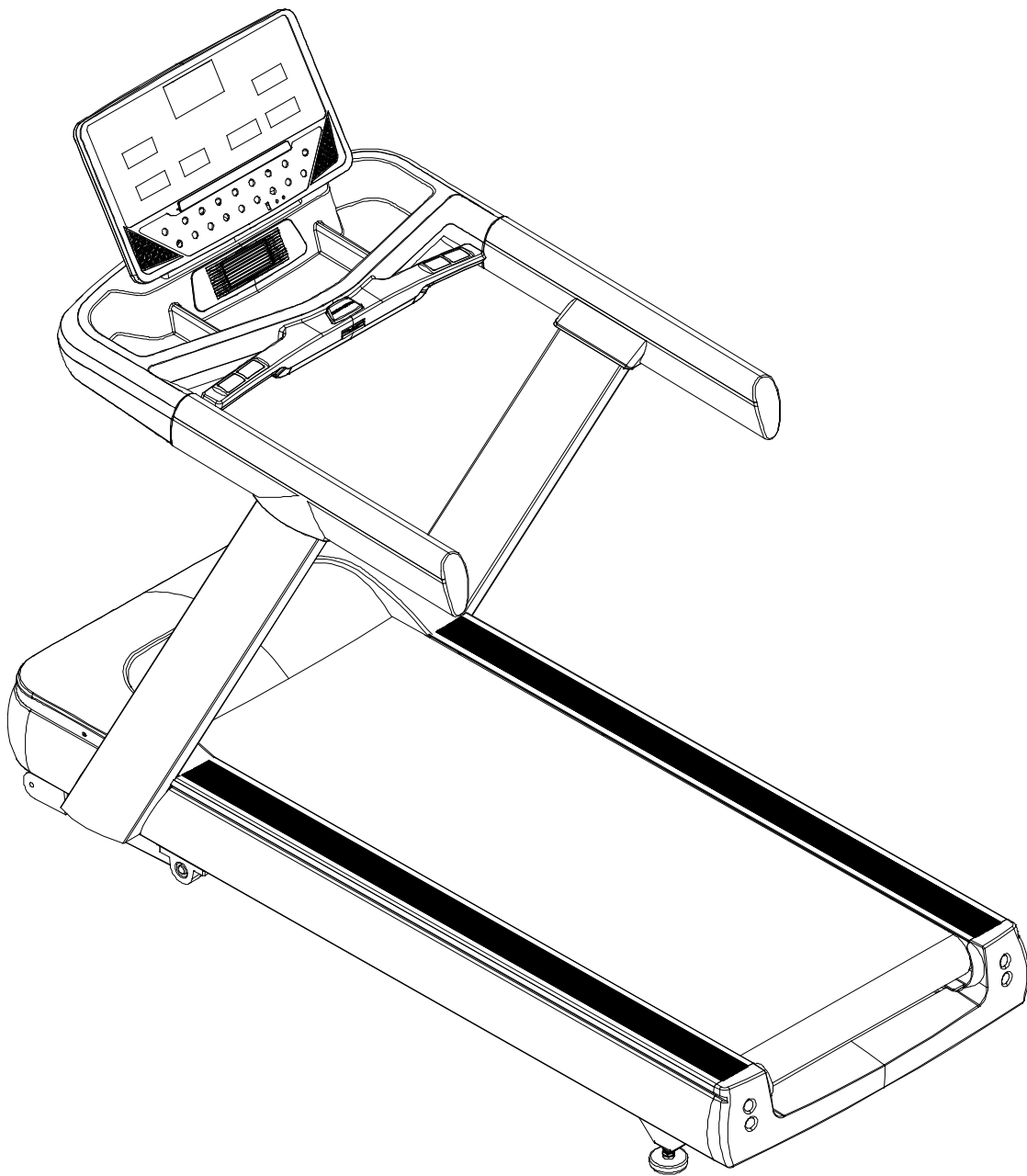


GYMSTICK™

PRO10.0 TREADMILL USER MANUAL



IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo, subject to change without notice.



Thank you for choosing the Gymstick PRO10.0 Treadmill. We take great pride in producing this quality product and hope it will provide many hours of effective exercise to make you feel better, look better and enjoy life to its fullest.

TABLE OF CONTENT

1.	SAFETY INSTRUCTIONS.....	3
2.	EXPLODED DRAWING.....	4
3.	PARTS LIST.....	5
4.	ASSEMBLY INSTRUCTIONS	7
5.	MOVING THE TREADMILL.....	15
6.	CONSOLE INSTRUCTIONS.....	16
7.	TROUBLESHOOT.....	19
8.	PROGRAM SPEED TABLE.....	20
9.	IMPORTANT ELECTRICAL INFORMATION.....	22
10.	HOW TO USE.....	23
11.	MAINTENANCE AND CARE.....	23
12.	LUBRICATING THE TREADMILL.....	25
13.	IMPLIED WARRANTY.....	26



NOTIFICATION!

READ AND FOLLOW THE SAFETY INSTRUCTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS INJURY.

Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.

- Never leave the treadmill unattended. Unplug the unit from the power outlet when it is not in use.
- Do not allow children or those unfamiliar with its operation on or near the treadmill. Do not leave children or persons with reduced physical or mental capabilities unsupervised around the treadmill.
- Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch any part of the equipment.
- If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
- Keep children and pets away from the equipment. This machine is designed for adults only.
- Only one person should be on the equipment while in use.
- Please make sure all parts are not damaged and fixed well before use.
- Never operate the unit if it is damaged, if it is not working properly
- This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended. The minimum free space required for safe operation is 0,5 meter.
- Never block the air openings on the hood while operating the treadmill. Never drop or insert objects into any opening.
- Use the treadmill only for its intended purpose as described in this manual.
- If the power cord of the machine is damaged, it must be replaced. Do not use the machine until the power cord has been changed and properly attached.
- Do not use the equipment outdoors.
- This appliance is designed for use with ~220 - ~240 Volt rated voltage.
- The maximum weight capacity for this product is 150kgs.



WARNING!

BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS.

PARTS LIST

GYMSTICK™

NO	NAME	QUANTITY
1	Incline frame	1
2	Platform frame	1
3	Left upright post	1
4	Right upright post	1
5	Console frame	1
6	Screen board frame	1
7	Left clamp ring	1
8	Right clamp ring	1
9	Motor base frame	1
10	Wheel $\phi 78 \times \phi 12.2 \times t 23$	4
11	Permanent seat	2
12	Feet pad $\Phi 74 \times 86 \times M12$	2
13	Left side rail $25.4 \times 108.4 \times 1475$	1
14	Right side rail $25.4 \times 108.4 \times 1475$	1
15	Running belt $3360 \times 580 \times t 3.2$ Tire pattern	1
16	3050CA Running deck $1410 \times 680 \times 25$	1
17	Rear cover $830.5 \times 90 \times 180$	1
18	2650CA Rear roller $\Phi 85 \times \Phi 25 \times 618 \times 691$	1
19	2650CA Front roller $\Phi 150 \times \Phi 85 \times \Phi 25 \times 648$	1
20	3050 Motor cover $1800 \times 496 \times 94$	1
21	3050 Front cover $3050/830 \times 130.5 \times 162$	1
22	Motor belt 270PJ10(HUTCHINSON)	1
23	Motor	1
24	Incline motor 92W/100mm/AC220V	1
25	Square cushion $180 \times 130 \times \Phi 12 \times t 5.0$	1
26	Cylinder cushion $\phi 30 \times 30 \times M8 \times 8$	4
27	Arrange ushering cushion $80 \times 54 \times 40$ (Red)	4
28	Left PU handle bar $774 \times 75 \times 135$	1
29	Right PU handle bar $774 \times 75 \times 135$	1
30	Side rail guider $t 2.0 \times 29 \times 40$	8
31	Switch KCD4	1
32	Fuse(with wire) FP-ZHY-8(6.35×30)/15A	1
33	Computer end socket 250V/10A/	1
34	Converter	1
35	Power cord $3 \times 1.5 \text{mm}^2 \times 3000$	1
36	Lock washer $\Phi 5$	6
37	Allen C.K.S. halfthread screw $M12 \times 80 \times 20$	2
38	Flat washer $\Phi 12$	3
39	Hex self-locking nut M12	3
40	Powder metallurgy set $\Phi 35 \times \Phi 30 \times \Phi 20 \times 27$	2
41	Allen socket full thread screw $M10 \times 35$ (Grade 8.8)	8
42	Spring washer $\Phi 10$	4
43	Allen socket full thread screw $M10 \times 80$	3
44	Falt washer $\Phi 10$	10
45	Allen C.K.S. full thread screw $M10 \times 40 \times 20$	1

