

ata

PROFESSIONAL USE

SKU: 04975

TX CURVED RUNNER

USER MANUAL



Thank you for purchasing an Athletic product! It is with great pleasure that we offer you the opportunity, guidance and encouragement to practice aerobic and muscular exercises, getting like this, the physical preparation needed to feel good.

Athletic guarantees a reliable and modern product, produced with high technology for people who care about their well-being. This manual covers the main information, the basic structure and the main operation and preventive maintenance. It will help you familiarize yourself with all the equipment functions, for you enjoy it for a long time.



ATTENTION

Carefully read the safety and usage guidelines contained herein. Follow the guidelines for correct assembly of the product.

Caution: Do not push any objects into the openings of the product. Stay clear of moving parts.

Safety and security: it is the owner's responsibility to ensure that all users are properly informed about safety precautions, use, maintenance and care of the product.



Inappropriate use for children and animals.



**MAX
150KG**

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SUMARIO

english

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SAFETY INFORMATION

Please read this manual before using the product and retain it for future reference to avoid the risk of heating, fire, electric shock, or injury.

It is the owner's responsibility to ensure that all users of the equipment are adequately informed of the safety precautions.

If the equipment is not in perfect condition, call a technical assistant.

General Considerations

- Place the treadmill on a flat surface at least 30cm away from any wall, keeping the lower part free from any obstacles.
- Never allow more than one person to use the treadmill at the same time.
- Consult your doctor before starting and during any exercise program. Special attention should be given to children, pregnant women, the elderly, people with heart problems and people with disabilities.
- The values indicated on the monitor are reference points, they cannot be considered with sufficient precision for clinical evaluation.
- Keep away from equipment, children and pets, especially during use and do not insert objects into the holes in the equipment.
- Use suitable sportswear. Do not wear loose clothing that can get caught in the equipment. To exercise, always wear shoes, do not walk barefoot or with sandals.
- This device is not intended to be used by people whose physical or mental capacities are reduced or inexperienced, unless they are supervised by a responsible person.
- Children must be supervised to ensure that they do not play with the appliance.

Observations

A. Manufacturer / Distributor is not responsible for accidents and their consequences arising from the violation of the original characteristics or assembly outside the factory settings of their products.

B. Reseller or Authorized Technical Assistance is authorized to change these Terms or make commitments on behalf of the Manufacturer / Distributor.

C. Customer is responsible for unfounded technical call costs.

NOTE: Figures and photos in this manual are for illustrative purposes only. The Manufacturer / Distributor reserves the right to make changes to the product without prior notice. This manual may illustrate options that are not part of the purchased equipment.

COMPONENTS AND TECHNICAL SPECIFICATIONS



1. Monitor
2. Resistance control
3. Handlebar
4. Upright post
5. Running belt
6. Side rail
7. Lifting handlebar
8. Feet
9. Main frame
10. Transport wheels

Characteristics

Resistance	4 levels
Width	810mm
Length	1720mm
Height	1610mm

Belt

Walking surface	1600x440mm
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Packaged

Width	910mm
Height	470mm
Length	1940mm

Nº	DESCRIPTION	QT
01	Main frame ESTRUCTURA CAMILLA ESTRUTURA PRINCIPAL	1
02	Right upright post Mástil derecho VARANDA DIREITA	1
03	Left upright post Mástil izquierdo VARANDA ESQUERDA	1
4	MONITOR MONITOR MONITOR	1
5	Lifting handle Barra de transporte ALÇA DE ELEVAÇÃO	1
6	Right handle bar Pasamanos derecho PEGADOR DIREITO	1
7	Metal right cover fix plate Chapa tapa derecha Placa de fixação Metal da tampa direita	1
8	Metal fix plate for left cover Chapa tapa izquierda Placa de fixação Metal da tampa esquerda	1
9	Right wheel bracket Soporte delantero drc Suporte da roda direita	1

Nº	DESCRIPTION	QT
10	Left wheel bracket Soporte delantero izq Suporte da roda esquerda	1
11	Right-rear feet pad bracket Soporte trasero drc Suporte para pé traseiro direito	1
12	Bracket for left-rear feet pad Soporte trasero izq Suporte para pé traseiro esquerdo	1
13	Bracket for magnet group Soporte imanes Suporte para grupo magnético	1
14	Metal base for slide rheostat Soporte potenciómetro Base metálica para reostato deslizante	1
15	Adjust rear roller bracket Soporte ajuste rodillo trasero Ajuste o suporte do rolo traseiro	2
17	Enforcement right cover pieces Cierre tapa derecha Peças de cobertura do direito de execução	1
18	Enforcement left cover pieces Cierre tapa izq Peças de cobertura do esquerda de execução	1

Nº	DESCRIPTION	QT
19	Slide resistance fixing plate Chapa fijación resistencia Placa de fixação de resistência ao deslizamento	2
20	Fixing plate for R&L cover Chapa unión tapas Placa de fixação para tampa	2
21	Cover of magnet group Tapa portaimanes Capa do grupo magnético	2
22	Bracket 1 for fixed axis Soporte eje 1 Suporte 1 para eixo fixo	1
23	Bracket 2 for fixed axis Soporte eje 2 Suporte 2 para eixo fixo	1
23	SQUARE CAP 33.4*33.4 TAPÓN CUADRADO 33,4*33,4 TAMPA QUADRADA 33,4*33,4	1
24	Front roller Rodillo delantero Rolo dianteiro	1
25	Rear roller Rodillo Trasero Rolo Traseiro	1
26	Belt 380PJ6 Correa 380PJ6 Correia 380PJ6	1
27	Belt 250PJ6 Correa 250PJ6 Correia 250PJ6	1
28	WHEEL RUEDA RODA	2
29	Axis of wheel Eje Rueda Eixo da roda	2
30	Driving wheel 1 Plato 1 Roda motriz 1	1
31	Fix axis of driving wheel Eje de platô Fixe o eixo da roda motriz	1
32	Aluminum disc of driving wheel Plato aluminio Disco de alumínio da roda motriz	1
33	Running belt fixing strap Correa de fijación banda Correia de fixação do cinto de corrida	2

