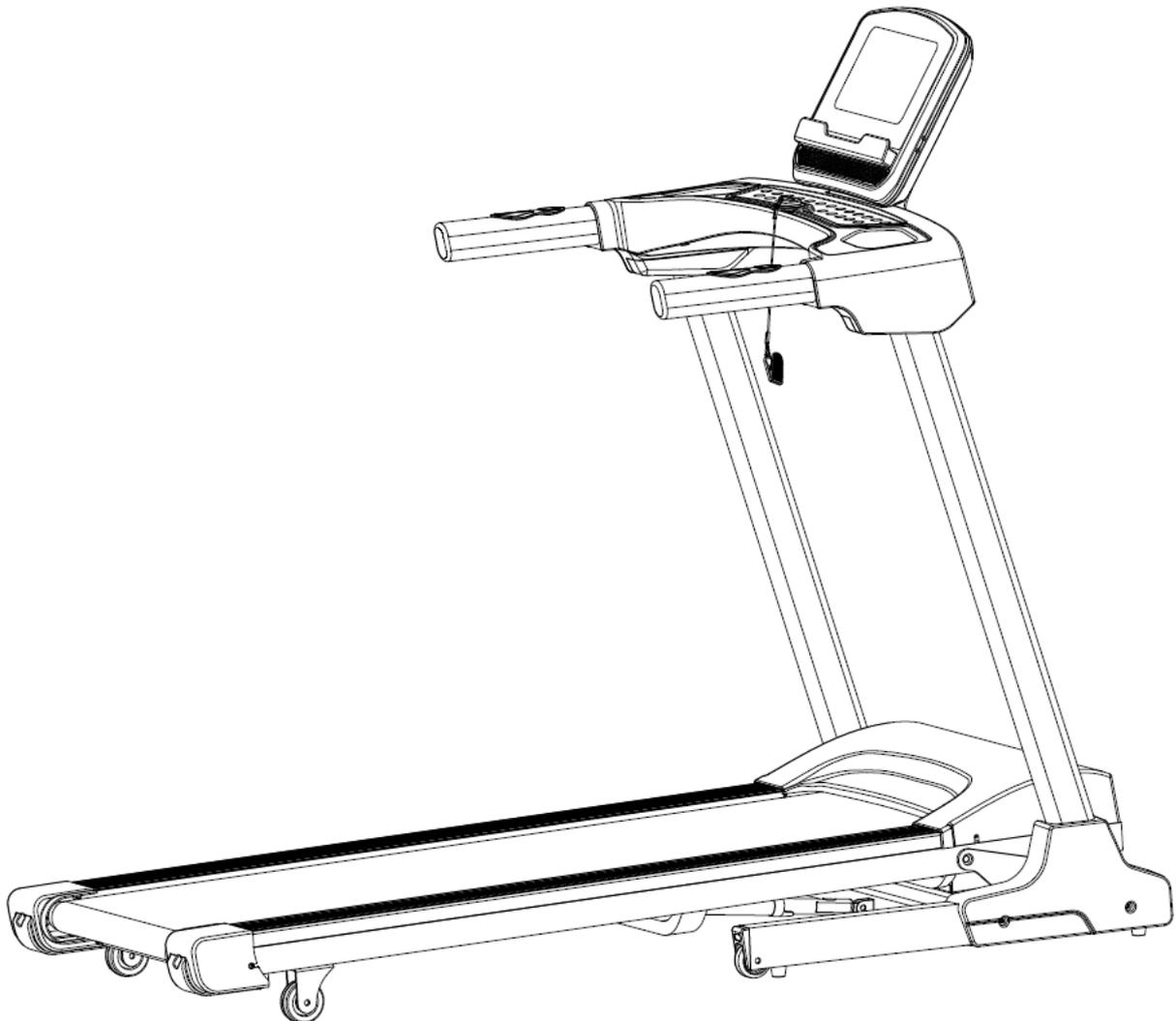




D.C. ATHLETICS®

Performance 1.0 MANUAL



WARNING

Read all instructions carefully before using this product. Retain this owner's manual for future reference:

----When using this treadmill, keep attaching the safety pull pin rope to your clothes.

----When you are running, keep your hand swinging natural, stare frontward, never look adown at your feet.

----Add the speed step by step when running.

----When emergency happens, take away the "emergent stop button" immediately.

----Leave the treadmill after the running belt stop stably.

Caution: Read the assembly instruction carefully, follow the instruction when assemble.

ATTENTION

01- Before starting any exercise program, consult with your physician or health professional.

02- Check all the bolts locked.

03- Never put the treadmill in the wetness area, or it will cause troubles.

04- We take no responsibility for any troubles or hurts due to above reasons.

05- Dress sport clothes and shoes before running.

06- Do not do exercise in 40 minutes after meal.

07- To prevent hurts, please warm up before exercise.

08- Consult with doctor before exercise if you have high blood pressure.

09- The treadmill is only used for adults.

10- Provide the olds, children and handicapped with good care, guide and supervision.

11- Do not plug anything into any parts of this equipment, or it may damage.

12- Do not connect line to the middle of cable; do not lengthen cable or change the cable plug; do not put any heavy thing on cable or put the cable near the heat source; forbid using socket with several holes, these may cause fire or people may be hurt by the power.

13- Cut off the power when the equipment is not used. When the power is cut off , do not pull the power line to keep the wire unbroken.

14. Maximum weight of user: 100 KGS.

15. Pulse monitor data may not be accurate, cannot be used for medicine. Over-exercise may cause

injury, even death. If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor immediately.

IMPORTANT SAFETY PRECAUTION

1. Plug the power cord of the treadmill directly into a dedicated grounded circuit. This product must be grounded. If it has breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.
2. Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Do not place the treadmill near water or outdoors.
3. Position treadmill so that the wall plug is visible and accessible.
4. Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, always stand on the foot rails on the sides of the frame until the belt is moving.
5. Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that may be caught in the treadmill. Always wear running or aerobic shoes with rubber soles.
6. Make sure the power supply is connected and the safety lock is effective before using the treadmill. Fit one side of the safety lock on the treadmill and clip the other side on your clothes or belt, which will enable you to pull off the safety lock promptly in an emergency.
7. Always unplug the power cord before remove the treadmill motor cover.
8. Make sure there is no less than 2*1m space behind the treadmill.
9. Keep small children away from the treadmill during operation.
10. Always hold the handrails when initially walking or running on the treadmill, until you are comfortable with the use of the treadmill.
10. Always attach the safety pull pin rope to your clothing when using the treadmill. If the treadmill should suddenly increase in speed due to an electronics failure or the speed being inadvertently increased, the treadmill will come to a sudden stop when the pull pin is disengaged from the console.
12. In case of any abnormality during the use process, please remove the safety lock immediately, grasping the handlebar and jumping onto the two edgings, then get off the treadmill after it stops.
13. When the treadmill is not being used, the power cord should be unplugged and the safety pull pin removed.
14. Put the safety key away where can not be reached by the children. Minors must be accompanied by the adults when using the treadmill.
15. Before starting any exercise program, consult with your physician or health professional. He or she can help establish the exercise frequency, intensity (target heart zone) and time appropriate for your particular age and condition. If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while you exercise, STOP! Consult your physician before continuing.
16. If you observe any damage or wear on the mains plug or on any section of the mains lead then please have these replaced immediately by a qualified electrician – do not attempt to change or repair

these yourself.

17. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

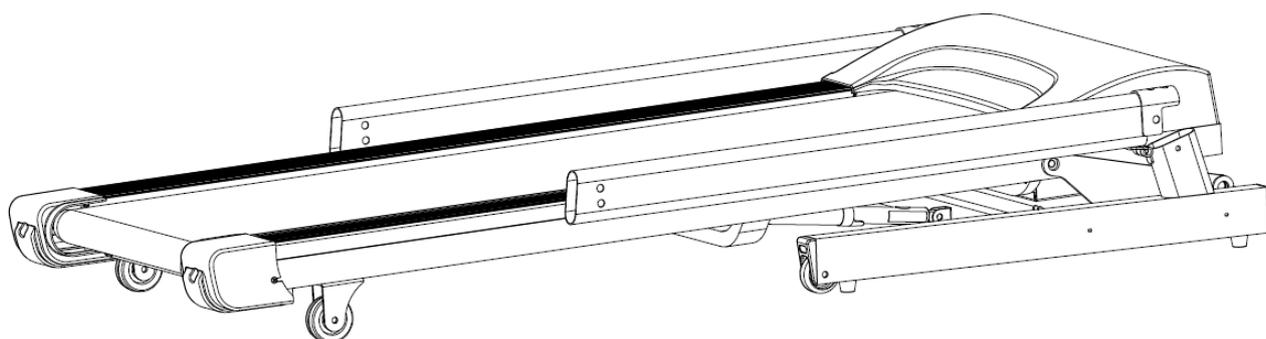
18. Put your feet on the side rail before using the treadmill, and always attach the safety pull pin rope to your clothing. Hold the handle bar before the running belt moving well (feel the running speed by your single foot before using it). To avoid loss balance, please slow down the speed to the lowest or take off the safety. And hold the handle bar to jump to the side rail when emergency or the safety key is not attached.

19. Make sure the treadmill has stopped before folding. Please don't operate it after folding the treadmill.

ASSEMBLY STEPS

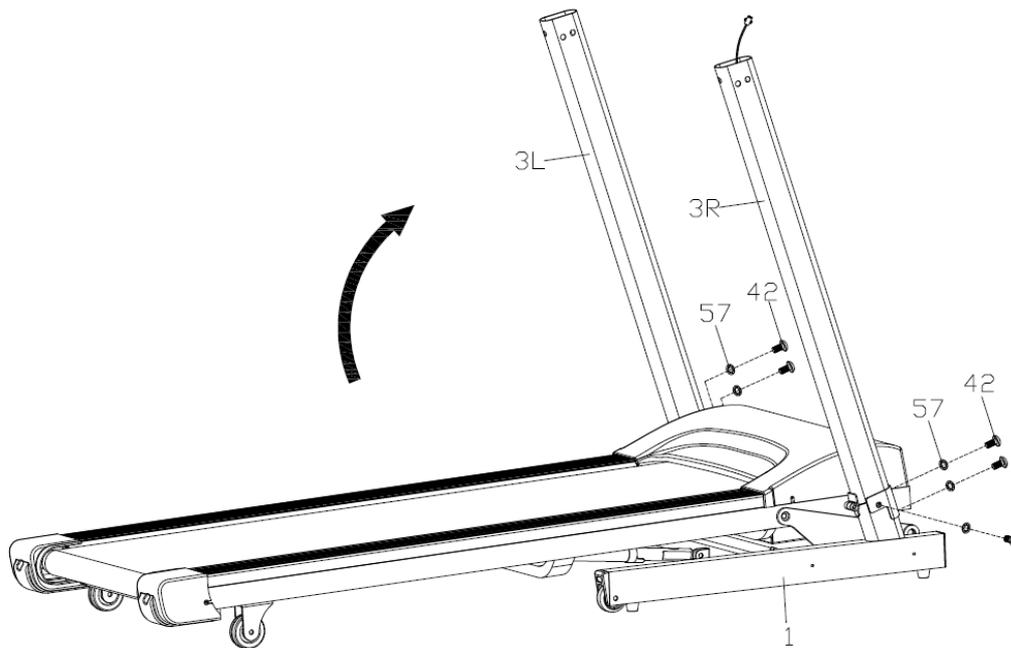
STEP 1:

Open the package, take out all parts and place the main frame on the flat ground.(NOTE: Please don't cut down the packing straps right now.)



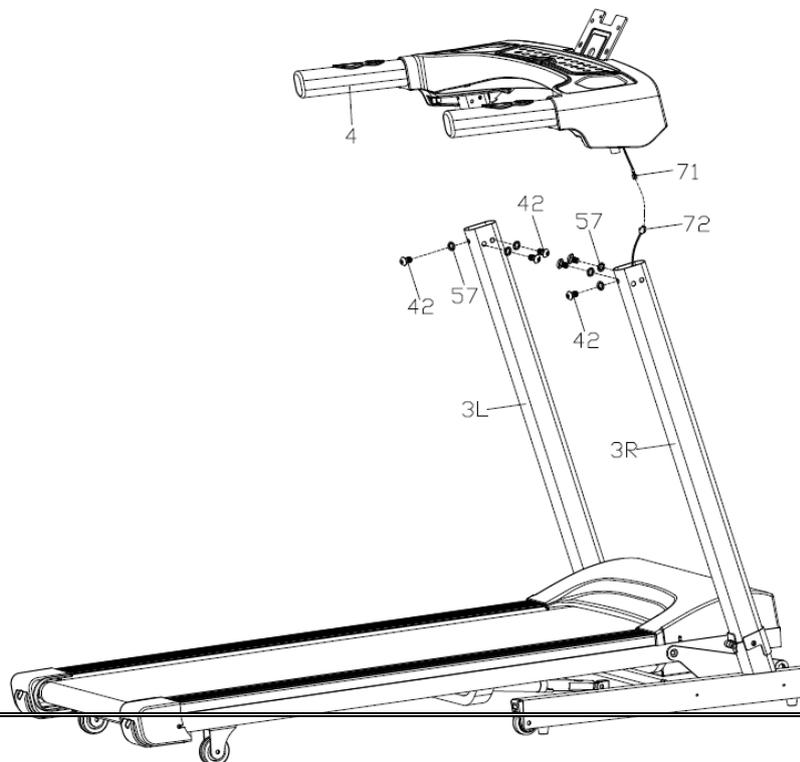
STEP 2:

