

STAR TRAC 4000 TREADMILL OWNER'S MANUAL

Star Trac's Service Hotline, 6 a.m. to 6 p.m. Pacific Standard Time

(800)-503-1221, or call

International Product Support in U.S.A.

(714)-669-1660

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INTRODUCTION

Welcome to the world of *STAR TRAC*. In your hands is the owner's manual that will acquaint you with your ***STAR TRAC 4000 TREADMILL*** assembly, operation and maintenance so that you may begin reaching your fitness goals.

We highly recommend that you read this owner's manual prior to setting up and using your treadmill. The information on the following pages will enable you to begin easily, quickly and safely.

WARNING

Your **STAR TRAC 4000 TREADMILL** is designed for aerobic exercise in a gymnasium or health club environment.

Please check with your physician prior to beginning any exercise program.

Do not push yourself to excess. Stop if you are feeling faint, dizzy, or exhausted.

Use common sense when walking or running on treadmill.

Please read the owner's manual in its entirety before operating the treadmill.

IMPORTANT SAFETY INSTRUCTIONS

WARNING:

This product will be wired for either 120 VAC nominal power input OR 230 VAC nominal input. It is factory-equipped with a specific electric cord and plug to permit connection to the proper electric circuit. Make sure that the product is connected to an outlet having the same configuration as that of the plug. NO adapter should be used with this product. If the product must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel.

SAVE THESE INSTRUCTIONS

SAFETY INSTRUCTIONS

CHAPTER

1

These safety notes are directed to you as the owner of the **STAR TRAC 4000 TREADMILL**. Please train all your members and fitness staff to follow these safety instructions.

DO

Do encourage your members to discuss their health program or fitness regimen with a health care professional, especially if they have not exercised for several years, are over 35, or are overweight.

Do read all instructions in this manual before using your treadmill.

Do use your treadmill only for its intended use, as described in this manual. Do not use attachments not recommended by the manufacturer.

Do stop operating your treadmill if you feel dizzy or faint.

Do exercise slowly until you reach a level of comfort and security.

Do warm up and cool down before and after each workout.

Do set your goals (see *Getting Started* in Chapter 4).

Do complement your walking, jogging, and running with a nutritious diet.

Do try charting your progress using the feedback from your treadmill.

Do try using the incline feature to burn more calories and strengthen your lower-body muscles.

DO NOT

Do not let unsupervised children operate your treadmill. Supervise invalids or disabled persons who use your treadmill.

Do not leave your treadmill unattended when it is plugged in. Unplug it from the outlet when it is not in use, and before you remove or replace any parts or accessories.

Do not use your treadmill without athletic shoes.

Do not jump on or off your treadmill if the belt is moving.

Do not use or store your treadmill outdoors or in an enclosed pool environment.

Do not ever drop or insert any object, hands, or feet into any opening, or underneath this equipment.

Do not place water bottles or cups on your treadmill unless you are using an accessory attachment designed for the treadmill. Do not use your treadmill where aerosol (spray) products are being used or where oxygen is being administered.

Do not run the equipment with the motor shroud removed, or modify the equipment in any way.

Do not overtighten the running belt.

(Continued)

DO

- Do perform regular preventive maintenance.
- Do keep the electrical cord away from sources of excessive heat.
- Do keep the treadmill air openings free of lint, hair, etc.
- Do unplug your treadmill before doing any maintenance or cleaning.

DO NOT

Do not operate your treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or if the display shows an error code. Call your dealer or Unisen at (800) 503-1221, or USA 1-714-669-1660 for service.



CAUTION: READ THE OWNERS MANUAL COMPLETELY BEFORE OPERATING THIS TREADMILL



CAUTION: BEFORE CLEANING OR SERVICING, DISCONNECT POWER SUPPLY



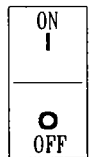
CAUTION: MOVING PARTS, KEEP HANDS AND FEET FROM UNDER THE TREADMILL WHEN OPERATING



STOP (OF ACTION)



ALTERNATING CURRENT



ON

OFF

STAR TRAC 4000 TREADMILL

SAFETY INSTRUCTIONS — TRANSLATIONS

- Dutch
- French
- German
- Italian
- Portuguese
- Spanish
- Swedish

STAR TRAC 4000-HARDLOOPBAND

VEILIGHEIDSINSTRUCTIES

WAARSCHUWING

Dit produkt is voor gebruik op een circuit met een nominale waarde van 120 volt en is in de fabriek uitgerust met een speciaal elektrisch snoer en stekker om verbinding met een passend elektrisch circuit toe te staan. Zorg ervoor dat dit produkt verbonden is met een stopcontact dat dezelfde configuratie heeft als de stekker. **GEBRUIK GEEN ADAPTER BIJ DIT PRODUKT.** Als het produkt opnieuw verbonden moet worden met een ander type van elektrisch circuit, dan moet deze verbinding gemaakt worden door gekwalificeerd onderhoudspersoneel.



VOORZICHTIG: NEEM DE STEKKER UIT HET STOPCONTACT VOOR HET REINIGEN OF ONDERHOUD.



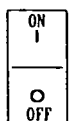
VOORZICHTIG: LEES HET INSTRUCTIEHANDBOEK VOORDAT U DE MACHINE BEDIENT.



STOPPEN (VAN ACTIE)



WISSELSTROOM



AAN

UIT

VEILIGHEIDSINSTRUCTIES

Deze veiligheidsinstructies zijn aan u gericht als de eigenaar van de **STAR TRAC 4000-HARDLOOPBAND**. Train uw leden en fitness-personeel om deze veiligheidsinstructies te volgen.

LEES ALLE INSTRUCTIES VOORDAT U DE HARDLOOPBAND GEBRUIKT.

WAARSCHUWING: Om het risico van een elektrische schok te verminderen, dient u de stekker van de hardloopband **ALTIJD** uit het stopcontact te nemen voordat u hem schoonmaakt.

DOE DIT WEL

Stop de bediening van de hardloopband als u zich duizelig voelt of het gevoel heeft dat u flauwvalt.

Weet hoe ver u kunt gaan.

Neem de stekker uit het stopcontact voordat u de band reinigt of welk onderdeel dan ook verwijderd of vervangt.

Gebruik dit produkt alleen voor het doeleinde waarvoor het bestemd is.

Verricht regelmatig preventief onderhoud.

Houd het snoer bij verwarmingssystemen vandaan.

Wacht totdat de lopende band stil staat voordat u van de hardloopband stapt.

Houd luchtopeningen vrij van pluizen, haar etc. Bedien de hardloopband nooit met geblokkeerde luchtopeningen.

Schakel de stroom uit bij de contactschakelaar.

DOE DIT NIET

Laat kinderen niet zonder toezicht de hardloopband bedienen.

Ga de band niet op of af terwijl deze loopt.

Niet buiten gebruiken.

Draai de lopende band niet te strak aan.

Bedien de hardloopband niet als deze een beschadigd snoer of stekker heeft, als hij niet goed werkt of als hij gevallen of beschadigd is. Neem contact op met uw geautoriseerde **STAR TRAC** detailhandelaar of de onderhoudsafdeling van **STAR TRAC** op +1 (714) 669-1660 of bezoek onze website op <http://www.star-trac.com> voor een onmiddellijke inspectie of reparatie.

Gebruik de hardloopband niet zonder gym schoenen.

Laat nooit objecten in het apparaat vallen en steek geen objecten, handen of voeten in welke opening van het apparaat dan ook of onder het apparaat.

Plaats geen waterflessen of bekers op uw hardloopband tenzij u een houder heeft die speciaal ontworpen is voor hardloopbanden. Gebruik uw hardloopband niet in een omgeving waar spuitbussen worden gebruikt of waar zuurstof wordt toegediend.

Bedien het apparaat niet zonder de motorafscherming of pas het apparaat op geen enkele wijze aan.

MESURES DE PRECAUTION

Ces instructions sont destinées au propriétaire du **TAPIS STAR TRAC 4000**. Assurez-vous que votre personnel et vos adhérents les suivent toujours.

Encouragez vos adhérents à parler de leur programme d'entraînement à un médecin ou un entraîneur, en particulier s'ils n'ont pas eu d'activité sportive pendant plusieurs années, s'ils ont plus de 35 ans ou s'ils ont des kilos superflus.

Lisez le manuel avant de faire fonctionner le tapis.

Utilisez le tapis exclusivement aux fins pour lesquelles il est destiné. N'utilisez pas d'accessoires qui n'ont pas été recommandés par le fabricant.

Attachez toujours vos lacets et vêtements quand vous courez sur le tapis.

Arrêtez si vous êtes pris de vertiges ou épuisé.

Commencez toujours à une vitesse lente.

Respectez les périodes d'échauffement et de récupération.

Entrez vos objectifs (voir chapitre 4).

Complétez votre entraînement par un régime alimentaire.

Suivez votre progrès grâce aux informations du tableau de bord.

Essayez d'utiliser l'inclinaison afin de brûler plus de calories et de renforcer les muscles de membres inférieurs.

Ne laissez pas d'enfants non-accompagnés sur le tapis. Une surveillance très stricte est nécessaire si des personnes invalides ou handicapées utilisent le tapis.

Ne laissez jamais le tapis sans surveillance s'il est branché. Débranchez le tapis si vous ne l'utilisez pas ou avant de monter ou démonter des pièces.

Utilisez le tapis uniquement avec des chaussures appropriées.

Ne descendez pas ou ne montez pas sur un tapis qui est en fonction.

N'utilisez ou ne stockez jamais le tapis à l'extérieur ou près d'une piscine.

Ne laissez rien rentrer dans les ouvertures. Ne posez pas vos pieds sous l'appareil.

Ne posez pas de bouteilles ou verres d'eau sur l'appareil sans être équipé avec le () en option.

N'utilisez pas le tapis dans les endroits où des aérosols ou de l'oxygène ont été utilisés.

Débranchez le tapis avant le nettoyage ou le changement de fusibles.

N'enlevez pas de vis, ne modifiez pas l'appareil.

Ne serrez pas trop fort la surface caoutchoutée.

Effectuez régulièrement l'entretien préventif du tapis.

Mettez les fils électriques à l'abri de chaleur.

Enlevez poussière, cheveux etc. de l'aération.

N'utilisez pas cet appareil si les fils ou la fiche sont endommagés, s'il est tombé ou cassé. Appelez votre distributeur pour une révision ou réparation.



ATTENTION: LISEZ SOIGNEUSEMENT LE MANUEL D'UTILISATION AVANT D'UTILISER CE TAPIS ROULANT



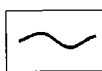
ATTENTION: DÉBRANCHEZ A LA SOURCE AVANT D'EFFCTUER UN ENTRETIEN DU UNE RÉPARATION



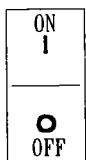
ATTENTION: NE PAS GLISSER LAS MAÍNS DU LES PIADS SOUS LE TAPIS ROULANT EN ACTION



ARRÊT (MISE HORS SERVICE)



COURANT ALTERNATIF



OUVRE

FERME

STAR TRAC 4000 LAUFBAND

SICHERHEITSVORSCHRIFTEN

WARNUNG

Dieses Produkt ist für den Gebrauch an einer passenden Netzsteckdose mit 220 Volt Spannung bestimmt und werkseitig mit einer dafür vorgesehenen Netzleitung und einem Netzstecker ausgerüstet. Stellen Sie sicher, daß das Gerät nur an einem Anschluß mit gleicher Bauart wie der Stecker angeschlossen wird. **VERWENDEN SIE KEINEN ADAPTER FÜR DEN BETRIEB DES TR 4000.** Wenn das Gerät zum Betrieb an einem anderen Stromnetz auf einen anderen Netzstecker umgerüstet werden muß, sollte die Umrüstung durch einen qualifizierten Elektriker durchgeführt werden.



ACHTUNG: GERÄT VOR DEM REINIGEN ODER WARTEN VON DER STROMVERSORGUNG TRENNEN



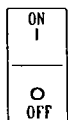
ACHTUNG: VOR DER BENUTZUNG SICHERHEITSVORSCHRIFTEN LESEN



BEDIENUNG UNTERBRECHEN



WECHSELSTROM



EIN

AUS

SICHERHEITSVORSCHRIFTEN

Diese Sicherheitshinweise sind an Sie, den Besitzer des Laufbandes **STAR TRAC TR 4000**, gerichtet. Bitte weisen Sie Ihre Mitglieder und Ihre Fitneß-Mitarbeiter an, sich an die folgenden Sicherheitsvorschriften zu halten.

LESEN SIE ALLE ANWEISUNGEN VOR DER BENUTZUNG DES LAUFBANDES.

WARNUNG: Um das Risiko eines elektrischen Schlages zu vermeiden, nehmen Sie den Stecker des Laufbands vor dem Reinigen **IMMER** aus der Netzsteckdose.

SIE SOLLTEN...

Die Benutzung des Laufbandes beenden, wenn Schwindel oder Benommenheit auftritt.

An Ihre Grenzen denken.

Das Laufband vor jeglichen Wartungs- und Reinigungsarbeiten abschalten.

Das Gerät nur für den vorgesehenen Verwendungszweck benutzen.

Regelmäßige vorbeugende Wartungsarbeiten durchführen.

Die elektrischen Leitungen von Wärmequellen fernhalten.

Den Stillstand des Laufriemens abwarten, bevor Sie das Laufband auseinanderbauen.

Die Lüftungsöffnungen frei von Staub, Haaren und Ähnlichem halten.

Das Laufband niemals mit verdeckten Lüftungsschlitzen betreiben.

Die Stromversorgung immer am Netzschalter abschalten.

SIE SOLLTEN NIEMALS...

Kinder das Laufband unbeaufsichtigt benutzen lassen.

Schutzvorrichtungen entfernen oder das Gerät umbauen.

Das Gerät im Freien benutzen.

Den Laufriemen überspannen.

Das Laufband mit beschädigter Netzleitung betreiben, wenn es nicht richtig funktioniert, heruntergefallen ist oder beschädigt wurde. Für sofortige Reparaturunterstützung kontaktieren Sie einen autorisierten Händler oder den Kundendienst von STAR TRAC telefonisch unter +1 714 669 1660, bzw. benutzen Sie unsere Web-Seite unter <http://www.startrac.com>.

Das Laufband ohne die passenden Sportschuhe benutzen.

Gegenstände in eine Öffnung am Gerät hineinfallen lassen.

Gegenstände, Hände oder Füße in eine Öffnung am Gerät stecken oder diese unter das Gerät legen.

Wasserflaschen oder Trinkbecher auf das Laufband stellen, es sei denn, Sie haben ein speziell für diesen Zweck und für dieses Laufband gedachtes Zubehörteil.

Das Laufband in Räumlichkeiten benutzen, in denen Produkte in Aerosoldosen (Sprays) angewandt werden oder in denen Sauerstoff verabreicht wird.

Das Laufband mit abgenommener Motorabdeckung laufen lassen, oder das Gerät auf irgendeine Art und Weise verändern.

