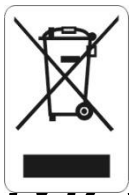
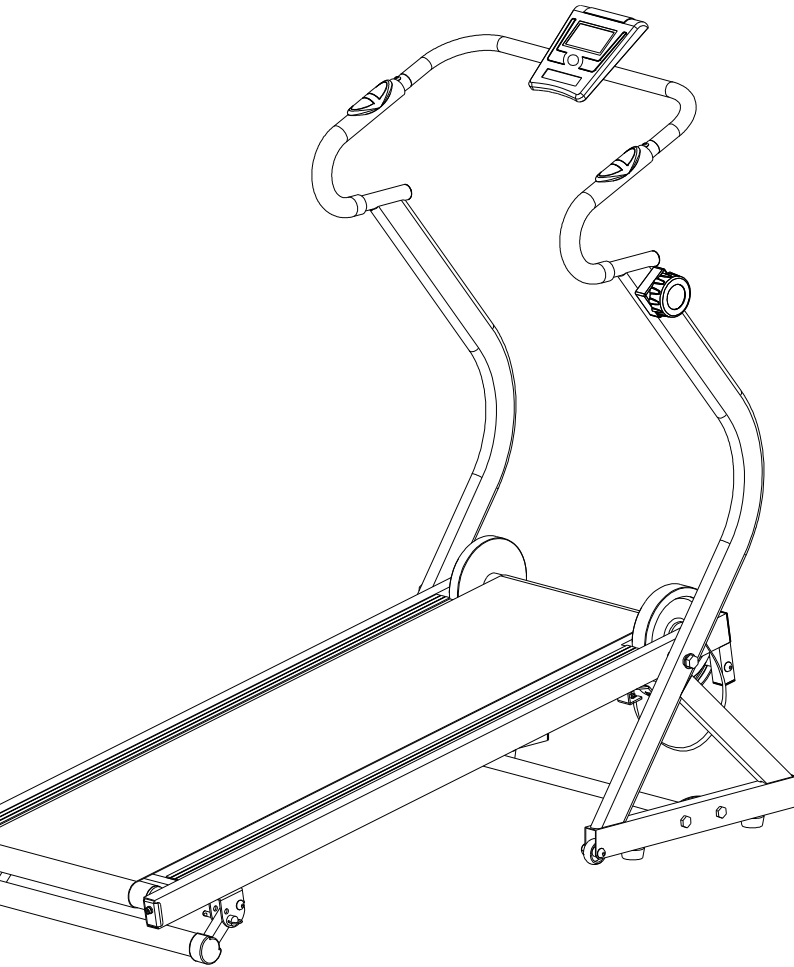


ITEM NO.: 1271



MANUAL

OWNER'S

IMPORTANT: Read all instructions carefully before using this product. Retain this

owner's manual for future reference.

The specifications of this product may vary from this photo and are subject to change without prior notice.

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IMPORTANT SAFETY INSTRUCTIONS

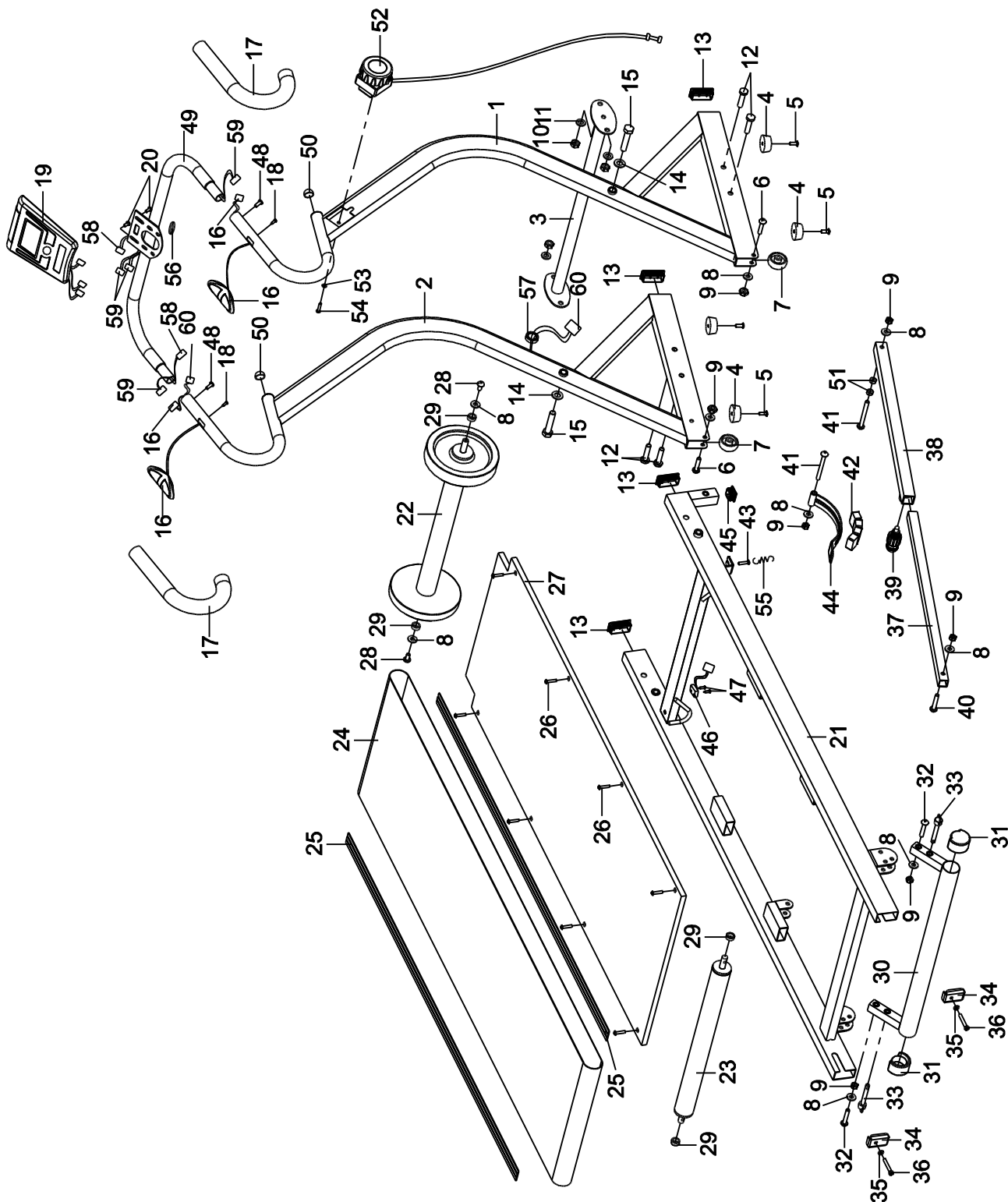
Basic precautions should always be followed, including the following safety instructions when using this magnetic treadmill. Read all instructions before using this magnetic treadmill.

