RT700

Owner's Manual

! CAUTION
Read all precautions and instructions in this manual before using this equipment.

Table Of Contents

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using this Treadmill:

DANGER - To reduce the risk of electric shock:

1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.
2. Do not reach for a plug that has fallen into water. Unplug immediately.
3. Do not use while bathing or in a shower.
4. Do not place or store the treadmill where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to users.
3. Close supervision is necessary when this treadmill is used by, on, or near children, invalids, or disabled persons. Keep children away from extended back, foot support (or other similar parts).
4. Use this treadmill only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the Treadmill to a service center for examination and repair.
6. Do not carry this treadmill by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the treadmill with the air openings blocked. Keep the air openings free of lint, hair, and the like. Never operate on a soft surface such as a bed or couch where the air openings may be blocked.

9. Never drop or insert any object into any opening.

10. Do not use outdoors.

11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

12. To disconnect, turn all controls to the off position, then remove plug from outlet.

13. Connect this Treadmill to a properly grounded outlet only. See Grounding Instructions.

14. The equipment is designed for commercial use, Maximum load is 200KG.

SAVE THESE INSTRUCTIONS

GROUNDING INSTRUCTION

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is rated more than 15 amperes and is for use on a circuit having a nominal rating of 120 volts and is factory-equipped with a specific electric cord and plug to permit connection to a proper electric circuit. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product. If the product must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel.

Important Safety Instructions

CAUTION - Risk of Injury to Persons - To Avoid Injury, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.

ATTENTION - Risque des blessures aux personnes - Pour éviter des blessures, avec une extrême prudence en marchant sur ou hors d'une ceinture mobile. Lisez le manuel d'instruction avant utilisation.

CAUTION - To Reduce The Risk Of Injury From Moving Parts - Unplug Before Servicing.

ATTENTION - Pour réduire le risque de plessures des pièces mobiles - Débranchez avant l'entretien.

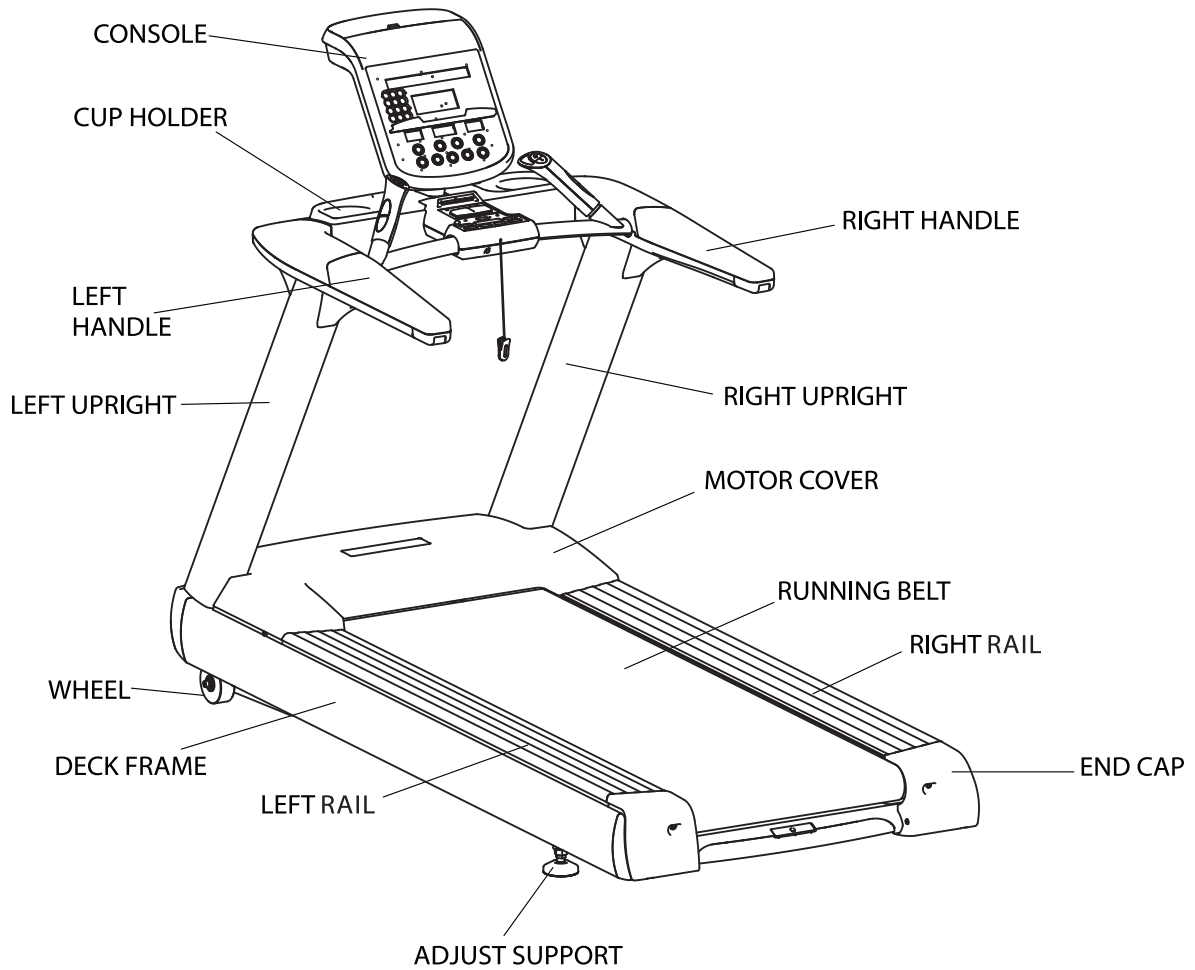**WARNING -** To Reduce the Risk of Electric Shock - Unplug Before Cleaning or Servicing.

AVERTISSEMENT - Pour réduire le risque du choc électrique - Uébranchez avant le nettoyage ou l'entretien.

Before You Start

Remember to take the time to review owner's manuals before you start.

1. Before using this treadmill or starting any exercise program, consult your physician and accompanied by specialized person. Adjust the speed not over 8KMH.

2. Take the time to perform the stretching exercise provided to avoid injury.

3. If you have heart problems, and/ or the other diseases, do not use the treadmill programs without receiving approval from your physician.

4. Stop exercising or call physician if you feel uncomfortable.

5. Do not leave children unsupervised and disabled person near or on the treadmill. Should be accompanied by supervisors.

6. Running is oxygen exercise, recommended 30 minutes per time is reasonable.

7. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not with fibre clothing to avoid electrical shock and damage the treadmill.

8. Do note us the treadmill with bare feet, sandals, socks of stockings to avoid any risk of injuries. Wear comfortable shoes or cotton socks.

9. Failure to follow these instructions will void the treadmill warranty.

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

CONSOLE

CUP HOLDER

RIGHT HANDLE

LEFT
HANDLE

LEFT UPRIGHT

RIGHT UPRIGHT

MOTOR COVER

RUNNING BELT

RIGHT RAIL
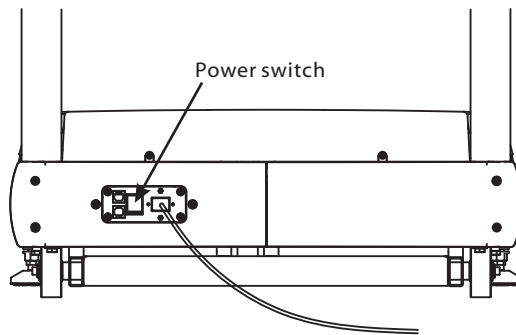
WHEEL

DECK FRAME

LEFT RAIL

END CAP

ADJUST SUPPORT

Warning

Note Before using this treadmill or starting any exercise program, It is important to review this manual and the following precautions.

Power switch

Precautions:

1. Always unplug the treadmill after using to keep the life of treadmill and avoid any risk of injuries.
2. In order to protecting your treadmill, spattering water on the machine must be forbidden.

Adjustment and Use remote controller

If the ground in user's house is not level, please adjust the adjust support properly which is marked as A in the below figure to make the machine at a leveled place. After adjusting tighten the hex nut by using the double-ended spanner.

