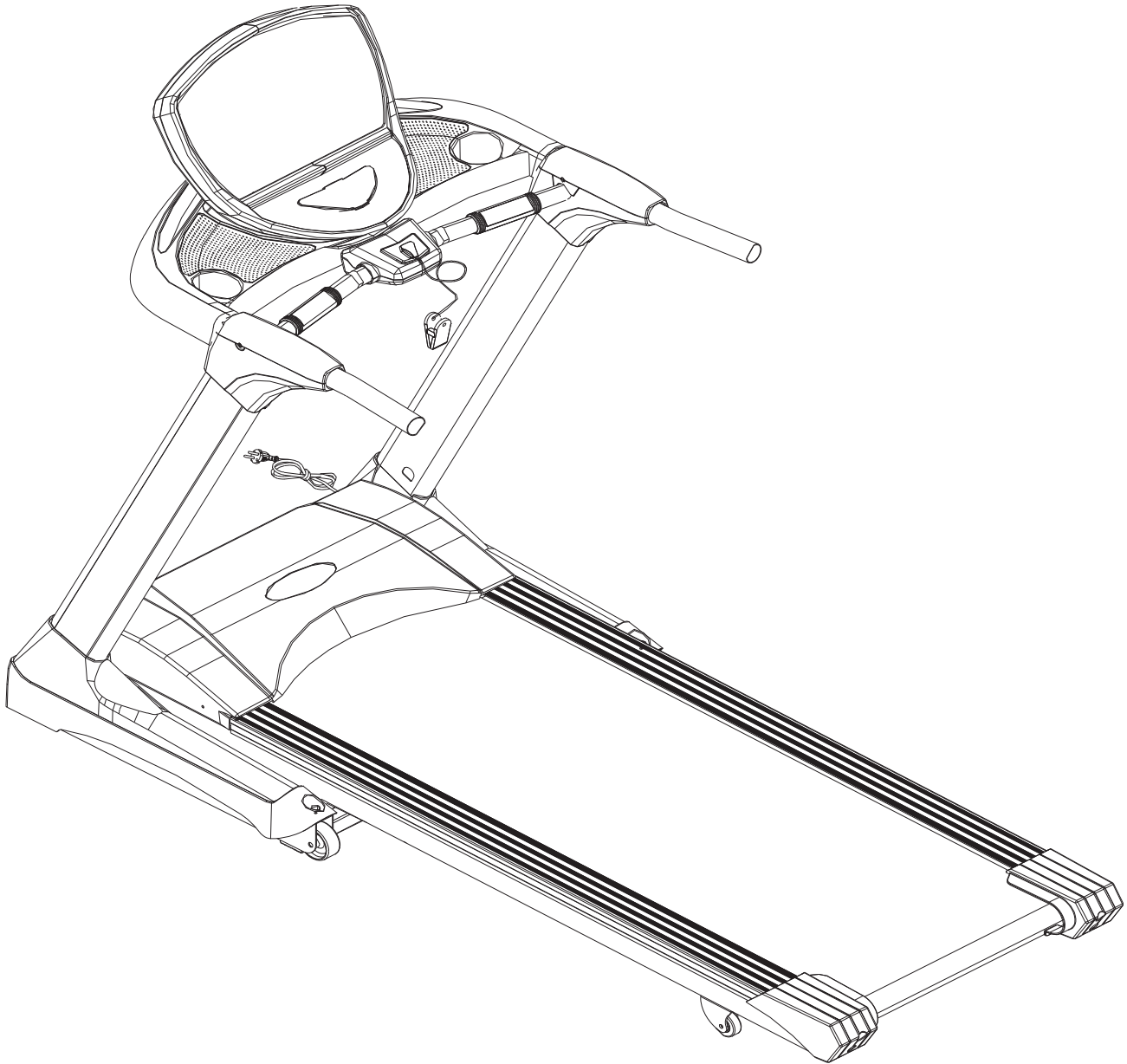




BH Fitness **TS 2** Treadmill

Owner's Manual



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INTRODUCTION:

Congratulations for selecting BH FITNESS as your new fitness resource. BH FITNESS treadmills offer many exercise programs that benefit users of all levels and ages. Your new treadmill is designed to make your workouts more effective and enjoyable.

Please read this entire manual carefully before using your treadmill. This will allow you to get a full understanding of all the features your BH FITNESS treadmill provides. If you have any questions or concerns, please contact BH FITNESS or any authorized BH FITNESS distributors in your area.

BEFORE YOU BEGIN

It is very important to become familiar with the frequently used components of your treadmill.

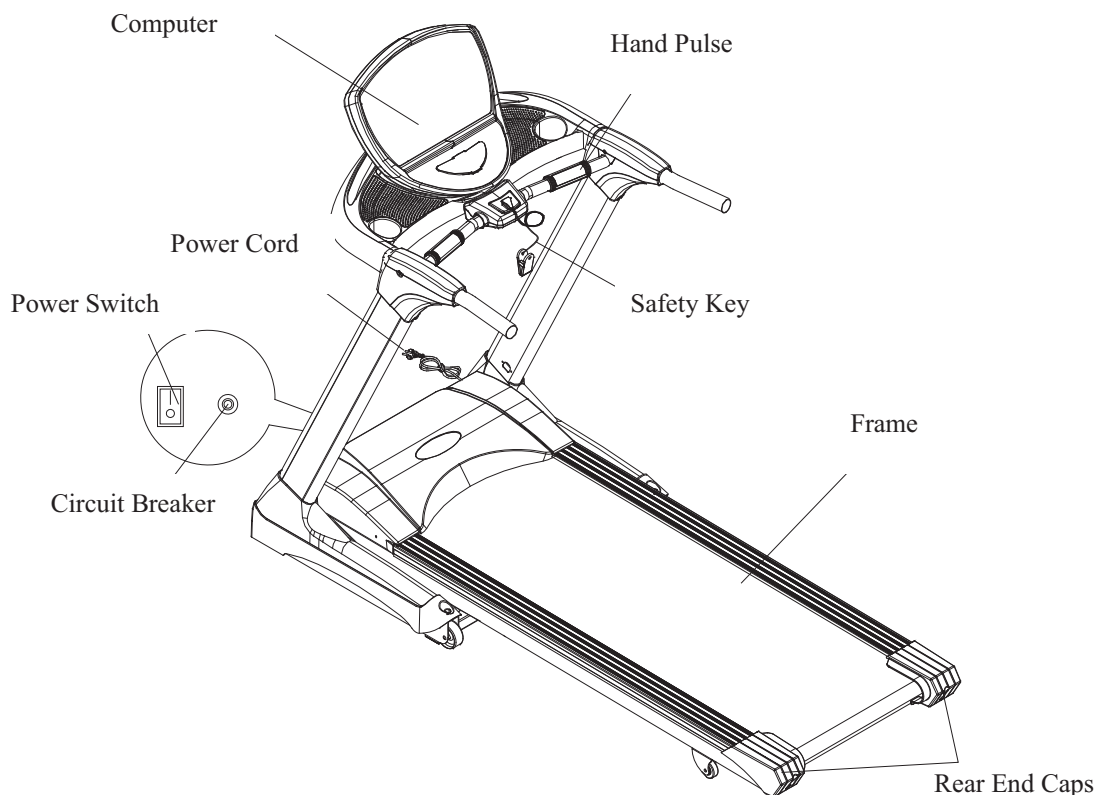




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SECTION 1

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using the treadmill.

User Safety:

Before using this or any other exercise equipment **consult your family physician or health care professional** in order to develop a well-planned exercise program to fit your health needs. If you encounter any pain or breathing discomfort while working out, **STOP!**, and consult a physician before continuing.

1. Close supervision is necessary when this unit is used by or near children, invalids or disabled persons. Children are curious and vulnerable to accidents. Do not use the unit as a toy.
2. Do not wear loose or dangling clothing while using the treadmill.
3. Maximum user weight is 350 lbs (~158kg) for the TS2 treadmill.
4. Only one person can use the unit at a time.
5. Keep hands away from moving parts.
6. The owner is responsible for explaining safety instructions to each user.

Treadmill Safety:

WARNING: To reduce the risk of fire, electric shock, injury to persons or inflicting the harm of a burn:

7. Turn all the controls to the off position prior to removing the electrical plug from the outlet. The on/off switch is located on the right, front of the unit.
8. Never leave the unit unattended when plugged in. Unplug the unit from the electrical power before leaving the room, when unused and before servicing or adding or removing parts.
9. Unplug the treadmill prior to cleaning to reduce the risk of electric shock, serious burns, and the risk of injuries.
10. Never operate this unit if it has a damaged electrical cord or plug. Do not operate this unit if it is not working properly. Do not operate this unit if it has been dropped or damaged. Do not operate this unit if it has been immersed into water. Return the unit to a service center for examination and repair.
11. Do not pull or carry the unit by the electrical cord. Do not use the cord as a handle.
12. Keep the electrical cord away from heated surfaces.
13. Connect this Treadmill to a properly grounded 110-120V, 15 or 20 Amp dedicated outlet only.
14. Call your service center or BH Fitness with your concerns before taking your treadmill in for repair.
15. Do not place sharp objects near the unit. Never drop or insert any object into any opening.
16. Do not use outdoors.
17. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
18. Use the unit only as described in this manual. Only use attachments recommended by the manufacturer.
19. For safety, keep a minimum clearance of 18" on the front and each side and 24" at the rear of the treadmill. Place the unit on a flat stable surface.

Note—This treadmill has the foldable mechanism, please make sure the incline is adjusted to the original position before folding the treadmill (to avoid interference between mechanisms).



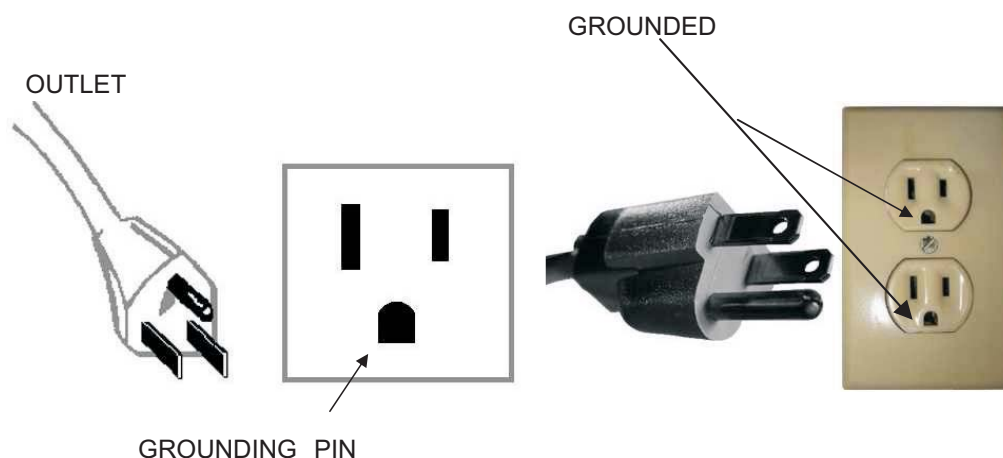
IMPORTANT SAFETY INSTRUCTIONS (cont'd)

GROUNDING INSTRUCTIONS

This unit must be grounded. If it malfunctions or breaks down, grounding reduces the risk of electric shock by providing a path of least resistance for electric currents. This unit is equipped with a cord that has an equipment-grounding conductor and a grounding plug. Insert the plug into an appropriate 110-120 Volt electrical outlet that is properly installed and grounded in accordance with all local codes and ordinances. Do not use an adapter or extension cord with this unit.

WARNING! – An improper connection of the grounding conductor can result in a risk of an electrical shock. Check with a qualified electrician if you are uncertain if the unit is grounded properly. Do not modify the plug provided to you. If it does not fit the outlet, have a proper outlet installed by a qualified electrician.

GROUNDING METHODS



WARNING!

