



# PLATINUM T3



**PARADIGM™**

## Table of Contents

	<i>Page</i>
Features _____	3
Exploded View _____	4 -5
Part List _____	6 - 7
Safety Information _____	8
Electrical Information _____	9
Included Hardware _____	10
Assembly Instruction _____	12 - 15
Maintenance _____	16
Operations _____	17 - 26
Monitor Your Heart Rate _____	27 - 28
Warm Up _____	29
Fitness Guide _____	30
Trouble Shooting _____	31
Warranty / Service _____	32 - 34

*Thank you for choosing* **PARADIGM™**

## Features

The treadmill has been designed and constructed to provide trouble free usage and enjoyable exercise. You can greatly improve your understanding and benefits of exercising by carefully reading the instructions given in this manual .Please familiarize yourself with the maintenance advice provided for you.

### SPECIFICATION

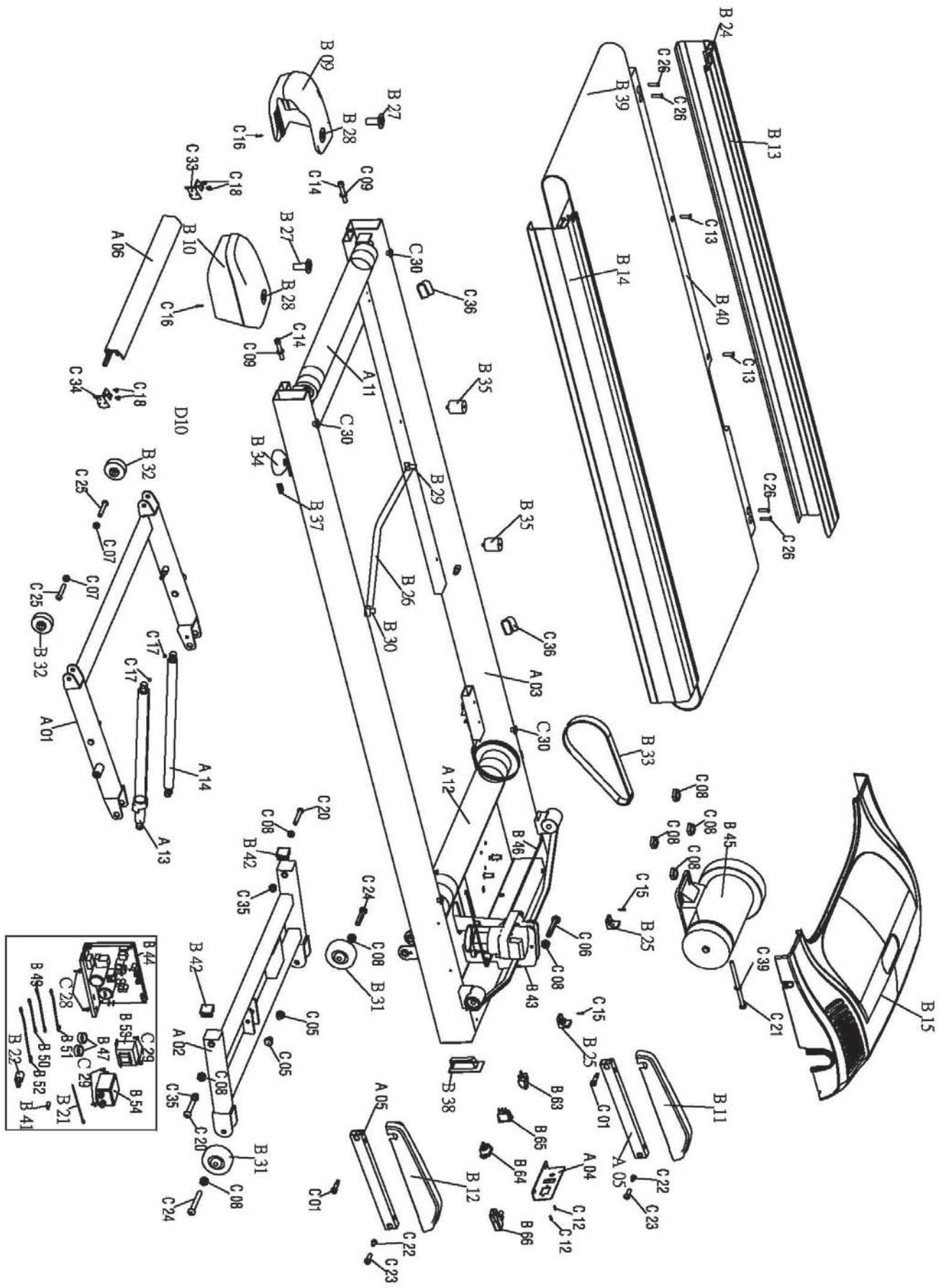
<b>Motor</b>	AC motor 2 hp
<b>Speed range</b>	0.8 – 22 km/h
<b>Incline</b>	0 - 15%, power
<b>Monitor</b>	9" LCD Touch Panel
<b>Striding surface</b>	54 x 152 cm, 2.2 mm running mat thickness
<b>Roller diameter</b>	75 mm
USB charging	
Polar chest strap	
Speakers	
Fan	



**MAX.USER WEIGHT 170 KGS**



# Exploded View



## Part List

Bubble	Description	Qty	Bubble	Description	Qty
A01	Auxiliary frame	1	B22	U shape wire clipper	2
A02	Incline bracket	1	B23	Hand grip foam	2
A03	Main frame	1	B24	Foam	2
A04	Power switch bracket	1	B25	Fix L shape bracket	2
A05	Linkage bar	2	B26	Oil tubing	1
A06	Safety guard	1	B27	Hole plus, oil tubing	2
A07	Right upright tubing	1	B28	Hole, oil plug	2
A08	Left upright tubing	1	B29	Left oil-inlet base	1
A09	Handlebar platform	1	B30	Right oil-inlet base	1
A10	Console base frame	1	B31	Transport wheels	2
A11	Rear roller	1	B32	Rubber wheels, base frame	2
A12	Front roller	1	B33	Poly V belt 230J9	1
A13	Hydraulic cylinder	1	B34	Foot pad	2
A14	Gas spring	1	B35	Rubber 30*35*M6	4
B01	Top cover, handlebar platform	1	B36	Plug cap	2
B02	Bottom cover, handlebar platform	1	B37	End cap 20*40	2
B03	Top cover, console	1	B38	End cap 40*80	2
B04	Bottom cover, console	1	B39	Running belt	1
B05	Top cover, left handlebar	1	B40	Running deck	1
B06	Bottom cover, left handlebar	1	B41	U shape wire clipper	3
B07	Top cover, right handlebar	1	B42	End cap (38*38)	2
B08	Bottom cover, right handlebar	1	B43	Incline motor	1
B09	Left end cap	1	B44	Controller	1
B10	Right end cap	1	B45	Motor	1
B11	Cover, left linkage bar	1	B46	Speed sensor	1
B12	Cover, right linkage bar	1	B47	Ferrite ring	2
B13	Left side rail	1	B48	Wiring harness, upright tubing	1
B14	Right side rail	1	B49	Wire 53MM	1
B15	Motor cover	1	B50	Wire 45MM	1
B16	Left handlebar foam	1	B51	Wire 70MM	3
B17	Right handlebar foam	1	B52	Wiring harness 12CM	1
B18	Top cover, handhrip pulse	2	B53	Transformer	1
B19	Bottom cover, handgrip pulse	2	B54	Filter	1
B20	Wire clipper	1	B55	Speaker box	2
B21	Cable tie	3	B56	Speaker	2

## Part List

Bubble	Description	Qty	Bubble	Description	Qty
B57	Fan	1	C26	Hex head bolt M10*25	8
B58	Fan outlet	1	C27	Stuff semi-thread screw M10	2
B59	Rotary knob	1	C28	Philip head self-tapping screw M4*12	2
B60	Secure base, rotary base	1	C29	Philip head self-tapping screw M4*6	7
B61	Secure base, safety key	1	C30	Plastic washer	4
B62	Safety key	1	C31	Screw M8*20	2
B63	Safety switch	1	C32	Washer 10*25*1.8T	2
B64	Power socket	1	C33	Left connection plate, safety guard	1
B65	Main power switch	1	C34	Right connection plate, safety guard	1
B66	Main power cable	1	C35	T style sleeve	4
C01	Stuff semi-thread screw M6	2	C36	U shape plate	4
C02	Philip head self-tapping screw 3*23	4	C37	Foam, console	1
C03	Philip head screw M4*35	8	C38	Needle bearing 25*42*11T	2
C04	Philip head screw M4*50	8	C39	Washer 8x18	2
C05	Hex head bolt M10*12	2	C40	Half circle washer 8x19	2
C06	Hex head bolt M10*42	1			
C07	Nylon nuts M8	4			
C08	Nylon nuts M10	11			
C09	Washer 8*16*1.5T	4			
C10	Philip head screw M4*12	12			
C11	Needle bearing M10	2			
C12	Philip head screw M3*10	2			
C13	Hex head bolt M6*30	4			
C14	Hex head socket bolt M8*55	3			
C15	Philip head screw M4*16	18			
C16	Philip head self-tapping screw M4*16	6			
C17	C ring	4			
C18	Philip head self-tapping screw M6*20	10			
C19	Hex socket head bolt M8*35	2			
C20	Hex socket head bolt M10*80	2			
C21	Hex socket head bolt M8*110	1			
C22	Hex socket head bolt A	2			
C23	Hex socket head bolt B	2			
C24	Hex socket head bolt M10*55	2			
C25	Hex socket head bolt M8*50	2			

