MOTORIZED TREADMILL

User's Manual

Table of Contents

XT91-NT25CE_1504A

IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this appliance.
DANGER - To reduce the risk of electric shock disconnect your treadmill from the electrical outlet prior to cleaning and/or service work.
WARNING- To reduce the risk of burns, fire, electric shock, or injury to persons, install the treadmill on a flat level surface with access to a 220~240-volt, 10-amp grounded outlet with only the treadmill plugged into the circuit.

DO NOT USE AN EXTENSION CORD UNLESS IT IS A 14AWG OR BETTER, WITH ONLY ONE OUTLET ON THE END: DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPROPER ADAPTERS, OR IN ANY WAY MODIFY THE CORD SET.
A serious shock or fire hazard may result along with computer malfunctions. See Grounding Instructions

- Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- Do not block the rear of the treadmill. Provide a minimum of 3 1/2 feet clearance between the rear of the treadmill and any fixed object.
- Keep children away from the treadmill. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the treadmill if it has a damaged cord or plug. If the treadmill is not working properly, call your dealer.
- Keep the cord away from heated surfaces.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- To disconnect, turn all controls to the off position, remove tether cord, then remove the plug from the outlet.
- Do not attempt to use your treadmill for any purpose other than for the purpose it is intended.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Use handrails provided; they are for your safety.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
- Please verify and make sure safety key functions properly before using the treadmill. Always wear the safety key clip while in use.
- For energy savings, always unplug the power cord when treadmill is not in use.

Remove tether cord after use to prevent unauthorized treadmill operation.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT ELECTRICAL INSTRUCTIONS

WARNING!
NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. As with any ap- pliance with a large motor, the GFCI will trip often. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
NEVER remove any cover without first disconnecting AC power.
If voltage varies by ten percent (10%) or more, the performance of your treadmill may be af- fected. Such conditions are not covered under your warranty. If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.
NEVER expose this treadmill to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high humidity environment. The maximum operating temperature specification is 40 degrees c, and humidity is 95% non-condensing (no water drops forming on surfaces).
**Circuit Breakers:** Some circuit breakers used in homes are not rated for high inrush currents that can occur when a treadmill is first turned on or even during use. If your treadmill is tripping the house circuit breaker (even though it is the proper current rating) but the circuit breaker on the treadmill itself does not trip, you will need to replace the home breaker with a high inrush type. This is not a warranty defect. This is a condition we as a manufacture have no ability to control. This part is available through most electrical supply stores. Examples: Grainger part # 1D237, or available online at www.squared.com part # QO120HM.

GROUNDING INSTRUCTIONS

This product must be grounded. If the treadmill should malfunction or breakdown, grounding provides a path of least resistance for electric current, reducing the risk of electric shock. This product is equipped with a cord having an equipment-grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.
DANGER - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet; have a proper outlet installed by aqualified electrician.
This product is for use on a nominal 220~240-volt circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet, (shown below) can be installed by a qualified electrician. The green colored rigid earlug, or the like, extending from the adapter, must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.
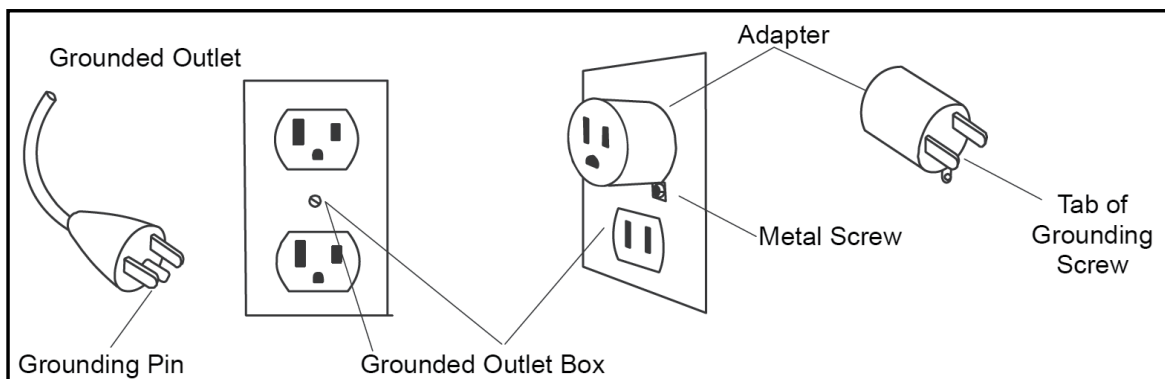
IMPORTANT OPERATION INSTRUCTIONS

- **NEVER** operate this treadmill without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your treadmill during an electrical storm. Surges may occur in your household power supply that could damage treadmill components. Unplug the treadmill during an electrical storm as a precaution.
- Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the center of the belt; which may result in serious injury.
- **NEVER** mount or dismount the treadmill while the belt is moving. treadmills start at a very low speed and it is unnecessary to straddle the belt during start up. Simply standing on the belt during slow acceleration is proper after you have learned to operate the unit.
- Always hold on to a handrail or hand bar while making control changes (incline, speed, etc.).
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. If you feel the buttons are not functioning properly with normal pressure contact your dealer.

IMPORTANT SAFETY INSTRUCTIONS

A safety tether cord is provided with this unit. It is a simple magnetic design that should be used at all times. It is for your safety should you fall or move too far back on the tread-belt. Pulling this safety tether cord will stop tread-belt movement.

To Use:
1. Place the magnet into position on the red portion of the console control head between the Start and Stop keys. Your treadmill will not start and operate without this. Removing the magnet also secures the treadmill from unauthorized use.

2. Fasten the plastic clip onto your clothing securely to assure good holding power.
   Note: The magnet has strong enough power to minimize accidental, unexpected stopping. The clip should be attached securely to make certain it does not come off. Be familiar with its function and limitations. The treadmill will stop, depending on speed, with a one to two step coast anytime the magnet is pulled off the console. Use the red Stop / Pause switch in normal operation.

Safety hints

IMPORTANT: THIS UNIT IS INTENDED FOR HOUSEHOLD USE ONLY
SAFETY PRECAUTIONS

Thank you for purchasing our product.   Even though we go to great efforts to ensure the quality of each product, occasional errors and/or omissions do occur.   In any event should you find this product to be defective or missing a part please contact our Customer Service Department.

Your treadmill was designed and built for optimum safety.   However, certain precautions apply whenever you use your treadmill. Be sure to read the manual before assembly and operation.
Also, please note the following safety precautions:
DANGER: To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet immediately after using and before cleaning.

