

Owner's Manual

Model No.
16004009000

- Assembly
- Operation
- Adjustments
- Parts
- Warranty



CAUTION:

You must read and understand this owner's manual before operating unit.

Keep this manual for future reference.

Serial number

Write the serial number in the space above for reference. Serial number can be found at the front bottom section of the Treadmill.

 **XTEGGA**™ *Wave Deck T9*



PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING YOUR NEW TREADMILL!

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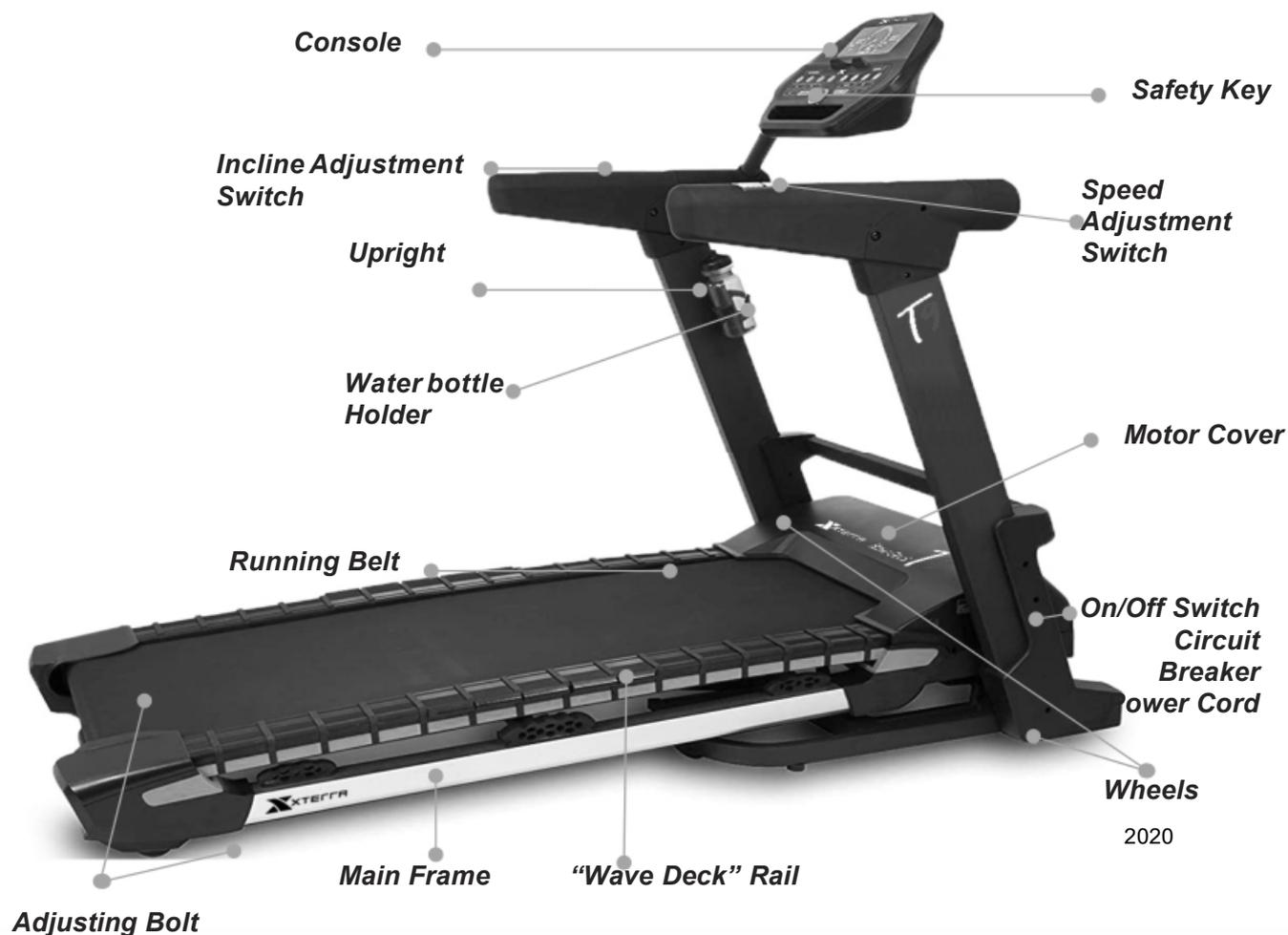
ATTENTION

THIS TREADMILL IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS WARRANTED FOR THE APPLICATION. ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.

BEFORE YOU BEGIN

Thank you for choosing the XTERRA Wave Deck T9 Treadmill. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest. It is a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The XTERRA Wave Deck T9 Treadmill provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle. Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the XTERRA Wave Deck T9 Treadmill. Although Dyaco Canada Inc. constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your XTERRA Wave Deck T9 Treadmill, please do not return the product. Contact us **FIRST!** If a part is missing or defective call us toll free at 1-888-707-1880. Our Customer Service Staff are available to assist you from 8:30 A.M. to 5:00 P.M. (Eastern Time) Monday through Friday. Be sure to have the name and model number of the product available when you contact us.



MAX. USER WEIGHT LIMIT 159 KGS (350 LBS)

IMPORTANT SAFETY INSTRUCTIONS

THIS UNIT IS INTENDED FOR HOUSEHOLD USE ONLY
READ ALL INSTRUCTIONS BEFORE USING THIS TREADMILL

 **CAUTION:** Before starting any exercise program, it is recommended that you consult your physician.

 **WARNING:** Connect this unit to a properly grounded outlet only.

 **DANGER:** To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet immediately after using and before cleaning.

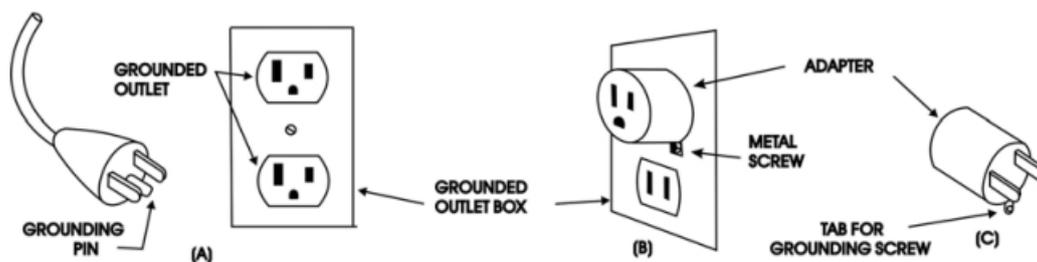
 **WARNING**

To reduce the risk of burns, fire, electric shock, or injury to persons:

Grounding Instructions

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. See diagram below for grounding methods.

Figure 1.
Grounding methods



AA 200

1. Use 120-volt a.c. household current on a dedicated circuit.
2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. The use of an extension cord with this product is not recommended. If an extension cord is needed, use a short (less than 10 feet) heavy gauge (14 gauge or better) extension cord with a three prong (grounded) plug and receptacle.
4. Never leave the treadmill unattended when plugged in. Remove the safety key and unplug the unit from the outlet when not in use and before removing or replacing parts.
5. Never operate the treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped, damaged, or exposed to water. Never move the treadmill belt while the power is turned off.
6. Do not pull the treadmill by the power supply cord or use cord as a handle. Keep cord away from heated surfaces and open flames.
7. Fitness equipment must always be installed and used on a flat surface. Do not use outdoors or near water. Do not place the unit on a loose rug or uneven surface. It is recommended to use an equipment mat to prevent the unit from moving while it is being used, which could possibly scratch or damage the surface of your floor. It is recommended to have a minimum of 3 metres safe clearance on all sides of the treadmill while in use.
8. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage, Covered patio or near water.

9. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
10. Read, understand, and test the emergency stop procedure before using the treadmill. Do not insert any objects into any openings.
11. Inspect and properly tighten all parts of the treadmill regularly.
12. Keep children and pets away from this equipment at all times while exercising.
13. Handicapped individuals should have medical approval and close supervision when using this treadmill.
14. Do not place hands or feet under the treadmill. Always keep hands and legs off of the treadmill when others are using it.
15. Never turn on treadmill while standing on tread-belt. Always hold the handrails while using the treadmill. Always return the treadmill to the slowest speed to provide for safe dismount and low speed restart.
16. To disconnect, turn all controls to the off position, then remove plug from outlet.
17. Do not attempt to raise, lower or move the treadmill until it is properly assembled. See assembly on page 8 and to fold and move the treadmill on page 10. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques. You must use any attachments that are not recommended by the manufacturer.
18. Use the treadmill only for its intended use as described in this manual. Do not use any attachments that are not recommended by the manufacturer.
19. User weight should not exceed 350lbs (159 kg).
20. Never allow more than one person on the treadmill at once.
21. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent straining muscles.
22. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
23. Start your program slowly and very gradually increase your speed and distance.
24. Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your treadmill. Do not walk or jog barefoot, in stocking feet or loose-fitting shoes or slippers.
25. This treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental or institutional setting.
26. This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge.
27. Close supervision is necessary when this machine is used by, on, or near children, invalids, or disabled persons.



WARNING: Before beginning any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. Read all instructions before using any fitness equipment. We assume no responsibility from personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT ELECTRICAL INSTRUCTIONS

WARNING!



NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.

- **NEVER** remove any cover without first disconnecting AC power.
- If voltage varies by ten percent (10%) or more, the performance of your treadmill may be affected. **Such conditions are not covered under your warranty.** If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing. See Diagnosis Guide, page 43.
- **NEVER** expose this treadmill to rain or moisture. This product is **NOT** designed for use outdoors, near a pool or spa, or in any other high humidity environment.

This product must be grounded. If the treadmill should malfunction or breakdown, grounding provides a path of least resistance for electric current, reducing the risk of electric shock. This product is equipped with a cord having an equipment-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.

- **NEVER** operate this treadmill without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in speed and incline do not occur immediately. Set your desired work level on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your treadmill during an electrical storm. Surges may occur in your household power supply that could damage treadmill components.
- Use caution while participating in other activities while walking on your treadmill, such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the center of the belt; which may result in serious injury.
- **NEVER** mount or dismount the treadmill while the belt is moving. Our treadmills start with at a very low speed and it is unnecessary to straddle the belt during start up. Simply standing on the belt during slow acceleration is proper after you have learned to operate the unit.
- Always hold on to a handrail or hand bar while making control changes (incline, speed, etc.).

Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. Pushing harder is not going to make the unit go faster or slower. If you feel the buttons are not functioning properly with normal pressure, contact your dealer.

**!!ATTENTION: IMPORTANT UNPACKING INSTRUCTIONS.
PLEASE READ BEFORE UNPACKING YOUR FOLDING TREADMILL!!**

Serious injury could occur if this folding treadmill is not unpacked properly.

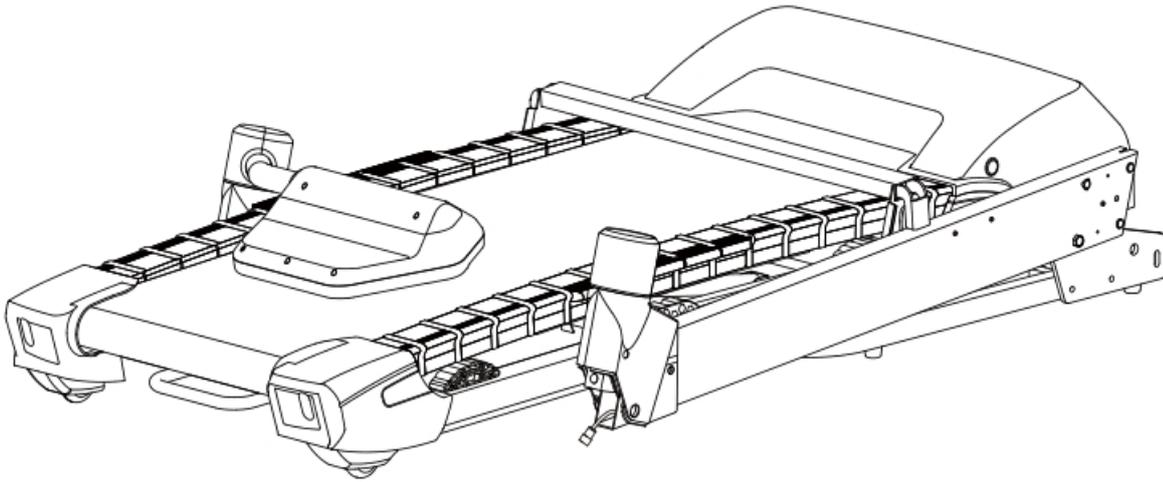
There is a strap installed around the treadmill base that prevents the treadmill from unfolding accidentally during shipping. If this strap is not removed properly the treadmill could spring open unexpectedly and cause injury if someone is standing near the treadmill when the strap is removed.

