TABLE OF CONTENTS

Yowza Technical Support

877-969-9240

Enter Serial Number: _____

Enter Original Sales Order # _____

Purchase Date: _____

PRECAUTIONS

Precautions:

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

- Use the treadmill only as described in this manual.

- Place on a level surface, with 6 feet (2 m) of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.

- When choosing a location for the treadmill be sure that the location and position permit access to a plug.

- Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.

- Do not operate the treadmill where aerosol products are used or where oxygen is being administered.

- Keep children under the age of 12 and pets away from the treadmill at all times.

- The treadmill should not be used by persons weighing more than **300LBS (135Kgs)**.

- Never allow more than one person on the treadmill at a time. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.

- When connecting the power cord, plug the power cord into a grounded circuit. No other appliance should be on the same circuit.

- Always straddle the belt and allow it to start moving before stepping onto the belt.

- Always examine your treadmill before using to ensure all parts are in working order.

- Allow the belt to fully stop before dismounting.

- Never insert any object or body parts into any opening.

- Follow the safety information in regards to plugging in your treadmill.

- Keep the power cord away from the incline wheels and do not run the power cord underneath your treadmill. Do not operate the treadmill with a damaged or frayed power cord.

- Always unplug the treadmill before cleaning and/or servicing. Service to your treadmill should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer. Failure to follow these instructions will void the treadmill warranty.

- Never leave the treadmill unattended while it is running.

- Use "safety key" when operating the treadmill and make sure the "safety key" is clipped to the users clothing.

- The cell phone signal might interfere treadmill functions, keep the cell phone away from the motor hood.

- Please Always put the safety key on "ON" position, and use the power switch to ON/OFF machine. "Safety Key" is designed for emergency stop, and it is "NOT" for the power ON/OFF the treadmill.

Remove the "safety key" and store it in a safe place when the treadmill is not in use. Keep the "safety key" away from children.

POWER REQUIREMENTS

Power Requirements:

IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN THE RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT, IF IT WILL NOT FIT THE OUTLET; HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.
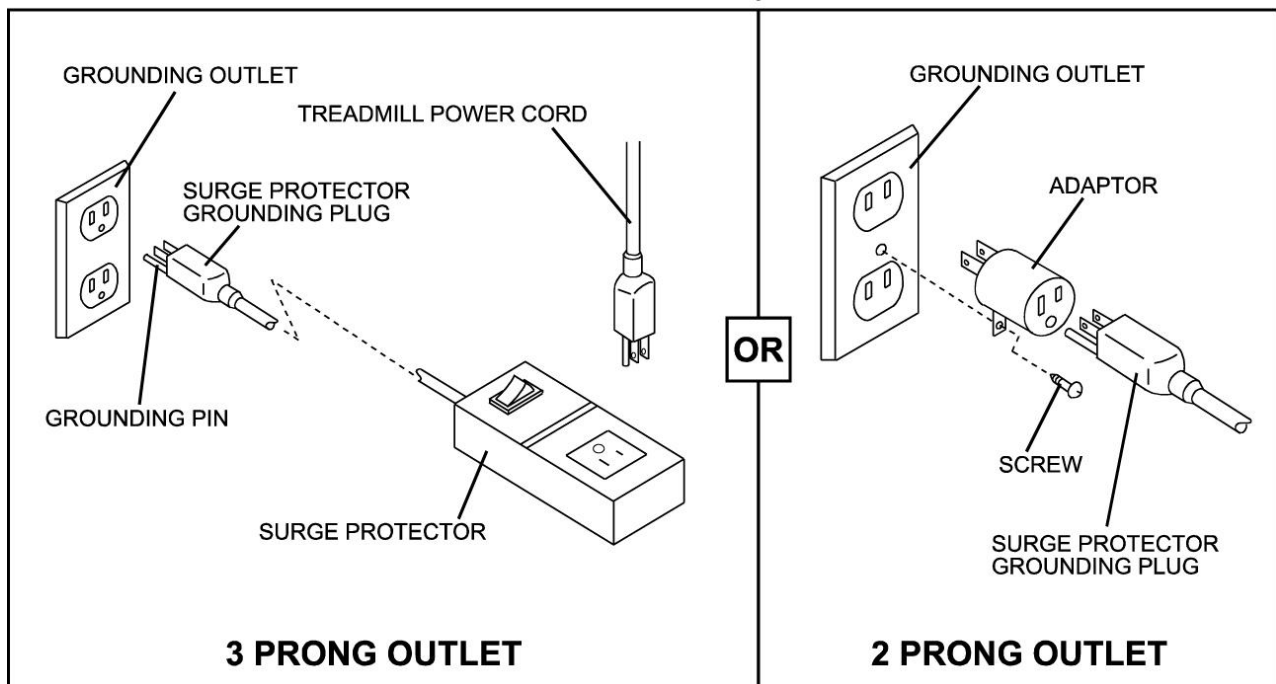
This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of treadmill damage, always use a surge protector (not included) with your treadmill.

Surge protectors can be purchased at most hardware stores. The manufacturer recommends a single outlet surge protector with a UL 1449 rating as a Transient Voltage Surge Suppressor (TVSS) with a UL suppressed voltage rating of 400V or less and an electrical rating 110VAC, 15 amps.

This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current, should the treadmill malfunction. This treadmill is equipped with an electrical cord that has an equipment-grounding conductor and a grounding plug. Always plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is for use on a nominal 110-volt circuit, and has a grounding plug that looks like the plug illustrated in the drawing below.
GFCI outlets and GFCI Circuit Breakers are NOT recommended for use on this product. GFCI outlets and GFCI Circuit Breakers may cause this equipment to function improperly.

GROUNDING OUTLET
TREADMILL POWER CORD
SURGE PROTECTOR GROUNDING PLUG
GROUNDING PIN
SURGE PROTECTOR

3 PRONG OUTLET

OR

GROUNDING OUTLET
ADAPTOR
SCREW
SURGE PROTECTOR GROUNDING PLUG

2 PRONG OUTLET

BEFORE YOU BEGIN

Open the boxes:

Open the boxes of your new equipment. Inventory all parts included in the boxes, and compare them to the Supplied Components and Supplied Hardware lists on pages 5-6 for a full count of the parts included. If you are missing any parts or have any questions contact us directly.

Gather your tools:

Before you begin, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

Please note that there is a weight limitation for this product. If you weigh more than 300LBS (Approx. 135 Kgs). It is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.

Care and maintenance:

The safety level can be maintained only if it is examined for damage and wear.

Replace any defective components immediately and stop all use of the equipment until repaired.

Always take care when mounting the equipment. Straddle the equipment by placing your feet on the straddle rails. Dismount from the equipment only after all parts have stopped.

Always check the wear and tear components like pulley, belts, etc.…To prevent injury.

There is an emergency stop, in the form of a SAFETY KEY, to prevent injury; you can stop the treadmill immediately by actuating the emergency stop for emergency dismount.

SUPPLIED COMPONENTS

This list identifies the major components you will use to assemble this product.

No.	Description	Qty.
A1	Console Assembly	1
A2	Main Frame Assembly	1
A3	Right Handlebar Assembly	1
A4	Left Handlebar Assembly	1
111	Safety Key	1
106	Water Bottle Holder	2
201	Upright Cover – LL	1
202	Upright Cover – LR	1
203	Upright Cover – RR	1
204	Upright Cover – RL	1
220	Side Cover	2
E	Power Cord	1

A1

A2

A3

A4

111   106   201   202   203

204   220   **E**
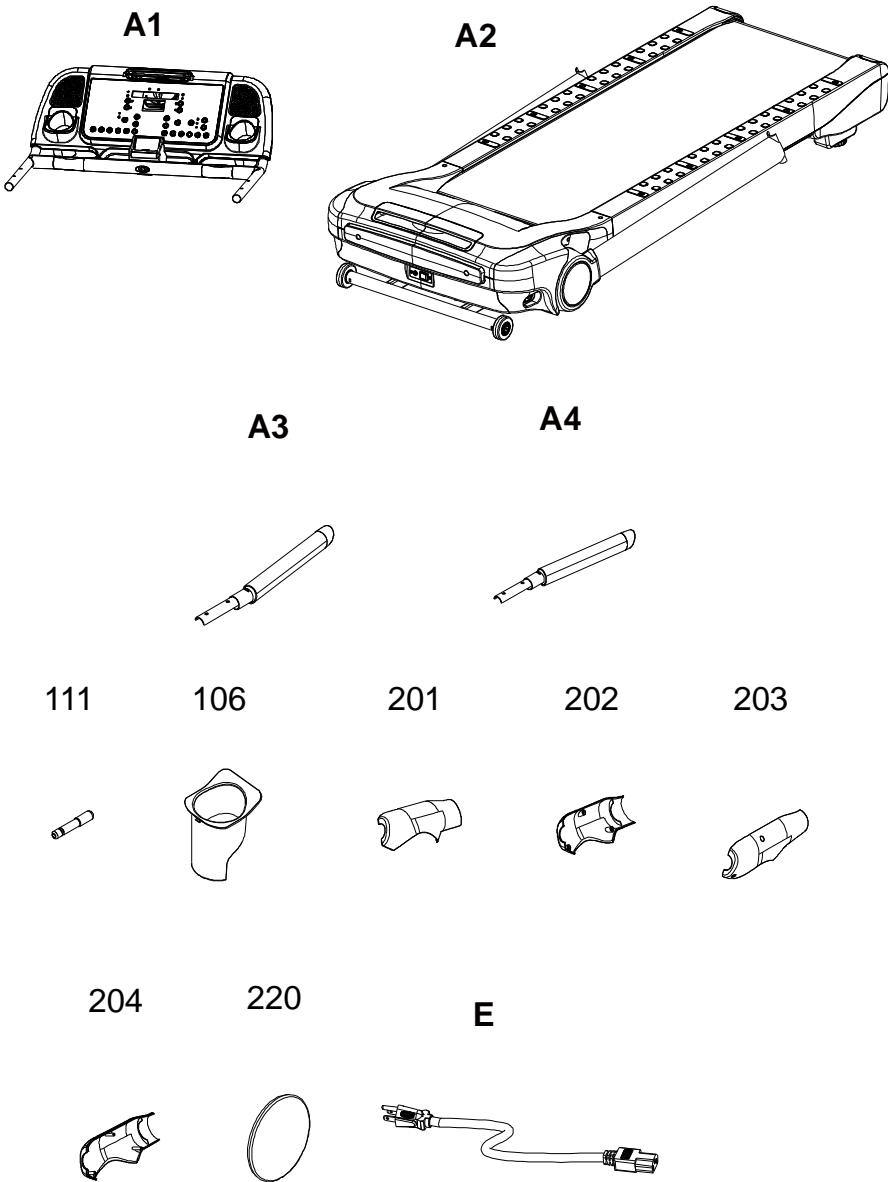
SUPPLIED HARDWARE

This list identifies the hardware you will use to assemble the product. To help distinguish between the various types of screws and bolts, use the scale below to measure them and compare them to the sizes listed.

No.	Description	Qty.
901	M8x40mm Bolt	4
904	M10x62mm Bolt	4
905	3x12mm Screw – Cone Pivot	6
A	6mm Allen Key	1
C	Screwdriver	1

901

904

905

A

C

0	10	20	30	40	50	60	70	80	90	100
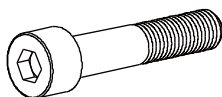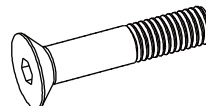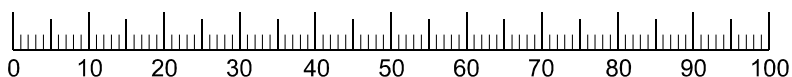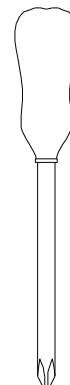
MILLIMETERS

COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
SMYRNA -100			
101	Overlay	1	SMYRNA-101
102	Computer Insert	1	SMYRNA-102
103	Adjustable Vane	1	SMYRNA-103
104	Console Housing – Upper	1	SMYRNA-104
105	iPod Bracket	1	SMYRNA-105
106	Water Bottle Holder	2	SMYRNA-106
107	Hand Pulse Sensor Cover – Left	1	SMYRNA-107
108	Hand Pulse Sensor Cover – Right	1	SMYRNA-108
109	Hand Pulse Sensor Rear Cover	1	SMYRNA-109
110	Safety Key Seat	1	SMYRNA-110
111	Safety Key	1	SMYRNA-111
112	Console Support Tube	1	SMYRNA-112
113	Fan Bracket – Top	1	SMYRNA-113
114	Fan Bracket – Bottom	1	SMYRNA-114
115	Console Housing – Bottom	1	SMYRNA-115
116	Speaker Cover – Left	1	SMYRNA-116
117	Speaker Cover – Right	1	SMYRNA-117
118	iPod Dock Cover – Top	1	SMYRNA-118
119	iPod Dock Cover – Bottom	1	SMYRNA-119
SMYRNA -200			
201	Upright Cover – LL	1	SMYRNA-201
202	Upright Cover – LR	1	SMYRNA-202
203	Upright Cover – RL	1	SMYRNA-203
204	Upright Cover – RR	1	SMYRNA-204
205	Right Handlebar	1	SMYRNA-205
214	Handlebar Foam Grip	2	SMYRNA-214
215	Left Handlebar	1	SMYRNA-215
216	Handlebar End Cap	2	SMYRNA-216
218	Left Upright	1	SMYRNA-218
219	Right Upright	1	SMYRNA-219
220	Side Cover	2	SMYRNA-220
221	Upright Lower Cover – LL	1	SMYRNA-221
222	Upright Pivot Bracket – Left	1	SMYRNA-222
223	Upright Lower Cover – LR	1	SMYRNA-223
224	Upright Lower Cover – RL	1	SMYRNA-224
225	Upright Pivot Bracket – Right	1	SMYRNA-225
226	Upright Lower Cover – RR	1	SMYRNA-226
SMYRNA -400			
401	Skid proof Cushion	48	SMYRNA-401
402	Side Rail – Left	1	SMYRNA-402
403	Side Rail – Right	1	SMYRNA-403
404	Side Rail End Cap	2	SMYRNA-404
405	Running Belt	1	SMYRNA-405
406	Running Deck	1	SMYRNA-406
407	Cushion Pad	10	SMYRNA-407
408	Lower Side Rail	2	SMYRNA-408