1. Read OWNER OPERATING MANUAL and all accompanying literature and follow it carefully before using your treadmill.
2. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once.   CONSULT A PHYSICIAN IMMEDIATELY.
3. Never leave the treadmill unattended when plugged in.   Unplug from the outlet when not in use and before removing or replacing parts.
4. Never operate the treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped, damaged, or exposed to water.
5. Do not pull the treadmill by the power supply cord or use cord as a handle. Keep cord away from heated surfaces and open flames.
6. Fitness equipment must always be installed and used on a flat surface. Do not use outdoors or near water.
7. Do not insert any objects into any openings.
8. Keep children and pets away from this equipment at all times while exercising.
9. Handicapped individuals should have medical approval and close supervision when using this treadmill.
10. Do not place hands or feet under the treadmill. Always keep hands and legs off of the treadmill when others are using it.
11. Never turn on treadmill while standing on treadbelt.   Always return the treadmill to slow speed to provide for safe dismount and low speed restart.
    a-To disconnect, turn all controls to the off position, then remove plug from outlet.
    b-Use the treadmill only for it is intended use as described in this manual.
    c-Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent straining muscles.
    d-Never hold your breath while exercising.   Breathing should remain at a normal rate in conjunction with the level of exercise being performed.
    e-Start your program slowly and very gradually increase your speed and distance.
    f-Always wear suitable clothing and footwear while exercising.   Do not wear loose fitting clothing that could become entangled with the moving parts of your treadmill.
    g-Do not walk or jog barefoot, in stocking feet or loose fitting shoes or slippers.
    h-Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques.
12. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
13. The appliance is not to be used by children or persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction
14. Children being supervised not to play with the appliance
WARNING: Before beginning any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems.   Read all instructions before using any fitness equipment.   We assume no responsibility from personal injury or property damage sustained by or through the use of this product.
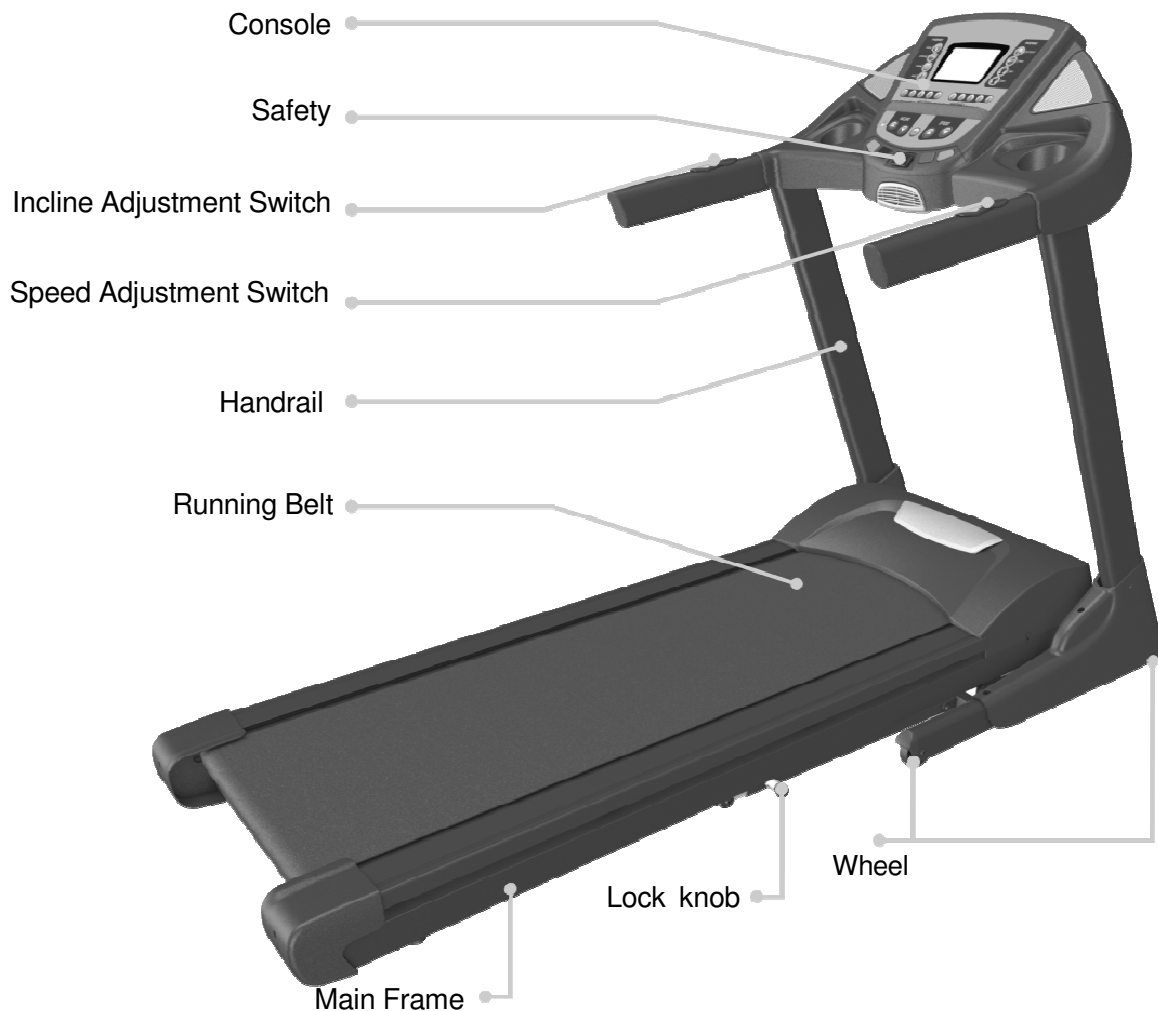CAUTION!! Please be careful when opening this unit.

Introduction

The treadmill has been designed and constructed to provide trouble free usage and enjoyable exercise. You can greatly improve your understanding and benefits of exercising by carefully reading the instructions given in this manual. Please familiarize yourself with the maintenance advice provided for you.
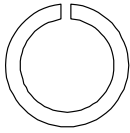
Specifications

- Drive Motor: 2.75 hp
- Speed Range: 1 – 18 kmph
- Running Surface: 510 m/m x 1475 m/m
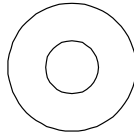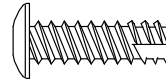- Incline Level: 0-12 Levels
- Folding Design: YES

Console

Safety

Incline Adjustment Switch

Speed Adjustment Switch

Handrail

Running Belt

Wheel

Lock knob

Main Frame

MAX.USER WEIGHT 130 KGS

Assembly Pack Check List

148. Ø8 × 1.5T
Split Washer (4pcs)

94. Ø5/16" × 19 × 1.5T
Curved Washer (2pcs)

88. 5 × 16m/m
Tapping Screw (4pcs)

95. M5 × 10m/m
Phillips Head Screw (2pcs)
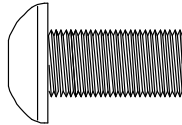
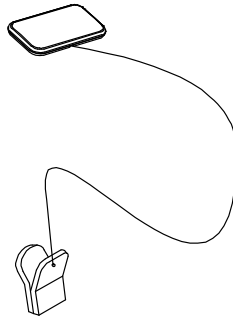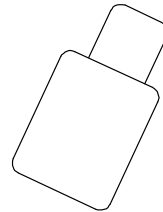# 90. 5/16" × 3/4"
Button Head Socket Bolt (4pcs)
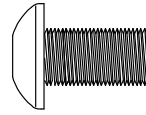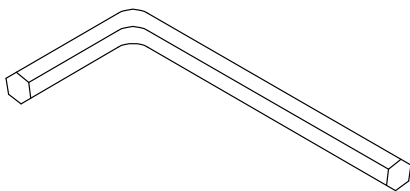
93. 5/16" × 15m/m
Button Head Socket Bolt (8pcs)

132. M5
Speed Nut Clip (4pcs)

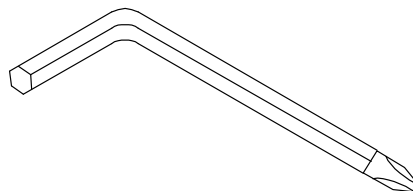# 33. Safety Key (1pc)

58. Lubricant (1pc)

97. M6 (66 × 86)
L Allen Wrench (1pc)

96. Combination M5 Allen Wrench &
Phillips Head Screw Driver (1pc)

Assembly Instructions

Step 1.

Take out the treadmill from the carton and lay it aside on the smooth ground.
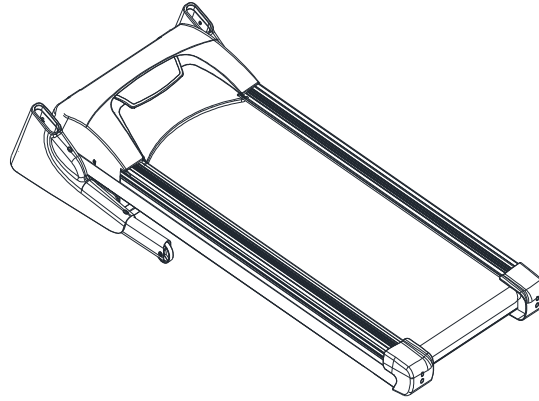
Step 2.

