Owner's Manual

Model No.
16005900910

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

CAUTION:

You must read and understand this owner's manual before operating unit.

Keep this manual for future reference.

Serial number

_____

Write the serial number in the space above for reference. Serial number can be found at the front bottom section of the Treadmill.

EVERLAST®

TABLE OF **CONTENTS**

ATTENTION

THIS TREADMILL IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS WARRANTED FOR THE APPLICATION. ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.

BEFORE YOU BEGIN

Thank you for choosing the EVERLAST EV9.1 Treadmill. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest. It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The EVERLAST EV9.1 Treadmill provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle. Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the EVERLAST EV9.1 Treadmill. Although Dyaco Canada Inc. constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your EVERLAST EV9.1 Treadmill, please do not return the product. Contact us **FIRST!** If a part is missing or defective call us toll free at 1-888-707-1880. Our Customer Service Staff are available to assist you from 8:30 A.M. to 5:00 P.M. (Eastern Time) Monday through Friday. Be sure to have the name and model number of the product available when you contact us.

IMPORTANT **SAFETY INSTRUCTIONS**

WARNING - Read all instructions before using this equipment.
DANGER - To reduce the risk of electric shock, always unplug this 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 120-volt, 15-amp grounded outlet.
WARNING - Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

DO NOT USE AN EXTENSION CORD UNLESS IT IS A 14 AWG 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 if applicable.

- Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
- Inspect and properly tighten all parts of the treadmill regularly.
- Keep children under the age of 13 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 and 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 hand 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.
- 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.
- This equipment is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the equipment by a person responsible for their safety.
- Handicapped individuals should have medical approval and close supervision when using this treadmill.
- Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed. 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.
- Children should be supervised to ensure that they do not play with the equipment.
- Remove tether cord after use to prevent unauthorized treadmill operation.
- Connect this treadmill to a properly grounded outlet only. See Grounding Instructions.
- User weight should not exceed 375 lbs (170 kgs).

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT **ELECTRICAL INSTRUCTIONS**

WARNING!

NEVER use a RCD - Residual Current Device (U.S. ver.= GFCI) - wall outlet with this treadmill. As with any equipment with a large motor, the RCD/GFCI will trip often. Route the power mains 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.

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 temperature specification is 40 degrees c, and humidity is 95%, non-condensing (no water drops forming on surfaces).

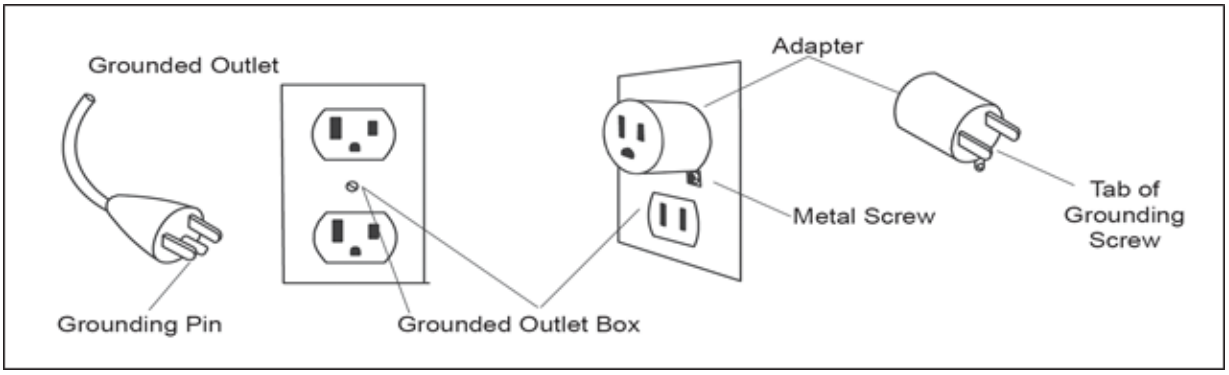
Circuit breakers: Some circuit breakers are not rated for high inrush currents that can occur when a treadmill is first turned on or even during normal use. If your treadmill is tripping the circuit breaker (even though it is the proper current rating and the treadmill is the only equipment on the circuit) but the circuit breaker on the treadmill itself does not trip, you will need to replace the 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.

GROUNDING INSTRUCTIONS

This product must be grounded. If the treadmill's electrical system 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.

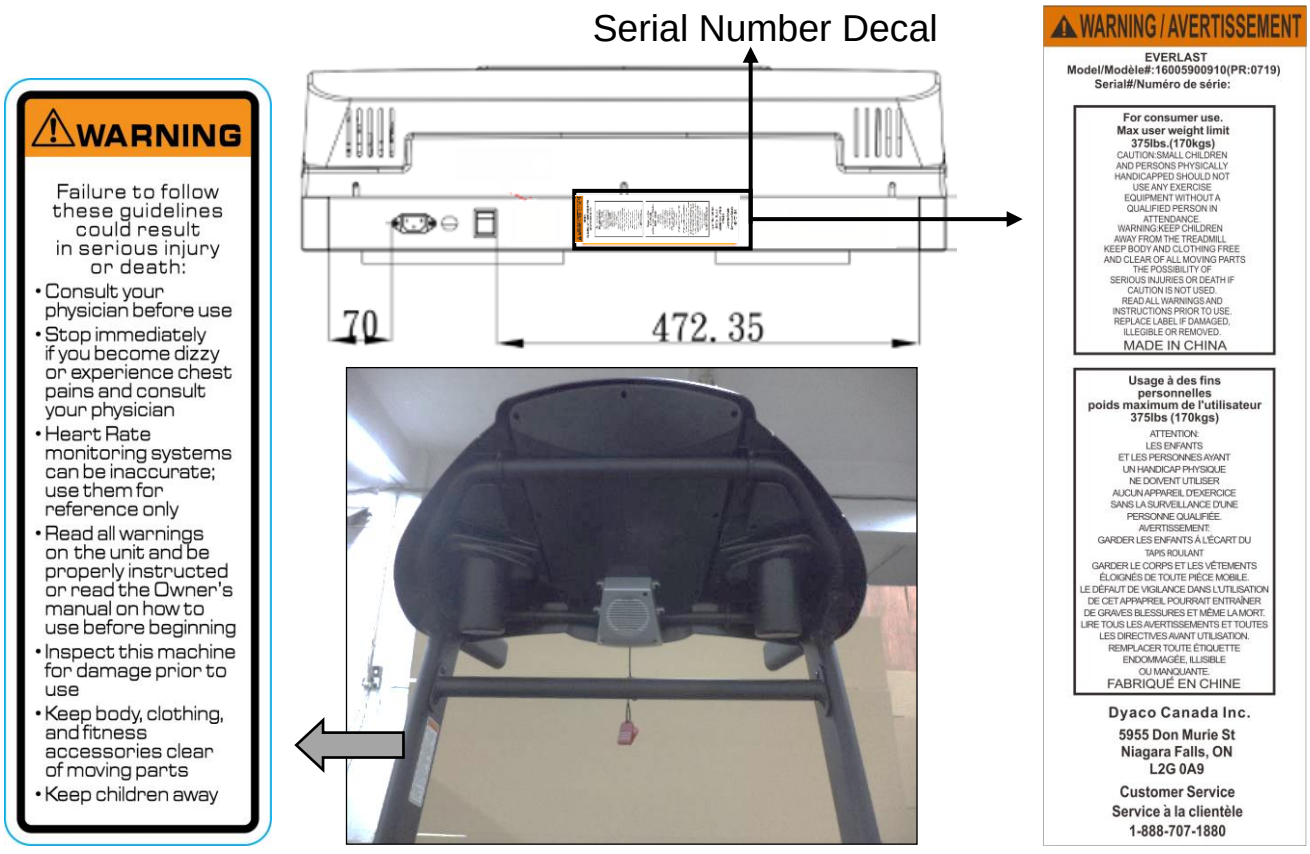
This product is for use on a nominal 120 volt/15 amp circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is 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 ear-lug, 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 console.
- **NEVER** use your treadmill during an electrical storm. Surges may occur 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. 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.).
- Never allow more than one person on the treadmill at once.
- 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.

WARNING DECAL **REPLACEMENT**



The decals shown have been placed on the treadmill. If a decal is missing or illegible, please call our Customer Service Department, to order a free replacement decal (see ORDERING REPLACEMENT PARTS at page 38.). Apply the decal in the location shown. Note: The decal shown at the right is 50% of actual size.

ASSEMBLY **INSTRUCTIONS**

!!ATTENTION: IMPORTANT UNPACKING INSTRUCTIONS.
PLEASE READ BEFORE UNPACKING YOUR FOLDING TREADMILL!!

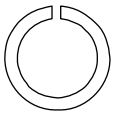
Serious injury could occur if this folding treadmill is not unpacked properly.

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.

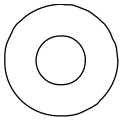
To ensure your personal safety during removal of the shipping strap please make sure the treadmill is positioned flat on the ground, in the orientation it would be in if you were using the treadmill. Do not turn the treadmill up on its side while removing the shipping strap. This could cause the treadmill's 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.

