

PROFLEX



Colours may vary

Treadmill – TRX1 Titanium

User Manual

[Revision 1.0 November 2019]

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

Safety

Safety messages are designed to alert you to possible dangers or hazards that could cause death, injury or equipment or property damage if not understood or followed. Safety messages have the following symbols:



You **WILL** be KILLED or SERIOUSLY INJURED if you do not follow instructions.



You **CAN** be KILLED or SERIOUSLY INJURED if you do not follow instructions.



You **CAN** be INJURED if you do not follow instructions or equipment damage may occur.

It is vital that you read and understand this user manual before using the product, including safety warnings, and any assembly and operating instructions. Keep the manual for future reference.

Safety precautions and recommendations detailed here must be fully understood and followed to reduce the risk of injury, fire, explosion, electrical hazard, and/or property damage.

Safety information presented here is generic in nature – some advice may not be applicable to every product. The term "equipment" refers to the product, be it electrical mains powered, battery powered or combustion engine powered.

- Before Use** - If you are not familiar with the safe operation/handling of the equipment or are in any way unsure of any aspect of suitability or correct use for your application, you should complete training conducted by a person or organization qualified in safe use and operation of this equipment, including fuel/electrical handling and safety.
- Do NOT operate the equipment in flammable or explosive environments, such as in the presence of flammable liquids, gases or dust. The equipment may create sparks or heat that may ignite flammable substances.
- Keep clear of moving parts.
- Equipment may be a potential source of electric shock or injury if misused.
- Do NOT operate the equipment if it is damaged, malfunctioning or is in an excessively worn state.
- Do NOT allow others to use the equipment unless they have read this manual and are adequately trained.
- Keep packaging away from children - risk of suffocation! Operators must use the equipment correctly. When using the equipment, consider conditions and pay due care to persons and property.

General Work Area Safety

- Work areas should be clean and well lit.
- Do not operate the equipment if bystanders, animals etc are within operating range of the equipment or the general work area.
- If devices are provided for connecting dust extraction / collection facilities, ensure these are connected and used properly. Dust collection can reduce dust-related hazards.

General Personal Safety

- Wear appropriate protective equipment when operating, servicing, or when in the operating area of the equipment to help protect from eye and ear injury, poisoning, burns, cutting and crush injuries. Protective equipment such as safety goggles, respirators, non-slip safety footwear, hard hat, hearing protection etc should be used for appropriate equipment / conditions. Other people nearby should also wear appropriate personal protective equipment. Do not wear loose clothing or jewellery, which can be caught in moving parts. Keep hair and clothing away from the equipment.
- Stay alert and use common sense when operating the equipment. Do not over-reach. Always maintain secure footing and balance.
- Do not use the equipment if tired or under the influence of drugs, alcohol or medication.
- This equipment is not intended for use by persons with reduced physical, sensory or mental capabilities.

General Fuel Safety

- Petrol/fuel/gasoline is extremely flammable – keep clear of naked flames or other ignition sources.
- Do not spill fuel. If you spill fuel, wipe it off the equipment immediately – if fuel gets on your clothing, change clothing.
- Do NOT smoke near fuel or when refuelling.
- Always shut off the engine before refuelling.
- Do NOT refuel a hot engine.
- Open the fuel cap carefully to allow any pressure build-up in the tank to release slowly.
- Always refuel in well ventilated areas.
- Always check for fuel leakage. If fuel leakage is found, do not start or run the engine until all leaks are fixed.

General Carbon-Monoxide Safety

- Using a combustion engine indoors **CAN KILL IN MINUTES**. Engine exhaust contains carbon-monoxide – a poison you cannot smell or see.
- Use combustion engines **OUTSIDE** only, and far away from windows, doors and vents.

General Equipment Use and Care

- The equipment is designed for domestic use only.
- Handle the equipment safely and carefully.
- Before use, inspect the equipment for misalignment or binding of moving parts, loose components, damage or any other condition that may affect its operation. If damaged, have the equipment repaired by an authorised service centre or technician before use.
- Prevent unintentional starting of the equipment - ensure equipment and power switches are in the OFF position before connecting or moving equipment. Do not carry equipment with hands or fingers touching any controls. Remove any tools or other items that are not a part of the equipment from it before starting or switching on.
- Do not force the equipment. Use the correct equipment for your application. Equipment will perform better and be safer when used within its design and usage parameters.
- Use the equipment and accessories etc. in accordance with these instructions, considering working conditions and the work to be performed. Using the equipment for operations different from those intended could result in hazardous situations.
- Always keep equipment components (engines, hoses, handles, controls, frames, housings, guards etc) and accessories (cutting tools, nozzles, bits etc) properly maintained. Keep the equipment clean and, where applicable, properly lubricated.
- Store the equipment out of reach of children or untrained persons. To avoid burns or fire hazards, let the equipment cool completely before transporting or storing. Never place or store the equipment near flammable materials, combustible gases or liquids etc.
- The equipment is not weather-proof, and should not be stored in direct sunlight, at high ambient temperatures or locations that are damp or humid.
- Do not clean equipment with solvents, flammable liquids or harsh abrasives.
- For specific equipment safety use and care, see Equipment Safety.

General Electrical Safety

- Inspect electrical equipment, extension cords, power bars, and electrical fittings for damage or wear before each use. Repair or replace damaged equipment immediately.
- Ensure all power sources conform to equipment voltage requirements and are disconnected before connecting or disconnecting equipment.
- When wiring electrically powered equipment, follow all electrical and safety codes.
- Wherever possible, use a residual current device (RCD).
- High voltage / high current power lines may be present. Use extreme caution to avoid contact or interference with power lines. Electrical shock can be fatal.