1. Cut down the straps when the main frame was placed well (Don't move it any more).
2. Lift up the left and right upright tubes (3L/R) following the direction of the arrow as shown
3. Lock the Upright tubes (3L/R) on the Bottom frame (1) with the Hex socket screws (42) and Serrated lock washer(57) NOTE: Please don't tighten the Hex socket screw (42) for the time being.



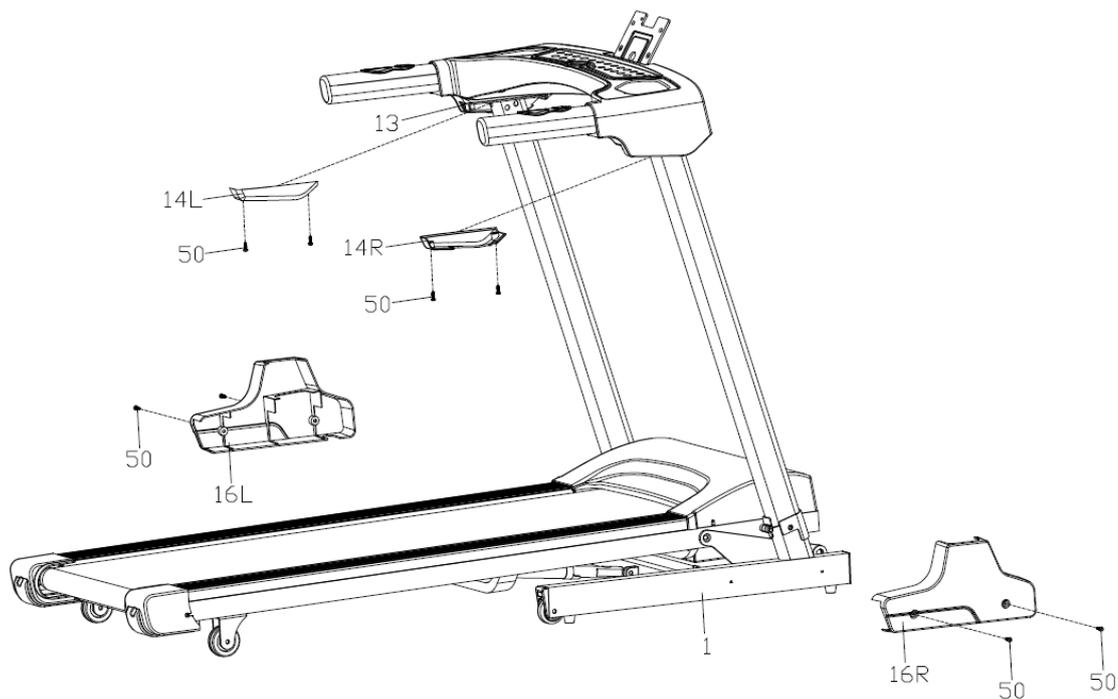
STEP 3:

1. Connect the Computer extension upper wire (71) with the Computer extension wire (72).
4. Secure the Computer frame (4) on the Upright tubes (3L/R) with the Hex socket screws (42) and Serrated lock washer(57)
2. NOTE: Tighten all screws which didn't tighten in previous steps.



STEP 4:

1. Secure the Upright tube protective cover (14L/R) to Computer bottom cover (13) with Cross tapping screw (50).
2. Lock Bottom protective cover (16L/R) on the joint of Bottom frame (1) with Cross tapping screw (50).

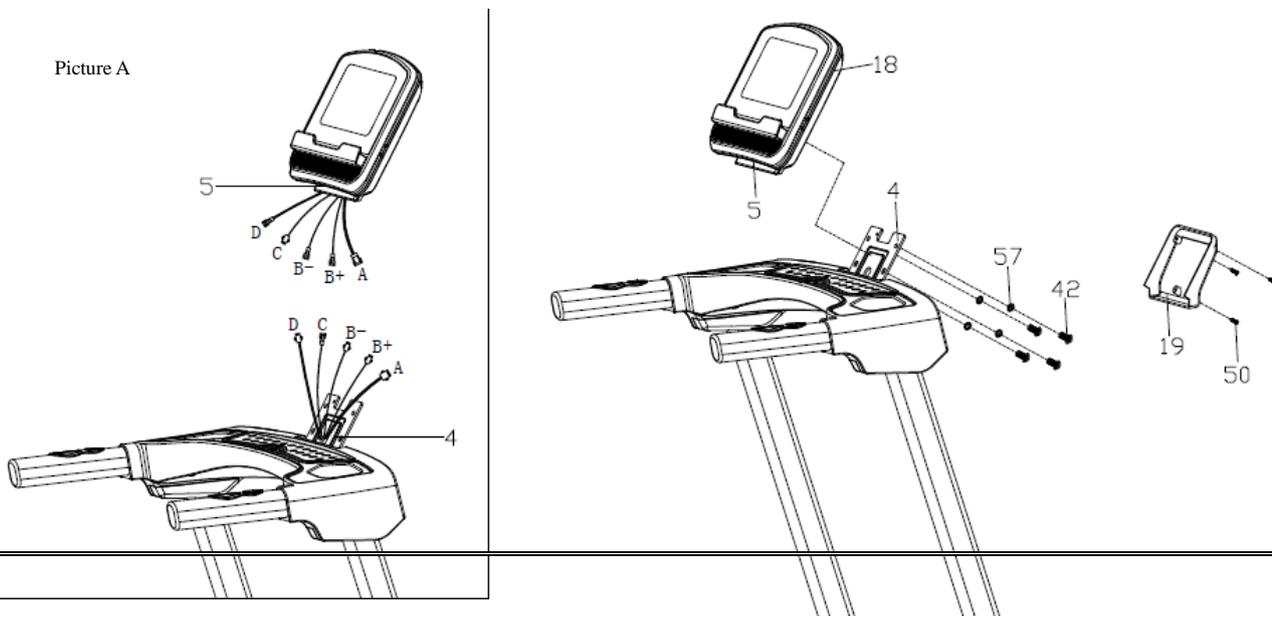


STEP 5:

1. Connect all wires from Panel bracket (5) with the one from Computer frame (4) properly well.(Wires of the same order are joined together)
2. Using Hex socket screws (42) and Serrated lock washer(57) to secure the Computer panel (5) on Computer frame (4).
3. Using Cross tapping screw (50) to secure the Computer rear cover (19) on Computer panel lower cover (18).

