

# ENDURANCE®

## **T10**



**Endurance® T10 Treadmill**

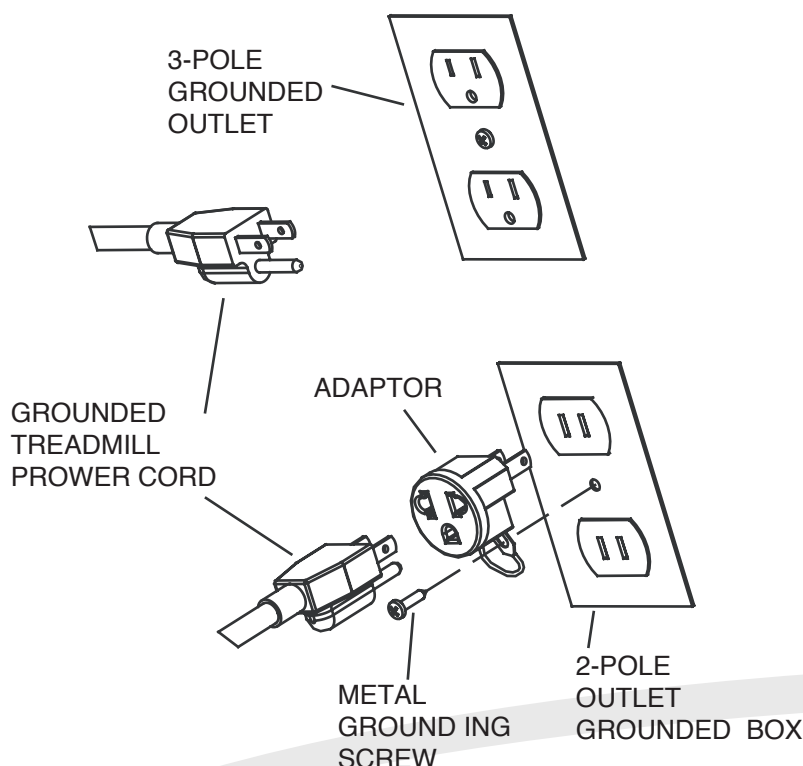
**User Manual**

# GROUNDING INSTRUCTION'S

This product must be grounded. A temporary adapter such as the one illustrated below may be used to connect this plug to a 2-pole receptacle as shown, if a properly grounded outlet is not available. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

**DANGER-** Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug illustrated in the figure. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.



- The appliance must be positioned so that the plug is accessible
- If the power cord is damaged, it must be replaced by the manufacture or its service agent or a similarly qualified person in order to avoid a hazard

# FCC WARNING - POSSIBLE RADIO / TELEVISION INTERFERENCE

**NOTE:** This equipment has been tested and found to comply with Part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. Any changes or modifications not expressly approved by the party responsible for the compliance could void the user's authority to operate the equipment. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that the interference will not occur in a particular installation. If this equipment does cause harmful radio interference to radio or television reception, which can be determined by turning the equipment off and on, you are encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase space between the equipment
- Plug the equipment into two electrical outlet located on separate circuits
- Consult an exercise equipment dealer or an experienced radio/TV technician for help

Class R (Residential): Private or non-commercial use

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# INTRODUCTION

Thank you for purchasing the ENDURANCE treadmill.

With proper use and maintenance this product will last for years of great workouts!

Using this Manual

Please read this entire manual to become familiar with your treadmill. This will ensure proper and comfortable use of the product.

Throughout the manual you will find items of importance highlighted. These items range from helpful tips to dangerous situations to be avoided.

The following is a list of the notes you will encounter and what they represent.

**TIP:** Helpful information, not mandatory. A helpful shortcut.

**NOTE:** Informational, not mandatory.

**CAUTION:** May cause possible personal injury or damage to product or property, possible problem with usability of product or product warranty.

**WARNING:** May cause personal severe or fatal injury or damage to product or property.

**DANGER:** Will cause personal severe or fatal injury or severe damage to product or property.

The manual is divided into thirteen sections:

- Introduction - A quick overview of this manual.
- Important Safety Instructions - Important information you MUST read.
- Installation - How to install treadmill properly.
- Treadmill Overview - A quick description of the treadmill.
- The Basics Of Operation - How to operate the treadmill.
- The Workouts - A description and step-by-step explanation of the preprogrammed work.
- Maintenance - How to care for the treadmill.
- Glossary - Explanations of the vocabulary used in this manual.

Please take the time to read this manual as it is very important for the proper use of the product and your safety.

# IMPORTANT SAFETY INSTRUCTIONS

**NOTE:** Before attempting to use this product, it is essential that you read this ENTIRE Manual and any accompanying material.

THE USE OF THIS PRODUCT IN ANY WAY NOT DESCRIBED IN THIS MANUAL IS NOT RECOMMENDED, MAY CAUSE SERIOUS OR FATAL INJURY AND MAY VOID YOUR WARRANTY.

**CAUTION:** Any changes or modifications to this equipment could void your product warranty!

**CAUTION:** Any service, other than basic cleaning or user maintenance, must be performed by an authorized service agent. There are no user serviceable parts.

**CAUTION:** ENDURANCE firmly recommends that you have a complete medical exam by a qualified physician before beginning any exercise program, particularly if you have a family history of high blood pressure or heart disease, are over the age of 45, or if you smoke, have high cholesterol, are obese or have not exercised regularly in the past year.

**CAUTION:** If, at any time while exercising, you feel faint, dizzy, pain or a shortness of breath, stop exercising immediately.

## **WARNING!**

To reduce the risk of burns, fire, electrical shock or injury, this product **MUST** be plugged into a properly grounded electrical outlet.

## **WARNING!**

To reduce the risk of electrical shock, **UNPLUG THIS PRODUCT'S POWERCORD** before attempting any maintenance or cleaning.

To disconnect this product, first depress the power switch to the OFF position. Next unplug the powercord from the electrical outlet by grasping the plug. **DO NOT** pull the power cord from the outlet by grasping the cord.

## Power Sources

- DO NOT pull the power cord to move this product.
- Keep the power cord away from heated surfaces.
- Supervision of children, invalid or disabled persons is mandatory when they are using or are near this product.
- Connect this product only to a properly grounded electrical outlet.

## Ventilation

- Always keep the ventilation slots located on this product clear of obstruction.
- DO NOT insert objects into any slot or orifice on this product.
- If an object falls into the product, unplug this product immediately and call Customer Support for assistance.

