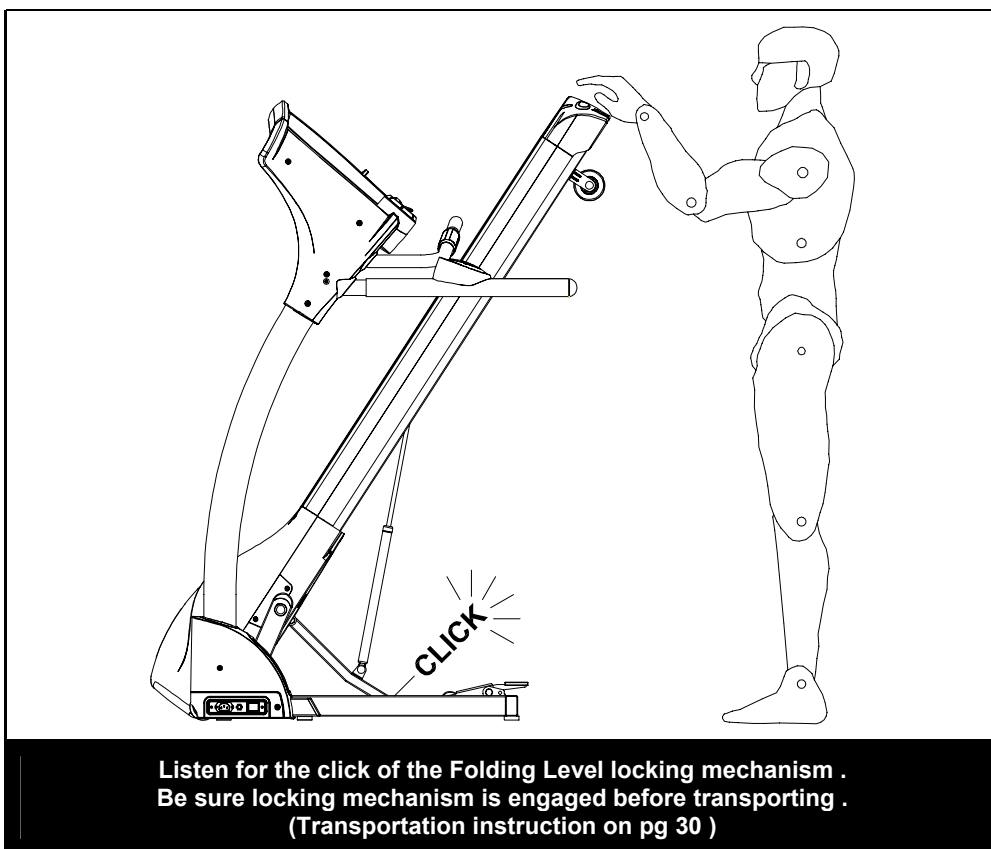
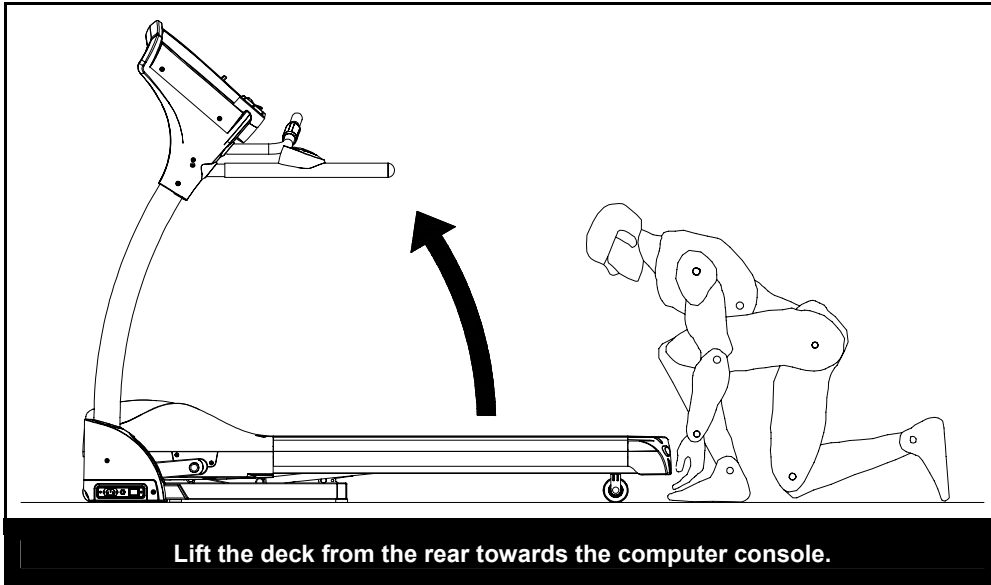


There are two orange levers on this treadmill. The most forward lever is the folding lock which is used in folding and unfolding this treadmill. The other is used for transporting from one location to another.

FOLDING INSTRUCTIONS

How to fold up the treadmill:

Your treadmill can be folded up for space saving storage. To do this follow the instructions here:

