

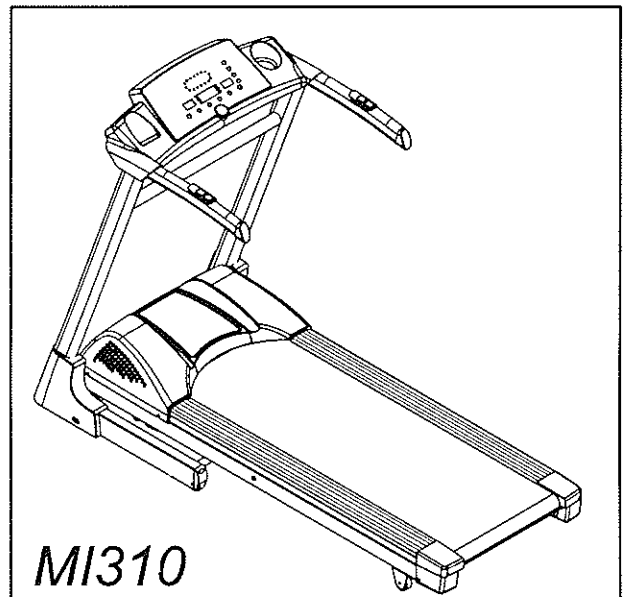
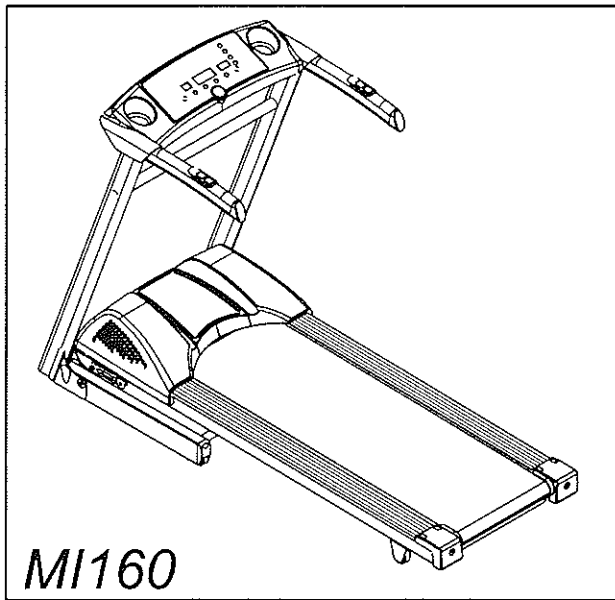
MAC 1
TIT 1

MI *series*



MOTORIZED TREADMILL MANUAL

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.

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IMPORTANT SAFETY INSTRUCTIONS

DANGER

To reduce the risk of electric shock

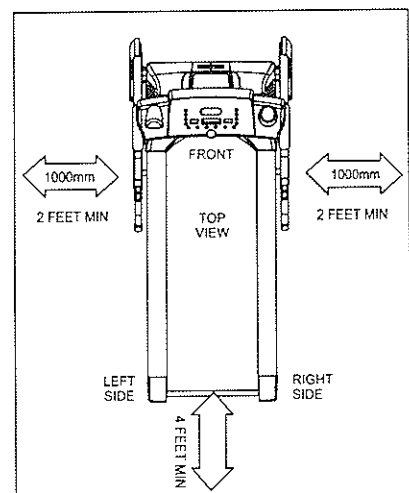
Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

- ◆ 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 properly grounded 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 take.
- ◆ 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 secure.
- ◆ 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

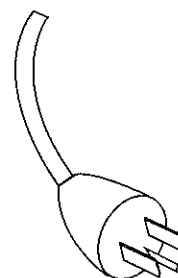
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This treadmill is equipped with a cord having equipment grounding connector and a grounding plug. The plug must be plugged into 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

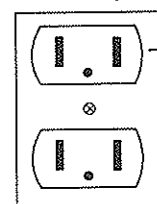
⚠ Warning

Never use extension cords between the treadmill and wall outlet.



