

GYMSTICK™

TITANIUM RUN 2.0

USER MANUAL



Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

Thank you for choosing the Gymstick Titanium RUN 2.0. We take great pride in producing this quality product and hope it will provide many hours of effective exercise to make you feel better, look better and enjoy life to its fullest.

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SAFETY INSTRUCTIONS

BASIC PRECAUTIONS SHOULD ALWAYS BE FOLLOWED, INCLUDING THE FOLLOWING SAFETY INSTRUCTIONS WHEN USING THIS EQUIPMENT: READ ALL INSTRUCTIONS BEFORE USING THIS EQUIPMENT.

- Never leave the treadmill unattended. Unplug the unit from the power outlet when it is not in use,
- Do not allow children or those unfamiliar with its operation on or near the treadmill. Do not leave children or persons with reduced physical or mental capabilities unsupervised around the treadmill.
- Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch any part of the equipment.
- If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
- Keep children and pets away from the equipment. This machine is designed for adults only.
- Only one person should be on the equipment while in use.
- Please make sure all parts are not damaged and fixed well before use.
- Never operate the unit if it is damaged, if it is not working properly
- This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended. The minimum free space required for safe operation is 0,5 meter.
- Never block the air openings on the hood while operating the treadmill. Never drop or insert objects into any opening.
- Use the treadmill only for its intended purpose as described in this manual.
- If the power cord of the machine is damaged, it must be replaced. Do not use the machine until the power cord has been changed and properly attached.
- This equipment is for household use only. Do not use the equipment outdoors.
- This appliance is designed for use with ~220 - ~240 Volt rated voltage.
- The maximum weight capacity for this product is **110kgs**.



CAUTION: Before beginning any exercise program consult your physician. This is especially important for the persons who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.



WARNING: Faulty grounding of the appliance can cause the risk of electrical shocks. Do not modify the plug provided with the appliance if it is not compatible with your socket. Ask a qualified electrician to check the socket in case you do not know if the appliance is grounded appropriately.

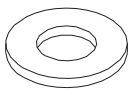
DISCLAIMER: The manufacturer and its associates and partners have no liability, obligation or responsibility to any persons or entity for any loss, damages or adverse consequence alleges to have happened directly or indirectly as a consequent of this product.

PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Computer Console	1	028	Transport Wheel Cap	2
002	Safety Tether Key	1	029	Transport Wheel Ø46xØ18.5x8.5	2
003	Hand Pulse Sensor with Wire	2	030	Incline Motor	1
004	Lower Hand Pulse Sensor Cover	2	031	Hexagon Head Bolt M10x55	1
005	Cross Recessed Pan Head Tapping Screw M3x15	4	032	Nylon Nut M10	4
006	Cross Recessed Truss Head Bolt M5x10	6	033	Incline Bracket	1
007	Hexagon Socket Button Head Bolt M8x30	3	034	Spring Washer Ø8	10
008	Washer Ø20xØ8.5x1.0	17	035	Foot Lock Latch Tube	1
009	Nylon Nut M8	8	036	Upper Motor Cover	1
010	Handlebar Foam Grip Ø30xT5x225	2	037	Motor	1
011	Handlebar End Cap	2	038	Belt 185J6	1
012	Cross Recessed Pan Head Tapping Screw M4x15 (Black)	4	039	Power Control Board	1
013	Handlebar	1	040	Motor Bracket	1
014	Curve Washer Ø20xØ8.5x1.0	2	041	Cross Recessed Pan Head Tapping Screw with Washer M4x12	16
015	Hexagon Socket Button Head Bolt M8x15	8	042	Running Belt T1.5x430x2540	1
016	Left Handlebar Support Tube	1	043	Right Side Rail	1
017	Right Handlebar Support Tube	1	044	Left Side Rail	1
018	Cross Recessed Pan Head Tapping Screw M4x15 (Zine Plated)	6	045	Running Deck T15x585x1120	1
019	Adjustable Leveler M8	4	046	Hexagon Socket Countersunk Head Bolt M6x25	6
020	Hexagon Socket Button Head Bolt M8x45	5	047	Deck Bumper Ø25x18xM6	6
021	Washer Ø20xØ12.5x1.0	2	048	Cross Recessed Truss Head Bolt M5x25	6

022	Hexagon Socket Button Head Bolt M8x40	4	049	Dish Washer Ø22xØ5x9	6
023	Hexagon Socket Button Head Bolt M12x55	2	050	Shock Absorption Bumper	4
024	Left Fender	1	051	Rear Right End Cover	1
025	Right Fender	1	052	Rear Left End Cover	1
026	Base Frame	1	053	Rear Roller Ø42x Ø15x505	1
027	Hexagon Socket Round Head Cap Bolt M8x12	2	054	Front Roller Ø42x Ø15x522	1
055	Hexagon Socket Round Head Cap Bolt M8x65	3	067	Power Cord (L=1800 mm)	1
056	Wheel Ø51xØ24x8.5	2	068	Audio Cable	1
057	Main Frame	1	069	Red AC Wire (L=250 mm)	1
058	Lower Motor Cover	1	070	Black AC Wire (L=250 mm)	1
059	Ring for Cable Ø28xØ16x13	1	071	Red AC Wire (L=100 mm)	1
060	Hexagon Head Bolt M10x45	1	072	Foam Grip Ø27xT3x13	1
061	Washer Ø20xØ10.5x1.0	4	073	Incline Control Buttons with Wire	1
062	Hexagon Socket Button Head Bolt M10x40	2	074	Speed Control Buttons with Wire	1
063	Control Cable (L= 1700 mm)	1	075	Wire Grommet Ø24xØ15x6	1
064	Fuse Box	1	076	Nut M5	6
065	Power Switch	1	077	Hexagon Head Bolt M8x75	1

