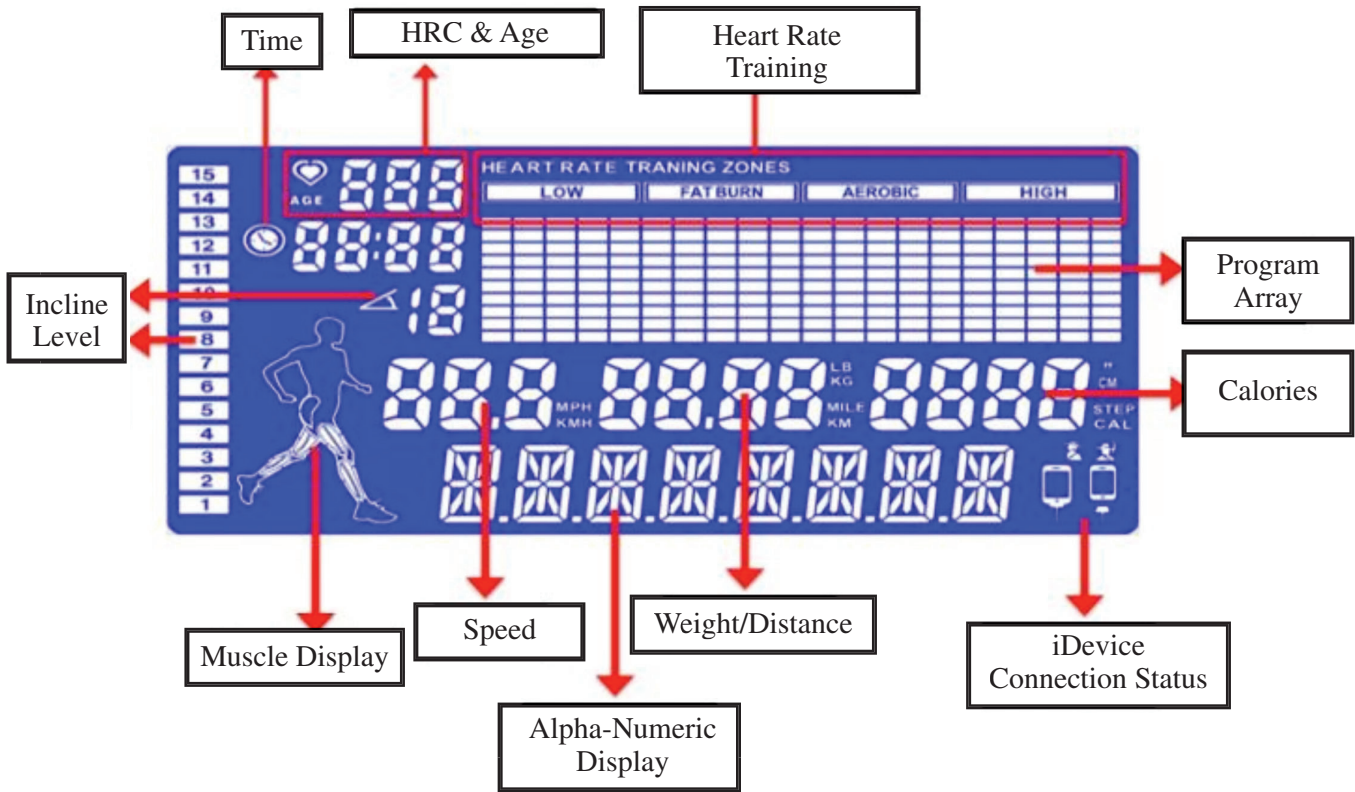
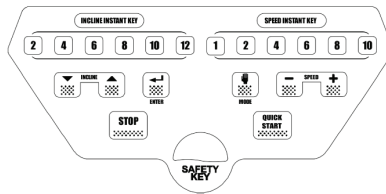
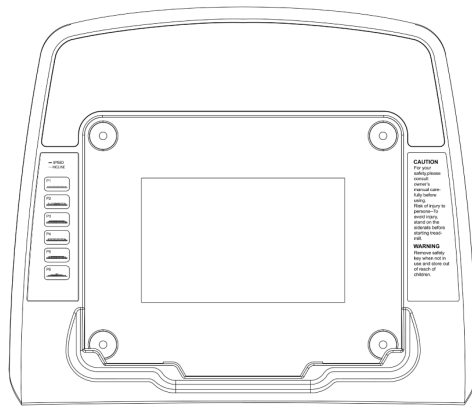


