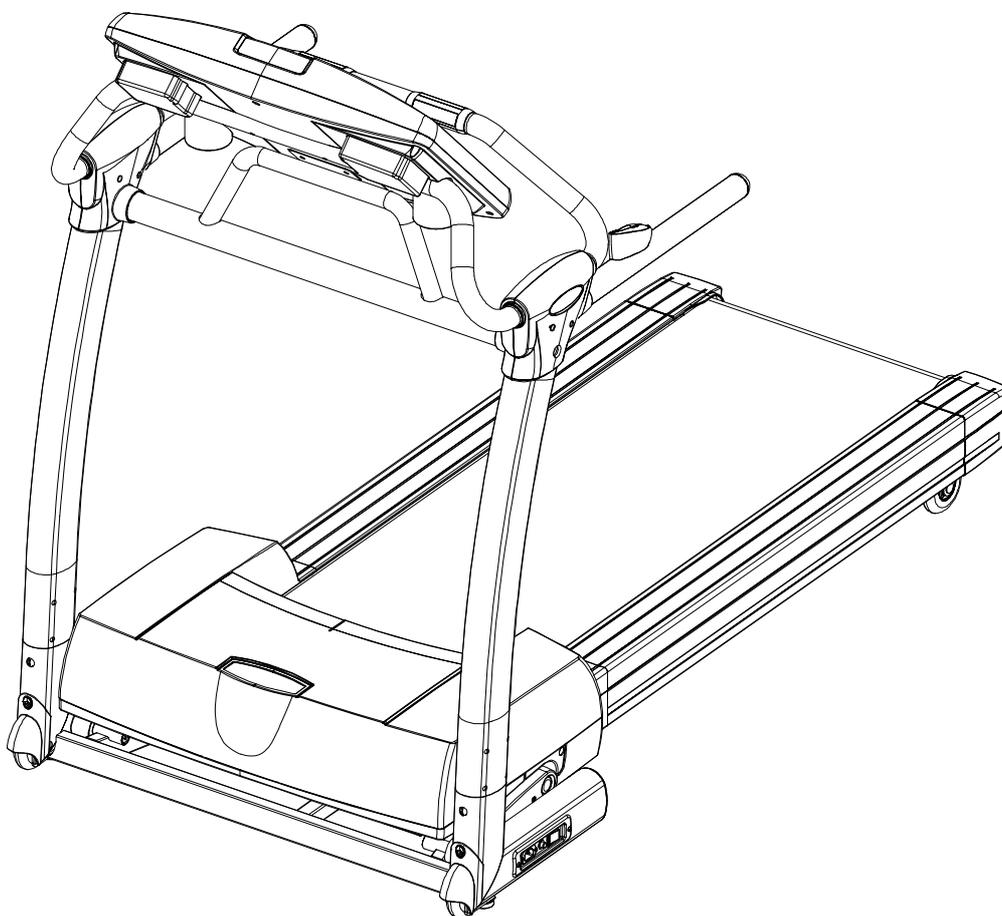


USER'S MANUAL

# 6.25E MOTORIZED TREADMILL

MODEL NUMBER: 6.25E



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

SERVICE NUMBER: 0800-09 72 100

SERIAL NUMBER (found on frame):



## PRECAUTIONS

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

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

## POWER REQUIREMENTS

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

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

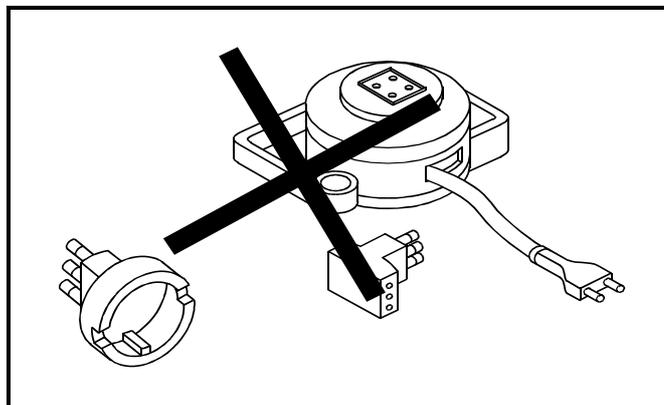
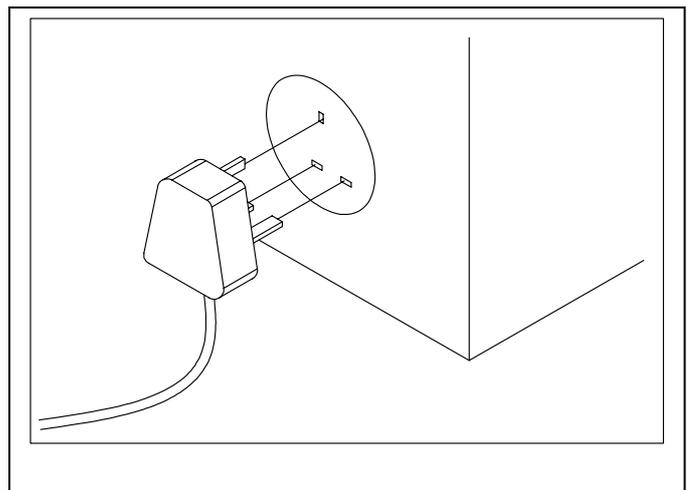
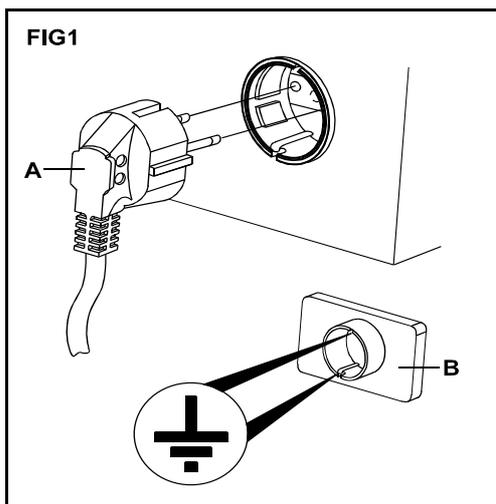
This treadmill is provided with two different grounding plugs for Central Europe and United Kingdom. Please choose the right one and plug in your treadmill.

Please make sure that your local voltage is appropriate for the power requirements of this treadmill before you plug it in. This product is for use with a voltage of  $230V \pm 5\%$ .

Do not use a voltage transformer with this product.

Do not use an extension cord with this product when you are not sure if the product is still properly grounded.

The following pictures show the two delivered plugs:



## PREASSEMBLY

### **Open the boxes:**

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Hardware Comparison Chart for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts or have any assembly questions call the manufacturer.

### **Gather your tools:**

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

### **Clear your work area:**

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

### **Invite a friend:**

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

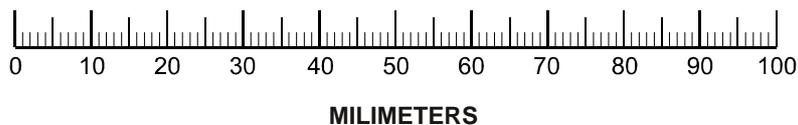
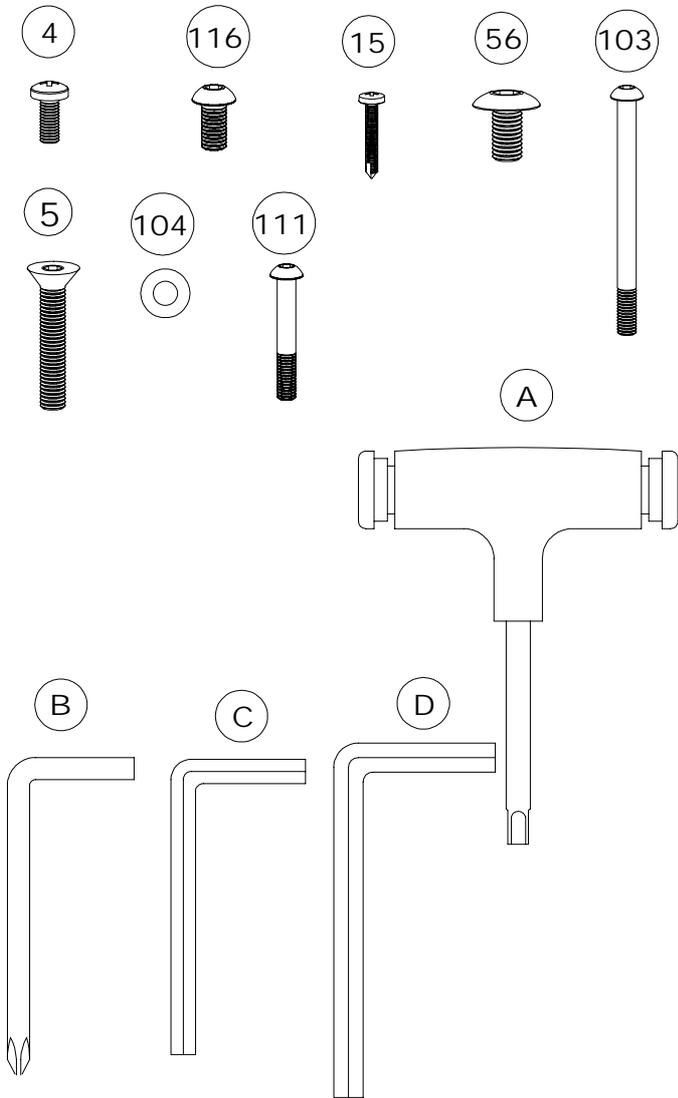
### **User Weight Limitation:**

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

HARDWARE COMPARISON CHART**Hardware chart:**

For your convenience, we have identified the hardware used in the assembly of this product. This chart is provided to help you identify those items that may be unfamiliar to you.

NO.	DESCRIPTION	QTY.
4	M6 x 20mm Console Fixing Screw	2
5	M8 x 55mm Allen Bolt	4
15	4 x 19mm Screw	8
56	M8 x 16mm Bolt (Silver)	4
103	M8 x 110mm Bolt	2
104	Curve Washer	2
111	M6 x 50 Allen Bolt	2
116	Front Handlebar Fixing Bolt	2
A	Allen Wrench	1
B	Phillips Head Wrench	1
C	5mm Allen Key	1
D	8mm Allen Key	1



## SMOOTH 6.25E MOTORIZED TREADMILL

PARTS LIST

NO.	DESCRIPTION	QTY.	ORDER NO.	NO.	DESCRIPTION	QTY.	ORDER NO.
1	COMPUTER INSERT	1	6.25 E-01	29	POWER PLATE	1	6.25 E-29
2	EKG PULSE SENSOR	2	6.25 E-02	30	M5 X 12MM SCREW	1	6.25 E-30
3	FRONT HANDLE BAR FOAM GRIP	2	6.25 E-03	31	WASHER	1	6.25 E-31
4	M6 X 20MM CONSOLE FIXING SCREW	2	6.25 E-04	32	FOOT LOCKER	1	6.25 E-32
5	M8 X 55MM ALLEN BOLT	4	6.25 E-05	33	FOOT LOCKER SPRING	1	6.25 E-33
6	FRONT HANDLEBAR	1	6.25 E-06	34	BASE FRAME END CAP	2	6.25 E-34
7	COMPUTER WIRE - UPPER SECTION	1	6.25 E-07	35	LEVEL ADJUSTER	2	6.25 E-35
8	SAFETY KEY	1	6.25 E-08	36	BASE FRAME	1	6.25 E-36
9	HANDLE BAR	2	6.25 E-09	37	FOLD UP SUPPORT BUSHING	2	6.25 E-37
10	HANDLE BAR FOAM GRIP	2	6.25 E-10	38	PLASTIC INSERT	1	6.25 E-38
11	HANDLE BAR END CAP	2	6.25 E-11	39	3/8" X 30 ALLEN BOLT	1	6.25 E-39
12	CONSOLE SUPPORT TUBE	1	6.25 E-12	40	BUSHING	1	6.25 E-40
13	LEFT UPRIGHT	1	6.25 E-13	41	FOLD UP SUPPORT WHEEL	1	6.25 E-41
14	RIGHT UPRIGHT	1	6.25 E-14	42	FOLD UP SUPPORT	1	6.25 E-42
15	M4 X 19 SCREW	34	6.25 E-15	43	SHOCK	1	6.25 E-43
16	CROSS BRACE	1	6.25 E-16	44	C CLIP	2	6.25 E-44
17	HANDLE BAR COVER - LEFT #1	1	6.25 E-17	45	RUBBER CUSHION	2	6.25 E-45
18	HANDLE BAR COVER - LEFT #2	1	6.25 E-18	46	RUNNING BELT	1	6.25 E-46
19	HANDLE BAR COVER - RIGHT #1	1	6.25 E-19	47	M8 X 25MM DECK SCREW	8	6.25 E-47
20	HANDLE BAR COVER - RIGHT #2	1	6.25 E-20	48	RUNNING DECK	1	6.25 E-48
21	PLASTIC COVER FIXING INSERT	12	6.25 E-21	49	MOTOR HOOD PAD	1	6.25 E-49
22	TRANSPORT WHEEL COVER	2	6.25 E-22	50	MOTOR HOOD	1	6.25 E-50
23	M10 X 35 MM TRANSPORT WHEEL BOLT	2	6.25 E-23	51	MOTOR BOTTOM COVER	1	6.25 E-51
24	7 PINS CONTROL WIRE - LOWER SECTION	1	6.25 E-24	52	SAFETY KEY WIRE - LOWER SECTION	1	6.25 E-52
25	TRANSPORTATION WHEEL	4	6.25 E-25	53	FLAT WASHER	2	6.25 E-53
26	M10 NYLON NUT	4	6.25 E-26	54	RUBBER CUSHION	1	6.25 E-54
27	M14 X 90MM BOLT	2	6.25 E-27	55	M8 X 85MM BOLT	1	6.25 E-55
28	M5 X 12MM POWER PLATE SCREW	2	6.25 E-28	56	M8 X 25MM ALLEN BOLT (SILVER)	8	6.25 E-56

