Treadmill

XFIT 123

User's Manual
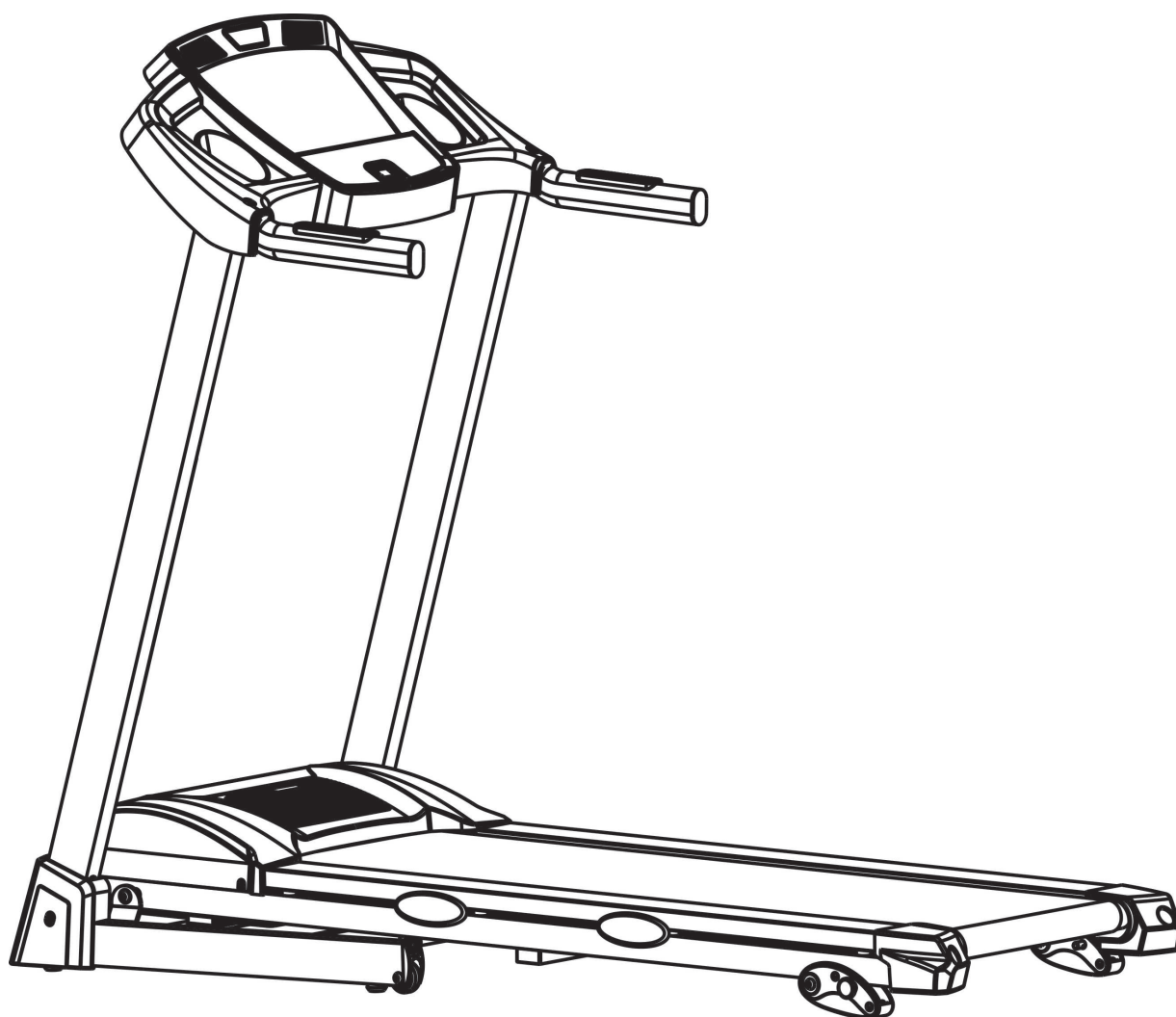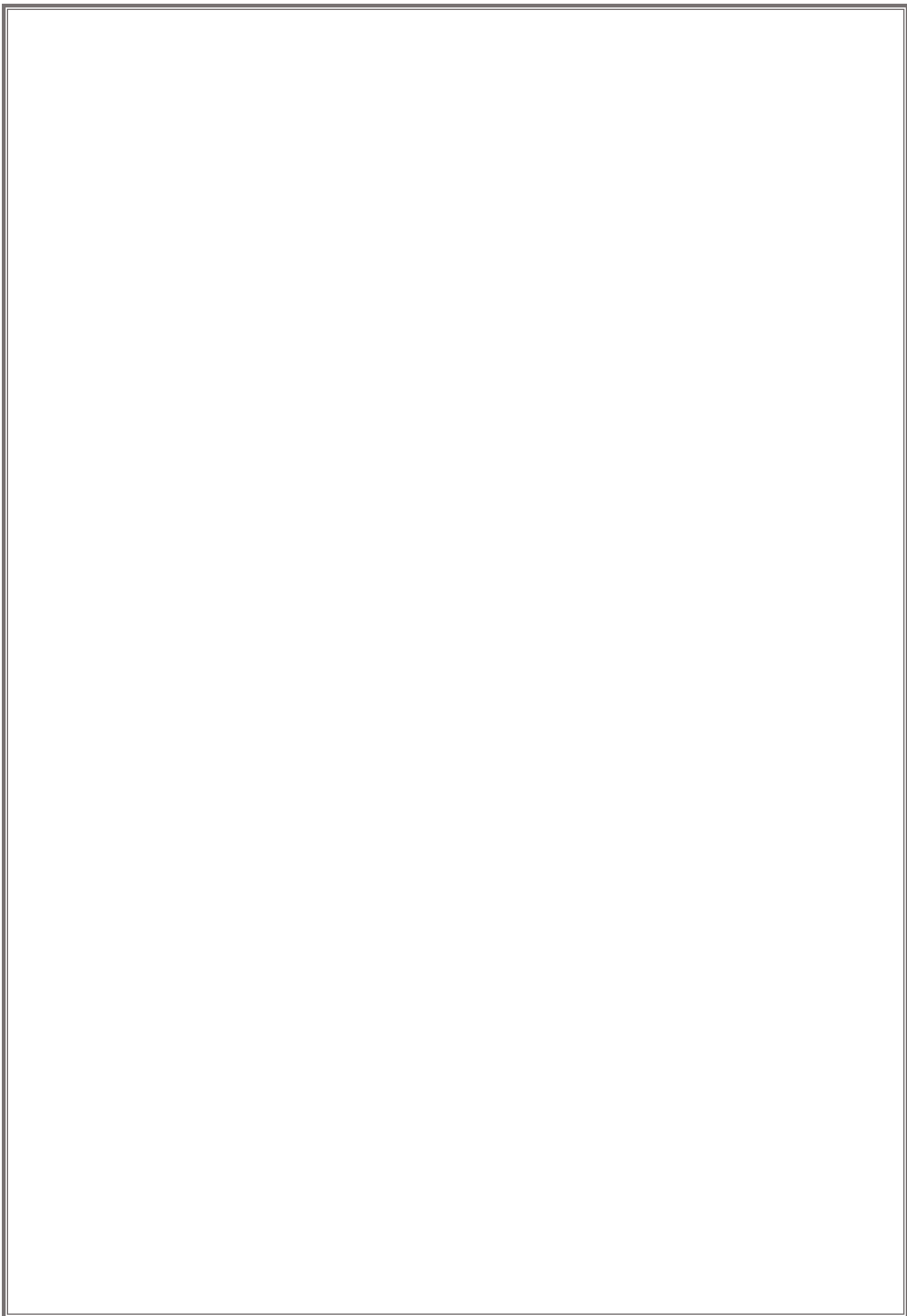
Contents

