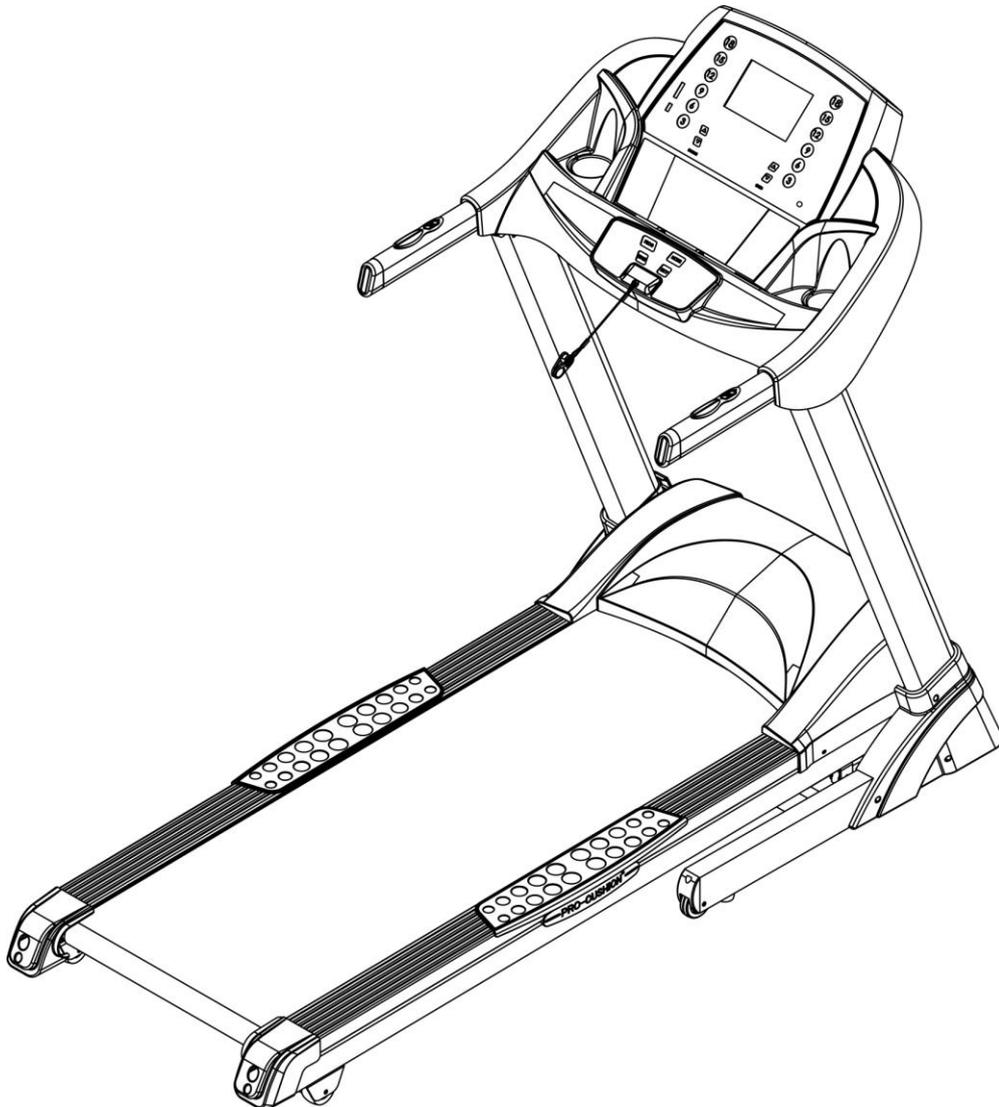# hattrick

SENSATION USER MANUAL

Read all instruction carefully before use this product.

Retain this owner's manual for the future's reference.

SAFETY PRECAUTION

Warning: Now here we suggest that you should consult with your physician or health professional before starting your workout, especially for the age up to 35 old or once-health problem people. We take no responsible for any troubles or hurts if you don't following our specification. Treadmill will be carefully assembled and covered the motor shield, then connect to the power.

ATTENTION:

1. Ensuring the safety clamps were attached to the clothing or belts before using the treadmill.

2. Please do not insert any items to any part of the equipments, which would damage the equipment.

3. Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Do not place the treadmill near water or outdoors.

4. Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, always stand on the foot rails on the sides of the frame until the belt is moving.

5. Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that may be caught in the treadmill. Always wear running or aerobic shoes with rubber soles.

6. Keep the children and pets away from the treadmill while starting workout.

7. Don't exercise in 40-Mints after dinner.

8. The equipment is suitable for adults, Juveniles need be accompanied with adults while workout.

9. You must hold on to the handrails until you become comfortable and familiar with the treadmill at your first start the workout.

10. Treadmill is indoor-using equipment, not outdoor-using for avoiding damage. Keep the store-place clean and flat, drying. Prohibiting the other purpose using, only for workout.

11. Please purchase the power-line to the distributor or contact with our company directly, for the power-line only equip to the treadmill.

12. If the treadmill should suddenly increase in speed due to an electronics failure or the speed being inadvertently increased, the treadmill will come to a sudden stop when the pull pin is disengaged from the console.

13. Do not connect line to the middle of cable; do not lengthen cable or change the cable plug; do not put any heavy thing on cable or put the cable near the heat source; forbid using socket with several holes, these may cause fire or people may be hurt by the power.

14. Cut off the power when the equipment is not used. When the power is cut off , do not pull the power line to keep the wire unbroken. Insert the plug to the socket with the safety ground circuit, for the power-line is professional equipment .You must contact with the professional people directly while the line is damaged.

