



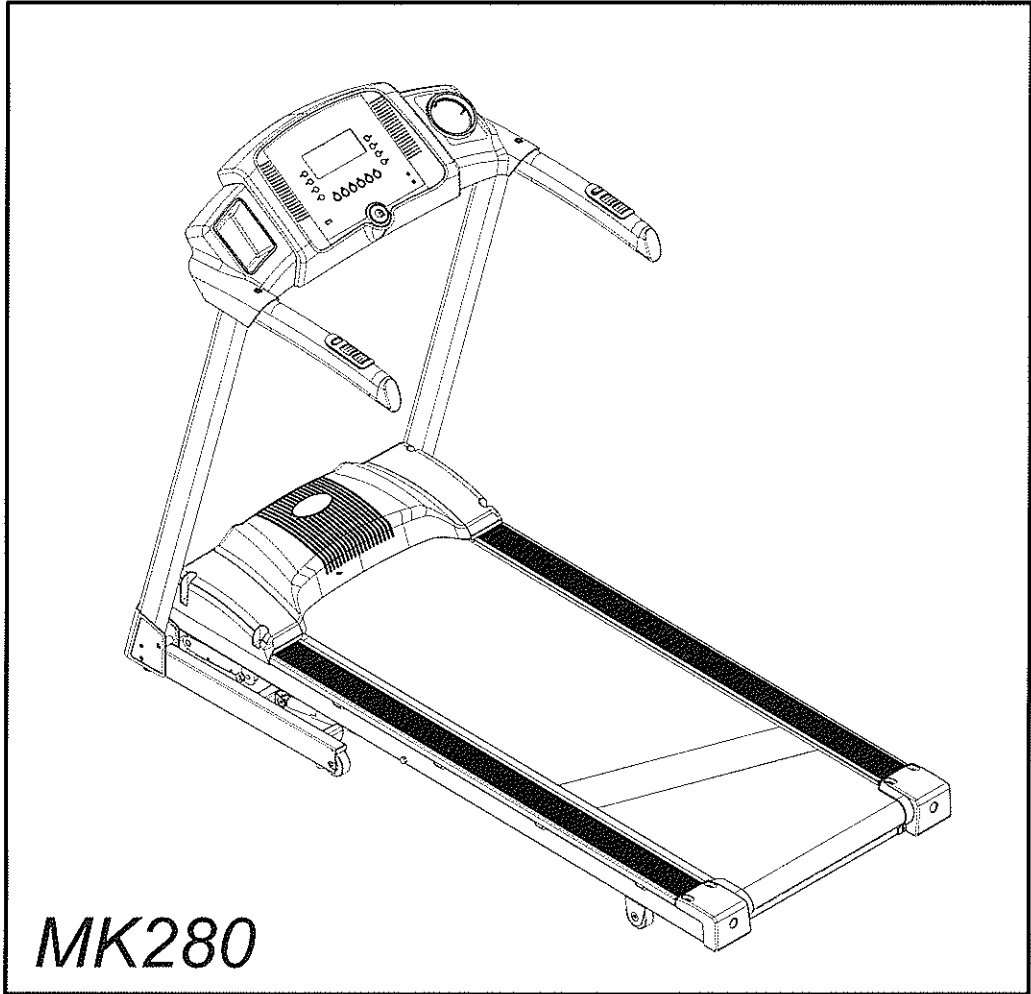
LA  FITNESS

# **MK** *series*

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**MOTORIZED TREADMILL MANUAL**

# Table Of Contents



Congratulations on the purchase of your new motorized treadmill. To help ensuring 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

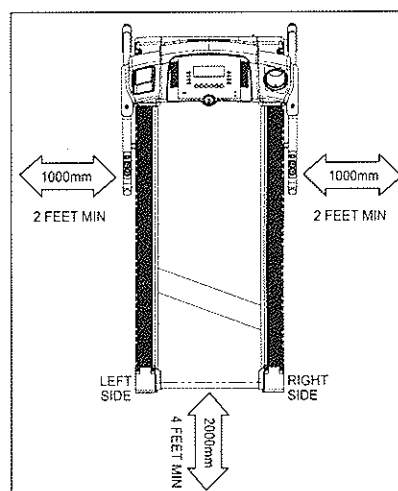
- To reduce the risk of electric shock, always unplug this appliance from the electrical outlet immediately after using and before cleaning.