ST5iB CONSOLE OPERATIONS



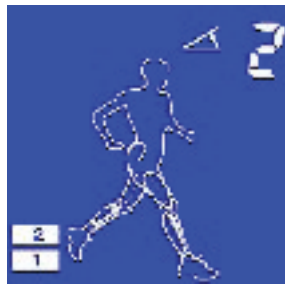
ABOUT THE MUSCLE DISPLAY

When the USER changes the incline level it will display on the screen.

Level 0



Levels 1-3



Levels 4-6



Levels 7-9



Levels 10-12



Levels 13-15



SPECIFICATIONS:

ENTER: To confirm all setting values

MODE: To switch Program Mode

START: To start training

STOP: 1) In training stage, pressing stop will pause the program. 2) In pause stage, pressing stop for "4" seconds puts the program into idle status. 3) In general, pressing stop will take you back to the previous function

INSTANT INCLINE: Adjusts Incline to levels 2/4/6/8/10/12

INSTANT SPEED: Adjusts Speed levels to 2/4/6/8/10/12 (by miles)

FUNCTION:

TIME Displays the workout time while exercising

SPEED Displays the current speed

DISTANCE Displays distance while exercising

PULSE 30-240 BPM

CALORIES Counts calories while exercising

GETTING STARTED

Idle & Sleep

- Idle: Plug and unfold the machine, the buzzer will sound and the screen will light up. (Figure 1, 2).
- Sleep: When the machine is left in pause for a certain amount of time, the computer will go back to Idle mode and enter into sleep.
- Sleep Status (light off screen).
Note: Engineer can adjust the amount of time before entering sleep mode in Engineer Mode II--F01.
- Setup Weight
 1. SPEED+ or SPEED- Edit Weight, the default is 70 Kg.



Figure 1



Figure 2

START TRAINING

How to Start Training

Press START (or Quick START) button to Enter into Training directly. The Screen will show “Ready” and count down 3 seconds.

In Training Status:

1. Press Incline Instant button or INCLINE+ or INCLINE- to adjust the Incline Level.
2. Press Speed Instant button or SPEED+ or SPEED- can adjust the Speed value.



Figure 3



Figure 4

How to Pause / Stop

1. When the belt is moving, press STOP/RESET to enter into Pause status.
2. In Finish Target Value (Time/Distance/Calories), the Motor will stop and show "RUN END" on the screen.
3. In Pause Status or RUN END, User can Press STOP/ RESET buttons for 4 seconds to back to Idle Mode.



PROGRAM

1. Press ENTER to enter your weight into the Program Selection Status.
2. In Program Selection Status, User can press Mode button to switch the Program Function. MANUAL P1, P2, P3, P4, P5, P6, RANDOM, USER, H.R.C.1-3.
3. Pressing the STOP button will bring you can back to the previous Function Page.

MANUAL

1. Press ENTER to select Manual and enter the Target Time Setup. Press SPEED+ or SPEED- to setup target time. (Time Scale: 0:00, 20:00~99:00).
2. Press ENTER to input your target time and enter into the Target Distance Setup. Press SPEED+ or SPEED- to setup target distance. (Distance Scale: 0.00~99.00).
3. Press ENTER to input your target distance and enter into the Target Calories Setup. Press SPEED+ or SPEED- to setup target calories. (Calories Scale: 0~9990).
4. When you have finished your set up, press START to enter Training.

