

# PROFLEX



## TRX1 Ultra Electric Treadmill User Manual

[Revision 4.0 March 2017]

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READ THIS MANUAL CAREFULLY BEFORE USE AND KEEP FOR FUTURE REFERENCE – FAILURE TO DO SO MAY RESULT IN INJURY, PROPERTY DAMAGE AND MAY VOID WARRANTY. • Products covered by this manual may vary in appearance, assembly, inclusions, specifications, description and packaging.

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# Safety

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



To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet after use and before cleaning, assembling, or servicing. Failure to follow these instructions may lead to personal injury and cause damage to the treadmill.

Before beginning any exercise program, consult your physician. This is especially important for people over 35 years of age or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

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**WARNING!** To reduce the risk of burns, fire, electric shock or injury, read the following:

- Use this product for its intended use only as described in this user manual. Do not use attachments not recommended by the manufacturer.
- Never operate the unit with a damaged cord or plug, or if it is not working properly. If it has been dropped, damaged or exposed to water, have the unit inspected/repared by an authorized service center.
- **Caution** – To avoid injury, use caution when stepping on to or off of a moving treadmill belt.
- **Maximum weight capacity = 100 kg.**
- Do not attempt any maintenance or adjustments other than those described in this user manual. Should any problems arise, discontinue use and consult an authorized service centre or personnel.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and other obstructions.
- Do not use the unit outdoors.
- Do not pull the unit by its power cord or use the cord as a handle.
- Keep children and pets away from the equipment while in use.
- Elderly or disabled users should only use the unit in the presence of an adult who can provide assistance if required.
- Do not operate where aerosol (spray) products are in use or where adequate oxygen is not available.
- Keep dry – do not operate in wet or moist conditions.
- The motor cover can become hot while the unit is in use. Do not place the unit on a flammable surface as this can create a fire hazard.
- Keep electrical cord away from hot surfaces.
- Keep the unit on a solid, level surface with a minimum safety area clearance of two meters around it. Be sure the area around the treadmill remains clear of any obstructions during use.
- The treadmill is for domestic household use only.
- Only **one** person should use the treadmill at a time.
- Wear comfortable and suitable clothing when using the treadmill. Do not use the treadmill barefoot or in socks. Always wear appropriate, enclosed athletic footwear. Never wear loose or baggy clothing as it can become caught on the treadmill and create a hazard.
- Always hold on to the handrails while using the treadmill.
- Always ensure the spring loaded pin and locking screw are in place when folding and moving the unit.
- Do not leave children unsupervised near or on the treadmill.
- Children should not be allowed to play or operate the treadmill at any time.
- To disconnect, turn all controls to the OFF position, then remove plug from the wall outlet.