- ◆ Use this appliance only for its intended uses as described in this manual. Do not use attachment not recommended by the manufacturer.
- ◆ To disconnect, turn all controls to the off position, then remove plug from outlet.
- ◆ Connect this appliance to proper grounding outlet only. See Grounding Instructions.
- ◆ The appliance is intended for household use.
- ◆ When you are not going to use your treadmill, or when finishing, please remove the safety key from the console then always position the safety key where the children can not reach.
- ◆ Do not use outdoors.
- ◆ Always unplug the treadmill from the electrical outlet immediately after using and before cleaning, assembling or servicing.
- ◆ Never leave the treadmill unattended when plugged in. Disconnect by turning off the master power switch and unplugging from outlet.
- ◆ Never operate this treadmill if it has a damaged cord or plug is not working properly, if it has been dropped or 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 this treadmill is 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 object into any opening.
- ◆ Before using the treadmill, always warm up your muscles to prevent the exercise injury.

- ◆ Please unplug the electrical cord from the electrical outlet, and always prevent the children from danger because of careless touching.
- ◆ Keep electric cord away from heated surfaces.
- ◆ Keep hands clear of all moving parts. Never place hands or feet under the treadmill.
- ◆ Before each use, check that the running belt is aligned and centered on the treadmill bed and all visible fasteners on the treadmill are sufficiently tightened and secured.
- ◆ Keep the treadmill on a solid, level surface with sides at least two feet from any walls. Be sure the area around the treadmill remains clear during use and has adequate clearance.

### NOTE:

Failure to follow these instructions may lead to personal injury and cause damage to the treadmill. To reduce the risk of burns, fire, electric shock, please keep the following in mind:



# ELECTRICAL GROUNDING INSTRUCTIONS

This product must be grounded. If it malfunctions or breaks down, grounding provides a path of least resistance for electric current to reduce the risk of electric 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 electric 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 individual power source strictly, and can not use the same power supply with another equipment.

## Warning

Never use extension cords between the treadmill and wall outlet.

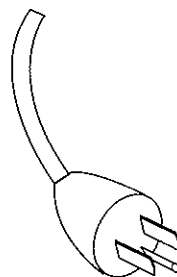
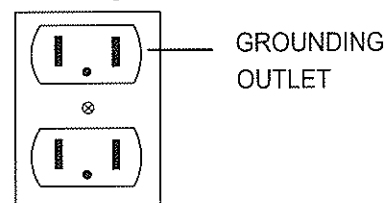


