

PROFLEX



Treadmill – TRX8

User Manual

[Revision 2.0 May 2020]

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	General Electrical Safety	General Service Information
<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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 140kgs.
- 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 140kgs, 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.

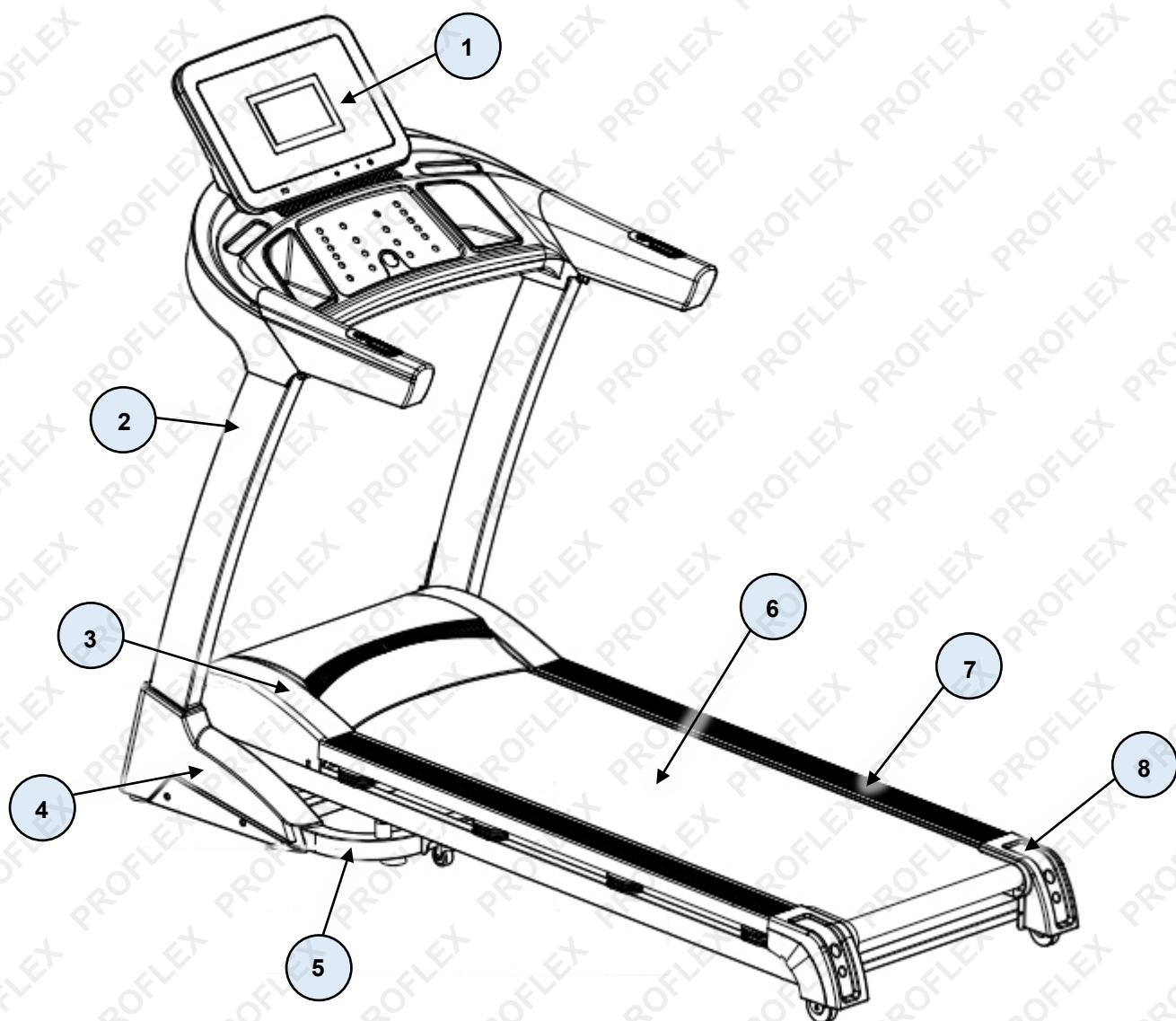
 <p>Flammable Material Hazard Flammable liquids, gases or substances etc may present. Avoid ignition sources and open flames. Danger of fire.</p>	 <p>Read User Manual Read and fully understand product safety warnings, operation, procedures etc before using the product.</p>	 <p>Use Hand Protection Wear appropriate hand protection and take due care as the product or use of the product may present hand hazards.</p>	 <p>WARNING EXHAUST FUMES Carbon-Monoxide Hazard Do not use the product in confined areas or without adequate ventilation. Carbon-monoxide poisoning can be fatal.</p>
 <p>Electrocution / Electrical Shock Hazard High voltage or high current electricity may be present or required by the product. Take due care when handling electrical products, cables, plugs and leads. Electrical shock can be fatal.</p>	 <p>Toxic Fumes / Dust Hazard Using the product or by-products from use may produce fumes, smoke or particles that could be harmful if inhaled. Wear appropriate breathing protection and have adequate ventilation.</p>	 <p>Explosive Material Hazard Combustible liquids, gases or substances etc may be present. Avoid ignition sources and open flames. Danger of explosion.</p>	 <p>Cutting / Amputation Hazard The product may have blades, edges or mechanical devices that can cause severe cut injury to fingers, limbs etc. Take due care when handling and using the product.</p>
