virtufit

Elite TR-1000i Treadmill

User manual

INDEX

WARNING: We suggest that you should consult with your health professional before starting your workout, especially for the age up to 35 old or people with health problems. We do not take responsiblity for any problems or injuries if you don't follow our instructions.

ATTENTION

–   Ensuring the safety clamps were attached to the clothing or belts before using the treadmill.

–   Please do not insert any items to any part of the equipments, which would damage the equipment.

–   Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Do not place the treadmill near water or outdoors.

–   Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, always stand on the foot rails on the sides of the frame until the belt is moving.

–   Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that may be caught in the treadmill. Always wear running or aerobic shoes with rubber soles.

–   Keep the children and pets away from the treadmill while starting workout.

–   Don't exercise in 40 minutes after dinner.

–   The equipment is suitable for adults, children need be accompanied with adults while workout.

–   You must hold on to the handrails until you become comfortable and familiar with the treadmill when it is your first workout.

–   Treadmill is indoor-using equipment, not outdoor-using for avoiding damage. Keep the store-place clean and flat, drying. Prohibiting the other purpose using, only for workout.

–   Please purchase the power-line to the distributor or contact with our company directly, for the powerline only equip to the treadmill.

- The treadmill is for indoor and not outdoor use to prevent damage on the product. Keep the storage area dry, clean and flat. It is forbidden to use the device for other purposes than before training.

- Only use the power cable supplied by the supplier for the treadmill. If the cable is missing, please contact our company.

- If the treadmill should suddenly increase in speed due to an electronics failure or the speed being inadvertently increased, the treadmill will come to a sudden stop when the pull pin is disengaged from the console.

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

- Cut off the power when the equipment is not used. When the power is cut off , do not pull the power line to keep the wire unbroken. Insert the plug to the socket with the safety ground circuit, for the power-line is professional equipment .You must contact with the professional people directly while the line is damaged.

- This Treadmill only for home-using, the max user weight is 155 KGS.

- Please keep the space at least 1 to 2 meter at the end of base frame to escape any accidents!

- Place the device on a clean and flat surface. Do not place the treadmill on a thick carpet

- The device is for indoor use and not for outdoor use to prevent damage. Keep the storage location dry, clean and flat. It is forbidden to use the device for purposes other than training.

Warranty claim is excluded if the cause of the defect is the result of:

- Maintenance assembly and repair work not carried out by an official dealer.
- In the event of improper use, neglect and / or poor maintenance.
- Failure to maintain the fitness equipment in accordance with the manufacturer's instructions (see the enclosed manual).
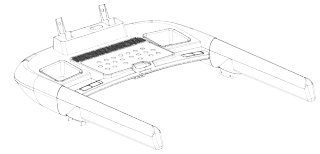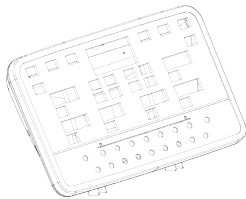
TOOL KIT
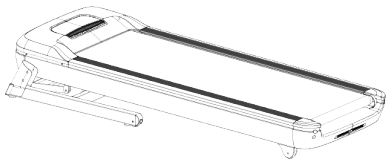
Main Frame

Upright Post Frame (L & R)

Console

Display
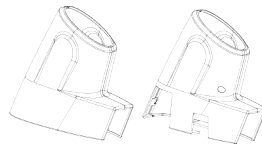
Base frame cover
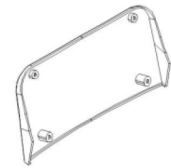
Console rear cover
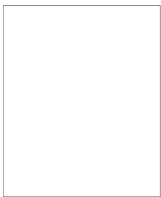
Manual

Hardware bag
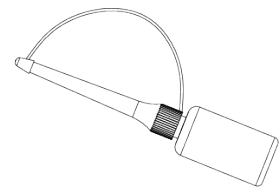
Silicon oil

Safety key

TOOL KIT
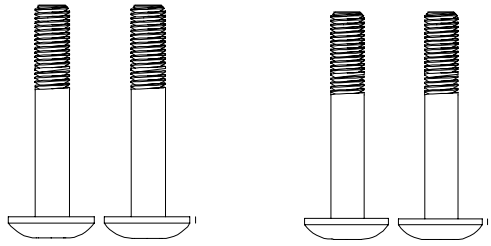
Allen C.K.S half thread screw (M8*60*20) 4cps
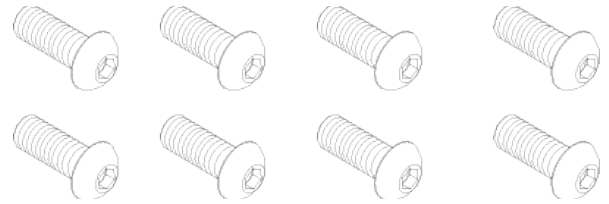
Allen C.K.S full thread scw (M8*15) 8pcs

Allen C.K.S full thread screw (M8*20) 2pcs
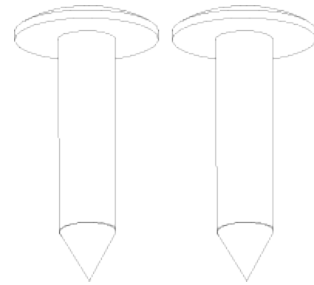
Philips C.K.S self-taping screw (ST4*12) 2pcs
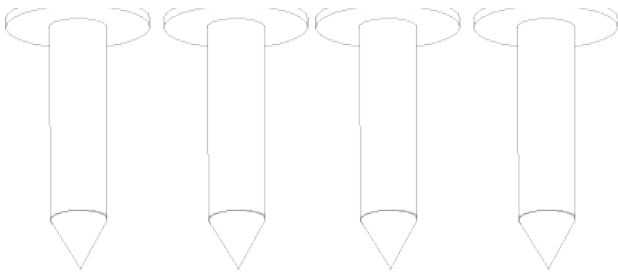
Philips C.K.S. self-taping screw (ST4*16) 4 pcs
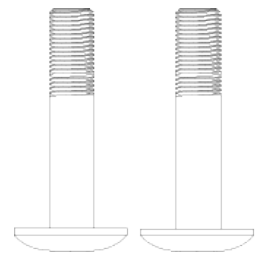
Allen C.K.S half thread screw (M8*30*20) 2pcs
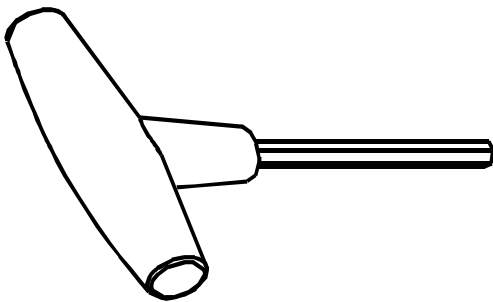
T shaped wretch (S6) 1 pcs

Cross Wrench 1pcs

Missing parts: If you think you are missing certain parts in your package, carefully check the styrofoa and the treadmill. Some parts (bolts, screws, etc.) are already attached to / in the treadmill.

Socket screws: The treadmill contains socket screws, make sure that the allen key is firmly in the bolt before you apply force to the key. In this way you prevent the head of the socket head screw from being rotated.

