5.15E MOTORIZED TREADMILL

Model number: 5.15E

SMOOTH FITNESS

USER WEIGHT LIMITATION: 125kgs (**275lbs).**

TOLL FREE CUSTOMER SERVICE NUMBER: **0800-09 72 100**

SERIAL NUMBER (found on frame):

CE

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 6 feet (2 m) 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 **125 kgs (275lbs)**

- 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.

- The equipment is for Class B (Home Use).

POWER REQUIREMENTS

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+ 5%.
GFCI outlets and GFCI Circuit Breakers are NOT recommended for use on this product. GFCI outlets and GFCI Circuit Breakers may cause this equipment to improperly function

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:

FIG1

A

B

FIG3
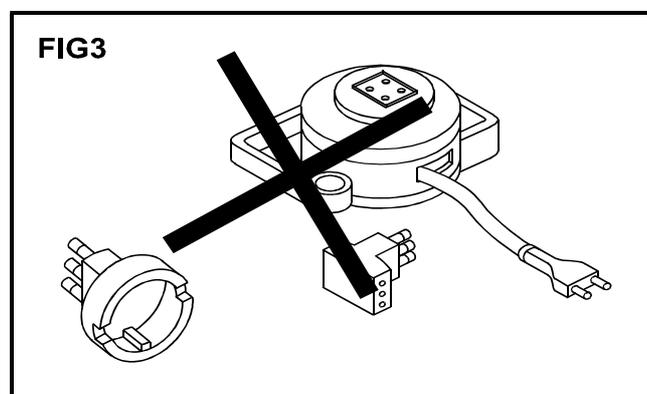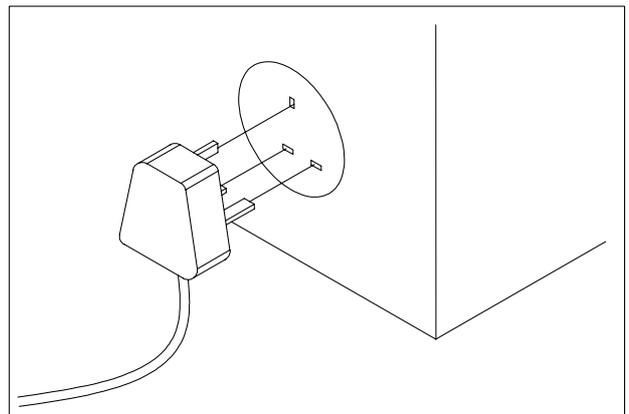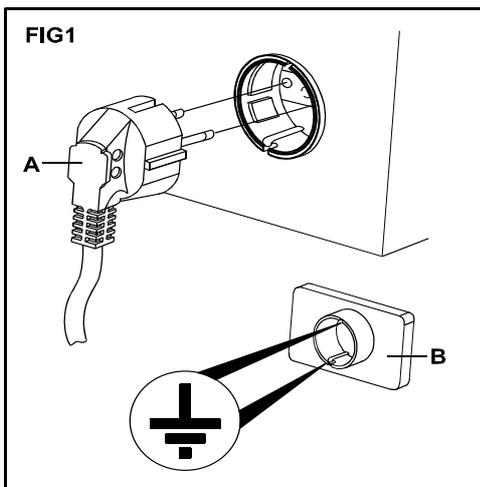
PREASSEMBLY

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 0800-0972100.

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 125kgs (275lbs). 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.
27	Reading Rack	1
29	M5 x 14mm Bolt	2
73	8mm Washer	4
76	M10 x 26mm Bolt	2
77	M8 x 18mm Bolt	4
80	Plastic Cover	2
81	M6 x 15mm Bolt	1
87	M3.5 x 16mm Screw	2
89	10mm Washer	2
99	M4 x 15mm Reading Rack Screw	3
101	Console Support Locating Screw	1
95	Handlebar Front End Cap Right-1	1
97	Handlebar Front End Cap Right-2	1
A	Safety Key	1
B	Power Cord	1
C	Screwdriver	1
D	5 mm Allen Wrench	1
E	8 mm Allen Wrench	1
F	T type Screwdriver	1
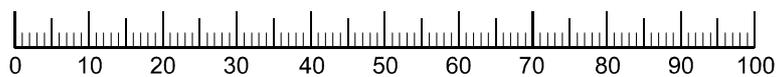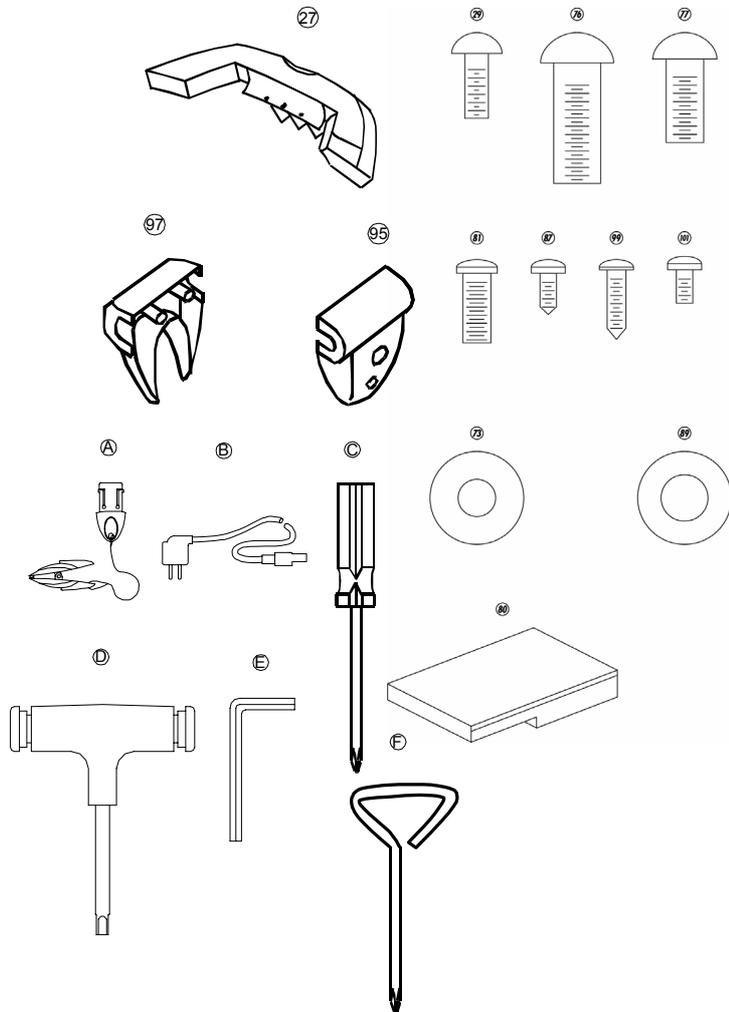
MILLIMETERS

PARTS LIST

No.	Description	Qty.	Order No.	No.	Description	Qty.	Order No.
1	Running Belt	1	5.15P-01	30	Motor Hood Side Cover Screw	4	5.15P-30
2	Motor Hood	1	5.15P-02	31	Rear Wheel	2	5.15P-31
3	Deck Rear End Cap-Right	1	5.15P-03	32	Handlebar End Cap (Right & Left)	2	5.15P-32
4	Deck Rear End Cap-Left	1	5.15P-04	33	(Pre-Assembled)		5.15P-33
5	Side Rail-Right	1	5.15P-05	34	Safety Key	1	5.15P-34
6	Side Rail-Left	1	5.15P-06	35	Motor Hood Side Cover-Right	1	5.15P-35
7	Front Roller	1	5.15P-07	36	Motor Hood Side Cover-Left	1	5.15P-36
8	Front Roller Shaft	1	5.15P-08	37	Side Rail Guide Screw	12	5.15P-37
9	Rear Roller	1	5.15P-09	38	Side Rail Guide	6	5.15P-38
10	Rear Roller Shaft	1	5.15P-10	39	Deck Rubber Cushion Bolt	8	5.15P-39
11	Running Deck	1	5.15P-11	40	Deck Rubber Cushion	8	5.15P-40
12	Base Frame	1	5.15P-12	41	Motor Adjustment Bolt	1	5.15P-41
13	Handle Upright-Right	1	5.15P-13	42	8 x 23mm Washer	2	5.15P-42
14	Handle Upright-Left	1	5.15P-14	43	Motor Bumper Bushing	1	5.15P-43
15	Main Frame	1	5.15P-15	44	M10 x 116mm Bolt	1	5.15P-44
16	Elevation Support	1	5.15P-16	45	Nut	1	5.15P-45
17	Motor Control Board	1	5.15P-17	46	M8 x 12mm Socket Bolt	2	5.15P-46
18	Driving DC Motor	1	5.15P-18	47	8 x 16mm Washer	2	5.15P-47
19	Motor Drive Belt	1	5.15P-19	48	10 x 23mm Washer	1	5.15P-48
20	Motor Holder	1	5.15P-20	49	Nut	1	5.15P-49
21	Elevation Motor	1	5.15P-21	50	Shock	1	5.15P-50
22	Motor Bottom Tray	1	5.15P-22	51	Roller	2	5.15P-51
23	Handlebar-Right	1	5.15P-23	52	Plastic Clamp-Top	2	5.15P-52
24	Handlebar-Left	1	5.15P-24	53	Plastic Clamp-Bottom	2	5.15P-53
25	Hand Pulse Sensors	2	5.15P-25	54	Support	2	5.15P-54
26	Console	1	5.15P-26	55	(Pre-Assembled)		5.15P-55
27	Reading Rack	1	5.15P-27	56	U Bracket	1	5.15P-56
28	Console Support	1	5.15P-28	57	Bumper	1	5.15P-57
29	M5 x 14mm Bolt	2	5.15P-29	58	M16 x 54mm Bolt	1	5.15P-58

