



# Owner's Manual

Foldable Treadmill

T855

Retain this owner's manual for future reference.  
Read and follow all instructions in this owner's manual.

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# I. Important Safety Precautions

Please read these instructions carefully prior to carrying out assembly and using for the first time. They contain information which is important for your safety as well as for the use and maintenance of the appliance. Keep these instructions in a safe place for reference purposes, maintenance work and to assist you when ordering spare parts.

## For Your Safety

- The running belt should be used only for its intended purpose, i.e. for physical exercise (walking and jogging) by one (1) adult persons.
- **RISK!** Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.
- The running belt is not suitable for commercial use.
- Any other use of the equipment is prohibited and may be dangerous. The manufacturer cannot be held liable for damage or injury caused by improper use of the equipment.
- Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately and the equipment taken out of use until this has been done. Use only original spare parts.
- The running belt has been designed in accordance with the latest standards of safety. Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
- The training machine must be positioned on a horizontal, stable surface. Place suitable cushioning material underneath it for shock absorption and to stop it from slipping (rubber mats or similar). You must ensure that the connection line is not jammed and does not pose a tripping hazard.
- Always ensure that the space under the running belt is kept free, i.e. that there are no objects, pets etc. beneath it.
- Never touch the moving belt with your hands. Also ensure that there are no objects close to the belt or the rollers which could be pulled into it thus causing injury or damaging the unit itself.
- The running belt is not suitable for use by persons weighing over 120 kg.
- The unit should be positioned in such a way that there is a space of 100 cm on both sides and 200 cm behind it.
- The treadmill is a training device driven by a motor and requires special safety instructions and knowledge when being used. Persons with limited physical, sensory or mental skills and children have to be instructed upon the correct use of the device and must never use the device without supervision.
- The continuous sound level of the device is 72 dB at maximum speed. Noise emission under load is higher than without load.
- The mains adapter requires a mains voltage of 230 V, 50 Hz. It should be connected only to grounded safety socket with a single 16-A fuse. Do not under any circumstances carry out electrical repairs or alterations yourself. Always ensure that such work is done by a properly qualified electrician.
- Do not use any multiple sockets for connection purposes! If using an extension line, this must satisfy the VDE guidelines.
- If not being used for a longer period of time, remove the device's mains adapter from the socket.
- You must remove the mains adapter when performing all repair, maintenance and cleaning work.
- Repairs on the electrical components in the unit should be carried out by qualified persons only.
- Always observe the general safety rules and precautions for working with electrical equipment.
- All electric appliances emit electromagnetic radiation when in operation. Please do not leave especially radiation-intensive appliances (e.g. mobile telephones) directly next to the cockpit or the electronic control system as otherwise values displayed might be distorted (e.g. pulse measurement).
- Prior to training attach the cord of the running belt stop trip to your clothing.
- The treadmill has an emergency stop mechanism for your safety. Before starting your workout, fasten the cord of the safety key to your clothing. If the treadmill has been shut down by removing the safety key, restart it by reinserting the key. An automatic restart of the treadmill belt does not occur. Further instructions concerning the handling of the safety cut-out can be found in the operating instructions for the training computer.
- An unmonitored use of the treadmill by other people can be prevented by removing the safety key and keeping it safely hidden.
- In case of an emergency, hold on tightly to the handrail with both hands and leave the treadmill by means of the anti-slipping surface of the lateral platform. Activate the emergency stop mechanism (safety cut-out).
- Any interference with parts of the product that are not described within the manual may cause damage, or endanger the person using this machine. Extensive repairs must only be carried out by an authorized dealer's service staff.
- To ensure that the safety level is kept to the highest possible standard, determined by its construction, this product should be serviced regularly (once a year) by specialist retailers.
- Should you be in any doubt, please consult your dealer.

# I. Important Safety Precautions

## Handling the equipment

- Before using the equipment for exercise, check carefully to ensure that it has been correctly assembled and checked.
- Usage of the equipment in damp rooms is not permitted. Please ensure that no part of the machine comes in contact with liquids (drinks, perspiration etc.). This may cause corrosion.
- Always wear suitable shoes (running shoes) when using the running belt.
- Before beginning your first training session, familiarize yourself thoroughly with all the functions and settings of the unit.
- If the equipment is in regular use, check all its components thoroughly at appropriate intervals. Pay particular attention to the tightness of bolts and nuts.
- In case of a regular use of the running belt, the cold running belt has to be serviced with silicone oil.
- Depending on the degree of use and load to which the unit is subjected, the belt may tend to stretch or slip. Tighten the belt as described. Adjust the tightness of the belt as described in section "Care and Maintenance".
- Observe the movement of the edge of the belt when it is in use. If it tends to run towards the side, readjust it accordingly.

**Running Tip** Running straight on the treadmill is made easier by focusing on a fixed object in front of you in the room. Run as if you wanted to approach the object.

**Important** Please keep the safety key in a safe place and ensure that it is kept out of reach of children!

## Instructions for Assembly

- Ensure that you have received all the parts required (see check list) and that they are undamaged. Should you have any cause for complaint, please contact your dealer.
- Before assembling the equipment, study the drawings carefully and carry out the operations in the order shown by the diagrams. The correct sequence is given in capital letters.
- The equipment must be assembled with due care by an adult person, and should be within 30 minutes. If in doubt call upon the help of a second person, if possible technically talented.
- Please note that there is always a danger of injury when working with tools or doing manual work. Therefore please be careful when assembling this machine.
- Ensure that your working area is free of possible sources of danger, for example don't leave any tools lying around. Always dispose packaging material in such a way that it may not cause any danger. There is always a risk of suffocation if children play with plastic bags!
- The fastening material required for each assembly step is shown in the diagram inset. Use the fastening material exactly as instructed. The required tools are supplied with the equipment.
- Bolt all the parts together loosely at first, and check that they have been assembled correctly. Then use spanner to finally tighten screws/nuts.
- Please keep original packaging of this article, so that it may be used for transport at a later date, if necessary. Goods may only be returned after prior arrangement and in (internal) packaging, which is safe for transportation, in the original box if possible. It is important to provide a detailed defect description / damage report!
- For technical reasons, we reserve the right to carry out preliminary assembly work (e.g. addition of tubing plugs).

## Care and Maintenance

- Do not use corrosive or abrasive materials to clean the equipment. Ensure that such materials are not allowed to pollute the environment.
- The electrical elements and components do not require special maintenance. No alterations or repairs (except maintenance checks) should be made to these parts unless by a qualified electrician.
- When ordering spare parts, always state the full item number, spare-part number, the quantity required and the serial number of the product.

**Important** spare part prices do not include fastening material; if fastening material (bolts, nuts, washers etc.) is required, this should be clearly stated on the order by adding the words "with fastening material".

**Waste Disposal** This product is recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).



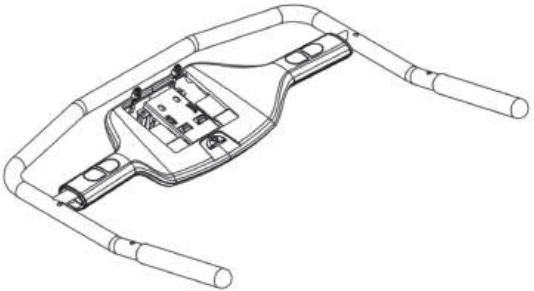
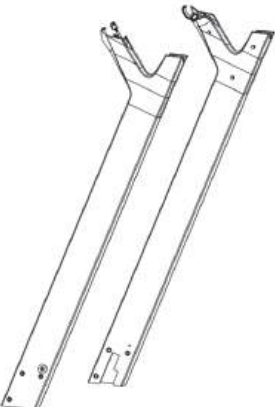
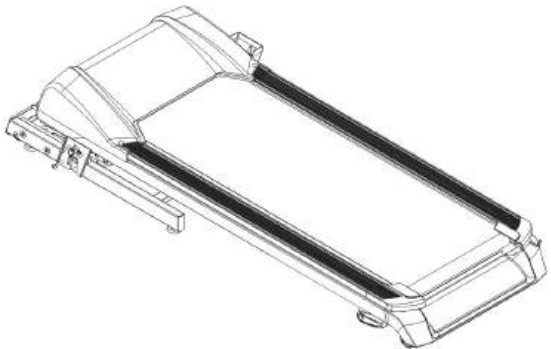
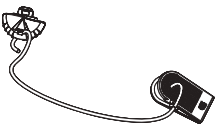

### Contact information

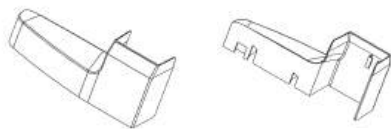




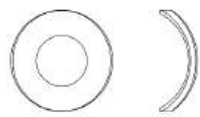
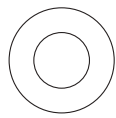

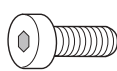
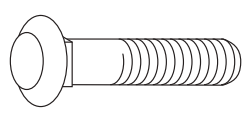
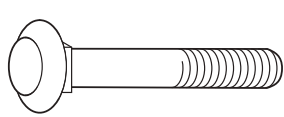
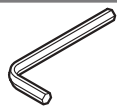
#### WARRANTY REGISTRATION - Keep a copy for your records

Model#:	Serial #:
Date of purchase:	Your name:
Dealer name:	Address:
Dealer address:	

## II. Assembly Instructions

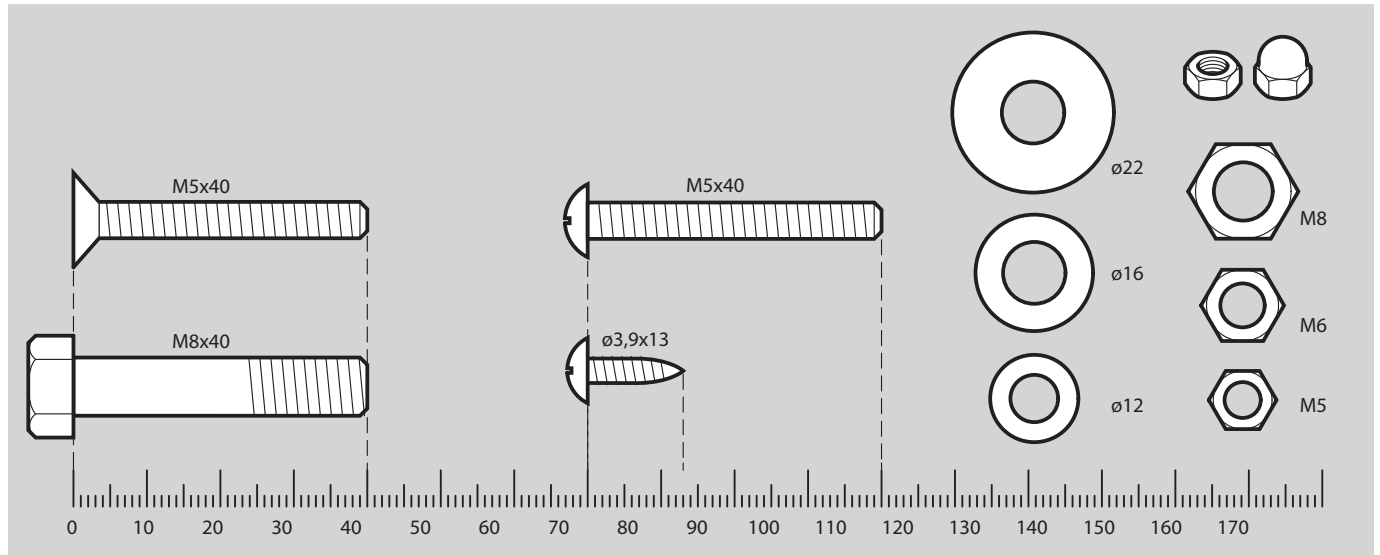
### Checklist (contents of packaging)