GROUNDING
PIN

Figure
Grounding methods



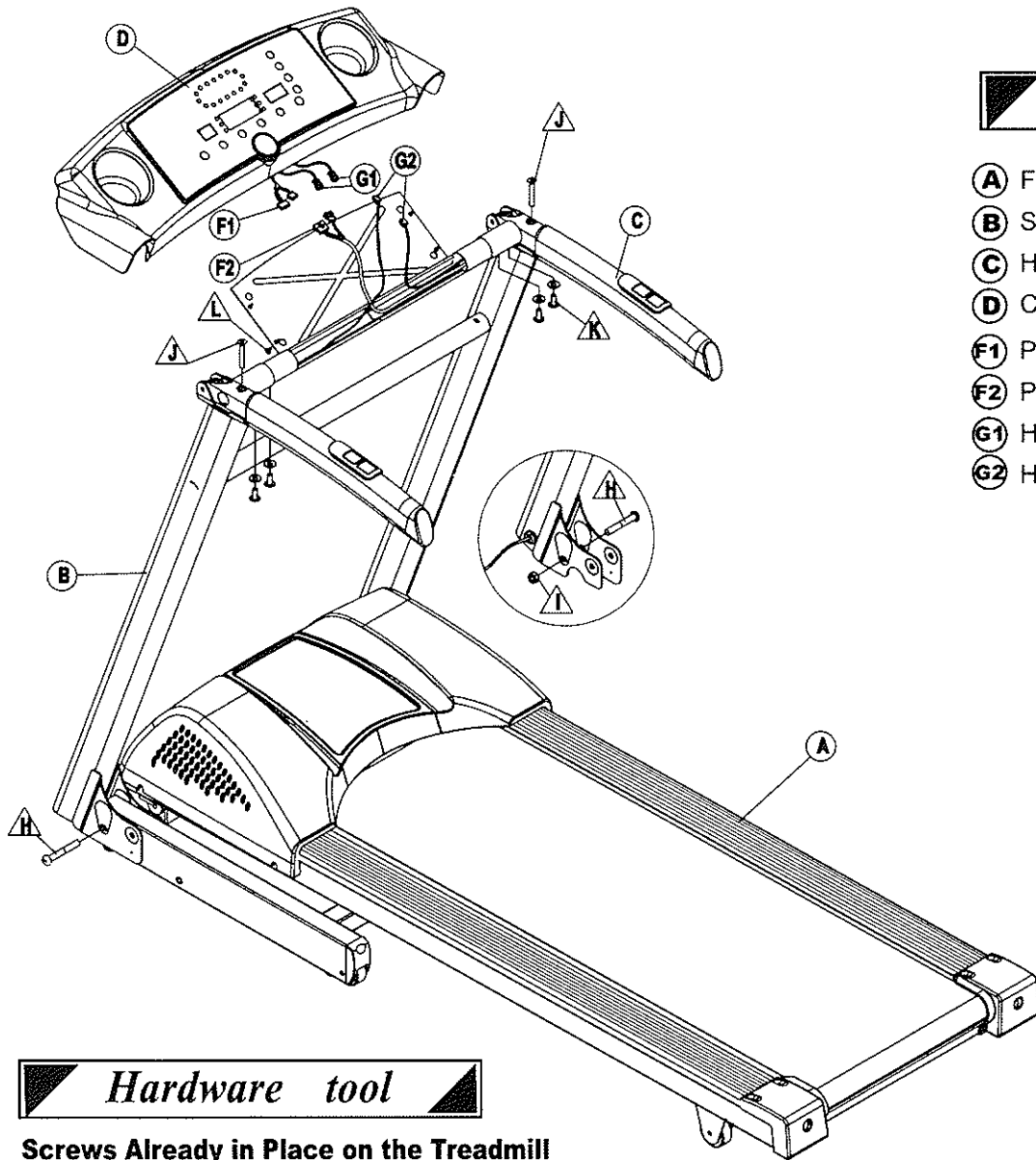
— GROUNDED
OUTLET

MI160 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
- (F1) PCB cable
- (F2) PCB cable
- (G1) Hand Pulse Cable
- (G2) Hand Pulse Cable

Hardware tool

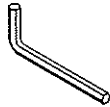
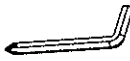

Screws Already in Place on the Treadmill

M10 X 60L (4PCS)  screw (H)	M10 X 10t (2PCS)  nylon nut (I)	M8 X 15L (4PCS)  screws (K)
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Screw packed by poly bag

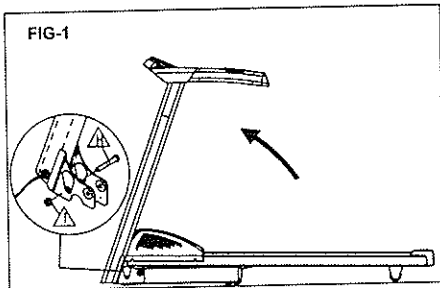
M8 X 65L (2PCS)  screws (J)	M4 X 10L (4PCS)  screws (L)
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TOOL

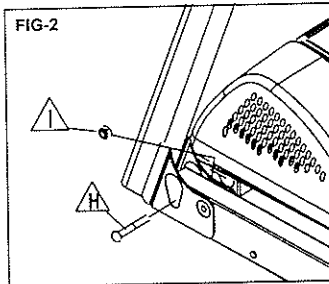
 Wrench-6mm	 Wrench-5mm	 Wrench
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MI160 ASSEMBLY INSTRUCTION

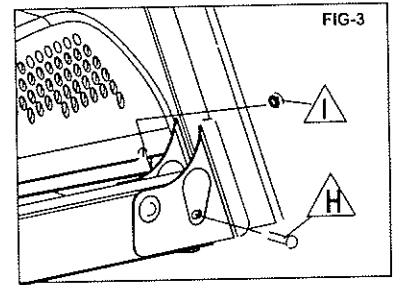
STEP 1: HANDLEBAR SUPPORT POST ASSEMBLY



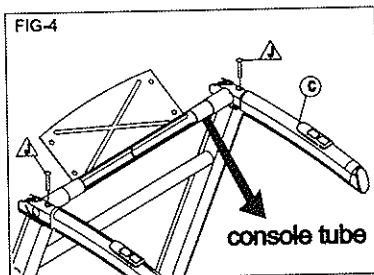
1. Remove screw Δ , and nut Δ from both right/left sides of base frame.
2. Upright the support post and handle bar. (FIG-1)