To ensure your personal safety during removal of the shipping strap please make sure the treadmill is positioned flat on the ground, in the orientation it would be in if you were using the treadmill. Do not turn the treadmill up on its side while removing the strap. This could cause the treadmill's folding mechanism to spring open. Cut the strapping and pull it out.

Unpack the treadmill and locate the hardware pack. The hardware pack is separated into five sections; one section containing tools and three sections which contain the hardware needed for assembly of each step. The assembly steps below are numbered one through three. Remove only the hardware for the step you are currently assembling to avoid confusion and mix ups.

HARDWARE PACKING

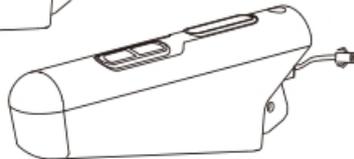
IV-A - MAIN FRAME



IV-B13 - UPRIGHT POST COVER (L)



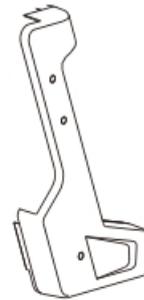
IV-B14 - UPRIGHT POST COVER (R)



IV-B3 - UPRIGHT POST COVER OUTER (L)



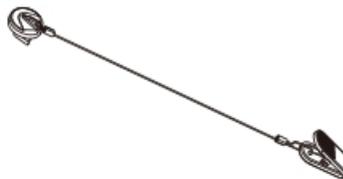
IV-B4 - UPRIGHT POST COVER



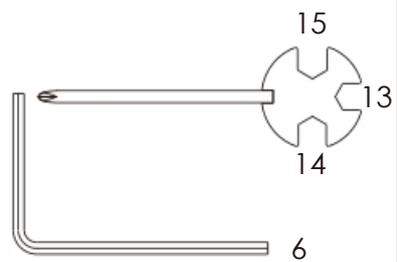
IV-B21 - Water Bottle Holder



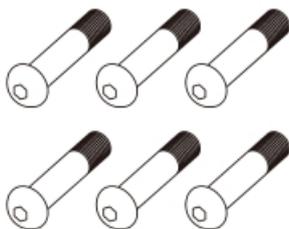
IV-C14 - Safety Key



TOOLS



IV-B22 - Bolt (M10 x 50) x 6



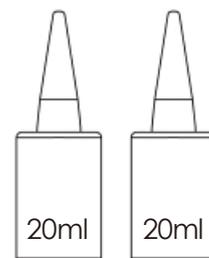
IV-B25 - Washer (D10) x 6



IV-B26 - Bolt (ST3.9 x 14) x 2



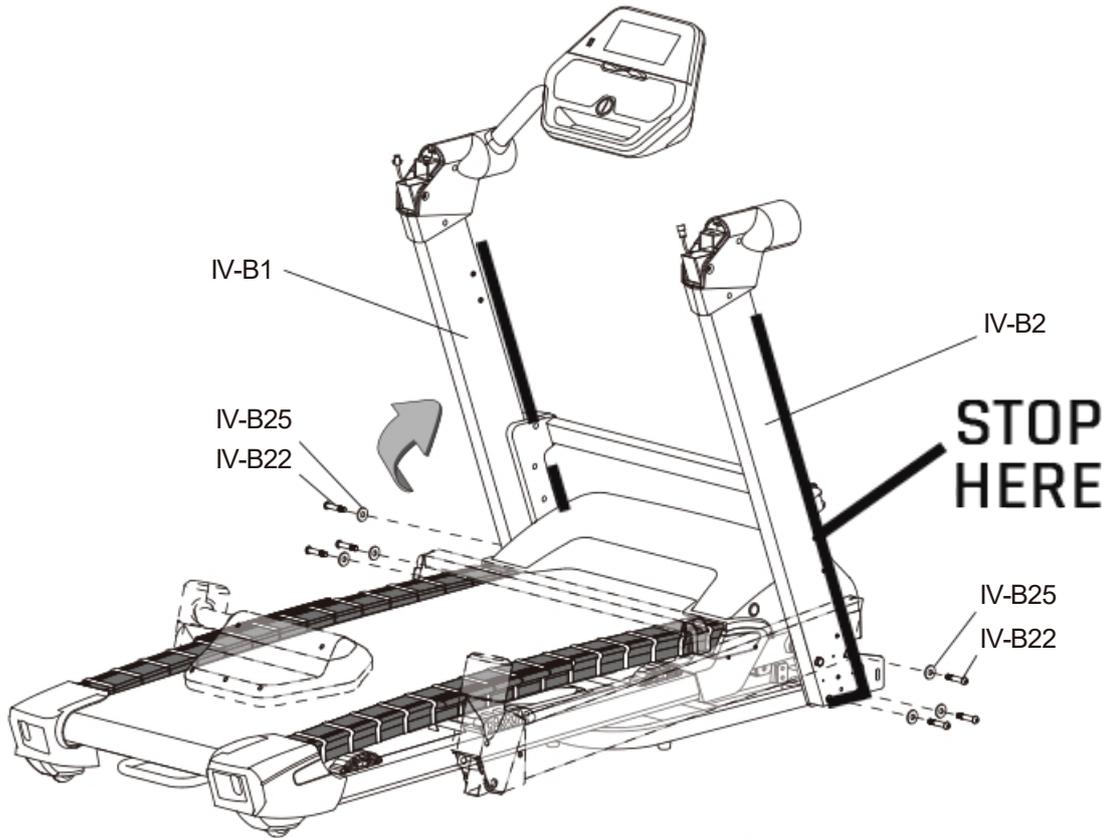
Silicon Oil Bottle



ASSEMBLY INSTRUCTIONS

FIGURE 1. ASSEMBLY FOR LEFT AND RIGHT UPRIGHT POSTS

Hold the left upright post (IV-B1) & (IV-B2) right post. (Note: Be careful not to damage the wire during the assembly.) Then, place the L & R upright posts and tighten with bolt (IV-B22) and washer (IV-B25). Tighten all the bolts with the Allen wrench.



Wrench



IV-B22

M10 x 50mm x 6 pcs



IV-B25

D10 x 6 pcs

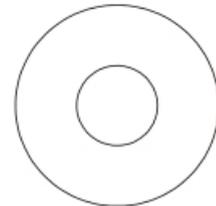
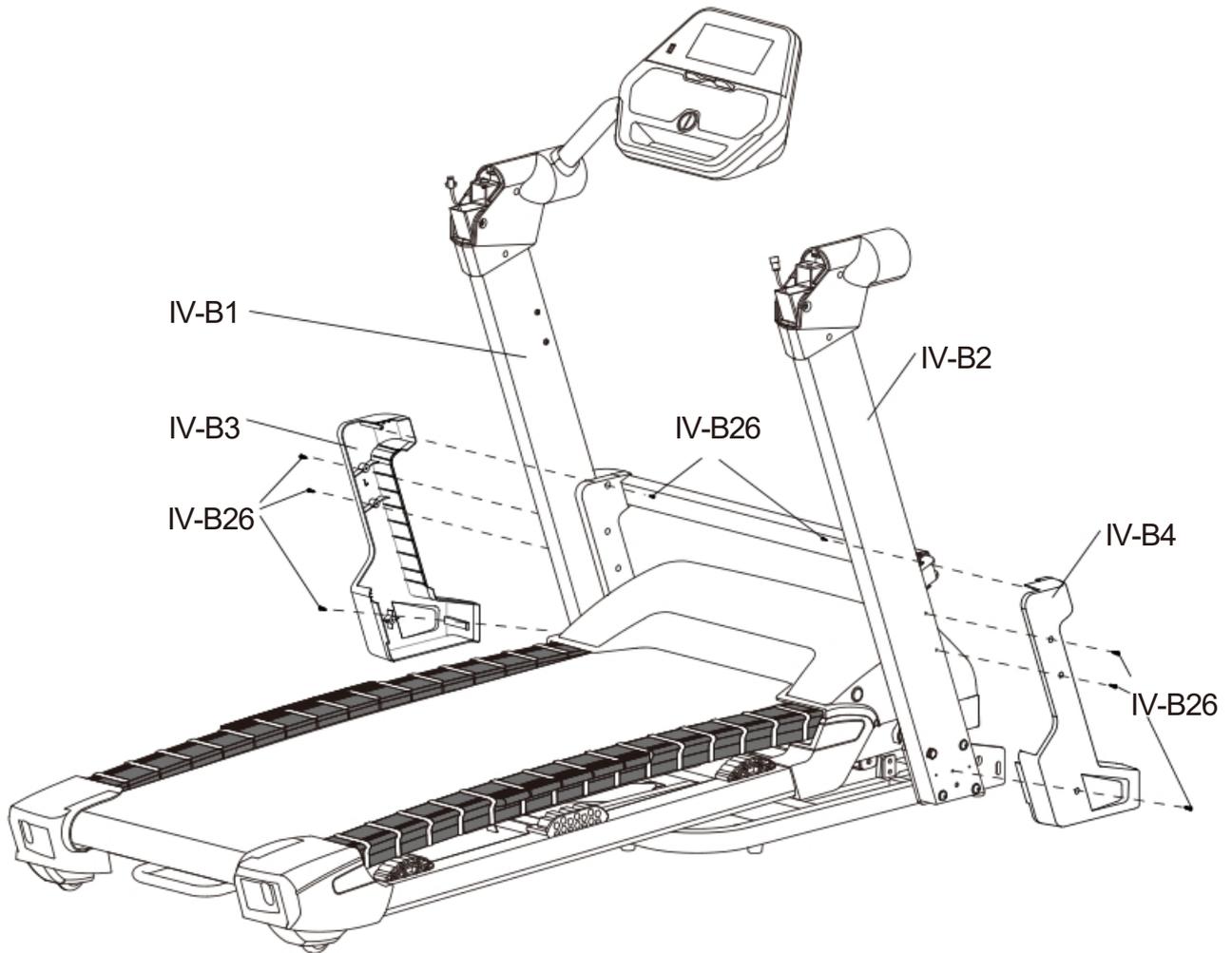
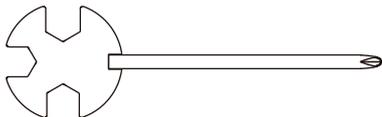


FIGURE 2. ASSEMBLY FOR UPRIGHT OUTER POST COVER

Place the upright post cover outer (L) (IV-B3) & upright post cover outer (R) (IV-B4) on the bottom frame and tighten with Screw (IV-B26) which are pre-assembled on the frame, using the Cross Wrench.