15. This Treadmill only for home-using.

ASSEMBLY INSTRUCTIONS

When you open the carton, and you will find the below parts in the carton
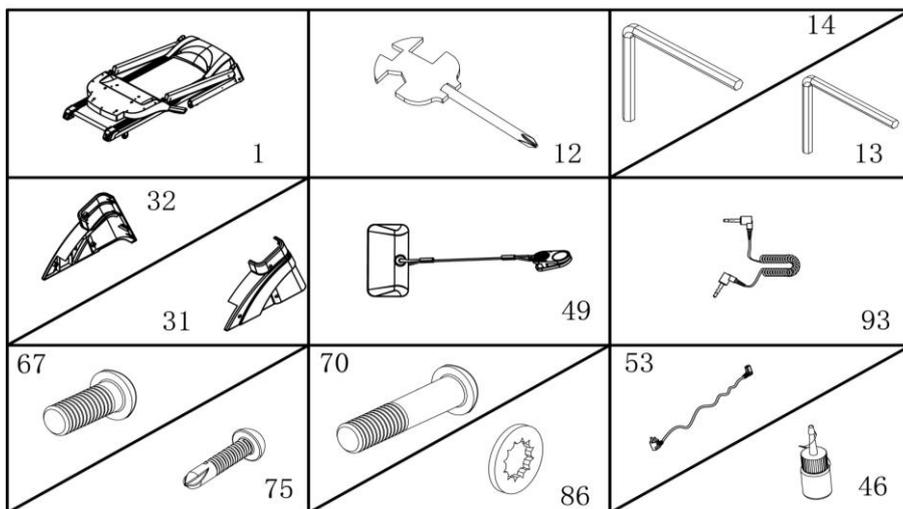
Parts list:

| NO.	DES.	Specification	Nos.	NO.	DES.	Specification	Nos.
1	Main frame		1	49	Safety lock key		1
12	Wrench screw Driver	S=13\14\15mm	1	46	Silicone oil		1
13	5# Allen Wrench	5mm	1	67	Bolt	M8*16	8
14	6# Allen Wrench	6mm	1	70	Bolt	M8*55	2
31	Right base cover		1	75	screw	ST4.2*19	6
32	Left base cover		1	86	Lock washer	8	10
53	Power Wire		1	93	MP3 Wire		1

FIXING TOOLS:

5#Allen Wrench 5mm   1pcs、

6#Allen Wrench 6mm   1pcs、

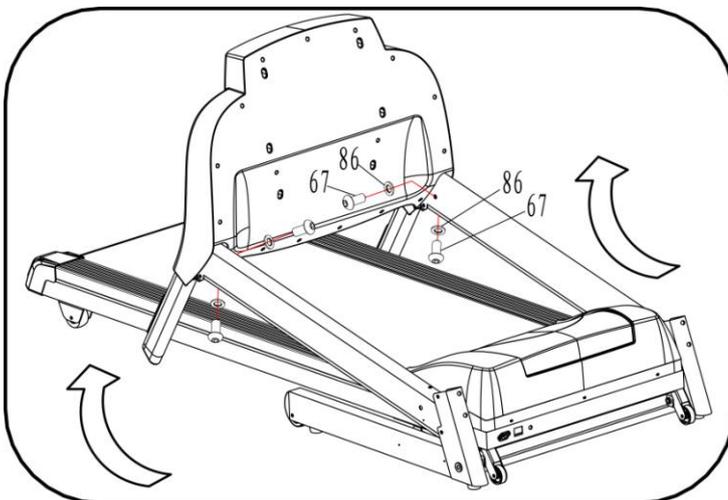Wrench screw Driver S=13、14、15   1pcs

Notice: Do not get through power before complete assembly.

STEP 1：
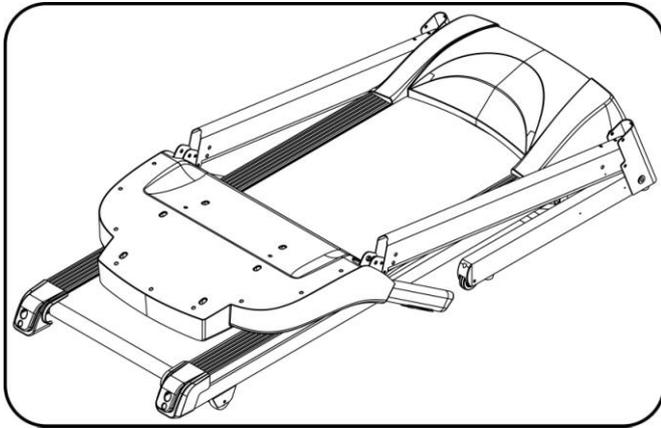
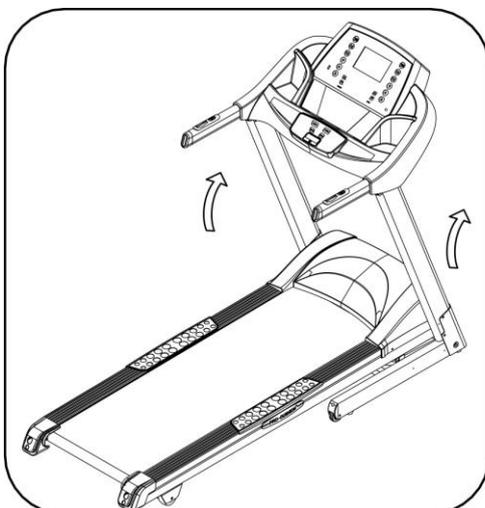1.Open the carton, get out the above spare parts, and put the Main Frame onto the level ground.

