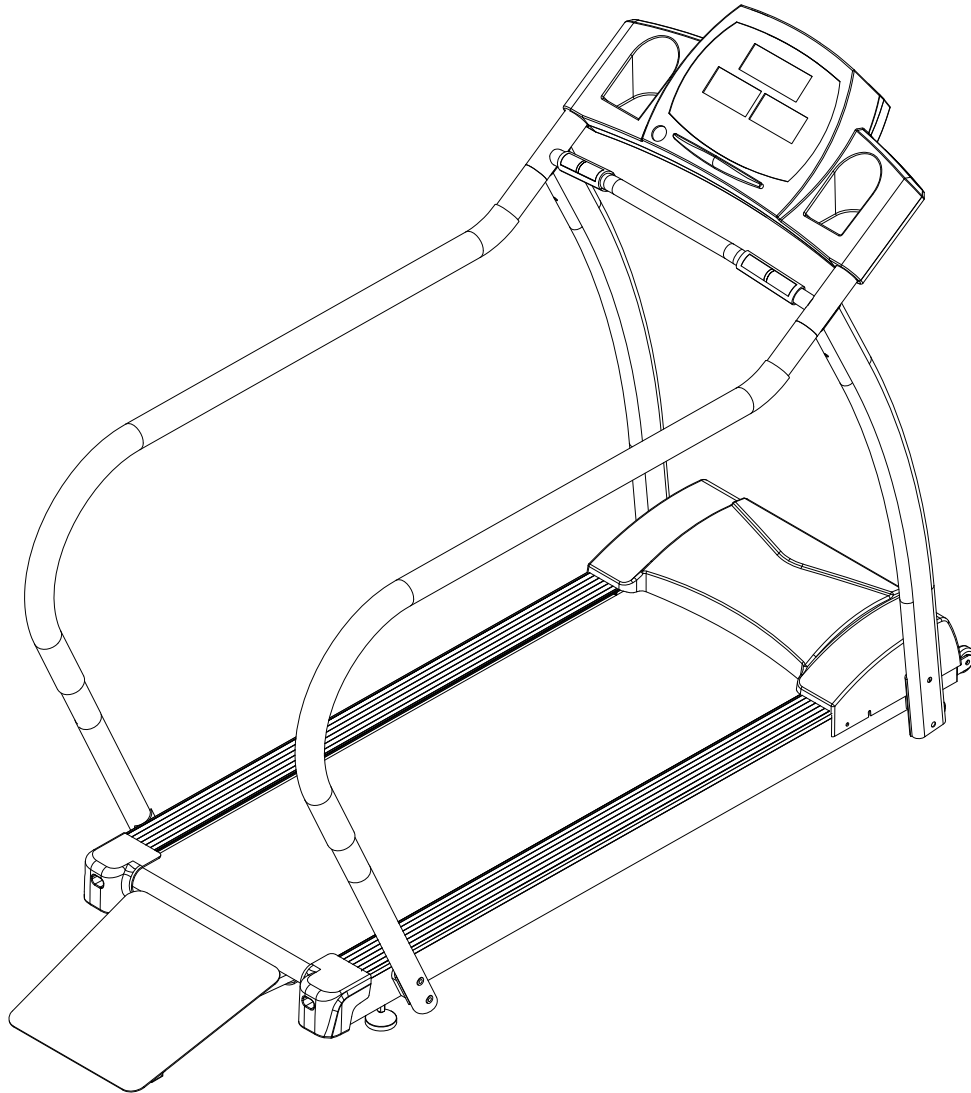




T50



Endurance® T50 Treadmill

User Manual

v. T50-082617

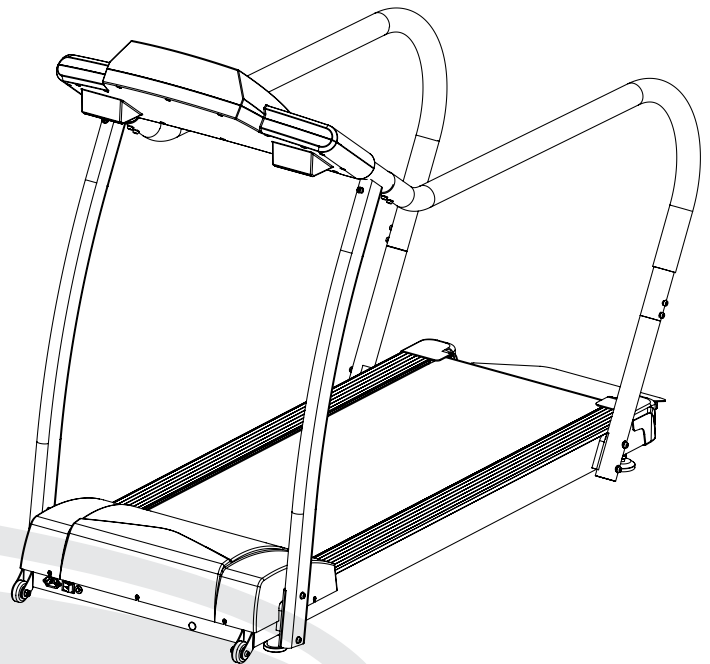
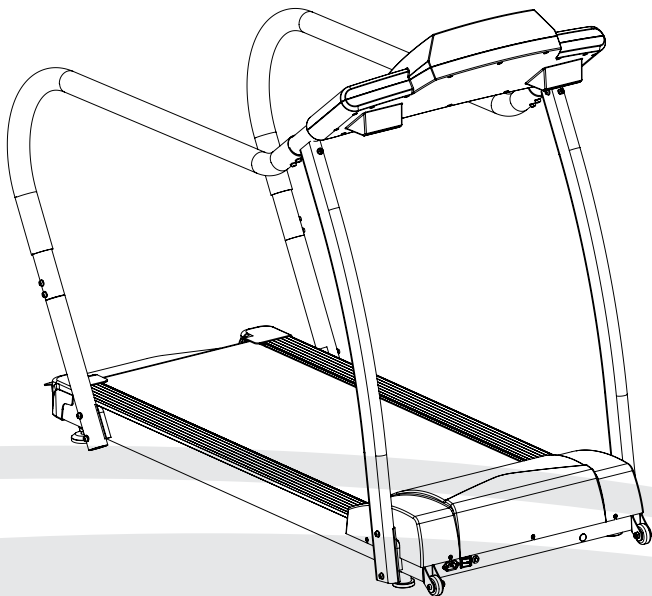
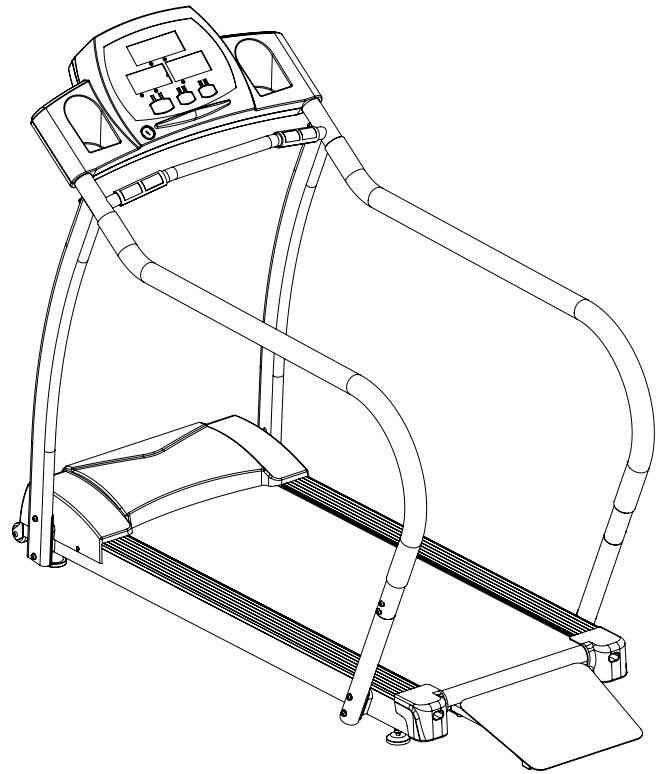
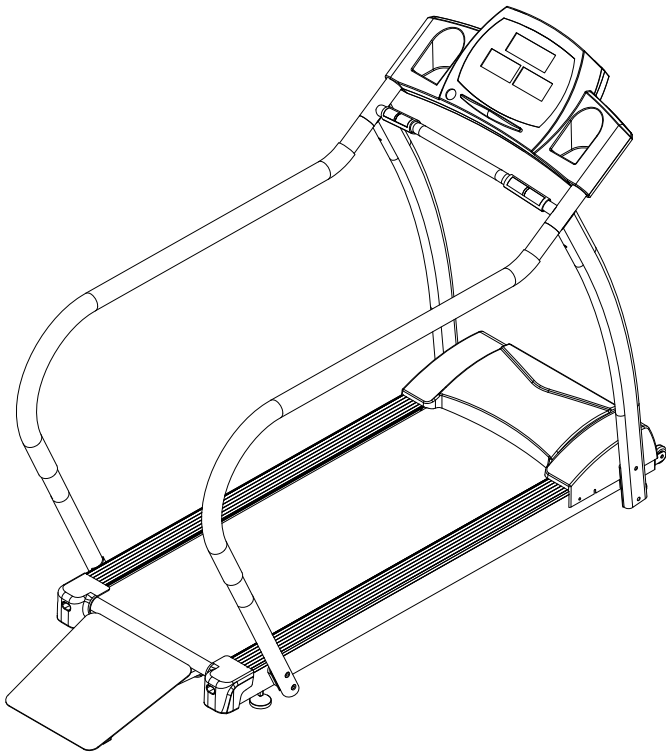
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END

Reference Drawings



Note: Due to continuing product improvements, specifications and designs are subject to change without notice. Even though we have prepared this manual with extreme care, neither the publisher nor the author can accept responsibility for any errors in, or omission from, the information given.

Before you Begin

Thank you for purchasing the Endurance T50 Treadmill.
To maximize your use of the equipment please study this Owner's Manual thoroughly.

UNPACKING THE EQUIPMENT

The T50 is carefully tested and inspected before shipment. We have shipped the unit in several pieces that require assembly. Ask for assistance during the assembly process.

CAUTION

- **Remove the Right and Left Uprights, Console and packing material carefully.**
- **Hold the treadmill on each side and lift it out from the box carefully.**
- **Position the treadmill on a flat level surface.**
- **Read the Owner's Manual carefully before attempting to assemble the treadmill.**

Endurance Equipment continually seeks ways to improve the performance, specifications and product manuals in order to ensure that only superior products are released from our factories. Please take the time to carefully read through this manual thoroughly. Instructions contained in this document are not intended to cover all details or variations possible with Endurance Equipment, or to cover every contingency that may be met in conjunction with installation, operation, maintenance or troubleshooting of the equipment. Even though we have prepared this manual with extreme care, neither the publisher nor the author can accept responsibility for any errors in, or omission from, the information given. Should additional information be required, or should situations arise that are not covered by this manual, the matter should be directed to your local Endurance Equipment representative, or the Service Department at Endurance Equipment in Forest Park, Illinois.

Any Questions?
Call (800) 556-3113

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.

When using exercise equipment, you should always take basic precautions, including the following:

- Read all instructions before using the T50. These instructions are written to ensure your safety and to protect the unit.
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause injuries.
- Wear proper exercise clothing and shoes for your workout, no loose clothing.
- Use care when getting on or off the unit.
- Do not overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate the unit after it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- Always check the unit before each use. Make sure that all fasteners are secure and in good working condition.
- Do not use the equipment outdoors or near water.

PERSONAL SAFETY DURING ASSEMBLY

- It is strongly recommended that a qualified dealer assemble the equipment. *Assistance is required.*
- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the T50 on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The T50 is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your Endurance T50.

After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.

U

Safety Guidelines

Successful cardio training programs have one prominent feature in common...safety. Cardio training has some inherent dangers, as do all physical activities. The chance of injury can be greatly reduced or completely removed by using correct running techniques, proper breathing, maintaining equipment in good working condition, and by wearing the appropriate clothing.

- **It is highly recommended that you consult your physician before beginning any exercise program. This is especially important for individuals over the age of 35, or persons with pre-existing health problems.**
- **Always warm up before starting a workout. Try to do a total body warm up before you start. It is especially important to warm up the specific muscle groups you are going to be using. This can be as simple as performing a warm up set of high repetitions and light weight for each exercise.**
- **Always wear appropriate clothing and shoes when exercising. Wearing comfortable athletic shoes with good support and loose fitting, breathable clothing will reduce the risk of injury.**
- **Maintaining equipment in proper operating condition is of utmost importance for a safe cardio training program.**
- **Read and study all warning labels on this machine. It is absolutely necessary that you familiarize yourself and all others with the proper operation of this machine prior to use.**
- **Keep hands, limbs, loose clothing and long hair well out of the way of all moving parts.**
- **Inspect the machine daily for loose or worn parts. If a problem is found do not allow the machine to be used until all parts are tightened or worn or defective parts are repaired or replaced.**

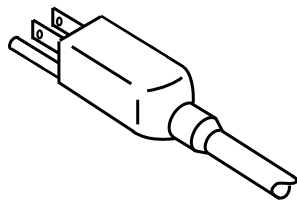
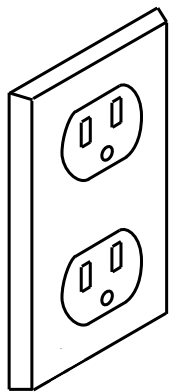
Safety Guidelines

Before beginning any exercise program, always consult with your physician. If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising and consult your physician before continuing.