PARTS LIST

| No.	Description	Qty.	Order No.	No.	Description	Qty.	Order No.
59	20 x 40mm Washer	1	5.15P-59	89	10mm Washer	2	5.15P-89
60	M16 Nut	1	5.15P-60	90	6mm Washer	2	5.15P-90
61	M10 x 67mm Bolt	1	5.15P-61	91	(Pre-Assembled)		5.15P-91
62	M10 Nut	5	5.15P-62	92	16mm Washer	2	5.15P-92
63	Bumper	1	5.15P-63	93	M8 Nut	3	5.15P-93
64	Deck Rear End Cap Screw	4	5.15P-64	94	Handlebar Front End Cap Left-2	1	5.15P-94
65	Metal Plate	2	5.15P-65	95	Handlebar Front End Cap Right-1	1	5.15P-95
66	Rear Roller Washer	2	5.15P-66	96	Handlebar Front End Cap Left-1	1	5.15P-96
67	Rear Roller Bolt	2	5.15P-67	97	Handlebar Front End Cap Right-2	1	5.15P-97
68	Power Switch Board	1	5.15P-68	98	M8 x 36mm Bolt	2	5.15P-98
69	Foot Up Lock	1	5.15P-69	99	M4 x 15mm Screw	3	5.15P-99
70	Caster Holder	2	5.15P-70	100	Console Bar End Cap	2	5.15P-100
71	Base Frame End Cap	2	5.15P-71	101	Console Support Locating Screw	1	5.15P-101
72	Base Frame Rubber Cushion	2	5.15P-72				
73	8mm Washer	10	5.15P-73				
74	(Pre-Assembled)		5.15P-74				
75	M10 x 58mm Bolt	4	5.15P-75				
76	M10 x 26mm Bolt	2	5.15P-76				
77	M8 x 18mm Bolt	6	5.15P-77				
78	(Pre-Assembled)		5.15P-78				
79	M4 x 12mm Screw	8	5.15P-79				
80	Plastic Cover	2	5.15P-80				
81	M6 x 15mm Bolt	2	5.15P-81				
82	M10 x 20mm Bolt	4	5.15P-82				
83	M10 x 26mm Bolt	2	5.15P-83				
84	M8 x 45mm Bolt	2	5.15P-84				
85	M16 x 73mm Bolt	2	5.15P-85				
86	(Pre-Assembled)		5.15P-86				
87	M3.5 x 16mm Screw	4	5.15P-87				
88	Console Screw	2	5.15P-88				

PARTS DIAGRAM

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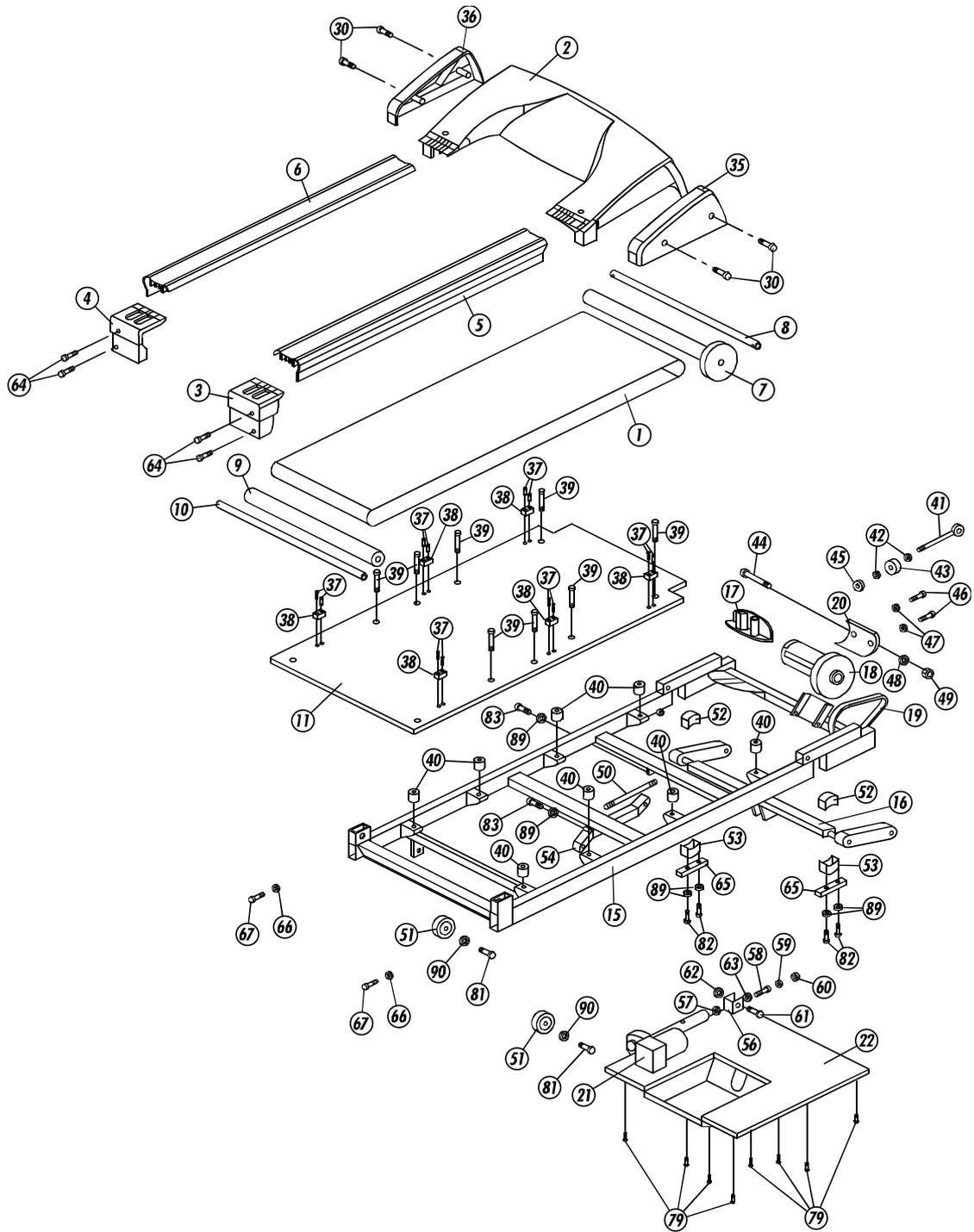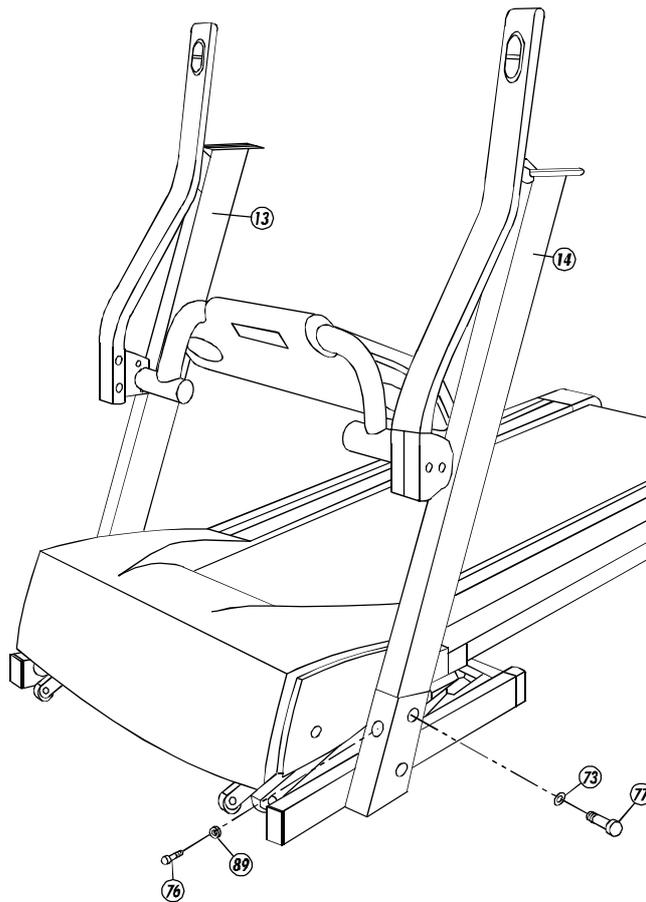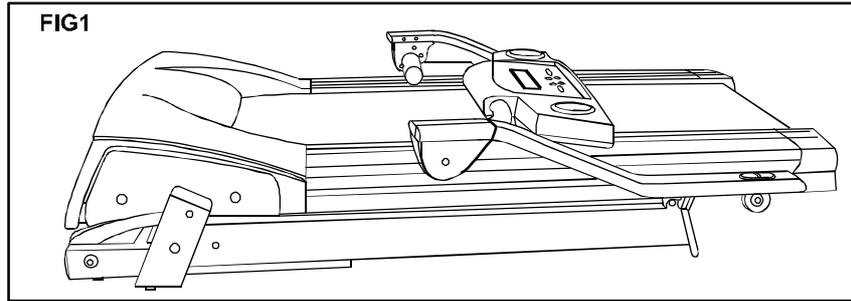
PARTS DIAGRAM