P1 (9 HOLE): INCLINE & SPEED

1. Press ENTER to select MANUAL and press SPEED+ or SPEED- to select P1. Press ENTER and Press SPEED+ to setup Level (Level 1 ~ Level 10).
2. Press ENTER to get into the Target Distance Setup. Although the display will show "Enter Distance", the distance is fixed and cannot be changed. Press SPEED+ or SPEED- to setup Distance (Distance Scale: 0.5~99.5 KM/Mile).
3. Press ENTER to input the default target distance. The Screen will show "Ready Go" and count down 3 seconds to enter the training mode.

P2 (HILL CLIMB): INCLINE & SPEED

1. Press ENTER to select MANUAL and press SPEED+ or SPEED- to select P2. Press ENTER and Press SPEED+ to setup the Level (Level 1 ~ Level 10).
2. Press ENTER to input the level and to enter into the Target Time Setup. Press SPEED+ or SPEED- to setup Target Time. (Time Scale: 20:00~99:00).
3. Press ENTER to input the target time. The Screen will show "Ready Go" and count down 3 seconds to enter the training mode.

Note: P3-P6 operation is the same as P2.

RANDOM (Random Speed)

1. Press ENTER to select MANUAL and press SPEED+ or SPEED- to select RANDOM. Press ENTER to get into Target Time Setup. Press SPEED+ or SPEED- to setup the target time. (Time Scale: 0:00, 20:00~99:00).
2. Press ENTER to input the target time and enter into the Target Distance Setup. Press SPEED+ or SPEED- to select target distance. (Distance Scale: 0.00~99.00 KM/Mile).
3. Press ENTER to input the target distance and enter into the Target Calories Setup. Press SPEED+ or SPEED- to select target calories. (Calories Scale: 0~9990).
4. When you have finished your training setup, please press START to enter into Training.

USER (USER CAN EDIT SPEED & INCLINE PROFILE)

1. Press ENTER to select MANUAL and press SPEED+ or SPEED- to select USER. Press ENTER to get into the User Program and selection status.
 - (1) Press SPEED+ or SPEED- to choose U1, U2, U3, U4.
 - (2) Press ENTER for 3 seconds, enter into edit profile status. Press SPEED+ or SPEED- to edit Speed profile shape.

Press INCLINE+ or INCLINE- to Incline profile shape

Press ENTER to select the next stage.

Press ENTER for 3 seconds to finish edit.

2. Press ENTER to Select U1 and enter into Target Time Setup.

Press SPEED+ or SPEED- to setup target time. (Time Scale: 0:00, 20:00~99:00).

3. Press ENTER to input the target time and enter into the Target Distance Setup.

Press SPEED+ or SPEED- to select target distance. (Distance Scale: 0.00~99.00 KM/Mile).

4. Press ENTER to input the target distance and enter into the Target Calories Setup.

Press SPEED+ or SPEED- to setup the target calories. (Calories Scale: 0~9990).

5. When you have finished the setup, please press START to enter into Training.

Note: Only one target (Time, Distance, Calories) can be setup for each U1-U4 training.

H.R.C 1-3

Press ENTER to select H.R.C 1-3.

Press SPEED+ or SPEED- to select 60%, 75%, THR (Target Heart Rate).

Note: In HRC Program, the computer will only accept the “Wireless Heart Rate Signal” (we suggest using a wireless heart belt). If no pulse signal is detected for 45 seconds, the computer will stop and show “No Pulse” automatically.

1. 60%, 75%

(1). Press ENTER to select 60% (or 75%) and enter into the Target Time Setup. Press SPEED+ or SPEED- to select the target time. (Time Scale: 0:00, 20:00~99:00).

(2). Press ENTER to input the target time and enter into the Age Setup. Press SPEED+ or SPEED- to select User Age. (Default 30 years old).

(3). Press ENTER to input your age and enter into the Target Heart Rate Setup. Press SPEED+ or SPEED- to adjust.

(4). Press ENTER to input the target heart rate. The screen will show “Ready Go” and count down 3 seconds to enter into the training mode.

2. THR (Target Heart Rate)

(1). Press ENTER to select your THR and enter into the Target Time Setup. Press SPEED+ or SPEED- to select the target target time. (Time Scale: 0:00, 20:00~99:00).

