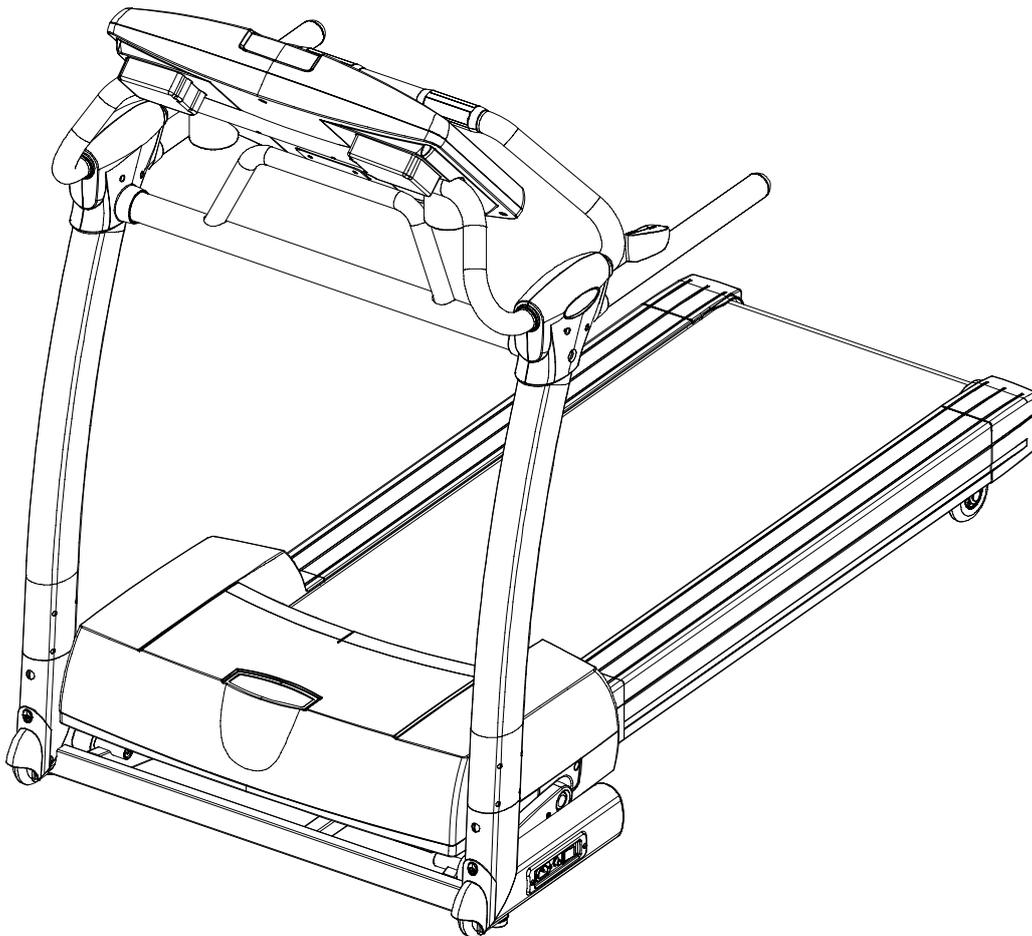


# 6.45M MOTORIZED TREADMILL



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

SERIAL NUMBER (found on frame):



## PRECAUTIONS

### For future service or related questions:

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

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

### Precautions:

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

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

## POWER REQUIREMENTS

### Power Requirements:

IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN THE RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT, IF IT WILL NOT FIT THE OUTLET; HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

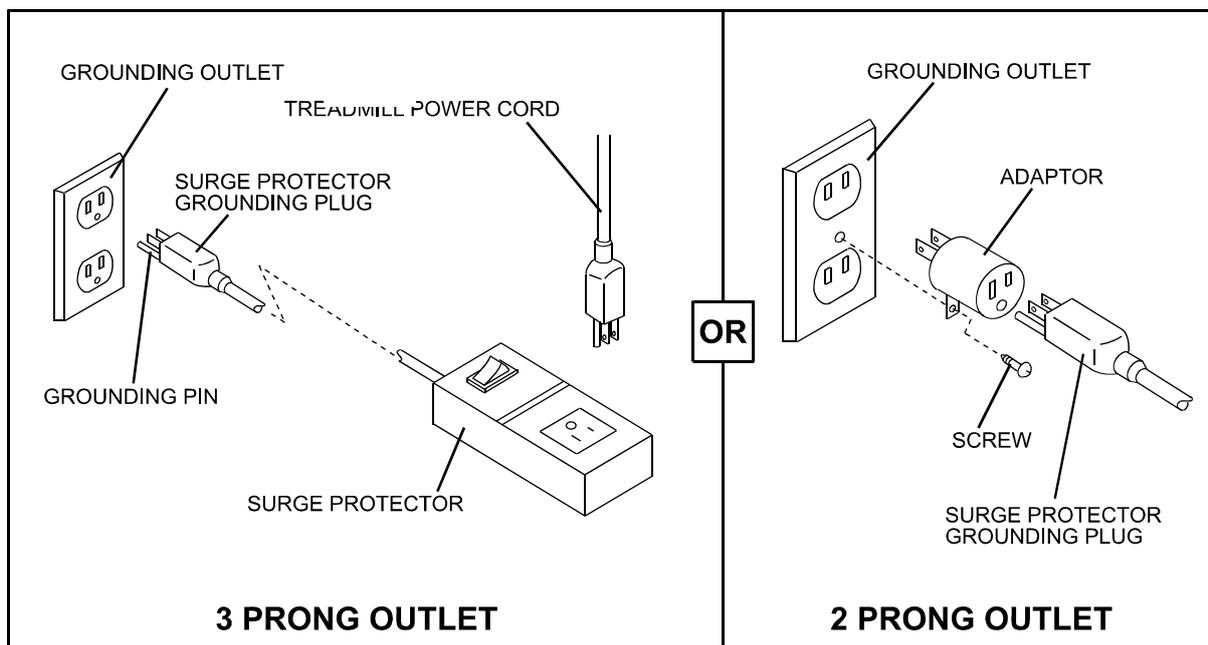
This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of treadmill damage, always use a surge protector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

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

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

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

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



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

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

\*Assembly instructions are on pages 18-26.

**Gather your tools:**

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

**Clear your work area:**

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

**Invite a friend:**

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

**User Weight Limitation:**

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

**Care and maintenance:**

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

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

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

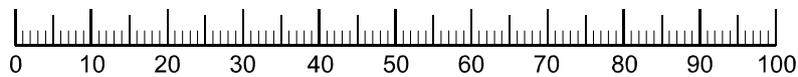
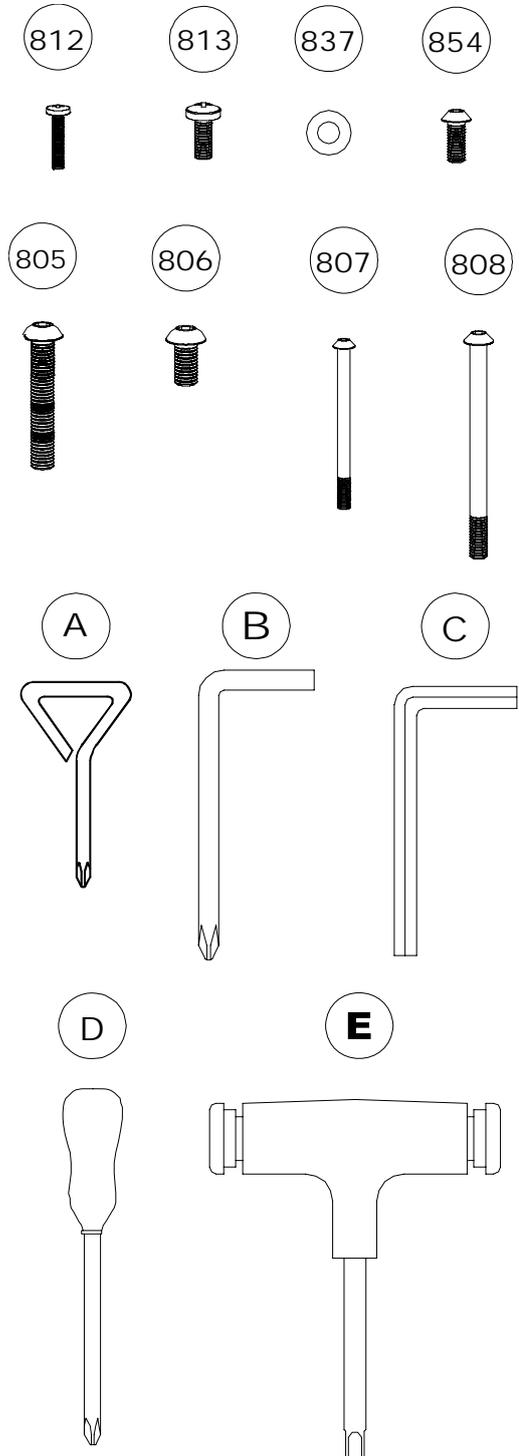
Always check the wear and tear components like pulley, belts, etc....To prevent injury.

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

### SUPPLIED HARDWARE

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

No.	Description	Qty.
805	M8 x 50mm Allen Head Bolt	4
806	M8 x 16mm Allen Head Bolt	4
807	M6 x 55mm Allen Head Bolt	2
808	M8 x 90 x 35mm Allen Head Bolt	2
812	4 x 12mm Truss Head Screw – Flat Point	8
813	M6 x 20mm Screw	2
837	8 x 20 x 1.5mm Cup Washer	2
854	M8 x 15mm Allen Head Bolt	2
A	Screwdriver – Triangle	1
B	Screwdriver – L	1
C	8mm Allen Key	1
D	Slotted Screwdriver	1
E	5mm Allen Key	1



MILLIMETERS

## COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
<b>6.45M-100</b>			
101	Overlay	1	6.45M-101
102	Computer Insert	1	6.45M-102
103	Computer PC Board	1	6.45M-103
104	Water Bottle Holder	2	6.45M-104
105	Console Housing – Upper	1	6.45M-105
106	Safety Key Base	1	6.45M-106
107	Safety Key	2	6.45M-107
108	Safety Key Micro Switch	1	6.45M-108
109	Console Housing – Bottom	1	6.45M-109
110	Plastic Ring 20x40	1	6.45M-110
111	Console Support Tube	1	6.45M-111
112	Volume Control Board	1	6.45M-112
113	Volume Knob	1	6.45M-113
114	Speaker Cover – Left	1	6.45M-114
115	Speaker	1	6.45M-115
116	Speaker Base – Left	1	6.45M-116
117	Speaker Cover – Right	1	6.45M-117
118	Speaker Base – Right	1	6.45M-118
119	Audio Control Board	1	6.45M-119
<b>6.45M-200</b>			
201	Handlebar Cover – LL	1	6.45M-201
202	Handlebar Cover – LR	1	6.45M-202
203	Handlebar Cover – RL	1	6.45M-203
204	Handlebar Cover – RR	1	6.45M-204
205	Slide Wedge	2	6.45M-205
206	Handlebar	2	6.45M-206
207	Handlebar Foam Grip	2	6.45M-207
208	Handlebar End Cap	2	6.45M-208
209	Upright	2	6.45M-209
210	Fix Bolt	2	6.45M-210
214	Crossbar	1	6.45M-214
215	Hand Pulse Sensor	2	6.45M-215
216	Hand Pulse Sensor Back Cover	2	6.45M-216
217	Tube Cap 32.4 x 37.4 x 83mm	2	6.45M-217
218	Front Handlebar	1	6.45M-218
219	Front Handlebar Foam Grip 31.75 x 130 x 3mm	1	6.45M-219
220	Front Handlebar Foam Grip 31.75 x 375.5 x 3mm	2	6.45M-220

**COMPLETE PARTS LIST**

Item No.	Description	Qty.	Part No.
<b>6.45M-300</b>			
301	Base Frame	1	6.45M-301
302	Wheel Bracket Pivot	2	6.45M-302
303	Foot Locker	1	6.45M-303
304	Wheel Bushing	8	6.45M-304
305	Wheel 100 x 25	5	6.45M-305
306	Wheel Cover	2	6.45M-306
307	Rubber Cushion	2	6.45M-307
308	Level Adjuster	4	6.45M-308
309	Base Frame Round End Cap	2	6.45M-309
310	Base Frame End Cap	2	6.45M-310
311	Foot Locker Spring	1	6.45M-311
312	Wheel Pedal	1	6.45M-312
313	Wheel Bracket	1	6.45M-313
314	Wheel 50 x 22	1	6.45M-314
315	Power Switch	1	6.45M-315
316	Power Socket	1	6.45M-316
317	Power Plate	1	6.45M-317
318	Power Breaker	1	6.45M-318
319	Power Plate Cover	1	6.45M-319
320	Spring	1	6.45M-320
321	Nylon Ring	1	6.45M-321
322	Rubber Wire Tube Cap	2	6.45M-322
<b>6.45M-500</b>			
401	Motor Hood Pad	1	6.45M-401
402	Motor Hood	1	6.45M-402
403	Transformer 7611	1	6.45M-403
404	Transformer 5754	1	6.45M-404
405	Elevation Control Board	1	6.45M-405
406	Elevation Control Board Fix Bolt	6	6.45M-406
407	Control Board	1	6.45M-407
408	Driving Motor	1	6.45M-408
410	Motor Holder	1	6.45M-410
411	Driving Belt	1	6.45M-411
412	Deck Frame Side Cover – Left	1	6.45M-412
413	Motor Bottom Cover	1	6.45M-413
414	Deck Frame Side Cover – Right	1	6.45M-414
415	Deck Rubber Cushion	2	6.45M-415

## COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
<b>6.45M-500</b>			
501	Running Belt	1	6.45M-501
502	Side Rail	2	6.45M-502
503	Side Rail End Cap – Left	1	6.45M-503
504	Side Rail End Cap – Right	1	6.45M-504
505	Running Deck	1	6.45M-505
506	Cushion Pad	10	6.45M-506
507	Plastic Fixed Block	2	6.45M-507
<b>6.45M-600</b>			
601	8Pin Power Wire – Upper 2200mm	1	6.45M-601
602	8Pin Power Wire – Lower 1200mm	1	6.45M-602
603	3C Power Wire 1000mm	1	6.45M-603
604	3Pin Power Connect Wire 180mm	2	6.45M-604
605	Power Connect Wire 100mm	3	6.45M-605
606	6Pin Control Board Connect Wire 320mm	1	6.45M-606
607	4Pin Speaker Power Wire – Upper 2700mm	1	6.45M-607
608	4Pin Speaker Power Wire – Lower 1400mm	1	6.45M-608
609	2Pin Audio Power Wire 400mm	1	6.45M-609
610	3Pin Audio Connect Wire 50mm	1	6.45M-610
611	3Pin Speaker Power Wire 500mm	1	6.45M-611
612	Safety Key Wire – Upper 2300mm	1	6.45M-612
613	Safety Key Wire – Lower 500mm	1	6.45M-613
614	Receiver	1	6.45M-614
615	Hand Pulse Sensor Wire – Upper 1250mm	2	6.45M-615
617	Micro Switch Wire 200mm	2	6.45M-617
618	3C Power Connect Wire 300mm	2	6.45M-618
619	Power Ground Wire 250mm	1	6.45M-619
<b>6.45M-700</b>			
701	Front Roller Shaft	1	6.45M-701
704	Front Roller	1	6.45M-704
705	Roller Pulley	1	6.45M-705
706	Bearing Base	4	6.45M-706
707	Elevation Support Tube Cover – Right	1	6.45M-707
708	Nylon Clamp – Top	2	6.45M-708
709	Nylon Clamp – Bottom	2	6.45M-709
710	Elevation Support Tube Cap	2	6.45M-710
711	Elevation Support Tube Cover – Left	1	6.45M-711
712	Nylon Clamp Bracket	2	6.45M-712

**COMPLETE PARTS LIST**

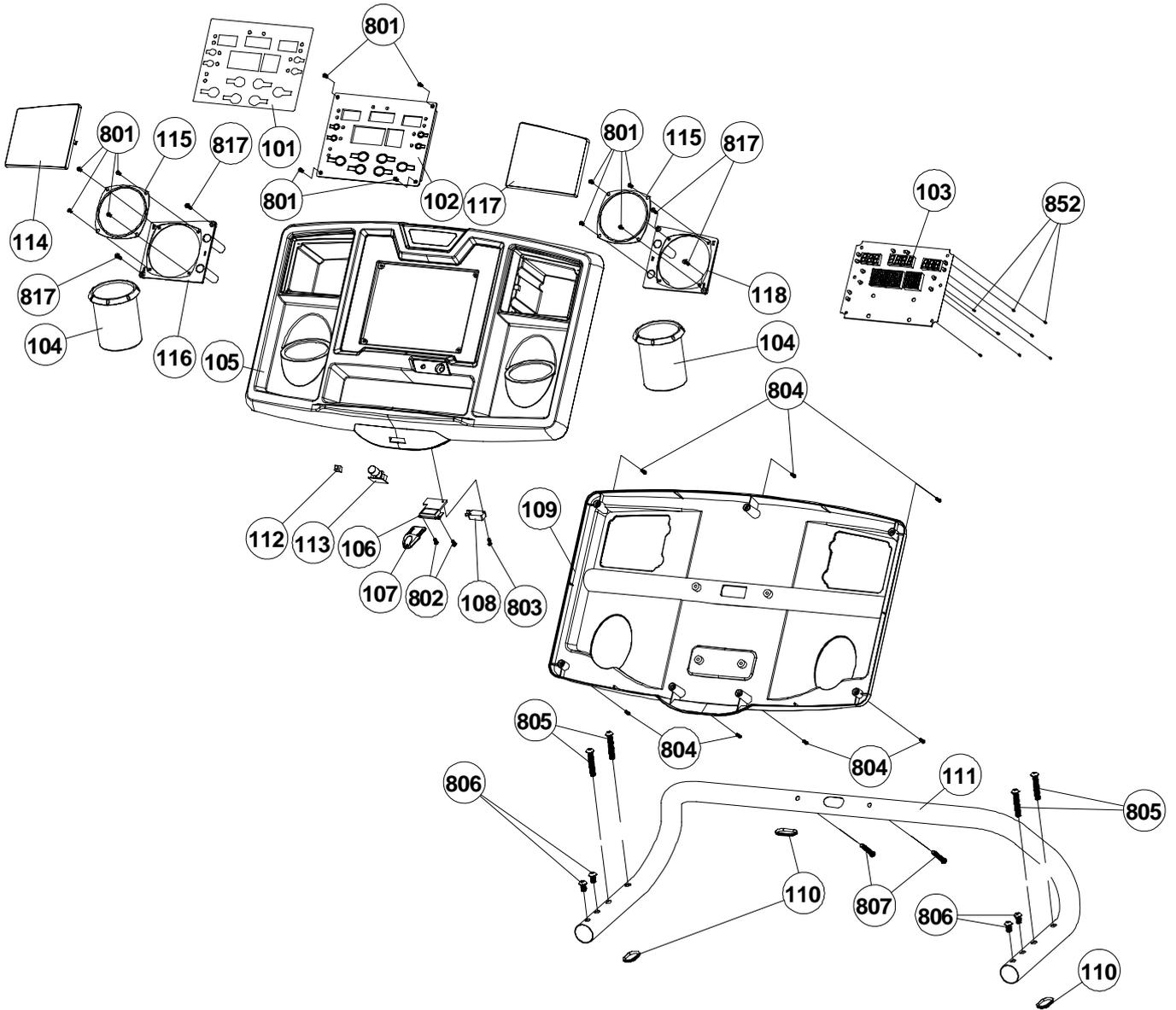
Item No.	Description	Qty.	Part No.
713	Fold Up Support Wheel	1	6.45M-713
714	Nylon Bushing 10 x 16 x 8.5mm	3	6.45M-714
715	Oilless Bearing 10 x 12 x 10mm	1	6.45M-715
716	Nylon Bushing 10 x 21 x 18mm	2	6.45M-716
717	Elevation Support Tube	1	6.45M-717
719	Deck Frame – Rear	1	6.45M-719
720	Running Deck Support Tube	1	6.45M-720
721	1/2" Cable Tie	3	6.45M-721
722	1/4" Cable Tie	1	6.45M-722
723	Rear Roller	1	6.45M-723
724	Deck Frame	1	6.45M-724
725	Rear Roller Shaft	1	6.45M-725
726	Bearing 6202	4	6.45M-726
728	Elevation Support Tube	1	6.45M-728
729	Shock	1	6.45M-729
730	Elevation Motor	1	6.45M-730
731	Elevation Gear Sleeve	1	6.45M-731
<b>6.45M-800</b>			
801	3 x 10mm Round Head Phillips Screw – Flat Point	4	6.45M-801
802	3 x 10mm Round Head Phillips Screw – Cone Point	2	6.45M-802
803	M3 x 16mm Self Tapping Screw		6.45M-803
804	4 x 12mm Round Head Phillips Screw – Flat Point	7	6.45M-804
805	M8 x 50mm Allen Head Bolt	4	6.45M-805
806	M8 x 16mm Allen Head Bolt	4	6.45M-806
807	M6 x 55mm Allen Head Bolt	2	6.45M-807
808	M8 x 90 x 35mm Allen Head Bolt	2	6.45M-808
809	M6 x 10mm Screw	2	6.45M-809
810	3/8" x 30mm Bolt	1	6.45M-810
811	M8 x 20mm Allen Head Bolt	2	6.45M-811
812	4 x 12mm Truss Head Screw – Flat Point	8	6.45M-812
813	M6 x 20mm Screw	2	6.45M-813
814	Plastic Fixing Insert	6	6.45M-814
815	8 x 32 x 2mm Washer	2	6.45M-815
816	M8 x 60mm Allen Head Bolt	2	6.45M-816
817	4 x 19mm Truss Head Screw – Flat Point	8	6.45M-817
818	M8 C Clip	1	6.45M-818
819	6.5 x 13 x 2mm Washer	6	6.45M-819
820	4 x 12mm Truss Head Screw – Cone Point	39	6.45M-820

**COMPLETE PARTS LIST**

Item No.	Description	Qty.	Part No.
821	M5 x 12mm Allen Head Bolt	3	6.45M-821
822	M3 x 12mm Round Head Phillips Screw – Flat Point	2	6.45M-822
823	M10 Nylon Nut	8	6.45M-823
824	M10 x 45mm Allen Head Bolt	2	6.45M-824
825	M10 x 52 x 30mm Bolt	1	6.45M-825
826	8 x 35mm Axle	1	6.45M-826
827	M8 Nut	10	6.45M-827
828	Fixed Block	10	6.45M-828
829	M8 x 25mm Screw	10	6.45M-829
830	8 x 14 x 2mm Spring Washer	12	6.45M-830
831	M10 x 30mm Allen Head Bolt	10	6.45M-831
832	M10 x 100mm Bolt	1	6.45M-832
833	M10 x 100 x 35mm Carriage Bolt	1	6.45M-833
834	Compression Spring	1	6.45M-834
835	10 x 23 x 2mm Washer	12	6.45M-835
836	8 x 16 x 3mm Washer	4	6.45M-836
837	8 x 20 x 1.5mm Cup Washer	2	6.45M-837
838	M10 x 40 x 10mm Bolt	1	6.45M-838
839	M6 x 70mm Allen Head Cap Bolt	3	6.45M-839
840	M10 x 43mm Carriage Bolt	2	6.45M-840
841	4 x 25mm Self Tapping Screw	2	6.45M-841
842	4 x 16mm Round Head Phillips Screw – Cone Point	2	6.45M-842
843	M10 C Clip	2	6.45M-843
844	M10 x 90 x 13mm Bolt	1	6.45M-844
845	Oilless Bearing 14 x 10	2	6.45M-845
846	14 x 9.8 x 40mm Axle	1	6.45M-846
847	M14 x 90mm Bolt	2	6.45M-847
848	M10 x 63mm Bolt	2	6.45M-848
849	10 x 16 x 2mm Spring Washer	10	6.45M-849
850	15 x 30 x 2mm Washer	2	6.45M-850
851	15 x 22 x 1mm Washer	5	6.45M-851
852	2 x 6mm Round Head Phillips Screw – Cone Point	8	6.45M-852
853	3 x 12mm Round Head Phillips Screw – Cone Point	8	6.45M-853
854	M8 x 15mm Allen Head Bolt	6	6.45M-854