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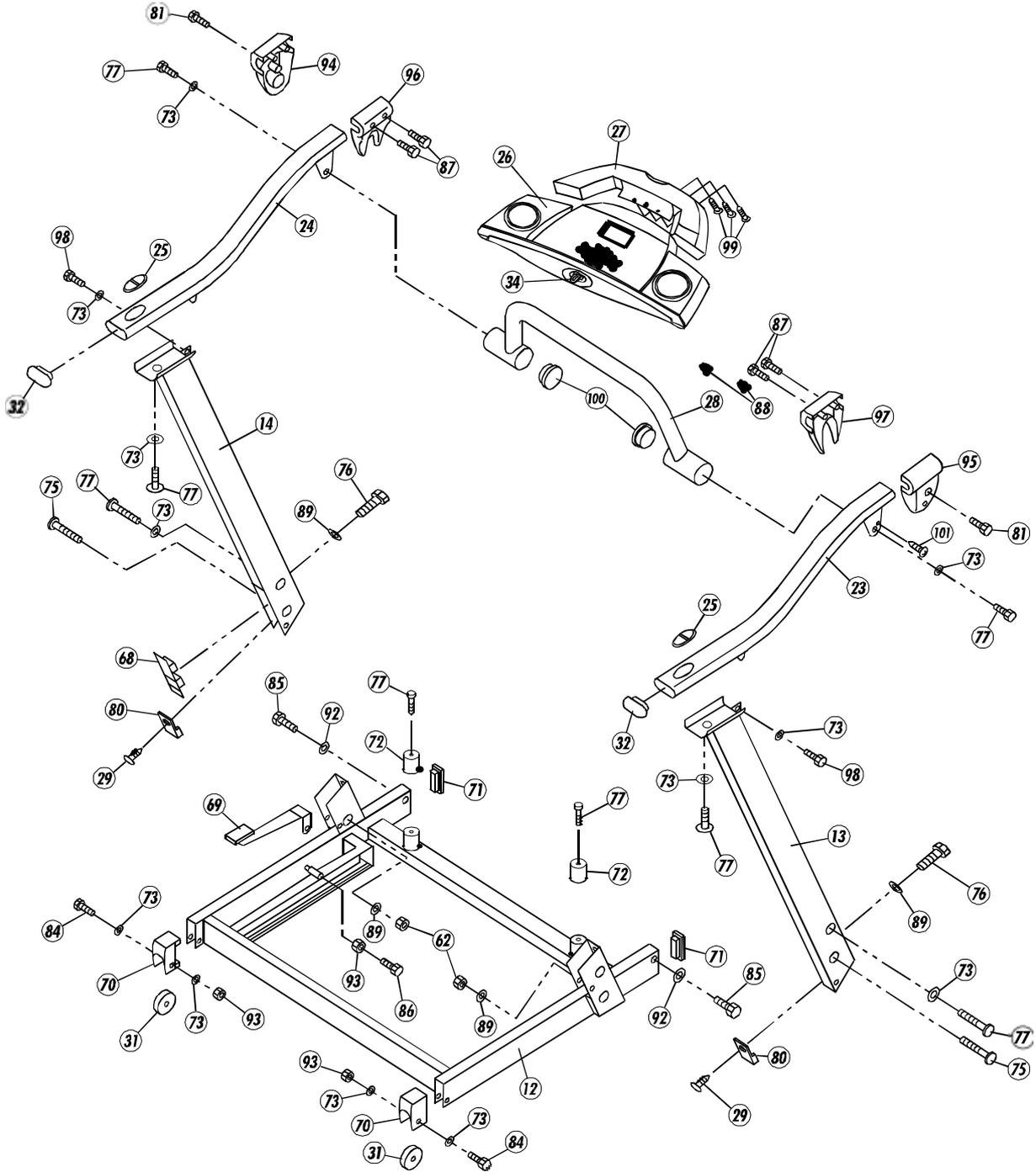
ASSEMBLY

STEP 1:

Remove your treadmill from the carton and place it on the floor in an open area as shown in FIG1.

Raise the Left Upright (14) and secure with Bolts (77 and 76) and Washers (73 and 89). Repeat this step for the Right Upright (13). DO NOT FULLY TIGHTEN AT THIS POINT.

FIG1

ASSEMBLY

STEP 2:

Attach the Left Handlebar (24) and Right Handlebar (23) to upright, and secure with Bolt (77) and Washer (73). Attach the Plastic Cover (80) to the bottom of the Left Upright (14) and Right Upright (13) using Screw (29).
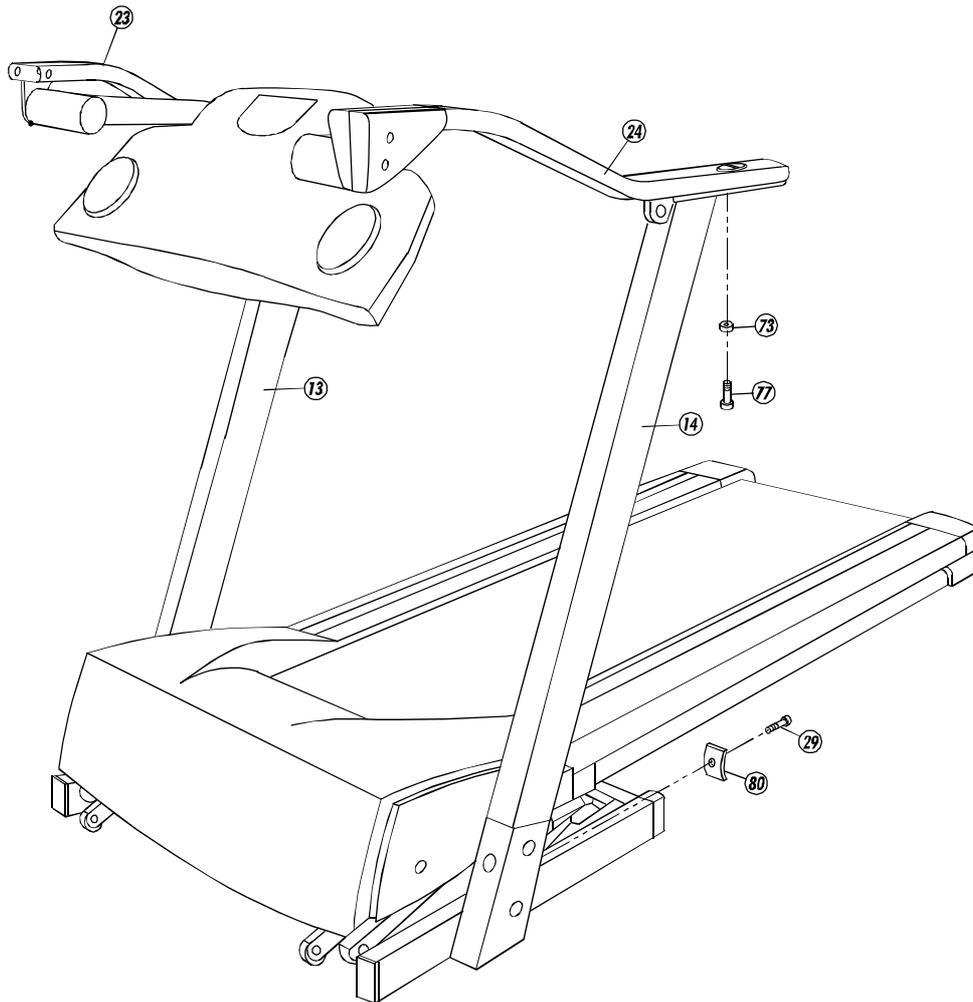
ASSEMBLY

STEP 3:

The handlebar front end cap are now assembled by the factory.