STEP 2：

1. Push up the Computer as the arrow position.
2. Use the 5#Allen Wrench and Wrench Screw Driver to fix the computer onto the upright with Bolt M8*16(67) and Lock Washer(86).
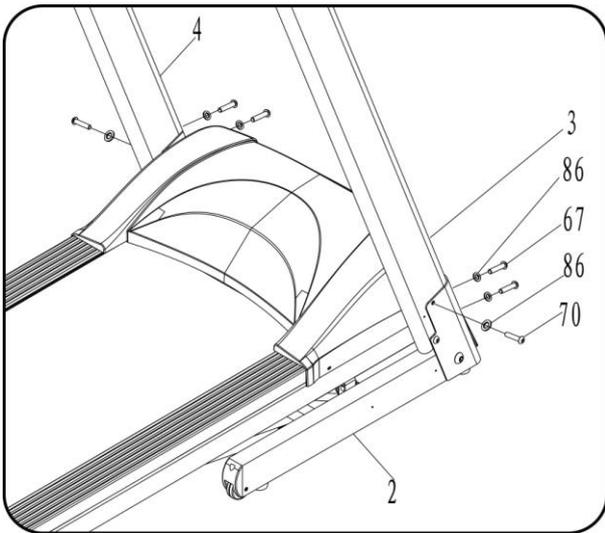
STEP 3:

1. Push up the upright as the arrow position.

NOTICE； PLEASE HOLD THE UPRIGHT TO AVOID FALLING DOWN AND CAUSING HURT.

STEP 4:

Use the 5#Allen Wrench to fix the right upright onto the base frame with Bolt M8*55(70) and Lock Washer(86), and fix at the other side of this upright with Bolt M8*16(67) and Lock Washer(86)

Same way for the Left upright.

NOTICE；PLEASE HOLD THE UPRIGHT WHEN FIXING IT ONTO BASE FRAME TO AVOID HURT.

STEP 5:
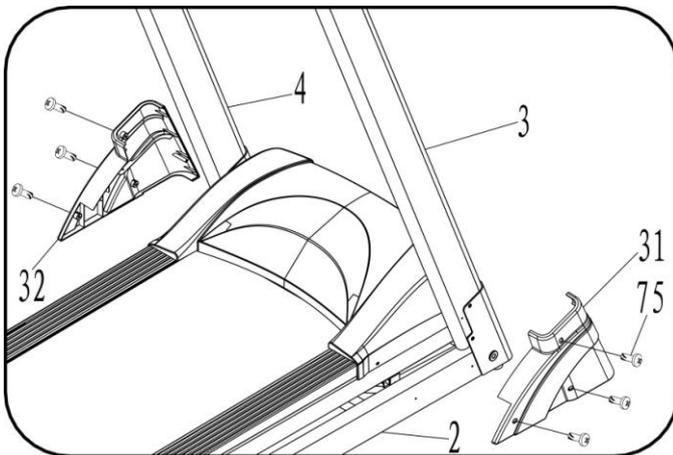
Use the Wrench Screw Driver to fix the Right Base Cover (31) onto the Right Upright and Base Frame with Screw ST4.2*19(75).

Same way for the Left Base Cover.

STEP 6:
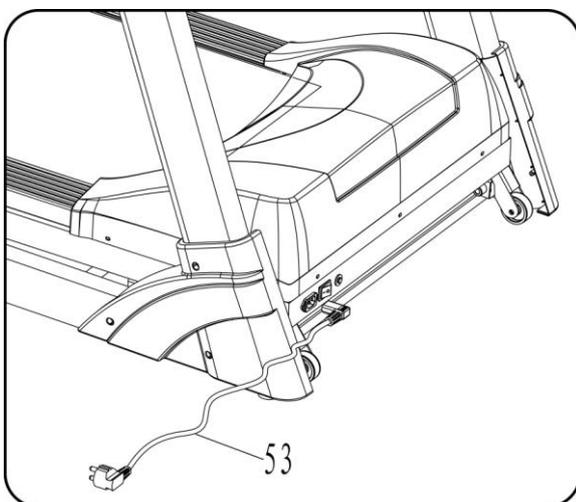
Insert the Power Wire(53) onto the treadmill.

STEP 7:
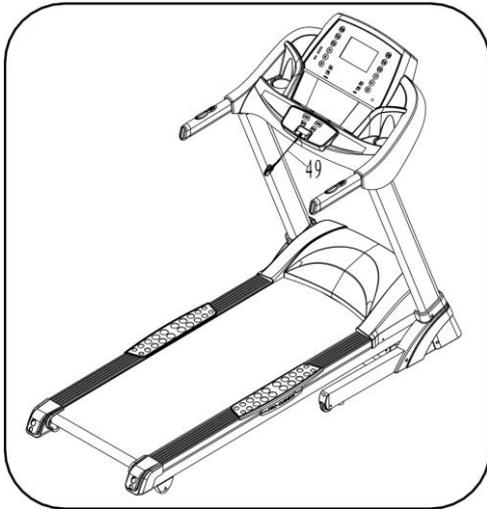
Put the safety Key on the computer.

ATTENTION：Please confirm complete assembly as the require above and lock all the bolt. Do the following operation after checking everything is OK. Before you use the treadmill, please read the instruction carefully.

Pulling up：
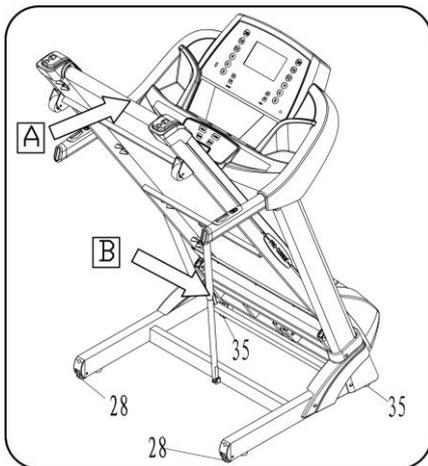
Hold and push up the base frame at position A, push harder until hear "Bi.." from the cylinder.

ATTENTION: when pulling up, the main frame will move forward, please hold on the handbar.
The transport wheel(35) and movement wheel (28) will help you move the treadmill with less effort.