3. Attach screw Δ , and nut Δ back to both right/left sides of base frame and tighten the screws.

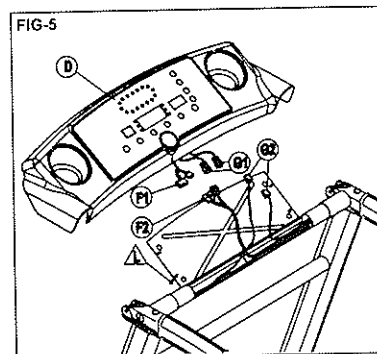


STEP 2: HANDLEBAR ASSEMBLY



1. Adjust the handlebars so they are positioned on the handlebar posts. Secure the right/left handle bar on the support post by tightening the screws Δ . (FIG-4)
2. Rotate the console tube so the console bracket is positioned as shown in Figure 4.

STEP 3: CONSOLE ASSEMBLY

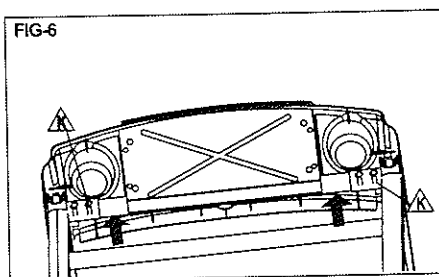


1. Hold console on the console tube as shown in Figure 5.
 2. Connect PCB cable \textcircled{F} \textcircled{F} . (FIG-5)
 3. Connect hand pulse cables \textcircled{G} \textcircled{G} . (FIG-5)
- Note:** Insert excess wire harness into right side of console tube.
4. Fix console on the bracket by tightening 4 screws Δ .

Warning:

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

STEP 4: COMPLETE ASSEMBLY



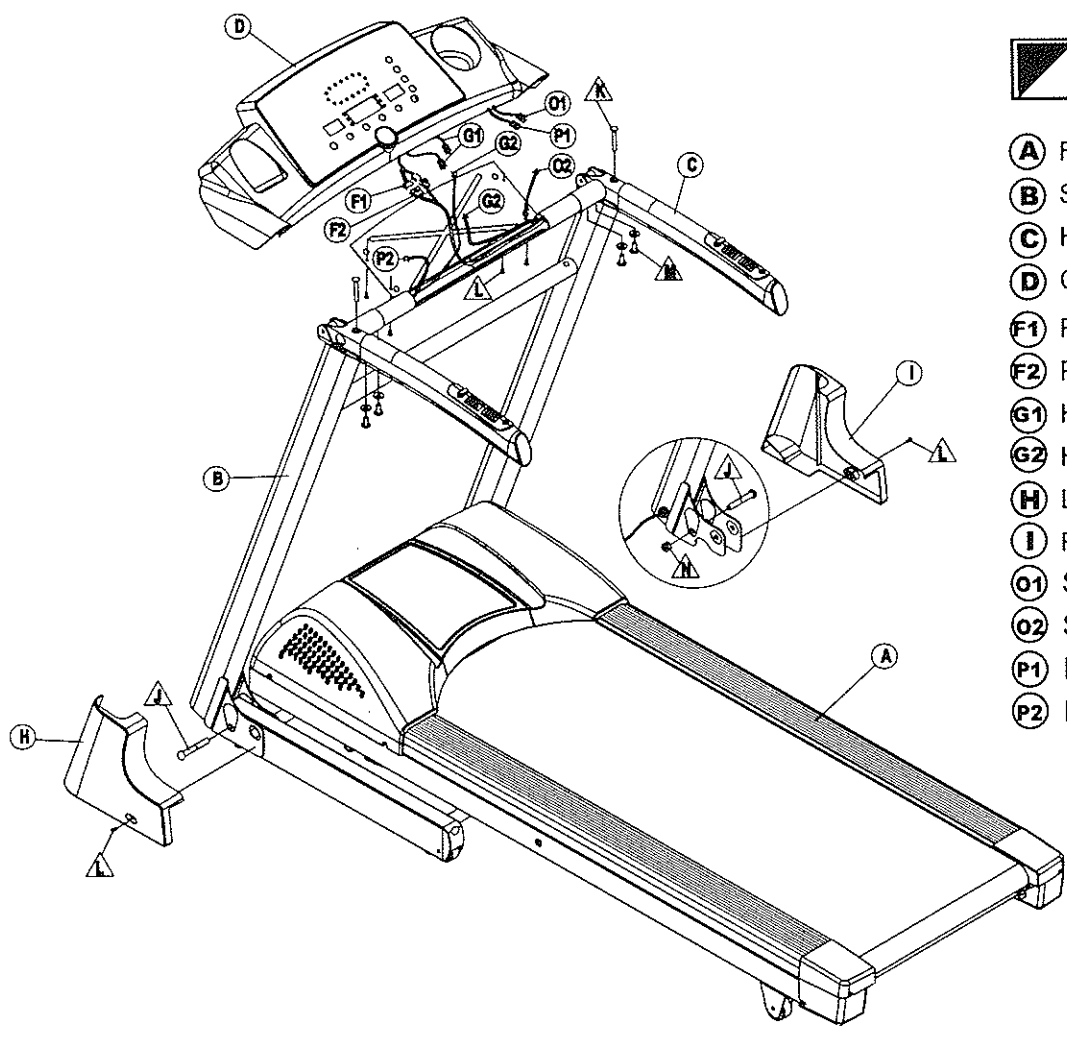
Make sure the console and the cup holders are aligned and then tighten the 4 screws Δ under both sides of console tube. (FIG-6)