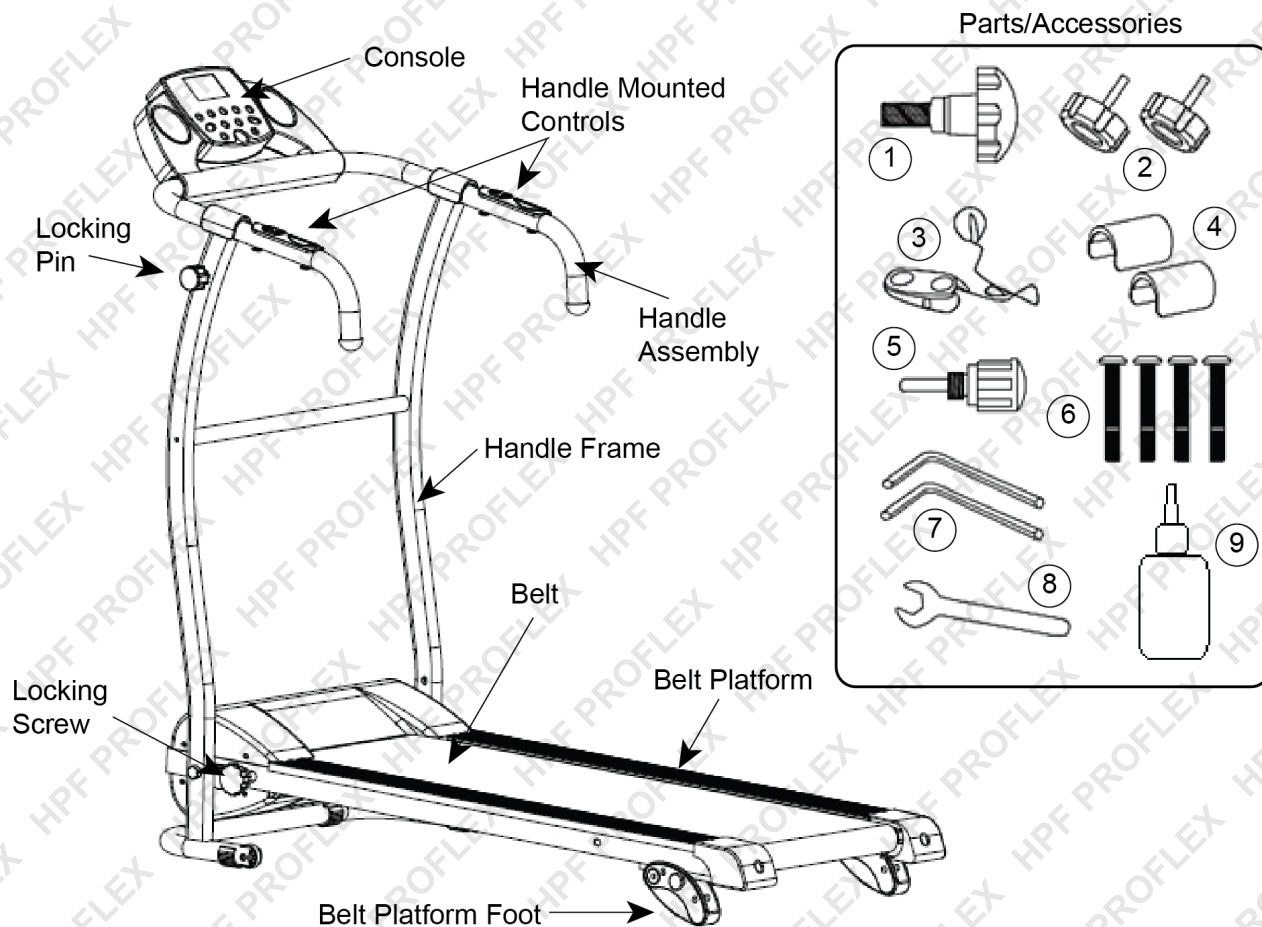
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Remove the safety tether for emergency stop.
- This unit must be plugged into a nominal 240 VAC/50 Hz outlet which has been grounded.
- Keep hands clear of all moving parts. Never place hands or feet under the treadmill while in use.
- Do not use the treadmill on high-pile carpet greater than 1.3 cm in height.
- Before using the treadmill, check that the belt is aligned and centred on the running deck and all visible fasteners on the treadmill are sufficiently tightened and secure.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- Never operate this treadmill when folded.
- Allow the running belt to fully stop and unplug the power cord from the wall outlet before folding the treadmill.
- Always face towards the computer console and do not run backwards on the running belt.

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## Setting Up the Treadmill

The TRX1 Ultra treadmill comes partially assembled. The unit comes with the following parts. Ensure that all parts are included before assembly.



No.	Qty.	Description
1	1	M12x50 locking screw and nut
2	2	M6x40 console screw
3	1	Safety tether
4	2	Handle screw covers
5	1	Spring loaded locking pin

No.	Qty.	Description
6	4	M8x50 screw
7	2	5 mm and 6 mm Allen key
8	1	Spanner
9	1	Belt Lubricant

## Assembly

1. Take all parts out of the carton and place them on a firm, flat surface. Remove all packing materials around the parts.
2. With the treadmill flat, lift the handle mounting frame (2) so that it is upright, then secure it to the belt platform (1) using the M12x50 locking screw and nut (3). Insert the locking screw and firmly tighten by hand (rotate to the right), then lock the screw by tightening the nut against the handle mounting frame using the spanner (rotate to the right).
3. Insert the spring loaded pin (4) into the handle mounting frame (2) and tighten firmly by hand (rotate to the right).
4. Place the handle assembly (5) on to the handle mounting frame (2), then secure it using the M8x50 screws (6). Tighten the screws (rotate to the right) using the 6mm Allen key. When the screws are installed, clip the covers (7) to the handle over the screw heads.
5. Plug the handle assembly electrical connector (right hand side handle) into the socket on the handle mounting frame.
6. Rotate the console (8) to the desired position, then secure it using the console screws (9). Firmly tighten the screws by hand (rotate to the right).