Pulling down：
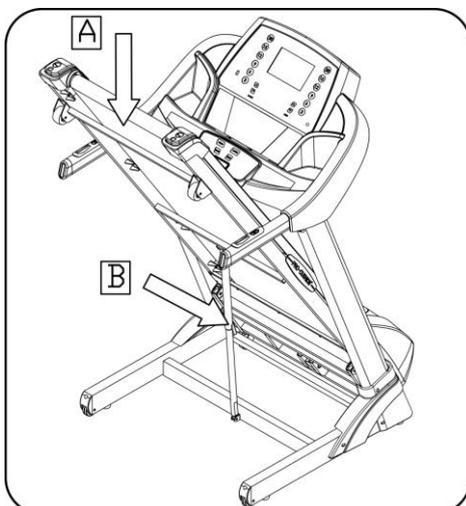
Hold position A and push it up a little, then kick the cylinder (B).Pull the base frame a little until it can falldown slowly by itself. Keep away from the machine to avoid any hurt.

BUILT UP SIZE(mm)	1880*812*1455mm	POWER	As per showed on the label
FOLDABLE IZE(mm)	1225*812*1525mm	Maximum output power	As per showed on the label
RUNNING BOARD SIZE(mm)	510*1400mm	SPEED RANGE	1-18KM/H
NET WEIGHT	92KG		
1 LCD WINDOW WITH BLUE BACKGROUND	Speed, Time, Distance, Calories, Pulse		

GROUNDING METHOD

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor 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 equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician. This product is for use on a nominal 220-240 volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

Grounding methods
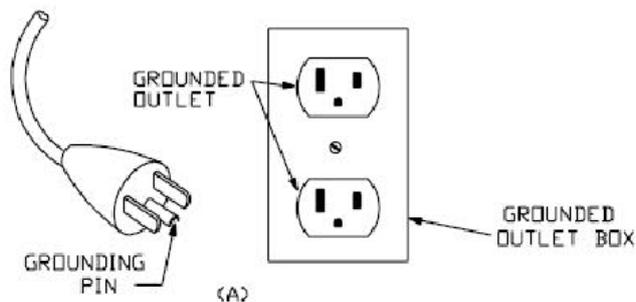
LCD WINDOW DISPLAY DETAILS:

1."SPEED":Display current speed under running status，speed range: 1.0-18.0KM/h。

2."INCLINE":display current gradient, rang 0-20 segment

3."TIME":Display running time，Counting forward from 0：00 to 99：59

4."DISTANCE."：display running distance，counting forward from 0.00 to 99.99

5."CALORIE.":display the user calorie burned up. Counting forward from 0 to 999.9.

6."PULSE.": hold the heartbeat hand shank in both hand for sever seconds, the window will display the user's current pulse （just for your reference only, not for medical use）

BUTTON FUNCTION:

1."MODE":press MODE under standby mode, the user can choose below function circlely, "0:00" manual operation mode, it's default mode by the system.

"15:00" Time counting down mode.

"1.0" Distance counting down mode.

"50" Calorie counting down mode.

In any mode, the user can set up countdown number through "SPEED+""SPEED-"or"INCLINE+""INCLINE-", then press "START" bottom to start the machine after finish setting.

2."PROGRAM":Press PROGRAM under standby mode, the user can choose below function circlely:

"P01-P20" are system seted program。

"U01-U03" are self setting program.

"FAT" Fat testing mode.

3."START":Press this bottom can start the treadmill any time when the power is on and safety key is put on the computer.

4."STOP":Press this bottom can stop the treadmill during the machine is running, and date will be reset.

5."SPEED+"、"SPEED-"：Press "SPEED+" or "SPEED-" can preset the speed under standby mode.Press "SPEED+" or "SPEED-" can adjust the speed when the machine is running, 0.1KM/time, hold the bottom for more than 0.5s, the speed will up or down continuously.

6."INCLINE+"、"INCLINE-"：preset the gradient under standby mode。Press "INCLINE+" or "INCLINE-" to adjust the gradient of running board after machine starts, one segment per time, hold the bottom more than 0.5 second to adjust continuously.

7."SPEED：3、6、9、12、15、18"：quick adjustment of speed。

8."INCLINE： 3、6、9、12、15、18":quick adjustment of gradient。

START-UP QUICKLY (MANUAL)：

1.Turn on the power, put the magnetic safety key on the correct position.

2.Press "START" bottom, the treadmill will start with buzzing in speed 1km/h after 3 seconds count backwards which will be displayed in time window.

3.Press "SPEED+"or"SPEED-" to adjust speed , and press "INCLINE+" or "INCLINE-" to adjust gradient.

OPERATING DURING RUNNING

1. Press "SPEED-" will speed down the machine.

2. Press "SPEED+" will speed up the machine.

3. Press"INCLINE-" will lower the gradient of running board.

4. Press "INCLINE+" will higher the gradient of running board.

5. Press "STOP" the machine will slow don't until stop running.

6. Hold handle pulse for 6 seconds, the window will display the user's heartbeat rate.

MANUAL MODE

1.Under standby mode，press "START" bottom，treadmill starts in speed 1.0km/h and in gradient zero; other windows count forward from zero, press"INCLINE+"、"INCLINE-"、"SPEED+"、"SPEED-" to change speed and gradient.

2.Under standby mode, press "MODE"to enter time countdown mode, TIME window will flicker and display"15:00", press "INCLINE+"、"INCLINE-" or press"SPEED+" 、"SPEED-" can adjust time, the rang is 5:00-99:00.

3.Under time countdown mode, press "MODE" to enter distance countdown mode, "DISTANCE" window will flicker and display "1.0" , press "INCLINE+"、"INCLINE-" or press"SPEED+" 、"SPEED-" can adjust speed, the range is 0.5—99.9.s

4.Under distance countdown mode, press"MODE" to enter Calorie countdown mode, the calorie window will flicker and display"50" , press "INCLINE+"、"INCLINE-" or press"SPEED+" 、"SPEED-" can adjust calorie, the rang is" 10-999.

