

Treadmill

XFIT C.L.2000

User's Manual



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

INSTRUCTIONS

Safety Tips: This instruction contains important information of safety use. Please read carefully before use.

1. This treadmill can be used in commercial gym, clubs for bodybuilding, sports training, teaching etc.
2. To avoid danger of power shock, please **DO** plug off the treadmill before cleaning or repairing; The power cord must be plugged into the grounded outlet when usage.
3. It cannot be used outdoors or in places of high humidity. Keep an empty space of 2000*1000mm behind the treadmill.
4. Kids, the disabled and new users must be guided by professionals.
5. Before use, please wear proper sports suit and shoes. Remember to consult your personal trainers to avoid injury due to incorrect or over exercising.
6. Before use, please **DO** put on the Emergency Safety Clip. The treadmill needs to be stopped in emergency by pushing down the **RED** Emergency button or drag the Safety Clip.
7. In usage, **DO NOT** let the shoelace or towel touch the working parts of treadmill; **DO NOT** touch bottom and working parts with your hands.
8. The treadmill handlebar is only for purpose of user's stability, not to be used continuously in workout.
9. **DO NOT** leave or get on the treadmill when treadmill is working; **DO NOT** walk in reverse direction.
10. If there is emergency in workout, please hold on the handlebars and step on the side rails. Then push down the emergency button and leave the treadmill.
11. After training, **DO** switch off the power and plug off the power cord in case of it is used by users without permission. (The front power cord is pluggable and easy to plug off. Keep the power cord properly.)
12. If there is exceptional noise, please **STOP** the treadmill immediately and contact our after-sale department or professionals.
13. The treadmill is in class S and grade C, conforming to EN957-1:2005, EN957-6:2010 standard.
14. **Warning! Heart-rate data may not be 100% correct. Over exercising may cause injury or even death. If feeling dizzy, STOP training immediately.**
15. For operation of console, refer to the instructions followed.

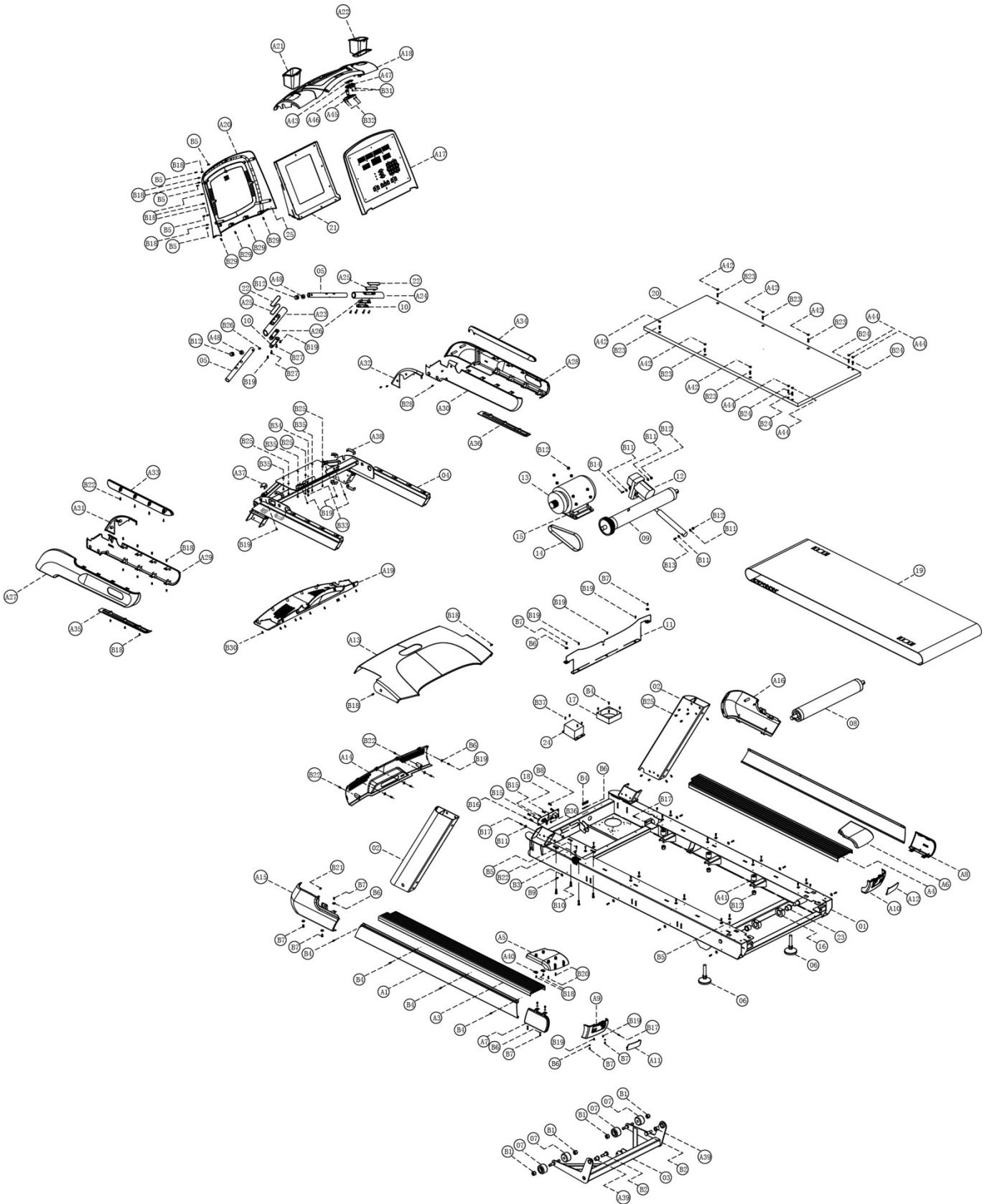
CAUTION! The company does not have no responsibility for causing damage due to misuse of the product and non-compliance with the instructions for use.