Cross Wrench



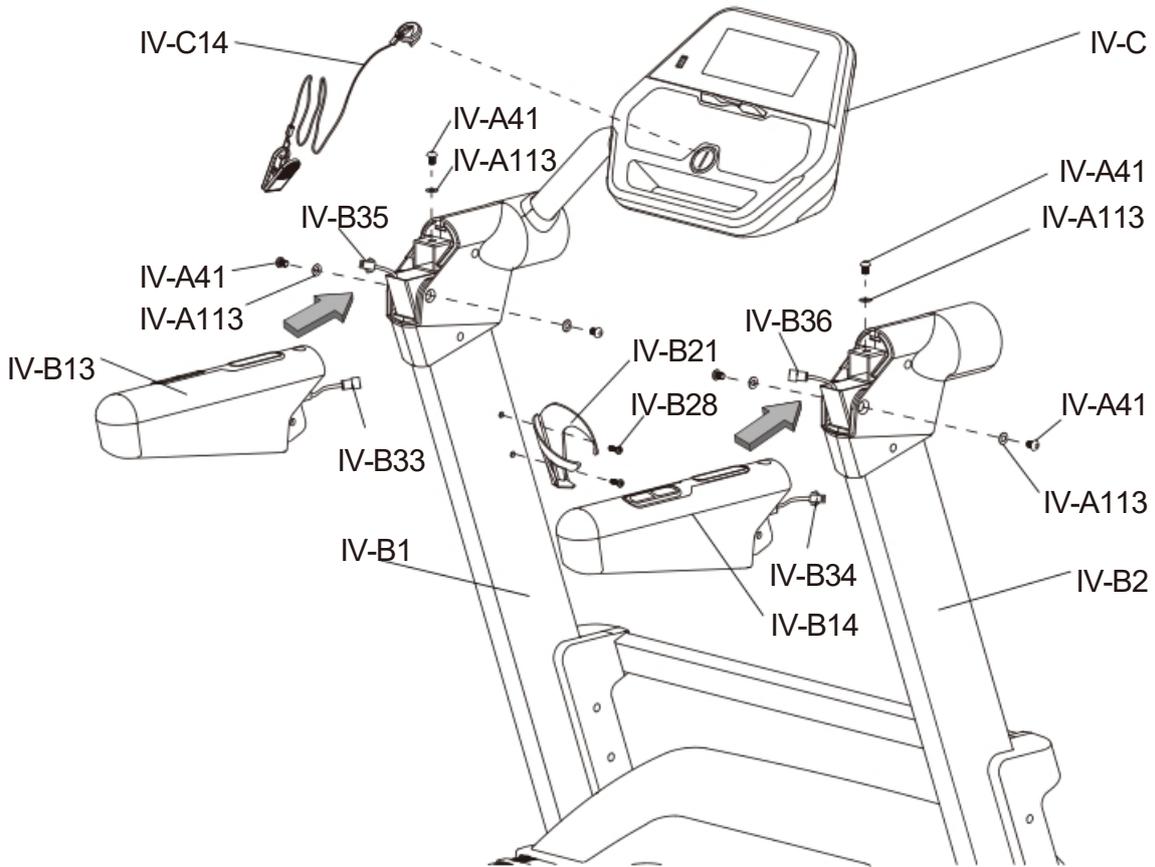
IV-B26

ST3.9 x 14 mm x 8 pcs

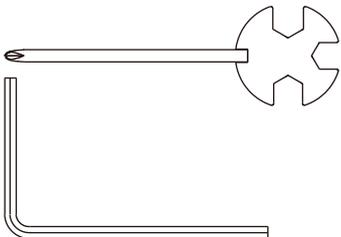


FIGURE 3. ASSEMBLY FOR RIGHT & LEFT UPRIGHT POST COVER

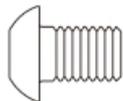
- Step 1. Remove the pre-mounted bolt (IV-A41) and spacer (IV-A113) from right & left upright posts (IV-B1/IV-B2) as well as the upright post covers (IV-B13 & IV-B14).
- Step 2. Connect the wire (IV-B33) with (IV-B35) and then tighten left upright post cover (IV-B13) with left upright post (IV-B1) using bolt (IV-A41) and spacer (IV-A113).
- Step 3. Connect the wire (IV-B34) with (IV-B36) and then tighten right upright post cover (IV-B14) with right upright post (IV-B2) using bolt (IV-A41) and spacer (IV-A113).
- Step 4. Attach the water bottle holder (IV-B21) onto side supporting tube using screws (IV-B28).
- Step 5. Insert Safety key onto console slot.



TOOLS



IV-A41
M8 X 16 mm x 6 pcs



IV-A113
D8 x 6 pcs



IV-B28
M5 X 16 mm x 2 pcs

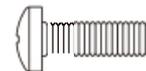


FIGURE 4. HOW TO FOLD UP THE TREADMILL

The treadmill is foldable to save space.

WARNING:

- Do not try to fold up the treadmill while it is turned on.
- Do not connect the power supply while the treadmill is folded.
- The incline must be adjusted to the lowest level as EXAMPLE A.
- EXAMPLE B is not acceptable for folding the treadmill.

Hold the rear bar at rear part of machine (as shown below) and lift up the rear bar to fold it up until a “click” sound is heard.

Pull the deck backward slightly to check if the lock mechanism is secured.



EXAMPLE A



EXAMPLE B

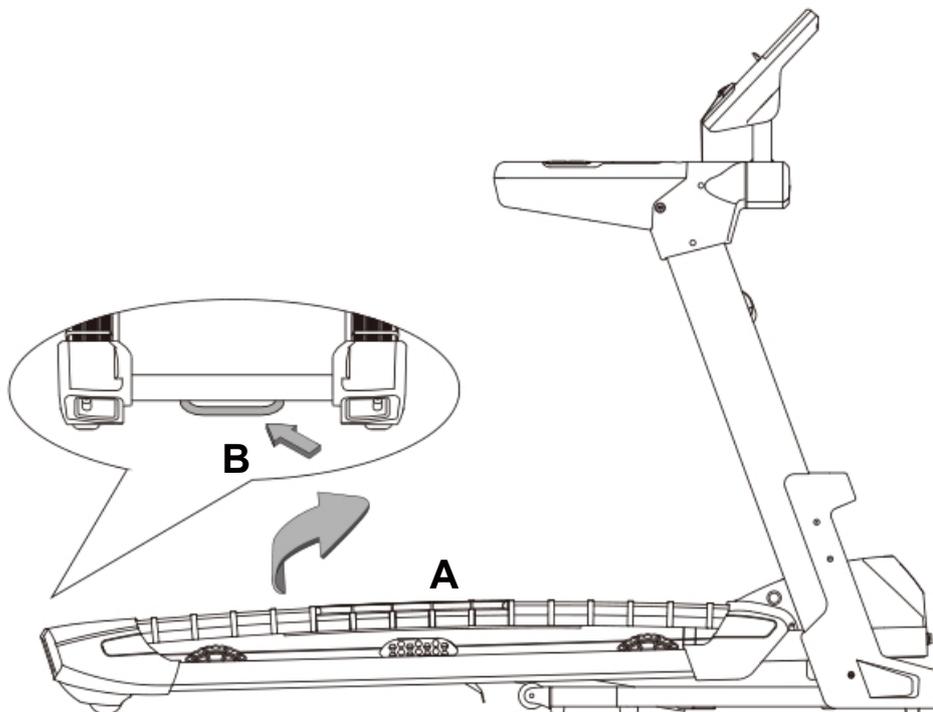


FIGURE 5. HOW TO TRANSPORT THE TREADMILL

WARNING:

Do not attempt to move the unit unless it is in the folded and locked position. Be sure the power cord is secured to avoid possible damage. Use the rear part of the mainframe to maneuver the unit to the desired position.

Hold the rear part of mainframe (as below picture B) firmly, pull it forward until the transportation wheels at the bottom touch the ground, and adjust the mainframe to a suitable angle for moving (as below picture A), then lower the front part of mainframe back to the ground slowly and carefully after moving it to the desired position.

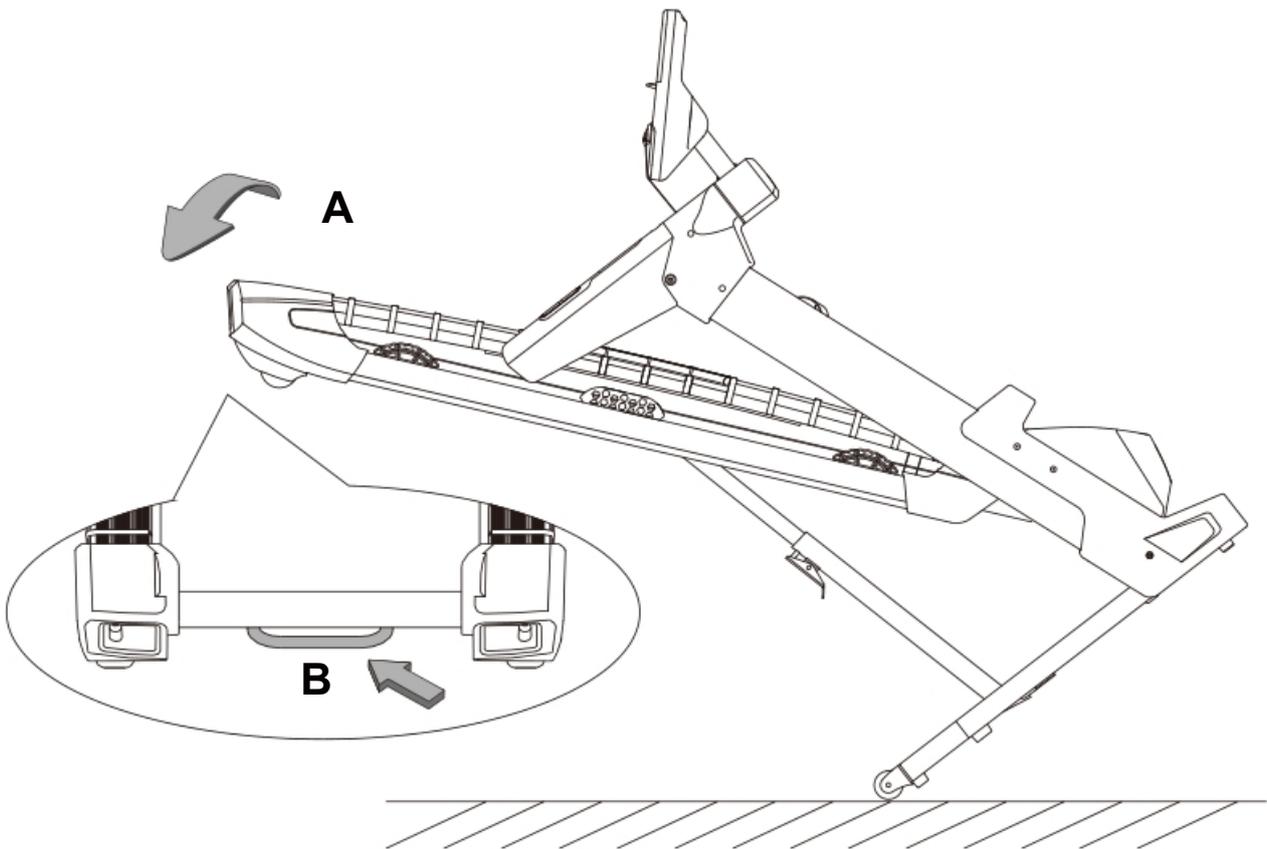
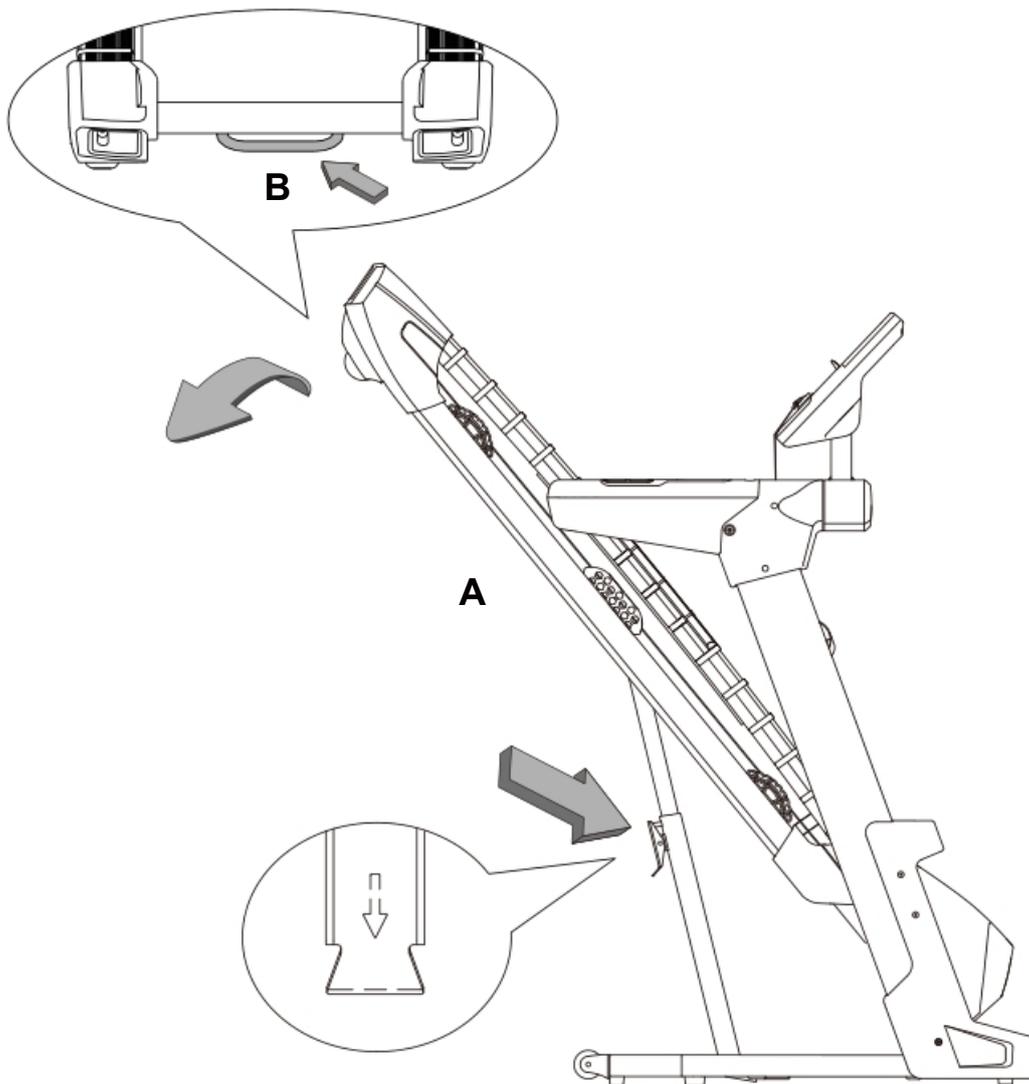