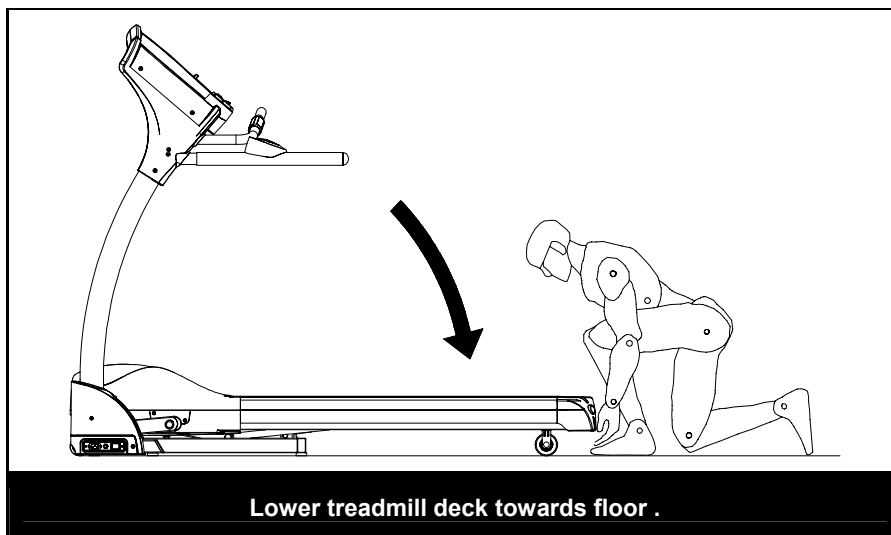
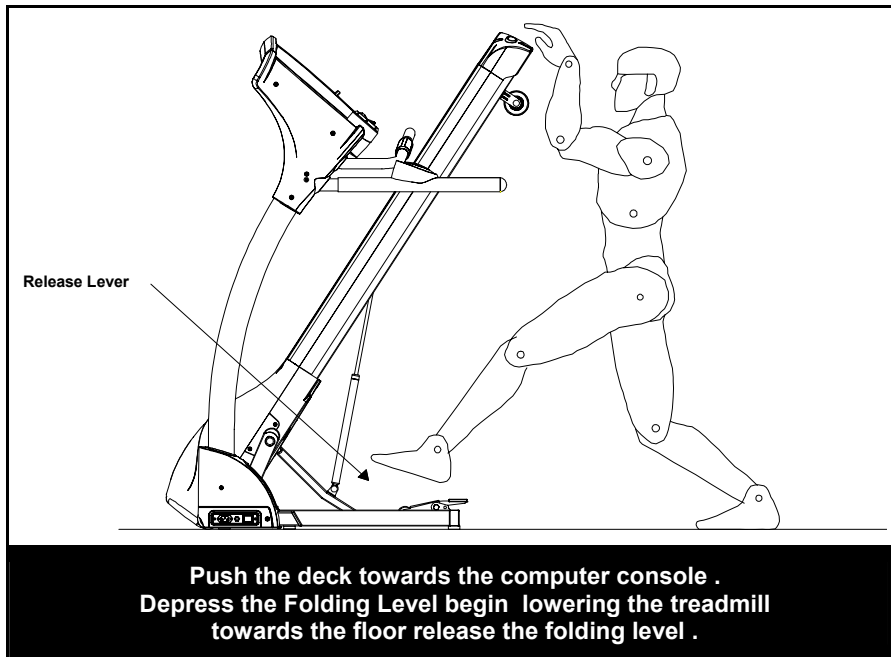


UNFOLDING INSTRUCTIONS

How to unfold the treadmill:

NOTE: To maintain stability make sure the rear transportation wheel is disengaged before unfolding treadmill

To unfold the treadmill for use follow the instructions here:

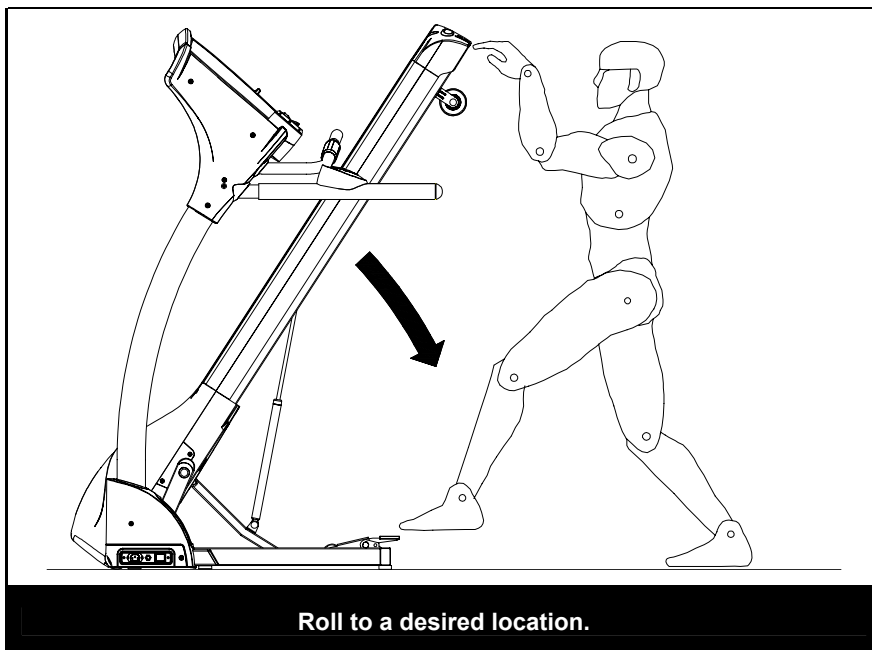
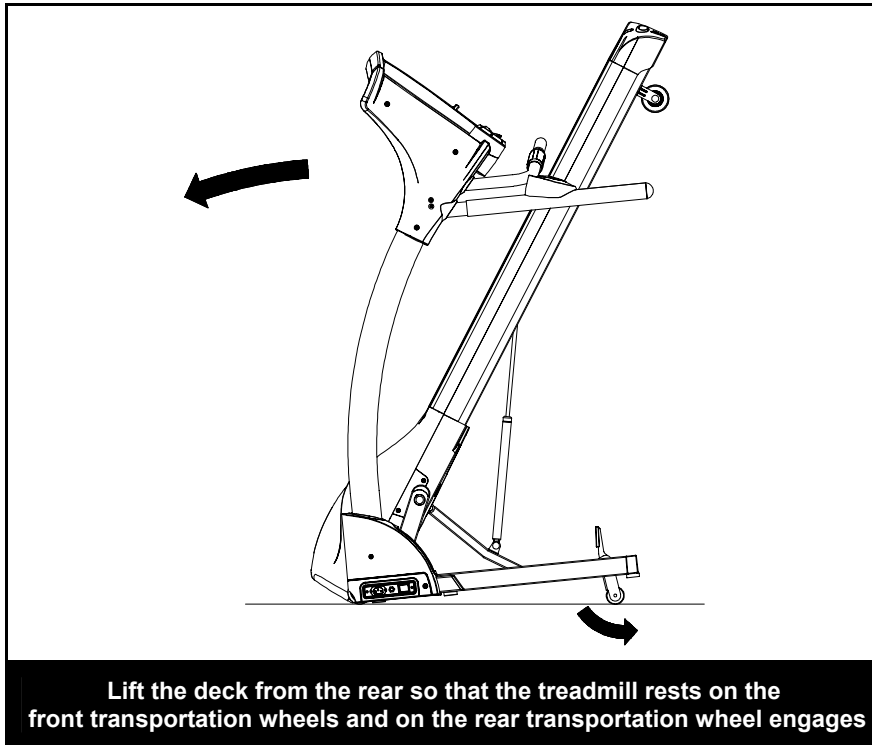