Guide Frame Base Covers (R , L) (42 , 43) go through Uprights (R , L), (4 , 5).
Connect the Computer Cable (Lower) (39) and Computer Cable (Middle) (38).
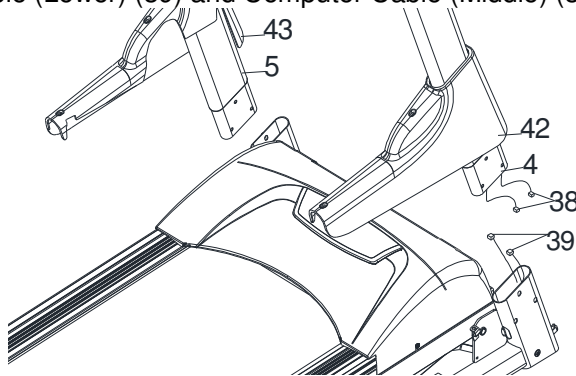
Step3.

Insert Right and Left Uprights (4) and (5) into the Frame Base (2) with 4pcs of Speed Nut Clips (132) and use Combination M5 Allen Wrench & Phillips Head Screw Drive (96) to tighten 8 pcs of 5/16" × UNC18 × 15L_ Button Head Socket Bolts (93) and 2pcs of Ø8 × Ø19 × 1.5T_Curved Washers (94).
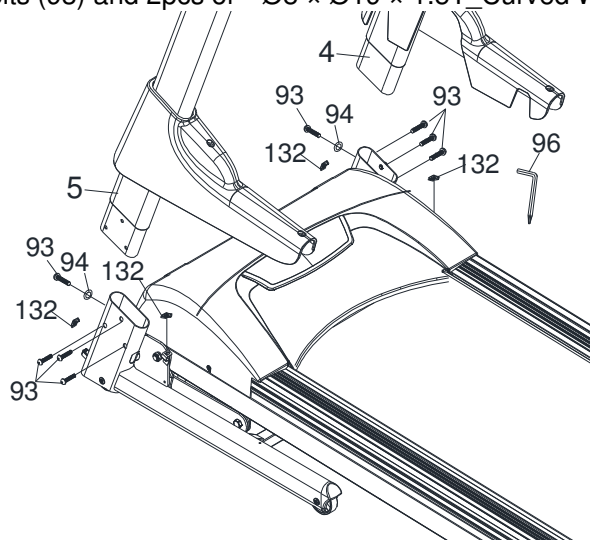
Step4.

Use Combination M5 Allen Wrench & Phillips Head Screw Drive (96) to tighten four Ø5 × 16L_Tapping Screws (88) and two M5 × P0.8 × 10L_Phillips Head Screws (95) to secure right and left Frame Base Covers (42 , 43) on the mainframe.
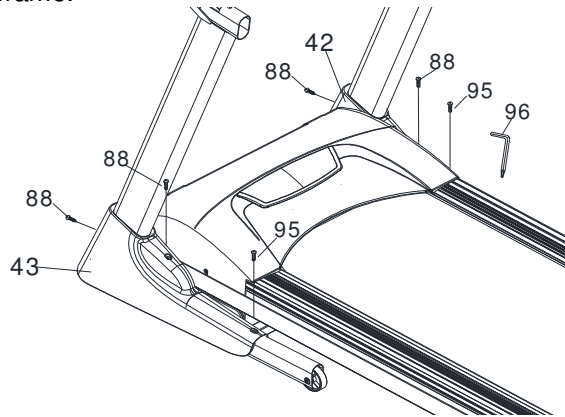
Step5.

Connect the Computer Cable (Middle)(38) and Computer Cable (Upper)(37).
Connect the Speed/Hand Pulse Complex W/Cable (127) and Speed/Hand Pulse Complex W/Cable (53).
Connect the Incline/Hand Pulse Complex W/Cable (128) and Incline/Hand Pulse Complex W/Cable (54).
If there is HR receiver, connect Connecting Cable (Upper) (165) and Connecting Cable (Lower) (166)
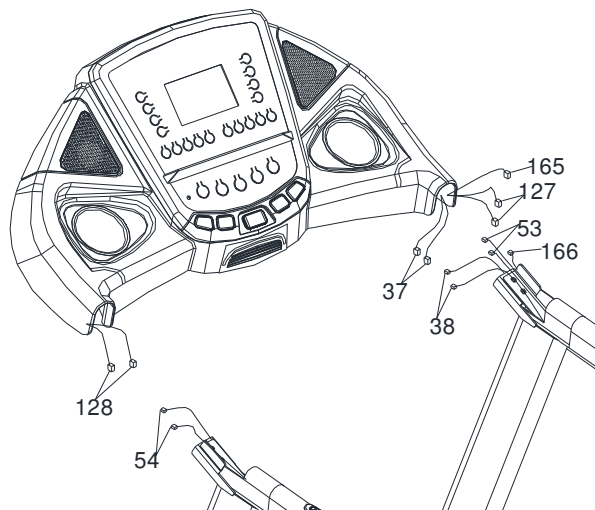
Step 6.

Use four 5/16" × UNC18 × 3/4"_ Button Head Socket Bolts (90) and four Ø8 × 1.5T Split Washers (148) to secure the Console support .
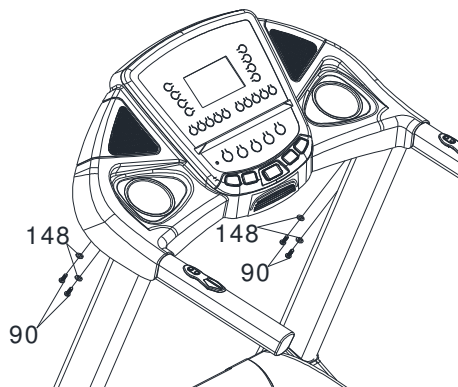
NOTE: **Please Tighten All Screws After All Components Assembly Complete.**

FOLDING INSTRUCTIONS
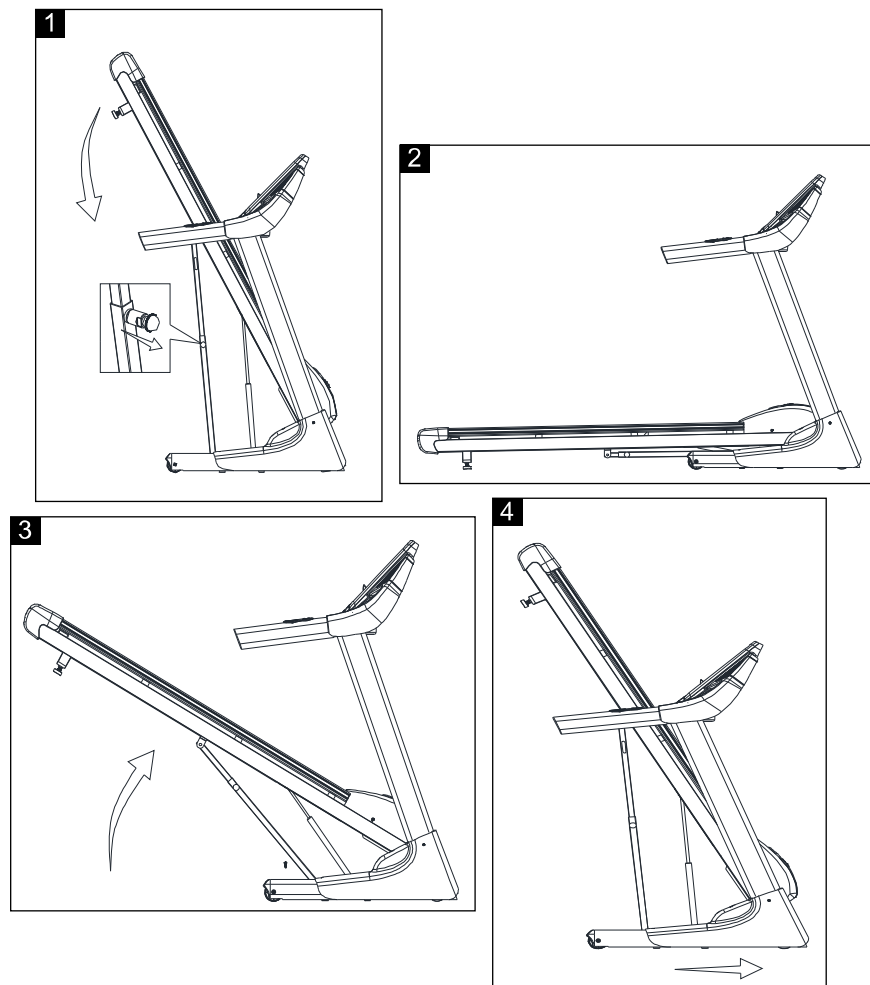
➢ **UNFOLDING**
Pull locking knob and hold running deck and lower down to the floor.
(As shown Figure 1_2.)

