

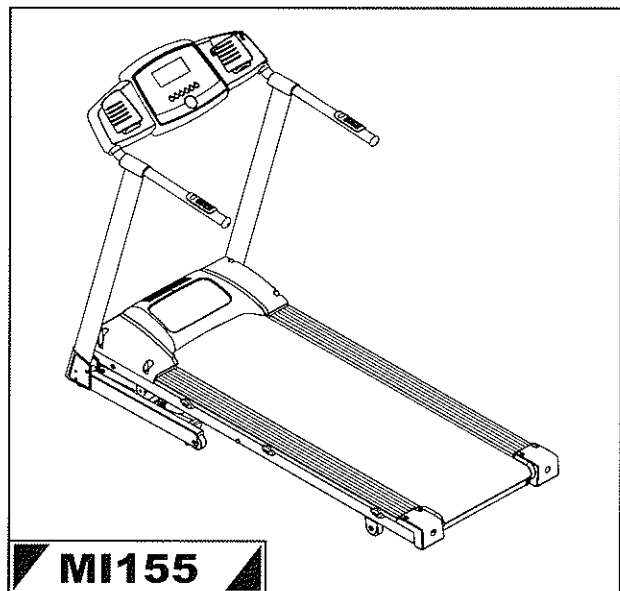
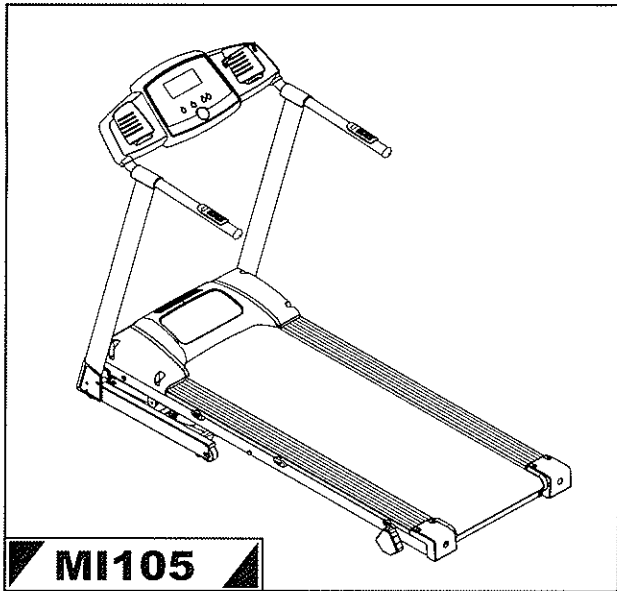
LITH II

MI *series*



MOTORIZED TREADMILL MANUAL

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Congratulations on the purchase of your of a new motorized treadmill. To help to ensure the enjoyable and trouble-free operation of your new treadmill, we strongly suggest you read this manual carefully and follow its recommendations.

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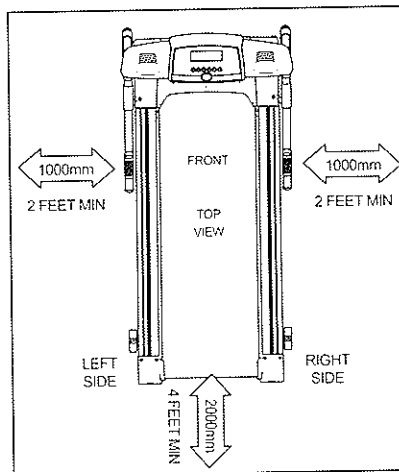
IMPORTANT SAFETY INSTRUCTIONS

DANGER

– To reduce the risk of electrical shock, always unplug this appliance from the electrical outlet immediately after using and before cleaning.

- ◆ Use this appliance only for its intended use as described in this manual.
- ◆ Do not use attachments not recommended by the manufacturer.
- ◆ To disconnect, turn all the controls to the off position, then remove the plug from the outlet.
- ◆ Connect this appliance to a proper grounded outlet only. See Grounding Instructions.
- ◆ This appliance is intended for household use.
- ◆ When you are not going to use your treadmill, or when finished, please remove the safety key from the console. Then always place the safety key where children can not reach.
- ◆ Do not use outdoors.
- ◆ Always unplug the treadmill from the outlet immediately after using, before cleaning, assembling or servicing.
- ◆ Never leave treadmill unattended when plugged in. Disconnect by turning off the master power switch and unplugging from the outlet.
- ◆ Never operate this treadmill if it has any damage to the lead or plug. Also if it is not operating correctly, has been dropped, damaged or if it has been exposed to water.
- ◆ Do not operate where aerosol products are being used or where oxygen is being administered.
- ◆ Don't pull the treadmill by its power cord or use the cord as a handle.
- ◆ Keep close supervision if the treadmill is being used by or near children, persons with disabilities or pets.
- ◆ Keep dry. Do not operate this treadmill in wet or moist conditions.
- ◆ Never insert any objects into any openings.
- ◆ To prevent injuries, always warm up your muscles before using the treadmill.
- ◆ Always attach the clip of the safety key to your clothing before inserting safety key. Please always wear safety key in case of an accident.
- ◆ MAX user weight: Please refer to the maximum user weight information on the treadmill before using.

- ◆ Keep unplugged and have the safety key out of reach of children, when not in use to prevent accidents.
- ◆ Keep electrical cord away from heated surfaces.
- ◆ Keep hands clear of all moving parts. Never place hands or feet under the treadmill.
- ◆ Each time you use the treadmill, check that the running belt is aligned and centered on the treadmill base and all visible fasteners on the treadmill are sufficiently tightened and secured.
- ◆ Be sure that the area around the treadmill remains clear during use and has adequate clearance. Keep the treadmill on a solid, level surface. At least 1000 mm/2 feet from any wall on either side.



