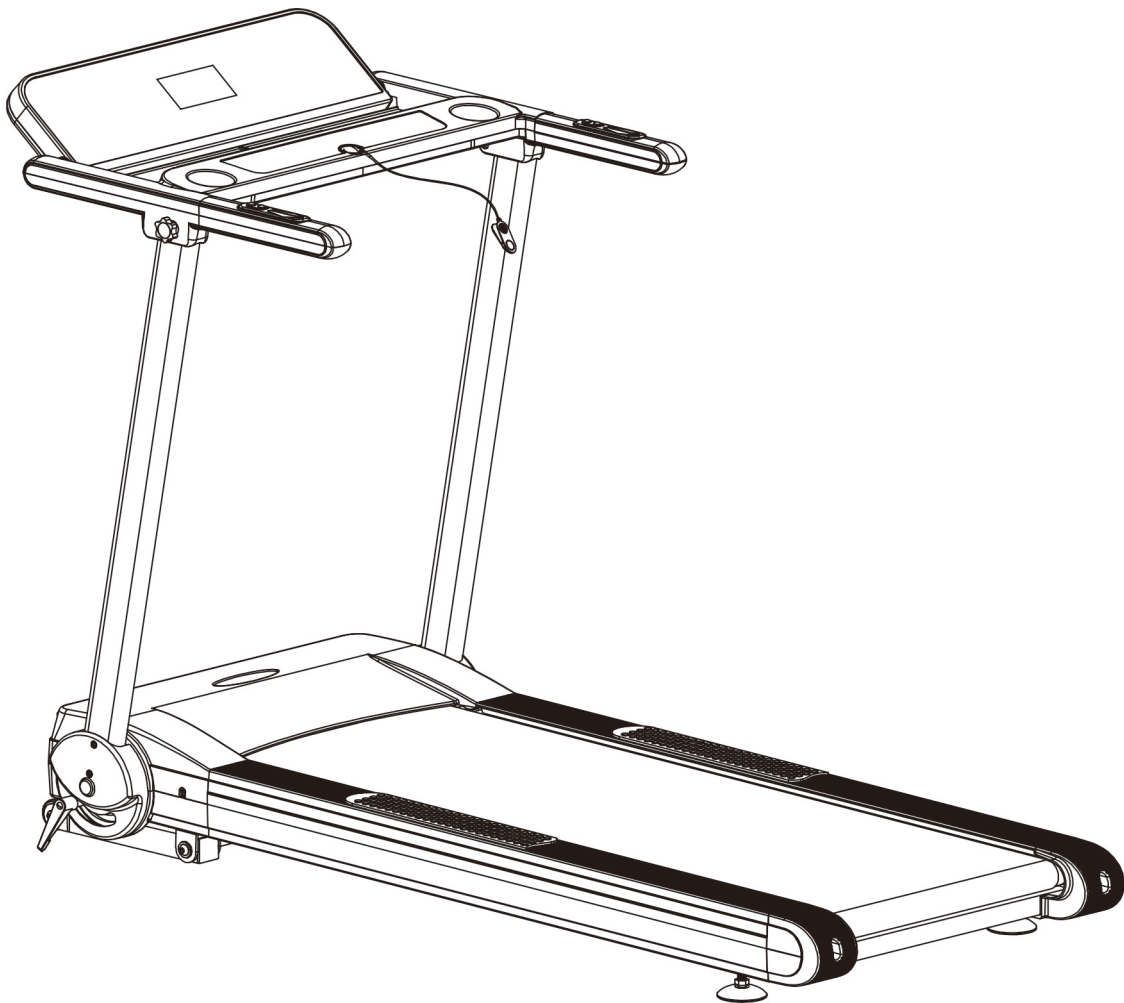


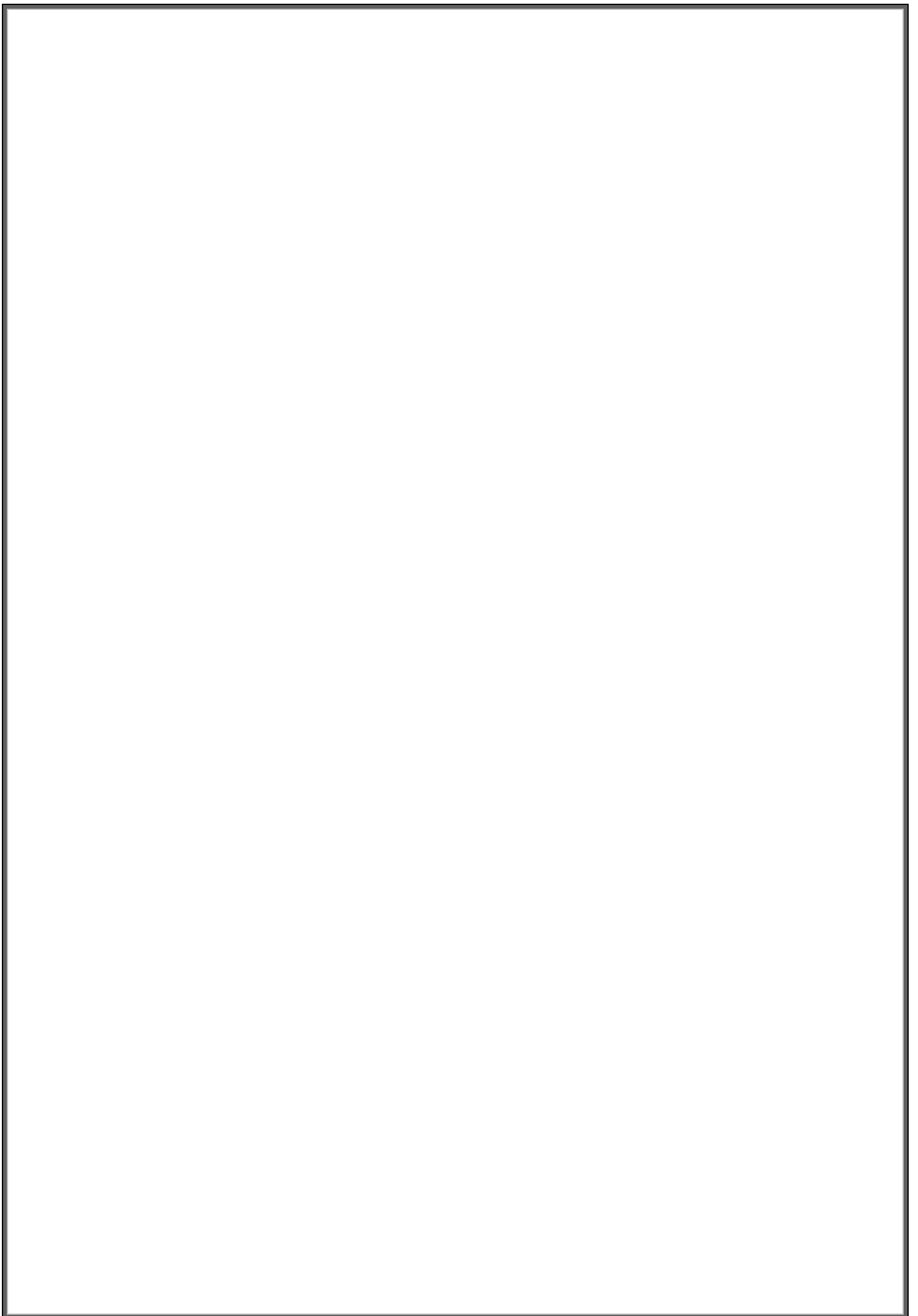
**Treadmill**

# **XFIT 2SLIM**

**User's Manual**



\* Product specifications may differ from the photo and are subject to change without notice.



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## SAFETY CAUTIONS

When using this product, basic precautions should always be followed, including the following:

Please read the instruction carefully before starting to use this product.

**Danger** – To reduce the risk of electric shock:

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

**Warning** – To reduce the risk of burns, fire, electric shock, or physical injury:

1. The product should never be left unattended while plugged in. Unplug the product from the outlet when not in use.
2. Close supervision is necessary when this product is used by or near children, invalids, or disabled persons.
3. Be sure to use the product only for its intended use as described in this manual. Do not use any attachment not recommended by the manufacturer to avoid any danger or accidents.
4. Never operate the product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or dropped into water. Please return the product to the service center of seller for examination and repair.
5. Do not carry this product by the supply cord or use the cord as a handle.
6. Keep the cord away from hot surfaces or ground.
7. Never operate the product with the air vents blocked. Keep the air vents free of lint, hair, etc.
8. Never drop or insert any objects into any openings.
9. Do not use or operate outdoors.
10. Do not operate where aerosol (spray) products are being used or where oxygen is thin.
11. Before turning the product power off, turn all controls to the off position then remove the plug from the outlet.
12. Connect the product to a properly grounded outlet only.