1. Check every part of the equipment before exercise. If there is any defective component, replace it immediately; keep the equipment out of use until repair.
2. Make sure all parts, bolts and nuts are well assembled and locked before exercise.
3. Never insert any object into any opening.
4. Never operate this magnetic treadmill if it is not working properly. If it has been dropped or damaged, or been exposed to water, return the appliance to a service center for examination and repair.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult your local dealer.
6. Wear comfortable and suitable clothing when using the magnetic treadmill. Do not use the magnetic treadmill barefoot, in only socks or in sandals, always wear athletic shoes.
7. Never wear loose clothing because it could run the risk of getting caught in the magnetic treadmill.
8. Keep children and pets away from the equipment while in use.
9. Do not use the magnetic treadmill outdoors. This magnetic treadmill is for household use only.
10. Only **one** person should be on the magnetic treadmill while in use.
11. Keep the magnetic treadmill on a solid, level surface with the minimum safety area clearance of 2000mm x 1000mm around the unit. Be sure the area around the magnetic treadmill remains clear during use and has adequate clearance.
12. Hold the handlebar with your hands when starting or stopping exercise and increasing or decreasing the speed.
13. If feeling chest pains, nausea, dizziness, or shortness of breath, you should stop exercising immediately and consult your physician before continuing.
14. The maximum weight capacity for this product is 110 kg.

WARNING: Before beginning any exercise program consult your physician. This is especially important for the people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

CAUTION: Read all instructions carefully before operating this product.
Retain this Owner's Manual for future reference.

EXPLODED VIEW

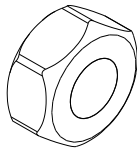


PARTS LIST

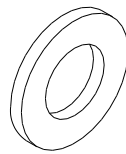
No.	Description	Qty	No.	Description	Qty
001	Right Handlebar Support Frame 513x40x1180	1	031	Incline Adjustment Frame End Cap Ø25x27	2
002	Left Handlebar Support Frame 513x40x1180	1	032	Bolt M8x38	2
003	Connection Support Frame 103x535x54	1	033	Locking Pin	2
004	Rubber Pad Ø33xØ38x16	4	034	Rear Roller Adjustment Bolt Plate	2
005	Bolt M6x16	4	035	Washer Ø6	2
006	Bolt M8x35	2	036	Rear Roller Adjustment Bolt M6x55	2
007	Wheel Ø50xØ8x20	2	037	Safety Tube A	1
008	Washer Ø8	9	038	Safety Tube B	1
009	Nylon Nut M8	7	039	Spring Knob	1
010	Nylon Nut M10	4	040	Bolt M8x42	1
011	Washer Ø10	4	041	Bolt M8x75	2
012	Bolt M10x40	4	042	Magnet	4
013	End Cap (25x50)	4	043	Hex Head Bolt M5x25	1
014	Washer Ø12	2	044	Magnet Bracket	1
015	Bolt M12x65	2	045	Square End Cap (25x25)	1
016	Hand Pulse Sensor with Wire	2	046	Sensor with Wire 100mm	1
017	Foam Grip Ø28xØ23x280	2	047	Screw ST2.9x9.5	2
018	Screw M4x15mm.	2	048	Bolt M6x12	2
019	Computer XLG-605	1	049	Handlebar	1
020	Bolt M5x10	2	050	Handlebar End Cap Ø25	2
021	Main Frame	1	051	Nut M8	2
022	Front Roller Ø160xØ42x445	1	052	Tension Control Knob L=1080mm	1
023	Rear Roller Ø42x443	1	053	Curve Washer for Tension Control Knob Ø5	1
024	Running Belt 360x2532x1.3	1	054	Bolt for Tension Control Knob M5x25	1
025	Side Rail 30x1056x2	2	055	Spring	1
026	Bolt M5x25	8	056	Wire Plug Ø25xØ13x4	1
027	Running Deck 1114x458x12	1	057	Wire Plug Ø12	1

028	Bolt M8x15	2	058	Sensor Cable I (L=450mm)	1
029	Front Roller Sleeve	4	059	Sensor Cable II (L=450mm)	2
030	Incline Adjustment Frame 511x24x124	1	060	Sensor Cable III (L=1000mm)	1

