

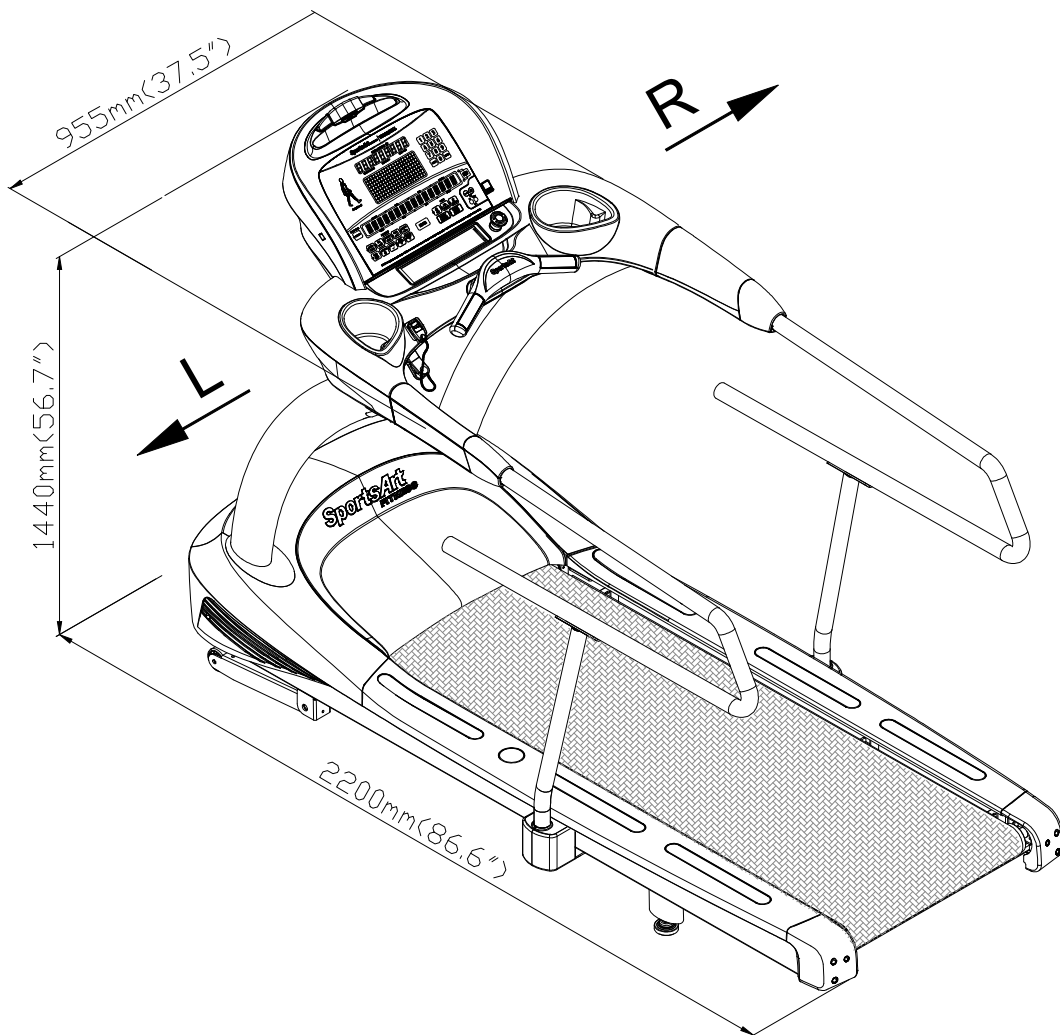
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1. INTRODUCTION

Congratulations on the purchase of a high quality SportsArt product, the T655MS treadmill. Constructed of high quality materials and designed for years of reliable performance, this product was made for full commercial use.

Before this product is assembled or operated, we recommend that you familiarize yourself with this manual. Understanding the correct assembly and operation of this product will help ensure that exercisers obtain their fitness goals safely and successfully.



2. SAFETY PRECAUTIONS

This product was designed and built for optimum safety. However certain precautions apply during the use of this product. Please note the following safety precautions:

- Please read the entire manual before assembly and operation. Make sure the product is installed and operated as instructed in this manual.
- Assemble and operate the product on a solid, level surface. Do not use outdoors or near water, including pools and saunas.
- Check the product before every use. Make sure all parts are assembled, and all fasteners are tightened. Do not use the product if it is disassembled in any way.
- Wear proper workout clothing. Do not wear loose clothing. Do not wear shoes with leather soles or high heels. Tie all long hair back. Do not go barefoot on this product.
- Keep away from moving parts. Moving parts may or may not stop immediately if an object becomes caught or impedes normal motion.
- Use this product only for its intended purpose as described in this manual.
- Be careful when mounting and dismounting the unit.
- Never operate this product if it has been damaged in any way. If it is not working properly, or has been dropped or damaged, contact a service technician for repairs.
- Do not use accessories that are not specifically recommended by the manufacturer. Such parts might cause injuries or cause the unit to fail.
- Keep all air ventilation areas free of blockage. Never drop or insert any object into any opening.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- This product is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or by people who are otherwise deficient in product knowledge or experience. If such people use this product, they should be given training and be supervised at all times by someone responsible for their safety.
- Children should be supervised to ensure that they do not play on or near the product.
- Treadmills should be positioned away from walls to avoid injury due to falls. Be sure that the back of the treadmill has at least six to seven feet of clearance from a ledge, wall or window. The power supply and wiring should be located away from walking paths or taped to prevent tripping when stepping on or off of the running belt.
- The user weight limit for this product is 227 kg, 500 lb. At maximum speed, this product meets standards for users up to 160 kg, 350 lb.

2. SAFETY PRECAUTIONS (CONTINUED)

CAUTION: If you feel any pain or any abnormal sensations, STOP YOUR WORKOUT and consult your physician immediately. Work within your recommended exercise level. DO NOT work to exhaustion. Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

CAUTION: If you select the Reverse direction to start the exercise, please be prepared for belt to start in reverse direction. Always start the exercise with your feet on the side rails before program starts.

WARNING! Heart rate monitoring systems may be inaccurate. Too much exercise may result in serious injury or death. If you feel faint, stop exercising immediately.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. 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 interference will not occur in a particular installation. If the user desires to correct the interference, it is at the user's own expense.

WARNING! Only qualified technicians should be allowed to contact electrical components such as circuit boards. Some components carry an electrical charge even after use has been discontinued or the product has been unplugged. For products with power cords, turn off unit power, wait five minutes, then disconnect the power cord from the power socket. For products without power cords, let the unit sit without use for five minutes. Only after taking such precautions should covers be removed and electrical components be accessed.

- Do not attempt to drag or carry this unit by the power cord. Keep the power cord away from heated surfaces.
- Improper grounding can increase the risk of electric shock. Check with a qualified electrician if you are in doubt as to whether the power outlet is properly grounded.
- Do not attempt to modify the plug provided with this product. Proper power supply must be provided. If the plug does not fit an outlet, contact a qualified electrician to inspect or modify power in the facility.
- Do not stand on the walk belt when starting the treadmill. Straddle the belt with your feet on the right and left landing strips.
- Always use the safety key when operating the treadmill.

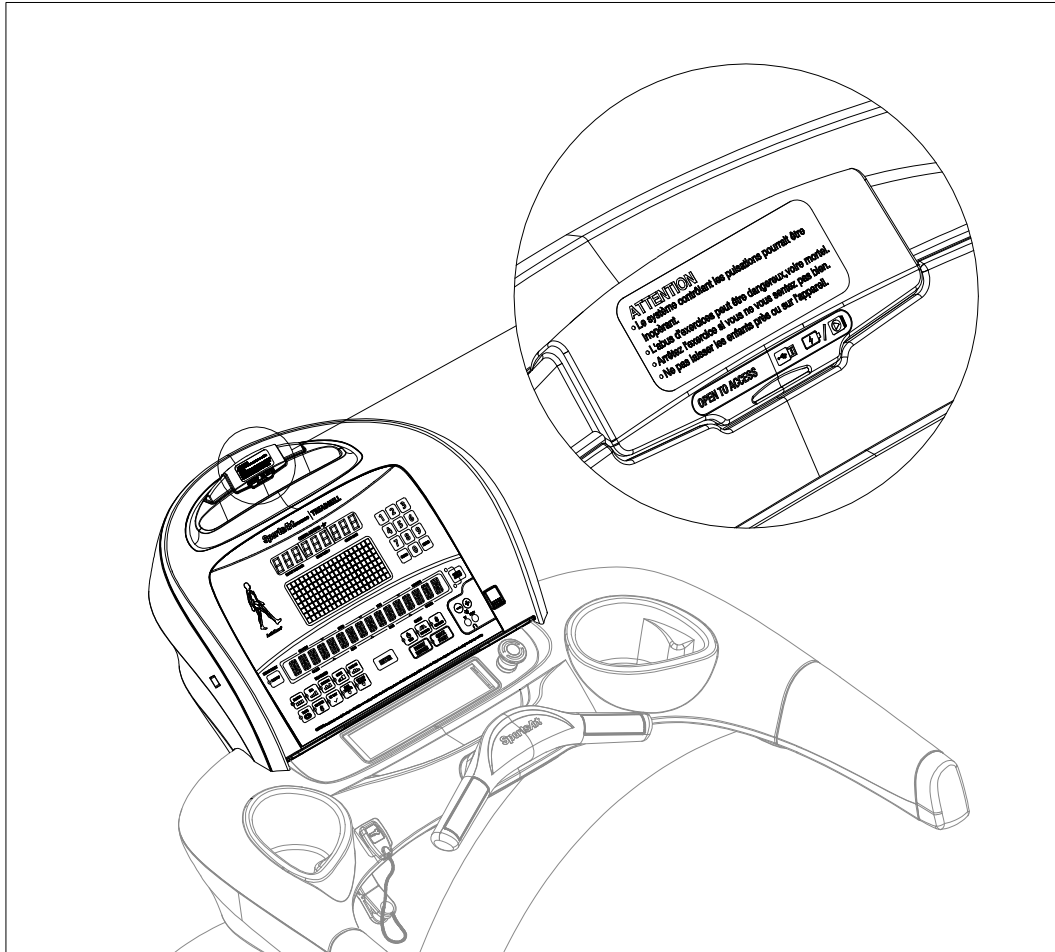
French speakers, please note the following:

- Please place the sticker (provided in the owner's manual) on the product as shown.

CAUTION: If you select the Reverse direction to start the exercise, please be prepared for belt to start in reverse direction. Always start the exercise with your feet on the side rails before program starts.

2. SAFETY PRECAUTIONS (CONTINUED)

If you are a French speaking person in North America, please place the sticker contained in the owner's manual on the product as shown. Customers in other areas will not receive the sticker.



2. CONSIGNES DE SÉCURITÉ IMPORTANTES

Votre tapis de course SportsArt a été conçu et fabriqué afin d'assurer une sécurité optimale. Cependant certaines précautions s'appliquent chaque fois que vous utilisez votre tapis de course.

- Lisez entièrement le manuel avant l'assemblage et l'utilisation. Veuillez aussi noter les consignes de sécurité suivantes:
- Veuillez lire attentivement les instructions et installer le tapis de course selon les instructions.
- Assemblez et faites fonctionner l'elliptique sur une surface solide et plane; NE PAS l'utiliser à l'extérieur ou près de l'eau.
- En aucun cas, ne laissez des enfants à proximité ou sur le tapis de course.
- Vérifiez le tapis de course avant chaque utilisation. Assurez-vous que toutes les pièces sont assemblées et que tous les éléments de fixation sont serrés. NE PAS utiliser le tapis de course si l'appareil est démonté de quelque façon.
- Gardez vos mains loin des pièces mobiles.
- Portez des vêtements d'entraînement appropriés; NE PORTEZ PAS de vêtements amples. NE PORTEZ PAS de chaussures à semelles en cuir ou à talons hauts. Attachez les cheveux longs. Ne marchez pas pieds nus sur l'appareil.
- Soyez prudent lors du montage et démontage de l'appareil.
- Le tapis de marche ne s'arrêtera pas immédiatement si un objet est pris dans les courroies ou les rouleaux.
- NE PAS utiliser d'accessoire non spécifiquement recommandé par le fabricant. Car cela pourraient provoquer des blessures ou entraîner une panne de l'appareil.
- Débranchez l'appareil de la prise avant l'entretien ou la suppression de toute pièce.
- Une surveillance étroite est nécessaire quand ce tapis de course est utilisé par ou à proximité d'enfants, de malades ou de personnes handicapées.
- Utilisez ce tapis de course uniquement pour l'usage prévu dans ce manuel.
- N'utilisez jamais ce tapis de course s'il a été endommagé de quelque façon que ce soit. S'il ne fonctionne pas correctement, ou s'il est tombé ou endommagé, contactez votre vendeur.
- NE PAS transporter ce tapis de course par le cordon d'alimentation et n'utilisez pas le cordon comme poignée.
- Maintenez le cordon éloigné de toute surface chaude.
- Veillez à ce qu'aucun orifice de ventilation ne soit obstrué.
- Ne faites jamais tomber ou n'insérez jamais d'objet dans les orifices.
- NE PAS l'utiliser là où des produits aérosols (vaporisés) sont utilisés ou lorsque de l'oxygène est administré.
- La limite de poids de l'utilisateur pour ce tapis de course est de 227 kg, 500 lb. Remarquez que la vitesse de 15 mph (24 km/h) convient jusqu'à 160 kg, 350 lb.
- Les performances du produit dépendent d'une alimentation adéquate.
- Ce tapis de course n'est pas destiné à être utilisé par des personnes (y compris des enfants) dont les capacités physiques, sensorielles ou mentales sont réduites ou qui ne disposent pas de l'expérience ou du savoir nécessaires, sauf si celles-ci ont au préalable été formées eu égard à l'utilisation de ce tapis de course par une personne responsable de leur sécurité.
- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le tapis de course.
- Les tapis de course doivent de préférence être situés loin des murs, pour éviter de se blesser en cas de chute. Vérifiez si l'extrémité arrière du tapis est au moins à 2 mètres d'un rebord, d'un mur ou d'une fenêtre. Veillez également à positionner le cordon d'alimentation loin de tout passage ou à le protéger avec du ruban adhésif pour ne pas s'y prendre les pieds en montant et descendant du tapis.
- Utilisez toujours le clip de sûreté pendant le fonctionnement du tapis de course.
- NE PAS rester sur le tapis de marche lors du démarrage du tapis de course. Enjambez le tapis et placez vos pieds sur les bandes de repos droite et gauche.

2. CONSIGNES DE SÉCURITÉ (SUITE)

- Pour éviter de vous blesser, restez sur les bandes de repos (barres latérales) avant de démarrer le tapis de course.
- Ce tapis de course n'est pas destiné à être utilisé par des personnes (y compris des enfants) dont les capacités physiques, sensorielles ou mentales sont réduites ou qui ne disposent pas de l'expérience ou du savoir nécessaires, sauf si celles-ci ont au préalable été formées eu égard à l'utilisation de ce tapis de course par une personne responsable de leur sécurité.
- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le tapis de course.
- Utilisez toujours le clip de sûreté pendant le fonctionnement du tapis de course.
- NE PAS rester sur le tapis de marche lors du démarrage du tapis de course. Enjambez le tapis et placez vos pieds sur les bandes de repos droite et gauche.
- Pour éviter de vous blesser, restez sur les bandes de repos (barres latérales) avant de démarrer le tapis de course.

ATTENTION

Si vous ressentez une douleur ou si vous avez une sensation anormale, **ARRÊTEZ VOTRE ENTRAÎNEMENT** et consultez immédiatement votre médecin. Entraînez-vous à votre niveau d'exercice recommandé. NE PAS s'entraîner jusqu'à l'épuisement.

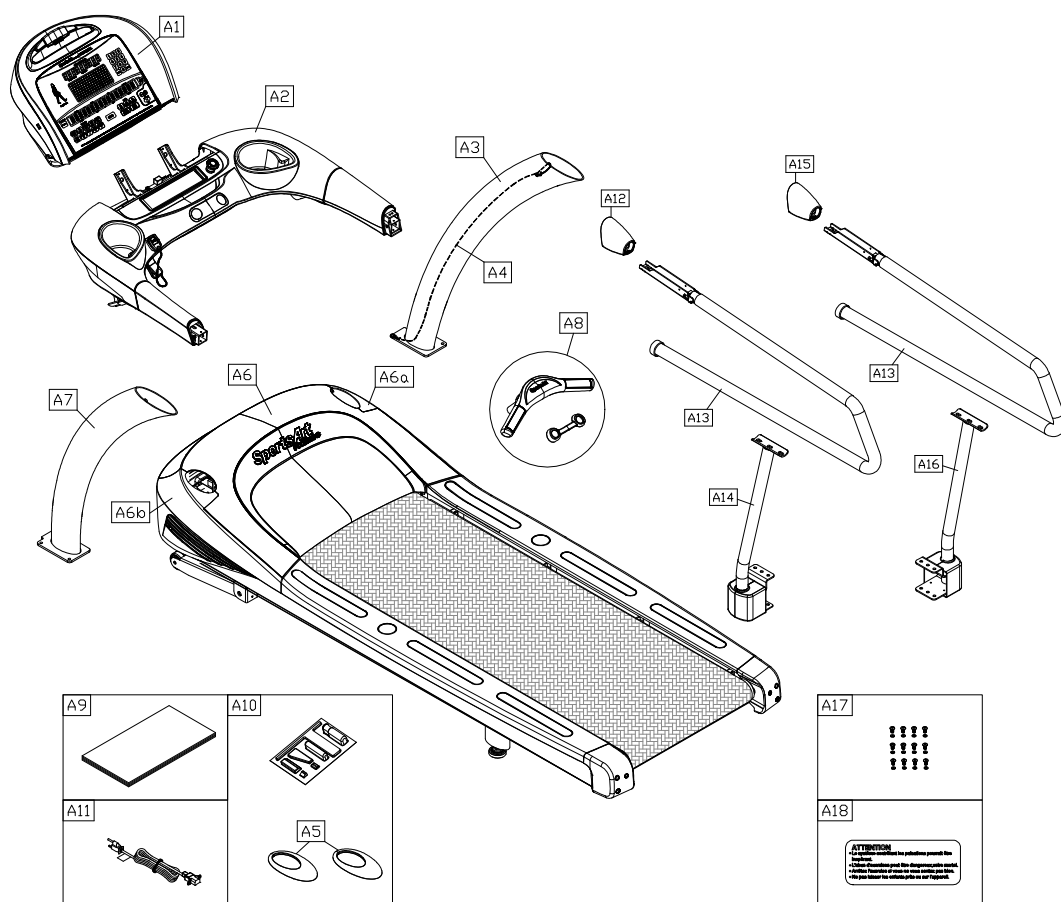
- Avant de commencer un programme d'exercice, vous devriez consulter votre médecin. Il est recommandé de faire un examen physique complet.
- NE PAS monter sur l'étape plus haute. En maintenant sur les supports de stabilité, monter sur l'étape plus bas.
- Pour diminuer le risque de choc électrique, débranchez toujours ce tapis de course de la prise de courant, immédiatement après utilisation et avant le nettoyage.
- Un branchement incorrect du connecteur de mise à la terre de l'équipement risque d'entraîner un choc électrique. En cas de doute sur la mise à la terre correcte de l'elliptique, faites appel à un technicien ou un électricien qualifié. NE PAS modifier la fiche fournie avec l'elliptique, si elle ne correspond pas à la prise, faites installer une prise adéquate par un technicien qualifié.

Remarque: Ce matériel a été testé et déclaré conforme aux normes des appareils digitaux de Classe B, conformément à la partie 15 du Règlement de la FCC. Ces limites sont conçues pour offrir une protection raisonnable contre les interférences nuisibles dans une installation résidentielle. Cet appareil génère, utilise, et peut diffuser des signaux radioélectriques, et, s'il n'est pas installé et utilisé conformément aux instructions, peut provoquer des interférences nuisibles aux communications radio. Cependant, il n'y a aucune garantie que des interférences ne se produiront pas dans une installation particulière. Si l'utilisateur désire corriger les interférences, ces corrections seront à la charge de l'utilisateur

Dans ce manuel, les mots "gauche" et "droit" sont utilisés en référence aux pièces et au produit. Comme tels, les mots "gauche" et "droit" font respectivement référence aux côtés gauche et droit de l'exerciseur. De même pour plus de concision, le mot «vis» est utilisé dans certains cas où des rondelles, des vis et autres matériels sont associés.

Attention: Si vous sélectionnez le sens inverse pour commencer l'exercice, s'il vous plaît soyez prêts au fait que la ceinture va démarrer dans le sens inverse. Commencez toujours l'exercice avec vos pieds sur les rails latéraux avant que le programme démarre.