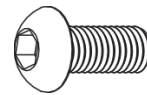
TOOLS & HARDWARE LIST



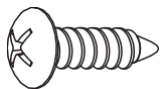
(8) Washer
4PCS



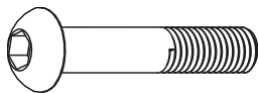
(14) Curve Washer
2PCS



(15) Hexagon Socket
Button Head Bolt
4PCS



(18) Cross Recessed Pan
Head Tapping Screw
4PCS



(20) Hexagon Socket
Button Head Bolt
2PCS



(34) Spring Washer
2PCS



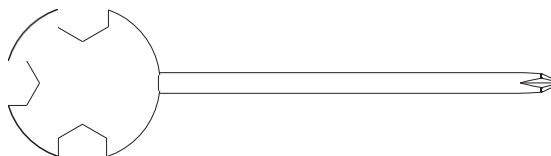
Lubricant
1PC



5 mm Allen Wrench
1PC



6 mm Allen Wrench
1PC

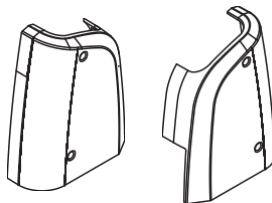


Multi Hex Tool with Phillips Screwdriver
1PC

MAIN COMPONENTS



(2) Safety Tether key Cable
1PC

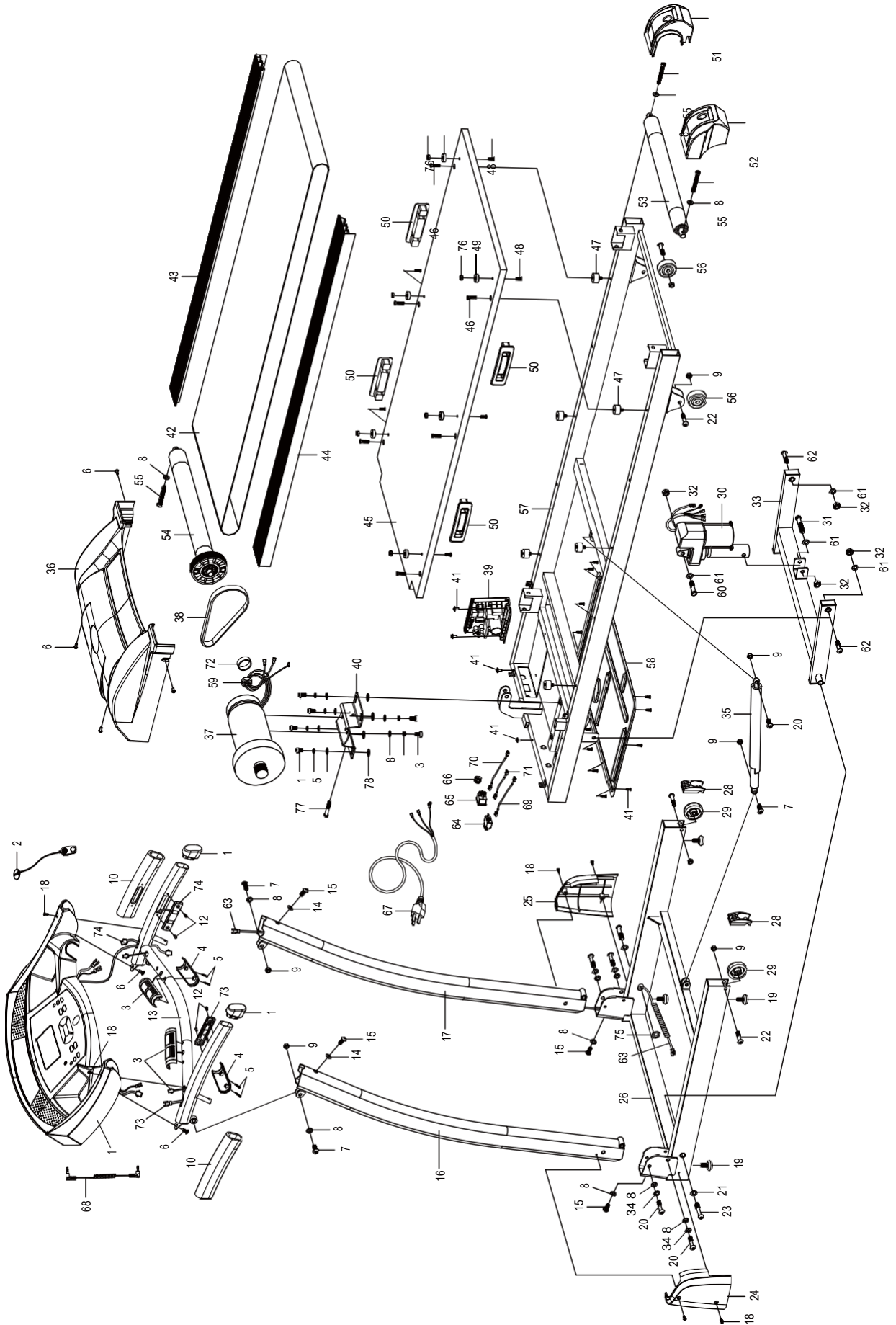


(24) Left Fender 1PC
(25) Right Fender 1PC



(68) Audio Cable
1PC

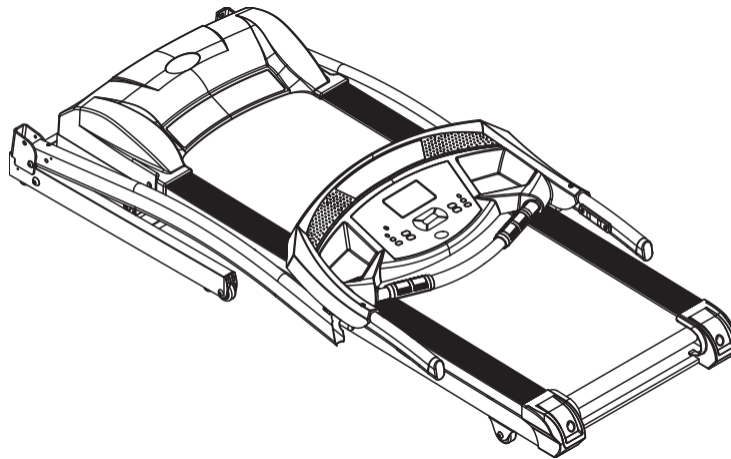
EXPLODED DIAGRAM



ASSEMBLY INSTRUCTIONS

STEP 1

Remove the treadmill from the carton and place it on a level flat surface. Please always use the aid of a second person when removing the treadmill from the carton