COMPLETE PARTS LIST

Item No.	escription	Qty.	Part No.
SMYRNA -500			
501	Vent Cover	1	SMYRNA-501
502	Motor Front Hood	1	SMYRNA-502
503	Motor Hood	1	SMYRNA-503
504	Motor Hood Pad	1	SMYRNA-504
505	Motor Side Hood – Left	1	SMYRNA-505
506	Motor Side Hood – Right	1	SMYRNA-506
507	Elevation Gear Sleeve	1	SMYRNA-507
508	Elevation Support Tube	1	SMYRNA-508
509	Plastic Bushing	2	SMYRNA-509
510	Wheel	2	SMYRNA-510
511	Elevation Support Tube Set – Left	1	SMYRNA-511
512	Elevation Support Tube Set – Right	1	SMYRNA-512
513	Motor Holder	1	SMYRNA-513
514	Driving Belt	1	SMYRNA-514
515	Power Plate	1	SMYRNA-515
516	Motor Bottom Cover #1	1	SMYRNA-516
517	Linkage Cover	2	SMYRNA-517
SMYRNA -600			
601	Control Board		SMYRNA-601
602	Elevation Control Board	1	SMYRNA-602
603	Transformer	1	SMYRNA-603
604	Driving Motor	1	SMYRNA-604
605	Power Breaker	1	SMYRNA-605
606	Power Switch	1	SMYRNA-606
607	Elevation Motor	1	SMYRNA-607
608	Computer PC Board	1	SMYRNA-608
609	Button PC Board	1	SMYRNA-609
610	3x8mm Screw – Flat Point	18	SMYRNA-610
611	Elevation Control Board Fix Bolt	6	SMYRNA-611
612	Power Insert	1	SMYRNA-612
613	8pin Power Wire – Upper	1	SMYRNA-613
614	8pin Power Wire – Middle	1	SMYRNA-614
615	8pin Power Wire – Lower	1	SMYRNA-615
616	3pin Power Connection Wire	1	SMYRNA-616
617	1pin Power Connection Wire	1	SMYRNA-617
618	3C Power Wire	1	SMYRNA-618
620	Control Board Connection Wire	1	SMYRNA-620
622	Hand Pulse Sensor Wire	2	SMYRNA-622
623	Receiver	1	SMYRNA-623
624	5/16" Cable Tie	2	SMYRNA-624
625	3/8" Cable Tie	2	SMYRNA-625
626	Fan	1	SMYRNA-626
628	Safety Key Wire – Upper	1	SMYRNA-628
629	Safety Key Wire – Middle	1	SMYRNA-629
630	Safety Key Wire – Lower	1	SMYRNA-630
632	Speaker	2	SMYRNA-632
633	iPod Dock	1	SMYRNA-633

COMPLETE PARTS LIST

tem No.	Description	Qty.	Part No.
634	Amplifier PC Board	1	SMYRNA-634
635	Volume Key Board	1	SMYRNA-635
636	2pin Amplifier Power Connection Wire	1	SMYRNA-636
637	3pin Amplifier Volume Wire	1	SMYRNA-637
638	6pin I-pod Dock Connection Wire	1	SMYRNA-638
639	Speaker Wire	1	SMYRNA-639
640	Receiver Wire	1	SMYRNA-640
SMYRNA -700			
701	Front Roller Shaft	1	SMYRNA-701
702	Front Roller	1	SMYRNA-702
703	Front Roller Pulley	1	SMYRNA-703
704	Bearing Bushing	4	SMYRNA-704
705	Bearing 6202	4	SMYRNA-705
707	Running Deck Support Tube	1	SMYRNA-707
708	EVA foam	1	SMYRNA-708
709	Rear Stabilizer	2	SMYRNA-709
710	Deck Frame	1	SMYRNA-710
714	Rear Roller	1	SMYRNA-714
715	Rear Roller Shaft	1	SMYRNA-715
716	Motor Bottom Cover #2	1	SMYRNA-716
719	Deck Frame Bottom Cover	1	SMYRNA-719
722	Level Adjuster	2	SMYRNA-722
SMYRNA -800			
801	3x12mm Screw – Cone Point	8	SMYRNA-801
802	M3x8mm Screw	2	SMYRNA-802
803	M5 Nut	4	SMYRNA-803
804	M5x10mm Allen Head Blot	4	SMYRNA-804
805	4x12mm Screw – Flat Point	11	SMYRNA-805
806	4x12mm Screw	6	SMYRNA-806
807	M10x25mm Allen Head CAP Bolt	2	SMYRNA-807
808	M6x12mm Allen Head CAP Bolt	4	SMYRNA-808
810	3x16mm Screw	6	SMYRNA-810
820	6.5x13x1.5mm Washer	5	SMYRNA-820
822	Handlebar End Cap Holder	2	SMYRNA-822
823	6x11x3mm Washer	1	SMYRNA-823
824	M6x30mm Allen Head Bolt	2	SMYRNA-824
831	25mm C Clip	2	SMYRNA-831
833	Bushing 24.85x32-35x16mm	4	SMYRNA-833
835	M10x62mm Bolt	1	SMYRNA-835
841	4x12mm Plastic Screw	8	SMYRNA-841
861	8x22x2mm Washer	2	SMYRNA-861
863	M10x50mm Allen Head Bolt	2	SMYRNA-863
865	M10 Nylon Nut	2	SMYRNA-865
866	M8 Nylon Nut	1	SMYRNA-866
867	M8x75mm Bolt	10	SMYRNA-867
868	4x12mm Screw – Cone Point	31	SMYRNA-868
869	M8x25mm Bolt	10	SMYRNA-869
870	8x14x2mm Spring Washer	12	SMYRNA-870

COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
871	M8 Nut	10	SMYRNA-871
872	M10x40mm Allen Head Bolt	1	SMYRNA-872
873	M5x77mm Bolt	2	SMYRNA-873
874	15x45-M14x15mm Bolt	2	SMYRNA-874
875	Wheel Bushing	4	SMYRNA-875
876	Compression Spring	1	SMYRNA-876
877	M8x100mm Bolt	1	SMYRNA-877
878	M10x142mm Bolt	1	SMYRNA-878
879	M8x20mm Bolt	2	SMYRNA-879
880	8x16x3mm Washer	2	SMYRNA-880
883	Iron Plate Nut	6	SMYRNA-883
884	4.5x1.5nn Screw	6	SMYRNA-884
885	Motor Hood Holder	2	SMYRNA-885
890	M6x10mm Screw	2	SMYRNA-890
891	15x22x1mm Washer	7	SMYRNA-891
892	M6x70mm Allen Head CAP Bolt	3	SMYRNA-892
895	M8x20mm Allen Head CAP Bolt	4	SMYRNA-895
896	Taper Fixing Insert	2	SMYRNA-896
897	5x10mm Screw	2	SMYRNA-897
898	3x8mm Screw – Cone Point	2	SMYRNA-898
899	4x6mm Screw	4	SMYRNA-899
900	6x14.5-M5x6.5mm Screw	2	SMYRNA-900
901	M8x40mm Bolt	4	SMYRNA-901
904	M10x62mm Bolt	4	SMYRNA-904
905	3x12mm Screw – Cone Pivot	6	SMYRNA-905
A	6mm Allen Key	1	
B	5mm T-Type Allen Key	1	
D	Chest Belt	1	
E	Power Cord	1	
F	Lubricant	1	
G	Screwdriver	1	

COMPLETE PARTS LIST
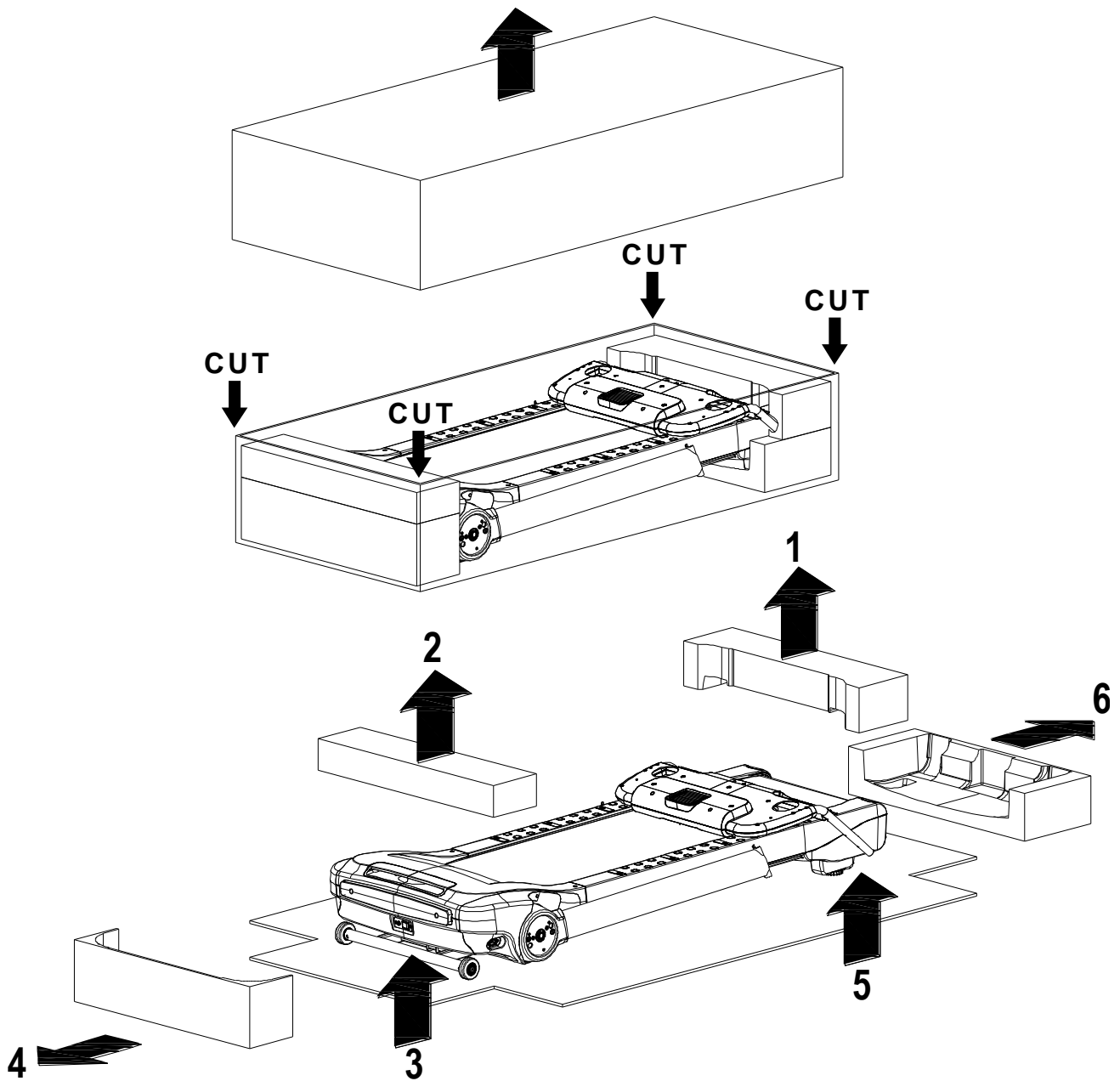
(A) Remove your treadmill from the carton and place it on the floor in an open area.

(B) Remove the treadmill and all the components and hardware from the box.

(C) Check the quantities of all components and hardware with the component and hardware lists on pages 5-6.
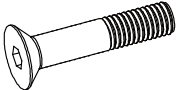
(D) After verifying inventory if there is any missing parts please contact Yowza fitness at 877-969-9240**.**

STEP1   ASSEMBLY

STEP1-A
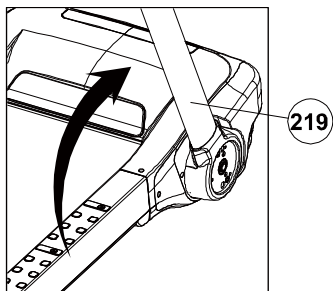
STEP1-B
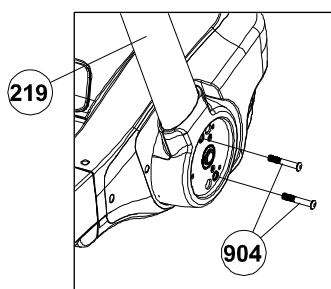
STEP1-C
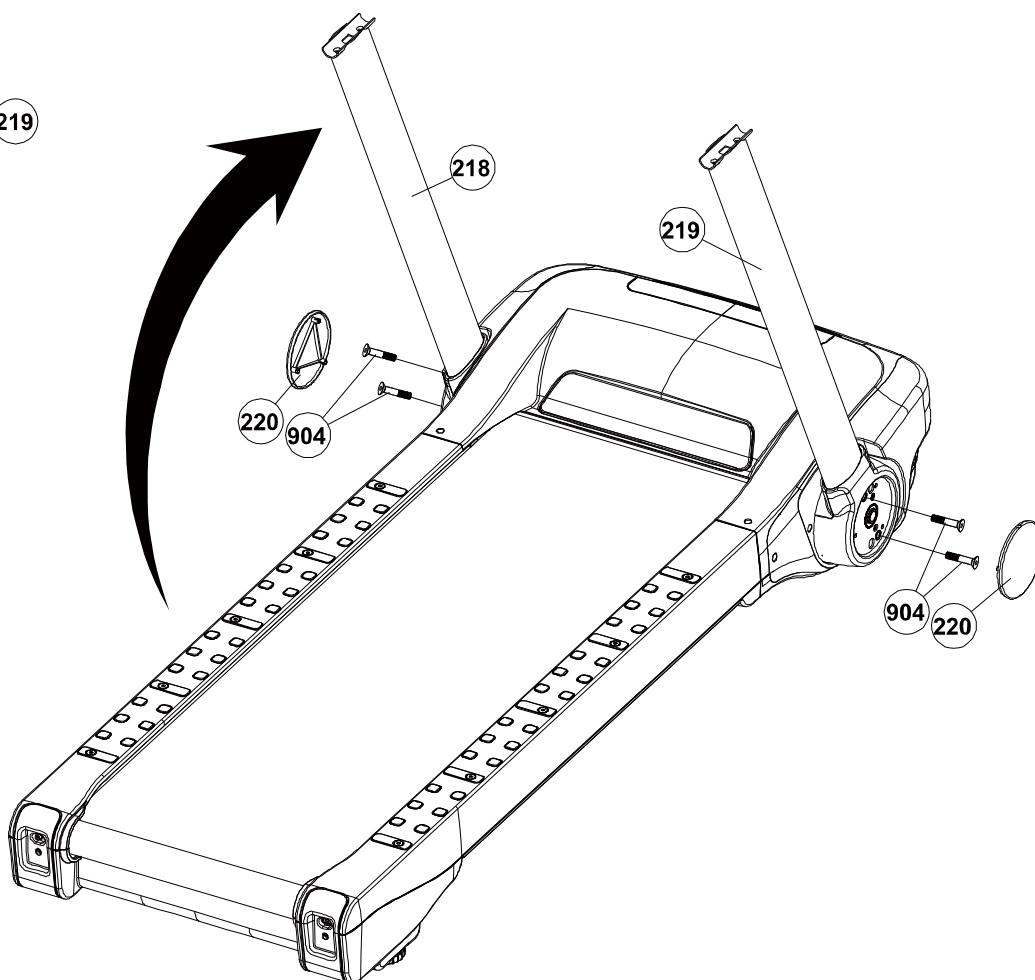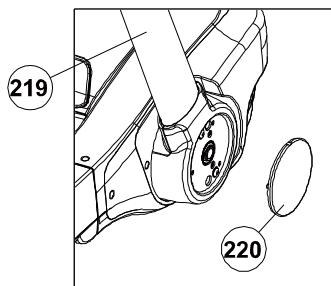
STEP1-A). Rotate the Uprights (218, 219) up to vertical position.

STEP1-B). Using the two M10x62mm Bolts (904) to secure the upright to frame.