3. LIST OF PARTS



Assembly Parts					
No.	Name	Qty.	No.	Name	Qty.
A1	Display	1	A9	Owner's manual	1
A2	Handlebar assembly	1	A10	Hardware kit	1
A3	Right pedestal	1	A11	Power cord	1
A4	Feeder cord	1	A12	Upper and lower left connector covers	1
A5	Water guard	2	A13	Left and right long handrails	2
A6	Main frame	1	A14	Left long handrail supports	1
A6a	Right side cover	1	A15	Upper and lower right connector covers	1
A6b	Left side cover	1	A16	Right long handrail supports	1
A7	Left pedestal	1	A17	Hardware kit	1
A8	Front handlebar assembly	1	A18	French Sticker (For USA)	1

3. LIST OF PARTS (CONTINUED)

Components in the Hardware Kit				
No.	Name	Qty.	Specification	Notes
31	Screw cover (flat)	2		
32	Screw cover (rounded)	2		
33	Mushroom top inner hex screw	4	M8*L20	
	Washer	4	D13*d8.5*t1.0	
34	Mushroom top inner hex screw	2	M6*16	
	Flat washer	2	D12.7*d6.8*t1.0	
35	Mushroom top Phillips screw	2	M5*P0.8*L10	
36	Mushroom top Phillips screw	4	M4*L10	
37	Mushroom top Phillips screw	2	M4*L20	
	Fuse	2	15A-100V-110V	
		2	10A-200V-240V	
	T-shaped Allen wrench	1	(M4)	
	T-shaped Allen wrench	1	(M6)	
	L-shaped Allen wrench	1	(M5)	
	L-shaped Allen wrench	1	(M6)	
	Double open-end wrench	1	(22*24)	
	Screwdriver handle	1	green	
	Screwdriver shank	1	Phillips and flat	

Components on the Product			
No.	Name	Specification	Notes
40	Phillips screw	M4*P0.7*L12	
41	Inner hex screw	M8* L18	
	Spring washer	M8	
	Serrated washer	Ø18* Ø 8.5* t2	
42	Mushroom top inner hex screw	M8* L20	
	Serrated washer (curved)	Ø18* Ø 8.5* t2	
43	Mushroom top inner hex screw	M8* L20	
	Serrated washer	Ø18* Ø 8.5* t2	
44	Mushroom top inner hex screw	M5* L12	
45	Phillips screw	M4* L8	

3. LIST OF PARTS (CONTINUED)

Components on the Product			
No.	Name	Specification	Notes
46	Handrail washer	D20*d7*t2.0	
	Mushroom top inner hex screw	M6*P1.0*L16	
47	Mushroom top inner hex screw	M6*P1.0*L12	
	Spring washer	M6*t1.5	
	Flat washer	D12.7*d6.8*t1.0	
48	Cover		
49	Mushroom top inner hex screw	M8*1.25*L20	
	Serrated washer	D18*d8.5*t2.0*19T	
50	Phillips screw	M6*P1.0*L12	
	Flat washer	D13*d6*t2.0	
51	Mushroom top Phillips screw	M5*P0.8*L10	

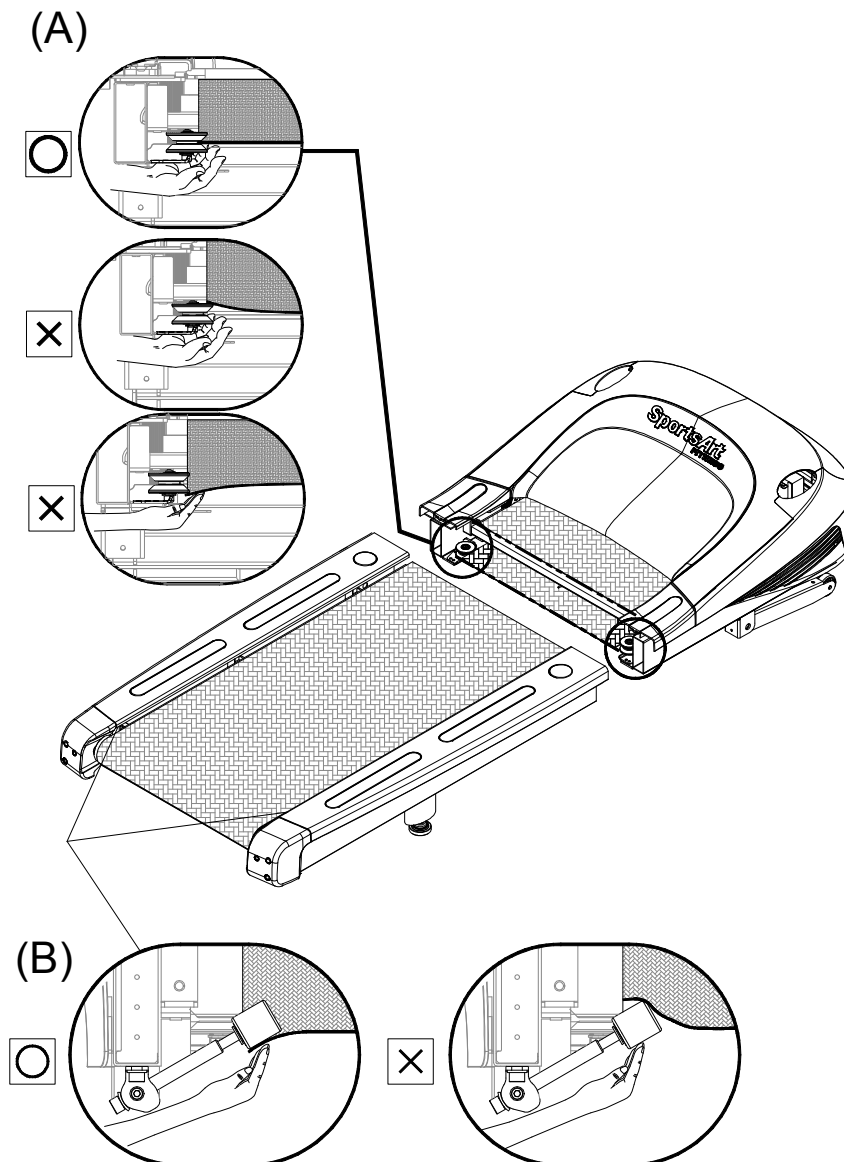
4. ASSEMBLE THE PRODUCT

Follow instructions below to assemble this product. Note that in this manual the words “left” and “right” are used to refer to the product and its parts. As such, these designations correspond to the “left” and “right” sides of a person in position to exercise on this product. Also, for brevity, the word “screws” is used where screws, washers, and other hardware may be involved. And, for clarity, names of keys are capitalized.

STEP 0 Preparation: Inspect Walk Belt Placement

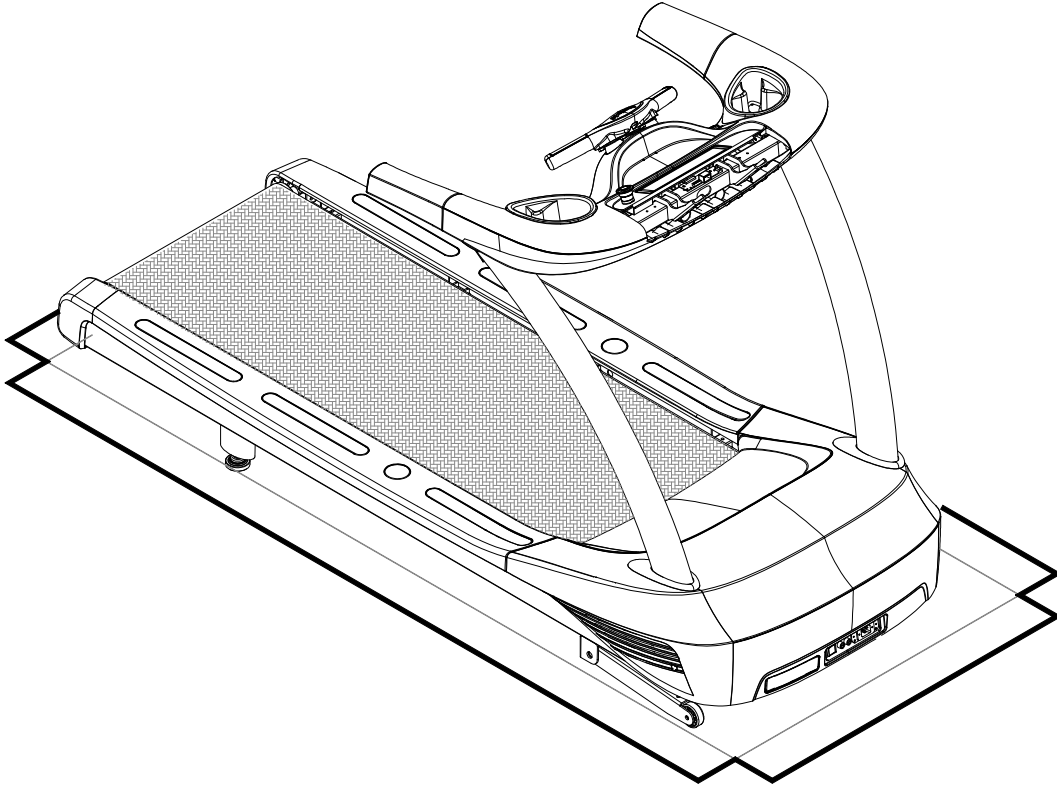
Inspect the position of the walk belt in relation to the guide rollers. The walk belt should be in the groove of the guide rollers (image √). Make sure that the walk belt is not outside of the groove of the guide rollers (image X).

If the walk belt is in the wrong position, press the walk belt into the groove of the guide rollers. After making sure the walk belt is in the correct position, adjust walk belt tension as shown in step 6.



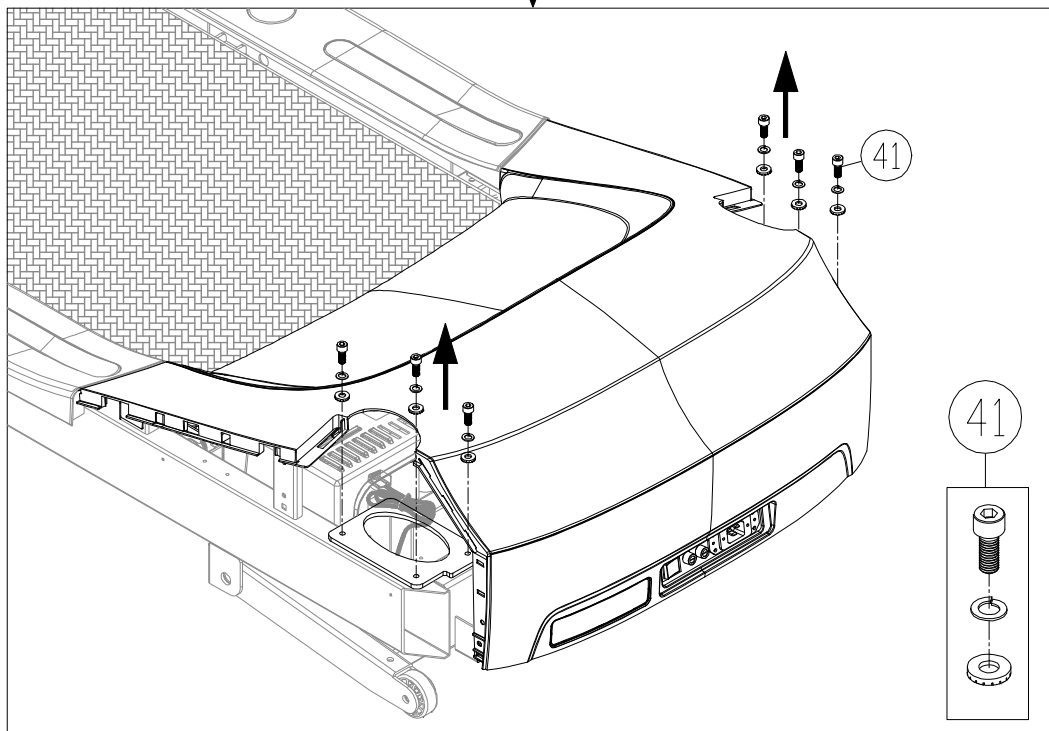
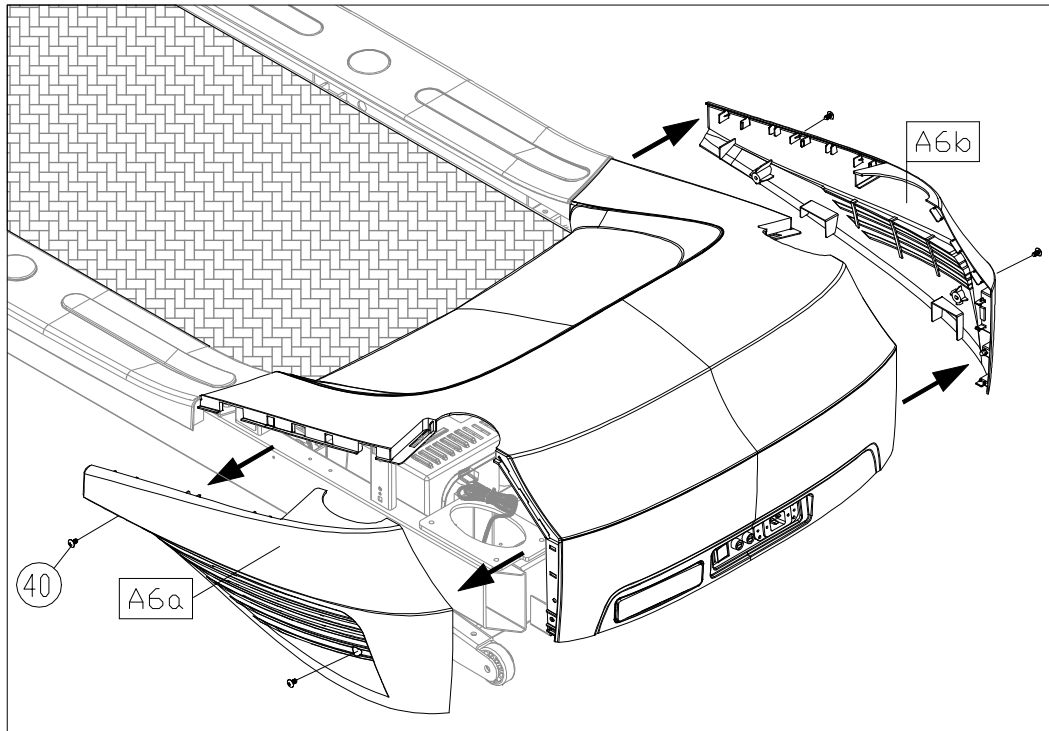
STEP 1 Install the Pedestals and Handlebar Assembly

Follow instructions below to install the pedestals and handlebar assembly. The illustration below provides an overview of this step.



STEP 1 Install the Pedestals and Handlebar Assy (Cont.)

- (a) Loosen and remove the screws (40) to remove the pedestal mount covers (A6a) (A6b) as shown.
- (b) Remove the screws (41) from the pedestal mount as shown.



STEP 1 Install the Pedestals and Handlebar Assy (Cont.)

Follow steps (a~e) in order to thread the data cable into the right pedestal.

- (a) First, remove the zip tie on the cable in the right pedestal mount, and then stretch the cable out as shown.

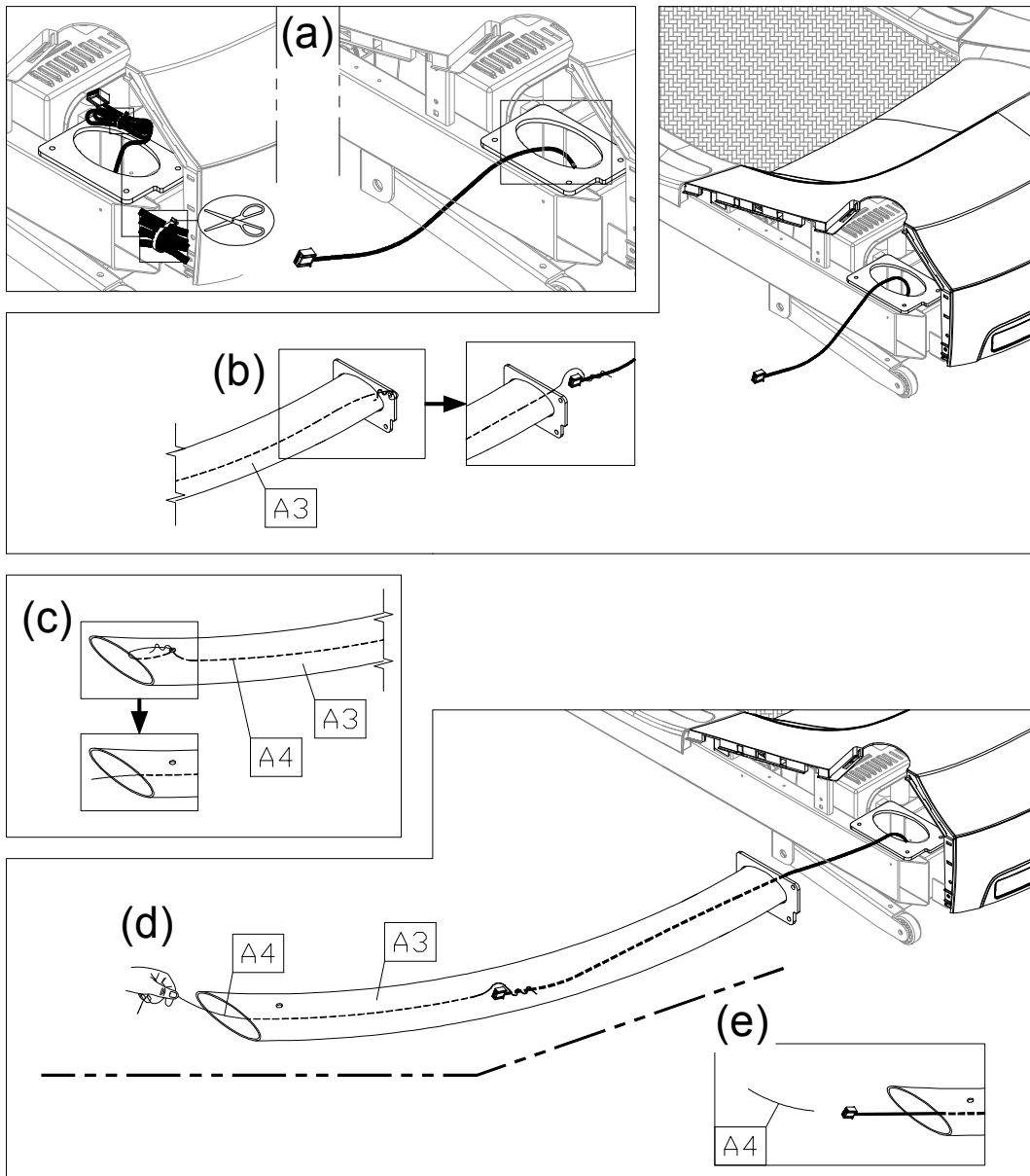
(Note: make sure the cable is fully pull out of the oval opening from the pedestal mount.)

- (b) Place the right pedestal (A3) on the floor, with the lower hole facing the data cable. Disconnect the feeder cord (A4) from the bottom of the pedestal. Wrap this feeder cord (A4) around the top of the data cable to secure them together.

- (c) Disconnect the feeder cord (A4) at the top of the right pedestal (A3).

- (d) Pull the feeder cord (A4) to thread the data cable through the right pedestal (A3).

- (e) Once the data cable has been threaded through the pedestal, disconnect the feeder cord (A4) from the data cable.

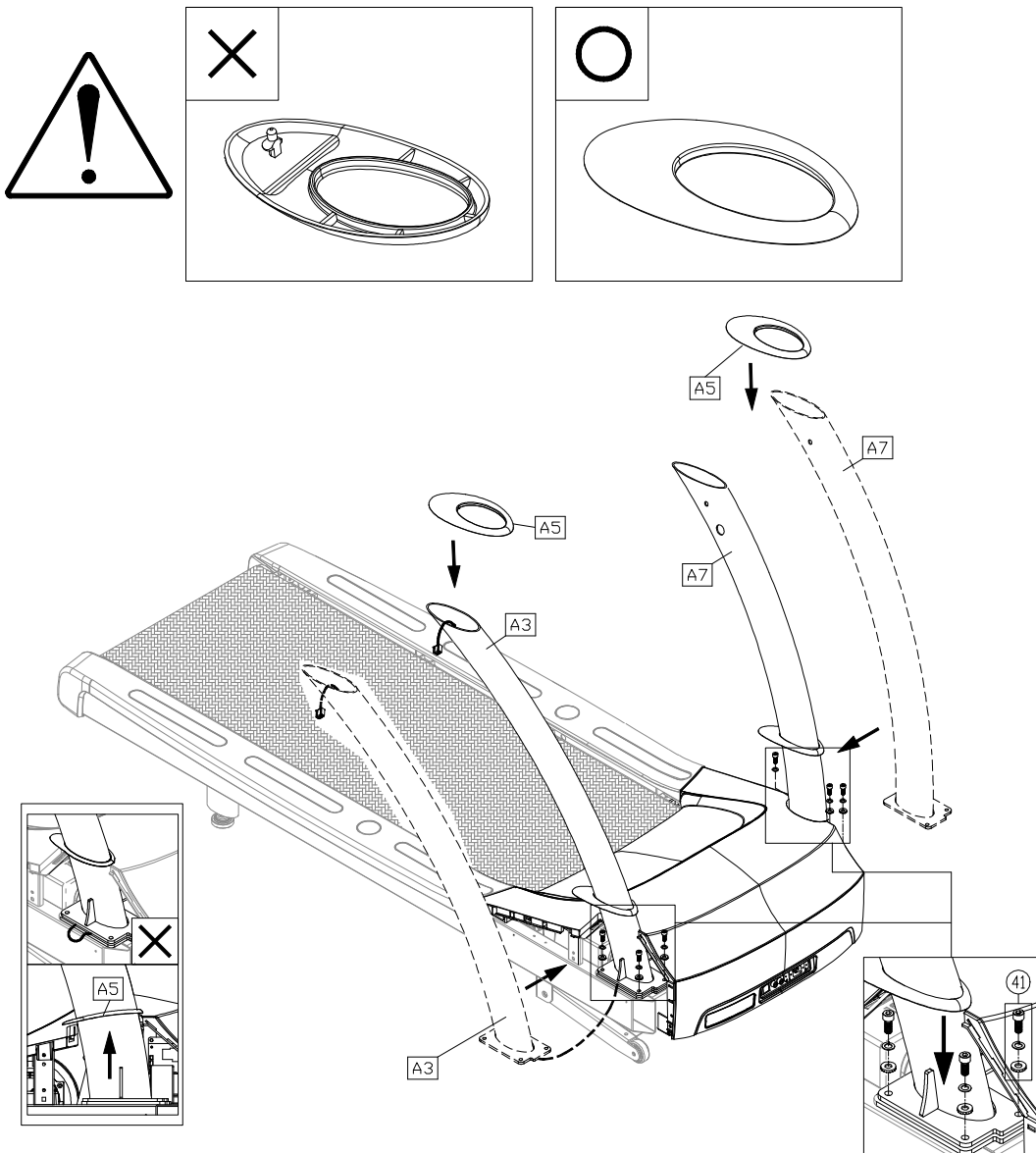


STEP 1 Install the Pedestals and Handlebar Assy (Cont.)

Hold the data cable at the top of the right pedestal (A3), and insert the bottom of the right pedestal (A3) onto the pedestal mount. Place the water guard (A5) on the pedestal higher than the motor cover. Repeat the process for the left pedestal (A7) assembly.

(Note: Avoid pinching or crimping the data cable, and prevent it from falling into the right pedestal. Make sure the water guard with the correct side upward as shown when placing on the pedestals.)

Loosely secure the right and left pedestals (A3) (A7) with screws (41). Do not tighten screws. Make sure the pedestals can still move slightly.



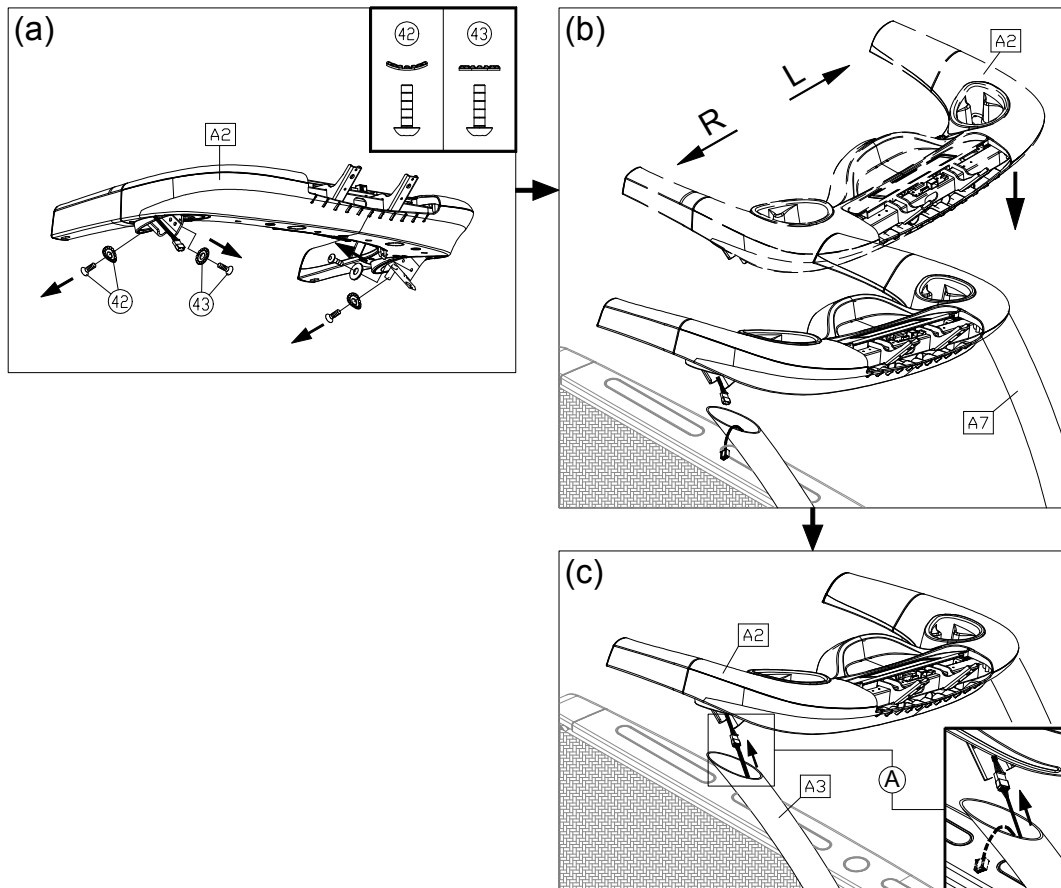
STEP 1 Install the Pedestals and Handlebar Assy (Cont.)