NOTE:

Failure to follow this instruction may lead to personal injury or injury to others. It could also cause damage to the treadmill. To reduce the risk of burns, fire or electric shock, please follow these instructions.

ELECTRICAL GROUNDING INSTRUCTIONS

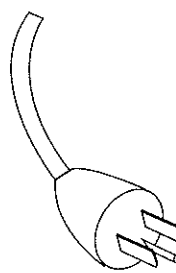
This product must be grounded. If it is malfunctioning or it breaks down, grounding provides the path of least resistance for the electrical current to reduce the risk of electrical shock. This treadmill is equipped with a cord having equipment grounding connector and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

⚠ DANGER

Improper connection of the treadmill grounding connector can result in the risk of electrical shock. Check with a qualified electrician, if you are in doubt as to whether the product is properly grounded. Don't modify the plug provided with the treadmill. If it won't fit your outlet, have a properly grounded outlet installed by a qualified electrician. Please pay attention, the power cable needs strictly an individual power source. It can not use the same power supply with any other equipment.

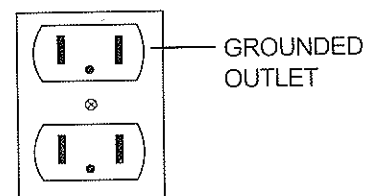
⚠ WARNING

Never use extension cords between the treadmill and the wall outlet. If there is any damage to the cables, please contact the service center. Parts should be replaced by an authorized technician.



GROUNDING PIN

Figure Grounding methods



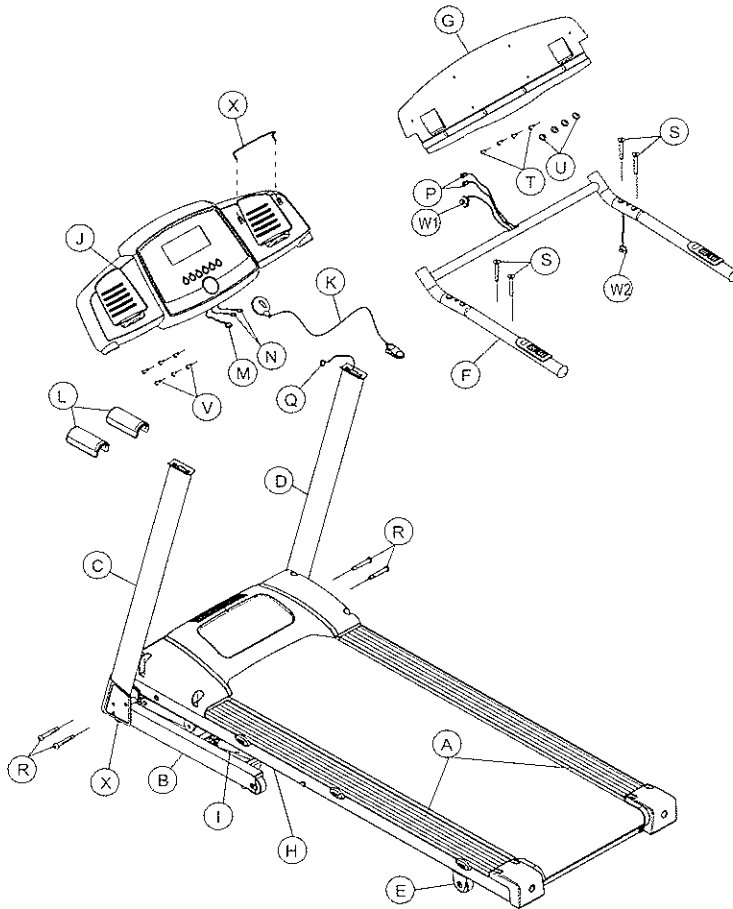
MI105/155 ASSEMBLY INSTRUCTION

⚠ WARNING

After unpacking the fitness equipment, examine it carefully for possible damage. If there is any damage or there are missing parts, please contact your retailer or an authorized repair facility for assistance.

1. Since your treadmill is a heavy piece of equipment, we recommend the after taking off the top portion of the box; you slit the corners of the lower carton and fold down the sides. This will eliminate the need to pick up the treadmill over the sides of the box.
2. Prior to starting the assembly process take all the parts out of the box, remove all plastic bags, and then lay them out on the floor to become familiar with the components. Make sure that you remove all parts packaged underneath the treadmill. You may need to slightly pick up the back of the treadmill to get better access to the parts on the bottom. You will notice that the treadmill is completely assembled except for the handle bars and the display window. (See FIG.1 of next page)

Parts







- A: Frame
- B: Base Frame
- C: Support handlebar (Left)
- D: Support handlebar (Right)
- E: Wheel
- F: Handlebar
- G: Console bracket
- H: Folding lock tube
- I: Folding Tube
- J: Console
- K: Safety Key
- L: Handlebar End Cap
- M: Power Plug
- N: Hand Pulse Plug
- P: Hand Pulse Wire
- Q: Power Wire
- R: Hexagonal Screw, Half Round Head
- S: Hexagonal Screw
- T: Hexagonal Screw, Half Round Head
- U: Curve Washer
- V: Cross Screw
- W1 & W2: Power Wire
- X: hoop on bottle rack

Optional for MI155:




- Y1 & Y2: Speed / Incline control cables

Hardware

Screws already in place on the treadmill:

M8*40L (4PCS)  Screw	M4*10L (6PCS)  Screw	M8*15L (4PCS)  Screw	M8 (4PCS)  Washer
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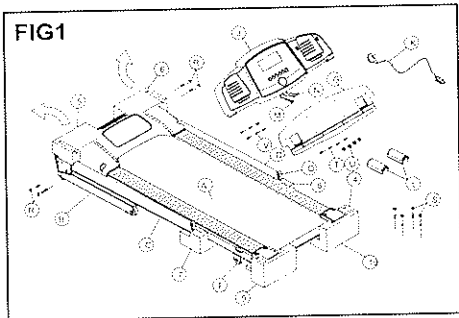
Screws and tools in the plastic bag:

M5 (1PCS)  11	M6 (1PCS)  12	M8*45L (4PCS)  Screw
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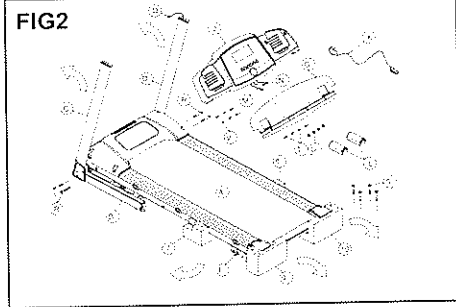
Make sure the screws are already on the machine and in the tooling bag.

MI105/155

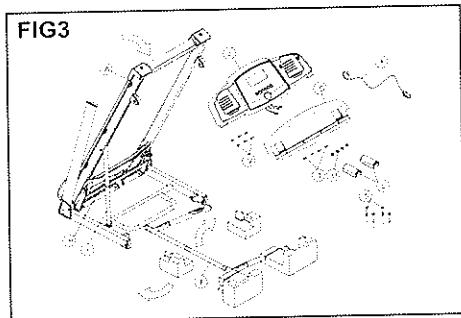
ASSEMBLY INSTRUCTION



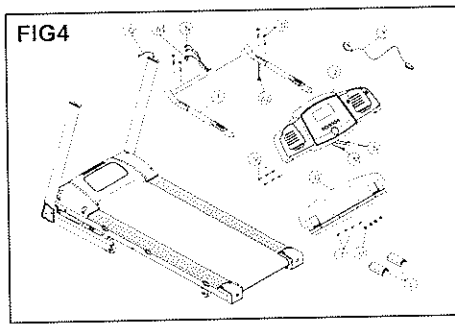
1. After reading the manual (3), take out the tool bag (4) and the screws (S) from the Styrofoam (10).
2. Take out the console (G, J, K, V) and the hand rail covers (L)
3. Take out the plastic covering and the Styrofoam (2, 5, 6), and leave those of Styrofoam (7), (8), (9) and (10) on.



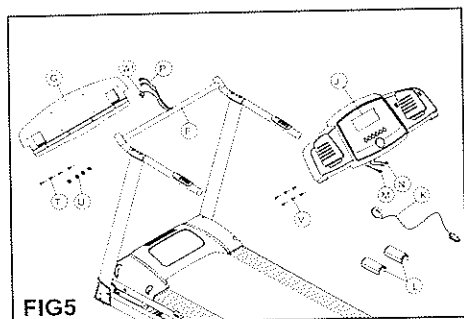
1. Remove 4 screws (R) from the both left/right sides of the base frame, (C) and (D). Raise the support bars. Attach the screws (R) back to the both left/right sides of the base frame, (C) and (D), and tighten the screws.



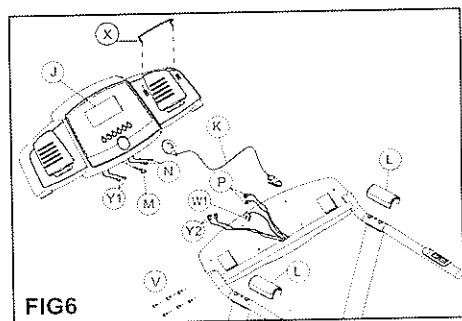
1. Fold up the main frame (A) carefully, and make sure the lock tube (H) on the folding tube (I) is at the right position.
2. Take out the handlebar and remove the Styrofoam, (7), (8), (9) and (10)
3. Put the main frame down carefully.



1. Place the handlebar (F) on the support handles, (C) and (D), and connect the power wire (W2) and (Q). Then, insert the cable into tube.
2. Tighten the completed handlebar set (F) on support handles with the 4 screws (S) as shown on FIG-4.



1. Remove the 4 screws (T) and 4 washers (U) on the handlebar (F). Place console bracket (G) and position it on the handlebar (F). Fit the screws (T) and the washers (U), and tighten as shown in FIG-5.



1. Connect the console (J) to power cable (M) to (W1).
2. Connect 2 hand pulse cables (N) to (P).
3. Connect 2 speed / incline control cables (Y1) to (Y2).

The connection is optional function for MI155.

4. Fix the console (J) on the bracket (G) by the screws (V).
5. Place and press the handlebar end cap(L). The arrow inside should face forward.
6. Fix the hoop(X) on the bottle rack.

MI105 CONSOLE OPERATION

Button description

START / STOP :

This will "START" the treadmill and this will "STOP" the treadmill. There is also an Emergency "STOP" switch the (SAFETY KEY).

SPEED up ^ :

This will select program and level in setting mode before starting. This will increase the speed in increments of 0.1 km/h or 0.1 mph.

SPEED down v :

This will select program and level in setting mode before starting. This will decrease the speed in increments of 0.1 km/h or 0.1 mph.

MODE :

This will accept program and level selections. This will switch display LAP or PULSE on data window during your exercise.

Display

Display : The console is One (1) large LCD with Five (5) separate windows for data.

