# FRONTIER PROGRAMMABLE MOTORIZED TREADMILL

# ITEM NO: 97870

LifeGear

Get active for life

# OWNER'S MANUAL

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

***The specifications of this product may vary from this photo and are subject to change without prior notice.***

C & F 2014, July

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# ONE YEAR LIMITED WARRANTY

LifeGear Inc. warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with LifeGear's Owner's Manual. LifeGear's obligation under this warranty is limited to replacing or repairing free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application. From the date of purchase, the frame is warranted to be free from defects for 1 (one) year. This warranty is offered only to the original owner and is not transferable. Proof of purchase is required.

When ordering replacement parts please have the following information ready:

1. **Owner's Manual**
2. **Model Number**
3. **Description of Parts**
4. **Part Number**
5. **Date of Purchase**

# IMPORTANT SAFETY INSTRUCTIONS

**Basic precautions, including the following important safety instructions should always be followed when using this treadmill. Read all instructions before using this treadmill.**

**DANGER:** To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet immediately after using and before cleaning, assembling, or servicing the treadmill.

**Failure to follow these instructions may lead to personal injury and cause damage to the treadmill.**

**WARNING:** To reduce the risk of burns, fire, electric shock or injury to any persons, please read the following:

- Never leave the treadmill unattended while plugged in. Disconnect by turning off the master power switch and unplugging from wall outlet when not in use and before putting on or taking off parts.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this treadmill if it has a damaged cord or plug, or if it is not working properly. If it has been dropped or damaged, or been exposed to water, return the appliance to a service center for examination and repair.
- Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an *Authorised Service Representative.*
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and other obstructions.
- Do not use the treadmill outdoors.
- Do not pull the treadmill by its power cord or use the cord as a handle.
- Keep children and pets away from the equipment while in use.
- Elderly or disabled users should only use this treadmill in the presence of an adult who can provide assistance if required.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Keep dry - do not operate in a wet or moist condition.
- The motor cover can become hot while the treadmill is in use. Do not place the treadmill on a blanket or other flammable surface as this can create a fire hazard.
- Keep electrical cord away from heated surfaces.
- Keep the treadmill on a solid, level surface with a minimum safety area clearance of two meters around the treadmill. Be sure the area around the treadmill remains clear of any obstructions during use.
- This treadmill is for domestic household use only.
- Only **one** person should use the treadmill at a time.
- Wear comfortable and suitable clothing when using the treadmill. Do not use the treadmill barefoot or in socks. Always wear appropriate, enclosed athletic footwear. Never wear loose or baggy clothing as it can become caught on the treadmill and create an entrapment hazard.

- Always hold on to the handrails while using the treadmill.
- Always make sure the storage latch is in place when folding and moving the treadmill.
- Do not leave children who are under 12 years-old unsupervised near or on the treadmill.
- To disconnect, turn all controls to the off position, then remove plug from the wall outlet.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should not be allowed to play on or near the treadmill at any time.
- CAUTION - RISK OF INJURY TO PERSONS - To avoid injury, use extreme caution when stepping onto or off of a moving treadmill belt. Carefully read this instruction manual before use.
- **Maximum Weight Capacity is 110 kgs.**
- Pull out the Safety Tether Key for emergency stop.
- This unit must be plugged into a nominal 220-240 volt 50/60Hz outlet which has been grounded.
- Keep hands clear of all moving parts. Never place hands or feet under the treadmill while in use.
- Do not use the treadmill on a carpet that is greater than 1.3 cm in height.
- Before using the treadmill, check that the belt is aligned and centered on the running deck and all visible fasteners on the treadmill are sufficiently tightened and secure.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- Children shall not play with the appliance.
- Cleaning and user maintenance shall not be made by children without supervision.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons persons in order to avoid a hazard.
- Never operate this treadmill if it is in the folded position.
- Allow the running belt to fully stop and unplug the power cord from the wall outlet before folding up the treadmill.
- Always face towards the computer console and do not run backwards on the running belt.

**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 exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

**CAUTION:** Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

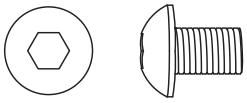
# PARTS LIST

| No. | Description | Qty | No. | Description | Qty |
|---|---|---|---|---|---|
| 001 | Upper Computer Cover | 1 | 028 | Hexagon Socket Oval Head Bolt M8x25 | 1 |
| 002 | Lower Computer Cover | 1 | 029 | Hexagon Socket Oval Head Bolt M8x40 (Part Thread) | 5 |
| 003 | Cross Recessed Self Tapping Screw M4x12 | 8 | 030 | Transport Wheel | 2 |
| 004 | Handlebar | 1 | 031 | Incline Adjuster | 1 |
| 005 | Cross Recessed Self Tapping Screw M5x30 | 2 | 032 | Incline Adjuster End Cap Ø38 | 4 |
| 006 | Safety Tether Key | 1 | 033 | Washer M10 | 4 |
| 007 | Handlebar Foam Grip | 2 | 034 | Spacer Ø11xØ16 | 2 |
| 008 | Handlebar End Cap | 2 | 035 | Main Frame | 1 |
| 009 | Hand Pulse Sensor with Start/Stop Control Buttons | 1 | 036 | Reinforced Tube 13x26x1.2t | 1 |
| 010 | Hand Pulse Sensor with Speed Control Buttons | 1 | 037 | Motor | 1 |
| 011 | | | 038 | Motor Bracket | 1 |
| 012 | | | 039 | Carriage Bolt M8x30 | 4 |
| 013 | Hexagon Socket Oval Head Bolt M8x12 | 16 | 040 | Rubber Washer | 4 |
| 014 | Washer Ø8.5xØ16x2T | 12 | 041 | Hexagon Socket Head Cap Bolt M8x12 | 2 |
| 015 | Cross Bar | 1 | 042 | Hexagon Head Bolt M8x10 | 1 |
| 016 | Hexagon Socket Oval Head Bolt M8x50 (Fully Threaded) | 2 | 043 | Deck Bumper Ø22xØ25x15 | 6 |
| 017L | Left Handlebar Support Tube | 1 | 044 | Rectangular End Cap (□30x15) | 2 |
| 017R | Right Handlebar Support Tube | 1 | 045 | Nylon Nut M10 | 2 |
| 018 | Base Frame | 1 | 046 | Rectangular End Cap (□40x20) | 2 |
| 019L | Left Handlebar Support Tube Cover | 1 | 047L | Left End Cover | 1 |
| 019R | Right Handlebar Support Tube Cover | 1 | 047R | Right End Cover | 1 |
| 020 | Power Cord Grommet | 1 | 048 | Cross Recessed Truss Head Bolt M4x10 | 4 |
| 021 | Self Drilling Screw M4x12 | 25 | 049 | Belt | 1 |
| 022 | Foot Pad for Base Frame | 6 | 050 | Front Roller | 1 |
| 023 | Self Drilling Screw M4x20 | 13 | 051 | Running Deck | 1 |
| 024 | Hexagon Socket Oval Head Bolt M8x40 (Fully Threaded) | 1 | 052 | Rear Roller | 1 |
| 025 | Hexagon Head Bolt M10x25 | 2 | 053 | Hexagon Socket Oval Head Bolt M8x65 | 2 |
| 026 | Foot Lock Latch Tube | 1 | 054 | Hexagon Socket Oval Head Bolt M6x35 | 8 |
| 027 | Nylon Nut M8 | 11 | 055 | Running Belt Alignment Bracket | 2 |

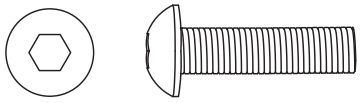
# PARTS LIST

| No. | Description | Qty | No. | Description | Qty |
|---|---|---|---|---|---|
| 056 | Bottom Board | 1 | 072 | Power Control Board | 1 |
| 057 | Front Roller Protective Cover | 1 | 073 | Ring for Power Cable | 2 |
| 058 | Motor Cover | 1 | 074 | Short Connect Wire (L=95 mm) | 1 |
| 059 | Cross Recessed Truss Head Bolt M6x8 | 2 | 075 | Shock Absorption Bumper | 4 |
| 060 | Running Belt | 1 | 076 | Spring Washer Ø8xØ13 | 2 |
| 061 | Side Rail | 2 | 077 | Long Connect Wire (L=220 mm) | 2 |
| 062 | Sensor with Wire | 1 | 078 | Rubber Pad Ø25x30 | 2 |
| 063 | Wire Grommet | 1 | 079 | Washer Ø8.5xØ16x1T | 22 |
| 064 | Sensor Cable | 1 | 080 | Sensor Bracket | 1 |
| 065 | Extension Sensor Cable | 1 | 081 | Spacer | 2 |
| 066 | Hand Pulse Sensor Wire | 1 | 082 | Choke | 1 |
| 067 | Start/Stop Control Wire | 1 | 083 | Wave Filter | 1 |
| 068 | Speed Control Wire | 1 | 084 | Cross Recessed Truss Head Bolt M3x10 | 1 |
| 069 | Power Switch | 1 | 085 | Nut M3 | 1 |
| 070 | Fuse Box | 1 | 086 | Cross Recessed Self Tapping Screw M5x25 | 4 |
| 071 | Power Cord | 1 | 087 | Cross Recessed Self Tapping Screw M5x12 | 16 |