Follow steps (a~f) to install handlebars.

(a) First, remove the screws (42) (43) from the handlebar assembly (A2).

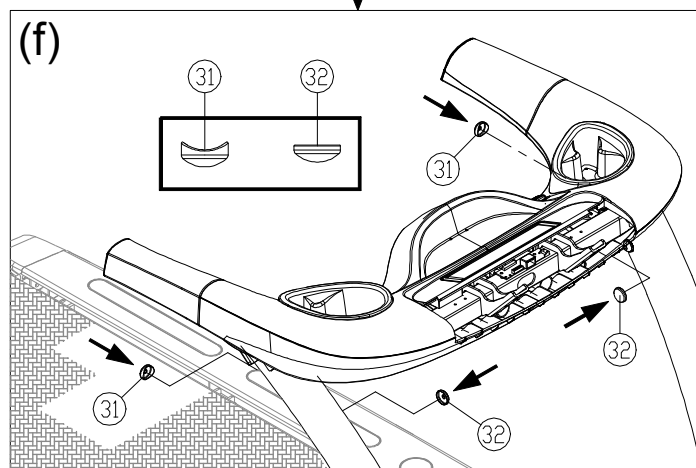
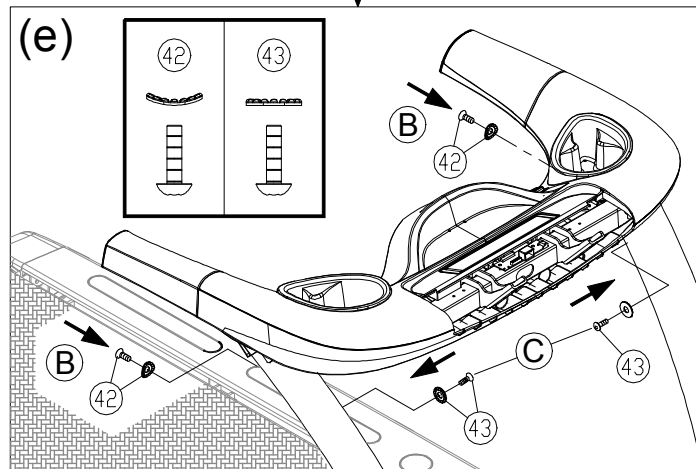
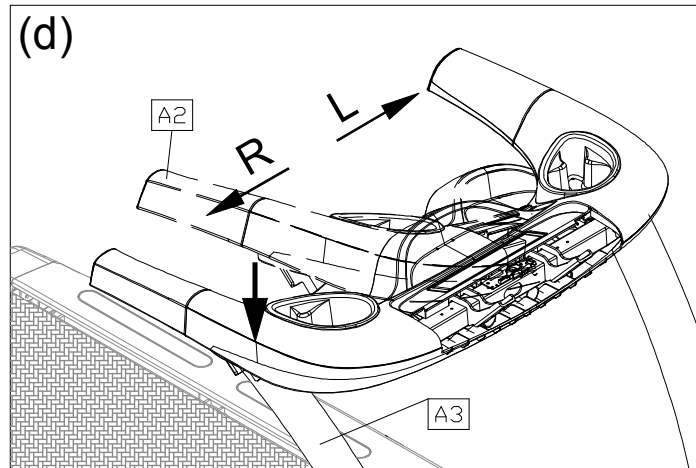
(b) Insert the left side of the handlebar (A2) into the left pedestal (A7).

(c) Connect the cables in area A from the right pedestal (A3) and from the handlebar (A2).



STEP 1 Install the Pedestals and Handlebar Assy (Cont.)

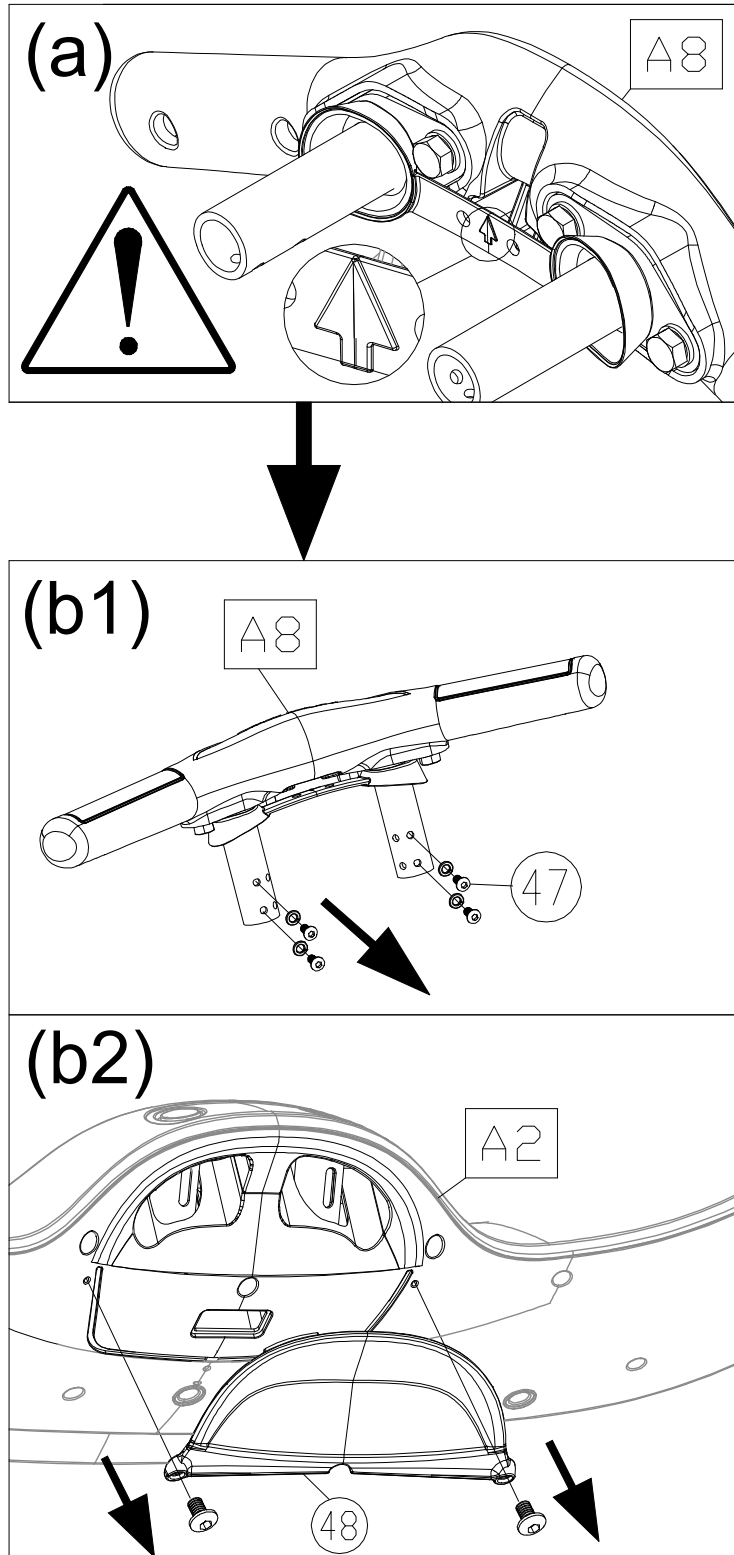
- (d) Tuck cables into the pedestal safely, and then insert the right side of the handlebar assembly (A2) into the right pedestal (A3), without pinching or crimping cables.
- (e) Thread screws (42) (43) in place by hand. First, secure the screws (42) in area B, and then secure the screws (43) in area C.
- (f) Insert the screw cap (31) (32) onto the screw head.



STEP 1 Install the Pedestals and Handlebar Assy (Cont.)

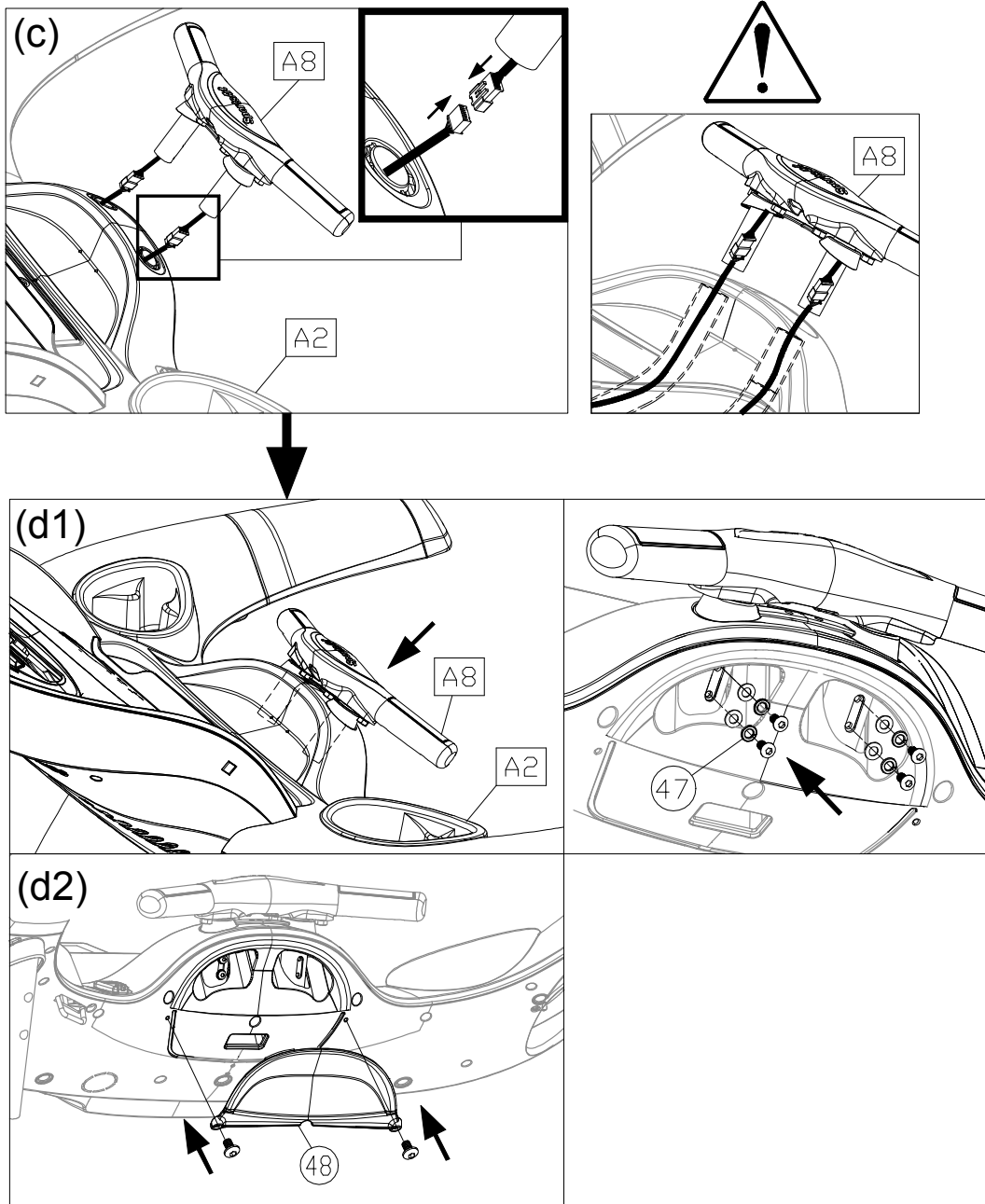
Install the front handlebar assembly

- (a) Install the waterproof back into the front handlebar assembly (A8) if necessary. Make sure the arrow of the waterproof ring upward as shown.
- (b1) Loosen screws (47) from the front handlebar assembly (A8).
- (b2) Loosen screws and remove the cover (48) from the handlebar assembly (A2) as shown.



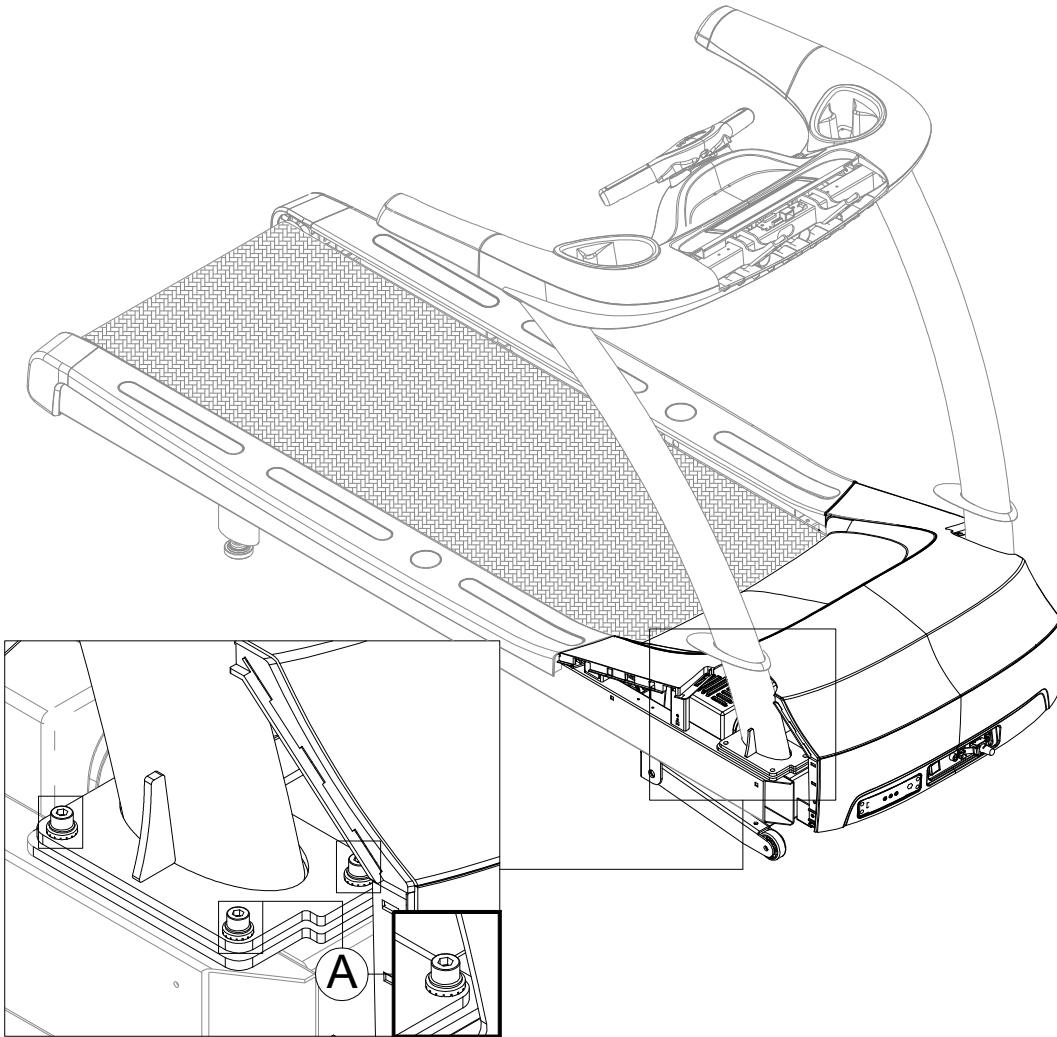
STEP 1 Install the Pedestals and Handlebar Assy (Cont.)

- (c) Connect the cables from the front handlebar assembly (A8) and the handlebar assembly (A2). Collect the cables and tuck them as indicated by arrows back into the hole of the front handlebar assembly (A8) for safety.
- (d1) Insert the front handlebar assembly (A8) into the handlebar assembly (A2) and secure with screws (47).
(Note: Avoid pinching or crimping the cables.)
- (d2) Secure the cover (48) with screws back into place.

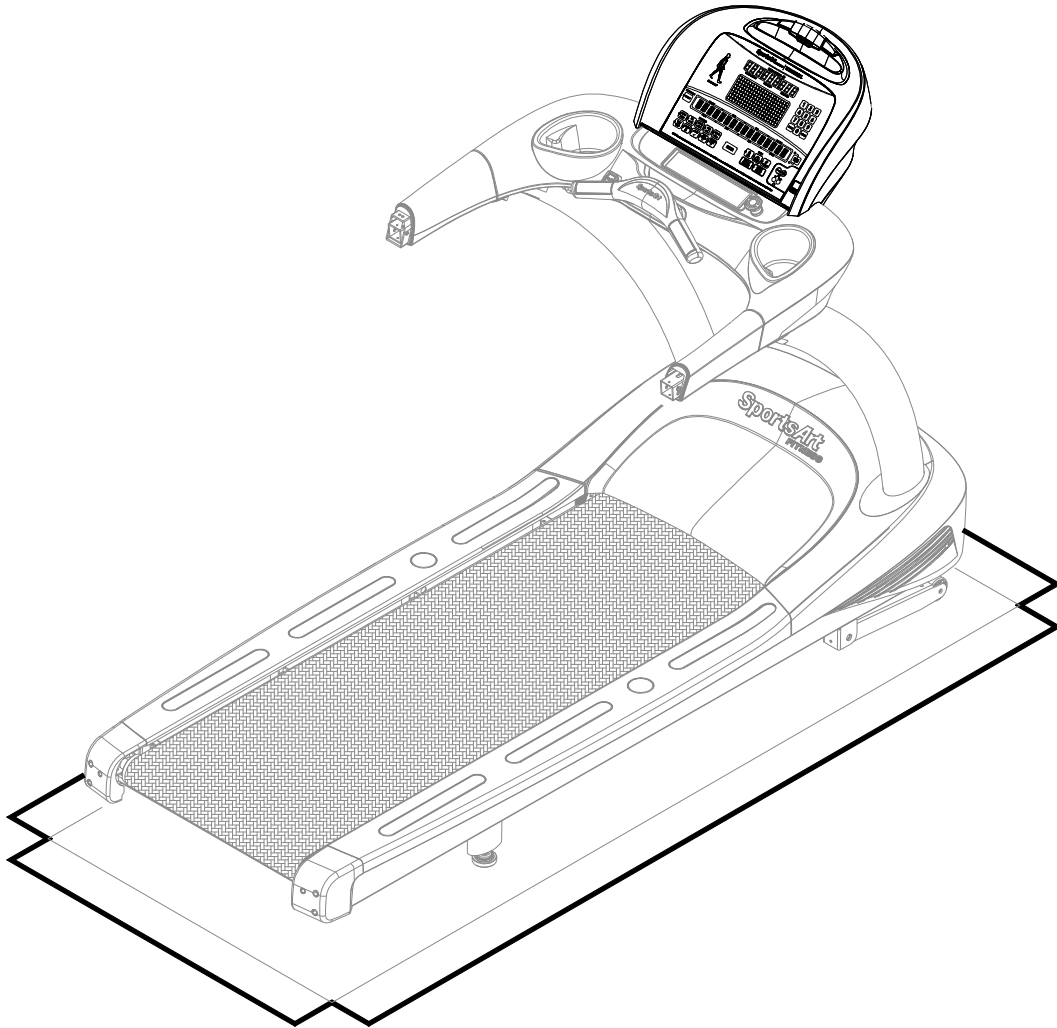


STEP 1 Install the Pedestals and Handlebar Assy (Cont.)

After the handlebars are in place, secure pedestal screws in area A on left and right sides.



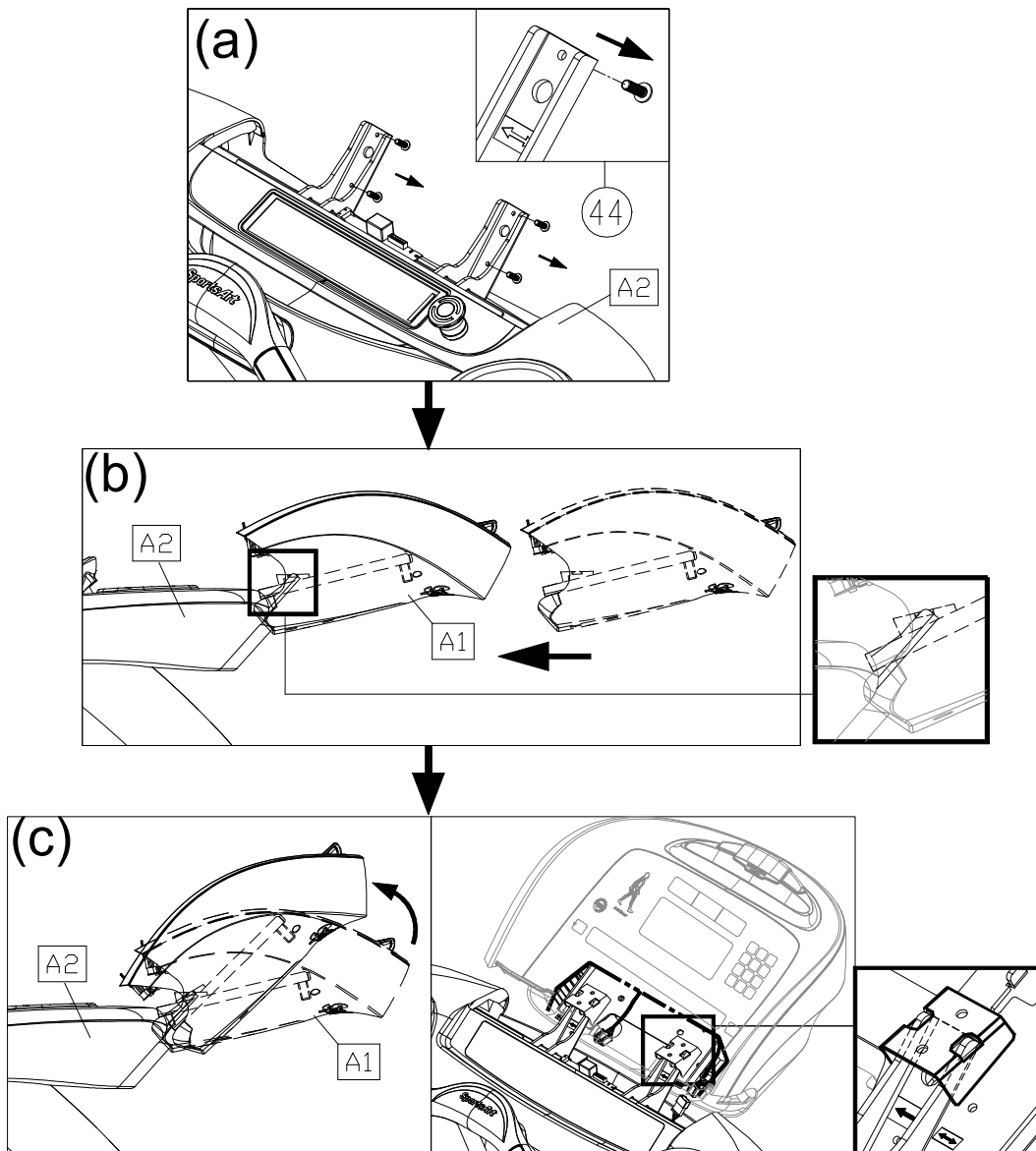
STEP 2 Install the Display



STEP 2 Install the Display (Continued)

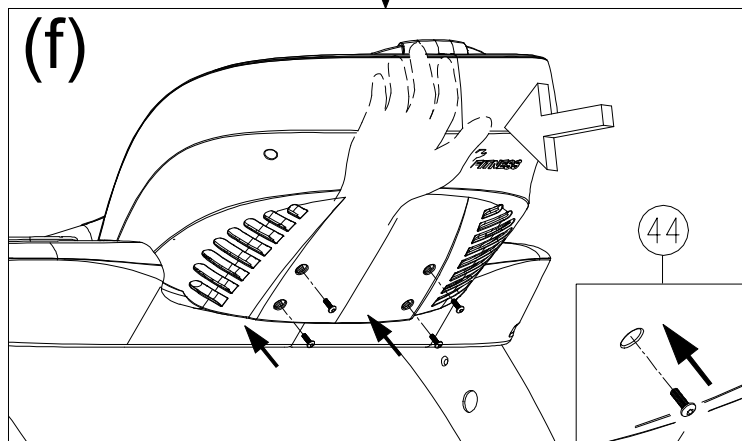
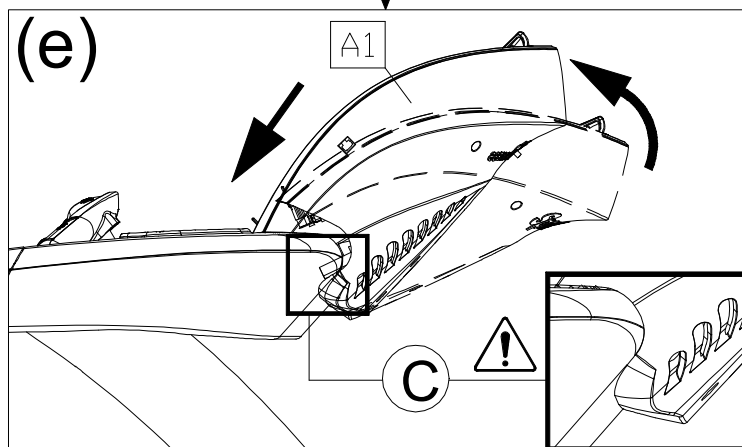
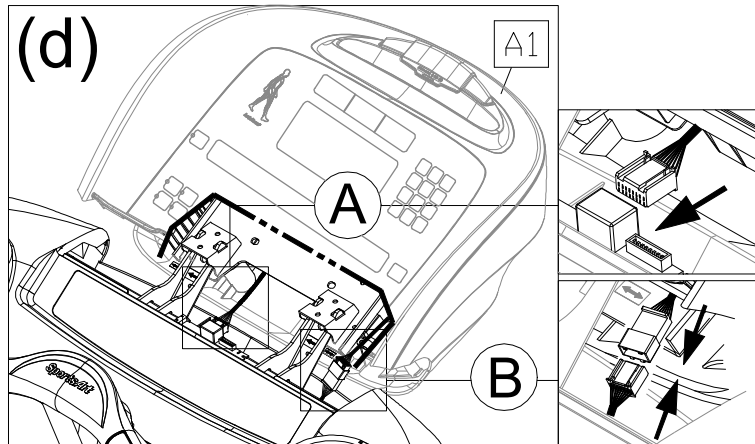
Follow steps (a~f) below to install the display assembly.

