

GoFit Platinum Gold Treadmill

GFTMG01



CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

GoFit Platinum Pty Ltd

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www.gofit.com.au

IMPORTANT PRECAUTIONS

When using an electrical appliance, the basic following precautions should always be followed:

Read all instructions before using this equipment.

DANGER – To reduce the risk of electric shock:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

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

- 1) An appliance should never be left unattended when plugged in.
Unplug from outlet when not in use and before adding or removing parts.
- 2) Close supervision is necessary when this appliance is used by, or near children and disabled persons.
- 3) Use this appliance only for its intended use as described in this manual.
Do not use attachments not recommended by the manufacturer.
- 4) Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged. In this instance, call GoFit Platinum for an inspection.
- 5) Do not carry this appliance by supply cord or use cord as a handle.
- 6) Keep the cord away from heated surfaces.
- 7) Never operate the appliance with the air openings blocked.
Ensure air openings are always free of debris.
- 8) Never drop or insert any object into any opening.
- 9) Do not use outdoors.
- 10) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 11) To disconnect, turn all controls to the off position, then remove plug from outlet.
- 12) Do not use this machine with an extension cord, connect direct to grounded outlets only.
- 13) Ensure at the end of use, elevation is back to the original position.
- 14) The treadmill must be unfolded during use and only folded again at the end of use with elevation back to 0.
- 15) This machine is only intended for domestic use.
Do not use this GoFit Platinum Treadmill in any commercial, rental, or institutional setting.

SAFETY INSTRUCTIONS

Before you start training on your treadmill, please read the instructions carefully.

- Follow the steps of the assembly instructions carefully.
- Use only the original parts as delivered.
- For assembly, use only suitable tools and ask for assistance if necessary.
- Because of possible corrosion, the use of any exerciser in moist areas is not recommended. Keep the GoFit Platinum Treadmill indoors, away from moisture and dust. Do not put the GoFit Platinum Treadmill in a garage or covered patio, or near water.
- Make sure before each use that you have enough space around the treadmill so that you are clear of potential obstructions ie. walls and surrounding furniture.
- Check before the first training session and every 1-2 months to follow that all connecting elements are tight fitting and in good condition.
WARNING: The safety level of this treadmill can be maintained only if it is examined regularly for damage and wear, e.g. connection points, power cord, etc.
- Replace defective components immediately and keep the equipment out of use until repair.
- For repairs, use only original spare parts and when in doubt, ask GoFit Platinum for advice.
- Only one person is permitted to use this treadmill at the same time.
- Do not use this exerciser while eating, drinking, or smoking.
- The maximum load capacity is 150 kg.
- Servicing other than the procedures in this manual should be performed by an authorized service representative only.
- Pregnant woman should not use this treadmill unless having consulted and approved by their doctor.

WARNING:

Before beginning any exercise program, consult your physician.

This is especially important for persons over the age of 35 or persons with pre-existing health problems. If you feel faint, dizzy or experience any sickness or pain while using this equipment, cease exercise immediately and consult your physician. Read all instructions and warnings before using.

GROUNDING INSTRUCTIONS

The products must be grounded first. If malfunction or breakdown occurs, grounding will provide a path of least resistance for electric current to reduce the risk of electric shock. The product is equipped with a cord having an equipment-grounding conductor and a grounding plug.

The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

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 products are properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet install by a qualified electrician.

The product is for use on nominal 220 ~ 240 volts

Make sure that the product is connected to an outlet having the same configuration as the plug.

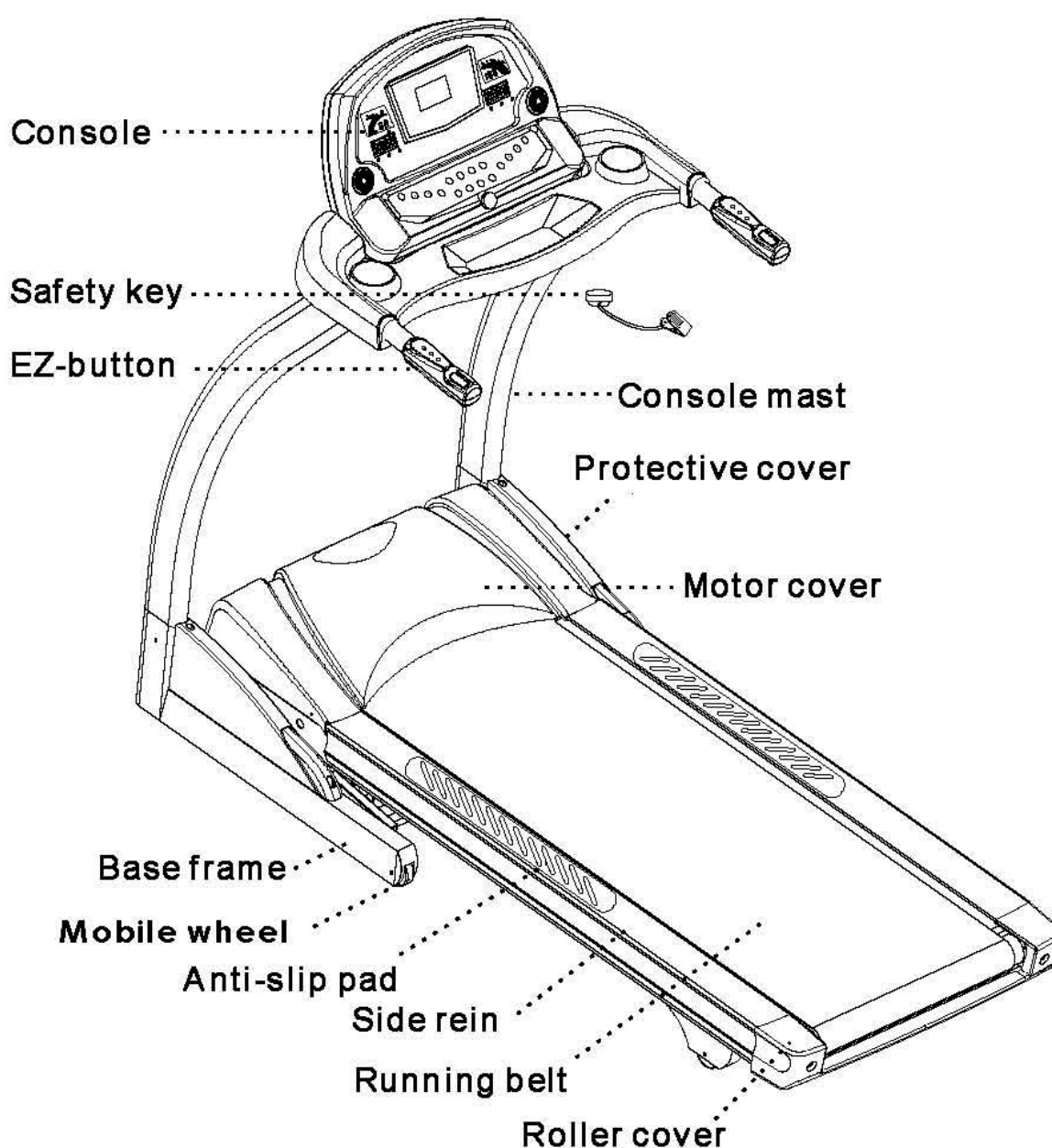
Do not use any adapters or extension cords with this product

BEFORE YOU BEGIN

Thank you for selecting the revolutionary GoFit Gold Treadmill. The GFTMG01 offers an impressive array of features to make your home workouts more enjoyable and effective.

For your benefit, read this manual carefully before using the GoFit Gold Treadmill.

