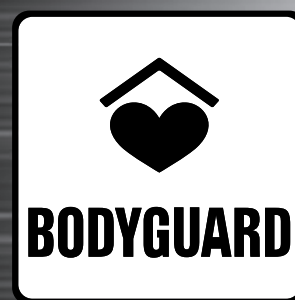




USER'S
INSTRUCTION MANUAL
Treadmills

Designed and engineered in Canada



Healthier Living

bodyguardfitness.com

Bodyguard, cardiovascular exercise
machine manufacturer since 1969

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THANK YOU FOR PURCHASING A BODYGUARD FITNESS TREADMILL

Bodyguard Fitness is dedicated to designing and manufacturing the very best performing fitness equipment on the market. This manual outlines the use, safety, and basic maintenance for your Bodyguard Fitness Treadmill. Whenever you require service for your fitness equipment, be prepared to provide your Bodyguard Fitness dealer with the machine’s model number, serial number and date of purchase. The model number and serial numbers are located at the front of the machine. Be sure to write this information in the space provided below.

Product Name	
Model Number	
Serial Number	
Date of Purchase	
Dealer Store Name	
Dealer Phone Number	

Please fill out the warranty registration card and return it to Bodyguard Fitness within 30 days of the date of purchase for registration of your treadmill warranty. Your returned warranty registration card is important in helping us keep you up-to-date with all the latest treadmill product additions. Also, the warranty card is used to establish the actual sale date. Note that you can also quickly register online at www.bodyguardfitness.com.

NOTE – If you omit to send your warranty card to Bodyguard Fitness or register online, Bodyguard Fitness will use the dealer purchase date as the commencement of your warranty time.

IMPORTANT SAFETY NOTICE

When using an electrical appliance, basic precautions should always be followed, including the following:

READ THIS MANUAL THOROUGHLY BEFORE ATTEMPTING TO ASSEMBLE OR USE THIS EXERCISE EQUIPMENT

To ensure that you get the maximum benefit from the engineering that has gone into your machine, we recommend that you read this manual carefully before attempting to assemble and use your treadmill. Save these instructions and refer to this manual if you are unfamiliar with the operation of the machine.

WARNING – Before using any Bodyguard Equipment, read this owner’s manual carefully. Use of this equipment by people with heart or other medical problems may result in serious injury. Consult your physician before using this equipment, and continue to do so periodically as you continue to use this equipment. Cease exercising immediately if you feel dizzy, faint or short of breath. Using this equipment improperly or in a manner other than that prescribed by these instructions may result in serious injury.

DANGER – To reduce the risk of electric shock, always unplug this appliance from the electrical outlet immediately after using and before cleaning.

FOR YOUR PERSONAL SAFETY

WARNING – To reduce the risk of burns, fire, electric shock, or injury to persons:

- Do not place towels or clothing on any part of the treadmill.
- Do not place liquids near the computer console, electrical power plug, ON/OFF switch or any part of the treadmill.
- Before disconnecting the power, exit the program screen, and then turn power OFF. To reduce any risk of electrical shock, do not pull the power cord by the cable. Gently remove the plug from the wall outlet.
- Do not operate the treadmill if the power cord is damaged or if the treadmill is not working correctly. If the power cord is damaged, please contact your distributor or manufacturer to have it replaced.
 - The rating of the power cord must be 15 amps (125 volts AC).
 - For International (Non North American) versions of these treadmills, note that the power cord to be used for replacement must be rated 10 amps minimum (250 Volts AC) and must be at least 2.5 meters (or 8 feet) long.
- Keep the power cord away from all moving parts of the treadmill, such as the incline arm and front transport wheels.
- Place the equipment in such a way that the power can be easily disconnected.
- The treadmill should not be boxed in by furniture or obstacles. Keep all sides of the treadmill clear of obstructions.
- Do not allow unsupervised children, invalids, or disabled persons near the treadmill and keep the safety key out of the reach of children.
- Do not allow children, invalids, or disabled persons near the treadmill when in operation.
- Wear proper exercise footwear when using the treadmill. Do not use the treadmill in bare feet or in socks. It is normal for the treadmill belt to dislodge soil or pebbles lodged in the soles of your shoes. It is recommended to clean the soles of your shoes before using the treadmill.
- Never use the treadmill with more than one person on the belt.
- Never try to accelerate or decelerate the speed of the running belt by pushing on it or trying to stop it, with or without power.
- Always face towards the computer display and never run backwards on the belt.
- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Never drop or insert any object into any opening.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use the treadmill if you weight exceeds 400 lbs (182 kg).

ELECTRICAL INFORMATION

CAUTION – This equipment is intended to be plugged into a properly grounded and polarized 3-pronged AC outlet. See *Grounding Instructions* on page 8. The third grounding prong must never be removed. Do not use an extension cord or an adaptor plug. If an extension cord has to be used, it must be the same gauge and type of cord that equips the treadmill. Contact a licensed electrician to replace the outlet with a properly grounded outlet.

WARNING – To prevent the risk of fire or electrical shock, do not expose this machine to rain or moisture. Do not install the machine outdoors or near swimming pools, sauna rooms or high humidity environments. Refer servicing to qualified Bodyguard Service personnel only. If you have any questions about the assembly, proper use or repair of your treadmill, please contact your local Bodyguard Fitness Dealer. All necessary adjustments or repairs during the warranty period must be made by an Authorized Bodyguard Fitness Dealer.

IMPORTANT NOTICE – This treadmill should be plugged into a dedicated 15 amps circuit in order to avoid functional problems. For more information, please contact our Customer Service Department at: **1 888 407-3784**.

USING THE EMERGENCY STOP SYSTEM

This treadmill is equipped with an emergency stop system comprising of a safety clip and a magnetic key. The clip is tied to a cord that when pulled will remove the magnetic key, opening a switch inside the console. This will stop the running belt and put the console into a PAUSE mode for the countdown duration displayed on screen.

Before starting your workout, test that this system works correctly by following the steps below.

1. Attach the safety clip to your clothing and make sure the magnetic key is located in its correct position on the console. **NOTE:** If the magnetic key is not positioned correctly, the message "PUT SAFETY KEY" will appear on screen.
2. Place your feet on the footrests and press the JUSTGO button to start the treadmill. The belt will start moving slowly at 0.5 mph (0.8 km/h). **IMPORTANT:** DO NOT increase the speed for this test.
3. Step onto the belt and begin walking making sure you are located in the middle of the workout area.
4. Slow your walking pace and let the belt take you to the back of the treadmill belt area. As you approach the rear of the treadmill belt area the safety clip cord will pull and remove the magnetic safety key from its location on the console causing the running belt to stop.
5. If you feel the distance is too long before the running belts stops, you may reduce the length of the cord. **IMPORTANT:** For your safety, DO NOT lengthen the cord under any circumstances.

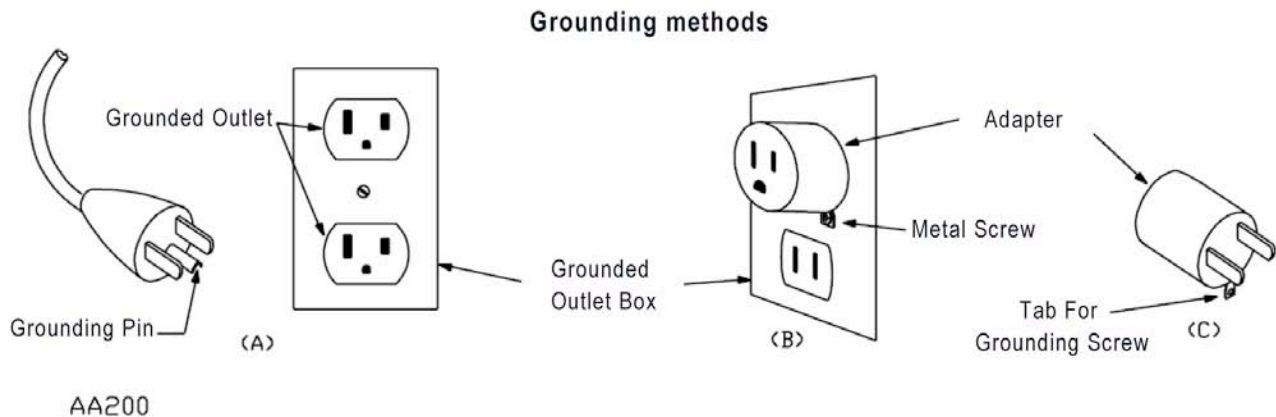
Always use the safety clip when exercising on the treadmill. If the magnetic key is removed while you are exercising, the running belt will come to a stop and the treadmill will enter into a PAUSE mode. You will need to place back the magnetic key into its correct position and press the JUSTGO button to restart the treadmill.

GROUNDING INSTRUCTIONS

This product must be grounded. 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 a 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 a 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-V circuit, and has a grounding plug that looks like the plug illustrated in sketch A. A temporary adapter that looks like the adapter illustrated in sketches B and C may be used to connect this plug to a 2-pole receptacle as shown in sketch B if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet (sketch A).



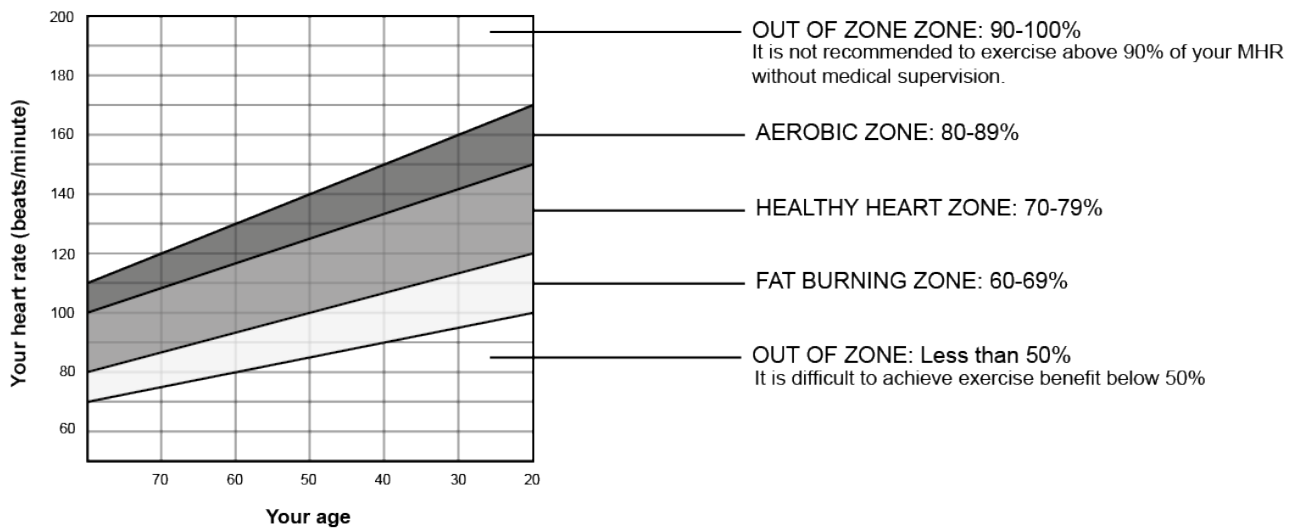
SAVE THESE SAFETY NOTICE.

KNOW YOUR HEART RATE

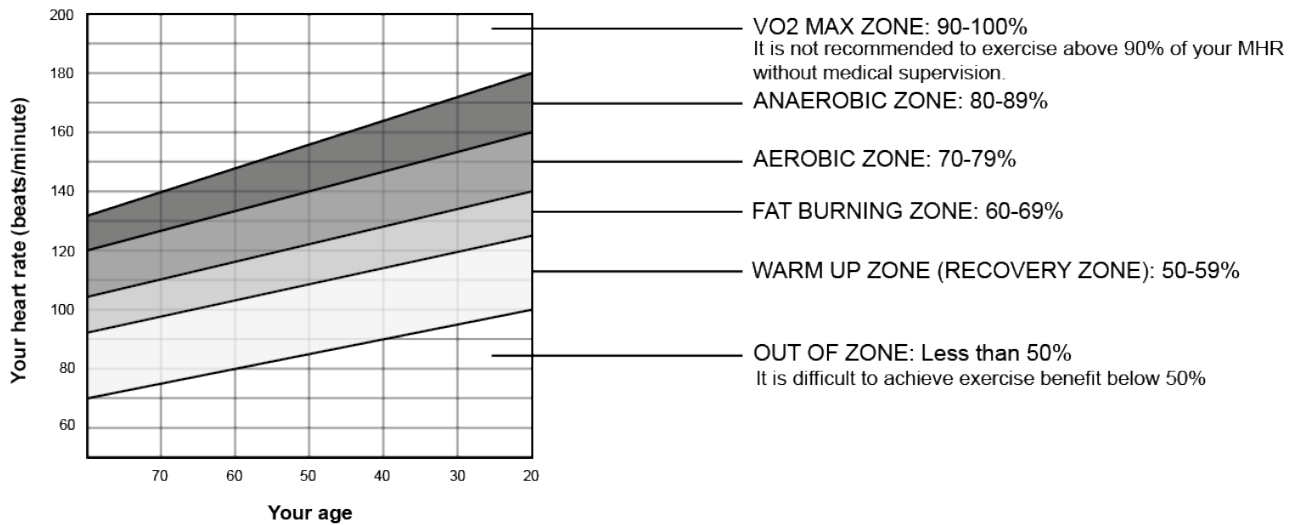
WARNING – Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

To determine your recommended heart rate level and help select the correct type of exercise program you wish to follow, see the graphic below. An approximate of your maximum heart rate (MHR) is calculated as follows: **MHR = 220 – Age.**

For the T270



For all other models



1. OPERATING YOUR TREADMILL

All Bodyguard Fitness treadmills have a Power Switch located at the front of the treadmill beside the power cord receptacle. Turning the power switch on will light up the console. If your console does not light up, it may be in Auto Power Off (Sleep) mode. Press the Stop key to wake the console from Sleep mode. If the console still does not light up, refer to section 6.5.

The treadmill comes with a magnetic safety key. The key’s magnet must be inserted in the appropriate slot in the console for the treadmill to be functional. For security purposes, make sure you attach the key’s clip to your clothes before starting to exercise.

The T240S-T280S-T520S treadmills contain a LED (light emitting diode) computer display monitor. T260P-T260F-T270-T280P-T460XC-T520P-T560X treadmills contain a LCD (liquid crystal display) computer display monitor. The T460XC-T520P-T560X also has 2 white LED (light emitting diode) data windows.

The control functions, unique programs and features have been designed with you in mind, to offer the best possible exercise by displaying important and clear information regarding your exercise progress. For the best exercise results, please familiarize yourself with the functions of the computer display monitor and each program.

1.1. GETTING TO KNOW THE COMPUTER DISPLAY MONITOR

1.1.1. T240S-T280S-T520S

The computer display monitor consists of five data windows. Refer to the glossary section 1.1.6 to find information about the **T240S-T280S-T520S** console: DATA WINDOWS, MAIN KEYPAD and SAFETY KEY. In section 1.1.6, you will also find information about the parameters displayed on the **T240S-T280S-T520S**: CALORIES, CALORIES/HOUR, DISTANCE, ELAPSED TIME, HEART RATE, INCLINE and SPEED.



1.1.2. T260P-T260F-T270

The computer display monitor features a main screen comprising a 20 x 13 dots central matrix to display exercise profiles, information windows showing the parameters of the exercise under way and an alphanumeric message center at the bottom of the screen. Refer to the glossary in section 1.1.6 to find information about the **T260P-T260F-T270** console: MAIN KEYPAD, PROFILE DISPLAY, SAFETY KEY, SCROLLING SCREEN and the USB PORT (T260P & T260F only).

In section 1.1.6, you will also find information about the parameters displayed on the T260P-T260F-T270. CALORIES, CALORIES/HOUR, DISTANCE, ELAPSED TIME, GOAL %, HEART RATE, INCLINE, MAXIMUM HEART RATE %, SPEED and TARGET BPM are each permanently displayed on the console during a program. On a **T270** CALORIES REMAINING, CALORIES SEGMENT, DISTANCE REMAINING, DISTANCE SEGMENT, PACE, TIME REMAINING and TIME SEGMENT are displayed on the scrolling screen during a program. AVERAGE SPEED, CALORIES BURNED, TOTAL DISTANCE and TOTAL EXERCISE TIME are displayed on the scrolling screen at the end of the workout during the program summary. On a **T260P-T260F** CALORIES REMAINING, CALORIES SEGMENT, DISTANCE REMAINING, DISTANCE SEGMENT, ELEVATION CHANGE, METS, PACE, TIME IN ZONE, TIME REMAINING and TIME SEGMENT are displayed on the scrolling screen during a program. AVERAGE SPEED, CALORIES BURNED, TOTAL ELEVATION CHANGE, TOTAL TIME IN ZONE, TOTAL DISTANCE and TOTAL EXERCISE TIME are displayed on the scrolling screen at the end of the workout during the program summary.



T260P-T260F Main Keypad



T270 Main Keypad



The vertical axes show the speed and incline values. A matrix of 20 horizontal segments and 13 vertical levels is displayed in the center of the screen. Horizontally, each segment (dot) represents one twentieth of the length of the exercise. Vertically, each dot represents either 1.6 km/h (1.0 mph), or a 1.5% change in incline. A graduated bar on the right of the central matrix shows that the vertical dots indicates Speed. If the graduated bar is on the left of the matrix, the points indicates Incline.

Every exercise program begins on the left-hand side of the screen and ends when it has reached the right-hand side of the screen. A flashing dot shows your progress in the program. As the speed and incline increases, the profile moves towards the top of the screen. At the bottom of the screen, a scrolling message center indicates various exercise parameters not shown in the dedicated windows.

1.1.3. T280P

The computer display monitor features a main screen comprising a 20 x 13 dots central matrix to display exercise profiles, information windows showing the parameters of the exercise under way and a message center at the bottom of the screen.