A
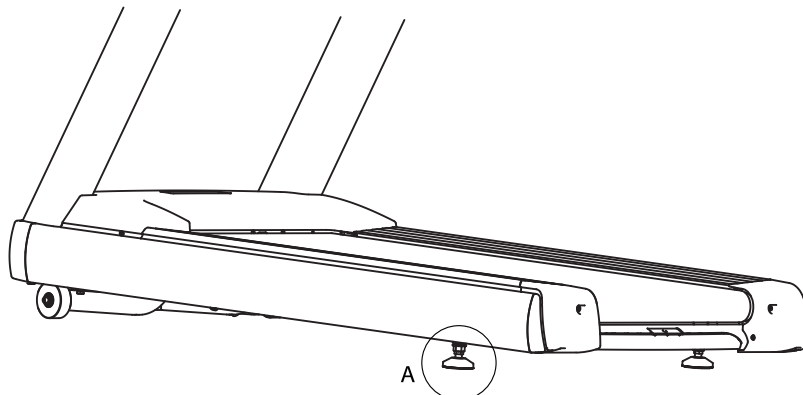
Using Method

Please read carefully and using follow the functions:

1. put the plug in the socket, turn on the switch.
2. grasp the handle firmly, stand on the treadmill.
3. clip the clothes using the safety clip.
4. you can operate this device according as the manual set the lowest speed, first then increase the speed gradually.
5. you should grasp the handle firmly by one hand, when you operating the console.
6. Take care to use treadmill. Start from low speed handed to the uprights leaving from treadmill after reducing speed and stopping all functions.
7. Press Safety Switch on emergency.
8. Keep warm and relax your body after workout.

Exercise time and exercise frequency at a time:

Exercise time: 30minuates----Normal;

Exercise frequency: Warm your body by 10---20minutes under 8Kph, then increase speed accordingly.

CE Switch and Safety Switch Introduction

When the treadmill is running, the user can press the red safety switch directly if he wants to stop it. Then the treadmill will stop slowly. If the user encounters emergency when he using the treadmill he should haul the safety clip linked with red wire, it will triger the safety switch to step.

CE
SWITCH

SAFETY
SWITCH

Operation:

1. Press the CE switch and keep it at the low position, tie the safety clip to your cloth, then start the treadmill for exercise.
2. If there is any emergency, the clip tied to your cloth will pull the CE switch and it will come to the origal position. In the mean time, the treadmill will stop completely and the main power will be cut.

Warning: When use above methed to stop running, the running belt will last running for several seconds before completely stop.
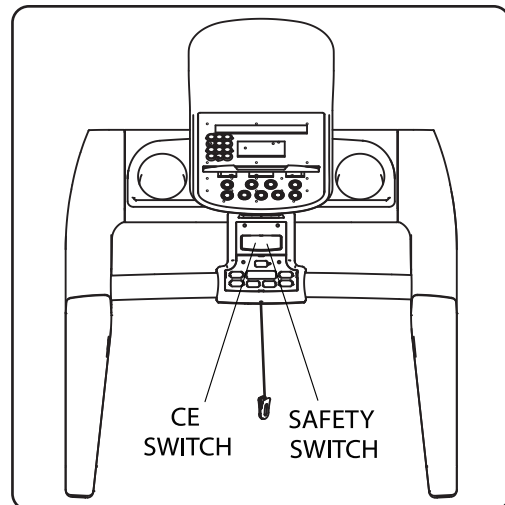
Warm Up Exercises

EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

TOE TOUCH STRETCH

Stand, bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.

CALF/ACHILLES STRETCH

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the Achilles tendon, bend your back leg as well. This will stretch your calves, Achilles tendons, and ankles.

QUADRICEPS STRETCH

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.
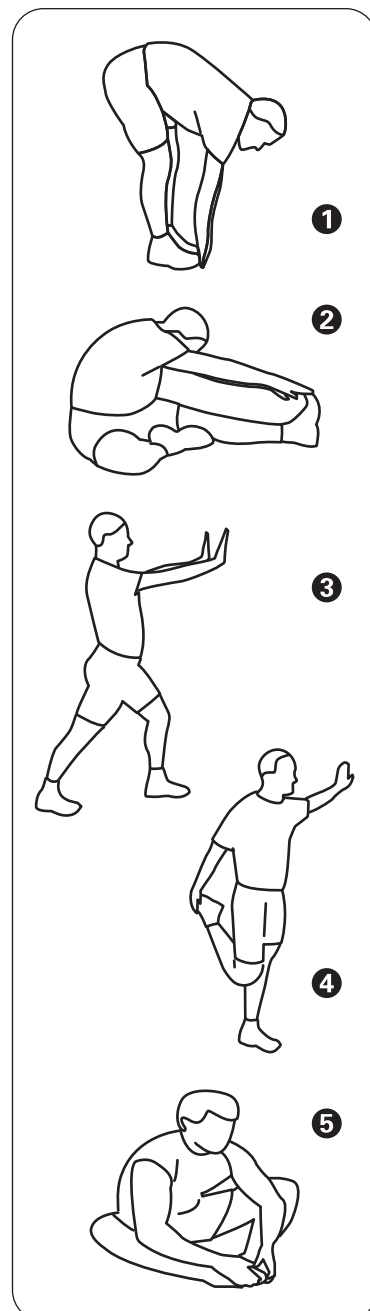
Power Requirements

IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN A RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT. IF PLUG WILL NOT FIT THE OUTLET, HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges, and noise interference can result from weather conditions or from other appliances being turned on or off.
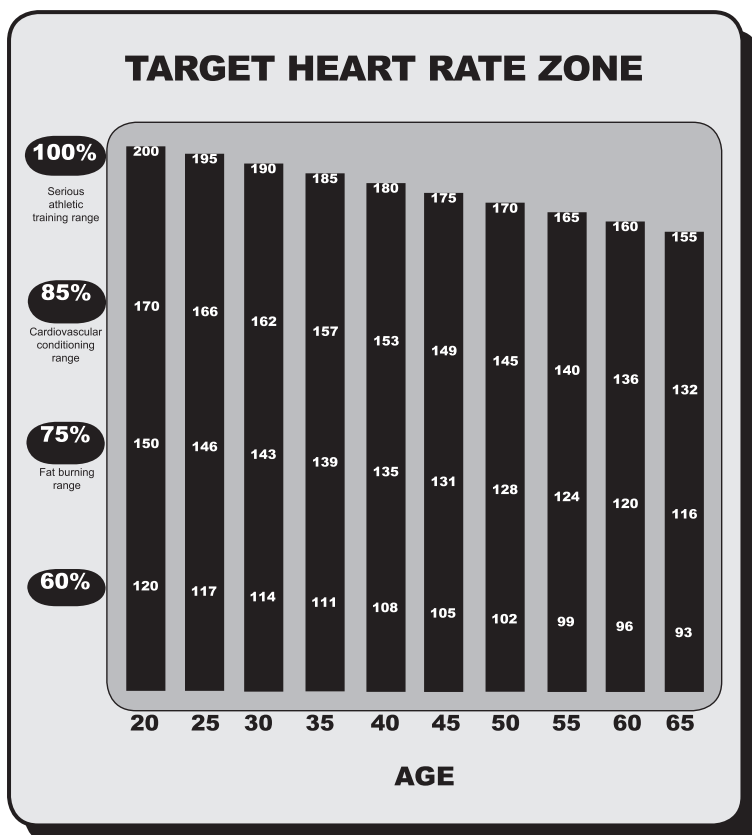
This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current should the treadmill malfunction. Always plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually pro-gressing up to 75%. According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

TARGET HEART RATE ZONE

	20	25	30	35	40	45	50	55	60	65
100% Serious athletic training range	200	195	190	185	180	175	170	165	160	155
85% Cardiovascular conditioning range	170	166	162	157	153	149	145	140	136	132
75% Fat burning range	150	146	143	139	135	131	128	124	120	116
60%	120	117	114	111	108	105	102	99	96	93

