

HEBB Industries, Inc.

Manufacturers of Fitness Equipment

1600.1/2600.1

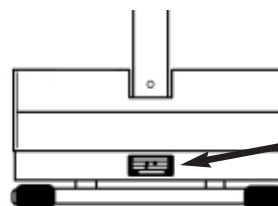
3600.1/4600.1



SERIAL NO: _____

DATE OF PURCHASE: _____

Write the serial number in the space above for reference.



**SERIAL
NUMBER
DECAL**

TRIMLINE®

OWNER'S MANUAL

**ASSEMBLY • USE • MAINTENANCE
WARRANTY • PART ORDERING**

CAUTION: Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment.

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

P.O. BOX 1698 • WHITEHOUSE, TX 75791
(903) 534-3832 • (800) 499-4322 • FAX (903) 534-3834
www.trimlinetreadmills.com service@hebbindinc.com

MANUFACTURER'S LIMITED WARRANTY

WHAT DOES THIS WARRANTY COVER?

This warranty covers your fitness product against defect in material and workmanship when used for the purpose intended, under normal conditions provided it receives proper care. The warranty is extended only to the original owner and is not transferable.

HOW LONG DOES THE COVERAGE LAST?

- LIFETIME ON FRAME
- 5 YEARS ON MOTOR
- 2 YEARS ON BELT, ROLLER & BOARD
- 1 YEAR ON ALL OTHER PARTS
- 1 YEAR ON LABOR

WHAT DOES THIS WARRANTY NOT COVER?

This product is designed for home use. This warranty does not cover fitness products which are (1) used in a commercial environment; or (2) subject to misuse, neglect, accident, or unauthorized repairs and alterations; or (3) running belt and drive belt adjustments; and (4) normal maintenance functions. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

REPAIR PARTS & SERVICE

All of the parts for this treadmill can be ordered from your local dealer. Dealers also have trained service personnel who can assist you with any service questions you may have.

★ IMPORTANT ★

Please complete the warranty registration card included in this manual, and return it as promptly as possible following the purchase.

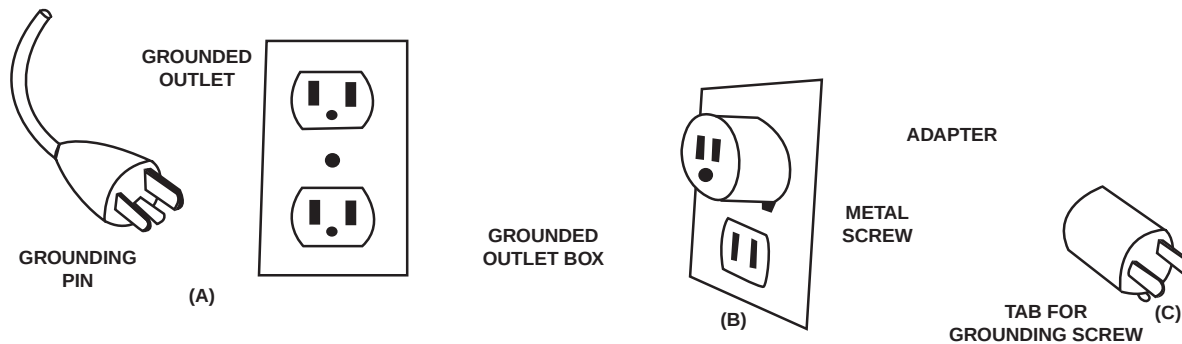
*If you would like to speak to a factory representative
call: (800) 499-4322 or email service@hebbindinc.com*

IMPORTANT SAFETY PRECAUTIONS

1. Plug the power cord of the treadmill directly into a dedicated grounded circuit carrying 15 amps.

Grounding Instructions

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. **See diagram below for grounding methods.**



2. Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Also, do not place the treadmill near water or outdoors. Treadmill mats can usually be purchased from your treadmill dealer. If the power cord is damaged, it must be replaced by a power cord from Hebb Industries, Inc. Please contact your dealer or Hebb Industries, Inc.
3. Position treadmill so that the wall plug is visible and accessible.
4. Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move. Always stand on the foot rails on the sides of the frame until the belt is moving.
5. Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that could become caught in the treadmill. Always wear running or aerobic shoes with rubber soles.
6. Always unplug the power cord before removing the treadmill motor cover.
7. Keep small children away from the treadmill during operation.
8. Always hold the handrails when initially walking or running on the treadmill, until you are comfortable with the use of the treadmill.
9. Always attach the safety pull rope to your clothing when using the treadmill.
10. When the treadmill is not being used, the power cord should be unplugged and the safety pull pin removed.

ASSEMBLY INSTRUCTIONS

TOOLS REQUIRED

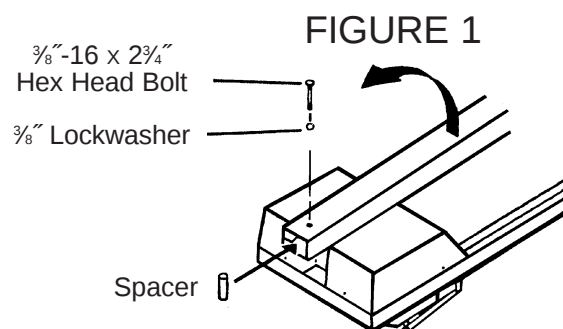
$\frac{1}{2}$ " Wrench • Adjustable Wrench • $\frac{7}{16}$ " Wrench • $\frac{9}{16}$ " Wrench

LOCATE THE HARDWARE BAG CONTAINING:

Part #	Description.	Qty.
MM-0089	Upright Spacer	1
HH-1318	Hex Head Bolt $\frac{3}{8}$ "-16X2 $\frac{3}{4}$ "	1
HH-1705	Lockwasher $\frac{3}{8}$ "	1
HH-0823	Hex Head Bolt $\frac{1}{4}$ "-20x2"	4
HH-1207	Lockwasher $\frac{1}{4}$ "	4
HH-2075	Shoulder Washer	4
HH-2145	Hex Head Bolt $\frac{5}{16}$ "-18X3"	2
HH-1256	Nylock Nut $\frac{5}{16}$ "	2
MM-0087	Hex Wrench Clip	1
HH-2001	Hex Key Wrench	1

STEP 1

With the upright down, insert the plastic upright spacer into the end of the 2" x 4" upright assembly (See figure 1). Lining the spacer up with the hole, insert the $\frac{3}{8}$ "-16 x 2 $\frac{3}{4}$ " hex head bolt and a $\frac{3}{8}$ " lockwasher through the upright hole loosely. Carefully raise the upright assembly to the vertical position and tighten the bolt into the factory pre-assembled nut.



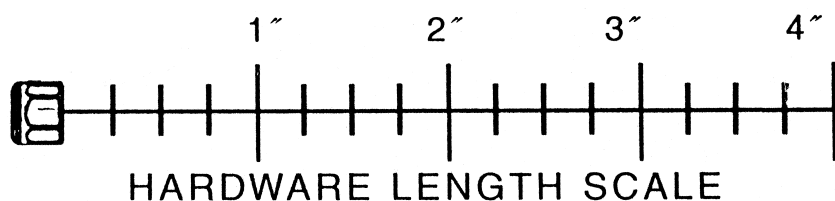
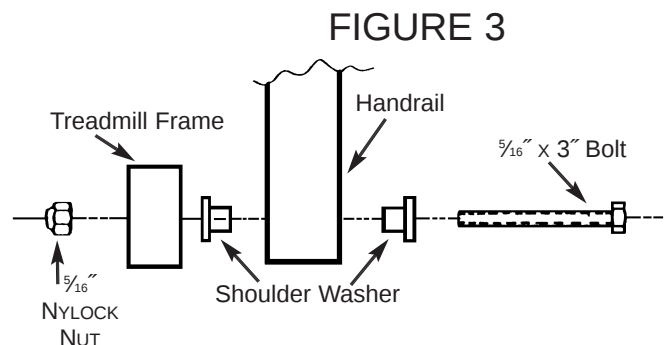
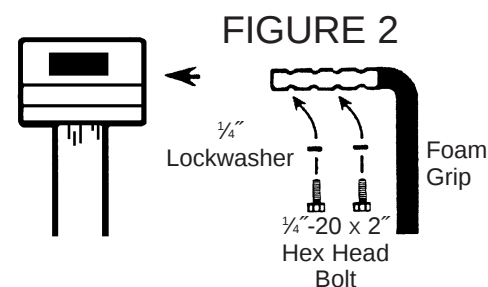
STEP 2

Position the handrail against the bottom of the console plate. Using the provided holes, bolt loosely to the console plate using two $\frac{1}{4}$ "-20 x 2" hex head bolts and two $\frac{1}{4}$ " lockwashers (See figure 2). Insert (2) shoulder washers into each hole on the lower end on the handrail. Insert $\frac{5}{16}$ " x 3" hex head bolt through the shoulder washers and then through the provided hole on the treadmill frame. Attach the $\frac{5}{16}$ " Nylock nut to the 3" bolt on the inside of the frame. Tighten snugly (See figure 3). Tighten the upper handrail bolts that were previously assembled. Repeat Step 2 for the other side handrail.