Refer to the glossary in section 1.1.6 to find information about the **T280P** console: MAIN KEYPAD, PRESET SPEED KEYS, PROFILE DISPLAY, PROGRAM QUICK KEYS, QUICK INCLINE KEYS, QUICK SPEED KEYS, SAFETY KEY, SCROLLING SCREEN, STATS AND USER ID KEYS and the USB PORT. In section 1.1.6, you will also find information about the parameters displayed on the **T280P**. CALORIES, CALORIES/HOUR, DISTANCE, ELAPSED TIME, GOAL %, HEART RATE, INCLINE, MAXIMUM HEART RATE %, SPEED and TARGET BPM are each permanently displayed on the console during a program. CALORIES REMAINING, CALORIES SEGMENT, DISTANCE REMAINING, DISTANCE SEGMENT, ELEVATION CHANGE, METS, PACE, TIME IN ZONE, TIME REMAINING and TIME SEGMENT are displayed on the scrolling screen during a program. AVERAGE SPEED, CALORIES BURNED, TOTAL ELEVATION CHANGE, TOTAL TIME IN ZONE, TOTAL DISTANCE and TOTAL EXERCISE TIME are displayed on the scrolling screen at the end of the workout during the program summary.



The vertical axes show the speed and incline values. A matrix of 20 horizontal segments and 13 vertical levels is displayed in the center of the screen. Horizontally, each segment (dot) represents one twentieth of the length of the exercise. Vertically, each dot represents either 1.6 km/h (1.0 mph), or a 1.5% change in incline. A graduated bar on the right of the central matrix shows that the vertical dots indicates Speed. If the graduated bar is on the left of the matrix, the points indicates Incline.

Every exercise program begins on the left-hand side of the screen and ends when it has reached the right-hand side of the screen. A flashing dot shows your progress in the program. As the speed and incline increases, the profile moves towards the top of the screen. At the bottom of the screen, a scrolling message center indicates various exercise parameters not shown in the dedicated windows.

1.1.4. T520P

The computer display monitor features a main screen comprising a 20 x 13 dots central matrix to display exercise profiles, information windows showing the parameters of the exercise under way and a message center at the bottom of the screen. Refer to the glossary in section 1.1.6 to find information about the **T520P** console: MAIN KEYPAD, PROFILE DISPLAY, SAFETY KEY and SCROLLING SCREEN and the USB PORT.

In section 1.1.6, you will also find information about the parameters displayed on the **T520P**. CALORIES, CALORIES/HOUR, DISTANCE, ELAPSED TIME, GOAL %, HEART RATE, INCLINE, MAXIMUM HEART RATE %, SPEED and TARGET BPM are each permanently displayed on the console during a program. CALORIES REMAINING, CALORIES SEGMENT, DISTANCE REMAINING, DISTANCE SEGMENT, ELEVATION CHANGE, METS, PACE, TIME IN ZONE, TIME REMAINING and TIME SEGMENT are displayed on the scrolling screen during a program. AVERAGE SPEED, CALORIES BURNED, TOTAL ELEVATION CHANGE, TOTAL TIME IN ZONE, TOTAL DISTANCE and TOTAL EXERCISE TIME are displayed on the scrolling screen at the end of the workout during the program summary.



The vertical axes show the speed and incline values. A matrix of 20 horizontal segments and 13 vertical levels is displayed in the center of the screen. Horizontally, each segment (dot) represents one twentieth of the length of the exercise. Vertically, each dot represents either 1.6 km/h (1.0 mph), or a 1.5% change in incline. A graduated bar on the right of the central matrix shows that the vertical dots indicates Speed. If the graduated bar is on the left of the matrix, the points indicates Incline.

Every exercise program begins on the left-hand side of the screen and ends when it has reached the right-hand side of the screen. A flashing dot shows your progress in the program. As the speed and incline increases, the profile moves towards the top of the screen. At the bottom of the screen, a scrolling message center indicates various exercise parameters not shown in the dedicated windows.

1.1.5. T460XC-T560X

The computer display monitor features two white LED windows for data display, a main screen comprising a 20 x 13 dot central matrix to display exercise profiles, information windows showing the parameters of the exercise under way and a message center at the bottom of the screen.

Refer to the glossary in section 1.1.6 to find information about the **T460XC-T560X** console: MAIN KEYPAD, PRESET SPEED KEYS, PROFILE DISPLAY, PROGRAM QUICK KEYS, QUICK INCLINE KEYS, QUICK SPEED KEYS, SAFETY KEY, SCROLLING SCREEN, STATS AND USER ID KEYS and the USB PORT. In section 1.1.6 you will also find information about the parameters displayed on the **T460XC-T560X**. CALORIES, CALORIES/HOUR, DISTANCE, ELAPSED TIME, GOAL %, HEART RATE, INCLINE, MAXIMUM HEART RATE %, SPEED, and TARGET BPM are each permanently displayed on the console during a program. CALORIES REMAINING, CALORIES SEGMENT, DISTANCE REMAINING, DISTANCE SEGMENT, ELEVATION CHANGE, METS, PACE, TIME IN ZONE, TIME REMAINING and TIME SEGMENT are displayed on the scrolling screen during a program. AVERAGE SPEED, CALORIES BURNED, TOTAL ELEVATION CHANGE, TOTAL TIME IN ZONE, TOTAL DISTANCE and TOTAL EXERCISE TIME are displayed on the scrolling screen at the end of the workout during the program summary.



The vertical axes show the speed and incline values. A matrix of 20 horizontal segments and 13 vertical levels is displayed in the center of the screen. Horizontally, each segment (dot) represents one twentieth of the length of the exercise. Vertically, each dot represents either 1.6 km/h (1.0 mph), or a 1.5% change in incline. A graduated bar on the right of the central matrix shows that the vertical dots indicates Speed. If the graduated bar is on the left of the matrix, the points indicates Incline.

Every exercise program begins on the left-hand side of the screen and ends when it has reached the right-hand side of the screen. A flashing dot shows your progress in the program. As the speed and incline increases, the profile moves towards the top of the screen. At the bottom of the screen, a scrolling message center indicates various exercise parameters not shown in the dedicated windows.

1.1.6. Console and Parameters Glossary

MAIN KEYPAD (T240S-T260P-T260F-T280S-T280P-T520S-T520P). The main keypad has 9 silicone keys. From the left to right these keys are: **INCREASE/DECREASE INCLINE**, **iTek**, **COOL DOWN**, **STOP**, **JustGo™ (ENTER)** and **INCREASE/DECREASE SPEED**.

MAIN KEYPAD (T270). The main keypad has 8 silicone keys. From the left to right these keys are: **INCREASE/DECREASE INCLINE**, **COOL DOWN**, **PAUSE**, **STOP**, **JustGo™ (ENTER)** and **INCREASE/DECREASE SPEED**.

MAIN KEYPAD (T460XC-T560X). The T460XC-T560X main keypad has 3 silicone keys. From the left to right these keys are: **iTek (Home)**, **STOP (PAUSE)** and **JustGo™ (ENTER)**. The T460XC-T560X also has **INCREASE/DECREASE INCLINE** keys and **INCREASE/DECREASE SPEED** keys on the contact heart rate bar. **PAUSE** and **COOL DOWN** buttons are not placed on the T460XC-T560X. You can pause an exercise by pressing the **STOP** button once and Cool Downs can be programmed directly in the settings menu.

JustGo™. Allows you to simply push the button and start the workout from the MAIN Menu. You can press this key twice to skip the 3, 2, 1 countdown. The **JustGo™** button is also used as an **ENTER** key in various menus.

STOP. Lets you cancel a program, exit the current program or exit a menu. Use the **STOP** key to stop the running belt if you wish or need to stop quickly during an exercise. T460XC-T560X: During a program pressing the **STOP** button once will pause the program. See details below.

PAUSE (Designated button on T270 model only). Lets you temporarily stop the program and hold the current workout without erasing the parameters. Press **JustGo™** to resume. Press **STOP** to erase all parameters and to return to the MAIN Menu.

COOL DOWN (Designated COOL DOWN key on T240S-T260P-T260F-T270-T280S-T280P-T520S and T520P). Press this key to begin an automatically customized workout cool-down.

INCREASE/DECREASE SPEED. Pressing these keys allows you to modify the speed of the running belt during the exercise. If you continuously hold down a key, the speed display will gradually change (0.1 km/h or 0.1 mph at a time). Release the key when you have selected your desired exercise speed. The treadmill belt will slowly change to reach the speed you want. On the display monitor, the desired speed will be displayed flashing until that speed has been attained. These keys also allow you to select the programs and parameters prior to each exercise.

INCREASE/DECREASE INCLINE. Pressing these keys allows you to modify the slope of the running belt during the exercise. If you continuously hold down a key, the incline display will gradually change (0.5% at a time). Release the key when you have selected your desired exercise incline. The incline of the treadmill will slowly change. On the display monitor, the desired incline will be displayed flashing until it has been attained. These keys also allow you to select the programs and parameters prior to each exercise.

iTek (all models except T270). When at the MAIN Menu pressing the **iTek** button once allows you to access the SETTINGS Menu (see section 2 for more details about the SETTINGS Menu). When at the MAIN Menu pressing and holding the **iTek** button for 3 seconds allows you to access the DIAGNOSTICS Menu (see section 5 for more details about the DIAGNOSTICS Menu). When in one of the general menus pressing the **iTek** button will act as a Home key and cancel all data and return the user to the MAIN Menu.

PROFILE DISPLAY (all models except T240S-T280S-T520S). During an exercise, you can change the type of profile displayed by pressing the **JustGo™** key once. To alternate the speed and incline profiles displayed on-screen, simply hold the **JustGo™** key down for 3 seconds before releasing it. To exit this mode, press the **JustGo™** key once again.

QUICK KEYS (T280P, T460XC and T560X only).

USER ID KEY. This key allows you to access the USER ID Menu. In this menu you may create or select a user ID. To select a saved user ID scroll through the list by continually pressing the **USER ID** button or by pressing the **USER ID** key once and then by pressing one of the **INCREASE/DECREASE SPEED** keys.

STATS KEY. Each user listed in the **USER ID** key can record statistics to their personal data file. The **STATS** key allows you to view the stored statistics of the current user. To enter this menu, a user ID must have been previously selected.

QUICK SPEED KEYS. These keys allow you to quickly modify the speed of the belt during an exercise without having to use the **INCREASE/DECREASE SPEED** keys.

PROGRAM QUICK KEYS. These 3 keys allow you to quickly access the program category of your choice. From left to right the 1st button leads you to a series of **Basic Programs**; the 2nd leads you to the **Cardio Programs** (Programs that require a heart rate chest strap) and the 3rd key on the right leads you to **Advanced Programs** which include the **Memory** and **Custom Programs**. See the grid at the beginning of section 3 for more information.



QUICK INCLINE KEYS. These keys allow you to quickly modify the incline of the belt during an exercise to a preset incline without having to use the **INCREASE/DECREASE INCLINE** keys.

PRESET SPEED KEY. These two keys allow you to quickly modify the speed of the belt while exercising to any preprogrammed speed without having to hold the **INCREASE/DECREASE INCLINE** keys. To store a speed, manually change the speed of the belt to your desired value and then press and hold down the preset A or B key for 1 second and it will save the speed in the memory. To recall that speed, just press the preset key again. If you had a user ID selected while completing this process the values will follow the user ID each time they log in. If no user ID was selected, the values will be cleared from the memory after the workout.

SAFETY KEY. The magnetic safety key must be inserted in the appropriate slot in the console for the treadmill to be functional. For security purposes, make sure to attach the key clip to your clothes prior to starting an exercise.

SCROLLING SCREEN (with the exception of the S series T240S-T280S-T520S) AND DATA WINDOWS (on all models). The scrolling screen and the data windows show various parameters during the exercise program (SPEED, TIME, etc.) and final results are displayed at the end of a workout (CALORIES BURNED, AVERAGE SPEED, etc).

AVERAGE SPEED. At the end of a program; the average speed value is displayed for the entire workout.

CALORIES. Indicates your total caloric expenditure from the start of the workout.

This parameter displays an evaluation of the real values of your exercise. The evaluations are based on formal information, tests and are supported by specialists and physicians.

CALORIES/HOUR. Indicates your hourly caloric expenditure based on your weight input and actual exercise intensity level.

CALORIES BURNED. At the end of a workout; the approximate caloric expenditure is displayed for the entire workout period.

DISTANCE. Displays the total distance in miles or kilometers from the start of the workout, ranging from 0.00 to 99.99 miles or 0.00 to 99.99 km.

ELAPSED TIME. Indicates the amount of time accumulated from the start of any program. The time will range from 0 to a maximum of 99 minutes during the **JustGo™** program and from 0 to 6 hours during the Manual program. The other programs are limited to 99 minutes.

ELEVATION CHANGE. The elevation change (indicated as ELEV CHNG) is displayed both during the program and in the Workout Summary at the end of the workout. It indicates the change in elevation during the workout. If no incline is used during the exercise, the value will be 0 feet (if the value is miles) or 0 meters (if the unit is kilometers). If the user uses a negative value during the exercise (-3% incline for example), the negative value will be subtracted from any positive values. (e.g. if 50% of the workout is completed at 3% incline and 50% is completed at -3% incline then the elevation change will be 0.)

GOAL %. Indicates the percentage of your goal achieved.

HEART RATE. Displays your current heart rate as transmitted by the chest strap (optional on some models) or your hands on the contact heart rate bars (at less than 4mph) if you are not using a chest strap. The display is shown in beats per minute (BPM).

INCLINE. Displays the slope of the running belt in terms of percentage. For example, a one percent (1%) slope is equal to one foot (or one meter) climbed for every 100 feet (or 100 meters) covered.

T240S-T260P-T260F-T270-T520S-T520P: Incline goes from 0 % to 15%.

T280S-T280P-T460XC-T560X: Incline goes from -3% to 15%.

MAXIMUM HEART RATE %. Displays your current BPM (beats per minute) percentage in relation to your maximum BPM. Go to *Know your Heart Rate* on page 9 for more information. If you are wearing a chest strap and are exercising in a **Heart Rate program**, the maximum heart rate % will be automatically shown.

METS. Indicates the ratio of working metabolism over the resting metabolism.

PACE. Indicates how long it will take to complete one mile or one kilometer at your current speed. Pace per mile or kilometer is shown in minutes and seconds.

SPEED. Indicates speed in miles per hour or kilometers per hour.

T240S-T260P-T260F: Range speed is 0.5 to 11 mph or 0.8 to 17.7 km/h.

T270-T280S-T280P-T460XC-T520S-T520P-T560X: Range speed is 0.5 to 12 mph or 0.8 to 19.2 km/h.

TARGET BPM. Shows your target heart rate in beats per minute if you are using a **Cardio program**.

TARGET REMAINING. Indicates the time (or calories or distance) left once a program has started.

The parameters shown depend on the selected program (**Time Goal, Calories Goal, Distance Goal**).

TIME REMAINING. Indicates the time left before reaching your goal.

CALORIES REMAINING. Indicates the number of calories remaining to burn before reaching your goal.

DISTANCE REMAINING. Indicates the number of miles or kilometers left before reaching your goal.

DURATION SEGMENT. Indicates the time (or calories and distance) remaining during the current segment. The parameters shown depend on the selected program (**Time Goal, Calories Goal, Distance Goal**).

TIME SEGMENT. Indicates the time remaining before the end of the current segment.

CALORIES SEGMENT. Indicates the number of calories to burn before the end of the current segment.

DISTANCE SEGMENT. Indicates the number of miles or kilometers left before the end of the current segment.

TIME IN ZONE (TIZ). This parameter is only displayed in Heart Rate Control programs where the treadmill will change either speed, incline or both speed and incline together to keep someone in a particular zone. In the **Heart Rate Control program**, if the user chooses to workout in the Fat Burning Zone, the total time spent between 60 and 69% of their training zone will be counted and displayed during and at the end of the exercise.

TOTAL DISTANCE. At the end of an exercise; displays the distance traveled for the entire workout.

TOTAL EXERCISE TIME. At the end of an exercise; displays the length of the exercise in minutes and seconds.

USB PORT. The USB Port can be used for software updates and various program based features.

1.2. GETTING TO KNOW THE BASIC FUNCTIONS OF THE CONSOLE

Before starting your workout, read the following functions of your treadmill and then, in section 2, get to know the various console settings.

Please refer to the following grid to know which sections of this chapter concern your treadmill.

Base functions	T240S-T280S T520S	T270	T260P-T260F T280P-T520P	T460XC-T560X
1.2.1 Pause During an Exercise	1.2.1	1.2.1	1.2.1	1.2.1
1.2.2 Scan Function	-	1.2.2	1.2.2	1.2.2
1.2.3 Viewing Exercise Parameters	1.2.3	1.2.3	1.2.3	1.2.3
1.2.4 Saving an Exercise (Memory)	-	1.2.4	1.2.4	1.2.4
1.2.5 Using the iTek Key	1.2.5	-	1.2.5	1.2.5

1.2.1. Pause During an Exercise

You can pause during a workout by pressing the designated Pause key (T270 only) or by pressing the **STOP** key once (all other models). When this key is pressed, the motor will stop and, within seconds, the running belt will slow down to 0 mph (0 km/h). The stop is gradual, allowing the user to safely come to a complete stop. The incline will remain at the level it was prior to the pause.

To pause during an exercise:

1. Press the designated Pause key (T270 only) or the **STOP** key (all other models) whenever you feel the need to stop or pause during the workout. A message indicating the pause time remaining is displayed on the screen (T240S-T280S-T520S): The abbreviation “P.A.U.” will appear in the incline window to indicate that you are in pause mode. The pause time remaining will appear in the time window). The pause countdown will only start once the running belt has come to a complete stop.
2. If you wish to resume exercising, simply press the **JustGo™** key to restart the running belt.
3. If you wish to cancel the workout during the pause, simply press the **STOP** key. The workout will be terminated and a summary of your exercise parameters, as well as the SAVING/MEMORY option will be displayed (note that the SAVING/MEMORY option is not available on the T240S-T280S-T520S). If your pause exceeds the duration of the pause time, the session will terminate automatically and the summary will be displayed.

NOTE – When the safety key is removed, the treadmill will behave as if entering the PAUSE mode.

1.2.2. Scan Function

As you exercise on the T270, the scan function scrolls three exercise parameters across the scrolling screen. These parameters are PACE, TARGET REMAINING and TARGET SEGMENT. The T260P-T260F-T280P-T460XC-T520P-T560X display six parameters: PACE, TARGET REMAINING, TARGET SEGMENT, ELEVATION CHANGE, METS and TIME IN ZONE. Note that TIME IN ZONE is only displayed when training in a **Heart Rate Control program**.