STEP 1
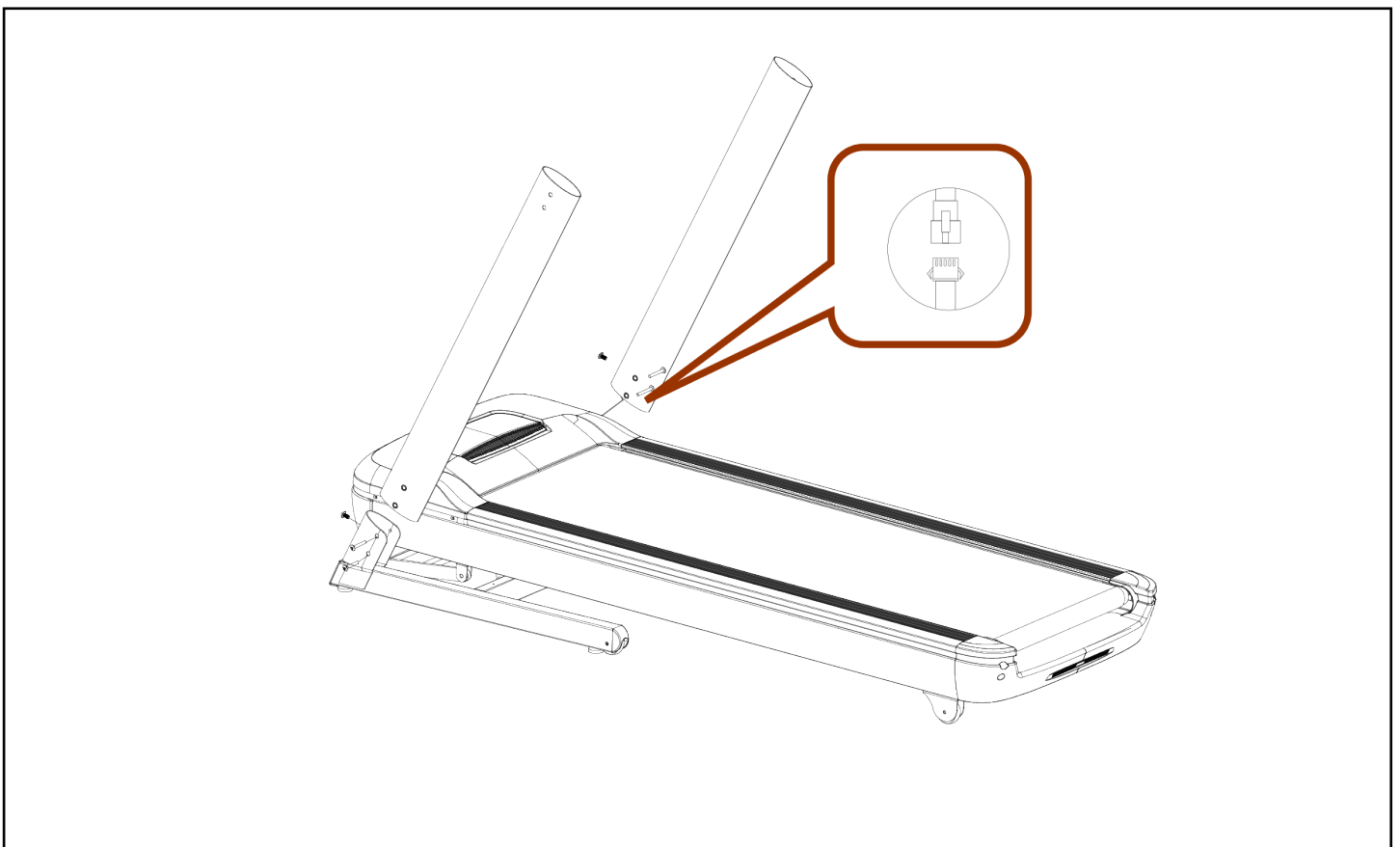
- − Take out the machine from box and put in on a flat floor;

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

STEP 2
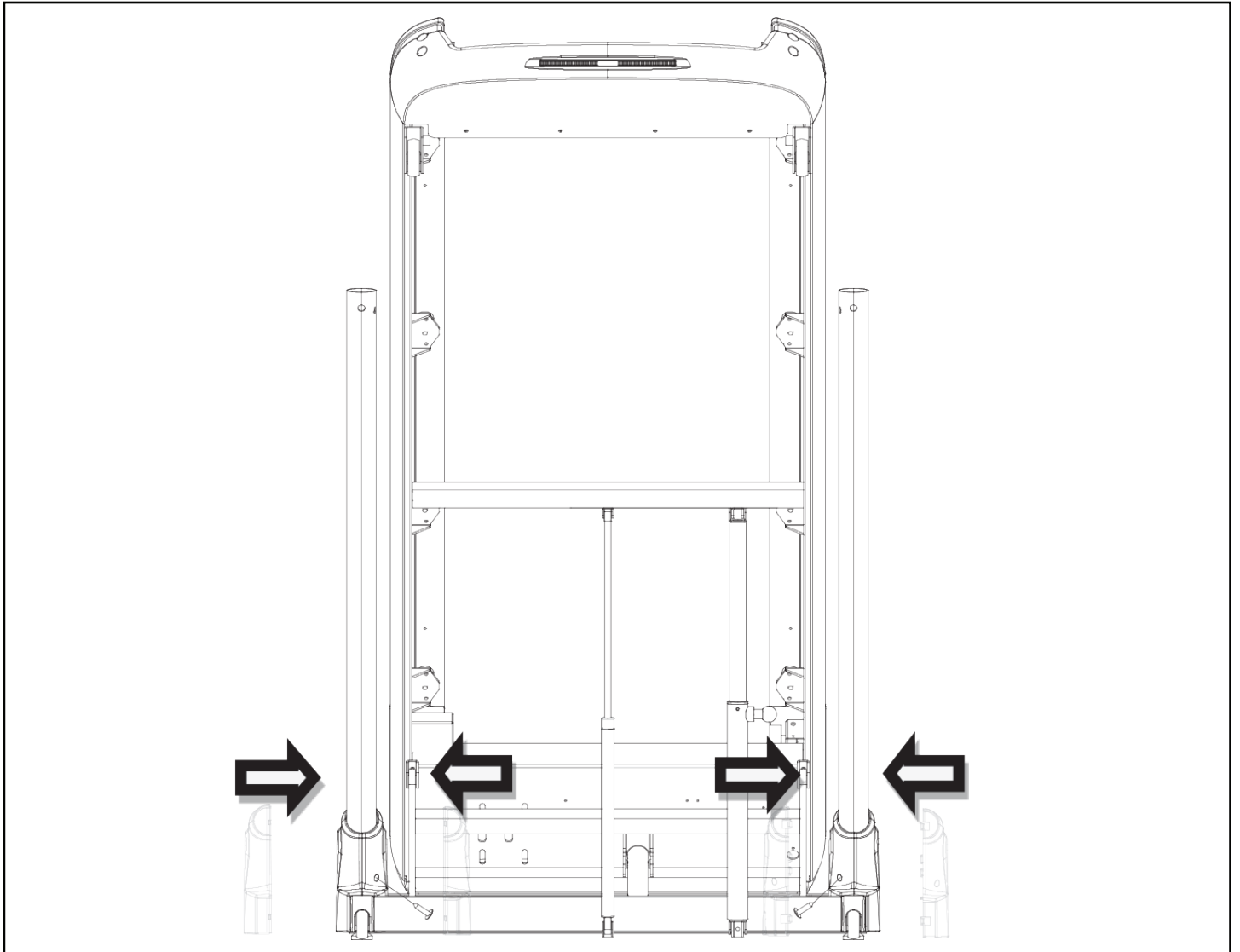
– Fold up the treadmill, (Note: Before assemble the base frame cover, please ensure the screws for base frame and upright post are fixed completely);

– Put the base frame covers in the left and right side of upright post, then clip-on the covers together;

– Last, fix the covers by 1pc ST4*12 screw.