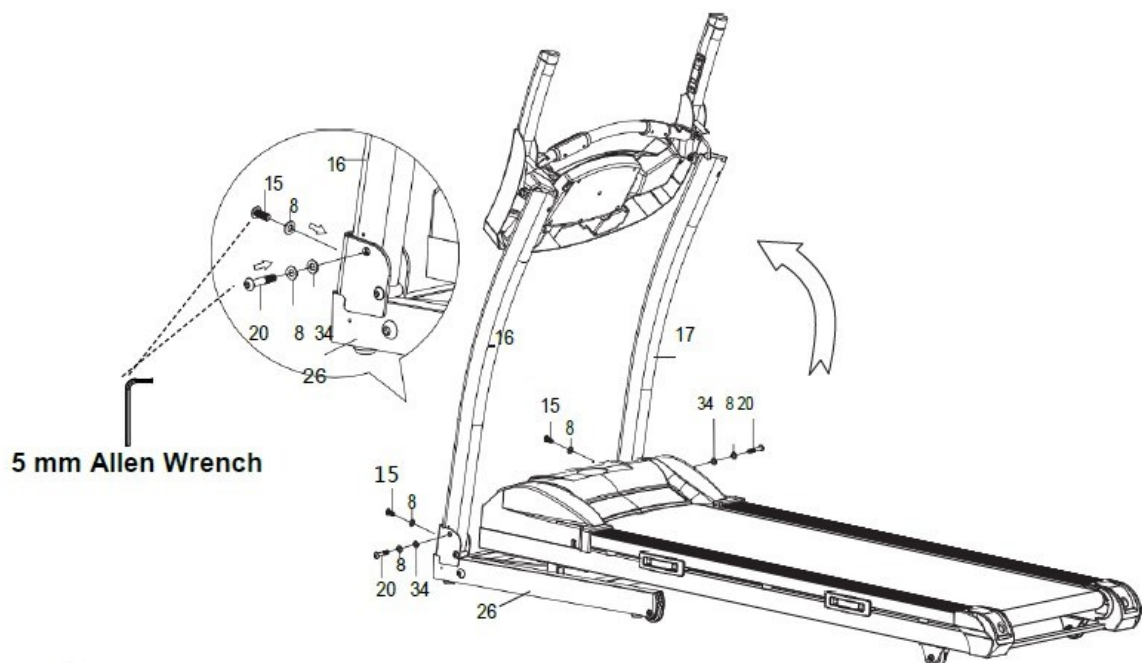


STEP 2

Lift both Left and Right Handlebar Support Tubes (16, 17) up.

It is recommended to have a second person assist with this step. One person should hold the both Left and Right Handlebar Support Tubes (16, 17) in place while the other person tightens the bolts.

Lift both Left and Right Handlebar Support Tubes (16, 17) up and align bolt holes. Use Two Hexagon Socket Button Head Bolts (15), two Hexagon Socket Button Head Bolts (20), two Spring Washers (34), and four Washers (8) to secure both Left and Right Handlebar Support Tubes (16, 17) onto the Base Frame (26).

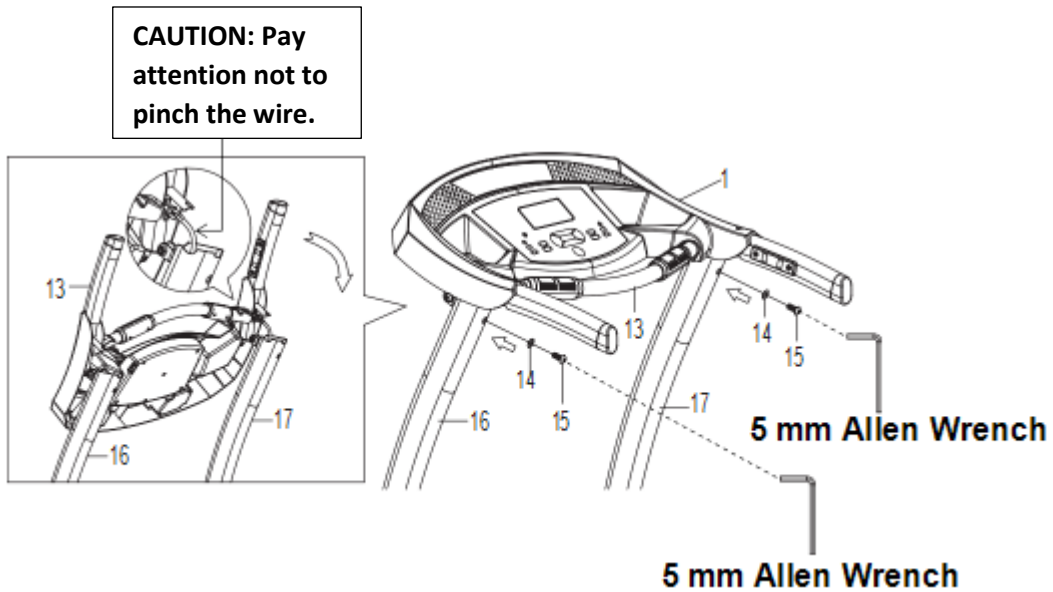


NOTE: Semi-tighten all bolts with the 5 mm Allen Wrench provided. Do not fully tighten bolts in step 2 until step 3 is completed.

STEP 3

Pull the Handlebar (13) all the way down.

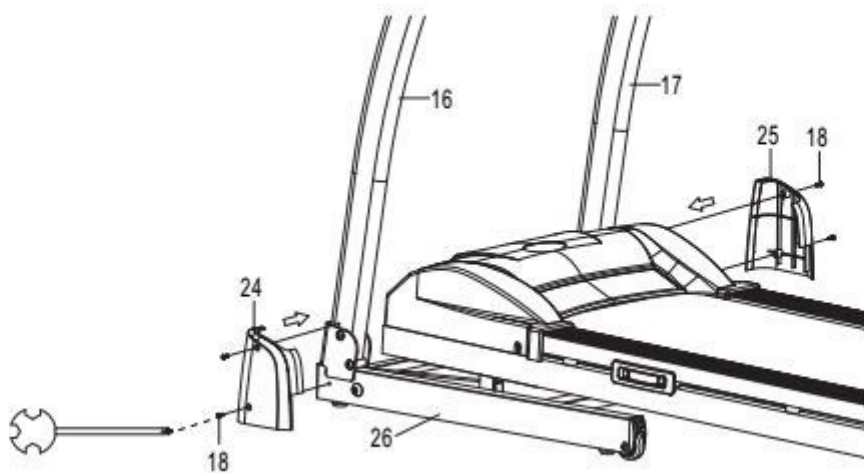
Install the Handlebar (13) onto the Left and Right Handlebar Support Tubes (16, 17) using two Curve Washers (14) and two Hexagon Socket Button Head Bolts (15). Tighten bolts with the 5 mm Allen Wrench provided.



NOTE: Now please fully tighten all bolts installed in step 2 with the 5mm Allen Wrench provided.