OVERVIEW



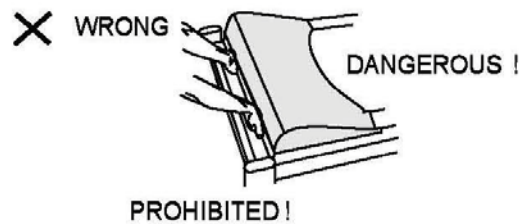
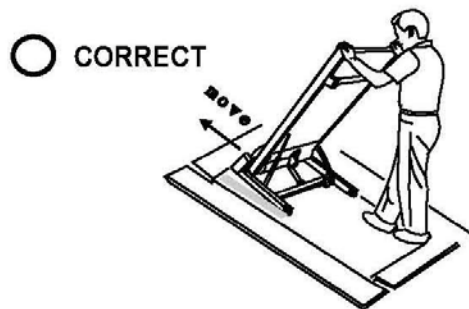
TREADMILL PRE-ASSEMBLY CHECKLIST

WARNING! Use extreme caution when assembling the treadmill.
Failure to do so could result in injury

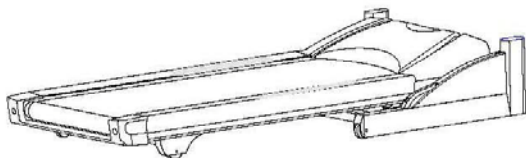
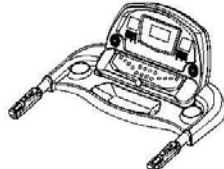

NOTE: Each step number in the assembly instructions tells you what you are doing.
Read and understand all instructions thoroughly before assembling the treadmill.

1. Unpack the carton and take out all separate parts
2. Tear open the carton as shown in the picture, fold up the treadmill.
3. Hold on roller cover by two hands and lean back the treadmill, move the treadmill forward as indicated in the picture.

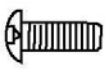



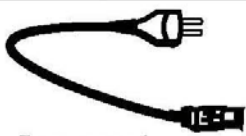


Failure to follow this procedure may result in serious injury due to pinch point area on the front frame near the motor cover.



Check the following items are present. If any of the parts are missing, contact with the dealer.

| | | |
|--|--|---|
|  <p>Main body</p> |  <p>Console (computer)</p> |  <p>Console mast</p> |
|--|--|---|

HARDWARE KIT

| | | | |
|--|---|---|--|
|  <p>M8X15mm bolt 12pcs (base frame & console)</p> |  <p>M4 Allen wrench</p> |  <p>M6 Allen wrench</p> |  <p>M5 Allen wrench</p> |
|  <p>Power cord</p> |  <p>Lubricant for running deck</p> |  <p>Safety key</p> | |

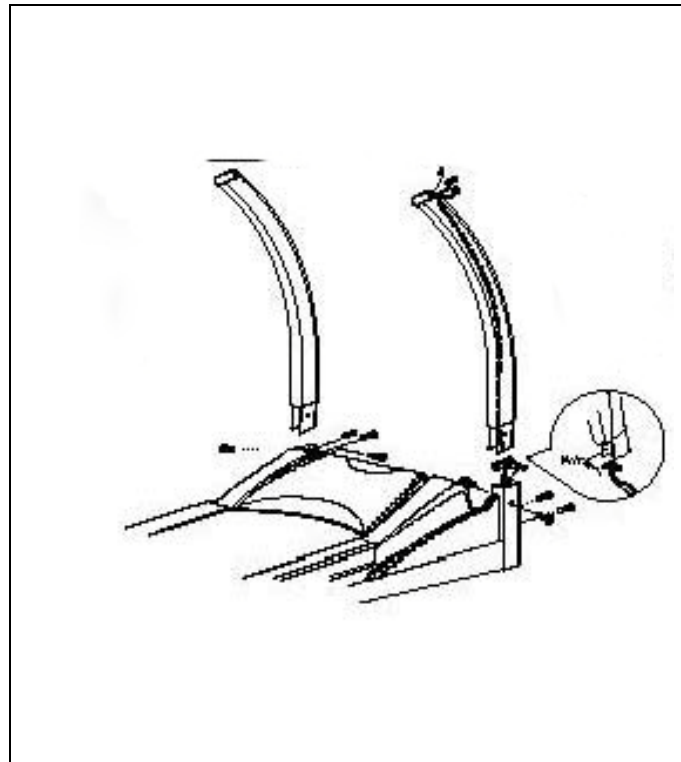
ASSEMBLY STEPS

CAUTION!

ALWAYS ASSEMBLE THE TREADMILL WITH AN ASSISTANT, DO NOT ATTEMPT ASSEMBLY BY ONESELF.

STEP ONE

- a) Insert the left console mast (without a wire attached inside) into the base frame. Attach the left console mast with four M8x15mm bolts using the Allen wrench **(Do not tighten the bolts yet)**
- b) Put the lower console wire and grounded wire inside and through the right console mast using the wire attached inside the right console mast. Insert the console mast into the base frame and secure with four M8x15mm bolts using the Allen wrench **(Do not tighten the bolts yet)**

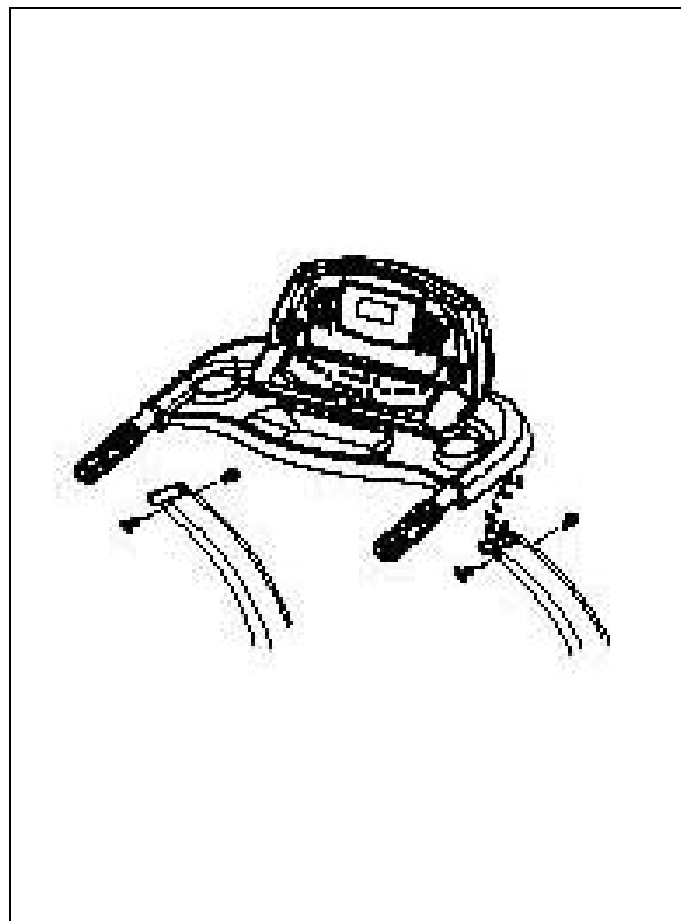
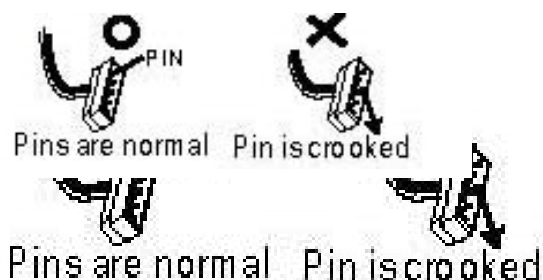


STEP TWO

- a) Connect the upper console wire to the lower console wire. Connect the grounded wires, assemble the console set to the console masts. Attach with four M8x15mm bolts using the Allen wrench **(Do not tighten the bolts yet)**

Caution

Be careful when connecting the two console wires. There are pins inside the connector, the pins **MUST** be straight, otherwise it will cause a problem.

