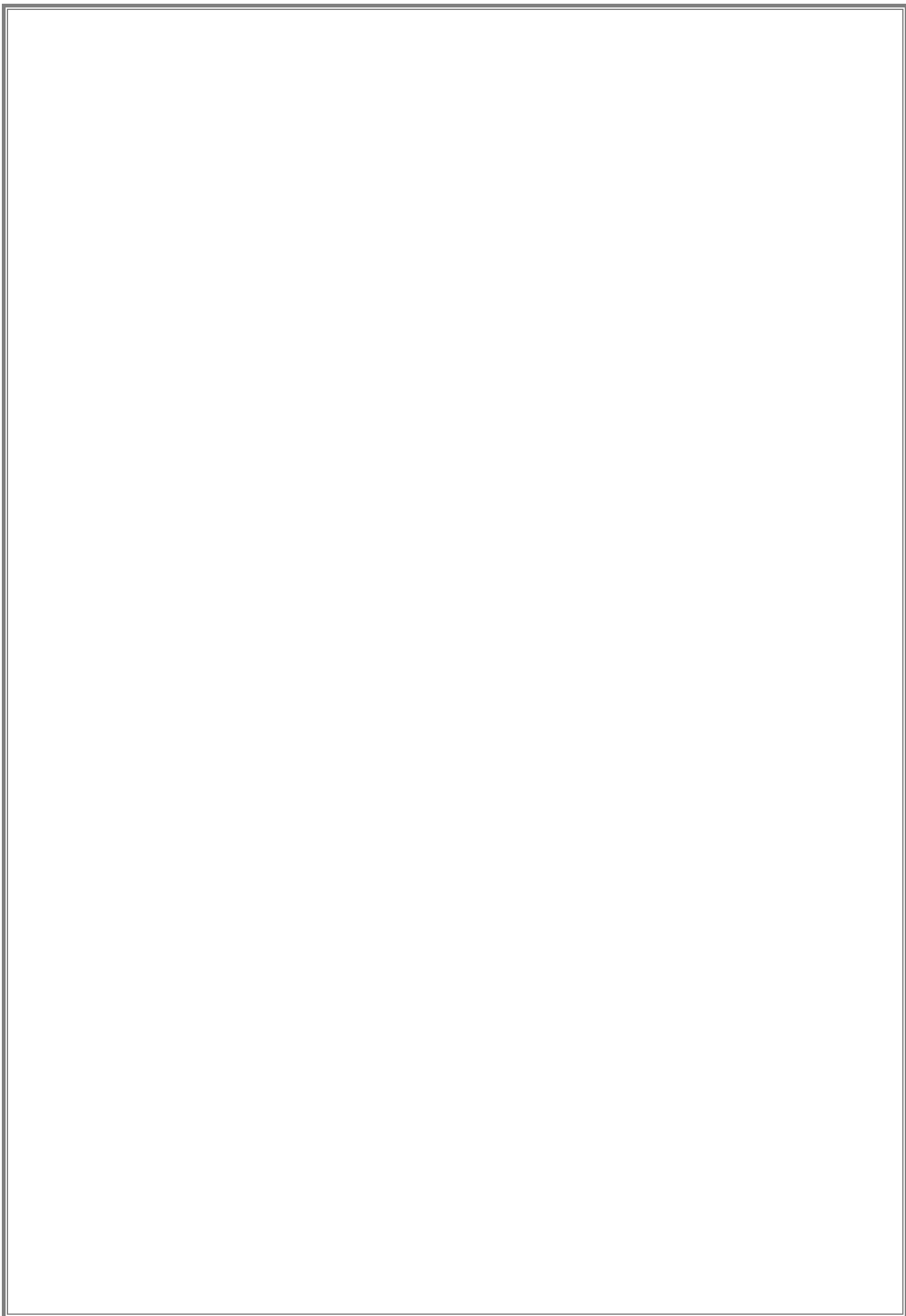# Treadmill

XFIT i-RUN

User's Manual

* Product specifications may differ from the photo and are subject to change without notice.

■ Important information

IMPORTANT: read this instruction manual first and follow the instructions carefully before using the product.

➢ Consult an expert to determine the training level that is most suitable for you.

➢ If you experience any dizziness, nausea, or any other physical discomfort while training, cease the training immediately and consult a physician.

➢ Watch your heartbeat during the training and immediately stop training when values are inconsistent.

➢ We advise you to do warming up and cooling down exercises during five to ten minutes before and after use of the product. This way your heart rate can increase and decrease gradually, and you can prevent painful muscles.

Safety

➢ Only use this product as described in this instruction manual.
➢ Before using this product check that the product functions as it should. In case of malfunction or a defect stop training immediately and contact your dealer.
➢ Do not use the product when there is a malfunction.
➢ The product must be positioned on a flat surface.
➢ The product can only be used by one person at the same time.
➢ The product can be used by persons weighing up to 130 kg.
➢ Always make sure that there is at least one meter of free space in all directions around the product when you are training.
➢ Don't stick any objects in any opening of the product.
➢ Keep children and pets away from the product.
➢ Handicapped persons should get consent from a medical expert and follow their directions for training with the product.
➢ Do not place hands or feet under the product.
➢ Never hold your breath during a training session. Your breathing should be at a normal interval depending on the intensity of the training.
➢ Start your training schedule slowly and build it up gradually.
➢ Always wear appropriate clothing during training. Don't wear anything that's too loose and can get caught between moving parts of the equipment.
➢ When moving the equipment always use the appropriate lifting techniques to prevent back injury.
➢ Check screws and bolts regularly and fasten them if they are loose.
➢ The owner of the product is responsible for all users to be aware of the warnings and instructions as mentioned in this instruction manual.
➢ This product is intended for use in a clean and dry environment. Storage in cold and / or moist areas could lead to problems with the product.

⚠ **WARNING:** Have your physical condition checked by a licensed physician before you start training. This is particularly important for persons over 35 years old or persons who have any problems with their health. Read all instructions before using the equipment.

ΠΡΟΣΟΧΗ: Ο διάδρομος i-RUN διαθέτει λογισμικό όπως ένας υπολογιστής. Είναι απαραίτητη η προσθήκη προστασίας από υπέρταση κατά την σύνδεση με την παροχή ρεύματος.

THE WARRANTY IS NOT VALID IF: The machine is placed outdoors or exposed to sun and dust. Dust and fluff enter the internal mechanical parts of the machine, causing serious damage. Keep the machine free of dust and fluff.

What is fitness

What is fitness? Generally, it can be described as a fitness exercise that causes your heart to pump more oxygen to your muscles via the blood from your lungs. The harder the workout, the more fuel (oxygen) the muscles require to achieve this rate of oxygen. The heart must pump harder to get the oxygenated blood into the muscles. If you have a good stamina, your heart pumps more blood with each heartbeat. The heart will not have to beat that often to transport the necessary oxygen into your muscles. Your resting heart rate and heart rate during exercise will reduce.

Training by heart rate

While training it is important to monitor your heart rate. The heart rate is essential for the result of your training. Your best training heart rate depends firstly on your age. Your maximum heartbeat can be determined by this. Secondly the most effective heart rate depends on your training goals. If your training goal is to lose weight, then the most effective training is at 60% of your maximum heart rate. If your training goal is to improve your stamina, then you should train at 85% of your maximum heart rate.

The body stores energy in two forms: carbohydrates and fat. When we exercise we use a combination of these two energy supplies. If the training intensity is at a high level the body will mostly choose the energy that burns fast: carbohydrates. Since there is a limited supply of these carbohydrates you can't continue this for a long period of time. When training at a low intensity the body will mostly choose to use a long-lasting source of energy: fat. Since this is stored in large quantities in the body, you can continue this kind of training for a longer time.

Determining your training's goal

Below you will find a schedule allowing you to calculate the best heart rate for your training. In this schedule each age category has a range that your heart rate should be in during your training. The middle column has the values you should try to maintain if you want to lose weight. If you want to improve your stamina you should try to maintain the rates in the right column.

For everyone the best way to start training is different. If you have not exercised in some time or are overweight, you should start your training schedule slowly and gradually increase the level of activity.

Age	Weight lost (beats per minute) 60%	Improve stamina (beats per minute) 85%
20 -24	120 - 118	170 -167
25 - 29	117 - 115	166 - 163
30 - 34	114 - 112	162 - 158
35 - 39	111 - 109	157 - 154
40 - 44	108 - 106	153 - 150
45 - 49	105 - 103	149 - 145
50 - 54	102 - 100	144 - 141
55 - 59	99 - 97	140 - 137
60 and older	96 - 94	136 - 133

In the last chapter of this instruction manual, you will find several different training schedules (chapter 5. general information). You can use these schedules to reach your training goals. The schedules are divided in two phases. The first phase can be used for beginners or persons who start training after a long period of inactivity. During this phase the level of intensity is built up gradually. After six weeks the second phase begins. You can then choose a training schedule to lose weight or improve your stamina.

Warming Up & Cooling Down

A good training schedule starts with a good warming up and ends with a cooling down of the muscles. This will prevent painful muscles and injury. Below you will find some suitable exercises.

Head Roll
Tilt your head to the right. Hold this for one second, so that you feel a little pull in the muscles on the left side of your neck. Do the same for the other side, front and back. Repeat two or three times.

Toe Touch
Slowly bend forward with your back and arms relaxed. Bend as far as you can and hold the position for ten seconds. Repeat these two or three times.

Side Stretch
Extend both your arms up in the air and reach as high as you can with your right arm. Lean a bit to the left so that the muscles in the right side of your torso are stretched. Hold this position for one second. Relax and make the same motion on the other side of your body. Repeat these three or four times.

Knee bend
Set your feet shoulder-width apart and your stretched your hands out. Lower yourself no more than 10cm by bending your knees. Come back up again and repeat several times.

Lower back stretch
Begin on all fours. Stretch your arms out in front of you, allowing your face to lower to a position near the floor. Gently sit back. Rest your glutes just above your heels. Ease back and feel the gentle stretch in your lower back.

Hamstring Stretch
your Sit down on the floor with your right leg extended in front of you and place the sole of your left foot on the inside of right upper leg. Bend forward in the direction of your right foot and hold this position for ten seconds. Relax and then do the same with your other leg. Repeat two or three times.

Introduction training schedule

Training schedule week 1 and 2
Train at 60% of your maximum heart rate with a maximum of 3 times a week.

Warming up --- 5 - 10 minutes	Train --- 4 minutes	Rest --- 1 minute	Train --- 2 minutes	Slow pedaling --- 1 minute	Cooling down --- 5 minutes

Training schedule week 2 and 3
Train at 60% of your maximum heart rate with a maximum of 4 times a week.

Warming up --- 5 - 10 minutes	Train --- 5 minutes	Rest --- 1 minute	Train --- 3 minutes	Slow pedaling --- 1 minute	Cooling down --- 5 minutes

Training schedule week 5 and 6
Train at 60% of your maximum heart rate with a maximum of 5 times a week.