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 4x10	5	
 M8x10	2	
 M8x45	4	
 M8x50	6	
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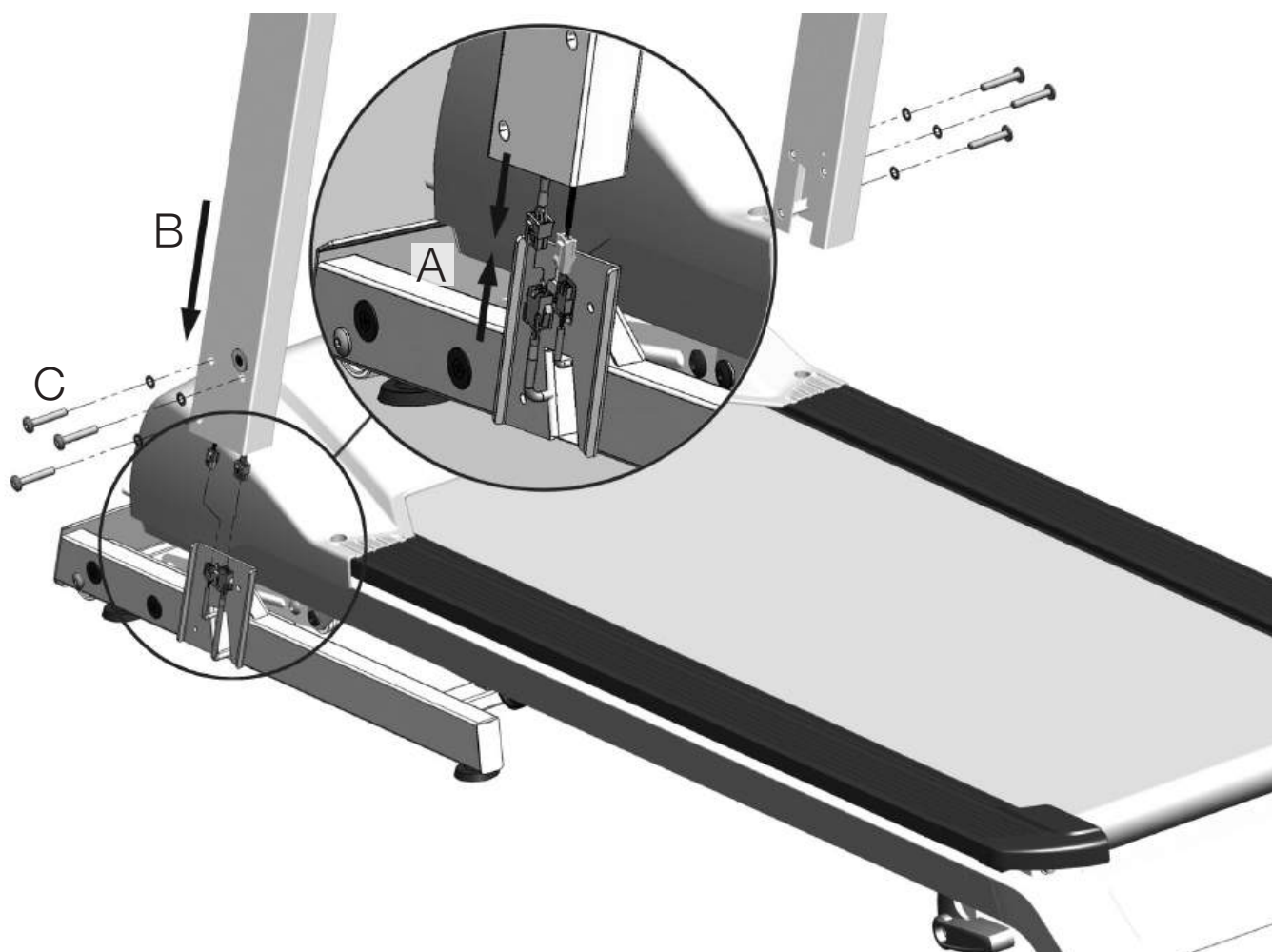
## II. Assembly Instructions

### Measuring help for screw connections

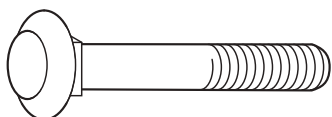


## II. Assembly Instructions

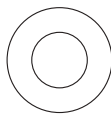
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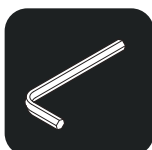
C  
6x



