

TOORX
FITNESS IN MOTION

INSTRUCTION



APP READY

TRX200



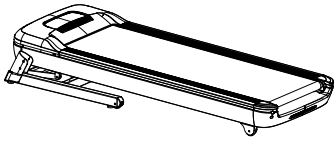
Cod : GRLDTOORXTRX200

Rev : 00

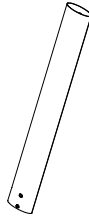
Ed : 10/18



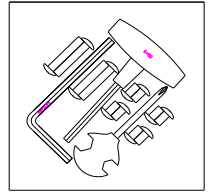
Packing list



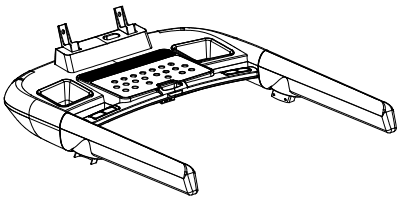
Main Frame



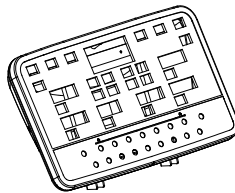
Upright Post Frame (L & R)



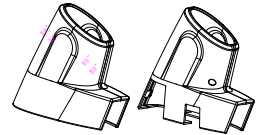
Hardware bag



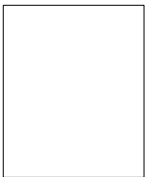
Console



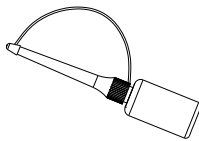
Console



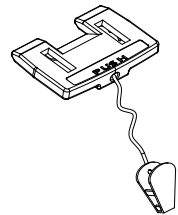
base frame cover



Manual

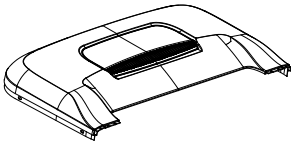


Silicon oil

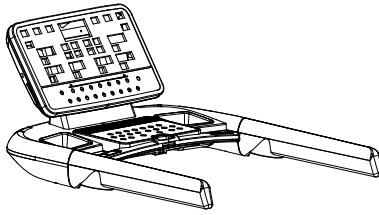


safety key

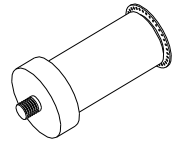
Main parts



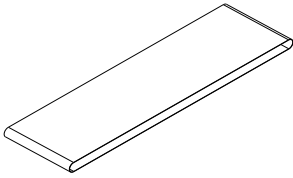
Motor cover



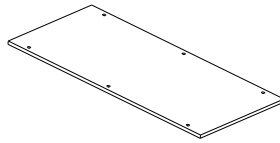
console



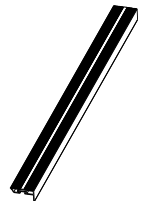
Motor



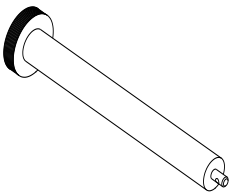
Running belt



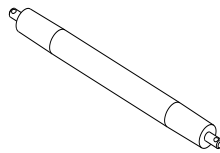
Running deck



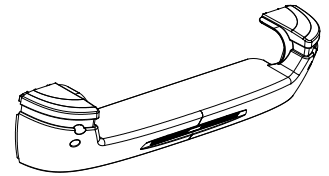
Side rail



Front roller



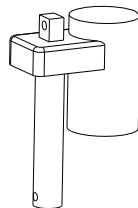
Rear roller



Rear cover

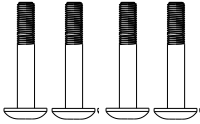


Motor belt

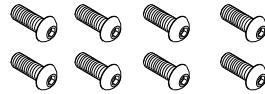


Incline motor

Hardware bag



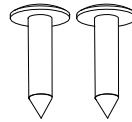
Allen C.K.S half thread screw (M8*60*20) 4pcs



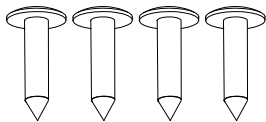
Allen C.K.S full thread screw (M8*15) 8pcs



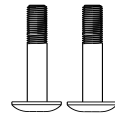
Allen C.K.S full thread screw (M8*20) 2pcs



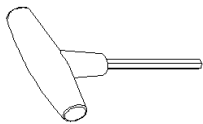
Philips C.K.S. self-taping screw (ST4*12) 2pcs



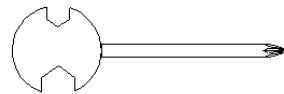
Philips C.K.S. self-taping screw (ST4*16) 4pcs