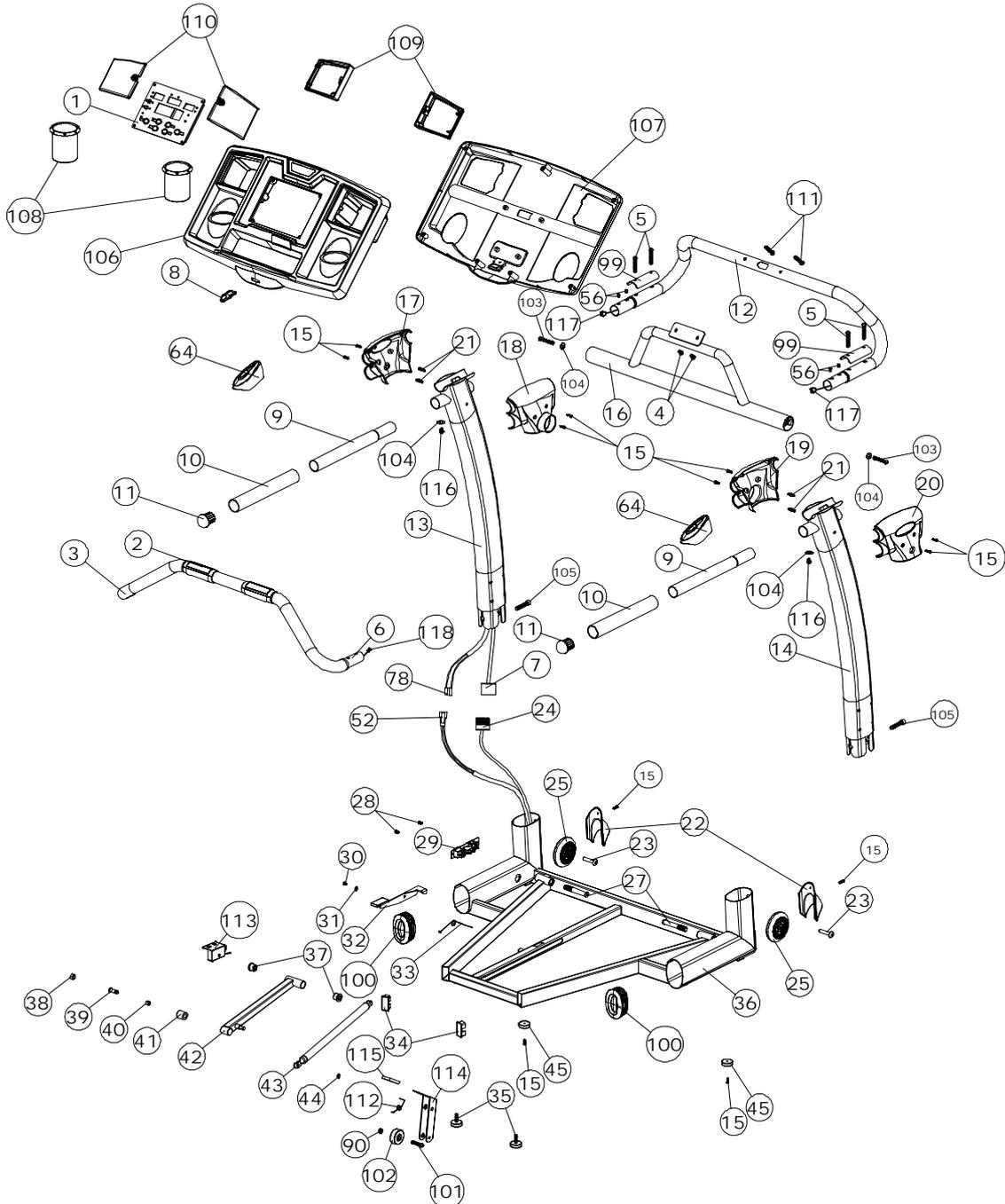
## SMOOTH 6.25E MOTORIZED TREADMILL

PARTS LIST

NO.	DESCRIPTION	QTY.	ORDER NO.	NO.	DESCRIPTION	QTY.	ORDER NO.
57	M10 X 136MM BOLT	1	6.25 E-57	86	REAR ROLLER SHAFT	1	6.25 E-86
58	MOTOR HOLDER	1	6.25 E-58	87	M6 X 70 ALLEN BOLT	3	6.25 E-87
59	DRIVING MOTOR	1	6.25 E-59	88	SIDE RAIL END CAP - LEFT	1	6.25 E-88
60	ELEVATION MOTOR	1	6.25 E-60	89	SIDE RAIL END CAP - RIGHT	1	6.25 E-89
61	ELEVATION GEAR SLEEVE	1	6.25 E-61	90	M8 NYLON NUT	4	6.25 E-90
62	4 X 12 WASHER	10	6.25 E-62	91	M8 X 43MM BOLT	2	6.25 E-91
63	#8 X 25 SCREW	10	6.25 E-63	92	ELEVATION SUPPORT CAP	2	6.25 E-92
64	MOTION CONTROL SENSOR	2	6.25 E-64	93	ELEVATION SUPPORT TUBE COVER - LEFT	1	6.25 E-93
65	SIDE RAIL - LEFT	1	6.25 E-65	94	M10 X 63MM BOLT	1	6.25 E-94
66	RUNNING DECK SUPPORT TUBE	1	6.25 E-66	95	M10 X 90MM BOLT	1	6.25 E-95
67	DECK FRAME SIDE COVER - LEFT	1	6.25 E-67	96	ELEVATION SUPPORT TUBE	1	6.25 E-96
68	MOTOR CONTROL BOARD	1	6.25 E-68	97	ELEVATION SUPPORT TUBE COVER - RIGHT	1	6.25 E-97
69	ELEVATION CONTROL BOARD	1	6.25 E-69	98	PLASTIC CLAMP - BOTTOM	2	6.25 E-98
70	M10 X 35MM BOLT	1	6.25 E-70	99	CONSOLE SUPPORT FIXING PLATE	2	6.25 E-99
71	DECK FRAME	1	6.25 E-71	100	BASE FRAME ROUND ENDCAP	2	6.25 E-100
72	6 X 13 WASHER	3	6.25 E-72	101	M8X40BOLT	1	6.25 E-101
73	FRONT ROLLER	1	6.25 E-73	102	REAR TRANSPORTATION WHEEL	1	6.25 E-102
74	FRONT ROLLER SHAFT	1	6.25 E-74	103	M8 X 80MM ALLEN BOLT	2	6.25 E-103
75	DRIVING BELT	1	6.25 E-75	104	CURVE WASHER	2	6.25 E-104
76	DECK RUBBER CUSHION	2	6.25 E-76	105	BOLT	2	6.25 E-105
77	SIDE RAIL - RIGHT	1	6.25 E-77	106	CONSOLE HOUSING - UPPER	1	6.25 E-106
78	SAFETY KEY WIRE - UPPER SECTION	1	6.25 E-78	107	CONSOLE HOUSING - BOTTOM	1	6.25 E-107
79	PLASTIC BUSHING	2	6.25 E-79	108	WATER BOTTLE HOLDER	2	6.25 E-108
80	10MM SHAFT	1	6.25 E-80	109	GLOVE COMPARTMENT FRAME	2	6.25 E-109
81	DECK FRAME SIDE COVER - RIGHT	1	6.25 E-81	110	GLOVE COMPARTMENT COVER	2	6.25 E-110
82	PLASTIC CLAMP - TOP	2	6.25 E-82	111	M6 x 50mm ALLEN BOLT	2	6.25 E-111
83	ELEVATION SUPPORT	2	6.25 E-83	112	SPRING	1	6.25 E-112
84	DECK FRAME - REAR	1	6.25 E-84	113	FOLD UP SENSOR	1	6.25 E-113
85	REAR ROLLER	1	6.25 E-85	114	TRANSPORTATION WHEEL BRACKET	1	6.25 E-114
				115	TRANSPORTATION WHEEL BRACKET PIVOT	1	6.25 E-115
				116	FRONT HANDLEBAR FIXING BOLT	2	6.25 E-116
				117	EKG PULSE WIRE - UPPER SECTION	2	6.25 E-117
				118	EKG PULSE WIRE - LOWER SECTION	2	6.26-118
				119	M6 x 16mm Allen Bolt	2	6.25 E-119
				120	HARDWARE PACK (not shown on exploded diagram)	1	6.25 E-120

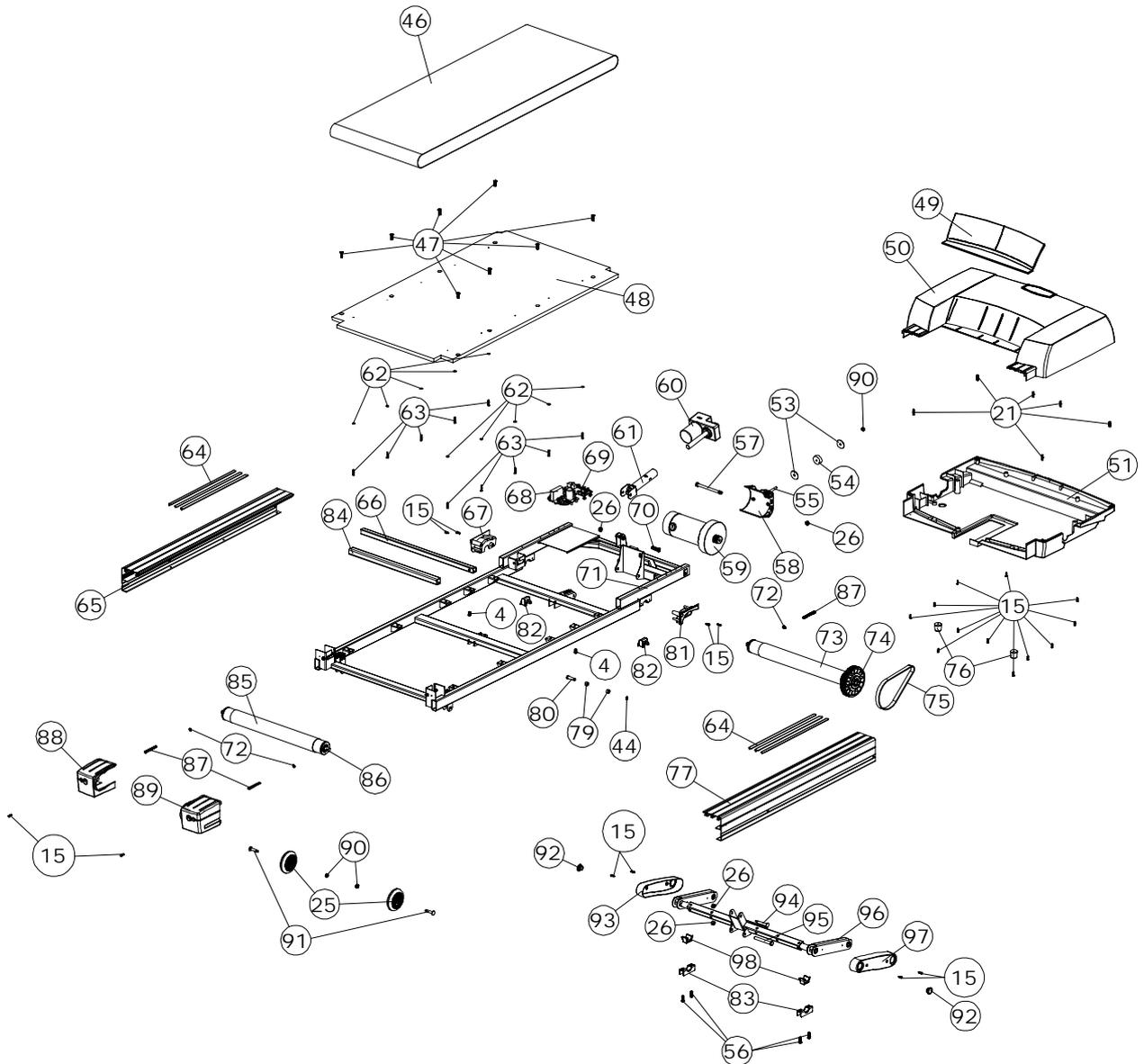
PARTS DIAGRAM

A MAJORITY OF THE PARTS SHOWN HERE HAVE BEEN PREASSEMBLED AT THE FACTORY.



## PARTS DIAGRAM

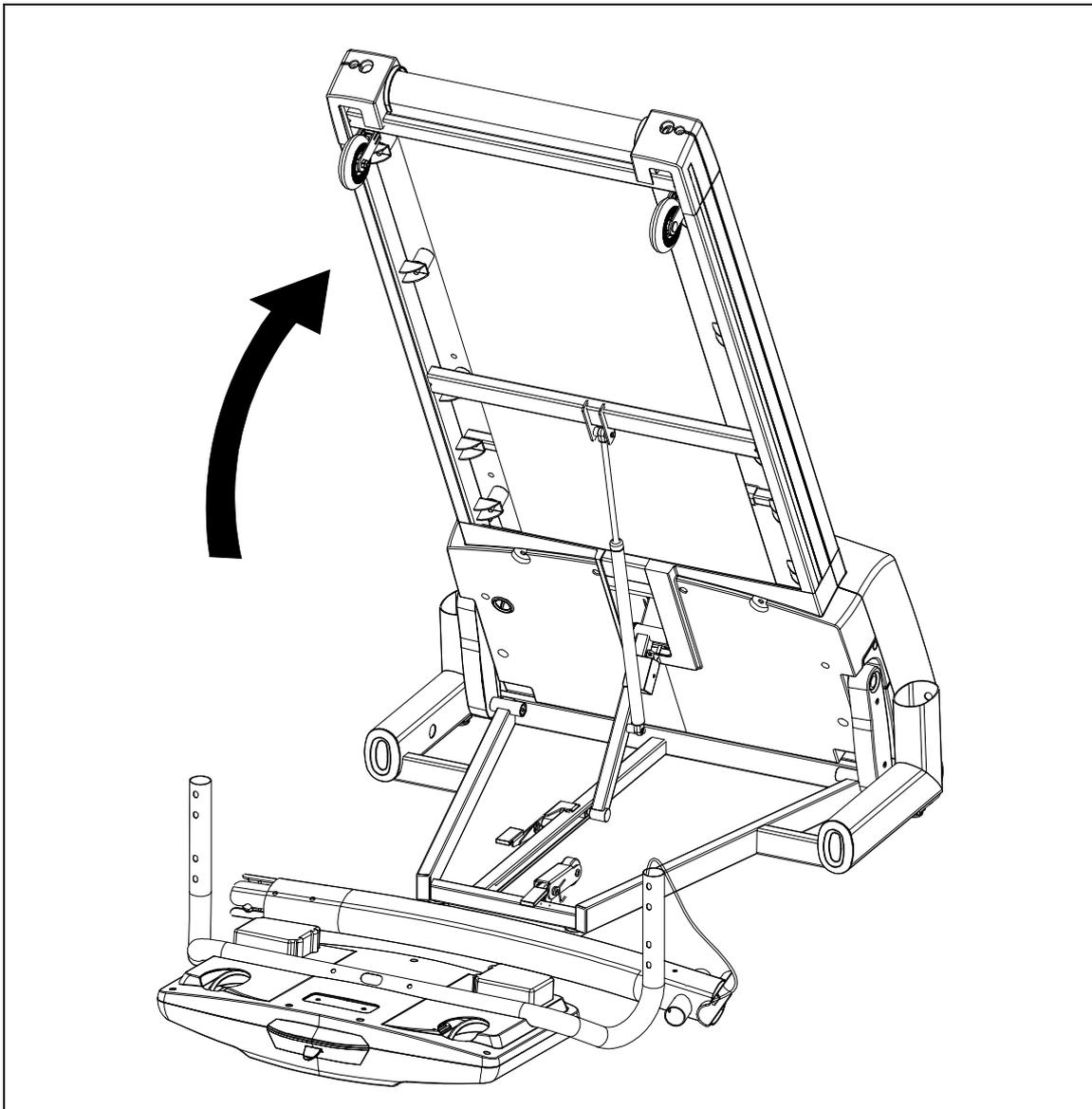
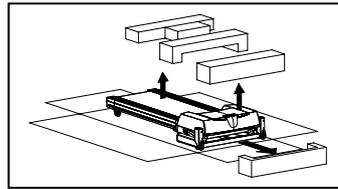
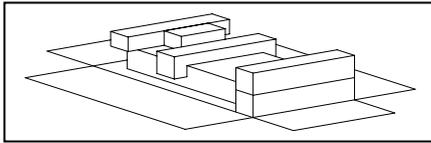
A MAJORITY OF THE PARTS SHOWN HERE HAVE BEEN PREASSEMBLED AT THE FACTORY.