## Location

- DO NOT operate this product if it has a damaged power cord/plug, if it has been dropped, damaged or even partially immersed in water or other liquid. Contact Customer Support for further assistance.
- DO NOT use this product in areas of high humidity (e.g. saunas or swimming pools) nor outdoors.
- DO NOT locate or use this product in areas where aerosol spray products are being used or where oxygen is being administered. Due to electrical components a risk of combustion may be present.
- DO NOT place the obstructions near this product.
- DO NOT operate this product unless it is located on a level, flat surface and NEVER operate this product while it is tipped on its side.

## Proper Use

- DO NOT use this product unless proper attire is worn.  
Rubber-soled training, running, or tennis shoes must be worn to provide proper traction and protection while using this product.
- DO NOT use cleats, spikes or any other non-athletic style shoes.
- DO NOT use this product while barefoot or wearing only socks.



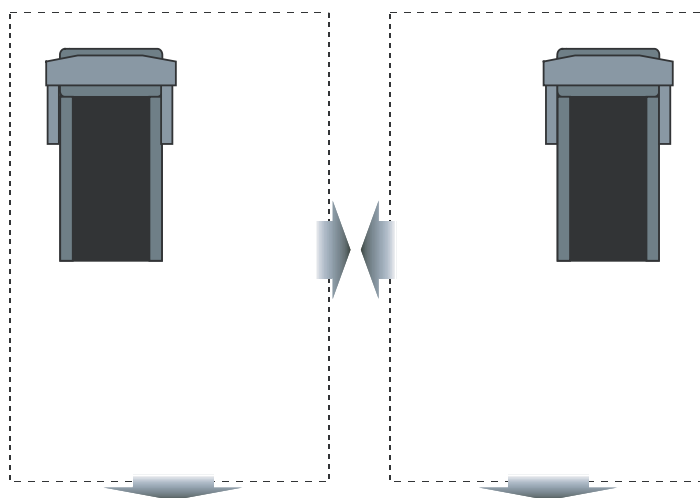
# INSTALLATION

## ELECTRICAL REQUIREMENT

Your ENDURANCE treadmill is intended for use in the country to which it was shipped. Electrical supplies outside of this country may differ and may not be compatible with the product. Please consult Customer Support before using the treadmill in a different country.

### Location

When choosing a location for the treadmill, pick a location that is unobstructed. The treadmill must have the following clearance.



- Non-entry side of treadmill - Minimum of 8 inches (20cm)
- Entry side of treadmill - Minimum of 36" (90cm)
- Front of the treadmill - Minimum of 12 inches (30cm)
- Behind treadmill - Minimum of 6 feet (180cm)

These spacing requirements are mandatory for the safe use of the treadmill. If an accident should occur, you must have sufficient space to move away from the treadmill.

### Grounding Instructions

The treadmill must be properly grounded prior to use. Proper grounding reduces the risk of shock or damage to the treadmill. The powercord's plug is equipped with a grounding conductor that must be used with an electrical outlet installed in accordance to all local codes and ordinances.

**DO NOT** use a temporary adapter that bypasses this function. This will stop the safety equipment from functioning properly and may void your warranty.

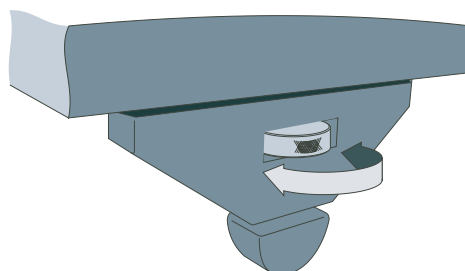
**DANGER!**

A risk of electrical shock may result from improper connection of the equipment-grounding conductor. Check with a qualified electrician if you are in doubt as to proper grounding technique.

DO NOT MODIFY the plug provided with this product. If it will not fit an electrical outlet, have a proper outlet installed by a qualified electrician.

**Leveler Legs**

After finding a location that is suitable for the treadmill, the rear legs must be adjusted to provide stable support. Located on the side of each leg is a thumb-wheel that will allow you to lower or raise the leg until it is properly seated on the floor.



**WARNING:** DO NOT adjust legs while the treadmill is on. Turn the power switch to the OFF position.

While kneeling behind the treadmill, place the heel of your hands on each side of the treadmill directly above the running-belt adjustment bolts. Attempt to rock the treadmill by alternately pressing downward on each side. If you feel even a slight movement on one side adjust that side until the movement has stopped. For example, if you feel a slight rocking on the right side, start by turning the thumb-wheel on the right leg counter-clockwise to lower the leg until the movement stops.

# TREADMILL OVERVIEW

## POWER SWITCH

The power switch is located in the front of the treadmill near the powercord.

The power switch has two positions -ON and OFF. The display console will beep when the treadmill is plugged in and the power switch is pressed ON.



## CIRCUIT BREAKER RESET

The circuit breaker is located next to the power switch. If there should be an electrical overload due to a surge in electricity or other situation, the circuit breaker will disconnect and attempt to prevent any damage from occurring to the treadmill.

If the treadmill suddenly stops with no lights visible nor beep heard, the circuit breaker may need to be reset. To reset the circuit breaker press the button firmly. The display console should restart and a beep should be heard.

**CAUTION:** Feel the powercord with your hands. If the powercord is warm to the touch a problem may exist with the electrical outlet in which the treadmill is plugged. It may be necessary to plug the treadmill into a different outlet.

