# T790

**AC TREADMILL
INSTRUCTION MANUAL**

# *INDEX*

Owner's Manual

# I. TREADMILL FEATURES

User-friendly console design with text messages makes customizing your workouts easy. Big LED and dot matrix display windows for real time feed back of all workout stats.

Built- in fan keeps user cool and refreshed during training.

Water bottle holder.

Horizontal handle bar ergonomically designed for the most comfortable hand position.

Contact heart rate sensor hand grips to check your heart beat. Treadmill also features wireless telemetry heart rate monitoring.

Safety key-treadmill will not activate unless the safety key is secured in place.

Side landing or side rail.

Oversize running surface for the most comfortable workout.

Leveler to adjust in case of uneven floor.

Running belt adjustment to adjust belt tension or to center the running belt.

This treadmill is especially designed to meet all users needs, whether beginners or training athletes. It is an effective tool for achieving your personal fitness goals. Please find below the features and benefits of this treadmill.

- This treadmill is designed to optimize performance and long term reliability.

- Service is made easy with built-in error codes and self-diagnostic software system. This treadmill also features automatic "service required notice". Red LED will light up to indicate that it is time to lubricate the running belt.

- Built-in fan helps you stay cool and refreshed during your workout.

- Ultimate user-friendly design with both audio and text step by step instruction so anyone can customize his exercise workout with ease. User select workout duration and intensity level. Intensity level may be adjusted any time during workout.

- Ten pre-set programs to help you achieve your fitness goals, featuring two heart rate control programs and a fitness test to keep you motivated.

- The heart rate monitor system works with both contact sensors and wireless heart rate transmitter included with the treadmill.

- Quick start feature for those that want to keep workouts simple.

- Big LED displays and dot matrix display for easy viewing during workout.

- Large running surface makes running a joyful experience with T790 Club.

- Low impact design with cushions to minimize impact to the joints.

- Self-centering belt alignment so that the running belt is tracked properly in the center.

- 0% ~ 15% power elevation.

- Speed range of 1 ~ 18 Km/H (0.5 ~ 11 miles per hour)

## II.  IMPORTANT SAFETY PRECAUTIONS

When using an electrical product, basic precautions should always be followed.  Read all instructions before using this treadmill.

### GROUNDING INSTRUCTIONS

This product must be grounded!  Proper grounding provides a path of least resistance for electrical current if treadmill should malfunction or breakdown.  This is to reduce the risk of electrical shock.  This product is equipped with a cord having an equipment-grounding conductor and a grounding plug.  This plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.
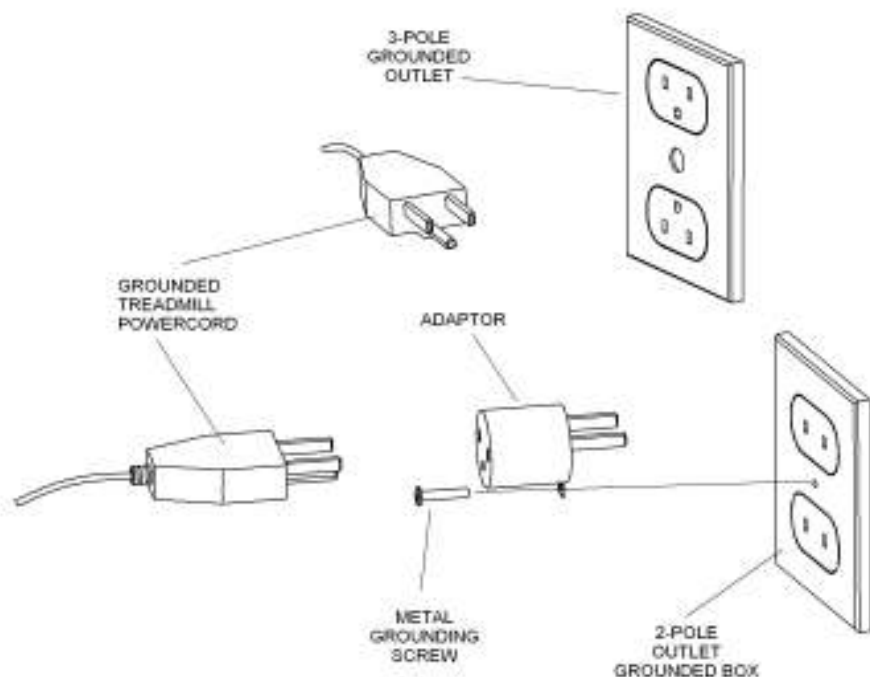


**DANGER!**
Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the product is properly grounded.  Do not modify the plug provided with the product if it will not fit the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

## ELECTICAL SAFETY

To reduce the risk of burns, fire, electrical shock, or injury to persons, take the following precautions.

- Do not use the treadmill if the unit is wet or the plug or cable is damaged or the treadmill is not working properly.

- Keep the power cable and plug away from heated surfaces.

- Never place the power cord under carpeting or place any object on top of the power cord.

- Use only the power cord provided with this treadmill.

- To disconnect, turn the switch to the off position, then remove the plug from the outlet.

This exercise equipment is designed and built for optimum safety. However, certain precautions always apply whenever you operate any exercise equipment. Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions.

## MECHANICAL SAFETY

- Before you start to exercise, make sure the unit functions correctly. To maintain the safety level of the exercise equipment, do not use a faulty device.

- Replace defective components immediately and/or keep the equipment out of use until repair.

- Do not use attachments not authorized by the manufacturer.

- Never drop or insert any object into any opening.

