

Owner's Manual

Model No.
1611325

- **Assembly**
- **Operation**
- **Adjustments**
- **Parts**
- **Warranty**

CAUTION:

Read and
Understand this
Manual before
Operating unit



Retain For
Future Reference

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IMPORTANT SAFETY INFORMATION
THIS UNIT IS INTENDED FOR HOUSEHOLD USE ONLY
READ ALL INSTRUCTIONS BEFORE USING THIS TREADMILL

▲ CAUTION: Before starting any exercise program, it is recommended that you consult your physician.

▲ WARNING: Connect this unit to a properly grounded outlet only.

▲ DANGER: To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet immediately after using and before cleaning.

WARNING

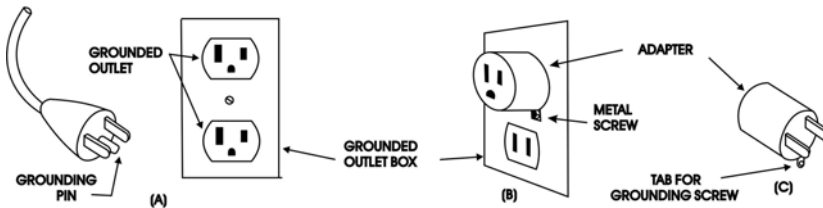
To reduce the risk of burns, fire, electric shock, or injury to persons:

1. Use 120 volt a.c. household current on a dedicated circuit.

Grounding Instructions

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

Figure 1.
Grounding methods



AA 200

2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. The use of an extension cord with this product is not recommended. If an extension cord is needed, use a short (less than 10 feet) heavy gauge (14 gauge or better) extension cord with a three prong (grounded) plug and receptacle.
4. Never leave the treadmill unattended when plugged in. Remove the safety key and unplug the unit from the outlet when not in use and before removing or replacing parts.
5. 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. Never move the treadmill belt while the power is turned off.
6. 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.
7. Fitness equipment must always be installed and used on a flat surface. Do not use outdoors or near water. Do not place the unit on a loose rug or uneven surface. It is recommended to use an equipment mat to prevent the unit from moving while it is being used, which could possibly scratch or damage the surface of your floor. It is recommended to have a minimum of 3 metres safe clearance on all sides of the treadmill while in use.
8. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage, covered patio or near water.
9. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
10. Read, understand, and test the emergency stop procedure before using the treadmill. Do not insert any objects into any openings.
11. Inspect and properly tighten all parts of the treadmill regularly.
12. Keep children and pets away from this equipment at all times while exercising.

13. Handicapped individuals should have medical approval and close supervision when using this treadmill.
14. Do not place hands or feet under the treadmill. Always keep hands and legs off of the treadmill when others are using it.
15. Never turn on treadmill while standing on treadbelt. Always hold the handrails while using the treadmill. Always return the treadmill to the slowest speed to provide for safe dismount and low speed restart.
16. To disconnect, turn all controls to the off position, then remove plug from outlet.
17. Do not attempt to raise, lower or move the treadmill until it is properly assembled. See assembly on page 5 and to fold and move the treadmill on page 11. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques. You must use any attachments that are not recommended by the manufacturer.
18. Use the treadmill only for its intended use as described in this manual. Do not use any attachments that are not recommended by the manufacturer.
19. User weight should not exceed 350lbs (159 kg).
20. Never allow more than one person on the treadmill at once.
21. 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.
22. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed.
23. Start your program slowly and very gradually increase your speed and distance.
24. 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. Do not walk or jog barefoot, in stocking feet or loose fitting shoes or slippers.
25. This treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental or institutional setting.

▲ WARNING: Before beginning any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting 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.

SAVE THESE INSTRUCTIONS

Important Electrical Information

WARNING!

- **NEVER** use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. 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 affected. **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. See Diagnosis Guide, [page 23](#).
- **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.

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 a qualified electrician.

- **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 work level 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.
- 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. Our treadmills start with 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. Pushing harder is not going to make the unit go faster or slower. If you feel the buttons are not functioning properly with normal pressure, contact your dealer.

Assembly Instructions

!!ATTENTION: IMPORTANT UNPACKING INSTRUCTIONS.

PLEASE READ BEFORE UNPACKING YOUR FOLDING TREADMILL!!

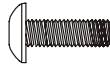
Serious injury could occur if this folding treadmill is not unpacked properly.

There is a Velcro strap installed around the treadmill base that prevents the treadmill from unfolding accidentally during shipping. If this strap is not removed properly the treadmill could spring open unexpectedly and cause injury if someone is standing near the treadmill when the strap is removed.

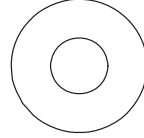
To ensure your personal safety during removal of the shipping strap please make sure the treadmill is positioned flat on the ground, in the orientation it would be in if you were using the treadmill. Do not turn the treadmill up on its side while removing the shipping strap. This could cause the treadmill's folding mechanism to spring open. If the end of the Velcro strap (that you need to grab to remove it) happens to be under the treadmill deck, reach under the deck to grab it, but do not tilt the treadmill up to gain access to the strap end.

Unpack the treadmill and locate the hardware pack. The hardware pack is separated into five sections; one section containing tools and four sections labeled steps 1-4 which contain the hardware needed for assembly of each step. The assembly steps below are numbered one through four and correspond to the hardware in the numbered sections of the hardware pack. Remove only the hardware for the step you are currently assembling to avoid confusion and mix ups.

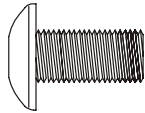
Assembly Instructions



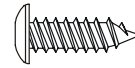
#96. M5x10m/m
Phillips Head Screw (6pcs)



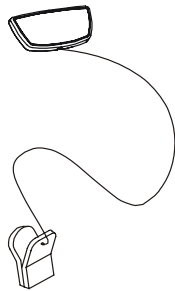
#95. Ø8xØ19x1.5T
Curved Washer (8pcs)



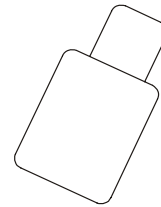
#94. 5/16" x 15m/m
Button Head Socket Bolt
(14pcs)



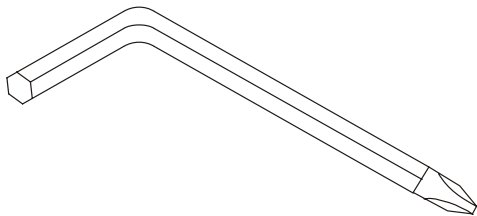
#90. Ø3.5 x 12m/m
Sheet Metal Screw (4pcs)



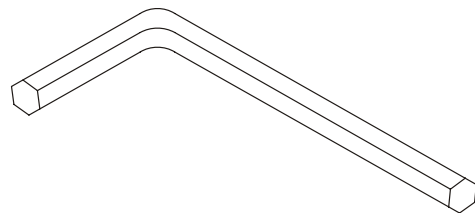
#102. Safety Key (1pc)



#93. Lubricant (1pc)



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

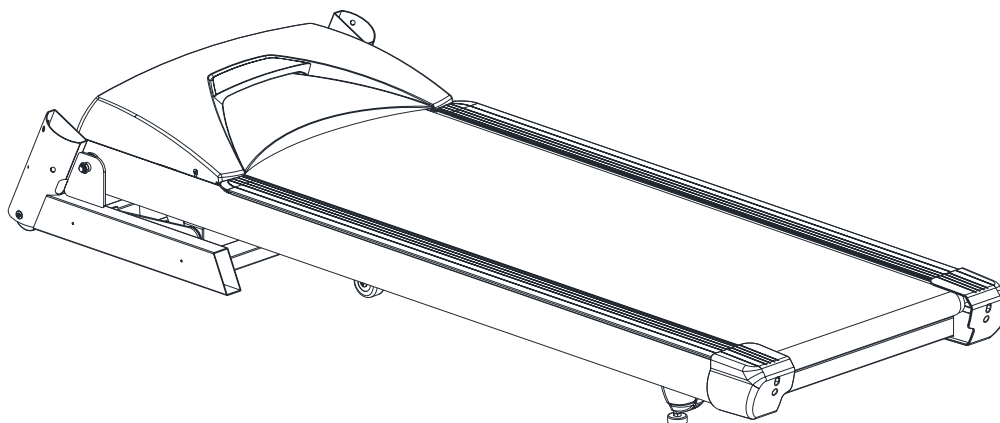


#98. M6 (66 x 86)
L Allen Wrench (1pc)