- (a) Remove the screws (44) from the handlebar (A2).
- (b) Insert the display (A1) onto the handlebar assembly (A2). (Note: aim properly to avoid damaging the display board.)
- (c) Push the display (A1) slightly upward and then insert the display mounting bottom into the opening on the handlebar assembly. Make sure the display is placed securely.



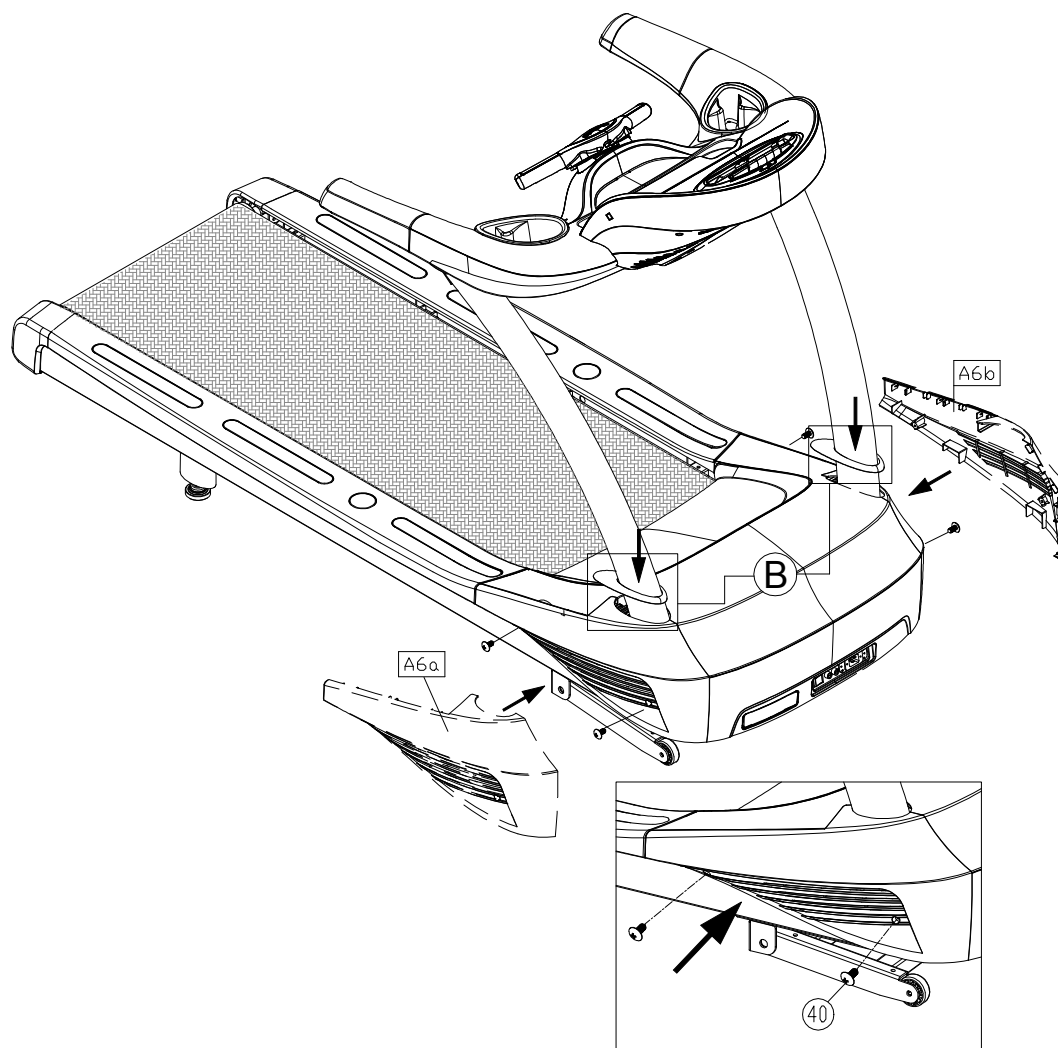
STEP 2 Install the Display (Continued)

- (d) Connect cables in areas A and B.
- (e) After connecting cables, tuck them away for safety, and then slightly lift the display (A1) and press it into place. (Note: in area C, the display cover must be outside of the handlebar cover.)
- (f) Hold the display (A1) forward slightly as shown and then press downward when securing screws (44). Secure screws (44) on the top of display first and then screws (44) on the bottom of display.



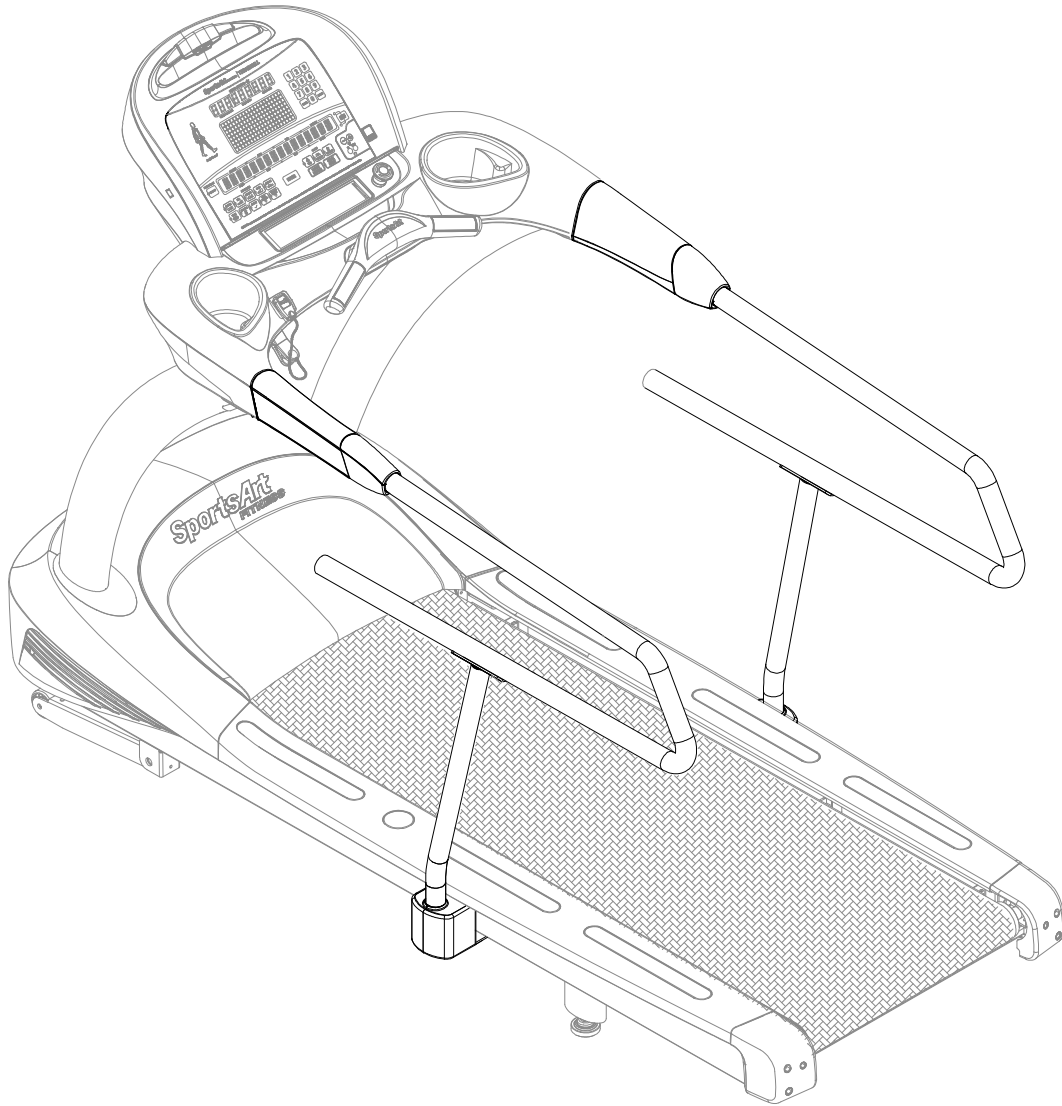
STEP 3 Install the Right/Left Side Covers

Put the right/left side covers (A6a) (A6b) in place and secure them with screws (40). Finally, put the water guards (A5) down against the motor cover on both sides.



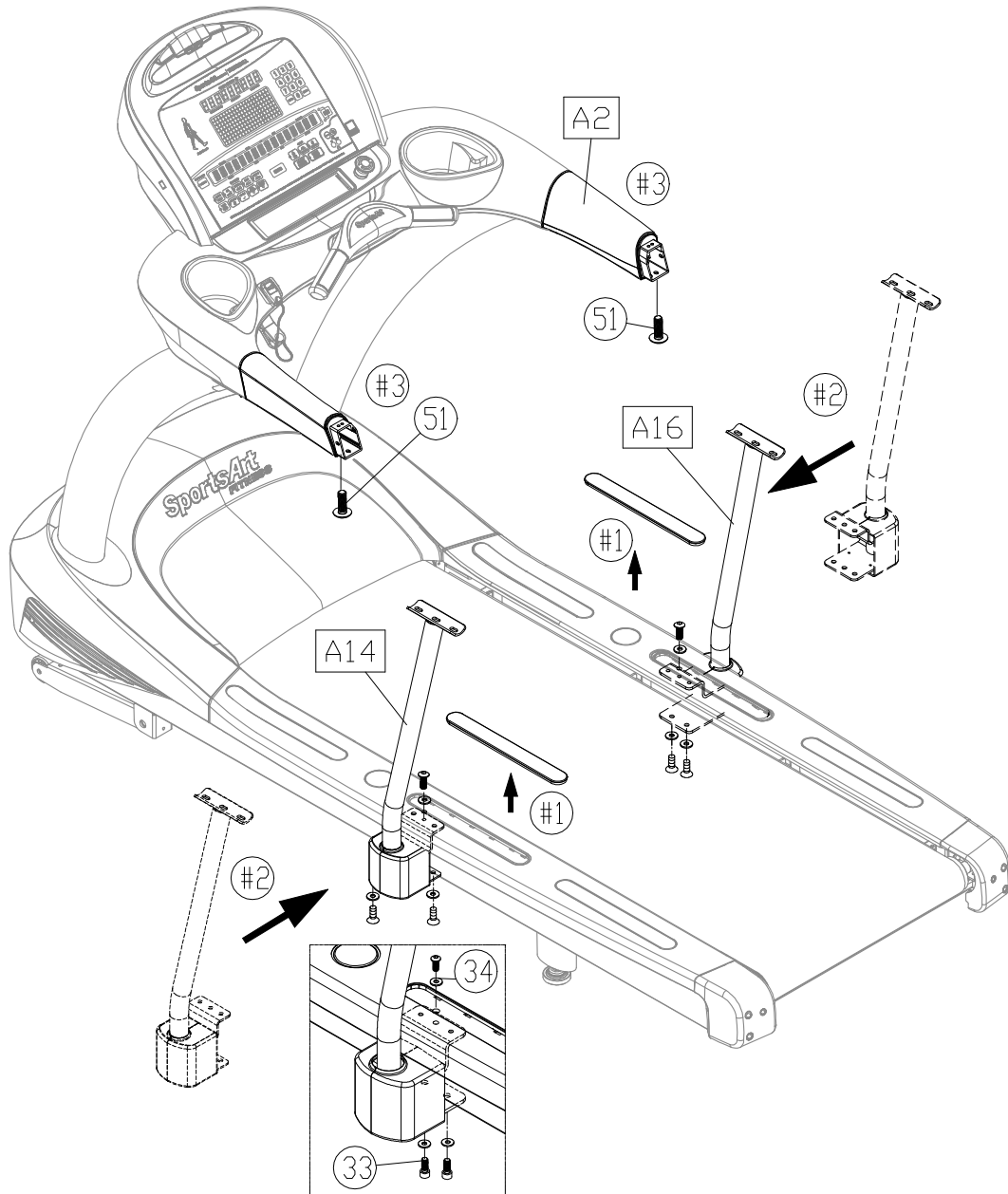
STEP 4 Install Long Handrails

Follow instructions below to install the long handrails. The illustration below provides an overview of this step.



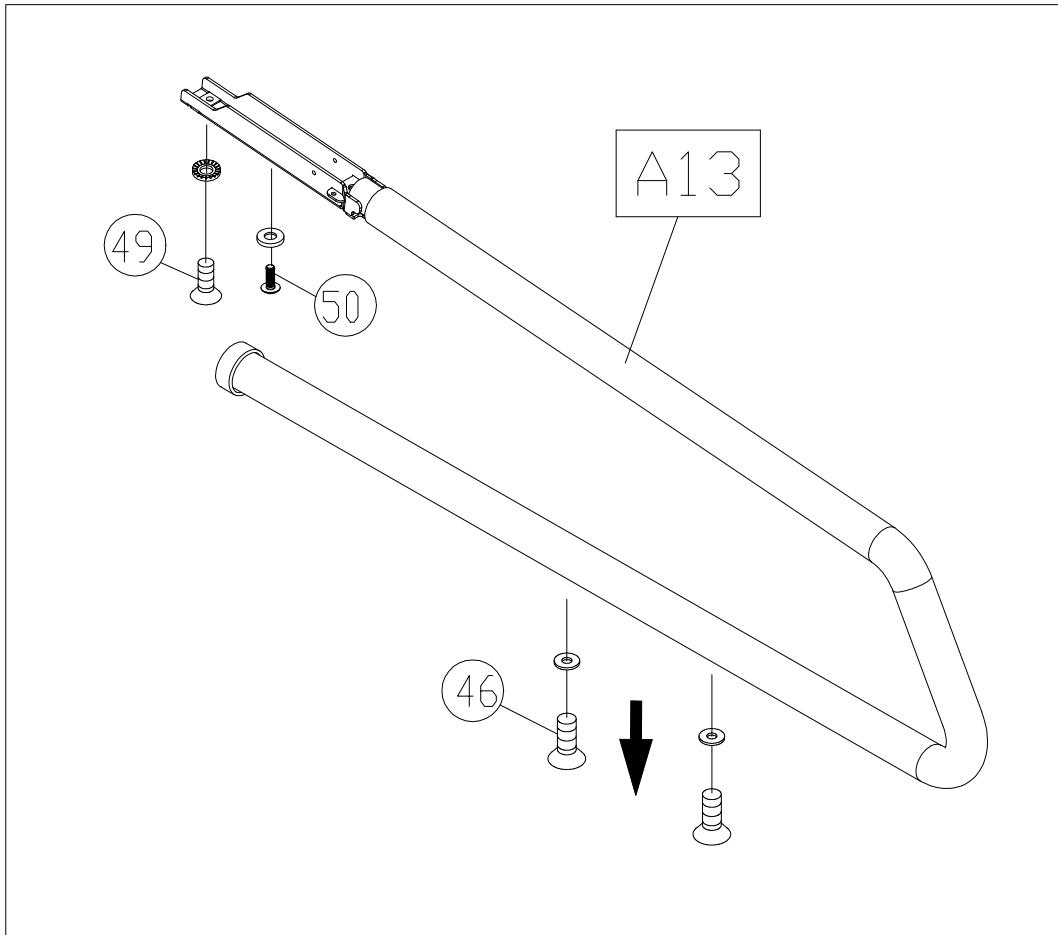
STEP 4 Install Long Handrails (Continued)

- (a) First, remove two middle anti-slip strips from the landing strips and set the left and right long handrail supports (A14) (A16) into the frame and then loosely secure them with screws (33) (34). Do not tighten the screws yet. Finally, remove screws (51) from the handlebar assembly (A2).



STEP 4 Install Long Handrails (Continued)

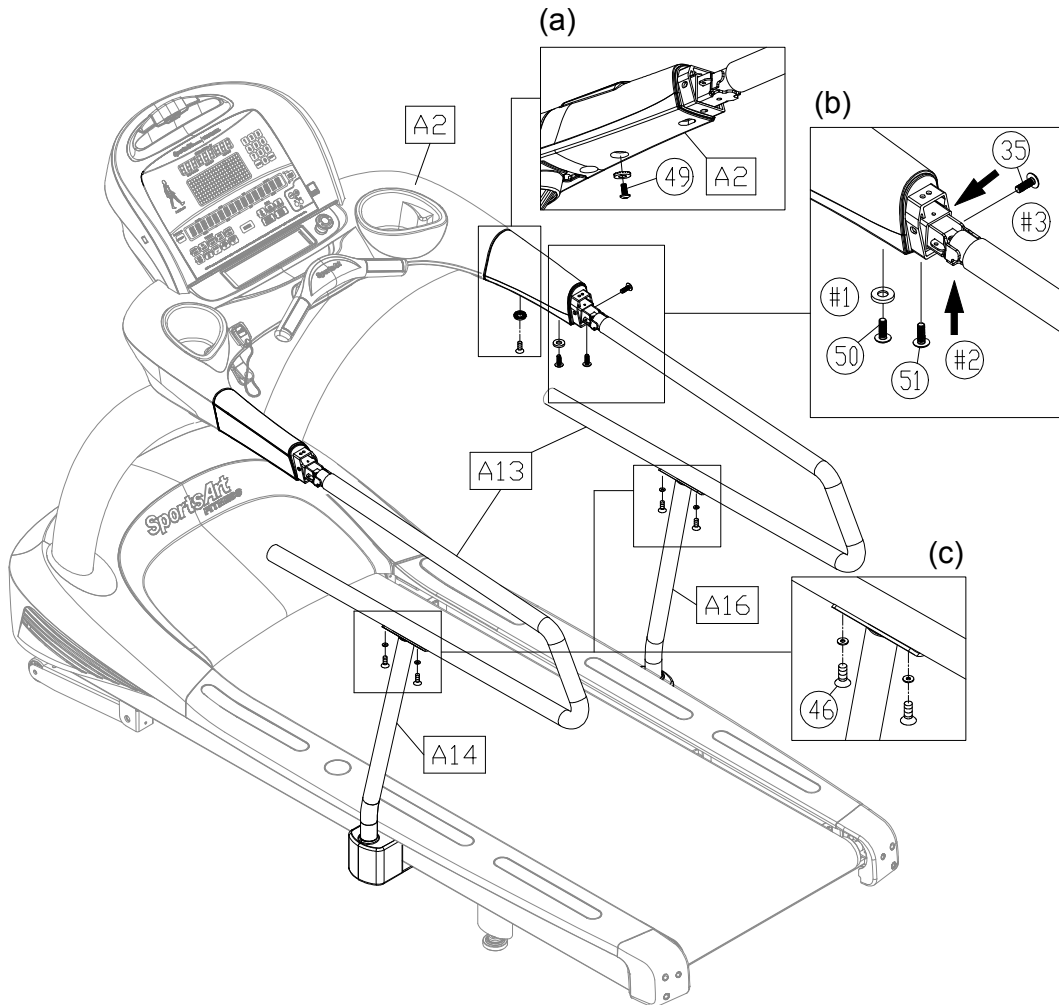
(b) Remove screws (46) (49) (50) from the left and right long handrail (A13) as shown.



STEP 4 Install Long Handrails (Continued)

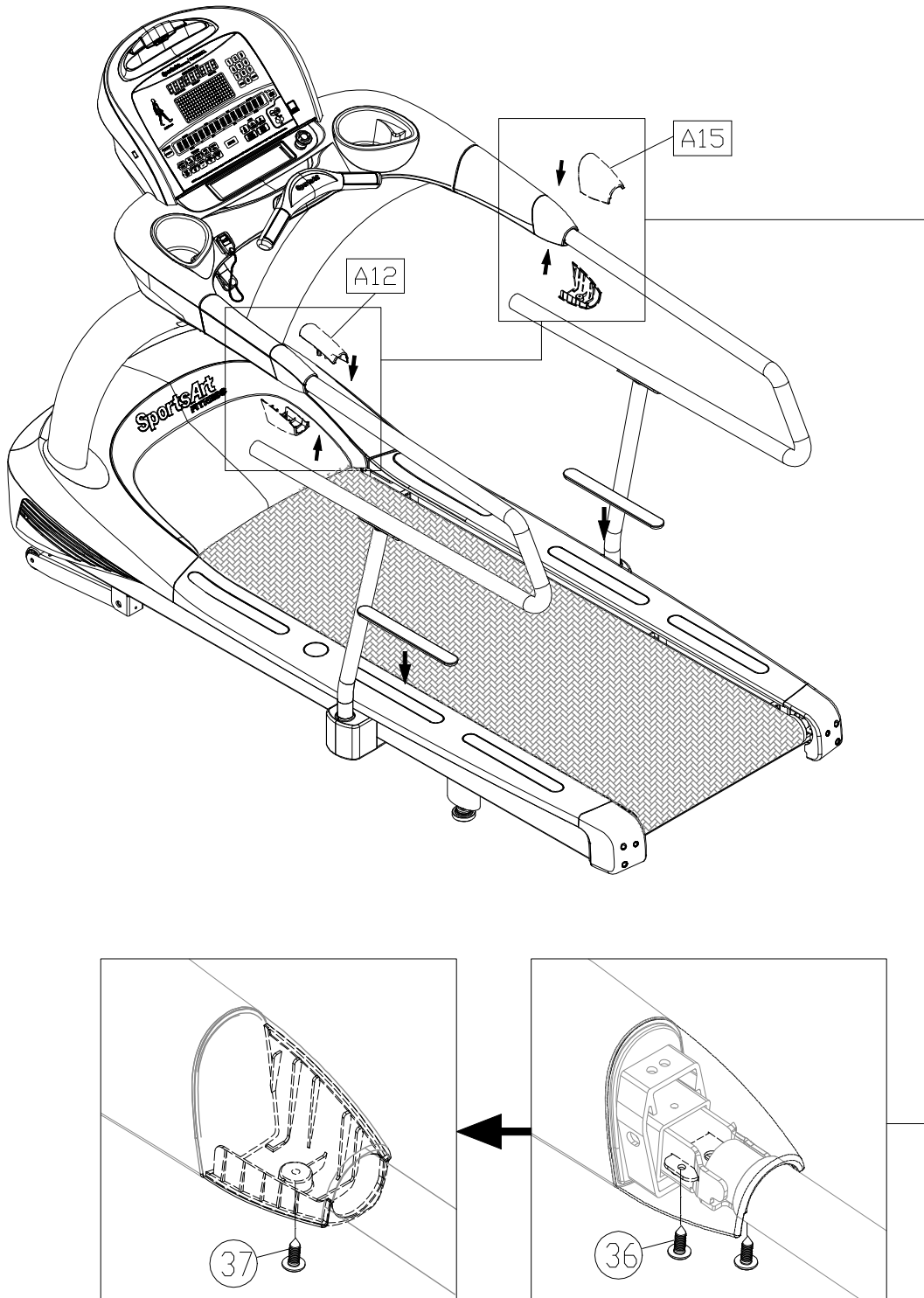
(c) Insert left and right long handrails (A13) into the ends of the handlebar assembly (A2) and hold left and right long handrails (A13) onto the left and right long handrail supports (A14) (A16) as shown. Finally, follow illustrations (a) through (c) to tighten screws.