STEP 3
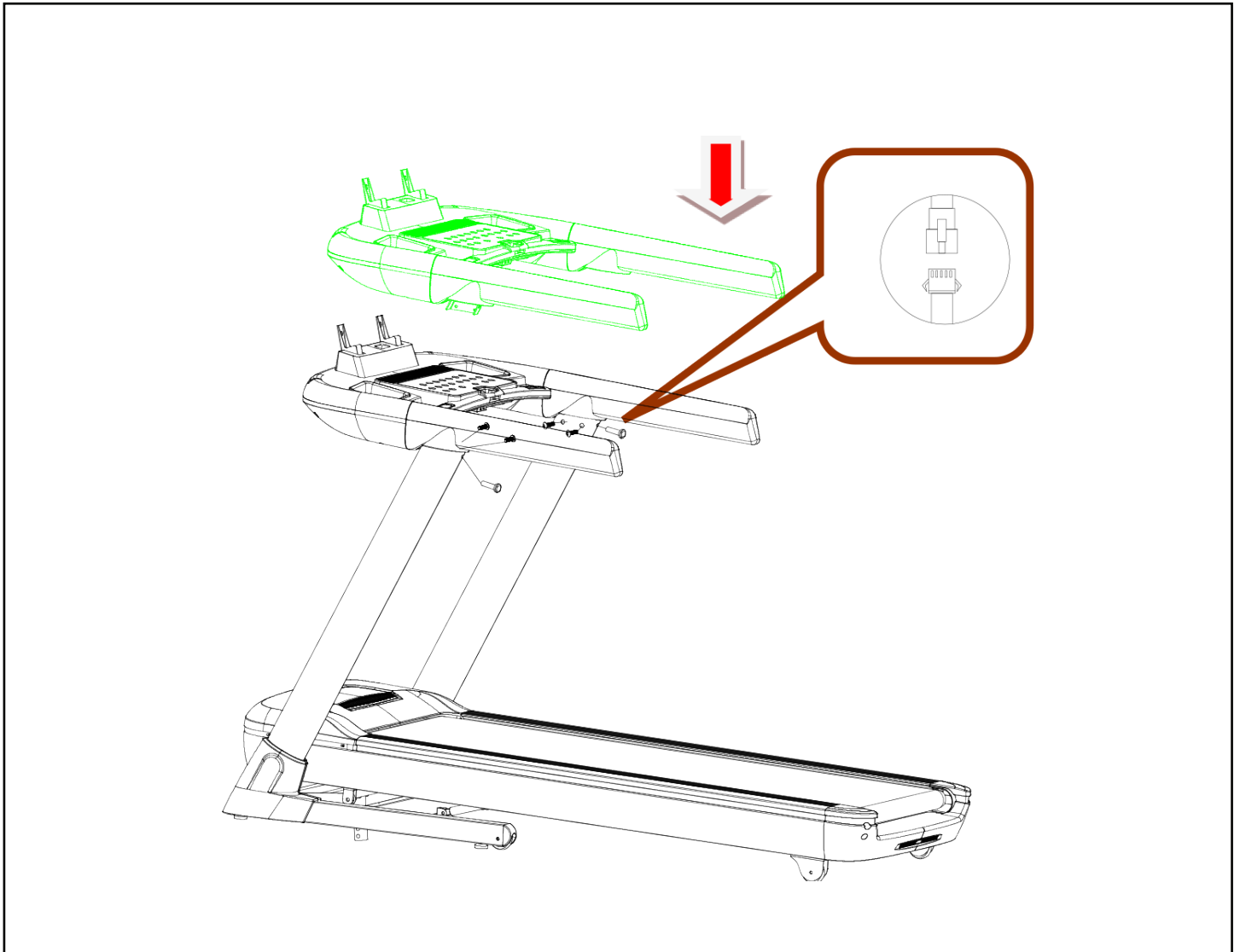
– Insert the console on the upright post. See above picture. (Note: Please connect the communication cables in the right handlebar and upright post, avoid damaging the cable);

– Use 2pcs M8*15 screw to fix each upright post, and then use 1pc M8*30*20 screw to fix the hole under each handlebar. (Note: The screw M8*30*20 is for adjusting the handlebar, it can not be fixed tightly, or else the tube will be damaged).

STEP 4
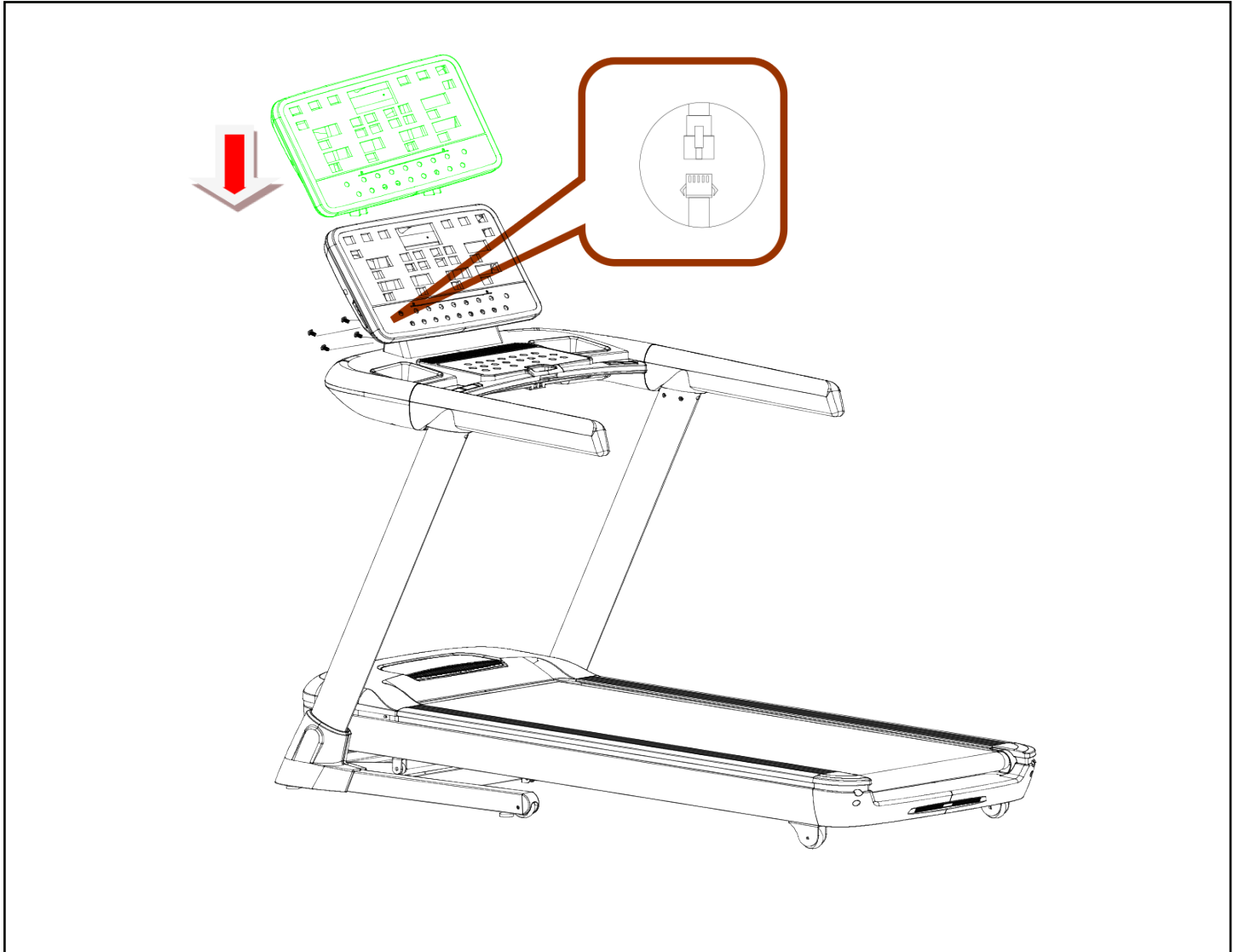
– Put the display on the console, and lock the two parts together with 4pcs M8*15 screw.