NOTE: There are 3 holes on the adjustable pad (10), 3 gradients are available by adjusting these holes and adjustable plug (6).

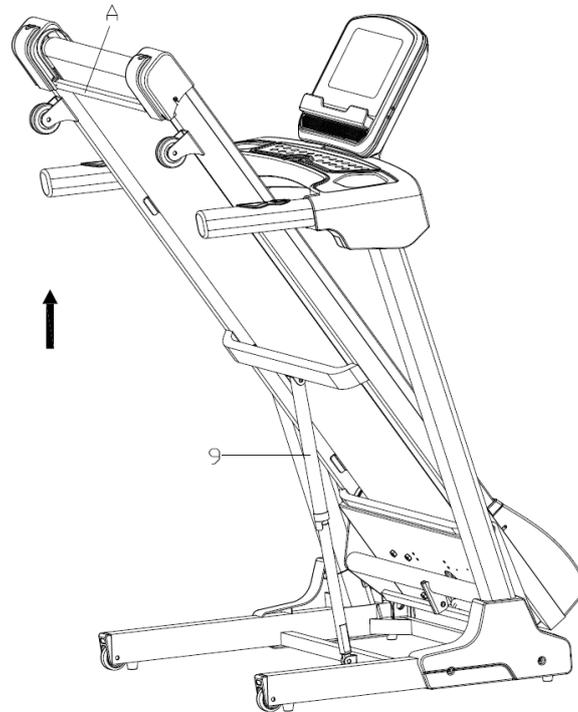
Picture A



When you fold the machine:

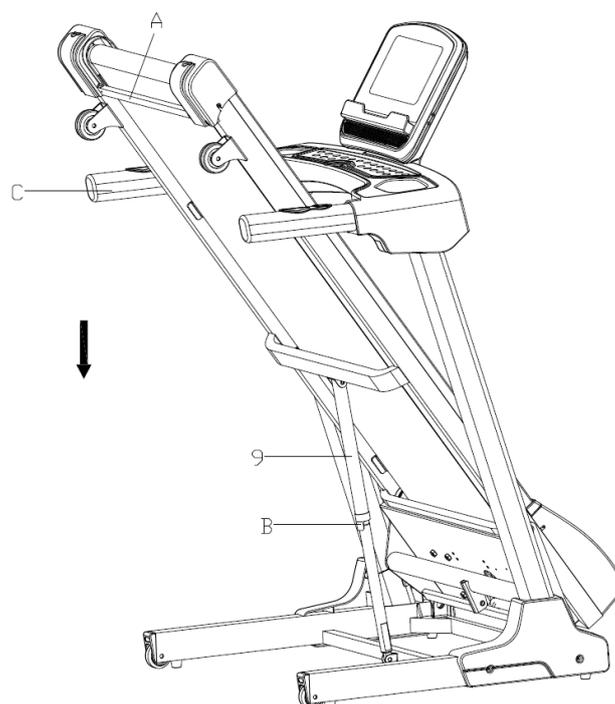
Put your hands on place A, lift up the machine in the direction of the arrow until you hear the sound from the cylinder (9).

Note: Please unplug the power cord and make sure treadmill stopping completely before folding machine. Don't operate the treadmill after folding



When you unfold the machine:

Grasp the place A by one hand, kick the place B of cylinder (9) with your right foot, pull the running board to the level of place C, then the running board will get down automatically.



OPERATION INSTRUCTIONS



1. Function specifications

1.1. Start

Normal startup after 3s counting backwards.

1.2. Number of programs

Manual modes, 9 Preset programs, 3 User setting programs, 3 HRC(option), FAT.

1.3. Safe lock function

Remove the safety lock in any modes could rapidly slow down the treadmill till stop. "---" will be instantly displayed on the window, the buzzer buzz "Bi, Bi" sound continuously. Buttons are invalid in this condition. When the safety lock is off, at the same time press "program" + "MODE" key for 3s, the display switches between imperial and metric systems.

Restore the safety lock, the window will display for 2s and then get into standby state, wait for inputting commands.

1.4. Key function

- ① "START" is the star key. Press "START" when the treadmill is in stop state, the speed will be displayed as "0.8, treadmill will be started. "STOP" is the stop key, Press "STOP" when the treadmill is running, the data will be cleared and the treadmill will be in manual mode after the treadmill is completely stopped.
- ② "PROG." stands for program key: in standby mode, press the key you can select manual mode "0.8" to "P1-P9", "U1-U3" , 3HRC and FAT different programs; manual mode is the default mode, the default speed is 1.0KM/H, the max operating speed is 14.0km/h. In The British System, the default speed 0.5MPH, the max operating speed is 8.7MPH.
- ③ "MODE" stands for mode key, in standby mode, press the key you can loop set H-1 to H-3 different countdown modes. H-1 is time countdown mode, H-2 is distance countdown mode, H-3 is calorie countdown mode; all mode parameter can be set by speed +/- key, and press "start" key to start the treadmill.
- ④ Speed keys: "SPEED+" and "SPEED -" are accelerating and decelerating keys: They may be used to adjust parameter setting when setting up parameters of the treadmill. When the treadmill is running, they are used to adjust the speed for 0.1km/time; after holding for more than 2s, automatic continuous acceleration and deceleration will be realized.
There are fast keys on the handrail.
- ⑤ Speed shortcut keys: Speed can be directly adjusted to 3km/h, 6km/h, 9km/h and 12km/h, by speed shortcut keys when the treadmill is running.
- ⑥ Incline key: "INCLINE+" and "INCLINE-" are incline increasing and incline reducing keys: They may be used to adjust parameter setting when setting up parameters of the treadmill. When the treadmill is running, they are used to adjust the incline for 1 grade/time; after holding for more than 2s, automatic continuous increasing or reducing will be realized.
There are fast keys on the handrail.
- ⑦ Incline shortcut keys: Incline can be directly adjusted to grade 3%, 6%, 9% and 12% by incline shortcut keys when the treadmill is running.

