

# **TABLE OF CONTENTS**

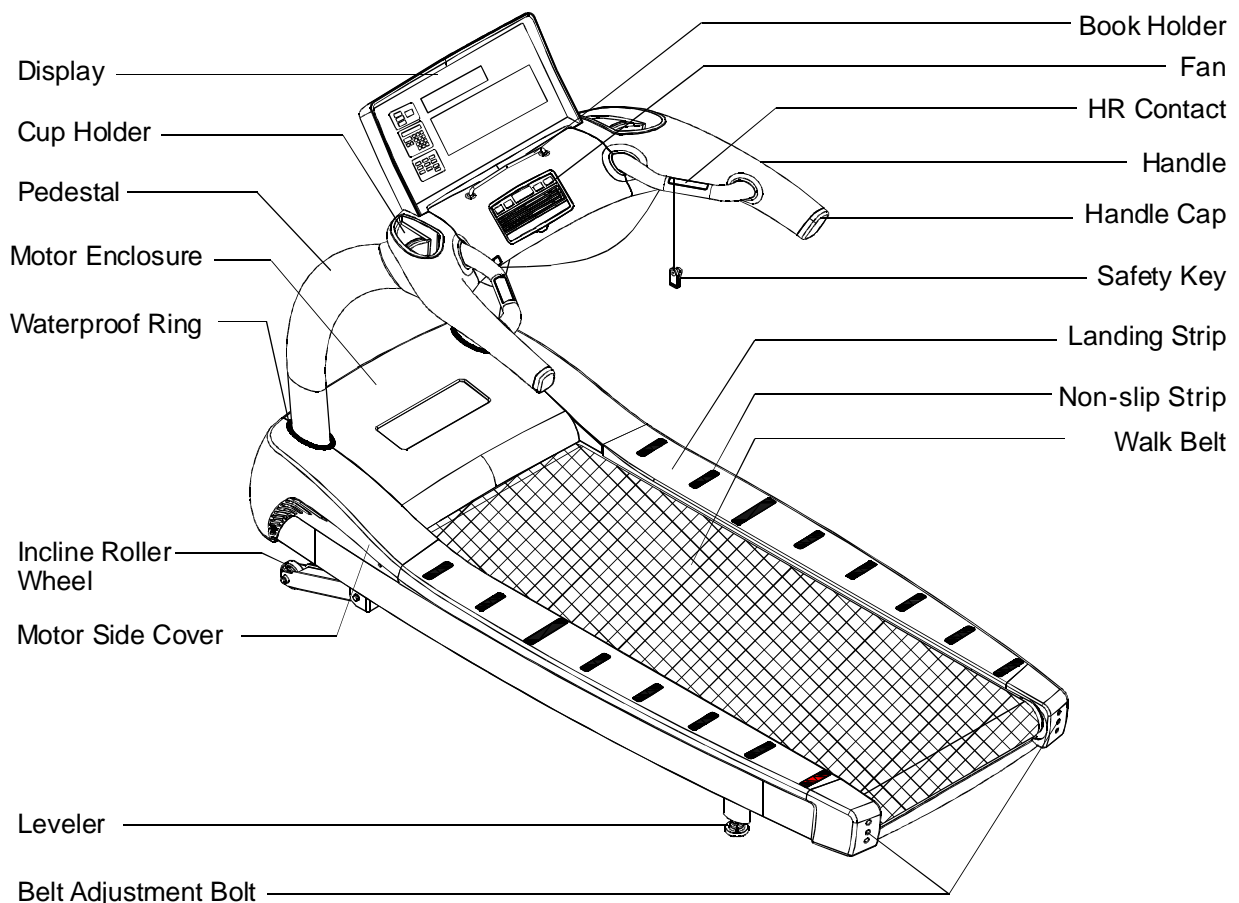
1. INTRODUCTION.....	1
2. IMPORTANT SAFETY PRECAUTIONS.....	2
3. ASSEMBLING YOUR TREADMILL.....	4
List of Parts.....	4
4. TREADMILL ASSEMBLY.....	6
Pedestal and Handle Assembly Steps.....	6
Display Installation Steps.....	9
Connect to Power.....	11
5. T670 DISPLAY.....	12
Display Features.....	12
Display Functions.....	12
Button Functions.....	13
Safety Key.....	15
6. HOW TO USE YOUR T670 TREADMILL.....	16
Quick Start.....	16
Workout Setup.....	16
Operating Procedure during Exercise.....	17
Cool Down .....	18
7. PROGRAMS.....	19
Program List.....	19
User Parameter Setting.....	20
8. GUIDELINES FOR EXERCISE.....	22
9. ADJUST THE WALK BELT.....	23
10. FLOOR LEVEL ADJUSTMENT.....	25
11. MAIN FUSE FAILURE.....	26
12. ERROR MESSAGE.....	27
13. WIRING SCHEMATIC.....	28



**INTRODUCTION**

Congratulations on purchasing one of the finest pieces of commercial exercise equipment on the market today, the SportsArt T670 Commercial Treadmill. The T670 is designed with the end-user in mind and constructed of high quality materials and designed for years of trouble-free use.

Before using your SportsArt T670 Treadmill, we recommend that you familiarize yourself with this Owner's Manual. Whether you are a first time user of a treadmill or a seasoned "PRO", understanding the correct use of the equipment will enhance your ability to achieve your exercise goals safely and successfully.



Your SportsArt treadmill was designed and built for optimum safety. However, certain precautions apply when ever you use your treadmill.

Please read the entire manual before assembly and operation. Also, please note the following safety precautions:

## **IMPORTANT SAFETY PRECAUTIONS**

- Please read the instruction carefully and install the treadmill as instructed
- Assemble and operate the treadmill on a solid, level surface. Do Not use outdoors or near water.
- Never allow children on or near the treadmill at all times.
- Check the treadmill before every use. Make sure all parts are assembled, and all fastened are tightened. DO NOT use the treadmill if the unit is disassembled in any way.
- Keep your hands away from moving parts.
- Wear proper workout clothing: DO NOT wear loose clothing. DO NOT wear shoes with leather soles or high heels. Tie all long hair back.
- Use care when mounting and dismounting the unit.
- The walk belt will not stop immediately if any object becomes caught in the belts or rollers
- DO NOT use any accessories that aren't specifically recommended by the manufacturer. These might cause injuries or cause the unit to fail.
- Unplug from outlet before servicing or removal of any parts.
- Close supervision is necessary when this treadmill is used by, on, or near children, invalids, or disabled persons.
- Use this treadmill only for its intended use as described in this manual.
- Never operate this treadmill if it has been damaged in any way. If it is not working properly, been dropped or damaged, contact your dealer.
- DO NOT carry this treadmill by power cord or use cord as a handle.
- Keep the power cord away from heated surfaces.

- Keep all air ventilation areas free of blockage.
- Never drop or insert any object into any opening.
- DO NOT operate where aerosol (spray) products are being used or where oxygen is being administered.
- The weight limit for this treadmill is 227 KGS(550 LBS).
- Product performance depends on adequate power supply. Each commercial treadmill requires one 20Amp (for 110v area) or one 10Amp (for 220v area) dedicated circuit for proper operation.

## **CAUTION**

If you feel any pain or abnormal, STOP YOUR WORKOUT and consult your physician immediately. Work within your recommended exercise level. DO NOT work to exhaustion.

Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

DO NOT stand on the belt when starting. Straddle the belt with your feet on the right and left landing strips.

**Always use the safety cord when operating the treadmill.**

**DANGER** - To reduce the risk of electric shock, Always unplug this treadmill from the electrical outlet immediately after using and before cleaning.

Improper connection of the equipment-grounding connector can result in a risk of electric shock. Check with a qualified electrical or service person if you are in doubt as to whether the treadmill is properly grounded. DO NOT modify the plug provided with T670 treadmill, if it doesn't fit the outlet; get the proper outlet installed by a qualified technician.

## **ASSEMBLING YOUR TREADMILL**

Thank you for purchasing our product. Even though we go to great efforts to ensure the quality of each product, occasional errors and/or omissions do occur. In any event should you find the product to be defective or missing a part please contact your local dealer.

Please read this owner's manual and follow the instructions.

Caution: Two people are recommended to assemble the treadmill. To avoid back strain and to ensure safety to the unit and self, we suggest you avoid lifting the running bed assembly from box. Instead drop the sides of the box and slide the treadmill from the container rather than lifting it

IMPORTANT: The packaging is specially design for the machine delivery, please have it properly kept , in case the machine needs to be shipped in the future

### **List of Parts**

Before assembling the treadmill, please make sure all parts below are present.

1. One safety key (Attached on HANDLE)
2. One electronic package
3. One handle set
4. One accessory tray (left)
5. One accessory tray (right)
6. Two waterproof ring
7. One left pedestal
8. One right pedestal
9. One hex allen wrench (M6) with T handle (In vacuum-packed container)
10. One hex allen wrench (M5) with T handle (In vacuum-packed container)
11. One hex allen wrench (M6) with L handle (In vacuum-packed container)
12. One screwdriver (In vacuum-packed container)
13. One cable wrench (In vacuum-packed container)

14. One double open end wrench (22/24) (In vacuum-packed container)
15. One fuse 15A(110v) / 10A(220v) (In vacuum-packed container)
16. Six M8\*L18 socket-head screws (For pedestals-On the treadmill)
17. Six M8 spring washers (For pedestals-On the treadmill)
18. Four D18\*d8.5\*t2-mm serrated washers (For pedestals-On the treadmill)
19. Four M8\*L15 socket head screw (For handlebars-On the treadmill)
20. Four D17\*d8.3\*t2-mm flat washers (For handlebars-On the treadmill)
21. Four M6\*L10 hex head screw (For use on display-On the treadmill)

Some parts may get mixed amongst packaging material during shipping. Please locate all the parts before you discard the packaging material. Thoroughly read the assembly instructions before you begin. Additionally, the packaging is designed to protect the product during shipping. Please save the packaging if you intend to ship the product in the future.

