TREADMILL
USER MANUAL V.3

TABLE OF CONTENTS

GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER-Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product- if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

- The appliance must be positioned so that the plug is accessible.
- If the power cord is damaged; it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a safety hazard.

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using the Treadmill.

DANGER - To reduce the risk of electric shock:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
3. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacture.
4. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Call service for examination and repair.
5. Keep the cord away from heated surfaces.
6. Never drop or insert any object into any opening.
7. Do not use outdoors.

8. To disconnect, turn all controls to the off position, than remove plug from outlet.

9. Connect this appliance to a properly grounded outlet only. See Grounding Instructions.

10. <u>Never</u> Tie off Safety Cord, as this will bypass the SAFE use, could cause a choking hazard for children, and / or present other unsafe use of product. Remove and store safety cord and plug after use. Keep out of reach of children.

11. The appliance is not to be used by children or persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction.

12. Children being supervised not to play with the appliance.

13. WARNING:

    REMOVE CONTROL BOX (OR KEY, OR SAFETY PIN) WHEN NOT IN USE AND STORE OUT OF REACH OF CHILDREN.

    AVERTISSEMENT:

    RETIRER LA CLÉ DE SÉCURITÉ QUAND L´APPAREIL N´EST PAS EN SERVICE, ET LA PLACER HORS D´ATTEINTE DES ENFANTS.

14. CAUTION:

    RISK OF INJURY TO PERSONS – TO AVOID INJURY, USE EXTREME CAUTION WHEN STEPPING ONTO OR OFF OF A MOVING BELT.

    READ INSTRUCTION MANUAL BEFORE USING.

15. For commercial use.

PRUDENCE:

RISQUE DE BLESSURES - POUR ÉVITER LES BLESSURES, FAIRE PREUVE DE PRUDENCE EXTRÊME LORSQUE L'INTENSIFICATION DANS OU HORS D'UN TAPIS ROULANT. LIRE LES INSTRUCTIONS MANUEL AVANT D'UTILISER

15. CAUTION:

To Reduce The Risk Of Injury From Moving Parts - Unplug Before Servicing.

ATTENTION: Pour réduire les risques de blessures des pièces en mouvement - Débranchez avant tout entretien.

16. WARNING:

To Reduce the Risk of Electric Shock – Unplug Before Cleaning or Servicing.

AVERTISSEMENT - Pour réduire le risque de choc électrique - le débrancher avant de nettoyer ou de réparer.

SAVE THESE INSTRUCTIONS

Figure Grounding methods

GROUNDED OUTLET

GROUNDING PIN
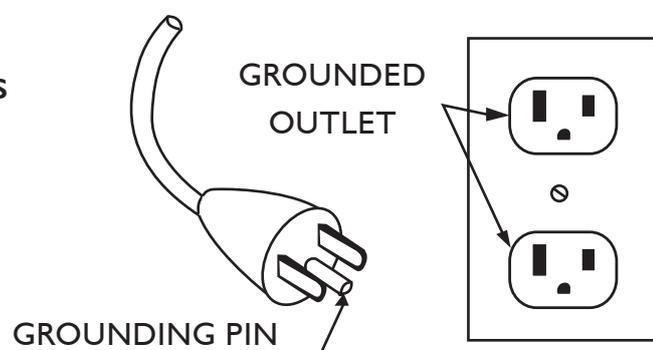
Note: Illustration is for Example purposes only. Your Treadmill plug and required outlet may look different. DO NOT MODIFY plug that comes with treadmill.

INSTALLATION

ELECTRICAL REQUIREMENT

Your **STEELFLEX** treadmill is intended for use in the country to which it was shipped. Electrical supplies outside of this country may differ and may not be compatible with the product. Please consult Customer Support before using the treadmill in a different country.

LOCATION

When choosing a location for the treadmill, pick a location that is unobstructed. The treadmill must have the following clearance.
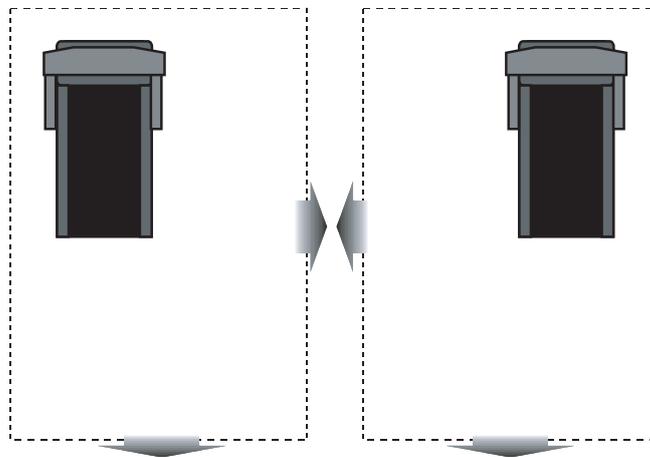
- Non-entry side of treadmill - Minimum of 8 inches (20cm)

- Entry side of treadmill - Minimum of 36" (90cm)

- Front of the treadmill - Minimum of 12 inches (30cm)

- Behind treadmill - Minimum of 6 feet (180cm)

These spacing requirements are mandatory for the safe use of the treadmill. If an accident should occur, you must have sufficient space to move away from the treadmill.

GROUNDING INSTRUCTIONS

The treadmill must be properly grounded prior to use. Proper grounding reduces the risk of shock or damage to the treadmill. The power cord's plug is equipped with a grounding conductor that must be used with an electrical outlet installed in accordance to all local codes and ordinances. DO NOT use a temporary adapter that bypasses this function. This will stop the safety equipment from functioning properly and may void your warranty.

DO NOT MODIFY the plug provided with this product. If it will not fit an electrical outlet, have a proper outlet installed by a qualified electrician.

LEVELER LEGS

After finding a location that is suitable for the treadmill, the rear legs must be adjusted to provide stable support. Located on the side of each leg is a thumb-wheel that will allow you to lower or raise the leg until it is properly seated on the floor.

DO NOT adjust legs while the treadmill is on. Turn the power switch to the OFF position before adjustment.
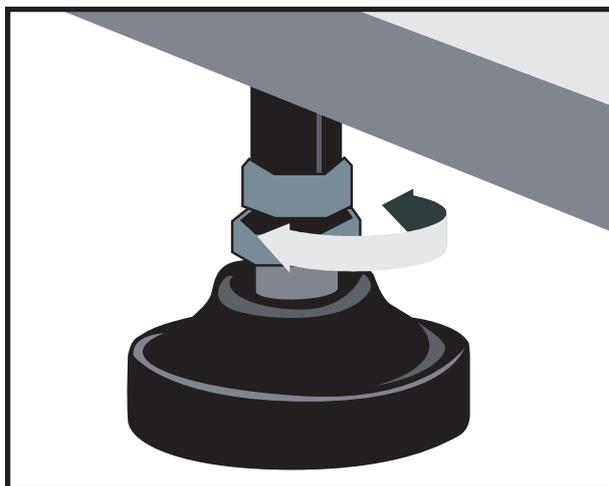
POWER SWITCH

The power switch is located on the side of the treadmill near the power cord. The power switch has two positions - ON and OFF. The display console will beep when the treadmill is plugged in and the power switch is pressed ON.
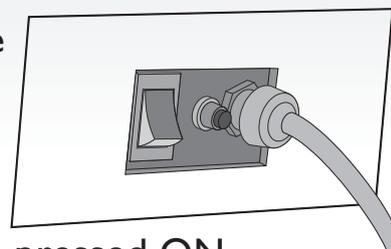
CIRCUIT BREAKER RESET

The circuit breaker is located next to the power switch. If there should be an electrical overload due to a surge in electricity or other situation, the circuit breaker will disconnect and attempt to prevent any damage from occurring to the treadmill.
If the treadmill suddenly stops with no lights visible nor beep heard, the circuit breaker may need to be reset. To reset the circuit breaker press the button firmly. The display console should restart and a beep should be heard.

CAUTION

Feel the power cord with your hands.If the power cord is warm to the touch a problem may exist with the electrical outlet in which the treadmill is plugged. It may be necessary to plug the treadmill into a different outlet.

POWER CORD

The power cord of the treadmill must be plugged into a properly grounded electrical outlet. Locate the power cord so it will not come in contact with the wheels of the treadmills during operation. This may cause the power cord to become pinched or damaged . Damage to the power cord could result in a fire hazard or cause personal injury through electrical shock.

