HPF®

Treadmill – TRX 1

User Manual

[Revision 3.0 March 2017]

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.

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Safety

Before using the equipment, carefully read this manual and keep handy for future consultation.

The owner is responsible for guaranteeing that all equipment users are adequately informed of the safety precautions.

Electrical Safety

To reduce the risk of burns, fire, electrical shock, or injury to persons, take the following precautions.

- When plugged in, do not leave the treadmill unattended at any time. Unplug the treadmill from the power source when it is not in use.

- Do not use the treadmill if the unit is wet or the plug or cable is damaged or the treadmill is not working properly. Do not use damaged or defective equipment.

- Keep the power cable and plug away from heated surfaces.

- Never place the power cord under carpeting or place any object on top of the power cord.

- Use only the power cord provided with this treadmill

- Turn the switch to the "off" position before shutting down the power supply, then remove the plug from the socket.

This exercise equipment is designed and built for optimum safety for home use. However, certain precautions always apply whenever you operate any exercise equipment. Be sure to read the entire manual before assembling and operating this machine. Also, please note the following safety precautions.

Mechanical Safety

- Before exercising make sure that the treadmill is functioning properly. To maintain the safety level of your equipment, do not use if item is faulty.

- Replace any damaged elements immediately and/or and do not use equipment until it has been repaired.

- Always use original spare parts.

- Inspect the equipment before exercising to ensure that all screws and nut are well fastened.

- Never let any objects fall on or be inserted into any opening.

- Never start the machine when someone is standing on the treadmill.

Cleaning Your Treadmill

- Do not expose the equipment to natural elements such as: sunlight, rain, sea mist, dust, dew, etc.

- Only use a water dampened cloth to clean your equipment. Never use abrasives, alcohol or solvent for cleaning.

- Periodically fold the treadmill and clean the floor, this will help prolong the useful life of the product.

- Incorrect maintenance can damage the product, and can result in the loss of guarantee.

General Considerations

- Never allow more than one person on the equipment at a time.

- Keep the equipment well away from children and pets, especially during use, thus avoiding any possible accidents.

- Adjust resistance so the exercise is smooth and even.

- Do not exercise 1 hour before or 2 hours after a meal.

- Consult your doctor before commencing any exercise program. Special attention must be given to children, pregnant women, the elderly, and people with heart problems and those with disabilities. You must stop the exercise if any of the following symptoms occur: Dizziness, Shivering, and Shortness of Breath, Heart Palpitations, Head or Chest Pains.

- Use appropriate exercise clothing that facilitates body sweating. Use training shoes.

- The figures and photos contained in this manual are merely for illustrative purposes. The company reserves the right any technical and design specifications without prior notice. This manual can show optional features which are not part of the acquired equipment.

Included Items

What's in the Box

- Treadmill frame

- Control panel and handrails

- Tool kit

- User Manual

Tool Kit

- Emergency stop safety key x 1

- Allen key x 2

- Spanner x 1

- Lubricant x 1

Set-Up

Safety Notes for Installation

- Don't place the treadmill near water or in a damp environment. Temperature fluctuation such as inside a garage will cause damage to the electrical components. Store in a dry room with steady temperature. Avoid placing the treadmill on thick carpet. It should be placed on a flat clean surface allowing air to circulate around it freely to avoid over-heating the motor. This treadmill is designed for home use only and should only be used indoors in a clean dry area.

- Place the treadmill 120 cm away from walls and furniture.

- It's important that the treadmill base is firm and level. Check the floor level in the place where the equipment will be installed. If the deck is positioned on uneven surface, it would cause premature damage to the electronic system.

- The plug point (power source) selected should be a dedicated circuit. It is very important that NO other electrical equipment, such as computer or TV, share the same circuit. Do not use an extension lead. Always turn the machine off at the power outlet and remove the plug when the treadmill is not in use, cleaning or moving the machine.

- Connect the power cord to the wall and turn on the red On/Off switch at the back of the machine. To turn off the machine, press the STOP button on the console. Step off the machine, turn off the red On/Off switch at the back of the machine and turn the power off at the wall.

- Never leave the machine unattended or plugged in especially if there are young children around.

- The treadmill is not suitable for children under 14 years of age or for people with physical conditions unless they are supervised.

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- Seek medical advice if you are pregnant, injured or sick prior to using the machine.

Safety key: Anytime, if you pull out the safety key the window will display **E---F** and will sound a beep, the treadmill stops; put back the safety key, the window will light and returns to default display initial (equivalent to reset).

Assembly Instructions

PLEASE NOTE: Save packaging in case you need to return the item

Place the box in a clean location free from objects that could interfere with equipment set up. Carefully remove the components and equipment from box. Before starting with the assembly of this fitness device, carefully read through the set up steps. We also recommend that you view the assembly drawing prior to assembly. Remove all packaging material and place the individual parts on a free surface. This will provide you with an overview and will simplify assembly.