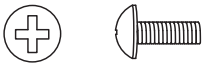
# HARDWARE LIST



(13) Hexagon Socket Oval Head Bolt
M8x12
16 PCS



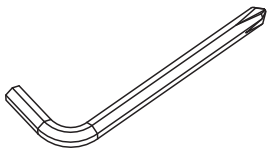
(16) Hexagon Socket Oval Head Bolt
M8x50 (Fully Threaded)
2 PCS



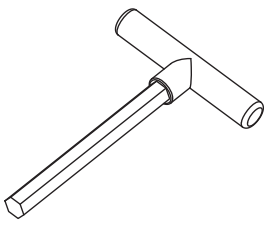
(48) Cross Recessed Truss Head Bolt
M4x10
4 PCS

(79) Washer
Ø8.5xØ16x1T
18 PCS

# TOOLS

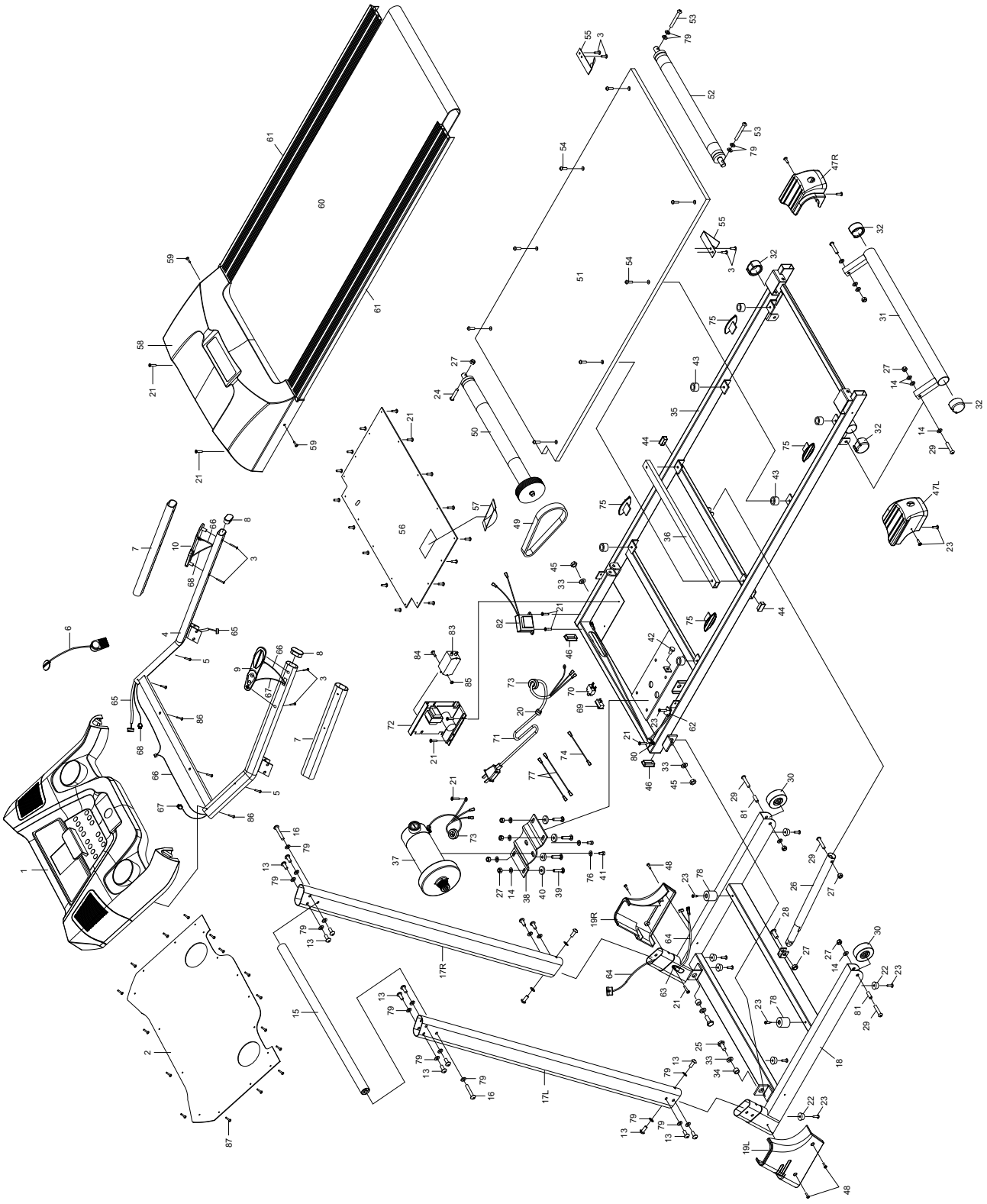


Allen Wrench with Phillips Screwdriver
1 PC

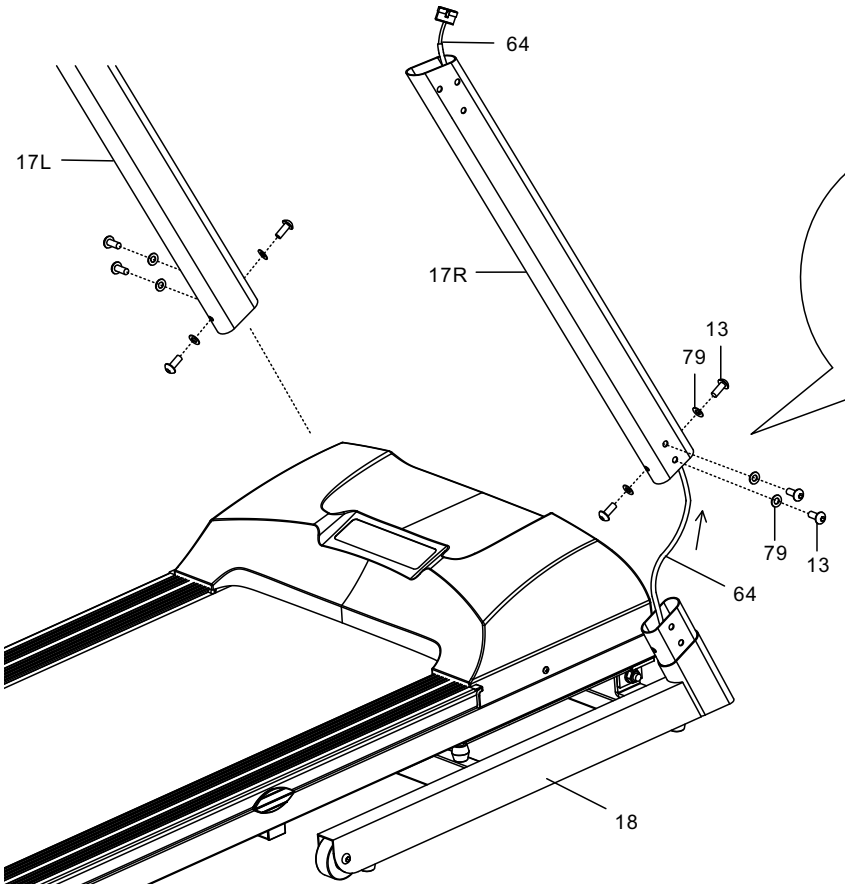


Allen Wrench
1 PC

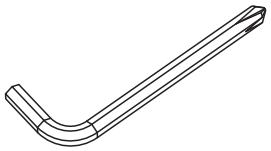
# OVERVIEW DRAWING



# ASSEMBLY INSTRUCTIONS




**Tool:**



*Allen Wrench with Phillips Screwdriver*

**Step 1**

Remove the treadmill from the carton and place it on a level flat surface. Please always use the aid of a second person when removing the treadmill from the carton.

