



DISCOVERY 415/560HR TREADMILL

OWNER'S MANUAL

Model Name _____
Serial Number _____
Purchase Date _____
Fill in for future reference.

For Service, Please call (888) 340-0482

Keys Fitness Treadmills

Manufactured in the USA by:

KEYS Fitness Products, LP

P.O. Box 551239

Dallas, Texas 75239

PART# 15-0111



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	<u>DCV415</u>	<u>DCV560HR</u>
◆ Horsepower (Continuous)	1.75hp	2.0hp
◆ Display Type	5 Window LCD	5 Window LCD
◆ Electronics	Push button	Push Button
◆ Pre-Set Programs	3	3
◆ Custom Programs	6	6
◆ Heart Rate Interactive	No	Yes
◆ Power Incline	12%	12%
◆ Remote Toggle Switches	Yes	Yes
◆ Speed/Incline Speed Bar	Yes	Yes
◆ Roller Diameter	2.5"	2.5"
◆ Cushioned Deck	Yes	Yes
◆ Speed Range	0-10mph	0-10mph
◆ Belt Size	20" x 56"	20" x 56"
◆ Front Hand Rails	No	No
◆ Side Hand Rails	Yes	Yes
◆ Foot Print	32" x 71"	32" x 71"
◆ Foot Print Folded	32" x 26"	32" x 26"
◆ Warranty Motor	10 Years	10 Years
◆ Warranty Parts	2 Years	2 Years
◆ Warranty Labor	1 Year	1 Year
◆ Warranty Frame	Lifetime	Lifetime

1) **WARNING!** Before using this treadmill or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

2) **WARNING!** To reduce the risk of electrical shock, burns, fire, or other possible injuries to the user, it is important to review this manual and the following precautions *before* operation.

SAFETY PRECAUTIONS AND TIPS

- ◆ It is the owner's responsibility to ensure that all users of this treadmill have read the Owner's Manual and are familiar with warnings and safety precautions.
- ◆ This treadmill has a user maximum capacity of 300 pounds.
- ◆ The treadmill should only be used on a level surface and is intended for indoor use only. The treadmill should not be placed in a garage, patio, or near water and should never be used while you are wet. KEYS recommends a treadmill mat be placed under the treadmill to protect floor or carpet and for easier cleaning.
- ◆ Follow 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.
- ◆ Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the treadmill with bare feet, sandals, socks or stockings.
- ◆ Always straddle the belt and allow it to start moving before stepping onto the belt.
- ◆ Hold on to handrails when adjusting speed, incline, or other controls.
- ◆ Always examine your treadmill before using to ensure all parts are in working order.
- ◆ Allow the belt to fully stop before dismounting.
- ◆ Pets should never be allowed near or on the treadmill.
- ◆ Do not leave children unsupervised near or on the treadmill.
- ◆ Never operate the treadmill where oxygen is being administered, or where aerosol products are being used.
- ◆ Never insert any object or body parts into any opening.
- ◆ For safety and to prevent damage to your treadmill, no more than one person should use the treadmill at a time.
- ◆ 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.

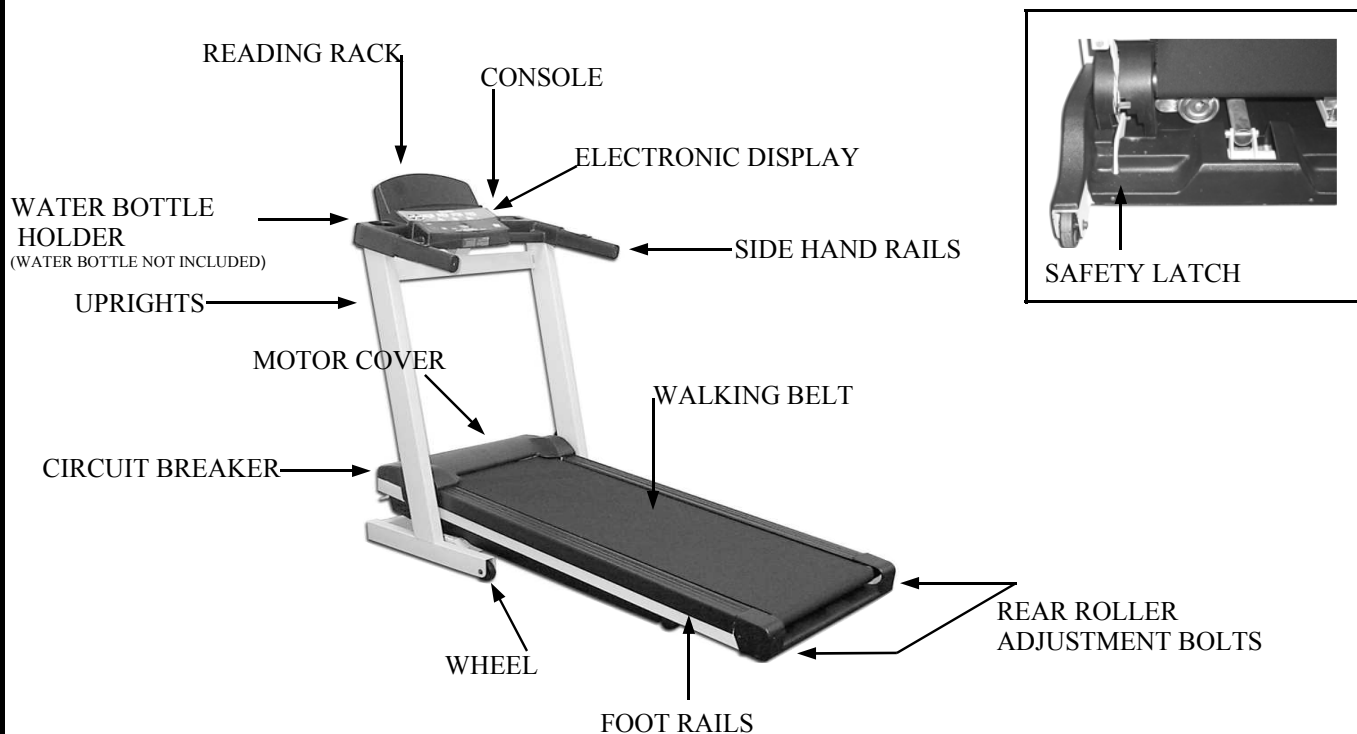
Before You Start



Thank you for purchasing a KEYS treadmill! The DCV415 and DCV560HR were designed to meet your needs for cardiovascular exercise.

