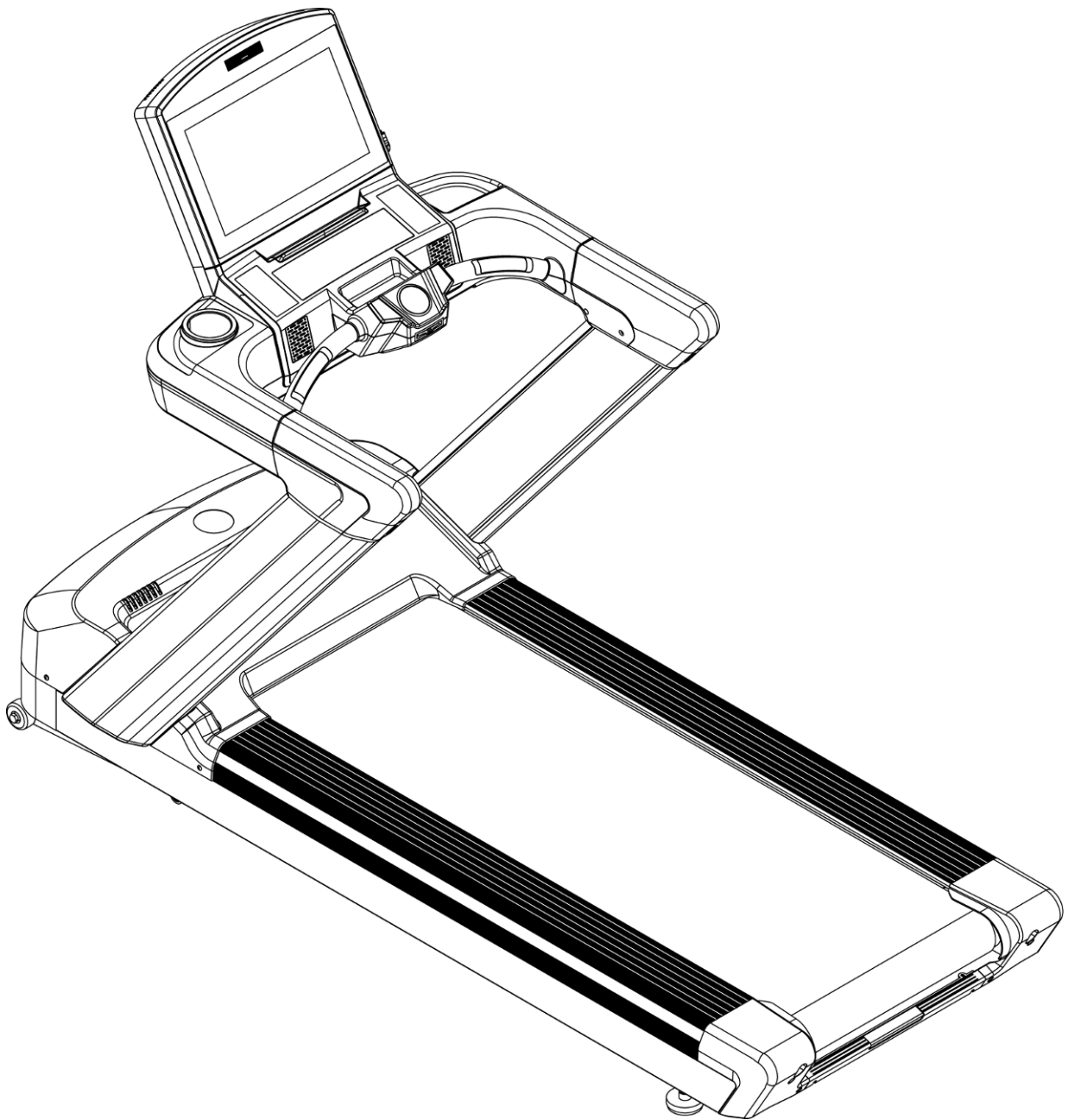


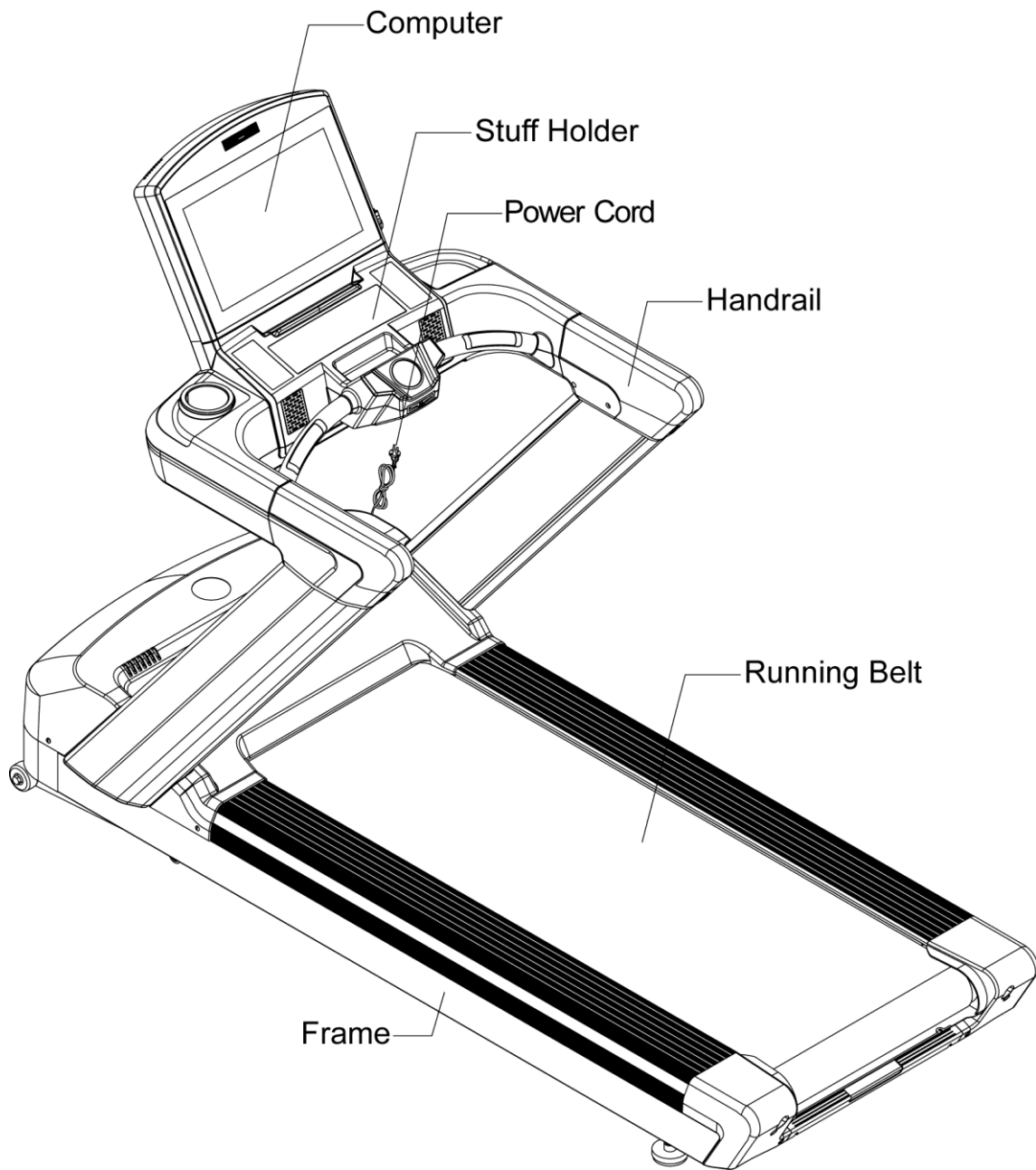
TREADMILL T22.3 OWNER'S MANUAL



Content

1.	Overview Drawing.....	2
2.	SAFETY INSTRUCTION	3
2.1.	Power Requirement	5
2.2.	Add Lubricant.....	6
2.3.	ADD SILICONE.....	7
2.4.	Level Adjustment.....	8
2.5.	Power Switch	8
2.6.	Running Belt Adjustment.....	8
3.	Assembly Instructions.....	9
3.1.	Pre-Assembly Check List.....	9
3.2.	Hardware Pack	10
3.3.	Assembly Steps	11
4.	The operation instruction of electronic meter.....	14
4.1.	Electronic meter structure_ A LC Screen Section	15
4.2.	Electronic meter structure_ B Substance Keys	15
4.3.	Electronic meter structure_ C Substance Keys.....	16
4.4.	Electronic meter structure_ Outer Installation Section	17
5.	Display page introduction	18
5.1.	Simple user interface :	18
5.2.	Startup page.....	18
5.3.	Resident area.....	18
5.4.	Standby page	19
5.5.	Program control set page.....	19
5.6.	Exercise storage device optional page (running and fitness with the exercise record device).....	20
5.7.	Pages of the exercise	21
5.8.	Exercise Course Page	26
6.	Heart Detection Introduction	27
6.1.	Heart Rate Sensor System	28
6.2.	Regional heart rate exercise	28
7.	Sports and fitness program.....	29
7.1.	Overview of sports and fitness program.....	29
7.2.	Program Illustration.....	29
8.	Program Set	39
8.1.	Enter and Exit Engineer mode	39
8.2.	Setting Metric or Imperial system Units.....	40
8.3.	Time zone setting.....	40
8.4.	Language	40
8.5.	Setting Metric or Imperial system Units.....	40
8.6.	Machine information.....	40
8.7.	Wi-fi setting	41
8.8.	Power setting	41
8.9.	Update for the software.....	41
8.10.	Value Setting	42
8.11.	Debug Log.....	42
8.12.	TV Setting.....	42
8.13.	Others.....	43

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 :**

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 person.
- 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 person (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.
- 16 The equipment shall be installed on stable base and properly leveled.
- 17 A safety area of 2,000mm x 1,000mm should be kept behind the equipment.
- 18 Maximum user weight is 180 Kgs.
- 19 The safety level of the equipment can be maintained only if it is examined regularly for damage and wear.
- 20 Any of the adjustment devices that could interfere with the user's movement should not be left projecting.

21 Users correct ergonomic position on the equipment shown in Figure



- 22 Before using this product, you should step on it then turn on the product. Do not turn on the treadmill before step on it.
- 23 Running surface is 555*1575mm
- 24 The appliance is intended for commercial use.

2.1. Power Requirement

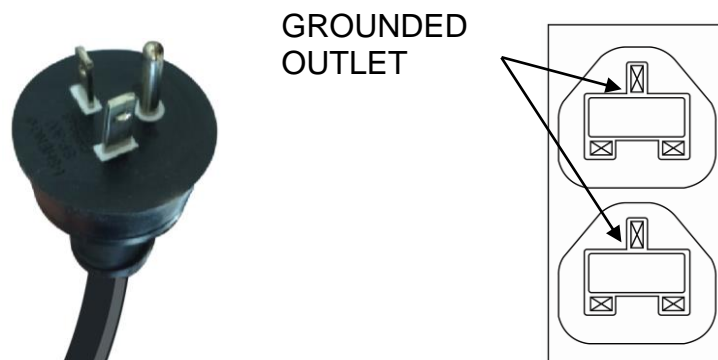
■ This treadmill needs special power supply:

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.

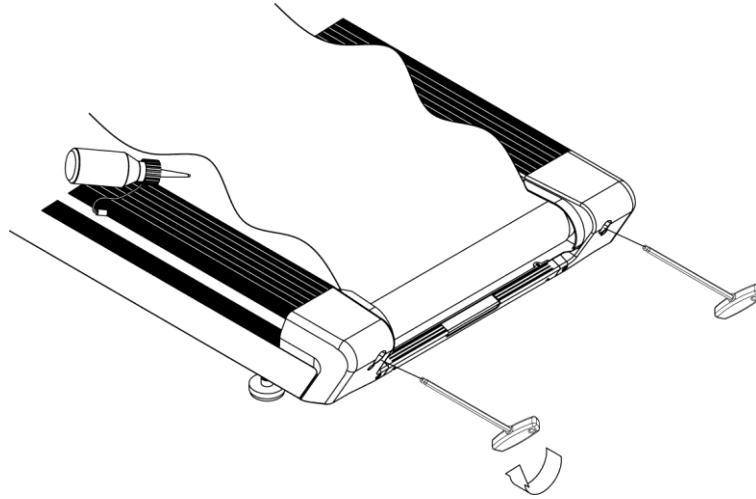
Improper connection of the grounding plug can result in the risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the products are properly grounded. Do not modify the plug provided with the product – If it will not fit the outlet, have a proper outlet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



