

fuel

FITNESS



User's Manual

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IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this appliance.

DANGER - To reduce the risk of electric shock disconnect your treadmill from the electrical outlet prior to cleaning and/or service work.

WARNING-To reduce the risk of burns, fire, electric shock, or injury to persons, install the treadmill on a flat level surface with access to a 220~240-volt, 10-amp grounded outlet with only the treadmill plugged into the circuit.

DO NOT USE AN EXTENSION CORD UNLESS IT IS A 14AWG OR BETTER, WITH ONLY ONE OUTLET ON THE END: DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPROPER ADAPTERS, OR IN ANY WAY MODIFY THE CORD SET.

A serious shock or fire hazard may result along with computer malfunctions. See Grounding Instructions

- Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- Do not block the rear of the treadmill. Provide a minimum of 3 1/2 feet clearance between the rear of the treadmill and any fixed object.
- Keep children away from the treadmill. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the treadmill if it has a damaged cord or plug. If the treadmill is not working properly, call your dealer.
- Keep the cord away from heated surfaces.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- To disconnect, turn all controls to the off position, remove tether cord, then remove the plug from the outlet.
- Do not attempt to use your treadmill for any purpose other than for the purpose it is intended.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Use handrails provided; they are for your safety.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
- Please verify and make sure safety key functions properly before using the treadmill. Always wear the safety key clip while in use.
- For energy savings, always unplug the power cord when treadmill is not in use.

Remove tether cord after use to prevent unauthorized treadmill operation.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT ELECTRICAL INSTRUCTIONS

WARNING!

NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. As with any appliance with a large motor, the GFCI will trip often. 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.

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. The maximum operating temperature specification is 40 degrees c, and humidity is 95% non-condensing (no water drops forming on surfaces).

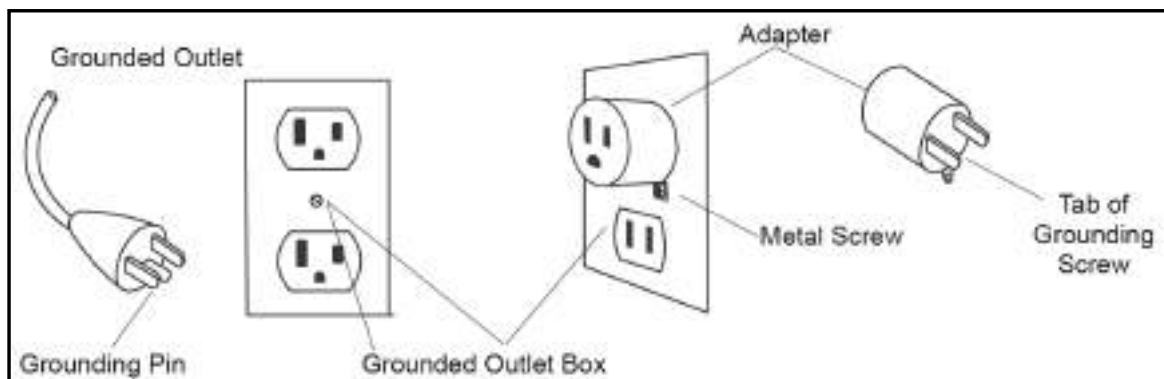
Circuit Breakers: Some circuit breakers used in homes are not rated for high inrush currents that can occur when a treadmill is first turned on or even during use. If your treadmill is tripping the house circuit breaker (even though it is the proper current rating) but the circuit breaker on the treadmill itself does not trip, you will need to replace the home breaker with a high inrush type. This is not a warranty defect. This is a condition we as a manufacture have no ability to control. This part is available through most electrical supply stores. Examples: Grainger part # 1D237, or available online at www.squared.com part # QO120HM.

GROUNDING INSTRUCTIONS

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.

This product is for use on a nominal 220~240-volt circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet, (shown below) can be installed by a qualified electrician. The green colored rigid earlug, or the like, extending from the adapter, must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.



IMPORTANT OPERATION INSTRUCTIONS

- **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 speed 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. Unplug the treadmill during an electrical storm as a precaution.
- 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. treadmills start 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. If you feel the buttons are not functioning properly with normal pressure contact your dealer.

IMPORTANT SAFETY INSTRUCTIONS

A safety tether cord is provided with this unit. It is a simple magnetic design that should be used at all times. It is for your safety should you fall or move too far back on the tread-belt. Pulling this safety tether cord will stop tread-belt movement.

To Use:

1. Place the magnet into position on the red portion of the console control head between the Start and Stop keys. Your treadmill will not start and operate without this. Removing the magnet also secures the treadmill from unauthorized use.
2. Fasten the plastic clip onto your clothing securely to assure good holding power.
Note: The magnet has strong enough power to minimize accidental, unexpected stopping. The clip should be attached securely to make certain it does not come off. Be familiar with its function and limitations. The treadmill will stop, depending on speed, with a one to two step coast anytime the magnet is pulled off the console. Use the red Stop / Pause switch in normal operation.

Safety hints

IMPORTANT: THIS UNIT IS INTENDED FOR HOUSEHOLD USE ONLY

SAFETY PRECAUTIONS

Thank you for purchasing our product. Even though we go to great efforts to ensure the quality of each product, occasional errors and/or omissions do occur. In any event should you find this product to be defective or missing a part please contact our Customer Service Department.