Before you start, please read the Owner's Manual and become familiar with the operation of your new treadmill.

- ◆ Remember to take the time to perform the stretching exercises provided on Page 6 to avoid injury.
- ◆ Do not stand on the walking belt while pressing the Power button or Start/Stop button.
- ◆ Always adjust the speed of the treadmill in small increments as this treadmill is capable of high speeds.
- ◆ If you are taking medication, consult your physician to see if the medication will affect your exercise heart rate.
- ◆ If you have heart problems, you are not active, and/or are over the age of 35 years, do not use the pre-set treadmill programs or start an exercise program without first contacting and receiving approval from your physician.
- ◆ To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. KEYS recommends a sealed water bottle for beverages consumed while using the treadmill.
- ◆ Please review the following picture below to familiarize yourself with the listed parts. This manual covers several treadmills, so the one pictured below may not be identical to your particular model.



EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

TOE TOUCH STRETCH

Stand bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.



HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.



CALF/ACHILLES STRETCH

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the Achilles tendons, bend your back leg as well. This will stretch your calves, Achilles tendons, and ankles.



QUADRICEPS STRETCH

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.



INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

Assembly, Moving Instructions



The DCV415 and DCV560HR are shipped in two pieces, please see assembly instructions below. After opening the box, remove any packing materials from the treadmill. Do not throw away any packing materials until the unit is working properly. Place the base on a clean, level surface. Make sure the electrical cord will easily reach an electrical outlet.

Assembly

See Figure 1

To attach rear roller housing:

1. Place plastic rear housing over exposed rear roller area.
2. Align holes in plastic housing with pre-drilled holes in frame.
3. Loosely tighten each screw until all four screws are lined up.
4. Tighten all four screws snugly.

Moving

See Figure 2

CAUTION! TO AVOID THE RISK OF INJURY, NEVER ATTEMPT TO MOVE THE TREADMILL WHILE IT IS IN THE UNFOLDED OPERATING POSITION. TO REDUCE THE POSSIBILITY OF INJURY WHILE LIFTING, BEND YOUR LEGS AND KEEP YOUR BACK STRAIGHT. AS YOU RAISE THE TREADMILL, LIFT USING YOUR LEGS, NOT YOUR BACK. IN ORDER TO RAISE OR LOWER THE TREADMILL SAFELY, YOU MUST BE ABLE TO LIFT 45 POUNDS (20KG). IT IS SUGGESTED YOU ALWAYS USE THE AID OF A SECOND PERSON WHEN MOVING THE TREADMILL.

With the treadmill in the folded locked position (safety latch is engaged), grasp the handrails and place one foot on the base as shown in the photo below. Next, with a firm grasp on handrails, place one foot on the center of the base crossbar and carefully tilt the treadmill back until it rolls freely on the wheels. Using extreme caution, move the treadmill to the desired location. To set the treadmill down, place one foot on the center of the base crossbar and carefully lower treadmill onto base in resting position. Do not attempt to move the treadmill over an uneven or rough surface.

Figure 1

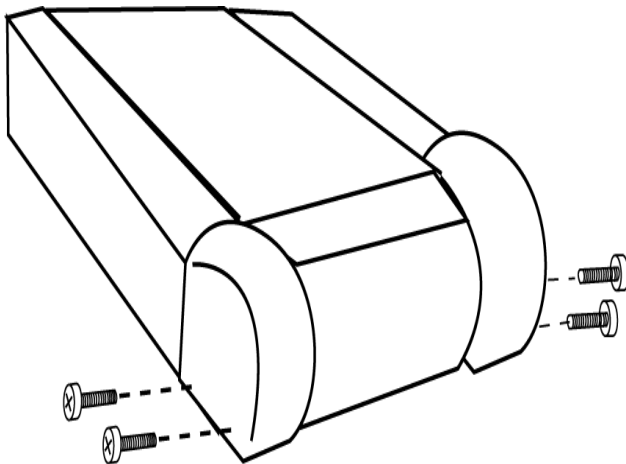


Figure 2



Power Requirements



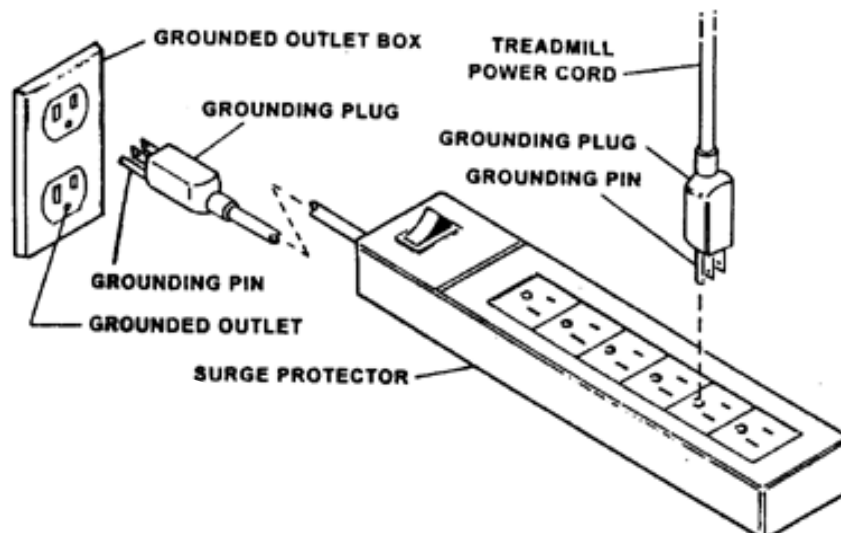
IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN A RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDING. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT, IF IT WILL NOT FIT THE OUTLET, HAVE 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 of 120VAC, 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 comes with an electrical cord having 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 120-volt circuit and has a grounding plug that looks like the plug illustrated in the drawing below.



Console Functions and Descriptions



DCV415

PROGRAM BUTTONS - These buttons are used to access each of the three programs: Fat Burn, Cardio, and Warm Up. Each program has one preset program, and two additional custom programs in the P1 and P2 mode. See the "Program and Operating Instructions" on page 12.