Assembly Instructions

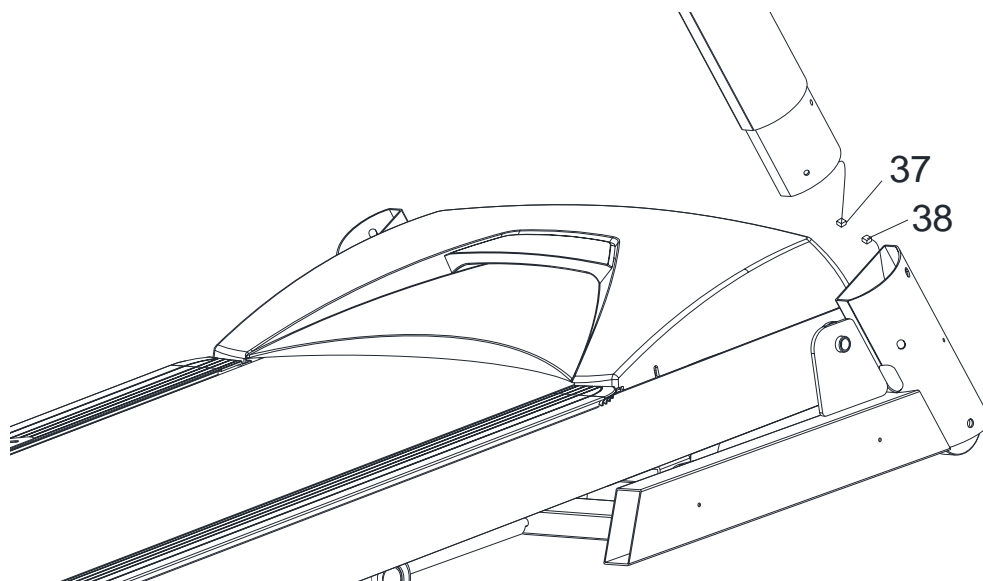
Step 1.

Remove the treadmill from the carton and lay it on a smooth level surface.



Step 2.

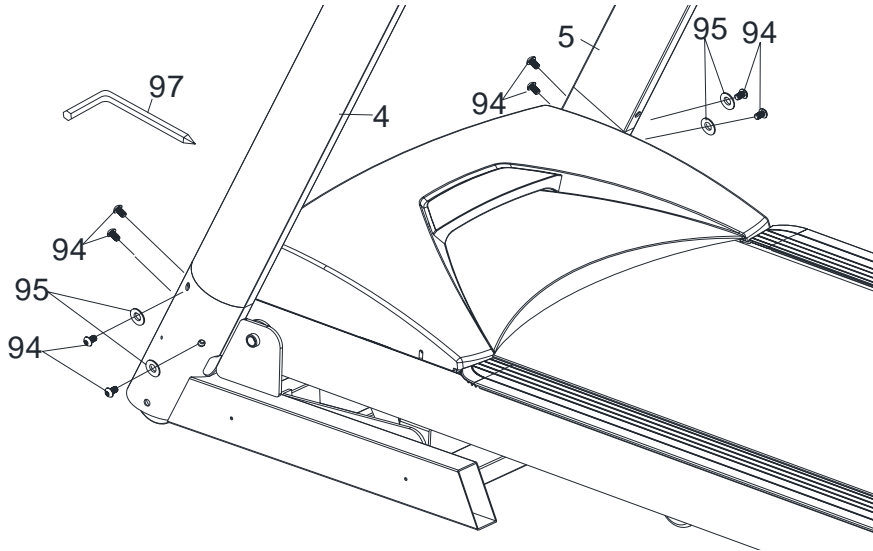
Connect the Lower Computer Cable(38) to the Extension Computer Cable(37).



Step 3

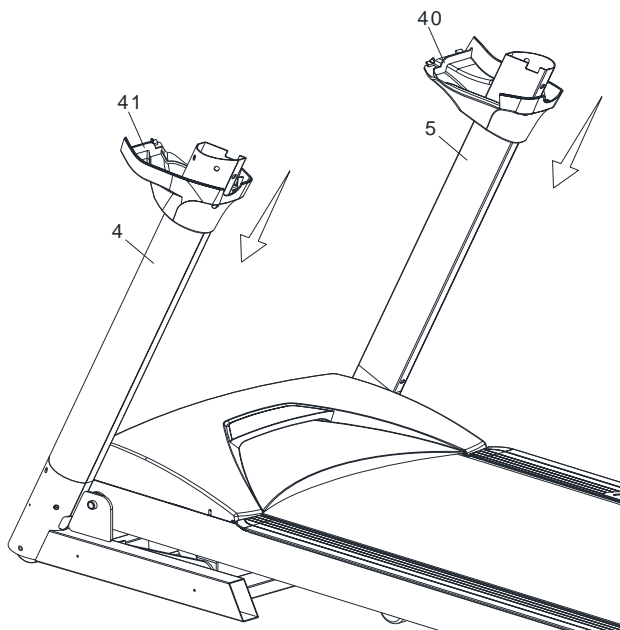
Insert the Left Upright(4 into the Frame Base (2). Secure using four 5/16"x15mm Button Head Socket Bolts (94) and four Ø8 x 19 x 1.5T Curved Washers (95) using the Combination M5 Allen Wrench & Phillips Head Screw Driver (97).

Repeat for the Right Upright (5).



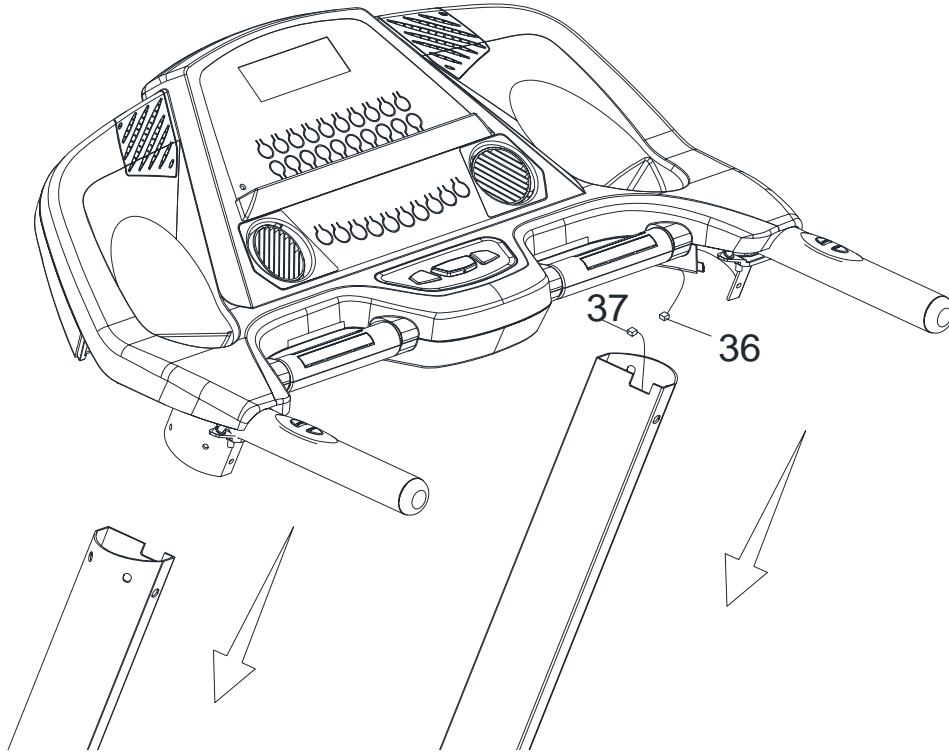
Step 4.