(2). Press ENTER to input the target time and enter into the Target Heart Rate Setup. Press SPEED+ or SPEED- to setup target heart rate (Default 72).

(3). Press ENTER to input your target heart rate. The screen will display “Ready Go” and count down 3 seconds to enter Training.

BODY FAT MODE

Press ENTER to select BODY FAT and the treadmill will ask for the following information:

(1) Age - Preset value is 30, range:13~80, Step is 1, press speed+/- for adjustment. After user selecting the right value, press ENTER to move to the next parameter setting.

(2) Height - Preset value is 170 cm, range: 120~200 cm, Step is 1 cm, press speed+/- for adjustment. After selecting the right value, press ENTER to move to the next parameter setting.

(3) Sex - reset is male, press speed+/- can change male(1) or female(0). After selecting the right value, press ENTER to move to the next parameter setting.

(4) Weight - Preset value is 70 kg (150LB), range:23~130kg (50~286LB),Step is 1 kg, press speed+/- for adjustment. After selecting the right value, press ENTER

Please use both hands to hold the pulse detector for 15 seconds and after 15 seconds, windows will show body fat value (refer to below list by your result). After the value is displayed, press stop or 1 minute later, it will return to start/steady windows.

PROGRAM REVIEW

MANUAL



P1 9 Hole



Hidden Area



P2 Hill Climb



Hidden Area



P3 Hill Run



Hidden Area



P4 Interval



Hidden Area



P5 Rolling



Hidden Area



P6 Weight Loss



Hidden Area



RANDOM



HRC 75%



USER



HRC THR



HRC 1-3



BODY FAT (BDF)



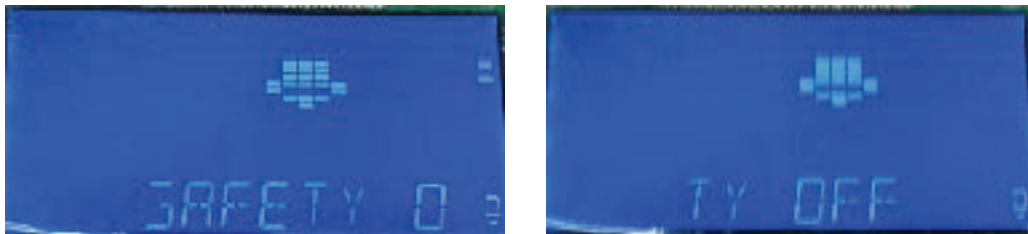
HRC 60%



SAFETY KEY & ERROR WARNING

Safety Key Unplug:

1. When the safety key is unplugged, the machine will stop automatically and display “SAFETY OFF” on the Screen.
2. If the user plugs the safety key back in, the machine will re-start and enter into Idle Mode.



Error Warning:

When there is an error, the machine will stop automatically and display an “Error Message” on the screen.

1. E1 Can not detect Speed Value.
2. E6 The Incline Data is incorrect.
3. E7 The Incline AD Value is outside the normal range.

Troubleshooting:

- E1: Restart machine. Please call for service, if E1 still appears.
- E6: Restart machine. Please call for service, if E6 still appears.
- E7: Press Stop & Incline + (-) at the same time and start to adjust the AD value (on the screen).

DOWNLOADING APPS AND PAIRING YOUR DEVICE WITH THE TREADMILL

DOWNLOADING THE SOFTWARE

Connect the iPad with App Store (iTunes), search for "Pafers", then read the APP introduction and Download the APP with running machine functions to the iPad, for example Tread Monitor or other applicable apps.

- The App uses bluetooth mode, so please make sure the treadmill and device you are using has bluetooth function.
- The App contains the following functions, the user must open the 3G network or wi-fi network:
 - (a) Sports management: after completing the registration, log on to your personal account, you can record or view every movement the movement of the accumulated value
 - (b) Some APP need connection to Google maps.

