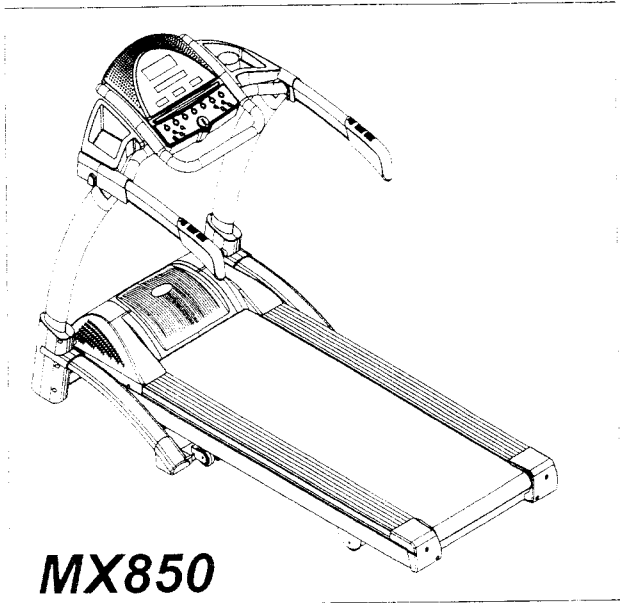
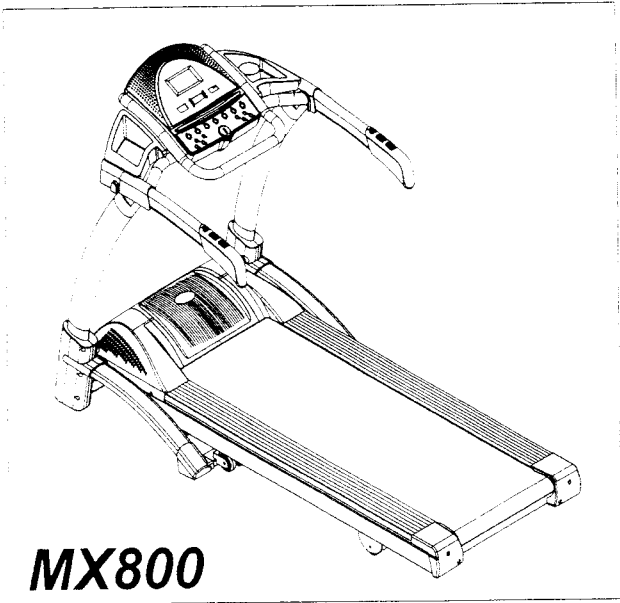

MOTORIZED TREADMILL MANUAL

MX 8 series



Table Of Contents



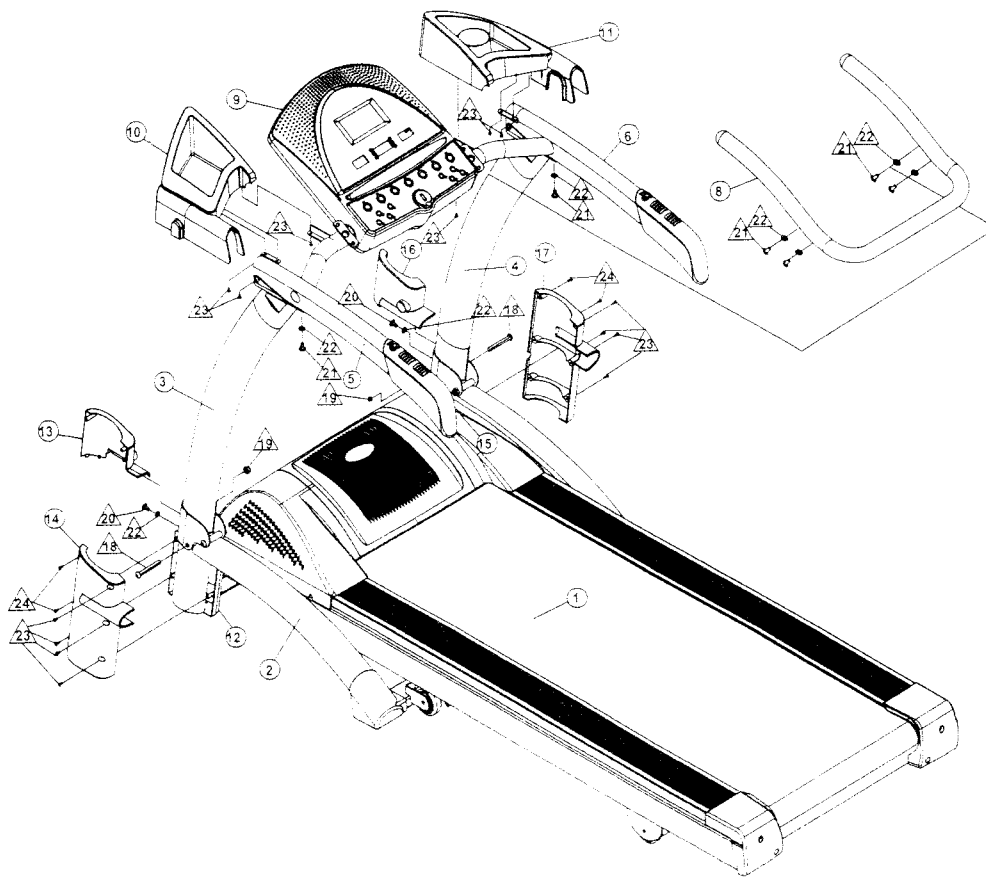
Congratulations on the purchase of your new motorized treadmill. To help ensure the enjoyable and trouble-free operation of your new treadmill, we strongly suggest you read this manual carefully and follow its recommendations.

■ <i>Important Safety Instruction</i>	1	■ <i>Preset Program</i>	9
■ <i>Assembly Instruction</i>	2	■ <i>Utilization</i>	12
■ <i>CONSOLE OPERATION</i>	4	■ <i>Maintenance</i>	13

MX800/MX850 ASSEMBLY INSTRUCTION

Since your treadmill is a heavy piece of equipment, we recommend that 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 for you to pick up the treadmill over the sides of the box.

Prior to starting the assembly process take all of the parts out of the box, remove all plastic bags, and 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 handlebars and the display window.