Data :

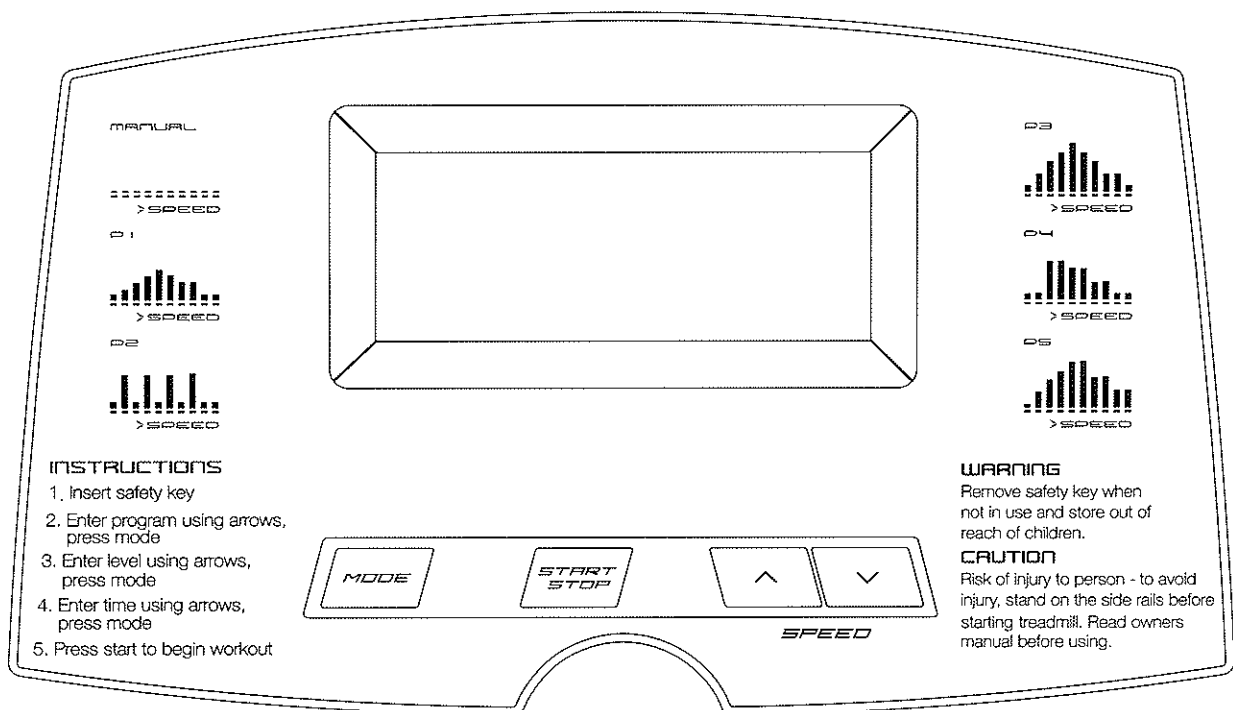
Time : 00:00

Distance : 000.0

Cal : 0000

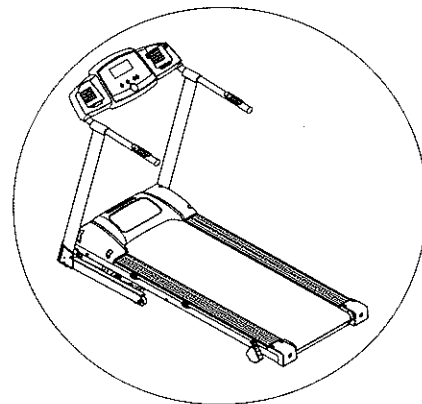
Lap / Pulse : 000

Speed : 00.0



MI105

CONSOLE OPERATION



Introduction :

To start treadmill, first ensure power cord is plugged in, the power switch is turned to the "ON" position and then stand on the side-rails (not the running deck) Then attach the "Safety Key" to your clothing and then to the console.

The treadmill has one (1) manual and five (5) preset programs (P1 – P5). Each preset program has three (3) different levels for the user to choose from. While running in the preset programs, the treadmill automatically changes the speed. However you can still change the speed manually at anytime you desire.

Quick Start :

When the main power switch is in the "ON" position and the "Safety Key" is inserted into the console, the monitor window will display a flashing "0:00" Press the "START" button to begin in the "Manual Mode".

Program Operation :

After you have turned on the power, inserted "Safety Key" the monitor will display 0:00 on all the separate LCD windows.

1. Select Programs: Press "▲" or "▼" arrows to choose from the programs P1 ~ P5. Then press the "MODE" button.
2. Set the level: Press "▲" or "▼" arrows to choose from the workout level you desire. Then press the "MODE" button.
3. Set Time: Choose how long you want to workout for by pressing the "▲" or "▼" arrows. All programs will default to the thirty (30) minutes if no adjustment is made. Once completed, press the "START" button to begin your workout.

The Pause Function :

You can pause your treadmill at any time during your workout by pressing the "STOP" button once. To resume your workout just press the "START" button.

The Reset Function :

You can reset your workout program and the time by holding the "STOP" button for a few seconds until the program window displays "0:00". Repeat the above steps to reset your desired program, level and workout time.

NOTE:

1. When the time reads 99:59 or 00:00, a series of beeps will sound, and last for five (5) seconds and then the motor will stop.
2. When the "Safety Key" is pulled out in any situation the motor will stop immediately and the system is reset to the manual settings.
3. The graphics of the workout profiles are printed on the console. Each overall workout time will be segmented into ten (10) sections. Segment time = overall workout time / 10.

e.g. : If overall workout time is set at ten (10) minutes, the each segment will be one (1) minute each.