AGE

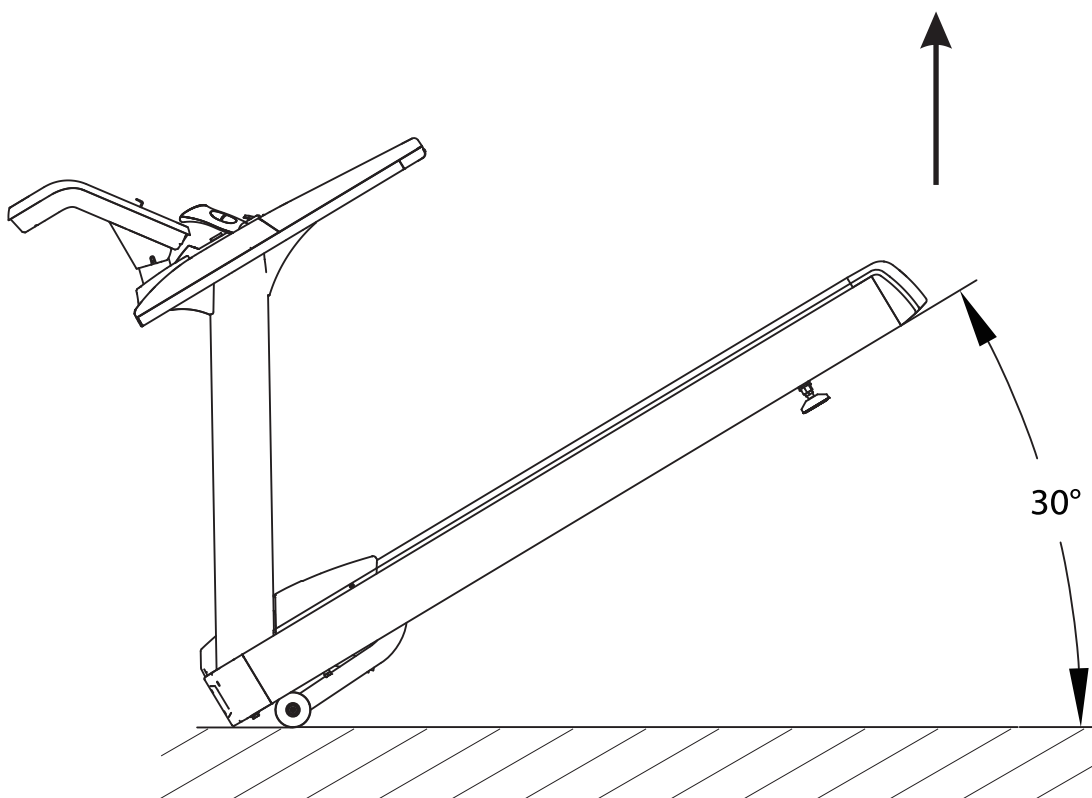**Fitness Safety** The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.

Moving Instructions

Caution! To avoid the risk of injury, never attempt to move the treadmill while it is operating. To reduce the possibility of injury while lifting, bend your legs and keep your back straight. As you raise the treadmill, lift using your legs, not your back. In order to raise or lower the treadmill safely, you must be able to lift 220 pounds (100kg). It is suggested you always use the aid of a second person when moving the treadmill.

Lift the treadmill back then move it to the desired location. Carefully put down it on the position. Do not attempt to move the treadmill over an uneven or rough surface. **Note:** The treadmill's angle can not exceed 30 degrees when lifted the treadmill back.

30°

Parts List-110V

Item No.	Description	QTY	Item No.	Description	QTY
1	Console Frame	1	55	A-Zone Down Cover	1
2	Left Upright	1	56	Emergency Switch Key	1
3	Right Upright	1	57	Fan Key	2
4	Deck Frame	1	58	Cool Down\Pause Key	2
5	Elevating Frame	1	59	Limit Key Fixing Plate	1
6	Left Handle Frame	1	60	Emergency Switch Baffle	1
7	Right Handle Frame	1	61	Air Grid	1
8	Console Plate Frame	1	62	Air Up Cover	1
9	Motor Fixing Plate	1	63	A-Zone Insert	1
10	Dust Proof Plate	1	64	Console Back Cover	1
11	Front Motor Cover Fixing L Plate	2	67	Console Bottom Plate	1
12	Motor Cover Fixing L Plate	2	68	Switch Fixing Plate	1
13	Eleavate Rotational Sleeve	2	71	Nylon Shaft	1
14	Front Cover Fixing Plate	2	72	Left Side	1
15	Console Linked Plate	1	73	Right Side	1
16	Middle Z Fixing Plate	1	74	Left Steel Side	1
17	Running Belt	1	75	Right Steel Side	1
18	Controller U Fixing Plate	1	76	Reposition Rack	1
19	Elevating Frame Fixing Shoulder Bolt	2	77	Restrict Spring	1
20	Motor Cover	1	78	Left Pulse	1
21	Left Front Decorative Cover	1	79	Right Pulse	1
22	Right Front Decorative Cover	1	80	Console Component	1
24	Running Board	1	81	Flat Head Hexagon Riveted Nuts M8	4
25	Left Rear Adjusting Seat	1	82	Countersunk Head Hexagon Riveted Nuts M5	18
26	Right Rear Adjusting Seat	1	83	Phillip Screw M4*40	2
27	Left Rear Decorative Cover	1	84	Phillip Screw M5*15	39
28	Right Rear Decorative Cover	1	85	Phillip Screw M5*20	4
29	Middle Protective Cover	1	86	Phillip Screw M5*35	6
30	Switch Cover	1	87	Phillip Screw St2.9*6.5	17
32	Front Roller	1	88	Phillip Screw St2.9*9.5	4
33	Rear Roller	1	89	Phillip Screw St4.2*13	9
35	Left Handle	1	90	Phillip Screw St4.2*50	4
36	Right Handle	1	91	Hex Head Bolt M6*15	4
37	Console Left Up Cover	1	92	Socket Head Cap Screw M8*15	4
38	Console Right Up Cover	1	93	Socket Head Cap Screw M8*20	8
39	Console Left Down Cover	1	94	Socket Head Cap Screw M8*55	2
40	Console Right Down Cover	1	95	Hex Nut M4	2
41	Fan Fixing Plate	1	96	Locknut M8	2
43	Left Routing Cover	1	97	Washer Φ9*Φ22*2	14
44	Right Routing Cover	1	98	Split Damping Ring Φ9	1
45	Left Bolt Cover	1	99	Clip Nut	4
46	Right Bolt Cover	1	100	Safe Key Clamp	1
47	Cup Holder	1	101	Console Overlay	1
48	Left Signing Light Fixing Plate	1	102	Sign Paster	1
49	Right Signing Light Fixing Plate	1	104	A Zone Up Overlay	1
52	Console Signing Light Cover	2	105	A Zone Down Overlay	1
53	Earphone Hole Plug	1	106	Left Handle Key Paster	1
54	A-Zone Up Cover	1	107	Right Handle Key Paster	1