ASSEMBLY**STEP 1:**

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

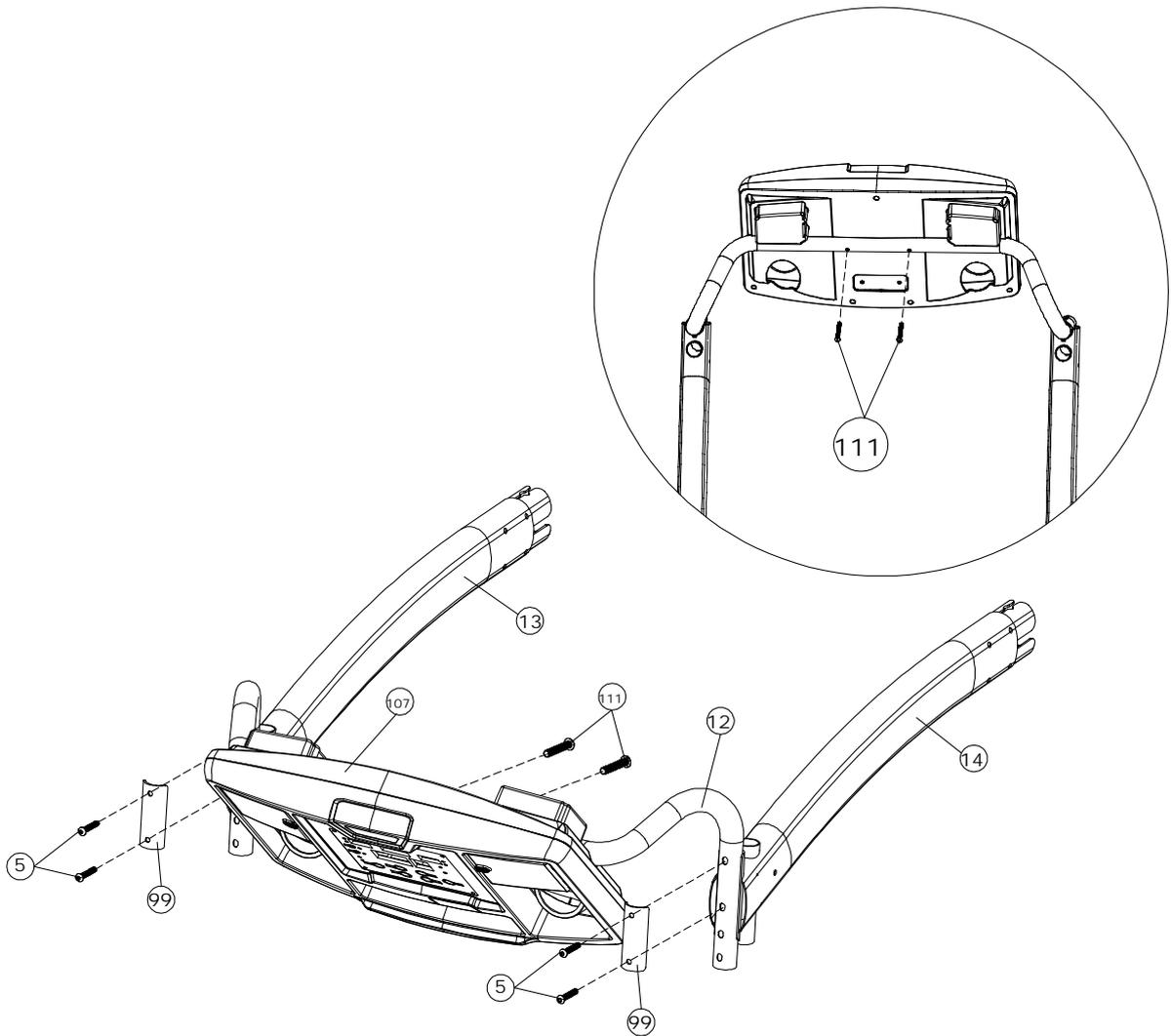
Please refer to the page 21 "Folding Instruction" to fold up the running deck. Remove the parts that underneath the running deck. Refer to the page 22 "Unfolding Instruction" to unfold the running deck.

**FIG. 1**

ASSEMBLY**STEP 2:**

Attach the Left Upright (13) and Right Upright (14) to Console Support Tube (12) with four M8 x 55mm Allen Bolt (5) and two Console Support Fixing Plate (99).

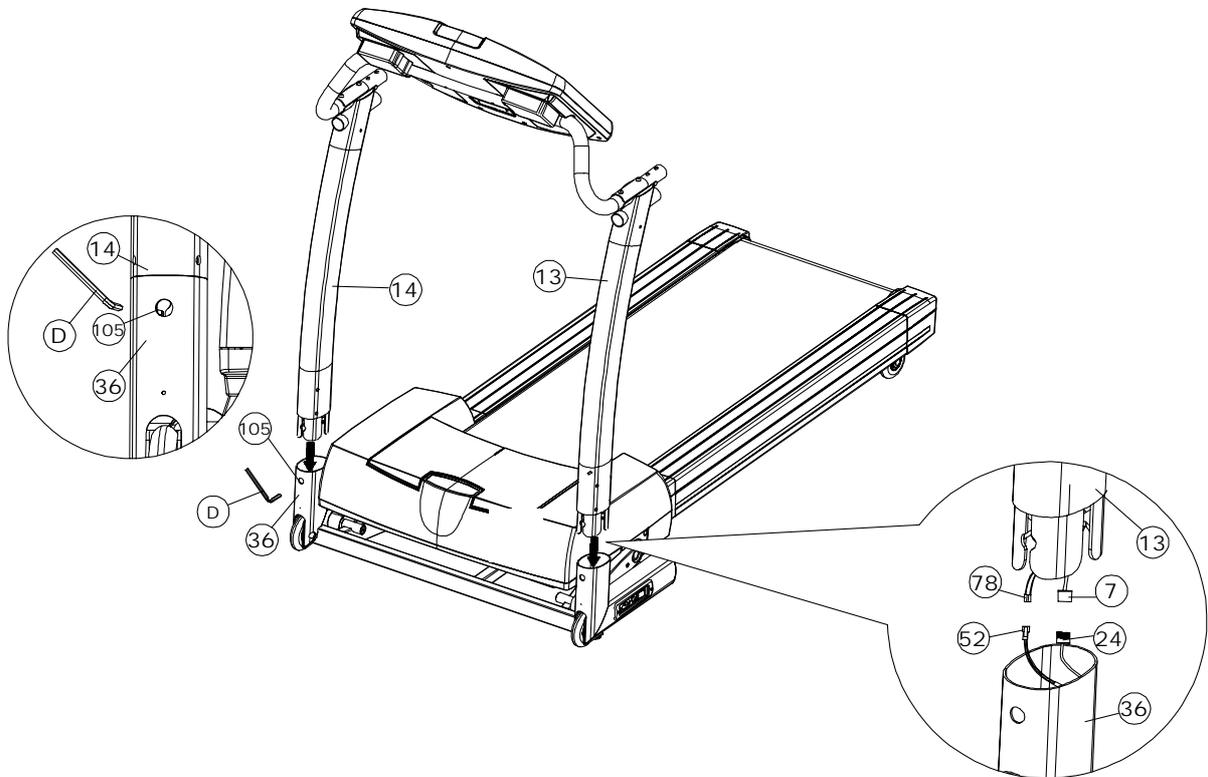
Secure the Console (107) to Console Support Tube (12) with two M6 x 50mm Bolt (111).



ASSEMBLY**STEP 3:**

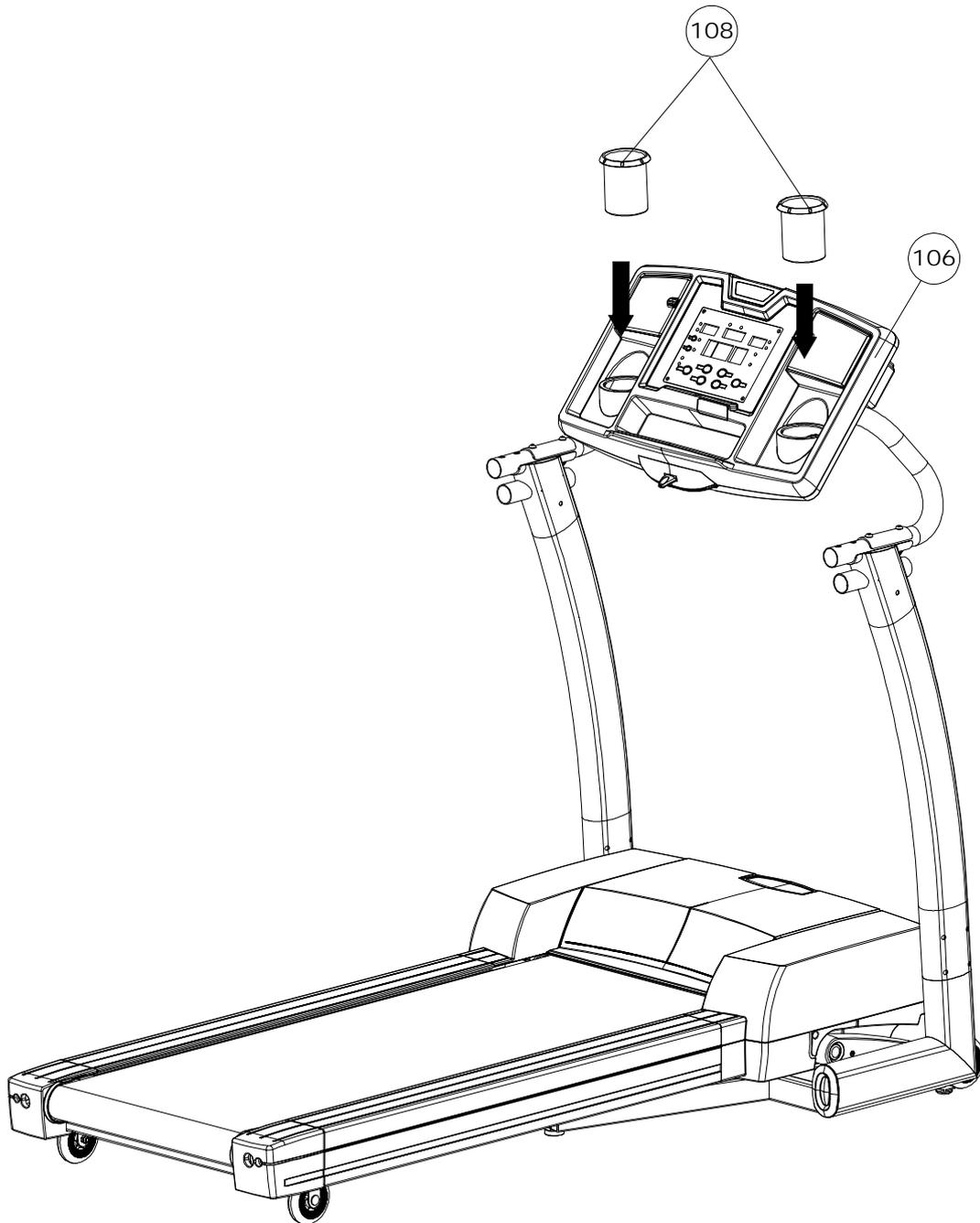
Connect the Upper Section Computer Wire (7) to the Lower Section 7 Pin Control Wire (24) and the Upper Section Safety Key Wire (78) to the Lower Section Safety Key Wire (52). Insert any extra cable length into the Left Upright (13).

Insert the Left and Right Uprights (13 and 14) into the Base Frame (36) and secure by tightening the two Bolts (105) as shown in **FIG 2**. The two Bolts (105) are preassembled to the Base Frame (36) at the factory.



ASSEMBLY**STEP 4:**

Insert the Water Bottle Holder (108) into Console (106).

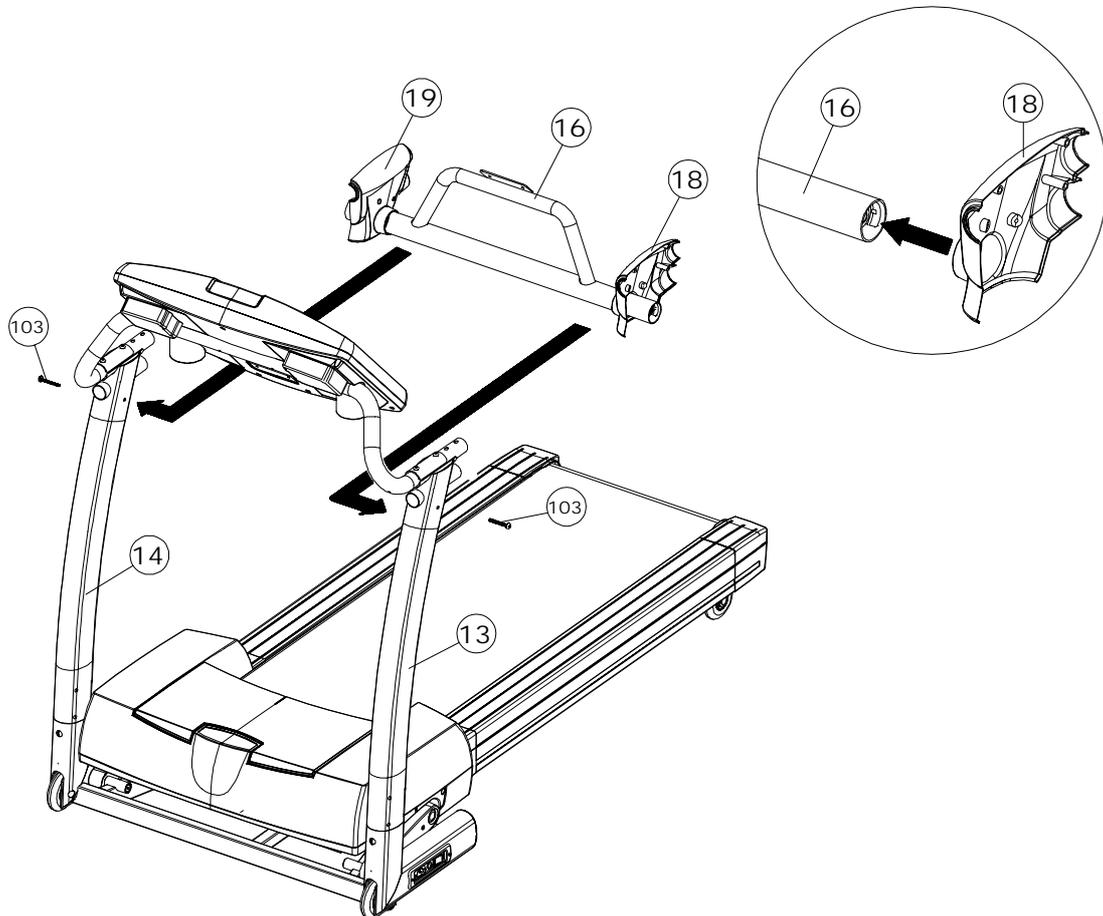


ASSEMBLY**STEP 5:**

Slide the Handlebar Cover – Left #2 (18) and Handlebar Cover – Right #1 (19) onto the Cross Brace (16) as shown.

Attach the Cross Brace (16) to the Left Upright (13) and Right Upright (14) using M8 x 80mm Allen Bolt (103).