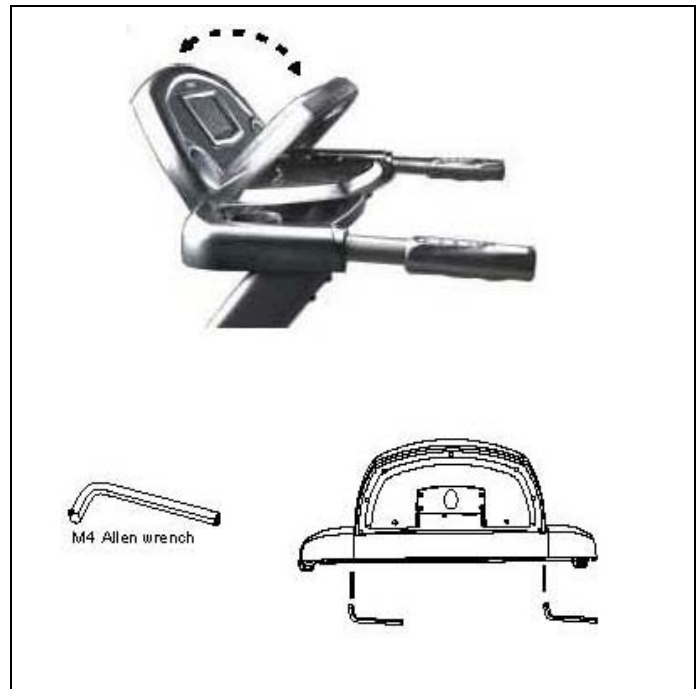


ANGLE ADJUSTMENT ON CONSOLE

This treadmill is designed with ergonomics. The adjustable angled console gives the user a much wider viewing angle. It can be adjusted according to height. The console can also be folded down when not in use to protect from dust and knocking

ADJUSTING TIGHTNESS

Use M4 Allen wrench to adjust tightness when you feel needed



MOVEMENT

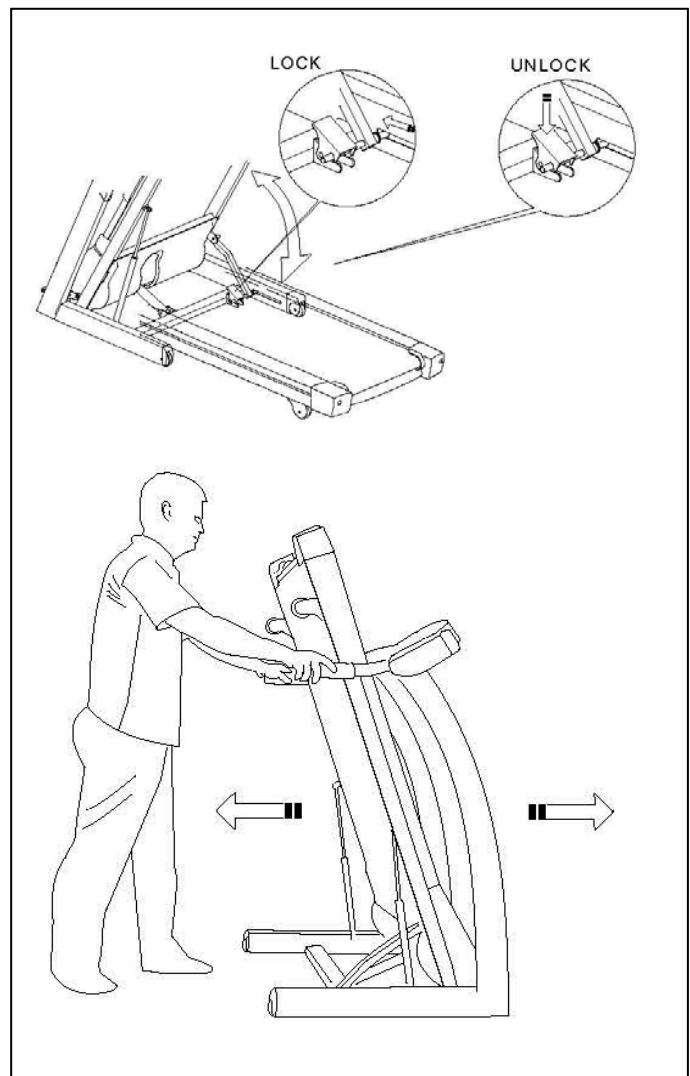
How to move in folded position

This treadmill is designed with wheels for easy movement.

- 1) Make sure the elevation is at the lowest position (display shows 0 level)
- 2) Turn off and unplug the power cord, fold up the running deck, make sure it is in locked position.

WARNING As you raise the running deck, lift using your legs, not your back to avoid injury.

- 3) Face the bottom of the running deck and hold on the handlebars to move the treadmill forward or backward to the desired place.
- 4) Unlock and fold down the running deck, then unplug the power cord.

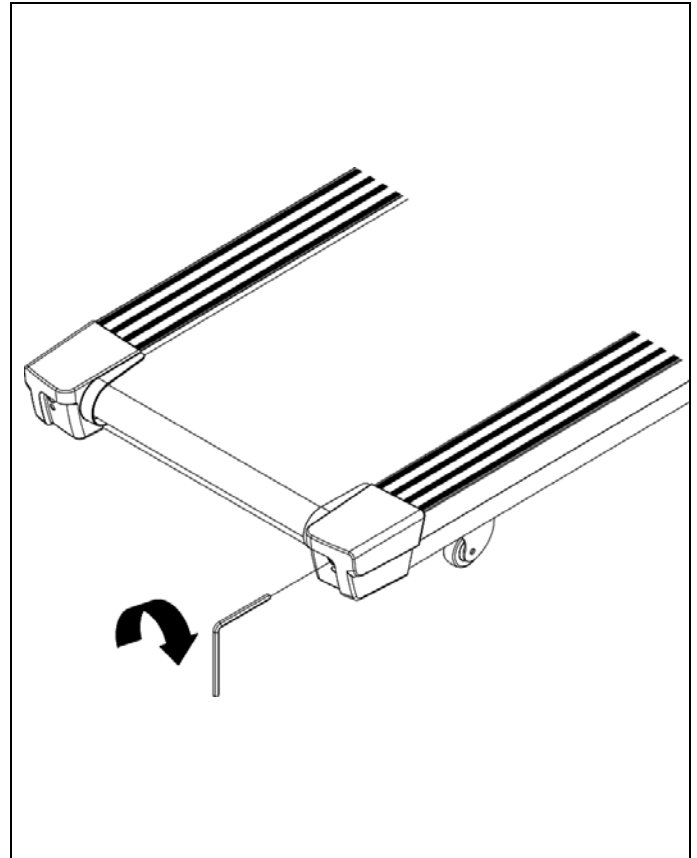


MAINTENANCE

1. Centering the Walking Belt.

If the Walking Belt tracks off center to the right or left of the deck, first turn the power off. Then use a wrench to tighten the rear roller bolt on the side of the treadmill toward which the belt is moving. For example, if the belt moves to the left and the deck becomes exposed on the right, tighten the bolt on the left side of the frame. Tighten about 1/4 of turn (clockwise). If the belt does not move back to the center of the treadmill, make another adjustment to the same bolt. Once the Walking Belt has been adjusted closer to the center, the treadmill can be started again.

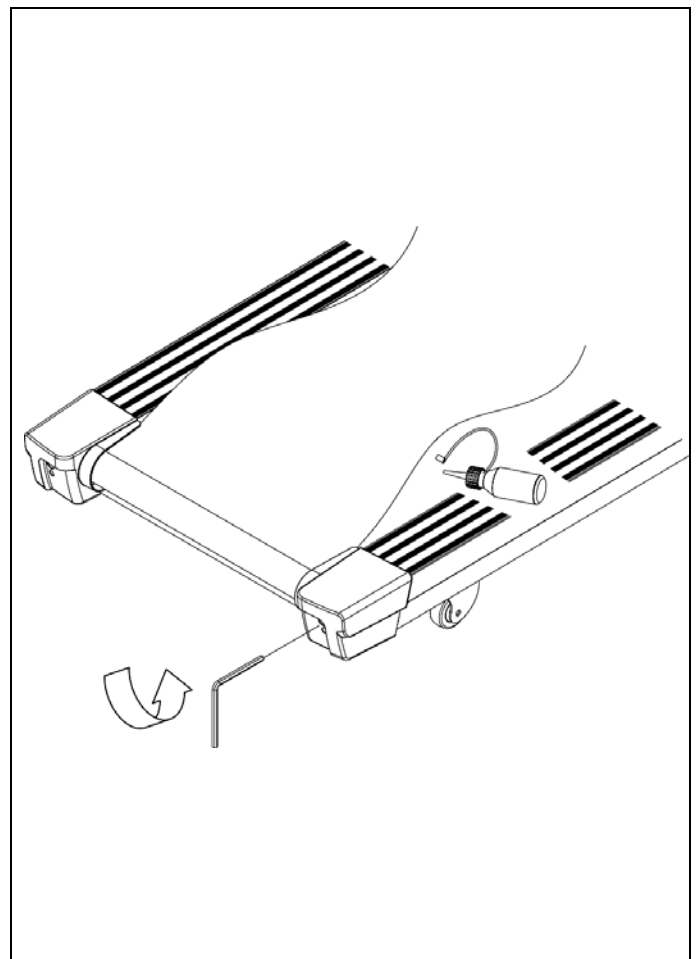
- Make sure the walking belt is going on right without any tracks off the centers