Warming up --- 5 - 10 minutes	Train --- 6 minutes	Rest --- 1 minute	Train --- 4 minutes	Slow pedaling --- 3 minutes	Cooling down --- 5 minutes

After completing the introduction training schedule for six weeks, you can choose the follow-up training schedule that is best suited to your needs. You can choose a schedule that will maximize your weight loss, or one that will improve your stamina. Both training schedules are on the next page.
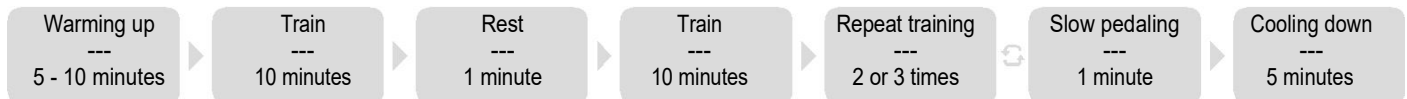
Training schedule to improve stamina

Training schedule week 7 and 8
Train at 85% of your maximum heart rate with a maximum of 6 times a week.

Warming up --- 5 - 10 minutes	Train --- 7 minutes	Rest --- 1 minute	Train --- 5 minutes	Slow pedaling --- 1 minute	Cooling down --- 5 minutes

Training schedule week 9 and beyond
Train at 85% of your maximum heart rate with a maximum of 6 times a week.

Warming up --- 5 - 10 minutes	Train --- 10 minutes	Rest --- 1 minute	Train --- 10 minutes	Repeat training --- 2 or 3 times	Slow pedaling --- 1 minute	Cooling down --- 5 minutes

Training schedule to lose weight

Training schedule week 7 and 8
Train at 60% of your maximum heart rate with a maximum of 6 times a week.

Warming up --- 5 - 10 minutes	Train --- 7 minutes	Rest --- 1 minute	Train --- 5 minutes	Slow pedaling --- 1 minute	Cooling down --- 5 minutes

Training schedule week 9 and beyond
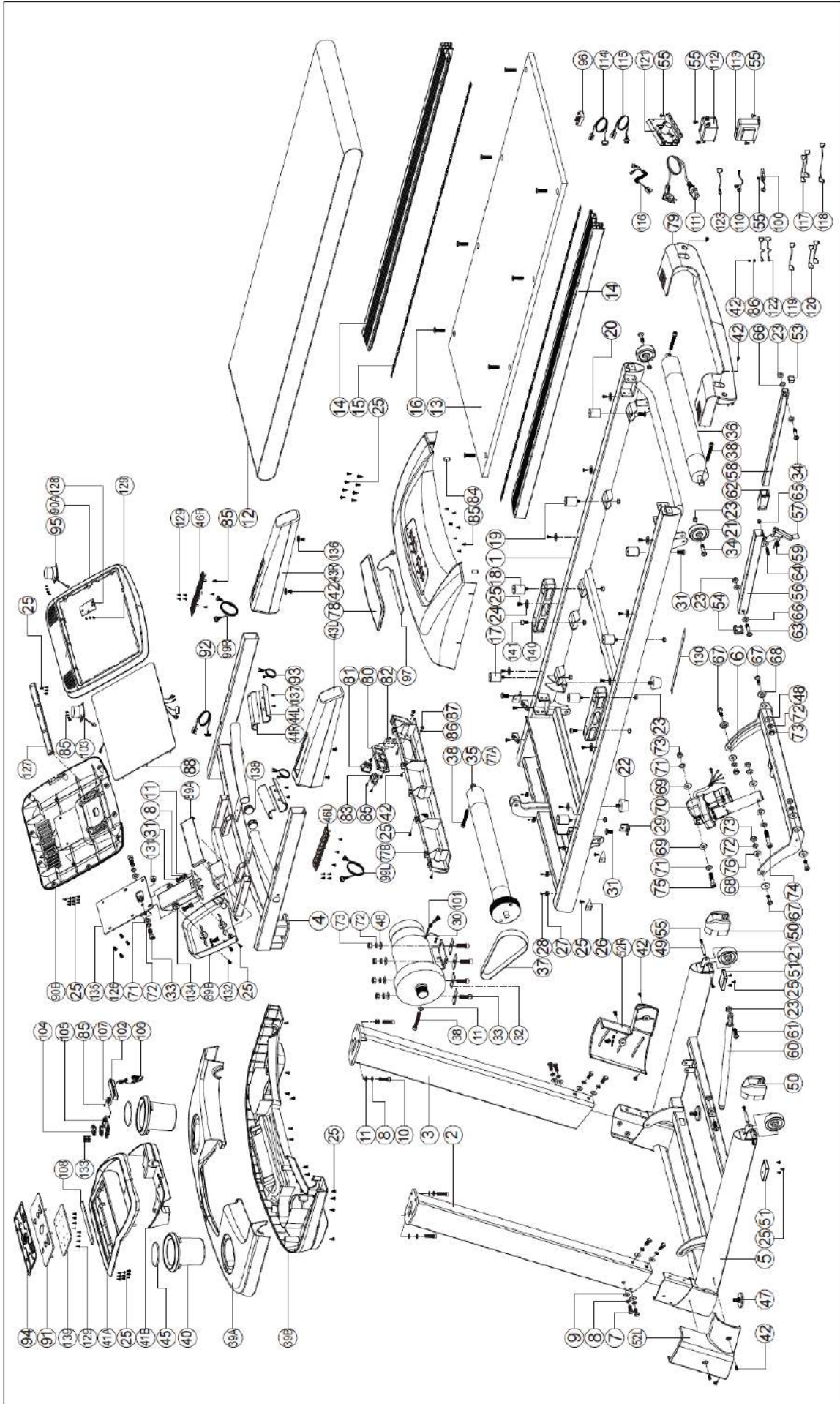Train at 60% of your maximum heart rate with a maximum of 6 times a week.

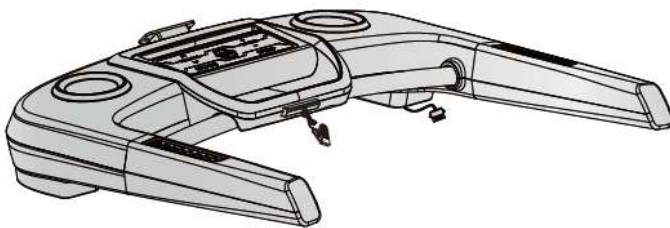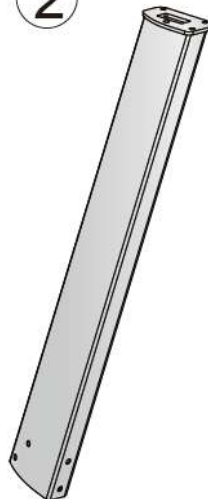| Warming up --- 5 - 10 minutes	Train --- 10 minutes	Rest --- 1 minute	Train --- 10 minutes	Repeat training --- 2 or 3 times	Slow pedaling --- 1 minute	Cooling down --- 5 minutes
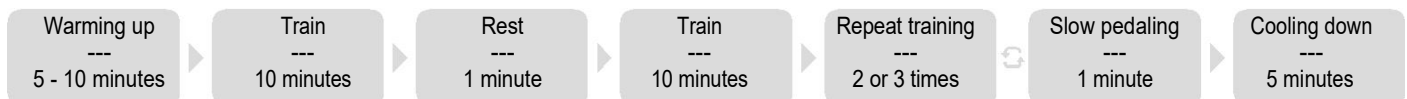
Exploding Diagram

Check list
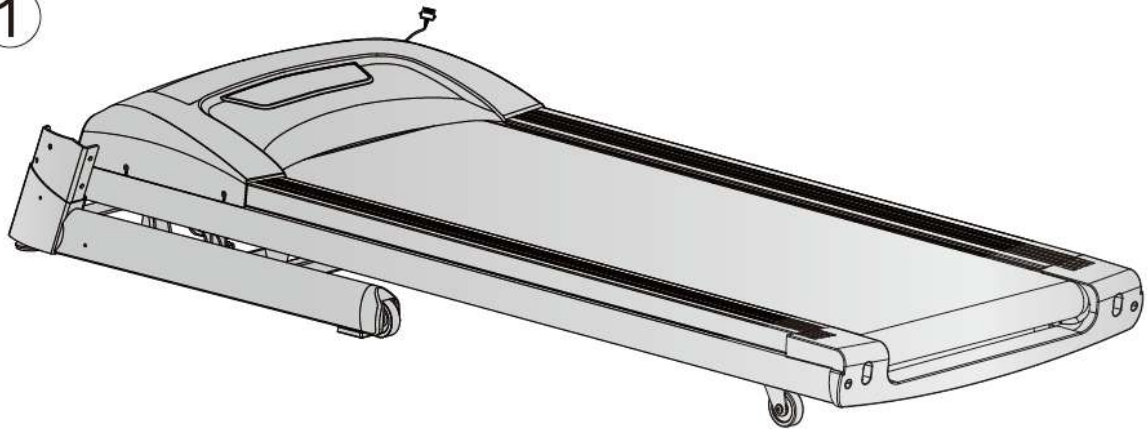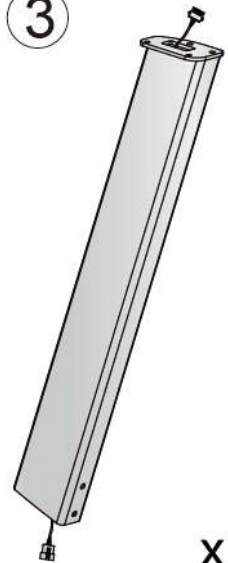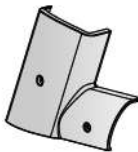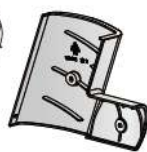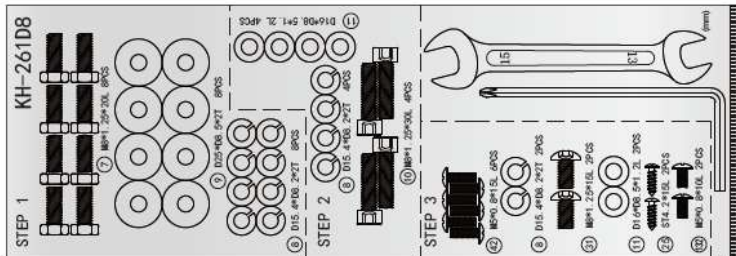
Part list