 <p>Crush Hazard The product may have blades, edges or mechanical devices that can cause severe crush injury to fingers, limbs etc. Take due care when handling and using the product.</p>	 <p>Single Operator Only The product must be operated by a single person only. More than one person operating the product may introduce additional hazards.</p>	 <p>Use Face Protection Wear appropriate full-face protection and take due care as the product or use of the product may present face and eye hazards.</p>	 <p>Use Foot Protection Wear appropriate foot protection and take due care as the product or use of the product may present foot hazards.</p>
 <p>Use Eye / Ear / Head Protection Wear appropriate eye and / or ear and / or head protection and take due care as the product or use of the product may present eye, hearing and head hazards.</p>	 <p>Running Hazard Do not run on or near the product as doing so may present a fall hazard.</p>	 <p>Diving Hazard Do not dive into the product as doing so may present a neck / head injury hazard.</p>	 <p>Adult Supervision Required Always supervise children and other users of a product to prevent drowning or injury.</p>
 <p>Skin Penetration / Puncture Hazard The product may produce pressure, emit liquids or objects that can cause severe injury to fingers, limbs, blood etc. Take due care when handling and using the product.</p>	 <p>Hot Surface Hazard Be aware that the product may produce high temperatures and hot surfaces that can cause burn injuries.</p>	 <p>Flying Debris Hazard Be aware that the product or use of the product may present hazards produced by flying debris. Wear appropriate clothing and protective devices.</p>	 <p>Moving Parts Hazard Be aware that the product contains or uses mechanical devices that move or rotate. Always wait for moving parts to stop fully before handling the product, adjusting, maintenance etc.</p>