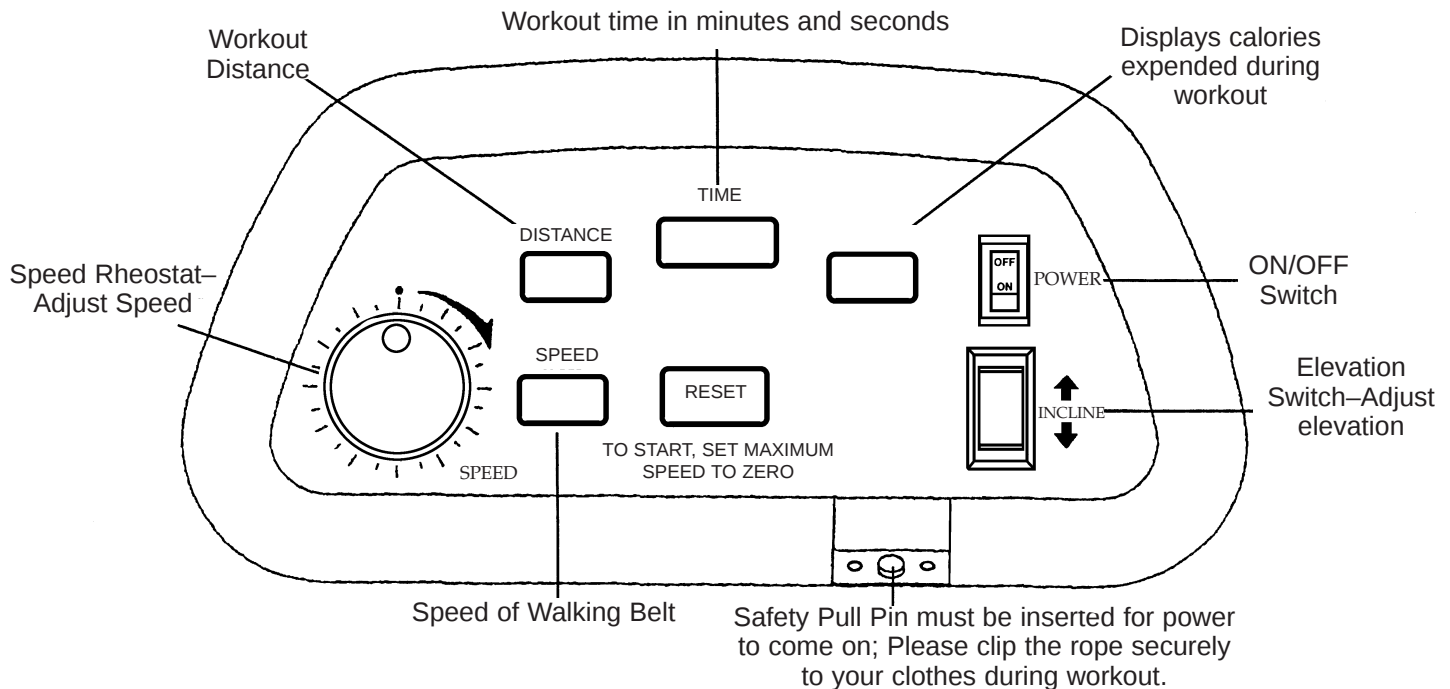
NOTE: If assembly is difficult, loosen 2 $\frac{3}{4}$ " upright bolt, install handrails and retighten 2 $\frac{3}{4}$ " upright bolt.

STEP 3

Remove protective backing from hex wrench clip and place wherever you feel is convenient (we suggest on the end cap by the rear roller). Snap hex wrench into clip. Refer to maintenance instructions for hex key use.



OPERATION GUIDE 1600.1



BATTERY INSTALLATION

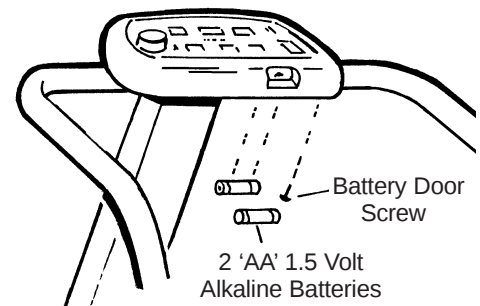
Your electronic monitor requires two 'AA' 1.5 volt alkaline batteries. The batteries can be installed by removing the battery cover on the underside of your console.

IT IS NOT NECESSARY TO REMOVE CONSOLE FROM UPRIGHT.

NOTE: When replacing batteries you must replace both batteries with new batteries that are the same brand. Your electronic monitor is equipped with an automatic shut-off and all values will reset to 0. Pressing the RESET button or starting the treadmill will reactivate the monitor and display screens.

WE SUGGEST YOU DO THE FOLLOWING TO FAMILIARIZE YOURSELF WITH THIS TREADMILL:

1. Straddle belt by standing on the plastic side rails.
2. Your treadmill is equipped with a zero reset (safety) feature within the speed control so the belt will not start moving when power is first turned on. There will be no "click" when the speed control is zeroed or reset, so GENTLY turn the knob counterclockwise until it stops.
3. With the safety pull pin inserted and the safety pull rope attached to your clothing, straddle the belt and press the ON/OFF switch to the "ON" position.
4. Turn the speed control knob slowly clockwise until the belt begins moving. Step onto the walking belt and adjust the speed to a comfortable setting. **We recommend you stay at a slow speed and hold onto the handrails until you become comfortable.**
NOTE: It takes from two to four seconds for the speed change to register on the display.
5. Raise the treadmill elevation by depressing the elevation switch and hold to the desired height. To lower the elevation, depress the elevation switch and hold to the desired height. Notice the difference in effort between walking on a slight incline and a greater incline. You may want to try different elevation settings to determine your preferred incline during workouts.
6. To safely end your workout, step off the belt, turn the speed knob counterclockwise until belt stops, and press the ON/OFF switch to "OFF." To stop the treadmill at any time, press the ON/OFF switch to the "OFF" position or pull out the safety pull pin. **CAUTION: THIS WILL STOP THE TREADMILL RATHER ABRUPTLY.**