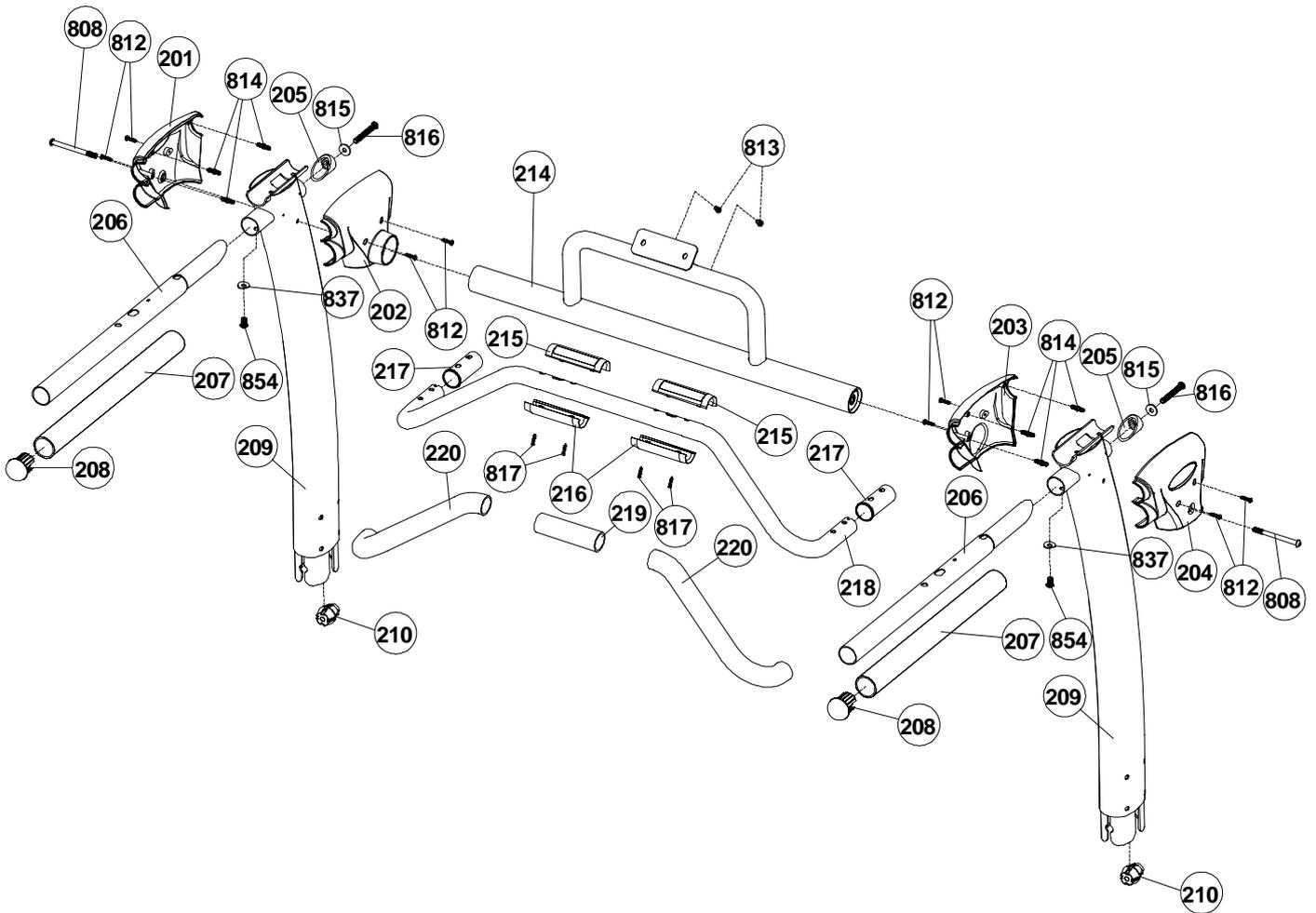
# PARTS DIAGRAM

MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED



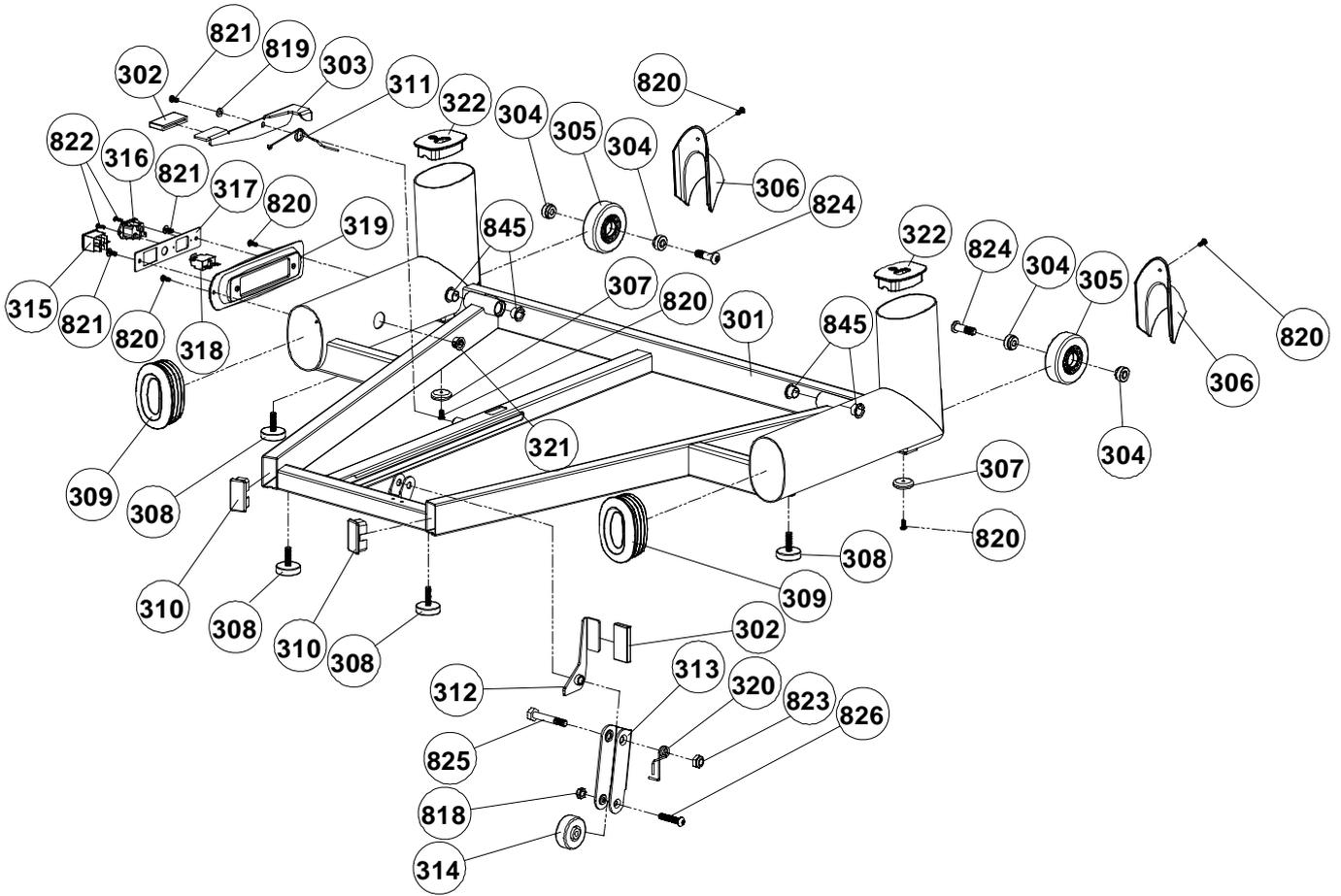
### PARTS DIAGRAM

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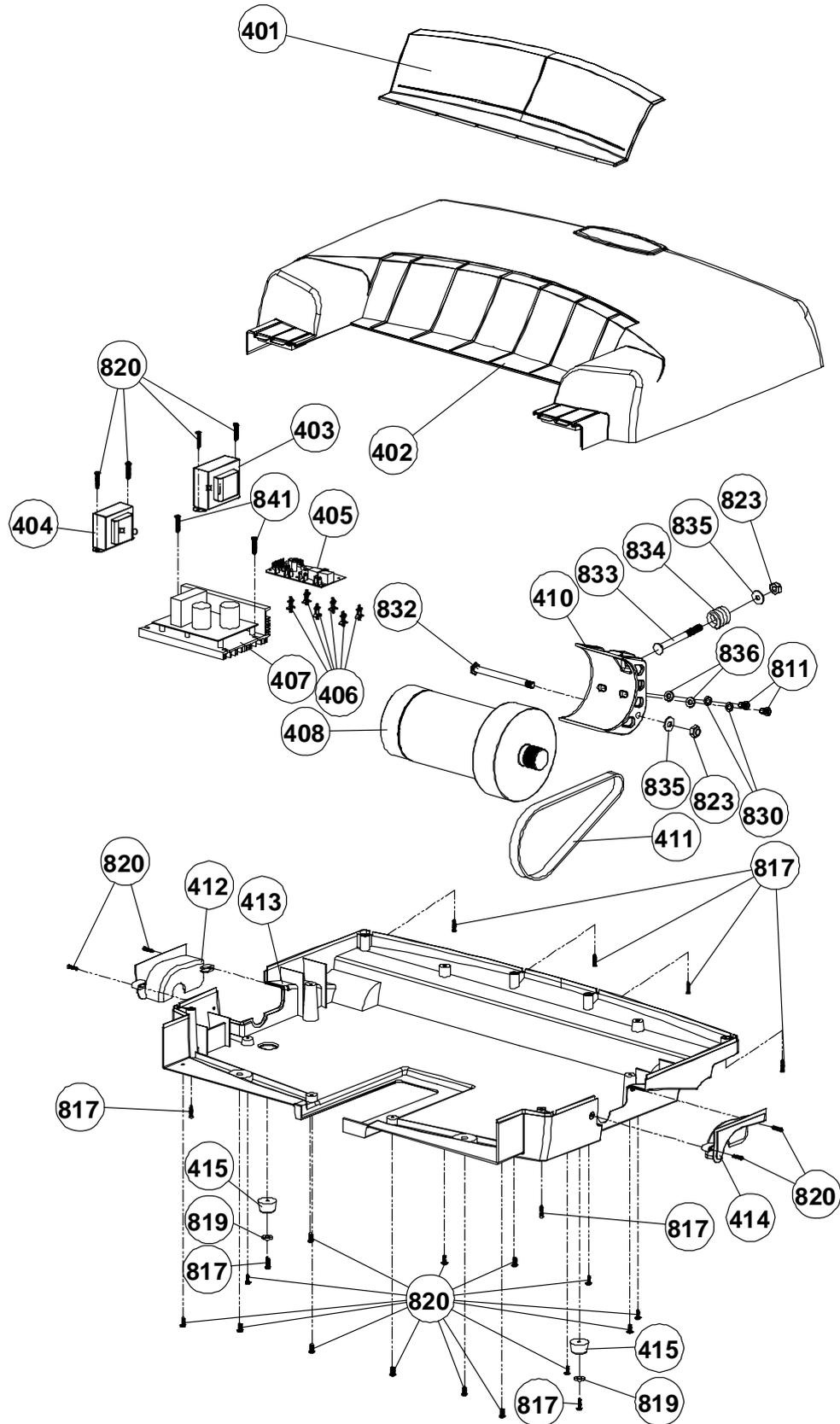
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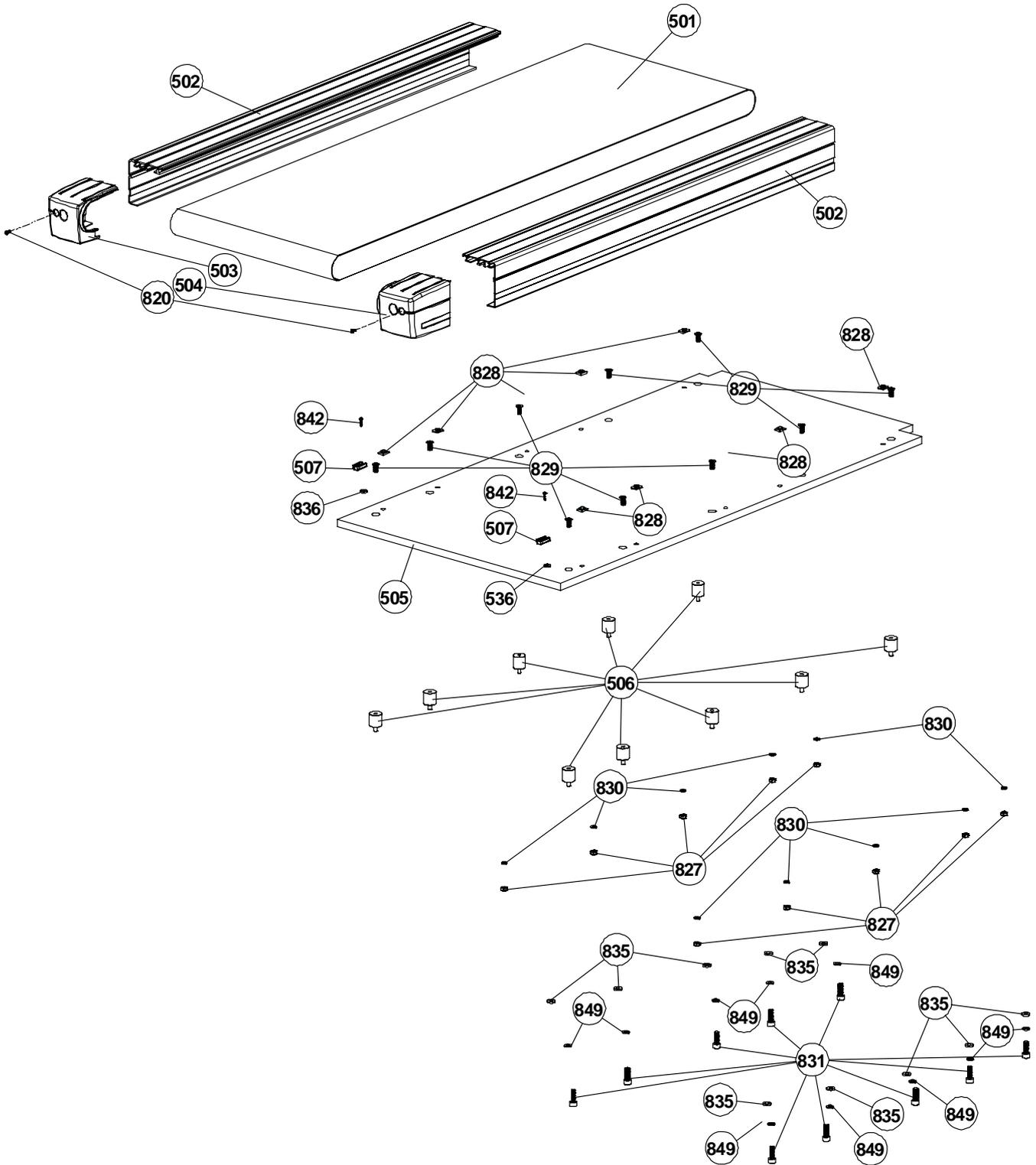
**PARTS DIAGRAM**