FIGURE 6. HOW TO UNFOLD THE TREADMILL

■ TO UNFOLD THE TREADMILL

Step 1: Stand behind the treadmill and hold the rear bar of the machine. Press the lever with your foot to release the locking system.

Step 2: The hydraulic brake will slowly lower the treadmill deck until it touches to the ground.



SERVICING AND MAINTENANCE

FIGURE 7. LUBRICANT OILING USAGE INSTRUCTION

Your treadmill features a walking belt coated with a lubricant. **IMPORTANT:** Never apply silicone spray or other substances to the walking belt or walking board. Such substances will deteriorate the walking belt and cause excessive wear.

The running belt of the treadmill has been lubricated with the appropriate lubricant before packaging. However, this treadmill will need maintenance by refueling in order to ensure the normal use and reduce the abrasion of components. Follow the below lubrication process.

Step 1: How to apply the lubricant?

Remove the end cap from the motor cover (as shown) and refill the lubricant down the oil filling pipe through the hole. To let the lubricant adhere evenly to the running belt, it is suggested to start the treadmill running at low speed (under 3 KM/H) for 5~10 minutes during the lubrication process. When finished, replace the end cap.

- Attention:
1. After refilling, hold down the STOP key for 5 seconds to delete the OIL reminder shown on the display.
 2. Do not fold up the treadmill for 30 minutes after refilling to avoid the lubricant flowing out of the treadmill.

Step 2: How often to oil?

When the travelled distance of treadmill reaches to 100KM an "OIL" indicator will display itself as a reminder. This indicator means you need to add 20ml of lubricant.

When the treadmill is used less than 10KM a day for a period of three months it is necessary to add with 15ml lubricant.

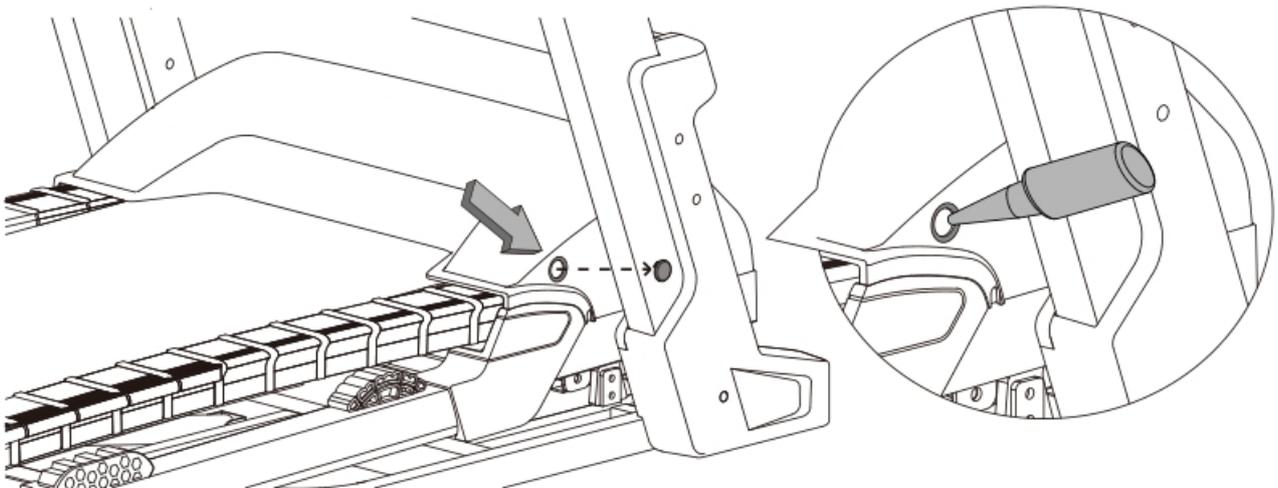


FIGURE 8. STOP USAGE INSTRUCTION

If you want to stop exercising, press the “stop” key on the console and then the treadmill will decrease in speed until it gradually stops. If you feel unable to keep up with the running belt speed and the emergency stop is needed, pull out the safety key (IV-C14) and then treadmill will stop within 10 seconds.

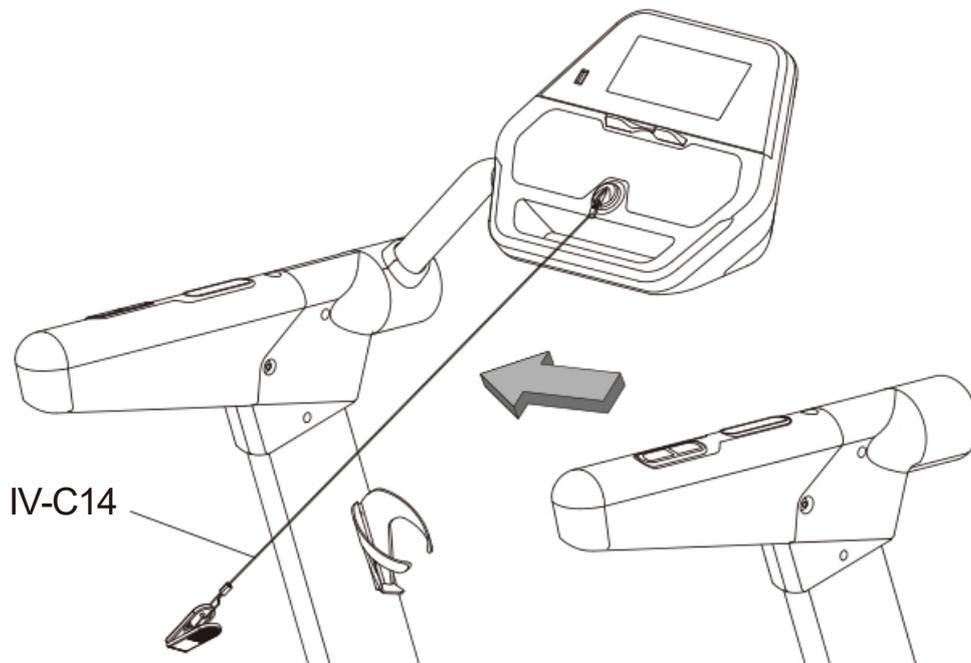


FIGURE 9. OVER CURRENT PROTECTOR INSTRUCTION

The over current protector can automatically protect the treadmill from a power surge. The round button will pop out. When the power issue has been solved, press this round button back in and the treadmill will return to working order.

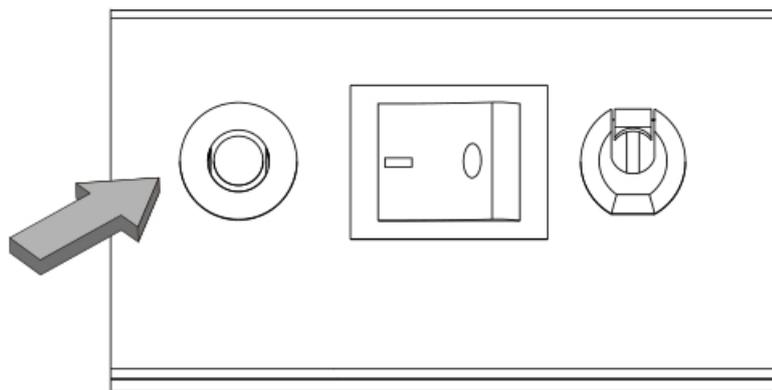
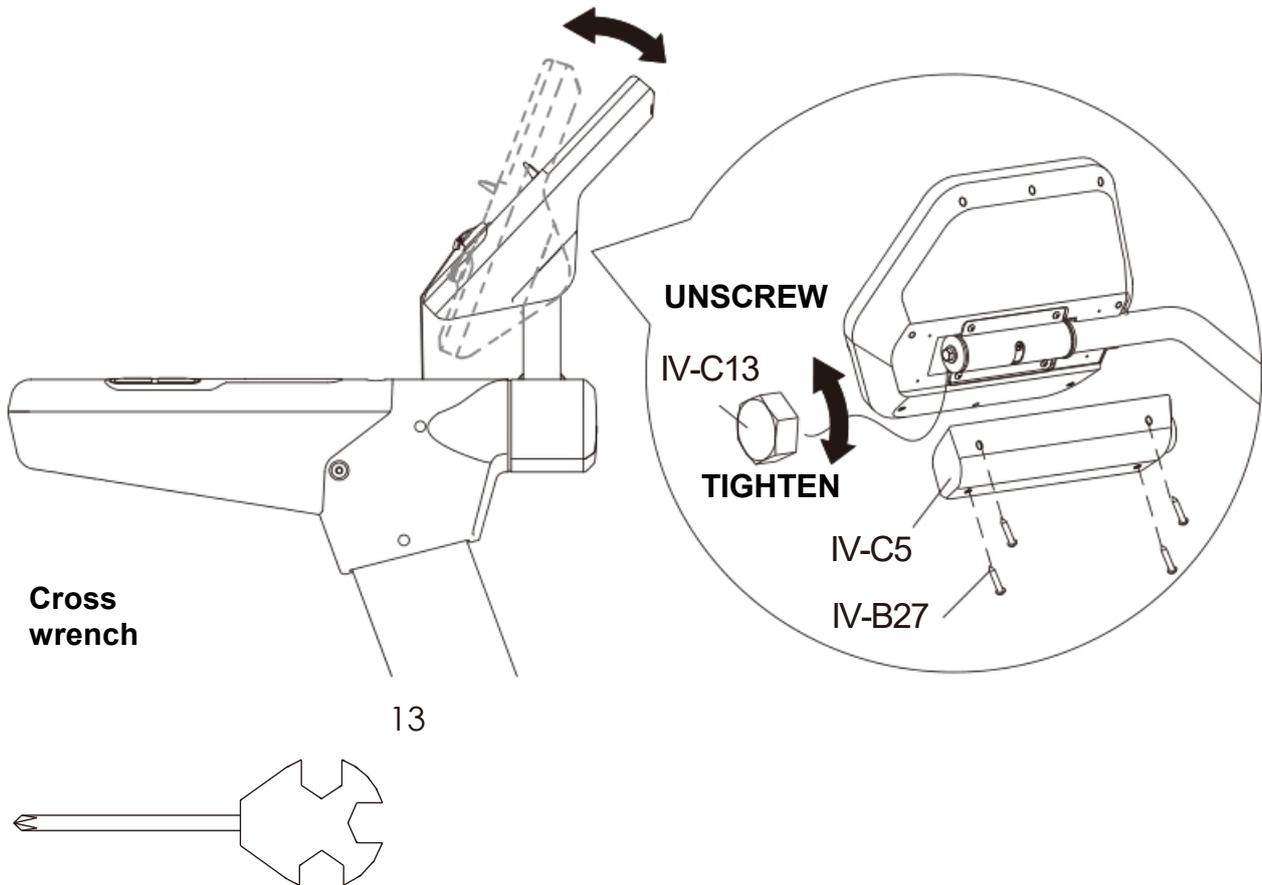


FIGURE 10. CONSOLE ADJUSTMENT

The console viewing angle is adjustable.

