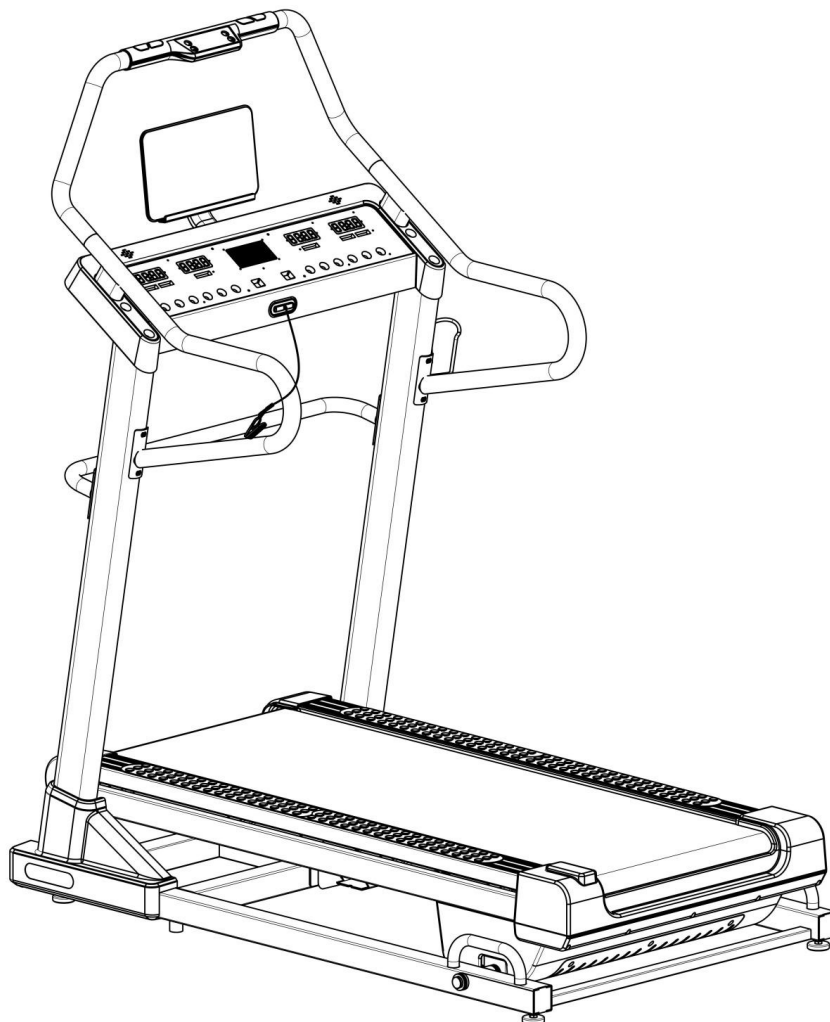




PEAK RUNNER TREADMILL

USER MANUAL



NOTE! Read all instructions carefully before using this product. Retain this user manual for future reference. The specifications of this product may vary and are subject to change without further notice.



GYMSTICK.COM

BEFORE YOU BEGIN

Thank you for choosing Gymstick training equipment. We take great pride in producing this high-quality product and hope it will make you feel better and enjoy life to the fullest. Please read this manual in its entirety before beginning to use this product.



IMPORTANT

Read all instructions carefully before using this product.
Retain this owner's manual for future reference.



WARNING

Read and follow all safety instructions carefully.
Failure to follow safety instructions could result in serious injury.

BEFORE YOU BEGIN	2
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SAFETY INSTRUCTIONS

Basic precautions should always be followed when using this product. In order to ensure safe use, read and follow all safety instructions included in this user manual. Failure to do so could result in serious injury.

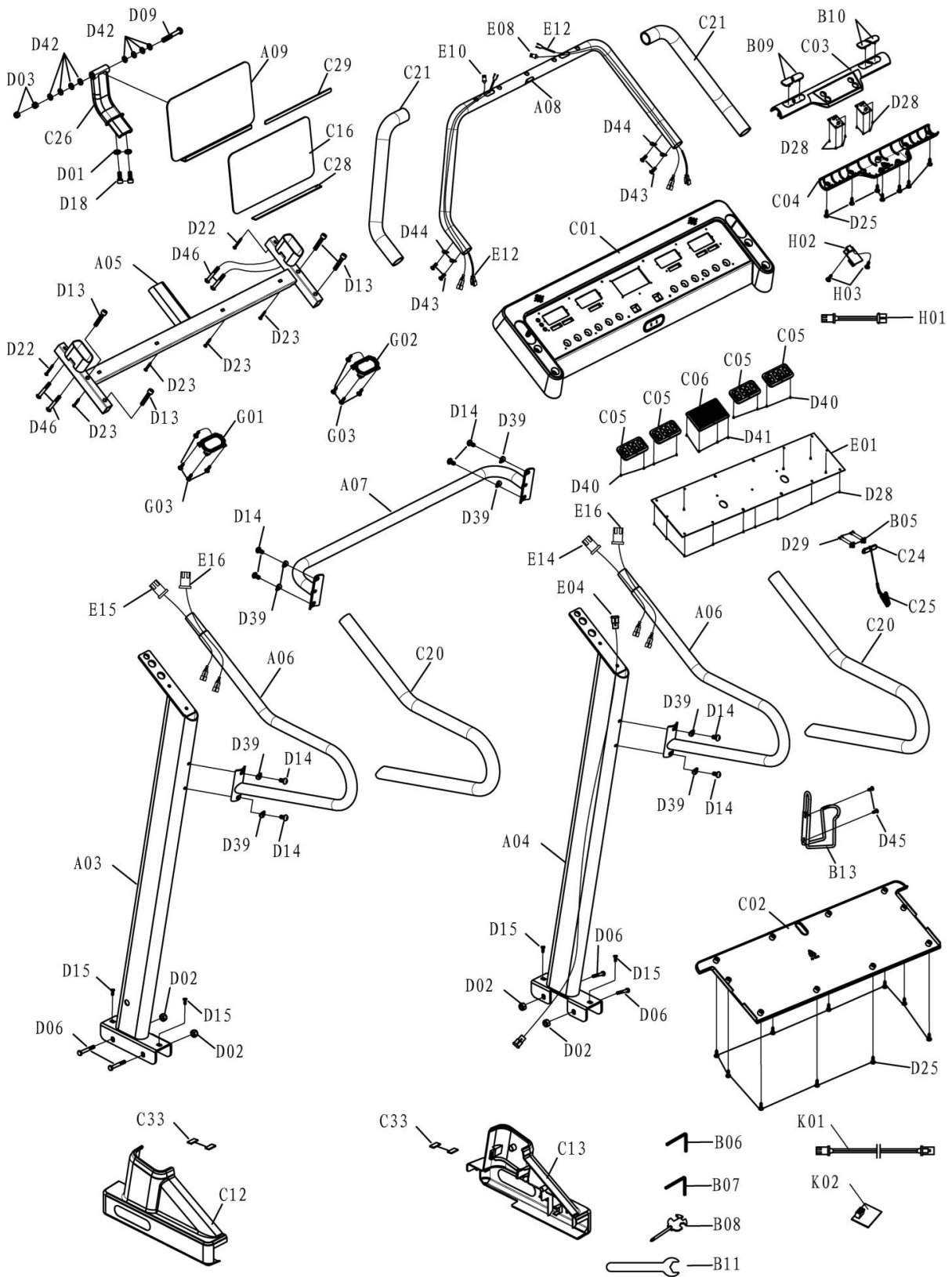


WARNING

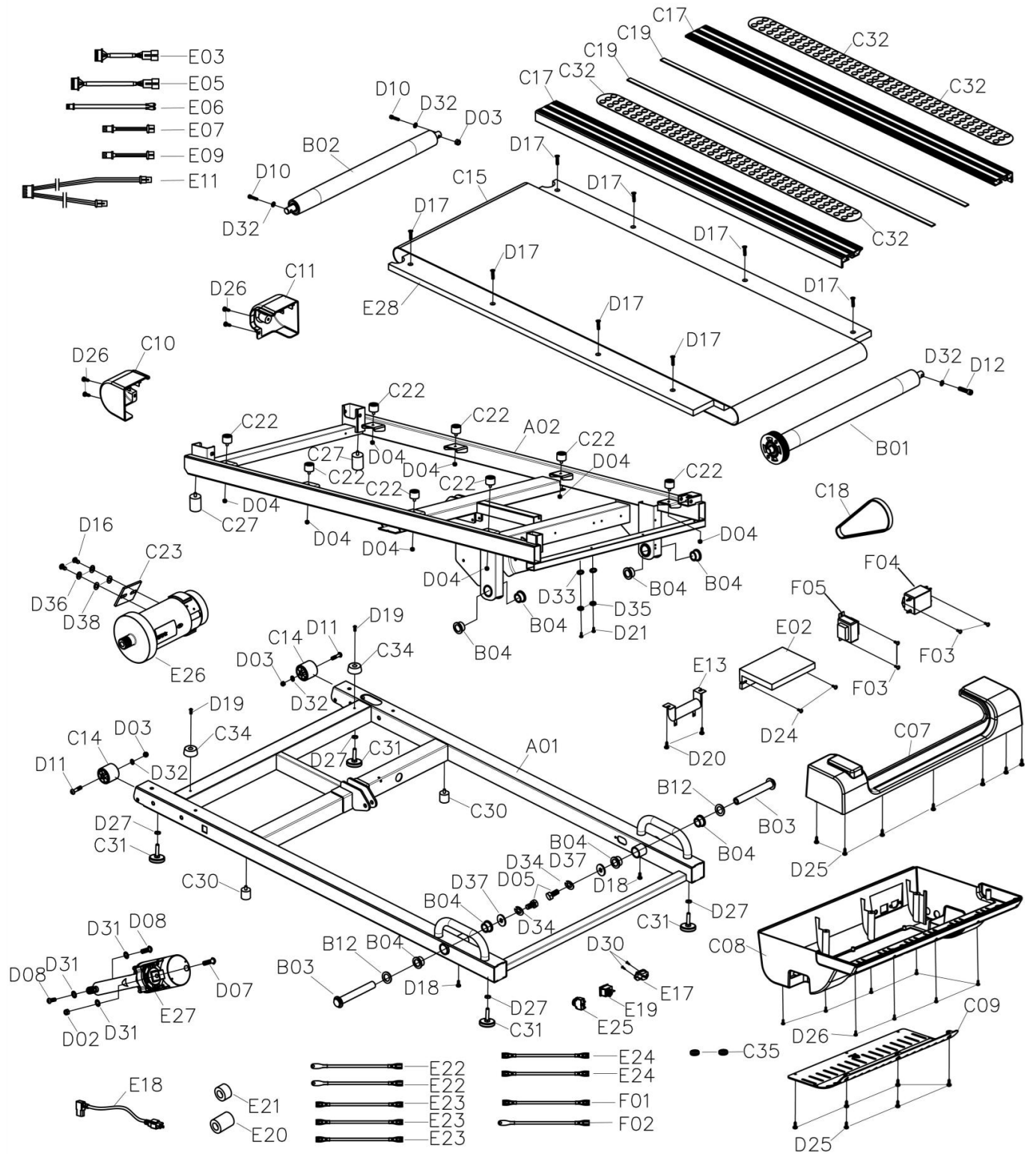
Before using this product, consult your physician first. This is especially important for individuals over the age of 35 or persons with pre-existing health problems.