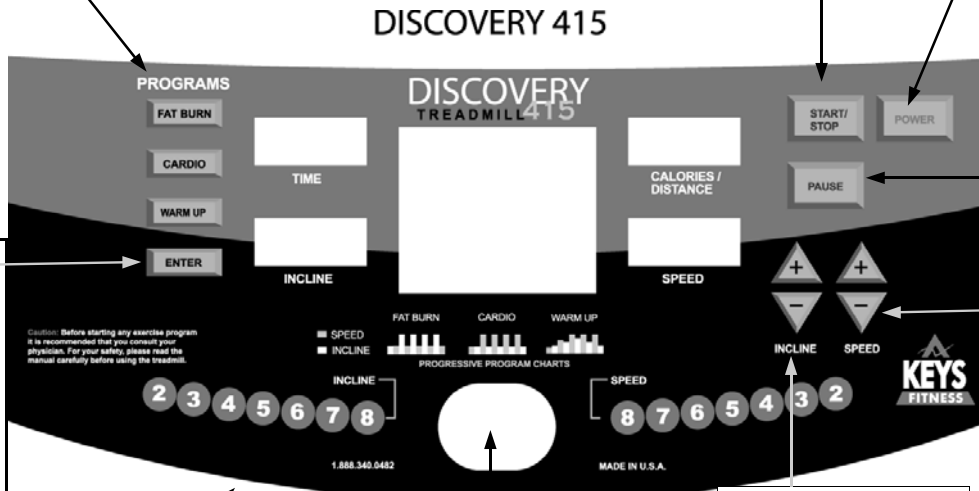
START/STOP - This button starts the treadmill belt moving. There is a 4 second countdown built in as a safety feature to let you know the treadmill belt is about to start moving. Use the START/STOP button also to stop your treadmill after your workout. The belt will gradually come to a stop after pressing the button.

POWER - Press to on. Allow 6-8 seconds while the electronics perform a self check prior to pressing other buttons.

PAUSE - Press to temporarily pause your workout while in use. The treadmill is designed with an automatic power off feature after 5 minutes in the pause mode.

ENTER - Use the Enter button while setting program time, speed, and incline options. See page 12 for complete instructions.

SPEED - Use to either increase (UP arrow) or decrease (DOWN arrow) the speed. These buttons are also used while programming SPEED and TIME.



CONSOLE SAFETY KEY - Place the RED Safety Key here prior to turning power on. THE TREADMILL WILL NOT OPERATE WITHOUT THE SAFETY KEY ATTACHED. The safety key is equipped with a string and clip that will clip to your clothing. This is an important safety feature that will automatically turn the power off if you should trip or fall while using the treadmill.

ONE TOUCH INCLINE BAR - Use to either increase or decrease the incline. Each number indicates percent of grade. Pressing one of the buttons will gradually increase or decrease the incline to the new setting.

INCLINE - Use to either increase (UP arrow) or decrease (DOWN arrow) the incline. These buttons are also used while programming INCLINE.

ONE TOUCH SPEED BAR - Use to either increase or decrease the speed. Each number indicates MPH. Pressing one of the buttons will gradually increase or decrease the speed to the new setting.

Console Functions and Descriptions



DCV560HR

PROGRAM BUTTONS - These buttons are used to access each of the three programs: Fat Burn, Cardio, and Warm Up. Each program has one preset program, and two additional custom programs in the P1 and P2 mode. See the "Program and Operating Instructions" on page 12.

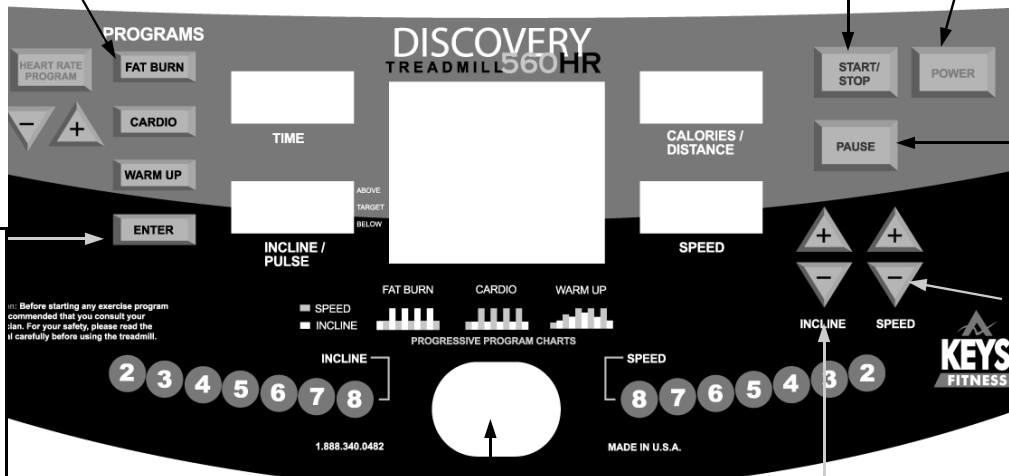
START/STOP - This button starts the treadmill belt moving. There is a 4 second countdown built in as a safety feature to let you know the treadmill belt is about to start moving. Use the START/STOP button also to stop your treadmill after your workout. The belt will gradually come to a stop after pressing the button.

POWER - Press to on. Allow 6-8 seconds while the electronics perform a self check prior to pressing other buttons.

PAUSE - Press to temporarily pause your workout while in use. The treadmill is designed with an automatic power off feature after 5 minutes in the pause mode.

ENTER - Use the Enter button while setting program time, speed, and incline options. See page 12 for complete instructions.

SPEED - Use to either increase (UP arrow) or decrease (DOWN arrow) the speed. These buttons are also used while programming SPEED and TIME.



ONE TOUCH INCLINE BAR - Use to either increase or decrease the incline. Each number indicates percent of grade. Pressing one of the buttons will gradually increase or decrease the incline to the new setting.

CONSOLE SAFETY KEY - Place the RED Safety Key here prior to turning power on. **THE TREADMILL WILL NOT OPERATE WITHOUT THE SAFETY KEY ATTACHED.** The safety key is equipped with a string and clip that will clip to your clothing. This is an important safety feature that will automatically turn the power off if you should trip or fall while using the treadmill.

INCLINE - Use to either increase (UP arrow) or decrease (DOWN arrow) the incline. These buttons are also used while programming INCLINE.

ONE TOUCH SPEED BAR - Use to either increase or decrease the speed. Each number indicates MPH. Pressing one of the buttons will gradually increase or decrease the speed to the new setting.

There are five display windows on the control panel to provide feedback information.

TIME WINDOW

- ◆ **TIME:** Indicates elapsed time after pressing start in minutes and seconds (0-99 minutes, 0-59 seconds)
- ◆ **INTERVAL TIME:** Indicates countdown in seconds to the next interval starting at 5 seconds and counting to 0 seconds.