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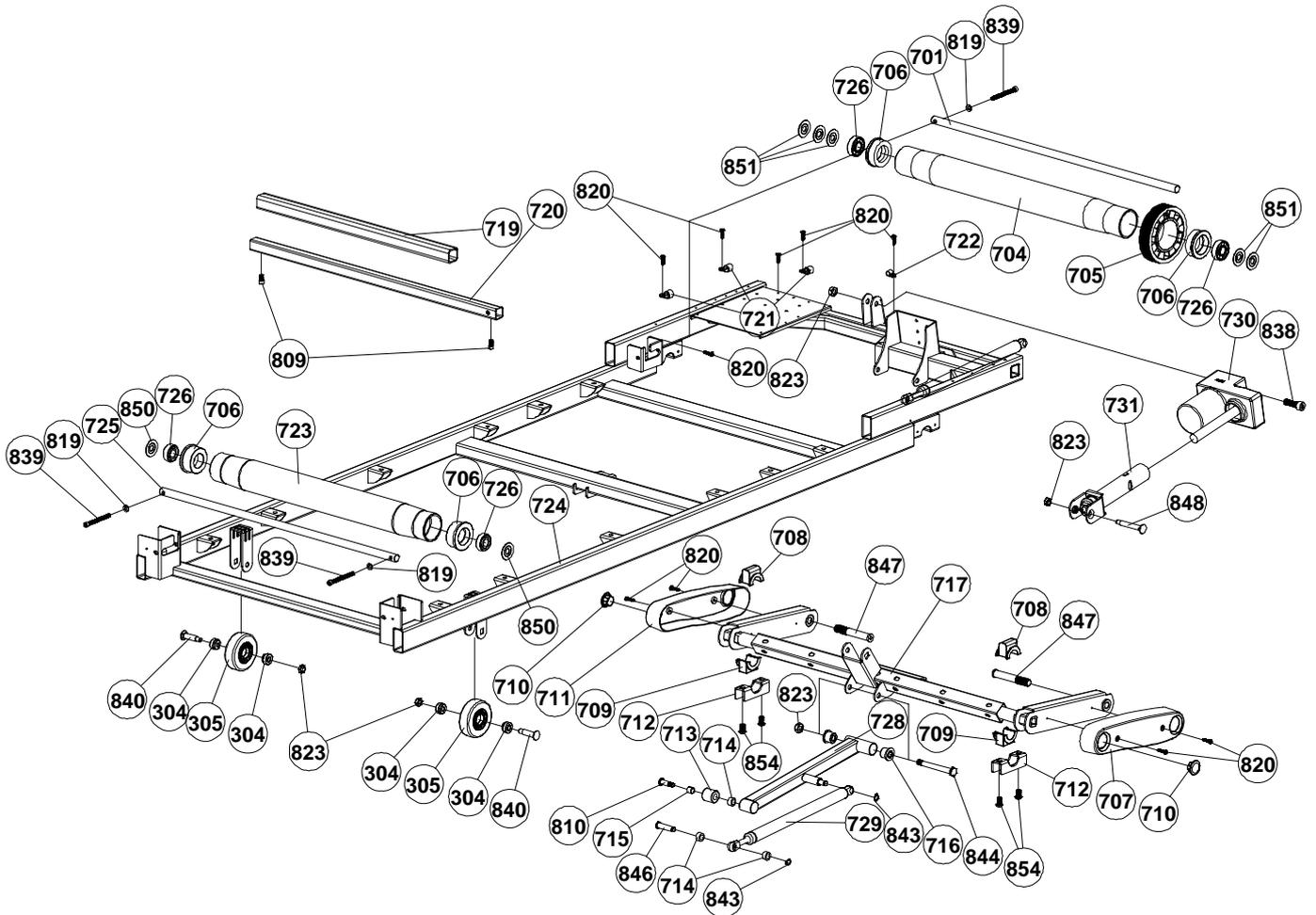
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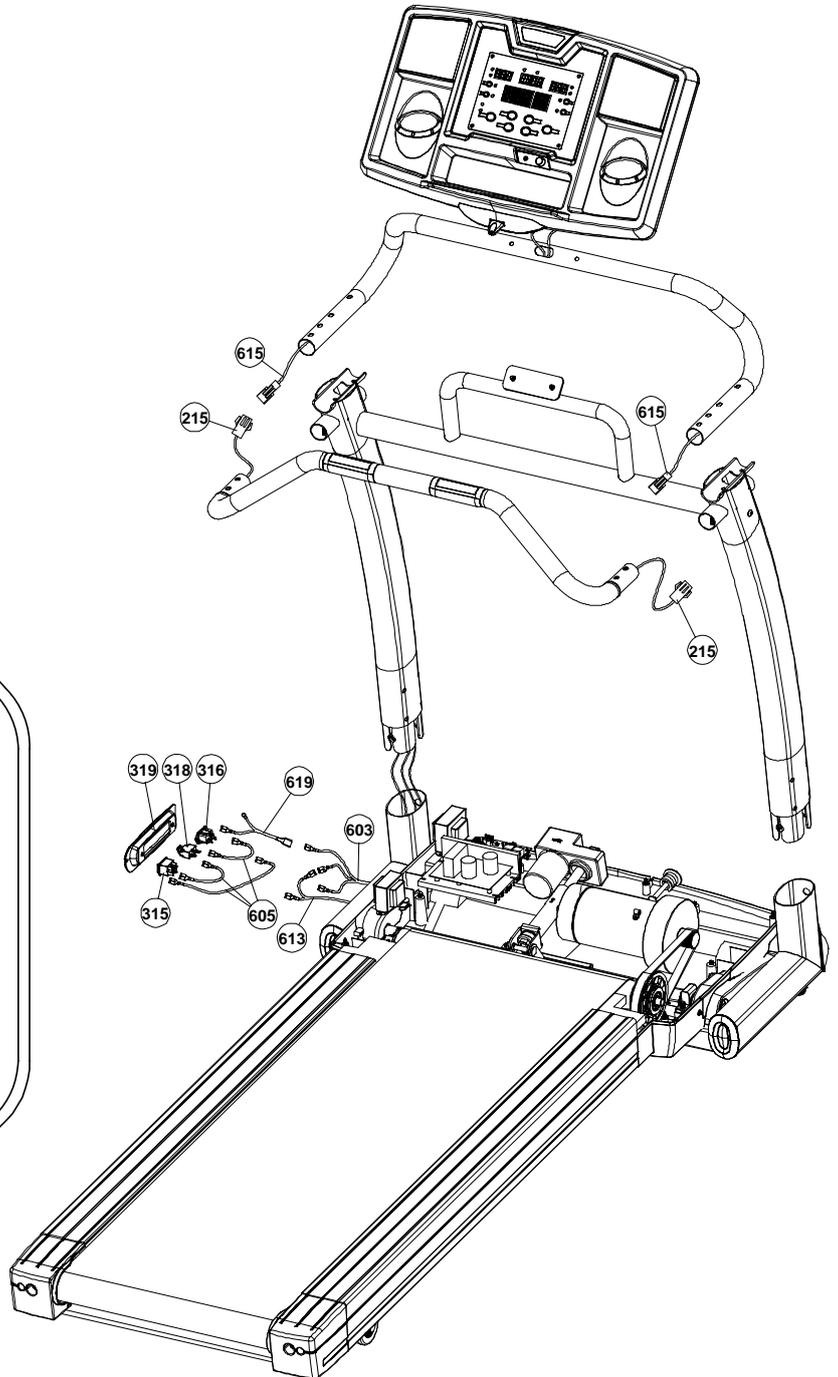
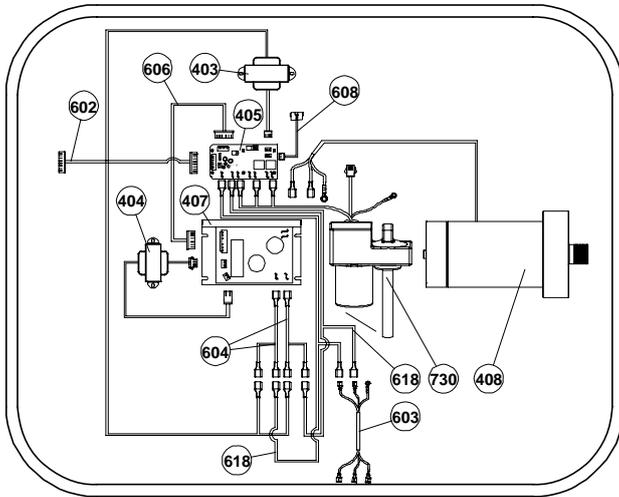
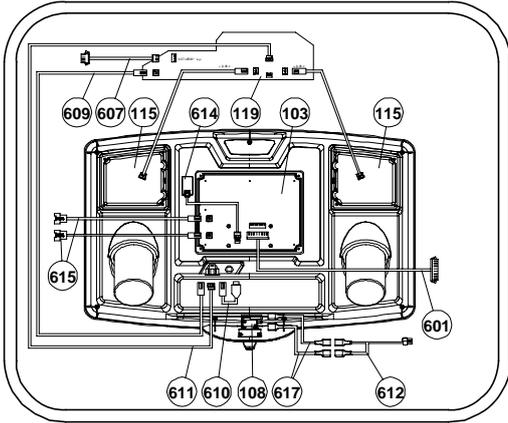
### PARTS DIAGRAM

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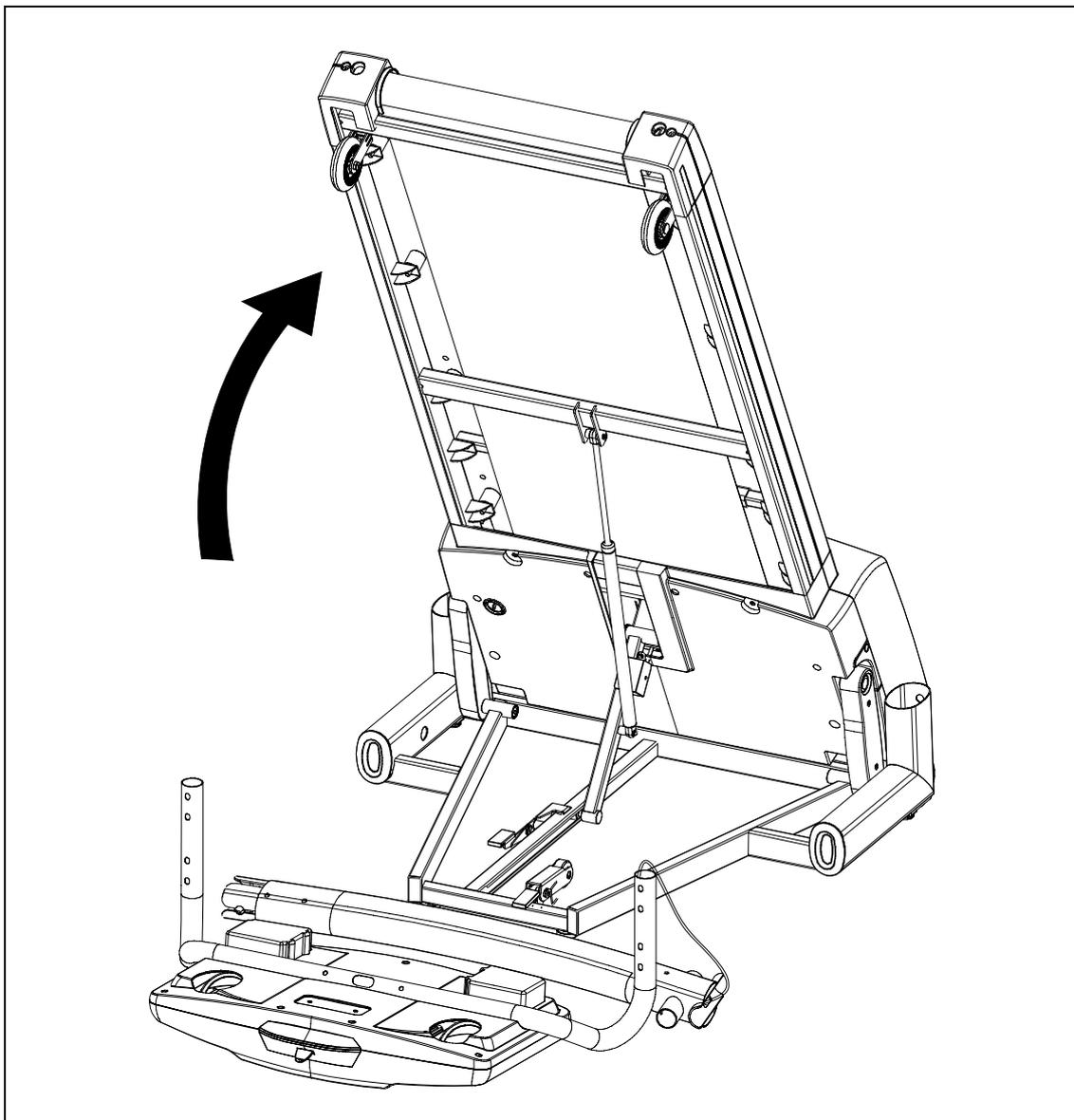
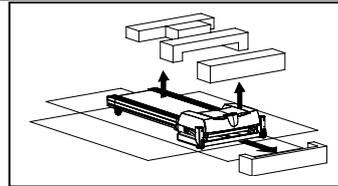
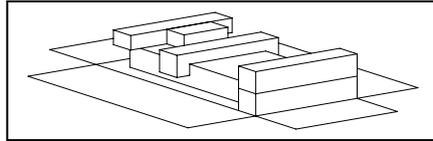
MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.



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

Remove packing material from the treadmill carton as shown in FIG 1.

Please refer to the page 28 "Folding Instruction" to fold up the running deck. Remove the parts from underneath the running deck. Refer to page 29 "Unfolding Instruction" to unfold the running deck.

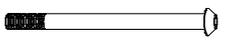
**FIG. 1**

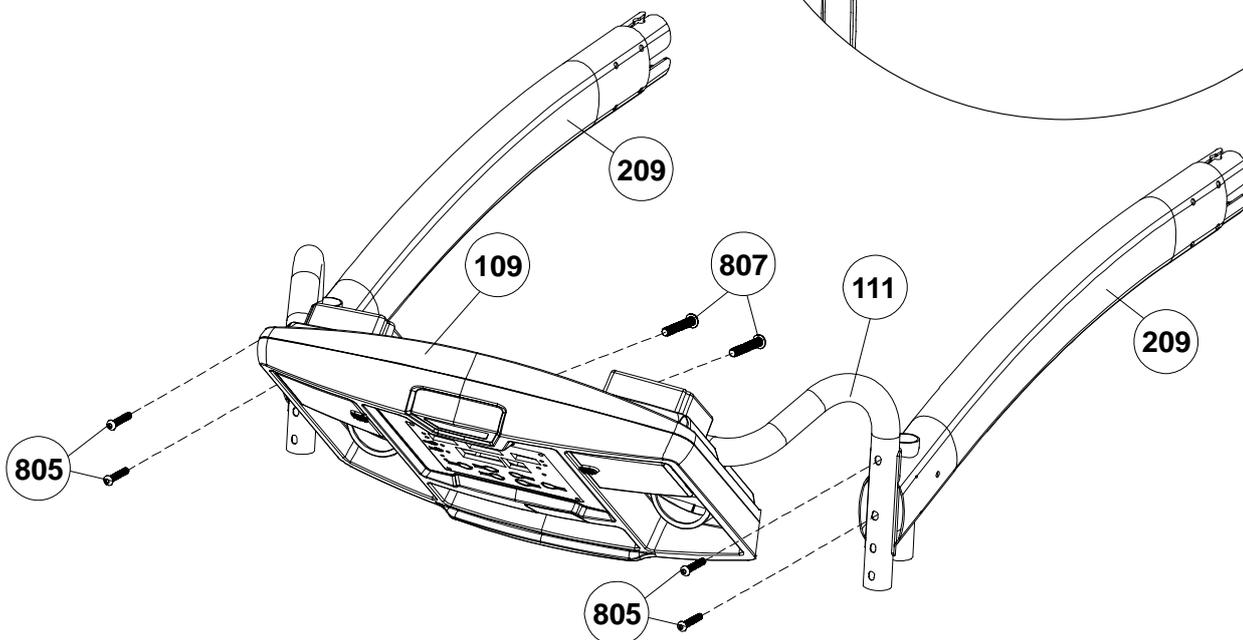
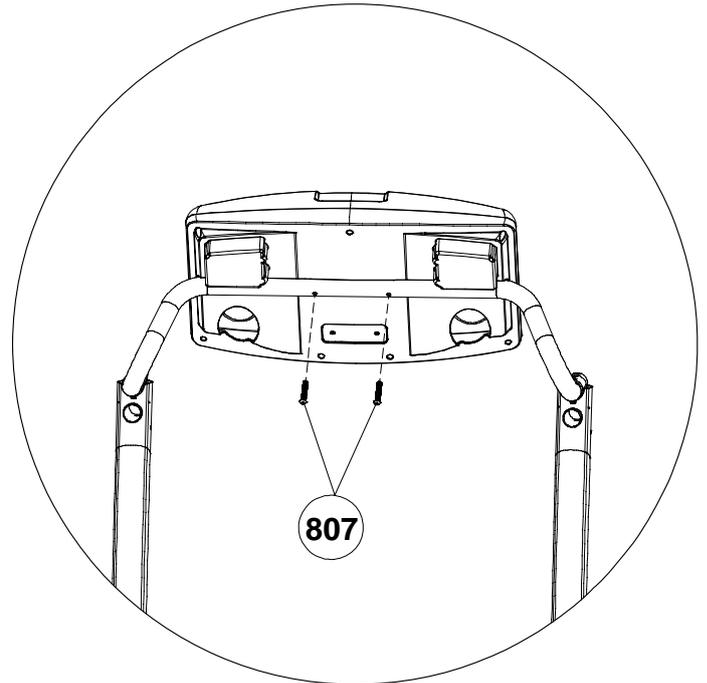
**ASSEMBLY****STEP 2: Assemble the Console Support Tube**

(1) Attach the Left Upright and Right Upright to Console Support Tube (111) with four M8 x 50mm Allen Head Bolts (805).