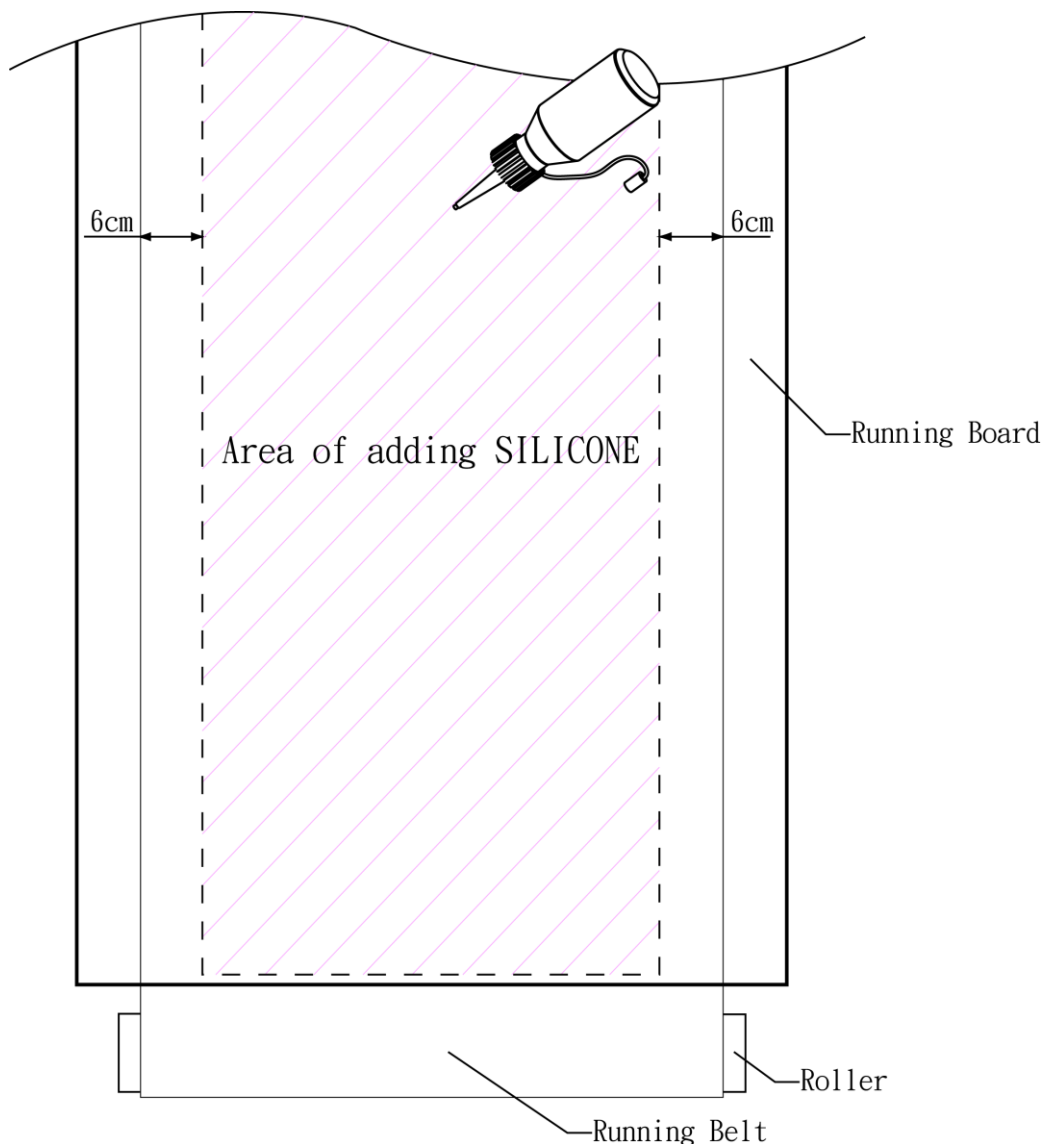
2.3. ADD SILICONE

■ 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.

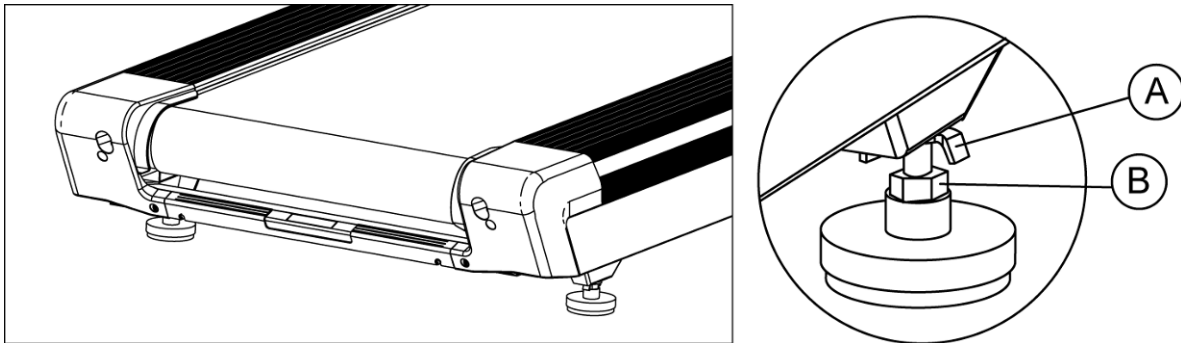


2.4. Level Adjustment

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 anticlockwise to loosen it
- 2 Adjust B to the proper height
- 3 Turn A clockwise to tighten it.
- 4 The left side adjustment method is same as 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 :

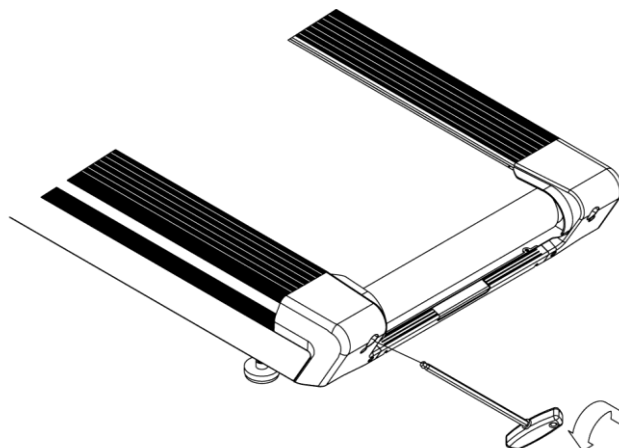
Turn the right button 90° clockwise and the left button anticlockwise 90°. You will find the belt return to the center position automatically.

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

Turn the left button 90° clockwise and the right button anticlockwise 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.



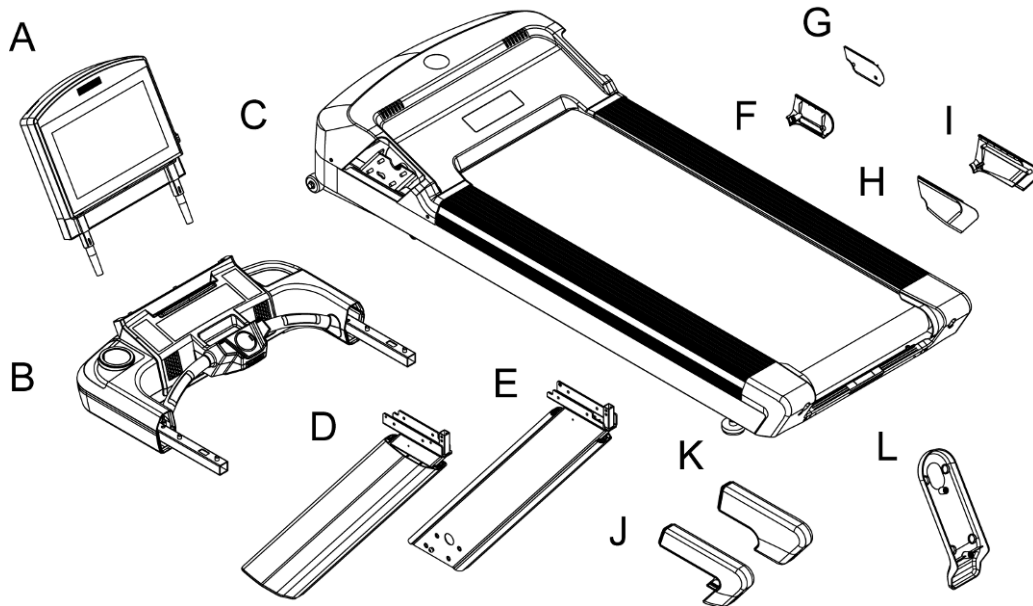
3. Assembly Instructions

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



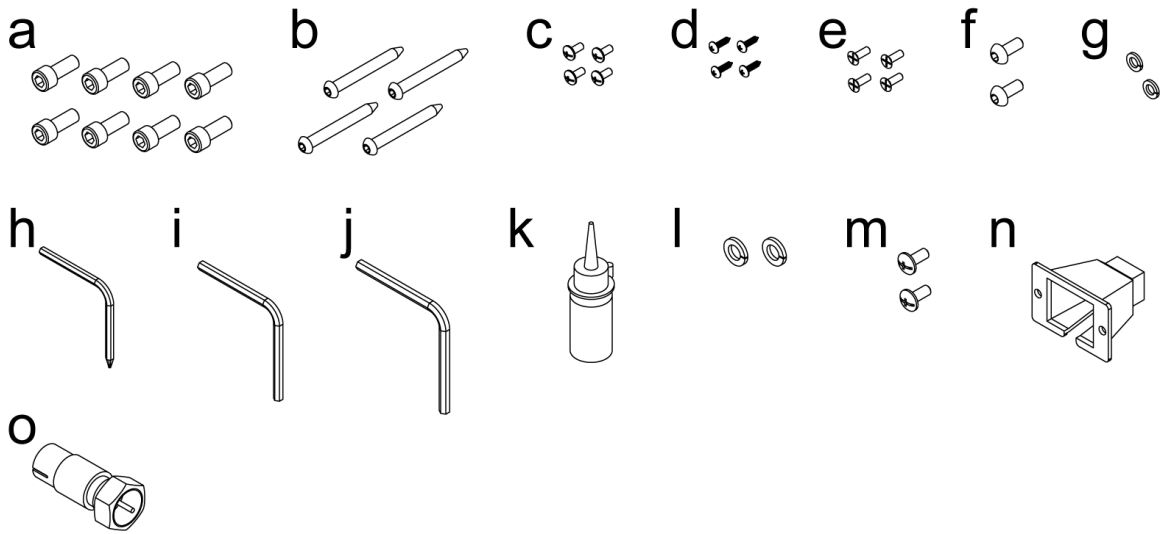
This treadmill also can use other way to account the HRC. When in fitness, user can wear the chest pulse belt and the HRC will show in Pulse windows.