M 8 x 50

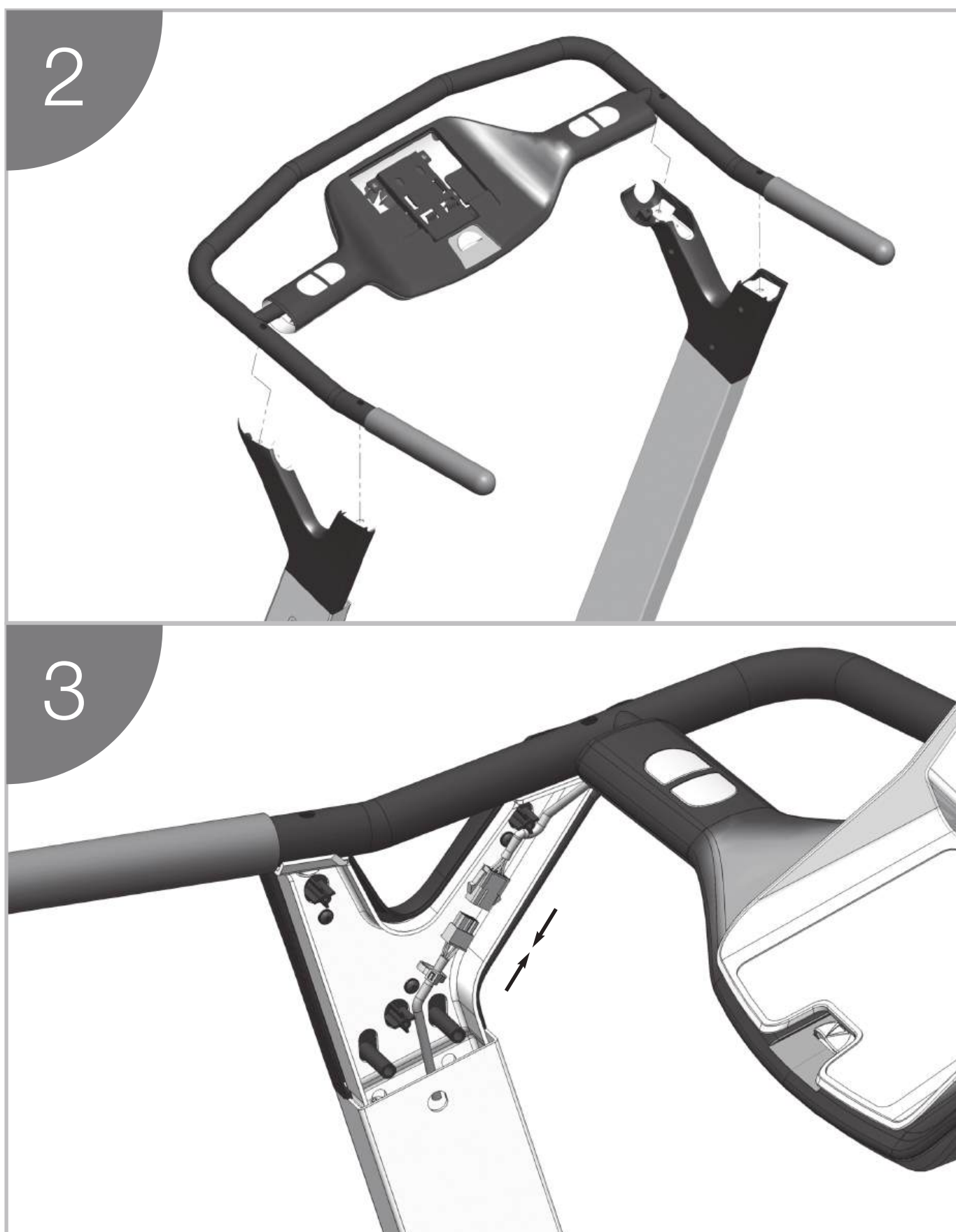


/ ø 17 x 9





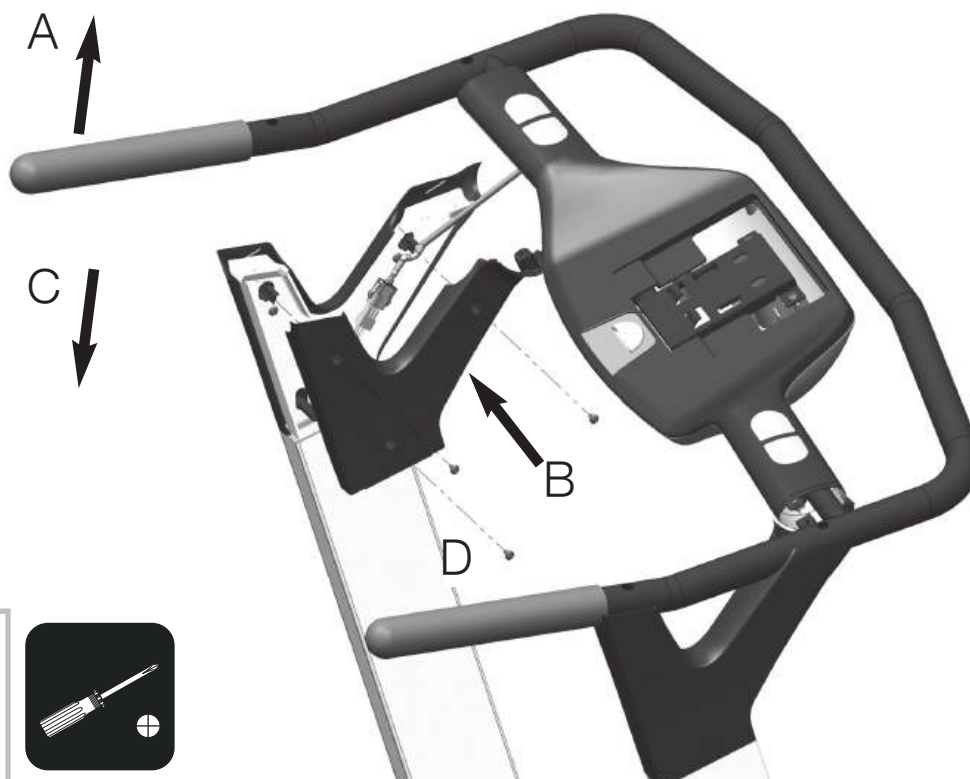
## II. Assembly Instructions





## II. Assembly Instructions

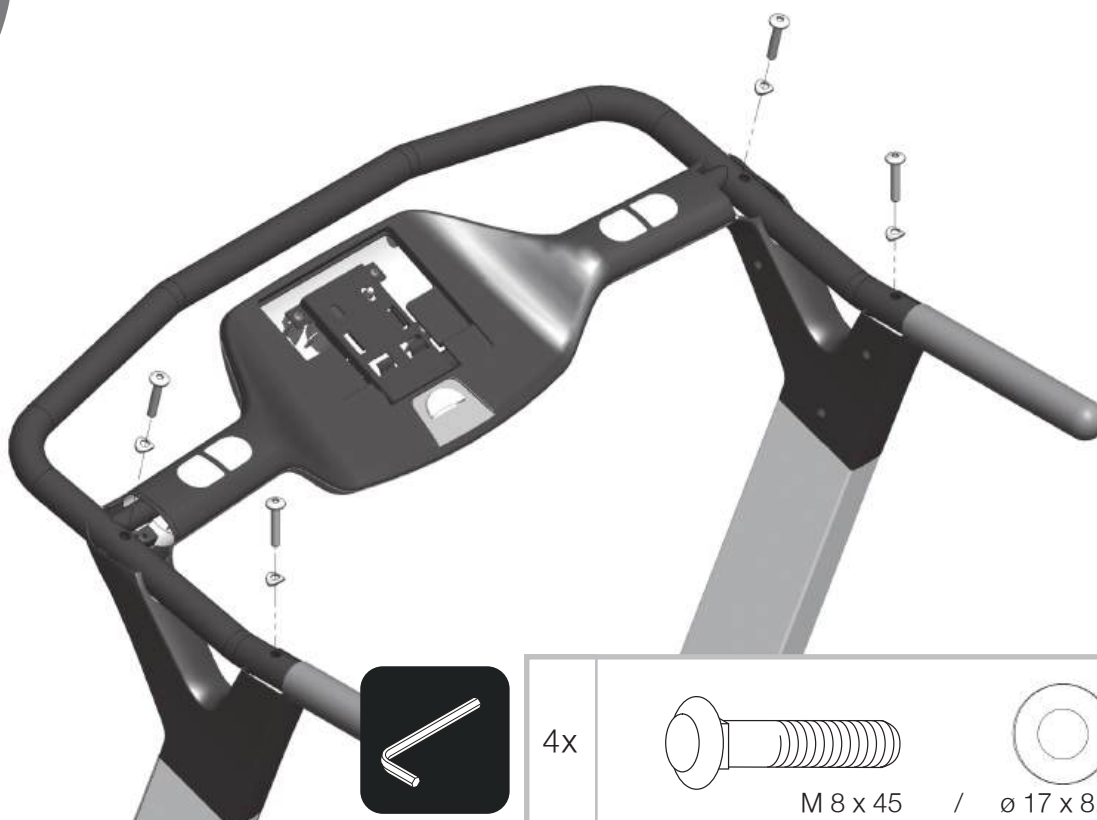
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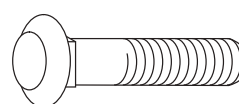
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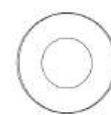
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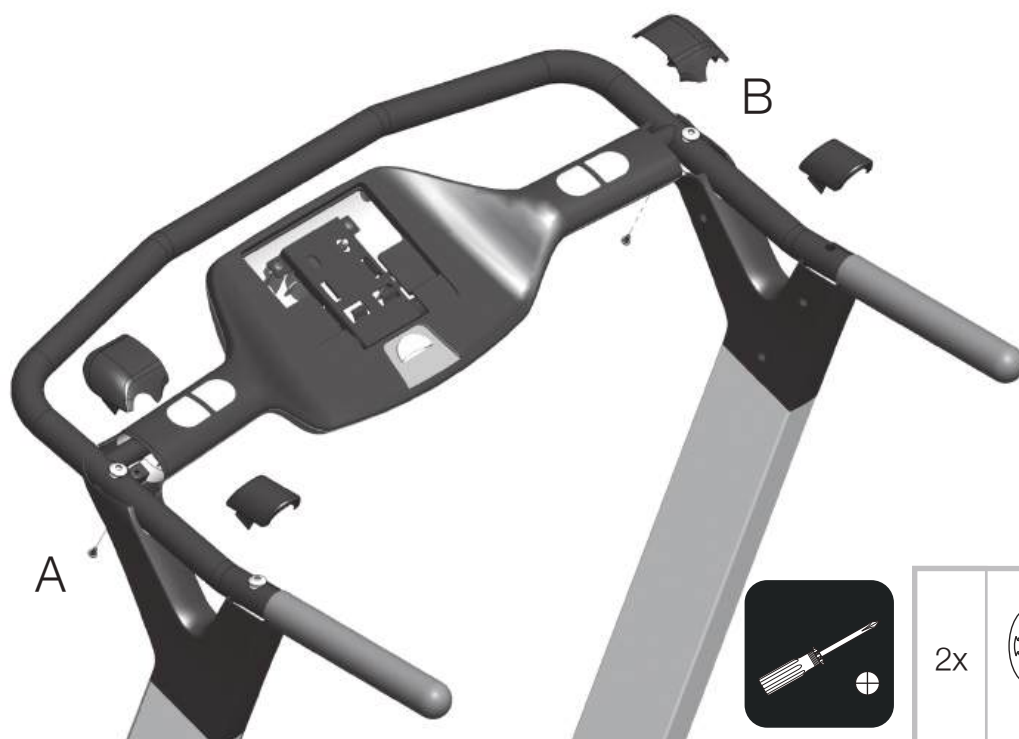
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/ ø 17 x 8.5

## II. Assembly Instructions

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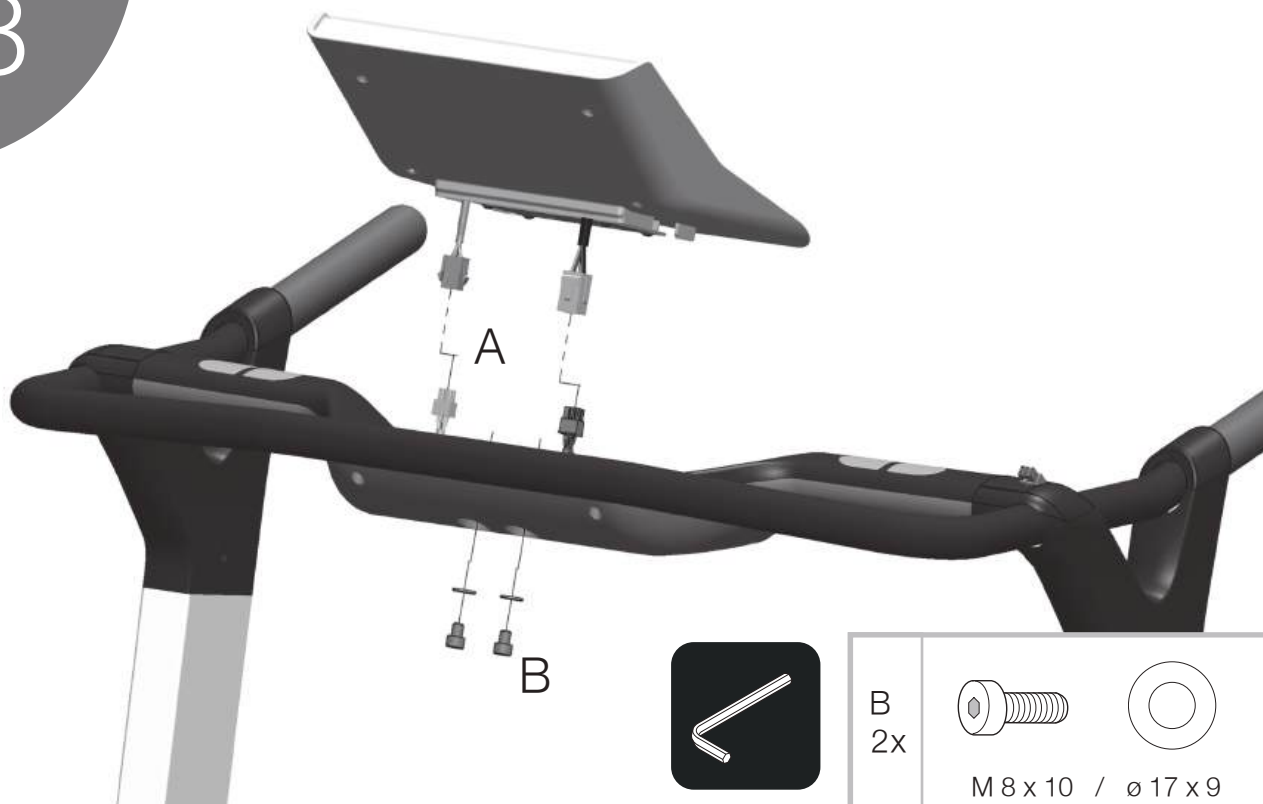


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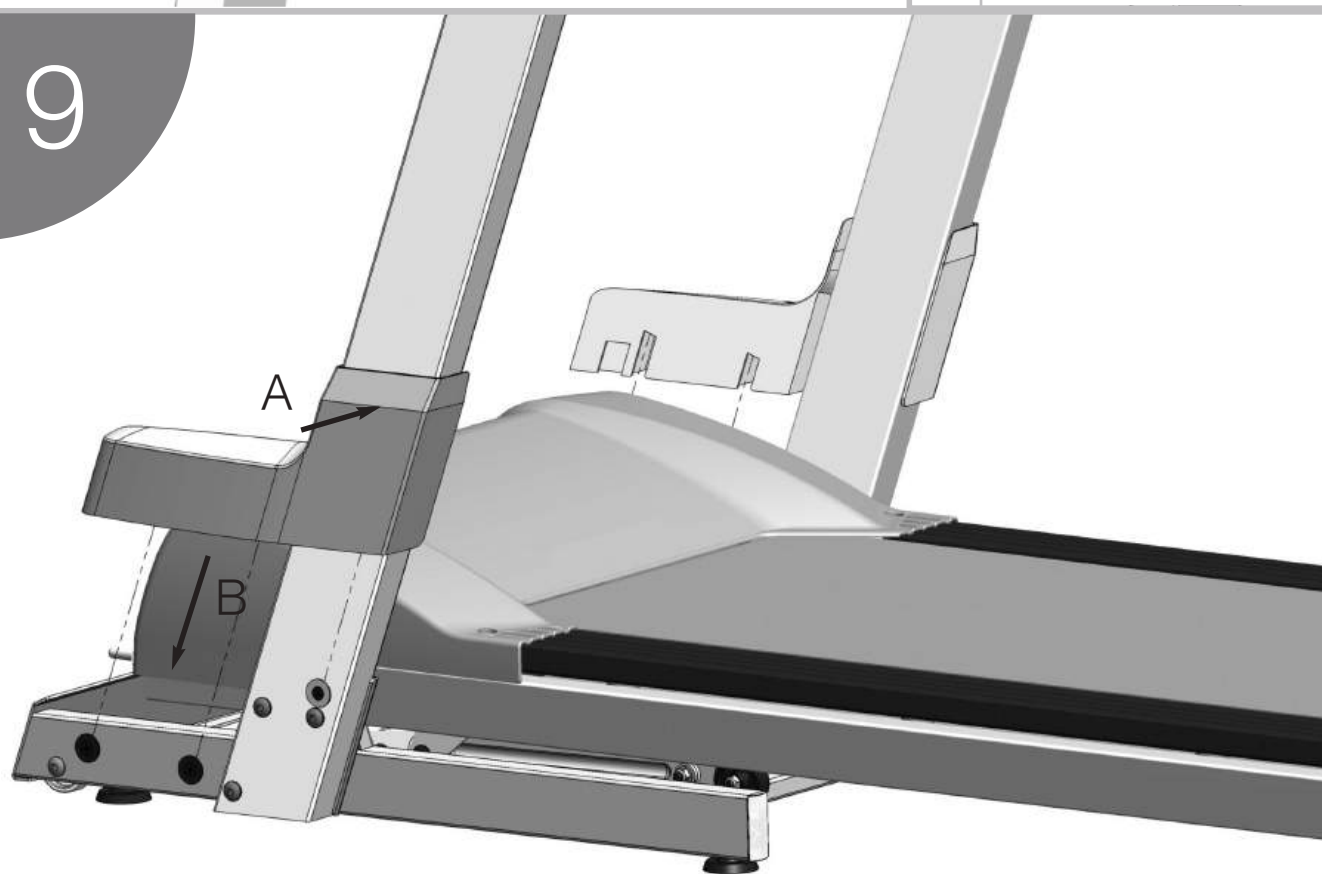