STEP 5
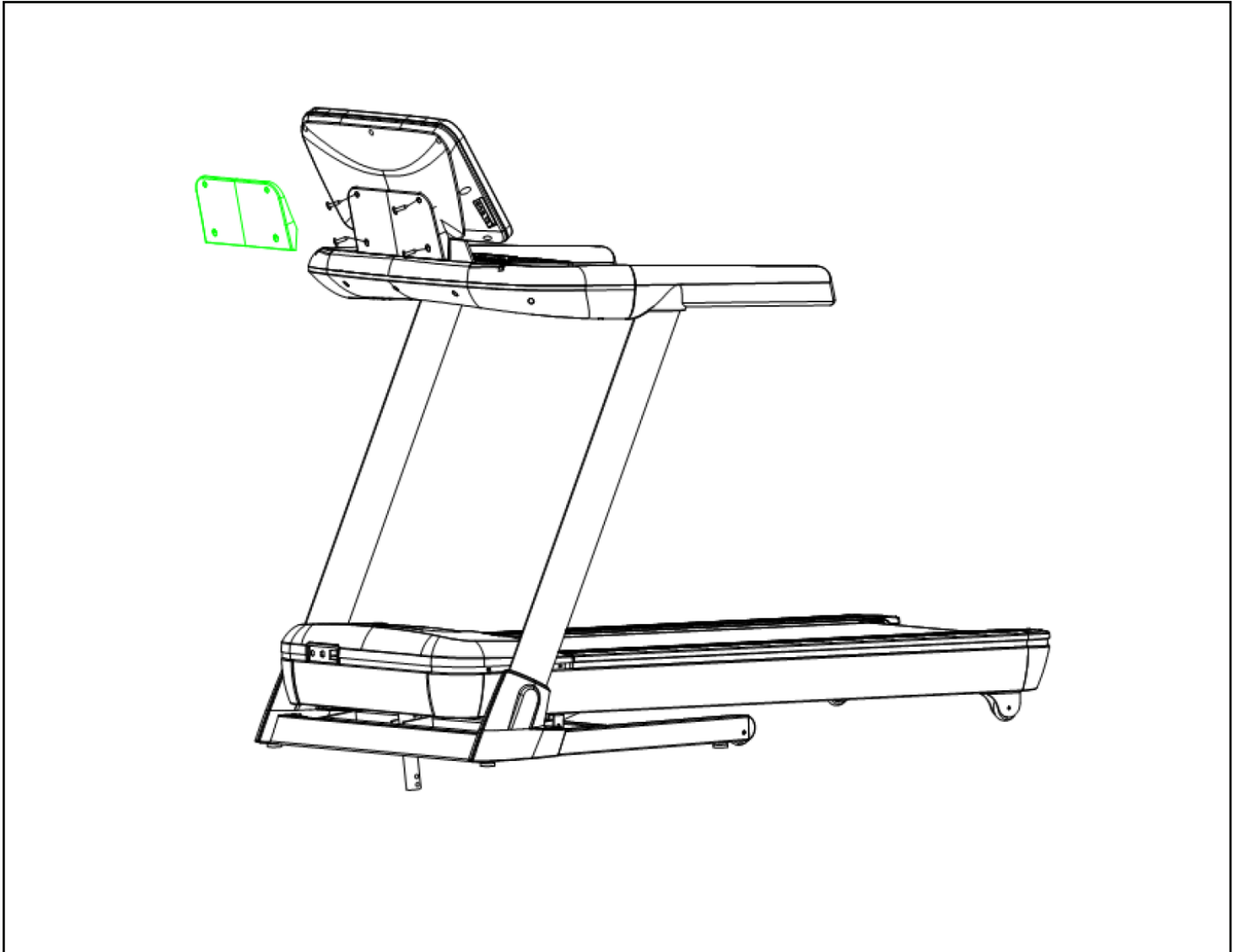
– Place the rear cover on the rear of the console and fix it with 4pcs ST4*16 screw;

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

PUSH UP
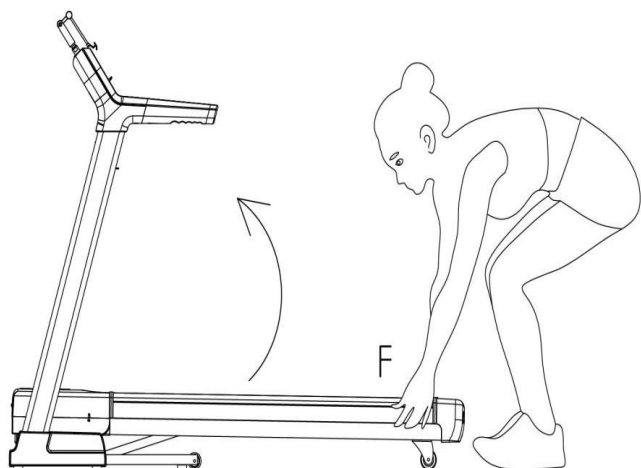
Hold the running deck which showed in "F" position and then fold it up with the arrow direction until you hear a "bang" voice from the air cylinder.

Attention: it is forbidden to fold up when the machine is in running or incline mode.

UNFOLDING
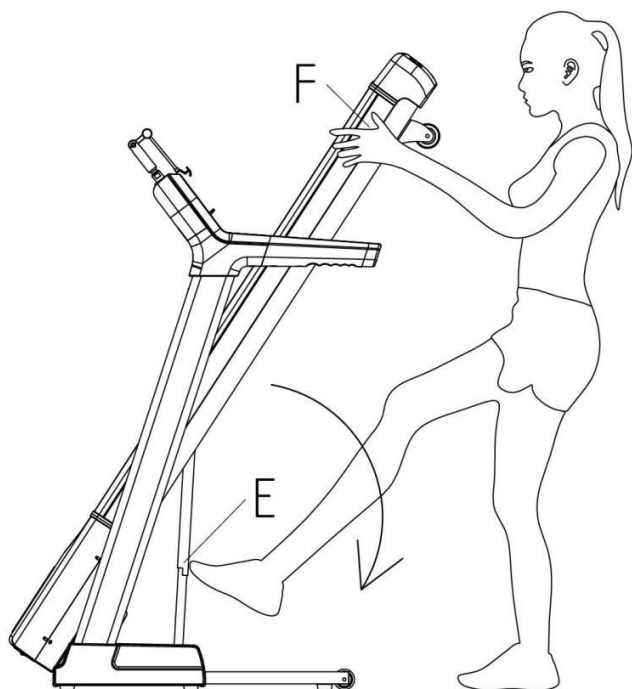
Support place F with hand , kick the place E of air pressure bar, then the base frame will fall down automatically.
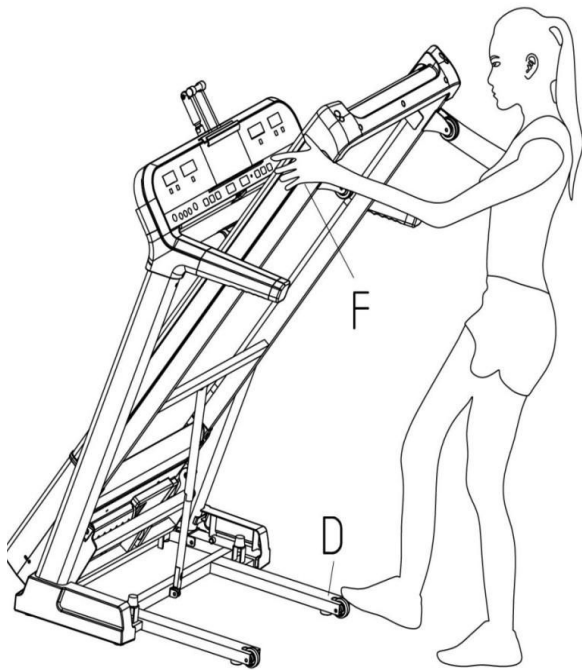
To transport, hold the treadmill from position "F" and tilt until the wheels are able to move on the ground.
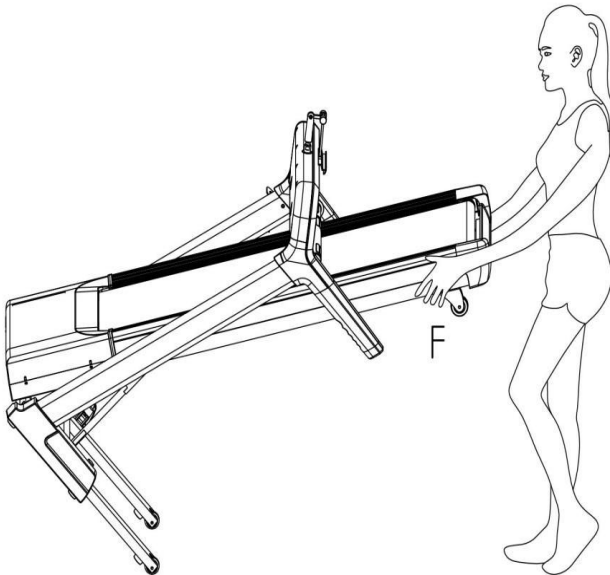
To tilt, start by placing one hand at position "F" to support the top end of the treadmill. Next, place one foot at position "D" to hold the bottom end of the treadmill steady. With your foot at "D", slowly tilt the top of the treadmill downward towards the ground. Once the Main Frame "F" reaches a low enough point, the wheels of the treadmill will become active.

LUBRICATING THE BELT

RUNNING BELT AND DECK LUBRICATION

This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck. You need contact with our service center if you find the damage of the deck.

