HPF®

TRX2 Treadmill

User Manual

[Revision 6.0 March 2017]

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Safety

WARNING: Please consult with your physician or health professional before starting your workout, especially for ages up to 35-years old, or for those with history health issues. We take no responsibility for any troubles or injuries due to product misuse.

- Assembly requires 2 people.

- Do not power on until assembly is complete.

- Ensure the safety clamps are attached to your clothing or waist belt before using the treadmill.

- The safety clamp is to stop any moving parts of the treadmill if the speed setting is set unexpectedly high.

- Please do not insert any items into any part of the equipment. This may damage the unit.

- Position the treadmill on a level, flat surface. Do not place the treadmill on thick carpet as it may interfere with gears and moving parts. Do not place the treadmill near water or outdoors.

- Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move. Always stand on the foot rails on the sides of the frame until the belt is moving.

- Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that may be caught in the treadmill. Always wear running or aerobic shoes with rubber soles.

- Keep children and pets away from the treadmill while during your workout.

- Don't exercise within 40 minutes after eating a heavy meal.

- This equipment is suitable for adults; children need be accompanied with adults during workout.

- You must hold on to the handrails until you become comfortable and familiar with the treadmill at the beginning of your workout.

- This treadmill is for indoor use, not outdoor use. Keep the storage area clean, flat and dry. Please do not use this equipment other than for intended use.

- Only use the power cord supplied with the product.

- Any modification to this product is strictly unauthorised. Should any changes be made to this product, all warranty will be voided.

- Unplug the power cord when the equipment is not in use.

- Do not pull the power cord by the cord. Always grip at the plug and pull.

- This treadmill is for home-use only. The max user weight is 100KG on running station.

Included Items

The spare parts below are included in the carton:
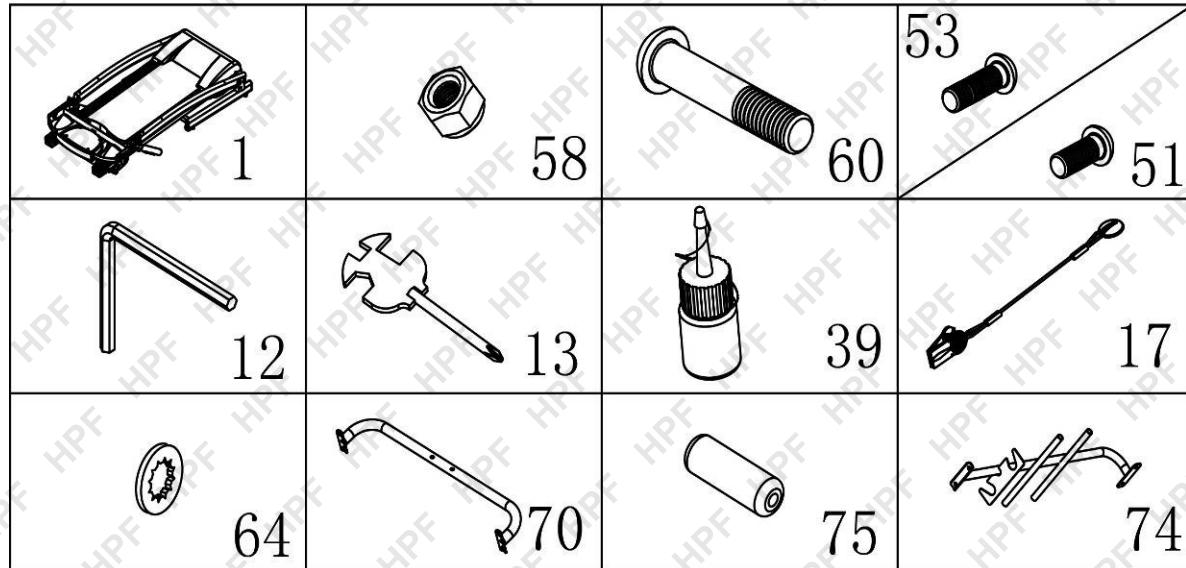
Parts List

No.	Item	Specs	Qty.
1	Main frame		1
12	Allen Key	5mm	1
13	Multi Tool		1
17	Safety Key/Clamp		1
39	Lubricant		1
51	Bolt	M8*16	10
53	Bolt	M8*40	1

| No.	Item	Specs	Qty.
58	Lock nut	M8	4
60	Bolt	M8*45	2
64	Locking Washer		14
70	External Frame 1		1
74	External Frame 2		1
75	Foam		1

Set-Up

Please note, this assembly requires 2 people at certain steps. Please do not attempt to do this as a sole task! Also, do not power on item until fully assembled.