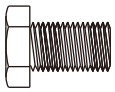
ASSEMBLY PACK CHECKLIST



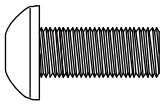
#80. Ø8 × 1.5T
Split Washer (4pcs)



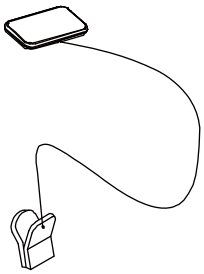
#100. Ø8 × Ø18 ×1.5T
Flat Washer (8pcs)



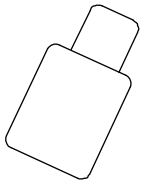
#99. 5/16" × UNC18 × 1/2"
Hex Head Bolt (8pcs)



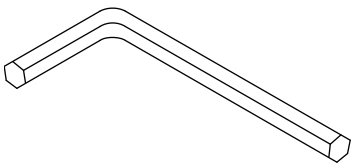
#125. 5/16" × UNC18 × 3/4"
Button Head Socket Bolt (8pcs)



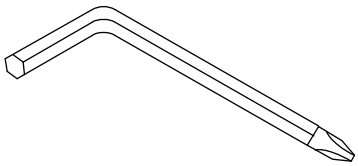
#44. Safety Key
(1pc)



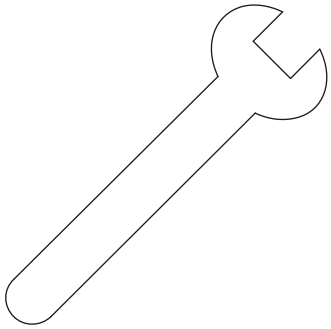
#104. Lubricant
(1pc)



#103. M6 (66 × 86)
L Allen Wrench (1pc)



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

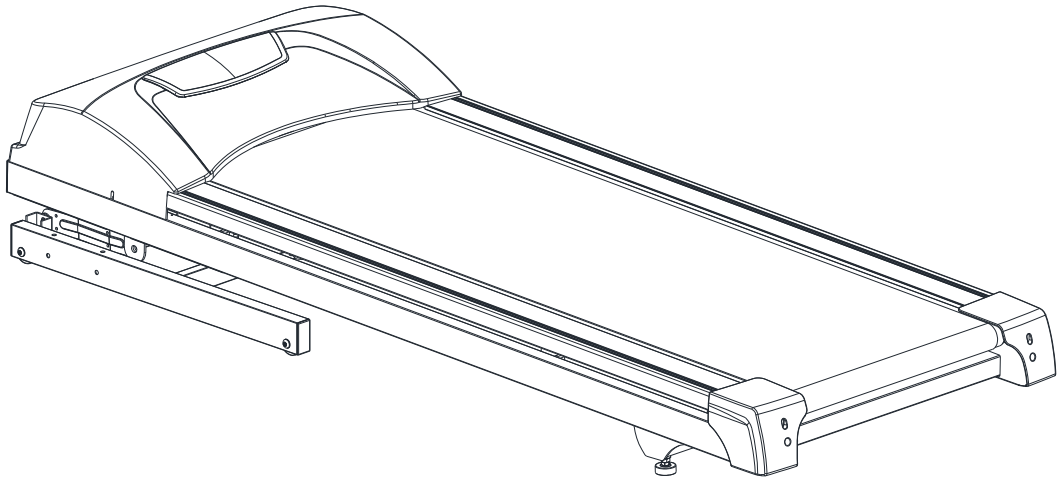


#90. 13L
Wrench (1pc)

ASSEMBLY INSTRUCTIONS

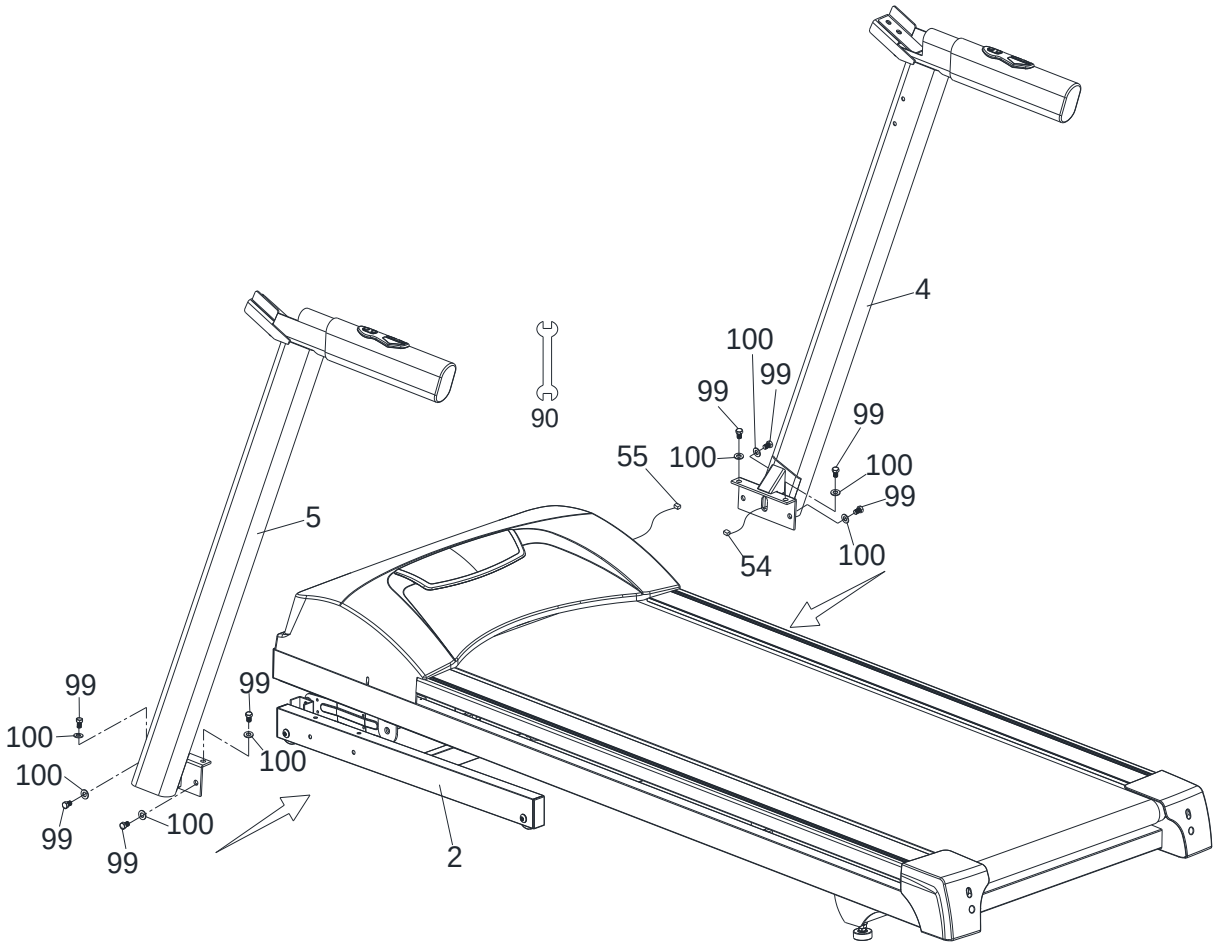
Step 1.

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



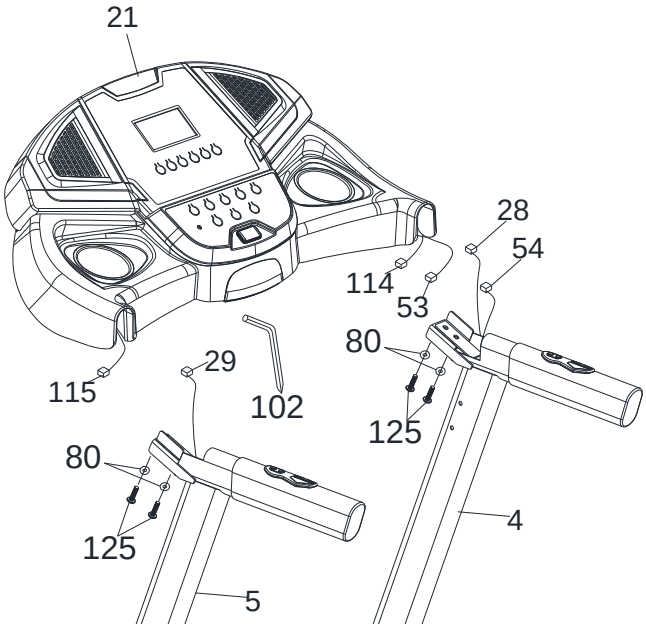
Step2.

Connect Computer Cable (Middle) (54) with Computer Cable (Lower) (55) then insert Right and Left Uprights (4) and (5) into the Frame Base (2) and use 13m/m Wrench (90) to tighten 8 pcs of 5/16" × UNC18 × 1/2"_Hex Head Bolts (99) and 8pcs of Ø8 × Ø18 × 1.5T Flat Washers (100). Tip: Avoid pinching wires.



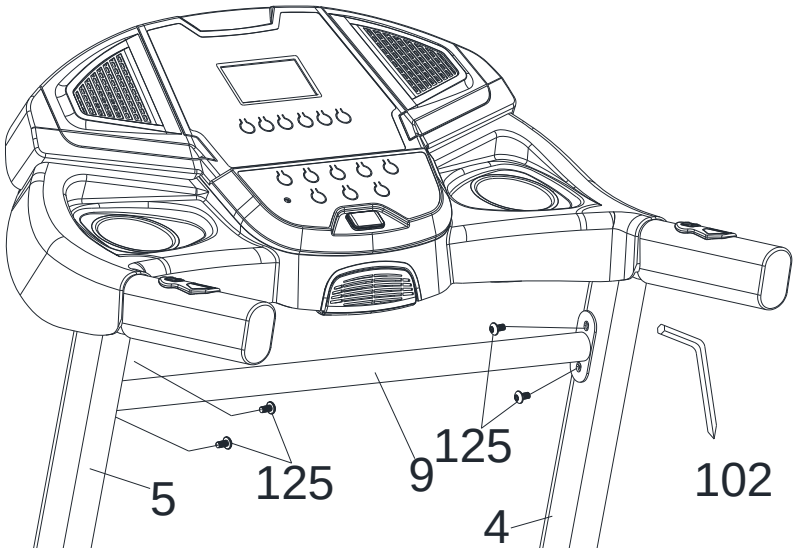
Step 3

1. Connect the Computer Cable (Middle) (54) to the Computer Cable (Upper) (53).
2. Connect the Speed Adjustment Switch W/Cable (Upper) (114) to the Speed/Hand Pulse Complex (28).
3. Connect the Incline Adjustment Switch W/Cable (Upper) (115) to the Incline/Hand Pulse Complex (29).
4. Insert the Console Assembly (21) into the right and left Uprights (4) and (5) and secure with 4 pcs of 5/16" × UNC18 × 3/4" Button Head Socket Bolts (125) with 4 pcs of Ø8 × 1.5T Split Washers (80) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (102).
   Tip: Avoid pinching wires.



Step 4.

Install the Handrail Support (9) between the left and right Uprights (5) and (4) and use the Combination M5 Allen Wrench & Phillips Head Screw Driver (102) to tighten 4 pcs of 5/16" × UNC18 × 3/4" Button Head Socket Bolts (125).

