

Siesta Treadmill

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Yowza Technical Support: 877-969-9240

Serial Number: _____

Original Sales Order # _____

Purchase Date: _____

PRECAUTIONS

Precautions:

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

- Use the treadmill only as described in this manual.
- Place on a level surface, with 6 feet (2 m) of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
- When choosing a location for the treadmill be sure that the location and position permit access to a plug.
- Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
- Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
- Keep children under the age of 12 and pets away from the treadmill at all times.
- The treadmill should not be used by persons weighing more than **300LBS**.
- Never allow more than one person on the treadmill at a time. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.
- When connecting the power cord, plug the power cord into a grounded circuit. No other appliance should be on the same circuit.
- Always straddle the belt and allow it to start moving before stepping onto the belt.
- Always examine your treadmill before using to ensure all parts are in working order.
- Allow the belt to fully stop before dismounting.
- Never insert any object or body parts into any opening.
- Follow the safety information in regards to plugging in your treadmill.
- Keep the power cord away from the incline wheels and do not run the power cord underneath your treadmill. Do not operate the treadmill with a damaged or frayed power cord.
- Always unplug the treadmill before cleaning and/or servicing. Service to your treadmill should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer. Failure to follow these instructions will void the treadmill warranty.
- Never leave the treadmill unattended while it is running.
- Use "safety key" when operating the treadmill and make sure the "safety key" is clipped to the users clothing.
- The cell phone signal might interfere treadmill functions, keep the cell phone away from the motor hood.

Remove the "safety key" and store it in a safe place when the treadmill is not in use. Keep the "safety key" away from children.

POWER REQUIREMENTS

Power Requirements:

IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN THE RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDING. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT, IF IT WILL NOT FIT THE OUTLET; HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

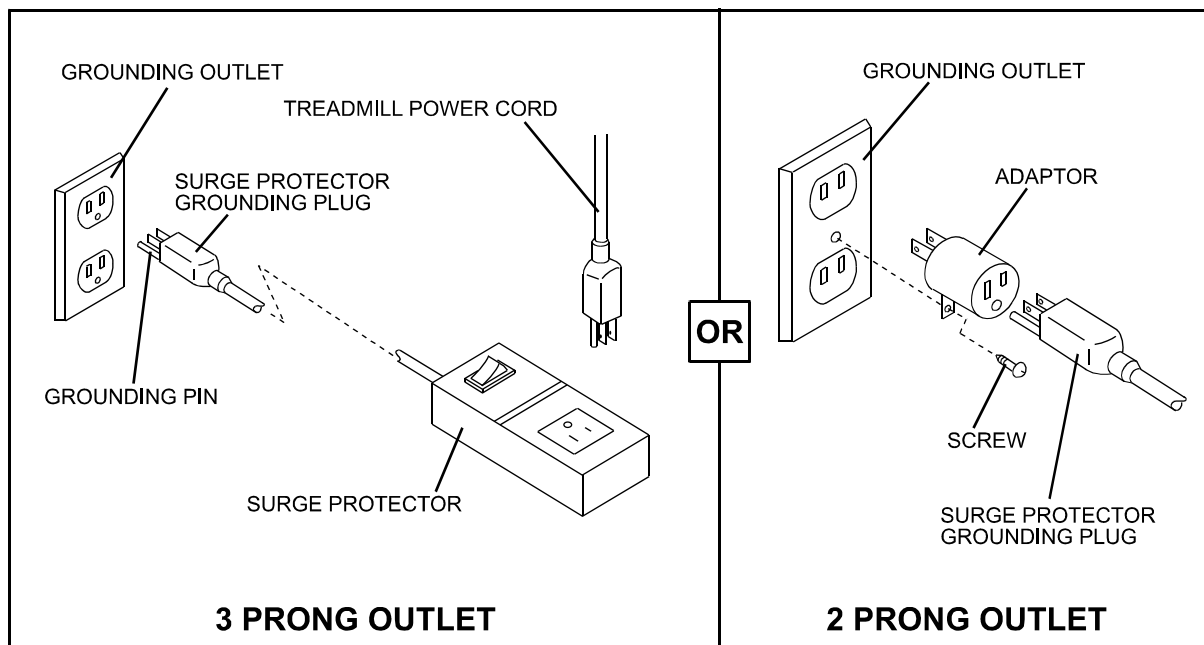
This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of treadmill damage, always use a surge protector (not included) with your treadmill.

Surge protectors can be purchased at most hardware stores. The manufacturer recommends a single outlet surge protector with a UL 1449 rating as a Transient Voltage Surge Suppressor (TVSS) with a UL suppressed voltage rating of 400V or less and an electrical rating 110VAC, 15 amps.

This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current, should the treadmill malfunction. This treadmill is equipped with an electrical cord that has an equipment-grounding conductor and a grounding plug. Always plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is for use on a nominal 110-volt circuit, and has a grounding plug that looks like the plug illustrated in the drawing below.

GFCI outlets and GFCI Circuit Breakers are NOT recommended for use on this product. GFCI outlets and GFCI Circuit Breakers may cause this equipment to function improperly.



BEFORE YOU BEGIN

Open the boxes:

Open the boxes of your new equipment. Inventory all parts included in the boxes, and compare them to the Supplied Components and Supplied Hardware lists on assembling manual for a full count of the parts included. If you are missing any parts or have any questions contact us directly.

Gather your tools:

Before you begin, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

Please note that there is a weight limitation for this product. If you weigh more than 300LBS (Approx. 135 Kgs). It is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.

Care and maintenance:

The safety level can be maintained only if it is examined for damage and wear.

Replace any defective components immediately and stop all use of the equipment until repaired.

Always take care when mounting the equipment. Straddle the equipment by placing your feet on the straddle rails. Dismount from the equipment only after all parts have stopped.

Always check the wear and tear components like pulley, belts, etc....To prevent injury.

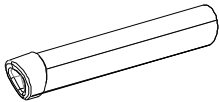
There is an emergency stop, in the form of a SAFETY KEY, to prevent injury; you can stop the treadmill immediately by actuating the emergency stop for emergency dismount.

SUPPLIED COMPONENTS

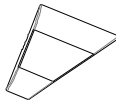
This list identifies the major components you will use to assemble this product.

No.	Description	Qty.
A1	Handlebar	2
212	Upright Lower Cap	2
104	Water Bottle Holder	1
204	Upright Cover – RR	1
205	Upright Cover – RL	1
206	Upright Cover – LR	1
207	Upright Cover – RR	1
C	Power Cord	1
108	Safety Key	1
701	MP3 Connection Wire	1

A1



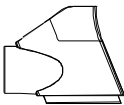
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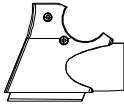
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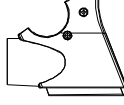
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205



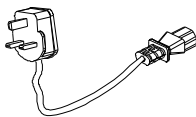
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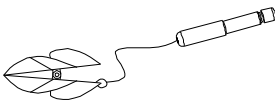
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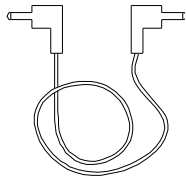
C



108



701



SUPPLIED HARDWARE

This list identifies the hardware you will use to assemble the product. To help distinguish between the various types of screws and bolts, use the scale below to measure them and compare them to the sizes listed.

No.	Description	Qty.
803	M8x15mm Allen Head Bolt	4
805	M8x250mm Bolt	2
807	8x22x2mm Washer	2
815	8.5X20.5X2mm Cup Washer	2
816	4x16mm Screw – Cone Point	2
836	4x19mm Screw – Cone Point	2
867	8x14x2mm Spring Washer	2
A	5mm Allen Key	1
B	Screwdriver	1

803

805

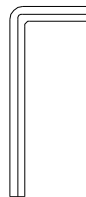
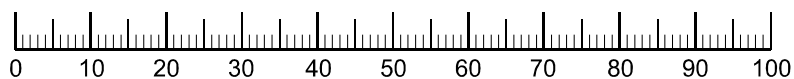
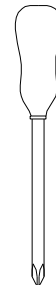
807

815

816

836

867

A

B

MILLIMETERS

PARTS LIST

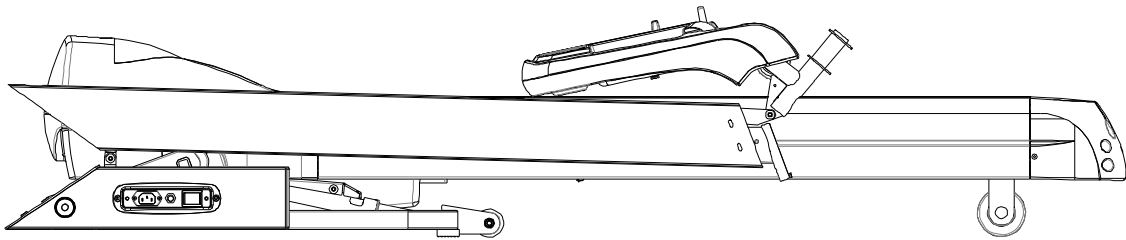
Item No.	Description	Qty.	Part No.
SIESTA-100			
101	PC Board	1	SIESTA-101
102	Console Housing – Top	1	SIESTA-102
103	Console Housing – Bottom	1	SIESTA-103
104	Water Bottle Holder	1	SIESTA-104
105	Safety Key Seat	1	SIESTA-105
106	Speaker	2	SIESTA-106
107	Fan	1	SIESTA-107
108	Safety Key	1	SIESTA-108
109	Safety Key Wire	1	SIESTA-109
110	8pin Power Wire	1	SIESTA-110
111	Hand Pulse Sensor Wire	2	SIESTA-111
SIESTA-200			
201	Hand Pulse Sensor Cover – Upper	1	SIESTA-201
202	Hand Pulse Sensor Cover – Lower	1	SIESTA-202
203	Console Support Tube	1	SIESTA-203
204	Upright Cover – RR	1	SIESTA-204
205	Upright Cover – RL	1	SIESTA-205
206	Upright Cover – LR	1	SIESTA-206
207	Upright Cover – RR	1	SIESTA-207
208	Right Handlebar Tube	2	SIESTA-208
209	Handlebar End Cap	2	SIESTA-209
210	Upright	2	SIESTA-210
211	Base Frame Holder	2	SIESTA-211
212	Upright Lower Cap	2	SIESTA-212
SIESTA-300			
301	Base Frame	1	SIESTA-301
302	Base Frame End Cap	2	SIESTA-302
303	Rectangular Cushion	4	SIESTA-303
304	Power Plate Cover	1	SIESTA-304
305	Power Switch Plate	1	SIESTA-305
306	Power Socket	1	SIESTA-306
307	Power Breaker	1	SIESTA-307
308	Power Switch	2	SIESTA-308
309	PU Cushion	1	SIESTA-309
310	Caster	1	SIESTA-310
SIESTA-400			
401	Motor Hood	1	SIESTA-401
402	Motor	1	SIESTA-402
403	Motor Bracket	1	SIESTA-403
404	Driving Belt	1	SIESTA-404
405	Control Board	1	SIESTA-405
406	Transformer	1	SIESTA-406
407	Elevation Board	1	SIESTA-407
408	Elevation Support Tube	1	SIESTA-408
409	Elevation Support Tube Cap	4	SIESTA-409

PARTS LIST

Item No.	Description	Qty.	Part No.
410	Elevation Motor	1	SIESTA-410
411	Elevation Gear Sleeve	1	SIESTA-411
412	Shock Locker Tube	1	SIESTA-412
413	Shock	1	SIESTA-413
414	Fold Locker	1	SIESTA-414
415	Torsion Spring	1	SIESTA-415
416	Plastic Clamp – Top	2	SIESTA-416
417	Plastic Clamp - Bottom	2	SIESTA-417
418	Plastic Clamp Bracket	2	SIESTA-418
419	Deck Frame Side Cover – Left	1	SIESTA-419
420	Deck Frame Side Cover – Right	1	SIESTA-420
421	Motor Belly Pan	2	SIESTA-421
SIESTA-500			
501	Running Belt	1	SIESTA-501
502	Side Rail	2	SIESTA-502
503	Running Deck	1	SIESTA-503
504	Side Rail End Cap – Left	1	SIESTA-504
505	Side Rail End Cap – Right	1	SIESTA-505
506	Side Rail End Cap Block	2	SIESTA-506
SIESTA-600			
601	Main Frame	1	SIESTA-601
602	Front Roller Shaft	1	SIESTA-602
603	Front Roller	1	SIESTA-603
604	Rear Roller	1	SIESTA-604
605	Rear Roller Shaft	1	SIESTA-605
606	Running Deck Support Tube	1	SIESTA-606
607	Front Wheel Frame	1	SIESTA-607
608	Rear Wheel	2	SIESTA-608
609	Cushion Pad	6	SIESTA-609
610	Front Wheel	2	SIESTA-610
SIESTA-800			
801	3.5x16mm Screw – Cone Point	11	SIESTA-801
802	4x15mm Screw – Cone Point	53	SIESTA-802
803	M8x15mm Allen Head Bolt	2	SIESTA-803
804	M8 Nut	2	SIESTA-804
805	M8x250mm Bolt	2	SIESTA-805
807	8x17x1.5mm Washer	23	SIESTA-807
808	M8x43mm Bolt	1	SIESTA-808
809	M8x20mm Bolt	8	SIESTA-809
810	M10x40mm Allen Head Bolt	1	SIESTA-810
811	M8x65mm Allen Head Bolt	1	SIESTA-811
812	M10x35mm Bolt	1	SIESTA-812
813	6x15mm Screw	2	SIESTA-813
814	4x10mm Screw – Cone Point	4	SIESTA-814