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

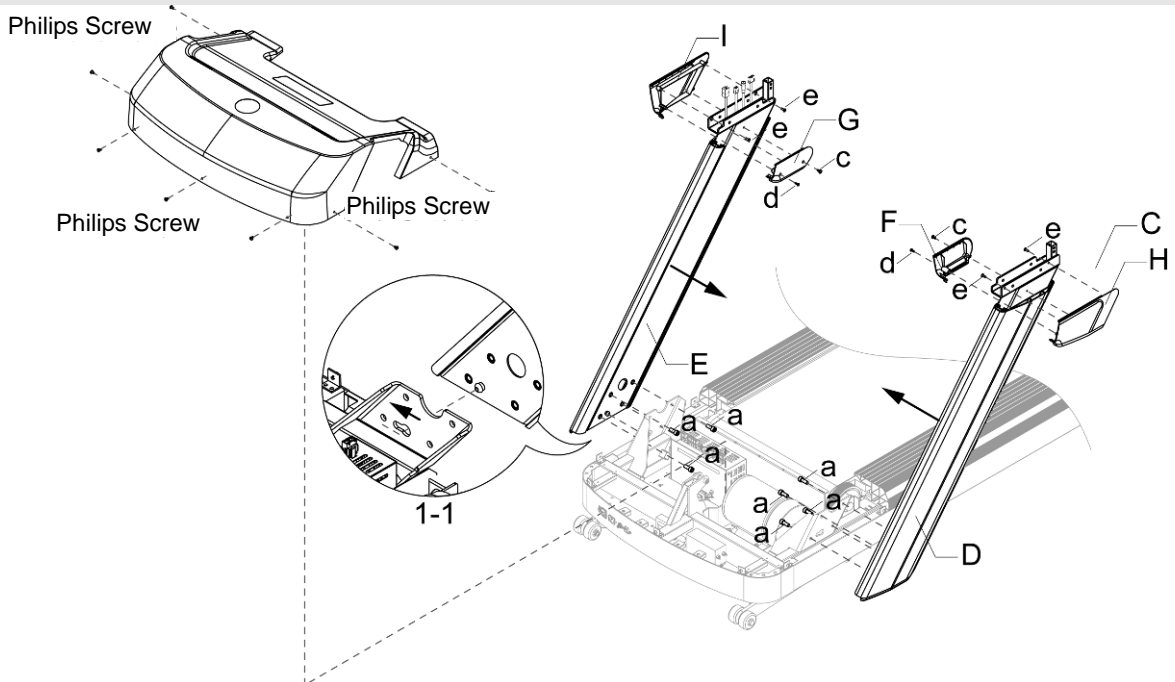
3.2. Hardware Pack



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

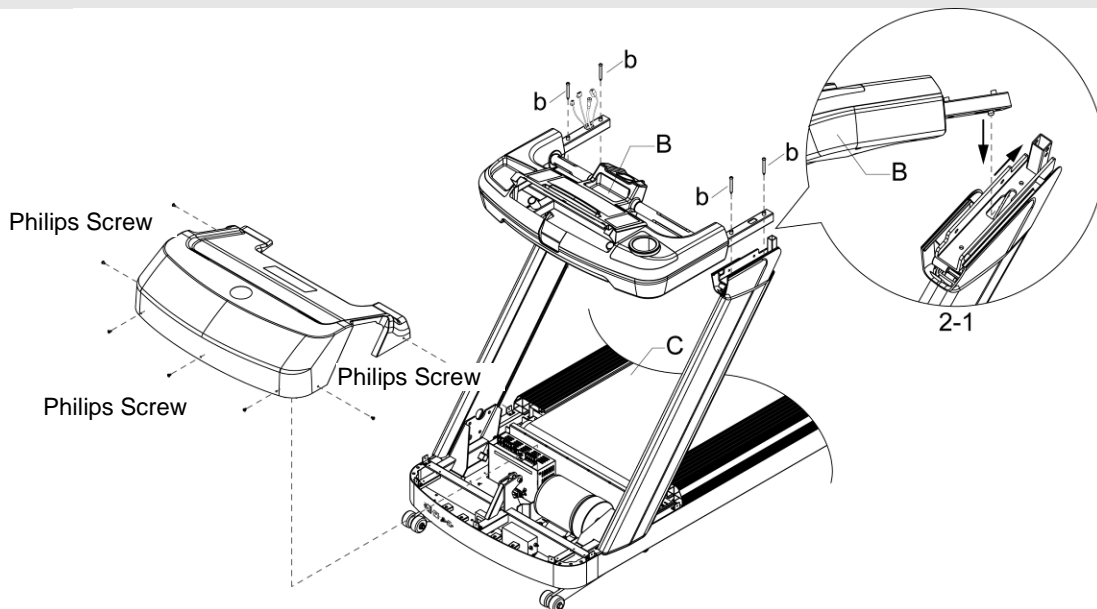
3.3. Assembly Steps

■ STEP 1



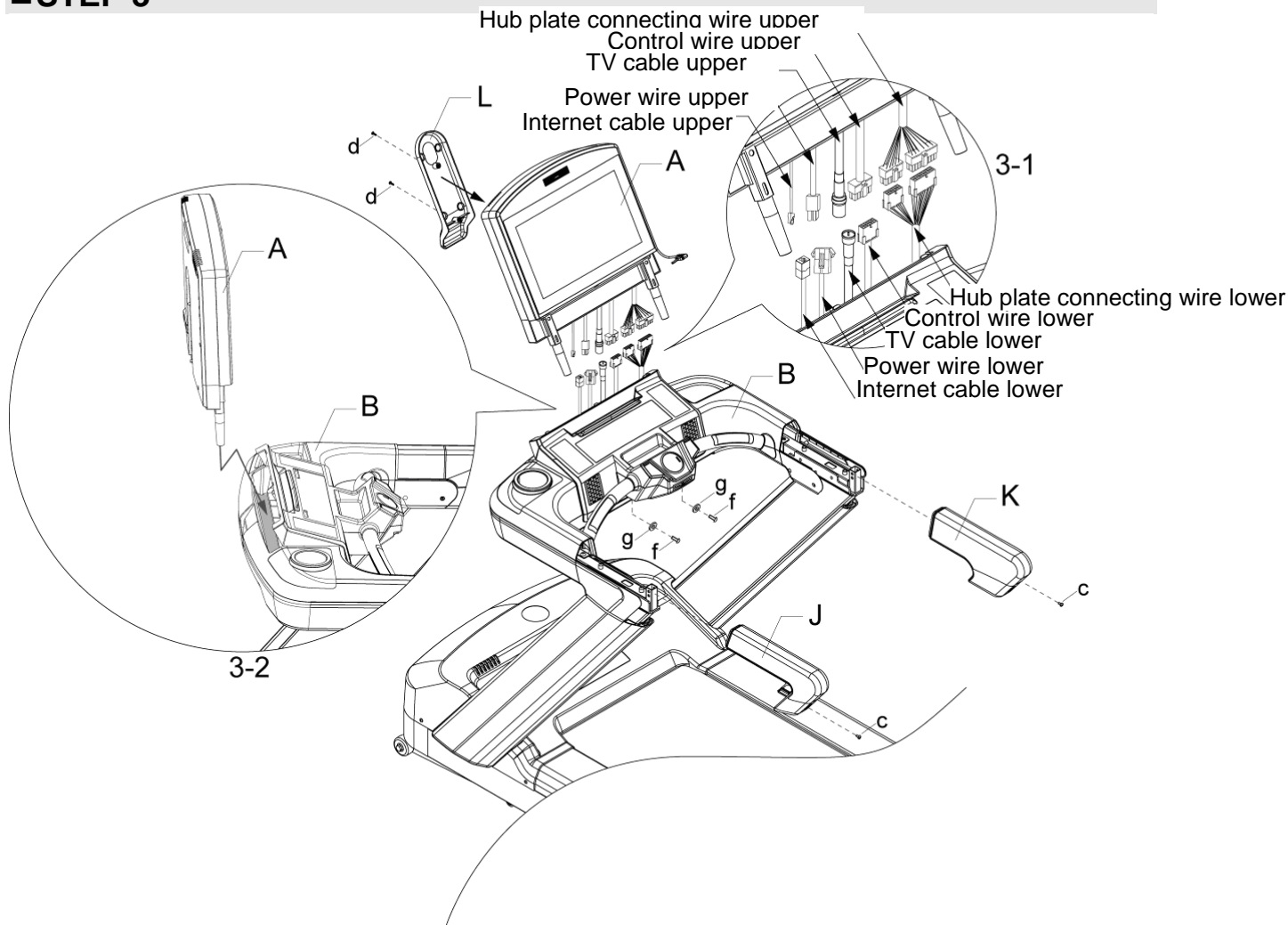
Release cross screw on frame(c) for motor upper cover fixing and take off upper motor cover, fix the truss hex screw of upright tube into gourd hole as figure 1-1 and push it forward. Then pull the control wire & other wires out with guide thread attached in upright tube and fix the upright tube L,R(D,E) 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

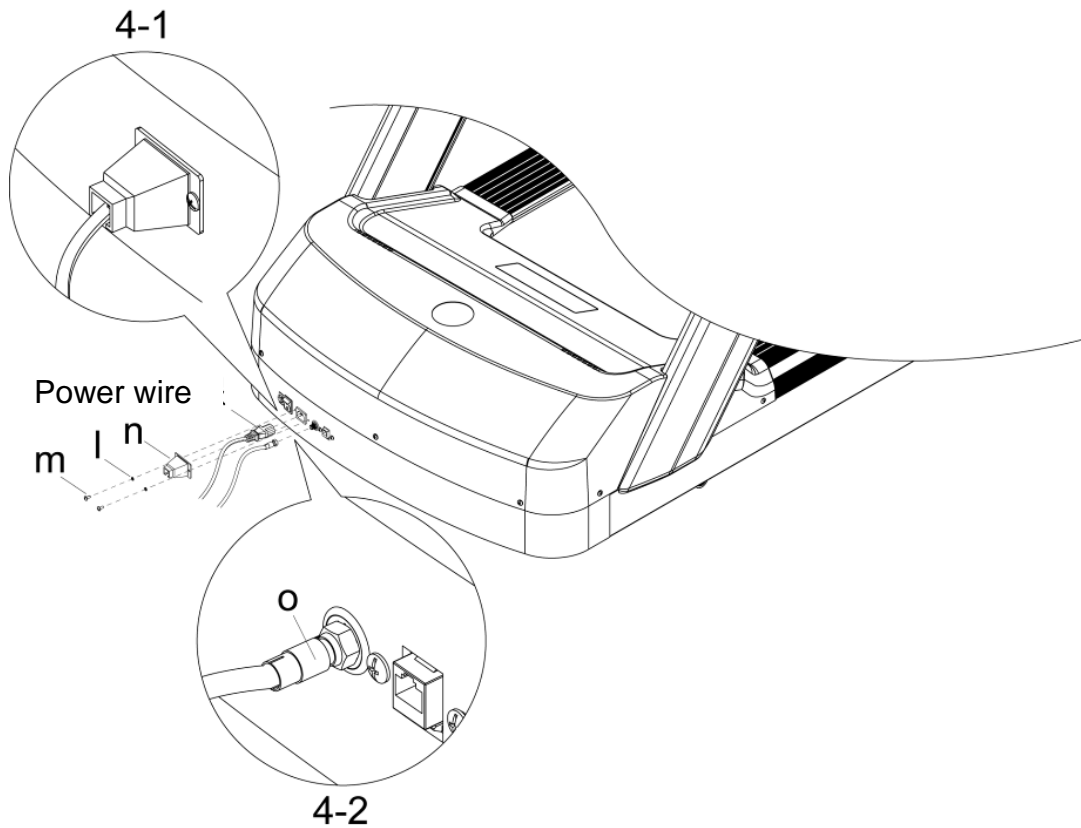


Put computer console(A) on stuff holder(B) as figure 3-2, connect the control wire & other wires of stuff holder(B) with wires of computer as figure 3-1. Then put the connected wires down to the place under flask holder set, that assembled before and fix with screw(f) & spring washer(g), cover the computer 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 alone.
 - (4) When assembling the console, one person should hold the console to prevent them from falling.
- Internet wire (lower) is prepared for the internet system.

■ STEP 4



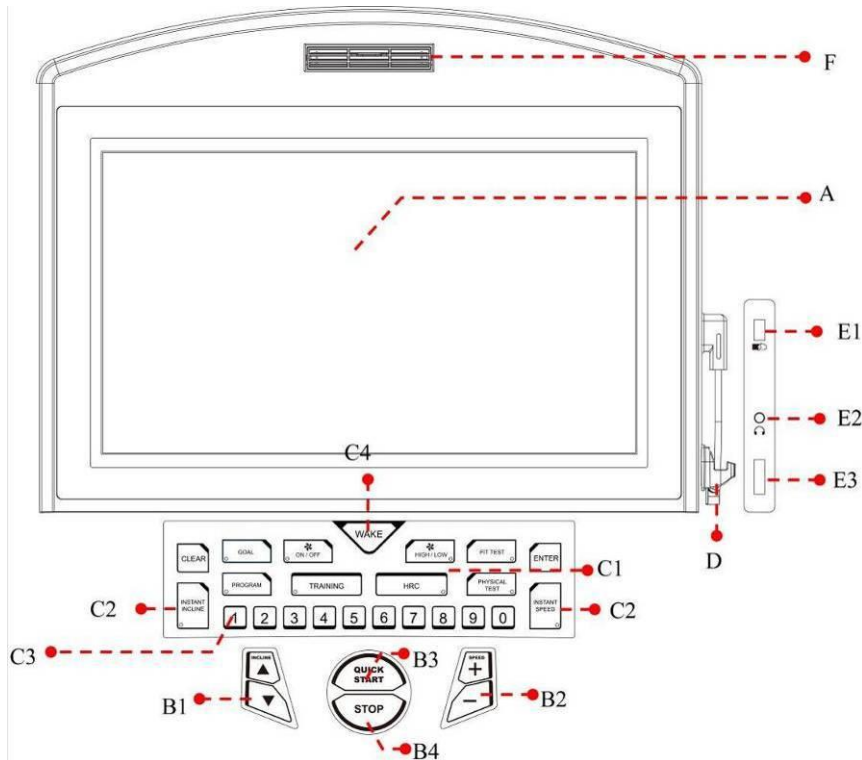
Inset power wire into power wire socket as figure showing, then cover the power wire switch cover(n) and tighten with screw(m), spring washer(l). Finished as figure 4-1.

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

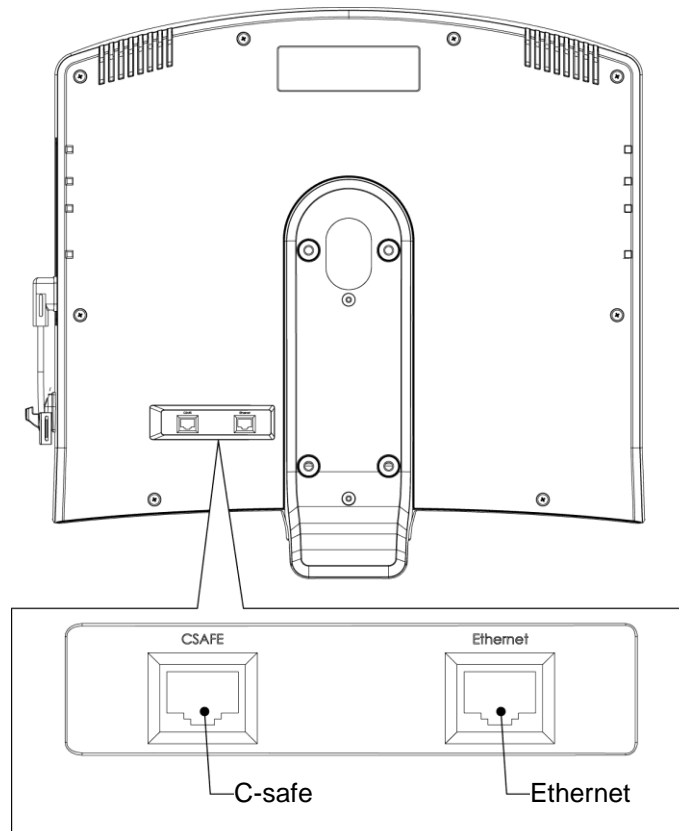
Internet adapter connector is prepared for the adaption of the internet system, as picture 4-2

4. The operation instruction of electronic meter


This treadmill can provide a simple and easily operated electronic meter. Users can input personal data by the electronic meter and set each exercise target.



This is the presetting hole, and we recommend that the internet hole under the machine frame should be the main hole, and this hole and the one behind computer console cannot be plugged with internet wire at the same time which will lead to the mixture of the digital signal.



4.1. Electronic meter structure_ A LC Screen Section






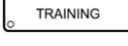


Position Section	Function Instruction
Information condition display area	Display each condition information before exercise, during exercise and after exercise.
Touch operation area	<p>The screen area has touch function. On the screen, there are operation keys for each page. Except for pressing once, part keys support long time pressing, finger drag and rotating.</p> 
Picture display area	Display multiplayer picture.