13. If the treadmill is foldable, when user finishes using the treadmill, the elevation needs to be back to original position.
14. When user is using the treadmill, it cannot be folded at the same time.
15. Keep a safety zone of 2000mm x 1000mm away from the treadmill.
16. This machine is only intended for household use.
17. For the treadmill with folding function and electric elevation, be sure that the elevation is 0 before folding (To avoid interference of the components).
18. Stop using the treadmill if you feel faint, dizzy, or short of breath.
19. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.

**IMPORTANT:** The **SAFETY KEY** has a magnet which is connected to the console. At the other end there is a clip that must be placed on your clothes. The treadmill only works with the safety key on the console.

## SAFETY CAUTIONS

### GROUNDING INSTRUCTIONS

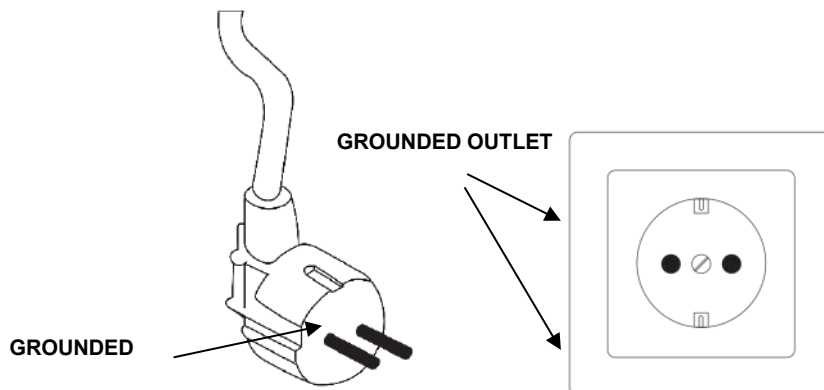
The products must be grounded first. If malfunction or breakdown occurs, grounding will provide a path of least resistance for electric current to reduce the risk of electric shock. The product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged 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 products are properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet install by a qualified electrician.

The product is for use on nominal 220-240 volt and has a grounding plug that looks like the plug illustrated in the figure . Make sure that the product is connected to an outlet having the same configuration as the plug.

There is no need to use any adapter for this product.

**Figure**  
**Grounding methods**



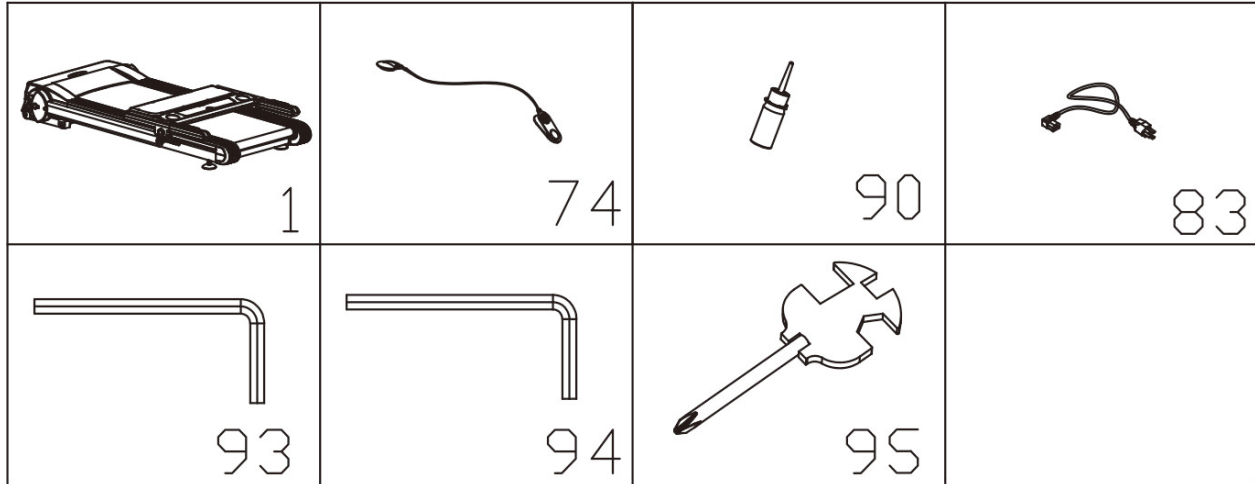
**CAUTION!** The company does not have no responsibility for causing damage due to misuse of the product and non-compliance with the instructions for use.