 <p>Carbon-Monoxide Hazard Do not use the product in confined areas or without adequate ventilation. Carbon-monoxide poisoning can be fatal.</p>	 <p>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.</p>	 <p>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.</p>	 <p>"Slam Dunk" Warning Do NOT attempt "slam dunk" manoeuvres as this may result in severe injury due to falling, product breakage or collapse etc.</p>
 <p>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.</p>	 <p>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.</p>	 <p>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.</p>	 <p>"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.</p>
 <p>Winch Operator Position Hazard Do NOT stand between winch and load. Do NOT use winch to move people.</p>	 <p>Winch Lift Hazard Do NOT LIFT load vertically. Use machine to PULL only.</p>	 <p>Cable Hazard Ensure that load bearing cable is not kinked or knotted.</p>	 <p>Winch Cable Hazard Ensure that there is a minimum number of cable coils on winching mechanism.</p>
 <p>Winch Hook Hazard Carry hook to load – do NOT throw or run.</p>	 <p>Flash / Blinding Hazard Wear appropriate eye protection for welding. Direct exposure to weld arcs may cause permanent eye injury.</p>	 <p>Laser Hazard Laser may be in use – do NOT look directly at laser or allow others to.</p>	

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Parts Identification

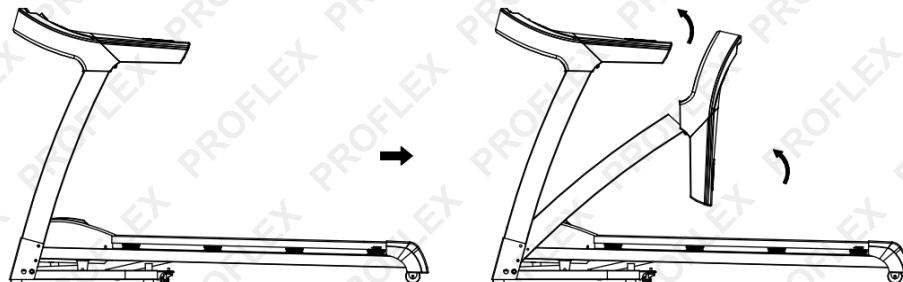


No.	Name
1	Console
2	Upright column
3	Motor cover
4	Cover
5	Base
6	Running belt
7	Side rail
8	End caps

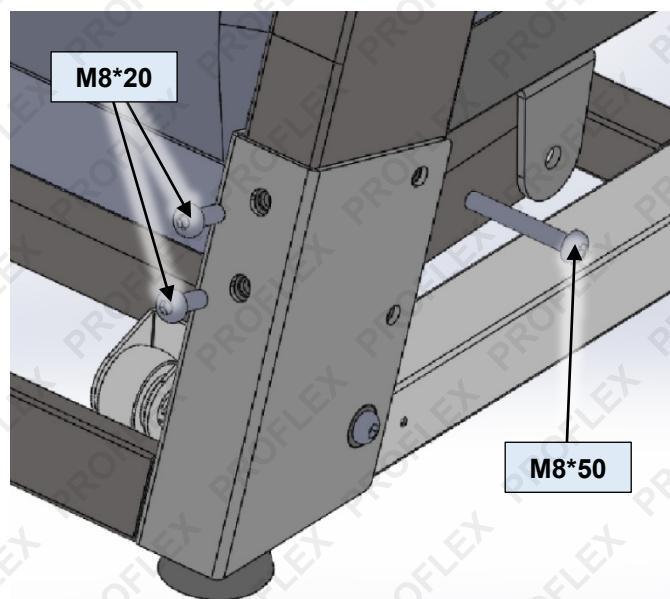
Assembly

Install all screws first, then tighten screws when the installation of the frame is finished.

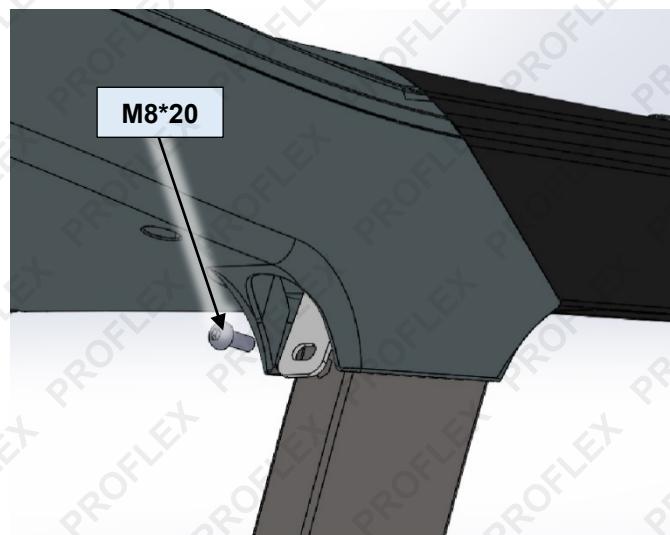
1. Put the treadmill flat on the ground. Cut the nylon cable ties on the base, then fold out the columns and console with the direction shown in the picture below (installation of the item requires two people).



