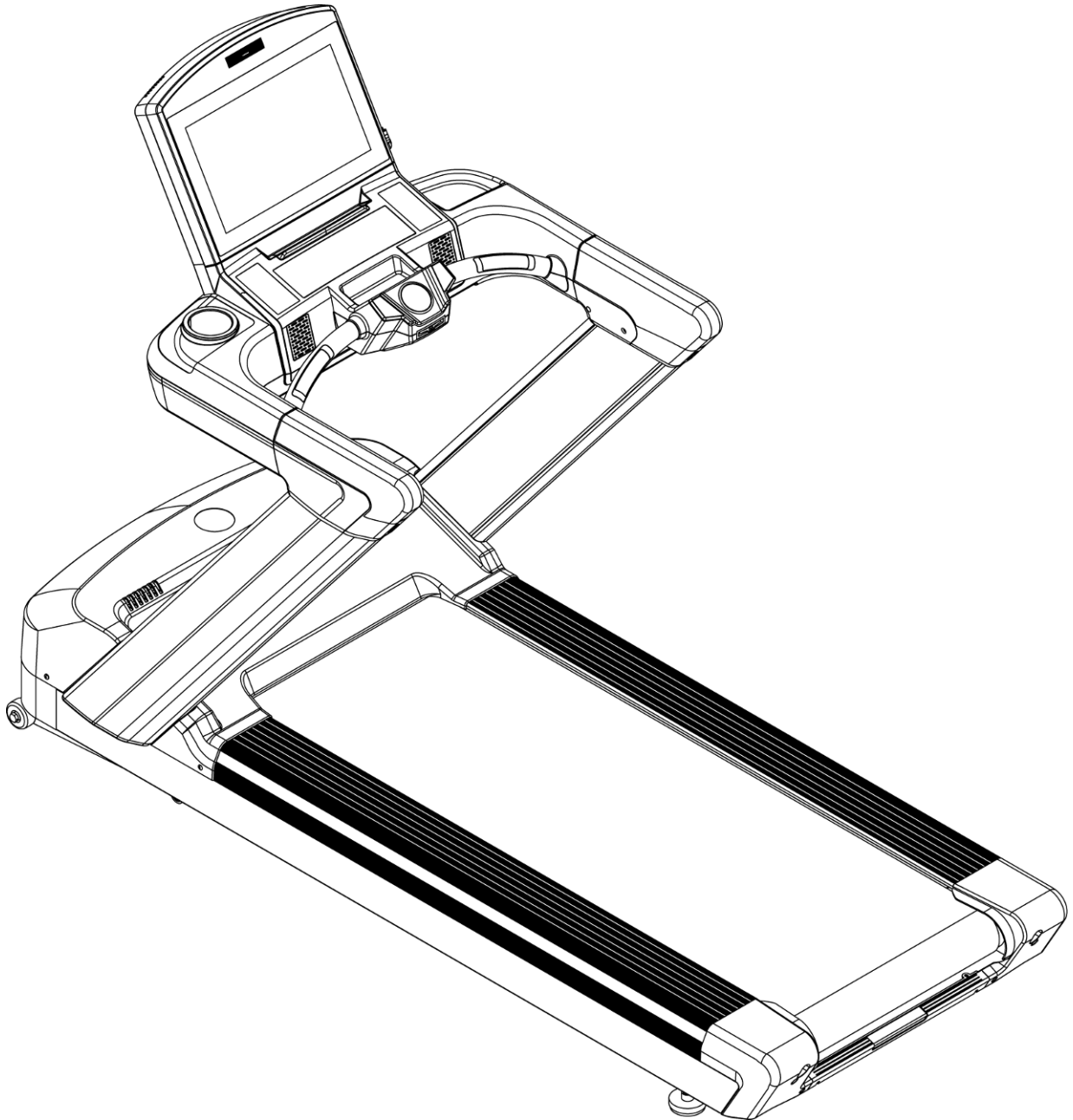


TREADMILL T22.1

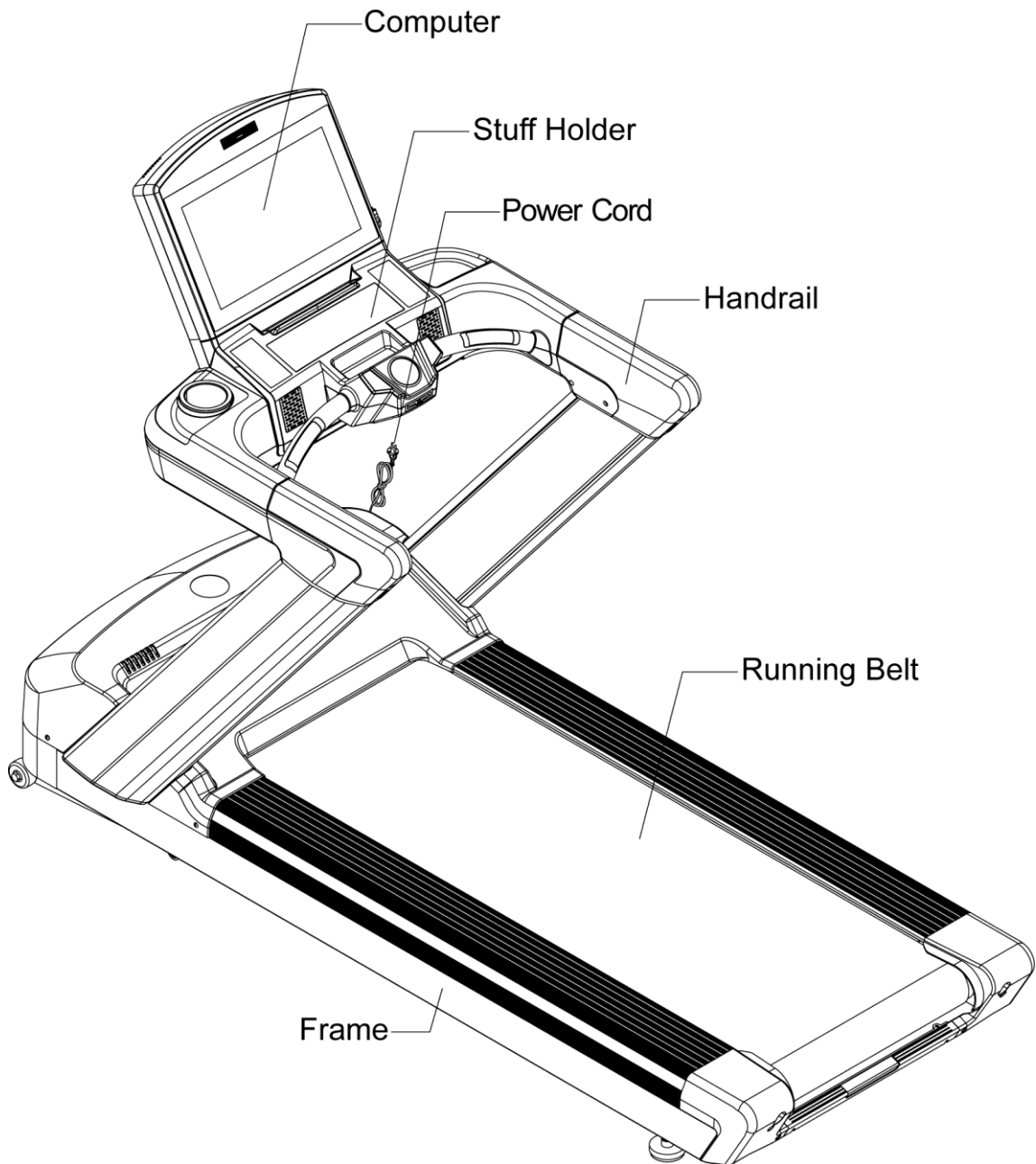
OWNER'S MANUAL



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1. Overview Drawing



2. SAFETY INSTRUCTION

When using this product, basic precautions should always be followed, including the following:

Please read the instruction carefully before starting to use this product.

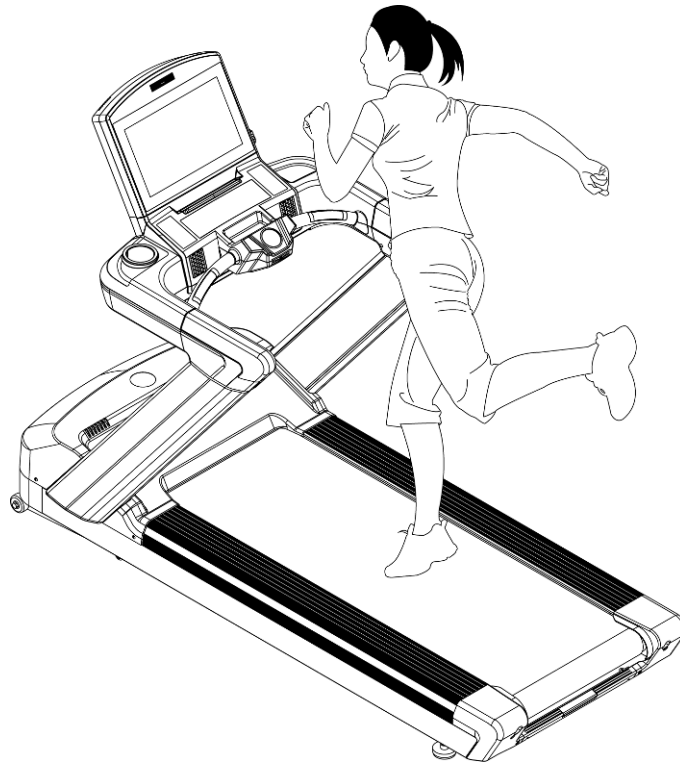
■ **DANGER – To reduce the risk of electric shock :**

- 1 Always unplug this product from the electrical outlet immediately after using and before cleaning.