Install the Left Handrail Base Cover (41) through the Left Upright (4). Install the Right Handrail Base Cover(40) through the Right Upright (5).



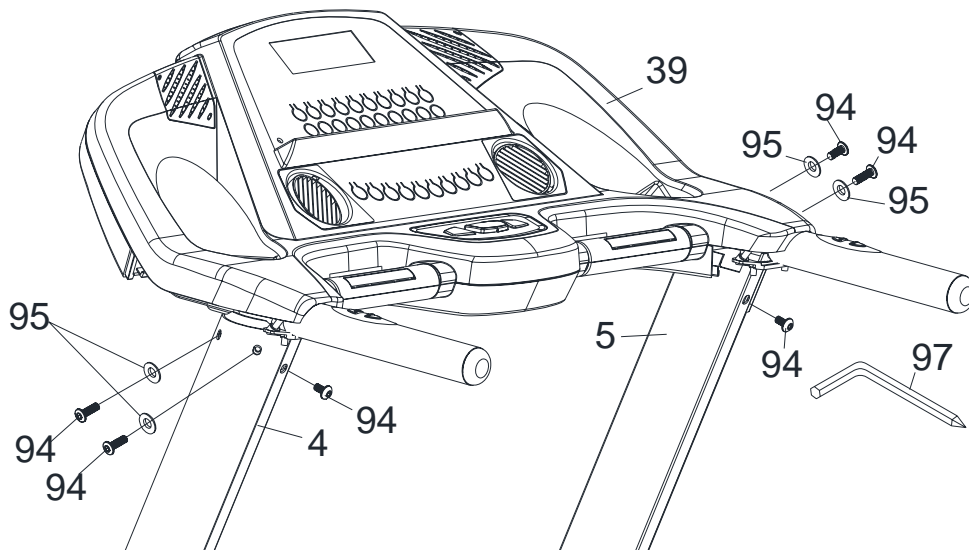
Step 5.

Connect the Extension Computer Cable(37) to the Upper Computer Cable (36).



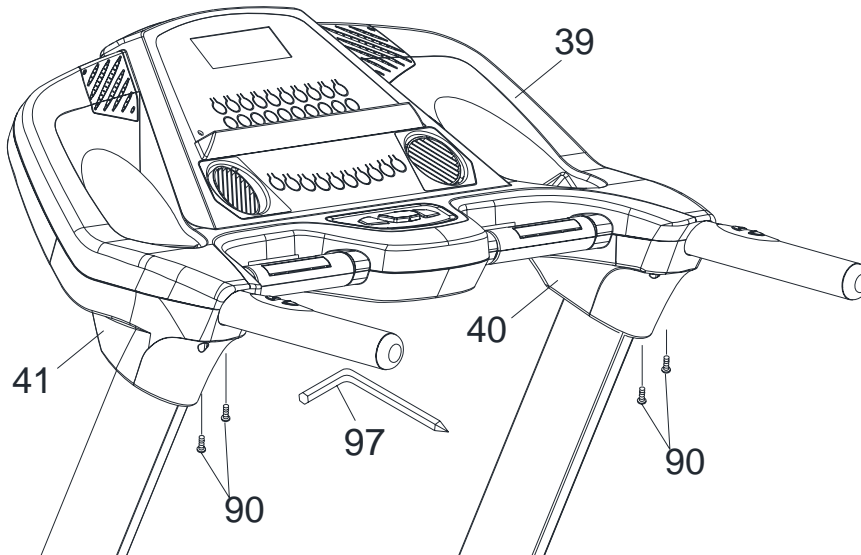
Step 6.

Install the Console Assembly (39) into the Right and Left Uprights (4,5). Secure using six 5/16"x15mm Button Head Socket Bolts (94) and four Ø 8 x 19 x 1.5T Curved Washers (95) using the Combination M5 Allen Wrench & Phillips Head Screw Driver (97).



Step 7.

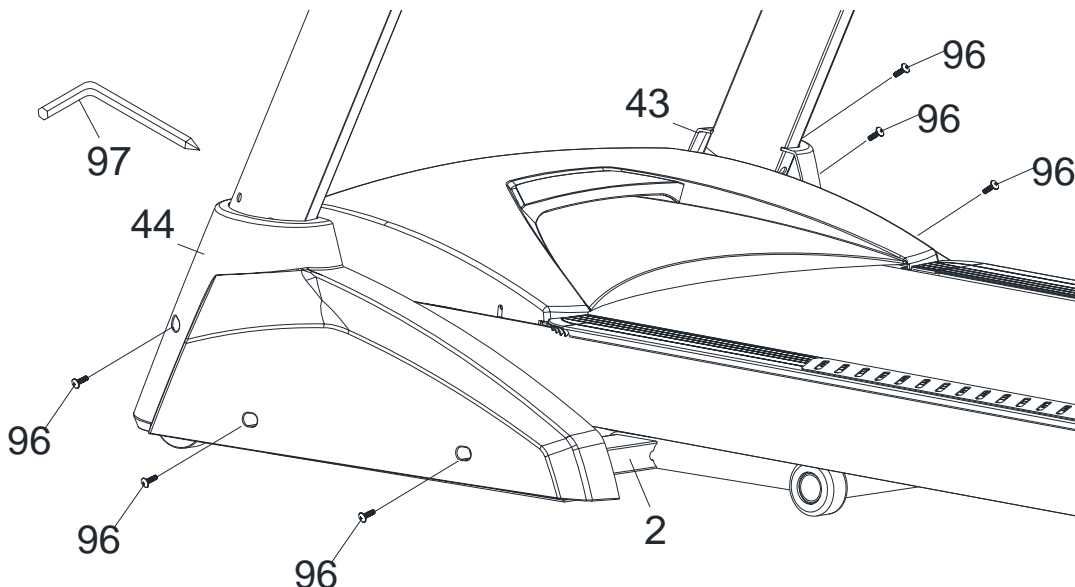
Secure the Left and Right Handrail Base Covers (41, 40) to the Console Assembly (39) using four 3.5x12mm Sheet Metal Screws (90) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (97).



Step 8.