Parts List-110V

Item No.	Description	QTY	Item No.	Description	QTY
108	Console Pcb	1	179	Socket Head Cap Screw M6*60	2
109	Key Board	1	180	Socket Head Cap Screw M6*20	20
110	Joint 1	1	181	Locknut M3	6
111	Joint 2	1	182	Locknut M8	12
112	Joint 3	1	183	Washer Φ11*Φ23*2	6
113	12V Power Wire	1	184	Hexagon Socket Countersunk Head Cap Head Screw M8*35	6
114	Switch Pcb	1	185	Circlip For Shaft	2
115	Fan	1	186	Washer	4
116	Pulse Plate	1	187	Socket Head Cap Screw M8*15	2
117	Linked Wire Fron Pulse Pcb To Pcb	1	188	Socket Head Cap Screw M8*30	10
118	Pulse Connect Wire	1	189	Socket Head Cap Screw M8*80	2
119	Receptor	1	190	Hex Head Bolt M10*165	2
120	Spd And Incl Pcb	2	191	Hex Head Bolt M10*180	2
121	Spd And Incl Harness	2	192	Power Plate Isolation Pillar	4
122	Emergency Switch	2	193	Power Wire Fixing Plate	1
123	Emergency Switch Wire	2	194	Band Cable	10
124	Console Wire Up	1	195	Double Wrench	1
125	Ferrite	3	196	Lug Wrench	1
126	Ferrite	2	197	Hexagonal Socket Wrench	1
150	Adjust Bumper	2	198	Double Wrench	1
151	Bumper A	4	199	Lug Wrench	1
152	Bumper B	4	200	Hexagonal Socket Wrench	1
153	Bumper	4	201	Tape	3.8
154	Insulation Bumper	1	202	Locknut M5	2
155	Lubricating Tube Fixing Plate	1	203	Lubricating Tube 1	1
156	V-Belt	1	205	Wheel	2
157	Lubricating Controller Fixing Plate	1	206	Locknut M10	4
158	Neck Bush	4	207	Locknut M12	2
159	Clip Nut M6	6	208	Washer Φ9*Φ22*2	10
160	Insulation Spacer	4	209	Circuit Break Switch	2
161	Carriage Bolt M8*40	1	210	Earth Wire	2
162	Countersunk Head Hexagon Riveted Nuts M5	12	211	Motor	1
163	Countersunk Head Hexagon Riveted Nuts M6	2	212	Transducer	1
164	Flat Head Hexagon Riveted Nuts M6	18	213	Main Switch	1
165	Flat Head Hexagon Riveted Nuts M8	6	214	Connect Wire	4
166	Hex Flange Nut M8	9	215	Console Wire Down	1
167	Hex Flange Nut M16	2	216	Connect Wire	2
168	Hex Head Bolt M8*150	6	217	Connect Wire	2
169	Hex Head Bolt M10*25	4	218	Lubricating Controller	1
170	Hex Head Bolt M10*50	1	219	Fuel Injection Pump	1
171	Hex Head Bolt M10*130	1	221	Protective Sleeve	1
172	Phillip Screw M3*10	2	224	Actuator	1
173	Phillip Screw M4*10	4	225	Power Outlet	1
174	Phillip Screw M4*10	2	226	Power Wire	1
175	Phillip Screw M4*8	5	260	Ground Bumper	1
176	Phillip Screw St4.2*13	18	261	Serrated Lock Washers Φ10	4
177	Phillip Screw M5*20	18	262	Serrated Lock Washers Φ8	4
178	Phillip Screw M6*30	6			