STEP1-C). Attach the Side Cover (220) to the frame.

| 904	X4	
220	X2	

STEP2 ASSEMBLY

STEP2-A
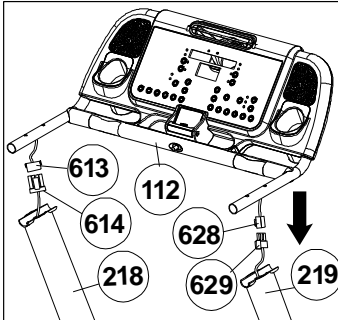
STEP2-B
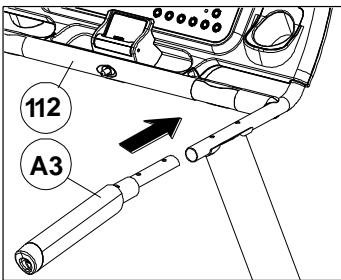
STEP2-C
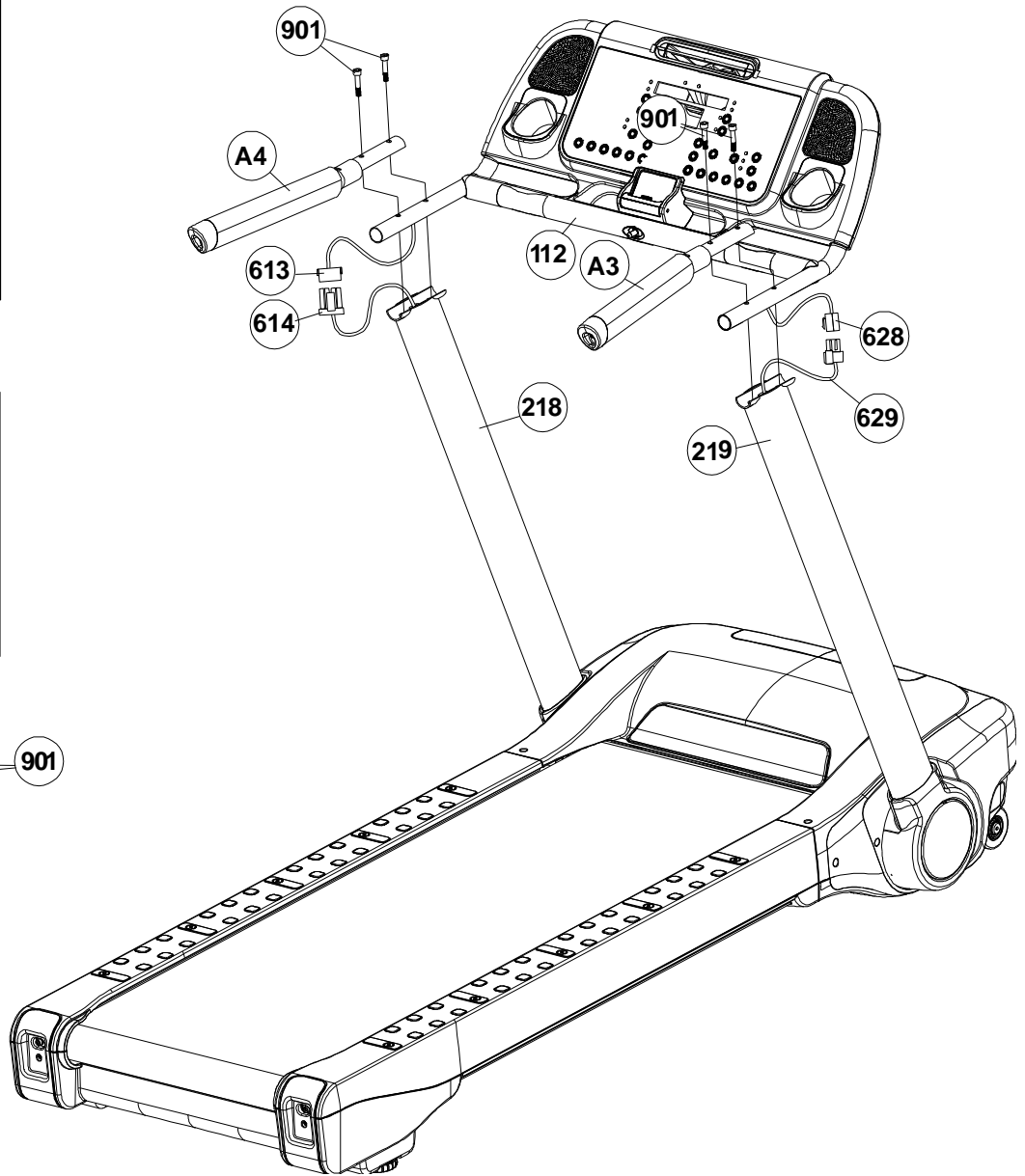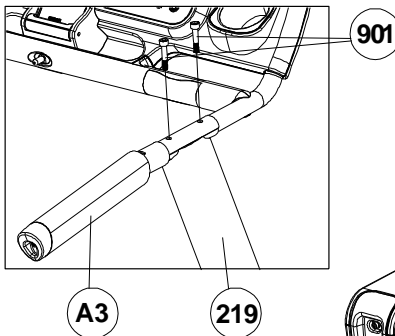
STEP2-A). Connect the 8pin Power Wire – Upper (613) to 8pin Power Wire – Middle (614) and Safety Key Wire – Upper (628) to Safety Key Wire – Middle (629).

STEP2-B). Attach the Console Support Tube to the Upright and Attach the Handlebar (A3, A4) to the Console Support Tube.

STEP2-C). Using the M8x40mm Allen Head Bolt (901) to secure the Handlebar and Console Support Tube to the Upright.
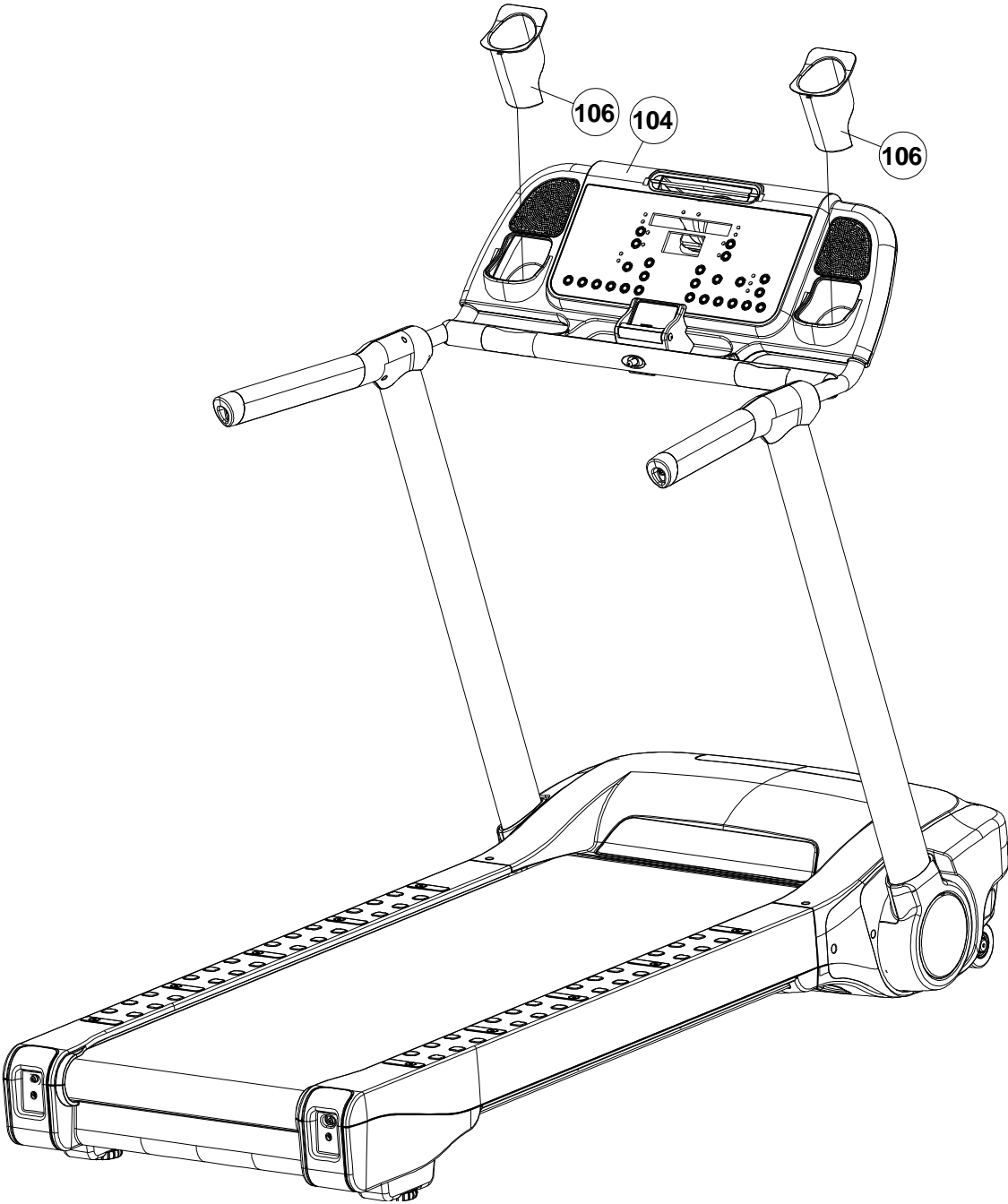
901	X4	

STEP3 **ASSEMBLY**

201

202

905

218

201

215

202

905

203

204

205

219

218
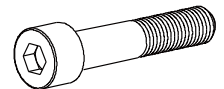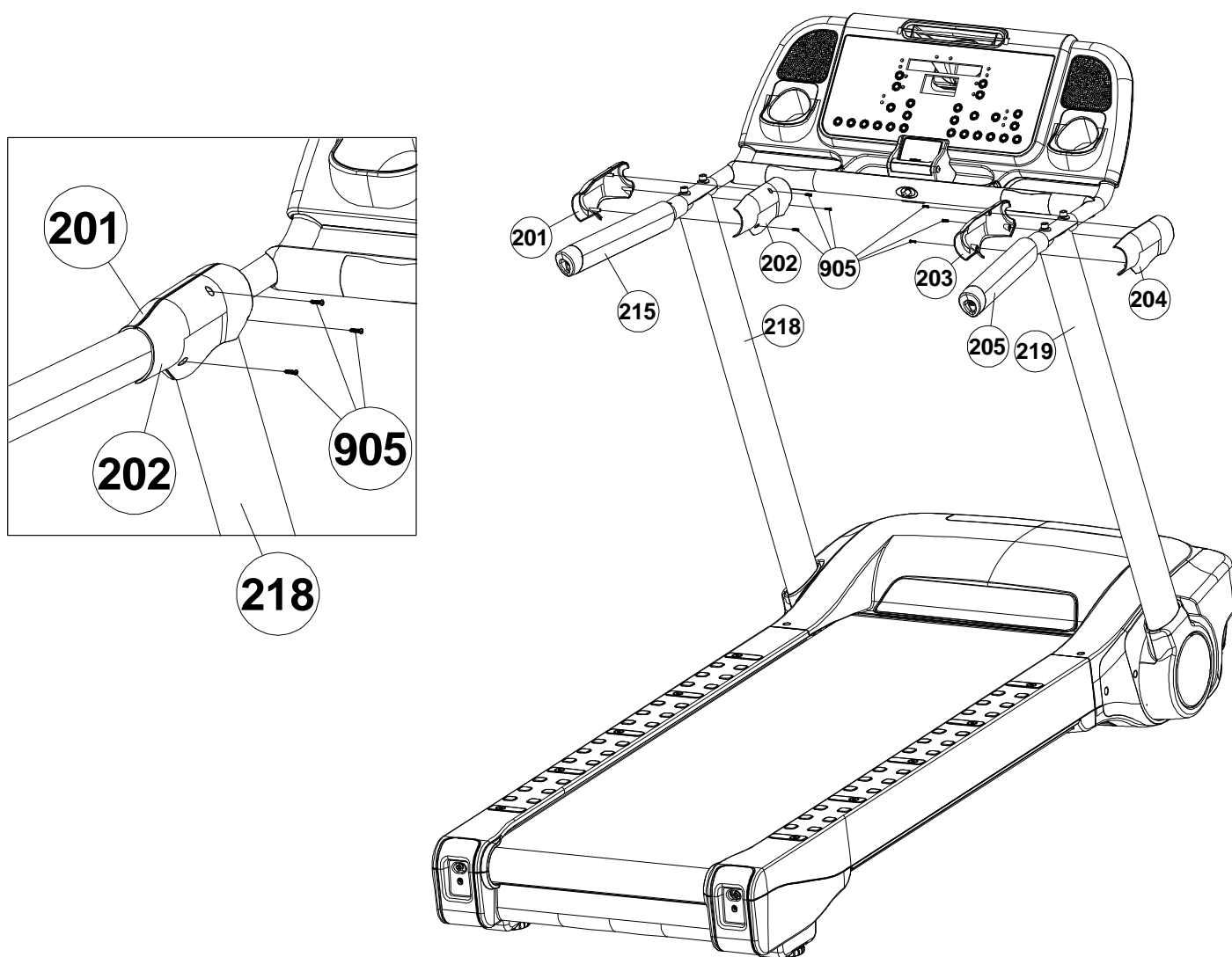
STEP3). Attach the Upright Cover (201, 202) to the Left Upright tube, and secure using the 3x12mm Screw – Cone Pivot (905).