UNDER NO CIRCUMSTANCES SHOULD THE TREADMILL BE ON ITS SIDE

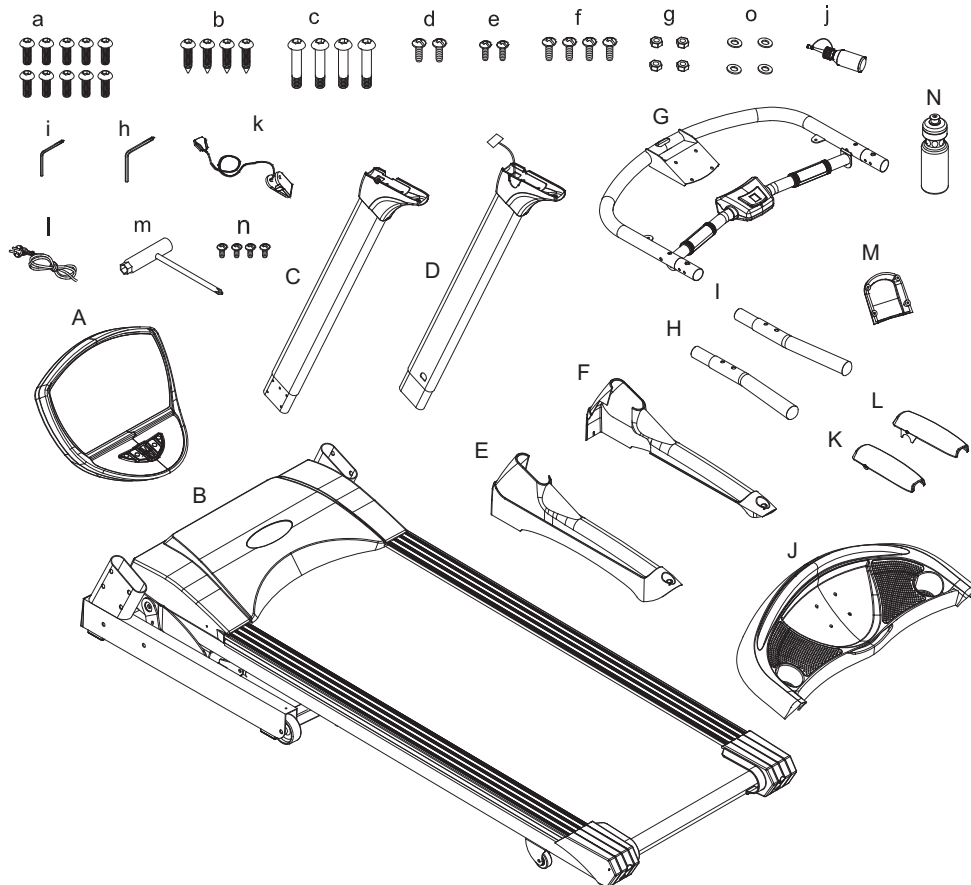
Please save these instructions

SECTION 2

ASSEMBLY INSTRUCTIONS TS2

Item	Description	Qty
A	Computer Console	1
B	Frame	1
C	Left Upright	1
D	Right Upright	1
E	Left Decoration Cover	1
F	Right Decoration Cover	1
G	Computer Shelf	1
H	Left Handrail	1
I	Right Handrail	1
J	Cup/Bottle Holder	1
K	Left Handrail Decoration Cover	1
L	Right Handrail Decoration Cover	1
M	Rear Cover	1
N	Bottle	1

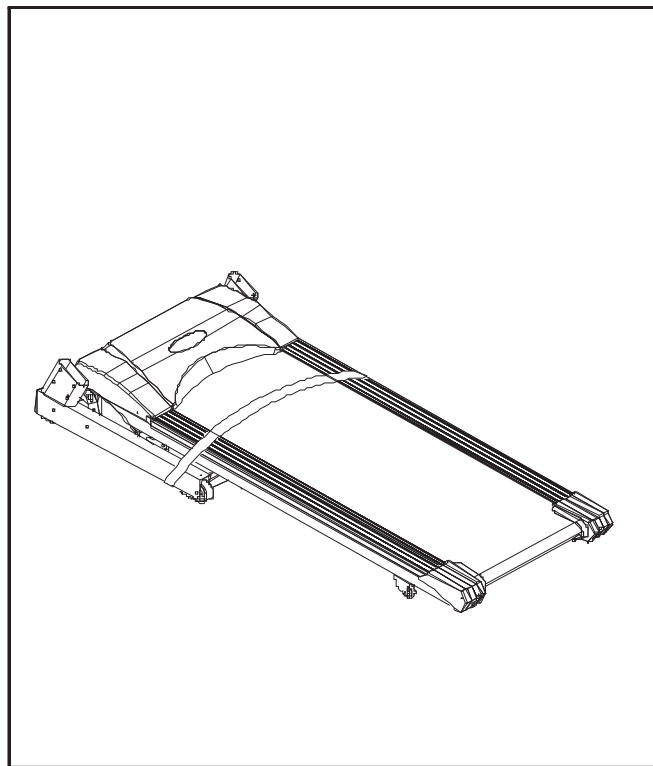
Item	Description	Qty
a	Truss Hex Screw M8xP1.25x15	10
b	Truss Philips Screw M5xP0.8x10	4
c	Truss Hex Screw M8xP1.25x60	4
d	Truss Philips Self Tapping Screw ψ 5x25	2
e	Truss Philips Self Tapping Screw ψ 4x12	2
f	Truss Philips Screw M5xP0.8x15	4
g	Nylon Nut	4
h	Hex Wrench 6mm	1
i	Hex Wrench 5mm	1
j	SILICONE	1
k	Safety Key	1
l	Power Cord	1
m	Sleeve Screwdriver	1
n	Round Head Philips Screw M4xP0.7x8	4
o	Washer $\varnothing$ 6x $\varnothing$ 16x1.0t	4



WARNING!

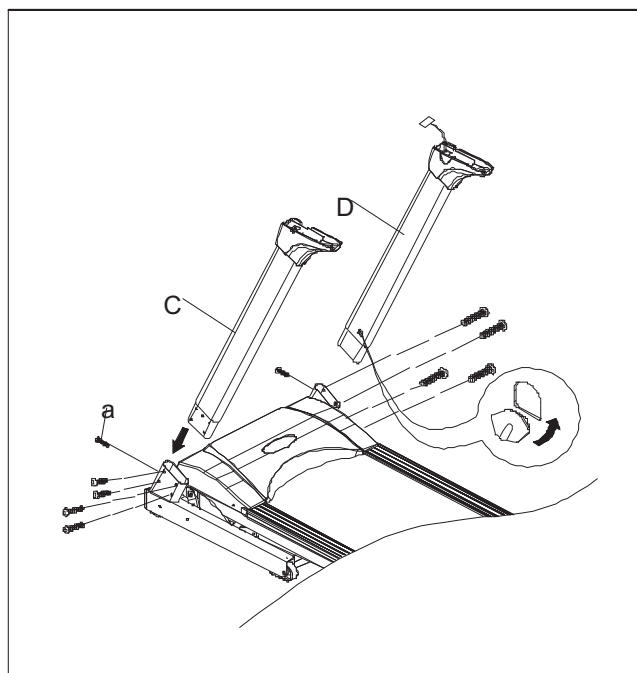
UNDER NO CIRCUMSTANCES SHOULD THE TREADMILL BE ON ITS SIDE

Don't cut the packing belt until removing the treadmill from the carton and lay it flat on the floor as shown in the drawing.



1. Pull out the control cable with the guide thread attached in the right upright (D), then feed the control cable into the opening of the right upright as shown. Tighten the left and right uprights (C,D) with bolts (a) and assemble them onto the frame

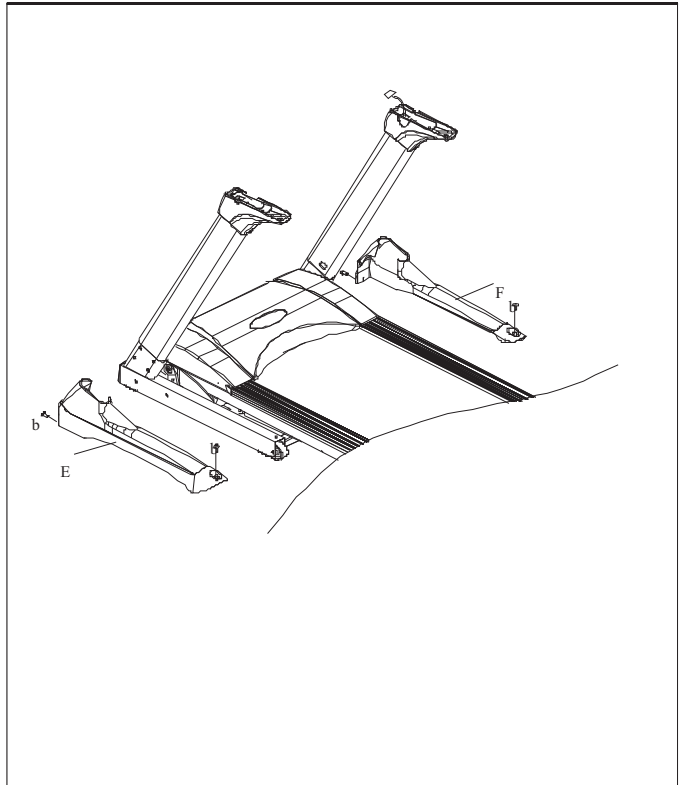
Note: During assembling of the upright supports, one person is needed to hold the support in place while the other tightens the bolts to avoid unexpected accidents





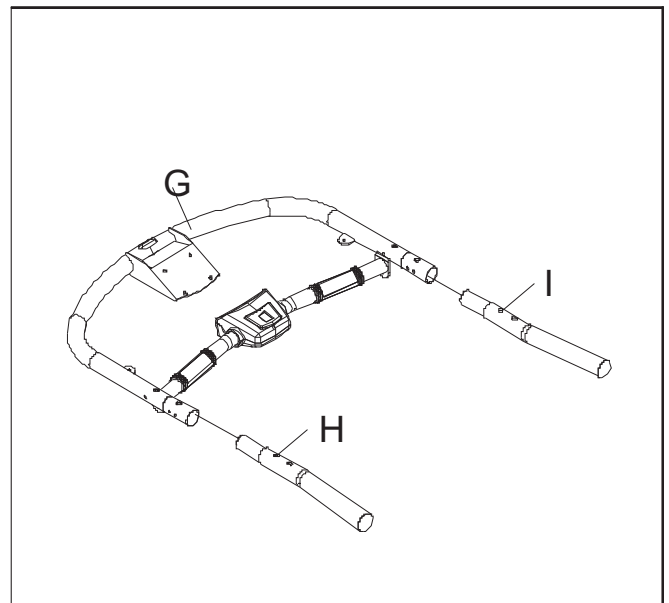
ASSEMBLY INSTRUCTIONS TS2 (cont'd)

2. After left and right Uprights are tightened, place their Decorative Covers (E, F) onto the Frame and secure with Philips Screws (b).



3. Computer Rack Assembly: Assemble Left and Right handrails (H,I) to the computer rack as shown

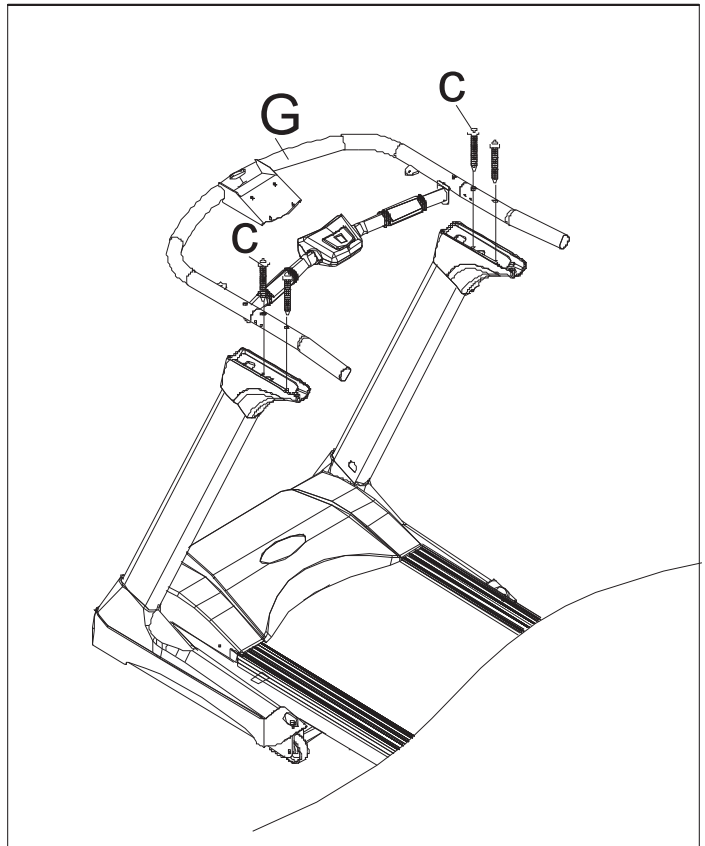
Note: During assembly, be sure to align the holes of the handrails and the computer rack



4. Connect the main cable through the Computer Rack Assembly (G) and pull out the wire from the upper holes of the Computer Rack Assembly. Place the Computer Rack Assembly (G) on the uprights. Fasten with hex bolts (c).

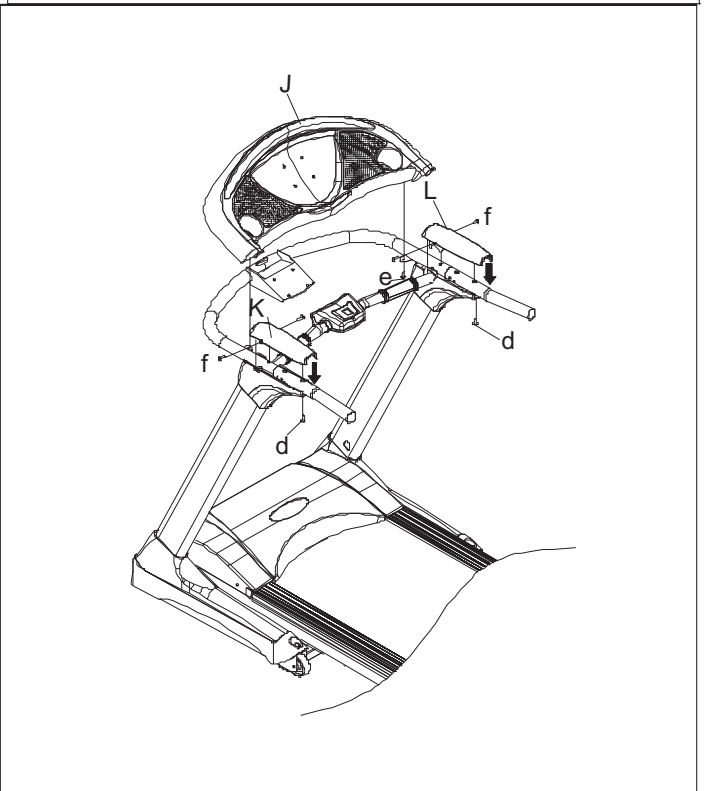
When fastening the bolts for the uprights and handrails, make sure that the bolts do not pinch the wires/cables in the process

Note: Always assemble the treadmill with an assistant, do not assemble by one's self.