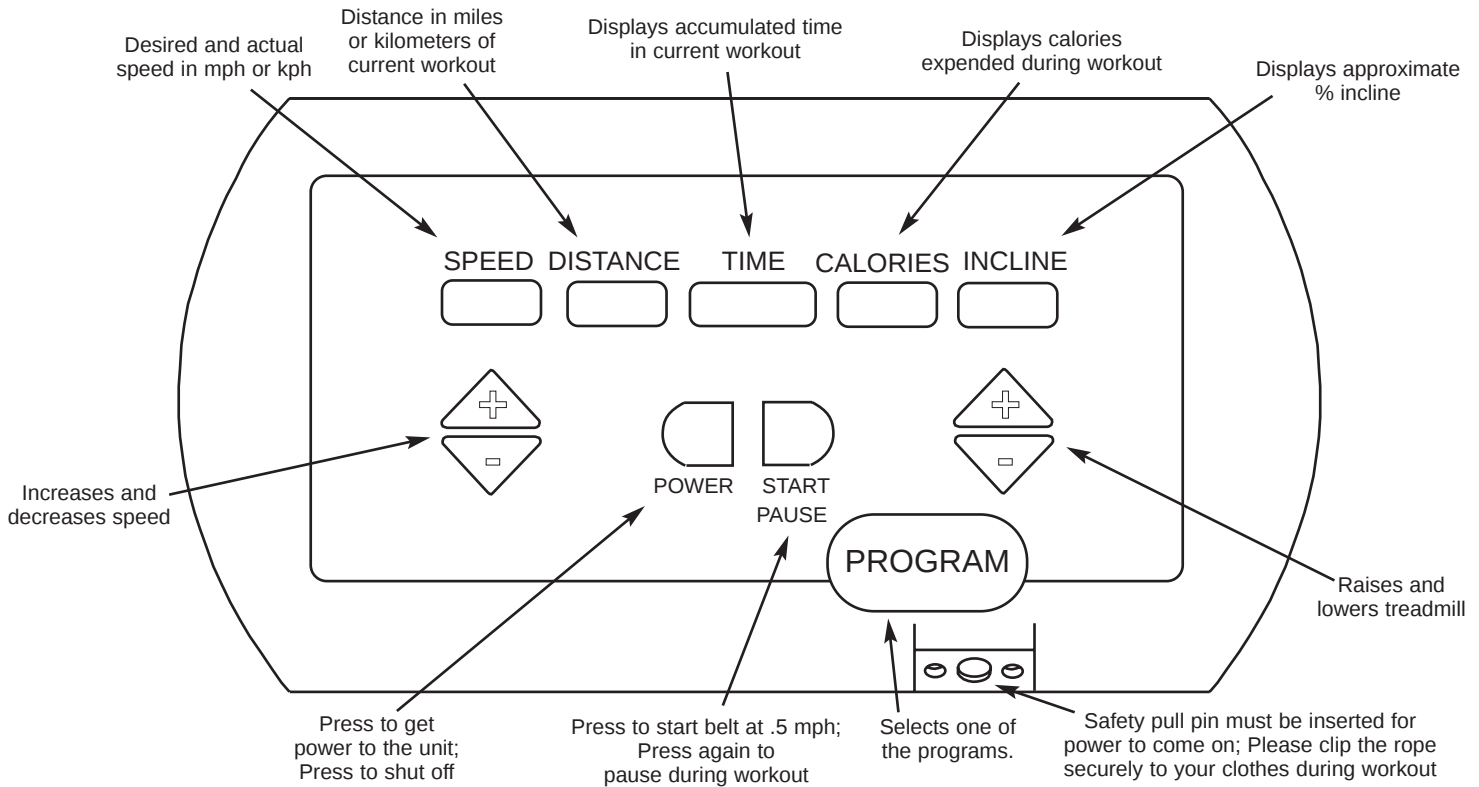


CONVERSION TO METRIC

If a small "M" or "K" appears in the speed window, use the following procedure: to change between miles per hour and kilometers per hour, hold the reset button until the "K" or "M" appears in the speed window.

If no "M" or "K" appears in the speed window, use the following procedure: remove the console and manually move the switch on the back of the electronics to "KM" or "MILES".

OPERATION GUIDE 2600.1



Use the following instructions to help you use the treadmill. We recommend that you first get familiar with your treadmill in the manual mode before you attempt any programmed workouts.

MANUAL MODE OPERATION

1. Straddle belt by standing on the plastic side rails.
2. With the safety pull pin inserted and the safety pull rope attached to your clothing, press POWER, notice the display comes on.
3. Press START. The treadmill belt will start moving at the minimum speed. The time will begin to count up as the workout continues.
- 4.. Press SPEED UP arrow to increase speed.
5. Press INCLINE UP arrow to increase grade.
6. Begin walking. NOTE: We recommend that you stay at a slow speed and hold on to the handrails until you become comfortable.
7. At any time during the workout, you may adjust the speed or incline up or down.
8. When in operation, you can press the START/PAUSE button to initiate a 5-minute pause period. When in the pause mode, the belt will come to a gradual stop and saves your time, distance, and calories for a 5-minute countdown period. If the START/PAUSE button is pressed within that 5-minute pause period, the treadmill will resume your workout where you left off. If the 5-minute pause period expires, the treadmill will shut itself off, thus losing your workout information.
9. To safely end your workout, step off the belt. Press the START/PAUSE button. After the belt comes to a complete stop, press the POWER button.
10. To stop the treadmill at any time, press the POWER button or pull out the safety pull pin.

CAUTION: THIS WILL STOP THE TREADMILL RATHER ABRUPTLY.

OPERATION GUIDE 2600.1

FACTORY PRESET PROGRAM OPERATION

Follow steps 1-2 under Manual Mode Operation

1. Press PROGRAM button to select the preset program. Press one time for program 1, two times for program 2, etc., up to preset program 4. The chart below displays more information about the preset programs.
2. Press START and begin the selected program. The time will begin to count up. Treadmill belt will begin to move to 0.5 mph. Use the SPEED arrows to adjust speed. The preset programs will adjust the incline only.
3. Each program has 10 one-minute intervals. The program will continually repeat until you elect to end the workout by pressing PAUSE or POWER. You may change the speed at any time during the workout.
4. To pause the program, follow step 8 under Manual Mode Operation.
5. To stop the treadmill, follow step 9 or 10 under Manual Mode Operation.

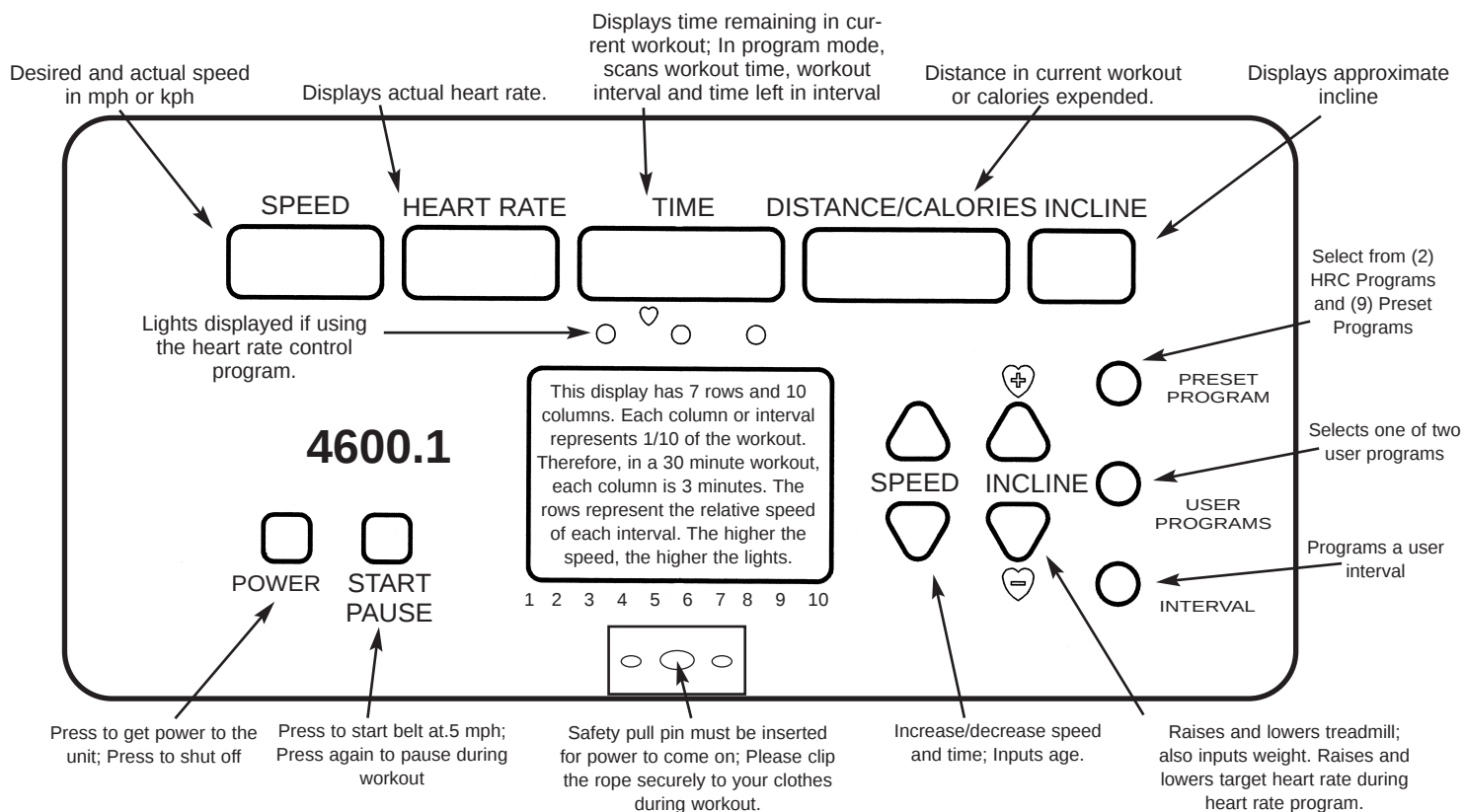
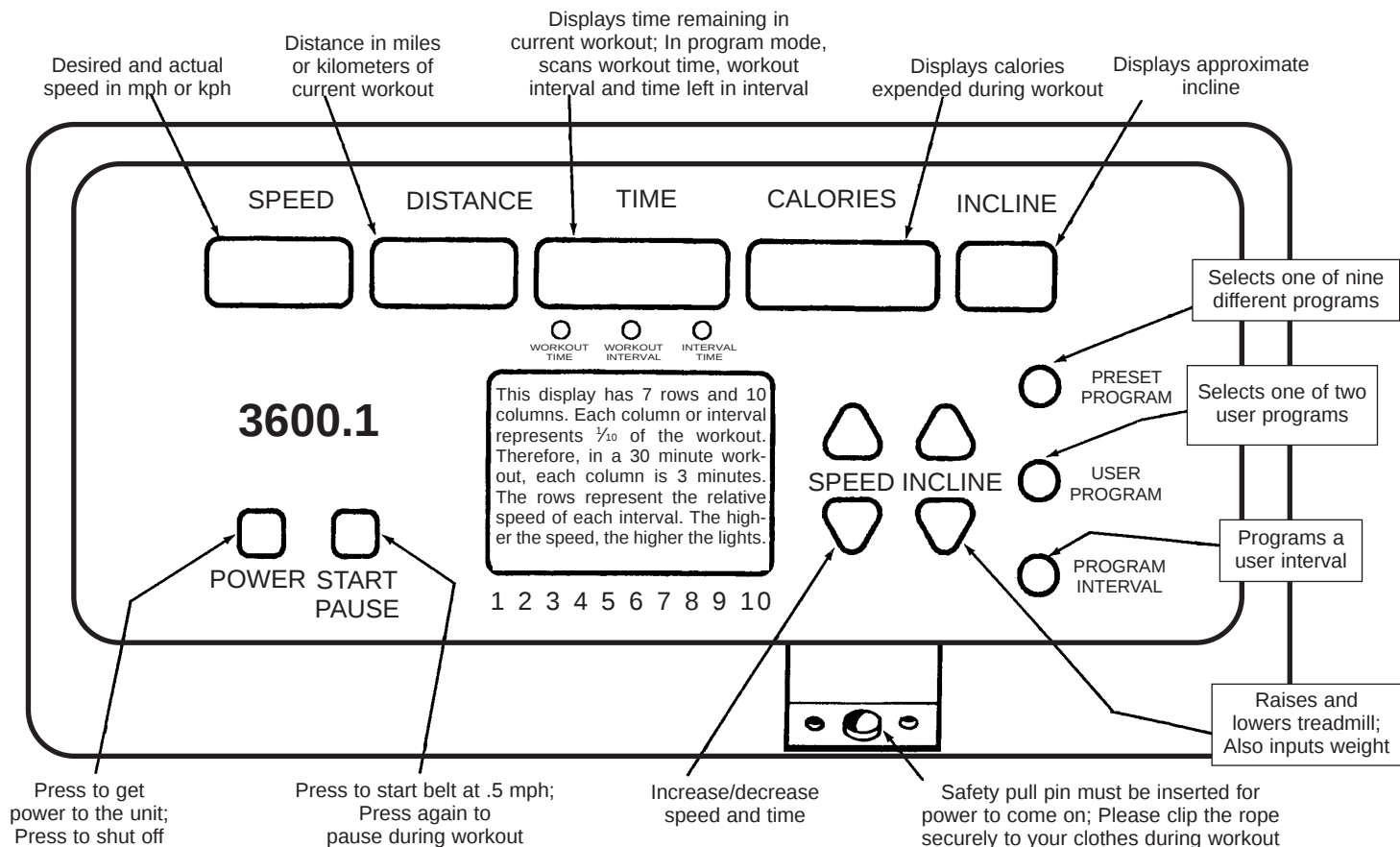
ELEVATION FOR FACTORY PRESET PROGRAMS