MI310 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
- (F1) PCB cable
- (F2) PCB cable
- (G1) Hand Pulse Cable
- (G2) Hand Pulse Cable
- (H) Left Rack
- (I) Right Rack
- (O1) Speed Control Harness
- (O2) Speed Control Harness
- (P1) Incline Control Harness
- (P2) Incline Control Harness

Hardware tool

Screws Already in Place on the Treadmill

M10 X 60L (2Pcs) screw	M10 X 10t (2Pcs) nylon nut	M8 X 15L (4Pcs) screws
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Screw packed by poly bag

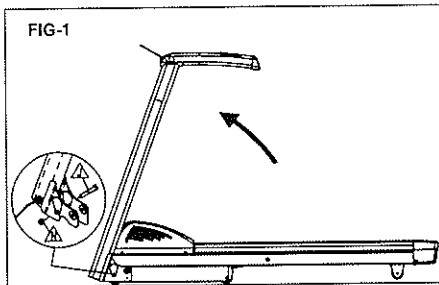
M8 X 65L (2Pcs) screws	M4 X 10L (6Pcs) screws
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TOOL

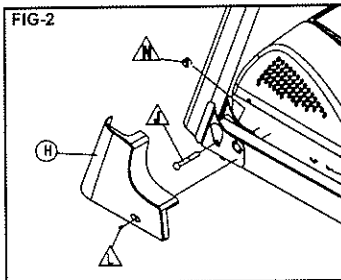
 Wrench-6mm	 Wrench-5mm	 Wrench
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MI310 ASSEMBLY INSTRUCTION

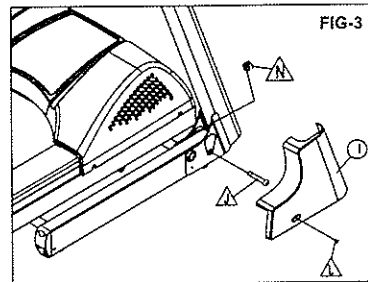
STEP 1: BASE FRAME/SUPPORT HANDLE ASSEMBLY



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

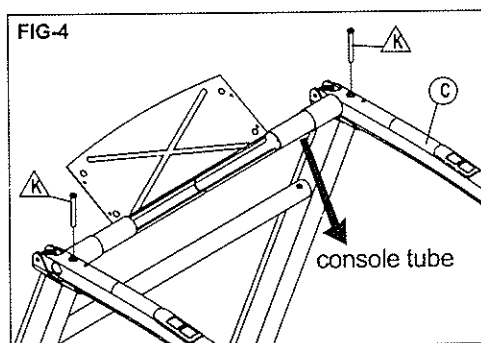


3. Attach screw and nut back to both right/left sides of base frame and tighten the screws. (FIG2)



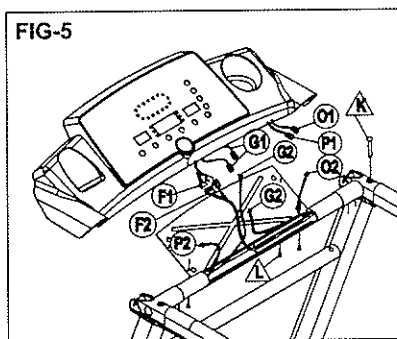
4. Attach right base cover on base frame and tighten by screw . Repeat same step for left side. (FIG3)

STEP 2: HANDLEBAR ASSEMBLY



1. Adjust handle bar position to be fit on support handle. Tighten right/left handle bar on support handle by screws . (FIG-4)
2. Rotate console tube to have console bracket on proper position.

STEP 3: CONSOLE ASSEMBLY

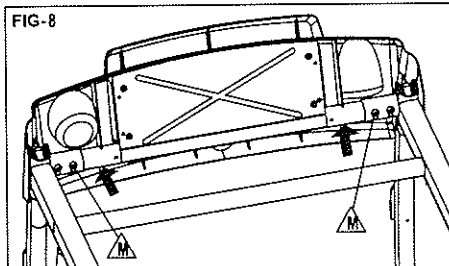
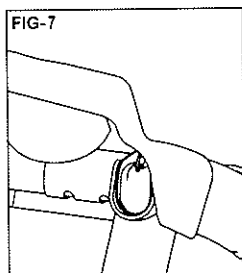
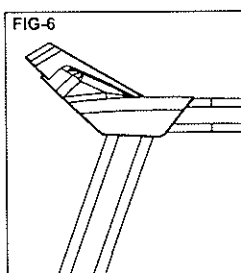


1. Hold console on console tube as illustration. (FIG-5)
 2. Connect PCB cables . (FIG-5)
 3. Connect hand pulse cables . (FIG-5)
 4. Connect the Speed Control Harness . (FIG-5)
 5. Connect Incline Control Harness . (FIG-5)
- Note:** Insert excess wire harness into right side of console tube.
6. Fix console on bracket by tightening 4 screws .