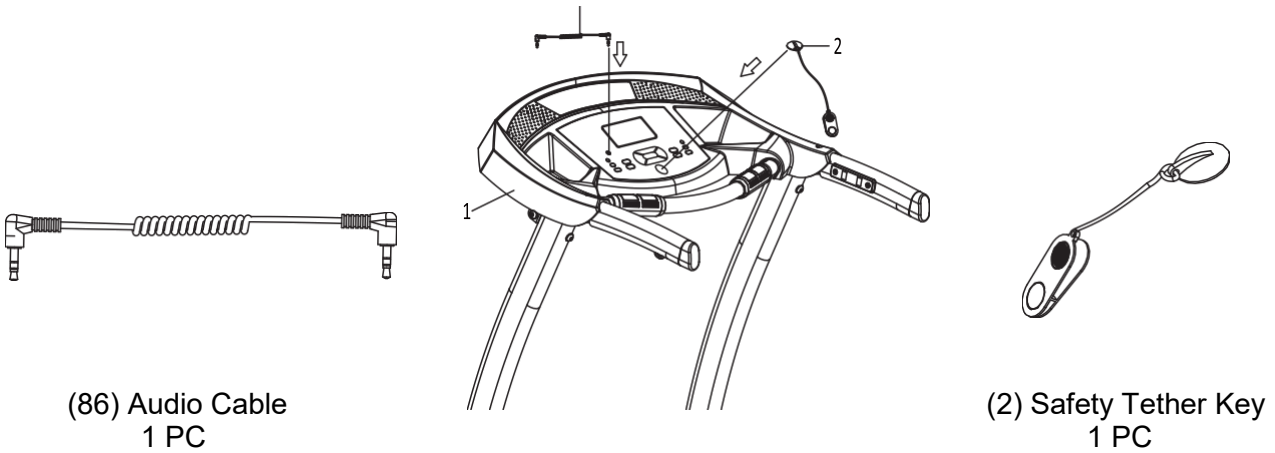
STEP 4

Install two Left and Right Fenders (24, 25) onto the Base Frame (26) and Left/Right Handlebar Support Tubes (16, 17) using four Cross Recessed Pan Head Tapping Screws (18). Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.



STEP 5

User can connect one end of Audio Cable (68) into the MP3 aux input port on the Computer Console (1) and then connect the other end of the cable into the jack for MP3 Player / CD Player or Mobile Device. The music plays through the two speakers on the treadmill. Place the Safety Tether Key (2) onto the Computer Console (1).



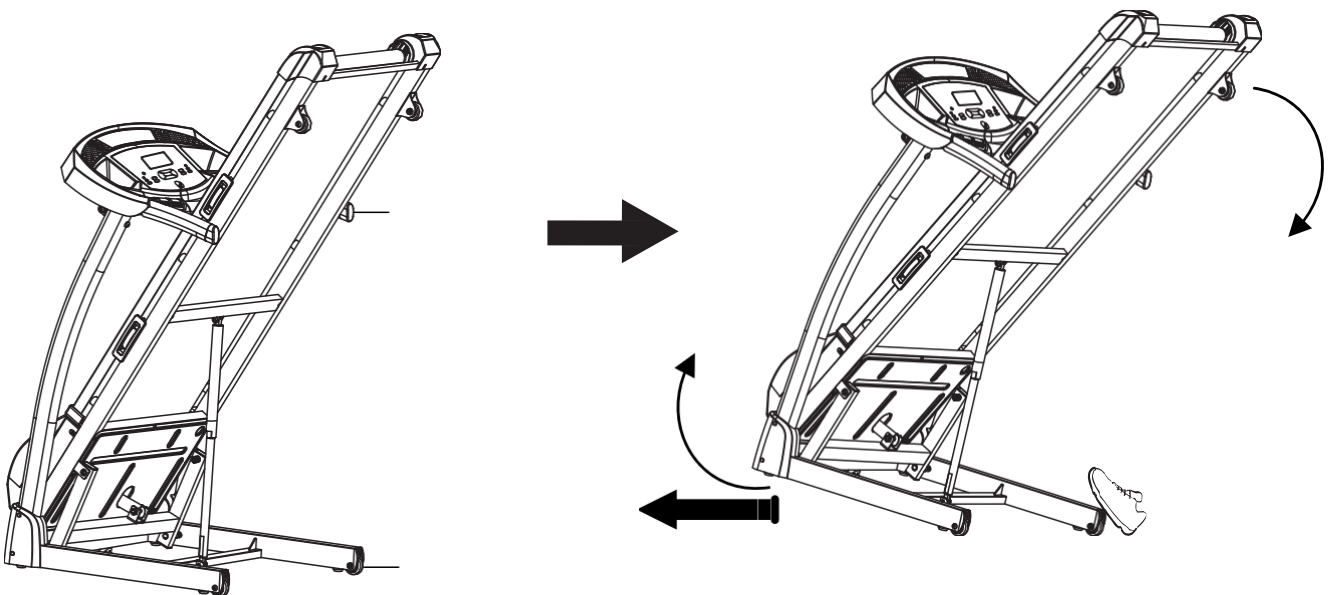
MOVING THE TREADMILL

The unit can be carefully tilted onto its transport wheels for easy moving and storage.

With the treadmill in the folded locked position (foot lock latch is engaged), firmly grasp the Handlebars with both hands and place one foot onto the Transport Wheel Cap. Next, carefully tilt the treadmill back until it rolls freely on the transport wheels.

To set the treadmill down, place one foot on the Transport Wheel Cap and carefully lower treadmill onto base in the folded position.

CAUTION: The treadmill is heavy, it is suggested you always use the aid of a second person when moving the treadmill. Do not attempt to move the treadmill while it is in the unfolded position.

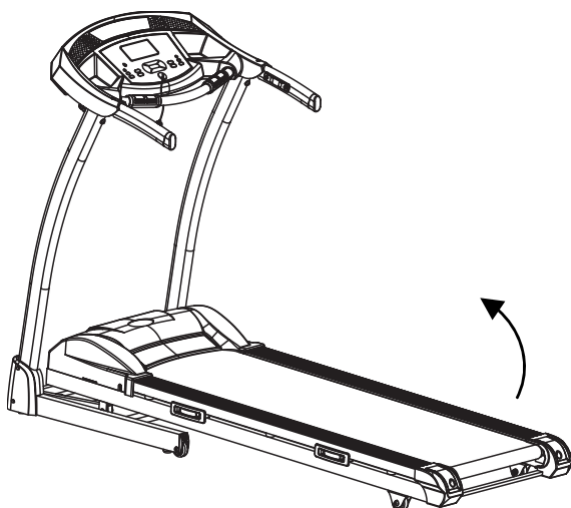


LIFTING UP & SETTING DOWN THE TREADMILL

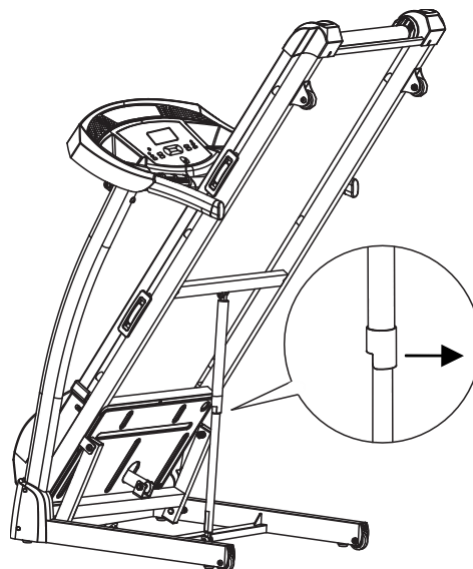
LIFTING UP THE TREADMILL

Firmly grasp the rear end of the Main Frame with both hands. Carefully lift the end of the treadmill up into the upright position until the Foot Lock Latch engages and securely locks the main frame into position. Make sure the main frame is securely latched before moving the treadmill. See figures A and B. Store the treadmill in a clean and dry environment away from children.