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

    I.   Light user (less than 3 hours/ week) annually

    II. Medium user (3-5 hours/ week) every six months

    III. Heavy user (more than 5 hours/ week) every three months

Best indicator is to lubricale when the walking platform feels dry. We recommend that you buy the lubrication from our distributor or directly to our company.

Attention: Any repair need the professional technician.
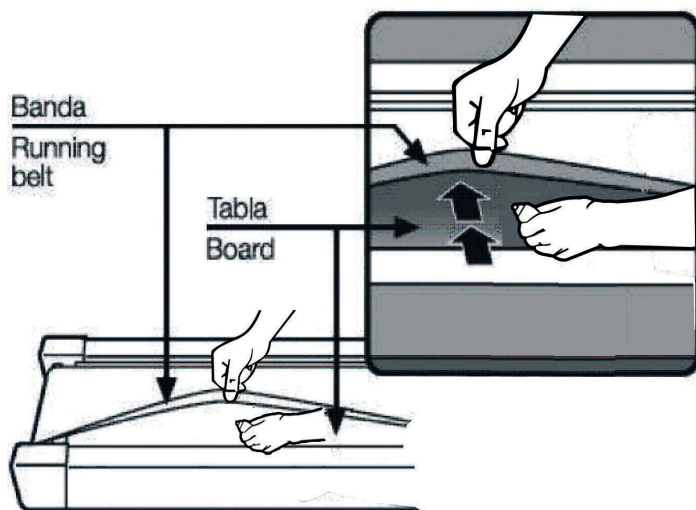
I. We suggest that you should cut off the power for 10 minutes after keep running 2HS ,so that it's good for maintain the treadmill.

II. For avoiding the slipping during running , the belt not too loose; for avoiding the more abrasion between the roller and belt and maintain the machine's good running ,the belt not too tight. You can adjust the distance between plates and belt, the belt be away from the plates about 50-75mm on both sides, if the best not too tight and loose.

We strongly recommend that you do the following:

1. Switch off and remove the power cable from the wall after every use, especially if children are present.
2. Clean your treadmill after use.
3. Use a dry cloth to clean the control panel and areas around the power switch. Use a soft clean cloth and cleanser to remove stubborn stains and dirt off the running belt.
4. Tighten the running belt once a month.
5. Keep your treadmill in a safe dry place away from heat and water.

RUNNING BELT ADJUSTMENT

ENG

(1) Running belt deviates to left - Start the machine, set speed at 2-3 km/h without a load on the belt, use Allen key to turn the screw 1/4 turn (see fig. 1). Then allow the machine to run without a load for 1-2 minutes. Repeat process until the belt becomes central.

(2) Running belt deviate to right - Start the machine, set speed at 2-3 km/h without a load on the belt, use Allen key to turn the screw 1/4 turn (see fig. 2). Then allow the machine to run without a load for 1-2 minutes. Repeat process until the belt becomes central.

(3) Running belt jam - If the running belt is in dead condition, use the Allen key to turn the screw 1/2 a turn both left and right until the jam solved (see fig 3).

Problem	Reason	How to settle the problem
Treadmill stop working	A: Did not connect the power supply	Connect the power supply or switch on
	B: Safety key did not put on right position	Well put the safety key on the correct position
	C: Transformer not connect well or transformer is defective	Reconnect the transformer or replace the transformer
	D: Circuit breaking	Check input and output port and communication wire
Treadmill stop suddenly	A: Safety key drop out	Reconnect the safety key
	B: System defective	Ask for reparing
Button out of work	A: Button broken or invalid	Repalce the button
	B: All buttons broken	1. Replace the key board and wire 2. Replace the main board 3. Replace the console
	C: Motor wire and controller not connected well or controller defective	Reconnect or replace the controller
No pulse display	A: Handle pulse wire not connect	Reconnect or replace the wire
	B: Console circuitry defected	Replace the console
Console short of display	A: Display screw get loose	Lock the screws
	B: System defective	Replace the console
E7	The console can't detect the safety key signal	1. Check the safety key is in place 2. Reconnect the safety key 3. Replace the console
E01	Inverter overload protection	Replace the inverter or ask for checking or repair
E02	Overload protection shutdown	Replace the inverter or ask for checking or repair
E03	Inverter overheat protection	Replace the inverter or ask for checking or repair
E04	Overvoltage protection	Replace the inverter or ask for checking or repair
E05	Undervoltage protection	Replace the inverter or ask for checking or repair
E06	Inverter output short circuit	Replace the inverter or ask for checking or repair
E08	Overvoltage protection	Overvoltage protection
E10	Low voltage display	Low voltage display
E11	Emergency stop display	Emergency stop display
E12	Motor overload protection	Motor overload protection

KEY DEFINITIONS
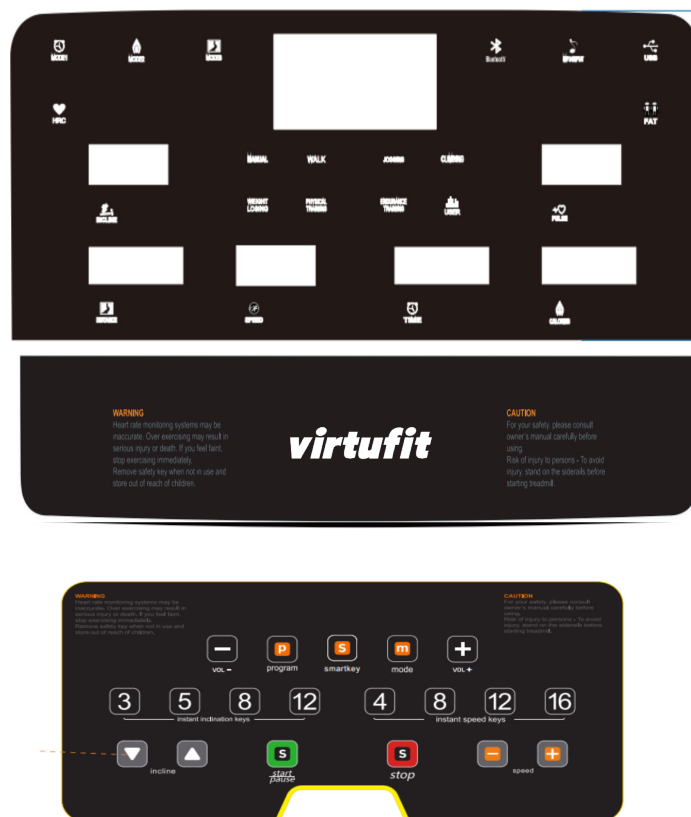
FUNCTION	EXPLANATION
START/PAUSE	When the treadmill is stopped, press the START key to turn on the treadmill. Press "START" key when running, it will pause.
STOP	When the treadmill is running, stop the treadmill slowly by pressing the STOP key.
SPEED ADJUSTED	Decrease or increase the running speed.
SPEED SHORTCUT	In the treadmill running state, set the speed directly to the key specified value; the speed range is 0.5 ~ 20.0KM/H.
INCLINE ADJUSTED	Decrease or increase the running speed.
INCLINE SHORTCUT	In the treadmill running state, set the incline directly to the key specified value; the incline range is 0 ~ 15%.

FUNCTION	EXPLANATION
VOLUMN ADJUSTED	Volumn adjusted key: decrease or increase music volumn.
MODE	When the manual mode is selected, the normal mode is selected. Press the MODE key to cycle through the countdown mode in manual mode -> countdown to calorie mode -> countdown distance mode -> positive timing mode; in P1-P36, it is the reset button to countdown time default value (30 minutes);
SMART SPEED	Adjust the speed intelligently.
PROGRAM SELECT	Select the program P1 ~ P36, U02, U03, HRC1 ~ HRC3, FAT when the treadmilll is stopped.