- Only one person may use the treadmill at a time.

- Never activate the speed when someone else is standing on the treadmill.

## PROTECTIVE CIRCUIT

To protect your safety, this treadmill is designed and equipped with run away protection. If the admissible operating speed of the treadmill has exceeded or fallen below the console setting, the protective circuit will shut off the treadmill to protect user and equipment. Reset the treadmill by turning the power switch on/off will return the treadmill back to normal operating mode.

# III. ASSEMBLY INSTURCTIONS

## TOOLS AND ACCESSORIES

| Description | Qty | When to use |
| --- | --- | --- |
| 6mm Hex wrench | 1 | For assembling steps 1&2 |
| 13mm box end wrench | 1 | For assembling step 3 |
| Phillips screwdriver | 1 | For assembling step 4 |
| Power cable | 1 | For operating treadmill |
| Safety key | 1 | For operating treadmill |
| Wireless heart rate transmitter and chest strap | 1 | For wireless pulse transmission |
| 6mm T wrench | 1 | For adjusting running belt tension |
| Silicon (100ml) | 1 | For deck lubrication |

## HARDWARE KIT CONTENT

| | # | Description | Qty | When to use |
|---|---|---|---|---|
| | A | Bolt, dome head, M8x80mm | 4 | Step 1 |
| | B | Washer, flat, M8x1.6t | 12 | Step 1 x 4pcs<br>Step 2 x 5pcs<br>Step 3 x 3pcs |
| | C | Bolt, dome head, M8x60mm | 4 | Step 1 |
| | D | Washer, curve, M8x1.5t | 4 | Step 1 |
| | E | Screw, dome head, M8x15mm | 7 | Step 2 |
| | F | Washer, star, M8x0.8t | 2 | Step 2 |
| | G | Nut, hex, nylon, M8x7.8t | 3 | Step 3 |
| | H | Self tapping screw, dome head, M6x15mm | 4 | Step 4 |
| | I | Screw, dome head, M6x15mm | 4 | Step 4 |

# STEP BY STEP INSTRUCTION

## 1. ASSEMBLE THE UPRIGHT POST



L

Pin

Detail view

J

D    C

L

Detail view

K    B    A
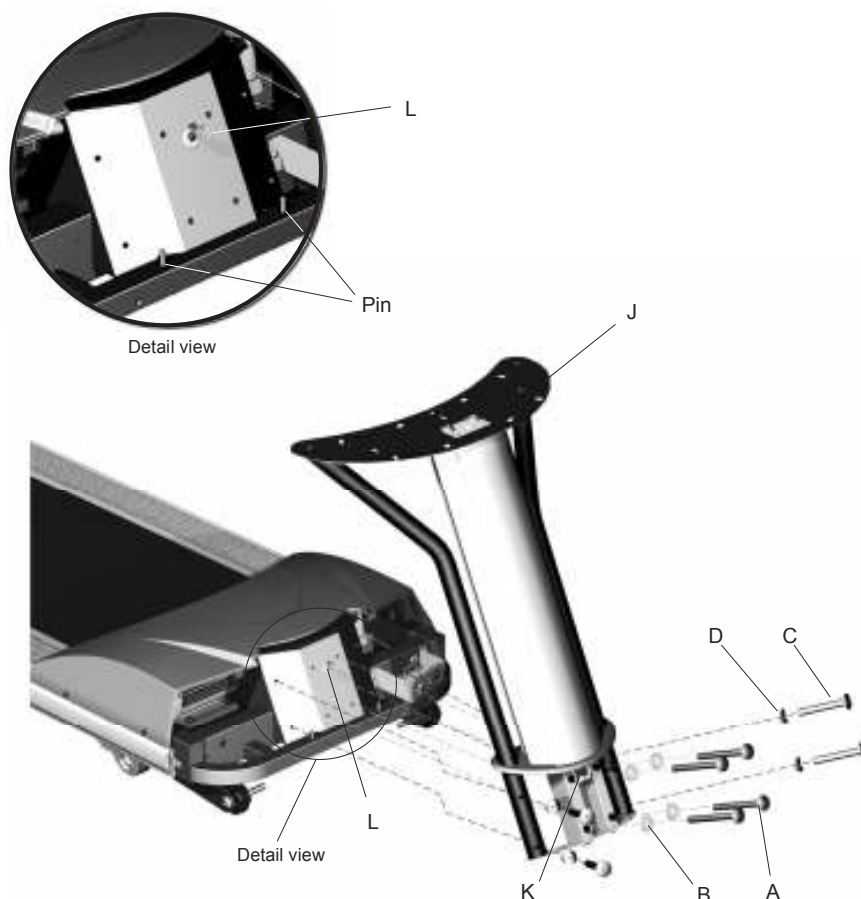
**NOTE**
Take care that the cables do not get trapped or pinched.

**Use hex wrench to perform this assembly procedure.**
1. Connect the cables (K, L) before you assemble the upright post (J) to base frame (M).
2. Align the upright post to the two pins on base frame before gently set it down.
3. Lightly secure the upright post to base frame with four M8x80mm bolts (A) and four flat washers (B) in the center of the post.
4. Then secure the round tubes on both sides of the center post to base frame with two M8x60mm bolts (C) and two curve washers (D) on each side.
5. Tighten the eight bolts on the upright post after they are in position.