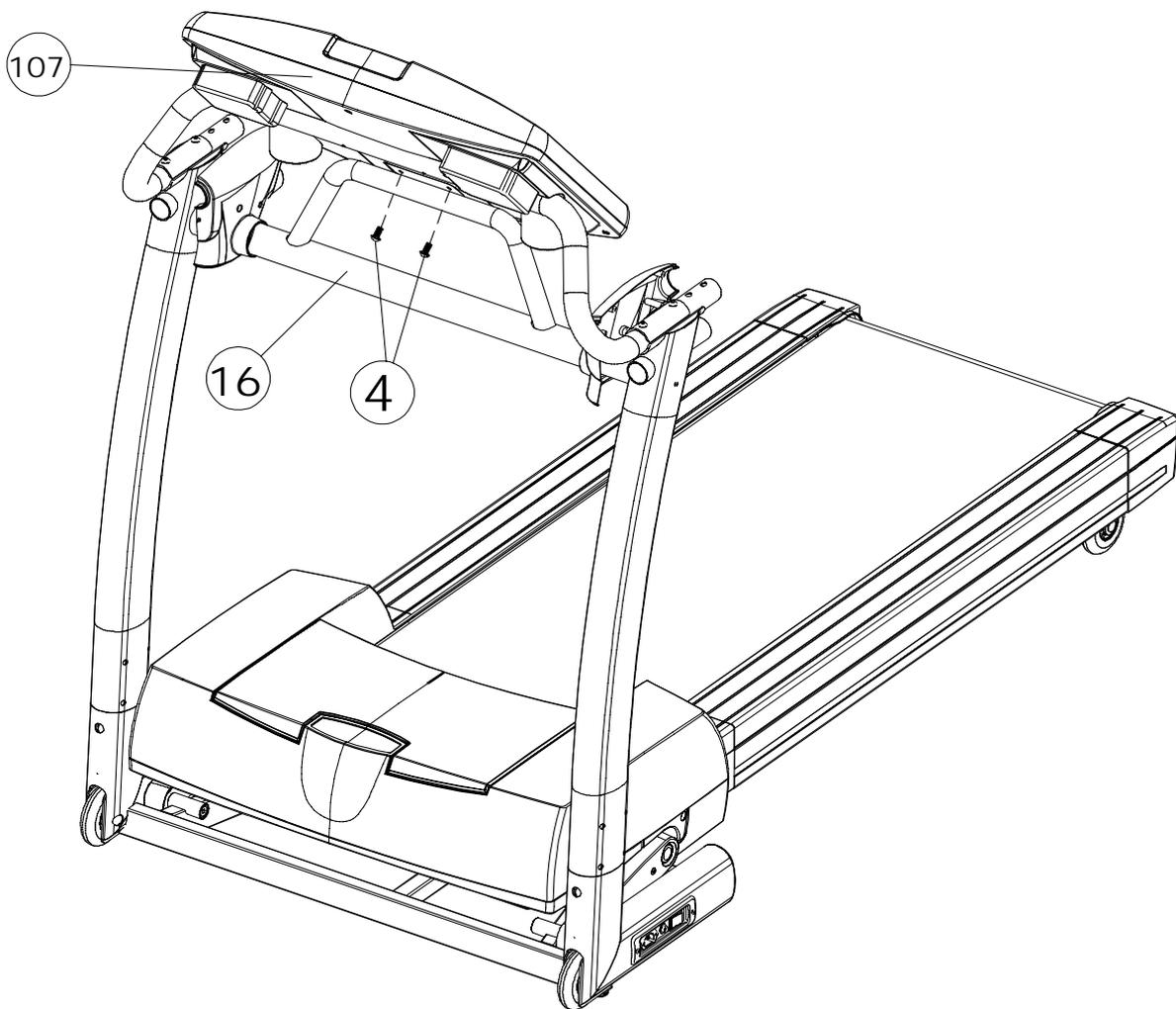
**Do not fully tighten the M8 x 110mm Allen Bolt (103) at this time.**



ASSEMBLY**STEP 6:**

Secure the Console (107) to Cross Brace (16) with two M6 x 20mm Console Fixing Screw (4).

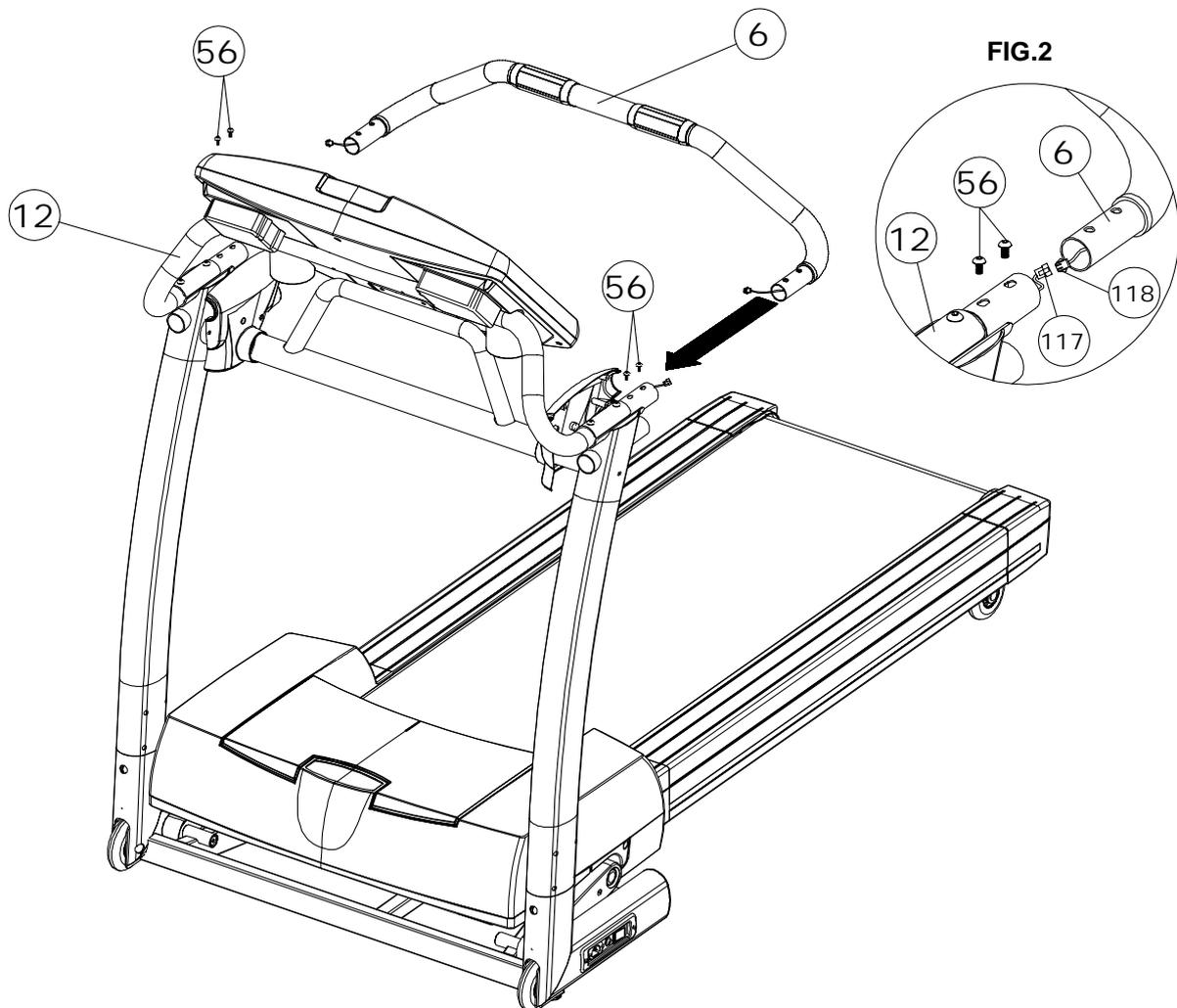
**Fully tighten the two M8 x 110mm Allen Bolts (103) used in step 5.**



ASSEMBLY**STEP 7:**

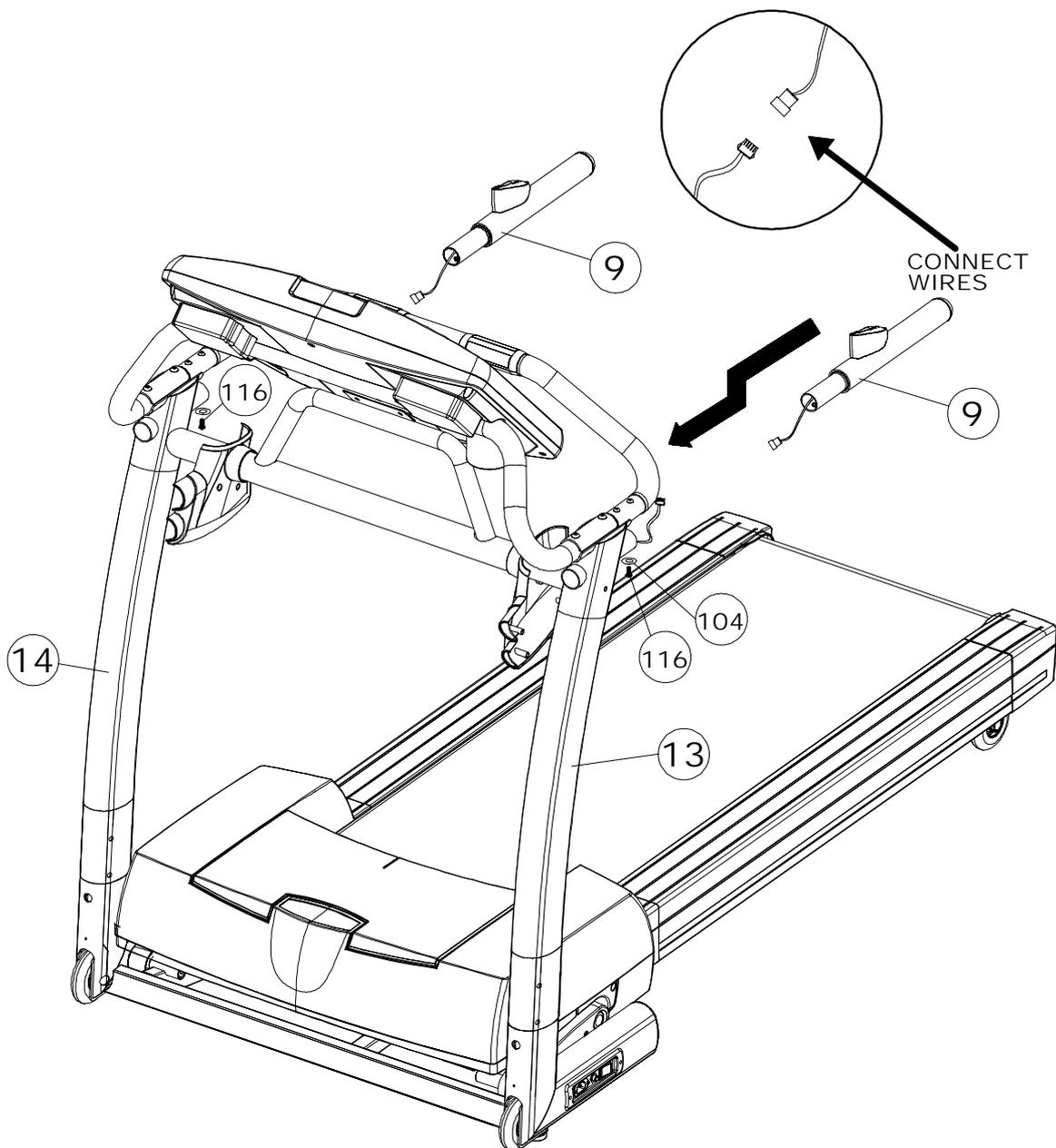
First connect the EKG Pulse Wire- Upper Section (117) to EKG Pulse Wire – Lower Section (118) as shown in **FIG.2**.

Insert the Front Handlebar (6) into the Console Support Tube (12) and secure using four M8 x 16mm Bolt (Silver) (56) as shown.



ASSEMBLY**STEP 8:**

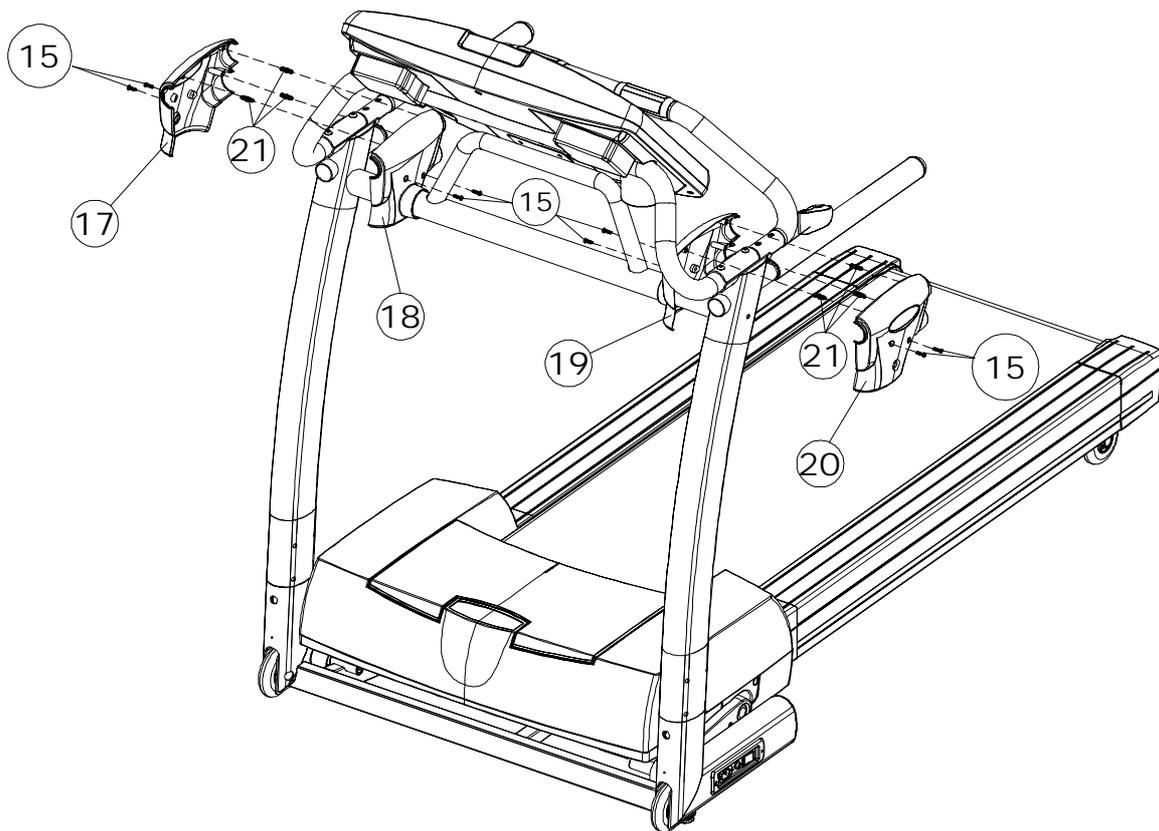
Insert the Handlebars (9) into the Left and Right Uprights (13 and 14) and secure using two Front Handlebar Fixing Bolts (116) and two Curve Washer (104).



ASSEMBLY**STEP 9:**

Attach the Handlebar Cover – Left #1(17) to the Handlebar Cover – Left #2 (18) using three Plastic Cover Fixing Inserts (21) and four M4 x 15mm Screws (15) as shown.