◆ SPEED WINDOW

- ◆ **SPEED:** Indicates MPH (miles per hour) or KMH (kilometer per hour) in .1 increments

◆ DISTANCE / CALORIES WINDOW

- ◆ **DISTANCE:** Indicates Miles or Kilometers traveled in .01 increments up to 9.99 and .1 increments starting at 10.0
- ◆ **CALORIES:** Indicates estimated calories used based on 150 lb. person at the indicated speed, incline, and time

◆ INCLINE WINDOW

- ◆ **INCLINE:** Indicates incline in percent of grade 0-12% in 1 increments
- ◆ **PULSE (DCV560HR Model Only):** Indicates current heart rate
- ◆ **HEART “♥” (DCV560HR Model only):** Indicates control panel is receiving a signal from heart rate transmitter. Heart will blink on and off if receiving signal from Heart Rate Transmitter chest strap.

◆ CENTER BRICKYARD WINDOW

- ◆ Displays quarter mile track in Manual mode. Indicates position on track by a blink. In program mode, shows the change in speed profile across the interval range (1-10) and shows position with a blinking action.

The LAP counter will appear in manual mode in the center of the window.

◆ SPEED & INCLINE “ONE-TOUCH” BUTTONS

- ◆ Easy One-Touch buttons for Speed and Incline have been added to the console. To increase or decrease the speed, simply choose the desired setting (each number 2 through 8 represents Miles per Hour). To increase or decrease the amount of incline, simply choose the desired setting (each number 2 through 8 represents percent grade).

QUICK START / MANUAL MODE

- ◆ Plug into a standard wall outlet (110-Volt AC, 15-amp circuit).
- ◆ Attach Red Safety Key to the center of treadmill console.
- ◆ Stand on the treadmill and straddle belt.
- ◆ Press POWER button. There will be an eight (8) second delay after pressing the POWER button before data can be entered. The TIME window will flash.
- ◆ Press START/STOP button. Belt will begin to move after 4 seconds. Step on belt slowly after the belt starts moving. Speed or incline may be adjusted by using the appropriate + (increase) or – (decrease) buttons.
- ◆ **To end your workout**, press START/STOP button. Belt will gradually slow to zero.
- ◆ **To pause your workout**, press PAUSE.
- ◆ **To re-start after pausing**: Press the PAUSE button. **WARNING:** The treadmill belt will resume at the speed the treadmill was moving before pausing.
- ◆ **Countdown Time, Preset Speed and/or Incline**: Time, Speed, and Incline may be preset prior to getting started. After pressing the POWER button, the time window will blink. Use the SPEED/TIME + or – arrows to select your workout time, then press the ENTER PROGRAM button. The SPEED/TIME window will now be flashing. Using the same + or – arrows, select the speed for your workout, then press ENTER PROGRAM. Now the INCLINE window will be flashing. Use the INCLINE + or – arrows to set your workout incline, then press ENTER PROGRAM. To start, press the START/STOP button.

PROGRAM MODE

- ◆ Plug into a standard wall outlet (110-Volt AC, 15-amp circuit). Attach RED Safety Key to treadmill console.
- ◆ Stand on the treadmill and straddle belt.
- ◆ Press POWER button. There will be an eight (8) second delay after pressing the POWER button before data can be entered. The TIME window will flash.
- ◆ There are three (3) pre-set programs on the DCV415 and DCV560HR. Programs include Fat Burn, Cardio, and Warm Up programs. The DCV560HR also includes a Heart Rate Interactive program (see the program profiles later in this manual). Select the program by pressing the appropriate button.
- ◆ Press START/STOP button. Belt will begin to move after 4 seconds. Step on belt slowly after the belt starts moving.
- ◆ **Each of the pre-set programs can also be customized. Follow the instructions below.**
- ◆ **Customizing programs in P1 and P2 Mode:** Each pre-set program can be customized in the P1 or P2 mode. After making the program selection, the Center Brickyard window will read “OP.” “OP” refers to “original program” and is preset. The program name you select will display in the diode light beside the program name. Press the same program button once more, and the Center Brickyard window will read “P1”. The “P1” mode is now accessed. You can now program the Time, Speed, and Incline in P1 mode, which will save your entered information for future use. The TIME window will blink. Use the SPEED + or – arrows to select your workout time, then press the ENTER PROGRAM button. The SPEED window will now be flashing. Using the same + or – arrows, select the speed for your workout, then press ENTER PROGRAM. Now the INCLINE window will be flashing. Use the INCLINE + or – arrows to set your workout incline, then press ENTER PROGRAM. To start, press the START/STOP button. To access P2 mode, press the selected program button three times (once for OP, twice for P1, three times for P2). Follow the above procedure to customize.
- ◆ **TO CHANGE A PREVIOUSLY PROGRAMMED P1, P2, or user program:** Once you have programmed the P1 or P2 modes, you will need to use the PAUSE button to change the program you previously entered. For instance, if P1 in Fat Burn has been programmed, to change to a new setting, press the Fat Burn button twice to access P1. Then press the PAUSE button to get the TIME window to flash. Follow the directions above to continue to change the program.

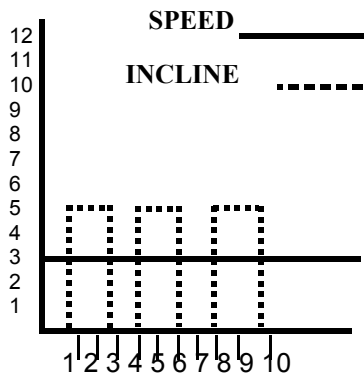
Heart Rate Control Instructions (DCV560HR)

HEART RATE PROGRAM MODE

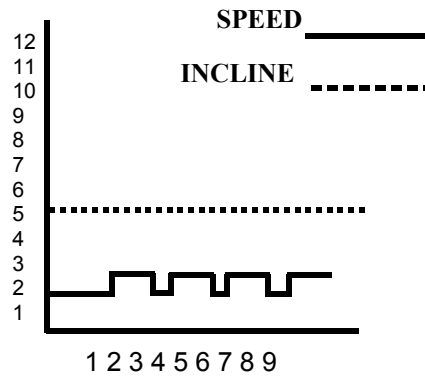
The Heart Rate program is designed to keep your heart rate a desired level of “beats per minute” by automatically adjusting the incline. For example, if you have programmed in a desired heart rate of 105 beats per minute and your heart rate is only 95 beats per minute (you must be wearing Heart Rate Transmitter), the incline will automatically increase to intensify the work load, and increase you heart rate to the 105 beats per minute you programmed.