Rotate the Console Support (28) and secure with the Console Support Locating Screw (101). Rotate the Console (26) and secure with Screws (88). Screws (88) are already pre-assembled (please refer to the exploded diagram). Attach the Right Handlebar Front End Caps (95 and 97) to the Right Handlebar (23) and secure using Screws (87 and 81).
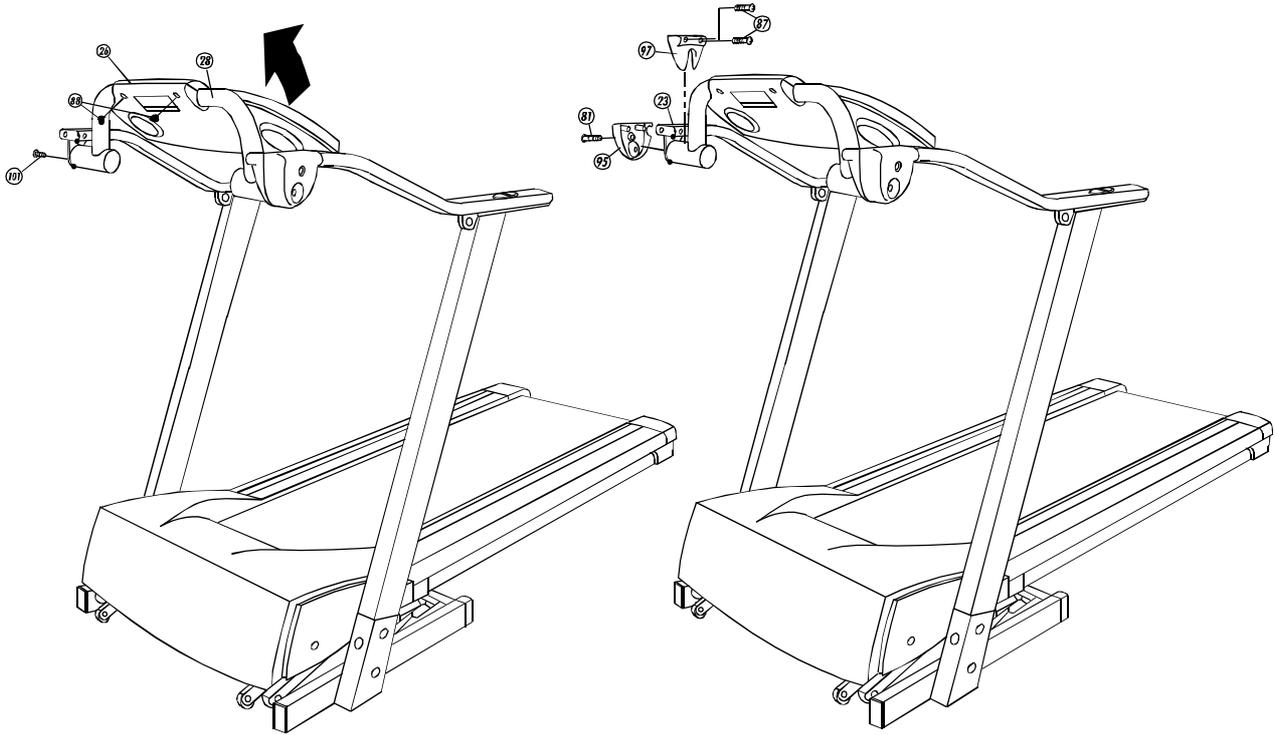
ASSEMBLY

STEP 4:

Attach the Reading Rack (27) to the Console (26) and secure with Screws (99).

Fully tighten all nuts and bolts. Your treadmill is now fully assembled.
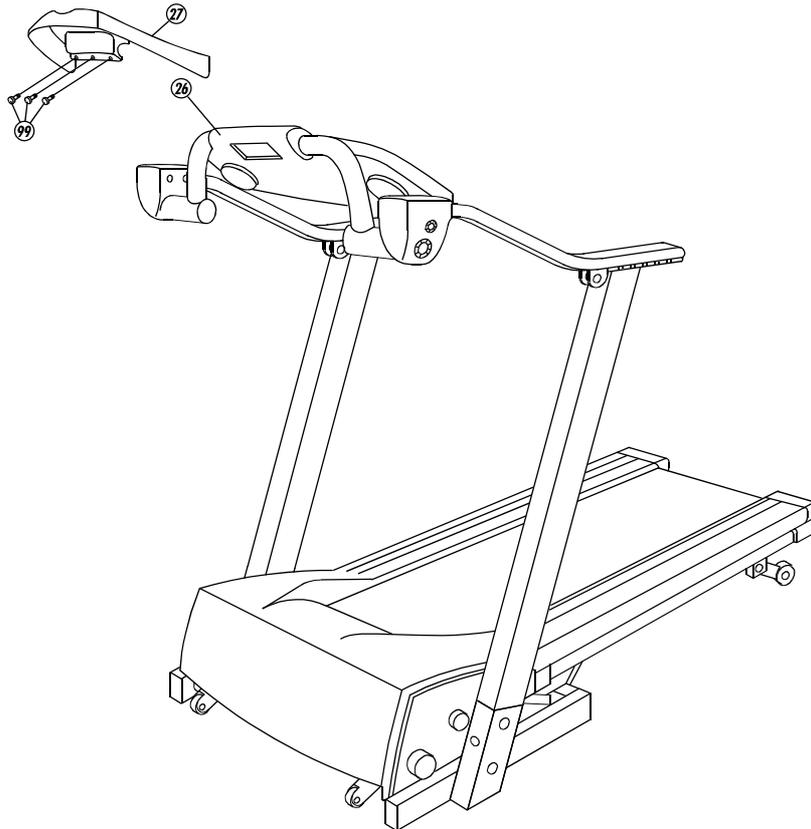
FOLDING INSTRUCTIONS

FOLDING INSTRUCTIONS:

IMPORTANT: Make sure the Treadmill is in its lowest position of Elevation. If not the treadmill will not fold.

To fold your treadmill stand at the rear of the treadmill and lift the deck up until a click can be heard. This is the locking mechanism engaging.

CLICK
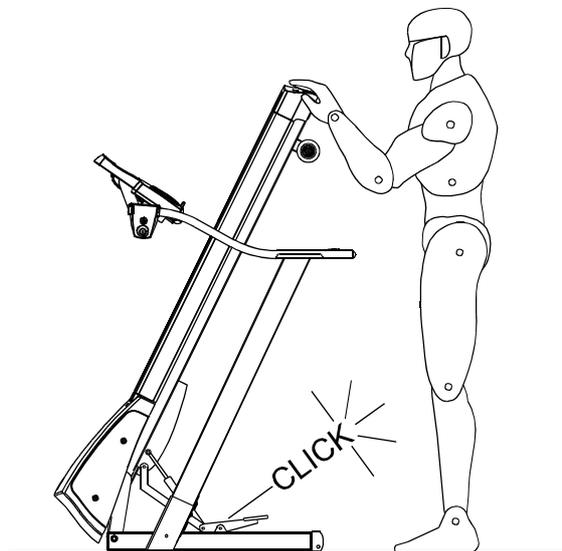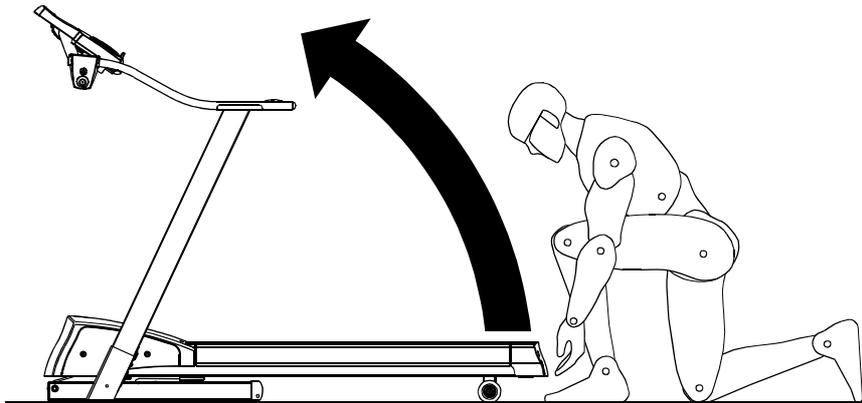
UNFOLDING INSTRUCTIONS

UNFOLDING INSTRUCTIONS:

To unfold the treadmill for use stand at the rear of the treadmill and use your left foot to press on the locking mechanism (69). Lower the treadmill running deck until the rear wheels touch the floor.