Figure  
Grounding methods



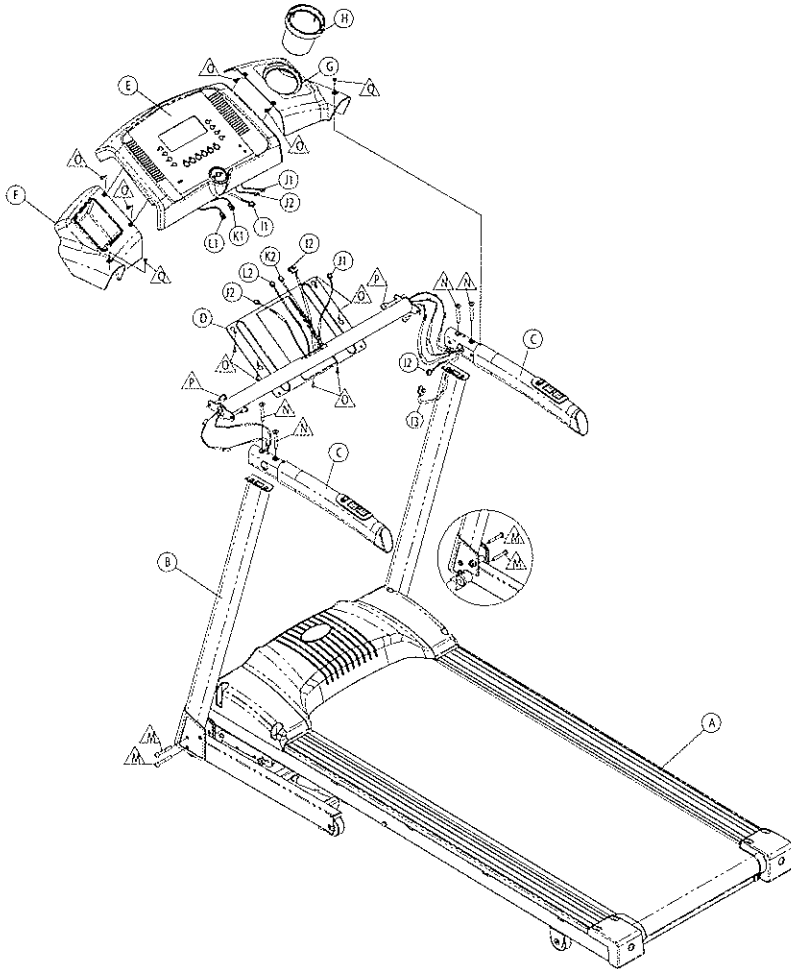
# MK280 ASSEMBLY INSTRUCTION

## 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.

This treadmill is shipped with all parts and tools necessary for assembly. Please read this entire manual thoroughly before assembling. We recommend assembling the treadmill on the shipping carton. Ensure the floor is solid, level and clean.

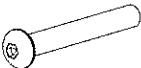



## Parts



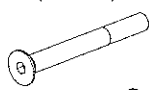



- A: Frame
- B: Support handle
- C: Handlebar
- D: Console bracket
- E: Console
- F: Water bottle holder (L)
- G: Water bottle holder (R)
- H: Water bottle
- I1: PCB cable
- I2: PCB cable
- I3: PCB cable
- J1: Hand pulse cable
- J2: Hand pulse cable
- K1: Speed contro harness
- K2: Speed contro harness
- L1: Incline control harness
- L2: Incline control harness
- M: Base frame screws
- N: Handlebar screws
- O: Console screws
- P/Q: Screw for console position adjustment

## Hardware tool

### Screw attached on machine

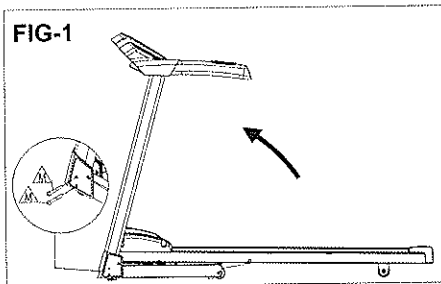
|   |  |   |  |
|---|--|---|--|
| M8*40L (4PCS)<br><br>(M) Screw | M4*10L (10PCS)<br><br>(O) Screw | M8*15L (4PCS)<br><br>(P) Screw | #8*5/8L (2PCS)<br><br>(Q) Screw |
|---|--|---|--|

### Screw packed by poly bag

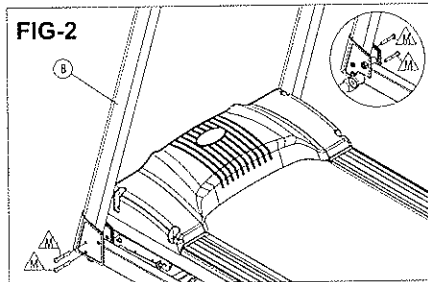
|   |   |   |  |
|---|---|---|--|
| M8*70L (4PCS)<br><br>(N) Screw | Wrench M5 (1PCS)<br> | Wrench M6 (1PCS)<br> | Wrench (1PCS)<br> |
|---|---|---|--|