Your treadmill was designed and built for optimum safety. However, certain precautions apply whenever you use your treadmill. Be sure to read the manual before assembly and operation.

Also, please note the following safety precautions:

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

1. Read OWNER OPERATING MANUAL and all accompanying literature and follow it carefully before using your treadmill.
2. 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.
3. Never leave the treadmill unattended when plugged in. Unplug from the outlet when not in use and before removing or replacing parts.
4. 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.
5. 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.
6. Fitness equipment must always be installed and used on a flat surface. Do not use outdoors or near water.
7. Do not insert any objects into any openings.
8. Keep children and pets away from this equipment at all times while exercising.
9. Handicapped individuals should have medical approval and close supervision when using this treadmill.
10. Do not place hands or feet under the treadmill. Always keep hands and legs off of the treadmill when others are using it.
11. Never turn on treadmill while standing on treadbelt. Always return the treadmill to slow speed to provide for safe dismount and low speed restart.
 - a-To disconnect, turn all controls to the off position, then remove plug from outlet.
 - b-Use the treadmill only for it is intended use as described in this manual.
 - c-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.
 - d-Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed.
 - e-Start your program slowly and very gradually increase your speed and distance.
 - f-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.
 - g-Do not walk or jog barefoot, in stocking feet or loose fitting shoes or slippers.
 - h-Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques.
12. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
13. The appliance is not to be used by children or persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction
14. Children being supervised not to play with the appliance

WARNING: Before beginning any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing 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.

CAUTION!! Please be careful when opening this unit.

Introduction

The treadmill has been designed and constructed to provide trouble free usage and enjoyable exercise. You can greatly improve your understanding and benefits of exercising by carefully reading the instructions given in this manual. Please familiarize yourself with the maintenance advice provided for you.

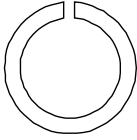
Specifications

- Drive Motor: 1.5 hp
- Speed Range: 1 – 18 kmph
- Running Surface: 510 m/m x 1400 m/m
- Incline Level: 0-10 Levels
- Folding Design: YES

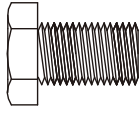


MAX.USER WEIGHT 130 KGS

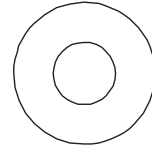
Assembly Pack Check List



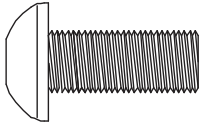
80. $\text{Ø}8 \times 1.5\text{T}$
Split Washer (4pcs)



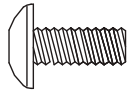
99. $5/16" \times \text{UNC}18 \times 1/2"$
Hex Head Bolt (8pcs)



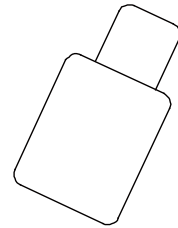
100. $\text{Ø}8 \times \text{Ø}18 \times 1.5\text{T}$
Flat Washer (8pcs)



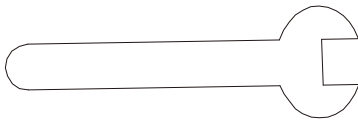
125. $5/16" \times \text{UNC}18 \times 3/4"$
Button Head Socket Bolt (8pcs)



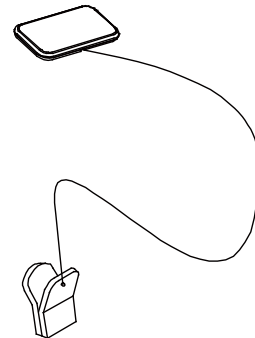
128. $\text{M}5 \times \text{P}0.8 \times 10\text{L}$
Phillips Head Screw (4pcs)



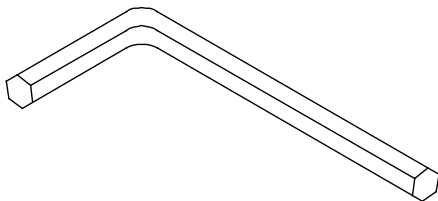
104. Lubricant (1pc)



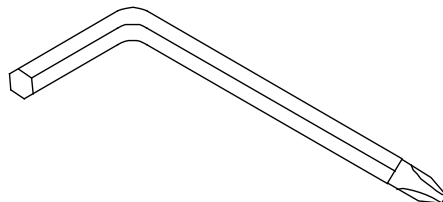
90. 13L_Wrench (1pc)



44. Square Safety Key (1pc)



103. $\text{M}6 (66 \times 86)$
L Allen Wrench (1pc)