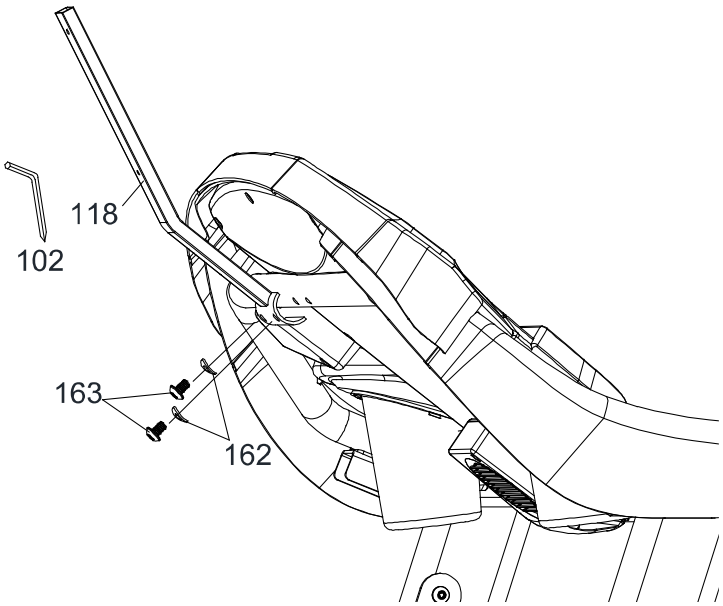


Your unit is now fully assembled. Ensure all nuts and bolts are firmly tightened prior to use.

ASSEMBLY INSTRUCTIONS FOR TABLET HOLDER

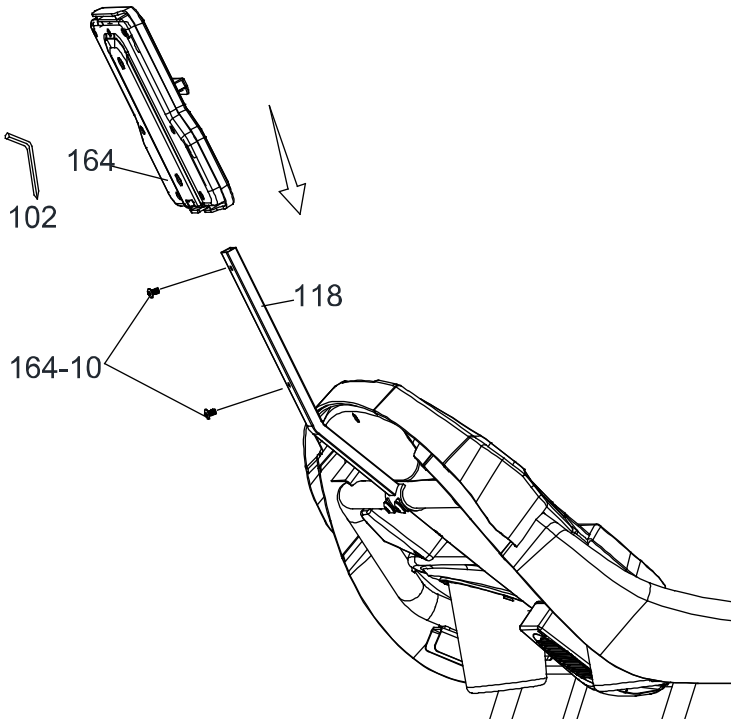
Step 1

Unscrew 5/16" × 1/2" Button Head Socket Bolt (163) and Ø5/16"×19×1.5T Curved Washer (162) which were pre-assembled at the back of the console (21) by using M5_L Combination M5 Allen Wrench & Phillips Head Screw Driver (102). Take out the tablet holder (118) from the package and then attach the holder to the back of the console (21) by fixing the bolt (163) and the washer (162) back to the their original position.



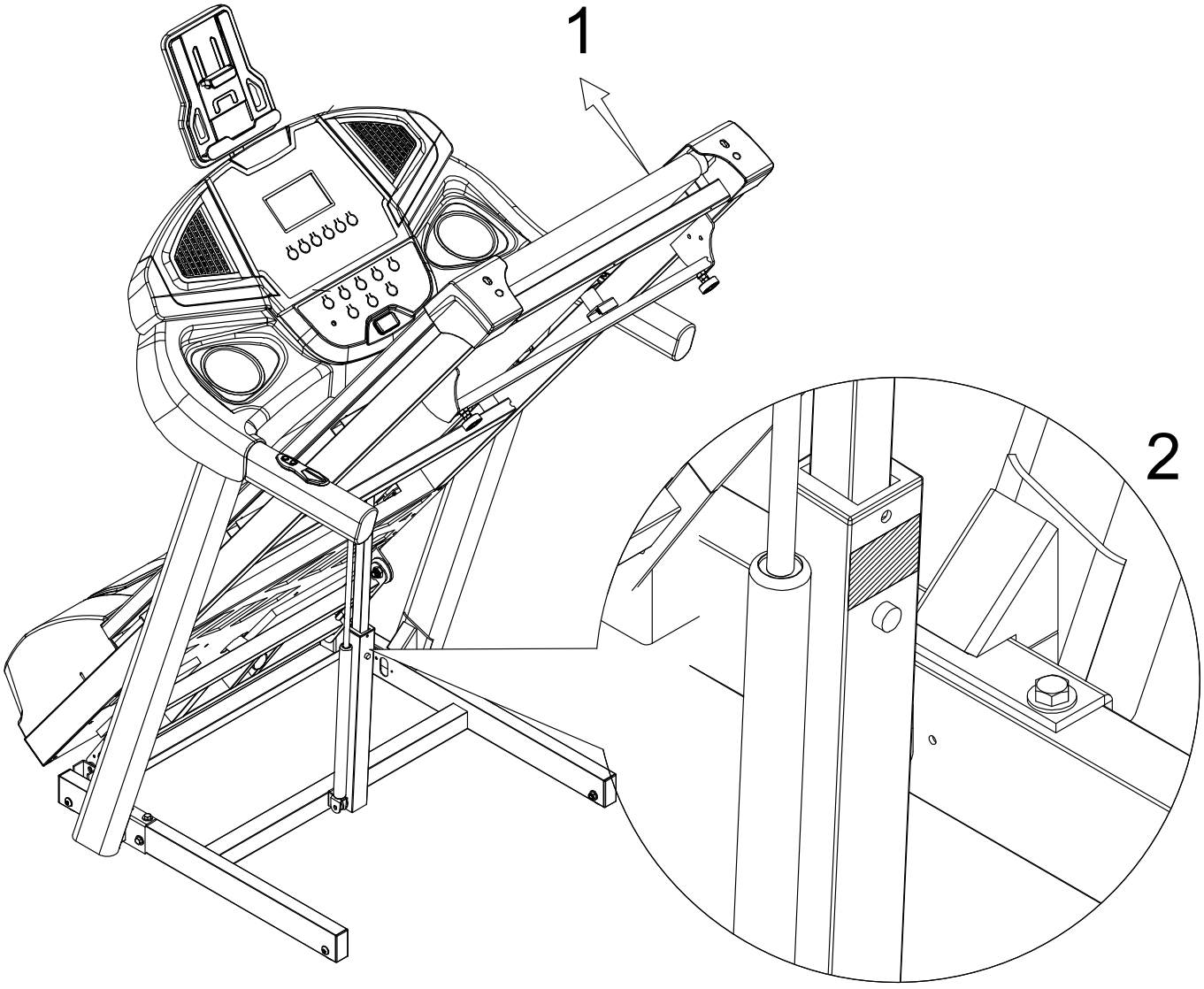
Step 2

Unscrew the M5×10mm Phillips Head Screw (164-10) pre-assembled to the supporting tube (118) by using Combination M5 Allen Wrench & Phillips Head Screw Driver (102). And then fix the tablet holder (164) to the supporting tube (118) by fixing M5×10mm Phillips Head Screw (164-10) back to their original positon.



NOTE: Please make sure all screws are tightened well for after the assembly.

FOLDING **INSTRUCTIONS**



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

■ TO FOLD THE TREADMILL

Lift the deck until the latch clicks in place.

■ TO UNFOLD THE TREADMILL

Press the tube with your foot at the yellow sticker
To release latch, see picture to the right.

TRANSPORTANTION **INSTRUCTION**

The treadmill is equipped with four transportation wheels. After folding simply roll the treadmill away.

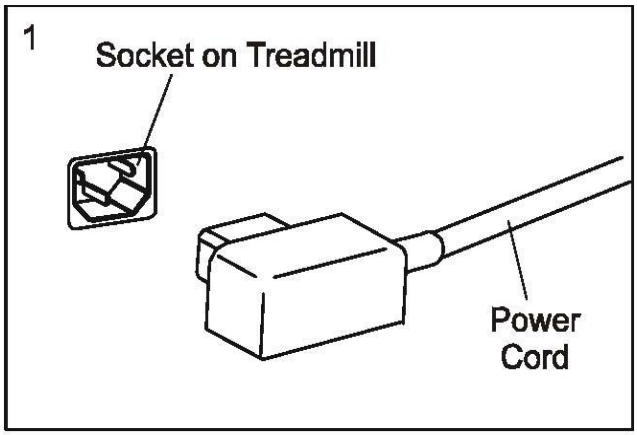
TREADMILL **OPERATION**

Your treadmill features a walking belt coated with a lubricant. IMPORTANT: Never apply silicone spray or other substances to the walking belt or walking board. Such substances will deteriorate the walking belt and cause excessive wear.

How to plug in the power cord.

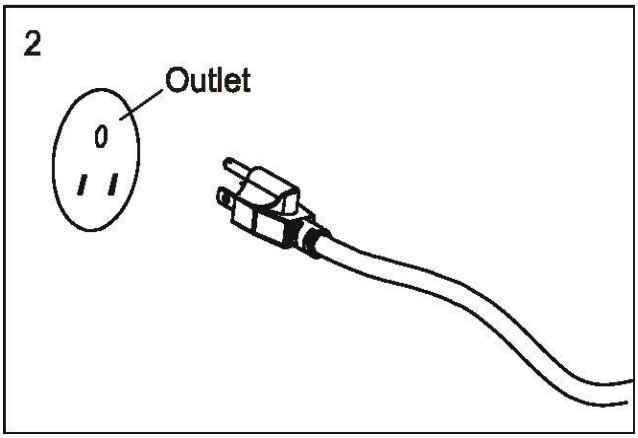
GROUNDING INSTRUCTIONS.
This product must be grounded. No plug adapter should be used with this product.