Allen C.K.S half thread screw (M8*30*20) 2pcs

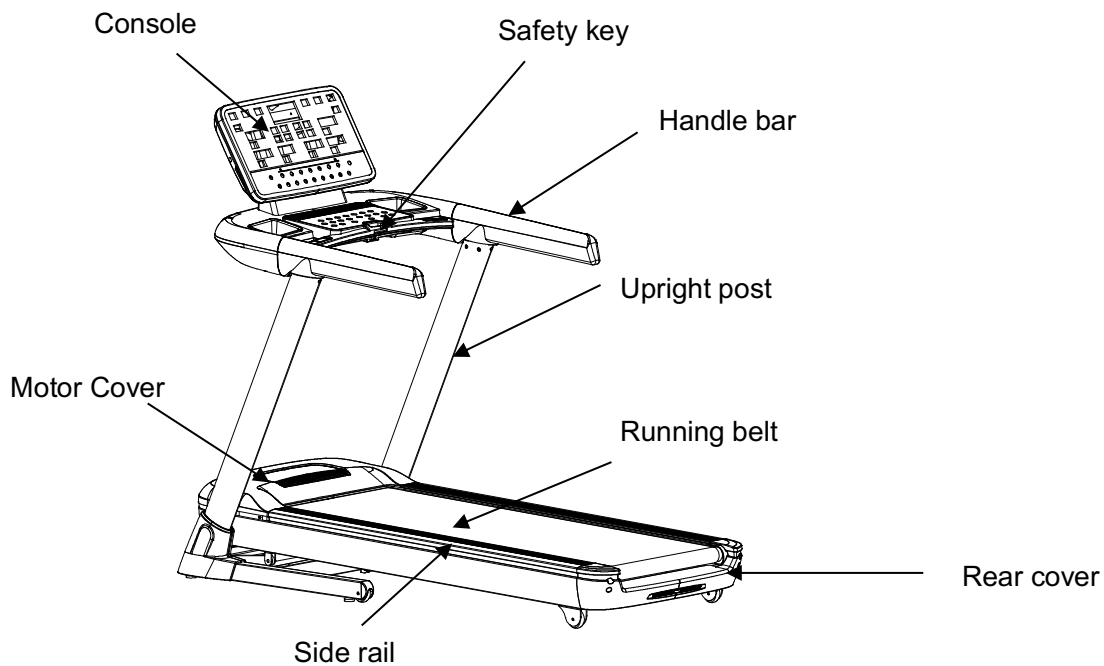


T shaped wrench (S6) 1PCS



Cross Wrench 1pcs

Treadmill instruction

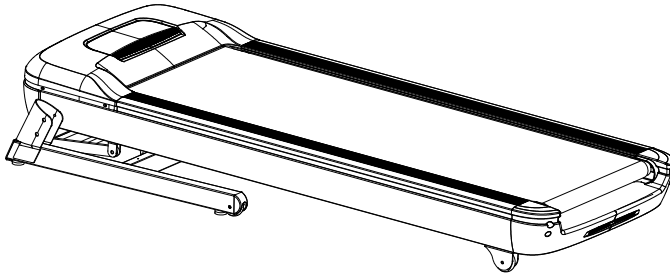


Technical information

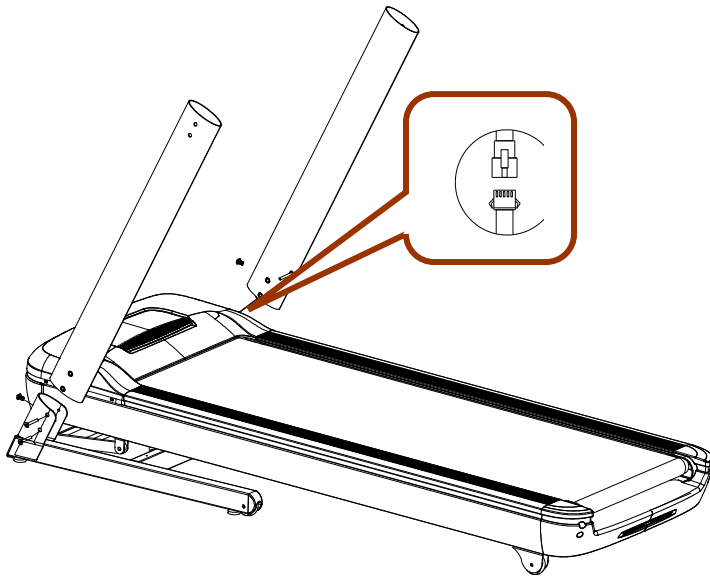
Dimension	Unfold: 1925*925*1470mm Fold: 1402*925*1541mm
Running board	1530*550mm
Speed	1.0—22km/h

*WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

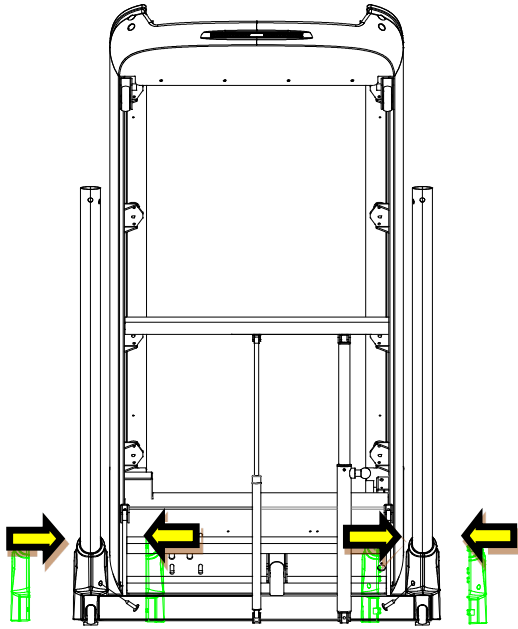
ASSEMBLY INSTRUCTIONS



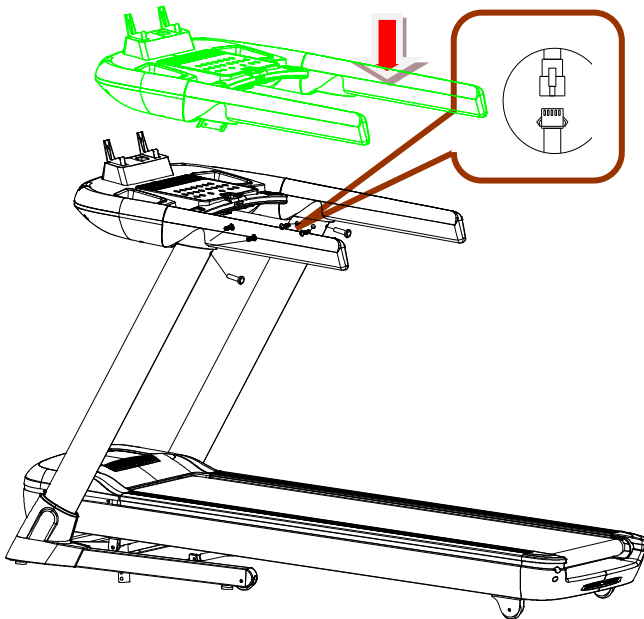
Step 1: Take out the machine from box and put it on the flat floor.