## II. Assembly Instructions

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9



## II. Assembly Instructions



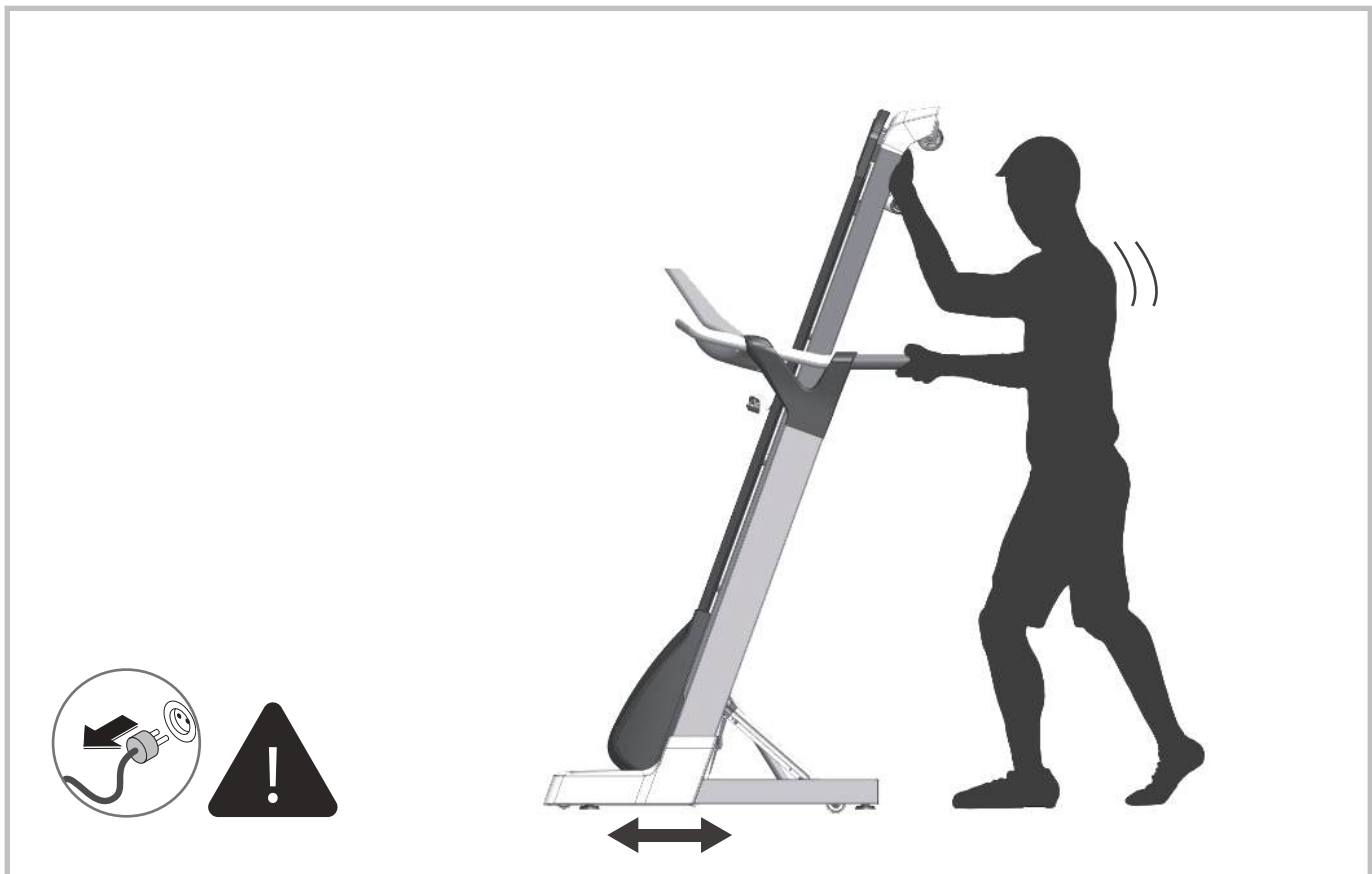
### Belt adjustment

- Adjust the belt while running it at a speed of about 6 km/h (if necessary, less). No person must be on the belt while adjusting it!
- If the belt moves to the right, carefully turn the right adjusting screw clockwise by max. a quarter of a rotation with the enclosed socket spanner. Operate the belt and check the course of the belt. Repeat this process until the belt runs straight away.
- If the belt moves to the left, carefully turn the right adjusting screw counter-clockwise by max. a quarter of a rotation with the enclosed socket spanner. Operate the belt and check the course of the belt. Repeat this process until the belt runs straight away.

#### **Belt straightening**

- Turn the adjusting screw to the right by max. one turn. Repeat this process on the other side. Check as to whether the continuous belt slips. If this is the case, repeat the described process once again.
- Be very careful when adjusting and straightening the belt. An extreme over-or under-tension may damage the running belt!

### III. Handling the Treadmill



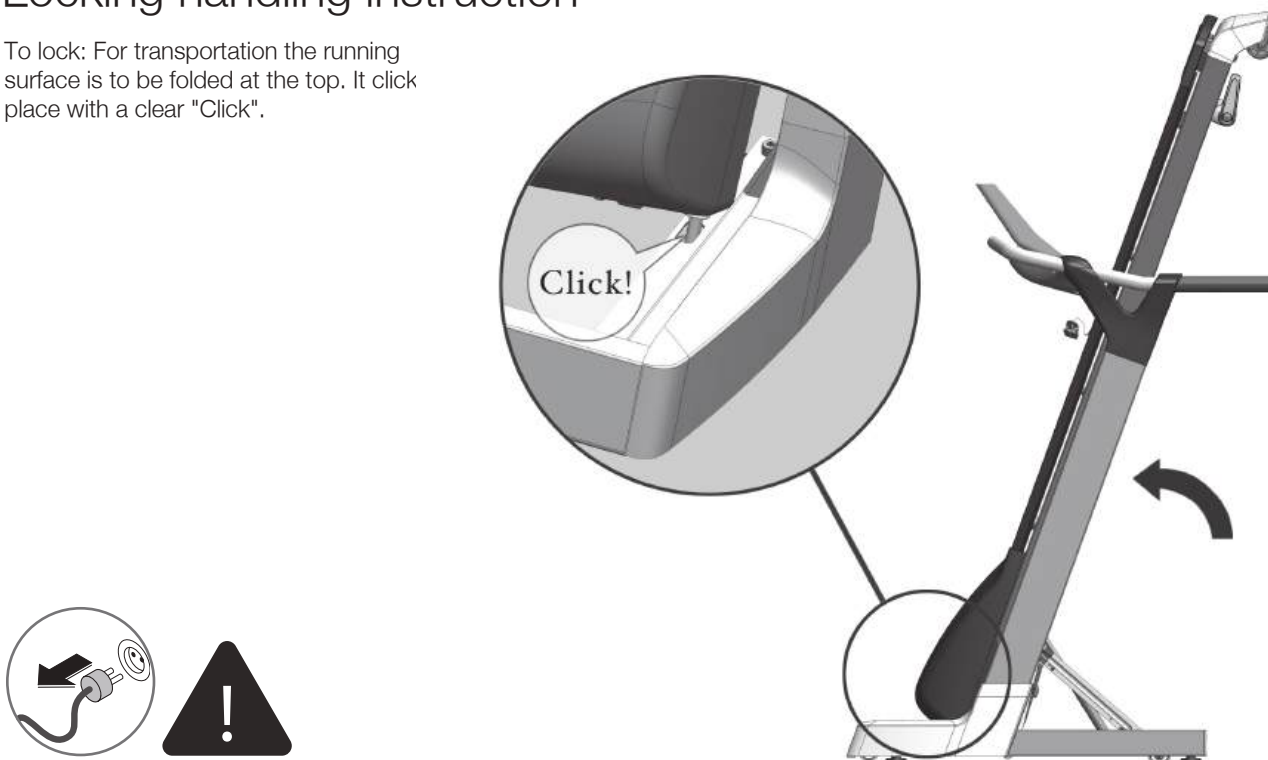
#### Moving the treadmill

**Warning!** The treadmill must only be folded for storage with the inclination set in its lowest position, as this could cause damage to the treadmill!

### III. Handling the Treadmill

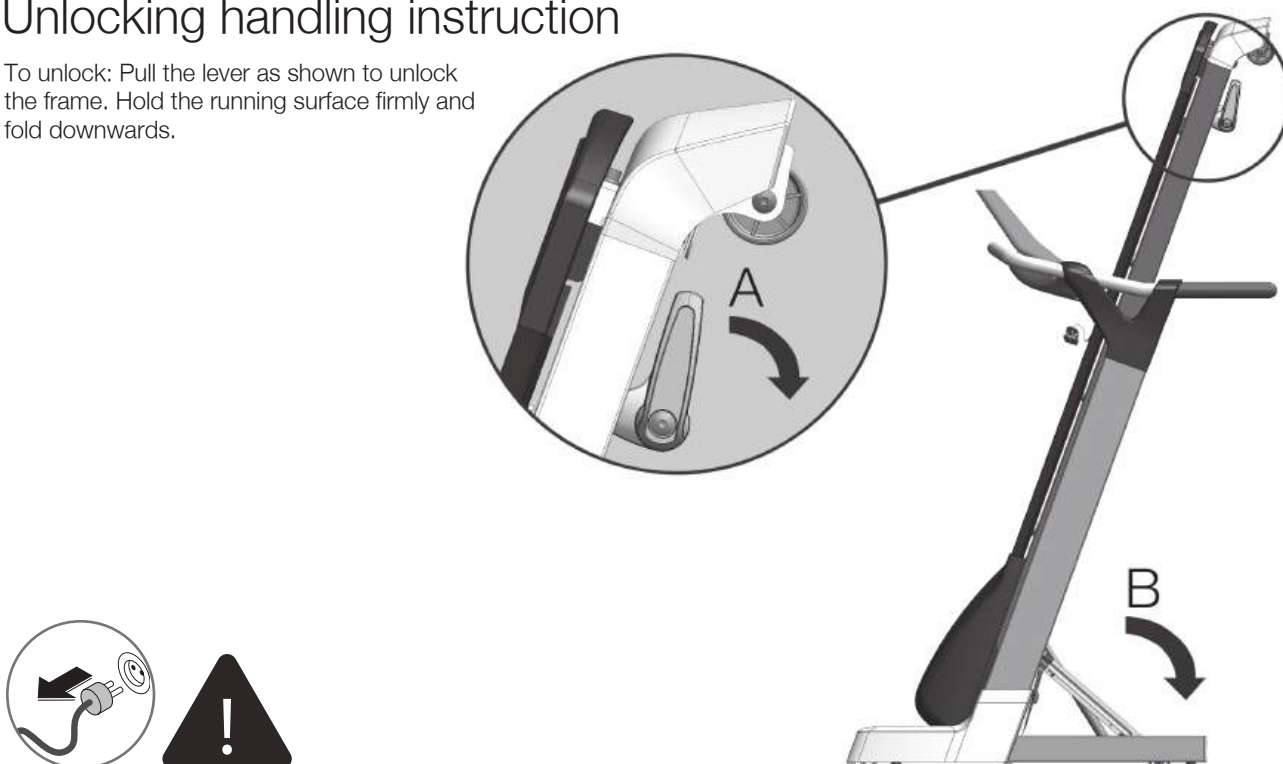
#### Locking handling instruction

To lock: For transportation the running surface is to be folded at the top. It click place with a clear "Click".



#### Unlocking handling instruction

To unlock: Pull the lever as shown to unlock the frame. Hold the running surface firmly and fold downwards.



## IV. Care and Maintenance

### Cleaning

- Remove dust on the treadmill with a vacuum or slightly damp cloth. Fold up the deck and cleaning the floor with a vacuum periodically will help to prolong the treadmill product life.
- NEVER use solvents on the deck or running belt. The use of solvents can reduce critical lubrication of the deck and belt.

### Running belt centering adjustment

- When you run or walk, you may push off harder with one foot than the other. This will cause the running belt to run off-centered. This treadmill is designed and built to ensure proper tracking of the belt is always centered on the deck. Occasionally the belt may need further adjustment to keep it centered. To center the belt, use the enclosed Allen wrench to adjust the rear roller position.