A



B

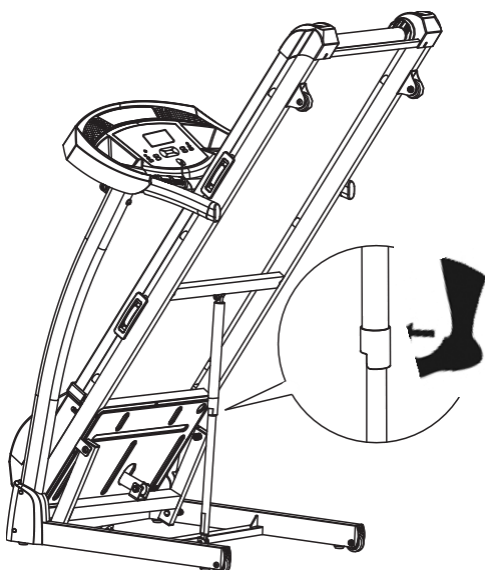


SETTING DOWN THE TREADMILL

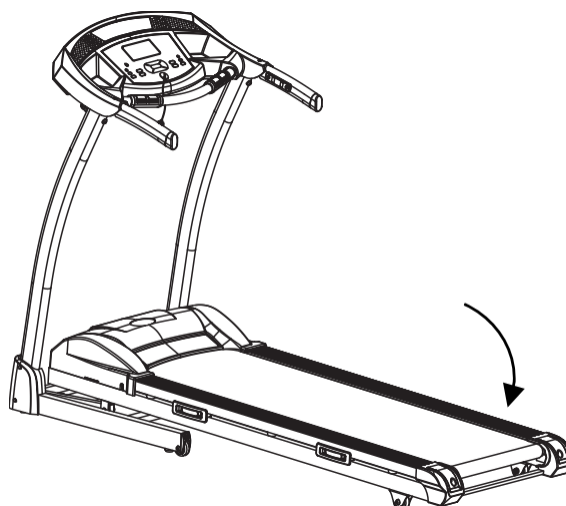
To set down the treadmill, firmly grasp the rear end of the treadmill with both hands. Gently kick on the Foot Lock Latch with your foot until the lock latch disengages. Carefully lower the deck to the ground. See figures C and D.

NOTE: Do not stand under the deck when setting down the treadmill. To prevent injury, please make sure you have a firm hold when lifting up or setting down the deck.

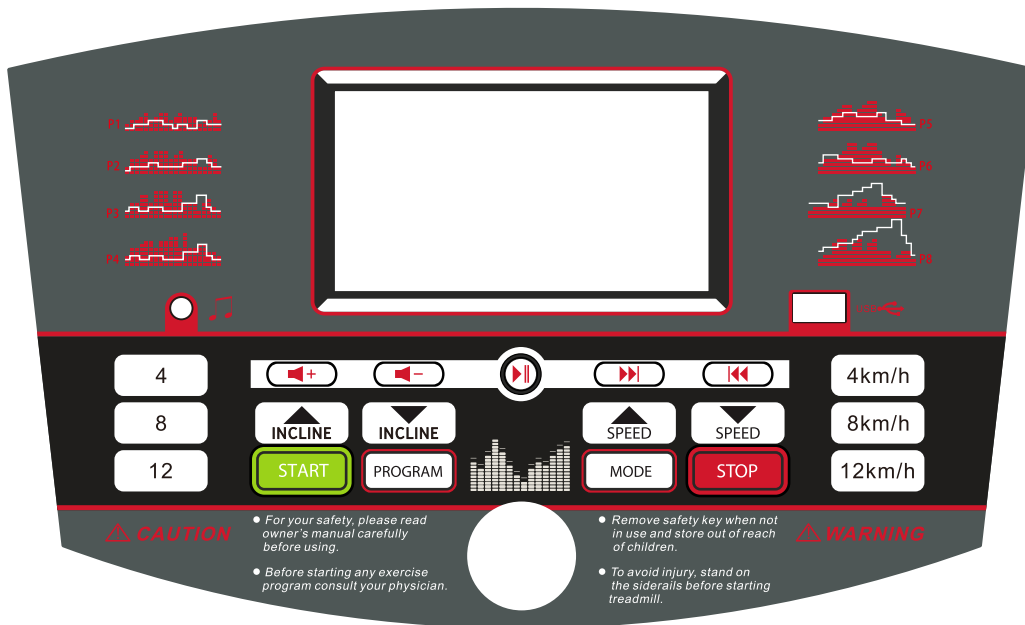
C



D



OPERATING THE COMPUTER



QUICK START:

Flip the Master Power Switch that is located at the front of the treadmill to the ON position. Before beginning a workout session ensure that the Safety Tether Key is properly placed onto the Computer Console and the Safety Clip is securely attached to an article of your clothing.

NOTE: Never start the treadmill while you are standing on the running belt.

Press the START button on the computer to begin exercising, the computer screen will countdown 3 seconds before the running belt starts moving.

The running belt starts moving with an initial speed of 1.0 KPH. You may press the SPEED “^” (UP) or SPEED “v” (DOWN) button on the computer console to increase or decrease the running speed during exercise. The split window of SPEED will display your current running speed from the minimum 1.0 KPH to the maximum 14.0 KPH. You may also press one of the INSTANT SPEED buttons (4 / 8 / 12) on the computer console and the split window of SPEED will display the speed that you have pressed and the running speed will change to 4 KPH, 8 KPH, or 12 KPH respectively.

You may press the INCLINE ^ or INCLINE v button on the computer console to increase or decrease the incline level during exercise. Each increment or decrement is 1 level. The incline adjustment available range is from 0 to 15 levels. The split window of INCL. (INCLINE) will display the incline level. You may also press one of the INSTANT INCLINE buttons (4 / 8 / 12) on the console. The computer screen will display the incline level that you have pressed and the incline level will change respectively.

The split window of TIME will display your elapsed workout time in minutes and seconds. The split window of DIST. (DISTANCE) will display the accumulative distance travelled during workout. The split window of CAL. (CALORIES) will display the total accumulated calories burned during workout. The split window of PULSE will display your current heart rate in beats per minute (BPM). To activate, grip the hand pulse sensors on both handlebars during exercise and the pulse will display after 2-5 seconds. For a more accurate reading, grip pulse sensors with both hands.

During workout, you may press the STOP button on the computer console to end your workout at any time.