THE WARRANTY IS NOT VALID IF:

The treadmill is placed outdoors or exposed to sun and dust. Dust and fluff enter the internal mechanical parts of the machine through the treadmill, causing serious damage. Keep the treadmill 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.

EXPLODED DIAGRAM



PART LIST

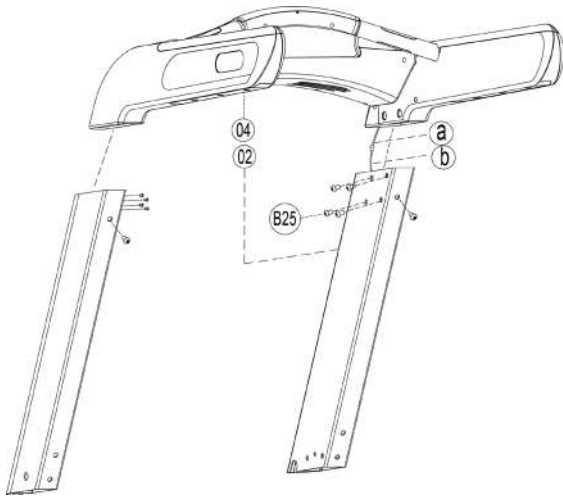
NO.	NAME	QTY	NO.	NAME	QTY	NO.	NAME	QTY
01	Body frame	1	A1	Edgings L	1	B1	Non-slip nuts M14	4
02	Stand column	2	A2	Edgings R	1	B2	Homemade screw M14	2
03	Foot stool	1	A3	Footboard L	1	B3	Cup gasket	24
04	Big frame	1	A4	Footboard R	1	B4	PWB M5*10	16
05	Heart rate inner pipe	2	A5	The end cover L	1	B5	Cylinder head hex socket screws M5*15	9
06	Foot margin	2	A6	The end cover R	1	B6	Flat gasket $\phi 18 * \phi 6.5 * T1$	24
07	Idler wheel	4	A7	Rear side cover L	1	B7	Motor left and right cover	20
08	Back roll	1	A8	Rear side cover R	1	B8	Countersunk hex spiral M6*10	5
09	Front roller	1	A9	Under the end cap L	1	B9	KB M5*10	24
10	Heart rate batch-off	2	A10	Under the end cap R	1	B10	Carriage bolts M10*25	4
11	Engine room clapboard	1	A11	Adjusted cap L	1	B11	Flat gasket $\phi 20 * \phi 10.5 * T1$	5
12	Electrical machine	1	A12	Adjusted cap R	1	B12	Non-slip nuts M10	18
13	Motor	1	A13	Motor cover-top	1	B13	Cylinder head hex socket screws M10*60 half tooth	1
14	multi-ditches belt	1	A14	Motor cover-bottom	1	B14	Cylinder head hex socket screws M10*45 half tooth	1
15	Electrical machine dead plate	1	A15	Motor cover-L	1	B15	KB M3*12	2
16	Running board bearing housing	2	A16	Motor-R	1	B16	Cylinder head socket head screw M10*100 (long>=30)	1
17	Electrical machine fan	1	A17	Head cover LED	1	B17	Cylinder head hex socket screws M10*60 overall tooth	4
18	Power source switch plate	1	A18	Header cover	1	B18	Round head hex socket screws M8*16	28
19	Running belt	1	A19	Bottom cover	1	B19	Round head hex socket screws M6*12	11
20	Running board	1	A20	Back cover	1	B20	Cylinder head hex socket screws (big head) M8*12	4
21	Header putaway	1	A21	Glass box -L	1	B21	Round head hex socket screws M6*65	2
22	Heart rate on Pills(stainless steel)	2	A22	Glass box-R	1	B22	Cylinder head hex socket screws (big head) M8*16	11
23	Flange bearing $\phi 30$	2	A23	Hand heart tube L	1	B23	Cylinder head hex socket screws M10*25	6
24	Transducer	1	A24	Hand heart tube R	1	B24	Cylinder head hex socket screws M8*25	4
25	Nut card buckle	4	A25	Heart rate upper piece	2	B25	Round head hex socket screw M10*16	21
			A26	Heart rate lower piece	2	B26	Round head hex socket screw M10*55	2
			A27	Armrest cover L	1	B27	Cylinder head hex socket screws M6*20	4
			A28	The armrest cover R	1	B28	Cylinder head hex socket screws M6*12	8
			A29	Armrest inside L	1	B29	Round head hex socket	4