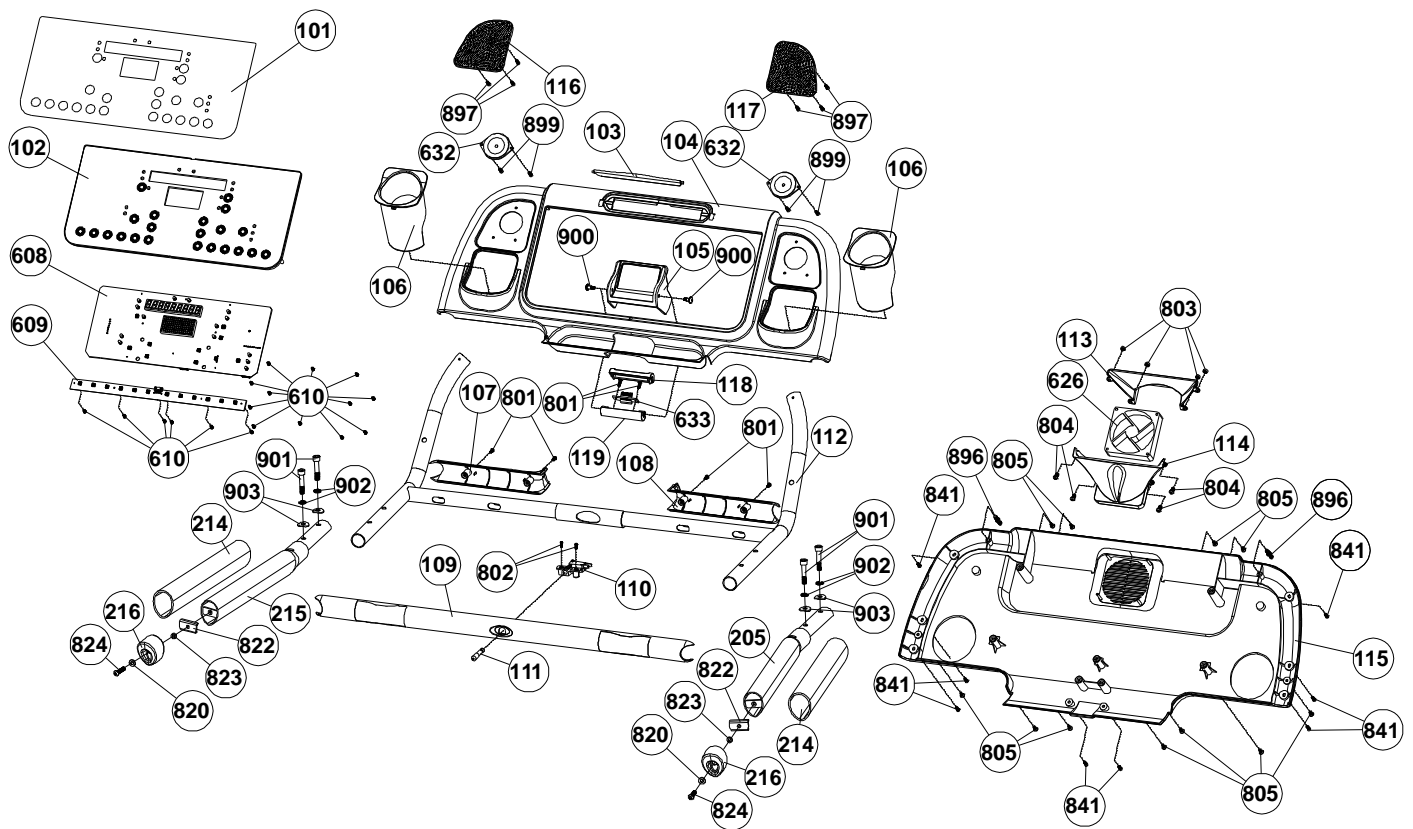| 905	X6	

STEP3 **ASSEMBLY**

STEP4   **ASSEMBLY**
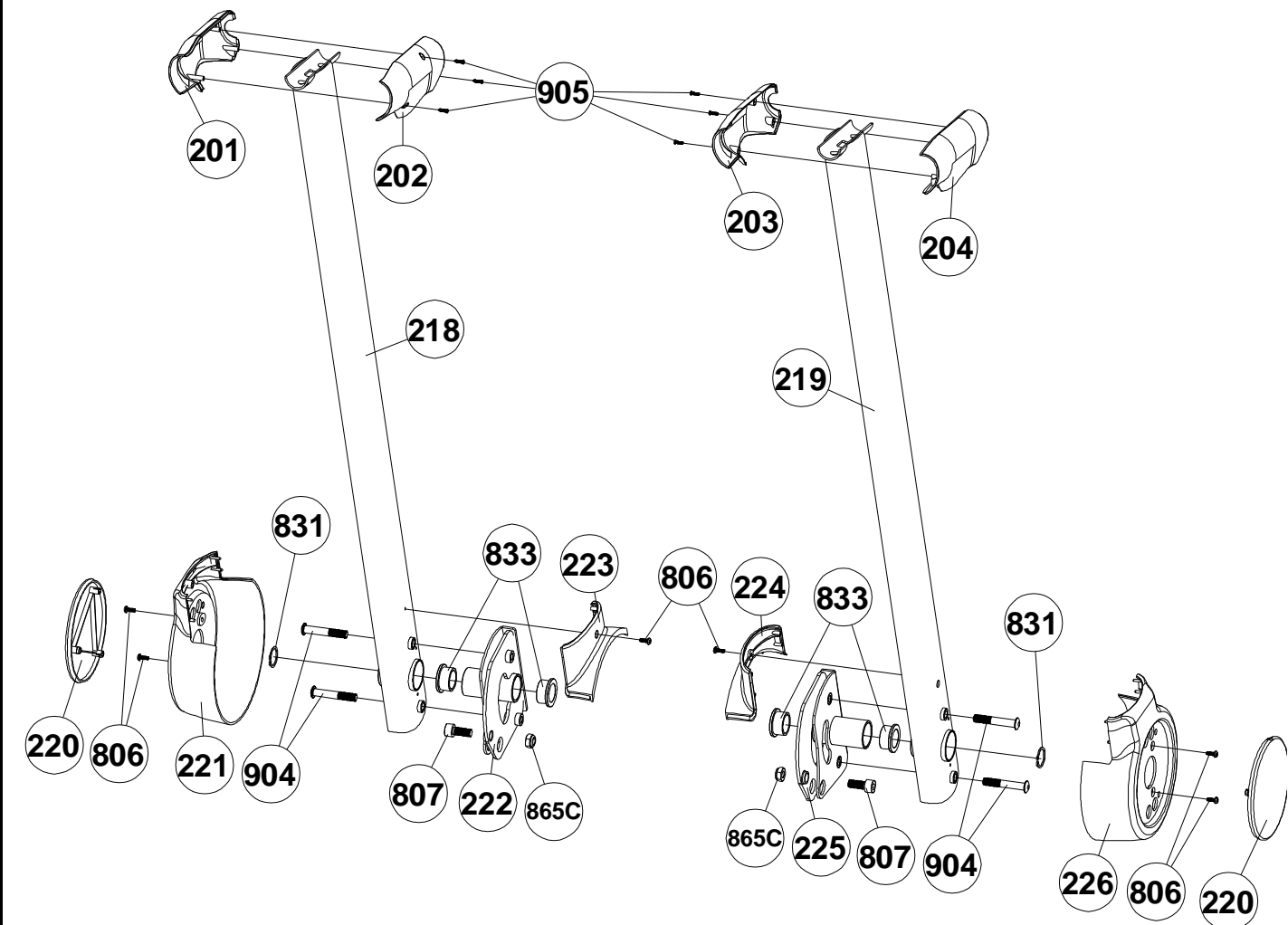

STEP4). Attach the water bottle holder (106).

Your treadmill is now fully assembled.
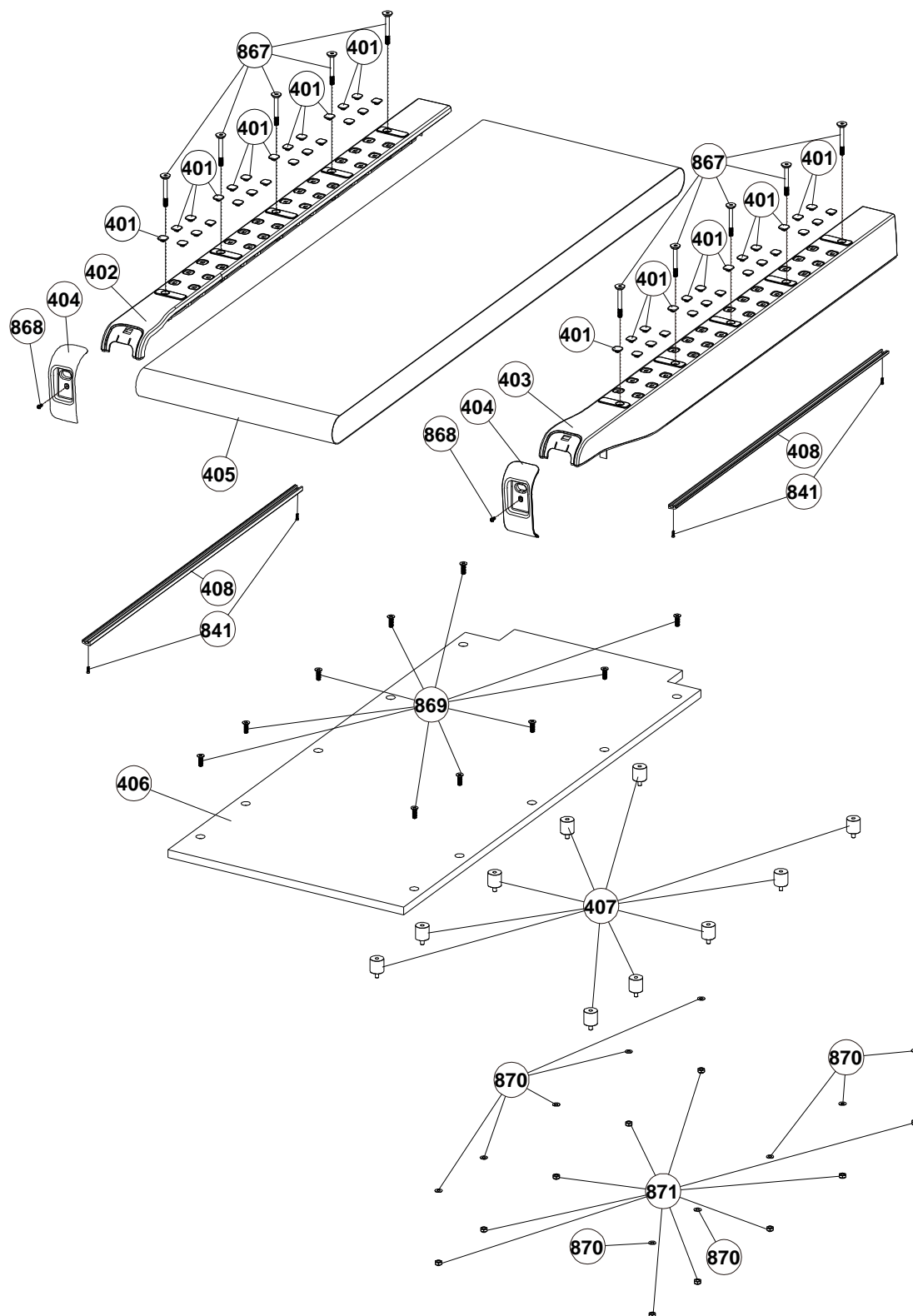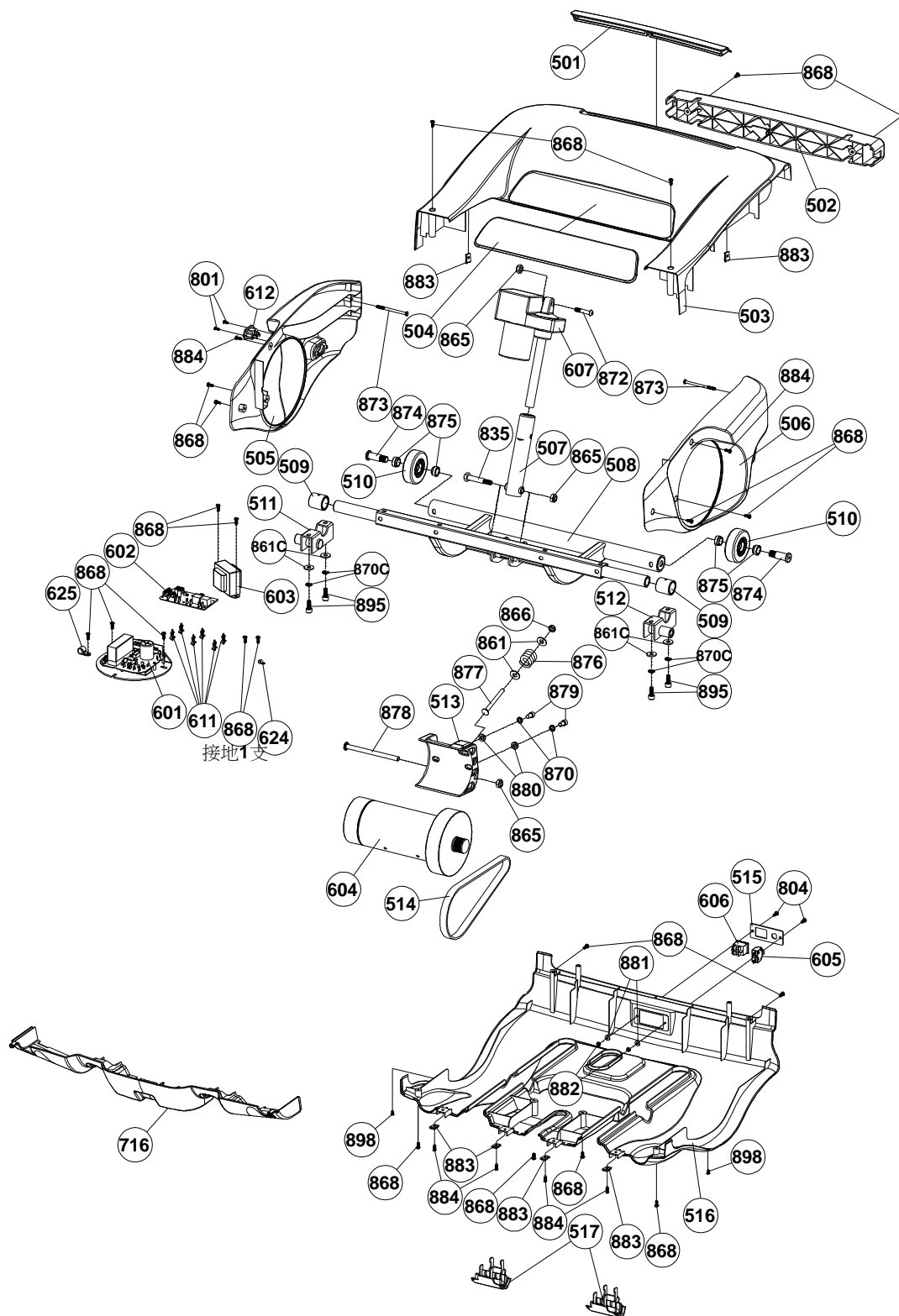
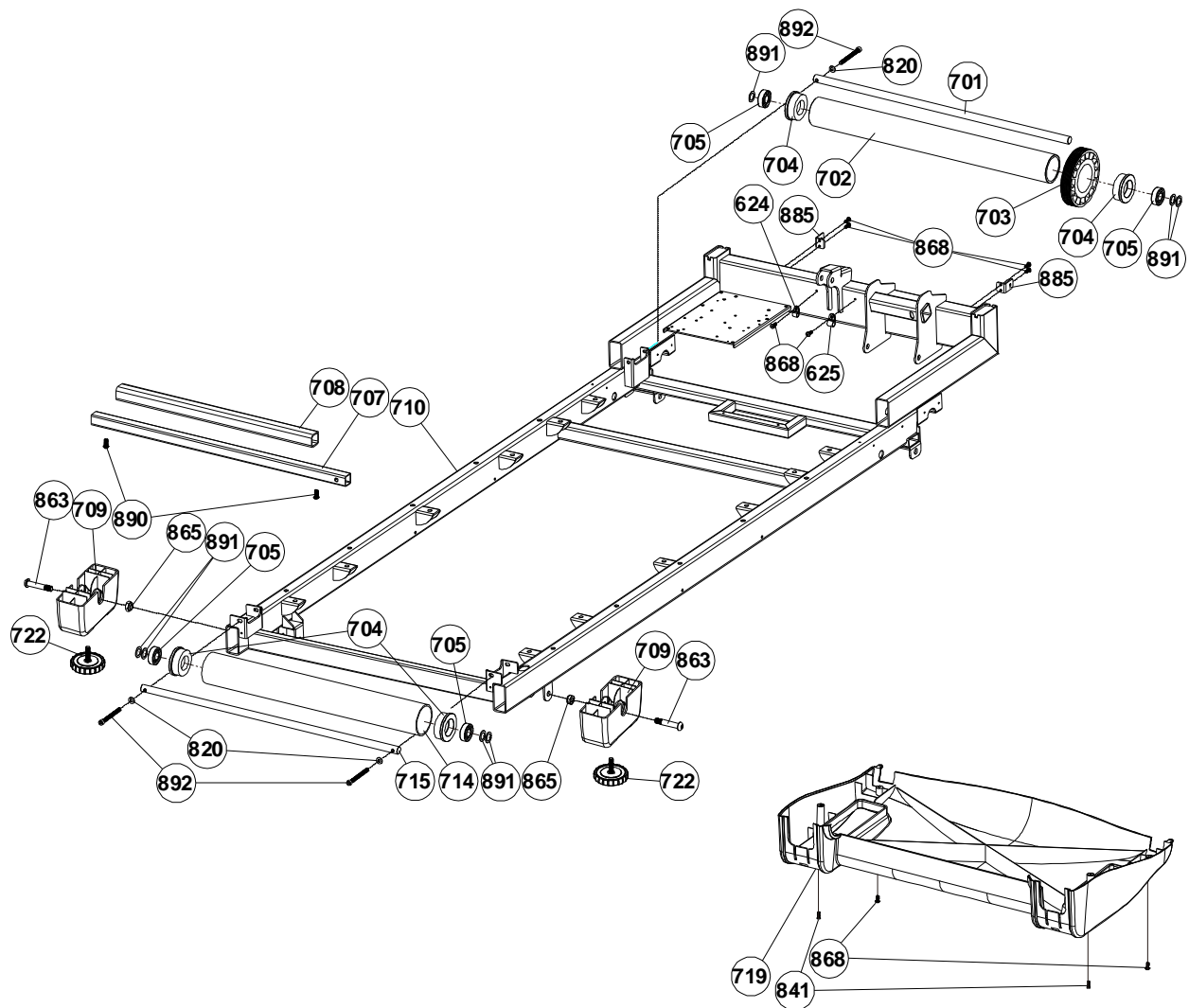| 106 | X2 | |