GROUNDING INSTRUCTIONS

This product must be *grounded*! If the treadmill should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipment grounding conductor and a grounding plug. This plug must be inserted in an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.

The outlet selected should be a dedicated electrical circuit. It is particularly important that no sensitive electrical equipment, such as a computer or TV, share the same electrical circuit.



DANGER!

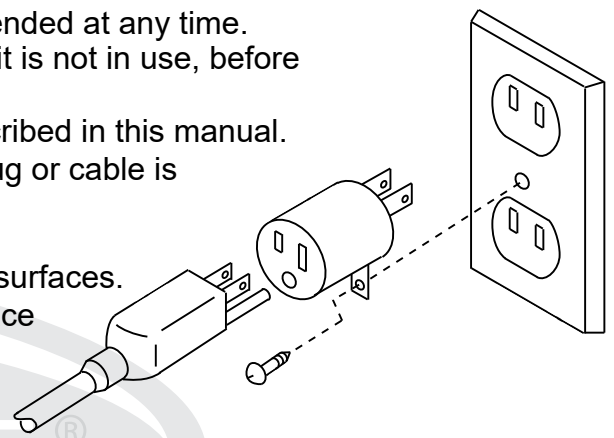
Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have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

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

ELECTRICAL SAFETY

To reduce the risk of burns, fire, electrical shock, or injury to persons, take the following precautions:

- When plugged in, do not leave the treadmill unattended at any time. Unplug the treadmill from the power source when it is not in use, before adjusting, putting on or taking off parts.
- Use this treadmill only for its intended use as described in this manual.
- Do not use this treadmill if the unit is wet or the plug or cable is damaged or the treadmill is not working properly. Do not use damaged or defective equipment.
- Keep the power cable plugged away from heated surfaces.
- Never place the power cord under carpeting or place any object on top of the power cord.
- Use only the power cord provided with this treadmill.
- To disconnect the plug, turn the switch to the off position, then remove the plug from the outlet.



Safety Guidelines

This exercise equipment is designed and built for optimum safety for home use. However, certain precautions always apply whenever you operate any exercise equipment.

Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions.

MECHANICAL SAFETY

- Inspect the equipment prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
- Replace any defective components immediately and/or keep the equipment out of use until repair.
- Do not use attachments not recommended by the manufacturer.
- Never drop or insert an object into any opening.
- Only one person may use the treadmill at a time.
- Never activate the treadmill when someone is standing on the belt.

APPROPRIATE ATTIRE

- Always wear appropriate clothing.
Do not wear loose clothing that might catch on any part of this treadmill.
- Always wear non-slippery shoes while working with the treadmill.
Do not wear shoes with heels or leather soles.
Check the soles of your shoes and remove any dirt and embedded stones.

CHILDREN AND PETS

- Most exercise equipment is not recommended for small children.
Children should not use the equipment unless they are under *strict* adult supervision.
To ensure safety, keep young children off the treadmill at all times.
- Exercise equipment has many moving parts.
In the interest of safety, keep others (especially children and pets) at a safe distance while you exercise.

FCC WARNING - POSSIBLE RADIO/TELEVISION INTERFERENCE

NOTE: This equipment has been tested and found to comply with Part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. Any changes or modifications not expressly approved by the party responsible for the compliance could void the user's authority to operate the equipment. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that the interference will not occur in a particular installation.

If this equipment does cause harmful radio interference to radio or television reception, which can be determined by turning the equipment off and on, you are encouraged to try to correct the interference by one or more of the following measures:

Class R (Residential): Private or non-commercial use

- Reorient or relocate the receiving antenna
- Increase space between the equipment
- Plug the equipment into two electrical outlet located on separate circuits
- Consult an exercise equipment dealer or an experienced radio/TV technician for help

Assembly Instructions

Assembly of the T50 takes professional installers about 1/2 hour to complete. If this is the first time you have assembled this type of equipment, plan on significantly more time.

Professional installers are highly recommended!

However, if you acquire the appropriate tools, obtain assistance, and follow the assembly steps sequentially, the process will take time, but is fairly easy.

ASSEMBLY TIPS

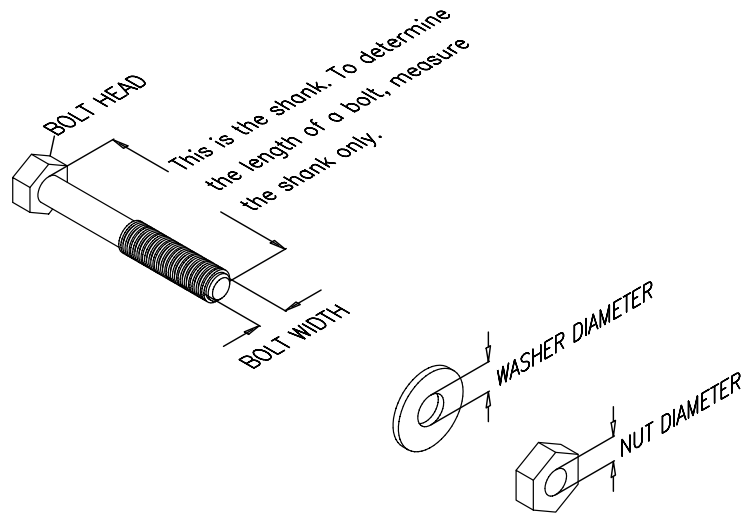
Read all “NOTES” on each page before beginning each step.

While you may be able to assemble the T50 using the illustrations only, important safety notes and other tips are included in the text.

Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

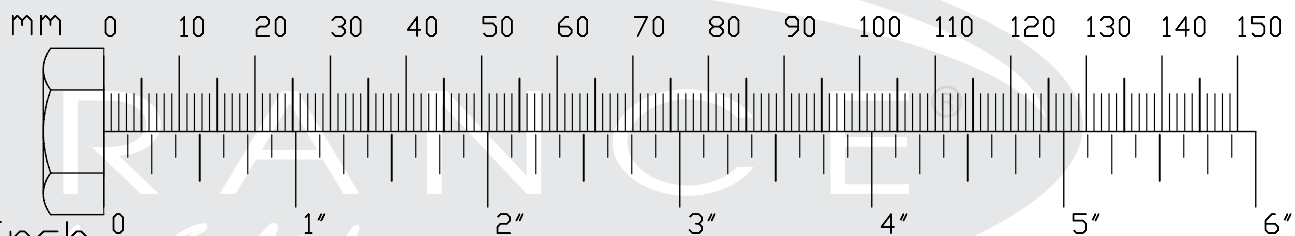
NOTE: To find out the length of a particular bolt, measure its shank (the long, narrow part beneath the head).

Refer to the following diagram:



Do not fully tighten bolts until instructed to do so.

NOTE: After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.



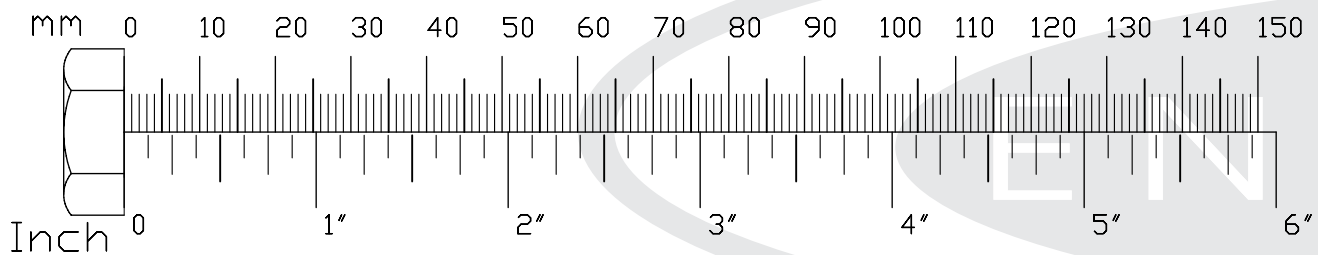
UKRAINE
by Body-Solid

Step 1

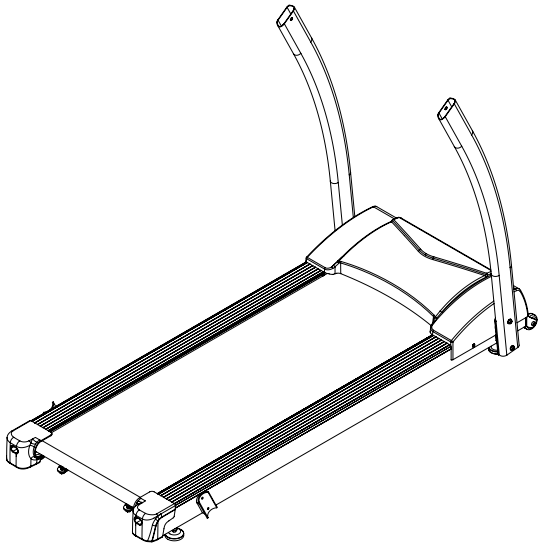
Be careful to assemble all components in the sequence they are presented.

Note: Do not fully tighten bolts until the unit is completely assembled.

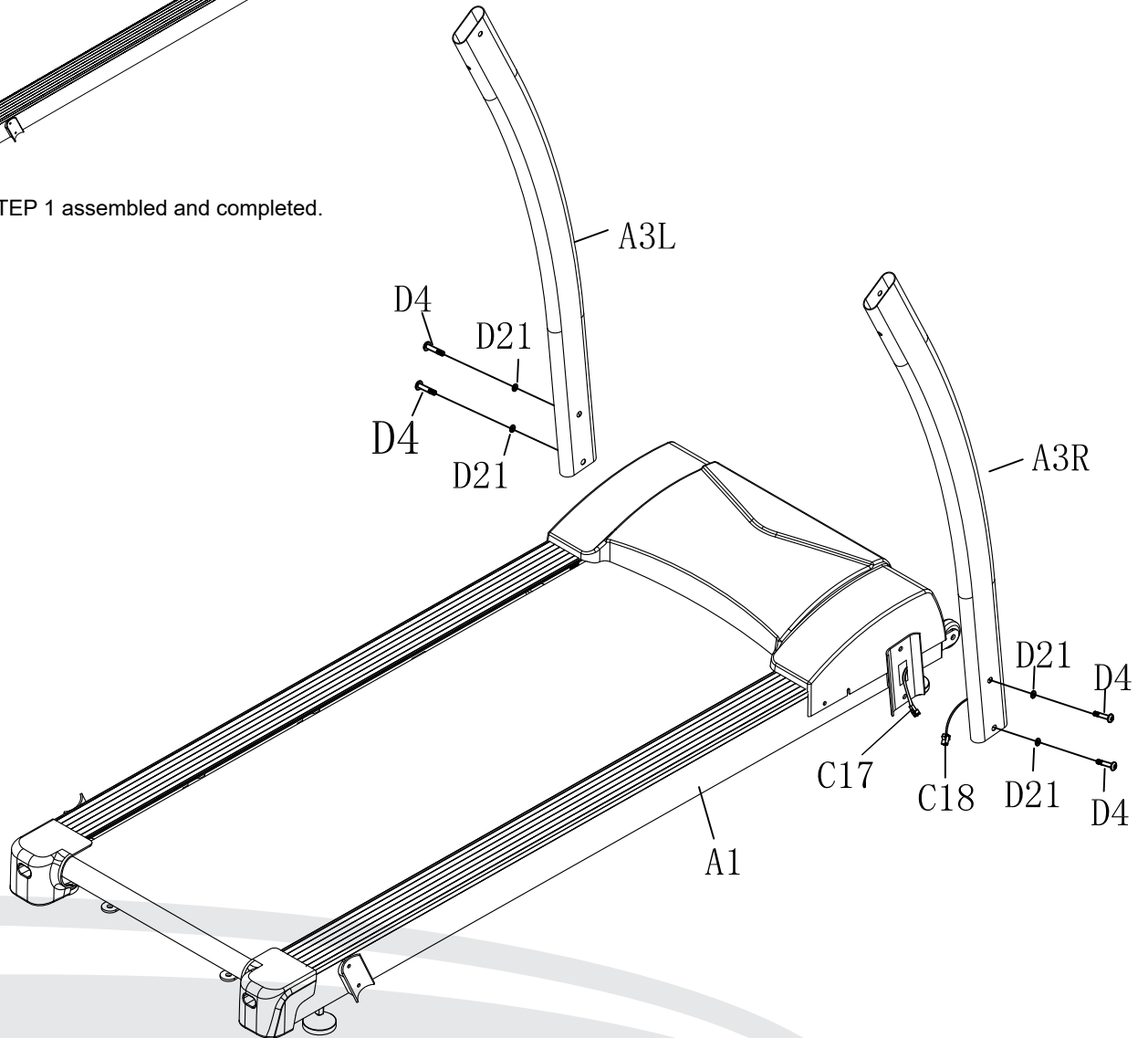
- A. Connect Middle Control Cable (C18) to Lower Control Cable (C17).
- B. Attach Right Upright (A3R) to Main Frame (A1) using:
Two D4 (M8x40mm Button Head Cap Screw)
Two D21 (M8 Flat Washer)
- C. Attach Left Upright (A3L) to Main Frame (A1) using:
Two D4 (M8x40mm Button Head Cap Screw)
Two D21 (M8 Flat Washer)



Step 1



Above shows STEP 1 assembled and completed.