							screw M6*30	
			A30	Armrest inside R	1	B30	Round head cross tapping screw M3.5*15	12
			A31	Armrest front small cap L	1	B31	PWB M4*6	2
			A32	Armrest front small cap R	1	B32	PWB M4*8	4
			A33	Armrest cover L	1	B33	headless socket head screw M8*50	1
			A34	Armrest cover R	1	B34	Plain nut M8	1
			A35	Armrest bottom cover L	4	B35	Round head hex socket screws M10*45	3
			A36	Armrest bottom cover R	4	B36	Non-slip nuts M3	2
			A37	30*30 pipe fastener	4	B37	PWB M4*10	4
			A38	30*30 pipe fastener	4	B38	Flat gasket $\varnothing 12 \times \varnothing 5.5 \times T1$	4
			A39	Flange bearing $\varnothing 25$	2			
			A40	Running board small card	4			
			A41	crash pad	6			
			A42	Big plug	6			
			A43	STOP key(red)	1			
			A44	Small plug	4			
			A45	Slight open	1			
			A46	Self-locking Push Switch	1			
			A47	STOP foundation ring	1			
			A48	Heart rate pipe cushion covers	2			

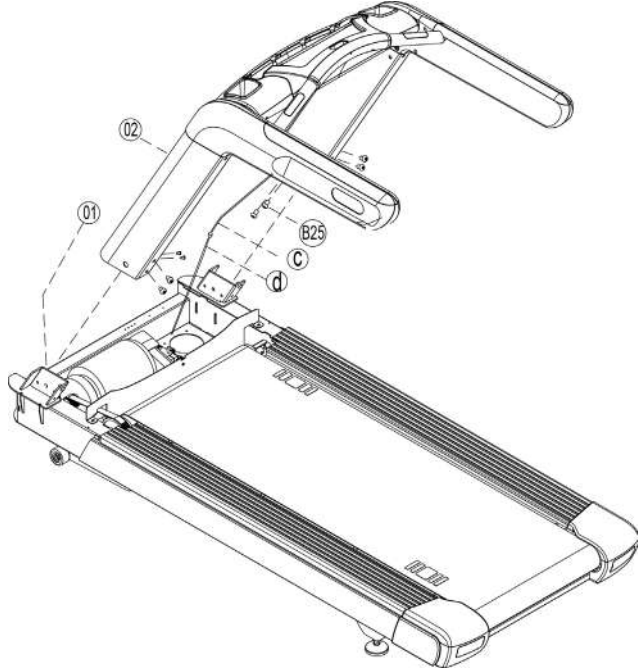
Check and tighten the screws at regular intervals, as they may loosen due to vibrations. Damage that may be caused by a lack of maintenance is not covered by the warranty.