# TREADMILL ASSEMBLY

## PEDESTAL AND HANDLE ASSEMBLY STEPS

When you remove the treadmill from its box, first check to make sure all of the parts are present. Then, read through the assembly instructions before you begin.

**STEP 1.** Use the PHILLIPS-HEAD SCREWDRIVER to remove the screws (3 pcs) from the side plates of the motor cover (both left and right) and remove both side plates, then use the ALLEN WRENCH WITH THE L-SHAPED HANDLE (6 mm) to remove the screws and washers (6 sets) from the pedestal bracket area. (See Fig. 1.)

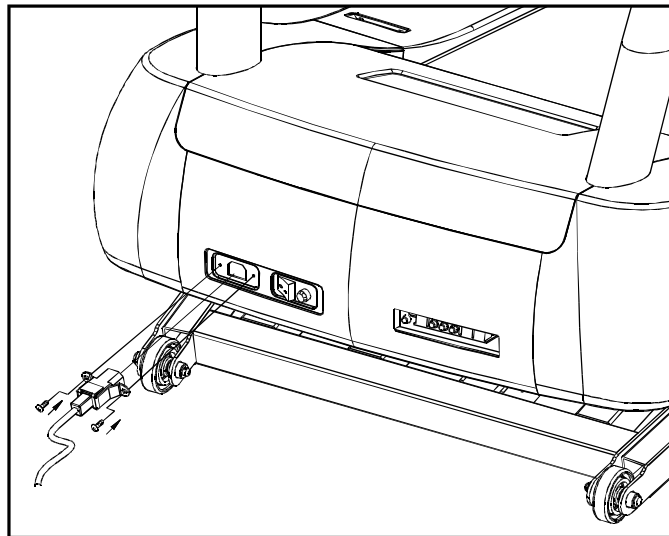


Fig.1

**STEP 2.** First, thread the data cable through the right pedestal. Then hold the right pedestal onto the support bracket on the right side of the treadmill. Secure the right pedestal by fastening the bolts with washers as shown. Hold the left pedestal onto the support bracket on the left side of the treadmill. Secure it by fastening the bolts with washers as shown. At this point, do NOT tighten these bolts securely. Leave them slightly loose so that the display can fit snugly. Tighten these bolts firmly after the display is attached. Then, use the HEX ALLEN WRENCH (M6) to take down the screw and washers on the top of the pedestal (C). (See Fig. 2.)

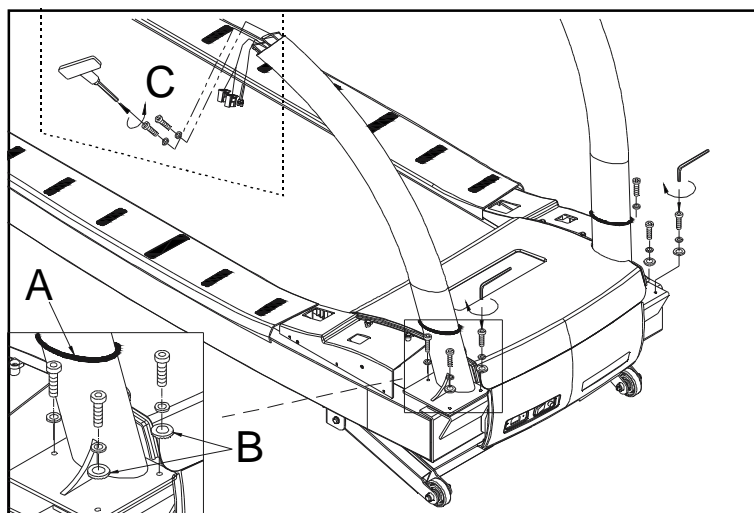


Fig.2

**STEP 3.** Use the PHILLIPS-HEAD SCREWDRIVER to remove left and right cup holders. (See Fig. 3.)

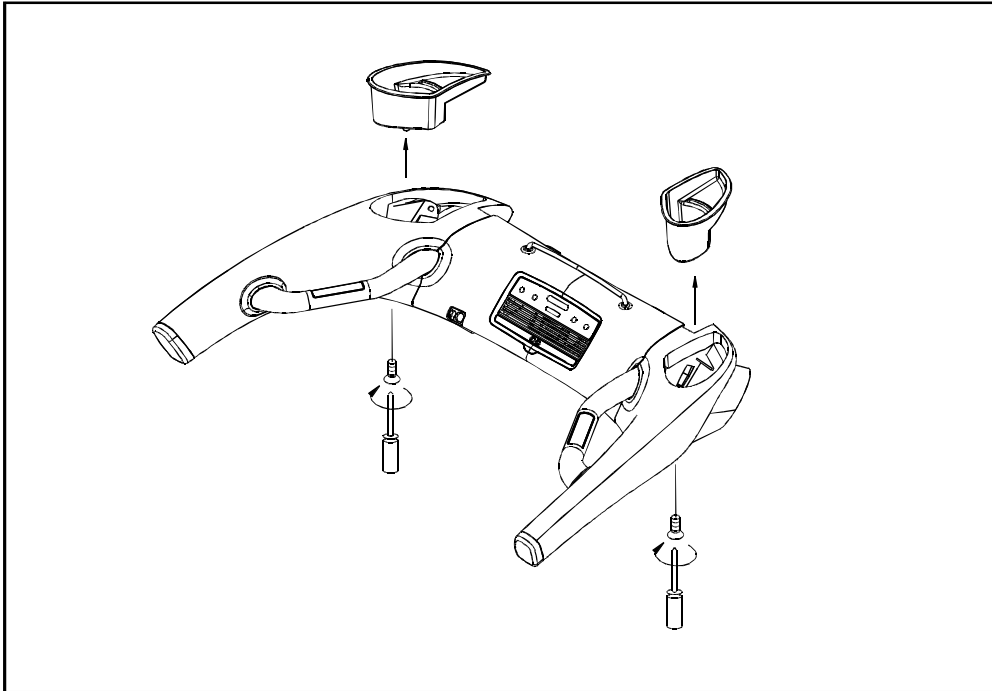


Fig.3

**STEP 4.** Hold the handlebars onto the bracket on the pedestals. Then pull the data cable on the right pedestal through the right handle (C→D→E). Remove the tie on the data cable set. Use the ALLEN WRENCH WITH THE T-SHAPED HANDLE (6 mm) to tighten the bolts with washers, fixing the handlebars in place on the bracket. Finally, put the left and right cup holders in place and secure them with the screws. (See Fig. 4.)

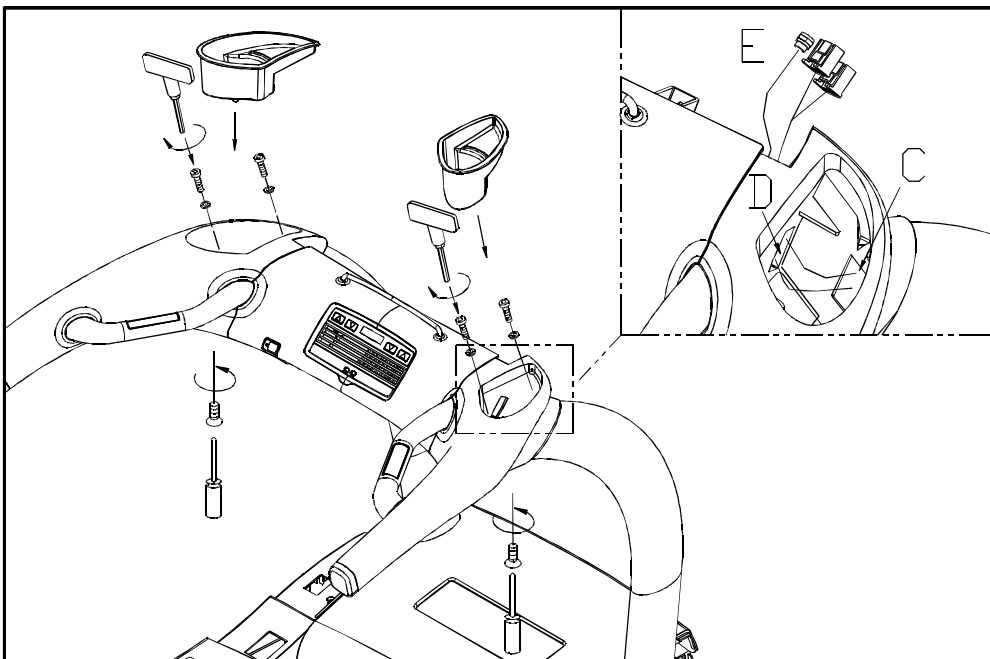


Fig.4



**STEP 5.** Use the ALLEN WRENCH WITH THE L-SHAPED HANDLE (6 mm) to securely tighten the pedestal screws in place; then put the side covers (both left and right) in place (FG) and secure them with the Phillips-head screws. Finally, set the waterproof rings in place near the hood. (See Fig. 5.)