If your heart rate is above your programmed amount of beats per minute the incline will automatically decrease to lower your heart rate. You may at any time during the Heart Rate Program adjust/override the speed and or incline by simply pressing the correct corresponding buttons. You may change your “Target Heart Rate” at any time during the program by pressing the TARGET + or TARGET – buttons.

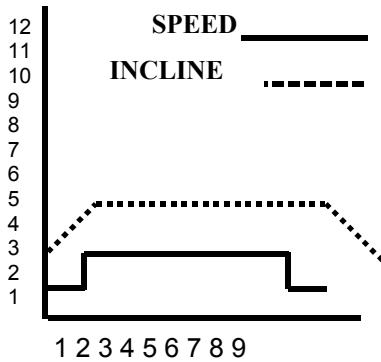
- ◆ Plug into a standard wall outlet (110-Volt AC, 15-amp circuit). Attach Safety Key to console
- ◆ Place the Heart Rate transmitter strap across chest against the skin. Stand on the treadmill and straddle belt.
- ◆ Press POWER button. There will be an eight (8) second delay after pressing the POWER button before data can be entered. The TIME window will flash. The “Heart” shape on the treadmill will be flashing if the Heart Rate Transmitter is transmitting. Adjust the strap on the chest until the console is picking up a signal.
- ◆ For Quick Start, press START/STOP button. Belt will begin to move after 4 seconds. Step on belt slowly after the belt starts moving. Speed or incline may be adjusted by using the appropriate + (increase) or – (decrease) buttons. Heart rate will read out in the Incline window.
- ◆ To select the Heart Rate Control program, press the “Heart Rate Control” button.
- ◆ The incline window will flash “125”, which is the default program target heart rate.
- ◆ Adjust Target Heart Rate to desired level with the TARGET + or – buttons.
- ◆ Press START/STOP button, or continue instructions below to program Time, Speed and Incline.
- ◆ You can now program the Time and Speed. The TIME window will blink. Use the SPEED + or – arrows to select your workout time, then press the ENTER PROGRAM button. The SPEED window will now be flashing. Using the same + or – arrows, select the maximum speed for your workout, then press ENTER PROGRAM. To start, press the START/STOP button.



The **Fat Burn Program** is designed to vary the treadmill elevation, while maintaining a constant walking belt speed.



The **Cardio Program** is designed to vary the treadmill Speed, while maintaining a constant Elevation.



The **Warm Up Program** is designed to gradually increase the treadmill Speed and Elevation in the first segment (warm up) and gradually decrease the treadmill Speed and Elevation in the last segment (cool down). This is also known as a Plateau program.

Belt Adjustment and Tension



WARNING! Do not overtighten rollers! This will cause premature roller bearing failure!

Belt adjustment and tension performs two functions: adjustment for tension and centering. Your new treadmill comes pre-adjusted from the factory for tension and centering. Please follow the procedures below if the belt shifts to the left or right or while walking:

WALKING BELT IS SHIFTING TO THE LEFT (Diagram 1)

First, turn treadmill on to run at 1 mph. Using the hex key provided, turn the left rear roller adjustment bolt $\frac{1}{4}$ turn in the clockwise direction. Next, run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the “Walking Belt Slipping” instructions.



WALKING BELT IS SHIFTING TO THE RIGHT (Diagram 2)

First, turn the treadmill on to run at 1 mph. Using the hex key provided, turn the right rear roller adjustment bolt $\frac{1}{4}$ turn in the clockwise direction. Next, run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the “Walking Belt Slipping” instructions.



WALKING BELT IS SLIPPING DURING USE (Diagram 3)

First, unplug the power cord from the surge protector. Using the hex key provided, turn both left and right rear roller adjustment bolts the same distance, usually a $\frac{1}{4}$ turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should now walk on the belt to determine if the belt is still slipping. Repeat the above procedure until the walking belt is not slipping. The tension should be just tight enough not to slip.



- ◆ Turning the hex key counter clockwise brings the rear rollers and belt towards you. Turning the hex key clockwise pushes the rear roller and belt away from you.

Maintenance Instructions



WARNING! Before performing any maintenance to your treadmill, always unplug the power cord from the surge protector.

CLEANING

Routine cleaning of your Keys Fitness treadmill will extend the life of your treadmill. **WARNING!** To prevent electrical shock, be sure the power to the treadmill is OFF and the unit unplugged from the wall electrical outlet before attempting any cleaning or maintenance.

AFTER EACH WORKOUT: Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration. **USE NO CHEMICALS.**

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

DECK LUBRICATION

The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance.

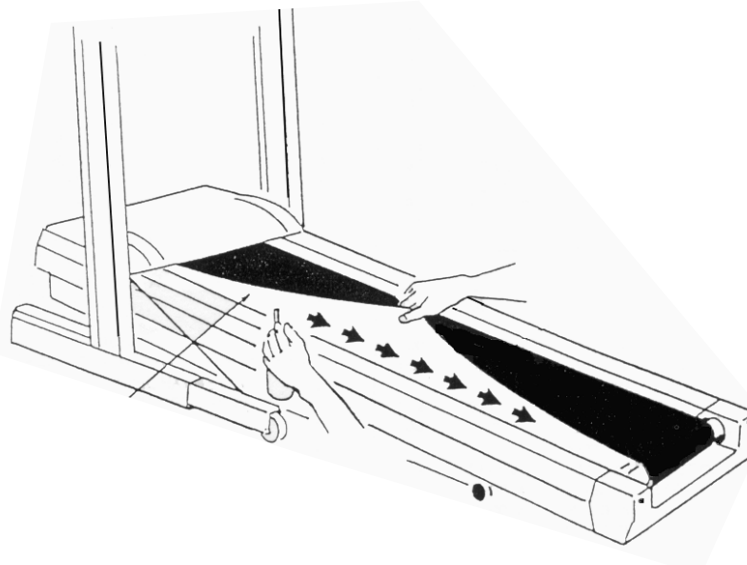
Every 30 days or 30 hours of operation, lift the sides of the walking belt and feel the top surface of the walking board as far under as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, follow the instructions below.

KEYS recommends “Lube N Walk” for cleaning and lubricating the treadmill belt and deck. Ask your retailer or call KEYS at 800-340-0482. You may also use silicone such as “Napa 8300” (available at most stores).

TO APPLY LUBRICANT TO THE WALKING BOARD

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

WARNING: Do not overlubricate the walking board. Excess lubricant should be wiped off with a clean towel.