Display instruction

The display of your CT1 is used to operate the unit. It includes information windows, matrix window and button location.
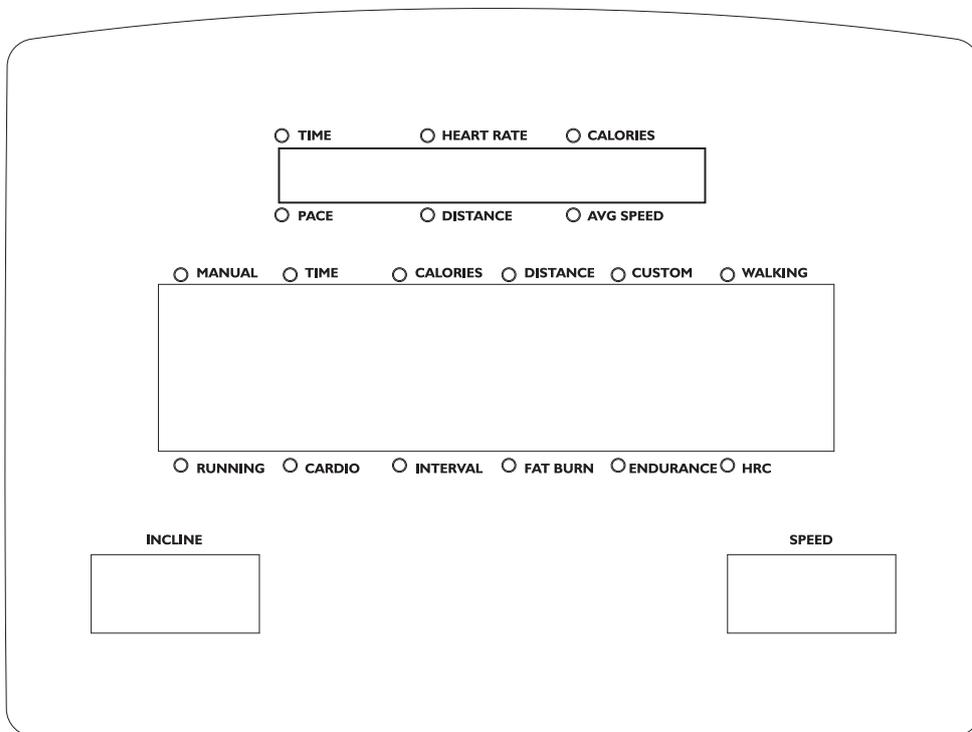
	Label
TIME	HEART RATE	CALORIES
PACE	DISTANCE	AVG SPEED

Information Window

MANUAL TIME CALORIES DISTANCE CUSTOM WALKING

Matrix Window

RUNNING CARDIO INTERVAL FAT BURN ENDURANCE HRC

INCLINE

SPEED

Information Window

Button Location

6 7 8 9 10   SHIFT DISPLAY   6 7 8 9 10

2 3 4 5   COOL DOWN   ENTER   2 3 4 5

INCLINE   STOP   START   + SPEED −
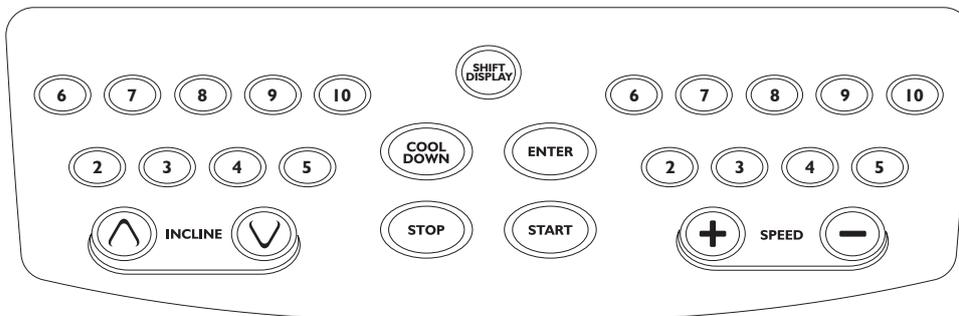
INFORMATION WINDOW

The information windows provide two different types of information: program directions and user information data. Program directions will be explained with programs later. User information data includes:

User information Data	Description
TIME	Indicates time in minutes and seconds (mm:ss).
HEART RATE	Indicates heart rate , beats per minute during your workout. (Only displayed if you are using contact heart rate bar or chest belt.)
CALORIES	Indicates accumulated calories burned during your workout.
PACE	Indicates time required per mile or kilometer.
DISTANCE	Indicates exercising distance of your workout.
AVG SPEED	Indicates average speed of your workout.
INCLINE	Indicates current incline of your workout.
SPEED	Indicates speed of your workout. (Either miles or kilometers.)

Matrix window

The Matrix Window displays the workout program you select. Each program displays a different exercise profile. Flashing lamp bar in the window displays your location on the exercise course.

Button Location

There are buttons for operating the machine, adjusting incline level, and adjusting exercise speed. A description of each button is listed below.

START	Start your workout.
ENTER	Enter Data
STOP	Stop your workout
COOL DOWN	Stop your workout slowly
SHIFT DISPLAY	Change (TIME 、 HEART RATE 、 CALORIES) and (PACE 、 DISTANCE 、 AVG SPEED) value.
+	Adjust speed. Every press will increase 0.1 mile. Press and hold this button to increase quickly.

—	Adjust speed. Every press will decrease 0.1 mile. Press and hold this button to decrease quickly.
∧	Adjust incline level. Every press will increase 1 level. Press and hold this button to increase quickly.
∨	Adjust incline level. Every press will decrease 1 level. Press and hold this button to decrease quickly.
2	Numeric key. User can adjust incline and speed using this quick key.
3	Numeric key. User can adjust incline and speed using this quick key.
4	Numeric key. User can adjust incline and speed using this quick key.
5	Numeric key. User can adjust incline and speed using this quick key.
6	Numeric key. User can adjust incline and speed using this quick key.
7	Numeric key. User can adjust incline and speed using this quick key.

8	Numeric key. User can adjust incline and speed using this quick key.
9	Numeric key. User can adjust incline and speed using this quick key.
10	Numeric key. User can adjust incline and speed using this quick key.

NOTE : When using Speed Quick key, to increase speed from the displayed speed, when user presses a quick key for a speed faster than indicated, the user must then press "ENTER" to verify speed selection before change will occur.

Programs

There are different exercise programs, includes manual, set time, set calories, set distance, custom (1 and 2), walking, running, cardio, interval, fat burn, endurance and HRC. Operations are explained as follows.

Press " $(\vee)$ ", when asked in the scrolling display to enable elevation / incline.

Manual

step 1	Turn on the power and press " ➕ "、 " ⌃ "、" ➖ " or " ⌄ " to set your weight and press " ENTER ". The default value is 176 LBS.
step 2	Press " START " .

Center Display counts down 3 seconds, and then starts belt.

During your workout, you can change speed and incline using

Quick Keys, corresponding arrow or "+" "-" keys.

When Using Speed Quick keys, for any Increase in speed, user

Must press " ENTER " after selection before Speed will Increase.

Press " ⌄ ", when asked in the scrolling display to enable
elevation / incline.

SET TIME/SET CALORIES/SET DISTANCE

step 1	Turn on the power press " (+) " 、 " (∧) " 、 " (−) " or " (∨) " to set your weight and press " (ENTER) ". The default value is 176 LBS.
step 2	Press " (∧) " or " (∨) " to select TIME/ CALORIES/DISTANCE program, then press " (ENTER) ".
step 3	Use " (+) " 、 " (∧) " 、 " (−) " or " (∨) " to set time/calories/distance then press " (START) ".

Center Display counts down 3 seconds, and then starts belt. During your workout, you can change speed and incline using Quick Keys, corresponding arrow or "+" "-" keys.

When Using Speed Quick keys, for any Increase in speed, user Must press " (ENTER) " after selection before Speed will Increase.

Press " (∨) ", when asked in the scrolling display to enable elevation / incline.

CUSTOM LEARN 1 / CUSTOM LEARN 2

step 1	Turn on the power and press " **+** " ` " **∧** " ` " **−** " or " **∨** " to set your weight, then press " **ENTER** ". The default value is 176 LBS.
step 2	Press " **∧** " or " **∨** " to select CUSTOM program, then press " **ENTER** ".
step 3	To Program, press " **COOL DOWN** " after changing profile segment, press " **ENTER** " and repeat. When complete press " **START** ", display will show Time of workout.
step 4	Two custom programs can be memorized. Press " **∧** " or " **∨** " to set incline level. Press " **+** " or " **−** " to set speed.
step 5	Press " **+** " ` " **∧** " ` " **−** " or " **∨** " to set your exercise time, then press " **START** ".

Center Display counts down 3 seconds, and then starts belt. During your workout, you can change speed and incline using Quick Keys, corresponding arrow or "+" "-" keys. When Using Speed Quick keys, for any Increase in speed, user Must press " **ENTER** " after selection before Speed will Increase.

Press " **∨** ", when asked in the scrolling display to enable elevation / incline.

WALKING/RUNNING/CARDIO/INTERVAL/FAT BURN/ ENDURANCE

step 1	Turn on the power. Press " **(+)** " 、 " **(∧)** " 、 " **(—)** " or " **(∨)** " to set your weight, then press " **ENTER** ". The default value is 176 LBS.
step 2	Press " **(∧)** " or " **(∨)** " to select WALKING/ RUNNING/ CARDIO/ INTERVAL /FAT BURN/ ENDURANCE program, then press " **ENTER** ".
step 3	Press " **(+)** " 、 " **(∧)** " 、 " **(—)** " or " **(∨)** " to choose from three different exercise levels, then press " **ENTER** ".
step 4	Press " **(+)** " 、 " **(∧)** " 、 " **(—)** " or " **(∨)** " to set exercise time, then press " **START** ".

Center Display counts down 3 seconds, and then starts belt. During your workout, you can change speed and incline using Quick Keys, corresponding arrow or "+" "-" keys.

When Using Speed Quick keys, for any Increase in speed, user Must press " **ENTER** " after selection before Speed will Increase.

NOTE: These programs will NOT allow manual changing of Elevation during routine. Speed can be changed, but Speed profile will now show User change for the rest of the routine.

Press " **(∨)** ", when asked in the scrolling display to enable elevation / incline.

HEART RATE CONTROL

step 1	Turn on the power. Press " **＋** " 、 " **∧** " 、 " **－** " or " **∨** " to set your weight, then press " **ENTER** ". The default value is 176 LBS.
step 2	Press " **∧** " or " **∨** " to select HRC program, then press " **ENTER** ".
step 3	Press " **＋** " 、 " **∧** " 、 " **－** " or " **∨** " to set age. The default value is 25. Then press " **ENTER** " .
step 4	Press " **＋** " 、 " **∧** " 、 " **－** " or " **∨** " to set max heart rate %. The default value is 60%, then press " **ENTER** " . Press " **START** " to begin.

Center Display counts down 3 seconds, and then starts belt. During your workout, you can change speed and incline using Quick Keys, corresponding arrow or "＋" "-" keys. When Using Speed Quick keys, for any Increase in speed, user Must press " **ENTER** " after selection before Speed will Increase.