■ **WARNING – To reduce the risk of burns, fire, electric shock, or physical injury :**

- 1 The product should never be left unattended while plugged in. Unplug the product from the outlet when not in use.
- 2 Close supervision is necessary when this product is used by or near children, invalids, or disabled persons.
- 3 Be sure to use the product only for its intended use as described in this manual. Do not use any attachment not recommended by the manufacturer in order to avoid any danger or accidents.
- 4 Never operate the product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or dropped into water. Please return the product to the service center of seller for examination and repair.
- 5 Do not carry this product by the supply cord or use the cord as a handle.
- 6 Keep the cord away from hot surfaces or ground.
- 7 Never operate the product with the air vents blocked. Keep the air vents free of lint, hair, etc.
- 8 Never drop or insert any objects into any openings.
- 9 Do not use or operate outdoors.
- 10 Do not operate where aerosol (spray) products are being used or where oxygen is thin.
- 11 Before turning the product power off, turn all controls to the off position then remove the plug from the outlet.
- 12 Connect the product to a properly grounded outlet only.
- 13 If the power cord is damaged, be sure to ask the manufacturer for replacement to avoid accidents. The seller and correlative qualified professionals are as well as eligible.
- 14 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 be supervised to ensure that they do not play with the appliance.

- 15 Incorrect or excessive training may cause injuries t health may results.
- 16 The equipment shall be installed on stable base and properly leveled.
- 17 A shall be safety area of 2,000mm x 1,000mm behind the equipment.
- 18 Maximum user weight is 180 Kgs.
- 19 If this treadmill can be folded, please return the elevation to the original position after using.
- 20 When this treadmill is being used, it can not be folded at the same time.
Required to confirm the device completely stopped before folding
- 21 the safety level of the equipment can be maintained only if it is examined regularly for damage and wear.
- 22 any of the adjustment devices that could interfere with the user's movement should not be left projecting.
- 23 Users correct ergonomic position on the equipment shown in Figure



- 24 Before using this product, you should step on the it then turn on the product. Do not turn on the treadmill before step on it.
- 25 Running surface Width dimensions 555*1575mm
- 26 The appliance is intended for household use only
- 27 Customer Address

2.1. Power Requirement

■ This treadmill needs special power supply:

Power Voltage (V)	Frequency (HZ)	Rated Current (A)
100	50/60	18
120	50/60	18
200	50/60	9
220	50/60	9
230	50/60	9
240+	50/60	9

Wirings should be transported according to the electric law of the local country. High pressure wires, low pressure wires and underground wires should be transported separately and can't connect with or twist other wires.

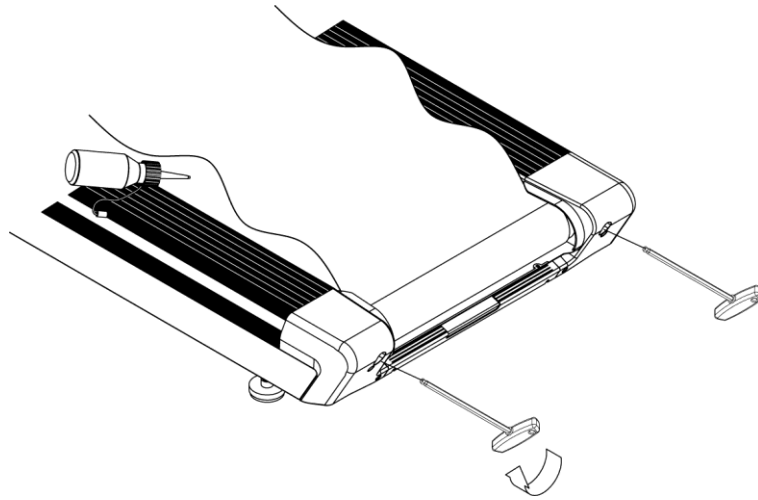
Improper connection of the grounding plug can result in the risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the products are properly grounded. Do not modify the plug provided with the product – If it will not fit the outlet, have a proper outlet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

Figure
Grounding methods



2.2. Add Lubricant

Use the Hex Wrench to unscrew the hex screws inside the Rear End Cap. Then pull the belt up and daub some SILICON to the center of the board. After that, adjust the belt to the center of the deck, followed by tightening the screw to the original set. Adjust the running belt according to the above steps. Half a month should be checked once



Function of LUBRICATION REQUIRED

It will remind you to add lubricant when total distance added up to 2000Km (the distance is difference with the levels of running belt). When restarting the treadmill next time, the character string of "LUBRICATION REQUIRED" will show on the screen and then into start/ready status after continuously displaying for 1 minute.

Ps: When adding lubricant, check whether the lubricant in the running belt is dried up. If it is, then add lubricant into it.

Cancel the character string of "LUBRICATION REQUIRED" displayed on the screen every time you restart the treadmill. After adding lubricant, restart the power and then it will display the character string of "LUBRICATION REQUIRED" for 1 minute on the screen. During the one minute, press speed up key and speed down key at the same time. The number will turn to 0 after 5 seconds and cancel the character string of "LUBRICATION REQUIRED" which will display until the next 2000km reach.

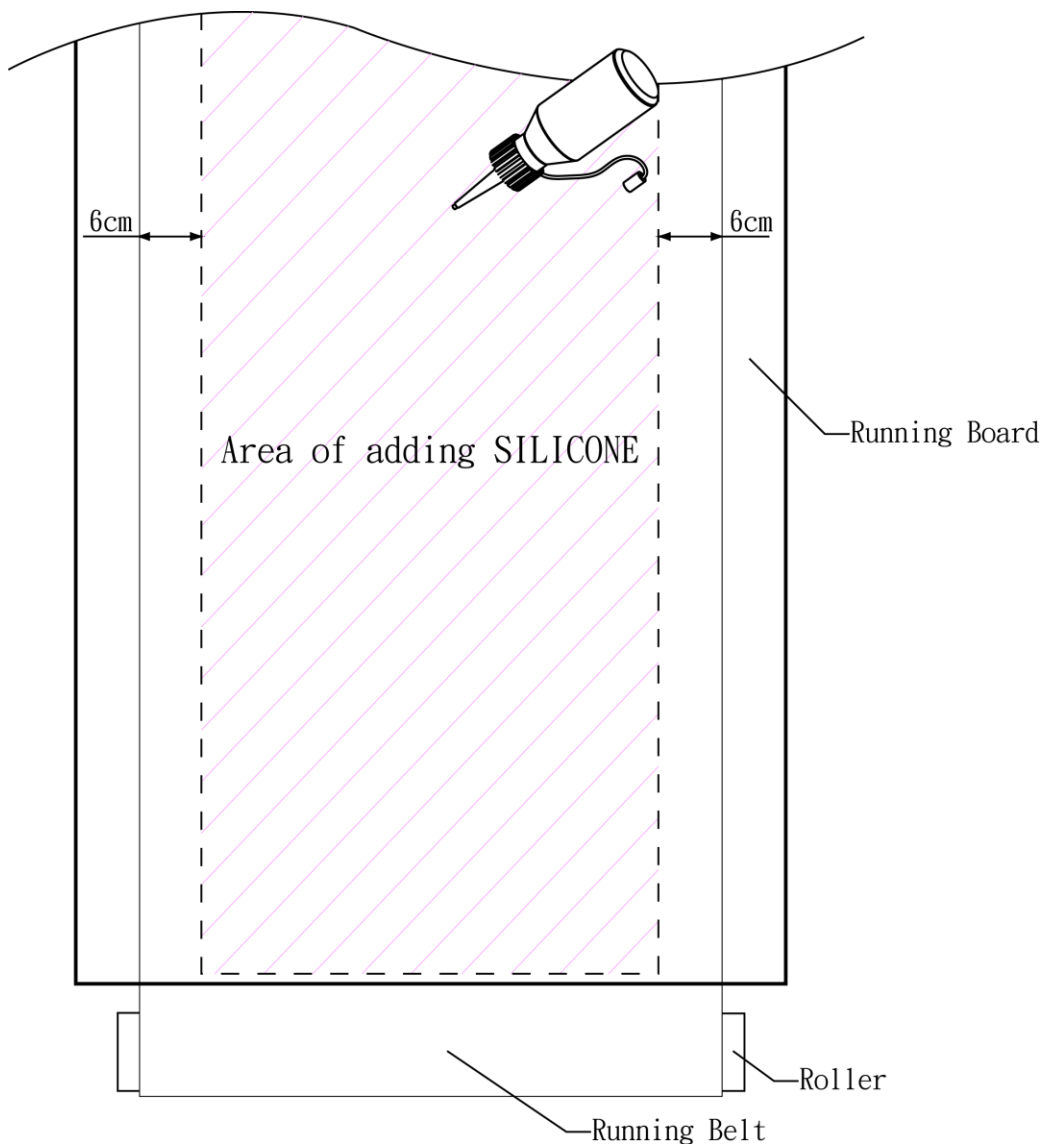
2.3. ADD SILICONE

■ Time of add SILICONE

When suggested time of adding SILICONE is achieved, please extend your hand to the center of the running board to make sure whether there is any SILICONE before adding. If no SILICONE on the running board, please add 30cc SILICONE to the running board. If there is still a little SILICONE, add 15cc SILICONE to the running board.

■ Area of adding SILICONE

Add SILICONE from the center of the running board to the running belt's the left and right side which should minus 6 cm.

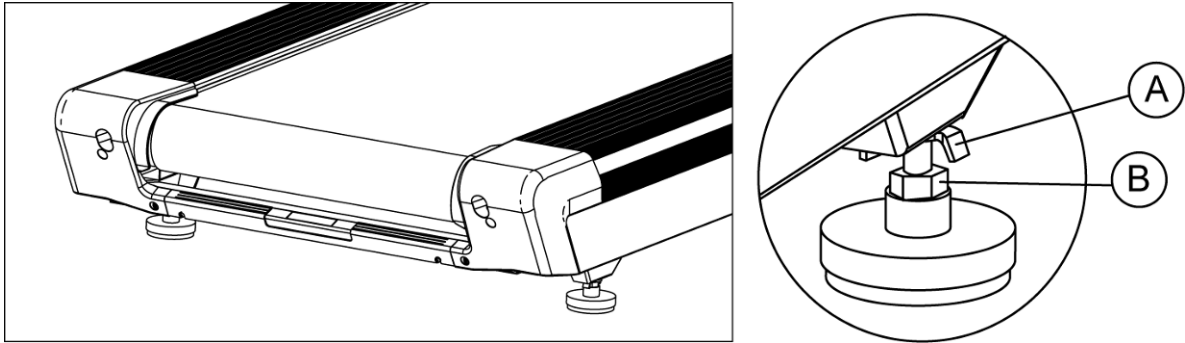


2.4. Level Adjustment

The treadmill will wobble during workout and the incline angles will be affected if it is placed on uneven ground.