Warning:

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

STEP 4: COMPLETE ASSEMBLY



Make sure console and racks are fit properly.
Tighten 4 screws under both sides of console tube. (FIG-8)

MI160 ELECTRONICS OVERVIEW

Display Functions

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.

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.

Speed ▲ :

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 ▼ :

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

Walk, Jog, Run and Sprint

Four quick speed keys = Walk, Jog, Run and Sprint

Walk = 4 km/h or 3 mph

Jog = 6 km/h or 4 mph

Run = 8 km/h or 5 mph

Sprint = 10 km or 6 mile

The display is 3 LED windows with track.

Windows:

1. Incline: 00 (0 level - 12 level)

2. Data window:

Time: 00:00

Distance: 00.00 (km or mile)

Cal: 0000

Pulse: 000

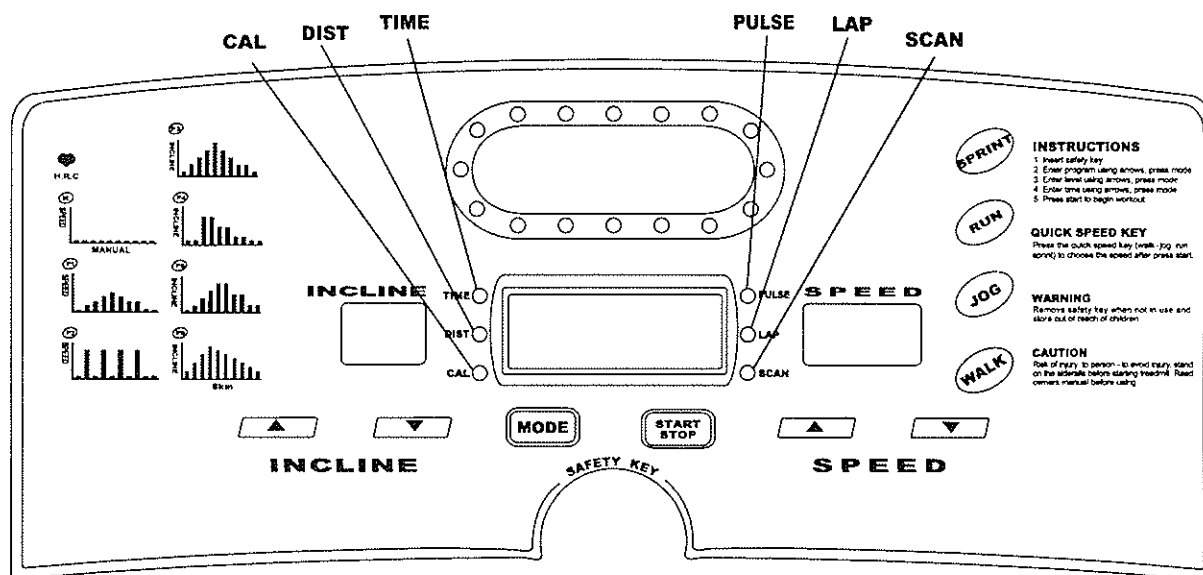
Lap: 0000

Scan: It displays above data ordinally.

3. Speed: 00.0 (1-16 km or 0.8-10 mile)

Track:

Count for exercise distance. It is equal to 400 meter or 0.25 mile per lap.



MI310 ELECTRONICS OVERVIEW

Display Functions

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.

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.

Speed ▲ :

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 ▼ :

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

Walk, Jog, Run and Sprint

Four quick speed keys = Walk, Jog, Run and Sprint

Walk = 4 km/h or 3 mph

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Run = 8 km/h or 5 mph

Sprint = 10 km or 6 mile

The display is 3 LED windows with track.

Windows:

1. Incline: 00 (0 level - 12 level)

2. Data window:

Time: 00:00

Distance: 00.00 (km or mile)