5.Select one of above three countdown modes, press "START" after preset the mode,the treadmill will start running after 3 seconds, then press "INCLINE+"、"INCLINE-"、"SPEED+"、"SPEED-" to adjust speed and gradient; Press "STOP"bottom, the machine will slow down until stop.

BUILT-IN PROGRAMS

There are 20 built-in programs(P1-P20) in this system，press "PROGRAM" under standby mode, the window will display "P1-P20", TIME window will flicker when you select one of programs.Press "INCLINE+"、"INCLINE-"、"SPEED+"、"SPEED-" to adjust running time for this program. Each program is divided into 20 segments with different default speed and incline, running time for each segment equals to the adjusted time/20.The user can adjust speed and incline for each segment by pressing "INCLINE+"、"INCLINE-"、"SPEED+"、"SPEED-", but when this segment ends up and enter next one, the speed and incline will automatically reset to default value. When the selected program(20 segments) is over, the machine will slow down until stop, and display "END", then enter standby mode after 5 seconds.

PROGRAM INSTRUCTION

Install 20 programs in system(P1-P20).

Each program is divided into 20 segments.

Each segment is set with different SPEED and INCLINE separately.

PROGRAM SCHEDULE

Program	Time	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
		Settting time/20 = interval																			
P01	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P01	INCLINE	1	1	2	2	2	3	3	3	2	2	1	2	2	1	1	3	3	2	2	2
P02	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P02	INCLINE	1	2	2	2	2	3	3	2	2	2	2	2	3	3	3	4	4	3	2	2
P03	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P03	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P04	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P04	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P05	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P05	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
P06	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
P06	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	4	3	2
P07	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P07	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P08	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P08	INCLINE	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
P09	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P09	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	2
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P10	INCLINE	5	6	6	6	7	5	8	8	4	4	4	5	5	8	8	10	10	8	6	3
P11	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	5	5	9	9	5	5	4	3
P11	INCLINE	4	5	3	2	6	6	2	2	2	2	2	4	5	6	3	2	5	5	2	0
P12	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
P12	INCLINE	1	2	3	2	3	5	5	0	0	2	3	5	7	3	3	5	6	5	3	3
P13	SPEED	3	6	7	5	9	9	7	5	5	7	9	5	8	5	9	5	9	9	4	3
P13	INCLINE	3	3	5	6	5	3	3	7	5	3	2	0	0	5	5	3	2	3	2	1
P14	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
P14	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P15	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
P15	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
P16	SPEED	2	4	6	8	10	8	6	4	2	2	2	4	6	8	6	6	4	4	2	2
P16	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	1
P17	SPEED	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2
P17	INCLINE	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
P18	SPEED	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2
P18	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	3	2
P19	SPEED	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2
P19	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	4	3	2
P20	SPEED	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1
P20	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2

USER DEFINED PROGRAM

There are three program U1, U2, U3 for user defined.

1.User define program setting

Press "PROGRAM" continuously under standby mode until window display U1-U3,press "MODE" to start setting first segment, setup speed and incline by pressing "SPEED+""SPEED-"AND "INCLINE+""INCLINE-", press "MODE" finish first segment seting   and enter second one, until finish all 20 segments. The data will be permanently saved until user reset next time.

2.Start user difine program

A.Press "PROG" under standby mode until window display U01-U03, press START after seting running time for this program.

B.Press START botton after seting user define program and running time.

3.Instruction of user define program setting

Each program is divided into 20 segments, the machine can only be started when all the speed and incline are finish set for each segment.

BODY FAT TEST

Under standby mode, continued to press the button to enter the program's index (FAT) detection capabilities, Press "mode" button into F-1, F-2, F-3, F-4, F-5 interface (F -1 gender, F-2 age, F-3, height, f -4 weight, and f -5 constitution, to detect), press "speed+", "speed-" could adjust the 01-04 parameters setting, (the following table for reference), press "mode" button after setting, into F-5 body test interface, hands clasped hand pulse two to three seconds will show you the health index and view your weight and height is whether or not. Constitution index (fat) is evaluating a person in height and weight and is not in proportion, fat applicable to any male and female, and together with other health indicators for the adjustment of the weight of fat. the ideal fat should be between 20 and 25, if less than 19 means too thin, if it were, sandwiched between 25 and 29 means overweight, and if more than 30 that are fat. (the data for reference only and cannot be treated as medical data.)

F-1	Seg	01 male	02 female
F-2	Age	10------99	
F-3	Hight	100----200	
F-4	Weight	20-----150	
F-5	FAT	≤19	Underweight
	FAT	=(20---25)	Normalweight
	FAT	=(25---29)	Overweight
	FAT	≥30	Obesity

VALUE RANGE

Setup parameter	Initial	Set initial value	Set range	Show range
TIME(Min.: Sec.)	0:00	15:00	5:00-99:00	0:00－99:59
INCLINE（SEGMENT）	0	N/A	0-20	0-20
SPEED（KM/H）	0.0	N/A	1.0-18.0	1.0-18.0
DISTANCE(KM)	0	1.0	0.5-99.9	0.00－99.9
CALORIE(Kcal)	0	50	10-999	0－999.9

SAFETY KEY FUNCTION

The treadmill will stop emergently by pulling off the safety key in any situation， The window will display "———" with buzzing for 3 time. At this moment, the computer accept no operation command except power off. Put the safety back to the position, the treadmill will enter standby mode and waiting for operation command.

POWER SAVE MODE

The system have Power saving function, system will enter power saving mode 10 minute without any operation command is made.Window will power off, any key can wake up the system.

MP3 FUNCTION

When treadmill is power on, connect MP3 or other audio equipment the window will start to play music. Volume is adjustable on the audio equipment. Pleae adjust suitable volume to avoid effecting voice quality, and inset voice-frequency circuit.

USB/SD CARD FUNCTION

When connect with U Disk or SD Card,it will play music.

ATTENTION

1.Check the plug has inset household outlet, and safety works.