2. It is recommended that the deck be lubricated every 6-12 months according to the frequency of usage. First, use the wrench to loosen the bolts and end caps. Pull up the Walking Belt, dispense the lubricant on the deck and spread evenly. After lubricating the deck, center the belt and check the belt tension. If the belt happens to slip, follow the above steps and lubricate the running deck.

SUGGESTED PREVENTIVE MAINTENANCE SCHEDULE IN ACCORDANCE WITH THE AVERAGE RUNNING SPEED

| Measurement | Speed | Interval |
|--|----------------|----------|
| Metric | 6KM/hr below | 1 year |
| | 6~12KM/hr | 6 months |
| | 12KM/hr above | 3 months |
| English | 4mile/hr below | 1 year |
| | 4~8mile/hr | 6 months |
| | 8mile/hr above | 3 months |
| Note: This preventive maintenance schedule is only meant for home use. | | |



COMPUTER OPERATION



DISTANCE: Indicates distance travelled in 0.1 increments.

TIME: Indicates time you workout, can be set to countdown.

START: Starts the treadmill, enter programs.

COOL DOWN: Use to enter cool down function.

INCLINE: Indicates incline in 1 level increments.

STOP: Stop the treadmill, it will reset automatically after 5 minutes. Push 3 secs to reset.

PULSE: Estimated heart rate.

INCLINE UP(+)/DOWN(-): Adjust incline.

CALORIES: Indicates estimated calories burned.

SPEED: Indicates speed in 0.1 increments.

MODE: Enter time setting, check total used time, distance in personal data, switch TIME-DISTANCE, PULSE-CALORIES display.

SPEED FAST(+)/SLOW(-): Used to adjust speed in 0.1 kph increments. Set time to countdown

ONE TOUCH SPEED 6, 8, 10, 12: Used to reach ideal speed.

ONE TOUCH INCLINE 0, 5, 10, 15: Used to reach ideal incline.

PERSONAL DATA

This quality product you have chosen was designed to meet your demands. Before selecting programs, the user can enter PERSONAL DATA to keep memorizing his/her own total used time and/or distance. It is useful for health control.

CU-0: If you do not wish to enter PERSONAL DATA to keep memorizing total hours and distance you can choose CU-0.

CU-1, CU-2, CU-3, CU-4: Provides 4 different personal data storage for up to 4 different users.

PROGRAMS

P1 MANUAL

QUICK START

MAXIMUM: 99 minutes

- 1) Power on, put safety key on
- 2) Press FAST/SLOW enter CU-0
- 3) Press "START" twice to begin
- 4) Adjust speed using "FAST/SLOW"
- 5) Adjust incline using "UP/DOWN"

COUNTDOWN SETTING (can enter CU-1, -2, -3, -4 to keep memorizing total hours & distance)

- 1) Power on, put safety key on, press "FAST/SLOW" to select CU-1, -2, -3, -4
- 2) Press "START" to enter P1 (PO1)
- 3) Press "MODE" to enter countdown setting
- 4) Press "FAST/SLOW" to set exercise time
- 5) Press "START" to start exercise
- 6) Adjust speed using "FAST SLOW"
- 7) Adjust incline using "UP/DOWN"

MAXIMUM: 99 minutes

MINIMUM: 6 minutes

COOL DOWN

Only use under P1 (MANUAL) and speed over 2.6kph

COOL DOWN is designed to slow down speed and cool down your body gradually to avoid injury by stopping running suddenly.

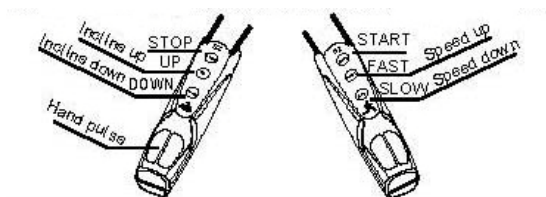
When you press "COOL DOWN" button, speed will decrease 30% immediately. The incline will be 0 level. Then speed will decrease 30% again after one minute and continuously each minute until speed is down to 1.5kph. Then speed will stop automatically after a further 1 minute

EZ-BUTTON

Designed for the beginner. You can grip on the handlebar and adjust speed and incline.

It also allows you to stop and start your workout while you are gripping on the handlebar.

This offers this treadmill extra safety precautions in addition to the safety key.



MP 3 FUNCTION

This treadmill comes with a MP3 function, as per the diagram,.

****DO not use chest belt to detect the heart rate while using MP3 as the pulse may be interfered.**

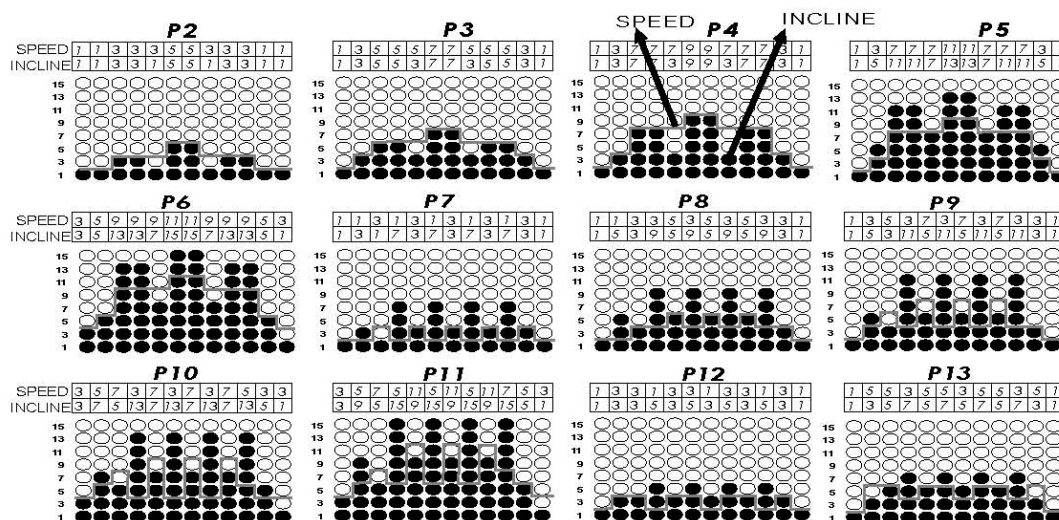


COMPUTER OPERATIONS

PROGRAMS(P2~P13):

Minimum: 12 minutes
Maximum: 99 minutes

- 1). Power on, put SAFETY KEY on
- 2). Press "FAST/SLOW" to select PERSONAL DATA
(CU-0,1,-2,-3,-4. If select CU-0, will not keep memorizing total used hours, distance)
- 3). Press "START" to enter program selection
- 4). Press "FAST/SLOW" to select program (P2~P13)
- 5). Press "MODE" to enter exercise time setting
- 6). Press "START" to start exercise
- 7). Adjust speed using "FAST/SLOW"
- 8). Adjust incline using "UP/DOWN"



INCLINE&SPEED: SPEED + INCLINE PROGRAMS, incline and speed change at same time.