Step 1:
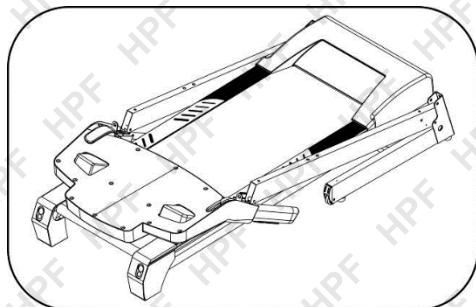
Lay the main frame flat on the ground and locate all included parts and tools.

Step 2: Installing the Display
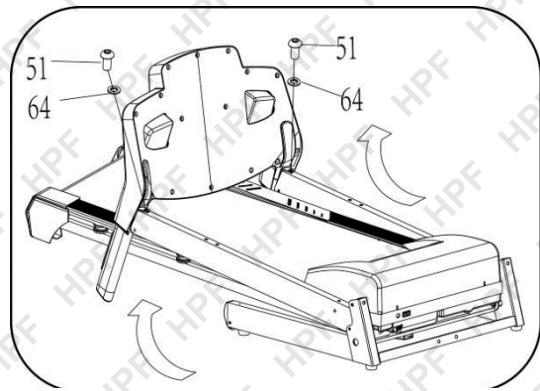
Attach the display and place the locking washer #86 onto the screw #51 as illustrated.

Use the multi-tool to tighten these items.

Step 3:
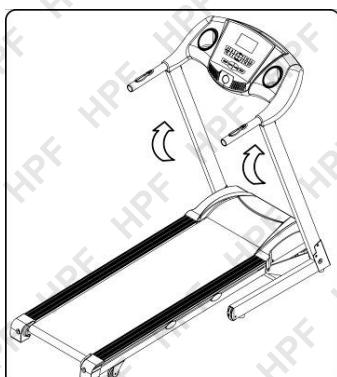
Pull upright.

Step 4:
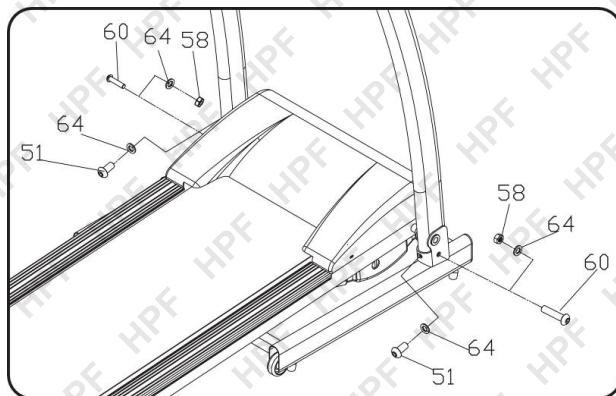
Ensure that the top frame is secured by another person during this step!

Place locking washer #64 onto bolt #51 and tighten with Allen key #12.

Insert bolt #60 into side and tighten with locking washer #64 and nut #58.

Step 5: Attaching side covers
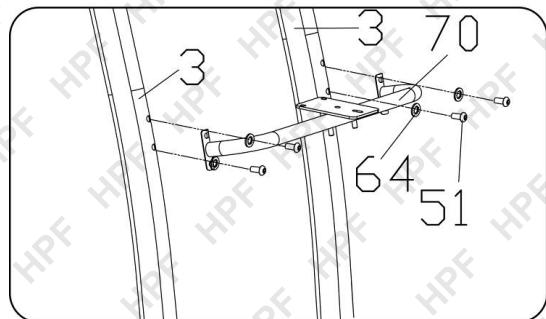
Using the Allen key #12, screw bolt 51 and lock washer #64, and fix the massager fixing frame #70 upright on 3 and 4.