#	Title	Interval									
		1	2	3	4	5	6	7	8	9	10
1	Hill	0	1	0	1	2	1	0	1	3	0
2	Pyramid	0	2	4	6	4	2	4	6	4	2
3	Mountain	0	1	3	5	7	8	7	5	3	1
4	Weight Loss	0	0	10	10	0	0	10	10	0	0

USER-DESIGNED PROGRAM OPERATION

1. Follow steps 1-2 under Manual Mode Operation
2. Press PROGRAM button five times for U1 or six times for U2.
3. To initially set up a user-designed program, press START/PAUSE. The time will begin to count up. Treadmill belt will begin to move 1.0 mph. Then press SPEED arrow and INCLINE arrow for the first segment. Immediately press PROGRAM button. The speed and incline value for that segment will be stored and the program will automatically advance to the next segment. Repeat this process for all ten segments.
4. Each program has 10 one-minute intervals. The program will continually repeat until you elect to end the workout by pressing START/PAUSE or POWER.
5. Once the user-designed program is set, the program can be run in the same way as the other four factory set programs. You may change the speed or incline at any time during the workout. This will modify this segment of the user-designed program and this modification will be remembered the next time you use this program.
6. To pause the program, follow step 8 under Manual Mode Operation.
7. To stop the treadmill, follow step 9 or 10 under Manual Mode Operation.

OPERATION GUIDE 3600.1/4600.1



OPERATION GUIDE FOR 3600.1/4600.1

Use the following instructions to help you use the treadmill. We recommend that you first get familiar with your treadmill in the manual mode before you attempt any programmed workouts.

NOTE for 4600.1 model: The heart rate chest strap may be worn in manual or any program mode.

MANUAL MODE OPERATION

1. Straddle belt by standing on the plastic side rails.
2. With the safety pull pin inserted and the safety pull rope attached to your clothing, press POWER, notice the display comes on.
3. Press SPEED arrows to adjust workout time. The default is 30 minutes.
4. Press INCLINE arrows to adjust user weight. This will give you a more accurate figure on calorie consumption. The default is 150 pounds or 68 kilograms.
5. Press START. The treadmill belt will start moving at the minimum speed. The time will begin to count down as the workout continues.
6. Press SPEED UP arrow to increase speed.
7. Press INCLINE UP arrow to increase grade.
8. Begin walking. **NOTE:** We recommend that you stay at a slow speed and hold on to the handrails until you become comfortable.
9. At any time during the workout, you may adjust the speed or incline up or down.
10. When in operation, you can press the START/PAUSE button to initiate a 5-minute pause period. When in the pause mode, the belt will come to a gradual stop and saves your speed, time, distance, and calories for a 5-minute countdown period. If the START/PAUSE button is pressed within that 5-minute pause period, the treadmill will resume your workout where you left off. If the 5-minute pause period expires, the treadmill will shut itself off, thus losing your workout information.
11. To safely end your workout, step off the belt. Press the START/PAUSE button. After the belt comes to a complete stop, press the POWER button.
12. To stop the treadmill at any time, press the POWER button or pull out the safety pull pin.

CAUTION: THIS WILL STOP THE TREADMILL RATHER ABRUPTLY.

FACTORY PRESET PROGRAM OPERATION

Follow steps 1-4 under Manual Mode Operation

1. Press PRESET PROGRAM button to select the preset program. For model 3600, press one time for preset program 1, two times for preset program 2, etc., up to preset program 9. For model 4600, press three times for preset program 1, four times for preset program 2, etc., up to preset program 9. The following pages display more information about the preset programs.
2. Each program has 10 equal intervals making up the entire program. For example, if you chose a 30-minute workout, it will consist of 10 intervals of 3 minutes each, a 20 minute workout will consist of 10 intervals of 2 minutes each. You may examine each interval of the program selected by repeatedly pressing the PROGRAM INTERVALS button.
3. Press START. The treadmill will begin to move. The time will begin to count down. At any time during the program, you can override the program using the SPEED or INCLINE buttons. The override will last until the end of the current interval.
4. To pause the program, follow step 10 under Manual Mode Operation.
5. To stop the treadmill, follow step 11 or 12 under Manual Mode Operation.

OPERATION GUIDE FOR 3600.1/4600.1

DESIGNING A USER PROGRAM

1. Straddle belt by standing on the plastic side rails.
2. With the safety pull pin inserted, press POWER.
3. Press USER PROGRAMS button once to design Program #1.
4. Press USER PROGRAMS button twice to design Program #2.
5. Select speed and grade for the first interval by using the SPEED and INCLINE buttons.
6. Press INTERVAL button (PROGRAM INTERVAL on 3600.1) to go to the second interval.
7. Repeat steps 5 and 6 for intervals two through ten.
8. Press START to save the program. (This is very important. Pressing any other button will delete the program.) The belt will begin to move.
9. Press POWER to stop the treadmill.

USER PROGRAM OPERATION

Follow steps 1-4 under Manual Mode Operation.

1. Press USER PROGRAMS once or twice to select which user program you wish to use.
2. Each program has 10 equal intervals making up the entire program. For example, if you chose a 30-minute workout, it will consist of 10 intervals of 3 minutes each, a 20 minute workout will consist of 10 intervals of 2 minutes each. You may examine each interval of the program selected by repeatedly pressing the PROGRAM INTERVALS button.
3. Press START to begin workout. The treadmill belt will begin to move. The time will begin to count down.
4. To pause the program, follow step 10 under Manual Mode Operation.
5. To stop the treadmill, follow step 11 or 12 under Manual Mode Operation.

HEART RATE CONTROL PROGRAM (Only on 4600 Model)

The heart rate chest strap must be worn during this program. Before placing the chest strap around your chest, moisten both conductive electrode straps located on the inside of the transmitter. Although tap water may work, the best liquid to use is hard contact lens solution. Place the chest strap directly beneath the breast area.