The level adjustment method is as follows:

- 1 Turn A counter-clockwise to loosen it
- 2 Adjust B to the proper height
- 3 Turn A clockwise to tighten it.
- 4 The left side adjustment method is the same with the right side



2.5. Power Switch

The Power Switch is on the bottom panel of the treadmill. 1 means on, 0 means off.

2.6. Running Belt Adjustment

After assembling the treadmill, check the operation of the running belt.

First, make sure the power supply is correct. After starting the treadmill, stand on the two sides of the pedal (At the very start, don't stand on the running belt). Press QUICK START key and then increase the speed to 4.0MPH(6.4KPH) by pressing + key.

■ If the running belt is moving towards the right side :

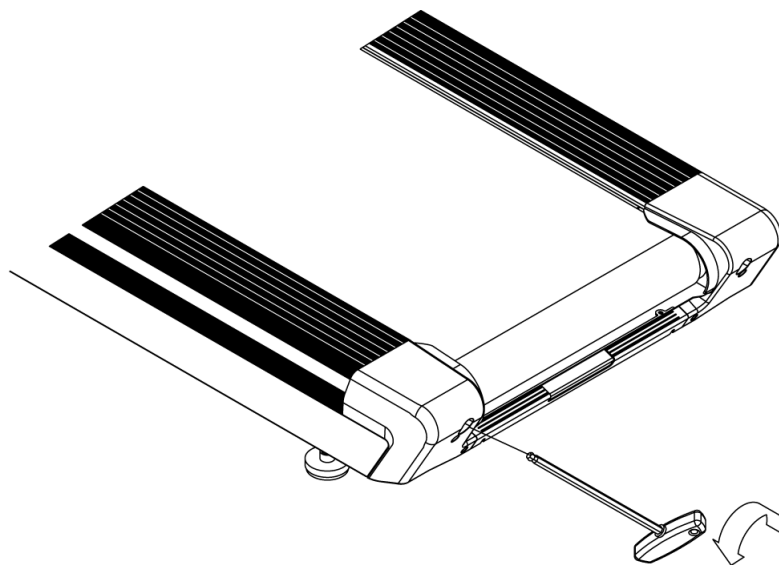
Turn the right button 90° clockwise and contrarotate the left button 90°. You will find the treadmill return to the center position automatically.

■ If the running belt is moving towards the left side :

Turn the left button 90° clockwise and contrarotate the right button 90°. You can also find the treadmill return to the center position automatically.

If you find that the belt has not moved to the proper position, please repeat the steps above.

Note : When adjusting the button, the angle can not exceed 90° which will make it impossible to adjust the belt to the proper position.



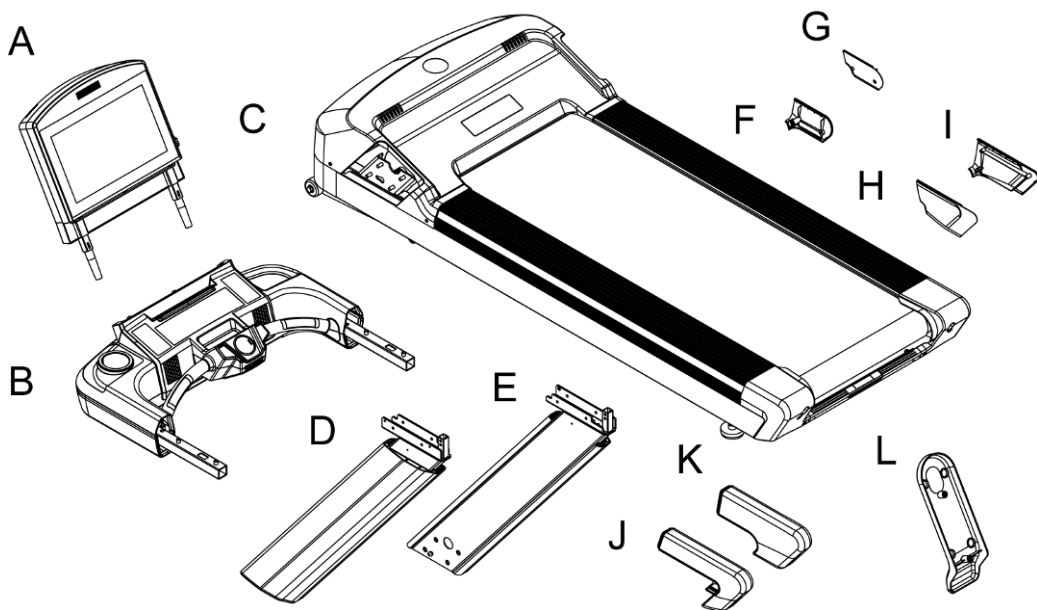
3. Assembly Instructions

Ready the operation instructions carefully before use, then choose a flat position to assemble.



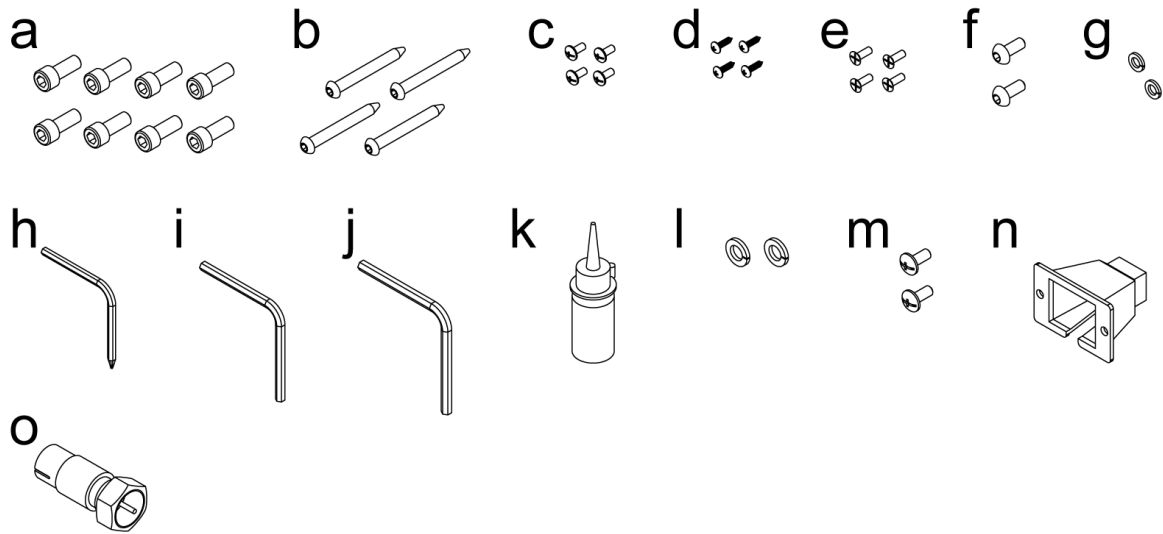
This treadmill also can use other way to account the HRC. When in fitness, user can wear the chest pulse belt and the HRC will show in Pulse windows.

3.1. Pre-Assembly Check List



ITEM	Description	Qty
A	Computer Console	1
B	Stuff Holder	1
C	Frame	1
D	Left Handrail	1
E	Right Handrail	1
F	Inner handrail cover L	1
G	Inner handrail cover R	1
H	Outer handrail cover L	1
I	Outer handrail cover R	1
J	TPR handrail upper cover set L	1
K	TPR handrail upper cover set R	1
L	Computer decorative cover	1

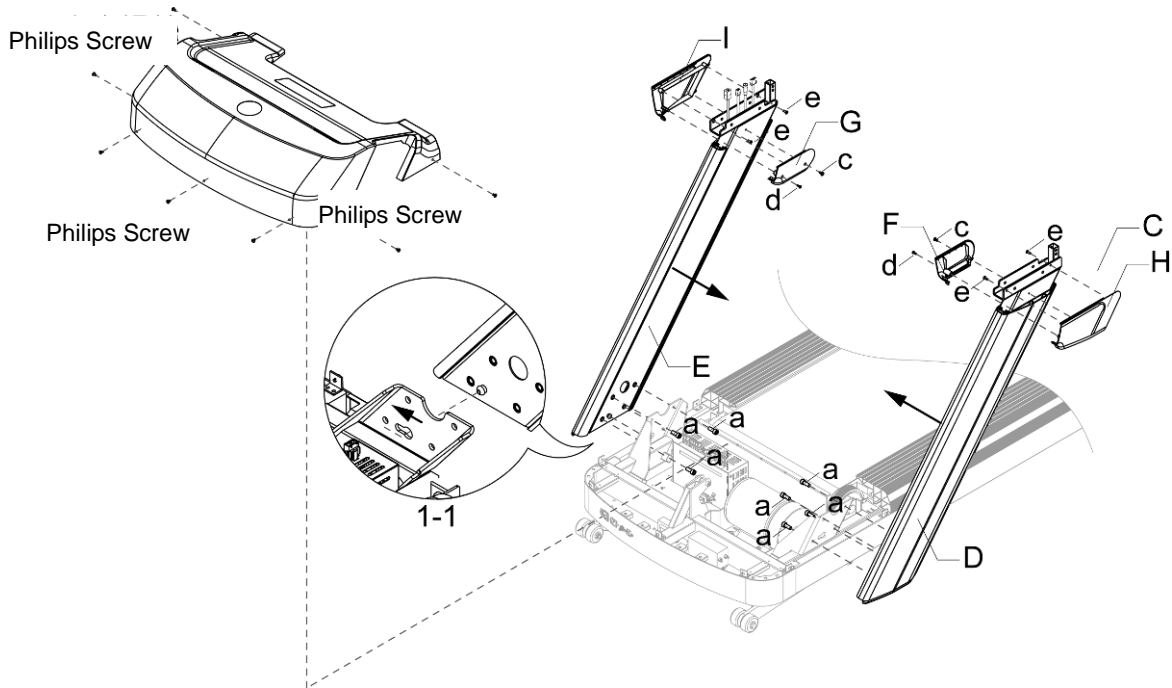
3.2. Hardware Pack



ITEM	Description	Qty
a	Cks hex screw M10xP1.5x25	8
b	Truss hex screw ϕ 13	4
c	Truss Philips Screw M5xP0.8x12	4
d	Screw Φ 4x16	4
e	Philips screw M5xP0.8x15	4
f	Truss hex screw M8xP1.25x20	2
g	Spring washer M8	2
h	L hex wrench+ Philips Screwdriver 5mm	1
i	L hex wrench 10mm	1
j	L hex wrench 8mm	1
k	SILICONE	1
l	Spring washer M4	2
m	Truss Philips Screw M4xP0.7x10	2
n	Power Cord Switch Cover	1
o	CABLE Adapter	1