2.Any abnormal situation occurs during running, pull off safety key, treadmill will slow down until stop. Put the safety back, system return to standby mode, await operation command.

3.Any problem of this treadmill please contact with the Dealer, do not try to disassemble or maintain to avoid any damage to the equipment.

CONSOLE SIMPLE TROUBLE SHOOTING METHOD

1.Probable reason for computer not workable after power start: The wire from computer to bottom control board didn't connected well or the transformer was burnt out. Check the each wire from computer to control board, make sure they are connected well. If the wire is destroyed , change it. If the above can not settle the problem, try to change a good transformer.

2.Display E01: Message failure. Probable reason: The wires from computer and bottom control board didn't connect well, please check each wire. If the wire was destroyed, change a good one.

3.Display E02: Burst clash. Check the power is right, if not, use correct power to test; Check if the bottom control was burnt out, change a good one; reconnect the motor wire.

4.Display E03: No sensor signal. The reasons: un-detect the signal the sensor signal 10 seconds instantly, checking the sensor plug connected well or the magnetic sensor broken or damage, re-connecting well or change the sensor. Or can not receive any motor signal for 5-8 seconds, then check the motor wires are connected well or motor is bad,

5.Display E04 Incline learning defeated, Check VR wire of incline motor whether connect well. If not, reconnect VR to make it firm; Check AC wire of motor whether connect well, and AC wire of motor whether insert well with correct sign of control board; Check connection line of motor whether is destroyed, exchange it or incline motor. And press "learning" button of bottom control board to relearn after checked everything is well.

6.Display E05 overcurrent protection,the reason is overloading of power, starting the system self-protection, or the parts of machine being stocked, result to motor power off; re-setting the panel and press "START". Inspecting whether the smell of burning of motor or the sound of voltage , exchange the motor, or the controller; checking the power voltage whether normal or not , testing the voltage with usual value.

7.Display E08 means driver problem. Check if the 24C02 IC in the bottom control board connect well,reconnect it.Change the bottom control board.

8.If the motor can not work after pressing START button, the probable reason: the motor wire is broken; the safety pipe is broken or fell; motor wire is not connected well; IGBT on bottom control board is burnt out. Test the above reasons and change the relevant part.

CALORIE COMPUTATIONAL FORMULA

$$70.3×V(Km/h)×t(h)×(1+?\%)$$

When incline is 0, running for 1 km could burnup 70.3 Cal.

WARM-UP：

If you are over 35 years old, or not very healthy, also it's your first time exercise, please consult with your doctor or professional person.

Before you use the motorized treadmill, please learn how to control the machine, know well how to start, stop, adjust the speed and so on, don't stand on the machine at this time. After that, you can use the machine. Stand on anti-slip pad both sides and handle the handle bar with your both hands. Keep the machine at the low speed about 1.6~3.2 km/h, then test the running machine by one foot, after get used to the speed, then you can run on the machine and you can add the speed between 3 and 5 km/h. Keep the speed about 10 minutes, then stop the machine.

EXERCISE：

Learn how to adjust the speed and incline before using. Walk about 1 km at stable velocity and write down the time, it will take you about 15-25 minutes. If walk at 4.8 km/h, it will take you about 12 minutes in 1 km. If you feel comfortable at the stable velocity, you can add the speed and incline, after 30 minutes, you can have good exercise. At this stage, you can not add the speed or incline too much at one time, it can keep you feel comfortable.

EXERCISE INTENSITY：

Warm up at the speed 4.8 km/h in 2 minutes, then add the speed to 5.3 km/h and keep walking in 2 minutes, then add to 5.8km/h and walk in 2 minutes. After that, add up 0.3 km/h in each 2 minutes, until rapid breath but not feel comfortable

Calorie burning---the best effective way

Warm-up for 5mints by the velocity:4-4.8KM/H, then slowly increase the speed by 0.3KM/H/2Mints ,until up to the stable speed which you feel is comfortable for 45Mints.For improving the intensity of movement, you can maintain the speed during 1H of TV program, then increase the speed by 0.3KM/H each Advertisement interval time, after that return to the original speed . You can acquaint the best efficiency of workout for calorie burning during the advertisement time and subsequent heart frequency increasing time. Finally , you should slow down the speed step by step for 4Mints.

EXERCISE FREQUENCY：

The cycle time: 3-5times/Week, 15-60mints/Times.Make up the schedule of workout scientific, not only for your hobby.

You can control the running intensity through adjusting the velocity and incline of treadmill. We suggest that you don't set the incline at first; improve the incline is the effective way to strengthen the exercise's intensity.

Consult with your physician or health professional before starting your workout. The professional people can help you make up the suitable exercise time-chart according to your age and health condition, determine the velocity of movement, the intensity of exercise. Please stop at once, If you feel chest tightness, chest pain, irregular heart beat, breath difficulty, dizziness or other discomfort during exercise. You should consult with your physician or health professional as keep going.

You can choose the normal walking speed or the jogging speed ,if you always take workout with treadmill.

If you don't have enough experiences or confirm the testing velocity ,you can follow the instruction :

Speed 1-3.0KM/H　　not well physical

Speed 3.0-4.5KM/H　less movement and workout

Speed 4.5-6.0KM/H　normal walking

Speed 6.0-7.5KM/H　Fast walking

Speed 7.5-9.0KM/H　Jogging

Speed 9.0-12.0KM/H intermediate speed walking

Speed 12.0-14.5M/H well experiences of running

Speed 14.5-16.0KM/H excellent runner

Attention: The speed of movement ≤6KM/H , the normal walking; The speed of movement ≥8.0KM/H ,the runner.

WARM-UP INSTRUCTION

Take warm-up exercise before workout for 5-10mints.It' easy to start training with warm-muscle. Training following this method for 5-times, each leg doing for 10seconds or more ,do it again after finished-training.