(Note: For illustration (b), follow number order to secure screws.)



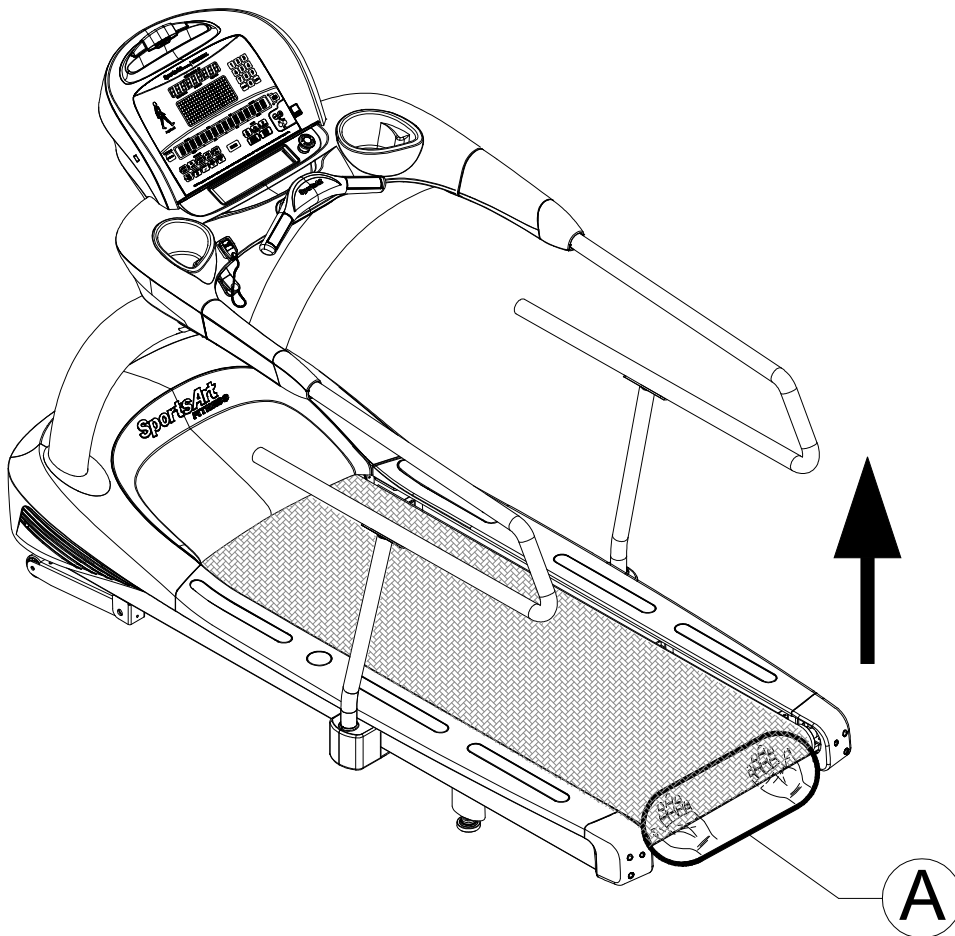
STEP 4 Install Long Handrails (Continued)

- (d) First, attach upper right connector cover (A15) to the right handrail assembly and then secure the upper right connector cover with screws (36). Finally, attach the lower right connector cover (A15) into place and secure it with screw (37). Secure the end caps and the landing strips back into place and then press the anti-slip strips into place as shown. (Note: Repeat the same procedure to secure the left upper and lower connector covers.)



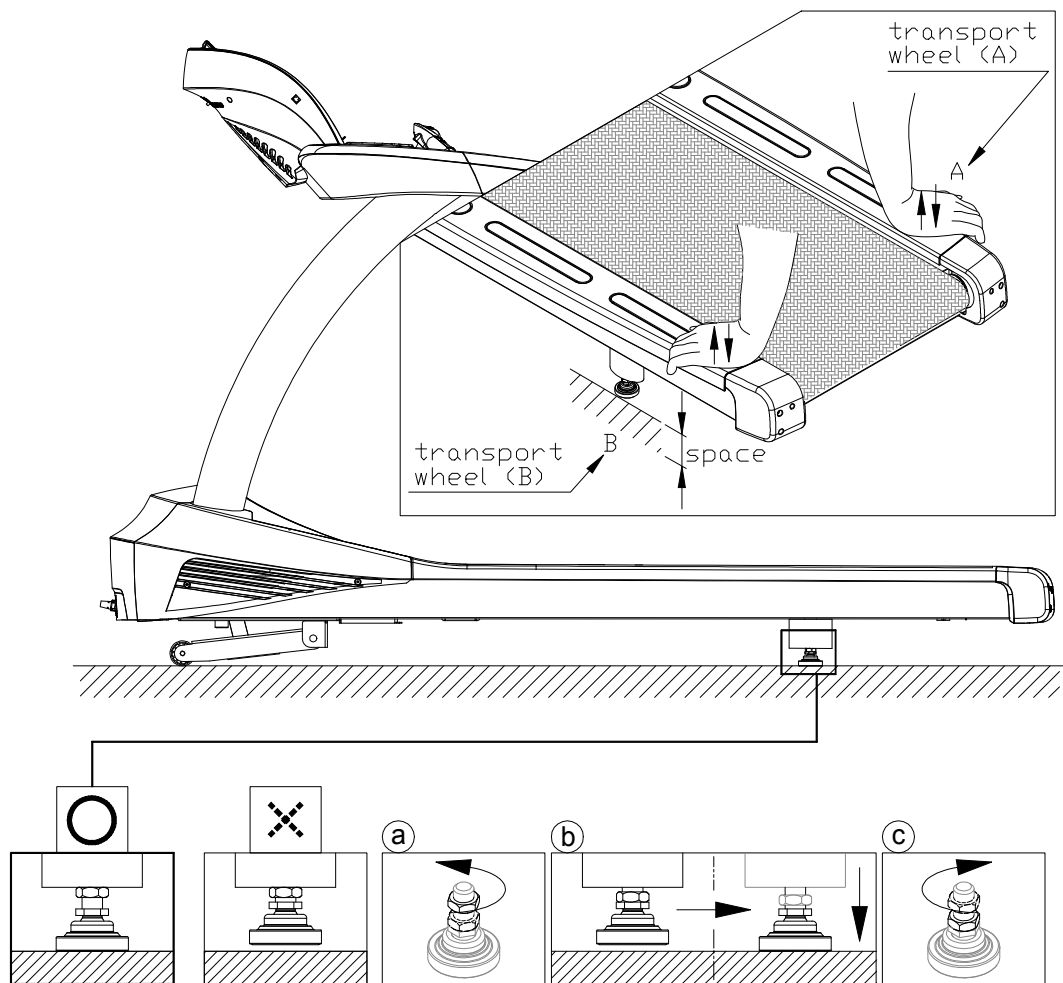
STEP 5 How to Move the Treadmill

First, place hands under the frame in area A, lift the treadmill and then roll it into position as desired.



STEP 6 Level the Treadmill

1. Press on points A and B to inspect whether the unit is stable and level on the ground.
2. If not, please level the treadmill by following instructions (a, b, c):
 - (a) First, loosen the leveler nuts.
 - (b) Adjust the leveler feet downward until the treadmill is level and does not rock.
 - (c) Secure the leveler screws against the frame of the treadmill to secure it in this position.



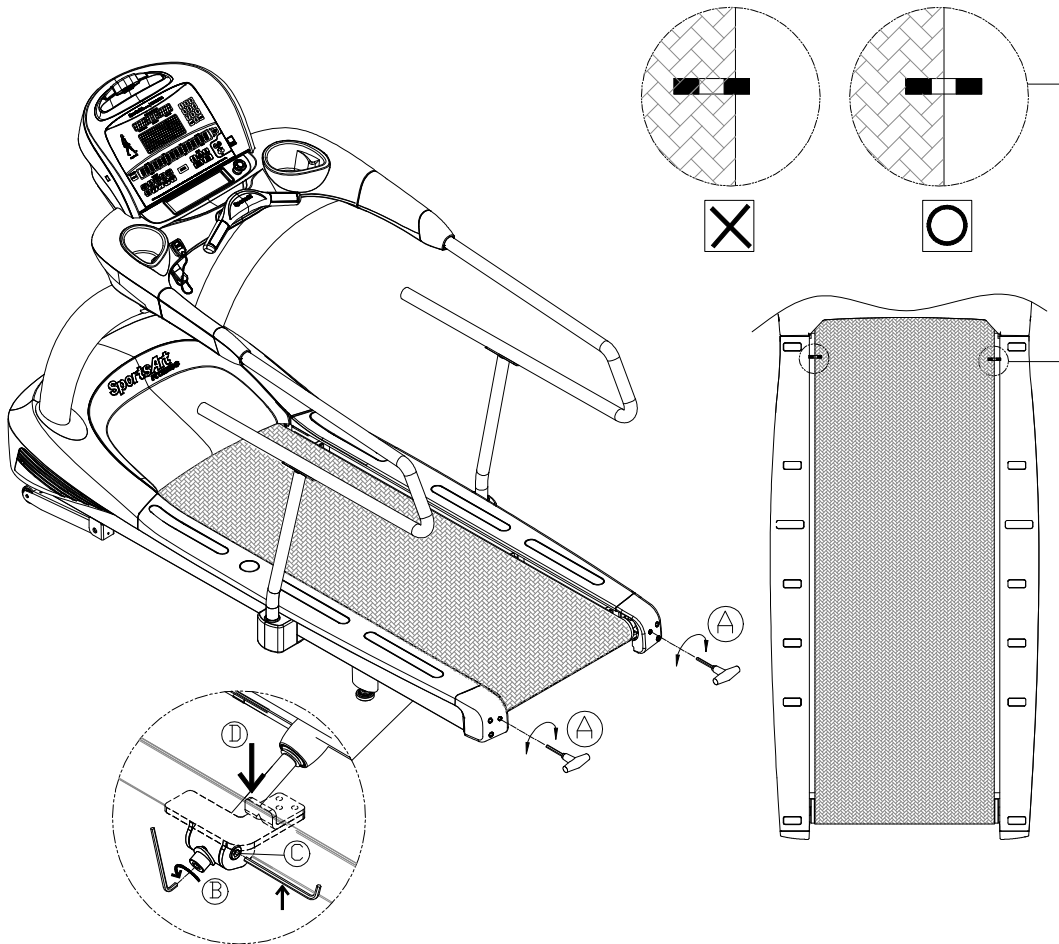
STEP 7 Align the Walk Belt

*Make adjustments as needed, but avoid turning rear roller screws more than one quarter rotation at a time.

*See next page for the illustration provides an overview of this step.

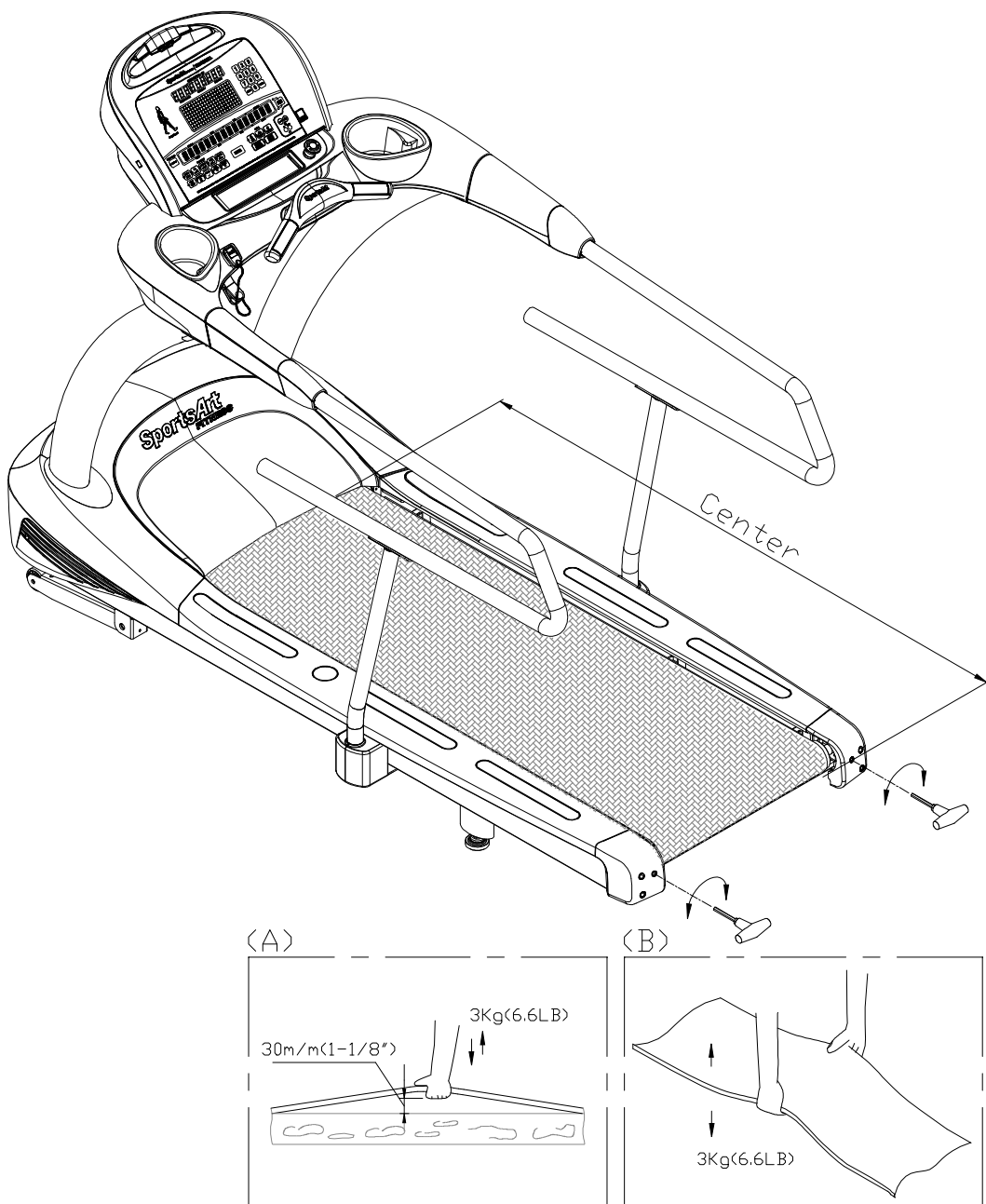
- (a) First, make sure the treadmill is on a leveled surface and the incline is at 0%.
- (b) Start the speed at a lower rate of 3kph/2.5mph to check if the walk belt is aligned. Adjust the rear roller screw in area A if necessary to make sure the walk belt fall in the middle of 2 green labels in the front of the deck. (The distance between deck and rear roller on both sides of walk belt is tolerable.)
- (c) Adjust the speed higher to 15kph/10mph or above to ensure the belt is aligned.
- (d) Let the treadmill run for 2 minutes or more to see if the walk belt moved. If so, repeat the procedure (b). (Adjust the rear roller screw slowly to avoid the walk belt touches the treadmill to cause the damage.)
- (e) Let the treadmill rotate backward for 2 minutes to see if the walk belt touched the landing strips. If so, repeat the procedure (b) to ensure the walk belt does not touch the landing strips.
- (f) Adjust the speed higher to 3.5kph/3mph to ensure the walk belt is aligned. If the walk belt does not fall in the middle of 2 green labels, loosen the screws in area B. Press the left guide wheel if the walk belt moved to the left side or press the right guide wheel if the walk belt moved to the right side.
- (g) Rear guide wheel adjustment instruction
 1. Loosen the screws in area B and insert M5 wrench into the hole of screws in area C to press D shaft down to move the walk belt. Avoid moving the walk belt more than half misalignment .
 2. Secure screws in area B against D shaft to secure it in this position.
 3. Let the treadmill run for 2 minutes and let the treadmill rotate forward and then repeat the procedures (c) (d) to ensure the walk belt is aligned. Repeat the procedures (c) through (g) two or three times to ensure the walk belt fall in the middle of 2 green labels.(Note: While the treadmill rotating backward, adjust the side there is misalignment only.)

STEP 7 Align the Walk Belt (Continued)



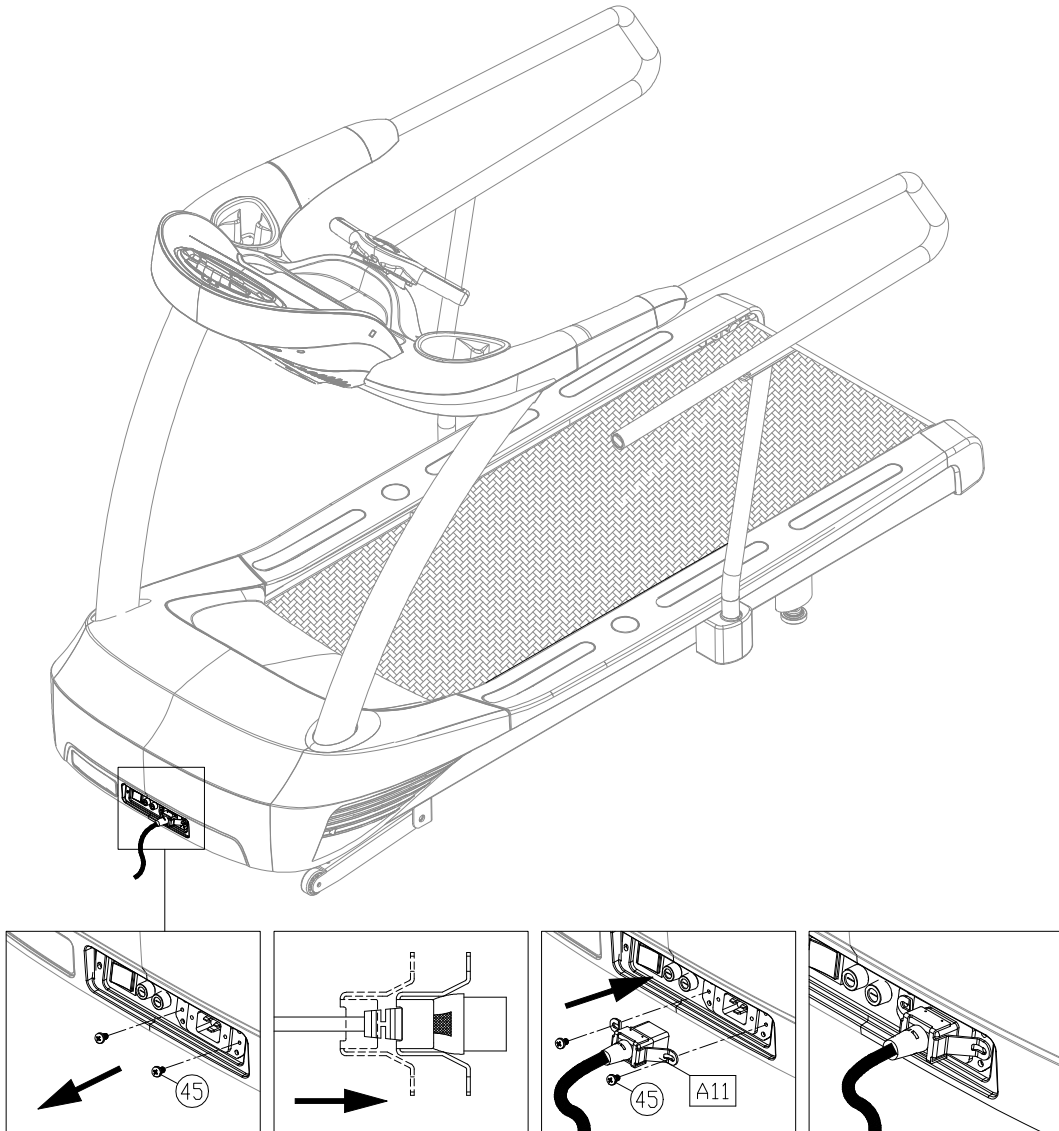
STEP 8 Adjust Walk Belt Tightness

As you exercise, does the walk belt suddenly pause and then regain traction? Or, if you bear down against the walk belt, does the belt not pause whatsoever? If either of these two conditions occurs, the walk belt may be too loose or too tight. In this case, please turn off the treadmill and adjust walk belt tightness. To inspect a walk belt, lift it at the center of the deck (Shown in Figure A & B). The walk belt should lift $30\text{m/m} < 1\frac{1}{8}'' >$ or $3\text{Kg} < 6.6\text{LB} >$. If the walk belt is too loose, turn rear roller screws clockwise turn at a time and retest tightness. If the walk belt is too tight, turn rear roller screws counterclockwise turn at a time and retest tightness. Perform the same procedure until the walk belt is neither too tight nor too loose. Do not turn the rear roller screws in excess of these amounts without first testing for proper tightness.