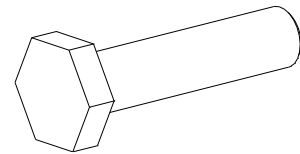
HARDWARE LIST



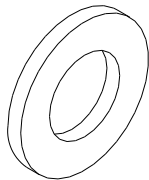
(10) Nylon Nut M10
4 PCS



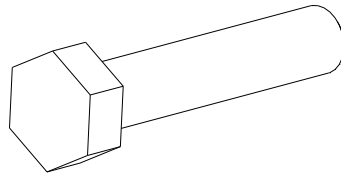
(11) Washer Ø10
4 PCS



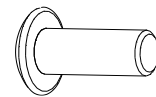
(12) Bolt M10x40
4 PCS



(14) Washer Ø12
2 PCS

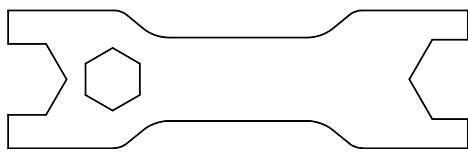


(15) Bolt M12x65
2 PCS



(48) Bolt
M6x12

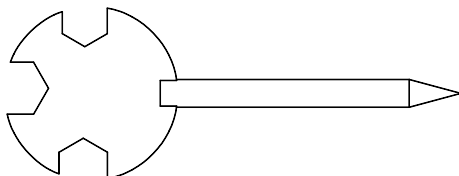
TOOLS



Multi Hex Tool S13, S17, S19
2 PCS

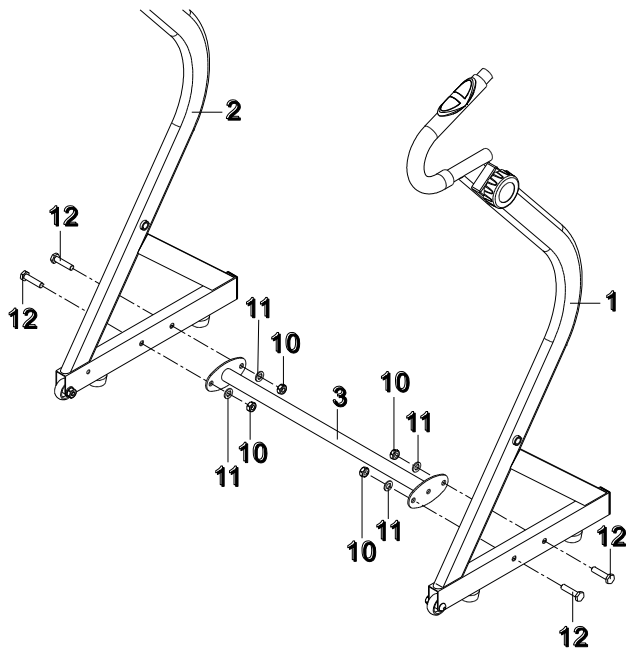


Allen Wrench #5
1 PC

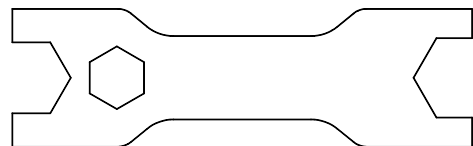


Multi Hex Tool with Phillips Screwdriver
1 PC

ASSEMBLY INSTRUCTIONS



Tool:

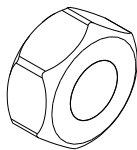


2 Multi Hex Tools (S13, S17, S19)

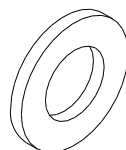
Step 1

Attach the Connection Support Frame (3) onto the Right/Left Handlebar Support Frames (1, 2) with four M10 Nylon Nuts (10), four Ø10 Washers (11), and four M10x40 Bolts (12). Tighten bolts with two Multi Hex Tools provided.

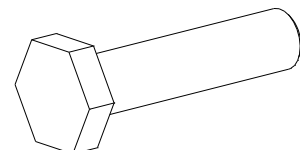
Hardware:



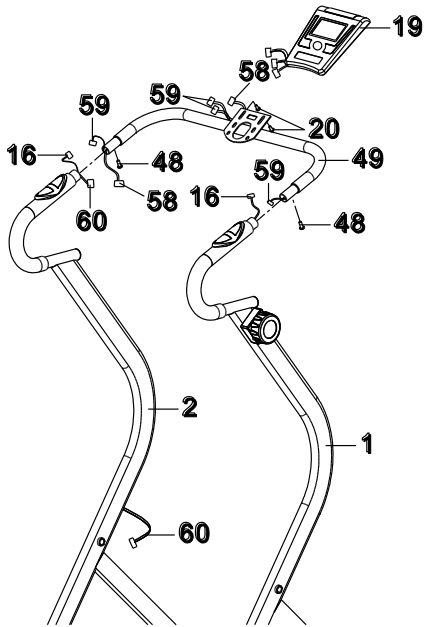
(10) Nylon Nut M10
4 PCS



(11) Washer Ø10
4 PCS



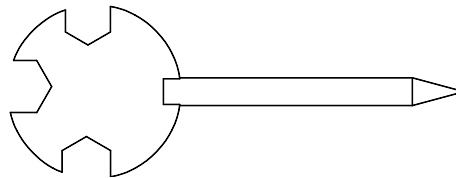
(12) Bolt M10x40
4 PCS



Tool:



Allen Wrench #5



Multi Hex Tool with Phillips Screwdriver

Step 2

Connect the Hand Pulse Sensor Wire (16) from the Right Handlebar Support Frame (1) to the Sensor Cable II (59) from the Handlebar (49).