**THE WARRANTY IS NOT VALID IF:** The machine is placed outdoors or exposed to sun and dust. Dust and fluff enter the internal mechanical parts of the machine, causing serious damage. Keep the machine free of dust and fluff.

**CAUTION!** The use of a protective carpet (plastic carpet or thin carpet) under the fitness machine is considered essential for its proper use, avoidance of vibrations and protection of the floor. The company does not bear any responsibility for causing damage due to misuse of the product and non-compliance with the instructions for use.

## ASSEMBLY INSTRUCTIONS

OPEN THE BOX YOU CAN FIND THE ALL PARTS AS BELOW



### Part list

No.	Description	Quantity	No.	Description	Quantity
1	Main frame	1 set	99	Wrench 5MM	1 pc
74	Safety Key	1 pc	100	Wrench 6MM	1 pc
92	Lubrication oil	1 pc	101	Screw driver	1 pc
83	Power code	1 pc	96	Audio cable	1 pc

### SPECIFICATIONS

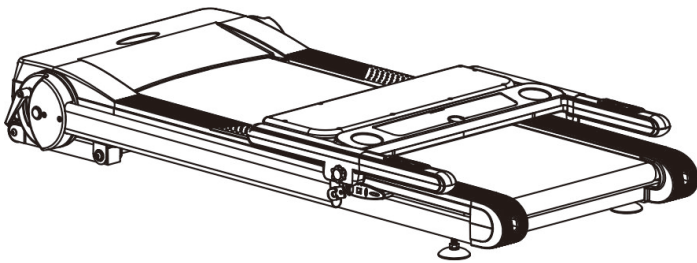
Motor:	2.5hp continuous use	Machine weight:	54 kg
Speed:	1.0-16.0 km/h	Belt surface:	120 x 45 cm
Incline:	Electric (15 levels)	Dimensions (open):	L:156 x W:75 x H:120 cm
Heart rate measurement:	On the handles	Dimensions (closed):	L: 22 x W:75 x H:145 cm
Maximum user weight:	100 kg	Programs:	40 preset, 5 User, 1 Body fat measurement
Display indications:	Time, distance, pulse, calories, speed, incline		

**CAUTION!** During exercise, heavy sweating can cause mechanical and electrical damage to the machine. Like any other liquid substance, sweat can cause damage mainly to the electrical parts of the machine (dial, cables, etc.). The best solution is to use a towel during exercise and wipe the machine after each use to avoid any unwanted damage.

## ASSEMBLY INSTRUCTIONS

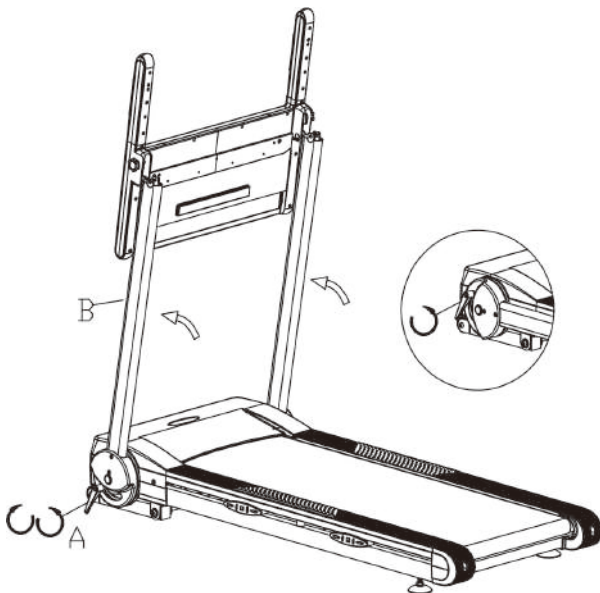
Note: Assembly requires 2 people.

### STEP 1



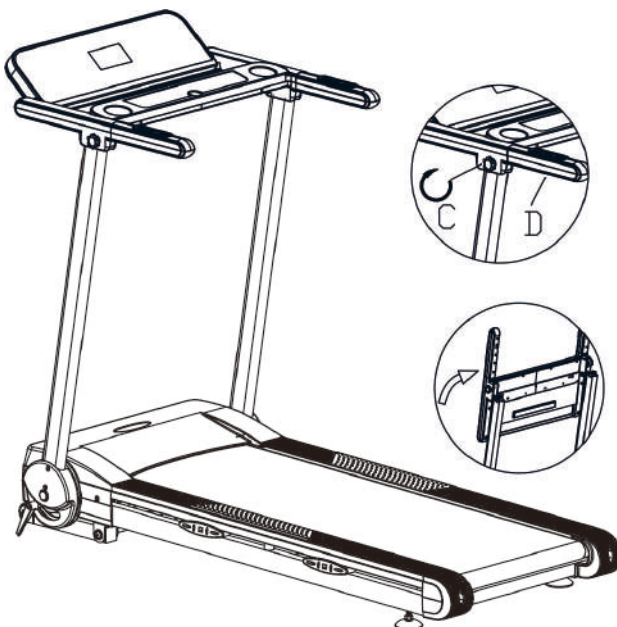
1. Please note that this treadmill needs at least 2 people to finish assembly.
2. Open the carton box and take out all the protection foam and assembly parts.

### STEP 2



1. Rotate the bar A on the left side of treadmill counterclockwise for 4-5 turns, and then rotate the same bar on the right side of treadmill clockwise for 4-5 turns.
2. Hold the upright by hand and lift up the uprights, then rotate bar A on the left clockwise and bar A on the right counterclockwise to lock uprights firmly.

### STEP 3



1. As the photo shows, rotate the computer and lay it onto upright.
2. Use the knob to lock the computer firmly with the upright.