NOTE – Refer to the glossary at section 1.1.6 to find information about these parameters.

1.2.3. Viewing Exercise Parameters

At the end of each exercise program, the computer will display total exercise parameters: TOTAL DISTANCE, CALORIES BURNED, TOTAL EXERCISE TIME and AVERAGE SPEED (note that AVERAGE SPEED is not displayed on the T240S-T280S-T520S). The T260P-T260F-T280P-T460XC-T520P-T560X will display two further parameters: TOTAL ELEVATION CHANGE and TOTAL TIME IN ZONE.

NOTE – Refer to the glossary at the 1.1.6 section to find information about these parameters.

The total exercise parameters on the T240S-T280S-T520S will loop until the **STOP** key is pressed and then it will exit to the welcome screen.

1.2.4. Saving an Exercise (Memory)

Once a program has ended or has been stopped, the user can save up to 20 speed and incline levels from the end of each on-screen segment and repeat them later. This function is very useful when a workout is particularly interesting and motivating. All treadmills (except the T240S-T280S-T520S) can create a program or modify an existing one and then save it for future use, including **Heart Rate Control programs**. Your Bodyguard treadmill offers a unique option to save and resume a **Heart Rate Control program** without the use of a chest strap.

When an exercise program is over or prematurely stopped, the exercise parameters are displayed and the menu offers you the opportunity to save the exercise. This option is displayed in abbreviated form: SAVE PRESS ENTER followed by NOT PRESS STOP. If you wish to save the workout, simply press the **JustGo™** key and, if you do not wish to save it, simply press the **STOP** key. If you choose to save the program a message will indicate under what name your workout was saved. The T270 treadmill has four (4) spaces available for saving individualized exercise programs and the T260P-T260F-T280P-T460XC-T520P-T560X have eight (8) spaces available.

1. When SAVE PRESS ENTER appears on screen press the **JustGo™** key.
2. The treadmill will indicate under which name the program was saved.

NOTE – If all the available spaces are taken, press the **INCREASE/DECREASE SPEED** keys to select the space you wish to overwrite. Press the **JustGo™** key to accept.

1.2.5. Using the iTek Key

The **iTek** key has up to 4 different functions depending on the model.

On all models with an iTek key;

1. When at the welcome screen, press the **iTek** key once to access the SETTINGS Menu (section 2).
2. When at the welcome screen, press and hold the **iTek** key for 3 seconds to access the DIAGNOSTICS Menu (section 5).

On a T260P-T260F-T280P-T460XC-T520P-T560X;

3. When exercising in a program, press the **iTek** button to scroll through various performance statistics.
CURRENT (XX.X): Shows the actual current drawn by the main motor from the drive
AVERAGE CURRENT (XX.X): Shows the current calculated by the maintenance algorithm.
TOTAL EQUIPMENT DISTANCE XXX.X MILES
TIME: XX MONTH, YY DAYS, ZZ HOURS, AA MINUTES
NOTE – To stop seeing the performance stats, press the **iTek** button until the exercise stats are displayed.
4. When in a general menu, press the **iTek** button to cancel all data and return to the MAIN Menu (Home Key).

2. SETTINGS MENU

The T260P-T260F-T270-T280P-T460XC-T520P-T560X treadmills offer a wide range of unique functions allowing the user to customize the treadmill to their own environment. The T240S-T280S-T520S offer five (5) settings that can be modified.

Refer to the following grid to see the chapter sections that apply to your model.

Settings	T240S-T280S-T520S	T270	T260P-T260F-T280P-T460XC-T520P-T560X
2.1 Access to SETTINGS Menu	2.1	2.1	2.1
2.2 Language Selection	-	2.2	2.2
2.3 Weight Unit Selection	2.3 (S1)	2.3	2.3
2.4 User Identification	-	2.4	2.4
2.5 Distance Unit Selection	2.5 (S1)	2.5	2.5
2.6 Warm Up Option	-	2.6	2.6
2.7 Cool Down Option	-	2.7	2.7
2.8 Heart Rate Control Option	At program setup	2.8	At program setup
2.9 Beeper Option	-	2.9	2.9
2.10 Speed Limits Option	2.10 (S3)	2.10	2.10
2.11 Learn Program / Custom Program	-	2.11	2.11
2.12 Pause Duration	-	2.12	2.12
2.13 Big Numbers Option	-	2.13	2.13
2.14 Auto Power Off Option	2.14 (S4)	2.14	2.14
2.15 Saving/Memory Option	-	2.15	2.15
2.16 Console Lock Option	-	-	2.16
2.17 Incline Limits Option	-	-	2.17
2.18 Preset Speed	-	-	2.18
2.19 User ID Key	-	-	2.19
2.20 Stats Key	-	-	2.20
2.21 Clock Option	-	-	2.21
2.22 Turbo Training Option	-	-	2.22
2.23 Default Weight	2.23 (S2)	-	-

2.1. ACCESS TO SETTINGS MENU

To enter the SETTINGS Menu do the following::

T240S- T260P-T260F-T280S-T280P-T460XC-T520S-T520P-T560X

1. Power up the treadmill with the ON/OFF switch at the front of the treadmill.
2. Press the **iTek** key once.
3. Scroll through the menus with the **INCREASE/DECREASE SPEED** keys and select the setting you wish to access.
4. Press **JustGo™**.

T270

1. Power up the treadmill with the ON/OFF switch at the front of the treadmill.
2. When the welcome screen appears, press the **INCREASE/DECREASE INCLINE** keys at the same time.
3. Once in the SETTINGS Menu, release both keys.
4. Press the **JustGo™** key when “SETTINGS MENU” appears on-screen.
5. Scroll through the menu with the **INCREASE/DECREASE SPEED** keys and select the setting you wish to access.
6. Press **JustGo™**.

2.2. LANGUAGE SELECTION

All information and instructions can be displayed on the screen in two languages (English or French).

To select a language, enter the SETTINGS Menu (see section 2.1).

1. Select the LANGUAGE option and press the **JustGo™** key to accept.
2. Select the language you wish to appear on the screen by pressing the **INCREASE/DECREASE SPEED** keys.
3. Press the **JustGo™** key to accept. Messages will now appear in the selected language.

2.3. WEIGHT UNIT SELECTION

Weight units can be displayed in pounds or kilograms.

For the T240S-T280S-T520S

To select a weight unit, enter the SETTINGS Menu (see section 2.1).

1. S1 will be displayed on screen. Press **JustGo™**.
2. Either an M or I will flash in the bottom right LED window. (M = Metric, I = Imperial).
3. Scroll between your desired format (Metric = kg, Imperial = Pounds).
4. Press **JustGo™** to confirm the selection.

NOTE – On the T240S-T280S-T520S the weight setting is linked with the distance setting. So by choosing “Metric” (kg) for weight you will automatically change the distance selection to metric as well (kilometers) and selecting Imperial automatically changes the distance selection to miles.

For the T260P-T260F-T270-T280P-T460XC-T520P-T560X

To select a weight unit, enter the SETTINGS Menu (see section 2.1).

1. Select the WEIGHT UNIT option and press the **JustGo™** key to accept.
2. Select the weight unit you wish to appear on the screen. Choose from POUNDS or KILOGRAMS by pressing the **INCREASE/DECREASE SPEED** keys.
3. Press the **JustGo™** key to accept. Weight units will now appear in the selected unit.

2.4. USER IDENTIFICATION

The USER ID feature lets the treadmill recognize individual users and automatically enter their weight and any other required information such as the user’s age when calculating Maximum Heart Rate (MHR) values for the **Cardio programs**. The T270 treadmill can store up to four (4) users whereas the T260P-T260F-T280P-T460XC-T520P-T560X can store up to eight (8) users. Users may view their accumulated statistics and reset their totals to zero if desired. The User ID function includes the following options: ACTIVATE USER, CREATE USER, EDIT USER, RESET STATISTICS and DELETE USER.

2.4.1. Activate User (T270 only)

On the T270 console if the user wishes to access a User ID the function must first be activated in the Settings menu (see section 2.1). Once the USER ID feature is activated, the user will be prompted to select a user during program setup.

1. Select the USER ID option and press the **JustGo™** key to accept.
2. Select the ACTIVATE USER ID option and press the **JustGo™** key to accept.
3. Press the **INCREASE/DECREASE SPEED** keys, select ACTIVATE or DEACTIVATE and press the **JustGo™** key.

2.4.2. Create User

On the T280P-T460XC-T560X, you can also refer to section 2.19.2 on how to create a user by using the designated **USER ID** key on the console.

To create a user, enter the SETTINGS Menu (see section 2.1).

1. Select the USER ID option and press the **JustGo™** key to accept.
2. Select CREATE USER and press the **JustGo™** key to accept.
3. The cursor will go to the last available space in the memory. If the memory is full, go to the DELETE USER option (see section 2.4.6).
4. A total of six (6) alphanumeric characters can be used to create a user ID name. Use the **INCREASE/DECREASE SPEED** keys to select any character from A to Z or any number from 0 to 9 to fill in spaces 1 to 6. If you wish to leave a space

between characters, simply use the blank character between 9 and A. Once a space is full, press the **INCREASE/DECREASE INCLINE** keys to move to the next and repeat the same procedure to create a user ID name. When you have finished, press the **JustGo™** key.

5. Enter the user’s weight using the **INCREASE/DECREASE SPEED** keys and press the **JustGo™** key to accept.
6. Enter the user’s age using the **INCREASE/DECREASE SPEED** keys and press the **JustGo™** key to accept.
7. Press the **STOP** key to return to USER ID Menu.

2.4.3. Edit User

On the T280P-T460XC-T560X, you can also refer to the section 2.19.3 that explains how to edit a user by using the **USER ID** key.

To edit a user, enter the SETTINGS Menu (see section 2.1).

1. Select the USER ID option and press the **JustGo™** key to accept.
2. Select EDIT USER and press the **JustGo™** key to accept.
3. Select the user you wish to edit using the **INCREASE/DECREASE SPEED** keys and press the **JustGo™** key.
4. Enter the user’s weight using the **INCREASE/DECREASE SPEED** keys and press the **JustGo™** key to accept.
5. Enter the user’s age using the **INCREASE/DECREASE SPEED** keys and press the **JustGo™** key to accept.
6. Press the **STOP** key to return to the main USER ID Menu.

2.4.4. Delete User

On the T280P-T460XC-T560X, you can also refer to the section 2.19.4 that explains how to delete a user by using the **USER ID** key.

To delete a user, enter the SETTINGS Menu (see section 2.1).

1. Select the USER ID option and press the **JustGo™** key to accept.
2. Select DELETE USER and press the **JustGo™** key to accept.
3. Select the user you wish to delete. Press the **JustGo™** key to delete this user. If you do not wish to delete this user, press the **STOP** key.

NOTE – If you delete a user, all parameters saved under that user ID name will be lost.

2.4.5. Turn User ID Off (T260P-T260F-T280P-T460XC-T520P-T560X only)

Turning the USER ID off allows a guest to complete a program without having to use stored users parameters or add to another users’ statistics bank.

To turn off the USER ID enter the SETTINGS Menu (see section 2.1).

1. Scroll until USER ID is displayed on screen. Press **JustGo™**
2. Scroll until ACTIVATE is displayed on screen. Press **JustGo™**
3. Using the **INCREASE/DECREASE SPEED** keys toggle to OFF. Press **JustGo™**

NOTE – On the T280P-T460XC-T560X you can also turn off the USER ID by:

1. Pressing and holding the stop key for 3 seconds when at the Main Menu or;
2. From the main menu you may also press the USER ID key until USER ID OFF is displayed on screen. Press **JustGo™**. A message will show saying “ID FUNCTION CLEARED”.

2.4.6. View Statistics

On the T280P-T460XC-T560X, you can also refer to the section 2.20.1 that explains how to view the statistics by using the **STATS** key.

To view the statistics of a user, enter the SETTINGS Menu (see section 2.1).

1. Select the USER ID option and press the **JustGo™** key to accept.
2. Select VIEW STATISTICS and press the **JustGo™** key to accept.
3. Select the user for which you wish to view the statistics.

The following parameters are accumulated for all the user’s exercises when the USER ID feature is activated: TOTAL DISTANCE, TOTAL CALORIES and TOTAL TIME.

NOTE – Refer to the glossary at the 1.1.6 section to find information about these parameters.

2.4.7. Reset Statistics

On the T280P-T460XC-T560X you can also refer to the section 2.20.2 that explains how to reset the statistics by using the **STATS** key.

To reset the statistics of a user, enter the SETTINGS Menu (see section 2.1).

1. Select the USER ID option and press the **JustGo™** key to accept.
2. Select RESET STATISTICS and press the **JustGo™** key to accept.
3. Select the user whose statistics you wish to reset and press the **JustGo™** key to validate. If you do not wish to reset the statistics of this user, press the **STOP** key.

The RESET STATISTICS feature can help you keep track of your progress from week to week or from season to season.

2.5. DISTANCE UNIT SELECTION

The Distance unit can be displayed in miles or kilometers.

For the T240S-T280S-T520S

Enter the SETTINGS Menu (see section 2.1) by pressing the iTek key when at the Main Menu.

1. S1 will be displayed on screen. Press **JustGo™**
2. Either an M or I will flash in the bottom right LED window. (M = Metric, I = Imperial).
3. Scroll between your desired format (Metric = km, Imperial = mile).
4. Press **JustGo™** to confirm the selection.

NOTE – On the T240S-T280S-T520S the distance setting is linked with the weight setting. So by choosing “Metric” (kilometers) for distance you will automatically change the weight selection to metric as well (kilograms) and selecting Imperial automatically changes the weight selection to pounds.

For the T260P-T260F-T270-T280P-T460XC-T520P-T560X

To select a distance unit, enter the SETTINGS Menu, (see section 2.1).

1. Select the DISTANCE UNIT option and press the **JustGo™** key to accept.
2. Select the desired distance unit to appear on the screen. Users can choose between MILES or KILOMETERS. Press the **INCREASE/DECREASE SPEED** keys to select the desired choice.
3. Press the **JustGo™** key to accept. Distance units will now appear in the selected unit.

2.6. WARM UP OPTION

Warming up before you exercise is strongly recommended. The T270-T260P-T260F-T280P-T460XC-T520P-T560X treadmills have a feature that allows the user to warm up before the start of each exercise program. If the WARM UP option is activated, a warm up screen will be displayed prior to each workout. Note that the warm up screen is not available for the **JustGo™ program**, which requires the user to establish its own warm up period manually.

The duration of the warm up is four (4) minutes and is divided into three (3) parts.

Part 1: 40% of the intensity of the first exercise segment.

Part 2: 60% of the intensity of the first exercise segment.

Part 3: 80% of the intensity of the first exercise segment.

To activate or deactivate the WARM UP option, enter the SETTINGS Menu (see section 2.1).

1. Select the WARM UP option and press the **JustGo™** key to accept.
2. Select ACTIVATE or DEACTIVATE. Press the **INCREASE/DECREASE SPEED** keys to select the desired choice.
3. Press the **JustGo™** key to accept. The WARM UP option is now either ON or OFF, depending on the selection.

NOTE – Users can skip the warm up period after it starts by pressing the **STOP** key. The console will immediately commence the selected exercise program.

SAFETY WARNING: If a user wishes to stop the treadmill while in Warm Up mode they must press the STOP key twice; once to exit the Warm Up mode and a second time to Stop the treadmill. Alternatively, the user may remove the safety key and the treadmill will enter Pause mode.

2.7. COOL DOWN OPTION

Cooling down after exercising is strongly recommended. All Bodyguard treadmills (except T240S-T280S-T520S) have a feature that allows the user to automatically cool down on the treadmill at the end of an exercise program. Users can also perform a cool down period at any time by pressing the designated **COOL DOWN** key (not available on the T460XC and T560X). If the automatic COOL DOWN option is activated, a cool down screen will be displayed after each workout. Note that the cool down screen is not available for the **JustGo™ program**, which requires the user to establish their own cool down period manually.

The duration of the cool down period is three (3) minutes and will operate at 50% of the intensity of the last segment of the exercise program, with a maximum speed of 3.5 mph or 5.6 km/h.

To activate or deactivate an automatic COOL DOWN period at the end of each program, enter the SETTINGS Menu (see section 2.1).

1. Select the COOL DOWN option and press the **JustGo™** key to accept.
2. Select **ACTIVATE** or **DEACTIVATE**. Press the **INCREASE/DECREASE SPEED** keys to select your choice. Press the **JustGo™** key to accept. The COOL DOWN option is now either ON or OFF, depending on the selection.

2.8. HEART RATE CONTROL OPTION

Heart Rate Training relies on the treadmill to automatically make incline and/or speed adjustments to ensure the user exercises at their desired Target Heart Rate. The HEART RATE CONTROL feature allows the user to choose how the treadmill makes adjustments from a choice of three (3) different modes; SPEED MODE, INCLINE MODE and SPEED AND INCLINE MODE. In SPEED MODE, the treadmill makes automatic gradual speed adjustments to attain the target heart rate. In INCLINE MODE, the treadmill makes automatic gradual incline adjustments to attain the target heart rate. In SPEED AND INCLINE MODE, the treadmill alternates between making automatic gradual speed and incline adjustments to attain the target heart rate. The user may manually make speed and incline changes at any time.

On the T270

To select the desired operating mode, enter the SETTINGS Menu (see section 2.1).

1. Select the HEART RATE CONTROL option (abbreviated: HRT.RT.CTRL.OPT.) and press the **JustGo™** key.
2. Press the **INCREASE/DECREASE SPEED** keys to select your choice and press the **JustGo™** key to accept. The computer will then display the selected operating mode, which is immediately activated.

On the T240S-T260P-T260F-T280P-T280S-T460XC-T520P-T520S-T560X

The user will be prompted to choose the HRC mode they desire when entering the parameters of the **Cardio program**.

2.9. BEEPER OPTION

The beeper sound can be turned ON or OFF.

To turn the beeper ON or OFF, enter the SETTINGS Menu (see section 2.1).

1. Select the SOUND option and press the **JustGo™** key to accept.
2. Select ON or OFF using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to validate your choice. The beeper function is now ON or OFF, depending on your selection.