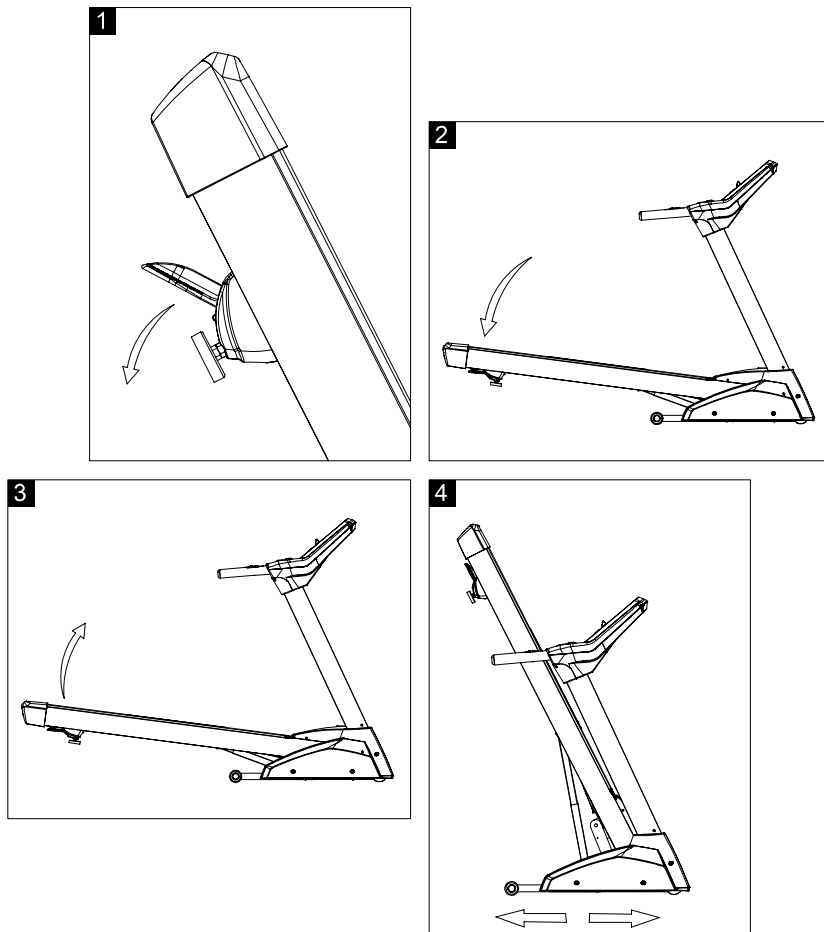
Install the Left Frame Base Cover (44) onto the Frame Base (2). Secure using six M5x10mm Phillips Head Screws (96) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (97).

Repeat for the right side.



NOTE: Ensure that you Tighten All Screws After your assembly is complete.

Folding Instructions



Do not attempt to move the unit unless it is in the folded and locked into position. Be sure the power cord is secured to avoid possible damage. Use both handrails to maneuver the unit to the desired position.

■ Unfolding The Treadmill:

Apply slight forward pressure* on the treadmill running deck with one hand. Pull down on the unlocking lever and slowly lower the running deck to the floor. The deck will lower unassisted when it reaches about waist high. (As shown Figure 1&2.)

*At the rear roller area to relieve pressure on the locking system.

■ Folding The Treadmill:

Make certain the treadmill is at minimum incline. Lift the treadmill running deck until it is secured by the locking telescoping tube assembly in center back of base.(As shown Figure 3.)

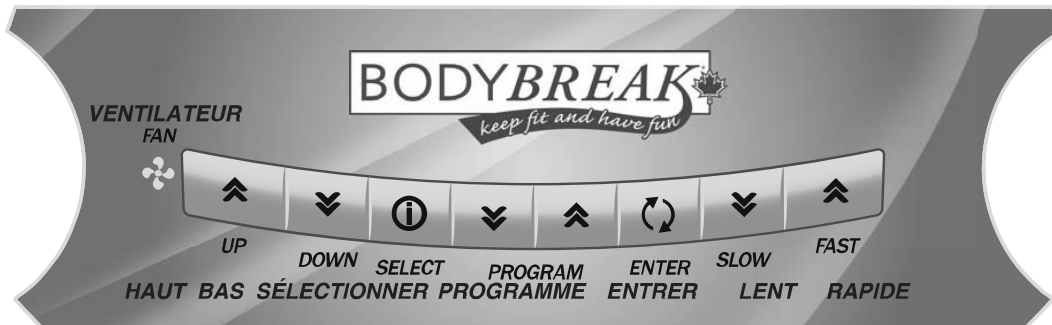
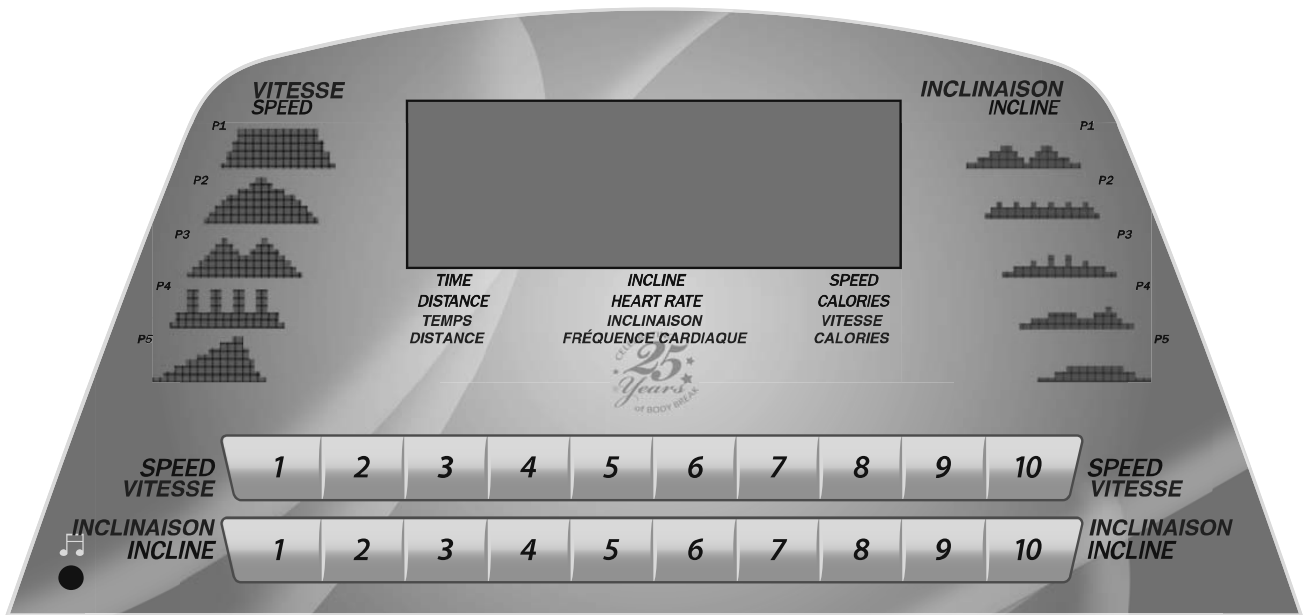
■ Transport

The treadmill is equipped with four transport wheels which are engaged when the treadmill is folded. After folding simply roll the treadmill away. (As shown Figure 4.)

Transportation

The treadmill is equipped with four transport wheels that are engaged when the treadmill is folded. After folding simply roll the treadmill away.

Operation of Your New Treadmill



Initial Display:

When the power is turned on, the main display will light up showing all characters. The console will be performing an internal test to make sure the console is operational. The display will then scroll through three numbers, the first showing the current software version, second is how many hours the treadmill has been in use and third is how many virtual miles the treadmill has gone. The treadmill will then enter idle mode and show P0 MANUAL on the display, which is the starting point for operation.

WINDOW DISPLAY DATA:

- SPEED:** Displays the current belt speed from starting at 0.8 mph to 12.0 mph.
- TIME:** Accumulates total workout time from 00:00 to 99:59.
- DISTANCE:** Accumulates total workout distance from 0.00 to 99.99 miles.
- CALORIES:** Accumulates the user's calorie consumption during exercise. Max. Value is 9999 calories.
- PULSE:** Displays your current heart rate in beats per minute from 40 to 240.
- ♥ Icon:** The heart icon blinks when a pulse is detected.
- INCLINE:** When lit, the display showing the elevation position from 0 to 12.