1.5. Display function

1.5.1. Speed display

Display the current running speed.

1.5.2. Time display

Display the running time under manual mode or the countdown running time under mode and programmed mode.

1.5.3. STEPS/DIS./CAL.display

Switch display distance or countdown distance,calorie or countdown calorie and current running Steps.

Note: Different User Weight and Usage Habits may result in differences in the number of displayed Steps from actual steps once the speed below 3km/h .

1.5.4 Heart rate display

Detect heart rate signals and display the pulse value.

1.5.5 window:

“Lubrication” reminder. Display will light up the  icon when needed lubrication.

1.5.7 Data display range of various parameters:

TIME: 0:00 – 99.59(MIN)

DISTANCE: 0.00 – 99.9(KM)

CALORIES: 0.0 – 999 (KC)

SPEED: 0.8 – 14.0(KM/H)

PULSE: 50 – 200 (BPM)

INCLINE: 0 – 15%

1.6. Heart rate measurement function

While the treadmill is connected to the power, hold the pulse tester for 5s and the heart rate value will be displayed. The initial value is the actually measured heart rate, and its display range is: 50-200 times/ minutes. In the heartbeat measurement process, there will be a heart shaped icon flashing.

Heart rate displayed is for reference only and can not be used as medical data.

1.7. Manual Modes

1.7.1. How to enter manual mode:

- A. Switch on the power supply; then, directly enter normal mode under the manual mode.
- B. In stop state, press MODE to select Normal mode, Time Countdown, Calorie Countdown and Distance Countdown modes under the manual mode.

1.7.2. Setting functions under manual mode: Time, Distance and Calorie Setting

- A. When entering the manual mode, the time is displayed as 0:00;
- B. In manual mode, press MODE to enter **Time Countdown mode**; the time window will display the time and flicker; the initial time is 30:00; set countdown time by SPEED +/ SPEED - and INCLINE +/ INCLINE -. Time setting range: 5:00-99:00; each time of increase/ decrease will be 1: 00.
- C. In time countdown mode, press MODE to enter **Distance Countdown mode**; the initial distance will be displayed as 1.00 km; set the distance by SPEED +/ SPEED - and INCLINE +/ INCLINE - in the range of 1.0-99.0 km/mi; each time of increase/ decrease will be 1 km.
- D. In distance countdown mode, press MODE to enter **Calorie Countdown mode**; the initial distance will be displayed as 50.0kcal; set the calorie by SPEED +/ SPEED - and INCLINE +/ INCLINE - in the range of 20.0-990.0 kcal; each time of increase/ decrease will be 10.0 kcal.

1.7.3. Operation in manual mode:

- A. Press START and the motor will start operating after 3s of countdown; the initial speed will be 0.8km/h for metric system or 0.5mile/h for imperial system;
- B. Press SPEED +/- SPEED - to adjust speed;
- C. Press INCLINE +/- INCLINE - to adjust the incline;
- D. Press speed shortcuts to quickly set up to the speed marked on the key;
- E. Press incline shortcuts to quickly set up to the incline marked on the key;
- F. When the motor is running, press STOP and the motor will slow down and stop finally;
- G. Remove the safety lock to urgently stop motor running; then, LCD window will display “---” and the buzzer will make short sound of Bi-Bi-Bi.
- H. When the set time reduces to zero or when the set calorie reduces to zero, or the set distance reduces to zero, the speed will gradually reduce till the stop of the machine, the buzzer will make short alarm “Bi-Bi-Bi”, and the speed window will display END; 5s later, the machine will return to the standby state and the buzzer will make long alarm “Bi-Bi”;
- I. Parameters not set will increase forwards, and will be reset after reaching the upper limit of the display range; in manual mode, the machine will stop when the time accumulates to be more than 99: 59 (100min).

1.8. Preset Programs

Each program is divided into 10 sections; the operation time will be evenly distributed to each program section. Here below is the 9 section program running diagram.

Time Section Program		Setup time / 10 = each segment of the running time									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	6	5	5	4	4	4	4	3
	INCLINE	0	3	3	3	4	4	4	1	1	0
P2	SPEED	3	3	4	4	5	5	5	6	6	4
	INCLINE	2	2	2	3	3	3	3	4	4	2
P3	SPEED	2	4	6	8	7	8	6	2	3	2
	INCLINE	3	5	4	4	3	4	4	3	4	2
P4	SPEED	3	3	5	6	7	6	5	4	3	3
	INCLINE	0	3	3	2	2	5	5	3	3	2
P5	SPEED	3	6	6	6	8	7	7	5	5	4
	INCLINE	3	5	3	4	2	3	4	2	3	2
P6	SPEED	2	6	5	4	8	7	5	3	3	2
	INCLINE	3	4	5	6	3	5	5	6	4	3
P7	SPEED	2	9	9	7	7	6	5	3	2	2
	INCLINE	0	3	3	3	4	4	4	1	1	0
P8	SPEED	2	4	4	4	5	6	8	8	6	2
	INCLINE	1	1	4	4	4	5	5	4	3	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
	INCLINE	3	5	3	4	2	3	4	2	3	2

1.9. User-setting programs:

Beside the 9 inner systems, the treadmill setup 3 user-defined programs: U1, U2, U3.

1. Setting the user-defined program:

Continuously press "PROG" key until the expected program (U1/U2/U3) display in the standby condition, while the "time" window flash, display the setting time, press "SPEED+", "SPEED -" to set up expected run time, press "MODE" key to enter program parameter, then set up the first time period parameter, by " SPEED +" /" SPEED -" key or shortcut key to set the speed; press "MODE" key to finish the first time period setting, and entering the next time period setting, until all 10 time period setting. The parameter will be kept permanently until resetting, and all parameter will not be lost when power off.

2. Selection and start the user-defined program:

In the standby condition, continuously press "PROG" key until the expected user-defined program U1/U2/U3 display, set up the run time, press "start" key to turn on the treadmill.

1.10. Body Fat Test:

In standby state, press PROG to enter FAT (Physical fitness test) program. Press MODE to enter the program of F—1, F—2, F—3, F—4, F—5 (F—1:gender, F—2:age, F—3:height, F—4:weight, F—5:physical test), Press SPEED +/ SPEED - or INCLINE +/ INCLINE to set the parameter of 01-04(see below detailed table), then press MODE to enter the program of F—5 for physical test. At this state, hold the handle pulse board for 5-6 seconds and it will display the FAT, check if the weight matches with your height.