NOTE – The T260P-T260F-T280P-T460XC-T520P-T560X has 2 volume levels. When ON is selected, users will be able to choose from level 1 or level 2.

2.10. SPEED LIMITS OPTION

The Speed Limits option on the T240S-T280S-T520S allows users to set a maximum speed limit on the treadmill. To modify the maximum speed setting, enter the SETTINGS Menu (see section 2.1).

1. S1 will be displayed on screen. Scroll to S3 using the **INCREASE/DECREASE SPEED** keys. Press **JustGo™**.
2. The current max speed value will be displayed in the top right LED (Speed) window. Be sure to know if the value is in Metric (km/hr) or Imperial (mph) format. This can be verified by following the instructions in Section 2.3.
3. Using the **INCREASE/DECREASE SPEED** keys, select the desired max speed value. Press the **JustGo™** key to confirm.

The Speed Limits option on the T260P-T260F-T280P-T460XC-T520P-T560X allows users to set minimum and maximum speed limits on the treadmill. To select this option, enter the SETTINGS Menu (see section 2.1).

1. Select the SPEED LIMITS option and press the **JustGo™** key to accept.
2. Select MINIMUM or MAXIMUM using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
3. To modify the value chosen, press the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to validate the new values (the new values will not be saved if the **JustGo™** key is not pressed).

NOTE – The highest minimum speed setting available is 1.9 (km/h or mph) and the lowest maximum speed selection available is 2.0 (km/h or mph)

2.11. CUSTOM PROGRAM / LEARN PROGRAM

Bodyguard machines allow users to create their own preprogrammed workouts. This is particularly useful if a user wishes to design their workout programs. This also allows personal trainers to customize individualized programs for clients.

NOTE – The name “Learn Program” is used on the T270 treadmill while “Custom Program” is used for the T260P-T260F-T280P-T460XC-T520P-T560X.

To create a **Custom Program / Learn Program**, enter the SETTINGS Menu (see section 2.1) and scroll through until CUSTOM PROGRAMS appears on screen. Press the **JustGo™** key.

1. When the screen opens, the prompt word “NEW” invites the user to create a new program. Press the **JustGo™** key.
2. The user will then be prompted to enter a speed level for Segment No.1. The speed for this segment may be varied using the **INCREASE/DECREASE SPEED** keys. Speed variations will appear in the upper right-hand side of the screen, as well as graphically at the center of the screen. Once the speed has been adjusted, press the **JustGo™** key to accept.
3. Users will then be prompted to enter an incline level for Segment No.1. Vary the incline level using the **INCREASE/DECREASE INCLINE** keys. Incline variations will appear in the upper left-hand side of the screen as well as graphically at the center of the screen. Once the incline has been adjusted, press the **JustGo™** key to accept. The user may then enter values for the next segment.

NOTE - For the T260P-T260F-T280P-T460XC-T520P-T560X, the user can backspace to correct a pre-entered value by pressing the iTek key.

4. Repeat this procedure until the entire profile (20 segments) is completed. The new program will be saved under the name “CUSTOM. X”, X being the next available storage location. If all the locations are full, the user will have to delete another Custom / Learn Program to make space or modify an existing program to meet the specific needs, following the above procedure.
5. Once completed the new program will display under the location name (e.g. Custom 4). To select a stored program in the CUSTOM / LEARN PROGRAM option, select **Custom program / Learn program** from the programs available, and then select the desired custom program.

NOTE – You can create up to four (4) **Learn / Custom Programs** on the T270 treadmill and up to eight (8) on the T260P-T260F-T280P-T460XC-T520P-T560X.

NOTE - On the T260P-T260F-T280P-T460XC-T520P-T560X, users can DELETE any CUSTOM program by entering the SETTINGS menu, scrolling through until CUSTOM PROGRAM appears on screen. Press **JustGo™**, pressing the **SPEED DECREASE** key repeatedly until DELETE appears on the screen (If Delete does not appear on screen there are no stored Custom Programs). Then choose the CUSTOM program you wish to delete and press **JUSTGO/Enter** to accept.

On the T270 Learn Programs cannot be deleted. They must be overwritten.

2.12. PAUSE DURATION

To modify the length of time a unit stays on pause, enter the SETTINGS Menu (see section 2.1).

1. Select the PAUSE TIME option and press the **JustGo™** key to access it.
2. Users can choose a pause time between 1 and 30 minute(s) using the **INCREASE/DECREASE INCLINE** keys.
3. Press the **JustGo™** key to accept the change.

2.13. BIG NUMBERS OPTION

You can select the BIG NUMBERS option to display up to six (6) parameters in large font on the main screen during the exercise instead of the speed and incline profile that is displayed by default.

To choose the BIG NUMBERS option, enter the SETTINGS Menu (see section 2.1).

1. Select the BIG NUMBERS option and then press the **JustGo™** key to accept.
2. Select the option desired to appear on the screen (OFF, ALL, TIME, DISTANCE, CALORIES, SPEED, HEART RATE and PACE) by pressing the **INCREASE/DECREASE SPEED** keys.
Note that the T270 will not display PACE.
3. Press the **JustGo™** key to accept. The information will now be displayed according to your selection.

NOTE – When OFF is selected the speed and incline profiles will appear on screen.
When ALL is selected, all 6 parameters will scan on screen.

2.14. AUTO POWER OFF OPTION

The Auto Power Off feature saves energy by automatically turning off the display after a designated amount of time of no Action. Never allowing the display to go into AUTO POWER OFF mode will not affect the life cycle of the LCD screen.

For a T240S-T280S-T520S

To modify the period of time before the AUTO POWER OFF feature turns off the display enter the SETTING Menu (see section 2.1).

1. S1 will be displayed on screen. Scroll to S4 using the **INCREASE/DECREASE SPEED** keys. Press **JustGo™**.
2. The current time value until the Auto power off activates will be displayed in the top centre LED window (Time).
3. Using the **INCREASE/DECREASE SPEED** keys, select the desired time value. You can choose a pause time of 0 to 15 minute(s) using the **INCREASE/DECREASE SPEED** keys. Selecting 0 means the display will always stay ON.
4. Press the **JustGo™** key to confirm.

For a T260P-T260F-T280P-T460XC-T520P-T560X

To modify the period of time before the AUTO POWER OFF feature turns off the display enter the SETTING Menu (see section 2.1).

1. Select the AUTO POWER OFF option and press the **JustGo™** key to access it.
2. You can choose a pause time of 0 to 30 minute(s) using the **INCREASE/DECREASE SPEED** keys. Selecting 0 means the display will always stay ON.
3. Press the **JustGo™** key to validate your choice.

2.15. MEMORY OPTION

The Memory option allows users to save every workout they have just finished regardless of its duration.

To activate or deactivate this option, enter the SETTINGS Menu (see section 2.1).

1. Select the MEMORY option and press the **JustGo™** key to accept.
2. Activate or deactivate the saving option at the end of a program by choosing ACTIVATE or DEACTIVATE using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept. The MEMORY function is now ON or OFF, depending on the selection.
3. When the Memory option is activated, the treadmill will automatically ask the user at the end of each workout if they would like to save that particular profile information.

NOTE – Only the value at the end of each segment is stored. E.g. If a user makes 3 speed changes within a 1 minute segment, only the value at the end of the segment is stored.

2.16. CONSOLE LOCK OPTION

The Console Lock option limits the ability for small children or unwanted users to function the treadmill. When the CONSOLE LOCK option is turned ON in the SETTINGS Menu, the treadmill console can not be used or even started without entering the pass code. If any button is pressed other than the pass code while the console is locked then the screen will display “ENTER CODE”. To unlock the treadmill, press the **INCREASE/DECREASE INCLINE** keys simultaneously.

To activate or deactivate this option, enter the SETTINGS Menu (see section 2.1).

1. Select the CONSOLE LOCK option and press the **JustGo™** key to accept.
2. Select ON or OFF using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to validate your choice. The console lock option is now ON or OFF, depending on your selection.

2.17. INCLINE LIMITS OPTION

The Incline Limits option allows users to set minimum and maximum incline limits on the treadmill (T270 excluded)

To select this option, enter the SETTINGS Menu (see section 2.1).

1. Select the INCLINE LIMITS option and press the **JustGo™** key to accept.
2. Select MINIMUM or MAXIMUM using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
3. To modify the value of your choice, press the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to validate these values (these values will not be considered if you do not press the **JustGo™** key).

NOTE – On the T280P-T460XC-T560X minimum incline range is -3% to 0% and maximum incline range is 0.5% to 15%. On the T260P-T260F-T520P minimum incline range is 0% and maximum incline range is 0.5% to 15%.

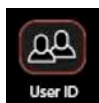
2.18. PRESET SPEED (T280P-T460XC-T560X)

The two **PRESET SPEED** keys store preset speed values in memory. These keys are similar to Quick Speed Keys except the user can choose any value to store whereas the Quick Speed Key values are pre-defined. This is especially interesting for users who wish to change quickly from one speed to another speed (such as in **Interval training**) without having to hold down the increase or decrease buttons until they reach the desired speed.

To store values on the Preset Speed buttons, adjust the treadmill to the desired speed to be stored and then press either the A or B button for 1 second. The selection will be confirmed by a beep and the value stored on the selected button.

NOTE - If the USER ID feature is ON, the stored Preset Speed values will be saved under that user’s ID for their next workout. If no USER ID is selected then the values will be lost when the program is stopped and returned to the main menu.

2.19. USER ID KEY (T280P-T460XC-T560X)



The **USER ID** key allows users to quickly select a User ID prior to a workout. This helps speed up the entry of data like age and weight in a program setup which results in more accurate caloric expenditure results. A User ID file will also cumulate individual statistics and allow the user to review their totals.

The **USER ID** key contains the following sub menus: USER ID NAME #1 to #8 (if applicable), CREATE USER, EDIT USER, DELETE USER.

2.19.1. Select User

To select a user prior to a workout:

1. From the Welcome Screen, press the **USER ID** key repeatedly until the desired User ID is displayed on screen.
2. Press the **JustGo™** key to accept. The console will display “Hi (User name)”. Workout statistics will now be accumulated in the user’s file.

NOTE – After selecting a user ID, if you wish to clear the User ID so no stats are stored, return to the Welcome Screen and press and hold the STOP key for 3 seconds.

2.19.2. Create User

To create a user:

1. Press the **USER ID** key repeatedly until CREATE USER is displayed on the screen. Press **JustGo™** to accept.
2. A total of six (6) alphanumeric characters can be used to create a user ID name. Use the **INCREASE/DECREASE SPEED** keys to select any character from A to Z or any number from 0 to 9 to fill in spaces 1 to 6. If you wish to leave a space between characters, simply use the blank character between 9 and A. Once a space is filled, press the **INCREASE/DECREASE INCLINE** keys to move to the next and repeat the same procedure to create a user ID name. When you have finished, press the **JustGo™** key.
3. Enter the user’s weight using the **INCREASE/DECREASE SPEED** keys and press the **JustGo™** key to accept.
4. Enter the user’s age using the **INCREASE/DECREASE SPEED** keys and press the **JustGo™** key to accept.
5. Press the **STOP** key to return to USER ID Menu.

2.19.3. Edit User

To edit a user:

1. Press the **USER ID** key repeatedly until EDIT comes up on screen.
2. Select the user you wish to edit using the **INCREASE/DECREASE SPEED** keys and press the **JustGo™** key.
3. Enter the user’s weight using the **INCREASE/DECREASE SPEED** keys and press the **JustGo™** key to accept.
4. Enter the user’s age using the **INCREASE/DECREASE SPEED** keys and press the **JustGo™** key to accept.
5. Press the **STOP** key to return to the main USER ID Menu.

2.19.4. Delete User

To delete a user:

1. Press the **USER ID** key repeatedly until DELETE comes up on screen.
2. Press **JustGo™** to accept.
3. Select the user you wish to delete. Press the **JustGo™** key to delete this user. If you do not wish to delete this user, press the **STOP** key.

NOTE – If you delete a user, all parameters saved under that user ID name will be lost.

2.19.5. Turn User ID Off

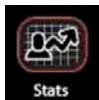
Turning the USER ID off allows a guest to complete a program without having to use a stored users’ parameters or add to another users’ statistics bank.

To clear the USER ID that is present on screen at the MAIN menu:

1. Press the USER ID key repeatedly until **TURN USER ID OFF** appears on screen.
2. Press **JustGo/Enter** to accept.

NOTE – You can also turn of the USER ID by pressing and holding the stop key for 3 seconds at the Main Menu. A message will show saying “ID FUNCTION CLEARED”.

2.20. STATS KEY (T280P, T460XC and T560X)



The **STATS** key allows users to easily view their accumulated workout statistics. This button only works at the Welcome Screen after a User ID has been selected. If no User ID has been selected, “SELECT USER ID” will be displayed and the user will be returned to the Welcome Screen.

2.20.1 View Statistics

The VIEW STATISTICS option lets a user view the accumulated statistics since the user’s last reset.

1. Ensure a User ID is selected
2. Press the **STATS** key repeatedly until TOTAL STATS appears on the screen.
3. Press **JustGo™** to accept.
4. Press the **INCREASE/DECREASE SPEED** to view the different statistics categories
5. Press the **STOP** key to exit that menu.

The following parameters are accumulated for all the user’s workouts when the USER ID feature is activated: TOTAL DISTANCE, TOTAL CALORIES and TOTAL TIME.

NOTE – Refer to the glossary at the 1.1.6 section to find information about these parameters.

2.20.2 Reset statistics

The RESET STATISTICS option allows a user to reset to zero all statistics related to a specific user.

Press the **STATS** key repeatedly until RESET STATS appears on the screen.

1. Ensure a User ID is selected.
2. Press the **STATS** key repeatedly until RESET STATS appears on the screen.
3. Press **JustGo™** to accept.
4. Press the **STOP** key to exit that menu.

The RESET STATISTICS feature can help you keep track of your progress from week to week or from season to season.

2.21. CLOCK OPTION

The CLOCK option allows users to enter the date and time so when a workout is saved it can identify the time and date it was completed.

2.21.1. Time Set

To set the time, enter the SETTINGS Menu (see section 2.1).

1. Select the CLOCK option, and press the **JustGo™** key to accept
2. Select TIME SET and press the **JustGo™** key to accept.
3. Enter the hour using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** keys to validate.
4. Enter the minutes using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** keys to validate.
5. Choose between 0 and 23 (24 hr mode) or 1 and 12 (12 hr mode), and press **JustGo™** to validate your choice.
6. Choose between AM and PM if you are in 12 hour mode. Press the **JustGo™** key to accept.

2.21.2. Clock Mode

To select a 12 or 24 hour display, enter the SETTINGS Menu (see section 2.1).

1. Select the CLOCK option, and press the **JustGo™** key to accept.
2. Select CLOCK MODE and press the **JustGo™** key to accept.
3. Select the 24 hour or 12 hour mode using the **INCREASE/DECREASE SPEED** keys. Press **JustGo™** to validate.

2.21.3. Set Date

To set the date, enter the SETTING Menu (see section 2.1).

1. Select the CLOCK option, and press the **JustGo™** key to accept
2. Select SET DATE and press the **JustGo™** key to accept.
3. Enter the year using the **INCREASE/DECREASE SPEED** keys. You can select a year between 2000 and 2099. Press the **JustGo™** key to validate.
4. Enter the month using the **INCREASE/DECREASE SPEED** keys. You can choose between 1 and 12. Press **JustGo™**.
5. Enter the day using the **INCREASE/DECREASE SPEED** keys. You can choose between 1 and 31. Press **JustGo™**.

2.22. TURBO TRAINING OPTION

The Turbo Training program involves very strong acceleration and therefore is inactive by default and does not appear in the **ADVANCED PROGRAMS** list. If a user wishes to use the Turbo Training program then they must activate it from the Settings menu. Once activated the **Turbo Training program** will be available for user to select.

To activate the Turbo Training Program enter the SETTINGS Menu (see section 2.1).

1. Select the TURBO TRAINING option and press the **JustGo™** key to accept.
2. Select **TURBO TRAINING ON** or **OFF** using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key.
3. To modify the value of your choice, press the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.

The **Turbo Training program** will be available in the program list if you turned it ON or unavailable if you turned it OFF.

NOTE – Once the **Turbo Training** program is activated on the T260P-T260F-T280P-T460XC it will remain activated for all users until it is deactivated in the Settings menu. However, on the T520P and T560X it will be automatically deactivated after each workout so users wishing to complete a Turbo Training program on these models must activate it before every use.

2.23. WEIGHT VALUE (T240S-T280S-T520S)

The Weight Value option allows users of a Sport Console to modify the weight value in memory so to allow for more accurate calorie readings. Only one Weight Value may be stored in each S console. The default value is 150lbs (68kg).


















To modify the weight value:

1. Enter the SETTING Menu (see section 2.1) by pressing the iTek key when at the Main Menu.
2. S1 will be displayed on screen. Scroll to S2 using the **INCREASE/DECREASE SPEED** keys. Press **JustGo™**.
3. The current weight value will be displayed in the bottom right LED window. Be sure to know if the value is in Metric (kilograms) or Imperial (pounds) format. This can be verified by following the instructions in Section 2.3.
4. Using the **INCREASE/DECREASE SPEED** keys, select the desired weight value. Press the **JustGo™** key to confirm.

3. EXERCISE PROGRAMS

A program is a series of preset speed and incline levels (hills and valleys). Choosing different levels will change the predetermined intensity. The programs monitor exercise progress and statistics while adding fun, interest and variety to a workout program. Each segment (on the T260P-T260F-T270-T280P-T460XC-T520P-T560X) is equal to the total exercise time/distance/calories divided by 20 segments. For example, a 20-minute exercise program will consist of 20 one-minute time segments whereas a 40-minute exercise will consist of 20 two-minute segments.

