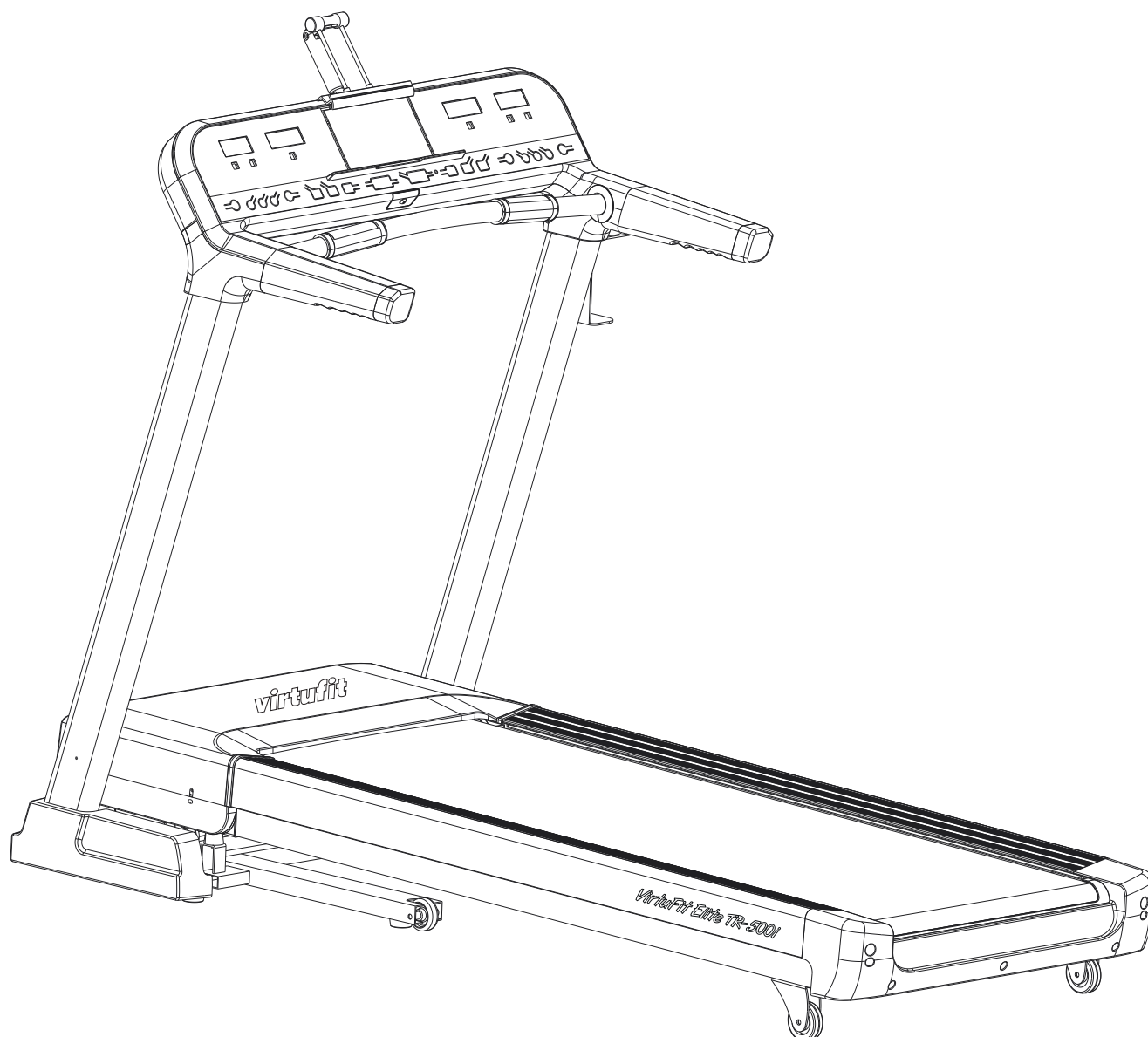


virtu^{fit}

Elite TR-500i Treadmill

User manual



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WARNING:

Before beginning any exercise program consult your physician. This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this device without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

ATTENTION

- It is important to read this entire manual before assembling and using the device. Safe and effective use can only be achieved if the device is assembled, maintained and used properly. It is your responsibility to ensure that all users of the device are informed of all warnings and precautions.
- Before starting any exercise program, you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the device properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
- Keep children and pets away from the device. The device is designed for adult use only.
- Use the device on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the device should have at least 0.5 metres of free space all around it.
- Before using the device, check that the nuts and bolts are securely tightened.
- The safety of the device can only be maintained if it is regularly examined for damage and/or wear and tear.

- Always use the device as indicated. If you find any defective components while assembling or checking the device, or if you hear any unusual noises coming from the device during use, stop immediately. Do not use the device until the problem has been rectified.
- Wear suitable clothing while using the device. Avoid wearing loose clothing that may get caught in the device or that may restrict or prevent movement.
- The max user weight is 150 KGS. Braking ability is independent of speed.
- The device is not suitable for therapeutic use.
- Care must be taken when lifting or moving the device so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.
- Please keep the space at least 1 to 2 meter at the end of base frame to escape any accidents!
- Place the device on a clean and flat surface. Do not place the device on a thick carpet.
- The device is for indoor use and not for outdoor use to prevent damage. Keep the storage location dry, clean and flat. It is forbidden to use the device for purposes other than training.
- Only use the machine in an environment with an ambient temperature between 10 °C and 35 °C. Only store the device at an ambient temperature between 5 °C and 45 °C.

Warranty claim is excluded if the cause of the defect is the result of:

- Maintenance assembly and repair work not carried out by an official dealer.
- In the event of improper use, neglect and / or poor maintenance.
- Failure to maintain the device in accordance with the manufacturer's instructions (see the enclosed manual).

TOOLKIT

When you open the carton, and you will find the below parts in the carton.

#	DESCRIPTION	QTY
A	Mainframe	1
B	Console	1
C	iPad holder	1
B01	Bottle holder	1
B08	Cross solid wrench	1
B09	5# Allen wrench	1
B15	Solid wrench	1
C05	Left foam handlebar	1

#	DESCRIPTION	QTY
C06	Right foam handlebar	1
D07	Safety key module	1
C14	Left bottom cover	1
C15	Right bottom cover	1
E13	Bolt	10
E22	Bolt	6
E32	Lock washer	10
E39	Big flat washer	4

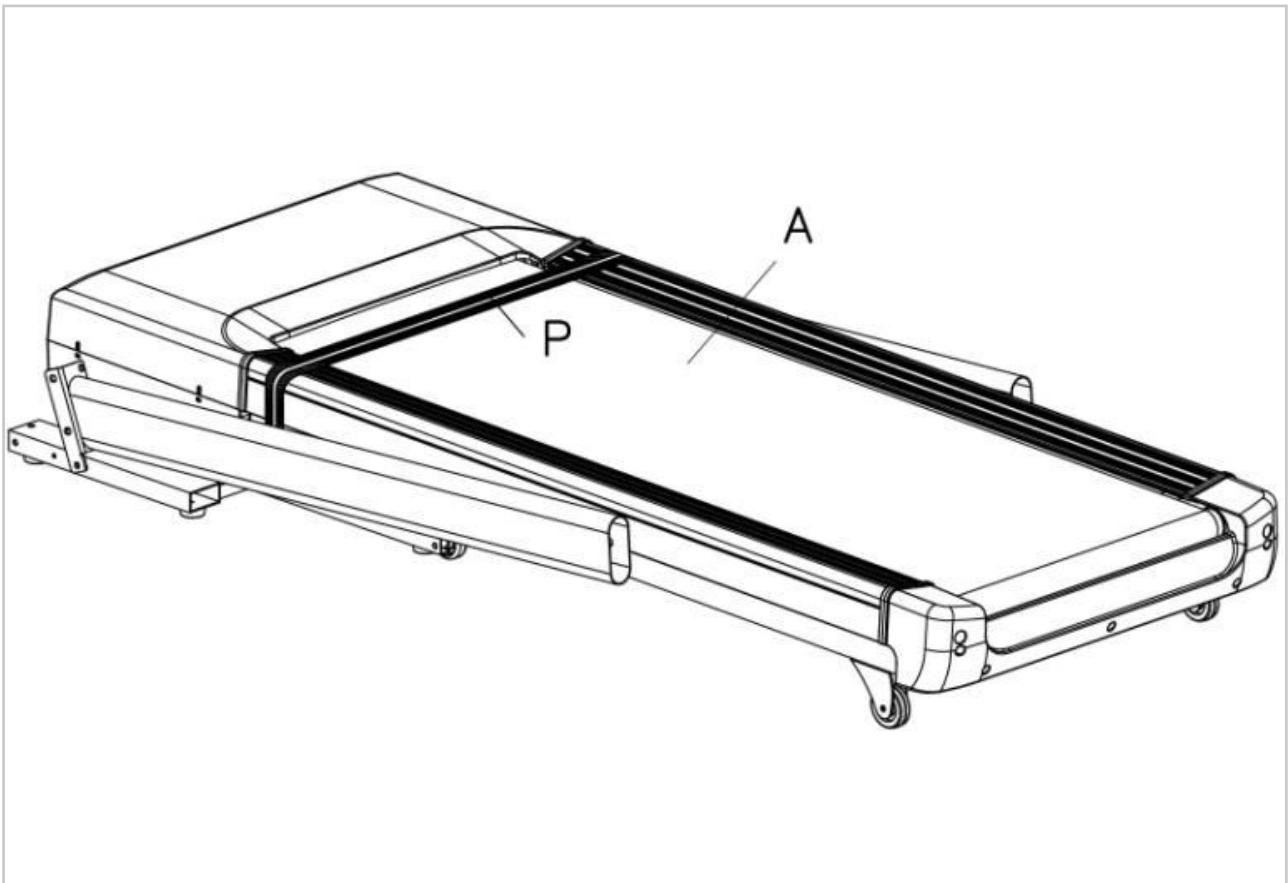
LET OP: Please don't switch on before you finish the assembling.

Missing parts: If you think you are missing certain parts in your package, carefully check the styrofoam and the device. Some parts (bolts, screws, etc.) are already attached to/in the device.

Error message: Ensure that all cables are carefully attached. The aluminum legs are very sensitive and must remain straight. Do you receive an error message after mounting your device? Then you have to straighten these aluminum legs again, this may cause the error message to disappear.

Socket screws: The device contains socket screws, make sure that the allen key is firmly in the bolt before you apply force to the key. In this way you prevent the head of the socket head screw from being rotated.