MI155 CONSOLE OPERATION

Button description

START / STOP :

This will "START" the treadmill and this will "STOP" the treadmill. There is also an Emergency "STOP" switch the (SAFETY KEY).

SPEED up ▲ :

This will select program and level in setting mode before starting. This will increase the speed in increments of 0.1 km/h or 0.1 mph.

SPEED down ▼ :

This will select program and level in setting mode before starting. This will decrease the speed in increments of 0.1 km/h or 0.1 mph.

INCLINE up ▲ :

This will select program and level in setting mode before starting. This will increase the elevation in increments of one (1).

INCLINE down ▼ :

This will select program and level in setting mode before starting. This will decrease the elevation in increments of one (1).

MODE :

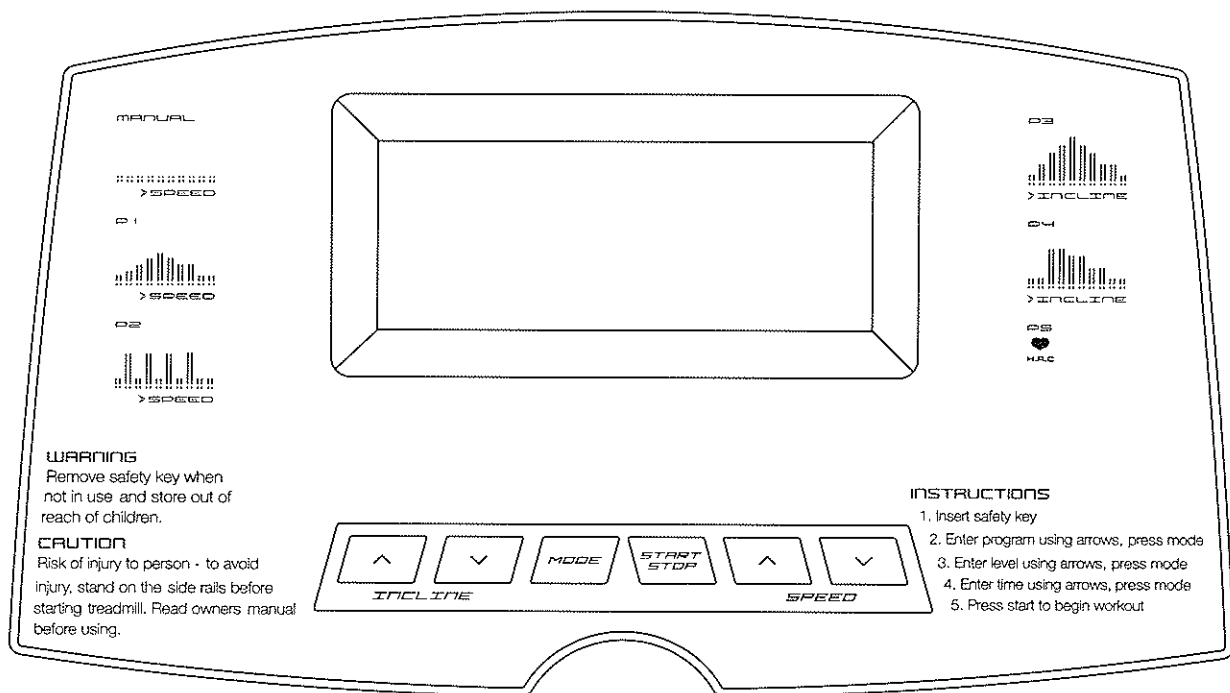
This will accept program and level selections. This will switch display LAP or PULSE on data window during your exercise.

Display

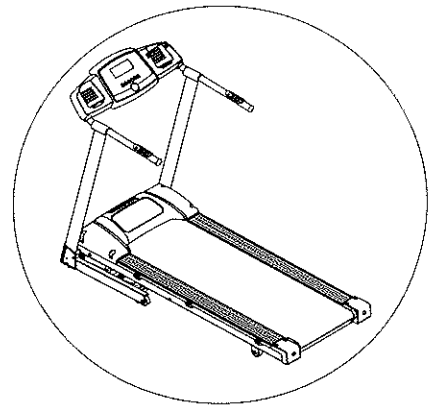
Display : The console is One (1) large LCD with Five (5) separate windows for data.

Data :

Time : 88:88
Distance : 888.8
Cal : 8888
Lap / Pulse : 888
Speed : 88.8
Incline : 88



MI155 CONSOLE OPERATION



Introduction :

To start treadmill, first ensure power cord is plugged in, the power switch is turned to the "ON" position and then stand on the side-rails (not the running deck) Then attach the "Safety Key" to your clothing and then to the console.

The treadmill has one (1) manual and five (5) preset programs (P1 – P5). Each preset program has three (3) different levels for the user to choose from. While running in the preset programs, the treadmill automatically changes the speed or incline. However you can still change the speed or incline manually at anytime you desire.

Quick Start :

When the main power switch is in the "ON" position and the "Safety Key" is inserted into the console, the monitor window will display a flashing "0:00". Press the "START" button to begin in the "Manual Mode".

Program Operation :

After you have turned on the power, inserted "Safety Key" the monitor will display 0:00 on all the separate LCD windows.

P1 – P2 = Speed programs. P3 – P4 = incline programs. P5 = HRC program.

Select Speed or Incline program (P1 – P4) :

1. Select Program: Press "▲" or "▼" arrows to choose from the programs P1 – P5. Then press the "MODE" button.
2. Set Level: Press "▲" or "▼" arrows to choose the workout level you desire. Then press the "MODE" button.
3. Set Time: Choose how long you want to workout by pressing "▲" or "▼" arrows. All programs will default to thirty (30) minutes if no adjustments are made. Once complete, press the "START" button to begin the workout.