Press " **∨** ", when asked in the scrolling display to enable elevation / incline.

Heart rate checks are made every 15 seconds-

A. If heart rate is less than 50 bpm, (regardless of target), elevation will move to 0%, after 0%, speed will reduce by 0.1 mph every 15 seconds, when minimum speed is reached, end exercise will occur.

B. If heart rate is less than 3 bpm below target, there will be no change.

C. If heart rate is between 3 and 5 bpm below target, elevation will increase by 0.5% every 30 seconds.

D. If heart rate is between 6 and 10 bpm below target, elevation will increase by 1% every 30 seconds.

E. If heart rate is between 11 and 20 bpm below target, elevation will increase by 1% every 15 seconds.

F. If heart rate is more than 20 bpm below target, no change will occur, as system assumes that there may be an error in the heart rate signal. User must ensure that Chest Strap is working properly.

G. If heart rate is less than 3 bpm Above target, there is no change.

H. If heart rate is more than 3 bpm Above target, elevation will decrease by 1% every 15 seconds. When elevation reaches 0%, then speed will begin lowering 0.1 mph every 15 seconds, until minimum is reached or heart rate is on target range.

USER CAN AND SHOULD STOP HEART RATE CONTROL PROGRAM AT ANY TIME FOR ANY OVERWORK OR OUT OF RANGE CONDITION, JUST BY PRESSING ANY **STOP BUTTON, OR REMOVING THE SAFETY KEY.**

Press " (V) ", when asked in the scrolling display to enable elevation / incline.

NOTE:

1. Press " **STOP** " during exercise, speed will decrease to "0", but elevation will not change. After treadmill belt has stopped, the information window for (TIME, HEART RATE, CALORIES, then PACE, DISTANCE, AVG SPEED) will rotate between values every 5 seconds, a large STOP will show in the dot matrix. This is telling you to press the " **STOP** " to reset treadmill last user information. If the user presses " **START** " before " **STOP** ", routine will begin at minimum speed, and routine will "Add" to the exercise values displayed.

2. Pressing " **COOL DOWN** " during a routine will begin slowly decreasing speed and elevation until minimums are reached, and then belt stops. After belt stops, user and restart by pressing " **START** " or press " **STOP** " to reset.

3. Press " **∨** ", when asked in the scrolling display to enable elevation / incline.

OPERATION SYNOPSIS OF PROGRAMS FOR CT1

MANUAL PROGRAM

1. The user has the option to input their weight or just press Start.
2. The user makes all speed and elevation changes manually.
3. When the belt starts, a Dot Matrix Track Shows ¼ mile track. A Blinking L.E.D. indicates present location simulated on the track. In the center of the track will be a "0". L.E.D.'s turn off when "Passed". When all L.E.D.'s turn off the user has completed ¼ of a mile, then a "1" will be displayed in the center of the track, and all L.E.D.'s will be on indicating the beginning of the user's 2nd ¼ mile run. This will continue for as long as the runner is on the treadmill. The final number displayed in the center of the track will indicate how many ¼ miles have been completed.

TIME PROGRAM

1. After selecting the Time Program, the user inputs the time desired for the exercise and then presses "Start" to begin. Time will then count down and end routine when time runs out.
2. The user makes all speed and elevation changes manually.
3. When the belt starts, a Dot Matrix Track Shows ¼ mile track. A Blinking L.E.D. indicates present location simulated on the track. In the center of the track will be a "0". L.E.D.'s turn off when "Passed". When all L.E.D.'s turn off the user has completed ¼ of a mile, then a "1" will be displayed in the center of the track, and all L.E.D.'s will be on indicating the beginning of the user's 2nd ¼ mile run. This will continue for as long as the runner is

on the treadmill.

The final number displayed in the center of the track will indicate how many ¼ miles have been completed.

CALORIES PROGRAM

1. After selecting the Calories Program, the user inputs the Calories desired to 'burn', then presses "Start" to begin. Calories will count down and end routine when Calories reaches "0".

2. The user makes all speed and elevation changes manually.

3. When the belt starts, a Dot Matrix Track Shows ¼ mile track. A Blinking L.E.D. indicates present location simulated on the track. In the center of the track will be a "0". L.E.D.'s turn off when "Passed". When all L.E.D.'s turn off the user has completed ¼ of a mile, then a "1" will be displayed in the center of the track, and all L.E.D.'s will be on indicating the beginning of the user's 2nd ¼ mile run. This will continue for as long as the runner is on the treadmill. The final number displayed in the center of the track will indicate how many ¼ miles have been completed.

DISTANCE PROGRAM

1. After selecting the Distance Program, the user inputs the Distance desired for routine, then presses "Start" to begin. Distance will count down and end routine when Distance reaches "0".

2. The user makes all speed and elevation changes manually.

3. When the belt starts, a Dot Matrix Track Shows ¼ mile track. A Blinking L.E.D. indicates present location simulated on the track. In the center of the track will be a "0". L.E.D.'s turn off when "Passed". When all L.E.D.'s turn off the user has completed ¼ of a mile, then a "1" will be displayed in the center of the track, and all L.E.D.'s will be on indicating the beginning of the user's 2nd ¼ mile run. This will continue for as long as the runner is on the treadmill. The final number displayed in the center of the track will indicate how many ¼ miles have been completed.

OPERATING INSTRUCTIONS FOR CT2

Display instruction

The display of your CT2 is used to operate the unit and it is a

TFT-LCD screen.
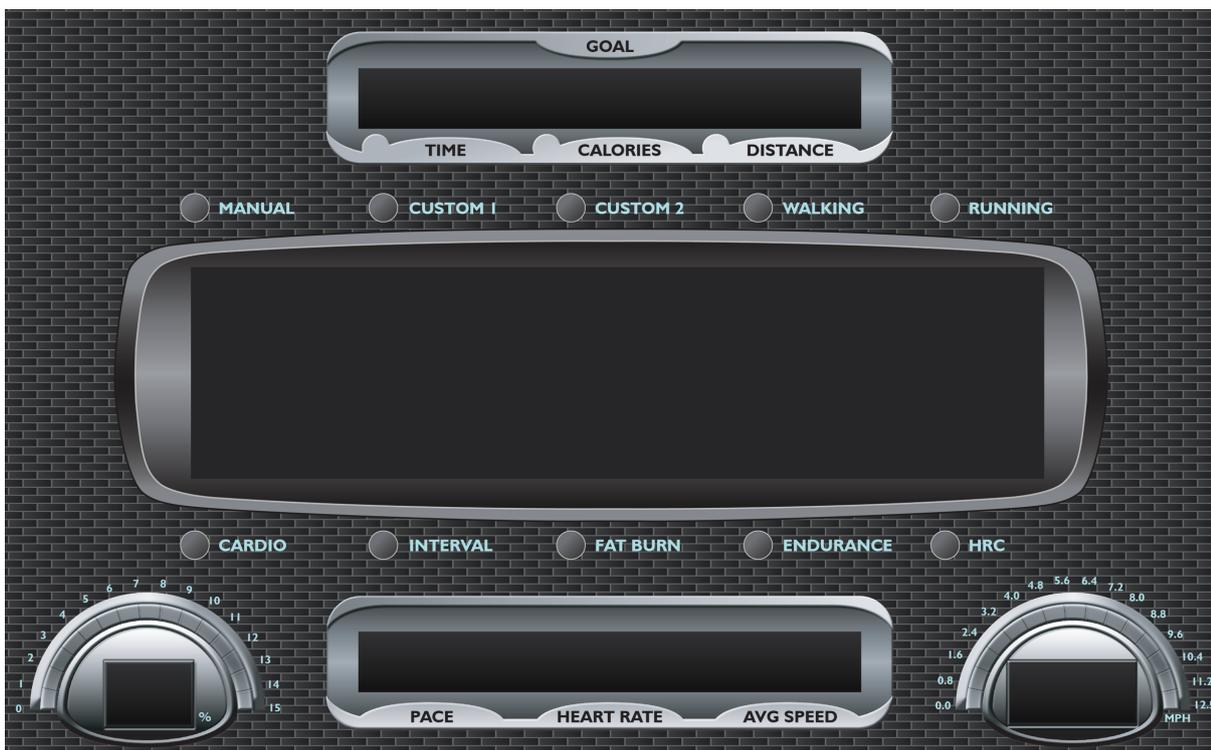
▲ TFT-LCD screen

▼ Button Location
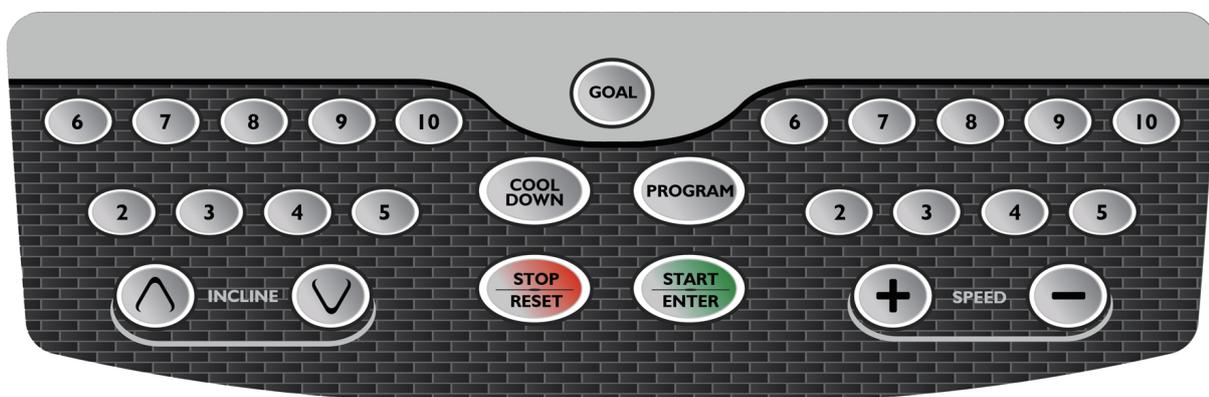
TFT-LCD

It provides two different types of information: user workout information and program directions. Program directions will be explained with programs later. User workout information includes:

USER WORKOUT INFORMATION	DESCRIPTION
TIME	Indicates time in minutes and seconds (mm:ss).
HEART RATE	Indicates heart rate , beats per minute during your workout. (Only displayed if you are using contact heart rate bar or chest belt.)
CALORIES	Indicates accumulated calories burned during your workout.
PACE	Indicates time required per mile or kilometer.
DISTANCE	Indicates exercising distance of your workout.
AVG. SPEED	Indicates average speed of your workout.
INCLINE	Indicates current incline of your workout.
SPEED	Indicates speed of your workout. (Either miles or kilometers.)