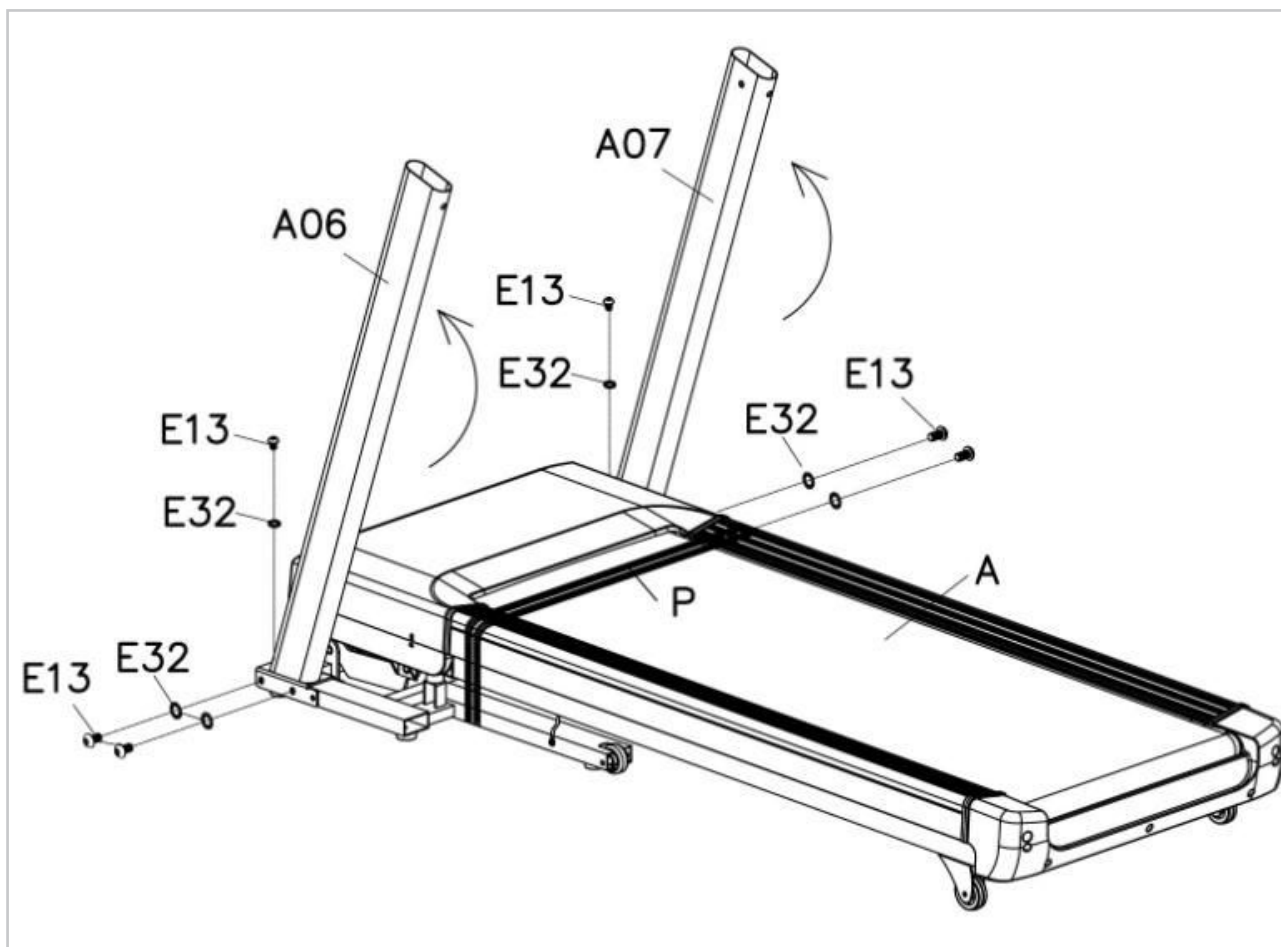
STEP 1



- Open the package and put the mainframe (A) on the floor.

NOTE: Don't open the package belt (P) before set up of the treadmill.

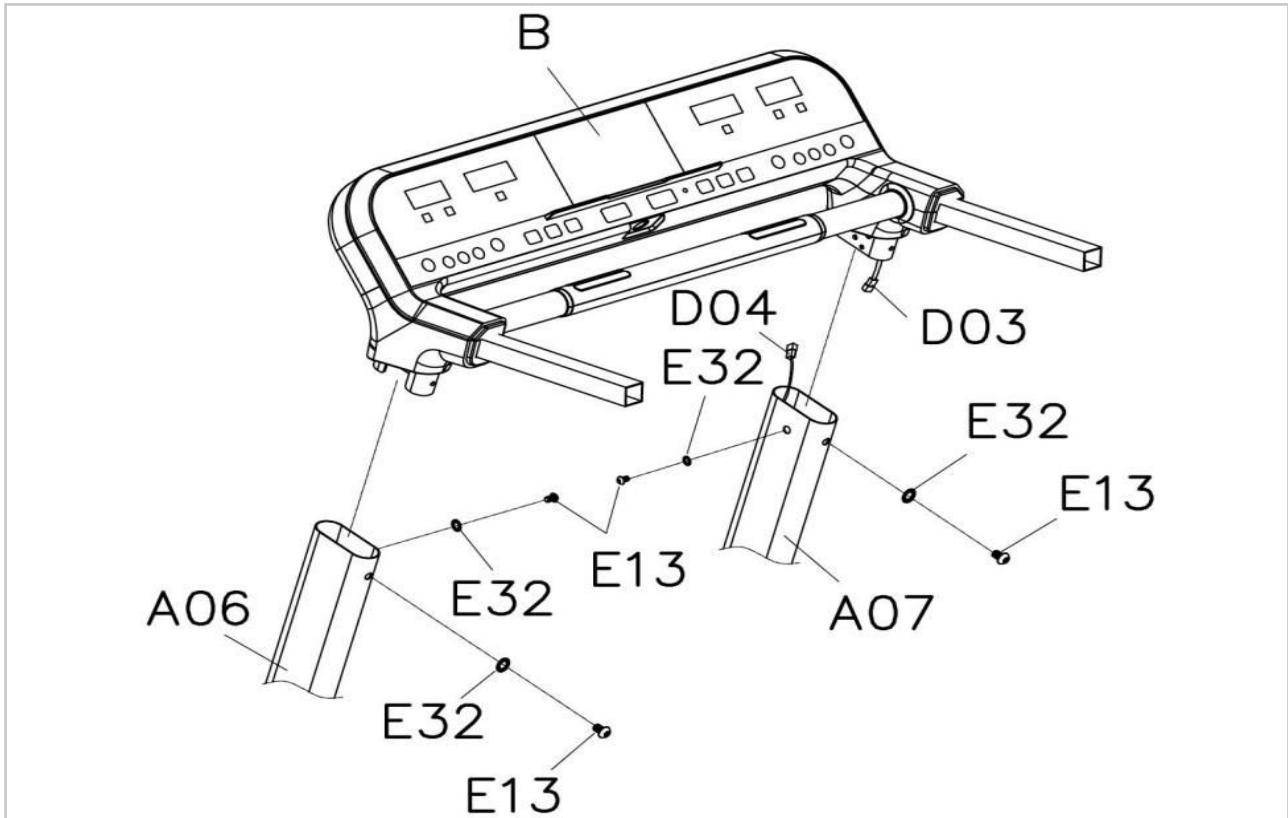
STEP 2



- Lift up column A06, A07 first.
- Fix the column A06 to the mainframe A with bolt E13 and lock washer E32 by 5# Allen wrench B09.
- Fix the column A07 to the mainframe according to the steps above.

NOTE: Support the column with hand to avoid falling down.

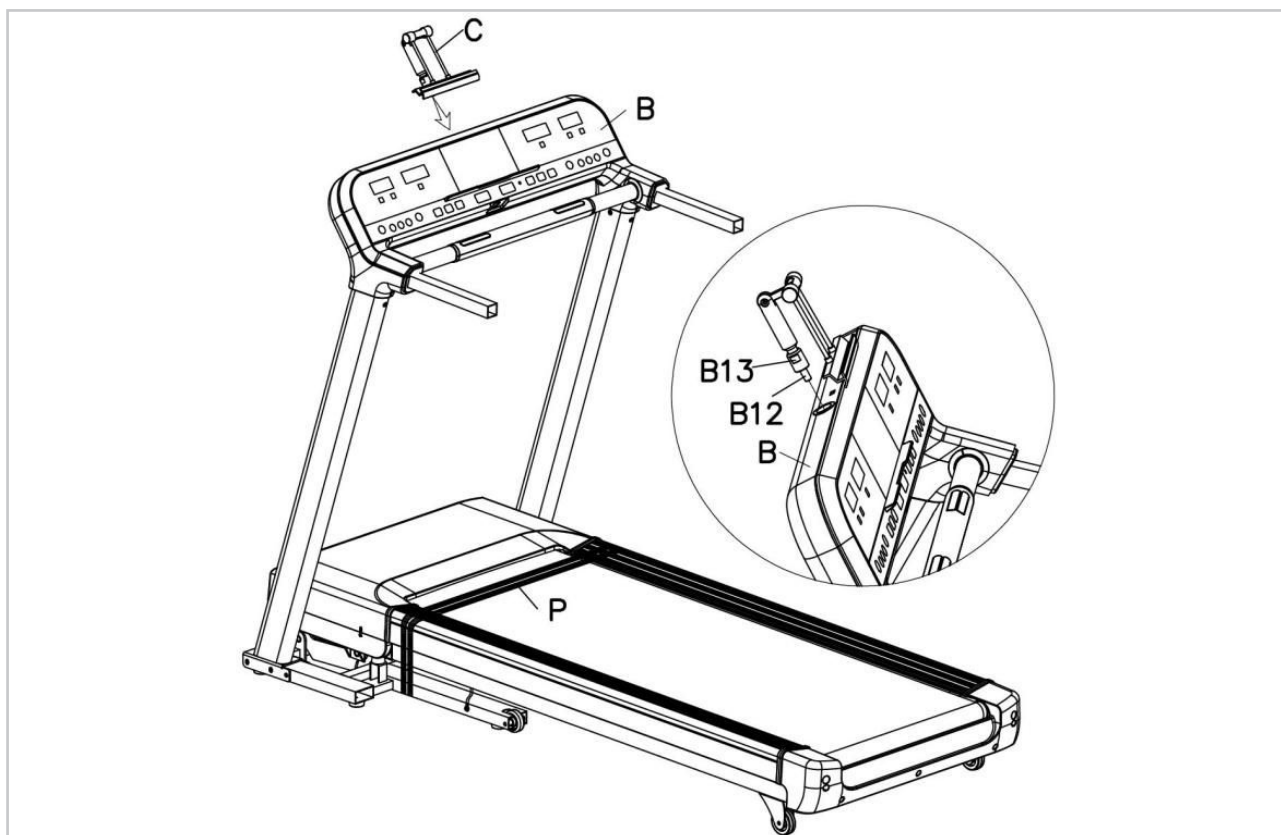
STEP 3



- Connect the monitor cable D03 with D04. Fix the monitor B to the left and right column A06\A07 with bolt E13 and lock washer E32 by 5# Allen wrench B09.

NOTE: Please make sure cables are well connected before fasten.

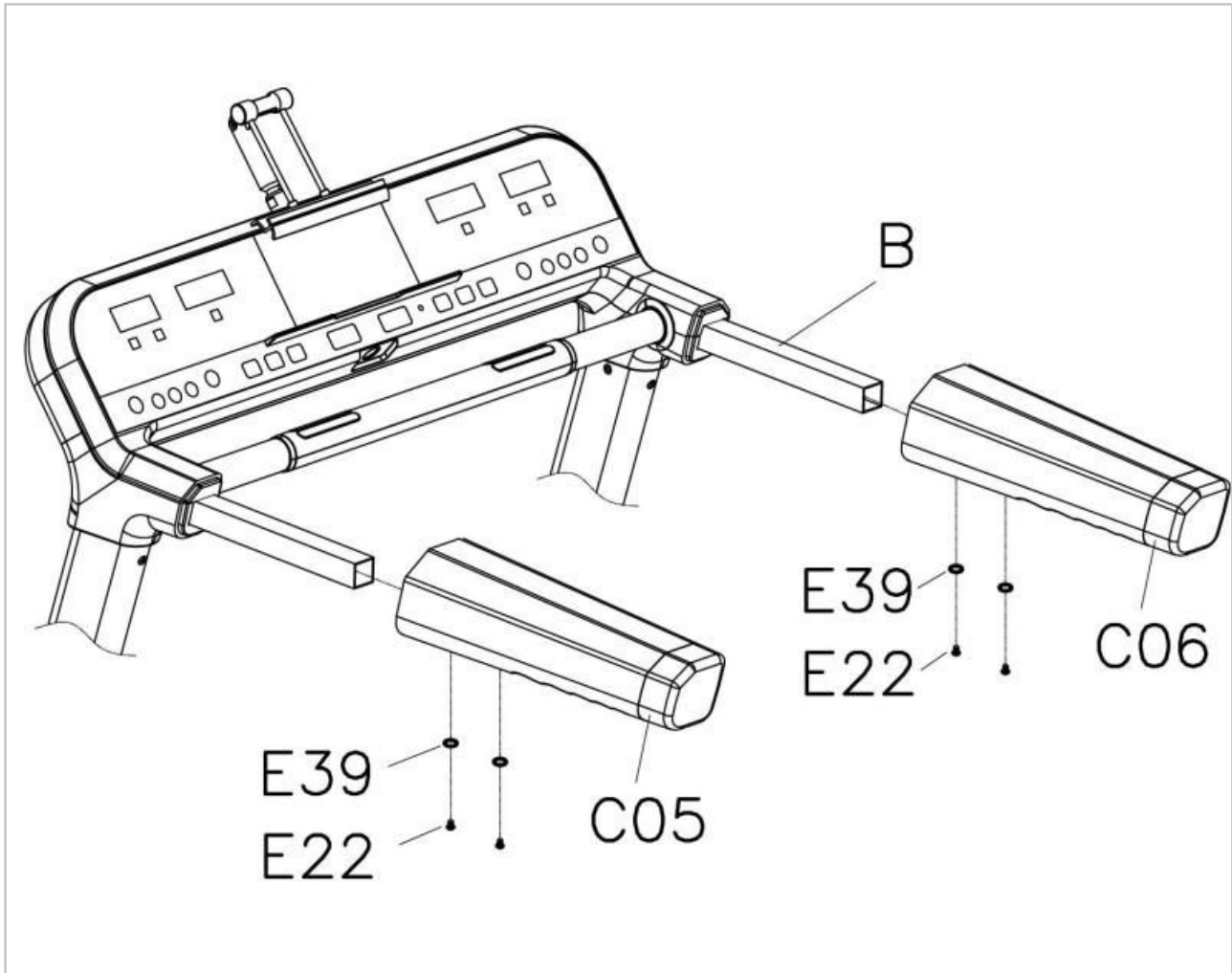
STEP 4



- Attach the tablet holder (C) to the console (B) using the wrench (B15). The tablet holder is optional and can be omitted if you wish.