Select HRC program :

1. Select program: Press Speed "▲" or "▼" arrows to choose program until P5 is shown on the display. Then press the "MODE" button.
2. Select Age: Press Speed "▲" or "▼" arrows to enter the users age. Then press the "MODE" button.
3. Set Target Heart Rate: Press Speed "▲" or "▼" arrows to set the target Heart Rate. Then press the "MODE" button. After a warm-up period, the program will automatically adjust the speed to maintain the target Heart Rate (Range 60 – 180 bpm).
4. Set Target Max. Speed: Press Speed "▲" or "▼" arrows to set the target max.speed. The speed will not increase over the max. speed even though pulse has not reached the target Heart Rate yet.
5. Enter program time: Press Speed "▲" or "▼" arrows to enter the program workout time. Then press the "START" button.

The Pause Function :

You can pause your treadmill at any time during your workout by pressing the "STOP" button once. To resume your workout just press the "START" button.

The Reset Function :

You can reset your workout program and the time by holding the "STOP" button for a few seconds until the program window displays "0:00". Repeat the above steps to reset your desired program, level and workout time.

NOTE:

1. When the time reads 99:59 or 00:00, a series of beeps will sound, and last for five (5) seconds and then the motor will stop.
2. When the "Safety Key" is pulled out in any situation the motor will stop immediately and the system is reset to the manual settings.
3. The graphics of the workout profiles are printed on the console. Each overall workout time will be segmented into ten (10) sections. Segment time = overall workout time / 10.

e.g. : If overall workout time is set at ten (10) minutes, the each segment will be one (1) minute each.

MI105 PRESET PROGRAM

Each program is divided into ten (10) segments and has three (3) different levels. The preset workout time is thirty (30) minutes.

km/h Speed program

	P1			P2			P3			P4			P5		
	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3
1	1.5	2.5	3.5	1	2	3	1	2	3	2	3	4	1	2	3
2	2	3	4	6	7	8	3	4	5	2	3	4	3	4	5
3	2.5	3.5	4.5	1	2	3	4	5	6	6	7	8	4	5	6
4	3	4	5	6	7	8	5	6	7	6	7	8	5	6	7
5	3.5	4.5	5.5	1	2	3	6	7	8	4	5	6	6	7	8
6	3	4	5	6	7	8	5	6	7	4	5	6	6	7	8
7	2.5	3.5	4.5	1	2	3	4	5	6	3	4	5	5	6	7
8	2.5	3.5	4.5	6	7	8	3	4	5	3	4	5	5	6	7
9	1.5	2.5	3.5	1	2	3	3	4	5	1	2	3	2	3	4
10	1.5	2.5	3.5	1	2	3	1	2	3	1	2	3	2	3	4

MPH Speed program

	P1			P2			P3			P4			P5		
	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3
1	0.9	1.5	2.1	0.6	1.2	1.8	0.6	1.2	1.8	1.2	1.8	2.4	0.6	1.2	1.8
2	1.2	1.8	2.4	3.7	4.3	4.9	1.8	2.4	3.0	1.2	1.8	2.4	1.8	2.4	3.0
3	1.5	2.1	2.7	0.6	1.2	1.8	2.5	3.1	3.7	3.7	4.3	4.9	2.5	3.1	3.7
4	1.8	2.4	3.0	3.7	4.3	4.9	3.1	3.7	4.3	3.7	4.3	4.9	3.1	3.7	4.3
5	2.1	2.7	3.3	0.6	1.2	1.8	3.7	4.3	7.9	2.5	3.1	3.7	3.7	4.3	4.9
6	1.8	2.4	3.0	3.7	4.3	4.9	3.1	3.7	4.3	2.5	3.1	3.7	3.7	4.3	4.9
7	1.5	2.1	2.7	0.6	1.2	1.8	2.5	3.1	3.7	1.8	2.4	3.0	3.1	3.7	4.3
8	1.5	2.1	2.7	3.7	4.3	4.9	1.8	2.4	3.0	1.8	2.4	3.0	3.1	3.7	4.3
9	0.9	1.5	2.1	0.6	1.2	1.8	1.8	2.4	3.0	0.6	1.2	1.8	1.2	1.8	2.4
10	0.9	1.5	2.1	0.6	1.2	1.8	0.6	1.2	1.8	0.6	1.2	1.8	1.2	1.8	2.4

MANUAL

>SPEED

P1

>SPEED

P2

>SPEED

P3

>SPEED

P4

>SPEED

P5

>SPEED

MI155 PRESET PROGRAM

Each program is divided into ten (10) segments and has three (3) different levels. The preset workout time is thirty (30) minutes.

km/h Speed program

Incline program

	P1			P2			P3			P4		
	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3
1	1.5	2.5	3.5	1	2	3	1	2	3	1	2	3
2	2	3	4	6	7	8	3	4	5	1	2	3
3	2.5	3.5	4.5	1	2	3	4	5	6	6	7	8
4	3	4	5	6	7	8	5	6	7	6	7	8
5	3.5	4.5	5.5	1	2	3	6	7	8	5	6	7
6	3	4	5	6	7	8	5	6	7	5	6	7
7	2.5	3.5	4.5	1	2	3	4	5	6	3	4	5
8	2.5	3.5	4.5	6	7	8	3	4	5	3	4	5
9	1.5	2.5	3.5	1	2	3	3	4	5	1	2	3
10	1.5	2.5	3.5	1	2	3	1	2	3	1	2	3