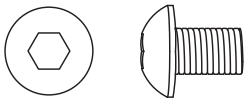
Pull the Sensor Cable (64) out from the Base Frame (18). Insert the Sensor Cable (64) through into the bottom end of the Right Handlebar Support Tube (17R) and pull it out from the top end of the Right Handlebar Support Tube (17R). It is recommended to have a second person assist with this step. One person should hold the Right Handlebar Support Tube (17R) in place while the other person inserts the sensor cable.

Insert the Right Handlebar Support Tube (17R) into the Base Frame (18) and secure using four M8x12 Hexagon Socket Oval Head Bolts (13) and four Ø8.5xØ16x1T Washers (79). Semi-tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

Insert the Left Handlebar Support Tube (17L) onto the Base Frame (18) and secure using four M8x12 Hexagon Socket Oval Head Bolts (13) and four Ø8.5xØ16x1T Washers (79). Semi-tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

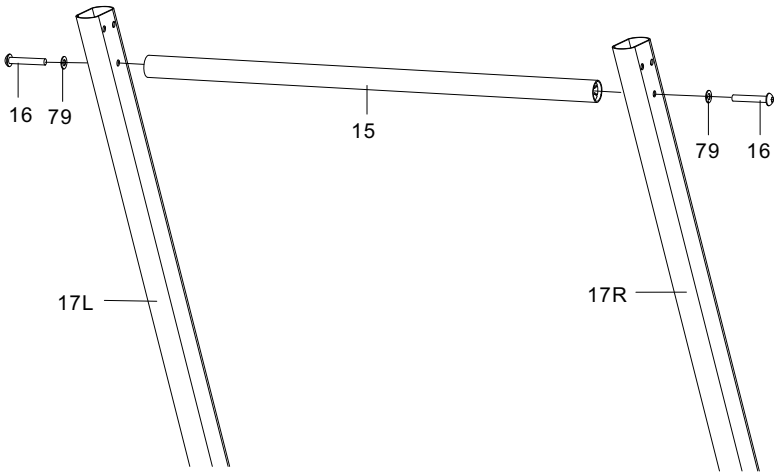
**NOTE: DO NOT FULLY TIGHTEN BOLTS IN STEP 1 UNTIL THE STEP 3 IS COMPLETE.**

**Hardware:**



(13) Hexagon Socket Oval Head Bolt
M8x12
8 PCS

(79) Washer
Ø8.5xØ16x1T
8 PCS

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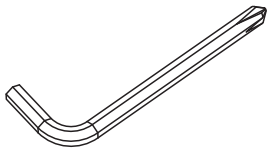


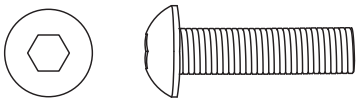
*Allen Wrench with Phillips Screwdriver*

**Step 2**

Attach the Cross Bar (15) onto the Right and Left Handlebar Support Tubes (17R, 17L) with two M8x50 Hexagon Socket Oval Head Bolts (16) and two Ø8.5xØ16x1T Washers (79). Semi-tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

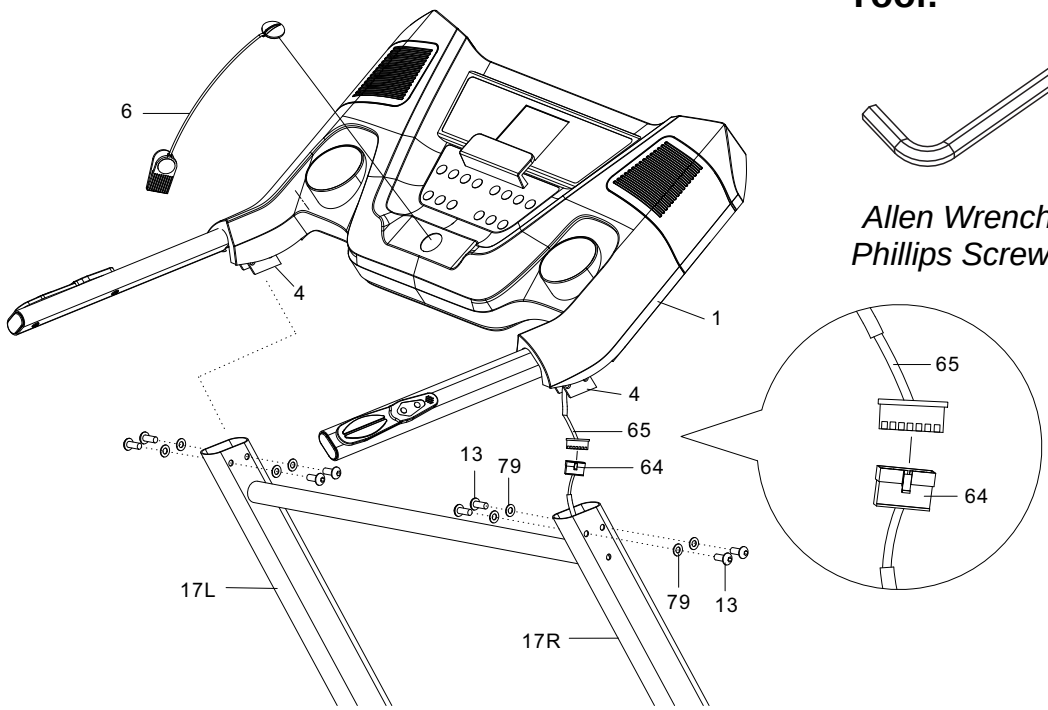
**NOTE: DO NOT FULLY TIGHTEN BOLTS IN STEP 2 UNTIL THE STEP 3 IS COMPLETE.**

## Hardware:

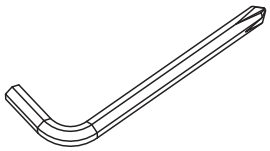


(16) Hexagon Socket Oval Head Bolt
M8x50 (Fully Threaded)
2 PCS

(79) Washer
Ø8.5xØ16x1T
2 PCS




**Tool:**



*Allen Wrench with Phillips Screwdriver*

**Step 3**

Connect the Sensor Cable (64) from the Right Handlebar Support Tube (17R) to the Extension Sensor Cable (65) that comes from the Computer (1). It is recommended to have a second person assist with this step. One person should hold the Computer (1) in place while the other person connects the sensor cables.

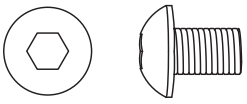
Insert the Computer (1) onto the Right and Left Handlebar Support Tubes (17R, 17L) using eight M8x12 Hexagon Socket Oval Head Bolts (13) and eight Ø8.5xØ16x1T Washers (79). Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

Place the Safety Tether Key (6) onto the Computer (1).

**IMPORTANT:** While sliding the computer onto the right and left handlebar support tubes, make sure the cables are installed inside the right handlebar support tube and pay attention not to pinch the cables.

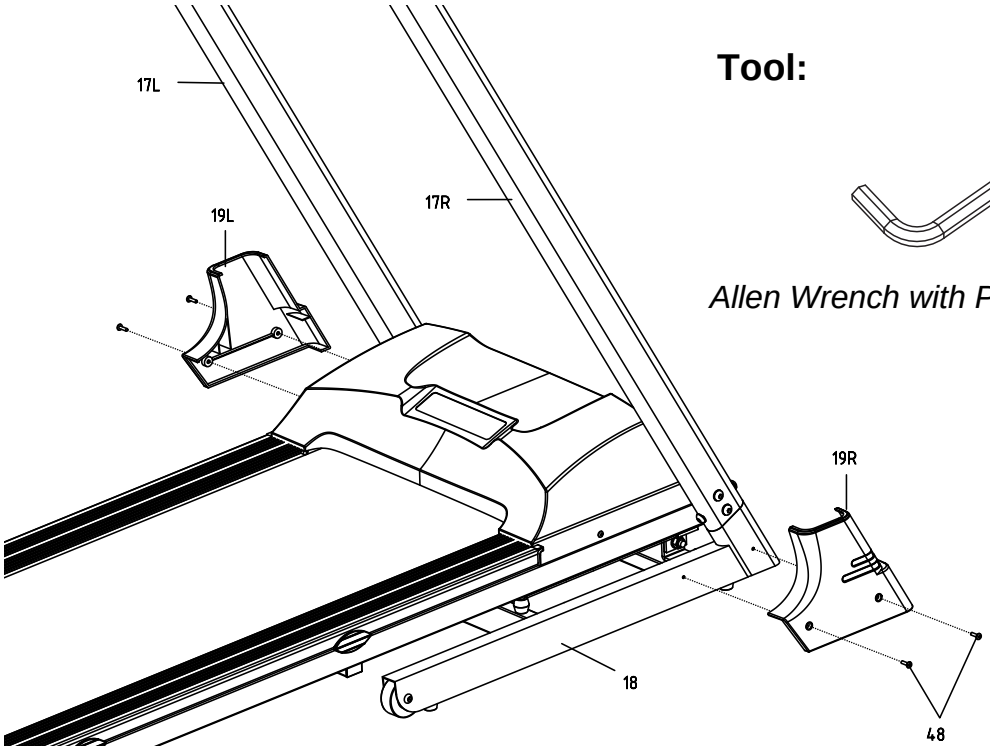
**NOW PLEASE FULLY TIGHTEN ALL BOLTS INSTALLED IN STEP 1 AND STEP 2 WITH THE ALLEN WRENCH PROVIDED.**