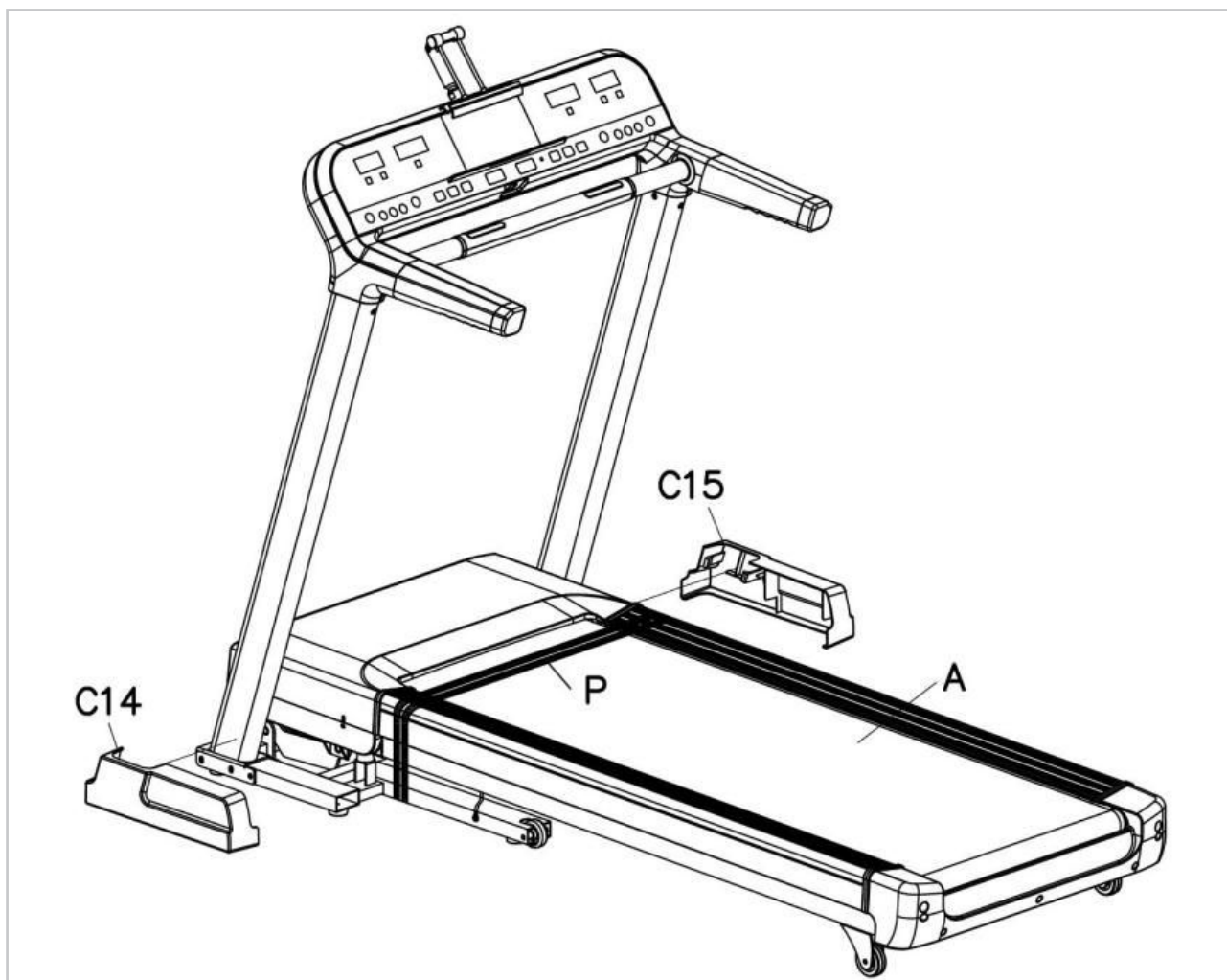
NOTE: First, manually confirm the screw holder (B12) of the tablet holder in the console (B) and then tighten it with nut B13 and wrench B15.

STEP 5



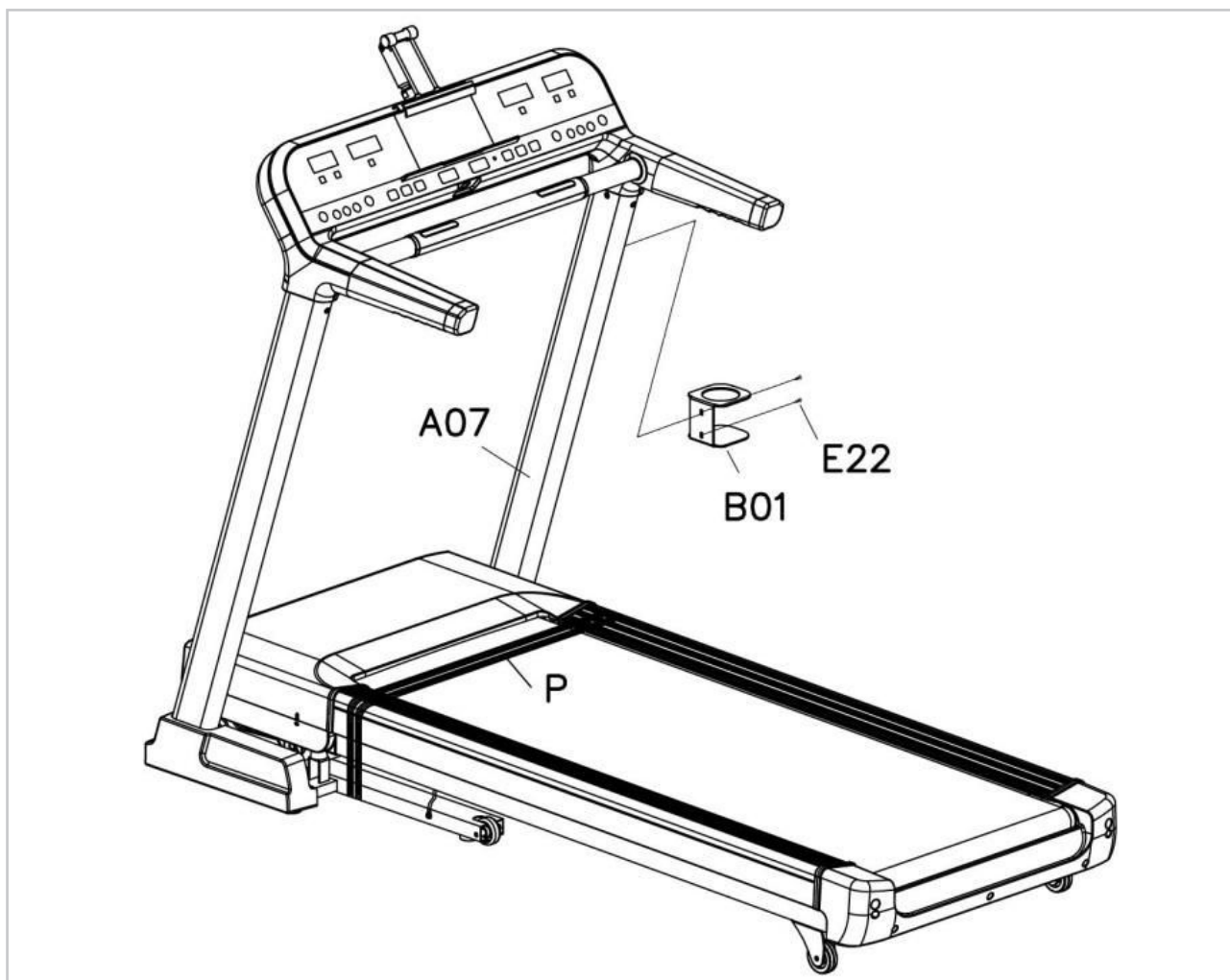
- Fix the left and right foam handlebar C05\C06 to the monitor B with bolt E22 and big washer E39 by cross solid wrench B08

STEP 6



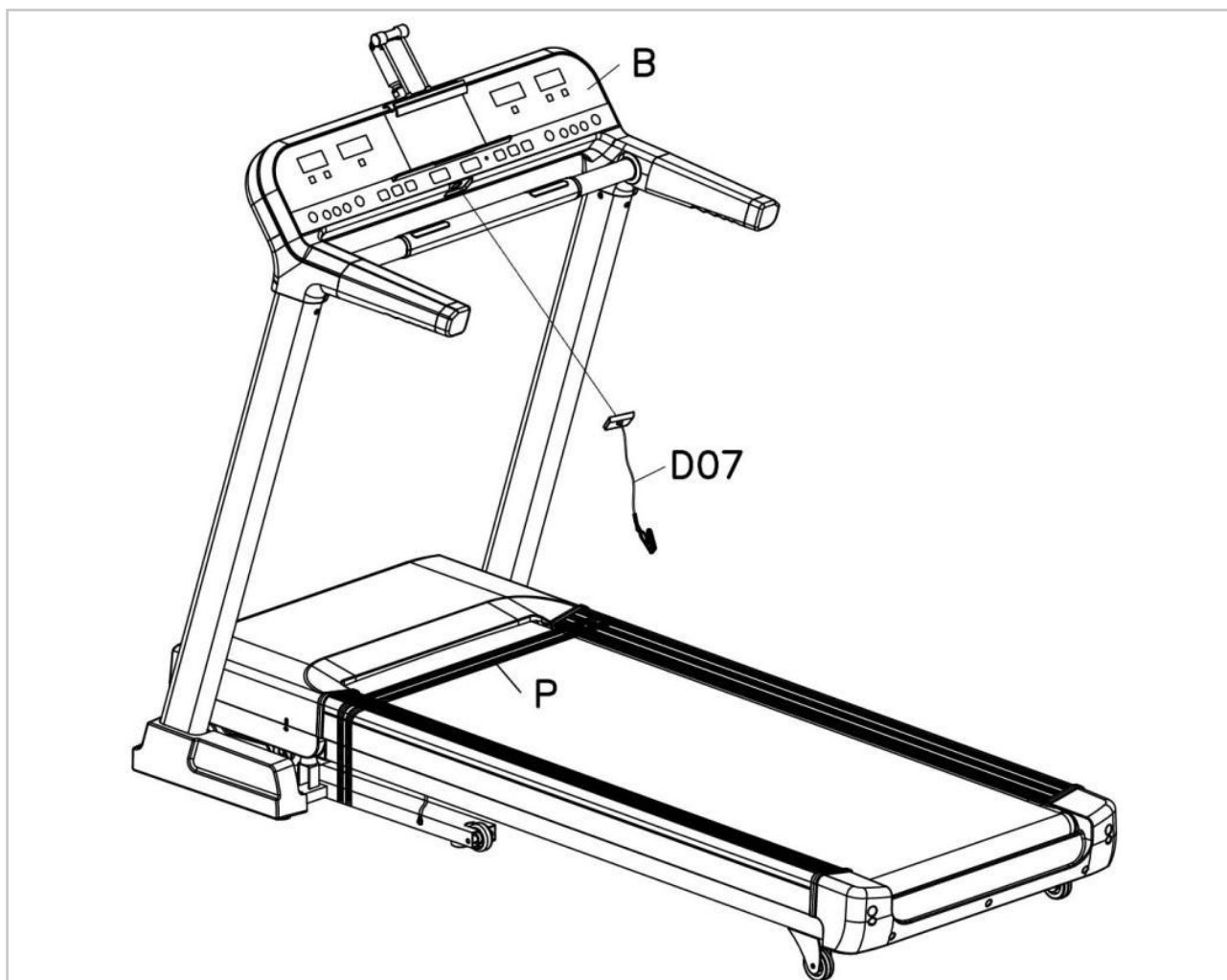
- Attach the left and right cover (C14 / C15) to the frame. Make sure everything is well confirmed.