If you find the console is not tightly secured, loosen the screw (IV-B27) and remove the rear cover of console (IV-C5), then tighten or unscrew the bolt (IV-C13) as needed.



OPERATION OF YOUR TREADMILL



GETTING STARTED:

CAUTION: Before operating the console, read the following precautions:

Do not stand on the walking belt when turning on the treadmill. Always wear the safety key. Pulling the safety key will stop tread-belt movement. Adjust the speed in small increments to avoid sudden jumps in speed. To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and place only sealed water bottles in the water bottle holders. Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. Pushing harder is not going to make the unit go faster or slower.

Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.

HOW TO USE THE SAFETY KEY

1. Place the safety key into position on the treadmill console. Your treadmill will not start or operate without the safety key attached. Removing the magnetic safety key also secures the treadmill against unauthorized usage.
2. Fasten the plastic clip on the end of the safety key tether onto your clothing securely. **Note:** The safety key is essential to minimizing the consequences of accidental, unexpected stopping. The clip should be attached securely to make sure it does not come off during the workout. The treadmill will stop, depending on speed, with a one to two step coast anytime the safety key is pulled off the console. Use the red Stop / Pause button during normal operation.

(1) CONSOLE DISPLAYS AND BUTTON FUNCTIONS

1. LCD WINDOWS DISPLAY FUNCTION:

A. Speed : Displays the current speed. Speed range is 1~18Km/H.

B. Distance/Calories/Inclination: Distance range is 0.00-99.9Km, you can manually enter your desired distance. When you are about to reach your preset distance, the treadmill will gradually stop by itself. Calories range is 0.0~999. After setting your desired calories, press the START button and the treadmill will start to run until reaching the preset calories. Inclination range is 0%~15%, you can manually set your desired incline level.

C. Time/H.R.P.: Time range is 0: 00-99:59, it displays your total workout time length. H.R.C shows your heart rate while placing both hands on the heart rate grips. Heart rate data is for reference data and cannot be used as medical information.

2. FUNCTION BUTTONS:

START, STOP, PROG, MODE, SPEED (+) OR (-), DECLINE (+) OR (-), QUICK SPEED BUTTON (3, 6, 9, 12) KM/H, QUICK INCLINATION BUTTON (3, 6, 9, 12) %.

3. FUNCTION BUTTONS INSTRUCTION:

A. PROG: After turning on the treadmill, manually press PROG button to cycle programs and choose which program to run.

Manual programs (P01-P02-...-P15-U01-U02-U03-HP1-HP2-FAT).

B. MODE: After turning on the treadmill, manually press MODE button to choose between Manual mode (Normal Mode), Time countdown, Distance countdown or Calories countdown.

C. START: After turning on the treadmill, manually press START button to start the motor.

D. STOP: Press the "STOP" button to stop the motor and the running belt from moving.

E. SPEED (+) or (-): In standby status, press the SPEED (+) or (-) button until the desired speed shows on the display. While the treadmill is in motion, increase or decrease speed by pressing the SPEED (+) or (-) button.

F. INCLINE (+) or (-): In standby status, press the INCLINE (+) or (-) button until the desired incline degree is shown on the display. While the treadmill is in motion, increase or decrease incline degree by pressing the INCLINE (+) or (-) button.

G. SPEED Shortcut key: [3, 6, 9, 12 KM/H] while the treadmill is in use, the motor speed will be directly changed to the chosen speed value - 3, 6, 9, or 12 by using these shortcut keys.

H. INCLINE Shortcut: 3, 6, 9, 12 degree, while the treadmill is in use, the incline motor will directly change to the incline degree by pressing the 3, 6, 9 or 12 by using these shortcut keys.

I. Lubricating Oiling Reminder System: When the distance of the treadmill reaches 100KM, the screen will flash "OIL" for 10 seconds during standby mode, at the same time a short sound will occur and repeat every 10 seconds; this reminder will remain even after shut down. To clear the reminder system, please press and hold the "STOP" button for 3 seconds while the treadmill is in standby mode.

(2) User-setting Programs/Starting Introductions:

1. Programs Introductions:

A. 1 user-setting mode, including Normal Mode, Countdown Timer, Countdown Calories, Countdown Distance.

B. 20 preprogrammed workouts: P01, P02, ..., P20.

C. 3 user-setting programs: U01, U02, U03.

D. 2 speed control of heart rate programs: HP1, HP2.

E. 1 Body Fat measurement program: FAT

2. Starting Introductions:

A. The safety key is inserted to designated position on the console surface.

B. Press "START" key, monitor will indicate 3—2—1, the motor will start working after 3 "beep" noises.

(3) Manual Mode

1. How to enter Manual Mode

A. After turning on the treadmill, the system will enter the normal mode of the Manual mode.

B. Pressing the Mode button selects the normal mode of Manual mode, standby mode.

2. The manual mode has three setting functions: Time/Distance/Calorie

A. When manual mode begins, the time window will display "0:00"

B. Pressing the Mode button in the manual mode, the time will enter the countdown mode. The time window will display "15:00" and flash. Pressing the SPEED (+-) or Incline (+-) button can adjust the time length.

C. In the time countdown mode, pressing the mode button can enter the distance countdown mode, the distance window display will 1.00 km, pressing the SPEED (+-) or Incline (+-) button can adjust the distance. The full range of the distance setting is 0.50-99.9km, increase or decrease as needed starting from 0.1km.

D. In the Calorie countdown mode, pressing the mode button can enter the calorie countdown mode. The calorie window will display 50.0 kcal. Pressing the SPEED (+-) or Incline (+-) button can adjust the calorie; the scope of the calorie setting is 10.0-999 kcal and can increase or decrease starting from 1kcal.

3. Manual mode Operation

A. Pressing the "START" button, the motor will begin operation at the speed of 1.0kmh after a 3 second countdown.

B. Pressing the "Speed + -" adjusts the speed

C. Pressing the "incline+-" adjusts the incline.

D. Pressing the speed quick button can quickly adjust to the speed as indicated.

E. Pressing the incline quick button can adjust the incline as indicated.

F. Pressing the "Stop" button, the motor will stop operation.

G. When the settings for time /calorie or distance reach zero, the system will alarm in a short "beeping" alarm sound , the speed will slow down to stop, it will then alarm in a long "beeping" sound and the window will display "END". The system will return to standby mode and "beep" once more.

H. The unsetting parameter sum up and reset when exceeding the biggest display scope. The machine will stop when the total time reaches over 99.59 (100 minute) in manual mode.

(4) Fixed program mode

1. The initial time setting is 10 minutes. In this mode, you can only set the time. The range is 5:00-99:00, pressing the "Speed+-/Incline +-" to adjust.

2. Press the "START" button to start the treadmill motor, the speed will automatically increase to the first level of speed in Auto mode (See the program form)

3. Press "Speed+-" to adjust the speed.

4. Press "Incline+-"to adjust the incline.

5. Press the speed quick button to quickly adjust to the speed which is indicated.

6. Pressing the incline quick button can adjust the incline which is indicated.

7. Each program has 20 levels; the operating time is preset per level.

8. The system will make a "beep" noise to indicate the change in level.

9. When the setting time reaches to zero, the speed will slow down, the system will make a short "beep" noise. The system will make long "beep" alarm sound when the machine stops, the speed window display "END". After 5 seconds the system returns to standby mode and "beep" once more.

PRESET PROGRAMS

The treadmill has different programs that have been designed for a variety of workouts. These programs have factory preset workout level profiles for achieving different goals.

(5) Fixed program data :

Options		Set time /20 = Each segment of the running time																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	3	4	5	5	6	5	5	4	5	5	6	5	5	4	5	5	6	5	5	3
	INCLINE	2	2	3	2	3	2	3	2	3	3	2	2	3	3	2	2	3	3	2	2
P02	SPEED	3	5	6	7	7	6	6	7	7	6	6	7	7	6	6	7	7	6	5	3
	INCLINE	3	4	5	5	4	4	3	3	4	4	5	5	4	4	3	3	4	4	2	2
P03	SPEED	5	10	6	11	7	12	8	12	9	6	10	7	11	8	12	7	11	9	6	3
	INCLINE	3	4	5	6	5	4	5	6	5	4	5	6	5	4	5	6	5	4	3	2
P04	SPEED	5	7	8	9	9	9	8	8	9	9	9	8	8	9	9	9	8	8	6	5
	INCLINE	2	2	3	3	4	4	3	3	4	4	3	3	4	4	3	3	4	4	3	2
P05	SPEED	5	8	10	11	11	10	10	9	9	10	10	11	11	10	10	11	11	8	6	5
	INCLINE	3	3	4	4	5	5	4	4	5	5	4	4	5	5	4	4	5	5	3	2
P06	SPEED	4	6	7	8	9	10	10	9	9	10	10	10	9	9	10	10	10	8	6	3
	INCLINE	0	0	1	1	1	2	2	2	1	1	1	0	0	1	1	2	2	1	1	0
P07	SPEED	4	7	8	8	9	9	10	8	8	9	9	10	9	8	9	9	8	8	5	3
	INCLINE	2	5	1	4	2	6	4	6	3	0	1	5	2	6	3	0	2	5	3	1
P08	SPEED	4	6	8	9	9	8	8	9	9	9	8	8	8	9	9	9	8	7	5	3
	INCLINE	6	8	12	6	11	8	10	6	8	10	12	10	8	12	7	10	10	8	6	2
P09	SPEED	5	7	10	11	12	11	11	10	9	10	11	11	12	11	11	10	10	9	8	4
	INCLINE	2	3	4	5	6	6	5	5	4	4	5	5	6	6	5	5	4	4	3	2
P10	SPEED	6	8	10	11	12	12	11	9	10	11	12	11	10	11	12	10	12	8	8	4
	INCLINE	4	5	6	7	6	5	6	7	6	5	6	7	6	5	6	7	6	7	5	2
P11	SPEED	6	9	11	12	12	12	11	11	10	11	12	12	11	12	12	11	11	10	9	5
	INCLINE	2	4	6	8	7	6	7	8	7	6	7	8	7	6	7	8	7	6	3	2
P12	SPEED	3	6	8	8	8	9	9	8	8	8	9	9	8	8	8	9	9	7	5	3
	INCLINE	2	2	3	3	3	2	2	3	3	3	2	2	3	3	3	2	2	3	3	2
P13	SPEED	5	7	9	10	10	11	11	12	11	11	10	10	11	11	12	11	11	9	7	3
	INCLINE	3	3	4	4	5	4	4	3	4	4	5	5	4	4	3	4	4	5	4	3
P14	SPEED	5	8	9	9	9	10	10	9	9	9	10	10	9	9	9	10	10	8	5	3
	INCLINE	2	3	4	4	4	3	3	4	4	4	3	3	4	4	4	3	3	4	3	2
P15	SPEED	5	6	7	8	8	8	9	9	9	8	8	8	9	9	9	8	8	8	5	3
	INCLINE	1	1	2	3	3	3	2	2	2	3	3	3	2	2	2	3	3	3	2	1
P16	SPEED	4	5	6	6	7	7	7	8	7	7	6	6	7	7	7	8	7	7	6	3
	INCLINE	0	0	1	1	1	1	1	0	1	1	1	1	1	1	1	0	1	1	0	0