# MK280 ASSEMBLY INSTRUCTION

## STEP 1: HANDLEBAR SUPPORT POST ASSEMBLY

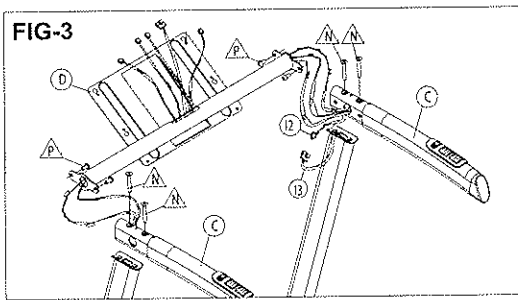


1. Remove screw and nut from both right/left sides of base frame.
2. Stand up the support post and handle bar. (FIG-1)

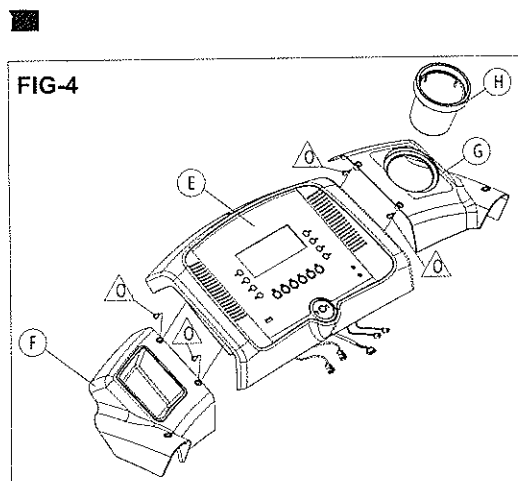


3. Attach screw and nut back to both right/left sides of base frame and tighten the screws.
4. Attach right base cover on base frame and tighten with screw . Repeat the same step on the left side.

## STEP 2: HANDLEBAR ASSEMBLY



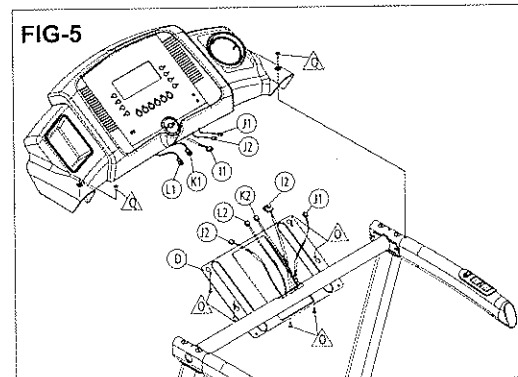
1. Adjust the handlebars so they are fit properly on the handlebar posts. Secure the right/left handle bar on the support post by tightening the screws . (FIG-4)
2. Rotate the console tube to have console bracket on proper position.



1. Take off screws fixed on bracket. ( FIG-4 )
2. Hold console on console tube as illustration. ( FIG-5 )
3. Connect PCB cables . ( FIG-5 )
4. Connect hand pulse cables . ( FIG-5 )
5. Connect Incline Control Harness . ( FIG-5 )

**Note:** Insert excess wire harness into right side of console tube.

6. Fix console on bracket by tightening 4 screws .

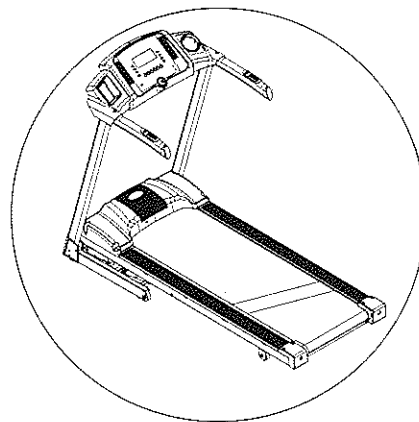


**Warning:**  
Make sure all the cables/wires are not pinched when the console screws are tightened.

# MK280 CONSOLE OPERATION

## Introduction

The treadmill has one manual function and 5 preset programs(P1~P5). Each preset program has 3 different levels for user to chose. While running with preset programs, the treadmill automatically changes speed or incline. However you can still change speed and incline manually at any time you desire. Before starting the treadmill, ensure the main power switch, which is located at the front side of machine, is in the "ON" position.



## 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 "START" to begin "Manual Mode."

## Program Operation

While turn on power and safety key is inserted, the monitor starts with "beep" and then display 0:00 on all separate LCD windows.

P1~P2:Speed program.  
P3~P4:Incline program.  
P5:HRC program.

### Select speed or incline program (P1~P4)

1. Select Program: Press  $\wedge$   $\vee$  arrows to chose Programs P1~P5. Then press Mode button.
2. Set Level: Press  $\wedge$   $\vee$  arrows to chose workout level you desire. Then press Mode button.
3. Set Time: Chose how long you want to work out by pressing  $\wedge$   $\vee$  arrows. All programs will default to 30 minutes if no adjustments are made. Once complete, press "start" button to begin workout.