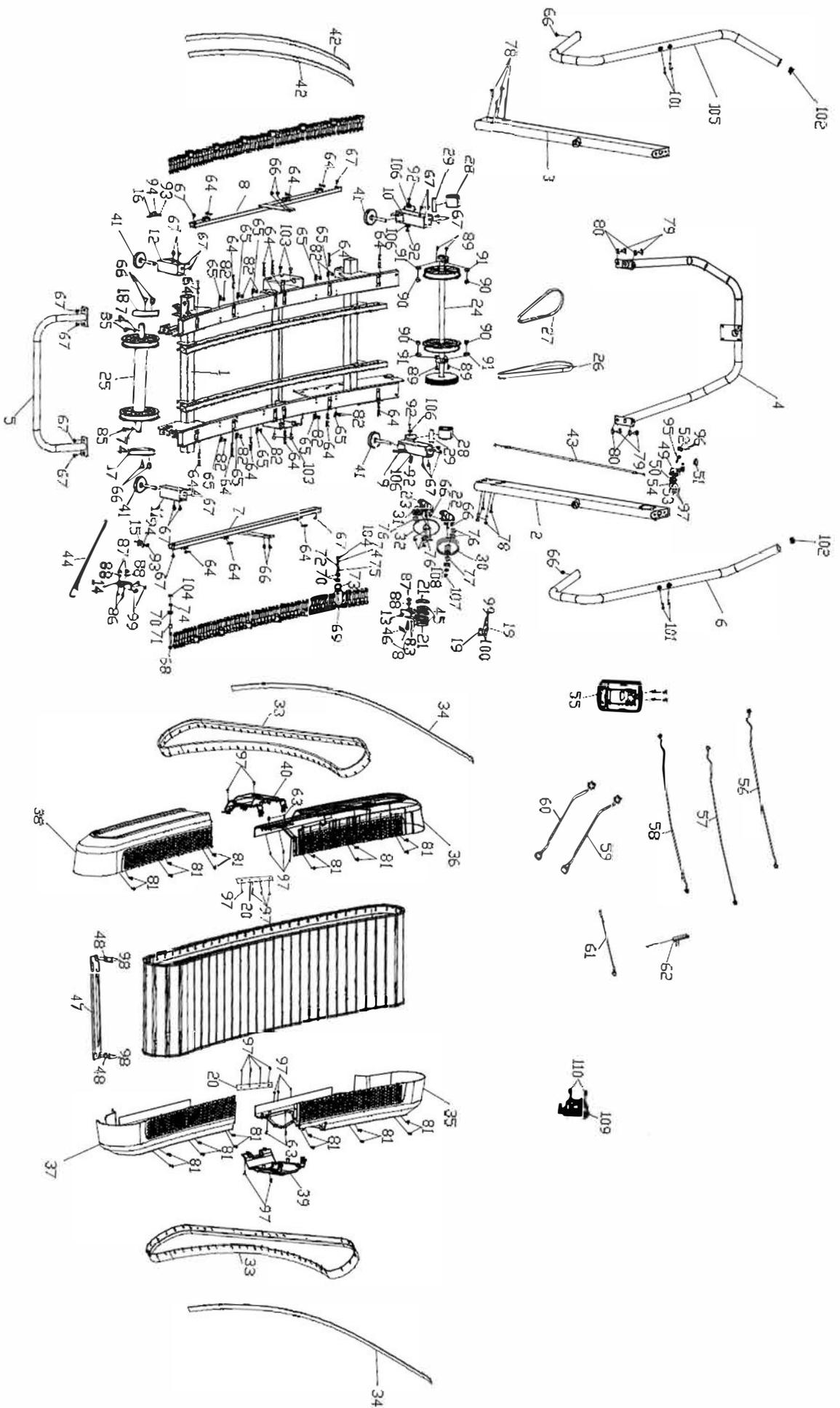
Nº	DESCRIPTION	QT
34	EVA rubber t2.0×50×3600 Espuma t2×50×3600 Borracha EVA t2.0×50×3600	2
35	Right-front cover Tapa delantera derecha Tampa frontal direita	1
36	Left-front cover Tapa delantera izquierda Tampa frontal esquerda	1
37	Right-rear cover Tapa trasera derecha Tampa traseira direita	1
38	Left-rear cover Tapa trasera izquierda Tampa traseira esquerda	1
39	Right upright post cover Tapa mástil derecho Cobertura do poste vertical direito	1
40	Left upright post cover Cubierta del poste vertical izquierdo Cobertura do poste vertical esquerdo	1
41	Feet pad Pie ajustable Almofada de pés	4
42	EVA rubber t5.0×70×3000 Espuma t5×70×3000 Borracha EVA t5.0×70×3000	1
43	Upper resistance adj. Cable Cable superior resistencia Resistencia superior adj. Cabo	1
44	Bottom resistance adj. Cable Cable inferior resistencia Resistencia inferior adj. Cabo	1
45	Round magnet Imán Imã Redondo	4
46	Brake spring (E21-71) Muelle freno (E21-71) Mola de freio (E21-71)	1
47	Slat LAMA SLAT	60
48	WASHER ARANDELA ARRUELA	120
49	HANDLE BAR POMO GUIDÃO	1

Nº	DESCRIPTION	QT
50	Resistance adjust set Set resistência Conjunto de ajuste de resistência	1
51	Upper cover of handle bar Tapa superior pomo Tampa superior do guidão	1
52	Outer cover of handle bar Tapa lateral pomo Cobertura externa do guidão	1
53	Gear adjustment column Mecanismo de ajuste Coluna de ajuste de marcha	2
54	Ordinary cylindrical spring Resorte cilíndrico ordinario Mola cilíndrica comum	1
55	MONITOR MONITOR MONITOR	1
56	Com. wire XH 2P/L-1250mm Cable com. 2P/L1250mm CABO XH 2P/L-1250mm	1
57	VR com. wire XH3P/L-1250mm Cable com. 3P/L1250mm VR com. fio XH3P/L-1250mm	1
58	Com. wire XH 2P/L-950mm CABLE COM 2P/L950MM Com. fio XH 2P/L-950mm	1
59	VR com. wire XH3P/L-950mm Cable com. 3P/L950mm Com. fio XH 3P/L-950mm	1
60	VR com. wire XH3P/L-500mm Cable com. 3P/L-500mm Com. fio XH 3P/L-500mm	1
61	Magnet sensor XH 2P/L-1000mm Reenvío 2P/L1000mm Sensor magnético XH 2P/L-1000mm	1
62	Resistance VR RESISTENCE VARIABLE RESISTENCIA VARIABLE	1
63	Screw buckle Tornillo cerrado Fivela de parafuso	4
64	Screw bracket Soporte tornillo Suporte de parafuso	10
65	T-shape slide block T corredera Bloco deslizante em forma de T	6