## Important Safety Information

### **IMPORTANT:** THIS UNIT IS INTENDED FOR HOUSEHOLD USE ONLY

Your treadmill was designed and built for optimum safety. However, certain precautions apply whenever you use your treadmill. Be sure to read the manual before assembly and operation. Also, please note the following safety precautions:

**DANGER:** To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet immediately after using and before cleaning.

1. Read OWNER'S MANUAL and all accompanying literature and follow it carefully before using your treadmill.
2. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout and CONSULT A PHYSICIAN IMMEDIATELY.
3. Never leave the treadmill unattended when plugged in. Unplug from the outlet when not in use and before removing or replacing parts.
4. Never operate the treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped, damaged, or exposed to water.
5. Do not pull the treadmill by the power supply cord or use cord as a handle. Keep cord away from heated surfaces and open flames.
6. Fitness equipment must always be installed and used on a flat surface. Do not use outdoors or near water.
7. Do not insert any objects into any openings.
8. Keep children and pets away from this equipment at all times while exercising.
9. Handicapped individuals should have medical approval and close supervision when using this treadmill.
10. Do not place hands or feet under the treadmill. Always keep hands and legs off the treadmill when others are using it.
11. Never turn on treadmill while standing on treadbelt. Always return the treadmill to slow speed to provide for safe dismount and low speed restart.
12. To disconnect, turn all controls to the off position, then remove plug from outlet.
13. Use the treadmill only for its intended use as described in this manual.
14. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent straining muscles.
15. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed.
16. Start your program slowly and very gradually increase your speed and distance.
17. Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your treadmill.
18. Do not walk or jog barefoot, in stockings or loose fitting shoes or slippers.
19. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques.

**WARNING:** Before beginning any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using any fitness equipment. We assume no responsibility from personal injury or property damage sustained by or through the use of this product.

**CAUTION!!** Please be careful when opening this unit.

## WARNING!

NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Large switching currents of the drive motor will trip GFCI type outlets, as any appliance with a large motor. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.

NEVER remove any cover without first disconnecting AC power.

If voltage varies by ten percent (10%) or more, the performance of your treadmill may be affected. Such conditions are not covered under your warranty. If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.

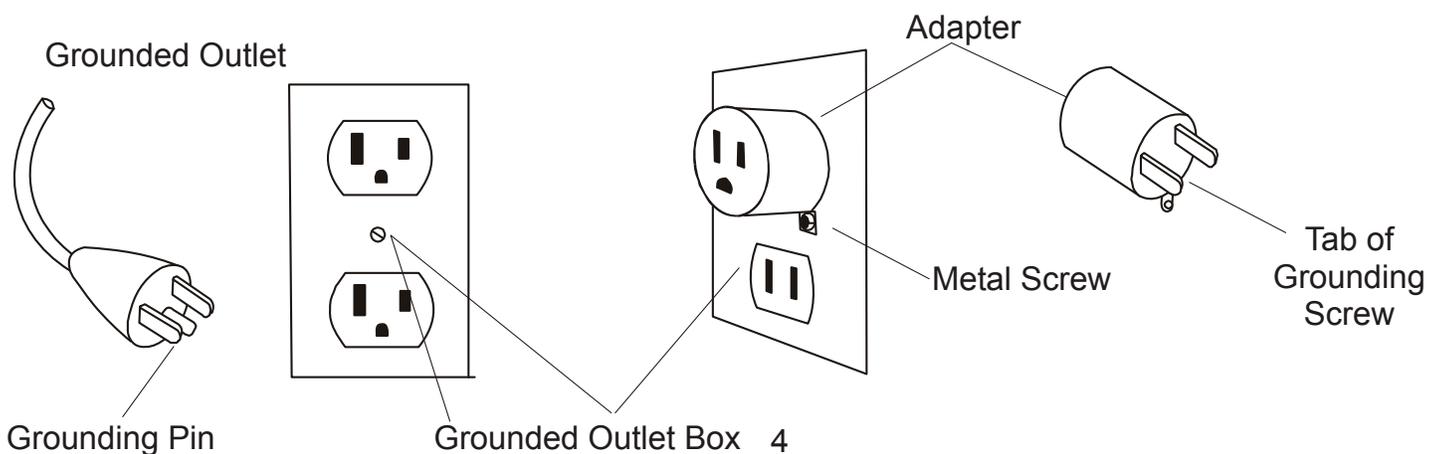
NEVER expose this treadmill to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high humidity environment. The temperature specification is 4 to 48 degrees Celsius, and humidity limit is 95%, non-condensing (no water drops forming on surfaces).

## Grounding Instructions

This product must be grounded. If the treadmill should malfunction or breakdown, grounding provides a path of least resistance for electric current, reducing the risk of electric shock. This product is equipped with a cord having an equipment-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.

**DANGER** - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. 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.

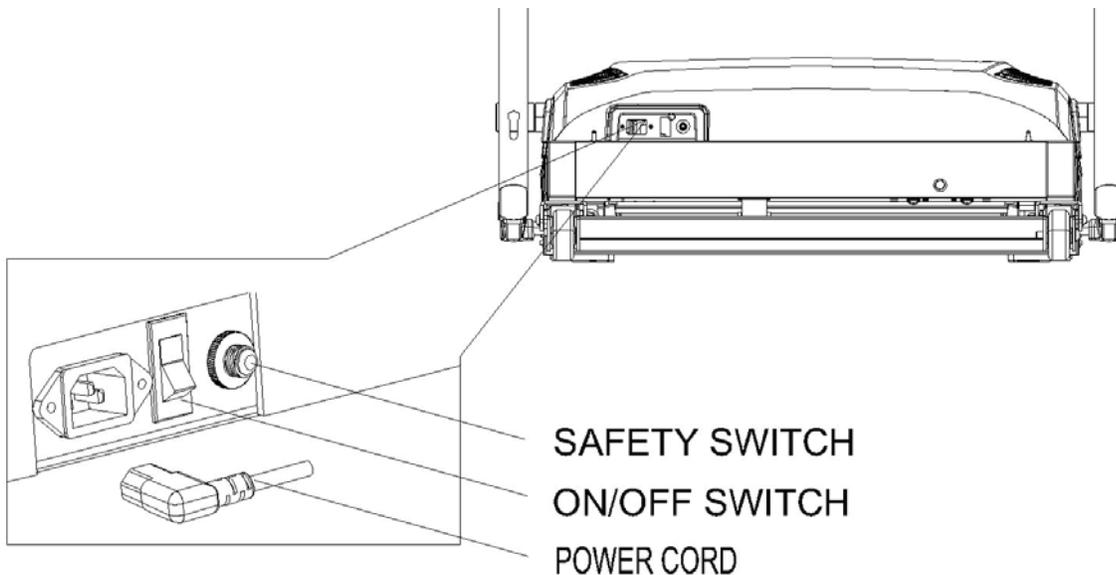
This product is for use on a nominal 240-volt circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet, (below) can be installed by a qualified electrician. The green colored rigid ear-lug, or the like, extending from the adapter, must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.



**⚠** The Treadmill will shut off when the electric current overload.

- A. Pull out the plug from the electrical socket on the front of the treadmill.
- B. Push in the safety switch.
- C. Insert the plug back into the electrical socket.

**⚠** Do not push in the safety switch before you pull out the plug from the treadmill.



**⚠** NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. As with any appliance with a large motor, the GFCI will trip often. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.

