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Your SportsArt treadmill was designed and built for optimum safety. However, certain precautions apply whenever you use your treadmill.

Please read the entire manual before assembly and operation. Also, please note and save the following safety instructions:

## **IMPORTANT SAFETY INSTRUCTIONS**

**DANGER** - To reduce the risk of electric shock:

Improper connection of the equipment-grounding connector can result in a risk of electric shock. Check with a qualified electrical or service person if you are in doubt as to whether the treadmill is properly grounded. Do not modify the plug provided with TR33 treadmill, if it doesn't fit the outlet, get the proper outlet installed by a qualified technician.

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

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

- 1) A treadmill should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- 2) Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- 3) Close supervision is necessary when this treadmill is used near children, invalids, or disabled persons.
- 4) Use this treadmill only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 5) Never operate this treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the treadmill to a service center for examination and repair.
- 6) Do not carry this treadmill by supply cord or use cord as a handle.
- 7) Keep the cord away from heated surfaces.
- 8) Never operate the treadmill with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- 9) Never drop or insert any object into any opening.
- 10) Do not use outdoors.

- 11) The weight limit for this treadmill is 300 lb. (135 kg)
- 12) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 13) To disconnect, turn all controls to the off position, then remove plug from outlet.
- 14) Assemble and operate the treadmill on a solid, level surface. Keep the area behind the treadmill clear.
- 15) Never allow children on or near the treadmill. The running belt will not stop immediately if any object becomes caught in the belt or rollers.
- 16) Keep hands away from moving parts.
- 17) Wear proper workout clothing: Do not wear loose clothing. Do not wear shoes with leather soles or high heels. Tie back all long hair.
- 18) Straddle the machine with your feet on the right and left staging platform before starting the running belt.
- 19) Work within your recommended exercise level, do NOT work to exhaustion.
- 20) If you feel any pain or abnormal, STOP YOUR WORKOUT and consult your physician immediately.
- 21) Connect this treadmill to a properly grounded outlet only.
- 22) Always use the safety cord when operating the treadmill.

The Treadmill is designed for your use and enjoyment. Please follow the above safety instructions and using good judgment and common sense.

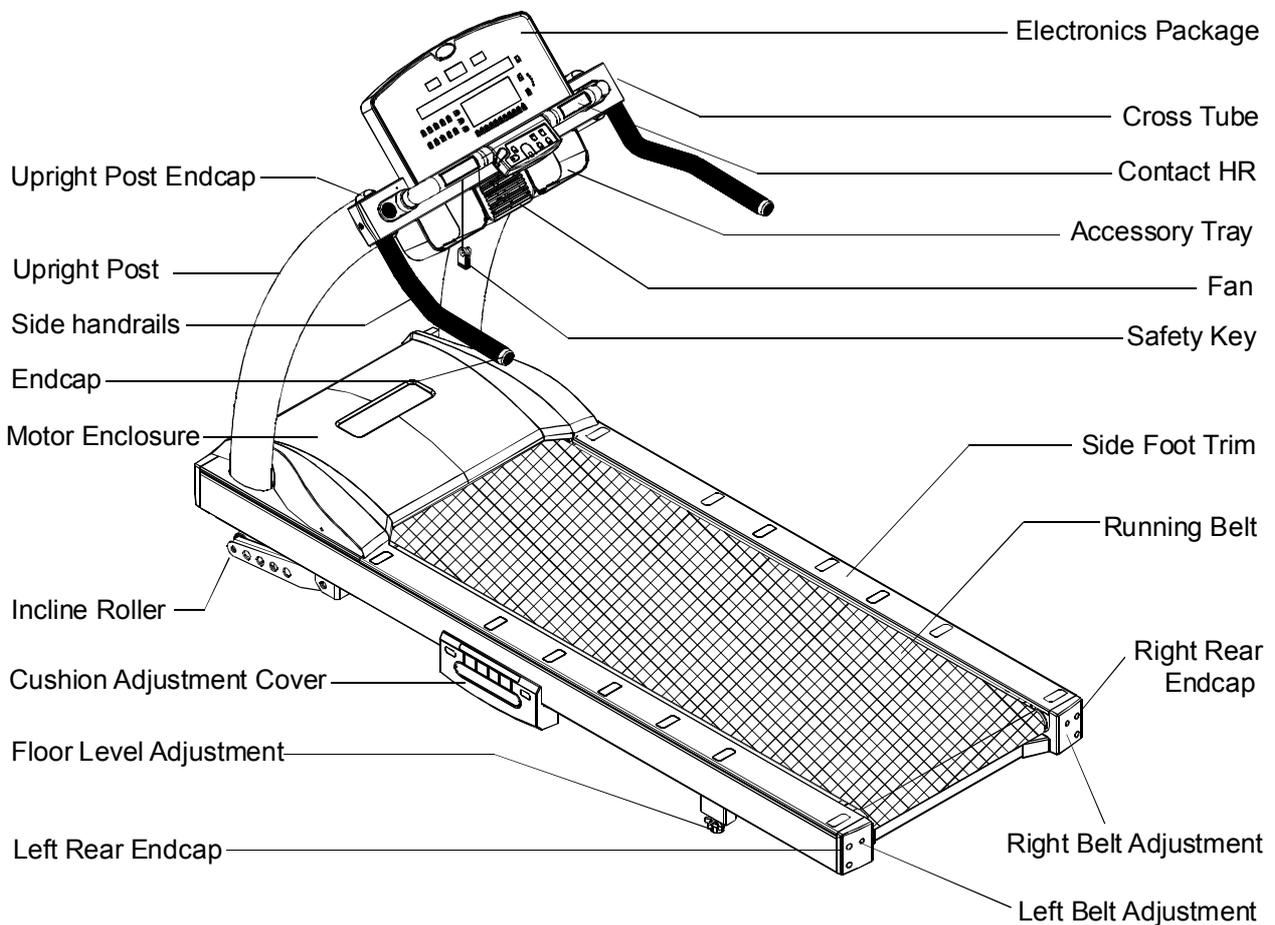
# SPORTSART TR33 TREADMILL

## INTRODUCTION

Congratulations on purchasing one of the finest piece of exercise equipment on the market today, the SportsArt TR33 treadmill. The TR33 is designed with the end user in mind and constructed of high quality materials and designed for years of trouble-free use.

Before using your SportsArt TR33 treadmill, we recommend that you familiarize yourself with this Owner's Manual. Whether you are a first time user of a treadmill or a seasoned "PRO", understanding the correct use of the equipment will enhance your ability to achieve your exercise goals safely and successfully.

### **Treadmill with standard handrails:**



# **ASSEMBLING YOUR TREADMILL**

## **Installation Requirements**

Thank you for purchasing a SportsArt Fitness product. For proper installation please read and follow the instructions. If the treadmill is not assembled properly, you could void the SportsArt Fitness Limited Warranty.

If there are any parts or tools that are missing please contact your dealer immediately.

**Caution:** To ensure safety to yourself and the treadmill, we recommend you drop the sides of the box and slide the treadmill from the box rather than lifting.

## **List of Parts**

Before assembling your treadmill, make sure that you have all following items:

1. One safety key
2. One accessory tray
3. One electronics package
4. One fan with fan enclosure
5. Two upright post endcap
6. One left upright post
7. One right upright post
8. One hex allen wrench (M6) with T handle
9. One hex allen wrench (M6)
10. One hex allen wrench (M5)
11. One screwdriver
12. One fuse 15A(110v) / 10A(220v)
13. 10 pcs M8\*L20 screws (hole in M6) (for upright post)
14. 10 pcs D15.5\*d8.1\*t0.5 flat washer (for upright post)

15. 3 pcs M5\*L10 philips screws (for accessory tray)
16. 4 pcs M4\*L12 philips screws (for fan)
17. 2 pcs transition tubing (for long rails) (option)
18. One left long rail (option)
19. One right long rail (option)
20. 6 pcs M6\*L10 screws (hole in M4) (for long handle rails) (option)
21. 6pcs washer D20\*d7\*t2.0 (for long rails) (option)
22. 4 pcs M8\*L18 screws(hole in M6) (for long rails) (option)
23. 4 pcs flat washer D20\*d8\*t2 (for long rails) (option)

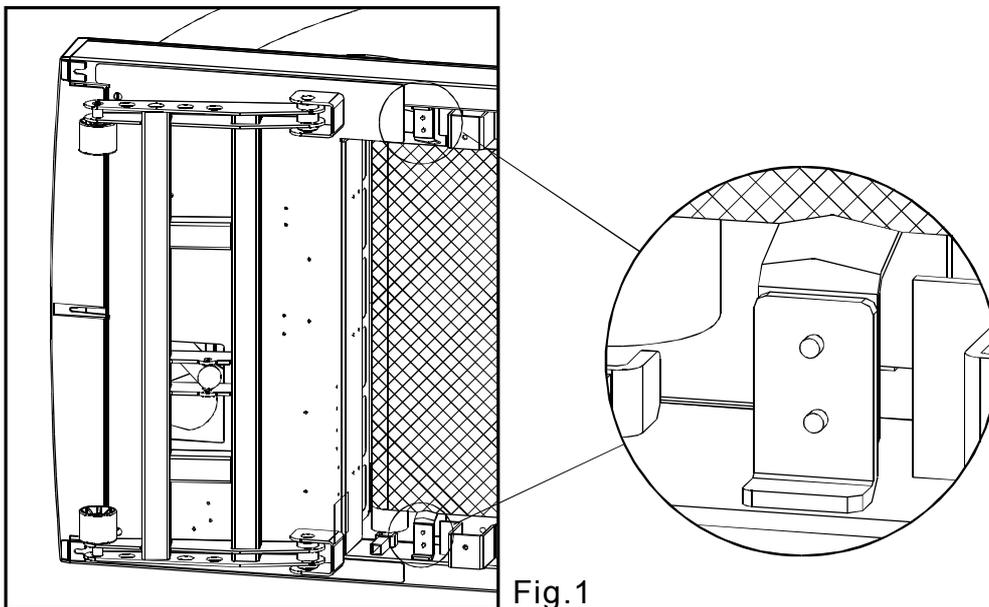
If any items are missing, contact your authorized service dealer