Connect the Hand Pulse Sensor Wire (16) and Sensor Cable III (60) from the Left Handlebar Support Frame (2) to the Sensor Cable II (59) and Sensor Cable I (58) from the Handlebar (49).

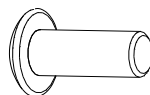
Attach the Handlebar (49) into the Right/Left Handlebar Support Frames (1, 2) with two M6x12 Bolts (48). Tighten bolts with the Allen Wrench provided.

Remove two M5x10 Bolts (20) from the Computer (19). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.

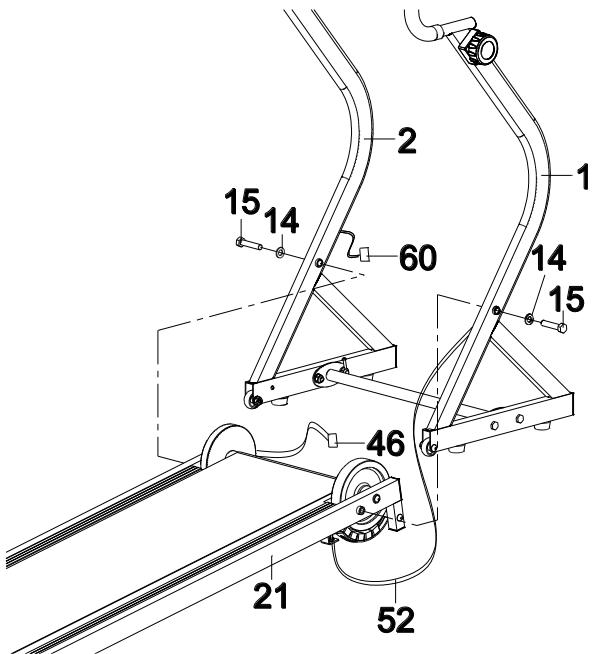
Connect the Sensor Cable I (58) and Sensor Cables II (59) from the Handlebar (49) to the wires that come from the Computer (19).

Attach the Computer (19) onto the plate of the Handlebar (49) with two M5x10 Bolts (20) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

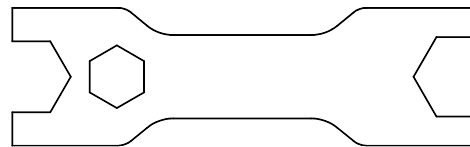
Hardware:



(48) Bolt
M6x12



Tool:



2 Multi Hex Tools (S13, S17, S19)

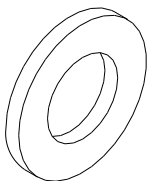
Step 3

Attach the Main Frame (21) onto the Right/Left Handlebar Support Frames (1, 2) with two Ø12 Washers (14) and two M12x65 Bolts (15). Tighten bolts with two Multi Hex Tools provided.

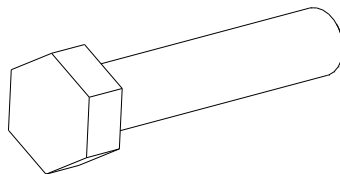
Connect the Sensor Wire (46) from the Main Frame (21) to the Sensor Cable III (60) from the Left Handlebar Support Frame (2).

NOTE: It is recommended that you always use the aid of a second person when assembling the treadmill.

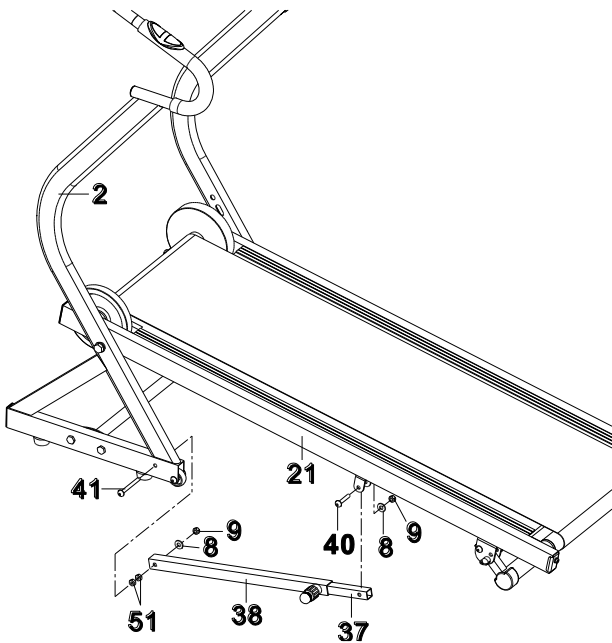
Hardware:



(14) Washer Ø12
2 PCS



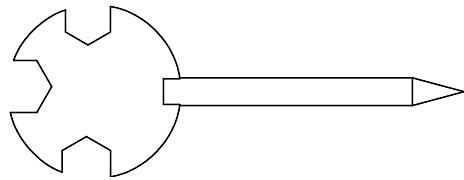
(15) Bolt M12x65
2 PCS



Tool:



Allen Wrench #5



Multi Hex Tool with Phillips Screwdriver

Step 4

Remove one Ø8 Washer (8), one M8 Nylon Nut (9), one M8x75 Bolt (41), and two M8 Nuts (51) from the Safety Tube B (38). Remove bolt and nylon nut with the Allen Wrench and Multi Hex Tool with Phillips Screwdriver provided.