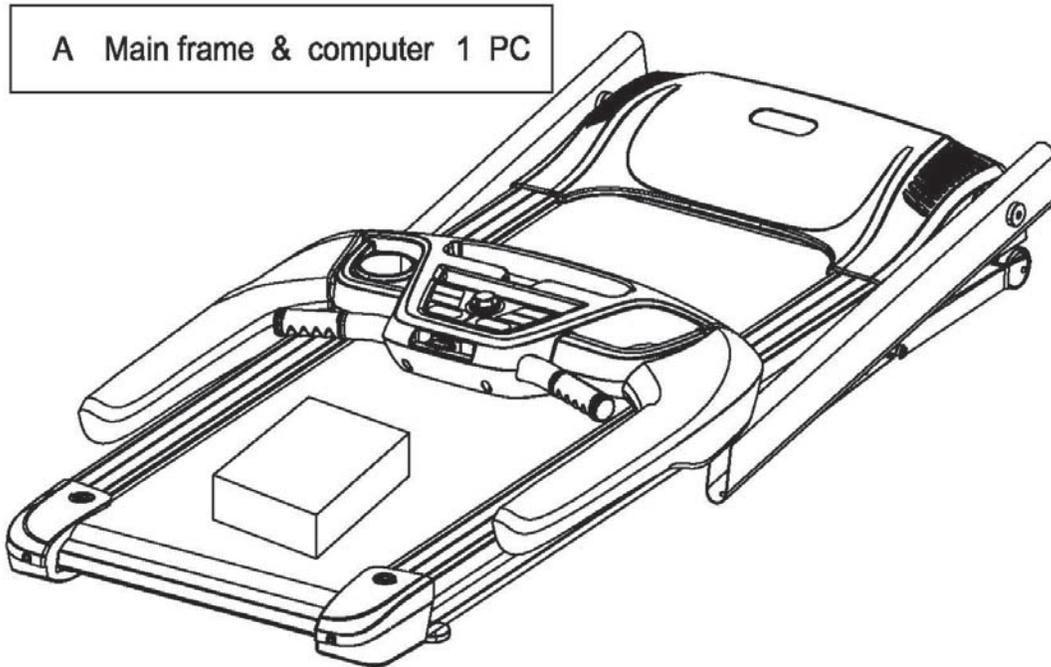
**⚠** NEVER remove any cover without first disconnecting AC power. If voltage varies by ten percent (10%) or more, the performance of your treadmill may be affected. Such conditions are not covered under your warranty. If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.

**⚠** NEVER expose this treadmill to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high humidity environment. The temperature specification is 40 degrees c, and humidity is 95%, non-condensing (no water drops forming on surfaces).

**⚠** Circuit breakers: Some circuit breakers used in homes are not rated for high inrush currents that can occur when a treadmill is first turned on or even during normal use. If your treadmill is tripping the house circuit breaker (even though it is the proper current rating) but the circuit breaker on the treadmill itself does not trip, you will need to replace the home breaker with a high inrush type. This is not a warranty defect. This is a condition we as a manufacture have no ability to control. This part is available through most electrical supply stores.

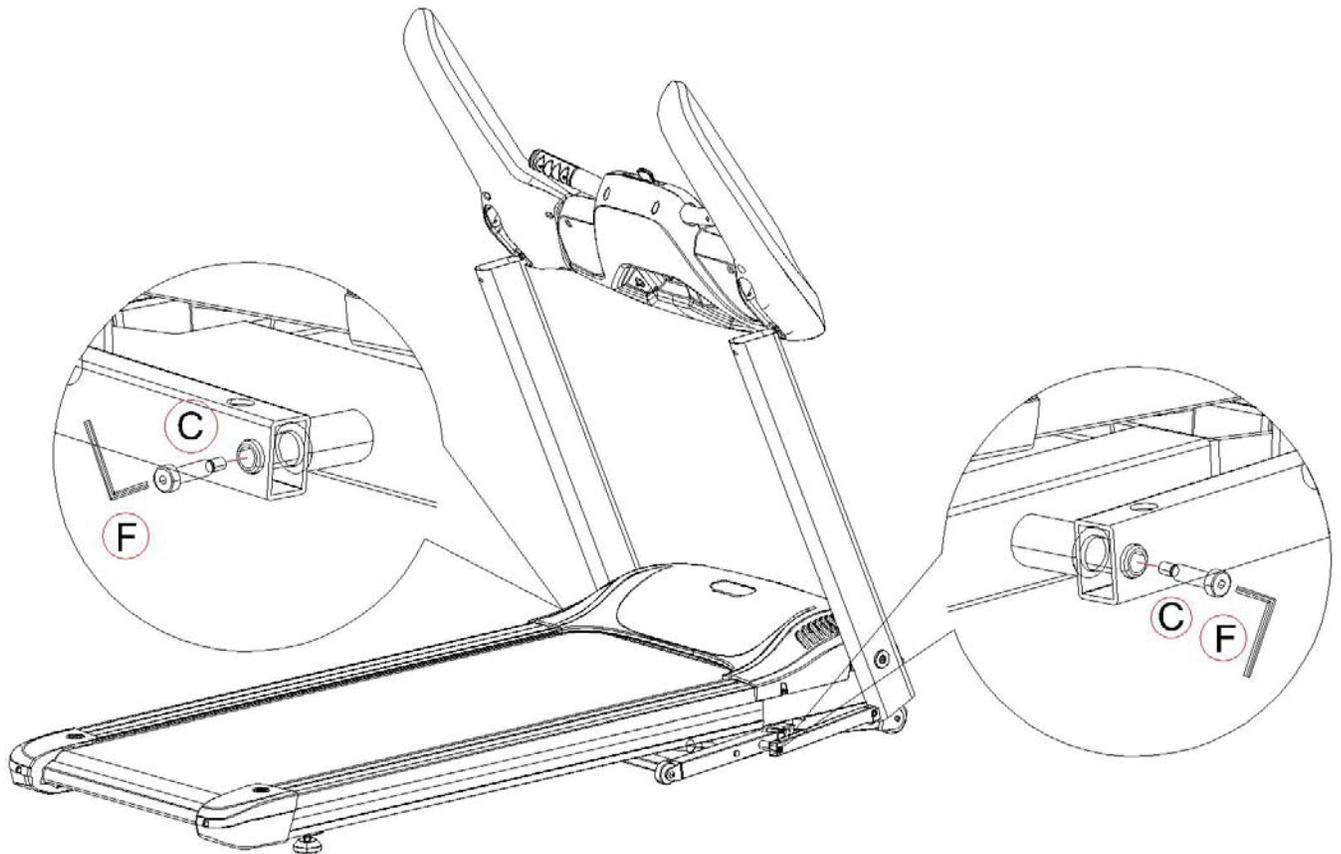
## Included Hardware

Collapse box bottom and lay sides down before assembly and do not attempt to move the treadmill out of its box until the unit is fully assembled. Locate the hardware bag and parts that are listed in the chart below.