BUTTON FUNCTIONS:

START: Press the START button to begin exercising.

STOP: Press the STOP button to end your workout.

MODE: Used to select different functions (TIME, DISTANCE, or CALORIES) for setting exercise goals in Manual Program Mode (the split window of PROG. displays "---" before training. To confirm the setting for user's gender, age, height, and weight in Body Fat Calculator Program Mode.

PROG (PROGRAM): To select your chosen program.

SPEED \wedge : To make upward adjustments for pre-setting target training TIME, DIST. or CAL. in Manual Program Mode (the split window of PROG. displays "---" before training. To make upward adjustments for pre-setting target training TIME in Pre-set Program Mode (P01-P08) before training. To make upward adjustment for setting gender, age, height, and weight of user in Body Fat Calculator Program Mode. Makes speed adjustments during all training periods on different training modes.

SPEED \vee : To make backward adjustments for pre-setting target training TIME, DIST. (DISTANCE), or CAL. (CALORIES) in Manual Program Mode (the split window of PROG. displays "---" before training. To make backward adjustments for pre-setting target training TIME in Pre-set Program Mode (P01-P08) before training. To make backward adjustment for setting gender, age, height, and weight of user in Body Fat Calculator Program Mode. Makes speed adjustments during all training periods on different training modes.

INSTANT SPEED (4 / 8 / 12): Used to reach desired speed more quickly.

INCLINE \wedge : Makes incline adjustments during all training periods on different training modes.

INCLINE \vee : Makes incline adjustments during all training periods on different training modes.

INSTANT INCLINE (4 / 8 / 12): Used to reach desired incline level more quickly.

DISPLAY FUNCTIONS:

TIME: Displays your elapsed workout time in minutes and seconds. You may also pre-set target time in Manual Program Mode (the split window of PROG. displays "---" or in Pre-set Program Mode (P01-P08) before training. To set TIME press the MODE button on the computer console until you see the split window of TIME begin blinking. Press the SPEED \wedge or SPEED \vee button on the computer console to change the setting. Each increment is 1 minute. The pre-set target time range is from 5:00 to 99:00 minutes.

Once you pre-set target time, press the START button on the computer to begin exercising, the computer screen will countdown 3 seconds before the running belt starts moving. The running belt starts moving with an initial speed of 1.0 KPH. You may press the SPEED \wedge or SPEED \vee button on the computer console to increase or decrease the running speed during exercise. Time starts counting down from pre-set target time to 0:00 per 1 second backward. When the pre-set target time counts down to 0:00, the computer will beep to alert you and the treadmill will stop automatically.

SPEED: Displays the current speed from the minimum 1.0 KMH to the maximum 14.0 KMH. You may increase or decrease the speed by pressing the SPEED \wedge or SPEED \vee button on the computer console. You may also press one of the INSTANT SPEED buttons (4 / 8 / 12) on the computer console and the split window of SPEED will display the speed that you have pressed and the running speed will change to 4 KMH, 8 KMH, or 12KMH respectively.

DIST. (DISTANCE): Displays the accumulative distance travelled during workout. You may also pre-set

target distance in Manual Program Mode (the split window of PROG. displays "---") before training. To set DISTANCE press the MODE button on the computer console until you see the split window of DIST. (DISTANCE) begin blinking. Press the SPEED \wedge or SPEED \vee button on the computer console to change the setting. The pre-set target distance range is from 0.50 to 99.5 km, the default distance is 1.00 km.

Once you pre-set target distance, press the START button on the computer to begin exercising, the computer screen will countdown 3 seconds before the running belt starts moving. The running belt starts moving with an initial speed of 1.0 KPH. You may press the SPEED \wedge or SPEED \vee button on the computer console to increase or decrease the running speed during exercise. Distance starts counting down from pre-set target distance to 0.00. When the pre-set target distance counts down to 0.00, the computer will beep to alert you and the treadmill will stop automatically.

CAL. (CALORIES): Displays the total calories burned during your workout. You may also pre-set target calories in Manual Program Mode (the split window of PROG. displays "---" before training. To set CALORIES press the MODE button on the computer console until you see the split window of CALORIES begin blinking. Press the SPEED \wedge or SPEED \vee button on the computer console to change the setting. The pre-set target calories range is from 10.0 to 995 calories.

Once you pre-set target calories, press the START button on the computer to begin exercising, the computer screen will countdown 3 seconds before the running belt starts moving. The running belt starts moving with an initial speed of 1.0 KPH. You may press the SPEED \wedge or SPEED \vee button on the computer console to increase or decrease the running speed during exercise. Calories start counting down from pre-set target calories to 0. When the pre-set target calories count down to 0, the computer will beep to alert you and the treadmill will stop automatically.

INCLINE: Displays the incline level from the minimum 0-level to the maximum 15-level. You may increase or decrease the incline level by pressing the INCLINE \wedge or INCLINE \vee button on the computer console. You may also press one of the INSTANT **INCLINE buttons** (4 / 8 / 12) on the computer console and the split window of INCL (INCLINE) will display the incline level that you have pressed and the incline level will change to 4-level, 8-level, or 12-level respectively.

PULSE: Displays your current heart rate in beats per minute (BPM). To activate, grip the hand pulse sensors during exercise and the pulse will display after 2-5 seconds. For a more accurate reading, grip pulse sensors with both hands.

HRC HEART RATE CONTROL FUNCTION

1. Continue pressing of the PROGRAM button to select HR1 / HR2 / HR3, the default age and target heart rate are 30 years old. If you need to adjust the age, press the MODE button, the time window flashes AG :30, press the \wedge or INCLINE \vee button to adjust the age, and the heart rate window shows the target heart rate for the corresponding age. If you need to adjust the target heart rate, press the MODE button once again, and the heart rate window flashes the heart rate, press the \wedge or INCLINE \vee button to adjust the heart rate until you have satisfied, then press the MODE button.

2. In the running state of the HR1/HRR2/HR3 program, the speed and incline can be adjusted by pressing the \wedge or INCLINE \vee button. However, speed and incline can be adjusted automatically by system to be closed to your target heartbeat value.

3. The first minute of running machine is a warm-up state, speed and incline can't be adjusted automatically by system, you just can adjust by yourself. After 1 minute, speed will be increased by 0.5km/s as per your current heartbeat value. When it is added to the specified maximum speed, if the target heartbeat value is not yet reached, incline will be increased by 1incl/s to improve the quantity of exercise to be closed to your target heartbeat value. If the current

heartbeat value is higher than the target heartbeat value, incline will be decreased by 1incl/s to reduce the quantity of exercise. When the incline is decreased to 0, if the target heartbeat value is not yet reached, speed will be decreased by 0.5km/s to reduce the quantity of exercise until the heartbeat value reaches the target heartbeat value, the incline and speed will be remained in the original state and never change.