WARNING:
Improper connection of the equipment grounding conductor can result in a risk of an electric shock. Check with a qualified electrician 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. 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.



IMPORTANT: If the power cord is damaged, it must be replaced with a manufacturer recommended power cord.

1. Plug the indicated end of the power cord into the socket of the treadmill. See drawing on the right.
2. Plug the power cord into an appropriate outlet that is properly installed and grounded. See drawing on the right. Important: The treadmill is not compatible with GFCI-equipped outlets.



Note: Your power cord and outlet may appear different

OPERATION OF **YOUR TREADMILL**

GETTING STARTED:

CAUTION: Before operating the console, read the following precautions:

- Do not stand on the walking belt when turning on the treadmill.
- Always wear the safety key. Pulling the safety key will stop tread-belt movement.
- Adjust the speed in small increments to avoid sudden jumps in speed.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and place only sealed water bottles in the water bottle holders.
- 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.
- 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.

HOW TO USE THE SAFETY KEY

1. Place the safety key into position on the square metal portion of the console control head. Your treadmill will not start and operate without this. Removing the safety key also secures the treadmill from unauthorized use.
2. Fasten the plastic clip onto your clothing securely to assure good holding power. **Note:** The safety key has strong enough power to minimize accidental, unexpected stopping. The clip should be attached securely to make certain it does not come off. 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.

TO OPERATE TREADMILL

CAUTION: To avoid injury, hold onto the handrails while mounting and dismounting the treadmill. Hold onto the handrails and place feet on side rails before starting. Step onto the walking belt only a slowest speed. Always hold on to a handrail or hand bar while making control changes (incline, speed, etc.). Before operating the console make sure that the power cord is properly plugged in and the on/off button is on. Attach the magnet end of the safety key onto the monitor and attach the clip end of the safety key to your clothing (ie: waistband). If you should slip or fall while exercising the safety key will pull out of the console, shutting off the treadmill.

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.

WINDOW DISPLAY

Speed:	Displays the current speed from starting at 0.5 mph to 12 mph. （Display shows M, MI, ML means MPH）
Time:	Displays your elapsed workout time in minutes up to 99:59. Counts down from your preset target time to 0:00 during your workout.
Distance:	Displays the distance traveled in miles.
Calories:	Displays the cumulative calories burned at any given time during your Workout. **Note**: This is a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.
Pulse:	Displays the user's current heart rate in beats per minutes during the workout. To display your heart rate, you must hold both handrails. **Note:** This is a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.
Incline:	Displays the incline level during your workout from 0 to 12.
Program:	Displays the program selected.
Audio System:	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 player, iPod, portable radio, CD player or even a TV or computer.
Fan:	The fan is used to cool you down during your workout.

BUTTON FUNCTION:

A > SPEED ▲ (FAST)： Pressing this button increases the speed by 0.1(mph/km). Press and hold this button for 3 seconds to increase speed rapidly. Press this button during setting the program to adjust the value (to increase).

B > SPEED ▼ (SLOW)：Pressing this button decreases the speed by 0.1(mph/km). Press and hold this button for 3 seconds to decrease speed rapidly. Press this button during setting the program to adjust the value (to decrease).

C > INCLINE ▲ (UP)： Pressing this button increases the incline level by 1. Press and hold this button for 3 seconds to increase the incline level rapidly. Press this button during setting the program to adjust the value (to increase).

D > INCLINE ▼ (DOWN) ： Pressing this button decreases the incline level by 1. Press and hold this button for 3 seconds to decrease the incline level rapidly. Press this button during setting the program to adjust the value (to decrease).

E > ENTER: for program setting: Press this button to set Time, Distance, Calorie and and other functions. Press and hold this button for 2 seconds will clear all settings, just getting the machine back to the screen

F > PROGRAM: Press to select desired training programs P1 ~ P24, HRC.

G > START/STOP: Press to select treadmill speed starting from 0.5/1.0 (mph / km); press to enter pause mode, slowly reducing speed to complete stop, treadmill incline will also return to starting position.

H > FAN: Press this button to turn on the fan. Press again to turn off.

I > Speed shortcut key：3、6、9 (mph/kph) To set the speed rapidly.

J > incline shortcut key：3、6、9 To set the incline rapidly.

PROGRAMMABLE **FEATURES**

Putting on the safety key after turning on the power, the treadmill enters the ready mode. Press the start button to start the treadmill or press PROGRAM button to select the training mode, normal or manual mode, preset programs (P1~P24) or heart rate control mode.

MANUAL/NORMAL MODE

Press start button to start the treadmill or press PROGRAM to choose programs (P1~P24) or heart rate control mode, in the ready mode or press ENTER to set the count-down parameters (time, distance and calorie). Please consolidate SPEED▲ and ▼ to adjust time, distance and calorie then press ENTER to confirm. The system can only accept the last parameter entered, for instance, if the last entered parameter is distance, then parameters entered previously will be void. Only distance is accepted. Distance will be counted down, others will be counted up.
Preset time value: 30:00(5:00~99:00) with increment of 1:00.
Preset distance value: 5.00 km/mile (1.00~9.00) with increment of 1.00.
Preset calorie value: 500 (10~9990) with increment of 10.
The starting speed is 0.5/1.0(mile/km) with the incline level 0.

PRESET PROGRAM

There are 24 built in programs (P-1~P-24). Press PROGRAM button to choose program P-1~P-24 or press START button to start. The preset time is (30:00) or press ENTER button to enter time parameter setting. 30:00(5:00~99:00) with increment of 1:00

HRC： This program controls Heart Rate. Please consult doctor or professional training guide before training. Press PROGRAM to choose H-1. Press START button to start the training or press ENTER button for setting (time and target heart rate). Use SPEED▲▼ and INCLINE▲▼ to adjust.

a > Time preset value: 30:00 (5:00~99:00) with increment value of 1:00.

b > When target heart rate is not set, default setting will be 116 (60 to 220), value can be increased or decrease at intervals of 1.

Once started, heart rate detection will control incline to allow heart rate to reach and maintain set target heart rate.

For example:

When heart rate is lower than target, incline will increase to increase level of workout raising heart rate. When heart rate reaches target, no changes will be made. When heart rate is higher than target, incline will decrease to lower heart rate. If heart rate does not lower and incline is not able to lower any further, the machine will stop to protect user.

METRIC TABLE

MODE \ TIME		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
P-1		1	3	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
P-2		1	3	3	3	3	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	2	2	2	1	1
P-3		2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
P-4		2	6	6	6	6	6	6	6	4	4	4	4	4	4	4	5	5	5	5	5	5	5	3	3	3	3	3	3	3	1
P-5		3	4	6	8	10	8	6	4	2	2	2	4	6	8	10	10	6	4	2	2	2	4	6	8	10	8	6	4	2	2
P-6		3	6	6	6	6	6	6	6	7	7	7	7	7	7	7	6	6	6	6	6	6	6	3	3	3	3	6	3	3	1
P-7		4	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2
P-8		4	5	5	5	6	6	6	8	8	8	5	5	5	6	6	6	9	9	9	5	5	5	5	9	9	9	6	6	5	5
P-9		5	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2
P-10		6	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	8	6	2
P-11		6	6	7	7	7	8	8	8	8	9	9	9	9	9	8	8	8	8	9	9	9	8	8	8	9	9	9	8	8	8
P-12		7	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1
P-13		8	4	6	8	6	6	4	4	2	2	1	4	6	8	6	6	4	4	2	2	1	4	6	8	2	3	4	5	2	2
P-14		9	9	9	8	8	8	8	8	7	7	7	7	6	6	6	6	5	5	5	5	4	5	3	4	3	2	2	2	1	1
P15	spd	3	4	5	6	5	6	6	5	4	2	1	2	3	6	7	6	6	5	4	2	6	5	3	6	4	5	10	8	6	4
	inc	3	4	5	6	3	4	5	6	5	4	3	4	5	6	3	4	5	6	3	4	3	4	5	6	3	4	5	6	5	4
P16	spd	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	10	8	6	5
	inc	2	4	6	8	10	10	10	8	6	4	2	4	6	8	10	10	10	8	6	4	2	4	6	8	10	10	10	8	6	5
P17	spd	5	5	3	3	3	9	9	9	9	7	7	7	6	6	9	9	9	9	5	5	5	7	7	7	7	6	6	6	6	6
	inc	3	7	7	9	10	9	7	7	3	3	3	7	7	9	10	9	7	6	3	3	3	7	7	9	10	9	7	7	3	3
P18	spd	1	2	6	6	8	10	6	6	2	2	1	2	6	6	8	10	6	6	2	2	1	2	6	6	6	10	6	6	2	2
	inc	7	5	3	5	9	4	2	4	6	8	10	10	1	2	3	4	5	6	7	8	9	2	1	2	1	2	1	1	2	0
P19	spd	2	3	4	5	2	3	4	5	3	2	1	3	4	5	2	3	4	5	3	2	1	3	4	5	2	3	4	5	3	2
	inc	3	1	2	3	4	4	3	2	1	0	1	1	2	3	4	4	3	2	1	0	1	1	2	3	4	4	3	2	1	0
P20	spd	3	4	6	2	4	6	2	4	6	2	1	4	6	2	4	6	2	4	6	2	1	4	6	2	4	6	2	4	6	2
	inc	1	3	5	7	9	10	9	7	5	3	1	3	5	7	9	10	9	7	5	3	1	3	5	7	9	10	9	7	5	3
P21	spd	2	3	3	3	3	3	3	3	4	4	4	4	4	4	4	5	5	5	5	5	5	5	6	6	6	6	6	6	7	7
	inc	0	3	3	3	3	3	3	3	6	6	6	6	6	6	6	10	10	10	10	10	10	10	3	3	3	3	3	3	0	0
P22	spd	2	4	4	4	4	4	4	4	6	6	6	6	6	6	6	8	8	8	8	8	8	8	6	6	6	6	6	6	3	3
	inc	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
P23	spd	2	4	4	4	4	4	4	4	6	6	6	6	6	6	6	8	8	8	8	8	8	8	6	6	6	6	6	6	5	5
	inc	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
P24	spd	3	4	4	4	4	4	4	4	7	7	7	7	7	7	7	12	12	12	12	12	12	12	3	3	3	3	3	3	3	1
	inc	0	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	0