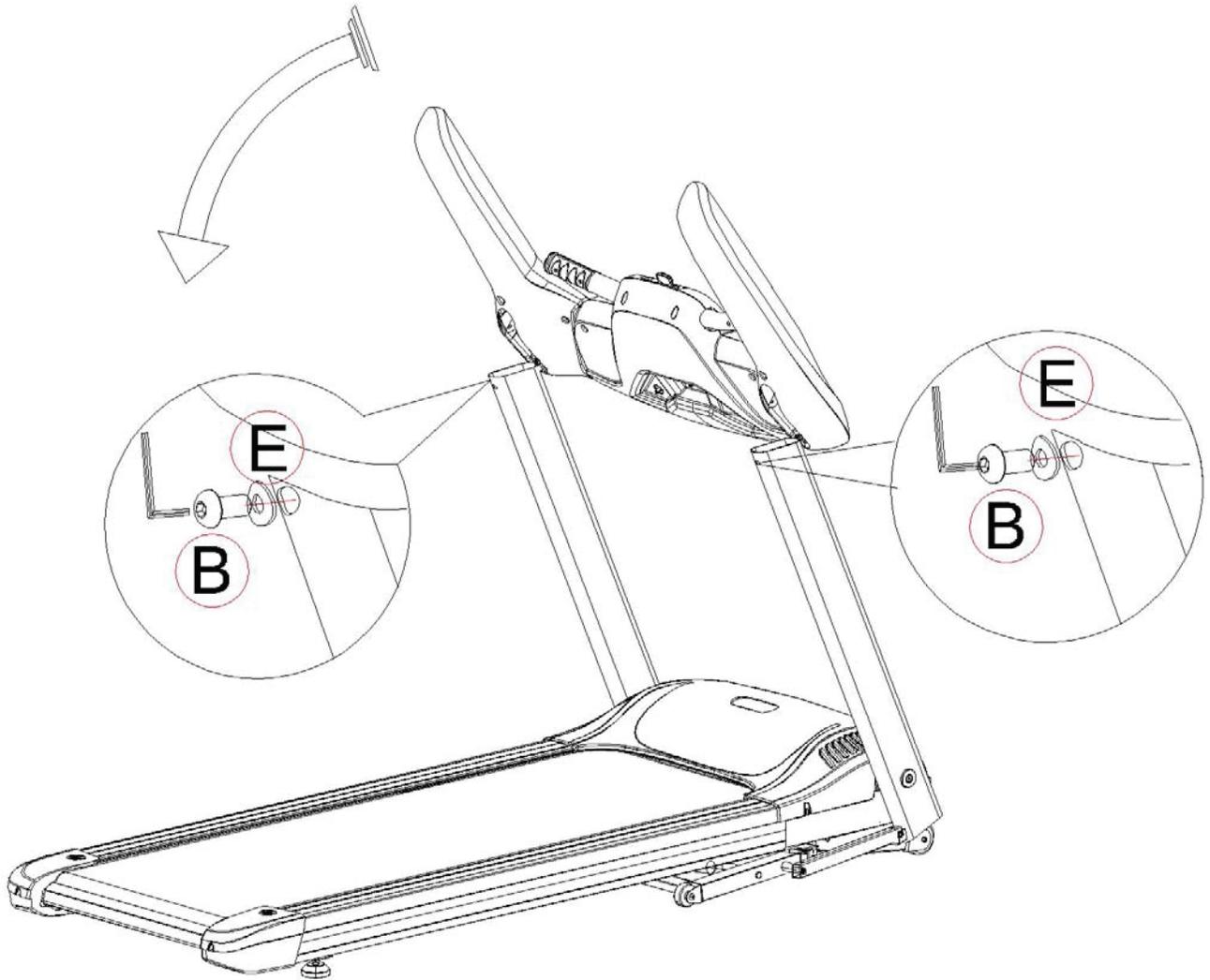


B	Screw M8×20 	2 PCS	C	Screw ϕ 8×25LM6×11 	2 PCS
D	M8 Nut 	3 PCS	E	Curved Washer 10×25×1.8 	2 PCS
F	Allen Key 	1 PC	G	Lube 	1 PC
H	Base Side Cap 	1 PC	I	Speaker wire 	1 PC
J	Safety Key 	1 PC	K	carriage wrench 	1 PC
M	Curved Washer 	2 PCS	N	Washer 	1PC

- 1 Lift up the upright handlebar, align linkage bar with shaft, then fasten screw (C) tightly at the bottom linkage bar with Allen key (F).

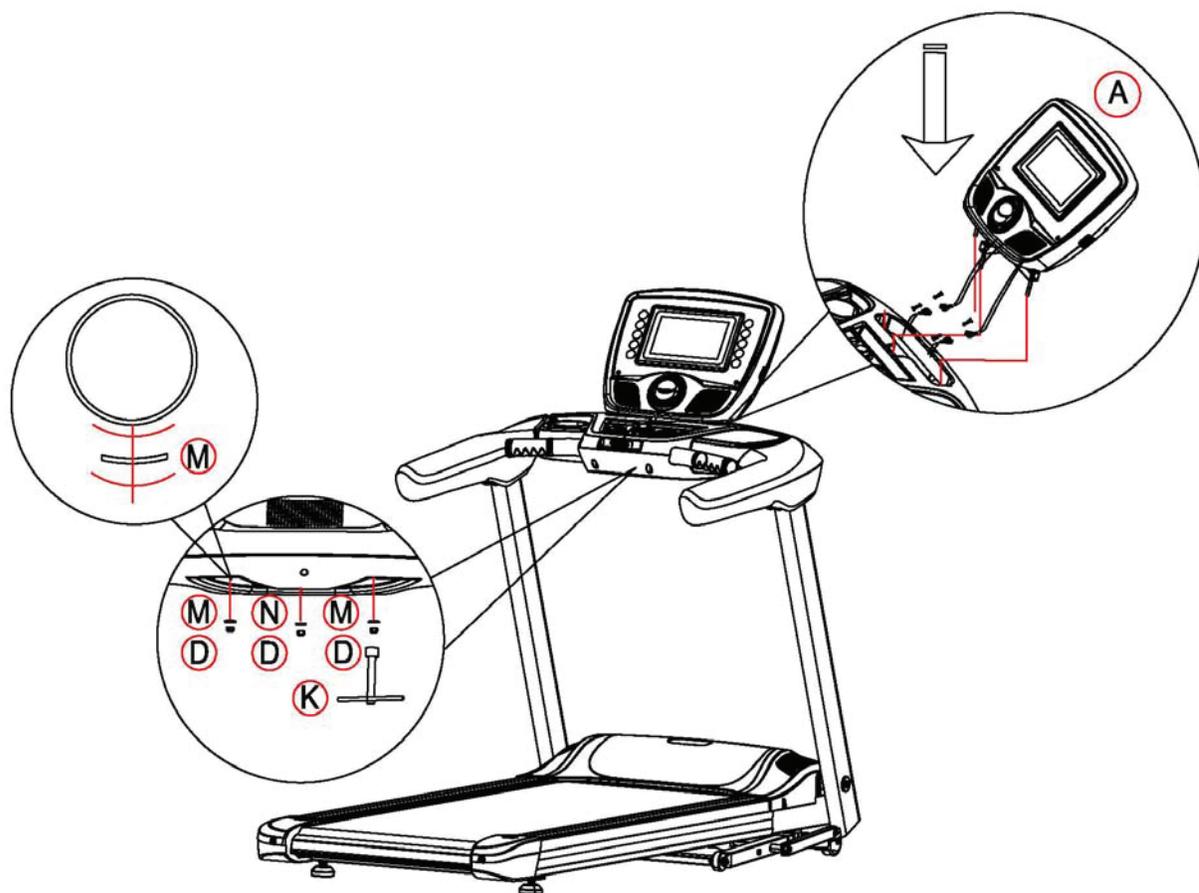


- 2 Fold down the handlebars platform to the upright tubing. Place washers (E) and screws (B) on the handlebar. Fasten the screws with Allen key tightly.



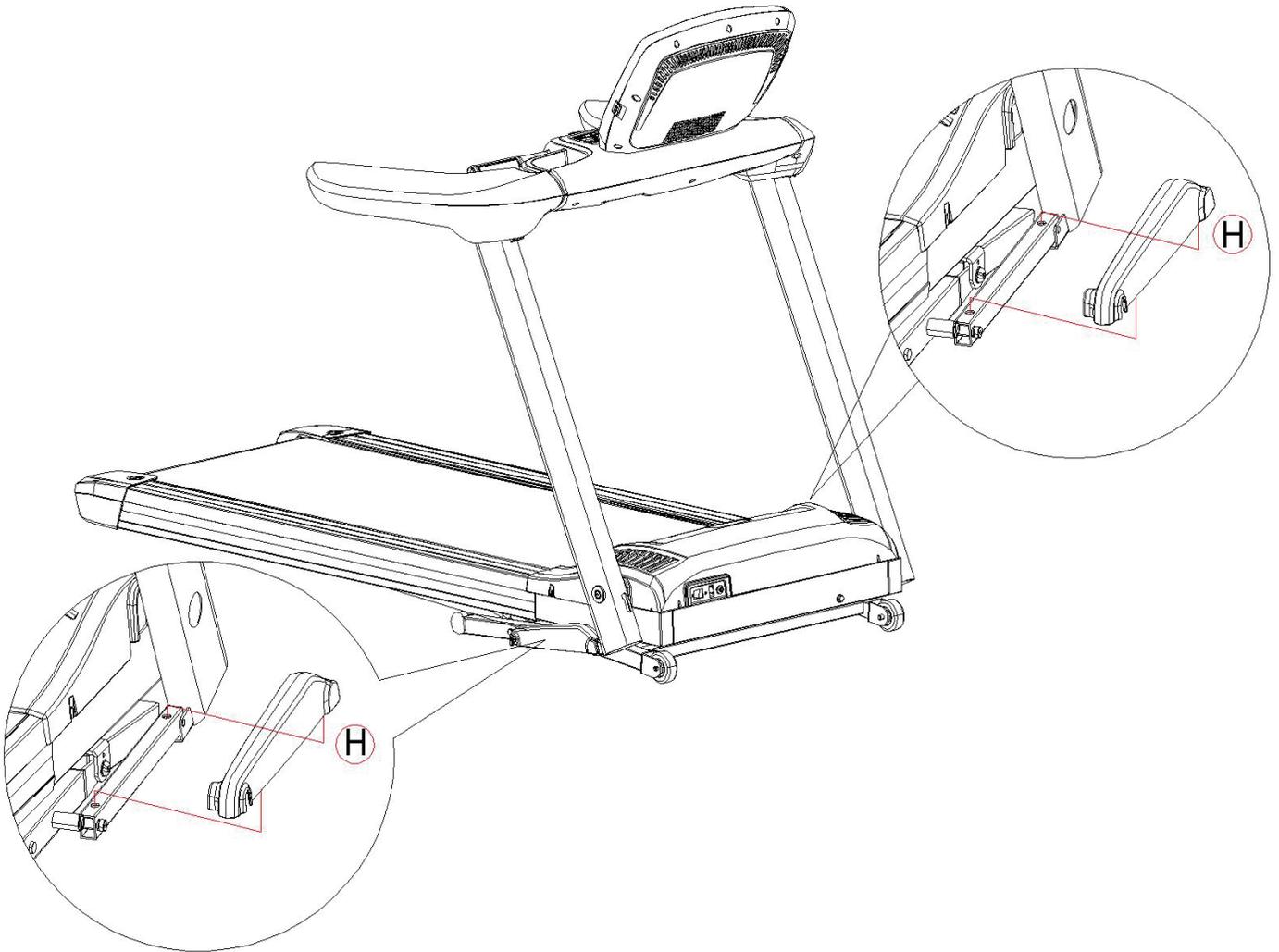
## Assembly Instruction

- 3 Connect 2 wires. 6-pin connects 6-pin. 18-pin connects 18-pin. Place console (A) to the supporter. Make sure 3 bolts align with holes. Put nuts (D) and washer (N) on the center bolt. Put nuts (D) and washer (M) on the side bolts. Tighten with Carriage wrench (K).



