**NOTE:**
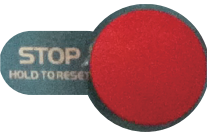
1. During workout, user can adjust workout speed and elevation by pressing "   " of speed and elevation.

2. During workout, if user presses "  ", speed will decrease to 0 and elevation will be stayed at the level which user workouts. If user re-start exercising, workout program will keep moving, but speed will decrease to 0.5MPH/0.8KPH. After pressing "  ", no button is pressed in 5 minutes, the treadmill will back to standby mode.

3. During workout, user can press and hold "  " for 3 seconds, the treadmill will back to standby mode.

## ERROR CODE

E1: No speed signal.
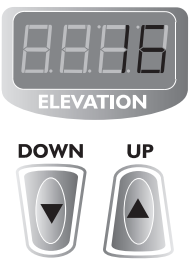
E6: Incline operation error.

E7: Decrease or Increase of incline motor beyond mechanism safety range.

## TEST MODE

| | |
|---|---|
| Step 1 | Press " STOP HOLD TO RESET ● " and " START ENTER " together and hold for **3** seconds until the console flashes. |
| Step 2 | Press " MODE " to test all LED. |
| Step 3 | Press " MODE " to test LED. |
| Step 4 | Press " MODE " to test LED. |
| Step 5 | Press " MODE " to test all buttons. (If button function is good, when press, user will hear a beep voice and see a number on the window.) |
| Step 6 | Press " MODE " to test I/O mode. |
| Step 7 | Press " MODE " to test again or press " START ENTER " and " STOP HOLD TO RESET ● " and hold for **3** seconds to back to standby mode. |

**Fitnex**

## CAUTIONS

**WARNING:**
RISK OF INJURY TO PERSONS•TO AVOID INJURY, STAND ON THE SIDERAILS BEFORE STARTING TREADMILL, READ INSTRUCTION MANUAL BEFORE USING.

**WARNING:**
REMOVE SAFETY STOP , WHEN NOT IN USE AND STORE OUT OF REACH OF CHILDREN,

**AVERYISSEMENT:**
RETIRER LA BOÎTE DE COMMANDE (OU LA CLE, OU LA GOUPILLE DE SÉCURITÉ, SELON LE CAS) QUAND L'APPAREIL N'EST PAS EN SERVICE, ET LA PLACER HORS D'ATTEINTE DES ENFANTS.

SAFETY STOP

Running Courses
Cardio 15 Minutes
Interval 20 Minutes
Fat Burn 25 Minutes
Endurance 30 Minutes
Heart Rate Control
Set Age
Maximum Heart Rate %

Set Weight
Manual
Set Time
Set Calories
Set Distance
Custom Learn 1
Custom Learn 2
Walking Courses

**HEART RATE TRAINING ZONE**
BEATS
PER
MINUTE
MAX
AGE   20  30  40  50  60  70

**ELEVATION**

Time
Calories

Heart Rate
Distance

**SPEED**

SLOW

DOWN
UP
COOL DOWN
START
ENTER
SELECT
FAST

1  2  3  4  5  6  7  8  9  10

| | |
|---|---|
| **SAFETY STOP** | **SAFETY STOP:**<br>Pulling the safety magnet stops the treadmill immediately. |
| START | **START:**<br>Begins workout. |
| ENTER | **ENTER:**<br>Accept entry of variable setting. |
| SELECT | **SELECT:**<br>Select an exercise program. Use to scan the Time / Calories / Distance / Heart Rate during workout. |
| SPEED<br>SLOW FAST | **SPEED:**<br>Increase / Decrease the tread belt speed. |
| ELEVATION<br>DOWN UP | **ELEVATION:**<br>Increase / Decrease the elevation of treadmill. |

**COOL DOWN:**

Press COOL DOWN,  elevation returns to 0%.

- If the current speed is higher than 5 MPH (8KMH), speed returns to 0 in 3 minutes.

- If the current speed is between 1.6~5 MPH (2.56~8KMH), speed returns to 0 in 2 minutes.

- If the current speed is lower than 1.6 MPH, (2.56KMH) speed returns to 0 in 18 seconds.

**PAUSE/RESET:**

Press PAUSE for temporary stop which holds the time and distance. Press START to continue. To reset the treadmill hold the PAUSE down for 3 seconds.

**SPEED BUTTONS:**

Select speed from 1 to 10 MPH.

Fitnex/Fitness Master Inc., cannot guarantee that the heart rate measurement system on any Fitnex product will work for all users in all instances.  The accuracy of heart rate measurement will vary based on a number of factors, for example the user's physiology and age. Plus external interference and other factors may influence heart rate acquisition and processing.

## Manual

| Step 1 | Turn on the power and put the safety key on. |
| --- | --- |
| Step 2 | Set weight. You can use " ▲ " and " ▼ " to adjust your weight, then press " ↵ ". |
| Step 3 | Press " ⏻ " to start your workout. |

## Set Time/Set Calories/Set Distance

| Step 1 | Turn on the power and put the safety key on. |
|---|---|
| Step 2 | Set weight. You can use " ▲ " and " ▼ " to adjust your weight, then press " ↵ ". |
| Step 3 | Press " ⊙⊙⊙ " to choose one of these three programs, then press " ↵ ". |
| Step 4 | If you choose "Set Time", you can use " ▲ " and " ▼ " to adjust the time you want to exercise. If you choose "Set Calories", you can use " ▲ " and " ▼ " to adjust the calories you want to exercise. If you choose "Set Distance", you can use " ▲ " and " ▼ " to adjust the distance you want to exercise. After adjusting, please press " ↵ ". |
| Step 5 | Press " ⏻ " to start your workout. |

# Custom 1/ Custom2

| Step 1 | Turn on the power and put the safety key on. |
|---|---|
| Step 2 | Set weight. You can use " ▲ " and " ▼ " to adjust your weight, then press " ↵ ". |
| Step 3 | Press " ⊙⊙⊙ " to choose one of these two programs, then press " ⏻ ". |

Note:

Default speed and incline are set. During workout, you can change speed and incline. When you finish each segment's workout, new speed and incline values will be set. Next time when you choose CUSTOM 1/ CUSTOM 2, you can run with your new settings.

Please notice, you must finish each segment's workout, then new values will just be set.

# **Fitnex**

## **Walking Course/ Running Course**

| Step 1 | Turn on the power and put the safety key on. |
|--------|----------------------------------------------|
| Step 2 | Set weight. You can use " ▲ " and " ▼ " to adjust your weight, then press " ↵ ". |
| Step 3 | Press " ⊙⊙⊙ " to choose one of these two programs, then press " ↵ ". |
| Step 4 | Press " ↵ " when you see TIM on the matrix window. |
| Step 5 | Use " ▲ " and " ▼ " to adjust the time you want to exercise. |
| Step 6 | Press " ⏻ " to start your workout. |