#### Procedure

1. DO NOT wear loose clothing, neckties or loose jewelry while making this adjustment.
  2. NEVER turn the bolt more than 1/4 turn at a time.
  3. Always tighten one side and loosen the other to prevent over tightening or over loosening the belt.
  4. Run the treadmill. Adjust belt while the treadmill is running at 4 Mi/H (6.4 Km/H) with no person on the belt.
- After making the adjustment, walk on the belt for five minutes to test. If necessary, repeat the procedure but never turn the bolts more than 1/4 turn at a time. Over tightening the belt can significantly shorten the belt life.

#### If the belt too far to the left side

1. Turn the left roller bolt 1/4 turn clockwise (tighten)
2. Turn the right roller bolt 1/4 turn counterclockwise (loosen)

#### If the belt too far to the right side

1. Turn the right roller bolt 1/4 turn clockwise (tighten)
2. Turn the left roller bolt 1/4 turn counterclockwise (loosen)

### Running belt tension adjustment

- If you plant your feet on the belt and feel a slipping sensation, then the belt has stretched and is slipping across the rollers. All belts will stretch over time. This is a normal and common adjustment on any treadmill. To eliminate this slipping, tension both Allen bolts on the rear roller 1/4 turn. Try the treadmill again to check for

slipping. Repeat if necessary, but never turn the roller bolts more than 1/4 turn at a time.

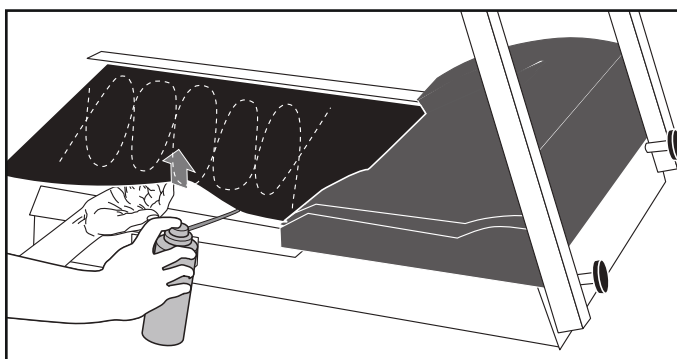
- If you have tensioned the running belt and are still experiencing a slipping sensation, call your dealer. Only an authorized dealer should perform tensioning of the drive belt.

### Lubricating the deck

- A well-lubricated deck will ensure high performance of your treadmill and reduce the level of normal wear and tear to important components. This treadmill has been pre-lubed at the factory. However, for optimal performance, the running deck may require periodic lubrication. With average usage (30 minute workout at 5-6 Km/H 3 times a week for two people) lubricate every six months. You may adjust the timing of the lubrication based on the intensity of the treadmill use level.
- To check the lubrication level, simply lift the running belt, and put your hand as far into the center of the belt as you can reach. If your hand shows signs of silicone, then it does not need additional lubrication. If the board feels dry and there is very little evidence of silicone on your hand, then additional lubrication should be added.

#### Procedure

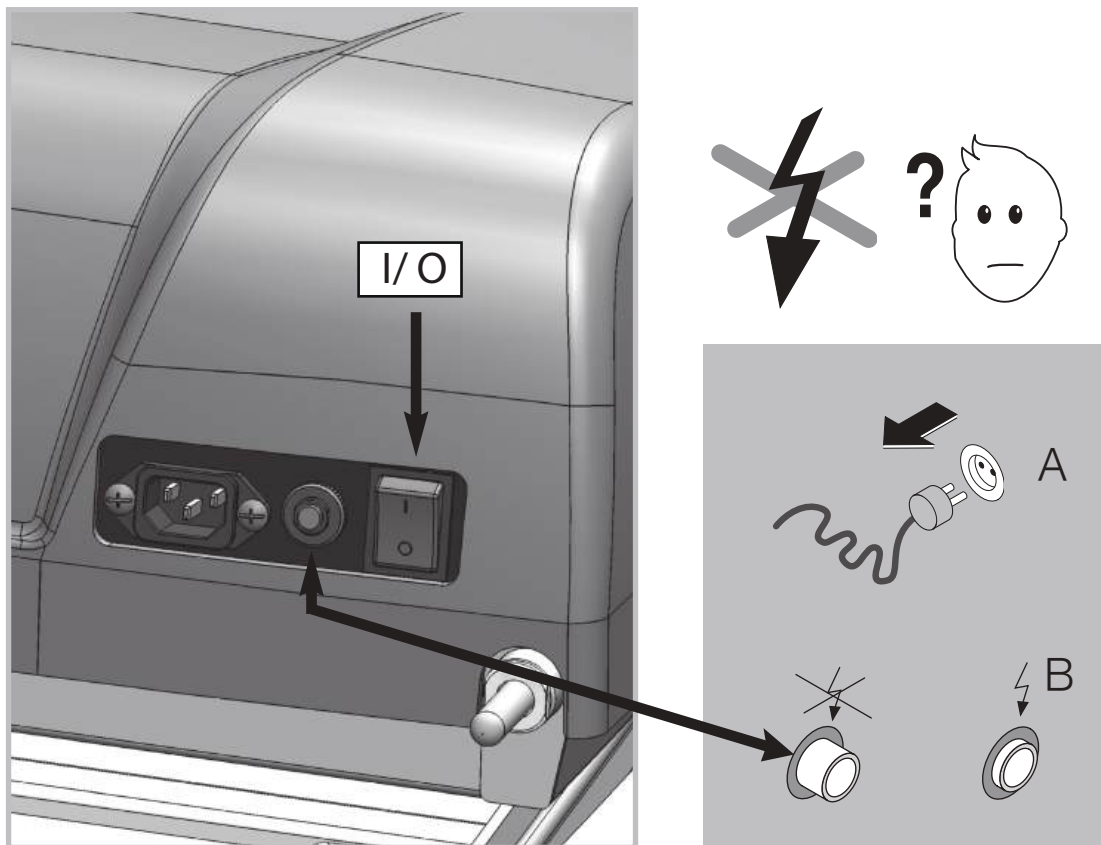
1. Stop running belt so that the seam is located on top and in the center of the deck.
2. Insert nozzle into spray head of lubricant can.
3. Lift running belt.
4. Position nozzle between the belt and the board approximately 200mm (8") from the front of the treadmill.
5. Apply the silicon from the front to the rear of the treadmill on each side of the treadmill. Try to reach the spray as far into the center of the running deck as possible. The spray time should be approximately four seconds for each side.
6. Spread the silicon by running the treadmill at 1 Km/H and step gently on the belt from left to right. Do that for a few minutes and allow the silicon to soak into the belt.
7. Wipe away any superfluous lubricant.





## IV. Care and Maintenance

### Fuse replacement



### Product label



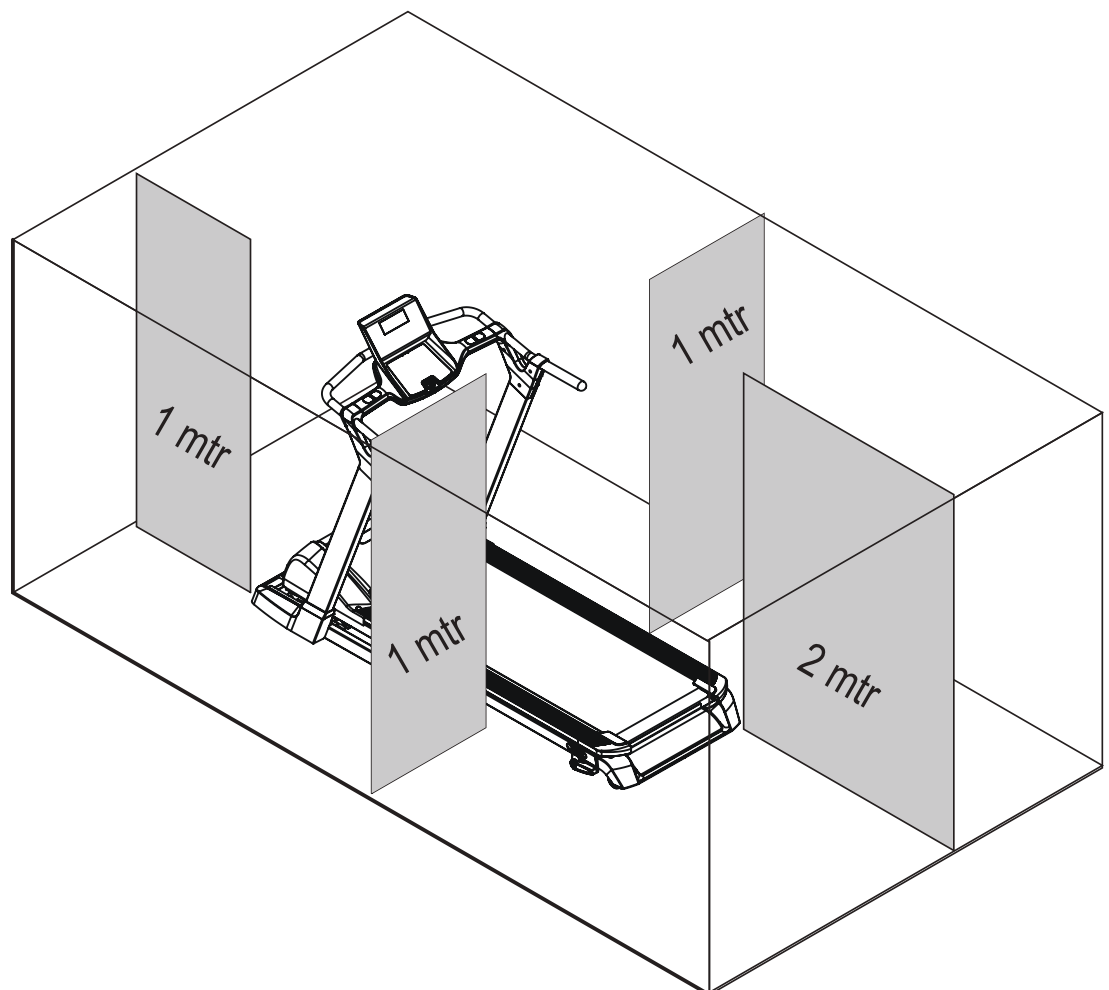
## V. Training Safety Guidelines

### For your safety

- To avoid injuries as a result of overstress or overload, the exercise device shall only be operated according to the instructions.
- Prior to the first commissioning and after approx. 6 operating days, check if the connections are mechanically secured.
- Regularly check the operability and the proper condition of the exercising device.
- The safety technical controls are part of the obligations of the owner and shall be implemented regularly and properly.
- The security level of the device can only be maintained if the device is regularly checked for wear and damages.
- Defective or damaged components shall be replaced immediately. Works on the electrical components shall only be implemented by qualified staff. Only use original spare parts.
- Until repair the device shall no longer be used.
- Please clarify with your general practitioner before you start the training, whether or not your health conditions allow you to train with this device. The medical result shall be the basis for the elaboration of your training program. Wrong or excessive training can lead to health impairments.
- The treadmill shall only be implemented for its intended purpose, i.e. the walking and running exercise of adults.
- Please consider the maximum user weight.
- Only exercise with attached security key.
- Start the first training units at low speed to make yourself familiar with the new motion sequences.
- When feeling insecure, grab hold of the handle bars, leave the treadmill over the side platforms and stop the belt.

### Training area

- Colours may vary with repeat orders and this does not constitute grounds for complaint.