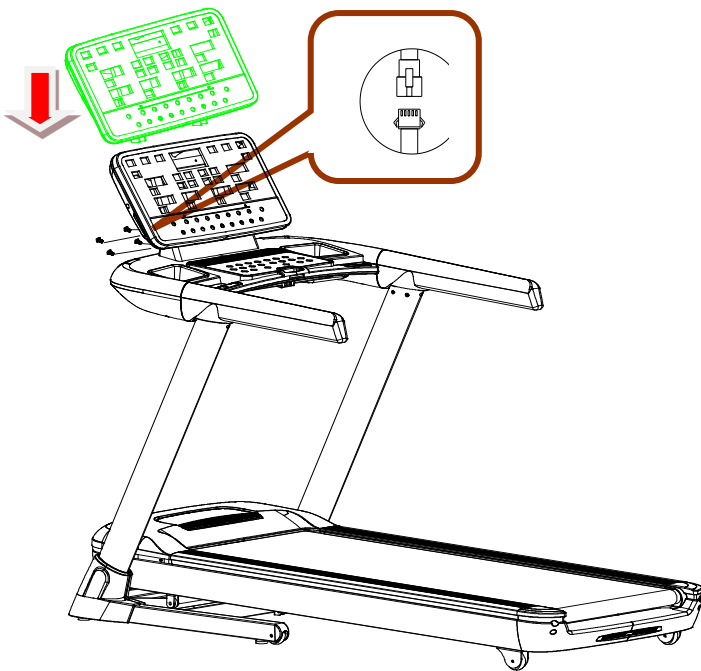
Step 2: Connect communication wire of the console with the right upright post. Insert the left and right upright post on the base frame, and then fix the each upright post with 2pcs M8*60*20 screw and 1pc M8*20 screw.



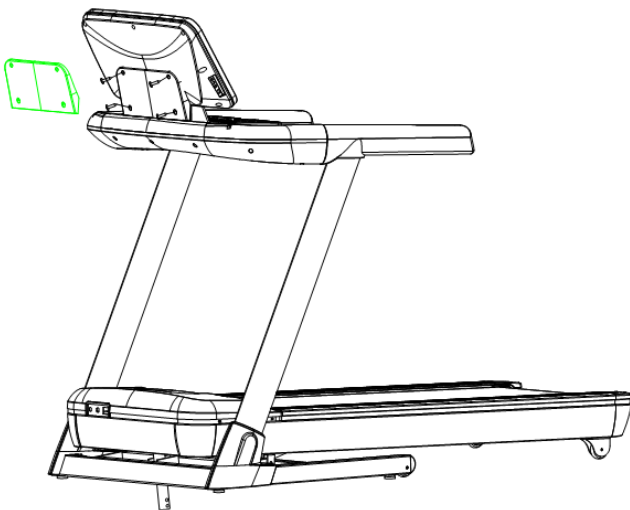
Step 3: Fold up the treadmill, (Note: Before assemble the base frame cover, please ensure the screws for base frame and upright post are fixed completely.) Put the base frame covers in the left and right side of upright post, then clip-on the covers together. Last, fix the covers by 1pc ST4*12 screw.



Step 4: Insert the console on the upright post. See above picture. (Note: Please connect the communication cables in the right handlebar and upright post, avoid damaging the cable.) Use 2pcs M8*15 screw to fix each upright post, and then use 1pc M8*30*20 screw to fix the hole under each handlebar. (Note: The screw M8*30*20 is for adjusting the handlebar, it can not be fixed tightly, or else the tube will be damaged.)



Step 5: Put the display on the console, and lock the two parts together with 4pcs M8*15 screw.



Step 6: Place the rear cover on the rear of console, and fix it with 4pcs M8*15 screw.

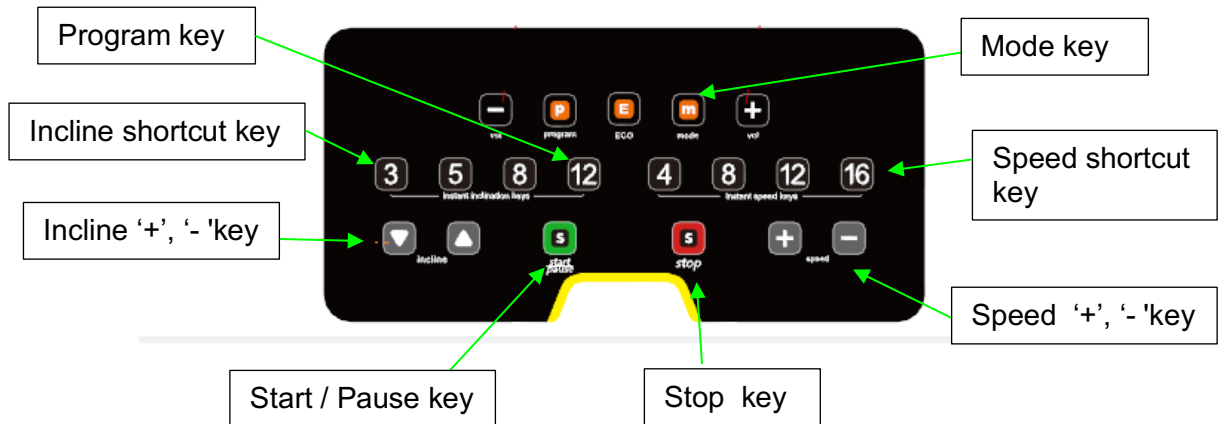
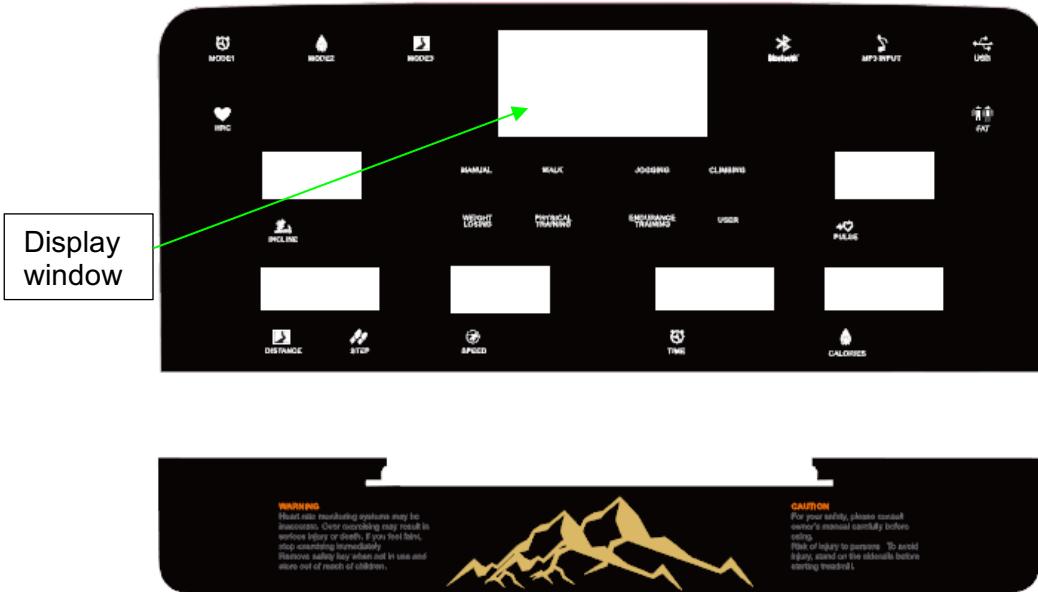
Last Step: Check all screws were fixed rightly or not. Make sure the treadmill was assembled stably.