Nº	DESCRIPTION	QT
66	Hexagon socket bolt M8x15 Tornillo M8x15 PARAFUSO M8x15	12
67	Hexagon socket bolt M8x20 TORNILLO M8x20 PARAFUSO M8x20	24
68	Hexagon head bolt M8x65x20 TORNILLO M8x65x20 PARAFUSO M8x65x20	98
69	Socket hexagon bolt M8x65 TORNILLO M8x65 PARAFUSO M8x65	12
70	Bearing 608ZZ RODAMIENTO 608ZZ ROLAMENTO 608ZZ	124
71	Sleeving D12xD8.1x18.4 Casquillo D12xD8.1x18.4 Mangas D12xD8.1x18.4	98
72	Sleeving D12xD8.1x14 Casquillo D12xD8.1x14 Mangas D12xD8.1x14	12
73	Guide pulley Polea guia Polia guia	12
74	Flat washer D8 Arandela plana D8 Arruela plana D8	110
75	Elastic spring for hole D23 Muelle elástico D23 Mola elástica para furo D23	12
76	Dep groove ball bearing 6201ZZ Rodamiento 6201ZZ Rolamento de esferas profundo 6201ZZ	4
77	Unilateral bearing CSK12P Rodamiento CSK12P Rolamento unilateral CSK12P	1
78	Hexagon socket bolt M8x55x20 Tornillo M8x55x20 PARAFUSO M8x55x20	9
79	Hexagon socket bolt M8x25 TORNILLO M8x25 PARAFUSO M8x25	4
80	Curve washer D8.5xR25xt2.0 Arandela D8xR25xt2.0 Arruela curva D8.5xR25xt2.0	4
81	Cross groove screw ST4x35 TORNILLO ST4x35 PARAFUSO ST4x35	24

Nº	DESCRIPTION	QT
82	Cross groove screw ST4x15 Tornillo ST4x15 PARAFUSO ST4x15	20
83	Cross groove bolt M5 x10 TORNILLO M5 x10 PARAFUSO M5 x10	4
85	Socket hexagon bolt M8x75 TORNILLO M8x75 PARAFUSO SEXTAVADO M8x75	2
86	Hexagon socket bolt M8x30x20 TORNILLO PARAFUSO SEXTAVADO M8x30x20	2
87	Hexagon lock nut M8 TUERCA M8 PORCA SEXTAVADA M8	3
88	Flat washer D8 ARANDELA PLANA D8 ARRUELA PLANA D8	3
89	Hexagon socket bolt M10x25x15 Tornillo con hexágono interior M10x25x15 Parafuso sextavado interno M10x25x15	4
90	Hexagon lock nut M10 Contratuerca hexagonal M10 Porca sextavada M10	4
91	Flat washer D10 ARANDELA PLANA D10 ARRUELA PLANA D10	4
92	Socket hexagon bolt M6x15 Perno hexagonal interior M6x15 Parafuso sextavado de soquete M6x15	4
93	Hexagon bolt M8x30 Perno hexagonal M8x30 Parafuso hexagonal M8x30	2
94	Hexagon nut M8 TUERCA M8 PORCA M8	2
95	Hexagon socket bolt M6x50x36 Perno de hexágono interior M6x50x36 Parafuso sextavado interno M6x50x36	1
96	Cross groove screw ST3x10 Tornillo de ranura cruzada ST3x10 Parafuso de ranhura transversal ST3x10	2
97	Cross groove screw ST4x16 Tornillo de ranura cruzada ST4x16 Parafuso de ranhura transversal ST4x16	22

Nº	DESCRIPTION	QT
98	Hexagon lock nut M5 Contratuerca hexagonal M5 Porca sextavada M5	240
99	Cross groove screw M4x10 Tornillo de ranura cruzada M4x10 Parafuso de ranhura transversal M4x10	3
100	Hexagon lock nut M4 Contratuerca hexagonal M4 Porca sextavada M4	3
101	Socket hexagon bolt M8x45 Perno hexagonal interior M8x45 Parafuso sextavado de soquete M8x45	4
102	Round end pipe plug D38xt1.5 Tapón de tubo de extremo redondo D38xt1.5 Tampão de tubo de extremidade redonda D38xt1.5	2
103	Socket hexagon bolt M8x15 Perno hexagonal interior M8x15 Parafuso sextavado de soquete M8x15	4
104	Hexagon lock nut M8 Contratuerca hexagonal M8 Porca sextavada M8	110
105	Left handle bar Manillar izquierdo Barra do punho esquerdo	1
106	Outer cover TAPA TAMPÃO	4
107	Hexagon lock nylon nut M6 Tuerca hexagonal de nailon M6 Porca sextavada de nylon M6	1
108	Flat washer D6 Arandela plana D6 ARRUELA PLANA D6	1
109	Bottle holder Sostenedor de botella Suporte para garrafa	1
110	Cross groove large screw M4x16 Tornillo ranura transversal grande M4x16 Parafuso grande de ranhura cruzada M4x16	2
300	USER MANUAL MANUAL DE USUARIO MANUAL DE USUARIO	1
303	CARTON BOX CAJA CARTÓN CAIXA DE PAPELÃO	1
304	Hardware set Kit tornillería Conjunto de hardware	1