## 2. ASSEMBLE THE CONSOLE BASE
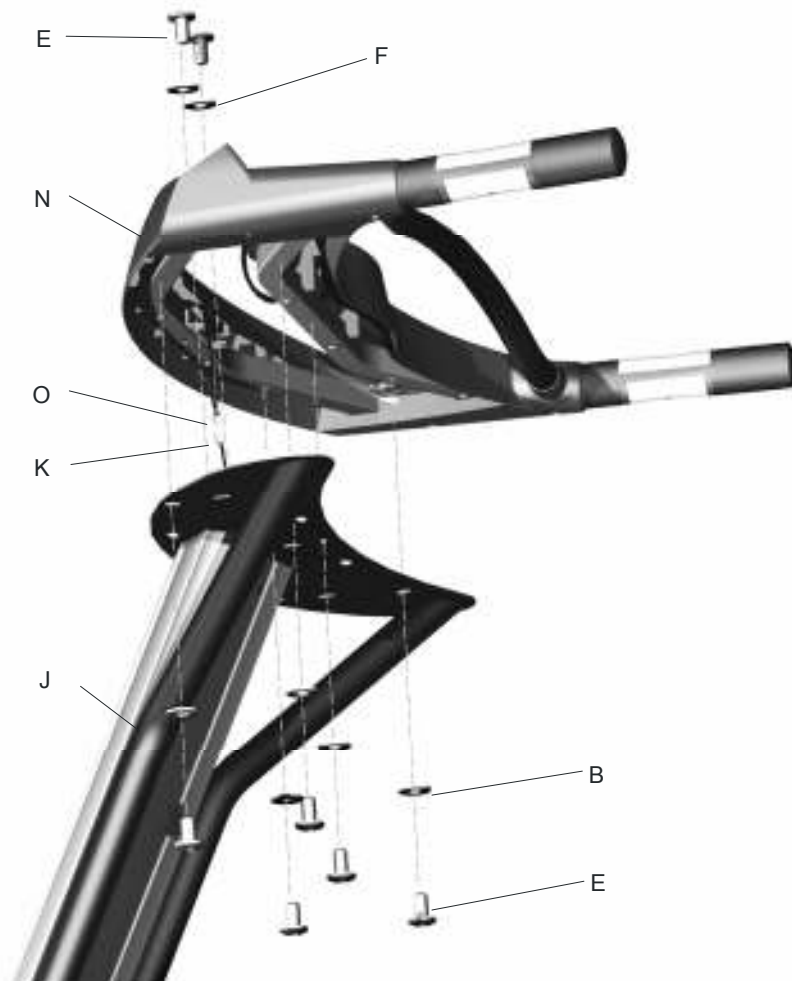


Use hex wrench to perform this assembly procedure.
1. Secure console base (N) to the upright post (J) with
   five M8x15mm bolts (E) and five flat washers (B) from the bottom and
   secure two M8x15mm bolts (E) and two star washers (F) from the top.
   Be careful not to pinch or damage the cables.
2. Tighten all bolts as tightly as possible.
3. Do not pull on the cable K.  Carefully connect the cables (K) and (O).
   Push down the cables so that they lay inside the plastic.

## 3. ASSEMBLE THE CONSOLE

Use 13mm box end wrench to perform this assembly procedure.
1. Do not pull on the cable O. Carefully connect the cables (O) and (Q). Push down the cables so that they lay inside the plastic. Then gently set the console (P) on the console base (R) by aligning the three pins. Be careful not to pinch or damage the cables.
2. Once you have the console in place, secure the console with three flat washers (B) and three nylon nuts (G). Tighten the three nuts on the console base after they are in position.

## 4. ASSEMBLE THE FRONT MOTOR COVER
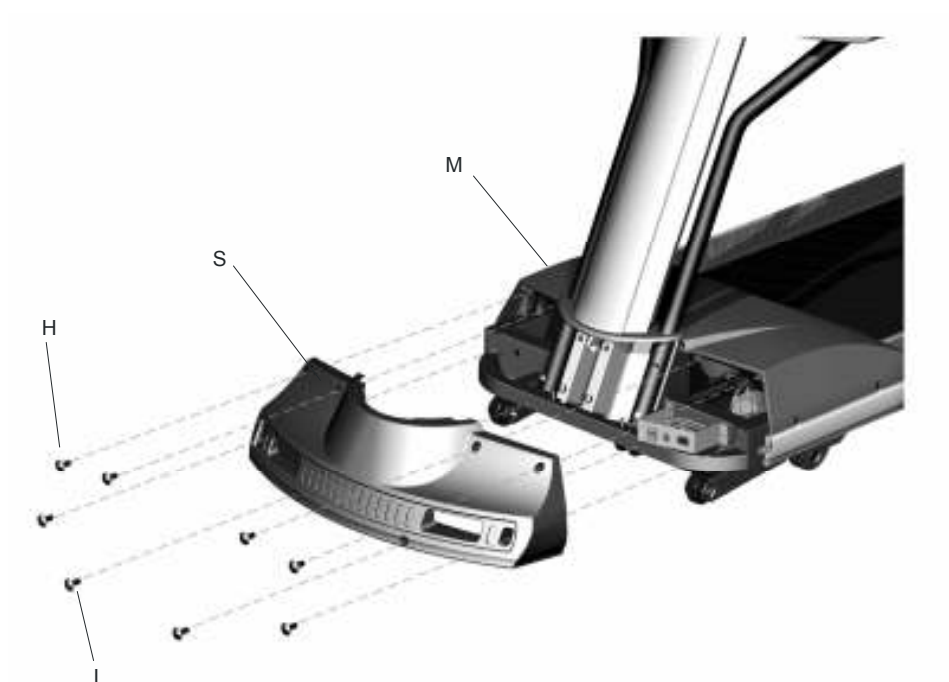
Use Philips screwdriver to perform this assembly procedure.
1. Turn on the treadmill to ensure that all connections are connected properly by checking that the console display functions properly.
2. Then secure the front motor cover (S) to base frame (M) with four screws (H) along the top and four self-tapping screws (I) along the bottom.
3. Tighten the eight screws on the front motor cover after they are in position.