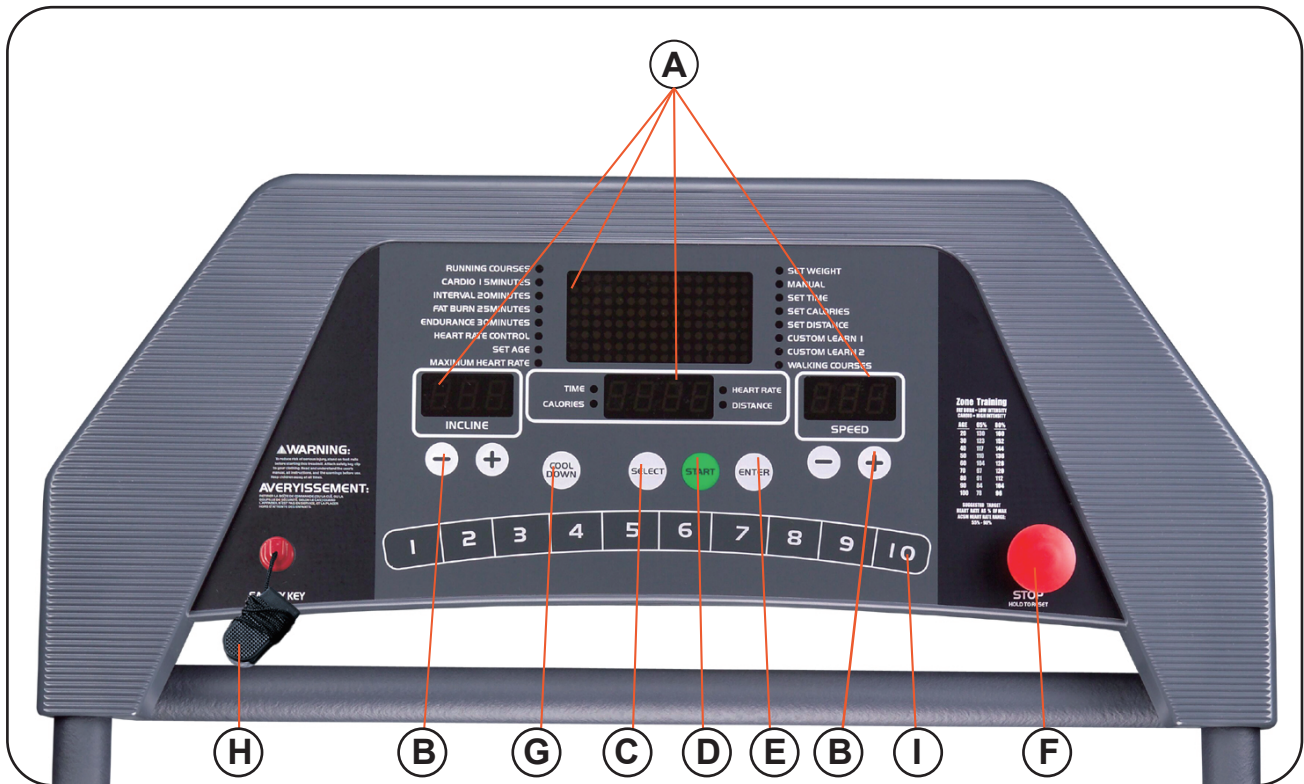
## POWERCORD

The powercord, located in the front of the treadmill must be plugged into a properly grounded electrical outlet.

Locate the powercord so it will not come in contact with the wheels of the treadmill during operation. This may cause the powercord to become pinched or damaged. Damage to the powercord could result in a fire hazard or cause personal injury through electrical shock.

# THE DISPLAY CONSOLE

## Dimensions



- A. The Information Windows**
- B. The Speed and Incline Arrows Buttons**
- C. The Select Button**
- D. The Start Button**
- E. The Enter Button**
- F. The Stop Button**
- G. The Cool Down Button**
- H. The Safety Key**
- I. The MPH Bar**

# THE INFORMATION WINDOWS

## LED Matrix Window

The LED Matrix window (or LED window) is located at the top of the Display Console. This window displays graphical information such as the Virtual Track to chart your progress and prompt and display information such as your weight, age and Maximum Heart Rate.

## Incline Window

The Incline window displays the current incline rate in "Percentage of Grade." This is the same system used to measure hills and roads. A 100% grade is equal to 45°. The following chart shows the conversion between percentage of grade and degrees.

% of Grade	Degrees
1	0.45
2	0.9
3	1.35
4	1.8
5	2.25
6	2.7
7	3.15
8	3.6
9	4.05
10	4.5
11	4.95
12	5.4

Grade equals the tangent of the angle ( $dy / dx$ ). Thus a 100% grade would be a hill with an inclination of 45 degrees.

## FEEDBACK WINDOW

The Feedback window displays the time, calories, heart rate and distance during a workout. The information continually cycles, alternating between time, calories, heart rate and distance. A red LED next to the Feedback window lights signaling which information is presently being displayed.

## SPEED WINDOW

The Speed window displays the current belt-speed setting. Except for the slow change in belt-speed when increasing or decreasing the setting, this is the actual speed at which the running belt is traveling in miles per hour.

## SPEED AND INCLINE ARROW BUTTONS

The Speed + and Speed - Arrow buttons are located below the Speed window and are used to increase or decrease the belt-speed during a workout.

The Incline + and Incline - Arrow buttons are located below the Incline window and are used to increase or decrease the grade or tilt of the running belt during a workout.

Use either the Incline or Speed arrow buttons to increase or decrease values you are prompted to enter such as your weight, age, maximum heart rate and goals for your workouts - Time, Calories, Distance and Percentage of Maximum Heart Rate. After the value has been adjusted, press the Enter button.

## SPEED ARROW BUTTONS

Press the Speed + Arrow button to increase the running belt speed and the Speed - Arrow button to decrease the running belt speed to the desired setting. As the buttons are pressed the Speed window will display the value in miles per hour (MPH). Increase the running belt speed value in the Speed window to a known comfortable speed and let the running belt reach that speed before increasing it further.

**TIP:** The speed may be increased or decreased at any time during the workout.

**Note:** Typically, the preprogrammed workout is chosen and starts at 0.5 MPH and is then increased to the desired speed.

**CAUTION:** DO NOT OVER-INCREASE SPEED! As the button is pressed, the Belt-speed value shown in the Speed window will increase immediately. The running belt will increase to this speed gradually. If a speed value is entered that is too high for the user's capabilities, personal injury may occur.

DO NOT continually press the Speed + Arrow button to increase the belt speed. Enter a known, comfortable value and wait for the running belt to reach that speed. Use care when further increasing the speed. Use either the Speed or Incline Arrow buttons to increase or decrease the weight setting shown in the Feedback window. After the weight value has been adjusted press the Enter button.

## **INCLINE ARROW BUTTONS**

Press Incline + Arrow button to increase the grade of the running belt and the Incline - Arrow button to decrease the grade of the running belt to the desired setting. As the buttons are pressed the Incline window will display the value in percentage of grade.

The range of the percentage of grade is 0% to 12%.

**TIP:** The Incline may be increased or decreased at any time during the workout. For more information on percentage of grade please see Incline Window.

## **START BUTTON**

Located in the center of the Display Console it is used to begin a workout after all of the prompted information has been entered or immediately to start a simple, manual program.

## **SELECT BUTTON**

Located in the center of the Display Console with the Start and Enter buttons, the Select button is used to choose a desired workout. You may press the Select button to choose your initial workout and after a selected workout has begun to choose a different one.

## THE ENTER BUTTON

Located in the center of the Display Console it is used to accept information you are prompted for and to finalize your selection of a preprogrammed workout or effort level.

## THE STOP BUTTON

The Stop buttons are located at the bottom of the Display Console and perform the same task.