MPH Speed program

Incline program

	P1			P2			P3			P4		
	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3
1	0.9	1.5	2.1	0.6	1.2	1.8	1	2	3	1	2	3
2	1.2	1.8	2.4	3.7	4.3	4.9	3	4	5	1	2	3
3	1.5	2.1	2.7	0.6	1.2	1.8	4	5	6	6	7	8
4	1.8	2.4	3.0	3.7	4.3	4.9	5	6	7	6	7	8
5	2.1	2.7	3.3	0.6	1.2	1.8	6	7	8	5	6	7
6	1.8	2.4	3.0	3.7	4.3	4.9	5	6	7	5	6	7
7	1.5	2.1	2.7	0.6	1.2	1.8	4	5	6	3	4	5
8	1.5	2.1	2.7	3.7	4.3	4.9	3	4	5	3	4	5
9	0.9	1.5	2.1	0.6	1.2	1.8	3	4	5	1	2	3
10	0.9	1.5	2.1	0.6	1.2	1.8	1	2	3	1	2	3

MANUAL

P1

P2

P3

P4

=====
>SPEED

▂▂▂▂▂▂▂▂▂▂
>SPEED

▂▂▂▂▂▂▂▂▂▂
>SPEED

▂▂▂▂▂▂▂▂▂▂
>INCLINE

▂▂▂▂▂▂▂▂▂▂
>INCLINE

Read the following carefully before using your treadmill

- ◆ Always stretch your muscles before commencing the exercise program. Warm up slowly by walking at a slow speed. Increase workout intensity gradually until you reach your desired workout pace. Decrease workout intensity gradually to an easy walk. Allow your heart rate to decrease to a normal situation.
- ◆ When starting the treadmill, always stand with both feet on the step on the side rails.
- ◆ When finishing, allow the running belt to slow down and come to a complete stop before stepping off.
- ◆ Wear comfortable nonrestrictive clothing when using the treadmill. Never wear anything loose, such as baggy sweat pants, necklaces, loose socks or jewelry. Never drape towels on or around the treadmill during use.
- ◆ Always use the handrail when stepping on or off the treadmill and when changing incline or speed.
- ◆ This treadmill is equipped with a safety key – Always clip the cord attached to the safety key to a part of your clothing so the safety key will properly detach from the computer console, therefore stopping the treadmill.
- ◆ Wear running or walking shoes with high traction soles. To avoid injury and unnecessary wear on your treadmill, be sure your shoes are free of any debris such as gravel or small rocks.

WARNING

If you feel dizzy, nausea, chest pain or other abnormal symptoms, **STOP** immediately. Consult a physician before continuing use.

Before completing an exercise session always

1. Allow time to slow your pace, cool down, reduce your heart rate to a normal level before completing your workout.
2. Grasp the handlebars and press the speed “▼” button. Slow your pace to an easy walk.
3. Ensure the running belt has come to a complete stop before exiting the treadmill.

WARNING

Turn off and unplug the treadmill before proceeding with any maintenance or visual inspections. Failure to do so may result in serious injury.

NOTE: Failure to perform this required periodic and preventative maintenance can void your warranty.

At the end of every exercise session always

1. Remove the safety key from the console.
2. Use the master power switch to turn the treadmill off. The master power switch is located on the right-hand side of the frame, next to the electrical cord.
3. Always position and store the electrical cord where it is clear of all pathways.
4. Unplug the electrical cord from the outlet. This is especially important if you are not going to use your treadmill for extended time period.
5. Wipe all treadmill surfaces with a dry cloth or towel especially perspiration on the handlebars, control panel, running belt or any other treadmill components.

MAINTENANCE

General cleaning

1. Before proceeding, ensure that the treadmill power is off and that it is unplugged from the electrical outlet.
2. Remove dust, use a small vacuum nozzle to carefully vacuum around all visual components.
3. To remove film or dirt use a slightly damp rag with a mild cleaning agent only.
4. Be careful not to immerse any treadmill components with any liquids.

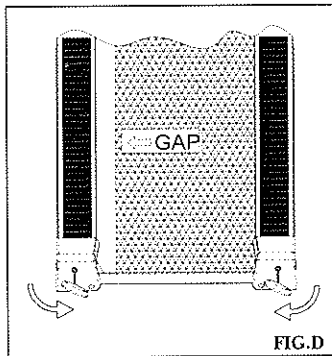
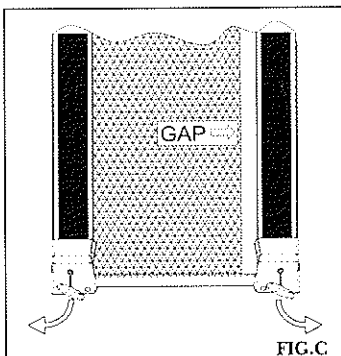
Cleaning and inspecting the running belt

Turn off the power and unplug from the electrical outlet. Carefully position the treadmill on its side. Use a damp cloth to wipe off the inside of the running belt. Carefully rotate the running belt by hand to clean the entire inside surface. Return treadmill to its upright position. If running belt edge is frayed, check the running belts alignment. If seams are splitting, call your retailer or nearest authorized service center.

Aligning the running belt

Ensure the running belt is centered on your treadmill at all times. Running style and a non-level surface are two instances that may cause the belt to drift off center. Minor adjustments to the two bolts at the rear of the treadmill are necessary when the belt has drifted off center.

1. Press **"START"** to begin running belt, then increase the treadmill's speed to 5 km/h (3mph).
2. Stand at the rear of the treadmill to determine which direction the belt is drifting.
3. If the belt drifts to the left, turn the left adjustment bolt with #6 wrench a 1/4 of a turn clockwise. (FIG. C)
4. If the belt drifts to the right, turn the right adjustment bolt with #6 wrench a 1/4 of a turn clockwise. (FIG. D)
5. Observe the tracking of the belt for about 30 seconds. Repeat previous steps if needed.



