Treadmill

XFIT LEGEND

User's Manual

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

WARNING

Read all instructions carefully before using this product. Retain this owner's manual for future reference:

----When using this treadmill, keep attaching the safety pull pin rope to your clothes.

----When you are running, keep your hand swinging natural, stare frontward, never look down at your feet.

----Add the speed step by step when running.

----When emergency happens, take away the "emergent stop button" immediately.

----Leave the treadmill after the running belt stop stably.

Caution: Read the assembly instruction carefully, follow the instruction when assemble.

ATTENTION

01- Before starting any exercise program, consult with your physician or health professional.

02- Check all the bolts locked.

03- Never put the treadmill in the wetness area, or it will cause troubles.

04- We take no responsibility for any troubles or hurts due to above reasons.

05- Dress sport clothes and shoes before running.

06- Do not do exercise in 40 minutes after meal.

07- To prevent hurts, please warm up before exercise.

08- Consult with doctor before exercise if you have high blood pressure.

09- The treadmill is only used for adults.

10- Provide the olds, children and handicapped with good care, guide, and supervision.

11- Do not plug anything into any parts of this equipment, or it may damage.

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

13- Cut off the power when the equipment is not used. When the power is cut off, do not pull the power line to keep the wire unbroken.

14- Maximum weight of user: 130 kgs.

15- Pulse monitor data may not be accurate, cannot be used for medicine. Over-exercise may cause injury, even death. If you have a feeling of dizziness, sickness, or other abnormal symptoms, please stop training, and consult a doctor immediately.

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.

IMPORTANT SAFETY PRECAUTIONS

1. Plug the power cord of the treadmill directly into a dedicated grounded circuit. This product must be grounded. If it has breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.

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

3. Position treadmill so that the wall plug is visible and accessible.

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

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

6. Make sure the power supply is connected and the safety lock is effective before using the treadmill. Fit one side of the safety lock on the treadmill and clip the other side on your clothes or belt, which will enable you to pull off the safety lock promptly in an emergency.

7. Always unplug the power cord before remove the treadmill motor cover.

8. Make sure there is no less than 2*1m space behind the treadmill.

9. Keep small children away from the treadmill during operation.

10. Always hold the handrails when initially walking or running on the treadmill, until you are comfortable with the use of the treadmill.

10. Always attach the safety pull pin rope to your clothing when using the treadmill. If the treadmill should suddenly increase in speed due to an electronics failure or the speed being inadvertently increased, the treadmill will come to a sudden stop when the pull pin is disengaged from the console.

12. In case of any abnormality during the use process, please remove the safety lock immediately, grasping the handlebar and jumping onto the two edgings, then get off the treadmill after it stops.

13. When the treadmill is not being used, the power cord should be unplugged, and the safety pull pin removed.

14. Put the safety key away where cannot be reached by the children. Minors must be accompanied by the adults when using the treadmill.

15. Before starting any exercise program, consult with your physician or health professional. He or she can help establish the exercise frequency, intensity (target heart zone) and time appropriate for your age and condition. If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while you exercise, STOP! Consult your physician before continuing.

16. If you observe any damage or wear on the mains plug or on any section of the mains lead then please have these replaced immediately by a qualified electrician – do not attempt to change or repair these yourself.

17. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

18. Put your feet on the side rail before using the treadmill, and always attach the safety pull pin rope to your clothing. Hold the handlebar before the running belt moving well (feel the running speed by your single foot before using it). To avoid loss balance, please slow down the speed to the lowest or take off the safety. And hold the handlebar to jump to the side rail when emergency or the safety key is not attached.

19. Make sure the treadmill has stopped before folding. Please don't operate it after folding the treadmill.
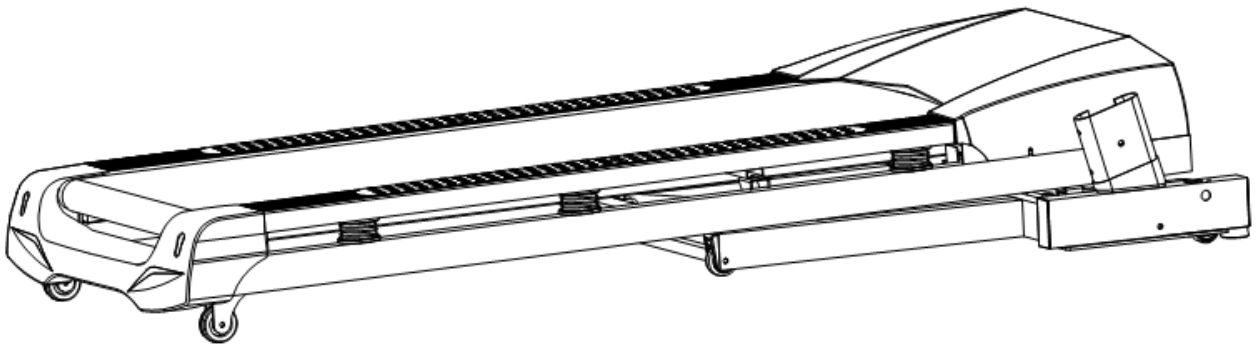
ASSEMBLY STEPS

Note: Assembly requires 2 people.

STEP 1:

Open the package, take out all parts and place the main frame on the flat ground.

(NOTE: please don't cut down the packing straps right now.)

STEP 2:

1. Cut down the straps when the main frame was placed well. (NOTE: Don't move it anymore.)
2. Connect the Controller wire（97）and Extension lower wire (96).
3. Lock the upright tube (3) on the bottom frame (1) with the hex socket screws (59) and the Lock washer (84).