- ▲ This product is not a toy. Keep children and pets away from the machine at all times. Do not leave unattended children in the same room with the machine.
- ▲ Handicapped or disabled persons should not use the machine without the presence of a qualified health care professional or physician.
- ▲ If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop the workout at once. Consult a physician immediately.
- ▲ Before beginning training, remove all objects within a radius of 1 meters from the machine. Do not place any sharp objects around the machine.
- ▲ Position the machine on a clear, level surface away from water and moisture. It is suggested to place a mat under the unit to help keep the machine stable and to protect the floor.
- ▲ Only use the machine for its intended purpose as described in this manual. Do not use any other accessories than the ones recommended by the manufacturer.
- ▲ Assemble the machine exactly as in the description in this instruction manual.
- ▲ Check all bolts and other connections before using the machine for the first time and ensure that the machine is in good and safe condition.
- ▲ Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible for wear and tear i.e. running belt. Any defective components should be replaced immediately before using the machine in order to maintain the safety of the equipment.
- ▲ Never operate the machine if it is not functioning properly.
- ▲ This machine can be used for only one person's training at a time.
- ▲ Do not use abrasive cleaning articles to clean the machine. Wipe drops of sweat from the machine immediately after finishing training.
- ▲ Always wear appropriate workout clothing when exercising. Training shoes are also required.
- ▲ Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from running in the centre of the belt; which may result in serious injury.
- ▲ When running, make sure the plastic clip of the safety cord is fastened on your clothing.
- ▲ Keep hands away from all moving parts.
- ▲ Before exercising, always warm-up your body thoroughly by dynamic stretching.
- ▲ This machine must be assembled by adults.
- ▲ It is the responsibility of the owner to ensure that all users are properly informed as how to use this product safely.
- ▲ Not suitable for children under 3 years.
- ▲ Not to be used by children under 14 years without adult supervision.
- ▲ This machine is intended for indoor use only.
- ▲ This machine is intended for home use.
- ▲ Maximum user weight: 135 kg.

EXPLODED DRAWING



EXPLODED DRAWING



PARTS LIST

#	PART DESCRIPTION	QTY.
A01	Base frame	1
A02	Main frame	1
A03	Left upright tube	1
A04	Right upright tube	1
A05	Console base bracket	1
A06	Armrest component	2
A07	Front bend pipe component	1
A08	Upper armrest tube	1
A09	Tablet rack components	1
B01	Front Roller	1
B02	Back Roller	1
B03	Main frame rotation shaft	2
B04	Powder metallurgy shaft sleeve	8
B05	Safety lock spring sheet	2
B06	5# Allen wrench	1
B07	6# Allen wrench	1
B08	Cross Wrench	1
B09	Left pulse steel plate	2
B10	Right pulse steel plate	2
B11	Simple open-end wrench	2
B12	Ø19 Shaft shim	2
B13	Bottle holder	1
C01	Console Top Cover	1
C02	Console Bottom Cover	1
C03	Top cover of armrest hr sensor	1
C04	Bottom cover of armrest hr sensor	1
C05	Grating board with 8 characters	4
C06	Grating board dot matrix	1
C07	Motor Top Cover	1
C08	Motor Bottom Cover 1	1
C09	Motor bottom cover 2	1
C10	Left Rear End Cap	1

#	PART DESCRIPTION	QTY.
C11	Right Rear End Cap	1
C12	Left Upright Tube Cover	1
C13	Right Upright Tube Cover	1
C14	Wheel	2
C15	Running Belt	1
C16	IPad holder EVA pad	1
C17	Side rail	2
C18	Motor Belt	1
C19	EVA pad 1	2
C20	Handrail sponge sleeve	2
C21	Top handrail sponge sleeve	2
C22	Black cushion	8
C23	EVA pad	1
C24	Safety key	1
C25	Safety key clip	1
C26	IPAD holder	1
C27	Cylindrical cushion	2
C28	IPAD holder EVA pad 2	1
C29	IPAD holder EVA pad 3	1
C30	Cylindrical cushion	2
C31	Adjustable foot pad	4
C32	Rubber anti slip pad	4
C33	EVA pad	4
C34	Foot pad	2
C35	Ring form wire protector	2
D01	Ø6 Flat Washer	2
D02	M10 Nut	5
D03	M8 Nut	5
D04	M6 Nut	8
D05	M12*20 Bolt	2
D06	M10*70 Bolt	4
D07	M10*45 Bolt	1

PARTS LIST

#	PART DESCRIPTION	QTY.
D08	M10*15 Bolt	2
D09	M8*95 Bolt	1
D10	M8*65 Bolt	2
D11	M8*60 Bolt	2
D12	M8*50 Bolt	1
D13	M8*40 Bolt	4
D14	M8*15 Bolt	8
D15	M8*15 Bolt	4
D16	M8*15 Bolt	2
D17	M6*25 Bolt	8
D18	M6*12 S5 Bolt	4
D19	M5*16 Bolt	2
D20	M5*10 Bolt	2
D21	M5*8 Bolt	2
D22	ST4.2*40 Screw	2
D23	ST4.2*30 Screw	4
D24	ST4.2*15 Screw	2
D25	ST4.2*12 Screw	30
D26	ST4.2*12 Screw	12
D27	M8 Nut	4
D28	ST2.9*6.0 Screw	21
D29	ST2.5*6 Screw	4
D30	ST2.9*10 Screw	2
D31	Ø10 Lock Washer	3
D32	Ø8 Lock Washer	5
D33	Ø5 Lock Washer	2
D34	Ø12 Spring Washer	2
D35	Ø5 Spring Washer	2
D36	Ø8 Spring Washer	2
D37	Ø12 Flat Washer	2
D38	Ø8 Flat Washer	2
D39	Ø8 Arc-shaped shim	8

#	PART DESCRIPTION	QTY.
D40	ST2.9*8 Bolt	8
D41	ST2.9*6 Bolt	4
D42	Ø8*Ø20*1.5 Big washer	8
D43	M6*10 Bolt	4
D44	Ø6*16*1.5 Arc-shaped shim	4
D45	M5*12 Bolt	2
D46	M8*90 Bolt	4
E01	Console	1
E02	Control Board	1
E03	Console top signal wire	1
E04	Console middle signal wire	1
E05	Console bottom signal wire	1
E06	Safety Key Connection Wire	1
E07	Quick speed buttons top wire	1
E08	Quick speed buttons bottom wire	1
E09	Quick incline buttons top wire	1
E10	Quick incline buttons bottom wire	1
E11	Pulse top wire	1
E12	Pulse bottom wire	2
E13	Electric resistance	1
E14	Quick speed buttons middle wire	1
E15	Quick incline buttons middle wire	1
E16	Pulse middle wire	2
E17	Power socket	1
E18	Power wire	1
E19	Switch on-off	1
E20	Magnetic ring	1
E21	Magnetic core	1
E22	Ground wire	2
E23	AC signal wire	3
E24	AC signal wire	2
E25	Overload protector	1

PARTS LIST

#	PART DESCRIPTION	QTY.
E26	DC motor	1
E27	Incline Motor	1
E28	Running Board	1

OPTIONAL SPARE PARTS

#	PART DESCRIPTION	QTY.
F01	AC signal wire	1
F02	Ground wire	1
F03	ST4.2*12 Screw	4
F04	Filter	1
F05	Inductance	1
K01	Wireless heart rate cable	1
K02	POLAR HR receiver	1

#	PART DESCRIPTION	QTY.
G01	Speaker 1	1
G02	Speaker 2	1
G03	ST2.9*8 Screw	8
H01	USB wire	1
H02	USB charging module	1
H03	ST2.9*8 Screw	2



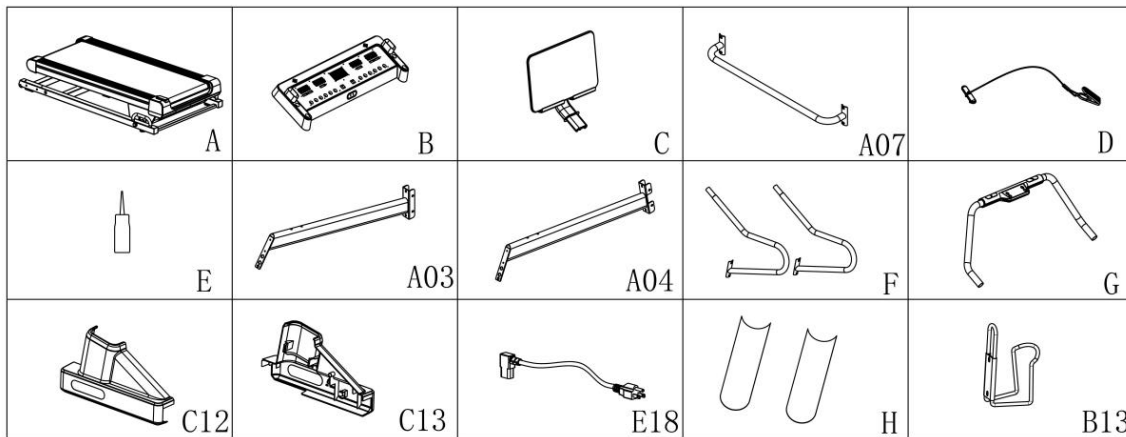
IMPORTANT

Before assembly, please ensure all parts are included in the package.