Press the Stop button once and it pauses the workout, holding your current workout information such as the time elapsed, calories burned and distance traveled. It does not change any aspect of your workout - it stops it until you decide to continue. Press the Start button to continue your workout in progress. The Stop buttons are located at the bottom of the Display Console and perform the same task.

Press the Stop button once and it pauses the workout, holding your current workout information such as the time elapsed, calories burned and distance traveled. It does not change any aspect of your workout - it stops it until you decide to continue. Press the Start button to continue your workout in progress.

Press the Stop button twice and it will end your current workout immediately.

**TIP:** You may choose a different goal while in goal-oriented workout.

## THE COOL DOWN BUTTON

Press the Cool Down button at any time during a workout to gradually stop a workout.

When pressed, the treadmill's incline will return to 0%. The running-belt speed will decrease 0.1MPH each second until the speed reaches 2.0MPH. The running belt will quickly slow to a stop.

**TIP:** If you decide you would like to continue your workout after pressing the Cool Down button, simply press the MPH Bar and return to any speed of your choice.

## THE MPH BAR

The MPH or Miles Per Hour Bar is located just above the stop buttons. It is made up of 10 buttons that allow you to choose a speed very quickly. After a speed has been chosen, you may adjust the speed by pressing the Speed + or Speed - Arrow keys.



## THE SAFETY KEY

The Safety key is designed to stop the treadmill immediately.

The Safety key, when used correctly, will pull out of the Display Console and stop the treadmill quickly if the user has fallen or is out of the safe operating area.



**Proper Use:** Attach the clip at the end of the lanyard to the waistband and insert the Safety key into the Display Console

## BELT & RUNNING SURFACE

### Belt Condition

Inspect the Running belt monthly to check it's condition. Look for loose pieces, tears or extremely worn areas. If these conditions occur, replace the running belt immediately.

Please call ENDURANCE Customer Support to purchase a replacement running belt.

# THE BASICS OF OPERATION

## GETTING STARTED

After the treadmill is correctly installed and plugged in, it's time to start our workout. Begin by depressing the power switch, located in the front of the treadmill near the powercord, to the ON position.

## SET WEIGHT

After the power switch is depressed to the ON position, the Set Weight LED will light and the display console will read the last weight entered from the previous workout. If no weight was previously entered or the system was reset (refer to the Stop button information), the Main window will display 150 (factory default).

**NOTE:** If the Enter button is not pressed within 6 seconds, the system will accept the displayed weight and begin a Manual workout program.

## STARTING A WORKOUT

When you are ready to begin a workout, check that there are no obstructions near the treadmill. Also confirm there is nothing located under the treadmill especially if there are children or pets present.

Carefully reach down and press the power switch to the ON position. You will hear an audible beep and the Display console will prompt you to enter your weight. Use the Speed or Incline Arrow keys to raise or lower the weight value displayed in the LED Matrix window. Once the desired weight is displayed, press the Enter button to continue.

If no key is pressed within six (6) SECONDS, the default setting of 150 pounds or the last weight previously entered will be automatically accepted.

**NOTE:** It is important to enter the correct weight. The treadmill uses this value to compute the number of calories burned during a workout.

You are now ready to select a Workout!

**TIP:** When in a workout, press the Select button to immediately end the current program and select a different program. Your current workout information will be discarded.

## CHANGING THE RUNNING BELT SPEED

After pressing the Enter button the Lap Counter will appear on the display. For information on this see "The Lap Counter" later in this section.

Press the Speed + Arrow button to increase the belt speed and the Speed - Arrow button to decrease the belt speed of the treadmill to the desired setting. As the buttons are pressed the speed window will display the current speed.

**TIP:** The speed may be increased or decreased at any time during a workout.

## CHANGING THE INCLINE

Press the Incline + Arrow button to increase the incline and the Incline - Arrow button to decrease the incline of the treadmill to the desired setting. As the buttons are pressed the Incline window will display the value in "percentage of grade" comparable to the measurement of the grade of a hill.

**TIP:** The incline may be increased or decreased at any time during a workout.

## PAUSING THE WORKOUT

Press the Stop button to pause your workout temporarily. Pressing the Stop button once will stop the running belt immediately and retain all of the current workout information.

When you are ready to continue the workout, straddle the running belt by holding on to the handrails and placing one foot on each side of the treadmill. Press the Start button and the belt will slowly begin to travel. When ready and while holding on to the handrails, carefully step onto the belt and continue your workout.

## THE LAP COUNTER

The Virtual Track in the LED Matrix window will appear when the Manual program is selected.

The outer LEDs depict a track to show your progress. This track is approximately one-quarter mile in length.

A number will appear inside the track to display the number of laps you complete. The counter starts with "0." Each time you complete a lap the counter will increase by one. The counter will continue to increase incrementally, "1, 2, 3, 4..." until you complete 99 laps. The counter will then restart at "0" until it reaches "99" where it will again start at "0."

## COOL DOWN

The Cool Down function allows a workout to end with a gradual slowing down. Press the Cool Down button and the treadmill slow down 0.1 MPH per second until it reaches 2.0 MPH. At this point it will slow from 2.0 MPH to 0 MPH in six (6) seconds.

While the treadmill is in the process of a "Cool Down", you may press the Speed + Arrow button, Speed - Arrow button or any of the MPH Bar buttons to stop the Cool Down process and continue the workout at the present-chosen speed setting.

# WORKOUTS

## **MANUAL**(includes **SET-TIME**, **SET-CALORIE** and **SET-DISTANCE**)

The Manual workout let's you control the effort. Change your effort level and speed to challenge yourself. Press the MPH Bar and Start button and you're working out instantly.

After entering your weight, the LED next to MANUAL will be lighted.

Press the Start button to begin a basic, manual workout. This will allow you to control the speed and incline of your workout and to continue until you decide to stop.

Press the Speed or Incline Arrow buttons and MPH Bar to tailor your workout to suit you.

**CAUTION:** DO NOT OVER-INCREASE SPEED! As the Arrow button is pressed, the Belt-speed value shown in the Speed window will increase immediately. The running belt will increase to this speed gradually. If a speed value is entered that is too high for the user's capabilities, personal injury may occur.

DO NOT continually press the Speed + Arrow button to increase the belt. Enter a known, comfortable value and wait for the running belt to reach that speed. Use care when further increasing the speed.

DO select a lower speed on the MPH Bar until you find the speed at which you are comfortable working out and use the handrails when changing speeds.

## SET TIME (MANUAL WORKOUT WITH TIME GOAL)

Set the duration of your workout and get to it! The count down of the time goal is displayed in the Main window and keeps you motivated.

After entering your weight the Manual workout will be selected.