Part no.	Description	Drawing no.	Specification	Qty
1	Main frame	261D8-3-1000-J0		1
2	Left handlebar post	26100-3-1300-J2		1
3	Right handlebar post	26100-3-1400-J2		1
4	Handlebar	261D8-3-1500-B20		1
5	Base tube	26100-3-1600-J2		1
6	Connecting tube	26100-3-1900-J1		1
7	Allen bolt	50108-5-0020-F0	M8x1.25x20L	8
8	Spring washer	55108-2-1520-FA	D15.4xD8.2x2T	12
9	Flat washer	55108-1-2520-FA	D25xD8.5x2T	8
10	Allen screw	54008-5-0030-F0	M8*1.25*30L	4
11	Flat washer	55108-1-1612-FA	D16*D8.5*1.2T	5
12	Running belt	261D8-6-1072-B0	520*2.5T*3200L	1
13	Wooden board	26100-6-1073-B0	1400*625*18T	1
14	Side plate	261A2-6-1076-B0	92.7*39.2*1430L	2
15	Buffer bar	26100-6-1084-B0	25*2T*1380L	2
16	CSK inner hexagon screw	51608-5-0025-F0	M8*1.25*25L	8
17	Buffer 1(red)	26100-6-1081-R0	D30*37L*M8,45degree	2
18	Buffer 2(blue)	26100-6-1082-K0	D30*37L*M8,75degree	2
19	Buffer 3(black)	26100-6-1083-B0	D30*37L*M8,95degree	2
20	Buffer 4(black plated)	26100-6-1088-F0	D30*37L*M8,full metal	2
21	Roller	26100-6-1087-B0	D65*24	4
22	Buffer	23800-6-1272-04	D33*D44*34.5	2
23	Nylon nut	55208-1-2008-FA	M8*1.25*8T	12
24	Metal clip	26100-6-1086-N0	D27*D4.3*2T	10
25	Screw	52842-2-0015-F0	ST4.2*15L	80
26	Motor cover fixing plate	26100-6-1090-00	32*18*18	4
27	cable tie base	26100-6-1089-00	15*10	5
28	Screw	50904-2-0015-N0	ST4*1.41*15L	6
29	Fixing plate	816S0-6-1673-N0	30*27*4T	2
30	Motor	26100-6-1085-03	DC-3.5HP	1
31	Allen bolt	50308-5-0015-F0	M8*1.25*15L	6
32	Buffer	78000-6-1081-B2	20*56*2.0T	4
33	Allen screw	54010-5-0030-C3	M10*1.5*30L	6
34	Allen bolt	50308-5-0040-F3	M8*1.25*40	3
35	Front roller set	26100-3-1100-01	D17*D60*625L	1
36	Rear roller set	261D1-3-1200-01	D17*D60*620L	1
37	Belt	58004-6-1101-00	PJ8 227	1
38	Allen screw	54008-5-0075-F0	M8*1.25*75L	4
39A	Upper cover	261D8-6-1576-B0	388.6*895.3*85	1
39B	Lower cover	26100-6-1577-B0	388.8*395.3*137.4	1
40	Water bottle holder	26100-6-1578-B0	D134*115	2
41A	Upper cover for button base	261D8-6-1709-B0	346*303*83	1

41B	Lower cover for button base	261D8-6-1710-B0	346*123*73	1
42	Bolt	52605-2-0015-F0	M5*0.8*15L	16
43L	Left handlebar grips	26100-6-1571-B0	95.5*79.3*438.2L	1
43R	Right handlebar grips	26100-6-1572-B0	95.5*79.3*438.2L	1
44L	Upper handle pulse sensor	26100-6-1574-B0	D32*135L	2
44R	Lower handle pulse sensor	26100-6-1573-B0	D32*135L	2
45	Bottle pad	261D8-6-1754-B0	D80*3T	2
46L	Quick button on left bar	261D8-2-1580-00	185*37	1
46R	Quick button on right bar	261D8-2-1590-00	185*37	1
47	Adjustable wheel	74202-6-2174-N0	D50*M10*1.5	2
48	Flat washer	55110-1-2520-FA	D25*D10*2.0T	6
49	Axle	26100-6-1673-N0	D7.9*30.5L	2
50	Cover for transporting wheel	26100-6-1672-B0	55*80*69.4L	2
51	Square buffer	26100-6-1674-B0	60*42*10.5T, 80degree	2
52L	Left cover for end of handlebar post	261D2-6-1371-B0	299*55*211	1
52R	Right cover for end of handlebar post	261D2-6-1471-B0	299*55*211	1
53	Square cap	55310-2-2020-B1	20*20*1.5T*9.5	1
54	Square cap	55316-2-3030-B8	30*30*14	1
55	Bolt	52605-2-0010-N0	M5*0.8*10L	11
56	Folding unit	26100-3-1650-J1		1
57	Locking bracket	26100-3-1660-J0		1
58	Inner tube of folding unit	26100-6-1652-N1	20*20*1.5T*440L	1
59	Spring	58003-6-1069-N0	D1.5*14.6L	1
60	Cylinder	26100-6-1661-B0	760*53KG	1
61	Allen bolt	50308-5-0030-F0	M8*1.25*30	2
62	Hollow cap	26100-6-1676-B0	30*30*65L	1
63	Allen bolt	50308-5-0050-F3	M8*1.25*50	1
64	Allen screw	54006-5-0035-F3	M6*1.0*35L	1
65	Nylon nut	55206-1-2006-FA	M6*1.0*6T	1
66	Flat washer	55108-1-1810-W8	D18*D8.5*1.0T	4
67	Allen bolt	50310-5-0035-F3	M10*35L	4
68	Bushing	58002-6-1104-UC0	D28*D10*9.2	4
69	Plastic washer	55110-1-2404-BF	D10*D24*0.4T	4
70	Incline motor	26100-6-1975-00	JS11-B	1
71	Flat washer	55110-1-2020-FA	D20xD11x2T	8
72	Spring washer	55110-2-1730-FA	D17.8*D10.2*3.0T	6
73	Nylon nut	55210-1-2010-FA	M10x1.5x10T	10
74	Allen bolt	54010-8-0065-F4	M10*1.5*65L	1
75	Allen bolt	54010-8-0050-F4	M10*1.5*50L	1
76	Flat washer	55110-1-3030-FA	D30*D10*3.0T	2
77A	Upper cover for motor	26100-6-2401-B0	725*416.6*120.4	1
77B	Lower cover for motor	26100-6-2402-B0	729*80*54.8	1
78	Decorative cover for motor	261D8-6-2403-B0	323.9*87.7*22.6	1
79	rear cover	261D8-6-2406-B0	729.5*153.6*135	1
80	Power supplier board	26100-6-2414-B0	130*45*6T	1
81	Switching mode power supplier	26100-6-2411-00		1

82	overcurrent protector	26100-6-2412-00	10A	1
83	Socket	26100-6-2413-00		1
84	Buffer	55308-4-0020-G9	D10.5*20L	2
85	Screw	53329-2-0009-D0	ST2.9x9.5L	36
86	Flat washer	55105-1-1208-DA	D12*D5.2*0.8T	4
87	Nylon nut	55205-1-2005-DA	M5*0.8*5T	2
88	Computer set	261D8-2-1700-B0		1
89A	Decorative cover for computer	261D8-6-1749-B0	202*49*23	1
89B	Back computer cover	261D8-6-1748-B0	202*178*37	1
90A	Upper computer cover	261D8-6-1702-B0	454.2*348*44.3	1
90B	Lower computer cover	261D8-6-1703-B0	454.2*344.5*60.5	1
91	Button plate	261D8-6-1756-B0	267.2*95.3*13.5	1
92	Upper cable for button on side bar	261D8-6-1589-01	500L	1
93	Handle pulse cable	261D8-6-1785-00	1000L	2
94	Button overlay	261D8		1
95	Right speaker	261D8-6-1761-00	B00202050,4Ω 3W，100L	1
96	LED light connecting plate	261D1-6-1744-00	PA-AA01170-K5	1
97	Backlight plate	261D2-6-2405-01	190*25	1
98	Audio cable	81000-6-2555-B0	250L	1
99L	Lower cable for button on left bar	261D8-6-1582-00	800L	1
99R	Lower cable for button on right bar	261D8-6-1592-00	800L	1
100	Sensor cable	26100-6-1795-00	GS003-P2.5F-1200mm-26AWG	1
101	Magnetic loop	26100-6-1079-00	D31*16	1
102	Safety key	26200-6-1732-R0	78.6*35*18.2	1
103	Left speaker	261D8-6-1722-01	B00202050,4Ω 3W，300L	1
104	Inner case of safety key	26100-6-1734-B0	39*15*13.3	2
105	Safety keyboard	26200-6-1733-B0	74*45*7	1
106	Safety clip	26200-6-1793-R0	830L	1
107	Emergency stop pin	26100-6-1731-C1	21*18*1.5T	1
108	Tablet pad	261D8-6-1777-B0		1
110	Cable for emergency stop function	261D8-6-1736-00	450L	1
111	Electric cable	26100-6-1775-02	1700L	1
112	Filter	26100-6-1067-01	10A	1
113	Inductance	26100-6-1066-00	10A	1
114	Upper computer cable	261D8-6-1771-01	650L	1
115	Middle computer cable	261D8-6-1772-00	1100L	1
116	Lower computer cable	261D8-6-1773-00	1250L	1
117	neutral wire 1	26100-6-1791-00	100L	2
118	neutral wire 2	26100-6-1792-00	190L	1
119	live wire 1	26100-6-1789-00	100L	1
120	live wire 2	26100-6-1790-01	60L	2
121	Lower controller	261D8-6-1779-00	DC3.0HP,PA-AE00300EH	1
122	Grounding wire 1	26100-6-1787-03	325L	2
123	Grounding wire 2	26100-6-1788-00	100L	1
126	Cross bolt	52606-2-0015-F0	M6*1*15L	4
127	Cross support for computer cover	261D8-6-2001-J0	10*20*1.5T*320L	1

128	USB module	261D8-6-1723-00	PA-AC00380-K2	1
129	Round head cross screw	54723-2-0008-C0	ST2.3*8L	19
130	PC sticker	26100-6-1675-00	410*15*0.25T	1
131	Hex nut	55210-2-2008-FA	M10*1.5*8T	2
132	Cross bolt	52605-2-0010-F0	M5*0.8*10L	2
133	Cross screw	52804-2-0012-F0	ST4*1.41*12L	6
134	Welding set for computer cover	261D8-3-2000-J0		1
135	Fixing plate for computer	261D8-3-1530-J0		1
136	Flat washer	55105-1-1510-DA	D15*D5.2*1.0T	4
137	Round head cross screw	50903-2-0025-F0	ST3*25L	4
138	Round end cap	553K0-1-0016-B8	D 1 1/4"x16L	2
139	PCB board for button	261D8-6-1759-00		1
140	Air Buffer	261D8-6-1061-R0	200*43*37	2
141	Allen screw	54008-5-0016-UF0	M8*1.25*16L	2
	Open mouth spanner 13*15(chrome)	58030-6-1050-C0	153*6.5T	1
	Allen cross spanner	58030-6-1051-N0	M6*130L	1