FAT is to measure the relevance between height and weight, not the body proportion. FAT is suitable for every man and woman, it provide the important grounds for adjusting the weight with other health indicators. The perfect FAT is between 20-24, which means if less than 19 is too thin, and if between 25-29 is overweight and if more than 30 is obesity.

F--1	Gender	01(man)	02(woman)
F--2	Age	10-----99	
F--3	Height	100-----200	
F--4	Weight	20-----150	
F--5	FAT	≤19	Underweight
	FAT	=(20--24)	Normal weight
	FAT	=(25--29)	Overweight
	FAT	≥30	Obesity

1.11.HRC Function (optional)

HRC1 speed limit (Max-4.0km/h), HRC2 speed limit (max-2.0km/h), HRC3 Max.

1. HRC setting: after repeatedly pressing P button to get to HRC, press M to advance to the next setting, adjust speed or inclination accordingly.

A: age setting:13-80, default 30

B: target heart rate: (220 minus age)*0.6

C: target heart rate is changeable, ranging from 0.45 to 0.75 (220 minus age)

D: maximum heart rate: (220 minus age)

2.Speed

A: change sequence, HRC detects heart rate every 30 sec

B: If the user's heart rate is lower than target heart rate by 30 times/min, then speed increases by 2 km/h

C: if such a discrepancy is within 1-29 times/min, then speed increases by 1 km/h

D: Vice versa, if the user's heart rate is higher than target heart rate, the speed decreases and the same rule applies

3. During the following circumstances, the treadmill will run at 1km/h for 15 sec and then shut down automatically; in the 15 sec, the treadmill will beep for each second elapsed

A: No heart rate detected for more than one minute

B: Heart rate exceeds (220 minus age)

1.12. Others

1.12.1. When a countdown parameter run off, display "END", the alarm rings 0.5s every 2s, until the treadmill full stop, then return to manual mode.

1.12.2. In setting a parameter, it can be loop-setting, for example, time range is 5:00--99:00, when set at 99:00, press "+" key, the time return to 5:00, and so on recirculation, add or reduce by "+" "-" symbol.

1.12.3. Countdown time, countdown calorie and countdown distance can only be set up for one of them. The last time setting will be implemented. The parameter set will be counted backwards while other parameters will be counted forwards.

1.12.4. The standard calorie is about 70.3kcal/km.

1.12.5. The acceleration is 0.5Km/S and the deceleration is 0.5Km/S.

1.12.6. MP3 music audio amplification, input from the enter hole by the side.

1.12.7. In the process the un-set parameter will be up cumulative, the display clear when up to the max range; in the manual mode when the time accumulation excess 99:59(100min) the treadmill stops.

1.13. "Lubrication" reminder:

Treadmill

total working

after Every 300KM, the screen will light up the



icon. Standby, remove

the safety key then hold the

"

STOP" button

simultaneously till "Bi Bi" buzz comes will cancel this reminder. 300KMs later, the loop runs again.

1.14. Meanings of error message codes

Problem	Potential reasons	Solutions
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-----	Safe lock falls down	<ol style="list-style-type: none"> 1. Place back the safe lock; 2. Replace safe lock switch or magnetic sensor in the electronic meter; if the problem still fails to be solved, replace the electronic meter;
E01	<p>After powering on, the electronic meter displays E01</p> <p>Communication failure from the electronic meter to the driver, The electronic meter displays E01 in the operating process</p> <p>Communication failure from the driver to the electronic meter</p>	<ol style="list-style-type: none"> 1. Check whether the connecting joint between the electronic meter and the core wire of the controller is loose; whether wires are damaged; whether the core wires are in correct connecting order. 2. The controller may be defective. Check and replace a good one. 3. The electronic controller's IC may not be plugged to the place. Check and ensure good plugging. 4. The transformer may be damaged. Check and replace a good one.
E02	Explosion-proof protection or motor abnormality	<ol style="list-style-type: none"> 1. Check whether the power supply voltage is less than 50% of the normal value; please ensure correct voltage and test again; 2 Check whether motor wires are well connected; re-connect motor wires, or, if the problem still fails to be solved, replace the motor; 3. Check whether there is peculiar odor generated by the controller; if yes, it means that IGBT has been broken down to cause short circuit; then, replace the controller.
E03	No sensory signal	Check whether the photoelectric sensor directs to the hole on CD; check whether wires of photoelectric sensor are damaged and whether terminals of the photoelectric sensor and speed terminals on the controller are firmly connected.
E04	Lifting learning or self-inspection fails	<ol style="list-style-type: none"> 1. Check whether motor signal wires are well inserted; re-insert the signal wire joint to ensure that it is reliable; 2. Check whether lifting motor's AC wires are properly connected; lifting motor shall be correctly plugged according to marks on its AC controller; 3. Check whether motor wiring is damaged to form open circuit; if yes, replace wires or replace the lifting motor; 4. Replace the controller; 5. After all of these inspections, press the learning key for learning again.
E05	Over-current protection	<ol style="list-style-type: none"> 1. It may be the system's self-protection against excessive current when the load exceeds the rated value; restart the machine; 2. Some part of the treadmill is jammed so that the motor can not rotate, thus triggering the self-protection of the system against excessive current under excessive load; adjust the treadmill and restart it, or add lubricant. 3. Check whether there is over-current sound or burning odor when the motor is running; replace the motor; 4. Check whether the controller emits the odor of burning; if yes, replace the controller.
E06	Lifting sensor has no signal	<ol style="list-style-type: none"> 1. Check whether lifting signal wires are damaged. 2. Check whether lifting signal terminals and the controller's

		<p>lifting terminals are firmly connected.</p> <p>3. Check whether lifting power cords are damaged.</p> <p>4. Check whether lifting power cord terminals and the controller's lifting terminals are firmly connected.</p>
<p>No display on the electronic meter</p>	<p>The controller is not powered on or is damaged</p>	<p>1. First of all, check whether the over-load protector has tripped off; if yes, press it;</p> <p>2. Check the power supply switch, over-load protector and the controller's power cord and transformer to ensure well connection;</p> <p>3. Check whether the power cords from the electronic meter to the controller are well collected; dismantle the pillar to check connecting joints on each section of the wiring from the electronic meter to the controller; ensure that each wire core is well connected; or the reason may be the communication power cord defect (damaged or broke down); in such case, re-connect or replace wires.</p> <p>4. The transformer is damaged; replace the transformer</p>