# IV. SETTING UP
## THE TREADMILL

**PLACEMENT OF THE TREADMILL**
To optimize user safety, please take the following precautions when selecting  location for the treadmill.

- Do not place the treadmill outdoors.
- Do not place the treadmill near water or in high moisture content  environment.
- Make sure power cord is not in the path of heavy traffic.
- Locate the treadmill at least 3 feet from walls or other  equipment or furniture.

**LEVELING THE BASE**
It is important that you place the treadmill on a firm level surface.
If ground is uneven, you may level the treadmill with levelers located at the end of the deck. Make sure the rear of the deck is not higher than the front.

**USE DEDICATED CIRCUIT**
The outlet selected should be a dedicated circuit.  It is particularly important that no sensitive electrical equipment, such as computer or TV, share the same circuit.

# V. OPERATING
##    THE TREADMILL

### TURN POWER ON
The On/Off switch for the treadmill is located next to the power supply cord at the front of the motor cover. Flip this switch to the "ON" position. The switch will become lighted to indicate that the power is on.

### ⚠ WARNING
Never use this treadmill without first securing the safety tether clip to your clothing.

### SAFETY TETHER KEY AND CLIP
The safety key is designed to cut the main power to the treadmill should you fall. Therefore, the safety key is designed to bring the treadmill to an immediate stop. At high speeds, it may be uncomfortable and somewhat dangerous to come to a complete stop immediately. So, use the safety key as emergency stop only. To bring the treadmill to a complete stop safely and comfortably, use the red STOP button.

Your treadmill will not start unless the safety key is properly inserted into the safety key holder. The other end of the safety key should be securely clipped to your clothing so that should you fall, the safety key would become disconnected from the treadmill and stop the treadmill immediately to prevent injury to the person. Pull on the safety key clip to make sure it will not come off your clothing.

### ⚠ CAUTION
Never start the treadmill at a running speed and attempt to get on while it is moving fast.

### GETTING ON AND OFF THE TREADMILL
Handle with care when getting on or off the treadmill. Try to use the handle bars while getting on or off. While you are preparing to use the treadmill, do not stand on the running belt. Straddle the running belt by placing your feet on both side rails of the treadmill deck. Place your feet on the belt only after the belt has begun to move at a consistent speed.

During exercise, keep your body and head facing forward at all times. Never attempt to turn around on the treadmill while the running belt is still moving.

When you have finished exercising, stop the treadmill by pressing the red STOP button. Wait until the treadmill comes to a complete stop before attempting to get off the treadmill.

> **CAUTION!**
> BEFORE BEGINNING ANY EXERCISE PROGRAM, ALWAYS CONSULT YOUR PHYSICIAN. IF YOU EXPERIENCE CHEST PAINS, NAUSEA, DIZZINESS OR SHORTNESS OF BREATH, STOP EXERCISING AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING.

# VI.   OPERATING
##    THE CONSOLE

## DISPLAY VALUES

| Display | Resolution | Range | Increment | Display windows |
|---|---|---|---|---|
| Pulse | XXX | 40-240 | 1 | Left top LED window |
| Elevation (%) | XX | 0-15 | 1% | Left bottom LED window |
| Distance (Miles) | XX.X | 00.1-99.0 | 0.1 | Right top LED window |
| Distance (Km) | XX.X | 00.1-99.0 | 0.1 | Right top LED window |
| Speed (Miles/H) | XX.X | 00.5-11.0 | 0.1 | Right bottom LED window |
| Speed (km/H) | XX.X | 01.0-18.0 | 0.1 | Right bottom LED window |
| Time | XX:XX | 00:01-99:00 | 00.01 | LCM |
| Calories | XXX | 1-999 | 1 | LCM |
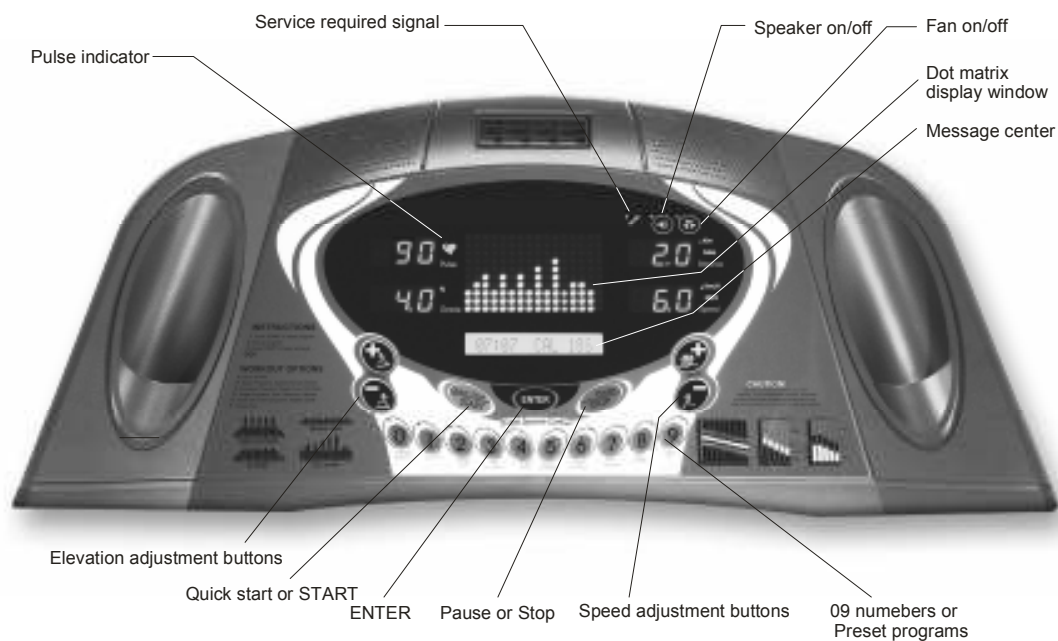
Basic function buttons