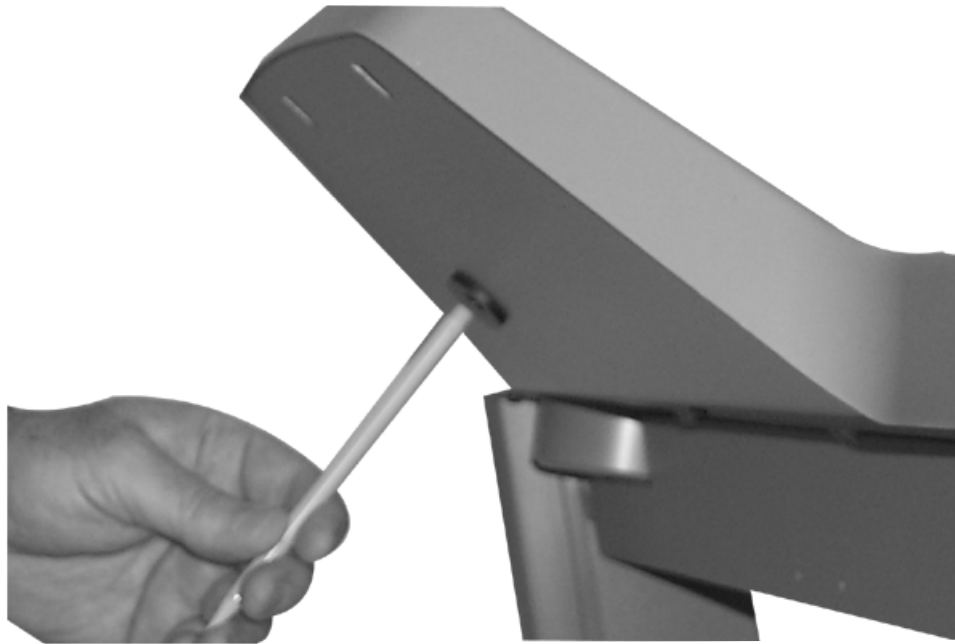


Change Miles per hour to Kilometers per



Your treadmill will operate in British Units (miles per hour) or International Units (kilometers per hour). All treadmills are calibrated at the factory for British Units (miles per hour). To change the display to read in kilometers, follow the steps described here:

- 1) Turn power OFF on the console. (Do not unplug treadmill) Attach the magnet safety key to the console.
- 2) Activate the calibration mode switch by inserting the eraser end of a pencil into the opening in the backside of the console (see diagram below).
- 3) Depressing the calibration mode switch ONCE; CLII should appear in the TIME window.
- 4) Pressing the SPEED +/- button will activate your choice.
- 5) To accept the setting, press the POWER button.



Treadmill will not start.

- 1) Is the RED Safety Key Attached to the Console?
- 2) 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 “Power Requirements” on page 8)
- 3) Check the circuit breaker located on the front of the treadmill. If the switch protrudes, it has tripped. Wait five minutes and then press the switch back in.
- 4) 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.
- 5) Have an electrician check for inadequate voltage at the outlet.

Treadmill losses power during use.

- 1) Check the circuit breaker located on the front of the treadmill. If the switch protrudes, it has tripped. Wait five minutes and then press the switch back in.
- 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.
- 3) If treadmill still will not operate, please call Keys Technical Service at (888) 340-0482.

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.
- 2) If treadmill still will not operate, please call Keys Technical Service at (888) 340-0482.

Treadmill walking belt slips or is not centered on rear roller.

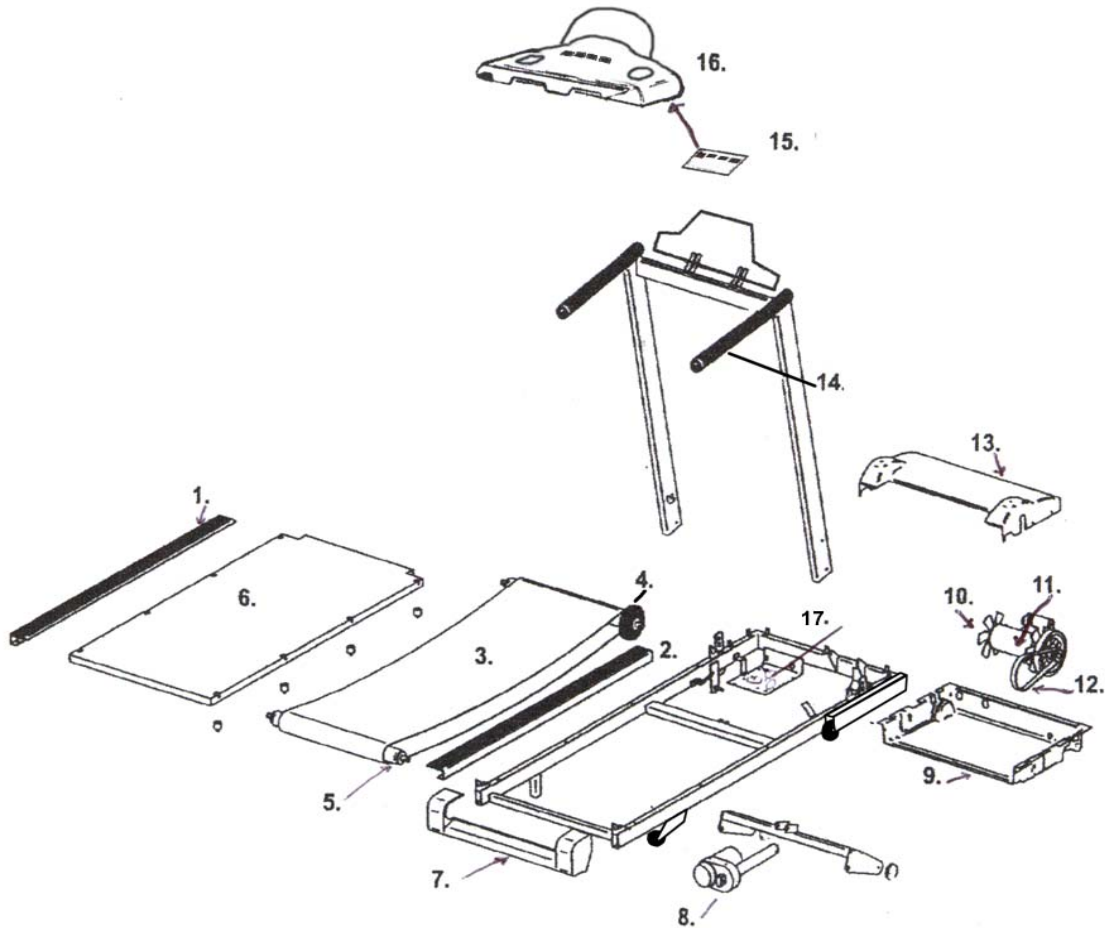
- 1) Refer to “Belt Adjustment and Tension” section on page 14.
- 2) Need help? Call Keys Technical Service at (888) 340-0482.