1. Down spread your body: Knees slightly curved, body bends slowly ,then relax your back and shoulders, trying to touch your toes in hands for 10-15Mints, then standing up .Repeat this action for 3Times. PIC 1

2. Hamstring stretch: sitting on the clean seat, keeping on leg straight and the other leg bending little close to the straight one. Touch the toes in hands .Keep the pose for 10-15 seconds, then relax. Repeat the action for 3Time. PIC 2

3. Legs and feet stretched tendon: Standing close to the wall or tree, on foot in the post and keep straight ,the heel hit ground at the direction of the wall and tree. Stay for 10-15Seconds, then relax, repeat this action for 3Times. PIC 3

4.Quadriceps stretch: Keep balance by the hands hold up the tree or close to the wall, then the right hand back stretch until catch the right leg and close to the hip, while you feel tense with the muscle in front of thigh. Keep the pose for 10-15Seconds. Repeat this action for 3 Times. PIC 4

5. Sartorius muscle (inner thigh muscles) stretch: sitting with foot in contrast and knee outward. The hands grasp the feet to the groin pulling .Maintain the pose for 10-15Seconds, then relax. Repeat this action for 3 Times .PIC 5
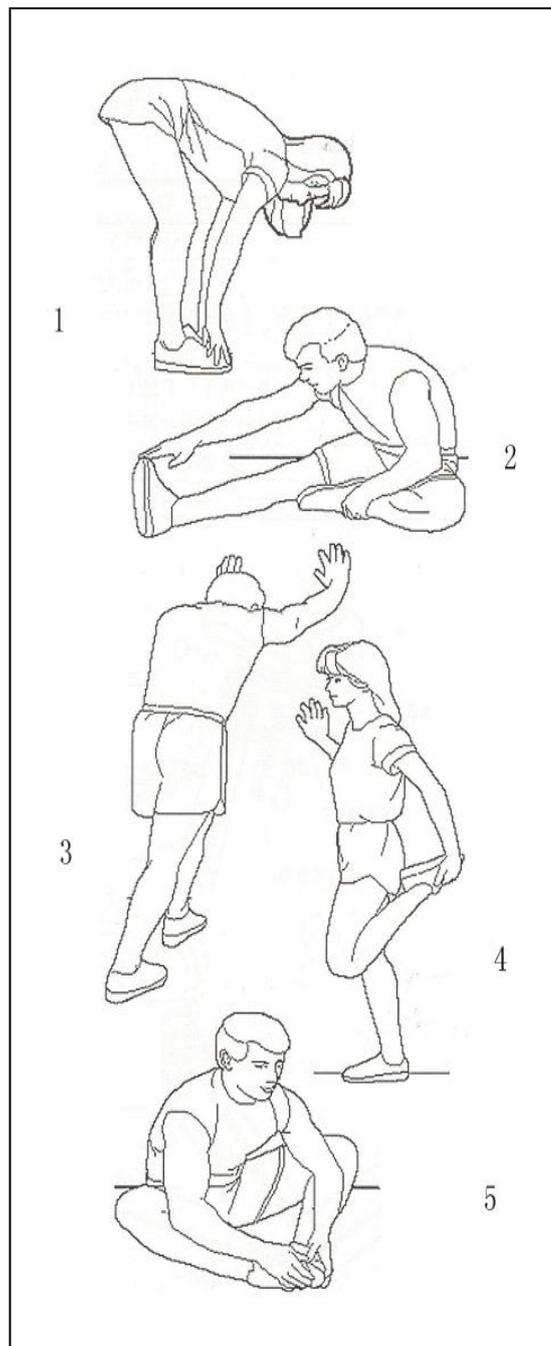
RUNNING BELT ADJUSTMENT

Warning: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT.

Clean: General cleaning or the unit will greatly prolong the treadmill.

Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the build up of foreign material underneath the walking belt by wearing the clean running shoes. Avoid to take any other things into below the running belt, it will wear the running board and running belt. Running belt must be cleaned by a wet tower with soap,and don't let the water spray to electric elements and the running belt.

Warning: Always unplug the treadmill from the electrical outlet before removing the motor cover. At least once a year remove the motor cover and vacuum under the motor cover.

**RUNNING BELT AND DECK LUBRICATION**

This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck. You need contact with our service center if you find the damage of the deck.

We recommend lubrication of the deck according to the following timetable:

➢ User (more than 1 hours/ week)　　　　every week

We recommend that you buy the lubrication from our distributor or directly to our company.

Attention: Any repair need the professional technician.
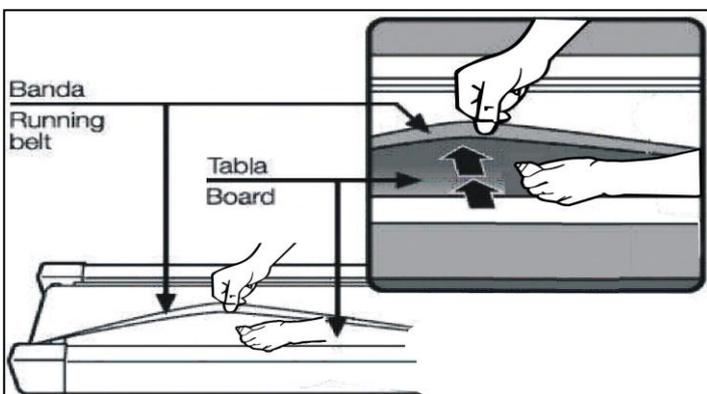
1. We suggest that you should cut off the power for 10Mints after keep running 2HS ,so that it's good for maintain the treadmill.

2.For avoiding the slipping during running , the belt not too loose; for avoiding the more abrasion between the roller and belt and maintain the machine's good running ,the belt not too tight. You can adjust the distance between plates and belt , the belt be away from the plates about 50-75mm on both sides ,if the best not too tight and loose.

●Place treadmill on a level surface. Run Treadmill at approximately 6-8KM/H, checking the running condition.