5. Attach the left and right decorative handrail covers (K,L) onto the computer rack as shown (right) and tighten with Philips Self Tapping Screw (d, f).

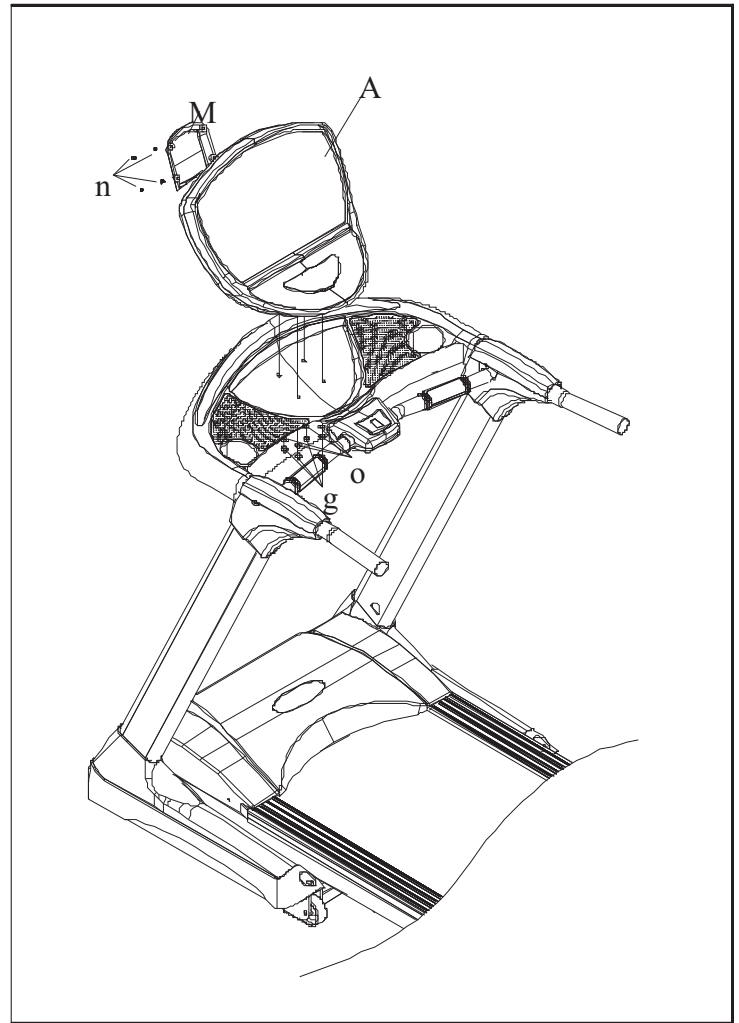
Place the bottle holder (J) on the computer rack and tighten with 1 Philips Self Tapping Screw (e) on each side.



Note: Be aware not to pinch or damage the wires/cables during the assembly

6. Match and connect all the cables from the bottle holder to the computer console (A) on the treadmill. Tidy up all cables and tuck them inside the computer console. Place the computer console on bottle holder and tighten with nylon nut (g) and washer (o). Tighten the rear cover (M) with 4 screws (n).

Note: While connecting the cables, be sure to match their colors: red to red, white to white, etc.





SECTION 3

TREADMILL AND CONSOLE

WARNING!

UNDER NO CIRCUMSTANCES SHOULD THE TREADMILL BE ON ITS SIDE

MOVING THE TREADMILL

Use the front wheels to move the Treadmill. Elevating the treadmill (incline) may help make the wheeling of the unit easier. Always be sure to use proper lifting form / technique. Grasp the end caps with two hands and slowly lift deck up until you are in an upright position. Keep the treadmill at that angle and wheel the unit as required.

SAFETY KEY & CLIP

Your BH Fitness treadmill is equipped with a safety key that will disable the treadmill if it is not in place. You should attach the clip end to your clothing. The magnet end goes into the recess in the center of the console. If at any time you need to stop the treadmill, pull the safety key quickly off the console. This will cut all power to the treadmill and it will come to a complete stop. To restart the treadmill, place the safety key back in place. You will then need to program your workout again.

BEFORE STARTING

Straddle the running belt and stand on the side rails. Insert the safety key and attach the clip to your clothing. Do not stand on the walking belt while starting or stopping the treadmill.

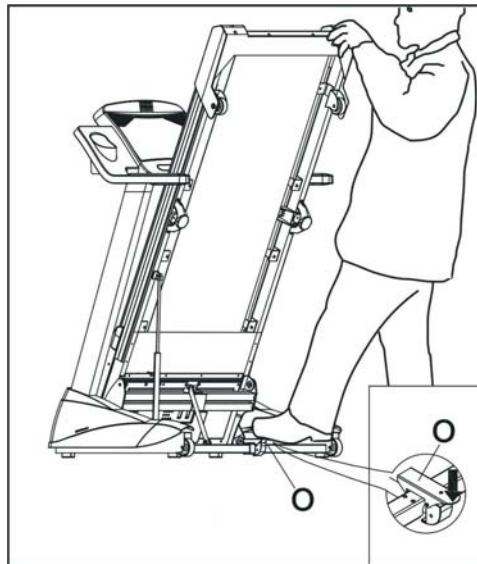


TREADMILL AND CONSOLE (cont'd)

FOLDING UP THE UNIT

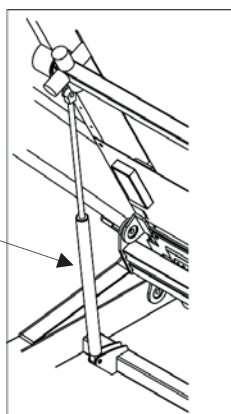
The Treadmill can be folded for storage.

1. Stop the treadmill.
2. Lower the elevation to the minimum.
3. Turn off the power and unplug the electrical power cord
4. Lift the running deck up by the end caps until lever (O) clicks into place. The treadmill is locked in folding storage position
5. Do not touch lever (O) until you are ready to unlock and use the treadmill again



NOTE: The pneumatic cylinder is packed under high pressure. Hard hits, knocks or impacts could cause damage to the cylinder. If damaged, the folding mechanism may not work properly and the treadmill deck could land on the floor abruptly

Do not hit the cylinder



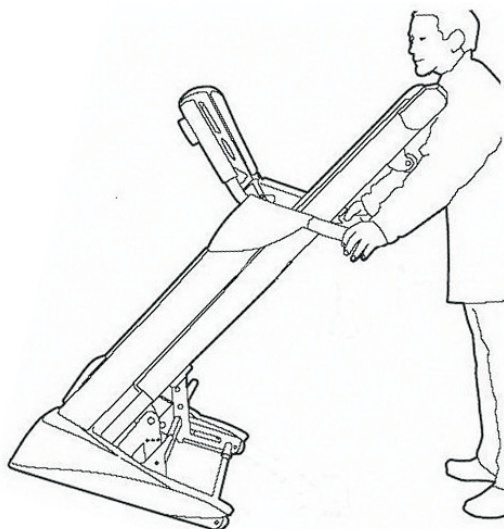


TREADMILL AND CONSOLE (cont'd)

MOVING THE UNIT

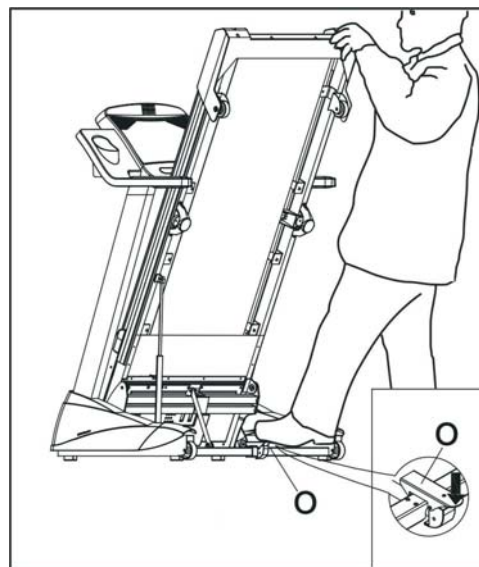
NOTE: Do not move across an uneven floor.

1. Verify the electrical connector is unplugged and the unit is folded.
2. Place your hands on the handrails and push the treadmill using the two wheels.



UNFOLDING THE UNIT

1. Verify the space under the treadmill is clear and children are not near.
2. Press lever (O) down as shown by the arrow.
3. The treadmill will slowly lower down to the floor.



POSITION THE TREADMILL

1. For safety, maintain a minimum clearance around the treadmill. Maintain 18 inches on the front and on each side of the treadmill plus 24 inches at the rear of the treadmill.
2. Store the unit in a dry place away from direct sunlight and temperature changes.



TREADMILL AND CONSOLE (cont'd)

TS2



KEY FUNCTIONS

START – This key is used to begin any treadmill program.

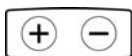
PROGRAM – This key is used to enter into the programs.

STOP/RESET – This key is used to stop the treadmill at any time. Press STOP/RESET once to stop the running belt. Press STOP a second time and hold 5 seconds until it beeps to end the program and set the incline to zero from an elevated position.

ENTER – This key is used to confirm the value of the current selection.



These keys are used to adjust the elevation of the treadmill.



These keys are used to adjust the speed of the treadmill.

INSTANT SPEED – You can change the speed of the treadmill by pressing one of the Instant Key buttons.

CONSOLE FEEDBACK

TIME – This will read the number of minutes left in the program that you have selected or the number of minutes since beginning the test.

CALORIES – This reading is the amount of body heat in calories burned during your workout. As with all pieces of exercise equipment, this is an estimated value.



TREADMILL AND CONSOLE (cont'd)

PULSE – Pulse will display in Beats Per Minute (BPM).

SPEED – This is how fast the treadmill moves in Miles Per Hour (MPH).

DISTANCE – Total distance traveled during your workout in miles.

INCLINE – Incline will read as a percent of grade.

NOTE: If the Incline is elevated and the belt is not moving, press the STOP for 5 seconds until the unit beeps to lower the incline to zero.

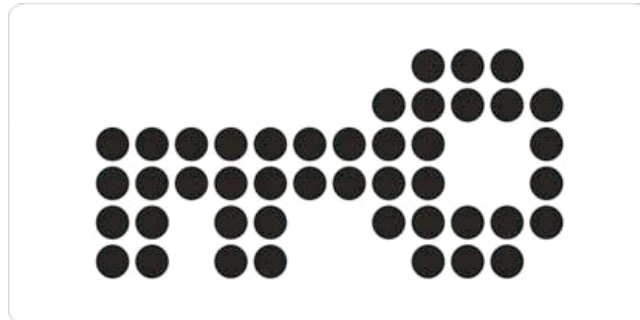
USING HEART RATE

NOTE: See page 34 for Target Heart Rate Instructions.

PULSE GRIP – To check the heart rate, grasp the sensor grips at the base of the console. The PULSE LED will blink and after about 9 seconds your pulse reading will display in the pulse window.

NOTE: For an immediate stop, pull the safety key out of the safety key recess and the treadmill will stop abruptly.

Anytime the SAFETY KEY is removed, an audible beep will sound; the window will display a profile of a key as below and the rest will display “ — ”. Place the SAFETY KEY to restore the treadmill operation



1. Under Start/Ready position, press MODE key to enter edit mode.
2. Under Start/Ready position, press Quick / Start key to start Manual run
3. For safety reasons, the incline function of this system will return to level zero upon starting an exercise or when the STOP key was pressed



SECTION 4

WORKOUT PROGRAMS

Your BH FITNESS treadmill will provide both manual controlled and factory installed preset workout programs.

In MANUAL, you control the speed and/or elevation at your discretion.

In PRESET programs, the speed and/or elevation will change in accordance with the program's profile (as illustrated on the following pages).

In any program, pressing the STOP will pause the current program. To resume the current program press the START key. To exit the current program and return to the START/READY status, press and hold the STOP again for 3 to 5 seconds until the console beeps.



WORKOUT PROGRAMS (cont'd)

Operating Instructions

1. In Start/Ready position, press MODE key to enter edit mode.
2. In Start/Ready position, press Quick / Start key to start a Manual run
- 3.1 During workout, press STOP key and system will go into PAUSE status. The motor will stop and incline motor will automatically return to the default position (level zero).
- 3.2 When setting program or finished executing the target program or time reaches the set value, the system will enter RUN END status, main motor will stop and incline motor will automatically return to the default position (level zero).
- 3.3 Under Start/Ready status, if incline is not at the original position, either press and hold STOP key for 5 seconds or press START key, it will automatically return to the default position.