PAIRING THE BLUETOOTH DEVICE WITH THE iPad

1. Users place the iPad on area in front of the LCD screen.
2. Enter into the iPad settings and turn Bluetooth on.
3. iPad will detect all Bluetooth devices within the scope , click on the treadmill bluetooth device name for pairing iPad Confirmation screen display connected.
4. After paired successfully, please perform the treadmill APP in 2 minutes, but not more than 2 minutes, or iPad with the treadmill at a distance of more than 2 meters. If so, the Bluetooth will automatically cancel the attachment. If you see "not connected," please perform the above steps again.
5. Press the iPad home button, the screen will return to the desktop.
6. Start the treadmill APP you downloaded, enter the APP page. When the APP connects with the treadmill successfully, the APP screen buttons will be unlocked. Start from APP interface using a variety of modes to control the treadmill. APP instructions, attention and function introduction, please browse the APP download page description or contact Pafers/dealer for instructions.
7. Every time after using the APP, please press the main screen (HOME) button on the iPad twice, close the APP

Android

Bluetooth Enabled Android Device

Apple Products

iPod touch (4th generation)

iPod touch (3rd generation)

iPhone 5

iPhone 4S

iPhone 4

Mini iPad

iPad 2

iPad

Bladez Fitness i.Concept Bluetooth products are compatible with Apple devices with iOS 5.1 or later. It is recommended to update iOS to latest version to obtain the best user experience.

iPad, iPhone, iPod, iPod classic, iPod nano, iPod shuffle, and iPod touch, is a registered trademark of Apple, Inc., in the United States and other countries.

“Made for iPod,” “Made for iPhone,” and “Made for iPad” mean that an electronic accessory has been designed to connect specifically to iPod, iPhone, or iPad, respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessory with iPod, iPhone, or iPad may affect wireless performance. iPad, iPhone, iPod, iPod classic, iPod nano, iPod shuffle, and iPod touch are trademarks of Apple Inc., registered in the U.S. and other countries.

CHANGING METRIC TO STANDARD MEASUREMENTS

Under weight setting windows, press ENTER for 10 seconds and enter MPH/KPH changing mode. If it is MPH, LCD windows will show "English". If it is KPH, windows will show "Metric". Press speed increase/decrease can change English/Metric, the press ENTER for confirmation. If your operation is successful, systems will do initialization action.

MAINTENANCE AND CLEANING

Care has been taken to assure that your equipment has been properly adjusted and lubricated at the factory. It is not recommended that the user attempt service on the internal components. Instead, seek service from an authorized service center. However, you may clean the outer surface. Use a soft cloth, dampened with warm water. Do not use aerosol sprays or pump bottles as they may deposit sediments upon the console surface. The use of harsh chemicals will destroy the protective coating and cause a static build-up that may damage the some of the components.