TRANSPORT INSTRUCTIONS

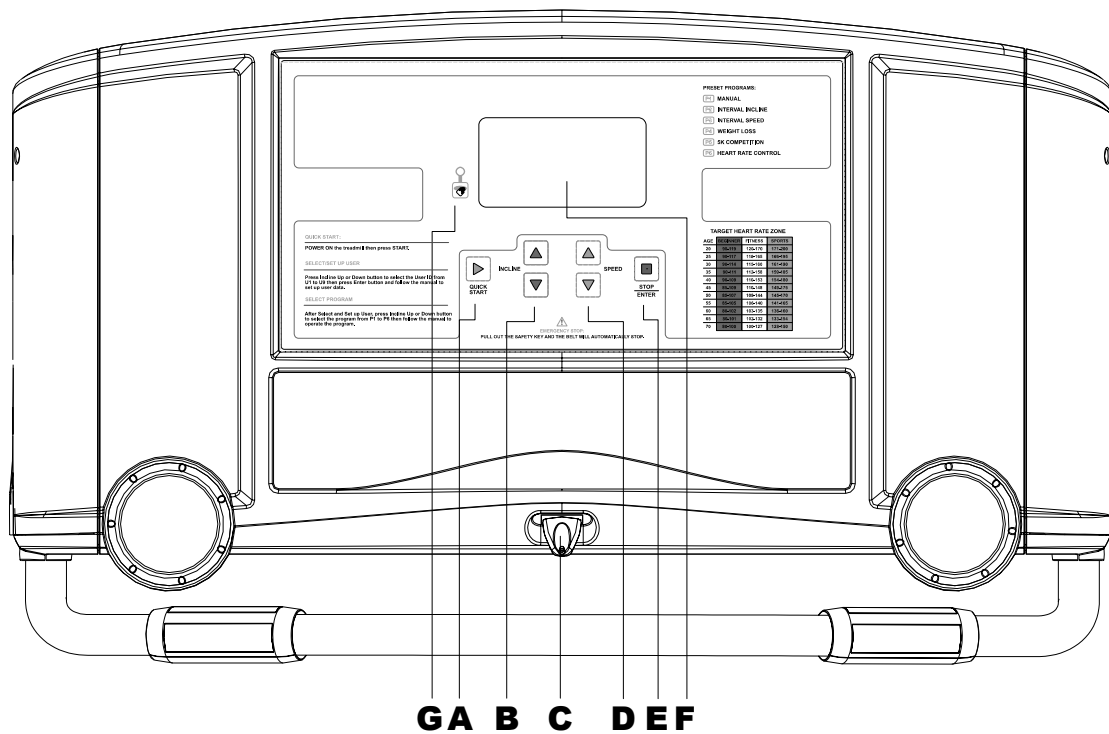
TRANSPORT INSTRUCTIONS:

NOTE: Transport wheel must be down as picture below.

To roll away for storage simply grab the rear deck, lift slightly and roll to desired location.



COMPUTER OPERATION



START Button	A	B	INCLINE UP/DOWN Buttons
Safety Key	C	D	SPEED UP/DOWN Buttons
STOP/ENTER Button	E	F	Display Window
Motion Control Button	G		

BUTTON FUNCTIONS

START – Press to start exercise at initial speed 0.5MPH / 0.8KPH.

STOP / ENTER

- Press to confirm program and preset function values setting mode.
- Press to run setting procedure before pressing the START KEY.
- Press to stop exercise during workout time.

SPEED UP

- Press to increase exercise speed by 0.1MPH/KPH.
- Hold the button to rapidly increase speed by 0.5MPH/KMPH per second and release the button to stop the function.

SPEED DOWN

- Press to decrease exercise speed by 0.1MPH/KPH.
- Hold the button to rapidly decrease speed by 0.5MPH/KMPH per second and release the button to stop the function.

INCLINE UP / DOWN

- Press up or down to change incline level.
- Press to select programs and preset related function value.

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 first turn the power switch to off and set the speed controller to stop. Next turn the power switch to on and reinsert the safety key into the console.

COMPUTER OPERATION

POWER ON

Set the POWER SWITCH, located on the base frame, to ON and insert the SAFETY KEY. The UPPER LCD and LOWER LCD screens light up all digits and enter the POWER ON mode.

The LOWER LCD SPEED/DISTANCE window shows "0.0" and 6 programs LED lights blink individually. The UPPER LCD shows 0 on all windows.

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 status when the computer is in the SLEEP MODE.

DISPLAY MODE

This feature is designed only for store display purpose. To cancel the SLEEP MODE feature, pull out the safety key, press and hold the SPEED UP and DOWN buttons, insert the safety key to power on the treadmill. After one short beep sound, the SLEEP MODE will be cancelled and the LCD will not go off as long as the power switch stays on and the safety key is inserted properly.

ENGLISH / METRIC CONVERSION

The computer has been preset to calculate and show all information in English (miles, pounds, and inches). The computer can be set to display information in Metric (kilometers, kilograms, centimeters). To do this set the POWER SWITCH, located on the base frame, to ON. Press and hold the START button. Insert the SAFETY KEY. The computer will sound one short BEEP and the UPPER LCD will show KM and blink. Press the INCLINE UP/DOWN button to switch between KM and ML. KM means Metric and ML means English. Press the STOP/ENTER button to confirm the setting and return to POWER ON status after one long beep sound.

QUICK START

When the treadmill is in POWER ON status, press the START button to activate the QUICK START. The SPEED LCD counts down 3 seconds with 3 short beeps then starts from 0.5 MPH/0.8 KPH. Press the SPEED UP/DOWN buttons to adjust the speed. Press the INCLINE UP/DOWN buttons to elevate the treadmill. The TIME, CALORIES and DISTANCE count up from 0. The PULSE LCD shows P until you hold the hand pulse grip sensors then the PULSE LCD will display the current pulse during the workout.

STOP/PAUSE

During the workout, press the STOP/ENTER button to PAUSE the treadmill, all workout data will be frozen. Press the START button to resume the workout and all data will continue counting. If the STOP/ENTER button is pressed twice, the treadmill will return to POWER ON status and all workout information will return to 0.

COMPUTER PROGRAM OPERATION

To select the program, press the program buttons when the treadmill is in POWER ON status. For the first time user, you have to set up the user information and assign your USER ID from U 1 to U 9 before the program starts.

SET UP USER INFORMATION

Press any program button on the computer panel. For the first time use of the treadmill, the LCD will show a blinking U1 and the LCD will show factory default setting values of user weight, height, age and target heart rate. Press the INCLINE UP/DOWN buttons to choose the USER ID from U1 to U9 and press the STOP/ENTER button to assign your user ID.

SET USER GENDER

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

SET USER WEIGHT

After setting the user gender, the LCD will display W. The TIME LCD display now shows the blinking factory setting user weight 150LB/68KG. Press the INCLINE UP/DOWN buttons to adjust the user weight correctly and press STOP/ENTER to set the user weight.

COMPUTER OPERATION

SET USER HEIGHT

After setting the user weight, the LCD will display H. The CALORIES LCD display now shows the blinking factory setting user height 67"/170CM. Press the INCLINE UP/DOWN buttons to adjust the user height correctly and press STOP/ENTER to set the user height.