➢ **FOLDING**
Pull the locking knob with right hand, left hand lift the running deck up to 30cm then two hands lift it until it is locked by the locking knob. (As shown in Figure 3)

➢ **TRANSPORT**
Before moving the treadmill, convert the treadmill to the storage as described above. Make sure that the Locking Knob is closer fully over the frame guide. (As shown in Figure 4)

1). Hold the upper ends of the handrails. Place one foot on the base .
2). Tilt the treadmill back until it rolls freely on the rear wheels. Carefully move the treadmill to the desired location. To reduce the risk of injury, use extreme caution while moving the treading. Do not attempt to move the treadmill over an uneven surface.
3). Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.

Operation of Your Treadmill

Getting familiar with the control panel

■Console

GETTING STARTED :
Power the treadmill on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill below the motor hood. Ensure that the Safety Key is installed, as the treadmill will not power on without it.

When the power is turned on a message will scroll across the dot matrix showing the current software version. Then the Time and Distance windows will display Odometer readings for a short time.TheTime window will show how many hours the treadmill has been in use and the Distance window will show how many miles (or Kilometers if the treadmill is set to metric readings) the treadmill has gone. The treadmill will then enter idle mode, which is the starting point for operation.

QUICK-START OPERATION

1. Attach the Safety Key to wake the display up (if not already on).
2. Press the Start key to begin belt movement. Then adjust to the desired speed using the ▲ / ▼ keys (console or handgrip). You may also use the rapid speed keys 2 through 10 to adjust the speed.
3. To slow thetread-belt press and hold the ▼ key (console or handgip) to the desired speed. You may also press the rapid speed adjust keys, 2 through 10.
4. To stop the tread-belt press Stop key or pull away Safety Key.

PAUSE/STOP/RESET FEATURE

1. When the treadmill is running the pause feature may be utilized by pressing the red Stop key once. This will slowly decelerate the tread-belt to a stop. The incline will go to zero percent. The Time, Distance and Calorie readings will hold while the unit is in the pause mode. After 5 minutes the display will reset and return to the start up screen.
2. To resume your exercise, when in Pause mode, press the Start key. The speed and incline will return to their previous settings.
   ■ Pause is executed when the Stop button is pressed once. If the Stop button is pressed a second time, the program will end and a workout summary will be displayed. If the Stop button is pressed a third time, the console will return to the idle mode (start up) screen. If the Stop button is held down for more than 3 seconds the console will reset.

INCLINE FEATURE

1. Incline may be adjusted anytime after belt movement.
2. Press and hold the Adjust ▲ / ▼ keys on the left side (console or handgrip) to achieve desired level of effort. You may also choose a more rapid increase / decrease by selecting desired key, 2 through 10, on left hand s ide of console (incline).
3. The display will indicate incline position as adjustments are made.

DOT MATRIX CENTER DISPLAY(Program Opreration)

Eighteen rows of dots (8 high) indicate each segment of a workout. The dots are only to show an approximate level(speed/incline) of effort. They do not necessarily indicate a specific value - only an approximate percent to compare levels of intensity. In operation the Speed /Incline dot matrix window will build a profile "picture" as values are changed during a workout. When the Speed indicator - which is above dot matrix - is lit the Dot matrix displays the Speed profile and when the Incline indicator is lit the Dot Matrix displays the Incline profile.

You may change the Dot Matrix profile view that you desire by pressing the DISPLAY button. After scrolling through the three profiles which include incline, speed and incline + speed profile, by pressing the DISPLAY button, the Dot matrix will automatically scroll through the three displays showing each one for five seconds.

0.4 Km Track

The 0.4km track will be displayed around the dot matrix window.The flashing dot indicates your progress. Once the 0.4km is complete this feature will begin again. The number of completed laps is displayed in the Laps window.

Pulse Grip Feature

The Pulse (Heart Rate) readout will display your current heart rate in beats per minute during the workout. You must use both stainless steel sensors on the front cross bar to display your pulse. Pulse value displays anytime the upper display is receiving a Pulse signal.

Calorie Display

Displays the cumulative calories burned at any given time during your workout.

Note: **This is only a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.**

To Turn Treadmill Off

1. Display will automatically turn off (go to sleep) after 30 minutes (no key operations). The treadmill will draw very little current in sleep mode (about as much as your television when it is turned off).
2. Remove tether cord.
3. Turn of the main switch on the front of the treadmill, below the motor cover.

Attention

Your new console comes configured in an in-store 'Display Mode' of operation, wher the console will remain powered on unless the main power switch is turned off. To exit the display mode, for normal operation, press and hold the Stop, Enter and Display keys for 5 seconds; the display will show: Display mode - On. Use the Incline ▲/▼ key or the Speed ▲/▼ key to change the setting to Off then press Enter.