# **TREADMILL ASSEMBLY**

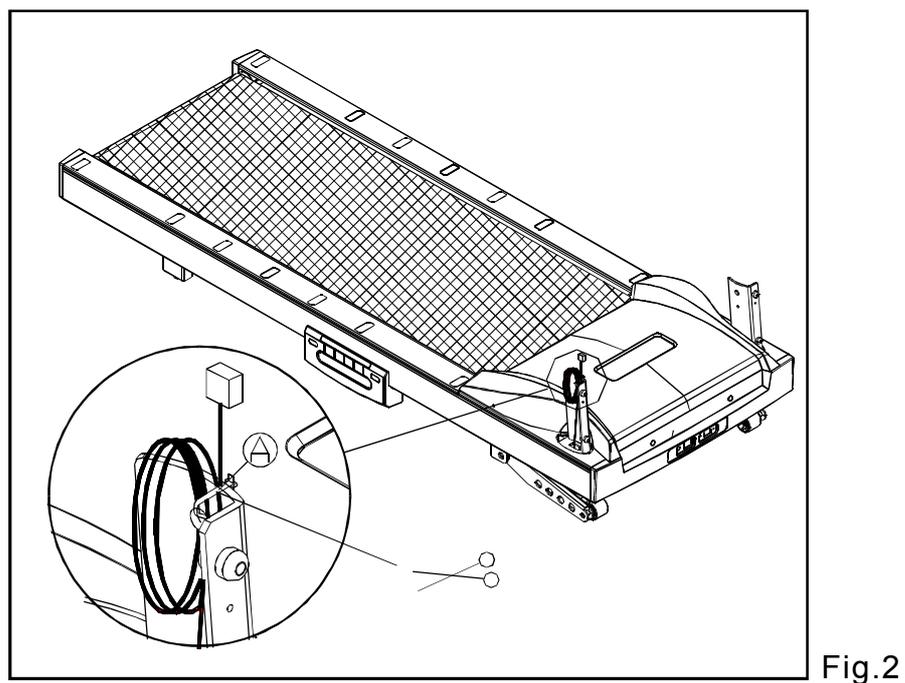
## **Step by Step Instructions**

The important spare parts are placed into the grid of styrofoam. When you remove the treadmill from its box, first check to make sure all of parts are present before you discard the styrofoam. Thoroughly read the assembly instructions before you begin.

1. Tip the treadmill on its side. Inspect the underside of the belt and confirm that the belt is centered between the belt alignment guides. (see Fig. 1) Please place the treadmill onto solid flat ground for assembly.



2. Cut the tie strap for the ribbon cable. (see Fig.2)



3. The necessary screws are attached onto support bracket. Please remove the fasteners before you assemble upright posts. Insert the left upright post into the support bracket on the left side of treadmill. The hole A should face inside. Place the ribbon cable through the right upright post, then insert right upright post into the support bracket. (see Fig.3)

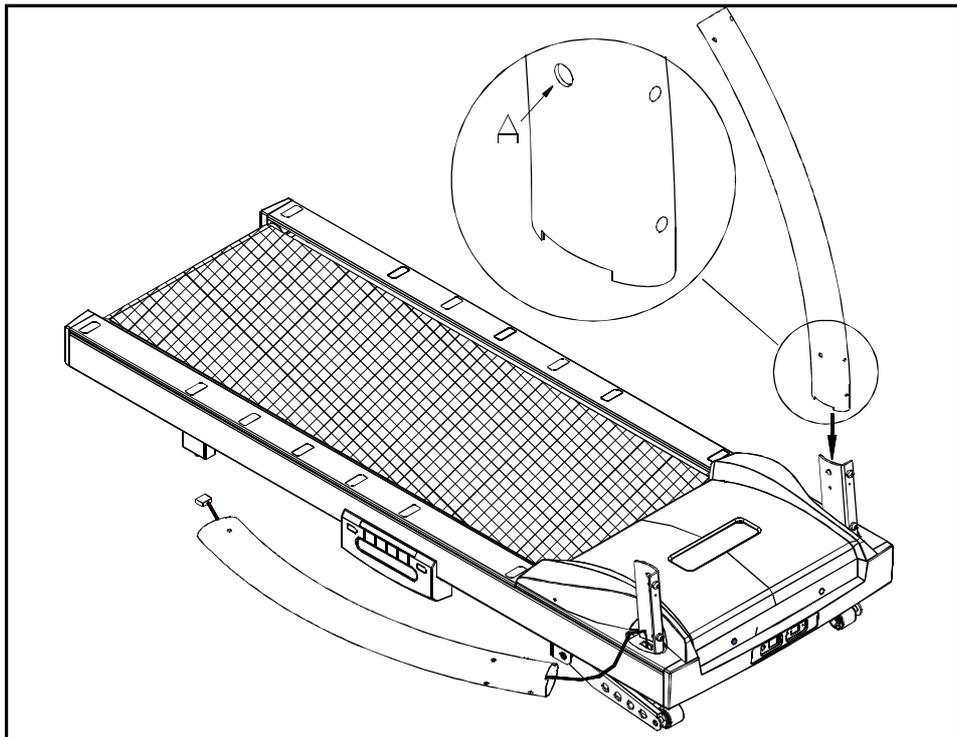


Fig.3

4. Using Hex Allen wrench (M6), secure the two upright posts. At this point, do NOT tighten securely. (see Fig.4)

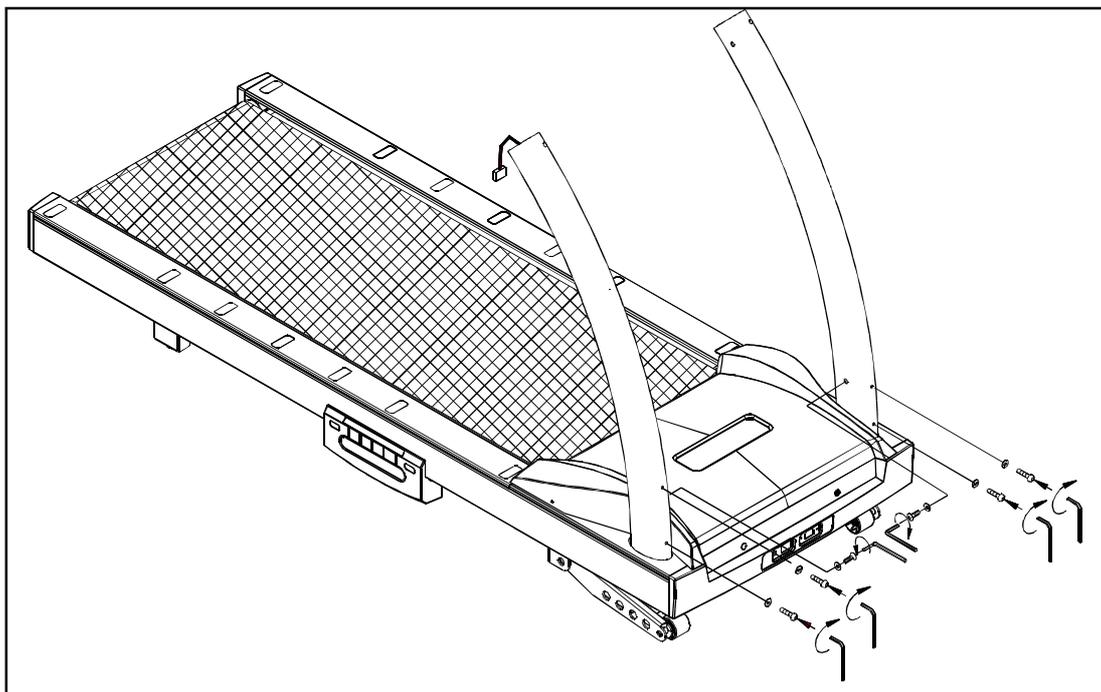


Fig.4

5. Connect the upper ribbon cable connector (see Fig.5A). Insert the display electronics package into upright posts. Insert cap onto each upright post. (see Fig.5B)