Press the Select button until the LED next to SET TIME is lighted.

Press the Speed or Incline Arrow buttons to display the desired amount of time to workout and press the Enter button.

**NOTE:** The time ranges from 1 - 99 minutes. The default is 10 minutes.

Press the MPH Bar to choose a desired speed.

Press the Incline arrow buttons to display the desired Incline.

Press the Start button to begin the workout.

Press the Start button. The screen will display "3", "2", "1" and will then beep. At this time the running belt will begin traveling at 0.5 MPH.

**TIP:** You may change the running-belt speed or incline with the arrow buttons at any time during the workout.

As you work out the console displays the time remaining in the Main window.

Increase the running belt speed by pressing the Speed + Arrow button. The running belt speed can also be changed by pressing any of the 1-10 MPH buttons on the MPH Bar. After a MPH Bar button is chosen, the speed can be raised or lowered with the Speed Arrow keys.

**TIP:** To quickly start a Manual program at a specific speed, you may press any of the 1-10 MPH buttons first and then press the Start button.

Press Stop button to pause the workout.

**TIP:** Press the Stop button twice to immediately end the current Time-Goal program and select a different Time. Your current workout information will be discarded.

Press the Cool Down button to end the workout before reaching your time goal.

## SET CALORIES(MANUAL WORKOUT WITH CALORIES GOAL)

Need to burn off that milkshake? Set the number of calories and get to work.

Watch as you burn off calorie after calorie.

After entering your weight the Manual workout will be selected.

Press the Select button until the LED next to SET CALORIES is lighted.

Press the Speed or Incline Arrow buttons to set desired calorie goal and press the Enter button to enter this goal.

**NOTE:** The range for the calories is 40 - 990, while 200 is the default.

Press the MPH Bar to choose a speed.

Press the Incline arrow buttons to select the Incline.

Press the Start button to begin your workout.

Change the speed or incline with the Arrow buttons.

As you work out the display console counts down your caloric burn in the Main window.

Press the Cool Down or Stop button to end the workout.

**TIP:** Press the Stop button twice to immediately end the current Time-Goal program and select a different Time. Your current workout information will be discarded.

Press Stop button to pause the workout.

## SET DISTANCE(MANUAL WORKOUT WITH DISTANCE GOAL)

Training for your marathon? Increase your endurance by gradually increasing your distance.

After entering your weight the Manual workout will be selected.

Press the Select button until the LED next to SET DISTANCE is lighted.

Press the Speed or Incline Arrow buttons to set the desired distance goal. Press the Enter button to enter this value.

**NOTE:** The range for the miles goal is 1 - 50 miles with a default of 5 miles.

Press the MPH Bar to choose the speed.

Press the Incline arrow buttons to select the Incline.

Press the Start button to begin your workout.

Change the speed or incline with the Arrow buttons.

As you workout your distance goal is counted down and is displayed in the Main window.

Press the Cool Down or Stop button to end the workout.

**TIP:** Press the Stop button twice to immediately end the current Distance-Goal program and select a different Time. Your current workout information will be discarded.

Press Stop button pause the workout(see REF)

## CUSTOM LEARN (1&2)

Do you like to work hard in the beginning of your workout and coast towards the end? Or do you like an easy warm-up and gradually increase the effort level?

Create your perfect workout with the Custom Learn workout.

The first time you use this workout the treadmill will remember or "learn" your workout profile. As the workout progresses you can change the speed and the incline and use that customized profile each time you workout.

After entering your weight the LED next to Manual will be lighted.

Press the Select button until the LED next to CUSTOM LEARN 1 or CUSTOM LEARN 2 is lighted.

Press the Start button to begin Learning or Replay a previously recorded workout profile.

The treadmill learns 30 segments, each segment is one (1) minute long and is represented by four (4) LEDs - each LED is 15 seconds in duration.

Change the speed and/or incline for each segment and the treadmill memorizes the changes at the very end of that segment. As the segment progresses and you make a change, the current LED (blinking orange) marks your progression. As the end of the segment approaches, the Speed window begins blinking announcing the changes are being recorded. After the segment ends, the next segment is ready for your customization.

You can continue over 30 minutes but after the initial 30 minutes the treadmill will stop recording changes and operate like a regular manual program - it will not memorize more than 30 minutes.

**NOTE:** The Pause and Cool Down sessions, if pressed, will not be memorized for the next replay of the Custom Learn workout. Only the Speed and Incline changes are recorded.



## WALKING COURSES (3)

The walking courses add a lower degree of effort to your workout but are still very beneficial. Low impact with high results.

After entering your weight, the Manual workout will be selected.

Press the Select button until the LED next to WALKING COURSES is lighted.

Press the Speed or Incline Arrow buttons to choose an effort level - Beginner, Novice or Expert. The higher the LED profile, the more challenging the workout.

Press the Start button to immediately begin the workout or press Enter button to accept the effort level and choose a goal for the workout - Time, Calories or Distance.

If you press the Enter button, choose a goal using the Arrow buttons to display the goal you desire. Once the goal is displayed, press the Enter button to accept the choice.

**TIP:** If you select a goal then change your mind, press the Stop button to go back to the goal choices.

Next, use the Speed or Incline Arrow buttons to enter a value for the goal and press the Enter button to accept it.

The Walking Courses' workout profile CONSISTS of one session of 10 segments. Each segment is four (4) LEDs each, each LED represents 15 seconds.

After the 10-minute session is completed, it automatically begins again (for workouts over 10 minutes in duration).

## RUNNING COURSES (3)

Let the treadmill create a challenging workout for you!

After entering your weight, the Manual workout will be selected.

Press the Select button until the LED next to RUNNING COURSES is lighted.

Press the Speed or Incline Arrow buttons to choose an effort level - Beginner, Novice or Expert. The higher the LED profile, the more challenging the workout.

Press the Start button to immediately begin the workout or press the Enter button to accept the effort level and choose a goal for the workout - Time, Calories or Distance.

If you press the Enter button, choose a goal using the Arrow buttons to display the goal you desire. Once the goal is displayed, press the Enter button to accept the choice.

**TIP:** If you select one goal and change your mind, press the Stop button to go back to the goal choices.

Next, use the Speed or Incline Arrow buttons to enter a value for the goal and press the Enter button to accept it.



The Running Courses' workout profile consist of one session of 10 segments. Each segment is four (4) LEDs each - each LED repre-sents 15 seconds. After the 10-minute session is completed, it automatically begins again (for workouts over 10 minutes in duration).

## CARDIO 15 MINUTES

The first step to a healthier heart! A workout profile to raise your heart rate to a higher level effectively helping your heart become stronger.