PRESET PROGRAM PROFILES

Ascent - Work
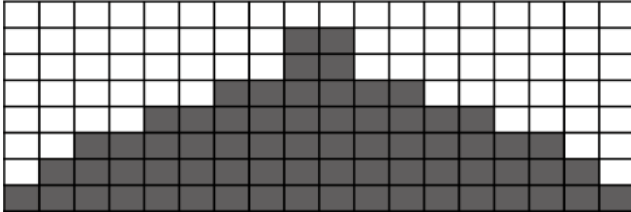
Ascent - Incline
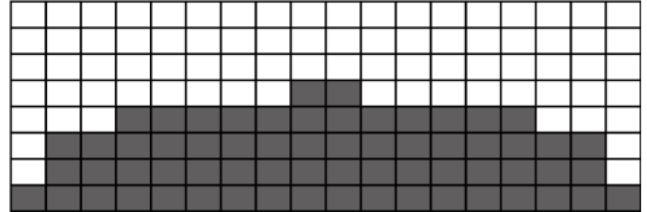
Glute Blast - Work
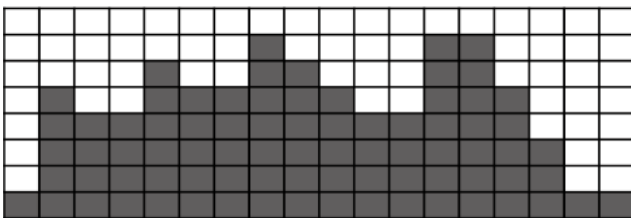
Glute Blast - Incline
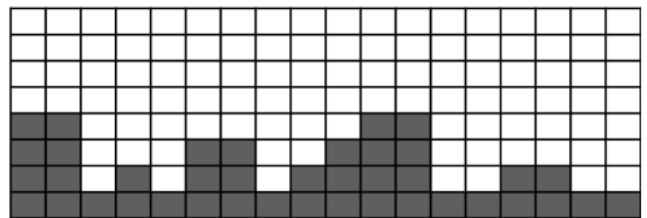
Adventure - Work
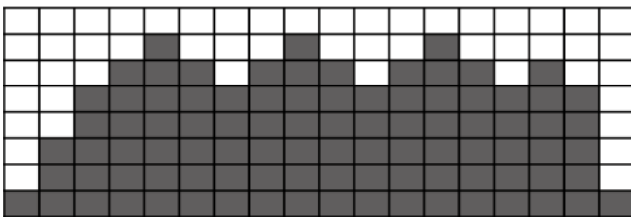
Adventure - Incline
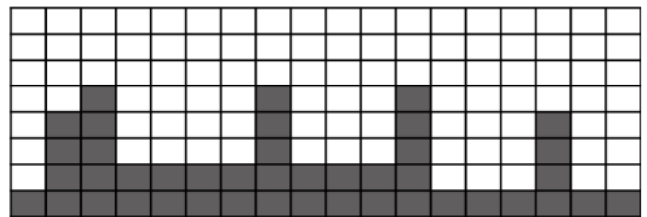
Xtreme - Work
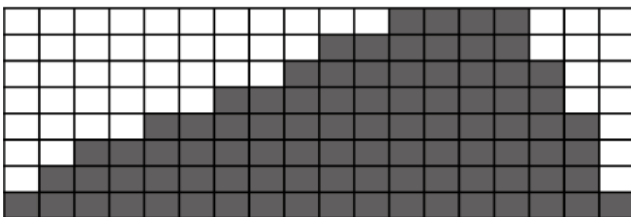
Xtreme - Incline
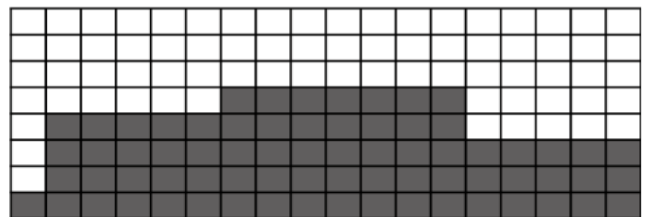
Interval - Work
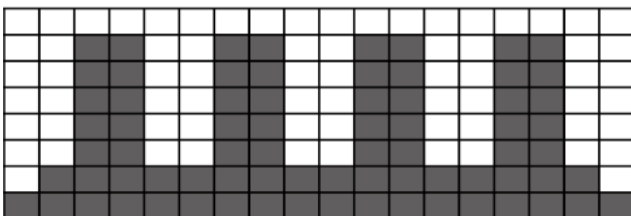
Interval - Incline
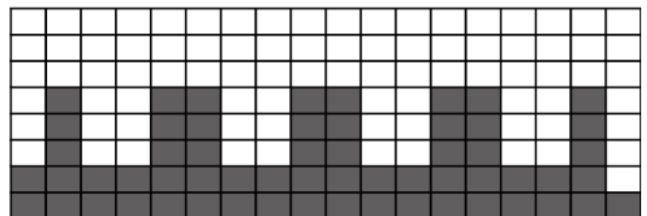
PROGRAMMABLE FEATURES

To Select and Start a Preset Program

1. Press the desired Program key to select desired program. Press Enter to select the program. The display will prompt you through the programming or you can just press Start to begin the program with default values.

2. If Enter was pressed, the Message window will display with the default Time value of 30 minutes. You may use any of the ▲/▼ keys to adjust the age. After adjusting, or to accept the default value, press Enter. (Note: You may press Start at any time during the programming to start the program.)

3. The Display will now be blinking a value, indicating your Body Weight(default is 150lbs.) Entering the correct body weight will affect the calorie count.Use the ▲/▼ keys to adjust, then press Enter.
   *A note about the calorie display.* No exercise machine can give you an exact calorie countbecause there are too many factors which determine exact calorie burn for a particular person. Even if someone is the exact same body weight, age and height, their calorie burn may be very different than yours.The Calorie display is to be used as a reference only to monitor improvement from workout to workout.

4. The Display will be blinking a value, indicating Time (the default value is 30 minutes).You may use any of the ▲/▼ keys to adjust the time. After adjusting, or to accept the default, press Enter.(Note:You may press Start at any time during the programming to start the program).Press Start to beging your workout.

5. The Display will now be blinking the preset top speed of the selected program (3 mph or 5 kph).Use the Speed ▲/▼ keys ti adjust, then press Enter.Each program has various speed changes throughout; this allows you to limit the highest speed the program can reach.

6. The Display will be blinking the preset top incline of the selected program(3.0%).Use the Incline ▲/▼ keys to adjust, then press Enter.

You are now done programming data and may press Start to begin your workout or Enter to go back one level to change data entered in the programming phase.

User Programs

1. Select User 1 or User 2 via the Program key then press Enter. Note that the dot matrix display portion will have a single row of dots at the bottom (Unless there is a previously stored program).
    If ther is a program stored under the button that is pressed,it will be retrieved. If not, you have the option of programming in your first name.The Display will flash the letter"A".To change it,press the ▲ key,then "B" will be displayed;if the ▼ key is pressed,the letter "Z" will be displayed.Afer selecting the appropriate letter.The letter"A" will again be displayed and blinking. Repeat the procedure until all letters of your first name are programmed (7 characters maximum). When your name is displayed,press Stop and it will be stored under either User 1 or User 2.
2. If Enter was pressed, the Display will now be blinking a value,indicating your Age (default is 35).Entering your correct age affects the heart rate Bar Graph Display and the Heart Rate programs.Use the ▲ / ▼ keys to adjust, then press Enter.(Note: You may press Start at any time during the programming to start the program.)
3. The Display will now be blinking a value,indicating your Body Weight (default is 150lbs).Entering the correct body weight will affect the calorie count.Use the ▲ / ▼ keys to adjust, then press Enter.
4. The Display will be blinking a value, indicating Time (the default value is 30 minutes). You may use any of the ▲ / ▼ keys to adjust the time.After adjusting,or to accept the default, press Enter.(Note: You may press Start at any time during the programming to start the program).Press Start to begin your workout.
5. The Display will now be blinking the preset top speed of the selected program (0.5 mph or 0.8 kph). Use the Speed ▲ / ▼ keys to adjust, then press Enter.Each program has vari-ous speed changes throughout; this allows you to limit the highest speed the program can reach.
6. The Display will now be blinking the preset top incline of the selected program (0%).Use the Incline ▲ / ▼ keys to adjust, then press Enter.

You are now done programming data and may press Start to begin your workout or Enter to go back one level to change data entered in the programming phase.

HR control mode:

Press HR button to switch HR1(60%) or HR2(80%) mode. (Must have pulse signal to perform these modes.)
A>Press HR1 or HR2 to choose HR1(60%) or HR2(80%) mode.
B>Set the user's age, weight, time and target heart rate value. It must have pulse signal input to start the program.
C>The target heart rate value is (220 – age) × (60% or 80%). This value is adjustable depending on the personal physical conditions.
D>The system will detect the pulse during the training and automatically increase or decrease the incline level according to the detected heart rate value and give advice of increasing or decreasing the speed to the user.
E> When program ends, you may save the program or just neglect the current training and save the original program.

HEART RATE

The heart rate grips are located on the left and right handlebars that are positioned parallel to the walking deck. You can periodically grasp both of these (palms over the steel sensors) until you see your current heart rate. This readout is for reference only and should not be used medically in any way. It is not recommended to use the heart rate grips if the treadmill belt is moving faster than 4 mph.This may cause you to lose your balance.

The old motto,"no pain,no gain", is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum Heart rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage your MHR. Your Heart rate training zone is 50% to 90% of your Maximum Heart rate. 60% of your MHR is the zone that burns fat while 80% is for strengthening the cardio vascular system. This 60% to 80% is the zone to stay in for maximum benefit.

For someone who is 40 years old their target heart rate zone is calculated:

220 – 40 = 180 (maximum heart rate)
180 x .6 = 108 beats per minute (60% of maximum)
180 X .8 = 144 beats per minute (80% of maximum)

So for a 40 year old the training zone would be 108 to 144 beats per minute.