4. After entering the heart rate control program, if the heartbeat value shows 0 is more than 1 minute, it's considered the loss of heart rate, the speed and incline are immediately decreased to the lowest.

5. The maximum running speed of the "HRC1" program is 8.0 km/h. The maximum running speed of the "HRC2" program is 9.0 km/h. The maximum running speed of the "HRC3" program is 10.0 km/h.

Remark: Wireless heart rate chest belt must be appressed to the chest and the skin (Recommend using wireless heart rate chest belt in priority).

TRAINING IN BODY FAT CALCULATOR PROGRAM MODE:

Press the PROG (PROGRAM) button to select FAT (Body Fat Calculator Program). The computer screen will display -1- (gender) and 01 (male). Press the SPEED \wedge or SPEED \vee button to set user's gender (01 indicates male and 02 indicates female). Press the MODE button to confirm the gender and the computer screen will display -2- (age) and 25 (year-old). Press the SPEED \wedge or SPEED \vee button to set user's age. Press the MODE button to confirm the age and the computer screen will display -3- (height) and 170 (cm). Press the SPEED \wedge or SPEED \vee button to set user's height. Press the MODE button to confirm the height and the computer screen will display -4- (weight) and 70 (kg). Press the SPEED \wedge or SPEED \vee button to set user's weight. Press the MODE button to confirm weight and the computer screen will display -5- (body fat ratio) and ---. Please grip the handlebar pulse sensors with both hands for a few seconds and the computer screen will display your body fat ratio.

NOTE: Body Fat Ratio is an estimate based on the gender, age, height, and weight input, and is to be used as a guide only.

Gender	Standard Body Fat (<30 Years Old)	Standard Body Fat (> 30 Years Old)	High Body Fat
Male	14-20%	17-23%	>25%
Female	17-24%	20-27%	>30%

TRAINING IN PRE-SET PROGRAM MODE:

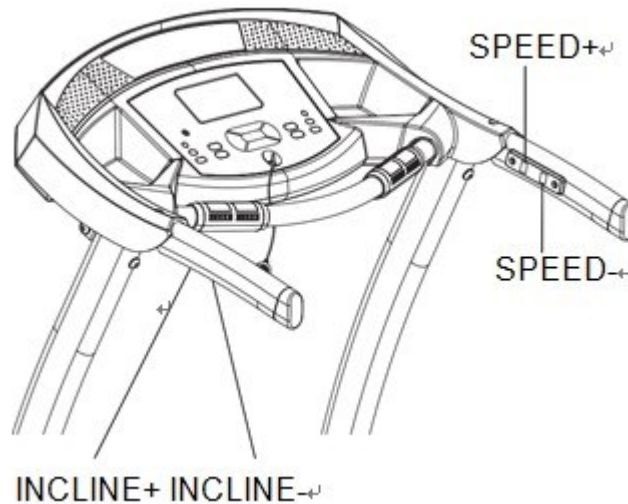
This treadmill console has 8 Pre-set Workout Programs to choose from. Press the PROG (PROGRAM) button to select your chosen workout (P01 to P08). Press the SPEED \wedge or SPEED \vee button to change the time setting. Each increment is 1 minute. The pre-set target time range is from 5:00 to 99:00 minutes.

Press the START button to confirm and start your workout, the computer screen will countdown 3 seconds before the running belt starts moving. The running speed and incline level will change automatically during the workout (as shown below). The program is split evenly into 10 intervals. When the pre-set training program time counts down to 0:00, the computer will beep to alert you and the treadmill will stop automatically.

PROG		TIME																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
	INCLINE	1	1	2	2	2	3	3	3	2	2	1	2	2	1	1	3	3	2	2	2
P02	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
	INCLINE	1	2	2	2	2	3	3	2	2	2	2	2	3	3	3	4	4	3	2	2
P03	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P04	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P05	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
P06	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	4	3	2
P07	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P08	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
	INCLINE	4	5	5	5	6	6	6	7	8	9	9	9	9	10	10	10	12	12	8	6

INCLINE+ INCLINE-

- INCLINE +** Press the INCLINE + button on the Left Handrail to increase incline level.
- INCLINE -** Press the INCLINE - button on the Left Handrail to decrease incline level.
- SPEED +** Press the SPEED + button on the Right Handrail to increase speed.
- SPEED -** Press the SPEED - button on the Right Handrail to decrease speed.



CARE, MAINTENANCE & TROUBLESHOOTING GUIDE

WARNING: To prevent electrical shock, please turn off and unplug the treadmill before cleaning or performing routine maintenance.

WARNING: Always check the wear and tear components like foot lock latch tube and running belt to prevent injury.

CLEANING

After each exercise, ensure that the unit is wiped down and any sweat is removed from the unit. The treadmill can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents. Be careful not to get excessive moisture on the display panel as this might damage the unit and create an electrical hazard.

Please keep the treadmill, especially the computer console, out of direct sunlight to prevent damage to the screen.

STORAGE

Store the treadmill in a clean and dry indoor environment. Never leave or use the unit outdoors. Ensure the master power switch is off and the power cord is un-plugged from wall outlet.

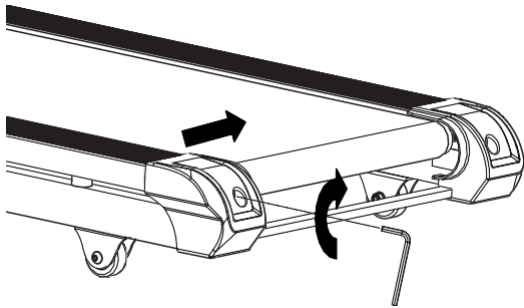
TROUBLESHOOTING GUIDE

ERROR CODE	SYMPTOM
E01	No speed sensing information, problem on speed sensor.
E02	Input voltage overload.
E03	Input current overload.
E04	Motor defection.
E06	Defection on cables between computer and controller.
E09	Error on controller proofreading with incline motor.
E0P	Error on controller proofreading with motor.
E0C	Short circuit protection.
E07	Safety off.
E0E	Eeprom error.

Problem	Potential Causes	Corrections
Treadmill will not start.	<ol style="list-style-type: none"> 1. Treadmill not plugged in. 2. Safety Tether Key is not correctly installed. 3. Circuit breaker in the house has been tripped. 4. Treadmill circuit breaker has been tripped. 	<ol style="list-style-type: none"> 1. Plug the power cord into a wall outlet. 2. Reinstall the Safety Tether Key. 3. Reset the circuit breaker or call an electrician to replace the circuit breaker. 4. Wait 5 minutes and then try to restart the treadmill.
Belt slips.	Belt not tight enough.	Adjust belt tension.
Belt hesitates when stepped on.	<ol style="list-style-type: none"> 1. Not enough lubrication applied onto the running deck. 2. Belt is too tight. 	<ol style="list-style-type: none"> 1. Apply lubricant. 2. Adjust belt tension.
Belt is not centered.	Running belt tension not even across the rear roller.	Centre the belt.