Please consider that there is always the risk of injury when using tools and carrying out technical activities. Please proceed with care when assembling the device. Make sure you have a hazard-free working environment and do not, for example, leave tools lying around. Deposit the packaging material in such a way that it does not pose a danger.

Keep plastic bags away from children to avoid suffocation! Take your time when viewing the drawings and then assemble the device according to the series of illustrations. The device must be carefully assembled by an adult person. If necessary, request aid from another technically talented person.

Step 1: Open the package, take out the treadmill and remove all packaging.

Step 2: Place the treadmill on the ground smoothly and raise up the handrail.

Step 3: Lock the handrail into the frame using the large knob. Note: before setting up the handrail, please remove the fixings out of the frame.

Step 4: Connect the wire inserting A into B.

Step 5: Put the plastic cap on the handrail and lock the knob into the hole.

OPERATION

TURNING THE POWER ON

The On/Off switch for the treadmill is located next to the power supply cord at the back of the motor cover. Flip this switch to the "ON" position.

SAFETY KEY AND CLIP

The safety key is designed to cut the main power to the treadmill should your fall. Therefore, the safety key is designed to bring the treadmill to an immediate stop. At high speeds, it may be uncomfortable and somewhat dangerous to come to a complete stop immediately. So, use the safety key as an emergency stop only. To bring the treadmill to a complete stop safely and comfortably, use the red stop button.

Your treadmill will not start unless the safety key is properly inserted into the key holder in the middle of the console. The other end of the safety key should be securely clipped to your clothing so that in the case that you fall, you will pull the safety key from the console, which will stop the treadmill immediately to minimize injury. For your safety, never use the treadmill without securing the safety key clipped to your clothing. Make sure the safety key is properly secured to your clothing.

GETTING ON AND OFF THE TREADMILL

Handle with care when getting on or off the treadmill. Try to use the handlebars while getting on or off. While you are preparing to use the treadmill, do not stand on the running belt. Straddle the running belt by placing your feet on both side rails of the treadmill deck. Place your foot on the belt only after the belt has begun to move at a consistent slow speed.

During exercise, keep your body and head facing forward at all times. Never attempt to turn around on the treadmill when the running belt is still moving. When you have finished exercising, stop the treadmill by pressing the red stop button. Wait until the treadmill comes to a complete stop before attempting to get off the treadmill.

FOLDING THE TREADMILL

1. Turn off the treadmill, turn off the main power switch and pull out the plug.
2. Loosen the safety screw
3. Lift up the base, pull out and secure the pin on the left side of the frame.

Note: Store the safety screw in the container for locking screws. Check that the belt is centred If it is not, adjust the belt so that it runs freely.

UNFOLDING THE TREADMILL

1. Place one hand on main frame, loosen the knob.
2. Carefully lower the treadmill to the floor.

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

MOVING THE TREADMILL

The treadmill can be moved around the house safely in its fold-up position by using the transport wheels. Firmly hold onto handle bars with both hands, pull the treadmill towards you, incline 30-40 degree until it's portable on wheels, drag or push slowly.

WARNING! Never use this treadmill without first securing the safety clip to your clothing.
CAUTION! For your safety, step onto the belt when the speed is no more than 3km/h.

SAFETY KEY: If you pull out the safety key the window will display SAFE and will sound a beep, the treadmill stops; put back the safety key, the window will light and returns to default display initial (equivalent to reset).

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# Control Panel Features

Instructions monitor functions:

- Program training manual P1-P8 pre-set programs function.

- The display shows: SPEED, TIME, DISTANCE, CALORIES

- Display LCD and 4 buttons + safety key.

- S peed Range: 1 - 10 km/h.

- Protection: Overloading, over current, speed variation due to external factors; electromagnetic interference.

- Function alert sound.

How to start:

Check that the mains voltage is in accordance with the product.

Connect the power-cord to a mains socket (make sure the socket is switched off and is not an extension lead). Turn on the switch and the screen will light up.