COLOR CHANGE:

This treadmill is also with a unique design of color change. It can remind /warn the runner while at higher speed and higher incline (the ideal higher speed/incline can be set by the runner)

HOW TO SET THE IDEAL HIGHER SPEED/INCLINE FOR COLOR CHANGE?

- 1). take off safety key
- 2). Press " STOP" button continuously, put safety key on
- 3). Press " UP/DOWN" to set enable/disable color change

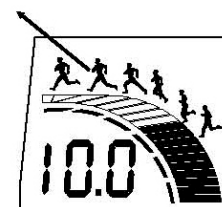
Under enable color change mode, the monitor shows:

On

10.0

This digital number would be different due to factory testing and setting.

color change



Press " FAST/SLOW" to set your ideal higher speed/incline for color change

FOR EXAMPLE: if you set your ideal higher speed/incline is 8.0. The color of the speed or incline window color will be changed while the speed or incline reach 8.

Under disable color change mode, the monitor shows :

OFF

0

The color or speed or incline will be no change.

COMPUTER OPERATIONS

HRC OPERATION:

This is with the most advanced design, including HRC (Heart rate control). HRC is a sophisticated program. It controls the speed or incline by runner heart rate beating. In order to provide runner with optimum workout, the runner needs to set the target heart rate first, and workout time. The whole program includes 3 stages.

1. Warm-up (We suggest at least 5 minutes)
2. Entering HRC program
3. Cool down

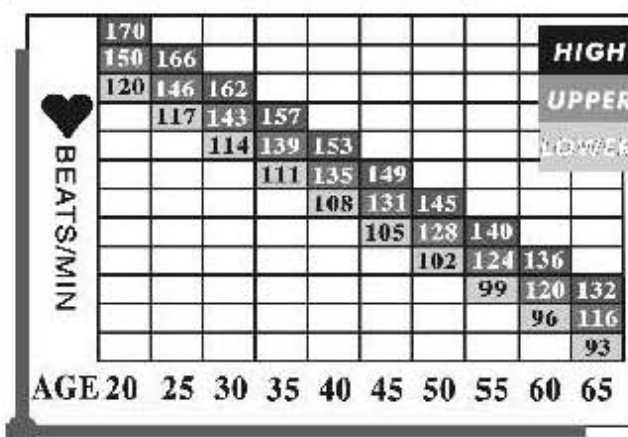
You do not want to workout at your maximum heart rate. The recommended Heart Rate Zone is a percentage of your maximum heart rate. Between 60% and 75% of your maximum heart rate.

Lower limit of Target Heart Rate Zone = maximum heart rate $\times 0.6$

Upper limit of Target Heart Rate Zone
= Maximum heart rate $\times 0.75$

(This is recommended by American Heart Association. Before starting exercise program, please consult your physician to understand your physical situation)

TARGET HEART RATE ZONE



Target Heart Rate Zone
 $220 - \text{your age} = \text{maximum heart zone}$

CHEST STRAP TRANSMITTER

To operate HRC, the user needs to wear a chest strap transmitter



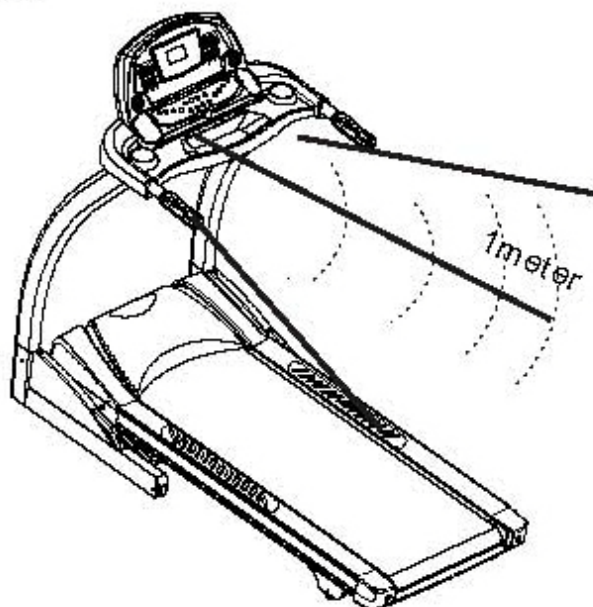
CHEST STRAP TRANSMITTER

CHEST STRAP is not standard specification. It is optional, please contact your dealer for more details.

ATTENTION: Please use Polar belt compatible chest strap.

TRANSMITTING AREA

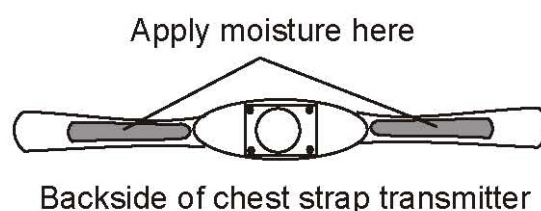
The transmitting area is around 1 meter on straight line. Please see the below drawing for more detail for transmitting area.



COMPUTER OPERATIONS

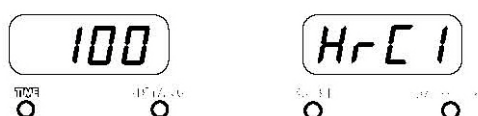
HRC OPERATION STEPS

1. Wear chest strap transmitter.
Apply moisture on the electrodes before wear.
2. Press "FAST/SLOW" to select PERSONAL DATA
Press "START" to enter program selection



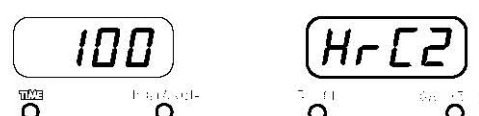
HRC 1(herat rate control 1) program

3. Press "FAST/SLOW" to HRC1 program .
The screen on monitor shows:



HRC 2(herat rate control 2) program

3. Press "FAST/SLOW" to HRC 2 program.
The screen on monitor shows:

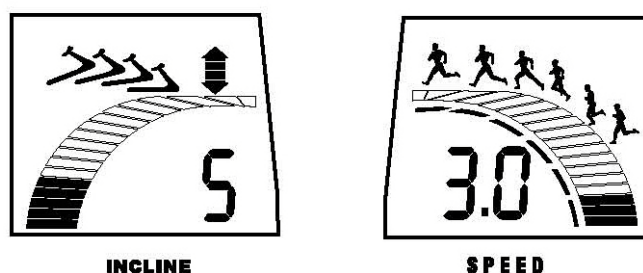


4. Press "MODE" to enter TARGET HEART RATE setting.
Press " FAST/SLOW" to set TARGET HEART RATE. (Max=190, min=90)
5. Press "MODE" again to enter WORKOUT TIME setting.
Press " FAST/SLOW" to set WORKOUT TIME.

Take example. on HRC 1 , set TARGET HEART RATE is 130, WORKOUT TIME is 32minutes.
The screen on monitor shows:



6. Press "START" to start workout and enter HRC program. It shows:



P.S. While in HRC setting, press "STOP" to return to P1 If do not want to finish HRC setting

COMPUTER OPERATIONS

HOW HRC WORK?

Initial speed limit: 12kph

HRC 1: HRC SPEED PROGRAM

WARM-UP and EXERCISE:

After setting the "TARGET HEART RATE" and the "WORKOUT TIME", push "START" button to start workout and enter WARM-UP. The computer will detect per 10seconds.

If your heart rate is under and more 10 than "TARGET HEART RATE", the computer will switch to detect per 5seconds.

If the heart rate is less than "TARGET HEART RATE ",the speed will add 0.2kph.

If the heart rate is over " TARGET HEART RATE ",the speed will reduce 0.4kph.

(Under speed reduced situation, the heart rate should be less than 95% of "TARGET HEART RATE", and can add the speed. If the heart rate is in +- 5 difference from TARGET HEART RATE, the speed will maintain same speed.

The runner can push speed +/- , incline +/- to change speed/incline. The speed can be adjusted to maximum speed. Not limit under 12kph.

COOL DOWN:Cool down is located at the last 2 minutes,

While entering the last 2nd minute. The speed reduces 50%, The incline returns to 0 level.