   **NOTE:** please don't tighten the Hex socket screw (59) for the time being.
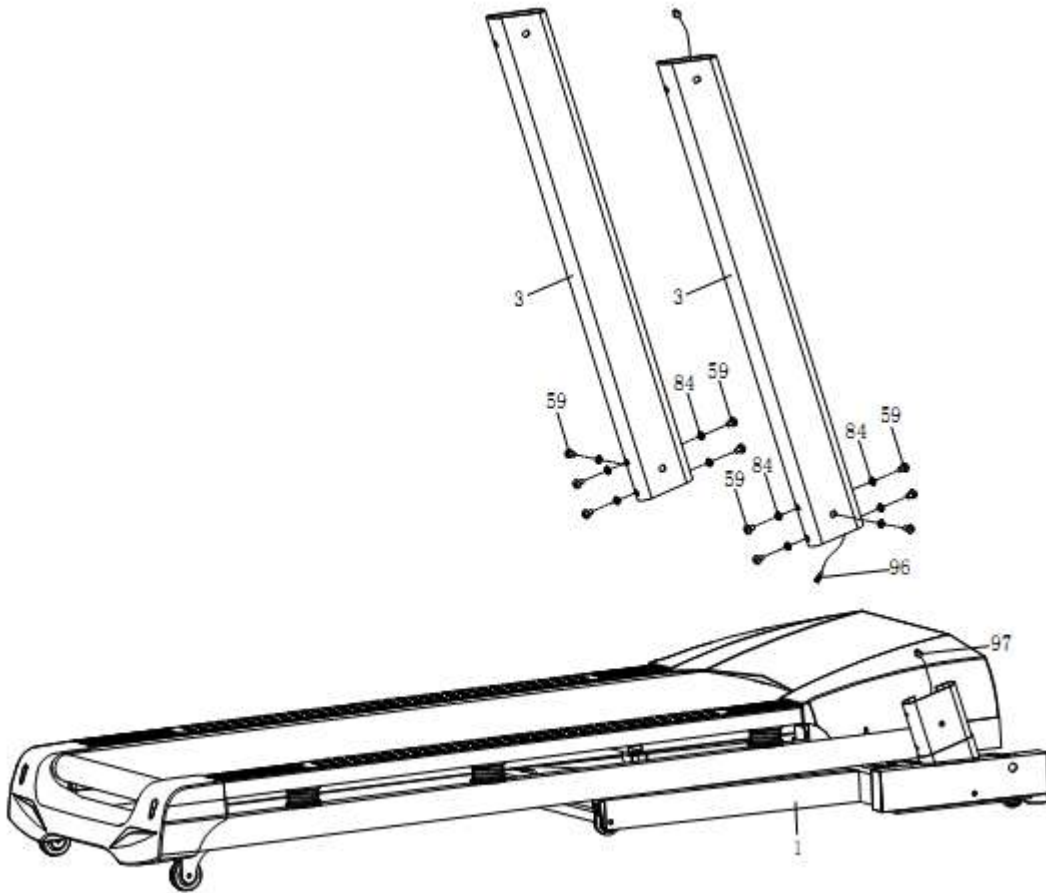
STEP 3:

1. Connect the extension upper wire (95) and the extension lower wire (96)
2. Lock the computer frame (4) on the upright tube (3) with the hex socket screw (59) and Lock washer (84) lock the hex socket screw (59) tightly which connect the bottom frame (1) and upright tube (3).

STEP 4:

1. Lock the Protective cover (37L /R) tightly to the Bottom frame （1） with Cross tapping screw (79).
2. Insert the **A** side of the Outside upright cover (35) and inside upright cover (36) to the **B** side of the computer frame (4) as the picture shown, then lock the Outside upright cover (35) and inside upright cover (36) tightly to the Upright tube (3) with Cross tapping screw (79).
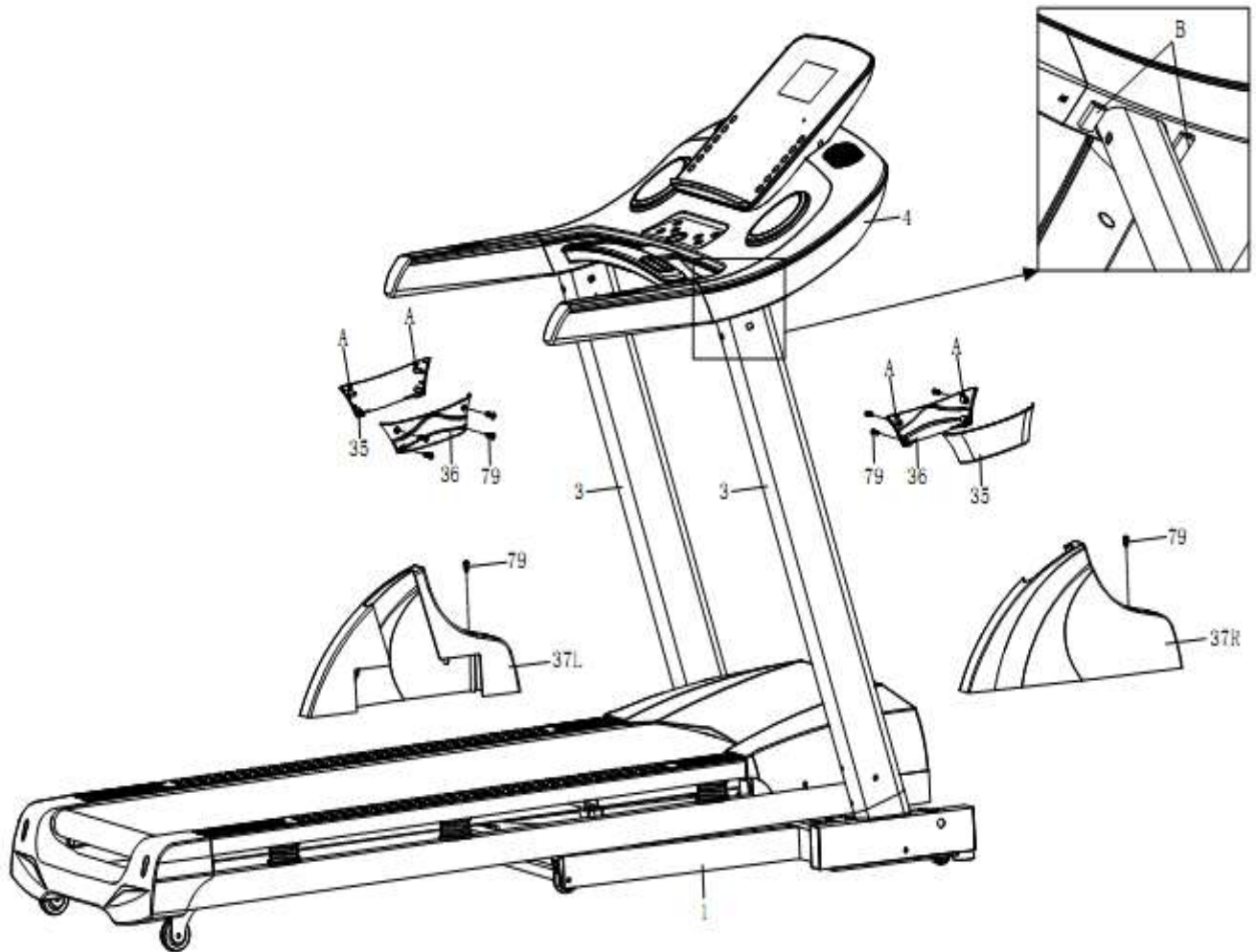
STEP 5:

When you fold the machine:

Put your hands on place **A**, lift up the machine in the direction of the arrow until you hear the sound from the cylinder (10).
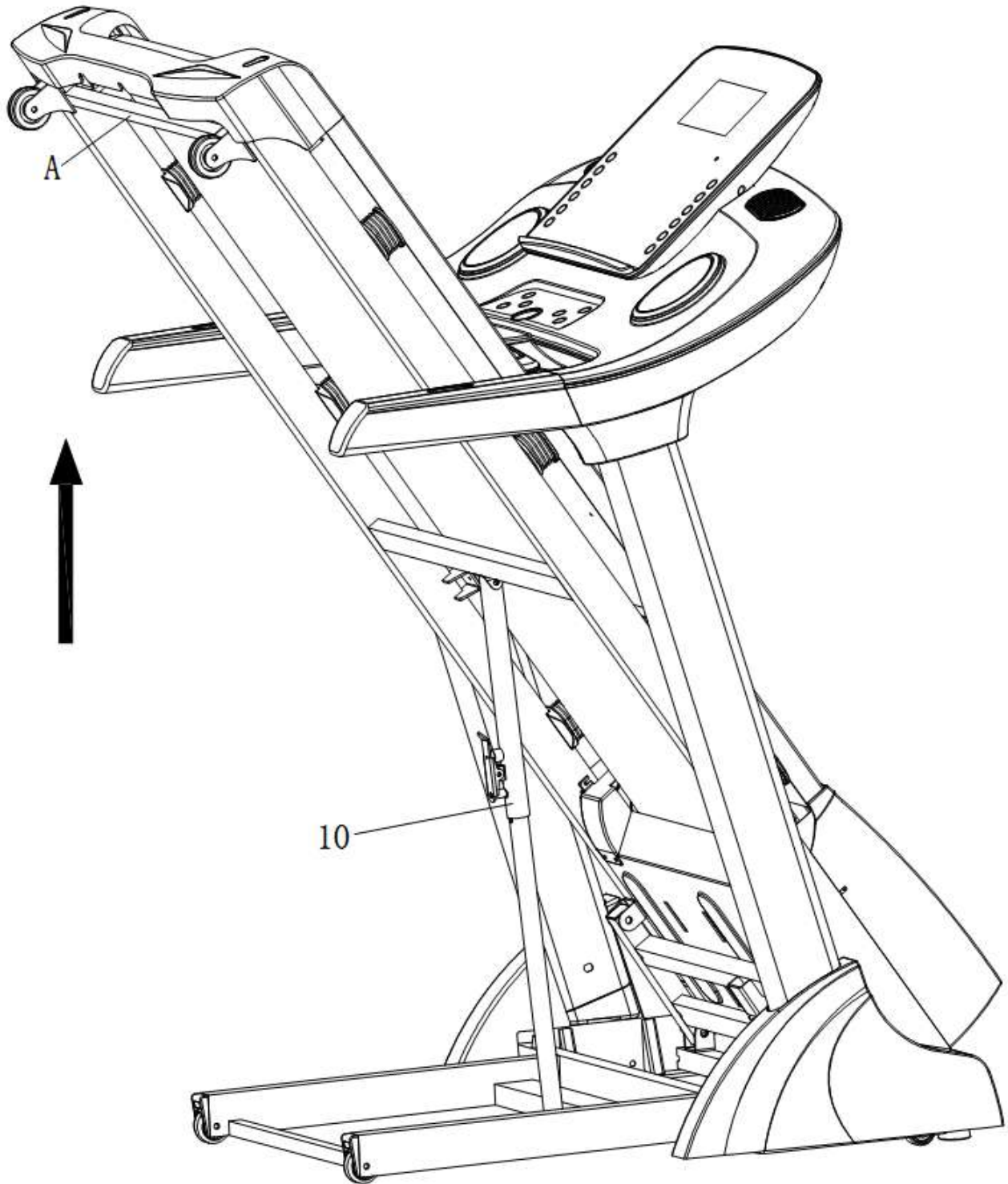
STEP 6:

When you unfold the machine:

Grasp the place **A** by one hand, kick the place B of cylinder (10) with your right foot, pull the running board to the level of place **C**, then the running board will get down automatically.
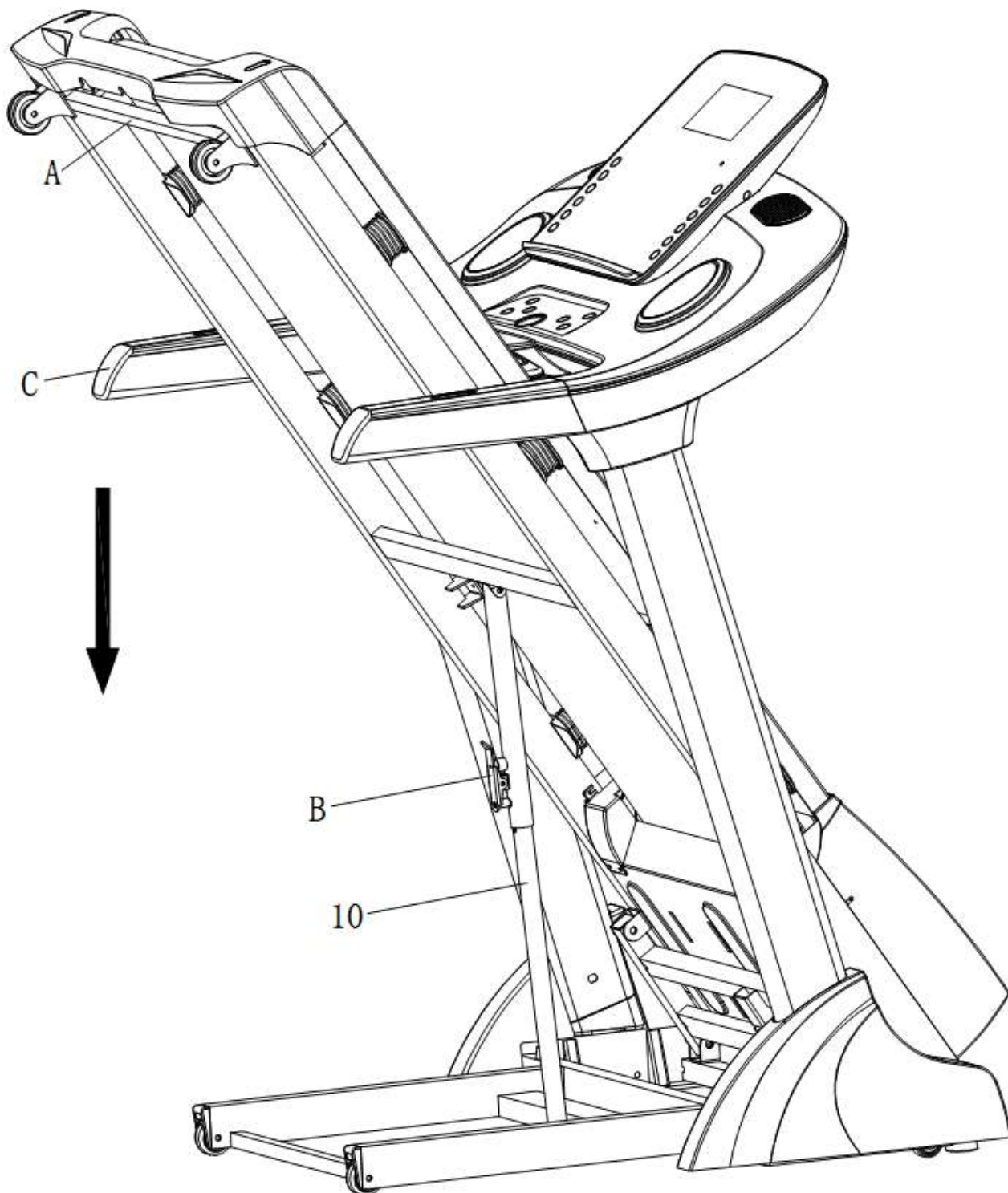
GROUNDING METHODS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.

This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal **220-volt** circuit and has a grounding plug that looks like the plug illustrated in **sketch A** in following figure. 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.

Grounding Methods

Grounded Outlet

Grounded pins
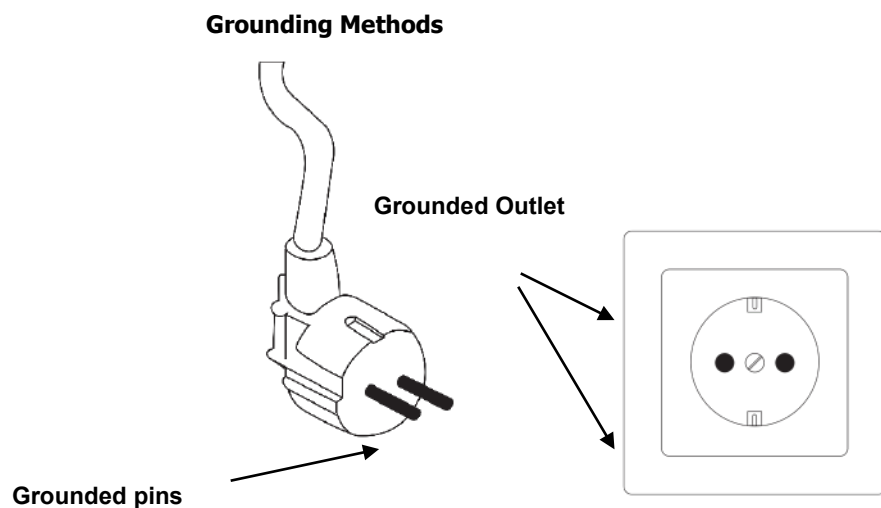
SPECIFICATIONS

Dimensions (open)	L: 195 x W: 87 x H: 150.5cm	**Display**	7" LCD (blue backlight)
Dimensions (closed)	L: 135 x W: 87 x H: 154cm	**Motor**	DC 3 hp (peak 4.5 hp)
Belt surface	W: 50 x L: 141cm	**Programs**	P1-P18+U1-U3+Bodyfat
Belt thickness	1.6 mm	**Anti-vibration system**	Air-spring – Double anti-vibration protection with 6 elastomeric points
Net weight	100 kg	**Speed range**	1.0-20 km/h
Maximum user weight	130 kg	**Incline**	0-15%
Console	Built-in speakers, MP3	**Folding system**	Easy lift system
Certification	CE-ROHS-EN957		

