

Owner's Manual

Model No.
16004000960

- 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.



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

TABLE OF CONTENTS

- Important Safety Instructions 3
- Important Electrical Instructions 5
- Assembly Instructions 6
- Folding/Transport Instructions 11
- Operation of Your Treadmill 12
- General Maintenance 19
- Service Checklist - Diagnosis Guide 22
- Exploded View Diagram 23
- Parts List 24
- Training Guidelines 28
- Manufacturer’s Limited Warranty 34

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 XT96 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's 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 XT96 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 XT96 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 XT96 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 150 KGS (330 LBS)

IMPORTANT SAFETY INSTRUCTIONS

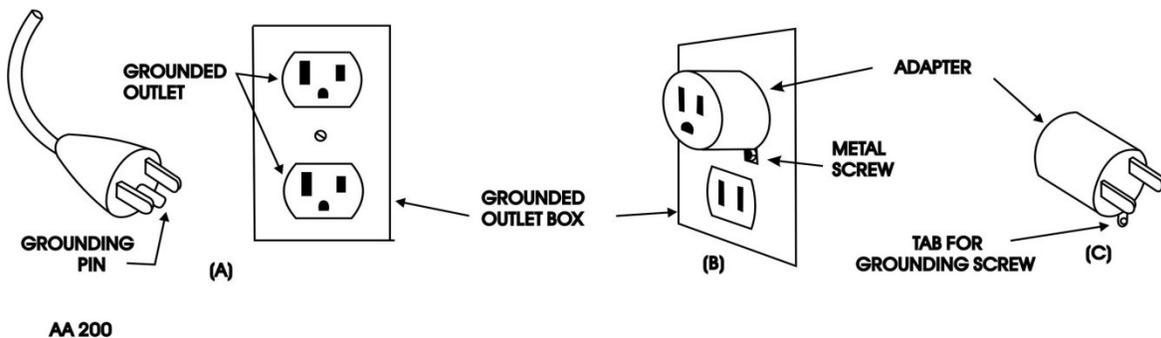
**THIS UNIT IS INTENDED FOR HOUSEHOLD USE ONLY
READ ALL INSTRUCTIONS BEFORE USING THIS TREADMILL**

- 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



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 330lbs (150 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 equipment 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
- **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.

ASSEMBLY INSTRUCTIONS

!!ATTENTION: IMPORTANT UNPACKING INSTRUCTIONS.

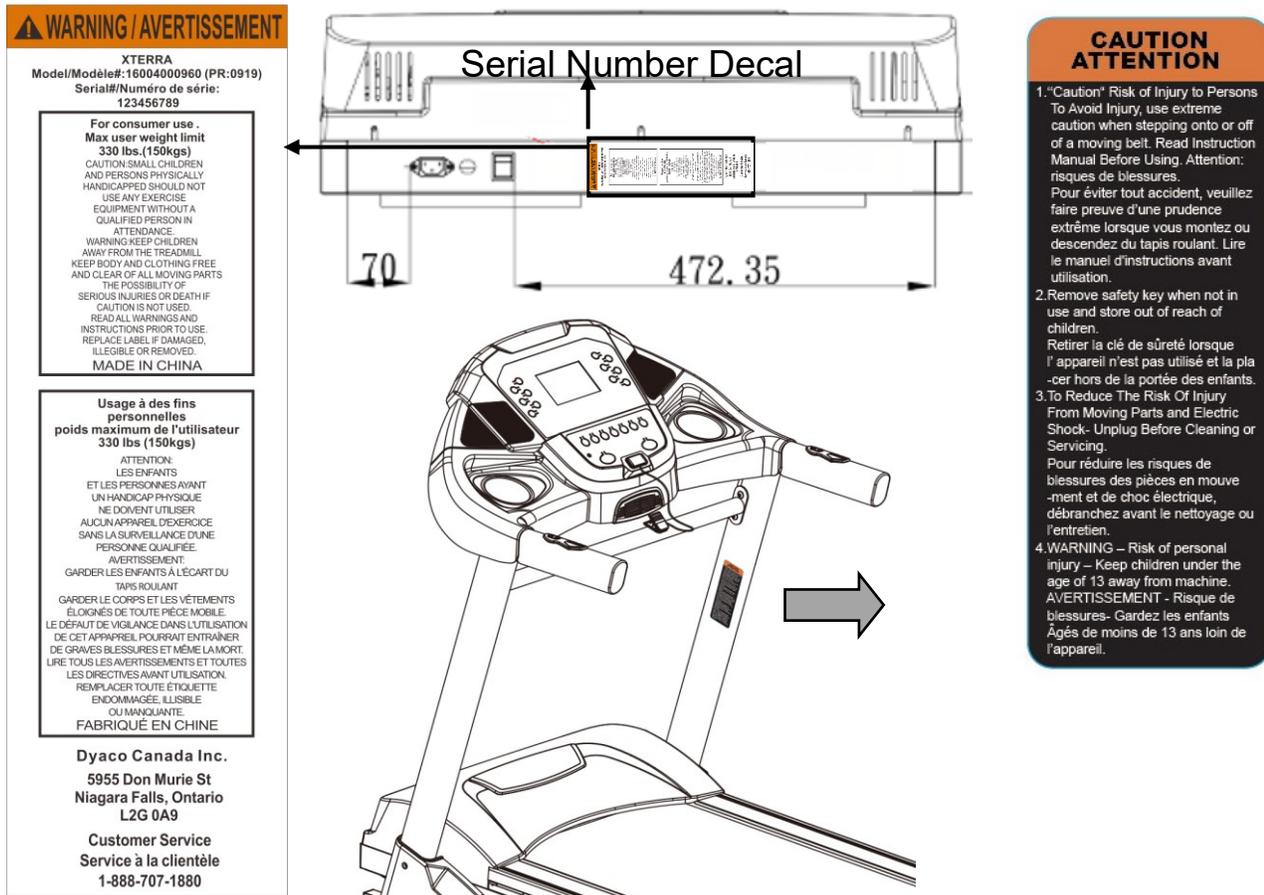
PLEASE READ BEFORE UNPACKING YOUR FOLDING TREADMILL!!

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

There is a Velcro 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 shipping strap. This could cause the treadmill's folding mechanism to spring open. If the end of the Velcro strap (that you need to grab to remove it) happens to be under the treadmill deck, reach under the deck to grab it, but do not tilt the treadmill up to gain access to the strap end.

Unpack the treadmill and locate the hardware pack.

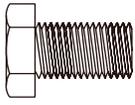


The decals shown have been placed on the treadmill. If a decal is missing or illegible, please call our Customer Service Department, to order a free replacement decal (see ORDERING REPLACEMENT PARTS at page 2.). Apply the decal in the location shown.

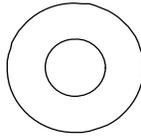
Note: The decal shown at the right is 50% of actual size.