General Electrical Safety

- Electrically grounded equipment must have an approved cord and plug and be connected to a grounded electrical outlet.
- Do NOT bypass the ON/OFF switch and operate equipment by connecting and disconnecting the electrical cord.
- Do NOT use equipment that has exposed wiring, damaged switches, covers or guards.
- Do NOT use electrical equipment in wet conditions or in damp locations.
- Do NOT use electrical cords to lift, move or carry equipment.
- Do NOT coil or knot electrical cords, and ensure electrical cords are not trip hazards.

General Service Information

- The equipment must be serviced or repaired at authorised service centres by qualified personnel only.
- Replacement parts must be original equipment manufacturer (OEM) to ensure equipment safety is maintained.
- Do NOT attempt any maintenance or repair work not described in this manual.
- After use, the equipment and components may still be hot – allow the equipment to cool and disconnect spark plugs and/or electrical power sources and/or batteries from it before adjusting, changing accessories or performing repair or maintenance.
- Do NOT adjust while the equipment is running.
- Perform service related activities in suitable conditions, such as a workshop.
- Replace worn, damaged or missing warning/safety labels immediately.

Treadmill Safety

- **CAUTION:** User weight on this product should not exceed 100kgs.
- Should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment. Measurements made by the equipment are believed to be accurate, but only the measurements of your physician should be relied upon.
- **IMPORTANT:** Read all instructions carefully before using this product. Retain this owner's manual for future reference. Instructions for assembly, including correct fitting of guards and other device, and warnings about the likely injuries to young children if exercise equipment are operated without properly fitted guards.
- Product may vary slightly from pictures.
- **WARNING:** Before using this product, please consult your personal physician for a complete physical examination. Frequent strenuous exercise should be approved by your doctor. 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 and pets away from the equipment during use and when equipment is unattended. The appliance is not intended for use by young children or infirm persons without supervision. Young children should be supervised to ensure that they do not play with the appliance.
- Always wear appropriate clothing, including athletic shoes when exercising.
- Do not wear loose clothing that could become caught during exercise.
- Make sure that all bolts and nuts are tightened when equipment is in use.
- Periodic maintenance is required on all exercise equipment in order to keep it in good condition.
- **DANGER:** To reduce the risk of electric shock, please observe the following: Always unplug the treadmill from the electrical outlet immediately after using and before cleaning, assembling or servicing.
- **NOTE:** Failure to follow these instructions may lead to personal injury and cause damage to the treadmill.
- Never leave the treadmill unattended when plugged in. Disconnect by turning off the master power switch and unplugging it from the outlet.
- Never operate this treadmill if it has a damaged cord or plug, is not working properly, if it has been dropped or damaged or if it has been exposed to water.
- Do not attempt any maintenance or adjustments other than those described in this manual.
- Should any problems arise, discontinue use and consult an authorised service centre.
- Do not use outdoors.
- Do not operate where aerosol (spray can) products are being used or where oxygen is being administered.
- Do not pull the treadmill by its power cord or use the cord as a handle.
- Close supervision is necessary if this treadmill is used by, or near children, persons with disabilities, or pets.
- Keep dry, do not operate in a wet or moist condition. Save these instructions.
- Do not operate under a blanket. Excessive heating can occur and cause fire, electrical shock, or injury to persons.
- Keep electrical cord away from heated surfaces.
- Never insert any object into any opening.
- Only one person at a time should use the machine.
- Use the machine only for its intended use as described in this manual. Do not use attachment not recommended by the manufacturer.
- Do not place any sharp object around the machine.
- Never operate this machine if it is not functioning properly.
- This machine should not be used for medical purposes.
- This equipment is for home use only.

- Please note that there is a weight limitation for this product. If you weight more than 100kgs, 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.
- 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.
- 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.
- Injuries to health may result from incorrect or excessive training.
- Keep the treadmill with sides at least 60cm from any walls, and always allow a clear space measuring 3 meters wide by 6 meters length for this equipment on a stable horizontal surface. Be sure the area around the treadmill remains clear during use and has adequate clearance.
- **WARNING:** Connect the treadmill to properly grounded outlet only.
- **This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current reducing the risk of electric shock. This treadmill is equipped with a cord having equipment grounding connector and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**
- **DANGER: Improper connection of the treadmill grounding connector can result in the risk of electric shock. Check with a qualified electrician, if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the treadmill. If it will not fit your outlet, have a properly grounded outlet installed by a qualified electrician.**
- This unit must be plugged into a 220V outlet, which has a grounding feature.
- Keep hands clear of all moving parts. Never place hands and feet under the treadmill.
- Do not use the treadmill on a carpet.
- Before each use check that the running belt is aligned and centred on the treadmill deck and all visible fasteners on the treadmill are sufficiently tightened and secure.

Safety Symbols

The product may have safety warning labels attached to it, explained below. Understand the symbols on your product and their meanings. If any stickers become unreadable, unattached etc., replace them.

			 WARNING EXHAUST FUMES
			
			
			
			

			
Carbon-Monoxide Hazard Do not use the product in confined areas or without adequate ventilation. Carbon-monoxide poisoning can be fatal.	Pull Hazard Be aware that the product contains or uses mechanical devices that can pull in objects and can cause severe injury to fingers, limbs etc. Take due care when handling and using the product.	Slope / Fall Injury Hazard Be aware that using the product on sloping surfaces or in slippery conditions may present additional dangers from falls and contact with blades, moving parts, hot surfaces etc.	"Slam Dunk" Warning Do NOT attempt "slam dunk" manoeuvres as this may result in severe injury due to falling, product breakage or collapse etc.
			