| | Elevation up | Increase elevation grade by 1% increment<br>Functional even when the running belt is not in motion |
| | Elevation down | Decrease elevation grade by 1% increment<br>Functional even when the running belt is not in motion |
| | Quick start<br>Start | Activates treadmill<br>Running belt starts moving at 1 Km/H or 0.5 Mi/H |
| | Enter | Setup mode - confirms program selected<br>Setup mode - confirms value input |
| | Pause<br>Stop | Stop running belt movement and pause workout<br>End workout<br>Skips current action to the next step |
| | Speed increase | Increase speed by 0.1Km/H, hold to ramp up<br>Will not function when running belt is not in motion |
| | Speed decrease | Decrease speed by 0.1Km/H, hold to ramp down<br>Will not function when running belt is not in motion |

## Advanced function buttons

- Ten program options during workout selection.
- Numerical input during program setup
- Direct speed control during workout

Example: Press 1 and 2 for changing speed to 12Km/H

| | | |
|---|---|---|
| 0 | Speed interval | Speed program - automatically adjust by speed only |
| 1 | Aerobic | Speed program - automatically adjust by speed only |
| 2 | Weight loss | Elevation program - automatically adjust by elevation only |
| 3 | Hill climb | Elevation program - automatically adjust by elevation only |
| 4 | Target by time | Target setting program |
| 5 | Target by distance | Target setting program |
| 6 | Target by calories | Target setting program |
| 7 | HRC by speed | Target heart rate control program - automatically adjust by speed only |
| 8 | HRC by elevation | Target heart rate control program - automatically adjust by elevation only |
| 9 | Fitness test | Fitness test program |

**Additional feature buttons**

**Speaker ON/OFF**
Turns speaker on or off
Speaker light on indicates audio instruction is in operation

**Fan ON/OFF**
Turns fan on or off
Fan light on indicates fan is in operation

**Indicators and displays**

**Service required indicator**
Tool light on indicates deck lubrication is required
Other maintenance and routine check should also be performed

**Pulse indicator**
Pulse light on indicates pulse signal is picked up
Light will flash to the rate of heart beat

**Dot matrix display**
Speed and elevation workout mode - displays program profile
Target training workout mode - displays target training value
HRC workout mode - displays current heart rate value
Pause mode - indicates time remaining

**Text message center**
Setup mode - step by step instruction to set up workout routine
Workout mode - displays time and calories values
Workout mode - displays messages, such as "speed will change"
End of workout - displays total time, total distance, total calories, and average speed

# CONSOLE FUNCTIONS

**SPEED ADJUSTMENT**
There are two ways to adjust speed during workout.  SPEED+and SPEED_ will adjust speed by increments of 0.1Km/H.  Or you may hold these buttons to ramp up or down.  If the speed adjustment increment is large, it is easier to use the number buttons which function as direct speed control buttons during workout.

Example: to change from 3 Km/H to 10 Km/H, we could just press the number button 1 and 0.  Or we could press and hold the SPEED+ button until the speed display shows 10 Km/H.

**ELEVATION ADJUSTMENT**
For safety reasons, elevation is designed to be manually adjusted only.  At no time will treadmill automatically adjust elevation except during one of the following four program workouts based on changing elevation: WEIGHT LOSS, HILL CLIMB, HRC BY ELEVATION, FITNESS TEST.

Elevation may be adjusted even while the running belt is not moving.  However, during the program setup mode, elevation will not be adjustable.

**PULSE FUNCTION**
This treadmill features wireless heart rate monitoring, the most advanced technology to date for accurate read out of your heart beat.  For convenience, this treadmill is also designed to pick up heart rate info via the contact sensors located on the side handlebars.  Treadmill will look for wireless pulse signal first.  If no wireless pulse signal is picked up, then treadmill will look for the signal from contact sensors.

To use the wireless pulse monitoring system, you must wear the heart rate transmitter chest strap.   Place the contact surface next to your skin directly under your heart to pick up the pulse signals from your heart.  There is a heart rate transmitter strap included with this treadmill.

To use the contact sensors, place your hands gently but firmly around the contact sensors on the handlebars.  Movements in the hands may cause difficulty for the treadmill to pick up the signal properly.  When signal is picked up, the LED light next to the pulse display window on the upper left hand corner of the console will light up and flash to the rate of your heart beat.

Please note that some fibers used in clothes (e.g. polyester, polyamide) create static electricity which may prevent reliable heart rate measurement.  Also note that mobile phone, television and other electrical appliances form an electro-magnetic field around them, which may also cause problems in heart rate measurement.

## PAUSE FUNCTION

When **STOP** button is pressed during workout, program is suspended. Message center will flash "WORKOUT PAUSED". After the running belt has come to a complete stop, dot matrix display window will count down from 2:59. During pause mode, only **START** and **STOP** buttons will function.