# Assembly Instruction

- 4 Attach and press down the upright side cap (H) at the bottom linkage bar.



When finish assembly, please make sure all bolts are tightened properly!

### ADJUST THE BELT TENSION

If the running belt feels as though it is “slipping” or hesitating when you plant your foot during a run, the tension on the running belt may have to be increased. To increase the tension of the running belt, turn both left and right adjustment bolts clockwise evenly.

### CENTERING RUNNING BELT

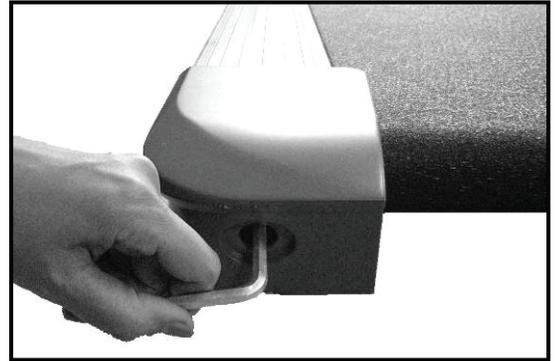
Start the treadmill without anyone on the running belt, press speed up bottom until speed reached 16kph.

#### If toward the left side of the deck

Using an Allen wrench, turn the left adjustment bolt 1/8 turn in a clockwise direction and the right adjustment bolt counter clockwise 1/8.

#### If toward the right side of the deck

Using an Allen wrench, turn the right adjustment bolt 1/8 turn in a clockwise direction and the left adjustment bolt counter clockwise 1/8.



### TREADMILL LUBRICATION

Lubricating under the treadbelt will ensure superior performance and extend its life expectancy. After the first 25 hours of use (2-3 months) apply one half bottle of lubricant. Every 50 hours of use (5-8 months) apply one half bottle of lubricant.

### HOW TO CHECK TREADBELT FOR PROPER LUBRICATION

Lift one side of the treadbelt and feel the top surface of the treadboard.

If the surface is slick to the touch, then no further lubrication is required.

If the surface is dry to the touch, apply one packet of lubricant or half of the bottle of lubricant.

### HOW TO APPLY LUBRICANT

Lift one side of treadbelt.

Pour one half of the lubricant bottle under the center of the treadbelt on the top surface of the treadboard.

Walk on the treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.

*NOTE: DO NOT over lubricate treadboard. Any excess lubricant that comes out should be wiped off.*



**IMPORTANT:** ONLY USE HALF THE BOTTLE OF LUBRICANT PER APPLICATION LUBRICATION SCHEDULE.

# Operations



## KEY FUCTION

### Rotary knob key

Rotate to choose program or set number (clockwise to increase number, counterclockwise to decrease number). Press knob to confirm.

**Start** Press to start treadmill

**Stop** Press to stop the treadmill

**Fan** Turn on / turn off fan

**Speed +** Increase speed. Each press increases by 0.1 KPH. Press and hold over two seconds will quickly increase speed to the desired value.

**Speed -** Decrease speed. Each press decreases by 0.1 KPH. Press and hold over two seconds will quickly decrease speed to the desired value.

**Incline +** Increase incline level. Each press increases incline by 1 level. Press and hold over two seconds will quickly increase incline to the desired level.

**Incline -** Decrease incline level. Each press decreases incline by 1 level. Press and hold over two seconds will quickly decrease incline to the desired level.



**Back** Return to previous page. In the results mode, press this ICON will return to the sport mode.



**Re-start program** In the results mode, press this ICON will return to sport mode



**Home key** In the results mode, press this ICON will return to home page



**Save exercise data** In results mode, display will show 2 ways to save data.  
A) by emailing B) USB flash disk



**Switch key between sport mode and media mode** During exercise, you may also press rotary knob. Then rotate knob to switch modes.

**Quick speed button** 4 / 6 / 8 / 10 / 12

**Quick incline button** 4 / 6 / 8 / 10 / 12

**USB feature** Play music and video

**Speaker** Input sound. Built in speaker enclosed cable for connecting with music instrument

**Ear Phone** Output sound

## DISPLAY READOUT

**Speed** Display the moving speed of the treadmill belt. Increment and decrement is 0.1 KPH.

**Incline** Display the elevation of current treadmill level. Increment and decrement is 1 level.

**Time** Show Workout Time. Time begins at 00:00 and counts up. In “Target time” mode, the time counts down. Maximum time is 99:59. Preset 20:00 minutes.

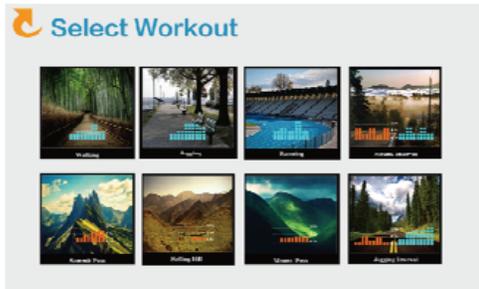
**Distance** Display the Distance treadmill belt has traveled in kilometers or miles. Display range 0.01 – 99.99 km. Preset 5km.

**Pulse** Display the pulse rate. Estimate your heart rate per minute being consumed. Place both of your hands on the pulse grip bars. HR value shows up after 10 seconds. It is recommended to stand on the foot rails to get an accurate reading. If you are walking or jogging, it is difficult for the monitor to accurately read your pulse rate. You can also wear a heart rate chest to monitor your heart rate.

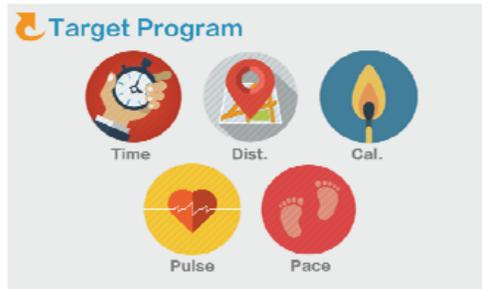
**Calories** Display calories consumed. The unit is Kcal. 1-999 Kcal. Preset 50 Kcal.

**Pace** Display pace walked. Time begins at 0 and counts up. Display range 0-9999 steps. Preset 100 steps.

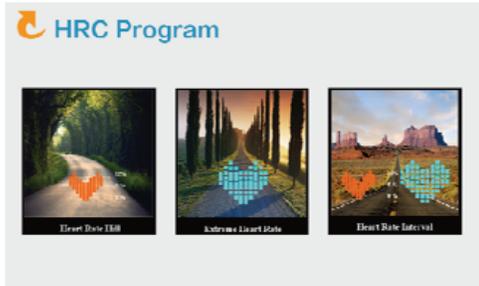
## Preset Program



## Target Program



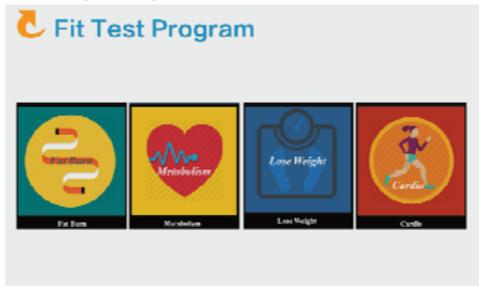
## HRC Program



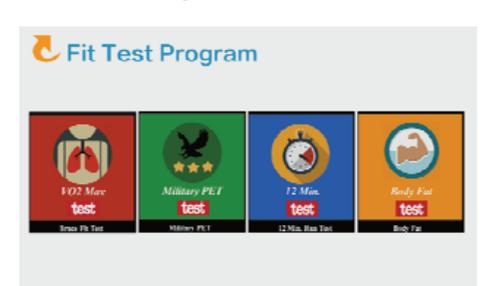
## Training Program



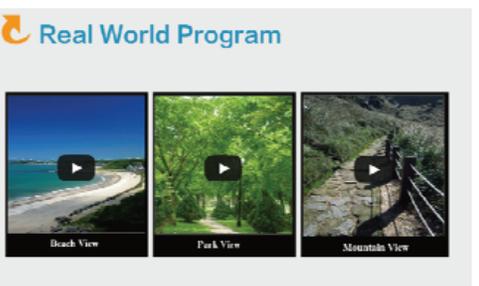
## Toning Program



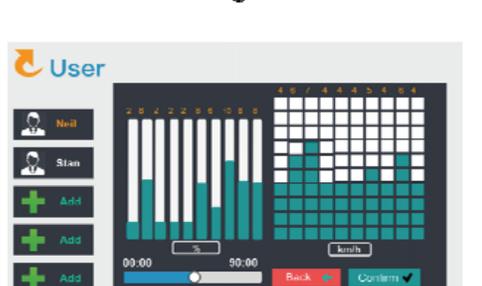
## Fit Test Program



## Real World View



## User Define Program



## QUICK START

In this mode, user can adjust speed and incline anytime during program.