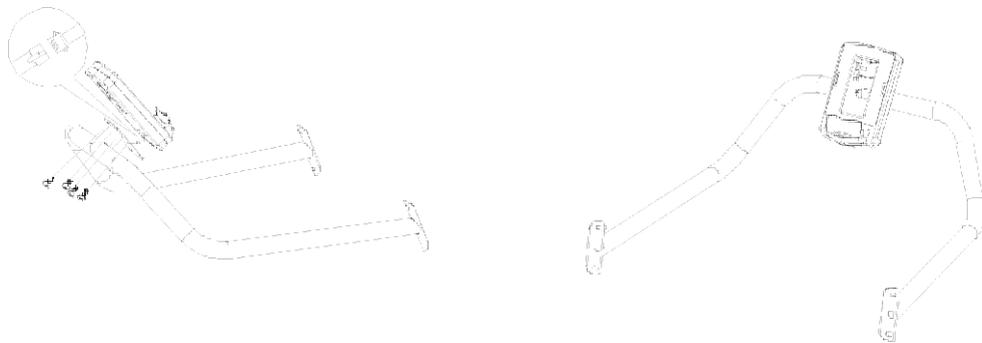


ASSEMBLY



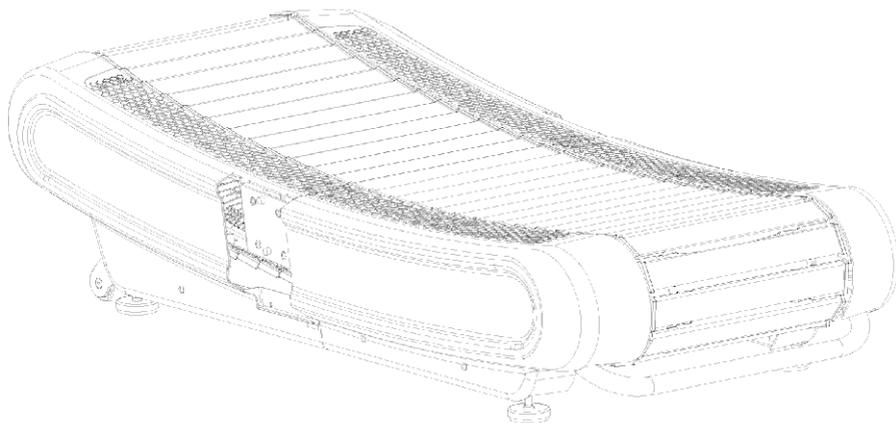
NOTE: Place the packaging with the equipment on a level surface. It is recommended that you place a protective cover for your floor. Exercise caution when you are loading and transporting equipment. Unpack and assemble the equipment where it will be used. If necessary, ask the help of someone else.

STEP 1



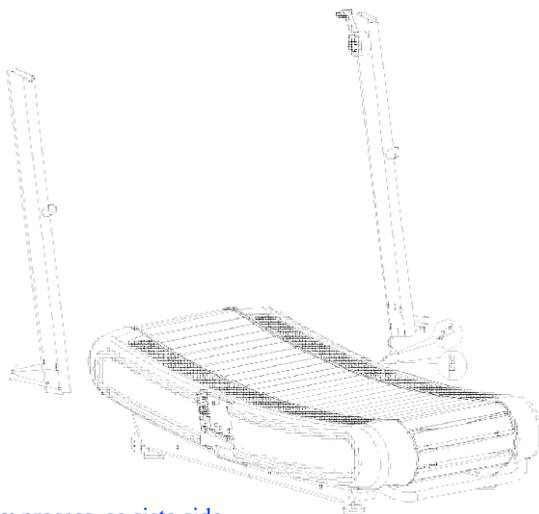
Take out the monitor frame and monitor from the packing box, connect the monitor cable then fix the monitor on the monitor frame with 4pcs M5X10 screws.

STEP 2



Take out the main body from the packing box and put it on the floor.

STEP 3

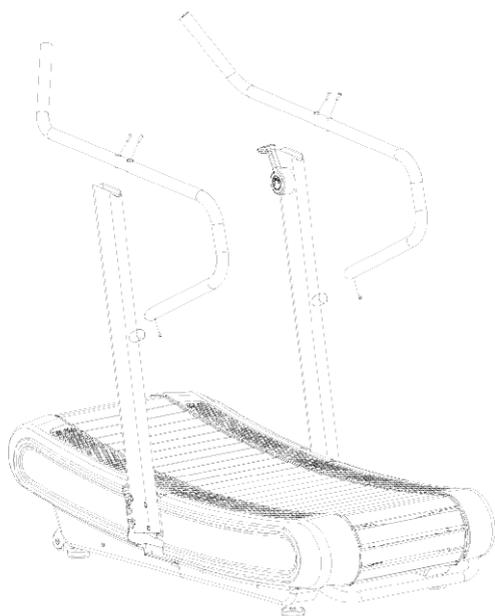


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Connect the cables and resistance adjust cable in the right upright post, then fix the upright post with 4pcs M8x65x20 screws onto the main body . Then assemble the left upright post without wire connecting.

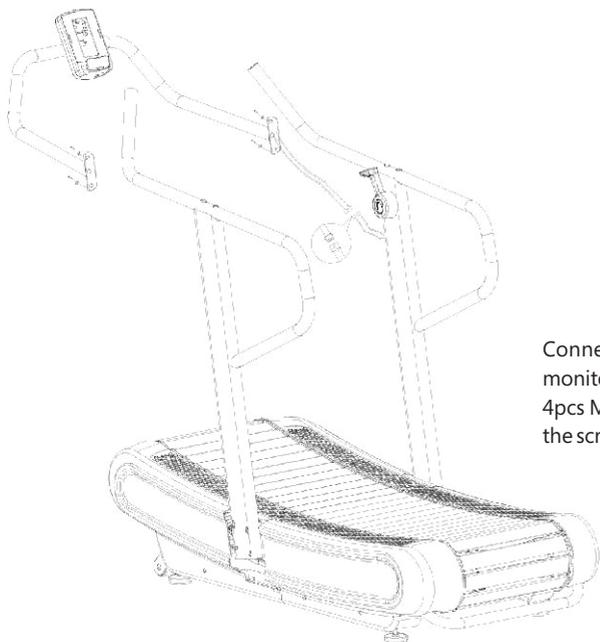
STEP 4



Connect the right handlebar and the right upright post with 2pcs M8x45 screw on the top holes of right handle bar, then use 1pc M8x15 screw to fix the bottom hole of right handle bar.

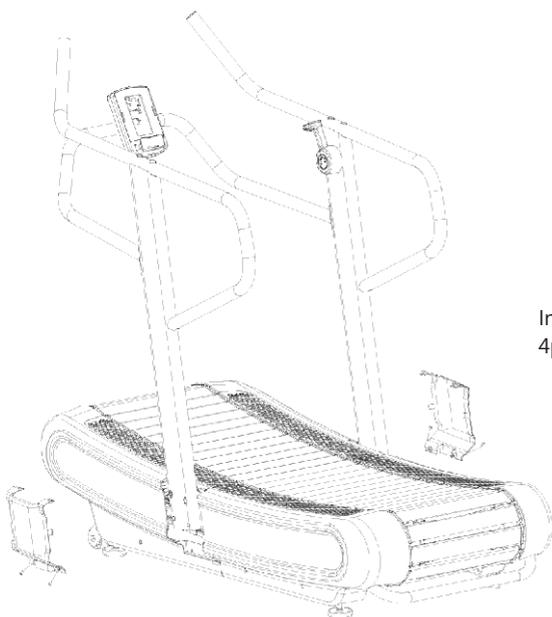
Fix the left handlebar in the same way.

STEP 5



Connect the cables between handlebar and the monitor support, then fix the monitor support with 4pcs M8x25 screw and 4pcs curved washer, tighten all the screws.

STEP 6



Install the upright post cover to main frame with 4pcs ST4x15 screws.