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 in order 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 can not be folded at the same time.
15. Keep a safety zoom 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.

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 products 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

Grounded Outlet

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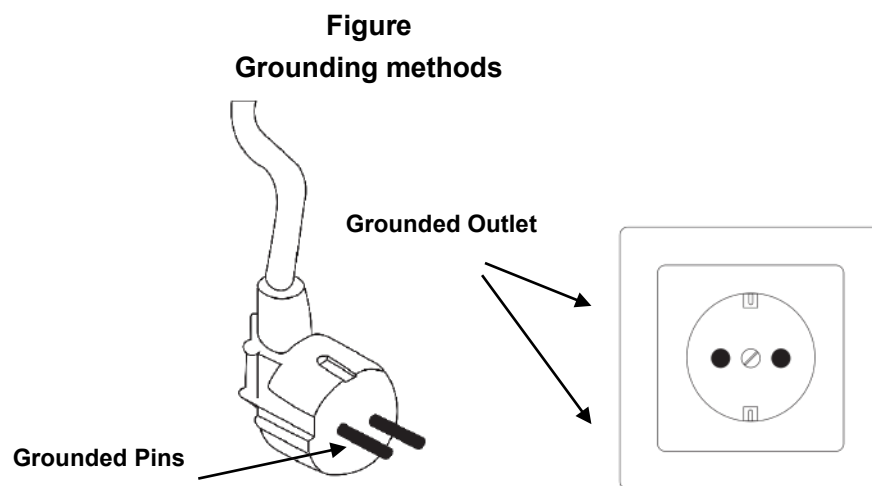
THE WARRANTY IS NOT VALID IF: The machine is placed outdoors or exposed to sun and dust. Dust and fluff enter the internal mechanical parts of the machine, causing serious damage. Keep the machine free of dust and fluff.