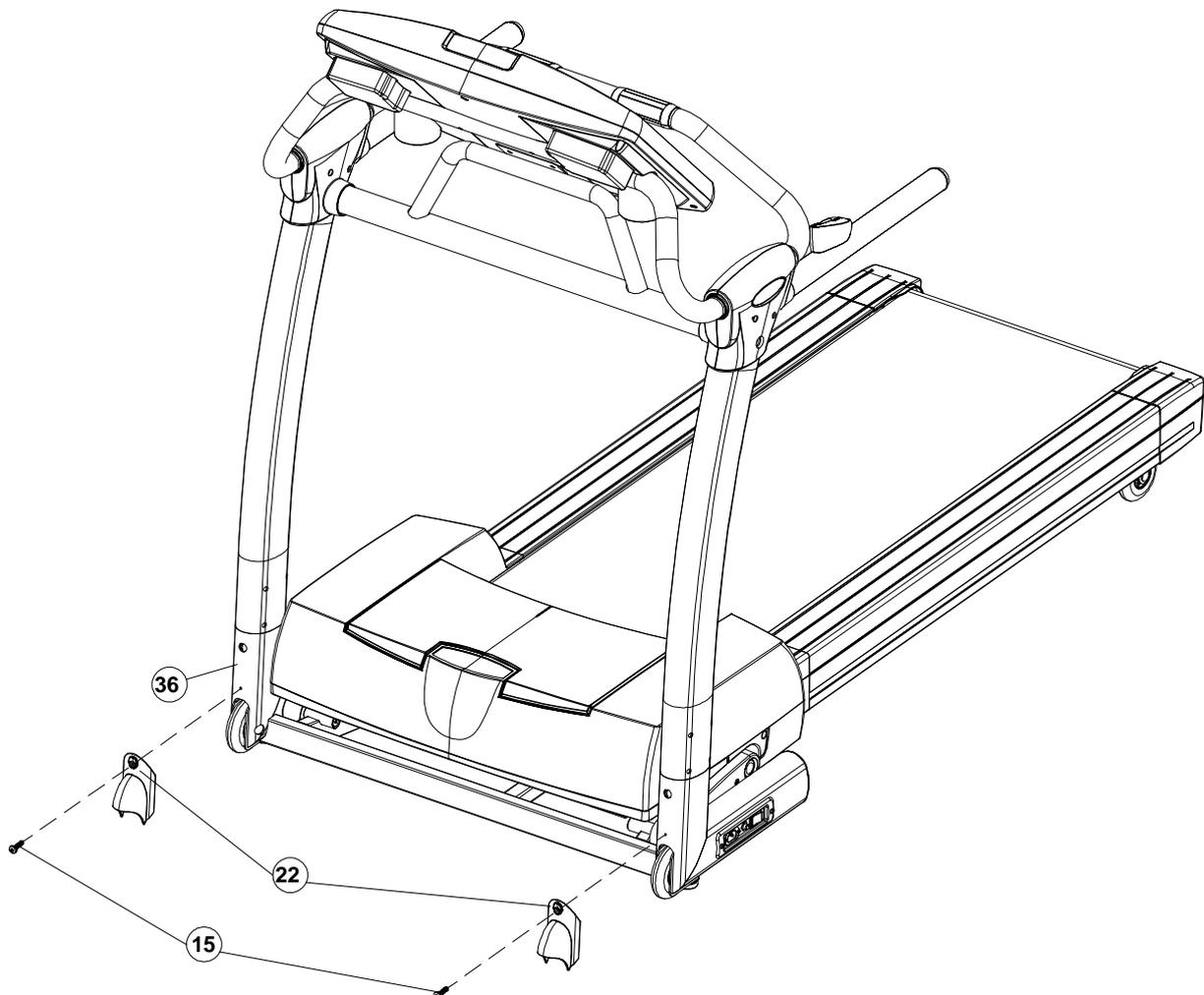
Attach the Handlebar Cover – Right #1 (20) to the Handlebar Cover – Right #2 (19) using three Plastic Cover Fixing Inserts (21) and four M4 x 15mm Screws (15) as shown.



ASSEMBLY**STEP 10:**

Remove the two 4 x 19 Screws (15) from Base Frame (36). Attach the Transport Wheel Cover (22) to Base Frame (36) with two 4 x 19 Screws (15)

Your treadmill is now fully assembled.

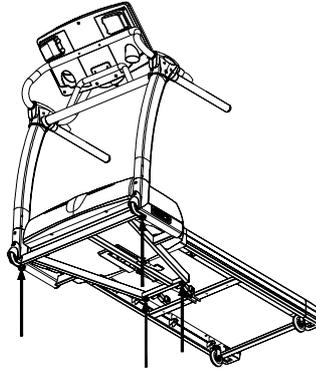


## STABILIZER ADJUSTMENT

### How to level the treadmill:

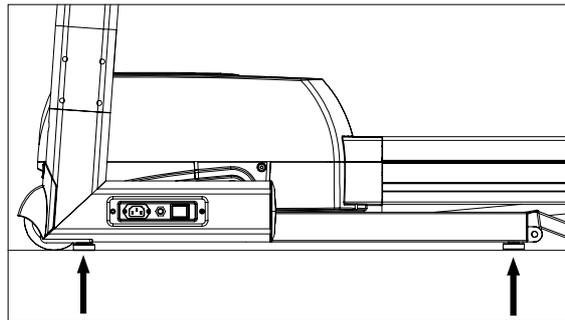
An uneven floor or improper stabilizer level can cause the treadmill to wobble during use as well as the incline adjustment to function incorrectly. Please follow the procedure described below to make sure the treadmill stabilizer is adjusted correctly prior to use. You may need the assistance of another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

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

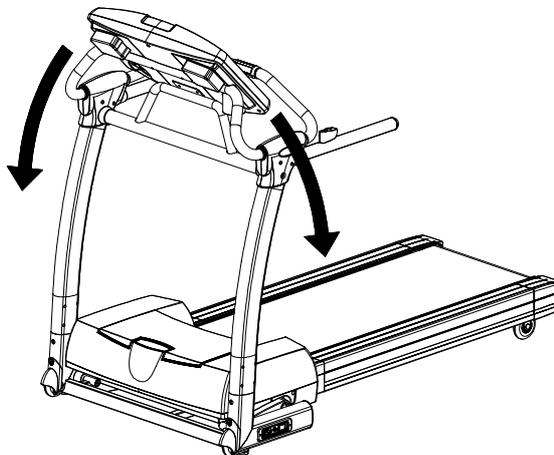


1. Four stabilizers towards the rear and two cushions at the front.

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



2. Check position of stabilizers and cushions.



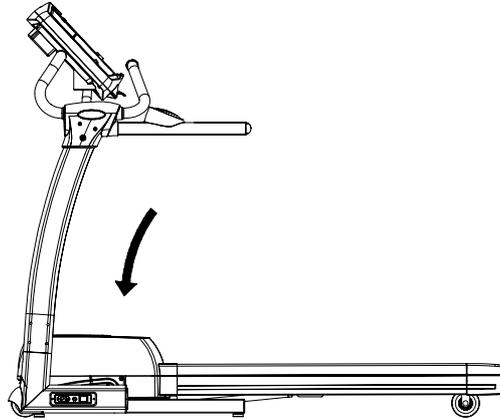
3. Tilt treadmill to access stabilizers.

## FOLDING INSTRUCTIONS

### How to fold up the treadmill:

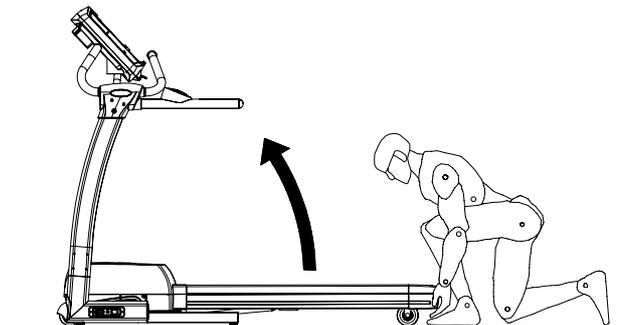
Your treadmill can be folded up for space saving storage. To do this follow the instructions here:

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



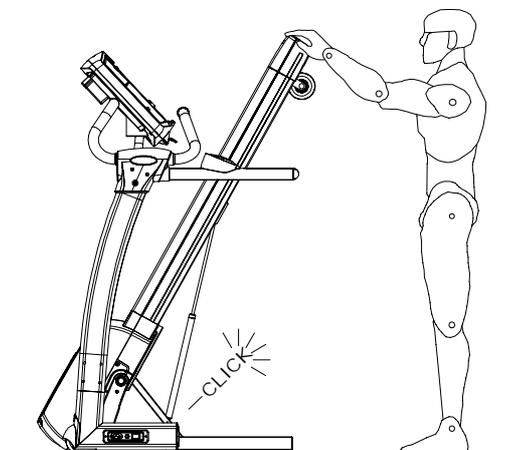
1. Lower deck to lowest incline level.

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



2. Lift the deck up from the rear.

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



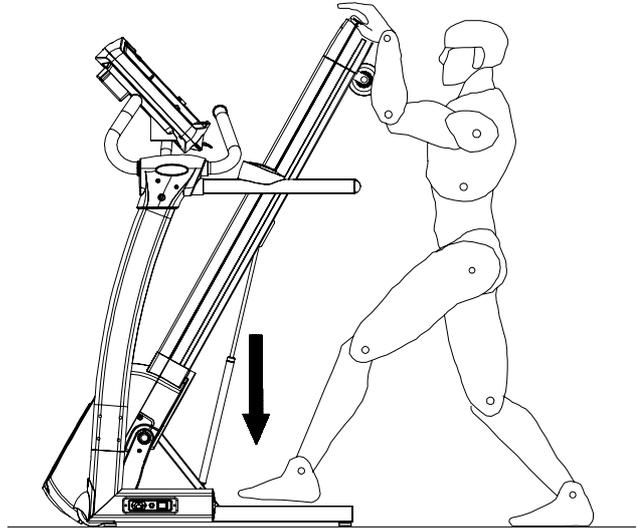
3. You will hear a "click" sound as the lock engages.

## UNFOLDING INSTRUCTIONS

### How to unfold the treadmill:

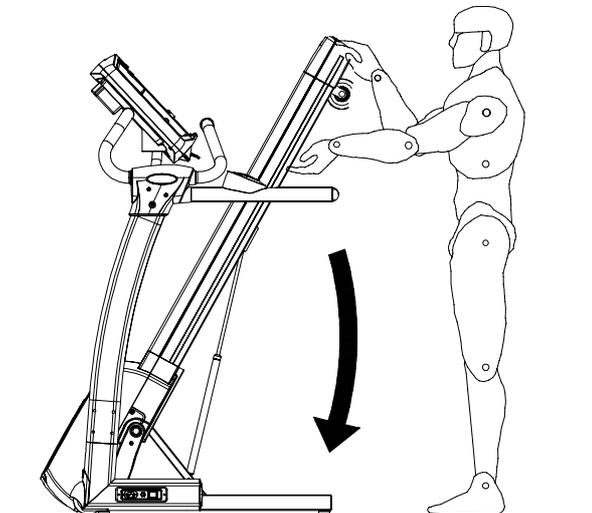
To unfold the treadmill for use follow the instructions here:

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



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

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

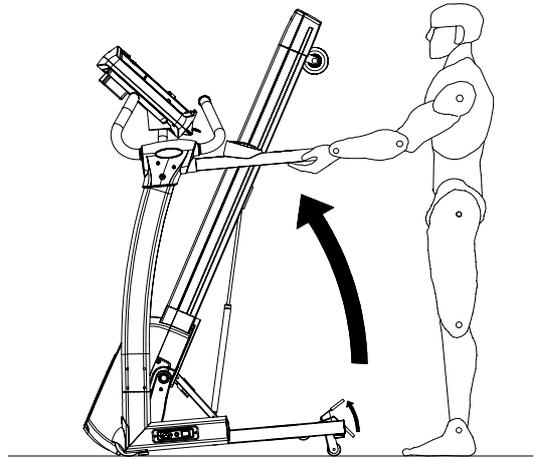


2. Slowly lower the deck certain angle till the deck start to lower by itself.

## TRANSPORT INSTRUCTIONS

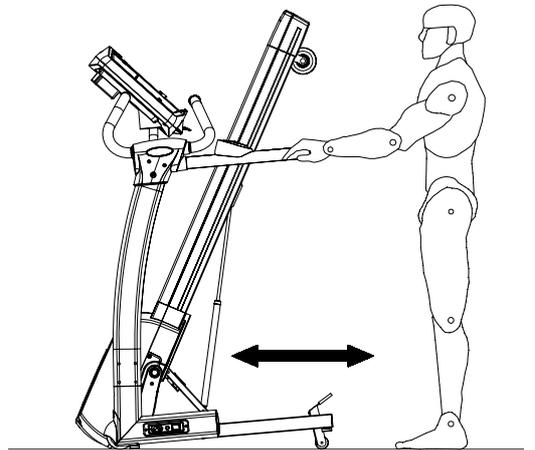
How to transport the treadmill:

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



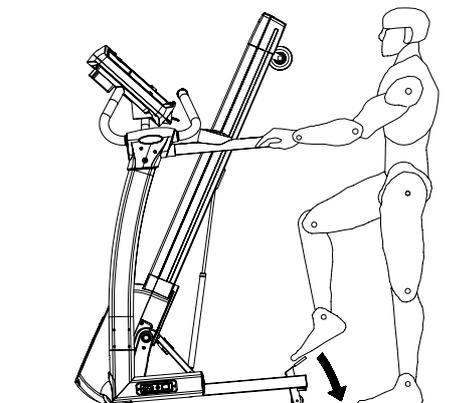
1. Fold up the running deck.

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



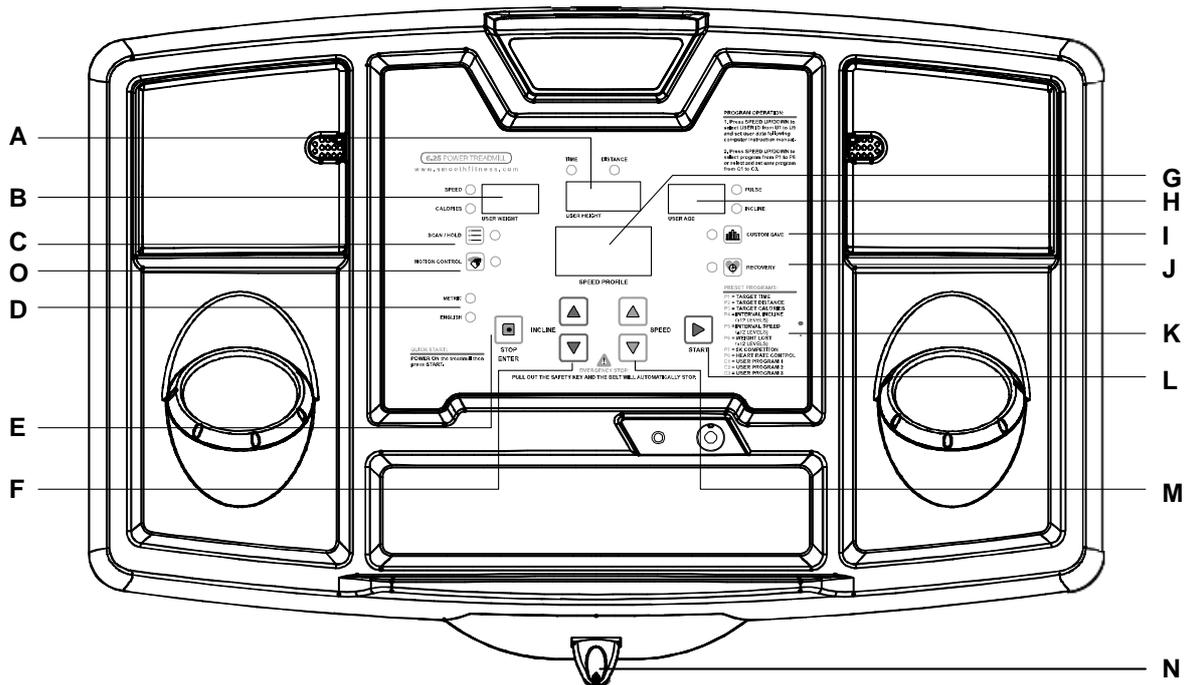
2. Grab the handlebars then push or pull the treadmill.