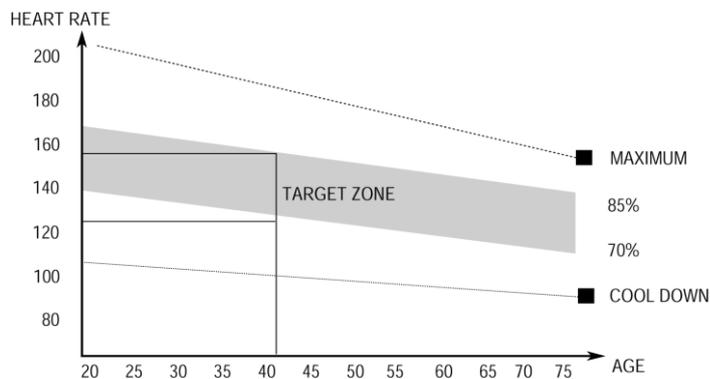
EXERCISE INSTRUCTIONS

1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, **STOP**.

2. The

This is the effort in. After muscles in Stronger. very important tempo work should be heart beat into the target zone shown on the graph below.



Exercise Phase

stage where you put the regular use, the your legs will become Work to your but it is to maintain a steady throughout. The rate of sufficient to raise your

This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

To tone muscle while on your Treadmill you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making your legs work harder than normal. You may have to reduce your speed to keep your heart rate in the target zone.

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

MAINTENANCE INSTRUCTIONS

WALKING BELT CENTERING AND TENSION ADJUSTMENT

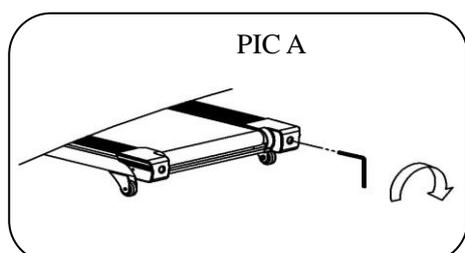
DO NOT OVERTIGHTEN the walking belt. This may cause reduced motor performance and excessive roller wear.

TO CENTER WALKING BELT:

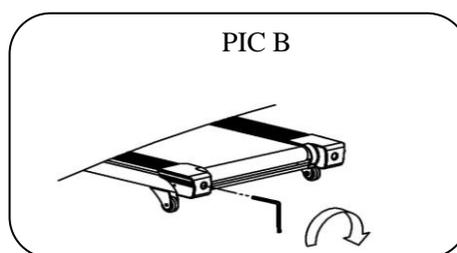
- Place treadmill on a level surface
- Run treadmill at approximately 3.5 mph
- If the belt off the track to the right side, please screw the right adjusting bolt clockwise slowly, noticing the change of the deviating distance, until center the belt. (Attention: the space between the belt and the right/left edgings is at a distance normally. And the gap between the right and left distance should be no

more than 5mm.

●If the belt drifts to the left side, please screw the left adjusting bolt clockwise slowly, noticing the change of the deviating distance, until center the belt. (Attention: the space between the belt and the right/left edgings is at a distance normally. And the gap between the right and left distance should be no more than 5mm.



Picture A: If the belt has drifted to the RIGHT



Picture B: If the belt has drifted to the LEFT

TENSIONING THE BELT

If you can feel a slipping sensation when running on the treadmill, the running belt must be tightened.

In most cases, the belt has stretched from use, causing the belt to slip. This is a normal and common adjustment. To eliminate this slipping, tension both the rear roller bolts with the appropriate size allenwrench, turning it **1/4 TURN** to the right as shown. Try the treadmill again to check for slipping.

Repeat if necessary, but **NEVER TURN** the rollerbolts more than **1/4 turn** at a time. The belt tension is set properly when the running belt is **50 - 75mm** from the deck.

WARNING: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT.

CLEANING

General cleaning of the unit will greatly prolong the treadmill. Keep treadmill clean by dusting regularly.

Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails.

This reduces the build up of foreign material underneath the walking belt.

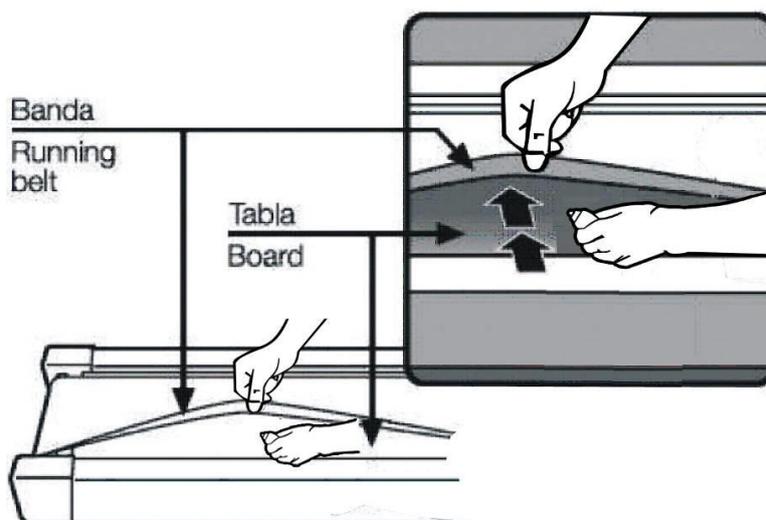
The top of the belt may be cleaned with a wet, soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or from underneath the belt. **Warning: Always unplug the treadmill from the electrical outlet before removing the motor cover.** At least once a year remove the motor cover and vacuum under the motor cover.