NOTE: Never stand on the locking mechanism without supporting the deck, as the deck will drop.

COMPUTER OPERATION

START BUTTON	**A**	**B**	INCLINE UP/DOWN BUTTONS
SAFETY KEY	**C**	**D**	SPEED UP/DOWN BUTTON
STOP/ENTER BUTTON	**E**	**F**	DISPLAY WINDOW

BUTTON FUNCTIONS

START – Press to start exercise at initial speed 0.5MPH / 0.8KPH.

STOP / ENTER
a. Press to confirm program and preset function values setting mode.
b. Press to run setting procedure before pressing the START KEY.
c. Press to stop exercise during workout time.

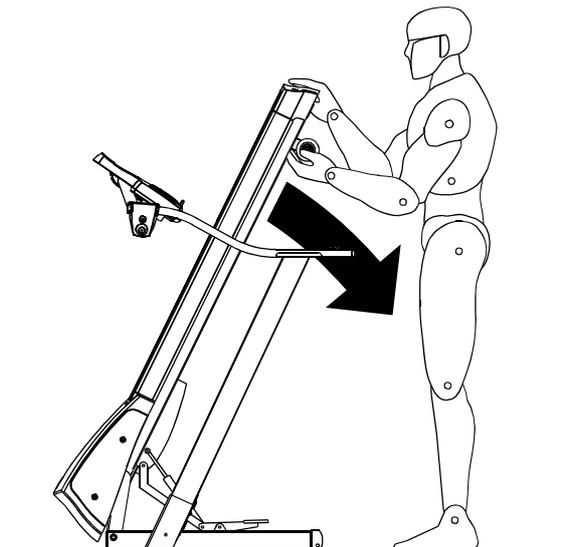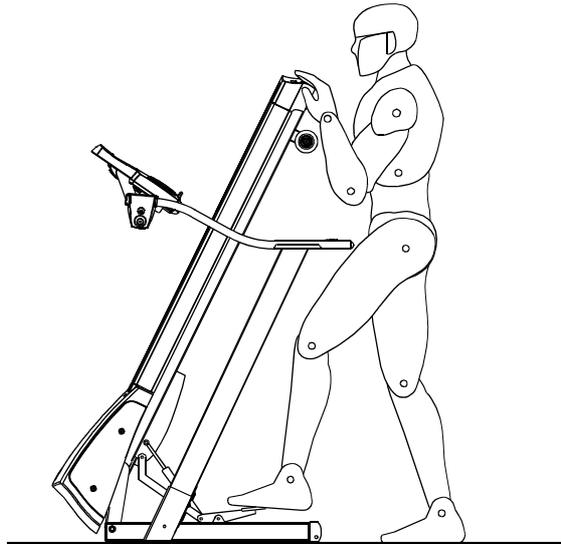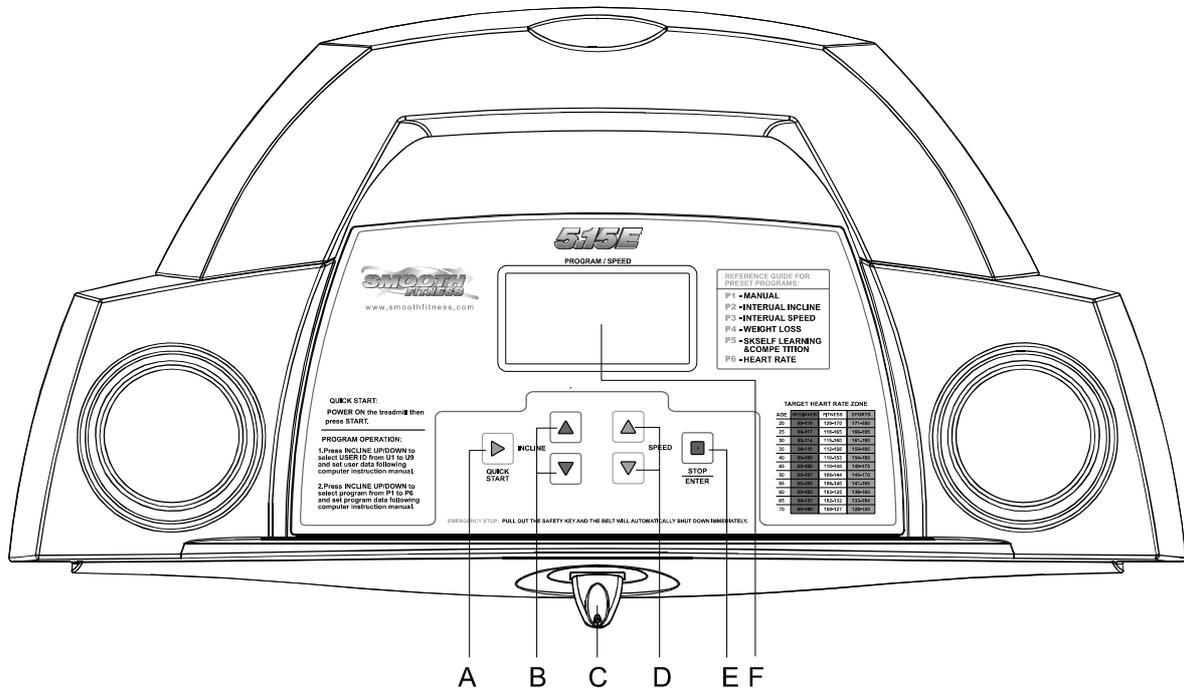**SPEED UP**
a. Press to increase exercise speed by 0.1MPH/KPH.
b. Hold the button to rapidly increase speed per second and release the button to stop the function.

SPEED DOWN
a. Press to decrease exercise speed by 0.1MPH/KPH.
b. Hold the button to rapidly decrease speed per second and release the button to stop the function.

INCLINE UP / DOWN
a. Press up or down to change incline level.
b. Press to select programs and preset related function value.

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.

COMPUTER OPERATION

POWER ON

Set the POWER SWITCH, located on the base frame, to ON and insert the SAFETY KEY. The UPPER LCD and LOWER LCD screens light up all digits and enter the POWER ON mode.

SLEEP 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.

DISPLAY MODE

This feature is designed only for store display purpose. To cancel the SLEEP MODE feature, 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 SLEEP MODE will be cancelled and the LCD will not go off as long as the power switch stays on and the safety key is inserted properly.

ENGLISH / METRIC CONVERSION

The computer has been preset to calculate and show all information in English (miles, pounds, inches). The computer can be set to display information in Metric (kilometers, kilograms, centimeters). To do this set the POWER SWITCH, located on the base frame, to ON. Press and hold the START button. Insert the SAFETY KEY. The computer will sound one short BEEP and the UPPER LCD will show KM and blink. Press the INCLINE UP/DOWN button to switch between KM and ML. KM means Metric and ML means English. Press the STOP/ENTER button to confirm the setting and return to POWER ON status after one long beep sound.

QUICK START

When the treadmill is in POWER ON status, press the START button to activate the QUICK START. The SPEED LCD counts down 3 seconds with 3 short beeps then starts from 0.5 MPH/0.8 KPH. Press the SPEED UP/DOWN buttons to adjust the speed. Press the INCLINE UP/DOWN buttons to elevate the treadmill. The TIME, CALORIES and DISTANCE count up from 0. The PULSE LCD shows P until you hold the hand pulse grip sensors then the PULSE LCD will display the current pulse during the workout.

STOP/PAUSE

During the workout, press the STOP/ENTER button to PAUSE the treadmill, all workout data will be frozen. Press the START button to resume the workout and all data will continue counting. If the STOP/ENTER button is pressed twice, the treadmill will return to POWER ON status and all workout information will return to 0.

COMPUTER PROGRAM OPERATION

To select the program, press the program buttons when the treadmill is in POWER ON status. For the first time user, you have to set up the user information and assign your USER ID from U 1 to U 9 before the program starts.

SET UP USER INFORMATION

Press any program button on the computer panel. For the first time use of the treadmill, the upper LCD will show a blinking U1 and the Upper LCD will show factory default setting values of user weight, height, age and target heart rate. Press the INCLINE UP/DOWN buttons to choose the USER ID from U1 to U9 and press the STOP/ENTER button to assign your user ID.

