Steelflex

PT 20

USER MANUAL V. I

C A R D I O

USER MANUAL

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, then 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.
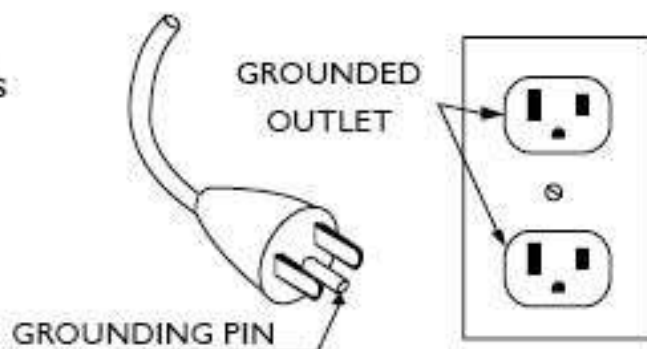
16.WARNING:

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.
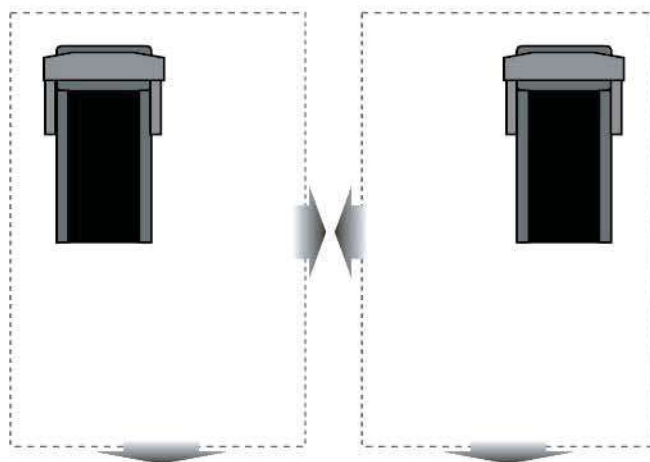
- Non-entry side of treadmill - Minimum of 8 inches (20cm)
- Entry side of treadmill - Minimum of 36 inches (90cm)
- Front of the treadmill - Minimum of 12 inches (30cm)
- Behind treadmill - Minimum of 6 feet (180cm)

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.
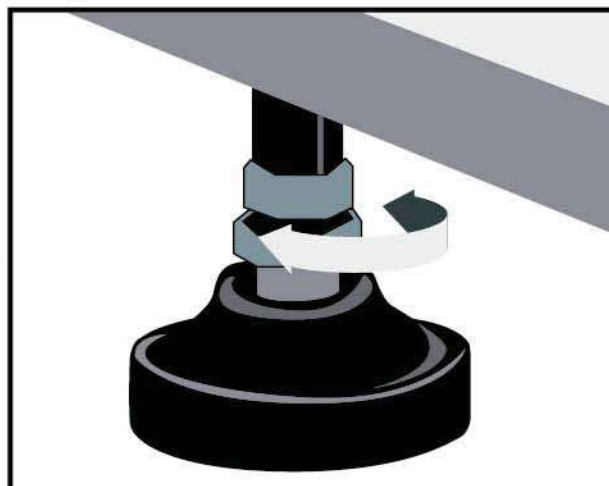
POWER SWITCH

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.
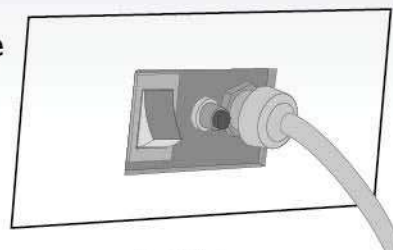
CIRCUIT BREAKER RESET

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 PT20 is used to operate the unit. It includes information window, matrix window and button zone.
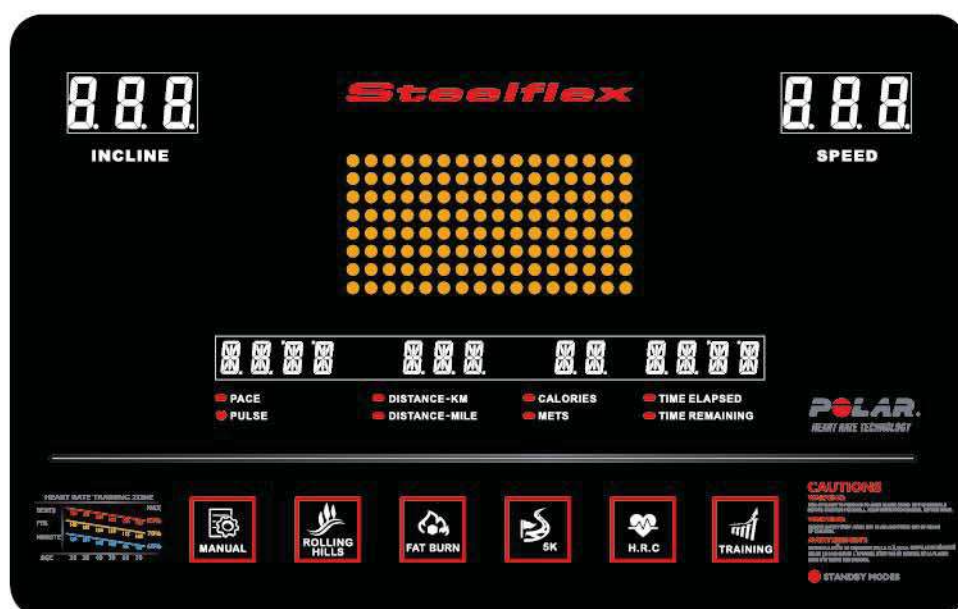
Information Window