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5	Elevating Frame	1	59	Limit Key Fixing Plate	1
6	Left Handle Frame	1	60	Emergency Switch Baffle	1
7	Right Handle Frame	1	61	Air Grid	1
8	Console Plate Frame	1	62	Air Up Cover	1
9	Motor Fixing Plate	1	63	A-ZONE Insert	1
10	Dust Proof Plate	1	64	Console Back Cover	1
11	Front Motor Cover Fixing L Plate	2	67	Console Bottom Plate	1
12	Motor Cover Fixing L Plate	2	68	Switch Fixing Plate	1
13	Eleavate Rotational Sleeve	2	71	Nylon Shaft	1
14	Front Cover Fixing Plate	2	72	Left Side	1
15	Console Linked Plate	1	73	Right Side	1
16	Middle Z Fixing Plate	1	74	Left Steel Side	1
17	Running Belt	1	75	Right Steel Side	1
18	Controller U Fixing Plate	1	76	Reposition Rack	1
19	Elevating Frame Fixing Shoulder Bolt	2	77	Restrict Spring	1
20	Motor Cover	1	78	Left Pulse	1
21	Left Front Decorative Cover	1	79	Right Pulse	1
22	Right Front Decorative Cover	1	80	Console Component	1
24	Running Board	1	81	Flat Head Hexagon Riveted Nuts M8	4
25	Left Rear Adjusting Seat	1	82	Countersunk Head Hexagon Riveted Nuts M5	18
26	Right Rear Adjusting Seat	1	83	Phillip Screw M4*40	2
27	Left Rear Decorative Cover	1	84	Phillip Screw M5*15	39
28	Right Rear Decorative Cover	1	85	Phillip Screw M5*20	4
29	Middle Protective Cover	1	86	Phillip Screw M5*35	6
30	Switch Cover	1	87	Phillip Screw ST2.9*6.5	17
32	Front Roller	1	88	Phillip Screw ST2.9*9.5	4
33	Rear Roller	1	89	Phillip Screw ST4.2*13	9
35	Left Handle	1	90	Phillip Screw ST4.2*50	4
36	Right Handle	1	91	Hex Head Bolt M6*15	4
37	Console Left Up Cover	1	92	Socket Head Cap Screw M8*15	4
38	Console Right Up Cover	1	93	Socket Head Cap Screw M8*20	8
39	Console Left Down Cover	1	94	Socket Head Cap Screw M8*55	2
40	Console Right Down Cover	1	95	Hex Nut M4	2
41	Fan Fixing Plate	1	96	Locknut M8	2
43	Left Routing Cover	1	97	Washer Φ9*Φ22*2	14
44	Right Routing Cover	1	98	Split Damping Ring Φ9	1
45	Left Bolt Cover	1	99	Clip Nut	4
46	Right Bolt Cover	1	100	Safe Key Clamp	1
47	Cup Holder	1	101	Console Overlay	1
48	Left Signing Light Fixing Plate	1	102	Sign Paster	1
49	Right Signing Light Fixing Plate	1	104	A ZONE Up Overlay	1
52	Console Signing Light Cover	2	105	A ZONE Down Overlay	1
53	Earphone Hole Plug	1	106	Left Handle Key Paster	1
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110	Joint 1	1	182	Locknut M8	12
111	Joint 2	1	183	Washer Φ11*Φ23*2	6
112	Joint 3	1	184	Hexagon Socket Countersunk Head Cap Head Screw M8*35	6
113	12V Power Wire	1	185	Circlip For Shaft	2
114	Switch Pcb	1	186	Washer	4
115	Fan	1	187	Socket Head Cap Screw M8*15	2
116	Pulse Plate	1	188	Socket Head Cap Screw M8*30	10
117	Linked Wire Fron Pulse Pcb To PCB	1	189	Socket Head Cap Screw M8*80	2
118	Pulse Connect Wire	1	190	Hex Head Bolt M10*165	2
119	Receptor	1	191	Hex Head Bolt M10*180	2
120	Spd And Incl Pcb	2	192	Power Plate Isolation Pillar	4
121	Spd And Incl Harness	2	193	Power Wire Fixing Plate	1
122	Emergency Switch	2	194	Band Cable	10
123	Emergency Switch Wire	2	195	Double Wrench	1
124	Console Wire Up	1	196	Lug Wrench	1
125	Ferrite	3	197	Hexagonal Socket Wrench	1
126	Ferrite	2	198	Double Wrench	1
150	Adjust Bumper	2	199	Lug Wrench	1
151	Bumper A	4	200	Hexagonal Socket Wrench	1
152	Bumper B	4	201	Tape	3.8
153	Bumper	4	202	Locknut M5	2
154	Insulation Bumper	1	203	Lubricating Tube 1	1
155	Lubricating Tube Fixing Plate	1	205	Wheel	2
156	V-Belt	1	206	Locknut M10	4
157	Lubricating Controller Fixing Plate	1	207	Locknut M12	2
158	Neck Bush	4	208	Washer Φ9*Φ22*2	10
159	Clip Nut M6	6	209	Circuit Break SWITCH	2
160	Insulation Spacer	4	210	Earth Wire	2
161	Carriage Bolt M8*40	1	211	Motor	1
162	Countersunk Head Hexagon Riveted Nuts M5	12	212	Transducer	1
163	Countersunk Head Hexagon Riveted Nuts M6	2	213	Main Switch	1
164	Flat Head Hexagon Riveted Nuts M6	18	214	Connect Wire	4
165	Flat Head Hexagon Riveted Nuts M8	6	215	Console Wire Down	1
166	Hex Flange Nut M8	9	216	Connect Wire	2
167	Hex Flange Nut M16	2	217	Connect Wire	2
168	Hex Head Bolt M8*150	6	218	Lubricating Controller	1
169	Hex Head Bolt M10*25	4	219	Fuel Injection Pump	1
170	Hex Head Bolt M10*50	1	221	Protective Sleeve	1
171	Hex Head Bolt M10*130	1	222	Inductance	1
172	Phillip Screw M3*10	2	223	Filter	1
173	Phillip Screw M4*10	4	224	Actuator	1
174	Phillip Screw M4*10	2	225	Power Outlet	1
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176	Phillip Screw ST4.2*13	18	260	Ground Bumper	1
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178	Phillip Screw M6*30	6	262	Serrated Lock Washers Φ8	4
179	Socket Head Cap Screw M6*60	2			
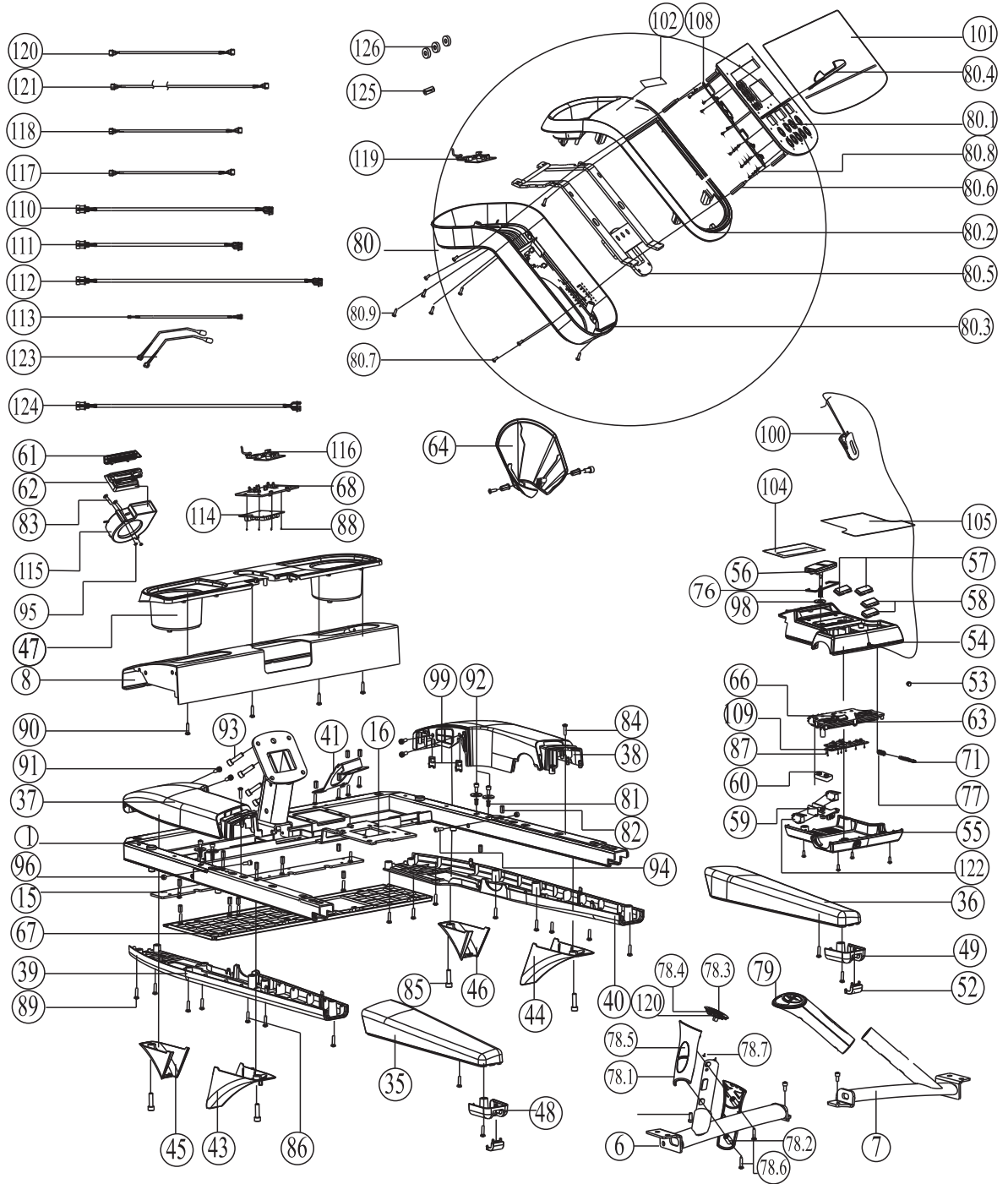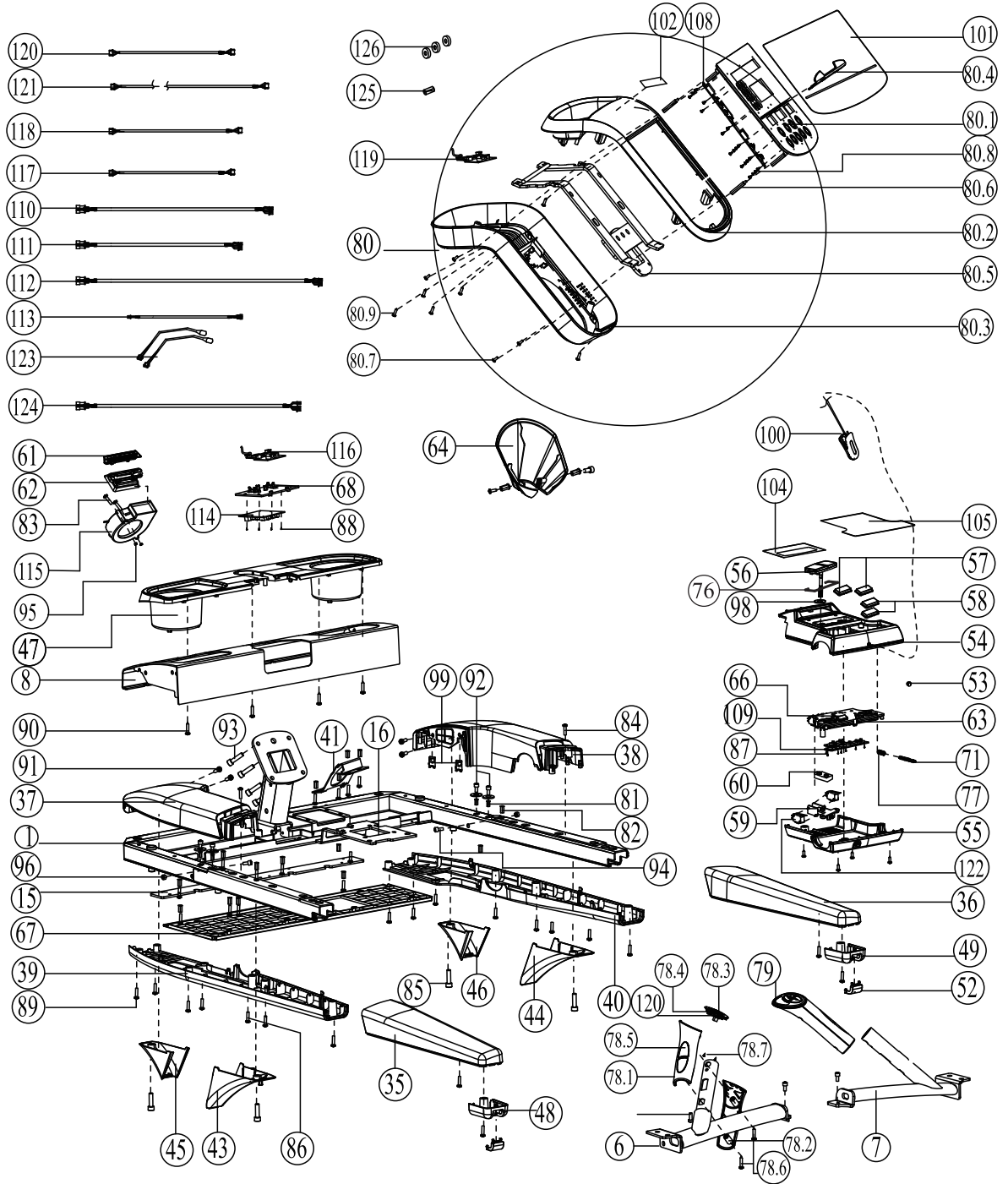
Console Panel Functions

POLAR.
HEART RATE TECHNOLOGY

calories   steps   distance   time   ♥ heart rate

manual   cardio

interval   burn calories

heart rate   target   advanced

TARGET HEART RATE ZONE

```
180
170
160
150                                        100%
140                                        HRC3
130                                        85%
120                                        HRC2
110                                        75%
100                                        HRC1
 90                                        65%
AGE  20 25 30 35 40 45 50 55 60 65 70
```

Caution:
Before beginning any fitness program, consult a physician for a thorough physical examination. Seek the advice from your physician to learn the target heart rate appropriate for your fitness level. Do not allow children or those unfamiliar with its operation on or near this equipment. Read the product owner's manual or consult a qualified instructor before operating this equipment.
Improper use of this equipment can result in serious injury. If you feel pain, faintness, or dizziness, stop use of this equipment immediately and consult a qualified professional or your physician to determine the cause.