SET USER AGE

After setting the user height, the LCD will display A. The INCLINE LEVEL LCD display now shows the blinking factory setting user age 35. Press the INCLINE UP/DOWN buttons to adjust the user age correctly and press STOP/ENTER to set the user age. When you set up the user AGE, please note the user TARGET HEART RATE will be adjusted with the user AGE according to the factory setting.

SET USER TARGET HEART RATE

The factory TARGET HEART RATE setting is based on 85% of the maximum heart rate. The maximum heart rate is calculated as 220 minus the user age. For age 35, the maximum user heart rate should be 185 and 85% of user heart rate, which is 157. After setting the user age, the LCD will show P and the PULSE LCD shows the blinking factory target heart rate setting. Press the INCLINE UP/DOWN buttons to adjust the user target heart rate properly for your own physical condition and press the STOP/ENTER button to set the user TARGET HEART RATE.

Now, you have completed the user information set up. For the 2nd or other member in the family, please assign a different user ID. Each time when the treadmill is switched off and switched on again it will enter the select program procedure. The user ID will show the user ID of the previous user.

OPERATE PROGRAM

After completing the USER INFORMATION SET UP, prior to starting the program you selected, please follow the procedure to operate the different programs as described below:

P1 MANUAL PROGRAM

If you select the P1 MANUAL program, the LCD will show the following:

After completing the user information set up, the SPEED LCD displays the initial speed 2.0MPH/3.2KPH and the PULSE LCD displays P. TIME, CALORIES AND INCLINE LEVEL all show 0. Press the START button to start the workout. Press the SPEED UP/DOWN buttons to adjust the speed from 0.5MPH to 10MPH and press the INCLINE UP/DOWN buttons to adjust the incline level from level 0 to 15. Distance, time, calories all count up from 0.

P2 INTERVAL INCLINE

If you select the P2 INTERVAL INCLINE program, the LCD will show the following:

After completing the user information set up, SPEED, CALORIES and PULSE LCD display 0. The TIME display shows factory setting 24:00 and the blinking workout load level shows 1. Press the INCLINE UP/DOWN buttons to adjust the workout load level from 1 to 12 then press the STOP/ENTER button to confirm the setting.

Then the blinking TIME LCD displays 24:00. Press the INCLINE UP/DOWN buttons to adjust the total workout time and press the STOP/ENTER button to confirm the setting.

Press the START button to start the workout. SPEED starts from 2.0MPH/3.2KPH. The TIME counts down from the set up workout time. The CALORIES and DISTANCE count up from 0. INCLINE LEVEL follows the pre-set chart as follows:

COMPUTER OPERATION

LEVEL	MIN. LEVEL	MAX. LEVEL
1	0	4
2	1	5
3	2	6
4	3	7
5	4	8
6	5	9
7	6	10
8	7	11
9	8	12
10	9.0	13.0
11	10.0	14.0
12	11.0	15.0

During the workout, press the SPEED UP/DOWN buttons to adjust the speed. Users can overwrite the incline level by pressing the INCLINE UP/DOWN buttons.

COOL DOWN

After the pre-set TIME counts down to 0, treadmill will start a one minute cool down program. The TIME LCD will display COOL and blink for 10 seconds and continue counting down 50 seconds at speed 2 MPH/3.2KPH. After a one minute cool down, the treadmill will stop and return to P2 start display. Press STOP/ENTER to go to POWER ON status.

P3 INTERVAL SPEED

If you select the P3 INTERVAL SPEED program, the LCD will show the following:

After completing the user information set up, the SPEED, CALORIES and PULSE LCD display 0. The TIME display shows factory setting 24:00 and a blinking workout load level shows 1. Press the INCLINE UP/DOWN buttons to adjust the workout load level from 1 to 12 then press the STOP/ENTER button to confirm the setting. Then the TIME LCD will display a blinking 24:00. Press the INCLINE UP/DOWN buttons to adjust the total workout time and press STOP/ENTER button to confirm the setting.

Press the START button to start the workout. The SPEED start and change follows the pre-set workout load speed chart as below. The TIME counts down from the set up workout time. The CALORIES and DISTANCE count up from 0. INCLINE LEVEL starts from level 0.

LEVEL	MIN. SPEED	MAX. SPEED
1	1.8	3.0
2	2.0	3.4
3	2.2	3.8
4	2.4	4.2
5	2.6	4.6
6	2.8	5.0
7	3.0	5.4
8	3.2	5.8
9	3.4	6.2
10	3.6	6.6
11	3.8	7.0
12	4.0	7.4

During the workout, press the INCLINE UP/DOWN button to adjust the incline level. Users can overwrite the speed by pressing the SPEED UP/DOWN buttons.

COOL DOWN

After the pre-set TIME counts down to 0, the treadmill will start a one minute cool down program. The TIME LCD will display COOL and blink for 10 seconds and continue counting down 50 seconds at a speed of 2MPH/3.2KPH. After the one minute cool down, the treadmill will stop and return to P2 start display. Press STOP/ENTER to go to POWER ON status.

COMPUTER OPERATION

P4 WEIGHT LOSS

If you select the P4 WEIGHT LOSS program, the LCD will show the following:

After completing the user information set up, the SPEED, CALORIES and PULSE LCD display 0. The TIME display shows factory setting 24:00 and the blinking workout load level shows 1. Press the INCLINE UP/DOWN buttons to adjust the workout load level from 1 to 12 then press the STOP/ENTER button to confirm the setting. Then the TIME LCD displays a blinking 24:00. Press the INCLINE UP/DOWN buttons to adjust the total workout time and press the STOP/ENTER button to confirm the setting.

Press the START button to start the workout. The SPEED and INCLINE follow the pre-set workout load chart. The TIME counts down from the set up workout time. Distance and Calories count up from 0.

LEVEL	MIN. SPEED	MAX. SPEED	MINI. INCLINE LEVEL	MAX INCLINE LEVEL
1	1.6	2.9	0	3
2	1.8	3.1	0	4
3	2.0	3.3	1	5
4	2.2	3.5	1	6
5	2.4	3.7	2	7
6	2.6	3.9	2	8
7	2.8	4.1	3	9
8	3.0	4.3	3	10
9	3.2	4.5	3	11
10	3.4	4.7	4	12
11	3.6	4.9	4	13
12	3.8	5.1	4	14

During the workout, users can overwrite the speed by pressing the SPEED UP/DOWN buttons and overwrite the incline level by pressing the INCLINE UP/DOWN buttons.

COOL DOWN

After the pre-set TIME counts down to 0, the treadmill will start a one minute cool down program. The TIME LCD will display COOL and blink for 10 seconds and continue counting down 50 seconds at a speed of 2MPH/3.2KPH. After a one minute cool down, the treadmill will stop and return to P2 start display. Press STOP/ENTER to go to POWER ON status.