TREADMILL STAR TRAC 4000

ISTRUZIONI DI SICUREZZA

ATTENZIONE

Questo prodotto è da usare su un circuito elettrico con una tensione nominale di 220 volt ed è fornito dalla fabbrica con un cavo elettrico e spina specifici per permettere il collegamento ad un circuito elettrico appropriato. Assicuratevi che il prodotto sia collegato ad una presa che abbia la stessa configurazione della spina. **NESSUN ADATTATORE DEVE ESSERE USATO CON QUESTO PRODOTTO.** Se il prodotto deve essere ricollegato per l'uso su un circuito elettrico diverso, il ricollegamento deve essere effettuato da un elettricista qualificato.



ATTENZIONE: PRIMA DI PULIRE O ESEGUIRE LA MANUTENZIONE, TOGLIETE LA SPINA



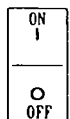
ATTENZIONE: PRIMA DI USARE LEGGETE IL MANUALE DELLE ISTRUZIONI



FERMA IL MOVIMENTO



CORRENTE ALTERNATA



ACCESO

SPENTO

ISTRUZIONI DI SICUREZZA

Queste indicazioni sono indirizzate ai proprietari del **TREADMILL STAR TRAC 4000**.
Chiedete a tutti i membri della vostra palestra e al vostro staff di seguire queste istruzioni di sicurezza.

LEGGETE TUTTE LE ISTRUZIONI PRIMA DI USARE IL TREADMILL.

ATTENZIONE: per ridurre il rischio di scossa elettrica, staccate **SEMPRE** la spina della corrente del treadmill prima di pulirlo.

DA FARE

Fermate il treadmill se vi sentite svenire o avete capogiri.
Siate coscienti dei vostri limiti.
Staccate la spina prima di pulire, spostare o cambiare qualsiasi parte del treadmill.
Usate questo prodotto solo per l'uso inteso.
Eseguite la manutenzione regolare.
Mantenete la corda elettrica lontana da fonti di calore.
Aspettate fino a quando il nastro è completamente fermo prima di scendere dal treadmill.
Pulite le prese d'aria da polvere, capelli e simili. Non usate mai il treadmill con le prese d'aria bloccate.
Spegnete la macchina tramite l'interruttore.

DA NON FARE

Non permettete a bambini di usare il treadmill senza sorveglianza.
Non salite o scendete dal treadmill mentre è in funzione.
Non usatelo all'aperto.
Non tirate troppo il nastro.
Non usate il treadmill se il cavo elettrico o la spina sono danneggiati, se non funziona come dovrebbe o se è caduto o è danneggiato. Contattate il vostro rivenditore autorizzato **STAR TRAC** o l'assistenza clienti dello **STAR TRAC** al numero +1 714 669 1660 o visitate il nostro sito Internet a <http://www.startrac.com>, per esame o riparazione immediata.
Usate il treadmill solo se calzate scarpe da ginnastica.
Non lasciate cadere oggetti e non inserite mani o piedi nelle aperture o al di sotto del treadmill.
Non appoggiate bottiglie d'acqua o bicchieri sul treadmill a meno che non stiate usando un supporto progettato appositamente per il treadmill.
Non usate il treadmill in posti dove sono usati prodotti aerosol (spray) o dove è somministrato dell'ossigeno.
Non accendete il treadmill con il coperchio del motore rimosso, e non modificalo in nessun modo.

ESTEIRA STAR TRAC 4000

INSTRUÇÕES DE SEGURANÇA

ADVERTÊNCIA

Este produto deve ser usado em um circuito com tensão nominal de 220 volts. Ele foi fabricado com um cabo de alimentação e plugue específicos para permitir a sua conexão com um circuito elétrico apropriado. Certifique-se de que o produto esteja conectado a uma tomada com as mesmas configurações do plugue. **NÃO UTILIZE ADAPTADORES PARA ESTE PRODUTO.** Se for necessário reconectar o produto para utilização em um tipo diferente de circuito elétrico, este procedimento deverá ser executado por pessoal qualificado.



ATENÇÃO: ANTES DE LIMPAR OU FAZER MANUTENÇÃO, DESCONNECTE O APARELHO DA TOMA DA



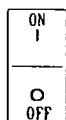
ATENÇÃO: LEIA O MANUAL DE INSTRUÇÕES ANTES DE OPERAR A ESTEIRA



PARE (A AÇÃO)



CORRENTE ALTERNADA



I LIGAR

O DESLIGAR

INSTRUÇÕES DE SEGURANÇA

Estas observações de segurança destinam-se à você, proprietário da **ESTEIRA STAR TRAC 4000**. Treine todos os membros e funcionários que utilizarão o equipamento para que sigam estas instruções de segurança.

LEIA TODAS AS INSTRUÇÕES ANTES DE USAR SUA ESTEIRA

ADVERTÊNCIA: para reduzir os riscos de choque elétrico, **SEMPRE** desconecte a esteira da tomada antes de limpá-la

Pare de usar a esteira se você se sentir fraco ou com tontura.

Reconheça seus limites.

Desconecte a esteira da tomada antes de limpá-la ou antes de remover ou substituir qualquer peça.

Utilize este equipamento única e exclusivamente para o seu devido fim.

Faça manutenção preventiva regularmente.

Mantenha o fio afastado de superfícies aquecidas.

Espere até que a esteira esteja completamente parada antes de descer do aparelho.

Mantenha as saídas de ar desobstruídas de fiapos de tecidos, cabelos e outros objetos. Nunca opere a esteira coma as saídas de ar bloqueadas.

Desligue o aparelho com o interruptor de força.

Não permita que crianças operem a esteira sem supervisão de um adulto.

Não suba ou desça da esteira enquanto ela estiver em movimento.

Não utilize a esteira ao ar livre.

Não estique demais o tapete da esteira.

Não opere esta esteira se o cabo de alimentação ou o plugue da tomada estiverem danificados, se ela não estiver funcionando perfeitamente ou se tiver sofrido queda ou danos. Procure seu revendedor autorizado **STAR TRAC** ou o departamento de assistência técnica **STAR TRAC** pelo telefone 1 714 669 1660 ou acesse nosso "web site" no endereço <http://www.startrac.com> para fazer uma consulta ou conserto imediato.

Não utilize a esteira sem calçar tênis.

Não deixe cair nem introduza nenhum objeto, as mãos ou pés em nenhuma abertura do equipamento ou debaixo deste.

Não coloque garrafas d'água nem copos na esteira se não estiver utilizando o devido acessório projetado para esse fim. Não utilize a esteira onde estejam sendo usados produtos de aerosol (spray) ou em lugares onde esteja sendo administrado oxigênio. Não opere o equipamento com a tampa do motor removida nem faça nenhuma modificação no equipamento.

TAPIZ RODANTE STAR TRAC 4000

INSTRUCCIONES DE SEGURIDAD

ADVERTENCIA

Este producto está preparado para utilizarse en un circuito de 220 voltios y se suministra equipado de fábrica con un cable y un enchufe eléctricos específicos para permitir su conexión a un circuito eléctrico apropiado. Asegúrese de que el producto se conecte a una toma de corriente con la misma configuración que el enchufe. **NO UTILICE NINGÚN ADAPTADOR CON ESTE PRODUCTO.** Si este producto necesita ser modificado eléctricamente para utilizarse en un tipo diferente de circuito eléctrico, dicha modificación debe ser realizada únicamente por el personal de servicio calificado.



ATENCIÓN: DESCONECTE EL SUMINISTRO DE CORRIENTE ANTES DE LIMPIAR O REPARAR



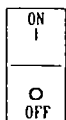
ATENCIÓN: LEA EL MANUAL DE INSTRUCCIONES ANTES DE SU UTILIZACIÓN



PARAR (EL FUNCIONAMIENTO)



CORRIENTE ALTERNA



ENCENDIDO

APAGADO

INSTRUCCIONES DE SEGURIDAD

Estas notas sobre seguridad van dirigidas a Vd. como propietario del **TAPIZ RODANTE STAR TRAC 4000**. Haga que todos los usuarios y preparadores físicos cumplan estas instrucciones de seguridad.

LEA TODAS LAS INSTRUCCIONES ANTES DE UTILIZAR SU TAPIZ RODANTE.

ADVERTENCIA: Para reducir los riesgos de sufrir una descarga eléctrica, desenchufe **SIEMPRE** el tapiz rodante antes de limpiarlo.

QUÉ HACER

Detenga el tapiz rodante si se nota desfallecido o mareado.
Conozca sus limitaciones.
Desenchufe el tapiz rodante antes de limpiar, quitar o cambiar alguna pieza.
Utilice este producto sólo para los usos que está diseñado.
Realice un mantenimiento preventivo de manera regular.
Mantenga el cable separado de fuentes de calor.
Espere a que la cinta móvil haya parado antes de descender del tapiz rodante.
Mantenga las entradas de aire libres de pelusa, pelo y similares. No utilice nunca el tapiz rodante con las entradas de aire bloqueadas.
Desconecte de la corriente por medio del disyuntor.

QUÉ NO HACER

No permita que los niños utilicen el tapiz rodante sin supervisión.
No suba o baje del tapiz rodante mientras está funcionando.
No debe utilizarse en exteriores.
No tense demasiado la cinta móvil.
No utilice este tapiz rodante si tiene el cable o el enchufe dañados, si no funciona adecuadamente o si ha sufrido algún golpe o deterioro. Póngase en contacto con su vendedor autorizado de **STAR TRAC**, con el departamento de servicios de **STAR TRAC** llamando al número +1 714 669 1660 o accediendo a nuestra página de la web en <http://www.startrac.com>, para un examen o reparación inmediatos.
No utilice el tapiz rodante sin calzado deportivo.
No deje caer ni introduzca ningún objeto, manos o pies en ninguna abertura del aparato o debajo del mismo.
No deje botellas de agua ni tazas sobre su tapiz rodante excepto si utiliza el accesorio adicional diseñado para este fin. No utilice su tapiz rodante en lugares en los que se están usando productos aerosoles (en spray) o en los que se está administrando oxígeno.
No encienda este aparato con la cubierta del motor retirada, ni lo modifique de ninguna manera.

STAR TRAC 4000-TRÆDEMØLLI

SIKKERHEDSINSTRUKTIONER

ADVARSEL

Dette produkt er beregnet til brug i forbindelse med et el-net med nominel effekt på 220 volt. Det leveres med særlig ledning og stik fra fabrikken, som kun passer til den korrekte type el-net. Sørg for, at produktet er sat til en stikkontakt, som har samme konfiguration som stikket. **DER MÅ IKKE BRUGES ADAPTER TIL DETTE PRODUKT.** Hvis produktet absolut skal omstilles til en anden slags el-net, skal omstillingen foretages af kvalificeret servicepersonale.



FORSIGTIG: AFBRYD EL-KABLET, FØR DU GØR RENT ELLER SERVICERER.



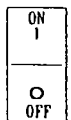
FORSIGTIG: LÆS INSTRUKTIONSHÅNDBOGEN FØR BRUG



STOP (AF FUNKTION)



VEKSELSTRØM



TÆND

SLUK

SIKKERHEDSINSTRUKTIONER

Disse sikkerhedsbemærkninger henvendes til ejeren af **STAR TRAC 4000-TRÆDEMØLLEN**. Sørg venligst for, at alle medlemmer og alt kondipersonale kender og følger disse sikkerhedsregler.

LÆS ALLE INSTRUKTIONERNE, FØR DU BRUGER DIN TRÆDEMØLLE.

ADVARSEL: For at mindske risikoen for at få elektrisk stød, skal du **ALTID** trække trædemøllens stik ud af kontakten, før du gør den ren.

SKAL

Stig af trædemøllen, hvis du bliver mat i kroppen eller svimmel.

Kend dine begrænsninger.

Træk trædemøllens stik ud af kontakten, før du gør den ren, eller fjerner eller udskifter en del.

Brug kun produktet til det formål, det er beregnet til.

Foretag forebyggende vedligeholdelse med regelmæssige mellemrum.

Hold ledningen fri af varmeanlæg.

Vent til løbebåndet standser, før du stiger af trædemøllen.

Hold ventilationsåbningerne fri for frug, hår og lignende. Brug aldrig trædemøllen med blokerede luftventilationsåbninger.

Sluk for elektriciteten på afbryderkontakten.

MÅ IKKE

Tillad ikke børn uden opsyn at bruge trædemøllen.

Stig ikke på eller af trædemøllen, mens den kører.

Brug ikke trædemøllen udendørs.

Stram ikke løbebåndet for meget.

Brug ikke trædemøllen, hvis ledningen eller stikket er beskadiget, hvis trædemøllen ikke fungerer rigtigt, eller hvis den er faldet ned eller væltet og er blevet beskadiget. Kontakt den autoriserede **STAR TRAC**, forhandler eller serviceafdelingen hos

STAR TRAC Ring på +1 71 46 69 1660 eller du kan få fat i os på vores web-site: <http://www.star-trac.com> for øjeblikkeligt eftersyn eller reparation.

Brug ikke trædemøllen uden kondisko.

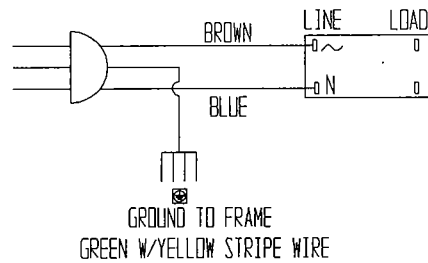
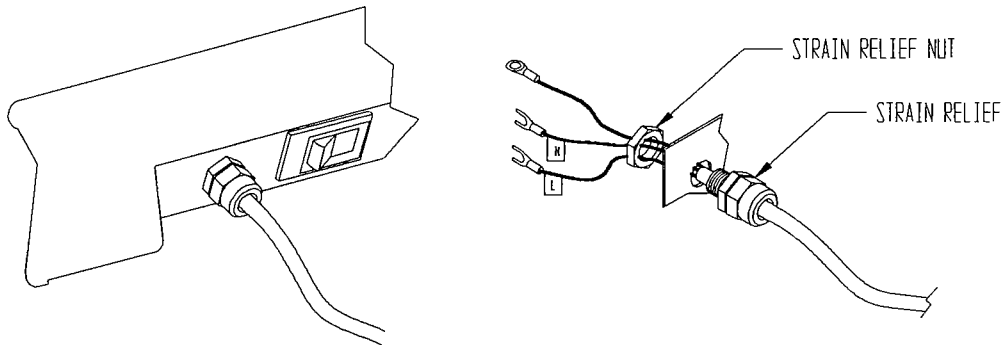
Undgå at tabe eller at stikke genstande, hænder eller fødder ind i en åbning i eller under udstyret.

Stil ikke vandflasker eller kopper på trædemøllen, medmindre du har dertil beregnet tilbehør, som er specielt designet til trædemøllen. Brug ikke trædemøllen på steder, hvor der bruges aerosolprodukter (spray), eller hvor der administreres ilt.

Udstyret må ikke køre uden motorafskærmning, og det er ikke tilladt at ændre udstyret på nogen måde.