◀   1   2   3   4   5   6   7   8   9   0   OK

incline   speed

cool down   ▲   START   ▼   +   −   stop
                           QUICK START   hold to reset

cool down   START   stop
                   QUICK START   hold to reset

Console Panel Functions

INPUT VOLTGAE:	110-120V~ 50/60Hz
RATED CURRENT:	18A
SPEED RANGE:	1.0-25KPH
INCLINE RANGE:	0-15%
DISPLAY:	SPEED, TIME, PULSE, INCLINE, STEPS, CALORIE, DISTANCE, DOT MATRIX

110V

INPUT VOLTGAE:	220-240V~ 50/60Hz
RATED POWER:	3100W
SPEED RANGE:	1.0-25KPH
INCLINE RANGE:	0-15%
DISPLAY:	SPEED, TIME, PULSE, INCLINE, STEPS, CALORIE, DISTANCE, DOT MATRIX

220V

CONSOLE PANEL FUNCTION

1. TIME WINDOW

Indicates elapsed time after pressing start in minutes and seconds (0-99minutes, 0-59seconds).

2. SPEED WINDOW

Indicates workout speed MPH (miles per hour) or KPH (kilometer per hour) in 0.1 increments.

3. INCLINE WINDOW

Indicates incline in percent of grade 0—15% in 1 increments.

4. PULSE WINDOW

Indicates user's current heart rate (BPM).

5. CALORIES WINDOW

Indicates estimated calories used based on 68Kg person at the indicated speed, incline, and time.

6. DISTANCE WINDOW

Indicates Kilometers or Miles traveled in 0.01 increments up to 9.99 and 0.1 increments starting at 10.0 (Range 0.01---999).

7 STEPS WINDOW

Indicates user exercise steps.

Console Panel Functions

8. Dot MATRIX

8.1 Indicates the lap count and displays which lap you are on. (One lap is 400 meters)

8.2 Indicates 'PRESS QUICK START OR SELECT PROGRAM TO BEGIN' when turn on power.

8.3 Indicates message when enter value.

8.4 Indicates workout curve in Program mode.

CONSOLE BUTTONS

1. START

This button is used to start the current program.

2. STOP

Press once, Speed drop to 0, every other window remains un-changed.

Hold for 3 seconds, console resets.

3. SPEED+ and SPEED-

This button is used to adjust the speed of the treadmill during workout.

This button is also used to adjust the values when setting up your workout.

4. INCLINE+ and INCLINE-

These buttons are used to adjust the incline of the treadmill during workout.

5. NUMERIC KEYPAD

These buttons are used to cycle through to the desired data.

6. OK

This button is used to enter value of program mode.

7. MANUAL ONE TOUCH

This button is used to select workout "manual mode".

8. CARDIO ONE TOUCH

This button is used to select workout "cardio mode".

9. INTERVAL ONE TOUCH

This button is used to select workout "interval mode".

10. BURN CALORIES ONE TOUCH

This button is used to select workout "burn cardies mode".

11. HEART RATE ONE TOUCH

This button is used to select workout "heart rate mode".

12. TARGET ONE TOUCH

This button is used to select workout "target mode".

13. COOLDOWN

This button is used select workout "cool down mode".

14. DELETE (▲) BUTTON

This button is used delete data.

15. FAN BUTTON

Turn on and turn off the fan and adjust the fan speed.

CONSOLE OPERATION

1. QUICK START/MANUAL MODE

1.1 Plug into surge protector outlet. Stand on the treadmill and straddle belt.

1.2 Turn on power.

1.3 The LED screen scrolls "PRESS QUICK START OR SELECT PROGRAM TO BEGIN".

1.3.1 If press start button through manual mode;

1.3.2 If Manual, Cardio, Interval, Burn Calories, Heart Rate, Target, Advanced is selected.

1.4 Press STOP button belt will stop, Hold for 3 seconds, console resets.

2. PROGRAM MODE

When console turns on, the LED screen scrolls "PRESS QUICK START OR SELECT PROGRAM TO BEGIN". If Manual, Cardio, Interval, Burn Calories, Heart Rate, Target, Advanced is selected.

2.1 If Manual is selected

2.1.1 LED scrolls "MANUAL MODE: ENTER WEIGHT";

2.1.2 LED displays "70";

2.1.3 Uses speed keys or Speed adjustment keys: "+" or "-" to adjust the default value;

2.1.4 Press OK to confirm;

2.1.5 LED scrolls "ENTER TIME";

2.1.6 LED displays "20";

2.1.7 Uses speed keys or Speed adjustment keys: "+" or "-" to adjust the default value;

2.1.8 Press OK or QUICK START to confirm;

2.1.9 Top time LED updates;

2.1.10 LED displays "3","2","1";

2.1.11 Belt starts moving.

2.2 If Cardio is selected

2.2.1 LED scrolls "CARDIO MODE: ENTER WEIGHT";

2.2.2 LED displays "70";

2.2.3 Uses speed keys or Speed adjustment keys: "+" or "-" to adjust the default value;

2.2.4 Press OK to confirm;

2.2.5 LED scrolls "ENTER TIME";

2.2.6 LED displays "20";

2.2.7 Uses speed keys or Speed adjustment keys: "+" or "-" to adjust the default value;

2.2.8 Press OK or QUICK START to confirm;

2.2.9 Top time LED updates;

2.2.10 LED displays "3","2","1";

2.2.11 Belt starts moving.

2.3 If Interval is selected

2.3.1 LED scrolls "INTERVAL MODE: ENTER WEIGHT";

2.3.2 LED displays "70";

2.3.3 Uses speed keys or Speed adjustment keys: "+" or "-" to adjust the default value;

2.3.4 Press OK to confirm;

2.3.5 LED scrolls "ENTER TIME";

2.3.6 LED displays "20";

2.3.7 Uses speed keys or Speed adjustment keys: "+" or "-" to adjust the default value;

2.3.8 Press OK to confirm;

2.3.9 Top time LED updates;

2.3.10 LED scrolls "ENTER LOWER SPEED LIMIT";

2.3.11 LED displays "8";

2.3.12 Uses speed keys or Speed adjustment keys: "+" or "-" to adjust the default value;

2.3.13 Press OK to confirm;

2.3.14 LED scrolls "ENTER UPPER SPEED LIMIT";

2.3.15 LED displays "10";

2.3.16 Uses speed keys or Speed adjustment keys: "+" or "-" to adjust the default value;

2.3.17 Press OK or QUICK START to confirm;

2.3.18 LED displays "3", "2", "1";

2.3.19 Belt starts moving.

2.4 If Burn Calories is selected

2.4.1 LED scrolls "BURN CALORIES MODE: ENTER MAX SPEED";

2.4.2 LED displays "10";

2.4.3 Uses speed keys or Speed adjustment keys: "+" or "-" to adjust the default value;

2.4.4 Press OK to confirm;

2.4.5 LED scrolls "ENTER MAX INCLINE";

2.4.6 LED displays "10";

2.4.7 Uses speed keys or Speed adjustment keys: "+" or "-" to adjust the default value;

2.4.8 Press OK or QUICK START to confirm;

2.4.9 LED displays "3", "2", "1";

2.2.10 Belt starts moving.

2.5 If Heart Rate is selected

LED scrolls "HEART RATE TRAINING: 1= "HR 65%" 2= "HR 75%" 3= "HR 85%";