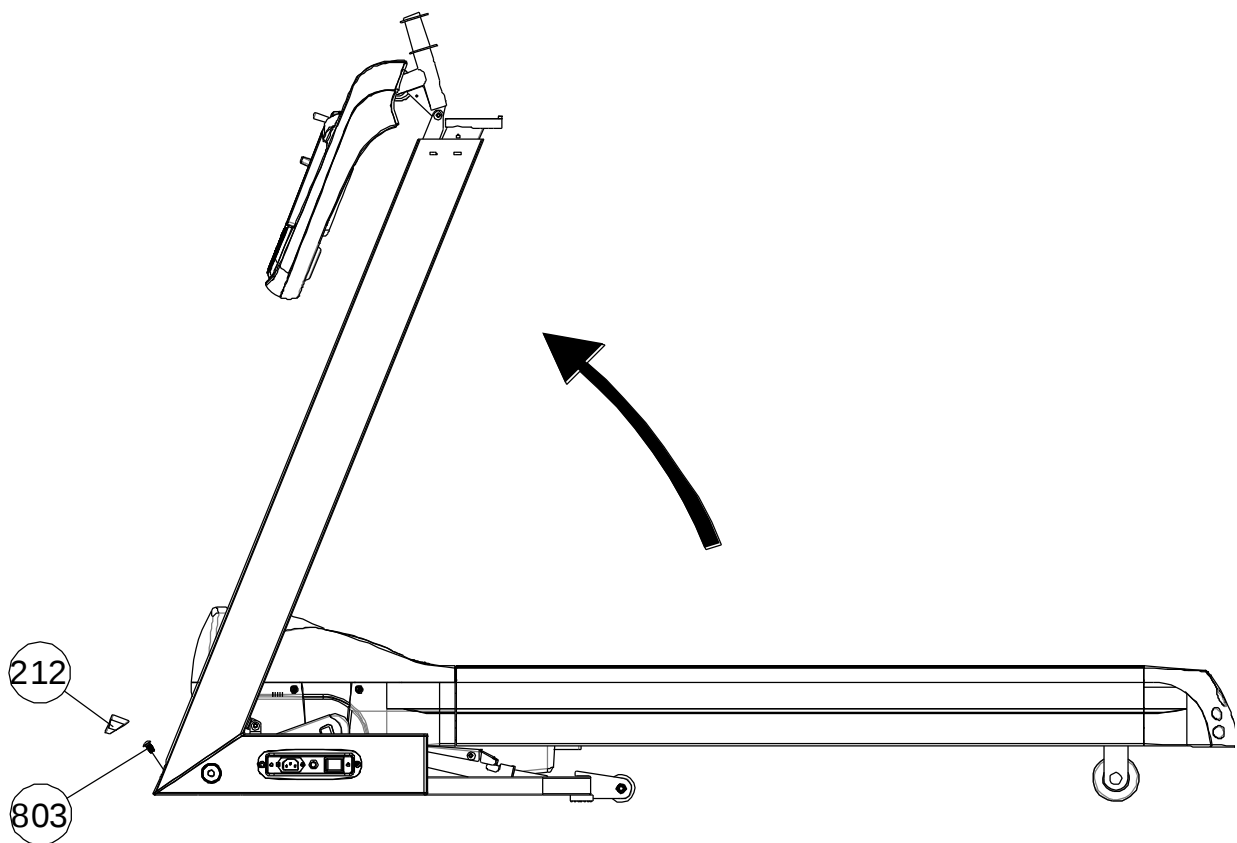
PARTS

Item No.	Description	Qty.	Part No.
815	8.5X20.5X2mm Cup Washer	2	SIESTA-815
816	4x16mm Screw – Cone Point	2	SIESTA-816
818	M16x99mm Bolt	2	SIESTA-818
819	16x28x4mm Washer	2	SIESTA-819
821	3x8mm Screw	10	SIESTA-821
824	M10 Nylon Nut	6	SIESTA-824
828	M10x67mm Allen Head Bolt	1	SIESTA-828
832	4x13mm Screw	4	SIESTA-832
835	M8 Nylon Nut	15	SIESTA-835
836	4x19mm Screw – Cone Point	16	SIESTA-836
837	M8x68mm Bolt	1	SIESTA-837
838	9x35x8mm Washer	2	SIESTA-838
839	Tension Cushion	1	SIESTA-839
843	M8x48mm Bolt	1	SIESTA-843
844	10.5x20x2mm Washer	3	SIESTA-844
846	M8x14mm Bolt	2	SIESTA-846
848	M8x115mm Bolt	1	SIESTA-848
853	M5x14mm Screw	4	SIESTA-853
855	Fixed Block	8	SIESTA-855
856	M8x25mm Bolt	6	SIESTA-856
857	M8x55mm Bolt	2	SIESTA-857
858	M6x45mm Bolt	3	SIESTA-858
859	6.5x12.6x1.25mm Washer	3	SIESTA-859
860	M10x32mm Bolt	1	SIESTA-860
863	M10x45mm Bolt	2	SIESTA-863
864	30x9x3mm Washer	2	SIESTA-864
865	M8x30mm Bolt	8	SIESTA-865
866	4x23mm Screw – Cone Point	2	SIESTA-866
867	8x14x2mm Spring Washer	2	SIESTA-867

ASSEMBLY

- (A) Remove your treadmill from the carton and place it on the floor in an open area.
- (B) Remove the treadmill and all the components and hardware from the box.
- (C) Check the quantities of all components and hardware with the component and hardware lists on pages 5-6.
- (D) After verifying inventory if there are any missing parts please contact Yowza fitness at 877-969-9240.

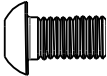
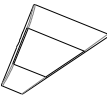
STEP1 ASSEMBLY

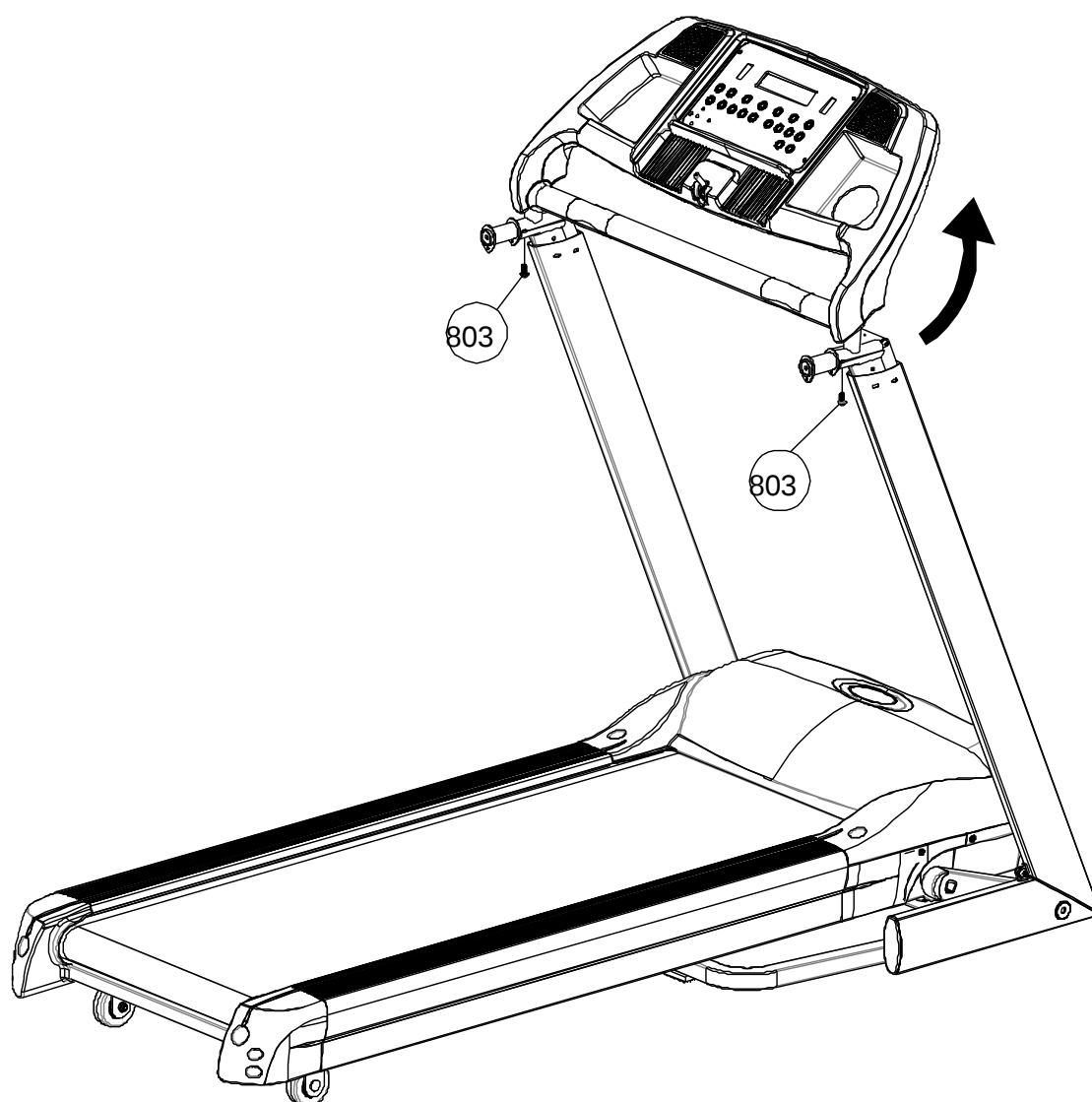


STEP1-A). Rotate the Uprights (118, 119) up to vertical position.

STEP1-B). Use the Allen Head Bolt (803) to secure the upright To frame.

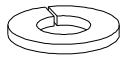
STEP1-C). Attach the Upright Lower Cap (212) to the frame.

803	X2	
212	X2	

STEP2 ASSEMBLY

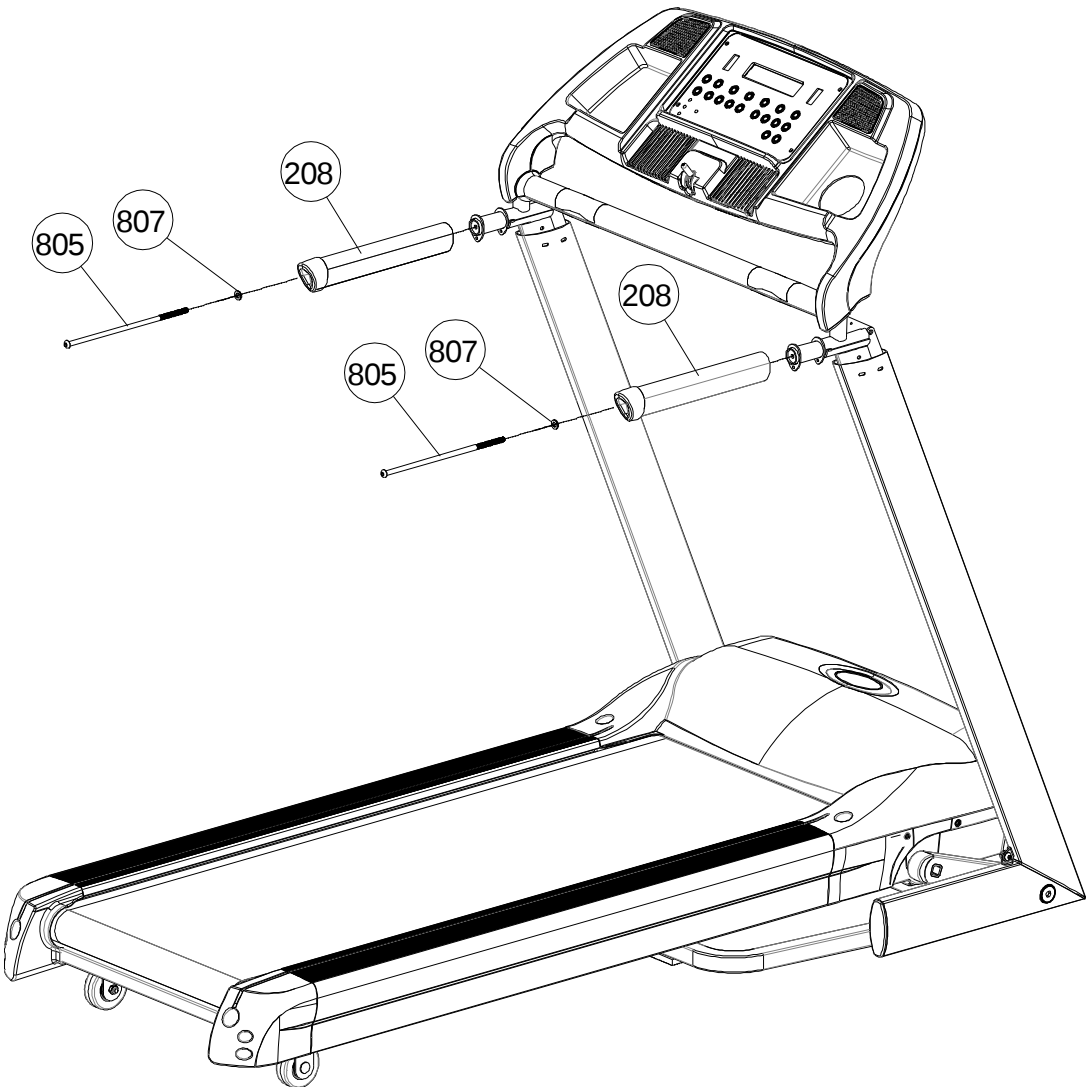
STEP2-A). Rotate the Console Support Tube up.

STEP2-B). Secure using Allen Head Bolt (803) with Spring Washer (867),
Cup Washer (815).