While entering last minute. The speed will reduce 50% again, The incline still is 0 level.

While the set time is over, the treadmill stops.

(Under cool down, can not be adjusted speed/incline manually)

HRC2: HRC SPEED + INCLINE PROGRAM

WARM-UP and EXERCISE:

after setting the "TARGET HEART RATE" and the "WORKOUT TIME", push "START" button to start workout and enter WARM-UP. The computer will detect per 10seconds.

If your heart rate is under and more 10 than "TARGET HEART RATE", the computer will switch to detect per 5seconds.

If the heart rate is under "TARGET HEART RATE ",the speed will add 0.2kph.

After accumulating 10 times of 0.2kph speed up. The incline will add 1 level.

If the heart rate is over " TARGET HEART RATE ",the speed will reduce 0.4kph.

After accumulating 5 times of 0.4kph speed down. The incline will reduce 1 level.

(Under speed reduced situation, the heart rate should be less than 95% of

"TARGET HEART RATE", and can add the speed. If the heart rate is in +- 5% difference from TARGET HEART RATE, the speed will maintain same speed.

The runner can push speed +/- , incline +/- to change speed/incline. The speed can be adjusted to maximum speed. Not limit under 12kph.

COOL DOWN:Cool down is located at the last 2 minutes,

While entering the last 2nd minute. The speed reduces 50%, The incline returns to 0 level.

While entering last minute. The speed will reduce 50% again, The incline still is 0 level.

While the set time is over, the treadmill stops.

(Under cool down, can not be adjusted speed/incline manually)

COMPUTER OPERATIONS

NO HEART RATE SIGNAL:

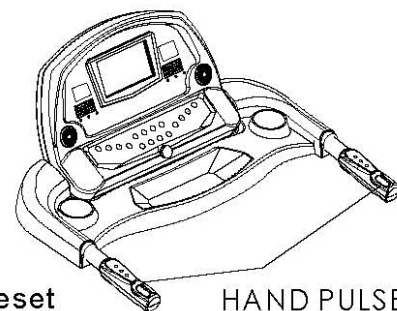
IF the computer can not detect heart rate, the heart rate shows on computer will be 0 after 15 seconds.

The possible reasons for no heart rate signal:

1. Improper chest strap wearing
2. Not enough moisture on electrodes
3. The distance between chest strap and computer is over 1 meter
4. Need to change battery on chest strap transmitter.

STOP:

If the runner push "STOP" button during workout, the computer will be reset after 5 minutes without push "START" button to resume workout.



CHEST STRAP TRANSMITTER and HAND PULSE:

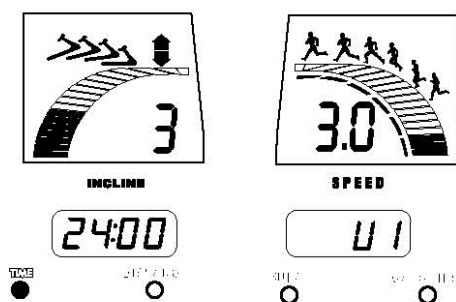
1. The runner still can detect heart rate by gripping hand pulse after taking off chest strap transmitter. (Use chest strap transmitter is much accurate to detect heart rate than use hand pulse. Some runner is hard to detect heart rate by using hand pulse. We strongly suggest to use chest strap transmitter if you need much accurate heart rate detection while using this treadmill.)
2. Chest strap transmitter is priority than hand pulse if you wear chest strap transmitter and grip hand pulse at same time.
3. The runner also can use chest strap transmitter to detect heart rate even do not use HRC program.

2 USER PROGRAMS:

The user can also create his/her own programs to do workouts. There are two user programs: U1 and U2

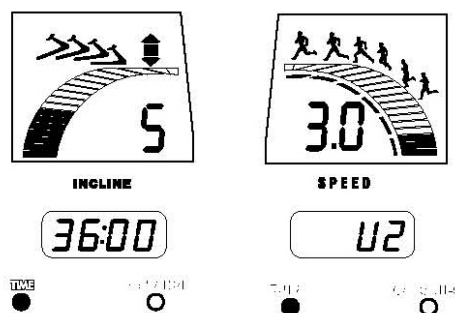
U1 (user 1 program)

12 segments
speed range — 0.8~20kph
incline range — 0~15level
initial value at each segment:
speed: 3kph
incline: level 3



U2 (user 2 program)

12 segments
speed range — 0.8~20kph
incline range — 0~15level
initial value at each segment:
speed: 3kph
incline: level 5



(Treadmill has been completely test at factory. The initial value would be different from the monitor shows due to factory test)

COMPUTER OPERATIONS

HOW TO OPERATE U1, U2

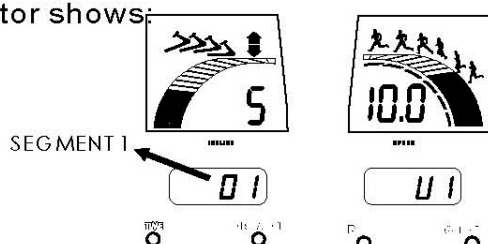
- 1). Power on, put SAFETY KEY on
- 2). Press "FAST/SLOW" to select PERSONAL DATA (CU-0,-1,-2,-3,-4)
Press "START" to enter program selection
Press "FAST/SLOW" to U1/U2 program
Press "MODE" into SEGMENT 1
- 3). Under segment 1. Press "FAST/SLOW" to set speed. Press "UP/DOWN" to set incline level

For example: on U1, SEGMENT 1, The user want to create
speed:10, incline: 5

Press "FAST/SLOW" to digital No. 10 on speed window

Press "UP/DOWN" to digital No. 5 on incline window

The screen on monitor shows:



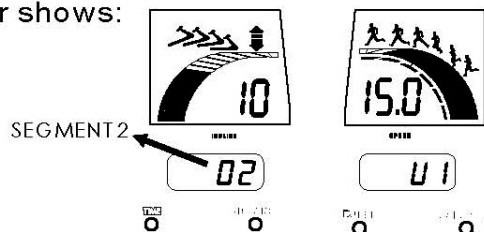
- 5). After finishing SEGMENT 1 setting, press "MODE" again to enter SEGMENT 2 to set speed and incline for SEGMENT 2.
- 6). Press "FAST/SLOW" to set speed, press "UP/DOWN" to set incline

For example: on USER1, SEGMENT 2, The user want to create
speed: 15, incline:10

Press "FAST/SLOW" to digital No. 15 on speed window

Press "UP/DOWN" to digital No. 10 on incline window

The screen on monitor shows:



- 6). Repeat and set all of SEGMENT1 ~12. After finishing SEGMENT1~12 setting, press "MODE" key again to enter TIME setting.
- 7). Press "FAST/SLOW" to set your ideal workout time. Then press "START" to start your created workout program. ENJOY a nice your own program.

CHECK TOTAL USED HOUR/TOTAL USED DISTANCE:

- 1). Power on, put SAFETY KEY on
- 2). Press "FAST/SLOW" to CU-1/CU-2/CU-3/CU-4
- 3). Press "MODE" to understand total use hour, press "MODE" again to understand total used distance that you already ran.

How to delete the memorized hour, the memorized distance?

- 4). Press "STOP" to delete the memorized hour, the memorized distance

P.S: 1. The computer indicates in 1 hour, 1 kilometer or 1 mile, do not show decimal point.
2. do not show in CU-0. CU-0 is for the runner who do not want to enter personal data to memorize total used hour, total used distance.

TROUBLE SHOOTING

TROUBLE SHOOTING GUIDE

| SYMPTOM | CAUSE | SOLUTION |
|---|--|--|
| Console display LCD's do not illuminate | a. No power to treadmill b. Console wire connector not connected or incompletely connected c. Overload protection is activated | Check the on-off switch Turn off, then turn on power. Push START, Check all of connected wires, if still not illuminated, a service is required |
| Scrambled digitalis on console LCD | Damage d console | Service required |
| Show E1 | a. RPM sensor problem b. Sensor wire not connect to controller or improper connection c. Motor wire not connected d. Console wires not connect properly e. Controller damaged f. Overload protection is activated | Service required Check the lubrication, running belt tension, turn off, then turn on power |

The most happened symptom is current overload protection. And show E1(error 1) on monitor. E1 is to inform the runner to examine your treadmill by yourself to avoid the damage happened on treadmill. The runner can follow the below steps to do the examination.