BELT ADJUSTMENT

The running belt is pre-adjusted to the running deck at the factory, but after prolonged use it can stretch and require readjustment. To adjust the belt, turn on the main power switch of the treadmill and let the belt run at a speed of 8-10 KPH. Use the 6 mm Allen Wrench provided to turn the rear roller adjustment bolts in order to centre the belt. If the running belt is shifting to the left, turn the left adjustment bolt 1/4 turn clockwise, and the running belt should start to correct itself.

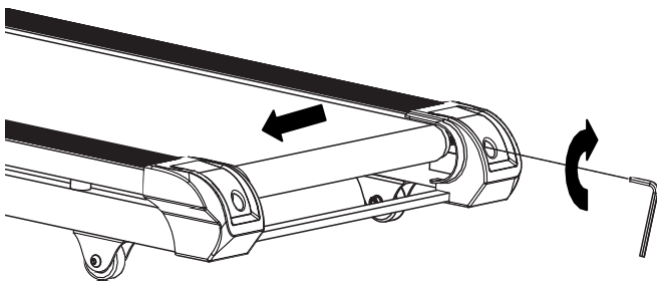


Tool:



6 mm Allen Wrench

If the running belt is shifting to the right, then turn the right adjustment bolt 1/4 turn clockwise, and the belt should start to correct itself. Keep turning the adjustment bolts until the running belt is properly centered.

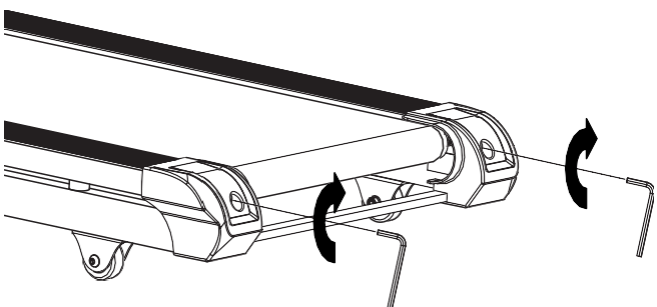


Tool:



6 mm Allen Wrench

If the running belt is slipping during use, turn off and unplug the treadmill. Using the 6 mm Allen Wrench provided, turn both left and right rear roller adjustment bolts 1/4 turn clockwise, then turn the main power switch back on and run the treadmill at a speed of 8-10 KPH. Run on to the running belt to determine if the belt is still slipping. Repeat this procedure until the belt no longer slips.



Tool:



6 mm Allen Wrench

LUBRICATION

Lubricating under the running belt will ensure superior performance and extend its life expectancy. After the first 25 hours of use (or 2-3 months) apply some lubricant and repeat for every following 50 hours of use (or 5-8 months).

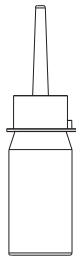
How to check running belt for proper lubrication

Lift one side of the running belt and feel the top surface of the running deck. If the surface is slick to the touch, then no further lubrication is required. If the surface is dry to the touch, apply some lubricant.

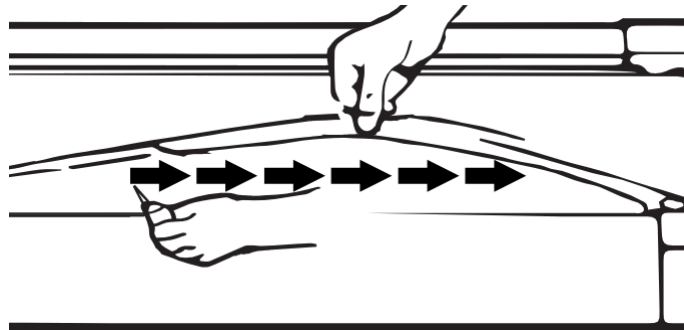
How to apply lubricant

Lift one side of running belt. Pour some lubricant under the centre of the running belt on the top surface of the running deck. Run on the treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.

NOTE: DO NOT over lubricate running deck. Any excess lubricant that comes out should be wiped off.
Lubricant 1 PC



Lubricant
1 PC



WARM UP AND COOL DOWN ROUTINE

A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

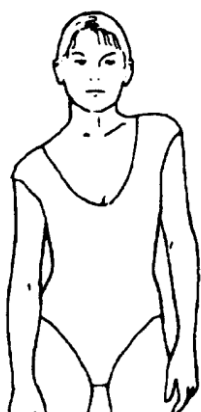
AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The **WARM-UP** is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then 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, then drop your head to your chest for one count.



SHOULDER LIFTS

Lift your right shoulder 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 lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. 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.

INNER THIGH STRETCH

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



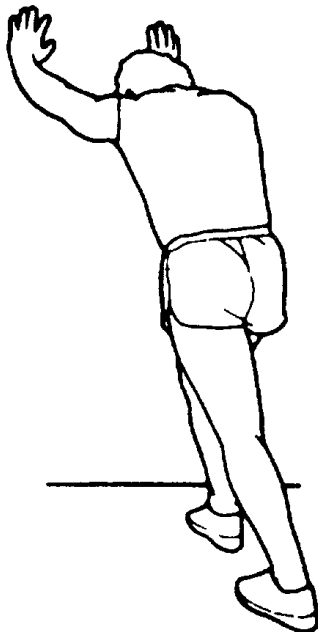
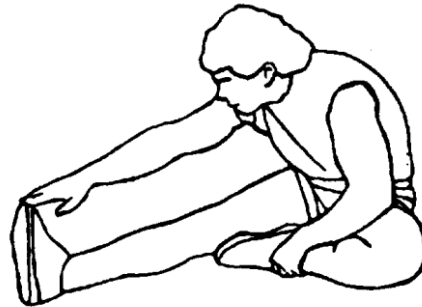


TOE TOUCHES

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

HAMSTRING STRETCHES

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



CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep 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.

IMPLIED WARRANTY

The importer of this machine assures that this device is manufactured with high quality materials.

The prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can void the warranty.

The implied warranty is valid for 1 year, beginning from the date of purchase. For eventual defects please contact the dealer of this product within the guarantee period.

The warranty applies to the following parts (as far as included in the scope of delivery): Frame, cable, electronic devices, wheels, pedals.

The guarantee does not cover:

- Damage effected by outer force
- Intervention by unauthorized parties
- Incorrect handling of the product
- Non-compliance of the operating instructions

Wear parts and expendable parts are also not covered.

The device is only intended for home use. The warranty does not apply to commercial use of any kind.

Manufactured by:
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15170 Lahti, FINLAND