Edit Mode

1. In Start/Ready position, press MODE key and press INCLINE   to select Goal mode and Program mode.
2. Program Mode: Press INCLINE   to select the Program (P1~P11), and the PROGRAM window will flash, the window will show P1-P11 to edit. After edit, press ENTER or Quick / Start to start the machine. If you press START directly during edit, the un-edited parameters take pre-set values. During edit, INCLINE and SPEED window will display lowest level value. The matrix window will display the picture.
3. WARM UP and COOL DOWN functions: During WARM UP or Program position, change speed or inclination, the value will increase or decrease in the next level. COOL DOWN is not affected and STOP is the only function which can be carried out.
4. PROGRAM has 32 segments in all. The 1st three segments of 1 minute each are for WARM UP, the last three segments of 1 minute each are for COOL DOWN. This means for each program executed, there are 3 minutes for WARM UP and 3 minutes for COOL DOWN. The rest of the target time will be divided into 26 segments.
5. 9 HOLES mode does not have WARM UP or COOL DOWN. When distance reaches 2.17 miles, the motor will stop and message "End" will display.



WORKOUT PROGRAMS (cont'd)

Program Operation and Instruction

Manual Mode

1. When press START, the treadmill counts down from 3, and the motor will start at 0.6mph. A progress LED will blink in the counterclockwise direction of a lap. Each lap represents 0.4KM (0.25MIL)
2. Press SPEED key to change speed or press instant speed keys 1 - 2 - 4 - 6 - 8 - 10 for convenient direct speed selection
3. Press INCLINE key to change incline or press instant incline keys 1 - 2 - 4 - 6 - 8 - 10 - 12 for convenient direct incline selection
4. Press Stop while the belt is rolling, the motor will stop and the incline motor will return to the original position and window displays "PAUSE". If START key is pressed during PAUSE, treadmill will resume the same speed & incline before it went into PAUSE.

Program Mode

P1 Goal

In Start/Ready status, press MODE key to enter program mode and P1 LED will blink.

Press ENTER to confirm, press ENTER at TIME and the window will blink. At this point user can press ENTER key to select TIME, DIS or CAL to set and press ENTER key to confirm and enter the editing of the following items.

Time Setting Range: 5~99 min preset value:20 min step:1 minute

Distance Setting Range: 1~99 mile preset value:5 miles step:1 mile

Calorie Setting Range:40~999 cal preset value:200 cal step:1

After setting the function values, press ENTER key to confirm and press START key to begin the MANUAL PROGRAM or press START key directly to start after setting.

In Start/Ready status, press MODE key to switch between program and manual. Use INCLINE to select P2 ~ P7. Press ENTER to accept. Change LEVEL using SPEED to set value and press ENTER to accept. Repeat the same for TIME then press start to execute program.

P2 9 Holes	LEVEL Preset 1 Range 1~10 step1 Distance is 2188 feet
P3 Hill Climb	LEVEL Preset 1 Range 1~10 step 1 Time Preset 30min Range 20~99min step 1 min
P4 Hill Run	LEVEL Preset 1 Range 1~10 step 1 Time Preset 30min Range 20~99min step 1 min
P5 Interval	LEVEL Preset 1 Range 1~10 step 1 Time Preset 30min Range 20~99min step 1 min
P6 Rolling	LEVEL Preset 1 Range 1~10 step1 Time Preset 30min Range 20~99min step 1 min
P7 Weight Loss	LEVEL Preset 1 Range 1~10 step 1 Time Preset 30min Range 20~99min step 1 min



WORKOUT PROGRAMS (cont'd)

P8 Racing

1. Select P8 from Program. Racing Program will display in the window
2. Press "ENTER" to confirm the P8 program. Racing distance 1.0 will be blinking on the display waiting for the racing distance input.

Note : If user didn't set the target distance, he cannot continue to the next step.

3. Set distance and press "ENTER" to confirm value. Racing time will be blinking in the display area waiting for racing time input.

Like above, user must set target time or he cannot continue to the next step.

4. Press "START" to begin racing
 - The upper track represents the computer (racer 1) and the lower track represents the user (racer 2)
 - The first track displays distance, unit is MIL and target distance is 20.
 - Computer speed is setup by target distance/target time, unit is MIL/HR.
 - User can adjust speed and incline under Manual mode. Only distance and time values can be setup during this program.
 - Anyone of the racers reaches the target distance, the treadmill will stop.
 - If racer 1 (computer) reaches the target distance first, YOU LOSE message will display.
 - If racer 2 (user) reaches the target distance first, YOU WIN message will display
 - Press any key to exit the result.

P9 P10 Custom

Time Preset 32min Range 20~99min step 1 min

PROGRAM has 32 segments in all (SE01~SE32) and all the pre-set values are the lowest value



WORKOUT PROGRAMS (cont'd)

P11 HRC 65% 75% 85% THR (Target Heart Rate) This function must be used together with Chest Belt

Dot Matrix window displays HRC

This is self-training based on heart rate. The machine receives the heart rate reading from the chest belt worn by the runner. If the heart rate meets the goal set, the speed and elevation will keep within a certain range for best training effort.

To use this program, follow the steps below:

1. In Start/Ready status, press MODE key and PROGRAM   key to select HRC (P11) and the representative picture will display in the Dot Matrix. Press ENTER to confirm and enter into the program control function edit.
2. At this time, the window will display AGE (blinking). Press   key to adjust the age (Age range:13~80 Preset Value:30 step is 1), and press ENTER to confirm.
3. Window will display 65% program control mode. Press   key to select the program control mode from 65%,75%,85% and THR. Press ENTER to confirm.

If entering 65%,75% or 85% program control mode, adjust the age (Age range:13~80 Preset Value:30 step is 1) and press ENTER to set TIME. (Range:5~99min Preset Value:20min step is 1)

If entering THR program control mode, window will display THR and PULSE LCD is blinking. The program will ask for pulse value which will change with the ages. Refer to the chart attached for age and pulse accordingly. Choose suitable value for the age and press  or  to adjust the pulse value. If no change is necessary, press ENTER and program will execute according to the preset values.

At this time, TIME is blinking and user can press   key to select the desired time or press QUICK/START directly to start the exercise without count down. (Time Range:5~99min, Preset value:20min step is 1)

4. Under HRC program control mode, the treadmill will start at a speed of 1.6 KPH(1MPH) and zero incline. The program will change the speed and incline according to the pulse value of user during workout.
5. If no pulse is detected while the HRC program is being executed, the screen will display NO . If pulse continues to be missing for 30 seconds, the program will stop and exit to Start/Ready status.



WORKOUT PROGRAMS (cont'd)

** This chart is about Age and Pulse Value (default value) for HRC Function

Age	BPM			Age	BPM			Age	BPM			Age	BPM		
	H	preset	L		H	preset	L		H	preset	L		H	preset	L
13	197	124	124	31	180	113	113	49	162	103	103	67	145	92	92
14	196	124	124	32	179	113	113	50	162	102	102	68	144	91	91
15	195	123	123	33	178	112	112	51	161	101	101	69	143	91	91
16	194	122	122	34	177	112	112	52	160	101	101	70	143	90	90
17	193	122	122	35	176	111	111	53	159	100	100	71	142	90	89
18	192	121	121	36	175	110	110	54	158	100	100	72	141	90	89
19	191	121	121	37	174	110	110	55	157	99	99	73	140	90	88
20	190	120	120	38	173	109	109	56	156	98	98	74	139	90	88
21	189	119	119	39	172	109	109	57	155	98	98	75	138	90	87
22	188	119	119	40	171	108	108	58	154	97	97	76	137	90	86
23	187	118	118	41	170	107	107	59	153	97	97	77	136	90	86
24	186	118	118	42	169	107	107	60	152	96	96	78	135	90	85
25	185	117	117	43	168	106	106	61	151	95	95	79	134	90	85
26	184	116	116	44	167	106	106	62	150	95	95	80	133	90	84
27	183	116	116	45	166	105	105	63	149	94	94				
28	182	115	115	46	165	104	104	64	148	94	94				
29	181	115	115	47	164	104	104	65	147	93	93				
30	181	114	114	48	163	103	103	66	146	92	92				

PULSE function: Detect heart rate signal during workout, range is 40 -200 BPM. This pulse reading could be either from hand pulse sensors or from wireless heart rate belt. Wireless pulse has first priority



WORKOUT PROGRAMS (cont'd)

9 HOLE(1)



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
 SPEED (Km/hr)	1.6	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6	1.6	
 SPEED (Mil/hr)	1.0	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0	1.0
 INCLINE (LEVEL)	0.0	0.0	1.0	1.0	1.0	1.0	1.0	2.0	1.0	1.0	1.0	1.0	2.0	1.0	1.0	1.0	2.0	1.0	1.0	1.0	1.0	2.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0	0.0	



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
 SPEED (Km/hr)	1.6	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6	1.6		
 SPEED (Mil/hr)	1.0	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0	1.0
 INCLINE (LEVEL)	0.0	0.0	1.0	1.0	1.0	1.0	1.0	2.0	1.0	1.0	1.0	1.0	2.0	1.0	1.0	1.0	2.0	3.0	1.0	1.0	1.0	1.0	2.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0	0.0	



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
 SPEED (Km/hr)	1.6	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6	1.6	
 SPEED (Mil/hr)	1.0	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0	1.0
 INCLINE (LEVEL)	0.0	0.0	1.0	1.0	1.0	1.0	1.0	3.0	1.0	1.0	1.0	1.0	3.0	1.0	1.0	1.0	2.0	3.0	1.0	1.0	1.0	1.0	3.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0	0.0



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
 SPEED (km/hr)	1.6	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6	1.6	
 SPEED (mi/hr)	1.0	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0	1.0
 INCLINE	0.0	0.0	1.0	1.0	1.0	1.0	3.0	1.0	1.0	1.0	1.0	3.0	1.0	1.0	1.0	3.0	4.0	1.0	1.0	1.0	1.0	3.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0	0.0	

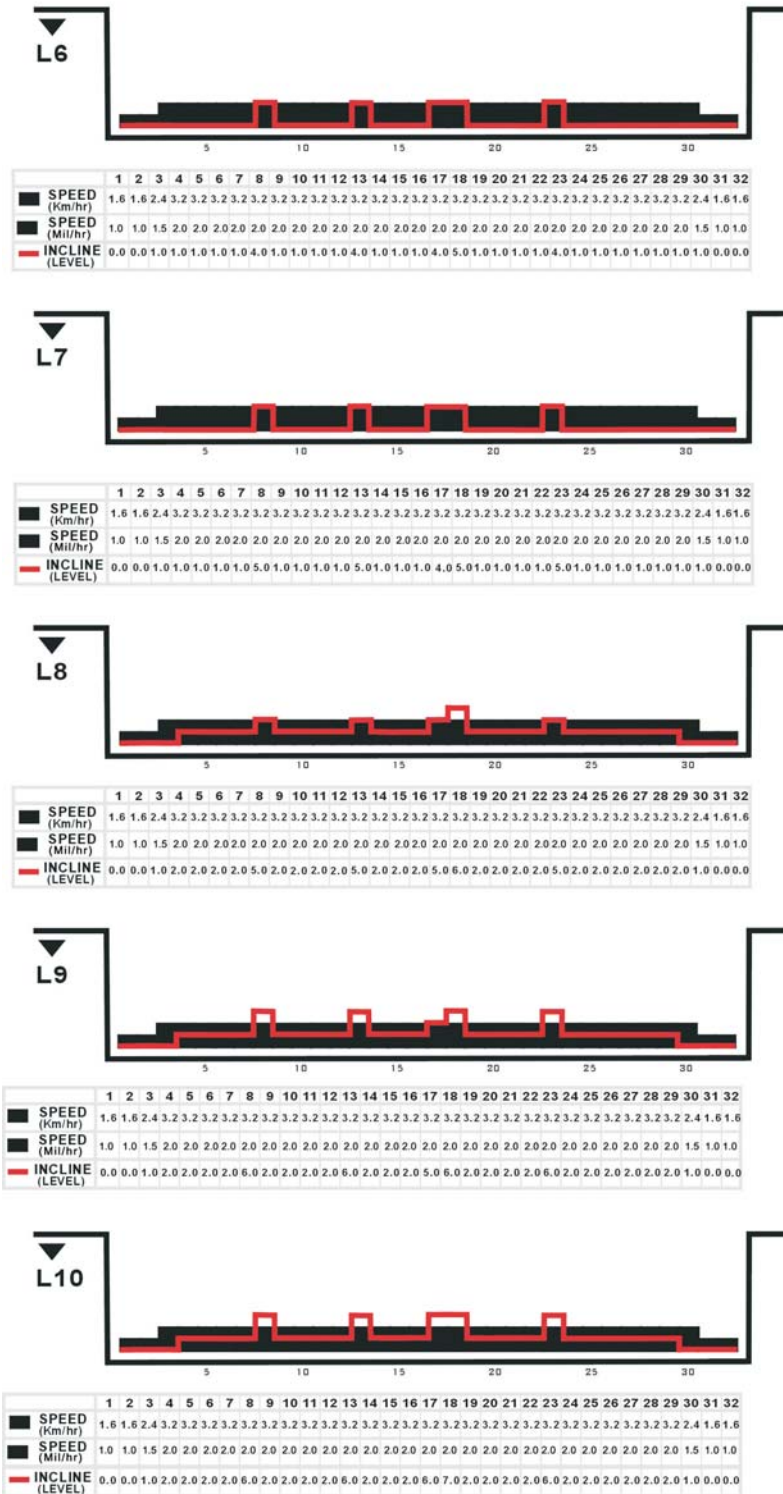


	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
 SPEED (Km/hr)	1.6	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6	1.6	
 SPEED (Mil/hr)	1.0	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0	1.0
 INCLINE	0.0	0.0	1.0	1.0	1.0	1.0	1.0	4.0	1.0	1.0	1.0	1.0	4.0	1.0	1.0	1.0	3.0	4.0	1.0	1.0	1.0	1.0	4.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0	0.0