XT96 ASSEMBLY PACK CHECKLIST

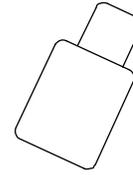
HARDWARE STEP 2



99. 5/16" x 1/2"
Hex Head Bolt (8 pcs)

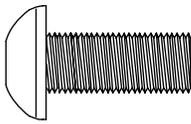


100. Ø8 x1.5T
Flat Washer (8 pcs)

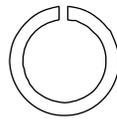


#104. Lubricant (1pc)

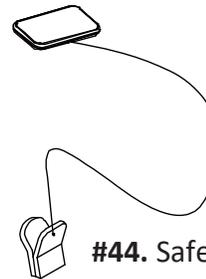
HARDWARE STEP 3



#125. 5/16" x 3/4"
Button Head Socket Bolt
(4 pcs)

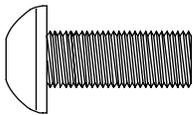


#80. Ø8 x1.5T
Split Washer (4 pcs)



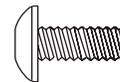
#44. Safety Key (1pc)

HARDWARE STEP4



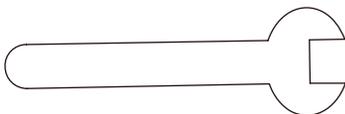
#125. 5/16" x 3/4"
Button Head Socket Bolt (4 pcs)

HARDWARE STEP5

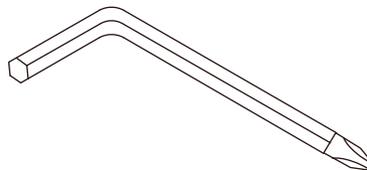


#126. M5 x 15L
Phillips Head Screws (6 pcs)

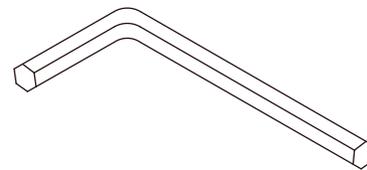
ASSEMBLY TOOLS



#90. 13mm Wrench



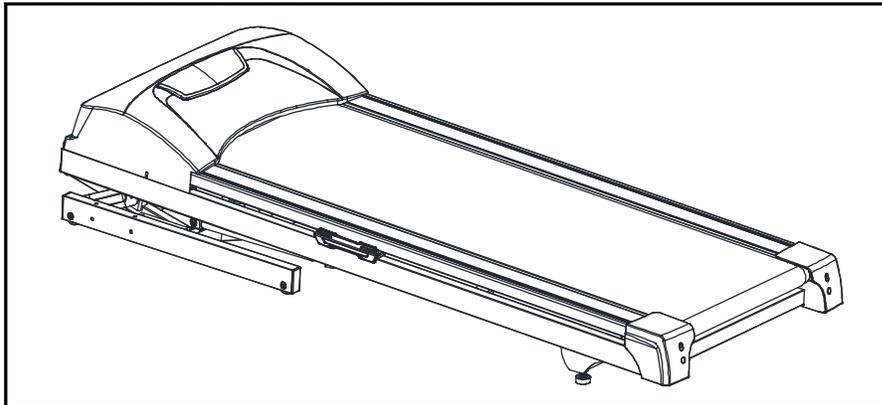
#102. Combination M5 Allen
Wrench & Phillips Head
Screwdriver



#103. M6 L Allen Wrench

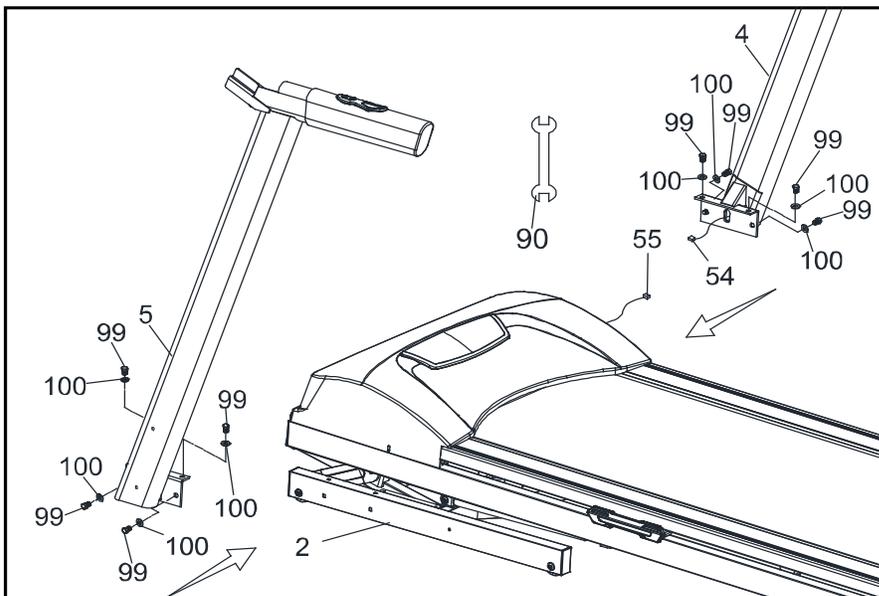
XT96 ASSEMBLY INSTRUCTIONS

1 MAIN BASE FRAME



1. Remove the treadmill from the carton and lay it on flat, level ground.

2 UPRIGHTS & CABLES



Hardware Step 2

- #99. 5/16" x1/2" Hex Head Bolt (8 pcs)
- #100. \varnothing 8x1.5T Flat Wash (8 pcs)

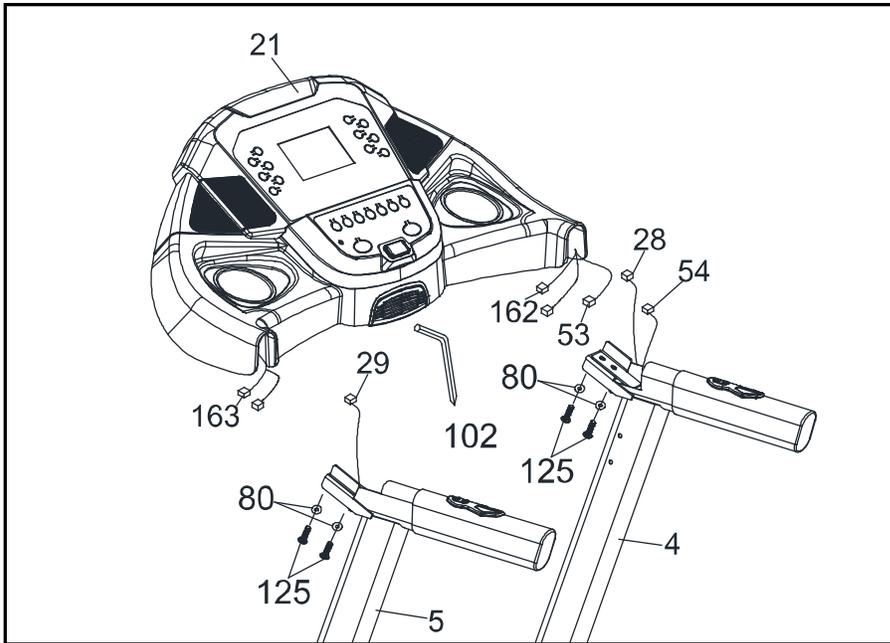
NOTE: This step may work better with a second person assisting.