803	X2	
815	X	
867	X	

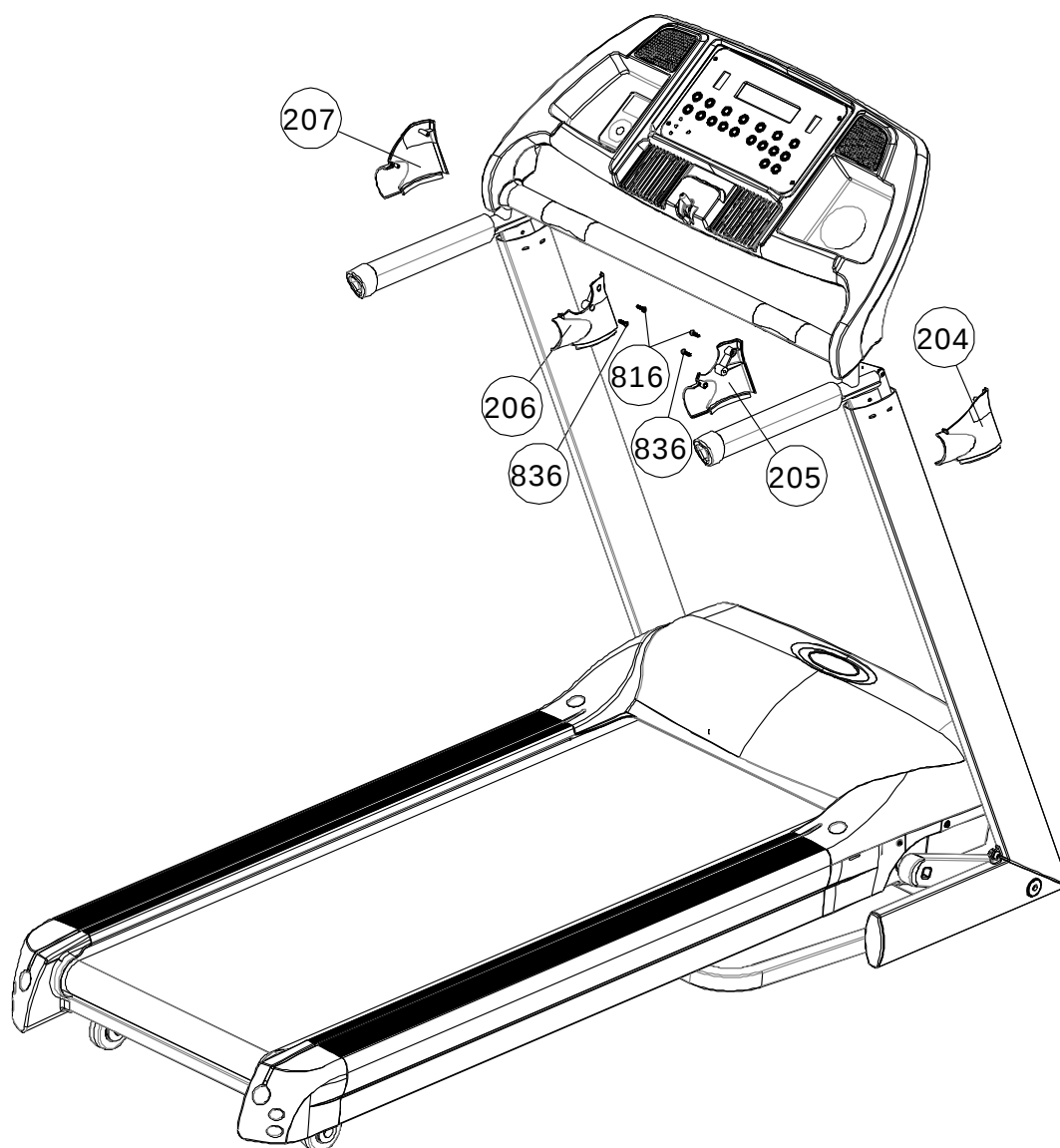
STEP3

ASSEMBLY



STEP3). Attach the Handlebar, and secure using Bolt (805) with Washer(807).

805	X2	
807	X2	

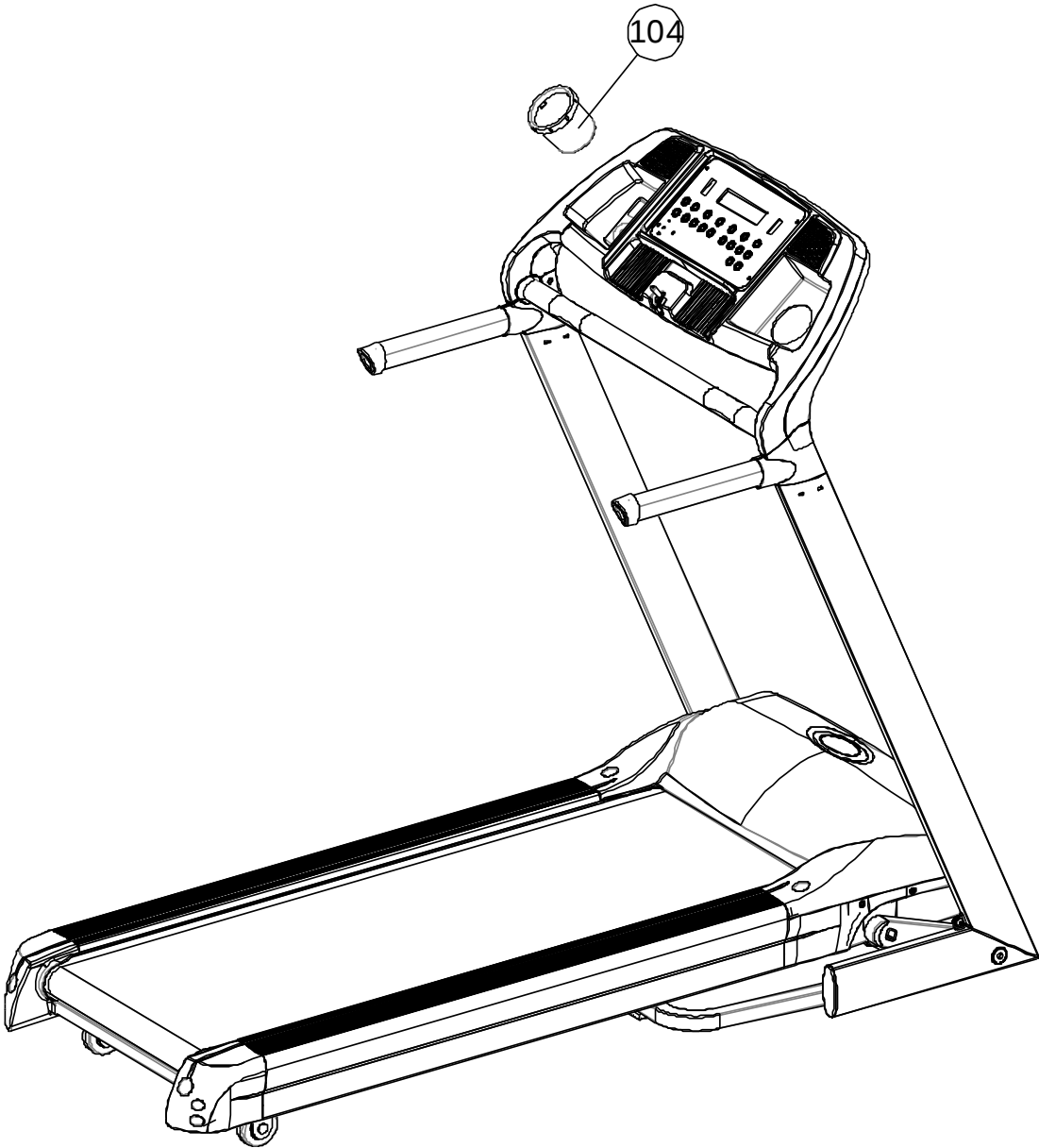
STEP4 ASSEMBLY

STEP4). Attach the Upright Cover (204, 205, 207, 208) to Upright, and secure using 4x16mm Screw – Cone Point (816) and 4x19mm Screw – Cone Point (836).

816	X2	
836	X2	

STEP5

ASSEMBLY

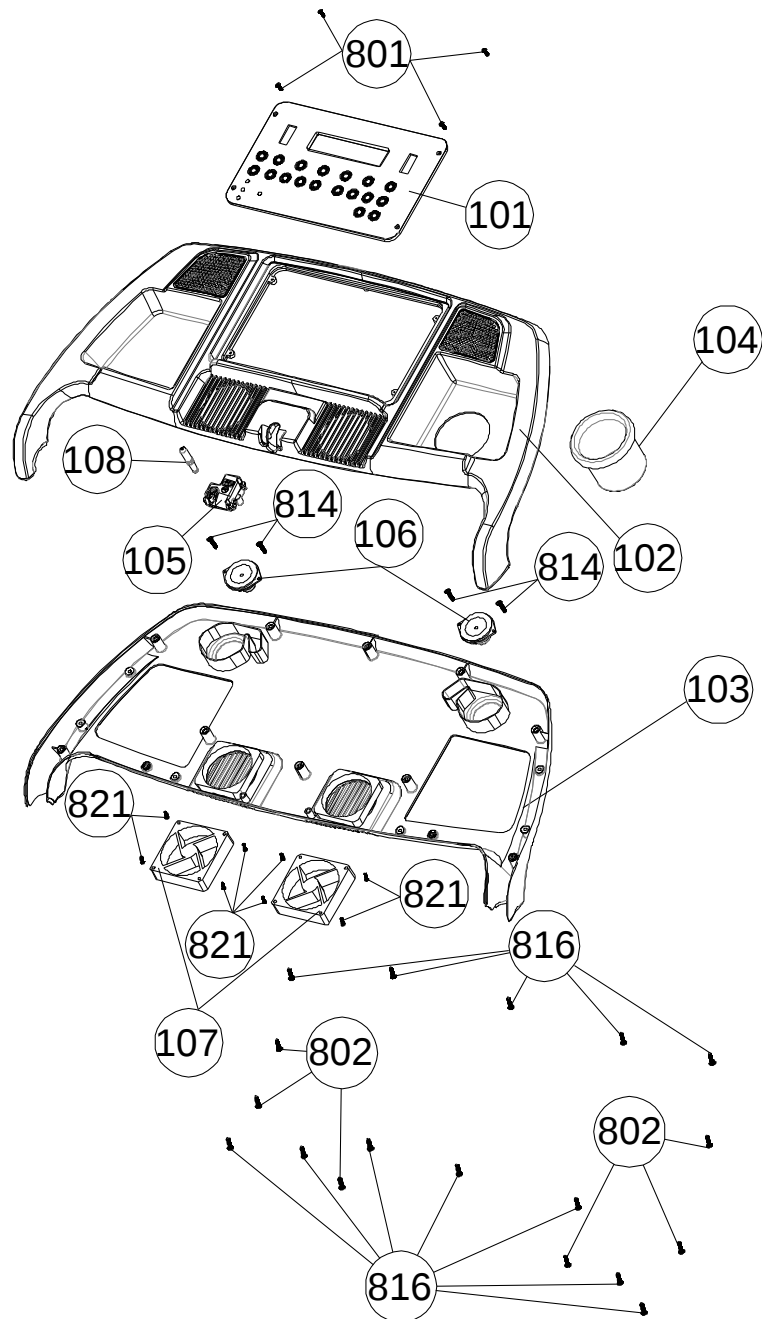


STEP5). Attach the Water Bottle Holder (104).