WORKOUT PROGRAMS (cont'd)

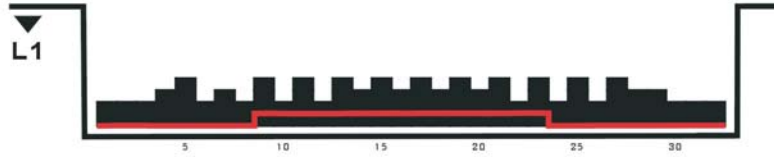
9 HOLE(2)





WORKOUT PROGRAMS (cont'd)

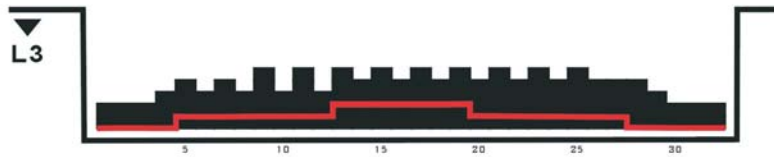
HILL CLIMB(1)



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
SPEED (Km/hr)	2.4	2.4	3.2	4.0	5.6	3.2	4.8	3.2	6.4	3.2	6.4	3.2	6.4	4.0	6.4	4.0	6.4	4.0	6.4	4.0	6.4	3.2	6.4	3.2	6.4	3.2	5.6	4.8	4.0	3.2	2.4	2.4
SPEED (Mil/hr)	1.5	1.5	2.0	2.5	3.5	2.0	3.0	2.0	4.0	2.0	4.0	2.0	4.0	2.5	4.0	2.5	4.0	2.5	4.0	2.5	4.0	2.0	4.0	2.0	4.0	2.0	3.5	3.0	2.5	2.0	1.5	1.5
INCLINE (LEVEL)	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.3	0.3	0.2	0.2	0.2	0.2	0.1	0.1	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0



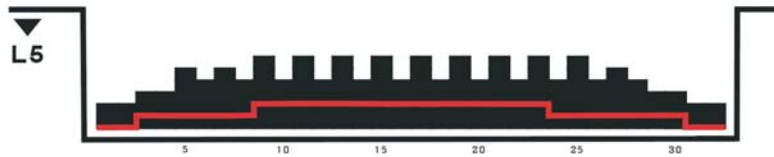
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
SPEED (Km/hr)	2.4	2.4	3.2	4.0	6.4	4.0	5.6	4.0	7.2	4.0	7.2	4.0	7.2	4.8	7.2	4.8	7.2	5.6	7.2	4.8	7.2	4.0	7.2	4.0	7.2	4.0	6.4	5.6	4.0	3.2	2.4	2.4
SPEED (Mil/hr)	1.5	1.5	2.0	2.5	4.0	2.5	3.5	2.5	4.5	2.5	4.5	2.5	4.5	3.0	4.5	3.0	4.5	3.5	4.5	3.0	4.5	2.5	4.5	2.5	4.5	2.5	4.0	3.5	2.5	2.0	1.5	1.5
INCLINE (LEVEL)	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.4	0.3	0.3	0.3	0.3	0.3	0.2	0.2	0.2	0.2	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
SPEED (Km/hr)	2.4	2.4	3.2	4.0	7.2	4.0	6.4	4.8	8.0	4.8	8.0	4.8	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	4.8	8.0	4.8	8.0	4.8	7.2	5.6	4.0	3.2	2.4	2.4
SPEED (Mil/hr)	1.5	1.5	2.0	2.5	4.5	2.5	4.0	3.0	5.0	3.0	5.0	3.0	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.0	5.0	3.0	5.0	3.0	4.5	3.5	2.5	2.0	1.5	1.5
INCLINE (LEVEL)	0.0	0.0	0.1	0.1	0.2	0.2	0.2	0.3	0.3	0.3	0.3	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.3	0.3	0.3	0.2	0.2	0.2	0.2	0.1	0.1	0.1	0.0	0.0	0.0	0.0



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
SPEED (Km/hr)	3.2	3.2	4.0	4.8	8.0	4.8	8.0	4.8	8.0	5.6	8.0	5.6	8.0	6.4	8.0	6.4	8.0	6.4	8.0	6.4	8.0	5.6	8.0	5.6	8.0	5.6	8.0	6.4	4.8	4.0	3.2	3.2
SPEED (Mil/hr)	2.0	2.0	2.5	3.0	5.0	3.0	5.0	3.0	5.0	3.5	5.0	3.5	5.0	4.0	5.0	4.0	5.0	4.0	5.0	4.0	5.0	3.5	5.0	3.5	5.0	3.5	5.0	4.0	3.0	2.5	2.0	2.0
INCLINE (LEVEL)	1.0	1.0	1.0	1.0	2.0	2.0	2.0	2.0	3.0	3.0	3.0	3.0	4.0	4.0	4.0	4.0	5.0	5.0	5.0	5.0	4.0	4.0	4.0	4.0	3.0	3.0	3.0	2.0	2.0	2.0	1.0	1.0



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
 SPEED (Km/hr)	3.2	3.2	4.0	4.8	8.0	5.6	8.0	5.6	8.0	6.4	8.0	6.4	8.0	9.6	8.0	9.6	7.2	9.6	7.2	9.6	7.2	9.6	6.4	8.0	6.4	8.0	6.4	5.6	4.8	4.0	3.2	3.2
 SPEED (Mil/hr)	2.0	2.0	2.5	3.0	5.5	3.5	5.5	3.5	6.0	4.0	6.0	4.0	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.0	6.0	3.5	5.5	4.5	3.0	2.5	2.0	
 INCLINE (LEVEL)	1.0	1.0	2.0	2.0	3.0	3.0	3.0	3.0	4.0	4.0	4.0	4.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	4.0	4.0	4.0	4.0	3.0	3.0	3.0	3.0	2.0	2.0	2.0	1.0	1.0

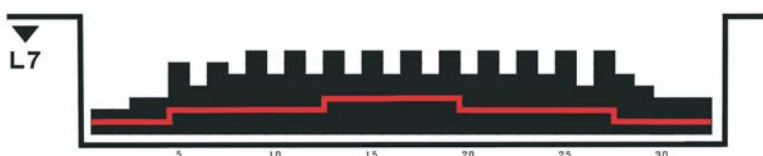


WORKOUT PROGRAMS (cont'd)

HILL CLIMB(2)



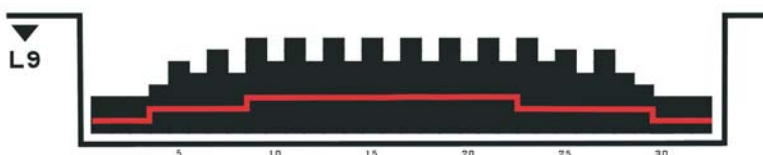
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
■ SPEED (Km/hr)	3.2	3.2	4.0	4.8	6.4	6.4	9.6	6.4	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	7.2	10.4	7.2	10.4	6.4	9.6	8.0	4.8	4.0	3.2	3.2
■ SPEED (Mil/hr)	2.0	2.0	2.5	3.0	6.0	4.0	6.0	4.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	4.5	6.5	4.5	6.5	4.0	6.0	5.0	3.0	2.5	2.0	2.0
— INCLINE (LEVEL)	2.0	2.0	2.0	3.0	3.0	3.0	4.0	4.0	4.0	4.0	5.0	5.0	5.0	5.0	6.0	6.0	6.0	5.0	5.0	5.0	5.0	4.0	4.0	4.0	4.0	3.0	3.0	3.0	2.0	2.0	2.0	2.0



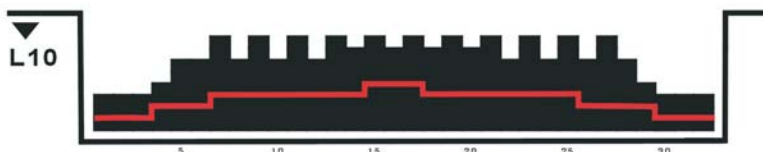
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
■ SPEED (Km/hr)	3.2	3.2	4.0	4.8	10.4	7.2	10.4	8.0	11.2	8.0	11.2	8.0	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.0	11.2	8.0	11.2	7.2	11.2	8.0	5.6	4.8	4.0	4.0
■ SPEED (Mil/hr)	2.0	2.0	2.5	3.0	6.5	4.5	6.5	5.0	7.0	5.0	7.0	5.0	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.0	7.0	5.0	7.0	4.5	7.0	5.0	3.5	3.0	2.5	2.5
— INCLINE (LEVEL)	2.0	2.0	2.0	3.0	4.0	4.0	4.0	4.0	5.0	5.0	5.0	5.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	5.0	5.0	5.0	4.0	4.0	4.0	3.0	3.0	3.0	2.0	2.0	2.0



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32		
 SPEED (Km/hr)	4.0	4.0	4.8	5.6	10.4	8.0	11.2	8.0	12.0	8.8	12.0	8.8	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	8.8	11.2	8.8	11.2	8.0	11.2	8.0	5.6	4.8	4.0	4.0		
 SPEED (Mil/hr)	2.5	2.5	3.0	3.5	6.5	5.0	7.0	5.0	7.5	5.5	7.5	5.5	7.5	6.0	7.5	6.0	7.5	6.0	7.5	6.0	7.5	5.5	7.0	5.5	7.0	5.0	7.0	5.0	3.5	3.0	2.5	2.5		
 INCLINE (LEVEL)	2.0	2.0	3.0	3.0	4.0	4.0	5.0	5.0	5.0	6.0	6.0	6.0	6.0	6.0	7.0	7.0	7.0	7.0	7.0	7.0	6.0	6.0	6.0	6.0	5.0	5.0	5.0	4.0	4.0	4.0	3.0	3.0	2.0	2.0



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
 SPEED (Km/hr)	4.0	4.0	4.8	5.6	10.4	9.6	12.0	8.8	12.8	9.6	12.8	9.6	12.8	10.4	12.8	10.4	12.8	10.4	12.8	9.6	12.8	9.6	12.0	8.8	12.0	8.0	5.6	4.8	4.0	4.0	4.0	
 SPEED (Mil/hr)	2.5	2.5	3.0	3.5	6.5	5.5	7.5	5.5	8.0	6.0	8.0	6.0	8.5	6.5	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.0	8.0	6.0	7.5	5.5	7.5	5.0	3.5	3.0	2.5	2.5
 INCLINE (LEVEL)	2.0	2.0	3.0	3.0	4.0	5.0	5.0	5.0	6.0	6.0	6.0	6.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	6.0	6.0	6.0	6.0	5.0	5.0	5.0	4.0	4.0	3.0	2.0	2.0