Buttons Location

There are buttons for operating the machine, adjusting incline level, and adjusting exercise speed. A description of each button is listed below.

GOAL	Set workout TIME, CALORIES, and DISTANCE.
START ENTER	Start your workout and enter data.
PROGRAM	Change workout program.
STOP RESET	Stop your workout. Or press and hold for 3 seconds to RESET.
COOL DOWN	Stop your workout slowly. Speed will down to 0.5 MPH/0.8 KPH. Elevation will down to 0.
∧	Adjust incline level. Every press will increase 1 level. Press and hold to increase quickly.
∨	Adjust decrease level. Every press will decrease 1 level. Press and hold to decrease quickly.
+	Adjust speed. Every press will increase 0.1 mile. Press and hold this button to increase quickly.

–	Adjust speed. Every press will decrease 0.1 mile. Press and hold this button to decrease quickly.
2 7 3 8 4 9 5 10 6	Numeric key. User can adjust incline and speed by these quick keys. NOTE: When using Speed quick key to increase speed from the displayed speed, when user presses a quick key for a speed faster than indicated, the user must then press " **START ENTER** " to verify speed selection before change will occur.

PROGRAMS

There are different exercise programs, includes manual, custom (1 and 2), walking, running, cardio, interval, fat burn, endurance and HRC. Operations are explained as follows.

MANUAL

step 1	Turn on the power and press " " ` "  " ` " " and " " to set your weight and press " ". The default value is 176 LBS.
step 2	Press " " ` "  " ` " " and " " to choose MANUAL program, then press " ".
step 3	Press " " and " " to set workout time. The default workout time is 0 minute. Or press " " and press " " and " " to set calories. The default calories is 500 CAL. Or press " " again and press " " and " " to set distance. The default distance is 1 minute.

| **step 4** | Press " START ENTER " to start workout. |

1. During workout, you can change speed and incline by quick keys, corresponding arrow or " + " and " − " keys.

2. When using speed quick keys, for any increase in speed, user must press " START ENTER " after selection before speed will increase.

3. If " STOP RESET " is pressed during workout, speed will decrease to 0. After pressing " STOP RESET " , and then press " START ENTER " , program will keep working and speed down to 0.5MPH/0.8KPH.

4. Press " STOP RESET " and hold for 3 seconds, it will go back to start condition.

CUSTOM LEARN 1/CUSTOM LEARN 2

step 1	Turn on the power and press " ⌃ " ` " ⌄ " ` " **+** " and " **—** " to set your weight and press " **START ENTER** ". The default value is 176 LBS.
step 2	Press " **+** " and " **—** " to choose CUSTOM program, then press " **START ENTER** ".
step 3	To program, press " **PROGRAM** " to set forward. If needed, press " **COOL DOWN** " to set backward. Then press " **START ENTER** ".
step 4	Press " **+** " and " **—** " to set workout time. The default workout time is 10 minute. Or press " **GOAL** " and press " **+** " and " **—** " to set calories. The default calories is 500 CAL.

step 4	Or press " **GOAL** " again and press " **+** " and " **—** " to set distance. The default distance is 1 minute.
step 5	Press " **START ENTER** " to start workout.

1. During workout, you can change speed and incline using Quick Keys, corresponding arrow or " **+** " and " **—** " keys. When using speed quick keys, for any increase in speed, user must press " **START ENTER** " after selection before speed will increase.

2. If " **STOP RESET** " is pressed during workout, speed will decrease to 0. After pressing " **STOP RESET** ", and then press " **START ENTER** ", program will keep working.

3. Press " **STOP RESET** " and hold for 3 seconds, it will go back to start condition.

WALKING/RUNNING/CARDIO/INTERVAL/FAT BURN/ ENDURANCE

step 1	Turn on the power and press " ⋀ " 、 " ⋁ " 、 " + " and " − " to set your weight and press " START ENTER ". The default value is 176 LBS.
step 2	Press " + " and " − " to choose WALKING /RUNNING /CARDIO /INTERVAL /FAT BURN / ENDURANCE program, then press " START ENTER ".
step 3	Press " ⋀ " 、 " ⋁ " 、 " + " and " − " to choose exercise level from three different exercise levels, then press " START ENTER ".
step 4	Press " + " and " − " to set workout time. The default workout time is 10 minute for WALKING /RUNNING 、 15 minutes for CARDIO 、 20 minutes

step 4	for INTERVAL、25 minutes for FAT BURN and 30 minutes for ENDURANCE. Or press " **GOAL** " and press " **+** " and " **—** " to set calories. The default calories is 500 CAL. Or press " **GOAL** " again and press " **+** " and " **—** " to set distance. The default distance is 1 minute.
step 5	Press " **START ENTER** " to start workout.

1. During workout, you can change speed and incline using Quick Keys, corresponding arrow or " **+** " and " **—** " keys. When using speed quick keys, for any increase in speed, user must press " **START ENTER** " after selection before speed will increase.

2. If " **STOP RESET** " is pressed during workout, speed will decrease to 0. After pressing " **STOP RESET** " , and then press " **START ENTER** " , program will keep working

3. Press " **STOP RESET** " for 3 seconds, it will go back to start condition.

HEART RATE CONTROL

step 1	Turn on the power and press " (∧) " 、 " (∨) " 、 " (+) " and " (—) " to set your weight and press " START ENTER ". The default value is 176 LBS.
step 2	Press " (+) " and " (—) " to choose HRC program, then press " START ENTER ".
step 3	Press " (∧) " 、 " (∨) " 、 " (+) " and " (—) " to set age. The default age is 20. Then press " START ENTER ".
step 4	Press " (∧) " 、 " (∨) " 、 " (+) " and " (—) " to set max. heart rate %. The default value is 60%. Then press " START ENTER ".
step 5	Press " START ENTER " when heart rate is detected and start your workout.

1. During workout, you can change speed and incline using Quick Keys, corresponding arrow or " **+** " and " **—** " keys. When using speed quick keys, for any increase in speed, user must press " **START ENTER** " after selection before speed will increase.

2. Start speed is 2.0MPH/3.2KPH and start elevation is 0%.

3. If heart rate is less than target value over 20 bpm, elevation increases 1% every 15 seconds. If heart rate is less than target value under 20 bpm, elevation increases 1% every 30 seconds until increases to the highest elevation.

4. If heart rate is more than target value over 10 bpm, elevation decreases 1% every 15 seconds. Until it becomes to 0%, after 15 seconds, cool down will start.

5. If there is no heart rate detected, elevation will become to 0%, and speed starts decreasing. Until it decreases to lowest point, it will change to start mode. During decreasing, if it detects heart rate signal, it will back to HRC mode.

6. If " **STOP RESET** " is pressed during workout, speed will decrease to 0. After pressing " **STOP RESET** ", and then press " **START ENTER** ", program needs to be reset Speed down to 2.0MPH/3.2KPH and elevation downs to 0%.

7. Press " **STOP RESET** " for 3 seconds, it goes back to start condition.

NOTE: For all programs, during workout, press " **COOL DOWN** " , time stops counting, elevation goes back to 0 and speed downs to 0.8KPH/0.5MPH. Until display shows END, speed stops. Press " **STOP RESET** " for 3 seconds, it goes back to start condition.

ENGINEERING MODE

1. Unit setting

a. Take off safety key. Press " STOP RESET " + "elevation 3" and hold until software version is showed.

b. ENGLISH and METRIC can be chosen and then press " START ENTER "

2. LED and Buttons checking

a. Take off safety key. Press Press " STOP RESET " + "elevation 4".

b. All LED on the button board are lighted. Press buttons, LED which corresponds to will be off. After all LED lights off, it will go back to start condition.

ERROR CODE

1. When sensor switch is broken, speed error code will be showed and display shows " ZERO SPEED ERROR-SET X.X ACT X.X".
2. When elevation motor is broken, elevation error code showed and display shows " ELEVATION ERROR-SET XXXX ACT XXXX".
3. If inverter is abnormal, display shows AC1~9 on the speed window.