## GENERAL SAFETY TIPS

- A.** Practice mounting and dismounting your treadmill before beginning your workout.
- B.** Attach the Safety Key to the Computer (the treadmill will not operate without the Safety Key). Clip the other end of the Safety Key to your clothing before exercising to ensure the treadmill will stop if the user accidentally walks off the Treadmill.
- C.** If the user falls off the Treadmill, the Safety Key will come off the Computer and the treadmill will stop at once to avoid further injury.
- D.** Do not stand on the Walking Belt while starting the Treadmill. Straddle the Belt and stand on the plastic Foot Rails.
- E.** The Treadmill will start at 1.0KM/H after countdown. If you are a new user, stay at a slow speed and hold onto the Hand Grips until you become comfortable.

## QUICK REFERENCE GUIDE



### Display and setting range

	Initial	Setting initial value	Setting range	Show range
Prog. Time(min:sec)	0:00	30:00	5:00-99:00	0:00~99:59
Speed(km/h)	0.0	1.0	1.0-16.0	1.0 - 16.0
Incline(%)	0.0	0	0-15%	0-15%
Distance(km)	0.0	1.0	0.5 - 99.9	0.0 - 99.9
Calories(Cal.)	0	50	10-999	0-999
Mode Time(min:sec)	0:00	15:00	5:00-99:00	0:00-99:59



## OPERATION GUIDE

### GETTING STARTED

#### NOTES:

1. Check to make sure nothing is on or will hinder the movement of the treadmill.
2. Plug in the power cord and turn the treadmill ON.
3. Stand on the foot rails of the treadmill.
4. Attach the safety key clip to part of your clothing.
5. Put the safety key into the safety keyhole in the console, and then the treadmill will be on start/ready status.
6. There are 2 buttons on both handrails, right is SPEED+, SPEED- , left is INCLINE+, INCLINE-, and it will perform same functions as SPEED +/- and INCLINE +/- buttons on the console.
7. You have two options to start your workout:

#### A. QUICK START

Simply press the START button to begin working out.

#### B. SELECT A PROGRAM

Select manual program by pressing MODE button or pressing PROG button to enter build-in 40 programs.

### QUICK-START OPERATION

**STEP 1:** Attach the Safety key to wake display up; the treadmill then will be on start/ready status.

**STEP 2:** Press the START button to begin belt movement after countdown. Use the SPEED +/- or QUICK SPEED buttons to adjust the desired speed at any time during training; use the INCLINE +/- or QUICK INCLINE buttons to adjust the incline at any time during training. The buttons on handrail can also adjust the speed and incline, the buttons on left handrail to adjust incline, the buttons on right handrail to adjust speed.

**STEP 3:** To get a pulse reading, simply grasp stainless steel pick-ups on handrails. It may take a few seconds for the display to reach the actual number. The pulse rate will be displayed on PULSE window.

**STEP 4:** During quick-start operation, TIME, CALORIE and DISTANCE will count up.

### MANUAL PROGRAMS OPERATION

**NOTES:** Under this program, one of TIME, DISTANCE, CALORIE can be set count-down for your workout, the others will count up during your workout, after one count-down reach zero, program will be ended and stop the belt movement, if you need to continue, press the START button to begin belt movement after count-down.

**STEP 1:** Attach the Safety key to wake display up; the treadmill then will be on start/ready status.

**STEP 2:** Press MODE button, the TIME window will display 30:00, press SPEED +/- button to set count-down TIME from 5:00 minutes to 99:00 minutes.

If you do not like to set TIME for count-down and pass to others, press MODE again, the DIST window will display 1.0, you can set count-down DISTANCE from 1.0KM - 99.0KM.

If you do not like to set DISTANCE for count-down and pass to others, press MODE again, the CAL. window will display 50, you can set count-down CALORIE from 20 CAL to 990 CAL.

**STEP 3:** After finishing setting count-down for your workout, press START to begin belt movement after count-down.

**STEP 4:** During the program you can adjust the speed and incline by pressing SPEED +/- and INCLINE +/- buttons, or QUICK SPEED and QUICK INCLINE buttons. The buttons on handrail can also adjust the speed and incline, the buttons on left handrail to adjust incline, the buttons on right handrail to adjust speed.

**STEP 5:** Press STOP button to stop your workout or pull safety key away from its position to shut down the computer.

## PRESET PROGRAMS OPERATION

### NOTES:

**All the preset programs are made up with 20 time-based segments; the speed and incline are preset on each segment. The elapse time of 20 segments on each program will be automatically arranged according to the time you set for your workout time.**

**STEP 1:** Attach the Safety key to wake display up; the treadmill then will be on start/ready status.

**STEP 2:** Press PROG button to scroll all 40 build-in programs. After selecting a program, then press SPEED +/- buttons to modify the elapsing time. The pre-set elapsing time of each program is 30:00 minutes, and it can be set from 8:00 to 99:00 minutes.

**STEP 3:** After modifying the elapsing time, press START button to accept and begin your workout.

**STEP 4:** During procession of program, you can adjust the SPEED & INCLINE by pressing SPEED +/- and INCLINE +/- buttons or uses QUICK SPEED and QUICK INCLINE buttons to jump directly to a setting. The SPEED and INCLINE you adjust will only be effective on the ongoing segment, after the segment finished, the SPEED and INCLINE will process preset values.

**STEP 5:** Press STOP button to stop your workout or pull safety key away from its position to shut down the computer.

## User Manual Program

There are 5 user programs besides 40 workout-in programs: U1、U2、U3、U4、U5.

**1. User manual program setting:** In ready mode, press PROG button continuously until your desire (U1-U5). Press MODE button to set speed and incline in total 20 intervals.

**2. User manual program starting:** In ready mode, press PROG button continuously until your desire (U1-U5), and set running time then start.

## OPERATION GUIDE

### USING THE PULSE FUNCTION

The PULSE Window on your Computer works in conjunction with the Pulse Sensors on both handrails. When you are ready to read your pulse:

1. Place both hands firmly on the Pulse Sensors. For the most accurate reading, it is important to use both hands.
2. Your estimated heart rate will display in the PULSE window approximately 5 seconds after you grasp the Pulse Sensors.

**CAUTION!** The heart rate sensor and calorie counter are not medical devices. Several factors can affect the accuracy of the indications. The heart rate sensor is only intended as an aid during exercise to monitor your heart rate in general.

3. This estimate is not exact and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.

### BODY FAT SCALE

**This function is to estimate your body fat according to the basic information of you body condition.**

**STEP 1:** Press FAT button, then the LED dot matrix window will display FAT. Press MODE button to set the relative parameters: GENDER, AGE, HEIGHT, and WEIGHT.