Cal: 0000

Pulse: 000

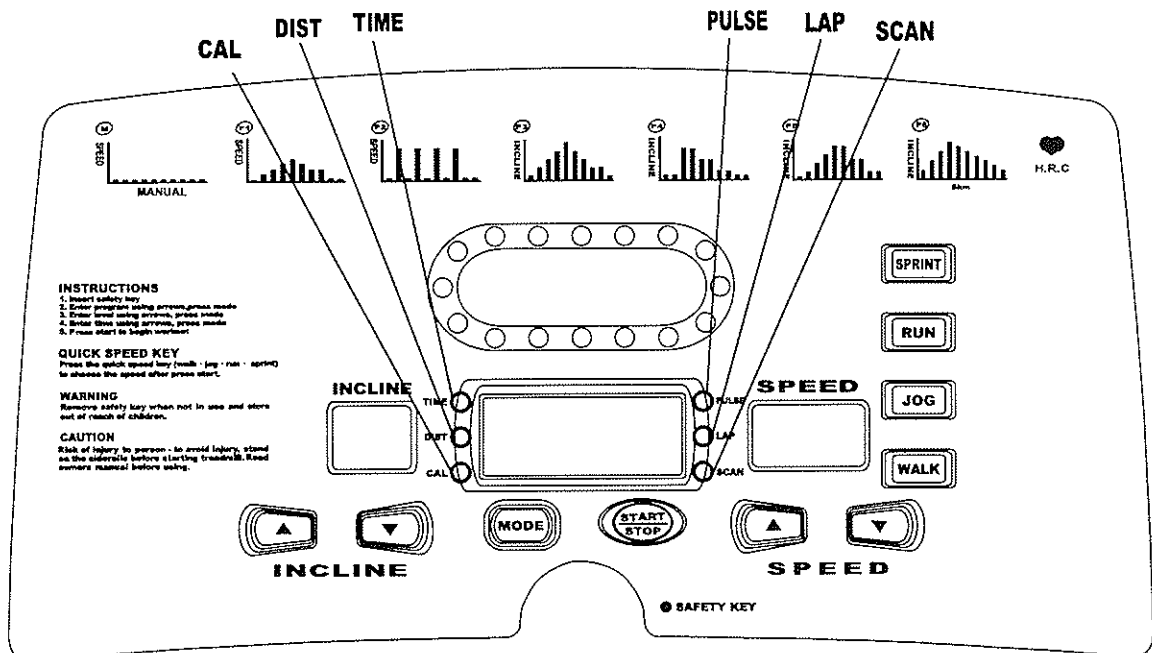
Lap: 0000

Scan: It displays above data ordinarily.

3. Speed: 00.0 (1-16 km or 0.8-10 mile)

Track:

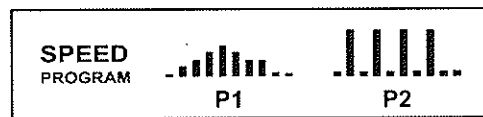
Count for exercise distance. It is equal to 400 meter or 0.25 mile per lap.



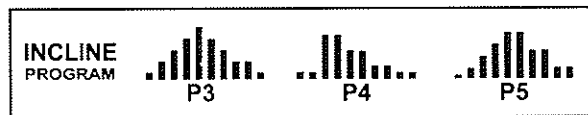
MI160/310 EXERCISE PROGRAMS

Both treadmill is with 1 manual and 6 preset programs (2 speed programs, 3 incline programs, 1 distance programs and H.R.C program) Each preset program has 3 different levels.

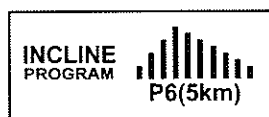
Speed Programs- programs P1-P2 automatically change the speed of the treadmill throughout the workout. Each program starts depending upon the program. The incline can be manually set by the user in any of the speed programs and this incline will remain throughout the workout unless modified by the user. The speed can also be modified, but changes to the speed will only last until the end of each specific program segment. Profiles for the speed programs are shown below:



Incline Programs- programs P3-P5 automatically modify the level of incline for the treadmill belt. In an incline program, 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. The range of incline in programs P3-P6 is from 1 to 12 level. Profiles for the incline programs are shown below:

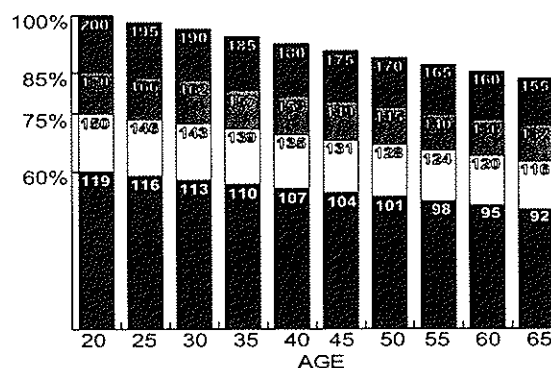
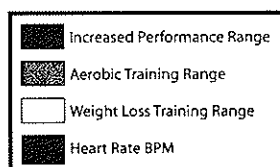


Distance program: P6 is preset distance program. The preset distance is 5 km however the distance can be changed from 1km to 10km while setting up. The incline will be changed automatically in this program. The range of incline is from 2 to 10 levels.



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, centre 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.

MI160/MI310 TREADMILL OPERATIONS

Before starting your treadmill the following actions will need to be properly completed:

1. Be certain that your treadmill sits stable on the floor. It is also recommended that you locate your treadmill in a pleasant area that gives you something to look at while working out, such as a window or television.
Maintaining an exercise program with a treadmill located in a poorly lit basement room is more difficult than when your treadmill is located in an active and pleasant location.
2. Make sure that your treadmill is plugged into a properly grounded outlet as described in the grounding section of this document.
3. Turn the On/Off switch, which is located in the front of your treadmill, to the On position.
4. Insert the magnetic safety key in the round area centered at the bottom of your display. If the safety key is not inserted properly you will see lines across the middle of each LED display.