1. Choose <**QUICK START**> program by turning <**rotary knob**>
2. Press it to confirm.
3. Press <**START**>. Treadmill begins after 3 seconds count down. During exercise, media menu and program mode can be switched in the display.
4. You may press <**STOP**> to end program and exit any time during exercise.

## Preset Programs

**Incline programs.** Incline levels are preset in program. Speed can be adjusted by user. You can adjust the inline level anytime during exercise.

- 1 Rolling Hills
- 2 Mountain Pass
- 3 Mountain Peak

**Speed programs.** Speed levels are preset in program. Incline can be adjusted by user. You can adjust the speed level anytime during exercise.

- 4 Walking
- 5 Jogging
- 6 Running
- 7 Jogging Interval
- 8 Mountain Interval

## Select a Program

1. Choose program by turning <**rotary knob**>
2. Press knob to confirm.
3. Press <**START**>. Treadmill begins after 3 seconds count down.
4. You may press <**STOP**> to end program and exit any time during exercise.

---

## Target Program

These program counts down the goal that the user sets. Treadmill will stop when reaches the target goal. You may adjust the speed and incline during exercise.

- 1 Target Time Preset time is 10 minutes
- 2 Target Distance Preset target distance is 1 km
- 3 Target Calorie Preset Calorie is 200 Kcal
- 4 Target Pulse To use this program, user must wear either HR chest strap or hold hand pulse
- 5 Target Pace Preset target step is 1000 steps

## Select a Target Program

1. Choose program by turning <**rotary knob**>
2. Press knob to confirm.
3. Set target goal by turning <**rotary knob**>. Press knob to confirm.
4. Press <**START**>. Treadmill begins after 3 seconds count down.
5. It will have 3 beeps and auto stop once achieve target goal. You may press <**STOP**> to end program and exit any time during exercise.

## HRC Program

To use this program, user must wear either HR chest strap or hold hand grip HR. You may adjust the speed and incline during program.

- 1 HR hill
- 2 Extreme HR
- 3 HR Interval

## Select a Program

1. Choose program by turning <rotary knob>
  2. Press knob to confirm.
  3. The preset hear rate is calculated by user's profile. Increment and decrement is 1 bpm.
  4. Press **START**>. Treadmill begins after 3 seconds count down. The display will show both actual hear rate and target hear rate. During exercise, media menu and program mode can be switched in the display.
  5. After warm up 3 minutes. Incline will change by +/- 1% every 30 seconds till reaches range THR +/- 5 bpm. Treadmill will shut down if there is no HR signal for 30 seconds.
  6. You may press <**STOP**> to end program and exit any time during exercise.
- 

## Training Program

This is a train program for running. Target is 3 kms. You may adjust the speed and incline during program.

- 3K run
- 5K run
- 10K run

## Select a Program

1. Choose program by turning <rotary knob>
  2. Press knob to confirm.
  3. Press <**START**>. Treadmill begins after 3 seconds count down.
  4. You may press <**STOP**> to end program and exit any time during exercise
- 

## Tonning Program

**1 Fat Burn Program:** This is a program of fat burning. All incline levels is programed. Preset time is 40minutes. Time counts down. You may adjust the speed or inline level anytime during exercise.

1. Choose program by turning <rotary knob>
2. Press knob to confirm.
3. Press <**START**>. Treadmill begins after 3 seconds count down. During exercise, media menu and program mode can be switched in the display.
4. It will have 3 beeps and auto stop once achieve target time. You may press <**STOP**> to end program and exit any time during exercise.

**2 Cardio:** To use this program, user must wear either HR chest strap or hold hand grip HR. You may adjust the speed and incline during program.exercise.

1. Choose program by turning <rotary knob>
2. Press knob to confirm. The target hear rate is calculated by user's profile.
3. Press <START>. Treadmill begins after 3 seconds count down. The display will show both actual hear rate and target hear rate. During exercise, media menu and program mode can be switched in the display.
4. After warm up 5 minutes. Incline and speed will change by +/- 1% 1 kph every 30 seconds to keep heart rate in the range THR +/- 5 bpm for 30 minutes. The last 5 minutes is a cool down time to get back to regular heart rate. Treadmill will shut down if there is no HR signal for 30 seconds.
5. You may press <STOP> to end program and exit any time during exercise.

### 3 Lose weight

This is a program of weight loss. All incline levels is programed. Preset time is 40minutes. Time counts up. You may adjust the speed or inline level anytime during exercise.

1. Choose program by turning <rotary knob>
2. Press knob to confirm.
3. Press <START>. Treadmill begins after 3 seconds count down. During exercise, media menu and program mode can be switched in the display.
4. It will have 3 beeps and auto stop once achieve target time. You may press <STOP> to end program and exit any time during exercise.

### 4 Metabolism

Both incline and speed levels are programed. These levels can not be adjusted during program. The first 5 minutes is warm up. Incline and speed will change every 30-60 seconds. then 30 minutes exercise. The last 5 minutes is a cool down time. Then, stop and goes into results mode.

1. Choose program by turning <rotary knob>
2. Press knob to confirm.
3. Press <START>. Treadmill begins after 3 seconds count down. During exercise, media menu and program mode can be switched in the display.
4. You may press <STOP> to end program and exit any time during exercise.

## Fitness Test

### Bruce fitness test

To use this program, user must wear either HR chest strap. You may adjust the speed or inline level anytime during exercise.

1. Choose program by turning <rotary knob>
2. Press knob to confirm. The heart rate is calculated by user's profile.  $THR = (220 - age) * 90\%$
3. Press <START>. Treadmill begins after 3 seconds count down. The display will show both actual heart rate and target heart rate. Treadmill will shut down if there is no HR signal for 30 seconds.
4. When user heart rate reaches target heart rate for 8 seconds, program ends. It shows Fitness index and save results. You may press <STOP> to end program and exit any time during exercise.

6 fitness index levels

Very poor	poor	Fair	Good	Excellent	Superior
-----------	------	------	------	-----------	----------

### Military PET test

This is a military fitness test program. Preset distance is 3 miles. Incline level preset at 0% and can not be adjusted. Highest score is 100.

1. Choose program by turning <rotary knob>
2. Press knob to confirm.
3. Press <START>. Treadmill begins after 3 seconds count down.
4. It will have 3 beeps and auto stop once achieve target distance. Display will show fitness score. Display will show <Fail> if you may press <STOP> any time during program.

### 12 minutes run test

Program provides a fitness index score based on the distance you have run within stipulate time. Preset time is 12 minutes. User's body level is classified by age, gender, height and weight. You may adjust the speed or inline level anytime during exercise.

1. Choose program by turning <rotary knob>
2. Press knob to confirm.
3. Press <START>. Treadmill begins after 3 seconds count down.
4. It will have 3 beeps and auto stop once achieve 12 minutes. Display will show fitness level. Display will show <Fail> if you may press <STOP> any time during program.

5 fitness levels

Very bad	Bad	Average	Good	Very good
----------	-----	---------	------	-----------

## Bodyfat

Program classifies user's body level by age, gender, height and weight.

1. Choose program by turning <rotary knob>
2. Press knob to confirm.
3. Place your hand on the hand grip and hold it for 3-5 seconds.
4. Program provides the body fat index based on user profile.

Bodyfat level	female	male
Athlet	14-20%	6-13%
Fitness	21-24%	14-17%
Average	25-31%	18-24%
Excess fat	+32%	+25%

## Real View program

### Beach view

Program and real beach view progress synchronously. It gives user a joyful beach exercise. You may adjust the speed or inline level anytime during exercise. When adjusted, the rest of speed and incline level will automatic change accordingly.

1. Choose program by turning <rotary knob>
2. Press knob to confirm.
3. Press <START>. Treadmill begins after 3 seconds count down. During exercise, media menu and program mode can be switched in the display.
4. You may press <STOP> to end program and exit any time during exercise.

### Park view

Program and real park view progress synchronously. You may adjust the speed or inline level anytime during exercise. When adjusted, the rest of speed and incline level will automatic change accordingly.

1. Choose program by turning <rotary knob>
2. Press knob to confirm.
3. Press <START>. Treadmill begins after 3 seconds count down. During exercise, media menu and program mode can be switched in the display.
4. You may press <STOP> to end program and exit any time during exercise.

## Mountain view

Program and real mountain view progress synchronously. It gives user a challenge of mountain sports. You may adjust the speed or inline level anytime during exercise. When adjusted, the rest of speed and incline level will automatic change accordingly.