**STEP 2:** After pressing the MODE button, the LED window will display F 1 and 01, which represents GENDER, press SPEED +/- button to set gender from 01-02. 01 represents MALE, 02 represents FEMAL. Then press MODE button to go to next step.

**STEP 3:** After pressing MODE button, the LED window will display F 2 and 25, which represents age, press SPEED +/- button to set age from 10 - 99. Then press MODE button to go to next step.

**STEP 4:** After pressing MODE button, the LED window will display F 3 and 170, which represents HEIGHT, press SPEED +/- button to set height from 100CM-200CM. Then press MODE button to go to next step.

**STEP 5:** After pressing MODE button, the LED window will display F 4 and 70, which represents WEIGHT, press SPEED +/- button to set weight from 20KG-150KG. Then press MODE button to go to next step.

**STEP 6:** After finished setting all the necessary information of your body condition, press MODE button again, the LED window will display F 5 and "---", it means the computer start to work for calculating, then hold the pulse sensor on handrail with both of your hands, around 8 seconds after, the body fat result will be displayed on LED window.

### BODY FAT CHART

The result that given by body fat scale can be a reference of body condition, check your body condition according to the left chart with the result you get from the treadmill.

Body condition	Result
Fat	BMI > 30
Overweight	26 < BMI < 30
Fit	19 < BMI < 25
Thin	BMI < 19

TIME		Time set/20 intervals=running duration																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
PROG.		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
		P01	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3
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
	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
	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
	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
	INCLINE	3	3	3	4	4	3	6	5	4	4	4	4	5	6	3	6	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
	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
	INCLINE	4	4	4	4	3	3	4	3	5	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
	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
	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
	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
	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
	INCLINE	1	2	3	2	3	5	5	0	0	2	3	5	7	3	3	5	6	5	3	3



	INCLINE	2	4	8	9	9	6	6	5	4	4	4	4	4	4	3	3	6	6	6	7
P28	SPEED	1	3	4	4	4	2	3	4	4	2	2	3	3	6	7	7	4	6	7	4
	INCLINE	3	2	2	4	3	2	2	4	6	3	4	5	5	5	6	6	6	7	8	9
P29	SPEED	2	5	5	5	4	5	6	3	3	2	2	4	4	7	7	4	7	8	4	8
	INCLINE	5	5	8	8	9	9	9	7	4	2	5	5	5	6	6	6	4	4	6	6
P30	SPEED	6	6	5	4	4	2	4	4	3	3	2	4	5	6	7	5	4	6	8	8
	INCLINE	4	5	5	8	8	10	10	8	6	3	5	6	6	6	7	5	8	8	4	4
P31	SPEED	4	2	4	4	3	4	5	5	4	3	2	5	8	10	7	7	10	10	7	7
	INCLINE	2	4	5	6	3	2	5	5	2	0	4	5	3	2	6	6	2	2	2	2
P32	SPEED	5	5	2	2	4	5	5	7	6	3	3	4	9	9	5	9	5	8	5	9
	INCLINE	3	5	7	3	3	5	6	5	3	3	1	2	3	2	3	5	5	0	0	2
P33	SPEED	2	3	2	1	3	2	9	9	4	3	3	6	7	5	9	9	7	5	5	7
	INCLINE	2	0	0	5	5	3	2	3	2	1	3	3	5	6	5	3	3	7	5	3
P34	SPEED	2	3	4	5	6	5	4	3	2	1	2	2	4	5	9	9	4	4	4	5
	INCLINE	4	2	2	4	2	6	6	5	4	4	4	4	4	4	3	3	6	6	6	7
P35	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
	INCLINE	4	4	5	5	3	3	3	2	2	2	3	3	3	4	4	5	5	5	4	4
P36	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	10	8	6	4	2	2
	INCLINE	5	5	8	8	9	9	9	7	4	1	5	5	5	6	6	6	4	4	6	6
P37	SPEED	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2
	INCLINE	4	2	2	6	8	10	12	8	6	3	4	5	5	5	6	6	6	7	8	9
P38	SPEED	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2
	INCLINE	7	8	8	9	9	6	6	5	3	2	4	4	4	4	3	3	6	6	6	7
P39	SPEED	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2
	INCLINE	3	4	4	4	3	3	3	4	3	2	3	5	5	5	4	4	4	3	3	3
P40	SPEED	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1
	INCLINE	4	4	5	5	3	3	3	2	2	2	3	3	3	4	4	5	5	5	4	4

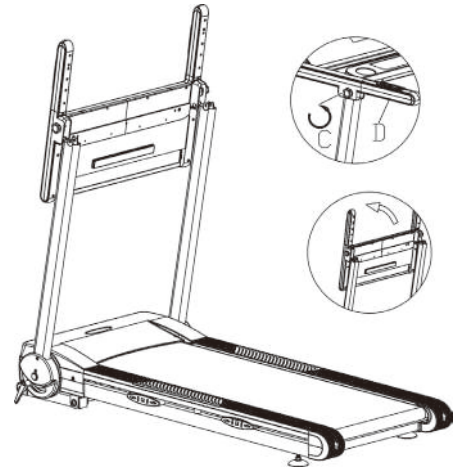
## HOW TO FOLD FOR STORAGE

### STEP 1

Before folding the treadmill, unplug the power cord.

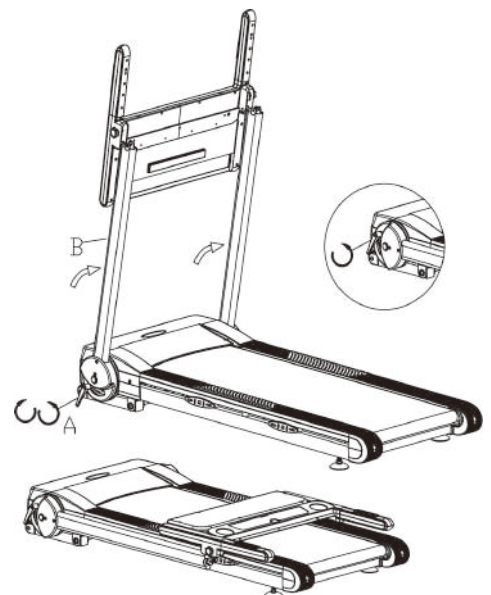
**CAUTION:** You must be able to safely lift 45 pounds (20kg) in order to raise, lower, or move the treadmill.