PROGRAM CATEGORIES GRID

Programs	T240S-T280S-T520S	T270	T260P-T260F-T280P-T460XC-T520P-T560X	Keys
3.1 JustGo™	3.1	3.1	3.1	
3.2 Manual program	3.2	3.2	3.2	
3.3 Hill program	3.3	3.3	-	
3.4 Weight Loss program	3.4	3.4	-	
3.5 Calorie Goal program	-	3.5	3.5	
3.6 Distance Goal program	-	3.6	3.6	
3.7 Interval program	-	3.7	3.7	
3.8 Random program	3.8	3.8	3.8	
3.9 Walk program	-	3.9	3.9	
3.10 Speed Run program	-	3.10	3.10	
3.11 Heart Rate Control program	3.11	3.11	3.11	
3.12 Heart Rate Interval program	-	-	3.12	
3.13 Fitness Test	-	-	3.13	
3.14 Cardiovascular program	3.14	3.14	-	
3.15 Advanced Hills program	-	-	3.15	
3.16 Track program	-	3.16	3.16	
3.17 Runner's Intervals program	-	3.17	3.17	
3.18 Turbo Training program	-	-	3.18	
3.19 Custom/Learn programs	-	3.19	3.19	
3.20 Memory programs	-	3.20	3.20	

WARNING – BEFORE STARTING ANY EXERCISE PROGRAM, PLACE YOUR FEET ON THE FOOT RESTS. NEVER START AN EXERCISE PROGRAM WITH ONE OR BOTH FEET ON THE RUNNING BELT.

PROGRAM LEVEL

Some programs have 5 individual exercise levels. Level 1 is the easiest and Level 5 is the most difficult. The following programs offer intensity levels: **Hill program, Weight Loss program, Cardiovascular program, Speed Run program, Random program, Interval program.**

ENTERING AGE and WEIGHT DATA

During the following program setup instructions some steps that involved entering age or weight values will be skipped if a User ID is activated. The stats stored under the User’s ID profile will be automatically inputted into the computer.

3.1. JUSTGO™

The **JustGo™** program allows users to start a manual program by pressing only one key. In the **JustGo™** program the user has total control of the speed and incline of the belt at all times. The **JustGo™** program is ideal for users who like to just get on and walk or run at a fairly constant speed and are not worried about exact caloric feedback. Throughout the program, the speed and incline selected will remain the same unless changed. Progress will be indicated by a flashing arrowhead below the program profile.

In the **JustGo™** program, the running belt will slowly start at 0.5 mph or 0.8 km/h and at an incline of 0%. The **JustGo™** program does not allow the user to predetermine the exercise time (after 99 minutes unit shuts off) or enter a weight unit. As a result, the caloric expenditure and calories per hour values will be based on a user of 150 pounds or 68 kilograms. In the **JustGo™** program, calorie values should therefore only be used as a reference. Users can change the speed and incline at any time by pressing the **INCREASE/DECREASE SPEED** or **INCLINE** keys. The program may be paused, ended and saved at any time. It is not necessary to complete the entire program to save it.

To start exercising in the **JustGo™** program on a **T240S-T270-T280S-T520S**

1. Press the **JustGo™** key once or the **INCREASE/DECREASE SPEED (T270)** keys to select the **JustGo™** program.
2. Press the **JustGo™** key to accept and begin exercising.

To start exercising in the **JustGo™** program on a **T260P-T260F-T280P-T460XC-T520P-T560X**

1. Press the **JustGo™** key once and begin exercising.


3.2. MANUAL PROGRAM

The Manual Program allows users to create their own exercise as they progress through the program. The **JustGo™** and **Manual programs** are very similar due to the fact that the user controls both the speed and incline at all times. The difference is that in the **Manual Program**, users must select their exercise duration and input their weight for a more accurate calories display. Throughout the exercise, the selected speed and incline will remain the same unless they are changed. In the Manual program, the running belt will slowly start at 0.5 mph or 0.8 km/h and at an incline of 0%.

To select the **Manual program** on a **T240S-T260P-T260F-T270-T280S-T280P-T460XC-T520S-T520P-T560X**

1. Press the **INCREASE/DECREASE SPEED** keys until **Manual program** is displayed on the screen. On a T240S-T280S-T520S press the **INCREASE/DECREASE SPEED** keys until the LED lights up in front of the **Manual program** profile on the console). Press **JustGo™** key to accept.
2. Enter a weight value using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
3. Enter the desired exercise time using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key and begin exercising.

Alternatively, to select the **Manual program** on a **T280P, T460XC and T560X**

1. Press the **BASIC PROGRAMS** key  repeatedly until **Manual program** is displayed on the screen. Press the **JustGo™** key.
2. Follow steps 2 and 3 listed above.

3.3. HILL PROGRAM

The **Hill program** provides incline changes at a constant speed. The preprogrammed hill profile will cause the running belt to elevate and descend at various points during the exercise. Users can manually change the speed for a segment during the exercise if they find it too easy or too difficult and the remaining segments will also change accordingly. If a user manually changes the incline during the program the program’s entire remaining incline profile changes not just the incline for the current segment.

The following table shows the different speeds and inclines for each level.

Level	Speed (mph)	Speed (km/h)	Incline
1	2.0	3.2	0.0 to 3.0
2	2.0	3.2	1.0 to 4.0
3	2.0	3.2	2.0 to 6.5
4	2.0	3.2	3.0 to 7.5
5	2.0	3.2	4.0 to 10.0

To select the **Hill program** on a **T240S-T270-T280S-T520S**

1. Press the **INCREASE/DECREASE SPEED** keys until **Hill program** is displayed on the screen. On a T240S-T280S-T520S press the **SPEED** keys until the LED lights up in front of the **Hill program** profile on the console. Press the **JustGo™** key.
2. Enter a weight value using the **INCREASE/DECREASE SPEED** keys. Press **JustGo™**.
3. Enter the desired exercise time using the **INCREASE/DECREASE SPEED** keys. Press **JustGo™**.
4. Enter the level (1-5) using the **INCREASE/DECREASE SPEED** keys. Press **JustGo™** and begin exercising.

3.4. WEIGHT LOSS PROGRAM

The **Weight Loss program** is designed to provide a beneficial workout that targets weight loss. The **Weight Loss program** has predetermined speed changes according to selected exercise levels. The incline is controlled manually. Users can change the speed during the workout if they find it too easy or too difficult.

The following table shows the different speeds and inclines for each level.

Level	Speed (mph)	Speed (km/h)	Incline (%)
1	1.0 to 3.0	1.6 to 4.8	1.5 to 3.0
2	1.0 to 4.0	1.6 to 6.6	1.5 to 3.0
3	1.0 to 5.0	1.6 to 8.0	1.5 to 3.0
4	2.0 to 6.0	3.2 to 9.6	1.5 to 3.0
5	3.0 to 7.0	4.8 to 11.2	3.0 to 4.5

To select the **Weight Loss program** on a **T240S- T270-T280S-T520S**

1. Press the **INCREASE/DECREASE SPEED** keys until **Weight Loss program** is displayed on the screen. On a T240S-T280S-T520S press the speed keys until the LED lights up in front of the **Weight Loss program** profile on the console. Press the **JustGo™** key.
2. Enter a weight value using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
3. Enter the desired exercise time using the **INCREASE/DECREASE SPEED** keys. Press **JustGo™** key to accept.
4. Enter the level (1-5) using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** and begin exercising.


3.5. CALORIE GOAL PROGRAM

The Calorie Goal Program allows the user to select a predetermined quantity of calories they wish to burn during the workout. At any time during the program the speed and incline may be manually changed which will modify the length of time it will take to burn the target calories and achieve the goal. Also, manually modifying the speed or incline will change the entire profile for the remainder of the program. The program ends when the calorie goal is achieved.

To select the **Calories Goal program** on a **T260P-T260F-T270-T280P-T460XC-T520P-T560X**

1. Press the **INCREASE/DECREASE SPEED** keys until **Calorie Goal program** is displayed on the screen and press **JustGo™**.
2. Enter the number of calories to burn using the **INCREASE/DECREASE SPEED** keys and press **JustGo™**.
3. Enter a weight value using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key and begin exercising.

Alternatively, to select the **Calorie Goal program** on a **T280P, T460XC and T560X**

1. Press the **BASIC PROGRAMS** key  repeatedly until **Calorie Goal program** is displayed on the screen. Press the **JustGo™** key.
2. Follow steps 2 and 3 listed above.


3.6. DISTANCE GOAL PROGRAM

The Distance Goal Program allows the user to select a predetermined distance they wish to cover during their workout. At any time during the program the speed and incline may be manually changed which will modify the length of time it will take to achieve the goal. Also, manually modifying the speed or incline will change the entire profile for the remainder of the program. The program ends when the distance goal is achieved.

To select the **Distance Goal program** on a **T260P-T260F-T270-T280P-T460XC-T520P-T560X**

1. Press the **INCREASE/DECREASE SPEED** keys until **Distance Goal program** is displayed on the screen and press **JustGo™**.
2. Enter the desired distance using the **INCREASE/DECREASE SPEED** keys and press **JustGo™**.
3. Enter a weight value using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key and begin exercising.

Alternatively, to select the **Distance Goal program** on a **T280P-T460XC-T560X**

1. Press the **BASIC PROGRAMS** key  repeatedly until **Distance Goal program** is displayed on the screen and press **JustGo™**.
2. Follow steps 2 and 3 listed above.

3.7. INTERVAL PROGRAM

Interval Training has many benefits such as increasing the metabolism, which results in more calories being burned all day long, as well as increasing average exercise speed, making it a great way to increase average pace and improve race times. The Interval Program allows users to alternate their workout intensity between high-intensity “work” periods and preset low-intensity “rest” periods. The Interval Program has predetermined speed and incline percentages depending on the selected level of intensity. Users can change the level of intensity of the profile at any time by modifying the speed or incline and those changes will stay in effect for the remainder of the workout.

The following table shows the different speeds and inclines for each level.

Level	Speed (mph)	Speed (km/h)	Incline (%)
1	0.5 to 2.0	0.8 to 3.2	0.0 to 1.0
2	1.0 to 3.0	1.6 to 4.8	0.0 to 2.0
3	1.0 to 4.0	1.6 to 6.0	0.0 to 2.0
4	2.0 to 5.0	1.6 to 8.0	1.0 to 2.0
5	2.5 to 10.0	4.0 to 16.0	0.0 to 3.0

To select the **Interval program** on a **T260P-T260F-T270-T280P-T460XC-T520P-T560X**

1. Press the **INCREASE/DECREASE SPEED** keys until **Interval program** is displayed on the screen. Press **JustGo™**.
2. Choose the desired level using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
3. Enter the desired workout time using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
4. Enter a weight value using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key and begin exercising.

Alternatively, to select the **Interval program** on a **T280P-T460XC-T560X**

1. Press the **BASIC PROGRAMS** key  until **Interval program** is displayed on the screen. Press **JustGo™**.
2. Follow steps 2 to 4 listed above.

3.8. RANDOM PROGRAM

The Random Program is all about providing exercise variety. Each time this program is selected, a unique exercise experience is provided from a bank of over 4 billion pre-programmed workouts. Each workout (**T270 excluded**) gives you access to a randomly pre-programmed speed, incline or speed and incline profile that will vary throughout the workout. This means that if a user would like to exercise at a set speed but have random incline changes they could. Or if they prefer to have a fixed incline level and have random speed changes, that is also possible. Finally, users may select to have a profile with both random speed and incline values therefore offering an even greater range of exercise variety. During all the programs, users can manually change the incline and/or the speed at any time. Note that on the T270 users cannot choose between the 3 different random modes. There is just one style of Random program and it constantly changes.


The following table shows the different speeds and inclines for each level.

Level	Speed (mph)	Speed (km/h)	Incline (%)
1	0.5 to 2.0	0.8 to 3.2	0.0 to 1.0
2	1.0 to 3.0	1.6 to 4.8	0.0 to 2.0
3	2.0 to 4.0	3.2 to 6.4	0.0 to 2.0
4	2.0 to 5.0	3.2 to 8.0	0.0 to 3.0
5	3.0 to 5.0	4.8 to 8.0	0.0 to 4.0

To select the **Random program** on a **T240S-T260P-T260F-T270-T280S-T280P-T460XC-T520S-T520P-T560X**

1. Press the **INCREASE/DECREASE SPEED** keys until **Random program** is displayed on the screen. On a T240S-T280S-T520S press the **INCREASE/DECREASE SPEED** keys until the LED lights up in front of the **Random program** profile on the console). Press **JustGo™** key to accept.
2. Enter the desired exercise time using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key and begin exercising.
3. Enter the Level you wish to work out at.
4. Speed Mode will be displayed on screen (SP on the Series Consoles). Choose your desired Random mode from Speed (SP), Incline (ICL) or Incline and Speed (ISP) by pressing the **INCREASE/DECREASE SPEED** keys and pressing the **JustGo™** key to confirm.

Alternatively, to select the **Random program** on a **T280P, T460XC and T560X**

1. Press the **BASIC PROGRAMS** key  repeatedly until **Random program** is displayed on the screen. Press the **JustGo™** key.
2. Follow steps 2 to 7 listed above.

3.9. WALK PROGRAM

The Walk Program is ideal for low intensity or rehabilitation workouts where the user wishes to ensure there are no intense training segments. The user creates their own exercise as they progress through the program as the speed and incline are controlled entirely by the user. However, during the Walk Program the speed cannot exceed 4.0 mph (6.4 km/h) and the maximum incline achievable is 6%. During the program, the speed and incline will remain the same unless they are manually changed.

To select the Walk program on a T260P-T260F-T270-T280P-T460XC-T520P-T560X

1. Press the **INCREASE/DECREASE SPEED** keys until **Walk program** is displayed on the screen and press **JustGo™**.
2. Enter a desired workout time using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
3. Enter a weight value using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key and begin exercising.

Alternatively, to select the Walk program on a T280P-T460XC-T560X

1. Press **BASIC PROGRAMS** key  repeatedly until **Walk program** is displayed on the screen. Press **JustGo™** to accept.
2. Follow steps 2 and 3 mentioned above.

3.10. SPEED RUN PROGRAM

The Speed Run Program is ideal for users who wish to complete varying pace work on a constant incline level. Only pre-programmed speed changes occur throughout the program however the incline can be modified manually. By selecting a higher level, a higher speed range is completed. Changing the speed manually will change the speed profile for the remainder of the program.


The following table shows the different speeds for each level.

Level	Speed (mph)	Speed (km/h)
1	1.6 to 6.4	1.0 to 4.0
2	1.6 to 8.1	1.0 to 5.0
3	3.2 to 9.7	2.0 to 6.0
4	4.8 to 11.3	3.0 to 7.0
5	6.4 to 12.9	4.0 to 8.0

To select the Speed Run program on a T260P-T260F-T270-T280P-T460XC-T520P-T560X

1. Press the **INCREASE/DECREASE SPEED** keys until **Speed Run program** is displayed on the screen and press the **JustGo™** key.
2. Choose a desired level using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
3. Enter the desired workout time using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
4. Enter a weight value using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** and begin exercising.

Alternatively, to select the Speed Run program on a T280P-T460XC-T560X

1. Press the **BASIC PROGRAMS** key  until **Speed Run program** is displayed on the screen then press **JustGo™**.
2. Follow steps 2 to 4 mentioned above.

3.11. HEART RATE CONTROL PROGRAM

The Heart Rate Control Program allows a user to workout at the exact intensity level they desire by exercising at a predetermined heart rate level. This reduces the risk of overtraining, which can cause injuries, exhaustion or even burnout and under training, which can be ineffective and have the user seeing little to no results. After selecting a target heart rate, the speed and/or incline of the treadmill automatically adjusts to provide the necessary intensity to reach and maintain the target heart rate. The user may select how they wish the computer to make adjustments (Speed only, Incline only or Speed and Incline) by selecting their desired HRC Mode. Before starting the program, users will need to enter their age (if no User ID is selected) and the desired percentage of their maximum possible heart rate (50-89%), they wish to work out at. The computer will then calculate the recommended target heart rate value.

Speed and incline changes may be made by the user at any time during the program. The computer will then automatically adjust the speed and/or incline gradually to compensate for any speed or incline changes made by the user in order to maintain the desired heart rate value.

NOTE – This program requires the user wearing a wireless chest strap. This strap is available at authorized Bodyguard Fitness dealers or from Bodyguard Fitness’ Customer Service Department (888-407-3784).


The strap should fit snugly across the chest since any movement during exercise may result in an incorrect reading of the heart beat. For an optimum reading, users should exercise within an arm’s length of the console. If, after a few seconds, the heart rate receiver does not detect a signal from the chest strap, then “UNSTABLE HR, PLEASE CHECK CHEST STRAP” will appear on screen. If the heart rate receiver does not detect a signal for two (2) minutes, the program will stop.

CAUTION – If the belt speed is too fast or the incline too high for your fitness level and you are unable to keep up with the program, press **STOP** to end the program. You may resume the exercise at a lower level of intensity (e.g., 60%). If this is still too difficult, do not use the **Heart Rate Control program** until your level of fitness allows you to complete the workout at the desired target heart rate.

To select the **Heart Rate Control program** on a T240S-T260P-T260F-T280S-T280P-T460XC-T520S-T520P-T560X

1. Press the **INCREASE/DECREASE SPEED** keys until **Heart Rate Control program** (HR CTRL) is displayed on the screen. Press the **JustGo™** key to accept. On a T240S-T280S-T520S press the **INCREASE/DECREASE SPEED** keys until the LED lights up in front of the **Random program** profile on the console. Press **JustGo™** key to accept
2. Enter the desired workout time using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
3. Enter a weight value using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
4. Enter an age value using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
5. Select the training zone %: e.g. Training Zones
 - ▶ WARM UP (50-59% of maximum heart rate)
 - ▶ FAT BURN (60-69% of maximum heart rate)
 - ▶ AEROBIC (70-79 % of maximum heart rate)
 - ▶ ANAEROBIC (80-89% of maximum heart rate)
6. If desired, modify the beats per minute (BPM) calculated by the computer following the zone chosen at point 5, using the **INCREASE/DECREASE SPEED** keys. You may only adjust the percentage within the preset zone range. Press the **JustGo™** key to accept.
7. Enter the operating mode (T270 excluded – see section 2.8) (SPEED (SP), INCLINE (ICL) OR INCLINE AND SPEED (ISP)) using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept and begin exercising.

Alternatively, to select the **Heart Rate Control program** on a T280P-T460XC-T560X

1. Press the **CARDIO PROGRAMS** key  repeatedly until **Heart Rate Control program** (HR CTRL) is displayed on the screen. Press the **JustGo™** key to accept.
2. Follow steps 2 to 7 listed above.