FUNCTION BUTTONS:

- START:** Press "START" button to start training.
- STOP:** Press "STOP" button to stop training and press for 3 seconds to reset.
- FAST:** Press "FAST" button to increase your speed.
- SLOW:** Press "SLOW" button to decrease your speed.
- UP:** Press "UP" button to increase elevation position.
- DOWN:** Press "DOWN" button to decrease elevation position.
- ENTER:** Press "ENTER" button to select different setting parameters in STOP mode.
- SELECT:** Press "SELECT" button to scroll through the display workout information.
- PROGRAM UP/DOWN:** Press PROGRAMUP/DOWN buttons to scroll through workout programs.
- RAPID SPEED KEYS:** 10 preset speed buttons to jump to a desired speed quickly. You can also press the any of the 10 buttons to start treadmill from the start-up screen. The treadmill will automatically start and slowly increase speed to the preset number.
- RAPID INCLINE KEYS:** 10 preset incline buttons to jump to a desired incline setting quickly.

Quick-Start Operation:

- STEP 1:** Attach the Safety key to wake display up (if not already on). The main window will show the initial display: P0.
- STEP 2:** Press the START button to begin belt movement after a three second count down. Use the FAST/SLOW keys to adjust the desired speed at any time during training. Using the UP/DOWN keys to adjust the Incline at any time during training.
- STEP 3:** Press the ENTER button to exchange display speed, incline, time, calories, distance and pulse.
- STEP 4:** To get a pulse reading, simply grasp both stainless steel pick-ups. Make sure the display is set to show Pulse, or Scan. When the ♥ Icon is flashing that means the console is receiving a pulse. It may take a few seconds for the display to reach the actual number.
- STEP 5:** While training, you can press STOP button to stop your workout or pull safety key away from its position to shut down the computer. If you want to resume your workout, you can press START button and all previous data will resume counting.

PROGRAMS

MANUAL (P0)

- STEP 1:** Press Program UP/DOWN button to highlight Manual (P0) and press enter.
- STEP 2:** You can set count down time from 10:00 to 99:00. Press FAST/SLOW to adjust the value and then press the ENTER button to continue to the next step. If you leave the value at 00:00, the time will count up.
- STEP 3:** You can set the DISTANCE to count down also. If the distance and time are both set to count down, the first one to reach zero will end the program. Press FAST/SLOW buttons to adjust, then press ENTER. If you do not set the distance to count down the console will count up from zero.
- STEP 4:** Press FAST/SLOW buttons to adjust the weight, then press enter.
- STEP 5:** Press START to begin the program.
- STEP 6:** During the program you can adjust the speed and incline by pressing “FAST/SLOW and “UP/DOWN” buttons, or use rapid keys to jump directly to a setting.
- STEP 7:** Press “STOP” button to stop your workout or pull safety key away from its position to shut down the computer. The Stop button will Pause the program the first time it is pressed. The second time will end the program.

PRESET PROGRAM (P1~P5)

- STEP 1:** Press Program UP/DOWN buttons to scroll through the pre-set programs. Press Enter to select the program you desire.
- STEP 2:** The first parameter is Speed. This is the maximum speed for the program. The program will change speeds during your workout and setting the top speed makes sure the program won't go too fast, or too slow for your purposes. Use the FAST/SLOW (UP/DOWN) keys to adjust.
- STEP 3:** The pre-set value of time is 20:00, and the range is from 00:00 to 99:00. Press FAST/SLOW (UP/DOWN) keys to modify, and press ENTER to accept and continue to the next step.
- STEP 4:** Press FAST/SLOW (UP/DOWN) keys to adjust the weight and press enter.
- STEP 5:** Press START button to begin your workout.
- STEP 6:** During the program you can adjust the SPEED and INCLINE by pressing “FAST/SLOW button and “UP/DOWN” button, or use rapid keys to jump directly to a setting.
- STEP 7:** Press “STOP” button to stop your workout or pull safety key away from its position to shut down the computer.

USER (U1~U2)

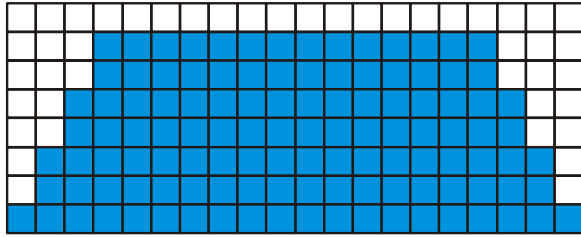
- STEP 1:** Press PROGRAM UP/DOWN buttons to select the program you desire.
- STEP 2:** The pre-set value of time is 20:00, and the range is from 00:00 to 99:00. Press FAST/SLOW (UP/DOWN) buttons to modify and then press ENTER to continue.
- STEP 3:** Press FAST/SLOW (UP/DOWN) buttons to adjust the weight, then press enter.
- STEP 4:** Using the Fast / Slow keys, adjust the speed level to your desired effort for the first segment, then press Enter. The second column will now be blinking. Repeat the above process until all segments have been programmed. The first column will be blinking again. This is for the incline programming. Repeat the above process to program all segments for incline.
- STEP 5:** Press the Start button to begin the workout and also save the program to memory.
- STEP 6:** During the program you can press "FAST/SLOW" button to adjust SPEED, and press "UP/DOWN" button to adjust incline; or use rapid keys to jump to a preset level.
- STEP 7:** Press "STOP" button to stop your workout or pull safety key away from its position to shut down the computer.

TARGET HRC (H1~H2)

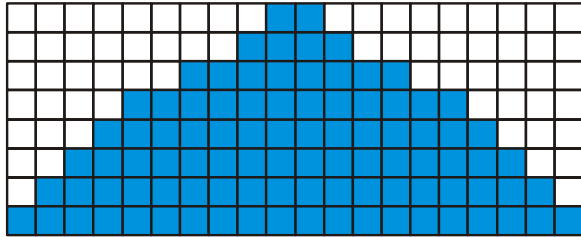
- STEP 1:** Press PROGRAM UP/DOWN buttons to select the HRC mode that you want and press enter.
- STEP 2:** The pre-set value of time is 20:00, and the range is from 00:00 to 99:00. Press FAST/SLOW (UP/DOWN) buttons to modify and press ENTER to continue to the next step.
- STEP 3:** Press FAST/SLOW (UP/DOWN) button to adjust the weight and press enter.
- STEP 4:** Press FAST/SLOW (UP/DOWN) buttons to adjust the age and press enter.
- STEP 5:** Press FAST/SLOW (UP/DOWN) to adjust target Heart Rate, then press ENTER button to proceed to the next step.
- STEP 6:** Press FAST/SLOW (UP/DOWN) button to modify the maximum speed. The range is from 0.8 to 12.0mile. Press ENTER button to enter next step.
- STEP 7:** Press FAST/SLOW (UP/DOWN) buttons to adjust max grade. The range is from 0 to 12. Finally press ENTER button to finish.
- STEP 8:** Press START to execute your program, or press START button to start training directly,
- STEP 9:** Press "STOP" button to stop your workout or pull safety key away from its position to shut down the computer.

Optional: There is an Audio Input Jack on the front of the console and built-in speakers. You may plug any low-level audio source signal into this port. Audio sources include MP3, Ipod, portable radio, CD player or even a TV or computer audio signal. There is an audio patch cable included to and also a headphone jack for private listening.