ENGLISH TABLE

TIME / MODE		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
P-1		0.6	1.8	2.4	3	3.6	3	2.4	1.8	1.2	0.6	1.2	1.8	2.4	3	3.6	3	2.4	1.8	1.2	0.6	1.2	1.8	2.4	3	3.6	3	2.4	1.8	1.2	0.6
P-2		0.6	1.8	1.8	1.8	1.8	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	1.2	1.2	1.2	0.6	0.6
P-3		1.2	2.4	3.6	4.8	3.6	3.6	2.4	2.4	1.2	1.2	1.2	2.4	3.6	4.8	3.6	3.6	2.4	2.4	1.2	1.2	1.2	2.4	3.6	4.8	3.6	3.6	2.4	2.4	1.2	1.2
P-4		1.2	3.6	3.6	3.6	3.6	3.6	3.6	3.6	2.4	2.4	2.4	2.4	2.4	2.4	2.4	3	3	3	3	3	3	3	1.8	1.8	1.8	1.8	1.8	1.8	1.8	0.6
P-5		1.8	2.4	3.6	4.8	6	4.8	3.6	2.4	1.2	1.2	1.2	2.4	3.6	4.8	6	4.8	3.6	2.4	1.2	1.2	1.2	2.4	3.6	4.8	6	4.8	3.6	2.4	1.2	1.2
P-6		1.8	3.6	3.6	3.6	3.6	3.6	3.6	3.6	4.2	4.2	4.2	4.2	4.2	4.2	4.2	3.6	3.6	3.6	3.6	3.6	3.6	3.6	1.8	1.8	1.8	1.8	1.8	1.8	1.8	0.6
P-7		2.4	1.2	3.6	3.6	4.8	6	3.6	3.6	1.2	1.2	1.2	1.2	3.6	3.6	4.8	6	3.6	3.6	1.2	1.2	1.2	1.2	3.6	3.6	4.8	6	3.6	3.6	1.2	1.2
P-8		2.4	3	3	3	3.6	3.6	3.6	4.8	4.8	4.8	3	3	3	3.6	3.6	3.6	5.4	5.4	5.4	5.4	3	3	3	5.4	5.4	5.4	3.6	3.6	3	3
P-9		3	1.8	2.4	3	1.2	1.8	2.4	3	1.8	1.2	1.2	1.8	2.4	3	1.2	1.8	2.4	3	1.8	1.2	1.2	1.8	2.4	3	1.2	1.8	2.4	3	1.8	1.2
P-10		3.6	2.4	3.6	1.2	2.4	3.6	1.2	2.4	3.6	1.2	1.2	2.4	3.6	1.2	2.4	3.6	1.2	2.4	3.6	1.2	1.2	2.4	3.6	1.2	2.4	3.6	1.2	2.4	3.6	1.2
P-11		3.6	3.6	4.2	4.2	4.2	4.8	4.8	4.8	4.8	5.4	5.4	5.4	5.4	5.4	4.8	4.8	4.8	4.8	5.4	5.4	5.4	4.8	4.8	4.8	5.4	5.4	5.4	4.8	4.8	4.8
P-12		4.2	1.8	2.4	3	3.6	3	2.4	1.8	1.2	0.6	0.6	1.8	2.4	3	3.6	3	2.4	1.8	1.2	0.6	0.6	1.8	2.4	3	3.6	3	2.4	1.8	1.2	0.6
P-13		4.8	2.4	3.6	4.8	3.6	3.6	2.4	2.4	1.2	1.2	0.6	2.4	3.6	4.8	3.6	3.6	2.4	2.4	1.2	1.2	0.6	2.4	3.6	4.8	3.6	3.6	2.4	2.4	1.2	1.2
P-14		5.4	5.4	5.4	4.8	4.8	4.8	4.8	4.8	4.2	4.2	4.2	4.2	3.6	3.6	3.6	3.6	3	3	3	3	2.4	2.4	2.4	2.4	1.8	1.8	1.2	1.2	0.6	0.6
P15	spd	1.8	2.4	3	3.6	3	3.6	3.6	3	2.4	1.2	0.6	1.2	1.8	3.6	4.2	3.6	3.6	3	2.4	1.2	3.6	3	1.8	3.6	2.4	1.8	3.6	3	2.4	1.2
	inc	**3**	**4**	**5**	**6**	**3**	**4**	**5**	**6**	**5**	**4**	**3**	**4**	**5**	**6**	**3**	**4**	**5**	**6**	**3**	**4**	**3**	**4**	**5**	**6**	**3**	**4**	**5**	**6**	**5**	**4**
P16	spd	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
	inc	**2**	**4**	**6**	**8**	**10**	**10**	**10**	**8**	**6**	**4**	**2**	**4**	**6**	**8**	**10**	**10**	**10**	**8**	**6**	**4**	**2**	**4**	**6**	**8**	**10**	**10**	**10**	**8**	**6**	**4**
P17	spd	3	3	1.8	1.8	1.8	5.4	5.4	5.4	5.4	4.2	4.2	4.2	3.6	3.6	5.4	5.4	5.4	5.4	3	3	3	4.2	4.2	4.2	4.2	3.6	3.6	3.6	3.6	3.6
	inc	**3**	**7**	**7**	**9**	**10**	**9**	**7**	**7**	**3**	**3**	**3**	**7**	**7**	**9**	**10**	**9**	**7**	**7**	**3**	**3**	**3**	**7**	**7**	**9**	**10**	**9**	**7**	**7**	**3**	**3**
P18	spd	0.6	1.2	3.6	3.6	4.8	6	3.6	3.6	1.2	1.2	0.6	1.2	3.6	3.6	4.8	6	3.6	3.6	1.2	1.2	0.6	1.2	3.6	3.6	4.8	6	3.6	3.6	1.2	1.2
	inc	**7**	**5**	**3**	**5**	**9**	**4**	**2**	**4**	**6**	**8**	**10**	**10**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**2**	**1**	**2**	**1**	**2**	**1**	**1**	**2**	**0**
P19	spd	1.2	1.8	2.4	3	1.2	1.8	2.4	3	1.8	1.2	0.6	1.8	2.4	3	1.2	1.8	2.4	3	1.8	1.2	0.6	1.8	2.4	3	1.2	1.8	2.4	3	1.8	1.2
	inc	**3**	**1**	**2**	**3**	**4**	**4**	**3**	**2**	**1**	**0**	**1**	**1**	**2**	**3**	**4**	**4**	**3**	**2**	**1**	**0**	**1**	**1**	**2**	**3**	**4**	**4**	**3**	**2**	**1**	**0**
P20	spd	1.8	2.4	3.6	1.2	2.4	3.6	1.2	2.4	3.6	1.2	0.6	2.4	3.6	1.2	2.4	3.6	1.2	2.4	3.6	1.2	0.6	2.4	3.6	1.2	2.4	3.6	1.2	2.4	3.6	1.2
	inc	**1**	**3**	**5**	**7**	**9**	**10**	**9**	**7**	**5**	**3**	**1**	**3**	**5**	**7**	**9**	**10**	**9**	**7**	**5**	**3**	**1**	**3**	**5**	**7**	**9**	**10**	**9**	**7**	**5**	**3**
P21	spd	1.2	1.8	1.8	1.8	1.8	1.8	1.8	1.8	2.4	2.4	2.4	2.4	2.4	2.4	2.4	3	3	3	3	3	3	3	3.6	3.6	3.6	3.6	3.6	3.6	4.2	4.2
	inc	**0**	**3**	**3**	**3**	**3**	**3**	**3**	**3**	**6**	**6**	**6**	**6**	**6**	**6**	**6**	**10**	**10**	**10**	**10**	**10**	**10**	**10**	**3**	**3**	**3**	**3**	**3**	**3**	**0**	**0**
P22	spd	1.2	2.4	2.4	2.4	2.4	2.4	2.4	2.4	3.6	3.6	3.6	3.6	3.6	3.6	3.6	4.8	4.8	4.8	4.8	4.8	4.8	4.8	3	3	3	3	3	3	1.8	1.8
	inc	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**
P23	spd	1.2	2.4	2.4	2.4	2.4	2.4	2.4	2.4	3.6	3.6	3.6	3.6	3.6	3.6	3.6	4.8	4.8	4.8	4.8	4.8	4.8	4.8	3.6	3.6	3.6	3.6	3.6	3.6	3	3
	inc	**10**	**10**	**10**	**10**	**10**	**10**	**10**	**10**	**10**	**10**	**10**	**10**	**10**	**10**	**10**	**10**	**10**	**10**	**10**	**10**	**10**	**10**	**10**	**10**	**10**	**10**	**10**	**10**	**10**	**10**
P24	spd	1.8	2.4	2.4	2.4	2.4	2.4	2.4	2.4	4.2	4.2	4.2	4.2	4.2	4.2	4.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	1.8	1.8	1.8	1.8	1.8	1.8	1.8	0.6
	inc	**0**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**9**	**0**

HEART RATE

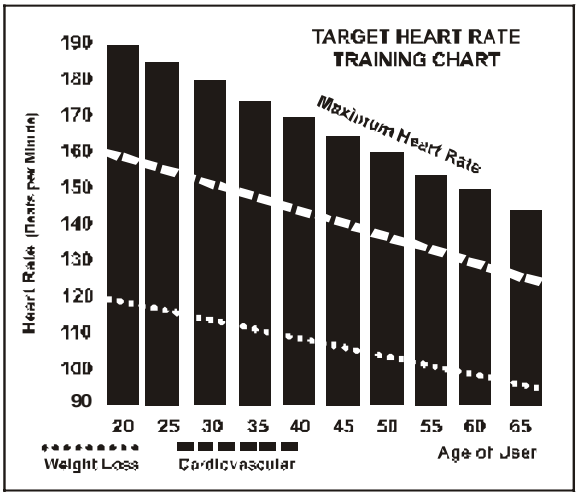
The old motto, “no pain, no gain”, is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too high or 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 of 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.