HARDWARE PACKING LIST

#	PART DESCRIPTION	QTY.
A	Main frame	1
B	Console base	1
C	Tablet holder set	1
A07	Front bend pipe component	1
D	Safety key set	1
E	Silicone oil	1
A03	Left upright tube	1
A04	Right upright tube	1

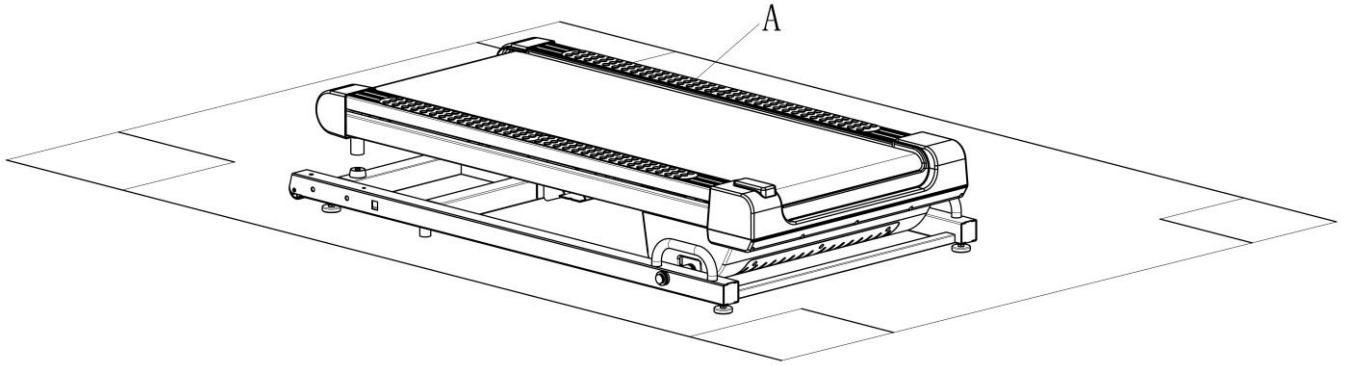
#	PART DESCRIPTION	QTY.
F	Armrest component set	2
G	Upper armrest component set	1
C12	Left Upright Tube Cover	1
C13	Right Upright Tube Cover	1
E18	Power wire	1
H	Cover for Left and right armrest	2
B13	Bottle holder	1



B06 S5 (1X)	B07 S6 (1X)	B08 S13 14 15 (1X)	B11 17# (2X)
D18 M6*12 (2X)	D01 φ6 (2X)	D02 M10 (4X)	D06 M10*70 (4X)
D46 M8*90 (4X)	D13 M8*40 (4X)	D14 M8*15 (8X)	D15 M8*15 (4X)
D39 φ8 (8X)	D43 M6*10 (4X)	D44 φ6 (4X)	D45 M5*12 (2X)

ASSEMBLY INSTRUCTIONS

STEP 1.



WARNING

Only adults are allowed to lift and assemble this equipment to avoid risk of injury.



IMPORTANT

Assemble the machine on a clear and level surface, preferably on a mat or carpet.






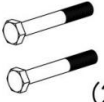
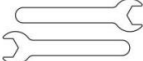

IMPORTANT

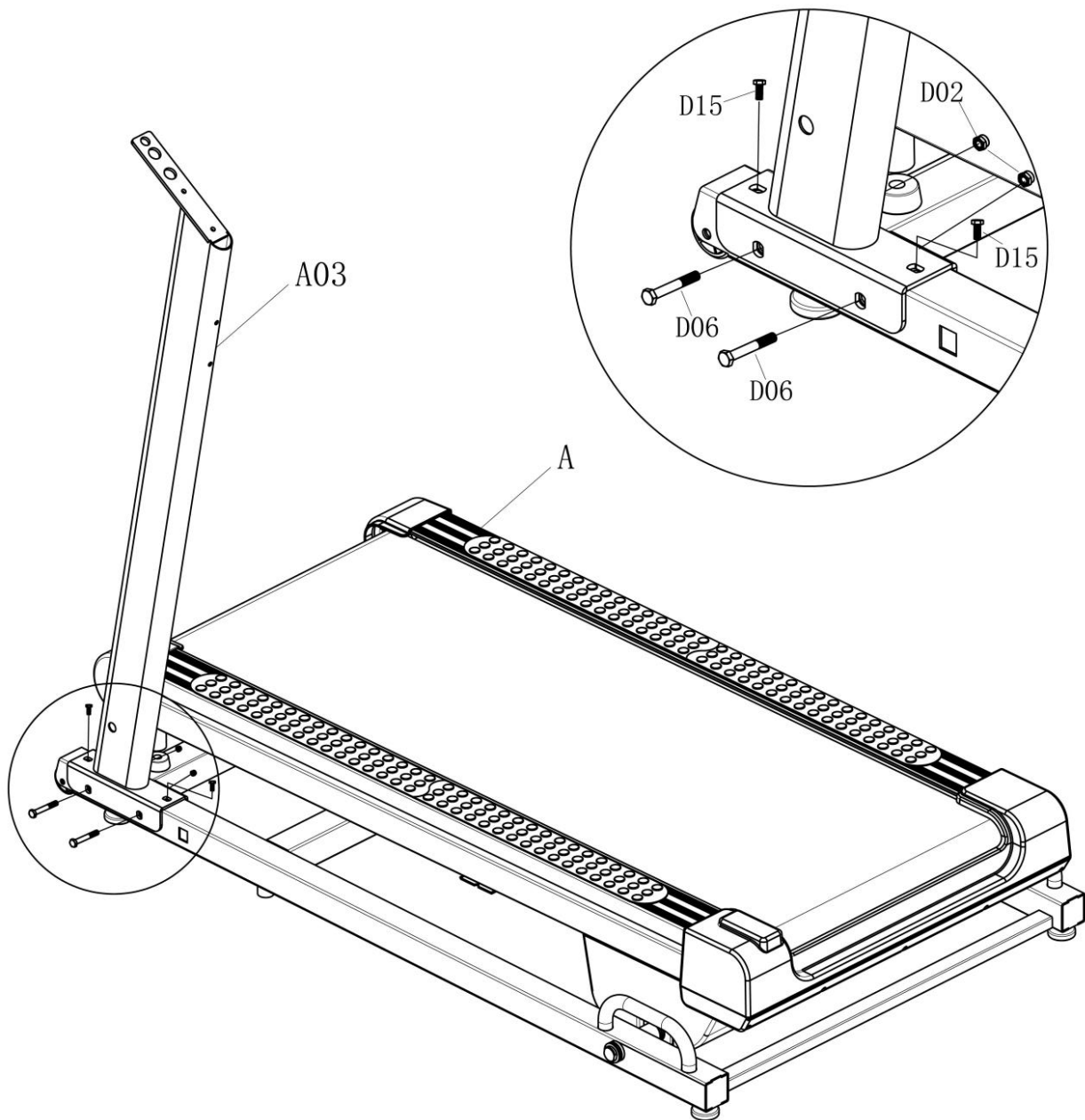
Complete each stage in order before advancing on to the next. Assemble with nuts and bolts loose at first. Tighten all bolts and nuts after completing all assembly steps.

Do not dispose of any packaging materials until assembly of the product is completed. Assembly tools are included, but you may also use standard household tools to complete assembly of this product.

ASSEMBLY INSTRUCTIONS

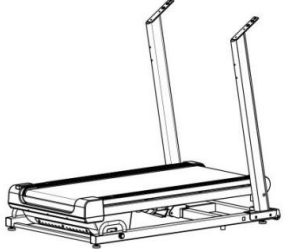


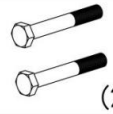


STEP 2.

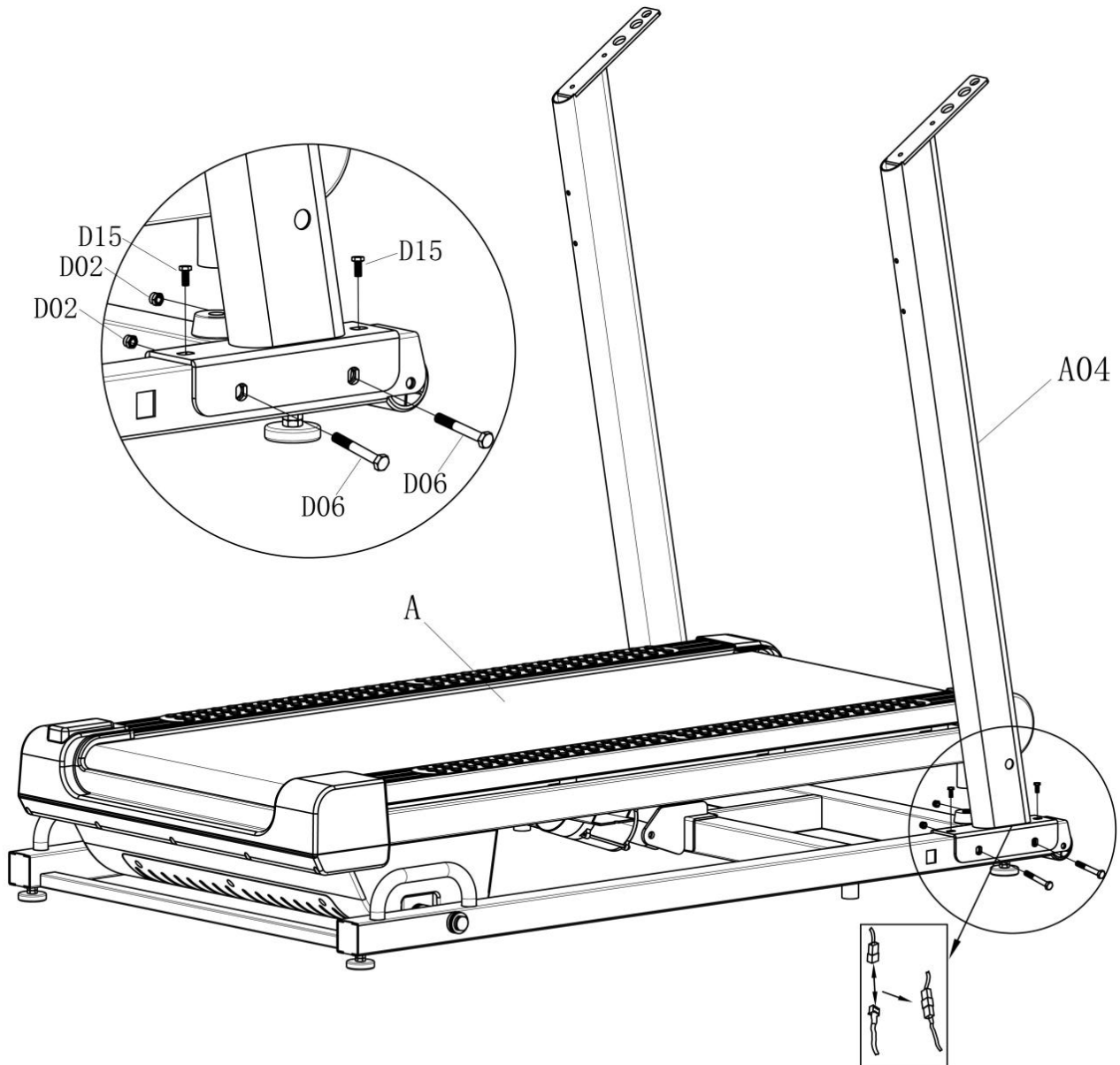
	D02 M10	D15 M8*15	D06 M10*70
	 (2X)	 (2X)	 (2X)
	B11 17#	B08 S13 14 15	
	 (2X)	 (1X)	



ASSEMBLY INSTRUCTIONS

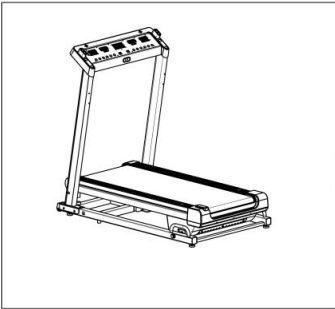
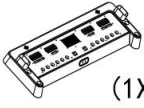


STEP 3.