Treadmill Error Messages.

Your treadmill is equipped with a software package that enables error messages to be displayed when there is a problem. **To avoid possible damage to the treadmill and the possibility of injury, do not operate the treadmill until the problem is corrected. Call Keys Technical Service at (888) 340-0482.**

	<u>DCV415</u>	<u>DCV560HR</u>
1.	05-0041	05-0041-Extrusion side board deluxe/left
2.	05-0041	05-0041-Extrusion side board deluxe/right
3.	04-0019	04-0019-Belt walk spliced 20 x 105WW
4.	09-0021	09-0021-Front roller assembly
5.	09-0020	09-0020-Rear roller assembly
6.	03-0014	03-0014-Walking board
7.	06-0165-RT 06-0166-LT	06-0165-RT 06-0166-LT-End cap
8.	12-0022	12-0022-Actuator 400lb Maytech
9.	06-0156	06-0156-Motor base pan
10.	06-0080	06-0080-Small motor fan
11.	12-0023	12-0023-Motor
12.	04-0004	04-0004-Poly V belt 190J8
13.	06-0157	06-0157-Motor cover w/wings
14.	10-0020	10-0020-Hand grips
15. & 16	07-0028	14-0331-Console assembly

•Please review the following drawing below to familiarize yourself with the listed parts. This manual covers several treadmills, so the one pictured below may not be identical to your particular model.



DCV415/DCV560HR-Parts List



PART #	DESCRIPTION	QTY	PART #	DESCRIPTION	QTY		
02-0002A	SPRINT-DECK LIFT	4	07-0028	ELECTRONIC-LCD 5 WIN	1	*06-0068	SUPPORT-PC BOAD=HRC
02-0004	SCREW-8x5/8 PHIL PH AB BLACK	36	08-0004	BREAKER-CIRCUIT-15AMP	1	*07-0020	RECEIVER DISCRETE-LED HRC
02-0005	SCREW-8x5/8 PPH HILO BLACK TPB	6	08-0027	SWITCH-REMOTE-W/HARNESS	1	*07-0041	STRAP-CHEST-NO LOG AL HR UNITS
02-0007	NUT 5/16-18 NYLOCKZP	10	08-0047	ENCODER-OPTICAL-OJ-3705 ALEPH	1	*13-0017	HARNESS-TELCO-HRD
02-0009	BOLT-HEX 5-16-18x3/4"GRADE 2-ZP	7	08-0077	CORE-FERRITE	1	*14-0171	STICKER MOTOR HP 2.0
02-0011	WASHER-FLAT 5/16 16GA 7PUSS	9	08-0089	MEBRAE-LED/LCD POWER	1	*14-0331	CONSOLE ASSEMBLY DCV560HR
02-0013	WASHER LOCK 1/4"	8	08-0094	MEMBRANE-PROG-LCD W/INC BAR	1	*24-0176	FRONT ROLLER ASSEMBLY
02-0015	WASHER-SPRING	2	08-0099	SPEED BULLET	1	*24-0182	CONSOLE ASSEMBLY DCV560HR
02-0018	NUT-PUSH 3/8 HAT BLACK 375012	4	08-0109	SHIELD MEMBRANE FOR 07-0028	1	*25-0092	INST PACKER DCV560HR
02-0019	BOLT-CARRIAGE 10-24x1 1/2	4	08-0111	BUSS WIRE 20GA	1		
02-0020	SCREW-SHCS 14-20x2 1/2"	2	08-0121	MAGNET & HUSING	1		
02-0021	WASHER 9/32 5/8 1/8THICK ZP	2	08-0122	CONTROLLER 08-0051 N MERCURY	1		
02-0022	NUT-NYLOCK HEX 10-24	4	09-0020	ROLLER REAR 2.5"x24.5" CONV&FOLD	1		
02-0024	CARRIAGE BOLT 5/16x1 GRADE 5 ZP	4	09-0021	ROLLER FRONT 2.5x22.93" FOLD	1		
02-0027	NUT-T HF 14209H-DB	16	10-0004	RUBBER FOOT	2		
02-0028	SWITCH-MAGNETIC KILL-YIHAN	1	10-0017	TAPE-FOAM-1"X75ft	1		
02-0036	SCREW-PPH 8x5/8 GREEN HEAD	2	10-0018	GROMMET-SPEED BULLET	1		
02-0038	WRENCH ALLEN 3/16 SHAFT ARM	1	10-0020	GRIP MOLDED ROUND	2		
02-0042	SCREW#8x5/8 SD BLACK	1	10-0023	BOARD ISOLATORS 17/32" SHORT	8		
02-0050	NUT-NYLOCK HEX 1/4-20	2	10-0024	TAPE-ADHESIVE 1"108FT ST567	1		
02-0058	WASHER FLAT NYLON 3/8	2	11-0013	AXLE WHEEL 2 3/8"	2		
02-0119	SCREW-HEX HD 1/4-20x3 1/4"	8	11-0020	PIVOT PIN FOLD 3/8" & CHAMFER	2		
02-0137	PLUG PUSH IN	2	11-0022	BUSHING KEYED	9		
02-0141	PUSH NUT BLACK .112 SHAFT	6	11-0023	FYWHEEL 1.125 10MPH FOR 2.5ROLLERS	1		
02-0143	BOLT HEX 1/4-20x1"	8	12-0022	ACTUATOR 400 LB-MAYTECH	1		
02-0145	COTTER PIN 1"	2	12-0023	MOTOR-MCM#2917-1.5HP-10MPH-8MM	1		
02-0146	BOLT SHCS FULL TRO 1/4-20x1 3/4	2	13-0011	CORD-POWER-90"	1		
02-0147	BOLT CRG FULL BODY 5/16-18x1"	9	13-0014	WIRE-JUMPER 12"-220V-KEYS SERIES	1		
02-0149	BOLT CRG 5/16-18x1 3/4" GRADE 5	2	13-0018	SWITCH REEDSD1951 TERMINATED PSS00	1		
02-0151	BOLT SHOULDER SHSB 3/8x3/8" 5/16-18	1	13-0020	HARNESS ENCODER KEYS SERIES	1		
03-0014	WALKBOAD KORETRON 56" FOLD	1	13-0045	JUMPER WIRE OR PEED BULLET	1		
04-0004	BELT-POLY V 190J8	1	13-0046	HARNESS CONTROLLER 80"	1		
04-0019	WALKBELT 1 PLY 19.51x113.75 FOLD	1	14-0026	DECAL-WARNING CONSOLE-ALL GRAY	1		
05-0041	EXTRUSION-SD BRD-LT&RT 56"FOLD	2	14-0027	DECAL-EMERGENCY STOP-RED	1		
06-0004	PLUG-BASE 1.5x3"-16GA	2	14-0028	DECAL-CIRCUIT BREAKE-ALL	1		
06-0012	WHEEL 3"	2	14-0053	DECALINCLINE EMOTE	1		
06-0014	BUSHING-STRAIN RELIEF #1237	1	14-0054	DECAL-SPEED REMOTE	1		
06-0016	TIES-WIRE	1	14-0170	STICKER-MOTOR HP 1/75	1		
06-0021	CLAMP WIRE 3367 7/16	2	14-0205	DECAL-DISCONNECT-MOTOR COVER	1		
06-0022	GUIDE-RESET TUBE	1	14-0321	DECAL 10YR MOTOR WARRANTY	1		
06-0024	CLIP-ALLEN WRENCH	1	14-0330	OVERLAY CONSOLE DCV415	1		
06-0029	SPACER-WHEEL 3/16	4	14-0338	DECAL MOTOR COVER NEW DISCV SERIES	1		
06-0080	FAN 5"X8mm BORE-SCREW ON	1	18-0005	ROD-AXLE3/8x2"-ETF	2		
06-0084	BAG-PLASTIC 12x12 3MIL-INST PACKET	1	19-0015	BRKT-MOTOR COVER	6		
06-0090	WHEEL-2 3/8 (SNAP ON)	4	19-0019	GUIDE-BELT GALVANIZED	2		
06-0117	SWITCH HOUSING ROUND GRAY	2	19-0107	SLUG-EMERGENCY STOP	1		
06-0141	INSERT LCD FOR CONSOLE	1	19-0173	BRKT LINKAGE	2		
06-0144	PULLE DRIVE 2.5" 8 GROOVE	1	19-0177	BRKT CHANNEL SUPPORTS	2		
06-0149	SHEET BOTTOM FOR FOLD BLACK	1	19-0188	BRKT SPEED BULLET	1		
06-0150	CONSLE WEEBOK 5WIN FOLD&CONV	1	19-0189	BRKT MAGNET	1		
06-0151	PLUG RECT 1x3x16GA	2	23-0111	UPRIGHT ASSEMBLY NEW FOLD-WEEBOK	1		
06-0156	BOTTOM PAN FOR FOLD BLACK	1	26-0089	INST PACKET BLACK FLD	1		
06-0157	COVER FOR MOTOR NEW FOLD BLACK	1	15-0111	INST MANUAL NEW FOLD	1		
06-0159	ENDCAP DUAL BLACK	1					
06-0165	EXT BOOT RT BLACK	1					
06-0166	EXT BOOT LT BLACK	1					