4.2. Electronic meter structure_ B Substance Keys

Name of Keys	Function Instruction
START	<ol style="list-style-type: none"> 1. If the electronic meter is in log in and standby page and if press this key, the electronic meter can turn to Quick start mode directly. 2. If the electronic meter is in the program setting and if press this key, it can ensure the setting and turn to remote controlling exercise mode. 3. Under pause state, press this button to liberate pause, and return to exercise mode and the speed and incline will come to the state as the state before pause.
STOP	<ol style="list-style-type: none"> 1. If the electronic meter is in log in page, if press this key, the electronic meter can turn to standby mode directly. 2. If the electronic meter is in standby mode, when the remote controlling option list is opened, if press this key, the electronic meter can shrink the remote controlling option list. 3. If the electronic meter is in setting page, if press this key, the electronic meter can return to standby mode. 4. The exercise in this electronic meter can to divided into 2 modes: (4-1)with pause function : Pressing 1 to pause, and pressing 2 to end exercise and enter exercise course report. (4-2) without pause function: end exercise directly and enter exercise course report.
SPEED ↑ / ↓ Increase or decrease speed during exercise	<ol style="list-style-type: none"> 1. If the electronic meter is in standby page, when the remote controlling option list is opened, it can switch to next remote controlling program by turns (circulation) 2. If the electronic meter is in setting page, the function is to switch to next setting program (circulation) 3. During exercise, the keys can be pressing once or long time pressing, the climax is 15.6mph (25.0km), the bottom line is 0.5mph(0.8km). ※ When the key is long time pressed, the data will change rapidly. On account of safety, only 5.0kph (3.1mph) can be increased or decreased once, until the key is liberated and pressed again. ※ Under specific remote controlling, the speed is controlled by computer and this key is invalid at that time.
INCLINE ↑ / ↓	<ol style="list-style-type: none"> 1. If the electronic meter is in standby page, by moving the cursor the

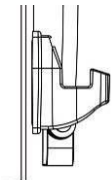
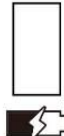



Increase incline angle during exercise	<p>remote controlling program can be chosen.</p> <p>2. If the electronic meter is in Training remote controlling setting page, the Level bar can be adjusted directly (single direction)</p> <p>3. If the electronic meter is in Goal remote controlling setting page, the electronic meter can switch to Manual \ Hill \ Interval or Random(circulation)</p> <p>4. During exercise, the key can be long time pressed or pressed once, the climax is 20.0%, the bottom line is 0.0%, STEP 0.1%.</p> <p>※Under specific remote controlling, Incline is controlled by computer, and the key is invalid at that time.</p>
--	--

4.3. Electronic meter structure_C Substance Keys

Name of Keys	Function Instruction
 Remote controlling swift key	If the electronic meter is in standby page, it can turn to Goal and Target_Time setting page directly.
 Fan function key	Press this button to turn on/off the fan during exercise. After starting, the fan is in set high speed status.
 Fan function key	If the electronic meter is in standby page, if the press the key, it can open the Fit Test option list.
 Remote controlling swift key	If the electronic meter is in standby page, if the press the key, it can open the Fit Test option list.
 Remote controlling swift key	If the electronic meter is in standby page, if the press the key, it can open the Goal setting page.
 Remote controlling swift key	If the electronic meter is in standby page, if the press the key, it can open the Training option list.
 Remote controlling swift key	If the electronic meter is in standby page, if the press the key, it can open the HR Control option list.
 Remote controlling swift key	If the electronic meter is in standby page, if the press the key, it can open the Physical Test option list.
CLEAR	<p>1. If the electronic meter is in log in page, the function is to skip.</p> <p>2. If the electronic meter is in setting page, the function is to recover the data which was setted before and clear other data.</p> <p>3. During exercise, under warm up and cool down, the function is to skip.</p>
ENTER	<p>1. If the electronic meter is in standby page, the key is to ensure the remote controlling program choose by the cursor.</p> <p>2. 1. If the electronic meter is in standby page, when the remote controlling option list come out to ensure the option.</p> <p>3. If the electronic meter is in setting page, the key is to ensure the program and the data input.</p>
INSTANE INCLINE	During exercise, the function is to stop. Pressing once is to start, and after starting 0-9, the key is swift key for incline.
INSTANE SPEED	During exercise, the function is to start, and after starting 0-9, the key is swift key for incline. If press INSTANT INCLINE key is to stop.
NUMBER 0~9	<p>1. As the data input entry at the remote controlling page, the function is to input data(only the positive integer is acceptable)</p> <p>2. During exercise, as the data from speed or incline input key</p>

	(only the positive integer is acceptable), the time is within 2 seconds, beyond the time, the data cannot be input.
WAKE	After long-time without operation, the system will turn to energy-saving mode, and stop automatically. If press this key, the treadmill will recharge again. Open time is about 30-35 seconds.

4.4. Electronic meter structure _Outer Installation Section

<p>D. The fixed hook with IPod wires</p> 	<p>When IPod connection wires are not used, twine them as U shape and hang them on the hook.</p>
<p>E1. USB Hole</p> 	<p>(1) This holes can be used for Andriod device charging and the output power supply is 5V/1A. (2) This holes can be used for software updating and maintenance.</p>
<p>E2. Earphone Hole</p> 	<p>This hole can connect 3.5mm voice output device, such as earphone.</p>
<p>E3. IPod connecting wire</p> 	<p>This wire can connect iOS device through the electronic meter and the following functions can be used: (1) Charging function, (2) Reading the sound source and video inside the device. (3) Nike+ function.</p>
<p>F. The air outlet holes of fan</p> 	<p>The air outlet angle can be adjusted by hand.</p>

5. Display page introduction

5.1. Simple user interface :

- The simple and obvious buttons and icons will assist users to operate as the users wish to finish all settings and the control during exercise.
- UI design of the electronic meter comes from our long term experience in fitness equipment field, the special new technical function and users' angle. The designed operation environment is the fittest.

5.2. Startup page



This electronic meter is Andriod system and the loading picture can be displayed during startup. The total loading time of the system is about 35s.

5.3. Resident area



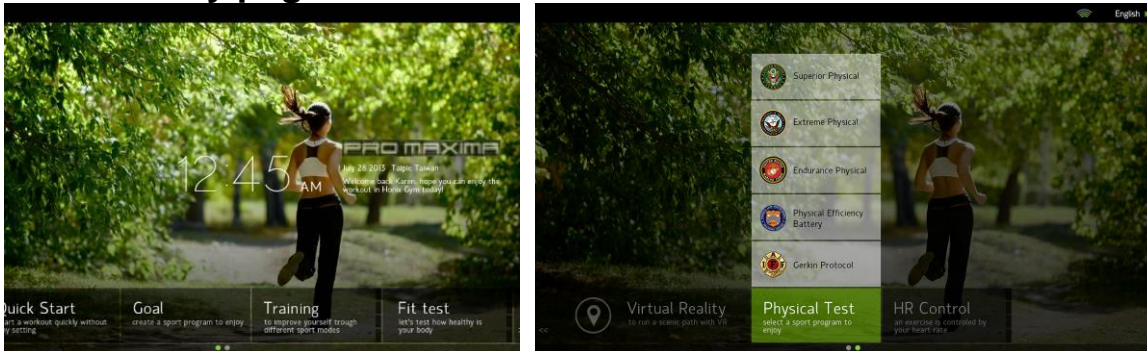
There is a commonly existed status column at the Top right of the picture to assist users to make an inspection at any time.

- Wi-fi signal intensity
It is used for confirming the online quality of wireless network of the electronic meter.
 - The online status of local area network:
It is used for confirming the online quality of local area network of the electronic meter.
 - Language switch section
To switch the words on the screen for the users, and after choosing the language, the system will switch automatically. During the switch, other keys are invalid.
- ※ This language switching is real-time. When the electronic meter is turned on, the system language can return to the default automatically which can be set under the

engineering mode.

※ Resident area only display at the standby page under the non-exercise status.

5.4. Standby page



Choose Quick start or other program control in this page. Go back to this page whenever the exercise is over.

5.4.1. Date, time and address of the system will be shown in the page center.

5.4.2. Bottom of the page is menu area of program control, total 2 pages. Change to the next page in the method of left or right sliding. Some program control has sub-stage. Pop-up sub-menu after pressing program control title

5.4.3. Safety switch removal status

Whenever the safety key from the treadmill is removed, all the action will be stopped immediately, and the picture will turn to this page, and the words showed on the page is "Safety Key removed", at that time, any key and action cannot be operated until the safety key is plugged into again.

5.5. Program control set page

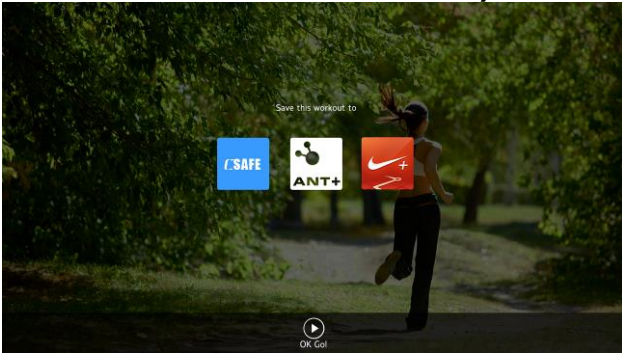


5.5.1. Choose any program control in standby page, apart from Quick start, and then enter into the set page of the program control.

5.5.2. Input the age, weight, gender...of the user in specific program control, to be substituted into the computational formula of the SPC.

5.5.3. After the set is finished, press start key, then enter into storage device ahead the exercise, choose the page.

5.6. Exercise storage device optional page (running and fitness with the exercise record device)

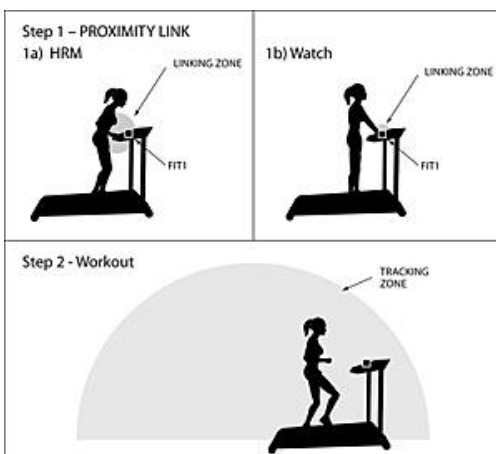


- 5.6.1. Quick start or any program control can enter the page ahead the exercise. Press OK Go or START key to enter into exercise. Press Home key or Stop key, you can cancel it and return to standby page.
- 5.6.2. The page is set for the purpose that the user can choose whether to keep pace with the following 3 exercise record devices:

- **CSAFE:**
A set of exercise management system developed by FitLinxx is one of the specifications widely accepted by fitness industry. The gym shall add FitLinxx memberships and server appliance shall be installed. Use RJ45 network cable to achieve the online and data synchronism with electronic meter. Exercise value of fitness equipment that uses CSAFE function can be accumulated.
- **ANT+:**
A set of exercise management system developed by Dynastream is wireless transmission communication technology. The user shall be equipped with the device that has ANT+ launcher established inside, such as the sport watch of Garmin, FR60, Forerunner 210/310/610/910XT...or supporting smart phone, such as HTC Rhyme、Samsung S4、Sony Z1...

Step.1 Approach the receiver inside the electronic meter by wireless induction to conduct the pairing of devices

Step.2 Choose the pattern of ANT+ in this page, confirm the online and data synchronism. Value between the watch (outdoor) and electronic meter (indoor) can be accumulated.



- Nike Plus :



For a set of exercise management system developed by Nike, the user shall be equipped with Apple device that has Nike+iPod receiver established inside, such as iPod touch 4, Nano 6, and iPhone 4.

Step.1 Connect with Apple device by iPod transmission line established inside the electronic meter.

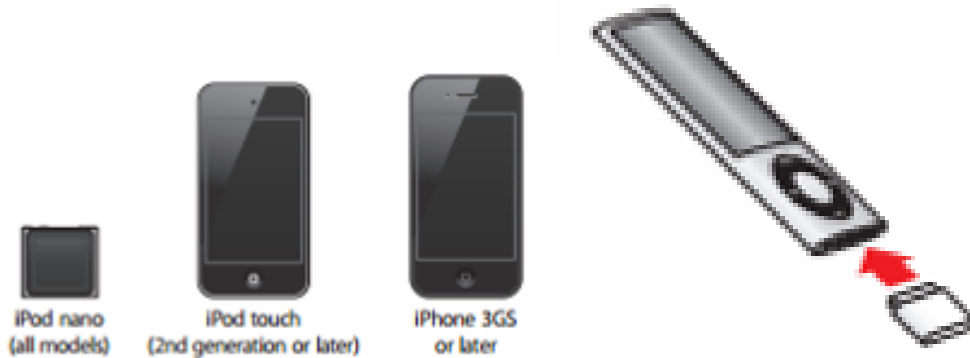
Step.2 Choose the pattern of Nike+ in this page to confirm the online and data synchronism. The value can be stored in Apple device in the following exercise.

Why are the Apple device that has Nike+iPod receiver established inside and software designed?

iPod nano, Software version 1.2 or more advanced version

iPod touch, Software version 5.1.1 or more advanced version

iPhone 3GS~ iPhone 4, Software version iOS 5.1.1 or more advanced version



5.7. Pages of the exercise

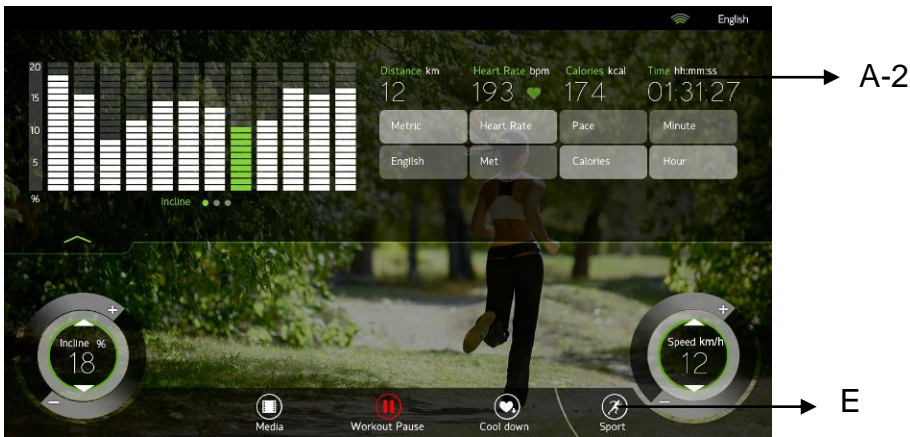


A-1

B

C

D



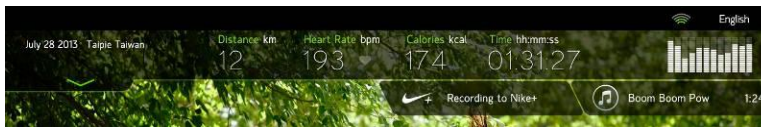
5.7.1. Enter the page of the exercise by the mode of Quick start or program control, and there are five areas, A/B/C/D/E.