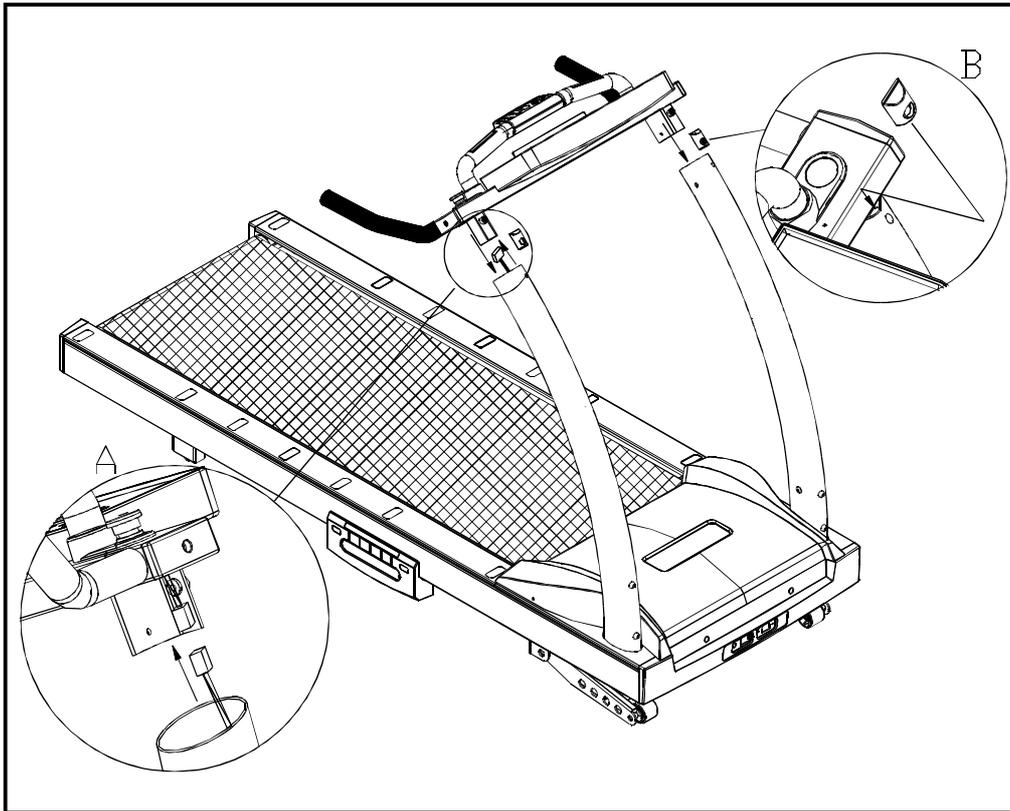


Fig.5

6. Attach the upper fasteners of the upright post, do NOT tighten securely. Tighten fully the lower fasteners, then the upper fasteners. (see Fig.6)

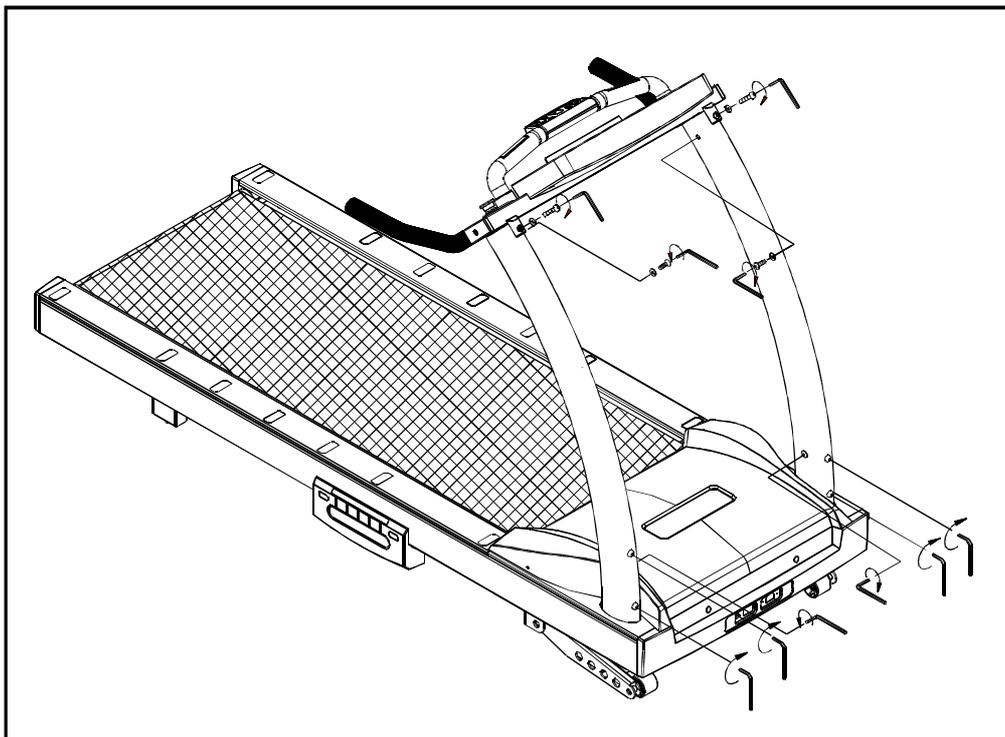


Fig.6

7. Pass the wiring from the back of electronic display through the hole on the top of fan cover as shown in Fig.7A. Attach the accessory tray. (see Fig.7)

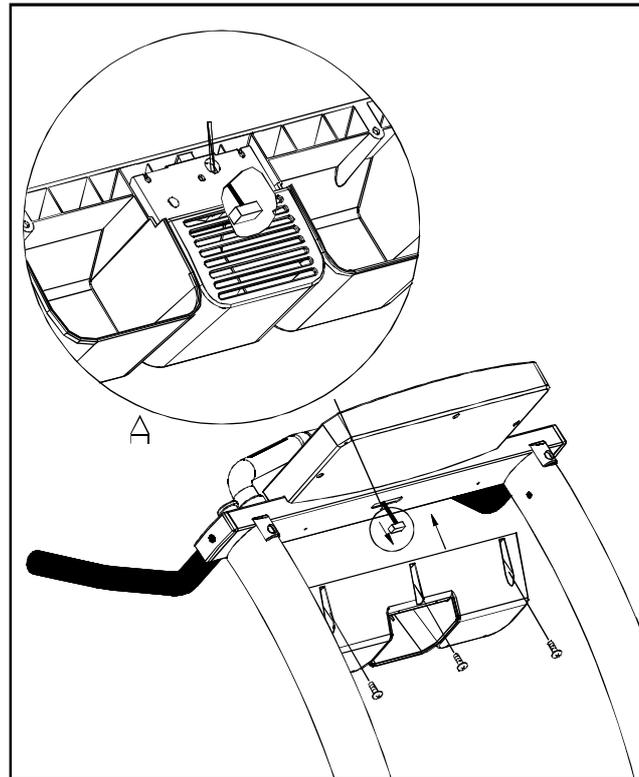


Fig.7

8. Place the wiring from the display in the clip on the fan assembly as shown in Fig.8A. Follow the wire routing in Fig.8A, and make connection. (See Fig.8)

