



● INNOVATION ● QUALITY ● DURABILITY ● VALUE

TREADMILL

USER MANUAL V.2

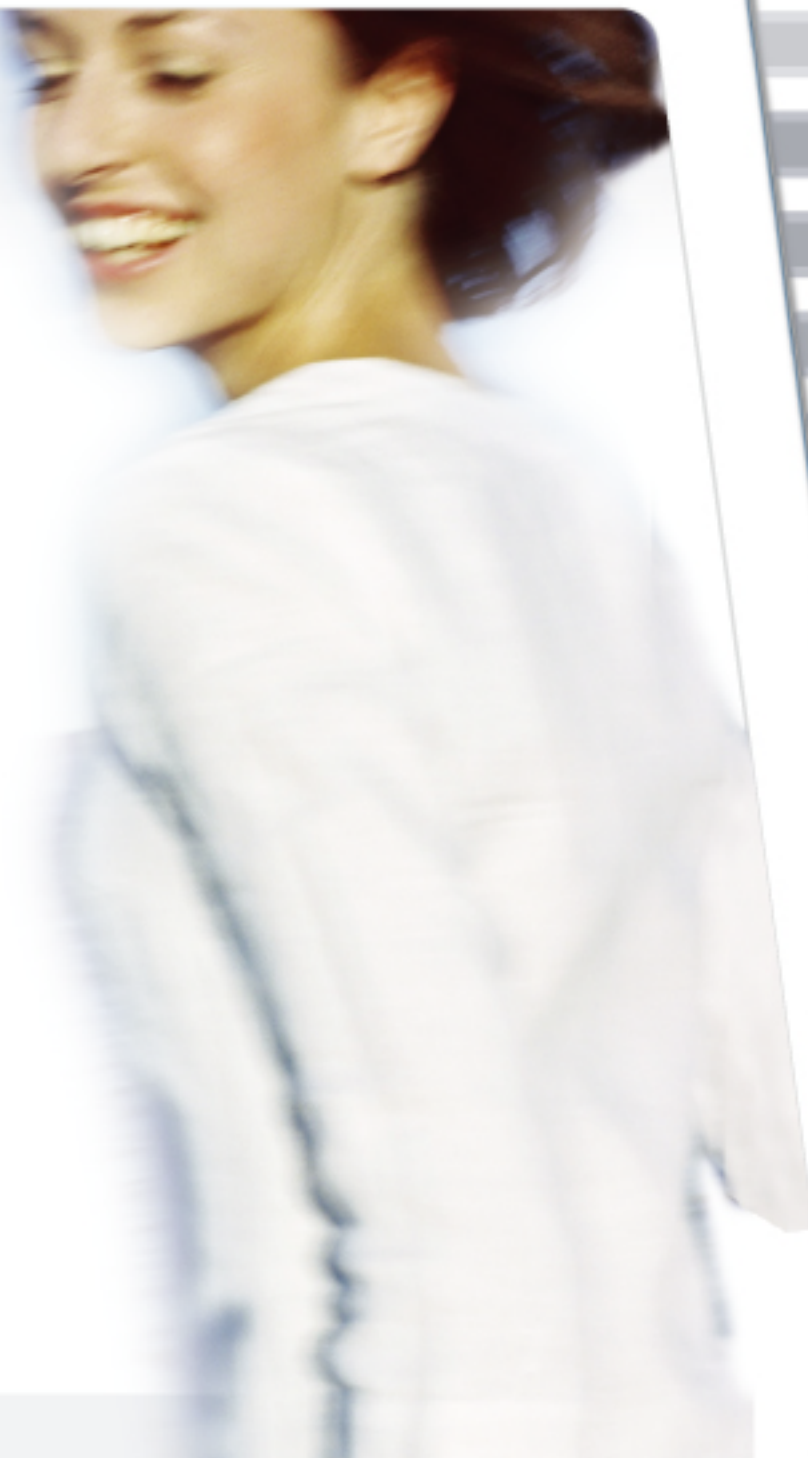


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GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER-Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman 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.

Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

- The appliance must be positioned so that the plug is accessible.
- If the power cord is damaged; it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a safety hazard.

SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using the Treadmill.

DANGER - To reduce the risk of electric shock:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
3. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacture.
4. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Call service for examination and repair.
5. Keep the cord away from heated surfaces.
6. Never drop or insert any object into any opening.
7. Do not use outdoors.

SAFETY INSTRUCTIONS

8. To disconnect, turn all controls to the off position, than remove plug from outlet.
9. Connect this appliance to a properly grounded outlet only.
See Grounding Instructions.
10. Never Tie off Safety Cord, as this will bypass the SAFE use, could cause a choking hazard for children, and / or present other unsafe use of product. Remove and store safety cord and plug after use. Keep out of reach of children.
11. The appliance is not to be used by children or persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction.
12. Children being supervised not to play with the appliance.
13. WARNING:
REMOVE CONTROL BOX (OR KEY, OR SAFETY PIN) WHEN NOT IN USE AND STORE OUT OF REACH OF CHILDREN.
AVERTISSEMENT:
RETIRER LA CLÉ DE SÉCURITÉ QUAND L'APPAREIL N'EST PAS EN SERVICE, ET LA PLACER HORS D'ATTEINTE DES ENFANTS.
14. CAUTION:
RISK OF INJURY TO PERSONS – TO AVOID INJURY, USE EXTREME CAUTION WHEN STEPPING ONTO OR OFF OF A MOVING BELT.
READ INSTRUCTION MANUAL BEFORE USING.
15. For commercial use.

SAFETY INSTRUCTIONS

PRUDENCE:

RISQUE DE BLESSURES - POUR ÉVITER LES BLESSURES, FAIRE PREUVE DE PRUDENCE EXTRÊME LORSQUE L'INTENSIFICATION DANS OU HORS D'UN TAPIS ROULANT. LIRE LES INSTRUCTIONS MANUEL AVANT D'UTILISER

15.CAUTION:

To Reduce The Risk Of Injury From Moving Parts - Unplug Before Servicing.

ATTENTION: Pour réduire les risques de blessures des pièces en mouvement - Débranchez avant tout entretien.

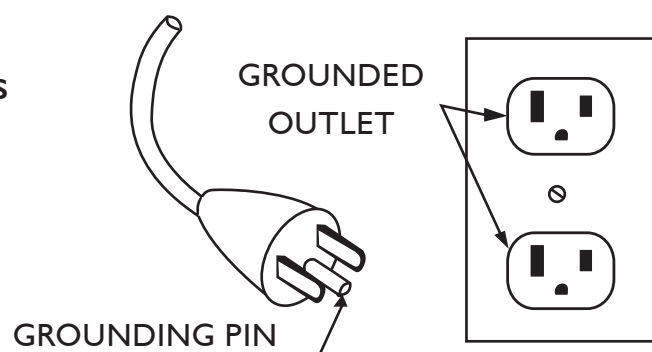
16.WARNING:

To Reduce the Risk of Electric Shock – Unplug Before Cleaning or Servicing.

AVERTISSEMENT - Pour réduire le risque de choc électrique - le débrancher avant de nettoyer ou de réparer.

SAVE THESE INSTRUCTIONS

Figure Grounding methods



Note: Illustration is for Example purposes only. Your Treadmill plug and required outlet may look different. DO NOT MODIFY plug that comes with treadmill.

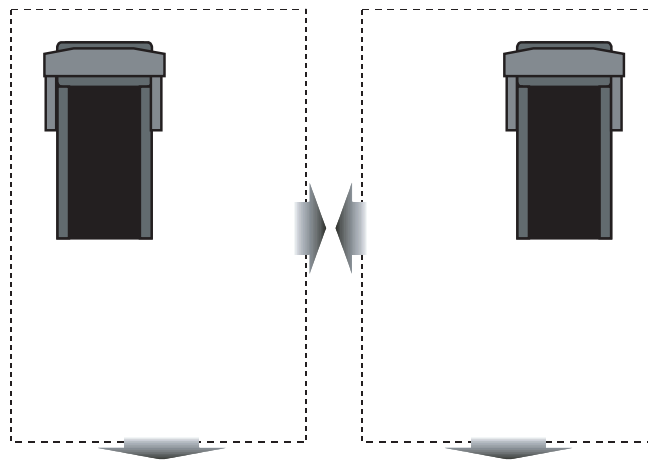
INSTALLATION

ELECTRICAL REQUIREMENT

Your **STEELFLEX** treadmill is intended for use in the country to which it was shipped. Electrical supplies outside of this country may differ and may not be compatible with the product. Please consult Customer Support before using the treadmill in a different country.