3.12. HEART RATE INTERVAL PROGRAM

The Heart Rate Interval Program combines the benefits of interval training with the accuracy of heart rate training. This combination makes the Heart Rate Interval Program one of the most effective ways to increase metabolism, burn fat, increase average pace and naturally produce human growth hormones. During the Heart Rate Interval Program the computer will automatically alternate between two heart rate % targets selected by the user. The possible values are between 55% and 85% of the user’s maximum heart rate. Once a heart rate target is reached the intensity is maintained for the duration of the interval time before alternating to the other target.

To select the **Heart Rate Interval program** on a T260P-T260F-T280P-T460XC-T520P-T560X

1. Press the **INCREASE/DECREASE SPEED** keys until **Heart Rate Interval (HR Interval) program** is displayed on the screen. Press **JustGo™** to accept.
2. Enter the desired workout time using the **INCREASE/DECREASE SPEED** keys. Press **JustGo™** to accept.
3. Enter a weight value using the **INCREASE/DECREASE SPEED** keys. Press **JustGo™** to accept.
4. Enter an age value using the **INCREASE/DECREASE SPEED** keys. Press **JustGo™** to accept.
5. Enter the work heart rate target (BPM) using the **INCREASE/DECREASE SPEED** keys. Press **JustGo™** to accept.
6. Enter the rest heart rate target (BPM) using the **INCREASE/DECREASE SPEED** keys. Press **JustGo™** to accept.
7. Enter the interval time using the **INCREASE/DECREASE SPEED** keys. Press **JustGo™** to accept.
8. Enter the rest time using the **INCREASE/DECREASE SPEED** keys. Press **JustGo™** to accept.
9. Enter the HRC mode (SPEED, Incline OR SPEED AND Incline) using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept and begin exercising.

Alternatively, to select the **Heart Rate Interval program** on a **T280P-T460XC-T560X**

1. Press the **CARDIO PROGRAMS** key  repeatedly until **Heart Rate Interval program** is displayed on the screen. Press **JustGo™** to accept.
2. Follow steps 2 to 9 listed above.

3.13. FITNESS TEST

The Fitness Test is a custom-made submaximal test designed to measure cardio-respiratory fitness. Maximal oxygen uptake (VO2Max) is defined as the maximum volume of oxygen that can be taken up, distributed and used by the body during physical activity. Testing one’s VO2Max allows users to evaluate their fitness level and select the appropriate exercise program and intensity levels.

For the submaximal test, the user is challenged to reach 80% of their maximum heart rate through gradual increases in both speed and incline. Once the 80% maximum heart rate threshold is reached the treadmill will automatically stop and the computer will extrapolate the user’s VO2Max based on the speed and incline levels achieved. In order to obtain a more accurate reading it is very important to carefully follow the instructions during the program.

NOTE – For this program, users must wear the heart rate chest strap. Cardio-respiratory fitness is a combination of cardiovascular fitness and respiratory fitness. Always keep in mind that this test is submaximal, so the results are only to be used as a guide.


Fitness Test Protocol:

- ▶ Warm Up = 3 mph for 3 mins, 0% incline
- ▶ Test begins at 4.5 mph, 0% incline
- ▶ Every odd minute, incline will increase by 2%
- ▶ Every even minute, speed will increase by .5 mph
- ▶ Test concludes when heart rate exceeds and stays above the target heart rate for 15 seconds.
- ▶ Cool Down = 3 mph for 3 mins, 0% incline

To select the **Fitness Test** on the **T260P-T260F-T280P-T460XC-T520P-T560X**

1. Press the **INCREASE/DECREASE SPEED** keys until **Fitness Test** is displayed on the screen. Press **JustGo™**.
2. Enter a weight value using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™**.
3. Enter an age value using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept. Selecting your age will allow the computer to calculate your 80% maximum heart rate value and begin exercising.

Alternatively, to select the **Fitness Test** on a **T280P-T460XC-T560X**

1. Press the **CARDIO PROGRAMS** key  repeatedly until **Fitness Test** is displayed on the screen. Press **JustGo™**.
2. Follow steps 2 and 3 listed above.

Fitness Test Results

Stage	Time	Converted (VO ₂ Max)	Stage	Time	Converted (VO ₂ Max)
1	1:00	31.15	7.1	6:15	57.70
2.1	1:15	32.55	7.2	6:30	58.80
2.2	1:30	33.60	7.3	6:45	60.20
2.3	1:45	34.65	7.4	7:00	61.20
2.4	2:00	35.35	8.1	7:15	62.30
3.1	2:15	37.45	8.2	7:30	63.30
3.2	2:30	39.55	8.3	7:45	64.00
3.3	2:45	41.30	8.4	8:00	65.00
3.4	3:00	43.40	9.1	8:15	66.50
4.1	3:15	44.10	9.2	8:30	68.20
4.2	3:30	45.15	9.3	8:45	69.00
4.3	3:45	46.20	9.4	9:00	70.70
4.4	4:00	46.50	10.1	9:15	72.10
5.1	4:15	48.60	10.2	9:30	73.10
5.2	4:30	50.00	10.3	9:45	73.80
5.3	4:45	51.40	10.4	10:00	74.90
5.4	5:00	52.80	11.1	10:15	76.30
6.1	5:15	53.90	11.2	10:30	77.70
6.2	5:30	54.90	11.3	10:45	79.10
6.3	5:45	56.00	11.4	11:00	80.00
6.4	6:00	57.00			

At the end of the test, the stage the user reached corresponds to a VO₂ Max. After the cool down period, the result of the VO₂ Max is indicated on screen in the form of: "VO₂ MAX IS XX.X", switching every 2 seconds with the message: "EXCELLENT RATING", "AVERAGE RATING" or "POOR RATING".

	-25 years old	26-35 years old	36-45 years old	46-55 years old	56+ years old
Excellent rating	> 50	> 47	> 42	> 39	> 37
Average rating	50-37	47-36	42-35	39-34	37-33
Poor rating	< 37	< 36	< 35	< 34	< 33

3.14. CARDIOVASCULAR PROGRAM

The **Cardiovascular program** has been designed to allow the user to train at moderate intensity levels of short duration and high intensity periods followed by a quick recovery period. The **Cardiovascular program** has predetermined speed and incline profiles according to the selected exercise levels. Users can change the speed and incline during the exercise if they find it too easy or too hard by pressing the **INCREASE/DECREASE SPEED** and **INCREASE/DECREASE INCLINE** keys.

The speed profile has a set of high-intensity segments to make the heart muscles work harder. Manually modifying the speed will change it solely in the current segment. However, changing the incline manually will modify the entire incline profile.

The following table shows the different speeds and inclines for each level.

Level	Speed (mph)	Speed (km/h)	Incline (%)
1	1.0 to 4.0	1.6 to 6.4	0.0 to 2.0
2	3.0 to 6.0	4.0 to 9.6	0.0 to 3.0
3	4.0 to 7.0	8.0 to 11.2	0.0 to 4.0
4	5.0 to 8.0	8.0 to 12.9	0.0 to 5.0
5	6.0 to 9.0	9.7 to 14.5	0.0 to 6.0

To select the Cardiovascular program on a T240S- T270-T280S-T520S

1. Press the **INCREASE/DECREASE SPEED** keys until **Cardiovascular program** is displayed on screen. On the T240S-T280S-T520S press the speed keys until the LED lights up in front of the **Cardiovascular program** profile on the console. Press the **JustGo™** key.
2. Enter the desired level using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
3. Enter the desired workout time using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
4. Enter a weight value using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key and begin exercising.


3.15. ADVANCED HILLS PROGRAM

The Advanced Hills Program is excellent for developing leg strength and endurance by allowing users to choose from a wide range of hill simulations at varying intensities. Users may choose up to 10 hills per program and select from an intensity range of 3% to 15%. The program is distance based and changes are made automatically to the incline profile whereas the speed profile stays constant. Users may change the speed or incline during the exercise if they find it too easy or too difficult. Manually modifying the speed changes will change the speed for the chosen segment. Changing the incline manually changes the program’s entire incline profile.

To select the Advanced Hills program on the T260P-T260F-T280P-T460XC-T520P-T560X

1. Press the **INCREASE/DECREASE SPEED** keys until **Heart Rate Interval program** is displayed on the screen. Press **JustGo™** to accept.
2. Enter your weight using the **INCREASE/DECREASE SPEED** keys. Press **JustGo™**.
3. Enter the distance using the **INCREASE/DECREASE SPEED** keys. Press **JustGo™**.
4. Enter the number of hills wished to be climbed from 1, 2, 5 or 10.
5. Enter the desired hill intensity using the **INCREASE/DECREASE SPEED** keys from: Low (3%), Medium (6%), High (9%), Very High (12%) and Extreme (15%) and press **JustGo™** and begin exercising.
6. Press **JustGo™** to begin exercising.

Alternatively, to select the Advanced Hills program on a T280P-T460XC-T560X

1. Press the **ADVANCED PROGRAMS** key  repeatedly until **Advanced Hills program** appears on the screen. Press the **JustGo™** key.
2. Follow steps 2 to 6 listed above.


3.16. TRACK PROGRAM

The Track Program simulates training on a 1/4 mile-long (approx. 400 meters) Olympic running track. Users may select between one (1) and 99 laps while controlling the speed and incline from beginning to end as the program does not have a predetermined profile. The Track Program appears on-screen as an oval track showing the user’s progress around the circuit.

To select the Track program on a T260P-T260F-T270-T460XC-T520P-T560X

1. Press the **INCREASE/DECREASE SPEED** keys until **Track program** appears on the screen. Press the **JustGo™** key.
2. Choose the number of laps desired to complete using the **INCREASE/DECREASE SPEED** keys. Press **JustGo™**.
3. Enter a weight value using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key and begin exercising.

Alternatively, to select the Track program on a T280P-T460XC-T560X

1. Press **ADVANCED PROGRAMS** key  until **Track program** appears on the screen. Press **JustGo™** to accept.
2. Follow steps 2 and 3 listed above.

3.17. RUNNER’S INTERVALS PROGRAM

The Runner’s Interval Program has been designed for track runners who wish to simulate medium acceleration interval workouts. This type of training is excellent for improving average running pace and is a great calorie burner however it is recommended that users have a solid base fitness level before incorporating this program into their workout. The Runner’s Interval Program allows users to choose their own interval distance, number of interval repeats, running pace, recovery time and the desired recovery pace. In order to simulate natural interval training the treadmill belt will accelerate at approximately 0.75 mph per second (1.25 km/h per second) which is twice as quick as the standard setting.

WARNING – This program is designed for advanced runners, and includes SUDDEN SPEED ACCELERATIONS.

The parameters that can be adjusted are:


- ▶ Work Interval length: 50, 100, 150, 200, 250, 300, etc. up to 1600 meters
- ▶ Work Interval Speed
- ▶ Recovery time: from 20 seconds to 2 minutes
- ▶ Recovery Speed

The screen will display a 400-meter oval track showing the progress on the track.

To select the Runner's Intervals program on a T260P-T260F-T270-T280P-T460XC-T520P-T560X

1. Press the **INCREASE/DECREASE SPEED** keys until **Runner's Intervals program** appears on the screen. Press the **JustGo™** key to accept.
2. Enter a weight value using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
3. Choose the desired work interval distance (from 50m to 1600m) using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
4. Select the number of Work Interval Repeats
5. Enter the Work Interval speed (minimum is 5 mph or 8 km/h) using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
6. Enter the recovery time using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
7. Enter the recovery speed using the **INCREASE/DECREASE SPEED** keys. Press **JustGo™** and begin exercising.

Alternatively, to select the Runner's Interval program on a T280P-T460XC-T560X

1. Press the **ADVANCED PROGRAMS** key  repeatedly until **Runner's Interval Program** is displayed on screen. Press **JustGo™** to accept.
2. Follow steps 2 to 7 mentioned above.

NOTE – The program starts with a mandatory warm-up period. At the end of the warm-up period, the last three (3) seconds will be displayed on-screen in countdown form, and a beeper will sound to indicate that the first work interval will be starting (3, 2, 1, GO!).

3.18. TURBO TRAINING PROGRAM

NOTE – To have access to this program, it must first be activated in the SETTINGS Menu (see section 2.22).

The Turbo Training Program is identical to the Runner's Interval Program except that it has been designed for track runners who wish to simulate high acceleration interval workouts. This type of training is excellent for increasing the metabolism, producing natural HGH and for maximizing calorie burning results. Like the Runner's Interval Program it is important that users have a solid base fitness level before incorporating this program into their workout. The Turbo Training Program allows users to choose their own interval distance, number of interval repeats, running pace, recovery time and the desired recovery pace. In order to simulate high acceleration interval training the treadmill belt will accelerate at approximately 1.5 mph per second (2.5 km/h per second) which is four times as quick as the standard setting.

WARNING – This program is designed for advanced runners, and includes sudden HIGH-SPEED ACCELERATIONS.

The parameters that can be adjusted are:

- ▶ Work Interval length: 50, 100, 150, 200, 250, 300, etc. up to 1600 meters
- ▶ Work Interval Speed
- ▶ Recovery time: from 20 seconds to 2 minutes
- ▶ Recovery Speed


The screen will display a 400-meter oval track showing the progress on the track.

To select the Turbo Training program on a T260P-T260F-T270-T280P-T460XC-T520P-T560X

1. Press the **INCREASE/DECREASE SPEED** keys until **Turbo Training program** appears on the screen. Press **JustGo™** key.
3. Enter a weight value using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
4. Choose the desired work interval distance (from 50m to 1600m) using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
5. Select the number of Work Interval Repeats.

6. Enter the Work Interval speed (minimum is 5 mph or 8 km/h) using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
7. Enter the recovery time using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
8. Enter the recovery speed using the **INCREASE/DECREASE SPEED** keys. Press **JustGo™** and begin exercising.

Alternatively, to select the Turbo Training program on a T280P-T460XC-T560X

1. Press the **ADVANCED PROGRAMS** key  repeatedly until **Turbo Training program** is displayed on screen. Press **JustGo™** to accept.
2. Follow steps 2 to 6 mentioned above.

NOTE – The program starts with a mandatory warm-up period. At the end of the warm-up period, the last three (3) seconds will be displayed on-screen in countdown form, and a beeper will sound to indicate that the first work interval will be starting (3, 2, 1, GO!).


3.19. CUSTOM PROGRAMS (T270 = Learn Programs)

The **Custom programs** (called **Learn Programs** on the T270) are pre-designed programs created by a user.

To choose a Custom (Learn) program on the T260P-T260F-T270-T280P-T460XC-T520P-T560X

1. Press the **INCREASE/DECREASE SPEED** keys until **Custom (Learn) programs** appears on the screen. Press the **JustGo™** key.
2. Choose a particular program by pressing the **INCREASE/DECREASE SPEED** keys until the name of the desired program is displayed on the screen. Press the **JustGo™** key to validate the choice.
3. Enter the desired workout time using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key.
4. Enter a weight value using the **INCREASE/DECREASE SPEED** keys. Press **JustGo™** and begin exercising.

Alternatively, to select a Custom program on a T260P-T260F-T280P-T460XC-T520P-T560X

1. Press the **ADVANCED PROGRAMS** key  repeatedly until **Custom program** appears on the screen. Press the **JustGo™** key.
2. Follow steps 2 to 4 listed above.

NOTE – When a **Custom (Learn) program** is chosen, an exercise level cannot be selected.


3.20. MEMORY PROGRAMS

The **Memory programs** allow the user to retrieve previously completed workouts that have been saved. At the end of each workout, the computer asks whether to save the completed exercise or not. All the programs, with the exception of the **Track Program** and **Fitness Test**, can be saved.

To choose a Memory Program on a T260P-T260F-T270-T280P-T460XC-T520P-T560X

1. Press the **INCREASE/DECREASE SPEED** keys until **Memory program** appears on the screen. Press **JustGo™**.
2. Select the desired **Memory program** number with the **INCREASE/DECREASE SPEED** keys. Press **JustGo™**.
3. Enter the desired workout time using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key to accept.
4. Enter a weight value using the **INCREASE/DECREASE SPEED** keys. Press the **JustGo™** key and begin exercising.

Alternatively to select a Memory program on a T280P-T460XC-T560X

1. Press the **ADVANCED PROGRAMS** key  until **Memory program** appears on the screen. Press **JustGo™**.
2. Follow steps 2 to 4 listed above.

NOTE – When a **Memory program** is chosen, an exercise level cannot be selected.

4. HEART RATE MONITORING

4.1. CONTACT HEART RATE SYSTEM

The treadmill has a built-in Contact Heart Rate System that allows users to check their heart rate without requiring a chest strap. By placing the hands on the contact heart rate bars on the front handlebar of the treadmill, the user will see their pulse displayed on screen. The screen will display the heart rate 5 to 10 seconds after the hands first touch the contact bars. Note that for safety reasons the Contact Heart Rate System will only function below 4mph. If operating the treadmill above 4mph please use a wireless chest strap.

NOTE – In order for the Contact Heart Rate System to work properly, the palms must not be too moist or too dry.

Possible Contact Heart Rate Problems

In order to properly diagnose any problem with the Contact Heart Rate System, please refer to the following procedures. This machine uses a hand ECG (Electrocardiogram) printed circuit board along with wires and a set of metal plates. The hand ECG board is an integral part of the machine and is hidden inside the handlebars.

Table 1 – Troubleshooting checklist about the contact heart rate system		
PROBLEMS	POSSIBLE CAUSE	SOLUTION
<ul style="list-style-type: none"> • No reading 	<ul style="list-style-type: none"> • Hands not in contact with the metal plates long enough • Conductor’s wires are not connected properly • Defective ECG circuit board 	<ul style="list-style-type: none"> • Wait 5-10 seconds before a reading • Check wiring • Change ECG circuit board
<ul style="list-style-type: none"> • Erratic reading 	<ul style="list-style-type: none"> • Hands may be moving too much on the plates • Fluorescent (neon) lights too close to console • Defective ECG circuit board • Interference with other signals 	<ul style="list-style-type: none"> • Do not move your hands • Move the treadmill • Change ECG circuit board • Disable interfering equipment

4.2. HEART RATE CHEST STRAP

The Bodyguard Fitness Heart Rate Control System inside every treadmill has been specifically designed for use with a heart rate chest strap. The chest strap enables the computer to monitor the heart rate or beats per minute (BPM). This value is displayed on the computer screen and should only be used as a guide in helping achieve personal fitness goals. If the chest strap is not used, no heart rate reading will be displayed on-screen. It is important to consult a physician before starting an exercise program or using a heart rate chest strap.