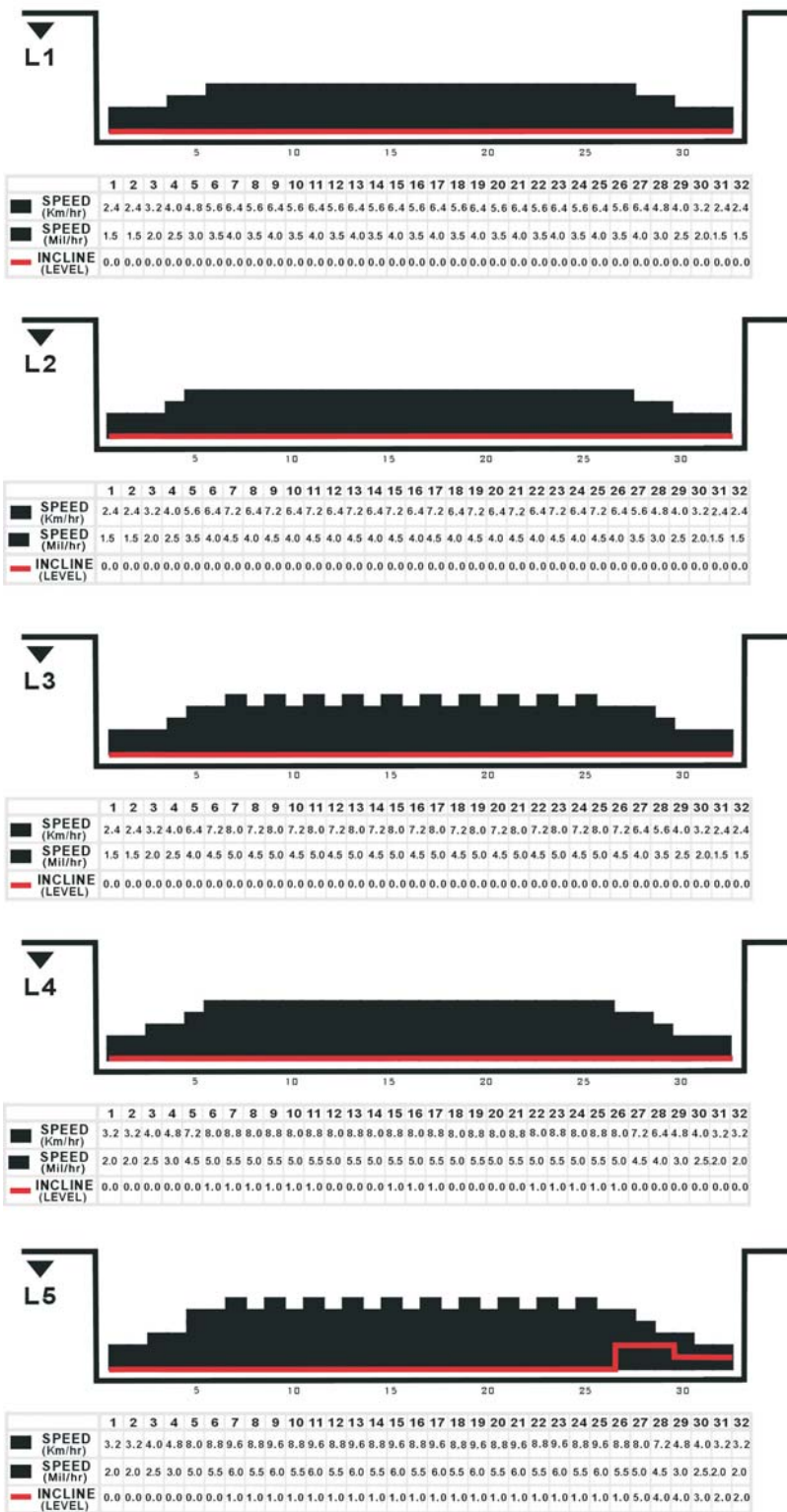


	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
 SPEED (Km/hr)	4.0	4.0	4.8	5.6	10.4	9.6	12.8	9.6	12.8	10.4	13.6	10.4	13.6	11.2	13.6	11.2	13.6	11.2	13.6	11.2	13.6	10.4	13.6	10.4	13.6	9.6	12.0	10.4	5.6	4.8	4.0	4.0
 SPEED (Mil/hr)	2.5	2.5	3.0	3.5	6.5	6.0	8.0	6.0	8.0	6.5	8.5	6.5	8.5	7.0	8.5	7.0	8.5	7.0	8.5	7.0	8.5	7.0	8.5	6.5	8.5	6.5	6.0	7.5	6.5	3.0	2.5	2.5
 INCLINE (LEVEL)	2.0	2.0	3.0	3.0	5.0	5.0	6.0	6.0	6.0	6.0	7.0	7.0	7.0	7.0	8.0	8.0	8.0	7.0	7.0	7.0	7.0	6.0	6.0	6.0	6.0	5.0	5.0	4.0	4.0	3.0	2.0	2.0



WORKOUT PROGRAMS (cont'd)

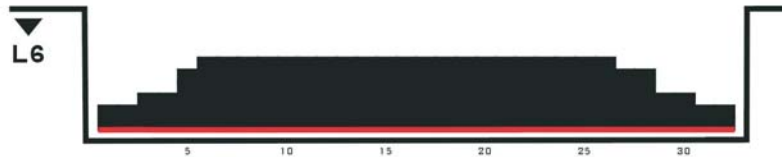
HILL RUN(1)



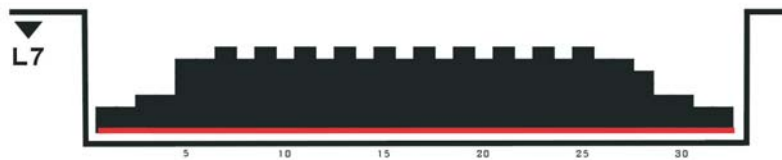


WORKOUT PROGRAMS (cont'd)

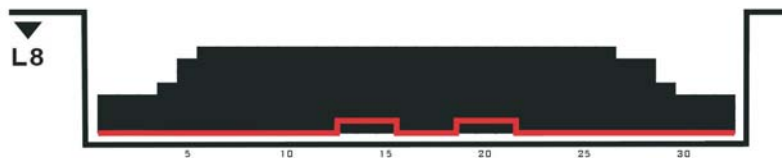
HILL RUN(2)



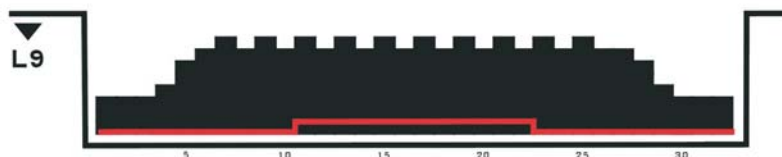
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
■ SPEED (Km/hr)	3.2	3.2	4.0	4.0	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4
■ SPEED (Mile/hr)	2.0	2.0	2.5	3.0	5.5	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0
■ INCLINE (LEVEL)	0.0	0.0	0.0	0.0	0.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0



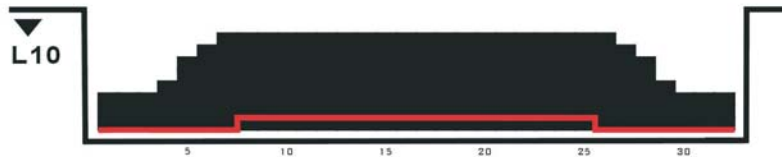
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
■ SPEED (Km/hr)	3.2	3.2	4.0	4.0	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4
■ SPEED (Mile/hr)	2.0	2.0	2.5	3.0	5.5	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0
■ INCLINE (LEVEL)	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
■ SPEED (Km/hr)	4.0	4.0	4.0	4.0	5.6	10.4	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0
■ SPEED (Mile/hr)	2.5	2.5	2.5	2.5	3.5	6.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5
■ INCLINE (LEVEL)	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
■ SPEED (Km/hr)	4.0	4.0	4.0	4.0	5.6	10.4	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0
■ SPEED (Mile/hr)	2.5	2.5	2.5	2.5	3.5	6.5	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0
■ INCLINE (LEVEL)	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
■ SPEED (Km/hr)	4.0	4.0	4.0	4.0	5.6	10.4	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0
■ SPEED (Mile/hr)	2.5	2.5	2.5	2.5	3.5	6.5	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0
■ INCLINE (LEVEL)	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0

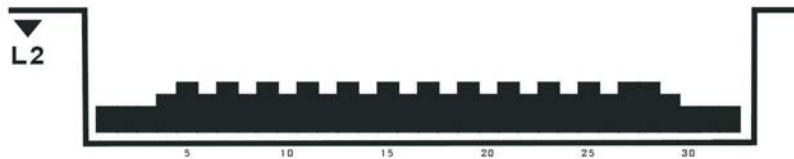


WORKOUT PROGRAMS (cont'd)

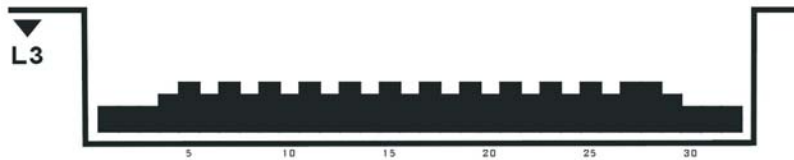
INTERVAL(1)



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
 SPEED (Km/hr)	2.4	2.4	3.2	4.0	5.6	3.2	5.6	3.2	5.6	3.2	5.6	3.2	5.6	3.2	5.6	3.2	5.6	3.2	5.6	3.2	5.6	3.2	5.6	3.2	5.6	3.2	5.6	4.0	3.2	2.4	2.4	
 SPEED (Mile/hr)	1.5	1.5	2.0	2.5	3.5	2.0	3.5	2.0	3.5	2.0	3.5	2.0	3.5	2.0	3.5	2.0	3.5	2.0	3.5	2.0	3.5	2.0	3.5	2.0	3.5	2.0	3.5	3.0	2.5	2.0	1.5	



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
 SPEED (Km/hr)	2.4	2.4	3.2	4.0	6.4	3.2	6.4	3.2	6.4	3.2	6.4	3.2	6.4	3.2	6.4	3.2	6.4	3.2	6.4	3.2	6.4	3.2	6.4	3.2	6.4	3.2	6.4	4.0	3.2	2.4	2.4	
 SPEED (Mile/hr)	1.5	1.5	2.0	2.5	4.0	2.0	4.0	2.0	4.0	2.0	4.0	2.0	4.0	2.0	4.0	2.0	4.0	2.0	4.0	2.0	4.0	2.0	4.0	2.0	4.0	2.0	4.0	3.0	2.5	2.0	1.5	



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
SPEED (Km/hr)	2.4	2.4	3.2	4.0	7.2	4.8	7.2	4.8	7.2	4.8	7.2	4.8	7.2	4.8	7.2	4.8	7.2	4.8	7.2	4.8	7.2	4.8	7.2	4.8	7.2	4.8	7.2	5.6	4.0	3.2	2.4	
SPEED (Mile/hr)	1.5	1.5	2.0	2.5	4.5	3.0	4.5	3.0	4.5	3.0	4.5	3.0	4.5	3.0	4.5	3.0	4.5	3.0	4.5	3.0	4.5	3.0	4.5	3.0	4.5	3.0	4.5	3.5	2.5	2.0	1.5	



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
 SPEED (Km/hr)	3.2	3.2	4.0	4.8	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	6.4	4.8	4.0	3.2	3.2
 SPEED (Mile/hr)	2.0	2.0	2.5	3.0	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.5	5.0	4.0	3.0	2.5	2.0	2.0

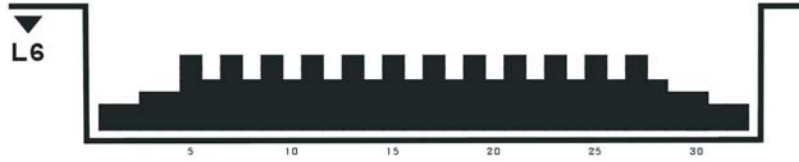


	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
 SPEED (Km/hr)	3.2	3.2	4.0	4.8	8.0	6.4	8.0	6.4	8.0	6.4	8.0	6.4	8.0	6.4	8.0	6.4	8.0	6.4	8.0	6.4	8.0	6.4	8.0	6.4	8.0	6.4	8.0	7.2	4.8	4.0	3.2	
 SPEED (Mile/hr)	2.0	2.0	2.5	3.0	5.0	4.0	5.0	4.0	5.0	4.0	5.0	4.0	5.0	4.0	5.0	4.0	5.0	4.0	5.0	4.0	5.0	4.0	5.0	4.0	5.0	4.0	5.0	4.5	3.0	2.5	2.0	

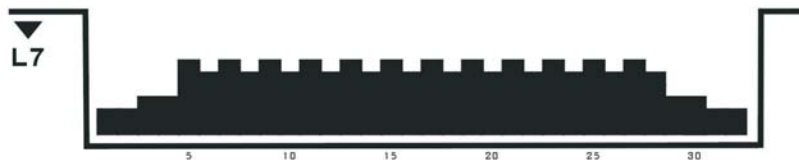


WORKOUT PROGRAMS (cont'd)

INTERVAL(2)



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
SPEED (Km/hr)	3.2	3.2	4.0	4.8	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	4.8	4.0	3.2	3.2
SPEED (Mil/hr)	2.0	2.0	2.5	3.0	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.5	3.0	2.5	2.0	2.0



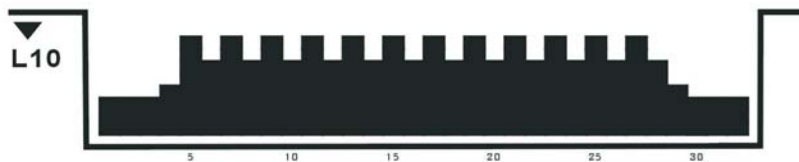
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
SPEED (Km/hr)	3.2	3.2	4.0	4.8	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	4.8	4.0	3.2	3.2
SPEED (Mil/hr)	2.0	2.0	2.5	3.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	3.0	2.5	2.0	2.0



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
SPEED (Km/hr)	4.0	4.0	4.8	5.6	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.8	5.6	4.8	4.0	4.0
SPEED (Mil/hr)	2.5	2.5	3.0	3.5	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.5	3.5	3.0	2.5	2.5



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
SPEED (Km/hr)	4.0	4.0	4.8	5.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	5.6	4.8	4.0	4.0
SPEED (Mil/hr)	2.5	2.5	3.0	3.5	7.5	6.0	7.5	6.0	7.5	6.0	7.5	6.0	7.5	6.0	7.5	6.0	7.5	6.0	7.5	6.0	7.5	6.0	7.5	6.0	7.5	6.0	7.5	6.0	3.5	3.0	2.5	2.5



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
SPEED (Km/hr)	4.0	4.0	4.8	5.6	12.8	10.4	12.8	10.4	12.8	10.4	12.8	10.4	12.8	10.4	12.8	10.4	12.8	10.4	12.8	10.4	12.8	10.4	12.8	10.4	12.8	10.4	12.8	10.4	5.6	4.8	4.0	4.0
SPEED (Mil/hr)	2.5	2.5	3.0	3.5	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.5	3.5	3.0	2.5	2.5



WORKOUT PROGRAMS (cont'd)

ROLLING(1)



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
■ SPEED (km/hr)	2.4	2.4	3.2	4.0	4.8	5.6	4.8	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	4.8	4.8	4.0	3.2	2.4	2.4
■ SPEED (mi/hr)	1.5	1.5	2.0	2.5	3.0	3.5	3.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	3.0	3.0	2.5	2.0	1.5	1.5



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
■ SPEED (km/hr)	2.4	2.4	3.2	4.0	4.8	5.6	6.4	5.6	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	5.6	4.8	4.0	3.2	2.4	2.4
■ SPEED (mi/hr)	1.5	1.5	2.0	2.5	3.0	3.5	4.0	3.5	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	3.5	3.0	2.5	2.0	1.5	1.5