OPERATING INSTRUCTIONS FOR TFT-LCD OF CT2 BUTTON DESCRIPTION

VOLUME

CHANNEL

MODE   SPORT

UP   DOWN

DOWN   UP

UP   DOWN

PLAY/
PAUSE

NEXT

SELECT

TITLE   PREVIOUS

MENU

MP3
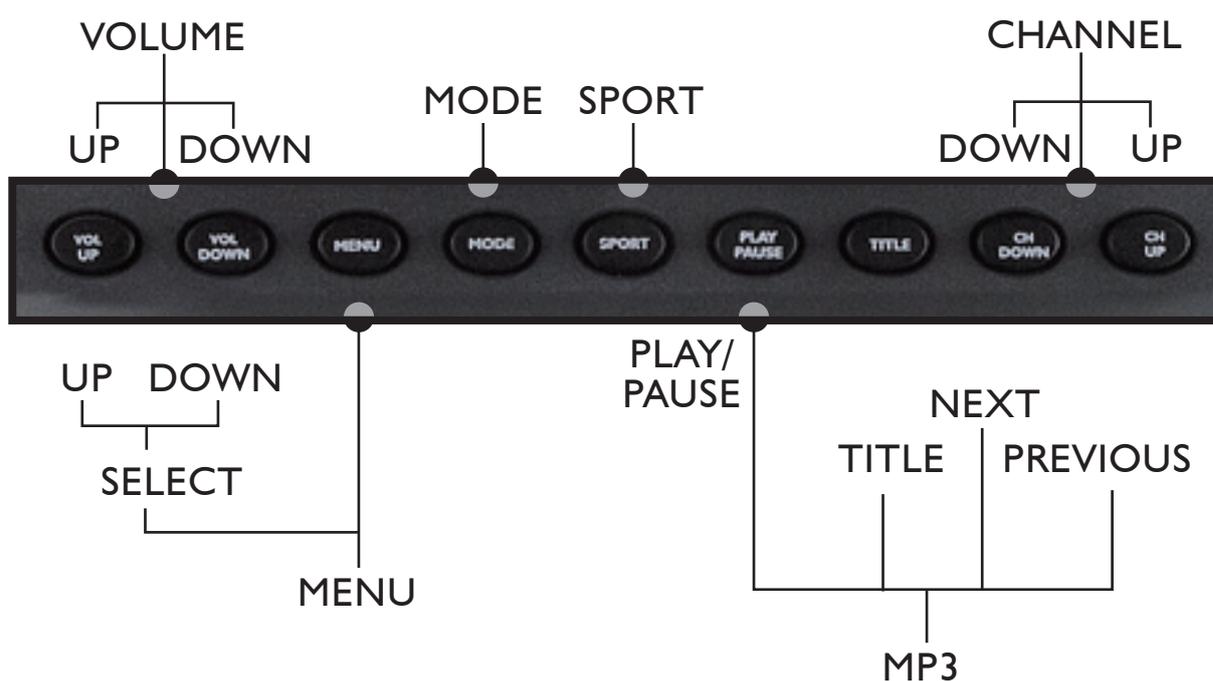
VOL UP	Volume/Select UP
VOL DOWN	Volume/Select DOWN
MENU	Menu(LCD function)
MODE	Mode change (Sport / CATV /AV / S-VIDEO / MP3)
SPORT	Sport information display ON/OFF
PLAY/PAUSE	PLAY/PAUSE for MP3
TITLE	Title for MP3
CH DOWN	Channel DOWN for CATV or next song for MP3
CH UP	Channel UP for TV or previous song for MP3

OPERATION

1. Press MODE to choose SPORT / TV /AV / S-VIDEO / MP3 function.

2. If you choose SPORT, all exercise information will be shown on the screen.

3. a.If you choose TV, coaxial cable needs to be connected.

   b.Press CH DOWN and CH UP to choose desired channel.

   c.Press VOL DOWN and VOL UP to adjust volume.

   d.During workout, press MODE and choose SPORT, exercise information can be shown on the screen. Or you can also press SPORT button, exercise information can be shown on the screen together.

   Port of coaxial cable

4. a.If you choose AV or S-VIDEO, video player can be connected through composite video connector or S-VIDEO port.

   b.Press VOL DOWN and VOL UP to choose desired volume.

   c.During workout, press MODE and choose Sport, exercise information can be shown on the screen. Or you can also press SPORT button, exercise information can be shown on the screen together.

5. a.If you choose MP3, please insert USB storage or SD-card where you store your data and want to watch from CT2 TFT-LCD.

   b.Press VOL DOWN and VOL UP to choose desired volume.

   c.Press CH DOWN and CH UP to choose desired song, and then press PLAY/PAUSE to play the song.

   d.During workout, press MODE and choose SPORT, exercise information can be shown on the screen. Or you can also press SPORT button, exercise information can be shown on the screen together.

   e.Press TITLE and the list of all songs will be shown on the screen. You can also choose a song you want to listen here.
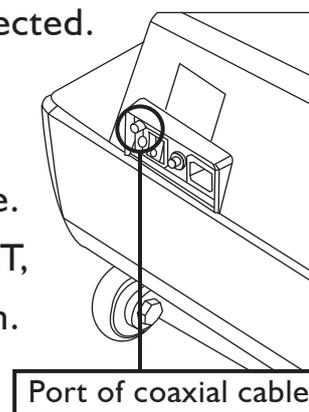
6. Specifications

a.Video support table(reference)

Format	Encoder	Video Parameters			Support level	Result	Max. Bitrates
		Max. Resolution	Bitrates	Frame rates			
avi	Divx/xvid/dx50 Max. support to 720*576	320*240	≤10000Kbps	15≤X≤30 fps	Support	Smoothly	16000Kbps
		352*240					
		352*288					
		480*272					
		512*384	≤6000Kbps	15≤X≤30 fps	Support	Smoothly	16000Kbps
		640*480	≤6000Kbps	15≤X≤30 fps	Support	Smoothly	16000Kbps
		704*576	≤6000Kbps	15≤X≤30 fps	Support	Smoothly	16000Kbps
		720*480	≤6000Kbps	15≤X≤30 fps	Support	Smoothly	16000Kbps
		720*576	≤6000Kbps	15≤X≤30 fps	Support	Smoothly	16000Kbps
		800*452	≤6000Kbps	15≤X≤30 fps	Support	Smoothly	16000Kbps
		800*600	≤500Kbps	≤15 fps	No support		
	Ms mpeg4v2	No support					
	mjpeg Max. support to 640*480	320*240	≤3000Kbps	15≤X≤30 fps	100%	Smoothly	8000Kbps
		352*240					
		352*288					
		480*272					
		512*384	≤2500Kbps	15≤X≤30 fps	100%	Smoothly	8000Kbps
		640*480	≤2500Kbps	15≤X≤30 fps	100%	Smoothly	8000Kbps
		704*576	≤2500Kbps	15≤X≤30 fps	100%	Smoothly	8000Kbps

Format	Encoder	Video Parameters			Support level	Result	Max. Bitrates
		Max. Resolution	Bitrates	Frame rates			
avi	mjpeg Max. support to 640*480	720*480	≤2500Kbps	15≤X≤30 fps	90%	Smoothly	6000Kbps
		720*576	≤2500Kbps	15≤X≤30 fps	80%	Smoothly	6000Kbps
		800*452	≤500Kbps	≤15 fps	100%	No support	500Kbps
	H.264	No support					
RMVB	RV30 Max. support to 1024*576	320*240	≤5000Kbps	15≤X≤30 fps	100%	Smoothly	16000Kbps
		352*240					
		352*288					
		480*272					
		512*384					
		640*360					
		640*352					
		640*480					
		704*576	≤3000Kbps	15≤X≤30 fps	100%	Smoothly	2000Kbps
		720*480	≤3000Kbps	15≤X≤30 fps	100%	Smoothly	2000Kbps
		720*576	≤3000Kbps	15≤X≤30 fps	100%	Smoothly	1000Kbps
		800*452	≤3000Kbps	15≤X≤30 fps	100%	Smoothly	1000Kbps
		800*600	≤3000Kbps	15≤X≤30 fps	100%	Smoothly	1000Kbps
		960*540	≤3000Kbps	15≤X≤30 fps	100%	Smoothly	1000Kbps
		960*720	≤3000Kbps	15≤X≤30 fps	100%	Smoothly	1000Kbps
		1024*658	≤1500Kbps	15≤X≤24 fps	100%	Smoothly	1000Kbps
		1120*630	≤1500Kbps	15≤X≤24 fps	100%	Smoothly	1000Kbps
		1120*840	≤1500Kbps	15≤X≤24 fps	100%	Smoothly	1000Kbps

Format	Encoder	Video Parameters			Support level	Result	Max. Bitrates
		Max. Resolution	Bitrates	Frame rates			
RMVB	RV40 Max. support to 1024*576	320*240	≤5000Kbps	15≤X≤30 fps	100%	Smoothly	16000Kbps
		352*240					
		352*288					
		480*272					
		512*384					
		640*360					
		640*352					
		640*480					
		704*576	≤3000Kbps	15≤X≤30 fps	100%	Smoothly	2000Kbps
		720*480	≤3000Kbps	15≤X≤30 fps	100%	Smoothly	2000Kbps
		720*576	≤3000Kbps	15≤X≤30 fps	100%	Smoothly	2000Kbps
		800*452	≤3000Kbps	15≤X≤30 fps	100%	Smoothly	2000Kbps
		800*600	≤3000Kbps	15≤X≤30 fps	100%	Smoothly	2000Kbps
		960*540	≤3000Kbps	15≤X≤25 fps	100%	Smoothly	2000Kbps
		960*720	≤3000Kbps	15≤X≤25 fps	100%	Smoothly	2000Kbps
		1024*658	≤1500Kbps	15≤X≤24 fps	100%	Smoothly	1000Kbps
		1120*630	≤1500Kbps	15≤X≤24 fps	100%	Smoothly	1000Kbps
		1120*840	≤1500Kbps	15≤X≤24 fps	100%	Smoothly	1000Kbps
FLV		No support					
MOV		Support to 640X480					
mp4		Support to 640X480					
3gp	3gp, 3g2 video (aac audio) , 3g2 video (amr audio)	No support					

| Format | Encoder | Video Parameters | | | Support level | Result | Max. Bitrates |
		Max. Resolution	Bitrates	Frame rates			
mpg	Mpeg. video Max. support to 720*576	320*240	≤2500Kbps	15≤X≤30 fps	100%	Smoothly	16000Kbps
		480*272	≤3000Kbps				6000Kbps
		640*480	≤3000Kbps	15≤X≤30 fps	100%	Smoothly	6000Kbps
		704*576	≤3000Kbps	15≤X≤30 fps	100%	Smoothly	6000Kbps
		720*480	≤3000Kbps	15≤X≤30 fps	100%	Smoothly	6000Kbps
		800*452	≤2000Kbps	15≤X≤30 fps	100%	Smoothly	6000Kbps
		800*600	≤500Kbps	≤15 fps	No support		
wmv	wmv1/wmv2	No support					
ASF	wmv3	No support					
dat	MEPG1-Video	352*288	≤1000Kbps	25 fps	100%	Smoothly	1150Kbps
	VCD	352*240	≤1000Kbps	25 fps	100%	Smoothly	1150Kbps
VOB	DVD	720*540	≤1000Kbps	25 fps	100%	Smoothly	1150Kbps
HD File	No support						

b. Audio support table(reference)