STEP 7



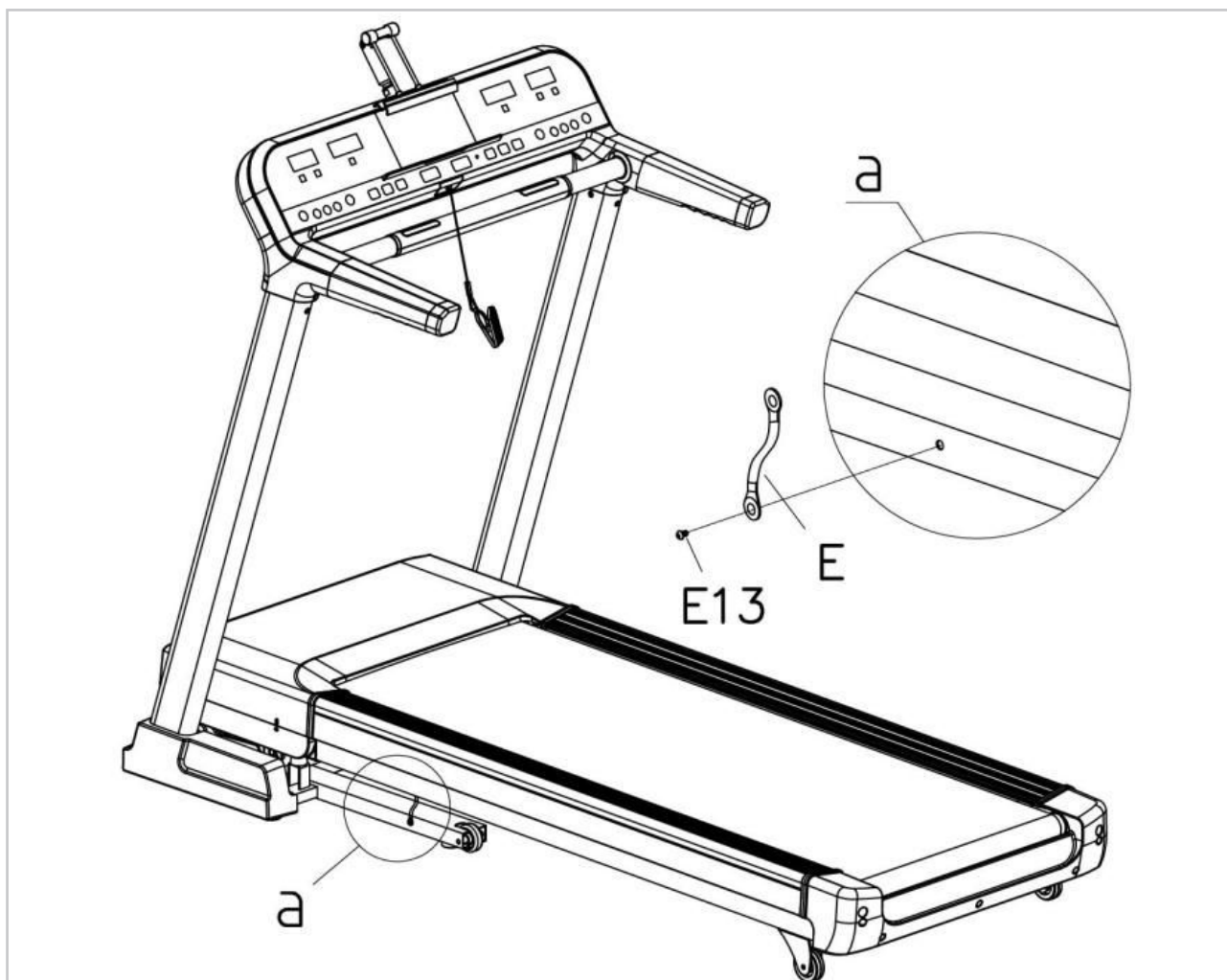
- Fix the bottle holder B01 to the right column A07 with bolt E22 by solid cross solid wrench B08.

STEP 8



- Remove the belt indicated at P.
- Before running, please nip the safety key clip D07 with your cloth.
- For any emergency, please pull the safety key rope, and the machine will stop.

STEP 9



- Remove bolt M8 * 15 (E13) at the bottom of the steel cable (E) with 5 # inner wrench lock B09.

STEP 10



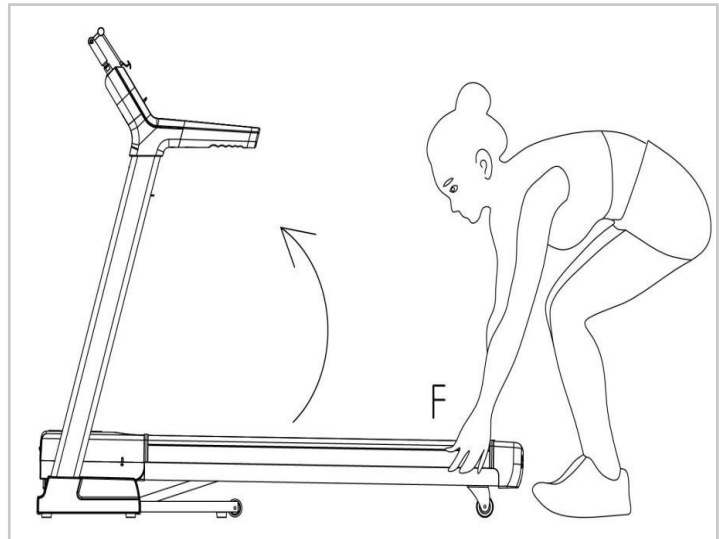
- Take apart the bolt M8*15 (E13) in the bottom side of the steel cable (E) with 5# Allen wrench B09.

NOTE: Store your machine in a dry area away from children and high traffic areas as shown in the illustration. Be sure it is secure and cannot fall onto small animals or children.

FOLDING

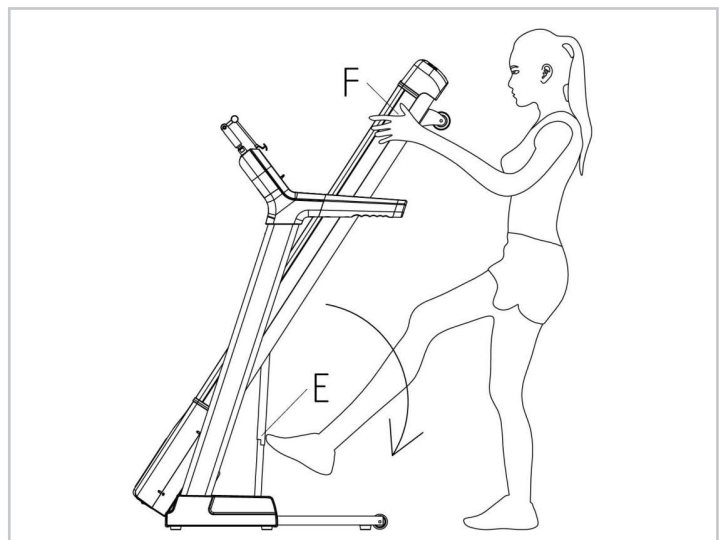
Hold the running deck which showed in “F” position and then fold it up with the arrow direction until you hear a “bang” voice from the air cylinder.

NOTE: It's forbidden to fold up when the machine is in running or incline mode.



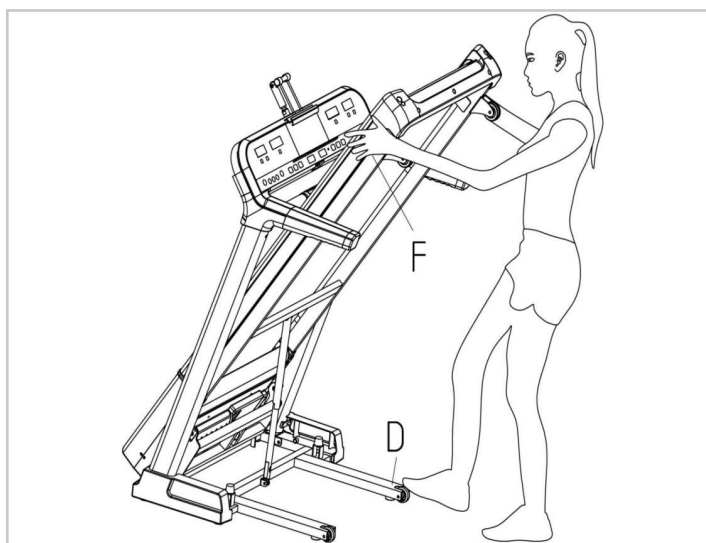
UNFOLDING

Support place F with hand, kick the place E of airpressure bar, then the base frame will fall down automatically.

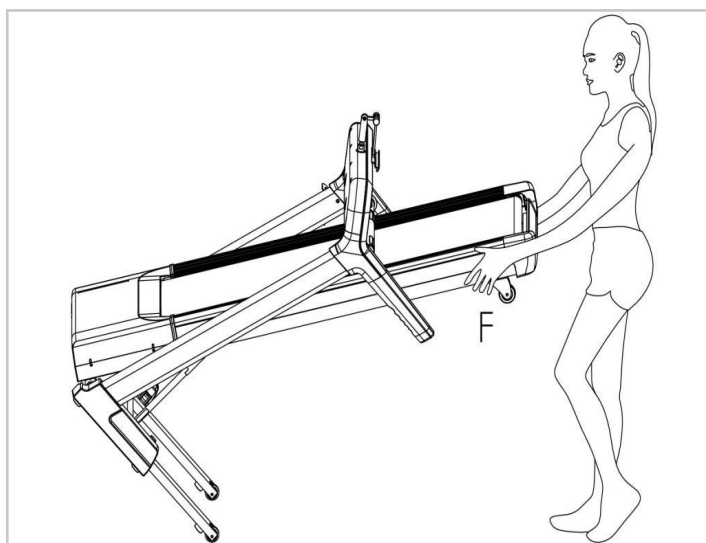


MOVING THE TREADMILL

To tilt, start by placing one hand at position "F" to support the top end of the treadmill. Next, place one foot at position "D" to hold the bottom end of the treadmill steady. With your foot at "D", slowly tilt the top of the treadmill downward towards the ground. Once the Main Frame "F" reaches a low enough point, the wheels of the treadmill will become active.



To transport, hold the treadmill from position "F" and tilt until the wheels are able to move on the ground.



Safe and effective use can only be achieved if the device will be assembled and maintained well. It is your responsibility to ensure that the equipment is regularly maintained. Parts that are already used and / or damaged must be replaced before continuing using. The rower machine may only be used indoors and stored away, prolonged exposure to weathering and changes in temperature / humidity can have a serious impact on the electrical components and moving parts of the device.

DAILY MAINTENANCE

- Clean and remove sweat after each use Do not use aggressive cleaning agents and ensure that the device remains free of moisture.
- Check that the rail and the wheels under the seat are free from dust and dirt.

SEMI-ANNUAL MAINTENANCE

- Inspect all bolts and nuts in connection with moving parts of the device, tighten as required.
- Check the mobility of moving parts and components of the use equipment, silicone spray if necessary.

CLEANING

WARNING:

Before cleaning the machine, please make sure the power has been switched off.