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

ASSEMBLY INSTRUCTIONS Single function

OPEN THE BOX YOU CAN FIND THE ALL PARTS AS BELOW.
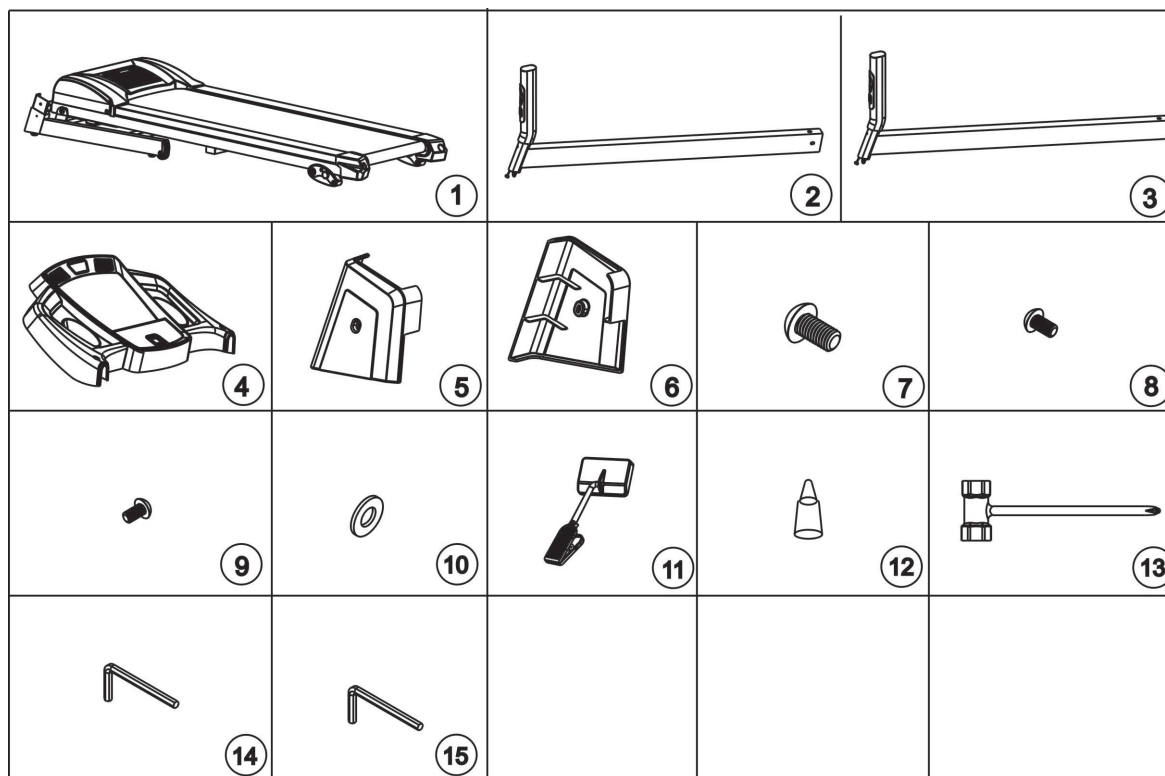
| Part list		
No.	**Description**	**Quantity**
1	Main frame	1 set
2	Left upright	1 pc
3	Right upright	1 pc
4	Console	1 pc
5	Base cover left	1 pc
6	Base cover right	1 pc
7	Bolt M8x15	8 pcs
8	Bolt M5x10	4 pcs
9	Screw M4x12	2 pcs
10	Washer M8	8 pcs
11	Safety key	1 pc
12	Lubricant oil	1 pc
13	Screwdriver	1 pc
14	Wrench 6#	1 pc
15	Wrench 5#	1 pc

ASSEMBLY INSTRUCTIONS Single function

**Note: Assembly requires 2 people.**

STEP 1
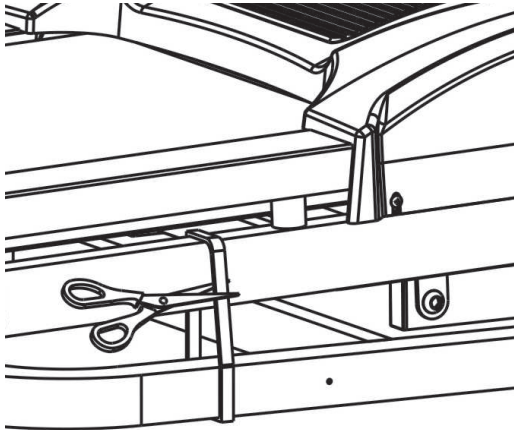
1. Open the carton box and take out all the protection foam and assembly parts.
2. As the photo shows, take out the running deck from the box, lay it on the flat floor, and then cut the belt between base and frame.

STEP 2
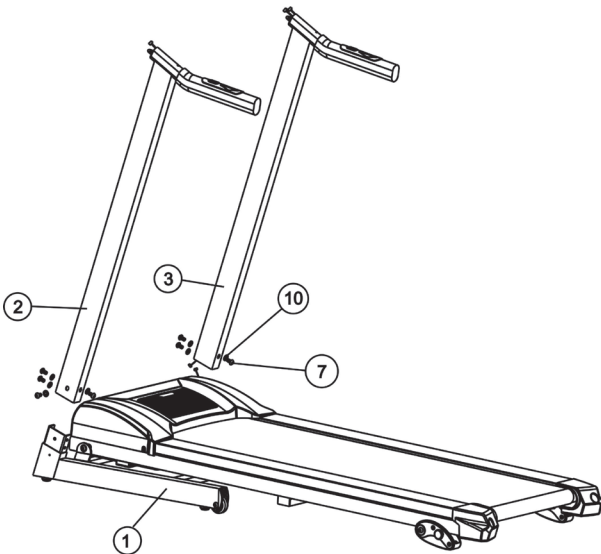
1. Connect the cable on the main frame with the cable on right upright (3).
Pay attention to the connection of the cable, a wrong connection would cause damage of the connector.

2. Insert the left upright (2) and right upright (3) into the main frame (1) and use the 5# wrench (15) to fasten the left and right upright to the main frame with each 4pcs M8x15 bolt (7) and 4pcs washer M8 (10) .
Be careful not to damage the connector during inserting the upright onto the main frame.

STEP 3
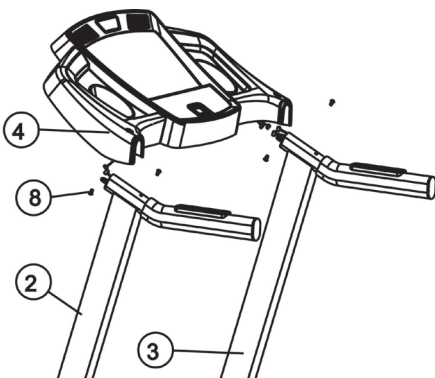
1, Connect the cable extent from console with the cable extent from right upright (3) and left upright(2).
Pay attention to the connection of the cable, a wrong connection would cause damage of the connector.

2, Use the screwdriver (13) to fasten the console (4) onto the left & right upright with each 2pcs M5x10 screw (8).