Loose the knob C counterclockwise as the photo shows, do the same for knob on the other side of computer. And then hold the handrail and rotate it counterclockwise to the end as the photo shows.



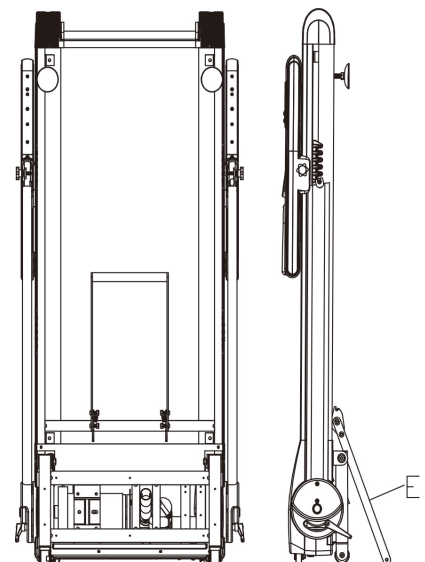
### STEP 2

As the photo shows, there are 2 knobs A in the lower side of upright. Pull the knob outward and then loose it until the upright can be fold down to the running deck as the photo shows.



### STEP 3

As the photo shows, raise the treadmill to an upright position, and the pull down the stand support rack E to a position as the photo, make sure it can be firmly stand and support the treadmill on the floor.



## SUGGESTED STRETCHES

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

### 1. Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



### 2. Hamstring Stretch

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



### 3. Head Roll

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.





**SUGGESTED STRETCHES****4. Shoulder Lift**

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

**5. Toe Touch**

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

**6. Calf-Achilles Stretch**

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.

**7. Side Stretch**

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



## MAINTENANCE

**WARNING!** Always unplug the power cord before performing any maintenance on your treadmill.

**CLEANING:** Regular cleaning of your treadmill will extend its life.

**WARNING!** To avoid electric shock, make sure the treadmill is off and the power cord is unplugged before cleaning or maintenance.

**AFTER EVERY EXERCISE:** Wipe the console and other surfaces of the treadmill with a clean, dry soft cloth to remove excess sweat. **DO NOT USE CHEMICALLY.**

**WEEKLY:** The use of a machine protective floor or mat is recommended for ease cleaning. The dirt from the shoes comes in contact with the moving belt and eventually penetrates the bottom. The use of a vacuum cleaner under the treadmill is recommended once a week.

**MONTHLY:** put a broom under the treadmill to prevent dirt or trash from accumulating. Once a year, you should remove the black cap of the motor and clean the dirt that may have accumulated in this area.

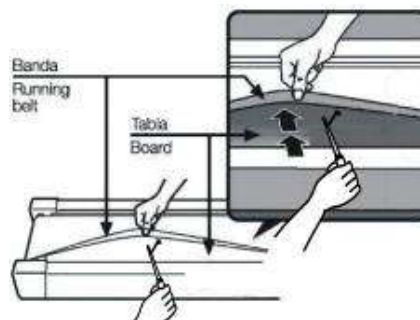
**WOODEN PLATFORM LUBRICATION:** Periodic lubrication control of the belt is recommended to ensure the optimal performance of the treadmill. Every 1 month, or 20 - 40 hours of operation, lift the ends of the drive belt and touch the top of the wooden platform as far as your hand can reach. If you feel traces of silicone, you do not need lubrication. If you feel the wooden surface is dry, you need lubrication. Ask your seller or call the technical department for the type of silicone.

### HOW TO LUBRICATE PLATFORM

**Caution:** Get the right product for lubricating the drive belt. Do not use grease or anti-rust liquid or any other spray.

1. Put the spray nozzle on the lubrication spray head.
2. While lifting the drive belt on one side, place the spray nozzle between the drive belt and the wooden platform about 10cm from the front of the treadmill. Apply the silicone spray to the wooden platform, moving back and forth. Repeat for the other side of the drive belt. Spray for about 4 seconds on each side.
3. Run the treadmill for 2 minutes at a speed of 5 km / h so that the silicone is spread over the entire wooden surface and then you can use the treadmill normally.

**WARNING:** Do not over-lubricate the wooden platform. Excess lubricant should be wiped with a clean towel.



**WARNING:** The friction of the platform with the treadmill plays an important role in the operation and life of the treadmill and for this reason we recommend that you keep the treadmill clean and frequently lubricate this point of friction to extend the life of the treadmill. If you do not follow the above, the validity of the guarantee ceases.

## Running belt tension adjustment

The treadmill has been adjusted and passed QC inspection before leaving the factory. If there is phenomenon of bias running of the belt, the possible reasons might be:

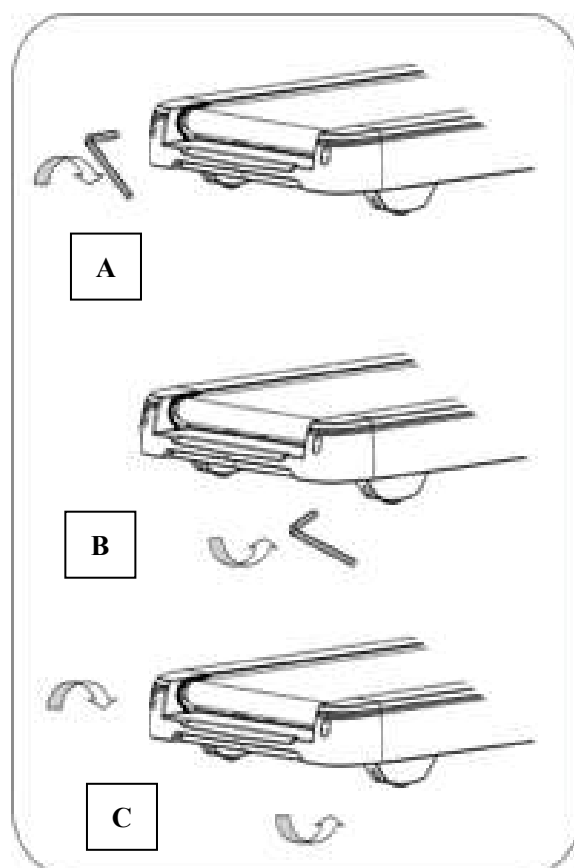
- A. The frame is not stably laid
- B. The user is not running on the center of the running belt;
- C. The user's two feet are not using even strength.