POWER CORD REPLACEMENT INSTRUCTIONS

1. TURN THE POWER OFF AND UNPLUG THE TREADMILL.
2. USING A PHILLIPS SCREW DRIVER, REMOVE THE SCREW ON THE CENTER FRONT OF THE MOTOR SHROUD, SEPARATE THE VELCRO BY PULLING AWAY ON THE SIDES OF THE SHROUD THEN SLIDE THE SHROUD UP THE FRONT RAIL TO ACCESS THE POWER CORD CONNECTIONS.
3. REMOVE THE GROUND SCREW AND DISCONNECT GROUND WIRE.
4. REMOVE THE BREAKER SCREWS AND DISCONNECT THE LINE (~) AND NEUTRAL (N) WIRE.
5. USING A 15/16 OR AN ADJUSTABLE WRENCH, LOOSEN THE STRAIN RELIEF NUT.
6. REMOVE POWER CORD.



7. INSTALL NEW POWER CORD BY SLIDING THE WIRES THROUGH THE MOUNTING PANEL HOLE.
8. TIGHTEN THE STRAIN RELIEF NUT.
9. CONNECT THE LINE AND NEUTRAL WIRES TO THE BREAKER WITH THE BREAKER SCREWS.
10. CONNECT THE GROUND TO THE FRAME WITH THE GROUND SCREW.
11. SLIDE THE SHROUD DOWN THE FRONT RAIL. PRESS THE SIDES OF THE MOTOR SHROUD ONTO THE SIDES OF THE SIDE FRAMES, CAUSING THE VELCRO TO ATTACH. TIGHTEN THE SCREW IN THE CENTER FRONT OF THE MOTOR SHROUD.

ASSEMBLY AND SETUP

CHAPTER

2

This chapter details how to assemble and set up your **STAR TRAC 4000 TREADMILL**. Please begin by verifying that the following parts were included in your shipment:

Description	Qty.
Frame Assembly	1
Motor Shroud.....	1
Front Handrail with Display Control Panel Attached.....	1
Right Side Handrail (Short)	1
Left Side Handrail (Long)	2
Screw, Button Head Socket Cap, 1/4"-28 UNF × 3/8" *	8
Bolt, Hex-head, 5/16"-18 UNC x 6"†	2
Washer, Flat, 9/16" I.D. x 1-3/8" O.D.†	2
Washer, Flat, 5/15" Standard†	2
Hex (Allen) key, 5/64"‡	1
Hex (Allen) key, 1/8"‡	1
Hex (Allen) key, 5/32"‡	1
Hex (Allen) key, 1/4"‡	1
Bungee cord, 28"‡	1
Screwdriver, Phillips, #2‡	1
Screwdriver (blade-tip), 3/32"‡	1
Wrench, Combo, 9/16" & 7/8"‡	1
Tie, Strap, Mount‡	1
Tie strap, 3-1/2"‡	1
Owner's Manual with Warranty Registration Card	1

Should any component not be present or if you have any operational questions, please call Star Trac's Service department at (800) 503-1221 or USA 1-714-669-1660. Specifically refer to your treadmill serial number and model number listed below:

Serial No. _____

Model No. _____

*Pre-inserted into handrails and connecting tubes (stubs)

†Pre-inserted into frame rails

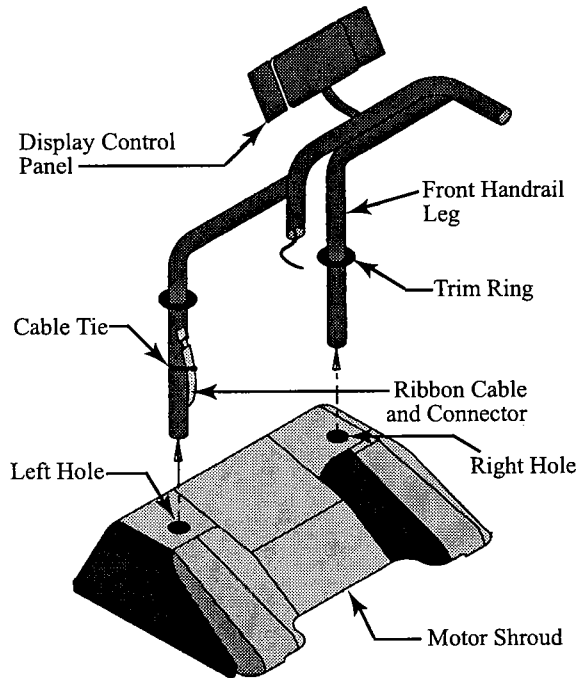
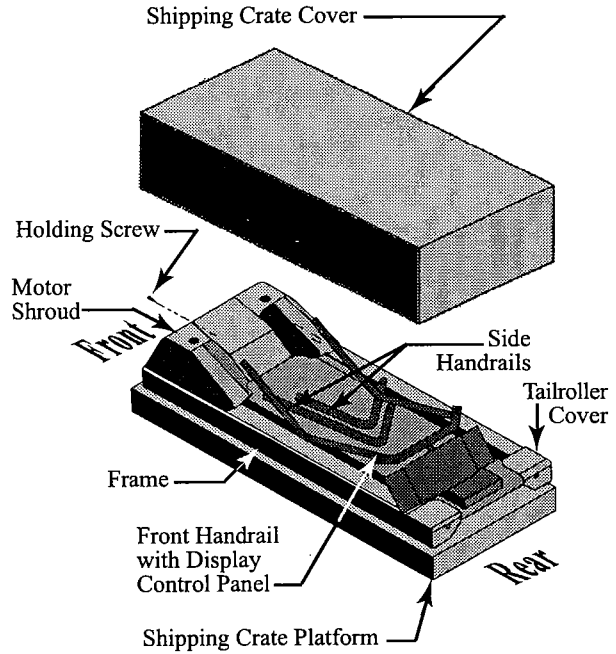
‡Part of included **STAR TRAC 4000 TREADMILL** tool kit.

To assemble your **STAR TRAC 4000 TREADMILL**, just follow these steps.
 Note: Don't finally tighten the bolts and screws until all the parts are fitted together.

1

Remove all the packaging material so that the treadmill is sitting, ready for assembly, on the shipping crate platform. With a helper, lift the treadmill frame from the shipping crate platform and place it in the location where it will be used. Make sure that it is near a power outlet. *Caution:* The motor shroud end of the treadmill is the heavy end, and may need two people to lift it.

Remove the holding screw on the back center of the motor shroud. Detach the Velcro along the inside of the lower side of the shroud. Lift the shroud from the treadmill and place it to the side of the unit.



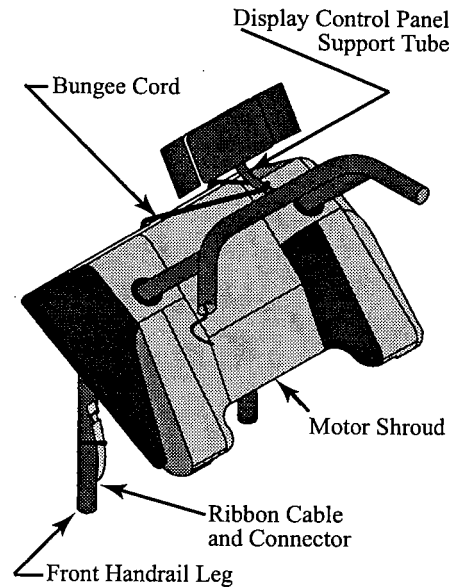
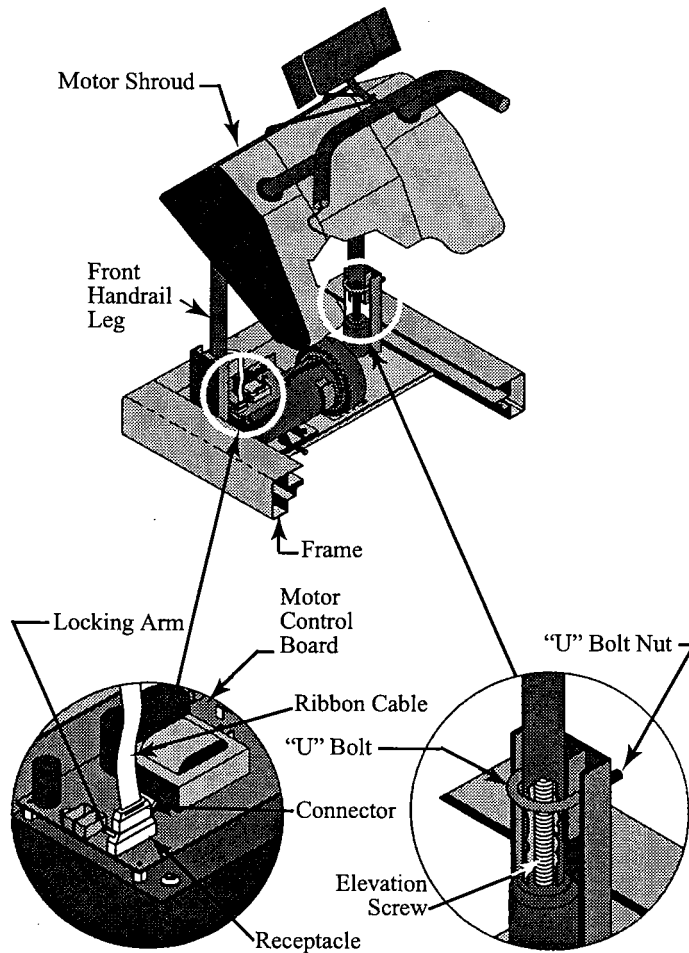
2

Locate the front handrail (the one with the display control panel attached). Do not remove the cable tie that secures the ribbon cable.

Lower the front handrail legs through the holes in the top of the motor shroud.

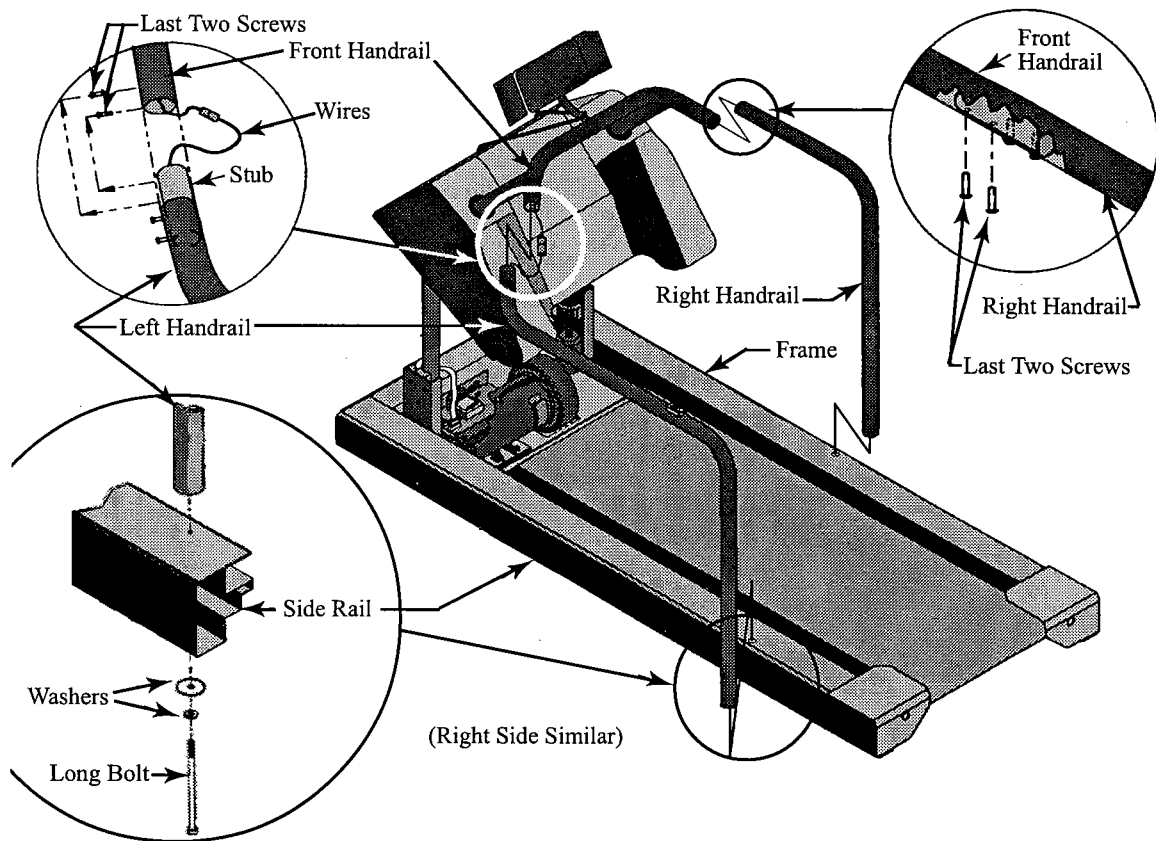
3

Lift the shroud and secure it to the display control panel support tube, placing the bungee cord around the tube and hooking it under the rim of the shroud as shown. The bungee cord should lift and hold the shroud halfway up the front handrail legs.



4

Lift the front handrail and shroud, and lower the front handrail legs over the elevation screws that stick up from the frame. The legs will pass through a "U" bolt on each side, then come to a stop. Remove the cable tie that secure the ribbon cable to the front handrail leg. *Caution:* Take care not to put any undue strain on the ribbon cable and connector. Tighten the nuts on the "U" bolts, but leave them loose enough for later adjustment of the front handrail. Insert the ribbon cable connector into the receptacle on the motor control board. It will go in only one way. Push in firmly until the locking arms on the receptacle are engaged.



5

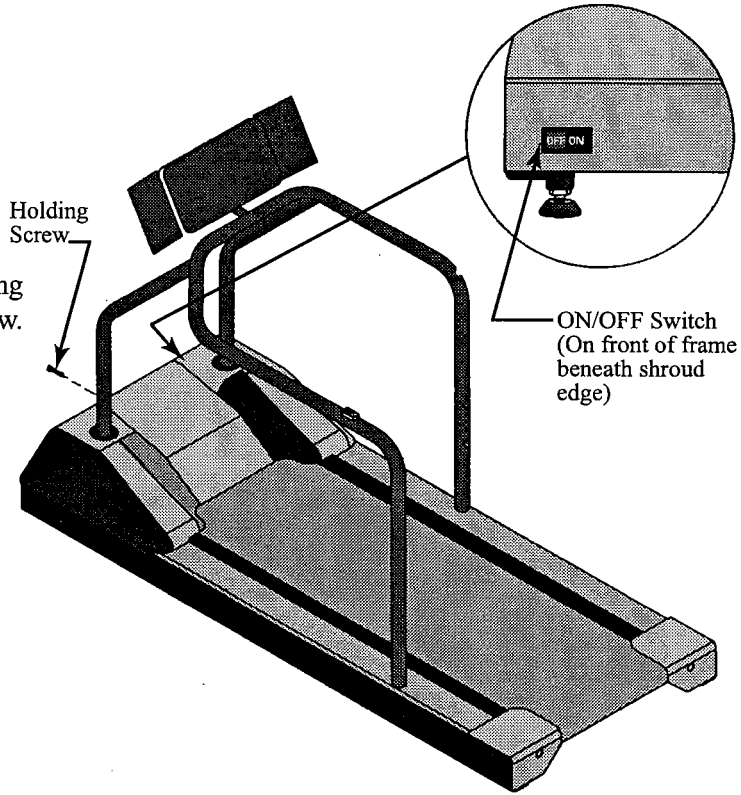
Locate the left handrail and remove the last two screws that are on the stub sticking out of the upper end of the handrail. Next, remove the long bolt and two washers from the lower end of the left handrail. Holding the handrail in place, carefully connect the red and black wires to the red and black wires, respectively, coming from the front handrail. Slide the left handrail stub into the front handrail, replace the two screws, and tighten loosely. *Note: If the holes do not line up, loosen the lower pair of screws and rotate the stub in the handrail until they do line up. Caution: Avoid penetrating the wires inside the handrails with the screws.*

Install the long bolt through the hole in the frame and screw it into the underside of the side rail.