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



## SMOOTH 6.25E MOTORIZED TREADMILL

## COMPUTER OPERATION



<b>A</b>	Time/Distance/Weight	<b>F</b>	Incline UP/DOWN	<b>K</b>	Preset Programs
<b>B</b>	Speed/Calories/Height	<b>G</b>	Speed Profile	<b>L</b>	Start
<b>C</b>	Mode	<b>H</b>	Pulse/Incline/Age	<b>M</b>	Speed UP/DOWN
<b>D</b>	Metric/English	<b>I</b>	Custom Program Save	<b>N</b>	Safety Key
<b>E</b>	Stop/Enter	<b>J</b>	Fitness-Test	<b>O</b>	Motion control

**BUTTON FUNCTIONS:****START**

Press to start exercise at an initial speed of 0.5 mph / 0.8 km/h.

**STOP / ENTER**

- Press to confirm program and preset function values during setting mode.
- Press to run setting procedure before pressing the START button.
- Press to stop exercise during workout time.

**MODE**

Switches the LED window display information:

- The computer has a factory setting that auto switches between TIME, SPEED, PULSE, DISTANCE, CALORIES and INCLINE LEVEL. Each value will be displayed for 10 seconds.
- Press the MODE button once to display only TIME, SPEED and PULSE.
- Press the MODE button a 2<sup>nd</sup> time to display only DISTANCE, CALORIES and INCLINE LEVEL.
- Press the MODE button a 3<sup>rd</sup> time return to the auto switch display.

**CUSTOM PROGRAM**

When selecting the custom program from C1 to C3, follow the instructions to press this button and save the program as your own custom workout program. Follow the C1-C3 CUSTOM PROGRAM operating instructions for details.

## COMPUTER OPERATION

### FITNESS-TEST

Press to start the Fitness-Test function to test your physical condition during a workout. Follow the Fitness-Test operating instructions for details.

### SPEED UP / DOWN

- Press to increase/decrease exercise speed by 0.1mph / km/h.
- Hold the button to rapidly increase/decrease speed by 0.5mph / km/h per second. Release the button to stop the function.

### INCLINE UP / DOWN

- Press up or down to change incline level.
- Press to select programs and preset related function value.

### IMPORTANT INFORMATION:

#### SAFETY KEY

The safety key must be inserted into the slot on the console in order to operate the treadmill. Always insert the safety key and attach the clip to your clothing at your waist before beginning your workout. If you should encounter problems and need to stop the motor quickly, simply pull on the cord to disengage the safety key from the console. To continue operation first turn the power switch to OFF and set the speed controller to stop. Next turn the power switch to ON and reinsert the safety key into the console.

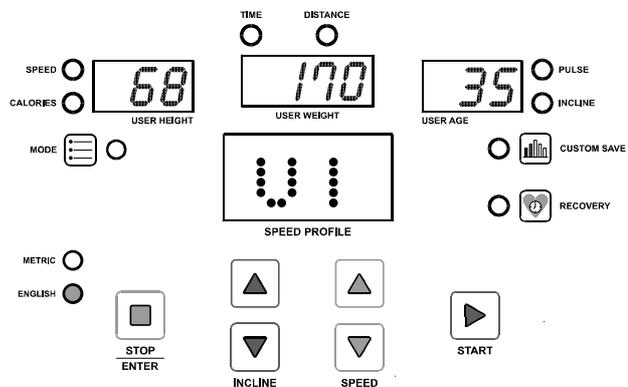
#### ENGLISH / METRIC CONVERSION

The treadmill computer display can show METRIC and ENGLISH information. This should be preset for your area by the factory. However, in case the treadmill needs to be converted between METRIC and ENGLISH readout, please follow the procedure below:

Set the POWER SWITCH to ON. Press the START button on the computer and hold it. Insert the SAFETY KEY then release the START button. The computer will sound one short beep. Press the START button to switch between ENGLISH and METRIC and press STOP/ENTER button to confirm the setting. The computer will sound a long beep and will return to the POWER ON mode with the new setting.

#### POWER ON

Set the POWER SWITCH, located on the base frame, to ON and insert the SAFETY KEY. All LED windows light up with a short beep sound. "U1" displays in the LAP window, TIME/DISTANCE displays the user weight factory setting value "150"lbs or "68"kg, SPEED/CALORIES displays the user height factory setting value "63" inches or "160"cm, and PULSE/INCLINE displays the user age factory setting value "35". If there is any user information that has been input and saved, all LED windows will display the information from the last input user information. If no further button inputs are made within 3 minutes, the computer will enter the SLEEP MODE. Press any button to return to the POWER ON mode.



#### SLEEP / DISPLAY MODE

When the power is ON the computer will automatically enter SLEEP MODE if it is left idle for 3 minutes without receiving any input. Press any button to return to POWER ON status when the computer is in the SLEEP MODE.

To cancel the SLEEP MODE feature using the DISPLAY MODE and always keep the console display on, pull out the safety key, press and hold the SPEED UP and DOWN buttons, insert the safety key to power on the treadmill. After one short beep sound the TIME LED window will show "ON" (SLEEP MODE feature on) or "OFF" (SLEEP MODE feature off). Press the INCLINE UP and DOWN buttons to switch between "ON" and "OFF" then press STOP/ENTER to save the setting and return to POWER ON mode.

## COMPUTER OPERATION

### OPERATING INSTRUCTIONS:

#### QUICK START

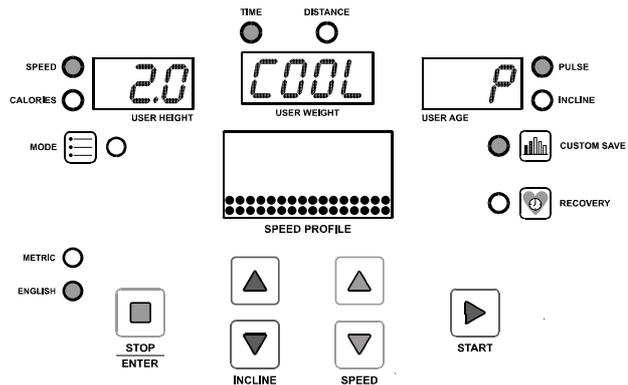
When the treadmill is in POWER ON status, press the START button to activate the QUICK START program. The SPEED LED will count down 3 seconds with 3 short beep sounds then start from 0.5 mph / 0.8 km/h. Press the SPEED UP/DOWN buttons to change the speed. Press the INCLINE UP/DOWN buttons to elevate the treadmill. The TIME, CALORIES and DISTANCE will count up from 0.

#### PAUSE / STOP

During the workout press the STOP/ENTER button once to pause the treadmill. Press the STOP/ENTER button twice to delete all workout data and return to POWER ON status.

#### COOL DOWN

After completion of each program the TIME LED window will show "COOL" and blink then start a one-minute cool down procedure. Time counts down from 01:00 to 00:00 and speed stays at 2 mph / 3.2 km/h and the incline level stays at level 0. After the time counts down to 00:00 the belt stops and returns to PAUSE/STOP status. Press the STOP/ENTER button to return to POWER ON status. To escape the cool down procedure press the STOP/ENTER button once anytime during the process to enter the PAUSE/STOP status and press the STOP/ENTER button again to enter the POWER ON status.



#### FITNESS-TEST

The Fitness-Test function is the feature to let the user test their physical condition during a workout. The fitness rating is determined by measuring how quickly the user's pulse slows down and with that measuring the user physical condition. The faster the pulse slows down, the better the user's physical condition. User's can record their fitness rating to use for reference. To start the Fitness-Test, press the "Fitness-Test" button toward the end of a workout (while your pulse is still under trainings load). The treadmill will enter the PAUSE/STOP status. Put both hands on the hand pulse sensors within 10 seconds (for models equipped with a chest belt pulse transmitter, keep the chest belt on, no need to hold the hand pulse). The pulse receiver will scan and detect the user's pulse in 10 seconds and enter the Fitness-Test function. TIME counts down from 01:00 to 00:00. After the count-down the SPEED LED window will show the Fitness rating (1-6). The lower the number the better your fitness. Record the rating for future comparison. After completion of the Fitness-Test (1 minute) the training can be resumed by pressing the START button.

During the Fitness-Test, if you want to stop the function and stop workout, press the STOP/ENTER button and return to POWER ON status.

During the Fitness-Test, if you want to continue the previous program, press the START button to continue the previous program.

After pressing the Fitness-Test button, if the pulse receiver fails to scan and receive the user's pulse the computer will stay at PAUSE/STOP status. Press the STOP/ENTER button to return to POWER ON status or press the START button to continue the previous program.

The Fitness-Test cannot be activated while in the COOL DOWN

### COMPUTER OPERATION:

Before selecting the program, a user ID needs to be selected. For the first time user, please set up the user information and assign your USER ID from U 1 to U 9. Press the SPEED UP/DOWN buttons to select the user ID when the computer is in POWER ON mode.

#### SET UP USER INFORMATION

After selecting the USER ID the SPEED LED window will show the previous setting for user height or the factory setting value of "69" inches or "170" cm and be blinking. Press the SPEED UP/DOWN buttons to set the user height then press the STOP/ENTER button to confirm and save.

After setting the user height the TIME LED window will show the previous setting for user body weight or the factory setting value of "150" lbs or "68" kg and be blinking. Press the SPEED UP/DOWN buttons to set the user body weight then press the STOP/ENTER button to confirm and save.

After setting the user weight the PULSE LED window will show the previous setting for user age or the factory setting

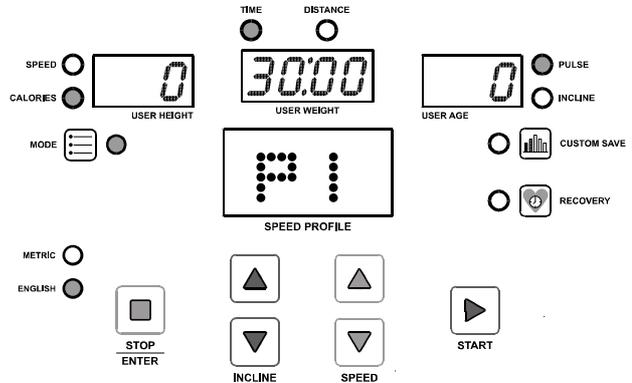
## COMPUTER OPERATION

**SELECT OPERATING PROGRAM**

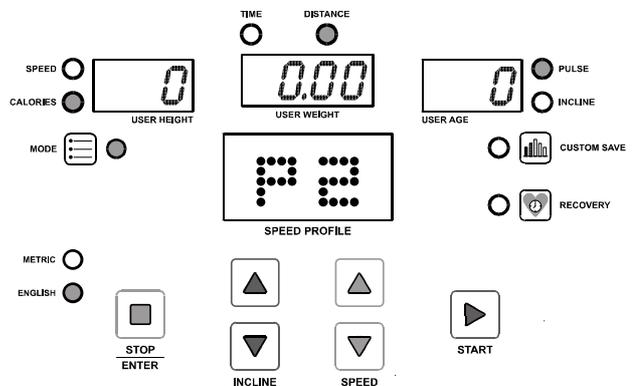
After completing the user information set up the SPEED PROFILE LED window will show "P1". Press the INCLINE UP/DOWN buttons to select a P1 – P8 program or C1-C3 user program then press the STOP/ENTER button to confirm. Prior to starting the selected program, follow the procedure to operate the different programs as below:

**PROGRAM 1 – TARGET TIME**

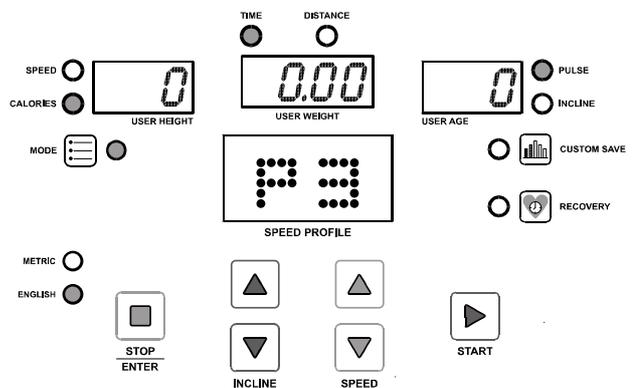
If P1 is selected, the TIME LED window shows "30:00" as the preset workout time. Press the SPEED UP/DOWN buttons to set target workout time. Press the STOP/ENTER button to save the target time and press the START button to start the program. Speed starts from 2.0 mph / 3.2 km/h. Incline starts from level 0. Press the SPEED UP/DOWN buttons to adjust the speed and press the INCLINE UP/DOWN buttons to adjust the incline level. TIME counts down from the target time to zero.

**PROGRAM 2 – TARGET DISTANCE**

If P2 is selected, the DISTANCE LED window shows "0.00". Press the SPEED UP/DOWN buttons to set the target distance. Press the STOP/ENTER button to save the target distance and press the START button to start the program. Speed starts from 2.0 mph /3.2 km/h. Incline starts from level 0. Press the SPEED UP/DOWN buttons to adjust the speed and press the INCLINE UP/DOWN buttons to adjust the incline level. DISTANCE counts down from the target distance.

**PROGRAM 3 – TARGET CALORIES**

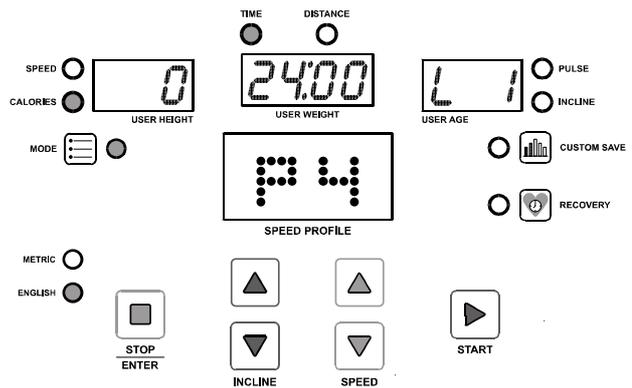
If P3 is selected, the CALORIES LED window shows "0". Press the SPEED UP/DOWN buttons to set the target calories. Press the STOP/ENTER button to save the target calories and press the START button to start the program. Speed starts from 2.0 mph /3.2 km/h. Incline starts from level 0. Press the SPEED UP/DOWN buttons to adjust the speed and press the INCLINE UP/DOWN buttons to adjust the incline level. CALORIES count down from the target calories.