Uses speed keys;

2.5.1 If 1 is selected;

2.5.1.1 LED scrolls "HR 65%: ENTER WEIGHT";

2.5.1.2 LED displays "70";

2.5.1.3 Uses speed keys or Speed "+" or "-" to adjust the default value;

2.5.1.4 Press OK to confirm;

2.5.1.5 LED scrolls "ENTER TIME";

2.5.1.6 LED displays "20";

2.5.1.7 Uses speed keys or Speed "+" or "-" keys to adjust the default value;

2.5.1.8 Press OK to confirm;

2.5.1.9 LED scrolls "ENTER AGE";

2.5.1.10 LED displays "40";

2.5.1.11 Uses speed keys or Speed adjustment keys: "+" or "-" to adjust the default value;

2.5.1.12 Press OK or QUICK START to confirm;

2.5.1.13 LED displays "3","2","1";

2.5.1.14 Belt starts moving.

2.5.2 If 2 is selected;

2.5.2.1 LED scrolls "HR 75%: ENTER WEIGHT";

2.5.2.2 Same as above.

2.5.3 If 3 is selected;

2.5.3.1 LED scrolls "HR 85%: ENTER WEIGHT";

2.5.3.2 Same as above.

2.6 If Target is selected

LED scrolls "TARGET TRAINING: 1= "CALORIES TARGET" 2= "DISTANCE TARGET" 3= "TIME TARGET";

Uses speed keys;

2.6.1 If 1 is selected;

2.6.1.1 LED scrolls "CALORIES TARGET: ENTER CALORIES";

2.6.1.2 LED displays "100";

2.6.1.3 Uses speed keys or Speed adjustment keys: "+" or "-" to adjust the default value;

2.6.1.4 Press OK to confirm;

2.6.1.5 LED scrolls "ENTER WEIGHT";

2.6.1.6 LED displays "70";

2.6.1.7 Uses speed keys or Speed adjustment keys: "+" or "-" to adjust the default value;

2.6.1.8 Press OK or QUICK START to confirm;

2.6.1.9 LED displays "3","2","1";

2.6.1.10 Belt starts moving.

2.6.2 If 2 is selected;

2.6.2.1 LED scrolls "DISTANCE TARGET: ENTER DISTANCE";

2.6.2.2 LED displays "5KM";

2.6.2.3 Uses speed keys or Speed adjustment keys: "+" or "-" to adjust the default value;

2.6.2.4 Press OK or QUICK START to confirm;

2.6.2.5 LED displays "3", "2", "1";

2.6.2.6 Belt starts moving.

2.6.3 If 3 is selected;

2.6.3.1 LED scrolls "TIME TARGET: ENTER TIME";

2.6.3.2 LED displays "30";

2.6.3.3 Uses speed keys or Speed adjustment keys: "+" or "-" to adjust the default value;

2.6.3.4 Press OK or QUICK START to confirm;

2.6.3.5 LED displays "3", "2", "1";

2.6.3.6 Belt starts moving.

2.7 If Advanced is selected

LED scrolls "ADVANCED TRAINING: 1= "STEPS" 2= "EVENTS" 3= "OTHERS";

Uses speed keys;

2.7.1 If 1 is selected;

LED scrolls "1= 6K STEPS, 2= 8K STEPS, 3=CUSTOM STEPS";

2.7.1.1 If 1 is selected, LED displays "3", "2", "1", Belt starts moving;

2.7.1.2 If 2 is selected, LED displays "3", "2", "1", Belt starts moving;

2.7.1.3 If 3 is selected;

    (1) LED scrolls "CUSTOM STEPS: ENTER STEPS";

    (2) LED displays "5K";

    (3) Uses speed keys or Speed adjustment keys: "+" or "-" to adjust the default value;

    (4) Press OK or QUICK START to confirm;

    (5) LED displays "3", "2", "1";

    (6) Belt starts moving.

2.7.2 If 2 is selected;

LED scrolls "1= 5KM RUN, 2= 10KM RUN, 3=CUSTOM DISTANCE";

2.7.2.1 IF 1 IS SELECTED, LED DISPLAYS "3", "2", "1", BELT STARTS MOVING;

2.7.2.2 IF 2 IS SELECTED, LED DISPLAYS "3", "2", "1", BELT STARTS MOVING;

2.7.2.3 IF 3 IS SELECTED;

    (1) LED SCROLLS "CUSTOM DISTANCE: ENTER DISTANCE";

    (2) LED DISPLAYS "5KM";

    (3) USES SPEED KEYS OR SPEED ADJUSTMENT KEYS: "+" OR "-" TO ADJUST THE DEFAULT VALUE;

    (4) PRESS OK OR QUICK START TO CONFIRM;

    (5) LED DISPLAYS "3", "2", "1";

    (6) BELT STARTS MOVING.

2.7.3 IF 3 IS SELECTED;

LED SCROLLS "OTHER ADVANCED PROGRAMS: 1= HILL";

2.7.3.1 IF 1 IS SELECTED;

    (1) LED DISPLAYS "HILL";

    (2) PRESS OK OR QUICK START TO CONFIRM;

    (3) LED DISPLAYS "3", "2", "1";

    (4) BELT STARTS MOVING.