OPERATION INSTRUCTIONS

1. Function specifications
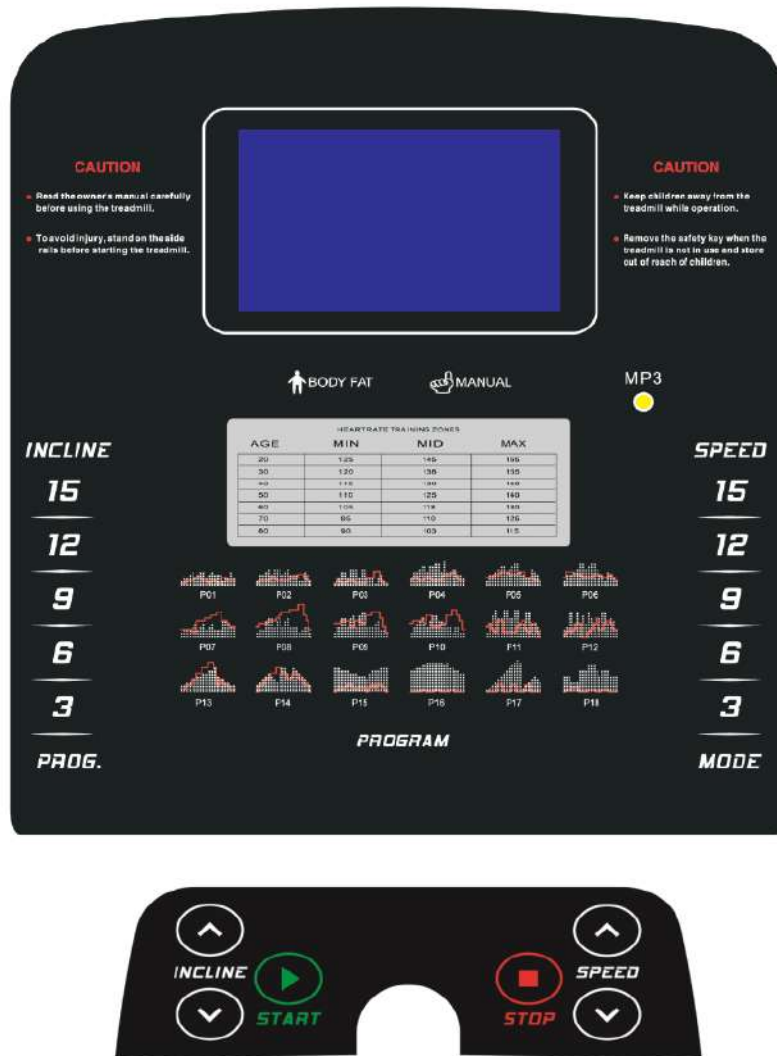
I Description to windows and keys

1. **LCD windows will display the following functions:**
   - **A.** Speed window: display speed data.
   - **B.** Time/ heart rate window: display time/ heart rate data. Display heartbeat in the operation process first.
   - **C.** Distance/ calorie/ incline windows: display distance/ calorie/ incline data. Display in turn in operation process. Press "Mode" to switch the display. Incline will be displayed first for section change; incline will be displayed first for stop; if the incline is 0, the value displayed is the distance.

2. Function keys: START, STOP, PROGRAM, MODE, SPEED +, SPEED -, INCLINE +, INCLINE -, SPEED SHORTCUT （3、6、9、12、15) KMH/MPH, INCLINE SHORTCUT (3、6、9、12、15);

3. Description to function keys:
   - **A.** Program: in the stop state, press it to select programs in turn: manual mode -P01 -P02- ...-P18 -U01 -U02 -U03-FAT

B. MODE: in the stop state, press it to select programs in turn: manual mode (normal state) - time countdown- distance countdown – calorie countdown.

C. START: in the stop state, press it to start up the motor.

D. STOP: when the motor is running, press it to stop the motor.

E. SPEED +: in setting sate, press it to increase the set value. When the motor is running, press it to increase the speed.

F. SPEED -: in setting sate, press it to decrease the set value. When the motor is running, press it to decrease the speed.

G. INCLINE +: in setting sate, press it to increase the set value. When the motor is running, press it to increase the incline.

H. INCLINE -: in setting sate, press it to decrease the set value. When the motor is running, press it to decrease the incline.

I. When the safety lock is removed, press PROGRAM+MODE for 3s to for metric –inch conversion.

II Instructions to fixed program/ startup

1. Program:

A. One manual mode, including normal mode, time countdown, calorie countdown and distance countdown modes.

B. 18 fixed programs: P01, P02… P18.

C. 3 customized programs: U01, U02 and U03.

2. Startup

A. Past the safety lock to the safety lock switch position on the panel.

B. Press "START" and the window will display 3—2—1; for each time of number reduction, the buzzer will sound. Then, the motor will be started.

III Manual mode:

1. How to enter manual mode:

A. Switch on the power supply; then, directly enter normal mode under the manual mode.

B. In stop state, press MODE to select normal mode under the manual mode.

2. Three setting functions under manual mode: time setting, distance setting and calorie setting.

A. When entering the manual mode, the time is displayed as 0:00.

B. In manual mode, press MODE to enter time countdown mode; the time window will display the time and flicker; the initial time is 30:00; set countdown time by SPEED +/ SPEED - and INCLINE +/ INCLINE -. Time setting range: 5:00-99:00.

C. In time countdown mode, press MODE to enter distance countdown mode; the initial distance will be displayed as 1.00 km/mi; set the distance by SPEED +/ SPEED - and INCLINE +/ INCLINE - in the range of 0.50-99.90 km/mi; each time of increase/ decrease will be 0.1 km/mi.