Assembling & Handling Instruction

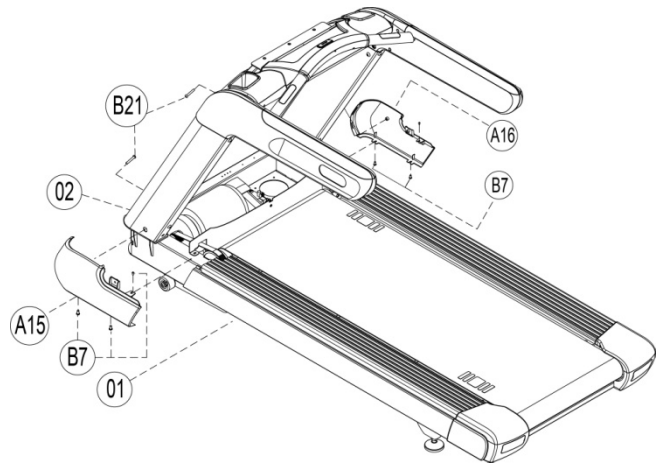
1、 The signal line a and B docking, and then by half round in the six corners Screw B25 (M10*16) through the left and right columns 02 fixed.



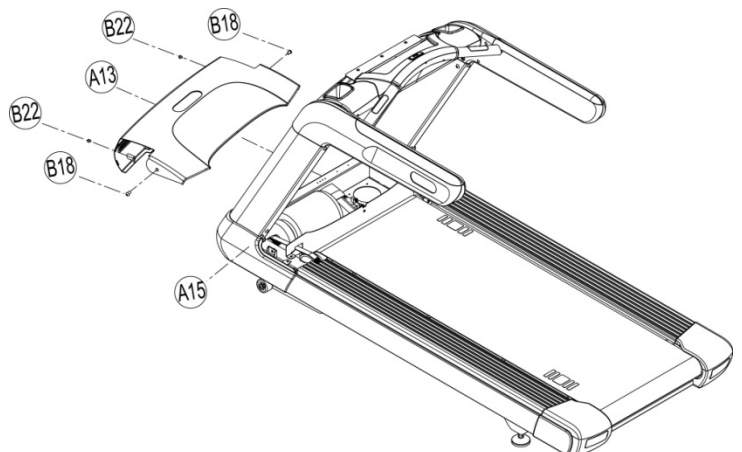
2、 The signal line connector C, D docking, and then by half round inner six angle screw B25 (M10*16) the 02 column is fixed on a bottom frame 01.



3、 Half round head hexagon screw B7 M5*12 to left and right motor fixed treadmill main frame 01 front cover. With half round head hexagon screw B21 M6*65 through column 02 motor cover about cover locking.



4、 With a cylinder head hexagon screw B22 M8*16 and main frame 01 fixed, then half round head hexagon screw B18 M8*16 cover and the motor - left cover and the right cover fixed.