EXPLODED DIAGRAM
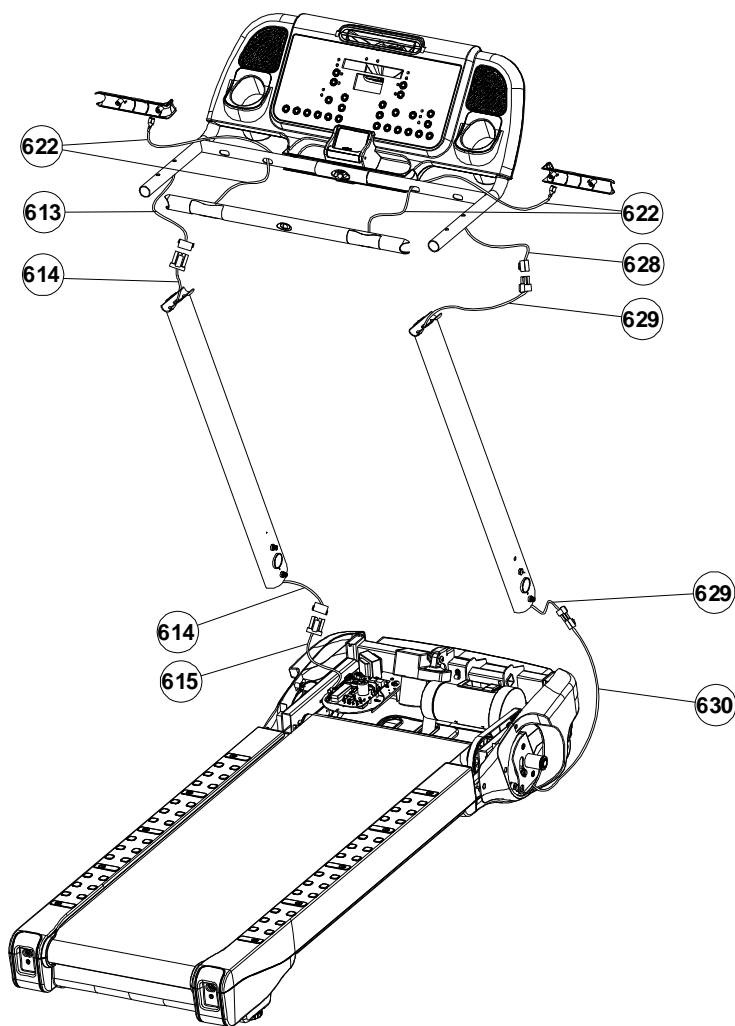
EXPLODED DIAGRAM

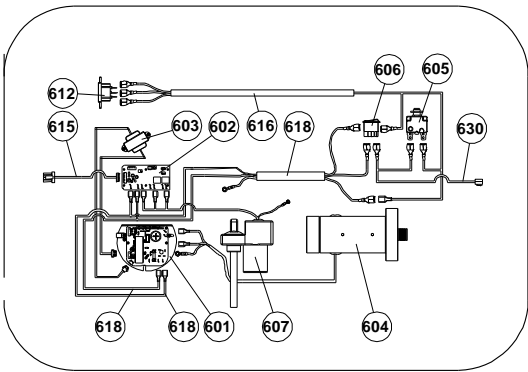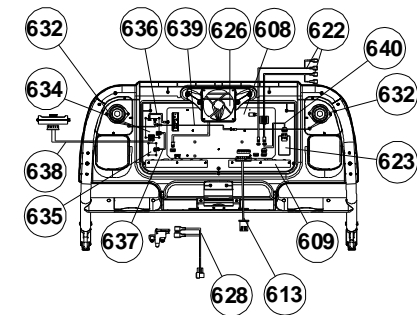## EXPLODED DIAGRAM

EXPLODED DIAGRAM

EXPLODED DIAGRAM

EXPLODED DIAGRAM

WIRE DIAGRAM

STABILIZER ADJUSTMENT

FOLLOW THESE INSTRUCTIONS TO LEVEL YOUR TREADMILL:

An uneven floor or improper stabilizer level can cause the treadmill to wobble during use as well as the incline adjustment to function incorrectly. Please follow the procedure described below to make sure the treadmill stabilizer is adjusted correctly prior to use. You may need the assistance of another person to perform this adjustment.

First locate the two adjustable stabilizers under the base frame. Then simply rotate them in or out to adjust the level of the treadmill. When properly adjusted the treadmill should sit firmly on both stabilizers and all cushions.
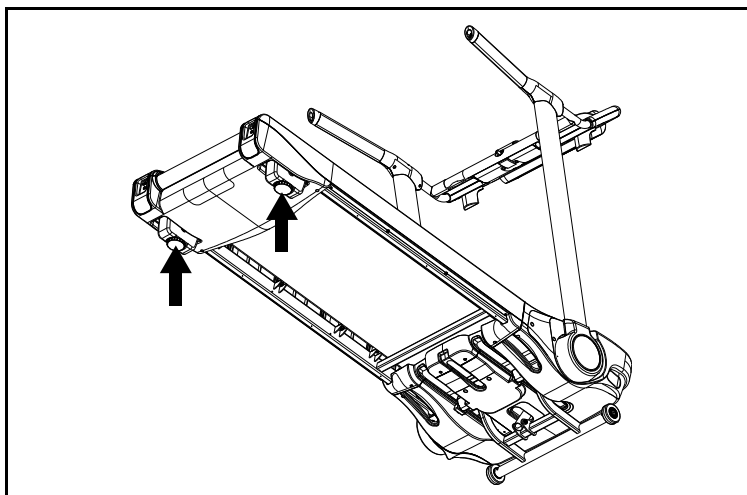
Locate the two adjustable stabilizers under the base frame.
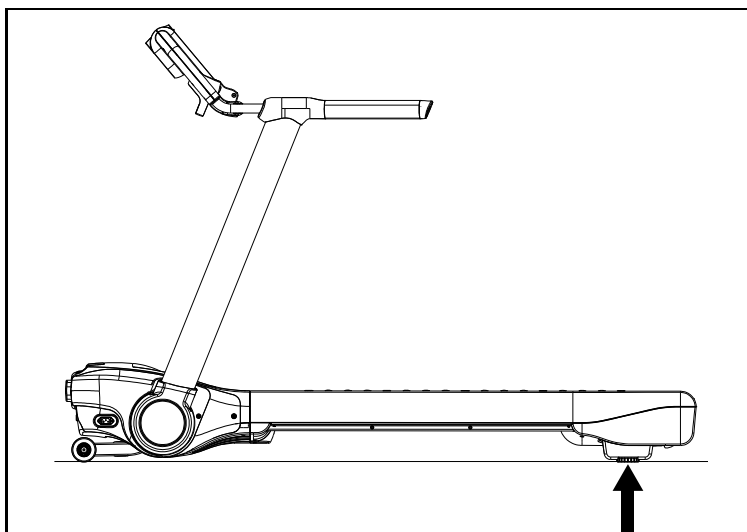
Treadmill should sit firmly on both stabilizers and all cushions.

MAINTENANCE

HOW TO MAINTAIN THE SMYRNA TREADMILL:

Proper maintenance is very important to ensure your treadmill is always in top working condition. Improper maintenance could cause damage or shorten the life of your treadmill and exceed the LIMITED WARRANTY coverage.

- **Important**: __DO NOT__ use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

- Inspect and tighten all parts of the treadmill regularly. Replace any damaged or worn parts immediately.

BELT ADJUSTMENT:

ALL BELT ADJUSTMENTS ARE CONSIDERED MAINTENANCE, AND ARE THE RESPONSIBILITY OF THE END USER. Belt adjustment and tension performs two functions: adjustment for tension and centering. The running belt has been adjusted properly at the factory. However transportation, uneven flooring or other unpredicted reasons could cause the belt to shift off center resulting in the belt rubbing on the plastic side rail or end caps and possibly causing damage to the equipment. To adjust the belt back to it's proper position please follow the directions below:

- **Walking belt has shifted to the left**: First unplug the power cord from the surge protector. Using the hex key provided, turn the left rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.

- **Walking belt has shifted to the right:** First unplug the power cord from the surge protector. Using the hex key provided, turn the right rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.

- **Walking belt is slipping**: First unplug the power cord from the surge protector. Using the hex key provided, turn both the left and right rear roller adjustment bolts the equal amounts , 1/2 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should now walk on the belt to determine if the belt is still slipping. Repeat the above procedure until the walking belt is not slipping. The tension should be just tight enough not to slip. If proper tension cannot be achieved within four attempts please contact Yowza Fitness Technical Support. Belt centering may be necessary once you have completed the tensioning procedure.

WARNING! Do not over tighten rollers! This will cause premature roller bearing failure!
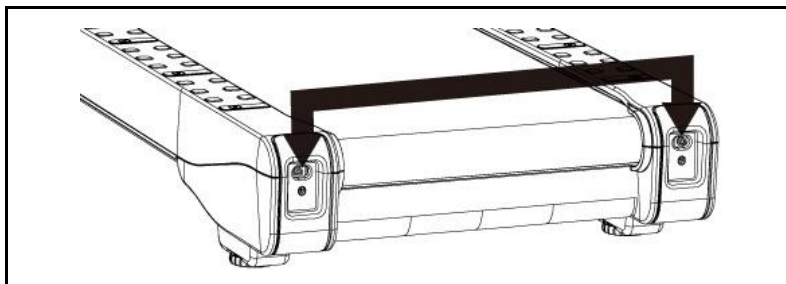
Right and left tension bolts are located at the rear of the treadmill.

MAINTENANCE

CLEANING:

Routine cleaning of your treadmill will extend the product's life.

- **Warning**: To prevent electrical shock, be sure the power to the treadmill is OFF and the power cord is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.

- **Important**: **DO NOT** use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

- **After each workout**: Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration.

- **Weekly**: Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually makes it to underneath the treadmill. Vacuum underneath treadmill once a week.

DECK LUBRICATION:

The walking belt has been pre-lubricated at the factory. However, it is recommended that the running deck be checked periodically for lubrication to ensure optimal treadmill performance. Your treadmill should not have to be lubricated usually within the first 400 hours of use.

Every 2 months of operation lift the sides of the walking belt and feel the top surface of the running deck as far as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, follow the instructions below.

To apply lubricant under the walking belt:

1. Position the walking belt so that the seam is located on top and in center of the walking board.

2. Insert the spray nozzle into the spray head of the lubricant can.

3. While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 6" from the front of the treadmill and as far to the center as possible. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 1/4 bottle (supplied with treadmill) each time.

Allow the silicone to "set" for 1 minute before using the treadmill.

Spray lubricant from to back.
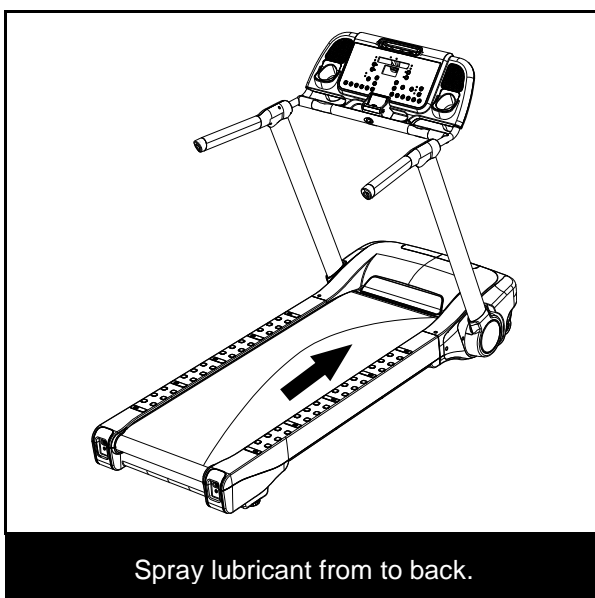
IMPORTANT STEPS

Warning:

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.

- Begin your training program slowly with realistic goals that have been set by you and your doctor.

- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.

- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.