DISPLAY WINDOW INSTRUCTION

"SPEED" window:display speed data;

"TIME" window:display time data;

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

"CALORIES" window:display calories data;

"PULSE" window:display heart rate data;

"INCLINE" window: display incline data;

SAFETY GUIDE

1. Put the power cord into the electrical outlet with 10A. Flip this switch to the "ON" position. The screen shines with prompt sound.
2. Put the safety key on the correct position, connect the safety key with your cloth in front of your chest.
3. Press "+","-" key or "QUICK SPEED" key to adjust treadmill speed.
4. "START/PAUSE" key :When the treadmill is stopped, press the START key to turn.
5. On the treadmill. Press "START" key when running, it will pause.
6. "STOP" key, when the treadmill is running, stop the treadmill slowly by pressing the STOP key. All setting returns to default state.
7. Press "+","-" key or "QUICK INCLINE" key to adjust treadmill incline;
8. In any state, pull-out safety locks, window displays: "E7" and sound buzzer DI-DI-DI. Treadmill stops running.

9. Electric control system is in the security monitoring at any time, as long as there is any abnormal information, the treadmill will stop running urgently, the screen displays abnormal information prompts, and accompanied by a tone.

10. Press "STOP" key when screen displays abnormal information, the motor start to slow to stop, all data will be clear.

MANUAL MODE

1. How to enter manual mode:

    A: Switch on, enter normal manual mode.

    B: When power off, press "MODE" key to enter manual mode.

2. Three setting function of manual mode: Time setting, Distance setting,calories setting; Enter manual mode, press 'MODE'key to set different mode, then press 'START' to restart the treadmill. User can set the speed and incline. Default speed: 0.5KM/H   Incline: 0%. Normal mode, time countdown, distance countdown, calories countdown; set any one mode, setting date starts counting down.

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

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

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

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

PROGRAM SETTING

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

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

BODY FAT FUNCTION

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

A: **F1** means Sex, the 1 (male), 2 (female). If the window display 1, which shows you, selects "Male", the original is Male.

B: **F2** means Age, the range is 1-99, and the original is 25.

C: **F3** means Height, the range is 100-220CM(39-87inch), the original is 170CM(67inch).

D: **F4** means Weight, the range is 20-150KG(44-330bound),the original is 70KG(154bound).

E: **F5** mean BMI, show you enter into body fat function. Put two hands on the handle bar, wait for 8 seconds, and the window will show the BMI. Take the Asian people for example, BMI under 18 is under weight;
Between 18 and 14 is normal weight;
Between 25 and 28 is over weight;
And over 29 is obesity.

METRIC-INCH INTERCONVERSION FUNCTION

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

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

HRC PROGRAM

1. Heart Rate Control (HRC) defaults to three parts, HRC1 limits the speed of 9 km / h, HRC2 limits the speed of 11 km/h, HRC3 is limited to 13 km/h.

2. HRC set method,sequence, parameter range, press the program key to display HRC, press the mode to confirm and enter the next setting, press the speed key to adjust, set the last parameters to start.

3. Age setting range:13-80 years old

4. Target HRC setting range:80-180

5. Max HRC data: not over 220 - Age.

6. Bad HRC =(Target HRC-User's HRC)

7. Speed change relationship;

   A: Change frequency, HRC test the heart rate data every 30 seconds (Heart rate data keep displaying)

   B: When the user's heart rate is lower than the target heart rate of 30 beats / min, the speed increases by 2.0 km / h.

   C: When the user's heart rate is lower than the target heart rate 6-29 times / minute, the speed increased by 1.0 km / h.

   D: When the user's heart rate is higher than the target heart rate 30 times / min, the speed reduced by 2.0 km / h.

   E: When the user's heart rate is higher than the target heart rate 6-29 times / min, the speed reduced by 1.0 km / h.

   G: When the user's hearth rate is higher or lower than the target hearth rate 0 - 5 times minute, the speed remains the same.

8. When the following conditions occur, the treadmill decelerates to a minimum within 20 seconds and stops after 15 seconds at the lowest speed and rings every second;

     A: Every 30 seconds to detect a heart rate, when the two consecutive heart rate can not be detected.

     B: 1 km / h (0.6 mph), heart rate leads to deceleration.

     C: When the heart rate exceeds (220 - set the age). 1 km / h (0.6 mph), deceleration can not be less than 1 km / h (0.6 mph), such as: treadmill minimum speed of 1 km / h (0.6 mph), when the treadmill run at 1.6 km / h (1.0 mph) and slow down to 1 km / h (0.6 mph) when the heart rate is decelerating 1.0 (2.0) km / h.

Incline not change when running, can be manually set. It will start to caculate in 1 minute.

ECO FUNTION

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

AUDIO CONNECTION / MP3 / AUX CONNECTION

The console has built-in dual speakers with an aux connector. Connect the aux cable to an audio source such as your smartphone or MP3 player and to the aux connection of the console. You can now play music through the speakers of the console.

This application operates with a phone or tablet and can be connected to bluetooth to the treadmill. With this fitness app you can train with realistic videos such as the Tour de France, Marathon of New York etc. Each route has its own level of difficultly. There can also be trained together by switching to multi-player mode and there is possibility to compete against each other.

De Kinomap is free for a limited number of videos. To access all videos, a subscription must be closed.

Download the Kinomap app in the App Store or in Google Play Store by entering "Kinomap" in the search bar or follow one of the links below:

Apple IOS App Store:
https://itunes.apple.com/us/app/kinomap/id611177969

Google Android Play Store:
https://play.google.com/store/apps/details?id=com.kinomap.training&hl=en