## Hardware:

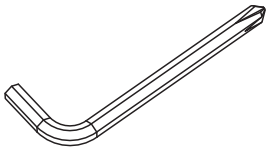


(13) Hexagon Socket Oval Head Bolt
M8x12
8 PCS

(79) Washer
Ø8.5xØ16x1T
8 PCS




## Tool:



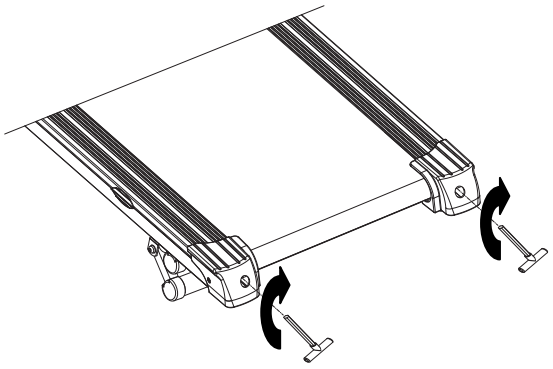
*Allen Wrench with Phillips Screwdriver*

**Step 4**

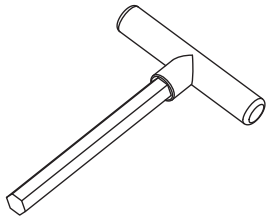
Attach both Left and Right Handlebar Support Tube Covers (19L, 19R) onto Base Frame (18) with four M4x10 Cross recessed Truss Head Bolts (48). Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

## Hardware:

(48) Cross Recessed Truss Head Bolt
M4x10
4 PCS



**Tool:**



*Allen Wrench*

**Step 5**

The running belt has been adjusted to the running deck at the factory before it was shipped. At times the running belt may get slippery during shipment. After the treadmill is completely assembled, use the Allen Wrench provided to turn the both left and right rear roller adjustment bolts 1/4 turn clockwise before using the treadmill.

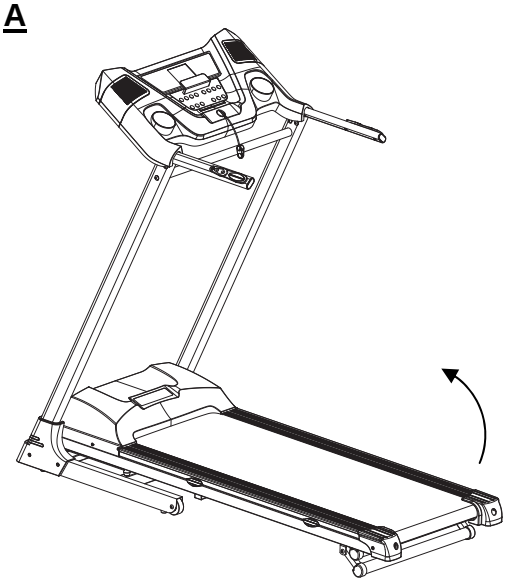
# LIFTING UP & SETTING DOWN THE TREADMILL

## LIFTING UP THE TREADMILL

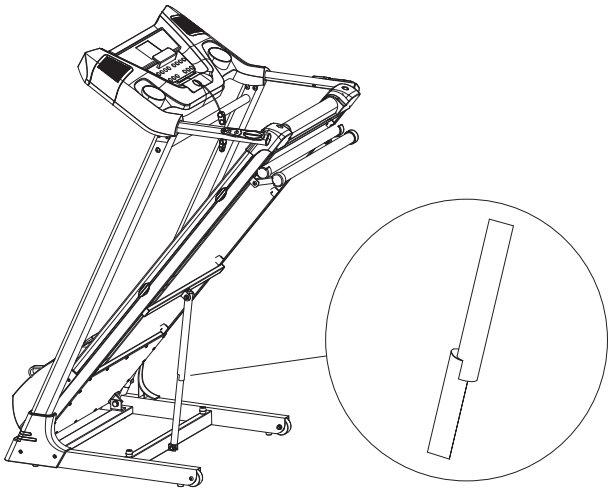
Firmly grasp the back end of the treadmill with both hands. Carefully lift the end of the treadmill up into the upright position until the Foot Lock Latch engages and securely locks the main frame into position. Make sure the main frame is securely latched before moving the treadmill. See figures A and B.

Store the treadmill in a clean and dry environment away from children.

**A**



**B**

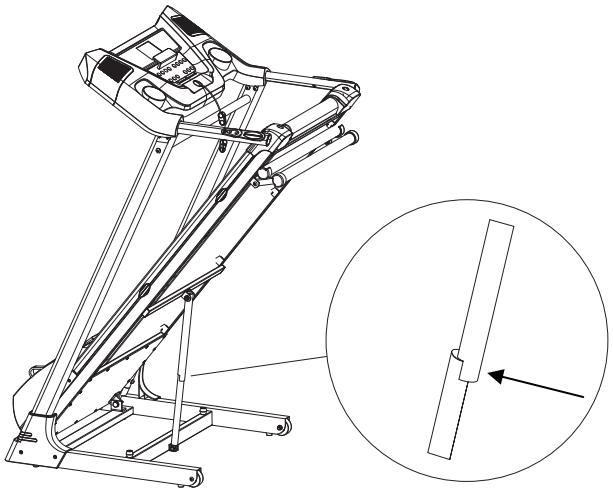


## SETTING DOWN THE TREADMILL

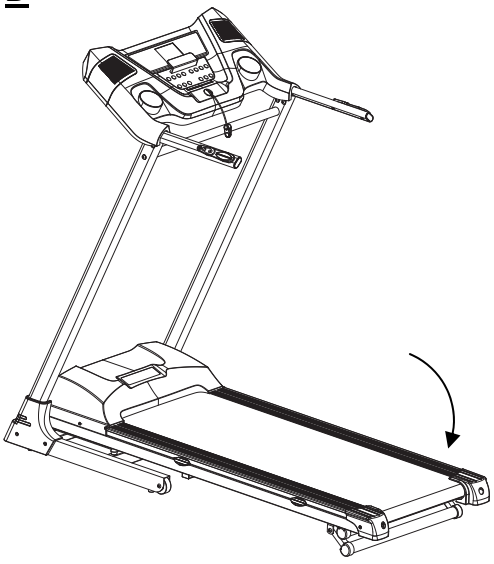
To set down the treadmill, firmly grasp the back end of the treadmill with both hands. Gently kick on the Foot Lock Latch with your foot until the lock latch disengages. Carefully lower the deck to the ground. See figures C and D.

**NOTE: DO NOT STAND UNDER THE DECK WHEN SETTING DOWN THE TREADMILL. TO PREVENT INJURY, PLEASE MAKE SURE YOU HAVE A FIRM HOLD WHEN LIFTING UP OR SETTING DOWN THE DECK.**