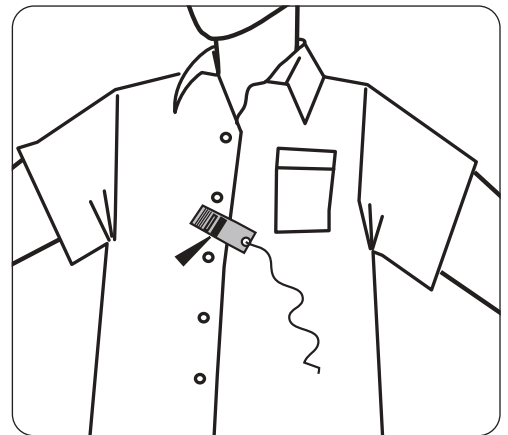
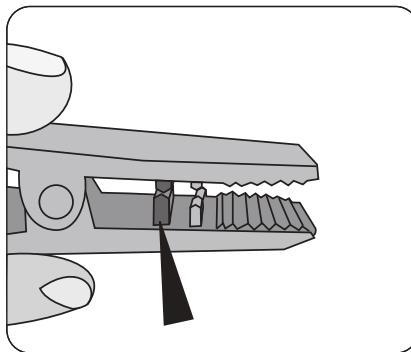
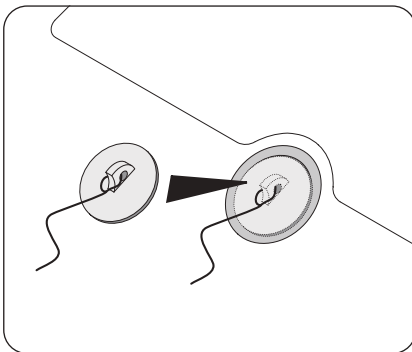
## V. Training Safety Guidelines

### Safety switch

- Prior to every training unit, insert the safety key into the safety switch and attach the string of the safety key to your clothes. Adapt the length of the string: When “stumbling” the safety switch shall be released.
- The safety switch was developed to immediately shut down the drives for the belt and the height adjustment in case you fall or for emergency situations. Only use the safety switch for emergency stops. To stop the treadmill during normal training in a safe, comfortable and proper way under normal conditions, use the STOP button.
- Check the safety switch prior to the begin of your exercises
- Position yourself on the side platforms and start the belt at normal speed. Remove the safety key from the safety switch. The belt must stop immediately. Afterwards reattach the safety key to the safety switch and the string to your clothes. When the belt is stopped, move backwards. The safety key must detach from the safety switch. However the string shall remain attached to the clothes. Afterwards reattach the safety key back to the safety switch.

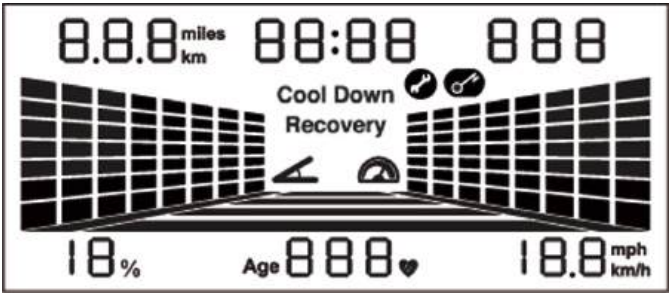
### Treadmill protection

- By removing the safety key an unauthorised use of the treadmill through third parties can be avoided. Please keep the safety key in a safe place and avoid children to get hold of the safety key.



# VI. Treadmill Display Overview

## Display



- Incline
- Speed
- Treadmill Maintenance
- Cool Down** “Run down”
- Recovery** Determination of the fitness mark
- Safety Switch
- pulse in bpm (beat per minute)
- Age** Age
- %** Incline in %
- miles km** Exercise distance in km or miles
- mph km/h** Speed in km/h or mph
- 888** Number of calories

## Display values

### During the programming

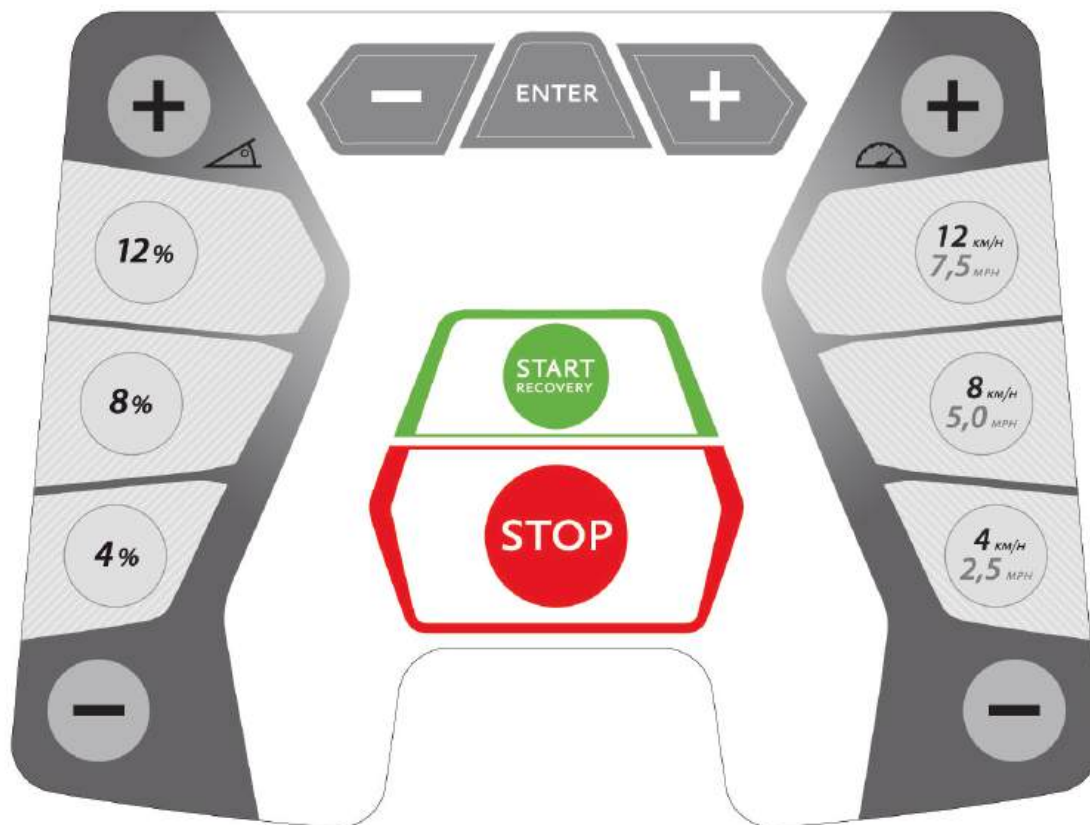
Display	Input Area	Resolution	Step Range
Age	10-99	XX	1
Time	10:00 ~ 99:00 min	XX:XX	01:00
Training Distance	1.0~50.0 km(metric), 0.6~30.0 miles(English)	XX.X	0.2
MAX. SPEED	Max: 16km/h(metric), 10mph(English)	XX.X	0.5
MAX. INCLINE	Max: 12%	XX	1
Target Pulse	70~210 bpm	XXX	1









### During the Training

Display	Display Area	Resolution	Step Range
Time	Normal: 00:00~99:59 until 99min 59sec, then 01:40~18:00 after 1h. 40 min	XX	1
Training Distance	0.00~9.99km(metric), 0.00~9.99mi(English) until 9.99(km/mi)	X:XX	0.01
	10.0~99.9km(metric), 10.0~99.9mi(English) from 10(km/mi)	XX.X	0.1
Kilocalories	0-999	XXX	1
Heart Rate	40-240 bmp	XXX	1
INCLINE	0~12.0 %	XX	1
SPEED	1.0~16.0km/h(metric), 0.6~10mph(English)	XX.X	0.1

# VII. Treadmill Keypad Overview

## Keypad



	ENTER	Confirmation of programs and values
	CURSOR (+) (-)	Selection of programs and values
	INCLINE (+) (-)	Incline Adjustment
	DIRECT INCLINE	Direct incline selection (4%, 8%, 12%)
	SPEED (+) (-)	Speed adjustment
	DIRECT SPEED 4/2.5; 8/5; 12/7.5	Direct speed selection
	START / RECOVERY	Starts the belt / starts the fitness mark calculation
	STOP	Stops the belt

# VII. Treadmill Keypad Overview

## Incline adjustment

- With the INCLINE button (+/-) the incline angle will be increased/decreased by 1%. Pressing and holding of this button leads to an automatic fast run through the values.
- Through the DIRECT INCLINE buttons 4%, 8%, 12% for the incline you can directly adjust the incline.
- Due to safety reasons the incline angle can only be adjusted manually. Exceptions to this are the programs with incline profiles and the HRC programs (heart rate control programs), the incline angle is automatically adjusted.

## Speed adjustment

- With the SPEED button (+/-) the speed can be increased/decreased during the training by 0.1 km/h (mph). Pressing and holding of this button leads to an automatic fast run through the values.
- With the DIRECT SPEED buttons (4.0km/h / 2.5mph), (8.0km/h / 5.0mph) and (12km/h / 7.5mph) for the speed you can directly adjust the speed setting.

## Program selection

- After starting or after the completion of a program you can select a program by using the CURSOR buttons and the ENTER button for confirmation. You can choose between 6 programs with sub-programs.

## Profile segments

- When selecting the program (prior to the start of the training), the profiles for incline and speed will be graphically presented. The incline profiles will be shown in the left half of the display and the speed profiles in the right half. During the training the incline values will be shown on the left and the speed values on the right, scaled on the existing segments. This might lead to a falsification of the profiles in the presentation. The current position of the user is blinking.

## Recovery

- If the pulse signal is taken during the training, start a recovery pulse measurement at the end of the training by pressing the RECOVERY button. The belt of the treadmill will be stopped. The training heart rate and one minute later the recovery pulse will be measured and a fitness mark will be determined. With the same training, the improvement of this mark gives a measure for the increase of your fitness level.
- The display of the training distance will show the training heart rate P1 and the calorie display will show the recovery pulse P2. After approx. 16 seconds the display changes into the pause mode. The fitness mark will be shown in the speed display at the bottom right.

### Calculation of the Fitness Mark

$$\text{Mark} = 6 - \left( \frac{(1.0 \times (P1 - P2))^2}{P1} \right)$$

P1 = Training rate pulse,

P2 = Recovery pulse

1.0 = Very good

F6.0 = Insufficient

## Stand-by

- Power consumption during stand-by mode < 0.5 watt.
- If the stand-by button is pushed during standstill or a time

defined in the system changeover runs out, the treadmill goes in standby mode. The treadmill can be reactivated by pressing the stand-by button.

## Pause

- If the STOP button will be pressed during the training the program will be interrupted and the pause mode will be activated. Only the START and the STOP buttons are working during the pause.
- If the START button is pressed during the pause mode, the treadmill starts again and reassumes the speed activated prior to the pause. The training values will be continued and the count will be resumed from the point of interruption.
- If no button will be pressed for three minutes during the pause mode or the STOP button will be pressed, the program ends and the training statistics will be shown.
- If you want to skip the statistics just press the STOP button.

## Calorie calculation

- The calculation of the calories is a reference value. This value is shown in the top right corner of the display. The calculated value does not claim to be a medical reference.

## Pulse reception

- The treadmill is equipped with hand pulse detection. To guarantee a good hand pulse detection both hand pulse sensors shall be firmly and entirely covered by the hands without moving the hands. Movements of the hands can lead to interferences. The pulse display requires approx. 5 to 15 seconds to show your current pulse.
- The treadmill also comprises an in-built POLAR compatible heart rate receiver. To be able to use the wireless pulse system you need to wear a chest strap for the transmission of the heart rate. The chest strap for the transmission of the heart rate is not included in the scope of supply of this treadmill.
- Please remember that some materials used in your clothes (e.g. polyester, polyamide) can cause electrostatic charging and possibly prevent an accurate heart rate measurement. Please also consider that mobile phones, televisions and other electrical devices that create an electromagnetic field around them, might also cause problems with the measurement of the heart rate.

## Symbol – Treadmill maintenance

- If the symbol of the treadmill maintenance is shown, maintain the treadmill as described in the assembly instructions.

## Error messages

- During the operation, different messages will be shown in the display in case of an error of the control. Error messages can be reversed by switching off and restarting the power supply. If the error message remains, contact customer support.