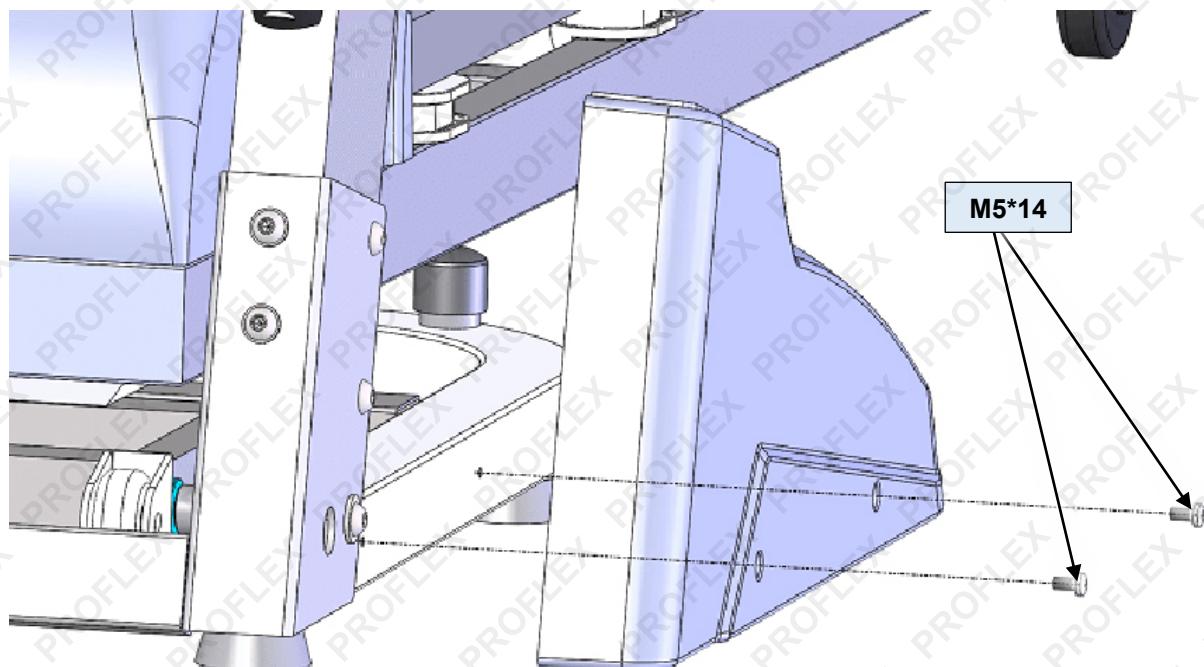
2. Use a #5 inner hexagon spanner, M8*50, and M8*20 screws to lock the columns on the base, as shown in the picture below:



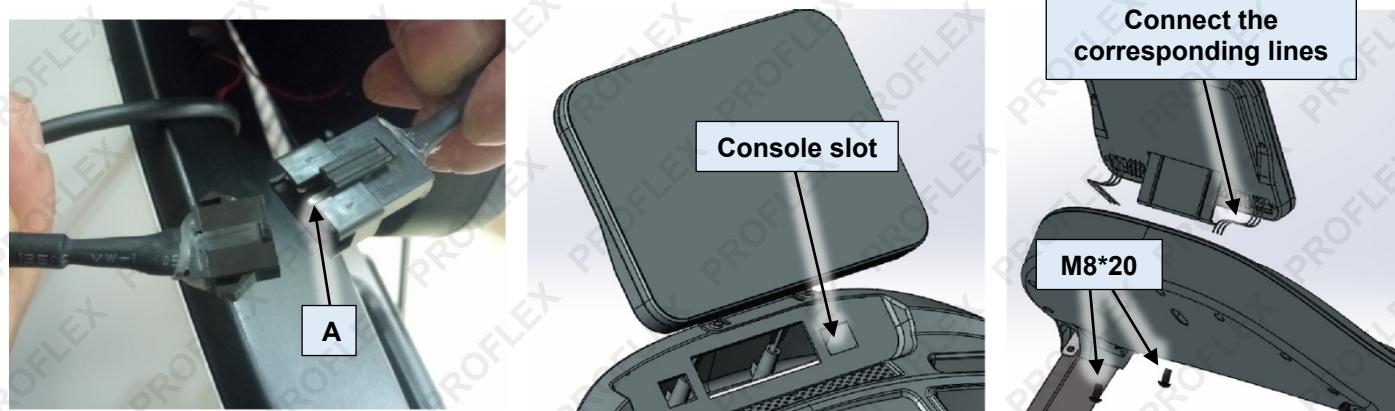
3. Use a #5 inner hexagon spanner and M8*20 screws to lock the console on the columns.