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
■ SPEED (km/hr)	2.4	2.4	3.2	4.0	5.6	6.4	7.2	6.4	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	6.4	5.6	4.0	3.2	2.4	2.4
■ SPEED (mi/hr)	1.5	1.5	2.0	2.5	3.5	4.0	4.5	4.0	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	4.0	3.5	2.5	2.0	1.5	1.5



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
■ SPEED (km/hr)	3.2	3.2	4.0	4.8	6.4	7.2	8.0	7.2	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	7.2	6.4	4.8	4.0	3.2	3.2
■ SPEED (mi/hr)	2.0	2.0	2.5	3.0	4.0	4.5	5.0	4.5	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	4.5	4.0	3.0	2.5	2.0	2.0



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
■ SPEED (km/hr)	3.2	3.2	4.0	4.8	6.4	8.0	8.8	8.0	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	8.0	6.4	4.8	4.0	3.2	3.2
■ SPEED (mi/hr)	2.0	2.0	2.5	3.0	4.0	5.0	5.5	5.0	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	5.0	4.0	3.0	2.5	2.0	2.0



WORKOUT PROGRAMS (cont'd)

ROLLING(2)



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
■ SPEED (Km/hr)	3.2	3.2	4.0	4.8	6.4	8.0	8.8	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	8.0	6.4	4.8	4.0	3.2	3.2
■ SPEED (Mil/hr)	2.0	2.0	2.5	3.0	4.0	5.0	5.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	5.0	4.0	3.0	2.5	2.0	2.0



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
■ SPEED (Km/hr)	4.0	4.0	4.8	5.6	7.2	8.8	9.6	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	9.6	8.0	7.2	5.6	4.8	4.0	4.0
■ SPEED (Mil/hr)	2.5	2.5	3.0	3.5	4.5	5.5	6.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.0	5.0	4.5	3.5	3.0	2.5	2.5



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
■ SPEED (Km/hr)	4.0	4.0	4.8	5.6	7.2	8.8	9.6	10.4	12.0	10.4	12.0	10.4	12.0	10.4	12.0	10.4	12.0	10.4	12.0	10.4	12.0	10.4	12.0	10.4	12.0	10.4	8.8	7.2	5.6	4.8	4.0	4.0
■ SPEED (Mil/hr)	2.5	2.5	3.0	3.5	4.5	5.5	6.0	6.5	7.5	6.5	7.5	6.5	7.5	6.5	7.5	6.5	7.5	6.5	7.5	6.5	7.5	6.5	7.5	6.5	7.5	6.5	5.5	4.5	3.5	3.0	2.5	2.5



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
■ SPEED (Km/hr)	4.0	4.0	4.8	5.6	7.2	8.8	10.4	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	11.2	9.6	8.0	5.6	4.8	4.0	4.0
■ SPEED (Mil/hr)	2.5	2.5	3.0	3.5	4.5	5.5	6.5	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.0	6.0	5.0	3.5	3.0	2.5	2.5



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
■ SPEED (Km/hr)	4.0	4.0	4.8	5.6	7.2	8.8	10.4	12.0	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	11.2	9.6	8.0	5.6	4.8	4.0	4.0
■ SPEED (Mil/hr)	2.5	2.5	3.0	3.5	4.5	5.5	6.5	7.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	7.0	6.0	5.0	3.5	3.0	2.5	2.5

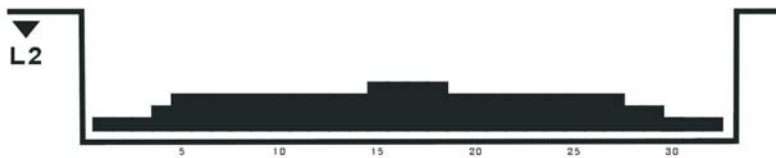


WORKOUT PROGRAMS (cont'd)

WEIGHT LOSS(1)



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
SPEED (Km/hr)	0.8	0.8	1.6	2.4	3.2	3.2	4.0	4.0	4.0	4.8	4.8	4.8	4.8	5.6	5.6	5.6	5.6	4.8	4.8	4.0	4.0	4.0	3.2	3.2	3.2	2.4	1.6	0.8	0.8			
 SPEED (Mile/hr)	0.5	0.5	1.0	1.5	2.0	2.0	2.5	2.5	2.5	3.0	3.0	3.0	3.0	3.5	3.5	3.5	3.5	3.0	3.0	2.5	2.5	2.5	2.0	2.0	2.0	1.5	1.0	0.5	0.5			



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
■ SPEED (Km/hr)	0.8	0.8	1.6	2.4	4.0	4.0	4.0	4.8	4.8	5.6	5.6	5.6	5.6	6.4	6.4	6.4	5.6	5.6	5.6	5.6	4.8	4.8	4.8	4.0	4.0	4.0	3.2	2.4	1.6	0.8	0.8	
■ SPEED (Mile/hr)	0.5	0.5	1.0	1.5	2.5	2.5	2.5	3.0	3.0	3.5	3.5	3.5	3.5	4.0	4.0	4.0	3.5	3.5	3.5	3.5	3.0	3.0	3.0	3.0	2.5	2.5	2.5	2.0	1.5	1.0	0.5	0.5



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
■ SPEED (Km/hr)	0.8	0.8	1.6	2.4	4.0	4.8	5.6	5.6	5.6	6.4	6.4	6.4	6.4	7.2	7.2	7.2	6.4	6.4	5.6	5.6	5.6	4.8	4.8	4.8	4.0	4.0	4.0	3.2	2.4	1.6	0.8	0.8
■ SPEED (Mile/hr)	0.5	0.5	1.0	1.5	2.5	3.0	3.5	3.5	3.5	4.0	4.0	4.0	4.0	4.5	4.5	4.5	4.0	4.0	3.5	3.5	3.5	3.0	3.0	3.0	2.5	2.5	2.5	2.0	1.5	1.0	0.5	0.5



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
SPEED (Km/hr)	1.6	1.6	2.4	3.2	4.8	5.6	5.6	6.4	6.4	6.4	7.2	7.2	7.2	7.2	8.0	8.0	8.0	8.0	7.2	7.2	7.2	6.4	6.4	5.6	5.6	5.6	4.8	3.2	2.4	1.6	1.6	
 SPEED (Mile/hr)	1.0	1.0	1.5	2.0	3.0	3.5	3.5	4.0	4.0	4.0	4.5	4.5	4.5	4.5	5.0	5.0	5.0	4.5	4.5	4.5	4.0	4.0	3.5	3.5	3.5	3.0	2.0	1.5	1.0	1.0		



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
 SPEED (Km/hr)	1.6	1.6	2.4	3.2	4.8	5.6	6.4	7.2	7.2	8.0	8.0	8.0	8.0	8.8	8.8	8.8	8.8	8.0	8.0	7.2	7.2	6.4	6.4	5.6	5.6	5.6	4.8	3.2	2.4	1.6	1.6	
 SPEED (Mile/hr)	1.0	1.0	1.5	2.0	3.0	3.5	4.0	4.5	4.5	5.0	5.0	5.0	5.0	5.5	5.5	5.5	5.5	5.0	5.0	4.5	4.5	4.0	4.0	3.5	3.5	3.5	3.0	2.0	1.5	1.0	1.0	



WORKOUT PROGRAMS (cont'd)

WEIGHT LOSS(2)



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
SPEED (Km/hr)	1.6	1.6	2.4	3.2	5.6	6.4	7.2	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	9.6	9.6	9.6	8.8	8.8	8.8	8.0	8.0	8.0	7.2	7.2	7.2	6.4	3.2	2.4	1.6	1.6
SPEED (Mil/hr)	1.0	1.0	1.5	2.0	3.5	4.0	4.5	5.0	5.0	5.0	5.5	5.5	5.5	5.5	5.5	6.0	6.0	6.0	5.5	5.5	5.5	5.0	5.0	5.0	4.5	4.5	4.5	4.0	2.0	1.5	1.0	1.0



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
SPEED (Km/hr)	2.4	2.4	3.2	4.0	6.4	7.2	8.0	8.8	8.8	8.8	9.6	9.6	9.6	10.4	10.4	10.4	10.4	9.6	9.6	9.6	8.8	8.8	8.8	8.0	8.0	8.0	7.2	4.0	3.2	2.4	2.4	
SPEED (Mil/hr)	1.5	1.0	2.0	2.5	4.0	4.5	5.0	5.5	5.5	5.5	6.0	6.0	6.0	6.5	6.5	6.5	6.5	6.0	6.0	6.0	5.5	5.5	5.5	5.0	5.0	5.0	4.5	2.5	2.0	1.5	1.5	



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
 SPEED (Km/hr)	2.4	2.4	3.2	4.0	6.4	8.0	8.8	9.6	9.6	10.4	10.4	10.4	11.2	11.2	11.2	11.2	10.4	10.4	10.4	9.6	9.6	9.6	9.6	8.8	8.8	8.0	7.2	4.0	3.2	2.4	2.4	
 SPEED (Mil/hr)	1.5	1.5	2.0	2.5	4.0	5.0	5.5	6.0	6.0	6.5	6.5	6.5	6.5	6.5	7.0	7.0	7.0	7.0	6.5	6.5	6.5	6.0	6.0	6.0	6.0	5.5	5.5	4.5	2.5	2.0	1.5	1.5



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
 SPEED (Km/hr)	2.4	2.4	3.2	4.0	6.4	8.8	9.6	10.4	10.4	11.2	11.2	12.0	12.0	12.0	12.0	12.0	11.2	11.2	11.2	10.4	10.4	10.4	9.6	9.6	8.8	8.0	4.0	3.2	2.4	2.4		
 SPEED (Mil/hr)	1.5	1.5	2.0	2.5	4.0	5.5	6.0	6.5	6.5	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.0	7.0	7.0	6.5	6.5	6.5	6.0	6.0	5.5	5.0	2.5	2.0	1.5	1.5



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
 SPEED (Km/hr)	2.4	2.4	3.2	4.0	6.4	8.8	10.4	11.2	11.2	12.0	12.0	12.0	12.8	12.8	12.8	12.8	12.0	12.0	12.0	11.2	11.2	11.2	10.4	10.4	9.6	8.8	4.0	3.2	2.4	2.4		
 SPEED (Mil/hr)	1.5	1.5	2.0	2.5	4.0	5.5	6.5	7.0	7.0	7.0	7.5	7.5	7.5	7.5	8.0	8.0	8.0	7.5	7.5	7.5	7.0	7.0	7.0	6.5	6.5	6.0	5.5	2.5	2.0	1.5	1.5	



SECTION 5

CALCULATE YOUR TARGET HEART RATE

Heart Rate (HR) training has become one of the most popular forms of monitoring your workouts. Nothing tells you how your body is feeling like your own heart. By using your heart rate to tell you how hard to train, you can maximize your workout results.

STEP ONE

Determining your Maximum Heart Rate:

The standard calculation for determining your maximum heart rate, Beats Per Minute (BPM), is to take your age and subtracting it from the number 220.

Example: If you are 30 years of age, your maximum heart rate is:
 $220 - 30 = 190 \text{ BPM}$.

STEP TWO

Select your ideal workout HR Zone:

Once you have your maximum heart rate you can use it to determine your Target HR Zone based on your fitness goal(s).

Recent studies have shown:

60-70% of your maximum HR will allow you to loose weight.

70-80% of your maximum HR will improve your aerobic fitness.

80-85% of your maximum HR will increase your athletic performance.

NOTE: DO NOT exceed 85% of your maximum heart rate.

STEP THREE

Calculate your ideal Target HR:

Using the above percentages, you can calculate your ideal Target Heart Rate for your specific goal.

As an example, the average 30 year old can:

Maximize burn fat / weight loss, by maintaining ~123 BPM during a workout
 $190 * 0.65 = 123 \text{ BPM}$.

Improve aerobic fitness, by maintaining ~142 BPM during a workout
 $190 * 0.75 = 142 \text{ BPM}$.

Do not exceed 85% = $190 * 0.85 = 161 \text{ BPM}$.

Remember to **consult your family physician or health care professional** to develop a well-planned exercise program to fit your health needs.

PREVENTIVE MAINTENANCE

The running belt can shift to one side or simply 'skid over' when running. Run the machine at 3 mph for a few minutes to determine which side the belt is drifting towards, left or right. Center the belt using the Torque wrench.

If the belt is drifting left.

- i) Turn the treadmill off and unplug from the machine.
- ii) Tighten the left hexagonal head socket a $\frac{1}{4}$ turn (clockwise).
- iii) Loosen the right hexagonal head socket a $\frac{1}{4}$ turn (counterclockwise).
- iv) Run the belt at 3 mph again for a few minutes.

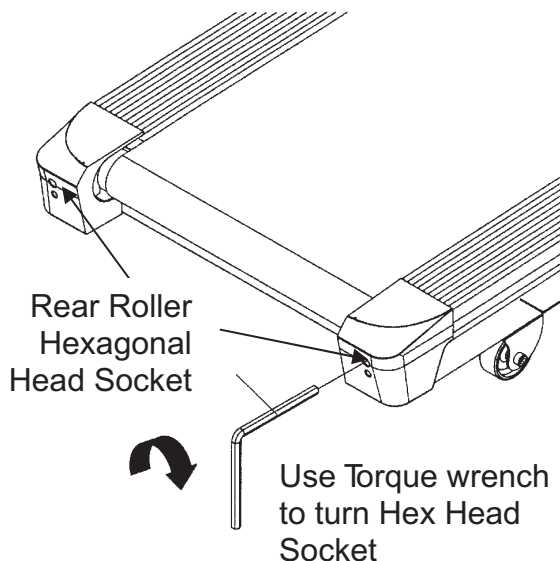
If the belt drifts to the left, repeat steps.