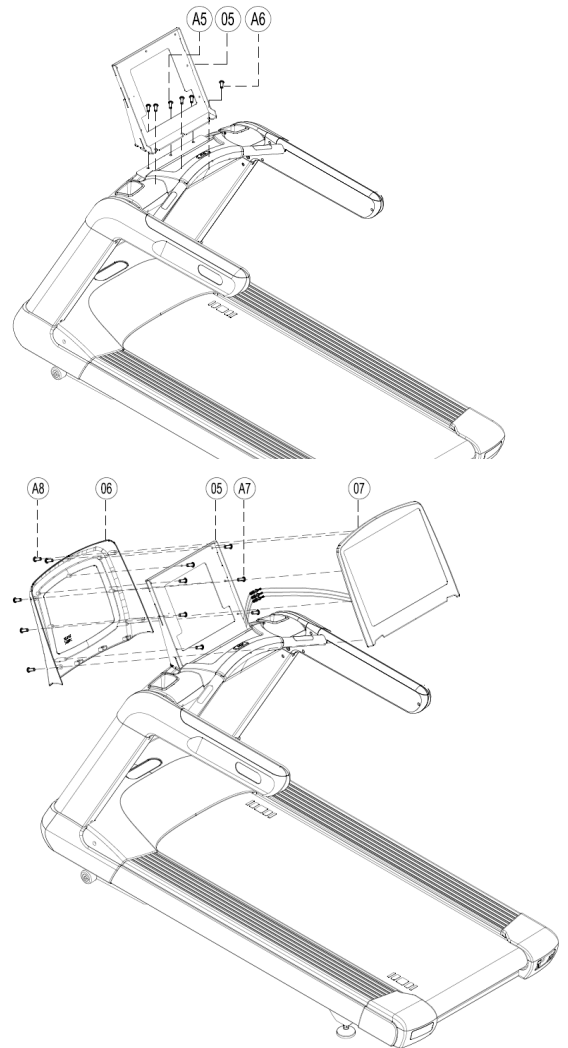


5. Put the console top frame (05) at the middle iron plate of the treadmill. Align the hole with the hole, and then using half -round head with inner hexagon screw M10*50 (A5) through iron plate to lock. Then use half -round head with inner hexagon screw M10*20 (A6) to lock with bottom of iron plate and use half -round head with inner hexagon screw, M10*20 (A6) to lock with bottom of iron plate.

6.1) Align the console end cover (06) with the console top frame (05) and use Half-round head with inner hexagon screw M6*10 (A7).

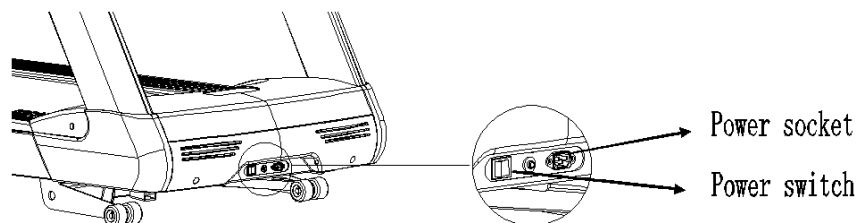
2) Connect the data cable corresponding to the interface.

3) Place the display screen (07) directly in front of the iron frame, then using round head screw M5*16 (A8) through console end cover 06 to lock the display.



Position of Electric Outlet and Power Switches

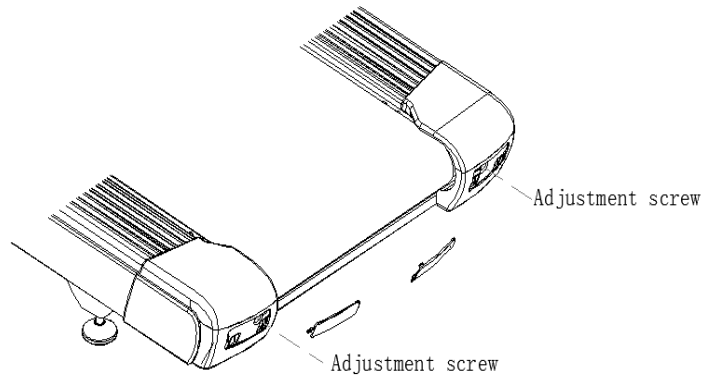
When the power switch is turned to "O", electric source is in the state of disconnection. when the power switch is turned to "—", electric source is in the state of connection.



Drive belt adjustment

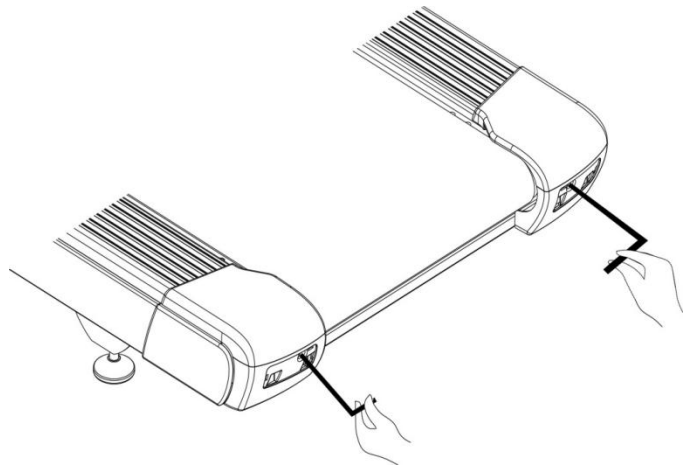
1. During operation, when the running belt is deviated to the left, clockwise adjust the adjustable bolt of the left running belt, or anticlockwise adjust the adjustable bolt of the right running belt; and vice versa.

Adjustment method: use the Allen key to adjust the adjustable bolts on the left and right side of rear protecting cap, to make the running belt in the middle position; accommodation amplitude should not be too large, and 90 degree each time adjustment is suggested.