For bias which cannot be fixed automatically, try the following methods to fix the belt, as picture shown

If the belt tends to move to the right, you should turn the belt adjustment screw on the right in clockwise direction. We recommend you turn 1/4 turn each time and check how it works. If the belt remains slanting to the right, then turn the belt adjustment screw on the left in counterclockwise direction 1/4, as shown in the picture A

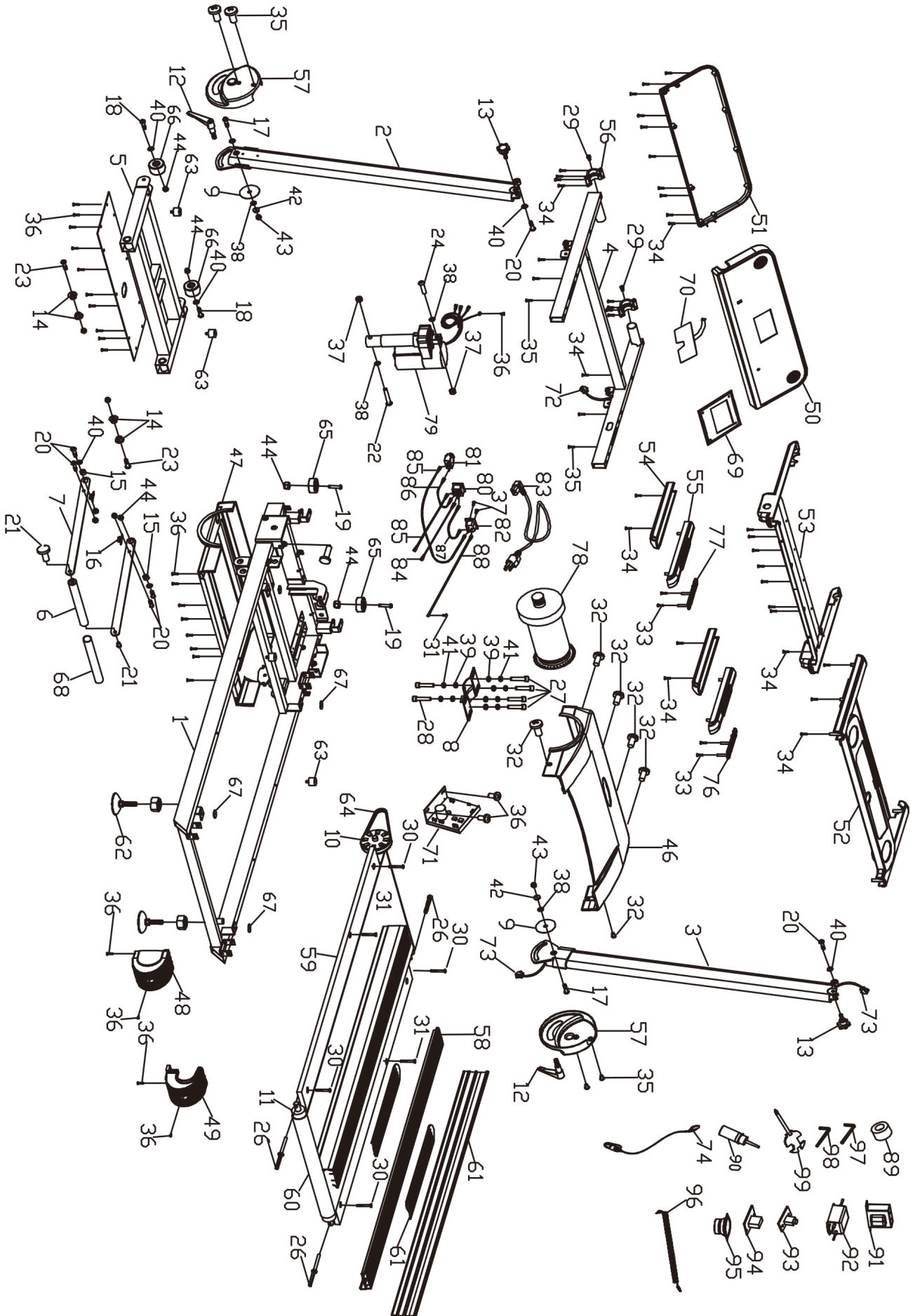
If the belt tends to move to the left, then turn the belt adjustment screw on the left in clockwise direction for 1/4 turn. If the belt remains slanting to the left, then turn the belt adjustment screw on the right in counterclockwise direction for 1/4 turn, as shown in the picture B

After having been used for a period, the belt might be slightly elongated, and slipping and halting might appear when a person is running on it. When these phenomena appear, you should secure the screws on both sides for 1/4 turn. If the belt is too tight, just loosen the screw on both sides for 1/4 turn, as shown in picture C.



**Check and tighten the screws at regular intervals, as they may loosen due to vibrations. Damage that may be caused by a lack of maintenance is not covered by the warranty.**

EXPLODED DRAWING



No.	Description	Qty
1	Main frame	1
2	Left upright	1
3	Right upright	1
4	Console rack	1
5	Incline frame	1
6	Stand support rack handle	1
7	Stand support rack plate	1
8	Motor base	1
9	Stainless steel gasket	1
10	Front roller	5
11	Rear roller	1
12	L Knob	2
13	Computer Knob	1
14	Bearing spacer	4
15	Rotating spacer	1
16	Spring	2
17	Bolt M10x60	2
18	Bolt M8x50	2
19	Bolt M8x35	2
20	Bolt M8x25	6
21	Bolt M8x15	2
22	Hex Bolt M10x110	1
23	Hex Bolt M10x60	2
24	Hex Bolt M10x45	1
25	Hex Bolt M8x35	1
26	Socket head cap Bolt M8x55	3
27	Socket head cap Bolt M8x15	4
28	Socket head cap Bolt M8x12	2
29	Socket head cap Bolt M6x12	2
30	Flat head cap Bolt M8x25	4
31	Flat head cap Bolt M6x20	2
32	Screw M5x10	6
33	Screw M3.5x10	8