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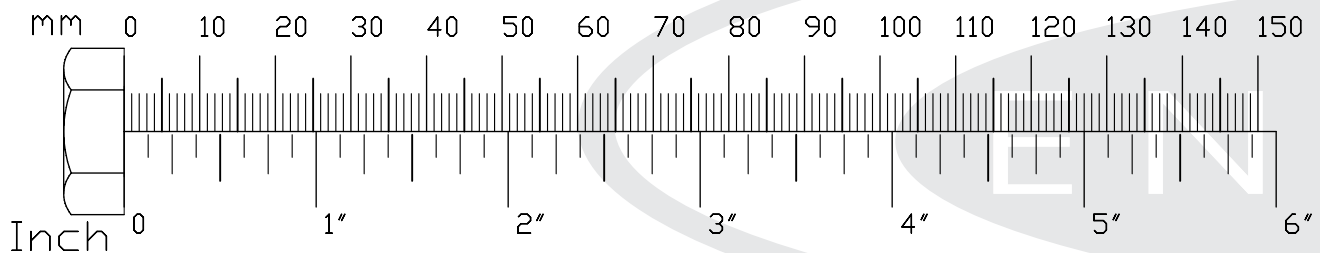
Step 2

Be careful to assemble all components in the sequence they are presented.

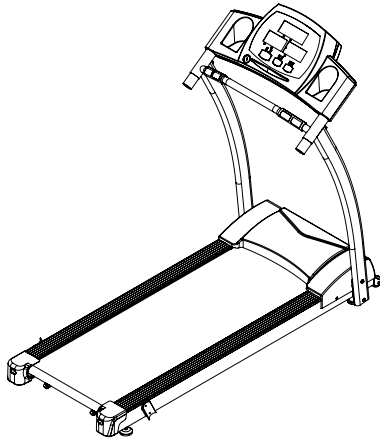
Note: Do not fully tighten bolts until the unit is completely assembled.

- A. Connect Cable (C18) to Cable (C16).
- B. Attach Console Cross Bar (A4) to Uprights (A3L & A3R) using:
 - Four D3 (M8x15mm Button Head Cap Screw)**
 - Two D21 (M8 flat washer)**
 - Two D22 (M8 Curved Washer)**

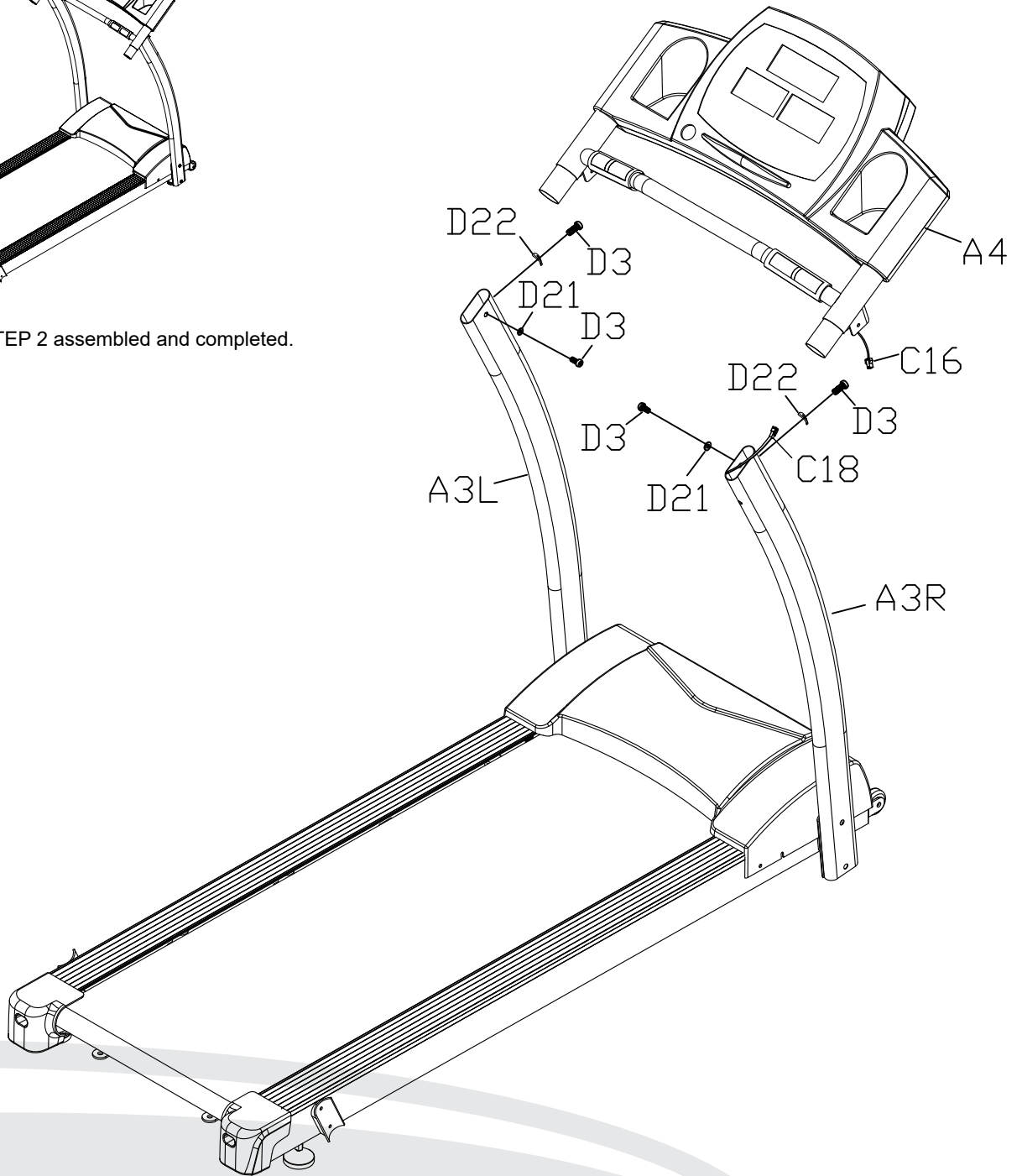
NOTE: Pay attention to not pinch Cable A1 (88) or Cable A2 (89) when securing Right Upright Post (F) to Mainframe (A). Assistance may be required.



Step 2



Above shows STEP 2 assembled and completed.



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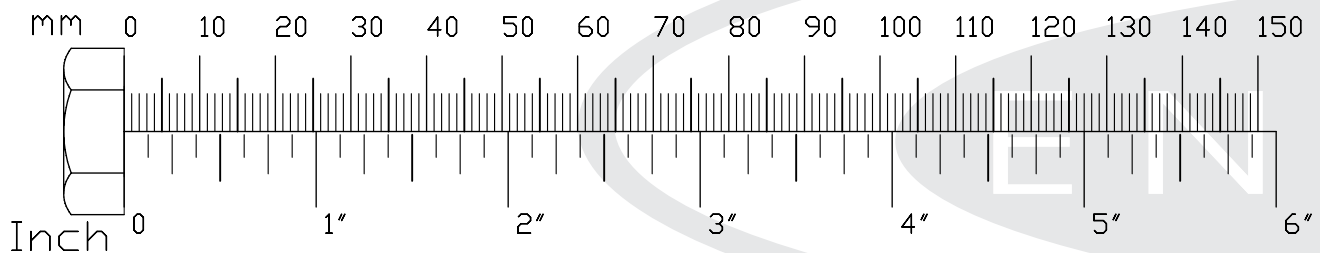
Step 3

Be careful to assemble all components in the sequence they are presented.

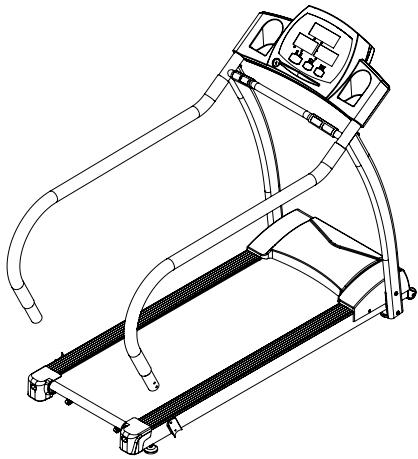
Note: Do not fully tighten bolts until the unit is completely assembled.

- A. Attach Left Handrail (A7L) to Console Cross Bar (A4) to using:
Two D3 (M8x15mm Button Head Cap Screw)
Two D22 (M8 Curved Washer)

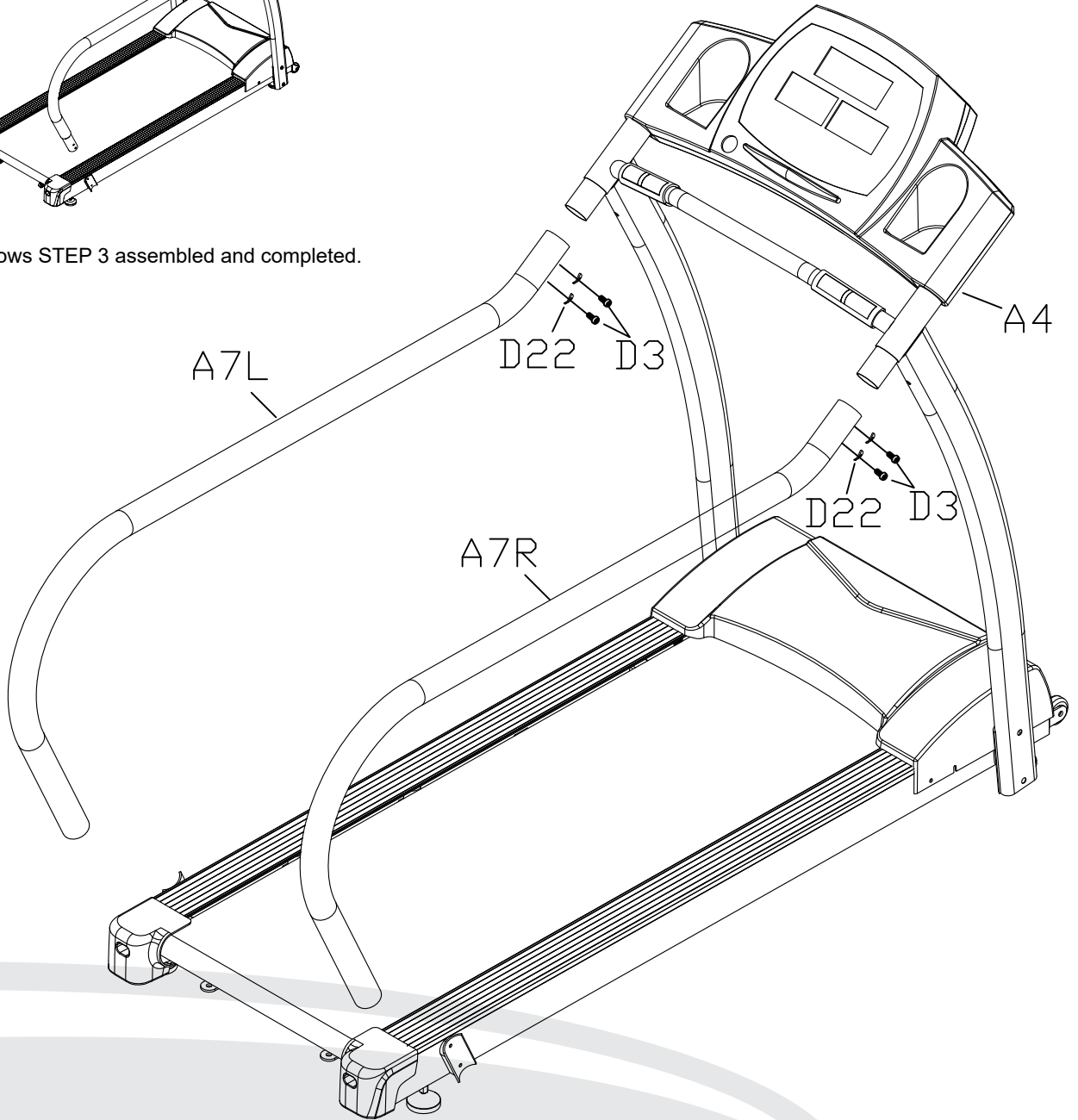
- B. Attach Right Handrail (A7R) to Console Cross Bar (A4) to using:
Two D3 (M8x15mm Button Head Cap Screw)
Two D22 (M8 Curved Washer)



Step 3



Above shows STEP 3 assembled and completed.