Place the safety key on the display (red circle) and attach the other end to your clothing; the display lights up and you will hear a beep. The treadmill is now in manual mode "===". To use in manual mode, just press start and the belt will begin to move. You can now control the speed using + / - .
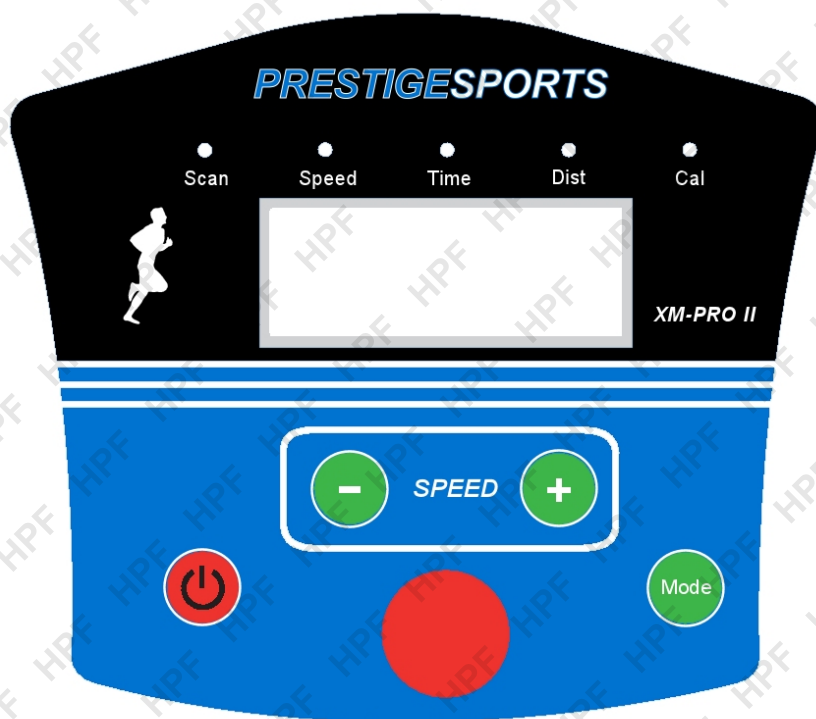
LCD Window

Display the speed numerical value

Display time, distance, calories

Display the programs P1-P8

Starting the treadmill

1. Press the start button. The display counts down and beeps. The belt starts moving at the lowest speed. Make sure safety key is connected.

Adjusting the speed

1. Increase/decrease speed with the "+" or "speed –" on the control panel

Using the 8 training programs P1-P8

The XM-PRO II has 8 automatic training programs: P1 - P8. To access the programs turn on the treadmill, click MODE and when "===" appears on the display, click "SPEED +" to select P1 and for higher programs keep pressing "SPEED +", then click MODE to confirm your selection. Next click "SPEED +" to set the time between 5 and 30 minutes. After, press START and the display time will show the countdown timer. Each program has different intervals. When the treadmill moves to the next interval, a beep will sound 3 times before the exchange. When completing the program, a beep will sound 3 times before stopping the treadmill. The treadmill then returns back to normal manual mode "===".

Auto programs P1-P8

See the 8 pre-set speed segments (km/h) for the respective programs below:

| PROGRAM		TIME																			
P1	SPEED	1.0	3.0	5.0	7.0	5.0	3.0	1.0													
P2	SPEED	2.0	3.0	4.0	5.0	6.0	5.0	4.0	3.0	2.0	3.0	4.0	5.0	6.0	5.0	4.0	3.0	2.0			
P3	SPEED	3.0	5.0	8.0	5.0	8.0	5.0	8.0	5.0	8.0	5.0	8.0	5.0	8.0	5.0	8.0	5.0	8.0	5.0	8.0	5.0
P4	SPEED	2.0	6.0	9.0	6.0	9.0	6.0	9.0	6.0	9.0	6.0	9.0	6.0	9.0	6.0	9.0	6.0	9.0	6.0	9.0	3.0
P5	SPEED	1.0	5.0	8.0	5.0	2.0	5.0	8.0	5.0	2.0	5.0	8.0	5.0	2.0	5.0	8.0	5.0	2.0	5.0	8.0	3.0
P6	SPEED	2.0	4.0	6.0	8.0	6.0	4.0	2.0	4.0	6.0	8.0	6.0	4.0	2.0	4.0	6.0	8.0	6.0	4.0	2.0	4.0
P7	SPEED	3.0	5.0	7.0	9.0	7.0	5.0	3.0	5.0	7.0	9.0	7.0	5.0	3.0	5.0	7.0	9.0	7.0	5.0	3.0	5.0
P8	SPEED	2.0	5.0	8.0	2.0	5.0	8.0	2.0	5.0	8.0	2.0	5.0	8.0	2.0	5.0	8.0	2.0	5.0	8.0	2.0	5.0

MAINTENANCE

ADJUSTING THE RUNNING SURFACE

If the running surface becomes loose it can be adjusted by turning both sides evenly. Turning clockwise will tighten the running surface. Turning counter-clockwise will loosen the running surface.

If the running surface moves to one side, adjust by tightening the loose side. Turning clockwise will tighten. Turning counter-clockwise will loosen.