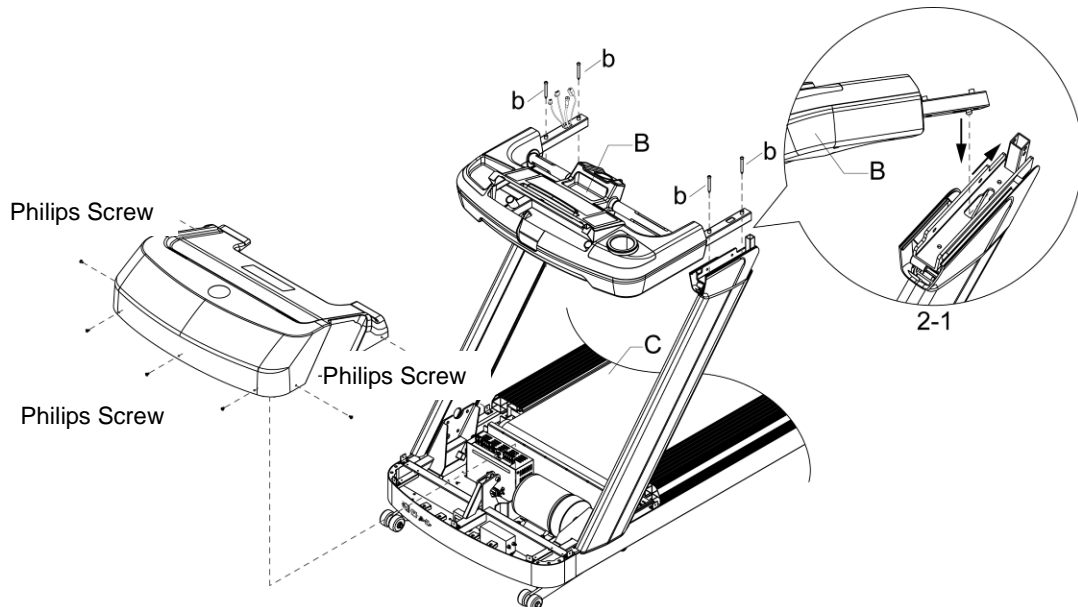
3.3. Assembly Steps

■STEP 1



Release cross screw on frame(c) for motor upper cover fixing and take off upper motor cover, fix the truss hex screw of upright tube into gourd hole as figure 1-1 and push it forward. Then pull the control wire & other wires out with guide thread attached in upright tube and fix the upright tube L,R(D,E) with screw(a), but do not tighten. Tighten outer handrail cover L&R(H,I) on upright tube L,R with screw(e), at last tighten inner handrail cover L,R(F,G) with screw(c,d).

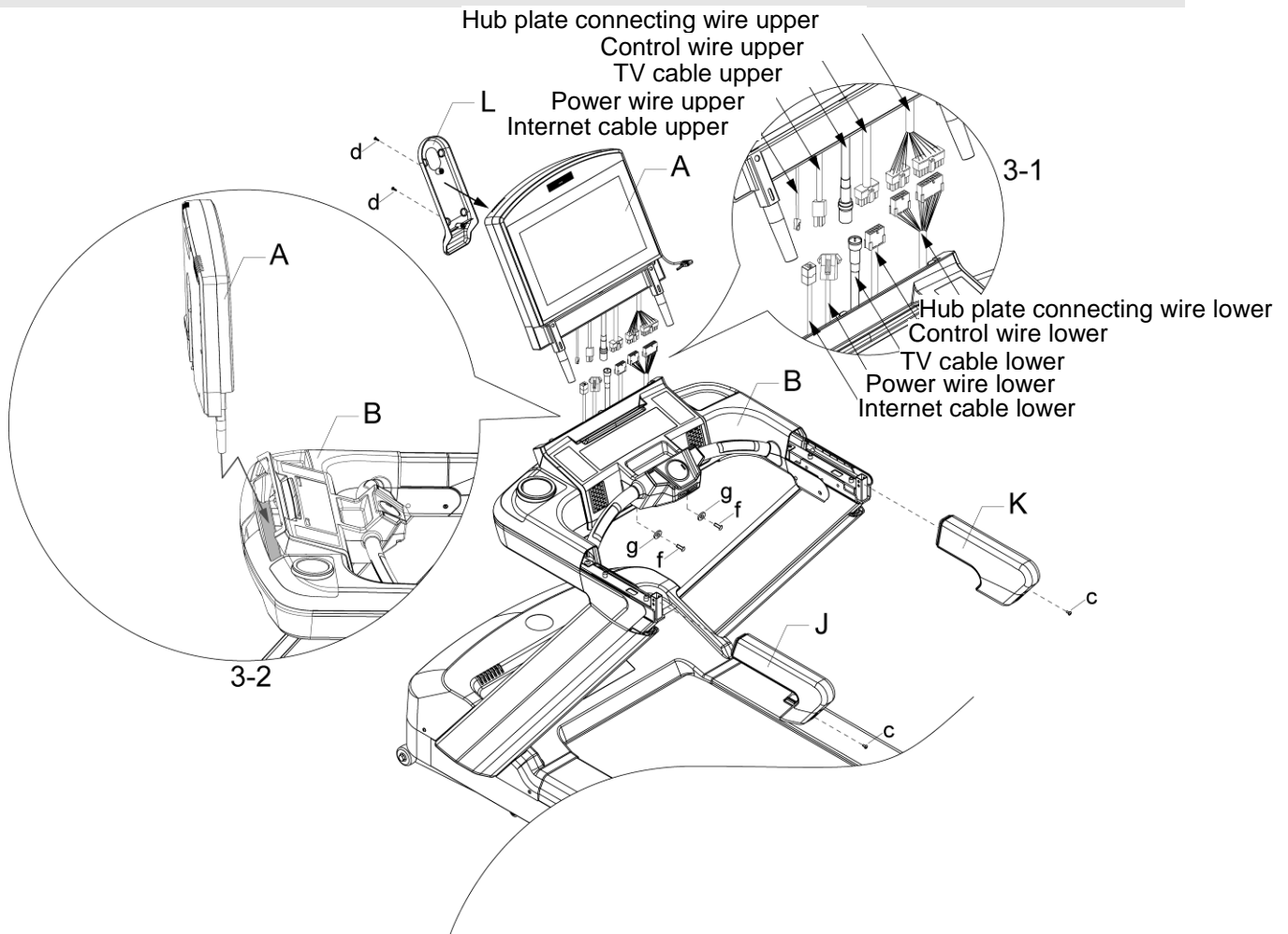
■STEP 2



Make control wire& other wires through the hole of stuff holder set(B), make sure the wires

is not pressed and fix the truss hex screw of stuff holder set(B) into gourd hole of upright tube as figure 2-1, push it forward.After finished, tighten stuff holder(B) with screw(b) and tighten the screw(a) that fixing the upright tube L,R. At last,cover the upper motor cover back to frame(C) and tighten with cross screw.

■STEP 3



Put computer console(A) on stuff holder(B) as figure 3-2, connect the control wire & other wires of stuff holder(B) with wires of computer as figure 3-1. The put the connected wires down to the place under flask holder set, that assembled before and fix with screw(f) & spring washer(g), cover the computer decorative cover(L) and tighten with screw(d), when cover it, please be sure to not press the wires.At last, tighten TPR handrail upper cover set L,R(J,K) on stuff holder with screw(c).