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Step 4

Be careful to assemble all components in the sequence they are presented.

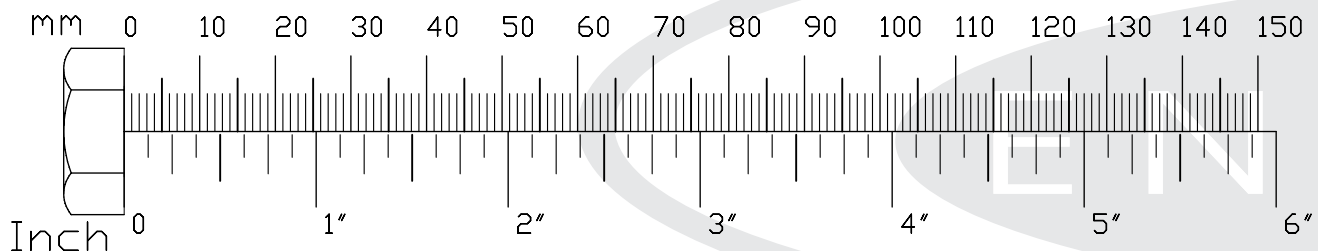
Note: Do not fully tighten bolts until the unit is completely assembled.

- A. Attach Lower Handrail Bar (A5) to Left Handrail (A7L) using:
Two D3 (M8x15mm Button Head Cap Screw)
Two D22 (M8 Curved Washer)

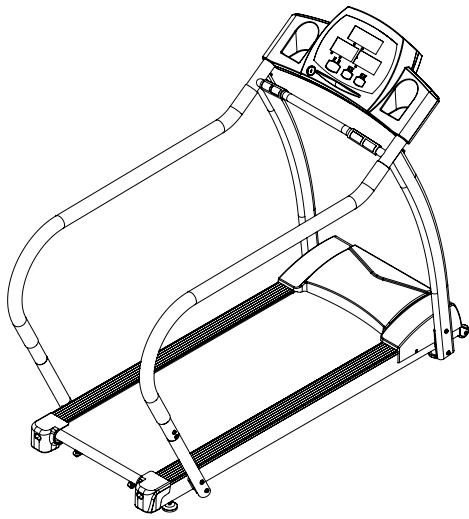
- B. Attach Lower Handrail Bar (A5) to Main Frame (A1) using:
Two D5 (M8x60mm Button Head Cap Screw)
Two D21 (M8 Flat Washer)

- C. Attach Lower Handrail Bar (A5) to Right Handrail (A7R) using:
Two D3 (M8x15mm Button Head Cap Screw)
Two D22 (M8 Curved Washer)

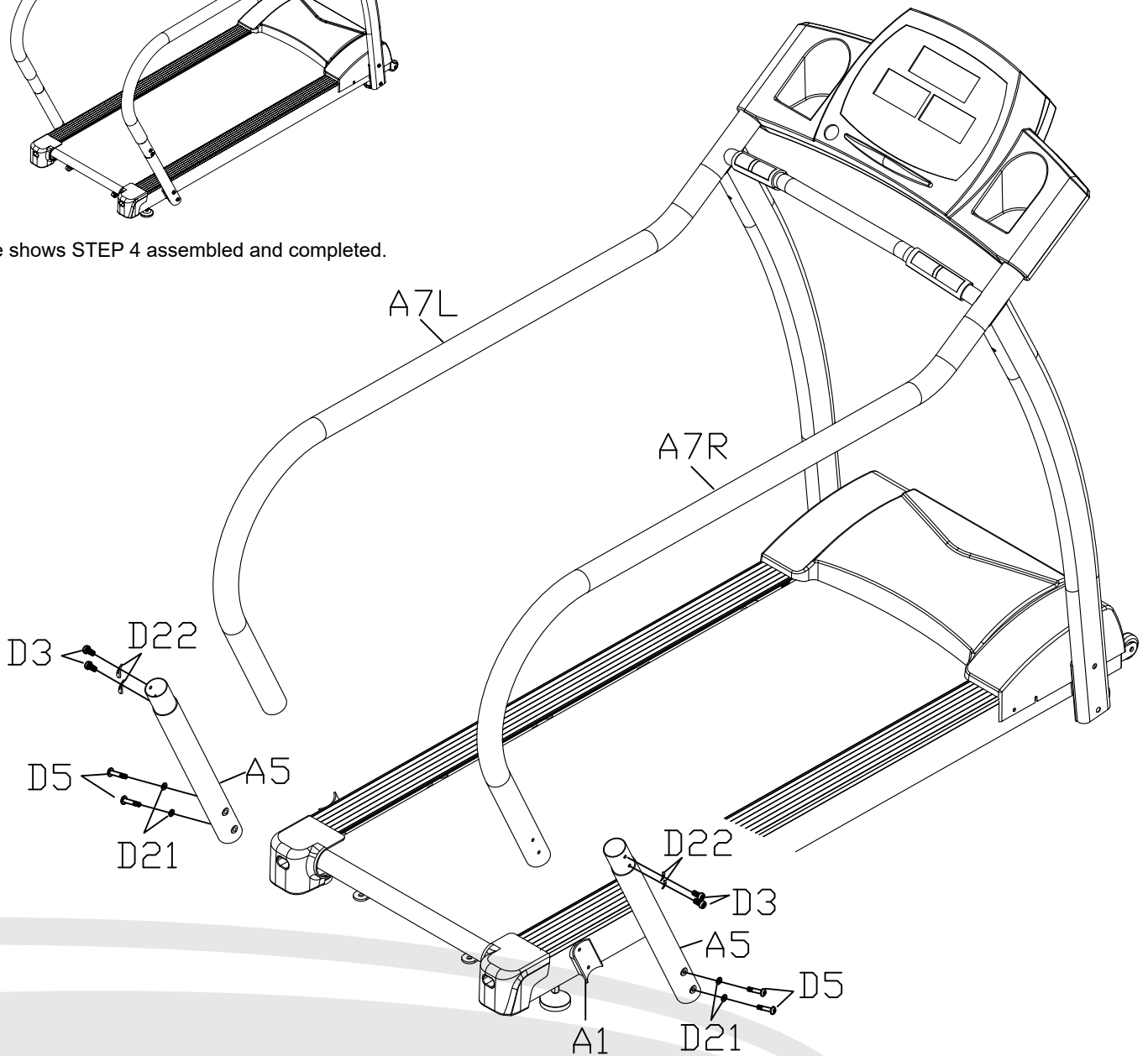
- D. Attach Lower Handrail Bar (A5) to Main Frame (A1) using:
Two D5 (M8x60mm Button Head Cap Screw)
Two D21 (M8 Flat Washer)



Step 4



Above shows STEP 4 assembled and completed.



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Step 5

Be careful to assemble all components in the sequence they are presented.

Note: Do not fully tighten bolts until the unit is completely assembled.

- A. Attach Ramp (A2) to Main Frame (A1) and secure using:
Two D7 (M8x30 round allen head bolt)
Two D21 (M8 Flat Washer)

NOTE: The wheelchair accessible ramp is does not need to be installed for general purpose operation.

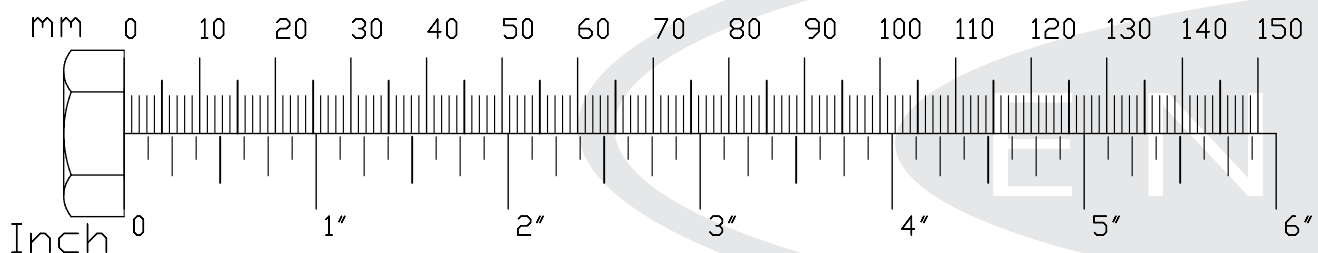
- C. Now completely tighten all assembled hardware from Step 1 - Step 5.
- D. **Congratulations!** Your new treadmill is completely installed.

NOTE: If you experience slippage of the treadmill belt while walking/running on the treadmill, please stop using the treadmill immediately and follow the instruction of how to adjust the belt tension on Page 29 & 30.

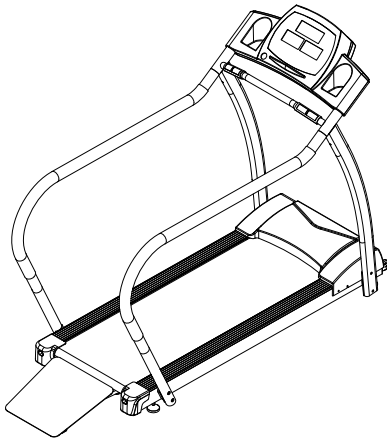
WHEELCHAIR ACCESS

A wheelchair non-slip access ramp has been provided with the treadmill. Users with limited mobility may approach the access ramp with or without a wheelchair. If using a wheelchair, secure the wheelchair using the wheel brakes. Remove the wheelchair foot rests. Use the handrails for support and slowly lift onto the access ramp.

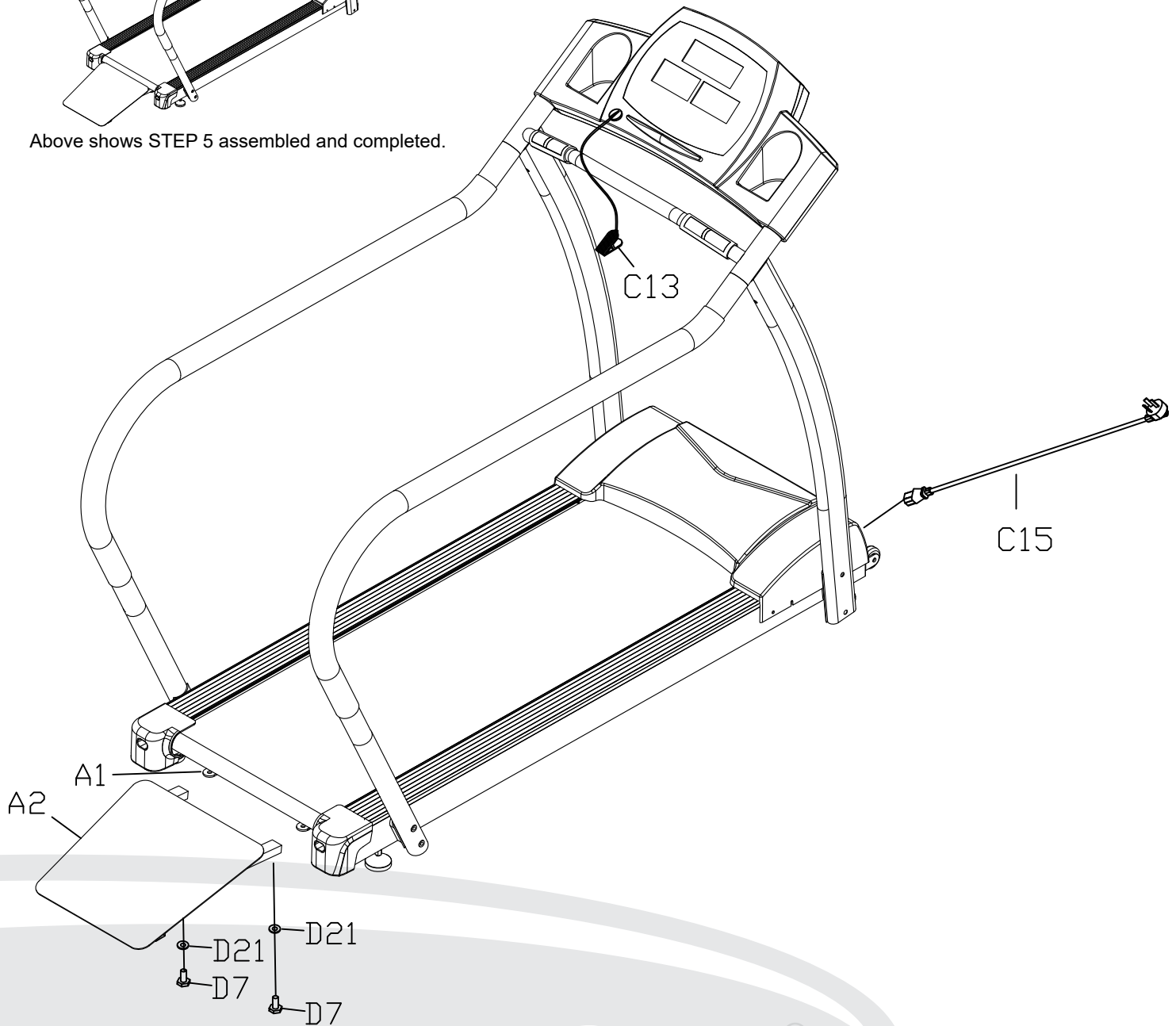
Start with 0.1 mph workouts and slowly increase the treadmill speed as you become more familiar with the treadmill and the physical endurance is appropriate. Remember, before beginning any fitness program, you should obtain a complete physical examination and workout instructions from your physician.