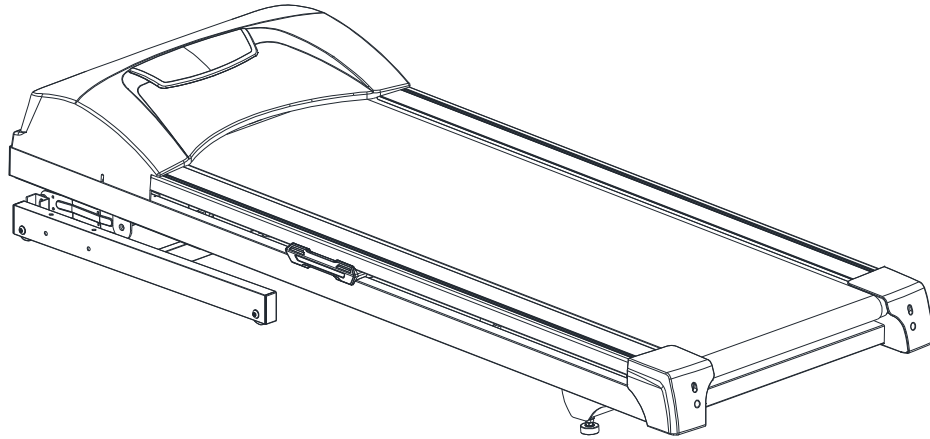


102. Combination $\text{M}5$ Allen Wrench &
Phillips Head Screw Driver (1pc)

Assembly Instructions

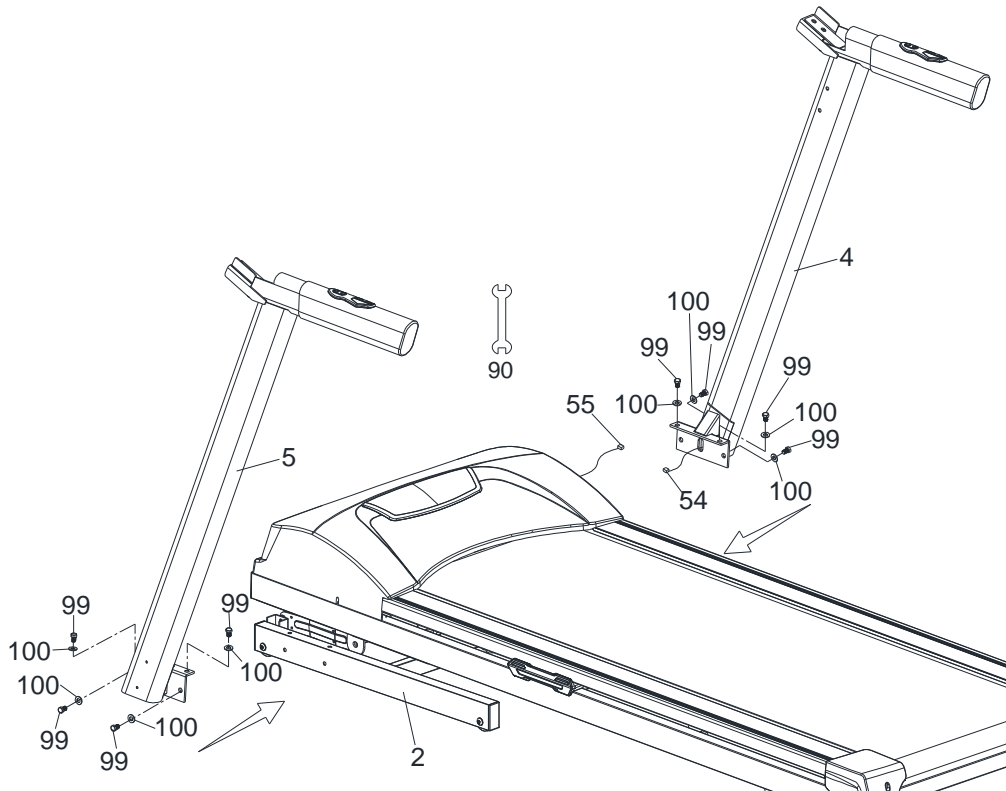
Step 1.

Take out the treadmill from the carton and lay it aside on the smooth ground.



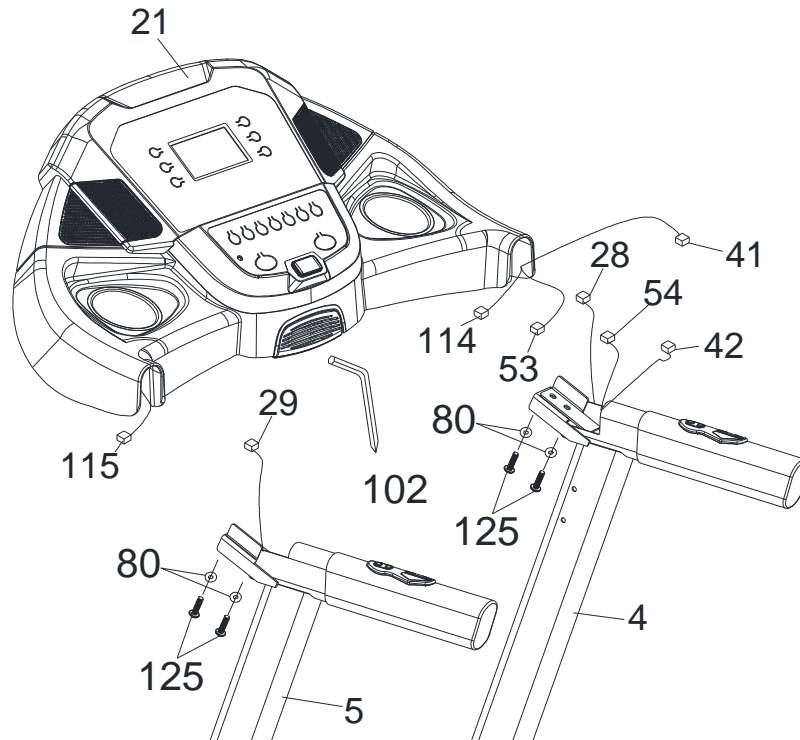
Step 2.