Step 6: Attaching the weight holder frame
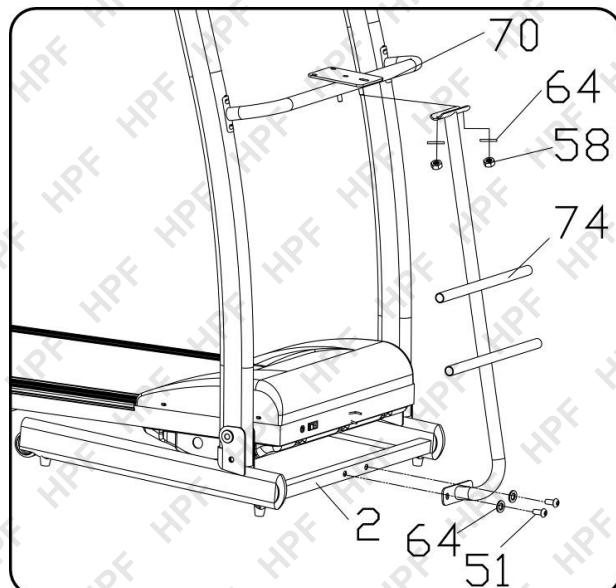
Insert the arc panel which is on the massager support frame #74 into the massager fixing frame #70. Fix it with locknut #58 and lock washer #64. Then use the Allen key #5 and screw the bolt #51, lock washer #64, and fix the massager support frame #74 on base 2.

Step 7:
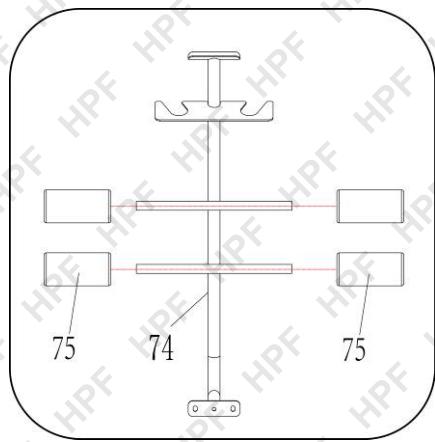
Put the foams #75 on the horizontal tube of the massager fixing frame #74; the foam and the tube must be aligned, then put on the massager head.

Step 8:
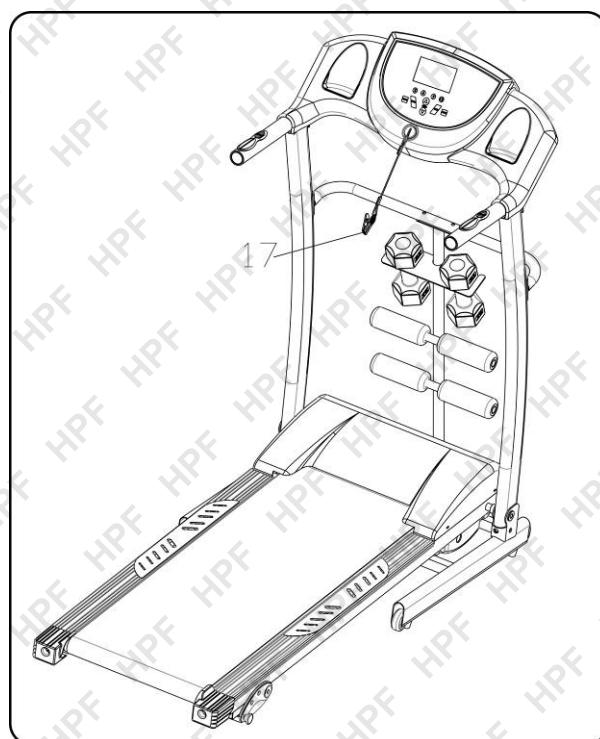
Place the safety key #17 onto the dash.