(2) Secure the Console Housing – Bottom (109) to Console Support Tube (111) with two M6 x 55mm Allen Head Bolts (807).

**805 X4** 

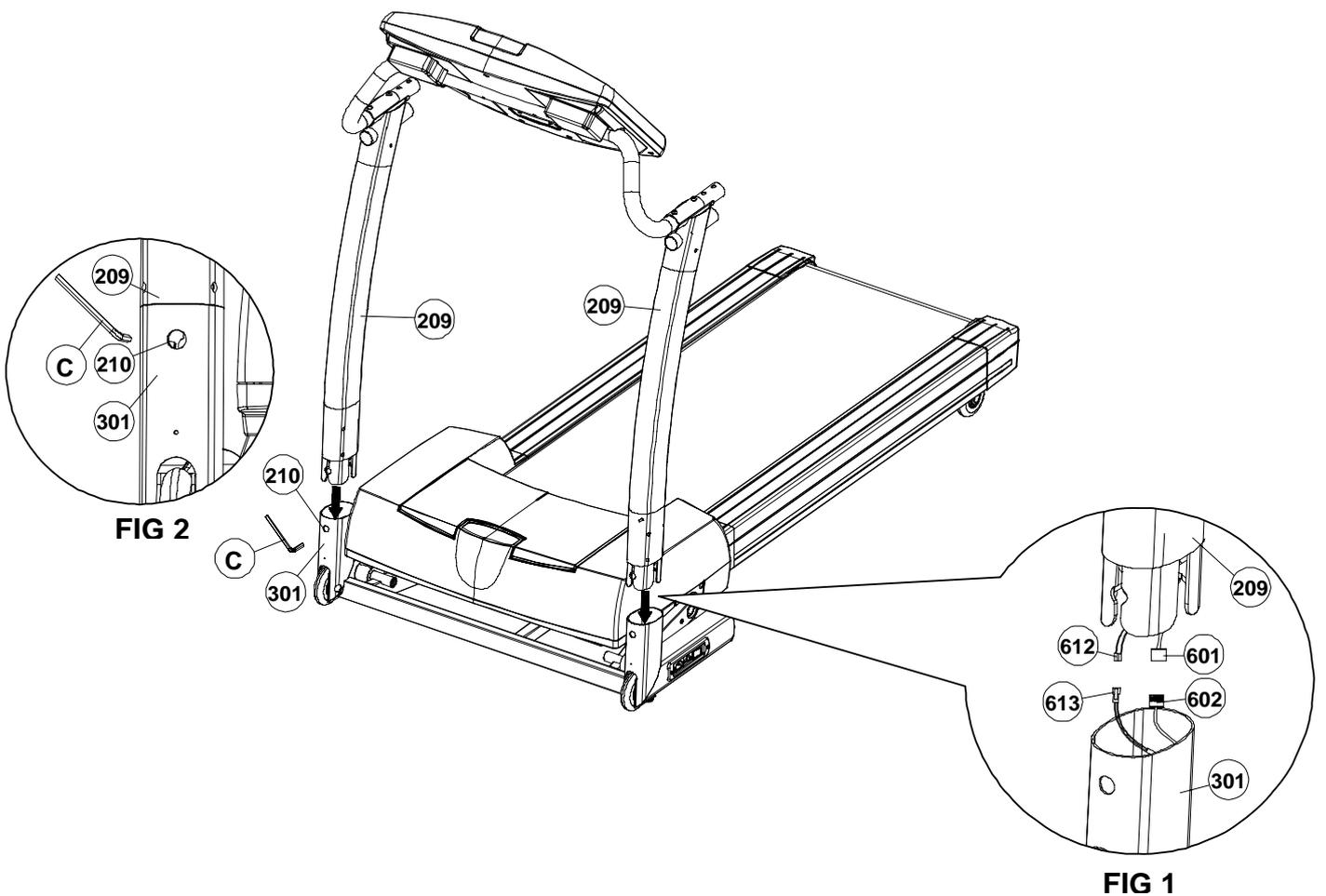
**807 X2** 



**ASSEMBLY****STEP 3: Assemble the Upright**

(1) Connect the 8Pin Power Wire – Upper (601) to the 8Pin Power Wire – Lower (602) and the Safety Key Wire – Upper (612) to the Safety Key Wire – Lower (613). Insert any extra cable length into the Left Upright (209) as shown in FIG 1.

(2) Insert the Left and Right Uprights (209) into the Base Frame (301) and secure by tightening two Fix Bolts (210) as shown in FIG 2. The M10 x 50mm Bolts (105) are preassembled to the Base Frame (301) at the factory.



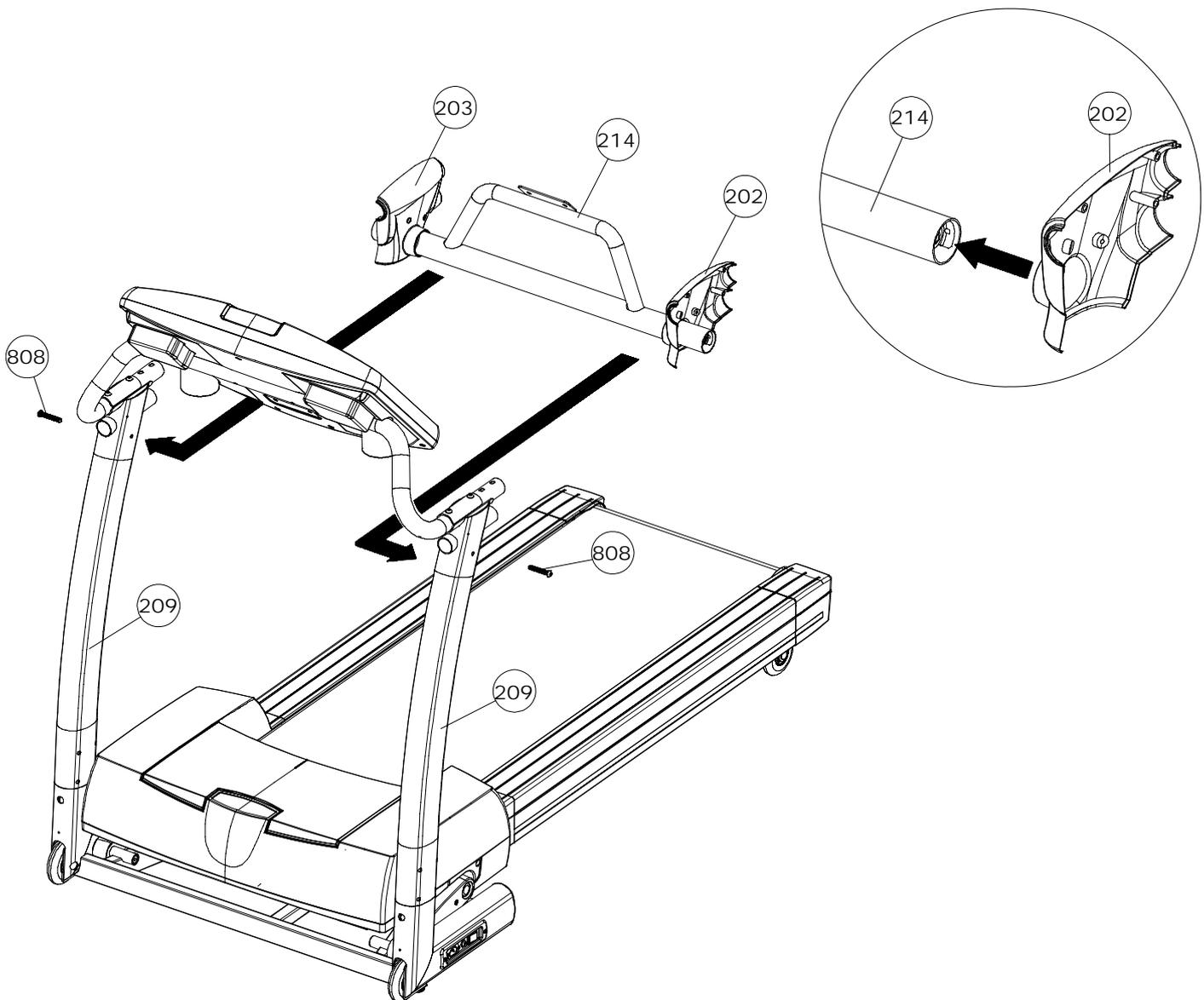
**ASSEMBLY****STEP 4: Assemble the Cross Brace**

(1) Slide the Handlebar Cover – LR (202) and Handlebar Cover – RL (203) onto the Cross Brace (214) as shown.

(2) Attach the Cross Brace (214) to the Left Upright and Right Upright using two M8 x 90 x 35mm Allen Head Bolt (808).

**Do not fully tighten the M8 x 90 x 35mm Allen Head Bolts (808) at this time.**

**808 X2** 

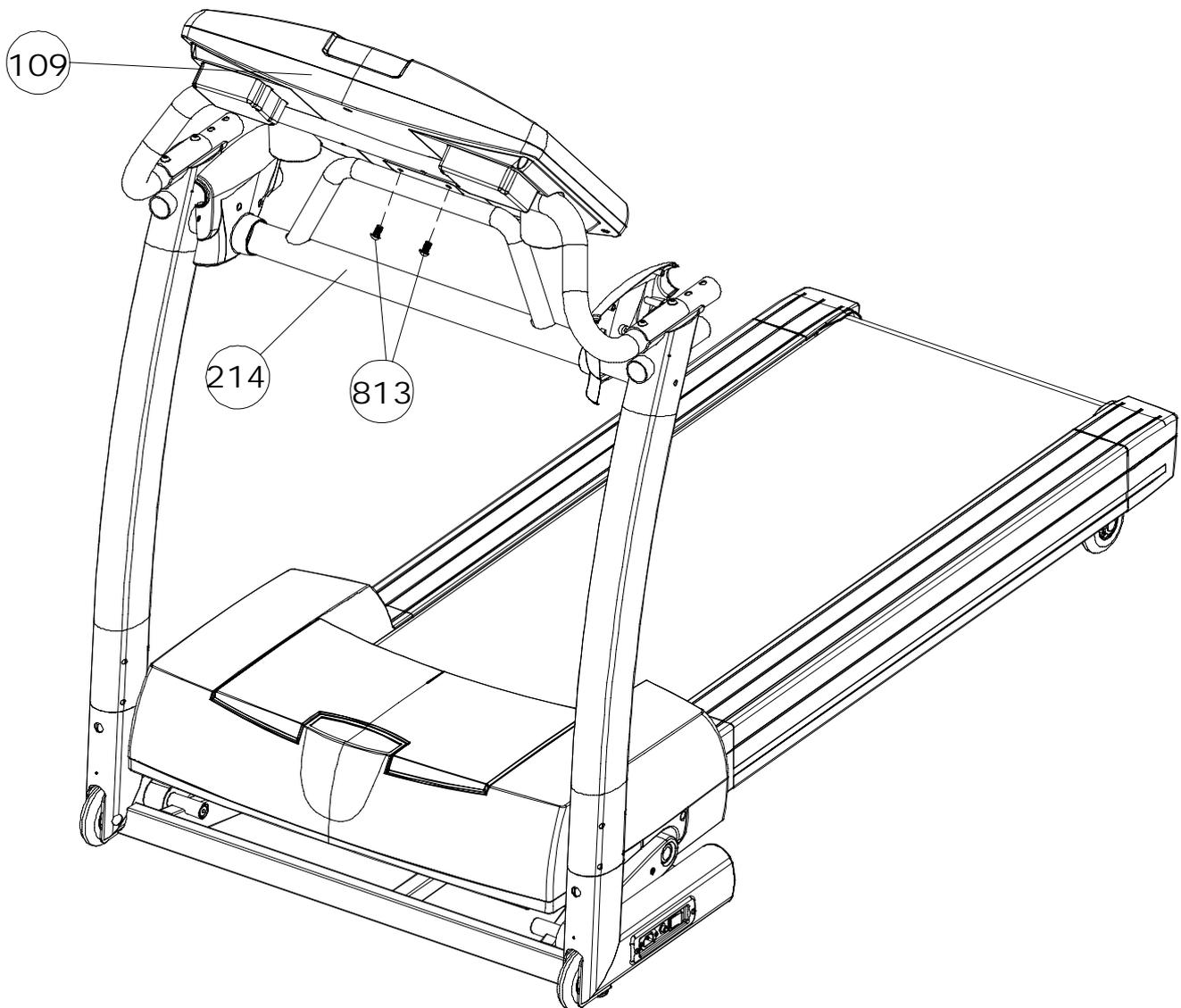


**ASSEMBLY****STEP 5: Assemble the Cross Brace**

(1) Secure the Console Housing – Bottom (109) to Cross Brace (214) with two M6 x 20mm Screws (813).