Inspecting fasteners and cables

Check that all fasteners are properly tightened and all cables are securely in place. To avoid damaging fasteners do not over tighten.

Storage

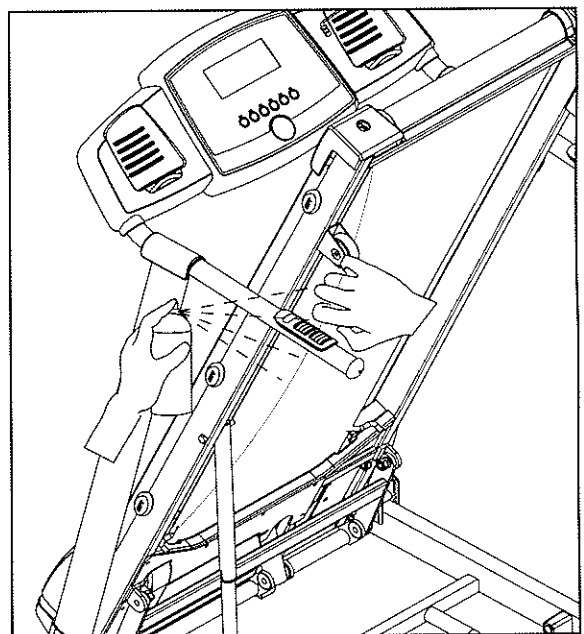
Store your treadmill in a clean and dry environment. Ensure the master power switch is off and is unplugged from the electrical outlet.

Moving

The treadmill has been designed and equipped with wheels for easy mobility. Before moving, ensure the master power switch is in the "OFF" position and the power cord is unplugged. Lift the base frame of the treadmill and then roll the treadmill to the desired position.

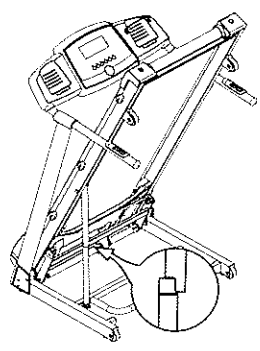
Running belt lubrication

When you feel the noise of the running belt is louder, please use the silicon spray on the running belt. It is easy and quick. Before proceeding, ensure the treadmill power is off and unplugged. Loosen the running belt and then spray the silicon on the inner side of the running belt. Please see illustration. After spraying, please align the running belt and adjust the running belt tension.

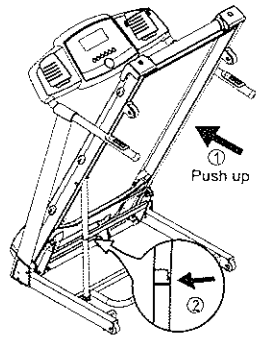


MAINTENANCE

Folding/unfolding (Soft drop function)

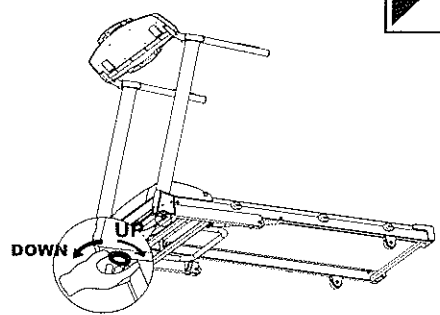


Fold up:
After the workout session, you can fold the treadmill to the upright position. Lift up the rear end of the treadmill until the upper and lower strut tube lock (click) into position.



Release:
You can release the treadmill from the upright position.
1. Push the frame by hand.
2. Push (click) upper and lower strut tube with your foot.
3. Lower the treadmill by hand and it will drop automatically without any support.

Horizontal adjustment



To stabilize the treadmill on the floor, you can adjust the two screws located under the front of the base frame.
1. Lift the machine on one side and then turn the screw under the front of the base frame.
2. Turn the screws clockwise to make it screw up.
3. Turn the screw counterclockwise to make it screw down.

Trouble shooting with error codes

The electronics are continuously running self checks. If it finds an irregularity, the console will display an "Error" code and stop the normal operation of the treadmill for safety purposes.

Error Code	Trouble shooting
Er1	Speed sensor error : 1. Please check if there is anything stuck inside. 2. Please check if the speed sensor is loose or defective. 3. Please contact your after-service center.
Er2	Motor connection error : 1. Please check cable connection to motor are not loose or damaged. 2. Please contact your after-service center.
Er3	PCB panel control board and MCB motor control board connection error : 1. Please check all cables connected to the console PCB and motor controller MCB are not loose or damaged. 2. Please contact your after-service center.
Er4	Controller protection error : Please contact your after-service center.
Er5	Motor protection error : Please contact your after-service center
Er6	Motor controller (MCB) protection error : Please contact your after-service center
Er7	Incline error (only MI155) : Please contact your after-service center
Er8	HRC program error (only MI155) : 1. Please make sure that the hands are placed on the hand pulse grips or the chest strap is worn. (Chest strap is an optional function.) 2. Please check if the wiring of the hand pulses are not loose or damaged. 3. Please contact your after-service center.

PLEASE REMOVE THE SAFETY KEY AND TURN OFF THE POWER SWITCH. THEN TURN THE POWER SWITCH BACK ONTO SEE IF THE ERROR CODE HAS CLEARED IF THERE IS STILL AN ERROR CODE PLEASE CONTACT YOUR AFTER-SERVICE CENTER.