If you enter your age during programming the console will perform this calculation automatically. After calculating your MHR you can decide upon which goal you would like to pursue.

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 MHR 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 MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.

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.

GENERAL MAINTENANCE

⚠ **WARNING: Always unplug your treadmill prior to cleaning in order to avoid electrical hazard or shock.**

BELT AND 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 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.**

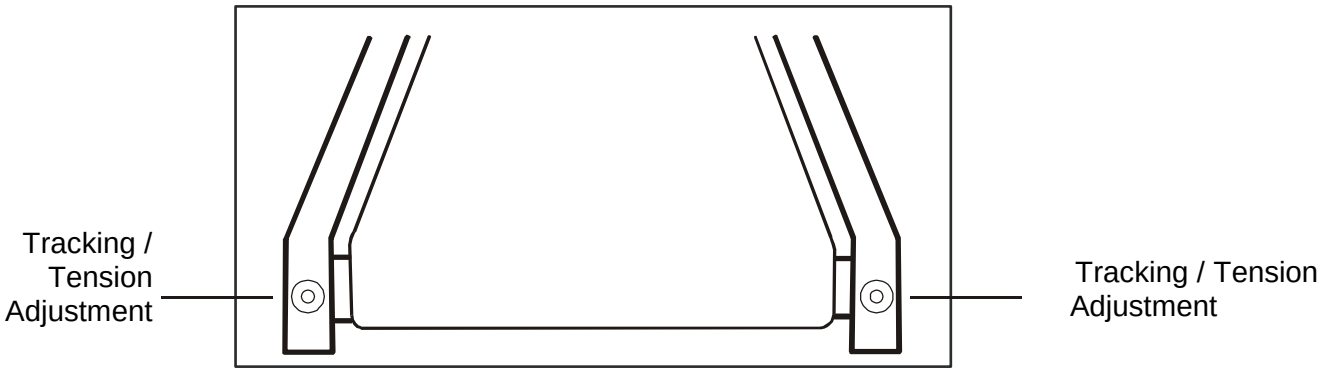
BELT DUST - This occurs during normal break-in or until the belt stabilizes. Wiping excess off with a damp cloth will minimize buildup.

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 build up. Once a year, you should remove the black motor hood and vacuum out dirt that may accumulate. UNPLUG POWER CORD BEFORE THIS TASK.

Cleaning metal surfaces may be accomplished by using a soft cotton or terry cloth rag with a light application of car wax. Do not use aerosol sprays or pump bottles as they may deposit wax upon the walking or computer surface. Under no circumstances are you to use ammonia, oils, silicones, or any other compounds on the rubberized walking surface. The use of such materials may cause serious injury to the body and/or deteriorate the performance of the walking surface. Only clean the rubberized walking surface with a damp cloth (water only). From time-to-time the computer surface may collect dust or finger prints. The use of harsh chemicals will destroy the protective coating and cause a static build up that will damage the components. This surface may be cleaned with specially prepared chemicals found in most computer supply stores especially made for anti-static surfaces. It is strongly recommended that you purchase such a cleaning compound.

BELT ADJUSTMENTS:

Tread-belt 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 and left 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 and left side rails 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 tread-belt 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. If you feel the belt is tight enough, but it still slips, the problem may be a loose Motor drive belt under the front cover.

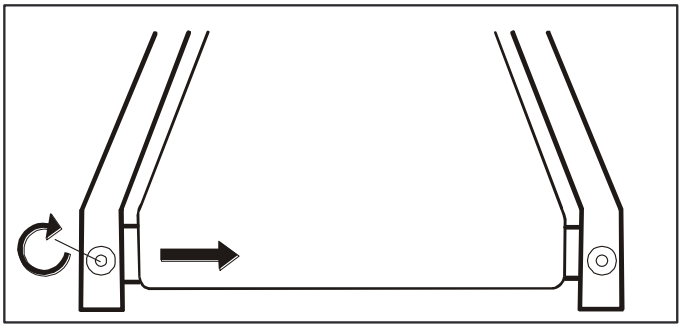
TREADBELT TRACKING ADJUSTMENT:

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 side only. Set the belt speed at approximately 2 to 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 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 lubricate with other than DYACO CANADA INC approved lubricant. Your treadmill comes with one tube of lubricant and extra tubes can be ordered directly from DYACO CANADA INC. There are commercially available lube kits, but the only one currently approved by DYACO CANADA INC is Lube-N-Walk. These kits come with an application wand that makes applying the lubrication easier. 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 deck comes pre-lubricated and subsequent lubrication should be performed every 180 hours of use. To lubricate the deck with the tube of lubricant supplied it will be necessary to loosen the walking belt. Using the 6 mm allen wrench supplied, loosen the two rear roller adjustment bolts -- located in the rear end caps – enough to get your hand under the belt (5 – 10 turns). Make sure to loosen both bolts the same amount of turns and also remember how many turns, because when finished you will need to tighten the bolts back to the point they were before.

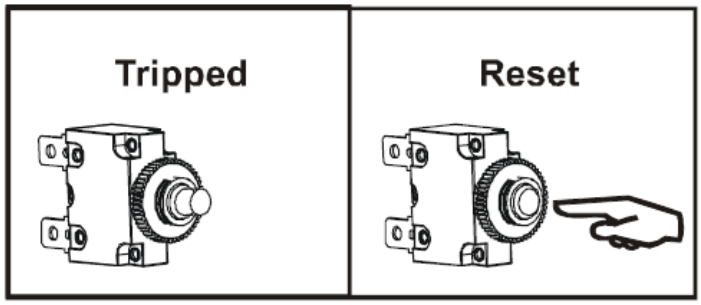
Once the belt is loose, wipe the deck with a clean lint free cloth to remove any dirt. Apply the whole tube of lubricant onto the deck surface about 18 inches from the motor cover. Squeeze out the contents of the tube across the deck (parallel to the motor cover) in about a one-foot long line, like toothpaste on a toothbrush. The one-foot line should be in the middle of the deck at approximately equal distance from both side edges of the belt. You want the lubricant to be applied about the spot that your feet would hit the belt as you are walking. This should be about 18 inches from the motor cover, but you may want to walk on the treadmill before loosening the belt to note where your feet land on the belt. If you mostly run on the treadmill, the spot where your feet land may be different from walking. Once the lubricant is applied, tighten the rear roller bolts the same amount of turns as when you loosened them. Run the treadmill at about 6 mph without walking on it for about a minute or two to make sure the belt stays in the middle of the deck. If the belt tracks to one side then follow the belt tracking instructions to remedy. Now the deck is lubricated and you should walk, not run, on the treadmill immediately for at least 5 minutes to ensure the lubricant is evenly distributed. If you purchase a Lube-N-Walk kit, follow the instructions that come with it to apply the lubrication.

HOW TO CHECK IF THE TREADBOARD REQUIRES LUBRICATION

Lift one side of the tread-belt and feel the top surface of the tread board. If the surface is (slick) to the touch, then no further lubrication is required. If the surface is dry to the touch, apply one packet of lubricant or half of the bottle of lubricant.

RESET SWITCH RESETTING

If your treadmill lost power or will not start, check the reset switch located on the front of the motor cover. If the white tab of the reset switch is not showing then the reset switch has not been tripped. If the white tab of the reset switch is showing, the reset switch has tripped. To reset the reset switch: Remove the safety clip on console. Press white tab of the reset switch in until it snaps back into place. If the reset switch continues to trip - see tread-belt adjustment and tread-belt lubrication

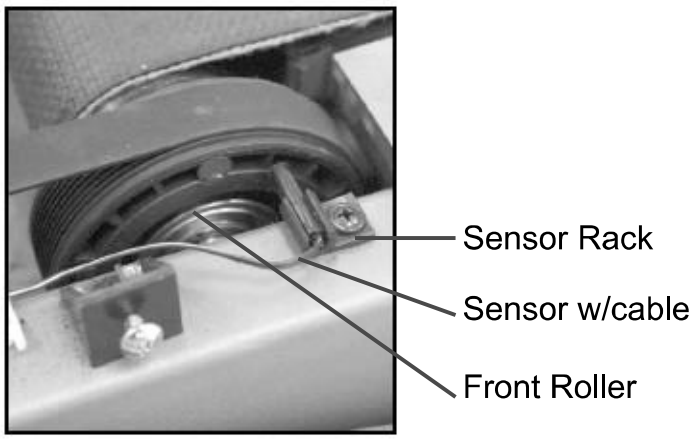


SPEED SENSOR ADJUSTMENT

If the monitor does not display speed or distance the speed sensor and magnet may be misaligned.

Note: Always unplug your treadmill prior to cleaning in order to avoid electrical hazard or shock.

-Follow these steps to check and realign.
-Remove the motor cover
-Check the spacing and alignment between the magnet on the right side of the front roller and the speed sensor on the frame. The spacing must be 1/8”.
-Loosen screw and slide speed sensor in or out of clamp.
-Retighten screw and replace the motor cover.