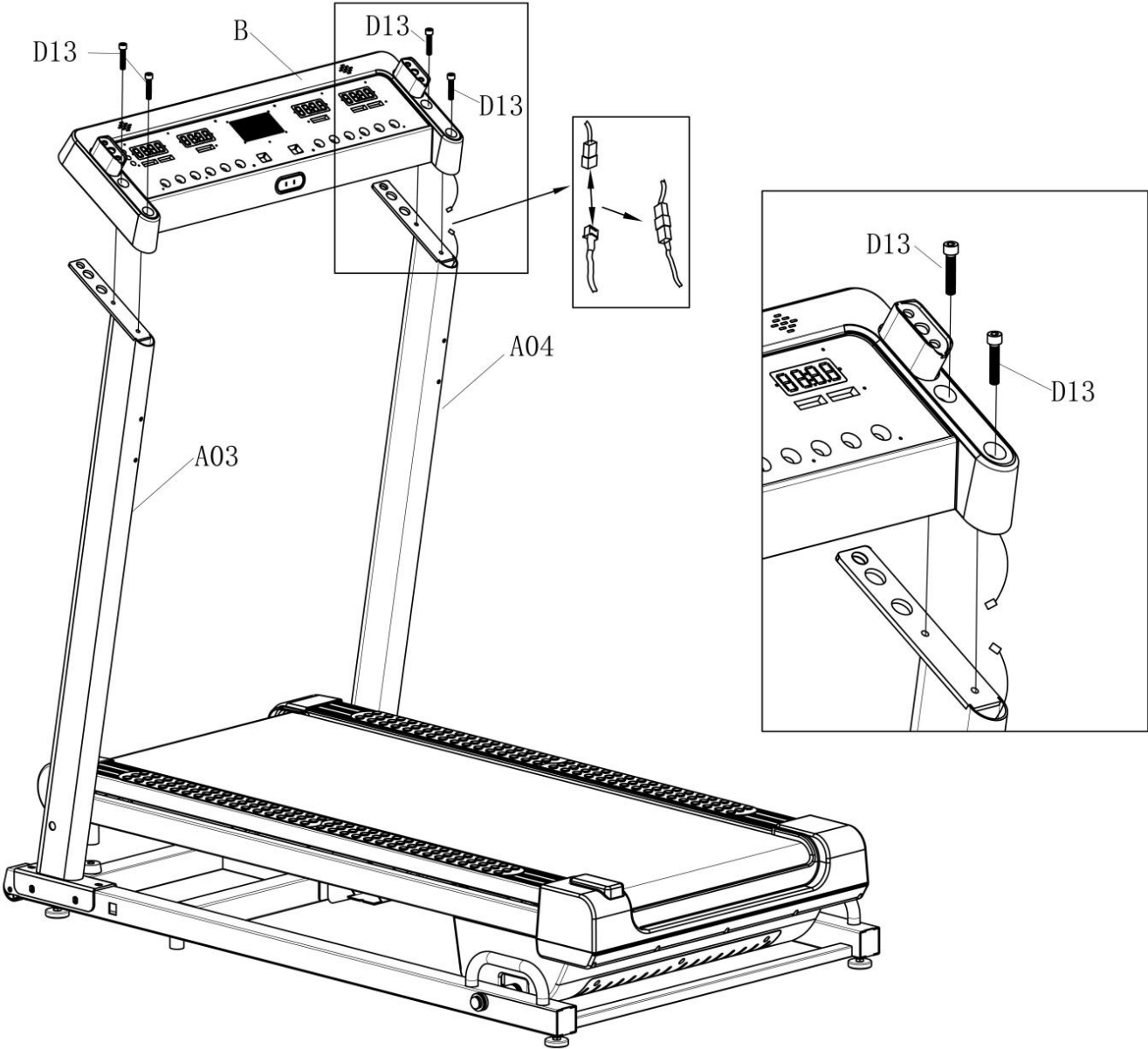
	D02 M10	D15 M8*15	D06 M10*70
	 (2X)	 (2X)	 (2X)
	B11 17#	B08 S13 14 15	
	 (2X)	 (1X)	



ASSEMBLY INSTRUCTIONS

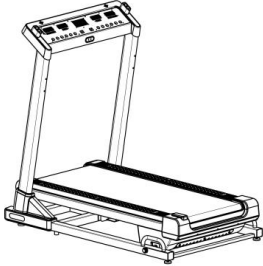



STEP 4.

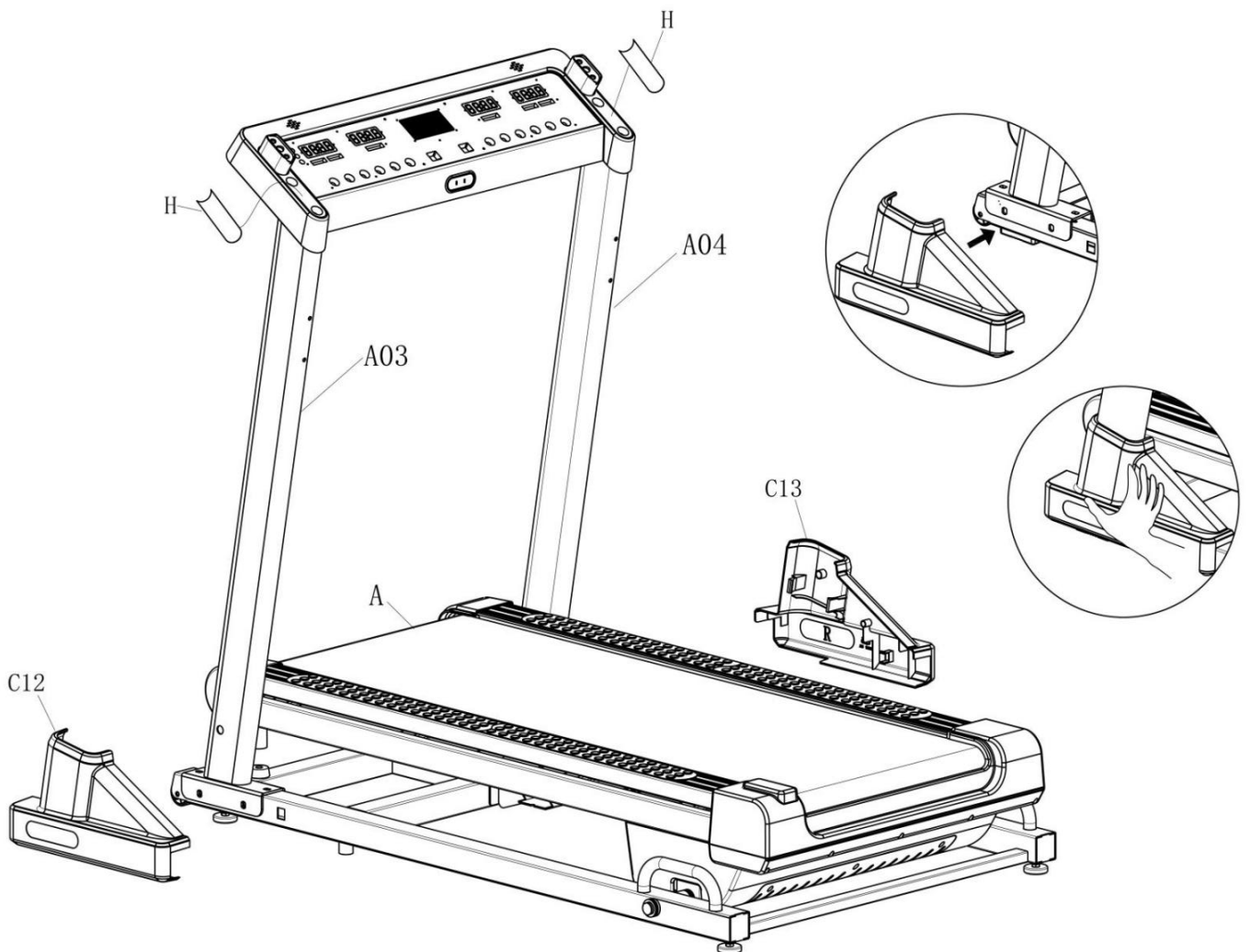
	B	D13 M8*40	B07 S6
	 (1X)	 (4X)	 (1X)



ASSEMBLY INSTRUCTIONS






STEP 5.