MONITOR

DISPLAY FUNCTIONS



WINDOW	DESCRIPTION
TIME	Display workout time. Display range 0:00~1:59:00.
DISTANCE	Display workout distance. Display range 0.5~100.
CALORIES	Display calories consumption during workout. Display range 0 ~ 2000.
PULSE	Display user heart-rate during workout. Display range 30~230.
WATT	Display the power consumption during training.
SPEED	Display current training speed.
PACE	Set the time to reach the target distance.
LOAD	Display LOAD resistance value for each level in WATT window when adjust LOAD resistance. Display range L1~L4.

KEYS FUNCTIONS

KEY	DESCRIPTION
UP ▲	Adjust function value up.
DOWN ▼	Adjust function value down.
ENTER	Confirm setting or selection.
START	Start workout quickly or resume workout in STOP mode.
STOP	To stop/pause workout. Hold on this key for 2 seconds to reboot the console.
INTERVAL	3 programs: INTERVAL 10/20, INTERVAL 20/10 or Custom Interval.
TARGET DISTANCE	Fast access to Target Distance training mode.
TARGET CALORIES	Fast access to Target Calories training mode.
TARGET HEART-RATE	Fast access to Target Heart Rate training mode.
TARGET TIME	Fast access to Target Time training mode.

OPERATION

POWER ON

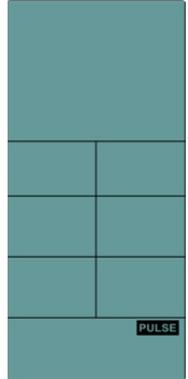
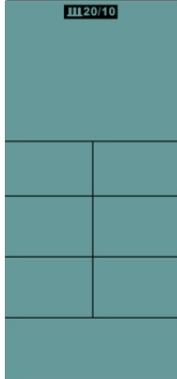
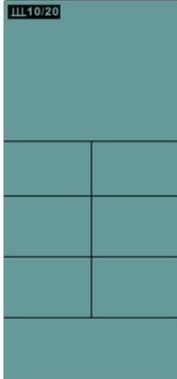
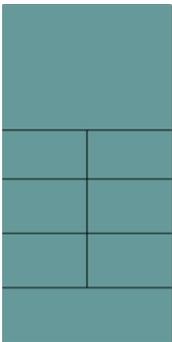


Figure 1

Figure 2

When POWER ON, LCD will full display 1s (Figure 1) with long beep sound, then enter into display stand by mode (Figure 2), the pictures will be displayed from top ICON to bottom in sequence. Press STOP button for 2s, then enter into stand by mode.

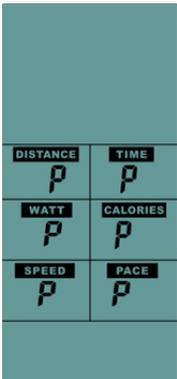
SLEEP MODE



If no input of key operation or RPM signal input in 4min, monitor will go to Sleeping mode. (Figure 3)

Figure 3

BREAK MODE



When START, press "START" button one time, enter into Break mode with buzzer sound 0.5s by every 30s. Computer still display all functions, but LCD windows display "P". Buzzer will sound for 1s and enter into stand by mode after broke with 5 min, then press "START" to continue. (Figure 4).

Figure 4

STOP MODE

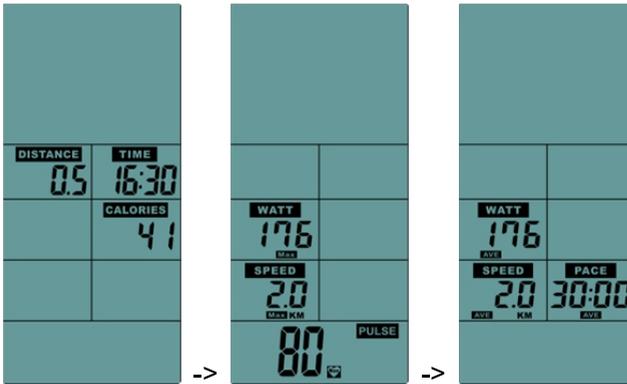


Figure 5

Press "STOP" key with buzzer sound 0.5s, enter into Stop mode. All the LCD windows no display, but after 0.5s LCD will display TIME, DIST, CAL (display KM or ML according to the setting). After 7s with buzzer sound 0.25s, LCD display MAX ICON, WATTS, SPEED, PULSE also after keep shows 7s with buzzer sound 0.25s, LCD display AVE, WATTS, SPEED, PACE, after keep shows 7s without display any data at the moment, then re-show the data two times and enter into stand by mode. (Figure 5)

QUICK START



Figure 6

- A.** In standby mode, with single RPM > 20 input, quick press "START", buzzer sound 0.5s, then TIME, CALORIES, DISTANCE, WATTS, SPEED and PACE shining in sequence, the value will count up according to the operation.
- B.** "PULSE" window is lighten, if any heart single input the "PULSE" window is flashing with current value, if no heart single input LCD display "P".
- C.** If without any single input in 5min, the buzzer rings for 0.5s and computer will back to standby mode.
- D.** If did not complete the setting in 30 seconds, the buzzer sounded for 0.5 seconds and back to standby mode.
- E.** Press the "START" key once, enter into the break mode and press "START" to continue running.
- F.** Press the "STOP" key to sound the buzzer for 0.5 seconds and enter into the stop mode.
- G.** If the result of movement is displayed, press "STOP" key to leave and return to stand by mode.
- H.** When adjust the resistance handle, it will display the LOAD resistance for each segment in WATT window.