Quick Start

1. Attach the "Safety Key" to your clothing. This key will immediately shut off your treadmill if removed and is strongly recommended for your safety.
2. Quick Start - The quickest and easiest way to start your treadmill is to push the Quick Start button. This will cause the display to count down for 3 seconds and then begin in the "Manual Program" at 1 km Per Hour.
3. Speed Adjustment - can be increased and decreased in 3 different ways:
 - Display Console - "FAST/SLOW"** Each time you depress the "Fast" button on the display console the speed will increase by 0.1 km Per Hour.
 - Handlebar Speed Control (only for MI310)** - the heart rate sensor on the right side of the handlebars includes an incline control switch. Pushing the switch on the right side increases the speed by 0.1 km and pushing the button on the right side decreases the speed by 0.1 km.
 - Quick Buttons** - the display console includes buttons that immediately set the speed to 4, 6, 8, and 10 km/h without having to scroll through the speeds.
4. Incline - like the speed settings, incline can be adjusted 3 different ways:
 - Display Console - "UP/DOWN"** Each time you depress the "Up" or "Down" button on the display console the incline will increase or decrease by 1 level.
 - Handlebar Incline Control (only for MI310)** - the heart rate sensor on the left side of the handlebars includes an incline control switch. Pushing the switch on the left side increases the incline by 1 level and pushing the button on the right side decreases the incline by 1 level.
5. Display Readouts - Besides "Speed" and "Incline" the center LED window will display Time, Dis, Cal, Heart Rate and Laps around the track. By pressing the MODE button, you can select the function that you want displayed on the center LED window, or you can go to the Scan mode to scan through all functions. In the "Quick Start" mode, time will start to count up from 0:00.

MI160/MI310 TREADMILL OPERATIONS

Programs Setup and Selection - (P1~P6)

- 1.Select Program:** To Start a program simply select the desired program by pressing on either the "UP" and "DOWN" or "FAST" and "SLOW" buttons and then pressing the "MODE" button.
- 2.Set Time:** Now chose how long you would like to workout by pressing either set of "UP" and "DOWN" or Fast/Slow arrows. Each time you push the up down or Fast/Slow button the workout time will change by one minute. You can also hold these buttons down to quickly scroll through the time. The shortest preset program time is 10 minutes and the longest is 99 minutes.
- 3.Press Start:** Once the desired time is selected, push the "Qucik Start" button to begin your workout.

Target Heart Rate Program Setup

- 1.Select Program:** Use either "up" or "down" arrows to scroll through the programs until "H1" is shown on the center display. Then press the "Mode" button.
- 2.Select Age:** Use either "up" or "down" arrows to enter the user age. Then press the "Mode" button.
- 3.Set Target Heart Rate:** Use either "up" or "down" arrows 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:**Use either "up" or "down" arrows 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:** Use either "up" or "down" arrows to enter the program workout time. Then press the "Start" button.

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 eventhough 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.*

Pause Function

Pause the treadmill at any time during the operation by pressing the "Stop" button once. To resume operations, press the "Start" button.

Reset Button

Pressing the "Reset" button will reset the console to the beginning of the program setup process.

PRESET PROGRAM

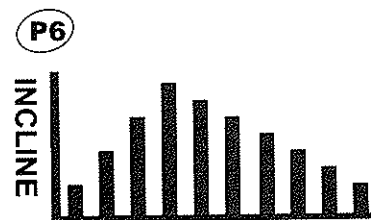
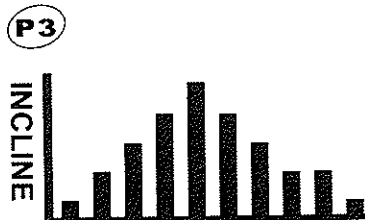
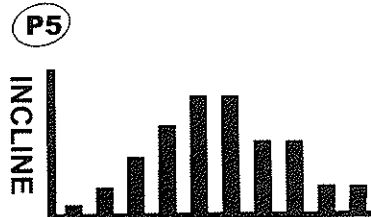
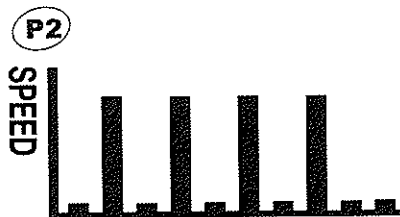
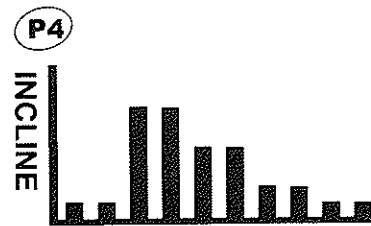
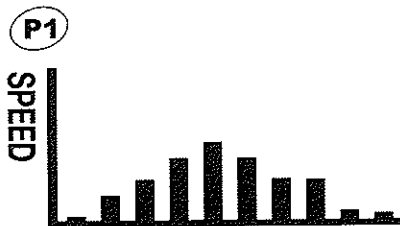
Under preset programs, the preset workout time is 30 minutes. You can adjust the workout time while in set program mode.

MI160/MI310

speed program

incline program

	P1			P2			P3			P4			P5			P6(5km)		
	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3
Interval1	1.5	2.5	3.5	2	3	4	2	3	4	2	3	4	1	2	3	2	3	4
Interval2	2	3	4	7	8	9	4	5	6	2	3	4	3	4	5	4	5	6
Interval3	2.5	3.5	4.5	2	3	4	6	7	8	8	9	10	5	6	7	6	7	8
Interval4	3	4	5	7	8	9	8	9	10	8	9	10	7	8	9	8	9	10
Interval5	3.5	4.5	5.5	2	3	4	10	11	12	6	7	8	9	10	11	7	8	9
Interval6	3	4	5	7	8	9	8	9	10	6	7	8	9	10	11	6	7	8
Interval7	2.5	3.5	4.5	2	3	4	6	7	8	4	5	6	6	7	8	5	6	7
Interval8	2.5	3.5	4.5	7	8	9	4	5	6	4	5	6	6	7	8	4	5	6
Interval9	1.5	2.5	3.5	2	3	4	4	5	6	2	3	4	3	4	5	3	4	5
Interval10	1.5	2.5	3.5	2	3	4	2	3	4	2	3	4	3	4	5	2	3	4



5km

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, neckies, 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 pin, 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.