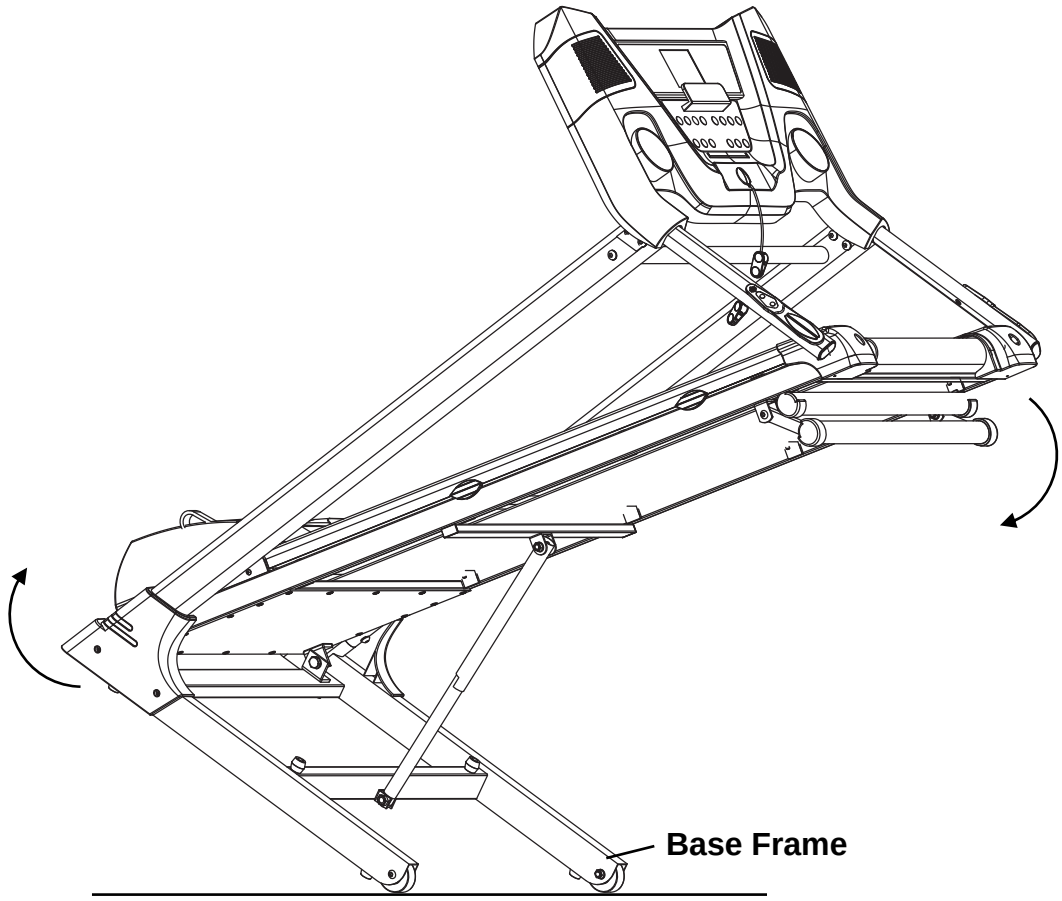
**C**



**D**



# MOVING THE TREADMILL




The unit can be carefully tilted onto its transport wheels for easy moving and storage. With the treadmill in the folded locked position (foot lock latch is engaged), firmly grasp the back end of the treadmill with both hands and place one foot on the Transport Wheel Cap. Next, carefully tilt the treadmill back until it rolls freely on the transport wheels.
To set the treadmill down, place one foot on the Base Frame and carefully lower treadmill onto base in the folded position.

**CAUTION: The treadmill is heavy, it is suggested you always use the aid of a second person when moving the treadmill. Do not attempt to move the treadmill while it is in the unfolded position.**

# OPERATING THE COMPUTER

Flip the Master Power Switch that is located at the front of the treadmill to the ON position. The computer console will beep for 1 second before starting. Before beginning a workout session ensure that the Safety Tether Key is properly placed onto the Computer Console and the Safety Clip is securely attached to an article of your clothing. If the Safety Tether Key is not placed onto the Computer Console, the screen will not power on.

**NOTE: Always stand on the side rails when you start the treadmill, never start the treadmill while you are standing on the running belt.**

## QUICK START:

Press the ST/SP (START/STOP) button on the computer to start exercise, the computer will beep 3 seconds before the running belt starts moving. The running belt starts moving with an initial speed of 1.0 KPH. You may press the SPEED UP or SPEED DOWN button on the computer console to increase or decrease the running speed during exercise. The split window of SPEED will display your current running speed from the minimum 1.0 KPH to the maximum 16.0 KPH. You may also press one of the INSTANT SPEED buttons (2 / 6 / 10 / 14) on the computer console and the split window of SPEED will display the speed that you have pressed and the running speed will change to 2 KPH, 6 KPH, 10 KPH, or 14 KPH respectively. The split window of TIME will display your elapsed workout time in minutes and seconds. The split window of DISTANCE will display the accumulative distance traveled during workout. The split window of CALORIES will display the total accumulated calories burned during workout. The split window of PULSE will display your current heart rate in beats per minute (BPM). To activate, grip the hand pulse sensors on both handlebars during exercise and the pulse will display after 4-5 seconds. For a more accurate reading, grip pulse sensors with both hands. During training, you may press the ST/SP (START/STOP) button on the computer console to stop the treadmill running at any time, or pull out the safety tether key to stop the treadmill running.

## COMPUTER BUTTON FUNCTIONS:

**ST/SP (START/STOP):** Press the ST/SP (START/STOP) button to start or stop the treadmill.

**ENTER:** Press the ENTER button to confirm the selected program or the setting value for different programs.
During exercise mode, press the ENTER button to switch display as below :
TIME←→DISTANCE and PULSE←→ CALORIES

Press and hold the ENTER button for 3 seconds to pause reset all functional values to zero..

**PROGRAM UP:** To make upward selection to select different training program.

**PROGRAM DOWN:** To make backward selection to select different training program.

**SPEED UP:** To make upward adjustments for pre-setting target training speed, time, and distance in P0 (Manual Program) mode.
To make upward adjustment for pre-setting training speed, time, and distance in P1-P7 (Pre-set Program) mode.
To make upward adjustment for setting user's age in H1 or H2 program mode.
To make upward adjustment for setting running speed, time, and distance in U1 or U2 program mode.
To make upward adjustment for setting gender, height, weight, and age of user in BODY FAT program mode.
Makes speed adjustments during all training periods on different training modes.
The speed range is from 1.0 KPH to 16.0 KPH.

**SPEED DOWN:** To make backward adjustments for pre-setting target training speed, time, and distance in P0 (Manual Program) mode.
To make backward adjustment for pre-setting training speed, time, and distance in P1-P7 (Pre-set Program) mode.
To make backward adjustment for setting user's age in H1 or H2 program mode.
To make backward adjustment for setting running speed, time, and distance in U1 or U2 program mode.
To make backward adjustment for setting gender, height, weight, and age of user in BODY FAT program mode.
Makes speed adjustments during all training periods on different training modes.
The speed range is from 1.0 KPH to 16.0 KPH.

**INSTANT SPEED (2 / 6 / 10 / 14):** Press one of the INSTANT SPEED buttons (2 / 6 / 10 / 14) on the computer console and the split window of SPEED will display the speed that you have pressed and the running speed will change to 2 KPH, 6 KPH, 10 KPH, or 14 KPH respectively.

**INSTANT PROGRAM (P0 / P1 / H1 / U1):** Press one of the INSTANT PROGRAM buttons (P0 / P1 / H1 / U1) on the computer console and the screen will display the program that you have pressed. Used to reach the desired program more quickly.

## COMPUTER FUNCTIONS:

**TIME:** Displays your elapsed workout time in minutes and seconds. Press the ST/SP (START/STOP) button on the computer to start exercise, the computer will beep 3 seconds before the running belt starts moving. You may press the SPEED UP or SPEED DOWN button on the computer console to increase or decrease the running speed during exercise. Time starts counting up. You may also pre-set target time in STOP mode for

P0-P7 and U1-U2 programs before training. To set TIME press the ENTER button on the computer console to select TIME until you see the split window of TIME begin blinking. Press the SPEED UP or SPEED DOWN button on the computer console to change the setting. Press the ENTER button for confirmation. The pre-set target time range is from 5:00 to 95:00 minutes. Once you pre-set target time, press the ST/SP (START/STOP) button on the computer to start exercise, the computer will beep 3 seconds before the running belt starts moving. Time starts counting down from pre-set target time to 0:00 per 1 second backward. When the pre-set target time counts down to 0:00, the computer will beep to alert you and the treadmill will stop automatically.

**SPEED:** Displays the current speed from the minimum 1.0 KPH to the maximum 16.0 KPH. Press the ST/SP (START/STOP) button on the computer to start exercise, the computer will beep 3 seconds before the running belt starts moving. You may press the SPEED UP or SPEED DOWN button on the computer console to increase or decrease the running speed during exercise. You may also pre-set target speed in STOP mode for P0-P7 programs before training. To set SPEED press the ENTER button on the computer console to select SPEED until you see the split window of SPEED begin blinking. Press the SPEED UP or SPEED DOWN button on the computer console to change the setting. Press the ENTER button for confirmation. Once you pre-set target speed, press the ST/SP (START/STOP) button on the computer to start exercise, the computer will beep 3 seconds before the running belt starts moving. The split window of SPEED will display the speed that you have pre-set respectively.