SPECIFICATIONS	
Moter:	3.0 hp
Speed:	1 - 20 km/h
Incline:	Electrical, 0% - 15%
Heart Rate Monitor:	On handles
Dimensions (open):	M: 205 x Π: 85 x Y: 145cm
Dimensions (closed):	M: 120 x Π: 85 x Y: 165cm
Screen:	15.6'' TFT Touch
Belt Surface:	152 x 52 cm
Maximum User Weight:	130 kg
Machine Weight:	120 kg
Indications:	Time, speed, distance, heart rate, calories, incline
Programs:	32

Assembly drawing

Step 1

⑦	〰	M8x1. 25x20L	x8
⑧	◎	D15. 4xD8. 2x2T	x8
⑨	◎	D25xD8. 5x2T	x8

Step1
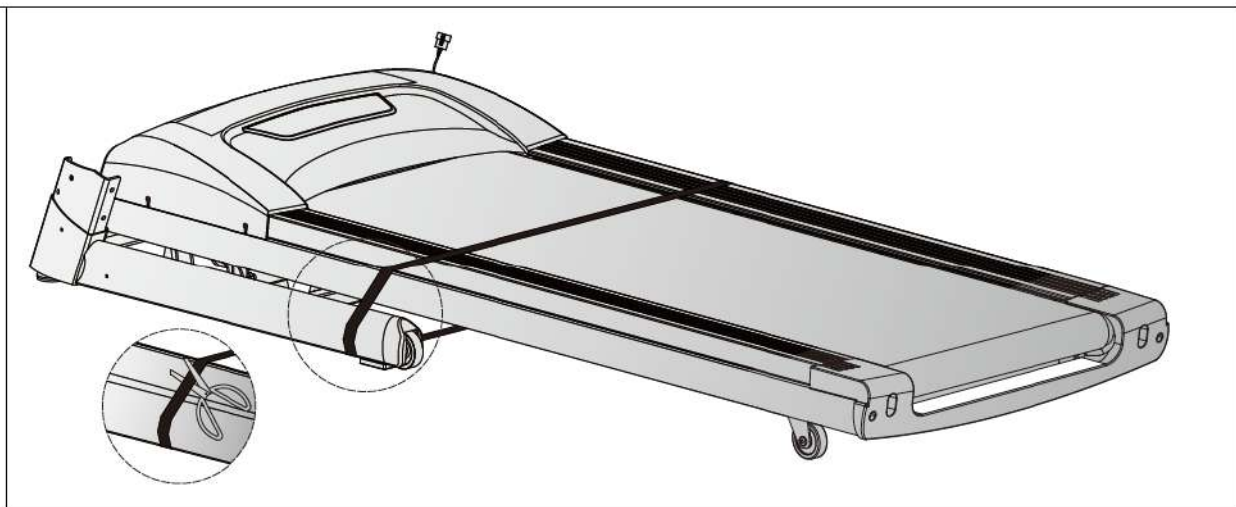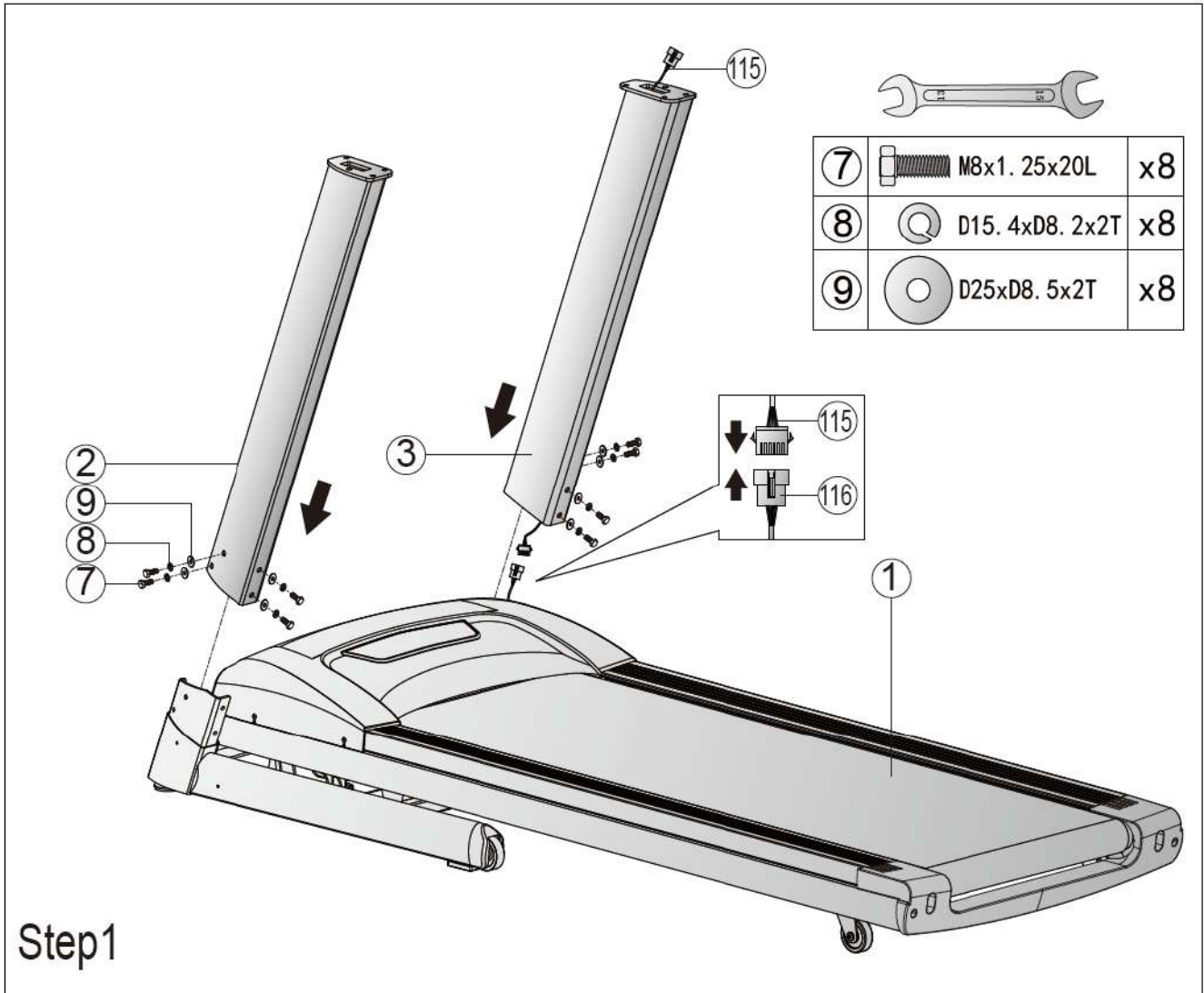
1. Assemble left/right handlebar post onto main frame like the drawing show.

2. Note: Lock bolts and washers, but not tighten them completely.

Step 2

10 M8x1. 25x30L x4
8 D15. 4xD8. 2x2T x4
11 D16xD8. 5x1. 2T x4
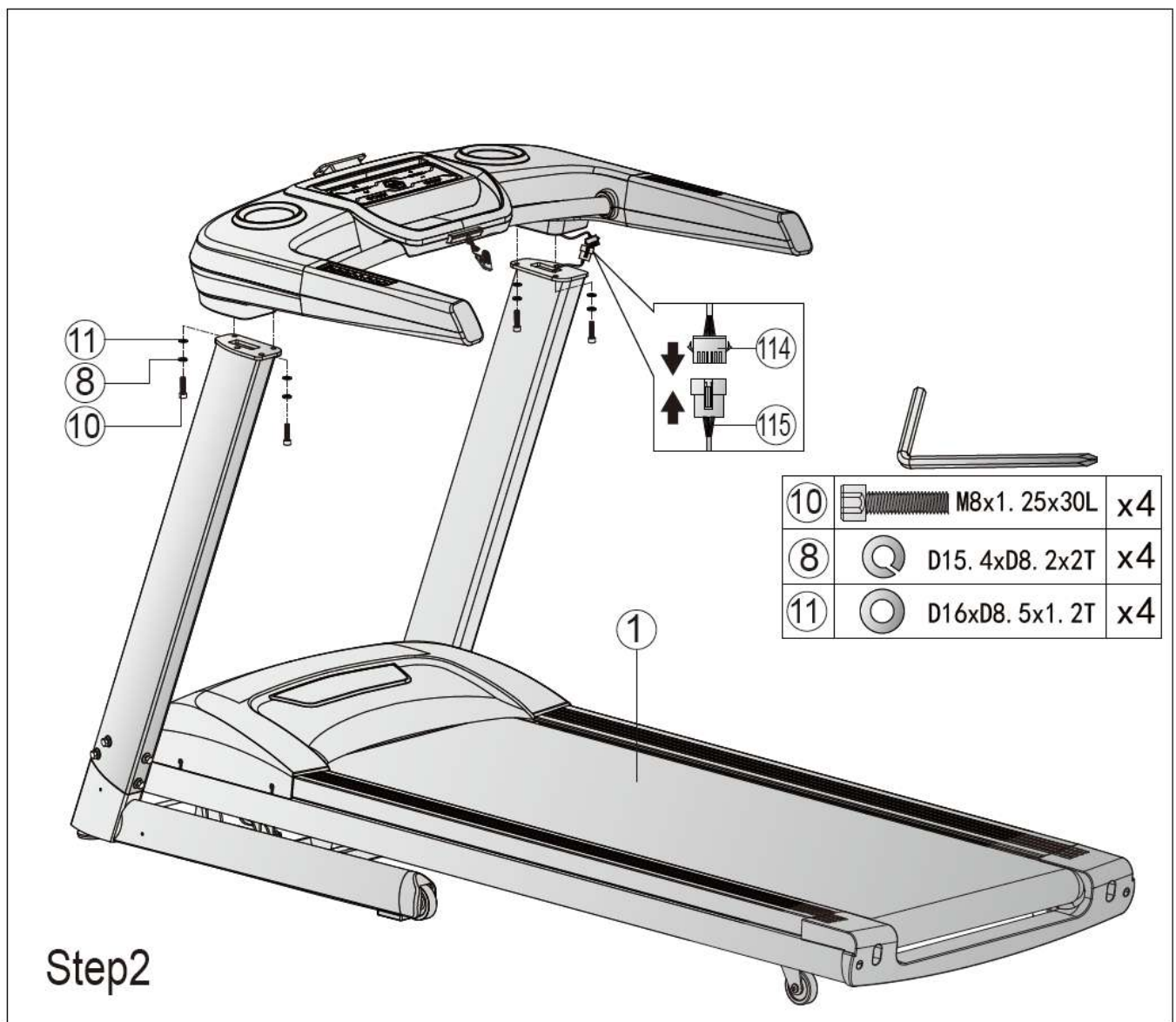
1. Connect the cables and assemble handlebar onto handlebar post like the drawing show.