CAUTION – We recommend that users read the instruction manual carefully before beginning using the equipment. Use of this equipment by persons with heart or other medical problems may result in serious injury. It is recommended that users consult a physician before starting an exercise program and follow up periodically as use continues. Users should cease exercising immediately if they feel dizzy, faint, or short of breath. Use of this equipment in a manner other than that prescribed in this instruction manual may result in serious injury.

In order to help choose an effective exercise program and determine the recommended heart rate zone, see the *Know your heart rate* section at page 9 to identify the heart rate zone based on different levels of intensity according to your age.

TIP – The back of the heart rate chest strap should be moistened from time to time to improve the signals transmission. Use a few drops of water to moisten the strap and place it directly on the skin. The strap will not work properly if worn over clothes.

Possible Chest Strap Reading Problems

All Bodyguard Fitness machines are compatible with non-coded Cardiosport or Polar wireless heart rate monitor systems. Each system comprises a chest strap and a receiver. The receiver is built into the machine. Chest straps are available at all Bodyguard Fitness authorized dealers and the Bodyguard Customer Service Department (888-407-3784). If you are having problems with signal reception, consult the troubleshooting checklist below.

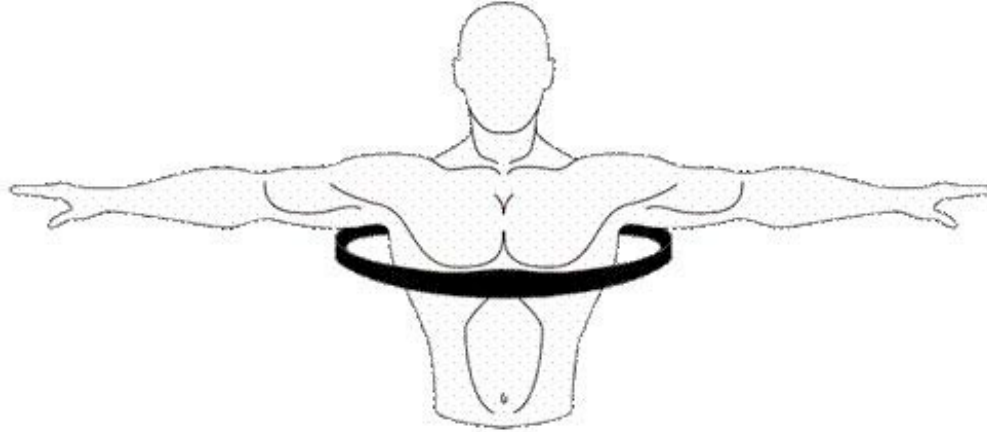


Table 2 - Troubleshooting checklist about the heart rate chest strap		
PROBLEMS	POSSIBLE CAUSE	SOLUTION
<ul style="list-style-type: none"> • No signal 	<ul style="list-style-type: none"> • Dry electrodes • Dead battery in strap • HR Receiver problem 	<ul style="list-style-type: none"> • Moisten electrodes with water • Change battery • Use DIAGNOSTICS Menu to check signal (See Heart Rate Test at section 5.5)
<ul style="list-style-type: none"> • Weak signal 	<ul style="list-style-type: none"> • Electrodes not wet enough • Poor skin contact • Too much body fat • Weak battery • HR Receiver problem 	<ul style="list-style-type: none"> • Moisten electrodes with water • Adjust chest strap accordingly • No solution • Change battery • Use DIAGNOSTICS Menu to check signal (See Heart Rate Test at section 5.5)
<ul style="list-style-type: none"> • Erratic signal 	<ul style="list-style-type: none"> • Electrodes not wet enough • Interference from other signals • HR Receiver problem 	<ul style="list-style-type: none"> • Moisten electrodes with water • Move machine away from potentials sources of interference • Use DIAGNOSTICS Menu to check signal (See Heart Rate Test at section 5.5)

The above table should help properly diagnose a wireless heart rate receiver problem. Note that a strong signal is only transmitted if the electrodes are moistened and good skin contact is maintained. Interference from radios and neon lights can also reduce the strength of the signal and cause intermittent or erratic readings.

5. DIAGNOSTICS MENU

Accessing the DIAGNOSTICS Menu on a T240S-T260P-T260F-T280S-T280P-T460XC-T520S-T520P-T560X:

1. Hold the iTek key for 3 seconds to have access to the DIAGNOSTICS Menu

When accessing the DIAGNOSTICS Menu the version of the software installed in the console will display. On a T240S-T280S-T520S the central window will display “diag” and the top right hand side window will display “1.OX” where “1.OX” is the software version. On a T260P-T260F-T280P-T460XC-T520P-T560X the software version will scroll across the alphanumeric screen. This information is helpful in diagnosing certain computer-related conditions. Keep in mind that the version number may change depending on the model number of your treadmill.

Accessing the DIAGNOSTICS Menu on a T270:

1. Turn power OFF.
2. Simultaneously hold down the **INCREASE/DECREASE SPEED** keys and turn power ON.
3. Release the **INCREASE/DECREASE SPEED** keys once you are in the DIAGNOSTICS Menu.
4. Press the **JustGo™** key to access the detailed items.

When you access the DIAGNOSTICS Menu, the following message will appear as follows: “T270 version X.XX”. The message indicates the version of the software installed in the computer. This information is helpful in diagnosing certain computer-related problems. Keep in mind that the version number can change depending on the model of your treadmill.

To perform any of the below tests, press the **INCREASE/DECREASE SPEED** keys to select the one you wish to test and press the **JustGo™** key to accept.

Diagnosics	T240S-T280S-T520S	T270	T260P-T260F-T280P-T460XC-T520P-T560X
5.1 NVRAM Test	-	5.1	5.1
5.2 Keypad Test	5.2 (d1)	5.2	5.2
5.3 Display Test	-	5.3	5.3
5.4 Sound Test	-	5.4	5.4
5.5 Heart Rate Test	-	5.5	5.5
5.6 Safety Key Test	-	5.6	5.6
5.7 Belt Alignment Test	-	5.7	5.7
5.8 Motor Test	-	5.8	5.8
5.9 Current Test	5.9 (d2)	5.9	5.9
5.10 ESC Test	5.10 (d7)	-	5.10
5.11 Speed Sensor Test	5.11 (d3)	5.11	5.11
5.12 Error Log	5.12 (d4)	5.12	5.12
5.13 Maintenance	5.13 (d6)	5.13	5.13
5.14 Statistics	5.14 (d5)	5.14	5.14
5.15 USB Port Test	-	-	5.15

5.1. NVRAM TEST

The NVRAM is a memory chip that saves information even when the computer is OFF. The NVRAM test lets you know if the memory chip is functioning correctly. Note that the NVRAM (non-volatile memory) test **will not** erase any stored information.

1. Enter the DIAGNOSTICS Menu, select NVRAM TEST and press the **JustGo™** key to accept.
2. The computer will display the following message: “SUCCESSFUL”.
3. Press the **STOP** key to terminate this test.

5.2. KEYPAD TEST

The keypad test allows you to verify that each key is responding correctly when pressed.

1. Enter the DIAGNOSTICS Menu, select KEYPAD TEST (T240S-T280S-T520S: select “d1”) and press the **JustGo™** key.
2. Press each key, one at a time, and check the confirmed response on the screen. For example, if you press the **INCREASE INCLINE** key, the screen will display INCLINE INC (T240S-T280S-T520S: will display “1”), indicating that the key press was recognized.
3. To stop the test, press the **STOP** key. (On a T270 press the **STOP** and **JustGo™** keys simultaneously)

For the T240S-T260P-T260F-T280S-T460XC-T520S-T520P-T560X, see below which number will be displayed when you press the keys.

- | | |
|--------------------------|------------------------|
| ▶ 1 for INCREASE INCLINE | ▶ STOP EXITS TEST |
| ▶ 2 for DECREASE INCLINE | ▶ 6 for JUSTGO |
| ▶ 3 for COOL DOWN | ▶ 7 for INCREASE SPEED |
| ▶ 4 for PAUSE | ▶ 8 for DECREASE SPEED |

5.3. DISPLAY TEST

The display test allows you to verify that each display light is working properly. If you notice that one or more areas on the screen do not light up while you exercise, you should perform this test.

1. In the DIAGNOSTICS Menu, select DISPLAY TEST and press the **JustGo™** key to accept.
2. The screen will light up in a certain way. To proceed to the next display pattern, press the **INCREASE/DECREASE SPEED** keys.
3. Press the **STOP** key to terminate the test.

5.4. SOUND TEST

The sound test will cause the beeper to sound.

1. Enter the DIAGNOSTICS Menu, select SOUND TEST and press the **JustGo™** key to accept.
2. Listen for a series of beeps.
3. Press any key to terminate the test.

5.5. HEART RATE TEST

The heart rate test allows you to determine if the heart rate systems (chest strap and hand grips) are working properly and that the computer is displaying your heart rate signal during a program.

1. Enter the DIAGNOSTICS Menu, select HEART RATE TEST and press the **JustGo™** to validate.
2. Attach your heart rate chest strap. If a heart rate chest strap signal is detected it will be displayed in the bottom left-hand side of the screen. The contact heart rate value will be displayed in the bottom center of the screen. You do not have to be walking on the belt to do this test; simply stand near the computer. In a few seconds, your actual heart rate will be displayed on-screen. Do the same for the hand grip system; put your hands on the metal plates and wait for five (5) to eight (8) seconds.
3. Press the **STOP** key to terminate this test.

5.6. SAFETY KEY TEST

The safety key test allows you to confirm if the safety key is functioning correctly.

1. Enter the DIAGNOSTICS Menu, select SAFETY KEY TEST and press the **JustGo™** key to accept.
2. Insert the key and check the screen. If the key is inserted correctly, “SAFETY KEY ON” will appear on the screen. If the safety key is not inserted, “SAFETY KEY OFF” is displayed.

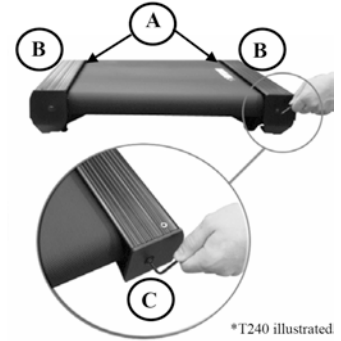
5.7. BELT ALIGNMENT TEST

Should you need to adjust the alignment of the running belt, it is recommended you make all adjustments during the belt alignment procedure. To determine if the belt is aligned along the center of the running deck, measure the visible deck surface on either side of the belt. If these values are about equal, do not adjust the belt alignment. If, however, one side of the belt is closer to the foot rests than the other side, then you may need to adjust the belt to center it.

WARNING – Do not stand on the belt during this procedure. Keep loose clothing and long hair away from the belt and rollers when performing a belt alignment.

To adjust running belt alignment:

1. Enter the DIAGNOSTICS Menu, select BELT ALIGNMENT (T240S-T280S-T520S: select “d2”) and press **JustGo™** to accept.
2. You will need an Allen key to turn the rear roller bolts.
3. Allow the belt to reach 2.0 mph or 3.2 km/h (speed will be displayed on the computer screen). Looking from the rear of the treadmill, note the gap between the right and left sides of the belt and the foot rests.



To check belt alignment, visually check gap (A) between belt ends and foot rests (B) on either side. Belt adjustment bolts (C) are visible through hole in rear roller caps.

If the running belt is tracking (moving) to the left of the deck surface:

- Turn the left bolt clockwise to allow the belt to track to the right and, ultimately, in the center, OR;
- Turn the right bolt counter-clockwise to allow the belt to track to the right and, ultimately, in the center.

If the running belt is tracking to the right of the deck surface:

- Turn the left bolt counter-clockwise to allow the belt to track to the left and, ultimately, in the center, OR;
- Turn the right bolt clockwise to allow the belt to track to the left and, ultimately, in the center.

NOTE – During any belt alignment procedure, never turn a bolt by more than 1 to 1-1/2 revolutions (clockwise). Exceeding this may cause a high amount of tension on the running belt and result in premature wear of the belt and roller. To prevent this problem, it is best to adjust only one alignment bolt.

4. In order to verify that the running belt is properly aligned, slowly increase the speed to a maximum of 6.0 mph or 9.6 km/h, and let the belt turn for a least one (1) minute. Carefully observe that the belt does not track to the left or right side. If the belt continues to track to one side, or you hear a rubbing noise (the belt may be touching the foot rails), immediately press the **STOP** key to stop the belt. You will need to complete the alignment procedure again.

5.8. MOTOR CHECK

The motor should only be checked if the motor needs to be changed or repaired or if you feel the speed is not working properly. The motor verification procedure is automatic and requires no tools.

CAUTION – Do not stand on the belt during this procedure.

1. Enter the DIAGNOSTICS Menu, select MOTOR TEST and press the **JustGo™** key to accept
2. Wait while the treadmill checks the motor. The procedure will take about 30 seconds and the message MOTOR OK will be displayed.

WARNING – If the motor test is interrupted prematurely, do not use the treadmill. It is important to fully complete the motor test before using the treadmill.

5.9. CURRENT TEST

The current test allows you to see the motor voltage and current.

1. Enter the DIAGNOSTICS Menu, select CURRENT TEST (T240S-T280S-T520S: select “d2”) and press **JustGo™** to accept. The motor will start and the belt will reach a speed of 2.0 mph (or 3.2 km/h).
2. Walk on the treadmill and the value of the current in the motor will appear in the central information window. On the T240S-T280S-T520S the value will appear in the top left LED window.
3. Vary the speed to ensure that you get good readings for different speeds.
4. Press the **STOP** key to terminate the test.

NOTE – During this test, the amperage will be shown in the following format: 3.1 A where 3.1 A stands for 3.1 Amps DC in average. The value of the amperage must never exceed 15 amps (10 amps on international versions).

5.10. ESC TEST

The ESC test allows you to see the effect of the ESC feature while using the treadmill.

1. Enter the DIAGNOSTICS Menu, select ESC TEST and press **JustGo™** to accept. (T240S-T280S-T520S: select “d7”) The motor will start and the belt will reach a speed of 2.0 mph (or 3.2 km/h).
2. You should see ESC ON (ON on S Consoles) appearing at the bottom of screen. This indicates that if you incline the treadmill, the ESC function will prevent you from over speeding the belt and exceeding the specified speed.
3. Increase the incline up to 15% to get the best demonstration of this feature.
4. Next, press the **iTek** button once. ESC OFF (OFF on S Consoles) should be displayed on screen. This means the ESC function has been disabled. The belt may over speed and cause unsteadiness depending on the weight of the user and the belt speed. This allows you to feel the difference of a unit with or without ESC.
5. Press the **STOP** key to terminate the test.

5.11. SPEED SENSOR TEST

The speed sensor test allows you to see whether your speed sensor circuit is functional or not.

1. In the DIAGNOSTICS Menu, select the SPEED SENSOR TEST (T240S-T280S-T520S: select “d3”) and press the **JustGo™** key to accept.
2. Let the belt reach a speed of 2.0 mph or 3.2 km/h. The message will be displayed in the central information window indicating whether the sensor is good or bad.
On a T240S-T280S-T520S a value of ‘0’ (BAD) or ‘1’ (GOOD) will flash in the bottom left LED window.
If the message indicates BAD, check the following items:
 - Check of your speed sensor is connected to the electronic card.
 - Check the optical disk to make sure the sensor is not dirty.
3. Press the **STOP** key to terminate the test.

5.12. ERROR LOG

The error log allows you to see the number of times an error has occurred.

1. In the DIAGNOSTICS Menu, select ERROR LOG (T240S-T280S-T520S: select “d4”) and press the **JustGo™** key.
2. You will see all the errors and the number of times each one occurred by using the **DECREASE SPEED** key.
3. Press the **JustGo™** key to reset the error codes (T240S-T280S-T520S: select rES to reset all errors and press **JustGo™** key to confirm) or press the **STOP** key to exit this section.

NOTE – The table of errors can be viewed at the end of this document.

5.13. MAINTENANCE

The maintenance menu allows you to see the average value of the current drawn by the motor. It also allows you to reset this counter.

A first threshold has been set to make ensure that too high a limit of current drawn by the motor will not occur. When that first level is reached, a user with a T240S-T280S-T520S will get the message “D6-1” displayed on the main screen. The user with a T260P-T260F-T270-T280P-T460XC-T520P-T560X will get the message “DECK SURFACE MAINTENANCE REQUIRED” and symbol “!” will be displayed on the main screen (see table below). The message will be displayed between each new exercise. After the maintenance has been done, reset the maintenance counter in the DIAGNOSTICS Menu. The warning notice will not reappear until the 1st threshold is reached again.

If the maintenance is not done on the deck surface when required, a second threshold will trigger 0.5 amps above the first. Another notice will appear on the main display. Users with a T240S-T280S-T520S will get the message “D6-2” displayed on the main screen. Users with a T260P-T260F-T270-T280P-T460XC-T520P-T560X will get the message “DECK SURFACE MAINTENANCE REQUIRED” and symbol “X” will be displayed on the main screen (see table below). At this point, the machine will not start again until the deck maintenance is done and the maintenance counter reset in the DIAGNOSTICS Menu.

1. Enter the DIAGNOSTICS Menu, select MAINTENANCE (T240S-T280S-T520S: select “d6”) and press **JustGo™** to accept.
2. There are two submenus: AVERAGE and RESET. Scroll between the two with the **INCREASE/DECREASE SPEED** keys and press the **JustGo™** key to accept your choice.
3. If you want to see the average current drawn by the motor simply go into the AVERAGE option (d6). The value displayed is the average since the last reset. To exit that option simply press **STOP** key.
4. Once you have done the maintenance, you need to reset the maintenance counter by accessing the RESET in the MAINTENANCE Menu (T240S-T280S-T520S: “rES”) and enter press **JustGo™** key to confirm. It will reset to 7.0 amps DC.
5. Press the **STOP** key to terminate this test.

T260P-T260F-T270-T280P-T460XC-T520P-T560X-T240S-T280S-T520S

Alert Levels	North America	International
! on-screen symbol	12.0 amps	12.0 amps
X on-screen symbol	12.5 amps	12.5 amps

5.14. STATISTICS

The statistics allow you to view different parameters related to the use of your treadmill, such as time and distance.