Parts

- ① Frame
- ② Base frame
- ③ Support handle-Left
- ④ Support handle-Right
- ⑤ Handlebar-Left
- ⑥ Handlebar-Right
- ⑦ Console bracket
- ⑧ Handle rail
- ⑨ Console
- ⑩ Rack-Left
- ⑪ Rack-Right
- ⑫ Base frame cover-Left
- ⑬ Base frame cover-Left
- ⑭ Base frame cover-Left
- ⑮ Base frame cover-Right
- ⑯ Base frame cover-Right
- ⑰ Base frame cover-Right

Hardware \ tool

Screws Already in Place on the Treadmill

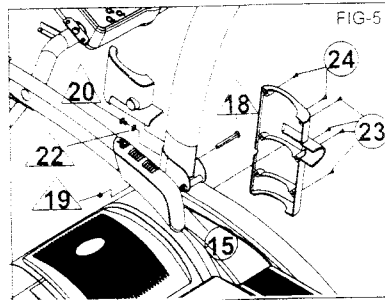
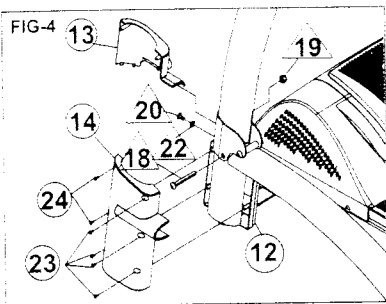
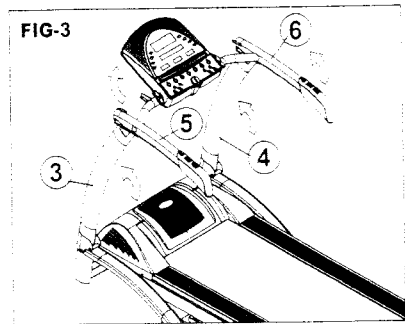
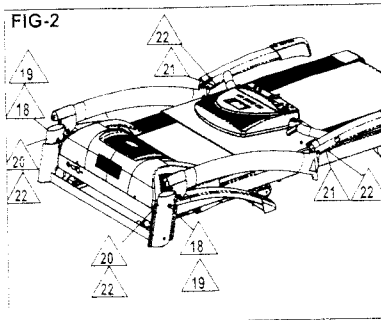
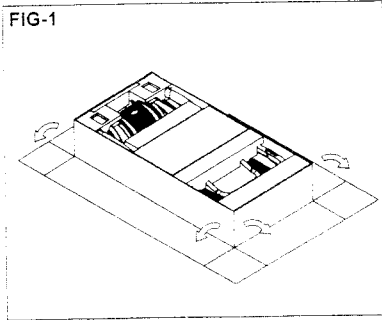
M10*75L(2PCS) SCREWS 18	M10*10t(2PCS) nylon nut 19	M8*15L(6PCS) SCREWS 20	M8*20L(6PCS) SCREWS 21	M8(12PCS) 22 washer	M4*10L(14PCS) SCREWS 23
#8*5/8"L(4PCS) SCREWS 24					

Tool

(1PCS) 25 T Handle Wrench	(1PCS) 26 Wrench-6mm	(1PCS) 27 Triangle screw driver	(1PCS) 28 Wrench
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MX800/MX850 ASSEMBLY INSTRUCTION

Step 1: Handlebars assembly

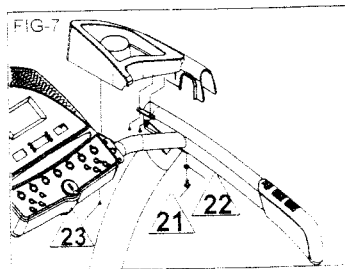
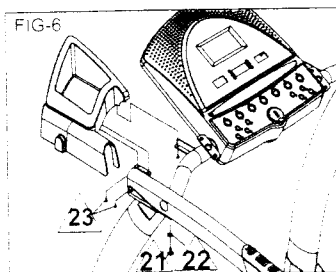


1. Flat the shipping box and take out packing material, Styrofoam, parts, screw bag and manual etc. from box.(FIG 1)
2. Remove screws/washers 18, 19, 20, 22 from base frame and screws/washers 21, 22 from Right/Left handle bar (FIG 2)
3. Upright the completed support handles and handlebars. Pls set up handle bar ⑤ ⑥ with supporting handle ③ ④ by attached 21, 22 screw and washer and fix it.(FIG 3)
4. Attach and tighten screw 18 and nut 19 on left support handle. Attach and tighten screw 20 and washer 22 on right support handle. Repeat the same on right side.(FIG 4)
5. Attach base frame covers 13 and 14 to match cover 12 on left base frame and then tighten with screws 23, 24. (FIG 4)
6. Repeat the same on right side for base frame covers 15, 16, 17. (FIG 5)

Warning:

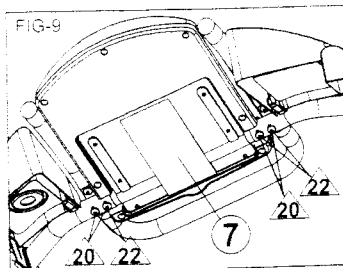
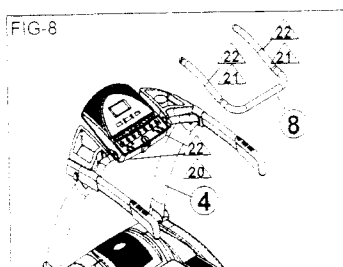
1. Be careful to avoid machine tilt or getting hurt.
2. Do not have the wire harness(inside of handlebars) get pinched.

Step 2: Racks assembly



1. Attach and tighten screw and washer 21, 22 on right/left handlebars.
2. Attach left rack 10 on left handlebar and tighten with screws 23.
3. Repeat the same on right side for right rack assembly.

Step 3: Complete assembly



1. Attach handle rail on handlebar and then tighten with screws/washers 21, 22. (FIG 8)
2. Adjust console bracket 7 and console to a proper position and then tighten the 4 pcs of screws 20, 22 underneath of handlebar. (FIG 9)

MX800 CONSOLE OPERATION

Buttons and Windows

Incline up:

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

Incline down:

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

SPEED up:

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

SPEED down:

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

ENTER:

This will set-up each program. into every step.