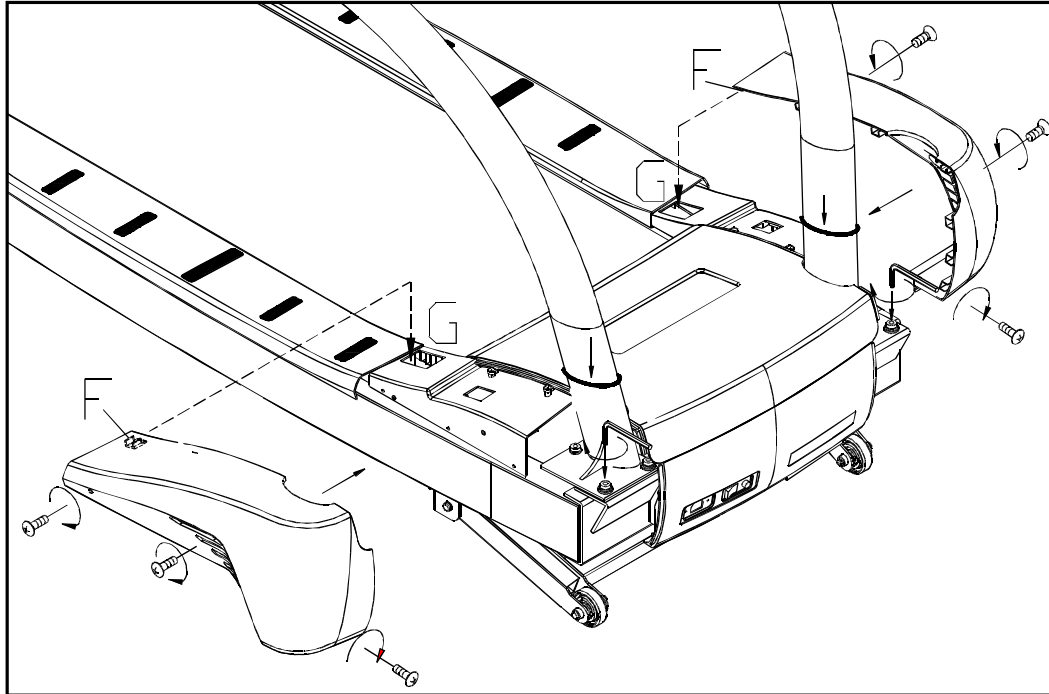


Fig.5

## DISPLAY INSTALLATION STEPS

**STEP 1.** Use the ALLEN WRENCH WITH THE T-SHAPED HANDLE (5 mm) to remove the four bolts from location (A) shown below. Hold the display into position and connect data cables. (See Fig. 6-1~6-3.) Use the CABLE WRENCH to secure the cable.

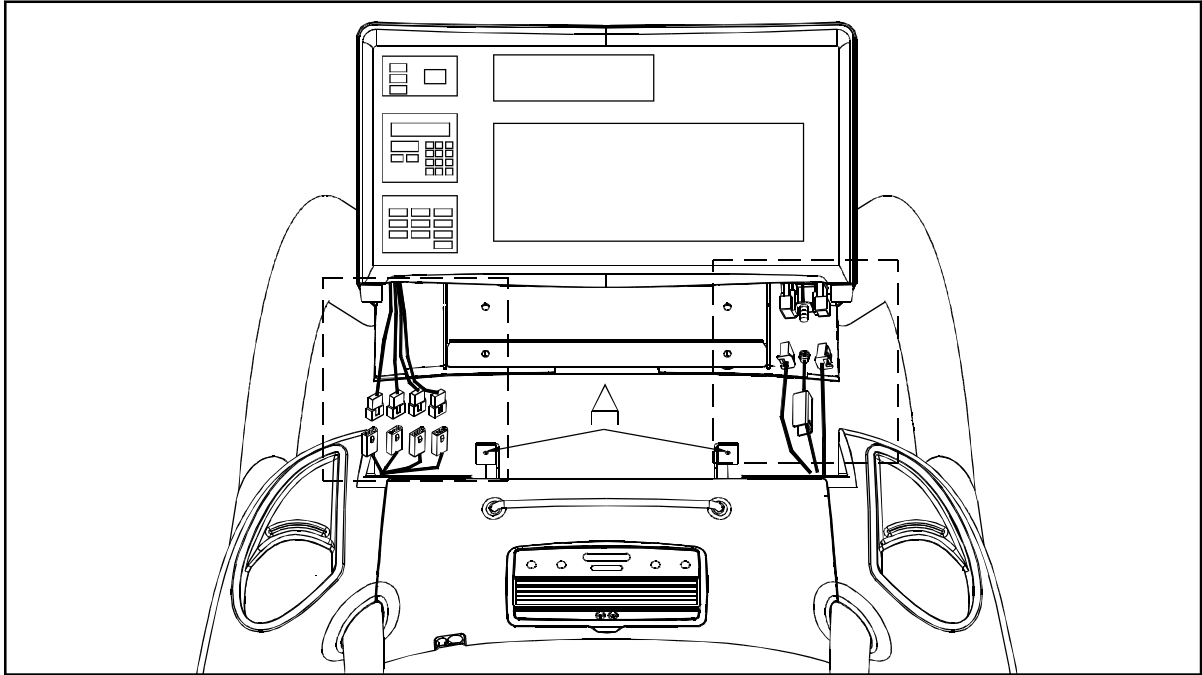


Fig.6-1

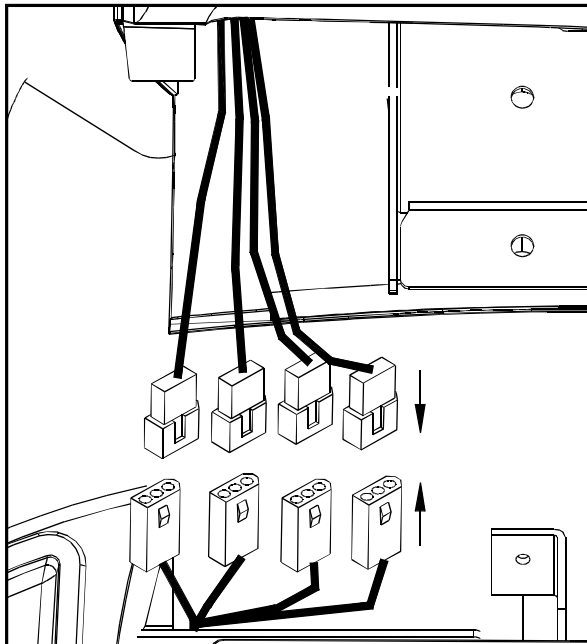


Fig.6-2

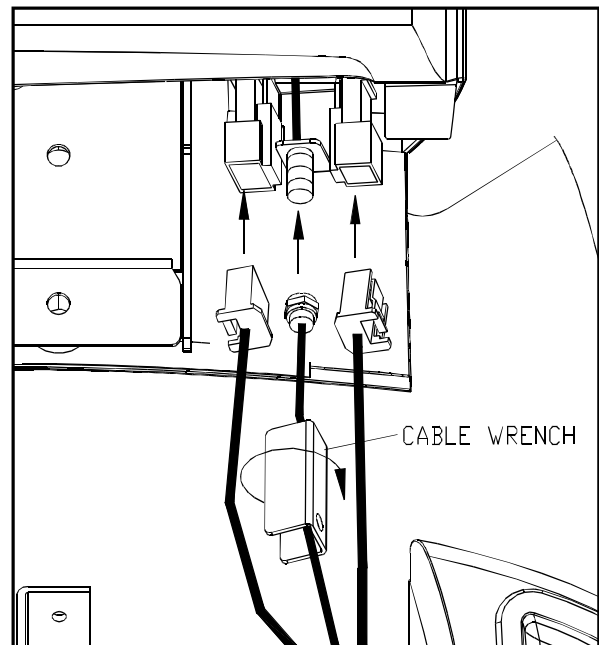


Fig.6-3

**STEP 2.** Rotate the display upward and fit it onto the handlebars. Using points (A), pivot the display back without pinching the wires. (See Fig. 7.)

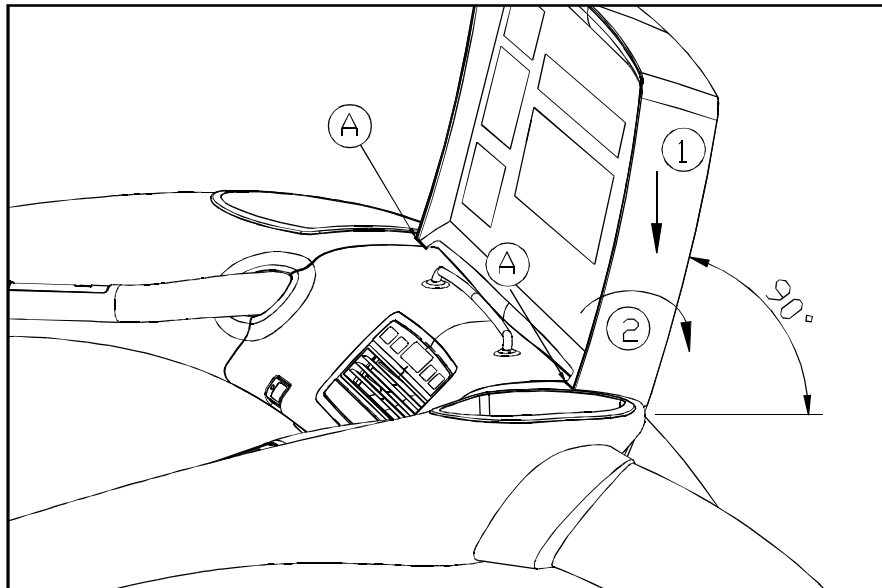


Fig.7

**STEP 3.** With one hand behind the display for support, push the display down gently until it connects securely. If it does not connect securely, please try again. Proceed to the next step only after the display connects securely. (See Fig. 8-1 ~ 8-3.)