RUNNING BELT AND DECK LUBRICATION

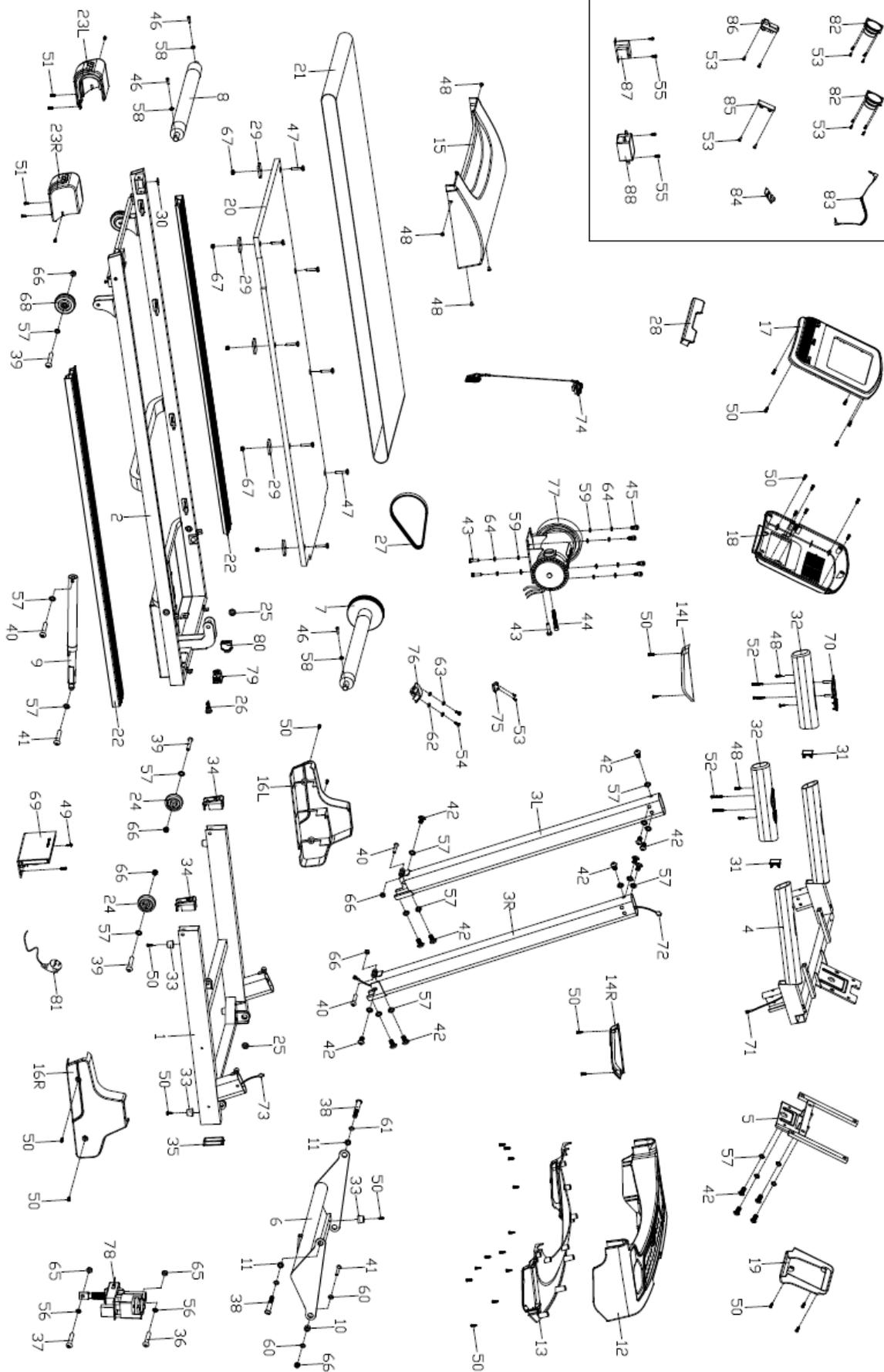
This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck.

We recommend lubrication of the deck according to the following timetable:

- **Light user (less than 3 hours/ week)** **annually**
- **Medium user (3-5 hours/ week)** **every six months**
- **Heavy user (more than 5 hours/ week)** **every three months**



EXPLODED DRAWING



PARTS LIST

Part No.	Description	Qty	Part No.	Description	Qty
1	Bottom frame	1	45	Hexagon socket head bolt M8*18	4
2	Main frame	1	46	Hexagon socket head bolt M6*55	3
3 L/R	Upright tube	1/1	47	Hexagon inner head bolt M6*30	8
4	Computer frame	1	48	Cross recessed large flat head screw M5*8	8
5	Computer panel	1	49	Cross recessed washer head screw M4*8	2
6	Incline frame	1	50	Cross tapping screw ST4*16	40
7	Front roller	1	51	Cross tapping screw ST4*12	6
8	Rear roller	1	52	Cross tapping screw ST4*32	4
9	Cylinder	1	53	Cross tapping screw ST2.9*9.5	14
10	Rotating long casing	2	54	Cross tapping screw ST2.9*6	2
11	Rotating short casing	2	55	Cross recessed pan head screw M4*8	4
12	Computer upper cover	1	56	Serrated lock washer $\Phi 10*1.2$	2
13	Computer lower cover	1	57	Serrated lock washer $\Phi 8*1.2$	22
14L/R	Upright tube protective cover	1/1	58	Serrated lock washer $\Phi 6*1.2$	3
15	Motor cover	1	59	Flat washer $\Phi 8*1.5$	6
16L/R	Bottom protective cover	1/1	60	Flat washer $\Phi 26*\Phi 8.2*2.0$	4
17	Computer panel upper cover	1	61	Flat washer $\Phi 20*\Phi 10*2.0$	2
18	Computer panel lower cover	1	62	Flat washer D4	2
19	Computer rear cover	1	63	Spring washer D4	2
20	Running board	1	64	Stander spring washer $\Phi 8$	6
21	Running belt	1	65	Computer extension wire	1
22	Edgings	2	66	Nylon nut M8	8
23L/R	End cap	1/1	67	Nylon nut M6	8
24	Transport wheel	2	68	Adjusting roller	2
25	Protective plug	2	69	Circuit board	1
26	Power wire buckle	1	70	Short cut key	2
27	Motor belt	1	71	Computer extension upper wire	1
28	IPAD holder	1	72	Computer extension middle wire	1
29	Rubber pad	8	73	Computer extension lower wire	1
30	Plastic washer	2	74	Safety key	1
31	Square end cap	2	75	Optical detector	2
32	PU foam grip	2	76	Optical detector support	1
33	Small mat	4	77	DC motor	1
34	End cap	2	78	Incline motor	1
35	Square end cap	2	79	Switch	1
36	Hex socket screw M10*45	1	80	Circuit breaker	1
37	Hex socket screw M10*25	1	81	Power cord	1
38	Hex socket screw M10*20	2	82	Louder speaker (optional)	2
39	Hex socket screw M8*45	4	83	Audio wire (optional)	1
40	Hex socket screw M8*40	3	84	Fitshow (optional)	1
41	Hex socket screw M8*25	3	85	Headphone (Optional)	1
42	Hex socket screw M8*15	16	86	USB (Optional)	1

43	Outer hex bolt M8*35	3	87	Inductor (Optional)	1
44	Hexagon socket head bolt M8*60	1	88	Filter (Optional)	1