STEP 9 Install the Power Cord

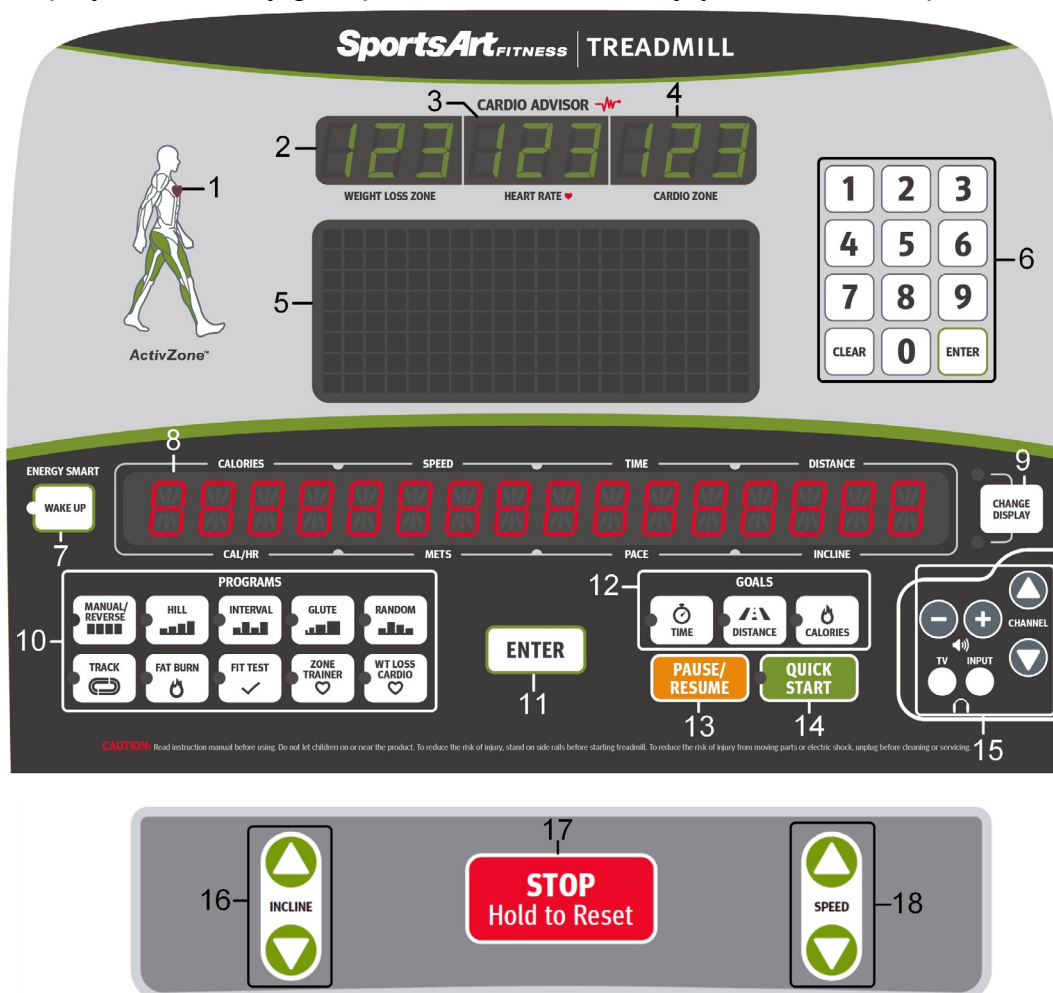
- (a) First remove screws (45) from the power cord socket on the product.
- (b) Insert the power cord into place on the product.
- (c) Secure power cord connector screws (45). Then insert the other end of the power cord (A11) into the appropriate power supply socket in the wall.



5. UNDERSTAND THE T655MS DISPLAY

DISPLAY Overview

The T655MS display was designed to help people obtain their fitness goals simply and conveniently. Please familiarize yourself with the features of this display and thereby get optimum benefit and enjoyment from this product.



- | | |
|----------------------------------|---------------------------------------------------------------------------------------------------|
| 1. Pulse LED | 11. Enter Key |
| 2. Weight Loss Target Heart Rate | 12. Workout Goals |
| 3. Actual Heart Rate | 13. Pause/Resume Key |
| 4. Cardio Target Heart Rate | 14. Quick Start Key |
| 5. Dot Matrix Display | 15. Volume Adjustment Keys, MYE
Wireless TV Audio_Channel
Receivers Keys and Headphone Jack |
| 6. Numeric Keys | 16. Incline Adjusting Keys |
| 7. Wake Up Key | 17. Stop/Reset Key |
| 8. Exercise Feedback Window | 18. Speed Adjusting Keys |
| 9. Change Display Key | |
| 10. Workout Program Keys | |

DISPLAY Specifications

- Speed (Forward): 0.1 to 12.0 mph or 0.2 to 20.0 kph
- Speed (Reverse): -0.1 to -3.0 mph or -0.2 to -5.0 kph
- Incline: -3% to 15%, in increments of 0.5%
- Time: 0:00 - 300:00
- Distance: 0.00 - 9999 km or mile
- Calories: 0 - 9999 kcal
- Cal/Hr: 0 - 9999 kcal
- METS: Metabolic equivalent of task: 0.0 to 99.0
- PACE: 1 / SPEED
- Programs: MANUAL/REVERSE, HILL (HILL1, HILL2, HILL3), RANDOM, INTERVAL (1:1, 1:2, 2:2), TRACK ,GLUTE, FAT BURN ,ZONE TRAINER, WT LOSS/CARDIO, FIT TEST (BRUCE, GERKIN).

DISPLAY Windows

- Cardio Advisor™ shows heart rate goals, WT LOSS 65% and CARDIO 80%, and actual heart rate (center).
- The exercise feedback window shows workout usage prompts and work out information.
- The workout illustration window shows workout program illustrations.

DISPLAY Keys

Display key functions are introduced briefly below.

QUICK START – Press this key to start exercising without first entering age, weight, and other user information.

PAUSE/RESUME – During exercising, press <PAUSE/RESUME> key to pause the treadmill and speed will return to 0. During Pause mode, press this key to resume the workout.

CHANGE DISPLAY – There are two rows of exercise feedback, only one of which is visible at a time. Top row: CALORIES, SPEED, TIME, DISTANCE. Bottom row: CAL/HR, METS, PACE, INCLINE. Press this key to toggle from these two rows.

ENTER – When entering settings, press the ENTER key to confirm your selections.

MANUAL/REVERSE – Press this key more times to view MANUAL → REVERSE → MANUAL → REVERSE.

CAUTION: If you select the Reverse direction to start the exercise, please be prepared for belt to start in reverse direction. Always start the exercise with your feet on the side rails before program starts.

DISPLAY Keys (Continued)

HILL – Each time this key is pressed, the LED above the key will light up and one of three hill workouts will appear: HILL 1, HILL 2, HILL 3.

RANDOM – Press this key to select one of an almost endless number of randomly generated workout programs. Each key press, the console will randomly generate a different program.

INTERVAL – Press this key to select one of three interval programs: 1:1, 1:2, 2:2. Numbers represent minutes. For example, the 1:1 interval program consists of one minute of rest, followed by one minute of work.

TRACK – In the track workout, one lap equals 0.4 km/0.25 mile.

CARDIO/WT LOSS – These heart rate control programs. The weight loss target heart rate is calculated as $(220 - \text{AGE}) \times 0.65$. The cardio conditioning target heart rate is calculated as $(220 - \text{AGE}) \times 0.8$.

GLUTE – Each time this key is pressed, one of two glute workouts will appear: GLUTE 30, GLUTE 45. Numbers represent time. Glute 30 is a 30-minute workout. Glute 45 is a 45-minute workout.

FAT BURN – There are 20 levels of difficulties to select from.

ZONE TRAINER – This is a heart rate control program. During exercising, press this key to lock current heart rate as the target heart rate to train on.

FIT TEST – Press this key to select one of 2 types of fitness tests: Bruce and Gerkin.

0 – 9 numeric keys – Press these keys to directly input numbers, rather than pressing ▲/▼ keys.

CLEAR – When inputting setting values, press this key to delete previous setting values back to 0.

INCLINE ▲/▼ – Press INCLINE▲/▼ keys to increase or decrease incline settings in increments of 0.5%. Or hold these keys to more quickly change incline settings.

SPEED ▲/▼ – Press these keys to increase or decrease speed settings in increments of 0.1 kph/mpH. Or hold these keys to more quickly change speed settings.

STOP/HOLD TO RESET – During a workout, press this key to stop the program and enter Review Summary mode. At anytime of a program, press and hold this key for 2 seconds, it will reset the console and return to idle mode.

TIME – Press this key to make time your workout goal.

DISTANCE – Press this key to make distance your workout goal.

CALORIES – Press this key to make calories your workout goal.

WAKE UP – When it is in Energy smart/conservation mode, display is off, press this key to end the conservation and return to idle mode.

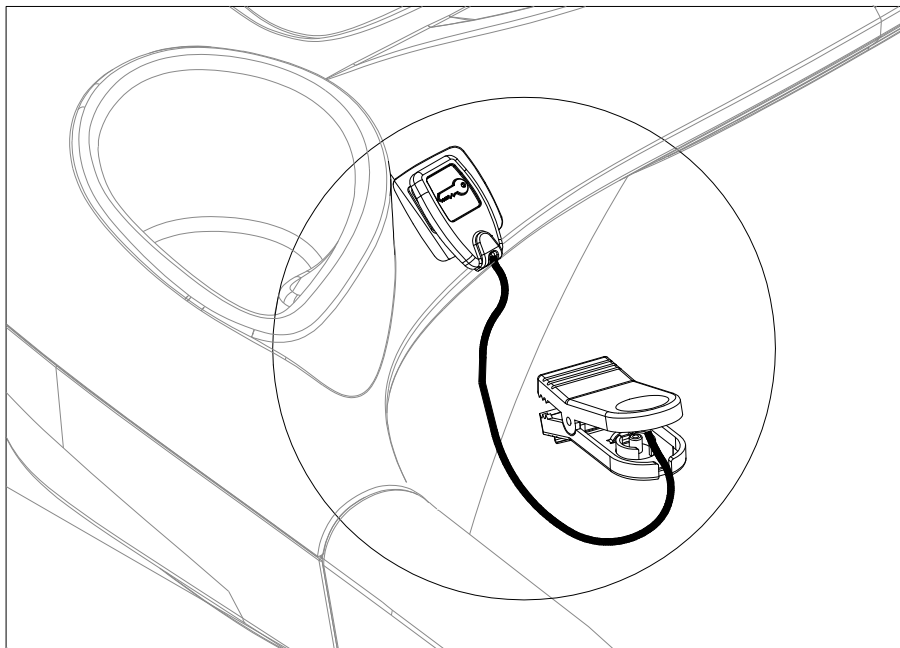
DISPLAY Keys (Continued)

VOLUME + / - – iPod, iPhone analog audio volume adjustment. (Note: this is an option feature and it is only compatible with Apple 30 pin connector.) MYE wireless TV audio channel receivers volume adjustment. **(MYE Wireless TV Audio_Channel Receivers and module not provided.)**

CHANNEL ▲/▼ – Press this key to change MYE wireless TV audio channel receivers channel settings. **(MYE Wireless TV Audio_Channel Receivers and module not provided.)**

DISPLAY Safety Key and Emergency Stop

1. **Always attach the clip to your clothes and set the magnet in place on the console.**
2. The safety key and emergency stop knob must be in the proper position for the treadmill to operate. These safety devices are intended to stop the treadmill should a user stumble or fall. If the safety key is not in place, or if the emergency stop knob is activated, the message “SAFETY STOP” will appear on the display. To resume your workout, you will need to carry out one of the following actions: (1) Set the magnetic side of the safety key into its slot on the treadmill console, or (2) rotate the emergency stop knob clockwise to release the emergency stop function.
3. In all modes of operation, when the walk belt is not rotating, if the safety key is removed and returned to its place, or if the emergency stop knob is pressed and then rotated clockwise, the startup banner screen will appear.
4. When the walk belt is rotating (in use), if the safety key is removed and returned to its place, or if the emergency stop knob is pressed and then rotated clockwise, the treadmill will return to the exercise mode. Accumulated time, distance, and caloric expenditure values will appear, and “PRESS SPEED UP” will appear as a prompt to continue exercising.



6. OPERATE THE T655MS LED TREADMILL

There are two ways to start operating this product: (1) Press the QUICK START key, or (2) press the PROGRAM/GOAL SELECTION key to enter a preset program. Using the QUICK START key allows you to begin exercising immediately, without first entering user information.

OPERATION Quick Start

1. Time, distance and calories will count up. If a workout time limit is activated, time will count down, but distance and calories will count up continuously.
2. Quick Start program will use default age of 35 year and weight of 165lb/75kg for exercise expenditure calculation.
3. Both QUICK START and MANUAL LEDs are lit up to indicate QUICK START program is in session. In QUICK START mode, the message display will show "TREAD STARTING", and it will count down from 3 seconds, and the walk belt will rotate at 0.2 kph/0.1 mph. The speed and incline can be adjusted anytime during the program.

OPERATION Start a Workout Program

To obtain more accurate calorie counts and target heart rates, operate the product via a workout program as follows:

1. Press a workout program key to select a workout or press a goal key (TIME, DISTANCE, CALORIES) to select a goal program. Press ENTER to confirm the program selection.
2. If you select a program key, then "SELECT GOAL" will appear on the exercise feedback window. There are three types of workout goals: TIME, DISTANCE, and CALORIE. Press the key of your preferred workout goal. Its indicator LED will light up.

If you select a goal program, its LED indicator will light up. Follow the instruction below to set up the goal and start the program. Once the program is started, resistance and stride setting can be modified at any time.

- The TIME setting range is from 5:00 to 300:00, with a default value of 30:00. If the program time limit is activated in user preference setting, the max time can be entered will change accordingly. Use ▲/▼ keys or numeric keys (0-9) to make your selection. Press the ENTER key to confirm your setting and proceed to input your age. Or press QUICK START key to start this program right away with default age and weight.
- The DISTANCE setting range is from 0.1 to 99.9 miles or kilometers, with a default value 2.0 miles (3.0 kilometers). If the program time limit is activated at the user preference setting, then the DISTANCE goal will be deactivated. Use ▲/▼ keys or numeric keys (0-9) to adjust the setting. Press the ENTER key to confirm your setting and proceed to input your age. Or press QUICK START key to start this program right away with default age and weight.

OPERATION Start a Workout Program (Continued)

- The CALORIE setting range is from 100 to 9999 kCal, with a default value of 100 kCal. Use ▲/▼ keys or numeric keys (0-9) to make your selection. Press the ENTER key to confirm your setting and proceed to the age setting. Or press QUICK START key to start this program right away with default age and weight.
3. The age setting range is from 10 to 90, with a default value of 35 years old. Use ▲/▼ keys or numeric keys (0-9) to make your selection. Press the ENTER key to confirm your setting and proceed to the weight setting. Or press QUICK START key to start this program right away with default weight.
 4. The weight setting range is from 50 to 500 lb. (20 to 227 kg), with a default setting of 165 lb. (75 kg). Use ▲/▼ keys or numeric keys (0-9) to make your selection. Press the ENTER or QUICK START key to confirm your setting and start exercising.

Follow prompts to begin your workout. Please refer to OPERATION Workout Programs for information about specific workout programs.

Note that a different workout program can be activated simply by pressing the other workout program key. The workout goal will remain the same, and progress toward the workout goal will continue to accrue.

OPERATION Display

1. If the feedback window is at bottom row, press SPEED▲/▼ key to adjust the speed, the display will temporary switch to top row to show the adjustment. In 4 seconds, it will return to bottom row. Same thing will happen if it is displaying top row, and INCLINE ▲/▼ key is pressed, it will temporary switch to bottom row.
2. Heart Rate display: it will display the actual heart rate bpm.
3. During workout, user can switch to a different workout program using the same goal by pressing a different program key. There are some exceptions, listed below:
 - Switch program During MANUAL/REVERSE, HILL, INTERVAL, GLUTE, RANDOM, TRACK, FAT BURN, ZONE TRAINER, WT LOSS & CARDIO workout, it can't be switched to FIT TEST program.
 - Switch program is not allowed during REVERSE and FIT TEST program.

OPERATION Cool Down

Once the workout goal (time, distance, or calorie expenditure) has been obtained, the product will enter a two-minute cool down period. The display will count down from two to zero.

When the countdown reaches zero, the cool down period will end. The message "REVIEW SUMMARY" will appear, along with accumulated workout information, including total time, distance and calorie expenditure.

Press the STOP key to return to idle mode which the "SELECT A PROGRAM" prompt will appear.

OPERATION Idle Mode

When the treadmill is stop running and no other activity for 2 minutes, the console will enter Idle mode and the display will show the following:

- The dot matrix display will show "SA" and the LED color will change from Green to Orange to Red and so forth.
- The message window will display: WELCOME TO SPORTSART FITNESS....."
- During this time, press any key, it will return to Banner page and waiting for a program selection. If no key pressed continuously and reaches the energy smart conservation timer, the power will be turn off and console will turn dark.

OPERATION Energy Smart Function

This treadmill is built in with energy smart feature which is an energy conservation function for when the treadmill is not in use. This feature can be activated in the basic setting and a timer can be set. When this feature is activated, the power will be shut off to run any control boards and electronic components in this treadmill. This will reduce the energy consumption to the minimal. There will be only an LED next to WAKE UP button light up on the console to indicate that the treadmill is in the energy smart mode. Press the WAKE UP button to turn the power on and return to idle mode.

Please refer to User Preference Setting page for this function activation details.

OPERATION Workout Programs

Workout program details are explained below.

MANUAL/REVERSE

This program allows you to manually control speed and incline.

Press this key more times to view MANUAL → REVERSE → MANUAL → REVERSE →

MANUAL: Walk belt rotates for the user to walk or run in the forward direction.

REVERSE: Walk belt rotates for the user to walk or run in the backward direction.

CAUTION: If you select the Reverse direction to start the exercise, please be prepared for belt to start in reverse direction. Always start the exercise with your feet on the side rails before program starts.

HILL

There are three hill workouts, HILL 1, HILL 2, and HILL 3, each of which is represented by a different hill illustration. One of the three hill illustrations will appear each time the hill key is pressed; press ENTER to confirm.

INTERVAL (1:1, 1:2, 2:2)

There are two segments, a rest segment and a work segment, each of which can have a different speed and incline setting. There are three interval programs: 1:1, 1:2, and 2:2. Numbers in these programs represent time. For instance, in the 1:2- interval workout, one indicates a segment of one-minute in duration, followed by a second segment of two minutes in duration.

Interval segment settings can be changed during a workout. To do so, while exercising, simply press incline or speed keys to change the setting in the current segment. The new settings will apply to that segment thereafter.

Once an Interval program is selected, it will enter user profile setting page. Age, weight, program time as well as Rest and Work segment setting. User can set both incline and speed for Rest and Work segments to customize the Interval program. When the program begins, the treadmill will adjust the speed/incline to the setting.

GLUTE

These two incline-based workouts are designed to exercise the glute muscles. In this mode, one of two workouts, either GLUTE 30 or GLUTE 45, are available for selection. Every GLUTE button is pressed, one of these two programs will appear; press ENTER key to confirm.

OPERATION Workout Programs (Continued)

RANDOM

Each time the RANDOM key is pressed a different randomly generated workout illustration will appear. There is an almost infinite number of randomly generated workouts.

TRACK

The track workout profile is designed with 400m (1/4 mile) track as the distance for each lap run. User may select either Time, Distance or Calories as the running goal.

The TRACK 5K workout automatically has a goal of 5 kilometers. (If the time limit function is activated, the time limit will become the workout goal.)

The TRACK 10K workout automatically has a goal of 10 kilometers. (If the time limit function is activated, the time limit will become the workout goal.)

FAT BURN

In this program, there are 1-20 different difficulty levels to select from. During program setting, before entering program mode, you must first select the LEVEL, range from 1 - 20. The display will show "LEVEL - XX", press ▲/▼ keys or numeric (0-9) key to select the stage.. Then press the ENTER key to confirm your choice and start exercise/

During program setting, you may press QUICK START to start the program right away. The difficulty level can be adjusted during exercising by pressing INCLINE ▲/▼ keys.

FIT TEST

FIT TEST programs include the following physical fitness tests Bruce, Gerkin, When you select the FIT TEST programs, "BRUCE-1 GERKIN-2" appears, press numerical keys 1 or 2 to directly select a fitness test.

Bruce and Gerkin fitness tests proceed until any one of the following actions occurs:

- The user presses the STOP key.
- The fitness test is completed.
- The user's heart rate exceeds $(220 - \text{AGE}) * 0.8$ for more than 15 seconds.
- There is no heart rate signal for more than 30 seconds. At this point, the message screen shows "END OF FIT TEST" and "YOUR SCORE - XXX", (where XXX represents a number from 0~100).

OPERATION Workout Programs (Continued)

CARDIO & WT LOSS & ZONE TRAINER

In heart rate control programs, speed or incline values automatically adjust to keep the exerciser's pulse at the optimum rate to obtain his or her fitness goals. Target heart rate calculations are a percentage of a "maximum" heart rate based on age. The weight loss target heart rate is calculated as $(220 - \text{AGE}) \times 65\%$. The cardio conditioning target heart rate is calculated as $(220 - \text{AGE}) \times 80\%$. The zone trainer target heart rate uses the current actual heart as the target goal.

Zone trainer program can only be activated during MANUAL, HILL, INTERVAL, GLUTE, RANDOM, TRACK, FAT BURN, WT LOSS and CARDIO programs. During one of these programs, press ZONE TRAINER key, the program will take current heart rate (must between 84 - 200bpm) as the target heart rate and control the incline or speed to maintain at this target. If the actual heart rate falls outside of 84-200bpm, then this program can't be activated and the message will display "HR RANGE IS 84 - 200".

In a heart rate control program, the max speed can be changed during program setting. The message window will display "MAX SPEED xx.x MPH" (or MAX SPEED xx.x KPH); user may press ▲/▼ keys or numeric keys to change it. Press the ENTER key to confirm or QUICK START key to start exercising. The speed will start at 0.1 mph/0.2 kph and increase slowly to the max speed. Once it reaches max speed, it will control incline automatically to maintain the heart rate goal. During exercising, press SPEED ▲/▼ keys to change the max speed.

Heart rate control programs require the use of a telemetry heart rate strap. If no heart rate signal is detected at any time during the operation of a heart rate control program, the message "NO HEART RATE READING, PLEASE CHECK TRANSMITTER" will appear on the display, followed by the startup banner screen.

After a heart rate control workout is activated, a heart illustration will appear on the dot matrix screen. When the actual heart rate signal is detected, the color of the heart illustration will alternate between red and green. Otherwise, it will maintain with green color. Orange color represents the 65% or 80% of max HR or target heart rate entered.

During exercising, the console will compare the actual heart rate against the target setting. If the actual heart rate is slower than target setting, the message will show "PRESS SPEED UP" to adjust the speed so that the target can be reached quickly.

OPERATION User Preference & Component Version

User preference settings allow you to change default settings and review some historical data of this product. To access user preference settings, press the CHANGE DISPLAY key for 2 seconds during Banner page.

- Unit setting: the default unit is English. On the message window, “UNIT – MPH” or “UNIT – KPH” will appear. Press ▲/▼ keys to toggle between English and metric units of measure. While your preference appears, press the ENTER key to confirm your choice and proceed to the next setting.
- Program Time setting: this setting is to limit how much time a program can be used. The message window shows “TIME LIMIT - YES” or “TIME LIMIT - NO”. Press ▲/▼ keys to toggle between Yes or No setting. Press ENTER on YES to set the timer or NO to de-activate and bypass this setting. If ENTER key is pressed during YES message, then the message will show “TIME - xx : 00”. Press ▲/▼ keys or numeric keys to adjust the timer from 5 - 60 minutes (the default time is 30 minutes). Press ENTER to confirm the setting and proceed to the next setting.
- Energy Smart setting: the timer range is 5 - 600 minutes with default timer of 30 minutes. When a timer is set, the console will shut power off when the timer is reached during idle mode. To set timer, the message display will show “ZZZ TIMER - xx MIN”, press ▲/▼ keys to change the setting. If the timer is setting less than 5 minutes, the message will show “ZZZ TIMER - OFF” to de-activate this timer and the console will not get into energy smart mode at all.
- Language setting:
 - a. The display will show the current country selected, such as “US”.
Note: After 4 seconds, it will display “XX MILE H>H” or “XX KM H>H” (XX represents the country code)
 - b. Press ▲/▼ keys to change the country.
 - c. Press the ENTER key to confirm the selection.

After Language setting, it is now to review the history of this console.

Total distance will appear: DIST - xxxxxx MILE or DIST - xxxxxx KM”. Press ENTER to review total time.

Total time will appear: “TIME - xxxxxx HOUR”. Press ENTER to review product serial number.

The product serial number will appear as “S/N - xxxxxxxx”. Press ENTER key to view display program version.

Display program version will appear: CTL T6_5 - xx”. Press ENTER to review drive board version.

Drive board version will appear: DRV xxxxxx - xx”. This is the last information for review. Press ENTER to exit the user preference setting and return to Banner page. During anytime of the setting, STOP button can be pressed to end the setting and return to Banner page.

OPERATION Error Messages

Error messages can appear on this treadmill as a troubleshooting aid. Error messages appear in the following format: "ERROR _X_Y". X represents the category of the error. Y represents the specific issue.