Electrocution / Electrical Shock Hazard - Outdoor High voltage or high current electricity may be present or required by the product. Do NOT use in rain, damp or wet conditions. Electrical shock can be fatal.	Electrocution / Electrical Shock Hazard - Disconnect High voltage or high current electricity may be present or required by the product. Always disconnect the product from the electrical supply before handling the product, adjusting, maintenance etc.	Power Line Electrocution Hazard High voltage / high current power lines may be present. Use extreme caution to avoid contact or interference with power lines. Electrical shock can be fatal.	"Kick-Back" Hazard High level of "kick-back" hazard that can cause the machine to suddenly rotate towards operator. Kick-back injury can be fatal.
			
Winch Operator Position Hazard Do NOT stand between winch and load. Do NOT use winch to move people.	Winch Lift Hazard Do NOT LIFT load vertically. Use machine to PULL only.	Cable Hazard Ensure that load bearing cable is not kinked or knotted.	Winch Cable Hazard Ensure that there is a minimum number of cable coils on winching mechanism.
			
Winch Hook Hazard Carry hook to load – do NOT throw or run.	Flash / Blinding Hazard Wear appropriate eye protection for welding. Direct exposure to weld arcs may cause permanent eye injury.	Laser Hazard Laser may be in use – do NOT look directly at laser or allow others to.	

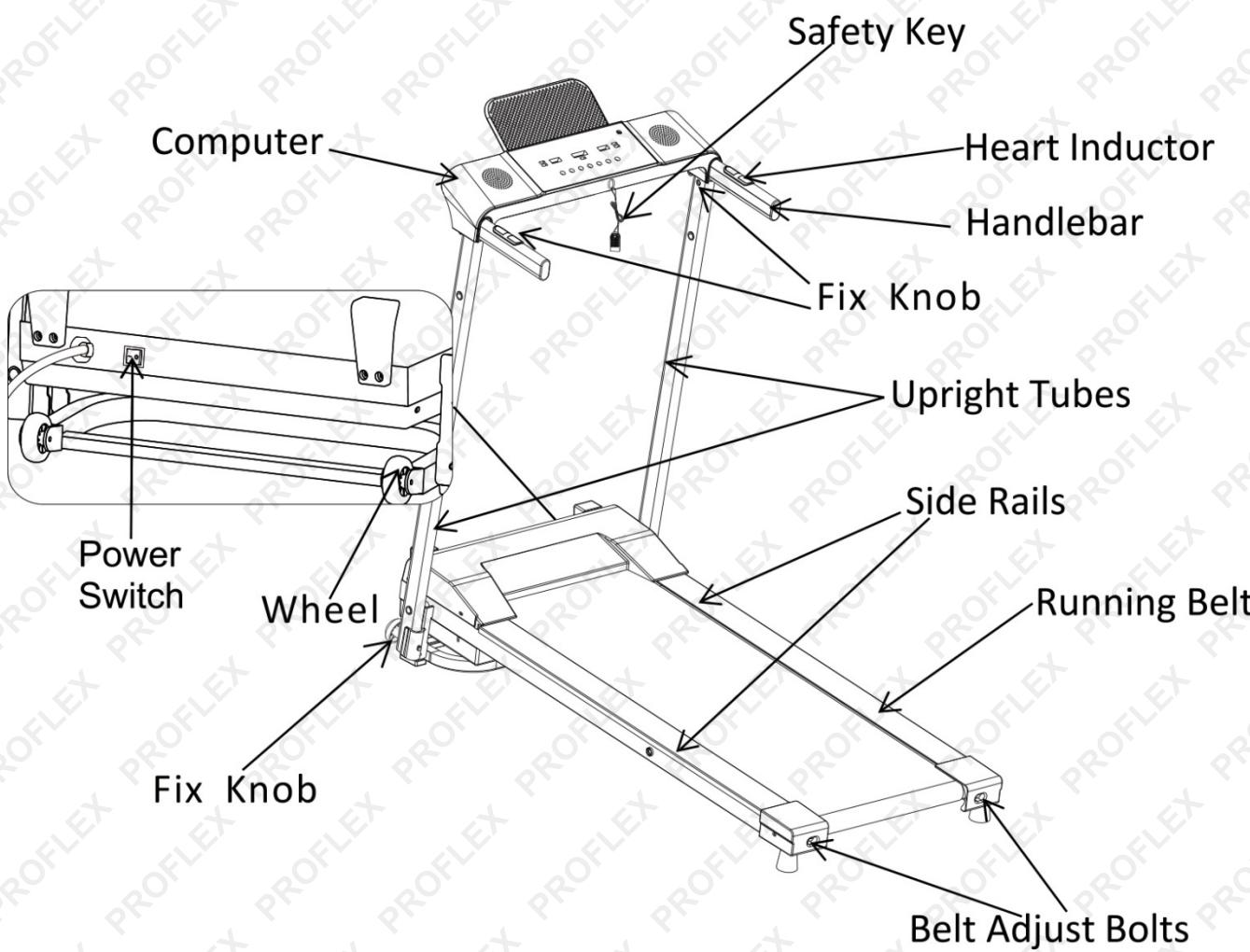
Table of Contents

Safety	2
Safety Symbols.....	5
Parts Identification	8
Exploded Diagram	9
Assembly	11
Folding the Treadmill	12
Unfolding the Treadmill.....	12
Operation	13
Starting Your Work-Out	13
Operating the Treadmill	13
Handlebar Pulse Sensors.....	13
Display Window and Function Keys	14
Mode Key.....	14
Bluetooth Audio System	14
Program (PROG) Key.....	14
After Every Exercise	15
Maintenance.....	16
General Maintenance	16
Lubricating Your Treadmill.....	16
Running Belt Adjustment	17
Specifications	18