Connect Computer Cable (Middle) (54) with Computer Cable (Lower) (55) then insert Right and Left Uprights (4) and (5) into the Frame Base (2) and use 13m/m Wrench (90) to tighten 8 pcs of 5/16" x UNC18 x 1/2" Hex Head Bolts (99) and 8pcs of Ø8 x Ø18 x 1.5T Flat Washers (100).



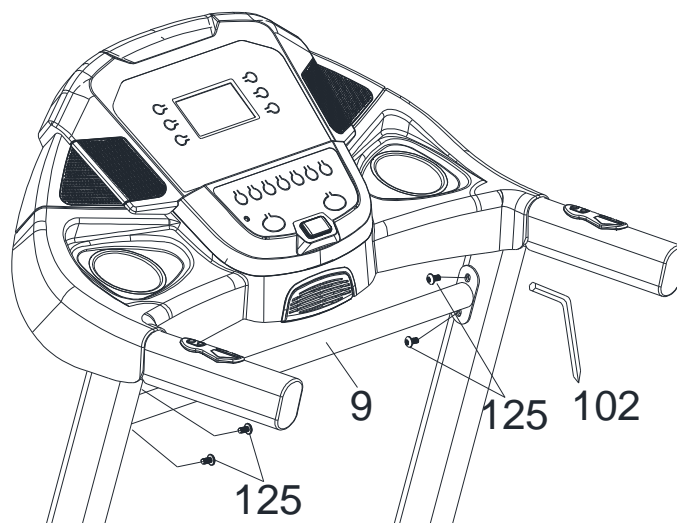
Step3.

1. Connect the Computer Cable (Middle) (54) and Computer Cable (Upper) (53).
2. Connect the Speed Cable (Upper) (114) and Speed/Hand Pulse Complex (28).
3. Connect the Incline Cable (Upper) (115) and Incline/Hand Pulse Complex (29).
4. If there is HR receiver, connect Connecting Cable (Upper) (41) and Connecting Cable (Lower) (42).
5. Insert Console Assembly (21) into right and left Uprights (4) and (5) and secure with 4 pcs of 5/16" x UNC18 x 3/4" _ Button Head Socket Bolts (125) with 4 pcs of Ø8 x 1.5T Split Washers by using Combination M5 Allen Wrench & Phillips Head Screw Driver (102).



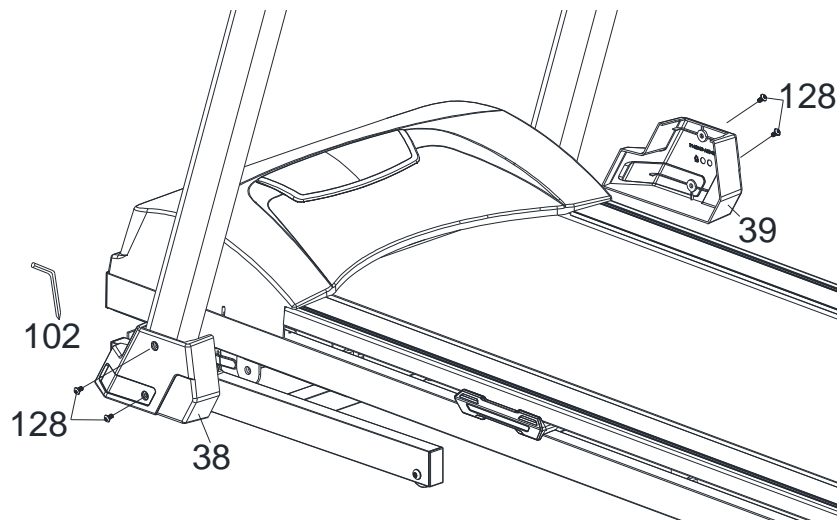
Step4.

Install Handrail Support (9) between left and right Uprights (5) and (4) and use Combination M5 Allen Wrench & Phillips Head Screw Driver (102) to tighten 4 pcs of 5/16" x UNC18 x 3/4" _ Button Head Socket Bolts (125).



Step5.

Install Frame Base Cover (L) and (R),(38) and (39) on the Frame Base and secure with 4 pcs of M5 × P0.8 × 10L Phillips Head Screws (128) by using Combination M5 Allen Wrench & Phillips Head Screw Drive (102).



NOTE: Please Tighten All Screws After All Components Assembly Complete.

FOLDING INSTRUCTIONS

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.

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.

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

■ FT94 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 treadmill will then enter idle mode, which is the starting point for operation.



QUICK-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 **QUICK SPEED** keys **3,6,9** 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 **QUICK SPEED** keys 3,6,9.
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 and a workout summary will be displayed. If the **STOP** key is pressed a third time, the console will return to the idle mode (start up) screen.

INCLINE FEATURE

- Incline may be adjusted anytime after belt movement.
- Press the **INCLINE ▲ / ▼** keys to achieve desired level of effort. Three Quick access key of 3, 6 and 9 are also available to adjust the incline percent. The incline range is from 0 to 10 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.