2. Note: Fasten all of bolts and washers when handlebar and handlebar post at best fit position

Step 3

42	— M5x0.8x15L	x6
31	M8x1.25x15L	x2
8	D15.4xD8.2x2T	x2
11	D16xD8.5x1.2T	x2
132	M5x0.8x10L	x2
25	ST4.2x15L	x2

Step3

1. Connect all cables and assemble computer like the drawing show.

2. Note: Last step, cover and fasten the end cover of handlebar post.

CONSOLE 15.6' TFT USER MANUAL

DISPLAY

1. Incline display：The current level
2. Distance display: The current distance data
3. Time display: The elapsed or remaining time
4. PULSE: Your heart rate in Beat Per Minute (BPM) measured by handle pulse sensors or an optional chest belt. Will display red "♡" if no detection.
5. CALORIES: An indication of burned calories in Manual/Program. Or count down data set in Manual program.
6. HRC: Display the current heart rate accounts for the percentage of HRC target values. The heart icon will start to flash after detecting the heart rate. The heart rate percentage will also be shown according to the percentage of the heart rate detected.
7. Speed：The current workout speed.

8. **Display range for each window：**

TIME	00：00 ~ 99：59 (MIN)
DISTANCE	0.0～ 9999 (KM)
CALORIES	0～999 (CAL)
PULSE	40～220 (BPM)
SPEED	1~20 (KM/H)
INCLINE	0~15% (INC)

9. KM: The current distance unit
10. POWER ON: Count down 3 seconds and then start.
11. PROGRAM: QUICK START, GOAL, PROGRAM (P1~P32), USER PROGRAM（USER1~USER4）3 HRC(60%、80%、Target),FITNESS TEST, MEDIA
12. STANDBY MODE: Under non-active condition, no operation onto computer in 5 minutes, it will enter into this mode automatically.
13. POWER SAVING MODE: Under STANDBY MODE, no operation onto computer in 5 minutes, it will enter into this mode, all display will be turned off automatically. It will wake up by press any button.

Button Definition

1. **START：**

    1.1 Press the START key during setting, the setting data will be received and start the workout.

    1.2 Press the START key to start running program, main window will display"3　2　1　GO"

    1.3 Press the key under "PAUSE MODE", continue the workout.

2. **STOP：**

    2.1　Press the STOP key during workout, will enter into PAUSE condition， SPEED will return to zero, INCLINE will be kept as the level before STOP.

    2.2　Press the STOP key again, will enter into END MODE, main window display SUMMARY, press the STOP key one more time, then go to STANDBY MODE.

3. **SPEED +/-KEY：**

    3.1 When setting a value, the key serves as adding or reducing data function.

    3.2 During workout, the key serves as adjusting the SPEED fast or slow function.

    3.3 Long pressing performs continuous key function

    3.4　Click on the SPEED +/- on the TFT screen, you can also adjust the speed.

    Click on the icon between +/-, will jump out the digital keyboard, input the speed you want, press ENTER to confirm and start workout.
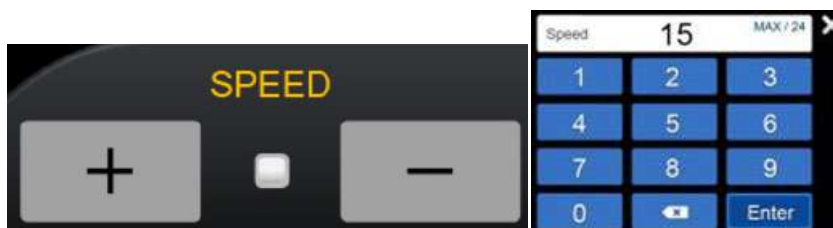
4. **INCLINE+/- KEY：**

    4.1 When setting a value, the key serves as adding or reducing data function.

    4.2 During workout, the key serves as adjusting the INCLINE level function.

    4.3 Long press performs continuous key function

    4.4　Click on the INCLINE +/- on the TFT screen, you can also adjust the incline.

Click on the icon ⬜ between +/-, will jump out the digital keyboard, input the incline percentage you prefer to, press ENTER to confirm and start workout.

5. **COOL DOWN KEY (slow down key)：**

    5.1   Press this key under manually operating (in any mode, MANUAL/Program)

    5.1.1   Press this key during workout, the incline will be reduced to 0% continuously.

    5.1.2   When speed is higher than 8KM(5 MILE), the speed will be reduced to 0 in 3 minutes.

    5.1.3   When speed is between 2.6KM(1.6MILE) and 8KM(5MILE), the speed will be reduced to 0 in 2 minutes.

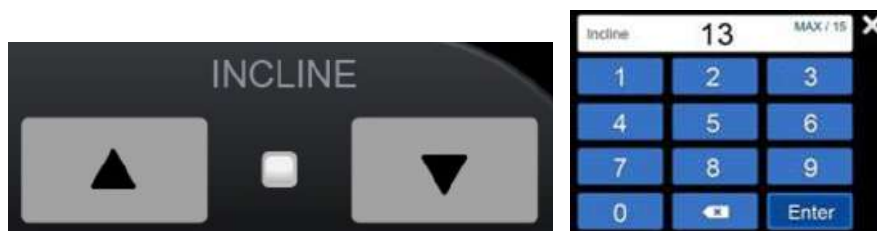   5.1.4   When speed is lower than 2.6KM(1.6MILE), the speed will be reduced to 0 in 18 seconds.

    5.2   Press this key under automatically operation (USER1~4,P1~32),

    5.2.1   Press this key during workout, the incline will be reduced to 0% continuously.

    5.2.2   When speed is higher than 8KM (5 MILE), the speed will be reduced to 0 in 3 minutes.

    5.2.3   When speed is between 2.6KM (1.6MILE) and 8KM (5MILE), the speed will be reduced to 0 in 2 minutes.

    5.2.4   When speed is lower than 2.6KM (1.6MILE), the speed will be reduced to 0 in 18 seconds.

6. **Speed quick key：**

    6.1   Eight quick keys in total, they are 18/16/14/12/10/8/6/4

    6.2   Press quick keys, will start the corresponding speed immediately.

7. **Incline quick key**

    7.1   Eight quick keys in total, they are 15/13/11/9/7/5/3/0

    7.2   Press quick keys, will start the corresponding incline level immediately.

8. SAFETY KEY

Pull out the safety lock key and main window display 『EMENGENCY STOP』,all buttons have no function and the whole product stop.

FUNCTION

1 QUICK START

Press START KEY in standby screen, computer will QUICK STAR, adjust the time, incline and other data from 0, speed from 1 KM/HR.

2 GOAL

    2.1 Select GOAL mode, select one of your targets: TIME,CAL or DISTANCE, then press START key to begin the workout.

    2.2 Press START without any selection directly to begin the workout with default data.

    2.3 When finish the count down, speed slowly till stop, incline return to 0,

    screen display 『COOLDOWN』

2.4 **NOTE:** You can only set one of them as your target: TIME, CAL or DISTANCE

2.5 It will go into COOLDOWN mode directly after training

3 PROGRAM

3.1 Total 32 PROGRAM PROFILES

3.2 Select the ROGRAM(P1~P32)，on the screen display the program name『PXX』,SPEED PROFIL, and INCLINE PROFILE graphic picture

3.3 You can set your gender, age, weight and time on the setting page

3.4 During the workout, you can adjust speed or incline according to your personal need, but only adjust your profile on the current level.

3.5 Stop the workout by press STOP key, speed return to 0, incline level kept as before stop, screen display『PAUSE』.You can restart your workout by press START key, by press STOP key again to stop the workout, screen display SUMMARY, press again then go into standby mode.

3.6   After workout, go into COOLDOWN mode.

PROGRAM details

Program		Setting time / 30 = period in each section																												
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
P1	SPD	2	2	4	4	3	3	4	3	5	4	2	2	5	5	3	3	2	2	4	4	5	5	5	6	5	6	3	3	3	3
	INC	1	1	2	2	3	3	3	1	2	2	3	3	2	2	2	2	3	3	5	5	3	3	4	2	3	4	2	2	3	3
P2	SPD	2	2	5	5	4	4	6	4	6	4	2	2	4	4	2	2	2	2	4	4	6	6	8	7	8	6	2	2	3	3
	INC	1	1	2	2	3	3	3	2	2	3	4	4	2	2	2	2	3	3	5	5	4	4	4	3	4	4	3	3	1	1
P3	SPD	2	2	5	5	4	4	5	4	5	4	2	2	3	3	2	2	2	2	4	4	5	5	5	6	5	6	3	3	3	3
	INC	1	1	2	2	2	2	3	1	2	2	2	2	2	2	1	1	3	3	5	5	3	3	4	2	3	4	2	2	3	3
P4	SPD	3	3	6	6	7	7	5	8	5	9	6	6	4	4	3	3	4	4	2	2	6	6	8	6	3	2	6	6	2	2
	INC	2	2	2	2	3	3	3	2	2	4	6	6	2	2	2	2	3	3	4	4	6	6	2	3	7	9	5	5	2	2
P5	SPD	3	3	6	6	7	7	5	8	6	7	6	6	4	4	3	3	2	2	5	5	5	5	4	4	6	4	2	2	3	3
	INC	1	1	2	2	4	4	3	2	2	4	5	5	2	2	1	1	3	3	5	5	6	6	7	8	9	10	10	8	2	2
P6	SPD	2	2	8	8	6	6	4	5	9	7	5	5	4	4	3	3	4	4	2	2	4	4	6	8	7	8	6	6	2	2
	INC	2	2	2	2	6	6	2	3	4	2	2	2	2	2	1	1	4	4	3	3	4	4	4	3	4	2	3	3	2	2
P7	SPD	2	2	6	6	7	7	4	4	7	4	2	2	4	4	2	2	3	3	5	5	4	4	4	3	4	3	2	2	2	2
	INC	4	4	5	5	6	6	6	9	9	10	7	7	6	6	3	3	4	4	2	2	4	4	6	8	7	8	6	6	2	2
P8	SPD	2	2	4	4	6	6	8	7	8	6	2	2	3	3	2	2	3	3	5	5	4	4	4	3	4	3	2	2	2	2
	INC	3	3	5	5	4	4	4	3	4	4	3	3	3	3	2	2	4	4	2	2	4	4	6	8	7	8	6	6	2	2
P9	SPD	2	2	4	4	5	5	5	6	5	6	3	3	3	3	2	2	3	3	4	4	4	4	3	5	5	6	3	3	3	3
	INC	3	3	5	5	3	3	4	2	3	4	2	2	3	3	2	2	3	3	5	5	4	4	4	3	4	3	2	2	2	2
P10	SPD	2	2	3	3	5	5	3	3	5	3	6	6	3	3	3	3	4	4	3	3	4	4	4	3	4	2	3	3	2	2
	INC	4	4	4	4	3	3	6	7	8	8	6	6	3	3	3	3	3	3	2	2	5	5	7	3	5	6	7	7	2	2
P11	SPD	3	3	5	5	8	8	8	9	5	7	6	6	3	3	2	2	3	3	4	4	6	6	2	3	7	9	5	5	2	2
	INC	4	4	5	5	6	6	6	9	9	10	8	8	6	6	3	3	3	3	4	4	4	4	3	5	5	6	3	3	3	3
P12	SPD	2	2	5	5	5	5	4	4	6	4	2	2	3	3	4	4	3	3	4	4	3	3	4	3	5	4	2	2	1	1