If the belt is drifting right.

- i) Turn the treadmill off and unplug from the machine.
- ii) Tighten the right hexagonal head socket a $\frac{1}{4}$ turn (clockwise).
- iii) Loosen the left hexagonal head socket a $\frac{1}{4}$ turn (counterclockwise).
- iv) Run the belt at 3 mph again for a few minutes.

If the belt drifts to the right, repeat steps.

Once the running belt has been adjusted, closer to the center, the treadmill can be powered on again.



It is recommended that the deck be lubricated regularly according to the frequency of usage.

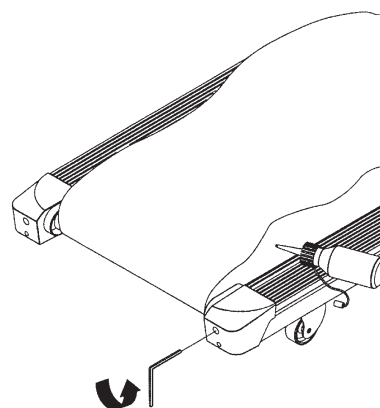
Refer to the suggested schedule in the table below .

WARNING!

Do not use cleaner under the running belt.

- i) Use Torque wrench to loosen the hexagonal head socket in the end caps. Remove excessive accumulations of dust, dirt, and other substances from running deck. ONLY use a clean soft cloth.
- ii) Gently pull up the side of the running belt. Dispense a thin layer of the lubricant on deck, and spread evenly. DO NOT over lubricate.
- iii) Center the belt (using the instructions above), and tighten the hexagonal head socket.

Check belt condition and if necessary adjust using the instructions above.



*4 Miles or less / hr = lube every 1 year
4~8 Miles / hr = lube every 6 months
8 Miles or more / hr = lube every 3 months*



SECTION 7

TROUBLESHOOTING

ERROR MESSAGE	POSSIBLE CAUSES	SOLUTION
E1		
Loss of Feedback	Speed Sensor disconnected	Check Speed Sensor Connection
	Speed Sensor Misaligned	Check Sensor position
	Faulty Speed Sensor	Replace Speed Sensor
	Loose Display Connection	Check Display Cable Connection
	Faulty MCB (D2 LED on)	Replace MCB
	Faulty Drive Motor	Replace Drive Motor
E6		
Safety Key Off	Faulty Safety key	Check Safety key or switch
Elevation Motor	Elv. Motor not moving	Check Elv. Motor connections
Stalled Elev. Motor	Elv. Motor screw binding	Clean screw, lubricate or remove obstruction
	Elv. Motor out of range	Check motor zero position
	Elv. Potentiometer	Calibrate Elev motor
E7		
Elevation Motor	Elv. Motor out of range	Calibrate Elev motor
Display doesn't light up	On/Off Switch	Check if unit is turned on
	Fuse	Check fuses on MCB
	Insufficient power source	Plug unit in a dedicated 120V, 20A outlet



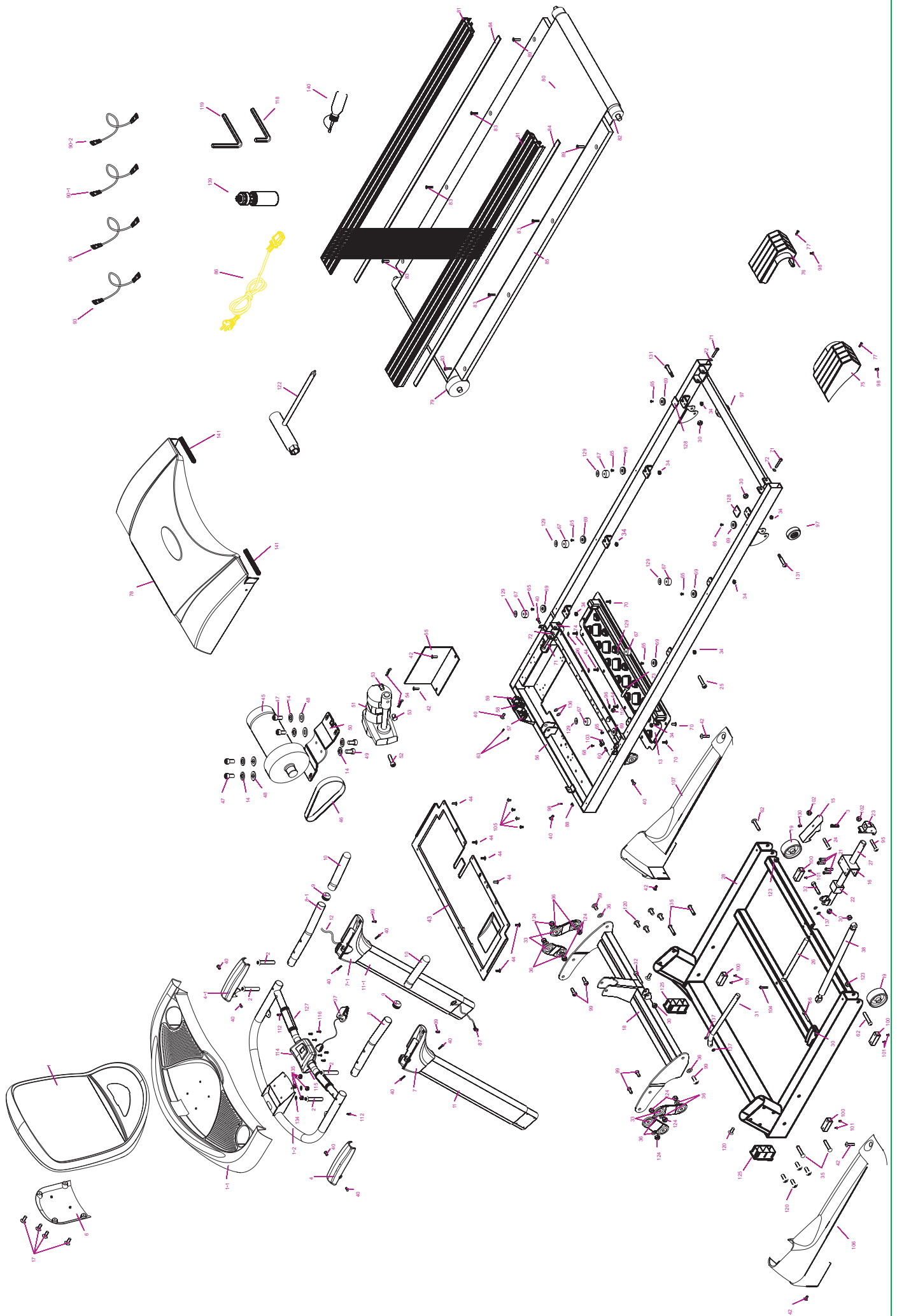
PART LIST

No.	Description	Qty.	No.	Description	Qty.
1	Electronics	1	54	R Pin $\varphi 10 \times \varphi 2.0$	2
1-1	water bottle holder	1	55	controller pin	1
1-2	Electronic shelf	1	56	Frame	1
2	Truss hex screw M8xP.1.25x60	4	57	Power cord socket	1
3	Positioning Mechanical Spring	1	58	Power Switch	1
4	left upper handle cover	1	59	Circuit Breaker	1
4-1	right upper handle cover	1	60	Sensor	1
5			61		
6	computer decoration cover	1	62	Truss hex screw M10x52(12mm)(SAE105212)	2
7	left lower handle cover	1	63	Truss Philips Self Tapping Screw $\varphi 4 \times 12$	2
7-1	right lower handle cover	1	64		
8	left handlerail	1	65	Truss Philips Screw M4xP0.7x15	8
8-1	right handlerail	1	66	CKS Hex Screw M8xP1.25x30 12mm	1
9	Arc tube	2	67	Fixed cushion	6
10	PVC foam grip	2	68	Truss Philips Screw M4xP0.7x10	1
11	left upright	1	69	Fixed plastic pedal	8
11-1	right upright	1	70	Washer Drilling Philips Self Tapping Screw $\varphi 4 \times 12$	4
12	guide thread	1	71	CKS Hex Screw M8xP1.25x45	3
13	backboard	1	72	Washer $\varphi 10 \times \varphi 6 \times 1.0t$	3
14	washer spring M8x2.0t	6	73	CKS Hex Screw M8xP1.25x45	1
15	Orientation pedal	1	74	Hex nut M8xP1.25	1
16	Conduplicate stator	1	75	Rear End Cap(Left)	1
17	Truss Philips Screw M4xP0.7x8	4	76	Rear End Cap(Right)	1
18	Incline Base	1	77	Round Head Drilling Philips Screw $\varnothing 4 \times 20$	2
19	Wheel PBKP320	2	78	Motor Cover	1
20			79	Front Roller Sets	1
21	Hex Screw M6x45	4	80	Running Belt	1
22	Plastic cushion	1	81	Peadl	2
23	Rear Fixing Plate	1	82	Rear Roller sets	1
24	Round Head Philips Screw M5x40	1	83	Counter Sink Hex Screw M6xP1.25x25	6
25	CKS Hex Screw SEKK413	1	84	Foam Sticker 1200x20x1.5t	2
26	Bushing mandril	1	85	Running Board	1
27	inside and outside tube	1	86	Power Cord	1
28	Base	1	87	Control Wire(Lower)	1
29			88	Wire Clip Knob UC-0	1
30	Nylon nut M8xP1.25	6	89	Counter Sink Hex Screw M6xP1.0x30	2
31	Smooth Tube	1	90	Extension Wire (White) 14AWGx90mmx2T,180 90	1
32	Hex Screw M8x32	2	90-1	Extension Wire (Black) 14AWGx90x2T	1
33	Incline joining Board	4	90-2	Extension Wire (Black) 14AWGx90mmx2T,180 90	1
34	Nylon nut M6xP1.0	8	91		
35	Truss hex screw SAEK432S	4	92		
36	Stop Washer SCAK431	10	92-1		
37	Safty Pin	1	93	Extension Wire(yellow&green) 14AWGx150mmx1T1R	1
38	Cylinder	1	94		
39	Truss Philips Self Tapping Screw 5x25	2	95	Round Head Philips Screw M5x35	1
40	Truss Philips Screw M5xP0.8x15	12	96	Washer $\varnothing 6 \times \varnothing 13 \times 1.5t$	4
41			97	Wheel	2



PART LIST (cont'd)

42	Truss Philips Screw M5xP0.8x10	6	98	Washer Drilling Philips Screw φ 4x20	3
43	Lower Motor Cover	1	99	Truss Hex Screw SAEK430S	6
44	Truss Philips Screw M6xP1.0x10	13	100	Foot Pad	4
45	Motor	1	101	Washer Drilling Philips Screw φ 4x20	8
46	Drive Belt	1	102	Nylon nut M5	2
47	CKS Hex Screw M8xP1.25x20	4	103	Sensor fixed Plate	1
48	Washer	4	104	Hex Screw M6x8	1
49	CKS Hex Screw M8xP1.25x15	2	105	Round Head Philips Screw(copper) M5xP0.8x8	4
50	Motor fixing plate	1	106	Left Decoration Cover	1
51	Incline Motor	1	107	Right Decoration Cover	1
52	CKS Hex Screw SAK101535A	1	108		
53	Incline Base Flex	2	109		
110	Hex nut M8xP1.25	1	126		
111			127	Hand Pulse Sets	2
112	Truss philips Self Tapping Screw φ 4x12	2	128	Foam Sticker 40x25x1.0t	2
113			129	Foam Sticker $\varnothing$ 25x $\varnothing$ 8x1.0t	6
114	Safety key top	1	130	Hex Screw M6x8	1
115	Safety key bottom	1	131	Truss Hex Screw M8xP1.25x38 (10mm)	2
116	Truss philips Self Tapping Screw φ 4x16	6	132		
117			133		
118	Hex Wrench 5mm	1	134	Washer φ 6x φ 16x1.0t	4
119	Hex Wrench 6mm	1	135	Nylon nut M6xP1.0	4
120	Truss Hex Screw M8xP1.25x15	10	136	Plastic washer	2
121			137	Plastic Post Pad	4
122	Sleeve Wrench+Philips Screw	1	138		
123	Nylon nut M10xP1.5	2	139	Water Bottle	1
124	Nylon nut M10xP1.5,8t	10	140	SILICON	1
125	Side fixed plastic	2	141	Sound insulation pad	2





WARRANTY

LIMITED RESIDENTIAL WARRANTY

BH North America will repair or replace, free of charge, at its option, parts that are defective as a result of material or workmanship. Lifetime replacement warranty coverage on frame and five (5) years on other parts. Labor warranty coverage is one (1) year. Warranty covers the original consumer purchaser only.

THIS WARRANTY DOES NOT COVER

- Pre-delivery set-up.
- Components that require replacement due to dirt or lack of regular maintenance.
- Expendable items which become worn during normal use.
- Repairs necessary because of operator abuse or negligence or the failure to operate and maintain the equipment according to the instructions contained in the Owner's Manual.

For more detailed warranty information or to register your product warranty easily online, visit our website at: **www.BHFitnessUSA.com**

**FOR WARRANTY REPAIRS, PLEASE DO NOT TAKE YOUR MACHINE
BACK TO THE RETAIL STORE. CONTACT BH FITNESS FIRST.**

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