1. Connect the Lower Computer Cable (55) and Middle Computer Cable (54).
2. Insert Right and Left Uprights (4) and (5) into the Frame Base (2) and use 13mm Wrench (90) to tighten the 8pcs Hex Head Bolts (99) and 8pcs Flat Washers (100).

Be very careful when assembling the uprights so as not to pinch the computer cables. This could lead to a short circuit and may damage the electronics and is not covered under warranty.

3 CONSOLE

Hardware Step 3



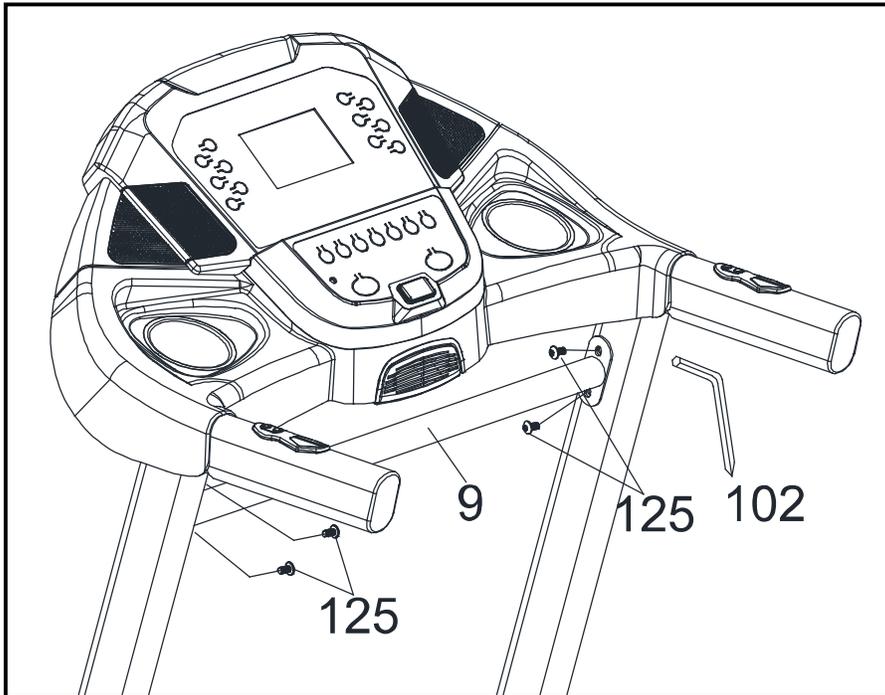
#80. Ø8x1.5T_
Split Washer (4 pcs)
#125. 5/16" x 3/4" Button
Head Socket Bolt (4 pcs)

NOTE: This step may work better with a second person assisting.

1. Connect the Middle Computer Cable (**54**) and Upper Computer Cable (**53**).
2. Connect the Upper Speed Adjustment Switch W/Cable (**114**) and Speed/Hand Pulse cable (**28**).
3. Connect the Upper Incline Adjustment Switch W/Cable (**115**) and Incline/Hand Pulse cable (**29**).
4. Install the Console Assembly (**21**) into right and left Uprights (**4**) and (**5**) and secure with four Button Head Socket Bolts (**125**) with four Split Washers (**80**) by using Combination M5 Allen Wrench & Phillips Head Screwdriver (**102**).

Be very careful when assembling the console so as not to pinch the computer cables. This could lead to a short circuit and may damage the electronics and is not covered under warranty.

4 SUPPORT

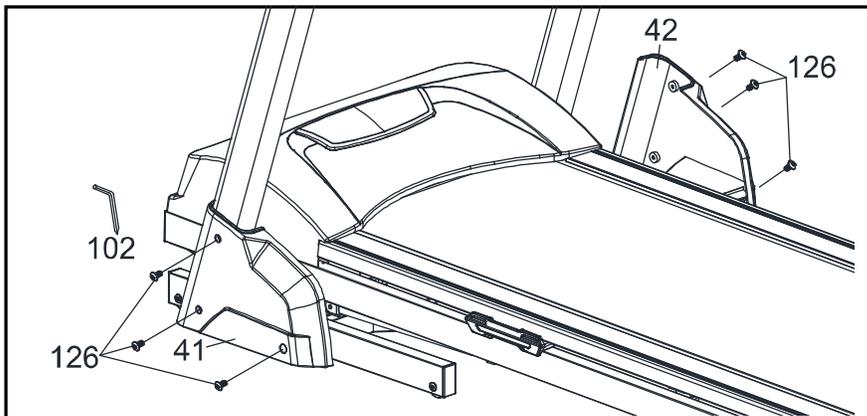


Hardware Step 4

#125. 5/16" x 3/4" Button Head Socket Bolt (4 pcs)

1. Install Handrail Support (9) between Left and Right Uprights (5) and (4). Use the combination M5 Allen Wrench and Phillips Head Screwdriver (102) to tighten four Button Head Socket Bolts (125).

5 FINAL PROCESS



Hardware Step 5

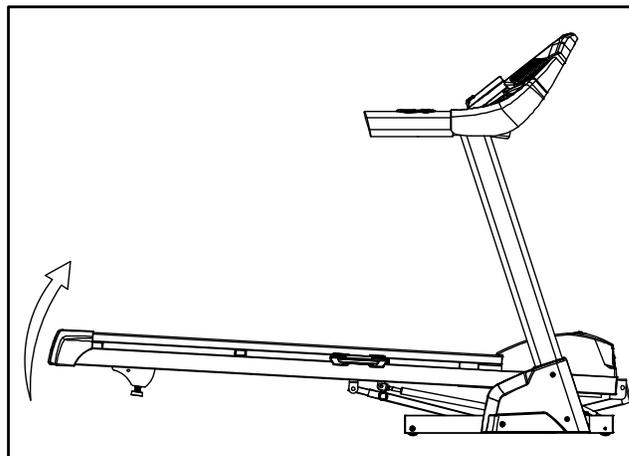
#126. M5 x 15mm Phillips Head Screw (6 pcs)

1. Install the left and right Frame Base Covers (41) and (42) on the Frame Base and secure with 6 pcs Phillips Head Screws (126) by using Combination M5 Allen Wrench & Phillips Head Screwdriver (102).