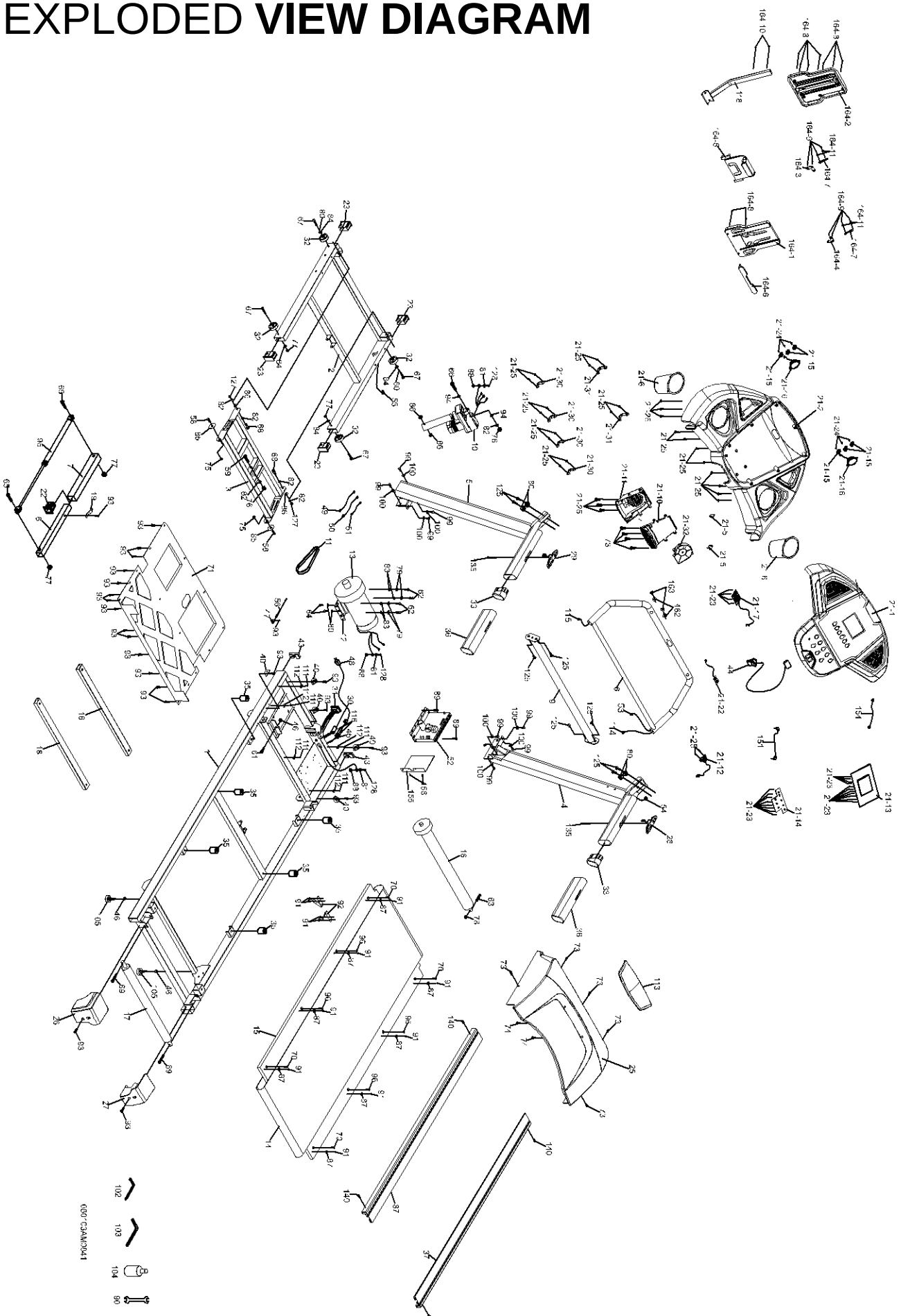


SERVICE CHECKLIST-DIAGNOSIS GUIDE

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. Safety key 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.	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.
Motor is not responsive after pressing start.	Contact the service department
Treadmill will only achieve approximately 12 kph (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 14 gauge minimum. Low household voltage. Contact an electrician or your dealer. A minimum of 120 volt AC current is required.
Tread-belt stops quickly/ suddenly when tether cord is pulled.	High belt/deck friction. See **General Maintenance** section on lubrication.
Treadmill trips on board 15 amp circuit.	High belt/deck friction. See **General Maintenance.**
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.**
House circuit breaker trips, but not the treadmill circuit breaker.	Need to replace the house breaker with a "High In-rush current" type breaker.

EXPLODED **VIEW DIAGRAM**



PARTS LIST

KEY NO.	PART NO.	DESCRIPTION	Q'TY
001	9009101	Main Frame	1
002	9009102	Frame Base	1
003	9009103	Incline Bracket	1
004	9009104	Right Upright	1
005	9009105	Left Upright	1
006	9009106	Console Support	1
007	9009107	Outer Slide	1
008	9009108	Inner Slide	1
009	9009109	Outer Slide	1
010	9009110	Incline Motor	1
011	9009111	Drive Belt	1
012	9009112	Motor Bracket	1
013	9009113	Drive Motor	1
014	9009114	Running Belt	1
015	9009115	Running Deck	1
016	9009116	Front Roller W/Pulley	1
017	9009117	Rear Roller	1
018	9009118	Deck Cross Brace	2
019	9009119	Sliding Tube Spring	1
021	9009121	Console Assembly	1
022	9009122	Anti-Colliding Plug	1
023	9009123	End Cap	4
025	9009125	Motor Top Cover	1
026	9009126	Adjustment Base (L)	1
027	9009127	Adjustment Base (R)	1
028	9009128	300m/m_Speed/Hand Pulse Complex	1
029	9009129	300m/m_Incline/Hand Pulse Complex	1
030	9009130	Breaker	1
031	9009131	AC Electronic Module	1
032	9009132	Transportation Wheel	4
033	9009133	Handgrip End Cap	2
035	9009135	Cushion	6
036	9009136	PVC Handgrip	2
037	9009137	Foot Rail	2
040	9009140	Motor Cover Anchor(D)	5
043	9009143	Square End Cap	2
044	9009144	Square Safety Key	1
045	9009145	Power Socket	1
046	9009146	3/8" × 7T_Nut	3
047	9009147	Sensor Rack	1
048	9009148	Power Cord	1
049	9009149	300m/m_Connecting Wire (White)	1
050	9009150	300m/m_Connecting Wire (Black)	1
051	9009151	100m/m_Connecting Wire (Black)	1

KEY NO.	PART NO.	DESCRIPTION	Q'TY
052	9009152	Motor Controller	1
053	9009153	1200m/m_Computer Cable (Upper)	1
054	9009154	1250m/m_Computer Cable (Middle)	1
055	9009155	1200m/m_Computer Cable (Lower)	1
056	9009156	1000m/m_Sensor W/Cable	1
058	9009158	1/2" × 1"_Hex Head Bolt	2
059	9009159	3/8" × UNC16 × 3-1/4"_Hex Head Bolt	1
061	9009161	3/8" × 1-1/2"_Hex Head Bolt	1
062	9009162	3/8" × 3/4"_Hex Head Bolt	4
063	9009163	M8 × 60m/m_Hex Head Bolt	1
064	9009164	M8 × P1.25 × 12m/m_Hex Head Bolt	4
065	9009165	5/16" × UNC18 × 3"_Button Head Socket Bolt	2
066	9009166	3/8" × UNC16 × 1-3/4"_Hex Head Bolt	1
067	9009167	5/16" × 1-1/2"_Flat Head Socket Bolt	4
068	9009168	M5 × 25m/m_Socket Head Cap Bolt	2
069	9009169	M8 × 80m/m_Socket Head Cap Bolt	2
070	9009170	M8 × 25m/m_Flat Head Countersink Bolt	4
071	9009171	Motor Bottom Cover	1
073	9009173	5 × 16m/m_Tapping Screw	9
074	9009174	3.5 × 12m/m_Sheet Metal Screw	2
075	9009175	1/2" × 8T_Nylon Nut	2
076	9009176	3/8" × 7T_Nylon Nut	2
077	9009177	5/16" × 7T_Nylon Nut	4
078	9009178	M8 × 7T_Nylon Nut	1
079	9009179	Ø10 × 2.0T_Split Washer	4
080	9009180	Ø8 × 1.5T_Split Washer	10
081	9009181	Ø5 × 1.5T_Split Washer	3
082	9009182	Ø3/8" × Ø19 × 1.5T_Flat Washer	6
083	9009183	Ø3/8" × Ø25 × 2.0T_Flat Washer	4
084	9009184	Ø5/16" × Ø18 × 1.5T_Flat Washer	4
085	9009185	Ø50 × Ø13 × 3T_Nylon Washer (B)	2
086	9009186	Ø24 × Ø10 × 3T_Nylon Washer (A)	4
087	9009187	Ø25 × Ø20 × Ø16 × Ø5 × 4.5H × 1.1T_Concave Washer	8
088	9009188	M5_Star Washer	3
089	9009189	Ø5 × 32m/m_Tapping Screw	2
090	9009190	13m/m_Wrench	1
091	9009191	4 × 12m/m_Sheet Metal Screw	12
092	9009192	Belt Guide	2
093	9009193	Ø5 × 16m/m_Tapping Screw	23
094	9009194	Ø10 × Ø25 × 0.8T_Nylon Washer	2
095	9009195	Cylinder	1
096	9009196	M8 × 50m/m_Flat Head Countersink Bolt	4
099	9009199	5/16" × UNC18 × 1/2"_Hex Head Bolt	8
100	90091100	Ø5/16" × Ø18 × 1.5T_Flat Washer	8
102	90091102	Allen Wrench Head Screw Wrench	1
103	90091103	M6_L Allen Wrench	1

KEY NO.	PART NO.	DESCRIPTION	Q'TY
104	90091104	Lubricant	1
105	90091105	Adjustment Foot Pad	2
111	90091111	3.5 × 16m/m_Tapping Screw	5
112	90091112	Wire Tie Mount	5
113	90091113	Top Motor Cover Plate	1
114	90091114	1000m/m_Speed Adjustment Switch W/Cable(Upper)	1
115	90091115	1000m/m_Incline Adjustment Switch W/Cable(Upper)	1
116	90091116	3 × 10m/m_Sheet Metal Screw	2
118	90091118	PAD Handrail Support	1
125	90091125	5/16" × 3/4"_Button Head Socket Bolt	8
127	90091127	M10 × 8T_Nylon Nut	2
128	90091128	M5 × 10m/m_Phillips Head Screw	3
135	90091135	3 × 75m/m_Sheet Metal Screw	2
140	90091140	Ø4 × 19m/m_Sheet Metal Screw	4
151	90091151	400m/m_Audio Cable	1
154	90091154	1000m/m_Ground Wire	1
155	90091155	Controller Back Plate	1
156	90091156	3 × 8m/m_Sheet Metal Screw	2
162	90091162	Ø5/16" × 19 × 1.5T_Curved Washer	2
163	90091163	5/16" × 1/2"_Button Head Socket Bolt	2
164	90091164	PAD Handrail Support	1
164-01	90091164-1	PAD Top Cover	1
164-02	90091164-2	PAD Bottom Cover	1
164-03	90091164-3	PAD Fixed Anchor (L)	1
164-04	90091164-4	PAD Fixed Anchor (R)	1
164-05	90091164-5	PAD Adjustment Tack	1
164-06	90091164-6	PAD Support Frame	1
164-07	90091164-7	Spring For Console	2
164-08	90091164-8	3.5 × 12m/m_Sheet Metal Screw	9
164-09	90091164-9	3 × 8m/m_Sheet Metal Screw	8
164-10	90091164-10	M5 × 10m/m_Phillips Head Screw	2
164-11	90091164-11	Ø4 × Ø10 × 1.0T_Flat Washer	4

TROUBLESHOOTING

I. **Engineering Mode**

Remove the safety key and reinsert it after pressing the ENTER button to enter the engineer mode. Press the ENTER button once to select roller diameter (60), km or miles, speed (0.5mph to 12mph) and incline (12). Press FAST button and SLOW button to change the value. Press the START button to finish. The treadmill begins to calibrate itself and will leave the engineering mode when the operation is completed.