### Select HRC program

1. Select program: Press speed " $\wedge$ " or " $\vee$ " to scroll through the program until P5 is shown on the display. Then press "Mode" button.
2. Select Age: Press speed " $\wedge$ " or " $\vee$ " to enter the user age. Then press "Mode" button.
3. Set Target Heart Rate: Press speed " $\wedge$ " or " $\vee$ " to set the target heart rate. Then press "Mode". After a warm-up period, the program will automatically adjust the speed to maintain the Target Heart Rate (Range From 60~180 bpm).
4. Set Target Max.Speed: Press speed " $\wedge$ " or " $\vee$ " to set the target max. speed. The speed will not increase over than max. speed even though pulse is not reach target heart rate yet.
5. Enter Program Time: Press speed " $\wedge$ " or " $\vee$ " to enter the program workout time. Then press the "Start" button.

# MK280 CONSOLE OPERATION

## Program Operation

### THE PAUSE FUNCTION

Pause the treadmill at any time during operation by pressing "STOP" button once. Resume treadmill operation by pressing the "START" button.

### THE RESET FUNCTION

Reset workout program and time by holding "STOP" button for few seconds until the program window displays "0.00". Repeat the above steps to reset desired programs, level and workout time.

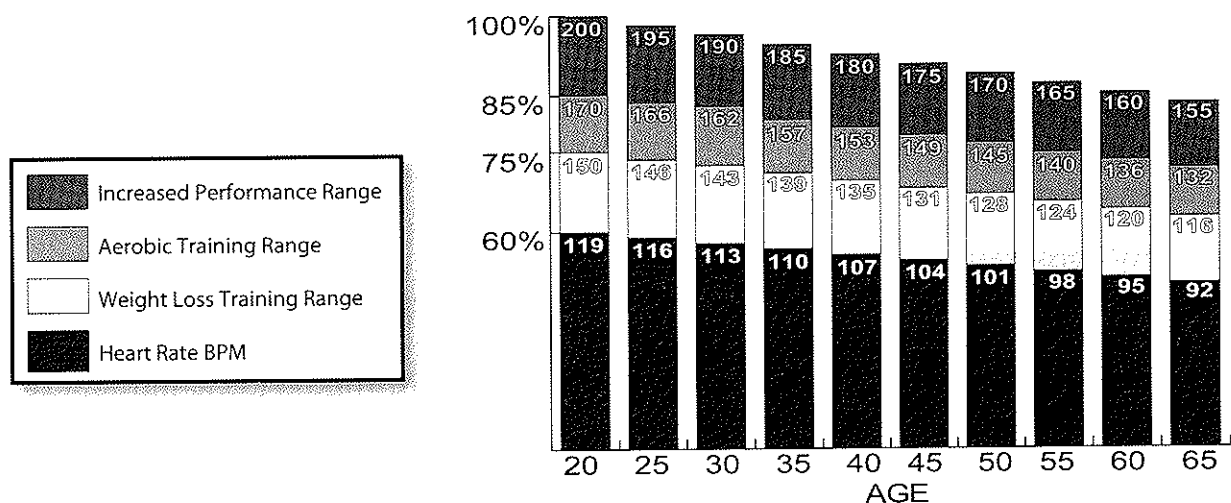
### Notes:

- 1) After press "START", there is a warming period for first 3 minutes at incline level 5 and speed 3km/hr (2ml/hr).
- 2) After warming up, the program compares actual heart rate and target heart rate every 12-15 seconds.
- 3) If the actual heart rate is less than target heart rate, speed will be increased by 0.2km/hr (0.2ml/hr) every time and incline will be increased by 1 once changing speed by 5 times. If the actual heart rate is greater than target heart rate, speed will be decreased by 0.2km/hr (0.2ml/hr) every time and incline will be decreased by 1 once changing speed by 5 times.
- 4) If the speed is increased up to max. target speed, then speed can not be increased anymore even though the actual heart rate is still less than target heart rate.
- 5) If it does not read heart rate signal from user in 30 seconds after warming up period, the treadmill stops into run-end mode.

## Heart Rate Mode

**TARGET HEART RATE PROGRAM-** This program automatically modifies the speed and incline to maintain a preset target heart rate. This target is established in the setup process. The chart on this owners manual should be used to determine the appropriate target heart rate. To set up the target heart rate program, you will need to enter the workout time, your age, and your target heart rate.