1. Choose program by turning <**rotary knob**>
2. Press knob to confirm.
3. Press <**START**>. Treadmill begins after 3 seconds count down. During exercise, media menu and program mode can be switched in the display.
4. You may press <**STOP**> to end program and exit any time during exercise.

## User define program

### User 1 – User 5

This is a user define program. Each speed and incline levels are defined by user. User needs to input name and email address. The work out results can be either saved in USA or email out.

1. Choose program of User 1 – User 5 by turning <**rotary knob**>
2. Press knob to confirm.
3. Set speed, incline and time by either turning <**rotary knob**> or touch panel
4. Press <**START**>. Treadmill begins after 3 seconds count down. During exercise, you may adjust speed and incline.
5. You may press <**STOP**> to end program and exit any time during exercise.

## System facility

### 1. Service

- 1-1 Calibration: speed and incline auto calibration
- 1-2 System update: update software program
- 1-3 Trouble shooting: error code definition introduction, contact of technician
- 1-4 Reboot factory setting: system reboot

2. **Wifi connection:** turn on / turn off
3. **Bluetooth connection:** turn on / turn off
4. **Language selection:** English / Chinese
5. **Unit system change:** metric / imperial

## **SAFETY TETHER KEY**

The treadmill cannot run if the tether key is not installed on the console correctly. The treadmill will immediately stop once the key is removed from its place. Insert the safety key onto the slot on the control panel. Pinch the clip of the safety tether key to your clothing tightly. Make sure the clip does not detach from clothing before the safety tether key disconnects from the console slot.

## **USB CHARGING**

USB charging provides 5V electricity charging. Use your the connection cord to charge up battery via the USB outlet on your treadmill, then when you are ready to recharge your iPhone, iPod or other device simply plug them into the USB input.

## **SPEAKER FUNCTION**

The user can connect a music device with the internal speakers using the included speaker wire.

## **CHEST STRAP** (only for choosing this feature)

Before start workout, wet the electrode areas of the strap well under running water. Attach the connector to the strap. Adjust the strap length to fit it tightly but comfortably. ie the strap around your chest, just below the chest muscles, and attach the hook to the other end of the strap. Check that the wet electrode areas are firmly against your skin and the connector is in a central and upright position. Ready to workout.

## **Operation procedure for speed and incline calibration**

Every time replace the console or controller or incline motor or drive motor, the treadmill needs to reset its speed and incline. The procedure is to press 2 keys and hold them for 3 seconds. “**STOP**” with “**+**” of **INCLINE**. Treadmill will activate the reset function.

## Monitoring Your Heart Rate

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm.

See Fitness Safety on page 17

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually progressing up to 75%. According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

**Fitness Safety** The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition

(MHR) = Maximum Heart Rate

(THR) = Target Heart Rate

$220 - \text{age} = \text{maximum heart rate (MHZ)}$

$\text{MHZ} \times .60 = 60\% \text{ of your maximum heart rate.}$

$\text{MHZ} \times .75 = 75\% \text{ of your maximum heart rate.}$

For example, if you are 30 years old, your calculations will be as follows:

$220 - 30 = 190$

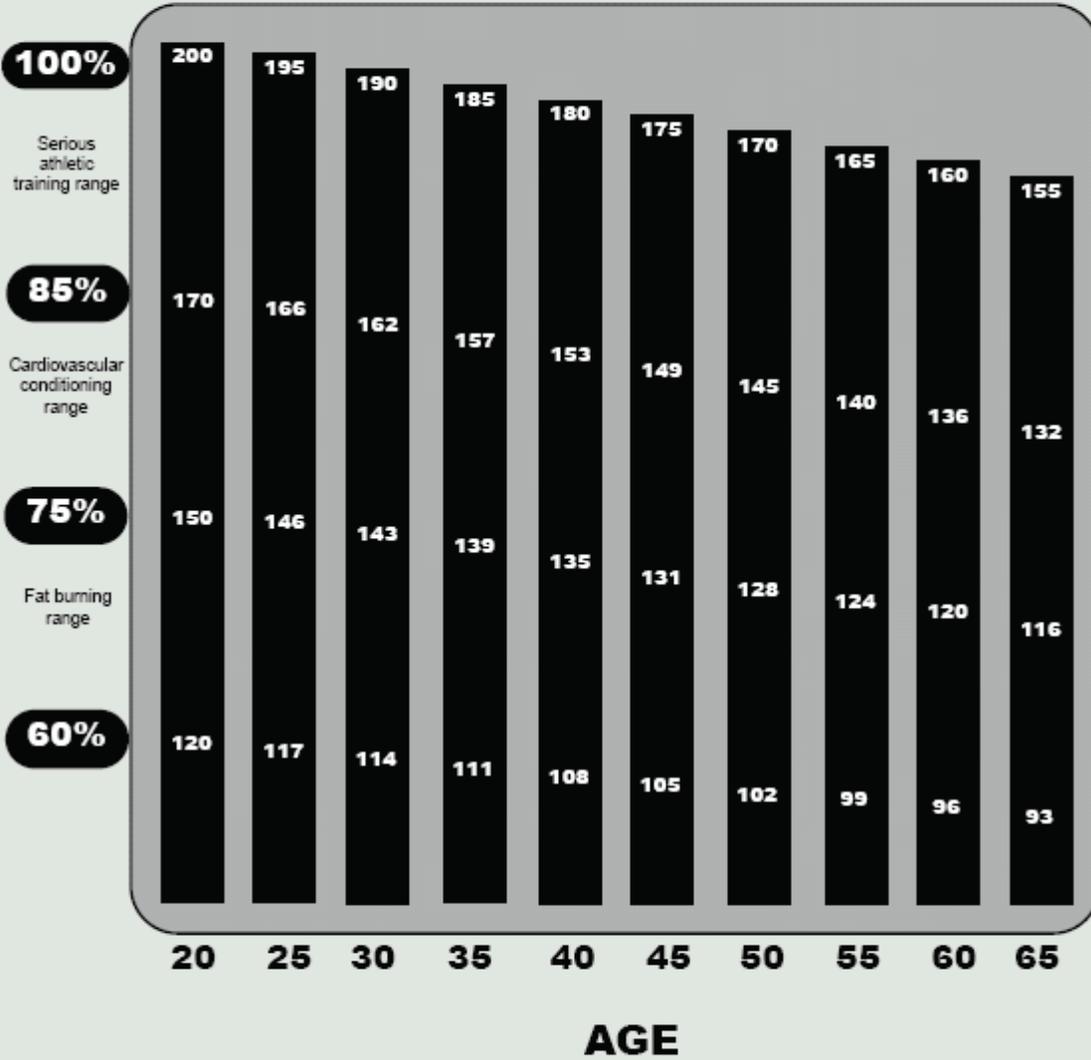
$190 \times .60 = 114$  (low end or 60% of MHZ)

$190 \times .75 = 142$  (high end or 75% of MHZ)

30 year-old (THR) Target Heart Rate would be 114-142

See Heart Rate Table (on next page) for additional calculations.

## TARGET HEART RATE ZONE



## Quadriceps Stretch

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



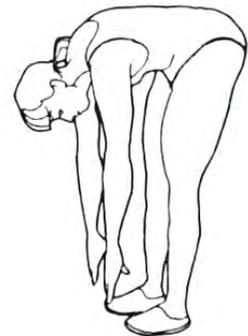
## Inner Thigh Stretch

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 10 counts



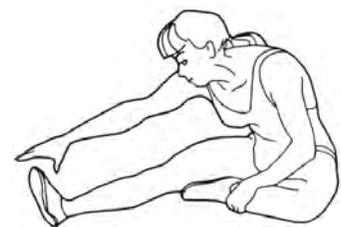
## Toe Touches

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.



## Hamstring Stretches

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.



## STARTING YOUR WORKOUT

**ALWAYS CONSULT YOUR DOCTOR BEFORE UNDERTAKING A NEW EXERCISE REGIME. IF YOU EXPERIENCE NAUSEA, DIZZINESS OR OTHER ABNORMAL SYMPTOMS DURING EXERCISE, STOP AT ONCE AND CONSULT YOUR DOCTOR.**

Begin each workout with a warm up session - a few minutes of stretching to help prevent strains, pulls and cramps:

1. Get onto the treadmill, using the handrails for support, and place your feet on the side rails. (Either side of the running mat)
2. Activate the treadmill. (Using the details found in the Operation Instructions)
3. The treadmill will start at the lowest speed, step onto the mat and walk at the same speed.
4. Continue the rest of your workout.

## FINISHING YOUR WORKOUT

1. Turn the treadmill to the lowest speed and incline settings.
2. Using the handrails for support place your feet on the side rails. (Either side of the running mat)
3. Stop the treadmill.
4. Turn the treadmill off at the main power switch and remove the plug from the electrical outlet.
5. Remove the safety key.
6. If necessary, wipe the treadmill down with a damp cloth.
7. End each workout with a cool down session - a few minutes of stretching to help prevent strains, pulls and cramps.