Once assembled, the machine ready for use.

## Folding

1. Loosen the locking screw (3) nut (rotate to the left) using the spanner, then remove the locking screw. The screw can be stored in the bracket next to where it installs.
2. Hold the handle assembly and gently lift the end of the belt platform (1) up toward the handle frame (2).
3. Pull the spring loaded locking pin (4) out so the belt platform is fully in the folded position, then release the pin so that it enters the hole in the belt platform.

## Unfolding

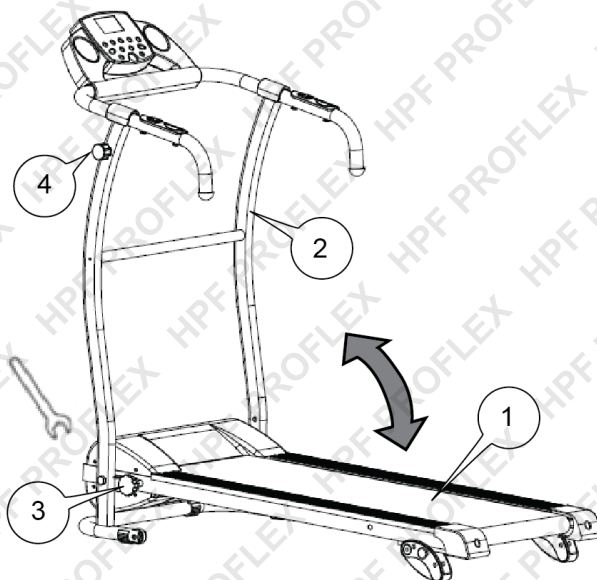
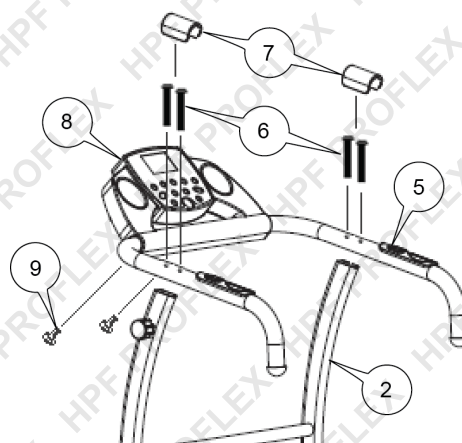
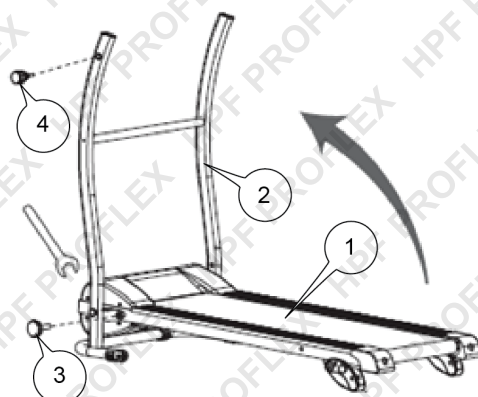
1. With the treadmill upright, hold the belt platform (1) steady then pull the spring loaded locking pin (4) out from the handle frame (2).
2. Gently lower the belt platform down so it rests on the floor.
3. Secure the belt platform to the handle assembly using the M12x50 locking screw (3) and firmly tighten by hand (rotate to the right), then lock the screw by tightening the nut against the handle mounting frame using the spanner (rotate to the right).

**⚠ Note:** Always set-up the equipment on a flat and level surface. If the equipment "rocks", (if applicable) rotate feet under front of machine to move up or down as needed so equipment is steady.

## Moving

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

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





# Operating the Treadmill

## Safety Tether and Emergency Stop

The treadmill comes equipped with a “safety tether”. The safety tether must be attached to the console in order for the treadmill to run. It is designed to attach to your clothing so that if you leave or fall from the treadmill it will stop automatically, helping prevent injury.