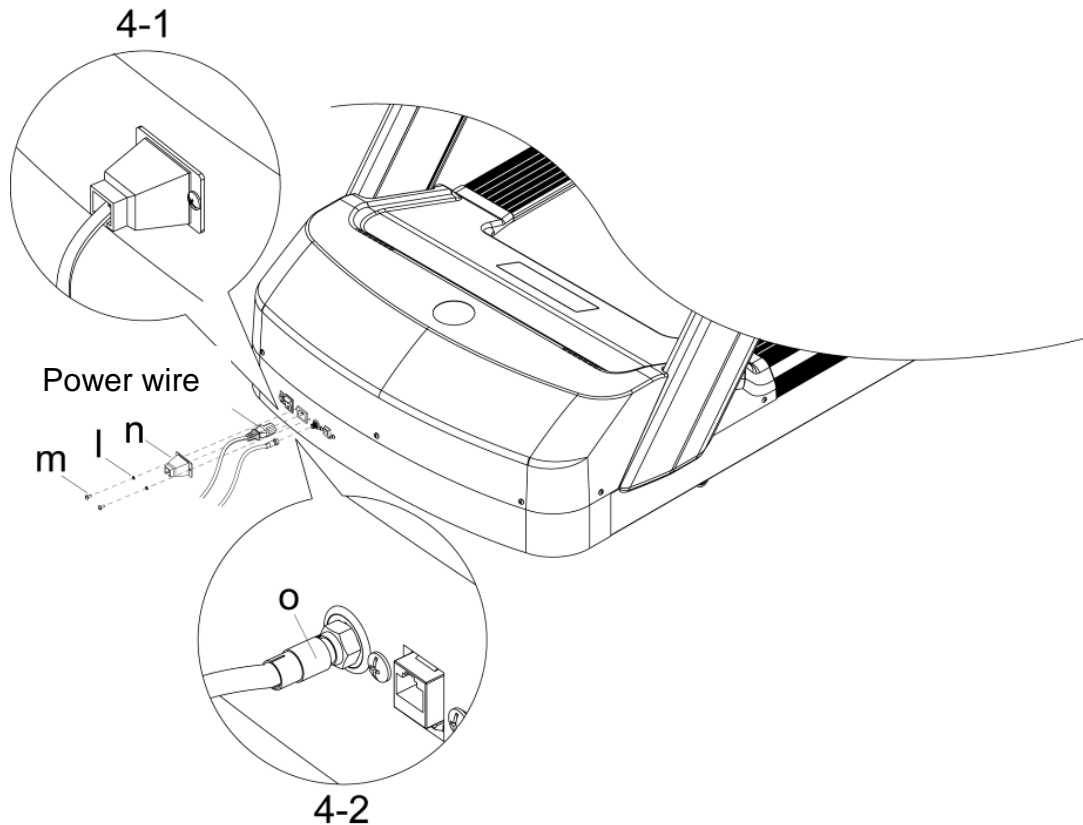
Attention:

- (1) When connect the wires,if the connecting is successful, it will have a voice.
- (2) [TV cable \(lower\) is ready for TV systems using](#)
- (3) To avoid danger, always assemble the treadmill with more than two workers, do

not assemble by yourself.

(4) When assembling the console, one person should hold the console to prevent them from falling.

■ STEP 4

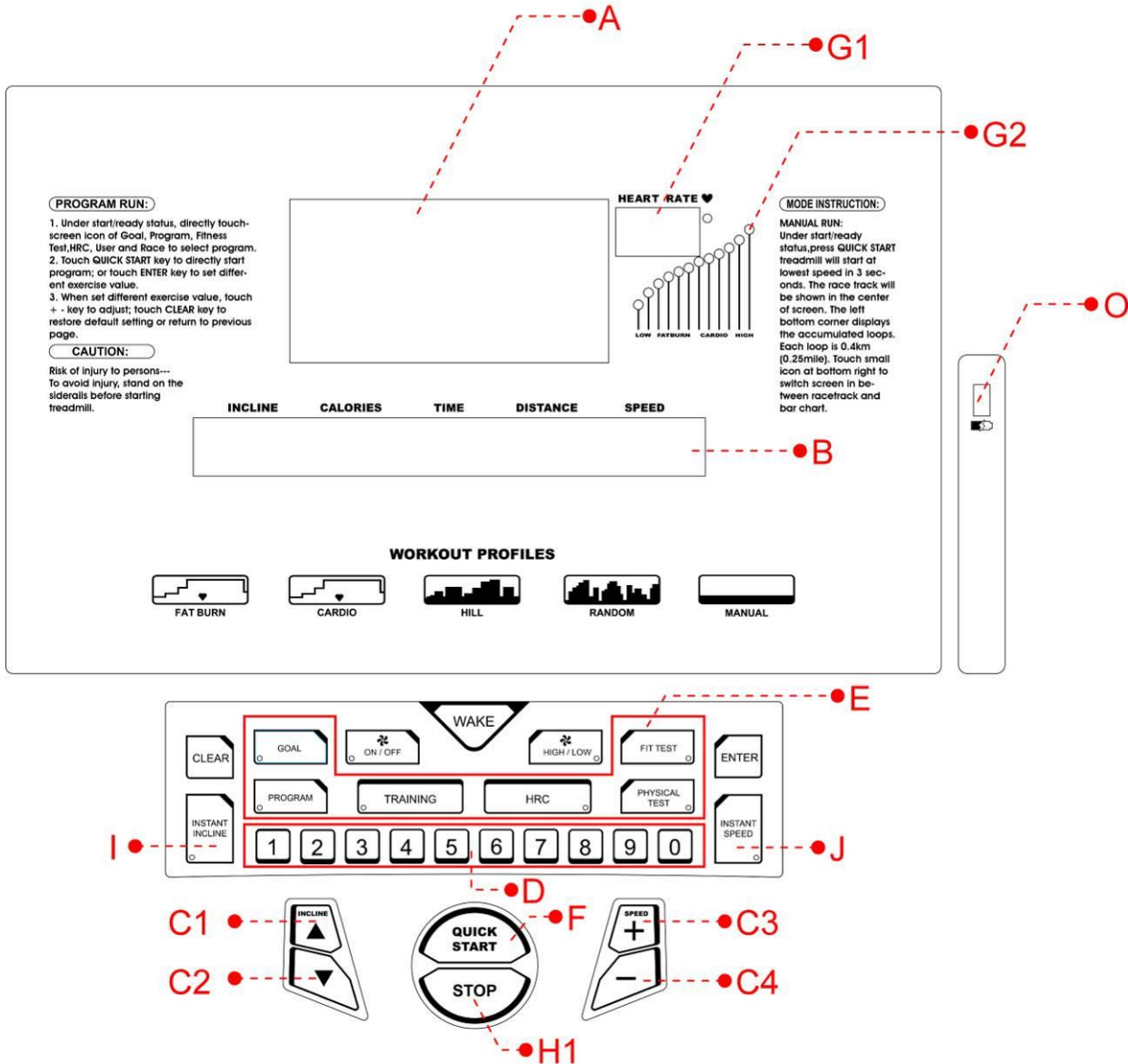


Inset power wire into power wire socket as figure showing, then cover the power wire switch cover(n) and tighten with screw(m), spring washer(l). Finished as figure 4-1.

Attention: [cable transferring connector\(o\) is ready for TV cable systems using as figure 4-2](#)



4. COMPUTER OPERATION INSTRUCTION

The treadmill provides users with a simple and easy-to-use computer. Users can input personal parameters and set the exercise target through the computer.



4.1. Computer structure

A	WORKOUT PROFILE WINDOW	It shows the change status of slope, · Cursor represents the percentage of inclination.
B	MESSAGE CENTER	Display the related information, such as Calorie, Distance, Time, Inclination and Speed.
C1	Increase inclination angle while workout	Press this key to increase inclination angle while workout. Upper limit:15% · STEP 0.1% ·

		(Set LEVEL when in PROGRAM · keys are invalid while workout ·)
C2	Decrease inclination angle while workout	Press this key to decrease inclination angle while workout. Lower limit: 0% · STEP 0.1% · (Set LEVEL when in PROGRAM · keys are invalid while workout ·)
C3	Increase speed while workout	Press this key to increase speed while workout. Upper limit:15.6mph (25.0Kph) · STEP 0.1 mph
C4	Decrease speed while workout	Press this key to decrease speed while workout. Lower limit: 0.5mph(0.8Kph) · STEP 0.1 mph
D	NUMERIC keypad	Use NUMERIC keys to enter exercise time, difficulty level, belt speed, weight, distance, goal selection, gender, and target heart rate. After entering the date, press  to confirm, press  to cancel.
E	WORKOUT SELECTION keys	PROGRAM subject includes GOAL·HRC·PHYSICAL TEST· PROGRAM·TRAINING·FIT TEST
F	QUICK START	Press this key quickly into preset program of user. · During workout, users can adjust the grade and speed by direction key.
G1	Heartbeat Display	It will display the heart rate of user when using the sensor or chest belt monitor.
G2	Heart Rate Zone Panel	Calculate the input age by the formula; take this for the selected target zone. This function displays only after entering program setting and inputting the age
H1	Pause/stop while workout	Press this key once to pause while workout · Press it again and

		back to start/ready status.
I	QUICK INCLINE key	Press this key during exercises, the incline display window will blink. At this time, press the NUMERIC keypad again to choose the incline value, then press ENTER to confirm. If the set value exceeds the upper and lower limits of the treadmill, this value will be not accepted. The user needs to input the acceptable data again(0-15).(When setting LEVEL in PROGRAM, press this key is invalid during exercises.)
J	QUICK SPEED key	Press this key during exercises, the speed display window will blink. At this time, press the NUMERIC keypad again to choose the speed value, then press ENTER to confirm. If the set value exceeds the upper and lower limits of the treadmill, this value will be not accepted. The user needs to input the acceptable data again(0.8-25km/0.5-15.6miles).
L	Horn	The sound volume controlled by the level of signal inputted through the audio input hole Specifications of horns: 5w per 80hms
M	WAKE UP	POWER SAVING MODE:when the treadmill is out of using for 5mins, the machine will enter power saving mode.At this time, screen will show nothing, press WAKE key can wake up the computer.
N1	FAN START/STOP KEY	It can control the fan to start and stop .
N2	FAN HIGH/LOW SPEED CHANGE	After fan start, press this key can change the fan speed from high to low.
O	USB CHARGING	This hole can charge for iOS and Android set, the output power is 5V,1A.

5. Heart Rate Exercise

Maintain a stable heart rate exercise is the best method for detecting exercise intense and achieve the target. This treadmill can meet this requirement.

5.1. Heart Rate Exercise

Set desired heart rate range and conduct aerobics to improve cardiovascular Function. On the right is the picture shows age and its corresponding heart beat times.

Heart rate exercise includes three modes:

- Hill Heart Rate
- Interval Heart Rate
- Intensive Heart Rate

Heart rate interval

Every function has its own advantage. Please refer to chapter 7 for details.