PROGRAMMABLE FEATURES

The FT94 Treadmill provides 24 programs(P1,P2,P3.....P24). Fourteen of them (P1-P14)have only preset speed program while the last 10 (P15-24) have combinational speed and incline both programmed. Be aware of the last 10 programs which are designed for the advanced users so that children under age of 16 are not recommended.Each program has its specific speed variations.

TO SELECT AND START A PRESET PROGRAM

1. Make sure the machine is in the stop position, single press 'STOP to enter into resetting state. Press 'MODE' to choose desired program (P1,P2,P24), then press and release 'START' to begin the program with default values.
2. Each program will continue 30 minutes. This is preset values. After every one minute during the program, the program and speed can be altered manually or automatically. 3 Seconds before the ending of program a buzzer will sound three times, then the running belt will come to a stop.

HRC PROGRAM

1. Choose HRC program and then press START to begin workout. All parameters will be counted with preset values.
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.

MODE	TIME	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
		P-1	1	3	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
P-2	1	3	3	3	3	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	2	2	2	1	1	
P-3	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2		
P-4	2	6	6	6	6	6	6	6	4	4	4	4	4	4	4	5	5	5	5	5	5	5	5	3	3	3	3	3	3	1		
P-5	3	4	6	8	10	8	6	4	2	2	2	4	6	8	10	8	6	4	2	2	2	4	6	8	10	8	6	4	2	2		
P-6	3	6	6	6	6	6	6	6	7	7	7	7	7	7	7	6	6	6	6	6	6	6	6	3	3	3	3	3	3	1		
P-7	4	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2		
P-8	4	5	5	5	6	6	6	8	8	8	5	5	5	6	6	6	9	9	9	5	5	5	5	9	9	9	6	6	5	5		
P-9	5	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2		
P-10	6	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2		
P-11	6	6	7	7	7	8	8	8	8	9	9	9	9	9	8	8	8	8	9	9	9	8	8	8	8	9	9	9	8	8	8	
P-12	7	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1		
P-13	8	4	6	8	6	6	4	4	2	2	1	4	6	8	6	6	4	4	2	2	1	4	6	8	6	6	4	4	2	2		
P-14	9	9	9	8	8	8	8	8	7	7	7	7	6	6	6	6	5	5	5	5	5	4	4	4	4	3	3	2	2	1	1	
P15	spd	3	4	5	6	5	6	6	5	4	2	1	2	3	6	7	6	6	5	4	2	6	5	3	6	4	3	6	5	4	2	
	inc	3	4	5	6	3	4	5	6	5	4	3	4	5	6	3	4	5	6	3	4	3	4	5	6	3	4	5	6	5	4	
P16	spd	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	
	inc	2	4	6	8	10	12	10	8	6	4	2	4	6	8	10	12	10	8	6	4	2	4	6	8	10	11	10	8	6	4	
P17	spd	5	5	3	3	3	9	9	9	9	7	7	7	6	6	9	9	9	9	5	5	5	7	7	7	7	6	6	6	6	6	
	inc	3	7	7	9	11	9	7	7	3	3	3	7	7	9	11	9	7	7	3	3	3	7	7	9	11	9	7	7	3	3	
P18	spd	1	2	6	6	8	10	6	6	2	2	1	2	6	6	8	10	6	6	2	2	1	2	6	6	8	10	6	6	2	2	
	inc	7	5	3	5	9	4	2	4	6	8	10	12	1	2	3	4	5	6	7	8	9	2	1	2	1	2	1	1	2	0	
P19	spd	2	3	4	5	2	3	4	5	3	2	1	3	4	5	2	3	4	5	3	2	1	3	4	5	2	3	4	5	3	2	
	inc	3	1	2	3	4	4	3	2	1	0	1	1	2	3	4	4	3	2	1	0	1	1	2	3	4	4	3	2	1	0	
P20	spd	3	4	6	2	4	6	2	4	6	2	1	4	6	2	4	6	2	4	6	2	1	4	6	2	4	6	2	4	6	2	
	inc	1	3	5	7	9	11	9	7	5	3	1	3	5	7	9	11	9	7	5	3	1	3	5	7	9	11	9	7	5	3	
P21	spd	2	3	3	3	3	3	3	3	4	4	4	4	4	4	4	5	5	5	5	5	5	5	5	6	6	6	6	6	7	7	
	inc	0	3	3	3	3	3	3	3	6	6	6	6	6	6	6	10	10	10	10	10	10	10	10	10	10	10	10	10	0	0	
P22	spd	2	4	4	4	4	4	4	4	6	6	6	6	6	6	6	8	8	8	8	8	8	8	8	8	5	5	5	5	5	3	3
	inc	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	
P23	spd	2	4	4	4	4	4	4	4	6	6	6	6	6	6	6	8	8	8	8	8	8	8	8	6	6	6	6	6	5	5	
	inc	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	
P24	spd	3	4	4	4	4	4	4	7	7	7	7	7	7	7	7	12	12	12	12	12	12	12	12	3	3	3	3	3	3	1	
	inc	0	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	0	

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.