### TARGET HEART RATE CHART



**WIRELESS HEART RATE CHEST STRAP (Optional):** The most accurate way to read your heart rate is by using a wireless heart rate transmitter. Prior to wearing the strap, moisten the two contact pads with several drops of water and spread the water over the pads with your finger. When you put on the strap, center the transmitter strap just below the breast or pectoral muscles, directly over your sternum. Adjust the elastic strap so the belt fits snugly and stays in place.

# MK280 CONSOLE OPERATION

## Button Description

### Start/Stop:

This will start the treadmill and this will stop the treadmill. There will also be an emergency stop switch. (Safety Key)

### Mode:

This will accept programs/level selection. And this will switch display LAP. or Pulse on data window during exercise.

### Speed ▲ :

This will select program/level in setting mode before starting. This will increase the speed in 0.1 km/h(0.1ml/h)

### Speed ▼ :

This will select program/level in setting mode before starting. This will decrease the speed in 0.1 km/h(0.1ml/h)

### Incline▲ :

This will select program/level in setting mode before starting. This will increase the elevation in 1 increment.

### Incline▼ :

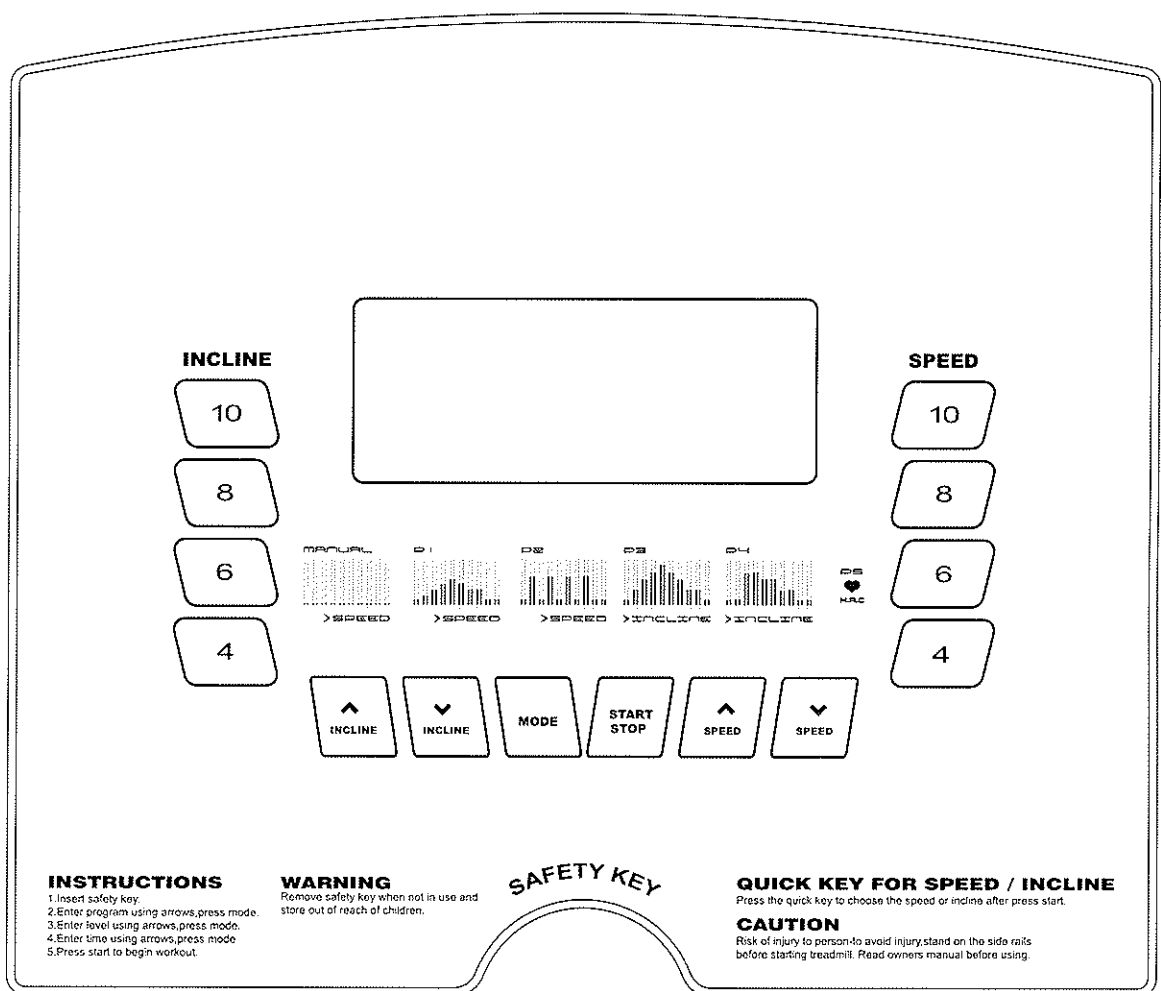
This will select program/level in setting mode before starting. This will decrease the elevation in 1 increment.