Step 5



Above shows STEP 5 assembled and completed.



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Setting up your Treadmill

PLACEMENT IN YOUR HOME

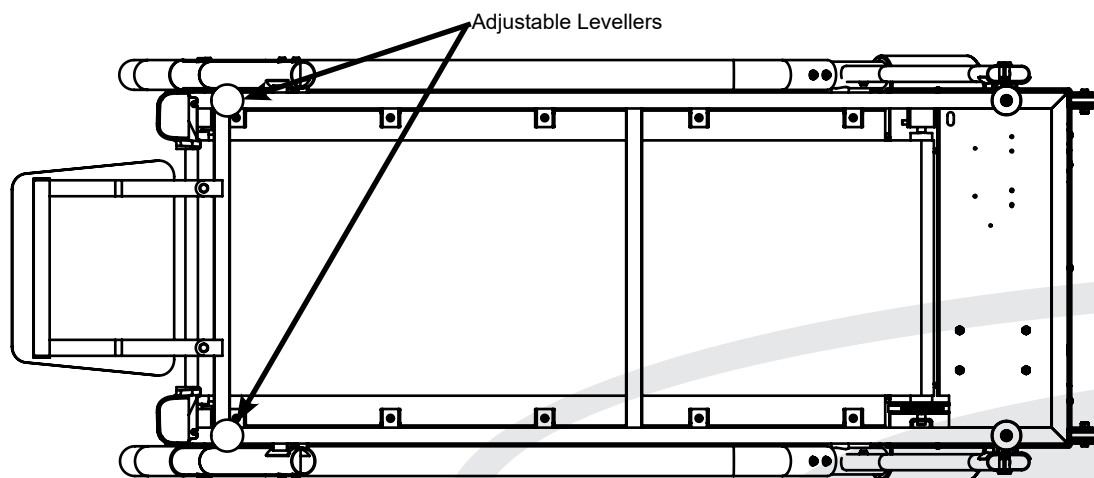
To make exercise a desirable daily activity for you, the treadmill should be placed in a comfortable and attractive setting. This treadmill is designed to use minimal floor space and to fit nicely in your home.

- Do not place or operate the treadmill outdoors.
- Do not place the treadmill near water or in a high moisture content environment.
- Make sure the power cord is not in the path of heavy traffic.
- It is highly recommended to place a dedicated treadmill mat beneath your treadmill. A dedicated mat provides superior stability and firmness for a proper workout.
- Locate the treadmill at least 4 feet from walls or furniture.
- Allow a safety area of 79" x 39" (2000mm x 1000mm) behind the treadmill so that you can easily get on and off the treadmill and adjust the tension of the belt.

Occasionally, after extended use, you will find a fine black dust below your treadmill. This is normal wear and DOES NOT mean there is anything wrong with your treadmill. This dust can be easily removed with a vacuum cleaner. If you wish to prevent this dust from getting on your floor or carpet, place a dedicated treadmill mat beneath your treadmill.

LEVELING THE BASE

It is important that you place the treadmill on a firm level surface. If the ground is uneven, you may level the treadmill with levelers located under the deck. Make sure the back of the deck is not higher than the front. If adjustments are to be made, check to see if the leverage feet, as shown below, touch the ground firmly. If there is a gap, turn the leverage foot counterclockwise to eliminate the gap.

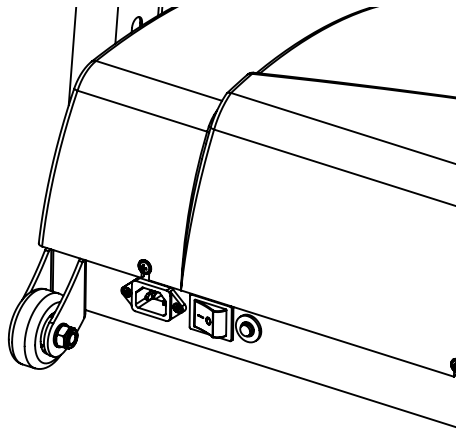


Make sure the running deck is level to the ground. If the deck is positioned so that you are running downhill, it will cause premature damage to the electronic system

Operating your Treadmill

TURN POWER ON

The On/Off switch for the treadmill is located next to the power supply cord receptacle on the front of the treadmill. Insert the power supply cord into the receptacle and flip the switch to the “ON” position.



MOVING THE TREADMILL

This treadmill is easy to move around safely.

To move the treadmill:

1. Turn the power switch off.
2. Unplug the power cord.
3. Lift the rear of the treadmill to a comfortable angle.
4. Simply roll the treadmill on its front two wheels to the desired location.
5. Gently lower the rear of the treadmill to ground level.

STORE YOUR TREADMILL

Please follow these safety precautions, especially if you have children at home.

We suggest to take the following precautions when storing your treadmill.

1. When you finish your workout, turn the power switch to the off position.
2. Remove the plug from the outlet.
3. Remove the safety key.

It is imperative that the safety key is removed and kept away from children.

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Operating your Treadmill

SAFETY KEY AND CLIP

The safety key is designed to cut the main power to the treadmill should you fall. Therefore, the safety key is intended to bring the treadmill to an immediate stop. At high speeds, it may be uncomfortable and somewhat dangerous to come to a complete stop immediately. So, use the safety key as an emergency stop only. To bring the treadmill to a complete stop safely and comfortably, use the stop button.

Your treadmill will not start unless the safety key is properly inserted into the safety key holder on the left side of the console. The other end of the safety key should be securely clipped to your clothing.

Never use the treadmill without securing the safety key clipped to your clothing.

Pull on the safety key clip to make sure it will not come off your clothing.

If the safety key is not in place or not connected properly, the console will display an E07 error.

GETTING ON AND OFF THE TREADMILL

Handle with care when getting on or off the treadmill. Try to use the handlebars while getting on or off. While you are preparing to use the treadmill, do not stand on the running belt. Straddle the running belt by placing your feet on both side rails of the treadmill deck. Place your foot on the belt only after the belt has begun to move at a consistent slow speed.

During exercise, keep your body and head facing forward at all times. Never attempt to turn around on the treadmill when the running belt is still moving. When you have finished exercising, stop the treadmill by pressing the stop button. Wait until the treadmill comes to a complete stop before attempting to get off the treadmill.

For your safety, step onto the belt when the speed is no more than 1.5 mph.

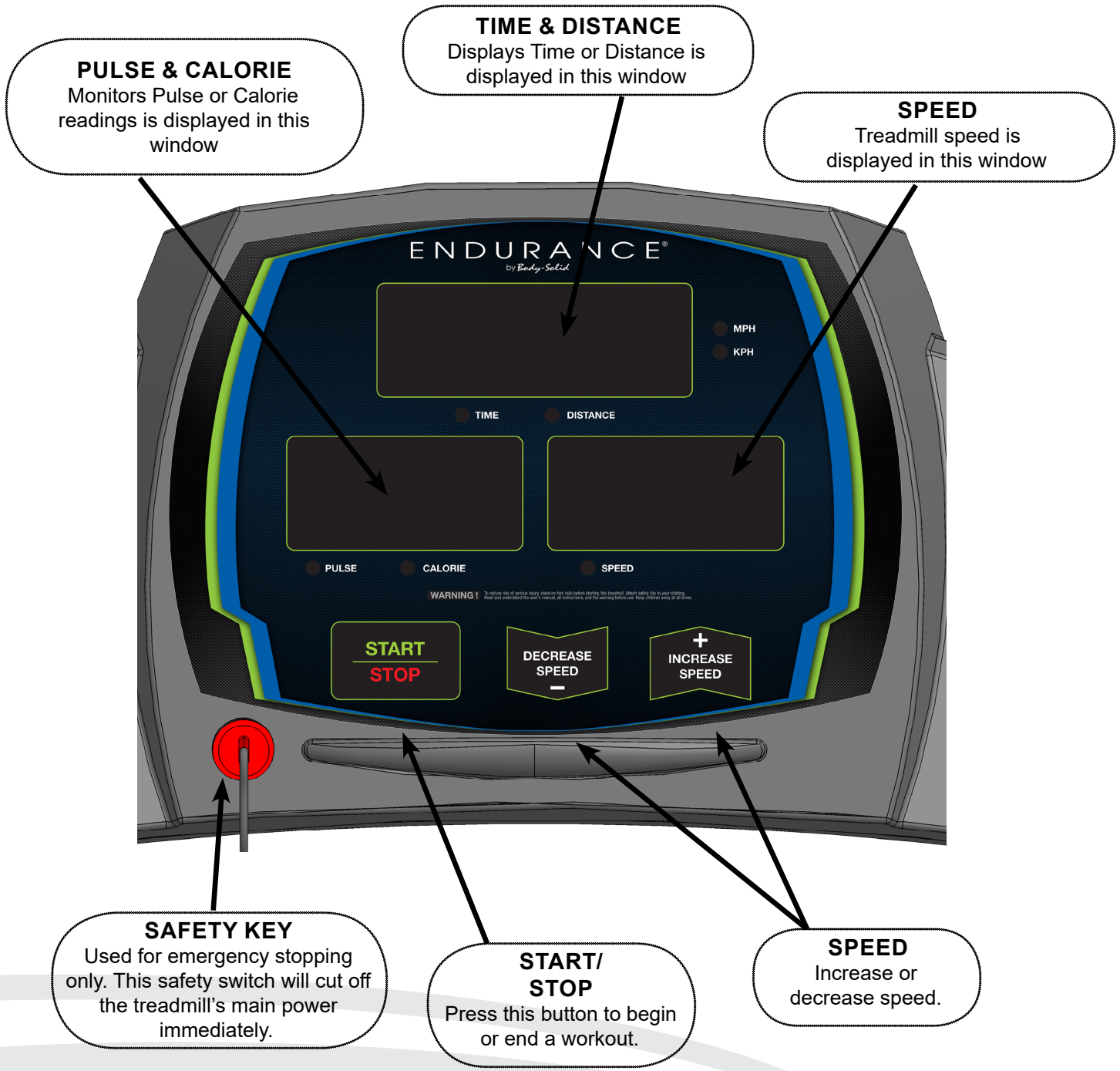
Never start the treadmill at a running speed and attempt to get on while it is moving at higher speeds.



END

Operating the Console

FUNCTION KEYS





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NOTE:
This model is not designed for therapeutic purposes. Calorie consumption and displayed heart rate on the console are motivational values only.

Operating the Console

START/STOP BUTTON

To START or STOP the treadmill at any time, press the  button. Once the  button is pressed, there will be a 5 second count down before the treadmill begins operation. The starting speed is 0.1 mph. If the treadmill is stopped during a workout at speeds greater than the starting speed, upon restart, the user set speed will reset to 0.1 mph.

SPEED BUTTON

During operation, press the SPEED  button to increase the treadmill speed. Press the SPEED  button to decrease the treadmill speed.

SLEEP MODE

SLEEP MODE allows the treadmill to conserve energy by entering into low power mode. The T50 treadmill will go into SLEEP MODE when operation has ceased for 10 minutes. Press any button to reactivate the treadmill.

DISPLAY VALUES

The Console's display is set to readout according to the values below. The minimum and maximum values are given.

Item	Range	Specification
Time	0.00 ~ 99.59 min	1 Second Increments
Calories	0 ~ 999 Calories	1 Calorie Increments
Hand Pulse	40 ~ 199 bpm	1 Beat/Minute Increments
Distance	0 ~99.99 mi or km	0.1 Mile Increments
Speed	0.1 ~ 5 mph or 0.2 ~ 8 kph	0.1 Mile(KM)/Hour Increments

TIME AND DISTANCE DISPLAY

During operation, TIME and DISTANCE will be displayed on the screen. The readout will cycle between TIME and DISTANCE displaying each individual value every 5 seconds. The indicator LED beneath the display is illuminated when the current readout is shown.

Operating the Console



PULSE AND CALORIE DISPLAY

During operation, PULSE and CALORIE will be displayed on the screen. If the user is not holding onto the heart rate contacts, the display will only show the CALORIE readout. If the user is holding onto the heart rate contacts, the display will only show PULSE readout.