II. **What to do when error occurs**

1. **E0:** Safety key is not inserted
2. **E1:** Missing speed signal
   To clear: Check and make sure that speed signal connector is properly connected.
3. **E2:** Overloaded
   To clear: Resume power to the controller to clear the error message.
4. **E3:** Incline motor error
   To clear: Check and make sure that the incline motor cable is properly connected and resume power to clear error message.
5. **E4:** Motor error
   To clear: Check and make sure that motor cable is well connected and the power is stable. Resume power to clear error message.
6. **E5:** communication disconnection
   To clear: Check and make sure that cable connections are proper.
7. **E6:** Insufficient of power
   To clear: Check if voltage is too low or power transistor has been damaged. Replace power transistor if necessary.

TRAINING GUIDELINES

EXERCISE

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

BASIC COMPONENTS OF PHYSICAL FITNESS

There are four all encompassing components of physical fitness and we need to briefly define each and clarify its role.

Strength is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

Muscular Endurance is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 10 Km without stopping.

Flexibility is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and provides increased resistance to muscle injury or soreness.

Cardio-Respiratory Endurance is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs

AEROBIC FITNESS

The largest amount of oxygen that you can use per minute during exercise is called your maximum oxygen uptake (MVo2). This is often referred to as your aerobic capacity.

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO2 indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

ANAEROBIC TRAINING

This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long term energy demands. (For example, 100 meter sprint).

The Training Threshold

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

Progression

As your become fitter, a higher intensity of exercise is required to create an overload and therefore provide continued improvement

Overload

This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, so the training threshold should be raised.

Working through your program and gradually increasing the overload factor is important.

Specificity

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved.
There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

Reversibility

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

WARM UP

Every exercise program should start with a warm up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later. Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise.

WARM UP OR COOL DOWN

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly o the central circulation, pooling of blood may occur in the muscles

HEART RATE

As you exercise, so the rate at which your heart beat also increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are fitter, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, so your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves.
The following table is a guide to those who are “starting fitness”.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate 10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

Pulse Count

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn’t as accurate.

The target is not a magic number, but a general guide. If you're above average fitness, you may work quite comfortably a little above that suggested for your age group.
The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.
Two final comments:(1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it;(2) your pulse rate is a guide, don't become a slave to it.

ENDURANCE CIRUIT TRAINING

Cardiovascular endurance, muscle, strength, flexibility and coordination are all necessary for maximum fitness. The principle behind circuit training is to give a person all the essentials at one time by going through your exercise program moving as fast as possible between each exercise. This increases the heart rate and sustains it, which improves the fitness level. Do not introduce this circuit training effect until you have reached an advanced program stage.

Body Building is often used synonymously with strength training. The fundamental principal here is OVERLOAD. Here, the muscle works against greater loads than usual. This can be done by increasing the load you are working against.

PATRONIZATION

This is the term used to vary your exercise program for both physiological and psychological benefits. In your overall program, you should vary the workload, frequency and intensity. The body responds better to variety and so do you. In addition, when you feel yourself getting "stale', bring in periods of lighter exercise to allow the body to recuperate and restore its reserves. You will enjoy your program more and feel better for it.

MUSCLE SORENESS

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.
If you experience major discomfort, you may be on a program that is too advanced or you have increased your program too rapidly.
If you experience PAIN during or after exercise, your body is telling you something.
Stop exercising and consult your doctor.

WHAT TO WEAR

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or “sneakers”.

BREATING DURING EXERCISE

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

REST PERIODS

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again.

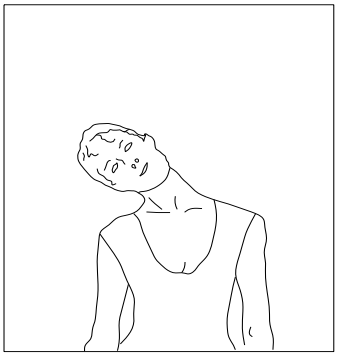
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute rest periods

STRETCHING

Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

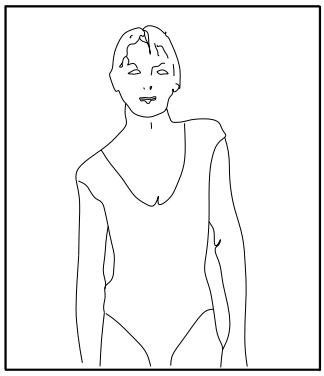
HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



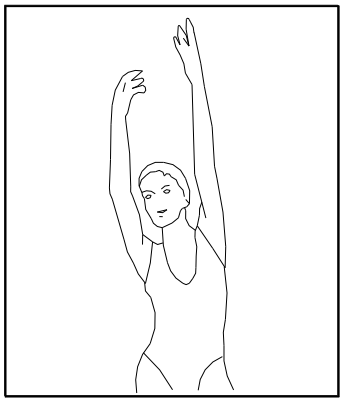
SHOULDER LIFTS

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



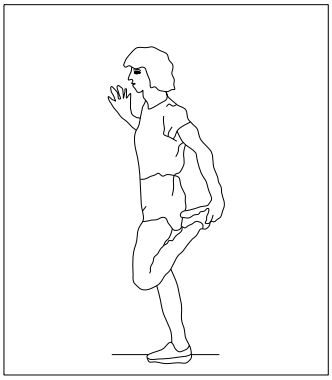
SIDE STRETCHES

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.

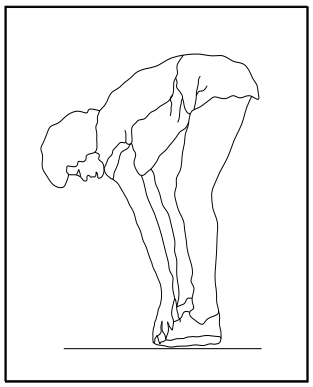


INNER THIGH STRETCH

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close Into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

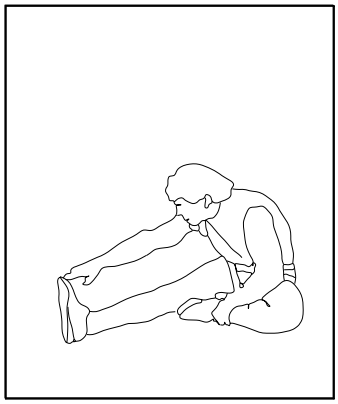
TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



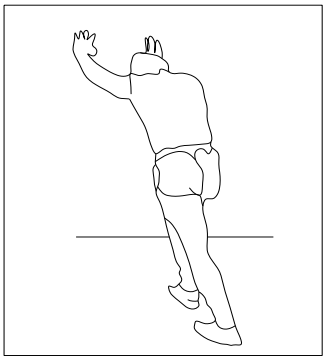
HAMSTRING STRETCHES

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



CALF / ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep toward your right leg straight and the left foot on the floor then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



MANUFACTURER'S **LIMITED WARRANTY**

Dyaco Canada Inc. warrants all its treadmill parts for a period of time listed below from the date of retail sale, as determined by sale 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:

Frame	Lifetime
Motor	10 Years
Labour	1 Year
All other components	1 Year

The consumer is responsible for the items listed below:

1. The warranty registration card must be completed and returned to the address listed on the card within 10 days of the original purchase.
2. Proper use of the treadmill in accordance with the instructions provided in this manual.
3. Proper installation in accordance with instructions provided with the treadmill and with all local electric codes.
4. Proper connection to a grounded power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in house wiring.
5. Expenses for making the treadmill accessible for servicing, including any item that was not part of the treadmill at the time it was shipped from the factory.
6. Damages to the treadmill finish during shipping, installation or following installation.
7. Routine maintenance of this unit as specified in this manual.

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.
   Note: Some areas do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.
2. Service call reimbursement to the consumer. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, for treadmill not requiring component replacement, or treadmill not in ordinary household use.
3. Damages caused by services performed by persons other than authorized Dyaco Canada Inc. service companies; use of parts other than original Dyaco Canada Inc. parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.
4. Products with original serial numbers that have been removed or altered.
5. Products that have been: sold, transferred, bartered, or given to a third party.
6. Products that do not have a warranty registration card on file at Dyaco Canada Inc. Dyaco Canada Inc. reserves the right to request proof of purchase if no warranty record exists for the product.
7. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
8. Use of the product in a non-residential environment.
9. Warranties outside of Canada may vary. Please contact your local dealer or Dyaco Canada for details.

SERVICE

The sales receipt establishes the labour warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights. Service under this warranty must be obtained by following these steps, in order:

1. Contact your selling authorized dealer or Dyaco Canada.
2. If you have any questions about your new product or questions about the warranty contact Dyaco Canada Inc. at 1-888-707-1880.
3. If no local service is available, Dyaco Canada Inc. will repair or replace the parts, at Dyaco Canada Inc.'s option, within the warranty period at no charge for parts. All transportation costs, both to our factory and upon return to the owner, are the responsibility of the owner.
4. The owner is responsible for adequate packaging upon return to Dyaco Canada Inc. Dyaco Canada Inc. is not responsible for damages that occur during shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
5. For any further information, or to contact our service department by mail, send your correspondence to:

Dyaco Canada Inc.
5955 Don Murie Street
Niagara Falls, ON
L2G 0A9

Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by Dyaco Canada Inc.

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