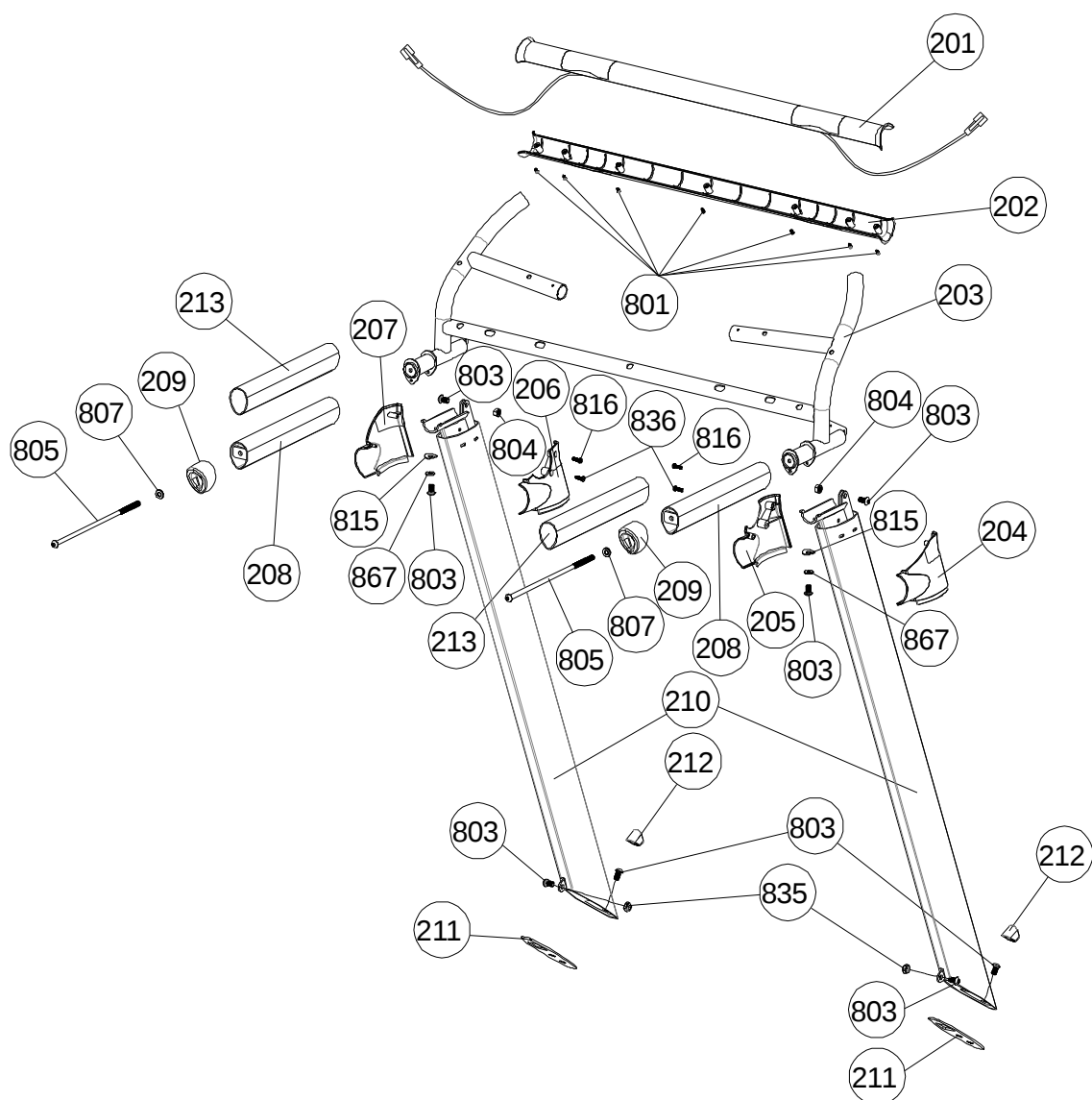
Your treadmill is now fully assembled

104	X1	
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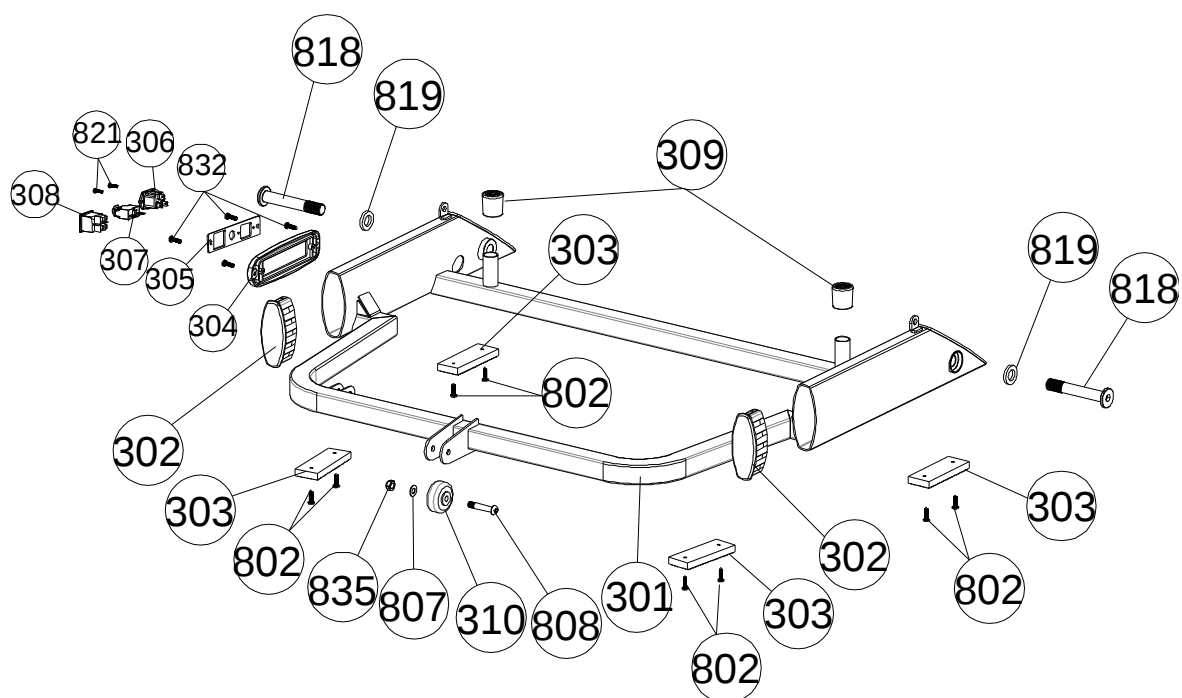
EXPLODED DIAGRAM



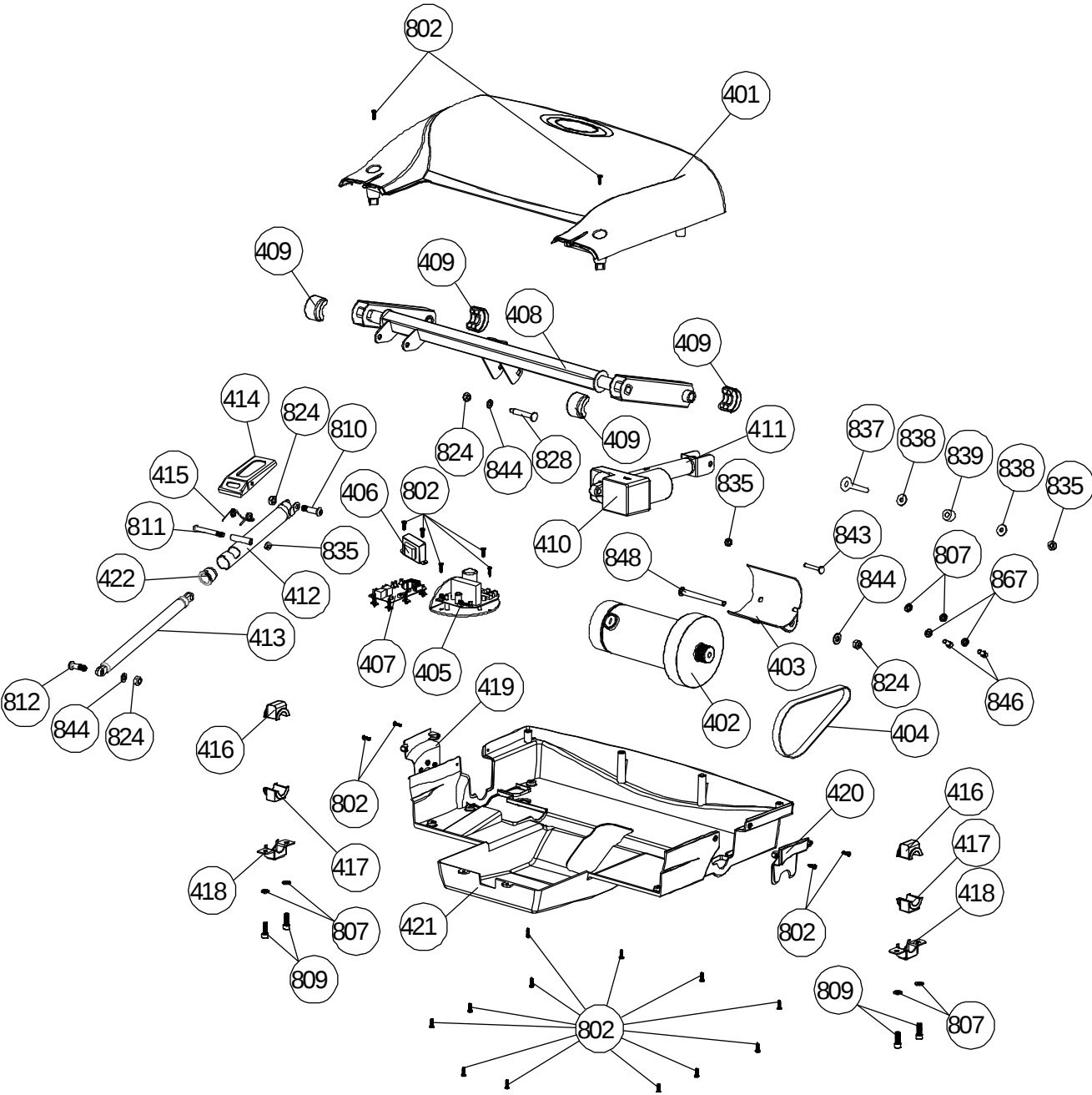
EXPLODED DIAGRAM



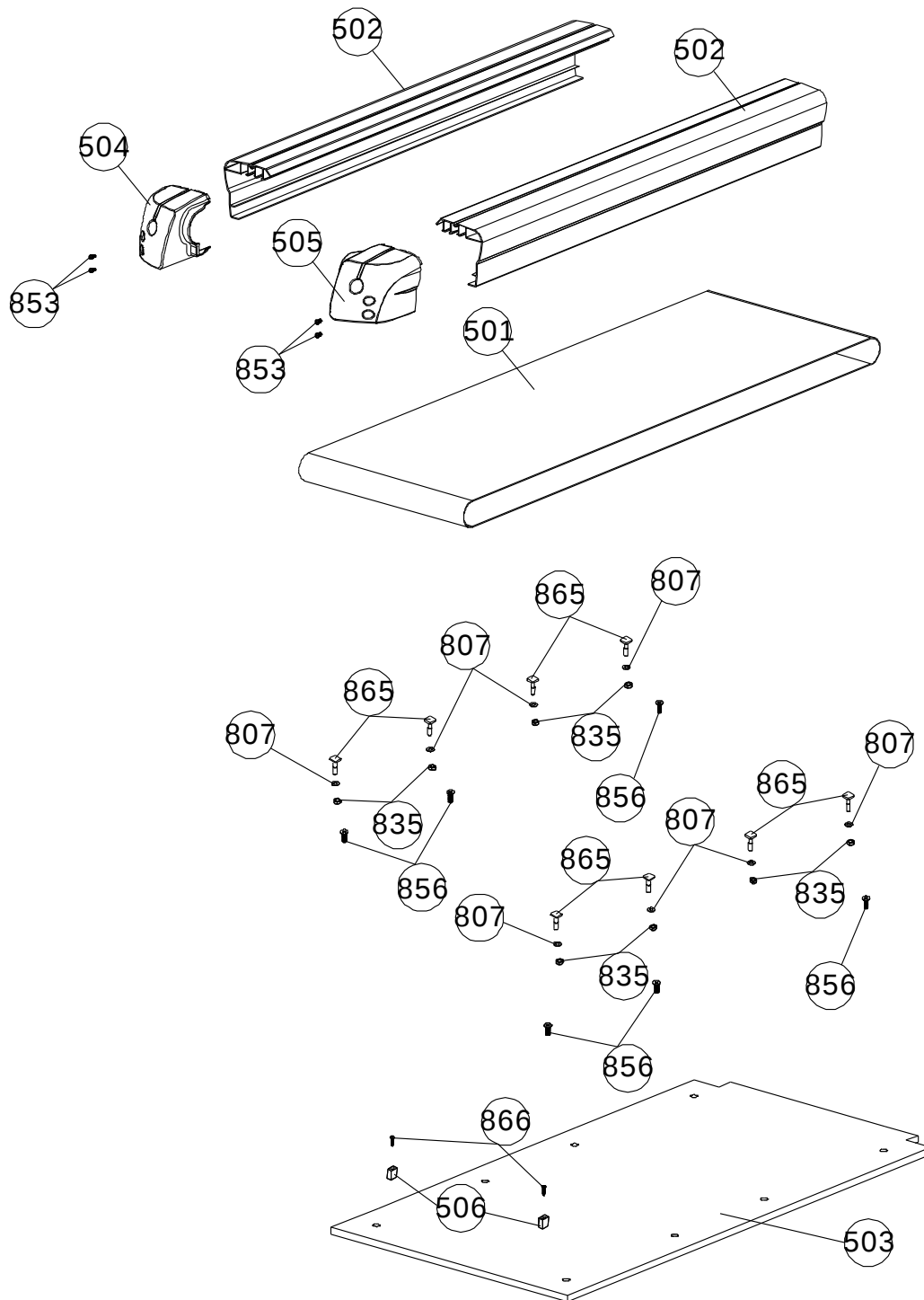
EXPLODED DIAGRAM



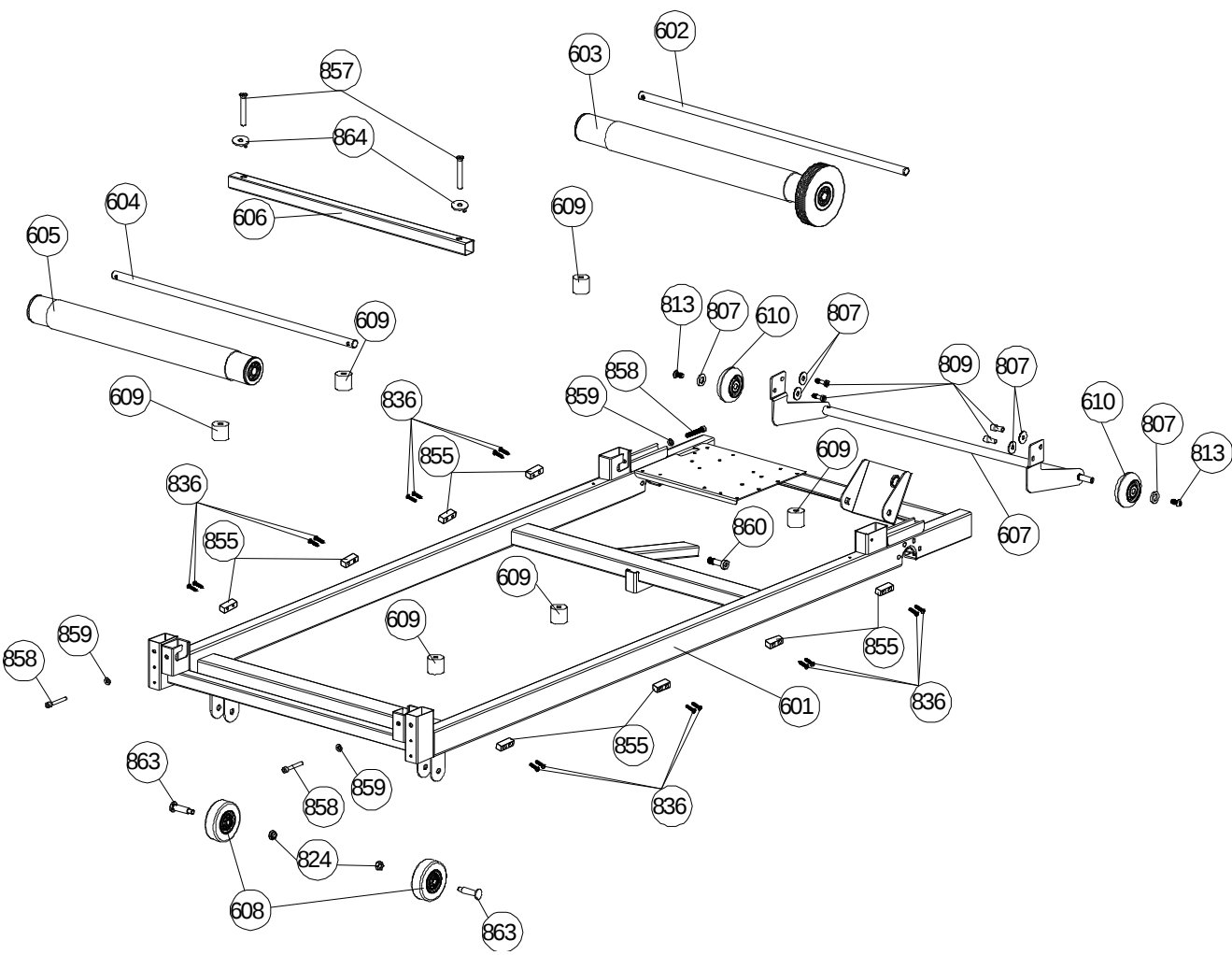
EXPLODED DIAGRAM



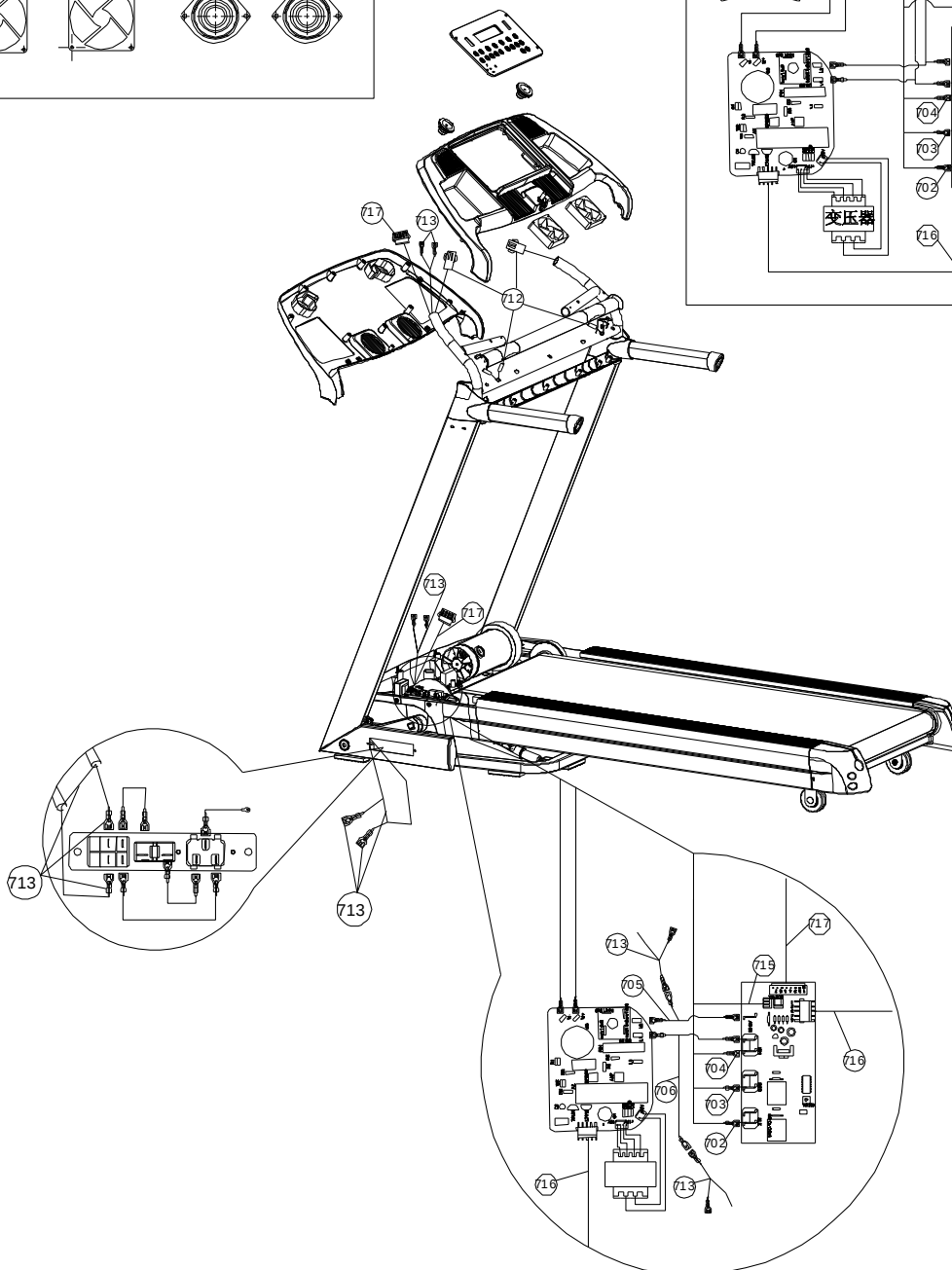
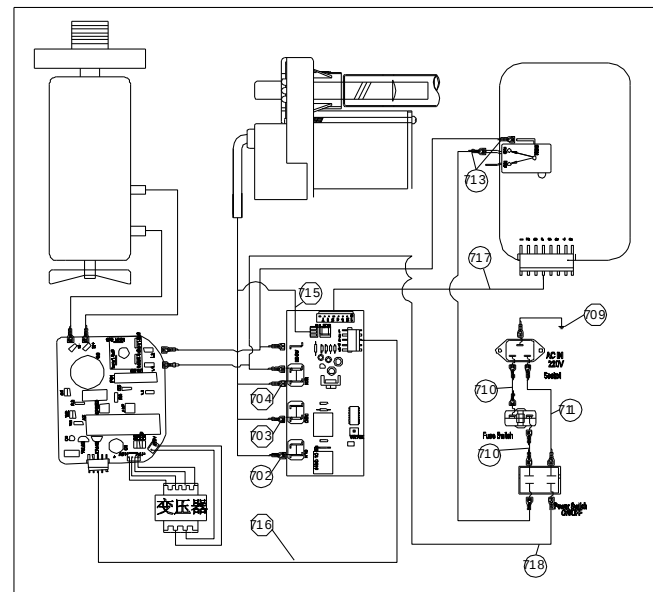
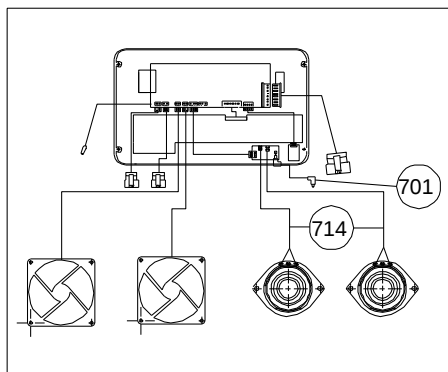
EXPLODED DIAGRAM



EXPLODED DIAGRAM



WIRE DIAGRAM

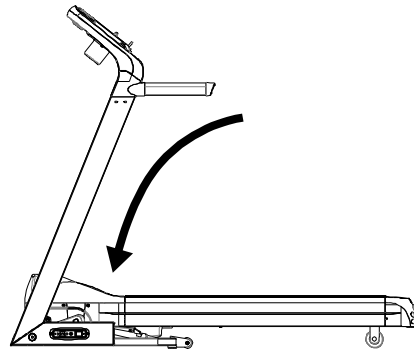


FOLDING INSTRUCTIONS

How to fold up the treadmill:

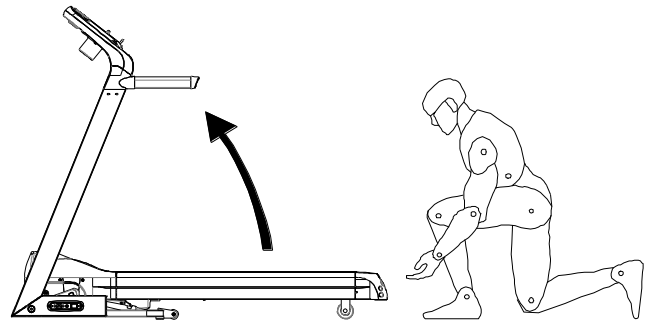
Your treadmill can be folded up for space saving storage. To do this follow the instructions here:

1. To fold the deck you first need to bring the treadmill to the lowest incline level.



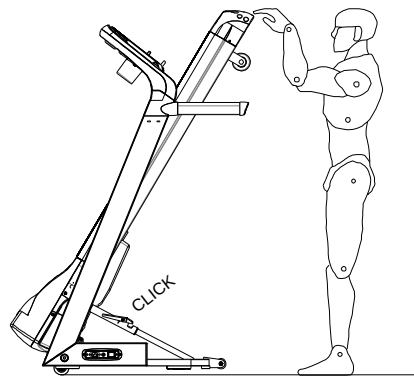