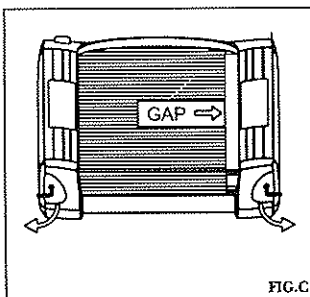


FIG.C

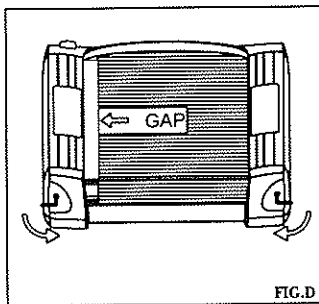


FIG.D

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

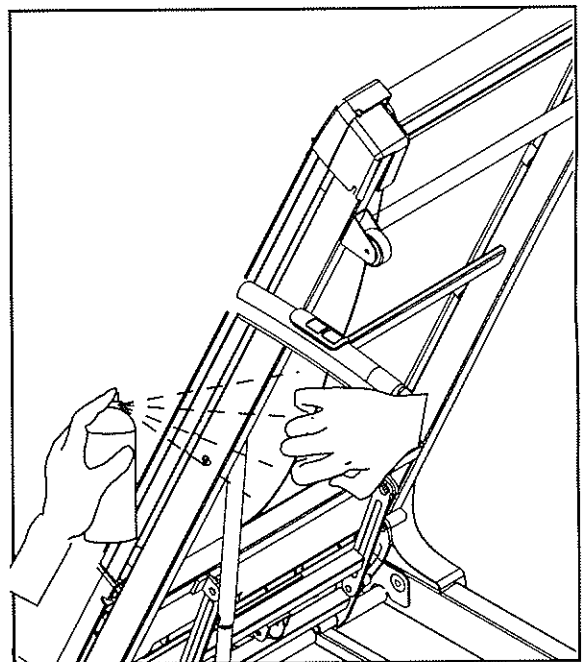
Store your treadmill in a clean and dry environment. Ensure the master power switch is off and is unplugged from the electrical outlet.

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.

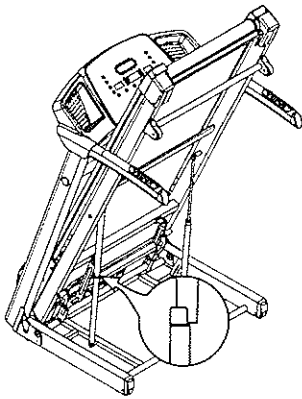
Running Belt Lubrication

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

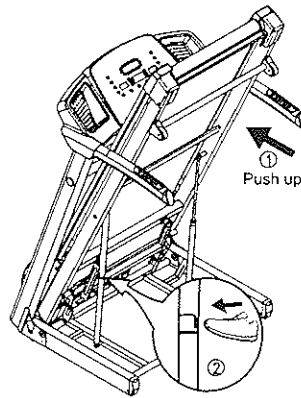
Folding/unfolding (Soft Drop Function)



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

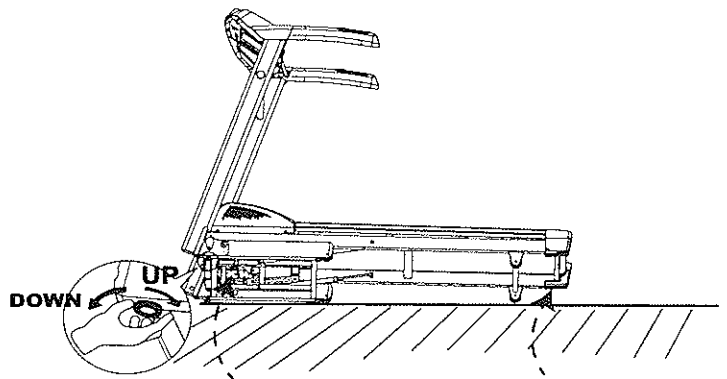
You can release the treadmill from the upright position .

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 cor.sole will display an error code and stop normal operation for safety.

Error Code	Description
E1	Speed Error
E6/E7	Incline Error

Error Code	Trouble shooting
E1:	<p>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:</p> <ol style="list-style-type: none"> 1. Please check all cable connection is 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:	<p>Under Body Mass program, heart rate is not read during continuous 8 sec.</p> <ol style="list-style-type: none"> 1. Please reset or remove safety key. Then run body mass program again.
E6/E7:	<p>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.</p> <ol style="list-style-type: none"> 1. Reset incline value <ol style="list-style-type: none"> (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. <p>Please try it for few times. If you can not get the incline move, please contact stores for service.</p> <p>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.</p> <ol style="list-style-type: none"> 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.