If **START** is pressed within three minutes during the pause mode, treadmill will bring the running belt movement back to the speed at which the treadmill was paused. Workout values will resume counting and continue where they were left off.

If **STOP** is pressed again during the pause mode, program will end.

At the end of three minutes if no button is pressed, treadmill will automatically end the workout program.

## END OF WORKOUT STATS

When you have completed your workout or if you have ended your workout, the display will report your workout stats. After the running belt has come to a complete stop, the message center will display total time, total distance, total calories and average speed twice. Then the display will go to idle mode, ready for the next user workout setup.

If you wish to skip the workout stats report, simply press the **STOP** button, which will skip display to the idle mode. Display will show "Select workout..." and ready for the next user.

## UNIT CONVERSION

To change from metric to English or English to metric, you must be in the idle mode, where the dot matrix window displays a flashing heart. Follow the steps below to make the unit conversion.

1. Simultaneously press both the **STOP** and **SPEED-** buttons together.
2. The message center will display Km to Mi or Mi to Km.
3. Simply press **START** to confirm.

Notice that the LED light next to the distance display window on the upper right corner will have changed the measurement unit accordingly.

# VII. WORKOUT PROGRAMS

## QUICK START

Once the power is turned on and the safety key is secured in place, simply press the green quick **START** button. Treadmill will activate at 1.0 Km/H. You may increase or decrease speed or elevation at any time during your workout. To end workout, simply press the red **STOP** button to stop the treadmill. During workout, time will count up.

1. Turn power on
2. Check safety key secured to treadmill and clip secured to user clothing
3. Press **START** to begin workout

## SPEED PROGRAMS

Once the power is turned on and the safety key is secured in place, you may press the number button **0** or **1** to choose one of the two pre-set speed programs, SPEED INTERVAL or AEROBIC. Message center will prompt user to set up workout duration, and intensity level based on max speed value. Once you have made your selection, press **START** key to activate the treadmill.

During workout, treadmill will automatically adjust speed according to pre-set program setting. User may still be able to adjust speed if the preset is not appropriate. The entire remaining program will scale up or down accordingly. During workout, user may adjust elevation level at will. To end workout, simply press the red **STOP** button to stop the treadmill. During workout, time counts down from target workout time.

1. Turn power on
2. Check safety key secured to treadmill and clip secured to user clothing
3. Press **0** for SPEED INTERVAL program or press **1** for AEROBIC program
4. Display will show program selected
5. Press **ENTER** to confirm
6. Use numeric buttons to input workout duration
7. Press **ENTER** to confirm
8. Use numeric buttons to input intensity level based on maximum speed
9. Press **ENTER** to confirm
10. Press **START** to begin workout

**ELEVATION PROGRAMS**

Once the power is turned on and the safety key is secured in place, you may press the number button **2** or **3** to choose one of the two pre-set elevation programs, **WEIGHT LOSS** or **HILL CLIMB**. Message center will prompt user to set up workout duration, and intensity level based on max elevation value. Once you have made your selection, press **START** key to activate the treadmill.

During workout, treadmill will automatically adjust elevation according to pre-set program setting. User may still be able to adjust elevation if the preset is not appropriate. The entire remaining program will scale up or down accordingly. During workout, user may adjust speed level at will. To end workout, simply press the red **STOP** button to stop the treadmill. During workout, time counts down from target workout time.

1. Turn power on
2. Check safety key secured to treadmill and clip secured to user clothing
3. Press **2** for WEIGHT LOSS program or press **3** for HILL CLIMB program
4. Display will show program selected
5. Press **ENTER** to confirm
6. Use numeric buttons to input workout duration
7. Press **ENTER** to confirm
8. Use numeric buttons to input intensity level based on maximum elevation
9. Press **ENTER** to confirm
10. Press **START** to begin workout

**TARGET TRAINING PROGRAMS**

Users have the option to customize workout based on setting training targets for time, distance, or calories. Once the power is turned on and the safety key is secured in place, you may press the number button **4** to set training target based on time or **5** to set training target based on distance or **6** to set training target based on calories. Message center will prompt user to set up workout target value. Once you have made your selection, press **START** key to activate the treadmill.

During workout, users may adjust speed and or elevation at will. To end workout, simply press the red **STOP** button to stop the treadmill. During workout, target training value will be displayed on the dot matrix display window.

1. Turn power on
2. Check safety key secured to treadmill and clip secured to user clothing
3. Press **4** to set training target based on time, press **5** to set training target based on distance, or press **6** to set training target based on calories
4. Display will show program selected
5. Press **ENTER** to confirm
6. Use numeric buttons to input training target value
7. Press **ENTER** to confirm
8. Press **START** to begin workout

## HEART RATE CONTROL PROGRAMS

Users have the option to customize their heart rate control programs based on their target heart rate value. Once the power is turned on and the safety key is secured in place, you may press the number button **7** to select HRC program adjust by speed or number button **8** to select HRC program adjust by elevation. Message center will prompt user to set up workout step by step. Once you have made your selection, press **START** button to activate the treadmill.

Users also have the option to set up their warm up speed and warm up time. During warm up and cool down, target heart rate training function will not be in operation. Only during workout will heart rate be maintained at target value.

After the warm up mode, treadmill will automatically adjust by elevation or speed (depending on which program is chosen) to reach and maintain the user's target heart rate. During workout mode, users may still be able to adjust speed or elevation. During workout, time counts down from total time: warm up + workout + cool down.