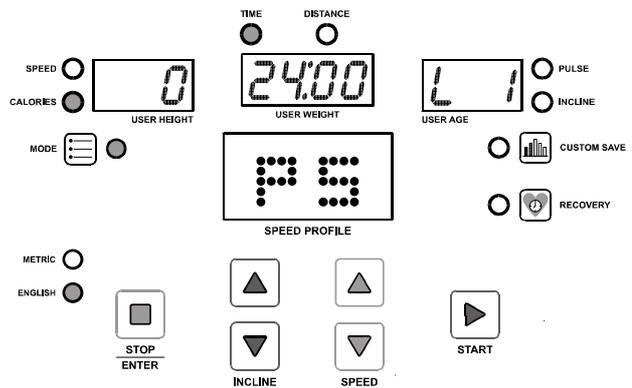
## COMPUTER OPERATION

**PROGRAM 4 – INTERVAL INCLINE**

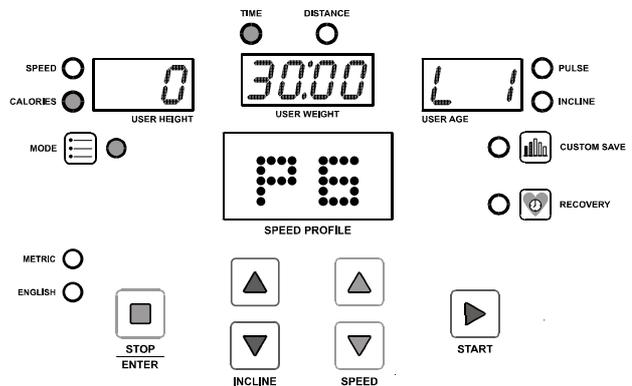
If P4 is selected, the TIME LED window shows the factory setting value “24:00” and the PULSE/INCLINE LED window shows a blinking “L 1”. Press the SPEED UP/DOWN buttons to select the intensity of workout from L1 to L12 then press the STOP/ENTER button. The TME LED window shows a blinking “24:00”. Press the SPEED UP/DOWN buttons to adjust the workout time. Every adjustable section is 4 minutes. Press the STOP/ENTER button to save the setting then press the START button to start the program. The incline level will be changed by the computer following the factory setting pattern. Press the SPEED UP/DOWN buttons to adjust the speed.

**PROGRAM 5 – INTERVAL SPEED**

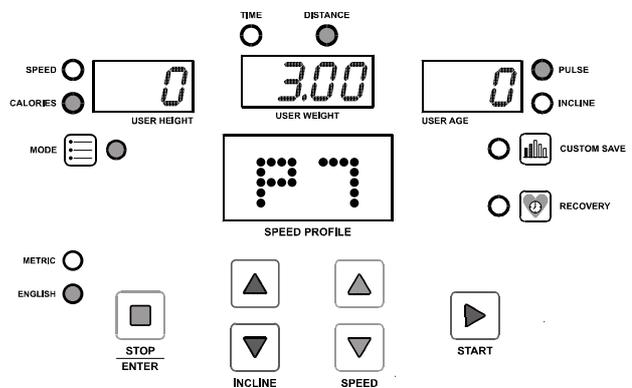
If P5 is selected, the TIME LED window shows the factory setting value “24:00” and the PULSE/INCLINE LED window shows a blinking “L 1”. Press the SPEED UP/DOWN buttons to select the intensity of workout from L1 to L12 then press the STOP/ENTER button. The TME LED window shows a blinking “24:00”. Press the SPEED UP/DOWN buttons to adjust the workout time. Every adjustable section is 4 minutes. Press the STOP/ENTER button to save the setting then press the START button to start the program. The speed will be changed by the computer following the factory setting pattern. Press the INCLINE UP/DOWN buttons to adjust the incline level.

**PROGRAM 6 – WEIGHT LOST**

If P6 is selected, the TIME LED window shows the factory setting value “30:00” and the PULSE/INCLINE LED window shows a blinking “L 1”. Press the SPEED UP/DOWN buttons to select the intensity of workout from L1 to L12 then press the STOP/ENTER button. The TME LED window shows a blinking “30:00”. Press the SPEED UP/DOWN buttons to adjust the workout time. Every adjustable section is 5 minutes. Press the STOP/ENTER button to save the setting then press the START button to start the program. The speed and incline level will be changed by the computer following the factory setting pattern.

**PROGRAM 7 – 5K SELF LEARNING AND COMPETITION**

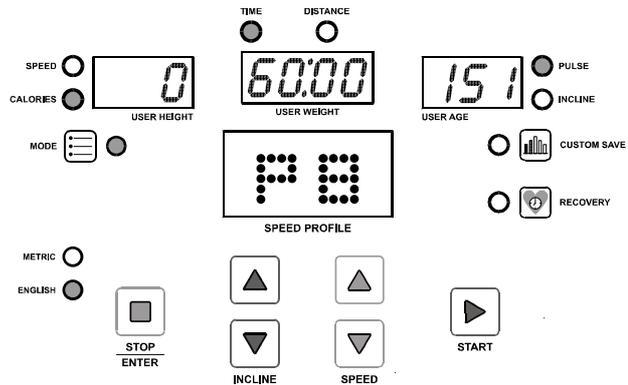
If P7 is selected, the DISTANCE LED window shows “3” miles or “5” km. Press the START button to start the program. Press the SPEED UP/DOWN buttons to adjust the speed and press the INCLINE UP/DOWN buttons to adjust the incline level.



## COMPUTER OPERATION

### PROGRAM 8 – HEART RATE CONTROL

If P8 is selected, the TIME LED window shows the factory setting value of “60:00” and is blinking. Press the SPEED UP/DOWN buttons to adjust the workout time. Every adjustable section equals 3 minutes. Press the STOP/ENTER button to save the setting then the TARGET HEART RATE displays in the PULSE LED window and is blinking. **The factory TARGET HEART RATE setting is based on 85% of the maximum user heart rate. The maximum user heart rate is calculated using the formula: 220 minus the user age. As an example, for age 35 the maximum user heart rate should be 185 and 85% of the maximum user heart rate will be 157.** Press the SPEED UP/DOWN buttons to adjust the TARGET HEART RATE according to your own physical condition or your doctor’s instruction then press the STOP/ENTER buttons to save the setting.



Press the START button to start the three minute WARM UP program. Speed starts from 2.0 mph /3.2 km/h and the INCLINE LEVEL starts from level 0. Keep your hand on the hand pulse grips all the time during this workout in order to monitor your pulse correctly. During the program, if the heart rate monitor fails to sense the user’s pulse you will see “P” blinking in the PULSE LED window. If the heart rate monitor senses the pulse properly the PULSE DOT LED blinks and the correct pulse readout shows on the PULSE LED window. The computer will sense the user’s pulse every 30 seconds. During the warm up program you can press the STOP/ENTER button to pause or stop the program or press the START button to re-start the program. Other buttons will not react during this warm up process.

During the warm up program, if the heart rate monitor fails to sense the user’s pulse (the PULSE LED will display a blinking “P”) the computer will not change the speed. If the heart rate monitor senses the user’s pulse properly but the actual user’s pulse does not reach 65% of the max. heart rate (( 220-age) x 65%) then the speed will increase by 0.5 mph /0.8 km/h every 30 seconds. If the actual pulse reaches 65% of the max. heart rate the speed will remain unchanged. If the actual pulse remains at 65% of the max. heart rate for more than one minute the speed will be maintained until the warm up program is finished.

If the actual user’s pulse fails to reach 65% of the max. heart rate within the first 3 minutes of the warm up program, the computer will continue a second 3 minute warm up program. All workout information continues to count up and the timer counts down from 3:00. During the second 3 minute warm up the computer will change the incline level instead of the speed. If the heart rate monitor fails to sense the user’s pulse (the PULSE LED will display a blinking “P”) the computer will not change the incline level. If heart rate monitor senses the user’s pulse properly but the actual user’s pulse does not reach 65% of the max. heart rate (( 220-age) x 65%) then the incline level will be increased by 1 level every 30 seconds. If the actual pulse reaches 65% of the max. heart rate the incline level will remain unchanged. If the actual pulse remains at 65% of the max. heart rate for more than one minute the speed will be maintained until the warm up program is finished.

If the actual user’s pulse fails to reach 65% of the max. heart rate within the second 3 minute warm up, the computer will continue a third 3 minute warm up program. All workout information continues to count up and the timer counts down from 3:00. During the third 3 minute warm up both speed and incline remain unchanged regardless the actual pulse. If the time counts down to 0 and 65% of the max. heart rate still cannot be achieved then the TIME LED will show “FAIL” and the program will stop and return to POWER ON status.

After the warm up program is completed, if the actual pulse reaches 65% of the max. heart rate, the computer will enter the HEART RATE CONTROL program. TIME counts down from the previous setting. Distance and Calories continue to count up from the warm up program. During the HEART RATE CONTROL program the heart rate monitor will sense the actual user’s pulse every 30 seconds. If the actual user’s pulse does not reach 85% of the max. heart rate then the incline level will be increased by 1 level every 30 seconds. If the actual user’s pulse reaches 85% of the max. heart rate then the treadmill performance will remain unchanged. If the actual user’s pulse is greater than 85% of the max. heart rate, the incline level will be reduced by 1 level. Speed will remain unchanged until the incline level increases up to 15% or down to 0%. If the incline level is up to 15% and 85% of the max. heart rate still cannot be reached then the speed will be increased by 0.5 mph /0.8 km/h every 30 seconds. If the incline level decreases down to 0% and the actual user’s pulse is still greater than 85% of the max. heart rate then the speed will be decreased by 0.5 mph /0.8 km/h every 30 seconds.

## COMPUTER OPERATION

If the actual user's pulse remains above 85% of the max. heart rate for more than 3 minutes the HEART RATE CONTROL program will shut down and enter a one minute COOL DOWN program.

When the TIME counts down to 0, the HEART RATE CONTROL program is completed and the computer enters a one-minute COOL DOWN program.

After the COOL DOWN program the computer will return to POWER ON status.

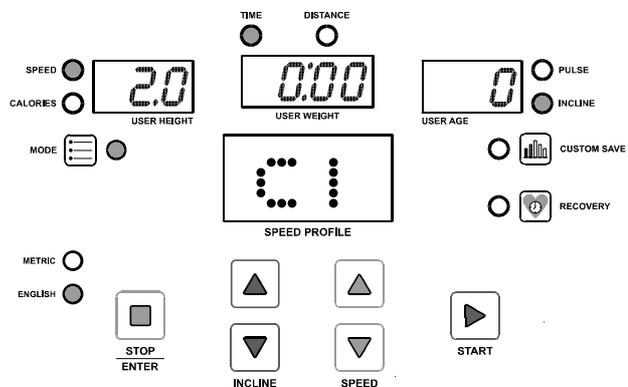
The purpose of HEART RATE CONTROL program is to keep the user's pulse between 65% of the max. heart rate and 85% of the max. heart rate to achieve the most efficient workout result.

### C1 – C3 CUSTOM PROGRAM ( USER PROGRAM )

The program can allow 3 custom programs to be set by users and store the settings for repeated workouts. The maximum workout time of each user program is 60 minutes. During the workout after the TIME counts up to 60:00, the treadmill will start a one-minute cool down procedure automatically. To set and store the user programs, please follow the procedure below:

#### SET AND SAVE THE USER PROGRAM

Select between C1 to C3 and press the STOP/ENTER button to enter the user program then press the START button. Speed starts at 3.2 km/h / 2.0 mph and the incline level starts at level 0. Each section of SPEED/INCLINE is one minute. Press the SPEED UP/DOWN buttons to change the speed and press the INCLINE UP/DOWN buttons to change the incline during the workout. The computer will take the actual speed and incline level at the last second of each minute section and temporarily save as the speed and incline level of that minute section. Continue the workout until you want to stop. Press the STOP/ENTER button to enter the one-minute cool down session. The computer will automatically enter the save program status after the one-minute cool down session. If you want to skip the cool down procedure, press the STOP/ENTER button to enter the save program status.



When the computer is in save program status, the "CUSTOM SAVE" button will blink slowly. Press the button to save this program or press the STOP/ENTER button to delete the program and return to POWER ON status.

#### EDIT PREVIOUS SAVED PROGRAM

##### Edit the Speed and Incline without extending the previously saved workout time:

Simply press the SPEED UP/DOWN and INCLINE UP/DOWN buttons to change the speed and incline level during the workout then follow the SET AND SAVE procedure after completing the workout.

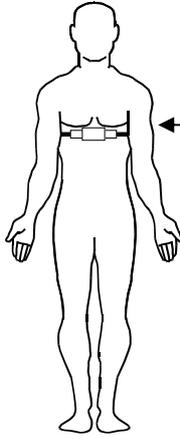
##### Extend the workout time from the previously saved program:

If you want to extend the total workout time from the previously saved program press the START button anytime during the workout. The LED of the CUSTOM SAVE button will light up and blink for 10 seconds then stay lit up. After completing the previously saved program the treadmill will start a one-minute cool down session. Press the START button again during the cool down session and the treadmill will skip the cool down procedure and continue running at a speed of 3.2 km/h / 2.0 mph and incline of level 0. Press the SPEED UP/DOWN and INCLINE UP/DOWN buttons for every minute section then follow the SET AND SAVE procedure after completing the workout.

If you already press the START button once during the workout and intend to extend the workout time but decide not to extend the workout time, press the START button again to switch off the LED light of CUSTOM SAVE button. Or wait till the previous saved program complete and complete the cool down procedure then follow the SET AND SAVE procedure.

COMPUTER OPERATION**USING THE CHEST BELT HEART RATE MONITOR (optional feature dependant on model purchased):**

For proper operation, the chest belt should be worn across the front of your body just below the chest line as shown in the drawing. To ensure a proper operation the chest belt needs to be moisturized, please make the 2 rubber pads under the chest belt wet prior to exercising.



← **Strap chest belt across the front below the chest line.**

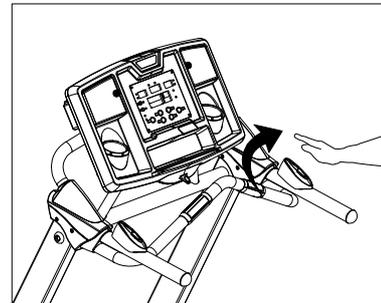
## MOTION CONTROL OPERATION

### MOTION CONTROL:

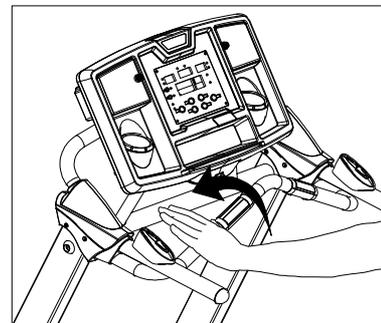
Walking belt speed can be increased, decreased or stopped using the Motion Control sensors on the handlebars. To do this follow the instructions below:

**NOTE:** Photos may differ slightly from your treadmill.

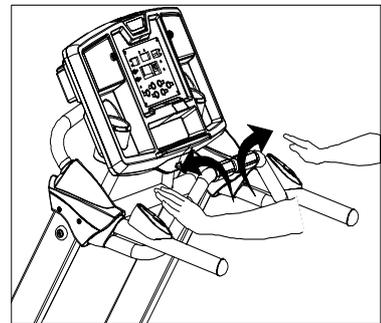
1. Press the  MOTION CONTROL button on the console to switch the motion control function on and off:
  - When the LED light is ON the MOTION CONTROL is active.
  - When the LED light is OFF the MOTION CONTROL is off.
  
2. After switching on the MOTION CONTROL wave your right hand approximately 6 inches above the motion sensor on the right handle bar to increase the speed. The sensor will sound one short BEEP per scan and speed up by 0.1 MPH per BEEP. Holding your right hand approximately 6 inches above the right sensor constantly results in the sensor sounding one long BEEP per second and speeding up by 0.5 MPH per second.
  
3. Wave you left hand approximately 6 inches above the motion sensor on the left handle bar to decrease the speed. The sensor will sound one short BEEP per scan and decrease speed by 0.1 MPH. Holding your left hand approximately 6 inches above the left sensor constantly results in the sensor sounding one long BEEP per second and decreasing speed by 0.5 MPH per second.
  