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 data on data window during exercise.

Quick keys for speed /incline:

Quick keys for incline: 4,6,8,10

Quick keys for speed: 4,6,8,10(km/hr)

If the light under each button is flashing, it means to use that button for next setup process.

There are 1 LCD window and 3 LED windows.

1)WIN0(Incline) window: shows level of incline

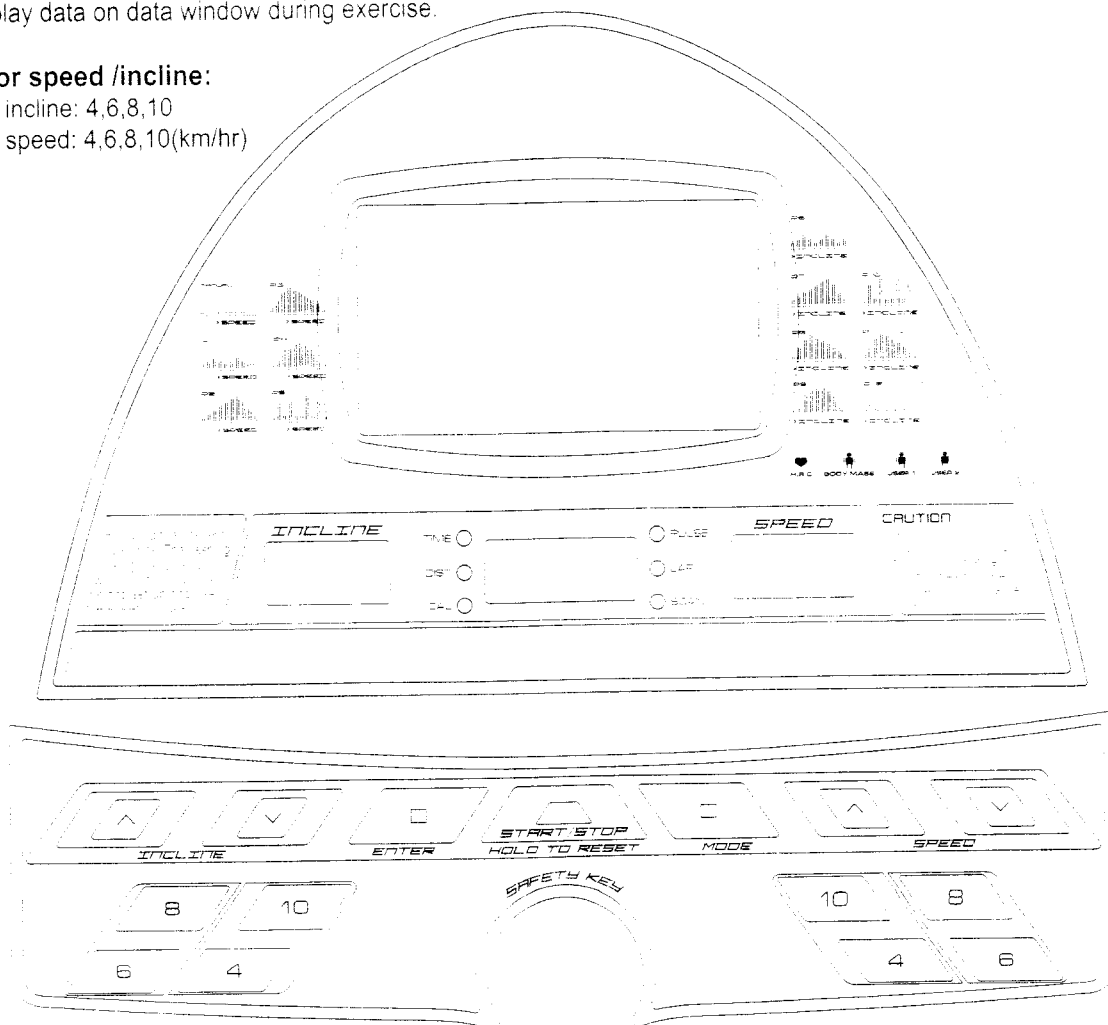
2)WIN1:shows Time, Distance, Calories, Pulse, Lap, Scan

3)WIN2(Speed) window: shows speed

Handlebar toggle for incline and speed adjustment

1. **Left:** for incline adjustment. Increase or decrease by 1 every time.

2. **Right:** for speed adjustment. Increase or decrease by 0.1 km/hr every time.



MX850 CONSOLE OPERATION

Buttons and Windows

Incline up:

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

Incline down:

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

SPEED up:

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

SPEED down:

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

ENTER:

This will set-up each program. into every step.

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 data on data window during exercise.

Quick keys for speed /incline:

Quick keys for incline: 4,6,8,10

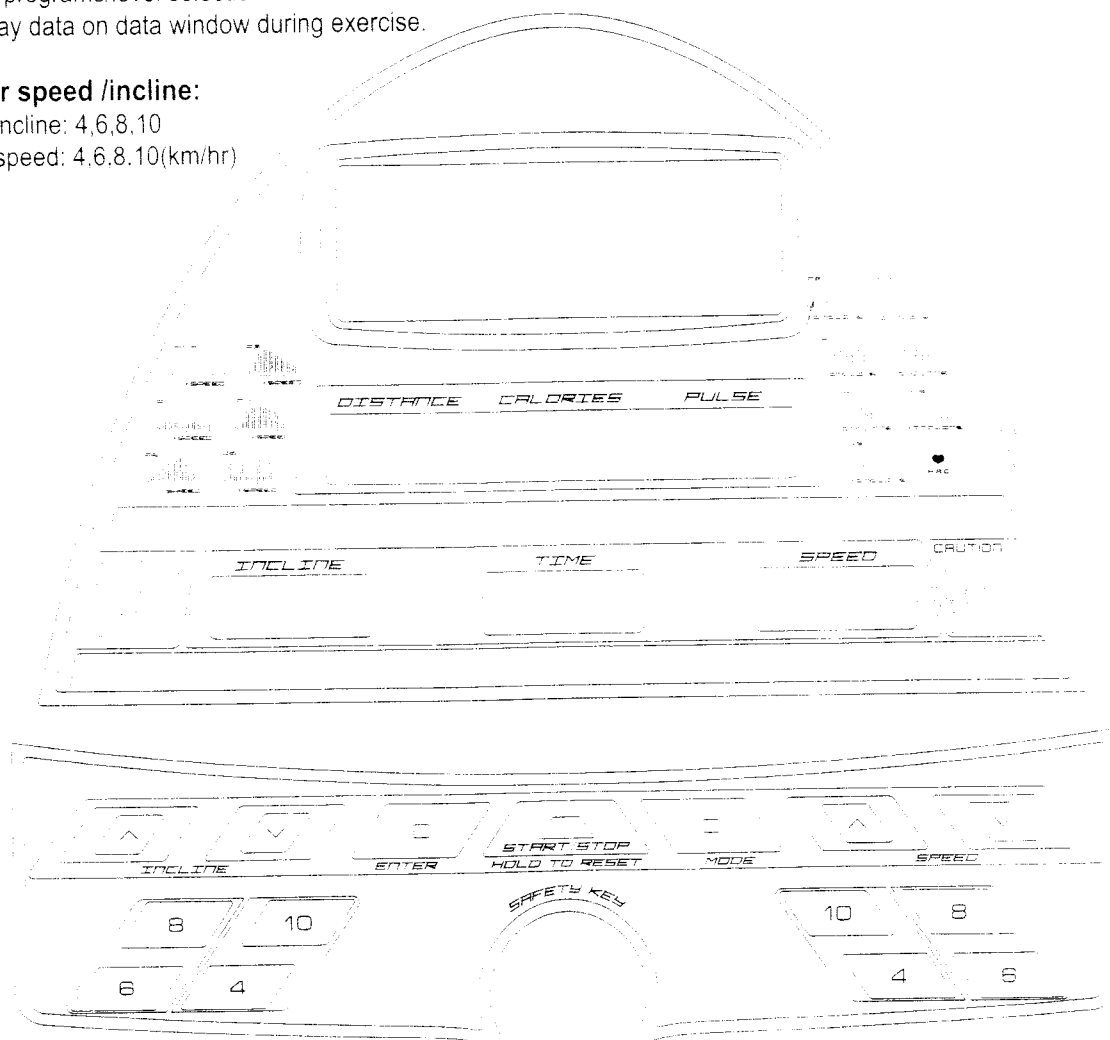
Quick keys for speed: 4,6,8,10(km/hr)

If the light under each button is flashing, it means to use that button for next setup process.

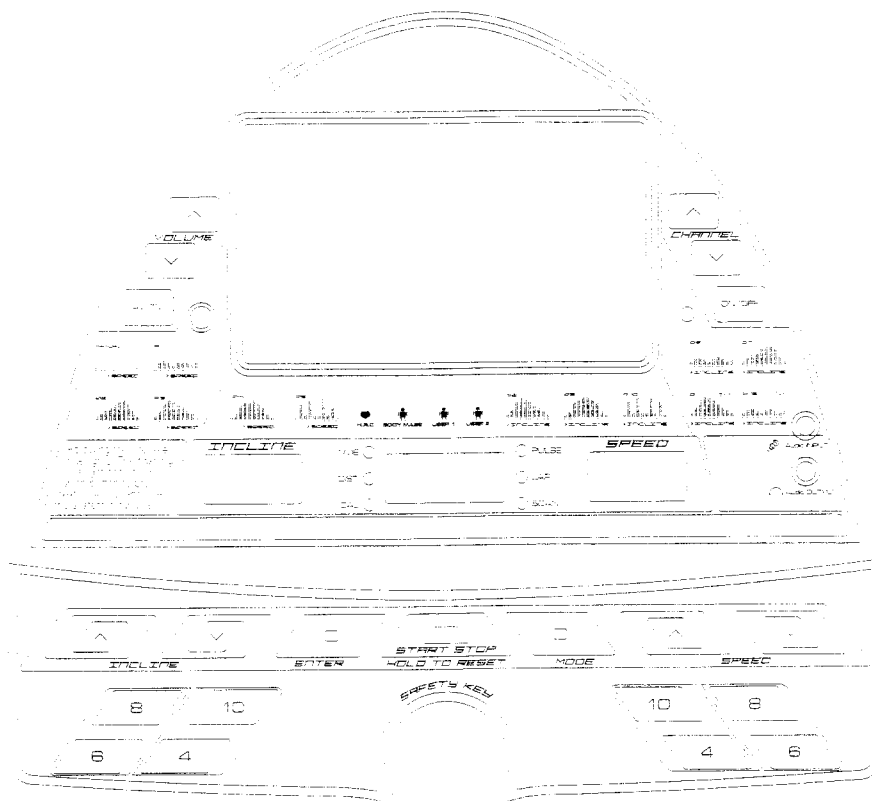
There are 4 LED windows and 12 Alpha numeric display.

Handlebar toggle for incline and speed adjustment

1. **Left:** for incline adjustment. Increase or decrease by 1 every time.
2. **Right:** for speed adjustment. Increase or decrease by 0.1 km/hr every time.



TFT-LCD TV CONSOLE OPERATION



Button function:

Button	Function
POWER ON/OFF	Press to power on or power off TV display.
AV/TV	1. Press to select TV/Video/MP3 Function. TV-AV-MP3 2. Hold for 3~4 seconds: enter into "MENU" to setup screen.
CH+ CH-	1. In TV mode: Press to select channel. 2. In MENU mode: Press to select item to set up.
VOL+ VOL -	1. In TV/Vedio/MP3 mode: Press to adjust volume. 2. In MENU mode: Press to adjust the value of each item.

MENU Mode: Allowing user to adjust the value of Brightness, Contrast, Color and Tint.

1. Hold "MODE" for 3~4 seconds into "MENU" model. Using button CH+ and CH- to select the item you like to set up.
2. Using button VOL+ and VOL- to adjust value of each item as below.

Item	Description
BRIGHTNESS	Adjust BRIGHTNESS. 0 ~ 63
CONTRAST	Adjust CONTRAST. 0 ~ 63
SHARP	Adjust SHARP. 0 ~ 7
COLOR	Adjust COLOR. 0 ~ 63
TINT	Adjust TINT. 0 ~ 63
MUTE	Mute ON/OFF
TV SYSTEM	Select TV system. NTSC-M、NTSC-J、PAL-BG、PAL-DK、PAL-AI、SECAM-BG、SECAM-DK、SECAM-L according to Tuner.
AUTO SCAN	ON/OFF
RESET	Return to DEFAULT value.
QUIT	Press VOL+ or VOL- to exit MENU mode.