## Display

The console is with one large LCD blue backlight with 5 separate windows for data.

### Data:

Time: 88:88  
Distance: 88:88  
Speed: 88:8  
Cal. / Incline : 8888  
Lap /Pulse: 888

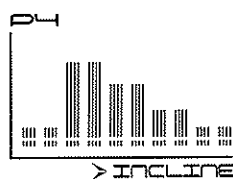
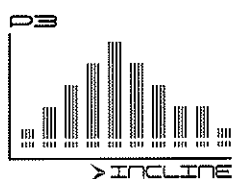
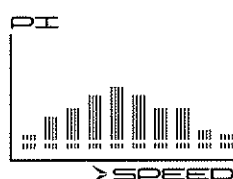


# MK280 PRESET PROGRAM

Under preset programs, the preset workout time is 30 minutes. You can adjust the workout time while in program setup mode.

| KM/hr | 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  |

| ML/hr | 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  |



## Read carefully the following before using your treadmill

- ◆ Always stretch your muscles before 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, allowing your heart rate to decrease to normal situation.
- ◆ When start the treadmill, always stand with both feet on the step-on 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, neckties, 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 stop 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 and 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 the required periodic and preventative maintenance can void your warranty.

## At the end of every exercise session always

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

# MAINTENANCE

## General Cleaning

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

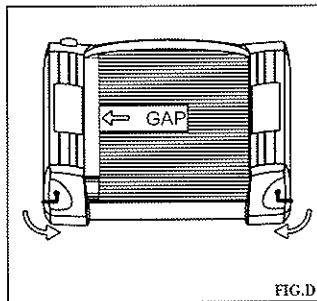
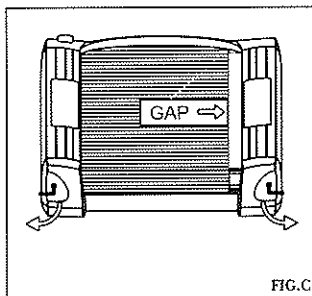
## Cleaning and inspecting the running belt

Turn off the power and unplug from 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 face. Return treadmill to its upright position. If running belt edges are frayed, check the running belt 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/hr (3 ml/hr).
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 wrench # 6 one-quarter of a turn clockwise. (See FIG.C)
4. If the belt drifts to the right, turn the right adjustment bolt with wrench # 6 one-quarter of a turn clockwise. (See FIG.D)
5. Observe the tracking of the belt for about 30 seconds. Repeat step 3, 4 and 5 if needed.



## Inspecting Fasteners and Cable

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

## Storage

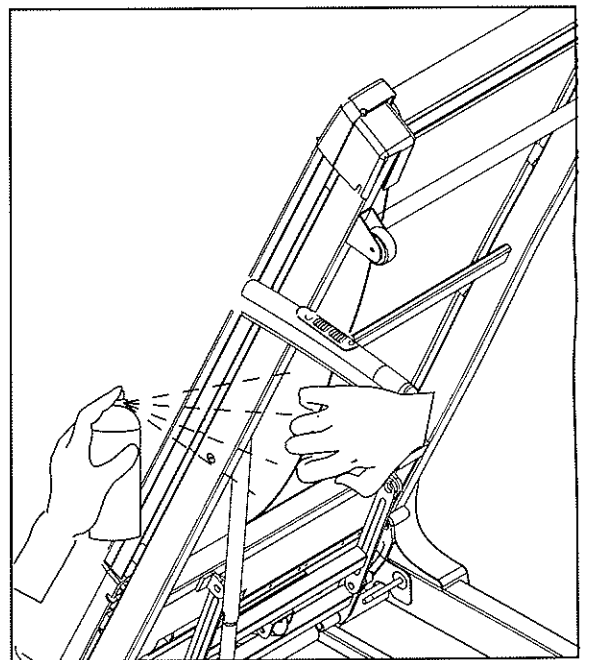
Store your treadmill in a clean and dry environment. Ensure the master power switch is off and is unplugged from the electrical outlet.