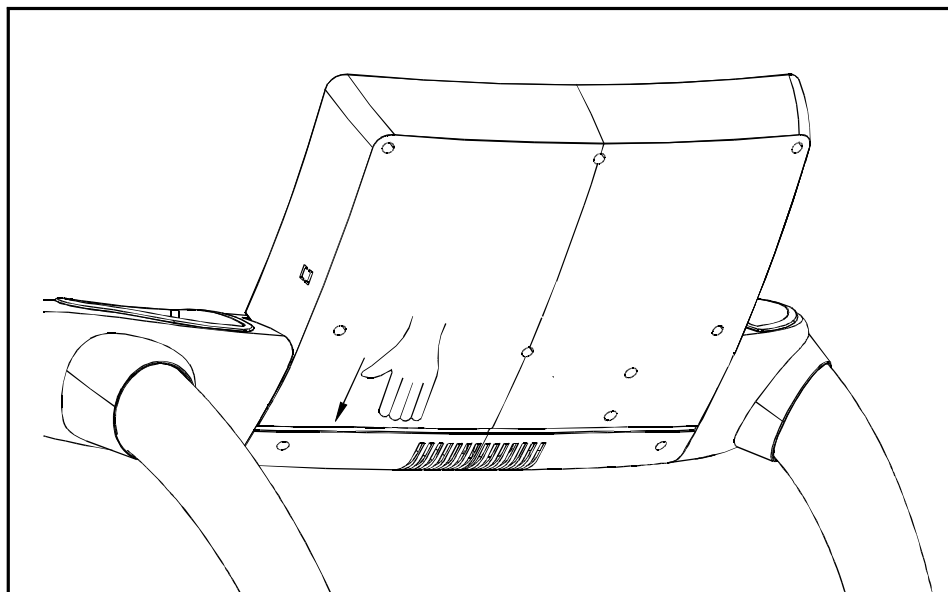


Fig.8-1

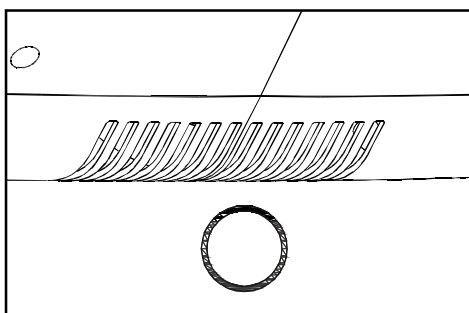


Fig.8-2

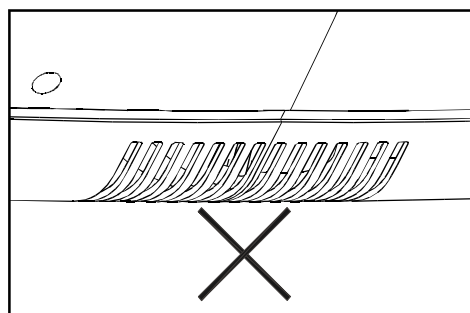


Fig.8-3

**STEP 4.** Use the HEX ALLEN WRENCH WITH THE T-SHAPED HANDLE (5 mm) to secure the display with the bolts as shown below. (See Fig. 9.)

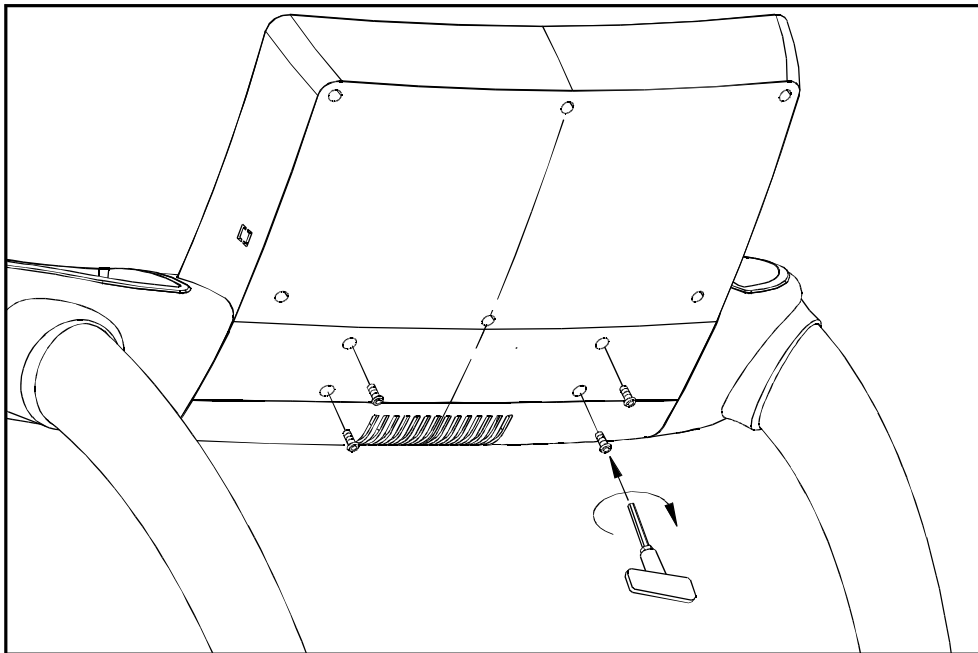


Fig.9

### **CONNECT TO POWER**

Connect the power cable as indicated in Fig.10, and secure it by tightening the screws.

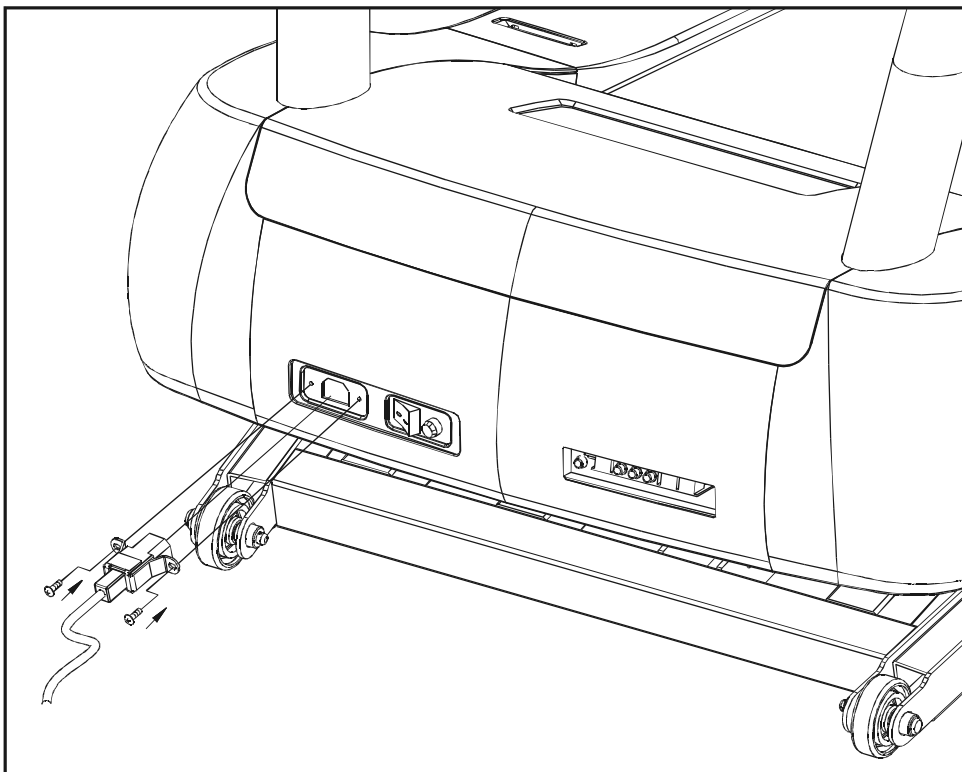
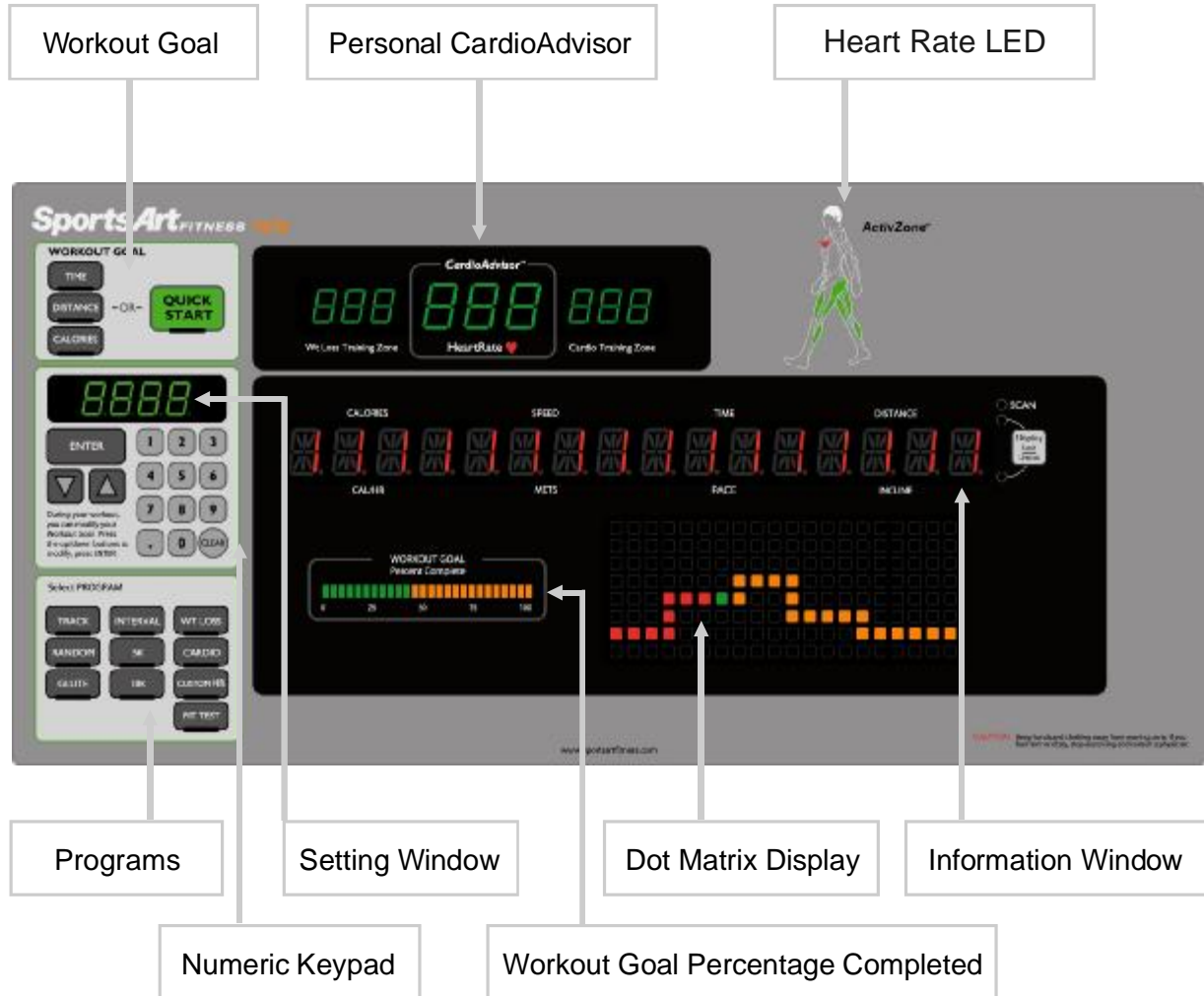