MX800/MX850 CONSOLE OPERATION

Console of 3LED & 1LCD is with 1 Manual function, 12 preset programs, 1 H.R.C program, Body Mass and 2 user setting programs.

Console of 4 LED & 12 character Alphanumeric LED is with 1 Manual function, 12 preset programs, 1 H.R.C program.

Manual Function

- MX800:
1. Attach safety key and press "MODE" into selecting program mode.
 2. Using speed arrow buttons to choose "Manual" function, then press "ENTER".
 3. Time window is flashing. Using speed or incline arrow buttons to input workout time (10~99 Min.)
 4. Press "START".
- MX850:
1. Attach safety key and 12 Alpha numeric display shows "Welcome To Strength Master".
 2. Press "Mode" into Manual editing mode. 12 Alpha numeric display shows "SET TIME".
 3. Using speed or incline arrow buttons to input workout time. (10~99 Min.) Press "ENTER".
 4. Press "START".

12 Preset Programs

P1~P5: Automatically change the speed of the treadmill throughout the workout.

P6~10: Automatically change the level of incline for the treadmill belt.

P11: 5km distance program. Automatically change the level of incline for the treadmill belt. The user sets the speed to a desired level and the program modifies the incline. The user can override the incline for any segment within the workout but at the end of each workout segment the program will override any adjustments made to the incline.

P12: 10km distance program. Automatically change the level of incline for the treadmill belt. The user sets the speed to a desired level and the program modifies the incline. The user can override the incline for any segment within the workout but at the end of each workout segment the program will override any adjustments made to the incline.

1. Attach safety key and press "MODE" into selecting program mode.
2. Using speed arrow buttons to choose desired preset program "P1~P12". Then press "ENTER".
LCD window shows speed (P1~P5) or incline (P6~P12)
3. Using incline arrow buttons to choose desired level (L1~L3). Then press "ENTER"
4. Using speed or incline arrow buttons to input workout time (10~99 Min.)

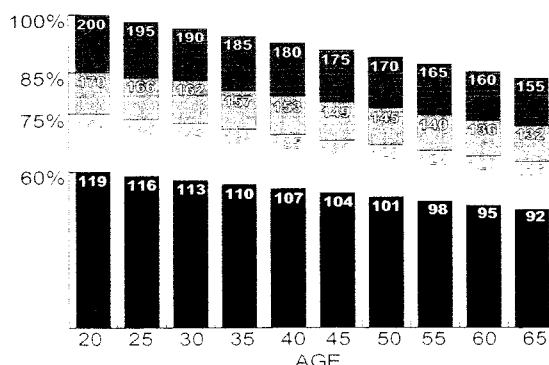
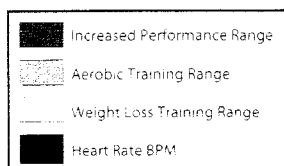
Target Heart Rate Program

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, age, your target heart rate and max. desired speed.

1. Attach safety key and press "MODE" into selecting program mode.
2. Using speed arrow buttons to choose "HRC" program. Then press "ENTER".
3. Using speed or incline arrow buttons to input your age (13-80). Then press "ENTER".
4. Using speed or incline arrow buttons to input your target heart rate (60-180). Then press "ENTER".
5. Using speed arrow buttons to input max. desired speed (3-20). Then press "ENTER".
6. Using speed or incline arrow buttons to input Max, desired incline (5-15). Then press "ENTER".
7. Using speed or incline arrow buttons to input workout time (10~99 Min.) . Then press "START".

MX800/MX850 CONSOLE OPERATION

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.



Notes:

- 1) After press "START", there is a warming period for first 3 minutes at incline level 5 and speed 3.0km/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, increases speed by 0.2km/h every time and increases incline by 1 once changing speed by 5 times. If the actual heart rate is reached target heart rate, decreases speed by 0.2km/h every time and decreases incline 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 runend mode.

Body Mass (Only for MX800)

1. Attach safety key and press "MODE" into selecting program mode.
2. Using speed arrow buttons to choose "Body Mass" program. Then press "ENTER".
3. Using speed or incline arrow buttons to input your sex, height, weight, and age. Then press "ENTER".
4. LCD window shows "Please Hold". Please hold the hand pulse grips.
5. It shows BMI on LCD window value after 25 seconds measurement.

Notes:

- 1) It shows E4 if it does not read signal from hand pulse grips.

Body Mass Index Comparison table

under weight	<20
IBW	21~24
Overweight I	25~29
Overweight II	30~34
Overweight III	≥40

User setup programs (Only for MX800)

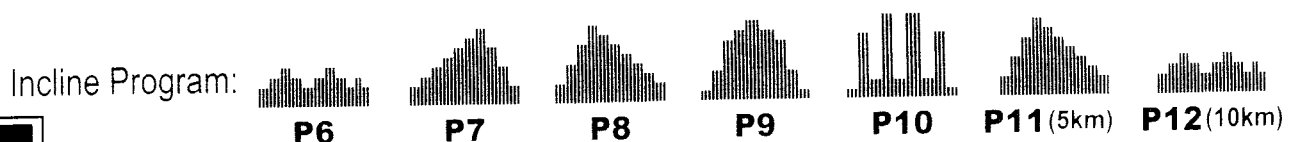
1. Attach safety key and press "MODE" into selecting program mode.
2. Using speed arrow buttons to choose "User 1" or "User 2" program. Then press "ENTER".
3. Using speed or incline arrow buttons to input workout time. (10~99 Min.) Then press "ENTER".
4. During setup process: Incline window shows level of incline, Time window shows number of segment, Speed window shows speed level.
5. Using incline arrow buttons to input level of incline for each segment. Using speed arrow buttons to input speed level for each segment. Then press "ENTER" for next segment till finish all 30 segments.