Before beginning a workout session ensure that the safety tether is properly placed onto the console and that the clip is securely attached to your clothing.



**Note:** If the treadmill is on, but the safety tether is not attached, “\_ \_ \_ \_” is shown on the console display and the treadmill cannot be started.

## Program and Manual Modes

The treadmill features two basic operating modes:

**Note:** The treadmill must not be running in order change/select modes.

- **Manual Mode** – The treadmill is being used, but not running a preset program (see Program mode, below). In this mode, the treadmill can be set to stop automatically at a pre-set session duration or distance. To enter Manual mode, press **MODE**.

**Note:** You can also press **START** to use the treadmill without setting a duration or distance. In this mode, the treadmill will stop automatically after 60 minutes.

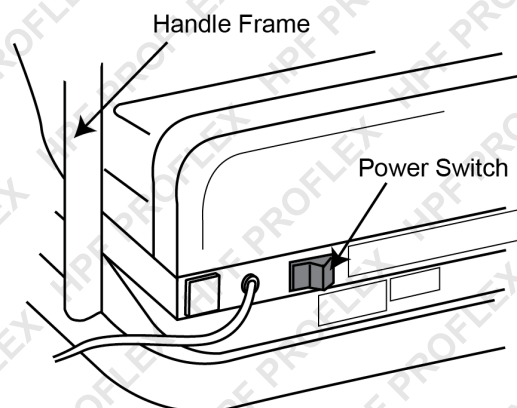
- **Program Mode** – The treadmill runs through a preset routine where it will apply a particular speed for a period of time. There are 12 preset routines to choose from (“P1” to “P12”). In Program mode, the unit automatically changes speeds. At each speed change, the unit beeps for 3 seconds before changing speed, as a warning. To enter Program mode, press **PROG** when the treadmill is on but not running – the display flashes “P01”. Press **PROG** until you reach the required program.

## Treadmill Console and Functions

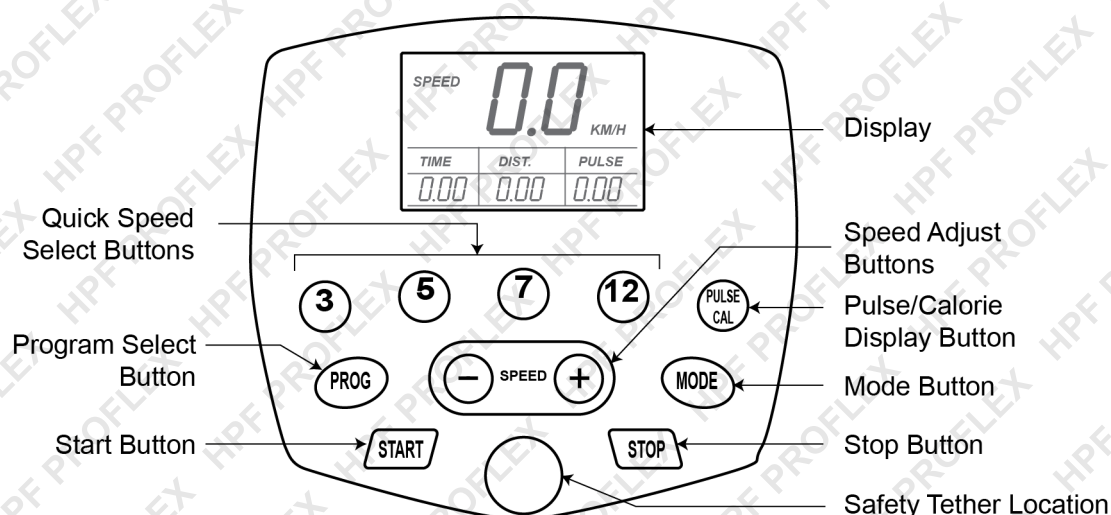
The treadmill features a computerized display that provides you with controls for operating the unit as well as workout information, such as duration, speed, distance travelled etc.

To use the treadmill:

1. Plug the treadmill into the electrical supply.
2. Place the power switch, located at the front of the unit, in the “ON” (“I”) position.
3. Attach the safety tether to the safety tether location on the console.
4. Operate the treadmill as desired.



Always stand on the side rails when starting the treadmill. Never stand on the belt then start the machine.