5.7.2. Instruction of display areas

- A-1 area:
The information area of motion state can display five common states of motion, including distance value, heartbeat value, caloric value, time and lifting outline (shown in the form of column diagram).
- A-2 area:
 - ◆ Click any part of A-1 area, the window can be pulled down. Change five status of A-1 area into other status information arbitrarily, for example, change distance value and speed value into British system, the heartbeat value will be changed into maximum oxygen content, calorie into the pace and speed, time into “min”,

Distance_Metric	Metric system, distance and speed is displayed by km and kph
Distance_English	British system, distance and speed is displayed by mile and mph
Heart Rate	The data detected by hand grip or wireless heart beat sensor.
VO2	The oxygen content in heart and lung,
Pace	1km/mile. How long it will to come to the speed 1km/mile at the current speed.
Calories	Energy consumption value.
Minute	The unit for the exercise time: hour, minute, second
Hour	The unit for the exercise time: minute, second
Mets	The value of the metabolism.
Step	The number of the steps.

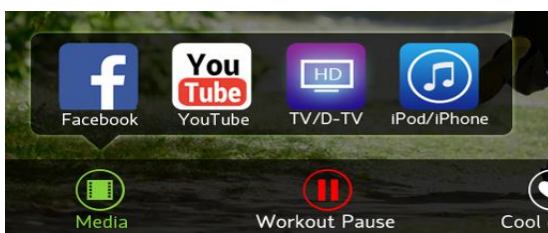
- ◆ And lifting outline into speed curve diagram (update frequency: 5s) or heartbeat record diagram.
- ◆ Click any part of A-2 area, retract to A-1 area.
- B area:
It displays that a few exercise record device are running.



- **C area:**
If the multimedia mode is not started, the background is base map; when the multimedia mode is started, the background is image processing area, including the interface of display and operation of films.
- **D area:**
Basic operational key, right turntable can adjust the speed, press individually or press for a few seconds Speed↑/↓key, or if the finger presses the turntable, no leaving, describing circle according to clockwise or anti-clockwise, you can speed up or slow down.



- **E area :**
the operating keys as following:
 - Cool down** Enter into 3-min-cool down program by manual operation. Every 1 min passes; the speed value will decrease 50% automatically. Lifting will return to 0 section, when the time is zero, run end.
 - Skip** Press this button for cancel, when in warm or cool down program.
 - Pause** Press this key, enter the pause status.
 - Home** Press this button in the pause status. The sport end.
 - Continue** Press this button in the pause status. Return to sport again.
 - Media** Start or close multimedia mode, including facebook \ iPod/iPhone \ TV/DTV \ Youtube...



5.7.3. Multimedia function



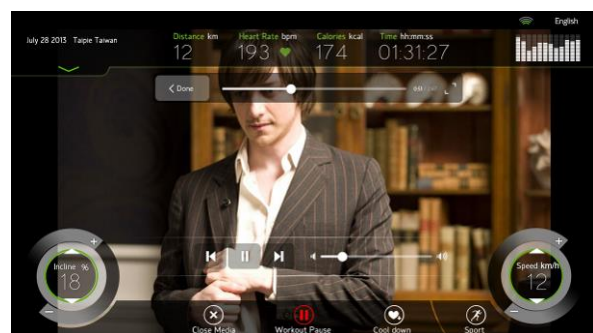
1. facebook :



Connect the facebook browse specially designed, remove unnecessary links, wall information of the user is displayed. Or press sharing key, the current exercise summary will be rapidly posted on the wall.

- ✘ Privacy protection: The system will end the FB account which is logged in by the users and turn to the standby page, or remove the safety key, the FB account will be logged out automatically.
- ✘ If facebook cannot be opened smoothly, please check the condition of the internet. The bandwidth of the Ethernet internet at least should be 10/100Mbps, the length of the wire between the computer room and the machine should be shorter than 50-meter, and the longer the weaker of the signal; the function of fireproof for wi-fi should be shuttered, and the function for connection of the exterior internet should be opened and the signal intensity at least 2 stage or lower than 70 db.

2. iPod/iPhone :



- Connect the iPod specially designed; insert the connecting line of iPod of

electronic meter into Apple device of the user. The system will begin to read files of (Loading) Apple device and the files will be displayed in the central region of the picture.

※If there is no files in more than 10s, inspect whether the connecting line is badly contacted, insert again.

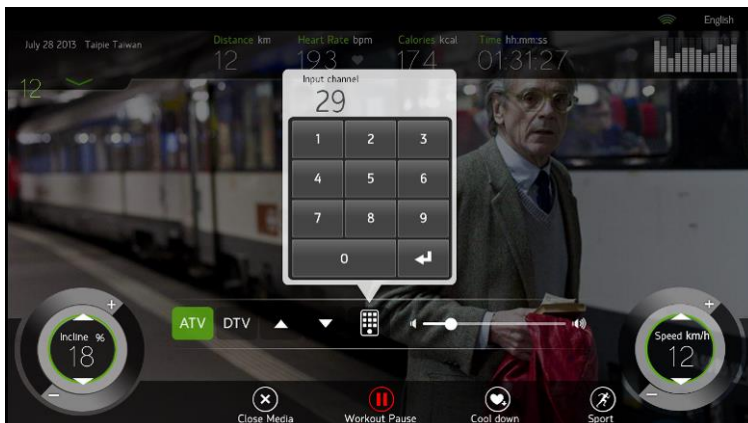
- When the file is loaded successfully, choose Playlist, Artists, Albums, and Songs. Rapidly screen the songs you want to play according to the variety, or choose Video to play videos and films; press the name of the document, it begins to play.
- While playing the files, there will be control column under the data base of the files. Play/stop, the previous and the next, and volume adjustment, inspect the progress of play.
- While playing video and files, the image will be displayed in the central area of the picture, press the image area, exercise information and all operational keys will be hidid, press the image area again, recover to display exercise information and all operational keys.

※There are many devices of iPod, and official iOS operating system of APPLE is changed every year, or the change of connector may cause problems of the supporting of iPod/iPhone/iPad (the problems can't be certificated or operated), the following items are the supporting standard of all devices:

- (a) Operating system: support iOS5 version and more advanced rversion, the version that can be certificated and operated, updating to the version more advanced than iOS7 is suggested and the optimization can be achieved. Version lower than iOS5 may not be supported.
- (b) Lighting connector: support the adaptor of 30Pin or the adaptor that is transferred into 30Pin from official 8Pin.

※ 8Pin lighting connector is the official updated module after 2013 from Apple company, and the new module without the function of depositing and withdrawing of video and nike+ for the exterior equipment, but the function of supporting charging and depositing and withdrawing of video is maintained.

3. TV/DTV :

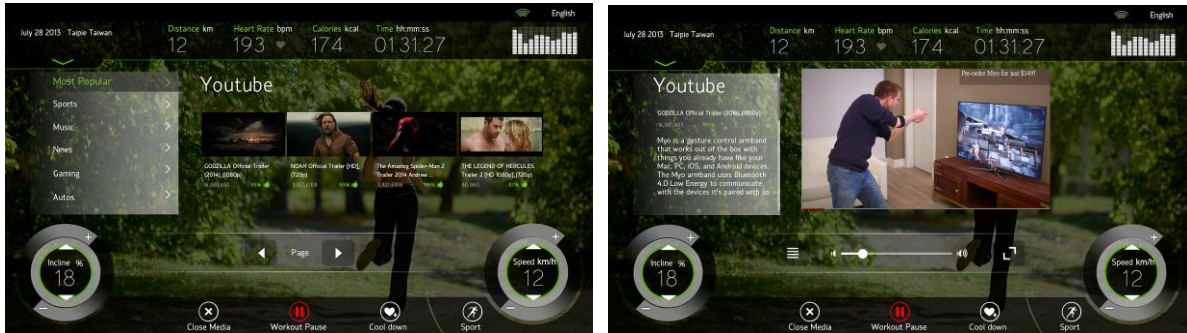


- Watch TV program in this mode, support the message of analog television or digital television.
- Analog television or digital television shall set the frequency and scanning the message in the project. See the project mode chapter for details.
- Image display area is in the centre of the picture, press image area, and the sport

information and all operational keys will be hidden, press the image area again, the sport information and all operational keys will be recovered.

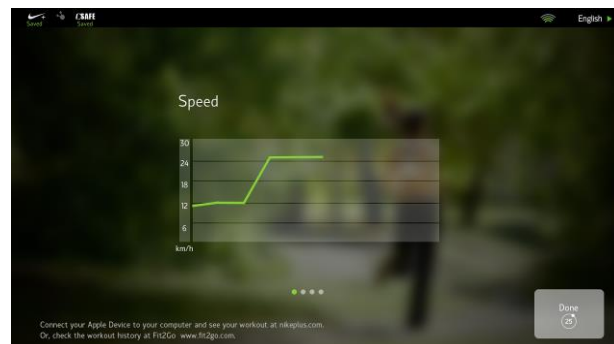
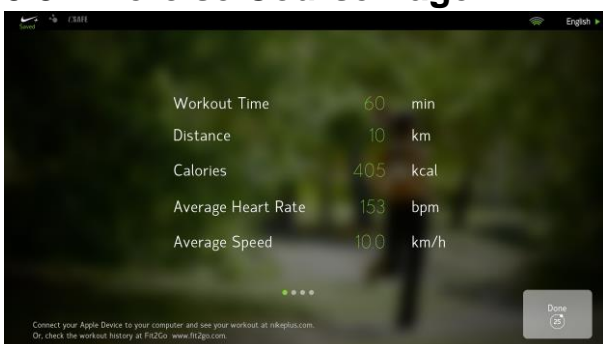
- While the television channel is playing, there is control bar under the screen, use ↑/↓ and virtual keyboard to change the channel. Volume bar can be dragged and adjusted. Current frequency No. can be tested.

4. Youtube :



- Connect the Youtube browse specially designed; left side is classification screen, files and images will be displayed in the center.
- Choose any classification, Youtube can search corresponding film, sliding up and down to confirm, then press image pattern, the film will be loaded, and the film will be played after being loaded.
- The image is in the center of the picture, there is play progress bar in the bottom. Press the center to pause or recover the play. Press ← key, return to last film menu, press L 7 key, the image is amplified, drag volume bar to adjust the volume.
- While using this mode, connect Ethernet or wi-fi. Transmission quantity of the image is large; guarantee the speed and quality of networking. If the networking quality is poor, the load may be slow and play may be off and on.
- If Youtube cannot be opened smoothly, please check the condition of the internet. The bandwidth of the Ethernet internet at least should be 10/100Mbps, the length of the wire between the computer room and the machine should be shorter than 50-meter, and the longer the weaker of the signal; the function of fireproof for wi-fi should be shuttered, and the function for connection of the exterior internet should be opened and the signal intensity at least 2 stage or lower than 60 db.
- When you cannot ensure whether the cause of the failure of the connection to internet is the wi-fi or not, you could use the 3G or 4G telephone as the hot point of wi-fi temporarily, and to confirm the machine by this hot point.

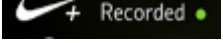
5.8. Exercise Course Page



- 5.8.1. When in Quick Start or in program control, because of zero time, zero target value, accomplishing exercise program or manual termination in exercise, the screen will display integrated abstract of exercise of this time, including time, distance, burned calorie, average heartbeat, average speed, outline and so on.
- 5.8.2. Exercise Course page displays 1 min. You will return to standby page by pressing Done key, Stop key or waiting for 1 min.
- 5.8.3. When there is exercise optional storage device, the system will also automatically transmit data to appointed device, storage device displaying on the top left corner. Green lights mean completion, no lights means no upload or uploading unsuccessfully.
- 5.8.4. Some special program control such as soldier stamina rating will display corresponding scores and rating levels in accordance with age and finish time of users after finishing appointed target.
- 5.8.5. How to check my stamina training data when running finished?

Nike + :

If users connect Apple device to electronic meter before exercise and leave it connected still after running, electronic meter will automatically

save 3.8.1 materials to Apple device, displaying  on the top left corner, indicating successful storage of the data.

Connect Apple device to your computer and start iTunes. iTunes will detect the data and upload the data to nikeplus.com. And then log in nikeplus.com and you can browse these data.

More detailed information related to how to upload and trace your stamina training process on Nike+ site.

Csafe :

Electronic meter will automatically save 3.8.1 materials to Csafe server when connected to Csafe server, displaying Csafe recorded on the top left corner, indicating successful storage of the information.

Please ensure the exercise course from your fitness instructor as they manage data of Csafe server and get some advice.

Ant + :

Electronic meter will automatically save 3.8.1 materials to ANT+ device after exercise if match watch with ANT+ function (or mobile) to electronic meter, displaying ANT+ recorded on the top left, indicating successful storage of the information.

Connect USB of ANT+ to your computer and start Garmin ANT Agent applied program, then get ANT+ device close to USB_ANT card to match. USB_ANT card will detect the information to transmit data wirelessly to database of Garmin ANT Agent. The system will automatically log in site of Garmin ANT Agent to make the exercise data displayed.

More detailed information related to how to upload and trace your stamina training process could be searched out on Garmin ANT Agent site.

6. Heart Detection Introduction

According to related studies, maintaining a stable heart rate in exercise is the best tempered manner for monitoring exercising strength and reaching the maximum strength,

which our electronic meter could meet the demand.