D. In distance countdown mode, press MODE to enter calorie countdown mode; the initial distance will be displayed as 50.0kcal; set the calorie by SPEED +/ SPEED - and INCLINE +/ INCLINE - in the range of 10.0-999.0 kcal; each time of increase/ decrease will be 1.0kcal.

3. Operation in manual mode:

A. Press START and the motor will start operating after 3s of countdown; the initial speed will be 1.0km/h for metric system or 0.6mile/h for imperial system.

B. Press SPEED +/ SPEED - to adjust speed.

C. Press INCLINE +/ INCLINE - to adjust the incline.

D. Press speed shortcuts to quickly set up to the speed marked on the key.

E. Press incline shortcuts to quickly set up to the incline marked on the key.

F. When the motor is running, press STOP to stop the motor.

G. Remove the safety lock to urgently stop motor running; then, LCD window will display "---" and the buzzer will make short sound of Bi-Bi-Bi.

H. When the set time reduces to zero or when the set calorie reduces to zero, or the set distance reduces to zero, the buzzer will make short alarm "Bi-Bi-Bi", the speed window will display END; 5s later, the machine will return to the standby state and the buzzer will make long alarm "Bi-Bi";

I. Parameters not set will increase forwards and will be reset after reaching the upper limit of the display range; in manual mode, the machine will stop when the time accumulates to be more than 99: 59 (100min).

IV Fixed program mode:

1. The initial time is set to be 30min; only time can be set; setting range: 5:00- 99:00. Press SPEED +/ SPEED - or INCLINE +/ INCLINE - to adjust the set value.

2. Press START key, the motor will start running and the speed will gradually increase to the value for the first section of auto program (see details in the table of program parameters).

3. Press SPEED +/ SPEED - to adjust speed.

4. Press INCLINE +/ INCLINE - to adjust the incline.

5. Press speed shortcuts to quickly set up to the speed marked on the key.

6. Press incline shortcut to quickly set up to the incline marked on the key.

7. Each program is divided into 20 sections; operating time for each section will be 1/20 of the set time.

8. The buzzer will sound for three times when switching from one section to another.

9. When the set time reduces to zero, the speed will gradually reduce till the stop of the machine. The buzzer will make short alarm Bi-Bi-Bi; when the machine stops, the buzzer will make long alarm of Bi-Bi-Bi. The speed window will display END; 5s later, the machine will return to the standby state; then, the buzzer will make long-alarm of Bi-Bi.

10. Remove the safety lock to urgently stop motor running; then, LCD window will display "---" and the buzzer will make short sound of Bi-Bi-Bi.

V Parameters in fixed program mode (metric system)

No.		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
		Setup time /20 = Each segment of the running time																			
P01	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P01	INCLINE	1	1	2	2	2	3	3	3	2	2	1	2	2	1	1	3	3	2	2	2
P02	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P02	INCLINE	1	2	2	2	2	3	3	2	2	2	2	2	3	3	3	4	4	3	2	2
P03	SPEED	1	3	3	5	5	3	6	6	6	3	6	6	3	3	3	1	3	4	2	1
P03	INCLINE	1	2	2	1	1	2	2	2	1	1	1	1	3	3	3	5	5	2	1	1
P04	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P04	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P05	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P05	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
P06	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
P06	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	4	3	2
P07	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P07	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P08	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P08	INCLINE	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
P09	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P09	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	2
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P10	INCLINE	5	6	6	6	7	5	8	8	4	4	4	5	5	8	8	10	10	8	6	3
P11	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	5	5	9	9	5	5	4	3
P11	INCLINE	4	5	3	2	6	6	2	2	2	2	2	4	5	6	3	2	5	5	2	0
P12	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
P12	INCLINE	1	2	3	2	3	5	5	0	0	2	3	5	7	3	3	5	6	5	3	3
P13	SPEED	3	3	4	4	5	5	6	6	7	7	8	8	9	6	5	5	4	4	3	3
P13	INCLINE	1	1	3	3	5	5	7	7	9	9	11	11	9	3	5	5	3	3	1	1
P14	SPEED	3	4	5	6	7	6	5	4	7	9	9	7	6	9	8	7	6	5	4	3
P14	INCLINE	0	3	3	5	5	7	7	9	9	7	7	5	5	7	7	5	5	3	3	0
P15	SPEED	9	9	9	8	8	8	7	7	7	6	6	6	5	7	8	8	8	9	9	9
P15	INCLINE	0	1	2	1	2	3	3	2	1	2	2	2	0	2	3	2	3	3	2	0
P16	SPEED	8	8	9	9	10	10	12	12	12	12	12	12	11	12	10	10	9	9	8	8
P16	INCLINE	0	0	0	0	1	1	0	0	0	1	1	0	0	0	1	1	0	0	0	0
P17	SPEED	1	2	3	4	5	6	7	8	9	10	11	12	11	2	3	4	5	6	5	4
P17	INCLINE	0	0	0	0	3	3	0	0	0	3	3	0	0	0	3	3	0	0	0	0
P18	SPEED	6	6	6	4	4	4	8	8	8	10	10	10	8	6	8	8	8	6	6	6
P18	INCLINE	0	1	1	2	2	2	0	0	0	1	1	1	0	0	1	1	1	0	0	0

VI Customized program:

In addition to 18 built-in programs, the treadmill also has 3 customized programs to support the customized setting based on the user's specific situation: U01, U02 and U03.

1、Setting of customized programs:

In standby state, continuous press PROGRAM to the required customized program (U01~ U03); press MODE to confirm entering the setting; then, set up parameters in the first time section; set up speed by SPEED +/ SPEED - or speed shortcuts and set up incline by INCLINE +/ INCLINE - or incline shortcuts; press MODE to complete the first time section's setting and enter the state to set up parameters for the second time section until the completion of setting for all the 20 time sections. Set parameters will be permanently saved until the next time setting. These parameters will not be lost due to power disconnection.