The Cardio 15 Minute workout has seven sessions. The first session is the Warm-Up and the seventh session is the Cool-Down.

They are preprogrammed and you cannot change them.

The second through sixth sessions are preprogrammed but each segment (four LEDs) can be changed temporarily.

**TIP:** You can change an individual segment's speed and incline until the next segment begins. The temporary changes made to a segment, however, are not memorized for future workouts.

After entering your weight, the Manual workout will be selected.

Press the Select button until the LED next to CARDIO 15 MIN is lighted.

Press the Speed or Incline Arrow buttons to choose an effort level - Beginner,

Novice or Expert. The higher the LED profile, the more challenging the workout.

Press the Start button to immediately begin the workout or press the Enter button to accept the effort level and choose a goal for the workout - Time, Calories or Distance.

If you press the Enter button, choose a goal using the Arrow buttons to display the goal you desire. Once the goal is displayed, press the Enter button to accept the choice.

**TIP:** If you select one goal and change your mind, press the Stop button to go back to the goal choices.

Next, use the Speed or Incline Arrow buttons to enter a value for the goal and press the Enter button to accept it.

**TIP:** You can press the Cool Down button at any time to end the workout slowly.

**TIP:** Press the Stop button once to pause the workout and twice to end the workout completely, allowing you to choose a different effort level profile.

**TIP:** Press the Select button at any time to end the current workout and select a different one.

## INTERVAL 20 MINUTES

Want a slightly greater challenge? Tone-up and continue your exercise regiment with the Interval 20 Minute workout.

The Interval 20 Minute workout has eleven sessions. The first session is the Warm-Up and the eleventh session is the Cool-Down.

They are preprogrammed and you cannot change them. The second through tenth sessions are preprogrammed but each segment (four LEDs) can be changed temporarily.

**TIP:** You can change an individual segment's speed and incline until the next segment begins. The temporary changes made to a segment, however, are not memorized for future workouts.

After entering your weight, the Manual workout will be selected.

Press the Select button until the LED next to INTERVAL 20 MIN is lighted.

Press the Arrow buttons to choose an effort level - Beginner, Novice or Expert.

The higher the LED profile, the more challenging the workout.

Press the Start button to immediately begin the workout or press the Enter button to accept the effort level and choose a goal for the workout - Time, Calories or Distance.

If you press the Enter button, choose a goal using the Arrow buttons to display the goal you desire. Once the goal is displayed, press the Enter button to accept the choice.

**TIP:** If you select one goal and change your mind, press the Stop button to go back to the goal choices.

Next, use the Speed or Incline Arrow buttons to enter a value for the goal and press the Enter button to accept it.

**TIP:** You can press the Cool Down button at any time to end the workout slowly.

**TIP:** Press the Stop button once to pause the workout and twice to end the workout completely, allowing you to choose a different effort level profile.

**TIP:** Press the Select button at any time to end the current workout and select a different one.

## FAT BURN 25 MINUTES

Really get into the zone! Raise your heart rate to the proper level and use the duration to burn away! Twenty-five minutes to really feel the progress.

The Fat Burn 25 Minute workout has thirteen sessions. The first session is the Warm-Up and the thirteenth session is the Cool-Down. They are preprogrammed and you cannot change them. The second through twelfth sessions are preprogrammed but each segment (four LEDs) can be changed temporarily.

**TIP:** You can change an individual segment's speed and incline until the next segment begins. The temporary changes made to a segment, however, are not memorized for future workouts.

After entering your weight, the Manual workout will be selected.

Press the Select button until the LED next to FAT BURN 25 MIN is lighted.

Press the Arrow buttons to choose an effort level - Beginner, Novice or Expert.

The higher the LED profile, the more challenging the workout.

Press the Start button to immediately begin the workout or press the Enter button to accept the effort level and choose a goal for the workout - Time, Calories or Distance.

If you press the Enter button, choose a goal using the Arrow buttons to display the goal you desire. Once the goal is displayed, press the Enter button to accept the choice.

**TIP:** If you select one goal and change your mind, press the Stop button to go back to the goal choices.

Next, use the Arrow buttons to enter a value for the goal and press the Enter button to accept it.

**TIP:** You can press the Cool Down button at any time to end the workout slowly.

**TIP:** Press the Stop button once to pause the workout and twice to end the workout completely, allowing you to choose a different effort level profile.

**TIP:** Press the Select button at any time to end the current workout and select a different one.

## ENDURANCE 30 MINUTES

The ULTIMATE workout! Build your endurance and feel the burn!

The Endurance 30 Minute workout has thirteen sessions. The first session is the Warm-Up and the thirteenth session is the Cool-Down. They are preprogrammed and you cannot change them.

The second through twelfth sessions are preprogrammed but each segment (four LEDs) can be changed temporarily.

**TIP:** You can change an individual segment's speed and incline until the next segment begins. The temporary changes made to a segment, however, are not memorized for future workouts.

After entering your weight, the Manual workout will be selected.

Press the Select button until the LED next to ENDURANCE 30 MIN is lit.

Press the Arrow buttons to choose an effort level - Beginner, Novice or Expert.

The higher the LED profile, the more challenging the workout.

Press the Start button to immediately begin the workout or press the Enter button to accept the effort level and choose a goal for the workout - Time, Calories or Distance.

If you press the Enter button, choose a goal using the Arrow buttons to display the goal you desire. Once the goal is displayed, press the Enter button to accept the choice.

**TIP:** If you select one goal and change your mind, press the Stop button to go back to the goal choices.

Next, use the Speed or Incline Arrow buttons to enter a value for the goal and press the Enter button to accept it.

**TIP:** You can press the Cool Down button at any time to end the workout slowly.

**TIP:** Press the Stop button once to pause the workout and twice to end the workout completely, allowing you to choose a different effort level profile.

**TIP:** Press the Select button at any time to end the current workout and select a different one.

## HEART RATE CONTROL

Choose your Maximum Heart Rate (MHR) for proper control of your workout!

ENDURANCE firmly recommends that you have a complete medical exam by a qualified physician before beginning any exercise program, particularly if you have a family history of high blood pressure or heart disease, are over the age of 45, or if you smoke, have high cholesterol, are obese or have not exercised regularly in the past year.

If, at any time while exercising, you feel faint, dizzy, pain or a shortness of breath, stop exercising immediately.

Put on your Heart Rate sensor chest strap.

After entering your weight, the Manual workout will be selected.

Press the Select button until the LED next to HEARTRATE CONTROL is lighted.