PRESET PROGRAM

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

MX800

SEGMENT		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				
Speed Program	P1	LEVEL 1	2	2	2	3	3	3	4	4	4	3	3	3	2	2	2	3	3	3	4	4	4	3	3	3	2	2	3	3	2	2			
		LEVEL 2	3	3	3	4	4	4	5	5	5	4	4	4	3	3	3	4	4	4	5	5	5	4	4	4	3	3	4	4	3	3			
		LEVEL 3	4	4	4	5	5	5	6	6	6	5	5	5	4	4	4	5	5	5	6	6	6	5	5	5	4	4	5	5	4	4			
	P2	LEVEL 1	2	2	2	3	3	3	4	4	4	5	5	5	6	6	6	7	7	7	8	8	8	9	9	9	7	7	7	5	5	5	3	3	3
		LEVEL 2	3	3	3	4	4	4	5	5	5	6	6	6	7	7	7	8	8	8	9	9	9	10	10	10	8	8	8	6	6	6	4	4	4
		LEVEL 3	4	4	4	5	5	5	6	6	6	7	7	7	8	8	8	9	9	9	10	10	10	10	10	8	8	8	6	6	6	4	4	4	
	P3	LEVEL 1	2	2	2	4	4	4	6	6	6	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	2		
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P5	LEVEL 1	1	1	1	7	7	7	2	2	2	9	9	9	9	2	2	2	2	2	9	9	9	9	2	2	2	7	7	7	1	1	1			
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P6	LEVEL 1	2	2	2	3	3	3	4	4	4	3	3	3	2	2	2	3	3	3	4	4	4	4	3	3	3	2	2	3	3	2	2			
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P7	LEVEL 1	2	2	2	3	3	3	4	4	4	5	5	5	6	6	6	7	7	7	8	8	8	9	9	9	7	7	7	5	5	5	3	3	3	
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P8	LEVEL 1	2	2	2	4	4	4	6	6	6	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	2			
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Incline Program	P9	LEVEL 1	1	1	1	3	3	3	6	6	6	7	7	7	7	8	8	8	8	7	7	7	7	6	6	6	3	3	3	1	1	1			
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P10	LEVEL 1	1	1	1	7	7	7	2	2	2	9	9	9	9	2	2	2	2	2	9	9	9	9	2	2	2	7	7	7	1	1	1			
	LEVEL 2	2	2	2	8	8	8	2	2	2	10	10	10	10	3	3	3	3	3	10	10	10	10	2	2	2	8	8	8	2	2	2			
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P11 (5km)	LEVEL 1	2	2	2	4	4	4	6	6	6	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	2			
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P12 (10km)	LEVEL 1	2	2	2	3	3	3	4	4	4	3	3	3	2	2	2	3	3	3	4	4	4	4	3	3	3	2	2	3	3	2	2			
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	LEVEL 3	4	4	4	5	5	5	6	6	6	5	5	5	4	4	4	5	5	5	6	6	6	5	5	5	4	4	5	5	4	4				

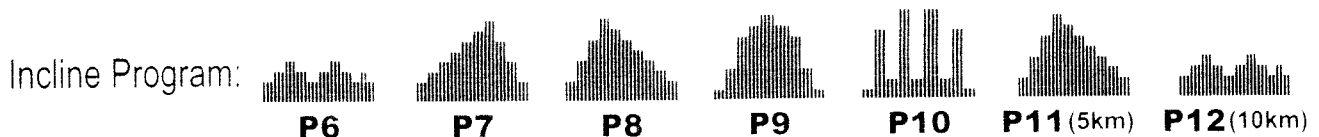


PRESET PROGRAM

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

MX850

SEGMENT		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24		
Speed Program	P1	LEVEL 1	2	2	3	3	4	4	4	3	3	3	2	2	2	3	3	3	4	4	4	3	3	3	2	2	
		LEVEL 2	3	3	4	4	5	5	5	4	4	4	3	3	3	4	4	4	5	5	5	4	4	4	3	3	
		LEVEL 3	4	4	5	5	6	6	6	5	5	5	4	4	4	5	5	5	6	6	6	6	5	5	5	4	4
	P2	LEVEL 1	2	2	3	3	4	4	5	5	6	6	7	7	7	8	8	8	6	6	6	6	4	4	4	2	2
		LEVEL 2	3	3	4	4	5	5	6	6	7	7	8	8	8	9	9	9	7	7	7	7	5	5	5	3	3
		LEVEL 3	4	4	5	5	6	6	7	7	8	8	9	9	9	10	10	10	8	8	8	8	6	6	6	4	4
	P3	LEVEL 1	2	2	4	4	4	6	6	6	8	8	8	7	7	7	6	6	5	5	4	4	3	3	2	2	
		LEVEL 2	3	3	5	5	5	7	7	7	9	9	9	8	8	8	7	7	6	6	5	5	4	4	3	3	
		LEVEL 3	4	4	6	6	6	8	8	8	10	10	10	9	9	9	8	8	7	7	6	6	5	5	4	4	
	P4	LEVEL 1	1	1	3	3	6	6	6	7	7	7	8	8	8	8	7	7	7	6	6	6	3	3	1	1	
		LEVEL 2	2	2	4	4	7	7	7	8	8	8	9	9	9	9	8	8	8	7	7	7	4	4	2	2	
		LEVEL 3	3	3	5	5	8	8	8	9	9	9	10	10	10	10	9	9	9	8	8	8	5	5	3	3	
P5	LEVEL 1	1	1	7	7	7	2	2	2	9	9	9	2	2	9	9	9	2	2	2	2	7	7	7	1	1	
	LEVEL 2	2	2	8	8	8	2	2	2	10	10	10	3	3	10	10	10	2	2	2	2	8	8	8	2	2	
	LEVEL 3	3	3	9	9	9	2	2	2	11	11	11	4	4	11	11	11	2	2	2	2	9	9	9	3	3	
P6	LEVEL 1	2	2	3	3	4	4	4	3	3	3	2	2	2	3	3	3	4	4	4	4	3	3	3	2	2	
	LEVEL 2	3	3	4	4	5	5	5	4	4	4	3	3	3	4	4	4	5	5	5	5	4	4	4	3	3	
	LEVEL 3	4	4	5	5	6	6	6	5	5	5	4	4	4	5	5	5	6	6	6	6	5	5	5	4	4	
P7	LEVEL 1	2	2	3	3	4	4	5	5	6	6	7	7	7	8	8	8	6	6	6	6	4	4	4	2	2	
	LEVEL 2	3	3	4	4	5	5	6	6	7	7	8	8	8	9	9	9	7	7	7	7	5	5	5	3	3	
	LEVEL 3	4	4	5	5	6	6	7	7	8	8	9	9	9	10	10	10	8	8	8	8	6	6	6	4	4	
P8	LEVEL 1	2	2	4	4	4	6	6	6	8	8	8	7	7	7	6	6	5	5	4	4	3	3	2	2		
	LEVEL 2	3	3	5	5	5	7	7	7	9	9	9	8	8	8	7	7	6	6	5	5	4	4	3	3		
	LEVEL 3	4	4	6	6	6	8	8	8	10	10	10	9	9	9	8	8	7	7	6	6	5	5	4	4		
P9	LEVEL 1	1	1	3	3	6	6	6	7	7	7	8	8	8	8	7	7	7	6	6	6	3	3	1	1		
	LEVEL 2	2	2	4	4	7	7	7	8	8	8	9	9	9	9	8	8	8	7	7	7	4	4	2	2		
	LEVEL 3	3	3	5	5	8	8	8	9	9	9	10	10	10	10	9	9	9	8	8	8	5	5	3	3		
P10	LEVEL 1	1	1	7	7	7	2	2	2	9	9	9	2	2	9	9	9	2	2	2	2	7	7	7	1	1	
	LEVEL 2	2	2	8	8	8	2	2	2	10	10	10	3	3	10	10	10	2	2	2	2	8	8	8	2	2	
	LEVEL 3	3	3	9	9	9	2	2	2	11	11	11	4	4	11	11	11	2	2	2	2	9	9	9	3	3	
P11 (5km)	LEVEL 1	2	2	4	4	4	6	6	6	8	8	8	7	7	7	6	6	5	5	4	4	3	3	2	2		
	LEVEL 2	3	3	5	5	5	7	7	7	9	9	9	8	8	8	7	7	6	6	5	5	4	4	3	3		
	LEVEL 3	4	4	6	6	6	8	8	8	10	10	10	9	9	9	8	8	7	7	6	6	5	5	4	4		
P12 (10km)	LEVEL 1	2	2	3	3	4	4	4	3	3	3	2	2	2	3	3	3	4	4	4	3	3	3	2	2		
	LEVEL 2	3	3	4	4	5	5	5	4	4	4	3	3	3	4	4	4	5	5	5	4	4	4	3	3		
	LEVEL 3	4	4	5	5	6	6	6	5	5	5	4	4	4	5	5	5	6	6	6	5	5	5	4	4		