**813****X2**

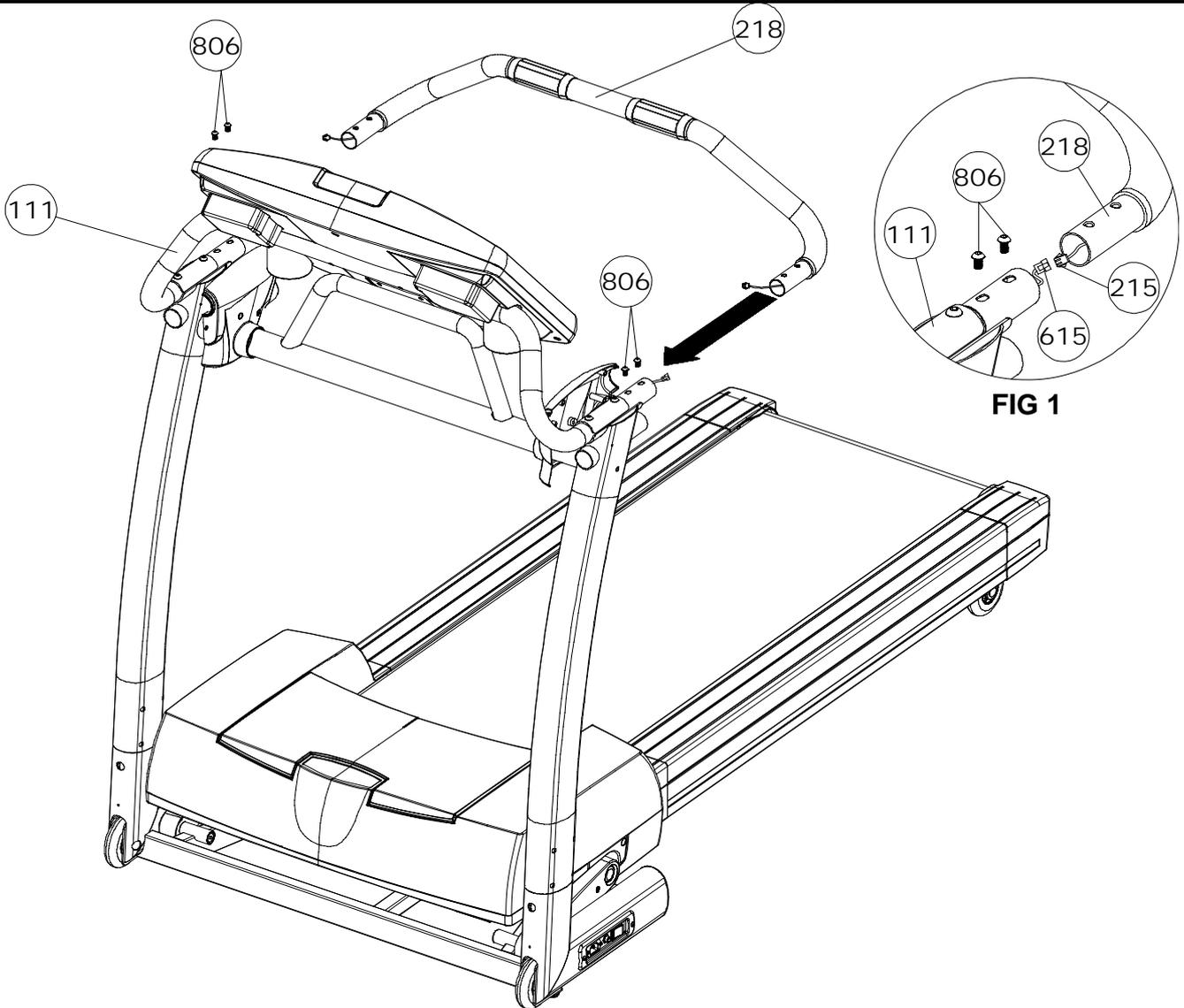
**Fully tighten the two M8 x 90 x 35mm Allen Head Bolts (808) used in STEP 4.**



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

(1) First connect the Hand Pulse Sensor Wire – Upper (615) to Hand Pulse Sensor Wire (215) as shown in FIG 1.

(2) Insert the Front Handlebar (218) into the Console Support Tube (111) and secure using four M8 x 16mm Allen Head Bolts (806) as shown.

**806 X4****FIG 1**

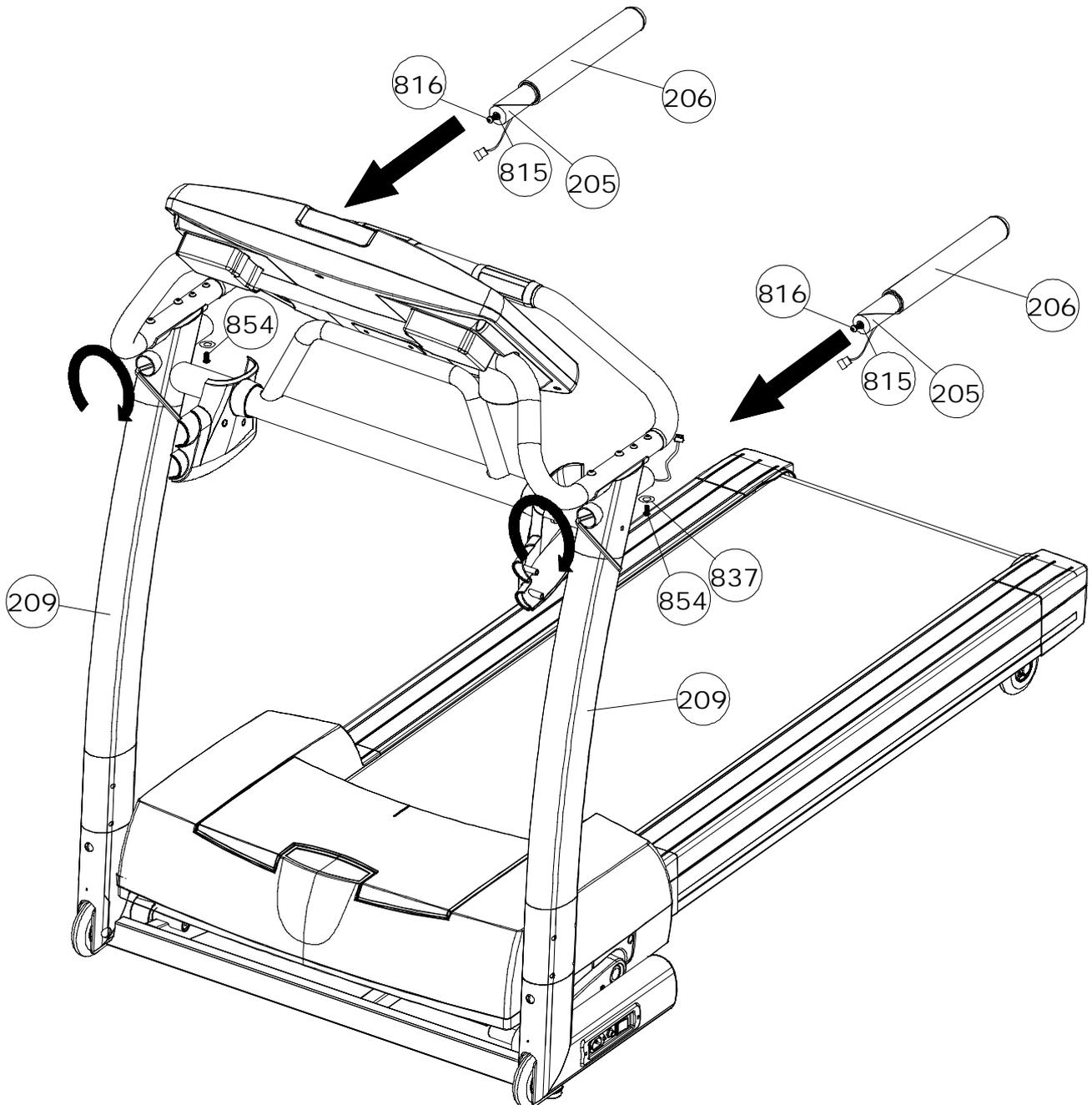
**ASSEMBLY****STEP 7: Assemble the Handlebar**

(1) Insert the Handlebars (206) into the Left and Right Uprights (209) and secure using two M8 x 15mm Allen Head Bolts (854) and two 8 x 20 x 1.5mm Cup Washers (837)

(2) Tighten the M8 x 60mm Allen Head Bolt (816) located at the end of each handlebar.

**854** X2 

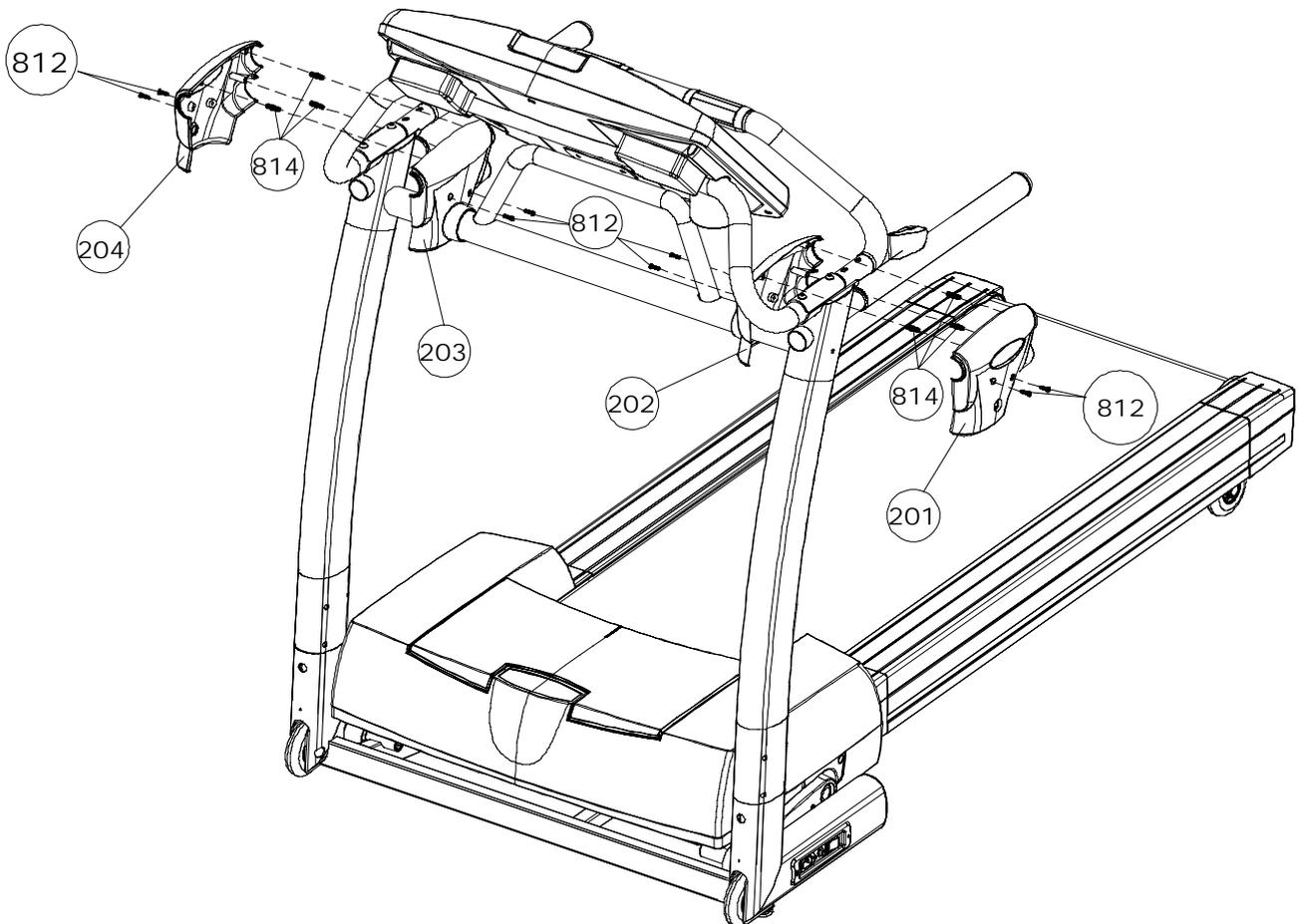
**837** X2 



**ASSEMBLY****STEP 8: Assemble the Handlebar Cover**

(1) Attach the Handlebar Cover – LL (201) to the Handlebar Cover – LR (202) using three Plastic Fixing Inserts (814) and four 4 x 12mm Truss Head Screws – Flat Point (812) as shown.

(2) Attach the Handlebar Cover – RR (204) to the Handlebar Cover – RL (203) using three Plastic Fixing Inserts (814) and four 4 x 12mm Truss Head Screws – Flat Point (812) as shown.