Note: Please first consult fitness instructor before exercise for suitable exercise

	<u>AGE</u>	<u>65%</u>	<u>80%</u>
	10	136	168
	20	130	160
High Intense : Interval Exercise	30	123	152
Lower Intense : It is mainly based on fat burned.	40	117	144
	50	110	136
	60	104	128
	70	97	120
	80	91	112
	90	84	104
	100	78	96

**SUGGESTED TARGET
HEART RATE AS % OF MAX
ACSM HEART RATE RANGE:
55% - 90%**

5.2. Pulse Detection System

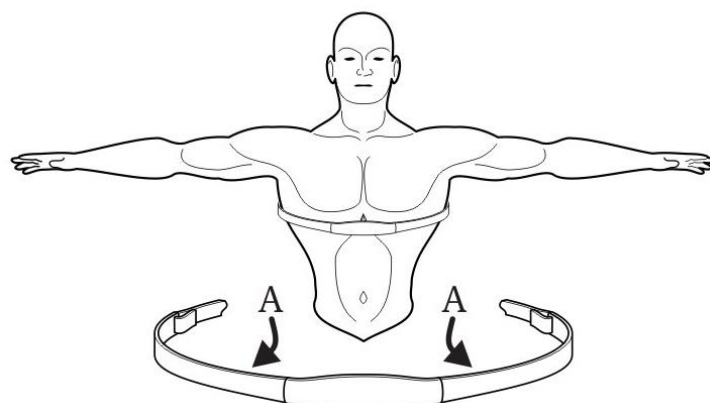
■ A. Hand Grip Sensor System

Put hands on the steel sensor of the front handrail to detect the pulse system during workout. Each handrail is equipped with two sensors. You must grip these four sensors to catch the pulse signal during workout. After 20 to 30 seconds, the result will display. When the speed is above 4.5mph (7.2KPH), you shouldn't grip the sensor for stability but to use chest belt pulse monitor.

■ B. Chest Belt Pulse Monitor

Pulse detection system includes chest belt pulse monitor which should be put electrode on the body. Remote sensor technology is used to transmit the pulse signals to control board. Chest belt is not the necessary attachment. You can purchase if you need

Figure: middle electrode position and wearing ways of chest belt



The above figure is middle electrode position and wearing ways of chest belt. Electrode A is on the center of the chest belt's inside groove. The electrode must be wet when using to make the pulse signals transmit to receiver accurately.

Try to dress the chest belt under the chest muscle. Adjust the chest belt to comfortable position to keep breath smooth. It is best to detect the pulse detection by touching the skin directly, but it also can achieve by dressing thin and wet clothing.

If you want to wet the electrode of the chest belt, hold the middle of the chest belt and pull it out to wet directly.

When setting heart rate exercise, user needs to set the start speed of the treadmill. If system detects no chest belt pulse monitor, the max speed is 4.5mph(7.2Km). If system detects chest belt pulse monitor, the maximum speed is 15.6mph(25Km).

※**Chest Belt Pulse Monitor is an optional extra (wireless chest belt)**

6. Exercise Program

Exercise Program Summary

The following programs are preset in factory :

■ QUICK STSRT

When the treadmill is turn on, press QUICK START key to start it, then is the operate manual. To make calories consumption exact, make sure the weight of the user, inclination and speed. The preset inclination is 0% and you can adjust it by pressing incline up/down key or incline instant key and adjust speed by pressing speed up/down key and speed

instant key.

■ GOAL

- Time Goal

Set the target time according to the target distance, when the target is achieved, the program will stop running.

Setting Range: Time Preset: 20min Range: 10-95

- Distance Goal

This program serves to test the endurance of the user. When the user completes the set miles within limited time and reaches the goal, the program will stop operation automatically.

Setting Range: Distance Preset: 5KM Range 1-99

- Calories Goal

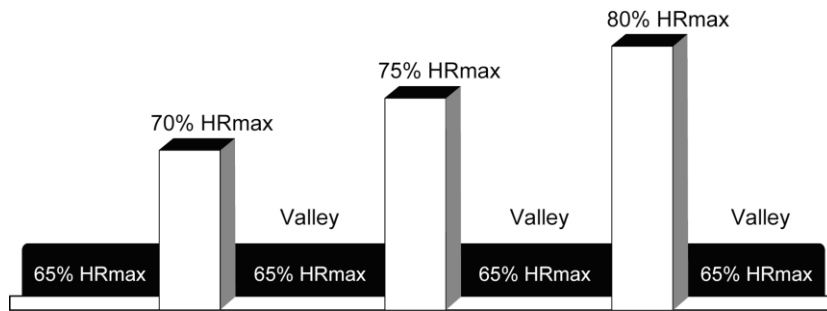
This program serves to lose and control weight. When certain quantity of the calories is exhausted within limited time, the program will stop operation automatically.

Setting Range: Calories Preset: 200 Range 40-600

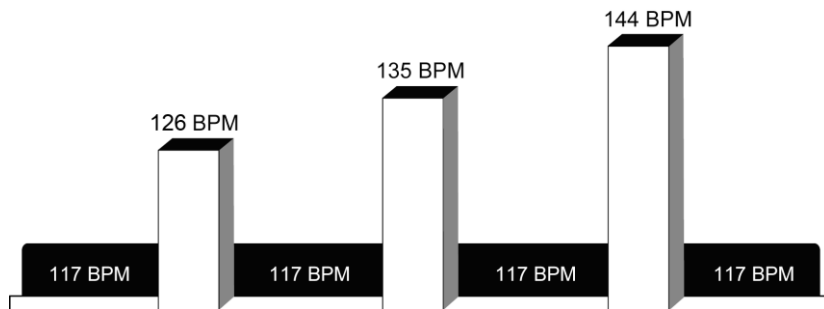
■ HRC

- Hill Heart Rate Control

The preset heart rate goal is 80% of the maximum, Target heart rate will be obtained based on user's information provided. The column height represents the percentage of the maximum heart rate. There are totally seven heart rate goals in the program, among which, three goals are varied, respectively being 70%, 75% and 80%. The rest goals maintain 65% as the bottom limit. (See the following picture) .After three minutes' standard warm-up exercises, the heart rate will increase until 70%. Keep this rate in the running for one minute and then reduce the incline to reduce the rate to 65% for one minute. Each heart rate shall keep for one minute. Do the exercises in the program operation term and when the operation period is terminated, the program enters the cooling stage. During the operation period, if the heart rate is 45 seconds more than the maximum value, the running machine will be suspended automatically whereas if the heart rate does not meet with the goal and wonders between the two goals, the display will give prompt to increase or lower the speed. ° If the first heart rate goal is reached, the program will not skip to next goal. In the running period, confirmation shall be made that the breast belt sensor is correctly worn or the heart rate sensor on the handle is grasped tightly. Otherwise, the program will not run normally.



Heart rate control display image



Corresponding targeted heart beat times

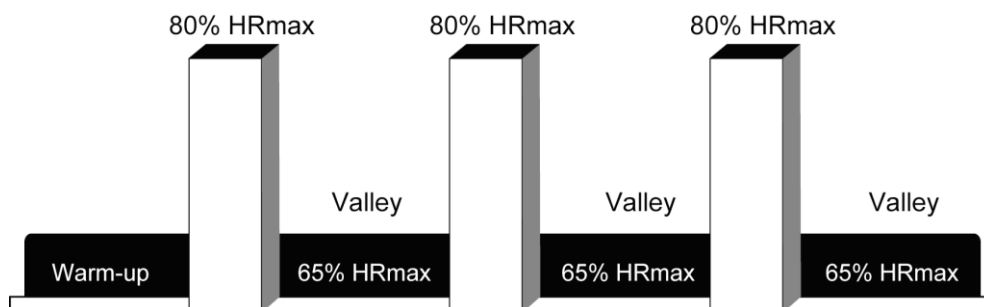
Take a 40-year old user for instance, the heart beat goal is 80% of the maximum heart beat times: $(220 - 40) \times 80\% = 144$

Interval Heart Rate Control

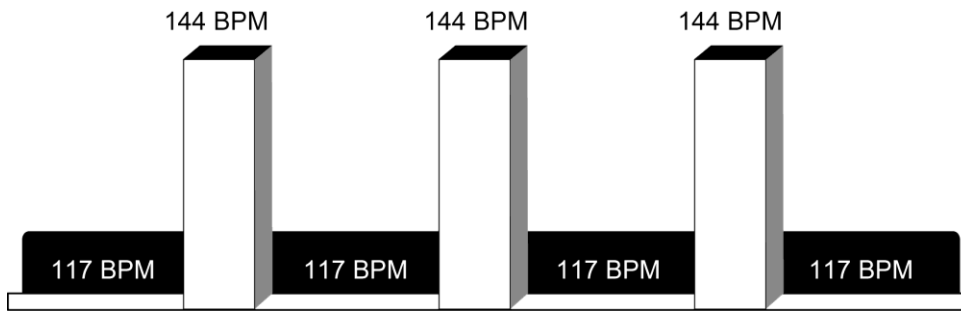
The interval heart rate control is similar to the heart rate control program and the differences are: firstly, the heart rate goals are 80% of the maximum heart rate. Target heart rate will be obtained based on user's information provided.

Secondly, the maintaining time of each heart rate goal is 3 minutes.

In the running period, confirmation shall be made that the breast belt sensor is correctly worn or the heart rate sensor on the handle is grasped tightly. Otherwise, the program will not run normally.