## CORRECT RUNNING FORM

- Run in the centre of the running mat.
- Keep your head up and look straight ahead.
- Shoulders should be square and level, don't round your shoulder or swing them forwards or backwards.
- Keep your torso straight with the chest up so there's plenty of room for the diaphragm to move for proper breathing actions.
- Do not lean forwards, backwards or slouch, as all of these posture deviations can place a lot of stress on the lower back, interfering with proper running mechanics and possibly causing lower back injury.
- Feet should be pointed straight ahead and land directly under the hips.

## HOW LONG SHOULD I EXERCISE FOR?

That really depends on your current level of fitness. If you're just starting out on a new exercise program, you should start gradually and build up - do not try to do too much too quickly. 30 minutes, 3 times a week should be enough. Don't push yourself too hard - you should never feel exhausted during or following exercise.

 Treadmill belt slipping

- Walking belt too loose. Check belt tension.
- Deck needs lubrication. Check belt lubrication.

 Treadmill noisy

- Loose hardware. Tighten visible screws and nuts.
- Motor straining. Belt tension is too high.
- Clicking sound -roller knocking. Adjust rear rollers -check the belt tension.

 Inaccurate hand pulse rate

- Too much hand movement. Stand on side rails to obtain accurate pulse reading.
- Palms too wet. Test by dry palms.
- Gripping handgrips too tight. Grip using moderate pressure
- Wearing rings. Remove all rings

 Inaccurate strap pulse rate

- Chest strap sensor is too dry. Moisten sensor on chest strap.
  - Electronically interference. Keep at least six feet away from TV, computer and fluorescent lights.
- Strap battery power is low. Replace strap battery.

## ERROR CODES

The console shows error code information.

Error Code	Description
<b>E1</b>	<b>Controller IGBT failure</b>
<b>E2</b>	<b>Controller temperature protection</b>
<b>E3</b>	<b>motor burned or loose wire connection</b>
<b>E4</b>	<b>communication error between controller and console</b>
<b>E6</b>	<b>Incline and motor calibration failure</b>
<b>E7</b>	<b>over current protection</b>
<b>E8</b>	<b>failure on TFT LCD driver board</b>
<b>E9</b>	<b>Input voltage malfunction</b>
<b>E11</b>	<b>Thermo sensor malfunction</b>

### BFE Warranty Policy – November 1st 2013

1. When purchased from an authorised BFE distributor the BFE warranty shall guarantee that all framework and components of your product are free from faulty manufacture. All faulty framework and components will be repaired or replaced as set out in this policy. All warranties in this policy apply to INDOOR HOME/DOMESTIC USE ONLY.
2. These warranties do not apply to products used in commercial use applications.
3. Warranty DOES NOT cover normal wear & tear and excludes faults due to misuse, abuse, incorrect assembly or lack of general maintenance.
4. Warranty is applicable to products sold and placed within Australia only.
5. **IMPORTANT.** Most of BFE products are pretested and we have inspectors checking all products prior to shipment. The number one reason for a fault is due to INCORRECT ASSEMBLY. If you do have problems please go back to the start and double check your assembly and pay special attention to all WIRING connections. If you have accidentally cut or damaged the wiring please let us know and we will be happy to send you a new set at no-charge.

If you have done this and are confident you have double checked your assembly and are still having problems please email our service department at [spares@boylesfitness.com.au](mailto:spares@boylesfitness.com.au) including your best contact details ,proof of purchase, serial number and a brief explanation of what is wrong.

Emailing is the quickest and most reliable way to get your service request processed. Once we have your details we will either call or email you back with the next steps. The quickest way, once we determine the problem and send you a replacement part, is that we can talk you through over the phone on how to fit it.

If it is deemed by our service tech that it is too difficult, we can arrange (where available) a service technician.

**NOTE.** If we arrange for a service technician (where applicable) and it is found that it is not a manufacturers fault and found to be an assembly issue , normal wear and tear, transport damage or misuse, then there will be a call out fee of \$140 depending on location. (Surcharge applies for non-metro areas)

**WARRANTY TERMS-** Warranty commences from the date of purchase from the retail store. Warranty only applies to the original purchaser and is NON transferable. Warranty is void if the serial number of the product has been removed or tampered with.

Warranty does not apply to defects, faults or failures due to:

- (a) Defects caused during assembly or failure to assemble to the assembly manual provided. Assembly errors include but are not limited to damaged wiring harness, stripped crank arms and or pedals, and bolts used in the wrong locations.
- (b) Lack of general maintenance and or failure to service or maintain the equipment in accordance with the user manual specifications and recommendations. This includes a lack of lubrication between the deck and the running belt and or incorrect alignment/ adjustment of treadmill belts that result in damage. DO NOT USE WD40 or anything similar. BFE only recommend to use the factory supplied lubricant or our LUBE-N-WALK kit.



You can purchase from your retailer or call us direct on 02 4648 0800.

- (c) **Power Surges.** The computers, control boards and motors are very sensitive to power fluctuations. You must use a surge protector on all items that plug into your mains power otherwise your electronics will not be covered by this warranty. You can purchase these from numerous retailers or you can call us on 02 4648 0800 to get a price.
- (d) User negligence, abnormal or excessive use, misuse, abuse or transport damage.
- (e) Repairs, alterations or modifications by NON BFE authorised service technician.
- (f) Accident, fire, flood or malicious damage by third person.
- (g) Ordinary wear and tear.
- (h) Failure to keep the product in a clean, dry environment causing rust. You should wipe off any sweat and moisture after each training session.
- (i) Any products sold or placed in an application or the incorrect environment that is not recommended by BFE or as not stipulated in the owner's manual such as a commercial / rental environment will void the warranty set forth by BFE
- (j) BFE recommends the use of a protective rubber floor mat. This reduces the incidence of dust and lint collection around the motor, reduces noise & protects your floor. You can purchase this from your retailer or contact BFE directly on 02 4648 0800

BFE will have the option to repair or replace any product which requires attention under the warranty.

**NOTE:** Lifetime refers to the warranty coverage of the units expected service life. NOT the lifetime of the purchaser.

**Servicing/Spare Parts-** As with any mechanical equipment general maintenance should be performed on a regular basis by an authorised retailer or service technician. This will ensure longevity of the product and ensure that it is kept working in optimum condition. Failure to properly maintain your equipment may lead to safety issues and may also void the warranty.

You should only use genuine BFE replacement parts; otherwise the warranty will be voided.

### **Freight Costs:**

The cost of freighting the replacement part under warranty to the customer shall be free of charge. Your requirement is to return the faulty part via the pre-paid postal service which we will supply.

### **Returned Goods:**

The unauthorised return of parts or product shall be refused and placed in the hands of the carrier at the cost of the shipper. Return authorisations can be obtained from BFE head office only.

### **Additional Warranty**

If you would like to extend your labour warranty by 1 year (\$99), 2 years (\$199), 3 years (\$299) please contact our office by emailing [sales@boylesfitness.com.au](mailto:sales@boylesfitness.com.au) (Not available in all areas)

**Service Department hours: Monday to Friday between 8am and 4pm**  
**Service Phone Number: 07 3272 7010 Email [spares@boylesfitness.com.au](mailto:spares@boylesfitness.com.au)**

**PLEASE NOTE:** that Authorised service technicians do not reside in all areas of this vast country. If you live beyond the reasonable service area of a metropolitan area, BFE may not be able to support the labour portion of the product warranty. Alternatively you can return (at your cost) your product to the closest BFE repair centre, where it will be fixed at no charge under the warranty period.

Metropolitan Area- defined as no more that 50km from G.P.O in all capital cities.

Disclaimer:

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a 'major failure' and for compensation for any other reasonable foreseeable loss or damage.

You are also entitled to have goods repaired or replaced if the goods fail to be of an acceptable quality and the failure does not amount to a major failure.

BFE does not assume , nor authorise any representative or other person to make or assume for BFE , any warranties whatsoever, whether expressed or implied, in , in connection with the sale, service, or shipment of our products.

BFE reserve the right to make changes and improvements in our products and specifications without incurring any obligation to similarly alter products previously purchased.

This warranty operates in addition to other rights and remedies available to consumer's rights under the Australian Consumer Law.

### **SERVICE CENTRE**

Contact details and hours of operation Service/Spare Parts & Warranty  
Phone: (07) 3272 7010                      Email: [Spares@boylesfitness.com.au](mailto:Spares@boylesfitness.com.au)  
8:00am – 4:00pm Monday to Friday (excluding Public Holidays)

**This product is warranted by Boyles Fitness Equipment Pty Ltd**

13/160 Hartley Road, Smeaton Grange NSW 2567,

Phone: (02) 4648 0800

8.00am - 4:00pm Monday to Friday (excluding Public Holidays)