SPEED DISPLAY

During operation, the SPEED window will display the current treadmill belt speed in miles per hour (mph) or Kilometer per hour (kph).





Metric & Standard Unit

The initial factory setting is in “Miles”. To toggle between Miles and Kilometers, remove the Safety Key, press and hold  &  Buttons for 3 seconds.

When the indication light for MPH appears and speed window shows 5.0, the unit is changed to MPH.

When the indication light for KPH appears and speed window shows 8.0, the unit is changed to KPH.

QUICK START

Once power is turned on and the safety key is secured in place, all console values will display zero. Simply press the  button. After a 5 second countdown, the T50 treadmill will start. Press the SPEED  button to the desired workout speed once the treadmill has started. The minimum training speed is 0.1 mph. Speed may be increased or decreased at any time during your workout by pressing the SPEED  or  button.

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Exercise Tips and Guidelines

Always consult your physician before beginning any exercise program. For your health and safety, do not over exert yourself. Remember to stretch and warm up before each exercise program. If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing any workouts!

The T50 Walking/Rehabilitation treadmill is an ideal and exceptionally versatile treadmill geared towards individuals who have been sedentary for an extended period of time and can safely accommodate rehabilitation patients. The T50 has also been designed for users in need of strength and aerobic conditioning. With a low profile step-up height, easy-to-read large LED display, heart rate monitoring and wheelchair accessible extended geriatric handrails, the T50 is crucial for cardiopulmonary, respiratory, orthopedic, sports medicine, athletic training, bariatric and older adult patients. With belt speeds as low as 0.1 mph, the T50 can accommodate even the most deconditioned user.

STRETCH

Stretching prior to exercising will improve flexibility and reduce chances of exercise related injury. Ease into each of these stretches with a slow gentle motion. Hold your stretched position for a count of ten. Do not bounce. Repeating the stretching exercises again, after the cool down, will help to loosen and relax your muscles to prevent soreness after your workout.

WARM UP

A few minutes of a workout should be devoted to warming up. This warm up time will limber your muscles and prepare them for a more strenuous exercise. Warm up on the treadmill by walking at slow speeds.

COOL DOWN

Never stop exercising suddenly. It is a good idea to end a workout slowly since this will allow your heart to readjust to the decreased demand. Use a low speed setting during the cool down to gradually lower your heart rate.

HOW OFTEN?

It is most often recommended that you exercise a few times a week to maintain cardiovascular fitness. If you have other goals such as weight or fat loss, you will achieve your goal faster with more frequent exercise. Remember that your ultimate goal should be to make exercise a lifetime habit. Many people are successful staying with a fitness program if they set aside a specific time of the day to exercise. Regular exercise is the key to a healthy life style.

HOW LONG?

For a useful workout, always start slowly, especially if you have been sedentary during the past year. Your body will need time to adjust to the new activity. As your body adjusts, gradually increase your workout time per session.

HOW HARD?

How hard you work out is determined by your goal. Regardless of your fitness goals, always begin an exercise program at low intensity. Aerobic exercise does not have to be painful to be beneficial!

Exercise Tips and Guidelines

There are two ways to measure your exercise intensity. The first is by evaluating your perceived exertion level and the second is by monitoring your heart rate. During exercise, if you cannot maintain a conversation without gasping, you are working too hard. A good rule of thumb is to work to the point of exhilaration, not exhaustion. If you cannot catch your breath, it is time to slow down. Always be aware of other warning signs to overexertion.

To monitor your heart rate you can use a pulse monitor or take your pulse with your fingers. Pulse monitors are convenient tools for monitoring your heart rate. However, these values are for reference only. You should always listen to your body first.

You can measure your pulse with your fingers by placing your first two fingers lightly over the blood vessel (carotid artery) on your neck located next to your Adam's apple. Count your pulse for ten seconds and multiply by six. This figure is your heart rate in beats per minute (bpm). Compare this number to the Target Heart rate zone for your age group.

WALKING TIPS

- Before attempting your first workout and have consulted with a physician, familiarize yourself with the console and all the safety controls. It is imperative that the user is appropriately dressed and is using running shoes while working out. See the Safety Guidelines section for more information.
- A novice user should hold onto the extended handrails as the treadmill is starting.
- Straddle the treadmill as it begins to move and use only one foot to get the rhythm of how quickly the user needs to walk.
- Start at the lowest walking speed and as you become more comfortable, increase speeds in small increments (0.1 mph at a time) to ensure that the user is in control of the machine.
- Eyes forward and remember to use good posture. Do not look sideways, down or backwards! There is a tendency to walk in the direction you are looking at.
- Use the wheelchair access ramp if mounting onto the treadmill becomes strenuous on the knees.

TARGET HEART RATE

The most common method for calculating your target heart rate is to find your maximum heart rate.

The standard formula for this is:

$$220 - \text{your age} = \text{MAXIMUM HEART RATE.}$$

You DO NOT want to workout at your maximum heart rate. You want to workout in your target heart rate zone. Your target heart rate zone is a percentage of your maximum heart rate. The American Heart Association recommends working out at a target heart rate zone of between 60% - 75% of your maximum heart rate. If you are just beginning an exercise program, exercise near or below the lower limit of your target zone.

$$\text{LOWER TARGET ZONE LIMIT} = \text{MAXIMUM HEART RATE} \times 0.60$$

$$\text{UPPER TARGET ZONE LIMIT} = \text{MAXIMUM HEART RATE} \times 0.75$$

Age	Target Zone
20	120 ~ 150
25	117 ~ 146
30	114 ~ 142
35	111 ~ 138
40	108 ~ 135
45	105 ~ 131
50	102 ~ 127
55	99 ~ 123
60	96 ~ 120
65	93 ~ 116
70	90 ~ 113

TARGET HEART RATE

Maintenance

To reduce the risk of electrical shock, always unplug the treadmill from the electrical outlet immediately after use and before maintenance!

CLEANING

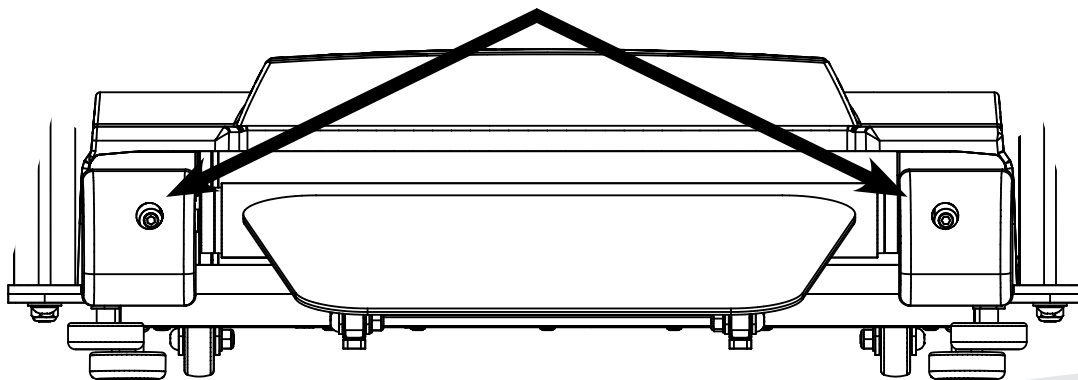
Remove dust on the treadmill with a vacuum or a slightly damp cloth. Folding up the deck and cleaning the floor with a vacuum periodically will help prolong the treadmill product life. Never use solvents on the deck or running belt. The use of solvents can reduce critical lubrication of the deck and belt.

RUNNING BELT CENTERING

When you run or walk, you may push off harder with one foot than the other. This will cause the running belt to eventually run off-centered. This treadmill is designed and built to ensure proper tracking of the belt and insure it is always centered on the deck. Occasionally, the belt may need further adjustment to keep it centered. To center the belt, use the enclosed Allen wrench to properly adjust the rear roller's position.

The running belt adjustment bolts are shown in the picture below.

Running Belt Adjustment Bolts



END

Maintenance

To reduce the risk of electrical shock, always unplug the treadmill from the electrical outlet immediately after use and before maintenance!

RUNNING BELT CENTERING PROCEDURE:

1. Do not wear loose clothing, neckties, or loose jewelry while making this adjustment.
2. Never turn the bolts more than $\frac{1}{4}$ turn at a time.
3. Always tighten one side and loosen the other to prevent over tightening or loosening the belt.
4. Run the treadmill. Adjust belt while the treadmill is running at 4 mph (6.4 kph) with no person on the belt.

After making the adjustment, walk on the belt for five minutes to test the change. If necessary, repeat the procedure but never turn the bolts more than $\frac{1}{4}$ turn at a time. Over tightening the belt can significantly shorten the belt's product life.

IF BELT IS TOO FAR TO THE LEFT SIDE:

1. Turn the left roller bolt $\frac{1}{4}$ turn clockwise (tighten).
2. Turn the right roller bolt $\frac{1}{4}$ turn counterclockwise (loosen).

IF BELT IS TOO FAR TO THE RIGHT SIDE:

1. Turn the right roller bolt $\frac{1}{4}$ turn clockwise (tighten).
2. Turn the left roller bolt $\frac{1}{4}$ turn counterclockwise (loosen).



RUNNING BELT TENSIONING

If you plant your foot on the belt and can feel a slipping sensation, then the belt has stretched and is slipping across the rollers. All belts will stretch over time; this is a normal and common adjustment on any treadmill. To eliminate this slipping, tension both Allen bolts on the rear roller $\frac{1}{4}$ turn. Try the treadmill again to check for slipping. Repeat if necessary, but never turn the roller bolts more than $\frac{1}{4}$ turn at a time.

*NOTE: Over tightening of the running belt will severely shorten the life of the belt and may cause further damage to other components!
Damage caused by severely overtightening the belt is not covered under warranty.*

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Maintenance

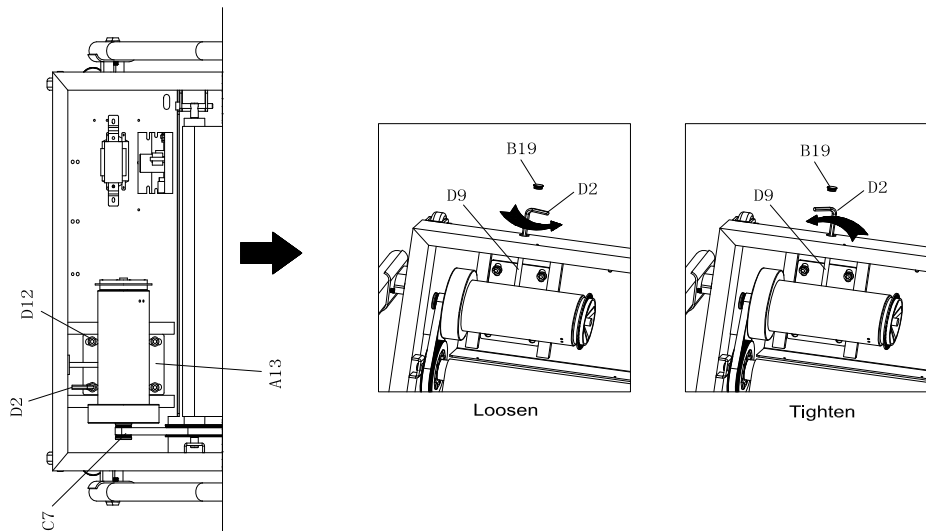
To reduce the risk of electrical shock, always unplug the treadmill from the electrical outlet immediately after use and before maintenance!

DRIVE BELT TENSIONING

Sometimes, after extended use, adjustment of the drive belt may be necessary.

Motor Belt adjustment method:

1. Loosen 4pcs of M8x20mm button head cap screws (D12) on the Motor Bracket (A13) and then take off round plug (B19).
2. Loosen or tighten the Driving belt by turning the M8x100mm Hex Head cap screw (D9). After the adjustment, Put back the Round Plug (B19) and tighten the M8x20mm Button head cap screws.



If you have tensioned the running belt and are still experiencing a slipping sensation, call your dealer. *Only an authorized dealer should perform tensioning of the drive belt.*

*NOTE: Over tightening of the drive belt will severely shorten the life of the belt and may cause further damage to other components!
Damage caused by severely overtightening the belt is not covered under warranty.*

END

Maintenance

A well lubricated deck will ensure longevity of your treadmill in addition to providing you optimal performance.

LUBRICATING THE DECK

A well lubricated deck will ensure high performance of your treadmill and reduce the level of normal wear and tear to important components. This treadmill has been pre-lubed at the factory. There is no need to apply any lubricant in order to start to use your new treadmill. However, for optimal performance, the running deck may require periodic lubrication. With average usage (30 minute workout session at 3-4 mph, 3 times a week, for two people) lubricate every four to six months. You may adjust the timing of the lubrication based on the intensity of the treadmill use level.

To check the lubrication level, simply lift the running belt, and put your hand as far into the center of the belt as you can reach. If your hand shows signs of silicone (some wetness), then it does not need additional lubrication. If the board or belt feel dry and there is very little evidence of silicone on your hand, then additional lubrication should be added.