PARTS LIST

GYMSTICK™

46	Allen C.K.S. half thread screw M12×70×20	1
47	Hex self-locking nut M10	8
48	Allen socket full thread screw M8×15	3
49	Flat washer Φ8	8
50	Allen socket full thread screw M8×25	8
51	Allen socket full thread screw M8×80	2
52	Allen C.K.S. full thread screw M8×15	16
53	Hollow circular tube plug Φ35×t1.2	2
54	Communication wire L-900mm	1
55	Communication wire L-1100mm	1
56	Communication wire L-800mm	1
57	Philips full thread screw M4×16(Steel nail)	38
58	Philips self-tapping screw ST4×14	4
59	Philips self-tapping screw ST3×10	2
60	Console B 908×458×100	1
61	Console A 908×458×130	1
62	Safety key mounting plate 106×54×24	1
63	Safety key press 83.5×42.7×33.2	1
64	Plastic center parts of console 583×354×25	1
65	Screen board B 583×354×101	1
66	Safety key drawing (with rope clip) L-1000	1
67	Saucer 300×25×20	1
68	Air outlet installer 300×84×25	1
69	Air outlet 148×51×18	1
70	Filter	1
71	Twill weave ground wire L-300mm	1
72	Philips self-tapping screw ST4×15	37
73	Philips full thread screw M4×10(Steel nail)	77
74	Allen C.K.S. full thread screw M8×25	2
75	Power connection wire L-450mm/1.5mm ² /	2
76	Power connection wire L-450mm/1.5mm ² /	2
77	Wire(ground) L-200mm/1.5mm ² /	2
78	Magnetic ring φ35×φ22×t15.0(Nickel)	1
79	Flat washer Φ4.5×12×t1.0	4
80	Setting bolt spring	1
81	Allen socket full thread screw M8×10	8

UNPACKING AND ASSEMBLY

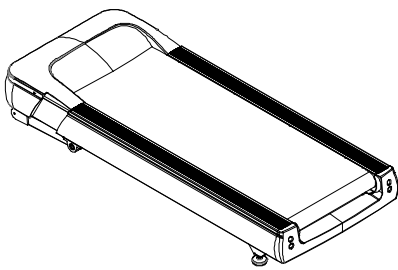
WARNING: Use extreme caution when assembling this treadmill. Failure to do so could result in injury.

NOTE: Each step number in the assembly instructions tells you what you will be doing. Read and understand all instructions thoroughly before assembling the treadmill.

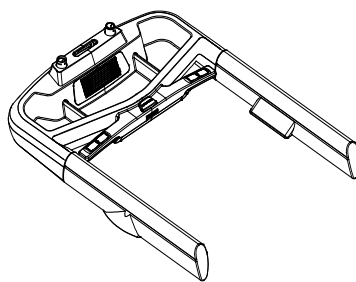
UNPACK AND VERIFY THE CONTENTS OF THE BOX:

- Lift up and remove the box that surrounds the Treadmill.
- Check the following items are present. If any of the parts are missing, contact with the dealer.