# VIII. Operating the Treadmill

## Basic operation

### SWITCH ON

- First switch on the device. The ON/OFF button for the treadmill is located next to the power supply cable on the front, underneath the motor cover. Move the switch in the ON-Position.

### SAFETY KEY

- Check the function of the safety key prior to every training. Attach the safety key to the safety switch and the string to your clothes. If the safety key is not inserted in the safety switch the symbol of the safety switch will be shown in the display.

### START OF TRAINING

- For stepping on and off the treadmill always hold tight to the hand rails.
- Prior to the commencement of the training step on the side platforms of the treadmill. Never start the device when standing on the belt. Start your training with a low speed and later increase the speed and the incline angle. Try to always run as centred as possible on the belt.
- During the training your head and your body shall always point to the front. Never try to turn on the treadmill, while the belt is still moving.

### Manual Program

- After switching on the device and inserting the safety key, press the START button. The treadmill will be started after 3 seconds with a speed of 1.0km/h (0.6mph).
- You can increase / decrease the speed or the incline at any time during the training. To stop the training, simply press the STOP button.
- When manually starting the training the display of the training distance and training time will increase. The manual program is a training without temporal limit. The training program cannot be saved at the end of the workout.

1. Switch on the device.
2. Attach the safety key to the treadmill and the clip to the clothes of the user.
3. Press the START button to start the training.

## Program selection

- The user has the choice to select between two different programs.

The following programs are available:

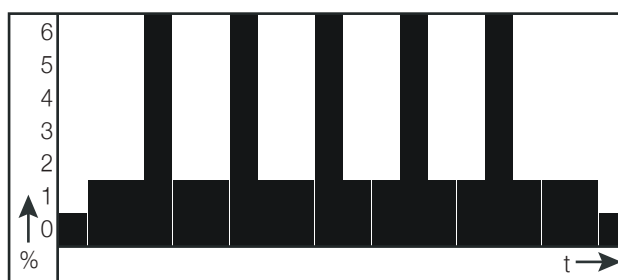
- P1: Incline Program with 3 different profiles
- P2: Speed Program: with 3 different profiles
- P3: Calorie Program
- P4: Distance Program
- P5: HRC Incline Program
- P6: HRC Speed Program

- After the selection of the program the user can add some details. The predefined value is blinking and indicates that this value could be confirmed or changed. As soon as you entered and confirmed your values you can start with the training on the treadmill.

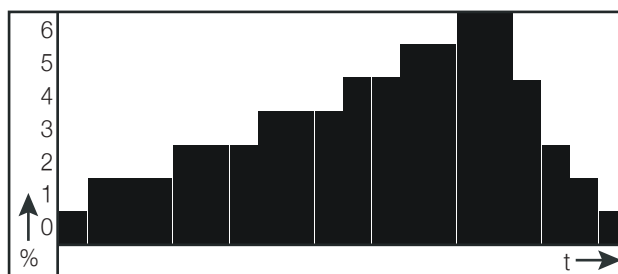
### P1 : INCLINE PROGRAM WITH 3 DIFFERENT PROFILES

- In the “P1: Incline Program” you can choose between three preset profiles. You can increase / decrease the speed or the incline at any time during the training. The time setting in the display will decrease and the distance covered will increase.

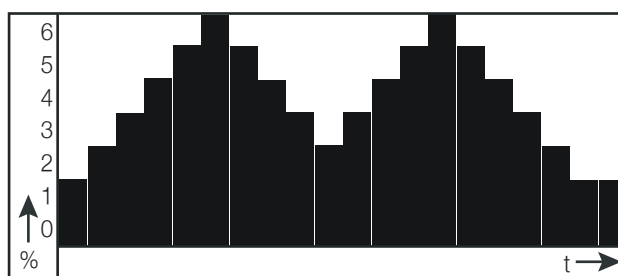
1. Switch on the device.
2. Attach the safety key to the treadmill and the clip to the clothes of the user.
3. Select the “P1 : Incline Program” with the cursor buttons and confirm with Enter
4. Confirm (Enter) or change (Cursors buttons) the time input
5. Select a profile (cursor buttons) and confirm with Enter
6. Confirm (Enter) or change (Cursors buttons) the maximum incline
7. Confirm with Enter to begin the training.
8. The training can be interrupted at any time by pressing the STOP button. A restart of the training is possible during the first 3 minutes.



P1: Incline Profile 1



P1: Incline Profile 2



P1: Incline Profile 3

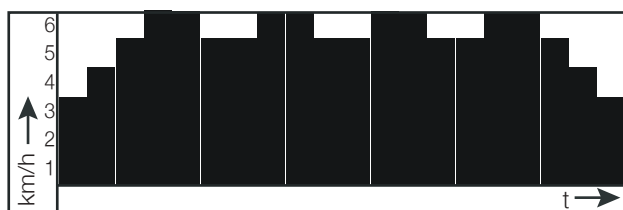


# VIII. Operating the Treadmill

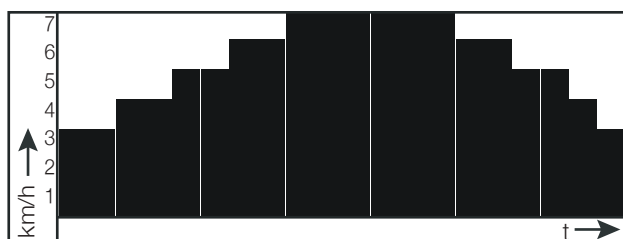
## P2: SPEED PROGRAM: WITH 3 DIFFERENT PROFILES

- In the “P2: Speed Program” you can choose between three preset profiles. You can increase / decrease the speed or the incline at any time during the training. The time setting in the display will decrease and the distance covered will increase.

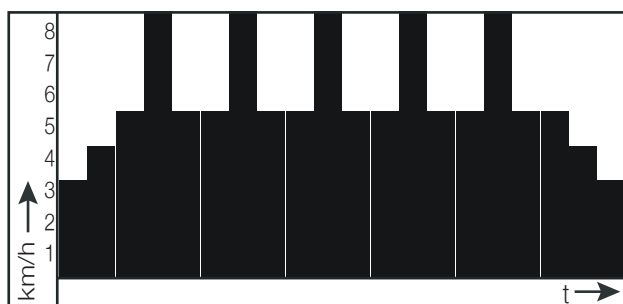
1. Switch on the device.
2. Attach the safety key to the treadmill and the clip to the clothes of the user.
3. Select the “P2 : Speed Program” with the cursor buttons and confirm with Enter
4. Confirm (Enter) or change (Cursors buttons) the time input
5. Select a profile (cursor buttons) and confirm with Enter
6. Confirm (Enter) or change (Cursors buttons) the maximum speed
7. Confirm with Enter to begin the training.
8. The training can be interrupted at any time by pressing the STOP button. A restart of the training is possible during the first 3 minutes.



P2: Speed Profile 1



P2: Speed Profile 2



P2: Speed Profile 3

## P3: CALORIE PROGRAM

- You can increase / decrease the speed or the incline at any time during the training of this program. It is useful for maximised fat burning. The calorie amount will be shown in the top right corner of the display and will decrease.
1. Switch on the device.
  2. Attach the safety key to the treadmill and the clip to the clothes of the user.
  3. Select the “P3: Calorie Program” with the cursor buttons and confirm with Enter
  4. Confirm (Enter) or change (Cursors buttons) the calorie target
  5. Confirm with Enter to begin the training.
  6. The training can be interrupted at any time by pressing the STOP button. A restart of the training is possible during the first 3 minutes.
  7. A COOL DOWN (run down) of 4 minutes is started at the end of the program (can be interrupted by pressing the STOP button)

## P4: DISTANCE PROGRAM

- You can increase / decrease the speed or the incline at any time during the training of this program. This training distance target is shown in the display decreases.
1. Switch on the device.
  2. Attach the safety key to the treadmill and the clip to the clothes of the user.
  3. Select the “P4: Distance Program” with the cursor buttons and confirm with Enter
  4. Confirm (Enter) or change (Cursors buttons) the training distance target
  5. Confirm with Enter to begin the training.
  6. The training can be interrupted at any time by pressing the STOP button. A restart of the training is possible during the first 3 minutes.
  7. A COOL DOWN (run down) of 4 minutes is started at the end of the program (can be interrupted by pressing the STOP button)

# VIII. Operating the Treadmill

## P5: HRC INCLINE PROGRAM

- The user can individually adjust the program based on their maximum target pulse. The treadmill automatically adjusts the incline during the training to reach and maintain a certain target heart rate of the user. During the training the user can manually chance the speed and incline of the treadmill.

**The user needs to wear a chest strap to be able to use the heart rate control programs.**

1. Switch on the device.
2. Attach the safety key to the treadmill and the clip to the clothes of the user.
3. Select the "P5: HRC Incline Program" with the cursor buttons and confirm with Enter
4. Confirm (Enter) or change (Cursors buttons) the age input
5. Confirm (Enter) or change (Cursors buttons) the time input
6. Confirm (Enter) or change (Cursors buttons) the maximum target pulse
7. Confirm with Enter to begin the training.
8. The training can be interrupted at any time by pressing the STOP button. A restart of the training is possible during the first 3 minutes.



P5: Pulse Profile

## P6: HRC SPEED PROGRAM

- The user can individually adjust the program based on his maximum target pulse. The treadmill automatically adjusts the speed during the training to reach and maintain a certain target heart rate of the user. During the training the user can manually chance the speed and incline of the treadmill.

**The user needs to wear a chest strap to be able to use the heart rate control programs.**

1. Switch on the device.
2. Attach the safety key to the treadmill and the clip to the clothes of the user.
3. Select the "P6: HRC Speed Program" with the cursor buttons and confirm with Enter
4. Confirm (Enter) or change (Cursors buttons) the age input
5. Confirm (Enter) or change (Cursors buttons) the time input
6. Confirm (Enter) or change (Cursors buttons) the maximum target pulse
7. Confirm with Enter to begin the training.
8. The training can be interrupted at any time by pressing the STOP button. A restart of the training is possible during the first 3 minutes.



P6: Pulse Profile

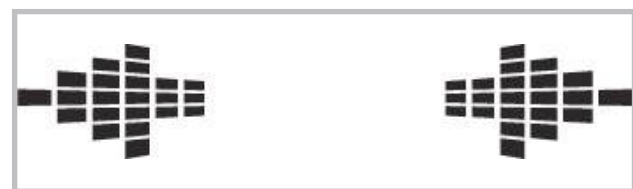
### Note for Heart Control Programs:

**If the heart rate is not detected, due to safety reasons the speed will be limited to 1km/h(metric), 0.6MPH(English).**

# VIII. Operating the Treadmill

## System changeover

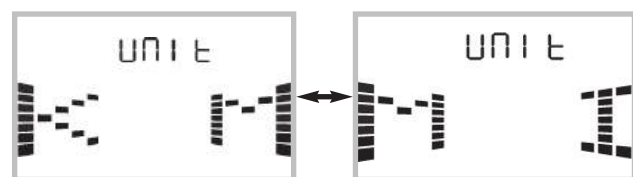
- The menu items for Unit (metric/English), LCD and Controller Version, Total Running Time, Total Running Performance, Buzzer (ON/OFF) and Stand-by Time can be adjusted individually. The LCD and Controller Version, Total Running Time and Total Running Performance can only be read but not edited.
- To be able to carry out a system changeover you must be in the program selection mode.



- Press the SPEED button (-) for at least 2 sec. to enter the system changeover menu.
- You can leave the adjustment mode without any changes at any time by using the STOP button.
- You can navigate through further menu points by pressing the buttons SPEED (-) or SPEED (+).

1) Change between the metrical and the English System

The display shows "UNIT".