Repeat the whole process with the right side rail, then tighten all screws and bolts.

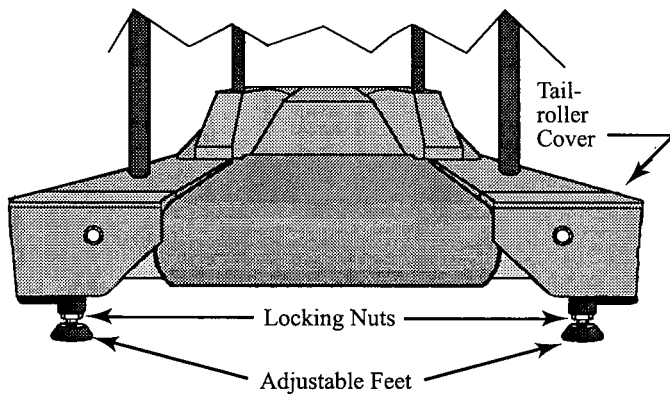
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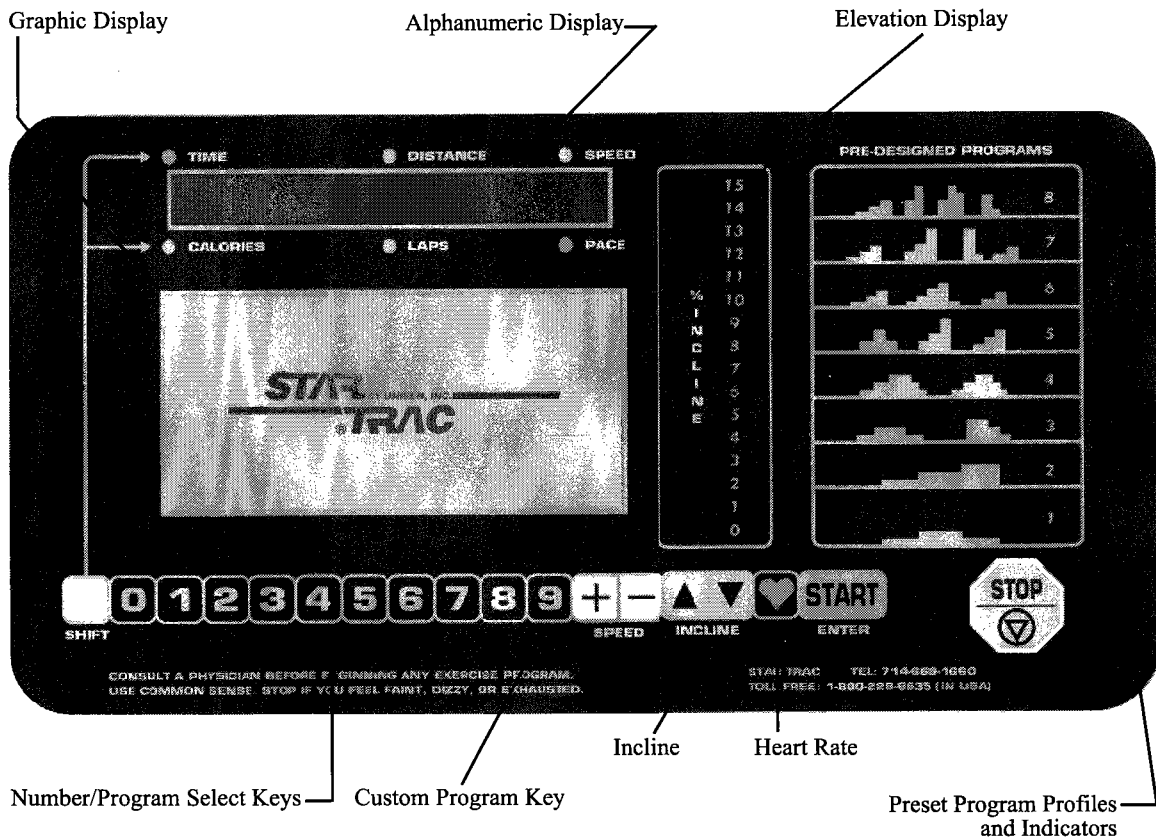
Lower the shroud into place, holding secure the back center holding screw.



7

If necessary, level your treadmill using the two adjustable feet under the tailroller. Loosen the lock nuts, rotate the feet until the treadmill is stabilized, and retighten the lock nuts. You have now completed the assembly of your **STAR TRAC 4000 TREADMILL.**





STAR TRAC 4000 TREADMILL Display Control Panel

Operating the **STAR TRAC 4000 TREADMILL** is very easy. Simply step onto the running belt, press **START**, and begin walking or running naturally.

Learning the features and incorporating the **STAR TRAC 4000 TREADMILL** into your members' fitness programs is just as easy. In this chapter, you will learn the display function and how to get the most out of every **STAR TRAC 4000 TREADMILL** workout.

DISPLAY CONTROL PANEL FEATURES

Your **STAR TRAC 4000 TREADMILL** is equipped to provide you and your users unlimited exercise opportunities. Experiment with its features to find the right combination for your fitness regimen. The Display Control Panel shown on the opposite page features:

START





[ENTER] Key: Starts your treadmill running belt moving. Enters and confirms your workout duration.

STOP

Key: Pauses your treadmill when pressed once. Ends your workout when pressed twice.





Number/Program Select Keys: Permit entry of duration, weight, and speed data.

 permits manual entry of weight (for calories) and duration of workout.  through  select increasingly challenging programs of automatic, preselected terrain profiles.  initiates design of a custom program, then selects that program.

Graphic Display: Traces your progress through each of the programs and allows you to anticipate the hills and valley. Display elements illuminate from left to right across the bottom of the display to indicate your progress through the course. At each step, display elements illuminate in columns to indicate your ascent up the gradient that is in effect. In Manual Operation this display shows your progress counter clockwise around a 1/4 mile (400-meter) course, starting from the bottom center.



Keys: Adjust running belt speed in 0.1 miles per hour (mph) or 0.1 kilometers per hour (km/hr) increments. To increase or decrease your speed, press the  or  keys, respectively, until the desired number of minutes appears in the Alphanumeric Display, then, press **START**. The speed cannot be higher than the MX SPD data item (See Chapter 6). If you do not press **START** within 15 seconds, the previous display will return. These keys repeat as you hold them depressed. These keys also start the running belt at minimum speed from zero.



INCLINE Keys: Adjust treadmill incline in 1% increments from 0% through 15% in manual operation. These keys repeat as you hold them depressed. They have no effect during the present programs or the custom program.

Incline Display: Show the incline that the user is ascending, from 0% (easiest) to 15% (most difficult).

SHIFT Key: Selects Data Group 1 or Data Group 2 on the Alphanumeric Display.

ALPHANUMERIC DISPLAY: Before your workout, the start-up display scrolls STAR TRAC, Press Start, or 0 to 9, and repeats. During your workout, the display shows information on your workout in two alternate groups of three items each. Group 1 comprises:

- **TIME:** The duration of your workout thus far in minutes and seconds.
- **DISTANCE:** The total number of miles or kilometers you have walked or run thus far.
- **SPEED:** Your speed in mph or km/hr.

Group 2 comprises:


- **CALORIES:** Your aggregate caloric expenditure thus far in your workout.
- **LAPS:** The lap (1st, 2nd, etc.) of a 1/4 mile (400-meter) course which your treadmill is simulating for you.
- **PACE:** Your time in minutes over a mile or kilometer.

Lighted indicators above and below the Alphanumeric Display identify the information items in each group. The Alphanumeric Display also shows heart rate information (see *Heart Rate Monitoring* in this chapter), notification that the workout is done, and scrolling summarized workout data after the workout. This data consists of:

- Total elapsed time
- Distance covered
- Average speed
- Total calories expended
- Laps completed
- Average pace

Every 2000 miles (or 3000 km) the Start-Up Display will also scroll REWAX BELT. See Preventive Maintenance, Chapter 5, for additional information.



Heart Rate Key: Checks your heart rate anytime during your workout.  works differently in each treadmill model; see *Heart Rate Monitoring* in this chapter.

Preset Program Profiles and Indicators: Approximate graphical representations of the eight preset programs, with accompanying indicators to show the program in effect.

HINTS AND TIPS FOR GETTING STARTED

The following hints and tips will assist in training your users to maximize the fitness benefits of your **STAR TRAC 4000 TREADMILL**.

- **Walk or run at a rate that feels comfortable and most natural, yet is sufficiently vigorous to get a good cardio workout.** Your typical speed will be in the range of 4 to 8 mph.
- **Try different walking or running rhythms.** In manual operation, adjust your pace from low speed to high speed, then back to low. As you become more comfortable with your treadmill, try going faster or using the preset programs.
- **Watch the Graphic Display to anticipate terrain changes.** When you use the preset programs, the display shows hills and valleys as tall or short columns. The display also notifies you of incline changes with a series of beeps and a flashing display element.

MANUAL OPERATION

You may immediately begin to use your treadmill under manual control. Just follow these steps:

1. Move the ON/OFF switch on the front of the treadmill frame to ON.
2. Stand on the running belt and press **START**, **+**, or **-**. The belt will slowly reach its minimum speed of 0.5 mph or 1.0 km/hr.
3. If you wish to go faster, press **+** until your desired **SPEED** appears in the Alphanumeric Display. (You may also lower your speed using **-**.) Alternatively, choose your desired speed with the numeric keys and press **START**. Feel free to change your speed any time during your workout.
4. Adjust your % Incline using the **▲** or **▼** **INCLINE** keys. The incline ranges from 0% (flat) to 15% (most difficult). Feel free to change your incline during your workout.
5. As you work out, watch your time, distance, and speed in the Alphanumeric Display. If you wish, press the **SHIFT** Key to show your workout calories, laps, and pace.
6. If you wish to pause during your workout, press **STOP** once. The running belt will slow to a stop, after which you may take 30 seconds to catch a breather, towel off, get a drink, or check your heart rate. If you press **START** during this 30 seconds, your treadmill will go back to minimum speed as in Step 2. If you do not press **START**, your treadmill will remain stopped and show the opening display.

7. When you are ready to finish your workout, press **STOP** twice. The running belt will slow to a stop and show the Opening Display.

NOTE: Your caloric expenditure in manual operation is based on a default weight of 155 pounds (70 kg). You may change this weight using Program 0 below.

PROGRAM 0

You may manually adjust your weight (to display appropriate calories during your workout). Just follow these steps:

1. With the opening display visible, press **□**.
2. WEIGHT = 155 will be displayed. Enter your weight with the numeric keys and press **START**.
3. DUR = 20 will be displayed. Enter your workout duration (time) with the numeric keys and press **START**. The treadmill will begin operating at minimum speed.
4. Feel free to change your speed and adjust your elevation at any time during your workout as in *Manual Operation* above.

PROGRAMS 1-8

After becoming familiar with manual operation of your treadmill, you may wish to try its preset programs of varying speeds and inclines, or even design your own program.

The eight preset programs in your **STAR TRAC 4000 TREADMILL** take you through terrain contours based on American College of Sports Medicine (ACSM) standards. These profiles, shown in cursory detail on the Display Control Panel, are detailed in Appendix A. To use a preset program, just follow these steps:

1. With the opening display visible, press any number **1** through **8**.
2. WEIGHT = 155 will be displayed. Enter your weight with the numeric keys (or leave the 155 pounds in effect) and press **START**.
3. DUR = 20 will be displayed. Enter your workout duration (time) with the numeric keys and press **START**.
4. HI SPD will be displayed. Enter the highest speed that you wish to reach during your workout (see Appendix A) with the numeric keys and press **START**.

5. HI GRADE will be displayed. Enter the highest % incline that you wish to reach during your workout (see Appendix A) with the numeric keys and press **START**. The treadmill will begin operating at minimum speed; then it will take you through the program scaled according to your entries.
6. Begin walking or running as the running belt slowly reaches the initial speed called for in your chosen profile. As you work out, watch your time, distance and speed in the Alphanumeric Display. Watch also your ascent up the inclines in the Graphic Display. If you wish, press the **SHIFT** Key to show your workout calories, laps, and pace. You may not change your speed or elevation (% incline) while a program is in effect.
7. If you wish to pause during your workout, press **STOP** once. Just as in manual operating, the running belt will slow to a stop while you take a 30 second break. If you press **START** during this 30 seconds, your treadmill will resume its program. If you do not press **START**, your treadmill will remain stopped and show the opening display.
8. If you wish to end you workout early, press **STOP** twice. The running belt will slow to a stop and show the opening display.
9. When you reach the end of the course, the running belt will slow to a stop and FINISH will appear in the Alphanumeric Display, followed by your scrolling workout data.

CUSTOM PROGRAM 9

You may design your own interval training program for your **STAR TRAC 4000 TREADMILL**. This program may contain up to five intervals, each with its own duration or distance, speed, and incline %. Just follow these steps:

1. With the opening display visible, press **9**.
2. WEIGHT = 155 will be displayed. Enter your weight with the numeric keys (or leave the 155 pounds in effect) and press **START**.
3. The Alphanumeric Display will prompt you to choose distance or time (duration) to control the total workout. Thereafter, the display will prompt you to enter the distance (or time), speed, and incline for each interval you want (1, 2, etc.) to a maximum of 5. Press **START** after entering the information for your last interval. The treadmill will begin operating.





HEART RATE MONITORING

Heart rate monitoring allows you to determine if your treadmill workout is too challenging or not challenging enough. Monitoring heart rate is easy with the **STAR TRAC 4000 TREADMILL**. Depending on the model you are using, you may monitor your heart manually and/or automatically. Your goal will be to keep your exercise heart rate at 60 to 90 percent of the theoretical maximum for your age as listed on the Target Heart Rate table and graph in chapter 4.

NOTE: The Heart Rate monitor is not a medical test, nor is it designed as a medical test. It is simply a guide to target heart rate training. Please consult with your physician prior to engaging in any strenuous physical activity.



MANUAL HEART RATE MONITORING

If your treadmill is not equipped with contact rings or Polar wireless heart rate chest strap reception capability, you may manually check your heart rate before, during or after a workout. Just follow these steps:

1. Press  to enter the Heart Rate Test.
2. Find your pulse on your neck, then press  on a beat, as you count “1”.
3. On successive beats, count 2, 3, ..., 9, and on the tenth beat, press  again.
4. See your heart rate in beats per minute (BPM) in the Alphanumeric Display. Press  to exit.