TO LUBRICATE THE DECK:

1. Stop the running belt so that the belt's seam is located on top and in the center of the deck.
2. Unplug the treadmill from the electrical outlet.
3. Prepare the lubricant by removing the cap.
4. Lift the running belt.
5. Position the lubricant's nozzle between the belt and the board.
6. Apply the silicon from the front to the rear of the treadmill on both the left and right side of the treadmill. Try to reach as far into the center of the running deck as possible.
7. The silicone should be applied in drops or in a very thin stream.
8. Plug the treadmill into the electrical outlet.
9. Spread the silicon by running the treadmill at 1 mph and gently step on the belt from left to right.
10. Run on the treadmill for a few minutes and allow the silicon to properly soak into the belt.



Troubleshooting

WHEN TO CALL FOR HELP

This treadmill is designed with user safety as the number one priority. In the event of an electrical failure, the treadmill will shut off automatically to prevent user injury and to prevent damage to expensive components such as the DC Motor, Motor Control Board and console.

When you encounter unusual behavior from the treadmill, simply turn the power switch off and on to reset the treadmill. This should clear incidental errors and ready the treadmill for normal operation again.

If after you have reset the treadmill by turning the power switch off and on again, and the treadmill is still not operational, then call for service at (800) 556-3113.

OBTAINING SERVICE

Please use this Owner's Manual to make sure that all parts have been included in your shipment. When ordering parts, you must use the part number and description from this Owner's Manual. Use only Endurance replacement parts when servicing this machine. Failure to do so will void your warranty and could result in personal injury.

For information about product operation or service, go to www.bodysolid.com or contact an authorized Endurance dealer or a Endurance factory-authorized service company or contact Endurance customer service at one of the following:

Toll Free: 1-800-556-3113
Phone: 1-708-427-3555
Fax: 1-708-427-3556
Hours: M-F 8:30-5:00 CST
E-Mail: service@bodysolid.com

Or write to: Endurance
Service Department
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA

Retain this Owner's Manual for future reference. Part numbers are required when ordering parts.

NO SIGNAL ON THE CONSOLE DISPLAY WINDOWS

If there is no signal on the console, even if you turn power off and on many times to reset the treadmill, check the communication cable between console and motor controller.

First, make sure the connections are good and that the cable is not pinched or damaged. If defective, ask your dealer for a replacement cable.

BLOWN FUSES

Blown fuses are not a common event to occur with your treadmill. Fuses may blow if you are doing or having someone do technical diagnostics on your treadmill or if there is a serious problem. And even then, it is generally not recommended for users to replace blown fuses on the Motor Controller Board. When replacing blown fuses, you must use the recommended fuse. If you discover a blown fuse in your treadmill, DO NOT attempt to make replacements on your own. Instead, contact a dealer for proper advice and replacement.

Troubleshooting

ERROR CODES

If a failure occurs with your treadmill, an error code will appear on the main console to help troubleshoot the unit. A list of error codes are shown below in the case such an event were to occur. If you experience an error code with your treadmill, please unplug your treadmill and contact your authorized Endurance dealer or a Endurance factory-authorized service company or contact Endurance customer service.

E01: COMMUNICATION ERROR

- E01 occurs when the communication between the console and the motor control board is not functioning properly or the the console and/or motor control board are damaged.
- Check the communication line connections first to make sure they are not loose, the cables are not pinched or the wires are improperly connected.
- Replace the damaged components if necessary.
- Turn the power off and on again to reset the treadmill.

E02: NO VOLTAGE SIGNAL DETECTED FROM MOTOR

- E02 occurs when the motor control board detects no working voltage from the DC motor power cords. Check the connection between motor power and controller.
- Controller board or DC Motor may be damaged.
- Use meter to check the motor control board fuse.

E03: SPEED SENSOR ERROR

- *When troubleshooting this error, do not stand on the running mat!*
- E03 occurs when the console is not picking up the motor speed signal.
- In other words, when the motor speed is not correctly fed back to the motor control board and console, the treadmill will shut off to protect the user and E03 will be displayed on the console.
- Check Speed Sensor connection.
- If necessary, replace the Speed Sensor or DC Motor if damaged.

NOTE: *To quickly resolve the E03 error, check that the speed sensor is properly lined up, for cable damage, and the integrity of all connectors. If nothing is wrong, report the E03 error to your service center by making sure you note down the circumstantial details.*

For example:

1. *Is the motor not working when you push the start button and E03 display immediately?*
2. *Does the motor and running belt move when you push the start button but then stop and display an E03?*
3. *Is the treadmill stopped and displaying an E03?*
4. *If the motor is in operation when E03 is displayed, is the treadmill at low speed (1mph) or high speed (5mph)?*

E05: MOTOR OVERLOADING

- Check if user weight is less than the maximum weight for the treadmill.
- E05 occurs when the motor is being overloaded. Test if the operating current is within the rated current range.
- If necessary, replace the motor control board and/or the drive motor.
- If the treadmill is restarted and now displays an E02 error, please refer to the E02 troubleshooting section.

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Troubleshooting

E06: POWER SURGE PROTECTION

- Check if motor control board is burnt, If so, change a new board.

-- : SAFETY KEY ERROR

- E07 occurs when the safety key is not in proper contact position with the console.
- Check for positive contact from safety key to the console.
- Check the magnet sensor wires inside the console for a loose connection.
- Replace the magnet sensor.

Troubleshooting Guide

Problem	Potential Cause	Correction
<i>Treadmill Will Not Start.</i>	1. Not plugged in.	1. Plug into grounded outlet.
	2. Safety key not inserted.	2. Insert safety key into console.
	3. House circuit breaker tripped.	3. Reset or replace fuse.
	4. Treadmill circuit breaker tripped.	4. Lubricate treadmill deck and reset.
	5. On/Off switched <OFF>.	5. Turn On/Off switch to <ON>.
<i>Running Belt Slips.</i>	1. Running belt not tight.	1. Adjust running belt tension.
	2. Drive belt not tight.	2. Adjust drive belt tension.
<i>Running Belt Hesitates When Stepped On.</i>	1. Insufficient lubrication.	1. Apply silicone lubricant.
	2. Running belt too tight.	2. Adjust running belt tension.
<i>Running Belt Is Off Centered.</i>	1. Running belt tension not even across rear roller.	1. Center the running belt.

Part List

PART#	QTY	DESCRIPTION
A1	1	Main Frame
A2	1	Ramp
A3L	1	Left Upright
A3R	1	Right Upright
A4	1	Console Cross Bar
A5	2	Lower Handrail Bar
A6	1	Steel Bracket
A7L	1	Left Handrail
A7R	1	Right Handrail
A8	2	Running Belt Locating Bracket
A11	1	Motor Bracket
B1	1	Display Board
B1-1	1	Overlay
B1-3	1	Console Panel Plastic
B2	1	Console Front Cover
B3	2	Handrail Foam
B4	2	Front Leveling Foot
B5	1	Back Console Cover
B6	1	Lube Oil
B7	8	Cushion
B8	2	EVA Pad
B9	2	Rubber Pad
B10	4	Plastic Square End Cap
B11	2	Transport Wheel
B12	1	Round Plug, $\varnothing 24 \times \varnothing 12 \times 9 \text{mm}$
B13	1	Motor Cover
B14	8	Arc Washer
B15	2	Aluminum Side Rail
B16L	1	Left End Cap
B16R	1	Right End Cap
B17	1	Non-Slip Cover
B18	2	Rear Leveling Foot
B19	1	Round Plug, $\varnothing 19 \times \varnothing 12.9 \times 9 \text{mm}$
C1	1	DC Motor
C2	1	Running Belt
C3	1	Rear Roller
C4	1	Front Roller
C5	1	Running Deck
C6	1	Upper Hand Pulse Cable

END

Part numbers are required when ordering parts.

Part List

PART#	QTY	DESCRIPTION
C7	1	Driving Belt
C8	1	Power Switch
C9	1	Lower Board Controller
C10	2	Hand Pulse
C11	1	Wire (Blue), 300mm
C12	2	Lower Hand Pulse Cable
C13	1	Safety Key
C14	1	Wire (Brown), 300mm
C15	1	Power Cable
C16	1	Upper Control Cable
C17	1	Lower Control Cable
C18	1	Middle Control Cable
C20	1	Magnetic Ring
C21	1	Transformer
C22	1	Electronic Filter
C23	1	Overload Protector
C28	1	Speed Sensor
C31	2	Wire (Brown), 150mm
C32	1	Wire (Blue), 150mm
C33	1	Ground Wire
C34	1	Power Outlet
D1	1	Allen Wrench A
D2	1	Allen Wrench B
D3	12	Button Head Cap Screw, M8x15mm
D4	6	Button Head Cap Screw, M8x40mm
D5	4	Button Head Cap Screw, M8x60mm
D6	1	Lock Washer M5
D7	2	Vibration Resistant Hex Head Screw, M8x15mm
D8	2	Phillips Head Screw, ST3.5x16
D9	1	Head Head Bolt, M8x100mm
D10	4	Lock Washer M8
D11	3	Socket Head Cap Screw, M8x60mm
D12	4	Socket Head Cap Screw, M8x20mm
D13	10	Phillips Flat Head Screw, M6x10mm
D14	2	Phillips Rounded Head Screw with Washer, M4x10mm
D15	7	Phillips Rounded Head Screw with Washer, M5x15mm
D16	6	Phillips Rounded Head Screw, M5x8mm
D17	1	Phillips Rounded Head Screw with Washer, M5x12mm

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by *Berry Solid* Part numbers are required when ordering parts.

Part List

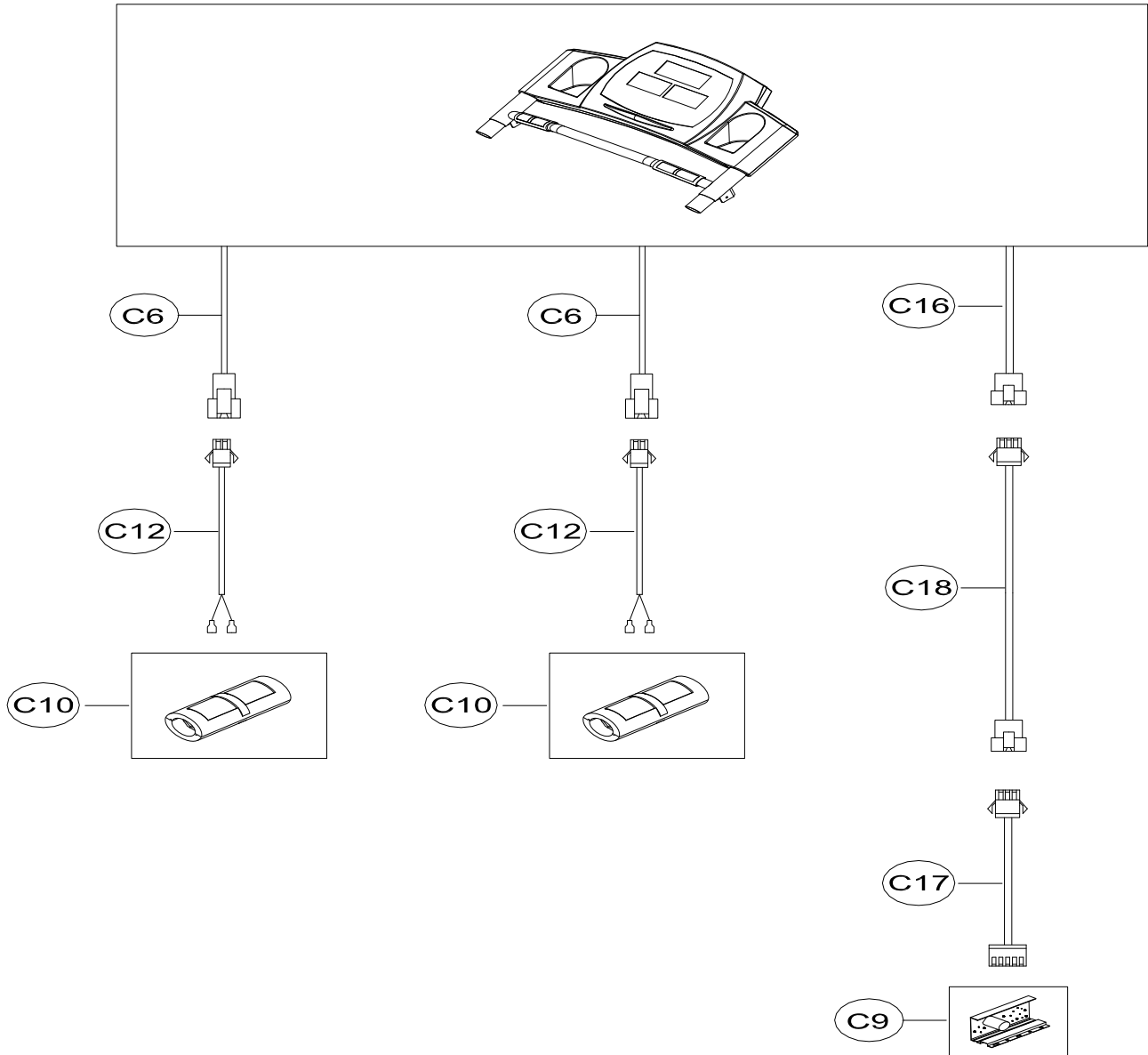
PART#	QTY	DESCRIPTION
D18	2	Phillips Head Screw with Washer, ST4.2x19mm
D19	28	Phillips Head Screw, ST4.2x16mm
D20	2	Nylon Lock Nut, M8
D21	29	Flat Washer, M8
D22	10	Curved Washer, M8
D23	2	Socket Head Cap Screw, M8x45mm
D24	1	Wrench
D25	4	Phillips Head Screw, ST3.0x30mm
D26	4	Phillips Head Blunt Screw, ST4.2x10mm



END

Part numbers are required when ordering parts.