SET USER GENDER

After assigning your user ID, the gender icon will display on the Upper LCD. Press the INCLINE UP/DOWN buttons to switch between male and female icon then press the STOP/ENTER button to select your gender.

SET USER WEIGHT

After setting the user gender, the Upper LCD will display W. The TIME LCD display now shows the blinking factory setting user weight 150LB/68KG. Press the INCLINE UP/DOWN buttons to adjust the user weight correctly and press STOP/ENTER to set the user weight.

COMPUTER OPERATION

SET USER HEIGHT

After setting the user weight, the Upper LCD will display H. The CALORIES LCD display now shows the blinking factory setting user height 5'3"/160CM. Press the INCLINE UP/DOWN buttons to adjust the user height correctly and press STOP/ENTER to set the user height.

SET USER AGE

After setting the user Height, the Upper LCD will display A. The INCLINE LEVEL LCD display now shows the blinking factory setting user age 35. Press the INCLINE UP/DOWN buttons to adjust the user age correctly and press STOP/ENTER to set the user age.

SET USER TARGET HEART RATE

When you set up the user AGE, please note the user TARGET HEART RATE will be adjusted with the user AGE according to the factory setting. The factory TARGET HEART RATE setting is based on 85% of the maximum heart rate. The maximum heart rate is calculated as 220 minus the user age. For age 35, the maximum user heart rate should be 185 and 85% of user heart rate, which is 157. After setting the user age, the Upper LCD will show P and the PULSE LCD shows the blinking factory target heart rate setting. Press the INCLINE UP/DOWN buttons to adjust the user target heart rate properly for your own physical condition and press the STOP/ENTER button to set the user TARGET HEART RATE. This treadmill can allow set and memorize 9 different user's information. For the repeat user, after pressing the program button, please press the INCLINE UP/DOWN buttons to select the USER ID that you assigned previously.

Now, you have completed the user information set up. For the 2nd or other member in the family, please assign a different user ID. Each time when the treadmill is switched off and switched on again it will enter the select program procedure. The user ID will show the user ID of the previous user.

OPERATE PROGRAM

After completing the USER INFORMATION SET UP, prior to starting the program you selected, please follow the procedure to operate the different programs as described below:

P1 MANUAL PROGRAM

If you select the P1 MANUAL program, the upper and lower LCD will show the following:

After completing the user information set up, the SPEED LCD displays the initial speed 2.0MPH/3.2KPH and the PULSE LCD displays P. TIME, CALORIES AND INCLINE LEVEL all show 0. Press the START button to start the workout. Press the SPEED UP/DOWN buttons to adjust the speed from 0.5MPH to 10MPH and press the INCLINE UP/DOWN buttons to adjust the incline level from level 0 to 15. Distance, time, calories all count up from 0.

P2 INTERVAL INCLINE

If you select the P2 INTERVAL INCLINE program, the upper and lower LCD will show the following:

After completing the user information set up, SPEED, CALORIES and PULSE LCD display 0. The TIME display shows factory setting 24:00 and the blinking workout load level shows 1. Press the INCLINE UP/DOWN buttons to adjust the workout load level from 1 to 12 then press the STOP/ENTER button to confirm the setting.

Then the blinking TIME LCD displays 24:00. Press the INCLINE UP/DOWN buttons to adjust the total workout time and press the STOP/ENTER button to confirm the setting.

Press the START button to start the workout. SPEED starts from 2.0MPH/3.2KPH. The TIME counts down from the set up workout time. The CALORIES and DISTANCE count up from 0. INCLINE LEVEL follows the pre-set chart as follows:

COMPUTER OPERATION

LEVEL	MIN. LEVEL	MAX. LEVEL
1	0	4
2	1	5
3	2	6
4	3	7
5	4	8
6	5	9
7	6	10
8	7	11
9	8	12
10	9.0	13.0
11	10.0	14.0
12	11.0	15.0

During the workout, press the SPEED UP/DOWN buttons to adjust the speed. Users can overwrite the incline level by pressing the INCLINE UP/DOWN buttons.

COOL DOWN
After the pre-set TIME counts down to 0, treadmill will start a one minute cool down program. The TIME LCD will display COOL and blink for 10 seconds and continue counting down 50 seconds at speed 2 MPH/3.2KPH. After a one minute cool down, the treadmill will stop and return to P2 start display. Press STOP/ENTER to go to POWER ON status.

P3 INTERVAL SPEED
If you select the P3 INTERVAL SPEED program, the upper and lower LCD will show the following:

After completing the user information set up, the SPEED, CALORIES and PULSE LCD display 0. The TIME display shows factory setting 24:00 and a blinking workout load level shows 1. Press the INCLINE UP/DOWN buttons to adjust the workout load level from 1 to 12 then press the STOP/ENTER button to confirm the setting. Then the TIME LCD will display a blinking 24:00. Press the INCLINE UP/DOWN buttons to adjust the total workout time and press STOP/ENTER button to confirm the setting.

Press the START button to start the workout. The SPEED start and change follows the pre-set workout load speed chart as below. The TIME counts down from the set up workout time. The CALORIES and DISTANCE count up from 0. INCLINE LEVEL starts from level 0.

LEVEL	MIN. SPEED	MAX. SPEED
1	1.8	3.0
2	2.0	3.4
3	2.2	3.8
4	2.4	4.2
5	2.6	4.6
6	2.8	5.0
7	3.0	5.4
8	3.2	5.8
9	3.4	6.2
10	3.6	6.6
11	3.8	7.0
12	4.0	7.4

During the workout, press the INCLINE UP/DOWN button to adjust the incline level. Users can overwrite the speed by pressing the SPEED UP/DOWN buttons.

COOL DOWN
After the pre-set TIME counts down to 0, the treadmill will start a one minute cool down program. The TIME LCD will display COOL and blink for 10 seconds and continue counting down 50 seconds at a speed of 2MPH/3.2KPH. After the one minute cool down, the treadmill will stop and return to P3 start display. Press STOP/ENTER to go to POWER ON status.

COMPUTER OPERATION

P4 WEIGHT LOSS

If you select the P4 WEIGHT LOSS program, the upper and lower LCD will show the following:

After completing the user information set up, the SPEED, CALORIES and PULSE LCD display 0. The TIME display shows factory setting 24:00 and the blinking workout load level shows 1. Press the INCLINE UP/DOWN buttons to adjust the workout load level from 1 to 12 then press the STOP/ENTER button to confirm the setting. Then the TIME LCD displays a blinking 24:00. Press the INCLINE UP/DOWN buttons to adjust the total workout time and press the STOP/ENTER button to confirm the setting.

Press the START button to start the workout. The SPEED and INCLINE follow the pre-set workout load chart. The TIME counts down from the set up workout time. Distance and Calories count up from 0.

LEVEL	MIN. SPEED	MAX. SPEED	MINI. INCLINE LEVEL	MAX INCLINE LEVEL
1	1.6	2.9	0	3
2	1.8	3.1	0	4
3	2.0	3.3	1	5
4	2.2	3.5	1	6
5	2.4	3.7	2	7
6	2.6	3.9	2	8
7	2.8	4.1	3	9
8	3.0	4.3	3	10
9	3.2	4.5	3	11
10	3.4	4.7	4	12
11	3.6	4.9	4	13
12	3.8	5.1	4	14

During the workout, users can overwrite the speed by pressing the SPEED UP/DOWN buttons and overwrite the incline level by pressing the INCLINE UP/DOWN buttons.

COOL DOWN

After the pre-set TIME counts down to 0, the treadmill will start a one minute cool down program. The TIME LCD will display COOL and blink for 10 seconds and continue counting down 50 seconds at a speed of 2MPH/3.2KPH. After a one minute cool down, the treadmill will stop and return to P4 start display. Press STOP/ENTER to go to POWER ON status.

P5 5K SELF LEARING / COMPETITION

If you select the P5 5K SELF LEARNING / COMPETITION program, the upper and lower LCD will show the following:

After completing the user information set up, the DISTANCE LCD shows preset distance 3M/5KM. The TIME, CALORIES and INCLINE LEVEL LCD display 0 and the PULSE LCD display shows P.

Press the START button to start the program. Speed starts from 2.0MPH/3.2KPH. The TIME and CALORIES count up from 0. Incline level follows the factory pre-set profile. DISTANCE counts down from 3ML/5KM. During the workout you can adjust the speed by pressing the SPEED UP/DOWN buttons and overwrite the INCLINE LEVEL by pressing the INCLINE UP/DOWN buttons.