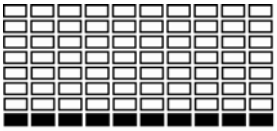
**DISTANCE:** Displays the accumulative distance traveled during workout. Press the ST/SP (START/STOP) button on the computer to start exercise, the computer will beep 3 seconds before the running belt starts moving. You may press the SPEED UP or SPEED DOWN button on the computer console to increase or decrease the running speed during exercise. Distance starts counting up. You may also pre-set target distance in STOP mode for P0-P7 and U1-U2 programs before training. To set DISTANCE press the ENTER button on the computer console to select DISTANCE until you see the split window of DISTANCE begin blinking. Press the SPEED UP or SPEED DOWN button on the computer console to change the setting. Press the ENTER button for confirmation. The pre-set target distance range is from 1.0 to 99.0 kms. Once you pre-set target distance, press the ST/SP (START/STOP) button on the computer to start exercise, the computer will beep 3 seconds before the running belt starts moving. Distance starts counting down from pre-set target distance to 0.0. When the pre-set target distance counts down to 0.0, the computer will beep to alert you and the treadmill will stop automatically.

**CALORIES:** Displays the total calories burned during your workout. Press the ST/SP (START/STOP) button on the computer to start exercise, the computer will beep 3 seconds before the running belt starts moving. You may press the SPEED UP or SPEED DOWN button on the computer console to increase or decrease the running speed during exercise. Calorie starts counting up.

**PULSE:** Displays your current heart rate in beats per minute (BPM). To activate, grip the hand pulse sensors during exercise and the pulse will display after 4-5 seconds. For a more accurate reading, grip pulse sensors with both hands.

## TRAINING IN MANUAL PROGRAM MODE (P0):

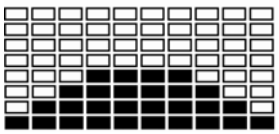
You may select training manual program in STOP mode before training. Press the PROGRAM UP or PROGRAM DOWN button on the computer console to select P0 training program. Press the ENTER button for confirm the selected program. The split window of SPEED begin blinking. You may press the SPEED UP or SPEED DOWN button on the computer console to change the setting. Press the ENTER button for confirmation. The split window of TIME begin blinking. You may press the SPEED UP or SPEED DOWN button on the computer console to change the setting. Press the ENTER button for confirmation. The split window of DISTANCE begin blinking. You may press the SPEED UP or SPEED DOWN button on the computer console to change the setting. Press the ENTER button for confirmation. If user doesn't want to set value for speed, time, and distance, user can press the ENTER button to skip setting. Without setting these values, the defaulted value of time and distance will count up. Now you may press the ST/SP (START/STOP) button on the computer to start exercise, the computer will beep 3 seconds before the running belt starts moving. You may press the SPEED UP or SPEED DOWN button on the computer console to increase or decrease the running speed during exercise. When the pre-set training program time or distance count down to 0, the computer will beep to alert you, the treadmill will stop automatically.



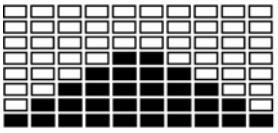
**P0**

## TRAINING IN PRE-SET PROGRAM MODE (P1-P7):

The computer offers 7 pre-set programs (P1-P7). You may select one of the pre-set training programs in STOP mode before training. Press the PROGRAM UP or PROGRAM DOWN button on the computer console to select one of the training programs. Press the ENTER button for confirm the selected program. The split window of SPEED begin blinking. You may press the SPEED UP or SPEED DOWN button on the computer console to change the setting. Press the ENTER button for confirmation. The split window of TIME begin blinking. You may press the SPEED UP or SPEED DOWN button on the computer console to change the setting. Press the ENTER button for confirmation. The split window of DISTANCE begin blinking. You may press the SPEED UP or SPEED DOWN button on the computer console to change the setting. Press the ENTER button for confirmation. If user doesn't want to set value for speed, time, and distance, user can press the ENTER button to skip setting. Without setting these values, the defaulted value of time and distance will count up. Now you may press the ST/SP (START/STOP) button on the computer to start exercise, the computer will beep 3 seconds before the running belt starts moving. The running speed will change automatically during the workout (as shown below). The program is split evenly into 10 intervals. You may press the SPEED UP or SPEED DOWN button on the computer console to increase or decrease the running speed during exercise. When the pre-set training program time or distance count down to 0, the computer will beep to alert you, the treadmill will stop automatically.



P1



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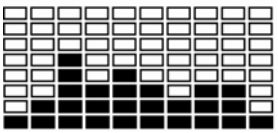

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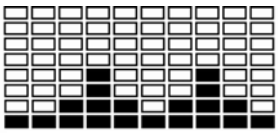
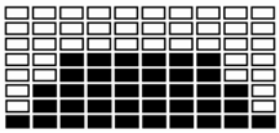


P4



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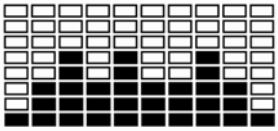

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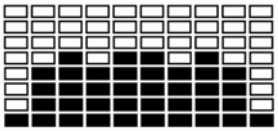


P7

## TRAINING IN HEART RATE CONTROL PROGRAM MODE (H1 and H2):

In STOP mode before training. Press the PROGRAM UP or PROGRAM DOWN button on the computer console to select training heart rate control program H1 (65% of your maximum heart rate) or H2 (85% of your maximum heart rate) until the screen displays H1 or H2. Press the ENTER button for confirm the selected program. Press the SPEED UP or SPEED DOWN button on the computer console to set user's age. Press the ENTER button to confirm the user's age.

If user selects H1(65% of your maximum heart rate) and the target heart rate will display on the split window of PULSE according to user's age.

For instance, if user inputs age (25 years old), the calculations will be as follows:

220 - 25 = 195

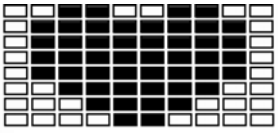
195 x 65% (0.65) = 124 (65% of your maximum heart rate)

25 year-old male (THR) Target Heart Rate would be 124

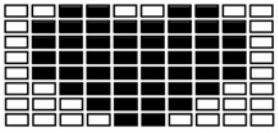
Press the ST/SP (START/STOP) button on the computer to start exercise and grip the hand pulse sensors during exercise. The H1 and H2 program mode is designed to keep your heart at a desired amount of "beats per minute" by automatically adjusting the running speed. The computer will adjust the running speed according to the heart rate detected. During workout if your heart rate is within 5 beats per minute (BPM) of your target heart rate, the running speed will not change. If the running speed will increase while the heart rate detected is lower more than 5 BPM of your target heart rate. Also, the running speed will decrease while the heart rate detected is higher more than 5 BPM of your target heart rate. You may press the SPEED UP or SPEED DOWN button on the computer console to increase or decrease the running speed during exercise.

Use the same procedure to operate H2 (85% of your maximum heart rate) as described above.

**"WARNING! Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately"**



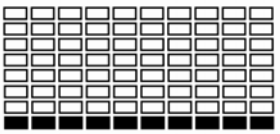
H1 (H.R.C 65%)



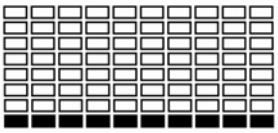
H2 (H.R.C 85%)

## TRAINING IN CUSTOM USER PROGRAM MODE (U1 and U2):

There are 2 CUSTOM USER programs available for setting your own program. Press the PROGRAM UP or PROGRAM DOWN button on the computer console to select U1 or U2 custom program mode until the screen displays U1 or U2. Press the ENTER button to confirm the selected program and the spilt window of SPEED begin blinking. Press the SPEED UP or SPEED DOWN button to set speed for the first interval of custom user program graphic. Press the ENTER button to confirm the speed for the first interval of custom user program graphic. Repeat above steps to set the speed for all 10 intervals. Press the ENTER button for confirmation. The split window of TIME begin blinking. You may press the SPEED UP or SPEED DOWN button on the computer console to change the setting. Press the ENTER button for confirmation. The split window of DISTANCE begin blinking. You may press the SPEED UP or SPEED DOWN button on the computer console to change the setting. Press the ENTER button for confirmation. If user doesn't want to set value for speed, time and distance, user can press the ENTER button to skip setting. Without setting these values, the defaulted value of time and distance will count up. Now you may press the ST/SP (START/STOP) button on the computer to start exercise, the computer will beep 3 seconds before the running belt starts moving. The running speed will change automatically according to your own pre-set program throughout the workout. When the pre-set training program time or distance count down to 0, the computer will beep to alert you, the treadmill will stop automatically.