	INC	3	3	5	5	6	6	7	8	9	10	10	8	6	6	3	3	5	5	3	3	4	4	4	3	4	2	5	5	2	2
P13	SPD	4	4	2	2	6	6	8	6	3	2	6	6	2	2	2	2	3	3	10	10	7	7	10	7	10	7	7	7	2	2
	INC	3	3	4	4	6	6	2	3	7	9	5	5	2	2	2	2	1	1	2	2	4	4	5	2	2	4	6	6	3	3
P14	SPD	3	3	4	4	4	4	3	5	5	6	3	3	3	3	2	2	5	5	3	3	4	4	4	3	4	2	5	5	2	2
	INC	3	3	5	5	4	4	4	3	4	3	2	2	2	2	4	4	2	2	5	5	4	4	2	4	2	4	2	2	4	4
P15	SPD	4	4	2	2	4	4	6	8	7	8	6	6	2	2	3	3	2	2	5	5	4	4	2	4	2	4	2	2	4	4
	INC	4	4	3	3	4	4	4	3	4	2	3	3	2	2	5	5	1	1	2	2	3	3	3	2	2	3	4	4	2	2
P16	SPD	3	3	2	2	5	5	7	3	5	6	7	7	2	2	1	1	2	2	5	5	4	4	5	4	5	4	6	6	3	3
	INC	3	5	9	10	9	9	8	8	4	3	3	3	2	2	4	4	1	1	2	2	2	2	3	1	2	2	1	1	2	2
P17	SPD	2	4	6	8	8	10	10	8	10	10	5	5	9	9	8	8	5	5	4	4	3	4	3	4	5	6	3	3	3	3
	INC	1	1	4	4	6	6	6	1	4	4	6	6	4	4	4	4	3	3	5	5	4	4	2	2	3	4	2	2	3	3
P18	SPD	3	5	10	10	7	7	8	10	8	10	10	10	7	7	5	5	7	7	10	10	9	9	8	8	4	3	3	3	2	2
	INC	1	1	4	4	4	4	6	1	4	4	6	6	8	8	4	4	5	5	10	10	8	8	10	8	10	10	5	5	2	1
P19	SPD	3	3	7	7	5	5	7	6	10	7	3	3	10	10	5	5	4	4	6	6	7	7	5	8	6	7	6	6	3	1
	INC	1	1	2	2	4	4	5	1	2	2	4	4	3	3	3	3	1	1	3	3	4	4	3	2	2	4	5	5	2	2
P20	SPD	3	3	10	10	7	7	10	7	10	7	7	7	7	7	3	3	4	4	6	6	7	7	5	8	6	7	6	6	3	3
	INC	1	1	2	2	4	4	5	2	2	4	6	6	3	3	2	2	1	1	3	3	4	4	3	2	2	4	5	5	2	2
P21	SPD	3	3	4	4	3	3	4	3	5	4	2	2	5	5	3	3	2	2	8	8	6	6	5	5	6	7	5	5	4	1
	INC	2	2	3	3	4	4	4	3	4	2	5	5	2	2	5	5	5	5	4	4	6	6	2	3	4	2	2	2	2	2
P22	SPD	2	2	5	5	4	4	2	4	2	4	2	2	4	4	2	2	3	3	5	5	4	4	4	3	4	4	3	3	3	3
	INC	1	1	2	2	3	3	3	2	2	3	4	4	2	2	3	3	5	5	4	4	3	4	3	4	5	6	3	3	3	3
P23	SPD	2	2	5	5	4	4	5	4	5	4	6	6	3	3	2	2	3	3	5	5	8	8	8	9	5	7	5	6	4	2
	INC	1	1	2	2	2	2	3	1	2	2	1	1	2	2	1	1	5	5	6	5	6	5	6	9	9	10	10	8	6	3
P24	SPD	3	3	6	6	5	7	5	8	5	9	6	6	4	4	3	3	2	2	8	8	6	6	5	5	6	7	5	5	4	4
	INC	1	1	2	2	3	3	3	2	2	4	6	6	2	2	1	1	5	5	4	4	6	6	2	3	4	2	2	2	2	2
P25	SPD	4	4	6	6	7	7	5	8	6	7	6	6	5	5	3	3	4	4	2	2	5	6	8	7	8	6	5	4	3	3
	INC	1	1	3	3	4	4	3	2	2	4	5	5	2	2	1	1	3	3	5	5	4	4	4	3	4	4	3	3	3	3
P26	SPD	2	2	8	8	6	6	5	5	6	7	5	5	4	4	3	3	2	2	5	5	5	5	4	4	6	4	2	2	3	3
	INC	1	1	4	4	6	6	2	3	4	2	2	2	2	2	1	1	3	3	5	5	6	6	7	8	9	10	10	8	6	2
P27	SPD	2	2	6	6	7	7	4	4	7	4	3	3	4	4	2	2	4	4	5	5	6	6	6	9	9	10	8	8	6	3
	INC	4	4	5	5	6	6	7	9	9	10	10	10	6	6	3	3	2	2	5	5	5	5	4	4	6	4	2	2	3	3
P28	SPD	4	4	2	2	5	6	8	7	8	6	5	4	3	3	2	2	5	5	3	3	4	4	4	3	4	2	5	5	2	2
	INC	3	3	5	5	4	4	4	3	4	4	3	3	3	3	2	2	2	2	5	5	4	4	2	4	2	4	2	2	1	1
P29	SPD	2	5	6	6	3	4	3	4	5	6	3	3	3	3	2	2	4	4	3	3	4	3	5	4	2	2	5	5	3	3
	INC	3	3	5	5	4	4	2	2	3	4	2	2	3	3	2	2	3	3	4	4	4	3	4	2	5	5	2	2	1	1
P30	SPD	3	5	3	3	5	5	4	4	5	3	6	6	3	4	3	2	3	3	4	4	3	3	4	3	5	4	2	2	2	1
	INC	4	4	1	1	3	3	6	7	8	8	7	7	3	3	3	3	5	5	3	3	4	4	4	3	4	2	5	5	2	2
P31	SPD	3	3	5	5	8	8	8	9	5	7	5	6	4	4	2	2	4	4	5	5	6	6	6	9	9	10	8	8	6	3
	INC	1	3	6	5	6	5	6	9	9	10	10	10	8	6	4	3	2	2	5	5	5	5	4	4	6	4	2	2	3	3
P32	SPD	2	4	5	4	5	5	6	8	6	4	3	2	3	3	4	4	3	3	10	10	7	7	10	7	10	7	7	7	3	3
	INC	3	3	5	5	6	6	7	8	9	10	10	10	7	6	3	3	1	1	2	2	4	4	5	2	2	4	6	6	3	3

4. USER PROGRAM

4.1 Total 4 USER

4.2 Select USER mode (U1- U4),the chosen USER displayed in the left input field, click it to reedit the username.

4.3 Set up all information needed in USER PROGRAM, there are 30 information available to set Press START to begin the workout at any time even haven't finished all the setting.

4.4 Adjust the speed or incline, only current section will be adjustable. Other sections in this PROGRAM will be kept。

4.5 Press STOP key，speed back to 0，incline will be kept as the level before STOP, screen display "PAUSE"，Press START key to restart。Or press STOP key one more time，screen display SUMMARY and then press STOP key again to enter into STANDBY mode.

4.6 It will go into cool down mode directly after training

5. H.R.C(THR 60 PCT、THR 80 PCT、THR):

5.1 THR 60 PCT means T.H.R=（220-AGE）× 60%，this is default value，can't do adjustment

5.2 THR 80 PCT means T.H.R=（220-AGE）× 80%，this is default value，can't do adjustment

5.3 In THR，default THR is 133，the adjustable range is：72~168。

5.4 Select and edit H.R.C basic parameter: gender, age, weight, time, press NEXT to choose H.R.C mode, and then press START key to begin the workout.

5.5 If can't detect the heart rate at the beginning or during the workout，main window display 【NO HR DETECTED】, if still no heart rate input after 15 seconds, stop working. main window display. SUMMARY

5.6 Default value is lowest SPEED & INCLINE. Speed and incline can be adjusted during workout.

5.7 Press STOP KEY，speed back to 0，incline will be kept as the level before STOP, main window display "PAUSE"， press START KEY to restart. Or Press STOP KEY one more time，main window display SUMMARY and then press STOP key again to enter into STANDBY mode.

CAUTION! The heart rate sensor and calorie counter are not medical devices. Several factors can affect the accuracy of the indications. The heart rate sensor is only intended as an aid during exercise to monitor your heart rate in general.

6. FITNESS TEST

6.1 Select FITNESS TEST mode, set up gender, age, weight, then press START to begin workout. Your heart rate will be detected, if no heart rate detected in 15 seconds, appear hint "NO HR DETECTED", if too high heart rate during the workout, screen appear hint "OVER PULSE"

6.2 During workout, speed will be adjusted automatically according to user's heart rate, user can adjust the incline manually.

6.3 FITNESS TEST included two big sections: warm-up and testing. Suggest to do warm-up before formal testing. Press down SKIP WARM UP button, then could skip over the warm up procedure compulsively,

directly enter into testing procedure.

6.4 FITNESS TEST the default age is 13, the test condition of FITNESS TEST is based on "Target Heart Rate". The testing time depends on different person's body status, after finishing the test, screen display the test result.

Workout Summary

Time	**30:00**	Avg. Speed	**10.0** km/h
Distance	**10.5** km	Avg. Incline	**10** %
Calories	**123** kcal	Avg. Mets	**10**
VO2 Max	Excellent **70.7**	Avg. Pulse	**120** bpm

● ○ ○ ○

7. MEDIA mode

7.1 It provides two ways to enter the default installation media.

※On the main window, click on the icon MEDIA.