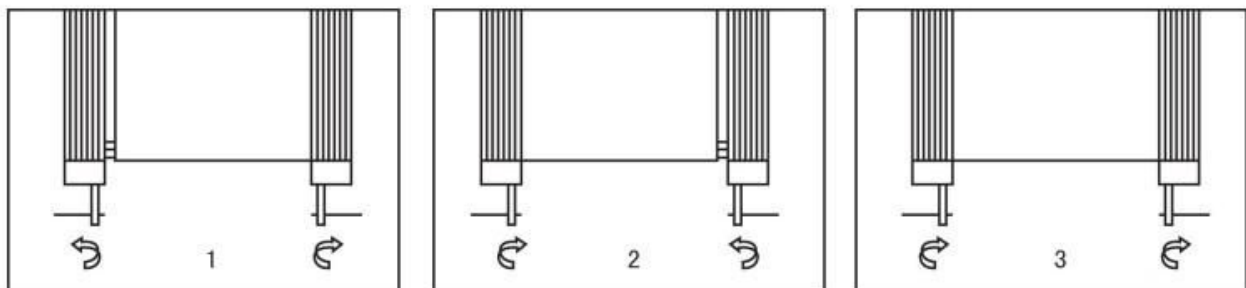
Cleaning: Wipe away the dust on the belt, running board and side footboard as excess dust may increase the frictional on the belt and cause damage to the machine. It is recommended to clean the machine once a month.

LUBRICATION

ATTENTION: In order to prolong the lifespan of the treadmill, we suggest switch off the treadmill for about 10 minutes after 2 hours' exercising. Running belt is too loose or tight will do harm to the treadmill. So keep a suitable tightness is very important. We suggest you grasp the running belt and pull it up to a certain distance until you cannot pull it up anymore. If the distance is between 50-75mm, we think the tightness of the running belt is suitable.

Lubricate the treadmill

- Lubrication of the treadmill is necessary every time 300 km has been walked on the treadmill. The treadmill will make an alarm "di di di" and the screen will show "OIL" to inform you of your treadmill needs oil lubrication. Apply the oil to the center of the treadmill mat.
- After lubrication press the STOP key for more than 3 seconds in standby mode and then the machine will sweep off the alarm and lubrication information. We suggest you lubricate the machine as the following method: People who use the treadmill less than 3 hours per week, please lubricate the machine per 6 months People who use the treadmill less than 3-5 hours per week, please lubricate the machine per 3 months 3 People who use the treadmill more than 5 hours per week, please lubricate the machine per 2 months.
- **Running belt is off-center:** The Running belt may become off-center after using for a period of time. First allow the machine to run by it-self and the belt may centralize automatically. If it does not centralize automatically, you can adjust the position of the belt by screwing the bolt shown in the images below. If the running belt has shifted to the right, you need to tighten the screw on the right of the belt or loosen the screw on the left. If the belt has moved to the left, do the opposite.
- **Belt Slipping:** Please adjust bolts according to the diagram below. When adjusting the two sides make sure each adjustment is the same, on either side of the treadmill. We recommend adjusting by half a turn until the running belt does not slip or deviate. Avoid making the belt too tight as this may damage it.



NOTE: Any repair must be done by a professional technician unless otherwise specified by the supplier or manufacturer.

SIMPLE MALFUNCTION AND SOLUTION - LED SCREEN

There is no signal when power on

- First check whether the over load protector is open or not, if opened, please close it.
- Make sure the wire of the switch, over load protector and driver are connected well.
- Make sure the wire between the monitor and driver is connected well.

The display shows E01 after switch on

- There something wrong with the signal cable. Please check each cable between display and the driver is ok or not.
- There are something wrong with the display component part, please replace the display.
- Replace the transformer.

The display shows E02 after switch on

- Check the motor cable is ok or not, if not please reconnect the motor cable. If it does not work, please replace the motor.
- Check the controller whether there is any special smell. If so please replace the controller.
- Check whether the input voltage is correct or not. Please use the right input voltage.

The display shows E03 after switch on-----no sensor signal

- If the motor start working for about 5-8 seconds and then the monitor displays E03. E03 stands for there is no speed signal. Please check whether the speed sensor is connected well or not. In addition please check whether the sensor is broken or not.
- The sensor wire on the PCB board is broken, please replace the PCB board.

The display shows E04 after switch on

- Please check whether the signal wire of the incline motor is ok or not, please pull of the connector and insert it again.
- Please check the connection of the AC wire of the incline motor is correct or not. Please check according to drawing.
- Please check whether the wire of the incline motor is broken or not, if it is broken please replace the wire or the incline motor.
- Replace the PCB board.
- After checking all of the PCB, please press the LEARNING key to learn it again.

The display shows E05 after switch on-----overload protection

- The load is too big, please reset.
- Maybe some part is jammed which make the motor too heavy, so the machine cannot work. Please adjust the running belt or lubricate some oil.

There is no signal when power on

- First check whether the over load protector is open or not, if opened, please close it.
- Make sure the wire of the switch, over load protector and driver are connected well.
- Make sure the wire between the monitor and driver is connected well.

The display shows “E08” ----Storage wrong

- Storage IC is not in place, reconnect it to IC seat and pay attention to the position of PIN1.
- Storage IC or the related wire is damaged ,change a new storage IC or driver.

SIMPLE MALFUNCTION AND SOLUTION - TFT SCREEN

Communication error, from panel to driver

Solution:

- Check connect wire
- Change wire
- Change table
- Change driver

Stall protection

Solution:

- Check motor wire
- Check motor
- Check driver

No speed sign

Solution:

- Check speed sensor
- Change speed sensor
- Change driver

Incline learn fail

Solution:

- Check incline wire
- Check incline motor
- Check driver

Current overflow protect

Solution:

- Decrease load
- Change transmission
- Change motor

Motor break

Solution:

- Check motor wire
- Check motor

Storage wrong

Solution:

- Check storage IC
- Change driver

Moment current overflow

Solution:

- Adjust driver potentiometer
- Check transmission
- Change motor

CONSOLE



FUNCTION



iPad- / tableholder.



TFT color screen.



Inclination/calorie window

Generally it shows runner's calories worked out. it will count from 0 to 999, when up to 999, it will count again from 0; when count down, it will count from the setting data to 0, when down to 0, the machine will stop smoothly and enter into the standby mode. When set inclination, it shows your current inclination from 0-15%, if there is not any operation, it will enter into calorie window after 30s.



Time window: Displays running time.



Distance window: Displays the running distance.



Speed/Pulse window: usually it shows your current speed from 0.8-20.0km/h; if you hold the pulse sensor for several seconds it shows your current pulse from 50-200/min. (the date just for reference, cannot be used as the medical purpose).

FUNCTION	
<p>INCLINE</p> <p>6 8 10</p>	<p>INCLINE 6, 8, 10: Shortcut key for inclination.</p>
	<p>Inclination adjustment key: Press this button to set the value under setting mode. Press this button to adjust the incline when the machine is working. 1 section at each press, when press the button over 0.5 seconds, the incline will be up or down continually.</p>
<p>MODE</p>	<p>Press the MODE key continuously to choose "15:00", "1.00", "50.0", "contest mode" and "0:00" five mode (15:00 is time countdown mode, 1.00 is distance countdown mode, 50.0 is calorie countdown mode, 0:00 is manual mode).</p>
	<p>Play/pause key : to stop or restart the music or video.</p>
	<p>You can press this button to make choice around 3 entertainments in sequence: standby mode, audio mode and video mode . When playing video, press this button will make the video full screen.</p>
<p>START</p>	<p>When getting through the power and safety key attached, press this button at any time to start the machine.</p>
	<p>Safety key.</p>
<p>STOP</p>	<p>Stop key.</p>
<p>MP3</p>	<p>Mp3 interface : You can connect external MP3 and mobile phone with MP3 wire to play music.</p>
	<p>Press it for several seconds to turn down the volume in both music and video mode. Press it shortly and it will enter into the previous music or video.</p>
	<p>Press it for several seconds to turn up the volume in both music and video mode. Press it shortly and it will enter into the next music or video.</p>

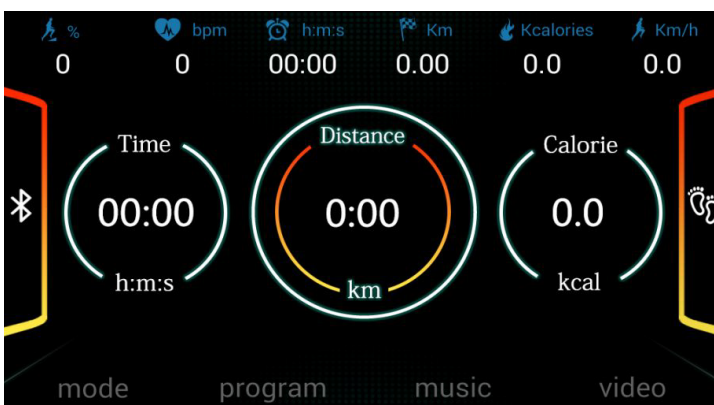
FUNCTION	
<p>PROG</p>	<p>Press the PROG key and the machine will show P1-P2.....P24,U1...U3, HP1, HP2, FAT in sequence (P1-P24 are preset programs;U1-U3 are userdefined programs; HP1-HP2 is heart rate control program, it is an optional function according to order request; FAT is body fat test function).</p>
<p>SPEED</p> <p>6 8 10</p>	<p>SPEED 6,8,10: Shortcut key for direct speed choice.</p>
<p>⏴ ⏵</p>	<p>Speed adjustment key. Under initial situation, set the data with this button. When the machine is running, press the button to adjust the speed, 0.1 KM at each press, when press the button over 0.5 seconds, the speed will be up or down continually.</p>

QUICK START

1. Switch on and put the safety key in correct position
2. Press the "START" key and then the machine will work at a speed of 0.8km/h after the beeper countdown from 3 to 1.
3. According to your need you can change the speed and incline by pressing "-SPEED+" and "-INCLINE+" separately.

HOMEPAGE CONSOLE

There are four function modules in the homepage. They are mode, program, music and video. There are 3 kind of countdown modes, contest mode and manual mode under mode function. There are 24 preset programs, 3 manual programs, 2 HRC programs (optional) and 1 FAT test program under program function.



ICONS

FUNCTION	
	Inclination.
	Hold the pulse sensor for several seconds it shows your current pulse from 50-200/ min. (the date just for reference, cannot be used as the medical purpose).
	Time.
	Distance.
	Calorie.
	Speed.
	<p>Bluetooth</p> <p>How to connect the app:</p> <ul style="list-style-type: none"> • Download the app • Open the app • Now you'll see the word 'search' & click on it • Now bluetooth will search for the treadmill • Click on connect now • Now you're connected to the treadmill
	Count/countdown timer.
	Distance/distance countdown calculator.
	Calorie/calorie countdown calculator.

FUNCTION DESCRIPTION

Press the MODE key and enter into countdown mode. Press the MODE key continuously to choose "15:00" "1.00" "50.0" "contest mode" and "0:00" five mode (15:00 is time countdown mode, 1.00 is distance countdown mode, 50.0 is calorie countdown mode, 0:00 is manual mode). Once you choose a certain mode and then you can adjust the data by pressing -SPEED+ or -INCLINE + key. When finish setting, press START key and then the machine will begin to move.



Display your exercise time from 0:00-18:00 hour. When overflow 18, it will count again from 0 and the machine will go on working continuously; in countdown mode it will show default time 15:00 to 0:00, when down to 0:00, the treadmill will stop working. System itself will give you a score and then enter into standby mode.



Display range: 0.00-99.9 when overflow 99.9, it will count from 0.00 again. In countdown mode it will decrease from default distance 1.00 to 0. System itself will give you a score and then enter into standby mode..



Display range: 0.-999 when overflow 999, it will count from 0 again. In countdown mode it will decrease from default calorie 50.0 to 0. System itself will give you a score and then enter into standby mode.

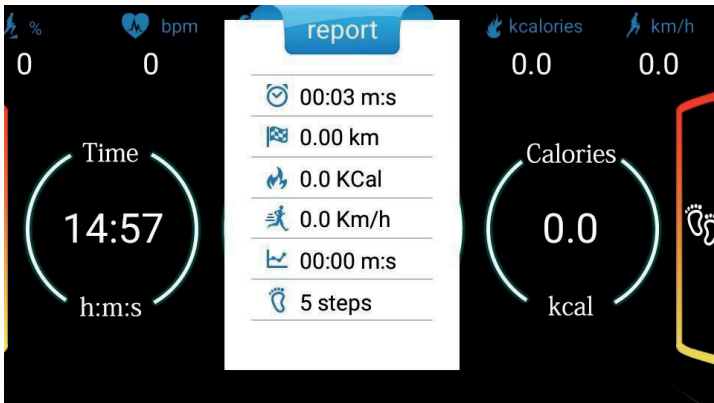
MODE

MANUAL MODE

Press the "START" key and then the machine will work at a speed of 0.8km/h and all other windows will count from 0. Press the "-SPEED+" key to change the speed and the "-INCLINE+" key to change the incline.