Remove one Ø8 Washer (8), one M8 Nylon Nut (9), and one M8x42 Bolt (40) from the Safety Tube A (37). Remove bolt and nylon nut with the Allen Wrench and Multi Hex Tool with Phillips Screwdriver provided.

Attach the Safety Tube B (38) onto the Left Handlebar Support Frame (2) with one Ø8 Washer (8), one M8 Nylon Nut (9), one M8x75 Bolt (41), and two M8 Nuts (51) that were removed. Tighten bolt and nylon nut with the Allen Wrench and Multi Hex Tool with Phillips Screwdriver provided.

Attach the Safety Tube A (37) onto the Main Frame (21) with one Ø8 Washer (8), one M8 Nylon Nut (9), and one M8x42 Bolt (40) that were removed. Tighten bolt and nylon nut with the Allen Wrench and Multi Hex Tool with Phillips Screwdriver provided.

OPERATING THE COMPUTER

USING YOUR COMPUTER

The computer can be activated by pressing the any key on the computer or by running. If you leave the equipment idle for 4-5 minutes, the power will turn off automatically.



KEY FUNCTIONS:

MODE: Press the MODE key to select each function of computer.

Press and hold the MODE key for 3 seconds to reset all data values to zero except the TOTAL (ODOMETER) data values.

SET: Press the SET key to set data values of TMR (TIMER), DST (DISTANCE), or CAL (CALORIES) for target pre-setting.

RESET: Press the RESET key to reset the data values of TIME, DISTANCE, or CALORIES to zero for target presetting.

RESET: Press the RESET key to reset data values of TMR (TIMER), DST (DISTANCE), or CAL (CALORIES) to zero.

COMPUTER FUNTIONS:

SCAN: Press the MODE key until the screen displays SCAN, the computer will automatically scan the function of TMR, SPD, DST, TOTAL, and CAL every 4 seconds.

TMR (TIMER): Displays your elapsed workout time in minutes and seconds. You may also pre-set target time in STOP mode before training. To set TIMER press the MODE key until the screen displays TMR. Press the SET key to change the time, each time you press the SET key time should change by 1 minute. Press the RESET key to clear the target time to zero. The pre-set target time range is from 0:00 to 99:00 minutes. Once you pre-set target time and then start to exercise, time starts counting down from pre-set target time to 0:00 per 1 second backward. When the pre-set target time counts down to 0:00, time will start to count up immediately and the computer will begin beeping to remind you.

SPD (SPEED): Displays the current training speed.

DST (DISTANCE): Displays the cumulative distance travelled during workout. You may also pre-set target distance in STOP mode before training. To set DISTANCE press the MODE key until the screen displays DST. Press the SET button to set the distance.

Press

the RESET key to clear the target distance to zero. The pre-set target distance range is from 0.00 to 99.90 km. Once you pre-set target distance and then start to exercise, distance starts counting down from pre-set target distance to 0.00. When the pre-set target

distance counts down to 0.00, distance will start to count up immediately and the computer will begin beeping to remind you.

TOTAL (ODOMETER): Displays the total accumulative distance travelled. The TOTAL data values can not be reset to zero by pressing and holding the MODE key for 3 seconds. If you take out the batteries from the computer, the TOTAL data values will reset to zero.

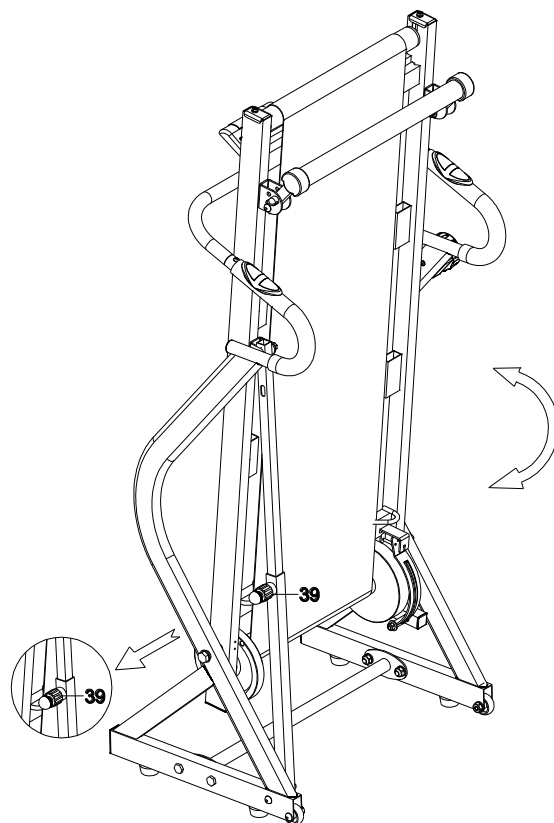
CAL (CALORIES): Displays approximate amount of calories burned during workout. You may also pre-set target calories in STOP mode before training. To set CALORIES press the MODE key until the screen displays CAL. Press the SET key to set the calories. Press the RESET key to clear the target calories to zero. The pre-set target calories range is from 0.0 to 999.0 calories. Once you pre-set target calories and then start to exercise, calories start counting down from pre-set target calories to 0.0. When the pre-set target calories count down to 0.0, calories will start to count up immediately and the computer will begin beeping to remind you. (This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

PULSE: Displays your current heart rate figures after you grip the handlebar pulse sensors with both your hands during exercise. To ensure the pulse readout is more precise, please always hold on to the handlebar pulse sensors with two hands instead of just with one hand only when you try to test your heart rate figures.