COOL DOWN

After the pre-set DISTANCE counts down to 0, the treadmill will start a one minute cool down program. The TIME LCD will display COOL and blink for 10 seconds and continue counting down 50 seconds at a speed of 2MPH/3.2KPH. After a one minute cool down, the treadmill will stop and return to P5 start display. Press STOP/ENTER to go to POWER ON status.

HEART RATE CONTROL

♥ P6 HEART RATE CONTROL

If you select the P6 5K HEART RATE CONTROL program, the upper and lower LCD will show the following:
After completing the user information set up, the TIME LCD shows the blinking factory pre-set workout time 60:00. Press the INCLINE UP/DOWN buttons to adjust the workout time and press the STOP/ENTER button to confirm. Then the upper LCD shows initial speed 2.0MPH/3.2KPH and the lower LCD shows initial warm up time 3:00.

Press the START button to start the 3 minutes WARM UP program. Speed starts from 2.0MPH/3.2KPH and INCLINE LEVEL starts from level 0. Please 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 pulse you will see P blinking on the PULSE LCD. If the heart rate monitor senses the pulse properly you will see the stable heart beat sign on the PULSE LCD and the correct pulse readout on the PULSE LCD. The computer will sense the user 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 heart rate monitor fails to sense the user's pulse (The PULSE LCD will display P and blink), the computer will not change the speed. If heart rate monitor senses the user's pulse properly and the actual user's pulse does not reach 65% of the maximum heart rate ((220-age) x 65%), then speed will increase by 0.5MPH/0.8KPH per 30 seconds. If the actual pulse reaches 65% of the maximum heart rate, the speed will remain unchanged. If the actual pulse reaches 65% of the maximum heart rate over one minute, then the speed will be maintained the same until the warm up program finishes.

If the actual user's pulse fails to reach 65% of the maximum heart rate within the first 3 minutes of warm up, the computer will continue the second 3 minutes 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 speed. If the heart rate monitor fails to sense the user's pulse (The PULSE LCD will display P and blink), the computer will not change the incline level. If the heart rate monitor senses the user's pulse properly and the actual user's pulse does not reach 65% of the maximum heart rate ((220-age) x 65%), then the incline level will be increased by 1 level per 30 seconds. If the actual pulse reaches 65% of the maximum heart rate, the incline level will remain unchanged. If the actual pulse reaches 65% of the maximum heart rate over one minute, then the speed will be maintained the same until the warm up program finishes.

If the actual user's pulse fails to reach 65% of the maximum heart rate within the second 3 minutes of warm up, the computer will continue the third 3 minutes warm up program. All workout information continues to count up and the timer counts down from 3:00. During the third 3 minutes warm up, both speed and incline remain unchanged regardless of the actual pulse. If time counts down to 0 and 65% of the max. heart rate still can not be reached, the TIME LCD will show FAIL, and the program will stop and return to POWER ON status.

After the warm up program (if the actual pulse reaches 65% of the max. heart rate to complete warm up program), the computer will enter the HEART RATE CONTROL program. TIME counts down from the previous setting. Distance and Calories will continue counting up from the warm up program. During the HEART RATE CONTROL program, the heart rate monitor will sensor 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 be remained the same. If the actual user's pulse is above 85% of the max. heart rate, the incline level will be reduce by 1 level. Speed will remain unchanged until the incline level increase up to 15% or the incline level down to 0%. If the incline level is up to 15% and still 85% of the max. heart rate can not be reached, then speed will start increasing by 0.5MPH/0.8KPH every 30 seconds. If the incline level is down to 0% and still lower than 85% of the max. heart rate can not be reached, then the speed will lower by 0.5MPH/0.8KPH every 30 seconds.

If the actual user's pulse reaches above 85% of max. heart rate over 3 minutes, the HEART RATE CONTROL program will be shut down and the computer will enter the one minute COOL DOWN program.

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

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

The purpose of the 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 as to reach the most efficient workout result.

LEVEL ADJUSTMENT

LEVEL ADJUSTMENT:

Uneven flooring could cause the spring loaded lock pins not to engage and prevent the treadmill from either folding or inclining.

To adjust the level follow the instructions below. You will need someone to help with this, as it involves lifting the treadmill.

1. Fold the treadmill up by following the folding instructions.

2. Tip the treadmill to the Left. You will then see the level adjusters. These will need to be screwed either in or out to level the treadmill. Repeat for the other side.

3. Unfold the treadmill as per the Unfolding instructions.

Level Adjusters
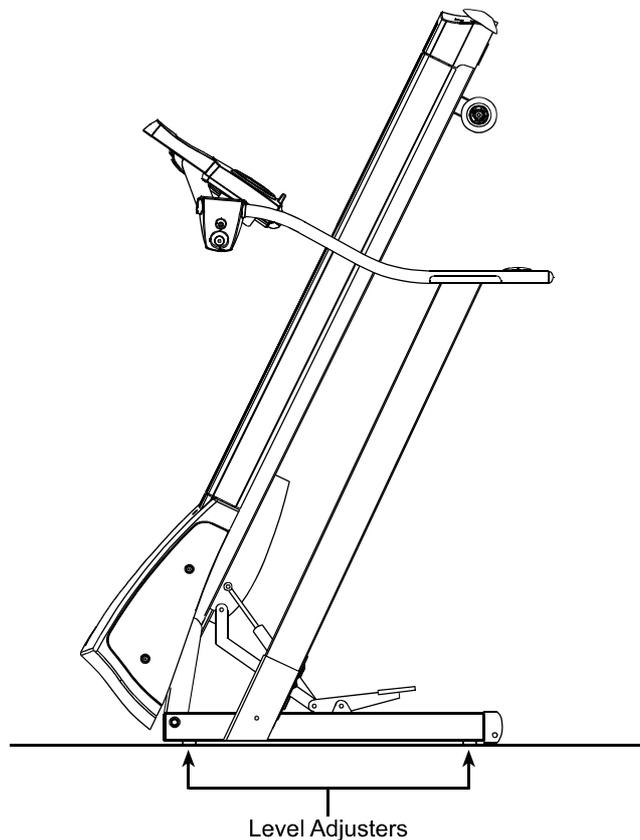
MAINTENANCE

HOW TO MAINTAIN THE 5.15E 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 and exceed the LIMITED WARRANTY coverage.
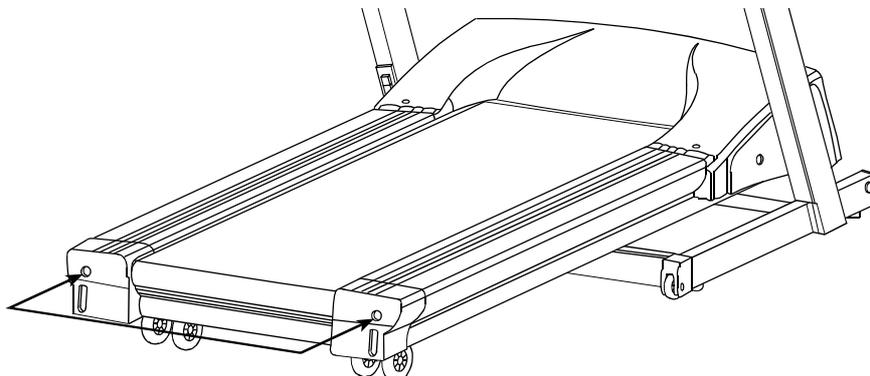
- **Important**: Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

- Inspect and tighten all parts of the treadmill regularly. Replace any worn parts immediately.

BELT ADJUSTMENT:

Belt adjustment and tension performs two functions: adjustment for tension and centering. The running belt has been adjusted properly 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:

- **Walking belt has shifted to the left**: First unplug the power cord from the surge protector. Using the hex key provided, turn the left rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.

- **Walking belt has shifted to the right:** First unplug the power cord from the surge protector. Using the hex key provided, turn the right rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.

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

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

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

MAINTENANCE

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**: **DO NOT** 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.

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. Please call 0800-09 72 100 for service.

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 Lube 'N Walk (can be purchased from your dealer or call the number on the front of the manual), or a non-petroleum based silicone such as "Napa 8300" (available at most stores).

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 6" from the front of the treadmill. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 4 seconds on each side.

4. Allow the silicone to "set" for 1 minute before using the treadmill.

Apply from front to back.

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 under normal use and conditions.