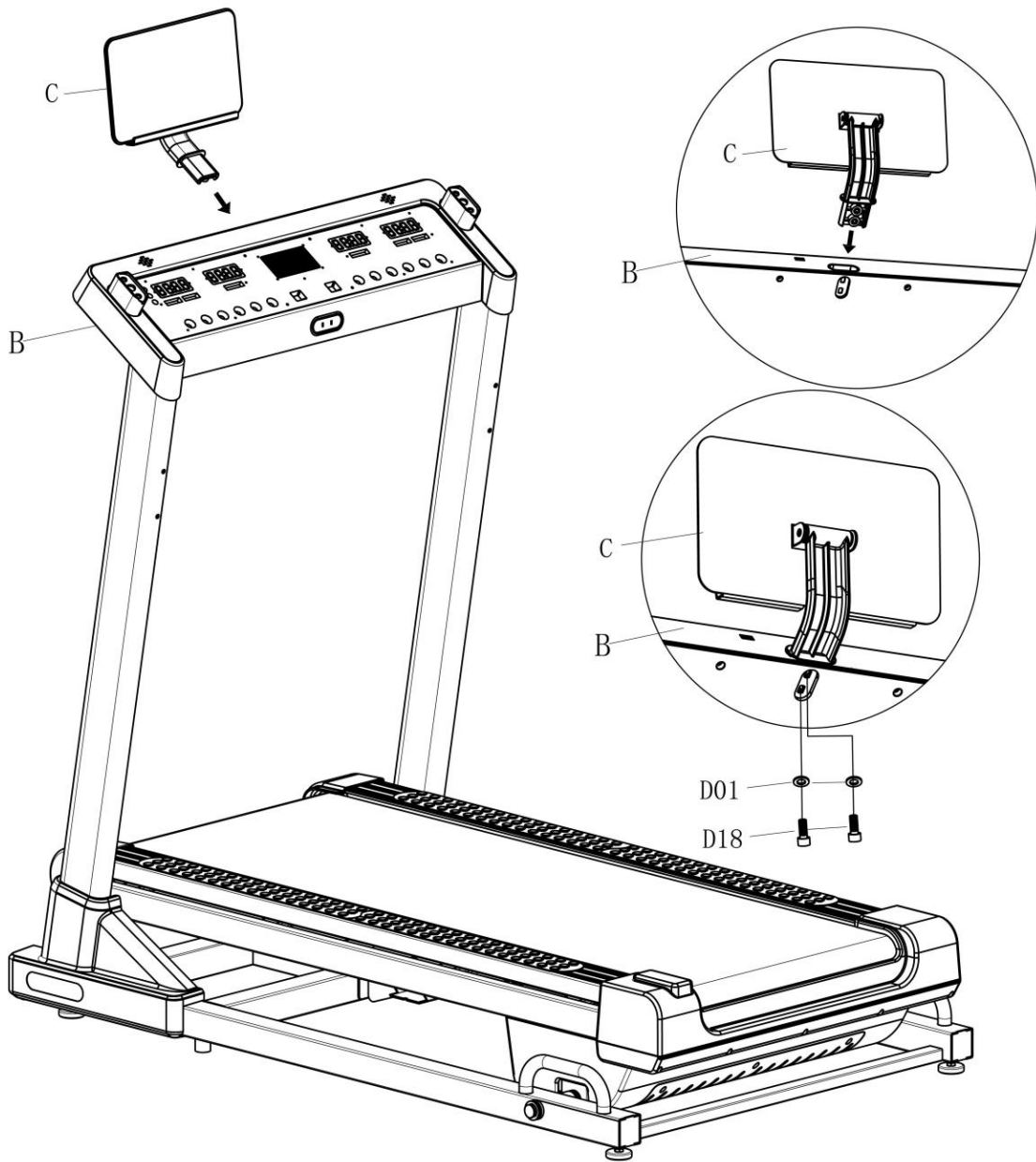
	C12	C13	H
	 (1X)	 (1X)	



ASSEMBLY INSTRUCTIONS

STEP 6.

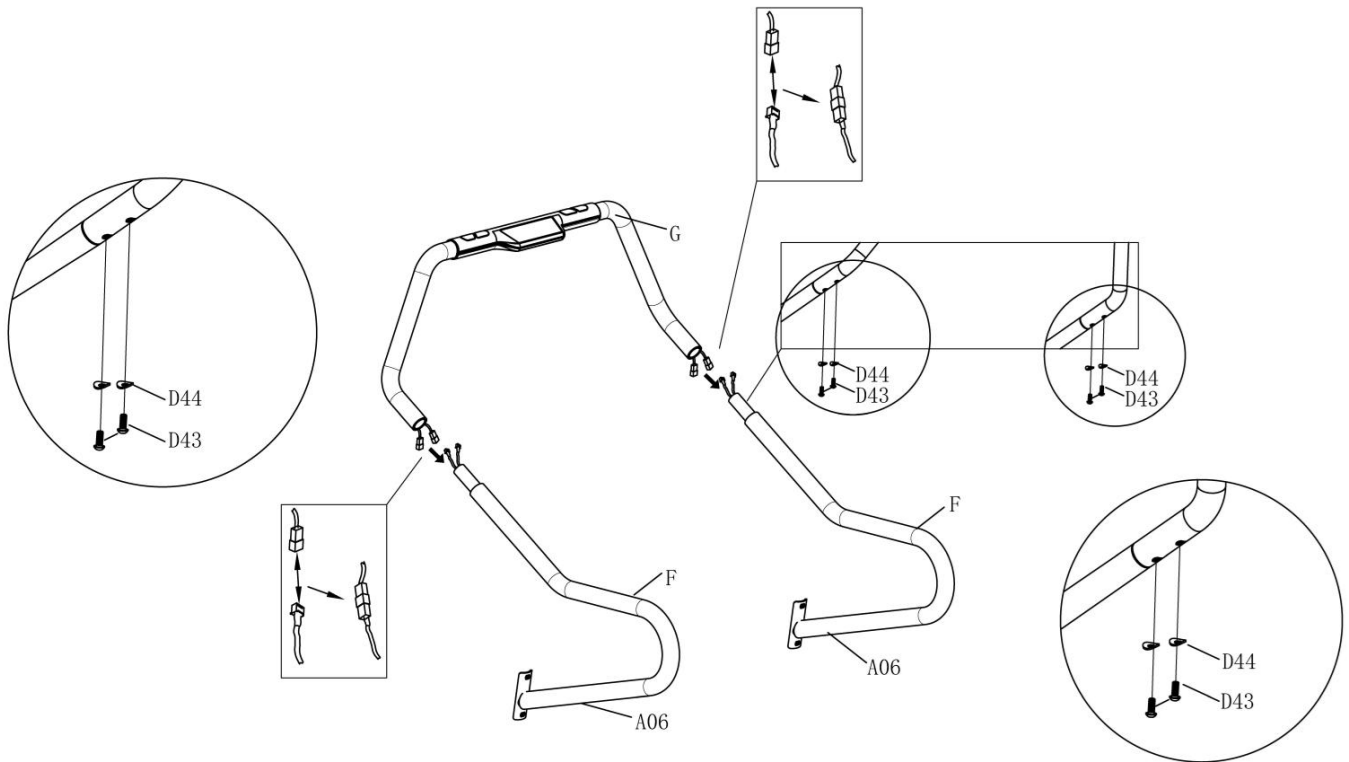
	C	D01 $\phi 6$	D18 M6*12
	 (1X) B06 S5	 (2X)	 (2X)
	 (1X)		



ASSEMBLY INSTRUCTIONS



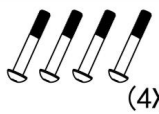
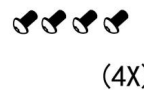
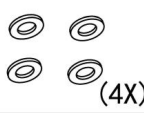

STEP 7.

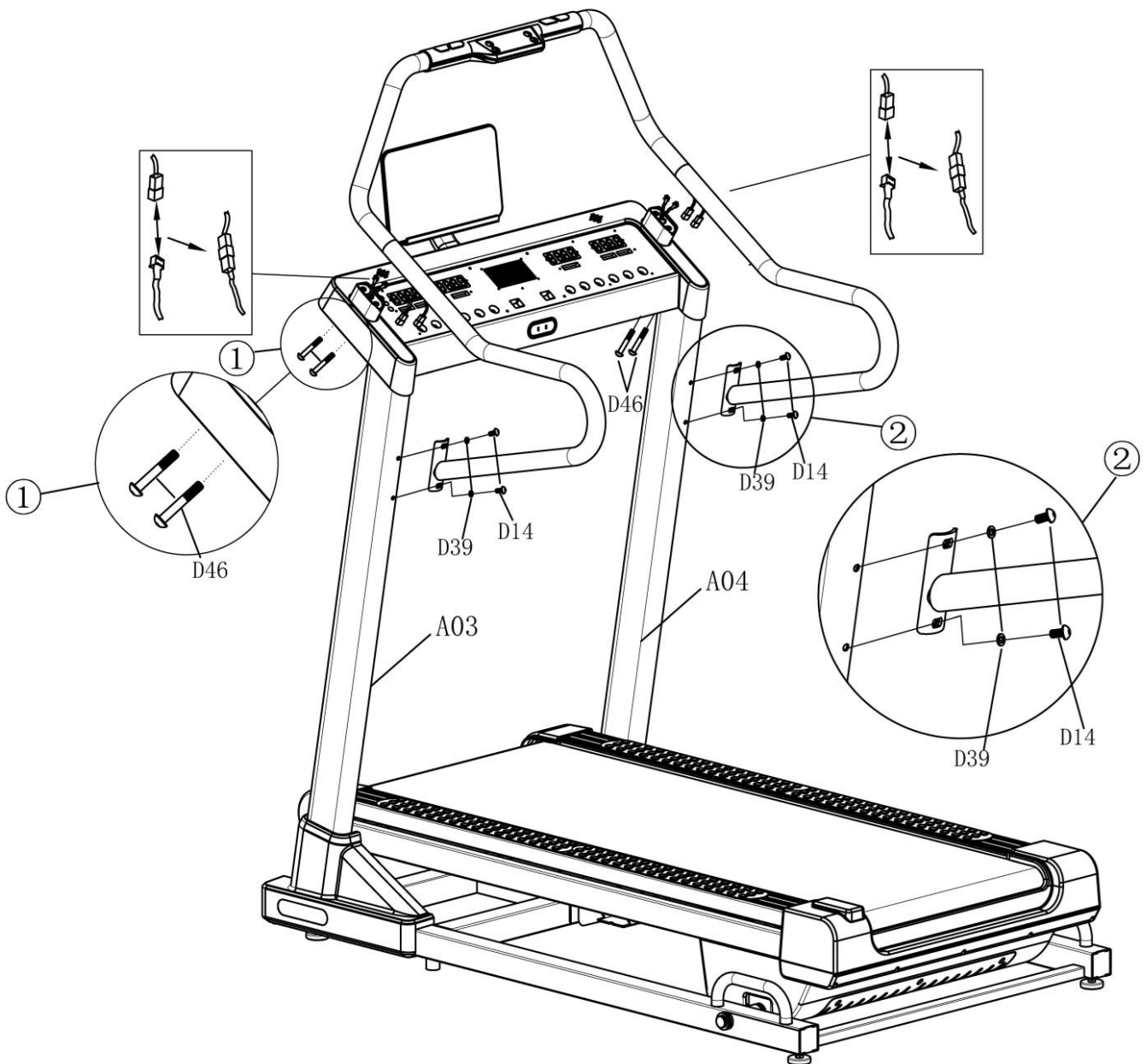
	G (1X)	F (2X)	D43 M6*10 (4X)
	D44 φ6 (4X)	B06 S5 (1X)	



ASSEMBLY INSTRUCTIONS






STEP 8.