6.1. Heart Rate Sensor System

■ A. Manual Sensor System

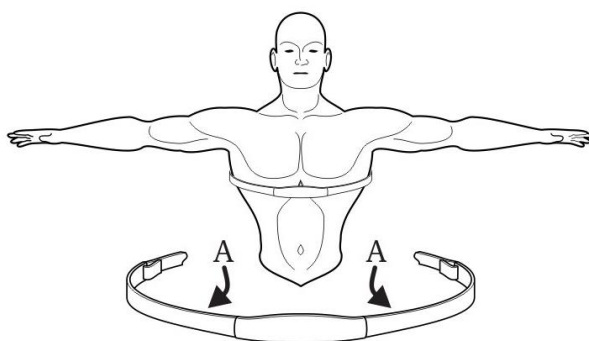
It means a monitoring system testing heart rate by holding nonferrous metal sensor device of front handrail during exercise. Two handrails each have two sensors. All four sensors must be held in exercise process so that control panel of electronic meter could get heart rate signal and display variation of heart rate after 15 to 30s.

When the speed is beyond 4.5mph (7.2KPH), it is better to chest band heart beat monitor machine instead of the hand grip sensor.

■ B. Chest Strap and Heart Rate Monitor

Chest strap and heart rate monitor paste electrode to human body and transmit heart rate signal to control panel by telemetry. Chest strap is not a necessary accessory, so users could purchase as need.

Diagram: middle electrode position and wearing manner of chest strap



Middle electrode position and wearing manner of chest strap are as above. Electrode A locates in the groove of two inner side midpoint of chest strap. Electrode must be wet to transmit pulse signal of heart to receiver more accurately.

Chest strap should be kept slightly below the pectoralis. Adjust chest strap and insist the principle of comfortable wearing and smooth breathe. Electrode connecting skin directly as well as wearing thin wet clothes makes it more effective on heart rate monitoring.

Grasp the middle of chest strap, pull out chest strap and wet the electrode directly if electrode of chest strap needs wetting.

※Chest strap and heart rate monitor (chest belt transmitter) is optional.

6.2. Regional heart rate exercise

Set ideal heart rate range or region, and start aerobic exercise and exercise of enhancing cardiovascular functions. The following table is a heartbeat display image of age and corresponding target heart rate.

Regional heart rate exercise includes the following 5 kinds of modes:

- Hill Heart Rate
- Interval Heart Rate
- Cardio Heart Rate
- Fat burn Heart Rate
- Target Heart Rate

The advantages of each zone are different from each other, which will be introduced specially in HRC section.

7. Sports and fitness program

7.1. Overview of sports and fitness program

- Quick start mode, 8 Goal program control, 5 Training program control, 5 PFT program control, 8 virtual reality program (complex map).
- All sports and fitness program can use abovementioned multimedia function and motion record function during exercise.
- Parts of sports and fitness program can implement warm-up stage firstly after starting, skip can be pressed to cancel the program in the process of warm-up.
- Parts of sports and fitness program can implement cooling stage automatically after completing program control target, LEVEL =the reduction of 50% of the current resistance per minute. The cooling stage can be cancelled by pressing “skip”.
- Lifting: lifting key can be pressed during exercise, the speed will return to zero slowly, the slope will maintain current angle, and all exercise values will be saved temporarily for 4 min. Continue key can be pressed within 4 min to recover, the speed will return to status before lifting; The program can terminate automatically and return to standby page when pause status exceeds 4 min. Some program control is based on training target, so lifting function is not enabled.

7.2. Program Illustration

■ QUICK START

After starting the machine up, QUICK START key can be pressed in standby page directly, so as to start quick start program up quickly. As program setting is skipped, the basic personal data required in calculation procedure of exercise will be entered into directly by default value (30 years old, 70 kilo), including age and weight.

There is no warm-up stage in quick start mode, LEVEL can be adjusted with hands in the process randomly.

■ GOAL(Target)

Time Goal

- 1 The process must be used, matching with the built-in exercise program (Manual ∖ Hill ∖ Interval ∖ Random) .
- 2 Set time as the exercise objective. Once this time is up, the program will automatically go into the cool down phase.
Set range: time preset 20 minutes/range 20-99

Distance Goal

- 1 The process must be used, matching with the built-in exercise program (Manual ∖ Hill ∖ Interval ∖ Random) .
- 2 Set distance as the exercise objective. Accomplish the specified mileage with no time limit. Once this time is up, the program will automatically go into the cool down phase.
Set range: distance present 5 km/range 1-99

Calories Goal

- 1 The process must be used, matching with the built-in exercise program (Manual ∖ Hill ∖ Interval ∖ Random) .
- 2 Set weight loss and control weight as the exercise objective.

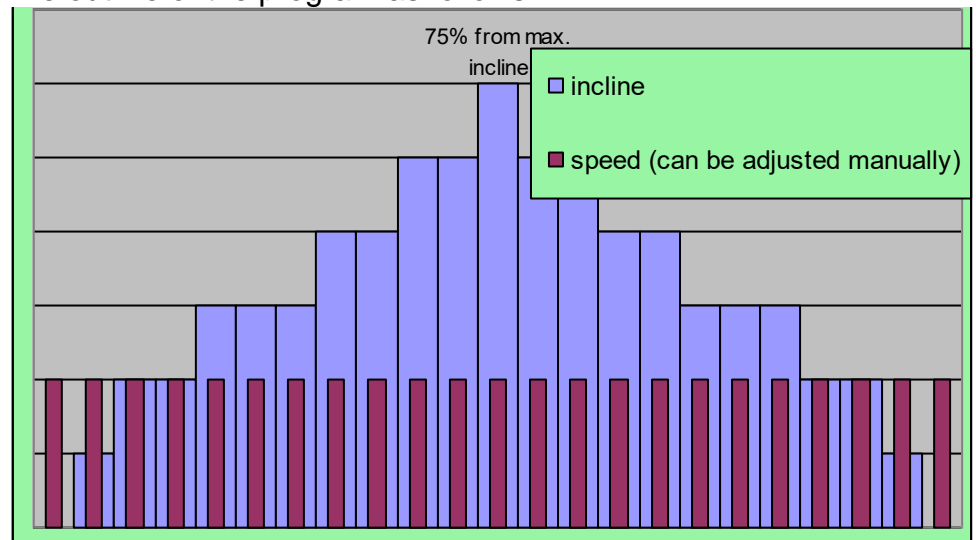
Accomplish the specified heat consumption workout with no time limit. Once the objective is achieved, the program will automatically go into the cool down phase.
Set the range: calories preset 200 / range of 10-999.

Manual

- 1 It is an automatic program of Incline change and the pre-programmed default value. The LEVEL is 20. Scroll the contour plot to make changes of each phase in details.
- 2 After the end of the program, you may manually adjust the Incline. A change is available for each stage. When the target value is "time", it has 12 stages of change. Each stage = time value divided by 12; When the target value is set as "distance" or "calories", per minute has one change. 12 minutes later, it will return back to the figure of the first phase for circulation.

Hill

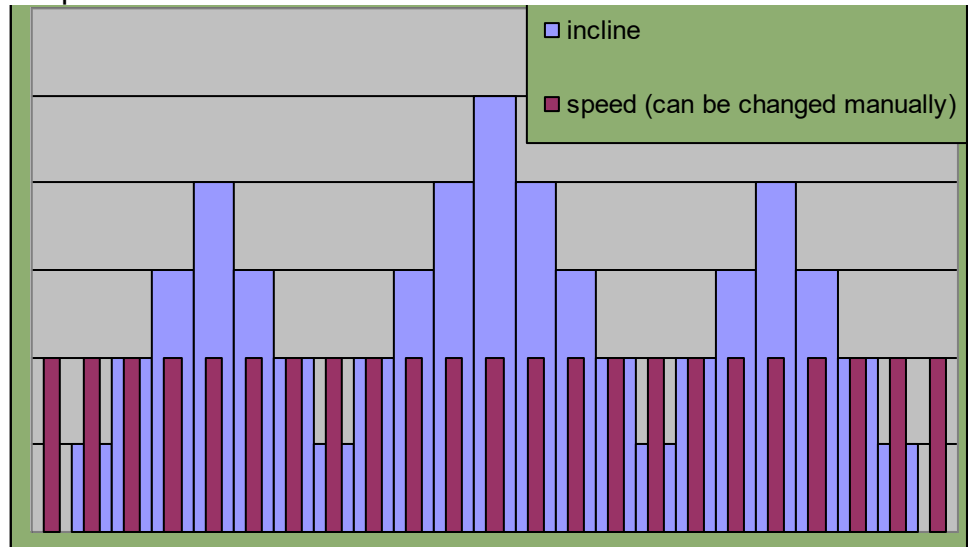
- 1 It is an automatic program of Incline change and the pre-programmed default value. The Incline is in the mode of foothill. Scroll the contour plot to make changes of each phase in details.
- 2 After the end of the program, you may manually adjust the Incline. A change is available for each stage. When the target value is "time", it has 12 stages of change. Each stage = time value divided by 12; When the target value is set as "distance" or "calories", per minute has one change. 12 minutes later, it will return back to the figure of the first phase for circulation.
- 3 The outline of the program as follows:



Interval

- 1 It is an automatic program of Incline change and the pre-programmed default value. The LEVEL is in the mode of height interval. Scroll the contour plot to make changes of each phase in details.
- 2 After the end of the program, you may manually adjust the Incline. A change is available for each stage. When the target value is "time", it has 12 stages of change. Each stage = time value divided by 12; When the target value is set as "distance" or "calories", per minute has

one change. 12 minutes later, it will return back to the figure of the first phase for circulation.



Random

- 1 It is an automatic program of Incline “random” change. Press “?” to change the pre-programmed resistance curve which will form more than one hundred curves. You may scroll the contour plot to make changes of each phase in details.
- 2 After the end of the program, you may manually adjust the Incline. A change is available for each stage. When the target value is “time”, it has 12 stages of change. Each stage = time value divided by 12; When the target value is set as “distance” or “calories”, per minute has one change. 12 minutes later, it will return back to the figure of the first phase for circulation.

Custom

While setting the above seven programs, adjust any level contour of any program by finger to create customized procedure.

■HR Control

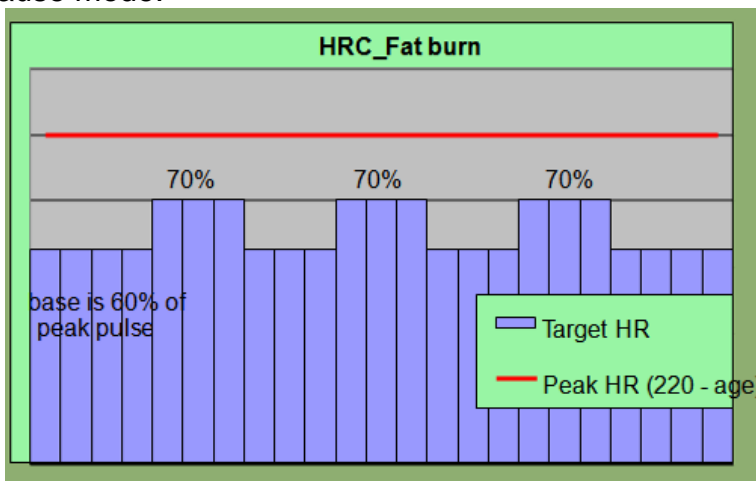
Exercise body strength with the changes of heart rate.

Use of chest sensor or heart rate sensor equipped on the handrail during exercise is required; otherwise the program control of this workout will be invalid.

● Fat Burn Heart Rate

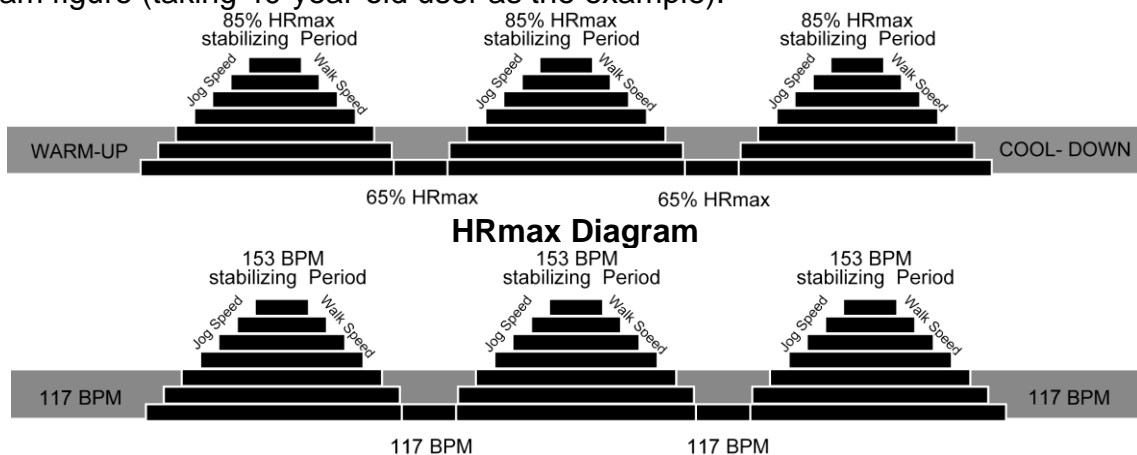
- 1 The low-impact exercise for heart beat is mainly aimed to burn fat. Within the exercise time set, the heart rate will be in an inter molecular exchange mode between the two target heart rates (60% and 70%) subject to the age of the user. It is similar to the movement of heart rate in short distance race.
- 2 If no heartbeat signal is detected during the program, the screen will display “NO PULSE”. If heartbeat signals are unviable over 45 seconds, the program will be terminated compulsorily to go into cool down procedure.
- 3 The heart rate value is tested every 10 seconds by the system. When the actual heartbeat value is faster or slower than the target rate, a message will display to remind the user increasing or decreasing the LEVEL. The resistance will be adjusted automatically. In this case, the user's heart rate may remain at the target value. (Target heart rate value = $(220 - \text{age}) * \text{heart rate exercised}$)

- 4 Each increase or decrease of the electronic meter means the change of 0.1%, after accumulative increase and decrease of 1.0%, the speed of increase and decrease will become 1.0kph(0.6mph).
- 5 During program execution, enter the manual adjustment Incline mode.
- 6 Mission mode is adopted in this program. The user must pass the 60% heart rate of the first round mission, reach the target heart rate value, and exercise for 1 more minute under this rate before going into the next 70% mission. Through resistance increase, the heart rate rises to 70% and keeps the figure for 1 minute. Perform these in the same manner until time out.
- 7 For the heart rate never reaches the target rate but goes up and down between the two target rates, the program will not go over the next exercise target since the last target rate was unqualified.
- 8 Enter pause mode.