1. Lower deck to lowest incline level.

2. Lift the deck up from the rear of the treadmill and fold up until it locks in place. **TO PREVENT INJURY BE SURE YOU HAVE A FIRM HOLD WHEN RAISING THE DECK.**



2. Lift the deck up from the rear.

3. You will hear a "click" sound as the lock engages.



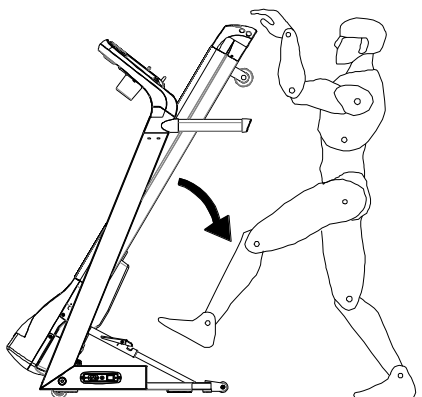
3. You will hear a "click" sound as the lock engages.

UNFOLDING INSTRUCTIONS

How to unfold the treadmill:

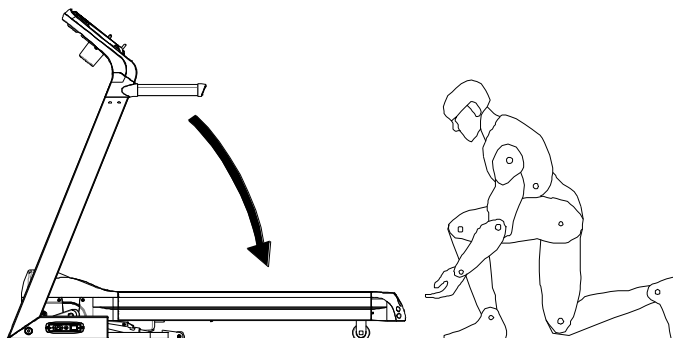
To unfold the treadmill for use follow the instructions here:

1. Begin by standing behind and supporting the deck with your hands. Next release the lock with your foot by stepping on the release lever. **TO PREVENT INJURY BE SURE YOU HAVE A FIRM HOLD ON THE DECK BEFORE RELEASING THE LOCK.**



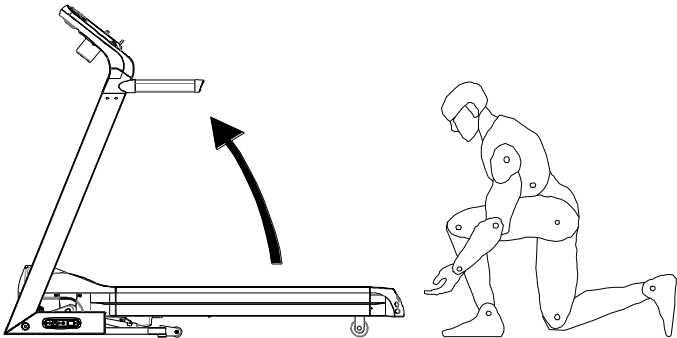
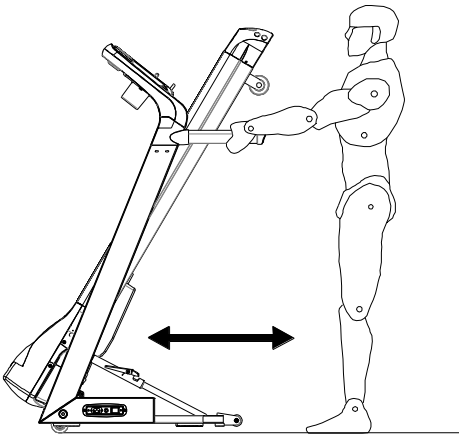
1. Release the lock with your foot by stepping on the release lever.