In the position of the X placeholder, the following numbers can appear to represent the category of the malfunction:

Code	Explanation
1	Servo motor abnormality
2	IGBT abnormality
3	Incline motor abnormality
4	Power switch abnormality
8	Communication abnormality

Error code explanations follow:

ERROR_1_1_: Servo motor encoder abnormality. Restart the unit to recover normal functions.

ERROR_1_2_: Servo motor excessive heat warning. The treadmill will operate at half speed.

ERROR_1_3_: Servo motor overload abnormality. Restart the unit to recover normal functions.

ERROR_2_1_: IGBT excessive current. Restart the unit to recover normal functions.

ERROR_2_2_: IGBT excessive heat. The treadmill will operate at half speed.

ERROR_2_3_: Current sensor value is too high. Wait until current returns to normal before restarting the unit.

ERROR_3_1_: Incline motor calibration abnormality.

ERROR_4_2_: Power supply voltage is too low. Wait until voltage returns to normal before restarting the unit.

ERROR_4_3_: Power supply voltage is too high. Wait until voltage returns to normal before restarting the unit.

ERROR_8_1_: Startup communication abnormality. Resume operation when communication is normal.

ERROR_8_2_: Communication abnormality. Resume operation when communication is normal.

ERROR_8_3_: MCU of drive board resets to cause communication abnormality. Resume operation when MCU of drive board returns to normal operation.

7. ABOUT HEART RATE DETECTION

Heart rate detection functions are selected at the time of purchase. Not every product includes every type of heart rate detection device. The following explains factors that influence the performance of two of the most common types of heart rate detection devices.

HEART RATE Telemetry

The words “telemetry heart rate” refer to the detection of heart rate via a device worn on the exerciser and transmitted over the air to a circuit board built into the product. Telemetry heart rate devices are commonly worn on the exerciser’s chest, where the pulse is strongest and relatively easy to detect.

The following explains conditions that affect the performance of the telemetry heart rate detection in all fitness products.

- The telemetry heart rate transmitter emits a wireless 5 kHz signal that is harmless to the human body. Inside the transmitter is a 3-volt battery (CR2032). If the battery voltage is too low, either the reception distance shortens or there will be no reception whatsoever.
- Secure the telemetry heart rate transmitter on your chest so that it stays in place without making you feel uncomfortable. Moisten the skin for better contact.
- Because the telemetry heart rate signal varies in strength from 20 Hz to 20 KHz, environmental interference can block signal reception. Physical vibration and electronic devices, including stereos, TVs, and even fluorescent lights, can interfere with signal reception. For best results, install fitness products in an area free from such interference.
- Space fitness products apart by at least 39 inches (100 cm) to avoid having the heart rate value from one exerciser appear on a neighboring fitness product.

HEART RATE Contact

The words “contact heart rate” refer to the detection of the heart rate via sensors on the fitness product. By holding the sensors, the exerciser can view his or her heart rate on the product display. Like telemetry heart rate, contact heart rate can be influenced by several factors. The following list includes some of these factors.

- A weak pulse makes it difficult to detect heart rate.
- Low systolic blood pressure makes it difficult to detect heart rate.
- Dry, course palms impede heart rate detection. For best results, moisten your palms. But do not apply hand lotion immediately prior to your workout, because hand lotion can gum up the contact pads.

Heart rate detection devices used on fitness products are not medical devices. Heart rate values are for reference only. Do not use them for medical diagnostic or treatment work.

Note that in dry areas in particular, static electricity can interfere with unit operation and shock people. To discharge static electricity from your body, touch something else before touching metal on the product.

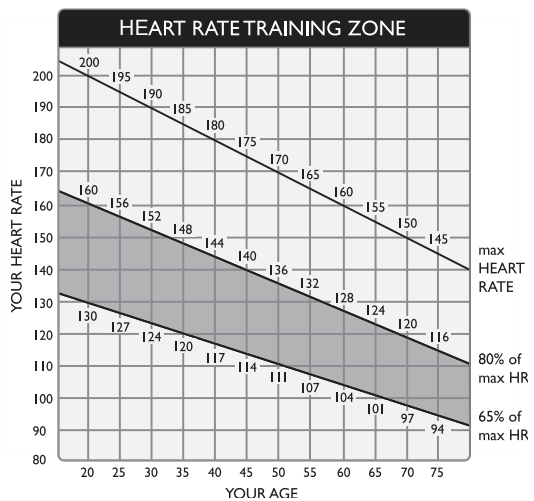
8. GUIDELINES FOR EXERCISE

HOW HARD SHOULD I EXERCISE?

Studies show that to benefit from aerobic exercise, people need to maintain a certain heart rate during their workouts. Your heart rate training zone depends on your age and fitness level.

The darkened area in the chart to the right represents the recommended heart rate training zone for people of various ages. It was calculated by taking 220 minus age in years, multiplied by 65% and 80%. The area between those values is the heart rate training zone.

CAUTION: Heart rate training zones are generalizations and may not suit every person. Always check with your physician to understand what heart rate goal would be appropriate for you.



HOW LONG SHOULD I EXERCISE?

The duration of your workout must depend on your fitness level. In general, it is recommended that you maintain a heart rate within your training zone for at least 15 to 20 minutes to experience the benefits of aerobic exercise. Beginners should always start out slowly and gradually increase the duration and intensity of their workouts. As your fitness level improves, you will be able to maintain a heart rate within the training zone for longer periods of time.

When you begin your workout, use the first several minutes to warm up. Then slowly increase the intensity of your workout to bring your heart rate into your training zone. At the end of your workout, gradually decrease your workload. Then exercise lightly to cool down.

HOW OFTEN SHOULD I EXERCISE?

Research indicates that to achieve the greatest benefit, people should exercise three to five times per week. It is important to allow sufficient time, at least 24 hours, for your body to recover after exercise.

9. MAINTENANCE

This section covers maintenance topics, including instructions on replacing a fuse and lubricating the walk belt, along with the presentation of a maintenance schedule, maintenance task list, one-year maintenance log, and electronics block diagram.

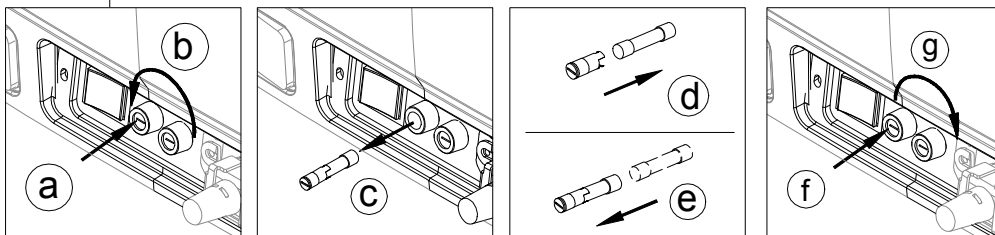
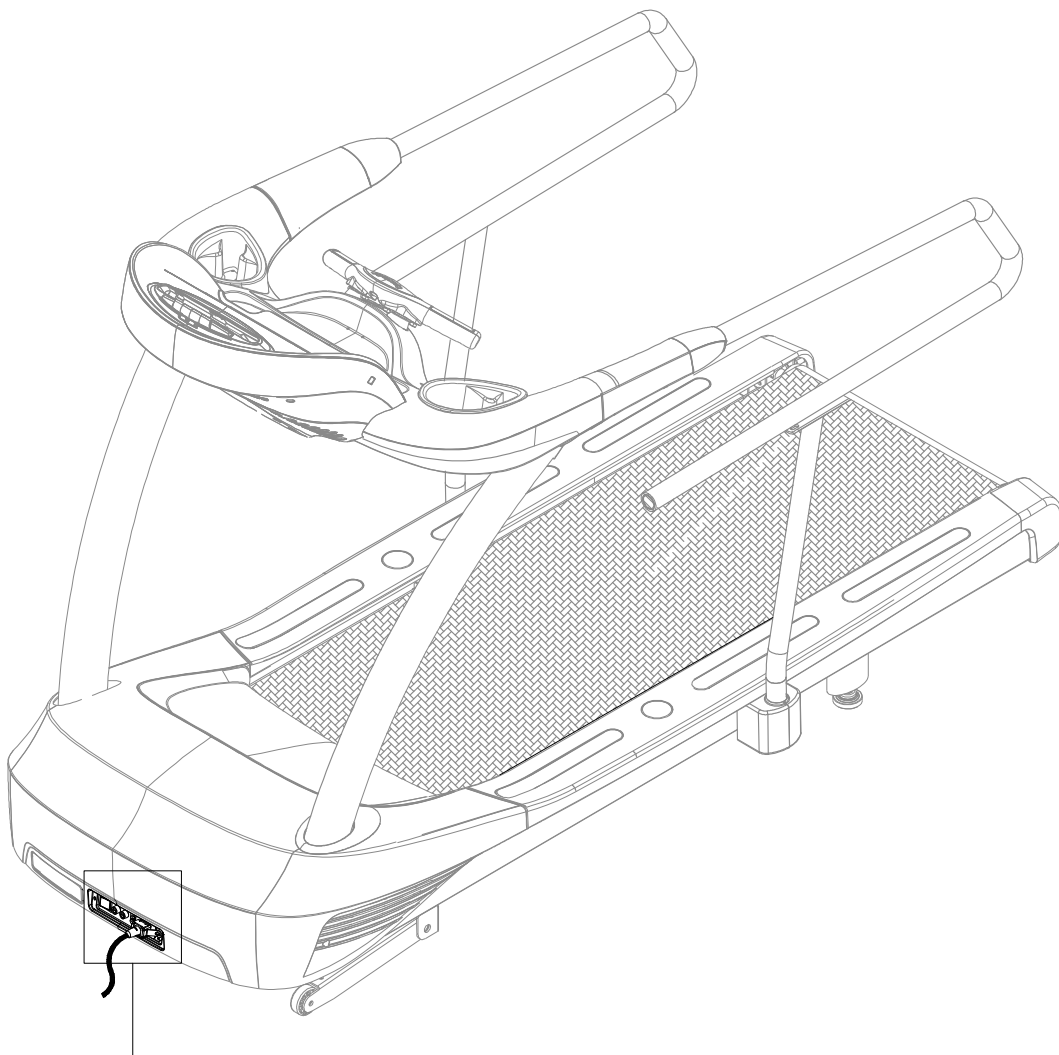
MAINTENANCE Safety Precautions

- Please follow standard safety precautions when servicing on this product.
- Must be performed by trained service personnel only.
- Electronic components can carry an electrical charge even after the product has been turned off. For safety, turn off unit power. Wait five minutes to allow capacitors to discharge. Then disconnect the power cord from the wall socket (if applicable.) Only after such steps have been completed should covers be removed and electronic components accessed.
- Unplug product and wait ten minutes before performing maintenance.
- Do NOT use a damp towel to clean the product and do perform the following maintenances.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage electronic components and void the warranty.
- Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner, to thoroughly clean the handlebar and the console.
- This product has moving parts that can be hazardous. Exercise caution when maintaining, operating, or moving this product.

MAINTENANCE How to Replace a Fuse

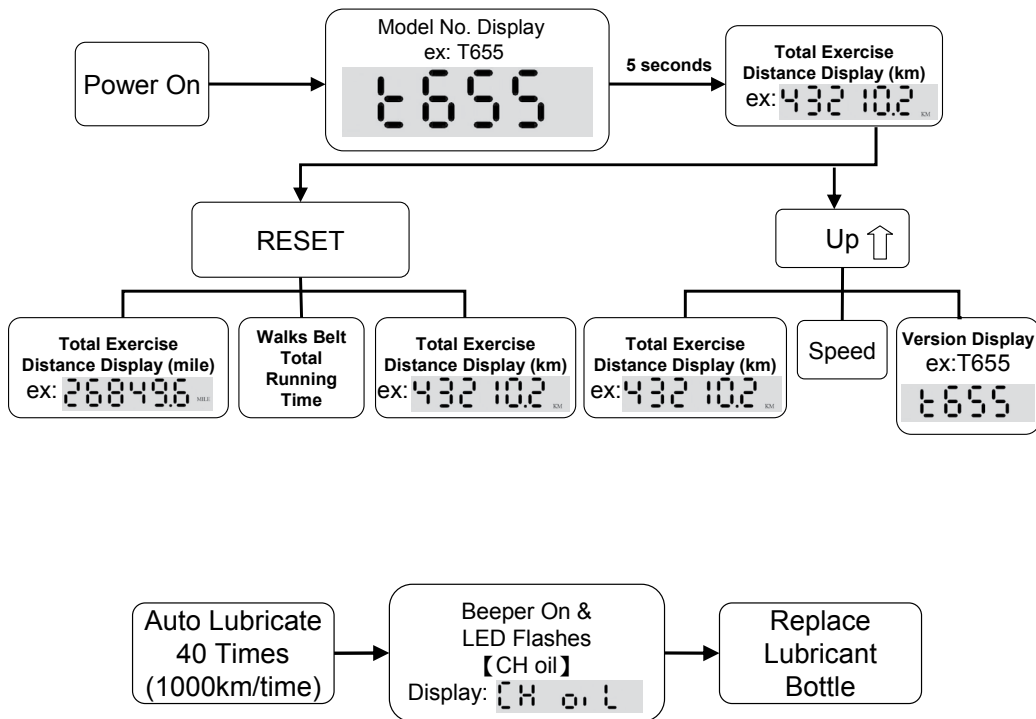
If electrical current becomes too high, the fuse breaks. This protects the product. To replace a fuse, follow instructions (a) through (g) below.

- (a) Use a tool to press the fuse cap inward.
 - (b) Turn the fuse cap counterclockwise.
 - (c) The fuse cap springs out.
 - (d) Remove the burnt fuse.
 - (e) Insert a new fuse into the fuse cap.
 - (f) Insert the fuse into the fuse holder.
 - (g) Use a tool to rotate the fuse cap clockwise and secure it into place.
- Fuse specifications: 110 V = 15 Amp, A(F); 220V = 10 Amp, A(F).



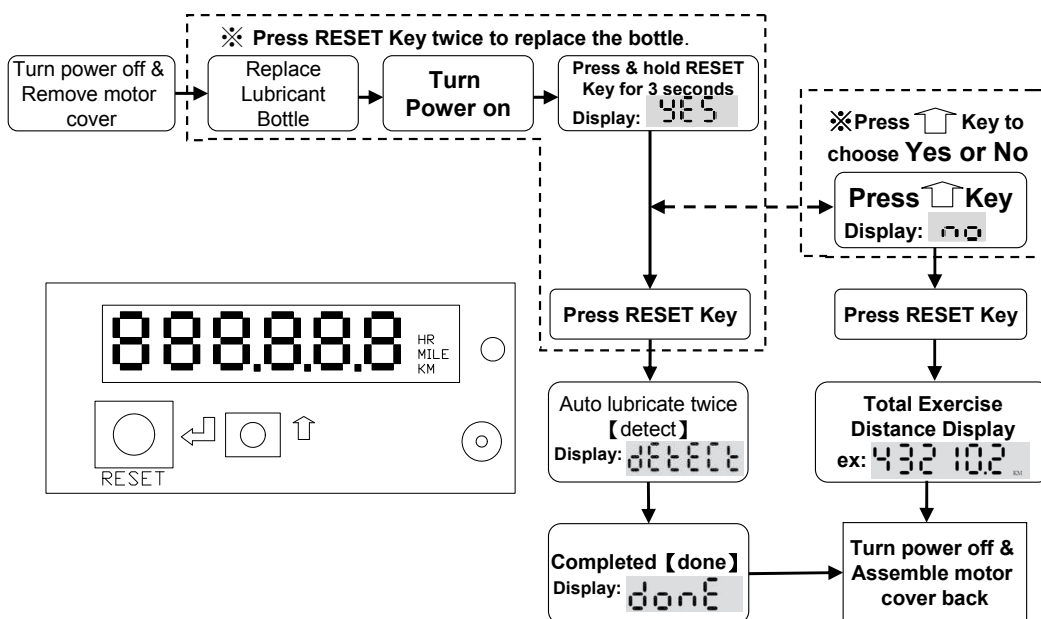
MAINTENANCE Lubrication System

Lubrication System Flowchart



Lubricant Change Procedure

Note: Pay extra attention during the lubricant changing procedure to avoid electric shock; especially operating it while the power is on.

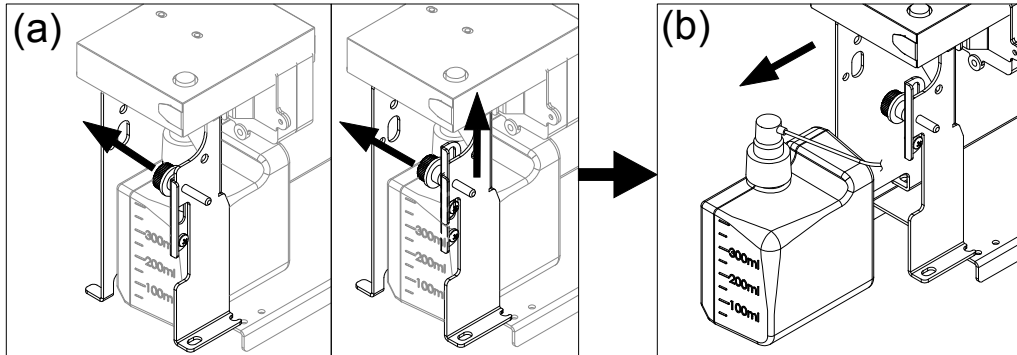


MAINTENANCE Lubrication System (Continued)

To replace the lubricant bottle, follow instructions (a) through (d) below.

(a) Loosen the screws on the bezel and push the bezel up.

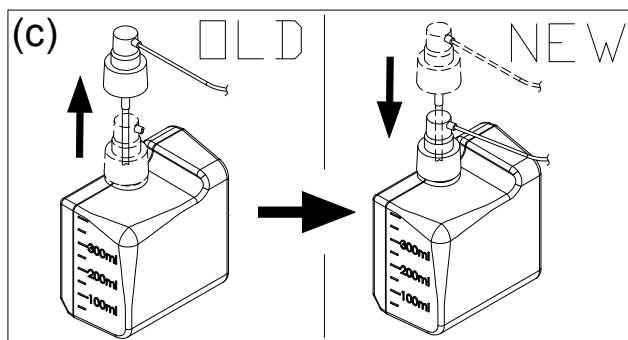
(b) Take the old lubricant bottle out.



(c) Unscrew the nozzle from the old lubricant bottle and screw it onto new bottle.

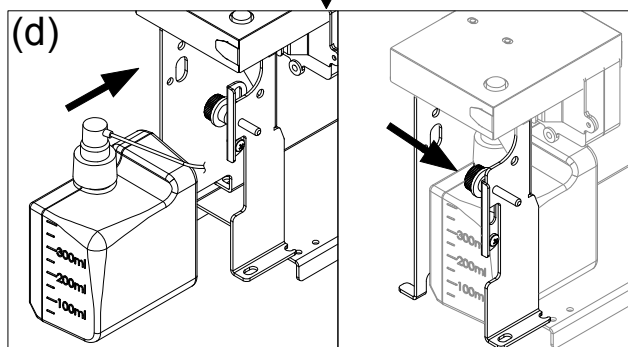
(d) Place the new lubricant bottle into the lubrication system; push the bezel down and tighten it with screws. (Note: Before place the new bottle in place, press the pump a couple of times to ensure the lubricant floats through the hose nicely. Pay attention to the lubricant hose direction when place the bottle into the system.)

Also note the following:



1. Even if the “Lubricant bottle exchange” warning is not displaying, it is still OK to perform the “Lubricant change procedure”.

2. After replacing the lubricant, the total lubrication timer will reset to 0 and start counting again.



3. After the “Lubricant bottle exchange” warning displayed, the lubrication system will stop lubricating automatically. The lubrication system will continue lubricating every 1000km (621.4miles) after the warning is cleared.

4. The lubrication system will pump twice automatically once the lubricant exchanging procedure is completed to ensure the new bottle is working properly.

MAINTENANCE Lubrication System (Continued)

Error Messages:

There are 2 error messages with this system.

Error 1: It indicates that the system memory failing and it will not be able to perform any auto lubrication.

Err. 01 <Err. 01> **EEPROM** <EEPROM>

Error 2: It indicates motor is failing or system will not be able to perform any function.

Err. 02 <Err. 02> **Motor** <Motor>

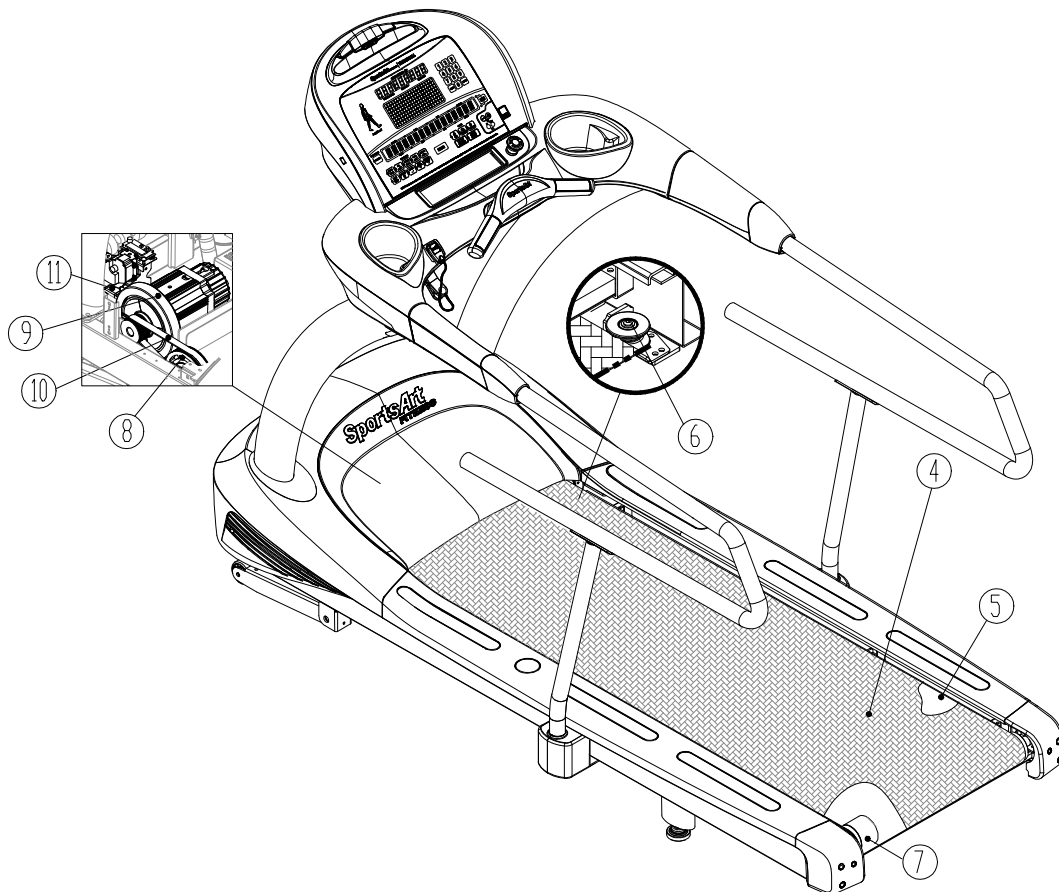
If any of these messages showing, contact your local dealer for servicing.