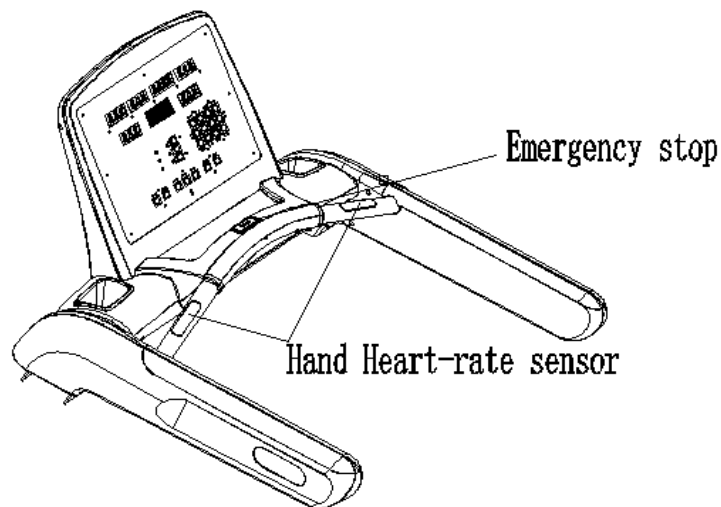
2. Adjustment of running belt tightness

Adjustment method: run the machine at a low speed, use Hex key to clockwise adjust the two 'adjustable bolts of running belts' at the rear part of treadmill; accommodation amplitude of two 'adjustable bolts of running belts' should be the same, and should not be too large; 90 degree each time adjustment is suggested. After each adjustment, confirm the tightness of running belt. Steps are as follows: run the machine at a low speed, and the user holds the front handrail, steps hard on the running belt, to see if there are pauses; if yes, make the next adjustment; and if not, then there's no need of adjusting the running belt.



Machine maintenance

1. Great attention should be paid to damageable parts.
2. Change the damaged parts in time. Machine cannot be used unless repaired, and noticeable nameplate "Being repaired" should be put around the machine.
3. When treadmills have unnormal sounds or won't operate due to some other reasons, please contact our after-sales service department without delay. Please use original spare parts from manufacturing company if they need changing, otherwise the company will not be responsible for the caused loss.