P5 5K SELF LEARNING / COMPETITION

If you select the P5 5K SELF LEARNING / COMPETITION program, the LCD will show the following:

After completing the user information set up, the DISTANCE LCD shows preset distance 3M/5KM. The TIME, CALORIES and INCLINE LEVEL LCD display 0 and the PULSE LCD display shows P.

Press the START button to start the program. Speed starts from 2.0MPH/3.2KPH. The TIME and CALORIES count up from 0. Incline level follows the factory pre-set profile. DISTANCE counts down from 3ML/5KM. During the workout you can adjust the speed by pressing the SPEED UP/DOWN buttons and overwrite the INCLINE LEVEL by pressing the INCLINE UP/DOWN buttons.

COOL DOWN

After the pre-set DISTANCE counts down to 0, the treadmill will start a one minute cool down program. The TIME LCD will display COOL and blink for 10 seconds and continue counting down 50 seconds at a speed of 2MPH/3.2KPH. After a one minute cool down, the treadmill will stop and return to P2 start display. Press STOP/ENTER to go to POWER ON status.

COMPUTER OPERATION

♥ P6 HEART RATE CONTROL

If you select the P6 5K HEART RATE CONTROL program, the LCD will show the following:

After completing the user information set up, the TIME LCD shows the blinking factory pre-set workout time 60:00. Press the INCLINE UP/DOWN buttons to adjust the workout time and press the STOP/ENTER button to confirm. Then the upper LCD shows initial speed 2.0MPH/3.2KPH and the lower LCD shows initial warm up time 3:00.

Press the START button to start the 3 minute WARM UP program. Speed starts from 2.0MPH/3.2KPH and INCLINE LEVEL starts from level 0. Please keep your hand on the hand pulse grips all the time during this workout in order to monitor your pulse correctly. During the program, if the heart rate monitor fails to sense the pulse you will see P blinking on the PULSE LCD. If the heart rate monitor senses the pulse properly you will see the stable heart beat sign on the PULSE LCD and the correct pulse readout on the PULSE LCD. The computer will sense the user pulse every 30 seconds. During the warm up program you can press the STOP/ENTER button to pause or stop the program or press the START button to re-start the program. Other buttons will not react during this warm up process.

During the warm up program if heart rate monitor fails to sense the user's pulse (The PULSE LCD will display P and blink), the computer will not change the speed. If heart rate monitor senses the user's pulse properly and the actual user's pulse does not reach 65% of the maximum heart rate $((220 - \text{age}) \times 65\%)$, then speed will increase by 0.5MPH/0.8KPH per 30 seconds. If the actual pulse reaches 65% of the maximum heart rate, the speed will remain unchanged. If the actual pulse reaches 65% of the maximum heart rate over one minute, then the speed will be maintained the same until the warm up program finishes.

If the actual user's pulse fails to reach 65% of the maximum heart rate within the first 3 minutes of warm up, the computer will continue the second 3 minute warm up program. All workout information continues to count up and the timer counts down from 3:00. During the second 3 minute warm up, the computer will change the incline level instead of speed. If the heart rate monitor fails to sense the user's pulse (The PULSE LCD will display P and blink), the computer will not change the incline level. If the heart rate monitor senses the user's pulse properly and the actual user's pulse does not reach 65% of the maximum heart rate $((220 - \text{age}) \times 65\%)$, then the incline level will be increased by 1 level per 30 seconds. If the actual pulse reaches 65% of the maximum heart rate, the incline level will remain unchanged. If the actual pulse reaches 65% of the maximum heart rate over one minute, then the speed will be maintained the same until the warm up program finishes.

If the actual user's pulse fails to reach 65% of the maximum heart rate within the second 3 minutes of warm up, the computer will continue the third 3 minute warm up program. All workout information continues to count up and the timer counts down from 3:00. During the third 3 minute warm up, both speed and incline remain unchanged regardless of the actual pulse. If time counts down to 0 and 65% of the max. heart rate still can not be reached, the TIME LCD will show FAIL, and the program will stop and return to POWER ON status.

After the warm up program (if the actual pulse reaches 65% of the max. heart rate to complete warm up program), the computer will enter the HEART RATE CONTROL program. TIME counts down from the previous setting. Distance and Calories will continue counting up from the warm up program. During the HEART RATE CONTROL program, the heart rate monitor will sensor the actual user's pulse every 30 seconds. If the actual user's pulse does not reach 85% of the max. heart rate, then the incline level will be increased by 1 level every 30 seconds. If the actual user's pulse reaches 85% of the max. heart rate, then the treadmill performance will be remained the same. If the actual user's pulse is above 85% of the

max. heart rate, the incline level will be reduce by 1 level. Speed will remain unchanged until the incline level increase up to 15% or the incline level down to 0%. If the incline level is up to 15% and still 85% of the max. heart rate can not be reached, then speed will start increasing by 0.5MPH/0.8KPH every 30 seconds. If the incline level is down to 0% and still lower than 85% of the max. heart rate can not be reached, then the speed will lower by 0.5MPH/0.8KPH every 30 seconds.

If the actual user's pulse reaches above 85% of max. heart rate over 3 minutes, the HEART RATE CONTROL program will be shut down and the computer will enter the one minute COOL DOWN program.

When the TIME counts down to 0, the HEART RATE CONTROL program is completed, and the computer will enter the one minute COOL DOWN program.


After the COOL DOWN program, the computer will return to POWER ON status.

The purpose of the HEART RATE CONTROL program is to keep the user's pulse between 65% of the max. heart rate and 85% of the max. heart rate as to reach the most efficient workout result.

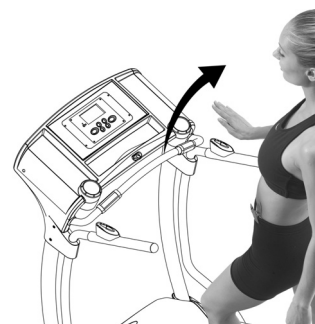
MOTION CONTROL OPERATION

MOTION CONTROL:

Walking belt speed can be increased, decreased or stopped using the Motion Control sensors on the handlebars. To do this follow the instructions below:

1. Press the  MOTION CONTROL button on the console to switch the motion control function on and off:
 - When the LED light is **ON** the MOTION CONTROL is **active**.
 - When the LED light is **OFF** the MOTION CONTROL is **off**.

2. After switching on the MOTION CONTROL wave your right hand approximately 6 inches above the motion sensor on the right handle bar to increase the speed. The sensor will sound one short BEEP per scan and speed up by 0.1 MPH per BEEP. Holding your right hand approximately 6 inches above the right sensor constantly results in the sensor sounding one long BEEP per second and speeding up rapidly.