HOW TO INSTALL THE BATTERIES:

1. Remove the battery cover on the back of the computer.
2. Place two size AA batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment appears, remove batteries and wait 15 seconds before reinstalling.

STORAGE



Lifting Up the Treadmill

Holding the rear end of the Main Frame by one hand and then pull the Spring Knob (39) to lift

the Main Frame up until the Spring Knob (39) "pops" down into the locked position. Check the Spring Knob (39) is "pop" down into the locked position before moving the treadmill.

The unit can be carefully tilted onto its wheels for easy moving and storage.

Setting Down the Treadmill

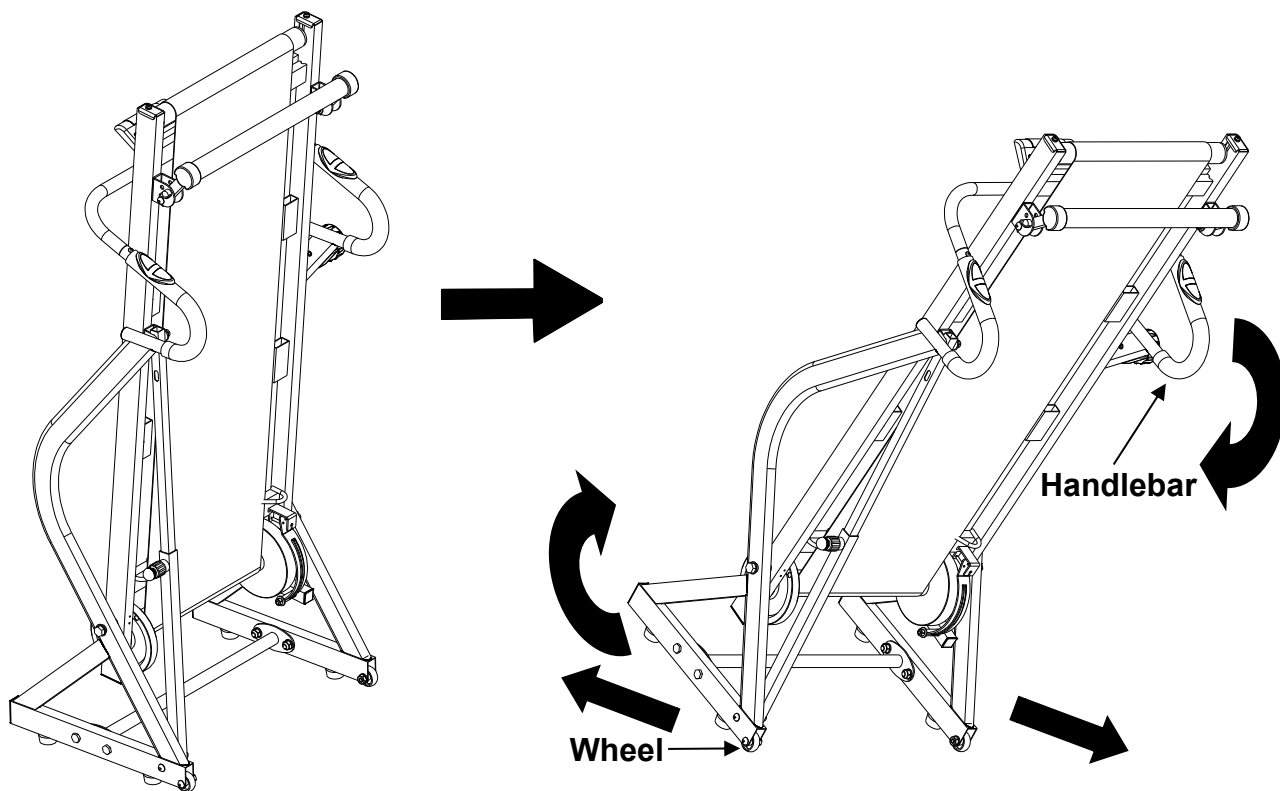
Place one hand on the rear end of the Main Frame and the other hand to pull the Spring Knob (39), then lower the Main Frame down from the rear of treadmill until the Spring Knob (39) "pops" down into the locked position.

CAUTION: Failure to secure the Main Frame with the Spring Knob may cause the treadmill accidental fall and cause bodily injury.

WARNING: Do not stand under the deck when setting down the treadmill.

To prevent injury please make sure you have a firm hold when lifting up or setting down the main frame. Do not undo the spring knob unless you have a firm hold and control of the treadmill base, or it can drop to the ground quickly and dangerously when the spring knob is released. Always keep children and pets away from the machine when folding, unfolding, or during operation.

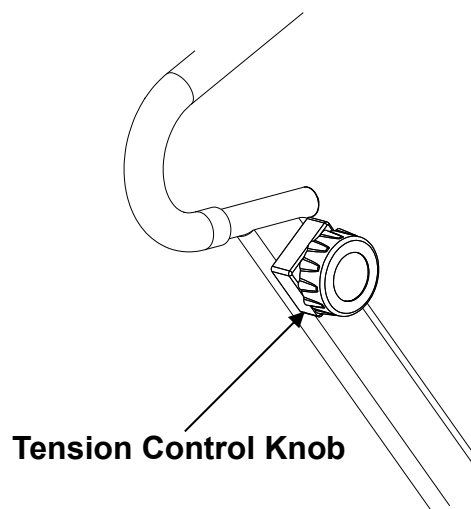
MOVING THE TREADMILL



The unit can be carefully tilted onto its Wheels for easy moving and storage. With the treadmill in the folded locked position, firmly grasp the both Handlebars with both hands. Next, carefully tilt the treadmill back until it rolls freely on the Wheels.