1. Press PRESET PROGRAM button once to select WEIGHT LOSS HEART RATE PROGRAM. Use the SPEED arrows to adjust your age. This also adjusts the target heart rate that appears in the time window. Notice: as the age raises the target heart rate is lowered. In the WEIGHT LOSS PROGRAM, the target heart rate is calculated at 65% of maximum.
2. Press PRESET PROGRAM again to select CARDIOVASCULAR HEART RATE PROGRAM. Use the SPEED arrows to adjust your age. This also adjusts the target heart rate that appears in the time window. In the CARDIOVASCULAR PROGRAM, the target heart rate is calculated at 80% of maximum.
3. Press START. Select speed by using the SPEED arrows. The speed may be adjusted anytime during the workout.
4. The Heart Rate Control feature operates as follows:
 - If the actual heart rate is 26 beats below the target, there is no adjustment for elevation. This allows for a warm-up period.
 - If the actual heart rate is 11 to 25 bpm below target, elevation adjusts 1% higher after 15 seconds.
 - If the actual heart rate is 6 to 10 bpm below target, elevation adjusts 1% higher after 30 seconds.
 - If the actual heart rate is 3 to 5 bpm below target, elevation adjust 1/2% higher after 15 seconds.
 - If the actual heart rate is 3 bpm above target, elevation adjusts 1% lower after 15 seconds.
 - There is no adjustment if the actual heart rate is within 2 bpm of the target.
5. The target heart rate may be adjusted at any time during the workout, using the incline keys.
6. To pause the program, follow step 10 under Manual Mode Operation.
7. To stop the treadmill, follow step 11 or 12 under Manual Mode Operation.

USING THE TRIMLINE 4600.1

You may use the treadmill with or without the HEART RATE chest strap.

If you use the chest strap, you must wear this around your chest in contact with your skin.

NOTE: Make sure you moisten the back part of the chest strap where the pick up electrodes are located. Also, make sure your treadmill is six feet away from strong electromagnetic sources—TV, microwaves, computers, etc. These devices may cause interference with the signal being transmitted from the chest band to the console.

The following is a simple way to get into heart rate conditioning:

STEP 1

What is your primary exercise goal?

- Weight Loss/Weight Control
- Cardiovascular Fitness

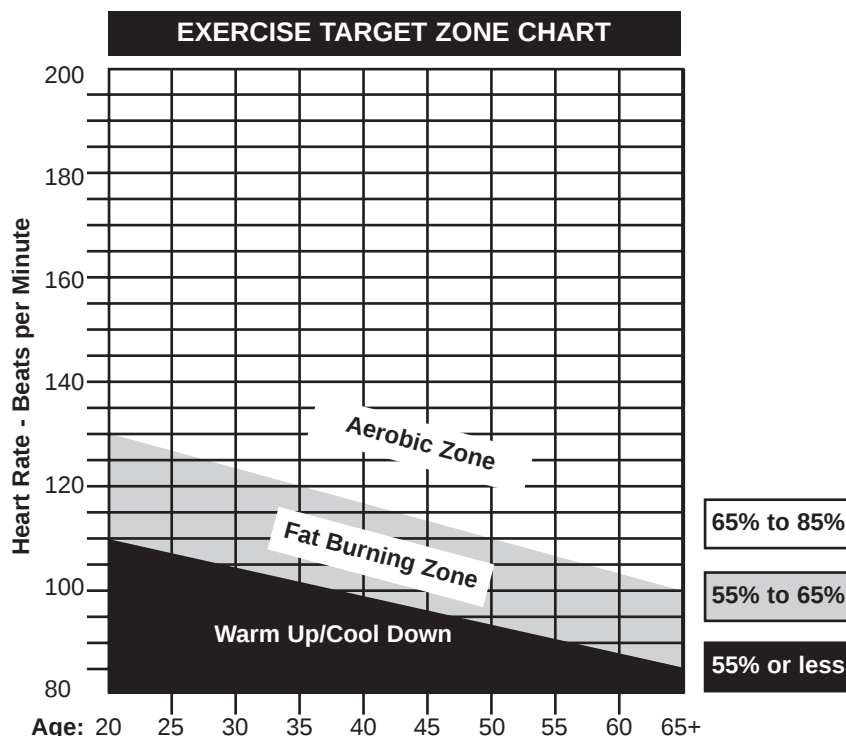
STEP 2

The Trimline 4600.1 has two PRESET HEART RATE PROGRAMS. The first program, WEIGHT LOSS, is for those whose primary fitness goal is weight loss or fat reduction. The target heart rate is computed as follows: $(220 - \text{Age}) \times 65\%$

For a first time user, we recommend this program. At any time during the program, you may use the incline arrows to adjust your target heart rate. Therefore, if the workout is too strenuous, you may want to lower your target heart rate.

The second heart rate program, CARDIOVASCULAR, is for those whose primary goal is to improve their aerobic fitness level, and to improve sports performance. The target heart rate is computed as follows: $(220 - \text{Age}) \times 80\%$

NOTE: The elevation will not begin moving until you are within 25 beats of your target heart rate. This allows for a proper warm-up period.



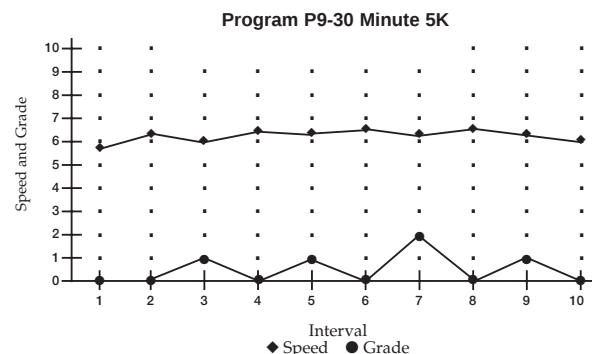
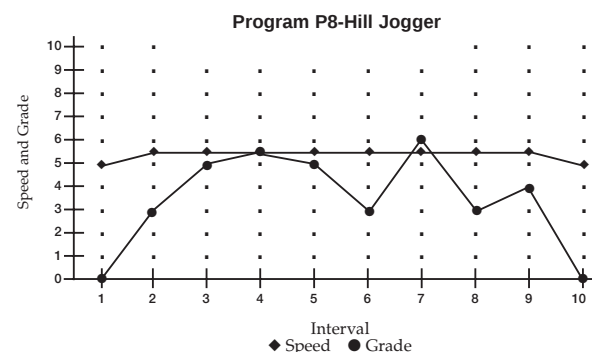
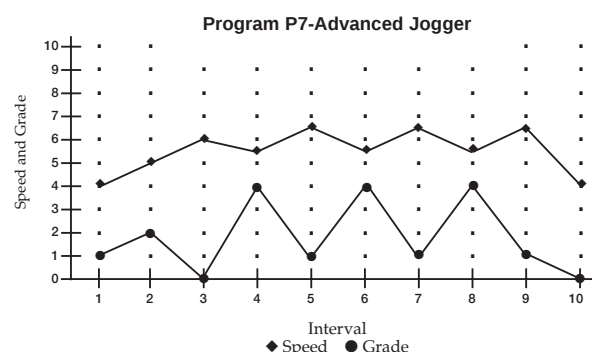
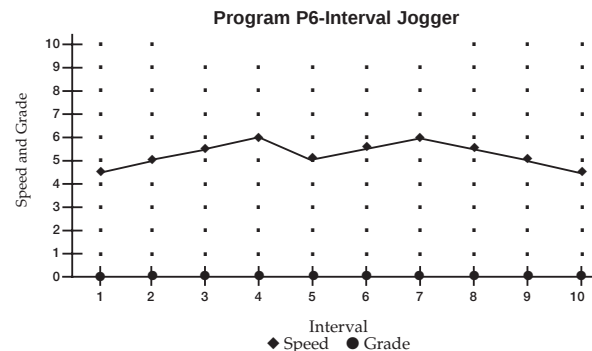
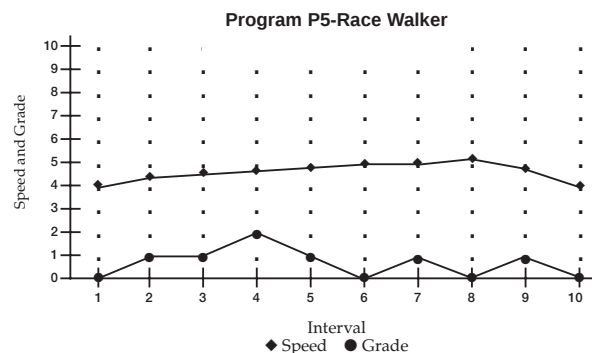
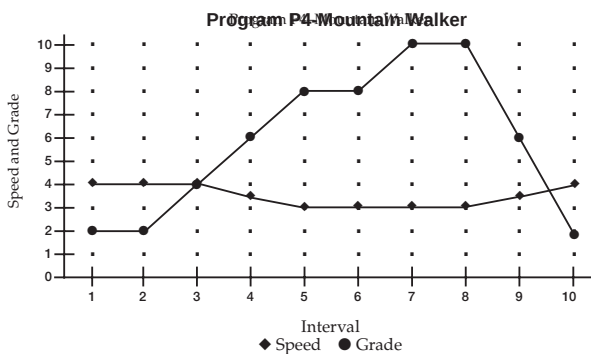
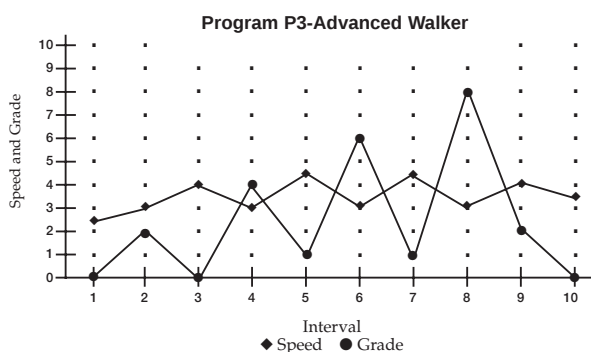
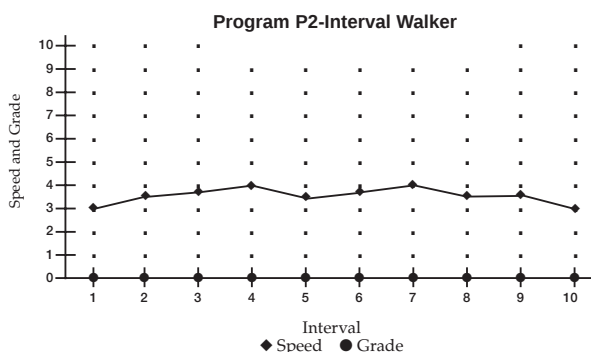
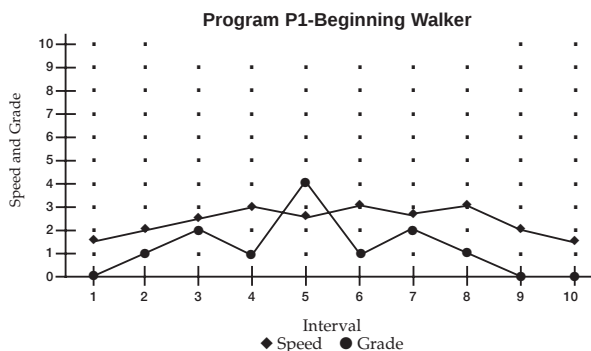
CONVERSION TO METRIC (3600.1 AND 4600.1)