FOLDING INSTRUCTIONS

TO FOLD THE TREADMILL

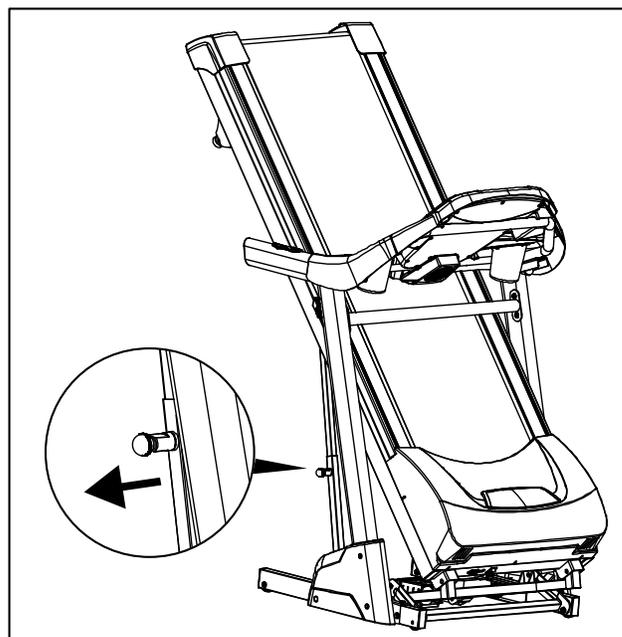
Make certain the treadmill is at minimum incline. Lift the treadmill running deck until it is secured by the locking telescoping tube assembly on the right side of the base. You will hear it pop into place when secure.



TO UNFOLD THE TREADMILL

Apply slight forward pressure* on the treadmill running deck with your left hand. Pull out on the round knob and slowly lower the running deck to the floor. The deck will lower unassisted when it reaches about waist high.

*At the rear roller area to relieve pressure on the locking system.



CAUTION: Do not attempt to move the unit unless it is in the folded and locked position. Remove the power cord from the front of the unit to avoid possible damage. Use both handrails to maneuver the unit to the desired position.

TRANSPORTATION INSTRUCTIONS

The treadmill is equipped with four transport wheels that are engaged when the treadmill is folded. After folding simply roll the treadmill away.

OPERATION OF YOUR TREADMILL

■ Console



GETTING STARTED:

Power the treadmill on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill below the motor hood. Ensure that the Safety Key is installed, as the treadmill will not operate without it.

When the power is turned on, the console will show the current software version, the total running mileage, hours. The treadmill will then enter idle mode, which is the starting point for operation.



CONSOLE OPERATION

START OPERATION

1. Attach the Safety key to enable the display (if not already on).
2. Press the **START** key to begin belt movement. Adjust to the desired speed using the **SPEED ▲/▼** keys (console or handgrip). You may also use the **SPEED** keys **1,2,4,6,8,10** to adjust the speed.
3. To slow tread-belt press and hold the **SPEED ▼** key (console or handgrip) to the desired speed. You may also press the **SPEED** keys **1,2,4,6,8,10**.
4. To stop the tread-belt press the **STOP** key or pull away Safety key.

PAUSE/STOP/RESET FEATURE

1. When the treadmill is running the pause feature may be utilized by pressing the **STOP** key once. This will slowly decelerate the tread-belt to a stop. The incline will go to zero percent. The Time, Distance and Calorie readings will hold while the unit is in the pause mode. After five minutes, the display will reset and return to the start up screen.
2. To resume your exercise, when in Pause mode, press the **START** key. The speed and incline will return to their previous settings.
 - Pause is executed when the **STOP** key is pressed once. If the **STOP** key is pressed a second time the program will end. If the **STOP** key is pressed a third time, the console will reset.

INCLINE FEATURE

- Incline may be adjusted any time after belt movement.
- Press the **INCLINE ▲/▼** keys to achieve desired level of effort. Six access key of **2, 4, 6,8,10** and **12** are also available to adjust the incline percent. The incline range is from 0 to 12 levels.
- The display will indicate incline position as adjustments are made.

PULSE GRIP FEATURE

The Pulse (Heart Rate) readout will display your current heart rate in beats per minute during the workout. You must use both stainless-steel sensors on the side hand rails to display your pulse. Pulse value displays anytime the upper display is receiving a Pulse signal.

CALORIE DISPLAY

Displays the cumulative calories burned at any given time during your workout.

Note: This is only a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.

TO TURN TREADMILL OFF

1. Remove tether cord.
2. Turn off the main switch on the front of the treadmill, below the motor cover.

TO TURN OFF AUDIBLE BEEP

1. If you want to turn off the audible beep sound that occurs when you press keys, etc., follow the instructions in Engineering Mode.

PROGRAMMABLE FEATURES

The Treadmill has a total of 24 pre-set programs. Fourteen of them (P1-P14) have only speed changes with no incline changes, while the last 10 (P15-24) have speed and incline changes programmed.

TO SELECT AND START A PRESET PROGRAM

1. Press the Program key to choose desired program (P1, P2,P24). Press the Clear/Set key to set the workout time. Press Start to begin your workout.
2. To set custom targets for your workout (Time, Calories or Distance) press the Clear/Set key while in the idle mode. Each time you press Clear/Set, a different target will start blinking. If the Calories target is blinking, you can use the Speed Up and Down keys to set a Calorie target. Pressing Start will begin your workout and now the Calories will count down to zero from your selected target of how many calories you wanted to burn during the workout. This feature only works in the start mode and not in preset programs.

HEART RATE CONTROL PROGRAM

1. Choose HRC program and then press CLEAR/SET
2. Use FAST/SLOW keys to set Target Heart Rate value then press CLEAR/SET
3. Use FAST/SLOW keys to set workout Time and then press START to begin workout.

USING HEART RATE TRANSMITTER (optional)

How to wear your wireless chest strap transmitter:

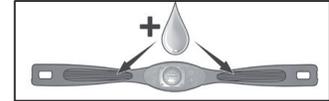
1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.

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 tail 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 immediately below the pectoral muscles.

5. Sweat is the best conductor to measure very minute heart beat 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 immediately against bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, moisten 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 Control 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. Microwave ovens, TV's, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Perimeter fence for a pet.
5. Some people have problems with the transmitter picking up a signal from their skin. If you have Problems try wearing the transmitter upside down. Normally the transmitter will be oriented so the logo is right side up.
6. 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.
7. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems, contact your dealer.

HEART RATE

The heart rate grips are located on the left and right handlebars that are positioned parallel to the walking deck. You can periodically grasp both of these (palms over the steel sensors) until you see your current heart rate. This readout is for reference only and should not be used medically in any way. It is not recommended to use the heart rate grips if the treadmill belt is moving faster than 4 mph. This may cause you to lose your balance.