The Surgeon General has determined that lack of physical activity is detrimental to your health.™

MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.
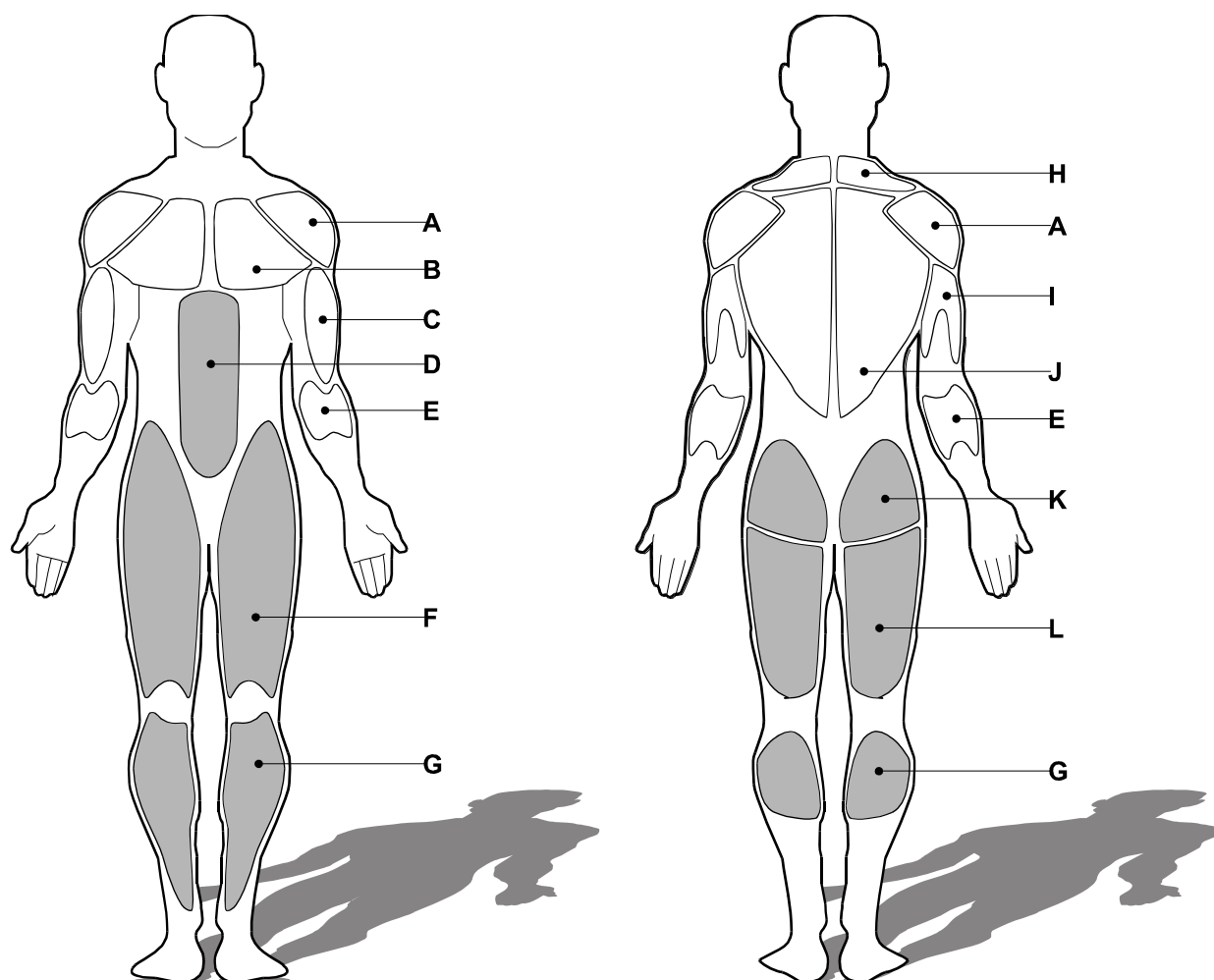
MUSCLE GROUPS

A	Shoulder muscles	Calf muscles	**G**
B	Pectoral muscles	Trapezius muscles	**H**
C	Bicep muscle	Triceps muscles	**I**
D	Abdominal muscles	Back muscles	**J**
E	Forearm muscles	Gluteal muscles	**K**
F	Quadricep muscles	Hamstring muscles	**L**

STRETCHING ROUTINE

Warm up and cool down:
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:
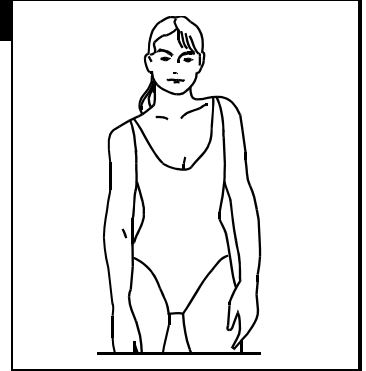
Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.
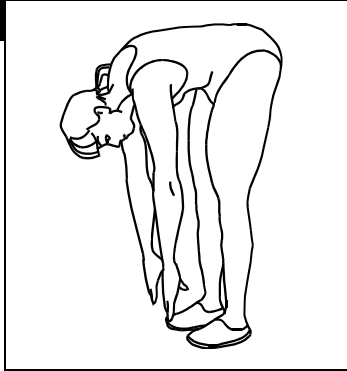
Shoulder Lift:

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

Inner Thigh Stretch:

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

Hamstring Stretch:

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.
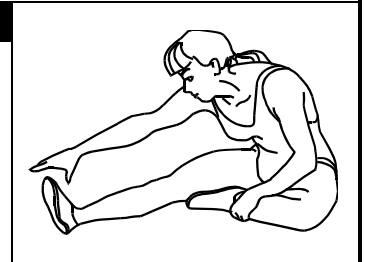
Side Stretch:

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.
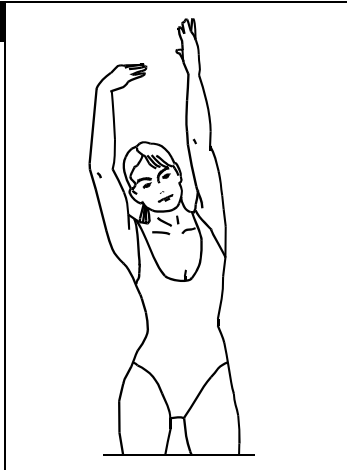
Calf-Achilles Stretch:

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.
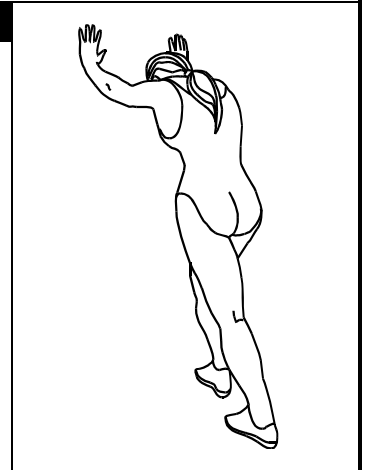
Head Roll:

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.
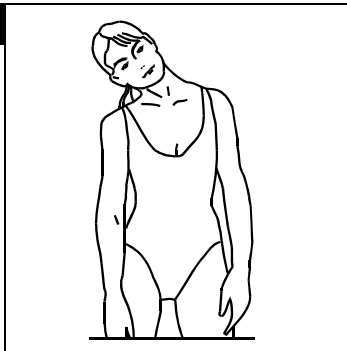
TROUBLESHOOTING

NOTE: Do not touch any internal electric wires without consulting the manufacturer.
Treadmill will not start:

Symptom	Resolution
Treadmill will not power up	Check the following: ▪ Make sure the power cord is plugged into a surge protector, the surge protector is plugged into a properly grounded outlet and the surge protector is turned on (refer to the Power Requirements section in this manual). ▪ Equipment circuit breaker is in the reset position ▪ Equipment power switch is in the on position ▪ Safety key is properly inserted into the computer console ▪ Wall outlet is properly functioning with correct voltage (Have an electrician check for inadequate voltage at the outlet refer to the Power Requirements section in this manual) ▪ House circuit breaker is reset and is the proper size. (refer to the Power Requirements section in this manual)
Treadmill stops operation during use	▪ Safety key is properly inserted into the computer console ▪ Equipment circuit breaker is in the reset position ▪ House circuit breaker is reset, meets proper requirements and if worn replaced by an electrician. (refer to the Power Requirements section in this manual) ▪ Program time has expired
Treadmill will not incline(Power fold models only)	▪ Check for proper positioning of spring knob for folding(See procedure in owners manual)
Treadmill will not unfold	Power Fold only ▪ Check for proper positioning of spring knob for folding(See procedure in owners manual) Manual Fold only ▪ Folding locking lever is depressed
Treadmill running belt moves slower than speed displayed on computer	▪ Metric/English conversion (See owners manual for Metric/English conversion process)
Treadmill running belt moves slower than speed displayed on computer	▪ Metric/English conversion (See owners manual for Metric/English conversion process)
Running belt is not centered	▪ Treadmill is properly leveled(See procedure in owners manual) ▪ Center running belt (See Centering procedure in owners manual)
Running belt is slipping or hesitating while in use	▪ Tension running belt (See process in owners manual)
Treadmill running belt moves slower than speed displayed on computer	▪ Metric/English conversion (See owners manual for Metric/English conversion process)
Running belt is not centered	▪ Treadmill is properly leveled(See procedure in owners manual) ▪ Center running belt (See Centering procedure in owners manual)
Running belt is slipping or hesitating while in use	▪ Tension running belt (See process in owners manual)

WARRANTY

NOTE: Save this document for your records. This warranty include all YOWZA "SMYRNA" Products

TO OBTAIN SERVICE: CALL 877-969-9240 OR EMAIL SERVICE@YOWZAFITNESS.COM to report a service issue or manufacturers defect. At the sole discretion of YOWZA FITNESS, Yowza will provide one of the following methods to resolve the service claim: a) dispatching of an authorized independent service technician to repair the product in the home, b) reimburse the customer at a rate of $75.00 per service issue. Service issue is defined as an approved service claim. Limit of one $75.00 payment will be made on each service claim. All repairs must be authorized by YOWZA FITNESS prior to performance of work. Claims on unauthorized repairs may be denied. Many oversights, which are not covered under this Agreement, can be due to simple circumstances such as the Covered Product not being switched on, being unplugged, or a fuse blown at the junction box.

WHO IS COVERED: THIS LIMITED WARRANTY IS OFFERED ONLY TO BUYER(s) WHO PURCHASED THE PRODUCT FROM YOWZA OR ONE OF OUR AUTHORIZED DEALER'S IN THAT AUTHORIZED TERRITORY. THIS LIMITED WARRANTY IS NOT OFFERED TO BUYER(S) WHO PURCHASED THE PRODUCT FROM ANY OTHER SOURCE, The terms "you" and "your" are used in this Limited Warranty to refer to the original buyer who purchased the product form YOWZA or one of our authorized dealers in that dealer's authorized territory, and any person receiving the product in an unused condition as a gift from such original buyer. The terms "we", "us" and "YOWZA" are used in this Limited Warranty to refer to YOWZA International, Inc.

WHAT IS COVERED: This Limited Warranty covers all products that are sold under the YOWZA "SMYRNA" name to buyers who purchased the product from YOWZA or one of our authorized dealers in that dealer's authorized territory and used in United States and Canada. Except as otherwise stated in this Limited Warranty, we will repair or correct any product or part defect occurring during the stated WARRANTY PERIOD which we determine is related to materials or workmanship and is not due to normal wear and tear.

WHAT IS NOT COVERED: THIS LIMITED WARRANTY DOES NOT COVER PRODUCTS PURCHASED FROM ANY SOURCE THAN YOWZA OR ONE OF OUR AUTHORIZED IN THAT DEALER'S AUTHORIZED TERRITORY. PRODUCTS SOLD, MOVED OR USED OUTSIDE THE BORDERS OF THE CONTINENTAL UNITED STATES AND CANADA ARE SUBJECT TO THE TERMS PROVIDED BY THE LOCAL DISTRIBUTOR AND ARE NOT COVERED BY THIS LIMITED WARRANTY. Product requires normal maintenance including, but not limited to, regular inspection and wear component replacement. We do not warrant damage caused by the lack of normal maintenance repairs such as those detailed within the Owner's Manual. We do not warrant any causes beyond our control. Corrosion, oxidation or deterioration caused by product location, exposure or environment, or conditions caused by unsuitable finishes, cleaners, or lubricants are not covered. Damage or breakage caused by unauthorized service, installation, alteration, modification, assembly or disassembly, negligence, or conditions of use which are unintended for the product are not warranted. This Limited Warranty does not cover cosmetic or surface corrosion resulting from chips or scratches in the paint. Extra expenses including, but no limited to, loss of machine use and inconvenience are not covered. Due to varying conditions under which the product is used, we offer no warranties, express or implied, as to the length of service. We do not warrant products that have not been paid for, or in the event that we have offered a payment plan, products purchased by buyers who are in arrears on a payment plan. THIS LIMITED WARRANTY DOES NOT COVER UNINTENDED USE. See "INTENDED USE" below.

INTENDED USE: This Limited Warranty covers only defects that arise in the ordinary, intended use of the product. Products sold under the YOWZA "SMYRNA" name are intended for residential use.

WARRANTY PERIOD: The warranty period begins on the date on the product was delivered to the original buyer. The warranty period for lifetime frame, and five years on all other parts. The labor portion of the warranty is two years from the date of delivery.

WHO WILL PAY LABOR AND TRANSPORTATION COSES: If we determine, during the first year of the warranty period, that the product or any covered part must be shipped to the manufacturing facility for repair or service, all warranty repairs, including transportation costs and labor, will be made at NO CHARGE to you; thereafter, you will be responsible for all costs of repair and service, including labor and transportation costs.

WHAT YOU MUST DO TO OBTAIN WARRANTY COVERAGE DO TO OBTAIN WARRANTY COVERAGE: Retain proof of purchase. All warranty repairs and corrections require proof of purchase. To obtain coverage, please contact YOWZA Technical Support (877-969-9240) within seven (7) days after discovery of the defect and follow the directions provided to you by your YOWZA Service Representative.

MODIFICATIONS TO WARRANTY ARE NOT AUTHORIZED: No one is authorized to modify, change, transfer or extend in any way the terms of this Limited Warranty.

THINGS TO KNOW ABOUT OBTAINING PRODUCT ACCESSORIES, PARTS AND REPAIR SERVICE: To secure repair service under this warranty.

WARRANTY

DISCLAIMER OF WARRANTIES AND LIMITATION OF REMEDIES: It is impossible to eliminate all risks inherently associated with use of the product. Personal injury or other unintended consequences may result because of factors beyond our control. WE MAKE NO OTHER WARRANTIES OF ANY KIND. EXPRESS OR IMPLIED, OTHER THAN THOSE EXPRESSLY SET FORTH WITHIN THIS DOCUMENT. ALL WARRANTIES OTHER THAN THE WARRANTIES EXPRESSLY PROVIDED HEREIN ARE SPECIFICALLY EXCLUDED. IN THE CASE OF NON-CONSUMER BUYERS, ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE HEREBY DISCLAIMED.

IN THE CASE OF A CONSUMER BUYER, THE DURATION OF ALL IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED TO THE DURATION OF THE EXPRESS WARRANTIES PROVIDED WITHIN THIS DOCUMENT.

WE WILL NOT BE LIABLE FOR ANY DIRECT OR INDIRECT, CONSEQUENTIAL OR INCIDENTAL DAMAGES, LOSSES OR EXPENSES, INCLUDING BUT NOT LIMITED TO COMMERCIAL LOSSES, BUSINESS INTERRUPTION, OR DAMAGE TO PROPERTY OTHER THAN THE PRODUCT OR PRODUCTS TO WHICH THIS LIMITED WARRANTY APPLIES.

EFFECT OF STATE LAWS: Some States do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. Some States do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from State to State. If there is a section in there Bout disputes it should read that all disputes must be litigated in Collier county Florida.

ALTERNATIVE DISPUTE RESOLUTION FOR NON-CONSUMER BUYERS: WE RESERVE THE RIGHT TO MANDATE ALTERNATIVE DISPUTE RESOLUTION TO SETTLE ANY OR ALL CLAIMS RESULTING FROM THIS SALES TRANSACTION. ALTERNATIVE DISPUTE RESOLUTION PROCEEDINGS WILL BE CONSUCTED IN THE STATE OF FLORIDA ACCORDING TO THE COMMERCIAL RULES OF THE AMERICAN ARBITRATION ASSOCIATION.