Treadmill use instruction

1. Power on, the treadmill will start to the lowest position, check the machine is normal.
2. Attach the safety lock clip to the skirt of the sportsman's chest.
3. Before running, must confirm the stability of the treadmill and function is normal. It is strictly prohibited to stand on the run belt start, should stand on the side bar, handle bar, once confirm everything well then start running. When power on, put one hand to seize the handlebars, press the "START " button, treadmill delay start 5 seconds to 1.0km / h speed. Press the "speed" "+" key, the motor speeds up to 2.5 ~ 3.5km / h (this is a most suitable running speed), both hands grab handlebars, feet have to step on the running belt, can run with the same speed.
4. After a few minutes, you can speed up the running, the growth rate of the requirements is holding hands with the handlebars, press the "speed" - "" key to run slowly.
5. During the running time, press the speed shortcut keys, you can quickly enter the running speed you need.
6. Press "Stop" key to stop the motor at any time during running.
7. Preset mode: Press the "Select" button to select one of the automatic operation modes as the current running mode. Press the "Start" key to start the treadmill. The treadmill starts to run automatically according to the selection mode. In operation, you can press the "speed" + "" key or "speed" - "" key to change the current time period running speed. Press "Stop" to stop the motion.
8. HRC test (optional): switch on the treadmill, the hands holds the HRC metal sensor chip, a few seconds after the heart rate display window will display the user's heart rate value. (Note: this value is not as medical data, only as a sports reference.)

Console Function Instruction

Key Definition & Display window instruction



1.1 "S" "START/PAUSE" key :When the treadmill is stopped, press the START key to turn on the treadmill. Press "START" key when running, it will pause.



1.2 "S" Stop Key: when the treadmill is running, stop the treadmill slowly by pressing the STOP key.









1.3 "+" "-" : Speed adjusted key: decrease or increase the running speed.






1.4 "4 8 12 16" Speed shortcut keys: in the treadmill running state,


set the speed directly to the key specified value; the speed range is 1.0~22.0KM/H


1.5  "  ": incline adjusted key: decrease or increase the running speed.

1.6     " Incline shortcut keys: in the treadmill running state, set the incline directly to the key specified value; the incline range is 0~15%

1.7  "  " Volumn adjusted key: decrease or increase music volumn.

1.8  " When the manual mode is selected, the normal mode is selected. Press the MODE key to cycle through the countdown mode in manual mode -> countdown to calorie mode -> countdown distance mode -> positive timing mode; in P1-P36, it is the reset button to countdown time default value (30 minutes);

1.9  " Smart speed key (optional function): Adjust the speed intelligently

2.0  " Program select key, select the program P0~P36, U01, U02, U03, HRC1~HRC3, FAT when the treadmill is stopped.

2.1 MP3: optional function.

2.2 Fan: optional function.

2.3 HRC receiver : optional function.

Display window instruction:

1.1 "SPEED" window: display speed data;

"TIME" window: display time data

"DISTANCE" window: display distance data, steps data;

"CALORIES" window: display calories data;

"PULSE" window: display heart rate data;

"INCLINE"window: display incline data

Safety key description:

Safety key is made with the touch switch, clothespin and nylon rope composition, with emergency shutdown safety precautions. In any state, as long as the safety key is out of position, treadmill to stop running, console keyboard prohibits operation, re-put the safety key, the screen enter into the system default working state.

MP3 Instruction (Operational function) :

The console is with built-in double channel audio, switching regulated power Supply, connect the adapter wire of audio with the audio source and MP3 input port of the console, then MP3 starts to operate.

Safety Guide:

- 1) Put the power cord into the electrical outlet with 10A. Flip this switch to the "ON" position. The screen shines with prompt sound.

- 2) Put the safety key on the correct position, connect the safety key with your cloth in front of your chest.
- 3) Press “+”, “-” key or “QUICK SPEED” key to adjust treadmill speed
- 4) “START/PAUSE” key :When the treadmill is stopped, press the START key to turn
- 5) on the treadmill. Press “START” key when running, it will pause.
- 6) “STOP” key, when the treadmill is running, stop the treadmill slowly by pressing the STOP key. All setting returns to default state.
- 7) Press “+”, “-” key or “QUICK INCLINE” key to adjust treadmill incline;
- 8) In any state, pull-out safety locks, window displays: "E7" and sound buzzer DI-DI-DI. Treadmill stops running.
- 9) Electric control system is in the security monitoring at any time, as long as there is any abnormal information, the treadmill will stop running urgently, the screen displays abnormal information prompts, and accompanied by a tone.
- 10) Press ' STOP' key when screen displays abnormal information, the motor start to slow down to stop, all data will be clear.