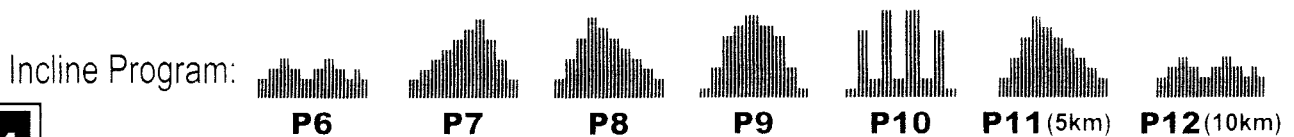


PRESET PROGRAM

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

TFT-LCD TV

		SEGMENT	1	2	3	4	5	6	7	8	9	10	11	12
Speed Program	P1	LEVEL 1	2	2	3	4	3	2	3	4	3	2	3	2
		LEVEL 2	3	3	4	5	4	3	4	5	4	3	4	3
		LEVEL 3	4	4	5	6	5	4	5	6	5	4	5	4
	P2	LEVEL 1	2	3	4	5	6	7	7	8	8	6	4	2
		LEVEL 2	3	4	5	6	7	8	8	9	9	7	5	3
		LEVEL 3	4	5	6	7	8	9	9	10	10	8	6	4
	P3	LEVEL 1	2	4	6	8	8	7	7	6	5	4	3	2
		LEVEL 2	3	5	7	9	9	8	8	7	6	5	4	3
		LEVEL 3	4	6	8	10	10	9	9	8	7	6	5	4
	P4	LEVEL 1	1	3	6	7	7	8	8	7	7	6	3	1
		LEVEL 2	2	4	7	8	8	9	9	8	8	7	4	2
		LEVEL 3	3	5	8	9	9	10	10	9	9	8	5	3
	P5	LEVEL 1	1	7	2	9	9	2	2	9	9	2	7	1
		LEVEL 2	2	8	2	10	10	3	3	10	10	2	8	2
		LEVEL 3	3	9	2	11	11	4	4	11	11	2	9	3
Incline Program	P6	LEVEL 1	2	2	3	4	3	2	3	4	3	2	3	2
		LEVEL 2	3	3	4	5	4	3	4	5	4	3	4	3
		LEVEL 3	4	4	5	6	5	4	5	6	5	4	5	4
	P7	LEVEL 1	2	3	4	5	6	7	7	8	8	6	4	2
		LEVEL 2	3	4	5	6	7	8	8	9	9	7	5	3
		LEVEL 3	4	5	6	7	8	9	9	10	10	8	6	4
	P8	LEVEL 1	2	4	6	8	8	7	7	6	5	4	3	2
		LEVEL 2	3	5	7	9	9	8	8	7	6	5	4	3
		LEVEL 3	4	6	8	10	10	9	9	8	7	6	5	4
	P9	LEVEL 1	1	3	6	7	7	8	8	7	7	6	3	1
		LEVEL 2	2	4	7	8	8	9	9	8	8	7	4	2
		LEVEL 3	3	5	8	9	9	10	10	9	9	8	5	3
	P10	LEVEL 1	1	7	2	9	9	2	2	9	9	2	7	1
		LEVEL 2	2	8	2	10	10	3	3	10	10	2	8	2
		LEVEL 3	3	9	2	11	11	4	4	11	11	2	9	3
P11 (5km)	LEVEL 1	2	4	6	8	8	7	7	6	5	4	3	2	
	LEVEL 2	3	5	7	9	9	8	8	7	6	5	4	3	
	LEVEL 3	4	6	8	10	10	9	9	8	7	6	5	4	
P12 (10km)	LEVEL 1	2	3	4	3	3	2	2	3	3	4	3	2	
	LEVEL 2	3	4	5	4	4	3	3	4	4	5	4	3	
	LEVEL 3	4	5	6	5	5	4	4	5	5	6	5	4	



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, 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 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 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 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, reducing your heart rate to a normal level before completing your workout.
2. Grasp the handlebars and press the SLOW 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 M/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 as needed.