After calculating your MHR you can decide upon which goal you would like to pursue.

TARGET HEART RATE TRAINING CHART
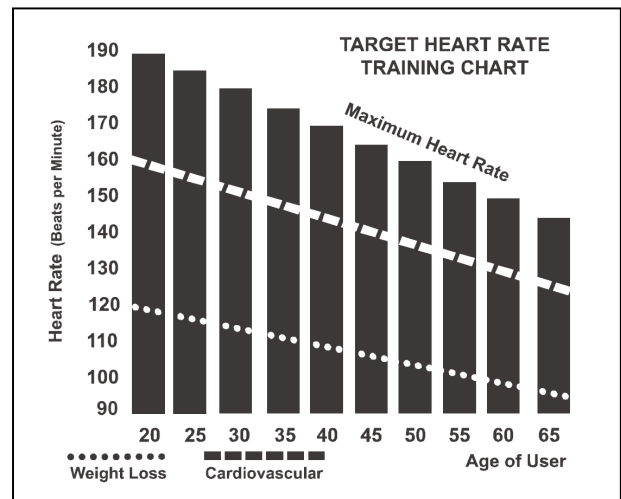
The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the Maximum Heart Rate for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 80% or 60%, respectively, of your Maximum Heart Rate on a schedule approved by your physician. Consult your physician before participating in any exercise program.

With all Heart Rate Control programs treadmills you may use the heart rate monitor feature without us-ing the Heart Rate. This function can be used during manual mode or during any of the eleven different programs.

CAUTION!
The target value is a suggestion only for normal, healthy individuals. ***Do not exceed your limits!*** You may not be able to obtain your chosen target. If in question, enter a higher age value that will set a lower target goal.

RATE OF PERCEIVED EXERTION

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should workout than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate, all contribute to the intensity at which you should workout. If you listen to your body, it will tell you all of these things.

The rate of perceived exertion (RPE), also know as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.

The scale is as follows:

Rating Perception of Effort

6 Minimal
7 Very,very light
8 Very,very light +
9 Very light
10 Very light +
11 Fairly light
12 Comfortable
13 Somewhat hard
14 Somewhat hard +
15 Hard
16 Hard +
17 Very hard
18 Very hard +
19 Very,very hard
20 Maximal

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending up the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong and your pace will feel easier. When your body is in this condition, you are able to train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel harder. Again, this will show up in your RPE and you will train at the proper level for that day.

WEARING THE CHEST STRAP

How to wear your wireless chest strap transmitter:
1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the logo centered in the middle of your body facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter immediately below the pectoral muscles.
5. Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.
6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter immediately against bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, moisten the areas of the shirt that the electrodes will rest upon.
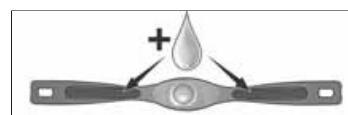
Note: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). The replacement battery is Panasonic CR2032.

ERRATIC OPERATION
Caution! Do not use this treadmill for Heart Rate Control unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.
Areas to look for interference which may cause erratic heart rate:
1. Microwave ovens, TV's, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Perimeter fence for a pet.
5. Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down. Normally the transmitter will be oriented so the logo is right side up.
6. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
7. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems contact your dealer.

GENERAL MAINTENANCE

BELT & DECK
Your treadmill uses a very high-efficient low-friction deck. Performance is maximized when the deck is kept as clean as possible. Use a soft,damp cloth,or paper towel,wipe the edge of the
belt and the area between the belt edge and the frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and bed life. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. Allow to dry before using.

BELT DUST
This occurs during normal break-in or until the belt stabilizes. Sometimes the black dust from The belt will appear on the floor behind the treadmill, this is normal.

GENERAL CLEANING
Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. Please vacuum underneath your treadmill on a monthly basis to prevent excess build-up of dirt that can get sucked up and get into the inner workings under the motor cover. Once a year, you should remove the black motor hood and vacuum out dirt that may accumulate. UNPLUG POWER CORD BEFORE THIS TASK.

BELT ADJUSTMENTS
Tread-belt Tension Adjustment - Belt tension is not critical for most users. It is very important though for joggers and runners in order to provide a smooth, steady running surface. Adjustment must be made from the rear roller with the 6 mm Allen wrench (132) provided in the parts package. The adjustment bolts are located at the end of the step rails as shown in the diagram below. Note: Adjustment is through small hole in end cap. Tracking / Tension Adjustment Tracking / Tension Adjustment

Tighten the rear roller only enough to prevent slippage at the front roller. Turn the tread-belt tension adjusting bolts 1/4 turn each and inspect for proper tension by walking on the belt and making sure it is not slipping or hesitating with each step. When an adjustment is made to the belt tension, you must be sure to turn the bolts on both sides evenly or the belt could start tracking to one side instead of running in the middle of the deck.

NOTE: Adjustment is through small hole in end cap.

DO NOT OVERTIGHTEN – Over tightening will cause belt damage and premature bearing failure. If you   tighten the belt a lot and it still slips, the problem could actually be the drive belt -located under the motor cover - that connects the motor to the front roller. If that belt is loose it feels similar to the walking belt being loose. Tightening the motor belt should be done by a trained service person.
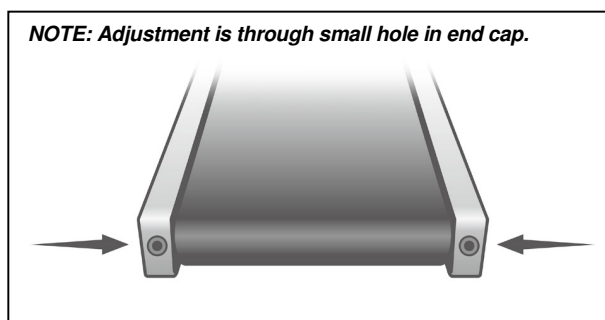
TREAD-BELT TRACKING ADJUSTMENT

The treadmill is designed so that the tread-belt remains reasonably centered while in use. It is normal for some belts to drift near one side while in use, depending on a user's gait and if they favor one leg. But if during use the belt continues to move toward one side, adjustments arenecessary.

SETTING TREAD-BELT TRACKING
A 6 mm Allen wrench (132)is provided for this adjustment. Make tracking adjustments on the left side bolt. Set belt speed at 3 mph. Be aware that a small adjustment can make a dramatic difference which may not be apparent right away. If the belt is too close to the left side,then turn the bolt only a 1/4 turn to the right (clockwise) and wait a few minutes for the belt to adjust itself. Continue to make 1/4 turns until the belt stabilizes in the center of the running deck.
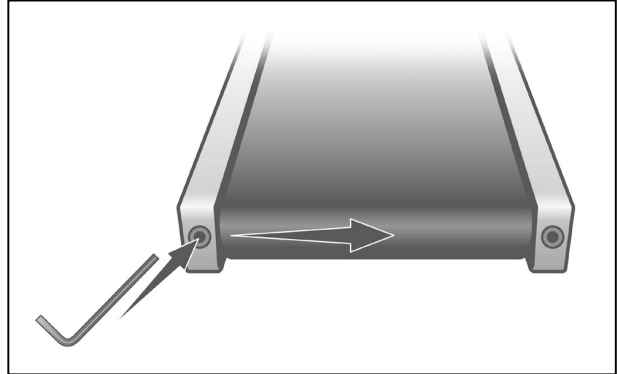
If the belt is too close to the right side, turn the bolt counter-clockwise. The belt may require periodic tracking adjustment depending on use and walking/running characteristics. Some users may affect tracking differently. Expect to make adjustments as required to center the tread-belt. Adjustments will become less of a maintenance concern as the belt is used. Proper belt tracking is an owner responsibility common with all treadmills.

ATTENTION:
DAMAGE TO THE RUNNING BELT RESULTING FROM IMPROPER TRACKING / TENSION ADJUSTMENTS IS NOT COVERED UNDER THE WARRANTY.