INTERVAL 10/20

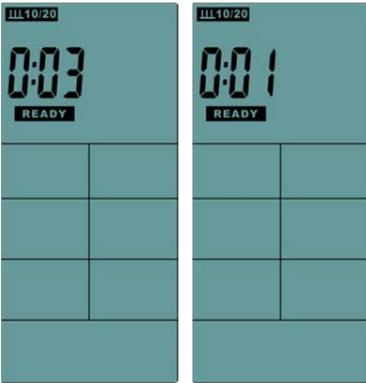


Figure 7



Figure 8

INTERVAL 20/10

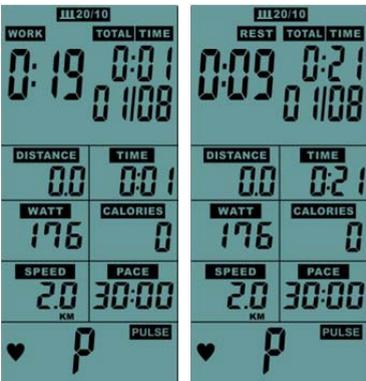


Figure 9

- A. Press "INTERVAL10/20" key, enter to this mode, LCD display **ILL10/20** icon , with buzzer beeps 0.5s.
- B. If did not input in 30s when setting, computer will back to stand by mode.
- C. The "READY" icon counts down from 3s to 0s, meanwhile with a short buzzer beep (Figure 7), LCD display "01/XX" ("01" is flashing). The "WORK" icon is flashing one time every 1s with buzzer sounds (shining 0.75s/put out 0.25s), "TIME" icon counts down from 10s to 0s, DISTANCE, CALORIES, WATTS, SPEED, RPM count up according the operation. (Figure 8)
- D. After work 10s, LCD window display "01/08" ("01" is flashing), "REST" icon is keep flashing , the buzzer rings for 0.25s per 1s, TIME start to count down from 20s to 0s.
- E. Work & Rest display in cycle, cycle count increase 1 every time till reach to 08/08 (total cycle counts 8 times). Buzzer rings 0.5s enter to stop mode. (The average value of the sports results is only calculated within the Work time)
- F. When the last REST is reached, this mode is stop directly.
- G. If no single input in 5min, buzzer rings 0.5s enter into stand by mode.
- H. Press the "START" key once, enter into the break mode and press "START" to continue running.
- I. Press the "STOP" key to sound the buzzer for 0.5s and enter into the stop mode.
- J. If the result of movement is displayed, press "STOP" key to leave and return to stand by mode.

- A. Press "INTERVAL20/10" key, enter to this mode, LCD display **ILL20/10** icon (Figure 10), with buzzer beeps 0.5s.
- B. If did not input in 30s when setting, computer will back to stand by mode.
- C. The "READY" icon counts down from 3s to 0s, meanwhile with a short buzzer beep (figure 7), LCD display "01/XX" ("01" is flashing). The "WORK" icon is flashing one time every 1s with buzzer sounds (shining 0.75s/ put out 0.25s), "TIME" icon counts down from 10s to 0s, DISTANCE, CALORIES, WATTS, SPEED, RPM count up according the operation. (figure 9)
- D. After Work 10s, LCD window display "01/08"("01" is flashing), "REST" icon is keep flashing , the buzzer rings for 0.25 seconds per second, TIME start to count down from 20s to 0s.
- E. Work & REST display in cycle, cycle count increase 1 every time till reach to 08/08(total cycle counts 8 times). Buzzer rings 0.5s enter to stop mode. (The average value of the sports results is only calculated within the Work time)

- F. When the last REST is reached, this mode is stop directly.
- G. If no single input in 5Min, buzzer rings 0.5s enter into standby mode.
- H. Press the "START" key once, enter into the break mode and press "START" to continue running.
- I. Press the "STOP" key to sound the buzzer for 0.5s and enter into the stop mode.
- J. If the result of movement is displayed, press "STOP" key to leave and return to stand by mode.

INTERVAL CUSTOM



Figure 14

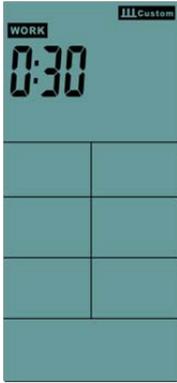


Figure 15

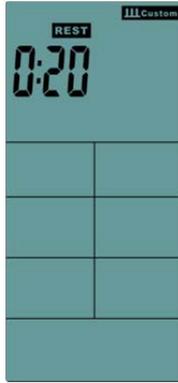


Figure 16

A. Press "INTERVAL CUSTOM" key, enter to this mode, LCD display **III Custom** icon with buzzer beeps 0.5s.

B. LCD display the presetting value 01, press "UP or DOWN" key to setting (setting range 01~20), it is non-recyclable (figure 14).

C. Press "ENTER" confirmed, "WORK" icon is flashing, LCD window "TOTAL TIME " display the presetting value 0:30. Press "UP or DOWN" key to setting (setting range: 0:05~30:00), it is non-recyclable (figure 15).

D. Press "ENTER" confirmed, "REST" icon is flashing, LCD window "TOTAL TIME " display the presetting value 0:20. Press "UP or DOWN" key to setting (setting range: 0:05~30:00), it is non-recyclable (figure 16).

E. Press "ENTER" confirmed, meanwhile with a short buzzer rings 0.5s, LCD display "01/XX" ("01" is flashing). The "WORK" icon is flashing one time every 1s with buzzer sounds (shining 0.75s/ put out 0.25s) , "TIME" icon counts down from the setting value, DISTANCE, CALORIES, WATTS, SPEED, PACE count up according the operation.

F. There is set RSET time, matrix displays 01/XX(part 01 is flashing), "REST" icon keep flashing, the buzzer rings for 0.25s every second.

G. "Work" and "REST" display in cycle , cycle count increase 1 every time till reach to 08/08 (total cycle counts 8 times). Buzzer rings 0.5s enter to stop mode. (The average value of the sports results is only calculated within the Work time)

H. When the last REST is reached, this mode is stop directly.

I. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.

J. Press the "START" key once, enter into the break mode and press "START" to continue running.

K. Press the "STOP" bkey to sound the buzzer for 0.5 seconds and enter into the stop mode.

L. If the result of movement is displayed, press "STOP" key to leave and return to stand by mode.

TARGET TIME

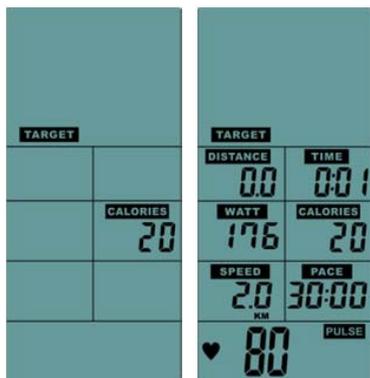


- A. Press "TARGET TIME" key, enter to this mode, LCD flashing display TARGET and TIME.
- B. LCD "TIME" window display the presetting value 1:00 or the last setting value. Press "UP or DOWN" key to setting (time range 1:00~1:59:00), it is non-recyclable.
- C. After setting, press "ENTER" confirmed, TARGET and TIME icon continue to flashing, meanwhile start to count down from setting value.
- D. Press the "START" key once, enter into the break mode and press "START" to continue running.
- E. Press the "STOP" key to sound the buzzer for 0.5s and enter into the stop mode.
- F. If no single input in 5Min, buzzer rings 0.5s enter into standby mode.