FITNESS TEST QUICK START USER PROGRAM GOAL HRC MEDIA PROGRAM SETTING
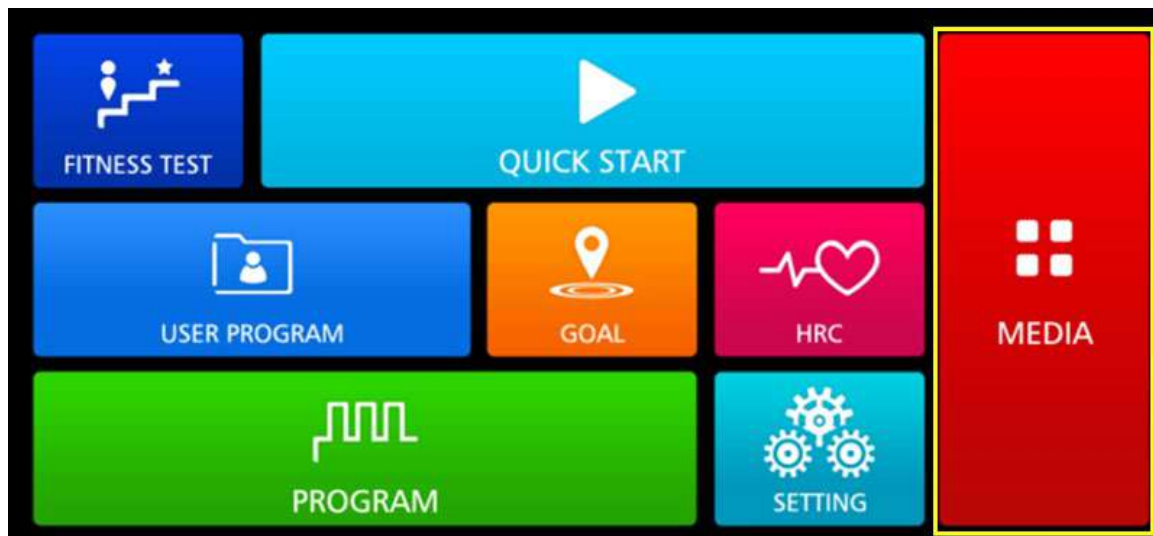
※During the workout, at operation-interface, click on icon MEDIA.
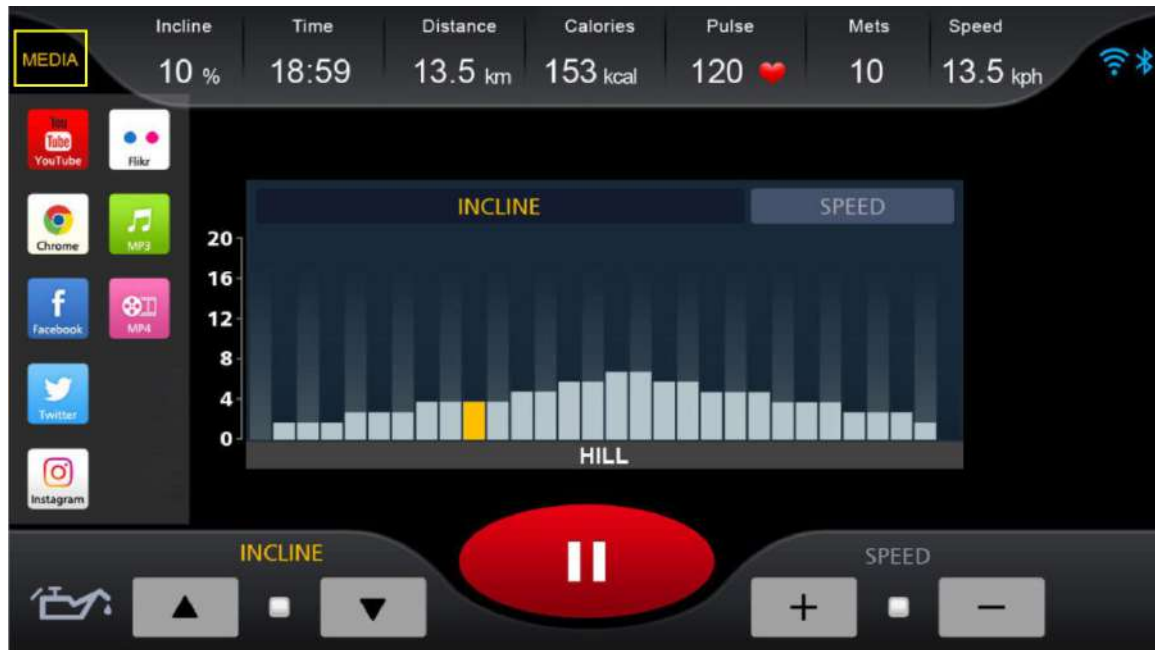
7.2 MEDIA icon description.

7.2.1 Click on icon ⬜, you can switch between media and treadmill operation screen,click one time

icon ⬜,can open or close treadmill operation.

7.2.2 Click the 🔊 icon to adjust the sound volume

7.2.3   User can copy the music or video into USB disk, insert the USB into the console USB port,

choose MUSIC or VIDEO to play (Support music format wav wma aac ogg mp3 flac, Video format mp4

avi).

SETTING:

1. SYSTEM

1.1 LANGUAGE : you can switch system display language.

1.2 BRIGHTNESS: you can adjust the screen brightness.

1.3 SOUNDS: You can adjust the sound volume.

2. BLUETOOTH: It provides Bluetooth speaker and Bluetooth earphone connections, which can be searched / paired in this option.

3. WIRELESS: This option sets the WIFI connection.

Maintenance

Centering and tensioning the belt.

Within the first weeks of using the treadmill, it is possible that you need to centre the belt. For example, this can happen when applying more pressure to the left foot over your right.

Make sure the treadmill is running with a speed between 3 and 5 KPH. At the back of the frame there are two adjustment bolts. These bolts allow you to adjust the rear roller. When the treadmill is running to the left, you need to turn the left adjusting bolt clockwise on the and the right adjustment bolt counterclockwise. In the event that the treadmill is right, you have to turn the left adjustment bolt counterclockwise and the right adjustment screw clockwise. Make sure the belt stays well tensioned and is not waving.
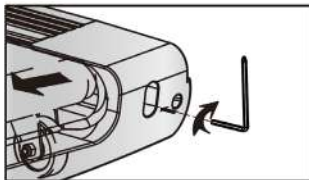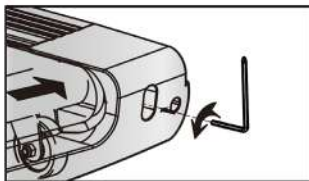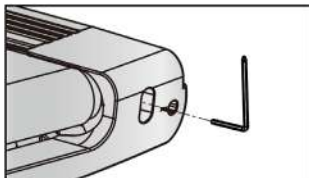
Folding and Unfolding
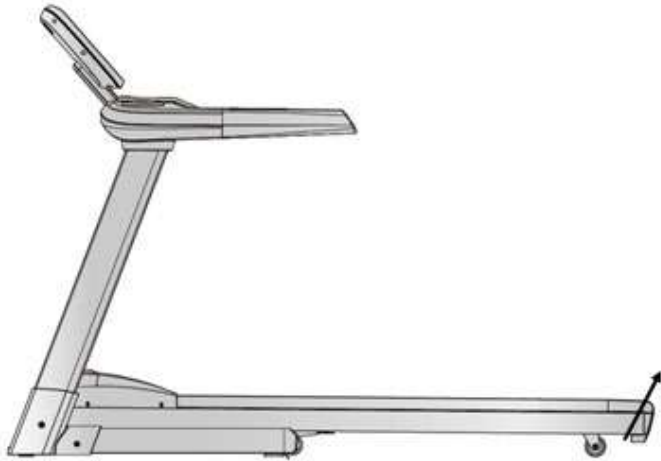
Folding

After training you can store the treadmill. Lift the running deck (at the back) until you feel it lock. Make sure the running deck is locked before releasing.

Attention! The treadmill needs to be at incline level 0 before folding.
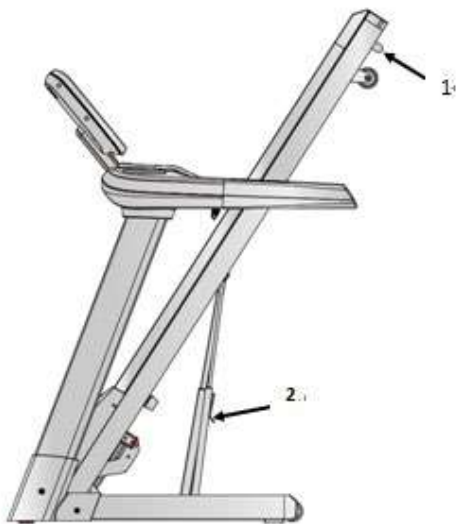
Unfolding

To unfold the treadmill:
1. Push the running deck upwards with your

. Release the running deck as illustrated with arrow 2 in the drawing.

. Release the deck and move aside while the running deck automatically comes down due to the gas spring.

Adjust horizontally

You can level the treadmill with the adjusting screws, so that the treadmill can stand stable onto the floor. The two adjusting screws are located at the front beneath the frame.
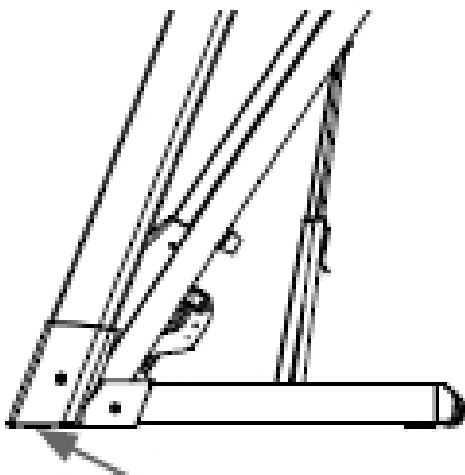
Power connection

Before you start exercising, you must turn on the treadmill. Make sure the power cord is plugged in and the on / off switch is switched to "I". The on / off button is located near the front of the main frame.

For your own safety it is important that the power cord is plugged into a grounded outlet!