BELT/DECK LUBRICATION PROCEDURE

First, you want to clean between the belt and deck to remove any debris that may be trapped. Use a clean, non-fraying rag, t-shirt, or light towel. Halfway between the end of the treadmill and motor cover, shove the garment under the belt until you can grasp it on both sides of the belt. Drag the garment the length of the entire belt 1-2 times. Remove the garment.

Do not lubricate with anything other than XTERRA Fitness approved lubricant. Your treadmill comes with one tube of "Lube" and extra tubes can be ordered directly from XTERRA Fitness or your authorized XTERRA Fitness dealer. You may also use a Lube-n-Walk kit that can be purchased through both aforementioned sellers.

Keeping the deck lubricated at the recommended intervals ensures the longest life possible for your treadmill. If the lubricant dries out, the friction between the belt and deck rises and places undue stress on the drive motor, drive belt and electronic motor control board, which could result in catastrophic failure of these expensive components. Failure to lubricate the deck at regular intervals may void the warranty.

The belt & deck come pre-lubricated and subsequent lubrication should be performed every 90 hours of use or if you notice that the deck is dry. It is recommended that you reach be-tween the belt and deck to verify there is lubrication present, every other month. If you check and there isn't any lubrication present, follow the procedure below even though the "Lube" indicator isn't lit on the console. Otherwise, lubricate when the console's lubrication reminder lights after 90 hours of use. Use the following procedure to apply the silicone lubricant:

1. Turn the power switch off and unplug the power cord from the wall outlet.
2. Measure 18" from the edge of the motor cover; kneel down and reach under the belt approximately 4-6" from one edge. Squirt a line of lubricant about 1/8" wide x 15" long in an "S" pattern perpendicular to the motor cover.
3. Repeat the process on the opposite side.
4. Plug the electrical cord back into the outlet and turn the power switch on.
5. Walk on the belt at a moderate speed for five minutes to evenly distribute the silicone lube.
6. Note: If the "Lube" message appears on the console, perform the following procedure to reset the message:
   1. To enter the Engineering Mode Menu press and hold down the Start, Stop and Enter keys, then at the same time insert the safety key. Keep holding the keys down until the Message Center displays Engineering Mode Menu. Press the Enter button to access.
   2. Press the Speed ▲ button (or Speed ▼ button to go backwards) until "Functions" appears; press Enter.
   3. Press the Speed ▲ button until "Reset Lube" message appears; press Enter.
   4. Press Stop to exit Engineering mode and resume use of your treadmill.

SERVICE CHECKLIST – DIAGNOSIS GUIDE

Before contacting your dealer for aid, please review the following information. It may save you both time and expense. This list includes common problems that may not be covered under the treadmill's warranty.

PROBLEM	SOLUTION/CAUSE
Display does not light	1.Tether cord not in position. 2.Circuit breaker on front grill tripped. Push circuit breaker in until it locks. 3.Plug is disconnected. Make sure plug is firmly pushed into AC household wall outlet. 4. Household circuit breaker may be tripped. 5. Treadmill defect. Contact your dealer.
Tread-belt does not stay centered Treadmill belt hesitates when walked/run on	The user may be walking while favoring or putting more weight on either the left or right foot. If this walking pattern is natural, track the belt slightly Off-center to the side opposite from the belt movement. See General Maintenance section on Tread-belt Tension Adjust as necessary.
Motor is not responsive after pressing start	1. If the belt moves, but stops after a short time and thedisplay shows "LS", run calibration. 2. If you press start and the belt never moves, then the display shows LS, contact service.
Treadmill will only achieve approximately 7 mph but shows higher speed on display	This indicates motor should be receiving power to operate. Low AC voltage to treadmill. Do not use an extension cord. If an extension cord is required it should be as short as possible and heavy duty 16 gauge minimum. Low household voltage. Contact an electrician or your dealer. A minimum of 220 V AC current is required.
Tread-belt stops quickly/suddenly when tether cord is pulled	High belt/deck friction. See **General Maintenance** section on cleaning the deck.If cleaning doesn't prevent this from reoccurring,check to see if there is significant wear of the deak .If so, the deck may need to be flipped if it is on its original side
Treadmill trips on board 10 amp circuit	High belt/deck friction. See **General Maintenance.**If cleaning doesn't prevent this from reoccurring,check the amp draw of the motor.If this is high and there are signs of significant wear of the deck,it may need to be flipped if it is on its original side
Computer shuts off when console is touched (on a cold day) while walking/running	Treadmill may not be grounded. Static electricity is "crashing" the computer. Refer to **Grounding Instructions** on page 3.
House circuit breaker trips, but not the treadmill circuit breaker	Need to replace the house breaker with a "High In-rush current" type breaker(see page 3 for details)