Fig.10

# T670 DISPLAY:

## DISPLAY FEATURES



## DISPLAY FUNCTIONS

1. SPEED: 0.1 to 15.0 MPH or 0.2 to 24.0 KPH in 0.1 increments
2. INCLINE: 0 to 15% in 0.5% increments
3. TIME: 0:00 to 99:59
4. DISTANCE: 0.01 to 9999 Km/Mile
5. CALORIES: Total calories burnt, 0.0 to 9999 KCAL
6. CAL/Hr: Calories burnt per hour, 0.0 to 999.9 KCAL

- 7. METS (Metabolic burn rate): 0.0 to 99.0
- 8. PACE: 1/ Speed
- 9. PROGRAM: Track, Random, Glute, Interval (1:1, 1:2, 2:2), 5K (Flat, Hill), 10K (Flat, Hill), Wt Loss, Cardio, Custom HR and Fit Test (Bruce or Gerkin)
- 9. DOT MATRIX DISPLAY: Displays program profiles and information

## **BUTTON FUNCTIONS**

### 1. QUICK START

Quickstart will bypass User, Age, Weight inputs and Program selection. Time will count up.

### 2. TIME

Press this button to set up workout time.

### 3. DISTANCE

Press this button to set up workout distance.

### 4. CALORIES

Press this button to set up workout calories.

### 5. ENTER

After entering all parameters, press ENTER to confirm your choice.

### 6. NUMERIC KEYPAD (0 to 9)

The numeric keypad can replace the function of <▲/▼> buttons. Simply enter numbers (0 to 9) on the numeric keypad rather than pressing <▲/▼> buttons.

### 7. DECIMAL POINT KEYPAD (.)

Use this key to enter the decimal point of a setup value.

### 8. ▲/▼

Press these buttons to adjust functions up or down. To increase or decrease adjustments rapidly, hold either button down.

### 9. CLEAR

a. Pressing this button clears inputted data.

b. The 7-segment display will automatically scan the information window (TIME→DISTANCE→SPEED→CALORIES→TIME……) every 6 seconds. Press this button to lock the setting (The corresponding LED will flash. Press this button again to unlock the setting.)

### 10. TRACK

One lap is equal to 0.4Km/0.25Mile.

11. RANDOM

Press RANDOM to generate different courses.

12. GLUTE

This program is specifically designed to exercise the gluteus muscles of the body. 30 and 45 minute programs run you through a specific incline-based program.

13. INTERVAL

There are three kinds of INTERVALs (1:1, 1:2 and 2:2).

For example, in 1:2, 1 = one minute of rest; 2 = two minutes of work.

14. 5K

This program mode is designed specifically with 5 Km as the workout distance goal.

15. 10K

This program mode is designed specifically with 10 Km as the workout distance goal.

16. WT LOSS

The weight loss program keeps the user's heart rate at 65% of maximum (i.e.  $(220-AGE)*0.65$ ) to provide an optimal weight loss workout.

17. CARDIO

The cardio program keeps the user's heart rate at 80% of maximum (i.e.  $(220-AGE)*0.8$ ) to provide an optimal cardio workout.

18. CUSTOM HR

The Heart Rate Control (HRC) program allows users to key in the desired HRC target.

19. FIT TEST

FIT TEST program (Body Fitness Test) offers two optional test protocols: Bruce and Gerkin.

20. INCLINE ▲/▼

Press INCLINE ▲/▼ to increase or decrease incline in 0.5% increments. Keep the button pressed to enable more rapid adjustments.

21. SPEED ▲/▼

Press SPEED ▲/▼ to increase or decrease the walk belt speed. Speed adjusts ▲/▼ in 0.1 MPH/KPH increments. To increase or decrease adjustments rapidly, hold either button down.

22. STOP/HOLD TO RESET

a. While exercising:

(1) If you pressed QUICKSTART to start exercising, press STOP to stop.

(2) If you entered user information to start exercising, press STOP to stop the treadmill and enter pause mode.

- b. Under any status:  
Hold this button to reset to the banner display.

23. FAN

Press the fan control button to select one of three speeds.

24. DISPLAY LOCK/UNLOCK

- a. Press this button to view different feedback modes:  
SCAN/FEEDBACK ↑ /FEEDBACK ↓ .

- b. While in SCAN mode, press LOCK to continue to view the current feedback type.

- c. When the feedback mode is locked, press the UNLOCK button to unlock it and view other feedback types.

**SAFETY KEY**

1. The safety key must be in place for the treadmill to operate. This safety device is intended to stop the treadmill should a user stumble and fall.
2. If the safety key is not in place, the message "SAFETY KEY" appears on the display to remind the user to put the safety key in place.



# **HOW TO USE YOUR T670 TREADMILL**

## **QUICK START**

If you select QUICKSTART, "TREAD STARTING" appears on the display and the walk belt moves at 0.1mph/0.2kph, after which the speed can be modified. The user information default is 165lbs/75kgs.

## **WORKOUT SETUP**

Input user information to obtain accurate information on caloric burn, heart rate control (range is generated by age entered), and to accumulate total use time, miles, and calories burned (PROGRAM/AGE/WEIGHT).

### **A. SELECT PROGRAM**

Select exercise programs by pressing program buttons shown on the display.

### **B. SET UP WORKOUT GOAL**

When you are in this mode, the electronics will display "ELECT GOAL". You will have three kinds of workout goals (TIME/DISTANCE/CALORIES).

1. Set up TIME: From 05 : 00 to 99 : 00 (default value: 30:00)
  - a. When pressing "TIME", the "minute" value flashes continuously.
  - b. Press ▲/▼ or the numeric keypad to select the time.
  - c. Press ENTER to confirm your choice.
  
2. Set up DISTANCE: From 0.10 to 99.99 Mile/Km (default value: 2.00Mile/3.00Km)
  - a. When pressing DISTANCE, Distance LED lights up and the minute value in the numeric keypad flashes continuously.
  - b. Users can select features by following two methods:
    - I . Press ▲/▼ to select distance
    - II . Use the numeric keypad (0 to 9) and decimal point keypad (.) to select the target distance.
  - c. Press ENTER to confirm your choice.
  
3. Set up CALORIES: From 100 ~ 9999 KCAL (default value: 700 KCAL)
  - a. Select CALORIES.
  - b. Press ▲/▼ or use the numeric keypad (0 to 9) to select the target calories.
  - c. Press ENTER to confirm your choice.

### **C. INPUT USER'S AGE & WEIGHT**

1. AGE: From 10 to 99 (default value: 35).
  - a. Press ▲/▼ or the numeric keypad to select your age.
  - b. Press ENTER to confirm your choice.

2. WEIGHT: From 50 to 400LB / 20 to 140 KG (default value: 165LB / 75KG).
  - a. Press ▲/▼ or the numeric keypad to select your weight.
  - b. Press ENTER to confirm your choice.