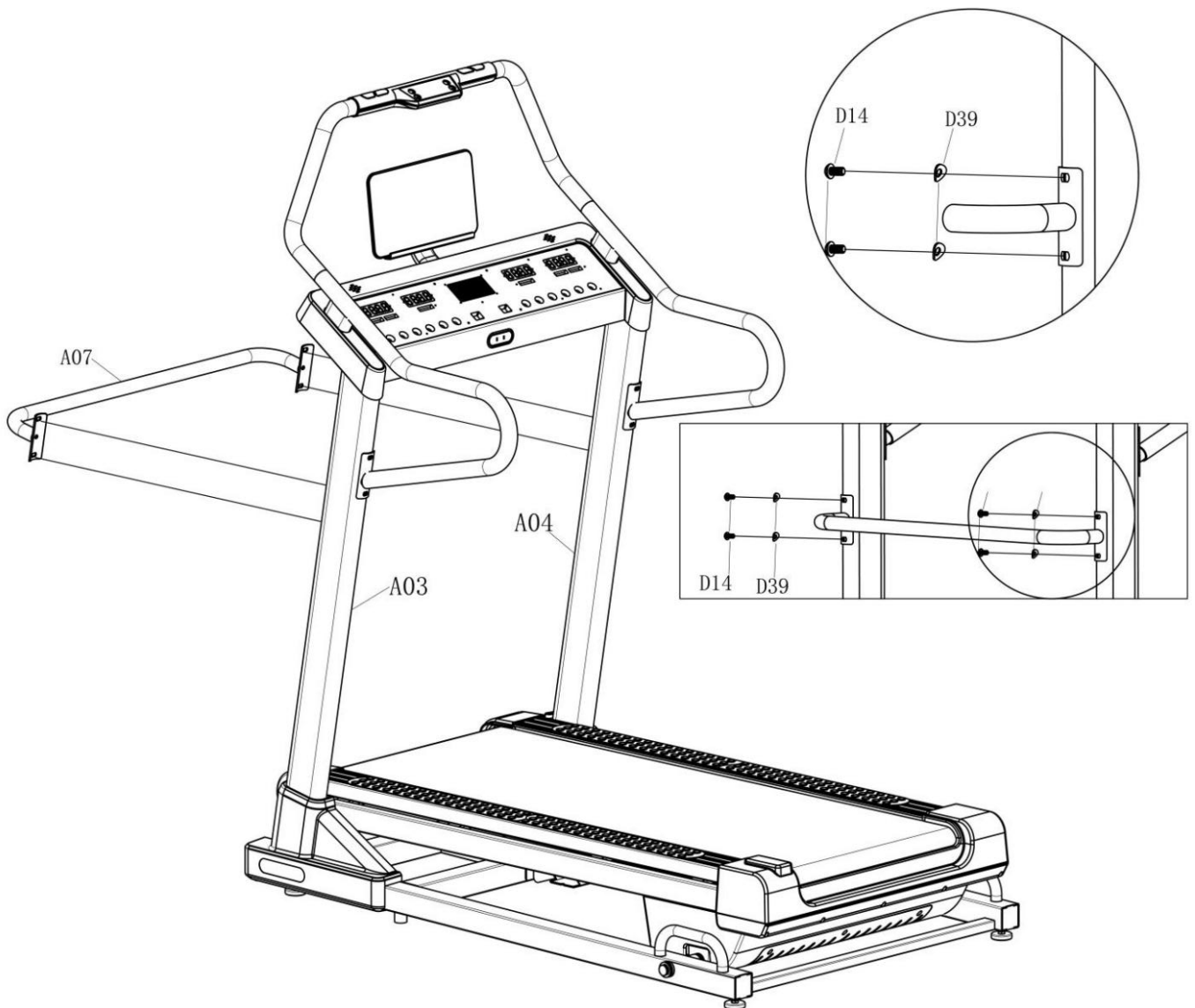
	<p>K</p>  <p>(1X)</p>	<p>D46 M8*90</p>  <p>(4X)</p>	<p>D14 M8*15</p>  <p>(4X)</p>
	<p>D39 ϕ8</p>  <p>(4X)</p>	<p>B06 S5</p>  <p>(1X)</p>	



ASSEMBLY


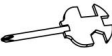



STEP 9.

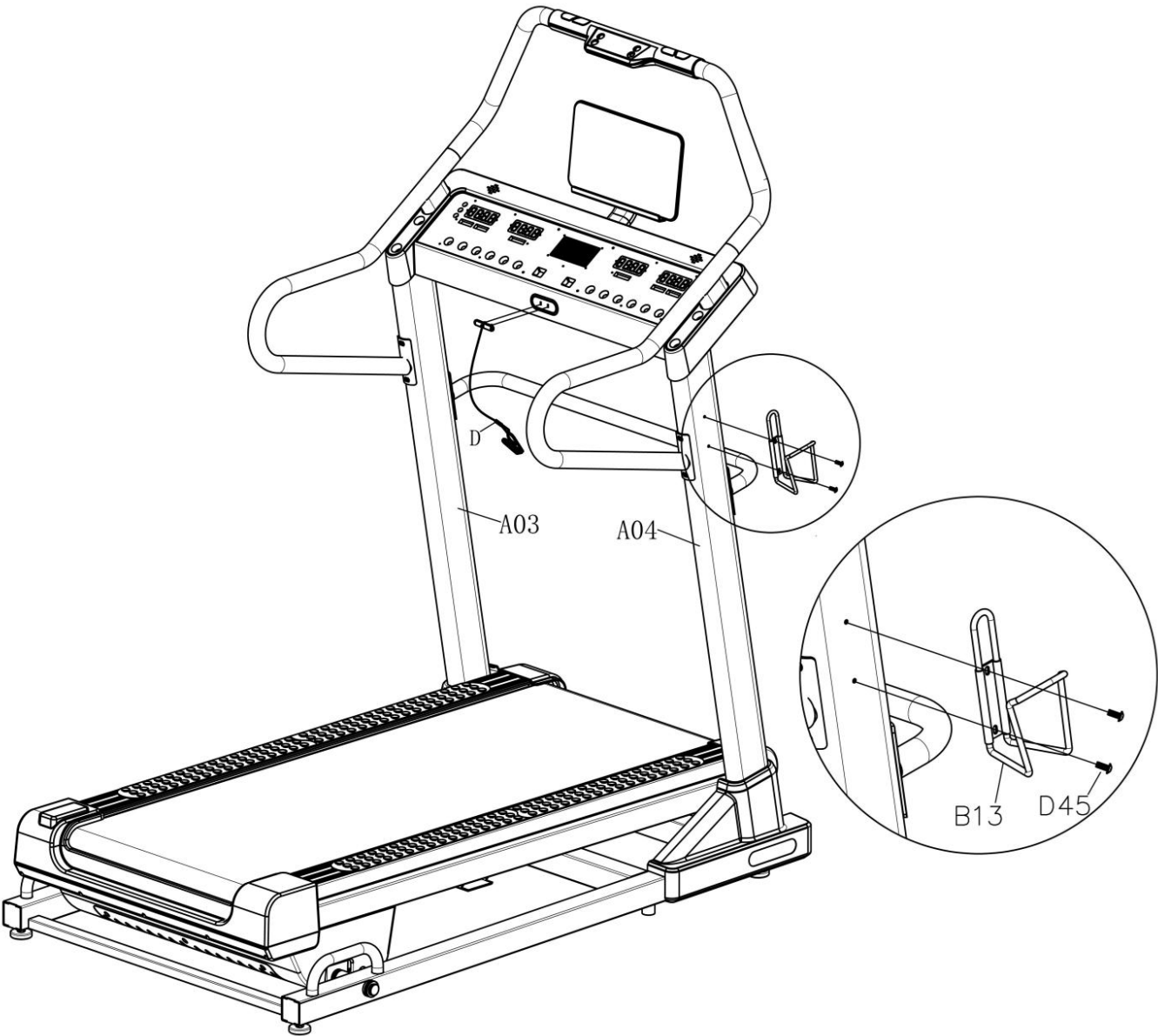
	A07	B06 S5	D14 M8*15
	 (1X)	 (1X)	 (4X)
	D39 $\phi 8$		
 (4X)			



ASSEMBLY

STEP 10.

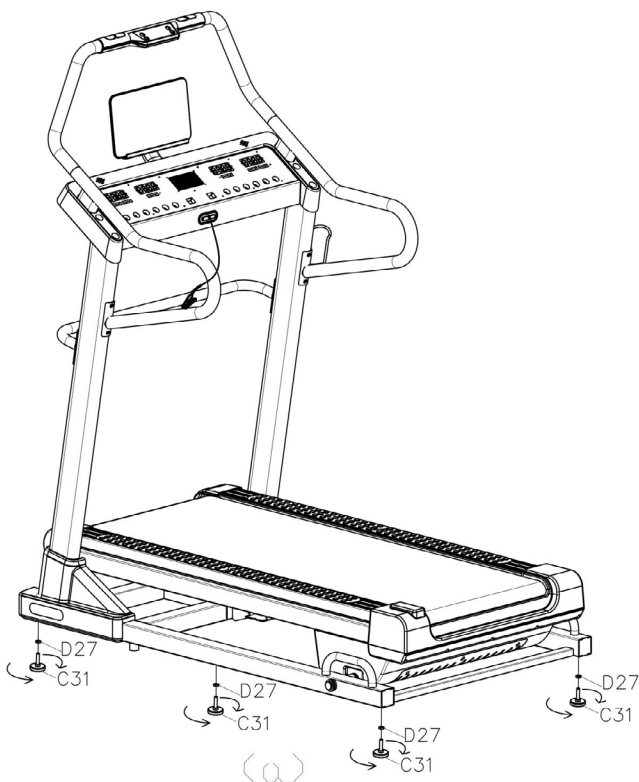
	B08 S13 14 15	D45 M5*12	B13
	 (1X)	 (2X)	
	D		
			



ADJUSTMENT INSTRUCTIONS

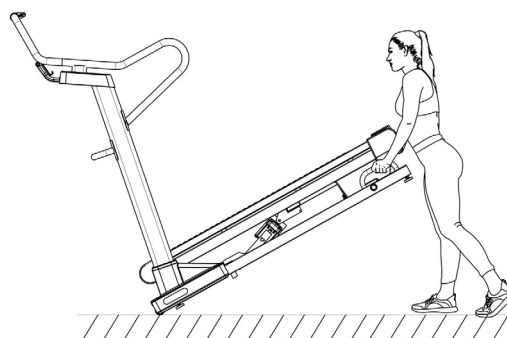
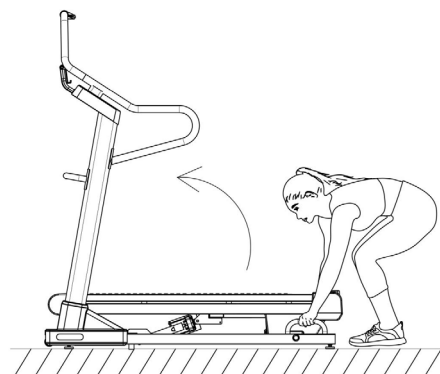
HOW TO ADJUST THE BALANCE

To balance the treadmill, rotate the adjustable feet underneath the frame. Turning a foot clockwise lowers that corner, while turning it counterclockwise raises it. Adjust as needed until the treadmill sits firmly and does not wobble.