Safety cord

The safety key must be connected to the holder on the console. Without this safety key the treadmill cannot be turned on. When the safety key is removed during your exercise, the treadmill will immediately shutdown. You will be advised for safety reasons to always wear the safety key. The safety key can be clipped on your clothes.
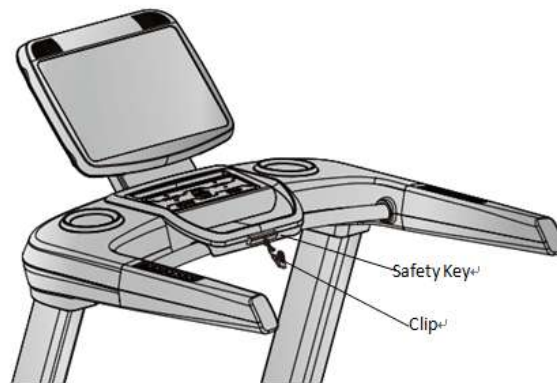
Maintaining the sliding surface

Every 1 or 2 months (even if the treadmill is not in use) or every 50 hours of use, the sliding surface under the running deck needs to be lubricated with the included silicone lubricant. Make sure that the power is disconnected and loosen the adjusting bolts of the rear roller. Lubricate the surface, distribute the silicone lubricant evenly. When you are finished fastening the adjustment bolts of the rear roller. Centre the treadmill again as described on the previous page. Centre the treadmill again as described on the previous page.
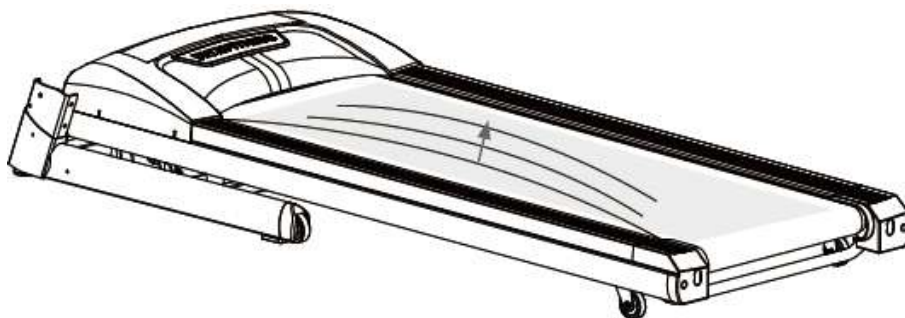
LUBRICATION INSTRUCTIONS

WARNING! Always unplug the power cord before performing any maintenance on your treadmill.

CLEANING: Regular cleaning of your treadmill will extend its life. The metal and plastic parts of the product can be cleaned by using standard cleaning products. However, make sure that all parts are completely dry before they are used again. Flow Fitness advises to fasten nuts and bolts, check and fasten pivot points once every six weeks. For fastening use the tool supplied with the product. To prevent unnecessary wear, the product can only be used indoors and in a dry environment.

WARNING! To avoid electric shock, make sure the treadmill is off and the power cord is unplugged before cleaning or maintenance.

AFTER EVERY EXERCISE: Wipe the console and other surfaces of the treadmill with a clean, dry soft cloth to remove excess sweat. DO NOT USE CHEMICALLY.

WEEKLY: The use of a machine protective floor or mat is recommended for ease cleaning. The dirt from the shoes comes in contact with the moving belt and eventually penetrates the bottom. The use of a vacuum cleaner under the treadmill is recommended once a week.

MONTHLY: put a broom under the treadmill to prevent dirt or trash from accumulating. Once a year, you should remove the black cap of the motor and clean the dirt that may have accumulated in this area.

WOODEN PLATFORM LUBRICATION: Periodic lubrication control of the belt is recommended to ensure the optimal performance of the treadmill. Every 1 month, or 20 - 40 hours of operation, lift the ends of the drive belt and touch the top of the wooden platform as far as your hand can reach. If you feel traces of silicone, you do not need lubrication. If you feel the wooden surface is dry, you need lubrication. Ask your seller or call the technical department for the type of silicone.

HOW TO LUBRICATE PLATFORM

Caution: Get the right product for lubricating the drive belt. Do not use grease or anti-rust liquid or any other spray.

1. Put the spray nozzle on the lubrication spray head.

2. While lifting the drive belt on one side, place the spray nozzle between the drive belt and the wooden platform about 10cm from the front of the treadmill. Apply the silicone spray to the wooden platform, moving back and forth. Repeat for the other side of the drive belt. Spray for about 4 seconds on each side.

3. Run the treadmill for 2 minutes at a speed of 5 km / h so that the silicone is spread over the entire wooden surface and then you can use the treadmill normally.

WARNING: Do not over-lubricate the wooden platform. Excess lubricant should be wiped with a clean towel.
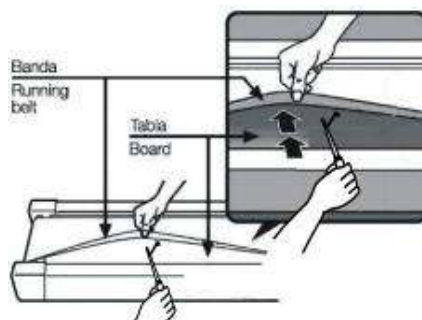
TERMS OF WARRANTY

- Warranty period is 5 years for mechanical, 2 years for the electrical / electronic parts and 5 years for the metal frame.
- X-TREME STORES S.A. undertakes to repair the machine free of charge in the event of damage due solely to a manufacturing fault. The warranty covers the cost of the spare parts. Replacement of spare parts or not is up to the company technicians. The customer is responsible for the control and adjustment of the machine.
- This warranty note is only valid if it is accompanied by legal proof of purchase (invoice or retail receipt). The warranty period is not extended for any reason and the transfer of it to a third party is excluded.
- Any damage is repaired as soon as possible and any claim for damages due to lack of spare parts and delay in repairing the damage is excluded. The costs of transporting the machine to or from the dealership will be borne by the customer after 6 months of purchase.
- The warranty conditions are set by the manufacturers of machinery and are governed by European regulations.
- Upon expiry of the warranty, any replacement part is covered by a 6-month warranty.

THE WARRANTY SHALL NOT APPLY:

- When the machine is used for any purpose other than home use (gyms, clubs, institutes, hotels, studios, etc.).
- When the fault is the result of misuse, alterations, poor connection, poor maintenance, voltage fluctuations in the PPC network.
- Components damaged by user fault such as broken plastic parts, damaged belt with improper adjustment, incorrect or incomplete lubrication, damage when moving the machine.
- Components such as side pads and cushions are considered consumables and are covered by a 6-month warranty.
- When the machine is opened or repaired by third parties.
- When the damage is caused by the buyer's negligence & the instructions for use have not been followed.
- When the machine is outdoors or exposed to sun or dust. (Dust and lint on the inside of the machine (motor roller) cause serious damage. Keep the machine clean!).
- When electronic components (console) are damaged by intense sweating or other liquid that has come into contact with or penetrated inside them.
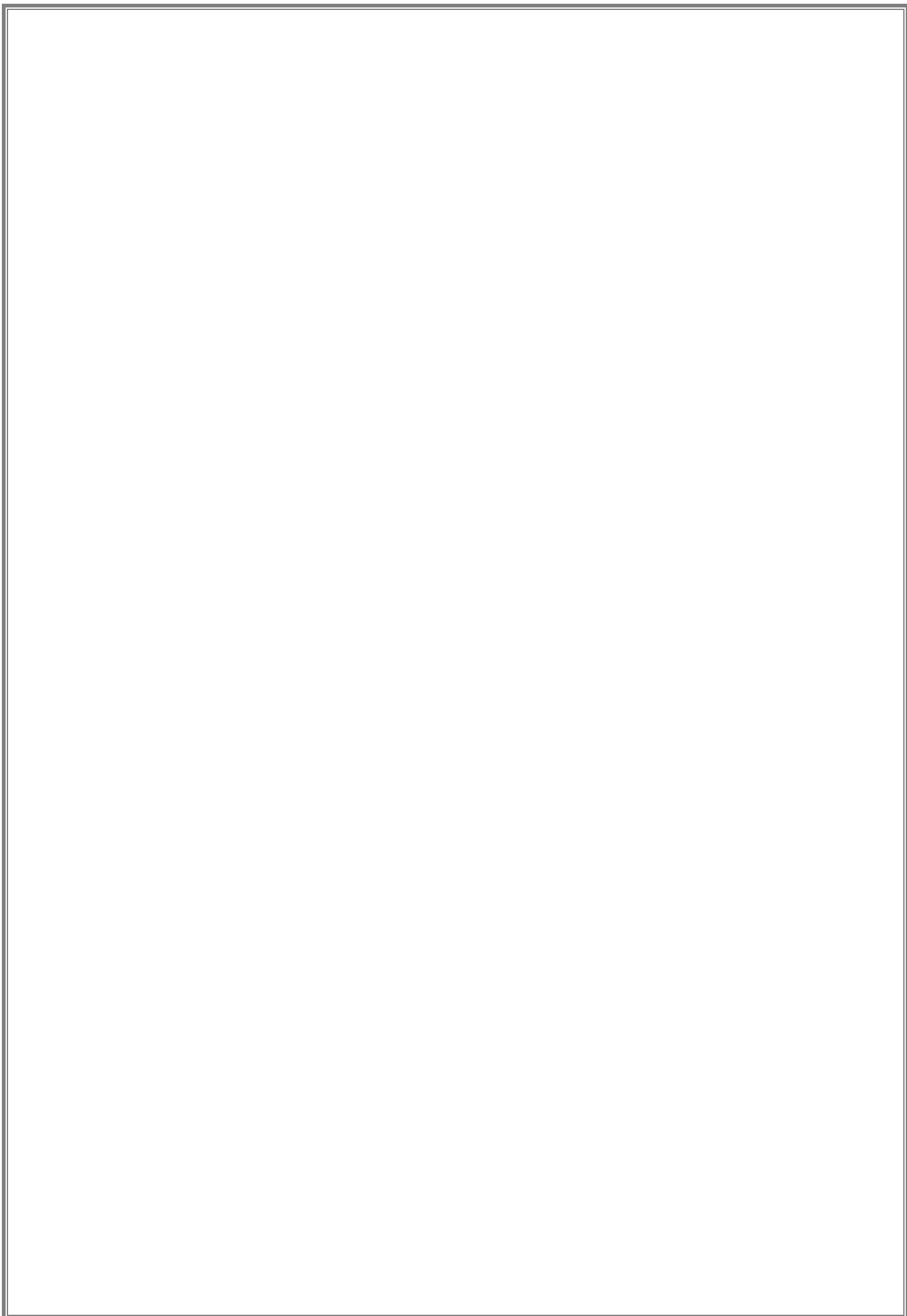
Tel.: 210 66 20 921 -2 – **Fax:** 210 66 20 923 – **e-mail**: service@xtr.gr

WARNING: The friction of the platform with the treadmill plays an important role in the operation and life of the treadmill and for this reason we recommend that you keep the treadmill clean and frequently lubricate this point of friction to extend the life of the treadmill. If you do not follow the above, the validity of the guarantee ceases.

CAUTION! During exercise, heavy sweating can cause mechanical and electrical damage to the machine. Like any other liquid substance, sweat can cause damage mainly to the electrical parts of the machine (dial, cables, etc.). The best solution is to use a towel during exercise and wipe the machine after each use to avoid any unwanted damage.

IMPORTANT: The SAFETY KEY has a magnet which is connected to the console. At the other end there is a clip that must be placed on your clothes. The treadmill only works with the safety key on the console.

CAUTION! The use of a protective carpet (plastic carpet or thin carpet) under the fitness machine is considered essential for its proper use, avoidance of vibrations and protection of the floor. The company does not bear any responsibility for causing damage due to misuse of the product and non-compliance with the instructions for use.

CAUTION! The company does not have no responsibility for causing damage due to misuse of the product and non-compliance with the instructions for use.

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