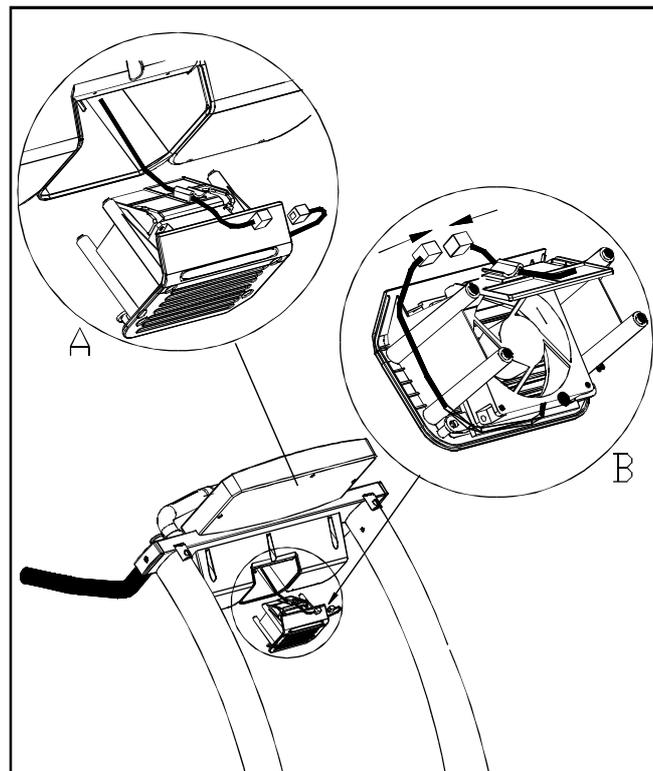


Fig.8

9. Assemble the screws on the bottom of the fan cover. (see Fig.9)

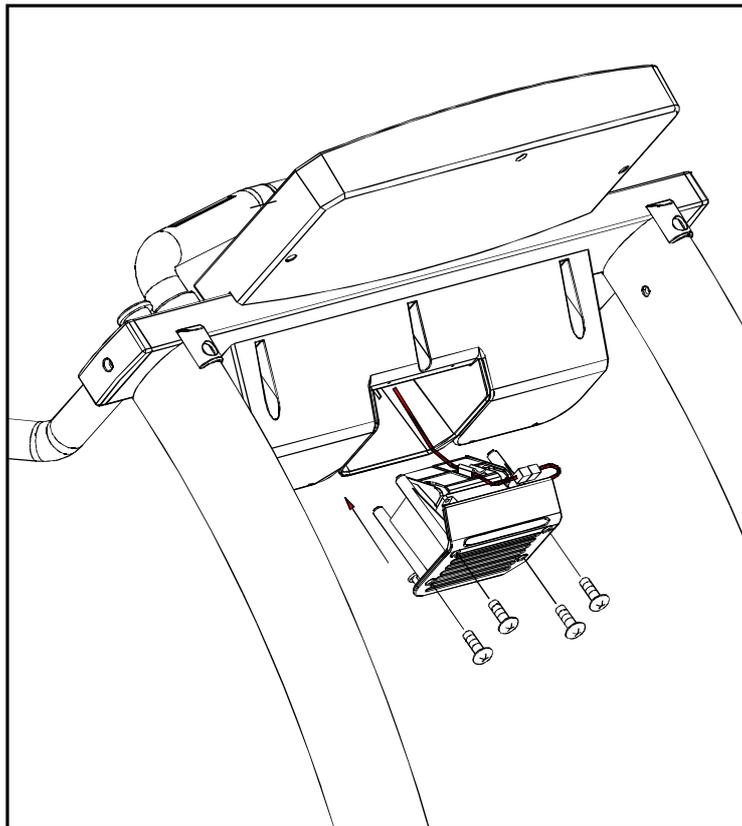


Fig.9

10. Assemble the power cord onto treadmill. (see Fig.10)

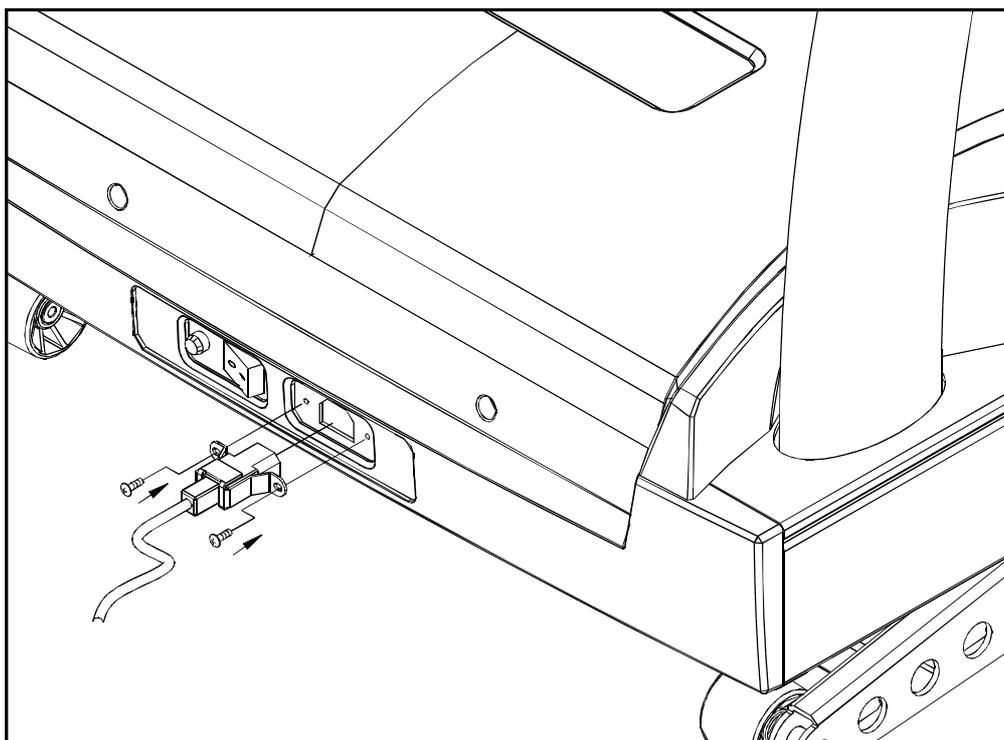


Fig.10

11. Long side handrail assembly:

- (1) Remove endcap fastener and endcap. (see Fig.11)

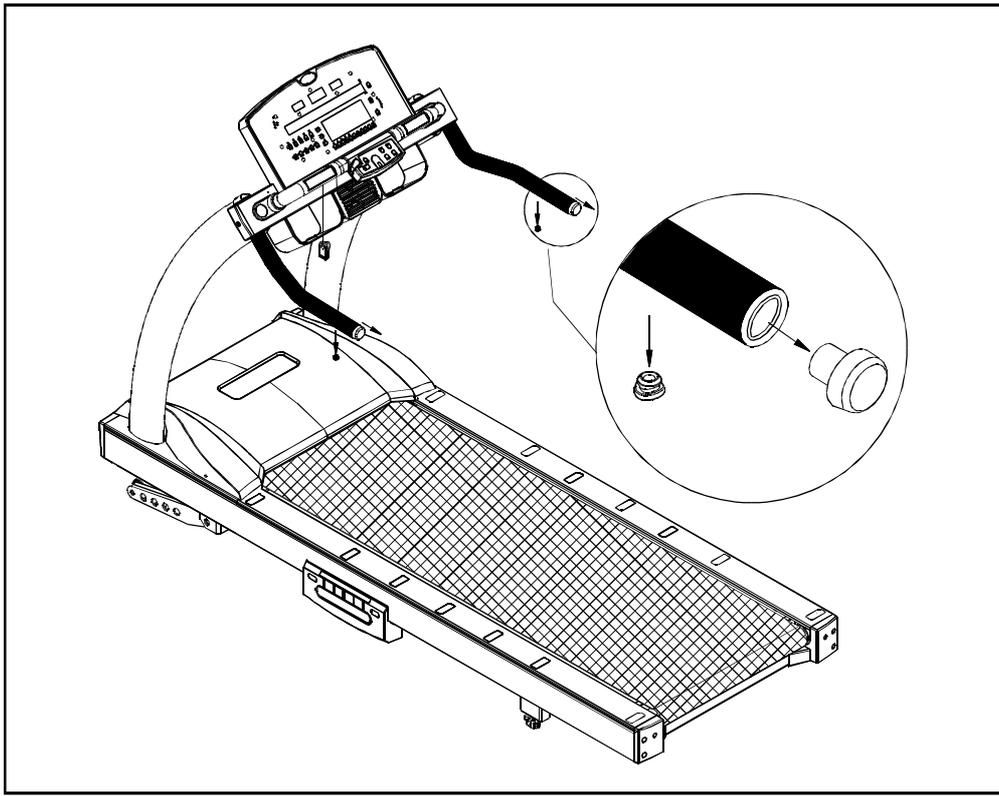


Fig.11

- (2) Insert short transition tubing into left and right short handrails, align hole for fastener. Place handrail transition ring and insert fasteners on underside of handrail. (see Fig.12)

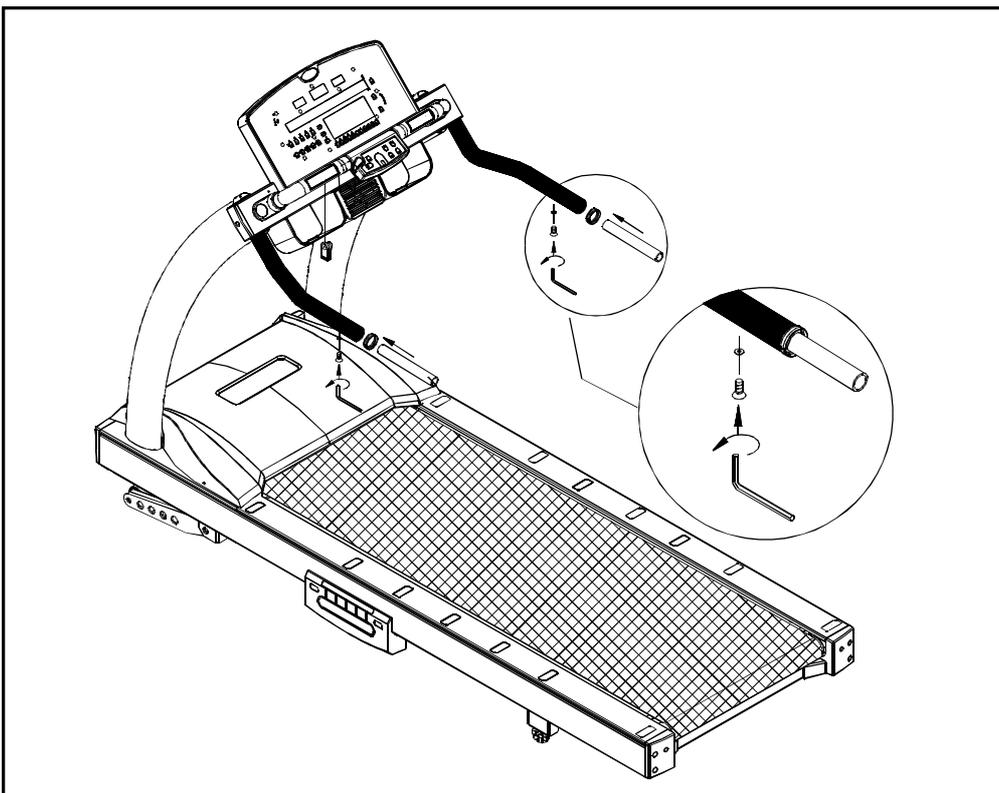


Fig.12

(3) Assemble the left and right long rails. Tighten the upper then lower fasteners.  
(see Fig.13)