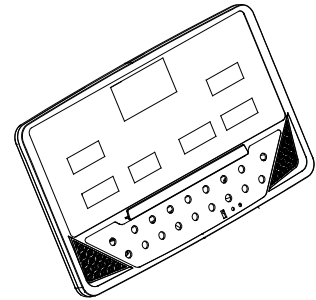
MAIN PARTS



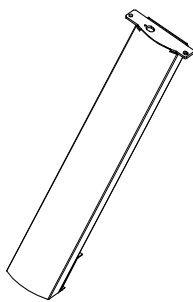
Platform frame



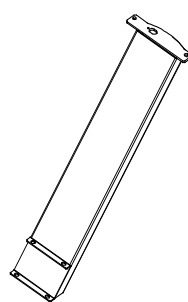
Console



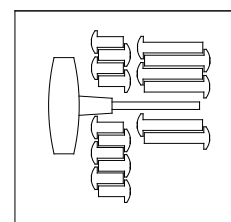
Console center parts



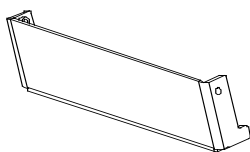
Left upright post



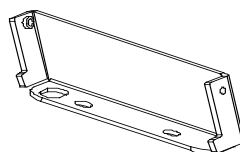
Right upright post



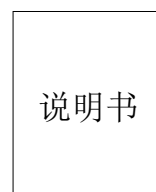
Hardware bag



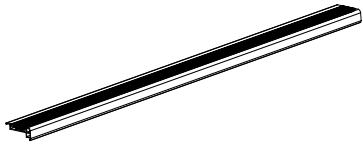
Left clamp ring



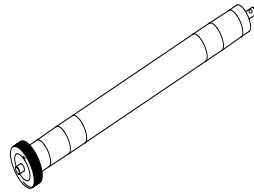
Right clamp ring



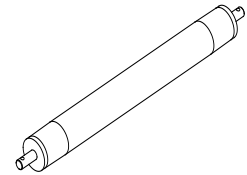
User manual



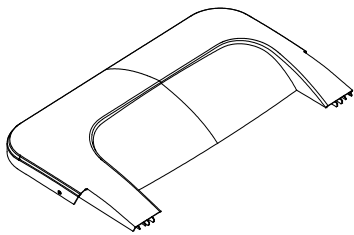
Side rail



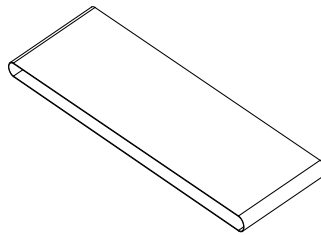
Front roller



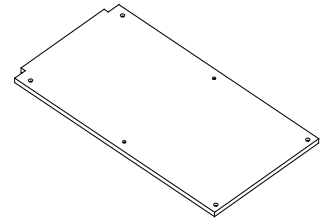
Rear roller



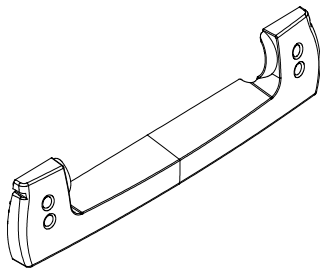
Motor cover



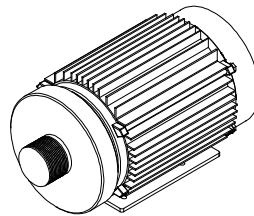
Running belt



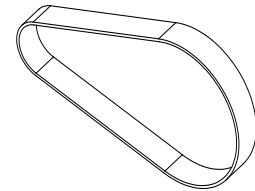
Running deck



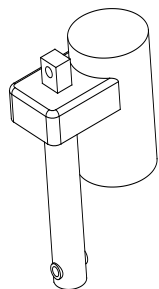
Rear cover



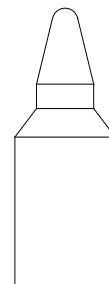
Motor



Motor belt

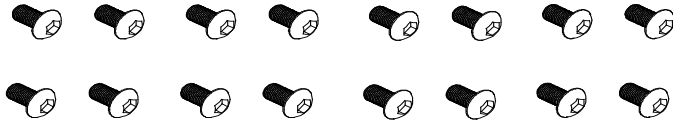


Incline motor

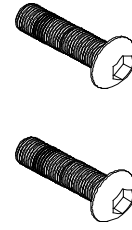


Silicone oil

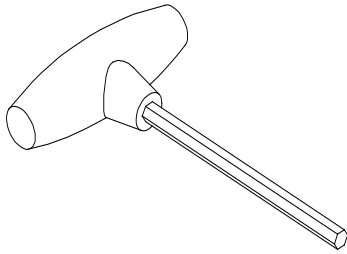
HARDWARE BAG



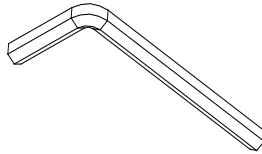
Allen C.K.S. Full thread screw
M8*15



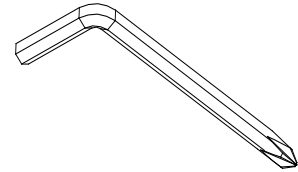
Allen C.K.S. Full thread screw
M8*25



T-shaped wrench
8x75

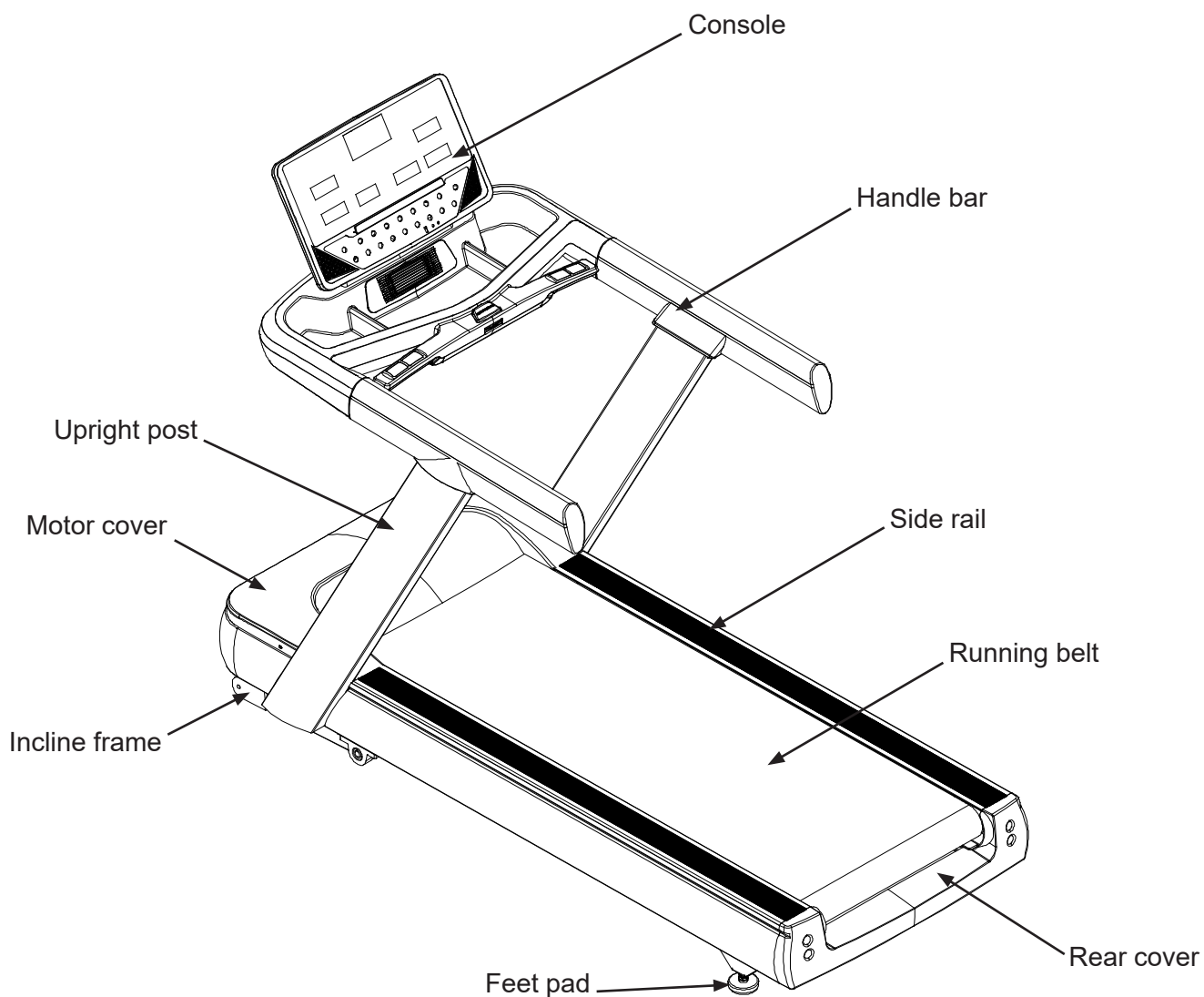


L-Allen wrench
6x35x80



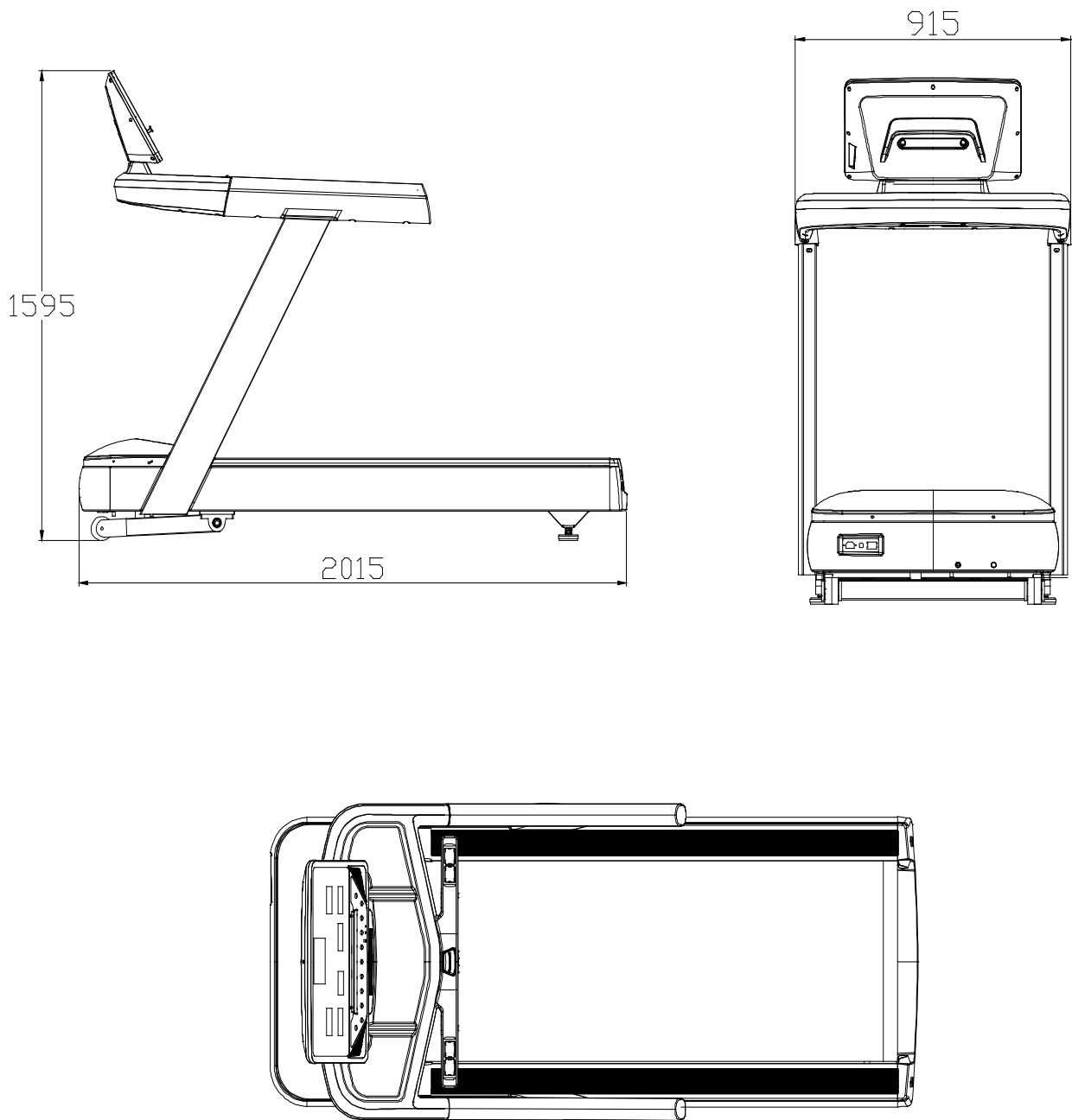
L-Allen wrench
5x35x85

TREADMILL INTRODUCTION



Working voltage	AC220V 50Hz
Dimensions	2015*915*1595mm
Running surface	1560*580mm
Speed range	1.0—22.0Km/h