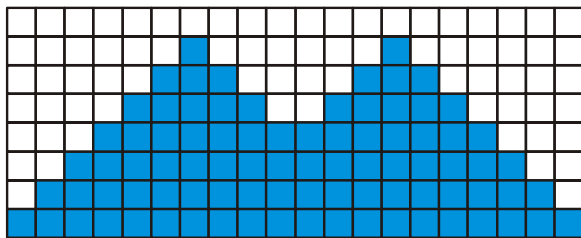
SPEED PROFILE



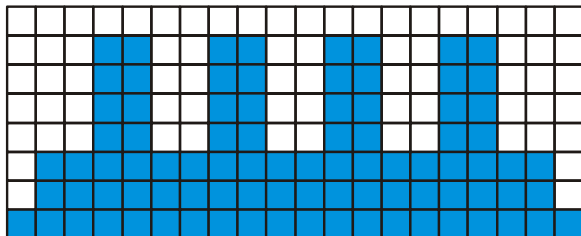
P.1



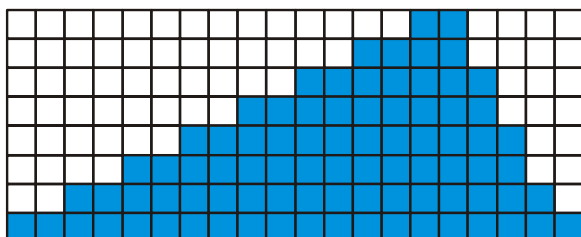
P.2



P.3

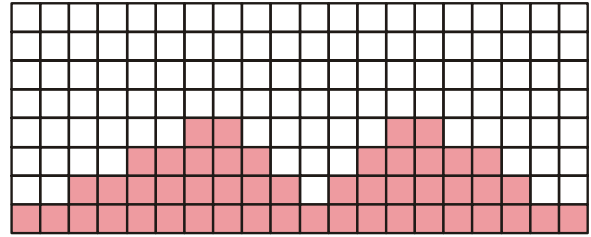


P.4

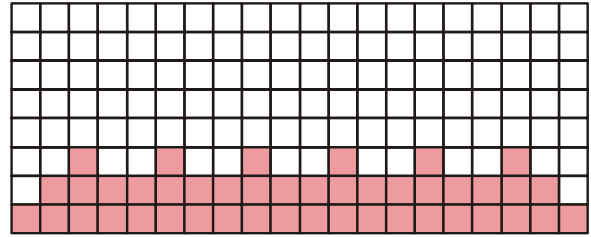


P.5

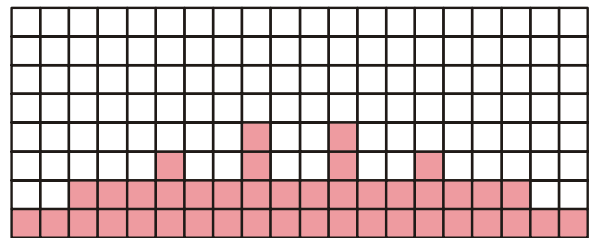
INCLINE PROFILE



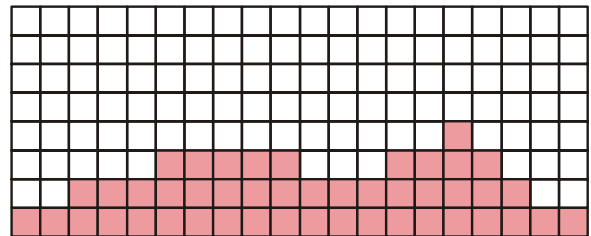
P.1



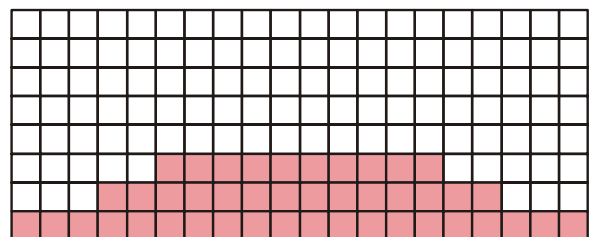
P.2



P.3



P.4



P.5

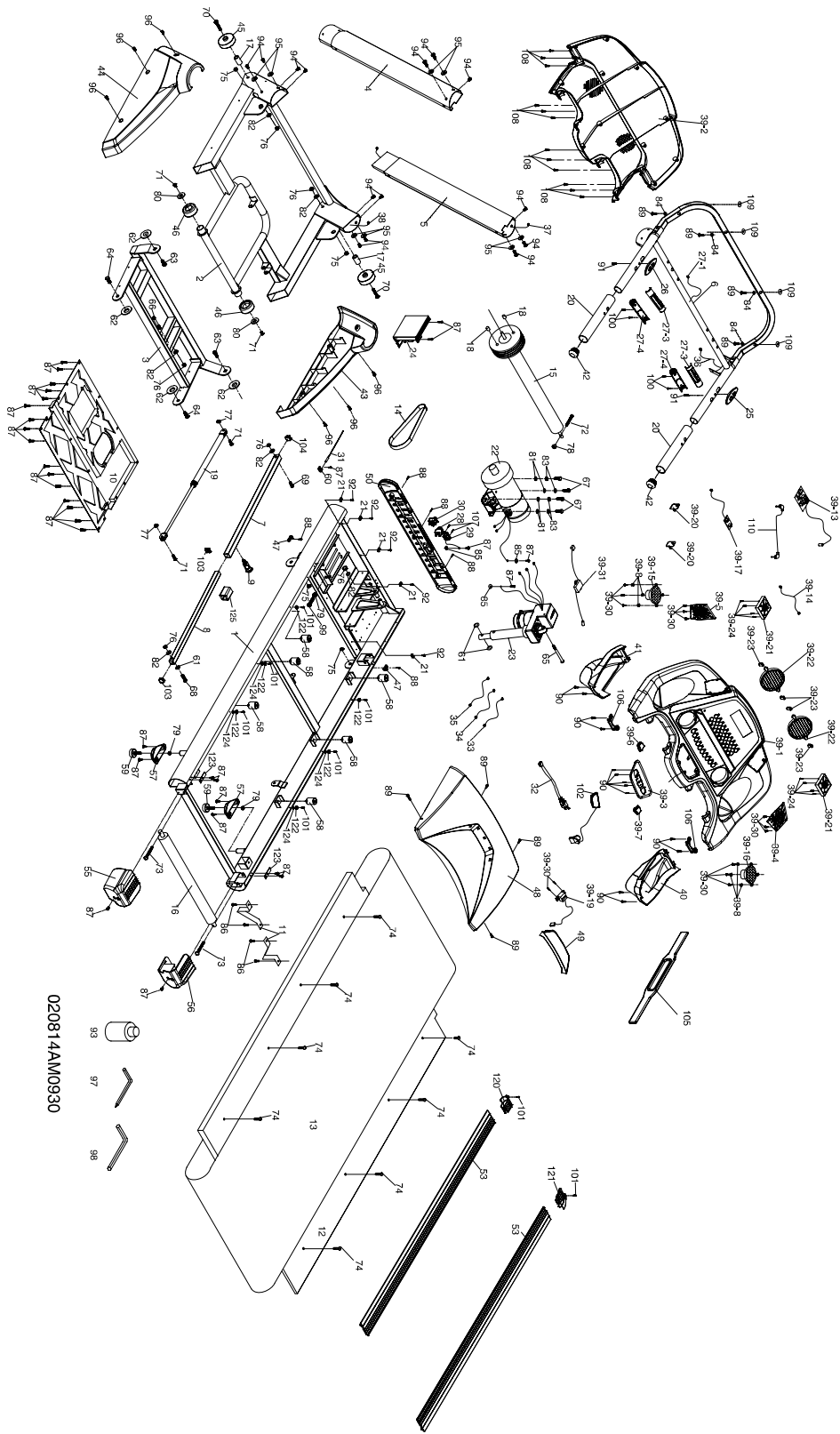
Parts List and Diagram

KEY NO.	PART NO.	DESCRIPTION	Q'TY
1	132501	Main Frame	1
2	132502	Frame Base	1
3	132503	Incline Bracket	1
4	132504	Left Upright	1
5	132505	Right Upright	1
6	132506	Console Support	1
7	132507	Outer Slide	1
8	132508	Inner Slide	1
9	132509	Locking Knob	1
10	132510	Frame Cover	1
11	132511	Belt Guide	2
12	132512	Running Deck	1
13	132513	Running Belt	1
14	132514	Drive Belt	1
15	132515	Front Roller W/Pulley	1
16	132516	Rear Roller	1
17	132517	Wheel Sleeve	2
18	132518	Magnet	2
19	132519	Cylinder	1
20	132520	Handgrip Foam	2
21	132521	Wire Tie Mount	5
22	132522	Drive Motor	1
23	132523	Incline Motor	1
24	132524	Motor Controller	1
25	132525	Speed Adjustment Switch W/Cable	1
26	132526	Incline Adjustment Switch W/Cable	1
27	132527	Handpulse Sensor (w/o wire)	2
27~1	132527~1	750m/m_Handpulse Wire	1
27~3	132527~3	Handpulse Top Cover	2
27~4	132527~4	Handpulse Bottom Cover	2
28	132528	Breaker	1
29	132529	Power Socket	1
30	132530	On/Off Switch	1
31	132531	Sensor W/Cable	1
32	132532	Power Cord	1
33	132533	200m/m_Connecting Wire (White)	1
34	132534	200m/m_Connecting Wire (Black)	1
35	132535	100m/m_Connecting Wire (Black)	1
36	132536	800m/m_12P Upper Computer Cable	1
37	132537	1100m/m_12P Extension Computer Cable	1
38	132538	1100m/m_12P Lower Computer Cable	1
39	132539	Console Assembly	1
39~1	132539~1	Console Top Cover	1

KEY NO.	PART NO.	DESCRIPTION	Q'TY
39~2	132539~2	Console Bottom Cover	1
39~3	132539~3	Front Console Cover (Inner)	1
39~4	132539~4	Console Speaker Cover (R)	1
39~5	132539~5	Console Speaker Cover (L)	1
39~6	132539~6	START Key (L)	1
39~7	132539~7	STOP Key (R)	1
39~8	132539~8	Speaker Grill Anchor	6
39~13	132539~13	Amplifier Controller	1
39~14	132539~14	600m/m_Amplifier Cable	1
39~15	132539~15	300m/m_Speaker W/Cable	1
39~16	132539~16	750m/m_Speaker W/Cable	1
39~17	132539~17	Sound Board W/Cable (Red)	1
39~19	132539~19	Safety Switch Module W/ Cable	1
39~20	132539~20	Square Magnet Stop Plate	2
39~21	132539~21	Fan Assembly	2
39~22	132539~22	Deflector Fan Grill	2
39~23	132539~23	Fan Grill Anchor	4
39~24	132539~24	Ø3.5 x 32m/m_Sheet Metal Screw	8
39~30	132539~30	Ø3 x 10m/m_Sheet Metal Screw	14
39~31	132539~31	W/Receiver, HR	1
40	132540	Handrail Base Cover(R)	1
41	132541	Handrail Base Cover(L)	1
42	132542	Button Head Plug	2