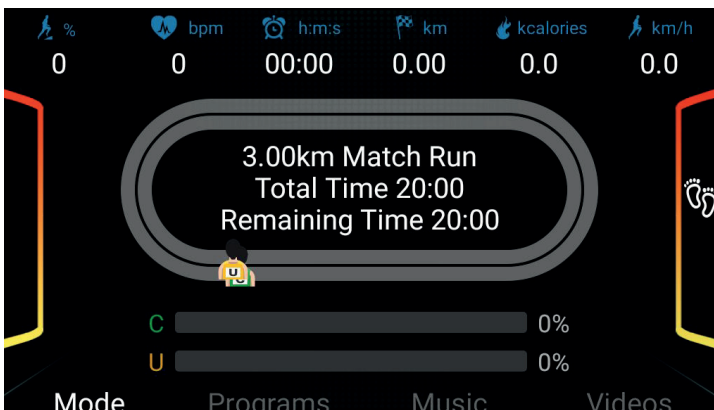
COUNTDOWN

- 1. Time countdown mode:** Press MODE key to enter into time countdown mode and the default time 15 will be fl ashed displaying on the screen. Press the "-INCLINE+" or "-SPEED+" key to change the time from 5:00 to 99;00.
- 2. Distance countdown mode:** DrPress "MODE" key to enter into distance countdown mode and the default distance "1.00" will be fl ashed displaying on the screen. Press the "-INCLINE+" or "-SPEED+" key to change the distance from 0.5 to 99.9..
- 3. Calorie countdown mode:** Press "MODE" key to enter into calorie countdown mode and the default distance "50.0" will be fl ashed displaying on the screen. Press the "-INCLINE+" or "-SPEED+" key to change the distance from 10.0 to 999.0. After finish exercising the system will display your running data automatically.



CONTEST MODE

Press MODE key continuously and enter into contest mode. There are 6 distance modes. They are 3.0km 5.0km 10.0km 5.0km 21.1km 42.19km



C 0% **C = Computer**

Display the distance percentage of the computer. The default speed of the computer is 9km/h. You can adjust the computer speed by changing contest time.

U 0% **U = User**

Display the distance percentage of the user.

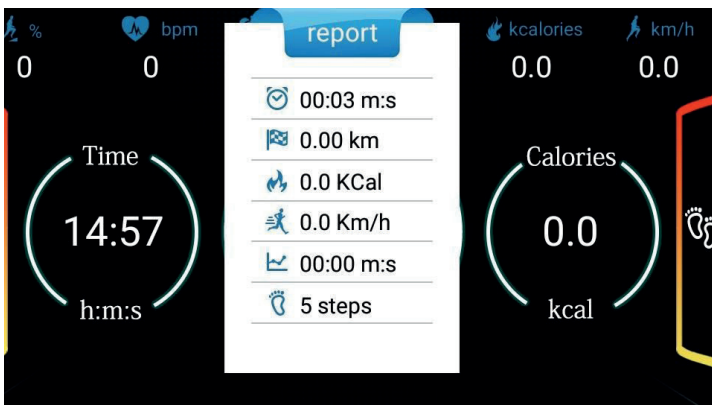
Press MODE key, select your favorite contest distance and then Press the “-INCLINE+” or “-SPEED+” key to change the contest time. At last press START key to begin exercise.

RACE DISTANCE	AUTOMATIC TIME
3 km	18:00 minuten
5 km	30:00 minuten
10 km	01:00:00 minuten
15 km	01:30:00 minuten
21,10 km	02:06:35 minuten
42,19 km	04:13:10 minuten

After finish exercising the system will judge your running performance automatically.

PRESET PROGRAM

Press PROG to enter into program mode. Press “PROG” key to select Program1-24 U1-U2-U3 HP1- HP2 FAT insequence. There are 30 different kinds of preset program. FAT is fat test program.



Program movement time: default time is 10 minutes. Press the “-INCLINE+” or “-SPEED+” key to change the time from 5 to 99.



Program column: each program is divided into 10 stages.

1. Press PROG key, the screen shows “Program 1-24” column graph.
2. Select you favorite program. Meanwhile the default exercise time is 10:00. Press the “-INCLINE+” or “-SPEED+” key to change the time.
3. Press the START key to begin exercise. Press the “-INCLINE+” or “-SPEED+” key to change the inclination or speed during exercise at each stage.
4. When finish the previous stage, the system will go on next stage and the speed and inclination will be

changed according to the system.

5. After finish each program, the system will give you a score.
6. Program introduction Each program is divided into 10 stages and each stage has its own speed and incline.

PROGRAM TABLE

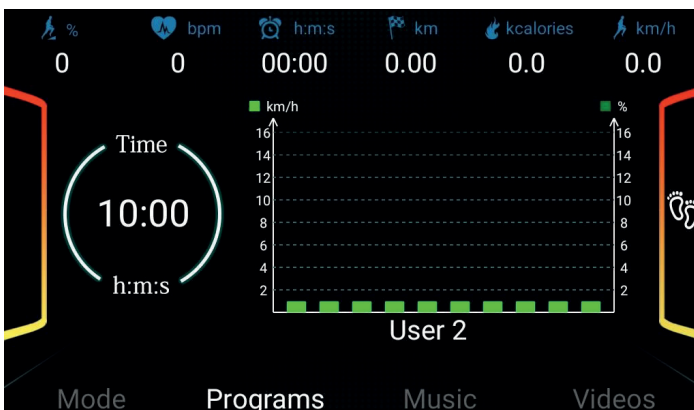
TIJD PROGRAMMA		TIJDSINSTELLING/20 = INTERVAL TRAINING									
		1	2	3	4	5	6	7	8	9	10
P01	SPEED	2	4	3	4	3	5	4	2	5	3
	INCLINE	1	1	3	3	1	2	2	3	2	2
P02	SPEED	2	5	4	6	4	6	4	2	4	2
	INCLINE	1	2	3	3	2	2	3	4	2	2
P03	SPEED	2	5	4	5	4	5	4	2	3	2
	INCLINE	1	2	2	3	1	2	2	2	2	1
P04	SPEED	3	6	7	5	8	5	9	6	4	3
	INCLINE	2	2	3	3	2	2	4	6	2	2
P05	SPEED	3	6	7	5	8	6	7	6	4	3
	INCLINE	1	2	4	3	2	2	4	6	4	3
P06	SPEED	2	8	6	4	5	9	7	5	4	3
	INCLINE	2	2	6	2	3	4	2	2	2	1
P07	SPEED	2	6	7	4	4	7	4	2	4	2
	INCLINE	4	5	6	6	9	9	10	12	6	3
P08	SPEED	2	4	6	8	7	8	6	2	3	2
	INCLINE	3	5	4	4	3	4	4	3	3	2
P09	SPEED	2	4	5	5	6	5	6	3	3	2
	INCLINE	3	5	3	4	2	3	4	2	3	2
P10	SPEED	2	3	5	3	3	5	3	6	3	3
	INCLINE	4	4	3	6	7	8	8	6	3	3
P11	SPEED	2	5	8	10	6	9	5	3	2	2
	INCLINE	1	3	5	8	10	7	6	3	2	3
P12	SPEED	2	5	5	4	4	6	4	2	3	4
	INCLINE	3	5	6	7	12	9	11	11	6	3
P13	SPEED	2	7	4	7	8	9	4	5	3	2
	INCLINE	5	6	6	4	6	5	8	9	4	2

P14	SPEED	2	6	5	4	8	6	5	2	3	3
	INCLINE	5	6	5	8	4	5	5	10	6	3
P15	SPEED	2	6	5	4	8	7	5	3	3	2
	INCLINE	3	4	5	6	3	5	5	6	4	3
P16	SPEED	2	5	7	5	8	6	5	2	4	2
	INCLINE	1	5	6	8	12	9	10	9	5	3
P17	SPEED	2	5	6	7	8	9	10	5	3	4
	INCLINE	3	5	6	8	6	5	8	7	5	3
P18	SPEED	2	3	5	6	8	6	9	6	5	2
	INCLINE	5	7	5	8	6	5	9	10	6	2
P19	SPEED	3	7	6	5	9	7	6	3	5	2
	INCLINE	3	5	6	8	5	6	5	12	8	3
P20	SPEED	3	7	9	10	11	12	10	8	5	2
	INCLINE	2	5	6	7	6	5	8	6	3	2
P21	SPEED	3	6	8	7	9	10	5	8	3	2
	INCLINE	3	6	8	9	9	6	8	10	6	3
P22	SPEED	3	5	8	6	9	10	8	12	6	3
	INCLINE	2	6	8	10	12	10	12	8	5	2
P23	SPEED	3	5	9	11	12	8	6	5	3	2
	INCLINE	2	6	8	10	9	7	8	10	6	3
P24	SPEED	3	8	10	11	12	10	10	8	5	3
	INCLINE	3	6	8	9	10	12	9	6	3	2

MANUAL MODE

There are 3 user programs. They are user1, user 2 and user 3.

- Press PROG continuously until user1 appeared.
- Press incline or speed adjustment key to change the exercise time.
- Press MODE key to set exercise data. Press incline or speed adjustment key to set the exercise time, speed, and incline for the first stage. Press MODE key to set data for the next stage. Repeat the above steps to set the data for the rest 8 stages. When finish setting, all data will be kept for you only if you reset again.
- After set data, please press START key to begin exercise.



DISPLAY RANGE OF EACH DATA

ITEM	INITIAL	ORIGINAL DATA	RANGE	DISPLAY RANGE
TIME (MIN:SEC)	0:00	30:00	5:00 - 99:00	0:00 - 99:59
INCLINE (STEP)	0	0	0 - 15	0 - 15
SPEED (KM/H)	0.0	0.8	0.8 - 20	0.8 - 20
DISTANCE (KM)	0.00	1.00	0.50 - 99.00	0.00 - 99.99
HEART RATE (TIME/MIN)	P	N/A	N/A	50 - 200
CALORIE (K)	0	50.0	10.0 - 999	0.0 - 999

HRC PROGRAM

Press MODE key continuously until “Heart program1” or “Heart program2” appeared.

heart program 1	
sport time	10:00
age	30
target pulse	114
max adjust speed	10.0

- Each HRC program is divided into 10 stages.
- In standby mode press PROG key continuously until “Heart program1” or “Heart program2” appeared. the max speed in this program is 10.0km/h. Note: If you press “start” button under HRC mode, the system will recommend a heart rate control parameter to owner, and age is 30 years old, target heart rate is 114.
- Press MODE key to change the age by “-INCLINE+” or “-SPEED+” key. The setting range is from 15 to 80 years old.
- After owner finish choice of age, press “MODE” button, system will recommend a suitable target heart rate and show in screen for owner’s reference. Owner can also press “-INCLINE+” or “-SPEED+” key to choose expected target heart rate according to owner’s physical condition, and available option range is from 84 to 133.
- After owner finish option of age and target heart rate, press “MODE” to enter time setting. “TIME” window will show preset time of.
- 10:00, press “-INCLINE+” or “-SPEED+” key. to adjust time, and available range is from 10:00 to 99:00.
- At last press START to begin exercise.
- Whenever you press the “-INCLINE+” or “-SPEED+” key to adjust the incline or speed under HRC Program, the system itself will adjust its own speed and incline in order that the users heart rate is similar to the target heart rate all the time..

NOTE: Under HP1 or HP2 mode, please press START key directly. And the machine will work with default system data.

- The first minute of the HRC program is for warming up, you can adjust the speed and incline by manual. The system will accelerate 0.5km per time automatically after the first minute according to your current heart rate. When the current speed is more than 10km/h in HP1 or 12km/h in HP2 and your current heart rate is still less than target heart rate, the system will increase the incline step by

step automatically until your heart rate is more and more close to target heart rate. If there is no heart rate lasts for more than 30 seconds. The system will reduce the speed by 0.5km and incline 1 section every 10 seconds until reducing to the lowest data.

NOTE: Heart rate control program can only be available when chest belt is used, and chest belt must stick closely to chest and skin.

FIVE COMMON HEART RATE ZONES

Before high intensive training please consult doctor`s advice.