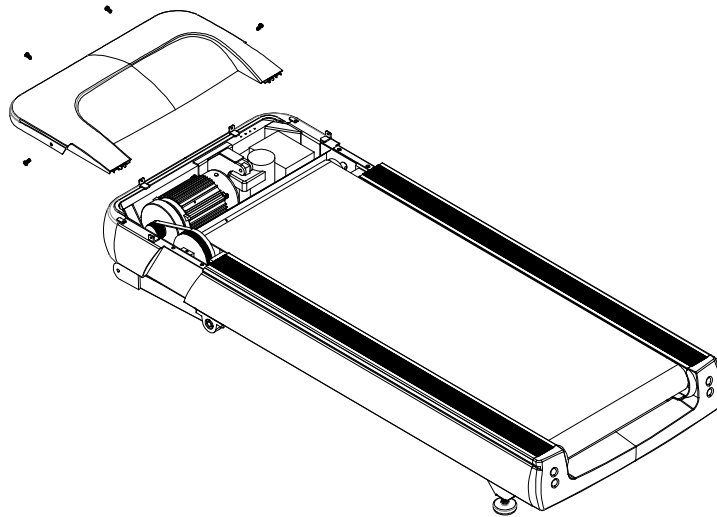
TECHNICAL INFORMATION



*WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

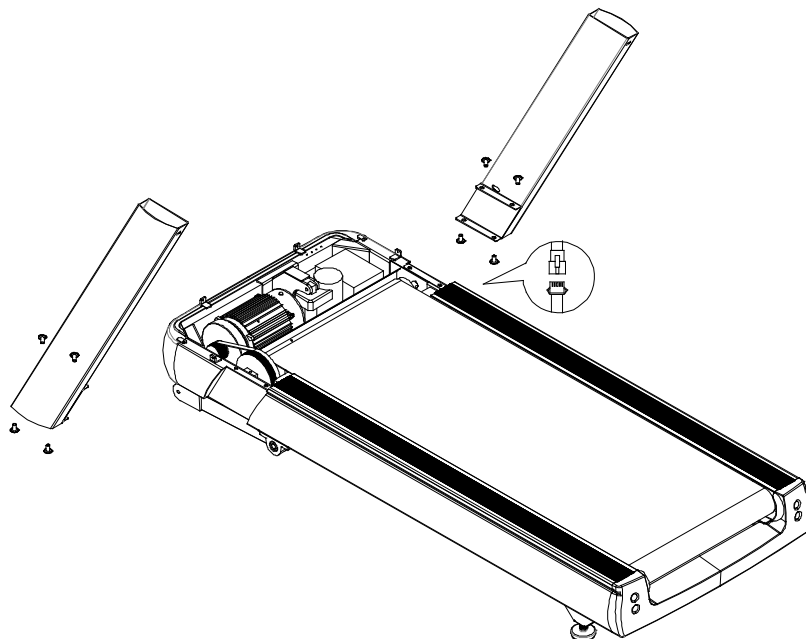
STEP 1

Take out the machine from box and put it on the flat floor. Remove the screws on the left, right and front sides of the motor cover. Remove the motor cover. (As shown)



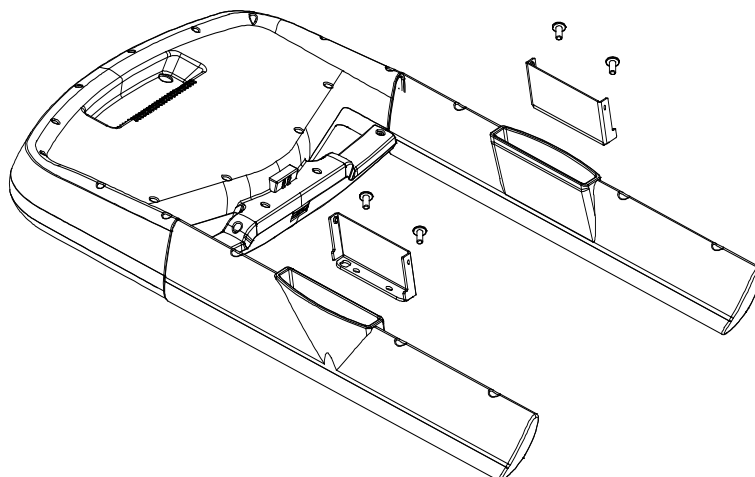
STEP 2

Insert the upright post into the both sides of the main frame with Allen C.K.S. half thread screws M8*20 and Allen C.K.S. full thread screw M8*20 (without lock now). Connect the signal wires of the upright posts and of the platform frame. (As shown)



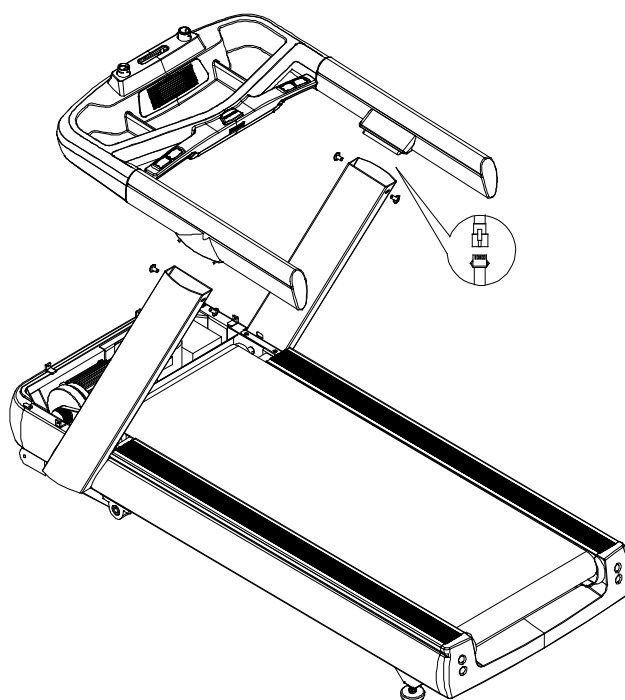
STEP 3

Insert clamping rings of the upright posts into handle bars on the both sides of the main frame with screws M8*20 and screws M8*20. Draw out the signal wire when install the clamp ring of the right upright post (with lock now).



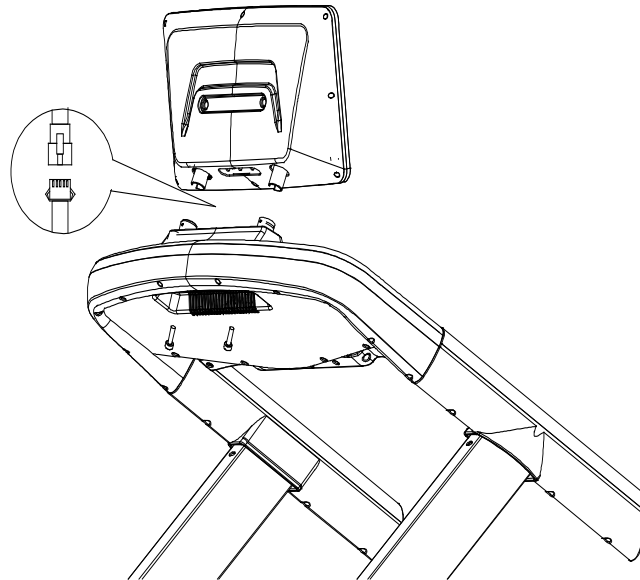
STEP 4

Put the handle bar in a horizontal line (as the direction of the figures), then connect the console and upright posts with 4 pcs of M8*20. (without lock now)



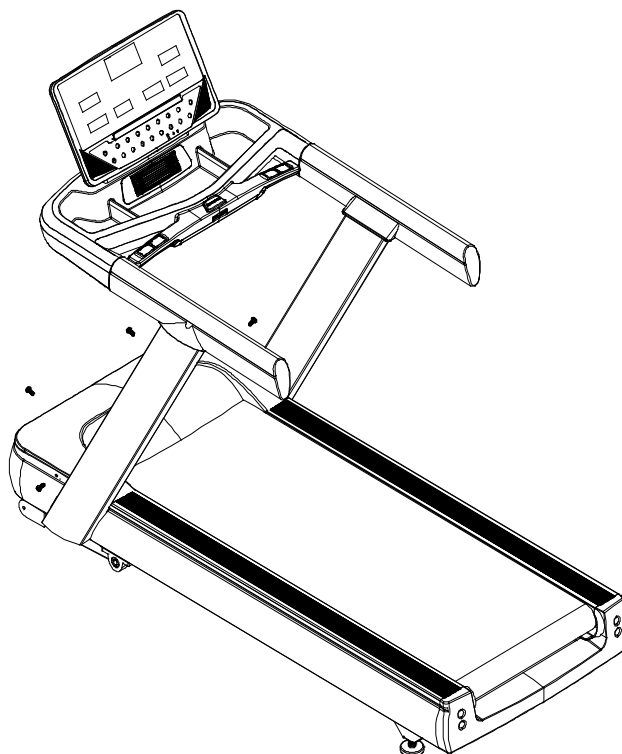
STEP 5

Put the Console A on the treadmill and connect all the wires well, use the Allen socket full thread screw M8*25 to tighten the console. (with lock now)



STEP 6

Install the motor cover on the main frame with 4 pcs of screws Fix the screws M4*16. Fix the screws by tools, and then you are finished.