Protective Message:

Indication	Buzzer occurred	Buzzer sound frequency	Action	Protective message
Replace lubricant bottle	If an abnormality occurs during the operating, the buzzer will sound for 30 seconds.	The buzzer will sound for 0.5 seconds and stop for 0.5 seconds. The buzzer will stop working after 30 seconds.	Replace lubricant bottle. Press & hold RESET Key for 3 seconds and then choose Yes.	CH Oil
Lubrication VR motor damaged	If an abnormality occurs during the operating, the buzzer will sound for 30 seconds..	The buzzer will sound for 2 seconds and stop for 2 seconds. The buzzer will stop working after 30 seconds.	Replace lubrication VR motor.	ERR.02
EEPROM damaged	If an abnormality occurs during the operating, the buzzer will sound for 30 seconds.	The buzzer will sound for 2 seconds and stop for 2 seconds. The buzzer will stop working after 30 seconds.	Replace new lubrication system.	ERR.01
Lubrication system cannot accumulate mileage	If an abnormality occurs, the buzzer will sound for 60 seconds after the unit is turned on for 20 times.	The buzzer will sound for 1 second and stop for 1 second. The buzzer will stop working after 60 seconds.	Wipe dust off the sensor if necessary. Replace the sensor if damaged.	ERR.03
Lubrication system cannot accumulate mileage	If an abnormality occurs, the buzzer will sound for 60 seconds after 480 hours.	The buzzer will sound for 1 second and stop for 3 second. The buzzer will stop working after 60 seconds.	Wipe dust off the sensor if necessary. Replace the sensor if damaged.	ERR.04

MAINTENANCE Schedule

	Area	Day	Week	Month	Quarter	Year	Notes
1	Exterior	•					Clean.
2	Screws	•					Inspect and secure loose parts.
3	Treadmill test	•					Ensure the treadmill operates properly.
4	Walk belt			•			Inspect alignment (centering) and look for wear.
5	Walk deck				•		Inspect for wear.
6	Belt guides				•		Inspect for normal rotation.
7	Front roller				•		Inspect for normal rotation.
8	Rear roller				•		Inspect for normal rotation.
9	Motor compartment				•		Remove dust and debris.
10	Drive belt					•	Replace once every three years.
11	Lubricant bottle					•	Replace once every 40000km /25000mi



MAINTENANCE Task List

Like cars, fitness products require maintenance. Regular maintenance extends product life, and failure to maintain products can void the manufacturer's warranty. Copy the maintenance log sheet, and record maintenance work for each fitness product.

Daily tasks

1. Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner and water, to thoroughly clean the product exterior.
2. Inspect all screws. Secure if necessary.
3. Run a treadmill test everyday to make sure it is operating properly.

Monthly tasks

1. Inspect walk belt alignment. Align the walk belt if necessary. Inspect for wear.

Quarterly

1. Inspect the walk deck for wear. Flip the walk deck if necessary.
2. Inspect the walk belt guides for normal rotation.
3. Inspect the front roller for normal rotation.
4. Inspect the rear roller for normal rotation.
5. Remove dust and debris from the motor compartment.

Yearly

1. Replace the drive belt once every three years.
2. Replace the lubricant bottle every 40,000km/25,000mile.

Caution

- Please follow standard safety precautions when servicing on this product.
- Electronic components can carry an electrical charge even after the product has been turned off. For safety, turn off unit power. Wait five minutes to allow capacitors to discharge and then disconnect the power cord from the wall socket (if applicable.) Only after such steps have been completed should covers be removed and electronic components accessed.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage electronic components and void the warranty.
- This product has moving parts that can be hazardous. Exercise caution when maintaining, operating, or moving this product.

MAINTENANCE One-Year Maintenance Log

Facility: _____ Supervisor: _____

Product model number: _____ Serial number: _____

Start date: _____ End date: _____

Daily Tasks	Weeks 1-7	Weeks 8-14	Weeks 15-21	Week 22-28
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Daily Tasks	Week 29-35	Week 36-42	Week 43-49	Week 50-52
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Tasks	Weeks 1-7	Weeks 8-14	Weeks 15-21	Weeks 22-28
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Tasks	Weeks 29-35	Weeks 35-42	Weeks 43-49	Weeks 50-52
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Monthly tasks	1	2	3	4	5	6	7	8	9	10	11	12
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Quarterly Tasks	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Yearly Tasks	Year 1
Completed	<input type="checkbox"/>

Notes: _____

10. ACCESSORIES

There are accessories attached to this console; some are standard and some are optional. The following explains the details of each accessory and its function.

USB CHARGER (Standard)

The USB charger will provide 5V 500mA voltage for the smart phone or other devices charging. However it is not compatible with tablet PC, such as iPad. Check the device for charging details.

CSAFE PORT (Standard)

Compatible with CSAFE (Communications Specification for Fitness Equipment) Protocol. It works with optional Netpulse Personal Entertainment System as well as ECOFIT System and MYE Wireless TV Audio_Channel Receivers.

iPod/iPhone/iPad 30 pin connector (Option)

When connecting the device to the 30pin connector, user can listen to music via headphone jack and adjust the audio volume thru the on board volume control keys.

SA WELL+ Member System (Option)

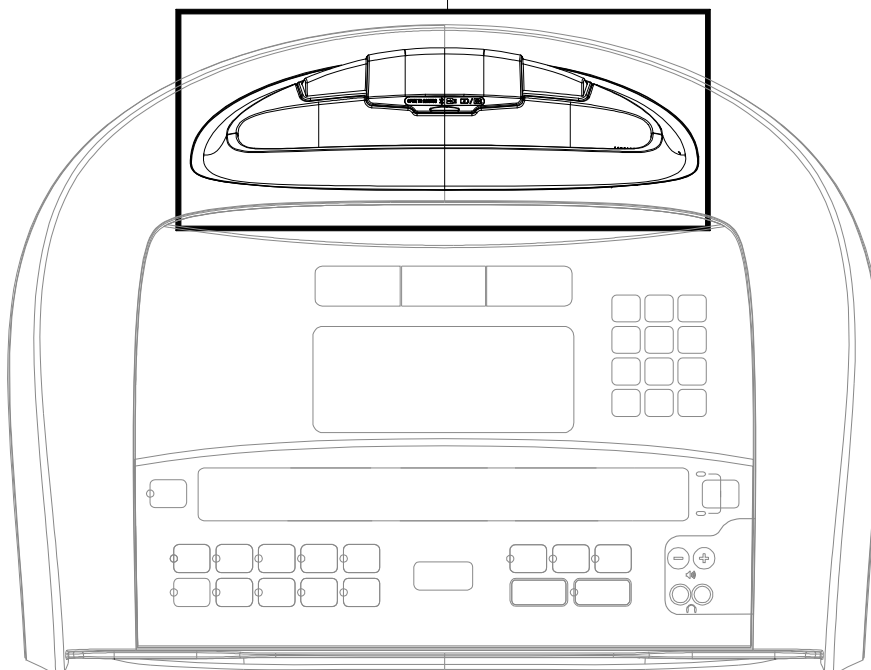
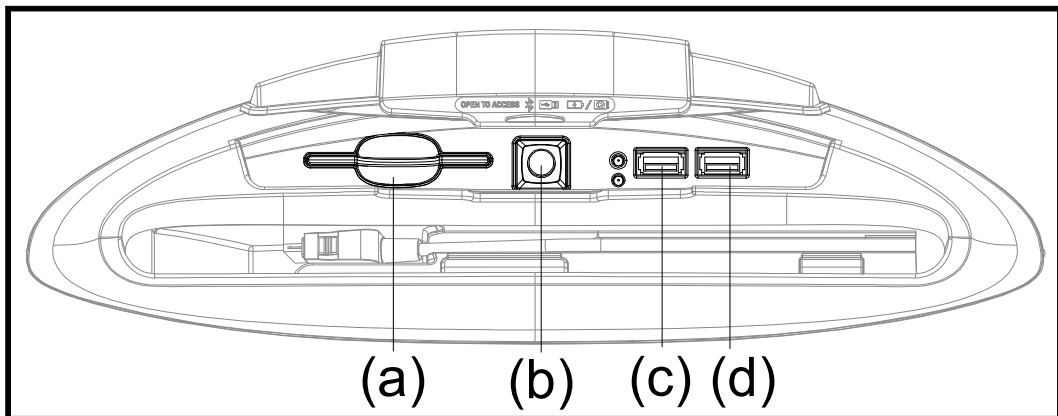
This is a system designed specially by SportsArt to assist user managing his/her workout history. There are three ways to get connected with the member site:

1. Use Bluetooth/WIFI in the smart phone and SA WELL+ App. The App is available for downloading in the App stores.
2. Use USB Flash Drive to store the workout data.
3. Use member card to access user profile and workout tracking. (Not available yet.)

Visit SA WELL+ website for more information about this feature.

ACCESSORIES Entertainment Cap

- (a) RFID member card slot: work with both optional SA WELL+ and ECOFIT member cards. (Not available yet.)
 - (b) Bluetooth/WIFI connection button: press this button to pair the smart phone SA WELL+ App.
 - (c) USB port: this port is used for device charging as well as optional data transferring.
 - (d) USB port: this port is used for device charging.
- (Note: USB port is not used for tablet PC charging, such as iPad.)



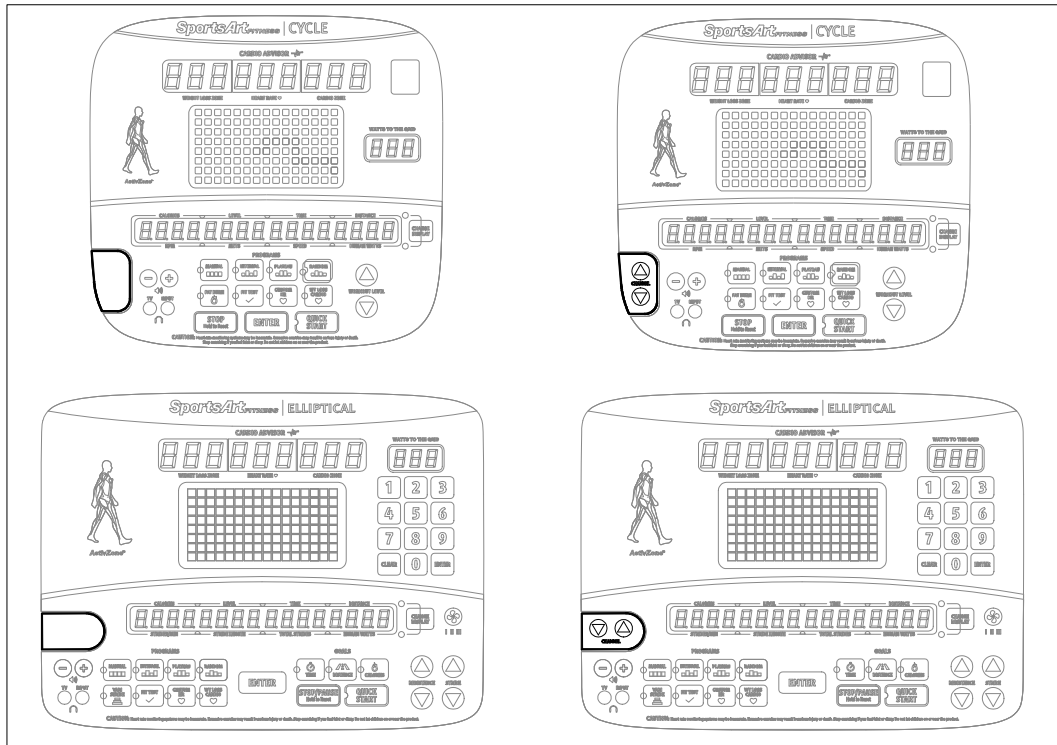
ACCESSORIES MYE Wireless TV Audio_Channel Receivers

If your equipment has been installed MYE Wireless TV Audio_Channel Receivers, the display must have Channel Keys. Please make sure your equipment is with the correct sticker as below.

(a) None Treadmill (Bike, Elliptical and Stepper...etc.)

Left display: **Without** Channel Keys.

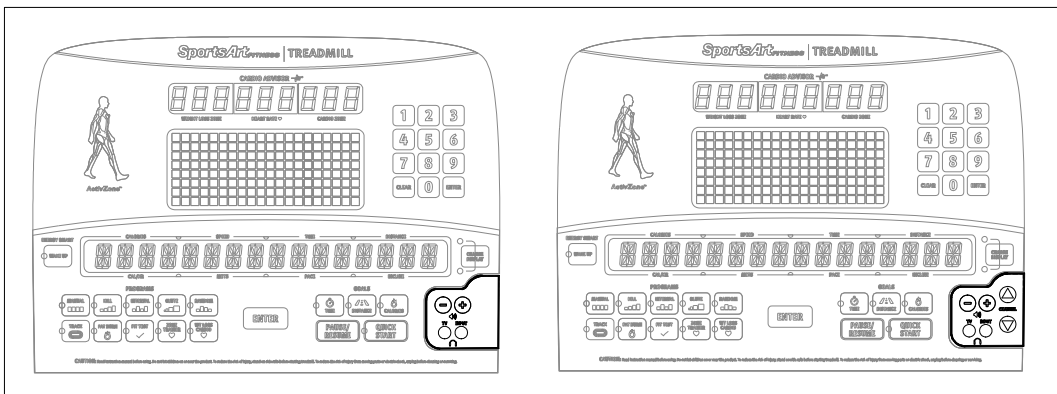
Right display: **With** Channel Keys.



(b) Treadmill

Left display: **Without** Channel Keys.

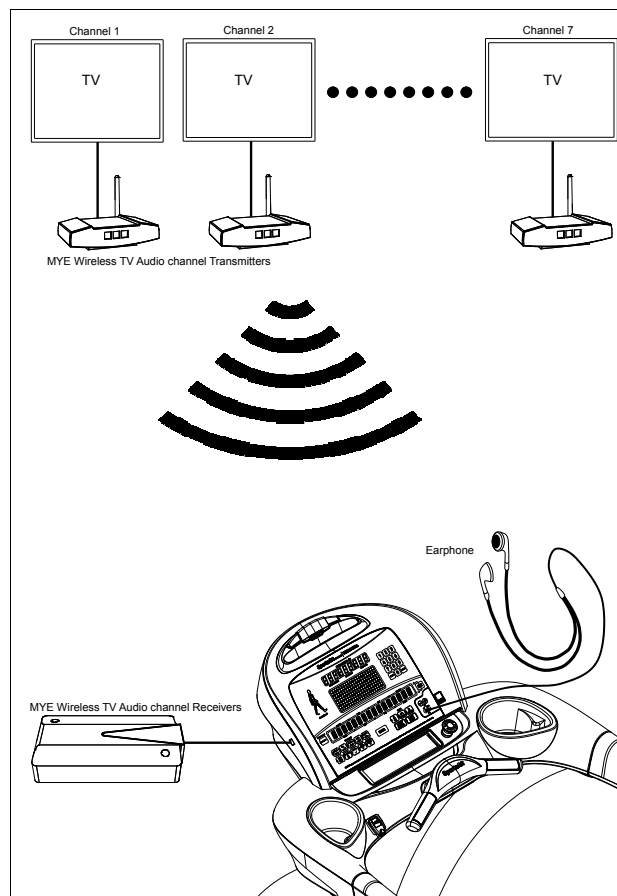
Right display: **With** Channel Keys.



ACCESSORIES MYE Wireless TV Audio_Channel Receivers(Cont.)

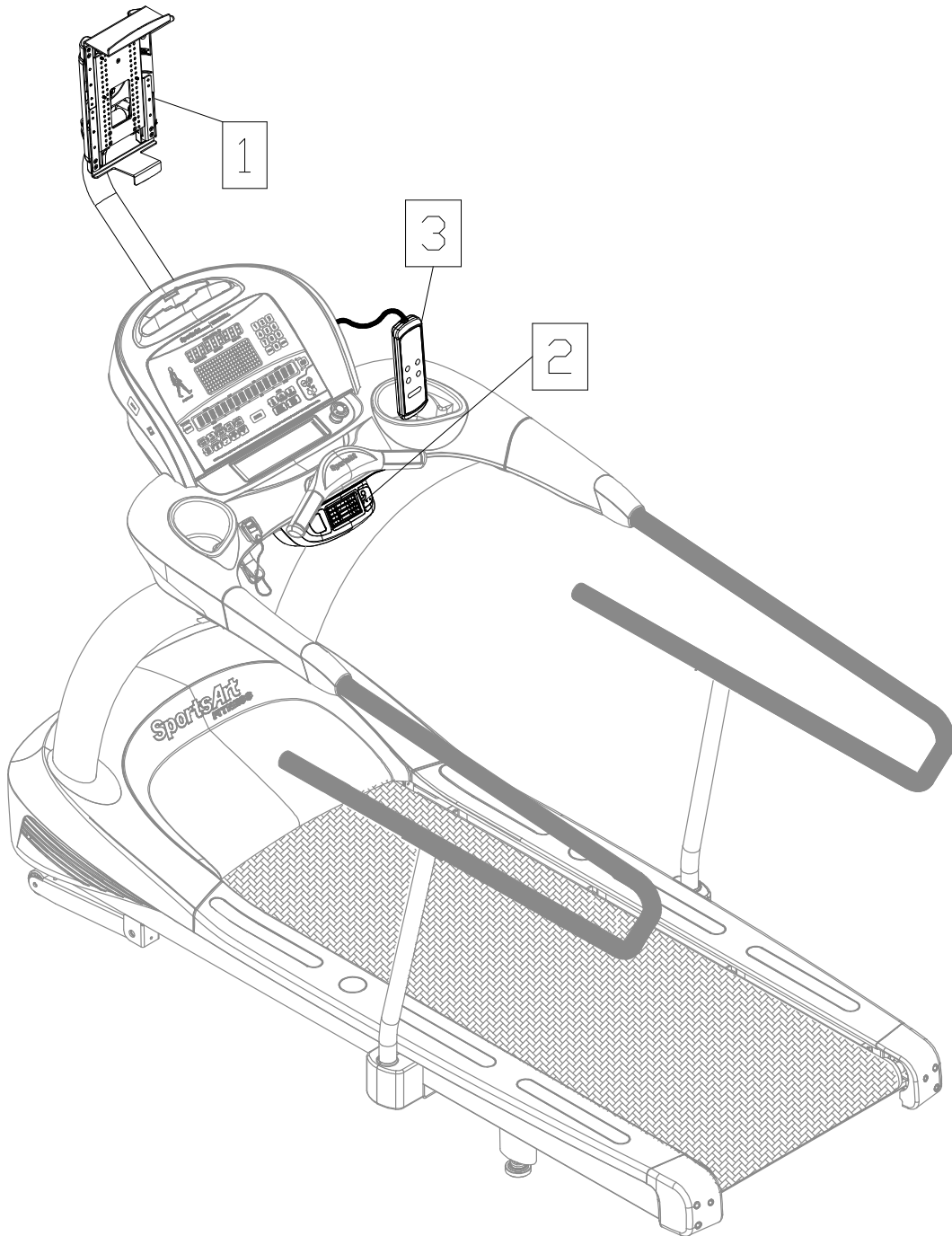
1. The receiver has two kinds of module as below. **(Note: MYE Wireless TV Audio_Channel Receivers and Module not provided.)**
 - (1). MC3R-9(900MHZ) must work with MYE Wireless TV Audio_Channel Receivers MWTD-S9.
 - (2). MC3R-8(863MHZ) must work with MYE Wireless TV Audio_Channel Receivers MWTD-S8.Choose the suitable module according to your country. **(Please contact with MYE Inc. for more information or purchasing MYE Wireless TV Audio_Channel Receivers and module.)**

For example: Wireless TV frequency in America is 900MHZ.
Wireless TV frequency in Europe is 863MHZ (800MHZ).
2. Installation instruction: Turn off the power and plug the receiver into the CSAFE port (RJ45) in the left of display and then turn on the power.
3. VOLUME + / - keys and CHANNEL ▲/▼ keys will be activated once the receiver plug into the unit.
 - (1). Press VOLUME + / - keys to adjust volume settings. The volume setting range is from 0 to 15, with a default setting of 5.
 - (2). Press CHANNEL ▲/▼ keys to change channel settings. The channel setting range is from 1 to 32, with a default setting of 1. The display will show "CHANNEL - XX".
4. Note: DO NOT unplug the receiver from unit before turning off the power to avoid the damage to the receiver.



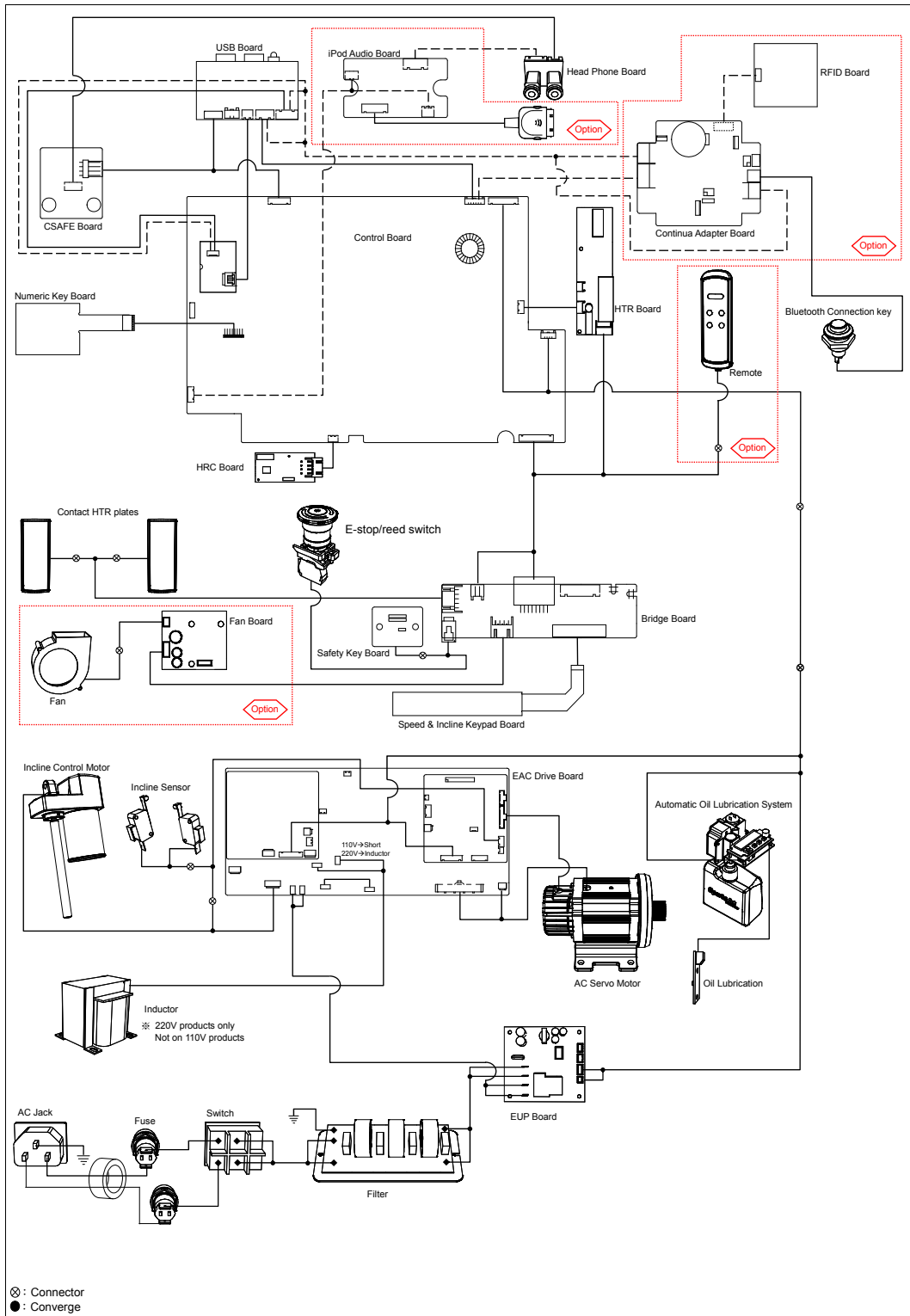
ACCESSORIES Options

1. External Mount TV Bracket
2. Fan Set
3. Wired Remote Controller



11. APPENDICES

APPENDICES Electronics Block Diagram



Your Authorized Distributor