Interval heart rate control display image



Corresponding targeted heart beat times

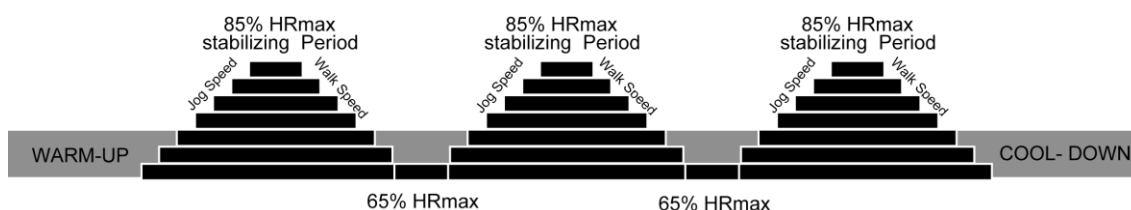
Take a 40-year old user for instance, the heart beat goal is 80% of the maximum heart beat times: $(220 - 40) \times 80\% = 144$

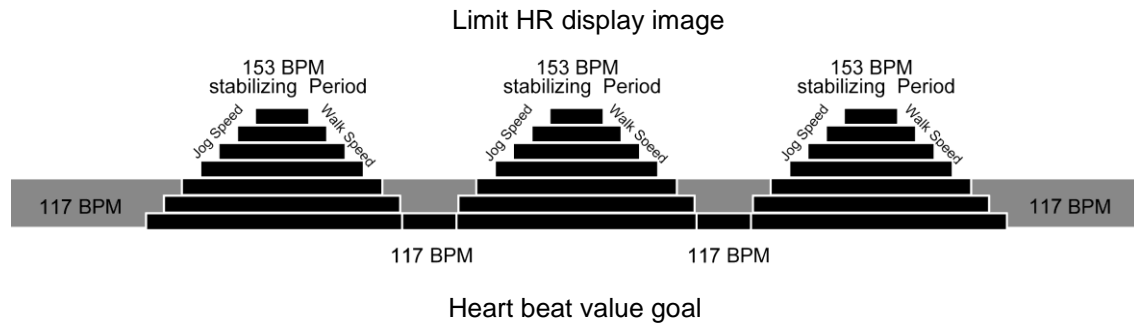
- Intensive Heart Rate

Intensive heart rate program (applicable to the experienced users who will break the general health level and challenge the limit). In the running process, the heart rate changes rapidly between two heart rate goals (65%-85%), similar to the changes in short-distance racing. In the running period, confirmation shall be made that the breast belt sensor is correctly worn or the heart rate sensor on the handle is grasped tightly. Otherwise, the program will not run normally.

Note: if the running speed of the user exceeds 4.5miles/hours, remember to wear the breast belt sensor, however, it's not necessary to grasp the heart rate sensor on the handler.

- ※ Set the program to determine the heart rate goal and choose the walk speed and jog speed. After three minutes' preparation (warm-up exercise), the electronic meter of the running machine increases to the job speed and raises the incline of the running platform to make the heart rate of the user reach 85% HRmax. After keeping steady for a period of time, the electronic meter reduces the incline to the 0 degree and the speed is reduced to the walk speed, the heart rate is 65% HRmax, which is the minimum heart rate goal. After keeping steady for a period of time, the electronic meter expedites and increases the incline and repeated the above operation until the end of the set program time.
- ※ If the user does not reach the two heart rate goals, after 5 minutes, the information display screen will give prompt for acceleration or deceleration and the detailed situation is determined by the current stage. If the first heart rate goal is reached, the program will not skip to next goal.





Take a 40-year old user for instance, the heart beat goal is 85% of the maximum heart beat times: $(220 - 40) \times 85\% = 153$

■ PHYSICAL TEST

- SUPERIOR PHYSICAL TEST

Test pulmonary function, the muscle endurance and angiopathy function (applied in the US soldiers)

- EXTREME PHYSICAL TEST

Test the physical fitness of the navy, requiring the 1.5 miles running within stipulated time and measuring the aerobic metabolism (navy).

- ENDURANCE PHYSICAL TEST

Marine Corps Physical Fitness Test (US soldiers)

- GERKIN PROTOCOL

GERKIN PROTOCOL is applied by the International Fire Protection Association to judge whether the soldier are qualified for the fire control tasks and the marks rely on the time to finish the test. Except the GERKIN PROTOCOL, other tests are all performed after finishing the stipulated miles. The program enters the cooling stage and the time of cooling relies on the test time. If the test time is less than 5 minutes, the cooling time is 1 minute, if between 5 to 15 minutes, the cooling time is 3 minutes and if higher than 15 minutes, the cooling time is 5 minutes. After cooling (if the user requires to check the test result, press the STOP key), the electronic meter displays the test marks and grade.

- PHYSICAL EFFICIENCY BATTERY

Physical fitness training with the test miles of 1.5 miles (2.4KM), applied in the US Federal Law Enforcement Training Center, FBI and other federal organizations supporting and maintaining the federal work.

■ PROGRAM

- MANUAL

Manual is a continuous exercise program and user can set incline or speed at will during workout. Pulse panel will display heart rate calculated by user's age.

- RANDOM

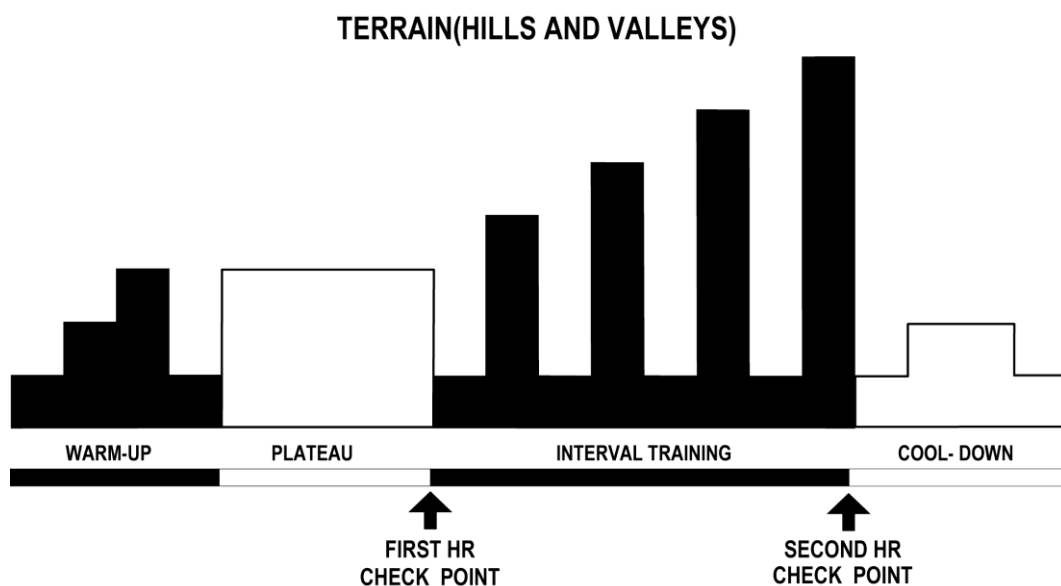
The interval training of the user who continuously change the incline of the running platform and therefore giving over 100 heart rate landform effect diagram.

- HILL

The interval exercise effect analysis diagram is the interval exercise program controlled by the computer, which could improve the cardio-pulmonary function better than the steady training program. The whole program is divided into four stages, each stage represents different exercise intensity and the program window displays the operation status.

The heart rate test shall firstly choose the transitional stages for two areas to check the heart rate changes in the transitional stages. The two triangles in the picture is the heart rate check point. This program is the exercise program to combine the cardio-pulmonary function training, fat burning and regional heart rate training and is not the program to test the heart rate. Therefore, there is no prompt displayed to test the heart rate. In the running period, the user shall wear the breast belt sensor or grasp the heart rate sensor on the handler.

Warm-up	Gradually increase the exercise intensity by changing the incline and speed to make the heart rate reach the minimum heart rate goal, intensify the breathing and promote the blood circulation.
Plateau	Slowly increase the exercise intensity and maintain to make the heart rate reach the minimum heart rate goal and then check the actual heart rate
Interval Training	Regularly increase the exercise intensity and then recover the heart rate. Make the rate reach the maximum heart rate goal and check the actual heart rate for the second time.
Cool-Down	The relaxation stage after exercise. Lactic acid is generated from the muscle in the oxidization process and the time and intensity of the cooling time rely on the execution time, speed, incline and heart rate of the program.



Each light column represents an interval and the whole program is composed by 20 intervals. The operation period of the program determines the program every 95 minutes. The default time setting is 10 minutes with the range from 10 to 95 and the STEP is 5 minutes.

10-19 minutes	he total time of the program is 10 minutes, the interval time is set to be 30 seconds. If the program time is 15 minutes, the interval time is set to be 45 seconds.
20-95 minutes	The default continued time is 60seconds for every default interval. If user want to extend the time of every interval, more than 60seconds. Every interval's time is equal to the fitness time user setted /20 sections, for example, if the setted time is 80 minutes, every interval's time is 4 minutes.

- **SPEED INTERVAL**

Press the continuously flashing PROGRAM key on the electronic meter to shift the default jogging and running speed (once set, the value will not be changed at will). Press SPEED ARROW key to adjust other speed. The press to shift the PROGRAM key from current jogging to running speed will adjust the speed to the default value.

- **FAT BURN**

The low intensity exercise program is mainly featured by burning the fat and makes the heart rate of the user keep at 65% HRmax, namely the heart rate goal. In this process, it's necessary to wear the breast belt sensor or grasp the heart rate sensor on the handler. If the previous actions fail, the program window will display a heart shape for prompt and the information display screen will give the prompt to grasp the heart rate sensor on the handler. The electronic meter controls and displays the heart rate and automatically adjusts the inclination of the running machine to keep the heart rate as the targeted rate. This program is for warming up exercise and will not accept severe exercises. (Heart beat times goal= $(220 - \text{age}) * 0.8$, namely the 80% of the HRmax)

- **CARDIO**

The best training methods refer to the oxygenation exercises or the training to increase the angiocarpus functions.

While doing exercises, it's necessary to wear the breast belt sensor or grasp the heart rate sensor on the handler, and then the program will automatically adjust the running platform inclination and keep the heart rate goal according to the actual rate.

Note: The heart beat times goal for FAT BURN training program is calculated on the basis

of the 65% HRmax and the CARDIO and HEART RATE HILL is calculated on the basis of the 80% HRmax.

The above programs all require the determination of the weight of the user. When the running machine enters this PROGRAM, use SPEED UP DOWN KEY or digit key to input the weight.

- TRAINING

FITNESS TRAINING 5K

FITNESS TRAINING 10K

This product shall include the 5km and 10km self-challenging program. By setting different inclines, the program forms a corresponding landform picture in the operation process. The incline represents the difficulty of the exercise. 1.5% incline belongs to flat ground running and 0% and below incline belongs to the down hill tendency. The sustained time of each incline ranges from 30 seconds to 60 seconds and when the goal is reached, the program stops the operation.