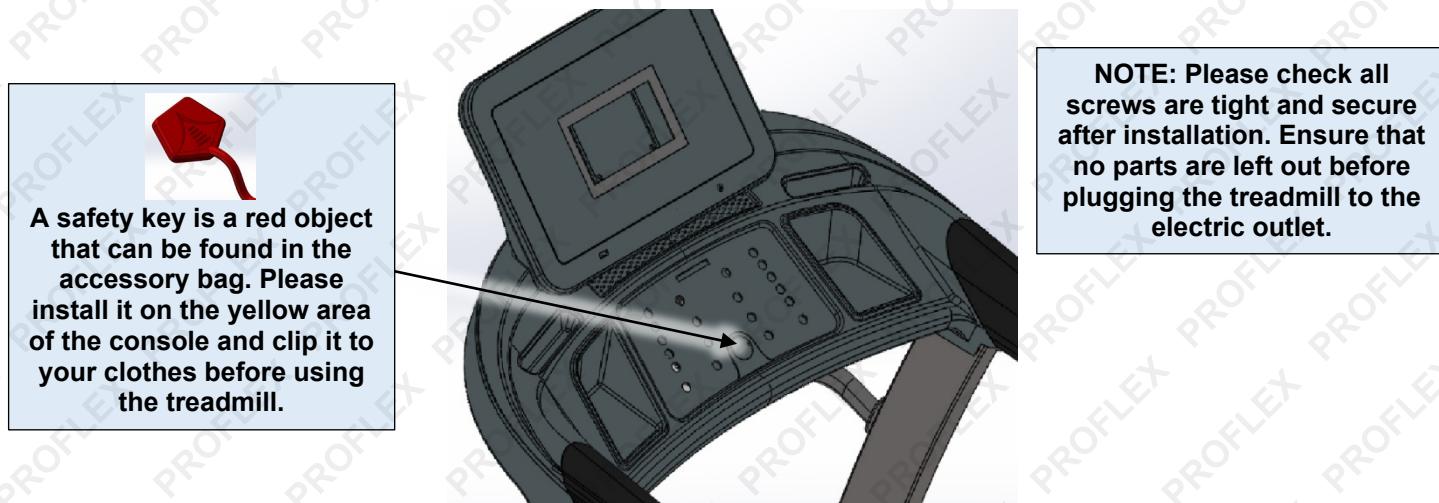
4. Use a screwdriver and M5*14 screws to secure the base corner covers on the columns.



5. Prepare the console and connect each signal line (A). Put the extra exposed lines into the case then install the console with the console slot (Please be careful as the corresponding lines are prone to tangles or cuts). Adjust position and use M8*20 screws to lock the item securely.



6. Install the safety key as shown in the picture below, then press the start button to begin using the treadmill.



Lubrication

The belt must stay lubricated for optimal performance.



Insert the included lubrication bottles as shown and fill the reservoir until full. The reservoir will lubricate the belt every 50kms automatically.

Operation

Turning the Treadmill ON



Insert the power plug properly and turn the switch to the ON position. When the light turns ON, there will be a beep sound and the screen will light up.

CAUTION! Please keep the safety key away from children when the treadmill is not in use. Put the silicone oil bottle in places children won't reach. If it is eaten or gotten into eyes by mistake, use water to flush it out and consult a medical professional immediately.



Safety Key Introduction

The treadmill can only start when the safety key is installed on the yellow area of the console. Clip the other end of the safety key on your clothes when using the treadmill to prevent accidents. Put the safety key back when you want to continue using the treadmill.