No.	Description	Qty
34	Screw M3x10	8
35	Nut M10	6
36	Nut m8	8
37	Nut M5	8
38	Flat washer M10	4
39	Flat washer M8	6
40	Serrated washer M6	6
41	Spring washer M8	6
42	Spring washer M10	2
43	Lock nut M10	6
44	Lock nut M8	12
45	Hex nut M12	2
46	Motor cover upper	1
47	Motor cover bottom	1
48	Rear endcap left	1
49	Rear endcap right	1
50	Computer plastic housing front	1
51	Computer plastic housing rear	1
52	Console plastic housing upper	1
53	Console plastic housing bottom	1
54	Handrail plastic housing upper	2
55	Handrail plastic housing bottom	2
56	Upright cover	1
57	Upright cover	2
58	Foot rail	2
59	Wooden deck	1
60	Running belt	1
61	Side rail	2
62	Rear foot	1
63	Cushion	1
64	Motor belt	1
65	Moving wheel 1	2
66	Moving wheel 2	2





## TERMS OF WARRANTY

- Warranty period is 2 years for mechanical, electrical / electronic parts and 5 years for the metal frame.
- X-TREME STORES S.A. undertakes to repair the machine free of charge in the event of damage due solely to a manufacturing fault. The warranty covers the cost of the spare parts. Replacement of spare parts or not is up to the company technicians. The customer is responsible for the control and adjustment of the machine.
- This warranty note is only valid if it is accompanied by legal proof of purchase (invoice or retail receipt). The warranty period is not extended for any reason and the transfer of it to a third party is excluded.
- Any damage is repaired as soon as possible and any claim for damages due to lack of spare parts and delay in repairing the damage is excluded. The costs of transporting the machine to or from the dealership will be borne by the customer after 6 months of purchase.
- The warranty conditions are set by the manufacturers of machinery and are governed by European regulations.
- Upon expiry of the warranty, any replacement part is covered by a 6-month warranty.

## THE WARRANTY SHALL NOT APPLY:

- When the machine is used for any purpose other than home use (gyms, clubs, institutes, hotels, studios, etc.).
- When the fault is the result of misuse, alterations, poor connection, poor maintenance, voltage fluctuations in the PPC network.
- Components damaged by user fault such as broken plastic parts, damaged belt with improper adjustment, incorrect or incomplete lubrication, damage when moving the machine.
- Components such as side pads and cushions are considered consumables and are covered by a 6-month warranty.
- When the machine is opened or repaired by third parties.
- When the damage is caused by the buyer's negligence & the instructions for use have not been followed.
- When the machine is outdoors or exposed to sun or dust. (Dust and lint on the inside of the machine (motor roller) cause serious damage. Keep the machine clean!).
- When electronic components (console) are damaged by intense sweating or other liquid that has come into contact with or penetrated inside them.

**NOTES**

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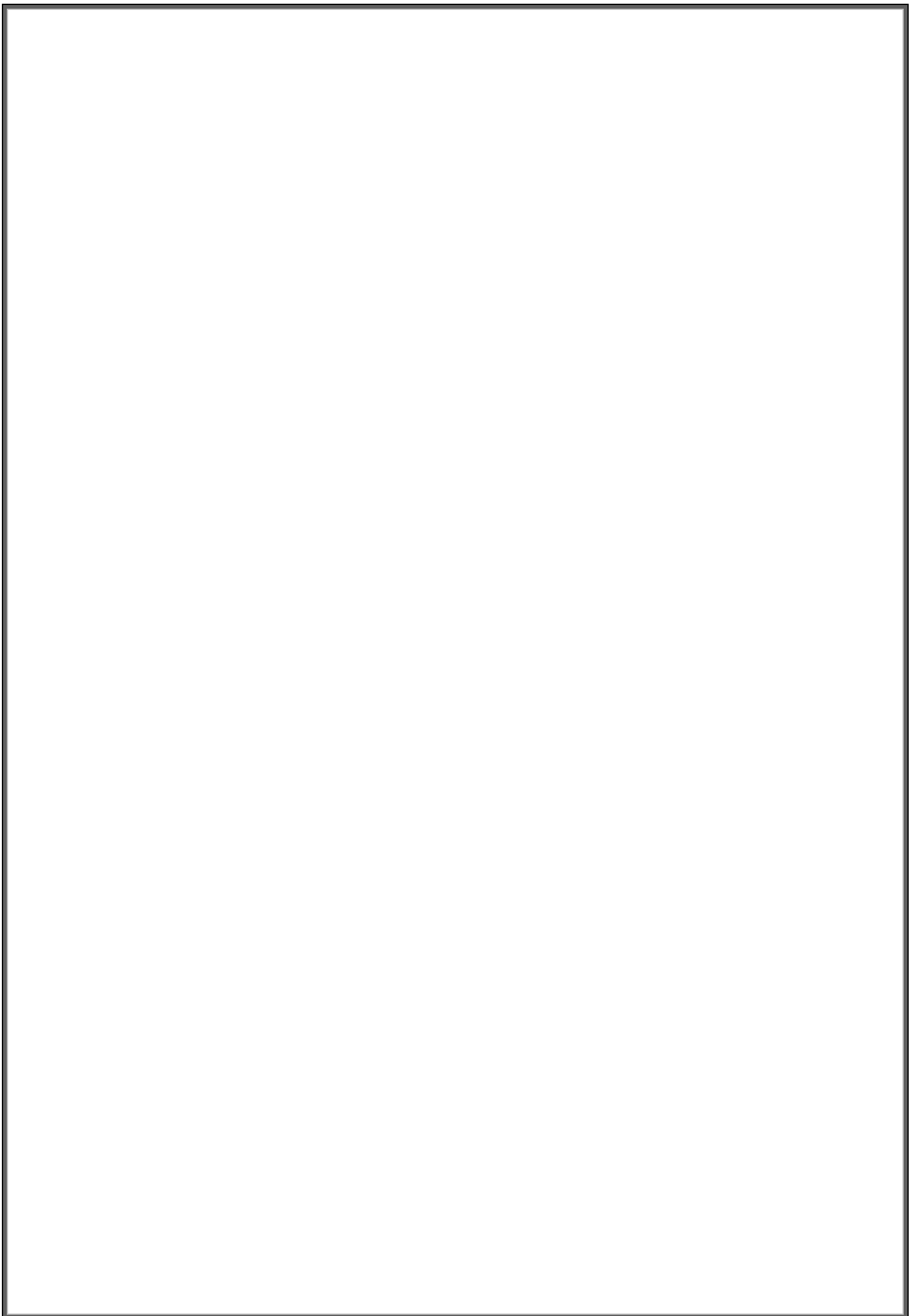


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