4. Wave both hands approximately 6 inches above both motion sensors at the same time. The sensor will sound two short BEEP sounds then stop the belt.
  - **Always switch off the motion control function by pressing the  MOTION CONTROL button on the console before turning off the power to the treadmill.**



2. Use right sensor to speed up.



3. Use left sensor to slow down.



4. Use both sensors to stop belt.

## MAINTENANCE

### How to maintain your treadmill:

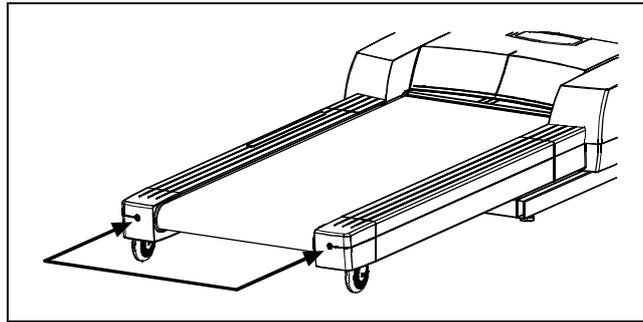
Proper maintenance is very important to ensure your treadmill is always in top working condition. Improper maintenance could cause damage or shorten the life of your treadmill.

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

### BELT ADJUSTMENT:

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

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



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

### DECK LUBRICATION:

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

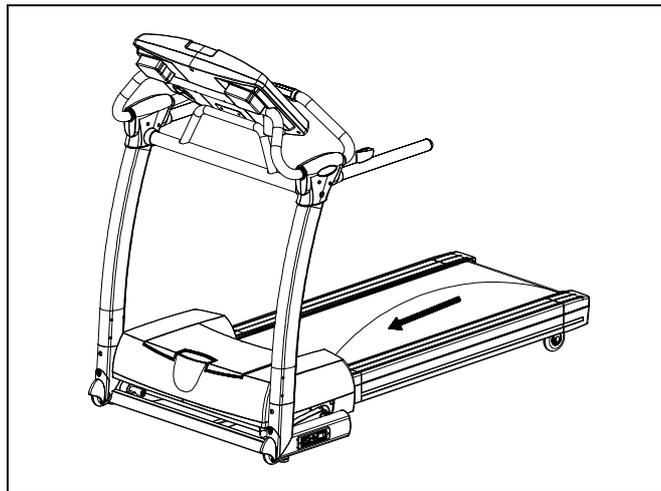
Every 3 months of operation lift the sides of the walking belt and feel the top surface of the walking board as far as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, follow the instructions below.

Please use a non-petroleum based silicone.

## MAINTENANCE

### To apply lubricant to the walking belt:

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



**Spray lubricant from front to back.**

### CLEANING:

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

- **Warning:** To prevent electrical shock, be sure the power to the treadmill is OFF and the power cord is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.
- **Important:** Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- **After each workout:** Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration.
- **Weekly:** Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually makes it to underneath the treadmill. Vacuum underneath treadmill once a week.

WARRANTY

Read and follow the Assembly-instructions and the User's-Manual before using this product.

**Warranty Coverage:** Smooth Fitness GmbH ("Smooth Fitness") warrants to the original owner that each new product to be free from defects in workmanship and material.

This warranty is limited on home use only.

**Period of Coverage:** The Home-Use-Warranty on this product runs from the date of original purchase using the following schedule:

Frame	Drive Motor	Electronics	Parts	Labor
Lifetime	10 years	2 years	2 years	2 years

- Smooth Fitness will provide a replacement part free of charge if a defect is found during the Warranty period of 2 years.
- Smooth Fitness reserves the right to inspect damaged parts for misuse.

It is required to show a proof of purchase prior to warranty service being initiated. Your Original Receipt is proof of purchase and should be kept with the product manual.

As a matter of course we will be available and open for all your problems even when the warranty has already expired. Simply call the service number down below.

Any redemption may be by repair or replacement of the affected parts and/or product at the sole discretion of Smooth Fitness, and it's authorized Service Partners. If repairs are required, the unit will be repaired at the location of use or by return to the factory as deemed appropriate by Smooth Fitness.

Parts repaired or replaced pursuant to this Warranty shall be warranted for the unexpired portion of the Warranty applying to the original product. Any technical advice furnished before or after delivery in regard to the use or application of Smooth Fitness products is furnished without charge and on the basis that it represents Smooth Fitness' best judgment under the circumstances but that the advice is used at your sole risk.

**Procedure for Obtaining Your Remedy Under This Warranty:** To obtain service on a Smooth Fitness product, please call the Smooth Fitness Service Partner under 0800-09 72 100. To help the technician assist you, please have the following information ready:

- Model name or number from the cover of the manual;
- Serial number located on the frame of the unit; and
- The part description and the order number.

**Limitations on Warranty:** This Warranty does not cover wear and tear, any problems, damages or failures that are caused by accident, improper assembly, failure to observe cautionary labels on the product, failure to operate the product correctly, abuse or freight damage. Smooth Fitness does not warrant against any damage or defects that may result from repair or alterations made to the product by an unauthorized repair facility.

This Warranty does not apply to any product shipped or handled outside of Germany, Austria and England. This Warranty does not apply if the product is used as a rental product or in commercial use. Consequential and incidental damages are not recoverable under this Warranty.

RESEPECTIVE LAWS OF THE COUNTRIES OF SALE REMAIN UNTOUCHED. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER EXPRESS WARRANTIES. THE PERIOD OF COVERAGE OF THIS WARRANTY RUNS FROM THE DATE OF PURCHASE: SMOOTH FITNESS IS NOT LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES RESULTING FROM ANY DEFECT IN PARTS. SMOOTH FITNESS' SOLE LIABILITY UNDER THIS WARRANTY IS LIMITED TO THE TERMS DESCRIBED IN THIS FORM, AS LONG NOT GOVERNED DIFFERENTLY BY LOCAL LAW.

For assistance with assembly or to order replacement parts, please call the Smooth Fitness Service Partner under 0800-09 72 100. To help them assist you, please have the following information ready:

- Model name or number from the cover of the manual;
- Serial number located on the frame of the unit; and
- The part description and order number.

## IMPORTANT STEPS

### **Warning:**

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

### **Before beginning:**

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target heart rate zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target heart rate zone. But remember these essentials:

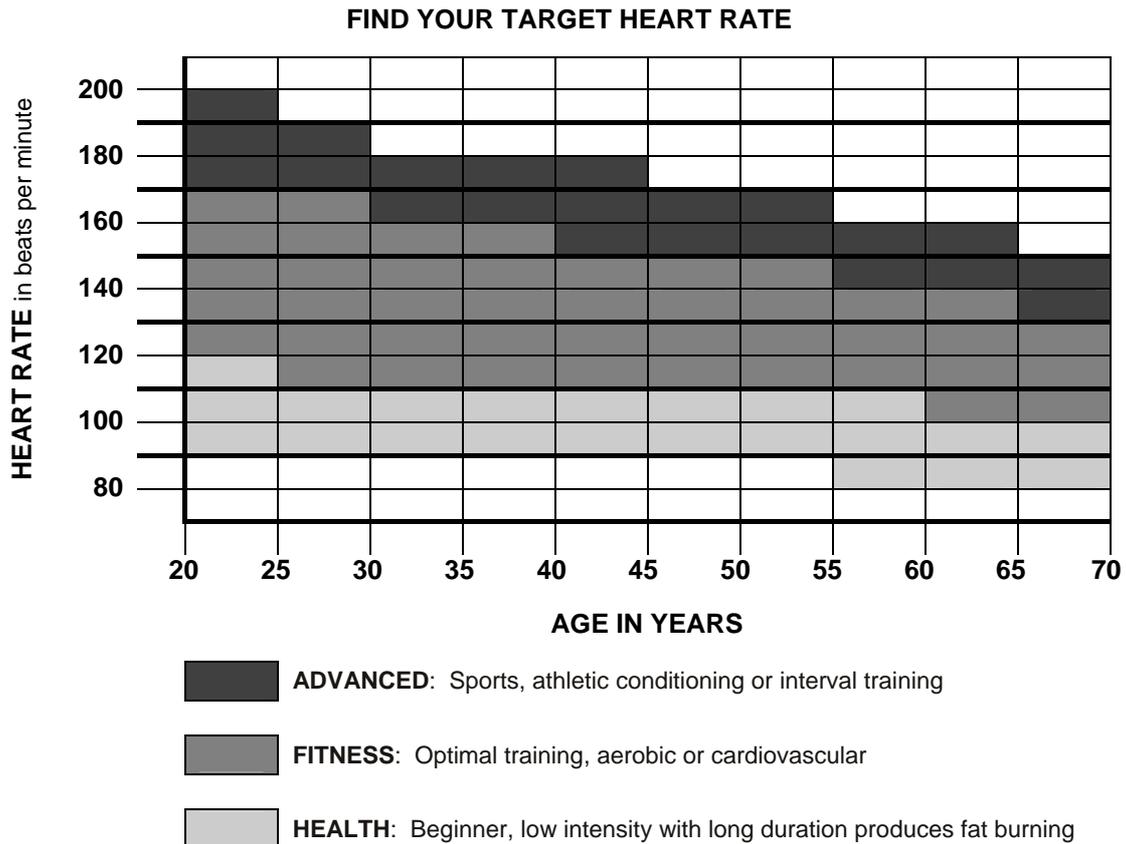
- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.
- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.

## TARGET HEART RATE

### Finding your pulse:

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

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

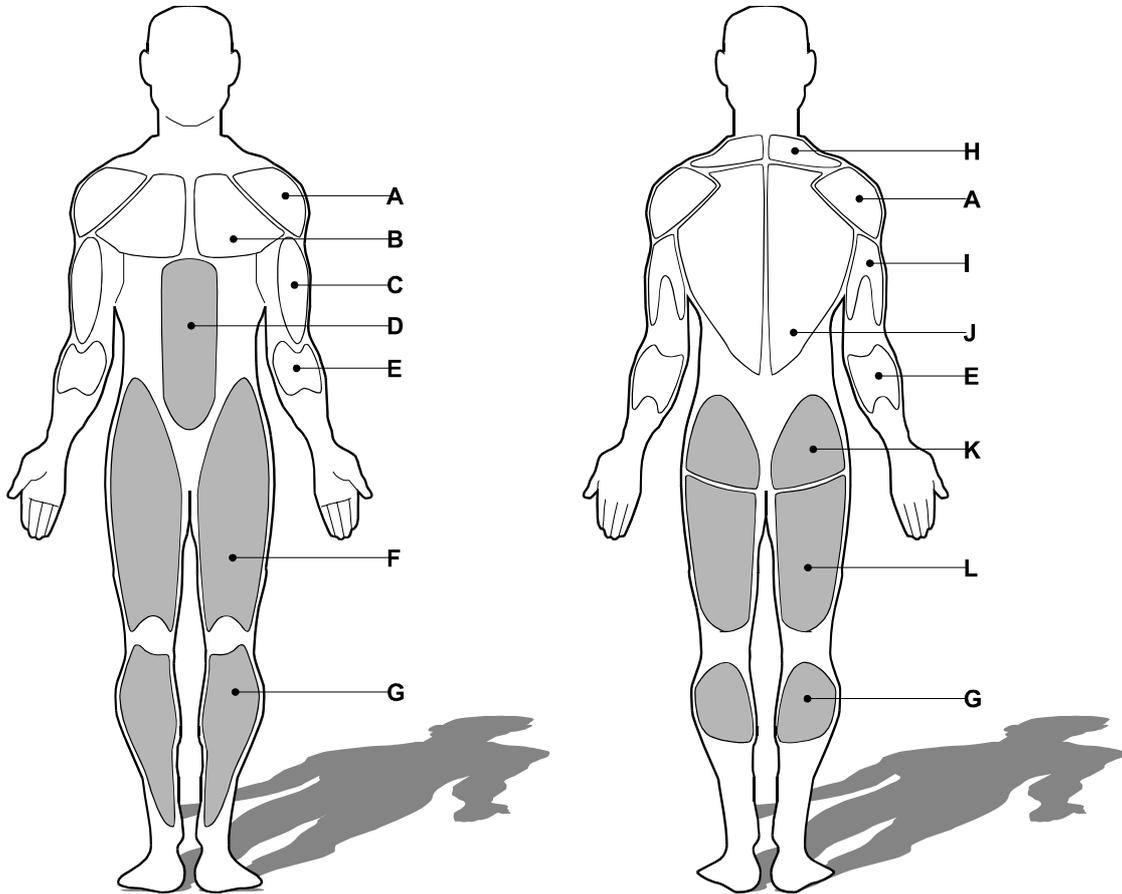


### Aerobic exercise:

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

MUSCLE CHART**Targeted muscle groups:**

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

Shoulder muscles  A B Pectoral musclesBicep muscle  C D Abdominal musclesForearm muscles  E F Quadricep musclesCalf muscles  G H Trapezius musclesTricep muscles  I J Back musclesGluteal muscles  K L Hamstring muscles

## STRETCHING ROUTINE

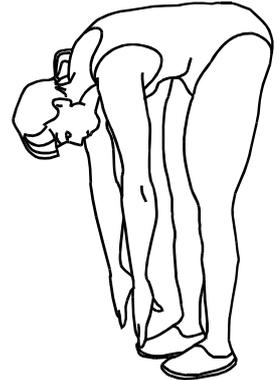
### **Warm up and cool down:**

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

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

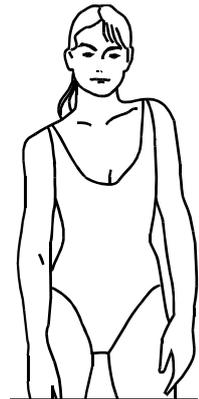
### **Toe Touch:**

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



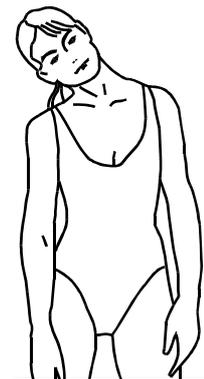
### **Shoulder Lift:**

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



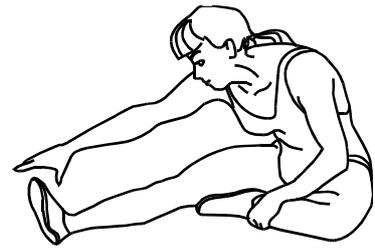
### **Head Roll:**

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



**STRETCHING ROUTINE****Hamstring Stretch:**

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

**Inner Thigh Stretch:**

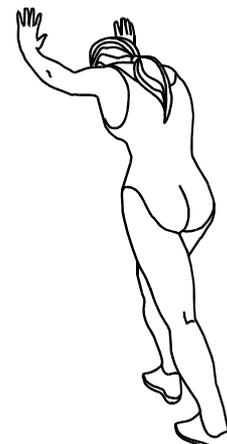
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

**Side Stretch:**

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

**Calf-Achilles Stretch:**

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



## TROUBLESHOOTING

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

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

1. Make sure the power cord is plugged into a surge protector, the surge protector is plugged into a properly grounded outlet and the surge protector is turned on (refer to the Power Requirements section in this manual).
2. Check the circuit breaker reset switch located on the front of the treadmill. Turn the power off, wait 5 minutes then press the rest switch.
3. Check the house electrical breaker box and the circuit breaker for the room the treadmill is located in. If it has tripped, reset or have an electrician replace the breaker in home.
4. Have an electrician check for inadequate voltage at the outlet.

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

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

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

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

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

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



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