System Functions

- **Start:** Press this button to start the treadmill when in standby mode.
- **Stop:** Press this button to stop the treadmill when in running mode.
- **Program**
 - In standby mode, press this button to cycle through the order of P1 → P2 ... P12 → FAT → P0 (standby).
 - In standby mode, press and hold this button for an extended time to set the parameter values (please refer to the parameter setting instructions for details).
- **Mode**
 - In standby mode, press this button to cycle through the order of Time countdown → Distance countdown → Calorie countdown → Standby.
 - In FAT mode, press this button to set the value of gender, height and weight (please refer to FAT instructions for details).
- **Speed 3km/h, 5km/h, 7km/h, 9km/h and 12km/h shortcut key:** In running mode, press these shortcut keys to change the speed immediately.
- **Speed + / Speed -**
 - In running mode, press speed + / speed - to adjust the speed value.
 - In standby mode, press these buttons to set the values of the parameters of programs and modes.
- **Incline + / Incline -:** In running mode, press these buttons to set the incline value.
- **Incline 2%, 4%, 6%, 8% and 10% shortcut key:** In running mode, press these shortcut keys to change the incline immediately.
- **Volume +/-**
 - In USB playing mode, press these buttons to turn the volume up or down.
 - Press Volume – for an extended time to mute the treadmill.

Display Functions

Time display

- Displays the time value while in running mode or set value (displays the countdown time while in mode or program settings).
- In standby mode, enter the FAT function, the screen will display Gender → Age → Height → Weight → FAT indexes.
- An error code will flash when there is a treadmill malfunction.

Distance/Calorie Display

Displays the distance and calorie value while in running mode or set value (displays the countdown distance and countdown calorie while in mode or program settings).

Heart Rate Display

Displays the heart rate value (the heart icon will flash) while testing in running and standby modes.

FAT Function Instructions

1. In standby mode, press the PROGRAM button to enter the FAT test.
2. **F1 – Gender:** Screen displays 01 for male and 02 for female. Press SPEED + or Speed - to select a gender. Press MODE to confirm.
3. **F2 – Age:** The value range for age is 10-99 years. Press SPEED + or Speed - to select age. Press MODE to confirm.
4. **F3 – Height:** Height value range is 100-220cm. Press SPEED + or Speed - to select height. Press MODE to confirm.
5. **F4 – Weight:** Weight value range is 20-140kg. Press SPEED + or Speed - to select weight. Press MODE to confirm.
6. **F5 - FAT Index:** The screen will display ----. Hold the heart rate sensor in your hands for 5 seconds, and then the FAT index will show on the screen.

Safety Key Function

- If you disconnect the safety key, the treadmill will stop immediately and the screen will display "E7", and there will be an alarm sound.
- Put the safety key back and all data will be cleared in 2 seconds.
- In any conditions, disconnection of safety key could lead to the immediate stop of the treadmill.
- There will be a warning on the screen. Putting back the safety key will make the screen default back to the starting interface.

Display Range

Parameter	Set Range	Initial Value	Display Range	Unit
Time	5:00-99:00	30:00	00:00 - 99:59	Min.: sec.
Incline	0-15	0	0 - 15	%
Distance	1.000 - 99.00	1.000	0.000 - 99.00	km
Calorie	20.0 - 990	50.0	0.00 - 999	Cal.
Program 1 - 12	5:00 - 99:00	30:00		Min.: sec.

Programs

Program		Time	Set time/10=Running time of each segment									
			1	2	3	4	5	6	7	8	9	10
P1	Speed	3	3	6	5	5	4	4	4	4	4	3
	Incline	0	3	3	3	4	4	4	4	1	1	0
P2	Speed	3	3	4	4	5	5	5	6	6	6	4
	Incline	2	2	2	3	3	3	3	4	4	4	2
P3	Speed	2	4	6	8	7	8	6	2	3	2	2
	Incline	3	5	4	4	3	4	4	3	4	2	2
P4	Speed	3	3	5	6	7	6	5	4	3	3	3
	Incline	0	3	3	2	2	5	5	3	3	2	2
P5	Speed	3	6	6	6	8	7	7	5	5	4	4
	Incline	3	5	3	4	2	3	4	2	3	2	2
P6	Speed	2	6	5	4	8	7	5	3	3	2	2
	Incline	3	4	5	6	3	5	5	6	4	3	3
P7	Speed	2	9	9	7	7	6	5	3	2	2	2
	Incline	0	3	3	3	4	4	4	1	1	0	0
P8	Speed	3	4	4	4	5	6	8	8	6	2	2
	Incline	1	1	4	4	4	5	5	4	3	2	2
P9	Speed	2	4	5	5	6	5	6	3	3	2	2
	Incline	3	5	3	4	2	3	4	2	3	2	2
P10	Speed	2	5	7	5	8	6	5	2	4	3	3
	Incline	1	5	6	8	12	9	10	9	5	3	3
P11	Speed	2	5	6	7	8	9	10	5	3	2	2
	Incline	3	5	6	8	6	5	8	7	5	2	2
P12	Speed	2	3	5	6	8	6	9	6	5	3	3
	Incline	5	7	5	8	6	5	9	10	6	2	2