CONTACT HEART RATE MONITORING ***(SELECTED MODELS)***

If your treadmill is equipped with contact rings, you may automatically check your heart rate. Just follow these steps:

1. Press .
2. Grasp the stainless steel contact rings. You do not have to squeeze tightly. SEEKING HR will be displayed. After about 20 seconds, your heart rate in beats per minute (BPM) will be displayed in the Alphanumeric Display continuously.
3. Press  again, or release the handlebars, if you wish to remove your heart rate from the display.

POLAR HEART RATE MONITORING ***(SELECTED MODELS)***

If your treadmill is equipped with Polar wireless heart rate chest strap reception capability, you may automatically check your heart rate. Just follow these steps:

1. Before beginning your workout, or during a pause, moisten the back of the transmitter on the chest strap (not included). Place the strap snugly around your chest with the transmitter resting directly over your sternum.
2. Press . SEEKING HR will be displayed. After about 20 seconds, your heart rate in beats per minute (BPM) will be displayed in the Alphanumeric Display continuously.
3. Press  again, or remove the chest strap, if you wish to remove your heart rate from the display.

NOTE: The performance of the transmitter may be affected by body types, body oils, metal in clothing, and outside electrical interference. Always be sure that the transmitter and skin are in good contact. Avoid operating other electrical equipment near your treadmill when you use the chest strap.

DYNAMIC HEART RATE CONTROL INTERVAL PROGRAM

(SELECTED MODELS)

This program uses your heart rate to dynamically vary the workout intensity. Periodically, minor changes to the treadmill speed (and incline if needed) alternately move your heart rate near a pre-selected upper heart rate, and then near a pre-selected lower heart rate, providing an Interval Training Workout directed by your heart.

A brief "Warm-up" is followed by small workout intensity "Increasing Changes", and later "Decreasing Changes". Your heart rate shows periodically in the alpha-numeric display, and then returns to your workout data. The graphic display provides continuous feedback of the workout intensity direction (increasing or decreasing).

SELECTING THE INTERVAL CONTROL PROGRAM

1. Press the HEART key at ANY time. The treadmill speed and incline will hold steady.
2. The alpha-numeric Display will show "PRESS 1 or 2", "1=HR MONITOR", "2=HR CONTROL", "USE POLAR", "CHEST STRAP", and repeat the cycle.
2. (Pressing "1" will just monitor and display your heart rate continuously, until HEART is pressed off, while you continue your existing workout.)
4. Pressing "2" will display a series of prompts to enter your interval cycle, and start your dynamic control program.

SAFETY INSTRUCTIONS - (Read prior to use)

1. Do not use this program until you are familiar with the basic operation of this treadmill.
2. Do not use this function until you are familiar with the feel of running on this treadmill.

To assist you in your training program, this chapter provides you hints of how to stay motivated, climb up the conditioning ladder, and target your exercise heart rate.

THE IMPORTANCE OF CARDIO EXERCISE

“Regular physical activity is essential to the performance, safety, and health issues faced by every American. It is never too late to be physically active, to exercise, and to enjoy the benefits of being physically fit.”

—Arnold Schwarzenegger, Chairman
President’s Council on Physical Fitness and Sports

With your **STAR TRAC 4000 TREADMILL**, you’ve taken an important first step to achieving your fitness goal. But, you’ve got to stay motivated and stay with it. About half of all people who start an exercise program quit within 6 to 12 months. What is the key to success for the other half? Motivation.

If you stick with a consistent workout program for 30 minutes, three times a week, for 3 months, you’ll be on your way to a long-term fitness program. Your investment will pay off in feeling and looking better, while improving overall health and fitness.

To stay motivated during those 3 months, here are a few suggestions:

Make a Decision. Are the benefits of exercise genuinely important to you? According to cardiologist, author, and fitness expert George Sheehan, M.D.,

“It has to be important to you. You have to feel that your life in some way depends on your exercise...that if you stop, you’re going to be diminished in some way.”

Set Goals and Reward Yourself: Determine precisely what you want to achieve. By setting challenging, specific goals, you are setting yourself up to achieve them. When you achieve those goals, reward yourself. “It’s crucial (to reward yourself),” according to Lauve Metccalfe, director

of program development at the Campbell Institute for Health and Fitness in Camden, New Jersey. “Who quits a program because he’s having too much fun?”

Example of tangible rewards: A new pair of running shoes if you knock a minute off your time in the mile.

Schedule your workout: Get into the habit of working out at the same time each day. And, write that time on your calendar. Make keeping your workout schedule as important as eating or sleeping.

Watch your progress: Follow your movement on the Graphic Display to help pass time and cut down on boredom.

Plan a walking vacation: If you know you’re going on a walking tour of Paris or on a mountain hiking trip next summer, you’ll look forward to getting into shape for it.

Work at avoiding injuries: Phase into the sport gradually. Try running late in the day when your muscles are well warmed and less vulnerable to injury. Invest in a pair of good running shoes with shock absorption and heel support.

Get some group support: Join a running club or run with a partner. Use other runners’ advice and support to get through the rough first few months until you get hooked on running.

Train for and enter a short race: A race is a great goal toward which to work, and the excitement of competition is sure to keep you going. Try a 5K (3.1 mile) or a 10K (6.2 mile) run.

Remember; “An unused engine rusts. A still stream stagnates. An untended garden tangles. Much of what we pass as age is disuse.” (Source: Walter M. Borts, M.D., author of *We Live Too Short and Die Too Young*.)

GETTING STARTED...AND STICKING WITH IT

For fitness newcomers or veterans, your **STAR TRAC 4000 TREADMILL** offers tailor-made walking and running programs. Follow these suggestions to get on the road to fitness.

Walking: Begin slowly and believe in your ability to reach a 4 mph speed in these stages:

1. Walk one mile comfortably in 15 minutes.
2. Walk 2 miles comfortably in 30 minutes.
3. Walk 3 miles comfortably in 45 minutes.
4. Walk for 45 to 60 minutes at this same pace, four times a week.

You can start walking today. There is no technique to learn or special clothing to buy, except a pair of comfortable walking shoes. You're unlikely to get injured. Walking on a treadmill is safer and gentler on your joints and muscles than exercising outdoors where your feet pound the pavement. That's especially good news if you're overweight. You're also more likely to stick with walking. It's easy, cheap, and accessible.

Running: Begin with the above walking goals if you're new to exercising. Be able to walk briskly for at least 30 minutes, then reach for these goals:

1. Gradually intersperse brief periods of running in your walking.
2. Work up to running more than walking until you can run for the entire time.
3. Run 2 to 3 miles in 30 minutes 3 to 5 days each week.

To avoid injuries, don't run more than 15 miles in a week.

Running is one of the most effective forms of aerobic exercise. You can get a great workout quickly while getting a lot of feedback to follow your progress. Also, running on a treadmill simulates outdoor training precisely while reducing risk of injury. It is a great race training tool that enables you to compare your progress with that of other runners your age.

Whether you're on a Star Trac treadmill or not, running is tough on your knees, legs, and feet. Don't try to do too much too soon. Beginners need patience. Be sure to check with your physician before you start any rigorous exercise program.

BREATHING AND STRETCHING

Before you engage in any type of exercise, you must prepare your muscles. Correct stretching and breathing will prevent injuries. Here are a few tips for stretching before and after you climb onto your treadmill and for breathing during your workout.

1. Always do pre- and post-workout stretches on both sides of your body before you climb onto your treadmill. These stretches loosen your tissues before they are exerted and promote circulation and minimize stiffness from lactic acid buildup afterward.
2. Move slowly into your stretch so that you feel resistance, but not much discomfort. Never use muscular strength to increase a stretch. Hold that position and breathe deeply and slowly for 5 to 10 seconds.
3. As you walk or run, breathe from your diaphragm, so that your stomach, rather than your rib cage and shoulders, rises and falls with each breath. Abdominal breathing encourages relaxation, lessens muscular tension, and helps lower blood pressure.

CHOOSING YOUR MEMBERS' TRAINING ZONE

Everybody can benefit from using treadmills because walking, jogging, and running provide results. Your **STAR TRAC 4000 TREADMILL** gives you infinite workout possibilities. Here are specific programs that your deconditioned, average, and athletic members may use.

Deconditioned Members: Overweight persons, senior citizens, heart patients, and newcomers to fitness, which collectively constitute the largest group of potential health club prospects, generally benefit most from a simple walking program. These groups should simply step onto the running belt and press **START** to get into Manual Operation. The 0.5 mph or 1.0 km/hr start-up speed is so slow that they will have time to adjust to the new motion. Remind them to walk normally; then adjust the speed or elevation according to their individual needs. The display readouts most important for them are **TIME, DISTANCE, CALORIES, PACE, and HEART RATE**. These items will help the deconditioned members watch their immediate progress every workout.

Average Members: 18 through 35-year-old persons who want to tone up, get back into shape, or achieve higher fitness goals make up the largest group of active health club members. They are generally aware of the different types of exercise equipment and their electronic controls. Because they often squeeze their workouts into their hectic schedules, they may prefer to use one of the eight preset, increasingly challenging treadmill programs. During their workouts, which include warm-up and cool-down periods, they usually enjoy watching TV, reading the latest news, listening to music, or concentrating on the treadmill feedback.

The **STAR TRAC 4000 TREADMILL** motivational features are designed to keep members of all fitness levels coming back to the club. Encourage mid-range members to follow their progress around the 1/4 mile (400 meter) track portrayed in the Graphic Display. As they improve, suggest that they try a more difficult workout or exercise longer.

Athletic Members: Competitive and high-fitness members are part of every club's membership. Because they know what it takes to get a good workout, they can make good use of Program 9, in which they can create their personal interval training regimen. For example, such a member can walk a lap, jog a lap, then run a lap at 5% grade—all easily designed on the **STAR TRAC 4000 TREADMILL**.

On the other hand, some long-distance runners prefer using manual operation to keep their known pace over a long duration. They may simply press **START**, enter their **SPEED**, and press **START** again to begin running.

CLIMBING UP THE CONDITIONING LADDER

The programs outlined on the following pages were developed by the director of fitness services at the Lutheran General Hospital in Illinois. They were developed to help maintain or improve your level of fitness, depending upon your current level. Follow the programs, in order, for each one's full 6 week length; testing yourself after each program for your ability to maintain the stated parameters. At the end of the Red (last) program, congratulate yourself on your deserved success. Be sure to maintain your conditioning at the Red Program level by continued use of your **STAR TRAC 4000 TREADMILL**.

Green Program:			
Week	Heart Rate (%)	Duration (minutes)	Workouts per Week
1,2	60 to 65	15	3
3,4	60 to 65	15	3
5,6	60 to 65	15	3
Blue Program:			
Week	Heart Rate (%)	Duration (minutes)	Workouts per Week
1,2	65 to 70	20	3
3,4	65 to 70	20	3
5,6	65 to 70	20	3
Yellow Program:			
Week	Heart Rate (%)	Duration (minutes)	Workouts per Week
1,2	70 to 75	20	4
3,4	70 to 75	25	4
5,6	70 to 75	25	4
Orange Program:			
Week	Heart Rate (%)	Duration (minutes)	Workouts per Week
1,2	75 to 80	25	4
3,4	75 to 80	25	4
5,6	75 to 80	30	4
Red Program:			
Week	Heart Rate (%)	Duration (minutes)	Workouts per Week
1,2	80 to 85	30	4
3,4	80 to 85	35	4
5,6	80 to 85	35	4

TARGET HEART RATE

Use the following table or graph to find your ideal exercise heart rate. For optimum fat loss, you should exercise between 60 and 70 percent of your maximum heart rate. For optimum cardiovascular strength, you should exercise between 70 and 85 percent of your maximum heart rate. The table and equivalent graph below convert these percents into target beats per minute (BPM) that you may read on the Alphanumeric Display.

Age	Target Heart Rate (BPM)		
	60%	70%	85%
20	120	140	170
30	114	133	162
40	108	126	153
50	102	119	145
60	96	112	136
70	90	105	128



Star Trac strongly recommends that you perform regular preventive maintenance on your **STAR TRAC 4000 TREADMILL**. Without regularly scheduled maintenance, normal wear and tear may cause cumulative effects, such as misalignment or premature wear. Severe breakdown may result. Therefore, consistently follow the maintenance schedule below. Also, report unusual symptoms, such as error readings and blown circuit breakers, to Star Trac's Service Hotline at (800) 503-1221, or USA 1-714-669-1660.

DAILY MAINTENANCE

- Remove excessive accumulations of dust, dirt, and other substances from the Display Control Panel, handrails, running belt, and motor shroud with a soft, clean cloth and diluted all-purpose cleaner, such as Formula 409 or FANTASTIK. Avoid using cleaner under the running belt.
- Clean between the running belt and the running deck that supports it with a soft, dry cloth. This step is vital to the longevity of the belt and deck.
- Inspect the running belt for alignment and tension. Do not tighten it every day if it is running straight and smoothly. If you see the belt slipping, adjust its tension using the instructions in *Adjustments—Slipping—Running Belt*, which follow.
- Check that the power cord is not damaged and does not run underneath the treadmill.

WEEKLY MAINTENANCE

- Vacuum the floor under and around the treadmill. Do so with the treadmill at its maximum incline or moved to another spot.
- Inspect the inside surface of the running belt and the top of the running deck for unusual wear. Check whether the belt looks glazed and melted underneath. If you see these signs, flip or replace the deck, and/or replace the belt, using the instructions in *Adjustments—Grinding*, which follow.
- Check handrail screws for looseness and retighten if necessary.

TWO-WEEK MAINTENANCE

- Raise the motor shroud and vacuum around the motor and its ventilation holes. Avoid bumping or damaging parts normally covered by the shroud.

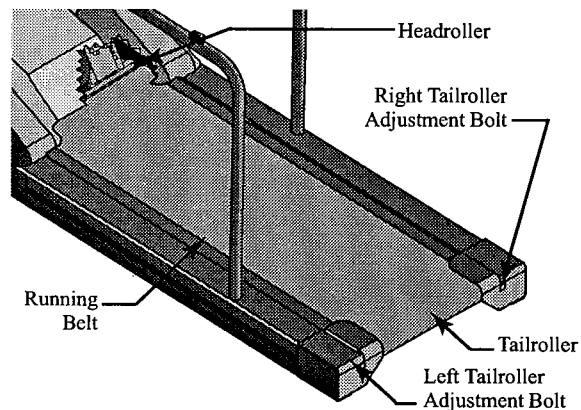
MONTHLY MAINTENANCE

- Wipe the elevation (incline) screws with a dry cloth and coat them with silicon lubricant.
- Loosen the running belt as in *Adjustments—Thumping* below, and check the inner surface of the belt and the top of the running deck.