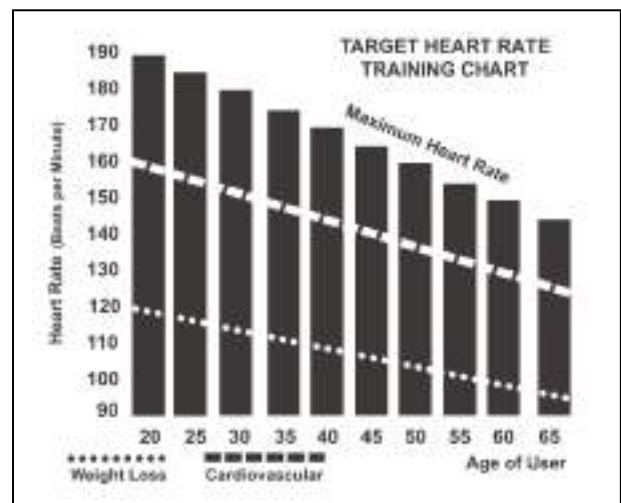
To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum Heart rate (MHR) for someone of your age. To determine the effective heart rate range 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 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:

$220 - 40 = 180$ (maximum heart rate)
 $180 \times .6 = 108$ beats per minute (60% of maximum)
 $180 \times .8 = 144$ 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 treadmills 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 know 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

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, 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 bed 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.**

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 6 mm Allen wrench (132) provided in the parts package. The adjustment bolts are located at the end of the step rails as shown in the diagram below. Note: Adjustment is through small hole in end cap. Tracking / Tension Adjustment Tracking / Tension Adjustment

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.

NOTE: Adjustment is through small hole in end cap.



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.

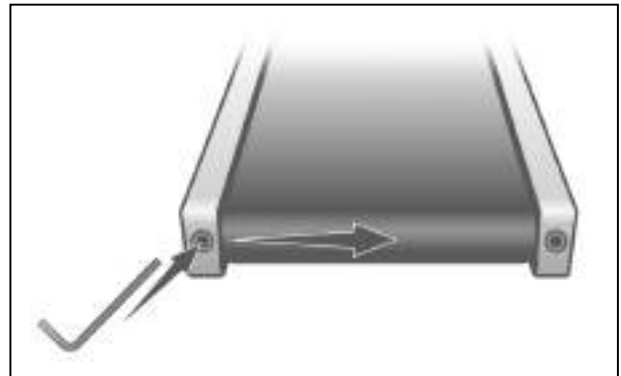
TREAD-BELT TRACKING ADJUSTMENT

The 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 counter-clockwise. 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 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.



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 FUEL Fitness approved 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 catastrophic failure of these expensive 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, follow the procedure below even though the “Lube” indicator isn't lit on the console. Otherwise, lubricate when the console's lubrication reminder lights after 90 hours of use. 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.
6. Note: If the “Lube” message appears on the console, perform the following procedure to reset the message:

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 AC household wall outlet. 4. Household circuit breaker may be tripped. 5. Treadmill defect. Contact your dealer.
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	<ol style="list-style-type: none"> 1. If the belt moves, but stops after a short time and the display shows "LS", run calibration. 2. If you press start and the belt never moves, then the display shows LS, contact service.
Treadmill will only achieve approximately 7 mph but shows higher speed on display	<p>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 16 gauge minimum. Low household voltage. Contact an electrician or your dealer. A minimum of 220 V AC current is required.</p>
Tread-belt stops quickly/suddenly when tether cord is pulled	<p>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 flipped if it is on its original side</p>
Treadmill trips on board 10 amp circuit	<p>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 flipped if it is on its original side</p>
Computer shuts off when console is touched (on a cold day) while walking/running	<p>Treadmill may not be grounded. Static electricity is "crashing" the computer. Refer to Grounding Instructions on page 3.</p>
Circuit breaker trips, but not the treadmill circuit breaker	<p>Need to replace the house breaker with a "High In-rush current" type breaker (see page 3 for details)</p>

ERROR MESSAGES

E0: Safety open. Safety switch malfunction or intermittence.

E1: No speed signal is received. Please make sure the front roller pulley is with the magnet with the gap between the magnet and the sensor less than 3mm.

E2: Treadmill is overloaded and the protection device of the controller is activated. Check if the tread belt has been shifted. Check if lubrication is sufficient, the resistance is high. Is high. Is the bearing worn? Is the circuit over heated?

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 damaging.

E6: Controller is defective. Controller component malfunction.