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 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 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 cardiovascular 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:

$$220 - 40 = 180 \text{ (maximum heart rate)}$$

$$180 \times 0.6 = 108 \text{ beats per minute}$$

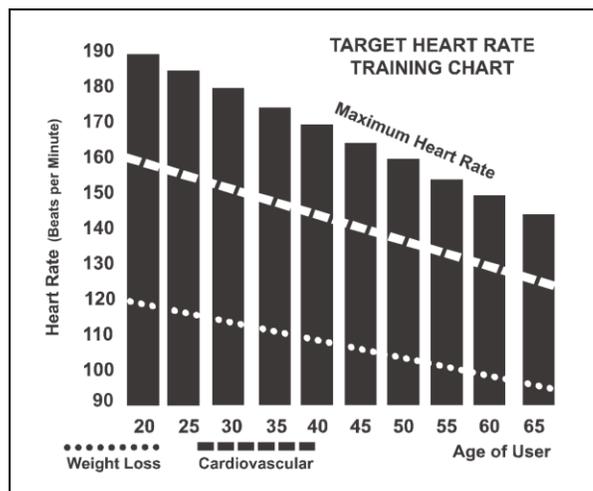
(60% of maximum)

$$180 \times 0.8 = 144 \text{ beats per minute}$$

(80% of maximum)

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

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 Maximum Heart Rate 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 Maximum Heart Rate on a schedule approved by your physician. Consult your physician before participating in any exercise program.

With all Heart Rate Control programs treadmill you may use the heart rate monitor feature without using the Heart Rate. This function can be used during manual mode or during any of the eleven different programs.

CAUTION!

The target value is a suggestion only for normal, healthy individuals. **Do not exceed your limits!** You may not be able to obtain your chosen target. If in question, enter a higher age value that will set a lower target goal.

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.

GENERAL MAINTENANCE

⚠ WARNING: Always unplug your treadmill prior to cleaning in order to avoid electrical hazard or shock.

BELT & DECK

Your treadmill uses a very high-efficient low-friction deck. Performance is maximized when the deck is kept as clean as possible. Use a soft, damp cloth, or paper towel to wipe the edge of the belt and the area between the belt edge and the frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and deck life. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. Allow to dry before using.

BELT DUST

This occurs during normal break-in or until the belt stabilizes. Sometimes the black dust from the belt will appear on the floor behind the treadmill, this is normal.

GENERAL CLEANING

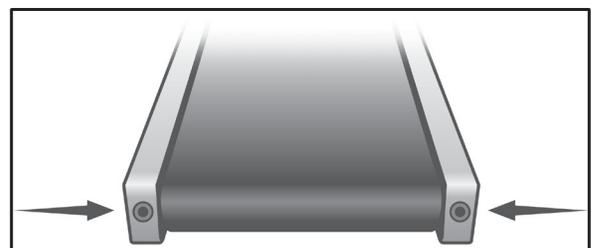
Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. Please vacuum underneath your treadmill on a monthly basis to prevent excess build-up of dirt that can get sucked up and get into the inner workings under the motor cover. Once a year, you should remove the black motor hood and vacuum out dirt that may accumulate. **UNPLUG POWER CORD BEFORE THIS TASK.**

There is a maintenance schedule/chart included under the Table of Contents for convenient record keeping.

BELT ADJUSTMENTS

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

Tighten the rear roller only enough to prevent slippage at the front roller. Turn the tread-belt tension adjusting bolts 1/4 turn each and inspect for proper tension by walking on the belt and making sure it is not slipping or hesitating with each step. When an adjustment is made to the belt tension, you must be sure to turn the bolts on both sides evenly or the belt could start tracking to one side instead of running in the middle of the deck.



DO NOT OVERTIGHTEN – Over tightening will cause belt damage and premature bearing failure. If you tighten the belt a lot and it still slips, the problem could actually be the drive belt - located under the motor cover - that connects the motor to the front roller. If that belt is loose it feels similar to the walking belt being loose. Tightening the motor belt should be done by a trained service person.

TREAD-BELT 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.

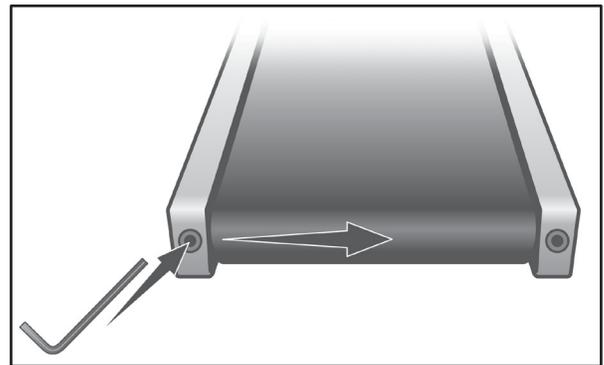
The treadmill is designed so that the tread-belt remains reasonably centered while in use. It is normal for some belts to drift near one side while in use, depending on a user's gait and if they favor one leg. But if during use the belt continues to move toward one side, adjustments are necessary.

TREADBELT TRACKING ADJUSTMENT

The treadmill is designed so that the tread-belt remains reasonably centered while in use. It is normal for some belts to drift near one side while in use, depending on a user's gait and if they favor one leg. But if during use the belt continues to move toward one side, adjustments are necessary.

SETTING TREAD-BELT TRACKING

An 6mm Allen wrench is provided for this adjustment. Make tracking adjustments on the left side bolt. Set belt speed at 3 mph. Be aware that a small adjustment can make a dramatic difference which may not be apparent right away. If the belt is too close to the left side, then turn the bolt only a 1/4 turn to the right (clockwise) 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.



If the belt is too close to the right side, turn the bolt counterclockwise. The belt may require periodic tracking adjustment depending on use and walking/running characteristics. Some users may affect tracking differently. Expect to make adjustments as required to center the treadbelt. Adjustments will become less of a maintenance concern as the belt is used. Proper belt tracking is an owner responsibility common with all treadmills.

ATTENTION

Damage to the running belt resulting from improper tracking / tension adjustments is not covered under the warranty.

BELT/DECK LUBRICATION PROCEDURE

First, you want to clean between the belt and deck to remove any debris that may be trapped. Use a clean, non-fraying rag, t-shirt, or light towel. Halfway between the end of the treadmill and motor cover, shove the garment under the belt until you can grasp it on both sides of the belt. Drag the garment the length of the entire belt 1-2 times. Remove the garment.

Do not lubricate with anything other than treadmill liquid silicone-based lubricant. **YOUR TREADMILL COMES WITH ONE TUBE OF "LUBE" AND EXTRA TUBES CAN BE ORDERED**

Keeping the deck lubricated at the recommended intervals ensures the longest life possible for your treadmill. If the lubricant dries out, the friction between the belt and deck rises and places undue stress on the drive motor, drive belt and electronic motor control board, which could result in failure of these components. Failure to lubricate the deck at regular intervals may void the warranty.

The belt & deck come pre-lubricated and subsequent lubrication should be performed every 90 hours of use or if you notice that the deck is dry. It is recommended that you reach between the belt and deck to verify there is lubrication present, every other month. If you check and there isn't any lubrication present.