Manual Mode:

1. How to enter manual mode:

- A: Switch on, enter normal manual mode.
- B: When power off, press MODE key to enter manual mode.

2. Three setting function of manual mode: Time setting, Distance setting, calories setting; Enter manual mode, press 'MODE' key to set different mode, then press 'START' to restart the treadmill. User can set the speed and incline. Default speed: 1.0KM/H, Incline: 0%. Normal mode, time countdown, distance countdown, calories countdown; set any one mode, setting date starts counting down.

A: When enter manual setting, Time window display 0:00; Count time, distance, calories is in positive counting status. Close setting function, when the motor running, press ' STOP' key, the motor start to slow down to stop, all setting return to default state.

B: Under standard manual mode, press 'MODE' key to enter time countdown mode, window display time with shining when standby, when in setting mode, TIME window display time with shining, initial time is 30:00 minute, press ' +' or '-' to setting the speed. Time setting range: 5:00-99:00, walk only for 1: 00.

C : In time countdown mode, press ' MODE' to enter distance countdown mode, the distance window shines. Initial distance is 1.0 km, press speed key '+' and '0 'to set the distance and range. Setting range: 1.0-99.0KM, work for 1.KM.

D: When in distance countdown mode, press ' MODE' to set the calories, calorie window shines. Initial window shines. Initial calorie displays: 50, Default: 50Cal, press speed key '+' and '-'to set the calorie range: 20-9990CAL.

Program setting

"P1-P36" is system program setting key, only used under time countdown mode, setting time window shines, press '+' '-' to adjust the setting status, press 'MODE' to return to the default status, time window shines when in setting status, initial time: 30 minutes, setting range: 5:00—99:00. Press speed '+' '-' key to adjust the setting status.

1. In P1-P36, the speed and slope of each program is divided into 16 segments;
2. A chirp will sound when switching between segments;
3. When the motor is running, press the start key, the motor stops running, the various parameters remain unchanged;
4. Press the start key again, and the tempo will run at the speed in the automatic program ;
5. Set the time to zero, the speed slowly reduced until the stop, the middle window shows End, the buzzer to alarm;
6. Pull off the safety key to stop the motor running, the time window displays "E07", and the buzzer will sound a short alarm.

BODY FAT FUNCTION

when the treadmill is stopped, press the "PROG"key until select" FAT "and enter into body fat function, then press "MODE" key to set the parameter.

- A) **F1** means Sex, the 1(male), 2(female). If the window display 1, which shows you, selects "Male", the original is Male
- B) **F2**, means Age, the range is 1-99, and the original is 25.
- C) **F3**, means Height, the range is 100-220CM(39-87inch), the original is 170CM(67inch)
- D) **F4**, means Weight, the range is 20-150KG(44-330bound),the original is 70KG(154bound)
- E) **F5**, mean BMI, show you enter into body fat function. Put two hands on the handle bar, wait for 8 seconds, and the window will show the BMI. Take the Asian people for example, BMI under 18 is under weight;
Between 18 and 24 is normal weight; Between 25and 28 is over weight; And over 29 is obesity.

Metric-Inch interconversion function:

- 6.1 Pull out the safety key and press the "PROGRAM" key and "MODE" key at the same time, LED displays "M", it changes kilometers into miles.
- 6.2 Pull out the safety key and press the "PROGRAM" key and "MODE" key at the same time, LED displays "KM", it changes miles into kilometers.

HRC Program:

- 1) HRC defaults to three parts, HRC1 limits the speed of 9 km / h, HRC2 limits the speed of 11 km/h, HRC3 is limited to 13 km/h

- 2) HRC set method, sequence, parameter range, press the program key to display HRC, press the mode to confirm and enter the next setting, press the speed key to adjust, set the last parameters to start.
- 3) Age setting range: 13-80 years old
- 4) Target HRC setting range: 80—180
- 5) Max HRC data: not over 220 - Age.
- 6) Bad HRC = (Target HRC—User's HRC)
- 7) Speed change relationship:
 - A: Change frequency, HRC test the heart rate data every 30 seconds (Heart rate data keep displaying)
 - B: When the user's heart rate is lower than the target heart rate of 30 beats / min, the speed increases by 2.0 km / h.
 - C: When the user's heart rate is lower than the target heart rate 6-29 times / minute, the speed increased by 1.0 km / h.
 - D: When the user's heart rate is higher than the target heart rate 30 times / min, the speed reduced by 2.0 km / h.
 - E: When the user's heart rate is higher than the target heart rate 6-29 times / min, the speed reduced by 1.0 km / h.
 - G: When the user's heart rate is higher or lower than the target heart rate 0-5 times / minute, the speed remains the same.
- 8) When the following conditions occur, the treadmill decelerates to a minimum within 20 seconds and stops after 15 seconds at the lowest speed and rings every second;
 - A: Every 30 seconds to detect a heart rate, when the two consecutive heart rate can not be detected.
 - B: 1 km / h (0.6 mph), heart rate leads to deceleration.
 - C: When the heart rate exceeds (220 - set the age).
1 km / h (0.6 mph), deceleration can not be less than 1 km / h (0.6 mph), such as: treadmill minimum speed of 1 km / h (0.6 mph), when the treadmill run at 1.6 km / h (1.0 mph) and slow down to 1 km / h (0.6 mph) when the heart rate is decelerating 1.0 (2.0) km / h.
- 9) Incline not change when running, can be manually set. It will start to calculate in 1 minute.

ECO function:

Press the "ECO" key to enter into ECO mode. The treadmill will increase 3 levels based on the current incline level. The min. incline level is 3. Press again the "ECO" key to quit the ECO mode. Treadmill will decrease 3 levels based on the current incline, the min. incline is 0. In every time using, the default of treadmill is not in the ECO mode.