2、Start of customized program:

A. In standby state, continuous press PROGRAM to the required customized program (U01~ U03). After setting up the operation time, press START.

B. In the customized program state and after the setting of operation time, press START to immediately start up the machine.

3、Instructions to the setting of customized program:

Each program divides its operation time into 20 sections. Be sure to complete the setting for speed, incline and operation time for all the 20 sections before pressing START to start the treadmill.

VII Parameter display range:

	Initial	Initial setting value	Setting range	Display range
Time (m: s)	0:00	30:00	5:00-99:00	0:00-99:59
Speed in metric system (km/h) Speed in imperial system (mi/h)	0.0	N/A	N/A	1.0—20.0KMH 0.6-12.0MPH
Incline	00	N/A	N/A	0-15
Distance (km/mi)	0.0	1.00	0.50—99.90	0.00—99.99
Calorie (kcal)	0	50.0	10.0—999.0	0.0—999.9

VIII Safety lock function

Remove safety lock under any situation, LCD window will display "---" and the buzzer will make short sound of "Bi-Bi-Bi". If the motor is running, it will be emergently stopped. When the safety lock is removed, all keys will lose effect.

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.

IX Energy-saving mode:

The system has energy-saving function. In standby state, if no key order input in 10m, the system will enter the energy-saving mode with the display automatically closed. Press any key to revoke the system.

X MP3 function (optimal):

When connecting to MP3 or other audio devices in powering on state, the electronic meter can play music. Sound volume shall be controlled through the audio device; please properly adjust the volume to obtain better sound quality and avoid impact to built-in audio circuit.

XI   USB function (optimal):

When connecting to USB in powering on state, the electronic meter can automatically play MP3 format music. Sound volume can be controlled through keys on the panel; please properly adjust the volume to obtain better sound quality and avoid impact to built-in audio circuit.

XII   Shutdown:

Be sure to shut down the treadmill by switching off the power supply to avoid damage to the treadmill.

XIII   Cautions:

1. Please check whether power supply is connected and whether safety lock is effective before using the treadmill.
2. In case of any abnormality in the use process, please remove the safety lock and the treadmill will rapidly slow down till stop; then, restore the safety lock, the equipment will reset and wait for inputting instructions.
3. In case of any problem of the machine, please contact the dealer; equipment damage may be caused for non-professional personnel to dismantle or repair the machine.

XVI Calorie calculation method:

70.3×V(Km/h) ×t(h)× (1+? %)

When the lifting is 0, the calorie consumption for each 1km of running is about **70.3kcal.**

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.

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 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.

EXERCISE INSTRUCTIONS
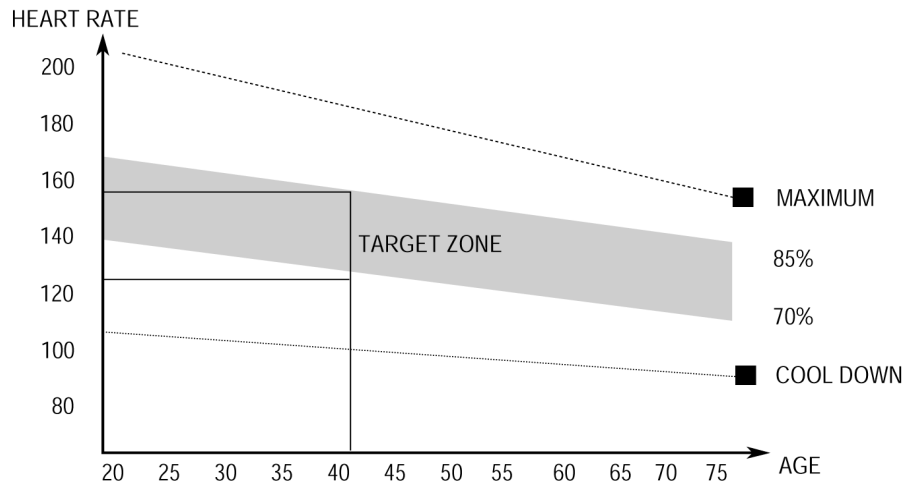
1. The Warmup Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, **STOP.**

2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become Stronger.   Work to your but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below. This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warmup exercise e.g., reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch. As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible, space your workouts evenly throughout the week. To tone muscle while on your Treadmill you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness, you need to alter your training program. You should train as normal during the warmup and cool down phases, but towards the end of the exercise phase you should increase resistance, making your legs work harder than normal. You may have to reduce your speed to keep your heart rate in the target zone. The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

MAINTENANCE INSTRUCTIONS

WALKING BELT CENTERING AND TENSION ADJUSTMENT

DO NOT OVERTIGHTEN the walking belt. This may cause reduced motor performance and excessive roller wear.

TO CENTER WALKING BELT:

● Place treadmill on a level surface

● Run treadmill at approximately 3.5 mph

● If the belt offs the track to the right side, please screw the right adjusting bolt clockwise slowly, noticing the change of the deviating distance, until center the belt. (Attention: the space between the belt and the right/left edgings is at a distance normally. And the gap between the right and left distance should be no more than 5mm.

● If the belt offs the track to the left side, please screw the left adjusting bolt clockwise slowly, noticing the change of the deviating distance, until center the belt. (Attention: the space between the belt and the right/left edgings is at a distance normally. And the gap between the right and left distance should be no more than 5mm.

PIC A

PIC B
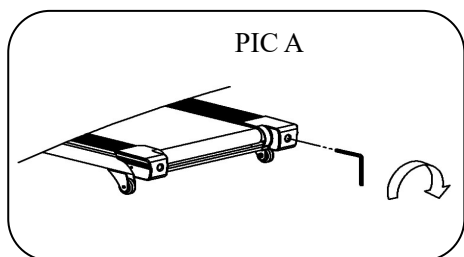
Picture A: If the belt has drifted to the RIGHT
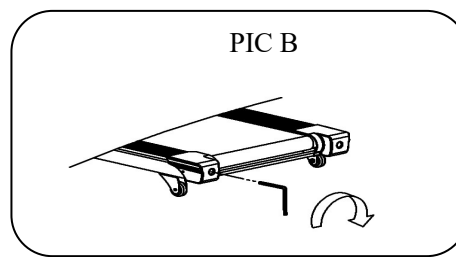
Picture B: If the belt has drifted to the LEFT.