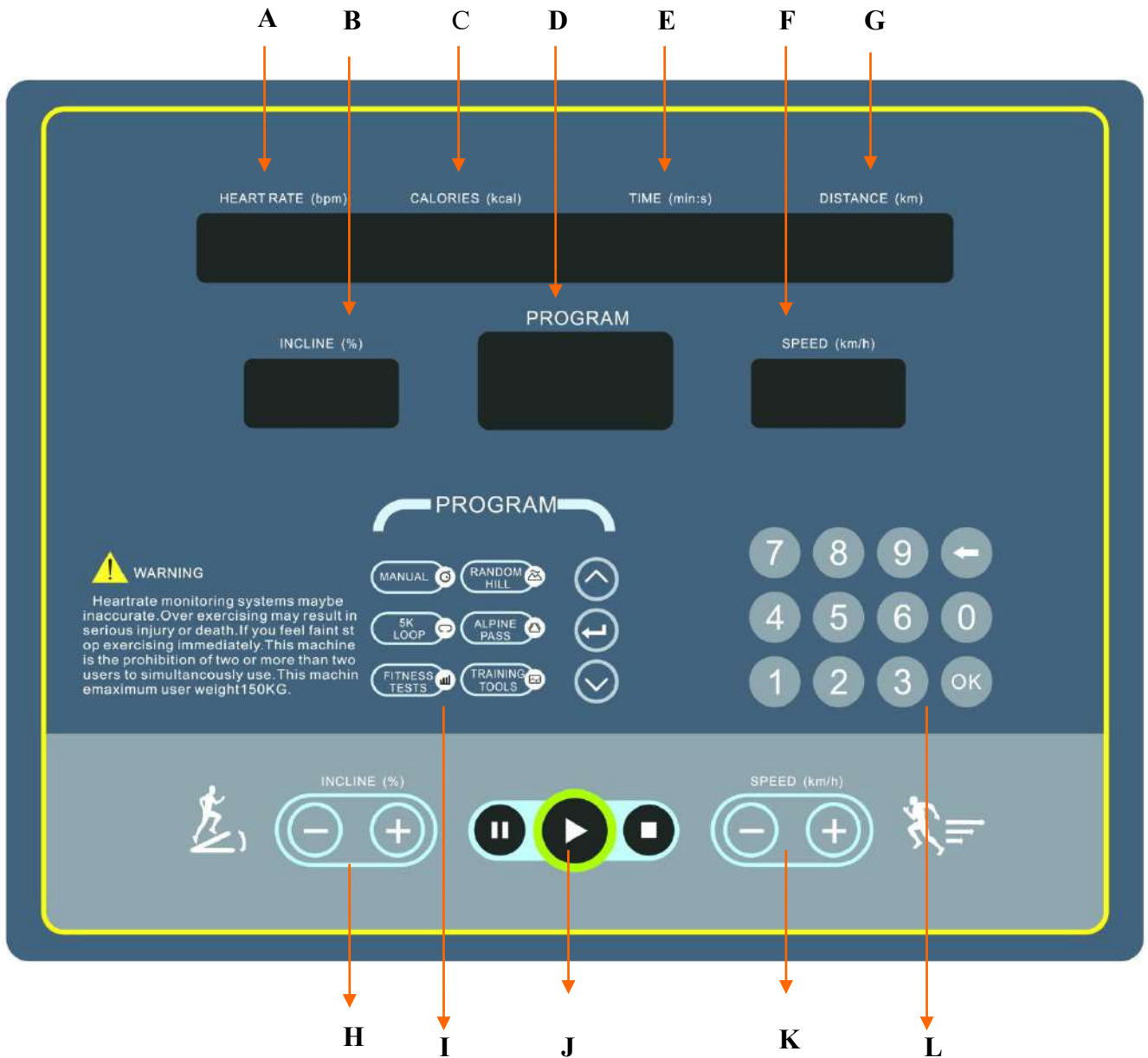
Pulse Testing

Please grasp the front handle of grip pulse.

1. Before exercise, please stand on both sides of belt. Please hold the sensor of grip pulse lightly, and after 20 seconds, there will be an exact heart rate to be displayed on the screen.
2. After exercise, the process is the same with it before exercise. please stand on both sides of belt. Please hold the sensor of grip pulse lightly, and after 20 seconds, there will be an exact heart rate to be displayed on the screen.

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.

1. Control Using Instruction



2. Technical parameters


A	Heart rate display / step number	70-200 / Min when holding heart rate to show heart rate, when the rate is switched to the rate of change (999 steps) to the maximum value of the reset after the reset step.
B	Gradient	0-15 %
C	Calories	0-999 KCAL
D	Program display	Dot matrix display selected program <input type="checkbox"/> MANUAL <input type="checkbox"/>

		RANDOM HILL <input type="checkbox"/> 5K LOOP <input type="checkbox"/> ALPINE PASS <input type="checkbox"/> FITNESS TESTS <input type="checkbox"/> TRAINNING TOOLS <input type="checkbox"/>
E	Time	00:00-99:59 Min
F	Speed	0.0-20.0 km/h
G	Distance	0.0-99.9KM
H	Incline adjustment	"+" increase gradient "-" decrease gradient <input type="checkbox"/> one time 1% adjustment
I	Program selector	Program selection, middle "confirmation" key
J	Pause, start, stop	Control treadmill pause, start, stop
K	Speed adjustment	"+" speed plus; "-" speed reduction; 0.1KM adjustment
L	Speed direct key keyboard	0-9 keyboard input speed value (1-20KM/H); return key to cancel, "OK" key to confirm


3. Operation panel description

When the treadmill back power switch electricity, electricity green digital panel treadmill will light up, and in the middle of "PROGRAM" green display window welcomes the cycle, said ready.




1. Press the key , (this is the touch button, as long as the contact can be), the middle "PROGRAM" green display window display 3 seconds countdown and accompanied by "Di ~ Di ~ ~ ~..." Buzzer sound, treadmill with to 1KM/H running speed of and a speed display window for "1.0", said treadmill running speed of 1.0KM/H, and so on.




2. When running press the Key , the treadmill stop running and Slope remains the same, the speed stops, when the start button is pressed, the state is still in accordance with the suspension before the operation.




3. When running, press the key , said to stop running, slope to return to the level, the speed stops, once again press the start key, then the treadmill running from speed 1KM/H.



4. When running, press the key , Can adjust the slope, the slope of the treadmill range of 0~15%, single press, according to the height of the 1% regulation.



5. When running, press the key , Can adjust the speed value, the speed range is 1KM/H~20KM/H, a single press, only in accordance with the 0.1KM/H speed regulation, hold down a button when the button is not put, for the rapid increase or even decrease, use, please note.