Use the following procedure to apply the silicone lubricant:

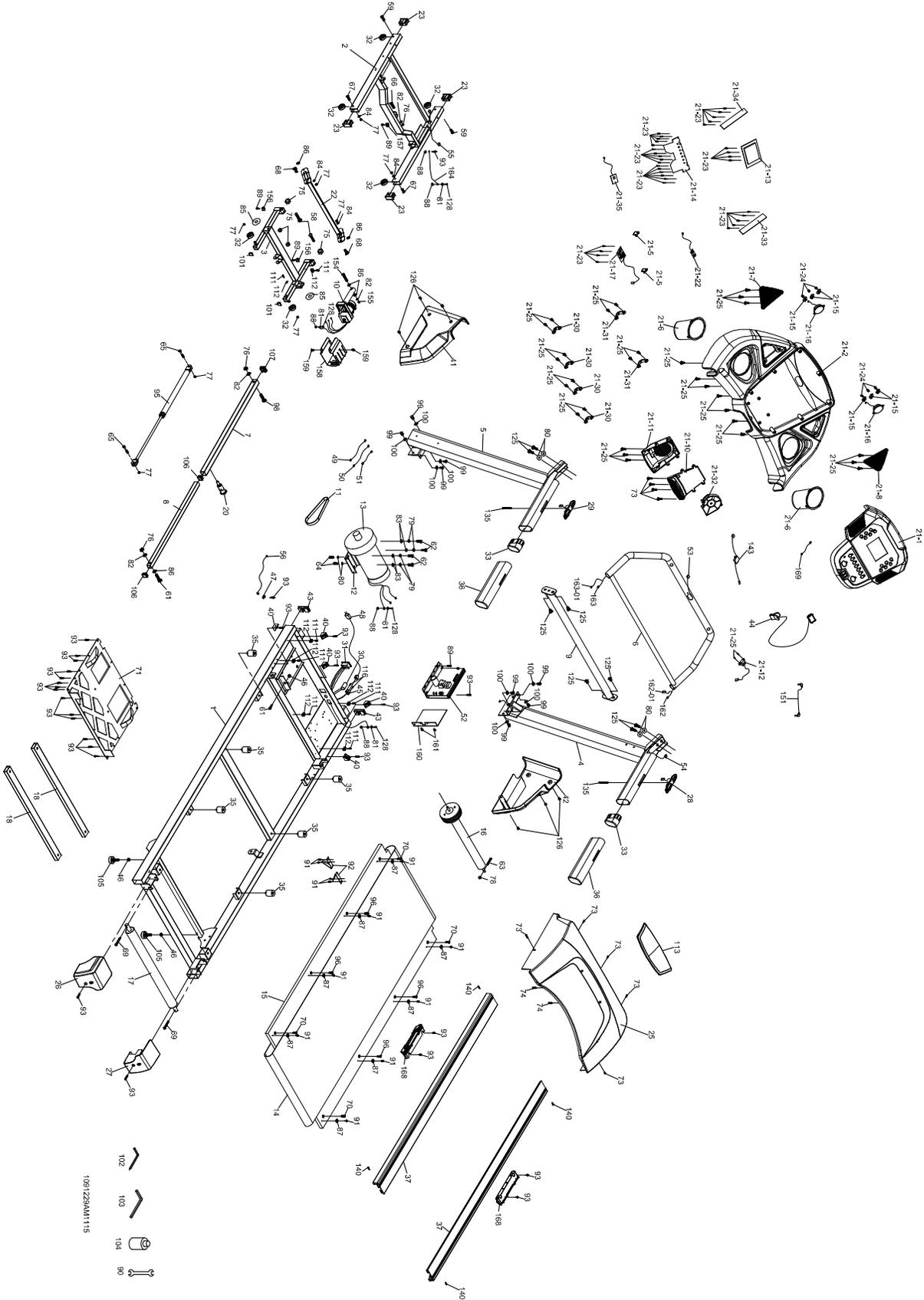
1. Turn the power switch off and unplug the power cord from the wall outlet
2. Measure 18" from the edge of the motor cover; kneel down and reach under the belt approximately 4- 6" from one edge. Squirt a line of lubricant about 1/8" wide x 15" long in an "S" pattern perpendicular to the motor cover.
3. Repeat the process on the opposite side.
4. Plug the electrical cord back into the outlet and turn the power switch on.
5. Walk on the belt at a moderate speed for five minutes to evenly distribute the silicone lube.

SERVICE CHECKLIST – DIAGNOSIS GUIDE

Before contacting your dealer for aid, please review the following information. It may save you both time and expense. This list includes common problems that may not be covered under the treadmill’s warranty.

PROBLEM	SOLUTION/CAUSE
Display does not light	<ol style="list-style-type: none"> 1. Tether cord not in position. 2. Circuit breaker on front grill tripped. Push circuit breaker in until it locks. 3. Plug is disconnected. Make sure plug is firmly pushed into 120 VAC wall outlet. 4. Breaker panel circuit breaker may be tripped. 5. Treadmill defect. Contact Xterra Fitness.
Tread-belt does not stay centered Treadmill belt hesitates when walked/run on	<p>The user may be walking while favoring or putting more weight on either the left or right foot. If this walking pattern is natural, track the belt slightly Off-center to the side opposite from the belt movement. See General Maintenance section on Tread-belt Tension Adjust as necessary.</p>
Motor is not responsive after pressing start	If you press Start and the belt never moves, contact service
Treadmill will only achieve approximately 7 mph but shows higher speed on display	This indicates motor should be receiving power to operate. Low AC voltage to treadmill. Do not use an extension cord. If an extension cord is required, it should be as short as possible and heavy duty 14 gauge minimum. Low voltage. A minimum of 120 volt AC current is required.
Tread-belt stops key suddenly when tether cord is pulled	High belt/deck friction. See General Maintenance section on cleaning the deck. If cleaning doesn’t prevent this from reoccurring, check to see if there is significant wear of the deck. If so, the deck may need to be replaced
Treadmill trips on board 15 amp circuit	High belt/deck friction. See General Maintenance . If cleaning doesn’t prevent this from reoccurring, check the amp draw of the motor. If this is high and there are signs of significant wear of the deck, it may need to be replaced
Computer shuts off when console is touched (on a cold day) while walking/running	Treadmill may not be grounded. Static electricity is “crashing” the computer. Refer to Grounding Instructions .
Circuit breaker trips, but not the treadmill circuit breaker	Need to replace the house breaker with a “High In-rush current” type breaker.