- 1). E1 would be happened by electricity system at your home. Sudden big current would cause E1. Please turn off the on-off switch, then turn on the switch to resume the using.
If it still happened, the most reason is too much friction between the running belt and the running deck.
 - 2). Please do lubrication according to LUBRICATION MAINTENANCE instructions. Enough lubrication will improve the performance and maximum the treadmill life.
 - 3). Keep clean under running belt.
 - 4). check the tension between roller and running belt. (please see BELT ADJUSTMENT)
 - 5). The damaged running belt will increase the current and be easy to cause E1. Wear proper footwear while using. It can avoid to damage the running belt.
- If still can not solve it, please call your dealer for helps.

Trainings hints:

With buying this treadmill you have taken the first step toward improving your fitness. With the help of this item you can add value to your life with improved health, wellbeing and lifestyle.

Goal of training:

Building of muscles
General fitness
Endurance
Feeling of wellbeing

The training success is mainly depending on the following points.

Continuous training
Good nourishment
Control of training progress

Who can exercise?

Generally every healthy person, young or old, can start to exercise.

Capacity:

The body, especially the heart and circulation needs time to adapt to any new exercise. Therefore, it is very important to start slowly with your training and to take brakes between and after exercise. Only exercise at a level you are comfortable with. After continuous training you can gradually increase the duration and intensity of your sessions. After training you should always allow time to stretch and cool down.

Tips for successful and healthy training:

- Always remember that training is most effective when you follow the important rules.
- Exercise gives the best results when it is undertaken long term and continuously, short Term exercising has very little effect.
- Wear comfortable clothing that is not too tight.
- Avoid exercise with a full stomach.
It is recommended not to eat any sooner than one hour before and after training.
- Do not exercise if you are very tired or feel exhausted.
- Your body needs liquid if you exercise, so ensure you have adequate water nearby at all times.

Training:

Warming up should be done with every sporting activity to decrease the risk or injury.

A suggested warm up is a 5-10 minute run on the spot or around the room with a few jumps at each minute interval.

Stretching:

The following stretches are gentle but effective in waking up your body, stimulating your circulation and making your ankles more flexible. Please do these each time before you start exercising.

SUGGESTED STRETCHES

The correct form for these basic stretches is displayed on the right.

Move slowly as you stretch and avoid bouncing.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts then relax. Repeat 3 times.

Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg.

Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend the front leg.

Stretches: Calves, Achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax.

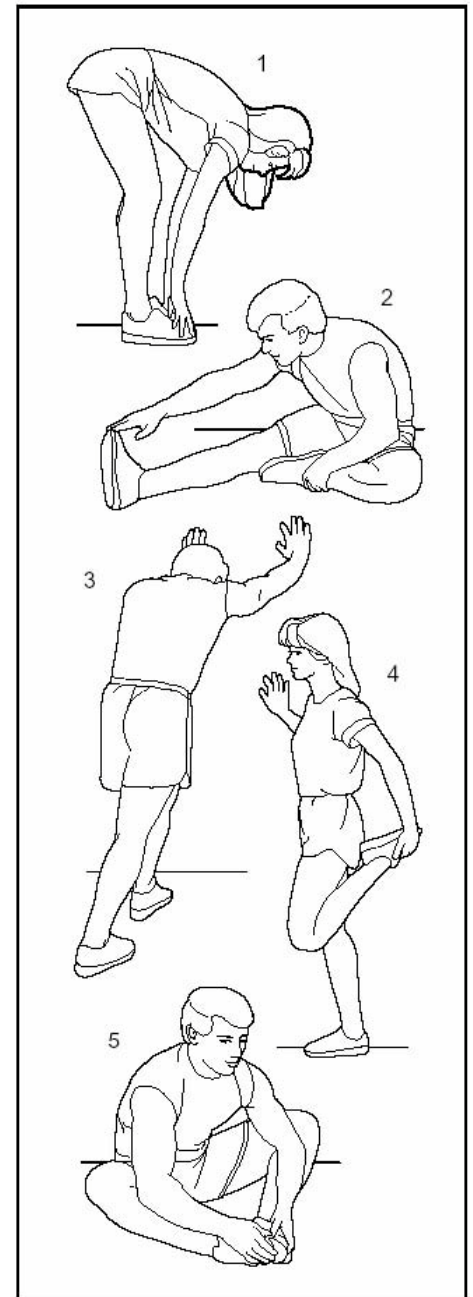
Repeat 3 times for each leg.

Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

Stretches: Quadriceps and hip muscles.