ASSEMBLY INSTRUCTIONS Single function

STEP 4
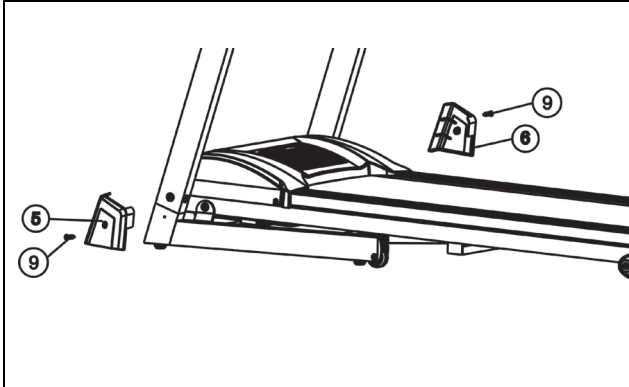
1, As the picture shows, use the screwdriver (13) to install the left base cover (5) onto the base with 1 pc M4x12 (9). Do the same for right base cover(6).
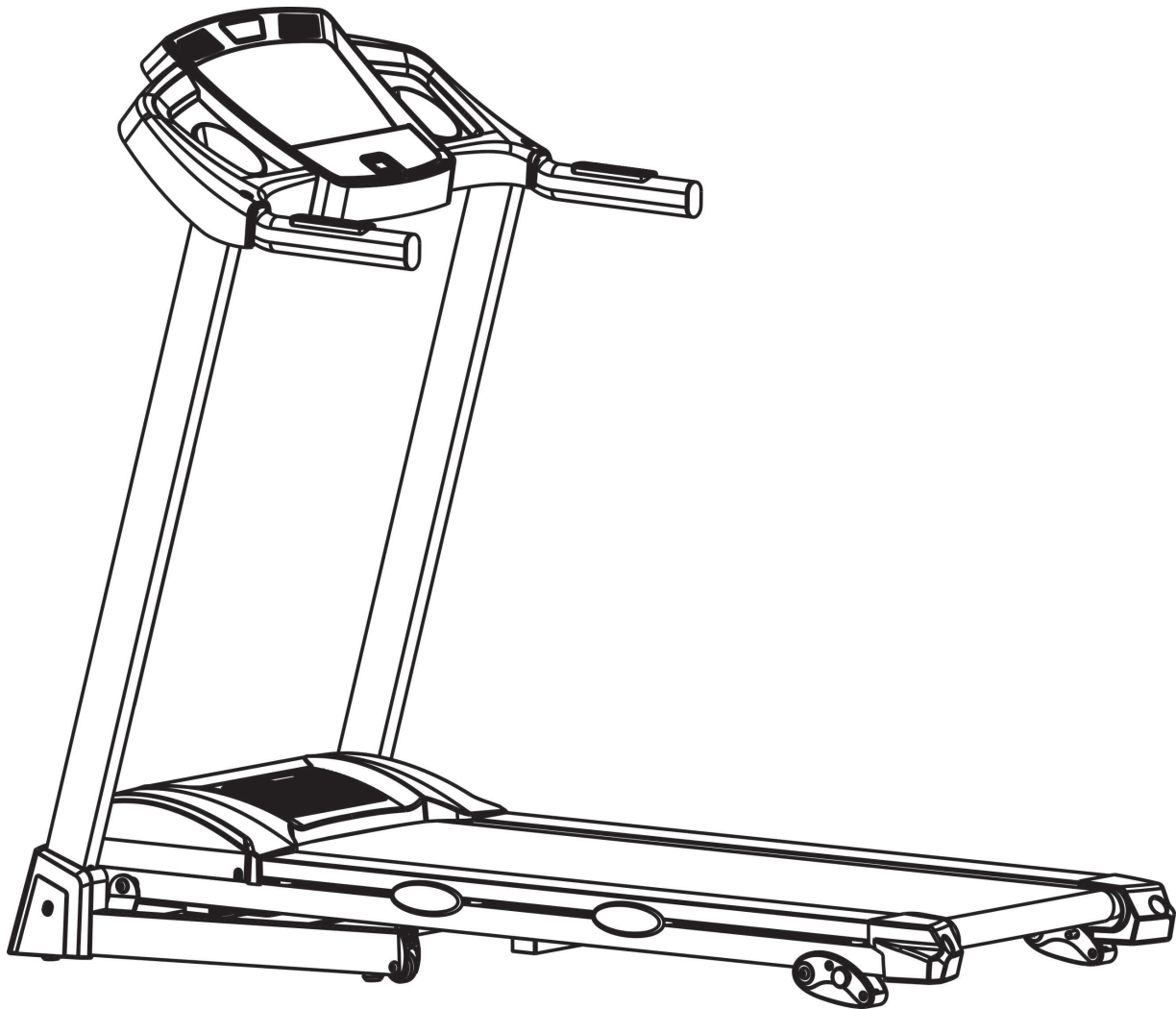
Check and tighten the screws at regular intervals, as they may loosen due to vibrations. Damage that may be caused by a lack of maintenance is not covered by the warranty. Congratulation! A new motorized treadmill has been successful assembled!

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.

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.

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 a 3, 2, 1 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 FUNCTION

TIME: Accumulates total workout time from 0:00 to 99:59 minutes.

PULSE: When pulse single is detected by grasping both stainless steel pick-ups on front handrails, it will display your current heart rate in beats per minute from 50 to 200.

SPEED: Displays the current belt speed from starting at 1.0Km/h to 14.0Km/h.

CALORIE: Accumulates calorie consumption during exercise. Max. Value is 999 cal.

DISTANCE: Accumulates total workout distance from 0.0 to 99.9 kilometers by count-up; Accumulates total workout distance from 0.5 to 99.9 kilometers by count-down.