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 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 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.
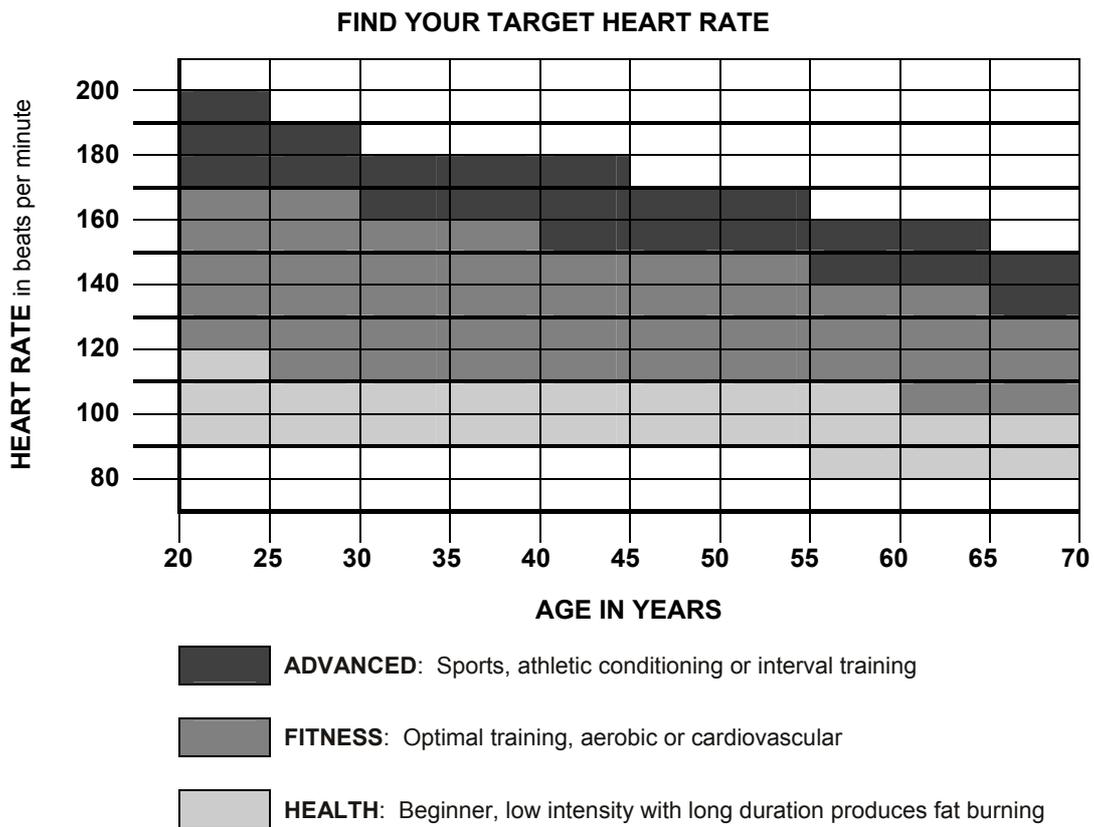

The Surgeon General has determined that lack of physical activity is detrimental to your health.™

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.

FIND YOUR TARGET HEART RATE

ADVANCED: Sports, athletic conditioning or interval training

FITNESS: Optimal training, aerobic or cardiovascular

HEALTH: Beginner, low intensity with long duration produces fat burning

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.
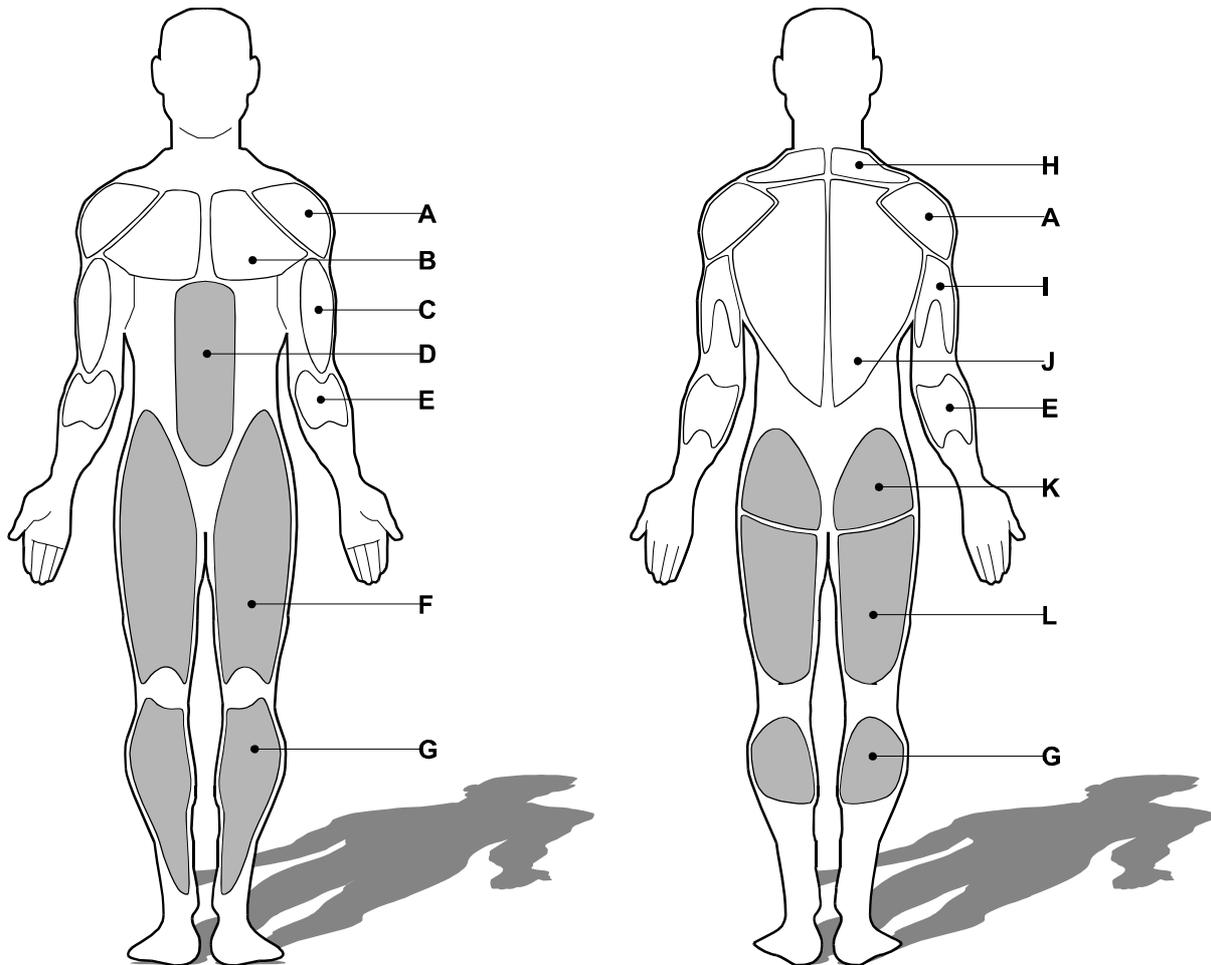
|				
Shoulder muscles	A		B	**Pectoral muscles**
Bicep muscle	C		D	**Abdominal muscles**
Forearm muscles	E		F	**Quadricep muscles**
Calf muscles	G		H	**Trapezius muscles**
Tricep muscles	I		J	**Back muscles**
Gluteal muscles	K		L	**Hamstring muscles**

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 and preferably 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:
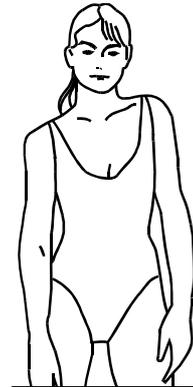
Toe Touch:

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.
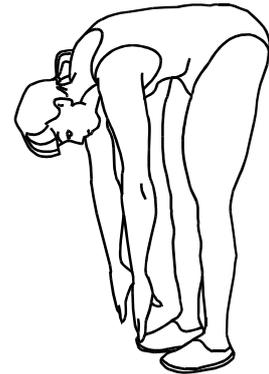
Shoulder Lift:

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.
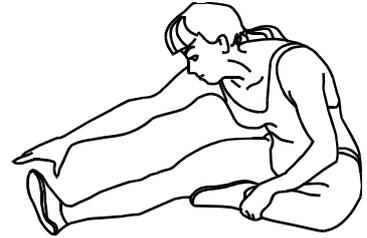
Inner Thigh Stretch:

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.
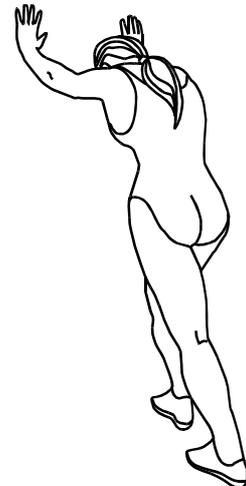
TROUBLESHOOTING

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 looses 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 0800-09 72 100 for 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 6 amps, with a 14-guage 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 0800-09 72 100 for 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 0800-09 72 100 for service.

SMOOTH FITNESS

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