- FIT TEST

Fit test program. It's applied to test the angiocardy function and supervise the improvement of the angiocardy every four and six weeks. As the test result is calculated according to the heart rate input to the computer, therefore, in the test process, the user must wear the breast belt sensor or handle the sensor. When the program is in the 5% incline for continuous five minutes, the controller (computer) will immediately read the heart rate of the user, calculate the test result and show the test mark on the screen. The FIT TEST is to test the function of the heart to supply the aerated blood to the muscle tissue by measuring the oxygen capacity in the blood and to test how the muscle tissue effectively absorbs the oxygen from the blood supply. The physicians and physiologists commonly believe this is a wonderful means to test the aerobic metabolism capacity.

- **To set up the Fit Test**

- Press the FIT TEST button repeatedly until the FIT TEST option appears in the message center. Press ENTER to select the FIT TEST option.
- The message center will prompt for a user weight, age and gender . Use the NUMERIC KEYS or UP/DOWN ARROW KEYS to input the weight, age and gender. Press ENTER to confirm.
- The message center will next prompt for a workout level (ENTER SPEED)(2-4.5 mph). Consult the following recommended fit test level chart for an appropriate effort level based on your age, gender and activity level. Use the NUMERIC KEYS or UP/DOWN SPEED ARROW KEYS to enter the corresponding level.

After the five-minute FIT TEST is completed, a FIT TEST score will be displayed.

Fit Test Program Suggested Exertion Levels

	Inactive	Active	Very Active
Treadmill Fit Test	2-3mph	3-4mph	3.5-4.5mph
Level	3.2-4.8kph	4.8-6.4kph	5.6-7.2kph

NOTE: Treadmill will incline to 5% after a one minute warm-up.

Suggested exertion levels should be used as a guideline for setting up the Fit Test program. The goal is to elevate the user's heart rate to a level that is between 60%-85% of their theoretical maximum heart rate.

Active Levels And Range

Lower Half of Range	Upper Half of Range
higher age	lower age
lower weight	higher weight *
shorter	taller

In cases of excessive weight, use lower half of range.

The program will not accept:

- Heart rate less than 52 BPM or greater than 200BPM beats per minute.
- Body weight less than 75lbs (34 kg) or greater than 400lbs (180 kg).
- Age below 10 or over 99 years.
- Data input exceeds human potential.

If you make an error when entering any Fit Test data, you can correct it by pressing CLEAR, inputting the correct information, and pressing ENTER. It is important for you to take the Fit Test under similar circumstances each time. Your heart rate is dependent on many factors, including:

- amount of sleep the previous night (at least seven hours is recommended)
- time of day
- time you last ate (two to four hours after the last meal is recommended)
- time since you last drank a liquid containing caffeine or alcohol, or smoked a cigarette (at least four hours is recommended)
- time since you last exercised (at least six hours is recommended)

For the most accurate Fit Test results, you should perform the Fit Test on three consecutive days and average the three scores.

VO2 max Tests

Female (values in ml/kg/min)

Age	Very Poor	Poor	Fair	Good	Excellent	Superior
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13-19	<25.0	25.0 - 30.9	31.0 - 34.9	35.0 - 38.9	39.0 - 41.9	>41.9
20-29	<23.6	23.6 - 28.9	29.0 - 32.9	33.0 - 36.9	37.0 - 41.0	>41.0
30-39	<22.8	22.8 - 26.9	27.0 - 31.4	31.5 - 35.6	35.7 - 40.0	>40.0
40-49	<21.0	21.0 - 24.4	24.5 - 28.9	29.0 - 32.8	32.9 - 36.9	>36.9
50-59	<20.2	20.2 - 22.7	22.8 - 26.9	27.0 - 31.4	31.5 - 35.7	>35.7
60+	<17.5	17.5 - 20.1	20.2 - 24.4	24.5 - 30.2	30.3 - 31.4	>31.4

Male (values in ml/kg/min)

Age	Very Poor	Poor	Fair	Good	Excellent	Superior
13-19	<35.0	35.0 - 38.3	38.4 - 45.1	45.2 - 50.9	51.0 - 55.9	>55.9
20-29	<33.0	33.0 - 36.4	36.5 - 42.4	42.5 - 46.4	46.5 - 52.4	>52.4
30-39	<31.5	31.5 - 35.4	35.5 - 40.9	41.0 - 44.9	45.0 - 49.4	>49.4
40-49	<30.2	30.2 - 33.5	33.6 - 38.9	39.0 - 43.7	43.8 - 48.0	>48.0
50-59	<26.1	26.1 - 30.9	31.0 - 35.7	35.8 - 40.9	41.0 - 45.3	>45.3
60+	<20.5	20.5 - 26.0	26.1 - 32.2	32.3 - 36.4	36.5 - 44.2	>44.2

Table Reference: The Physical Fitness Specialist Certification Manual, The Cooper Institute for Aerobics Research, Dallas TX, revised 1997 printed in Advance Fitness Assessment & Exercise Prescription, 3rd Edition, Vivian H. Heyward, 1998.p48

NOTE: To receive a proper Fit Test score, the work done must be within a training heart rate zone that is 60 percent to 85 percent of the theoretical maximum heart rate (HRmax).

- Example of Program

The steps for setting up a HILL, RANDOM, SPORT TRAINING 5K, and SPORT TRAINING 10K workout include selecting a level. The word “level” refers to a range of incline percentages. The treadmill features 20 levels.

LEVEL	% Incline	LEVEL	% Incline
1	0.0 - 1.5	11	2.0 - 8.5
2	0.0 - 2.2	12	3.0 - 9.2
3	0.0 - 2.9	13	3.5 - 9.9
4	0.0 - 3.6	14	5.0 - 10.6
5	0.0 - 4.3	15	5.5 - 11.3
6	0.0 - 5.0	16	6.5 - 12.0
7	0.0 - 5.7	17	7.0 - 12.7
8	0.0 - 6.4	18	8.0 - 13.4
9	0.5 - 7.1	19	8.7 - 14.1
10	1.5 - 7.8	20	9.0 - 15.0

The electronic meter displays the above information in the form of column graph. The height of the column means the height of the incline, and the level could be modified by the UP-DOWN key or digit key.

7. Troubleshooting

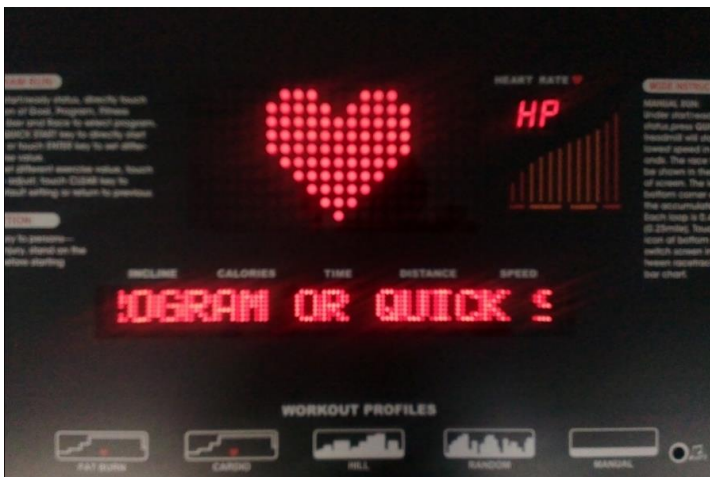
Error code	Causes	Corrective measures	Remarks
The electronic meter is not set with power supply.	1. The power switch is closed.	Turn on the power switch.	
	2. The indicator light of power switch is not on.	Use the ammeter to inspect whether the socket is set with power supply.	Inspect whether the commercial power is (110/220V).
	3. The frequency converter does not input DC 12V power.	Replace the frequency converter	
	4. The control line is in fault.	Replace the control line.	
	5. The electronic meter is in fault.	The electronic meter is in fault.	
E1	The motor speed is abnormal.	Replace the motor or frequency converter.	
E5	The key is abnormal.	Replace the electronic meter or	

		key.	
E6	The lifting motor is abnormal.	Replace the lifting motor or key.	
E01	The voltage of frequency converter is low.	Replace the filter, high inductance and frequency converter.	Inspect whether the commercial power is (110/220V).
E02	The temperature sensor of frequency converter is abnormal.	Replace the frequency converter.	
E04	The frequency converter outputs overcurrent.	Add lubricating oil in the running machine and replace frequency converter.	
E06	The frequency converter has overcurrent.	Replace the braking resistance of frequency converter.	
E08	The frequency converter is grounded abnormally.	Replace the frequency converter.	
E21	The frequency converter is in flash fault.	Replace the frequency converter.	
E22	The frequency converter is in flash fault.	Replace the frequency converter.	
E28	The frequency converter displays low voltage warning.	Replace the filter, high inductance and frequency converter.	Inspect whether the commercial power is (110/220V).
E37	The frequency converter displays emergency stop.	Replace the frequency converter, control line and electronic meter.	
E09	The frequency converter is overheat.	Add lubricating oil in the running machine and replace frequency converter.	
E0A	The overload of frequency converter motor is abnormal.	Replace the motor or frequency converter.	

E0B	The overload of frequency converter is abnormal.	Add lubricating oil in the running machine and replace frequency converter.	
E0C	The overload of frequency converter system is abnormal.	Replace the frequency converter.	
E0D	Disconnection frequency converter is inspected.	Replace the motor or frequency converter.	
E0E	The frequency converter is in braking fault.	Replace the braking resistance of frequency converter.	
E29	The frequency converter displays high temperature.	Add lubricating oil in the running machine and replace frequency converter.	
E77	The communication of frequency converter is abnormal.	Replace the frequency converter, control line and electronic meter.	

8. Metric/ imperial conversion

1. The standby screen is shown as follows.



2. Press STOP+ ENTER key to enter engineering mode after 8 seconds.



3. Press ENTER key and enter metric/ imperial modification screen after 2 sub-seconds.



4. Use SPEED "+", "-" key to convert metric/ imperial system.



5. Press ENTER key and the 4th screen can return to standby mode.