#### D. PROGRAM SETTING PROCEDURE

1. When the previous selected program is Custom HR, the range of the TARGET HR is 84 ~ 200 bpm (default value: 120 bpm).
  - a. When entering this procedure, the message row displays "ENTER TARGET HR" and "120" flashes in the setup window.
  - b. Press ▲/▼ or use the numeric keypad (0 to 9) to adjust the heart rate.
  - c. Press ENTER to complete the setting.
2. When the previously selected program is GLUTE, there will be two options (GLUTE 30 workout time is 30 minutes & GLUTE 45 workout time is 45 minutes). The message row shows "1-GLUTE-30 2-GLUTE-45".
  - a. Press the numeric keypad 1 or 2 to select GLUTE30 or GLUTE45.
  - b. Pressing ENTER directly selects the default, GLUTE 30.
3. When the previously selected program is 5K or 10K, there are two options (FLAT & HILL). The message row shows "1-FLAT 2-HILL".
  - a. Press 1 or 2 on the numeric keypad to select FLAT or HILL.
  - b. Pressing ENTER directly selects the default, FLAT.
4. When the previously selected program is FIT TEST, there are two options: BRUCE & GERKIN. Message row displays "1- BRUCE 2-GERKIN".
  - a. Press 1 or 2 on the numeric keypad to select BRUCE or GERKIN.
  - b. Pressing ENTER directly selects the default, BRUCE.

#### E. SPEED

SPEED: From 0.1 to 15.0 Mile / 0.2 to 24.0 Km.

1. In the setup window, "0.1" flashes continuously. The message row displays "ENTER SPEED".
2. Press ▲/▼ or use the numeric keypad (0 to 9) to input target speed.
3. Press ENTER to confirm your choice, and start exercising.

#### **OPERATING PROCEDURE DURING EXERCISE**

- A. Press QUICK START or enter by inputting personal information data. Message row will display "TREAD STARTING". Meanwhile, the dot matrix window will display "3→ 2→1" and then the AC servo motor will start operating.
- B. Information will appear in each window as follows:
  1. Information window: Workout information is shown. DISPLAY LOCK/UNLOCK can be activated.

2. 'Workout goal percentage complete' window shows the percentage of the workout completed.
3. Wt Loss Training Zone & Cardio Training Zone windows show target heart rates according to age.
4. Setup window displays the selected WORKOUT GOAL.

C. Users can adjust settings while working:

Programs can be changed during exercise. Press the corresponding program button to change programs. WORKOUT GOAL (TIME/DISTANCE/CAL) counts up continuously.

### **COOL DOWN**

Upon achieving the WORKOUT GOAL (TIME/DISTANCE/CAL), the electronics displays "ACCU DATA" (accumulative data for your workout). After displaying the accumulative time/distance/calories/average heart rate, the treadmill will automatically go to a COOL DOWN program (by displaying "COOL DOWN"). Walk belt speed will gradually slow to 2.5mph/4KPH; incline will decline to 0% incline, and the COOL DOWN time will be 2 minutes. Time counts down to "0:00". The treadmill stops and the startup banner appears on the display.

# **PROGRAMS**

## **Program List**

### 1. TRACK

One lap is equal to 400M (0.25 Mile).

### 2. RANDOM

The random program includes an infinite number of programs. Continue to press this button until you find a course to your liking.

### 3. GLUTE

The GLUTE program is specifically designed to exercise the gluteus muscles. Press to choose between 30- and 45-minute programs in this incline-based exercise mode.

### 4. INTERVAL (1:1, 1:2, 2:2)

INTERVAL courses are based on "work" and "rest" periods. The time, incline and speed of each period can differ. The time ratio of rest to work can be 1:1, 1:2, or 2:2. (Rest is represented by the first number; work is represented by the second number. For example, 1:2 means 1 minute of rest & 2 minutes of work.) The message row displays "1-1:1 2-1:2 3-2:2".

- A. Press 1, 2 or 3 on the numeric keypad to select one of the three INTERVAL modes.
- B. Pressing INTERVAL while exercising can switch to a different INTERVAL mode.
- C. While exercising, you can change the speed and incline of any interval at the beginning of the interval. That change will also apply to the corresponding interval from thereafter.

### 5. 5K & 10K

This feature sets a workout goal of 5 Km and 10 Km. There are two options: FLAT and HILL. The workout figure changes each time the button is pressed.

### 6. WT LOSS, CARDIO & CUSTOM HR

These programs employ what is called Heart Rate Control (HRC) technology to adjust speed or incline to maintain a specific target heart rate. They are designed to provide optimal efficiency in reaching your exercise goals.

#### A. Target heart rates:

- 1. WT LOSS = 65% Heart Rate Control :  $(220 - \text{AGE}) * 65\%$
- 2. CARDIO = 80% Heart Rate Control :  $(220 - \text{AGE}) * 80\%$
- 3. CUSTOM HR: set up by users, not calculated according to the selected age.

## B. HRC (Heart rate control) mode:

1. The message row displays "ENTER TARGET HR" when you select Custom HR. In the setup window, "120" flashes. Press ▲/▼ or use the numeric keypad (0 to 9) to adjust heart rate. Press ENTER to confirm your choice.
2. Select SPEED control:  
Before starting to exercise, select the maximum speed. The message row will show "ENTER MAX SPEED". Press ▲/▼ or use the numeric keypad (0 to 9) to input a maximum speed. Press ENTER to confirm your choice.
  - a. The initial speed is 0.1 MPH / 0.2KPH. The treadmill speeds up to the selected maximum speed.
  - b. The maximum speed can be adjusted during exercise. Press SPEED ▲/▼ or use numeric keypad (0 to 9) to adjust the maximum speed. The message row will display "ENTER MAX SPEED". The setup window will display the previously selected max. speed.
  - c. Users can adjust the incline to increase or decrease heart rate.
  - d. Press ENTER to confirm your choice.

C. At the start of a workout, or anytime when the heart rate signal is not received, the message row will display "NO HEART RATE READING, PLEASE CHECK TRANSMITTER". If the heart rate cannot be detected either by the contact grips or transmitter, SPEED or INCLINE will not increase or decrease automatically and can only be adjusted manually.

## 7. FIT TEST

This program provides two types of physical fitness tests: BRUCE & GERKIN. Press FIT TEST to alternate between the different FIT TEST modes (BRUCE → GERKIN → BRUCE →.....) After completing the test, the message row will display "END OF FIT TEST" "YOUR SCORE : ???". "???" represents your score(s). The highest score is 100, while the lowest is 0.

### User Parameter Settings

User parameters determine basic operating features, such as distance units, of the treadmill. To change these parameters, at the banner display, hold the ENTER button for three seconds.

1. Set up MPH/KPH. The message row will display the current status ("UNIT-MPH" or "UNIT KPH"). Press ▲/▼ to change MPH or KPH. Press ENTER to confirm your choice or press STOP to quit (without changing parameters).
2. Display the total accumulative distance. The message row will display "DIST-XXXXXX MILE" or "DIST-XXXXXX KM". Press ENTER to confirm your choice or press STOP to quit (without changing parameters).

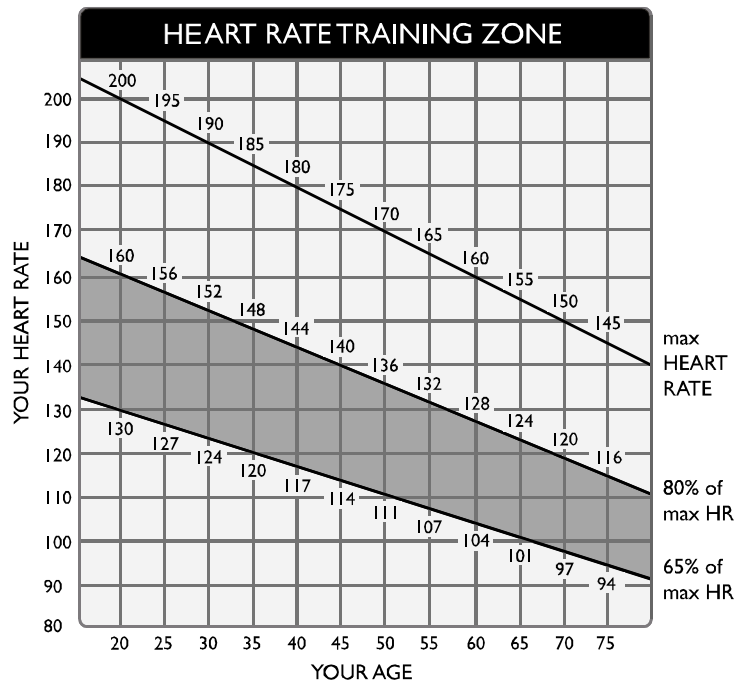
3. Display the total accumulative time. The message row will display "TIME  
XXXXXX HOUR". Press ENTER to confirm your choice or press STOP to quit  
(without changing parameters).
4. Display the version of the software:
  - a. The message row will display the version of the control board "CTL XXXXX-XX".  
Press ENTER to confirm your choice or press STOP to quit (without changing  
parameters).
  - b. The message row will display the version of the drive board "DRV XXXXX-XX".  
Press ENTER to return to the banner display.

# GUIDELINES FOR EXERCISE

## How hard should I exercise?

Studies show that to achieve the benefits of aerobic exercise, it is necessary to work within your training zone. Your training zone depends on your age and level of fitness.

The above chart indicates the recommended Heart Rate training zones (darkened area of the chart). These figures are calculated by taking 220 minus your age, and calculating 80% for your maximum and 65% for the minimum heart rate for aerobic exercise.



## CAUTION:

**Heart Rate training zones are approximations. Always check with your physicians to learn what appropriate heart rate level is best for your fitness level.**

## How long should I exercise?

The duration of your exercise session depends on your fitness level. In general, it is recommended that you maintain your heart rate in the training zone for at least 15 to 20 minutes to realize an aerobic benefit. Beginners should always start slowly and bring their workout sessions up to 20 minutes or more. As your fitness level increases, you will be able to maintain your heart rate in the training zone for longer periods: Usually between 20 and 30 minutes.