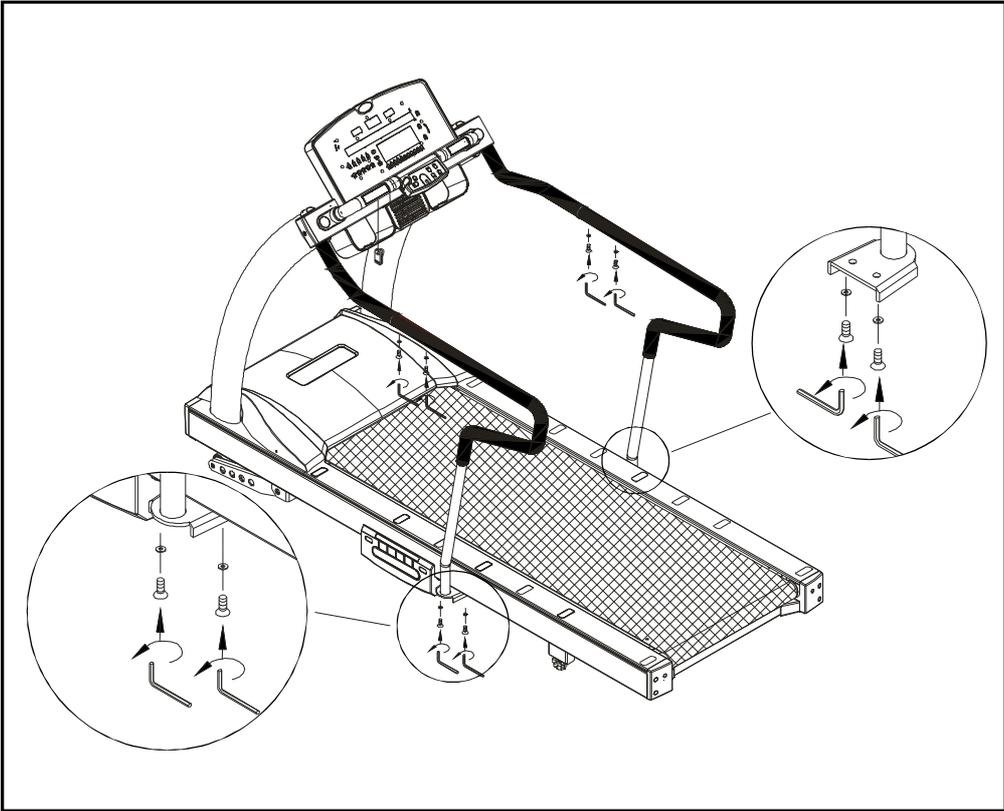
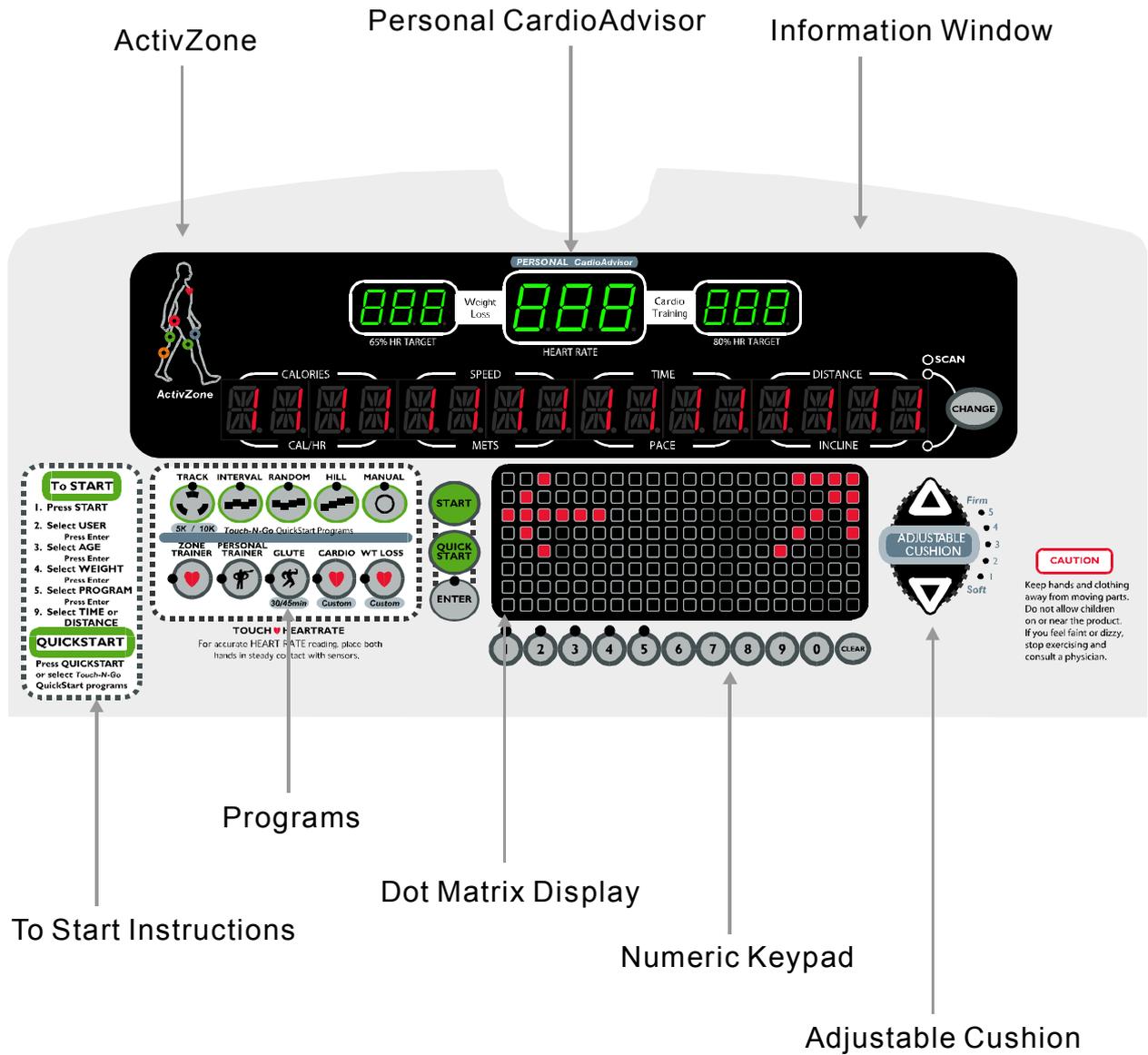


Fig.13

# TR33 ELECTRONIC DISPLAY:

## A. Electronics Display Features:



## **B. Display Features:**

### 1. Personal Cardio Advisor

Personal CardioAdvisor is a heart rate training tool that requires your age input to calculate your high and low optimal HR training zone. The center display shows current HR when wearing a chest or contact HR.

### 2. Information window

CALORIES - Total calories burned

SPEED - 0.1 to 12 mph in 0.1 increments

TIME - 00:00 to 99:59

DISTANCE - 0.00 to 9999 miles

CAL/HR - Provides calorie per hour at the existing work level

METS - Metabolic burn rate

PACE - Minute per mile value displayed when changing speed

INCLINE - 0 to 15% in .5% increments

### 3. ActivZone

This feature visually highlights areas being trained at various speeds and inclines.

### 4. Programs

Track, Interval, Random, Hill, Manual, Zone Trainer, Personal Trainer, Glute, Cardio and Wt Loss.

### 5. Numeric Keypad

The numeric keypad can be used to input data during programming.

### 6. Dot Matrix

Displays program profiles and information.

### 7. Adjustable Cushion

This unique feature adjusts the cushion of the treadmill deck surface. There are 5 settings from firm to soft.

## **C. Display Controls:**

### 1. START:

Press the START button to begin programming.

### 2. QUICKSTART:

Quickstart will bypass User, Age, Weight inputs, and Program selection. Time will count up.

### 3. ENTER:

Input of information.

### 4. TRACK:

3 options - standard track program, 5K and 10K.

### 5. INTERVAL:

Select specific work and rest periods as well control time, incline and speed per period.

### 6. RANDOM:

Infinite number of courses. Continue to press the random button to select a desired course profile.

### 7. HILL:

Press the Hill button repetitively to select from 3 Hill profiles.

### 8. MANUAL:

Manual program that user controls incline and speed.

### 9. ZONE TRAINER:

Great HR training program. When you are in another course and would like to maintain that specific HR, press the Zone Trainer button and the program changes to a Heart Rate Control (HRC) program. The incline will automatically change to maintain your selected HR.

### 10. PERSONAL TRAINER:

Select from 1,2, or 3 month periods; workouts per week and duration of workout and Personal Trainer will monitor your progress. Great management tool for working out.

11. GLUTE:

Program specifically designed for focusing on the gluteus portion of the body. 30 and 45 minute programs run you through a specific incline based program.

12. CARDIO:

This program focuses on the upper end of the cardiovascular HR range, optimizing the HR for weight loss.

13. WT LOSS:

This program focuses on the lower end of the cardiovascular HR range, optimizing the HR for weight loss.

14. NUMERIC KEYPAD:

The keypad can be used to input information during the programming stage.

15. CLEAR:

This button will clear inputted data.

16. FIRM:

The firm button will set the adjustable cushion feature to the least amount of deck movement providing a firm walking or running surface.

17. SOFT:

The soft button will provide a soft walking or running surface.

18. FAN:

The fan feature is a 3 speed fan that will allow the user to select the proper amount of air flow.

19. INCLINE UP/DOWN:

The incline buttons allow control for the elevation of the treadmill. These buttons also are for selecting inputs for the electronics during programming. The incline will adjust .5% incline per increment. The incline range is from 0% to 15%.

20. SPEED UP/DOWN:

The speed buttons control the belt speed. The SPEED UP button also functions as quickstart. The speed range is from .1 mph to 12 mph; 0.2 kph to 20 kph.

## 21. STOP/HOLD TO RESET:

- A. Pressing the stop button once will stop the treadmill and place the electronics in a pause mode. At that time the user can then speed up and resume their workout.
- B. If there is no activity or use of the treadmill after 2 minutes, the electronics will reset to the banner display.
- C. Pressing and holding the stop button will reset the electronics to the banner display of SPORTSART - TR33.

### **Safety Key:**

The safety key feature is required to be in place for the treadmill to operate. This safety device is intended to provide the user a safe mechanism to stop the treadmill should a user stumble and fall.

The electronics will prompt with the message - SAFETY KEY, to remind the user to replace the safety key in its proper place.

## **HOW TO USE YOUR TR33 TREADMILL:**

Your SportsArt Fitness treadmill has many outstanding and beneficial electronic features that can simplify the programming interface. By thoroughly understanding the electronics you can significantly improve your workout experience.