**812 X8**

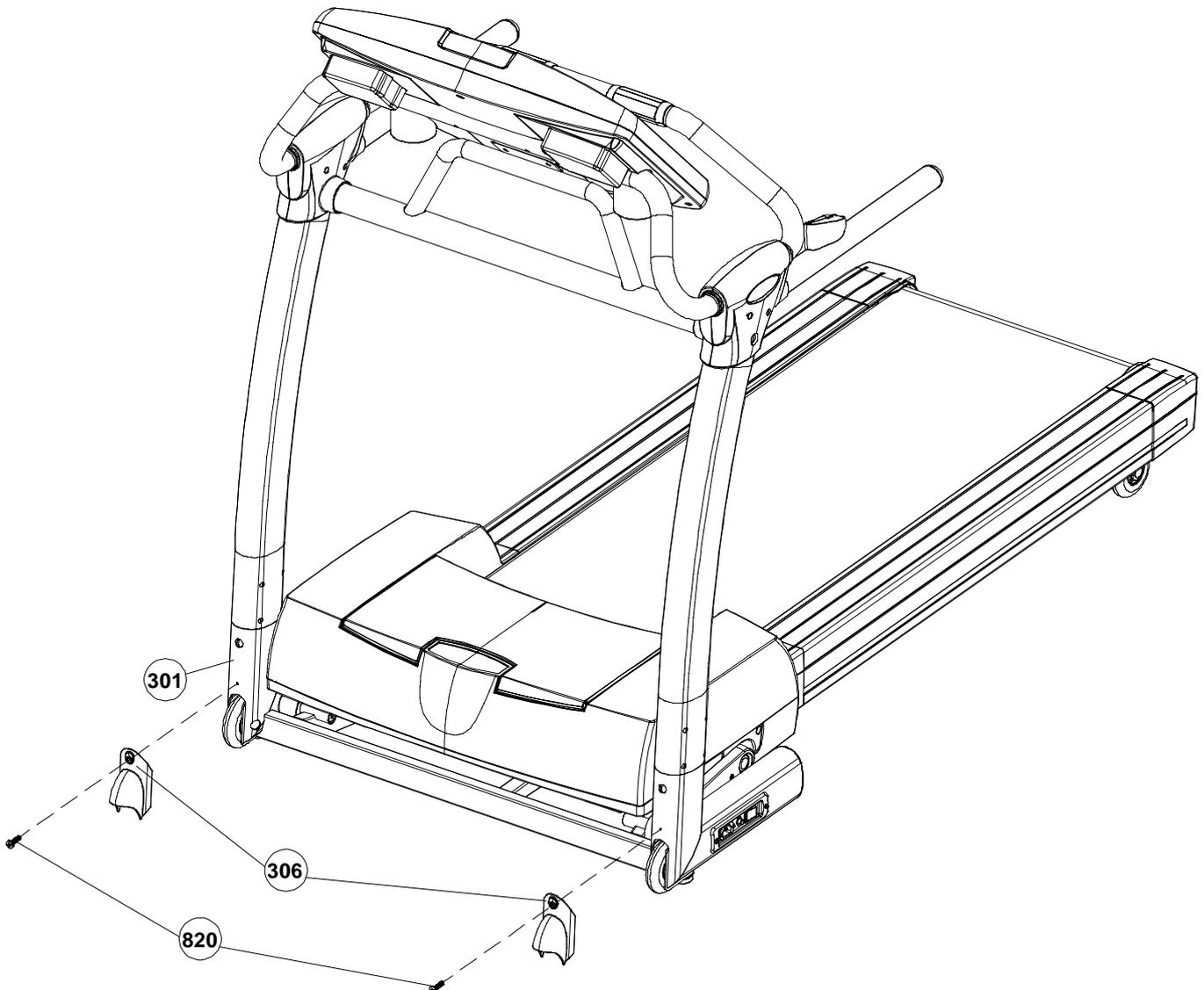
**ASSEMBLY****STEP 9: Assemble the Wheel Cover**

(1) Remove the two 4 x 12mm Truss Head Screw – Cone Point (820) from Base Frame (301).

(2) Attach the Wheel Cover (306) to Base Frame (301) and secure using two 4 x 12mm Truss Head Screw – Cone Point (820)

Your treadmill is now fully assembled.

**820 X2** 

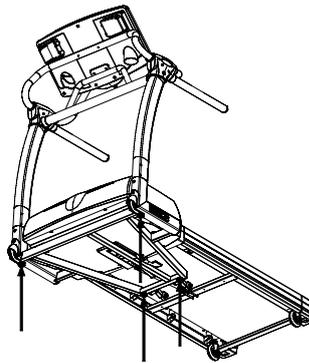


## STABILIZER ADJUSTMENT

### How to level the treadmill:

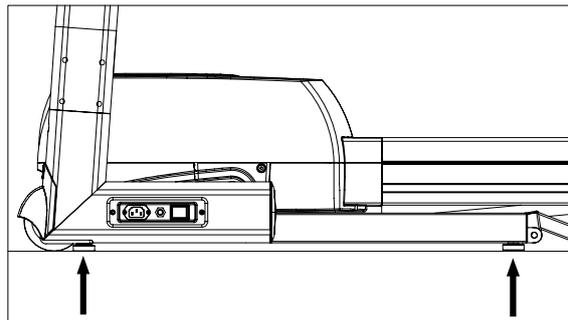
An uneven floor or improper stabilizer level can cause the treadmill to wobble during use as well as the incline adjustment to function incorrectly. Please follow the procedure described below to make sure the treadmill stabilizer is adjusted correctly prior to use. You may need the assistance of another person to perform this adjustment.

1. There are four stabilizers and two cushions located on the underside of the treadmill as shown in drawing 1. These all need to sit firmly on the floor to prevent the treadmill from wobbling during use.

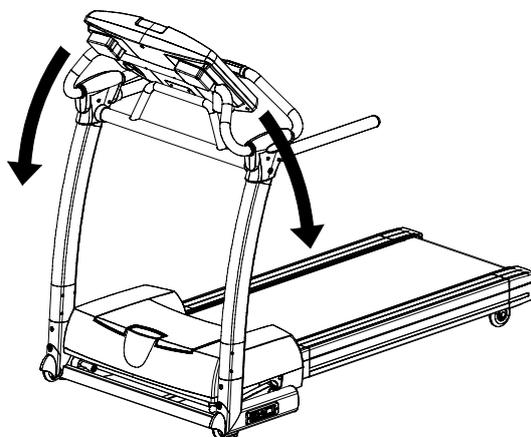


1. Four stabilizers towards the rear and two cushions at the front.

2. Inspect each side of the treadmill base frame. The treadmill should sit on the floor with all four stabilizers and both cushions resting firmly on the floor as shown in drawing 2. Shake the handlebars back and forth to check if they are resting firmly on the floor. If they are not, tilt the treadmill to one side to adjust the stabilizers as shown in drawing 3. Simply turn the stabilizers like a screw to adjust their heights. Repeat this until the treadmill sits firmly on the floor.



2. Check position of stabilizers and cushions.



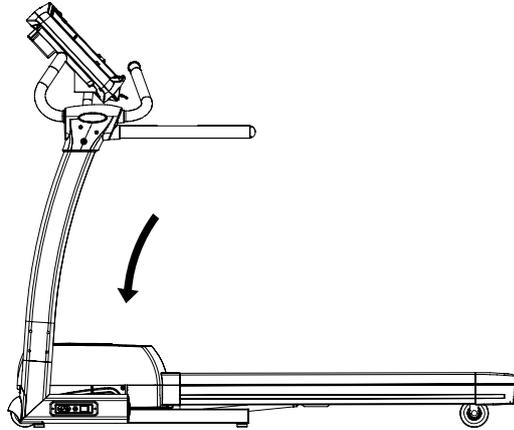
3. Tilt treadmill to access stabilizers.

## FOLDING INSTRUCTIONS

### How to fold up the treadmill:

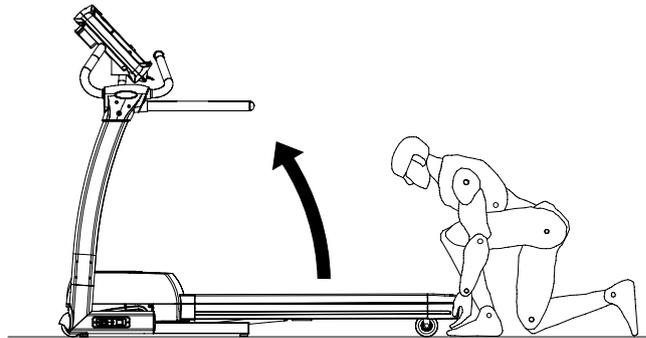
Your treadmill can be folded up for space saving storage. To do this follow the instructions here:

1. To fold the deck you first need to bring the treadmill to the lowest incline level.



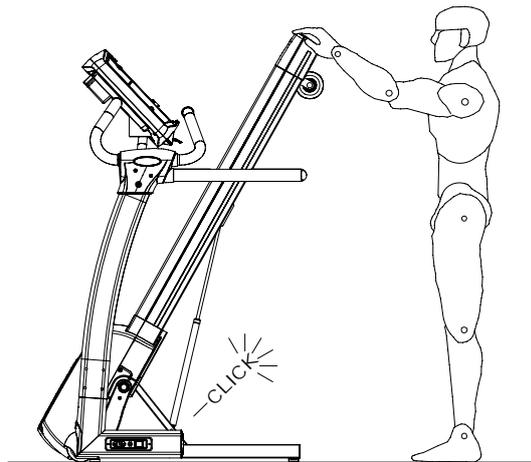
1. Lower deck to lowest incline level.

2. Lift the deck up from the rear of the treadmill and fold up until it locks in place. **TO PREVENT INJURY BE SURE YOU HAVE A FIRM HOLD WHEN RAISING THE DECK.**



2. Lift the deck up from the rear.

3. You will hear a "click" sound as the lock engages.



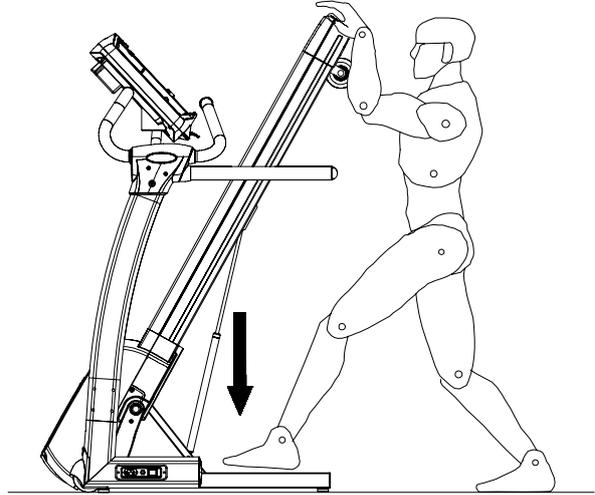
3. You will hear a "click" sound as the lock engages.

## UNFOLDING INSTRUCTIONS

### How to unfold the treadmill:

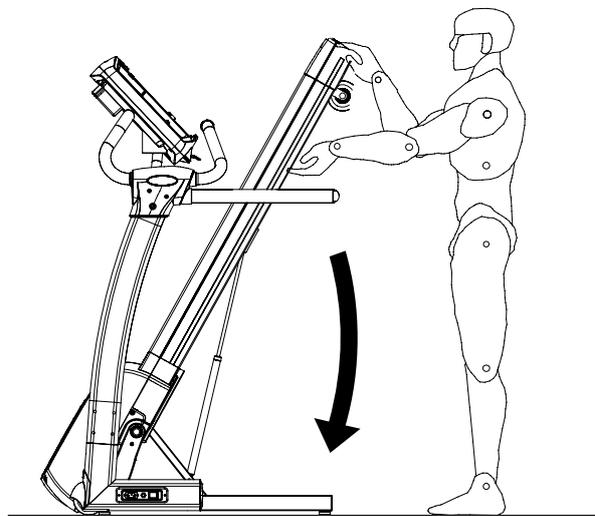
To unfold the treadmill for use follow the instructions here:

1. Begin by standing behind and supporting the deck with your hands. Next release the lock with your foot by stepping on the release lever. **TO PREVENT INJURY BE SURE YOU HAVE A FIRM HOLD ON THE DECK BEFORE RELEASING THE LOCK.**



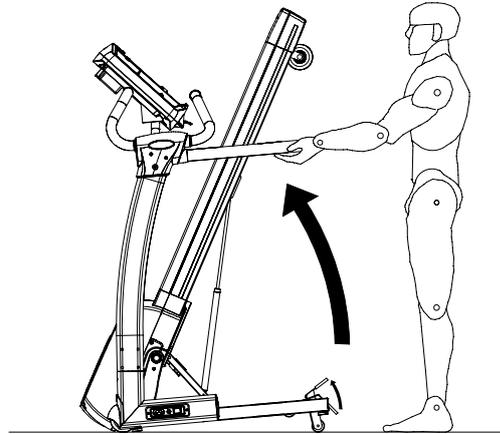
1. Release the lock with your foot by stepping on the release lever.

2. Slowly lower the deck certain angle till the deck start to lower by itself. The deck will lower slowly till it rests securely on the ground. **Please do not stand on the area where underneath the deck when the deck lowering.**



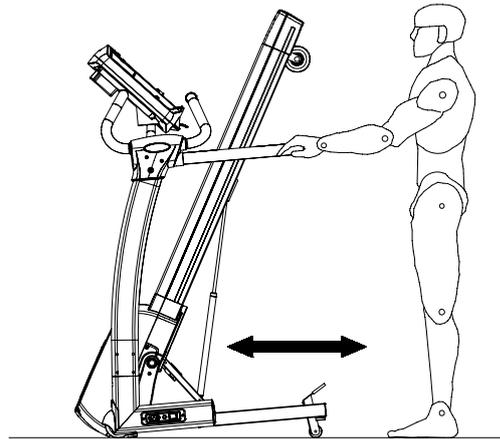
**TRANSPORT INSTRUCTIONS****How to transport the treadmill:**

1. Start by first folding up the running deck as described on the FOLDING INSTRUCTIONS page in this manual. Then lift the treadmill a little bit up from the end of handlebars. You will see the Transportation Wheel Bracket spring out.



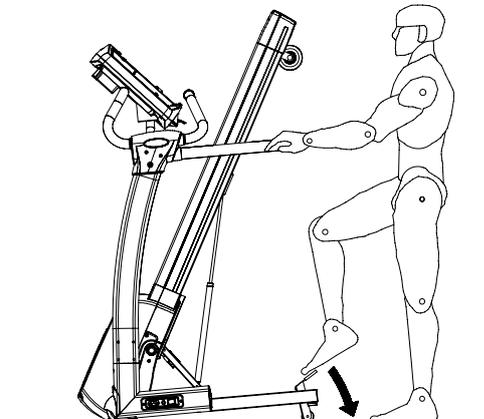
1. Fold up the running deck.

2. Stand behind the treadmill and grab the handlebars. Use the transport wheels to roll the treadmill to a desired position.