CAUTION: Do not attempt to move the treadmill while it is in the unfolded position.

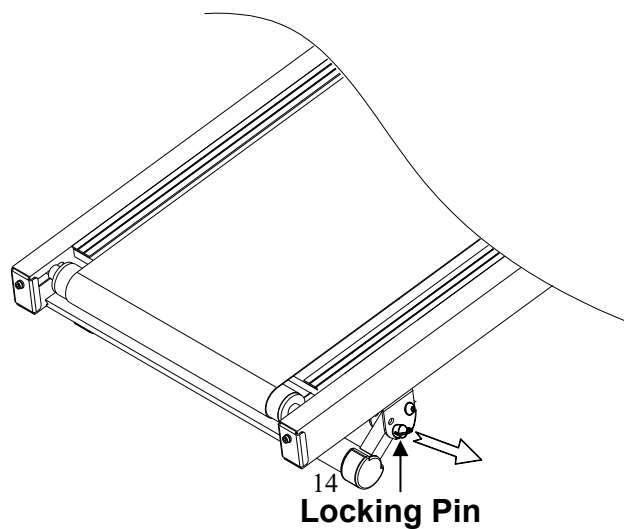
ADJUSTMENTS



Adjusting the Tension Control Knob

To increase the tension, turn the Tension Control Knob in a clockwise direction.

To decrease the tension, turn the Tension Control Knob in a counterclockwise direction.



Adjusting the Incline Adjustment Frame

Place one hand on the rear end of the Main Frame. Lift the rear end of the Main Frame up and then remove the locking Pins from the Main Frame and Incline Adjustment Frame. Adjust the Incline Adjustment Frame to the desired position and insert the Locking Pins into the holes on the Main Frame and Incline Adjustment Frame that were removed.

Adjusting the Running Belt

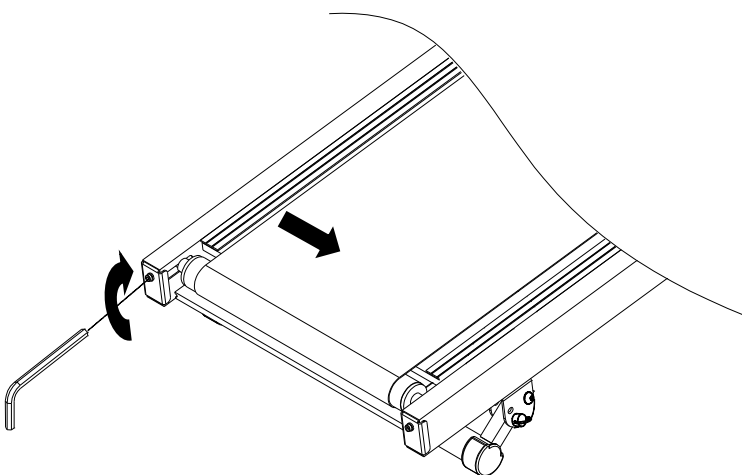
The running belt is initially set and adjusted at the factory. However it may come loose during transportation and/or during use. It is recommended that the user run on the center

of the running belt. After prolonged use, the belt will begin to stretch out. It is suggested that the user always to walk or run on the central area. This will prevent the belt shifting off

the center.

If the running belt begins to shift to the left, the user can stand on the Main Frame and hold the handlebar with both hands. Then use your right foot to run on the right side of the running belt. You should see the running belt start to correct itself by moving back towards the center. However, if the running belt is still shifting to the left, use the Allen Wrench provided and turn the left Rear Roller Adjustment Bolt 1/2 turn in a clockwise direction.

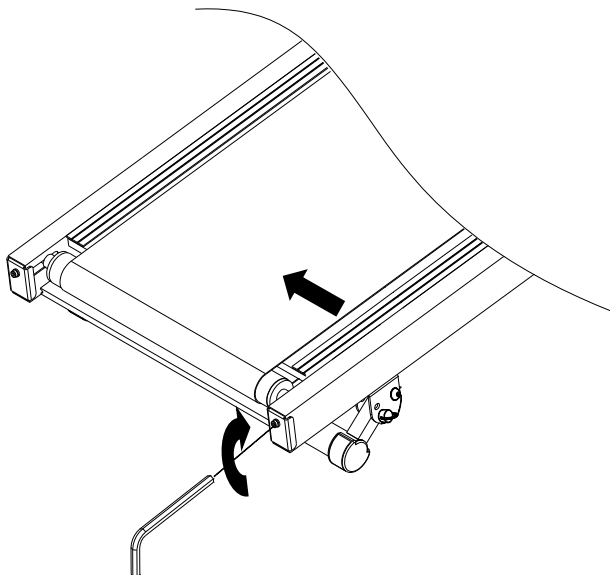
Then try running on the center of the running belt again. If the running belt is still shifting to the left, turn the left Rear Roller Adjustment Bolt another 1/4 turn in the clockwise direction. Then try running on the center of the running belt again. You should see the belt start to correct itself by moving back towards the center. Repeat this procedure until the running belt is centered.