If the belt has drifted to the right, pull out of the save clock and switch, turn the right adjusting bolt 1⁄4 turn clockwise, then start running until centering the belt. PIC A

If the belt has drifted to the left ,pull out of the safety clock and switch, turn the left adjusting bolt 1⁄4 turn clockwise ,then start running until centering the belt .PIC B

Timely adjust the tightness of the belt ,for the looseness after a period of time running. Pull out of the safety clock and switch , turn the left and right adjusting bolt 1⁄4 turn clockwise ,then re-start running, confirm the belt-tightness until the belt be right tightness. PIC C
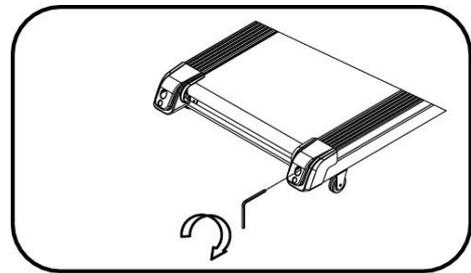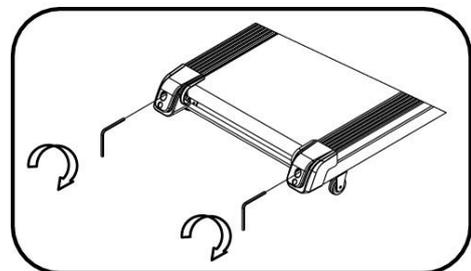

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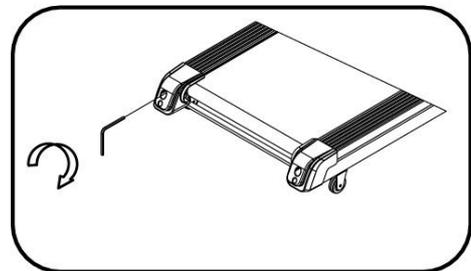
B

C

PARTS LIST

NO.	Description	Specification	Qty	NO.	Description	Specification	Qty
1	Main frame		1	46	Oil bottle		1
2	Base frame		1	47	Computer up wire		1
3	Right upright Group		1	48	Computer bottom wire		1
4	Left upright Group		1	49	Safety lock		1
5	Handle frame		1	50	Light inductor		1
6	Incline motor bracket		1	51	Magnitic ring		1
7	DC motor bracket		1	52	Power switch		1
8	Strengthen tube		2	53	Standard power wire		1
9	Cylinder		1	54	Overload protector		1
10	Front roller		1	55	AC single line		1
11	Rear roller		1	56	Blue single line		1
12	Allen wrench	S=13、14、15	1	57	Brown single line		1
13	5#Allen wrench	5mm	1	58	Wire Socket		1
14	6#Allen wrench	6mm	1	59	I type hexagon nuts	M10	4
15	Left speaker cover		1	60	I type hexagon nuts	M8	10
16	Running deck		1	61	Hexagon bolt	M8*30	2
17	Left back end cover		1	62	Hexagon bolt	M8*48	6
18	Right back end cover		1	63	Screw	M6*16	4
19	Right speaker cover		1	64	Hexagon bolt	M6*25	4
20	Side rail		2	65	Hexagon bolt	M8*55	3
21	Running belt		1	66	Hexagon bolt	M8*12	2
22	Motor cover		1	67	Hexagon bolt	M8*16	4
23	Rubber pad		4	68	Hexagon bolt	M8*32	4
24	Foot pad		4	69	Hexagon bolt	M6*40	4
25	Roller wheel cover		2	70	Hexagon bolt	M8*55	5
26	EVA		2	71	Hexagon bolt	M10*42	3
27	Elastic cushion pad		2	72	Hexagon bolt	M10*85	1
28	Roll wheel		4	73	Hexagon bolt	M8*40	4
29	Cushion pad		2	74	Hexagon bolt	M8*42	1
30	Rotation cap		2	75	Self-drilling tapping screws	ST4.2*19	12
31	Right base cover		1	76	screw	M5*8	4
32	Left base cover		1	77	Self-drilling tapping screws	ST4.2*12	2
33	Ring form cap		2	78	Self-drilling tapping screws	ST2.9*6.5	2
34	Tube cap		2	79	screw	M8*25	1
35	Transportation wheel		2	80	Self-drilling tapping screws	ST4.2*55	4
36	Console control board		1	81	Self-drilling tapping screws	ST4.2*13	23
37	Motor belt		1	82	Lock washer	10	4
38	Handle jacket		2	83	Lock washer	8	6
39	Incline adjustable botton		1	84	Spring washer	8	6
40	Speed adjustable botton		1	85	Lock washer	5	3
41	Incline motor		1	86	Lock washer	8	21
42	DC motor		1	87	I type hexagon nuts	M6	8
43	Computer top cover		1	88	Self-drilling tapping screws	ST4.2*20	6
44	Motor control board		1	89	Self-drilling tapping screws	ST4.2*45	2
45	Computer bottom cover		1	90	Hexagon bolt	M10*65	2

NO.	Description	Specification	Qty
91	Self-drilling tapping screws	ST4.2*12	2
92	Pedal		2
93	MP3 Wire		1

THANK YOU FOR PREFERRING OUR PRODUCT

This product you have already purchased in under the guarantee of the SPOR DÜNYASI. In case you have any problems with regard to installation or service, please do not hesitate to contact our technical service department by calling 0850 495 52 12.

After calling our technical service line and leaving your record the closest service unit be forwarded to you. Our widespread technical service network will reach you in the shortest time possible and no doubt, will provide you with the best after sale service.

Our target in the general technical service implementation is to follow the customer satisfaction and bring you the best service. Thus, the central office is immediately informed about each installation or problem solution. Besides, directing our services from the headquarters prevents potential troubles.

Please e-mail us at info@spordunyasi.com.tr for all opinions, suggestions and complaints because your opinions are valuable for Spor Dünyası family.