This treadmill is calibrated at the factory to read miles per hour and the speed range is .5 mph to 10.0 mph (3600) or 11.0 mph (4600). To program it to read kilometers, with a speed range of .8 kph to 16.1 kph (3600) or 17.7 kph (4600), do the following:

- 1) Remove the safety pull pin from the treadmill.
 - 2) Press POWER button and hold.
 - 3) While pressing the POWER button, insert the safety pull pin.
 - 4) After lights on the LED display go out, release POWER button.
 - 5) Press POWER button again. You are now in kilometers per hour.
- Repeat steps 1-5 to convert to miles per hour.
 - If you are in kilometers per hour mode, you will see a "Si" in the time section when the safety pull pin is inserted.
 - If you are in the miles per hour mode, you will see a "bri" in the time section when the safety pull pin is inserted.

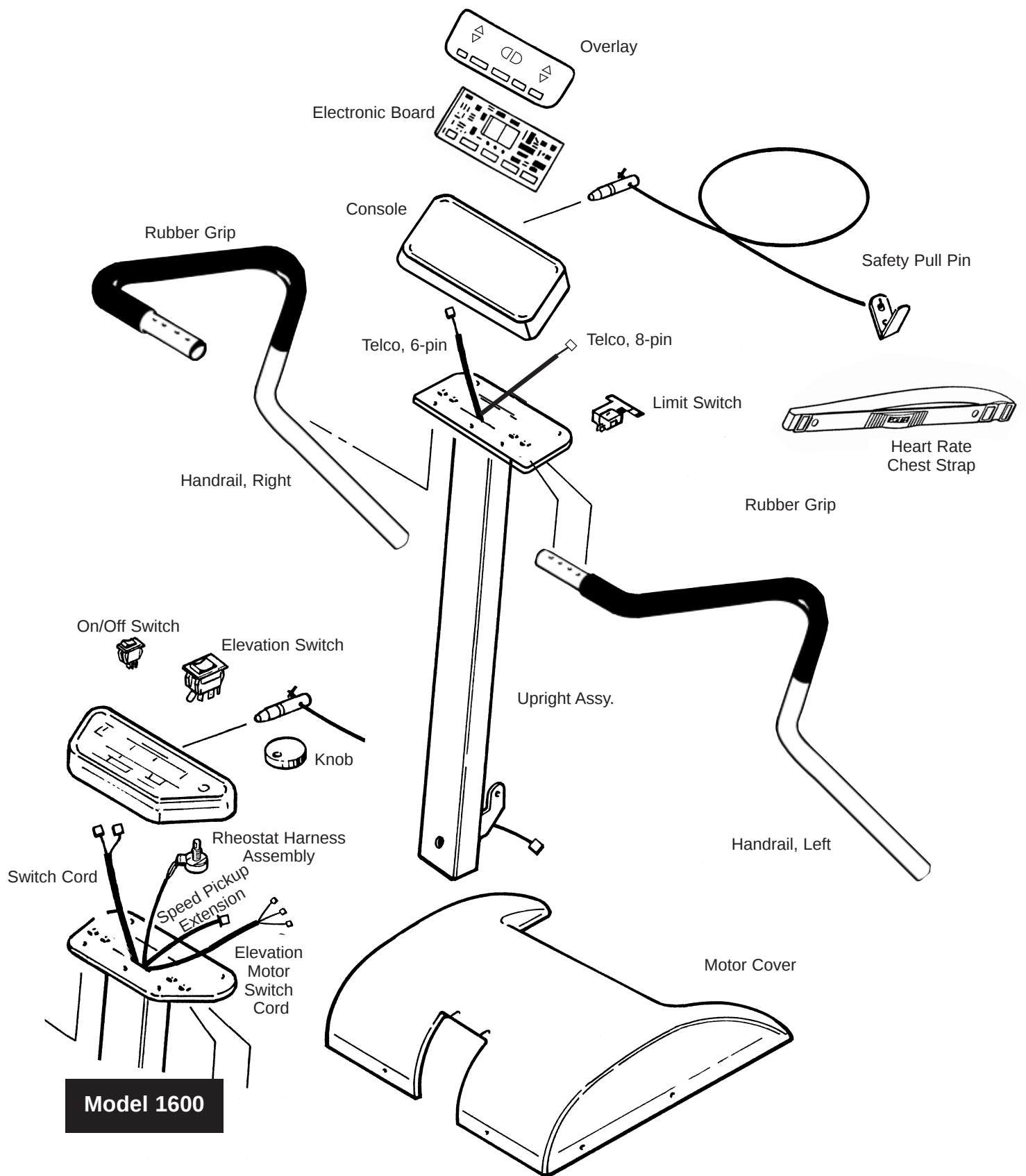
PRESET PROGRAMS

3600.1 / 4600.1



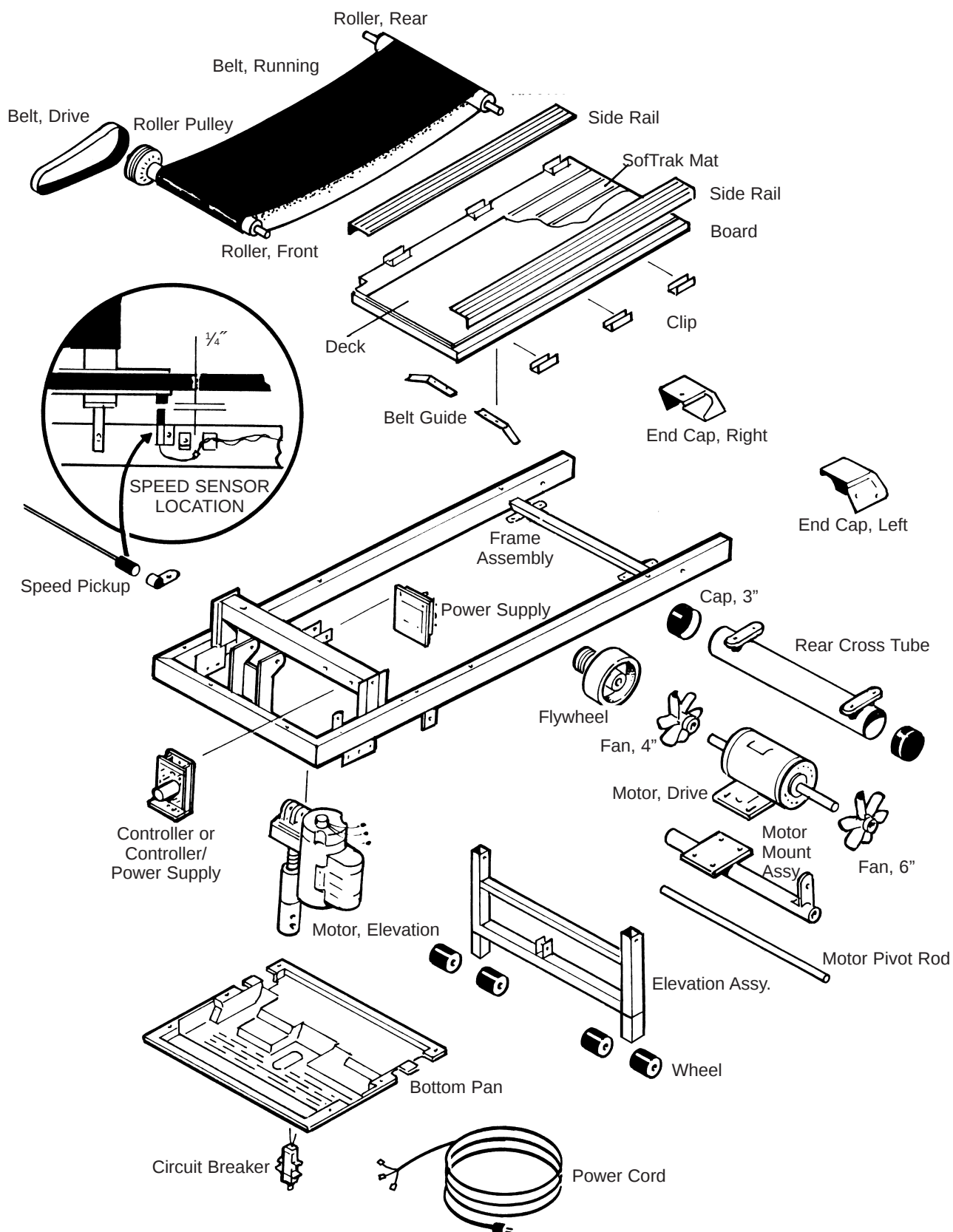
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EXPLODED VIEW



Model 1600

EXPLODED VIEW



PARTS LIST

COMMON ASSEMBLY PARTS

<u>PART NO.</u>	<u>DESCRIPTION</u>	<u>PART NO.</u>	<u>DESCRIPTION</u>
LL-2002	Belt Guide	36-0482	Motor Mount Assy.
KK-1227	Bottom Pan	HH-8196	Motor Pivot Rod
MM-0130	Cap, 3"	39-2021	Rear Cross Tube
MM-2052	Clip	KK-2079	Roller, Front
39-2036	Elevation Assy.	KK-2080	Roller, Rear
KK-2194	End Cap, Left	KK-2164	Roller Pulley
KK-2195	End Cap, Right	JJ-2000	Rubber Grip
KK-2011	Fan, 4"	KK-6178	Safety Pull Pin
KK-6136	Fan, 6"	QQ-1513	Speed Pickup
39-2044	Handrail, Left	39-2037	Upright Assy.
39-2045	Handrail, Right	MM-2031	Wheel
KK-2193	Motor Cover		

PARTS BY MODEL	1600	2600	3600	4600
Belt, Drive	KK-2066	KK-2066	KK-2066	KK-3075
Belt, Walking	KK-2185	KK-2185	KK-2123	KK-2124
Board	KK-2125	KK-4038	KK-2060	KK-2060
Circuit Breaker	HH-2165	HH-2165	HH-2165	HH-2065
Console	KK-2196	KK-2189	KK-2197	KK-2197
Controller	KK-2018	— — —	— — —	— — —
Controller/ Power Supply	— — —	QQ-2061	QQ-2061	QQ-2065
Deck	— — —	KK-2009	KK-2061	KK-2061
Electronic Board	QQ-2019	QQ-2063	QQ-2060	QQ-2050
Elevation Switch	HH-4641	— — —	— — —	— — —
Elevation Motor				
Switch Cord	HH-4642	— — —	— — —	— — —
Flywheel	PP-3002	PP-3002	PP-3002	PP-2010
Frame	39-2000	39-2000	39-2019	39-2019
Heart Rate Chest Strap	— — —	— — —	— — —	QQ-2005
Knob	KK-2007	— — —	— — —	— — —
Motor , Drive	KK-2070	KK-2044	KK-2044	KK-2169
Motor, Elevation	KK-2129	KK-2020	KK-2020	KK-2020
On/Off Switch	HH-2031	— — —	— — —	— — —
Overlay	MM-2056	MM-2092	MM-2028	MM-2081