Console Button	Description
<b>Start</b>	Press to start the treadmill. Start can also be selected using the left-hand handle mounted "Start" button.
<b>Stop</b>	Press to stop the treadmill. Stop can also be selected using the left-hand handle mounted "Stop" button.
<b>Safety Tether Location</b>	Holds the safety tether in position (magnetically). The treadmill cannot be started unless the safety tether is in position. The console display shows "..." if the treadmill is on but without the safety tether.
<b>Prog</b>	Press to select a pre-set program. Each press moves to the next program in sequence (P1 to P2, P2 to P3 and so on). Hold the button down to more quickly step through programs.
<b>Mode</b>	When in Manual mode and the treadmill is not running, press to switch between time and distance setting options.
<b>Speed +/-</b>	<p>When the treadmill is running, press + to increase speed. Press - to reduce speed. Each press changes speed by 0.1 km/h. Hold the button down to more quickly change speed. The speed range is 1.0 to 12.0 km/h. Speed can also be adjusted using the right-hand handle mounted + and - buttons.</p> <p>When in Manual mode and the treadmill is not running, press + or - to adjust either time or distance values.</p> <p>When in Program mode and the treadmill is not running, press + or - to adjust the program time value.</p>
<b>Quick Speed Select</b>	<p>Press any button to change to that speed (3, 5, 7 or 12 km/h).</p> <p>When in Manual mode, the speed will remain as selected until changed or the treadmill stopped.</p> <p>When in Program mode, the speed will change to the selected speed for the remainder of the current program interval, after which the program will revert to its normal speed at the next programmed speed change.</p>
<b>Pulse/Cal</b>	<p>Press to switch between displaying your current pulse (heart rate) or the number of calories used during the current session. When displaying pulse, you must have both hands on the metal sensors on each handle.</p> <p>To approximately convert calories to kilojoules, multiply the number of calories by 4</p>
<b>Display</b>	Shows current information, such as speed, time, pulse etc.



## Manual Mode Training

The TRX1 Ultra has a “manual” mode of operation, which gives you the freedom to adjust the treadmill operation as desired at any time. In this mode, once started, the treadmill runs until you stop it or can be pre-set for a session duration or distance.

1. Turn on the treadmill.
2. Press **START**. The treadmill counts down 3 seconds, then the belt starts running at the slowest speed setting.
3. Adjust speed using **+** and **-** as required.
4. When finished, press **STOP**.

## Setting a Pre-Set Session Duration

When training to a pre-set session duration, the treadmill stops automatically once the timer counts down to 0.00.

1. Turn on the treadmill.
2. Press **MODE** so that the **TIME** segment of the display is flashing.
3. Adjust the session duration using **+** and **-** as required. Duration can range from 5 to 99 minutes.
4. Press **START**. The treadmill counts down 3 seconds, then the belt starts running at the slowest speed setting.
5. Adjust speed as required.
6. When the timer finishes, the treadmill stops.

## Setting a Pre-Set Session Distance

When training to a pre-set session distance, the treadmill stops automatically once the travelled distance reaches 0.00.

1. Turn on the treadmill.
2. Press **MODE** so that the **DIST.** segment of the display is flashing.
3. Adjust the session distance using **+** and **-** as required. Distance can range from 0.5 to 99.5 km, in 0.5 km increments.
4. Press **START**. The treadmill counts down 3 seconds, then the belt starts running at the slowest speed setting.
5. Adjust speed as required.
6. When the distance is travelled, the treadmill stops.

## Program Mode Training

The TRX1 Ultra has 12 automatic training programs, “P1” to “P12”. Each program has a standard duration of 30 minutes (you can change this) and applies differing speeds 20 times per program (for example, if the duration is 40 minutes, the speed changes every 2 minutes). To access the programs:

1. Turn on the treadmill, press **PROG** to select program 1 (“P1” displays). To select other programs, keep pressing **PROG** as required.
2. Press **START**. The treadmill counts down 3 seconds, then the belt starts running.
3. When the treadmill changes speed, a beep sounds 3 times before the change.
4. When completing the program, a beep sounds 3 times before the treadmill stops.