COMPUTER OPERATION
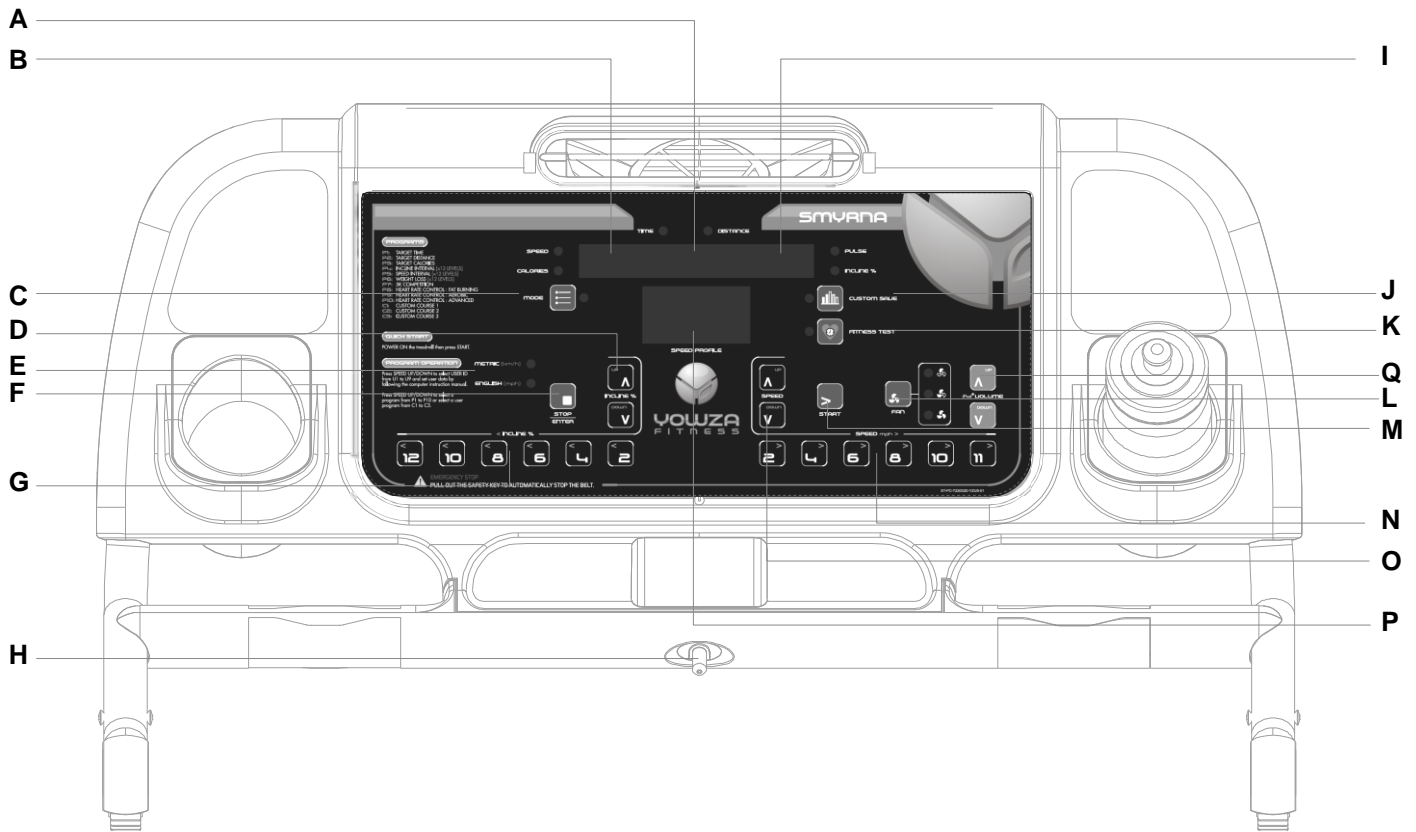
TIME/DISTANCE	**A**	**B**	SPEED/CALORIES
MODE BUTTON	**C**	**D**	INCLINE UP/DOWN BUTTON
METRIC/ENGLISH	**E**	**F**	STOP/ENTER BUTTON
EXPRESS INCLINE BUTTONS	**G**	**H**	SAFETY KEY INSERT
PULSE/INCLINE%	**I**	**J**	CUSTOM SAVE BUTTON
FITNESS TEST BUTTON	**K**	**L**	FAN CONTROLS
START BUTTON	**M**	**N**	EXPRESS SPEED BUTTONS
SPEED UP/DOWN BUTTON	**O**	**P**	SPEED PROFILE
iPod VOL CONTROLS	**Q**		

COMPUTER OPERATION

POWER ON:
Please insert and flip up the "Safety Key" then following to turn on the Power Switch. When the console is Switch on, all the LED lights will auto scan and the sound a beep, then "QUICK START OR PRESS ENTER TO SELECT PRESET PROGRAM" will display on the message center. Press START to start training in QUICK STATR MODE or ENTER to go into PROGRAM MODE.

SLEEP MODE:
The computer will automatically enter SLEEP MODE. If it is left idle for 240 seconds without receiving any input. Press any buttons to return to POWER ON status when the computer is in the SLEEP MODE.

STOP/ENTER:
When the treadmill is running, press the STOP button to pause the treadmill. All figures on the displayed on the LED will freeze. Press START to resume the program and all displays will continue the performance until the program finishes. If you continue pressing the STOP twice, then all data will return to 0 and the treadmill will return to POWER ON status. If there is no action within 3 minutes, the treadmill will return to POWER ON status.

ENGLISH/METRIC CONVERSION:
The treadmill computer display can show ENGLISH and METRIC information. The factory should have the proper setting on this for different markets. In case that the treadmill needs to be converted between METRIC and ENGLISH readout, please follow the procedure as below:

1. Set the POWER SWITCH to ON. Press the START button on the computer and hold it. Insert the SAFETY KEY then release the START button. The computer will sound one short beep and METRIC LED light up.

2. Press the START button to switch between METRIC/ENGLISH and press the STOP button to confirm the selection and return to the POWER ON status.

QUICK START:
Press the START button to start the belt, the SPEED window will countdown 3 seconds with the LED showing "3-2-1" then the belt will start moving.

1. Speed starts from 0.5mph (0.8kph), press to SPEED UP/DOWN exercise speed by 0.1mph/kph
2. Level starts from Level 0, press INCLINE UP/DOWN to change incline level
3. SPEED、TIME、PULSE is A group, CALORIES、DISTANCE、INCLINE% is B group. Each value will be displayed for 5 seconds

Press the MODE button
TIME window will display: 0.00
DISTANCE window will display: 0.00
SPEED window will display: 0.5mph/0.8kph
CALORIES window will display: 0
HEART RATE window display: P

PROGRAM:
Press ENTER button to enter PROGRAM MODE and to set user parameters

SET UP USER CODE
At first, the LCD will show a blinking U1, and will also display only factory default setting values for user Weight, Height, Age and Target Heart Rate. Press the INCILNE UP/DOWN buttons to choose the User ID from U1 to U9 and press the ENTER buttons to assign the user ID shown.

HEIGHT set up – After the User ID set up procedure, the SPEED PROFILE will display the default or previous setting and begin blinking. Press the INCLINE UP/DOWN button to adjust the user height information then press ENTER to confirm.

WEIGHT set up – After the User HEIGHT confirmation procedure, The SPEED PROFILE will display the default or previous setting and begin blinking. Press the INCLINE UP/DOWN button to adjust the user weight information then press ENTER to confirm.

AGE set up – After the WEIGHT set up procedure, the SPEED PROFILE will display the default or previous setting and begin blinking. Press the INCLINE UP/DOWN button to adjust the user age information then press ENTER to confirm.

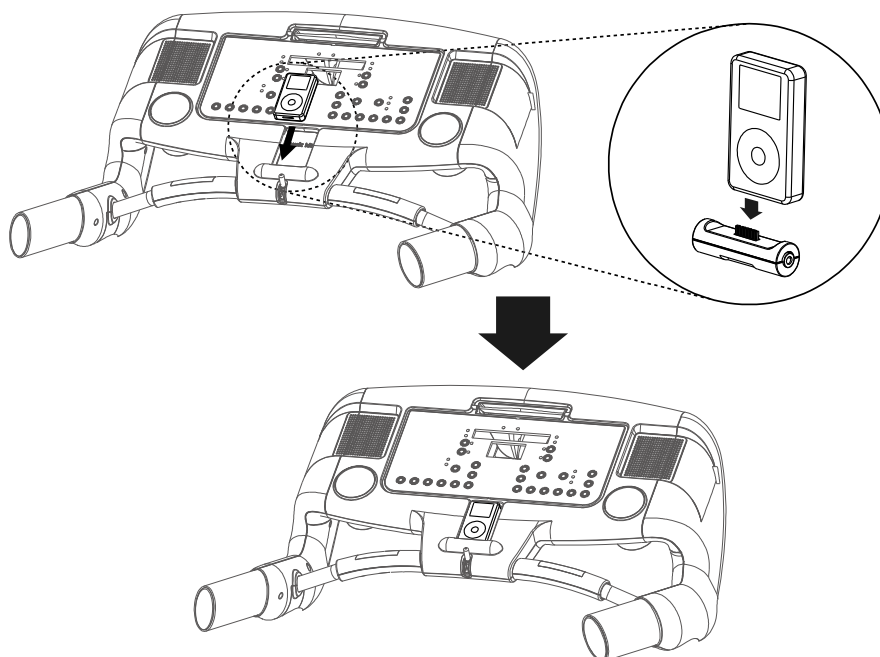## COMPUTER OPERATION

iPod Dock:
Insert your iPod to the dock, and please check below location.

IPod VOLUME:
After install your iPod, then you can start to press the iPod Volume up or down which be proper your own.

COMPUTER OPERATION

PROGRAM MODE
After setting the user Age, the SPEED PROFILE will display a blinking P1, indicating that the user is now select from P1~10 and C1~3. Press the INCLINE UP/DOWN buttons to select the programs and press the ENTER button to set up the program.

PROGRAM 1 – TARGET TIME
If P1 is selected, the TIME LED window shows "**30:00**" as the preset workout time. Press the SPEED UP/DOWN buttons to set target workout time. Press the STOP/ENTER button to save the target time and press the START button to start the program. Speed starts from 2.0 mph / 3.2 km/h. Incline starts from level 0. Press the SPEED UP/DOWN buttons to adjust the speed and press the INCLINE UP/DOWN buttons to adjust the incline level. TIME counts down from the target time to zero.
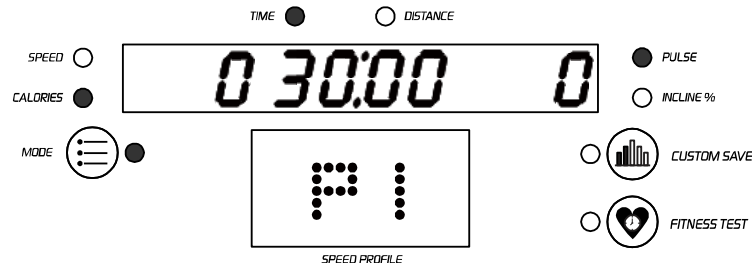
PROGRAM 2 – TARGET DISTANCE
If P2 is selected, the DISTANCE LED window shows "**0.00**". Press the SPEED UP/DOWN buttons to set the target distance. Press the STOP/ENTER button to save the target distance and press the START button to start the program. Speed starts from 2.0 mph /3.2 km/h. Incline starts from level 0. Press the SPEED UP/DOWN buttons to adjust the speed and press the INCLINE UP/DOWN buttons to adjust the incline level. DISTANCE counts down from the target distance.
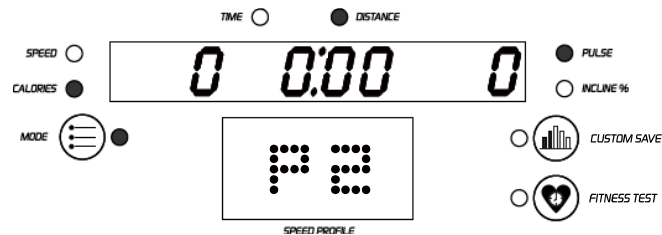
PROGRAM 3 – TARGET CALORIES
If P3 is selected, the CALORIES LED window shows "**0**". Press the SPEED UP/DOWN buttons to set the target calories. Press the STOP/ENTER button to save the target calories and press the START button to start the program. Speed starts from 2.0 mph /3.2 km/h. Incline starts from level 0. Press the SPEED UP/DOWN buttons to adjust the speed and press the INCLINE UP/DOWN buttons to adjust the incline level. CALORIES count down from the target calories.
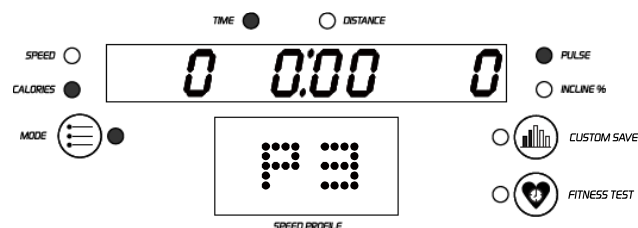
COMPUTER OPERATION

PROGRAM 4 – INTERVAL INCLINE
If P4 is selected, the PULSE/INCLINE LED window shows a blinking "**L 1**". Press the SPEED UP/DOWN buttons to select the intensity of workout from L1 to L12 then press the STOP/ENTER button then the TIME LED window shows the factory setting value "**24:00**" . Press the SPEED UP/DOWN buttons to adjust the workout time. Every adjustable section is 4 minutes. Press the STOP/ENTER button to save the setting then press the START button to start the program. The incline level will be changed by the computer following the factory setting pattern. Press the SPEED UP/DOWN buttons to adjust the speed.
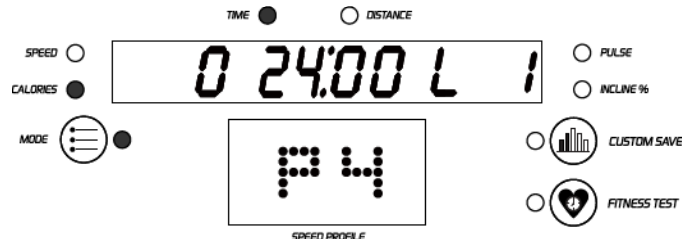
LEVEL	MIN. LEVEL	MAX. LEVEL
1	0	4
2	1	5
3	2	6
4	3	7
5	4	8
6	5	9
7	6	10
8	7	11
9	8	12
10	9	13
11	10	14
12	11	15

PROGRAM 5 – INTERVAL SPEED

LEVEL	MIN. SPEED (ML)	MAX. SPEED (ML)	LEVEL	MIN. SPEED (KM)	MAX. SPEED (KM)
1	1.8	3.0	1	2.9	5.0
2	2.0	3.4	2	3.2	5.4
3	2.2	3.8	3	3.5	6.1
4	2.4	4.2	4	3.8	6.7
5	2.6	4.6	5	4.2	7.4
6	2.8	5.0	6	4.5	8.0
7	3.0	5.4	7	4.8	8.6
8	3.2	5.8	8	5.1	9.3
9	3.4	6.2	9	5.4	9.9
10	3.6	6.6	10	5.8	10.6
11	3.8	7.0	11	6.1	11.2
12	4.0	7.2	12	6.4	11.5