Power Cord	HH-4624	HH-4624	HH-4624	HH-2067
Power Supply	— — —	— — —	QQ-0055	QQ-0055
Rheostat Harness				
Assy.	KK-6211	— — —	— — —	— — —
Side Rail	MM-2095	MM-2095	MM-2096	MM-2096
SofTrak Mat	— — —	KK-2065	KK-2065	KK2065
Speed Pickup				
Extension	QQ-1514	— — —	— — —	— — —
Switch Cord	HH-4623	— — —	— — —	— — —
Telco, 6 pin	— — —	HH-4595	HH-4595	HH-4595
Telco, 8 pin	— — —	HH-4594	HH-4594	HH4594

MAINTENANCE INSTRUCTIONS

WALKING BELT CENTERING AND TENSION ADJUSTMENT

The walking belt may occasionally need to be centered and tightened.

When the walking belt is slipping, it is sometimes difficult to determine if the walking belt itself needs tightening or the drive belt tension needs adjustment. If the sides of the walking belt can only be raised approximately 2-3 inches off the board, the walking belt is generally tightened sufficiently. However, the following procedures can be utilized to determine exactly which belt should be tightened if the walking belt is slipping:

1. Remove the six screws holding the motor cover and gently lift the motor cover from the treadmill.
2. Set the speed of the treadmill at approximately 1.5 mph. Bracing yourself with your hands on the handrail and one foot on the plastic side rail, plant the other foot firmly on the walking belt and try to stall the belt. If you can stop the walking belt and the front roller does not continue turning but the motor pulley continues to turn, then the drive belt needs tightening and the adjustment instructions found at the bottom of this page should be followed. If you can stop the walking belt and the front roller continues to turn, the walking belt needs to be tightened and the instructions that follow should be used.

TO ADJUST WALKING BELT TENSION:

- Run treadmill at approximately 3.5 mph.
 - Using $\frac{3}{16}$ " Hex wrench, turn both the right and left adjustment bolts ONE full turn clockwise
 - If slipping continues during use, repeat above steps.
- NOTE:** It is recommended that the hex wrench clip be attached to a convenient spot on the treadmill, and the hex wrench kept in the clip.

DO NOT OVERTIGHTEN the walking belt. This may cause reduced motor performance and excessive roller wear.

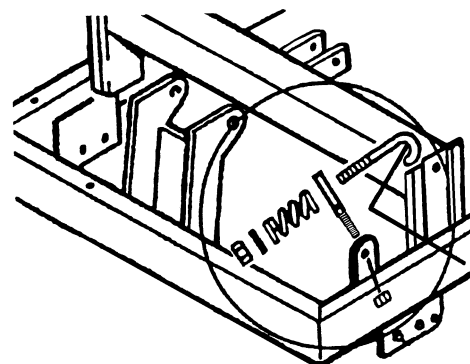
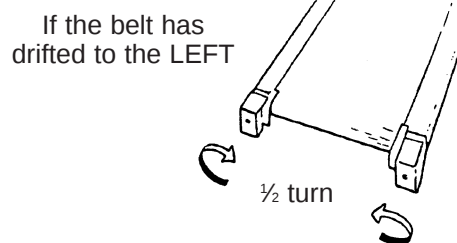
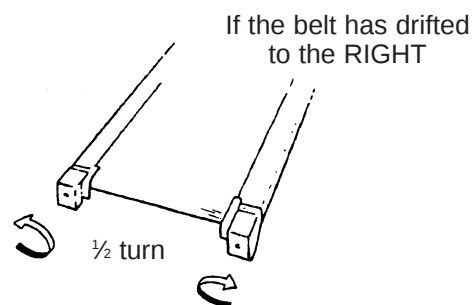
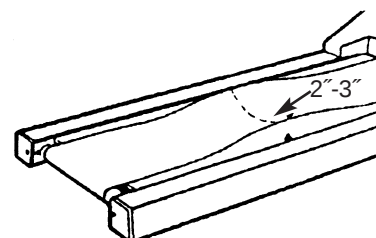
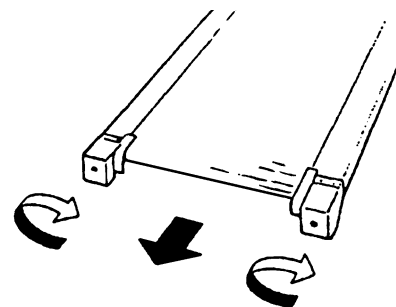
NOTE: When properly tightened, the sides of belt can be raised approximately 2-3 inches off the board.