2. Slowly lower the deck certain angle till the deck start to lower by itself. The deck will lower slowly till it rests securely on the ground. **Please do not stand on the area where underneath the deck when the deck lowering.**



TRANSPORT INSTRUCTIONS

How to transport the treadmill:

1. Start by first folding up the running deck as described on the FOLDING INSTRUCTIONS page in this manual. Then lift the treadmill a little bit up from the end of handlebars. You will see the Transportation Wheel Bracket spring out.	 1. Fold up the running deck.
2. Stand behind the treadmill and grab the handlebars. Use the transport wheels to roll the treadmill to a desired position.	 2. Grab the handlebars then push or pull the treadmill.

MAINTENANCE

HOW TO MAINTAIN THE SIESTA TREADMILL:

Proper maintenance is very important to ensure your treadmill is always in top working condition. Improper maintenance could cause damage or shorten the life of your treadmill and exceed the LIMITED WARRANTY coverage.

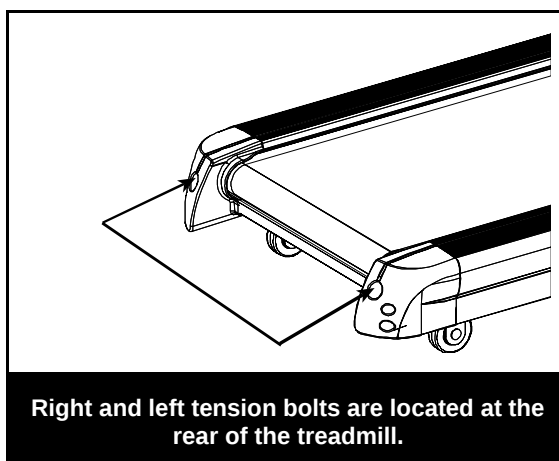
- **Important: DO NOT** use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- Inspect and tighten all parts of the treadmill regularly. Replace any damaged or worn parts immediately.

BELT ADJUSTMENT:

ALL BELT ADJUSTMENTS ARE CONSIDERED MAINTENANCE, AND ARE THE RESPONSIBILITY OF THE END USER. Belt adjustment and tension performs two functions: adjustment for tension and centering. The running belt has been adjusted properly at the factory. However transportation, uneven flooring or other unpredicted reasons could cause the belt to shift off center resulting in the belt rubbing on the plastic side rail or end caps and possibly causing damage to the equipment. To adjust the belt back to it's proper position please follow the directions below:

- **Walking belt has shifted to the left:** First unplug the power cord from the surge protector. Using the hex key provided, turn the left rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.
- **Walking belt has shifted to the right:** First unplug the power cord from the surge protector. Using the hex key provided, turn the right rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.
- **Walking belt is slipping:** First unplug the power cord from the surge protector. Using the hex key provided, turn both the left and right rear roller adjustment bolts the equal amounts, 1/2 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should now walk on the belt to determine if the belt is still slipping. Repeat the above procedure until the walking belt is not slipping. The tension should be just tight enough not to slip. If proper tension cannot be achieved within four attempts please contact Yowza Fitness Technical Support. Belt centering may be necessary once you have completed the tensioning procedure.

WARNING! Do not over tighten rollers! This will cause premature roller bearing failure!



MAINTENANCE

CLEANING:

Routine cleaning of your treadmill will extend the product's life.

- **Warning:** To prevent electrical shock, be sure the power to the treadmill is OFF and the power cord is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.
- **Important: DO NOT** use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- **After each workout:** Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration.
- **Weekly:** Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually makes it to underneath the treadmill. Vacuum underneath treadmill once a week.

DECK LUBRICATION:

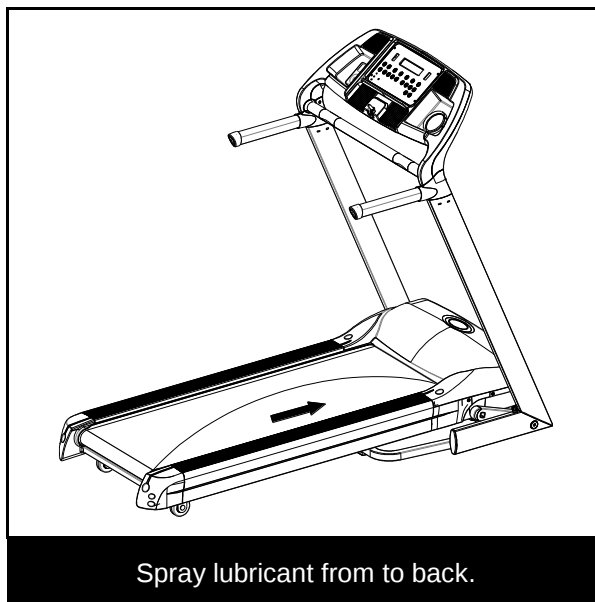
The walking belt has been pre-lubricated at the factory. However, it is recommended that the running deck be checked periodically for lubrication to ensure optimal treadmill performance. Your treadmill should not have to be lubricated usually within the first 400 hours of use.

Every 2 months of operation lift the sides of the walking belt and feel the top surface of the running deck as far as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, follow the instructions below.

To apply lubricant under the walking belt:

1. Position the walking belt so that the seam is located on top and in center of the walking board.
2. Insert the spray nozzle into the spray head of the lubricant can.
3. While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 6" from the front of the treadmill and as far to the center as possible. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 1/4 bottle (supplied with treadmill) each time.

Allow the silicone to "set" for 1 minute before using the treadmill.



IMPORTANT STEPS

Warning:

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.
- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.

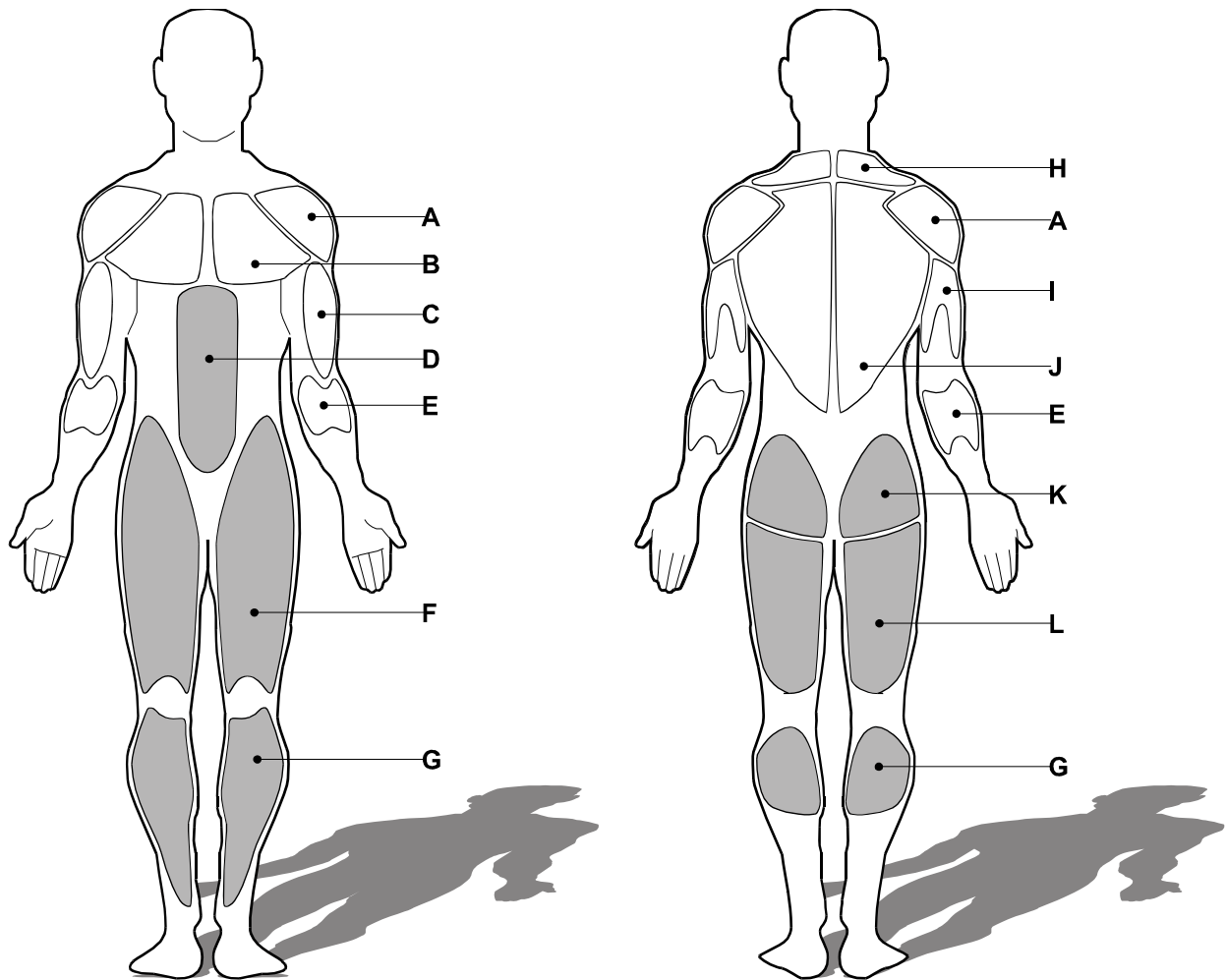


The Surgeon General
has determined that lack
of physical activity is
detrimental to your health.™

MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.



MUSCLE GROUPS

A	Shoulder muscles	Calf muscles	G
B	Pectoral muscles	Trapezius muscles	H
C	Bicep muscle	Tricep muscles	I
D	Abdominal muscles	Back muscles	J
E	Forearm muscles	Gluteal muscles	K
F	Quadricep muscles	Hamstring muscles	L

STRETCHING ROUTINE

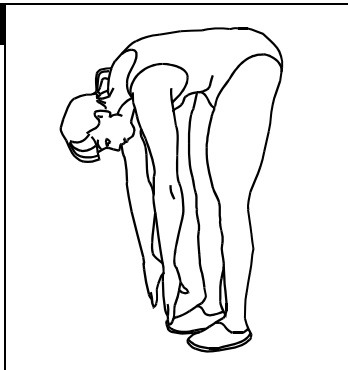
Warm up and cool down:

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

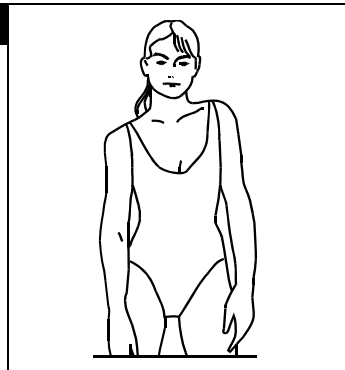
Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

Toe Touch:

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

**Shoulder Lift:**

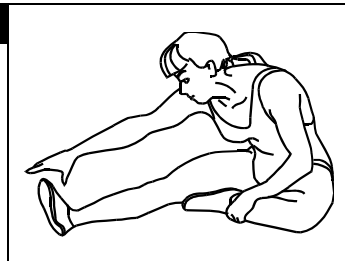
Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

**Inner Thigh Stretch:**

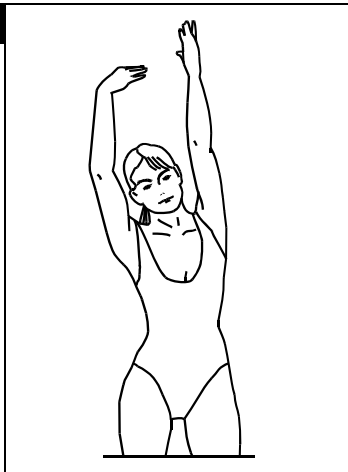
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

**Hamstring Stretch:**

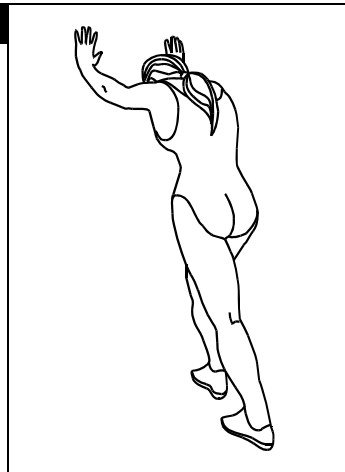
Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

**Side Stretch:**

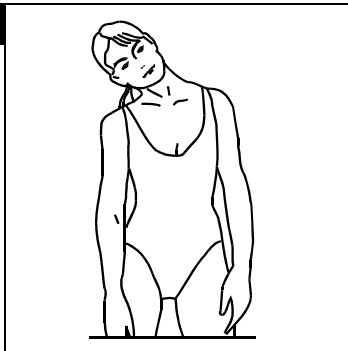
Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

**Calf-Achilles Stretch:**

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

**Head Roll:**

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



TROUBLESHOOTING

NOTE: Do not touch any internal electric wires without consulting the manufacturer.