G. If did not complete the setting in 30s, the buzzer rings for 0.5s and back to standby mode.

H. If the result of movement is displayed, press "STOP" key to leave and return to standby mode.

TARGET CALORIES



- A. Press "TARGET CALORIE" key, enter to this mode, LCD flashing display TARGET and CALORIE.
- B. LCD "CALORIE" window display the presetting value 20 or the last setting value. Press "UP or DOWN" key to setting (setting range 1~2000), it is non-recyclable.
- C. After setting, press "ENTER" to confirm, TARGET and CALORIE icon continue to flashing, meanwhile start to count down from the setting value.
- D. Press the "START" key once, enter into the break mode and press "START" to continue running.
- E. Press the "STOP" key to sound the buzzer for 0.5s and enter into the stop mode.
- F. If no single input in 5min, buzzer rings 0.5s enter into standby mode.

G. If did not complete the setting in 30s, the buzzer rings for 0.5s and back to standby mode.

H. If the result of movement is displayed, press "STOP" key to leave and return to standby mode.

TARGET DISTANCE



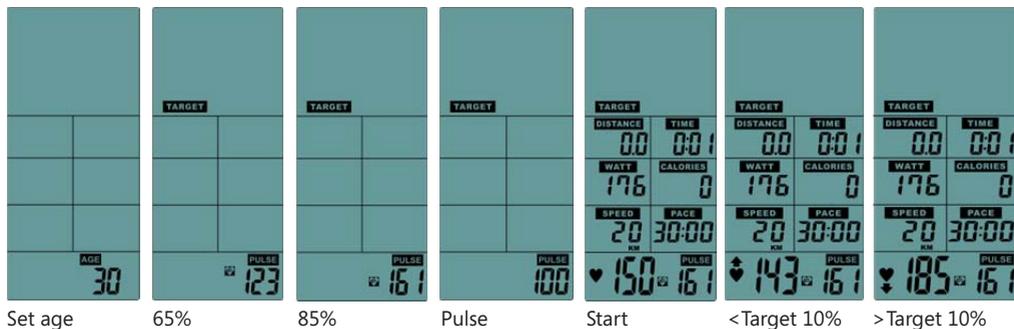
- A. Press "TARGET DISTANCE" key, enter to this mode, LCD flashing display TARGET and DISTANCE.
- B. "DISTANCE" window display the presetting value 0.5KM/0.5Miles or the last setting value. Press "UP or DOWN" key to setting (setting range 0.5~100), it is non-recyclable.
- C. After setting, press "ENTER" confirmed, TARGET and DISTANCE continue to flashing, meanwhile start to count down from the setting value.
- D. Press the "START" key once, enter into the break mode and press "START" to continue running.
- E. Press the "STOP" key to sound the buzzer for 0.5s and enter into the stop mode.
- F. If no single input in 5min, buzzer rings 0.5s enter into standby mode.

mode.

G. If did not complete the setting in 30s, the buzzer rings for 0.5s and back to standby mode.

H. If the result of movement is displayed, press "STOP" key to leave and return to standby mode.

TARGET HEART RATE



A. Press "TARGET HEART RATE" key, enter to this mode, LCD flashing display Age icon with presetting value 30 or the last setting value. Press "UP or DOWN" key to setting (setting range 11~99), it is non-recyclable.

B. After setting, press "ENTER" confirmed, LCD display the presetting value 65%, press "UP or DOWN" key to adjust to 65% or 85% and the value of Pulse, LCD will shows the corresponding value.

C. If selected PULSE, LCD display the presetting value "100", press "UP or DOWN" key to setting (setting range 30~230), it is non-recyclable.

D. Press "ENTER" key to start to count, TARGET and PULSE icon is flashing.

E. When the heartbeat value is higher or lower than the setting value (+/-10%), the PULSE value is displayed continuously.

F. The heartbeat value is lower than the setting value (<10%) and the PULSE window "UP icon" flashes to remind USER to accelerate.

G. The heartbeat value is higher than the setting value (>10%), and the PULSE window "DOWN icon" flashes to remind USER to slow down.

H. The heartbeat value is higher than or equal to the setting value of 100%. The buzzer rings 3 short sounds every 1s. After 10 times, the heartbeat value is still not lower than 100%, the buzzer rings 1s and enters into the standby mode.

I. Without any heart single input in 30s, the "PULSE" LCD window display "P", buzzer rings 1s and enter into the standby mode.

J. Press the "START" key once, enter into the break mode and press "START" to continue running.

K. Press the "STOP" key to sound the buzzer for 0.5 seconds and enter into the stop mode.

L. If no single input in 5min, buzzer rings 0.5s enter into standby mode.

M. If did not complete the setting in 30s, the buzzer rings for 0.5s and back to standby mode.

N. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.



PREVENTIVE MAINTENANCE

Cleaning

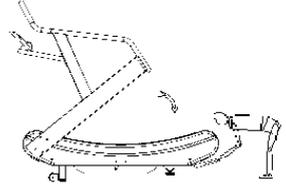
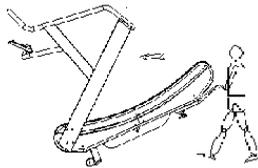
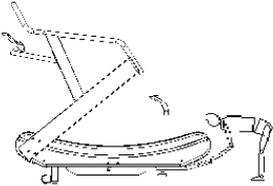
Make a regular preventive cleaning the treadmill

If you prefer the cleaning can be made by the technical assistance authorized. Paid service by the customer

- Never use abrasive or solvents for cleaning.
- Do not leave the equipment exposed to natural agents such as sunlight, rain, dew, dust, salt spray etc.
- Do not put the treadmill in dusty environments, wet, saunas or anywhere unventilated.
- Always use original spare parts as the conservation / improper maintenance can cause damage to the product, as well as the loss of warranty.

MOVING THE TREADMILL

- Hold the treadmill on Lift handlebar with two hands and lift the deck up;
- You can move the treadmill forward or backward slowly;
- When find the place, put it down to the ground.



WARRANTY

General Warranty Conditions

A. The warranty service will only be provided on presentation of the original invoice or receipt and within the limits set out in this term. The warranty will be provided by the Authorized Technical Assistance Network, which covers the main cities in the country. To activate the warranty, the customer must contact the authorized Athletic distributor in their country directly.

B. The conditions set out in this contract are guaranteed to the first purchaser and user of this product, in accordance with legal and contractual provisions. The customer should consult the Athletic distributor in the country of purchase for detailed information on warranty coverage and service.

C. The warranty will be valid from the date of issue of the invoice or sales receipt, as directed by the Athletic distributor in your country.

D. Parts repaired or exchanged under this warranty do not interrupt or extend the warranty period originally stipulated. The warranty period will continue to run from the date of issue of the invoice or sales receipt.

E. To benefit from this warranty, the equipment must have been installed by an authorized technical assistant, except for products for residential use only, which can be installed by the user themselves, according to the manufacturer's instructions.