### **1. QUICK START and Touch-N-Go QuickStart Programs:**

#### **A. QUICK START:**

If you select QUICKSTART the electronics will default to 150lb user and 35 years old. If you want accurate data for caloric burn, HR (range is generated by entering age) and the ability to accumulate total use time, miles and calories burned then first select user then press QUICKSTART.

1. Press QUICKSTART or SPEED Up. The display will indicate "Tread Starting". The treadmill will start at .1 mph, at which the speed can then be modified.
2. At any time during your workout you can change programs by pressing and of the Touch-N-Go programs or Zone Trainer.

#### **B. Touch-N-Go QuickStart programs:**

1. Press Touch-N-Go QuickStart Programs to immediately start a program. The treadmill will start at .1 mph, at which the speed can then be modified.
2. At any time during your workout you can change programs by pressing and of the Touch-N-Go programs or Zone Trainer.

### **2. USER SELECTION:**

The USER feature allows you to save data from each workout. This data is accumulated in the electronics and is displayed each time you select that user when starting a workout. When the user is displayed the accumulative data is will appear to show total time, distance, and calories burned.

Upon entering age and weight for a specific user, you are no longer required to input that information. Once you select a user you can then select a program without going through entering age and weight programming process.

#### **A. Select USER:**

There are 4 user features.

1. After pressing Start, the last user will automatically come up. Accumulative data will be displayed.

CALORIES				SPEED				TIME				DISTANCE			
1	0	2	0					3	9:	5	9	1	9.	9	9

2. Press INCLINE ▲ and INCLINE ▼ or press one of digital keys 1~4 to select USER, press ENTER.

**B. Set your personal ID:**

This feature allows you to personalize the User ID number. You can enter up to 11 characters.

1. When the desired User ID is displayed, press and hold the CHANGE button for 3 seconds to enter the user personalization process. A scrolling message will display "PRESS INCLINE UP/DN TO INPUT NAME, PRESS ENTER".
2. Press INCLINE ▲ / ▼ to select the letter or number you desire and press ENTER. Once you press ENTER the next letter will display and you will proceed in the same manner of pressing INCLINE UP/DN and ENTER until you have completed your user personalization of the User ID number. Upon selecting the final letter or number, press and hold ENTER for 3 seconds. This will complete the user personalization process.
3. To modify or remove the user name, select the correct user and hold the CHANGE button. To modify, follow the same process as above. To remove a personalized user name press and hold the CLEAR button for 3 seconds. This will revert the USER ID to the original user number (1-4).

To clear a User's data, go to the user and it's accumulative data. Press and hold the CLEAR button for 3 seconds. This will clear all data for that user.

**3. INPUT USER'S AGE, WEIGHT:**

- A. Age: Press INCLINE UP/DN or the numeric keypad to select your age. Press ENTER. This information will allow the electronics to identify your Heart Rate training zone-Personal CardioAdvisor. The 65% and 80% numbers represent your low and high target HR training range.
- B. Weight: Press INCLINE UP/DN or the numeric keypad to select your age. This information will allow the electronics to calculate an accurate caloric burn. Press ENTER.

**4. SELECT PROGRAM:**

Select PROGRAM. Press ENTER. After Pressing ENTER you will select TIME or DISTANCE. Time is represented by number 1 and Distance is represented by number 2. Select 1 or 2 and input the desired time or distance by pressing INCLINE UP/DN or using the numeric keypad.

Note: Interval, WT Loss, Cardio, Glute, Personal Trainer are the programs based on time instead of distance. When you pick up these programs, it just needs you to input the desired time only.

## **5. START WORKOUT:**

Upon selecting the program, press SPEED UP to begin.

During your workout you can change programs without changing the desired time or distance. Shift on the Fly programming allows you to change programs and your time or distance continues per your original settings.

## **6. COOL DOWN Program:**

Upon completing the program, the electronics will display accumulative data for your workout. Following, the treadmill will automatically go to a COOL DOWN program. Speed will gently lower to 2.5mph and 0% incline.

## **7. PROGRAMS:**

The programs offer many challenging levels for all fitness enthusiasts. In some cases there are multiple programs per program button.

### **A. QUICK START:**

Press QUICKSTART to bypass the programming setup and start in Manual mode. Time will count up.

(1) After pressing QUICKSTART, the electronics will display "TREAD STARTING." The dot matrix display counting down "3,2,1", will indicate the belt starting. Time counts up from 0:00. Press SPEED ▲ / ▼ to increase or decrease.

(2) If you select a user and then press QUICKSTART, you will accumulate all personal data under that particular user.

### **B. MANUAL:**

Manual program allows the user to control speed and incline. The profile starts flat and the user position is indicated by a blinking LED.

### **C. HILL:**

The HILL program offers multiple intensities of workout. There are 3 HILL programs.

### **D. RANDOM:**

Random program has an infinite number of programs. Continue to press the button until you find a course to your liking.

## E. INTERVAL:

This program (depending on which model) offers multiple programs. The default setting for the program 1:1 is 1 minute of Rest with 2% incline and 1 minute of Work with 4% incline. These values can be changed at any time during your workout.

Once you go into the INTERVAL program, the electronic display will firstly prompt you to enter total workout time.

- (1) Enter REST time. Please follow up the display information to input TIME, INCLINE and SPEED one by one. Press INCLINE ▲ / ▼ or numeric keypad, press ENTER.
- (2) Enter WORK time. Please follow up the display information to input TIME, INCLINE and SPEED one by one. Press INCLINE ▲ / ▼ or numeric keypad, press ENTER.
- (3) Press SPEED ▲ to start workout.
- (4) During the INTERVAL workout, it is allowed to change the speed and inclination in this section.
- (5) When changing from Rest to Work the display will prompt the user.

## F. TRACK:

The Track program offers 3 programs. The basic Track program is ideal for walkers and runners. If you desire specific training distances there is a 5K and 10K training program. Press the button multiple times to select the desired course.

## G. WT LOSS or CARDIO:

Wt Loss and Cardio programs require the input of age and the use of a HR chest strap to manage the program properly.

Note: Formula for calculating lower and upper HR range.

$$\text{WT LOSS} = (220 - \text{AGE}) * 0.65$$

$$\text{CARDIO} = (220 - \text{AGE}) * 0.8$$

The HR control program requires specific information to control your workout. Your Heart Rate control is via both speed and incline control to maintain your target HR. Please follow the display instructions.

#### H. GLUTE:

The Glute program is a great program focusing on the Gluteus muscle group. The program is an incline based workout. There are 2 programs, a 30 and 45 minute program.

#### I. PERSONAL TRAINER:

This motivational program allows a user the ability to select a workout period and monitor your progress during that time. You can select a 1 month, 2 month, 3 month training period while always monitoring your progress and accumulative data specific to your desired training period.

Upon selecting Personal Trainer program, you can choose from the following options.

1. If this is the first time using the program, the electronics will prompt you through the programming process.
2. If there already is a training program in place then you will be prompted to monitor your progress by pressing 1, modify the existing program by pressing 2 or press speed up to continue your training program and begin your workout.

#### **8. Selecting US Standard or Metric units:**

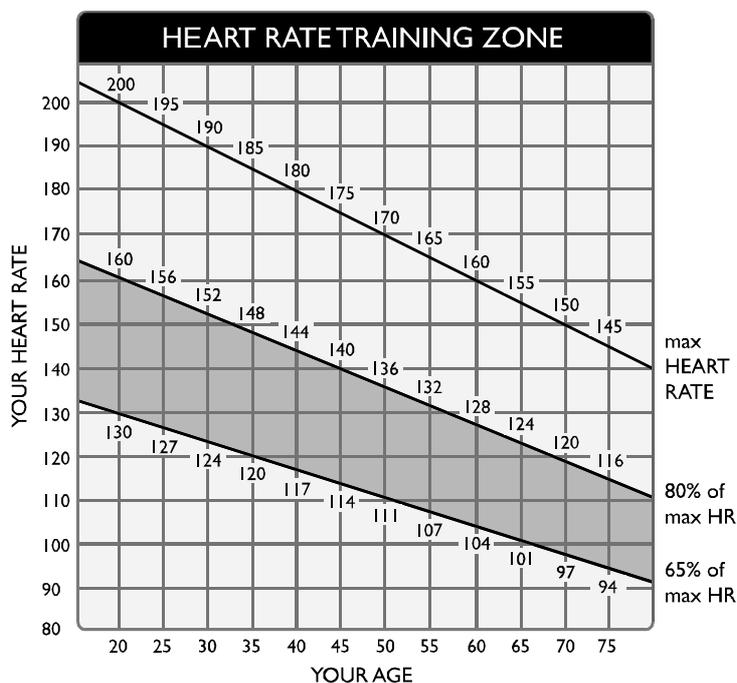
When the banner SPORTSART TR33 is displayed, press and hold the CHANGE button for 3 seconds. Press INCLINE up/dn to select unit preference.

## GUIDELINES FOR EXERCISE

### How hard should I exercise?

Studies show that to achieve the benefits of aerobic exercise, it is necessary to work within your training zone. Your training zone depends on your age and level of fitness.

The above chart indicates the recommended Heart Rate training zones (darkened area of the chart). These figures are calculated by taking 220 minus your age, and calculating 80% for your maximum and 65% for the minimum heart rate for aerobic exercise.



### CAUTION:

**Heart Rate training zones are approximations. Always check with your physicians to learn what appropriate heart rate level is best for your fitness level.**

### How long should I exercise?

The duration of your exercise session depends on your fitness level. In general, it is recommended that you maintain your heart rate in the training zone for at least 15 to 20 minutes to realize an aerobic benefit. Beginners should always start slowly and bring their workout sessions up to 20 minutes or more. As your fitness level increases, you will be able to maintain your heart rate in the training zone for longer periods: Usually between 20 and 30 minutes.