Error Codes

Error code	Description	Solution
E1	Communication Abnormal: When the power is ON, the connection between lower controller and the console is abnormal.	Possible Cause: the communication between the lower controller and console is blocked. Check each joint between the controller and console, ensure that each terminal is fully matched well. Check the connection line, replace it if it's damaged.
E2	No signal from motor.	Possible Cause: Check the cable between the motor and drive board to see whether it is connected well or not, if not, connect it well. Check the motor cable to see whether it is damaged or has a burnt smell, if yes, replace the motor.
E5	Over current protection: If working, the lower controller detects the current to be over 6A for more than 3 seconds.	Possible Cause: Overloading leads to excessive current, and the system stops for self-protection, or some part of treadmill is stuck, causing the motor to stop. Adjust the treadmill and restart it. Check if there is over current sound or burnt smell while the motor is running, if yes, replace the motor; check if the controller has a burned smell, if yes, replace the controller; check the power supply voltage, if it does not match or under the specifications, use correct voltage to test the machine again.
E6	Explosion-proof impact protection: the power supply voltage is abnormal, or motor is abnormal caused by faulty circuit while operating the motor.	Possible Cause: Check if the power supply voltage is 50% lower than normal voltage. Use the correct voltage and test the machine again; check if the lower controller has a burnt smell, if yes, replace the controller. Check if the motor cable between the motor and lower controller is connected well to make sure these connect well.
E7	No safety key.	Put the safety key on the right place.

Maintenance

Routine Maintenance

WARNING! Disconnect the treadmill from the main power supply first before attempting to clean or do maintenance works on it.

- Comprehensive cleaning will extend the life of the treadmill.
- Remove dust periodically in order to keep the parts clean.
- Be sure to clean the running belt with both sides of the exposed portion, which will reduce the accumulation of dirt.
- Make sure to wear clean athletic shoes to avoid transferring dirt onto the running board and belt. Treadmill belts should be cleaned with a damp cloth and soap. Avoid getting water on the electrical components and running belt.

WARNING! Make sure power plug is disconnect before moving motor cover away. Clean the motor at least once a year.

Running Belt Specialised Lubricant

- This treadmill's running board and belt have already been lubricated in the factory. Friction between the running belt and board can greatly affect the useful life and performance of the treadmill. Regular application of lubricant is needed. We advise to check the board regularly. If the board's surface is damaged, please contact a qualified customer service centre.
- Apply lubricant between the running belt and board with the following:
 - *Light use (less than 3 hours a week):* Once per month. Open the motor cover, check and make sure that the oil level is no less than 30ml. If it's less than 30ml, please refill it to 90ml (but no more than 90ml).
 - *Heavy use (more than 7 hours a week):* Once every two months. Open the motor cover, check and make sure the oil level is no less than 30ml. If it's less than 30ml, please refill it to 90ml (buy no more than 90ml).
- In order to better safeguard your treadmill and extend the life of its components, it's recommended that after continued use of two hours, turn off the machine and let it rest for 10 minutes before using again.
- If the treadmill belt is too loose, there will be skids while running. If it's too tight, it may reduce motor performance and harden the abrasion of the roller and running belt. You can lift two sides of the running belt at 50-75mm when the tightness is appropriate.

Running with Adjusted Alignment and Tightness

To better use the treadmill and make its functions work better, it's necessary to adjust the running belt into its best possible condition.