At the end of the workout time, treadmill will automatically go into cool down mode. Cool down mode is set for 4 minutes. In the first two minutes, speed and elevation will be reduced by 50%. The last two minutes, speed and elevation will be reduced by another 50%. To end workout, simply press the red **STOP** button to stop the treadmill.

To use the heart rate control programs, user must wear wireless transmitter chest strap. Signals from contact heart rate sensors will not be used as a basis to maintain your target heart rate during heart rate control programs.

To determine your best target heart rate, please refer to the section on calculate your target heart rate on the next page.

1. Turn power on
2. Check safety key secured to treadmill and clip secured to user clothing
3. Press **7** to select HRC program adjust by speed changes or press **8** to select HRC program adjust by elevation changes
4. Display will show program selected
5. Press **ENTER** to confirm
6. Use numeric buttons to input your age
7. Press **ENTER** to confirm
8. Use numeric buttons to input workout time
9. Press **ENTER** to confirm
10. Use numeric buttons to input target heart rate
11. Press **ENTER** to confirm
12. Use numeric buttons to input warm up time
13. Press **ENTER** to confirm
14. Use numeric buttons to input warm up speed
15. Press **ENTER** to confirm
16. Press **START** to begin workout

## CALCULATE YOUR TARGET HEART RATE

The most common method for calculating your target heart rate is to find your maximum heart rate first. The standard formula for calculating maximum heart rate = 220 minus your age.

You DO NOT want to workout at your maximum heart rate. You want to workout in your target heart rate zone. Your target heart rate zone is a percentage of your maximum heart rate. The American Heart Association recommends working out at a target heart rate zone of between 60% - 75% of your maximum heart rate. If you are just beginning an exercise program, exercise near or below the lower limit of your target zone.

Lower limit of target zone = maximum heart rate x 0.60
Upper limit of target zone = maximum heart rate x 0.75

For example: User age 30

Max HR (maximum heart rate) = 220 – 30 = 190
60% of max HR = 190 x .60 = 114
75% of max HR = 190 x .75 = 142

If you have not been exercising on a regular basis, it is recommended that you start slow. It may be advised that you use 114 to begin as your target heart rate. If you find this pace too difficult to maintain, go to a lower target heart rate. As you become stronger, you will want to increase your target heart rate.

⚠ TARGET HEART RATE

| Age | Target Zone (60% - 75%) |
|-----|-------------------------|
| 20 | 120  150 |
| 25 | 117 - 146 |
| 30 | 114 - 142 |
| 35 | 111 - 138 |
| 40 | 108 - 135 |
| 45 | 105 - 131 |
| 50 | 102 - 127 |
| 55 | 99 - 123 |
| 60 | 96 - 120 |
| 65 | 93 - 116 |
| 70 | 90 - 113 |

FITNESS TEST PROGRAM

Fitness test is a motivational program designed to assess user's physical fitness level. During workout, user will not be able to adjust speed or elevation. The program will increase workout intensity level. And based on the actual heart rate picked up from the transmitter and the age user input, the treadmill computer will be able to assess user's physical fitness level.

To use the fitness test program, user must wear the wireless transmitter chest strap. If treadmill does not pick up the transmitter heart rate signal, this program will not function.

1. Turn power on
2. Check safety key secured to treadmill and clip secured to user clothing
3. Press **9** to select fitness test program
4. Display will show program selected
5. Press **ENTER** to confirm
6. Use numeric buttons to input your age
7. Press **ENTER** to confirm
8. Press **START** to begin workout

# VIII. MAINTENANCE

The following maintenance procedures should be performed on a regular basis. Frequency of the routine check up should depend on usage level. When the service indicator lights up on the console, it is a reminder that you need to lubricate the deck and perform other maintenance procedures if you had not done them recently.

Maintenance and check-up list:
1. Cleaning
2. Deck lubrication
3. Check all nuts and bolts are secure
4. Check all functions operate normally
5. Check for any damaged components

## CLEANING

Never use solvents on any part of the treadmill as it will damage surface finish. Remove dust on the treadmill with vacuum or slightly damp cloth. Clean the floor with vacuum periodically will help to prolong the treadmill product life.

## LUBRICATING THE DECK

A well lubricated deck will ensure high performance of your treadmill and reduce the level of normal wear and tear to important components. This treadmill has been pre-lubed at the factory. However, for optimal performance, the running deck may require periodic lubrication. You may adjust the frequency of the lubrication based on the treadmill usage level.

To check the lubrication level, lift the running belt, and put your hand as far into the center of the belt as you can reach. If your hand shows signs of silicone, then it does not need additional lubrication. If the board feels dry and there is very little evidence of silicone, then additional lubrication should be added.

⚠ **NOTE**
A well lubricated deck will optimize treadmill performance and user safety.

To lubricate the deck:
1. Stop running belt so that the seam is located on top and of the deck.
2. Lift running belt.
3. Insert the nozzle between the belt and the deck.
4. Apply silicon from center of the running deck to five inches from the edge of the side rail. Apply the silicon from the front to the rear of the treadmill on each side of the treadmill.
5. To spread the silicon, run the treadmill at speed of 1 Km/H and step gently on the belt from left to right while the treadmill moves slowly. Do this for a few minutes and allow the silicon to soak into the running belt.

## RUNNING BELT CENTERING ADJUSTMENT

When you run or walk, you may push off harder with one foot than the other. This will cause the running belt to run off centered. This treadmill is designed and built to ensure proper tracking of the belt so that it is always centered on the deck. Occasionally the belt may need further adjustment to keep it centered. To center the belt, use the enclosed T wrench to adjust the rear roller position.