ERP sleep function:

System default for the ERP mode, when treadmill is under non operation state, about 4.5 minutes it enters a dormant state, save electricity, press any key to wake up the system.

In long standby case, press MODE key about 3 s show '2222' to cancel the function of ERP, and press again for longer displays' 1111 'by 3 s to go back to the ERP mode.

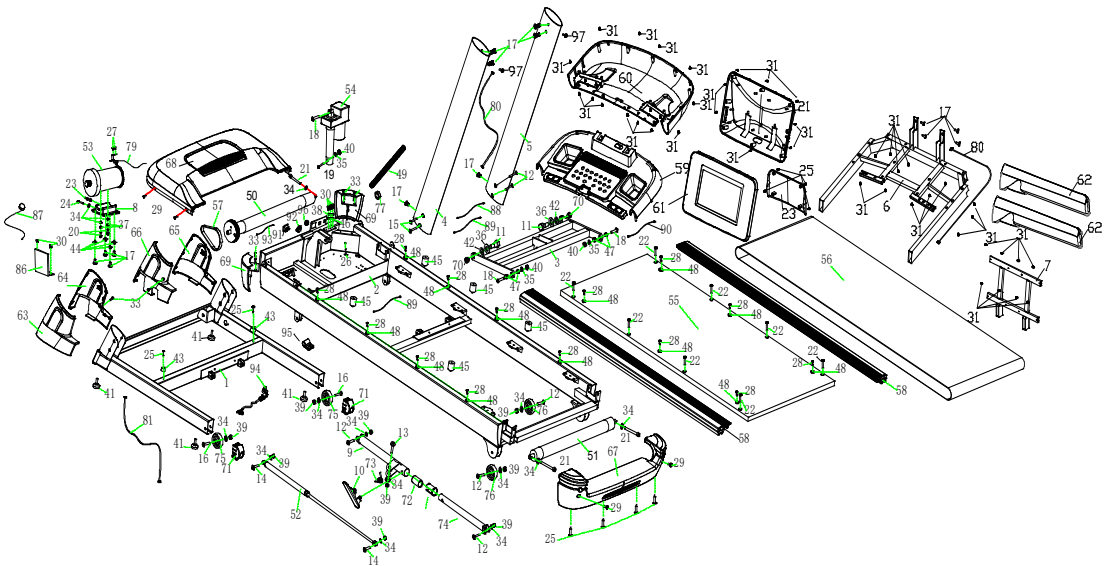
Lubrication message “LUB”

- A: When the total workout distance of treadmill reach 500KM, the console will display message “LUB” to remind user the running belt should be lubirated.
- B. The treadmill could work normally even it shows “LUB” message. But the “LUB” message will keep flashing on display when the user runs on it.
- C. After lubricated the treadmill by manual, when treadmill is in standby mode, user could press key “P” and “STOP” for 5 seconds at the same time to clean “LUB” message. And the distance 500KM for lubration will be recount.

Program speed Table

SEG PROG CLS		SEG															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	SPEED	1.0	3.0	3.0	7.0	7.0	5.0	5.0	5.0	7.0	7.0	5.0	5.0	5.0	5.0	3.0	2.0
	INCLINE	2	2	6	6	8	8	6	6	4	4	4	6	6	2	2	2
P2	SPEED	2.0	3.0	3.0	6.0	5.0	5.0	8.0	5.0	5.0	6.0	8.0	8.0	8.0	5.0	4.0	3.0
	INCLINE	3	3	9	9	9	2	2	8	8	4	1	1	4	4	4	4
P3	SPEED	2.0	3.0	5.0	5.0	7.0	7.0	8.0	5.0	5.0	6.0	8.0	8.0	8.0	5.0	4.0	3.0
	INCLINE	1	2	3	4	5	5	7	7	4	4	4	4	6	3	2	2
P4	SPEED	2.0	2.0	3.0	5.0	5.0	5.0	8.0	8.0	8.0	8.0	5.0	5.0	5.0	3.0	3.0	2.0
	INCLINE	3	3	6	6	6	9	9	9	9	9	9	6	6	6	2	2
P5	SPEED	3.0	4.0	5.0	6.0	7.0	8.0	9.0	10.0	10.0	10.0	9.0	8.0	7.0	5.0	4.0	3.0
	INCLINE	2	2	4	4	8	8	6	6	6	6	8	7	6	5	1	1
P6	SPEED	3.0	4.0	5.0	5.0	6.0	6.0	7.0	7.0	7.0	9.0	9.0	10.0	10.0	11.0	5.0	3.0
	INCLINE	1	8	8	8	8	8	7	7	7	7	7	5	5	3	3	1
P7	SPEED	3.0	4.0	9.0	4.0	11.0	4.0	10.0	4.0	9.0	4.0	8.0	4.0	11.0	5.0	3.0	2.0
	INCLINE	1	1	4	4	4	6	6	6	8	8	8	10	10	10	6	2
P8	SPEED	3.0	5.0	8.0	3.0	5.0	7.0	9.0	3.0	5.0	7.0	10.0	3.0	5.0	7.0	11.0	5.0
	INCLINE	3	3	8	8	3	3	7	7	3	3	6	6	3	3	5	5
P9	SPEED	3.0	7.0	9.0	4.0	7.0	10.0	4.0	7.0	11.0	5.0	7.0	12.0	4.0	7.0	12.0	6.0
	INCLINE	3	6	6	3	7	7	3	8	8	3	9	9	3	3	7	7
P10	SPEED	3.0	5.0	6.0	6.0	6.0	9.0	10.0	6.0	6.0	9.0	10.0	6.0	6.0	6.0	11.0	3.0
	INCLINE	2	7	7	7	5	5	5	8	8	8	8	8	8	4	4	4
P11	SPEED	4.0	5.0	7.0	9.0	10.0	11.0	9.0	6.0	8.0	9.0	10.0	10.0	11.0	9.0	6.0	5.0
	INCLINE	1	6	6	6	3	3	3	7	7	4	4	4	4	6	6	6
P12	SPEED	4.0	6.0	10.0	10.0	7.0	10.0	10.0	10.0	7.0	7.0	10.0	10.0	10.0	10.0	6.0	5.0
	INCLINE	3	8	8	6	9	9	5	5	8	8	8	4	4	4	4	4
P13	SPEED	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0
	INCLINE	4	8	10	12	4	8	10	12	4	8	10	12	4	8	10	12
P14	SPEED	2.0	3.0	3.0	6.0	9.0	11.0	3.0	6.0	9.0	11.0	3.0	6.0	9.0	11.0	3.0	6.0
	INCLINE	5	9	11	12	5	9	11	12	5	9	11	12	5	9	11	12
P15	SPEED	4.0	6.0	11.0	11.0	9.0	6.0	11.0	11.0	9.0	6.0	11.0	11.0	9.0	6.0	11.0	11.0
	INCLINE	2	3	4	5	6	8	7	8	8	7	7	6	5	4	3	2
P16	SPEED	2.0	4.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0
	INCLINE	2	4	5	6	2	4	5	6	2	4	5	6	2	4	5	6
P17	SPEED	2.0	2.0	2.0	4.0	6.0	6.0	9.0	11.0	11.0	2.0	4.0	6.0	6.0	11.0	11.0	9.0
	INCLINE	2	4	6	8	10	12	12	12	12	12	10	8	6	4	2	2
P18	SPEED	3.0	6.0	3.0	6.0	6.0	3.0	6.0	6.0	3.0	6.0	6.0	3.0	6.0	6.0	3.0	6.0
	INCLINE	2	6	8	2	6	8	2	6	8	2	6	8	2	6	8	2
P19	SPEED	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0
	INCLINE	10	8	6	4	10	8	6	4	10	8	6	4	10	8	6	4
P20	SPEED	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0
	INCLINE	12	8	2	12	8	2	12	8	2	12	8	2	12	8	2	2
P21	SPEED	2.0	6.0	2.0	6.0	11.0	2.0	6.0	11.0	2.0	6.0	11.0	2.0	6.0	11.0	2.0	6.0
	INCLINE	12	9	3	12	9	3	12	9	3	12	9	3	12	9	3	3
P22	SPEED	4.0	6.0	11.0	6.0	2.0	11.0	6.0	2.0	11.0	6.0	2.0	11.0	6.0	2.0	11.0	6.0
	INCLINE	2	4	10	2	4	10	2	6	12	6	8	12	6	8	12	2
P23	SPEED	4.0	6.0	11.0	6.0	6.0	2.0	11.0	6.0	6.0	2.0	11.0	6.0	6.0	2.0	11.0	6.0
	INCLINE	2	3	4	5	6	6	7	8	10	11	12	12	12	12	10	2
P24	SPEED	4.0	6.0	11.0	6.0	4.0	11.0	6.0	4.0	11.0	6.0	4.0	11.0	6.0	4.0	11.0	6.0