- The health heart rate zone: 50%-60% of maximum heart rate. It is suitable for most of beginner. It is good for lose weight, lowering blood pressure and cholesterol.
- The temperate zone: 60%-70% of maximum heart rate. It is good for losing weight and burning more calories.
- The Aerobic Zone: 70%-80% of maximum heart rate. It is good for your heart and lung.
- The Anaerobic Threshold Zone: 80%-90% of maximum heart rate. It is a very high intensive training and suitable for advanced trainer.
- The Redline Zone: 90%-100% of maximum heart rate. It is a limited training zone for users. Please do not use it too long. Because it may do harm for your health.
- We suggest you use different heart rate zone during exercise to get better training.

AGE	BPM		
	H	DEFAULT	L
15	195	123	123
16	194	122	122
17	193	122	122
18	192	121	121
19	191	121	121
20	190	120	120
21	189	119	119
22	188	119	119
23	187	118	118
24	186	118	118
25	185	117	117
26	184	116	116
27	183	116	116
28	182	115	115
29	181	115	115
30	181	114	114
31	180	113	113
32	179	113	113
33	178	112	112
34	177	112	112

AGE	BPM		
	H	DEFAULT	L
35	176	111	111
36	175	110	110
37	174	110	110
38	173	109	109
39	172	109	109
40	171	108	108
41	170	107	107
42	169	107	107
43	168	106	106
44	167	106	106
45	166	105	105
46	165	104	104
47	164	103	103
48	163	103	103
49	162	103	103
50	162	102	102
51	161	101	101
52	160	101	101
53	159	100	100
54	158	100	100
55	157	99	99
56	156	98	98
57	155	98	98

AGE	BPM		
	H	DEFAULT	L
58	154	97	97
59	153	97	97
60	152	96	96
61	151	95	95
62	150	95	95
63	149	94	94
64	148	94	94
65	147	93	93
66	146	92	92
67	145	92	92
68	144	91	91
69	143	91	91
70	143	90	90
71	142	90	89
72	141	90	89
73	140	90	88
74	139	90	88
75	138	90	87
76	137	90	86
77	136	90	86
78	135	90	85
79	134	90	85
80	133	90	84

BODY FAT TEST

- Press PROG continuously to enter into FAT mode. Please set your sex, age, height, and weight first. After that please hold the handle pulse for more than 8 seconds. At last the result will be showed on the right column of BMI.
- The best body fat index is between 20 and 25. If the index less than 19 it means that you are a little thin; if the index between 26 and 29 it means that you are a little weight. If more than 30 it means that you are too fat (the following data is only for reference and cannot be used as medical purpose).

Sex	male
Age	25
Height	170
Weight	65
BMI	---

F - 1	Sex	01-male	5:00 - 99:00
F - 2	Age	10 - 99	0 - 15
F - 3	Height	100 -200	0.8 - 20
F - 4	Weight	20 -150	0.50 - 99.00
F - 5	BMI	< 19	Thin
		= (20 - 25)	Normal
		= (26 - 29)	A little weight
		> 30	Too fat

LOCAL MUSIC

Press the key to change the mode of music and video.

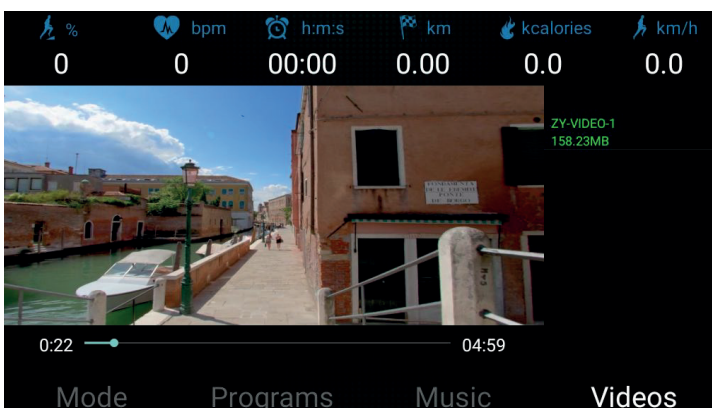


ICON DESCRIPTION (MUSIC)


SONG 1 - 8.36MB	The green words stand for the name of playing music and the size of the file. The white words stand for the rest of the music and the size of the file.
01:56 - 05:00	The data Stands for the progress of the playing music. The data stands for the total time of the music.
	The icon stands for the progress of the playing music.

LOCAL VIDEO

Press the key to change the mode of music and video. When playing video, press this button will make the video full screen.



ICON DESCRIPTION (VIDEO)

<p>ZY-VIDEO-3 160.06MB</p>	<p>The green words stand for the name of playing video and the size of the file. The white words stand for the rest of the video and the size of the file.</p>
<p>01:56 - 05:00</p>	<p>The data stands for the progress of the playing video. The data stands for the total time of the video.</p>
	<p>The icon stands for the progress of the playing video.</p>

SAFETY FUNCTION

Pull off the safety key in any case and the machine will stop working immediately. Meanwhile all window data shows --- and the beeper alarms for three sound. Before you put the safety key on you cannot operate the machine any more except switch off the machine.

ENERGY SAVING MODE

If there is not any operation in 10 minutes, the machine will enter into energy saving mode. And do not show anything. You can wake the system by pressing any key.

LOOPBAND UITSCHAKELEN

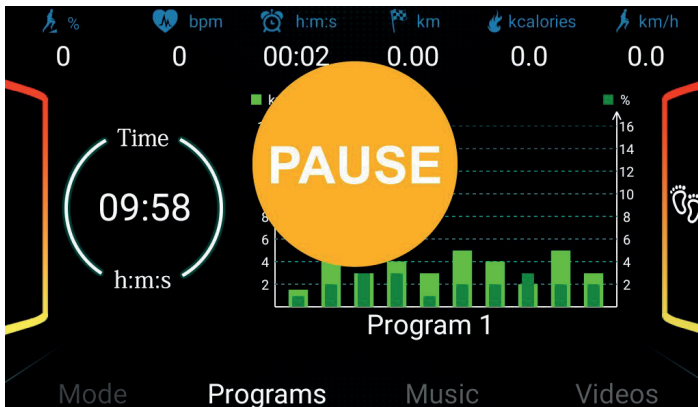
You can switch off at any time if you want to stop training and it won't do any damage to the machine.

ATTENTION

- Please check the power and the safety key is well or not before training.
- If any accident happened during exercise, please pull off the safety immediately until it stop.
- If there is something wrong with the machine, please connect the retailer as soon as possible. It's not allowed to repair the equipment by layperson.

PAUSE FUNCTION

During operation, press STOP, the machine will pause and keep your running data. Then press START, the machine will move with the lowest speed and the system will continue to calculate your running data. Press STOP button twice, the system will stop and go back to standby mode and list your running data automatically at the same time.



LUBRICATION REMIND FUNCTION

- This machine has lubrication remind function. After every total running distance of 300km, system will remind you to oil the treadmill.
- Please use treadmill oil only.
- After finish oil please press the START key lasts for 3 seconds and the tip will be swept off automatically. And then system will display will give you a treadmill work report.

LUBRICATION REMINDER

Your treadmill belt needs to be lubricated every 300 kilometres. Please lubricate now.

Hold the STOP button for 3 seconds to clear this reminder

- Press the START key shortly and then the treadmill will enter into standby mode.

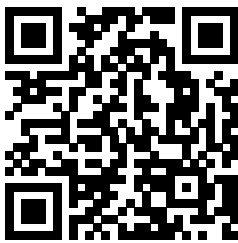
TREADMILL USAGE REPORT

Maintenance Period	300Km
This Maintenance Distance	301.234Km
Total Distance	1456.232Km

INSTRUCTION

1. QR code scanner app is required to scan the QR code with an Android or IOS phone or tablet. This app can be downloaded in the App Store or Google Play Store.
2. Scan one of the QR codes below to go directly to the place in the App Store or Google Play Store where the app is located and can be downloaded.
3. Scan the QR code on the right to go to the user manual of the app. The manual describes step by step how the app should be connected to the device, how the app works and what the options are.