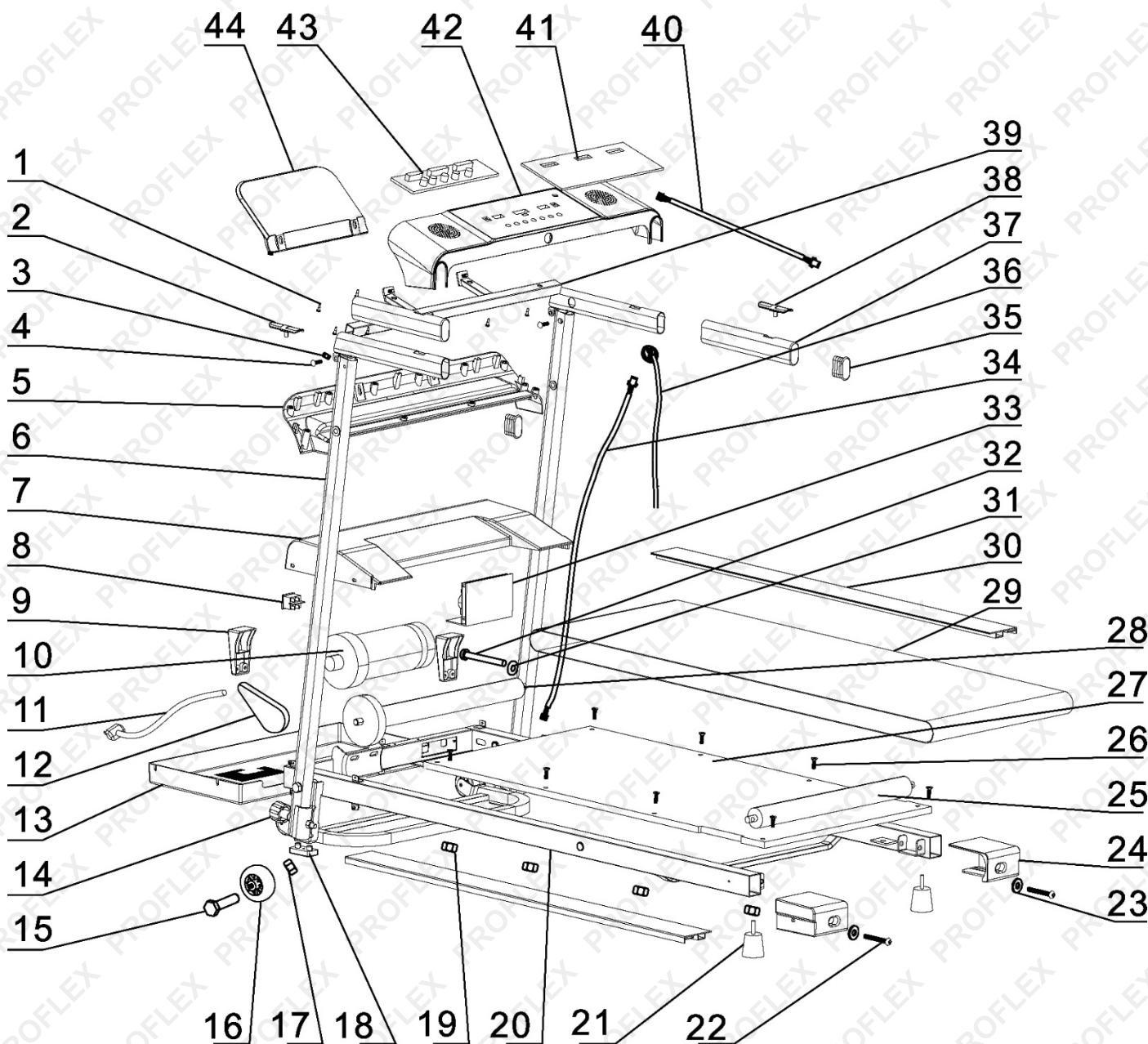
Parts Identification

No.	Name	Qty.
1	Main frame	1
2	Flat washer	2
3	M6×14 Screw	2
4	M8×12 Screw	2
5	Fix knob	2

No.	Name	Qty.
6	Safety key	1
7	Silicone oil	1
8	Hex wrench – L	1
9	iPad holder	1



Exploded Diagram



No.	Name	Qty.
1	Screw	8
2	Hold heart rate L	1
3	Nut	2
4	screw	2
5	Computer under cover	1
6	Upright tube L	1
7	Motor cover	1
8	Power switch	1
9	Support pedestal	1
10	Motor	1
11	Power cord	1
12	Belt	1
13	Motor under cover	1
14	Fix knob	2
15	Screw	2
16	Wheel	2
17	Nut	2
18	Footpad	2
19	Nut	8
20	Mainframe	1
21	Footpad	2
22	Screw	2