Tool:



If the running belt begins to shift to the right, the user can stand on the Main Frame and hold the handlebar with both hands. Then use your left foot to run on the left side of the running belt. You should see the running belt start to correct itself by moving back towards the center. However, if the running belt is still shifting to the right, use the Allen Wrench provided and turn the right Rear Roller Adjustment Bolt 1/2 turn in a clockwise direction. Then try running on the center of the running belt again. If the running belt is still shifting to the right, turn the right Rear Roller Adjustment Bolt another 1/4 turn in the clockwise direction. Then try running on the center of the running belt again. You should see the belt start to correct itself by moving back towards the center. Repeat this procedure until the running belt is centered.



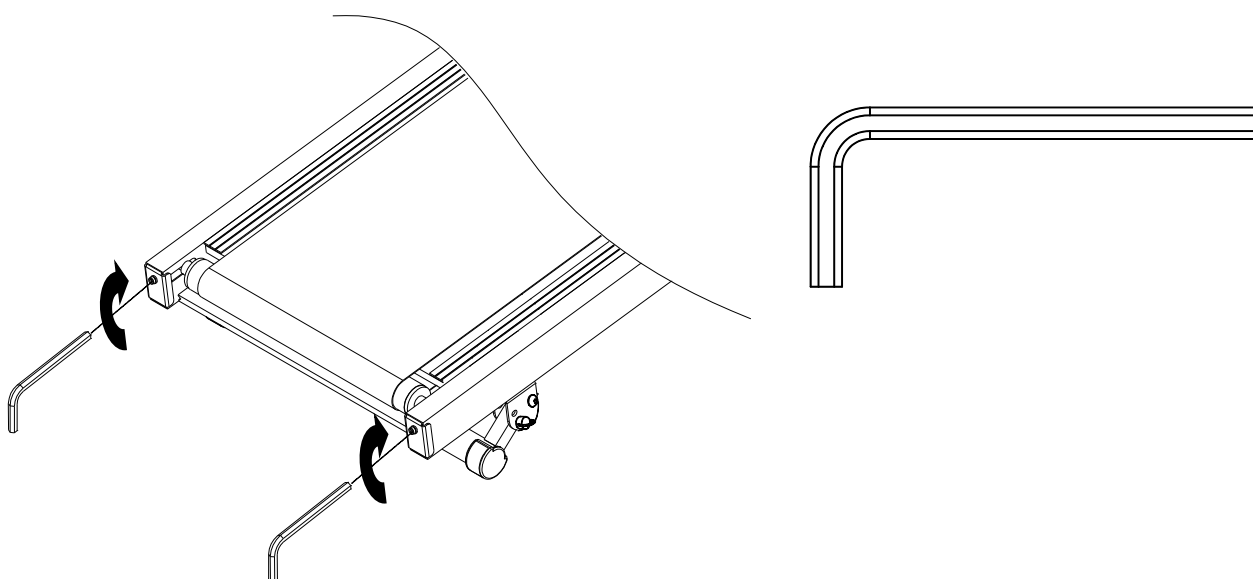
Tool:



Allen Wrench #5

If the running belt is slipping during use, then use the Allen Wrench provided and turn both left and right Rear Roller Adjustment Bolts 1/4 turn in the clockwise direction. You should now run on the running belt to determine if the running belt is still slipping. Repeating the

above procedure until the running belt is not slipping.



MAINTENANCE

Cleaning

The magnetic treadmill can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the treadmill after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.

Please keep the magnetic treadmill, especially the computer console out of direct sunlight to prevent screen damage.

Please inspect all assembly bolts, nuts, and screws on the machine for proper tightness every week.

Storage

Store the magnetic treadmill in a clean and dry environment away from children.

TROUBLESHOOTING

PROBLEM: Treadmill running belt slips or is not centered on rear roller.

SOLUTION: Refer to “Adjusting the Running Belt” section on page 15.

PROBLEM: There is no display on the computer console.

SOLUTION: Remove the computer console and verify the wires that come from the computer console are properly connected to the wires that come from the handlebar.

SOLUTION: Check the batteries are correctly positioned and battery springs are in proper contact with batteries.

SOLUTION: The batteries in the computer console may be dead. Replace with new batteries.

PROBLEM: There is no heart rate reading or heart rate reading is erratic / inconsistent.

SOLUTION: Make sure that the wire connections for the hand pulse sensors are secure.

SOLUTION: To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with both hands instead of just with one hand when you try to test your heart rate figures.

SOLUTION: Avoid gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.

PROBLEM: The treadmill makes a squeaking noise when in use.

SOLUTION: The bolts may be loose on the treadmill. Please inspect all of the bolts and tighten any loose bolts.

If the above troubleshooting section does not fix the problem, discontinue use the magnetic treadmill.

PLEASE CONTACT YOUR LOCAL DEALER FOR SUPPORT.

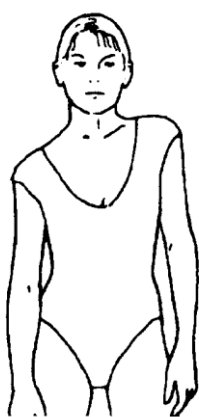
WARM UP AND COOL DOWN ROUTINE

The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. 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. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

HEAD ROLLS

Rotate your head to the right for one count, you should feel a stretching sensation 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 LIFTS

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.



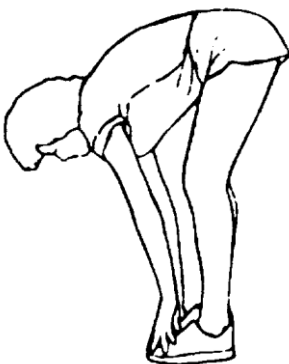


QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks 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.



HAMSTRING STRETCHES

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.