NOTE

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

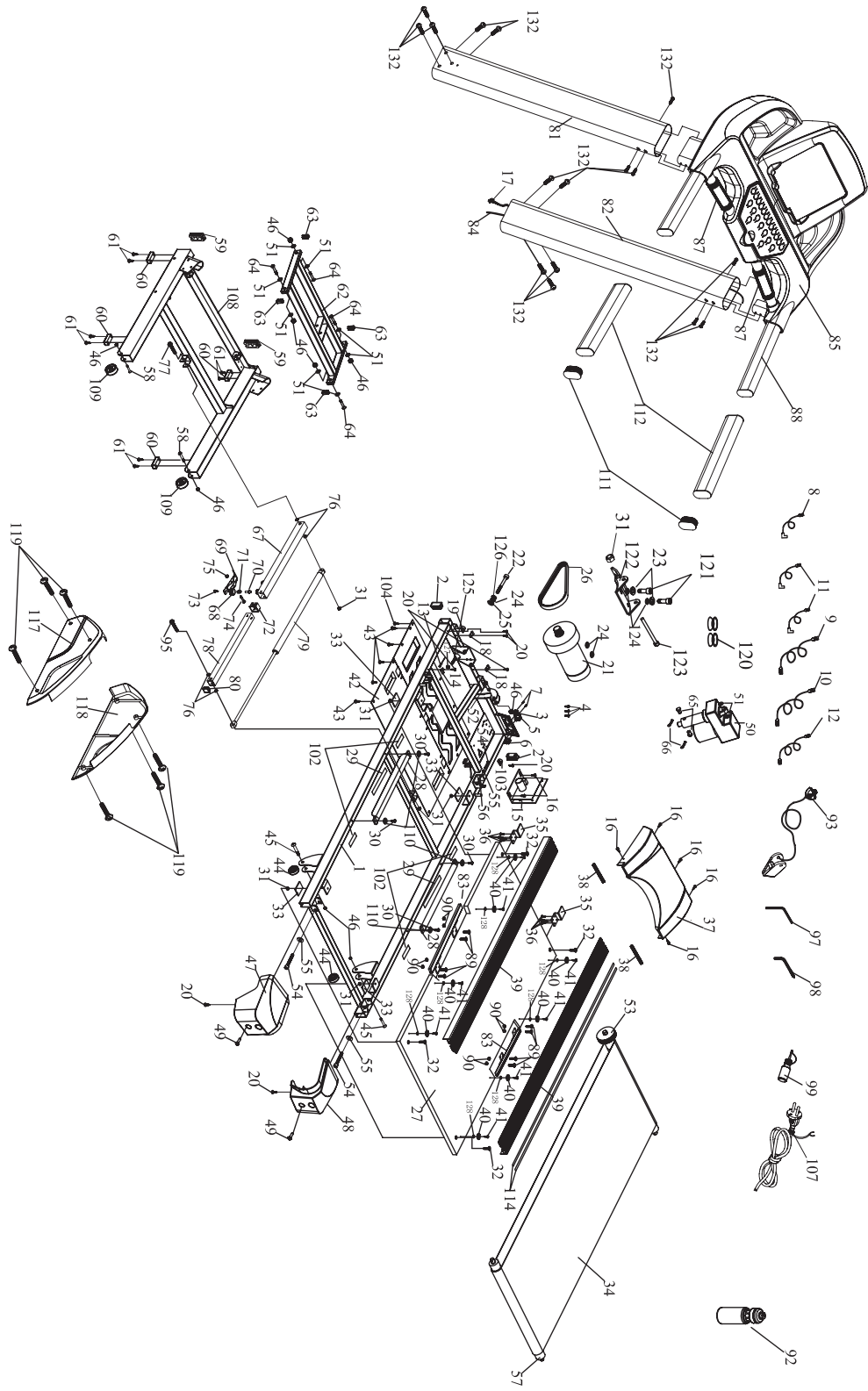
- ◆ Reorient or relocate the receiving antenna.
- ◆ Increase the separation between the equipment and receiver.
- ◆ Connect the equipment into an outlet on a circuit different from that to which the receiver is needed.
- ◆ Consult the dealer or an experienced radio/TV technician for help.

Warning: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user authority to operate the equipment.

1. To comply with FCC RF exposure compliance requirements, a separation distance of at least 20 cm must be maintained between the antenna of this device and all persons.
2. This Transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

FCC ID: PHGLK003

EXPLODED VIEW DRAWING



PARTS LIST

To order replacement parts: provide your customer service representative with the product model number and the part number located on the Parts List below, along with the quantity you require.