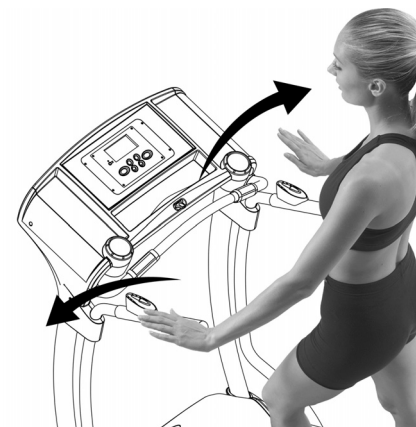
2. Use right sensor to speed up.

3. Wave your left hand approximately 6 inches above the motion sensor on the left handle bar to decrease the speed. The sensor will sound one short BEEP per scan and decrease speed by 0.1 MPH. Holding your left hand approximately 6 inches above the left sensor constantly results in the sensor sounding one long BEEP per second and decreasing speed rapidly.



3. Use left sensor to slow down.

4. Wave both hands approximately 6 inches above both motion sensors at the same time. The sensor will sound two short BEEP sounds then stop the belt.
 - **Always switch off the motion control function by pressing the  MOTION CONTROL button on the console before turning off the power to the treadmill.**



4. Use both sensors to stop belt.

MAINTAINENCE

HOW TO MAINTAIN THE MOMENTUM G-FIT-5.25 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.

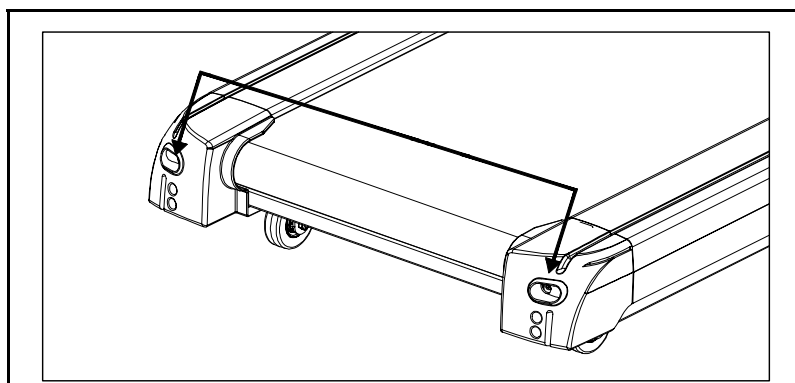
- **Important:** Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- Inspect and tighten all parts of the treadmill regularly. Replace any worn parts immediately.

BELT ADJUSTMENT:

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 with the plastic side rail or end caps and possibly causing damage. To adjust the belt back to it's proper position please follow the directions below:

- **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 same distance, usually a 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 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.

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.

MAINTAINENCE

CLEANING:

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

- **Warning:** To prevent electrical shock, be sure the power to the treadmill is OFF and the power cord is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.
- **Important:** Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- **After each workout:** Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration.
- **Weekly:** Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually makes it to underneath the treadmill. Vacuum underneath treadmill once a week.

DECK LUBRICATION:

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

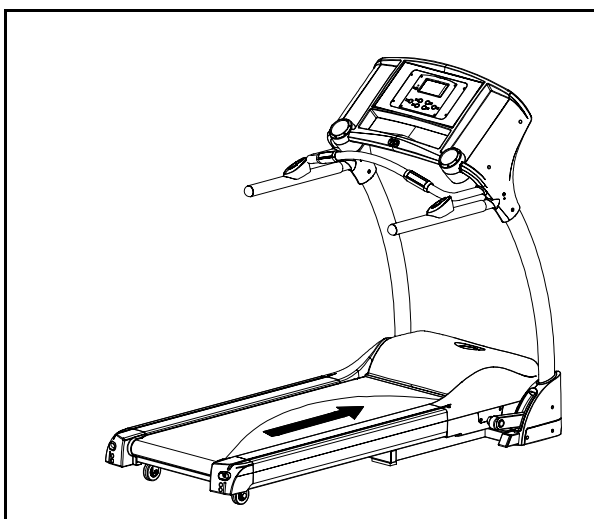
Every 2 months of operation lift the sides of the walking belt and feel the top surface of the walking board as far as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, follow the instructions below.

Please use Lube 'N Walk (can be purchased from your dealer or call the number on the front of the manual), or a non-petroleum based silicone such as "Napa 8300" (available at most stores).

To purchase lubricant kit please contact Smooth Fitness 0800-09 72 100

To apply lubricant to the walking belt:

1. Position the walking belt so that the seam is located on top and in center of the walking board.
2. Insert the spray nozzle into the spray head of the lubricant can.
3. While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 6" from the front of the treadmill. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Spray approximately ¼ bottle (supplied with treadmill) each time.
4. Allow the silicone to "set" for 1 minute before using the treadmill.



Spray lubricant from front to back.

WARRANTY

Read and follow the Assembly-instructions and the User's-Manual before using this product.

Warranty Coverage: Smooth Fitness warrants to the original owner that each new product to be free from defects in workmanship and material.

This warranty is limited on home use only.

Period of Coverage: The Home-Use-Warranty on this product runs from the date of original purchase using the following schedule:

Frame	Drive Motor	Electronics	Parts	Labor
Lifetime	10 years	2 years	2 years	2 years

- Smooth Fitness will provide a replacement part free of charge if a defect is found during the Warranty period of 2 years.
- Smooth Fitness reserves the right to inspect damaged parts for misuse.

It is required to show a proof of purchase prior to warranty service being initiated. Your Original Receipt is proof of purchase and should be kept with the product manual.

As a matter of course we will be available and open for all your problems even when the warranty has already expired. Simply call the service number down below.

Any redemption may be by repair or replacement of the affected parts and/or product at the sole discretion of Smooth Fitness and it's authorized Service Partners. If repairs are required, the unit will be repaired at the location of use or by return to the factory as deemed appropriate by Smooth Fitness.

Parts repaired or replaced pursuant to this Warranty shall be warranted for the unexpired portion of the Warranty applying to the original product. Any technical advice furnished before or after delivery in regard to the use or application of Smooth Fitness products is furnished without charge and on the basis that it represents Smooth Fitness' best judgment under the circumstances but that the advice is used at your sole risk.

Procedure for Obtaining Your Remedy Under This Warranty: To obtain service on a Smooth Fitness product, please call the Smooth Fitness Service Partner under 0800-09 72 100. To help the technician assist you, please have the following information ready:

- Model name or number from the cover of the manual;
- Serial number located on the frame of the unit; and
- The part description and the order number.