File Type	File Extension	Version support	Detail Spec	Remark
Mpeg-1 Layer 3	mp3	WMA ver 9.1	Bit rate: 8/16/24/32/40/48/56/64/80/96/112/128/144/160/192/224/256/320/VBR	
WMA	wma		**Bit rate:** CBR up to 320 kbps, VBR up to 256 kbps	Microsoft Licensee only
WAV	wmv		Microsoft PCM only	
AAC	n/a (included in the video only)	MPEG-2/4 LC/HE profile AAC+ ver 1/2	**Bit rate:** up to 288 kbps	
Dolby Digital AC3	n/a (include in the video only)			Dolby License only

c. Photo support table(reference)

Media Type	Ext Name	Version support	Detail Spec	Remark
JPEG	Jpg/jpeg		Up to HD JPEG. Baseline only	

d. Other specifications

● Memory card support: SD/SDHC: 32MB-16GB

● Video

Format supported: RM, RMVB, VOB, DAT, AVI, MP4, MPEG, and MPG
RM and RMVB support to 1024*768 MOV/MP4
support to 640*480Motion-Jpeg Max support to
640*480

● Photo

Support JPG, BMP, GIF, M-JPEG and PNG. Max. support 50M pixels, support

zoom in/out with 2, 4, 8, 16 times.

● Music

Support MP3, WMA, WAV, AMR, OGG, RA and AAC.

● USB Host

USB 2.0 interface plug and play(card reader/MP3/other USB devices)

7. ENGINEER MODE

a. Under AV/TV/S-VIDEO/MP3, press MENU to enter engineering mode.

b. Under engineering mode, press VOL UP(SELECT UP) and VOL DOWN (SELECT DOWN) to select setting item, then press MENU.

c. Press VOL UP(SELECT UP) and VOL DOWN(SELECT DOWN) to select adjusted function which needs to be adjusted, then press MENU.

d. Press VOL UP(SELECT UP) and VOL DOWN(SELECT DOWN) to choose setting value.

For NTSC system:

PICTURE ADJUST		BRIGHTNESS	0 ~ 64
		CONTRAST	0 ~ 64
		COLOR	0 ~ 64
		TINT	0 ~ 32
		SHARPNESS	0 ~ 16
		EXIT	
SCREEN ADJUST		H-POSITION	-20 ~ +20
		V-POSITION	-16 ~ +16
		EXIT	
TV SETTING		AUTO SEARCH	
		ADD/ERASE	ADD / ERASE
		FINE-TURE	-31 ~ +31
		RF SYSTEM	TV / CATV (if TV SYSTEM=NTSC-US then "TV / STD / HRC / IRC")
		TV SYSTEM	NTSC / NTSC-J / NTSC-US
		EXIT	
SETUP		SOURCE	AV / TV / S-VIDEO / MP3
		VIDEO SYSTEM	AUTO / NTSC / PAL / SECAM
		EXIT	
FACTORY DEFAULT			
INFORMATION			
EXIT			

For PAL system:

PICTURE ADJUST	BRIGHTNESS	0 ~ 64
	CONTRAST	0 ~ 64
	COLOR	0 ~ 64
	TINT	0 ~ 32
	SHARPNESS	0 ~ 16
	EXIT	
SCREEN ADJUST	H-POSITION	-20 ~ +20
	V-POSITION	-16 ~ +16
	EXIT	
TV SETTING	AUTO SEARCH	
	ADD/ERASE	ADD / ERASE
	TV SYSTEM	PAL-BG / PAL-DK / PAL-I / SECAM-L
	EXIT	
SETUP	SOURCE	AV / TV / S-VIDEO / MP3
	VIDEO SYSTEM	AUTO / NTSC / PAL / SECAM
	EXIT	
FACTORY DEFAULT		
INFORMATION		
EXIT		

OPERATING INSTRUCTIONS FOR PT7/PT10

Display instruction

The display layout for your PT10 & PT7. It includes information windows, matrix window and button location.
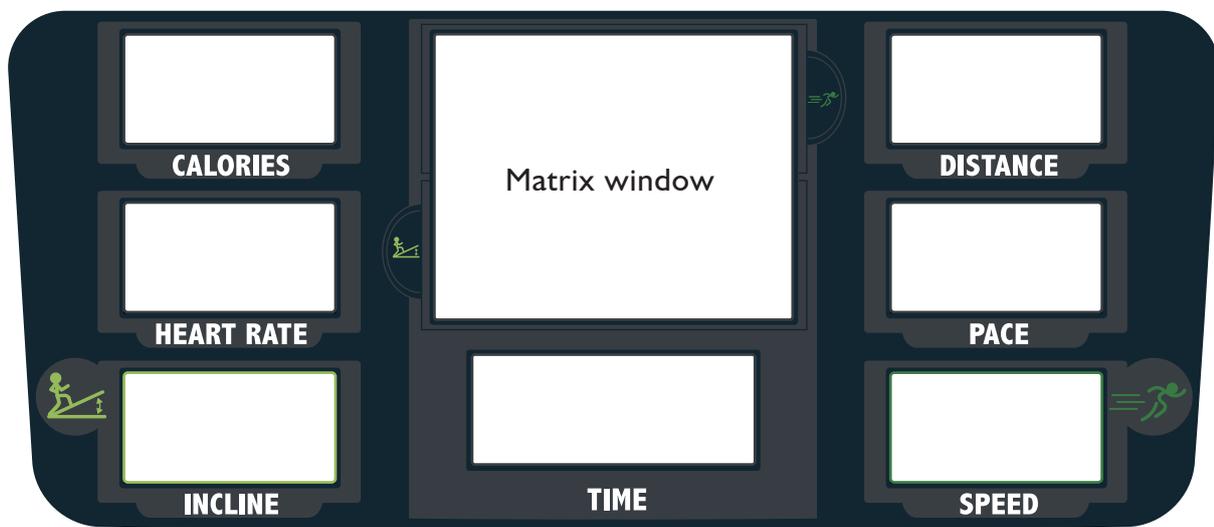
| Information Window |
| Button Location |

INFORMATION WINDOW

The information window provides user workout data which includes:

User workout data	Description
TIME	Indicates time in minutes and seconds (mm:ss).
HEART RATE	Indicates heart rate , beats per minute during your workout. (Only displayed if you are using contact heart rate bar or chest belt.)
CALORIES	Indicates accumulated calories burned during your workout.
INCLINE	Indicates current incline of your workout.
DISTANCE	Indicates distance of workout.
PACE	Indicates time required per mile or kilometer.
SPEED	Indicates speed of your workout. (Either miles or kilometers.)

Matrix window

The Matrix Window displays the workout program you select. Each program displays a different exercise profile. Flashing lamp bar in the window displays your location on the exercise course.

Buttons Location

There are buttons for operating the machine, adjusting incline level, and adjusting exercise speed. A description of each button is listed below.

QUICK START	Start workout
ENTER	Enter Data
COOL DOWN	Stop workout slowly
STOP	Stop workout
SELECT ▽ LEVEL **SELECT** △ LEVEL	Adjust workout level
▽ **INCLINE** △	Adjust incline level. Every press will increase 1 level. Press and hold the button to adjust quickly.
▽ **SPEED** △	Adjust speed. Every press will decrease 0.1 mile. Press and hole button to adjust in 1.0 increments.

🌀	Adjust fan strength. There are three adjustments. off. Low. and High. Fan can be used only when safety key is attached.
CLASSIC	Choose CLASSIC exercise programs which include CARDIO, FAT BURN, and INTERVAL.
H.R.C	Choose Heart rate control exercise programs which include TARGET, HILL, and INTERVAL.
MANUAL	MANUAL program.
GOAL	Choose GOAL exercise programs which include TIME, DISTANCE and CALORIES.
TRAINING	Choose TRAINING exercise programs which include GERKIN, USB, CUSTOM 1, CUSTOM 2 and CUSTOM 3.
REVERSE	REVERSE program which belt runs backward. (Only for PT10)
LEVEL	Elevation quick key for 0.
RISE	Elevation quick key. Level 8 for GEN mode and Level 3 for SIL mode.
ASCEND	Elevation quick key. Level 15 for GEN mode and Level 6 for SIL mode.
WALK	Speed quick key. 2.5 MPH for GEN mode and 1.5 MPH for SIL mode.
JOG	Speed quick key. 3.5 MPH for GEN mode and 2.5 MPH for SIL mode.
RUN	Speed quick key. 4.5 MPH for GEN mode and 3.5 MPH for SIL mode.

SETTINGS

1. PT7 & PT10 are designed for general market(GEN mode) and Rehad/Geriatric market(SIL mode). User can switch modes by following steps.

step 1	Remove safety key.	
step 2	Press and hold " **STOP** " and " **QUICK START** " for 3+ seconds.	
step 3	Re-place safety key and press " SELECT ▼ LEVEL SELECT ▲ LEVEL " to choose GEN or SIL mode.	
step 4	Press " **STOP** " to go back exercise mode.	Keep pressing " SELECT ▼ LEVEL SELECT ▲ LEVEL " to choose "MPH" or "KM", and then press " **ENTER** " .
step 5		Light test scan, and then it will go back to exercise mode directly.