F. The warranty does not cover installation services or preventive maintenance, such as cleaning, lubricating and adjusting the product. These services are the responsibility of the user and must be carried out in accordance with the manufacturer's recommendations.

G. The Manufacturer/Distributor undertakes to keep spare parts available for product maintenance as long as it continues to manufacture or import the equipment. In the event that production or importation of the equipment is discontinued, the Manufacturer/Distributor undertakes to maintain the supply of spare parts for 5 years, to ensure the continued maintenance of the product.

Extinction of Warranty:

This warranty shall be deemed void when:

A. Its normal validity period has expired.

B. The equipment has been delivered for repair by persons not authorized by the Manufacturer/Distributor, or if there are signs of violation of its original characteristics, or when there is improper assembly, outside the factory standards.

C. Damage resulting from misuse, use of unsuitable cleaning products, oxidation from external agents (such as humidity or prolonged exposure to the open air), negligence, unauthorized modifications, use of non-recommended accessories, falls, punctures, use and installation not in accordance with the instruction manual, electrical wiring with unsuitable voltages, lack of grounding in networks of unsuitable size and/or excessive fluctuations and overloads.

D. For the residential line, any type of maintenance carried out by the user or by unauthorized third parties, other than those from the authorized technical assistance network, is prohibited.

E. The product has been used in gyms, condominiums, clinics, clubs, saunas, submerged in water, or in any way other than the intended use of the product, or in conditions that go beyond the intended use of the equipment, as specified in the product manual.

Observations:

A. Cables, carabiners, pedals and other components that come with the product must be replaced annually to ensure the safety and proper functioning of the equipment.

B. The Manufacturer/Distributor shall not be held liable for any accidents and their consequences if the equipment is not in conformity with its original characteristics or if it is assembled outside the factory standard.

C. Liability for incorrect use of the equipment, and the costs of unfounded calls (when the service department is called improperly or without justified cause), will be the responsibility of the customer, and the corresponding costs will be charged.

Note: The Manufacturer/Distributor reserves the right to make changes to the product or warranty conditions without prior notice in order to improve product quality or meet new legal and market requirements.

MAGNETISK MOTSTAND!

Vær ekstra oppmerksom på dette i STEG 3 i monteringsanvisningen. Her kommer en detaljert forklaring.

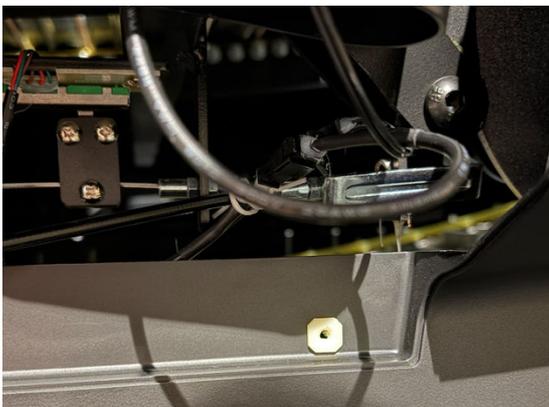
1. Still motstanden til «LOW», som vist på bildet



2. Du trenger tilgang bak dekselet på høyre søyle



3. Løsne den hvite sikringen som holder kablene samlet



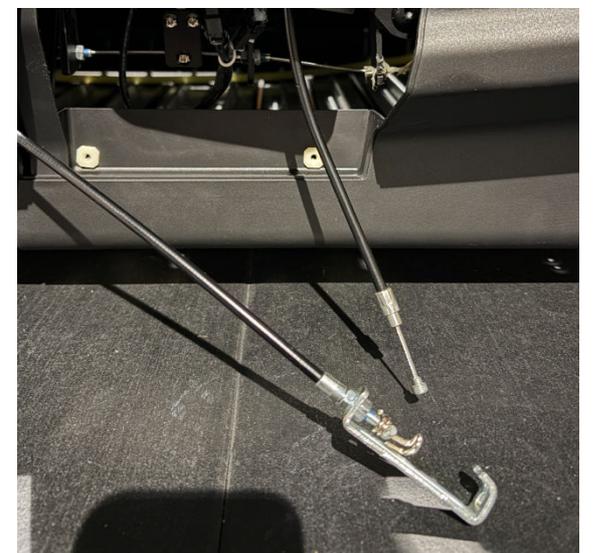
4. Finn frem delen som vist på bildet



5. Lokaliser den andre vieren som ligger skjult i søylen



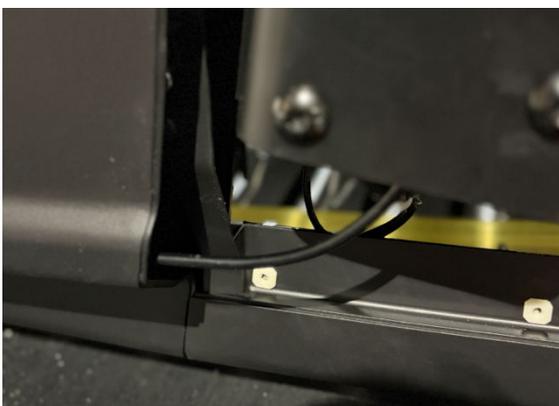
6. Trekk den ut slik at du har fri tilgang på begge



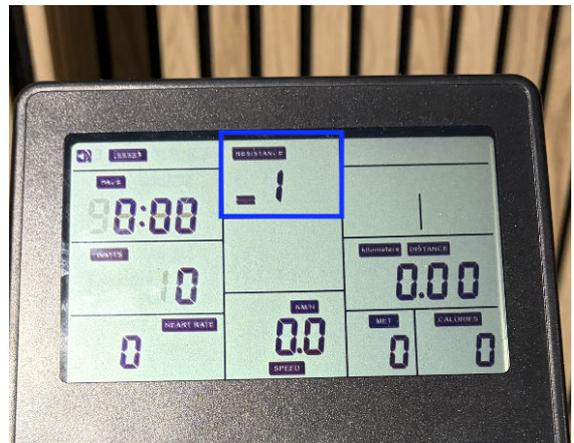
7. Koble de sammen som vist på bildet



8. Sørg for at den sammensatte kabelen ligger fritt uten motstand og dytt den tilbake ved å føre den samme vei som venstre vaier kommer fra



9. Gjør noen tester med spaken som vist i bilde nr. 1. Du kan se på displayet, motstand 1 vs. 4



10. Sett på plass dekslet.

Ved spørsmål. Ta kontakt med oss via kontaktskjemaet på vår nettside. Du kan også ringe oss på: 66 10 14 00.

Hilsen team ata