3. TREADMILL ERROR MESSAGES

3.1 Communication Error message: ER01

3.1.1 Check console and the main communication cable connection;

3.1.2 Check inverter and the main communication cable connection;

3.1.3 Replace inverter;

3.1.4 Replace console.

3.2 Elevation Error messages: ER02

3.2.1 Check power cable of actuator and inverter connection;

3.2.2 Check cable of sensor of actuator and inverter connection;

3.2.3 Replace actuator;

3.2.4 Replace inverter.

3.3 Safe-key Error message: ER03

3.3.1 Check safe-key button;

3.3.2 Check cable of safe-key;

3.3.3 Replace safe-key PCB;

3.3.4 Replace console.

3.4 Over current message: ER04

3.4.1 Add silicon to run belt and board;

3.4.2 Replace inverter;

3.4.3 Replace motor.

3.5 Lower voltage message: ER05

3.5.1 Check power AC 200-240V (105-125V).

3.6 Over load message: ER06

3.6.1 Add silicon to run belt and board;

3.6.2 Replace run belt and board;

3.6.3 Replace inverter;

3.6.4 Replace motor.

3.7 Emergency stop message: ER07

3.7.1 Reset Emergency switch then press STOP button;

3.7.2 Check cable of Emergency switch and Emergency switch connection;

3.7.3 Replace Emergency switch;

3.7.4 Replace inverter.

3.8 The console no power
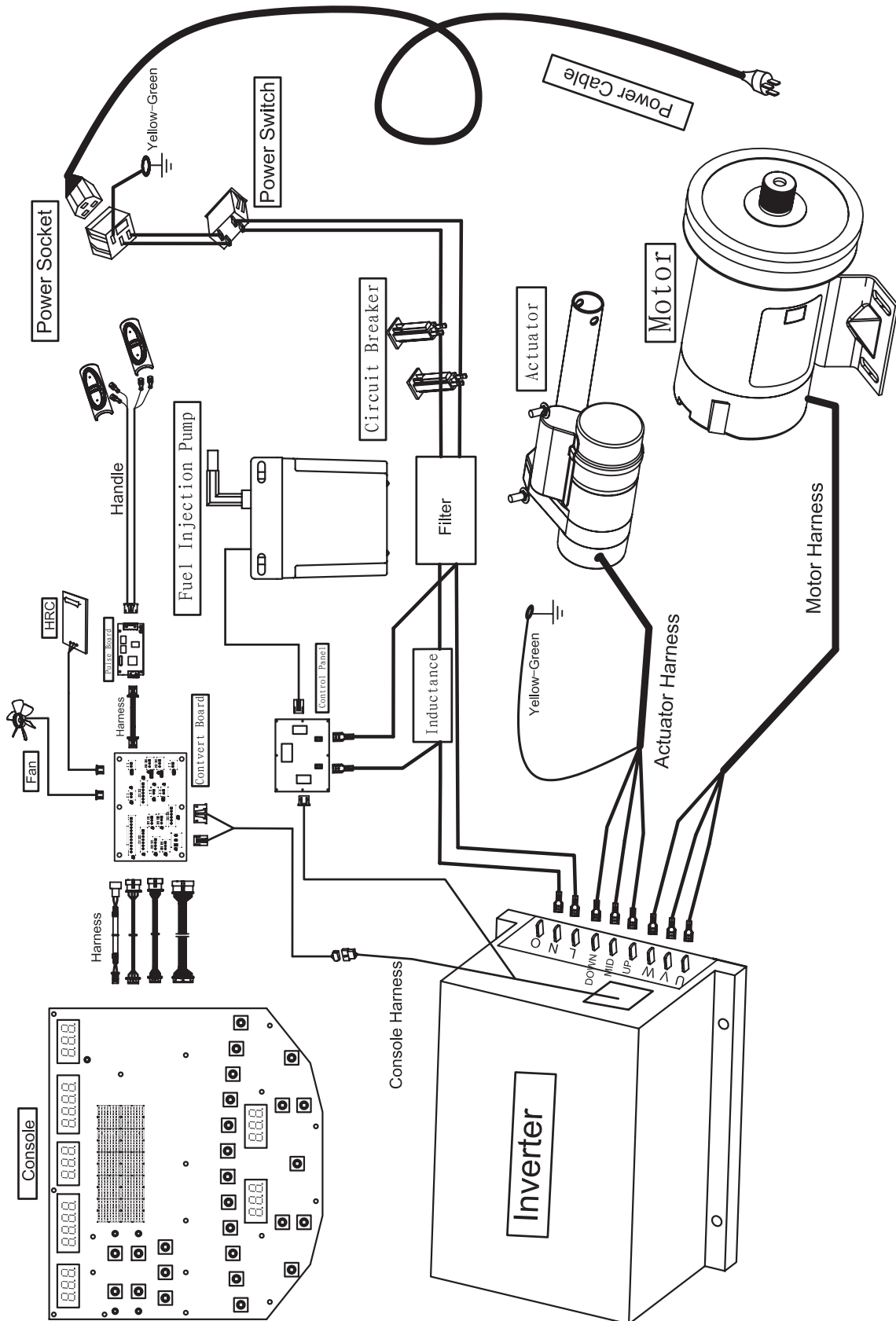
3.8.1 Check the AC power;

3.8.2 Turn on the power switch;

3.8.3 Check the communication cable and console connection;

3.8.4 Check the communication cable and inverter connection;

3.8.5 Replace the communication cable;

3.8.6 Replace the power cable.

Power Socket

Yellow-Green

Power Switch

Power Cable

Handle

HRC

Pulse Board

Fuel Injection Pump

Circuit Breaker

Actuator

Motor

Motor Harness

Fan

Contvert Board

Control Panel

Yellow-Green

Actuator Harness

Harness

Harness

Console

Console Harness

Inverter

O N L N DOWN MID UP W V U

Power Socket

Power Switch

Yellow-Green

Power Cable

Handle

Circuit Breaker

Actuator

Motor

HRC

Pulse-Board

Fuel Injection Pump

Filter

Motor Harness

Fan

Contvert Board

Control Panel

Inductance

Yellow-Green

Actuator Harness

Harness

Harness

Console

Console Harness

Inverter

O N L DOWN MID UP W V U

Belt Adjustment and Maintenance

1. Belt Adjustment:

Belt adjustment and tension performs two functions:

*The distance between belt and motor cover from left to right within +/-5MM, then needed to be adjusted.

*Adjust belt by speed not more than 4KMH.

A. Running Belt is shifting to the right:

Using hex key provided, turn the right rear roller adjustment bolt turn in the clockwise direction shown as below or on the contrary direction.

B. Running Belt is shifting to the right:

Using hex key provided, turn the right rear roller adjustment bolt turn in the clockwise direction shown as below or on the contrary direction.
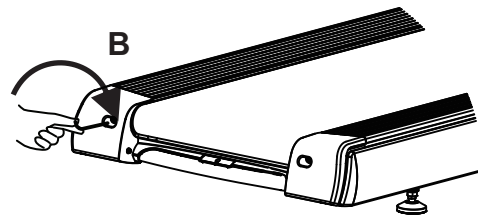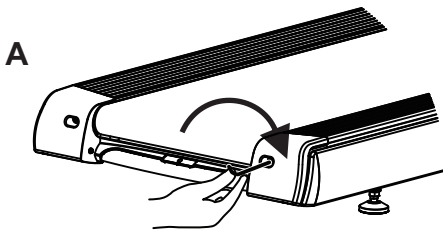
Running belt is Slipping during use:

Slight running belt slipping is on normal while using for a period using the hex key provided, turn both left and right rear roller adjustment bolts in the same distance.
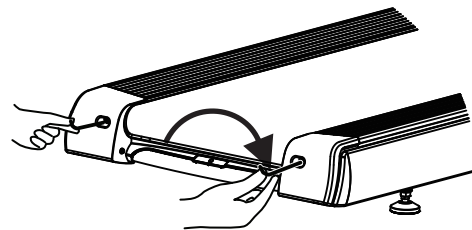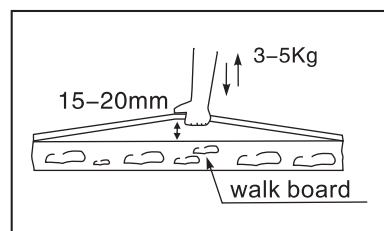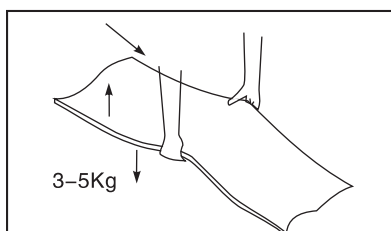

See the correct running belt shown as below:

A. The distance between running belt and board is within

     15-20mm----Normal

     Over 20mm----needed to be adjustded

     Under 15mm----needed to be adjustded

B. The speed for running belt is 5KMH, hold on the handrail, stand on the side rail, one foot on the belt but without slipping----it's normal.

2. CLEANING:

Routine cleaning of your unit will extend extend the life of your unit.

Warning! To prevent electrical shock, be sure the power to the treadmill is OFF and the unit is unplugged form the wall electrical outlet before attempting any cleaning or mainteance.

After each workout: Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration. After each workout.

3. LUBRICATION:

This kind treadmill have a user-friendly fuction automatic lubrication. there is a program that will lubricate the running belt when the distance reach the setting point.
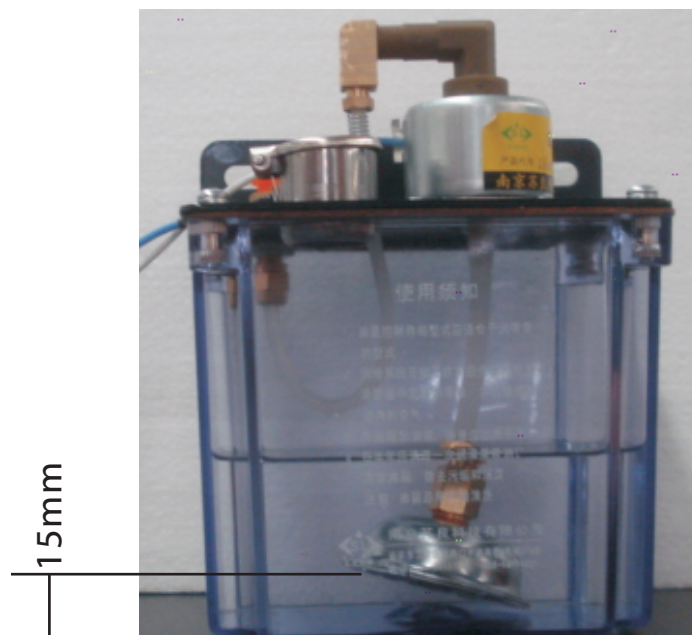
15mm

Add lubrication to the transferring lubrication pump-unit when lubrication level in the transferring lubrication pump-unit is under 15mm.