EXPLODED VIEW DIAGRAM



1091220AM115

PARTS LIST

Key	Part	Part Description	Q'ty
001	AA010204-T23	Main Frame	1
002	AA020090-T23	Frame Base	1
003	AA030049-T23	Incline Bracket	1
004	CRAA040104-T2	Right Upright	1
005	CRAA040069-T2	Left Upright	1
006	AA050032-T23	Console Support	1
007&008	CRAA060114-T2	Inner & Outer Slide Assembly	1
009	AA060098-T23	Handrail Support	1
010	G110072	Incline Motor	1
011	N010001	Drive Belt	1
012&013	CRG080210D	Drive Motor w/motor bracket	1
014	H0613220H	Running Belt	1
015	H140043A	Running Deck	1
016	K140017-Z9	Front Roller W/Pulley	1
017	K140035-Z3	Rear Roller	1
018	A440095-T23	Deck Cross Brace	2
020	K150001	Locking Knob	1
021	CRZ4NT0450-20	Console Assembly	1
022	AA060115-T23	Folding Assembly Bracket	1
023	P040132-A1	Metal Tube End Cap	4
025	P010104-AC	Motor Top Cover	1
026	P030028-AC	Adjustment Base (L)	1
027	P030029-AC	Adjustment Base (R)	1
028	E050403	Speed/Hand Pulse Complex	1
029	E050502	Incline/Hand Pulse Complex	1
030	F020011	Breaker	1
031	F030001	On/Off Switch	1
032	P050010-A1	Transportation Wheel	6
033	P040133-A1	Handgrip End Cap	2
035	P060019-A1	Cushion	6
036	L030020-A1	PVC Handgrip	2
037	P080037L-AC	Foot Rail	2
040	P060021-A1	Motor Cover Anchor (D)	5
041	P140039-AC	Frame Base Cover (L)	1
042	P140040-AC	Frame Base Cover (R)	1
043	P040002-A1	30 × 60m/m Square End Cap	2
044	N100003-A5	Square Safety Key	1
045	F010007	Power Socket	1
046	J129021-Y3	3/8" × UNC16 × 7T Nut	3
047	P060022E-A1	Sensor Rack	1
048	E060001	Power Cord	1

Key	Part	Part Description	Q'ty
049	E010754	300m/m_Connecting Wire (White)	1
050	E010755	300m/m_Connecting Wire (Black)	1
051	E010747	100m/m_Connecting Wire (Black)	1
052	CRD090052-02	Motor Controller	1
053	E020729	1200m/m_Computer Cable (Upper)	1
054	E020725-01	1150m/m_Computer Cable (Middle)	1
055	E020729-01	1200m/m_Computer Cable (Lower)	1
056	F030185	Sensor W/Cable	1
058	J011523C1-Y3	1/2" × UNC12 × 60m/m_Hex Head Bolt	2
059	J340508C1-Y3	5/16" × UNC18 × 2" Flat Head Socket Bolt	2
061	J011006-Y3	3/8" × UNC16 × 1-1/2" Hex Head Bolt	2
062	J011002-Y3	3/8" × UNC16 × 3/4" Hex Head Bolt	4
063	J013012-Y3	M8 × P1.25 × 60m/m_Hex Head Bolt	1
064	J013002-Y3	M8 × P1.25 × 12m/m_Hex Head Bolt	2
065	J020504-Y3	5/16" × UNC18 × 1" Button Head Socket Bolt	2
066	J011006T1-Y3	3/8" × UNC16 × 1-1/2" Hex Head Bolt	1
067	J340506E-Y3	5/16" × UNC18 × 1-1/2" Flat Head Socket Bolt	2
068	J071522C1-Y3	1/2" × UNC12 × 23m/m_Carriage Bolt	2
069	J033016-ZS	M8 × P1.25 × 80m/m_Socket Head Cap Bolt	2
070	J043005-Y3	M8 × P1.25 × 25m/m_Flat Head Countersink Bolt	4
071	P090116-A1	Motor Bottom Cover	1
073	J377105-Y3	Ø5 × 16m/m_Tapping Screw	9
074	J396804-Y3	Ø3.5 × 12m/m_Sheet Metal Screw	2
075	J139111-Y3	1/2" × UNC12 × 8.0T_Nyloc Nut	4
076	J139011-Y3	3/8" × UNC16 × 7.0T_Nyloc Nut	3
077	J139062-Y3	5/16" × UNC18 × 7.0T_Nyloc Nut	8
078	J139261-Y3	M8 × P1.25 × 7.0T_Nyloc Nut	1
079	J260001-Y3	Ø10 × 2.0T_Split Washer	4
080	J260007-Y3	Ø8 × 1.5T_Split Washer	6
081	J260008-Y3	Ø5 × 1.5T_Split Washer	4
082	J210003-Y3	Ø19 × Ø10 × 1.5T_Flat Washer	4
083	J210008-Y3	Ø10 × Ø25 × 2.0T_Flat Washer	4
084	J210005-Y3	Ø8 × Ø18 × 1.5T_Flat Washer	4
085	P060206-A1	Nylon Washer (B)	2
086	P060221-A1	Nylon Washer (A)	5
087	B130016-Z1	Ø25 × Ø20 × Ø16 × Ø5 × 4.5H × 1.1T_Concave	8
088	J270001-Z1	M5_Star Washer	5
089	J367114-Y3	Ø5 × 19m/m_Tapping Screw	4
090	J330014-Z1	13L_Wrench	1
091	J386904-Y3	Ø4 × 12m/m_Sheet Metal Screw	12
092	B133000-Z1	Belt Guide	2
093	J367105-Y3	Ø5 × 16m/m_Tapping Screw	28
095	K060031	Cylinder	1
096	J043010-Y3	M8 × P1.25 × 50m/m_Flat Head Countersink Bolt	4
098	J011007-Y3	3/8" × UNC16 × 1-3/4" Hex Head Bolt	1

Key	Part	Part Description	Q'ty
099	J010501-Y3	5/16" × UNC18 × 1/2" Hex Head Bolt	8
100	J210005-Y3	Ø8 × Ø18 × 1.5T Flat Washer	8
101	P040134-A1	30 × 30m/m Square End Cap	2
102	J330051-Y3	M5 Allen Wrench Head Screw Wrench	1
103	J330002-Y3	M6 L Allen Wrench	1
104	N020007A	Lubricant	1
105	P060018-A1	Adjustment Foot Pad	2
106	P040041-A1	21.8 × 21.8m/m Square End Cap	2
107	P040040-A1	25.4 × 25.4m/m Square End Cap	1
111	J536805-Y3	Ø3.5 × 16m/m Tapping Screw	7
112	P060281	Wire Tie Mount	7
113	CRP010105-IE-04	Top Motor Cover Plate	1
116	J547003-Z1	Ø3 × 10m/m Sheet Metal Screw	2
125	J020502-Y3	5/16" × UNC18 × 3/4" Button Head Socket Bolt	8
126	J092003-Y3	M5 × P0.8 × 15m/m Phillips Head Screw	6
128	J092001-Y3	M5 × P0.8 × 10m/m Phillips Head Screw	4
135	J527014L-Y3	Ø3 × 75m/m Sheet Metal Screw	2
140	J386915-Y3	Ø4 × 19m/m Sheet Metal Screw	4
143	D090505-01	W/Receiver, HR	1
151	E090001	400m/m Audio Cable	1
154	J013520T1-Y3	M10 × P1.2 × 63m/m Hex Head Bolt	1
155	J139361-Y3	M10 × P1.2 × 8.0T Nyloc Nut	1
156	P060619-A1	Ø25 × Ø25 × 15T Rubber Foot Pad	2
157	P060264-A1	26.5 × 6 × 10T Rubber Foot Pad	1
158	B021006-T23	Incline Motor Cover	1
159	J080040-Y3	Ø4 × 6m/m Phillips Head Trilobular Screw	2
160	B070005-T23	Controller Back Plate	1
161	J397002-Y3	Ø3 × 8m/m Sheet Metal Screw	2
162	E050203-01	1000m/m Speed Adjustment Switch W/Cable	1
162-01	E030038	1000m/m Handpulse Wire (Upper)	1
163	E050253	1000m/m Incline Adjustment Switch W/Cable	1
163-01	E030038-01	1000m/m Handpulse Wire (Upper)	1
164	E040005	1000m/m Ground Wire	1
168	P060574B-DA	Rubber Foot	2
169	E030129-01	500m/m Connecting Cable	1