**USER 1**



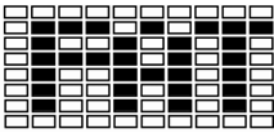
**USER 2**

## TRAINING IN BODY FAT PROGRAM MODE:

In STOP mode before training. Press the PROGRAM UP or PROGRAM DOWN button on the computer console to select body fat program until the screen displays FAT. Press the ENTER button for confirmation. Press the SPEED UP or SPEED DOWN button on the computer console to set user's gender. Press the ENTER button on the computer console to confirm the gender and the screen will display 175.0 (HEIGHT) . Press the SPEED UP or SPEED DOWN button on the computer console to set user's height. Press the ENTER button on the computer console to confirm the height and the screen will 70 (WEIGHT). Press the SPEED UP or SPEED DOWN button on the computer console to set user's weight. Press the ENTER button on the computer console to confirm the weight and the screen will display 35 (AGE). Press the SPEED UP or SPEED DOWN button on the computer console to set user's age. Press the ENTER button on the computer console to confirm the age and then press the ST/SP (START/STOP) button and grip the handlebar pulse sensors with both hands for a few seconds, and the screen will display as shown below:

Body FAT% → BODY TYPE → BMR → BMI

If your heart rate can not be detected within 8 seconds, the error message "E5" will be displayed on the split window of Pulse.



**BODY FAT**

**NOTE:** Body Fat Percentage is an estimate based on the gender, height, weight, and age input, and is to be used as a guide only.

| Gender | Standard Body Fat (<30 Years Old) | Standard Body Fat (> 30 Years Old) | High Body Fat |
|---|---|---|---|
| **Male** | 14-20% | 17-23% | >25% |
| **Female** | 17-24% | 20-27% | >30% |

Body Type:

Base on body fat ratio categorized into 9 types as below:

Type 1 / Underweight 5% ～9%　　Type 2 10% ～14%　　Type 3 15% ～19%

Type 4 20% ～24%　　Type 5 / Standard 25% ～29%　　Type 6 30% ～34%

Type 7 35% ～39%　　Type 8 40% ～44%　　Type 9 / Overweight 45% ～50%

# CARE, MAINTENANCE & TROUBLESHOOTING GUIDE

**WARNING:** To prevent electrical shock, please turn off and unplug the treadmill before cleaning or performing routine maintenance.

**WARNING:**Always check the wear and tear components like foot lock latch tube and running belt to prevent injury.

**CLEANING**

**After each exercise, ensure that the unit is wiped down and any sweat is removed from the unit.**

The treadmill can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents. Be careful not to get excessive moisture on the display panel as this might damage the unit and create an electrical hazard.

Please keep the treadmill, especially the console, out of direct sunlight to prevent damage to the screen.

**STORAGE**

Store the treadmill in a clean and dry indoor environment. Never leave or use the unit outdoors. Ensure the master power switch is off and the power cord is un-plugged from wall outlet.

**TROUBLESHOOTING GUIDE**

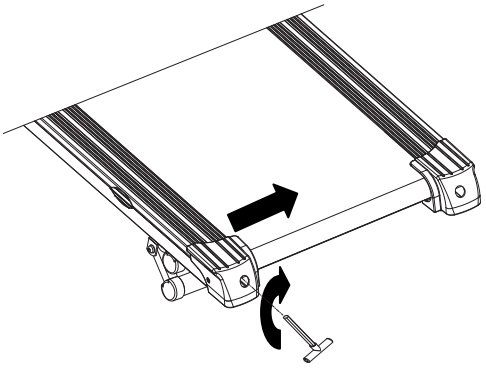
| Problem | Cause | Things to Check | Solution |
|---|---|---|---|
| **No display (no sound and image)** | No power sources (no power or low voltage). | Check the power cord. | Plug the power cord into a wall outlet. |
| | | Inspect whether the wires are well-connected. | Re-connected the wires. |
| | Sudden Shut Down. | Inspect whether the console's program had set up certain time. | Time has counted down to zero in the program. |
| | The original console may be defective. | | Replace the new workable console. |
| | Wires might be in a bad connection. | Wires might be damaged or not connected accurately. | Inspect the wires connection, reconnect the wires or replace the new wires. |

| Problem | Cause | Things to Check | Solution |
|---|---|---|---|
| **No action from motor** | Defective connected wire to motor. | Check the connected cable from controller board to motor. | Re-connected all wires. |
| | Without pressing the ST/SP button. | Check the ST/SP button can work properly or not. | Re-press the ST/SP button. |
| | Safety tether key is loose or uninstalled. | Check the position of the safety tether key. | Reposition the safety tether key. |
| | Wrong power source or control board. | Check the power source and confirm the spec for control board. | Choose correct power source and correct control board. |
| | The original console may be defective. | | Replace the new workable console. |
| | Wires are in a bad connection. | Wires might be damaged or not connected accurately. | Inspect the wires connection, reconnect the wires or replace the new wires. |
| **No Speed** | Computer doesn't read the signal from the speed sensor. | The gap between speed sensor and magnet is too far away. | Adjust the distance between speed sensor and magnet within 3mm. |
| | | If the sensor is damaged and caused short circuit. | Replace a new speed sensor cable. |
| | | Loose or inappropriate connections between computer and speed sensor. | Review hookup directions and make correct, firm connections. |
| | The original console may be defective. | | Replace the new workable console. |
| | Wires are in a bad connection. | Wires might be damaged or not connected accurately. | Inspect the wires connection, reconnect the wires or replace the new wires. |
| **No Pulse Signal** | Computer cannot get the signal from the hand pulse sensors. | Loose or inappropriate connections between computer and the hand pulse sensors. | Review hookup directions and make correct, firm connections. |
| | The original console may be defective. | | Replace the new workable console. |
| | Wires are in a bad connection. | Wires might be damaged or not connected accurately. | Inspect the wires connection, reconnect the wires or replace the new wires. |

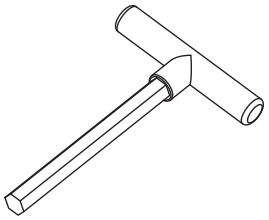
| Problem | Cause | Things to Check | Solution |
|---|---|---|---|
| **E1** | Computer can not get the signal from the speed sensor for 15 seconds. | Inspect the distance between the sensor and magnet. | Adjust the gap to be within 3 mm. |
| | | Inspect whether speed sensor wire or other related wires are in bad connection or damaged. | Reconnect or change the speed sensor cable or related wires. |
| | Speed signal could be read on the console for more than 10 seconds | Inspect whether speed sensor wire or other related wires are in bad connection or damaged. | Reconnect or change the speed sensor cable or related wires. |
| | Wrong reaction of the speed sensor. | | Reconnect and firm the connections |
| | Motor signal couldn't reach to the console. | | Reconnect the motor cable wire. |
| **E2** | EEPROM IC | Check the pin of EEPROM IC to be in a good connection. | Reconnect the IC chip. |
| | | Check the position of EEPROM IC is correct or not. | Reconnect the IC chip to get the correct position. |
| | | Bad quality of IC chip or the wrong data of EEPROM IC. | Change the EEPROM IC chip; If the new IC chip couldn't solve the problem, replace a new console. |
| Treadmill will not start. | 1. Treadmill not plugged in.<br>2. Safety Tether Key not correctly installed.<br>3. Circuit breaker in the house has been tripped.<br>4. Treadmill circuit breaker has been tripped. | 1. Check the power cord.<br>2. Check the Safety Tether Key.<br>3. Check the Circuit breaker.<br>4. Check the treadmill circuit breaker. | 1. Plug the power cord into a wall outlet.<br>2. Reinstall the Safety Tether Key.<br>3. Reset the circuit breaker, or call an electrician to replace the circuit breaker.<br>4. Wait 5 minutes and then try to restart the treadmill. |
| Belt slips. | Belt not tight enough. | Check the belt. | Adjust belt tension. |
| Belt hesitates when stepped on. | 1. Not enough lubrication applied onto the running deck.<br>2. Belt is too tight. | 1. Check the running deck.<br>2. Check the belt. | 1. Apply lubricant.<br>2. Adjust belt tension. |
| Belt is not centred. | Running belt tension not even across the rear roller. | Check the belt. | Centre the belt. |

# BELT ADJUSTMENT

The running belt is pre-adjusted to the running deck at the factory, but after prolonged use it can stretch and require readjustment. To adjust the belt, turn on the main power switch of the treadmill and let the belt run at a speed of 8-10 KPH. Use the Allen Wrench provided to turn the rear roller adjustment bolts in order to centre the belt.
If the running belt is shifting to the left, turn the left adjustment bolt 1/4 turn clockwise, and the running belt should start to correct itself.