## Programs P1 – P12

Program speeds are shown below:

Program	Speed (km/h)																			
P1	2.0	3.0	3.0	4.0	5.0	3.0	4.0	5.0	5.0	3.0	4.0	5.0	4.0	4.0	4.0	2.0	3.0	3.0	5.0	3.0
P2	2.0	4.0	4.0	5.0	6.0	4.0	6.0	6.0	6.0	4.0	5.0	6.0	4.0	4.0	4.0	2.0	2.0	5.0	4.0	2.0
P3	2.0	4.0	4.0	6.0	6.0	4.0	7.0	7.0	7.0	4.0	7.0	7.0	4.0	4.0	4.0	2.0	4.0	5.0	3.0	2.0
P4	3.0	5.0	5.0	6.0	7.0	7.0	5.0	7.0	7.0	8.0	8.0	5.0	9.0	5.0	5.0	6.0	6.0	4.0	4.0	3.0
P5	2.0	4.0	4.0	5.0	6.0	7.0	7.0	5.0	6.0	7.0	8.0	8.0	7.0	4.0	4.0	6.0	5.0	5.0	4.0	2.0
P6	2.0	4.0	3.0	4.0	5.0	4.0	8.0	7.0	5.0	6.0	8.0	3.0	6.0	4.0	4.0	2.0	5.0	4.0	3.0	2.0
P7	2.0	3.0	3.0	3.0	4.0	5.0	3.0	4.0	5.0	3.0	4.0	5.0	3.0	3.0	3.0	6.0	6.0	5.0	3.0	3.0
P8	2.0	3.0	3.0	6.0	7.0	7.0	4.0	6.0	7.0	4.0	4.0	4.0	6.0	7.0	4.0	4.0	4.0	2.0	3.0	2.0
P9	2.0	4.0	4.0	7.0	7.0	4.0	7.0	8.0	4.0	8.0	9.0	9.0	4.0	4.0	4.0	5.0	6.0	3.0	3.0	2.0
P10	2.0	4.0	5.0	6.0	7.0	5.0	4.0	6.0	8.0	8.0	6.0	6.0	5.0	4.0	4.0	2.0	4.0	4.0	3.0	3.0
P11	3.0	4.0	5.0	9.0	5.0	9.0	5.0	5.0	5.0	9.0	9.0	5.0	5.0	5.0	5.0	9.0	8.0	7.0	6.0	3.0
P12	2.0	5.0	8.0	10.0	7.0	7.0	10.0	10.0	7.0	7.0	10.0	10.0	6.0	6.0	7.0	7.0	5.0	5.0	4.0	3.0

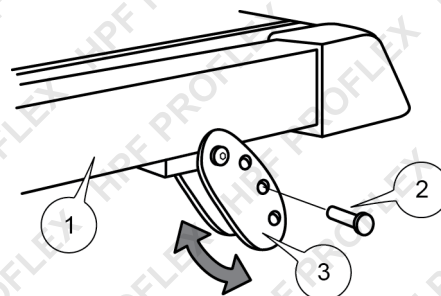
## Treadmill Inclination

The TRX1 Ultra features belt platform inclination. This means that end of the belt platform can be raised/lowered in three positions. The lower the end of the belt platform compared to the front provides a more strenuous workout. To adjust belt platform inclination:



Always adjust both sides of the belt platform to the same height.

1. Ensure that the treadmill is OFF and unplugged.
2. Lift one side of the belt platform (1), then pull the locking pin (2) out from the foot (3).
3. Rotate the foot, if required, then insert the locking pin into the required hole (the hole farthest from the belt platform provides the most inclination). Ensure the pin passes through the hole on either side of the foot.
4. Perform the same operation on the other side of the belt platform.
5. Ensure that the belt platform is resting on both feet before using the machine.



# Care, Maintenance and Troubleshooting



To prevent electrical shock, please turn off and unplug the treadmill before cleaning or performing routine maintenance. Before each use, check the running belt for wear.

## Cleaning

The treadmill can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents. Be careful not to get excessive moisture on the display panel as this may damage it and create an electrical hazard.

After each use, wipe the unit of any sweat, dirt or liquids.

Keep the treadmill, especially the display console, out of direct sunlight to prevent damage to the screen.

## Storage

Store the treadmill in a clean and dry indoor environment. Never leave or use the unit outdoors. Ensure the master power switch is OFF ("O") and the power cord is un-plugged from wall outlet.