Limitations on Warranty: This Warranty does not cover wear and tear, any problems, damages or failures that are caused by accident, improper assembly, failure to observe cautionary labels on the product, failure to operate the product correctly, abuse or freight damage. Smooth Fitness does not warrant against any damage or defects that may result from repair or alterations made to the product by an unauthorized repair facility.

This Warranty does not apply to any product shipped or handled outside of Germany, Austria and England. This Warranty does not apply if the product is used as a rental product or in commercial use. Consequential and incidental damages are not recoverable under this Warranty.

RESEPECTIVE LAWS OF THE COUNTRIES OF SALE REMAIN UNTOUCHED. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER EXPRESS WARRANTIES. THE PERIOD OF COVERAGE OF THIS WARRANTY RUNS FROM THE DATE OF PURCHASE: SMOOTH FITNESS IS NOT LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES RESULTING FROM ANY DEFECT IN PARTS. SMOOTH FITNESS' SOLE LIABILITY UNDER THIS WARRANTY IS LIMITED TO THE TERMS DESCRIBED IN THIS FORM, AS LONG NOT GOVERNED DIFFERENTLY BY LOCAL LAW.

For assistance with assembly or to order replacement parts, please call the Smooth Fitness Service Partner under 0800-09 72 100. To help them assist you, please have the following information ready:

- Model name or number from the cover of the manual;
- Serial number located on the frame of the unit; and
- The part description and order number.

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.



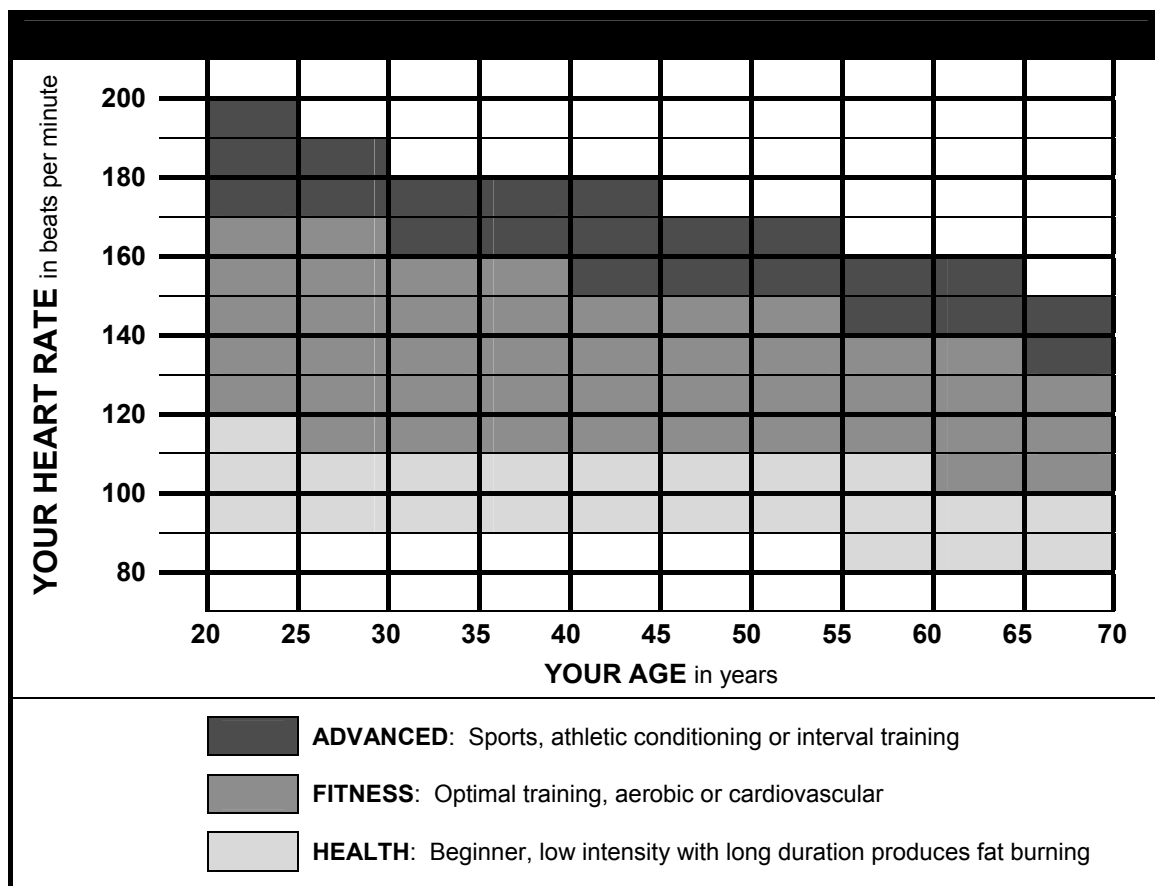
The Surgeon General
has determined that lack
of physical activity is
detrimental to your health.™

TARGET HEART RATE

Finding your pulse:

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

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



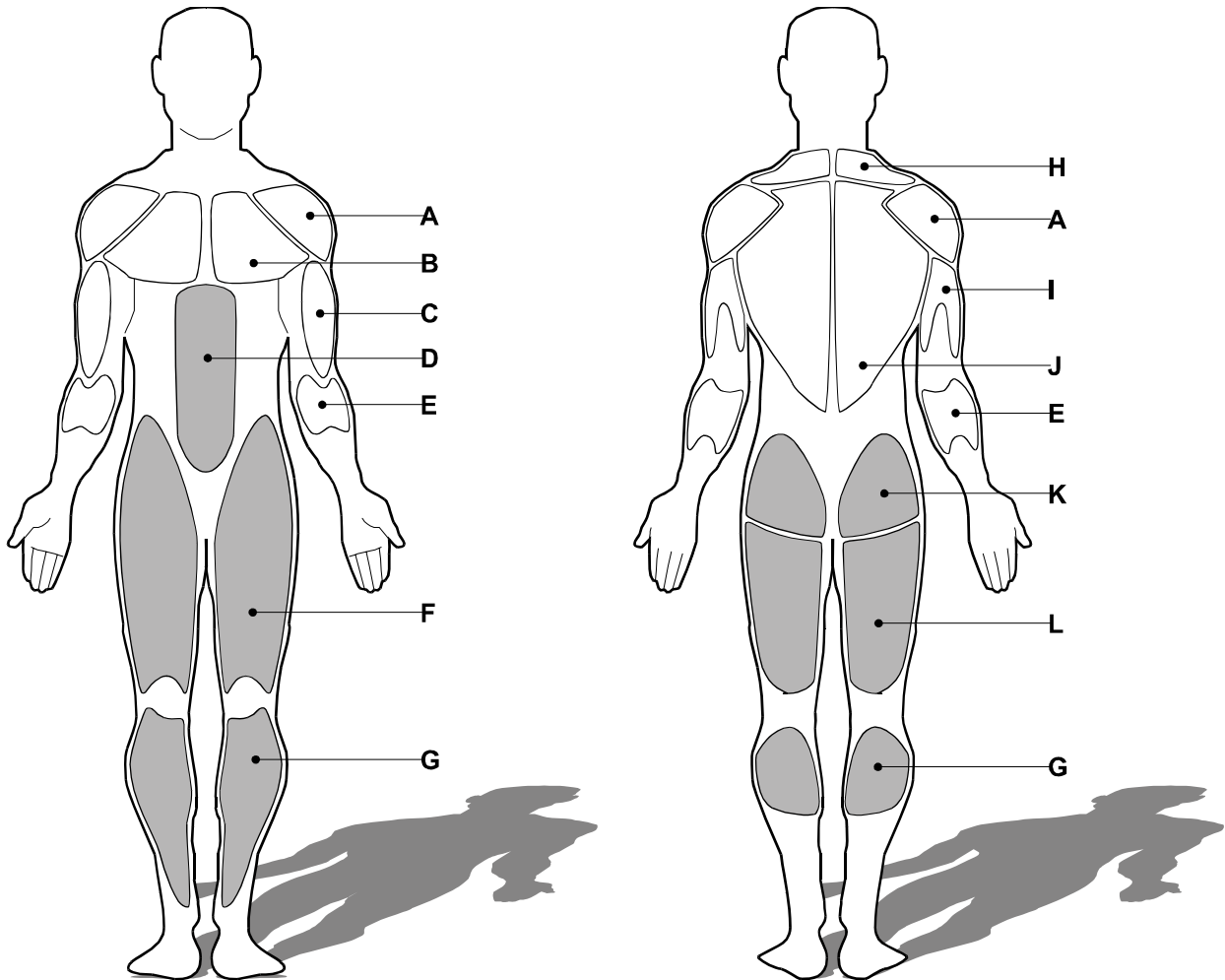
Aerobic exercise:

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

MUSCLE CHART

Targeted muscle groups:

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



MUSCLE GROUPS

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

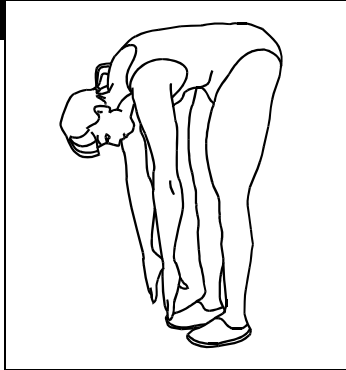
Warm up and cool down:

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:

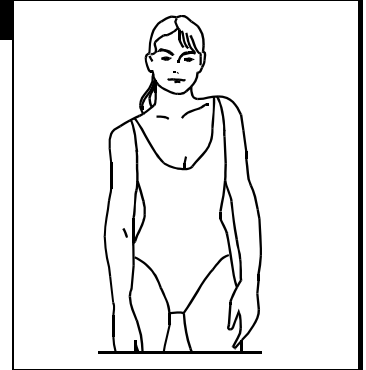
Toe Touch:

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.



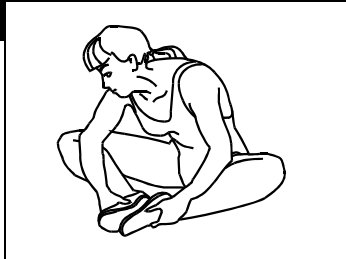
Shoulder Lift:

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.



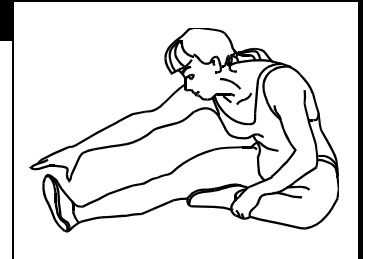
Inner Thigh Stretch:

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.



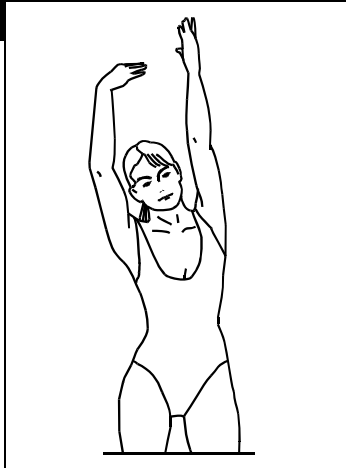
Hamstring

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.



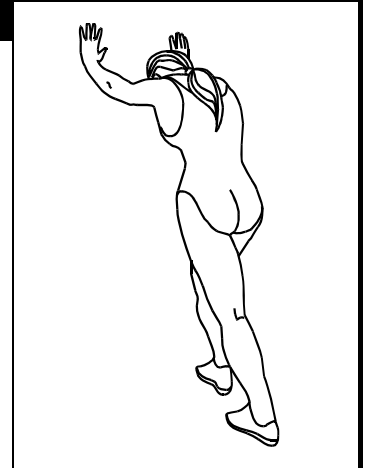
Side Stretch:

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.



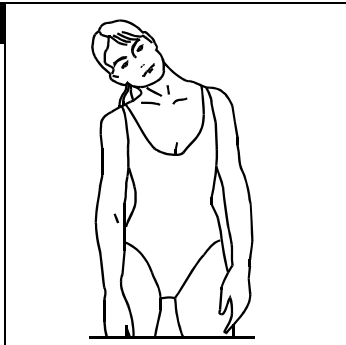
Calf-Achilles Stretch:

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	<p>Check the following:</p> <ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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)	<ul style="list-style-type: none"> • Check for proper positioning of spring knob for folding(See procedure in owners manual)
Treadmill will not unfold	<p>Power Fold only</p> <ul style="list-style-type: none"> • Check for proper positioning of spring knob for folding(See procedure in owners manual) <p>Manual Fold only</p> <ul style="list-style-type: none"> • Folding locking lever is depressed
Treadmill running belt moves slower than speed displayed on computer	<ul style="list-style-type: none"> • Metric/English conversion (See owners manual for Metric/English conversion process)
Treadmill running belt moves slower than speed displayed on computer	<p>Metric/English conversion (See owners manual for Metric/English conversion process)</p>
Running belt is not centered	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Tension running belt (See process in owners manual)
Treadmill running belt moves slower than speed displayed on computer	<ul style="list-style-type: none"> • Metric/English conversion (See owners manual for Metric/English conversion process)
Running belt is not centered	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Tension running belt (See process in owners manual)



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