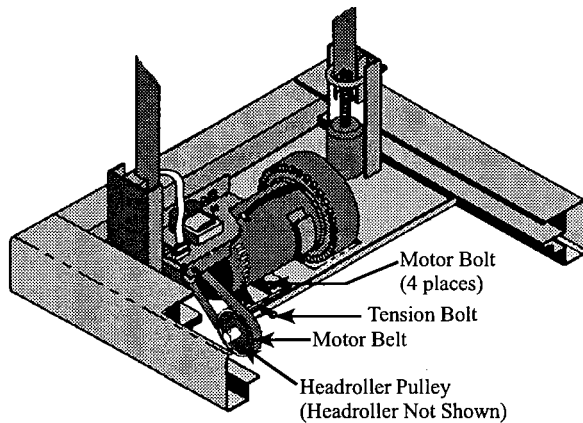
ADJUSTMENTS

The running belt and its headroller, drive belt, tailroller, and running deck are designed to be self-centering, slip-free, and smooth-operating without need for frequent and critical adjustments. Running belt sideward movement, slipping, or grinding after extended use, or thumping during initial use, may be corrected by the following procedures:

Sideward Movement: Run the running belt slowly at 2 to 3 mph (3 to 5 km/hr). If the belt has moved to the right of center, turn the right tailroller adjustment bolt clockwise one-quarter turn with the 1/4" hex key; then turn the left tailroller adjustment bolt counterclockwise one quarter turn. Run the belt faster for at least 30 seconds to check its tracking. Repeat this adjustment until the belt is centered. If the belt moves to the left of center, reverse the above process.



Slipping—Running Belt: Lift the motor shroud and run the running belt slowly at 1 to 2 mph (2 to 3 km/hr). Watching the headroller, walk on the belt and try to slow it down by gently applying pressure with your feet while holding the handrails. If only the running belt, and not the headroller, slows down, tighten the running belt by turning both the right and left tailroller adjustment bolts clockwise one-quarter turn. Repeat this adjustment until the running belt no longer slips, ensuring that you turn the bolts an equal number of turns. If the headroller and the running belt both slow down, tighten the drive belt by the following procedure:



Slipping—Drive Belt: Incline the treadmill to 5% to provide clearance underneath. Move the **ON/OFF** switch to **OFF**, unplug the treadmill, and lift the motor shroud, holding it raised with the bungee cord that you used during assembly, if that is convenient. With a 1/2" socket wrench, loosen the four motor bolts. Turn the tension bolt in the middle of the motor bracket 1/4 turn clockwise with the same wrench, stretching the drive belt. Tighten the motor bolts, replace the shroud, plug the treadmill in, turn it on, push **START** and test for slipping as before. Repeat this step if necessary.

Thumping: Turn the treadmill off. Turn the right and left tailroller adjustment bolts counterclockwise with the 1/4" hex key until the running belt is loose. Note the number of times each bolt turned. Remove excess accumulated running deck wax from the tailroller with a credit card, a putty knife, or other flexible plastic implement. Tighten the running belt by turning the adjustment bolts clockwise as many turns as they were loosened. Turn the treadmill on and check for sideward movement and slipping of the running belt, further turning the adjustment bolts as above if necessary.

Grinding: Turn the treadmill off. Turn the right and left tailroller adjustment bolts counterclockwise with the 1/4" hex key until the running belt is loose. Note the number of times each bolt turned. Check the under surface of the running belt and the top of the running deck. If the belt looks glazed and melted, replace it. If the deck shows underlying fibers, flip it (or replace it if it has been already flipped). Obtain instructions for replacing the belt and flipping or replacing the deck from Star Trac's Service Hotline at (800) 503-1221.

REWAX BELT

Periodic running belt rewaxing virtually eliminates belt down time, and maximizes the life of the belt. Whenever the present distance is 2000 miles (or 3000 km) more than the LST DCK (last deck service), the start-up display will scroll **REWAX BELT**. This is a reminder to have your maintenance or service provider perform this 5 minute belt rewaxing *at your convenience*. (Immediate service is not required). Wax is included in the treadmill toolbox.

TOOLS & MATERIALS

- 1 Bag Wax Powder, & Teaspoon (in treadmill toolbox)
- 1 Clean Towel, & a Paint Stick or Ruler
- Diluted All-purpose Cleaner (409), or Bristle Brush

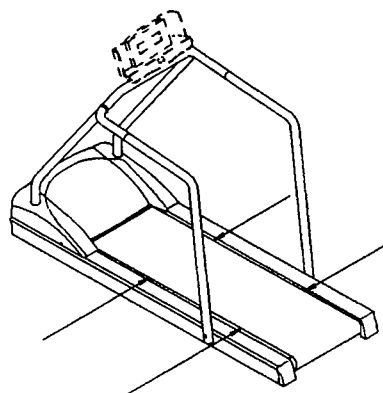
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PROCEDURE

Apply wax powder while belt & deck are still warm (5 minutes minimum use) for optimum benefit.

1. CLEAN DECK & BELT:

- A. Stop the treadmill.
- B. Using the stick or ruler, slide a towel under the middle of the belt from one side of the frame to the other.
- C. Hold the edges of the towel; pull to the tailroller; pull to the head-roller; then pull the belt down to wipe the remaining belt = fast & easy.
TIP: Fold the dirty towel & shake into trash.






2. **LIFT BELT:** (See Figure.) Lift the left side (facing display) of the belt, about 12 inches down from the cover. Hold the belt up to elevate half of the belt from the deck.
3. **SPREAD WAX:** (See Figure.) Gently place one level teaspoon of wax powder on the black slick-deck about two inches from the edge, and blow the wax steadily under the belt, such that the wax powder is evenly distributed across the deck. Extra wax will not harm the treadmill, but is unnecessary.
TIP: Be neat; minimize cleanup.
4. Repeat steps 2 & 3, about 18 inches from the end of the deck.
5. Repeat steps 2 through 4, on the right side of the belt/deck.
6. **WALK:** Start the treadmill at 1 mph and walk on all sections of the belt and deck for 1 minute to ensure the wax has been evenly distributed and worked-in properly.
7. **CLEANUP:** Remove any excess wax with diluted cleaner (409) and towel, or bristle brush.
TIP: Blow away extra wax first (like dust), then wipe.
8. **UPDATE THE DISPLAY:** Update the LST DCK service mileage to remove the REWAX BELT message.
 - A.. Enter Configuration Mode (See Chapter 6).
 - B. Press **INCLINE DOWN** Key 2 times to display **LST DCK**.
 - C. Press  to automatically display the present distance.
 - D. Press **START** to enter and update the display.
 - E. Press **STOP** to exit.

After having used your **STAR TRAC 4000 TREADMILL** for many workouts, you may wish to change some of its settings. You may also wish to check accumulated data about the past usage of your treadmill, test its motor and display controls, and investigate error messages. For these reasons, your treadmill is equipped with a Settings Mode, a Configure Mode, a Motor Test Mode, a Display Test Mode, and a Heart Rate Test Mode.

SETTINGS MODE

Settings Mode allows you to query and modify the basic setting of your treadmill. To enter Settings Mode:

- Press and hold , , and **START** together.
- Release .
- Listen for a beep and see SETTINGS in the display momentarily.
- Release the remaining keys. See UNITS in the Alphanumeric Display.

Once the treadmill is in Settings Mode, you may use the following keys:



INCLINE Keys: Display the next and previous data item, respectively. Keys will repeat if held.



SPEED Keys: Adjust the value of the displayed data item up and down, respectively, in increments of 1 unit or 0.01 unit, as appropriate for the data item. They do not save the new value – see **START** below.





ENTER Key: Updates (saves) the value of the displayed data item in erasable programmable read-only memory (EPROM).



Key: Exits Settings Mode and restarts the treadmill computer with a “warm start.”



Number/Program Select Keys: Enter new data item values. If the UNITS data item is displayed,  starts Display Test Mode and  starts Motor Test Mode.



Heart Rate Key: Displays the default value of the data item, whereafter you may save it using **START**.




To leave Settings Mode, press **STOP**.

The items that you may display and change with the previous keys are:

Item	Lowest Value	Default Value	Highest Value	Meaning
UNITS	—	English	—	English = units of lb., miles, hours, minutes; Metric = units of kg., km, hours, minutes.
MN SPD	0.1	0.5	2.5	Minimum speed in mph (UNITS=English), or km/hr (UNITS=Metric).
MX SPD	5.0	10.0	20.0	Maximum speed in mph (UNITS=English), or km/hr (UNITS=Metric).
EL OPT	—	ON	—	ON=Elevation function enabled. OFF=Elevation function disabled.
TIME	5	99	99	Maximum time in minutes allowed for program, including warm-up and cool-down.
OP HRS	0	0	6,553.5	Total operating hours.
DIST	0	0	65,635	Total treadmill miles (UNITS=English), or km (UNITS=Metric).
WEIGHT	0	155	399	Default (to user), typical weight in lb (UNITS=English), or kg (UNITS=Metric).
SER NO	0	0	65,535	Treadmill serial number.
LANG	—	English	—	Language in English, Dutch, French, German, Portuguese, Spanish, Swedish, or Italian.
ENTRY	—	Units	—	Speed entry: First character is UNITS, or TENTHS.

CONFIGURE MODE

Configure Mode includes all of the items of Settings Mode, Additional Features items, and Data items for History and Diagnostic use. To enter Configure Mode:

- Press and hold , , and **START** together.
- Release .
- Listen for a beep and see CONFIGURE in the display momentarily.
- Release the remaining keys. See UNITS in the Alphanumeric Display.

Once the treadmill is in Configure Mode, you may use the following keys:



INCLINE Keys: Display the next and previous data item, respectively. Keys will repeat if held.



SPEED Keys: Adjust the value of the displayed data item up and down, respectively, in increments of 1 unit or 0.01 unit, as appropriate for the data item. They do not save the new value – see **START** below.





ENTER Key: Updates (saves) the value of the displayed data item in erasable programmable read-only memory (EPROM).




Key: Exits Configure Mode and restarts the treadmill computer with a “warm start.”



Number/Program Select Keys: Enter new data item values. If the UNITS data item is displayed,  starts Display Test Mode and  starts Motor Test Mode.



Heart Rate Key: Displays the default value of the item, whereafter you may save it using **START**. Exception: Displays DISTANCE instead of 0 for LSTDCK and LSTBLT. Use  and **START** to reset the “error” data items to zero after service. These items are NO STO through EL NOZ and LSTERR through LST TM in the list below.

To leave Configure Mode, press **STOP**.

The items that you may display and change with the previous keys are:

Item	Lowest Value	Default Value	Highest Value	Meaning
UNITS	—	English	—	English = units of lb., miles, hours, minutes; Metric = units of kg., km, hours, minutes.
MN SPD	0.1	0.5	2.5	Minimum speed in mph (UNITS=English), or km/hr (UNITS=Metric).
MX SPD	5.0	10.0	20.0	Maximum speed in mph (UNITS=English), or km/hr (UNITS=Metric).
EL OPT	—	ON	—	ON=Elevation function enabled. OFF=Elevation function disabled.
TIME	5	99	99	Maximum time in minutes allowed for program, including warm-up and cool-down.
OP HRS	0	0	6,553.5	Total operating hours.
DIST	0	0	65,635	Total treadmill miles (UNITS=English), or km (UNITS=Metric).
WEIGHT	0	155	399	Default (to user), typical weight in lb (UNITS=English), or kg (UNITS=Metric).
SER NO	0	0	65,535	Treadmill serial number.
LANG	—	English	—	Language in English, Dutch, French, German, Portuguese, Spanish, Swedish, or Italian.
ENTRY	—	Units	—	Speed entry: First character is UNITS, or TENTHS.

(Continued)

Item	Lowest Value	Default Value	Highest Value	Meaning
HRT CON	—	OFF	—	OFF=HR control disabled. ON=HR control enabled.
HRT	—	CNT DN	—	CNT DN=manual countdown heart rate; POLAR, CONTACT; or BOTH (Polar and contact).
10 REV	22.0	29.1	74.0	Inches of running belt travel for 10 flywheel revolution, always measured in inches. Nominal values are: <ul style="list-style-type: none"> • 1.6" pulley: 27.5 • 1.7" pulley: 29.1 • 1.8" pulley: 30.7 • 2.1" pulley: 35.8
CNT/REV	1	31	255	Number of counts for each motor shaft revolution. Values are: <ul style="list-style-type: none"> • RPM sensor at flywheel notches: 31 • RPM sensor at motor shaft optical disk: 125
MN PWM	2	30	55	Pulse duty cycle to obtain the selected MN SPD. Divide MN PWM by 512 to get % duty cycle.
1/2 MX	25	130	170	Pulse duty cycle to obtain 1/2 maximum speed. Divide 1/2 MX by 512 to get % duty cycle.
MX PWM	86	230	255	Pulse duty cycle to obtain the selected MX Spd. Divide MX PWM by 512 to get % duty cycle.
DATE	1.00	1.96	12.99	Treadmill manufacture date.

(Continued)

Item	Lowest Value	Default Value	Highest Value	Meaning
NO STO	0	0	255	Number of time Stop Switch was down or disconnected on power-up since last reset.
KEY DN	0	0	255	Number of times key other than S or E was down on power-up since last reset.
NO RPM	0	0	255	Number of times no RPM was sensed since last reset.
SP CNG	0	0	255	Number of times speed changed suddenly more than 2 mph (UNITS=English) or 2 km/hr (UNITS=Metric) since last reset.
EL STL	0	0	255	Number of times elevation failed to change (stalled) since last reset.
EL RNG	0	0	255	Number of times elevation was out of range (not between 0% and 15%) at power-up since last reset.
EL LOST	0	0	255	After pressing START and after reaching 0% reset, the number of times elevation went beyond 0% to 15%, since last reset.
EL NOZ	0	0	255	After pressing START , during 0% reset, the number of times elevation went beyond 0% to 15%, since last reset.
ELZERO	175	240	242	Representation of voltage to elevation motor to obtain 0% elevation. Multiply ELZERO by 0.019608 to get actual voltage.

(Continued)

Item	Lowest Value	Default Value	Highest Value	Meaning
ELMAX	25	57	170	Representation of voltage to elevation motor to obtain maximum elevation (incline). Multiply ELMAX by 0.019608 to get actual voltage. 120 volt treadmill = 57 230 volt treadmill = 80
LSTERR	0	0	25	Representation of the last error: 18=NO STO 19=KEY DN 20=NO RPM 21=SP CNG 22=EL STL 23=EL RNG 24=ELLOST 25=EL NOZ
LSTELV	0	0	255	Target elevation (Incline) A-D value at last error. Multiply LSTELV by 0.019608 to get actual voltage. Multiply LSTELV by -0.082 and add 19.67 to get approximate degrees.
LSTPOT	0	0	255	Representation of voltage to elevation motor at last error. multiply LSTPOT by 0.019608 to get actual voltage. Multiply LSTPOT by -0.082 and add 19.67 to get approximate degrees.
LSTRES	0	0	2	1=Incline was returning to 0% at start-up at last error. 2=Incline had finished returning to 0% at last error.