## Troubleshooting

Problem	Potential Reason	Correction
<i>Treadmill will not start.</i>	<b>A.</b> Treadmill not plugged in. <b>B.</b> Safety tether not in place. <b>C.</b> Treadmill circuit breaker tripped.	<b>A.</b> Plug power cord to electrical outlet and switch ON. <b>B.</b> Place safety tether in correct location on console. <b>C.</b> Wait 5 minutes and then try to restart the treadmill.
<i>Belt slips.</i>	Belt loose.	Adjust belt tension.
<i>Belt hesitates when stepped on.</i>	<b>A.</b> Not enough lubrication on running deck. <b>B.</b> Belt too tight.	<b>A.</b> Lubricate running deck. <b>B.</b> Adjust belt tension.
<i>Belt is not centred.</i>	Running belt tension not even across the rear roller.	Adjust belt alignment.
<i>Equipment unsteady</i>	Surface not flat	Set-up equipment on a flat surface. •If applicable, rotate feet under front of machine to move up or down as needed so equipment is steady.

## Belt Lubrication

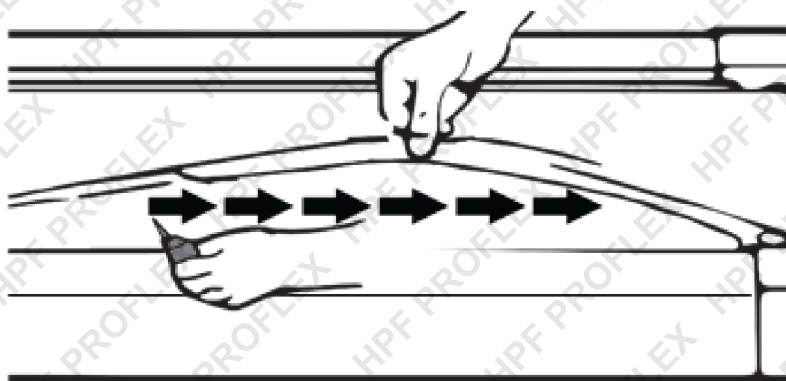
Lubricating the running belt helps maintain performance and extends service life. Lubricate the belt after the first 25 hours of use (or 2 to 3 months), then every 50 hours of use (or 5 to 8 months, or more frequently under extended usage).

To check if the belt requires lubrication, lift each side of it and feel the top surface of the running deck. If the deck is slick to the touch, no lubrication is required; if it is dry, lubricate.

To apply lubricant:

1. Lift the edge of the running belt so the running deck is exposed.
2. Place several drops of the supplied lubricant along the centre of the running deck.
3. Run the equipment at a slow speed for 3 to 5 minutes to evenly distribute the lubricant.

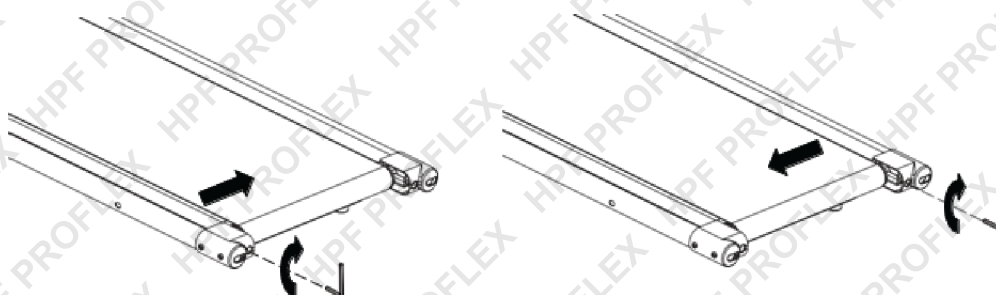
**Note:** Do not over lubricate. Wipe away any excess lubricant from the running belt. • All-purpose household oil or sewing machine oil can also be used.