2.Date setting

step 1	Turn on the treadmill.
step 2	Press " **STOP** " hold for 3 seconds.
step 3	Set year and adjust by " ▼SELECT/LEVEL ▲SELECT/LEVEL " ,then press " ENTER " .
step 4	Set month and adjust by " ▼SELECT/LEVEL ▲SELECT/LEVEL ", then press " ENTER ".
step 5	Set day and adjust by " ▼SELECT/LEVEL ▲SELECT/LEVEL ", then press " ENTER ".
step 6	Set hour and adjust by " ▼SELECT/LEVEL ▲SELECT/LEVEL ", then press " ENTER ".
step 7	Set minute and adjust by " ▼SELECT/LEVEL ▲SELECT/LEVEL ", then press " ENTER " to back to exercise window.

Programs

There are different exercise programs, includes MANUAL, CLASSIC, H.R.C, GOAL, TRAINING and REVERSE. Operations are explained as follows.

Manual

step 1	Turn on the power, Steelflex PT7 or Steelflex PT10 scrolls. Press " **STOP** ", the matrix window shows 154LBS . User can adjust weight by any " ▲ " and " ▼ " , then press " **ENTER** " or press " **QUICK START** " to begin.
step 2	Press " **MANUAL** ", and then press " **QUICK START** " . Or press " **QUICK START** " to begin.

Note: During workout, user can change speed and incline by using " ▲ " and " ▼ " .

GOAL

step 1	Set weight by pressing " [SELECT ▽ LEVEL] " or " [SELECT △ LEVEL] " .
step 2	Press " (GOAL) " .
step 3	Pressing " [SELECT ▽ LEVEL] " or " [SELECT △ LEVEL] " to set TIME, DISTANCE or CALORIES and then press " [ENTER] " .
step 4	Adjust workout time, distance or calories by press " [SELECT ▽ LEVEL] " or " [SELECT △ LEVEL] " .
step 5	Press " [QUICK START] " .

Note: During workout, user can change speed and incline by

using " (△) " and " (▽) " .

CLASSIC

step 1	Set weight by pressing " ▼ SELECT LEVEL " or " ▲ SELECT LEVEL " .
step 2	Press " CLASSIC " .
step 3	Pressing " ▼ SELECT LEVEL " or " ▲ SELECT LEVEL " to choose CARDIO, FAT BURN or INTERVAL program and then press " ENTER " .
step 4	Adjust workout time by press " ▼ SELECT LEVEL " or " ▲ SELECT LEVEL " .
step 5	Press " QUICK START " .

Note: During workout, user can change speed and incline by

using " ▲ " and " ▼ " .

H.R.C.

step 1	Set weight by pressing " [▼ SELECT / LEVEL] " or " [▲ SELECT / LEVEL] ".
step 2	Press " [H.R.C] " .
step 3	Press " [▼ SELECT / LEVEL] " or " [▲ SELECT / LEVEL] " to choose TARGET, HILL or INTERVAL program and then press " [ENTER] ".
step 4	Press " [▼ SELECT / LEVEL] " or " [▲ SELECT / LEVEL] " to set AGE and then press " [ENTER] ".

	Choose TARGET program	Choose HILL or INTERVAL program
step 5	Press " [▼ SELECT / LEVEL] " or " [▲ SELECT LEVEL] " to set MAX H.R.% and then press " [QUICK START] " .	Press " [▼ SELECT / LEVEL] " or " [▲ SELECT LEVEL] " to set workout time, and then press " [QUICK START] " .

TRAINING

step 1	Set weight by pressing " ▼ SELECT LEVEL " or " ▲ SELECT LEVEL ".
step 2	Press " TRAINING " .
step 3	Press " ▼ SELECT LEVEL " or " ▲ SELECT LEVEL " to choose GERKIN, USB, CUSTOM1, CUSTOM 2 or CUSTOM 3 and then press " ENTER ". Press " ▼ SELECT LEVEL " or " ▲ SELECT LEVEL " to change time, and then press " ENTER ".
step 4	Press " QUICK START " .

Note: During workout, user can change speed and incline by

using " ▲ " and " ▼ " .

REVERSE (Only for PT10)

step 1	Set weight by pressing " " or " ".
step 2	Press " " .
step 3	Press " " .

Note:

1. Under REVERSE program, max. speed is 3 MPH.

2. When exercising, user can change speed and incline by pressing " " and " " .

3. When exercising," WALK " , " JOG " and " RUN " speed quick key are locked.

   User can not change speed by pressing these three buttons.

4. When REVERSE program finishes, if user wants to choose other program, user have to press and hold " STOP " to back to standby mode.

1. When pressing " **COOL DOWN** " , speed and elevation decrease to 0 slowly.

2. When pressing " **STOP** ", speed decrease to 0 MPH, but elevation will not change.

3. All exercise information will be kept for 5 minutes after exercising. After 5 minutes, it will turn to standby mode.

4. Under standby mode, if no operation in 5 minutes, it will turn to sleep mode which turns off display. Press any button to leave sleep mode.

ERROR CODE

1. When the display shows E1, indicates Drive Motor Error.

2. When the display shows E6, indicates an elevation motor signal error.

3. When the display shows E7, indicates elevation moto error.

4. When the display shows USB ERR, USB is not detected.

5. When the display shows USB DATA ERR, it means USB format mistake. Please re-check if data format is correct.

Before using USB function of PT7 and PT10 correctly, please install Steelflex USB program in your computer first.

1. How to set up program?

a. Edit window

Exercise data record

Program Edit

Speed window

Speed setting

Incline window

Incline setting

Item setting

Mode setting

Unit setting

Time setting

Weight setting

USB device setting
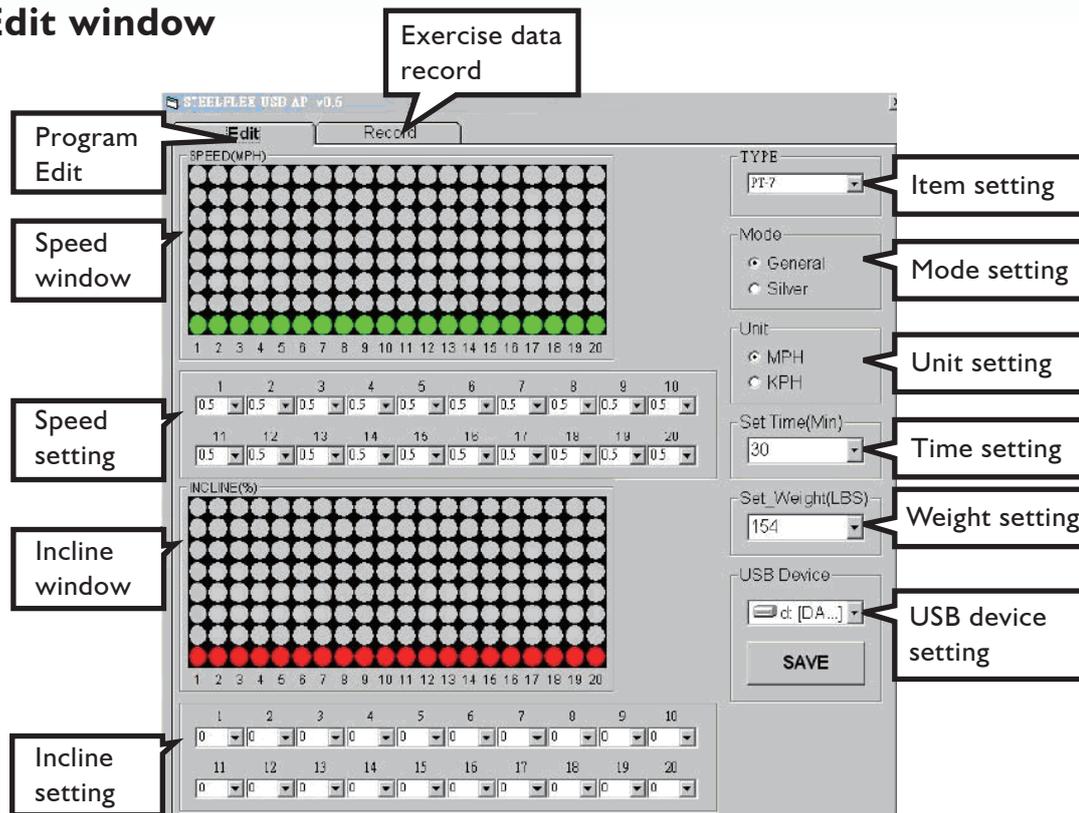
b. Operation

1. Set each bar of speed and incline by pressing arrows in each segment.
2. Graph in Speed window and Incline window will be changed.
3. Speed and Incline can be set by pressing each bar of speed window and incline window.
4. After setting, please press SAVE. The file will be saved in the USB device where you choose. File name in the computer will be PT10. CUS or PT7. CUS and it can not be changed. Different name can not be read by treadmill.
5. If data setting is over range, it will show "DAT ERR" on treadmill console.

Note: Please notice, TYPE on USB operating window needs to the same as your treadmill, or the function will not work properly.