PROG	CLS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	SPEED	1.0	3.0	3.0	7.0	7.0	5.0	5.0	5.0	7.0	7.0	5.0	5.0	5.0	5.0	3.0	2.0
	INCLINE	2	2	6	6	8	8	6	6	4	4	4	6	6	2	2	2
P2	SPEED	2.0	3.0	3.0	6.0	5.0	5.0	8.0	5.0	5.0	6.0	8.0	8.0	8.0	5.0	4.0	3.0
	INCLINE	3	3	9	9	9	2	2	8	8	4	1	1	4	4	4	4
P3	SPEED	2.0	3.0	5.0	5.0	7.0	7.0	8.0	5.0	5.0	6.0	8.0	8.0	8.0	5.0	4.0	3.0
	INCLINE	1	2	3	4	5	5	7	7	4	4	4	4	6	3	2	2
P4	SPEED	2.0	2.0	3.0	5.0	5.0	5.0	8.0	8.0	8.0	8.0	5.0	5.0	5.0	3.0	3.0	2.0
	INCLINE	3	3	6	6	6	9	9	9	9	9	9	6	6	6	2	2
P5	SPEED	3.0	4.0	5.0	6.0	7.0	8.0	9.0	10.0	10.0	10.0	9.0	8.0	7.0	5.0	4.0	3.0
	INCLINE	2	2	4	4	8	8	6	6	6	6	8	7	6	5	1	1
P6	SPEED	3.0	4.0	5.0	5.0	6.0	6.0	7.0	7.0	7.0	9.0	9.0	10.0	10.0	11.0	5.0	3.0
	INCLINE	1	8	8	8	8	8	7	7	7	7	7	5	5	3	3	1
P7	SPEED	3.0	4.0	9.0	4.0	11.0	4.0	10.0	4.0	9.0	4.0	8.0	4.0	11.0	5.0	3.0	2.0
	INCLINE	1	1	4	4	4	6	6	6	8	8	8	10	10	10	6	2
P8	SPEED	3.0	5.0	8.0	3.0	5.0	7.0	9.0	3.0	5.0	7.0	10.0	3.0	5.0	7.0	11.0	5.0
	INCLINE	3	3	8	8	3	3	7	7	3	3	6	6	3	3	5	5
P9	SPEED	3.0	7.0	9.0	4.0	7.0	10.0	4.0	7.0	11.0	5.0	7.0	12.0	4.0	7.0	12.0	6.0
	INCLINE	3	6	6	3	7	7	3	8	8	3	9	9	3	3	7	7
P10	SPEED	3.0	5.0	6.0	6.0	6.0	9.0	10.0	6.0	6.0	9.0	10.0	6.0	6.0	6.0	11.0	3.0
	INCLINE	2	7	7	7	5	5	5	8	8	8	8	8	8	4	4	4
P11	SPEED	4.0	5.0	7.0	9.0	10.0	11.0	9.0	6.0	8.0	9.0	10.0	10.0	11.0	9.0	6.0	5.0
	INCLINE	1	6	6	6	3	3	3	7	7	4	4	4	4	6	6	6
P12	SPEED	4.0	6.0	10.0	10.0	7.0	10.0	10.0	10.0	7.0	7.0	10.0	10.0	10.0	10.0	6.0	5.0
	INCLINE	3	8	8	6	9	9	5	5	8	8	8	4	4	4	4	4
P13	SPEED	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0
	INCLINE	4	8	10	12	4	8	10	12	4	8	10	12	4	8	10	12
P14	SPEED	2.0	3.0	3.0	6.0	9.0	11.0	3.0	6.0	9.0	11.0	3.0	6.0	9.0	11.0	3.0	6.0
	INCLINE	5	9	11	12	5	9	11	12	5	9	11	12	5	9	11	12
P15	SPEED	4.0	6.0	11.0	11.0	9.0	6.0	11.0	11.0	9.0	6.0	11.0	11.0	9.0	6.0	11.0	11.0
	INCLINE	2	3	4	5	6	8	7	8	8	7	7	6	5	4	3	2
P16	SPEED	2.0	4.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0
	INCLINE	2	4	5	6	2	4	5	6	2	4	5	6	2	4	5	6
P17	SPEED	2.0	2.0	2.0	4.0	6.0	6.0	9.0	11.0	11.0	2.0	4.0	6.0	6.0	11.0	11.0	9.0
	INCLINE	2	4	6	8	10	12	12	12	12	12	12	10	8	6	4	2
P18	SPEED	3.0	6.0	3.0	6.0	6.0	3.0	6.0	6.0	3.0	6.0	6.0	3.0	6.0	6.0	3.0	6.0
	INCLINE	2	6	8	2	6	8	2	6	8	2	6	8	2	6	8	2
P19	SPEED	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0
	INCLINE	10	8	6	4	10	8	6	4	10	8	6	4	10	8	6	4
P20	SPEED	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0
	INCLINE	12	8	2	12	8	2	12	8	2	12	8	2	12	8	2	2
P21	SPEED	2.0	6.0	2.0	6.0	11.0	2.0	6.0	11.0	2.0	6.0	11.0	2.0	6.0	11.0	2.0	6.0
	INCLINE	12	9	3	12	9	3	12	9	3	12	9	3	12	9	3	3
P22	SPEED	4.0	6.0	11.0	6.0	2.0	11.0	6.0	2.0	11.0	6.0	2.0	11.0	6.0	2.0	11.0	6.0
	INCLINE	2	4	10	2	4	10	2	6	12	6	8	12	6	8	12	2
P23	SPEED	4.0	6.0	11.0	6.0	6.0	2.0	11.0	6.0	6.0	2.0	11.0	6.0	6.0	2.0	11.0	6.0
	INCLINE	2	3	4	5	6	6	7	8	10	11	12	12	12	12	10	2
P24	SPEED	4.0	6.0	11.0	6.0	4.0	11.0	6.0	4.0	11.0	6.0	4.0	11.0	6.0	4.0	11.0	6.0
	INCLINE	4	4	5	6	7	8	10	10	12	12	12	12	12	12	10	2
P25	SPEED	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0
	INCLINE	5	9	11	12	5	9	11	12	5	9	11	12	5	9	11	12
P26	SPEED	3.0	4.0	4.0	7.0	10.0	12.0	4.0	7.0	10.0	12.0	4.0	7.0	10.0	12.0	4.0	7.0
	INCLINE	6	10	12	12	6	10	11	12	6	10	12	12	6	10	12	12
P27	SPEED	5.0	7.0	12.0	12.0	10.0	7.0	12.0	12.0	10.0	7.0	12.0	12.0	10.0	7.0	12.0	12.0
	INCLINE	3	4	5	6	7	9	8	9	9	8	8	7	6	5	4	3
P28	SPEED	3.0	5.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0
	INCLINE	3	5	6	7	3	5	6	7	3	5	6	7	3	5	6	7
P29	SPEED	3.0	3.0	3.0	5.0	7.0	7.0	10.0	12.0	12.0	3.0	5.0	7.0	7.0	12.0	12.0	10.0

| P30	SPEED	4.0	7.0	4.0	7.0	7.0	4.0	7.0	7.0	4.0	7.0	7.0	4.0	7.0	7.0	4.0	7.0
	INCLINE	3	7	9	3	7	9	3	7	9	3	7	9	3	7	9	3
P31	SPEED	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0
	INCLINE	11	9	7	5	11	9	7	5	11	9	7	5	11	9	7	5
P32	SPEED	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0
	INCLINE	12	9	3	12	9	3	12	9	3	12	9	3	12	9	3	3
P33	SPEED	3.0	7.0	3.0	7.0	12.0	3.0	7.0	12.0	3.0	7.0	12.0	7.0	7.0	12.0	3.0	7.0
	INCLINE	12	10	4	12	10	4	12	10	4	12	10	4	12	10	4	4
P34	SPEED	5.0	7.0	12.0	7.0	3.0	12.0	7.0	3.0	12.0	7.0	3.0	12.0	7.0	3.0	12.0	7.0
	INCLINE	3	5	11	3	5	11	3	7	12	7	9	12	7	9	12	3
P35	SPEED	5.0	7.0	12.0	7.0	7.0	3.0	12.0	7.0	7.0	3.0	12.0	7.0	7.0	3.0	12.0	7.0
	INCLINE	3	4	5	6	7	7	8	9	11	12	12	12	12	12	11	3
P36	SPEED	5.0	7.0	12.0	7.0	5.0	12.0	7.0	5.0	12.0	7.0	5.0	12.0	7.0	5.0	12.0	7.0
	INCLINE	5	5	6	7	8	9	11	11	12	12	12	12	12	12	11	3