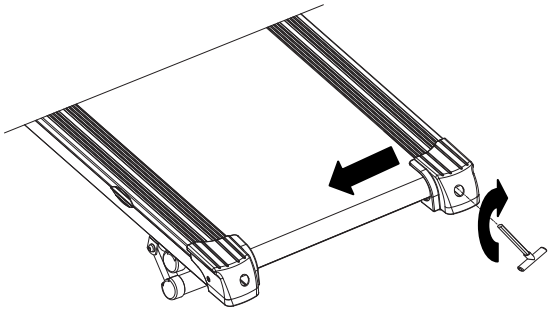


**Tool:**



*Allen Wrench*

If the running belt is shifting to the right, then turn the right adjustment bolt 1/4 turn clockwise, and the belt should start to correct itself. Keep turning the adjustment bolts until the running belt is properly centered.



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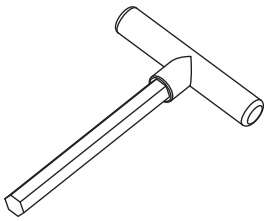
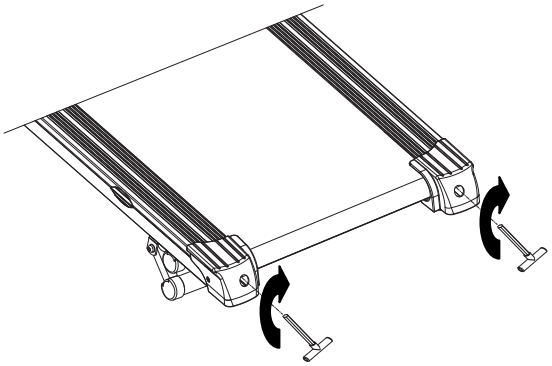
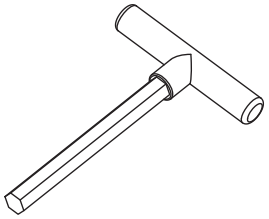


*Allen Wrench*

If the running belt is slipping during use, turn off and unplug the treadmill. Using the Allen Wrench provided, turn both left and right rear roller adjustment bolts 1/4 turn clockwise, then turn the main power switch back on and run the treadmill at a speed of 8-10 KPH. Run on to the running belt to determine if the belt is still slipping. Repeat this procedure until the belt no longer slips.

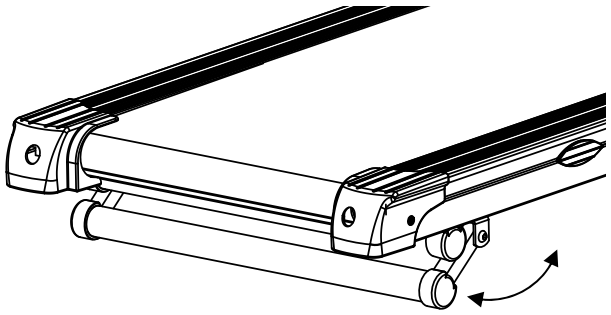


**Tool:**



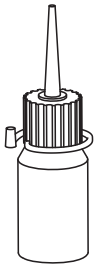
*Allen Wrench*

# INCLINE ADJUSTMENT

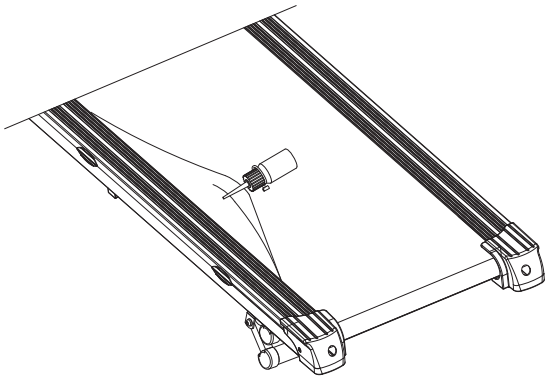


Place one hand on the rear end of main frame.  Lift the main frame up then adjust the Incline Adjuster to the desired position.

# LUBRICATION



Lubricant
1 PC

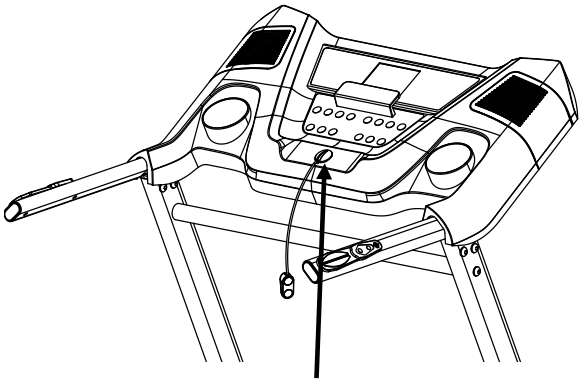


Lubricating under the running belt will ensure superior performance and extend its life expectancy.  After the first 25 hours of use (or 2-3 months) apply some lubricant, and repeat for every following 50 hours of use (or 5-8 months).

**How to check running belt for proper lubrication**
Lift one side of the running belt and feel the top surface of the running deck.
If the surface is slick to the touch, then no further lubrication is required.
If the surface is dry to the touch, apply some lubricant.

**How to apply lubricant**
Lift one side of running belt.
Pour some lubricant under the **centre** of the running belt on the top surface of the **running deck**.
Run on the treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.
*NOTE: DO NOT over lubricate running deck.  Any excess lubricant that comes out should be wiped off.*

# EMERGENCY STOP



**SAFETY TETHER KEY**

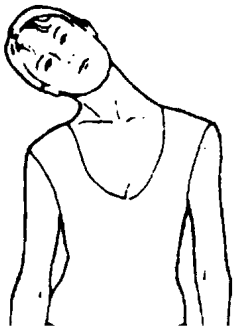
Before beginning a workout session ensure that the Safety Tether Key is properly placed onto the Computer Console and the Safety Clip is securely attached to an article of your clothing. If you fall the clip will pull out the **SAFETY TETHER KEY** from the Computer Console and the running belt will stop immediately for emergency stop, helping to prevent injury.
Replaced the Safety Tether Key onto the Computer Console. Press the ST/SP (START/STOP) button to begin exercise again.

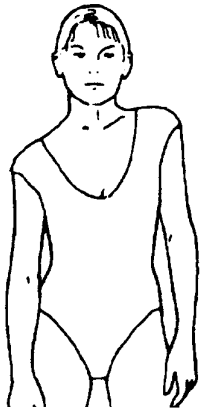
# WARM UP AND COOL DOWN ROUTINE

The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

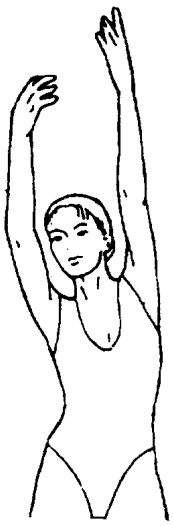
**COOL DOWN** at the end of your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

**HEAD ROLLS**
Rotate your head to the right for one count, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.





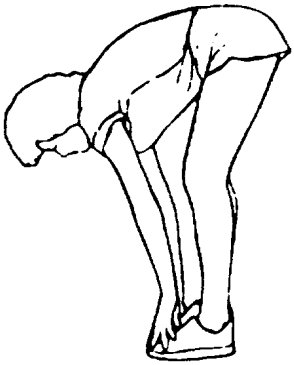
**SHOULDER LIFTS**
Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



**SIDE STRETCHES**
Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

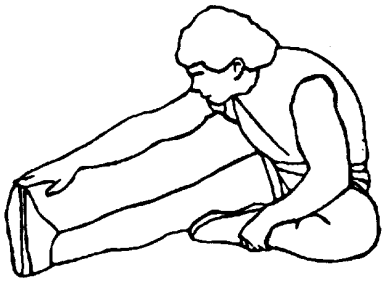
**QUADRICEPS STRETCH**
With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

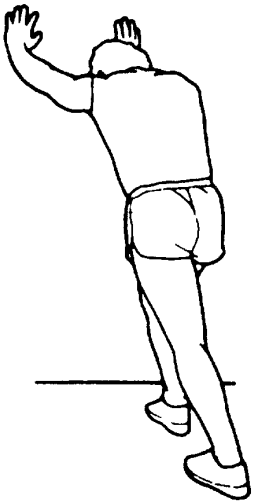
**INNER THIGH STRETCH**
Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



**TOE TOUCHES**
Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

**HAMSTRING STRETCHES**
Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.





**CALF/ACHILLES STRETCH**
Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.