Folding Instruction

Pulling up:

Pull up base frame to position A. There will be a slight tapping sound of part B locking into place.
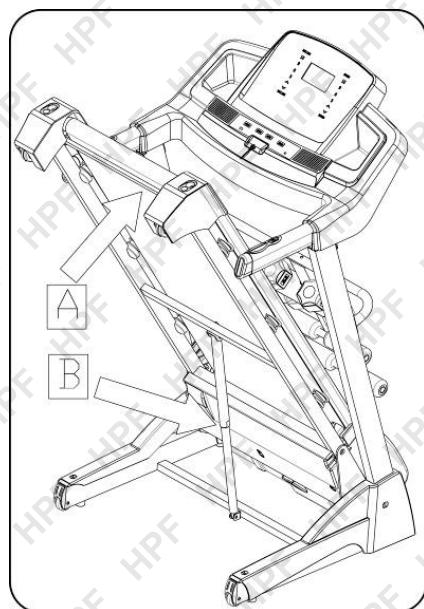
Pulling down:

Support base at position A while lightly tapping part B forward with your foot.

Pull down, but not too fast. It will ease down by itself at a steady pace.
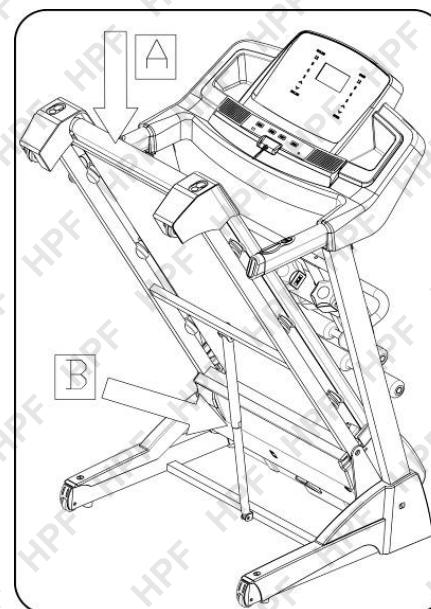
⚠️ **NOTE**: Always set-up the equipment on a flat and level surface. If the equipment "rocks", (if applicable) rotate feet under front of machine to move up or down as needed so equipment is steady.

Operation

1) LCD DISPLAY

"PROG": Displays programs

"TIME": Displays workout duration time

"SPEED": Displays running speed.

"PULSE": Displays pulse/heart rates accordingly

"CAL/DIST": Displays calories or distance.

When the control panel is initially turned on, it will display CAL and DIST alternately for 5 seconds.

Button Functions

"PROGRAM": Press this button to choose different program modes (P1-P12-FAT)

"MODE": Press this button to choose what unit of measurement is being displayed, for example; time, count down, distance, calories or FAT; When Program is in FAT mode, press this button to choose sex, age, weight or height

"START" button: Press this button to start the machine, the machine will run at the lowest speed or at the speed of default program after 3 seconds

"STOP" button: Press this button to stop the machine. It will not come to an abrupt stop for safety reasons. It will slow down then fully stop.

"SPEED" ▲/▼: Adjust the speed. Press the button to adjust the speed when running, and adjust the data when stopped

"INCLINE" ▲/▼: Adjust the incline. Press the button to adjust incline section when running, and adjust the data when stopped.

Detailed Operation

Turn on the power, all the windows light 2 seconds, and then enter the manual mode.

a. Quick start-up (Manual)

To turn on power, attach the safety lock. After the 3 seconds countdown, the treadmill will start and run from the lowest speed, adjust the speed using the speed button. Please press the stop button or remove the safety lock directly to stop.

b. Countdown mode

Press the 'MODE' button. It can choose time countdown mode, distance countdown mode, and calories.

Countdown mode, and the window will show the default data and light up. At the same time, press SPEED

▲/▼ and INCLINE ▲/▼ to set the data. Press 'START' button, the machine will run at the lowest speed,

You can press SPEED ▲/▼ to change the speed and press INCLINE ▲/▼ to change the incline. When it

Counts down to 0, the machine will stop smoothly. Certainly, you can press 'STOP' button or take out the safety key from the console to stop the machine.

c. Pre-set programs

Press 'PROG' button to choose the inner install program from P1----P15. When set the program, the time window will show default data and glitter, press SPEED button to set the running time. Each program has been divided into 15 section, each exercise time=the setting time/15. Press 'START', the machine will run at the first section speed. When the section is over, it will enter into next section automatically, the speed and incline will change as next section data. When finish one program, the machine will stop smoothly, and incline will be 0.