HOW TO MOVE THE TREADMILL

Turn off the power before moving the treadmill. Lift it from the back end and carefully roll it on its transport wheels to the desired location, then lower it back into position.



PLUG IN POWER

Plug the power plug into a wall outlet that complies with the electrical safety instructions.

Note! The equipment must not be connected to a power strip, otherwise it cannot be guaranteed that the equipment will be supplied with sufficient power. Technical errors can result.

STORAGE

- ▲ To disconnect, turn all controls to the off position, remove the safety key, and then remove the plug from the outlet.
- ▲ Remove the safety key after use to prevent unauthorized treadmill operation.
- ▲ Please keep the device out of direct sunlight. Store the device in a clean, warm and dry environment, away from children.
- ▲ Allowed storage temperatures 5-40°C.
- ▲ Turn off the device if you are not going to use it for a long time.

IMPORTANT ELECTRICAL INFORMATION

 	PEAK RUNNER TREADMILL		 WARNING - To reduce the risk of personal injury, read and understand all the instructions before using this product.  Correct Disposal of this product. No medical treatment purpose!
	Model No. : TM-GTPR Class : HC Voltage : 220-240V DC Frequency : 50/60Hz Maximum Load : 135kg/297lbs Power Input : 1306W Manufactured for : Gymstick International Oy Address : Ratavirtijankatu 11 15170 Lahti, Finland Made in : China	SN : 160525TMGTPR0001	



WARNING

This machine requires a right power source in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging the equipment. Any incorrect power source could cause significant damage to the equipment and or user.

Correct power source: Input: DC 220-240V~50/60Hz 1306W



WARNING

This product must be grounded. Improper connection of the equipment-grounding conductor can result in risk of electric shock. Check with a certified electrician if you are in doubt as to whether the product is properly grounded.

- ▲ Never expose the machine to rain or moisture. This machine is not designed for use outdoors, near pools or in any other high humidity environment.
- ▲ Always remove the plug from the wall socket when the machine is not in use.
- ▲ Never use a ground fault circuit interrupter (GFCI) wall outlet with this treadmill.
- ▲ Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
- ▲ Never operate the treadmill using a generator or UPS power supply.
- ▲ Never remove any cover without first disconnecting power.

EMERGENCY STOP & SAFETY KEY

- ▲ For your safety, the device is equipped with an EMERGENCY STOP function. The equipment can only be operated if the safety key is correctly attached to the contact point of the console. If the safety key is no longer on the contact point, the equipment automatically stops. Therefore, the safety key cord with the clip must be attached to your clothing before every training session. If you want to quickly stop the treadmill, if you can no longer control the speed, or if any other emergency occurs, remove the safety key from the contact point using the cord.
- ▲ To enable the safety key to detach from the contact point of the console in the event of a fall, the safety key clip must be firmly attached to your clothing!
- ▲ Make sure that the safety key is not accessible to children.

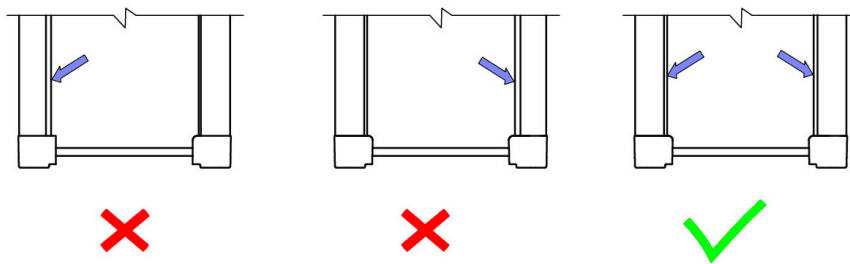
MAINTENANCE & CARE

General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the running belt to prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from your shoes does not wear out the running board and belt. Clean the surface of the running belt with a clean damp cloth.

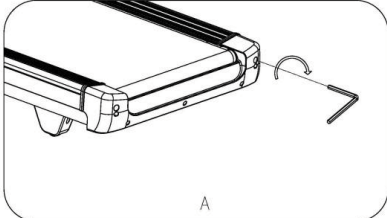
- To better maintain the treadmill and prolong its life it is suggested that the machine be powered off once a day and fully powered off whenever not in use
- A loose running belt will result in the belt sliding when running, while too tight of a running belt will result in decrease to the motors performance and also create more friction between the roller and running belt. Always make sure that the running belt is properly tensioned.

CENTERING THE RUNNING BELT

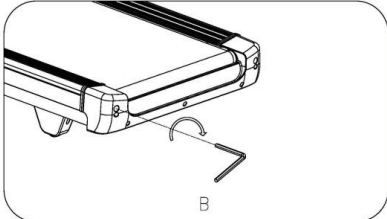
Place the treadmill on level ground and set it at 6-8 kmh to check if the Running Belt drifts.



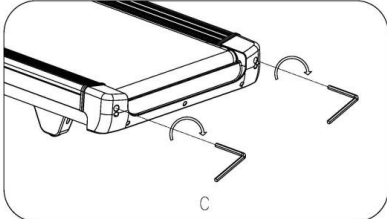
If the running belt moves to the right, turn the adjusting bolt on the right side ¼ turn clockwise, then turn the left adjustment bolt ¼ turn counter-clockwise. If the belt does not move, repeat this step until it centers. Refer to figure A.



If the running belt moves to the left, turn the adjusting bolt on the left side ¼ of a turn clockwise, then turn the right adjustment bolt ¼ turn counter-clockwise. If the belt does not move, repeat this step until it centers. Refer to figure B.



Over time the running belt will loosen. To tighten the belt turn the left & right side adjustment bolts one full turn clockwise, check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to figure C.



LUBRICATING THE TREADMILL



IMPORTANT

It's highly recommended to lubricate the treadmill before the first use.

Lubricating the running board and running belt is essential as the friction between the two affects the life span and function of the treadmill, therefore it is suggested that the running board and belt be inspected regularly.

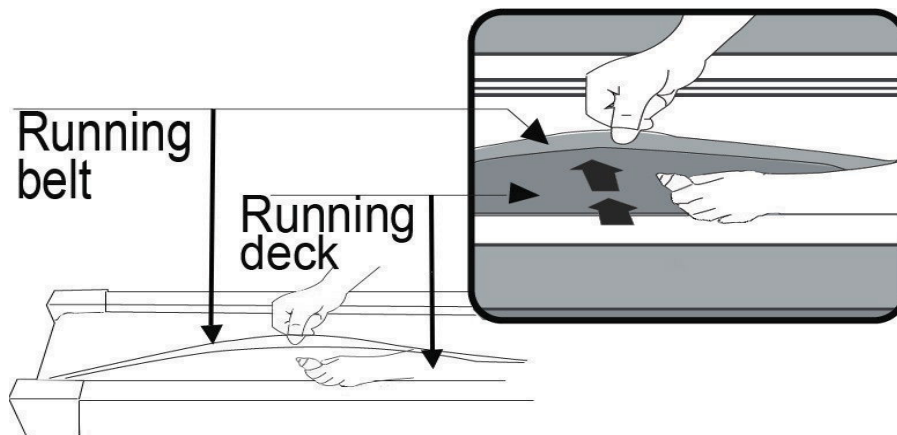


WARNING

Always unplug the treadmill from the electrical outlet before cleaning, lubricating or repairing the unit.

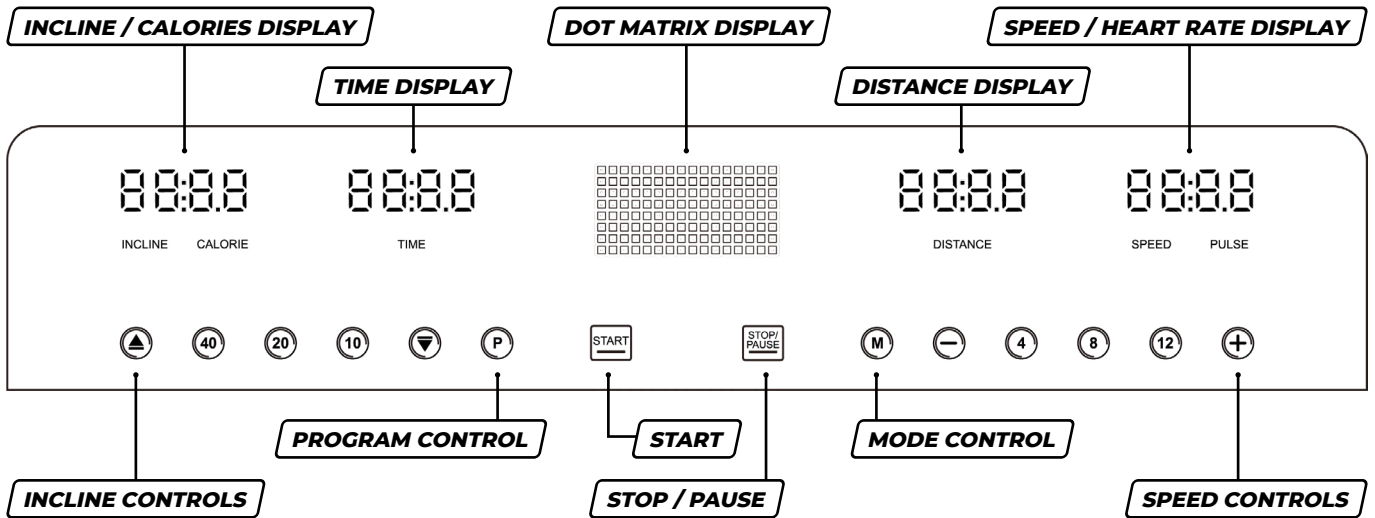
HOW TO LUBRICATE THE RUNNING BELT

1. Raise the belt up on one side and apply lubricant to the running deck. Use a rag to thoroughly wipe the lubricant over the running deck. Repeat this process for the other side.
2. The moving parts should turn freely and quietly. Abnormality of moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly.
3. To better maintain the treadmill and prolong its lifespan, it is suggested that maintenance be done on a regular basis.