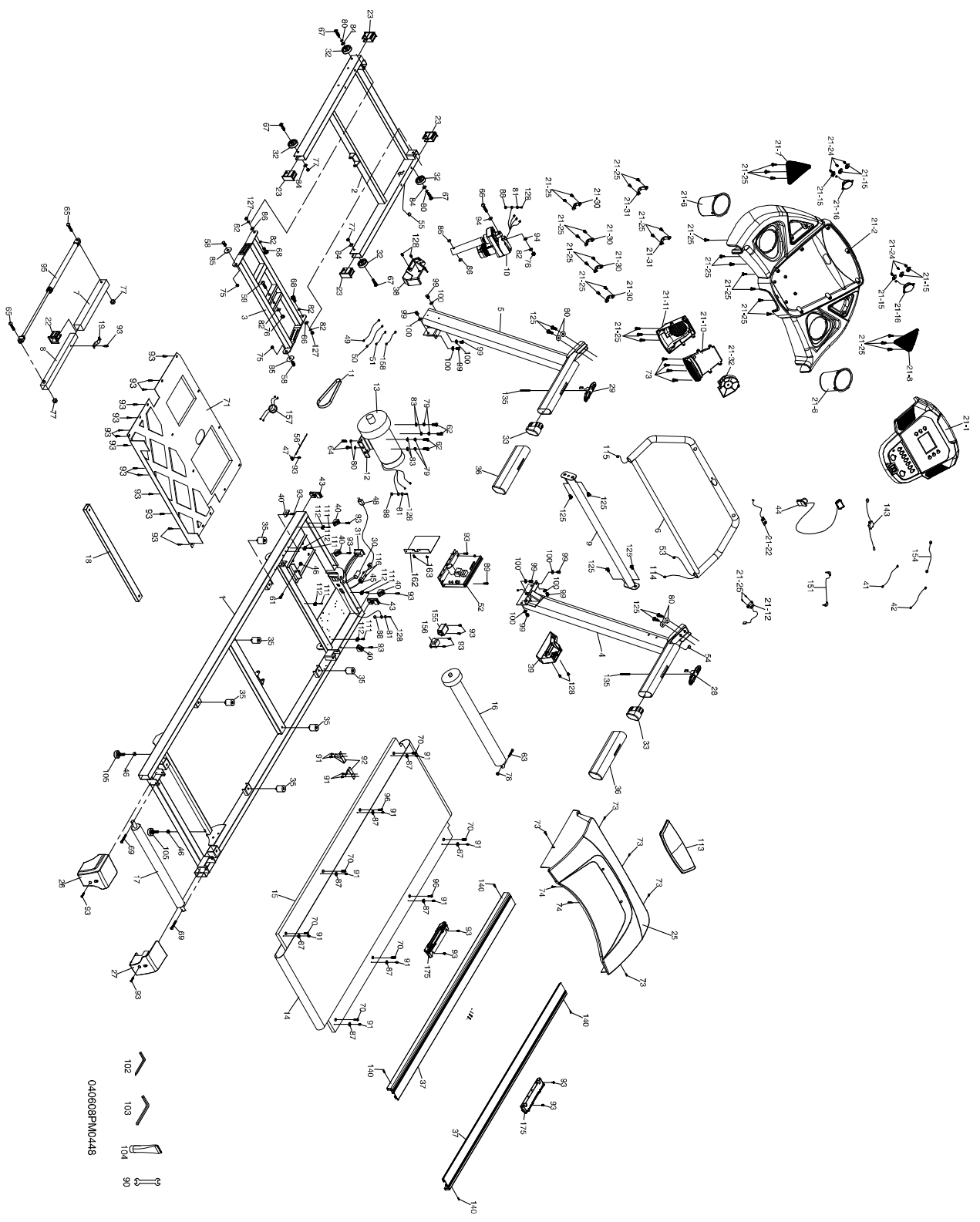
ER: Incline malfunction. Check if incline cables connected properly. Check if incline mechanism is stuck or defective. Is calibration done? Is there is still E3 showing after calibration?

CALIBRATION PROCEDURE

In ready mode, pulling off the safety key. The display shows E0. Pressing and hold MODE key then utting on the safety key, the unit enters engineering mode.

1. Press **CLEAR/SET** key to change the set value (wheel size 60, Speed units (km), minimum speed 1.0km, maximum speed 18kh, incline level 10).
2. When finish setting, press **CLEAR/SET** key to enter calibration mode the press START key to run speed and incline calibration. The unit returns to ready mode automatically when calibration ends
3. Please do not change the engineering mode setting values otherwise the speed or the incline value alters.

EXPLODED VIEW DIAGRAM



PARTS LIST

Part Number	Part Description	Qty per unit
1	Main Frame	1
2	Frame Base	1
3	Incline Bracket	1
4	Right Upright	1
5	Left Upright	1
6	Console Support	1
7	Outer Slide	1
8	Inner Slide	1
9	Handrail Support	1
10	Incline Motor	1
11	Drive Belt	1
12	Motor Bracket	1
13	Drive Motor	1
14	Running Belt	1
15	Running Deck	1
16	Front Roller W/Pulley	1
17	Rear Roller	1
18	Deck Cross Brace	1
19	Sliding Tube Spring	1
21	Console Assembly	1
21~1	Console Top Cover	1
21~2	Console Outer Cover	1
21~6	Drink Bottle Holder	2
21~7	Speaker Cover (L)	1
21~8	Speaker Cover (R)	1
21~10	Top Fan Cover	1
21~11	Bottom Fan Cover	1
21~12	500m/m_Safety Switch Module W/ Cable	1
21~15	Speaker Grill Anchor	6
21~16	600m/m_Speaker W/Cable	2
21~22	Sound Board W/Cable	1
21~24	Ø3.0 x 10L_Sheet Metal Screw	6
21~25	Ø3.5 x 12L_Sheet Metal Screw	30
21~30	Console Bracket Anchor	4
21~31	Console Bracket Anchor	2
21~32	Fan Assembly(Red)	1
22	Anti-Colliding Plug	1
23	Metal Tube End Cap	4
25	Motor Top Cover	1
26	Adjustment Base (L)	1
27	Adjustment Base (R)	1
28	300m/m_Speed/Hand Pulse Complex	1
29	300m/m_Incline/Hand Pulse Complex	1