KEYS FITNESS PRODUCTS, LP – LIMITED WARRANTY

PLEASE CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT.

This Limited Warranty applies in the United States and Canada only to products manufactured or distributed by Keys Fitness Products, LP ("Keys") under the Keys brand name. The warranty period to the original purchaser of the DCV415 and DCV560HR treadmills are (lifetime) on the frame and one (1) year labor. In addition, the DCV415 and DCV560HR includes ten (10) years on the motor and two (2) year parts warranty.

Keys warrants that the Product you have purchased for non-commercial, personal, family, or household use from Keys or from an authorized Keys reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of the date of purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts. This Limited Warranty becomes VALID ONLY if the treadmill is assembled/installed by a Keys Fitness authorized dealer/technician unless otherwise authorized by Keys Fitness in writing (if anyone other than a Keys Fitness authorized dealer/technician assembles a Keys Fitness treadmill the warranty will be void unless accompanied by written authorization by Keys Fitness).

During the warranty period Keys will at no additional charge, repair or replace (at Keys' option) the product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty under normal non-commercial, personal, family or household use. In repairing the Product, Keys may replace defective parts, or at the option of Keys, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of Keys. Keys reserves the right to change manufacturers of any part to cover any existing warranty.

To obtain warranty service, you must contact a Keys authorized service technician or Keys Fitness at our phone numbers located in this manual. Any parts determined to be defective must be returned to Keys to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment. You must present Keys with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Limited Warranty.

This warranty does not extend to any product not purchased from Keys or from an authorized Keys reseller. This Limited Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Keys; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than Keys, or an authorized Keys warranty service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product be submitted for warranty service be found ineligible therefore, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Keys' receipt of payment or acceptable arrangements for payment.

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, KEYS MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. KEYS EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS LIMITED WARRANTY. NEITHER KEYS NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSION MAY NOT APPLY TO YOU. This Limited Warranty gives you specific legal rights and you may also have other rights that may vary from state to state. This is the only express warranty applicable to Keys-branded products. Keys neither assumes nor authorizes anyone to assume for it any other express warranty.

PLEASE SEND IN THE ATTACHED WARRANTY CARD WITHIN TEN (10) DAYS OF PURCHASE OR REGISTER YOUR TREADMILL ONLINE AT www.keysfitness.com
KEYS FITNESS PRODUCTS, P.O. BOX 551239, DALLAS, TX 75355-1239. THANK YOU!

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Name of store or company where purchased:		Where did you learn about treadmills? TV___ Radio___ Friend___ In Store Display___ Salesperson___ Print ad/flyer___ Internet___		How important are each feature: Least Most Unique Features <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Horsepower <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Warranty <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Price <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Look/Design <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Folding Feature <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
How do you plan to use the treadmill? Walk___ Run___ Both___		Why did you purchase a treadmill? Dr.'s Orders___ Loose Weight___ In-home convenience___ Improve Cardiovascular Fitness___ Safety from outdoors___ Other _____		Other Comments: _____ _____ _____ _____	
Who will use the treadmill? Male___ Female___ Both___ How many family members? ___		AGE: 15-24 ___ 25-34 ___ 35-44 ___ 45-54 ___ 55-64 ___ 65 + ___		KEYS FITNESS respects the rights of your privacy. Our company will not sell or distribute to others the information above. This information is used to track our product quality and to contact you in the event of a product safety concern. It may be used to offer you future Keys products only through the mail. Please check here if wish not to receive any additional information on Keys products.	