During the running, you can change the speed and incline by the SPEED ▲/▼ and INCLINE ▲/▼ whenever, when the program enter next sect will come back to the current speed and incline. And you can press 'STOP' or take out the safety key to stop the machine.

1. HEART RATE

When holding the hand pulse by two hands, the pulse window will show your heart rate after 5 seconds. In order to get the heart rate exactly, please do a test when the machine stop and hold the hand pulse more than 30 seconds. The heart rate data is just for reference and cannot be used as the medical data.

2. BODY FAT TEST

Press 'PROGRAM' button under ready condition, till 'FAT' show in the speed window. 'FAT' is body fat test mode. Press 'MODE' to choose parameter 'SEX / AGE / HEIGHT / WEIGHT', and TIME/DIST window will show "-1-" , "-2-" 、 "-3-""-4-". When set each parameter, press SPEED ▲/▼ to adjust the data, and CAL/PULSE window will show the data and press 'MODE' button to finish, and the window will show"-5-" and"---" enter into ready condition. Hold the handle pulse with two hands, it will show your BMI data after 5 seconds.

a. Data display and set range

Parameter	Default	Range	Remark
Sex (-1)	0 (Male)	1-2	1: Male, 2: Female
Age (-2-)	25	10-99	
Height (-3-)	170 CM	100-220 CM	
Weight (-4-)	70 KG	20-150 KG	

c. Body fat index comparison

Body fat index (BMI)	Obesity Level
< 19	Too thin
19 – 26	Normal
26 – 30	Overweight
> 30	Too fat

3. MP3 (OPTIONAL)

Put external audio equipment (such as: MP3) audio through audio line inserted to an audio input port. You can then play music.

4. SLEEP FUNCTION:

   a. Stop for more than 10 minutes without any operation, the system completed all showed off into the body of sleep sate.

   b. Press any key to wake up console under sleep status.

5. EXERCISE PARAMETER AND SETTING

	Showing Range	Mode Default	Program Default	Setting Range
INCLINE	1-15			1-15
TIME	0:00-99:59	30:00	30:00	5:00-99:00
DISTANCE	0.00 KM-99.9 KM	1:00 KM	-------------------------	1.0 KM – 99.0 KM
CALORIES	0 KCL-999KCL	50KCL	-------------------------	20 KCL – 990 KCL

Exercise Instruction

WARM-UP

If you are over 35 years old, or not very healthy, also if it's your first time exercise, please consult with your doctor or to a health professional.

Before you use the motorized treadmill, please learn how to control the machine, know well how to start, stop, adjust the speed and so on, don't stand on the machine at this time. After that, you can use the machine. Stand on anti-slip pad both sides and handle the handle bar with your both hands. Keep the machine at the low speed about 1.6~3.2 km/h, then test the running machine by one foot, after get used to the speed, then you can run on the machine and you can add the speed between 3 and 5 km/h. Keep the speed about 10 minutes, then stop the machine.

EXERCISE STAGE

Learn how to adjust the speed and incline before using. Walk about 1 km at stable velocity and write down the time, it will take you about 15-25 minutes. If walking at 4.8 km/h, it will take you about 12 minutes in 1 km. If you feel comfortable at the stable velocity, you can add the speed and incline, after 30 minutes, you can have a good exercise. At this stage, you cannot add the speed or incline too much at one time, it can keep you feel comfortable.

EXERCISE INTENSITY

Warm up at the speed 4.8 km/h in 2 minutes, then add the speed to 5.3 km/h and keep walking in 2 minutes, then add to 5.8km/h and walk in 2 minutes. After that, add up 0.3 km/h in each 2 minutes, until your breathing is rapid and not completely comfortable.

How to burn calories best:

Warm-up for 5mints by the velocity: 4-4.8KM/H, then slowly increase the speed by 0.3KM/H/2 minutes, until up to the stable speed which you feel is comfortable for 45Mints.For improving the intensity of movement, you can maintain the speed during 1H of TV program, then increase the speed by 0.3KM/H each Advertisement interval time, after that return to the original speed. You can acquaint the best efficiency of workout for calorie burning during the advertisement time and subsequent heart frequency increasing time. Finally, you should slow down the speed step by step for 4 minutes.