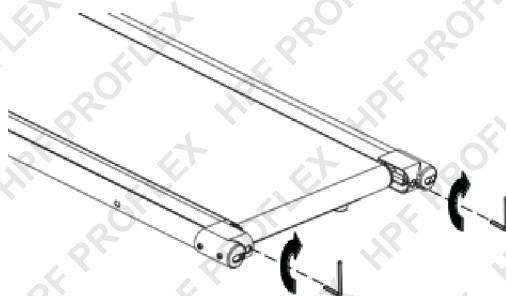
## Belt Alignment and Tension Adjustment

The running belt is pre-adjusted to the running deck at the factory, but after prolonged use it can stretch and require re-tensioning. To adjust the belt, turn on the main power switch of the treadmill and let the belt run at a speed of 6km/h. Use the Allen key provided to turn the rear roller adjustment bolts in order to center the belt. If the running belt is shifting to the left, turn the left adjustment bolt 1/4 turn to the right, and the running belt should start to correct itself.

If the running belt is shifting to the right, then turn the right adjustment bolt 1/4 turn to the left, and the belt should start to correct itself. Keep turning the adjustment bolts until the running belt is properly centered.



If the running belt is slipping during use, turn off and unplug the treadmill. Using the Allen key provided, turn both left and right rear roller adjustment bolts 1/4 turn to the right, then turn the main power switch back on and run the treadmill at a speed of 6km/h. Run on to the running belt to determine if the belt is still slipping. Repeat this procedure until the belt no longer slips.





# Warm-Up and Cool-Down Routine

The *warm-up* routine is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

Always perform a *cool-down* routine after your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

## Head Roll

Rotate your head to the right for one second, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one second, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one second, then drop your head to your chest for one second.



## Shoulder Lift

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



## Side Stretche

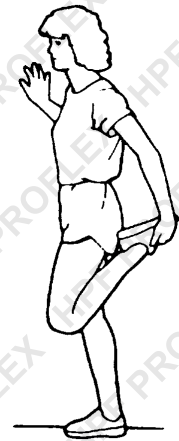
Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one second. Repeat this action with your left arm.





**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 seconds and repeat with left foot.

**Inner Thigh Stretch**

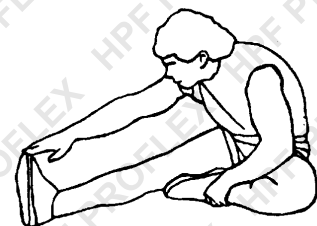
Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible, then gently push your knees toward the floor. Hold for 15 seconds.

**Toe Touch**

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

**Hamstring Stretch**

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

**Calf/Achilles Stretch**

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





**Some experts believe the incorrect or prolonged use of almost any product could cause serious injury or death. For information that may reduce your risk of serious injury or death, consult the points below and additionally, the information available at [www.datastreamserver.com/safety](http://www.datastreamserver.com/safety)**

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| <ul style="list-style-type: none"> <li>• Consult all documentation, packaging and product labelling before use. Note that some products feature online documentation which should be printed and kept with the product.</li> <li>• Check product for loose / broken / damaged / missing parts, wear or leaks (if applicable) before each use. Never use a product with loose / broken / damaged / missing parts, wear or leaks (if applicable).</li> <li>• Products must be inspected and serviced (if applicable) by a qualified specialist every 6 months assuming average residential use by a person of average weight and strength, above average technical aptitude, on a property matching average metropolitan specification. Intended use outside these guidelines could indicate the product is not suitable for intended use or may require more regular inspection or servicing.</li> <li>• Ensure all possible users of the product have completed an industry recognized training course before being given access to the product.</li> </ul> | <ul style="list-style-type: none"> <li>• The product has been supplied by a general merchandise retailer that may not be familiar with your specific application or your description of the application. Be sure to attain third-party approval for your application from a qualified specialist before use regardless of prior assurances by the retailer or its representatives.</li> <li>• This product is not intended for use where fail-safe operation is required. As with any product (take an automobile, aircraft, computer or ball point pen for example), there is always a small chance of technical issues that needs to be repaired or may require replacement of the product or a part. If the possibility of such failure and the associated time it takes to rectify could in any situation inconvenience the user, business or employee then the product is not suitable for your requirements. This product is not for use where incorrect operation or a failure of any kind, including but not limited to a condition requiring product return, replacement, service by a technician or replacement of parts could cause a financial loss, loss of employee time or an inconvenience requiring compensation.</li> <li>• If this item has been purchased in error after considering the points above, simply contact the retailer directly for details of their returns policy, if required.</li> </ul> |
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