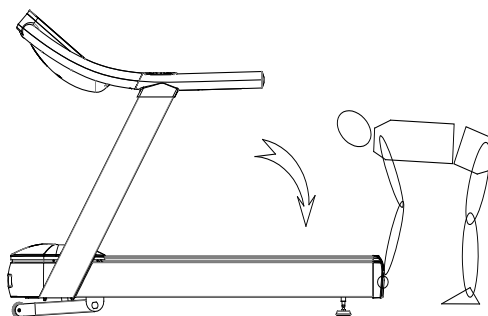
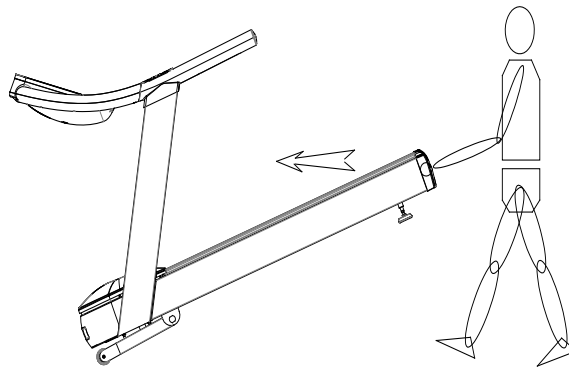
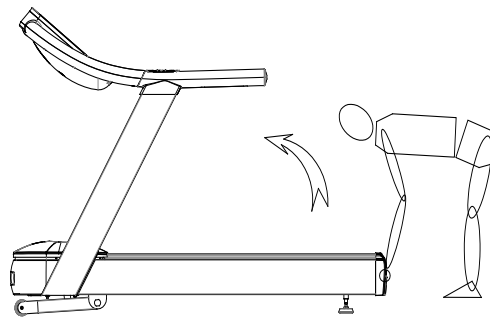


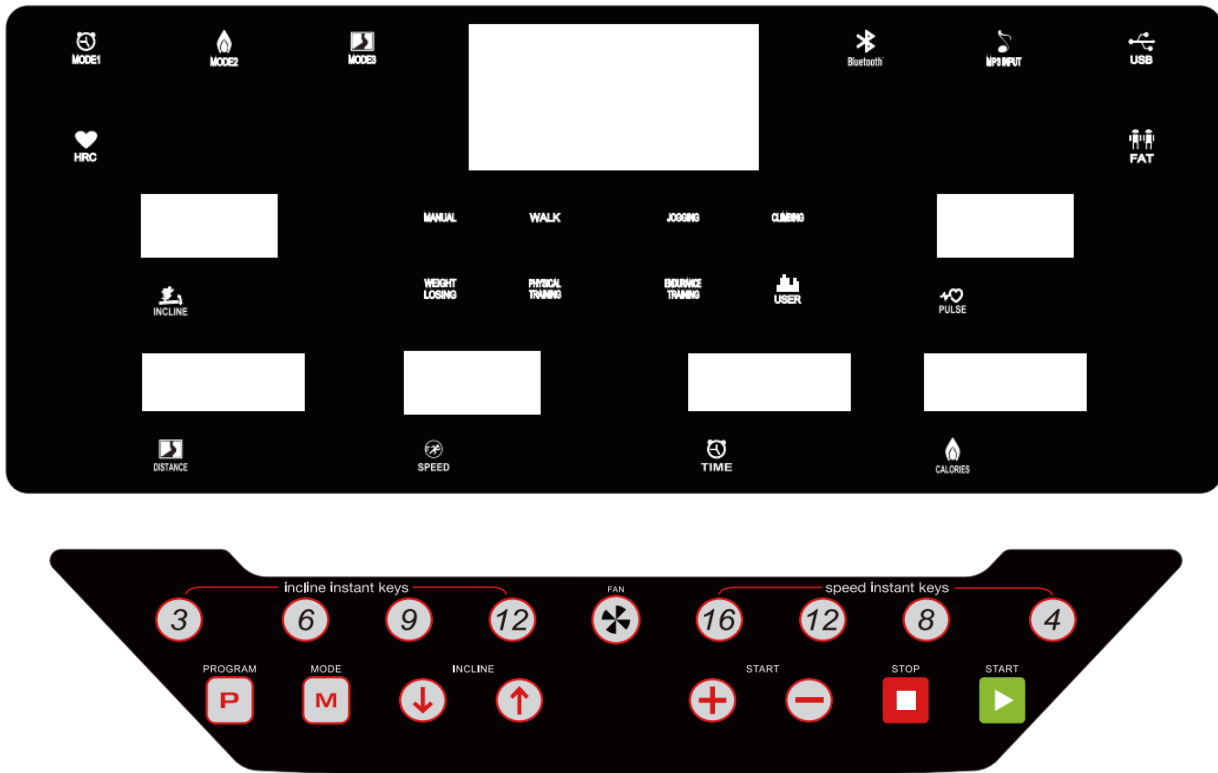
The treadmill can be moved around in house safely in its fold-up position by using the transport wheels.

When moving this machine, following things must be determined:

- 1.The main frame has been fallen to the lowest point.
- 2.The power switch has been closed.
- 3.The power plug has been pulled out of the power socket.

After specifying the above points, grasp the end of the platform with both hands and lift the machine up. Stand up straight and move the machine forward or backward slowly. After moving to the right place, allow deck to begin slowly dropping before releasing hands.





(I).LED window instruction:

- 1.1. “**SPEED**” window: Display the speed numerical value.
- 1.2. “**TIME**” window: Display the time numerical value.
- 1.3. “**DISTANCE**” “**STEP**” window: Display the distence and setps numerical value.
- 1.4. “**CALORIES**” window: Display the calories numerical value.
- 1.5. “**PULSE**” window: Display the pulse numerical value.
- 1.6. “**INCLINE**” window: Display the inclination numerical value.

(II).Button instruction:

- 2.1. “**PROG**”: Program select key: when the treadmill is stopped, cycle select from the manual program to “**P1-P36**→**U1~U3**→**FAT**”as you prefer.
- 2.2. “**MODE**”: When the initial state of the manual mode is selected as normal mode, the **MODE** key can be recycled to select the Time countdown in the mannual mode→calories countdown→distance countdown→Normal mode. The reposition of default is 30 minutes when in P1-P36.
- 2.3. “**START/PAUSE**” key: When the treadmill is stopped, press the **START** key to turn on the treadmill. Press “**START**” key when running, it will pause.
- 2.4. “**STOP**” key, when the treadmill is running, stop the treadmill slowly by pressing the **STOP** key one time.
- 2.5. “**Speed +**” key: In the condition of stopping or body fat testing, add the key for increasing parameters. In running state, add the key for increasing speed.
- 2.6. “**Speed -**” key: In the condition of stopping or body fat testing, add the key for decreasing parameter. In the running state, add the key for decreasing speed.
- 2.7. “**QUICK SPEED**” key: When the treadmill is running, speed up directly by pressing the quick speed key **4, 8, 12, 16**.
- 2.8. “**Incline +**” key: Increase the incline by pressing this key.
- 2.9. “**Incline -**” key: Decrease the incline by pressing this key.
- 2.10. “**QUICK INCLINE**” key: In the running state, increase the incline directly by pressing the quick incline key **3, 6, 9, 12**.

(III). Conersion of public and British system:

- 3.1. After pulling out the safety key, press the “PROGRAM” and “MODE” keys. The screen shows “M”changes from kilometers to miles.
- 3.2. After pulling out the safety key, press the “PROGRAM” and “MODE” keys. The screen shows “KM”changes from miles to kilometers.

(IV).Safety key function:

Safety key is composed of a touch switch, a clothes clip and a nylon rope. It has the function of emergent shut-down. In any state, pull-out safety locks, the treadmill and the keyboard of console stop, and the window displays: “E-07” with sound. Then put well the safety lock, all show that the full light for 2 seconds, then go to the system default state of work.