EXERCISE FREQUENCY

The cycle time: 3-5times/Week, 15-60mints/Times. Make up the schedule of workout scientific, not only for your hobby.

You can control the running intensity through adjusting the velocity and incline of treadmill. We suggest that you don't set the incline at first; improve the incline is the effective way to strengthen the exercise's intensity.

Consult with your physician or health professional before starting your workout. The professional people can help you make up the suitable exercise time-chart according to your age and health condition, determine the velocity of movement, the intensity of exercise. Please stop at once, if you feel chest tightness, chest pain, irregular heartbeat, breath difficulty, dizziness or other discomfort during exercise. You should consult with your physician or health professional as keep going.

You can choose the normal walking speed or the jogging speed, if you always workout with a treadmill.

Attention: The velocity of movement ≤6KM/H, on normal walking; the velocity of movement ≥8.0KM/H, on running.

Warm-Up

Take warm-up exercise before workout for 5-10mints.It' easy to start training with warm-muscle. Training following this method for 5-times, each leg doing for 10 seconds or more. Do it again after finished-training.

1. Down spread your body: Knees slightly curved, body bends slowly, then relax your back and shoulders, trying to touch your toes in hands for 10-15 minutes, then standing up.

   Repeat this action for 3 times.

2. Hamstring stretch: sitting on the clean seat, keeping on leg straight and the other leg bending little close to the straight one. Touch the toes in hands.

   Keep the pose for 10-15 seconds, then relax. Repeat the action for 3 times.

3. Legs and feet stretched tendon: Standing close to the wall or tree, on foot in the post and keep straight, the heel hit ground at the direction of the wall and tree.

   Stay for 10-15 seconds, then relax, repeat this action for 3 times.

4. Quadriceps stretch: Keep balance by the hands hold up the tree or close to the wall, then the right hand back stretch until catch the right leg and close to the hip, while you feel tense with the muscle in front of thigh.

   Keep the pose for 10-15 seconds. Repeat this action for 3 times.

5. Sartorius muscle (inner thigh muscles) stretch: sitting with foot in contrast and knee outward. The hands grasp the feet to the groin pulling .Maintain the pose for 10-15 seconds, then relax.

   Repeat this action for 3 times.
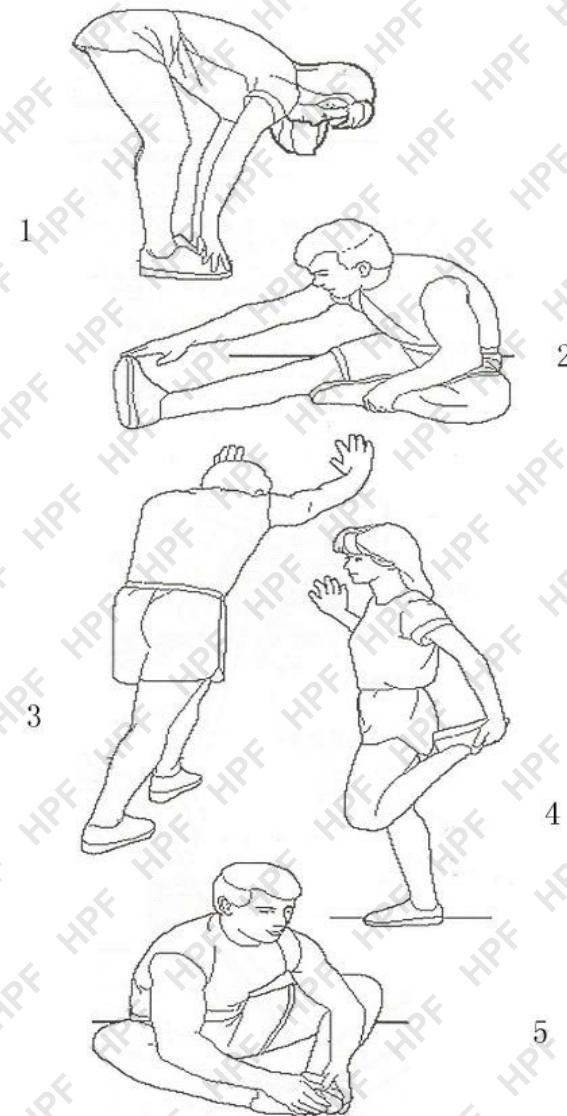
Maintenance
Running Belt Adjustment

ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT.