When first starting your workout, use the first several minutes to warm up, then slowly increase your workload to bring your heart rate into your specific training zone. At the end of your workout, gradually decrease your workload, then exercise lightly as a "cool down".

### How often should I exercise?

Research indicates to achieve the greatest benefits, should be performed 3-5 times a week. It is important to allow sufficient time, at least 24 hours, for your body to recover after exercise.

## **ADJUST THE RUNNING BELT**

The belt is properly aligned at the factory. However, during shipping and handling or by use on an uneven surface, the belt may move off center. Therefore, it is important that you check the belt's alignment before using the treadmill.

The correct alignment of the running belt is critical for the smooth operation of the treadmill.

**CAUTION: DO NOT ALLOW ANY ONE TO WALK ON RUNNING BELT DURING THIS PROCEDURE.**

Your treadmill comes with a belt alignment gauge located on the deck. (see Fig.14) The edge of the running belt should be in the middle of the green portion of the gauge. If the belt edge is in the green area, the belt does not need adjusting. If the belt edge is in the red portion, the belt needs adjusting immediately.

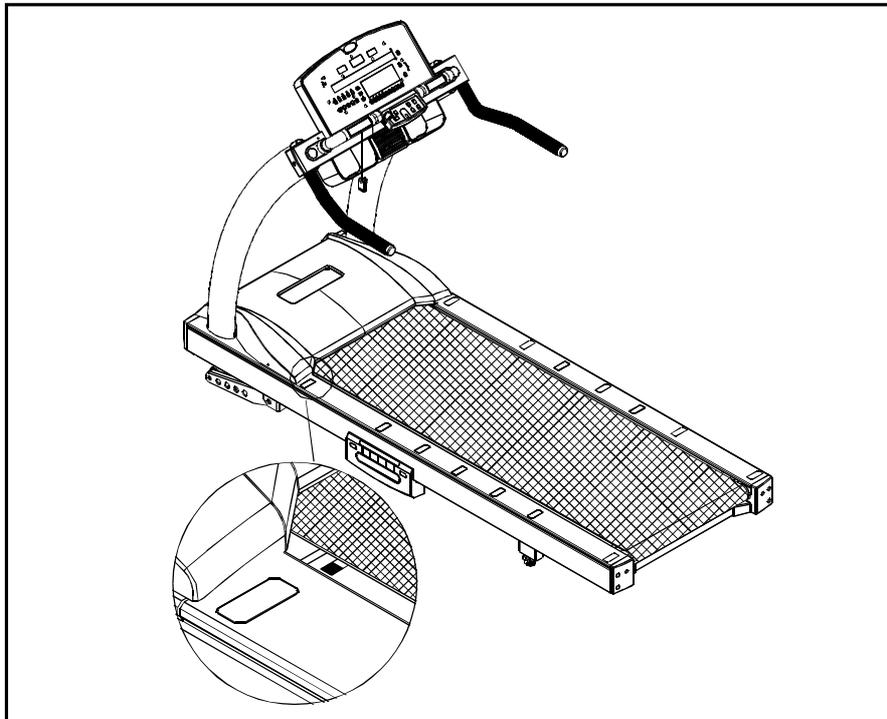


Fig.14

Failure to realign the belt could result in damage occurring to the belt, which is not covered in the warranty. Please follow the belt adjustment procedure listed next page.

## **BELT ADJUSTMENT PROCEDURE**

1. Turn on the power switch located on the front of treadmill. Insert the SAFETY KEY on the its position.
2. Press the SPEED ▲ button to increase the speed to 2.0mph / 3.2kph.
3. While the unit is running at 2.0mph/3.2kph, determine where the belt is in relation to the belt alignment gauge.
4. If the belt not be in the green operating range, follow the steps below to return the belt to the proper operating range.
5. If the belt is in the left red zone: Using the hex Allen wrench, turn the left belt adjustment bolt located at the rear of the treadmill clockwise 1/4 turn at a time. Then turn the right belt adjustment bolt counterclockwise 1/4 turn. Let the treadmill run 30 seconds, then check the position of the belt in the belt alignment gauge. If the belt has not returned to the green operating range, repeat with another 1/4 turn until the belt has returned to the middle of the green operating range. Do not turn adjusting bolt more than 1/4 turn at one time.
6. Conversely, if the belt is in the right red zone, turn the right belt adjustment nut clockwise 1/4 turn, then turn the left adjustment bolt counterclockwise 1/4 turn. Then let the treadmill run at least 30 seconds, check the position of the belt in the belt alignment gauge. If it still has not returned to the green operating range, repeat with another 1/4 turn until the belt has return to the middle of the green operating range. Do not turn adjusting bolt more than 1/4 turn at one time.
7. When the belt has returned to the green operating range, slowly increase the speed of the unit to 5.5 MPH (9 KPH), and let it run for at least 45 seconds to confirm proper belt alignment.

**Periodically monitor the position of the belt to ensure peak performance:**

When you are using the treadmill, if you feel a pause in the belt with each foot plant, the belt may be too loose. Stop the machine to check the belt tension, pull the running belt up in the middle (see Fig.15-1 & 15-2). There should be about 30 m/m (1 1/8") or 3kgs of "give" in the belt (see Fig.15-3). If there is too much, adjust both rear roller bolts clockwise 1/4 turn at a time (see Fig.15-1). Then, check the belt tension again, if more adjusting is required, give both adjusting bolts another slight turn. Do not adjust over 2 full turns.

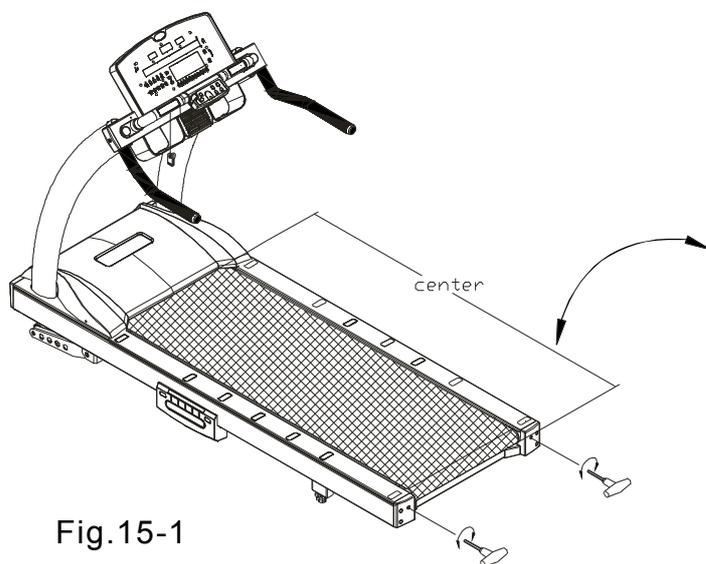


Fig.15-1

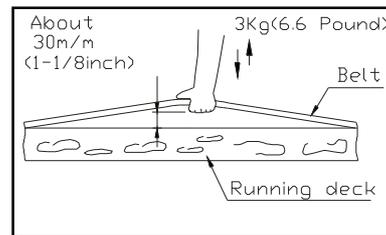


Fig.15-2

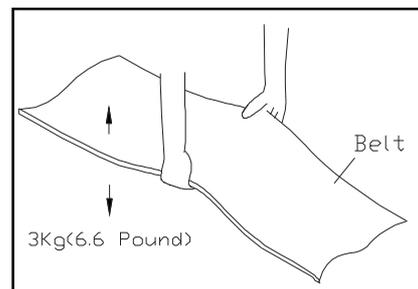


Fig.15-3

Conversely, if there is not enough "give", adjust both rear roller bolts counterclockwise 1/2 turn at a time.

**CAUTION:** To avoid injury, special care must be taken when adjusting the running belt. Remove any loose clothing or shoelaces and tie back your hair. Be very careful to keep your fingers or any other objects clear of the belt and rollers.

The treadmill is designed to carry specific weights at specific speeds. The treadmill will not stop immediately if an object becomes caught in the belt or rollers.

**Over tightening of the belt causes damage and premature failure of the precision bearings in the front and rear rollers.**

## **FLOOR LEVEL ADJUSTMENT**

If the treadmill rocks or is otherwise unsteady on the floor, turn the leveler as shown to raise or lower the unit. (see Fig.16)