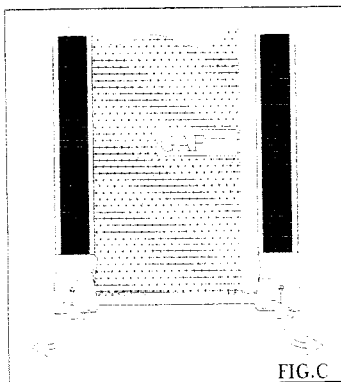


FIG.C

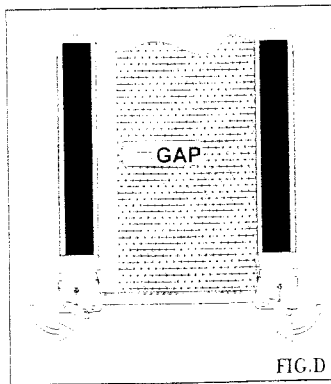


FIG.D

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

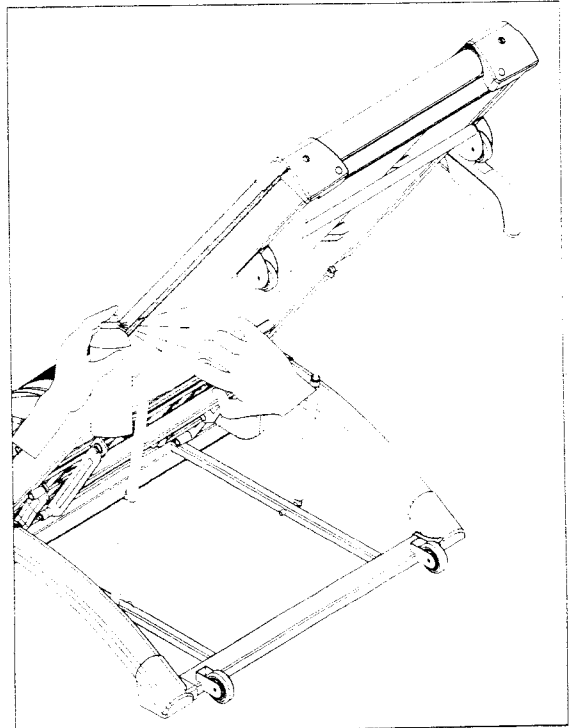
Store your treadmill in a clean and dry environment. Ensure the master power switch is off and is unplugged from the electrical outlet.

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.

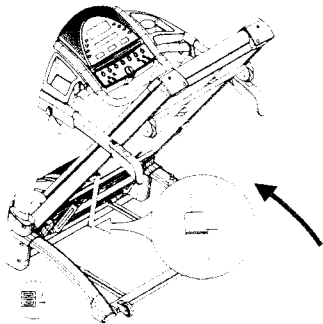
Running Belt Lubrication

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 spray entire running belt. Please see illustration. After spraying, please align the running belt and adjust the running belt tension.



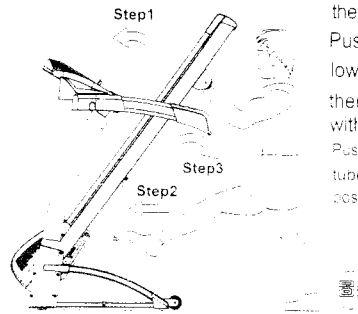
MAINTENANCE

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.



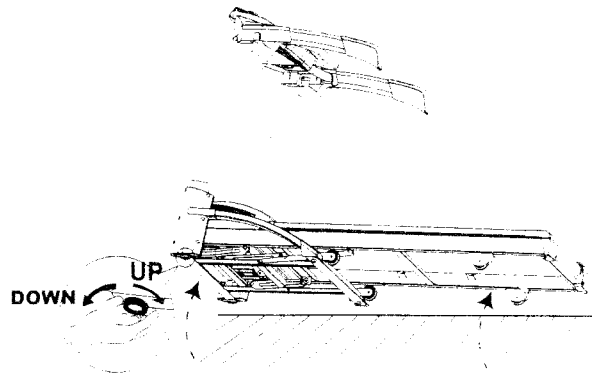
Release

You can release the treadmill from the upright position. Push / kick the lock tube and lower the treadmill. then the treadmill will drop automatically without hand support.
Push upper tube forward. Also make upper tube and lower tube in concentric position for release.

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 Description E1 Speed Error E6/E7 Incline Error

Error Code	MODEL	Trouble shooting
E1:	MX800 MX850	When E1 is displayed, remove safety key and insert it again to restart treadmill. If E1 is still shown on display, please check the following: 1. Please check all cable connections well connected. 2. The treadmill did not move after pressing "Start" and show E1, please check if there is any part stuck. 3. The treadmill run for few seconds after pressing "Start" but stops, please check if the sensor (near flywheel of front roller) is loose or defective. 4. Please check wires connected to motor are loose or not. 5. Please contact stores for service if E1 can not be solved.
E4:	MX800	Under Body Mass program, heart rate is not read during continuous 8 sec. 1. Please reset or remove safety key. Then run body mass program again.
E6/E7:	MX800 MX850	When E6/E7 is displayed, remove safety key and insert it again to restart treadmill. If E6/E7 is still shown on display, please check the following or call for service. 1. Reset incline value (1) When the position of incline is lower than middle level, press "Mode" and incline "up" buttons. Hold both buttons and the incline will be raised. Release the two buttons till the incline position is up to middle level. (2) When the position of incline is higher than middle level, press "Mode" and incline "down" buttons. Hold both buttons and the incline will be reduced. Release the two buttons till the incline position is down to middle level. Please try it for few times. If you can not get the incline move, please contact stores for service. Once the incline position is at middle level, please turn off power and re-start. Please see if E6/E7 goes away. If not, please contact stores for service. 2. Please check if red/white incline cables are well connected to MCB. 3. If the above steps can not reset incline, please contact stores for service.