(V).Guidance for safe usage:

- 5.1. Put the power cord into the electrical outlet with 10A. Flip this switch to the “ON” position. The screen shines with prompt sound and then identifies the safety key.
- 5.2. Put the safety key on the correct position and the clip on the chest. All show that the full light for 2 seconds, and go to the default state of work: all the counter become zero and set value reset. The treadmill enters into the P0 Normal Mode.
- 5.3. Press the “PROG” key to circularly choose a program: **P0~P36, U1, U2, U3, FAT;**
 - a) “P0” user program. Press “MODE” key to cycle select 4 training modes. User can select the speed and inclination. Speed default is 1.0km/h, and inclination default is 0%.
 - Training mode 1: Counting. Time, distance, calorie is plus. The select function is closed.
 - Training mode 2: Time Countdown. Under selecting, time window flickers, press “+” and “-” to modify the value. The range is 5-99 minute. Default is 30:00.
 - Training mode 3: Calories Countdown. Under selecting, calories window flickers, press “+” and “-” to modify the value. The range is 20-990CAL. Default is 50CAL.
 - Training mode 4 : Distance Countdown. Under selecting, Distance window flickers, press “+” and “-” to modify the value. The range is 1.0-99.0km. Default is 1.0KM.
 - b) “P1-P36” Preset program. Only for Time Countdown mode. Under selecting, time window flickers, press “+” and “-” to select. The range is 5-99 minute. Default is 30:00. Press “MODE” key to return to Defaults.
- 5.4. Press “START” key after setting up training mode. Screen displays 5 seconds into the countdown, accompanied by five hint sound. After the countdown to 1, treadmill start gently; speed up slowly to the display, then the constant speed operation smoothly.
 - a) For P1—P36, Speed and inclination is divided into 16 segments. Each segment has the same time. The speed after selecting will be avail in current segment. When run to next segment. It will sound 3 times in advance. When finish 16 segments, the motor will stop with a long prompt sound.
 - b) Press “START” key when running, it will pause. Press “START” key again, it will running, the record data will keep on.
- 5.5. Press “STOP” key when running, the treadmill will slowly till stop. All will return to the default state.
- 5.6. In any state, pull off the safety key and the screen shows “E-07” with promote sound. The treadmill stops running.
- 5.7. The controller always under the inspection. Treadmill will stop once the abnormal case happens. Window will show the ERR message and sound.

5.8. Method of body fat testing: Press “**PROG**” key to select program **FAT**. “**DISTANCE**” window shows setting program number and press “**MODE**” key to select program sequence number. Right “**TIME**” window shows setting program parameter, and press “+” and “-” keys to set parameter.

- a) Item number **F1**: means Sex, the 1(male), 2(female). Parameter setting range: 1-2. Default value: 1;
- b) Item number **F3**: means Age, the range is 1-99, and the original is 25.
- c) Item number **F3**: means Height, the range is 100-220CM(39-87inch), the original is 170CM(67inch)
- d) Item number **F4**: means Weight, the range is 20-150KG(44-330pound), the original is 70KG (154pound)
- e) Item number **F5**: mean BMI, show you have finished the set item , and enter into body fat function. Put two hands on the handle bar, wait for 8 seconds, and the window will show the BMI. Take the Asian people for example,

BMI under 18 is under weight;
 Between 18 and 24 is normal weight;
 Between 25 and 28 is over weight;
 And over 29 is obesity.

(VI). Fan: (Optional)

6.1. When the fan stops, press the fan key and the fan starts running; when the fan is running, press the fan key, and the fan stops.

(VII). MP3: (Optional)

7.1. The console has a built-in dual channel sound, a switching mode power supply, and a non signal silent function. The audio adapter is connected to the MP3 headset jack and the audio input hole of the electronic meter with a distributed audio adapter wire. This is s voice playback.

(VIII). HRC:

8.1. The default of HRC is three groups;the speed limitation of HRC1, HRC2, HRC3 is 9 km/h, 11 km/h and 13km/h.

8.2. HRC can set the range of methods, orders and parameter. When you press the program button to display the HRC, press mode to confirm and go to the next setting group. It can start when you press the speed button to set the final parameters set.

- A: Age range: 15-80 years old, the default is 25 years old.
- B: Target heart rate(THR): $(220 - \text{age}) * 0.6$
- C: The correction range of the target heart rate: 80-180
- D: The default of time is 30 minutes. The correction range: 5-99 minutes.

1.3. Speed change

- A: Changing frequency, HRC check the heart rate once every 30 seconds (heart rate has been shown).
- B: When the user’s heart rate is lower than the target heart rate 30 beats / min, the speed is increased 2.0 km / h.
- C: When the user’s heart rate is lower than the target heart rate 6-29 beats / min, the speed is increased 1.0 km / h.
- D: When the user’s heart rate is higher than the target heart rate 30 beats / min, the speed is decreased 2.0 km / h.
- E: When the user’s heart rate is higher than the target heart rate 6-29 beats / min, the speed is decreased 1.0 km / h.
- F: When the user’s heart rate is higher or lower than the target heart rate 0-5 beats/min, the speed won’t change.

8.4. According to the following situation, the treadmill will be slow down to the lowest speed in 20 seconds, and then stop after running 15 seconds in the lowest speed and sound once per second.

- A: Can’t check the heart rate one minute.
- B: The heart rate will decrease speed in the lowest speed 1.0 km / h (0.6m / h).
- C: The heart rate is higher than $(220 - \text{age})$.

1.5. You can not decrease speed lower than the lowest speed when above the lowest speed, For example: the lowest speed is 1.0km / h, it will be 1.0 km / h when you decrease speed from 1.6 km /h to 1.0 km / h.

1.6. The inclination isn’t controlled by the heart rate, it can be adjusted manually. The initial speed is 1.0km/h, it can’t be adjusted speed by heat rate before one minute you are running.

Problem or code	Possible cause	Corrective action
Treadmill can not work	a.No connect to or turn on power supply	Plug into socket or turn the socket to "ON"
	b.Safety key did not put well	Put the safety key on the right place
	c.Transformer did not fix well or transformer defected	Check and fix well the transformer or change the transformer
	d.Electro circuit interrupt	Checkthe input and output terminal of the system and connect wires
Treadmill stop suddenly	a.Safety key fall off	Reput the safety key well
	b.The electronic system problem	Ask repairman for help
Key defected	a.Key is damaged or can not work	Change key
	b.All keys are damaged	Change the keyboard and wire. Change PCB board. Change the console.
	c.The connect wire between the motor and controller is loose or controller defected	Well connect the wire or change the controller
E7	Console can not test the signal of safety key	Check the safety key ,and well put .Reassemble the safety key to ensure the hole and black tease is in place. Change console.
No pulse	a.Handle pulse wire did not connect well or wire defected	Well connect the wire or change the wire
	b.Console circuitry defected	Change the console
Console short of display or lack of delimit	a.The screw on the pcb is loose	Tight the screw well
	b.Console defected	Change the console
E01	Overload protection of converter	Change the converter or ask professional repairman for help
E02	Overload protection shutdown	Change the converter or ask professional repairman for help
E03	Overheat protection of converter(1S)	Change the converter or ask professional repairman for help
E04	Overvoltage protection(1S)	Change the converter or ask professional repairman for help
E05	Undervoltage protection	Change the converter or ask professional repairman for help
E06	Converter output short circuit	Change the converter or ask professional repairman for help
E08	Overvoltage protection(10S)	Change the converter or ask professional repairman for help
E10	Low-voltage display	Change the converter or ask professional repairman for help
E11	Emergency shutdown display	Change the converter or ask professional repairman for help
E12	Overload protection of motor	Change the motor or converter