Following time table is recommended		
Light user	less than 3h / week	every 6 months
Medium user	3-5h / week	every 3 months
Heavy user	over 5h / week	every 2 months
Commercial use	over 10h / week	every 1 month

CONSOLE OPERATION INSTRUCTIONS



BUTTON FUNCTIONS

Button	Description
INCLINE ▲/▼	Press these buttons to adjust the incline level.
QUICK INCLINE	Press 10, 20 ,40 to choose incline level quickly.
PROGRAM (P)	Press this key to choose through different training programs: P1 (MANUAL), P2, P3, P4, P5, P6, P7, P8, P9, P10, P11, P12 C1 (MANUAL), C2, C3, C4, C5, C6, HP1, HP2, FAT
START	Press this button to start the machine.
STOP/PAUSE	Press this button to pause or stop the machine.
MODE (M)	From standby mode, press this button to set time, distance, calories workout targets. 30:00 is the set countdown for TIME. 1.00 is the set countdown for DISTANCE. 50.0 is the set countdown for CALORIES. When setting each countdown mode, you can press the SPEED or INCLINE buttons to increase or decrease values. Press START to start the treadmill.
SPEED +/-	Press the +/- buttons to adjust the speed.
QUICK SPEED	Press 4, 8, 12 to choose speed quickly. In running mode, the speed range is 0.8 - 16.0 KM/H. In climbing mode when: <ul style="list-style-type: none"> • Incline value is 16 - 21, speed range is 0.8 - 9.0 KM/H • Incline value is 22 - 27, speed range is 0.8 - 8.0 KM/H • Incline value is 28 - 33, speed range is 0.8 - 7.0 KM/H • Incline value is 34 - 40, speed range is 0.8 - 6.0 KM/H In climbing mode, since the speed range depends on the incline value, when the quick speed key is greater than the maximum speed range, it will only display the current maximum speed.

CONSOLE OPERATION INSTRUCTIONS

DISPLAY FUNCTIONS

Display	Description
INCLINE/CALORIE	Display switches between INCLINE and CALORIES every 5 seconds. INCLINE: Display current incline. Press INCLINE▲/▼ buttons to adjust level. CALORIE: Display the calories burned during workout.
TIME	Displays total elapsed time during workout.
DOT MATRIX	When setting the time, distance, and calorie countdown modes, they are displayed as: "T", "D", and "C" respectively. When running, the dot matrix window displays a 400-meter track. When running a program, the program dot matrix diagram is displayed.
DISTANCE	Displays total distance ran during workout.
SPEED/PULSE	Display switches between SPEED and PULSE every 5 seconds. SPEED: Displays the current speed. Press the +/- buttons to adjust speed. PULSE: When the runner holds both hands on the pulse sensors (located on the handles), the system will calculate the runner's heart rate and display it in this window. The pulse range is 50-200 beats/min. (Pulse data is for reference only and cannot be used as medical data.)

TRAINING PROGRAMS

Press PROGRAM (P) button to enter one of the preset training programs.

In standby mode, press the "P" button to select from following programs: P1-P12, C1-C6, HP1-HP2, FAT.

Select the desired program, and the console will display a countdown starting from 30:00 MINS, press SPEED +/- buttons or INCLINE ▲/▼ buttons if you wish to increase or decrease the exercise time. Press the START button to start the interval program.

MANUAL PROGRAM

Setting the MANUAL program:

From standby mode, press P button, until console displays "P1" or "C1", and the TIME window flashes and displays the default time 30:00. Then press SPEED +/- buttons or INCLINE ▲/▼ buttons to set the required exercise time. Press the M button to set the first stage. When setting, use the SPEED +/- button or quick speed to set the speed, and use the INCLINE ▲/▼ buttons or quick incline to set the incline. Then press M button to finish and enter the second stage setting, until 16 stages are set.

After the setting is completed, the data will be permanently saved until you reset it next time (this setting only saves speed and incline data. When you start it next time, the time defaults to 30:00). This data will not be lost due to power failure.

Starting the MANUAL program:

Press the P button until console displays "P1" or "C1". After setting the running time, press the "start" button to start.

CONSOLE OPERATION INSTRUCTIONS

Running Programs P1 - P12

stage program		Set time/16 =exercise time of each stage															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1 (MANUAL)	SPEED	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
	INCLINE	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
P2	SPEED	5	10	10	5	5	10	10	5	5	10	10	5	5	10	10	5
	INCLINE	2	2	4	4	6	6	6	6	4	4	4	4	2	2	2	2
P3	SPEED	5	5	8	8	5	5	5	8	8	5	5	5	8	8	5	5
	INCLINE	2	2	4	4	4	4	4	4	4	4	4	4	2	2	2	2
P4	SPEED	5	7	7	8	8	7	7	10	10	7	5	5	7	7	10	5
	INCLINE	2	2	4	4	4	4	4	4	4	4	4	4	2	2	2	2
P5	SPEED	5	9	9	11	11	12	5	5	9	9	11	11	12	9	9	5
	INCLINE	2	2	4	4	4	4	4	4	4	4	4	4	2	2	2	2
P6	SPEED	5	7	8	10	12	10	8	5	5	8	10	12	10	8	7	5
	INCLINE	2	2	4	4	6	6	6	6	4	4	4	4	2	2	2	2
P7	SPEED	5	6	6	6	7	8	10	10	8	9	10	10	8	6	5	5
	INCLINE	0	5	5	5	4	4	4	3	3	3	3	4	4	4	0	0
P8	SPEED	5	5	5	5	6	7	5	6	7	5	6	7	5	5	5	5
	INCLINE	0	4	4	4	3	3	6	6	6	7	7	8	8	9	0	0
P9	SPEED	5	5	5	8	9	9	6	8	9	6	8	9	6	6	5	5
	INCLINE	0	5	5	5	6	6	6	7	8	9	9	9	10	10	0	0
P10	SPEED	5	6	6	9	9	6	9	10	6	10	11	11	6	6	5	5
	INCLINE	0	5	5	6	6	6	4	4	6	6	5	5	8	8	0	0
P11	SPEED	5	6	7	8	9	7	6	8	10	10	8	8	7	6	5	5
	INCLINE	0	6	6	6	7	5	8	8	4	4	4	5	5	8	0	0
P12	SPEED	5	7	10	12	9	9	12	12	9	9	12	12	7	7	5	5
	INCLINE	0	5	3	2	6	6	2	2	2	2	2	4	5	6	0	0

Climbing Programs C1 - C6

stage program		Set time/16 =exercise time of each stage															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
C1 (MANUAL)	SPEED	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
	INCLINE	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
C2	SPEED	2	5	5	2	2	5	5	2	2	5	5	2	2	5	5	2
	INCLINE	10	10	20	20	30	30	30	30	20	20	20	20	10	10	10	10
C3	SPEED	2	2	4	4	2	2	2	4	4	2	2	2	4	4	2	2
	INCLINE	10	10	20	20	20	20	20	20	20	20	20	20	10	10	10	10
C4	SPEED	2	3	3	4	4	3	3	5	5	3	2	2	3	3	5	2
	INCLINE	2	2	4	4	4	4	4	4	4	4	4	4	2	2	2	2
C5	SPEED	2	5	5	6	6	6	2	2	5	5	6	6	6	5	5	2
	INCLINE	10	10	20	20	20	20	20	20	20	20	20	20	10	10	10	10
C6	SPEED	2	3	4	5	6	5	4	2	2	4	5	6	5	4	3	2
	INCLINE	10	10	20	20	30	30	30	30	20	20	20	20	10	10	10	10

CONSOLE OPERATION INSTRUCTIONS

HRC PROGRAMS

To use this function, you need a chest belt. The chest belt need to close to the skin of your chest.

From standby mode, press P button, until you see HP1 or HP2.

Max speed for HP1 is 10.0 km/h, max speed for HP2 is 12.0 km/h.

Press MODE button, the window will show default age of 30, pressing INCLINE+/- or SPEED+/- to choose your age, heart rate value and time setting. Set the running time and press START to begin. Under heart rate program, you can press SPEED+/- or INCLINE+/- to change speed and incline, but the system will adjust speed and incline to reach your target heart rate value.

BODY FAT TEST

From standby mode, press P button until you see FAT.

Press M to enter setting values for F1, F2, F3 and F4 (F1 SEX, F2 AGE, F3 HEIGHT, F4 WEIGHT).

Press SPEED +/- BUTTONS to set values for F1-F4 (refer to the chart below).

After setting F1-F4, press mode button to enter F-5 (F5 BODY FAT TEST), hold hands on the hand pulse sensors, the console will display your body fat value after 3 seconds.

The body fat value is intended as a guide, and is not medical data.

Body Mass Index (BMI) Chart

F-1	Sex	01 Male	02 Female
F-2	Age	10-----99	
F-3	Height	100----200 (CM)	
F-4	Weight	20-----150 (KG)	
F-5	FAT	≤19	Underweight
	FAT	=(20---25)	Normal Weight
	FAT	=(26---29)	Overweight
	FAT	≥30	Obesity

Note! General BMI score is 20 - 25%.

Underweight	Below 19%
Normal	19% - 25%
Overweight	26% - 29%
Obese	30% and above

WARM-UP & COOL DOWN

Exercise in any form is one of the best things you can do for your overall health. A good exercise program consists of a warm-up, actual workout and a cool down.

AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The WARM-UP is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.



HEAD ROLL

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



SHOULDER LIFT

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



SIDE STRETCH

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

WARM-UP & COOL DOWN



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your glute as possible. Hold for 15 counts and repeat with left foot.



INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



TOE TOUCH

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.



HAMSTRING STRETCH

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



CALF / ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

IMPLIED WARRANTY

The importer of this product assures that this product is manufactured with high quality materials. The implied warranty is valid for 2 (two) years, beginning from the date of purchase.

The warranty is valid for home use.

The warranty applies to the following parts:

- Frame
- All parts included in the original delivery

The warranty does not cover:

- Incorrect installation
- Damage caused externally
- Failure to carry out regular maintenance and servicing
- Improper use and handling of the equipment
- Improper storage of the equipment
- Non-compliance of the operating instructions
- Wearing parts and expendable parts

MANUFACTURED FOR

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DISCLAIMER

The manufacturer and its associates and partners have no liability, obligation or responsibility to any person or entity for any loss, damages or adverse consequence alleges to have happened directly or indirectly as a consequent of this product.



Products marked with these symbols must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide more information on the matter.