NO#	DESCRIPTION	QTY	NO#	DESCRIPTION	QTY	NO#	DESCRIPTION	QTY
1	Frame assembly	1	41	Philips self tapping screw	8	81	Upright left	1
2	Endcap	2	42	Lower motor cover	1	82	Upright right	1
3	Power wire socket	1	43	Washer drilling philips self tapping screw	14	83	Shocker tube assembly	2
4	Round head philips screw	3	44	Wheel	2	84	Guide thread	1
5	Power switch	1	45	Hex screw	2	85	Computer console	1
6	Circuit breaker	1	46	Nylon nut	9	87	Hand pulse set	2
7	Round head philips self tapping screw	2	47	Rear end cap (left)	1	88	Computer holder assembly	1
8	Extension wire (white)	1	48	Rear end cap (right)	1	89	Hex screw	8
9	Extension wire (black)	1	49	Round head drilling philips self tapping screw	2	90	Nylon nut	8
10	Extension wire (white)	1	50	Incline motor	1	92	Water bottle	1
11	Extension wire (black)	2	51	Plastic washer	10	93	Safety key	1
12	Extension wire	1	52	Cks hex screw	1	95	Hex screw	1
13	Sensor	1	53	Front roller	1	97	L hex wrench	1
14	Sensor fixing base	1	54	Hex screw	3	98	Hex wrench+plus screw driver	1
15	Controller set	1	55	Washer	3	99	Hex wrench+plus screw driver	1
16	Philips screw	7	56	Hex nut	1	100	Silicon	
17	Control wire (lower)	1	57	Rear roller	1	102	Rubber pad	4
18	Wire clip knob	2	58	Truss hex screw	2	103	Wire clip knob	1
19	Wire clip knob	1	59	End cap	2	104	Philips self tapping screw	5
20	Washer drilling philips self tapping screw	7	60	Foot pad	4	107	Power wire	1
21	Motor	1	61	Washer drilling philips self tapping screw	8	108	Base assembly	1
22	Hex screw	1	62	Incline base assembly	1	109	Wheel	2
23	Spring washer	2	63	End cap	2	110	Washer	4
24	Rubber pad	3	64	Hex screw	4	111	Oval end cap	2
25	Washer	1	65	Incline base flex iron plate pin	2	112	PVC foam grip	2
26	Drive belt	1	66	R-pin	2	114	Foam sticker	2
27	Running board	1	67	Lower folding flex tube	1	117	Left decorative cover	1
28	Air-shox	2	68	Iron nut	1	118	Right decorative cover	1
29	Double sided tape	2	69	Pedal	1	119	Philips self tapping screw	6
30	Philips screw	4	70	Iron core	1	120	Two sides suction cup	2
31	Nylon nut	7	71	Spring	1	121	Hex screw	2
32	Socket hex screw	4	72	Inner end cap	1	122	Motor plate	1
33	Foam sticker	4	73	Philips screw	1	123	Hex screw	1
34	Running belt	1	74	Philips screw	1	124	Washer	2
35	Running board extension plate	2	75	Nylon nut	1	125	Spring	1
36	Philips self tapping screw	8	76	Plastic post pad	4	126	Spring washer	1
37	Upper motor cover	1	77	Hex screw	1	127	Anti-skid washer	1
38	Isolation pad	2	78	Upper Folding Flex Tube	1	128	Washer	8
39	Rail	2	79	Cylinder	1	132	Hex screw	16
40	Rail shim	8	80	End Cap	1			

WARRANTY

RESIDENTIAL WARRANTY

Bladez Fitness will repair or replace, free of charge, at its option, parts that are defective as a result of material or workmanship. Lifetime replacement warranty coverage on frame and Three (3) year on other parts. Labor warranty coverage is one (1) year. Warranty covers the original consumer purchaser only.

THIS WARRANTY DOES NOT COVER

- Pre-delivery set-up.
- Components that require replacement due to dirt or lack of regular maintenance.
- Expendable items which become worn during normal use.
- Repairs necessary because of operator abuse or negligence or the failure to operate and maintain the equipment according to the instructions contained in the Owner's Manual.

For more detailed warranty information or to register your product warranty easily online, visit our website at: <http://www.bladeziconcept.com>

* Applies to defects from the manufacturer only.

**FOR WARRANTY REPAIRS, PLEASE DO NOT TAKE YOUR MACHINE
BACK TO THE RETAIL STORE. CONTACT BLADEZ FITNESS FIRST.**

Bladez Fitness/BH North America Corporation
20155 Ellipse
Foothill Ranch, CA 92610
Phone: 949.206.0330; Toll Free: 866.325.2339; Fax: 949.206.0013
Web: www.bladeziconcept.com
Mon - Fri 8am - 5pm PST