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

WARM-UP

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

STRETCHING

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. **DO NOT BOUNCE.**

Toe touch

Inner thigh stretch

Hamstring stretch

Side stretch

Achilles stretch
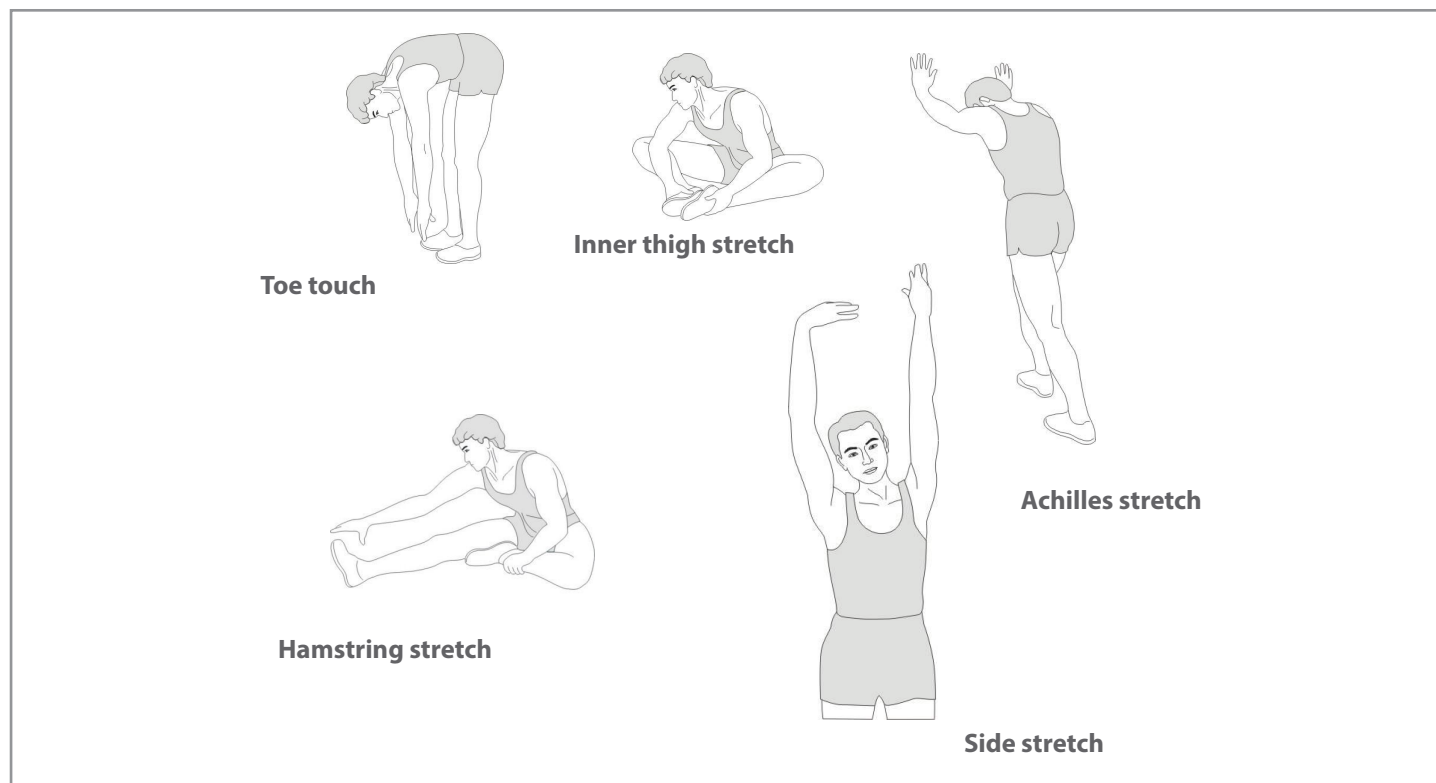
COOLING DOWN

The purpose of cooling down is to return the body to its normal or near normal, 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.
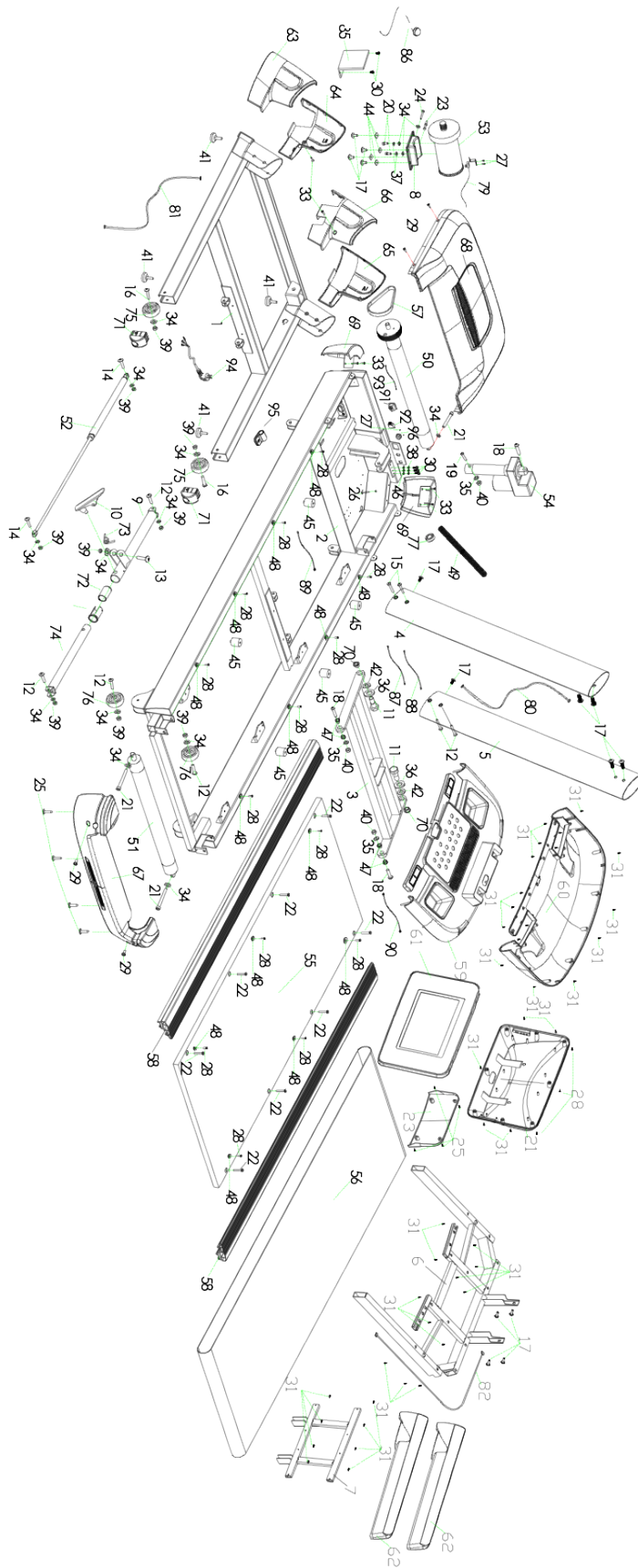
#	Description	Quantity
01	Base frame	1
02	Platform frame	1
03	Incline frame	1
04	Upright post (L)	1
05	Upright post (R)	1
06	Console frame	1
07	Display frame	2
08	Motor installation panel	1
09	Outer telescopic tube	1
10	Pedal	1
11	Hex half head screw M12XΦ14X35X19	2
12	Allen C.K.S. half thread screw M8X40X20	4
13	Allen C.K.S. half thread screw M8X45X20	1
14	Allen C.K.S. half thread screw M8X30X20	2
15	Allen C.K.S. half thread screw M8X60X20	4
16	Allen C.K.S. half thread screw M8X50X20	2
17	Allen C.K.S. full thread screw M8X20	10
18	Allen C.K.S. half thread screw M10X35X20	3
19	Allen C.K.S. half thread screw M10X65X20	1
20	Allen Column full thread screw M8X15	2
21	Allen Column full thread screw M8X75	3
22	Allen countersunk head full thread screw M6X30XΦ16	8
23	Motor bolt -1 M8X65	1
24	Hex full head screw M8X75	1
25	Philips C.K.S. self-tapping screw ST4X16	8
26	Philips C.K.S. self-tapping screw ST4X40	2
27	Phillips countersunk head self-tapping screw ST3X10	4
28	Phillips countersunk head self-tapping screw ST4X15	12
29	Philips C.K.S. full head screw M5X10	6
30	Philips C.K.S. full head screw M4X10	9
31	Philips C.K.S. self-tapping screw ST4X15	35

#	Description	Quantity
33	Philips C.K.S. self tapping screw ST4X12	14
34	Flat washer Φ8	19
35	Flat washer Φ10	3
36	Flat washer Φ14	2
37	Spring washer Φ8	2
38	Spring washer Φ5	3
39	Hex locked nut M8	9
40	Hex locked nut M10	3
41	Feet pad adjustment Φ35X37X12XM8	4
42	Plastic flat washer Φ24XΦ16Xt2.0	2
43	Taper feet pad Φ23XΦ18XΦ5Φ11	2
44	Cushion 35X35xt0.5XΦ8	4
45	Cushion Φ30X30XM6X6	6
46	Serrated kicj wasger Φ5	3
47	Incline axle Φ25XΦ17XΦ10X6X1	4
48	Side rail guider Φ25XΦ5X4.5	12
49	Wire protector	1
50	Front roller	1
51	Rear roller	1
52	Cylinder	1
53	Motor	1
54	Incline motor	1
55	Running deck	1
56	Running belt	1
57	Motor belt	1
58	Side rail	2
59	Console upper cover	1
60	Console lower cover	1
61	Panel	1
62	Handle bar	2

#	Description	Quantity
63	Base cover (L) - 1	1
64	Base cover (L) - 2	1
65	Base cover (R) - 1	1
66	Base cover (R) - 2	1
67	End cap	1
68	Motor cover	1
69	Main frame front cover	1
70	Power Metallurgy set	2
71	Curved pipe plug	2
72	Hollow tubes plug	1
73	Column spring	1
74	Inner telescopic tube - 1	1
75	Wheel	2
76	Wheel	2
77	Magnetic ring	1
78	Control set	1
79	Speed sensor	1
80	Wire	1
81	Wire	1
82	Wire	1
83	Handle pulse	2
84	Handle pulse wire	2
85	Controller	1
86	Safety key	1
87	Power cord	1
88	Power cord	1
89	Wire (Ground wire)	1
90	Wire (Ground wire)	2
91	Rocker switch	1
92	Automotive switch	1
93	Power cord	2

#	Description	Quantity
94	Plug	1
95	Cable clamp	2
96	Wire clip	1
97	Allen C.K.S. half thread screw M8X30X20	2
98	Allen C.K.S. full thread screw M8X20	2

For questions or missing parts please contact your dealer.