EXPLODED DRAWING



NO.	NAME	QUANTITY
1	Base frame	1
2	Platform frame	1
3	Incline frame	1
4	Upright post (L)	1
5	Upright post (R)	1
6	Console frame	1
7	Display frame	2
8	Motor installation panel	1
9	Outer telescopic tube	1
10	Pedal	1
11	Hex half head screw M12×Φ14×35×19	2
12	Allen C.K.S. half thread screw M8×40×20	4
13	Allen C.K.S. half thread screw M8×45×20	1
14	Allen C.K.S. half thread screw M8×30×20	2
15	Allen C.K.S. half thread screw M8×60×20	4
16	Allen C.K.S. half thread screw M8×50×20	2
17	Allen C.K.S. full thread screw M8×20	10
18	Allen C.K.S. half thread screw M10×35×20	3
19	Allen C.K.S. half thread screw M10×65×20	1
20	Allen Column full thread screw M8×15	2
21	Allen Column full thread screw M8×75	3
22	Allen countersunk head full thread screw M6×30×Φ16	8
23	Motor bolt -1 M8×65	1
24	Hex full head screw M8×75	1
25	Phillips C.K.S self-tapping Screw ST4×16	8
26	Phillips C.K.S self-tapping Screw ST4×40	2
27	Phillips countersunk head self-tapping screw ST3×10	2
28	Phillips countersunk head self-tapping screw ST4×15	12
29	Phillips C.K.S full head Screw M5×10	6
30	Phillips C.K.S full head Screw M4×10	9
31	Phillips C.K.S self-tapping Screw ST4×15	35
32	Phillips Pan Head self-tapping Screw ST3×25	4
33	Phillips C.K.S self-tapping Screw ST4×12	14
34	Flat washer Φ8	19
35	Flat washer Φ10	3
36	Flat washer Φ14	2
37	Spring washer Φ8	2
38	Spring washer Φ5	3
39	Hex locked nut M8	9
40	Hex locked nut M10	3

41	Feet pad adjustment $\Phi 35 \times 37 \times 12 \times M8$	4
42	Plastic flat washer $\Phi 24 \times \Phi 16 \times t2.0$	2
43	Taper feet pad $\Phi 23 \times \Phi 18 \times \Phi 5 \times 11$	2
44	Cushion $35 \times 35 \times t5.0 \times \Phi 8$	4
45	Cushion $\Phi 30 \times 30 \times M6 \times 6$	6
46	Serrated lock washers $\Phi 5$	3
47	Incline axle $\Phi 25 \times \Phi 17 \times \Phi 10 \times 6 \times 1$	4
48	Side rail guider $\Phi 25 \times \Phi 5 \times 4.5$	16
49	Wire protector	1
50	Front roller	1
51	Rear roller	1
52	Cylinder	1
53	Motor	1
54	Incline motor	1
55	running deck	1
56	Running belt	1
57	Motor belt	1
58	Side rail	2
59	Console upper cover	1
60	Console lower cover	1
61	Panel	1
62	Handle bar	2
63	Base cover (L) -1	1
64	Base cover (L)-2	1
65	Base cover (R)-1	1
66	Base cover (R)-2	1
67	End cap	1
68	Motor cover	1
69	Main frame front cover	2
70	Powder Metallurgy set	2
71	Curved pipe plug	2
72	Hollow tubes plug	1
73	Column spring	1
74	Inner telescopic tube -1	1
75	Wheel	2
76	Wheel	2
77	Magnetic ring	1
78	console set	1
79	Speed sensor	1
80	Wire	1
81	Wire	1