TROUBLESHOOTING

ERROR MESSAGES

- E0:** Safety switch is open. The safety switch has malfunctioned or is intermittent.
- E2:** Treadmill is overloaded, and the protection device of the controller is activated. Check if the tread belt has shifted and movement is obstructed. Check if lubrication is sufficient, the friction is high. The bearings in the belt rollers could be worn.
- E4:** Abnormal voltage between motor terminals. Motor cable is not properly connected.
- E5:** Communication between console and controller is disconnected. Check if console and drive board are connected properly with connecting cable is free from damage.
- E6:** Controller is defective. Controller component malfunction.
- Er:** Incline malfunction. Check if incline cables connected properly. Check if incline mechanism is stuck or defective. Perform calibration procedure.

Engineering Mode

1. In Idle mode pull off the safety key; the display shows E0.
2. Pressing and hold PROGRAM key and replace the safety key, the unit enters engineering mode.
3. Press the Clear/Set key to change the set value and use SPEED and INCLINE UP/DOWN keys to make selection.
 - i. At first is Metric/English selection for km/h or mph readings. Press Clear/Set after setting
 - ii. Then it follows with "0" and "1" being displayed. "0" is to switch off the audible beep sound; "1" is to switch it on. Press Clear/Set after setting.
 - iii. The wheel size is set at 60. Press Clear/Set after setting.
 - iv. Minimum speed is set at 5 for speed 0.5. Press Clear/Set after setting.
 - v. Maximum speed is set at 120 for speed 12. Press Clear/Set after setting.
 - vi. Incline level is set at 10 for level 10 or 12 for level 12. Press Clear/Set after setting.
4. Press the START key to enter automatic calibration.
5. The console returns to idle mode when calibration is completed.

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.

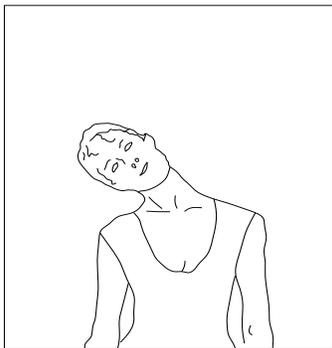
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one-minute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

STRETCHING

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. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

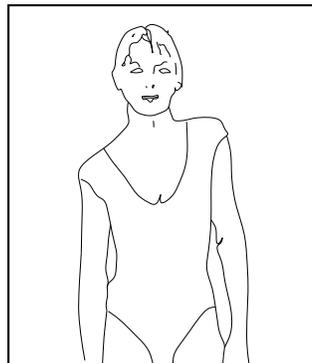
HEAD ROLLS

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.



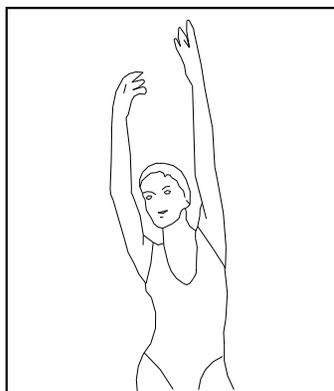
SHOULDER LIFTS

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.



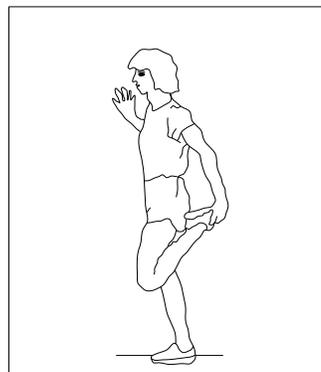
SIDE STRETCHES

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.



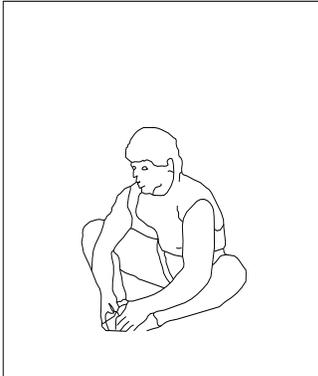
QUADRICEPS STRETCH

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.



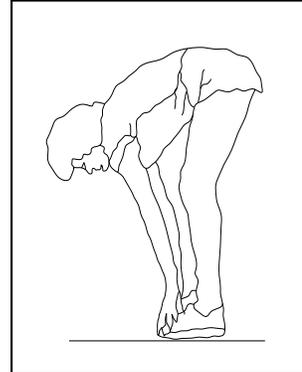
INNER THIGH STRETCH

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.



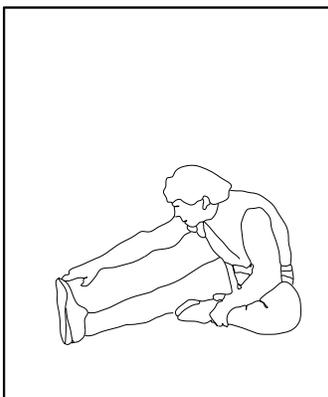
TOUCHES

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.



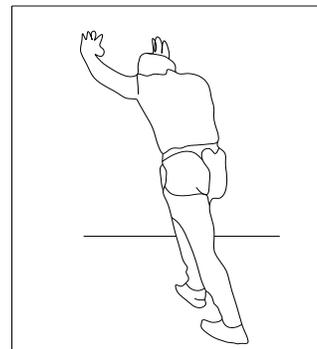
HAMSTRING STRETCHES

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



CALF / ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep toward 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 counts.



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	5 Years

The consumer is responsible for the items listed below:

1. The warranty registration must be completed. Visit us at www.dyaco.ca and complete the registration 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

SOLE
FITNESS

solefitness.ca

X XTERRA

xterrafitness.ca

EVERLAST

dyaco.ca/products/everlast.html

UFC

dyaco.ca/UFC/UFC-home.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