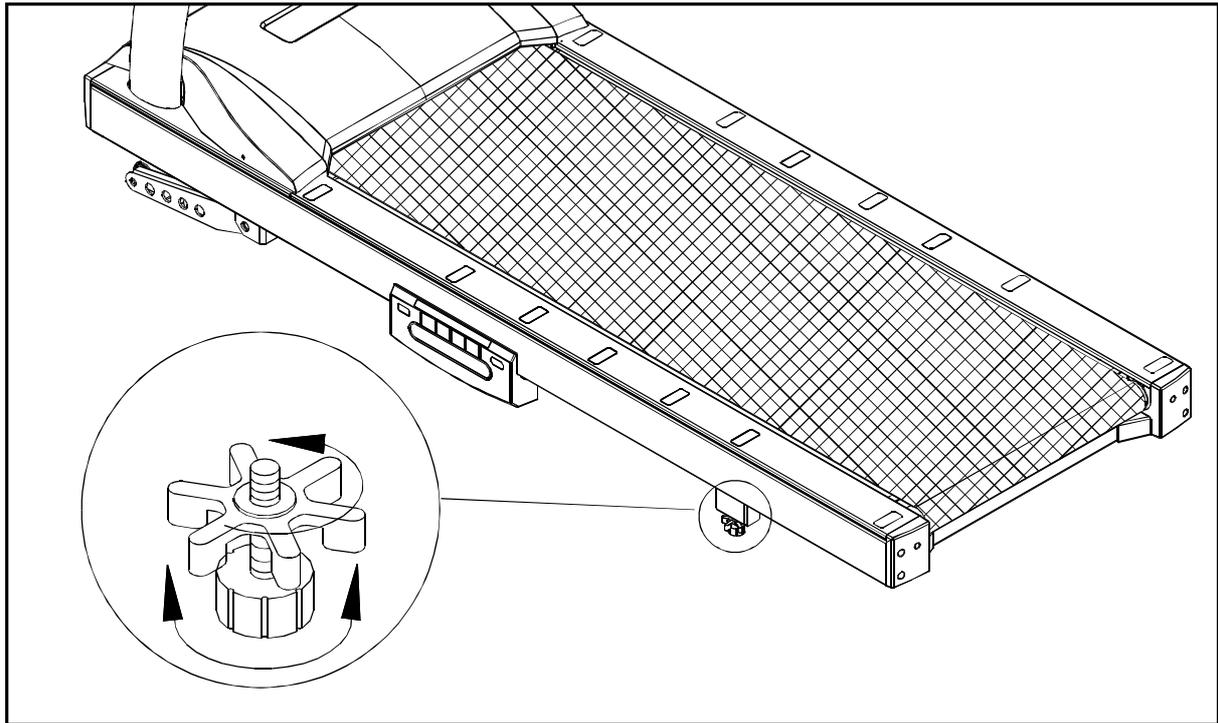


Fig.16

## **TROUBLE SHOOTING**

**Caution:** Shut off unit and disconnect power cord before making any repairs or modifications.

### **Error messages**

#### 1. Error Message:

- A. ERR1: Speed sensor circuit error. Contact your local dealer or service provider.
- B. ERR3: Actual speed is greater than the setting speed. Re-start the unit.
- C. ERR7: Incline motor calibration issue. Contact your local dealer or service provider.
- D. SERVICE REQUIRED / TREADMILL SHUTTING DOWN / STOPPING:  
Indicates that the motor is overheated. Turn off unit and wait one hour before using it again. Or stop working out on the unit. Wait until the message RESET POWER SWITCH appears, then turn the unit off and on before using it again.

## 2. Prompted Explanation:

FOR ACCURATE HR, HOLD SENSORS FIRMLY WHILE WALKING: Indicates that your heart rate signal is not being detected clearly because your hands are moving on the heart rate handlebars.

### **Incline Fuse Failure**

The incline fuse is located on the drive board. If this fuse fails, replace it with a good one of the same type. If the incline still does not operate, contact your local dealer or service provider.

### **Main Fuse Failure**

If the display does not light up, please turn on the POWER switch on the front of the treadmill. If it is ON, inspect the main fuse. Replace it necessary.

**CAUTION:** MAKE SURE THE TREADMILL POWER PLUG IS REMOVED FROM OUTLET BEFORE REPLACING THE FUSE.

There is one fuse holder located at the front, inside of the treadmill frame, (15 amp/100-120volts or 10 amp/220-240volts). This is for the main power (see Fig.17). Please make sure to check your standard voltage prior to selecting correct fuse for replacement.

To remove the main fuse, push the fuse cap in and turn the cap counterclockwise and remove the fuse cap with fuse. Remove the damaged fuse and insert a new one. Turn the fuse cap clockwise to secure it in place.  
(See Fig.17-1 to Fig.17-3).

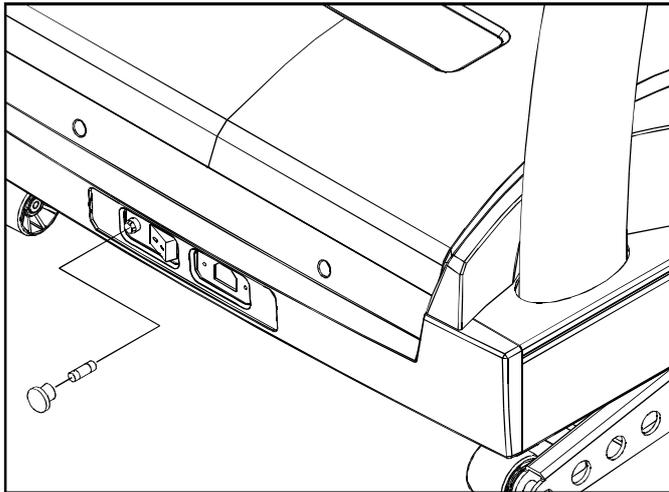


Fig.17

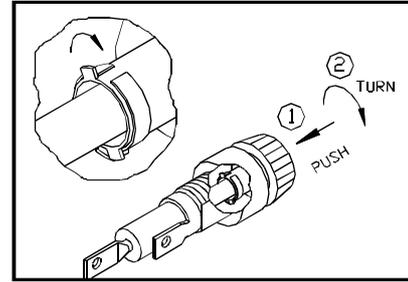


Fig.17-1

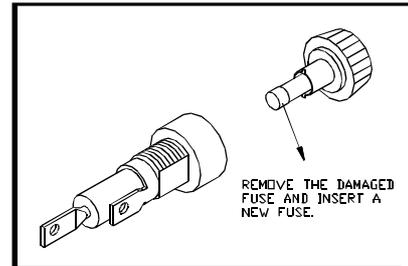


Fig.17-2

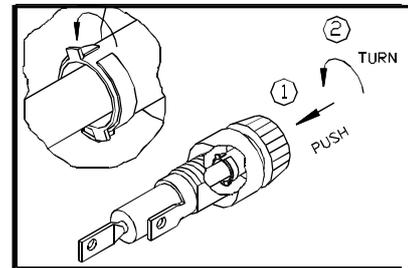
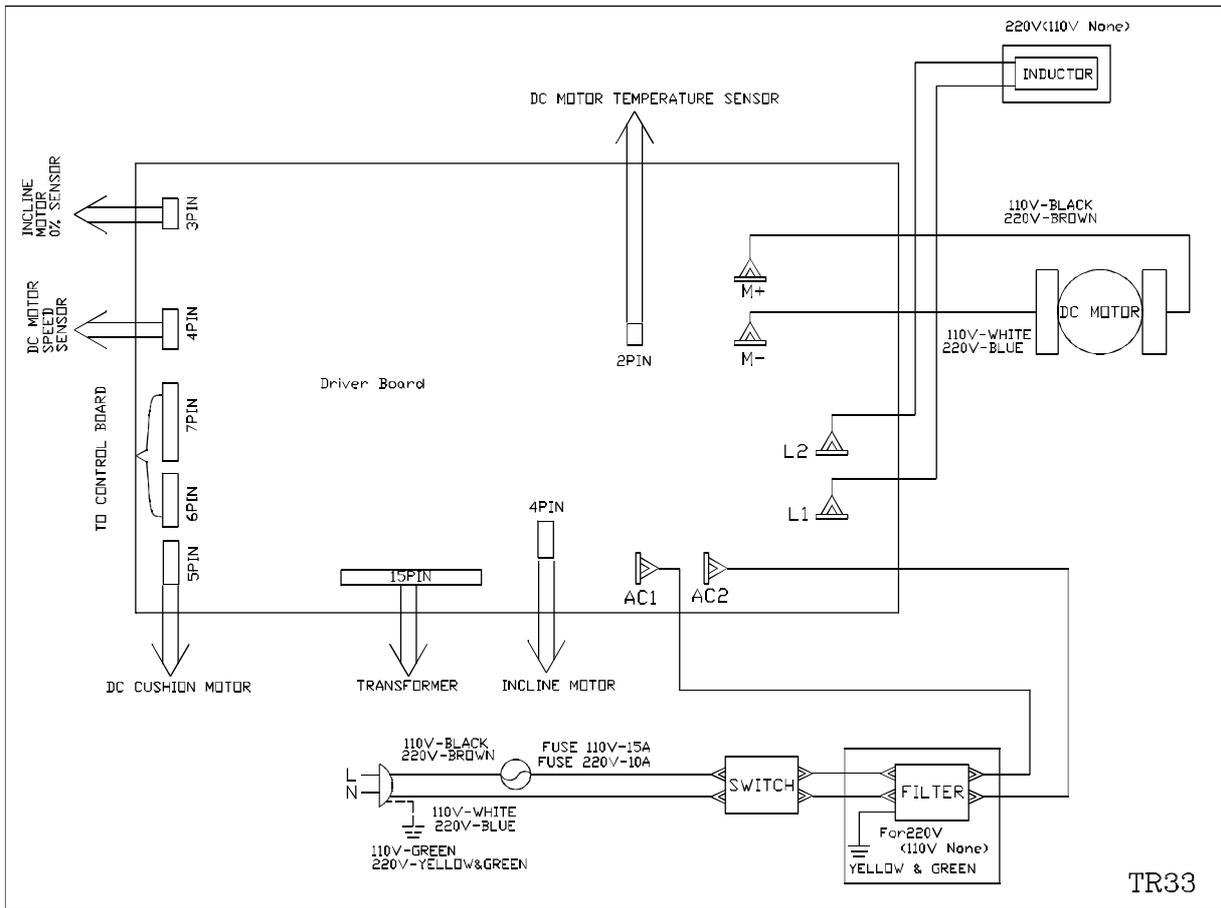


Fig.17-3

If the treadmill does not work after changing the fuse, please contact your dealer for more information.

For safety reasons, you may wish to make a treadmill inoperable. To do so, simply remove the fuse.

# Wiring Schematic:



**Your Authorized Distributor**