P05	SPEED	5	8	10	11	11	10	10	9	9	10	10	11	11	10	10	11	11	8	6	5
	INCLINE	3	3	4	4	5	5	4	4	5	5	4	4	5	5	4	4	5	5	3	2
P06	SPEED	4	6	7	8	9	10	10	9	9	10	10	10	9	9	10	10	10	8	6	3
	INCLINE	0	0	1	1	1	2	2	2	1	1	1	0	0	1	1	2	2	1	1	0
P07	SPEED	4	7	8	8	9	9	10	8	8	9	9	10	9	8	9	9	8	8	5	3
	INCLINE	2	5	1	4	2	6	4	6	3	0	1	5	2	6	3	0	2	5	3	1
P08	SPEED	4	6	8	9	9	8	8	9	9	9	8	8	8	9	9	9	8	7	5	3
	INCLINE	6	8	12	6	11	8	10	6	8	10	12	10	8	12	7	10	10	8	6	2
P09	SPEED	5	7	10	11	12	11	11	10	9	10	11	11	12	11	11	10	10	9	8	4
	INCLINE	2	3	4	5	6	6	5	5	4	4	5	5	6	6	5	5	4	4	3	2
P10	SPEED	6	8	10	11	12	12	11	9	10	11	12	11	10	11	12	10	12	8	8	4
	INCLINE	4	5	6	7	6	5	6	7	6	5	6	7	6	5	6	7	6	7	5	2
P11	SPEED	6	9	11	12	12	12	11	11	10	11	12	12	11	12	12	11	11	10	9	5
	INCLINE	2	4	6	8	7	6	7	8	7	6	7	8	7	6	7	8	7	6	3	2
P12	SPEED	3	6	8	8	8	9	9	8	8	8	9	9	8	8	8	9	9	7	5	3
	INCLINE	2	2	3	3	3	2	2	3	3	3	2	2	3	3	3	2	2	3	3	2
P13	SPEED	5	7	9	10	10	11	11	12	11	11	10	10	11	11	12	11	11	9	7	3
	INCLINE	3	3	4	4	5	4	4	3	4	4	5	5	4	4	3	4	4	5	4	3
P14	SPEED	5	8	9	9	9	10	10	9	9	9	10	10	9	9	9	10	10	8	5	3
	INCLINE	2	3	4	4	4	3	3	4	4	4	3	3	4	4	4	3	3	4	3	2
P15	SPEED	5	6	7	8	8	8	9	9	9	8	8	8	9	9	9	8	8	8	5	3
	INCLINE	1	1	2	3	3	3	2	2	2	3	3	3	2	2	2	3	3	3	2	1
P16	SPEED	4	5	6	6	7	7	7	8	7	7	6	6	7	7	7	8	7	7	6	3
	INCLINE	0	0	1	1	1	1	1	0	1	1	1	1	1	1	1	0	1	1	0	0
P17	SPEED	5	8	9	10	10	10	10	10	10	10	10	10	10	10	10	10	10	8	5	
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
P18	SPEED	5	9	11	11	12	12	13	13	12	12	13	13	12	12	13	13	12	10	7	5
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
P19	SPEED	5	10	12	12	13	13	14	14	13	13	14	14	13	13	12	12	11	11	8	5
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
P20	SPEED	5	10	12	12	14	14	15	15	14	14	15	15	14	14	15	15	12	12	8	5
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

(6) USER PROFILE PROGRAMS:

There are 3 user profile programs (U01,U02 and U03) to allow the user custom settings that differ from the 20 built-in programs.

a) Setup of user programs:

In the standby status, keep pressing “PROG” to select the user profile programs U01 to U03, then press “MODE” to confirm your choice and enter into the first-time settings window. Press “SPEED +” , “SPEED -” or Speed accelerator key to set up the desired speed and press “INC LINE+”, “INC LINE -” to set up the desired incline, then press “MODE” to confirm the setup of first setting window and enter into the second time setting window until all of the 20 segments are programmed. These settings are now saved, even interruption of power supply the data inputted will not be deleted until it is manually reset again by the user.

b) Start of user programs:

- i. In the standby status, keep pressing “PROG” to select the user profile programs U01 to U03, press “START” after setting up of user program has been established.
- ii. Press “START” to start after setting up of user program has been established.

c) Setup instructions of user programs:

Every program has 20 exercising segments, you have to finish all the setup of speed, incline and exercise time for all 20 instances, then the user can press “START” to start the treadmill.

(7) HEART RATE CONTROL(HRC) PROGRAM:

In the standby status, press “PROG” to select HP1 or HP2, then press “MODE” to set up your age or target heart rate, the adjusting range as following table:

Age	Heart Rate			Age	Heart Rate			Age	Heart Rate		
	Min	Default	Max		Min	Default	Min		Max	Default	Min
15	123	123	195	37	110	110	174	59	97	97	153
16	122	122	194	38	109	109	173	60	96	96	152
17	122	122	193	39	109	109	172	61	95	95	151
18	121	121	192	40	108	108	171	62	95	95	150
19	121	121	191	41	107	107	170	63	94	94	149
20	120	120	190	42	107	107	169	64	94	94	148
21	119	119	189	43	106	106	168	65	93	93	147
22	119	119	188	44	106	106	167	66	92	92	146
23	118	118	187	45	105	105	166	67	92	92	145
24	118	118	186	46	104	104	165	68	91	91	144
25	117	117	185	47	103	103	164	69	91	91	143
26	116	116	184	48	103	103	163	70	90	90	143
27	116	116	183	49	103	103	162	71	89	90	142
28	115	115	182	50	102	102	162	72	89	90	141
29	115	115	181	51	101	101	161	73	88	90	140
30	114	114	181	52	101	101	160	74	88	90	139
31	113	113	180	53	100	100	159	75	87	90	138
32	113	113	179	54	100	100	158	76	86	90	137
33	112	112	178	55	99	99	157	77	86	90	136
34	112	112	177	56	98	98	156	78	85	90	135
35	111	111	176	57	98	98	155	79	85	90	134
36	110	110	175	58	97	97	154	80	84	90	133

1. Under HRC program control mode, the treadmill will start with the lowest speed and zero incline.
2. The first minute of the program will be warm-up, with user adjustable speed and incline.
3. After warm-up, the difference of hand pulse is calculated as the formula (target hand pulse vs. hand pulse of the user) :
- A. When (target hand pulse - hand pulse of user) is >0, the speed will increase 0.5KM/H until it reaches the highest speed, the incline will increase 1 level at the highest speed.
- B. When(target hand pulse - hand pulse of user) is <0, and incline is not at zero, then the incline will decrease 1 level; when it is at zero incline, then the speed will increase 0.5KM/H until it reaches the lowest speed. The incline will not decrease at the lowest speed.
4. Repeat the operations of step 3 every 10 seconds.
5. The highest speed in HP1 is 10.0 KM/H, while the highest speed in HP2 is 12.0 KM/H
6. Adjustment range for age is 15-80, default setting is 30.
7. The above is the data sheet for target hand pulse adjustment according to age.

(8) Body fat testing program

When the machine is idling press the “PROGRAM” button to enter the body fat testing program. The speed window will show the data setting , distance window shows: F-1-genders, F-2-age , F-3-height, F-4-weight, F-5-body fat testing , then press then press the “MODE” button to move on to the next step. Press “Speed+”, “incline+” button to set the data for F-1 to F-4 (the chart below shows the data for each setting) , when inputting the date sequence at F-5, place both hands on the hand pulse sensors on the handle bar. After 5 seconds the body fat will be showed on the display, please check if your weight and height are correct. Body fat measures the relationship between the height and weight of the user, not the body proportions. Body fat testing is available for every user and provides a basis for people to adjust their weight together with other health indicators. Ideal body fat proportion is between 20-25; if the body fat proportion is lower than 19, it means the person is underweight; if it is between 25 and 29, it means the person is overweight; and if it is higher than 30,it means the person is obese. This data is only for reference and not to be used for medical purposes.

FAT	Category	Setting or Testing data
F-1	genders	01-male 02-female
F-2	Age	10-99(25)
F-3	Height	100-200(170)
F-4	Weight	20-150(70)
F-5	Body fat proportion	
<19		Underweight
19~25		Normal
25~29		Overweight
>29		Obese

(9) The display range of each data :

	BEGIN	SETTING BEGINNING VALUE	SET UP RANGE	DISPLAY RANGE
TIME(MINUTE:SECOND)	0:00	15:00	5:00-99:00	0:00-99:59
SPEED(KMH/MPH)	0.0	1.0	1.0-16.0	0.0— 16.0
INCLINE(LEVEL)	0	0	0-15	0-15
DISTANCE(KM)	0.00	1.00	1.00— 99.0	0.00— 99.9
CALORIE(KILOCALORIE)	0.0	50.0	20.0— 990	0.0— 999

(10) Safety key feature :

The Safety Key is designed to function as an emergency stop mechanism. As soon as the key is pulled out from the sensor, the speed window will display “---” and a “beep” will sound. The motor will stop all operation. The treadmill will not start without the safety key inserted.

(11) Electricity saving mode :

This treadmill has an electricity saving function. The system will be in electricity saving mode if it is in standby status for 10 minutes without any buttons being pressed. The display will be power off automatically. Press any button to refresh the system.

(12) USB function

You could use the console to maintain the power level of your smart phone or audio devices while the treadmill is powered on.

(13) Power off:

The treadmill can be turned off by hitting the off switch at any time. This will not have any adverse effect on the machine.

(14) Attention:

1. Check if the is power on before exercising, make sure the safety key works.
2. Pull out the safety key from the sensor when an emergency occurs during exercising, the treadmill will immediately slow down to a stop. Re-insert the safety key and use as normal after the treadmill is reset.
3. Please contact the distributors if you have a problem. Any unauthorized disassembly or repair may result in the treadmill being broken and voiding the warranty.

(15) Bluetooth

1. When your smart device connects successfully the treadmill will “beep” to show that it is successfully synced.

Note: Compatible with bluetooth chest strap.

*** The Bluetooth of treadmill can be detected any time the treadmill is turned on. ***

TROUBLESHOOTING

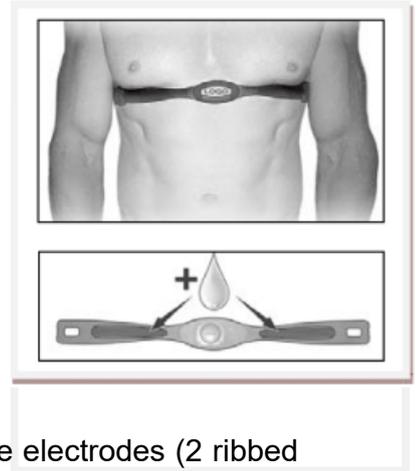
Problem		Probable Cause	Solution
No display on the screen		A) Power is not connected successfully or no power	Connect the power cord, or check the socket
		B) Power switch is not turned on	Press "ON" the switch
		C) Drivemotor has no power or is destroyed	Press the overload protector again or change the drive motor
		D) Console signal wire is broken	Change the signal wire and connect it properly
		E) Console is broken	Change the console
		F) (LED) backlight doesn't work	Check the backlight wire or change backlight
Not displaying completely, character missing		A) Display drive IC missed being welded or not welded properly	Check the welding and reweld
		B) (LED) bus bar slips, not fixed well	Reassemble the LED
		C) Display drive IC defects	Weld new display drive IC
Treadmill not running smoothly, shaking or vibrating		A) Resistance in transmission position	Adjust the transmission position or add lubricating oil
		B) Drive belt too tight or too loose	Adjust the tightness of drive belt
		C) Drive torque too weak or too strong	Adjust the torsion potential meter to suitable position
Console display	E01-Communication fault (the drive motor could not receive the console signal)	A) Safety key drops	Put the safety key in the inserted position or plug-in position on console
		B) Magnet is not connected.	Assemble the magnet in right position
	E13-Communication fault (the computer could not receive the drive signal)	A) Console signal wire is not connected or not connected well	Reconnect the signal wire
		B) Console signal wire is broken, causing short circuiting or open circuiting	Change the signal wire
		C) Console signal circuit fault	Change the console
	E02-Error on motor or IGBT	A) motor line is disconnected or the internal circuit of motor is open.	Reconnect the motor line or change the motor.
		B) Driver IGBT is damaged.	Change a driver.
			C) AC Voltage is too low.