TO CENTER WALKING BELT:

- Place treadmill on a level surface.
- Run treadmill at approximately 3.5 mph.
- If the belt has drifted to the right, turn the right adjusting bolt $\frac{1}{2}$ turn clockwise and the left adjusting bolt $\frac{1}{2}$ turn counterclockwise.
- If the belt has drifted to the left, turn the left adjusting bolt $\frac{1}{2}$ turn clockwise and the right adjusting bolt $\frac{1}{2}$ turn counterclockwise.

TO TIGHTEN DRIVE BELT:

1. Unplug treadmill.
2. Remove six (6) Phillips screws from motor cover. Remove motor cover and set aside with screws.
3. Using a $\frac{1}{2}$ " wrench or $\frac{1}{2}$ " deep socket, tighten nut on J-Bolt assembly. Nut may need to be tightened 2-3 turns.
4. With motor cover still off treadmill, plug treadmill in and test drive belt for slippage.
5. If tension is adequate, reinstall motor cover. If further adjustments are needed, repeat step #3.



MAINTENANCE INSTRUCTIONS

WARNING: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT.

CLEANING

General cleaning of the unit will greatly prolong the life of the treadmill.

Keep the unit clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the build up of foreign material underneath the walking belt.

The top of the belt may be cleaned with a wet, soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or from underneath the belt. **Warning: Always unplug the treadmill from the electrical outlet before removing the motor cover.** At least once a year remove the motor cover and vacuum under the motor cover.

WALKING BELT AND DECK LUBRICATION

This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck. If the deck appears worn, contact our service department.

We recommend lubrication of the deck according to the following timetable:

Light user (less than 3 hours/week)	annually
Medium user (3-5 hours/week)	every six months
Heavy user (more than 5 hours/week)	every three months

We recommend that you use one of the following:

- Lube-N-Walk™ Treadmill Lubrication Kit, available from JAD Fitness, Inc. (800 877-3486 or www.jadfitness.com) or your local specialty fitness dealer.
- NAPA 8300 Silicone Spray, available at most NAPA Auto Parts stores.
- Pyroil Silicone Spray Lubricant, available at most auto parts stores.

TROUBLESHOOTING GUIDE

PROBLEM	CAUSE	CORRECTION
1. Treadmill will not start	1. Not plugged in. 2. Safety pull pin not inserted. 3. Treadmill circuit breaker tripped. 4. House circuit breaker tripped. 5. Speed knob not turned to Off (model 1600 only). 6. On/Off switch on Off (model 1600 only).	1. Plug into three prong grounded outlet. 2. Insert safety pull pin. 3. Reset circuit breaker (see exploded view for location.) 4. Reset circuit breaker. 5. Turn speed knob all the way counterclockwise, then slowly clockwise. 6. Turn On/Off switch to On.
2. Treadmill works but no display on monitor.	1. Batteries are weak or dead (model 1600). 2. Wire not connected to back of monitor/electronic board.	1. Replace batteries. 2. Unplug treadmill, reconnect wire into back of monitor/electronic board (see wiring diagram under motor cover).
3. Treadmill works, but speed does not display on monitor.	1. Speed pick-up sensor not properly aligned (model 1600).	1. Unplug treadmill from wall outlet, remove motor cover, adjust the speed pick-up sensor so that it is approximately $\frac{1}{4}$" from magnet in front roller pulley (see exploded view for location).
4. Heart rate not displayed (model 4600).	1. Transmitter not making good contact with skin. 2. Electromagnetic interference.	1. Moisten skin contact area on the transmitter strap, or turn transmitter strap upside down. 2. Turn off any television, microwave, or computer within 6 feet of treadmill.
5. Treadmill will not elevate or decline.	1. Wires loose on elevation switch (model 1600).	1. Unplug treadmill from wall outlet, reconnect wires on elevation switch.
6. Elevation not accurate (models 2600, 3600, 4600).	1. Out of calibration.	1. Recalibrate electronics (See calibration instructions).
7. Walking belt slips.	1. Walking belt not tight.	1. Adjust walking belt tension. (See Maintenance Instructions)
8. Drive belt slips	1. Drive belt not tight.	1. Adjust drive belt tension. (See Maintenance Instructions)
9. Walking belt not centered.	1. Walking belt tension not centered across the rear roller.	1. Center walking belt. (See Maintenance Instructions)
10. Walking belt speed seems slower than displayed speed.	1. Set in kilometers. 2. Out of calibration. (Models 2600, 3600, 4600)	1. Change to miles per hour. (See Operation Guide) 2. Recalibrate electronics. (See Calibration Instructions)
11. Treadmill squeaks when walked on.	1. Pivot points need lubrication.	1. Lubricate pivot points.

CALIBRATION PROCEDURE

WARNING: DURING THE ENTIRE CALIBRATION PROCESS, STAND ON THE PLASTIC SIDE RAILS ONLY! DO NOT STAND ON TREADMILL WALKING BELT!

MODEL 2600

1. With the safety pull pin inserted, plug the power cord into the wall socket.
2. Immediately after plugging in the power cord, while the display windows are reading "88888," press the INCLINE-UP and INCLINE-DOWN buttons simultaneously. This should enter you into the calibration mode.
3. When you enter the calibration mode, there will be some parameters in the window displays. For the English setting (MPH), the display should have a "10.0" in the speed window, and "En=y" in the time window, and a "15" in the incline window.
4. To change to metric (KPH), just after step 2 is completed, press the POWER button once and the display should read "16.0" in the speed window, an "En=n" in the window, and a "15" in the incline window.
5. To adjust the max. speed setting (whether you are in English or metric) use the SPEED-UP and SPEED-DOWN buttons to achieve desired setting. "10.0" is standard for English and "16.0" is standard for metric.
6. To adjust the incline readout, use the INCLINE-UP and the INCLINE-DOWN buttons to achieve desired setting. "15" is standard.
7. When parameters are set (**DO NOT STAND ON TREADMILL BELT**), press the START/PAUSE button to begin the calibration process. "Cal" will appear in the calories window. The treadmill will automatically set the low speed and high speed and will also set the incline from top to bottom.
8. When the calibration process is finished, the "Cal" displayed in the distance window will begin flashing (also the walking belt will begin moving again). While the "Cal" is flashing, press any button to end the calibration process.
9. Your treadmill is now ready to use.

MODEL 3600, 4600

Calibrate the elevation.

1. Plug treadmill into wall outlet.
2. Depress and hold, PROGRAM INTERVAL, SPEED DOWN, POWER.
3. Release SPEED DOWN. Hear a beep? If not, repeat the above step.
4. Release POWER and PROGRAM INTERVAL.
5. Press POWER. The treadmill will raise itself to the highest elevation.
6. Press PROGRAM INTERVAL. The treadmill will go to the lowest position.
7. Press PROGRAM INTERVAL. The calibration is complete.

Calibrate the speed.

1. Plug treadmill into wall outlet. Straddle the treadmill belt.
2. Depress and hold, PROGRAM INTERVAL, SPEED DOWN, POWER.
3. Release SPEED DOWN. Hear a beep? If not, repeat the above step.
4. Release POWER AND PROGRAM INTERVAL.
5. Press START/PAUSE. The belt should begin to move at the minimum speed setting. Use the SPEED UP and SPEED DOWN buttons to set the minimum speed at .5 mph. After this is done, press POWER.
6. The belt will rapidly move to the maximum speed setting. Use the SPEED UP and SPEED DOWN buttons to set the maximum speed at 10.0 mph (model 3600) or 11.0 mph (model 4600). After this is done, press POWER.
7. The belt will somewhat slow down. Use the SPEED UP and SPEED DOWN buttons to set the actual speed displayed in the SPEED window with the desired speed in the CALORIES window. When the two speeds are equal, press POWER. The calibration is complete.