43	132543	Frame Base Cover (R)	1
44	132544	Frame Base Cover (L)	1
45	132545	Transportation Wheel	2
46	132546	Transportation Wheel(B)	2
47	132547	Motor Cover Anchor(C)	2
48	132548	Motor Top Cover	1
49	132549	Top Motor Cover Plate	1
50	132550	Front Motor Cover	1
53	132553	Aluminum Foot Rail	2
55	132555	Rear Adjustment Base (L)	1
56	132556	Rear Adjustment Base (R)	1
57	132557	Adjustment Foot Pad Cap	2
58	132558	Cushion	6
59	132559	Adjustment Foot Pad	2
60	132560	Sensor Rack	1
61	132561	Ø24 x Ø10 x 3T_Nylon Washer (A)	3
62	132562	Ø50 x Ø13 x 3T_Nylon Washer (B)	4
63	132563	1/2" x 1-1/4" _Carriage Bolt	2
64	132564	1/2" x 1" _Hex Head Bolt	2
65	132565	3/8" x 4" _Hex Head Bolt	1
66	132566	3/8" x 92m/m _Hex Head Bolt	1
67	132567	3/8" x 1" _Hex Head Bolt	4
68	132568	3/8" x 1-1/2" _Hex Head Bolt	1
69	132569	3/8" x 45m/m _Hex Head Bolt	1
70	132570	3/8" x 60m/m _Flat Head Socket Bolt	2
71	132571	5/16" x 1" _Button Head Socket Bolt	4

KEY NO.	PART NO.	DESCRIPTION	Q'TY
72	132572	M8 x 60m/m_Hex Head Bolt	1
73	132573	M8 x 65m/m_Socket Head Cap Bolt	2
74	132574	M8 x 25m/m_Flat Head Countersink Bolt	8
75	132575	1/2" x 8.0T_Nyloc Nut	4
76	132576	3/8" x 7.0T_Nyloc Nut	6
77	132577	5/16" x 6T_Nyloc Nut	2
78	132578	M8 x 7.0T_Nyloc Nut	1
79	132579	3/8" x 7.0T_Nut	3
80	132580	Ø8 x Ø35 x 1.5T_Flat Washer	2
81	132581	Ø10 x Ø25 x 2.0T_Flat Washer	4
82	132582	Ø10 x Ø19 x 1.5T_Flat Washer	6
83	132583	Ø10 x 2.0T_Split Washer	4
84	132584	Ø5 x Ø16 x 1.0T_Flat Washer	4
85	132585	Ø5 x 1.5T_Star Washer	3
86	132586	Ø4 x 12m/m_Sheet Metal Screw	4
87	132587	Ø5 x 16m/m_Tapping Screw	32
88	132588	Ø5 x 19m/m_Tapping Screw	5
89	132589	Ø5 x 16m/m_Tapping Screw	8
90	132590	Ø3.5 x 12m/m_Sheet Metal Screw	13
91	132591	Ø4 x 38m/m_Sheet Metal Screw	2
92	132592	Ø3.5 x 16m/m_Tapping Screw	5
93	132593	Lubricant	1
94	132594	5/16" x 15m/m_Button Head Socket Bolt	14
95	132595	Ø8 x Ø19 x 1.5T_Curved Washer	8
96	132596	M5 x 10m/m_Phillips Head Screw	6
97	132597	Combination M5 Allen Wrench & Phillips Head Screw Driver	1
98	132598	M6 (66 x 86)_L Allen Wrench	1
99	132599	3/8" x 2" _Hex Head Bolt	1
100	1325100	Ø3 x 10m/m_Tapping Screw	4
101	1325101	Ø4 x 19m/m_Tapping Screw	8
102	1325102	Trapezoidal Safety Key	1
103	1325103	21.8 x 21.8m/m_Square End Cap	2
104	1325104	25.4 x 25.4m/m_Square End Cap	1
105	1325105	Chest Strap	1
106	1325106	Top Console Cover Anchor	2
107	1325107	Ø3 x 10m/m_Sheet Metal Screw	2
108	1325108	Ø3.5 x 12m/m_Sheet Metal Screw	12
109	1325109	Ø13 x Ø26 x 2.0T_Flat Washer	4
110	1325110	1820m/m_Audio Cable	1
120	1325120	Foot Rail Cap (L)	1
121	1325121	Foot Rail Cap (R)	1
122	1325122	Foot Rail Washer	6
123	1325123	Foot Rail Fixing Plate	2
124	1325124	Ø5 x Ø13 x 1.0T_Flat Washer	4
125	1325125	21.4 x 25.4m/m_Square End Cap	1