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 key hole in the console, and then the treadmill will be on start/ready status.

6. There are two buttons on both handrail, right is SPEED+ and SPEED-, left is START and STOP , and it will perform same functions as STOP, START and SPEED +/- buttons on the computer.

7. During your workout in any mode, when you press STOP button, the treadmill will be paused, if you want to resume your workout, you can press STRAR button and all previous data will resume counting, treadmill belt will begin movement after a 4 seconds count-down. If you want to go to start/ready status, press STOP button again after pausing the treadmill. During selecting program or setting information, press STOP button will return to start/ready status.

8. 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 PROGRAM buttons to enter manual program or 8 preset 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 a 3 second count-down. Use the SPEED +/- buttons to adjust the desired speed at any time during training. The speed can also be adjusted by the buttons on right handrail.

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: Press STOP button to stop your workout or pull safety key away from its position to shut down the computer. Press STOP button will pause the program, if you want to resume your workout, you can press START button and all previous data will resume counting, treadmill belt will begin movement after a 3 seconds count-down. If you want to go to start/ready status, press STOP button again after pausing the treadmill.

STEP 5: During quick-start operation, TIME, CALORIE and DISTANCE will count up.

MANUAL PROGRAMS OPERATION

NOTES:
Under this program, one of DISTANCE, CALORIE and TIME 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 a 4 second 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, then DO NOT PRESS SPEED +/- button to set TIME, but directly press MODE again, the DISTANCE 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, then DO NOT PRESS SPEED +/- button to set DISTANCE, but directly press MODE again, the CALORIE window will display 20, you can set count-down CALORIE from 10 KCAL to 990 KCAL.

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

STEP 4: During the program you can adjust the speed by pressing SPEED +/- button. The speed can also be adjusted by the buttons on right handrail.

STEP 5: Press STOP button to stop your workout or pull safety key away from its position to shut down the computer. Press STOP button will pause the program, if you want to resume the program, you can press START button and all previous data will resume counting, treadmill belt will begin movement after a 3 seconds count-down. If you want to go to start/ready status, press STOP button again after pausing the treadmill.

PRESET PROGRAMS OPERATION

NOTES:
All the preset programs are made up with 30 time-based segments; the speed is preset on each segment. The elapse time of 30 segments on each program will be automatically arranged according to the time you set for your workout time.
There are 64 preset programs for 8 different training goals, and 8 different intensity levels on each training goals.

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

STEP 2: Press PROGRAM button to scroll through the 8 training goals, a goal will be selected once you press PROGRAM button.

After selecting a training goal, press MODE button to select a intensity from L1 to L8. After selecting a intensity, 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 5:00 to 99:00 minutes.

STEP 3: The preset value of elapse time of each program is 30:00 minutes, and it can be set from 5:00 to 99:00 minutes. Press SPEED+/- buttons to set the elapse time, and press START button to accept and begin your workout.

STEP 4: During procession of program you can adjust the SPEED by pressing SPEED+/- buttons. The speed can also be adjusted by the buttons on right handrail. However, the SPEED you adjust will only be effective on the ongoing segment, after the segment finished, the SPEED will process with preset values.

STEP 5: Press STOP button to stop your workout or pull safety key away from its position to shut down the computer. Press STOP button will pause the program, if you want to resume the program, you can press START button and all previous data will resume counting, treadmill belt will begin movement after a 4 seconds count-down. If you want to go to start/ready status, press STOP button again after pausing the treadmill.

USING THE PULSE FUNCTION

The PULSE/SPEED 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 10 seconds after you grasp the Pulse Sensors.

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.

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.

USING THE AUDIO FUNCTION

As the figure shows, plug one end of the audio cable to the audio jack on computer, and then plug the other end of the audio cable to MP3 player. The speaker on the computer will then play the music from MP3 player. The volume of speaker can only be adjusted by MP3 player.
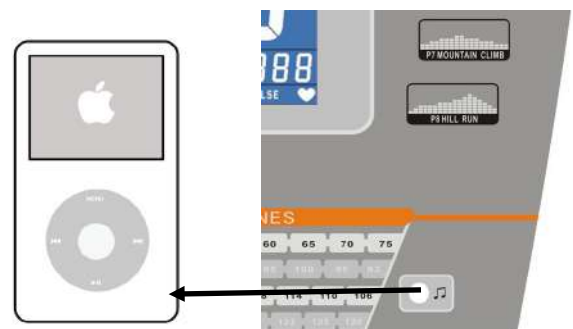
BODY FAT SCALE

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

This estimate is not exact and persons with medical conditions and/or a specific need for accurate body fat value should not rely on the estimations provided.

STEP 2: Press PROGRAM button repeatedly, on the "9" time pressing PROGRAM button, the TIME window will display FAT. Press MODE button to set the relative parameters: GENDER, AGE, HEIGHT, and WEIGHT.

STEP 3: After entering BODY FAT function, the SPEED window will display F-1, the PULSE window will display 1, it represents GENDER, press SPEED +/- button to set gender from 1 - 2, 1 represents MALE, 2 represents FEMAL. Then press MODE button to go to next step.

STEP 4: After pressing MODE button, the SPEED window will display F-2, the PULSE window will display 25, it represents AGE, press SPEED +/- button to set age from 10-99. Then press MODE button to go to next step.

STEP 5: After pressing MODE button, the SPEED window will display F-3, the PULSE window will display 170, it represents HEIGHT, press SPEED +/- button to set height from 100CM-200CM. Then press MODE button to go to next step.