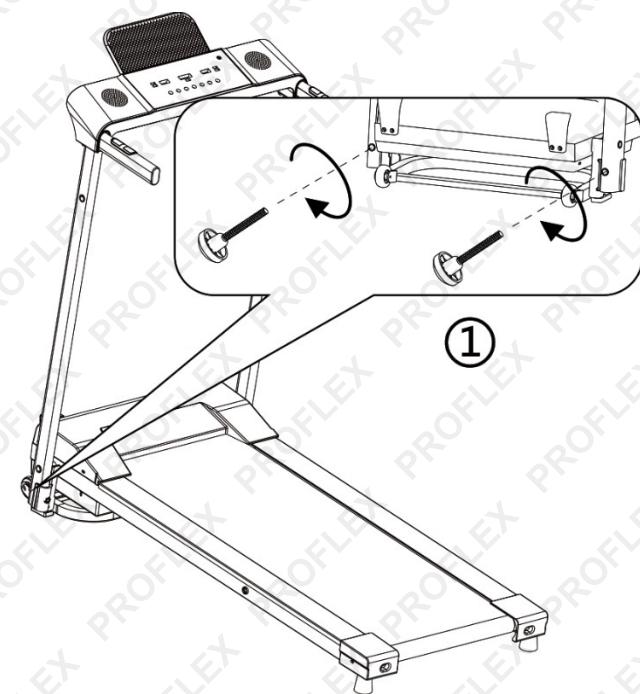
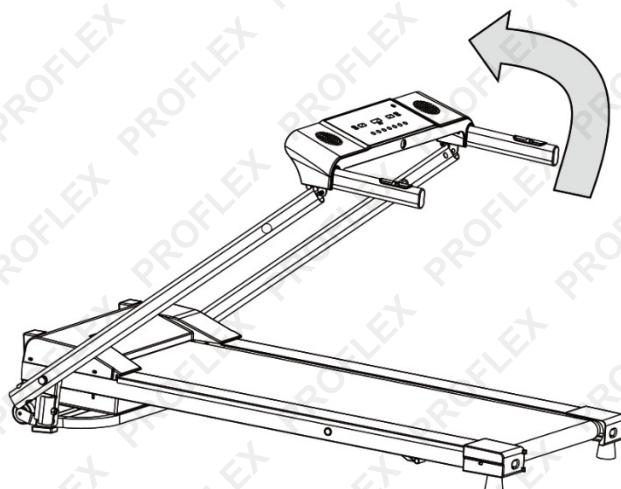
No.	Name	Qty.
23	Washer	2
24	End cap	2
25	Rear roller	1
26	Screw	8
27	Running board	1
28	Front roller	1
29	Running belt	1
30	Side rail	2
31	Washer	2
32	Screw	2
33	PCB	1
34	Down connect line	1
35	Cap	2
36	Safety key	1
37	Grip	2
38	Hold heart rate R	1
39	Handlebar	1
40	Up connect line	1
41	Sticker	1
42	Computer upper cover	1
43	Display panel	1
44	Ipad/phone holder	1

Assembly

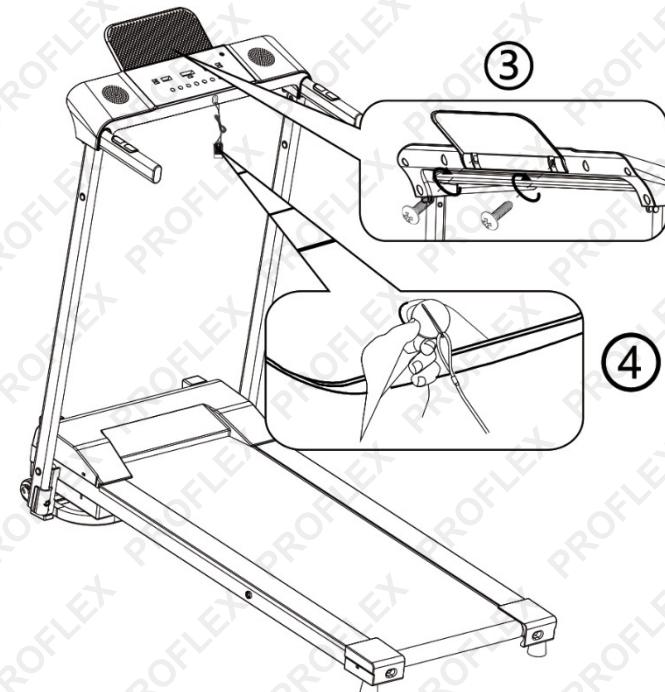
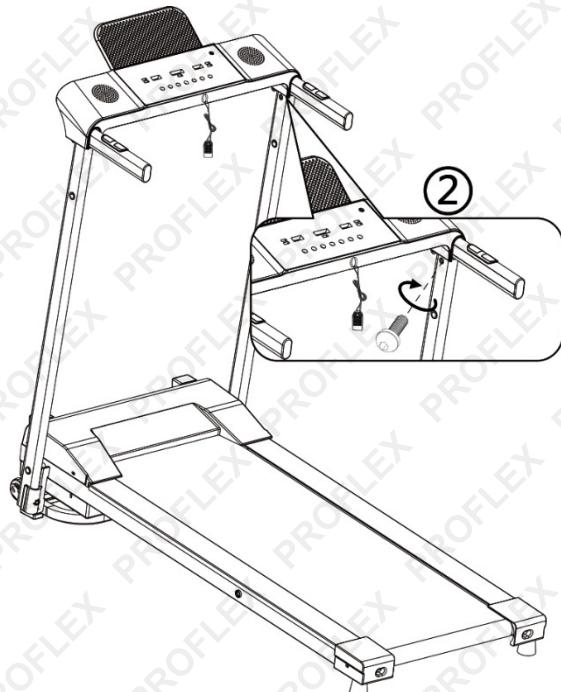


Warning: Do not connect the Treadmill to a power source before completing assembly. Before beginning a workout session, ensure Safety Key is properly attached onto the Console and Safety Clip is securely attached to an article of your clothing. Always begin treadmill standing on the side rails, not on the running belt. Allow the treadmill to reach a speed of at least 1.0km/h, before walking on the running belt.

Step 1



Step 2



Treadmill – TRX1 Titanium

1. Ensure this treadmill is plugged into a 220V outlet that has a grounding plug.
2. Press the Power Switch located at the front of the treadmill to the ON position, press “START” key, the treadmill will slow-start.
3. On standby or running time, hold both sides of the heart inductor, the console screen will show data of heart frequency. It will not show the data when you hold just one side.
4. Pull off the Safety Key for any emergency situation. The machine will stop automatically after Safety Key has been pulled off.

Folding the Treadmill

NOTE: Ensure that the Power Switch is in the OFF position and the power cord is unplugged from the electrical outlet.