Matrix Window

Information Window

Button Zone

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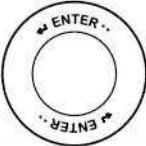
User information Data	Description
TIME	Indicate workout time in minutes and seconds (mm : ss).
DISTANCE	Indicates exercising distance of your workout.
CALORIES	Indicates accumulated calories burned during your workout.
PULSE	Indicates heart rate beats per minute during your workout. (Only displayed if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

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.	**STOP**	Stop your workout
	Speed up/down		Incline up/down
WORKOUTS	Switch workout program.		
ENTER	Enter Data		
ENTER	Rotary switch to adjust setting value.		
DISPLAY SHIFT	Shift workout information.		
COOLDOWN	Stop your workout slowly		
APP	Reset APP connect. (Bluetooth)		

PROGRAM

There are different exercise programs which include MANUAL, ROLLING HILLS, FAT BURN, 5K, H.R.C., and TRAINING.

MANUAL

step 1	Set weight, then press ↵ ENTER •. . Default value is 176 LBS/80 KGS.
step 2	Select MANUAL by pressing • 📊 . **WORKOUTS** Choose GOAL-Time or GOAL-Calories by turning rotary switch. Default value of GOAL-Time is 30 minutes. Default value of GOAL-Calories is 200. To adjust, turn rotary switch.
step 3	Press **START** .

ROLLING HILLS

step 1	Set weight, then press ↵ENTER∴. Default value is 176 LBS/80 KGS.
step 2	Select ROLLING HILLS by pressing ·⌂ WORKOUTS. Choose ROLLING HILLS-INCLINE or ROLLING HILLS-SPEED by turning rotary switch. Press ↵ENTER∴.
step 3	Set workout time. Default value is 30 minutes. To adjust, turn rotary switch.
step 4	Press **START**. Start speed of ROLLING HILLS-INCLINE is 0.5 MPH /0.8 KPH. Start incline of ROLLING HILLS-SPEED is 0.

Note: Workout level can be changed by turning rotary switch during workout.

FAT BURN

step 1	Set weight, then press ↵ENTER. . Default value is 176 LBS/80 KGS.
step 2	Select FAT BURN by pressing WORKOUTS . Choose FAT BURN-INCLINE or FAT BURN- SPEED by turning rotary switch. Press ↵ENTER. .
step 3	Set workout time. Default value is 30 minutes. To adjust, turn rotary switch.
step 4	Press START . Start speed of FAT BURN-INCLINE is 0.5 MPH/0.8 KPH. Start incline of FAT BURN-SPEED is 0.

Note: Workout level can be changed by turning rotary switch during workout.

5K

step 1	Set weight, then press ↵ ENTER . Default value is 176 LBS/80 KGS.
step 2	Select 5K by pressing WORKOUTS . Choose GOAL-5K/3 MILE, GOAL-10K/6 MILE, GOAL-15K/9 MILE or GOAL-20K/12 MILE by turning rotary switch. Press ↵ ENTER .
step 3	Set speed. Lowest speed is 8 KPH/ 5 MPH. To adjust, turn rotary switch.
step 4	Press START .

	Warm UP		100%	CoolDown
SPEED	60%	75%	100%	
Distance 5Km/3Mile	3min	3min	5Km/3Mile	
Distance 10Km/6Mile	3min	3min	10Km/6Mile	
Distance 15Km/9Mile	3min	3min	15Km/9Mile	
Distance 20Km/12Mile	3min	3min	20Km/12Mile	

Press START to skip warm up.

HEART RATE CONTROL

step 1	Set weight, then press ↵ENTER •. . Default value is 176 LBS/80 KGS.
step 2	Select HEART RATE CONTROL by pressing ⌐WORKOUTS . Press ↵ENTER •. .
step 3	Set age. To adjust, turn rotary switch, then press ↵ENTER •. . Default value is 30.
step 4	Set target HR. To adjust, turn rotary switch, then press ↵ENTER •. . Default value is 130.
step 5	Set time. Default value is 30. To adjust, turn rotary switch.
step 6	Press **START** .

Note:

1. When choosing the program, user must wear chest belt.

2. If detected HR is more than 10 beats below target HR, incline will increase 1 level every 30 seconds. If detected HR is more than 10 beats above target HR, incline will decrease 1 level every 30 seconds.

3. If HR can not be detected in 30 seconds, program ends.

TRAINING - INTERVAL 0.2KM / INTERVAL 0.4KM

step 1	Set weight, then press ↵ ENTER. Default value is 176 LBS/80 KGS.
step 2	Select TRAINING by pressing WORKOUTS. Select INTERVAL 0.2KM or INTERVAL 0.4KM by rotary switch. Then ↵ ENTER.
step 3	Set speed. To adjust, turn rotary switch, then press ↵ ENTER. Lowest speed setting is 8KPH/5MPH.
step 4	Set repeat. To adjust, turn rotary switch, then press ↵ ENTER.
step 5	Press START.

Note:

	Warm UP		Rep. 1		Rep. 2		Rep. 3		Rep. 4		CoolDown
SPEED	60%	75%	100%	60%	100%	60%	100%	60%	100%	60%	
TIME	3min	3min									
Distance 0.2Km			0.2 Km	0.1 Km	0.2 Km	0.1 Km	0.2 Km	0.1 Km	0.2 Km	0.1 Km	
Distance 0.4Km			0.4 Km	0.2 Km	0.4 Km	0.2 Km	0.4 Km	0.2 Km	0.4 Km	0.2 Km	