1. Enter the DIAGNOSTICS Menu, select STATISTICS (T240S-T280S-T520S: select “d5”) and press the **JustGo™** key to accept.
 - TOTAL TIME indicates the amount of time the treadmill has been used during all exercise programs.
 - TOTAL DISTANCE indicates the total distance traveled on the treadmill during all exercise programs.
 On a T240S-T280S-T520S the distance LED will light first and a total distance value in miles or kilometers (depending on setting) will display. Followed by a total time value (months, days, hours, mins, sec)
2. Press the **STOP** key to terminate this test.

5.15. USB PORT TEST

The USB PORT TEST allows you to see whether your USB port circuitry and software is functional or not.

1. Enter the DIAGNOSTICS Menu, select USB PORT TEST.
2. Insert a USB key in the USB port no matter its memory size even with very little space available on it and press the **JustGo™** key to accept.
3. The computer will display the following message: “USB PORT SUCCESSFUL”.
4. Press the **STOP** key to terminate this test.

6. MAINTENANCE INFORMATION

6.1. GENERAL CARE

Your treadmill has been designed and built to give you trouble-free use. For maximum safety, however, you should periodically check your unit for signs of wear. Here’s a short checklist followed by reference Table 3.

- After each workout, you should wipe down your treadmill using a mild, non-abrasive liquid cleanser applied with a soft, cotton cloth. Do not spray cleansers directly on the unit or use an excessively wet cloth. Do not clean the unit with the power ON—be sure that it is OFF.
- Make sure that the treadmill is on a level surface and that it is not rocking. Excessive rocking may cause the running belt to track to one side of the deck resulting in accelerated wear of the running belt.
- Keep liquids, including excessive perspiration, away from the computer console.
- The running belt and deck surface should be kept clean. Dirt and other debris can cause the belt to stick or slip during exercise which can increase the risk of a fall.
- Make sure that each handle bar is secure on the frame.
- Do not use any lubricating product other than the official Bodyguard lubricant.
- Place a carpet or rubber mat under the treadmill to avoid any build up of debris from your exercise shoes. Under extreme conditions, some debris may collect on the floor or just behind the rear roller. It is also recommended to periodically remove any built-up dust under the treadmill. Excessive amounts of dust may enter into the motor assembly and cause the motor to overheat.
- It is very important to periodically remove any dust that may have accumulated under the motor cover. Use compressed air to blow out the accumulated dust from the motor and lower board area.

CAUTION – To prevent electrical shock or risk of fire, always turn the power OFF and disconnect the power cord whenever you are cleaning, inspecting or repairing the treadmill.

6.2. BELT AND RUNNING DECK

6.2.1 Running Belt

The running belt supplied with each treadmill is of the highest quality, offering superior traction and low operational noise. It is therefore important to maintain each running belt periodically by checking that no cuts have appeared over time. If you notice that the running belt is sticking (sudden short stops) during a workout see section 6.5 for help. If you notice that the running belt has shifted to one side of the deck surface, you may need to realign the belt. (See Belt Alignment Test in section 5.7 for help.

6.2.2 Deck Surface

The running deck needs to remain free of any loose items that may become trapped between the running belt and the rollers. Avoid dropping liquids on the deck as this may cause gumming problems on the belt.

Under extreme conditions resulting in heavy wear and tear on the deck surface, it may be necessary to remove the deck and turn it over, or turn it back-to-front to expose a fresh surface. The deck is specially designed to be rotated and flipped resulting in four (4) areas of use resulting in longer deck life before replacing.

Please contact your Bodyguard Dealer for deck service.

6.3. APPLYING BELT LUBRICANT

This machine is equipped with a real time measuring system of the electrical current being used by the motor called AFDS. The level of current being used is directly related to the level of friction between the running belt and the deck. When the current reaches a certain level, an automatic message, “Maintenance Required”, will appear on screen indicating that it is time to clean the belt and deck and then add lubricant which should lower the friction level.

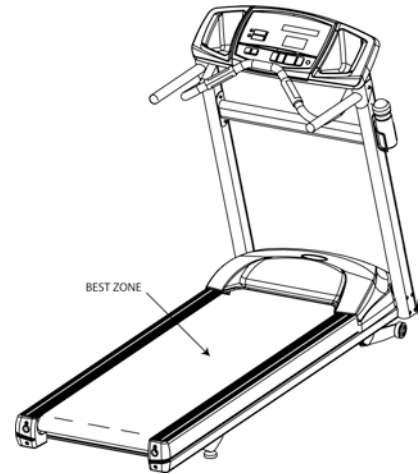
It is strongly recommended that when this warning appears you proceed with the maintenance of the running deck to avoid unnecessary risks that can cause damage to certain components of the treadmill.

Furthermore, we recommend that you follow these preventive maintenance recommendations for cleaning and lubricating the equipment.

For a treadmill in a residential environment: once a year, ideally at the beginning of your training season. For a treadmill in a commercial environment: every 3 months. The correct procedure for cleaning and lubricating the treadmill is explained below.

IMPORTANT NOTE - Only use approved Bodyguard Fitness lubricant for this procedure.

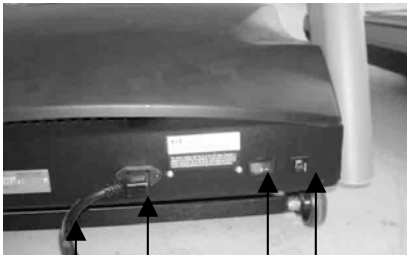
1. Start by releasing the belt tension screws anti-clockwise on the rear roller until you have easy access to the underside of the belt. Count how many revolutions you make with the Hex Key while loosening and try to stop turning before the screw is completely removed. When you retighten the belt you will simply repeat clockwise the same amount of revolutions.
2. Now that you can easily access the underside of the belt start cleaning it with a dry cloth. Clean all the way across the width of the underside of the belt. Make two complete revolutions of the belt. It should turn easily by pulling on it with your other hand. Once the underside of the belt is clean, wipe the deck and be sure to remove any debris (small pebbles etc.) that may be on the surface.
3. Open the tube of lubricant that your dealer or service provider gave you. Place the tube in the centre of the deck (between the belt and deck) about 38 cm (15") from the motor cover. Stand on the treadmill and gently step on the location of the tube of lubricant under the belt to ensure that tube is emptied.



DO NOT START THE UNIT AT THIS POINT.

4. Remove the emptied tube of lubricant from under the belt and retighten the belt by turning the rear screws clockwise the same amount of turns that you loosened them. Stand on the foot rails and start the treadmill. As the belt turns slowly take one foot and place light pressure on the front of the belt and drag your foot back to the rear of the treadmill so to help spread the lubricant. Repeat this several times until you are comfortable that the lubricant is evenly distributed. Next, increase the treadmill speed to 3.2 km / h or 2 miles per hour and check the belt alignment. In case of problems, see Table 3 of the troubleshooting guide below.

6.4. TREADMILL PARTS



- 1) Power Cord
- 2) Receptacle
- 3) ON/OFF switch
- 4) Breaker

6.5. QUICK TROUBLESHOOTING CHECKLIST

Always turn the power switch off and unplug unit before touching any of the internal components/wires, etc.

Table 3 - Troubleshooting Checklist	
PROBLEMS	POSSIBLE CAUSE / SOLUTION
<ul style="list-style-type: none"> • Computer will not light up when power is turned ON. 	<ul style="list-style-type: none"> • Unit is not plugged in / Plug unit in. • No power from the wall socket / Plug a lamp into the wall socket and confirm there is power • Circuit breaker in house / Reset the breaker. • Faulty Power cord / Check if the power cord is damaged; replace if necessary. • Faulty Switch / Check if Switch lights up when turned on • The wires are not connected / Turn power off and unplug treadmill, remove the cover and connect wires properly. • Damaged lower control board / Contact your Bodyguard Dealer.
<ul style="list-style-type: none"> • Console lights up but belt does not turn when program is started 	<ul style="list-style-type: none"> • Magnetic key is not in place / Insert the magnetic key. • Damaged lower control board / Contact your Bodyguard Dealer.
<ul style="list-style-type: none"> • Incline does not respond properly. 	<ul style="list-style-type: none"> • Incline motor wires are not connected to the lower control board / Connect the wires • It is not calibrated / Perform Incline Calibration (see section 6.8)
<ul style="list-style-type: none"> • Motor does not respond properly. 	<ul style="list-style-type: none"> • The motor wires are not connected on the lower control board / Contact your Bodyguard Dealer.
<ul style="list-style-type: none"> • Motor turns backwards. 	<ul style="list-style-type: none"> • The motor wires are reversed on the lower control board / Contact your Bodyguard Dealer.
<ul style="list-style-type: none"> • Computer key(s) not responding to touch, or sticking. 	<ul style="list-style-type: none"> • Keypad may be damaged by liquid penetrating through the seal / Contact your Bodyguard Dealer. • Excessive amount of cleaning solution used / When cleaning console and unit, use mild cleanser on damp cloth only.
<ul style="list-style-type: none"> • Squeaking noise from the motor. 	<ul style="list-style-type: none"> • Poly V-belt slipping / Contact your Bodyguard Dealer. • Motor brush noise excessive / Contact your Bodyguard Dealer.
<ul style="list-style-type: none"> • Belt tracks left and/or right. 	<ul style="list-style-type: none"> • Uneven floor / Move the treadmill to an even floor. • Rear roller not adjusted for sloped floor / The rear roller needs to be adjusted. Belt Alignment Incorrect / Perform Belt Alignment Test (see section 5.7)
<ul style="list-style-type: none"> • Belt speed is not constant (belt sticks). 	<ul style="list-style-type: none"> • Belt may need to be cleaned and/or require lubricant / Perform a Current Test (see section 5.9). If the value during the current test is higher than 10amps, apply Belt Lubricant (see section 6.3) • The tension on the running belt may be too loose. Remove the motor cover and see if the motor flywheel physically slows down at the same time as the running belt slows down / Tighten running belt by turning both the left and right rear roller screws ¼ turn clockwise. Test. If belt still sticks, you may repeat this process up to 2 full rotations but be sure to test after each ¼ turn. Stop tightening the belt if it stops sticking or you can overstretch the belt. • Motor or Lower control board may be damaged and unable to provide enough power to turn the belt. / Remove the motor cover and see if the motor flywheel physically slows down at the same time as the belt slows down. If so, contact your Bodyguard dealer. • The drive belt (under the motor cover) that runs between the motor

	<p>pulley and the front roller puller may be loose / Remove the motor cover and see if the drive belt physically stops at the same time as the running belt stops. If so, tighten drive belt by tightening motor plate screws which will pull the motor pulley away from the front roller pulley causing the drive belt to tighten. Contact your Bodyguard Dealer for assistance.</p>
<ul style="list-style-type: none"> • Unable to exit at the end of a program. 	<ul style="list-style-type: none"> • Incline is not calibrated / Perform Incline Calibration
<ul style="list-style-type: none"> • An Error code is displayed on screen. 	<ul style="list-style-type: none"> • See Table 4 below

6.6. ERROR CODES

Table 4 – Error Codes	
PROBLEM	POSSIBLE CAUSE / SOLUTION
<ul style="list-style-type: none"> • Error 51 	<ul style="list-style-type: none"> • There is a communication problem between the display console and the motor drive board • Possible causes: Bad connection of the cable between the display console and the motor drive board or potential problem with the motor drive board or the computer.
<ul style="list-style-type: none"> • Error 52 	<ul style="list-style-type: none"> • Problem on the motor drive board. • Possible cause: Defective motor drive board / Contact your Bodyguard Dealer. • Possible cause: The main motor wires are not well connected to the motor drive board / Check wires connections to the motor drive board in this case.
<ul style="list-style-type: none"> • Error 53 	<ul style="list-style-type: none"> • “No speed signal” error. No speed reading from speed sensor for 5 seconds continuously or speed sensor reading is far below set speed. • Possible cause: Belt somehow stuck, or sensor defective or not connected.
<ul style="list-style-type: none"> • Error 54 	<ul style="list-style-type: none"> • Main relay problem on motor drive • Possible cause: Defective motor drive board / Contact your Bodyguard Dealer.
<ul style="list-style-type: none"> • Error 55 	<ul style="list-style-type: none"> • Hardware maximum current limit exceeded on motor drive board (maximum is 31 amp peak DC instantaneously) • Possible cause: Drive board defective, defective motor drive board or too much friction between the deck and running belt.
<ul style="list-style-type: none"> • Error 56 	<ul style="list-style-type: none"> • Speed error. Speed reading of 50% lower or 150% higher than set speed. So if set at 5 mph, this error will be displayed if speed reading is less than 2.5 mph or more than 7.5 mph • Possible cause: Defective drive board, speed sensor problem or speed sensor cable problem.
<ul style="list-style-type: none"> • « ! » on-screen symbol (T240S-T280S-T520S: Error D6-1) 	<ul style="list-style-type: none"> • First threshold of maintenance has been reached or exceeded. • Possible cause: The friction between the deck surface and the running belt is too high / You need to service the deck either by applying lubricant or by flipping the deck if the surface is worn out. The treadmill will allow you to restart even if the maintenance has not been done and the maintenance counter has not been reset but it is a good practice to service the treadmill when the first threshold is reached and not wait for the second threshold of maintenance to appear on screen.
<ul style="list-style-type: none"> • « X » on-screen symbol (T240S-T280S-T520S: Error D6-2) 	<ul style="list-style-type: none"> • Second and last threshold of maintenance has been reached or exceed / You need to service the deck by applying lubricant or by flipping the deck if the surface is worn out. The treadmill will not restart until the maintenance has been done and the maintenance counter has been reset.

6.7. USB PORT

The USB Port is located on the right hand side of the console. It may be used for various usages such as recharging compatible electronic devices and updating the console software.

To update the console software:

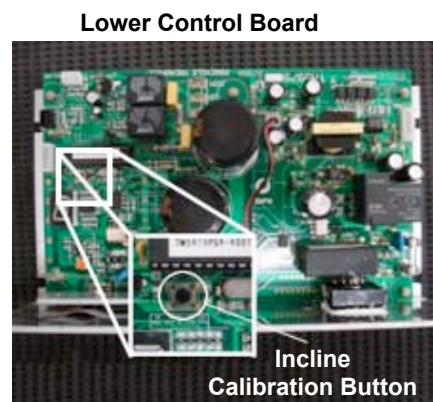
1. Go to the Bodyguard website at www.bodyguardfitness.com and download the latest software for your model to a USB key. Important: Do not save the file into a subfolder.
2. When at the Welcome screen, insert the USB key into the USB port.
3. On screen, it will show “UPDATING”. This means that the console is presently uploading the new revision of software. Do not remove the USB key until it is finished.
4. When it says “REMOVE USB KEY”, you can remove the key. Your software is now updated to the latest revision.
5. The console will reboot and then return to the main menu.. This will last about 30 seconds.
6. To validate that the update has been done correctly, press and hold the iTek key for 3 seconds until you see the word “DIAGNOSTICS” on screen. Wait for 3 seconds and the Software Version number will appear on screen. Verify if the number on screen matches with the filename that you downloaded.

Note: If your console does not display the correct software version verify that the file is correctly saved on the USB key and that it is not in a subfolder. Turn the treadmill OFF and ON again and follow the instructions starting at step 2.

6.8. INCLINE CALIBRATION

Incline calibration should only be performed if the motor drive (lower control board) or the incline motor has been changed or repaired or if you feel that the incline is not working properly. The incline calibration procedure is automatic and requires no tools other than a Philips screwdriver to remove the motor cover.

1. Turn the power OFF with the ON/OFF switch in front of the treadmill and remove the power cord for the wall outlet.
2. Remove the motor cover (4 screws).
3. Reconnect the treadmill into the wall outlet and turn the power ON.
4. Look at the lower control board and find the Incline Calibration button. The button is located directly below the EPROM and above the LED Display on the left side of the board. (See picture to right.)
5. Press and hold the button down for 3 seconds. The platform will start elevating. As soon as the platform begins elevating, release the button and the calibration will perform on its own (it will last about 1 minute).
6. When the calibration is completed, turn the power OFF with the ON/OFF switch and disconnect the treadmill from the wall outlet.
7. Put the motor cover back on the treadmill and secure with the 4 screws. Reconnect the treadmill cord, turn the power switch ON with the ON/OFF switch in front of the treadmill and your machine is ready to go.



WARNING – Do not stand on the belt during this procedure. The treadmill will reach a 15% incline. If for any reason you must stop the test, turn the power OFF with the ON/OFF switch. If the incline calibration is interrupted, do not use the treadmill. It is important to fully complete the incline calibration procedure again before using the treadmill.

6.9. SAFETY REQUIREMENTS

North America

The treadmills has been tested and approved to meet all ETL requirements for electrical and mechanical safety. In addition, the treadmills are compliant with UL 1647 and CAN/CSA STD 60335-1.

International

The equipment listed in this manual has been tested to meet the Low Voltage Directive 2006/95/EC concerning electrical and mechanical safety.

6.10. INTERFERENCE LIMITS REQUIREMENTS

North America

This equipment has been tested and found to comply with the limits of Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

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 interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by:

- Reorienting or relocating the receiving antenna.
- Increasing the distance between the equipment and receiver.
- Plugging the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consulting the dealer or an experienced radio/TV technician for help.

Canada

This equipment has been tested and found to comply with the limits for a Class B device, pursuant the standard ICES-003.

International

This equipment has been tested to comply with the Electromagnetic Interference Compatibility directive 2004/108/EC required by the International Electrical Committee.

6.11. IPAD COMPATIBILITY

The T260P-T260F-T280P-T460XC-T520P-T560X are compatible with Bodyguard's *Imagine* iPad app. For more information about Bodyguard's *Imagine* iPad app please visit www.bodyguardfitness.com.

Since 1969, our goal has been to build quality fitness machines that serve to meet human expectations. We strive to design and build the highest quality fitness equipment.

Our mission remains unchanged. Bodyguard has received many industry accolades and is regarded as one of the top brands of fitness machinery in the world.

Bodyguard continues to design, build and market the highest quality fitness machines and back it all up with award winning service to exceed our customer's expectations.

Bodyguard, cardiovascular exercise machine manufacturer since 1969.



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