E03-Without speed sensor signal. (The treadmill has a speed sensor driver.)	A) Speed sensor line is disconnected. Or Sensor is damaged.	Reconnect the speed sensor line or change a sensor.
	B) Bad Sensor circuit of driver.	Change a driver.
E04- lift self-test to learn failure. (The treadmill has an incline driver.)	A) Bad incline motor	Change an incline motor
	B) Bad driver	Change a driver
E05-Current is too strong.	A) User weight exceeds treadmill maximum capacity.	System protection. Restart by user.
	B) Transmission part is stuck	Adjust transmission part or lubricate it.
	C) Motor is short-circuited.	Change the motor.
	D) Driver burn out.	Change the driver.
E06- Motor circuit is open.	A) Motor line is disconnected.	Reconnect the motor line.
	B) The internal circuit of motor is open	Change the motor
	C) Motor is running idle.	Excessive current error report. Reinstall and run test protocol.
E10-Error instantaneous peak of current on the motor. Current is too strong.	A) Drive torque is too large.	Adjust the torque potential meter to the proper position.
	B) Motor is short-circuited.	Change a motor
	C) Transmission part is stuck.	Adjust transmission part or lubricate it.

USING HEART RATE TRANSMITTER

How to wear your wireless chest strap transmitter:

1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the logo centered in the middle of your body facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter directly below the pectoral muscles.
5. Sweat is the best conductor to measure every minute heartbeat



electrical signals. However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.

6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter directly on bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, wet the areas of the shirt that the electrodes will rest upon. Note: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). The replacement battery is Panasonic CR2032.

ERRATIC OPERATION

Caution! Do not use this treadmill for Heart Rate programs unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

Areas to look for interference which may cause erratic heart rate:

1. Treadmill not properly grounded - Proper grounding is a must!
2. Microwave ovens, TV's, small appliances, etc.
3. Fluorescent lights.
4. Some household security systems.
5. Perimeter fence for a pet.
6. Some people have problems with the transmitter picking up a signal from their skin. If you have problems, try wearing the transmitter upside down.
7. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
8. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems, contact Dyaco Canada Inc. 1-888-707-1880

HEART RATE PROGRAMS

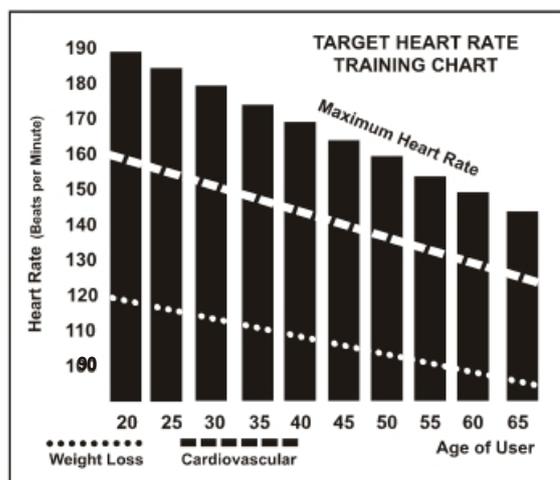
The old motto, “no pain, no gain”, is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum Heart Rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage of your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat while 80% is for strengthening the cardio vascular system. This 60% to 80% is the zone to stay in for maximum benefit.

For someone who is 40 years old their target heart rate zone is calculated:

$$\begin{aligned} 220 - 40 &= 180 \text{ (maximum heart rate)} \\ 180 \times .6 &= 108 \text{ beats per minute} \\ &\quad \text{(60\% of maximum)} \\ 180 \times .8 &= 144 \text{ beats per minute} \\ &\quad \text{(80\% of maximum)} \end{aligned}$$

So, for a 40-year-old the training zone would be 108 to 144 beats per minute.



If you enter your age during programming the console will perform this calculation automatically. After calculating your MHR you can decide upon which goal you would like to pursue.

The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the MHR for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 80% or 60% respectively, of your MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.

RATE OF PERCEIVED EXERTION

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should workout than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate, all contribute to the intensity at which you should workout. If you listen to your body, it will tell you all of these things.

The rate of perceived exertion (RPE), also known as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.

The scale is as follows:

Rating Perception of Effort

- 6 Minimal
- 7 Very, very light
- 8 Very, very light +
- 9 Very light
- 10 Very light +
- 11 Fairly light
- 12 Comfortable
- 13 Somewhat hard
- 14 Somewhat hard +
- 15 Hard
- 16 Hard +
- 17 Very hard
- 18 Very hard +
- 19 Very, very hard
- 20 Maximal

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example, a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending up the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong and your pace will feel easier. When your body is in this condition, you are able to train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel harder. Again, this will show up in your RPE and you will train at the proper level for that day.

PARTS LIST

KEY NO.	DESCRIPTION	Q'TY
IV- A	BASE FRAME	1
IV- A1	MAIN FRAME	1
IV- A2	RUNNING DECK 1283*520*6T	1
IV- A3	RUNNING BELT 3020*500*2.0T	1
IV- A5	FRONT SUPPORTING TUBE	1
IV- A6	MOTOR COVER UPPER	1
IV- A7	MOTOR COVER LOWER	1
IV- A8	BASE FRAME (SMALL)	1
IV- A9	BASE FRAME (LARGE)	1
IV- A10	MOTOR	1
IV- A11	Power Incline Motor	1
IV- A12	LOWER CONTROL BOARD ASSEMBLY	1
IV- A13	FRONT RUNNING BELT ROLLER	1
IV- A14	BELT 210 J6	1
IV- A15	POWER SOCKET	1
IV- A16	ON/OFF ROCKER SWITCH	1
IV- A17	CIRCUIT BREAKER MODULE	1
IV- A18	SIDE RAIL 57.8*52.4*1100L	2
IV- A19	RUBBER WASHER(BIG)	2
IV- A20	RUBBER WASHER(SMALL)	4
IV- A21	MOVING WHEEL	2
IV- A22	MOVING WHEEL $\phi 8.2 * \phi 55 * T27$ BK	2
IV- A23	RUBBER WASHER	6
IV- A24	Gas Cylinder Assembly	1
IV- A29	DECORATION COVER (the 1st one) 62L	2
IV- A30	MOTOR SIDE COVER (L)	1
IV- A31	MOTOR SIDE COVER (R)	1
IV- A32	SIDE COVER INNER (L)	1
IV- A33	SIDE COVER INNER (R)	1
IV- A34	SIDE COVER OUTER (L)	1
IV- A35	SIDE COVER OUTER (R)	1
IV- A36	REAR RUNNING BELT ROLLER	1
IV- A37	PLATE	2
IV- A38	NOISE REDUCTION CUSHION	2
IV- A39	NOISE REDUCTION CUSHION	2
IV- A40	CAP	1
IV- A41	SCREW M8X16MM	10
IV- A42	SPRING STEEL	2
IV- A43	SUPPORTING STEEL	2
IV- A44	NOISE REDUCTION CUSHION OF	2
IV- A45	THE FIRST (1st) RUNNING BOARD	1

KEY NO.	DESCRIPTION	Q'TY
IV- A46	THE SECOND (2nd) RUNNING BOARD	1
IV- A47	THE MIDDLE (3rd -15th) RUNNING	13
IV- A48	THE END (16th) RUNNING BOARD	1
IV- A49	DECORATION COVER (the last 16th) 52L	2
IV- A50	DECORATION COVER (the middle 2nd	18
IV- A51	DECORATION COVER (the middle	6
IV- A52	DECORATION COVER (the middle 7th)	2
IV- A53	DECORATION COVER (the middle 11th)	2
IV- A54	RUBBER SPACER	30
IV- A55	TUBE $\phi 14 \times \phi 10 \times 350L$	1
IV- A56	R TYPE CLIP $\phi 14$	4
IV- A57	WASHER $\phi 8.5 \times \phi 38 \times 2T$	32
IV- A58	SCREW M8*35*S15L	16
IV- A59	SCREW M8*42*S15L	16
IV- A60	PLATE 25*50*2T	2
IV- A61	SCREW M6*35	4
IV- A62	PLATE 20*50*2T	2
IV- A64	SCREW $\phi 6 \times 5.5$	2
IV- A66	NUT M8	46
IV- A67	WASHER $\phi 6.5 \times \phi 13 \times 1.5T$	4
IV- A68	NUT M6	4
IV- A69	BOLT M8*70*S6	3
IV- A70	SCREW ST4.8*19	12
IV- A71	SCREW ST4.2*16	6
IV- A72	SCREW M8*45*S15L	2
IV- A73	SCREW M4*10	9
IV- A74	SPRING WASHER M4	11
IV- A75	WASHER M4	11
IV- A77	SCREW M8*30*S15L	1
IV- A78	SCREW M8*50*S10L	1
IV- A81	BOLT M10*50*S20L	2
IV- A83	FLAT SCREW M10*22	2
IV- A84	SCREW M8*40*S18L	10
IV- A87	POWER CONNECT WIRE 100L BLUE	1
IV- A88	POWER CONNECT WIRE 350L BROWN	1
IV- A89	POWER CABLE	1
IV- A90	POWER CONNECT WIRE 350L BLUE	2
IV- A91	GROUND WIRE	1
IV- A92	PLATE	1
IV- A94	PLATE	1
IV- A95	SCREW M4*15	2
IV- A96	BOLT M10*65*S20L	1
IV- A97	BOLT M10*50*S20L	1

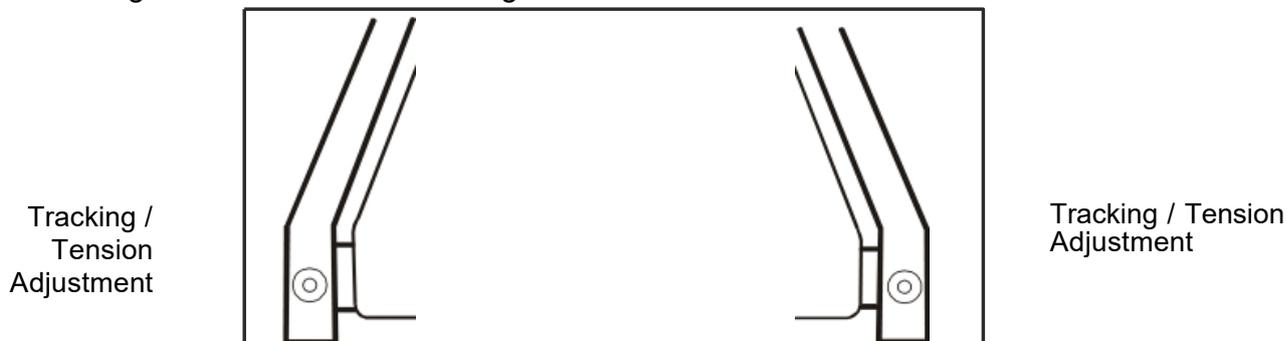
KEY NO.	DESCRIPTION	Q'TY
IV- A98	MAGNET $\phi 31 \times \phi 19 \times 13T$	1
IV- A99	SENSOR BLOCK L500/3PIN	1
IV-A100	SCREW ST2.9*8	2
IV- A101	MOTOR CABINET	1
IV- A102	SCREW M8*16	4
IV- A103	SCREW M8*12	2
IV- A108	SENSOR BLOCK SUPPORT	1
IV- A113	WASHER $\phi 8.5 \times \phi 17 \times 2T$	25
IV- A115	SQUARE END CAP	2
IV- A117	ELECTRIC FILTER	1
IV- B	LEFT & RIGHT UPRIGHT POST SET	2
IV- B1	UPRIGHT POST (L)	1
IV- B2	UPRIGHT POST (R)	1
IV- B3	UPRIGHT POST COVER OUTER (L)	1
IV- B4	UPRIGHT POST COVER OUTER (R)	1
IV- B5	UPRIGHT POST COVER INNER (L)	1
IV- B6	UPRIGHT POST COVER INNER (R)	1
IV- B7	FRONT HANDLEBAR COVER OUTER	2
IV- B8	FRONT HANDLEBAR COVER INNER	2
IV- B9	CONSOLE TUBE COVER INNER (L)	1
IV- B10	CONSOLE TUBE COVER OUTER (L)	1
IV- B11	HANDLEBAR COVER LOWER	2
IV- B12	HANDLEBAR SUPPORTING TUBE	2
IV- B13	UPRIGHT POST COVER (L)	1
IV- B14	UPRIGHT POST COVER (R)	1
IV- B15	HANDLE PULSE HOUSING (L)	1
IV- B16	HANDLE PULSE HOUSING (R)	1
IV- B17	HANDLE PULSE (L)	2
IV- B18	HANDLE PULSE (R)	2
IV- B19	HANDLEBAR BUTTON PANEL (L)	1
IV- B20	HANDLEBAR BUTTON PANEL (R)	1
IV- B21	BOTTLE HOLDER	1
IV- B22	SCREW M10*50*S15L	6
IV- B23	SCREW M10*60*S15L	2
IV- B24	NUT M10	6
IV- B25	WASHER D10* $\phi 20 \times 2T$	12
IV- B26	SCREW ST3.9*14	79
IV- B27	SCREW ST2.9*10	26
IV- B28	SCREW M5*16	2
IV- B29	SCREW ST3.9*12	6

