Universal kit – Console Manual

Important: To avoid any risk to the user's safety, it is advisable to have the kit installed by a qualified technician, who can check both electrical safety (with particular regard to the electrical grounding) and the functionality of the treadmill by testing it before delivering it to the customer.

When using the treadmill, it is essential to comply with all safety notes in the treadmill's operating instructions, especially those concerning safety requirements. Always disconnect power before cleaning or installing or servicing. Maintenance of the treadmill must be handled by an authorized service center.

Lastly**, it is recommended to regularly maintain the treadmill** and in particular to lubricate the board & running belt, so that it remains in perfect condition. This reduces electrical consumption and extends the life of the treadmill.

Specification:

* Display: 109x 44mm LCD, displaying detailed reading of speed, distance, calories, time
* Speed Range 0.8~14 km/h
* Provides reading of BMI and body fat
* Gradient Control: 12 levels for tilt/incline motor
* Program: 1 manual, 7 pre-set programs, 3 targets, 2 HRCs and 2 Users
* Quick controls for speed and start/ stop
* Handpulse and chest belt receiver (optional)

(A) **Main features:**

      Speed range: → 0.8 ~ 14 Km/h / 0.5MPH~8.7MPH

      Incline range: →   0%~12% (levels)

(B) **Program content**

      QUICK START (MANUAL)

      3-TARGET PROGRAM (TIMR、DISTANCE、CALORIES)

      PROGRAM (P01~P07) -> pre-set programs

      HRC (H1~H2) -> constant heart rate program

      USER(U1~U2) -> user defined programs

(C) LCD display

    (1). Turn ON, full LCD displays as the following picture
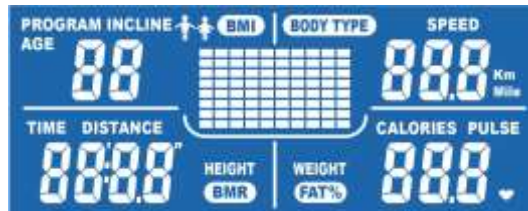
(2). Stand by→ SAFETY KEY- not inserted

Displays as the following picture "---"

(3). SAFETY KEY- inserted

(a). Displays "0"

(b). The Matrix – runs a circle

(4). Display Tabs:

- Distance → Display range " 00.0 ~ 99.9 " in loop mode

→ displays distance and the symbol at the same time

- Program/Tab display →QUICK START (MANUAL) displays P0，Standby

→ PROGRAM (P01~P07) displays (P1~P7) in loop

- Time tab → Time range: 00:00 ~ 99:59 in loop
- Calorie tab → range displays 000 ~ 999 in loop (1.0 means > 1.0 kcal)
- Heart rate → display range 40 ~ 200 bpm usually displays "P" for no hearth rate

→ HR digital reading, displays the symbol and pulse

→ No heart rate, displays "P"

→ Heart rate measuring, displays a flash symbol

- Speed → display range 0.8 ~ 14 Km/h

→ Speed digital indicates the symbol and SPEED

- Matrix display:

- → Displaying the symbol of users sporting while exercising
- → Set Age if desired → display range 10~ 99 years, default value is 30

(D) Key board functions

(1). START/STOP button

    a) To activate the treadmill in Stand-by and Pause status

    b) To pause treadmill while the machine is running

       (The system will automatically "RESET" within 20 minutes if the treadmill is not activated again)

(2). SLOW (−) / FAST (+) button

    (a) when treadmill is not in motion: To set workout tab among (P 0 ~ P07、H1~H3、U1~U2、FAT)

    (b) when treadmill is running: To set workout speed by 0.1 Km/h/0.1 mph

    (c) To adjust under mode setting

(3). INCLINE (−) / INCLINE (+) button:

    (a) when treadmill is not in motion: To set workout tab among (P 0 ~ P07、H1~H3、U1~U2、FAT)

    (b) when treadmill is running: To select incline by 1% / 1 level

    (c) To adjust under mode setting

(4). ENTER button: Confirm each setting

    Select target Program tab in manual mode

(E) Guideline of treadmill operation

    (1) SAFETY KEY

   (A). Not connected

        (a). Display "— "

        (b). No button works, when safety key is removed

     (B). Insert the key (stand-by status)

        (a). Digital displays "0" as the initial value

        (b). The Matrix displays a circle

        (c). The symbol and signal are displayed

(F) " QUICK START " 、 "TARGET PROGRAM" FUNCTION in (MANUAL) mode

    (1) Press START/STOP button to activate quickly under stand-by mode and enter manual program (P0)

    (2) The Matrix indicates "5, 4, 3, 2, 1" count-down and beeps, then the treadmill starts

    (3) Default Speed starts from 0.8 Km/h

    (4) Time, Distance, Calories tabs show the workout progress.

    (5) Press Slow (-) / Fast (+) button to adjust workout speed

    (6) Press Enter to confirm, set "target program" and again press enter to confirm the target:

       - TIME

       - DISTANCE

       - CALORIES

(7) Workout Time setting: Press "SPEED (-) / (+) or INCLINE (△)/(▽) button, to set by 1 minute.

      - Time setting range: 0:00-10:00~99:00-10:00 minutes, default count-down time: 32 min.

      - Press ENTER button to confirm target time

      - Press Start/Stop button to set workout time then count-down

(8) Workout Distance: press SPEED (−) / (+**) or** INCLINE (△)/(▽) button to set distance by 1 km

      - Distance range: 1~ 20 km and default distance is 1.0 km

      - press ENTER button to confirm the setting

      - press START/STOP button to activate the program

(9). Workout Calorie: press SPEED (−) / (+**)** or INCLINE (△)/(▽) button to set calories target by 10 Kcal

      - Calories range: 10 ~ 990 Kcal and default is 10 Kcal

      - press ENTER button to confirm the workout calories target

      - press START/STOP button to activate the program

(10). press SLOW (−) / FAST (+**)** button to increase/decrease the workout speed

(11). The Matrix displays a circle and accumulates the circles of workout (1 matrix circle is 400 m)

(G) USER programs (U1~ U2)

(1). press SPEED (−) / (+**) or** INCLINE (△)/(▽) button to choose U1~U2 during stand-by mode

    - MANUAL➔ P01~P07 ➔H1~H2➔U1~U2➔FAT➔ MANUAL …… in loop circle

(2). press "INTERVAL" Setting" mode for 3 seconds to enter USER setting

(H) FAT

(1). select FAT tab by pressing SPEED (−) / (+) button in stand-by mode

    - MANUAL➔ P01~P07 ➔H1~H2➔U1~U2➔FAT➔ MANUAL ……in loop model

(2). Press ENTER to select FAT mode

(3). Data setting: console will use default values if no input data is set within 30 seconds

      1.   Setting gender，default is MAN

      2.   Setting Height，default 175.0cm (5'58")

      3.   Setting body weight，default 70kg (155 LBS)

      4.   Setting Age，default is 30

Press START to measure, the display will indicate "E5" if the computer doesn't read pulse frequency.