When first starting your workout, use the first several minutes to warm up, then slowly increase your workload to bring your heart rate into your specific training zone. At the end of your workout, gradually decrease your workload, then exercise lightly as a "cool down".

## How often should I exercise?

Research indicates to achieve the greatest benefits, should be performed 3-5 times a week. It is important to allow sufficient time, at least 24 hours, for your body to recover after exercise.

## ADJUSTING THE WALK BELT

For optimum performance, the walk belt must track in the center of the deck. Failure to align the belt properly could cause the belt to tear or fray, which is not covered under the warranty.

Caution: To avoid injury, special care must be taken when adjusting the walk belt. Be careful to keep your fingers, clothes and other objects clear of the belt and rollers. The treadmill will not stop immediately if objects become caught in the belt or rollers. Do not allow anyone to stand on the walk belt during this procedure.

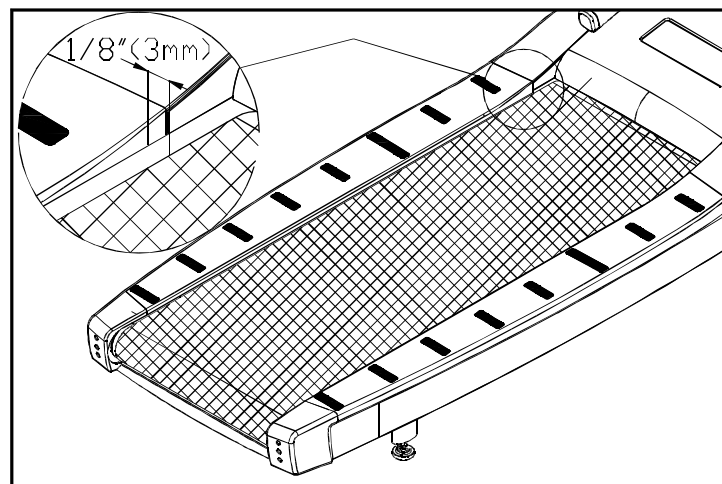


Fig.11-1

Please follow the belt adjustment procedure listed below:

1. Determine belt position in relation to the belt alignment gauge on the walk deck. The red mark on the gauge indicates misalignment. The belt should center in the middle of the green area.
2. If the belt is in the red mark on either side of the deck, follow the steps below to align the walk belt.
3. Turn off the unit.
4. If the belt is too far left, use the hex Allen wrench to turn the left adjustment bolt at the rear of the treadmill clockwise 1/4 turn. Then turn the right adjustment bolt counterclockwise 1/4 turn. Turn on the treadmill. Press the SPEED button to increase the speed until the speed reaches 2.0 mph/3.2kph on the display. Inspect belt alignment
5. If the belt has not returned to the green zone, repeat with another 1/4 turn on both sides until the belt has returned to the middle of the green area. Do not turn the walk belt adjustment bolt more than 1/4 turn at a time. If the belt is on the edge of the green color, turn the adjustment bolt less than 1/4 turn at a time to center the belt.



6. If the belt is too far right, turn the right adjustment bolt clockwise 1/4 turn, then turn the left adjustment bolt counterclockwise 1/4 turn. Turn on the treadmill. Press the SPEED button to increase the speed until the speed reaches 2.0 mph/3.2kph on the display. Inspect belt alignment.
7. If the belt has not returned to the green zone, repeat with another 1/4 turn on both sides until the belt has returned to the middle of the green area. Do not turn the walk belt adjustment bolt more than 1/4 turn at a time. If the belt is on the edge of the green color, turn the adjustment bolt less than 1/4 turn at a time to center the belt.
8. Let the treadmill run at least 30 seconds, while checking the position of the belt in the color gauge. When the belt is back in the green "safety zone", you can continue your regular use of the treadmill. Slowly increase the speed of the unit to 5.5 MPH (9 KPH), and let it run for at least 45 seconds. Make sure that the belt tracks properly.
9. When you are using the treadmill, if you feel a pause when your foot hits the belt, the belt is too loose. Stop the machine. Adjust both rear roller bolts clockwise 1/2 turn at a time. Try the machine again, then check the result. If necessary, give both adjustment bolts another slight turn.
10. Do not over-tighten the belt. Over-tightening the walk belt can shorten the life of the unit. Please see Fig. 13-2 and 13-3.
11. Periodically inspect belt tracking and tightness to ensure optimum performance of your treadmill.

To check the correct tension of the belt, hold the belt in the middle, and lift up about 30 m/m (1 1/8") or 3 kg (6.6 pounds) of force (see Fig.11-2, 11-3, 11-4).

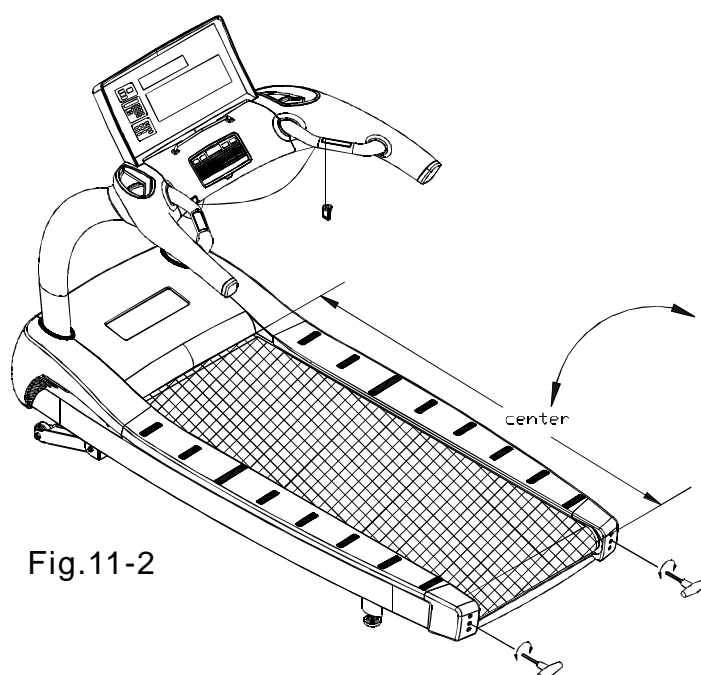


Fig.11-2

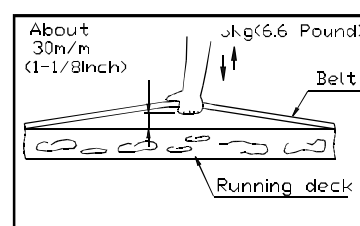


Fig.11-3

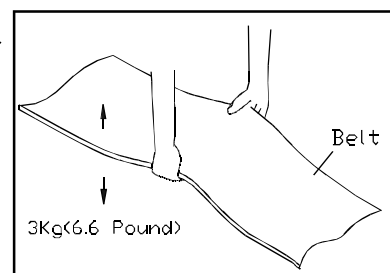


Fig.11-4

## **Periodically monitor the position of the belt to ensure peak performance**

To avoid injury, special care must be taken when adjusting the walk belt. Remove any loose clothing or shoes lace and tie back your hair. Be very careful to keep your fingers or any other objects clear of the belt and rollers. The treadmill is designed to carry specific weights. The treadmill will not stop immediately if any object becomes caught in the belt or rollers. Over tightening of the belt would causes damage and premature failure of the precision bearings in the front and rear rollers.

## **FLOOR LEVEL ADJUSTMENT**

Level the treadmill as follows. Use the DOUBLE OPEN ENDED WRENCH to turn the levelers on the rear of the treadmill. Raise or lower the floor levelers to steady the treadmill. Once it is level, secure the position by tightening the leveler nuts up against the unit frame. (See Fig. 12.)

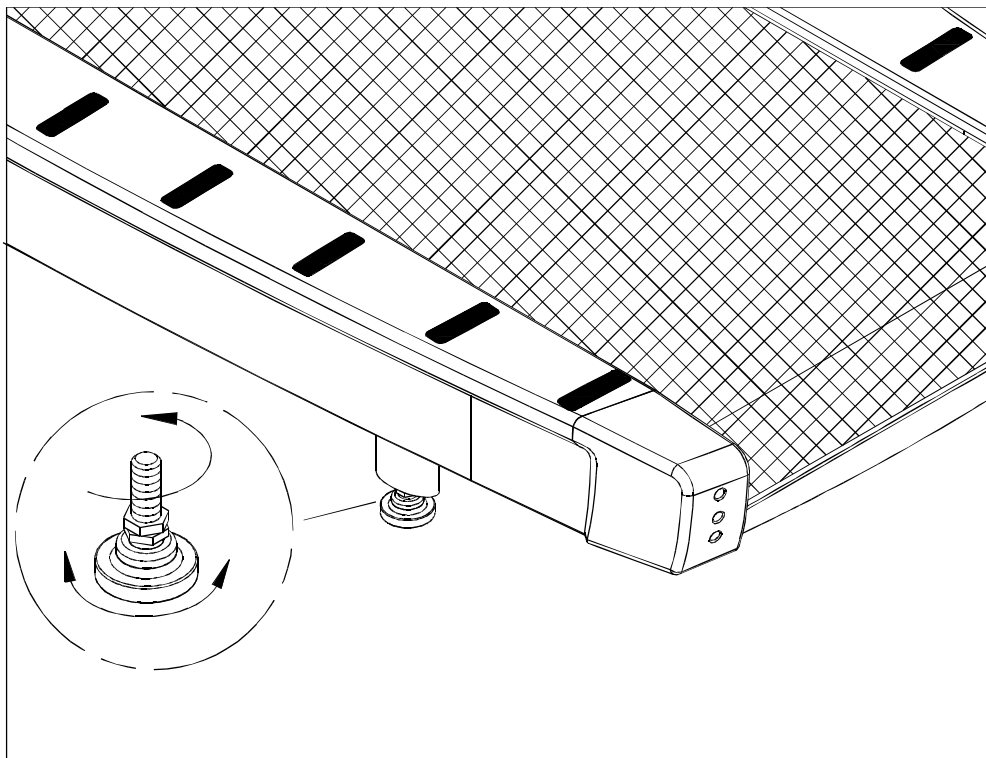


Fig.12

## **MAIN FUSE FAILURE**

If the display remains dark after turning on the unit, the fuse may be damaged and need to be replaced.