-KEY NO.	DESCRIPTION	Q'TY
IV- B30	SCREW PIN	2
IV- B31	CONSOLE TUBE COVER INNER (R)	1
IV- B32	CONSOLE TUBE COVER OUTER (R)	1
IV- B33	HANDLEBAR Cable(L) L400/5PIN	1
IV- B34	HANDLEBAR Cable(R) L400/5PIN	1
IV- B35	HANDLEBAR Cable(M) L850/5PIN	1
IV- B36	UPRIGHT POST Cable(R) L1500/5PIN	1
IV- B37	UPRIGHT POST Cable(L) L2000/5PIN	1
IV- B38	UPRIGHT POST Cable(R) L2000/5PIN	1
IV- B39	Computer Cable L1300/5PIN*2	1
IV- C	CONSOLE	1
IV- C1	Computer cover -top	1
IV- C2	LCD+UPPER CONTROL BOARD ASSEMBLY	1
IV- C3	Computer cover -upper	1
IV- C4	FIXED PIPE	1
IV- C5	Computer cover	1
IV- C6	BUSHING	2
IV- C7	SCREW ST4.8x12	4
IV- C8	SCREW M5x12	1
IV- C9	BUSHING SLEEVE	1
IV- C10	WASHER $\phi 8 * \phi 45 * 2T$	1
IV- C11	SPRING WASHER M8	7
IV- C13	BOLT M8*30	2
IV- C14	Safe key clip + cotton string	1
IV- C15	COMPUTER STICKER UPPER	1
IV- C16	COMPUTER STICKER LOWER	1
IV- C17	COMPUTER MEMBRANE SWITCH	1
IV- C18	SPEED MEMBRANE SWITCH	1
IV- C19	INCLINE MEMBRANE SWITCH	1

GENERAL MAINTENANCE

BELT ADJUSTMENTS:

Tread-belt Tension Adjustment - Belt tension is not critical for most users. It is very important for joggers and runners in order to provide a smooth, steady running surface. Adjustment must be made from the right side of the rear roller in order to adjust tension with the 6 mm Allen wrench provided in the parts package. The adjustment bolt is located at the end of the right-side rail as noted in diagram below.



Note: Adjustment is through small hole in end cap.

Tighten the rear roller only enough to prevent slippage at the front roller. Turn the treadbelt tension adjusting bolt in increments of 1/4 turn and inspect for proper tension.

When an adjustment is made to the belt tension, you must also make a tracking adjustment to compensate for the change in belt tension. This is accomplished by turning both the tension and tracking Allen bolts an equal amount. This adjustment should be made by turning both bolts clockwise by no more than a 1/4 turn at a time.

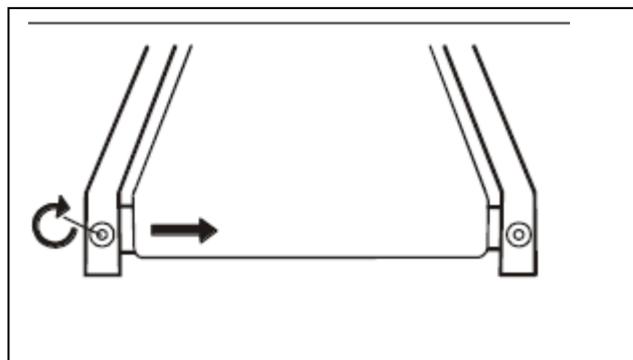
DO NOT OVERTIGHTEN – Over tightening will cause belt damage and premature bearing failure.

TREADBELT TRACKING ADJUSTMENT:

The performance of your treadmill is dependent on the frame running on a reasonably level surface. If the frame is not level, the front and back roller cannot run parallel, and constant Belt adjustment may be necessary. The treadmill is designed to keep the treadbelt reasonably centered while in use. It is normal for some belt to drift near on eside while the belt is running with no one on it. After a few minutes of use, the tradbelt should have a tendency to center itself. If, during use, the belt continues to move toward one side adjutsmtents may be necessary.

TO SET TREADBELT TRACKING:

A 6 mm Allen wrench is provided to adjust the rear roller. Make tracking adjustments from the left and the right side. Set belt speed at approximately 2 to 3 mph. A small adjustment can make a dramatic difference. Turn the bolt only a 1/4 turn and wait a few minutes for the belt to adjust itself. Continue to make 1/4 turns until the belt stabilizes in the center of the running deck. The belt may require periodic tracking adjustment depending on use and walking/running characteristics.



Some users will affect tracking differently. Expect to make adjustments as required to center the tread-belt. Adjustments will become less of a maintenance concern as the belt is used. Proper belt tracking is an owner responsibility common with all treadmills.

TRAINING GUIDELINES

Exercise

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

Basic Components of Physical Fitness

There are four all-encompassing components of physical fitness and we need to briefly define each and clarify its role.

Strength is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

Muscular Endurance is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 10 Km without stopping.

Flexibility is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness and provides increased resistance to muscle injury or soreness.

Cardio-Respiratory Endurance is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs

Aerobic Fitness

The largest amount of oxygen that you can use per minute during exercise is called your maximum oxygen uptake (MVo₂). This is often referred to as your aerobic capacity.

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO₂ indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

Anaerobic Training

This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long-term energy demands. (For example, 100-meter sprint).

The Training Threshold

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

Progression

As you become fitter, a higher intensity of exercise is required to create an overload and therefore provide continued improvement

Overload

This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, so the training threshold should be raised. Working through your program and gradually increasing the overload factor is important.

Specificity

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved. There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

Reversibility

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success

WARM UP

Every exercise program should start with a warmup where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later. Stretching should be included in both your warmup and cool down and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise.

Warm Down or Cool Down

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles

Heart Rate

As you exercise, so the rate at which your heartbeat also increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart. Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are fitter, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, so your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves.

The following table is a guide to those who are "starting fitness".

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108
Pulse Count									

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you're above average fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

~~Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.~~

Two final comments: (1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it; (2) your pulse rate is a guide, don't become a slave to it.

Endurance Circuit Training

Cardiovascular endurance, muscle, strength, flexibility and coordination are all necessary for maximum fitness. The principle behind circuit training is to give a person all the essentials at one time by going through your exercise program moving as fast as possible between each exercise. This increases the heart rate and sustains it, which improves the fitness level. Do not introduce this circuit training effect until you have reached an advanced program stage.

Body Building

Is often used synonymously with strength training. The fundamental principal here is OVERLOAD. Here, the muscle works against greater loads than usual. This can be done by increasing the load you are working against.

Patronization

This is the term used to vary your exercise program for both physiological and psychological benefits. In your overall program, you should vary the workload, frequency and intensity. The body responds better to variety and so do you. In addition, when you feel yourself getting 'stale', bring in periods of lighter exercise to allow the body to recuperate and restore its reserves. You will enjoy your program more and feel better for it.

Muscle Soreness

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced, or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something.

Stop exercising and consult your doctor.

What to Wear

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or "sneakers".

Breathing during Exercise

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

Rest periods

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again.

The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one-minute rest periods

STRETCHING

1



HEAD ROLLS

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.

2



SHOULDER LIFTS

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.

3



SIDE STRETCHES

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.

4



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 toward the floor. Hold for 15 counts.

5



TOE TOUCHES

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

6



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.

7



HAMSTRING STRETCHES

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, then repeat on the other side for 15 seconds.

8



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, then repeat on the other side for 15 seconds.

MANUFACTURER'S LIMITED WARRANTY

Dyaco Canada Inc. warrants all its treadmill parts for a period of time listed below from the date of retail sale, as determined by sale receipt. Dyaco Canada Inc.'s responsibilities include providing new or remanufactured parts, at Dyaco Canada Inc.'s option, and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by Dyaco Canada Inc. directly to a consumer. The warranty period applies

to the following components:	Frame	Lifetime
	Motor	Lifetime
	Labour	1 Year
	All other components	1 Year

The consumer is responsible for the items listed below:

1. The warranty registration card must be completed and returned to the address listed on the card within 10 days of the original purchase.
2. Proper use of the treadmill in accordance with the instructions provided in this manual.
3. Proper installation in accordance with instructions provided with the treadmill and with all local electric codes.
4. Proper connection to a grounded power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in house wiring.
5. Expenses for making the treadmill accessible for servicing, including any item that was not part of the treadmill at the time it was shipped from the factory.
6. Damages to the treadmill finish during shipping, installation or following installation.
7. Routine maintenance of this unit as specified in this manual.

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.
Note: Some areas do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.
2. Service call reimbursement to the consumer. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, for treadmill not requiring component replacement, or treadmill not in ordinary household use.
3. Damages caused by services performed by persons other than authorized Dyaco Canada Inc. service companies; use of parts other than original Dyaco Canada Inc. parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.
4. Products with original serial numbers that have been removed or altered.
5. Products that have been: sold, transferred, bartered, or given to a third party.
6. Products that do not have a warranty registration card on file at Dyaco Canada Inc. Dyaco Canada Inc. reserves the right to request proof of purchase if no warranty record exists for the product.
7. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
8. Use of the product in a non-residential environment.
9. Warranties outside of Canada may vary. Please contact your local dealer or Dyaco Canada for details.

SERVICE

The sales receipt establishes the labour warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights. Service under this warranty must be obtained by following these steps, in order:

1. Contact your selling authorized dealer or Dyaco Canada.
2. If you have any questions about your new product or questions about the warranty contact Dyaco Canada Inc. at 1-888-707-1880.
3. If no local service is available, Dyaco Canada Inc. will repair or replace the parts, at Dyaco Canada Inc.'s option, within the warranty period at no charge for parts. All transportation costs, both to our factory and upon return to the owner, are the responsibility of the owner.
4. The owner is responsible for adequate packaging upon return to Dyaco Canada Inc. Dyaco Canada Inc. is not responsible for damages that occur during shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
5. For any further information, or to contact our service department by mail, send your correspondence to:

Dyaco Canada Inc.
5955 Don Murie Street
Niagara Falls, ON
L2G 0A9

Product features or specifications as described or illustrated are subject to change without notice.
All warranties are made by Dyaco Canada Inc.

dyaco

Please visit us online for information about our other brands and products manufactured and distributed by Dyaco Canada Inc.

SPIRIT

spiritfitness.ca

X XTERRA

xterrafitness.ca

UFC

dyaco.ca/UFC/UFC-home.html

SOLE
FITNESS

solefitness.ca

EVERLAST

dyaco.ca/products/everlast.html

 Johnny G
by **SPIRIT**

spiritfitness.ca/johnnyg.html

TRAINOR
SPORTS
trainorsports.ca

For more information, please contact Dyaco Canada Inc.

T: 1-888-707-1880 | 5955 Don Murie St., Niagara Falls, Ontario L2G 0A9 | sales@dyaco.ca

Dyaco Canada Inc. dyaco.ca