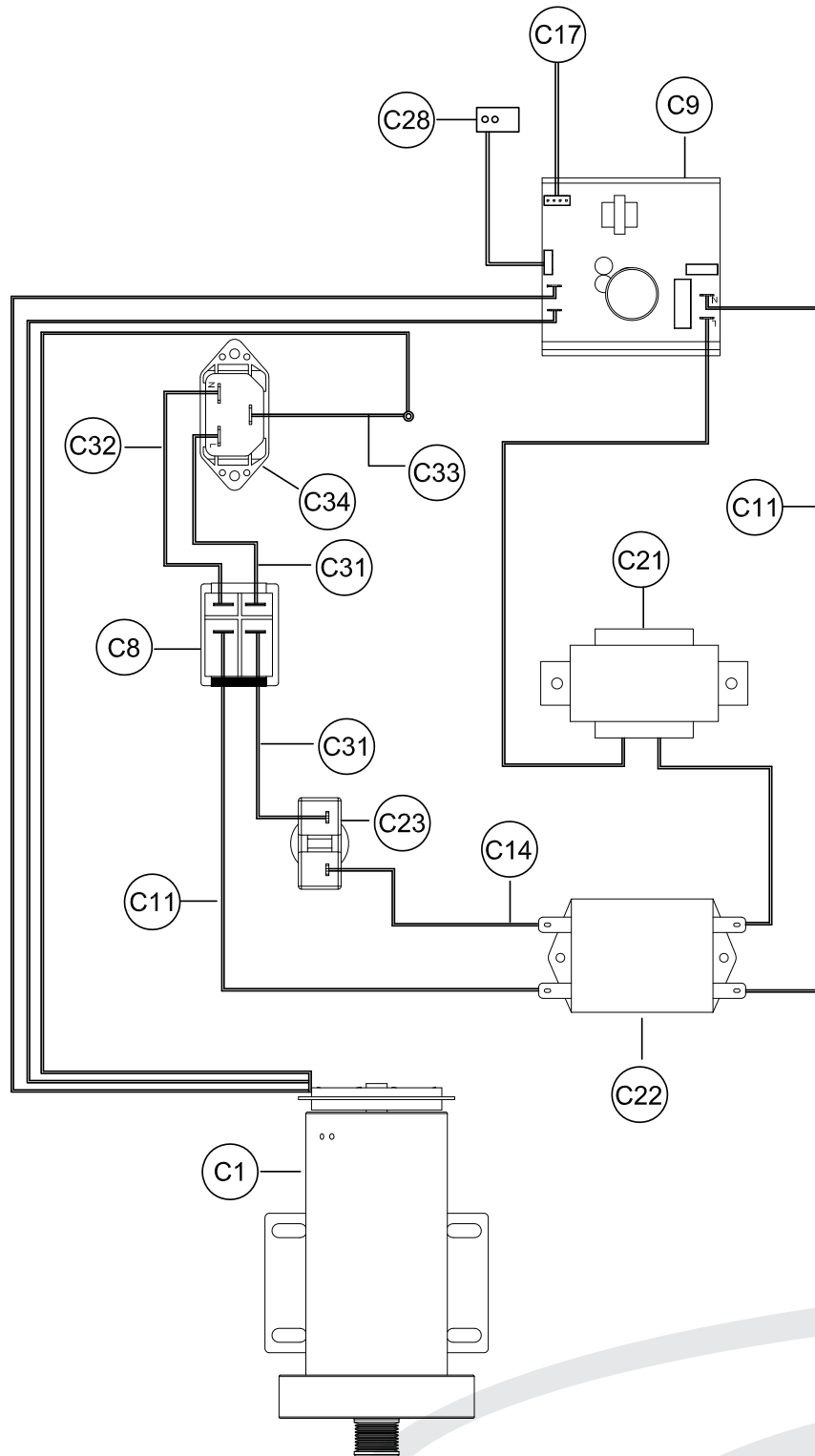
T50 Wiring Diagram (1)



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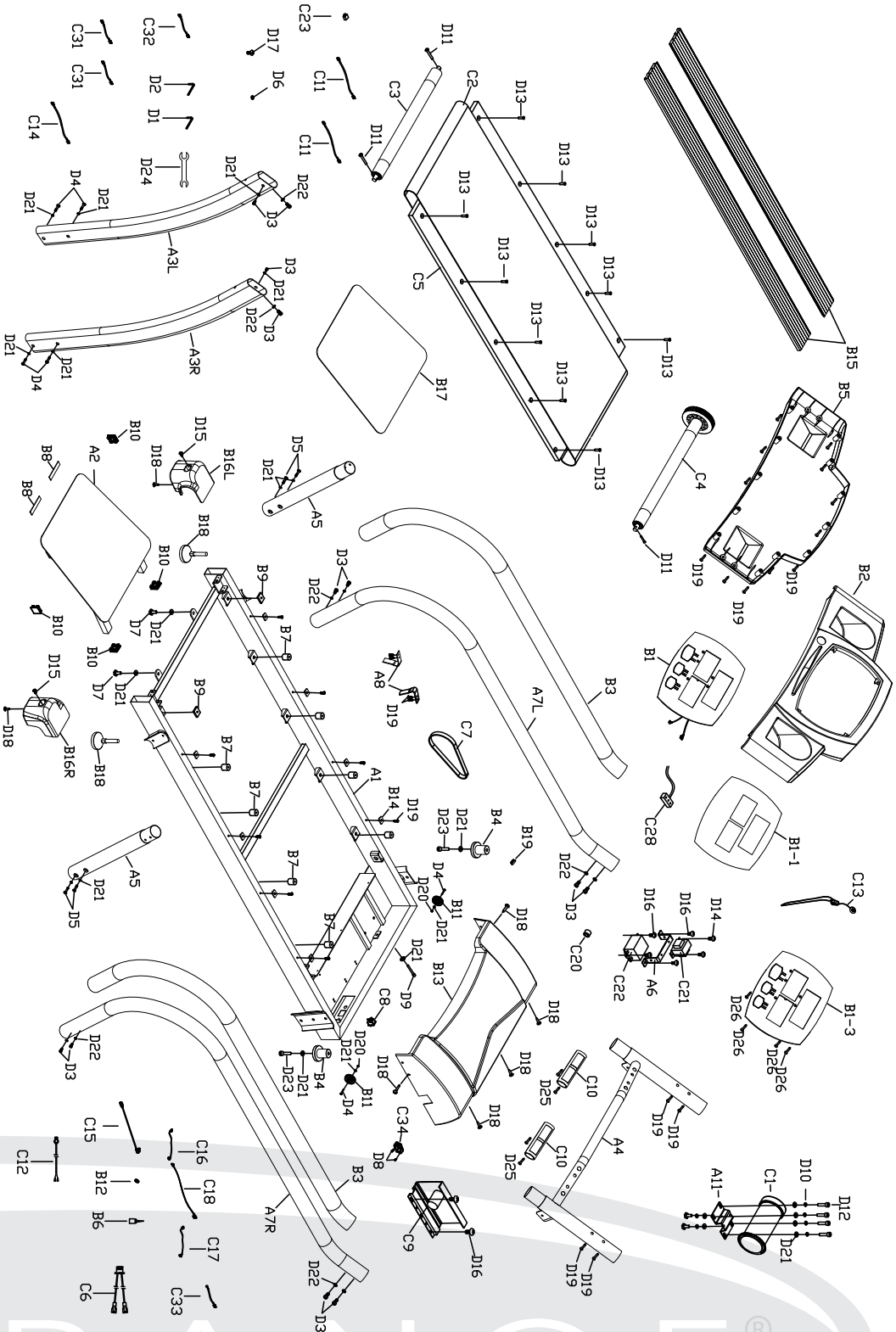
by *Body-Solid*

T50 Wiring Diagram (2)

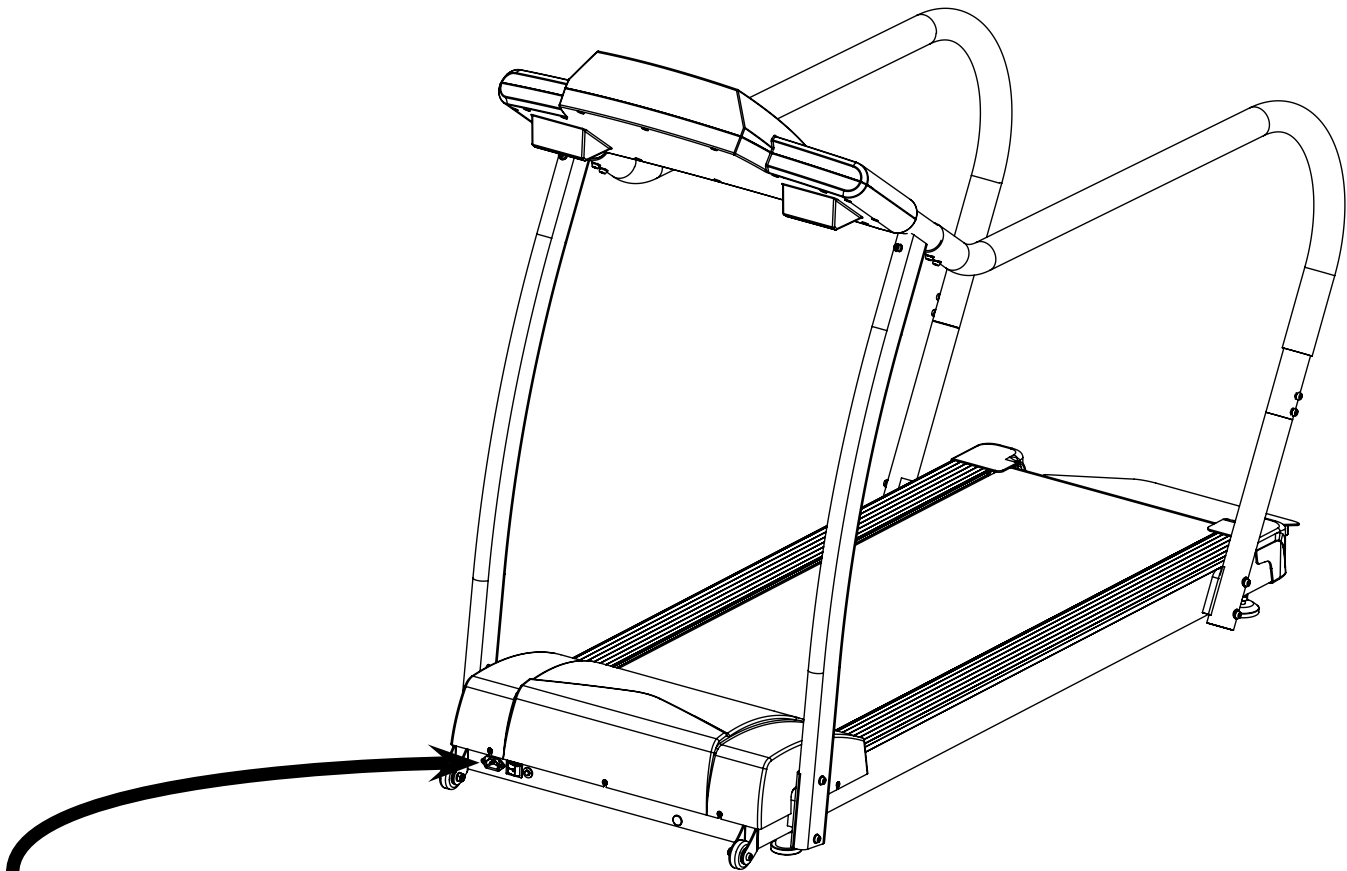


END

Exploded View Diagram



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Serial Number is Located on the Frame

Model Name: _____ T50 _____

Purchase Date: _____

Serial Number: 007734-_____



Customer Tech Support Hotline

Toll Free: 1-800-556-3113
Phone: 1-708-427-3555
Fax: 1-708-427-3556
Hours: M-F 8:30-5:00 CST
E-Mail: service@bodysolid.com