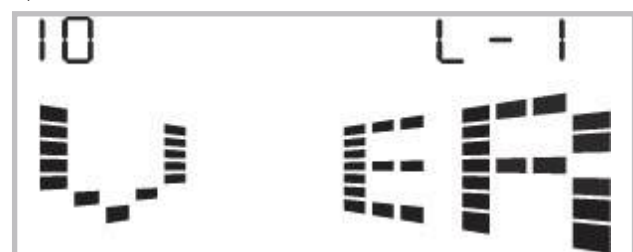


Press START to change between KM and MI.

Press STOP to confirm and leave the menu.

**Die unit of measurement for speed and distance will be changed correspondingly.**

2) Read LCD and Controller Version.



3) Reading the total running time in hours.



4) Reading the total running performance (km or miles))

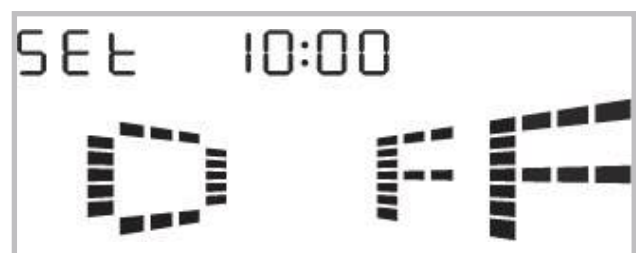


5) Switch buzzer on/off.



Simply press START to turn the buzzer on or off. The display then changes in the program selection mode.

6) Adjust time for stand-by



Press START and adjust the switch off time by using the buttons Speed (+) or Speed (-).

Pressing START again will confirm the value.

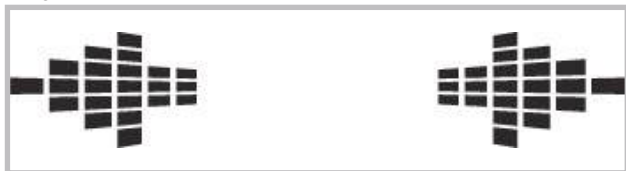
## VIII. Operating the Treadmill

### Summary of the messages/notes in the LCD-display

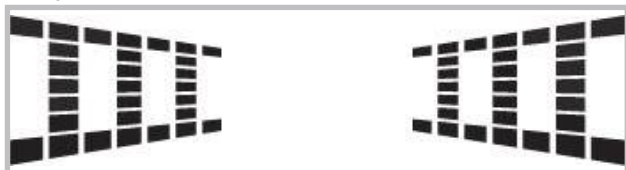
Switch on



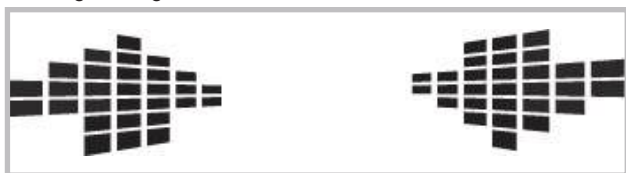
Program selection



Ready



Warning Message



Training Pause



Training Stop



Note: Device turns into stand-by



Calibration of the incline required (please contact customer support)



Treadmill needs immediate service



Safety key not inserted



# IX. Training Instruction

## Training directions

- Running is a very efficient form of fitness training. With the treadmill, you can go through controlled and regulated running exercises at home, no matter what the weather is like outside. The treadmill is suitable not only for jogging, but also for walking exercise. Before you start training, you should read the following notes!

## Planning and controlling your running training

- The basis for planning your training is your current physical fitness. With an endurance test, your physician can diagnose your personal capability, upon which you will base your training plan. If you have not had an endurance test, you must at any rate avoid high training loads or overload.
- You should remember the following principle for the training plan: Endurance training is regulated both by the extent of the load and the amount / intensity of the load.

## Guidelines for endurance training

### Load intensity

- The load intensity during running training is preferably monitored by your heart's pulse rate.

### Maximum pulse

- Maximum load is the term used when the individual maximum heart rate has been reached. The maximum reachable heart rate depends on age.
- The rule of thumb here is: the maximum heart rate per minute equals 220 beats minus your age.

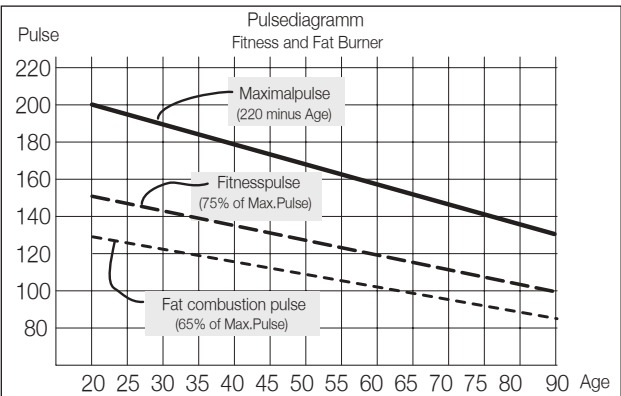
Example: age 50 years > 220 -50 = 170 beats/min.

### Load pulse

- The optimum load intensity is reached at 65 – 75% of the individual cardiovascular performance (see diagram).

65% = aim of training is to burn fat

75% = aim of training is to improve fitness



This value changes depending on age.

- The intensity during training is regulated with the treadmill firstly by running speed and secondly by the incline angle of the tread. The physical load increases at higher speeds. It also increases if the incline angle is increased. If you are a beginner, avoid too high a running pace or training with the tread inclined too steeply, otherwise you could quickly exceed the recommended heart rate range. You should set your individual running pace and incline angle when training on the treadmill such that you reach your optimum heart rate according to the indications above. While running, monitor whether you are training within your intensity range by your heart rate.

### Extent of load

- Duration of one training unit and number of units per week: The optimum extent of load is reached when 65 – 75% of the individual cardiovascular performance is reached over a long period.

### Rule of thumb

Training frequency	Duration of training
daily	10 minutes
2–3 times a week	20–30 minutes
1–2 times a week	30–60 minutes

- Beginners should not begin with training units of 30 – 60 minutes. Beginner training can be arranged in intervals for the first 4 weeks:

Training frequency	Extent of training session
1st week	
3 times a week	2 minutes of training
	Break of 1 minute for physical exercises
	2 minutes of training
	Break of 1 minute for physical exercises
2nd week	
3 times a week	3 minutes of training
	Break of 1 minute for physical exercises
	3 minutes of training
	Break of 1 minute for physical exercises
3rd week	
3 times a week	4 minutes of training
	Break of 1 minute for physical exercises
	4 minutes of training
	Break of 1 minute for physical exercises
4th week	
3 times a week	5 minutes of training
	Break of 1 minute for physical exercises
	4 minutes of training
	Break of 1 minute for physical exercises

## IX. Training Instruction

### Warm-up

- At the beginning of every training unit, you should do 3 – 5 minutes of warm up running, slowly increasing the load in order get your cardiovascular system and musculature going.

### Cool-down

- Just as important is the so-called cool-down. After every training session, you should continue to run slowly for about 2 – 3 minutes.
- The load for your further endurance training should generally be increased first by the extent of the load, e.g. instead of 10 minutes daily, do 20 minutes or instead of once weekly, train twice or three times a week. Beside the individual planning of your endurance training, you can fall back on the training programs integrated into the training computer on the treadmill. You can determine whether your training has achieved the desired result after some weeks as follows:
  1. You manage a certain endurance level at lower cardiovascular performance than before.
  2. You maintain a certain endurance level with the same cardiovascular performance over a long time.
  3. You recover more quickly from a certain cardiovascular performance level than before.

#### Notes on pulse measurement by hand pulse

A minute current created by the contraction of the heart is recorded by the hand sensors and analysed by the electronics

- Always cover the contact areas completely with both hands
- Avoid clasping jerkily
- Hold your hands calmly and avoid contraction and rubbing on the contact areas.

### Special training directions

The sequence of running exercises should be familiar to everyone. Nevertheless, there are certain points that should be observed when running:

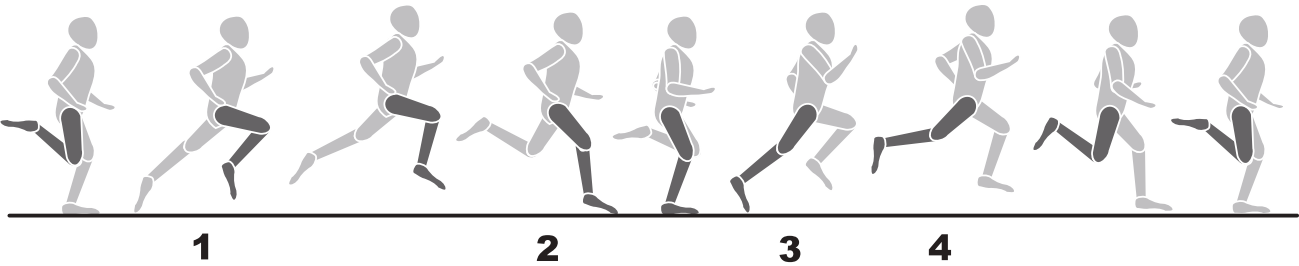
- Always make sure the structure and condition of the unit are correct before training.
- Only get on and off the unit when it is at a complete still position and hold the hand grips to do so.
- Fasten the cord of the safety tread-stop key to your clothing before starting the treadmill.
- Train with the proper running or sports shoes.
- Running on a treadmill is different from running on normal ground. Therefore, you should prepare yourself for the running training with slow walking on the treadmill.
- Hold firmly onto the handlebars during your first training units in order to avoid uncontrolled movements that could lead to a fall. This applies especially to operating the computer while running.
- Beginners should not adjust the incline of the tread to too high a position, in order to avoid overload.
- Run in as even a rhythm as possible.
- Only train in the middle of the tread.

# X. Biomechanics

## Form of training and execution of movement

- On the treadmill the most different forms of training can be executed, from walking to running to sprinting. The execution of movement of walking, running and sprinting is divided into four phases:

Phase	Beginning	End	Hints / description of movement
Front swing phase	Support leg under the body's centre of gravity	Touching the ground with the foot	Here the knee is maximally lifted and the leg is mainly swung forwards. When touching the ground with the foot the lower extremities will be cushioned within a period of 10 - 20ms by a passive deceleration movement.
Front support phase	Touching the ground with the foot	Vertical posture	Touching the ground with the foot causes forces which are 2 to 3 times higher than the body weight. Therefore you should make sure to wear the suitable shoes in order to adequately absorb the arising forces and guarantee a healthy pronation of the foot.
Rear support phase	Vertical posture	Pushing off from the ground with the foot	In the final phase the foot is straight and pushed off from the ground via the first toe
Rear swing phase	Pushing off from the ground with the foot	Vertical posture	



## Running styles

The motion sequences while running cannot be standardised and therefore the choice of the economic running style is very individual and significantly depends on the running speed and the physical constitution. One distinguishes between different types of touchdown of the heel.

- Touchdown of the front foot: Initial floor contact starts with the front foot. The knee is slightly bended when the foot hits the ground and therefore a major part of the arising forces is cushioned via the muscular system.
- Touchdown of the rear foot: Initial floor contact starts with the heel. The knee is almost stretched when the heel hits the ground and the movement is cushioned by the passive locomotor system and the shoes.
- Touchdown of the midfoot: Initial contact with the ground via the midfoot. Combination from touchdown of front and rear foot.

- It is a fact that an economisation of the running technique prevents early fatigue and injuries and that the biomechanical requirements during running and the occurring forces depend on the following points:

- Running speed
- Floor conditions / route profile
- Physical constitution
- Running technique
- Shoes
- Statics of the lower extremities



## X. Biomechanics

### Pronation of the foot

- The pronation describes the natural cushioning of the foot for absorbing the impact. The pronation of the foot can be different depending on the type of runner. One distinguishes between normal pronation, overpronation and supination.
- For a runner with a normal pronation a running shoe should always support the natural pronation movement, however without limiting it due to stability technologies. Mainly the overpronation or the supination are a big problem for runners and can lead to diverse injuries. However, suitable running shoes can balance individual malpositions or problems.

SUPINATION      NORMAL      OVERPRONATION