## 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 from the electrical outlet. Lift the base frame of the treadmill and then roll the treadmill to the desired position.

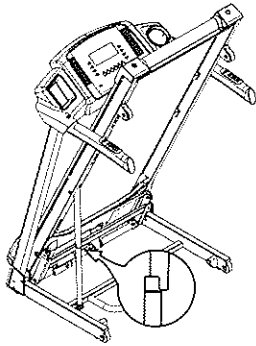
## Running Belt Lubrication

When you feel the noise of running belt is louder, please use silicone fluid spray on running belt. It is easy and quick. Before proceeding, ensure the treadmill power is off and unplugged. Fold up the treadmill to upright position. Loosen the running belt and then spray silicone on the inner side of running belt from both sides. Ensure spraying entire running belt. Please see illustration. After spraying, please align the running belt and adjust the running belt tension.



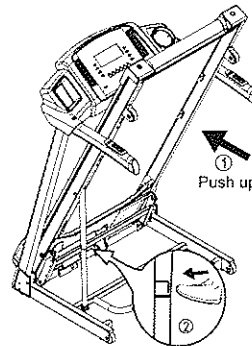
# MAINTENANCE

## 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 folding tube and lower folding tube are not in concentric position. Upper tube and lower tube are not in concentric position for safety lock.



### Release

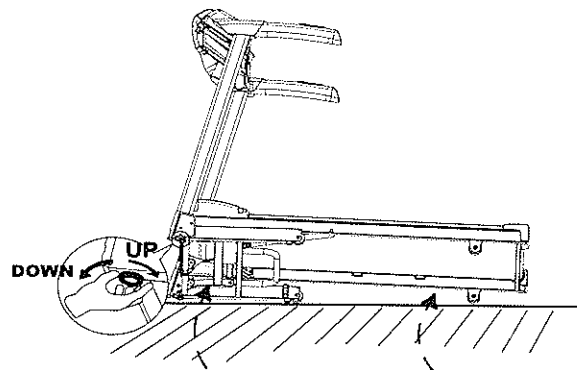
You can release the treadmill from the upright position.

1. Push up the frame by hands.
2. Kick the lock tube.
3. Lower the treadmill by hands and it will drop automatically without hand support.

## Horizontal Adjustment

To fit machine on floor stable, you can adjust the 2 screws located under the front of base frame.

1. Lift the machine on one side and then turn the screw under the front of base frame.
2. Turn the screw clockwise to make the screw up.
3. Turn the screw counterclockwise to make the screw down.



## Trouble shooting with Error codes

Electronics continuously runs a self check. If it finds an irregularity, the electronic console will display an error code and stop normal operation for safety.

| Error Code | Trouble shooting   |
|------------|--|
| <b>Er1</b> | Speed sensor error<br>1) Please check if there is anything stuck inside. 2) Please check if the speed sensor is loose or defective.<br>3) Please contact after service center.   |
| <b>Er2</b> | Motor connection error<br>1) Please check the cables connected to motor are loose or not.<br>2) Please contact service center.   |
| <b>Er3</b> | PC controller and motor controller connection error<br>1) Please check if all cables connected to console and motor controller (MCB) are loose or damaged.<br>2) Please contact service center.                                    |
| <b>Er4</b> | Controller protection error<br>Please contact service center.  |
| <b>Er5</b> | Motor protection error<br>Please contact service center.   |
| <b>Er6</b> | Motor controller (MCB) protection error<br>Please contact service center.  |
| <b>Er7</b> | Incline error<br>Please contact service center.  |
| <b>Er8</b> | HRC program error<br>1) Please make sure the user grips on both hand pulse grips or wears chest strap. (Chest strap is optional function.)<br>2) Please check if hand pulse cables are loose.<br>3) Please contact service center. |

Please take off safety key and turn off the power switch. Try again to turn on power switch to see if the error goes away.

If there is still any error, please contact retailer store for service.