STEP 6: After pressing MODE button, the SPEED window will display F-4, the PULSE window will display 70, it represents WEIGHT, press SPEED +/- button to set weight from 20KG-150KG. Then press MODE button to go to next step.

STEP 7: After finished setting all the necessary information of your body condition, press MODE button again, the SPEED window will display F-5, the PULSE window will display "0", 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 PULSE 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

HOW TO FOLD AND MOVE

HOW TO FOLD THE TREADMILL

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.

1. Hold the treadmill with your hands in the locations shown at the right. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill until the running deck is firmly held by the folding pole as the right figure shows.

2. If you want to put the treadmill to the work position, Firstly pull the folding knob outward as figure shows, And then lay down the running deck light onto floor.
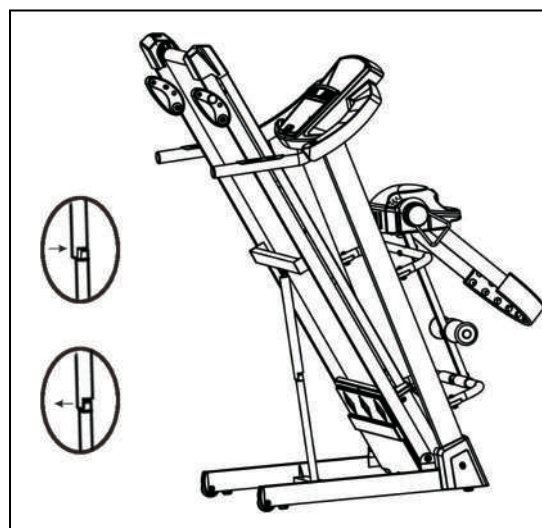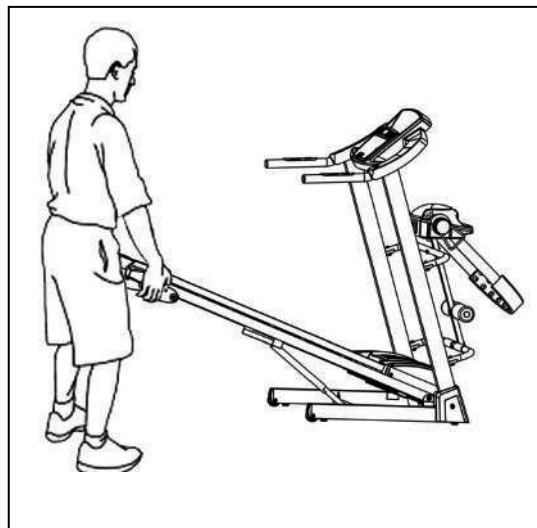
HOW TO MOVE THE TREADMILL

1. Hold the handrails as shown and place one foot against a wheel.
2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location.
Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.
3. Place one foot on a wheel, and carefully lower the treadmill until it is resting in the storage position.
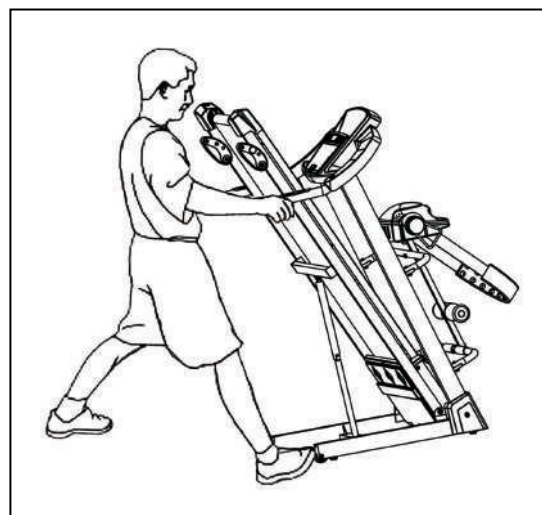
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

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.

WARNING! Before performing any maintenance to your treadmill, always unplug the power cord from the surge protector.

CLEANING: Routine cleaning of your TREADMILL will extend the life of your treadmill.

WARNING! To prevent electrical shock, be sure the power to the treadmill is OFF and the unit is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.

AFTER EACH WORKOUT: Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration. **USE NO CHEMICALS.**

WEEKLY: Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually ends up underneath the treadmill. Vacuum underneath the treadmill once a week.

DECK LUBRICATION: The walking belt has been pre-lubricated at the factory. However, Periodic belt lubrication is recommended to ensure optimal treadmill performance. 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, no lubrication is needed. If the wooden surface feels dry, it needs lubrication. Ask your dealer or call the technical department for the type of silicone.

TO APPLY LUBRICANT TO THE WALKING BOARD

Attention: Get the right product to lubricate the drive belt. Do not use grease spray 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, put 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 from front to back. Repeat the same 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 spreads over the entire wooden surface and then you can use the treadmill normally.

WARNING: Do not over-oil the wooden platform. Excess oil should be wiped off with a clean towel.
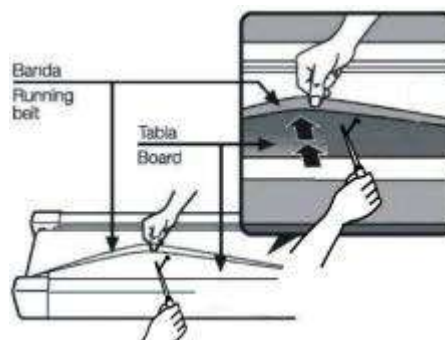
WARNING: The contact between the wooden surface of the treadmill and the treadmill plays an important role in the operation and life of the treadmill. We recommend that you keep the treadmill clean and lubricate it frequently, following the instructions for use. Incomplete lubrication causes damage to the belt and electrical parts of the treadmill.