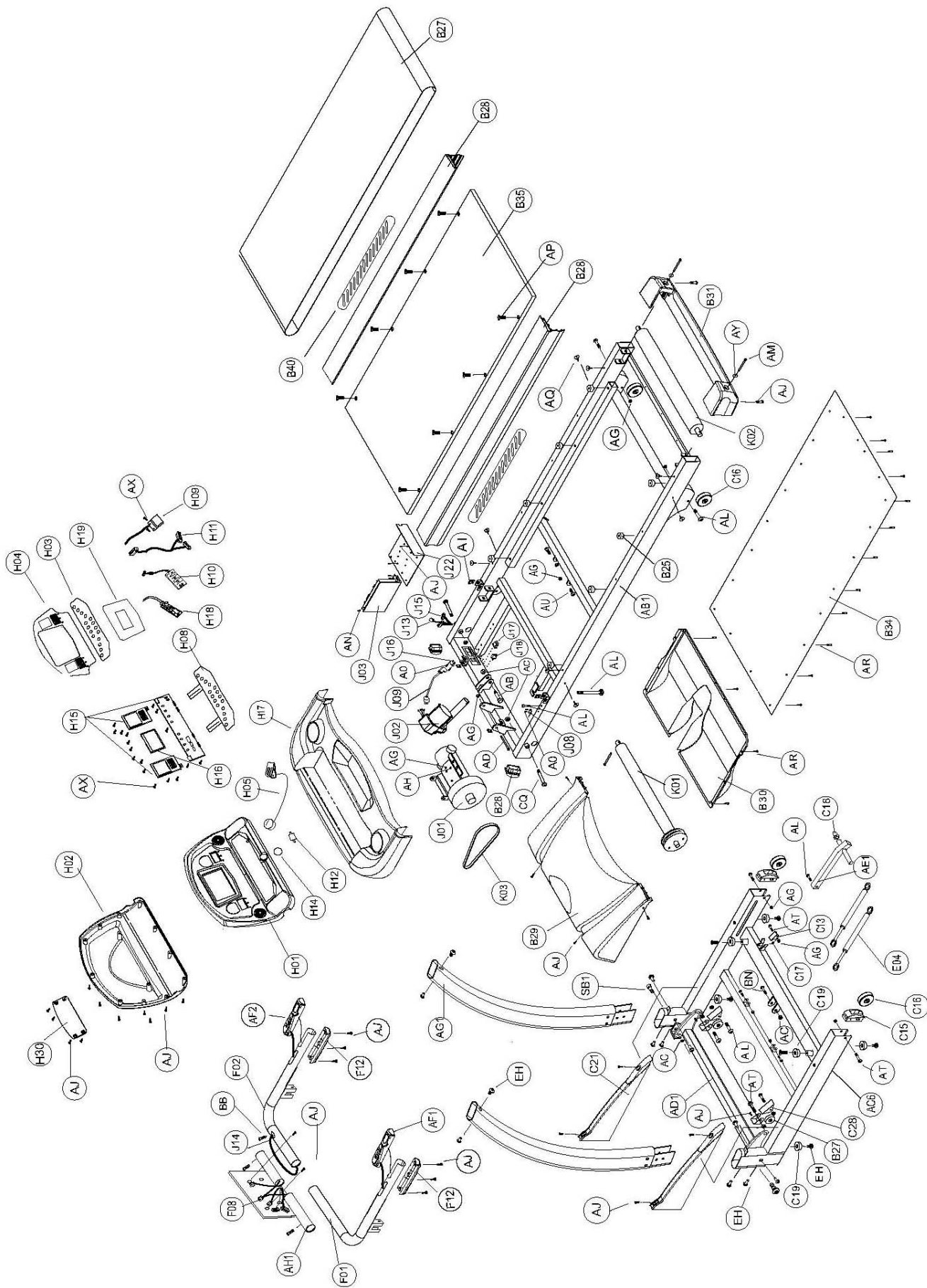
PARTS LIST

| ITEM | | | | DESCRIPTION | | | | QTY | | | |
|------|----------|---------------------------|----|-------------|----------|----------------------------|---|-----|--|--|--|
| AB1 | ST13-AB1 | Main fame | 1 | H04 | ST22-H04 | Monitor overlay | 1 | | | | |
| B25 | ST01-B21 | Rubber cushion | 10 | H19 | ST22-H19 | LCD dot matrix overlay | 1 | | | | |
| B27 | ST10-B22 | Running belt | 1 | H05 | ST01-H05 | Safety key set | 1 | | | | |
| B28 | ST14-B23 | Side rein | 2 | H15 | ST22-H15 | Monitor | 1 | | | | |
| B29 | ST10-B24 | Upper motor cover | 1 | H08 | ST21-H08 | Membrane key | 1 | | | | |
| B30 | ST10-B25 | Lower motor cover | 1 | H09 | ST03-H09 | Sensor wire, monitor | 1 | | | | |
| B31 | ST10-B26 | Roller cover | 1 | H10 | ST12-H10 | Heart rate PCB | 1 | | | | |
| C16 | ST01-C16 | Mobile wheel | 4 | H11 | ST01-H11 | Upper console wire | 1 | | | | |
| B28 | ST14-B28 | End cap, main frame | 2 | H12 | ST01-H12 | Fixing bracket, safety key | 1 | | | | |
| B36 | ST03-B34 | Wire protective sleeve | 2 | H14 | ST01-H14 | Safety sticker | 1 | | | | |
| B40 | ST10-B41 | Anti-slip pad | 2 | H16 | ST22-H16 | 8X16 LCD dot matrix | 1 | | | | |
| B34 | ST13-B45 | Back cover, main frame | 1 | J14 | ST10-J14 | Grounded wire A | 1 | | | | |
| B35 | ST10-B30 | Running deck | 1 | H18 | ST17-H18 | Receiver | 1 | | | | |
| B36 | ST27-B27 | Mobile wheel , base frame | 2 | H25 | ST02-H13 | Upper hand pulse wire | 1 | | | | |
| AC6 | ST14-AC6 | Base frame | 1 | H30 | ST03-H16 | Turner cover | 1 | | | | |
| C13 | ST03-C11 | Foot step | 1 | J01 | ST10-J01 | Motor | 1 | | | | |
| C15 | ST08-C13 | Mobile wheel housing | 2 | J02 | ST03-J02 | Incline motor | 1 | | | | |
| C17 | ST01-C18 | Spring, foot step | 1 | J03 | ST21-J03 | Controller | 1 | | | | |
| C19 | ST01-C16 | Pad, base frame | 6 | J08 | ST01-J08 | Motor senor wire | 1 | | | | |
| C21 | ST14-C12 | Protective cover | 2 | J09 | ST10-J09 | Power cord | 1 | | | | |
| C28 | ST25-C28 | bracket, base frame | 2 | J13 | ST09-J13 | Grounded wire A | 1 | | | | |
| D03 | ST14-D03 | Bushing, base frame | 2 | J15 | ST03-J15 | Lower console wire | 1 | | | | |
| AD1 | ST10-AD1 | lift arm, incline | 1 | J16 | ST06-J16 | Socket | 1 | | | | |
| AE1 | ST14-AE1 | Fixing arm, folding | 1 | J17 | ST06-J17 | On/off switch | 1 | | | | |
| E02 | ST14-E02 | Sleeve, fixing arm | 1 | J18 | ST06-J18 | Fuse | 1 | | | | |
| E04 | ST08-E04 | Air shock | 2 | J22 | ST08-J22 | Fixing bracket, controller | 1 | | | | |
| AF2 | ST21-AF2 | EZ-button, speed | 1 | K01 | ST10-K01 | Front roller | 1 | | | | |
| F02 | ST21-F02 | Handle bar, speed | 1 | K02 | ST10-K02 | Rear roller | 1 | | | | |
| F12 | ST01-F12 | Lower EZ-button case | 2 | K04 | ST10-K04 | Drive belt | 1 | | | | |
| AF1 | ST21-AF1 | EZ-button, incline | 1 | | | | | | | | |
| F01 | ST21-F01 | Handlebar, incline | 1 | | | | | | | | |
| F08 | ST03-F08 | Wire, hand pulse | 1 | | | | | | | | |
| AG1 | ST21-AG1 | Console mast | 2 | | | | | | | | |
| H01 | ST21-H01 | Upper console case | 1 | | | | | | | | |
| H02 | ST21-H02 | Lower console case | 1 | | | | | | | | |
| H17 | ST21-H17 | Console rack | 1 | | | | | | | | |
| AH1 | ST21-AH1 | Console bracket | 1 | | | | | | | | |
| H03 | ST21-H03 | Operating overlay | 1 | | | | | | | | |

PARTS LIST-BOLTS

| ITEM | DESCRIPTION | QTY | ITEM | DESCRIPTION | QTY |
|------|---|---|----------------------------|---|-------------------|
| AB | Bolt M10x40 Incline motor | 1 | AR | Self tapping screw M4X10mm Back cover, main frame Lower motor cover | 22 4 |
| AC | Nylon nut M10 Incline motor Lift arm | 2 4 | AT | Bolt M8X50mm Foot step Front mobile wheel Base frame | 1 2 2 |
| AD | BOLT M8X140mm Motor | 1 | AS | Bolt M8X15mm Pad, base frame | 6 |
| AG | Nylon nut M8 Motor Air shock Fixing arm, folding Mobile wheel Foot step Base frame | 2 4 1 4 1 4 | AU | Bolt M8x25mm Air shock | 2 |
| AH | Washer M8 Motor | 1 | AX | Bolt M3x6mm Monitor Sensor wire, monitor EZ-button PCB 8X16 LCD dot matrix | 12 2 4 4 |
| AI | Nut M4 Upper motor cover | 4 | AY | Washer M8 Rear roller | 2 |
| AJ | Self tapping screw M4X15mm EZ-button Upper motor cover Console frame Upper & lower console case Fixing bracket, controller Running belt track Roller cover Protective cover Console bracket Base frame | 6 4 4 13 2 4 2 4 2 2 | AZ | Bolt M8X25mm w/nylon Air shock | 2 |
| AL | Bolt M8X40mm Lift arm, folding Front roller Rear mobile wheel Base frame | 1 1 2 2 | BB | Bolt M4X15mm Ground wire Ground wire | 1 1 |
| AM | Bolt M8X70mm Front & rear roller | 3 | BN | Bolt M10X60mm Incline motor | 1 |
| AN | Bolt M5X10mm Controller | 2 | CJ | BOLT M8x142MM Motor | 1 |
| AO | Bolt M3X6mm Motor sensor wire Socket | 2 2 | CQ | Bolt M10X70mm Lift arm, incline | 2 |
| AP | M8X25mm Running deck | 10 | SB1 | BOLT M10x40MM Lift arm, incline | 2 |
| AQ | Bolt M6X15 w/U shape washer Side rein | 12 | <u>HARDWARE KIT</u> | | |
| | | | AS | Bolt M8X15mm | 12 |
| | | | EG | Wrench M4 | 1 |
| | | | AZ | Wrench M5 | 1 |
| | | | BA | Wrench M6 | 1 |

EXPLODED DRAWING





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