**CAUTION:** MAKE SURE THE TREADMILL POWER PLUG IS REMOVED FROM OUTLET BEFORE REPLACING THE FUSE.

Main power fuse holder located at bottom of the machine, near the on/off switch. (See Fig.13-1) To remove the main fuse, push the fuse holder toward the machine and turn it counterclockwise, then pull out the fuse holder. Remove the fuse from the holder. Insert a new fuse of the appropriate type into the fuse holder and insert it into the unit. Turn the fuse holder clockwise to secure the fuse in place. (See Fig. 13-2 to Fig. 13-4.)

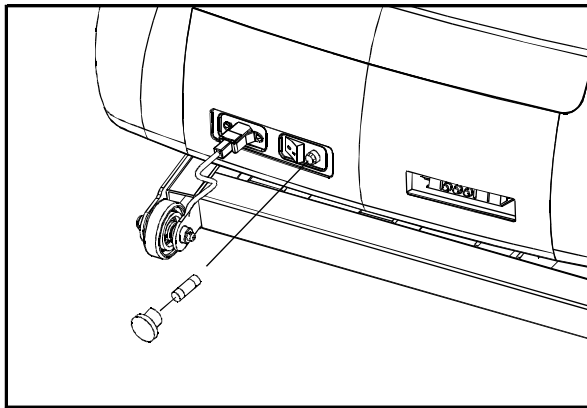


Fig.13-1

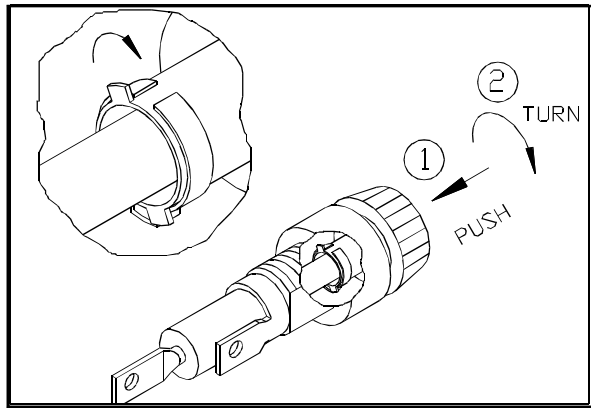


Fig.13-2

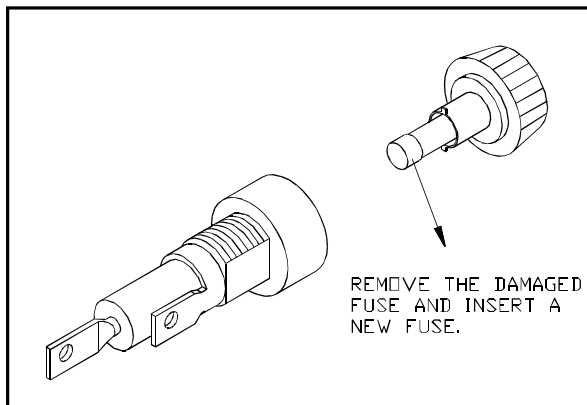


Fig.13-3

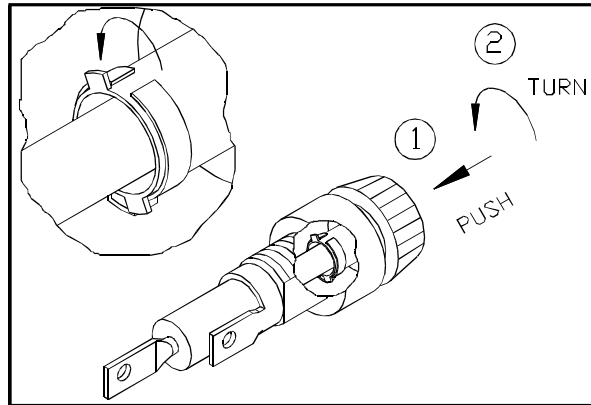


Fig.13-4

If the unit does not work after changing the fuse, please contact your authorized SportsArt Fitness service technician for more information.

## ERROR MESSAGES

1. Display format:

			E	R	R	O	R	_	X	_	Y	_			
--	--	--	---	---	---	---	---	---	---	---	---	---	--	--	--

2. Explanations for each error message:

ERROR\_1\_1\_ The AC servo motor encoder is out of order. Please re-start the unit.

ERROR\_1\_2\_ The AC servo motor is overheated. Speed is restricted to half.

ERROR\_1\_3\_ The AC servo motor suddenly accelerated. Please re-start the unit.

ERROR\_2\_1\_ The IGBT current is too high. Please re-start the unit.

ERROR\_2\_2\_ The IGBT is too hot. Speed is restricted to half.

ERROR\_3\_1\_ The elevation motor has a calibration issue.

ERROR\_4\_1\_ The power switch is OFF.

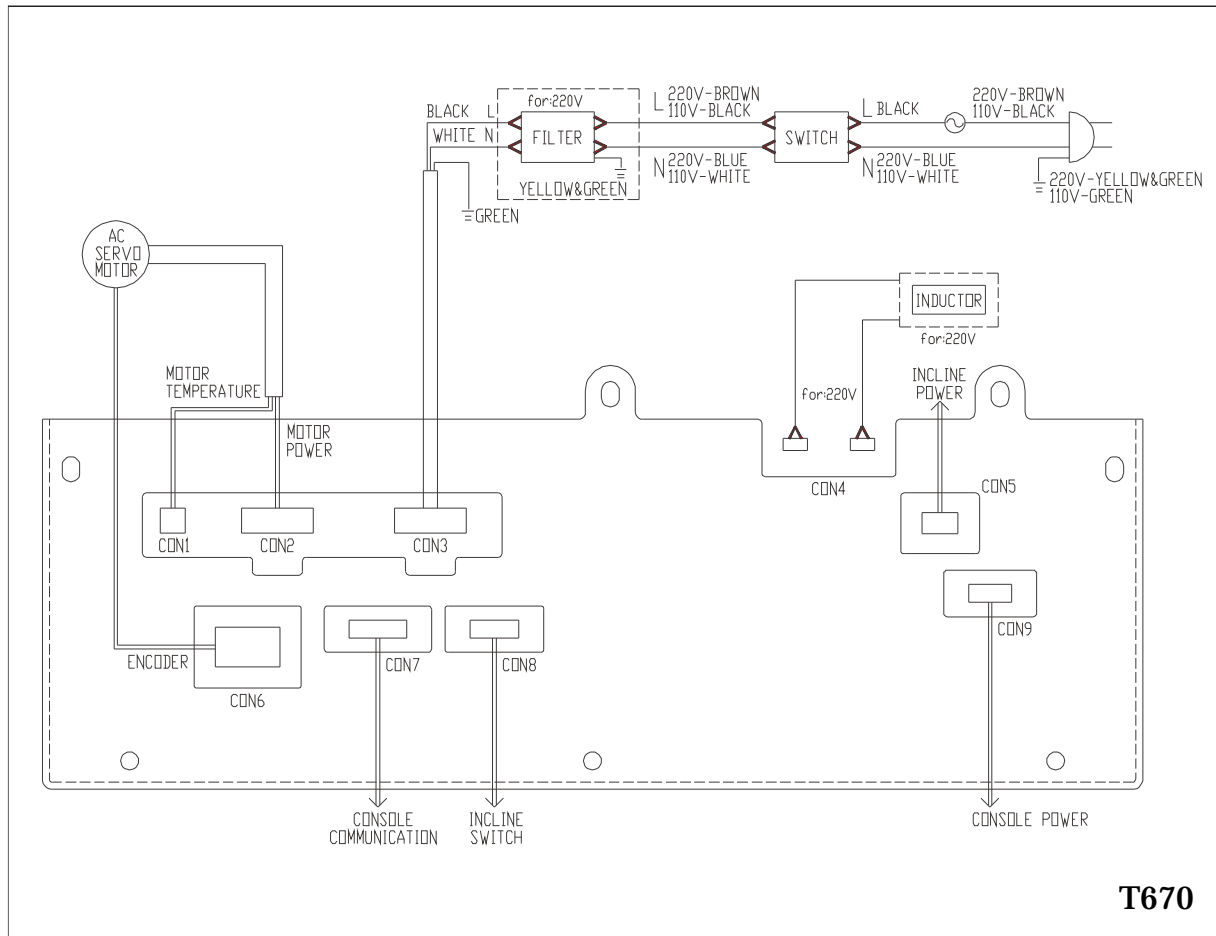
ERROR\_4\_2\_ The power supply voltage is too low. Re-start the unit after stabilizing the power supply.

ERROR\_4\_3\_ The power supply voltage is too high. Re-start the unit after stabilizing the power supply.

ERROR\_8\_1\_ There is a communication error between control board and servo driver when powering the treadmill on.

ERROR\_8\_2\_ There is a communication error between control board and servo driver during exercising.

# Wiring Schematic:



**Your Authorized Distributor**