TENSIONING THE BELT

If you can feel a slipping sensation when running on the treadmill, the running belt must be tightened. In most cases, the belt has stretched from use, causing the belt to slip. This is a normal and common adjustment. To eliminate this slipping, tension both the rear roller bolts with the appropriate size Allen wrench, turning it **1/4 TURN** to the right as shown. Try the treadmill again to check for slipping.

Repeat, if necessary, but NEVER TURN the roller bolts more than **1/4 turn** at a time. The belt tension is set properly when the running belt is **50 - 75mm** from the deck.

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

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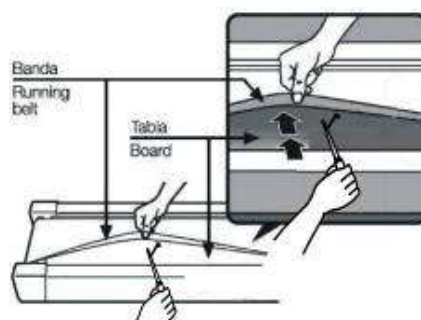
WARNING: The friction of the platform with the treadmill plays an important role in the operation and life of the treadmill and for this reason we recommend that you keep the treadmill clean and frequently lubricate this point of friction to extend the life of the treadmill. If you do not follow the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

PARTS LIST

Part No.	Description	Qty	Part No.	Description	Qty
1	Bottom frame	1	60	Hex socket screw M8*50	2
2	Main frame	1	61	Hex socket screw M8*45	1
3	Upright tube	2	62	Hex socket screw M8*40	5
4	Computer frame	1	63	Hex screw M8*15	2
5	Incline frame	1	64	Hex screw M8*55	1
6	Strengthen tube	1	65	Hex screw M8*35	1
7	Transport wheel bracket	2	66	Socket cap screw M8*20	4
8	Front roller	1	67	Socket cap screw M6*45	1
9	Rear roller	1	68	Socket cap screw M6*55	2
10	Cylinder	1	69	Socket cap screw M6*12	2
11	Metal speaker grille	2	70	Screw M6*30	6
12	Transport wheel stop-pin	2	71	Screw M6*25	2
13	Spring	6	72	Cross pan head screw M4*8	4
14	D-shaped axle	2	73	Cross pan head screw M5*16	6
15	Transport wheel axle	2	74	Cross pan head screw M4*15	9
16	Spacer	2	75	Cross pan head screw M5*8	5
17	Edgings	8	76	Cross pan head screw M5*25	8
18	Hand grip heart rate monitor 1	2	77	Cross tapping screw ST4*25	4
19	Hand grip heart rate monitor 2	2	78	Cross tapping screw ST4*16	42
20	Computer up cover	1	79	Cross tapping screw ST4*12	10
21	Computer bottom cover	1	80	Cross tapping screw ST4*12	8
22	Motor cover	1	81	Cross tapping screw ST2.9*9.5	12
23	End cap	1	82	Cross tapping screw ST2.2*6	16
24	Running board	1	83	Cross screw M4*8	4
25	Edgings	2	84	Lock washerΦ10*1.2	20
26	Running belt	1	85	Lock washerΦ8*1.2	8
27	Transport wheel cap	1pr.	86	Lock washerΦ6*1.2	3
28	Keypad bottom cover	1	87	Flat washerΦ13*Φ8*1.2	10
29	Keypad up cover	1	88	Spring washerΦ8	6
30	Kettle case	2	89	Nylon nut M10	4
31	Loudspeaker cover Adornment	2	90	Nylon nut M8	10
32	Front Handlebar bottom cover	1	91	Nylon nut M6	2
33	Front Handlebar up cover	1	92	Snap ring Φ8	4
34L/R	PU foam grip	1pr.	93	Circuit board	1
35	Outside upright cover	2	94	Computer connecting wire	1
36	Inside upright cover	2	95	Extension upper wire	1
37L/R	Protective cover	1 pr	96	Extension lower wire	1
38	Silicon cushion	6	97	Controller wire	1
39	Transport wheel	2	98	Safety key	1
40	Transport wheel cap	2	99	Light sensor	1
41	Flat foot pad	2	100	Light sensor bracket	1
42	Wire plug	2	101	Cross Screw M4*8	2

43	Power wire buckle	1	102	Flat washer D4	2
44	Adjusting wheel	2	103	Spring washer D4	2
45	Square end cap 1	2	104	Tapping Screw ST2.9*6	2
46	Shortcut key	2	105	DC motor	1
47	Wheel	2	106	Incline motor	1
48	Belt	1	107	Switch	1
49	Plastic pad	2	108	Circuit breaker	1
50	Adjustable pad	2	109	Anti-skidding mat	4
51	Running board cushion	6	110	Inductor (Optional)	1
52	Square end cap 2	2	111	EMC Filter (Optional)	1
53	Square end cap 3	4	112	Audio socket (optional)	1
54	Square end cap 4	2	113	Headphone jack (Optional)	1
55	Power line	1	114	SD card/USB (Optional)	1
56	Hex socket screw M10*55	1	115	Amplifier board (optional)	1
57	Hex socket screw M10*50	2	116	MP3 connecting wire (Optional)	1
58	Hex socket screw M10*40	1	117	Loudspeaker (Optional)	2
59	Hex socket screw M10*15	16			

TERMS OF WARRANTY

- Warranty period is 2 years for motor, 2 years 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 lubrication of the walking belt is insufficient or is more than specified by the instructions for use.
- 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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NOTES

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