PROGRAM SPEED TABLE

LEVEL		1	2	3	4	5	6	7	8	9	10	11	12	13	14	16
PROG.	CLASSIFICATION															
P1	SPEED	1.0	3.0	3.0	7.0	7.0	5.0	5.0	5.0	7.0	7.0	5.0	5.0	5.0	5.0	2.0
	INCLINE	2	2	6	6	8	8	6	6	4	4	4	6	6	2	2
P2	SPEED	2.0	3.0	3.0	6.0	5.0	5.0	8.0	5.0	5.0	6.0	8.0	8.0	8.0	5.0	3.0
	INCLINE	3	3	9	9	9	2	2	8	8	4	1	1	4	4	4
P3	SPEED	2.0	3.0	5.0	5.0	7.0	7.0	8.0	5.0	5.0	6.0	8.0	8.0	8.0	5.0	3.0
	INCLINE	1	2	3	4	5	5	7	7	4	4	4	4	6	3	2
P4	SPEED	2.0	2.0	3.0	5.0	5.0	5.0	8.0	8.0	8.0	8.0	5.0	5.0	5.0	3.0	2.0
	INCLINE	3	3	6	6	6	9	9	9	9	9	9	6	6	6	2
P5	SPEED	3.0	4.0	5.0	6.0	7.0	8.0	9.0	10.0	10.0	10.0	9.0	8.0	7.0	5.0	3.0
	INCLINE	2	2	4	4	8	8	6	6	6	6	8	7	6	5	1
P6	SPEED	3.0	4.0	5.0	5.0	6.0	6.0	7.0	7.0	7.0	9.0	9.0	10.0	10.0	11.0	3.0
	INCLINE	1	8	8	8	8	8	7	7	7	7	7	5	5	3	1
P7	SPEED	3.0	4.0	9.0	4.0	11.0	4.0	10.0	4.0	9.0	4.0	8.0	4.0	11.0	5.0	2.0
	INCLINE	1	1	4	4	4	6	6	6	8	8	8	10	10	10	2
P8	SPEED	3.0	5.0	8.0	3.0	5.0	7.0	9.0	3.0	5.0	7.0	10.0	3.0	5.0	7.0	5.0
	INCLINE	3	3	8	8	3	3	7	7	3	3	6	6	3	3	5
P9	SPEED	3.0	7.0	9.0	4.0	7.0	10.0	4.0	7.0	11.0	5.0	7.0	12.0	4.0	7.0	6.0
	INCLINE	3	6	6	3	7	7	3	8	8	3	9	9	3	3	7
P10	SPEED	3.0	5.0	6.0	6.0	6.0	9.0	10.0	6.0	6.0	9.0	10.0	6.0	6.0	6.0	3.0
	INCLINE	2	7	7	7	5	5	5	8	8	8	8	8	8	4	4
P11	SPEED	4.0	5.0	7.0	9.0	10.0	11.0	9.0	6.0	8.0	9.0	10.0	10.0	11.0	9.0	5.0
	INCLINE	1	6	6	6	3	3	3	7	7	4	4	4	4	6	6
P12	SPEED	4.0	6.0	10.0	10.0	7.0	10.0	10.0	10.0	7.0	7.0	10.0	10.0	10.0	10.0	5.0
	INCLINE	3	8	8	6	9	9	5	5	8	8	8	4	4	4	4
P13	SPEED	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	12.0
	INCLINE	4	8	10	12	4	8	10	12	4	8	10	12	4	8	12
P14	SPEED	2.0	3.0	3.0	6.0	9.0	11.0	3.0	6.0	9.0	11.0	3.0	6.0	9.0	11.0	6.0
	INCLINE	5	9	11	12	5	9	11	12	5	9	11	12	5	9	12
P15	SPEED	4.0	6.0	11.0	11.0	9.0	6.0	11.0	11.0	9.0	6.0	11.0	11.0	9.0	6.0	11.0
	INCLINE	2	3	4	5	6	8	7	8	8	7	7	6	5	4	2
P16	SPEED	2.0	4.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	12.0
	INCLINE	2	4	5	6	2	4	5	6	2	4	5	6	2	4	6
P17	SPEED	2.0	2.0	2.0	4.0	6.0	6.0	9.0	11.0	11.0	2.0	4.0	6.0	6.0	11.0	9.0
	INCLINE	2	4	6	8	10	12	12	12	12	12	12	10	8	6	2
P18	SPEED	3.0	6.0	3.0	6.0	6.0	3.0	6.0	6.0	3.0	6.0	6.0	3.0	6.0	6.0	6.0
	INCLINE	2	6	8	2	6	8	2	6	8	2	6	8	2	6	2
P19	SPEED	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	12.0
	INCLINE	10	8	6	4	10	8	6	4	10	8	6	4	10	8	4
P20	SPEED	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	13.0
	INCLINE	12	8	2	12	8	2	12	8	2	12	8	2	12	8	2
P21	SPEED	2.0	6.0	2.0	6.0	11.0	2.0	6.0	11.0	2.0	6.0	11.0	2.0	6.0	11.0	6.0
	INCLINE	12	9	3	12	9	3	12	9	3	12	9	3	12	9	3
P22	SPEED	4.0	6.0	11.0	6.0	2.0	11.0	6.0	2.0	11.0	6.0	2.0	11.0	6.0	2.0	6.0
	INCLINE	2	4	10	2	4	10	2	6	12	6	8	12	6	8	2

PROGRAM SPEED TABLE

P23	SPEED	4.0	6.0	11.0	6.0	6.0	2.0	11.0	6.0	6.0	2.0	11.0	6.0	6.0	2.0	6.0
	INCLINE	2	3	4	5	6	6	7	8	10	11	12	12	12	12	2
P24	SPEED	4.0	6.0	11.0	6.0	4.0	11.0	6.0	4.0	11.0	6.0	4.0	11.0	6.0	4.0	6.0
	INCLINE	4	4	5	6	7	8	10	10	12	12	12	12	12	12	2
P25	SPEED	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	13.0
	INCLINE	5	9	11	12	5	9	11	12	5	9	11	12	5	9	12
P26	SPEED	3.0	4.0	4.0	7.0	10.0	12.0	4.0	7.0	10.0	12.0	4.0	7.0	10.0	12.0	7.0
	INCLINE	6	10	12	12	6	10	11	12	6	10	12	12	6	10	12
P27	SPEED	5.0	7.0	12.0	12.0	10.0	7.0	12.0	12.0	10.0	7.0	12.0	12.0	10.0	7.0	12.0
	INCLINE	3	4	5	6	7	9	8	9	9	8	8	7	6	5	3
P28	SPEED	3.0	5.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	13.0
	INCLINE	3	5	6	7	3	5	6	7	3	5	6	7	3	5	7
P29	SPEED	3.0	3.0	3.0	5.0	7.0	7.0	10.0	12.0	12.0	3.0	5.0	7.0	7.0	12.0	10.0
	INCLINE	3	5	7	9	11	12	12	12	12	12	12	11	9	7	3
P30	SPEED	4.0	7.0	4.0	7.0	7.0	4.0	7.0	7.0	4.0	7.0	7.0	4.0	7.0	7.0	7.0
	INCLINE	3	7	9	3	7	9	3	7	9	3	7	9	3	7	3
P31	SPEED	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	13.0
	INCLINE	11	9	7	5	11	9	7	5	11	9	7	5	11	9	5
P32	SPEED	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0	14.0
	INCLINE	12	9	3	12	9	3	12	9	3	12	9	3	12	9	3
P33	SPEED	3.0	7.0	3.0	7.0	12.0	3.0	7.0	12.0	3.0	7.0	12.0	7.0	7.0	12.0	7.0
	INCLINE	12	10	4	12	10	4	12	10	4	12	10	4	12	10	4
P34	SPEED	5.0	7.0	12.0	7.0	3.0	12.0	7.0	3.0	12.0	7.0	3.0	12.0	7.0	3.0	7.0
	INCLINE	3	5	11	3	5	11	3	7	12	7	9	12	7	9	3
P35	SPEED	5.0	7.0	12.0	7.0	7.0	3.0	12.0	7.0	7.0	3.0	12.0	7.0	7.0	3.0	7.0
	INCLINE	3	4	5	6	7	7	8	9	11	12	12	12	12	12	3
P36	SPEED	5.0	7.0	12.0	7.0	5.0	12.0	7.0	5.0	12.0	7.0	5.0	12.0	7.0	5.0	7.0
	INCLINE	5	5	6	7	8	9	11	11	12	12	12	12	12	12	



This treadmill requires a right power source in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging the equipment. Any incorrect power source could cause significant damage to the equipment and or user.

GROUNDING METHODS:

This product must be grounded. Grounding provides the least resistance for electrical current and will reduce the risk of electric shock. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Ensure that the product is connected to an outlet which contains the same configuration as the plug. Do not use an adaptor for this product.

This product is for use on a nominal circuit and has a grounding plug that looks like the plug illustrated in the below picture. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.



Improper connection of the equipment-grounding conductor can result in risk of electric shock. Check with a certified electrician 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 an electrician.



1. NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
2. NEVER operate the treadmill using a generator or UPS power supply.
3. NEVER remove any cover without first disconnecting power.
4. NEVER expose the treadmill to rain or moisture. This treadmill is not designed for use outdoors, near pools or in any other high humidity environment

1. Turn the power on , keep the treadmill spread out at its lowest position and check its function if normal.
2. Clip the safety key cord with your clothes.
3. Ensure and check its function and stability before use .

Standing on the Running belt to get it started is not allowed. The correct way to start is standing on side rails with hands on the handle bar. After normal working, you can exercise with the treadmill.

Hold the handle bar when press the START key, the treadmill running at the speed of 1.0km/h after 5 seconds. Then press + Key to 2.5-3.5 km/h which is the comfort speed for running. Both of hands are supposed to catch handle bar at the same time and feet step to the running belt successively to start running. Running as quickly as running belt soon.

4. After several minutes, you can speed up by pressing + key or slow down by - key meanwhile holding the handle bar.
5. When running ,press speed value,you can enter into the fixed speed you want .
6. Pressing STOP key to make the motor stop.

PRE-SETTING USE

- Connect the power .Turn the power on.
- Press CHOOSE key to select what mode you want.
- Press START key to get started in your selected mode.
- You can press + or - to change the speed or STOP key to make it stop.

HRC TESTING

After the treadmill is powered on, hold your hands on the metal pulse sensors, then you can see HRC value on the display window.

NOTE: When safety key pull out ,the treadmill will stop immediately.

MAINTENANCE AND CARE

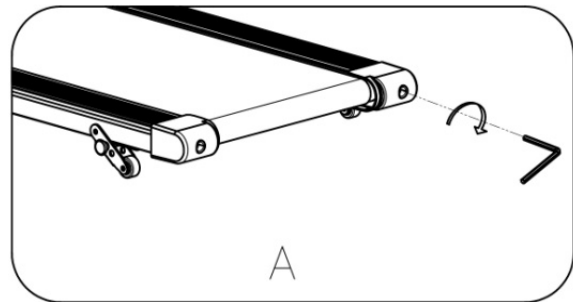
General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the running belt to prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from your shoes does not wear out the running board and belt. Clean the surface of the running belt with a clean damp cloth.

- To make the cleaning easier it is recommended to use a mat for the treadmill. Shoes can leave dirt on the striding belt that can fall beneath the treadmill. Clean the mat under the treadmill once a week.
- To better maintain the treadmill and prolong its life it is suggested that the machine be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.
- A loose Running Belt will result in the runner sliding off when running, while too tight of a Running Belt will result in decrease to the motors performance and also create more friction between the roller and running belts. The most suitable tightness for the belts is pulled out 50-75mm from the Running Board.

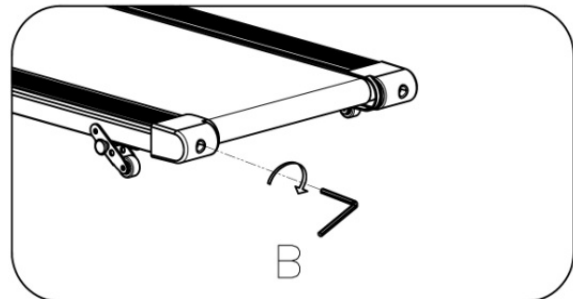
CENTERING THE RUNNING BELT:

Place the treadmill on level ground and set it at 6-8kph to check if the Running Belt drifts.

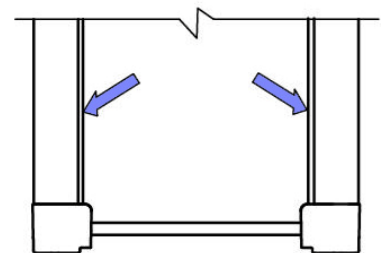
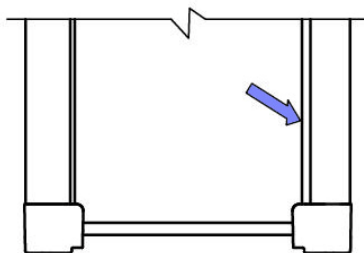
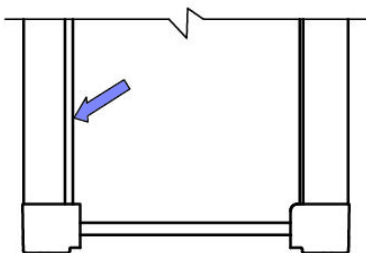
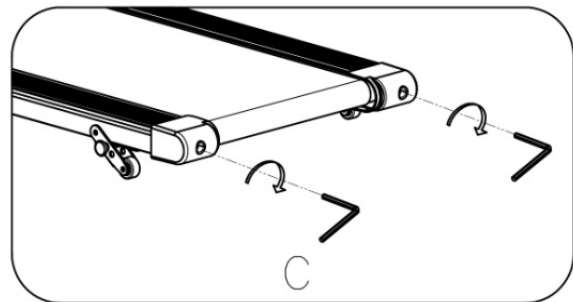
1. If the **Running Belt** moves to the **right**, turn the adjusting bolt on the right side $\frac{1}{4}$ turn *clockwise*, then turn the left adjustment bolt $\frac{1}{4}$ turn *counter-clockwise*. If the belt does not move, repeat this step until it centers. Refer to figure A.



2. If the **Running Belt** moves to the **left**, turn the adjusting bolts on the left side $\frac{1}{4}$ of a turn *clockwise*, then turn the right adjustment bolt $\frac{1}{4}$ turn *counter-clockwise*. If the belt does not move, repeat this step until it centers. Refer to figure B.



3. Over time the **Running Belt** will **loosen**. To tighten the belt turn the Left & Right side adjustment bolts one full turn clockwise, check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to figure C.



IMPORTANT NOTE:

The treadmill is factory-lubricated. However, it is recommended to check the lubrication of the treadmill regularly, to ensure an optimal operation of the treadmill.

RUNNING BELTS & TREADMILL LUBRICANT:

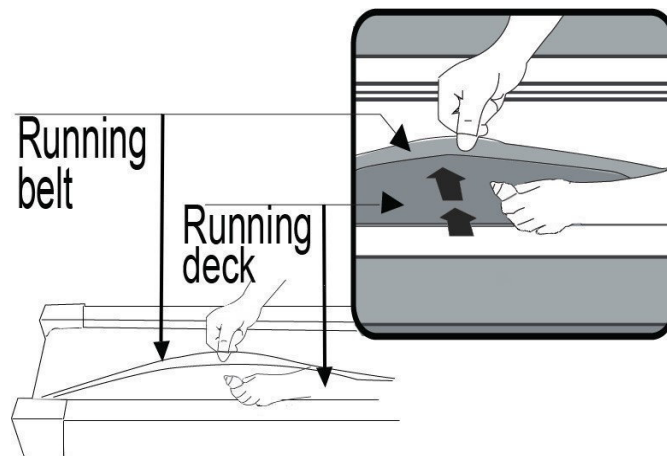
Lubricating the running board and running belt is essential as the friction between the two affects the life span and function of the treadmill, therefore it is suggested that the running board and belt be inspected regularly.



Always unplug the treadmill from the electrical outlet before cleaning, lubricating or repairing the unit.

HOW TO LUBRICATE:

1. Raise the belt up on one side and apply lubricant to the running deck. Use a rag to thoroughly wipe the lubricant over the running deck. Repeat this process for the other side.
2. The moving parts should turn freely and quietly. Abnormality of moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly.
3. To better maintain the treadmill and prolong its lifespan, it is suggested that maintenance be done on a regular basis.



The following time table is recommended:

Light user	less than 3 hours/week	every six months
Medium user	3-5 hours/week	every three months
Heavy user	more than 5 hours/week	every two months

STORAGE

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

The importer of this product assures that this device is manufactured with high quality materials.

The prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can void the warranty.

The implied warranty for wear parts is valid for 3 year and for frame 5 years, beginning from the date of purchase. For eventual defects please contact the dealer of this product within the guarantee period.

The warranty applies to the following parts (as far as included in the scope of delivery): frame, electronic devices, wheels and running belt.

The guarantee does not cover:

- Damage effected by outer force
- Intervention by unauthorized parties
- Incorrect handling of the product
- Non-compliance of the operating instructions
- Normal wear and tear of the wear parts

The device is intended for professional and home use.

Manufactured for:
Gymstick International Oy
Ratavartijankatu 11
15170 Lahti, FINLAND



Devices marked with this symbol must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide information on the matter.