Running Belt Alignment

1. Put treadmill on flat ground.
2. Make the treadmill run at a speed of about 6-8km/h.
3. If the running belt is closer to the right, rotate the right adjusting bolt a $\frac{1}{2}$ turn clockwise, then rotate the left adjusting bolt with a $\frac{1}{2}$ turn anti clockwise (Picture B).
4. If the running belt is closer to the left, rotate the left adjusting bolt with a $\frac{1}{2}$ turn clockwise, then rotate the right adjusting bolt with a $\frac{1}{2}$ turn anti clockwise. (Picture A).



Multi-Wedge Belt Tension Adjusting

When you use the treadmill for an extended period, the multi-wedge belt becomes loose because of abrasion. You'll have to do some appropriate adjustments to facilitate safe use.

Note: Occasional pauses while running indicates that the treadmill belt or multi-wedge belt is a little loose and further adjustment is needed.

To check which part is loose: Remove the four screws on the protective cover, then make the treadmill run at a speed of 1 km/h.

Next, stand on the running belt, grip the armrests, and tread the treadmill belt slightly (it's advisable to tread the treadmill belts with the user's own weight).

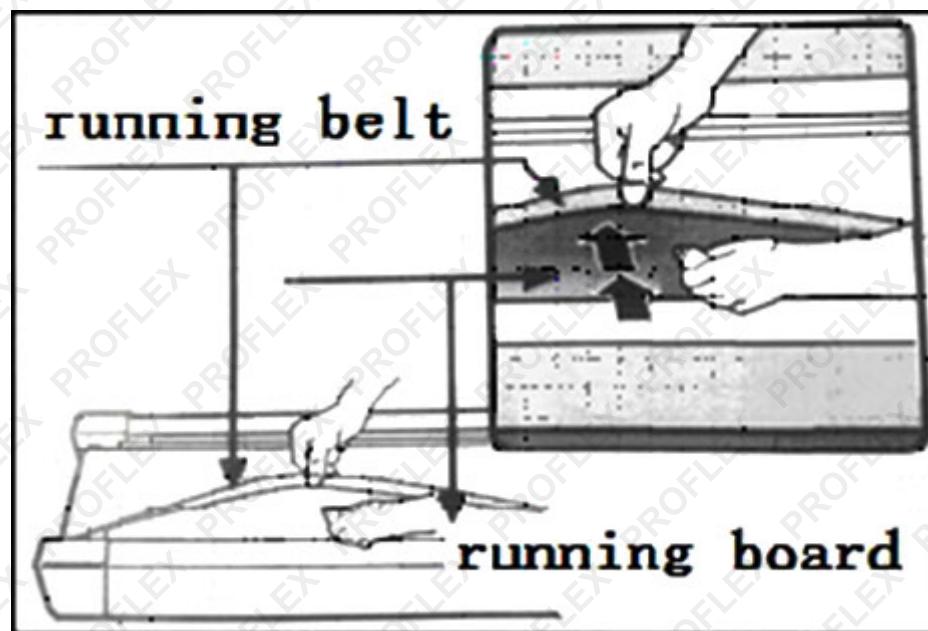
- If the instantaneous step cannot stop the belt, the tightness is appropriate.
- If your instantaneous step stops the running belt, but the multiwedge belt and former roller are still running, the running belt is loose and appropriate adjustments must be made to facilitate safe use.
- If you observe that an instantaneous step makes the treadmill belt and multi-wedge belt stop, but the motor is still running, the multi-wedge belt is loose and appropriate adjustments must be made to facilitate safe use.

Use a wrench to adjust the screws on the motor base according to its condition. Meanwhile, gently flip the multi-wedge belt between the motor shaft and the front roller. If it's too loose, you can flip the multi-wedge belt fully. If it's too tight, the degree for you to flip the belt is very limited. It is appropriate to flip the multi-wedge belt by 80% after adjustment. Please adjust the tightness of the multi-wedge belt into the state that it could be flipped by 80%.

Finally, lock the motor base and install the front cover.

Applying Silicone Oil

1. Slightly lift the running belt up.
2. Open the silicone oil bottle and squeeze some silicone oil onto the sides of the running board.



Specifications

Peak Power	4HP
Speed Range	1-18 km/h
Running surface	MAXIGRIP® 1350mm x 480mm
Training Programs	12 Pre-set
LCD Display Functions	Speed, Distance, Time, Calories, Heart Rate
Max Weight Capacity	140kg
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.