Treadmill will not start:

Symptom	Resolution
Treadmill will not power up	Check the following: - Make sure the power cord is plugged into a surge protector, the surge protector is plugged into a properly grounded outlet and the surge protector is turned on (refer to the Power Requirements section in this manual). - Equipment circuit breaker is in the reset position - Equipment power switch is in the on position - Safety key is properly inserted into the computer console - Wall outlet is properly functioning with correct voltage (Have an electrician check for inadequate voltage at the outlet refer to the Power Requirements section in this manual) - House circuit breaker is reset and is the proper size. (refer to the Power Requirements section in this manual)
Treadmill stops operation during use	- Safety key is properly inserted into the computer console - Equipment circuit breaker is in the reset position - House circuit breaker is reset, meets proper requirements and if worn replaced by an electrician. (refer to the Power Requirements section in this manual) - Program time has expired
Treadmill will not incline(Power fold models only)	Check for proper positioning of spring knob for folding(See procedure in owners manual)
Treadmill will not unfold	Power Fold only - Check for proper positioning of spring knob for folding(See procedure in owners manual) Manual Fold only - Folding locking lever is depressed
Treadmill running belt moves slower than speed displayed on computer	Metric/English conversion (See owners manual for Metric/English conversion process)
Treadmill running belt moves slower than speed displayed on computer	Metric/English conversion (See owners manual for Metric/English conversion process)
Running belt is not centered	- Treadmill is properly leveled(See procedure in owners manual) - Center running belt (See Centering procedure in owners manual)
Running belt is slipping or hesitating while in use	Tension running belt (See process in owners manual)
Treadmill running belt moves slower than speed displayed on computer	Metric/English conversion (See owners manual for Metric/English conversion process)
Running belt is not centered	- Treadmill is properly leveled(See procedure in owners manual) - Center running belt (See Centering procedure in owners manual)
Running belt is slipping or hesitating while in use	Tension running belt (See process in owners manual)

NOTE: Save this document for your records. This warranty include all YOWZA "SIESTA" Products

TO OBTAIN SERVICE: CALL 877-969-9240 OR EMAIL SERVICE@YOWZAFITNESS.COM to report a service issue or manufacturers defect. At the sole discretion of YOWZA FITNESS, Yowza will provide one of the following methods to resolve the service claim: a) dispatching of an authorized independent service technician to repair the product in the home, b) reimburse the customer at a rate of \$75.00 per service issue. Service issue is defined as an approved service claim. Limit of one \$75.00 payment will be made on each service claim. All repairs must be authorized by YOWZA FITNESS prior to performance of work. Claims on unauthorized repairs may be denied. Many oversights, which are not covered under this Agreement, can be due to simple circumstances such as the Covered Product not being switched on, being unplugged, or a fuse blown at the junction box.

WHO IS COVERED: THIS LIMITED WARRANTY IS OFFERED ONLY TO BUYER(S) WHO PURCHASED THE PRODUCT FROM YOWZA OR ONE OF OUR AUTHORIZED DEALER'S IN THAT AUTHORIZED TERRITORY. THIS LIMITED WARRANTY IS NOT OFFERED TO BUYER(S) WHO PURCHASED THE PRODUCT FROM ANY OTHER SOURCE, The terms "you" and "your" are used in this Limited Warranty to refer to the original buyer who purchased the product form YOWZA or one of our authorized dealers in that dealer's authorized territory, and any person receiving the product in an unused condition as a gift from such original buyer. The terms "we", "us" and "YOWZA" are used in this Limited Warranty to refer to YOWZA International, Inc.

WHAT IS COVERED: This Limited Warranty covers all products that are sold under the YOWZA "SIESTA" name to buyers who purchased the product from YOWZA or one of our authorized dealers in that dealer's authorized territory and used in United States and Canada. Except as otherwise stated in this Limited Warranty, we will repair or correct any product or part defect occurring during the stated WARRANTY PERIOD which we determine is related to materials or workmanship and is not due to normal wear and tear.

WHAT IS NOT COVERED: THIS LIMITED WARRANTY DOES NOT COVER PRODUCTS PURCHASED FROM ANY SOURCE THAN YOWZA OR ONE OF OUR AUTHORIZED IN THAT DEALER'S AUTHORIZED TERRITORY. PRODUCTS SOLD, MOVED OR USED OUTSIDE THE BORDERS OF THE CONTINENTAL UNITED STATES AND CANADA ARE SUBJECT TO THE TERMS PROVIDED BY THE LOCAL DISTRIBUTOR AND ARE NOT COVERED BY THIS LIMITED WARRANTY. Product requires normal maintenance including, but not limited to, regular inspection and wear component replacement. We do not warrant damage caused by the lack of normal maintenance repairs such as those detailed within the Owner's Manual. We do not warrant any causes beyond our control. Corrosion, oxidation or deterioration caused by product location, exposure or environment, or conditions caused by unsuitable finishes, cleaners, or lubricants are not covered. Loss from natural disasters such as hurricanes, floods, tornados etc. are not covered. Damage or breakage caused by unauthorized service, installation, alteration, modification, assembly or disassembly, negligence, or conditions of use which are unintended for the product are not warranted. This Limited Warranty does not cover cosmetic or surface corrosion resulting from chips or scratches in the paint. Extra expenses including, but not limited to, loss of machine use and inconvenience are not covered. Due to varying conditions under which the product is used, we offer no warranties, express or implied, as to the length of service. We do not warrant products that have not been paid for, or in the event that we have offered a payment plan, products purchased by buyers who are in arrears on a payment plan. THIS LIMITED WARRANTY DOES NOT COVER UNINTENDED USE. See "INTENDED USE" below.

INTENDED USE: This Limited Warranty covers only defects that arise in the ordinary, intended use of the product. Products sold under the YOWZA "KEEWADIN" name are intended for **RESIDENTIAL USE ONLY**. See further "Circumstances and use that will void your warranty" below.

CIRCUMSTANCES AND USE THAT WILL VOID YOUR WARRANTY: Any use other than for residential purpose including but not limited to: use in a commercial business, use in a member paid organization or association, use in an outside the home office or location of any kind that is not the residence of the buyer, immediate household members or family. Willful disregard for the proper maintenance, use and location of the equipment. Loss from natural disasters such as hurricanes, floods, tornados etc. are not covered.

WARRANTY PERIOD: The warranty period begins on the date on the product was delivered to the original buyer. The warranty period for lifetime frame and motor, and five years on all other parts. The labor portion of the warranty is two years from the date of delivery.

WHO WILL PAY LABOR AND TRANSPORTATION COSES: If we determine, during the first year of the warranty period, that the product or any covered part must be shipped to the manufacturing facility for repair or service, all warranty repairs, including transportation costs and labor, will be made at NO CHARGE to you; thereafter, you will be responsible for all costs of repair and service, including labor and transportation costs.

WHAT YOU MUST DO TO OBTAIN WARRANTY COVERAGE DO TO OBTAIN WARRANTY COVERAGE: Retain proof of purchase. All warranty repairs and corrections require proof of purchase. To obtain coverage, please contact YOWZA Technical Support (877-969-9240) within seven (7) days after discovery of the defect and follow the directions provided to you by your YOWZA Service Representative.

MODIFICATIONS TO WARRANTY ARE NOT AUTHORIZED: No one is authorized to modify, change, transfer or extend in any way the terms of this Limited Warranty.

WARRANTY

DISCLAIMER OF WARRANTIES AND LIMITATION OF REMEDIES: It is impossible to eliminate all risks inherently associated with use of the product. Personal injury or other unintended consequences may result because of factors beyond our control. WE MAKE NO OTHER WARRANTIES OF ANY KIND. EXPRESS OR IMPLIED, OTHER THAN THOSE EXPRESSLY SET FORTH WITHIN THIS DOCUMENT. ALL WARRANTIES OTHER THAN THE WARRANTIES EXPRESSLY PROVIDED HEREIN ARE SPECIFICALLY EXCLUDED. IN THE CASE OF NON-CONSUMER BUYERS, ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE HEREBY DISCLAIMED.

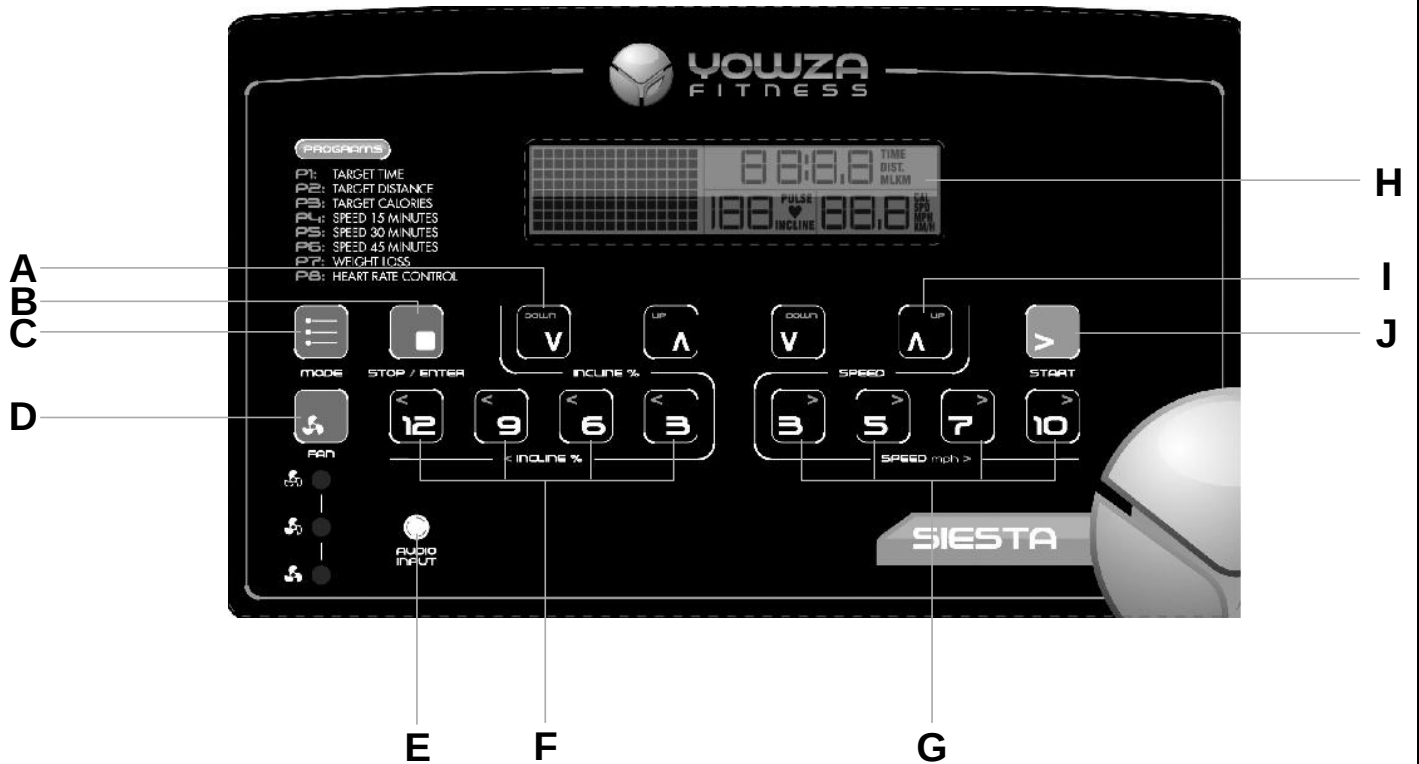
IN THE CASE OF A CONSUMER BUYER, THE DURATION OF ALL IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED TO THE DURATION OF THE EXPRESS WARRANTIES PROVIDED WITHIN THIS DOCUMENT.

WE WILL NOT BE LIABLE FOR ANY DIRECT OR INDIRECT, CONSEQUENTIAL OR INCIDENTAL DAMAGES, LOSSES OR EXPENSES, INCLUDING BUT NOT LIMITED TO COMMERCIAL LOSSES, BUSINESS INTERRUPTION, OR DAMAGE TO PROPERTY OTHER THAN THE PRODUCT OR PRODUCTS TO WHICH THIS LIMITED WARRANTY APPLIES.

EFFECT OF STATE LAWS: Some States do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. 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. This warranty gives you specific legal rights, and you may also have other rights which vary from State to State. If there is a section in there about disputes it should read that all disputes must be litigated in Collier county Florida.

ALTERNATIVE DISPUTE RESOLUTION FOR NON-CONSUMER BUYERS: WE RESERVE THE RIGHT TO MANDATE ALTERNATIVE DISPUTE RESOLUTION TO SETTLE ANY OR ALL CLAIMS RESULTING FROM THIS SALES TRANSACTION. ALTERNATIVE DISPUTE RESOLUTION PROCEEDINGS WILL BE CONDUCTED IN THE STATE OF FLORIDA ACCORDING TO THE COMMERCIAL RULES OF THE AMERICAN ARBITRATION ASSOCIATION.

COMPUTER OPERATION



INCLINE UP/DOWN BUTTON	A	B	STOP/ENTER BUTTON
MODE BUTTON	C	D	FAN CONTROL BUTTON
AUDIO INPUT	E	F	EXPRESS INCLINE BUTTONS
EXPRESS SPEED BUTTONS	G	H	LCD DISPLAY
SPEED UP/DOWN BUTTON	I	J	START BUTTON

COMPUTER OPERATION**START**

Press to start exercise initial speed 0.5 ml/0.8 km.

STOP / ENTER

1. Press to confirm program and preset function values under setting mode.
2. Press to quit preset program and function value after complete single program.
3. Setting procedure: returns to beginning of setting mode before pressing the START key.
4. Press to stop exercise during workout time.

SPEED UP / DOWN BUTTON

1. Press to increase/decrease exercise speed by 0.1ml /km.
 2. Hold the button to increase/decrease rapid speed by 0.5ml/km per second and release the button to stop the function.
- Press to select programs and preset related function value.

INCLINE UP/DOWN BUTTON

1. Press to increase/decrease incline level.
2. Hold the button to increase/decrease incline level per second and release the button to stop the function.

EXPRESS SPEED BUTTON

Press the quick speed button to select the target speed.

EXPRESS INCLINE BUTTON

Press the quick incline button to select the target incline.

MODE BUTTON

Please MODE button the exchange the display

IMPORTANT

- The console display will turn itself off automatically about five minutes after the belt has stopped moving.
- The pulse function is for reference only, and not to be used for medical purposes.