● Cardio Heart Rate

1. During the heartbeat exercise, the heart rate is changed between the two target heart rates (65%, 85%), alternatively.
2. The movement of program has the same requirements as other HRC program.
3. Program figure (taking 40-year-old user as the example):



● Target Heart Rate

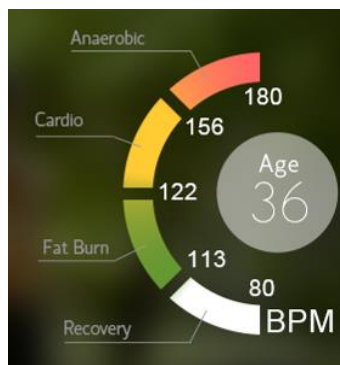
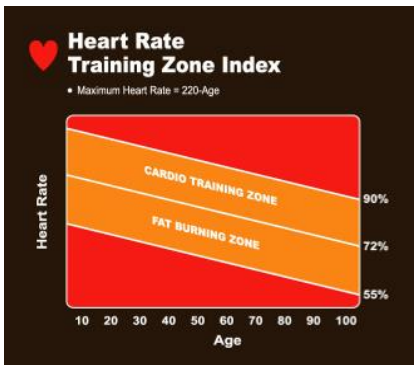
1. The user may determine the target heart rate value. Take reference to the recommended values displayed on the right side. The recommended values are used to translate the range value of each heartbeat interval based on the age of the user.

1%~54% : Low (Recovery)

55%~71% : Fat burn

72%~89% : Cardio

90%~100% : High (Aerobic)



2. The movement of program has the same requirements as other HRC program.

● Hill Heart Rate

1. The program is composed by four target heart rates. Of which, the target rate of three changes are 70%, 75%, and 80%, respectively. The rest remains at 65% as the minimum.
2. The movement of program has the same requirements as other HRC program.
3. Program figure (taking 40-year-old user as the example):

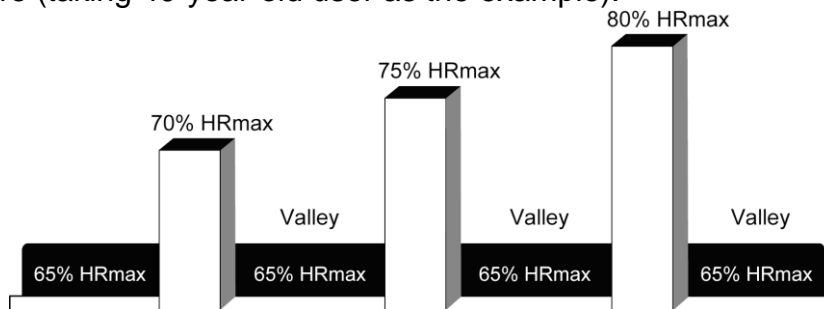
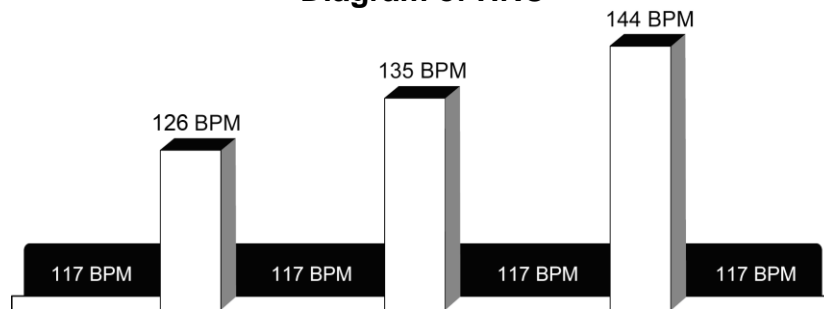


Diagram of HRC



Corresponding Target Heart Rate

● Interval Heart Rate

1. The program is composed by two target heart rates, 65% and 80%, respectively.
2. The movement of program has the same requirements as other HRC program.
3. Program figure (taking 40-year-old user as the example):

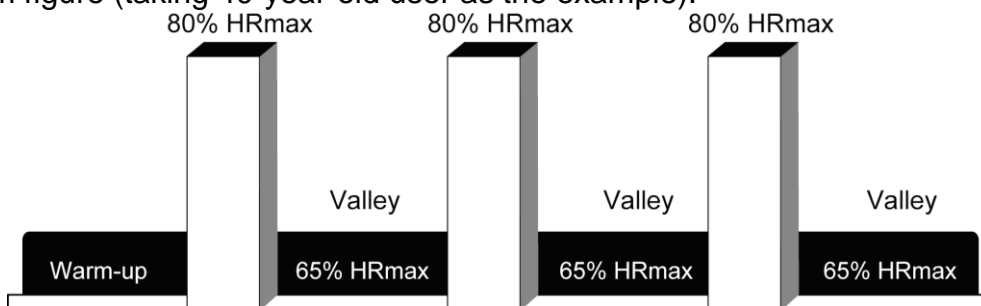
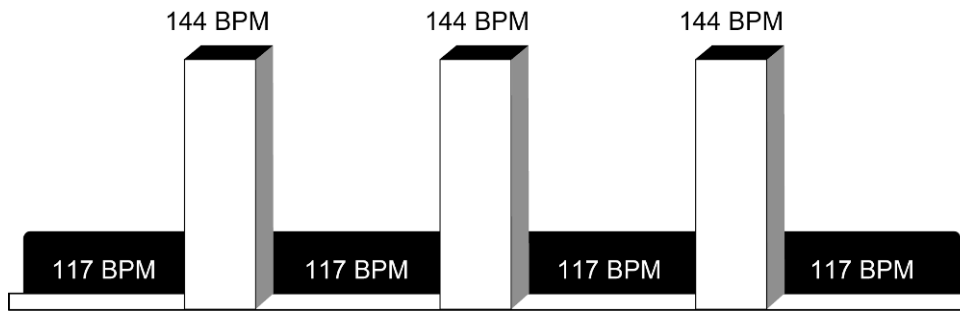


Diagram of Heart Rate Interval



■ PHYSICAL TEST

Except for the regulation for the GERKIN PROTOCOL is special, other military physical test should accomplish the regulated distance target, and after the system has turned to cool down stage the score will come out and the pause is not accepted during the process. Pressing STOP key will stop the test and the result will be "Much to do".

After entering the program, it will do 3-minute warm up, and the speed is 4.0kph (2.5mph), and incline angle is 0, the adjustment is invalid. The warm up time will come to zero or press the skip key, the physical test will start, and the speed is 8.0kph(5.0mph), and incline angle is 0. Manual adjustment is valid, and the distance will be minus from the targeted data.

When the program come to the cool down stage, the time of cool down is 3 minutes, speed is current KPH*50%, and it will change every one minute, and the incline angle come to 0. During the process of cool down, the manual adjustment of speed and incline is invalid. After cool down (if want to see result earlier, press the stop key), and the computer console will show the score and rank, and the result will accord the age and gender. The finished time of the targeted distance, will be assessed after calculation, and the rank will be Poor \ Fair \ Good \ Excellent \ Superior...

- GERKIN PROTOCOL

According to the international fire protection association to assess whether the soldier is qualified to take part into the mission, and exercise will under huge press and is suitable for the high-level athletes.

Belong to high tense endurance test, to test how long the athletes will endure within the tensivity in the system. The most time of training is 20 minutes, and the testee can press stop key at any time during the test.

- 1 At the beginning 3 minutes, at the warm up stage the speed will be 4.8km/h (3.0km/h) and the incline angle will be 0, and the skip is invalid, after 3 minutes the program will start officially from 0 incline angle and speed 7.2km/h. After that the incline will increase 2 every one odd minute, and the speed will increase 0.9km/h every even minute, during that process the automatic adjustment of speed and incline is invalid. The TABLE chart as follows:

Stage	Total Time Completed	Speed (mile/h)	Speed (km/h)	Incline	Predicted VO2 max ml/kg/min
0 (warm-up)	01:00	3.0	4.8	0	13.3
	02:00	3.0	4.8	0	13.3
	03:00	3.0	4.8	0	13.3
1	03:30	4.5	7.2	0	15.3
	04:00	4.5	7.2	0	17.4

2	04:30	4.5	7.2	2	19.4
	05:00	4.5	7.2	2	21.5
3	05:30	5.0	8.1	2	23.6
	06:00	5.0	8.1	2	27.6
4	06:30	5.0	8.1	4	28.7
	07:00	5.0	8.1	4	29.8
5	07:30	5.5	8.9	4	31.2
	08:00	5.5	8.9	4	32.7
6	08:30	5.5	8.9	6	33.9
	09:00	5.5	8.9	6	35.1
7	09:30	6.0	9.7	6	36.6
	10:00	6.0	9.7	6	38.2
8	10:30	6.0	9.7	8	39.5
	11:00	6.0	9.7	8	40.9
9	11:30	6.5	10.5	8	42.6
	12:00	6.5	10.5	8	44.3
10	12:30	6.5	10.5	10	45.7
	13:00	6.5	10.5	10	47.2
11	13:30	7.0	11.3	10	49.0
	14:00	7.0	11.3	10	50.8
12	14:30	7.0	11.3	12	52.3
	15:00	7.0	11.3	12	53.9
13	15:30	7.5	12.1	12	55.8
	16:00	7.5	12.1	12	57.8
14	16:30	7.5	12.1	14	59.5
	17:00	7.5	12.1	14	61.2
15	17:30	8.0	12.9	14	63.2
	18:00	8.0	12.9	14	65.3
16	18:30	8.0	12.9	16	67.1
	19:00	8.0	12.9	16	68.9
17	19:30	8.5	13.7	16	71.1
	20:01	8.5	13.7	16	73.3

- 2 During the test, the pause is unacceptable, pressing the stop key or after the cool down or during the cool down press the skip key will end the program, and the page will show the result analysis picture.
- 3 Comparison as follows

Male-VO2 MAX (values in ml/kg/min)


Age	Very Poor	Poor	Fair	Good	Excellent	Superior
~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

Female-VO2 MAX (values in ml/kg/min)

Age	Very Poor	Poor	Fair	Good	Excellent	Superior
~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

■ TRAINING

- TRAINING 5K
- TRAINING 10K

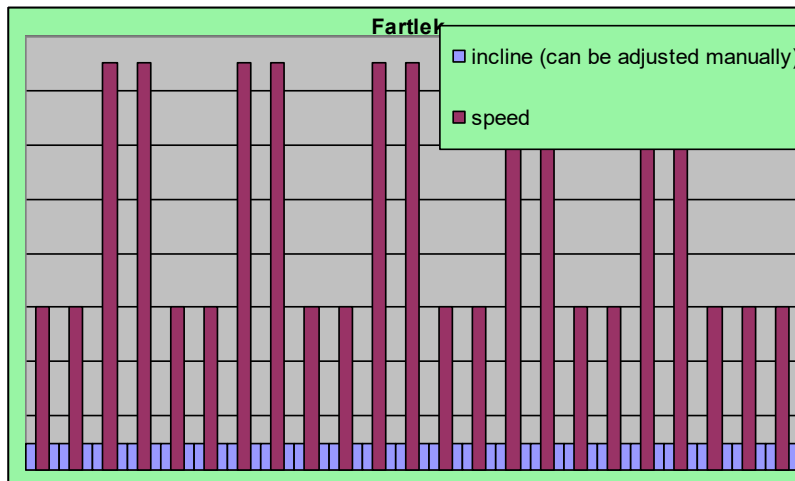
- The training intensity will be divided into 20 sections, the number larger the incline angle will be steeper, and the incline range is random. So under the same intensity, the range can be changed by pressing , or it can be changed by touching the preview picture to change the stage shape directly.

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 remote controlling will execute the warm up stage, after the stage, the incline angle will change every minute. The manual adjustment is invalid, and the time for every slope will from 30 seconds to 60 seconds, and the speed is as the set, but the manual adjustment is valid during the process.

- FARTLEK (SPEED INTERVAL)

- Jogging and fast running can be set.(once set, it will be invalid during the process)
- Exercise time can be set, the previous data is 20 minutes and the range is 22~99.
- Incline is manual controlled, and the speed is according to the intensity. Within the intensity, the speed can be high and low, the trend for the speed as the follows.
- During the exercise, the pause key can be pressed.
- Once the exercise time come to zero, the program ends.



SPEED INTERVAL

SPEED-KPH(MPH)	HIGH	LOW
LEVEL 1	9.0 (5.6)	6.0 (3.8)
LEVEL 2	10.0 (6.2)	6.0 (3.8)
LEVEL 3	11.0 (6.9)	6.0 (3.8)
LEVEL 4	12.0 (7.5)	6.0 (3.8)
LEVEL 5	14.0 (8.8.0)	6.0 (3.8)
LEVEL 6	16.0 (10.0)	6.0 (3.8)
LEVEL 7	18.0 (11.2)	6.0 (3.8)
LEVEL 8	20.0 (12.5)	6.0 (3.8)
LEVEL9	21.0 (13.1)	6.0 (3.8)
LEVEL10	22.0 (13.8)	6.0 (3.8)

■ FIT TEST

● RECOVERY TEST

This model is aimed to get the strength of heart rate of the user in the tested movement process by substituting the heartbeat values, before and after the test, into the comparison table. Use wireless heart rate monitor is required.