Press the Heart Rate Control workout is chosen, the heart will display in the LED Matrix window.

Change the display to your age using the Speed or Incline Arrow buttons and press the Enter button.

**NOTE:** The available age range is 20 - 75 years with 30 years as the default.

It is important to enter your correct age as the treadmill calculates your MHR percentage with this information.

Entering the default age or other incorrect age could calculate an incorrect MHR and would be less beneficial to your workout.

**Caution:** If you have a family history of heart disease, a diagnosed heart ailment or have not undertaken an exercise program recently, an incorrect percentage of MHR could set your targeted rate too high and may cause injury or death. If you are unsure of what your maximum heart rate should be, please consult your physician before attempting any exercise program.

When the Maximum Heart Rate % LED flashes, enter the MHR at which you wish to work out. Your maximum heart rate is  $220 - \text{your age}$ . For instance, a 45-year man would calculate his maximum heart rate to be  $220 - 45$  or 175 BPM.

The percentage will be displayed in the LED Matrix window and the calculated heart rate will be displayed in the Main window. The treadmill uses a default of 70% of the MHR so his target heart rate would be 70% of 175 or 122 BPM.

Use the Arrow buttons to increase or decrease the percentage used (and the actual maximum heart rate in the Main window).

Press the Enter button to accept the percentage of Maximum Heart Rate. When display console shows your heart rate, press Start button. The treadmill will automatically adjust level to maintain the targeted heart rate. You can use the speed "+" or "-" button to adjust the speed.

**Note:** If no heart rate is detected, running belt will not start.

If problem exists with heart rate detection, check for proper fit or placement, distance from Display Console or that the Hear Rate chest strap sensors are a current version.

If the Display Console does not detect a heart rate signal, a heart will appear on the LED Matrix window and an audible beep will be heard.

You must move closer to the Display Console (within two to three feet) or re-adjust the heart rate chest strap to properly transmit your heart rate.

If the Display Console does not detect a heart rate signal within 20 seconds, the running belt will stop.

Press the Stop button once to pause the workout or twice to end the workout immediately.

Press the Cool Down button to end the workout slowly.

Press the Select button to immediately stop the current workout and choose a different one.

## MAINTENANCE

Here are some preventative maintenance tips that will keep your treadmill operating at its best.

### Cleaning

- Clean the Display Console and all exterior surfaces regularly.
- Vacuum running belt regularly to keep debris from accumulating.
- Inspect exterior parts regularly for wear and tear, especially the running belt and deck.
- Inspect area under treadmill and vacuum regularly.

**NOTE:** When cleaning the exterior of the unit, a non-abrasive cleaner and soft cotton cloth are strongly recommended. At no time should cleaner be applied directly to any part of the equipment. Instead, place the non-abrasive cleaning solution on a soft cloth and wipe down the unit.

### Customer Service

Contact the Customer Service group at:  
Endurance-Warranty Department  
1900 S. Des Plaines Ave.  
Forest Park, IL 60130  
Phone: 1-800-556-3113  
Fax: 1-708-427-3598  
service@bodysolid.com

Item	Daily	Weekly	Monthly	Quarterly	Bi-annual
Console Mounting Bolts					Inspect
Frame	Clean				Inspect
Display Console	Clean		Inspect		
Emergency Button	Test				
Power Cord			Inspect		
Running Belt Top		Clean (Vacuum)			
Running Belt Tension			Inspect		
Running Belt Silicone oil				Inspect	
Anti-Shock Strip					Inspect
Rear Adjustable Foot				Adjust	
Control Room			Clean (Vacuum)		
V Belt				Adjust	Inspect
Motor Pulley				Clean	
Motor Carbon Brush				Inspect	



# Stretching / Flexibility

Adequate flexibility is the ability to move your limbs and joints easily (through a complete range of motion) the way you need to in order to meet the challenges of daily life. Fortunately there's a positive reinforcing cycle between flexibility and activity. Adequate flexibility enables you to maintain an active lifestyle, and an active lifestyle makes an important contribution to maintaining adequate flexibility. These relationships grow stronger the older we become.

## When should I stretch?

Any time is a good time to Stretch. In the morning it can work out the kinks in your back, at work, you can relax your neck and shoulders, and after work stretch out your lower back. However, you should never do your stretches before you have had a chance to warm your body up.

## How should I stretch?

Perform the following stretches slowly and smoothly until you feel a slight "tugging" sensation on the muscles involved. Don't stretch to the point that you feel pain, and don't bounce or you could pull a muscle. Hold each stretch for 10 to 20 seconds. Exhale through the stretch, and breathe slowly. This will keep you from bouncing.

### Calf (back of lower leg)

1. Straight knee start with the leg to be stretched approximately three feet from the wall and the opposite leg on step forward. Lean toward the wall, keeping your heels down and feet turned in slightly.
2. Bent knee start same as above, but move approximately one foot closer to the wall and bend the knee of the back leg to be stretched.
3. Repeat using the other leg.



### Iliotibial Band (outside of hip)

1. Start with the leg to be stretched one step back and behind the opposite foot. Move your hips sideways toward the side of your body being stretched. Keep the upper body away from the wall and do not bend forward.
2. Repeat using the other leg.



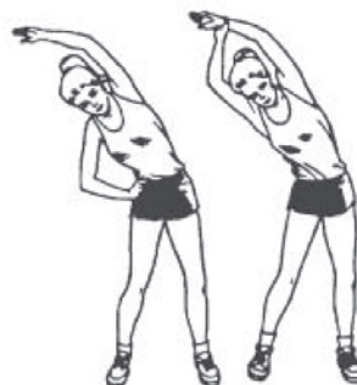
### Lower Back, Hips, Groin, and Hamstrings

1. Stand with the feet about shoulder- width apart and pointed straight ahead. If you are pretty flexible and need more of a stretch, cross one leg in front of the other for a few stretches, then switch legs.
2. Slowly bend forward from the hips, always keeping your knees slightly bent.
3. Stretch only to the point where you feel a tugging in the back of your legs.



### Side Bends

1. Stand with your feet about shoulder - width apart and toes pointed straight ahead. Keep your knees slightly bent, one hand on your hip; extend your other arm up and over your head. Slowly bend at your waist to one side, toward the hand on your hip.
2. Extend both arms overhead. Hold your right hand with your left hand and bend slowly to the left, using your left arm to pull the right arm gently over the head and down toward the ground.
3. Repeat with other side.



### Quadriceps (front of thigh)

1. Lying on our stomach, pull the heel toward your buttocks with the opposite hand. Keep the thigh of the leg being stretched close to the leg on the floor.
2. The same stretch can be done standing. Do not allow the thigh to come in front of you and so not bend forward at the waist.
3. Do this exercise twice – once on each leg.