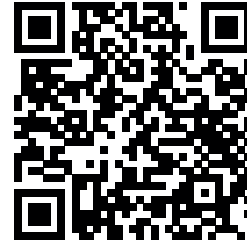
ZWIFT



APP STORE
ZWIFT

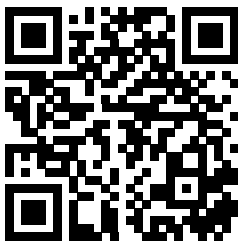


GOOGLE PLAY
ZWIFT

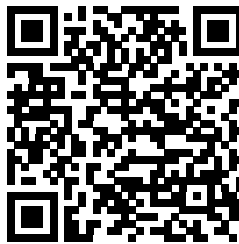


USER MANUAL
ZWIFT

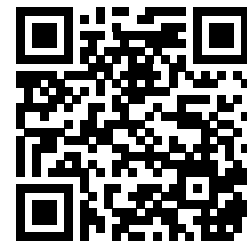
FITSHOW



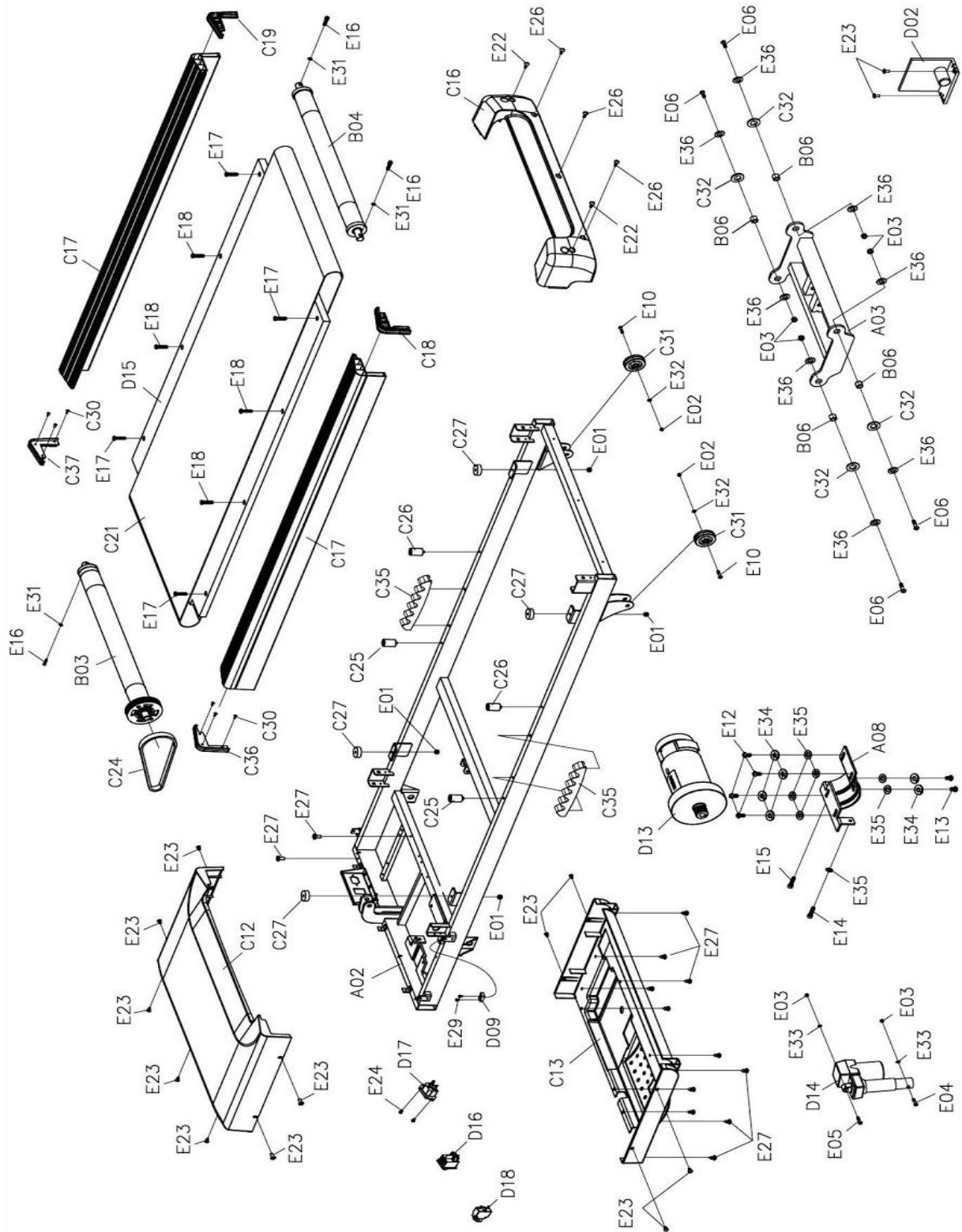
APP STORE
FITSHOW



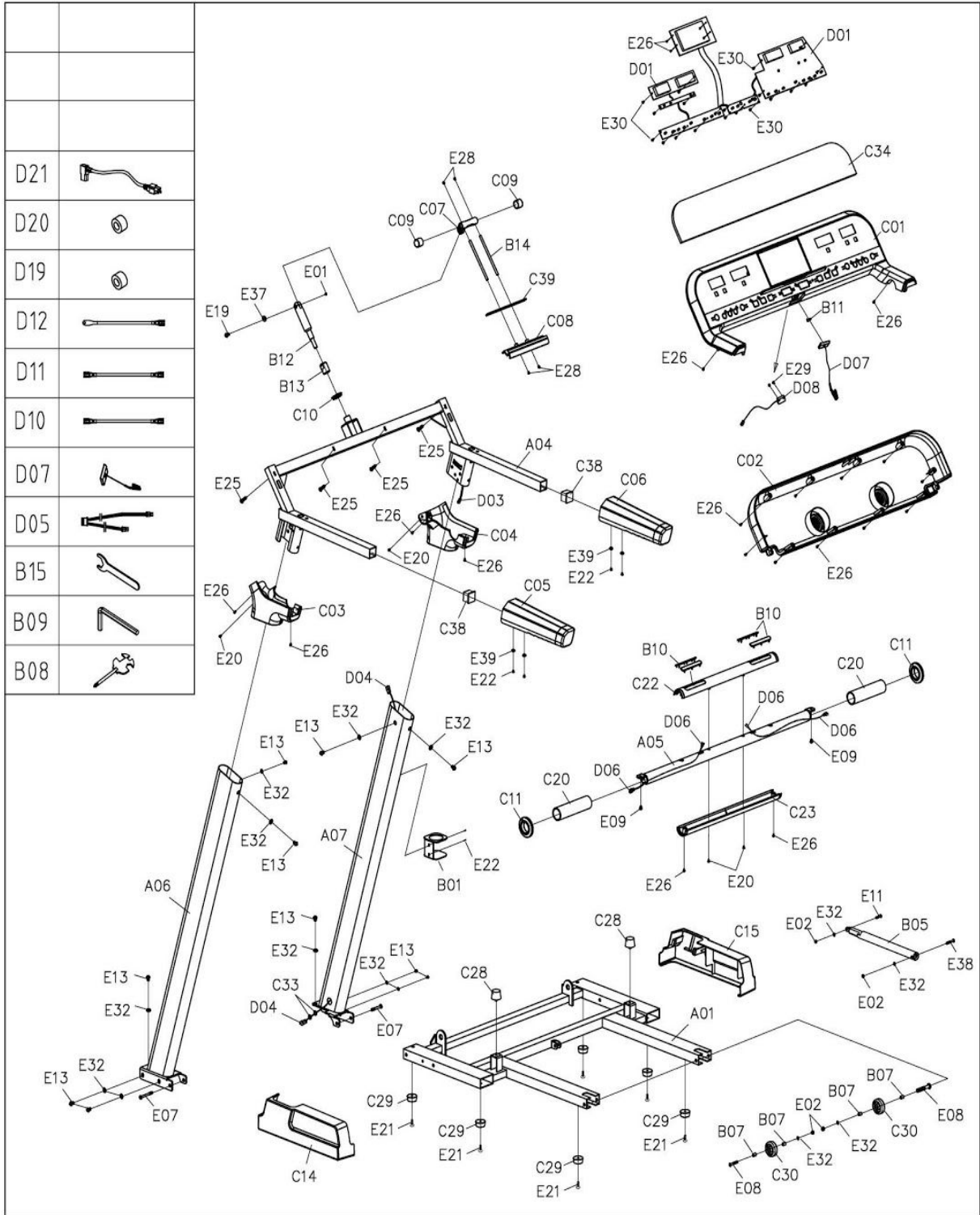
GOOGLE PLAY
FITSHOW



USER MANUAL
FITSHOW



J02	J01	J03	H03	H02	H01	G06	G05	G04	G03	G02	G01	F04	F03	F05	F02	F01



#	DESCRIPTION	QTY
A01	Bottom frame	1
A02	Main frame	1
A03	Incline frame	1
A04	Monitor frame	1
A05	Handlebar pulse frame	1
A06	Left column	1
A07	Right column	1
A08	Motor seat	1
B01	Bottle holder	1
B03	Front roller	1
B04	Rear roller	1
B05	Air cylinder	1
B06	Sleeve	4
B07	Sleeve transportation wheel	4
B08	Cross solid wrench	1
B09	Inner hex wrench	1
B10	Handle pulse sheet	4
B11	Safety key seat	1
B12	iPad shaft	1
B13	Stop nut	1
B14	iPad connect pole	2
B15	Solid wrench	1
C01	Monitor top cover	1
C02	Monitor bottom cover	1
C03	Monitor left-bottom cover	1
C04	Monitor right-bottom cover	1
C05	Left foam handlebar	1
C06	Right foam handlebar	1
C07	iPad rotation component	1
C08	iPad holder	1
C09	End cover	2

#	DESCRIPTION	QTY
C10	iPad O ring	1
C11	O ring	2
C12	Motor top cover - ST4.2*13	1
C13	Motor bottom cover	1
C14	Left bottom cov	1
C15	Right bottom cover - ST4.2*20	1
C16	Rear protection cover	1
C17	Side rail	1
C18	Left side rail cap	2
C19	Right side rail cap	2
C20	Foam	2
C21	Running belt	1
C22	Top cover of the pulse	1
C23	Bottom cover of the pulse	1
C24	Motor belt	1
C25	Black cushion - $\varnothing 20 \times 6.5 \times 30$	2
C26	Blue cushion - $\varnothing 20 \times 6.5 \times 30$	2
C27	Black cushion	2
C28	Cone-shaped cushion	2
C29	Flat foot pad	6
C30	Transportation wheel	2
C31	Adjustable wheel	2
C32	Plastic washer	4
C33	O ring	2
C34	Acrylic panel	1
C35	Cushion	2
C36	Left anterior side rail cap	1
C37	Right anterior side rail cap	1
C38	End cap	2
C39	EVA pad	1
D01	Monitor	1

#	DESCRIPTION	QTY
D02	Lower control board	1
D03	Upper wire of the monitor	1
D04	Lower wire of the monitor	1
D05	Handle pulseupper wire	1
D06	Lower wire of the handle pulse	2
D07	Safety key module	1
D08	Safety key rope	1
D09	Magnetic sensor	1
D10	AC single wire - 350mm	2
D11	AC single wire - 350mm	3
D12	Earth wire	1
D13	DC motor	1
D14	Incline motor	1
D15	Running board	1
D16	Square switch	1
D17	Socket	1
D18	Over load protector	1
D19	Magnet ring	1
D20	Magnet core	1
D21	Power cable	1
E01	Non-locket nut - M6	5
E02	Lock nut - M6	6
E03	Lock nut - M10	6
E04	Bolt - M10*90	1
E05	Bolt - M10*45	1
E06	Bolt - M10*30	4
E07	Bolt - M8*80	2
E08	Bolt - M8*70	2
E09	Bolt - M8*40	2
E10	Bolt - M8*40	2
E11	Bolt - M8*30	1

#	DESCRIPTION	QTY
E12	Bolt - M8*20	4
E13	Bolt - M8*15	12
E14	Bolt - M8*40	1
E15	Bolt - M8*35	1
E16	Bolt - M6*55	3
E17	Bolt - M6*40	4
E18	Bolt - M6*25	4
E19	Bolt - M6*20	1
E20	Screw - ST4.2*15	4
E21	Bolt - M5*16	6
E22	Bolt - M5*12	8
E23	Bolt - M5*8	13
E24	Screw - ST2.9*30	2
E25	Screw - ST4.2*30	4
E26	Screw - ST4.2*12	25
E27	Screw - ST4.2*12	14
E28	Bolt - M3*10	4
E29	Screw - ST2.9*8	4
E30	Screw - ST2.9*6	29
E31	Lock washer - 6	3
E32	Lock washer - 8	16
E33	Lock washer - 10	2
E34	Spring washer - 8	6
E35	Lock washer - 8	7
E36	Lock washer - $\phi 10^* \phi 26^* 2.0$	8
E37	Wave washer - $\phi 14^* \phi 8.2^* 0.5$	1
E38	Bolt - M8*45	1
E39	Big flat washer	4
F01	Filter (optional)	1
F02	Inductance (optional)	1
F03	AC Single wire L500 (optional)	1

#	DESCRIPTION	QTY
F04	Grounding wire L350 (optional)	1
F05	Screw - ST4.2*12 (optional)	4
G01	USB mould	1
G02	Screw - ST2.9*8	2
G03	Spreaker	2
G04	Screw	8
G05	MP3 connection wire	1
G06	USB connection wire	1
H01	Bluetooth mould (optional)	1
H02	Bluetooth connection wire (optional)	1
H03	Screw - ST2.9*6.0 (optional)	4
J01	Polar emitter (optional)	1
J02	Heart rate receiver (optional)	1
J03	HRC connection wire (optional)	1

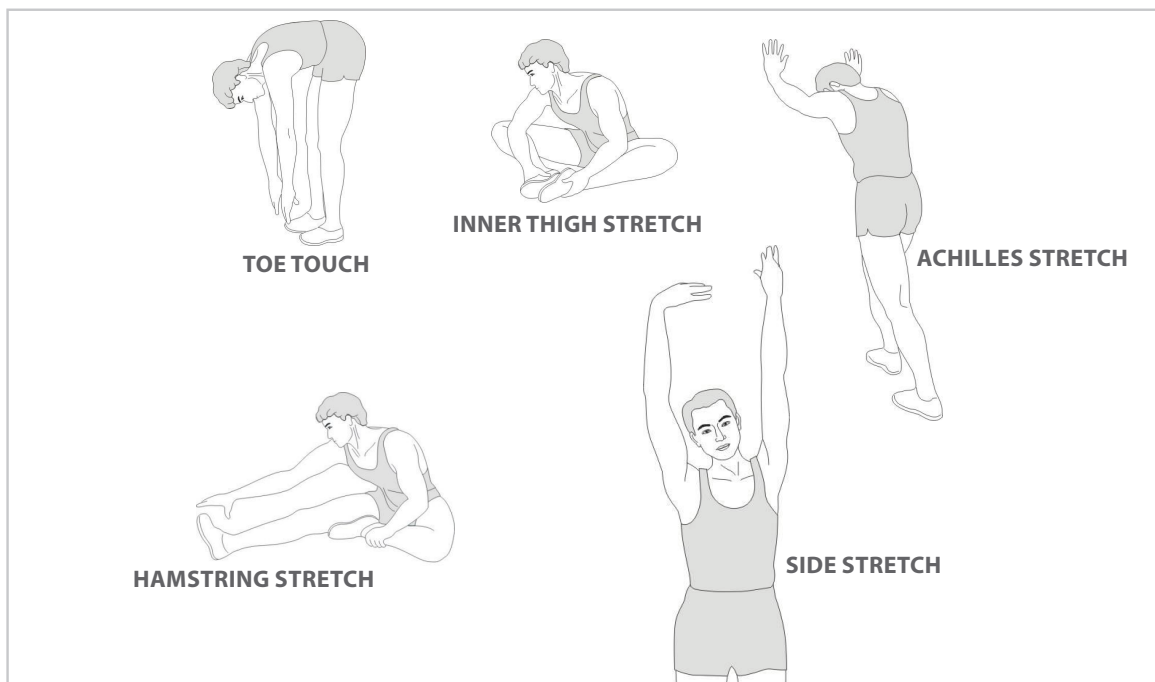
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

WARMING UP

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

STRETCHEN

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds.



COOLING DOWN

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

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For questions or missing parts please contact your dealer.