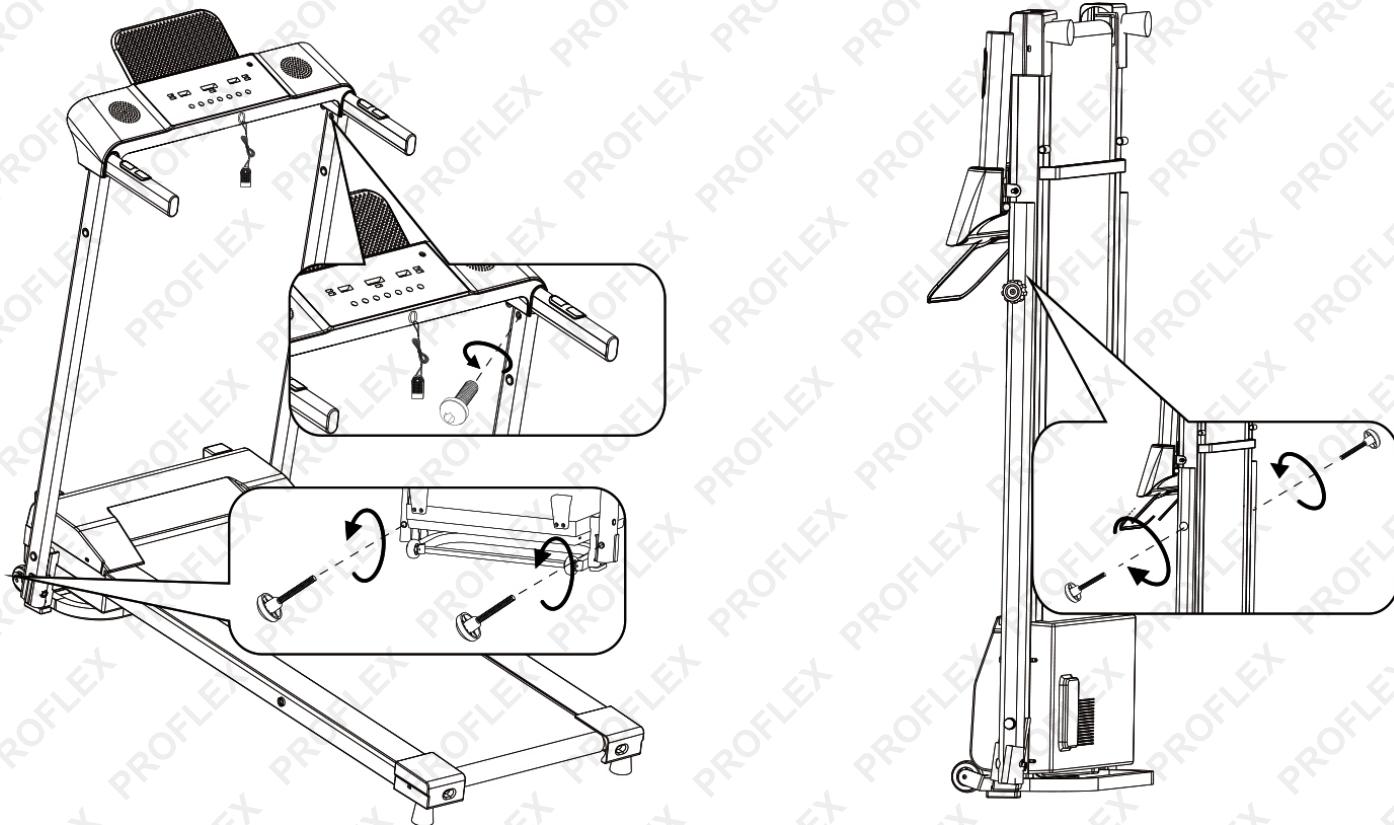
Hold the rear end with one hand and then lift the deck up until the steel ball pops into the locked position.

Note: Check if the cylinder ‘pops’ down into the locked position before moving the treadmill.

Unfolding the Treadmill

Hold the rear end with one hand and then pull the cylinder to unfold the treadmill. Do not stand under the deck when unfolding the treadmill.

TO PREVENT ANY INJURY PLEASE MAKE SURE YOU HAVE A FIRM HOLD WHEN LIFTING UP OR SETTING DOWN THE DECK.



Operation



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 for personal injury or property damage sustained by or through the use of this product. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury to young children.

Starting Your Work-Out

- Please tighten all screws before starting the treadmill.
- Connect the power cord to an electrical outlet and press the Power Switch. The equipment is ready for use.
- Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Start your workout gradually and build up – do not try to do too much too quickly. 30 minutes for 3 times a week should be enough.
- When starting the treadmill, always stand with both feet on the step-on side rails.
- Please ensure the Safety key is securely fastened.
- Please pull out the Safety Key if you feel any discomfort during use.
- Please start from the lowest speed when using the treadmill.
- Please change speed slowly.
- Do not adjust running belt when using the treadmill.
- End each workout with a cool down session – a few minutes of stretching to help prevent strains, pulls and cramps.

Operating the Treadmill

1. Plug the power, then place safety key on the computer and turn on the power switch, which is located at the front of the treadmill.
2. The window will display “--”. Then, press the “START/STOP” key to start the treadmill. After a 5-second countdown, the treadmill will start at a speed of 1km/h.
3. You can press either “+” or “-” key to increase or decrease the running speed during exercise. Each increment or reduction will be of 0.1 to 10km/h. The speed range is 1 – 10 km/h.
4. Press the “START/STOP” key to stop the treadmill. For emergency stop, remove the Safety Key. The Running Belt will stop automatically and the window will display “- - -”.

Handlebar Pulse Sensors

Grab the Pulse Sensors located on the left & right handlebars and hold for 5 seconds. The console screen will display your heart frequency during exercise. It will not function if only one side of the handlebar is sensed. The Pulse window will display your current heart rate in beats per minute, with a range from 40 to 199.