82	Wire	1
83	Handle pulse	2
84	Handle pulse wire	2
85	Inverter	1
86	Safety key	1
87	Power cord	1
88	Power cord	1
89	Wire (Ground wire)	1
90	Wire (Ground wire)	2
91	Rocker switch	1
92	Automotive switch	1
93	Power cord	2
94	Power plug	1
95	Cable clamp	2
96	Wire clip	1
97	Allen C.K.S. half thread screw M8×30×20	2
98	Allen C.K.S. half thread screw M8×20	2

TREADMILL MAINTENANCE

Proper maintenance is very important to ensure a faultless and operational condition of the treadmill. Improper maintenance can cause damage to the treadmill or shorten the life of the product.

All parts of the treadmill must be checked and tightened regularly. Worn out parts must be replaced immediately.

BELT ADJUSTMENT

You may need to adjust the running belt during the first few weeks of use. All running belts are properly set at the factory. It may stretch or be off center after use. Stretching is normal during the break-in period.

ADJUSTING THE BELT TENSION:

If the running belt feels as though it is —slipping or hesitating when you plant your foot during a run, the tension on the running belt may have to be increased.

TO INCREASE THE RUNNING BELT TENSION:

1. Place 8mm wrench on the left belt tension bolt. Turn the wrench clockwise 1/4 turn to draw the rear roller and increase the belt tension.
2. Repeat STEP 1 for the right belt tension bolt. You must be sure to turn both bolts the same number of turns, so the rear roller will stay square relative to the frame.
3. Repeat STEP 1 and STEP 2 until the slipping is eliminated.

4. Be careful not to tighten the running belt tension too much as you can create Excessive pressure on the front and rear roller bearings. An excessively tightened running belt may damage the roller bearings that would result in bearing noise from the front and rear rollers.

TO DECREASE THE TENSION ON THE RUNNING BELT, TURN BOTH BOLTS COUNTER-CLOCKWISE THE SAME NUMBER OF TRUNS.

CENTRING THE RUNNING BELT

When you run, you may push off harder with one foot than with another. The severity of the deflection depends on the amount of force⁴ that one foot exerts in the relation to the other. This deflection can cause the belt to move off- centre. This deflection is normal and the running belt will centre when no body is on the running belt. If the running belt remains consistently off-centre, you will need to centre the running belt manually.

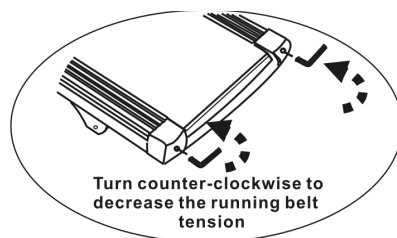
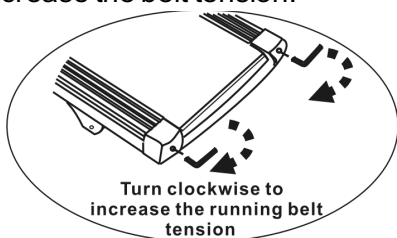
Start the treadmill without anyone on the running belt, press FAST-key until speed reached 6kph.

1. Observe whether the running belt is toward the right or left side of the deck.

- If toward the left side of the deck, using wrench, turn the left adjustment bolt clockwise 1/4 turn and the right adjustment bolt counter clockwise 1/4.
- If toward the right side of the deck, turn the right adjustment bolt clockwise 1/4 turn and the left adjustment bolt counter clockwise 1/4.
- If the belt is still not centre, repeat the above step until the running belt is on centre.

2. After the belt is centre, increase the speed to 16kph and verify that it is running smoothly. Repeat the above steps if it is necessary.

If the above procedure is unsuccessful in resolving the off-centre, you may need to increase the belt tension.



LUBRICATION

The treadmill is factory-lubricated. However, it is recommended to check the lubrication of the treadmill regularly, to ensure an optimal operation of the treadmill. It is usually not necessary to lubricate the treadmill in the first year or the first 500 hours of operation.

After every 3 months of operation, lift the sides of the treadmill and feel the surface of the belt, as far as possible. If traces of silicon spray are found, lubrication is not necessary.

In case of a dry surface refer to the following instructions. Only use oil free silicon spray.

Application of lubricant on the belt:

- Position the belt so that the seam is located in the middle of the plate.
- Insert the spray valve in the spray head of the lubricant container.
- Lift the belt at one side and hold the spray valve in a distance to the front end of striding belt and plate. Start at the front end of the belt. Lead the spray valve in direction of the back end. Repeat this process on the other side of the belt. Spray each side for about 4 seconds.
- Wait 1 minute to let the silicon spray spread, before starting the machine.

CLEANING:

Regular cleaning of the striding belt ensures a long product life.

- **Warning:** The treadmill must be turned off to avoid electrical shocks. The power cord must be pulled out of the socket, before starting the cleaning or maintenance.

- **After each training:** Wipe the console and other surfaces with a clean soft and damp cloth to remove sweat residues.

Caution: Do not use any abrasives or solvents. To avoid damage to the computer, keep any liquids away. Do not expose the computer to direct sunlight.

- **Weekly:** To make the cleaning easier it is recommended to use a mat for the treadmill. Shoes can leave dirt on the striding belt that can fall beneath the treadmill. Clean the mat under the treadmill once a week.

STORAGE:

Store your treadmill in a clean and dry environment. Ensure the master power switch is off and is un-plugged from the electrical wall outlet.



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