MAINTENANCE

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 can not 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.

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.
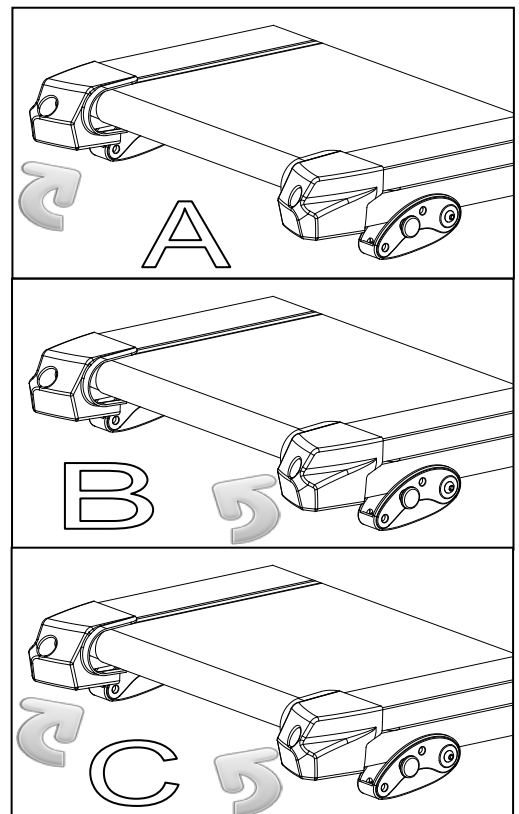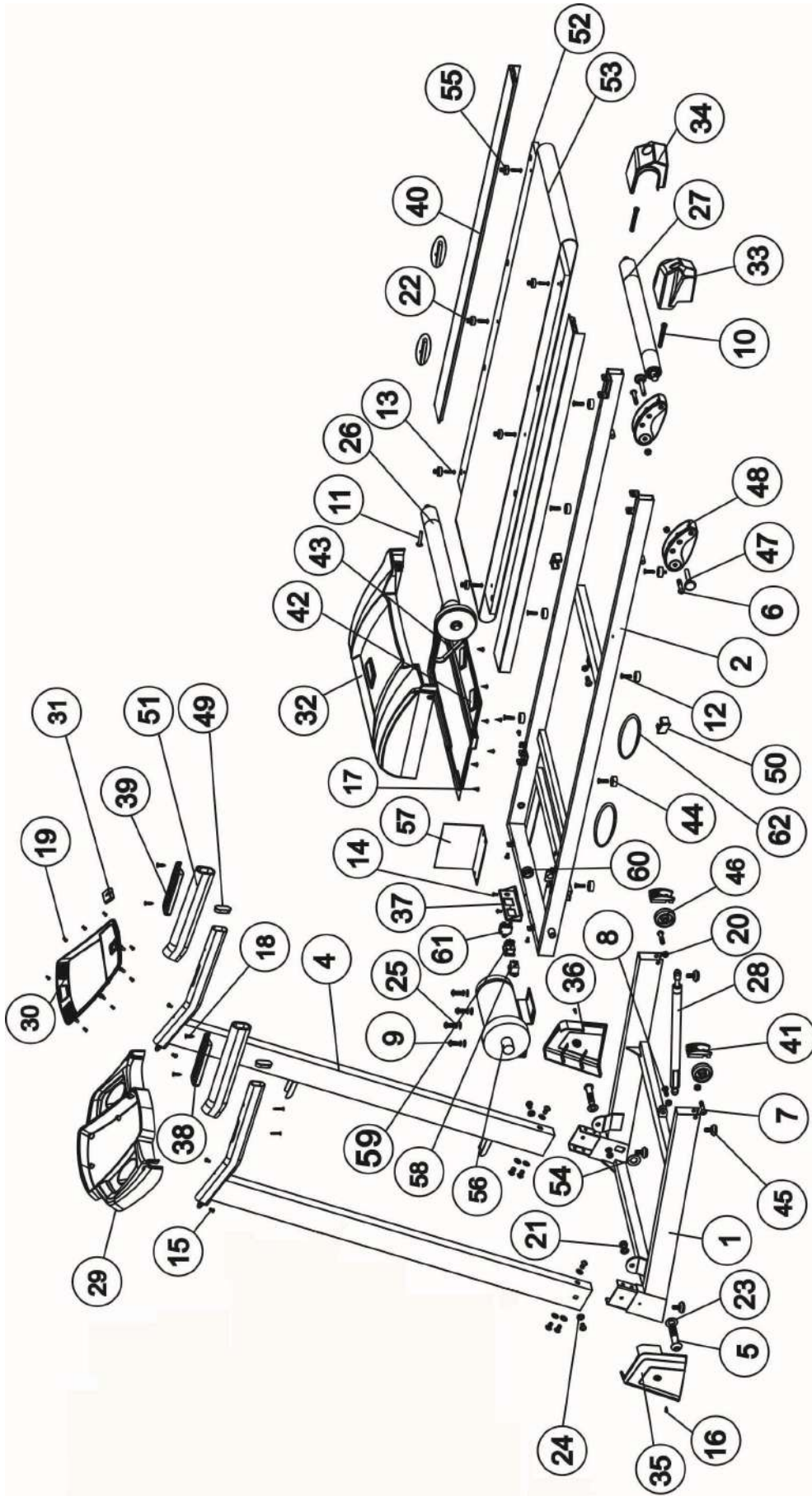
PART LIST