Display Window and Function Keys

- Window displays: SPEED, TIME, DISTANCE, CALORIE, PULSE, PROGRAM.
- Functional keys: SPEED +, SPEED -, START/STOP, MODE, PROGRAM.
- When the display window shows “---”, place the Safety key into the computer to activate.
- For emergency stop, remove the Safety key. The belt will stop automatically and the window will display “---”.

Mode Key

1. Press the “MODE” key to access the countdown mode. You may set a target Time, Distance or Calories burned by using the speed “+” or “-” key to adjust to the desired amount. Press the “START/STOP” key to start your set workout.
2. Press the “START/STOP” key to stop the treadmill.
3. The system will shut down and stop after your desired goal has been reached.

Bluetooth Audio System

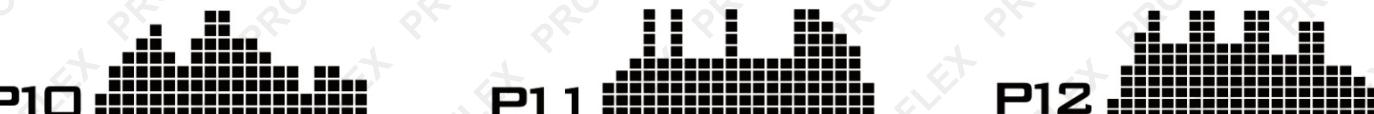
Activate Bluetooth on your device during your exercise. You will find the treadmill name “RUNNING V3”. Connect your device to it and play your audio/music files. They will be played by the treadmill’s Bluetooth.

Program (PROG) Key

1. Before starting treadmill, press the “PROG” button to select a program. You may select P1, P2, P3, P4, P5, P6, P7, P8, P9, P10, P11, P12.
2. The TIME window will display a flashing preset time of 30:00 minutes. Press the “+” or “-” button to increase or decrease desired workout time. The TIME range is from 8:00 to 99:00 minutes.
3. Press the “START/STOP” button to start the treadmill and press the “START/STOP” button again to stop the treadmill.
4. Under Program mode, the preset workout time is 30 minutes at 1/20 minutes per interval.

Note: “MODE” and “PROGRAM” keys must be selected first before starting.

PROGRAM	TIME	INTERVALS = Set Time / 20 sections of various levels of intensity																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	speed	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P2	speed	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	1
P3	speed	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P4	speed	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P5	speed	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P6	speed	2	4	3	4	5	4	8	7	6	7	8	3	6	4	4	2	5	4	3	2
P7	speed	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P8	speed	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P9	speed	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10	speed	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11	speed	3	4	5	9	5	9	5	5	9	5	5	5	9	9	8	7	6	3	3	2
P12	speed	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3



After Every Exercise

Before completing an exercise session, always:

- Allow time to cool down, reducing your heart rate to a normal level before completing your workout.
- Grasp the handlebars and press the slow speed key. Reduce your pace to an easy walk.
- Ensure the running belt has come to a complete stop before exiting the treadmill.



WARNING: Turn off and unplug the treadmill before proceeding with any maintenance or visual inspections. Failure to do so may result in serious injury. Failure to perform the required periodic and preventative maintenance can void your warranty.

At the end of every exercise session, always:

1. Remove the Safety Key from the Console.
2. Use the Power Switch to turn the treadmill off.
3. Always position and store the Power Cord where it is clear from all pathways.
4. Unplug the Power Cord from the electrical outlet. This is especially important if you are not going to use your treadmill for extended periods.
5. Wipe all treadmill surface with a dry cloth or towel especially perspiration on the handlebars, console, running belt or other treadmill components.

Maintenance

General Maintenance

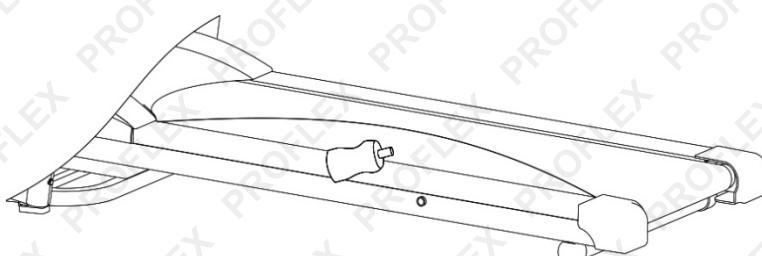
- Before proceeding, ensure that the treadmill power is off and that it is unplugged from the electrical outlet.
- After each use, use a soft cloth to clean the machine and do not use chemicals to clean it.
- Do not reconstruct and disassemble this equipment yourself. For any defective components, please contact an authorised service centre and refrain from using the equipment until it is fully repaired.
- Do not splash water or other fluids on the equipment. Avoid dropping it or subject it to strong impacts.
- No wet cleaning of electrical components.
- Ensure that you inspect the product regularly – at least once a week is recommended.
- The safety level of this equipment can be maintained only if it is regularly examined for damages and wear. This includes any nuts, bolts, moving parts, bushes, wheels, bearing & connection points etc.
- Give special attention to frequently-used components (computer, safety key, running belt and large & small covers); they are most susceptible to damaging.
- Defective parts should be replaced immediately, and the equipment should not be used until fully repaired.
- It is suggested to use the equipment only one hour every day. If the machine is not used often, please maintain the machine every 30 days.
- Store your treadmill in a clean and dry environment. Ensure the Power Switch is off and is unplugged from the electrical outlet.
- Ensure that the Cylinder (10) is positioned to the locked position before moving the treadmill.
- The treadmill has been equipped with wheels (11) for easy mobility. Before moving, ensure the Power Switch is in the 'OFF' position and the power cord is unplugged from the electrical outlet. Tilt the base frame of the treadmill and then roll the treadmill to the desired position.