**Groin (inside of thigh)**

1. Sit on the floor with the soles of your feet together. Gently push knees down toward the floor with your elbows.
2. Stand with your feet three to four feet apart and turned out slightly.
3. Keep the knee of the leg to be stretched straight, and bend the opposite knee as you move your body toward the bent leg. Keep your toes pointed forward.
4. Repeat using the other leg

**Hamstrings (back side of upper leg)**

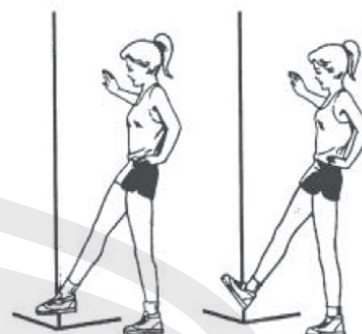
1. Sit with one knee bent and the leg to be stretched out straight. Reach for the toes of the straight leg with the right hand and then the left hand.
2. Repeat with the other leg.

**Gluteus (back of hip)**

1. Lie on your back. Pull one knee up to your chest while keeping the opposite leg down on the floor with the knee straight.
2. The same may be done standing.
3. Repeat with the other leg.

**Anterior Tibialis (front of shin)**

1. Stand with all of your weight on one leg. Extend the opposite leg forward and flex and point at the ankle.
2. Repeat with the other leg.



**Exercise Guidelines:**

The American Council of Sports Medicine (ACSM) recommends the following exercise guidelines, for healthy aerobic activity:

**Warm - up:** Warm - up 5 to 10 minutes before aerobic activity.

**Duration:** Maintain your exercise intensity for 20 to 60 minutes.

**Cool Down:** Gradually decrease the intensity of your workout, then stretch to cool down during the last 5 to 10 minutes.

**NOTE:** If weight loss is your major goal, a minimum of 30 minutes of aerobic activity five or more times per week is recommended.

Determining your target heart rate (Kavvonen Heart Rate Formula)

Example: 40 year old with a resting rate pulse of 60 BPM

$$220 - 40 (\text{age}) = 180$$

$$180 - 60 (\text{resting pulse}) = 120$$

$$120 \times .5 (50\% \text{ intensity}) = 60$$

$$60 + 60 (\text{resting pulse}) = 120 (\text{target heart rate})$$

The following chart explains how to determine your target heart rate for varying levels of intensity. The different levels of intensity will help you achieve different objectives.

Training Zones			
Zone	intensity (% MHR)	Goal	Mode
1	50-60%	Improve health and well-being, decrease stress, reduce risk factors,	Very easy, conversational pace.
2	60-70%	Weight management and optimal fat burning	Easy pace, longer duration to build endurance.
3	70-80%	Aerobic fitness,	Faster pace, improve stamina.
4	80-85%	Aerobic/ Anaerobic fitness	Increase speed and improve stride.
5	85-100%	Anaerobic fitness for peak performance and competition	Interval runs to increase VO2 MAX, speed, economy, and form.

## Achieving your Fitness Goals

Each of us are individuals with possibly different fitness goals. It is critical to determine what your goals are when developing a long term fitness program. ENDURANCE fitness products are pleased with your decision in using our quality products to help reach your fitness goals. Below are some benefits of exercising. We have listed these to help in reaching your fitness goals:

- Strengthens heart and lungs
- Increases energy
- Lowers blood pressure
- Increases metabolism
- Prevents diabetes
- Strengthens bones
- Strengthens and tones muscles
- Maintains weight loss
- Improves productivity
- Improves sleep
- Reduces stress
- Improves posture and appearance
- Reduces feelings of depression
- Improves sense of well-being

It's important that your goals are well defined and reachable. Put your goals in writing. The more specific you are the easier it will be to keep track of your progress. Setting long terms are best reached if one incorporates short term goals in order to reach the overall long term goal.

The ENDURANCE product console provides you with several readouts that can be used to record your progress. You can track Distance, Calories or Time. Time is the most important and useful of the test functions.

## SAMPLE GOALS:

Goal setting is a popular motivational technique. It's important to set goals and reward yourself when initiating a new exercise program because you're attempting to break current patterns and form a new habit. Whether you use this technique or another, make fitness a priority in your life. You can achieve the ultimate reward to yourself: you can establish the exercise habit!

Some sample goals may be:

To strengthen my heart by exercising 30 minutes three days a week.  
(Goal Measurement: Exercise Time 90 minutes a week.)

To improve my body's ability to utilize and burn fat at a higher rate by exercising at a low intensity for 45 minutes per session, 5 days per week.  
(Goal Measurement: Exercise Time = 225 per week).

To decrease work and other daily stress by exercising for 20 minutes a day on work days. (Goal Measurement: Exercise Time = 100 minutes per week).

## KEEPING AN EXERCISE DIARY

Feel free to photocopy the following weekly and annual log sheets.

By doing so you can proudly check and return to look at the progress you have made.

**Diary**

Week # \_\_\_\_\_

Date: \_\_\_\_\_

Number hours of sleep: \_\_\_\_\_

Weekly Goals: \_\_\_\_\_

Scheduled work out time: \_\_\_\_\_

Reward: \_\_\_\_\_

Level of intensity by % of your predicted maximal heart rate: \_\_\_\_\_

Day	Date	Workload Level	Exercise Time	Distance
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Totals				

Rating of your perceived exertion (R.P.E., Borg Scale)

6 13 Some What Hard

7 Very, Very Light 14

8 15 Hard

9 Very Light 16

10 17 Very Hard

11 Fairly Light 18

12 19 Very, Very Hard

PHOTOCOPY AND USE ON A WEEKLY BASIS.

**Heart Rate Conversion for 10 Seconds (Use as reference)**

<b>11 = 66</b>	<b>19 = 114</b>	<b>27 = 162</b>
<b>12 = 72</b>	<b>20 = 120</b>	<b>28 = 168</b>
<b>13 = 78</b>	<b>21 = 126</b>	<b>29 = 174</b>
<b>14 = 84</b>	<b>22 = 132</b>	<b>30 = 180</b>
<b>15 = 90</b>	<b>23 = 139</b>	<b>31 = 186</b>
<b>16 = 96</b>	<b>24 = 144</b>	<b>32 = 192</b>
<b>17 = 102</b>	<b>25 = 150</b>	<b>33 = 198</b>
<b>18 = 108</b>	<b>26 = 156</b>	<b>34 = 204</b>

**Endurance-Warranty Department**

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