(Continued)

Item	Lowest Value	Default Value	Highest Value	Meaning
LSTSSP	0	0	200	Set speed in tenths of mph (UNITS=English), or tenths of km/hr (UNITS=Metric) at last error.
LSTPWM	0	0	255	Pulse duty cycle at last error. Divide LSTPWM by 512 to get % duty cycle.
LSTMSP	0	0	200	Measured speed in tenths of mph (UNITS=English), or tenths of km/hr (UNITS=Metric) at last error.
LST TM	0	0	6,000	Elapsed time in seconds from last time START was pressed until last error occurred.
SHIFT	—	Track	—	Track=Graphic Display Alternates between track and workout profile. Text=Alphanumeric Display Alternates between data upper and lower rows.
LSTDCK	0	0	65,535	Number of miles (UNITS=English), or km (UNITS=Metric) since the running deck was last serviced or replaced.
LSTBLT	0	0	65,535	Number of miles (UNITS=English), or km (UNITS=Metric) since the running belt was last replaced.

MOTOR TEST MODE

Motor Test Mode allows you to calibrate incline and running belt speed, and burn in the motor, by way of the controls and displays of the treadmill. To enter Motor Test Mode:

- Enter Settings Mode (or Configure Mode).
 - Press and *hold* **0**, **1**, and **START** together (or **0**, **2**, and **START** together).
 - Release **1** (or **2**).
 - Listen for a beep and see SETTINGS (or CONFIGURE) in the display momentarily.
 - Release the remaining keys. See UNITS in the Alphanumeric Display.
- Press and release **3**.
- See three data items in the Alphanumeric Display. Or...

Alternatively, to enter Motor Test Mode from Operating (normal) Mode:

- Move the ON/OFF switch to OFF.
- Press and hold **3** while moving the ON/OFF switch to ON.
- Release **3**.
- See three data items in the Alphanumeric Display.

The data items in the Alphanumeric Display are, from left to right:

- Elevation (Incline): Representation of voltage to elevation motor. Multiply by 0.019608 to get actual voltage. Letter Z or M follows data numeral.
- Pulse-width modulation (PWM) duty cycle. Divide by 512 to get percent duty cycle.
- Speed in mph (UNITS=English) or km/hr (UNITS=Metric).

Once the treadmill is in Motor Test Mode, you may use the following keys:



INCLINE Keys: Adjust voltage to incline motor, and running deck inclines up and down, respectively, in increments of 1%. Keys will repeat if held.

Caution: Do not adjust the voltage below the lowest allowable ELMAX=25 (0.49 volts) or above the highest allowable ELZERO=242 (4.75 volts), as safety features are turned off in Motor Test Mode, and mechanical damage may ensue.



SPEED Keys: Adjust PWM duty cycle and motor speed up and down, respectively, in increments of 0.1 mph (UNITS=English) or 0.1 km/hr (UNITS=Metric).



Heart Rate Key: Starts automatic calibration of MN PWM, 1/2 MX, and MX PWM for MN SPD and MX SPD range. Calibration lasts less than 3 minutes and will move the running belt. Press **STOP** when running belt has stopped, to save calibration.



[ENTER] Key: Starts burn-in (continuous operation of running belt and incline screws) using Program No. 8 at maximum speed. Press **STOP** to stop burn-in.



Key: Exits Motor Test Mode and enters Operating Mode. Stops burn-in.



Number/Program Select Key: Selects letter Z or M following Elevation (Incline) data numeral to signify that numeral may be saved as ELZERO or ELMAX, respectively.

SHIFT Key: Saves Elevation (Incline) data numeral as ELZERO or ELMAX in EPROM.




To leave Motor Test Mode and enter Operating Mode, press and release **STOP**.

DISPLAY TEST MODE

Display Test Mode allows you to test the light-emitting diodes (LEDs), 15-segment displays, and watchdog timer of the Display Control Panel by way of its own controls and displays. It also allows you to see the EPROM version. To enter Display Test Mode:

- Enter Settings Mode (or Configure Mode).
 - Press and *hold* **0**, **1**, and **START** together (or **0**, **2**, and **START** together).
 - Release **1** (or **2**).
 - Listen for a beep and see SETTINGS (or CONFIGURE) in the display momentarily.
 - Release the remaining keys. See UNITS in the Alphanumeric Display.
- Press and release **5**.
- See that all LEDs are lit.
- Press and release **5**.
- See that all LEDs are dark. See the EPROM version, e.g. PWM V3.3, in the Alphanumeric Display. Or...

Alternatively, to enter Display Test Mode from Operating (normal) Mode:

- Move the ON/OFF switch to OFF.
- Press and hold  while moving the ON/OFF switch to ON.
- Release .
- See that all LEDs are lit.
- Press and release .
- See that all LEDs are dark. See the EPROM version, e.g. PWM V3.3, in the Alphanumeric Display.

Once the treadmill is in Display Test Mode, you may use the following keys:



INCLINE Keys: Lights the % Incline indicators and Alphanumeric Display character segments one at a time. Keys will repeat if held.

SHIFT Key: Displays current software version in Alphanumeric Display. Lights LEDs bordering Alphanumeric Display in groups of three.





Heart Rate Key: Enters *Heart Rate Test Mode* below.




[ENTER] Key: Displays START START in Alphanumeric Display.



Number/Program Select Keys: Display 0 through 9, respectively, in each alphanumeric Display character segment.  through  light the corresponding Preset Program Indicators.



Key: Displays WD TEST in Alphanumeric Display. Activates watchdog timer, which resets the processor and returns the treadmill to Operating Mode. Displays WD FAIL in Alphanumeric Display if watchdog timer fails.

To leave Display Test Mode and enter Operating Mode, press and release .

HEART RATE TEST MODE

Hearth Rate Test Mode allows you to test the heart rate calculation and display capability of the treadmill if it is equipped with contact rings or Polar wireless heart rate chest strap reception capability. To enter Heart Rate Test Mode:

- Enter Settings Mode (or Configure Mode), then Display Test Mode:
 - Press and *hold* **0**, **1**, and **START** together (or **0**, **2**, and **START** together).
 - Release **1** (or **2**).
 - Listen for a beep and see SETTINGS (or CONFIGURE) in the display momentarily.
 - Release the remaining keys. See UNITS in the Alphanumeric Display.
 - Press and release **5**.
 - See that all LEDs are lit.
 - Press and release **5**.
 - See that all LEDs are dark. See the EPROM version, e.g. PWM V3.3, in the Alphanumeric Display.
- Press any key to obtain a blank display.
- Press and release **♥**.
- See SEEKING HR in the Alphanumeric Display.
- Grasp the stainless steel contact rings or place the Polar wireless heart rate chest strap around your chest.
- See average heart rate in the Alphanumeric Display.

To leave Heart Rate Test Mode and enter Operating Mode, press and release **STOP**.

Star Trac recommends that you refer your questions about your **STAR TRAC 4000 TREADMILL** operation and suspected malfunctions to Star Trac's Service Hotline at (800) 503-1221, or USA 1-714-669-1660. However, you may wish to investigate error messages that appear on the Alphanumeric Display. You may do so by reviewing the information in this section.

KEY DN: This error generally occurs when a key other than **S**, **B**, or **STOP** is held pressed while the **ON/OFF** switch is moved to **ON**. It may also happen if a key becomes stuck. When you see **KEY DN**: Move **ON/OFF** switch to **OFF**; wait 2 seconds; move **ON/OFF** switch to **ON**. The treadmill should be operational again. Notify Star Trac if additional assistance is needed.

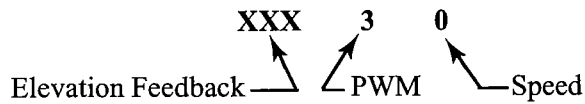
NO STO: This error generally occurs when the Stop Switch is not connected tightly to the circuit board of the Display Control Panel. It may also happen if the circuitry associated with the switch develops a fault. When you see **NO STO**: Move **ON/OFF** switch to **OFF**; wait 2 seconds; move **ON/OFF** switch to **ON**. Notify Star Trac if additional assistance is needed.

NO RPM and SP CNG: These errors generally occur when the running belt speed sensor is disconnected, faulty, or misaligned relative to the revolutions-per-minute (RPM) sensor of the motor. They may also happen if the speed sensor cable is damaged or if the Motor Control Board (MCB) is misadjusted or faulty. When you see **NO RPM** or **SP CNG**: Move **ON/OFF** switch to **OFF**; wait 2 seconds; turn **ON/OFF** switch to **ON**. Notify Star Trac if additional assistance is needed.

EL STL, EL RNG, EL LOST and EL NOZ: These errors generally occur when the elevation (incline) potentiometer is faulty or out of limits, or the elevation motor is disconnected or receiving low power. They may also happen if the Motor Control Board (MCB) is faulty or the motor gears are stripped. They are usually accompanied by failure of the treadmill to rise from an elevation other than maximum (or descend from an elevation other than minimum), with attendant beep indication, when **▲** (or **▼**) is pressed. When you see **El STL**, **EL RNG**, **EL LOST**, or **EL NOZ**:

1. Move **ON/OFF** switch to **OFF**; press and hold **B** while moving **ON/OFF** switch to **ON**; release **B**. See *Motor Test Mode*.

2. Check that display shows:



3. Press and release **▲ INCLINE** repeatedly until Elevation Feedback is between 57 and 240.

Caution: Do not adjust the voltage below the lowest allowable ELMAX=57 (1.12 volts) or above the highest allowable ELZERO=240 (4.71 volts), as safety features are turned off in Motor Test Mode, and mechanical damage may ensue.

4. Press **STOP** Key. Treadmill may now be operational. Call Star Trac if additional assistance is needed.

SPEED-INCLINE PROFILES

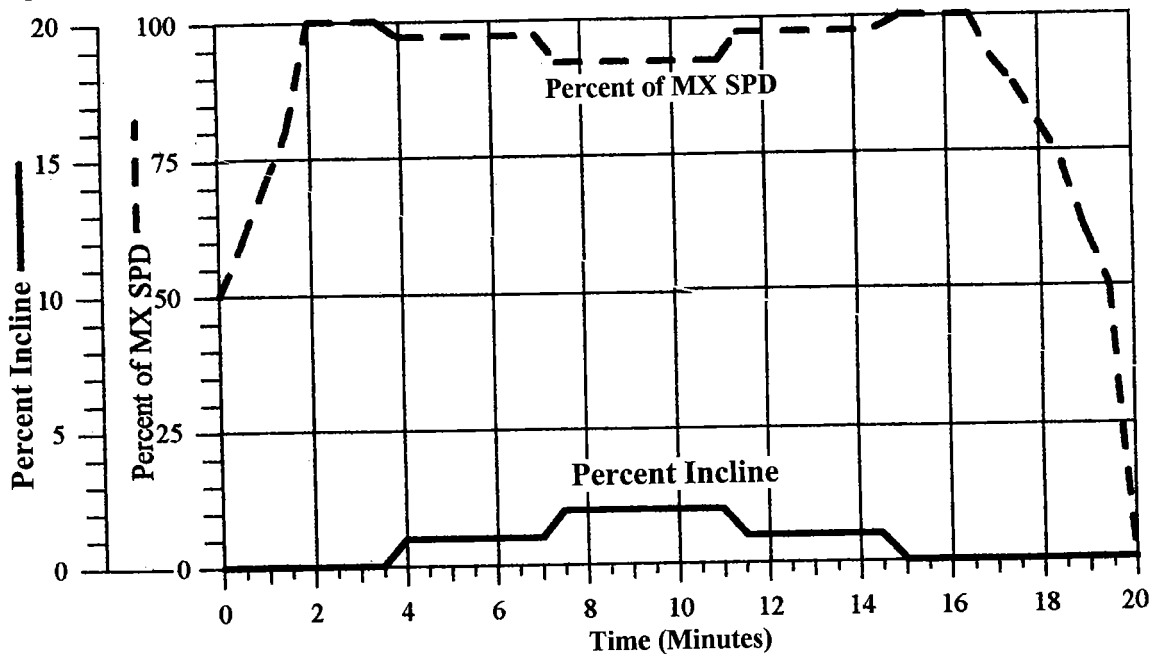
APPENDIX

A

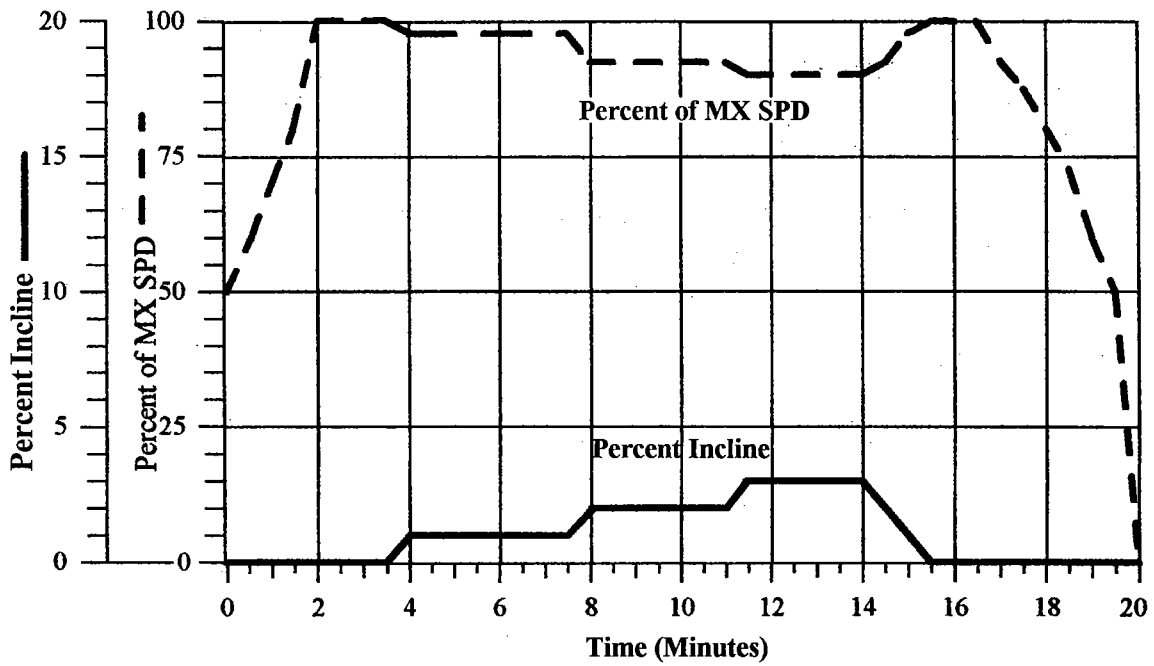
The eight pre-designed programs in your **STAR TRAC 4000 TREADMILL** simultaneously vary the terrain contour (% **INCLINE**) and speed during your workout. These contours, one for each program, are shown as small blue thumbnail graphs on the Display Control Panel.

The eight solid graphical traces in this appendix represent these same contours. Each percent on the Percent Incline vertical scale represents 1 unit length (e.g. foot) climbed for each unit length run. Accompanying each Percent Incline trace is a dashed trace of corresponding speeds. It is shown as percents of the MX SPD item (See Chapter 6), which is factory-set to 10 mph (16 km/hr).