Lubricating Your Treadmill

The treadmill has already been applied with silicone oil in advance before leaving the manufacturing plant. Silicone oil has no volatility and has gradually permeated through the running belt. There will be no need to apply the oil again in normal circumstances.

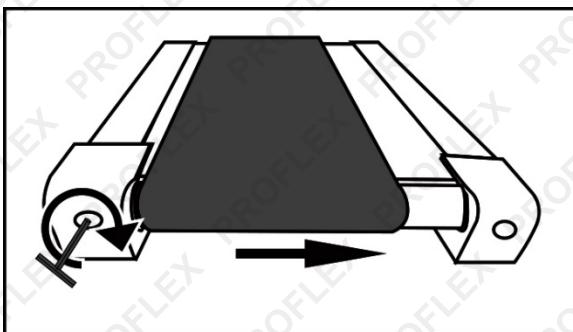
To maintain the running belt, we have included a small bottle of silicone oil. The silicone oil can be applied once the resistance has been increased and the running belt starts rubbing against the running deck. Hold open the center of the running deck and allow the silicone oil to 'set' for one minute before using the treadmill.

Note: Only use silicone oil lubricants for this equipment. In addition, do not add any other oil ingredient, otherwise the treadmill will be damaged. Do not over-lubricate the walking board. Excess lubricant should be wiped off with a clean towel.

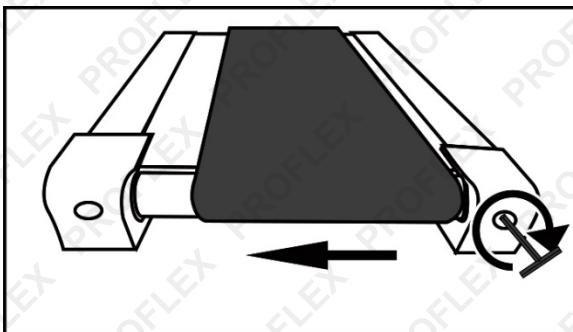


Running Belt Adjustment

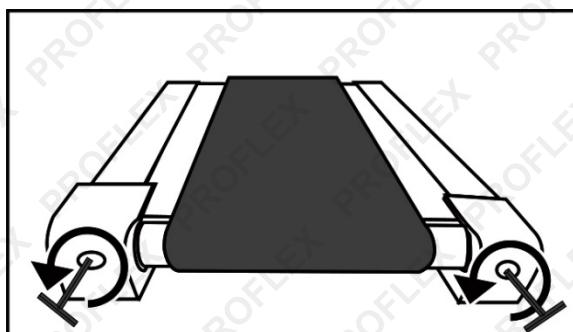
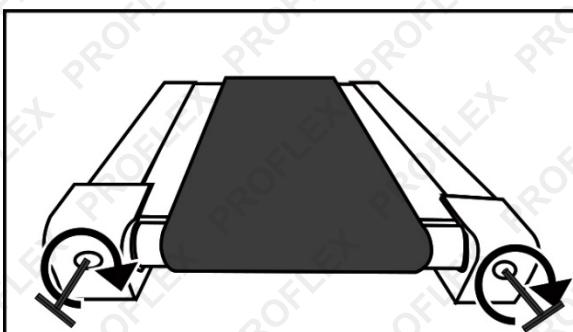
1. Adjust speed to 3km/h.
2. If the running belt is oriented more to the right, adjust the right bolt one half-turn clockwise using the allen key, and adjust the left bolt a half turn anti-clockwise (see image below).



3. If the running belt is oriented more to the left, adjust the left bolt one half turn clockwise using the allen key, and adjust the right bolt one half turn anti-clockwise (see image below).



4. If the running belt is not oriented to a particular direction but is slipping, adjust both left and right bolts one half turn clockwise to tighten, or one half turn anti-clockwise to loosen if the belt is too tight (see images below).



5. After making the necessary adjustments, check the running belt and adjust further if needed.

Specifications

Rated Power	1HP
Speed Range	1-10 km/h
Running surface	MAXIGRIP® 1000mm x 360mm
Training Programs	12 Pre-set
LCD Display Functions	Speed, Distance, Time, Calories, Heart Rate
Weight Capacity	100kg
Power Plug	Australian Standard

Note: Minimal Assembly required



Some experts believe that the incorrect or prolonged use of almost any product may cause serious injury or death. To help reduce your risk of serious injury or death, refer to the information below. For more information, see www.datastreamserver.com/safety

- Consult all documentation, packaging and product labelling before use. Note that some products feature documentation available online. It is recommended to print and retain the documentation.
- Before each use, check the product for loose/broken/damaged/missing parts, wear or leaks (if applicable). Never use a product with loose/broken/damaged/missing parts, wear or leaks.
- Products must be inspected and serviced (if applicable) by a qualified technician every 6 months. This is based on average residential use by persons of average size and strength, and on a property of average metropolitan size. Use beyond these recommendations may require more frequent inspections/servicing.
- Ensure that all users of the product have completed a suitable industry recognised training course before being allowed access to the product.
- The product has been supplied by a general merchandise retailer that may not be familiar with your specific application or description of application. Be sure to attain third-party approval from a qualified specialist for your application before use, regardless of any assurances from the retailer or its representatives.
- This product is not intended for use where fail-safe operation is required. As with any product (for example, automobile, computer, toaster), there is the possibility of technical issues that may require the repair or replacement of parts, or the product itself. If the possibility of such failure and the associated time it may take to rectify could in any way inconvenience the user, business or employee, or financially affect the user, business or employee, then the product is not suitable for your requirements. This product is not intended for use where incorrect operation or a failure of any kind, including but not limited to, a condition requiring product return, replacement, parts replacement or service by a technician may cause financial loss, loss of employee time or an inconvenience requiring compensation.
- If this product has been purchased in error when considering the information presented here, contact the retailer directly for details of their returns policy, if required.