- 1 Set gender and age
The speed is 3.2KPH, the range is 3.2~7.2KPH.
- 2 After the program is started, time is negative and distance and calories are positive, and the speed is the set speed, first minute the incline is 0.0%, after 4 minutes the incline is 5.0%.
- 3 Exercise time is 5 minutes, and the aim is to make the heart beat change after exercise with little time. The speed of the treadmill cannot be changed and the incline angle is controlled by computer.
- 4 After 5 minutes come zero or pressing STOP key during the process, is come the RUN END of the first stage. And the program will start the heart calculation at the second stage and the motor will stop and do the heart analysis for 60 seconds, and the page will turn out "PLEASE WAIT 60 SECONDS FOR RECOVERY TEST", and please keep reflecting the heart information.
- 5 During the 5 minutes exercise or 60 seconds heart analysis, if the heart beat is not detected for 45 seconds, at the middle of the page will turn out NO PULSE warning picture.
- 6 The pause key cannot be pressed.
- 7 After 60 seconds, the page will calculate according to the format, and the result of

assessment will be showed.

※ If the user do not switch to 60 seconds heart analysis or press the stop key during that process or the beat is not detected and any other condition which will be looked as giving up exercise and the result will be "Much to do" and the score will be "6".

8 Recovery test comparison chart as follows:

F=1	F=2	F=3	F=4	F=5	F=6
Superior	Excellent	Good	Fair	Poor	Much to do

● FIT TEST

1. Suiting test provide different stage test according to the vein suiting ability for different ages.
 2. Because the result is from the calculation by the heart rate input into the computer, so the testee must wear the heart sensor or hand grip sensor.

- The screen will show weight, age, gender, and input the data, then press yes.
- Speed rank is according to the following chart; choose the speed rank according to the age, gender and activity tensity.

Activity tensity and suitability comparison

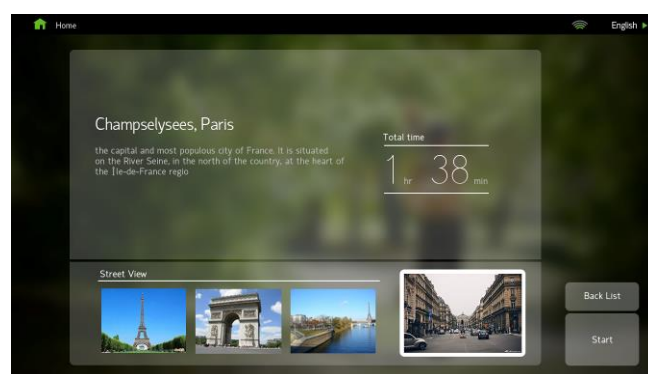
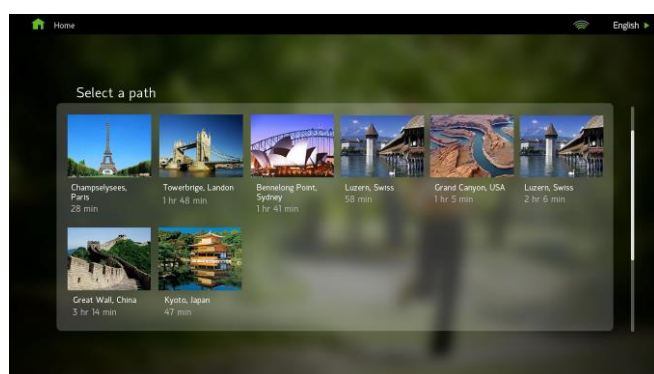
	Not active	Active	Active very much
Suitability Rank	2-3 mile/hour	3-4mile/hour	3.5-4.5mile/hour
	3.2-4.8km/hour	4.8-6.4km/hour	5.6-7.2km/hour

3. The slope of the treadmill after 1 minute warm up increase to 5% automatically and the speed is fixed.
 4. The slope of the program is 5%, after 5 minutes, the computer will read the heart rate and assess and the result will be showed on the screen.

Activity tensity and suitable people

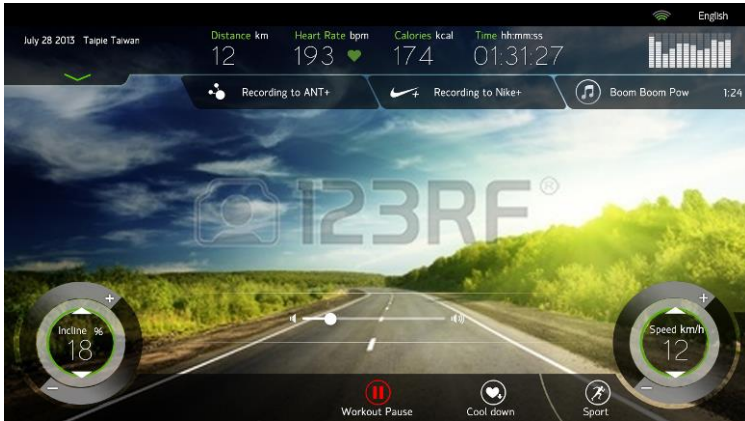
Under medium	Above medium
Aged	Young
Thin	Fat
Short	Tall

■ Virtual Active



1. The virtual reality is from movie which is taken by professional movie company and the copyright is legal. And the map includes resorts from all over the world, the national park, streets or mountains. And the film is showed in first person's view to make the users in the virtual reality.
2. There are 8 positions for you to choose at the setting page, and enter into the next page after confirmation, then you can check the name of the place, the description of the place and the time of the film, and also you could see the preview film for this exercise routine.
3. After confirming the resorts, press the START key to enter the virtual reality exercise mode.

4. In the virtual reality, the time is minus and when the time comes to zero which means the course is over.



5. In the visual reality mode, the function of changing automatically is designed into the incline to mimic the change of forest or roads. But the real appearance of the place cannot be displayed completely, so during the exercise, the function of manual control and pause in the speed and incline is valid.

6. In the virtual reality, the Warm up and cool down program will be executed automatically.

7. In the virtual reality, the multi-media is invalid. Because the focus of this mode is on the real scenery during exercise, and every course has its own specific background music.

8. In the virtual reality, press any film section, and then the film will on full screen and other windows will be close. These windows will recover after pressing once again.

9. The exercise information above could be dragged down.

8. Program Set

8.1. Enter and Exit Engineer mode

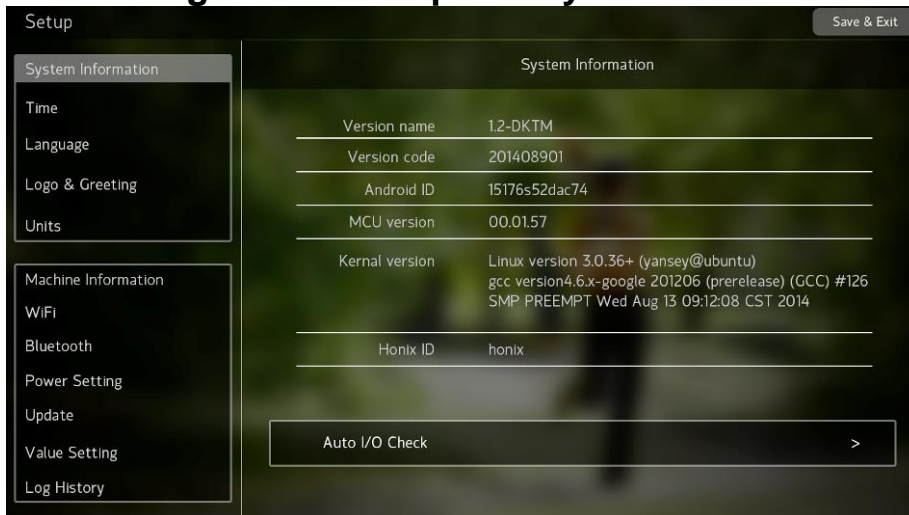


Enter: After switch on the treadmill, press logo for about 5 seconds to enter engineer mode.

Exit: Under engineer mode, press Back on upper right corner to exit.

※ If you can not enter engineer mode as described above, it means the software of treadmill needs to be update, please contact dealer.

8.2. Setting Metric or Imperial system Units



- Version name : the name of the version of the APP main program of the system
- Version code : the date of the version of the APP main program of the system
- Android ID : ic identity code of Android chip
- MCU Version : the version of the I/O firmware of the system
- Kernel Version : version of the core program of the system
- **BG Service : null : means no backend service**
 - ready : means backend service is ready**
 - not ready : means backend service is available but abnormal**
- Honix ID : production identity code of the board of the main machine.

8.3. Time zone setting

Choose your region, the system will automatically load and sync as per local internet time zone based on GMT, or adjust the date and time.

- This time is system time displayed on the desktop of standby mode and also applied to certain specific exercise management course.

8.4. Language

Choose language, the system will be set as default language.

- ※ Once language is set, when press Back to exit, the system will reboot automatically to make sure the language setting is smoothly.

8.5. Setting Metric or Imperial system Units

Choose "Metric" for metric system, choose "English" for imperial system. System will auto sync with the choose system for all setting.

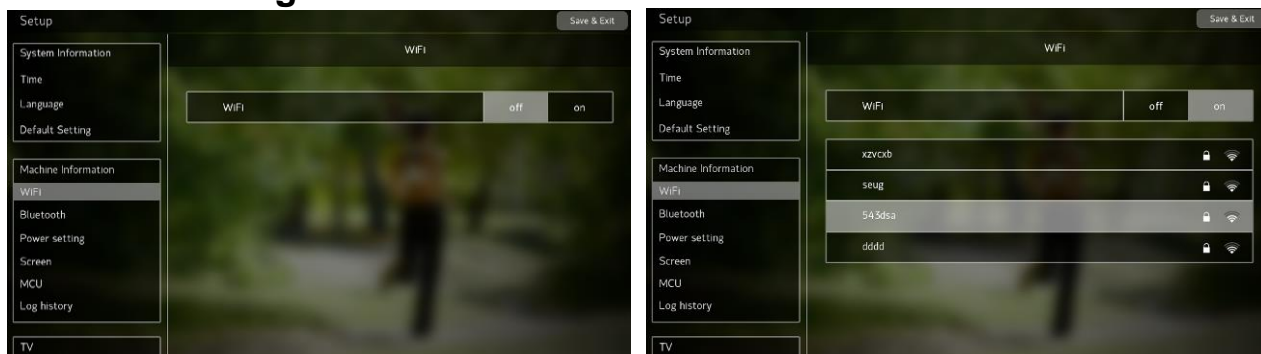
8.6. Machine information

Information for Safety key, GS function and maintenance reminder switch can be set, all preset

is ON. The set data for the maintenance reminder will be used as the warning target by the system, once it is reached, “This treadmill is due for scheduled service” will show up every time the machine is started. Please add silicon lubrication and come back to this page to zero the data.

- In this page, accumulated work out time and distance can be reviewed.

8.7. Wi-fi setting



Switch to on position, the system will detect available wi-fi connection. db means the signal strength, the smaller the better (it is advised to be lower than 50db). Please choose the wi-fi connection, enter password, press connect or Done, wait for connection. Once “connected” (red color) shows up, the connection is completed.

- ※ The electronic meter will memorize the wi-fi device which was connected before. In next use, the automatic connection will be available provided that this wi-fi device is located within 20 m so that it is not required to input the password. When there are two or more wi-fi devices that are connected before in current environment, the last used device will enjoy the preference.
- ※ If the fireproof wall of the wi-fi setting is opened, please close it, or the wi-fi setting cannot be detected or the connection cannot be done. If there is any other problem, please contact with the saler.

8.8. Power setting

The time for the start of energy-saving mode (ErP time) : the presetting time is 60 min, the setting range is 0-480 minute.

- This means, under standby mode, when nobody is operating the treadmill, the system will switch off the power for both upper and lower controller. Press “WAKE” on the keyboard to wake up the treadmill.

PauseBack: the presetting time is 4 min, and setting range is 15-300 second,

- This time means that at the condition of “pause” during exercise, after certain period of time without operation, the workout will be ended automatically and turn to the standby mode.

8.9. Update for the software

- APP UPDATE : Update for the APP software, please refer to the file about the update for software for details.
- Kernel UPDATE : Update for Android core firmware, please refer to the file about the update for software for details.

- MCU UPDATE : Update for I/O program, please refer to the file about the update for software for details.
- Media UPDATE : Update for the visual reality film, please refer to the file about the update for software for details.
- BG Service UPDATE : Update backend service, please refer to the file about the update for software for details.

8.10. Value Setting

- Max Setting : Modify the peak data of speed and frequency accuracy for all kinds of speed.
- Incline Setting : Modify the stage of incline, and the lowest and highest position.
- Incline abs : Test the action and data of the incline position timely.

※ After setting, please do not modify the data which will affect the best setting.

8.11. Debug Log

Scan the condition of the orders during operation of the machine to check the process and possible factor of the problem.

※ If remote monitoring and analysis is required, please turn on wifi and inform Andriod ID from 8.2

8.12. TV Setting



Choose “local nation” --> choose the TV signal, “ATV” or “DTV” --> Press Quick Scan-->wait until the channel has been scanned to 100%(about 1 minute) -->it will display the current channel number which has been scanned successfully) -->after the confirmation.

- If the “district” and “signal source” is set but “channel scanning” is not executed, the function of entrance to TV is valid but there is only bland channel or irrelative channel, so we recommend that the channel scanning should be done.
- If scanning failed or the channel page did not show out, please execute Quick Scan again, try more times. If failed again, please press Deep Scan, then the system will execute more frequent scanning, but the scanning will take long time.
- “ATV” and “DTV” cannot coexist at the same time, when the signal change, please set and scan again.
- After scanning, the some channel can be executed as “ locked channel” and this

channel will not appear in the TV mode any more.

8.13. Others

Just for the internal operation by the engineers.