2. Grab the handlebars then push or pull the treadmill.

3. Once the treadmill is in place step on the Transportation Wheel Bracket to make the wheel back to place. Then follow the UNFOLDING and STABILIZER ADJUSTMENT instruction pages in this manual to level the frame to the floor.



## MAINTENANCE

### HOW TO MAINTAIN YOUR TREADMILL:

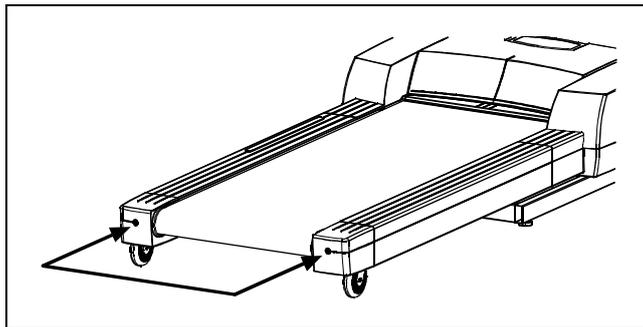
Proper maintenance is very important to ensure your treadmill is always in top working condition. Improper maintenance could cause damage or shorten the life of your treadmill.

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

### BELT ADJUSTMENT:

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

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



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

### DECK LUBRICATION:

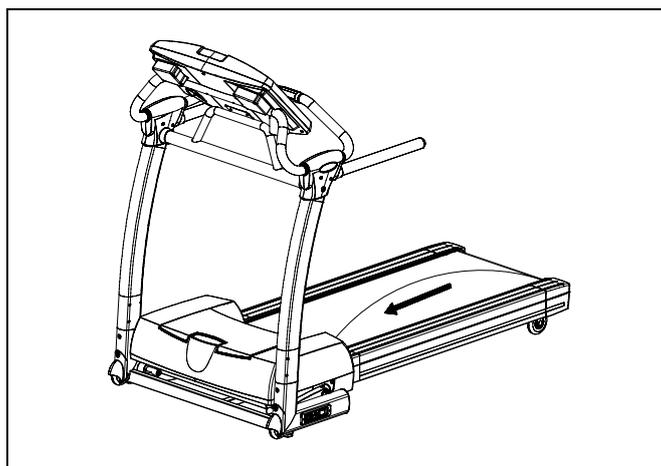
The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance. Your treadmill should not have to be lubricated usually within the first year or 500 hours of use.

Every 3 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 a non-petroleum based silicone.

**MAINTENANCE****To apply lubricant to the walking belt:**

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



**Spray lubricant from front to back.**

**CLEANING:**

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

**Warning:** To prevent electrical shock, be sure the power to the treadmill is OFF and the power cord is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.

**Important:** Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

**After each workout:** Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration.

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

## 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 heart rate 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 heart rate 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.

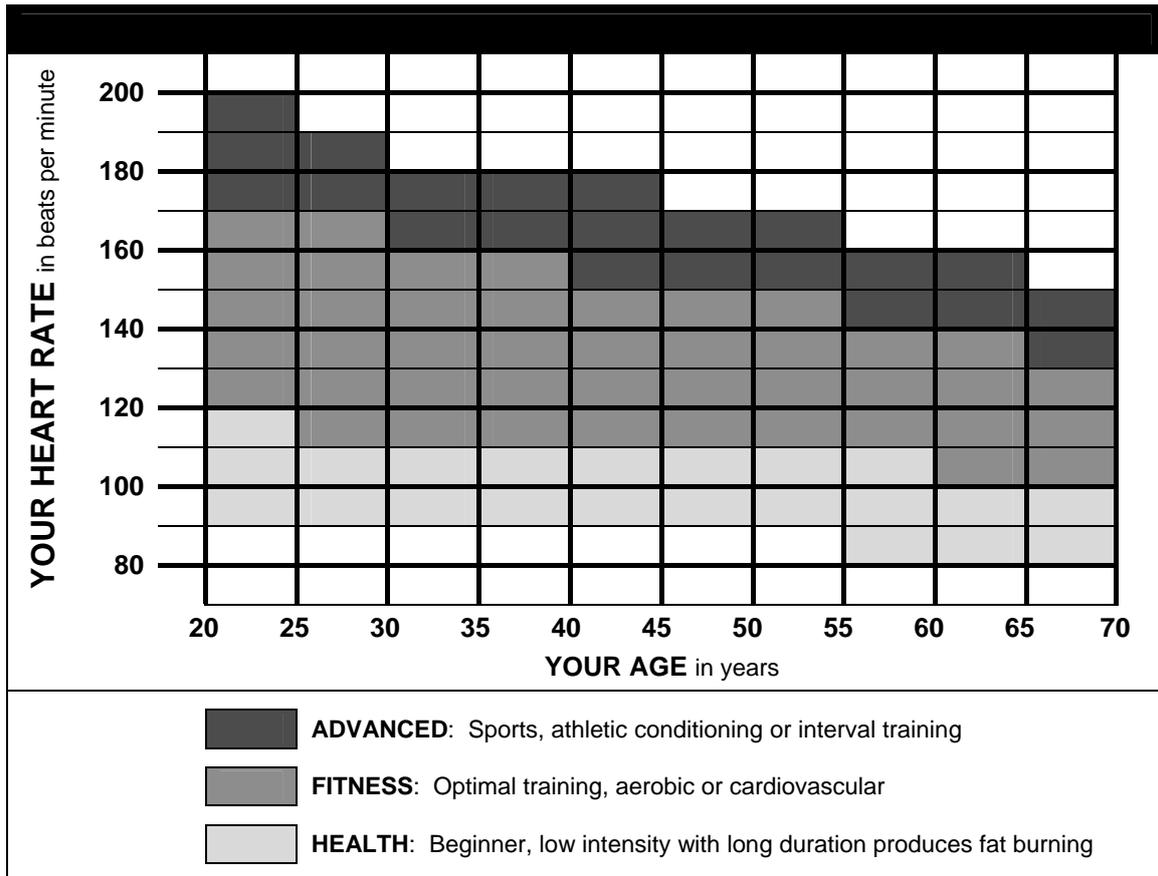
Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.

## TARGET HEART RATE

### Finding your pulse:

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

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



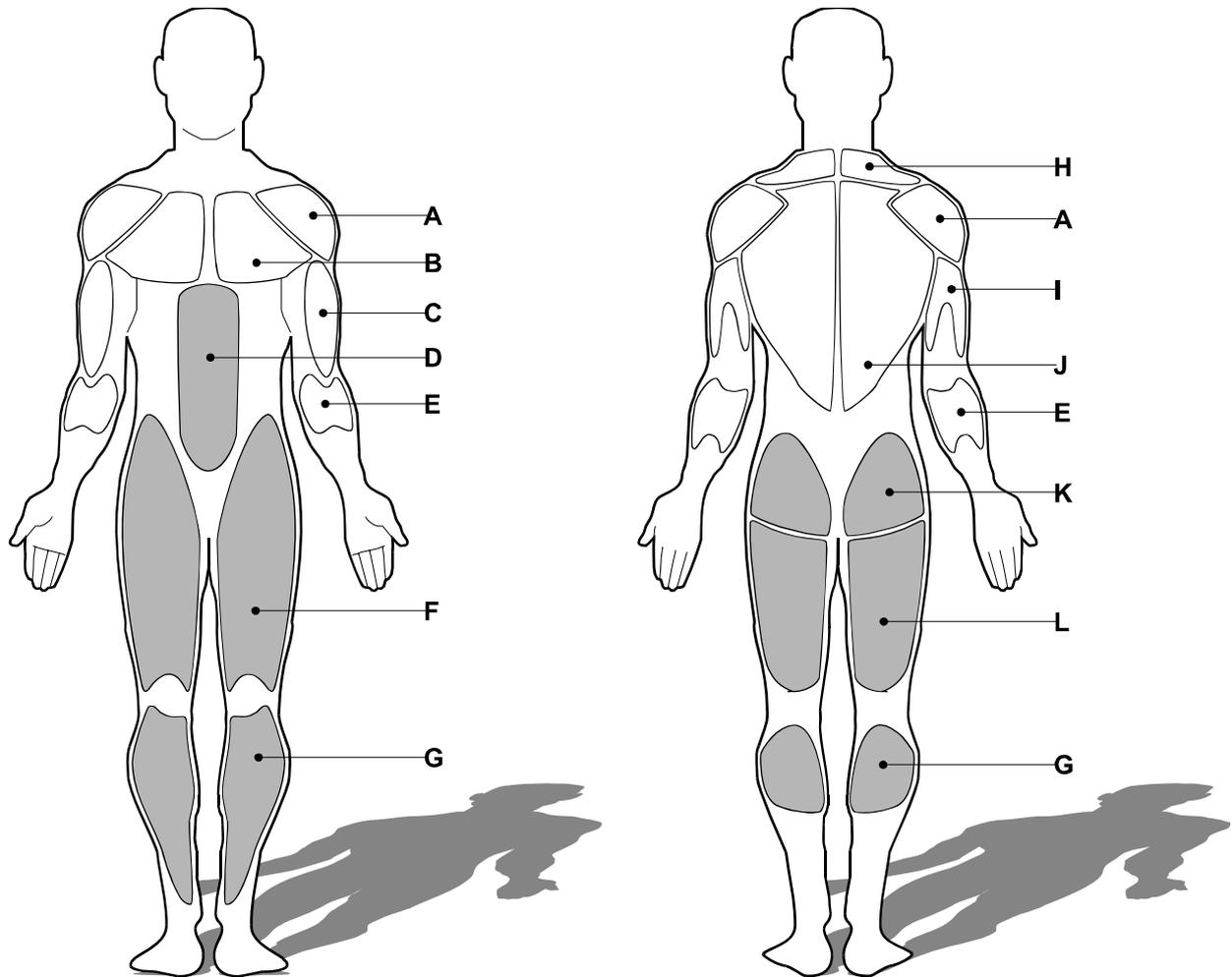
### Aerobic exercise:

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

## MUSCLE CHART

### Targeted muscle groups:

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



### MUSCLE GROUPS

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

## STRETCHING ROUTINE

### Warm up and cool down:

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

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

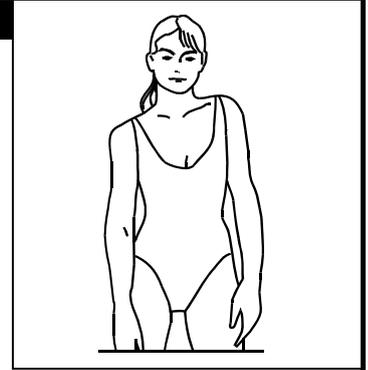
### Toe Touch:

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



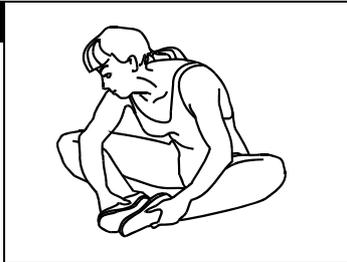
### Shoulder Lift:

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



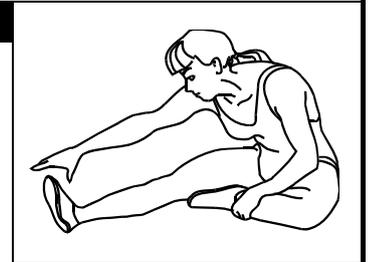
### Inner Thigh Stretch:

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



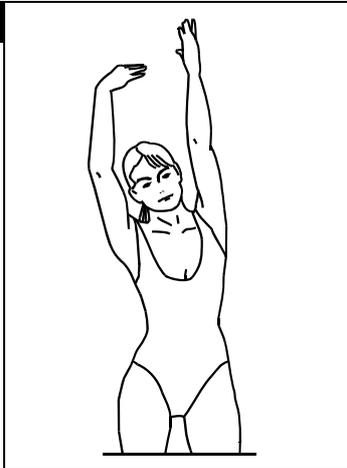
### Hamstring Stretch:

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



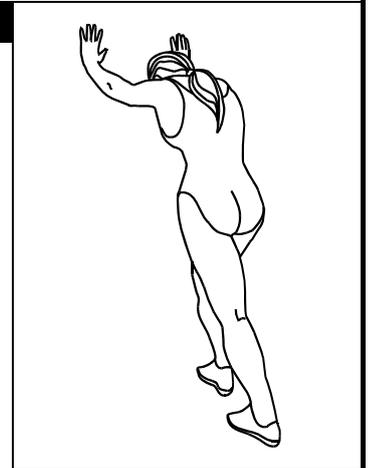
### Side Stretch:

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



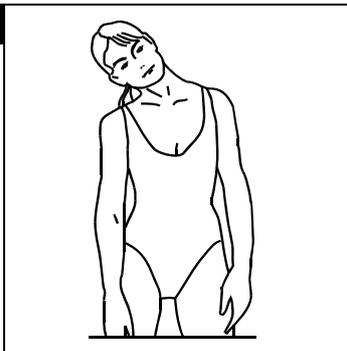
### Calf-Achilles Stretch:

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



### Head Roll:

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



## TROUBLESHOOTING

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

### **Treadmill will not start:**

1. 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).
2. Check the circuit breaker reset switch located on the front of the treadmill. Turn the power off, wait 5 minutes then press the rest switch.
3. Check the house electrical breaker box and the circuit breaker for the room the treadmill is located in. If it has tripped, reset or have an electrician replace the breaker in home.
4. Have an electrician check for inadequate voltage at the outlet.

### **Treadmill loses power during use:**

1. Check the circuit breaker reset switch located on the front of the treadmill. Turn the power off, wait 5 minutes then press the rest switch.  
If the treadmill still will not operate, please call Technical service at 1.888.800.1167.
2. Check the house electrical breaker box and the circuit breaker for the room the treadmill is located in. If it has tripped, reset or have an electrician replace the breaker in home.

### **Treadmill walking belt slows during use:**

1. Check to make sure the treadmill is securely plugged into an UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less and the surge protector is securely plugged into the outlet. If the treadmill still will not operate, please call Technical service at 1.888.800.1167.

### **Treadmill walking belt slips or is not centered on rear roller:**

Refer to the Belt Adjustment section of this manual. If you require additional assistance please call Technical service at 1.888.800.1167.



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