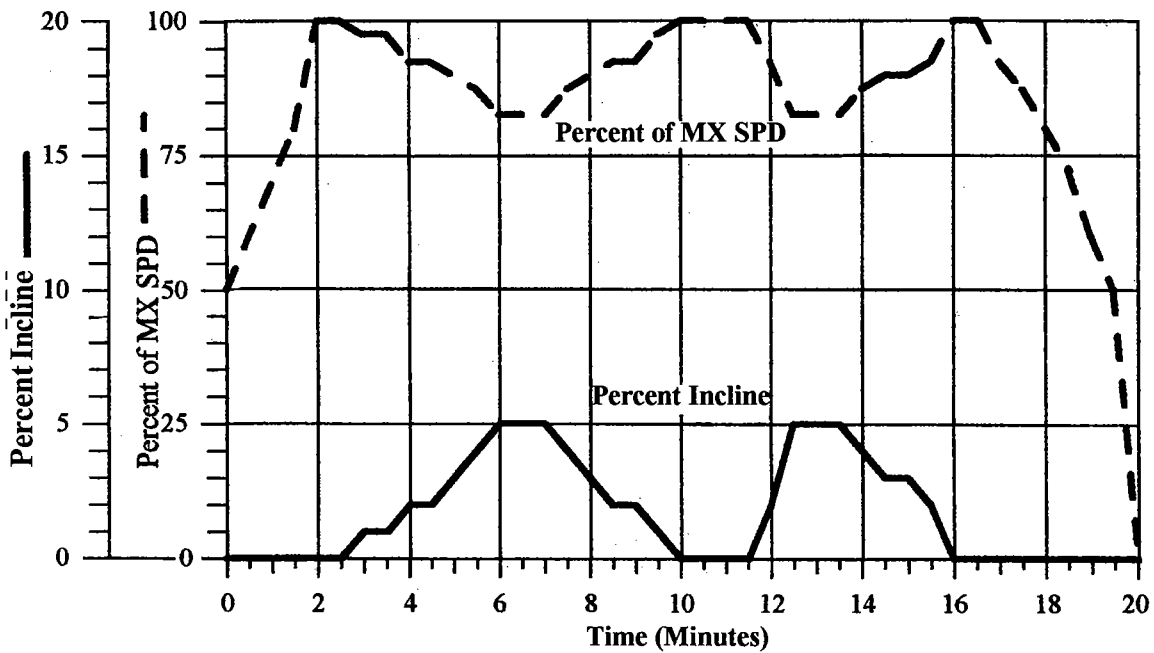
The percents incline and speeds are graphed against time in minutes. The full width of the graphs represents a 20 minute workout, including mandatory 2 minute warm-up and 3 minute cool-down intervals at the beginning and end. If you select a duration shorter than 20 minutes, your workout will include only the inclines and speeds in effect until 3 minutes before time expires, after which cool-down will begin. If you select a longer duration, the inclines and speeds after 17 minutes will repeat those that occurred just after warm-up. They will keep repeating until 3 minutes before time expires, after which cool-down will begin.



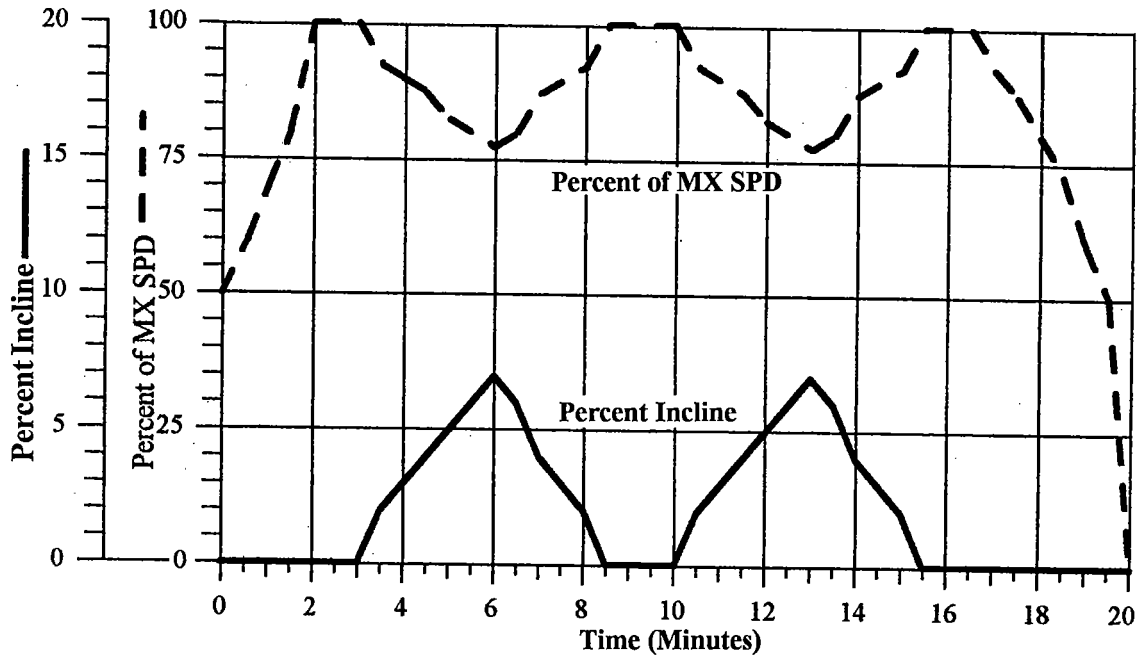
Program 1 Speed-Incline Profile



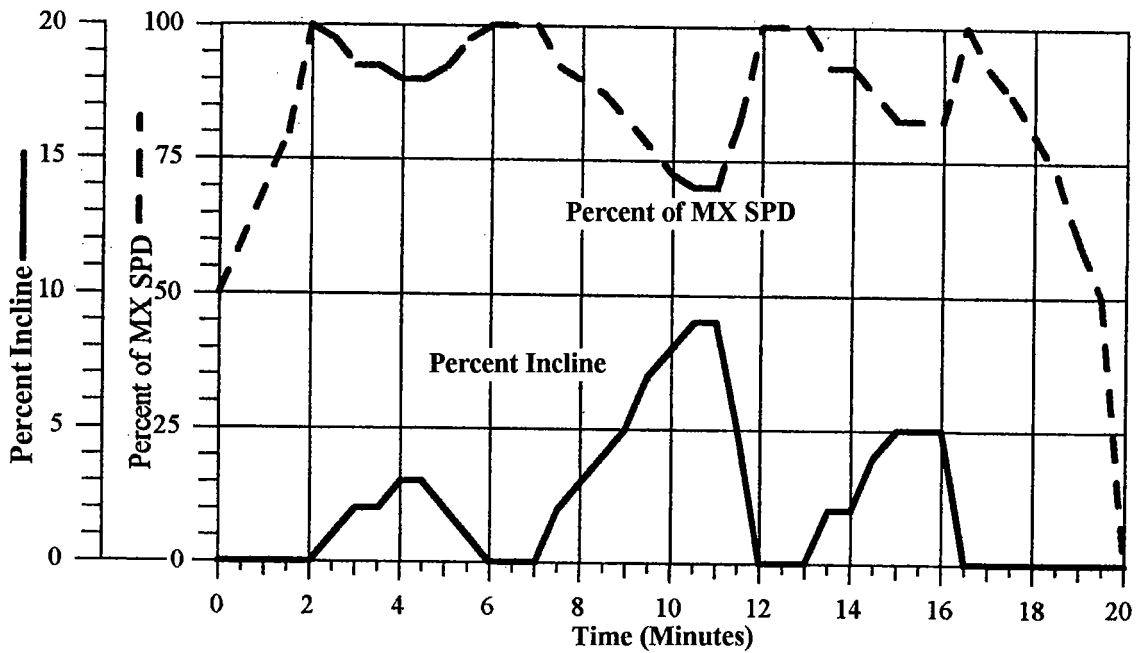
Program 2 Speed-Incline Profile



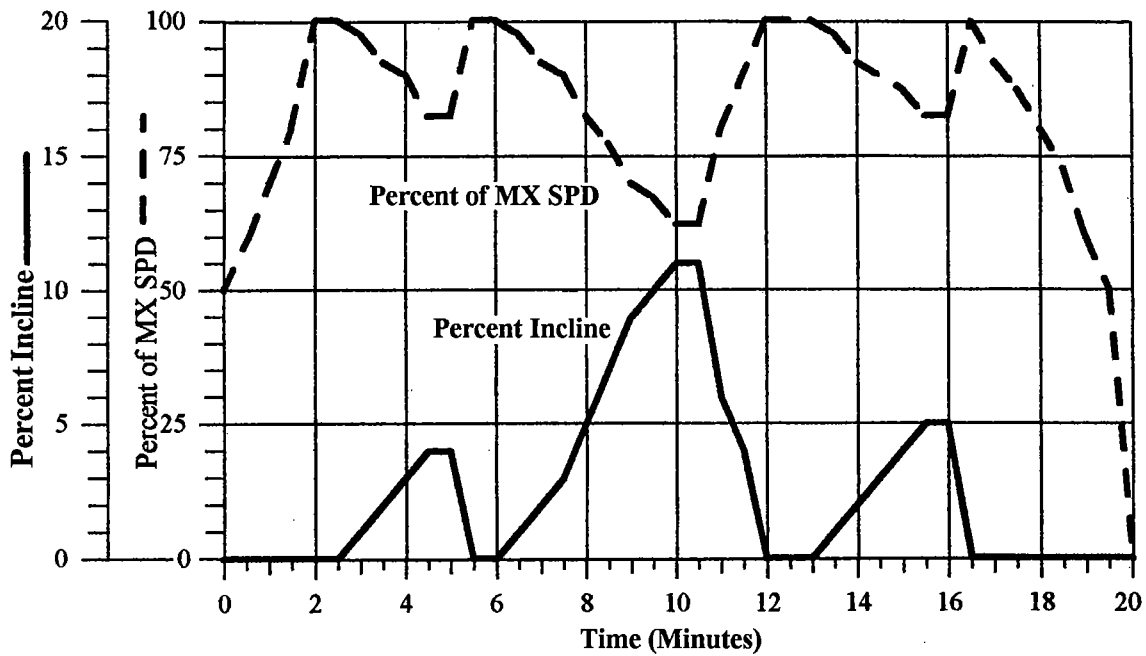
Program 3 Speed-Incline Profile



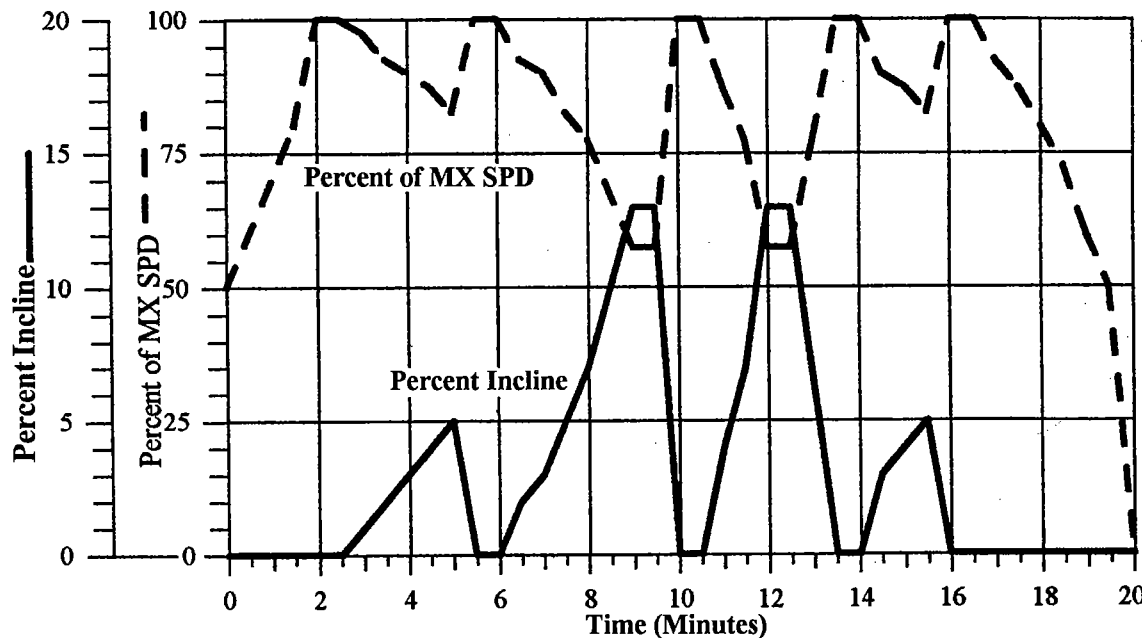
Program 4 Speed-Incline Profile



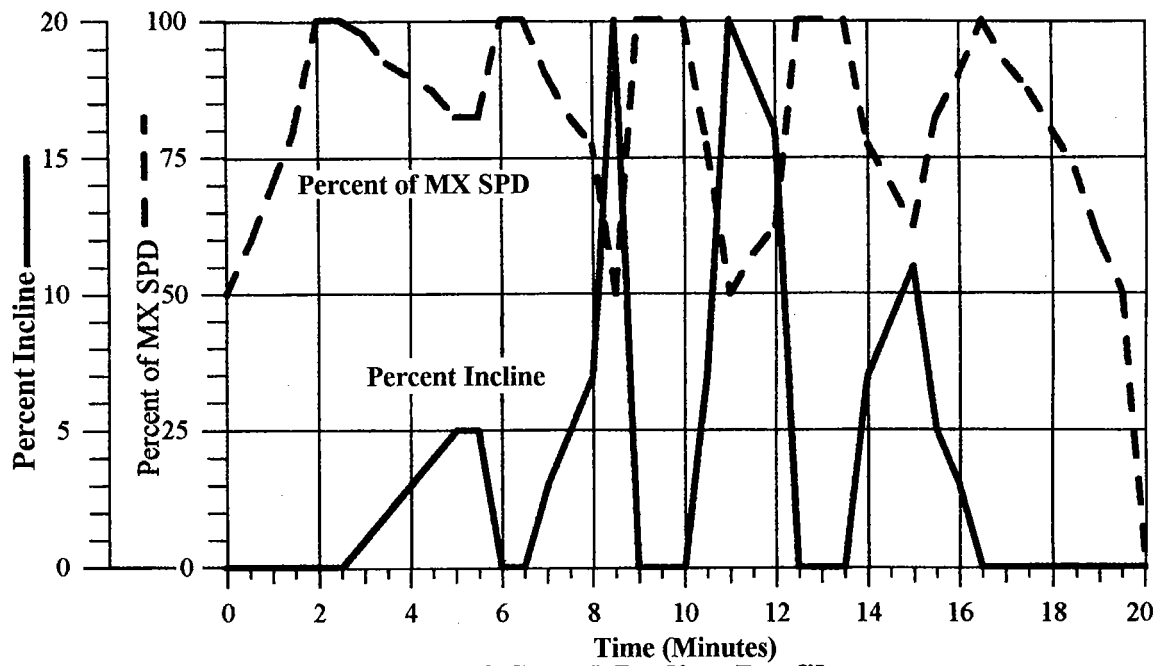
Program 5 Speed-Incline Profile



Program 6 Speed-Incline Profile



Program 7 Speed-Incline Profile



Program 8 Speed-Incline Profile