PARTS DIAGRAM



General Maintenance

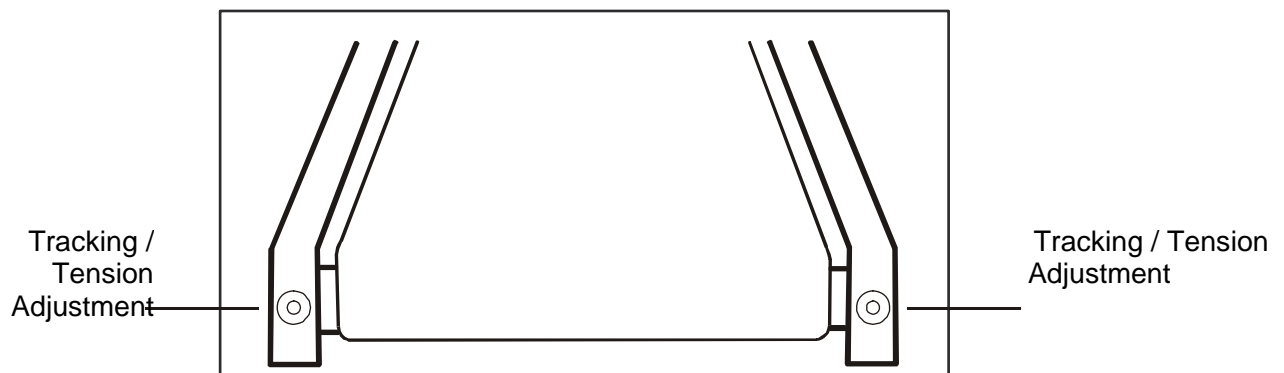
Belt and Bed - Your treadmill uses a very high-efficient low-friction bed. Performance is maximized when the bed is kept as clean as possible. Use a soft, damp cloth or paper towel to wipe the edge of the belt and the area between the belt edge and frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and bed life. Use water only - no cleaners or abrasives. 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. Wiping excess off with a damp cloth will minimize buildup.

General Cleaning - Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. On a monthly basis, vacuum underneath your treadmill to prevent buildup. 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:

Treadbelt Tension Adjustment - Belt tension is not critical for most users. It is very important for joggers and runners in order to provide a smooth, steady running surface. Adjustment must be made from the right side of the rear roller in order to adjust tension with the 6 mm Allen wrench provided in the parts package. The adjustment bolt is located at the end of the right side rail as noted in diagram below.



Note: Adjustment is through small hole in end cap.

Tighten the rear roller only enough to prevent slippage at the front roller. Turn the treadbelt tension adjusting bolt in increments of 1/4 turn and inspect for proper tension.

When an adjustment is made to the belt tension, you must also make a tracking adjustment to compensate for the change in belt tension. This is accomplished by turning both the tension and tracking Allen bolts an equal amount. This adjustment should be made by turning both bolts clockwise by no more than a 1/4 turn at a time.

DO NOT OVERTIGHTEN – Over tightening will cause belt damage and premature bearing failure.

TREADBELT TRACKING ADJUSTMENT:

The performance of your treadmill is dependent on the frame running on a reasonably level surface. If the frame is not level, the front and back roller cannot run parallel, and constant belt adjustment may be necessary.

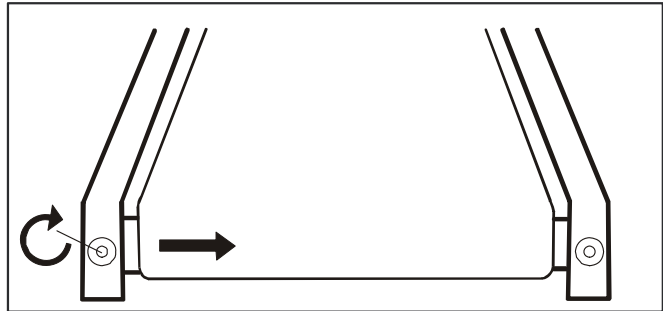
The treadmill is designed to keep the treadbelt reasonably centered while in use. It is normal for some belts to drift near one side while the belt is running with no one on it. After a few minutes of use, the treadbelt should have a tendency to center itself. If, during use, the belt continues to move toward one side, adjustments are necessary.

TO SET TREADBELT TRACKING:

A 6 mm Allen wrench is provided to adjust the rear roller. Make tracking adjustments from the left and the right

side. Set belt speed at approximately 2 to 3 mph. A small adjustment can make a dramatic difference. Turn the bolt only a 1/4 turn 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. The belt may require periodic tracking adjustment depending on use and walking/running characteristics. Some users will affect tracking differently. Expect to make adjustments as required to center the treadbelt. 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:

Do not re-lube with other than lubricant. provides one application with this unit. See your dealer for additional purchases. The use of some other lubricants may destroy the deck surface or belt and will void warranty. Conditions exist beyond control on belt / deck cleanliness which relates to friction.

You should apply the enclosed belt lubrication after approximately the first 50 hours of operation. Use all the contents of one container (no more) and spread lubricant onto middle portion (away from edges) of the deck (under treadbelt) along its width. When walked on, the belt will make certain an even coat is applied. Lubricant is not harmful to the skin. Lube will be distributed properly by walking at 2 to 3 mph for 3 to 5 minutes on all areas of the belt. Use handrails for support. The first few minutes you will be polishing your deck and lubricating the belt backing. Do not run on a newly lubricated belt until the above break-in procedure is done. If the treadmill belt/deck is kept reasonably clean it is possible to expect over 1000 hours before additional re-lubing is necessary.

CAUTION - KEEP HANDS CLEAR OF MOVING REAR PULLEY!

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.	<ol style="list-style-type: none"> 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 walk or run on.	<p>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 Treadbelt Tension. Adjust as necessary.</p>
Motor is not responsive after pressing start.	<ol style="list-style-type: none"> 1. If the belt moves, but stops after a short time and the display 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 12 mph but shows higher speed on display.	<p>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 110 volt AC current is required.</p>
Tread-belt stops quickly/ suddenly when tether cord is pulled.	<p>High belt/deck friction. See General Maintenance section on lubrication.</p>
Treadmill trips on board 15 amp circuit.	<p>High belt/deck friction. See General Maintenance.</p>
Computer shuts off when console is touched (on a cold day) while walking/running.	<p>Treadmill may not be grounded. Static electricity is "crashing" the computer. Refer to Grounding Instructions.</p>
House circuit breaker trips, but not the treadmill circuit breaker.	<p>Need to replace the house breaker with a "High In-rush current" type breaker.</p>

Manufacture's Limited Warranty

Dyaco Canada Inc. warrants all its home use treadmills parts for a period of time listed below, from the date of retail sale, as determined by a sales receipt or in the absence of a sales receipt. **Dyaco Canada Inc.**'s responsibilities include providing new or remanufactured parts, at **Dyaco Canada Inc.**'s option, and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by **Dyaco Canada Inc.** directly to a consumer. The warranty period applies to the following components:

Limited Warranty

Frame	Lifetime
Motor	10 Years
All Other Components	1 Year
Labor	1 Year

This warranty is not transferable and is extended only to the original owner.

This warranty shall not apply to treadmills which are (1) used for commercial or other income producing purpose, or (2) subject to misuse, neglect, accident or unauthorized repairs and alterations

This warranty provided herein is in lieu of all other express warranties. Any implied warranties, including any implied warranties of merchantability or fitness for particular purpose are limited in duration to the first 12 months from the date of purchase. All other obligations or liabilities, including liability for consequential damages are hereby excluded

REPAIR PARTS AND SERVICE

All of the parts for the **Bodybreak** treadmill, shown in figure can be ordered from: **Dyaco Canada Inc.** 6050 Don Murie Street, Niagara Falls, Ontario, L2G 0B3. When ordering parts, the parts will be sent and billed at the current prices. Prices may be subject to change without notice. Check or money order must accompany all orders. Standard hardware items are available at your local hardware store.

To ensure prompt and correct handling of any errors, or to answer any questions, please call our Toll Free number, 1-888-707-1880, or email us at customerservice@dyaco.ca. or visit us at: www.dyaco.ca. Office hours are from 8:30 A.M. to 5:00 P.M. Monday to Friday Eastern Standard time.

Always include the following information when ordering parts:

- *Model number
- *Name of each part
- *Part number of each part