|						
1	Base	1		38	Handrail button left	2
2	Main frame	1		39	Handrail button right	4
3	Left upright	1		40	Foot rail	2
4	Right upright	1		41	Base wheel cap	2
5	Bolt M10x60	2		42	Belly pan	1
6	Bolt M8x45	3		43	Motor belt	1
7	Bolt M8x40	2		44	Black Cushion	8
8	Bolt M8x25	1		45	Base foot pad	4
9	Bolt M8x15	12		46	Base wheel	2
10	Bolt M8x65	2		47	Manual incline kit	2
11	Bolt M8x35	1		48	Incline lock pin	2
12	Bolt M6x35	8		49	Handrail end cap	2
13	Bolt M5x25	6		50	Base cap	2
14	Bolt M5x10	6		51	Handrail foam	2
15	Bolt M5x12	4		52	Running deck	1
16	Screw M4x10	2		53	Running belt	1
17	Screw M4x12	20		54	Cable grommet	1
18	Screw M4x15	4		55	Foot rail fastener	6
19	Screw M4x10	12		56	MOTOR	1
20	Nut M8	2		57	Controller	1
21	Nut M10	12		58	Power rack	1
22	Nut M5	4		59	Power switch	1
23	Washer M10	4		60	Magnetic ring	1
24	Washer M8	12		61	Circuit breaker	1
25	Spring washer M8	6		62	Plastic washer	4
26	Front roller	1				
27	Rear roller	1				
28	Air cylinder	1				
29	Console plastic housing	1				
30	Display plastic	1				
31	Safety key	1				
32	Motor cover	1				
33	Rear end cap Left	1				
34	Rear end cap Right	1				
35	Base cover Left	1				
36	Base cover Right	1				
37	Power rack	1				

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 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.

Tel.: 210 66 20 921 -2 – **Fax:** 210 66 20 923 –**e-mail**: service@xtr.gr

ΣΗΜΕΙΩΣΕΙΣ
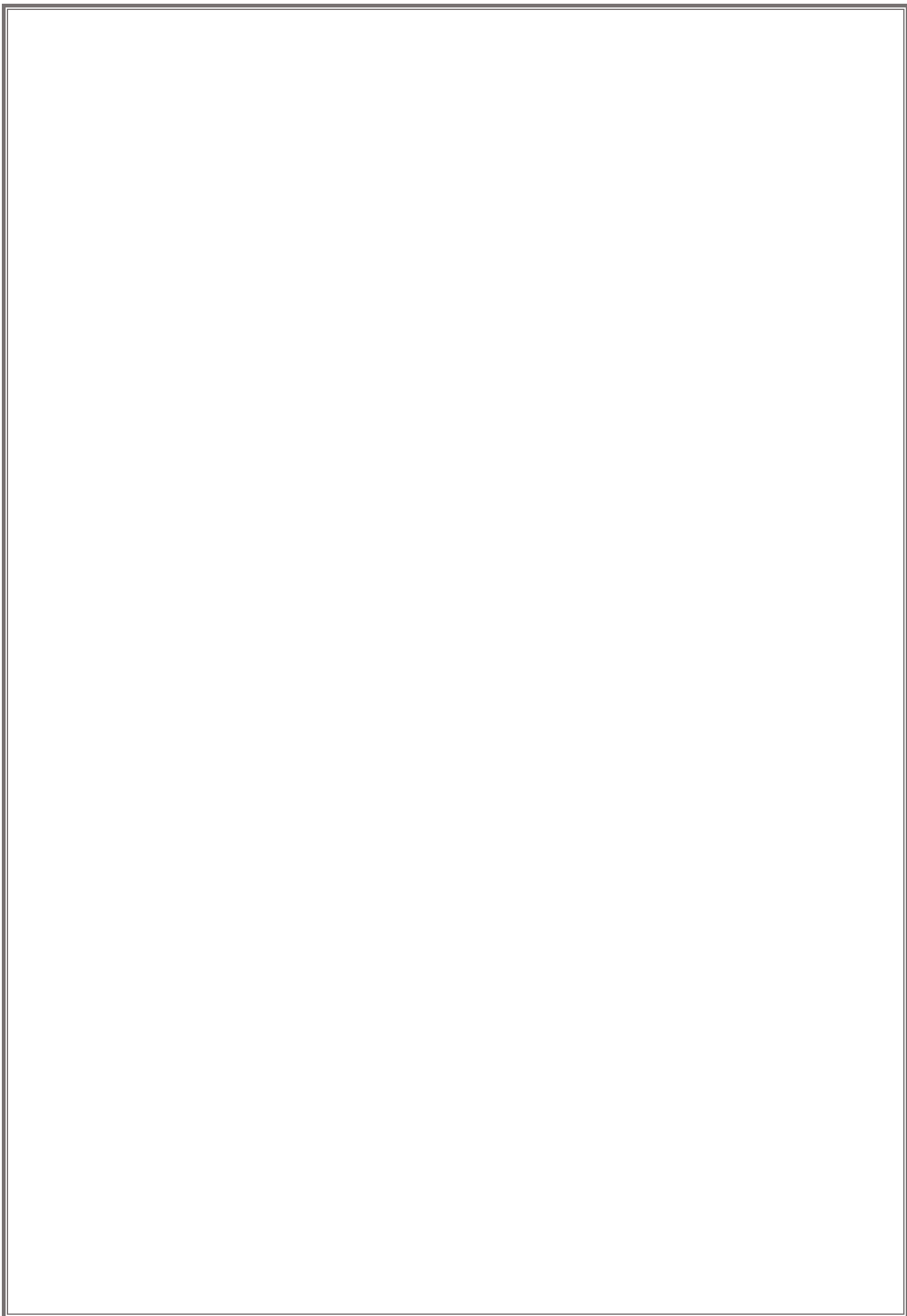
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