30	Breaker	1
31	On/Off Switch	1
32	Transportation Wheel	4
33	Handgrip End Cap	2
35	Cushion	6
36	PVC Handgrip	2
37	Foot Rail	2
38	Frame Base Cover (L)	1
39	Frame Base Cover (R)	1
40	Motor Cover Anchor(D)	5
41	1000m/m_Connecting Cable (Upper)	1
42	500m/m_Connecting Cable (Lower)	1
43	Square End Cap	2
44	Square Safety Key	1
45	Power Socket	1
46	3/8" x UNC16 x 7T_Nut	3
47	Sensor Rack	1
48	Power Cord	1
49	300m/m_Connecting Wire (White)	1
50	300m/m_Connecting Wire (Black)	1
51	100m/m_Connecting Wire (Black)	1
52	Motor Controller	1
53	1200m/m_Computer Cable (Upper)	1
54	1250m/m_Computer Cable (Middle)	1
55	1200m/m_Computer Cable (Lower)	1
56	1000m/m_Sensor W/Cable	1
58	1/2" x UNC12 x 1" _Hex Head Bolt	2
59	3/8" x UNC16 x 3-1/4" _Hex Head Bolt	1
61	3/8" x UNC16 x 1-1/2" _Hex Head Bolt	1
62	3/8" x UNC16 x 3/4" _Hex Head Bolt	4
63	M8 x P1.25 x 60L _Hex Head Bolt	1
64	M8 x P1.25 x 12L _Hex Head Bolt	2
65	5/16" x UNC18 x 3" _Button Head Socket Bolt	2
66	3/8" x UNC16 x 1-3/4" _Hex Head Bolt	1
67	5/16" x UNC18 x 1-1/2" _Flat Head Socket Bolt	4
68	M10 x P1.5 x 25L _Socket Head Cap Bolt	2
69	M8 x P1.25 x 80L _Socket Head Cap Bolt	2
70	M8 x P1.25 x 25L _Flat Head Countersink Bolt	6
71	Motor Bottom Cover	1
73	Ø5 x 16L _Tapping Screw	9
74	Ø3.5 x 12L _Sheet Metal Screw	2
75	1/2" x UNC12 x 8.0T _Nyloc Nut	2
76	3/8" x UNC16 x 7.0T _Nyloc Nut	2
77	5/16" x UNC18 x 7.0T _Nyloc Nut	4
78	M8 x P1.25 x 7.0T _Nyloc Nut	1
79	Ø10 x 2.0T _Split Washer	4
80	Ø8 x 1.5T _Split Washer	8

81	Ø5 x 1.5T_Split Washer	3
82	Ø19 x Ø10 x 1.5T_Flat Washer	6
83	Ø10 x Ø25 x 2.0T_Flat Washer	4
84	Ø8 x Ø18 x 1.5T_Flat Washer	4
85	Ø50 x Ø13 x 3T_Nylon Washer (B)	2
86	Ø24 x Ø10 x 3T_Nylon Washer (A)	4
87	Ø25 x Ø20 x Ø16 x Ø5 x 4.5H x 1.1T_Concave Washer	8
88	M5_Star Washer	3
89	Ø5 x 19L_Tapping Screw	1
90	13L_Wrench	1
91	Ø4 x 12L_Sheet Metal Screw	12
92	Belt Guide	2
93	Ø5 x 16L_Tapping Screw	32
94	Nylon Washer	2
95	Cylinder	1
96	M8 x P1.25 x 50L_Flat Head Countersink Bolt	2
99	5/16" x UNC18 x 1/2" Hex Head Bolt	8
100	Ø8 x Ø18 x 1.5T_Flat Washer	8
102	Combination M5 Allen Wrench & Phillips Head Screw Driver	1
103	M6 (66 x 86)_L Allen Wrench	1
104	Lubricant	1
105	Adjustment Foot Pad	2
111	Ø3.5 x 16L_Tapping Screw	5
112	Wire Tie Mount	5
113	Top Motor Cover Plate	1
114	1000m/m_Speed Adjustment Switch W/Cable	1
115	1000m/m_Incline Adjustment Switch W/Cable	1
116	Ø3 x 10L_Sheet Metal Screw	2
125	5/16" x UNC18 x 3/4" Button Head Socket Bolt	8
127	M10 x P1.5 x 8.0T_Nyloc Nut	2
128	M5 x P0.8 x 10L_Phillips Head Screw	7
135	Ø3 x 75L_Sheet Metal Screw	2
140	Ø4 x 19L_Sheet Metal Screw	4
143	Receiver, HR	1
151	400m/m_Audio Cable	1
154	1000m/m_Ground Wire	1
155	Filter	1
156	Choke	1
157	650m/m_Connecting Cable Of Motor	1
158	200m/m_Connecting Wire (White)	1
162	Controller Back Plate	1
163	Ø3 x 8L_Sheet Metal Screw	2
175	Rubber Foot	2

Bernsport (1995) Limited
19A Orbit Drive, Albany
Auckland
New Zealand 0632

Phone 09 477 6020
Fax 09 475 6616

Website: www.bernsport.co.nz