6. "PROGRAM" Setting panel:



Programming model has 6 kinds of mode, when the normal start of the treadmill, the manual user manual mode, the indicator light on the left side of the instructions in the manual, press the up or down arrow can regulate corresponding mode, when the selected mode press the Enter key confirmation. Adjustment must be done in the running machine stopped, after the operation is invalid.

7. The numeric keypad on the right side of the speed buttons



Press the corresponding numerical, press the "OK" key speed will be run according to the input value. For example, in the hope that treadmill running in speed 12KM/H, first press the number "1", according to the number "2", press the "OK", the speed will be adjusted to 12KM/H. If the treadmill now in operation, speed regulation, if it is not running, when input, press the start button is operated according to the predetermined speed, pay attention to the speed range is limited to 1~20KM/H input range of other data invalid.

8. When both hands hold the heart rate handle, the heart rate display frame will show the measured value of the heart rate (only for reference), when not holding the handle, will show the number of users on the treadmill exercise, for reference.

9. Reciprocal patterns: in the standby mode, press the Enter key, time window flashing, selecting the reciprocal time; again, press the Enter key, flashing from the window, selecting the reciprocal distance; again, press the Enter key, calorie window flashing, select the bottom calories.

Instruction of Training:

1. Please stand on the plastic plates of both sides, then start the machine. At the state of low speed, step on the belt by order.
2. While in exercise, please try every means to keep feet in the middle of belt. According to the adjustment of speed, please adjust to the range of steps and frequency. Keep visual ahead, and the hands half-gripped, shaking naturally, breathing evenly.
3. Press the button of stop or pause, the machine will be stopped. After the machine recovers to be still totally, put hands onto the handles of both sides or put hands onto the front handle, then step onto the both plastic plates, finally it is safe to get off the treadmill.
4. While in exercise, if someone feels difficult breathing, dizzy, or chest pain please stop exercising and consultant the instructor immediately.

The material list of packing carton

NO.	Name	Specification	Quantity	Remark
1	The body of machine		1	
2	Arm rack		1	
3	Electronic watch rack		1	
4	Stand column		1	

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.

LUBRICATION INSTRUCTIONS

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.

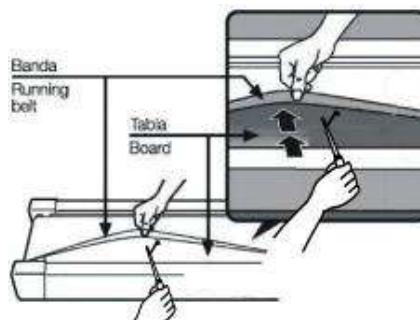
WOODEN PLATFORM LUBRICATION: Periodic lubrication control of the belt is recommended to ensure the optimal performance of the treadmill. Every 1 month, or 20 - 40 hours of operation, lift the ends of the drive belt and touch the top of the wooden platform as far as your hand can reach. If you feel traces 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 contact between the wooden surface of the treadmill and the treadmill plays an important role in the operation and life of the treadmill. We recommend that you keep the treadmill clean and lubricate it frequently, following the instructions for use. Incomplete lubrication causes damage to the belt and electrical parts of the treadmill.

FEATURES	
MOTER:	5.0 hp (Range: AC 3.0 -> 7.0HP)
SPEED RANGE:	1.0 – 22.0 km/h
INCLINE:	15 level
BELT:	160 cm x 57 cm (Thickness: 2.5mm)
WEIGHT:	200 kg
N.W./GW:	210 / 230kg
MAXIMUM USER WEIGHT:	180 kg
DIMENSIONS:	L: 222 cm x W: 92.7 cm x H: 160 cm
FOLDING:	Non-Foldable
INPUT VOLTAGE:	220V-240V
DISPLAY FEATURES	
DISPLAY:	7 Led Display
DISPLAY INDICATIONS:	Time, Speed, Pulse, Distance, Calories, Program, User Program, Body Fat
PROGRAMS:	5-Built-in programs, User Program, Manual Programs, Body Fat Program
QUICK SPEED BUTTONS:	Direct speed adjustment keys
QUICK INCLINE BUTTON:	N/A
OTHER FEATURES:	High quality sound system, aluminum handles, light touch keys



TERMS OF WARRANTY

- Warranty period is 2 years for motor, 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 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.

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