040417PM0350
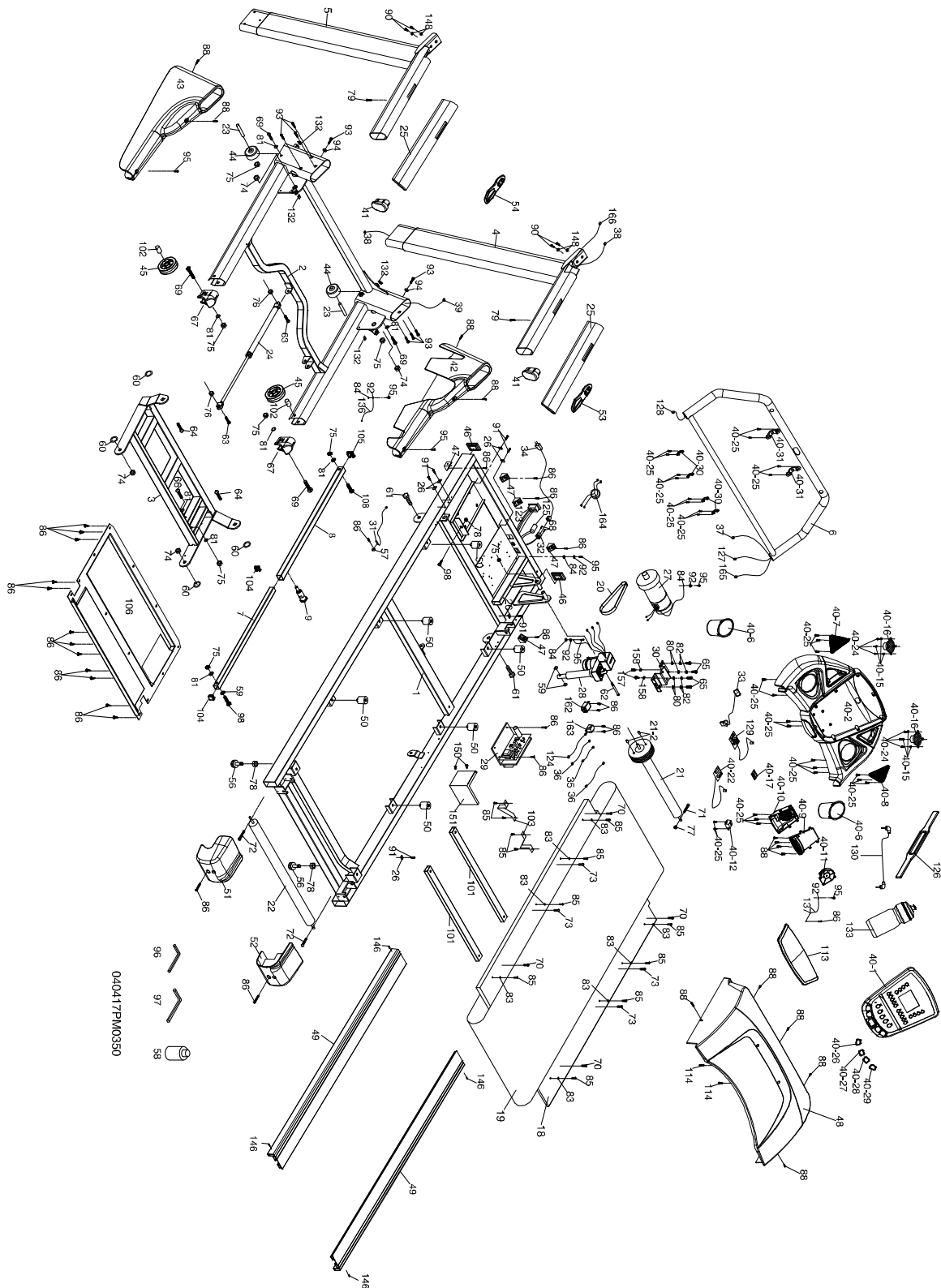
PARTS LIST

Part Number	Part Description	Qty per unit
1	Main Frame	1
2	Frame Base	1
3	Incline Bracket	1
4	Right Upright	1
5	Left Upright	1
6	Console Support	1
7	Outer Slide	1
8	Inner Slide	1
9	Locking Knob	1
18	Running Deck	1
19	Running Belt	1
20	Drive Belt	1
21	Front Roller W/Pulley	1
21~2	Magnet	2
22	Rear Roller	1
23	Wheel Sleeve	2
24	Cylinder	1
25	PVC Handgrip	2
26	Wire Tie Mount	6
27	Drive Motor	1
28	Incline Motor	1
29	Motor Controller	1
30	Motor Bracket	1
31	Sensor W/Cable	1
32	Power Socket	1
33	Square Safety Key	1
34	Power Cord	1
35	150m/m_Connecting Wire (White)	1
36	150m/m_Connecting Wire (Black)	2
37	1200m/m_Computer Cable (Upper)	1
38	1150m/m_Computer Cable(Middle)	1
39	1200m/m_Computer Cable(Lower)	1
40	Console Assembly	1
40~1	Console Inner Cover	1
40~2	Console Outer Cover	1
40~6	Drink Bottle Holder	2
40~7	Speaker Cover (L)	1
40~8	Speaker Cover (R)	1
40~9	Top Fan Cover (Optional)	1
40~10	Bottom Fan Cover (Optional)	1
40~11	600m/m_Fan Assembly (Optional)	1
40~12	500m/m_Safety Switch Module W/ Cable	1

Part Number	Part Description	Qty per unit
40~15	Speaker Grill Anchor (Optional)	6
40~16	600m/m_Speaker W/Cable (Optional)	2
40~17	0.5W Amplifier Controller (Optional)	1
40~22	Sound Board W/Cable (Optional)	1
40~24	Ø3.0 × 10L_Sheet Metal Screw (Optional)	6
40~25	Ø3.5 × 12L_Sheet Metal Screw (3pcs Optional)	30
40~26	FAN Key	1
40~27	STOP Key	1
40~28	START Key	1
40~29	ENTER Key	1
40~30	Console Bracket Anchor	4
40~31	Console Bracket Anchor	2
41	Handgrip End Cap	2
42	Frame Base Cover (R)	1
43	Frame Base Cover (L)	1
44	Transportation Wheel(A)	2
45	Transportation Wheel(Rear)	2
46	30 × 60m/m_Square End Cap	2
47	Motor Cover Anchor	5
48	Motor Top Cover	1
49	Foot Rail	2
50	Cushion	6
51	Rear Adjustment Base (L)	1
52	Rear Adjustment Base (R)	1
53	Speed/Hand Pulse Complex	1
54	Incline/Hand Pulse Complex	1
56	Adjustment Foot Pad	2
57	Sensor Rack	1
58	Lubricant	1
59	Ø24 × Ø10 × 3T_Nylon Washer (A)	3
60	Ø50 × Ø13 × 3T_Nylon Washer (B)	4
61	1/2" × UNC12 × 1"_Hex Head Bolt	2
62	3/8" × UNC12 × 92L_Hex Head Bolt	1
63	5/16" × UNC18 × 1"_Button Head Socket Bolt	2
64	1/2" × UNC12 × 1-1/4"_Carriage Bolt	2
65	3/8" × UNC16 × 3/4"_Hex Head Bolt	4
66	3/8" × UNC16 × 4-1/2"_Socket Head Cap Bolt	1
67	Wheel Cover	2
68	Ø3 × 10L_Sheet Metal Screw	2
69	3/8" × UNC16 × 2"_Flat Head Socket Bolt	4
70	M8 × P1.25 × 45L_Flat Head Countersink Bolt	4
71	M8 × P1.25 × 60L_Hex Head Bolt	1
72	M8 × P1.25 × 80L_Socket Head Cap Bolt	2
73	M8 × P1.25 × 25L_Flat Head Countersink Bolt	4
74	1/2" × UNC12 × 8.0T_Nyloc Nut	4
75	3/8" × UNC16 × 7.0T_Nyloc Nut	8

Part Number	Part Description	Qty per unit
76	5/16" × UNC18 × 7T_Nyloc Nut	2
77	M8 × P1.25 × 7.0T_Nyloc Nut	1
78	3/8" × UNC16 × 7.0T_Nut	3
79	Ø3 × 75L_Sheet Metal Screw	2
80	Ø10 × Ø25 × 2.0T_Flat Washer	4
81	Ø10 × Ø19 × 1.5T_Flat Washer	8
82	Ø10 × 2.0T_Split Washer	4
83	Ø25 × Ø20 × Ø16 × Ø5 × 4.5H × 1.1T_Concave Washer	8
84	Ø5_Star Washer	4
85	Ø4 × 12L_Sheet Metal Screw	12
86	Ø5 × 16L_Tapping Screw	27
88	Ø5 × 16L_Tapping Screw (4pcs Optional)	13
90	5/16" × UNC18 × 3/4"_Button Head Socket Bolt	4
91	Ø3.5 × 16L_Tapping Screw	6
92	Ø5 × 1.5T_Split Washer	5
93	5/16" × UNC18 × 15L_Button Head Socket Bolt	8
94	Ø8 × Ø19 × 1.5T_Curved Washer	2
95	M5 × P0.8 × 10L_Phillips Head Screw	7
96	Combination M5 Allen Wrench & Phillips Head Screw Driver	1
97	M6 (66 × 86)_L Allen Wrench	1
98	3/8" × UNC16 × 1-1/2"_Hex Head Bolt	2
101	Deck Cross Brace	2
102	Rear Wheel Sleeve	2
103	Belt Guide	2
104	21.8 × 21.8m/m_Square End Cap	2
105	25.4 × 25.4m/m_Square End Cap	1
106	Motor Bottom Cover	1
108	3/8" × UNC16 × 1-3/4"_Hex Head Bolt	1
113	Top Motor Cover Plate	1
114	Ø3.5 × 12L_Sheet Metal Screw	2
123	On/Off Switch	1
124	100m/m_Connecting Wire (Black)	1
125	Breaker	1
126	Chest Strap (Optional)	1
127	Speed Adjustment Switch W/Cable (Upper)	1
128	Incline Adjustment Switch W/Cable (Upper)	1
129	Receiver, HR (Optional)	1
130	400m/m_Audio Cable	1
132	M5_Speed Nut Clip	4
133	Drink Bottle (Optional)	1
136	1000m/m_Ground Wire	1
137	400m/m_Console Ground Wire	1
146	Ø4 × 19L_Sheet Metal Screw	4
148	Ø8 × 1.5T_Split Washer	4
150	Ø3 × 8L_Sheet Metal Screw	2
151	Controller Back Plate	1

Part Number	Part Description	Qty per unit
157	M8 × P1.25 × 12L_Hex Head Bolt	2
158	M8_Split Washer	2
162	Choke	1
163	Filter	1
164	650m/m_Connecting Cable Of Motor	1
165	1000m/m_Connecting Cable (Upper) (Optional)	1
166	500m/m_Connecting Cable (Lower) (Optional)	1