SAFETY KEY

The safety key must be inserted into the slot on the console in order to operate the treadmill. Always insert the safety key and attach the clip to your clothing waist before beginning your workout.

If you should encounter problems and need to stop the motor quickly, simply pull on the cord to disengage the safety key from the console. To continue operation simply turn the power switch to off, set the speed controller to stop and then reinsert the safety key into the console.

COMPUTER OPERATION

COMPUTER OPERATION

Power on monitor full for 2 seconds. **P1** will blink in the upper right window, press **UP/DOWN** keys for desired program. Press **STOP/ENTER** to confirm selected program or press the **START** key directly to start exercise without a function value.

Please see instructions next for different program options.

QUICK START

Press the start button enter into the **QUICK START MODE** when the LCD display “P1”

- TIME: Accumulates and displays workout time from start of exercise.
- DISTANCE: Accumulates and displays workout distance from start of exercise.
- CALORIES: Accumulates and displays calories consume during workout time.
- SPEED: Displays current speed.

PROGRAM 1 –TIME

1. Press **STOP/ENTER** to confirm the program and press **START** button to start exercise.
2. Press **STOP/ENTER** before starting exercise to run presetting procedure, with **P1** blinking.

- TIME: Press **SPEED UP/DOWN** button to run preset time target value and press **START** key.
- DISTANCE: Accumulates and displays workout distance from start of exercise.
- CALORIES: Accumulates and displays calories consume during workout time.
- SPEED: Displays current speed.

PROGRAM 2 –DISTANCE

1. Press **STOP/ENTER** to confirm the program.
2. Press **STOP/ENTER** before starting exercise to run presetting procedure, with **P2** blinking.

- DISTANCE: Press **SPEED UP/DOWN** keys to preset the distance target values and press **START**
- TIME: Accumulates and displays workout time from start of exercise.
- CALORIES: Accumulates and displays calories consume during workout time.
- SPEED: Displays current speed.

PROGRAM 3 – CALORIES

1. Press **STOP/ENTER** to confirm the program and press **START** key to start exercise.
2. Press **STOP/ENTER** before starting exercise to run presetting procedure, with **P3** blinking.

- CALORIES: Press **SPEED UP/DOWN** keys to run preset calories target value and press **START** key.
- TIME: Accumulates and displays workout time from start of exercise.
- DISTANCE: Accumulates and displays workout distance from start of exercise.
- SPEED: Displays current speed.

COMPUTER OPERATION

PROGRAM 4 – 15 MINUTES PRESET SPEED

1. Press **STOP/ENTER** to confirm the program.
2. Press **START** key to start the exercise, or press **STOP/ENTER** before starting exercise to run preset procedure with **P4** blinking.
3. The LCD will display "L1" after press the **STOP/ENTER** button, and press **SPEED UP/DOWN** to select the level from 1 to 7, and then press **STOP/ENTER** button to confirm.

- TIME: Accumulates and displays workout time from start of exercise.
- DISTANCE: Accumulates and displays workout distance from start of exercise.
- PULSE: Detects and displays current heart rate.
- CALORIES: Accumulates and displays calories consumed during workout time.
- SPEED: Displays current speed.

LEVEL	Time	0 ~1	1~3	3~5	5~6	6~7	7~8	8~9	9~10	10~11	11~12	12~13	13~15
1	KM/ML	0.8/0.5	3.2/2.0	4.8/3.0	6.4/4.0	7.2/4.5	8.0/5.0	8.8/5.5	8.0/5.0	6.4/4.0	4.8/3.0	3.2/2.0	1.6/1.0
2	KM/ML	0.8/0.5	4.0/2.5	5.6/3.5	7.2/4.5	8.0/5.0	8.8/5.5	9.6/6.0	8.8/5.5	7.2/4.5	5.6/3.5	4.0/2.5	1.6/1.0
3	KM/ML	0.8/0.5	4.8/3.0	6.4/4.0	8.0/5.0	8.8/5.5	9.6/6.0	10.4/6.5	9.6/6.0	8.0/5.0	6.4/4.0	4.8/3.0	1.6/1.0
4	KM/ML	0.8/0.5	5.6/3.5	7.2/4.5	8.8/5.5	9.6/6.0	10.4/6.5	11.2/7.0	10.4/6.5	8.8/5.5	7.2/4.5	5.6/3.5	1.6/1.0
5	KM/ML	0.8/0.5	6.4/4.0	8.0/5.0	9.6/6.0	10.4/6.5	11.2/7.0	12.0/7.5	11.2/7.0	9.6/6.0	8.0/5.0	6.4/4.0	1.6/1.0
6	KM/ML	0.8/0.5	7.2/4.5	8.8/5.5	10.4/6.5	11.2/7.0	12.0/7.5	12.8/8.0	12.0/7.5	10.4/6.5	8.8/5.5	7.2/4.5	1.6/1.0
7	KM/ML	0.8/0.5	8.0/5.0	9.6/6.0	11.2/7.0	12.0/7.5	12.8/8.0	13.6/8.5	12.8/8.0	11.2/7.0	9.6/6.0	8.0/5.0	1.6/1.0

PROGRAM 5 – 30MINUTES PRESET SPEED

1. Press **STOP/ENTER** to confirm the program.
2. Press **START** key to start exercise or press **STOP/ENTER** before starting exercise to run preset procedure with **P5** blinking.
3. The LCD will display "L1" after press the **STOP/ENTER** button, and press **SPEED UP/DOWN** to select the level from 1 to 7, and then press **STOP/ENTER** button to confirm.

- TIME: Accumulates and displays workout time from start of exercise.
- DISTANCE: Accumulates and displays workout distance from start of exercise.
- PULSE: Detect and displays current heart rate.
- CALORIES: Accumulates and displays calories consumed during workout time.
- SPEED: Displays current speed.

LEVEL	Time	0 ~1	1~3	3~7	7~11	11~18	18~25	25~29	29~30
1	KM/ML	0.8/0.5	3.2/2.0	6.4/4.0	8.0/5.0	8.8/5.5	6.4/4.0	4.8/3.0	1.6/1.0
2	KM/ML	0.8/0.5	4.0/2.5	7.2/4.5	8.8/5.5	9.6/6.0	7.2/4.5	5.6/3.5	1.6/1.0
3	KM/ML	0.8/0.5	4.8/3.0	8.0/5.0	9.6/6.0	10.4/6.5	8.0/5.0	6.4/4.0	1.6/1.0
4	KM/ML	0.8/0.5	5.6/3.5	8.8/5.5	10.4/6.5	11.2/7.0	8.8/5.5	7.2/4.5	1.6/1.0
5	KM/ML	0.8/0.5	6.4/4.0	9.6/6.0	11.2/7.0	12.0/7.5	9.6/6.0	8.0/5.0	1.6/1.0
6	KM/ML	0.8/0.5	7.2/4.5	10.4/6.5	12.0/7.5	12.8/8.0	10.4/6.5	8.8/5.5	1.6/1.0
7	KM/ML	0.8/0.5	8.0/5.0	11.2/7.0	12.8/8.0	13.6/8.5	11.2/7.0	9.6/6.0	1.6/1.0

PROGRAM 6 – 45 MINUTES PRESET SPEED

1. Press **STOP/ENTER** to confirm the program.
2. Press **START** key to start exercise or press **STOP/ENTER** before starting exercise to run preset procedure with **P6** blinking.
3. The LCD will display "L1" after press the **STOP/ENTER** button, and press **SPEED UP/DOWN** to select the level from Level 1 to Level 7, and then press **STOP/ENTER** button to confirm.

- TIME: Accumulates and displays workout time from start of exercise.
- DISTANCE: Accumulates and displays workout distance from start of exercise.
- CALORIES: Accumulates and displays calories consume during workout time.
- SPEED: Displays current speed.

[illegible]

COMPUTER OPERATION

PROGRAM 7-WEIGHT LOSS

1. Press **STOP/ENTER** to confirm the program.
2. Press **START** key to start exercise or press **STOP/ENTER** before starting exercise to run preset procedure with **P7** blinking.
3. The LCD will display "L1" after press the **STOP/ENTER** button, and press Speed up /down to select the level from Level 1 to Level 7, Then press the **STOP/ENTER** to confirm the setting. and the TIME LCD displays a blinking 32:00. Press the **SPEED UP/DOWN** to adjust the total workout time and press the **STOP/ENTER** to confirm the setting.

Press the **START** button to start the workout. The SPEED and INCLINE follow the pre-set workout load chart. The TIME counts down from the set up workout time. Distance and Calories count up from 0.

LEVEL	MIN. speed KM/ML	MAX. speed KM/ML	MIN. level	MAX. level
1	3.2/2.0	5.6/3.5	0	4
2	4.0/2.5	6.4/4.0	1	5
3	4.8/3.0	7.2/4.5	2	6
4	5.6/3.5	8.0/5.0	3	7
5	6.4/4.0	8.8/5.5	4	8
6	7.2/4.5	9.6/6.0	5	9
7	8.0/5.0	10.4/6.5	6	10

During the workout, users can override the speed by pressing the SPEED UP/DOWN buttons and override the incline level by pressing the INCLINE UP/DOWN buttons.

SHIFT PROGRAMS AMONG PROGRAM 5, PROGRAM 6 AND PROGRAM 7

If you want to shift new program after you confirmed the program with **STOP/ENTER** key, press **STOP** key then original program e.g. **P5**, **P6** or **P7** blinking, and press **SPEED UP/DOWN** key to choose desire program then press **STOP/ENTER** to confirm it, with **START** key pressing, the treadmill works as you want.

PROGRAM 8 – HEART RATE CONTROL

If P8 is selected, the TIME LED window shows the factory setting value of "60:00" and is blinking. Press the **SPEED UP/DOWN** buttons to adjust the workout time. Every adjustable section equals 3 minutes. Press the **STOP/ENTER** button to save the setting then the TARGET HEART RATE displays in the PULSE LED window and is blinking. The factory TARGET HEART RATE setting is based on 85% of the maximum user heart rate. The maximum user heart rate is calculated using the formula: 220 minus the user age. As an example, for age 35 the maximum user heart rate should be 185 and 85% of the maximum user heart rate will be 157. Press the **SPEED UP/DOWN** buttons to adjust the TARGET HEART RATE according to your own physical condition or your doctor's instruction then press the **STOP/ENTER** buttons to save the setting.

Press the **START** button to start the three minute WARM UP program. Speed starts from 2.0 mph /3.2 km/h and the INCLINE LEVEL starts from level 0. Keep your hand on the hand pulse grips all the time during this workout in order to monitor your pulse correctly. During the program, if the heart rate monitor fails to sense the user's pulse you will see "P" blinking in the PULSE LED window. If the heart rate monitor senses the pulse properly the PULSE DOT LED blinks and the correct pulse readout shows on the PULSE LED window. The computer will sense the user's pulse every 30 seconds. During the warm up program you can press the **STOP/ENTER** button to pause or stop the program or press the **START** button to re-start the program. Other buttons will not react during this warm up process.

During the warm up program, if the heart rate monitor fails to sense the user's pulse (the PULSE LED will display a blinking "P") the computer will not change the speed. If the heart rate monitor senses the user's pulse properly but the actual user's pulse does not reach 65% of the max. heart rate ((220-age) x 65%) then the speed will increase by 0.5 mph /0.8 km/h every 30 seconds. If the actual pulse reaches 65% of the max. heart rate the speed will remain unchanged. If the actual pulse remains at 65% of the max. heart rate for more than one minute the speed will be maintained until the warm up program is finished.

If the actual user's pulse fails to reach 65% of the max. heart rate within the first 3 minutes of the warm up program, the computer will continue a second 3 minute warm up program. All workout information continues to count up and the timer counts down from 3:00. During the second 3 minute warm up the computer will change the incline level instead of the speed. If the heart rate monitor fails to sense the user's pulse (the PULSE LED will display a blinking "P") the computer will not change the incline level. If heart rate monitor senses the user's pulse properly but the actual user's pulse does not reach 65% of the max. heart rate ((220-age) x 65%) then the incline level will be increased by 1 level every 30 seconds. If the actual pulse reaches 65% of the max. heart rate the incline level will remain unchanged. If the actual pulse remains at 65% of the max. heart rate for more than one minute the speed will be maintained until the warm up program is finished.

COMPUTER OPERATION

If the actual user's pulse fails to reach 65% of the max. heart rate within the second 3 minute warm up, the computer will continue a third 3 minute warm up program. All workout information continues to count up and the timer counts down from 3:00. During the third 3 minute warm up both speed and incline remain unchanged regardless the actual pulse. If the time counts down to 0 and 65% of the max. heart rate still cannot be achieved then the TIME LED will show "FAIL" and the program will stop and return to POWER ON status.

After the warm up program is completed, if the actual pulse reaches 65% of the max. heart rate, the computer will enter the HEART RATE CONTROL program. TIME counts down from the previous setting. Distance and Calories continue to count up from the warm up program. During the HEART RATE CONTROL program the heart rate monitor will sense the actual user's pulse every 30 seconds. If the actual user's pulse does not reach 85% of the max. heart rate then the incline level will be increased by 1 level every 30 seconds. If the actual user's pulse reaches 85% of the max. heart rate then the treadmill performance will be remain unchanged. If the actual user's pulse is greater than 85% of the max. heart rate, the incline level will be reduced by 1 level. Speed will remain unchanged until the incline level increases up to 15% or down to 0%. If the incline level is up to 15% and 85% of the max. heart rate still cannot be reached then the speed will be increased by 0.5 mph /0.8 km/h every 30 seconds. If the incline level decreases down to 0% and the actual user's pulse is still greater than 85% of the max. heart rate then the speed will be decreased by 0.5 mph /0.8 km/h every 30 seconds.