Running belt centering procedure
1. Never turn the bolts more than 1/4 turn at a time.
2. Always tighten one side and loosen the other to prevent over tightening of the belt.
3. Turn on the treadmill. Adjust belt while the treadmill is running at 4 Mi/H (6.4 Km/H) with no person on the running belt.

After making the adjustment, walk on the belt for five minutes to test. If belt still slips, repeat the procedure but never turn the bolts more than 1/4 turn at a time. Over tightening the belt can significantly shorten the belt life.

If belt is too far to the left side:
1. Turn the left roller bolt 1/4 turn clockwise (tighten)
2. Turn the right roller bolt 1/4 turn counterclockwise (loosen)

If belt is too far to the right side:
1. Turn the right roller bolt 1/4 turn clockwise (tighten)
2. Turn the left roller bolt 1/4 turn counterclockwise (loosen)

⚠ CAUTION
Over tightening of the belt will severely shorten the life of the belt and may cause further damage to other components.

## RUNNING BELT TENSIONING ADJUSTMENT

If when you plant your foot on the belt, you can feel a slipping sensation then the belt has stretched and is slipping across the rollers. All belts will stretch over time. This is a normal and common adjustment on any treadmill. To eliminate this slipping, tension both bolts on the rear roller 1/4 turn as shown. Try the treadmill again to check for slipping. Repeat if necessary, but never turn the roller bolts more than 1/4 turn at a time.

TENSION+

TENSION-
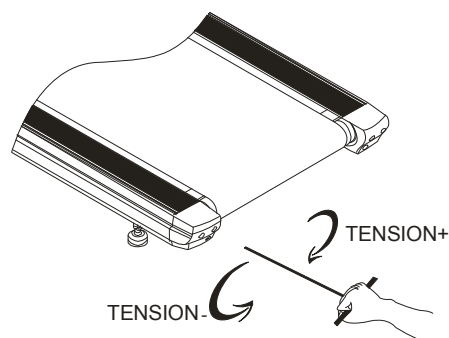
# IX. TROUBLE SHOOTING

**WHEN TO CALL FOR HELP**

This treadmill is designed with user safety as the number one priority.  In the event of electrical failure, the treadmill will shut off automatically to prevent user injury and to prevent damage to expensive components such as the motor.

When you encounter unusual behavior from the treadmill, simply turn the power switch off and on to reset the treadmill.  This should clear incidental errors and ready the treadmill for normal operation again.

If after you have reset the treadmill by turning the power switch off and on again, and the treadmill is still not operational and the console displays an error code, then it is time to call your dealer for service.

## TROUBLE SHOOTING GUIDE

| Problem | Potential Cause | Corrections |
|---|---|---|
| Treadmill will not start No signal on the console | 1.  Not plugged in | 1.  Plug into grounded outlet. |
| | 2.  Safety tether key not inserted | 2.  Insert safety tether key into console. |
| | 3.  On/Off switch on OFF | 3.  Turn on/off switch to ON |
| | 4.  Connections loose or damaged | 4.  Make sure connections are good |
| Running belt slips | 1.  Running belt not tight enough | 1.  Adjust running belt tension |
| Running belt hesitates when stepped on | 1.  Insufficient lubrication | 1.  Apply silicone lubricant |
| | 2.  Running belt too tight | 2.  Adjust running belt tension |
| Running belt is off centered | 1.  Running belt tension not even across the rear roller | 1.  Center the running belt |

### ERROR 3 Safety Tether Key Error
Error 3 occurs when safety tether key is not in positive contact with the console. Check for positive contact of the safety key to the console.

### ERROR 5 Incline Motor Error
This error occurs when the incline motor is not functioning properly.
1. Incline motor is over-loaded or over-heated. Simply wait until the incline motor has returned to normal temperature, then try again.
2. Calibrate the incline motor so that the controller confirms the position of the incline motor again. Sometimes, this will clear error 5.
3. Sensor connection cable or connector has problem.
4. Sensor (Potentiometer) is defective or damaged.
5. Incline motor is damaged.
6. Motor controller circuit is damaged.

### ERROR 6 Internal Memory Error
Error 6 occurs when console is not able to write and read the internal memory. Internal memory is kept for total mileage and others data. Turn off and on again to clear Error 6. This is not fatal error.

### ERROR 10, 11 Communication Error
Error 10 and Error 11 occurs when the motor controller and console lose connection. It will also happen if the signal cable is loose.

### ERROR 20 Over Current Error
Error 20 occurs when abnormally high current flows to the motor controller. Cool the motor and motor controller for around 30 minutes and check the deck and belt lubrication. If error 20 happens again, call service. If treadmill continues to be used when there is error 20, it will damage the controller and motor permanently.

### ERROR 21 Over Heated Error
Error 21 occurs when the motor controller is over heated. Cool the treadmill more than 1 hour and try again. Please check deck and belt condition if error 21 happens again. If treadmill continues to be used when there is error 21, it will damage the controller and motor permanently.

### ERROR 22 High Input Voltage
Error 22 occurs when the AC input voltage is too high to operate the treadmill normally. Check the AC input voltage.

### ERROR 23 Low Input Voltage
Error 23 occurs when the AC input voltage is too low to operate the treadmill normally. Check the AC input voltage.

**Note :**

**Note :**

**Note :**

**Note :**

**Note :**

**Read and follow all instructions in this manual.**
**Retain this instruction manual for future reference.**