Small adjustments are recommended i.e. quarter or half turns vs full turns and tightening the running surface too tightly and damaging the machine.
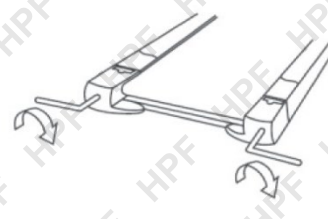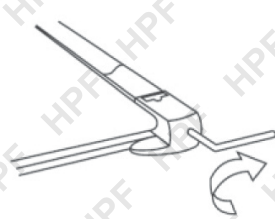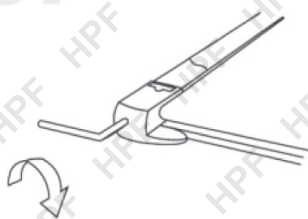
Test the belt again to check slipping. Repeat procedure if necessary, but never turn the screws more than ½ turn at a time.

- For your own safety do not use loose clothing, tie or loose jewelry that could affect this adjustment.

- Never turn the screws more than ½ of a turn at a time.

- Always tighten one side and loosen the other to avoid making the belt too tight or too loose.

- Treadmill operation. Adjust the belt with the treadmill running at 4 Mi/H (6.4 Km/H), but without anyone on the belt.

After adjusting, walk on the treadmill for four minutes to test it. If necessary repeat the procedure. Excessive tightening of the belt can compromise the useful life of the equipment.

BELT LUBRICATION

Lubricating the running belt helps maintain performance and extends service life. Lubricate the belt after the first 25 hours of (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 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.
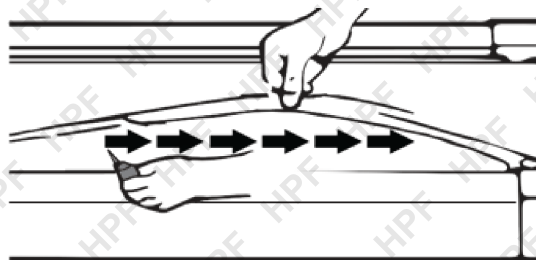
TROUBLESHOOTING

WHEN TO CALL FOR HELP

This treadmill is designed with user safety as the number one priority. In the event of electrical failure, the treadmill will shut off automatically to prevent user injury and to prevent damage to expensive components such as the motor. When you encounter unusual behaviour from the treadmill, simply go to the front of the treadmill; turn the power switch off and on to reset the treadmill. This should clear incidental errors and ready the treadmill for normal operation again. If after you have reset the treadmill by turning the power switch off and on again, and the treadmill is still not operational, then it is time to call your dealer for service.

NO SIGNAL ON THE MONITOR LED SCREEN

If there is no signal on the monitor, even if you turn it off and turn on many times to reset the treadmill, check the communication cable between monitor and motor controller. First, make sure the connections are good and that the cable is not pinched or damaged. If defective, ask your dealer for a replacement cable.

ERROR MESSAGE AND SOLUTION

PROBLEM	POSSIBLE CAUSE	CORRECTIVE ACTION
Treadmill does not work	a) No connection to power supply	Plug into mains socket
	b) Safety key not connected	Connect safety key to control panel
	c) Damaged or disconnected cable	Check control panel and signal cable
	d) Treadmill is not switched on	Switch on
	e) Burnt fuse	Change fuse
Belt does not run properly	a) Belt requires lubrication	Lubricate the belt with silicone
	b) Running belt too tight or loose	Adjust belt
Belt is slipping	a) Running belt is too loose	Adjust belt
	b) Motor belt is too loose	
Treadmill suddenly stops	a) The safety key dropped off the control panel	Replace the safety key

Problem	Possible cause	Corrective action
Control panel buttons don´t work	a) Damaged control panel	Change the control panel
	b) Cable disconnected or damaged	Change the cable
	Information from monitor to controller and feedback controller to monitor fail.	Check the cable that connects the monitor to controller see if is lost or injured
	The voltage is above normal, the motor or the controller are defective.	Check if the motor is damaged. Make sure no objects obstructing the normal movement of the belt or the rolls, if no problems up the controller must be replaced
	Monitor receives no signal from the safety key	Check the safety key connection. Check the switch on the monitor if it is in the correct position.
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

Model	Prestige Sports TRX1 Ultra
Motor Power	735W, 1.0Hp
Rated Frequency	50-60 Hz
Voltage	220-240 v
Power Cord	UK 3pin
Speed Range	1-10 KM/H
Running Belt	1000 x 340MM
Features	10% fixed incline 8 auto programs Handrails with foam Water bottle holder Towel rail Emergency stop, magnetic safety key CE and RoHS Certified
Machine Weight	21 KG
Machine User Weight	100 KG

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⚠ **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.