If P5 is selected, the PULSE/INCLINE LED window shows a blinking "**L 1**". Press the SPEED UP/DOWN buttons to select the intensity of workout from L1 to L12 then press the STOP/ENTER button then the TIME LED window shows the factory setting value "**24:00**". Press the SPEED UP/DOWN buttons to adjust the workout time. Every adjustable section is 4 minutes. Press the STOP/ENTER button to save the setting then press the START button to start the program. The speed will be changed by the computer following the factory setting pattern. Press the INCLINE UP/DOWN buttons to adjust the incline level.
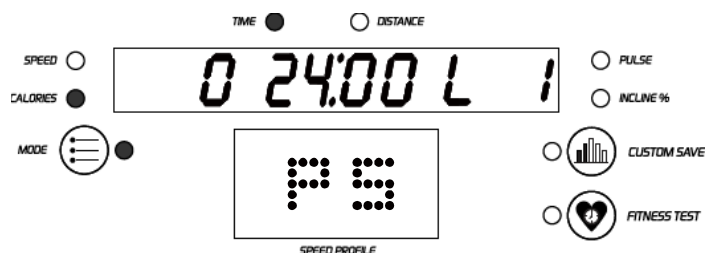
COMPUTER OPERATION

PROGRAM 6 – WEIGHT LOSS

If P6 is selected, the PULSE/INCLINE LED window shows a blinking "**L 1**". Press the SPEED UP/DOWN buttons to select the intensity of workout from L1 to L12 then press the STOP/ENTER button then the TIME LED window shows the factory setting value "**30:00**". Press the SPEED UP/DOWN buttons to adjust the workout time. Every adjustable section is 5 minutes. Press the STOP/ENTER button to save the setting then press the START button to start the program. The speed and incline level will be changed by the computer following the factory setting pattern.
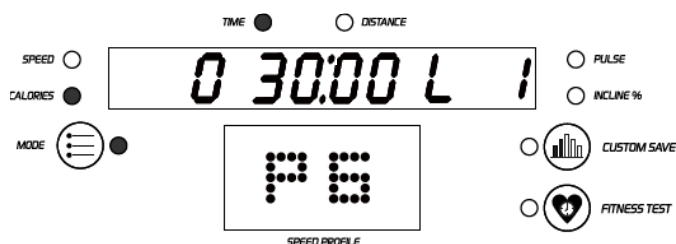
| LEVEL	MIN. SPEED KM	MAX. SPEED KM	MIN. GRADE%	MAX. GRADE%
1	2,6	4,5	0	1
2	2, 9	4,8	0	2
3	3,2	5,1	1	3
4	3,5	5,4	1	4
5	3,8	5,8	2	5
6	4,2	6,1	2	6
7	4,5	6,4	3	7
8	4,8	6,7	3	8
9	5,1	7,0	3	9
10	5,4	7,4	4	10
11	5,8	7,7	4	11
12	6,1	8,0	4	12

LEVEL	MIN. SPEED ML	MAX. SPEED ML	MIN. GRADE%	MAX. GRADE%
1	1,6	2,9	0	3
2	1,8	3,1	0	4
3	2,0	3,3	1	5
4	2,2	3,5	1	6
5	2,4	3,7	2	7
6	2,6	3,9	2	8
7	2,8	4,1	3	9
8	3,0	4,3	3	10
9	3,2	4,5	3	11
10	3,4	4,7	4	12
11	3,6	4,9	4	13
12	3,8	5,1	4	14

COMPUTER OPERATION

PROGRAM 7 – 5K SELF LEARING AND COMPETITION

If P7 is selected, the DISTANCE LED window shows "**3**" miles or "**5**" km. Press the START button to start the program. Press the SPEED UP/DOWN buttons to adjust the speed and press the INCLINE UP/DOWN buttons to adjust the incline level.
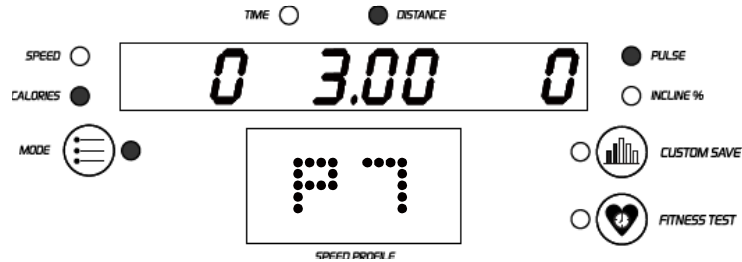
PROGRAM 8 - HEART RATE CONTROL:
If the user selects P8 (P9, P10) and presses ENTER, the display will show a calculated initial Target Heart Rate (based on user age) as shown at the second-to-last page. The user must now set the Target Heart Rate using INCLINE UP/DOWN according to the user's own physical condition and professional trainer or doctor's instruction, and then pressing START to confirm the user-defined setting. After this the user must then enter a Total Workout Time in 3:00 (min.) intervals or accept the default 60:00 (min.).
The user may then press START to initiate the program, P8 (P9, P10). Upon beginning the HEART RATE CONTROL program, up to 3 consecutive 3 minute monitoring phases are executed just after the program initiates and the belt begins moving. The user may then press START to initiate the program, P8 (P9, P10).

WARM UP

Phase1 – Speed Adjust
In the first Phase, the user's heart rate will be monitored continuously and at 30 second intervals counting down from 3:00 (min.). If the Threshold Heart Rate (approx. 65% Target Heart Rate) is not met, the speed of the treadmill will be increased at 0.8km/hr / 0.5 mph at a time. The treadmill will continue to increase Speed in this Phase beginning at 3.2 km/h / 2 mph up to the maximum of Level 7.2 km/h 4.5 mph. If the Threshold Heart Rate is met in this Phase then the program skips Phase 3 below and begins directly with HEART RATE CONTROL MODE.

Note: The Speed will not change when the program cannot detect the heart rate.

Phase 2 – Incline Adjust
In the second Phase, the user's heart rate will again be monitored continuously and at 30 second intervals counting down from 3:00 (min.), if the Threshold Heart Rate (approx. 65% Target Heart Rate) is still not met, the incline of the treadmill will be raised at one level at a time. The treadmill will continue to rise during this Phase up to the maximum of Level 5. If the Threshold Heart Rate is met in this Phase, then the program skips Phases 2 and 3 below and begins directly with HEART RATE CONTROL MODE.

Note: The incline level will not change when the program cannot detect the heart rate.

Phase 3 – Extended Monitoring
In the third Phase, there is no further change to Incline or Speed, and the user's heart rate in monitored continuously court down from 3:00 (min.) at fixed Speed and Incline setting. If during this period the Threshold Heart Rate (approx. 65% Target Heart Rate) is not met then the display will give an indication that the Heart RATE CONTROL Program has failed (shows the word FAIL at the top of the display) and after blinking 10 seconds will return to the POWER ON MODE. If during the extended monitoring period of 3 minutes the Threshold Heart Rate is achieved the program will switch over to HEART RATE CONTROL MODE as described in the next section.

COMPUTER OPERATION

HEART RATE CONTROL MAIN PROGRAM
After the actual pulse rate reaches the minimum target workout heart rate and completes the warm up program, the computer will go into the main program and the time will count down from the pre-set time. During the main program, if the actual pulse rate cannot reach the maximum target workout heart rate, the incline level will be increased by 1% every 15 seconds until the pulse rate reaches the maximum target workout heart rate or the incline level will increase by 15%. After the incline level increases to 15% but still does not reach the maximum target workout heart rate the speed will be increase by 0.5MILE/0.8KM every 15 seconds until the pulse rate reaches the maximum target workout heart rate. If the actual pulse is higher than the maximum target workout heart rate, then the incline will be reduced 1% every 15 seconds until the actual heart rate meets the maximum target workout heart rate or the incline level will lower to 0%. Then the speed will be reduced by 0.5MILE/0.8KM every 15 seconds until the actual pulse meets the maximum target workout heart rate.

COOL DOWN – After completing the HEART RATE CONTROL program and the time counts down to zero start the one-minute cool down program. The incline will return to 0% and the speed will lower to 2MILE/3.2KM as the time counts down from 1:00.

C1 – C3 CUSTOM PROGRAM (USER PROGRAM)
The program can allow 3 custom programs to be set by users and store the settings for repeated workouts. The maximum workout time of each user program is 60 minutes. During the workout after the TIME counts up to 60:00, the treadmill will start a one-minute cool down procedure automatically. To set and store the user programs, please follow the procedure below:

SET AND SAVE THE USER PROGRAM
Select between C1 to C3 and press the STOP/ENTER button to enter the user program then press the START button. Speed starts at 3.2 km/h / 2.0 mph and the incline level starts at level 0. Each section of SPEED/INCLINE is one minute. Press the SPEED UP/DOWN buttons to change the speed and press the INCLINE UP/DOWN buttons to change the incline during the workout. The computer will take the actual speed and incline level at the last second of each minute section and temporary save as the speed and incline level of that minute section. Continue the workout until you want to stop. Press the STOP/ENTER button to enter the one-minute cool down session. The computer will automatically enter the save program status after the one-minute cool down session. If you want to skip the cool down procedure, press the STOP/ENTER button to enter the save program status.
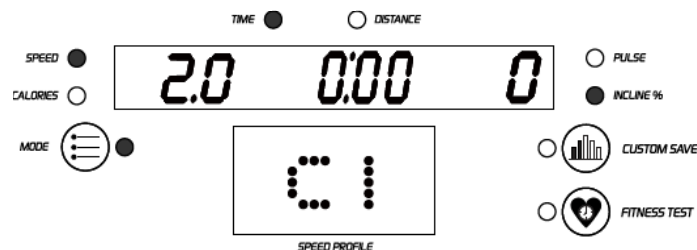
When the computer is in save program status, the "CUSTOM SAVE" button will blink slowly. Press the button to save this program or press the STOP/ENTER button to delete the program and return to POWER ON status.

EDIT PREVIOUS SAVED PROGRAM
Edit the Speed and Incline without extending the previously saved workout time:
Simply press the SPEED UP/DOWN and INCLINE UP/DOWN buttons to change the speed and incline level during the workout then follow the SET AND SAVE procedure after completing the workout.

COMPUTER OPERATION

Extend the workout time from the previously saved program:
If you want to extend the total workout time from the previously saved program press the START button anytime during the workout. The LED of the CUSTOM SAVE button will light up and blink for 10 seconds then stay lit up. After completing the previously saved program the treadmill will start a one-minute cool down session. Press the START button again during the cool down session and the treadmill will skip the cool down procedure and continue running at a speed of 3.2 km/h / 2.0 mph and incline of level 0. Press the SPEED UP/DOWN and INCLINE UP/DOWN buttons for every minute section then follow the SET AND SAVE procedure after completing the workout.

If you already press the START button once during the workout and intend to extend the workout time but decide not to extend the workout time, press the START button again to switch off the LED light of CUSTOM SAVE button. Or wait till the previous saved

FITNESS-TEST

The Fitness-Test function is designed to let the user test their physical condition during a workout. The fitness rating is determined by measuring how quickly the user's pulse slows down after a workout. The faster the pulse slows down, the better the user's physical condition. Users can record their fitness rating to use for reference and to monitor improvement. To start the Fitness-Test, press the "Fitness-Test" button toward the end of a workout (while your pulse is still under workout load). The treadmill will enter the PAUSE/STOP status. Put both hands on the hand pulse sensors within 10 seconds (for models equipped with a chest belt pulse transmitter, keep the chest belt on, no need to hold the hand pulse). The pulse receiver will scan and detect the user's pulse in 10 seconds and enter the Fitness-Test function. TIME counts down from 01:00 to 00:00. After the count-down the SPEED window will show the Fitness rating (1.0-6.0). The lower the number the better your fitness. Record the rating for future comparison. After completion of the Fitness-Test (1 minute) the training can be resumed by pressing the START button.

When the SPEED display shows F4.0 to F6.0, the main window will show UNDER NORMAL.
When the SPEED display shows F3.0 to F3.9, the main window will show NORMAL.
When the SPEED display shows F1.1 to F2.9, the main window will show EXCELLENT..

During the Fitness-Test, if you want to stop the function and stop workout, press the STOP/ENTER button and return to POWER ON status.

During the Fitness-Test, if you want to continue the previous program, press the START button to continue the previous program.

After pressing the Fitness-Test button, if the pulse receiver fails to scan and receive the user's pulse the computer will stay at PAUSE/STOP status. Press the STOP/ENTER button to return to POWER ON status or press the START button to continue the previous program.

The Fitness-Test cannot be activated while in the COOL DOWN

COMPUTER OPERATION

Heart Rate diagram
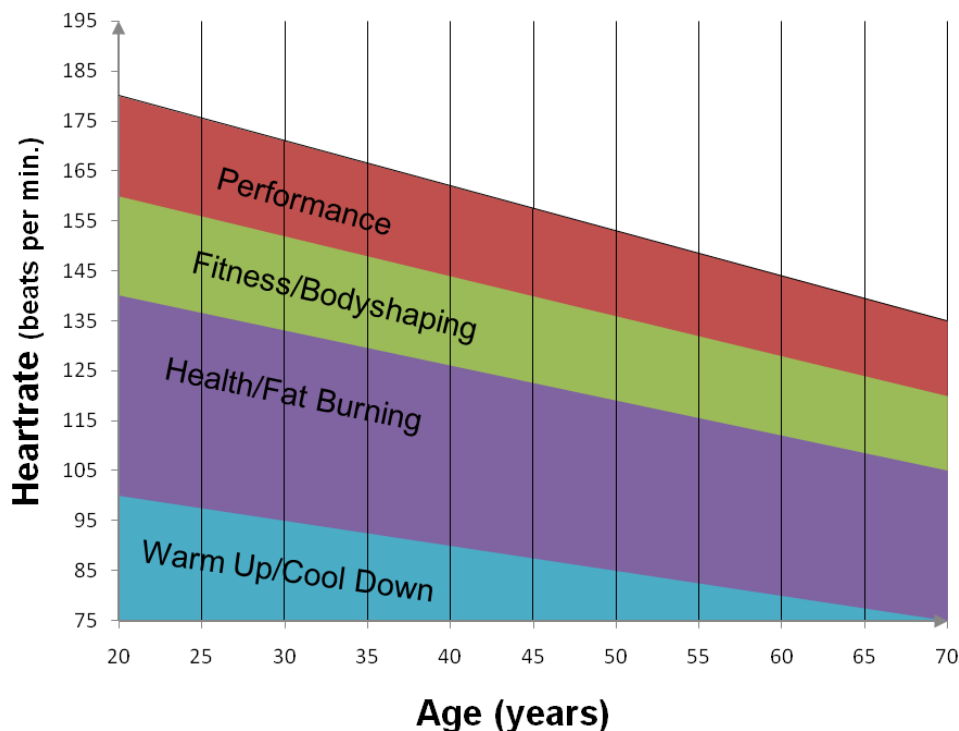
You can calculate the target-heartrate for your training as follows:

Maximum heartrate = 220 minus age

For the different trainingtargets you should train with the following percentage of your maximum heartrate:

Health/Fat Burning:	**50 – 70% of your max. heartrate**
Fitness/Bodyshaping:	**70 – 80% of your max. heartrate**
Performance:	**80 - 90% of your max. heartrate**

Example:

You are 25 years old and want to train for the target Fitness:

$$220 – 25 = 195$$
$$70\% \text{ of } 195 = 136,5$$
$$80\% \text{ of } 195 = 156$$

Your target-heartrate should be between 136,5 and 156 beats per minute.

⚠ This information is for your reference only. To determine your individual training intensity or in case you should have health restrictions please consult your physician before starting exercising.