General cleaning of the unit will greatly prolong the treadmill.

Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the build-up of foreign material underneath the walking belt by wearing the clean running shoes.

Always unplug the treadmill from the electrical outlet before removing the motor cover. At least once a year remove the motor cover and vacuum under the motor cover.

Running 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.
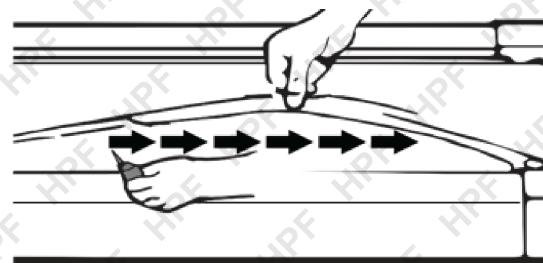
Securing the Running Belt

Place treadmill on a level surface. Run Treadmill at approximately 6-8KM/H, checking the running condition.

If the belt has drifted to the right, pull out of the save clock and switch, turn the right adjusting bolt 1/4 turn clockwise, then start running until the belt is centred (pic A).

If the belt has drifted to the left, pull out of the safety clock and switch, turn the left adjusting bolt 1/4 turn clockwise, then start running until belt is centred (pic B).

Timely adjust the tightness of the belt for the looseness after a period of time running. Pull out of the safety clock and switch , turn the left and right adjusting bolt 1/4 turn clockwise ,then re-start running, confirm the belt-tightness until the belt be right tightness (pic C).
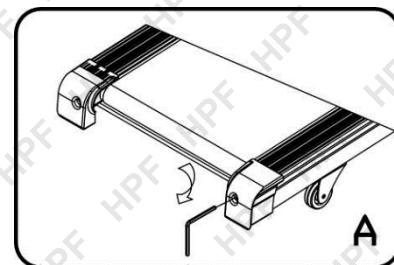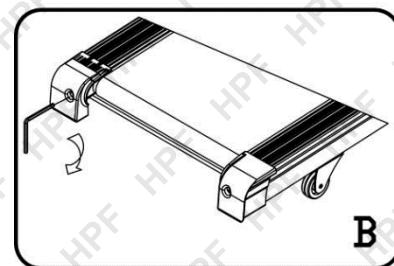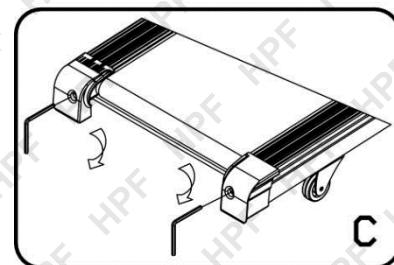
Error Code Table

Fault Code	Main Reason	Solution	
E01	Connection to the control panel display is poor	Check all connections of the control display	
E02 - E05	Motor/Gear error	Please check motor connections. If they are OK, it may be damaged and needs replacing. Please contact MyTopia for a resolution.	
E06 - E08	Circuit error	The internal computer has encountered an error. Circuit board my need replacing. Please contact MyTopia for a resolution.	
Equipment unsteady	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.	

Specifications

Motor	Power-drive motor
Continuous Power	1.5CHP
Speed	0.8 - 14 km/h
Running Belt	103 x 37cm
Computer Functions	Pulse, Speed, Distance, Time, Calories, and Body Fat
Programs	12 programs
Incline System	3 step manual
Max User Weight	100 KG
Bonus	2x 2lbs Hand Weights
Folding System	manual fold up, soft drop fold down
Product Dimensions	64 x 145 x 128cm
Folded Dimensions	64 x 70 x 132cm
Gross Weight	47 KG
Net Weight	40 KG
Carton Dimension	144 x 67 x 26cm

⚠️ **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**

- 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.

- 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).

- 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.

- Ensure all possible users of the product have completed an industry recognized training course before being given access to the product.

- 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.

- 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.

- 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.