3. How to use Exercise Data Record?

a. Record window
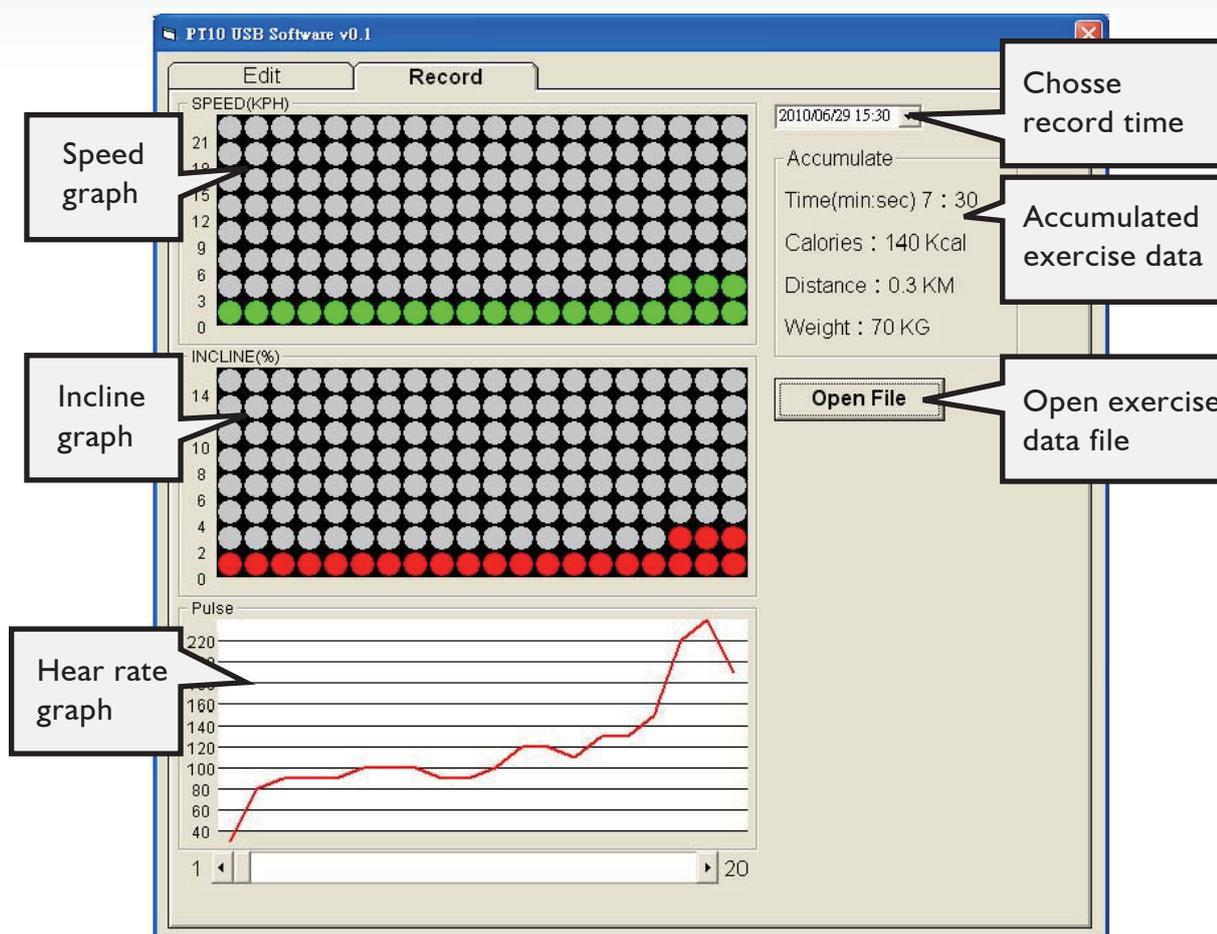
b. Operation

1. Open record from your USB storage. File name is PT10_REC. CUS or PT7_REC.CUS (File name can not be changed, or it can not be read.)

2. Every record's date and time will be shown in " Choose record time".

3. In accumulate column, it shows every workout time, every workout time accumulated calories, and distance.

4. Data is recorded every 30 seconds. The longer you exercise on the treadmill, the more data will be recorded. Under Pulse window, there is a scroll. If data of every record is over 20, you can use scroll to see more information of speed, incline and pulse.

MAINTENANCE

All Steelflex series products are designed for heavy usage environment. To keep your Steelflex product in good condition, we strongly recommend some preventative maintenance tips.

Cleaning

When cleaning the exterior of the unit, a non-abrasive cleanser and soft cotton cloth are strongly recommended. At no time should cleaner be applied directly to any part of the equipment. Instead, place the non-abrasive cleaning solution on a soft cloth and wipe down the unit.

- Clean the console and all exterior surface regularly.
- Vacuum running belt regularly to keep debris from accumulating
- Inspect exterior parts regularly for wear and tear, especially the running belt and deck
- Inspect area under treadmill and vacuum regularly.

| Item	Daily	Weekly	Monthly	Quarterly	Bi-Annual
Console Mounting Bolt					Inspect
Frame	Clean				Inspect
Console	Clean		Inspect		
Safety Stop	Test				
Power Cord			Inspect		
Run Belt Top		Clean (Vacuum)			
Run Belt Tension			Inspect		
Rear Adjustable foot				Adjust	
V Belt				Adjust	
Motor Pulley				Clean	

WARNING

Always disconnect power before cleaning or working on treadmill.

WARRANTY

WARRANTY CONDITIONS

1. The warranty applies only to the original owner, and covers the cost of parts repair or replacement and does not include freight charges. Proof of purchase must be demonstrated.

2. The warranty applies only to the original owner and is non transferable.

3. If you are in US, please contact your local dealer or FMI for details of warranty. If you are in other countires, please contact your local dealer or JC1 for details of warranty .

4. Labor coverage is provided only by authorized dealer or by factory authorization.

5. Any reimbursement for travel outside of the dealers' normal service or coverage area will be the responsibility of the customer.

6. Warranty does not cover failure due to improper assembly, installation or use.

7. This warranty does not cover customer instruction, installation, set up or adjustment. User is responsible for reasonable and necessary maintenance.

8. The warranty will not be extended to any product whose serial number has been removed, altered, or defaced.

9. This warranty does not cover damage or equipment failure caused by, or resulting from accident, misuse, abuse, improper assembly or installation, un-authorized modification, or failure to provide reasonable and necessary care as outlined in the owner's manual.

10. If you are in US, this warranty becomes VALID ONLY when are warranty registration form included, is completely filled in, signed by the original owner and received by FMI WITHIN 30 DAYS of the purchaser's receipt of the product. If your are outside of the US, please contact your local dealer.
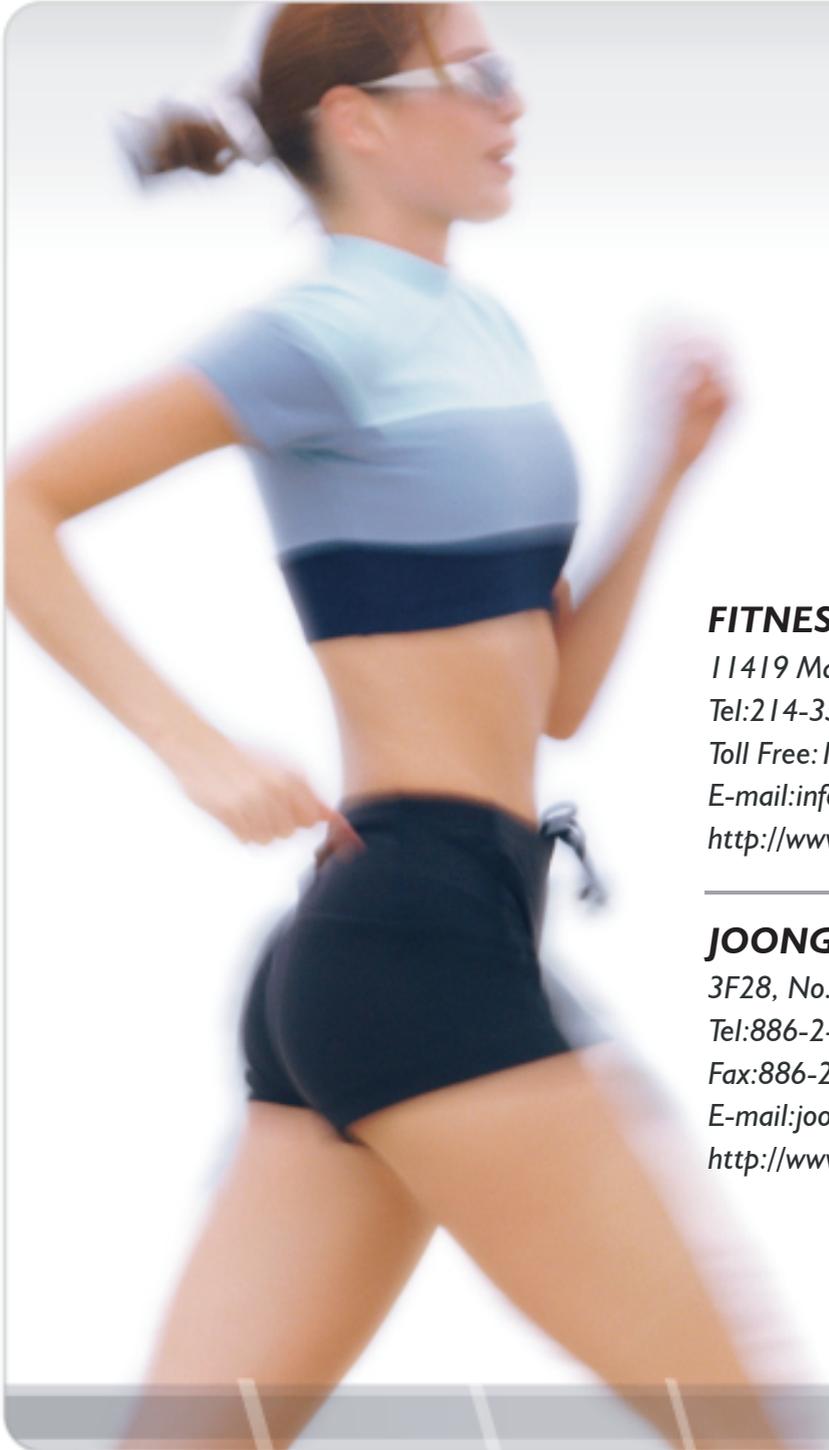
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