LOCATION

When choosing a location for the treadmill, pick a location that is unobstructed. The treadmill must have the following clearance.



- Non-entry side of treadmill - Minimum of 8 inches (20cm)
- Entry side of treadmill - Minimum of 36" (90cm)
- Front of the treadmill - Minimum of 12 inches (30cm)
- Behind treadmill - Minimum of 6 feet (180cm)

These spacing requirements are mandatory for the safe use of the treadmill. If an accident should occur, you must have sufficient space to move away from the treadmill.

INSTALLATION

GROUNDING INSTRUCTIONS

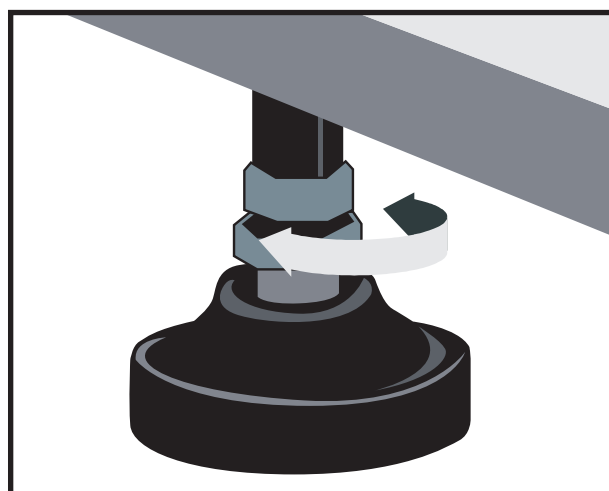
The treadmill must be properly grounded prior to use. Proper grounding reduces the risk of shock or damage to the treadmill. The power cord's plug is equipped with a grounding conductor that must be used with an electrical outlet installed in accordance to all local codes and ordinances. **DO NOT** use a temporary adapter that bypasses this function. This will stop the safety equipment from functioning properly and may void your warranty.

DO NOT MODIFY the plug provided with this product. If it will not fit an electrical outlet, have a proper outlet installed by a qualified electrician.

LEVELER LEGS

After finding a location that is suitable for the treadmill, the rear legs must be adjusted to provide stable support. Located on the side of each leg is a thumb-wheel that will allow you to lower or raise the leg until it is properly seated on the floor.

DO NOT adjust legs while the treadmill is on. Turn the power switch to the OFF position before adjustment.

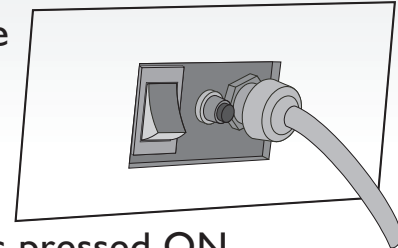


TREADMILL OVERVIEW

POWER SWITCH

The power switch is located on the side of the treadmill near the power cord. The power switch has two positions - ON and OFF.

The display console will beep when the treadmill is plugged in and the power switch is pressed ON.



CIRCUIT BREAKER RESET

The circuit breaker is located next to the power switch. If there should be an electrical overload due to a surge in electricity or other situation, the circuit breaker will disconnect and attempt to prevent any damage from occurring to the treadmill.

If the treadmill suddenly stops with no lights visible nor beep heard, the circuit breaker may need to be reset. To reset the circuit breaker press the button firmly. The display console should restart and a beep should be heard.

CAUTION

Feel the power cord with your hands. If the power cord is warm to the touch a problem may exist with the electrical outlet in which the treadmill is plugged. It may be necessary to plug the treadmill into a different outlet.

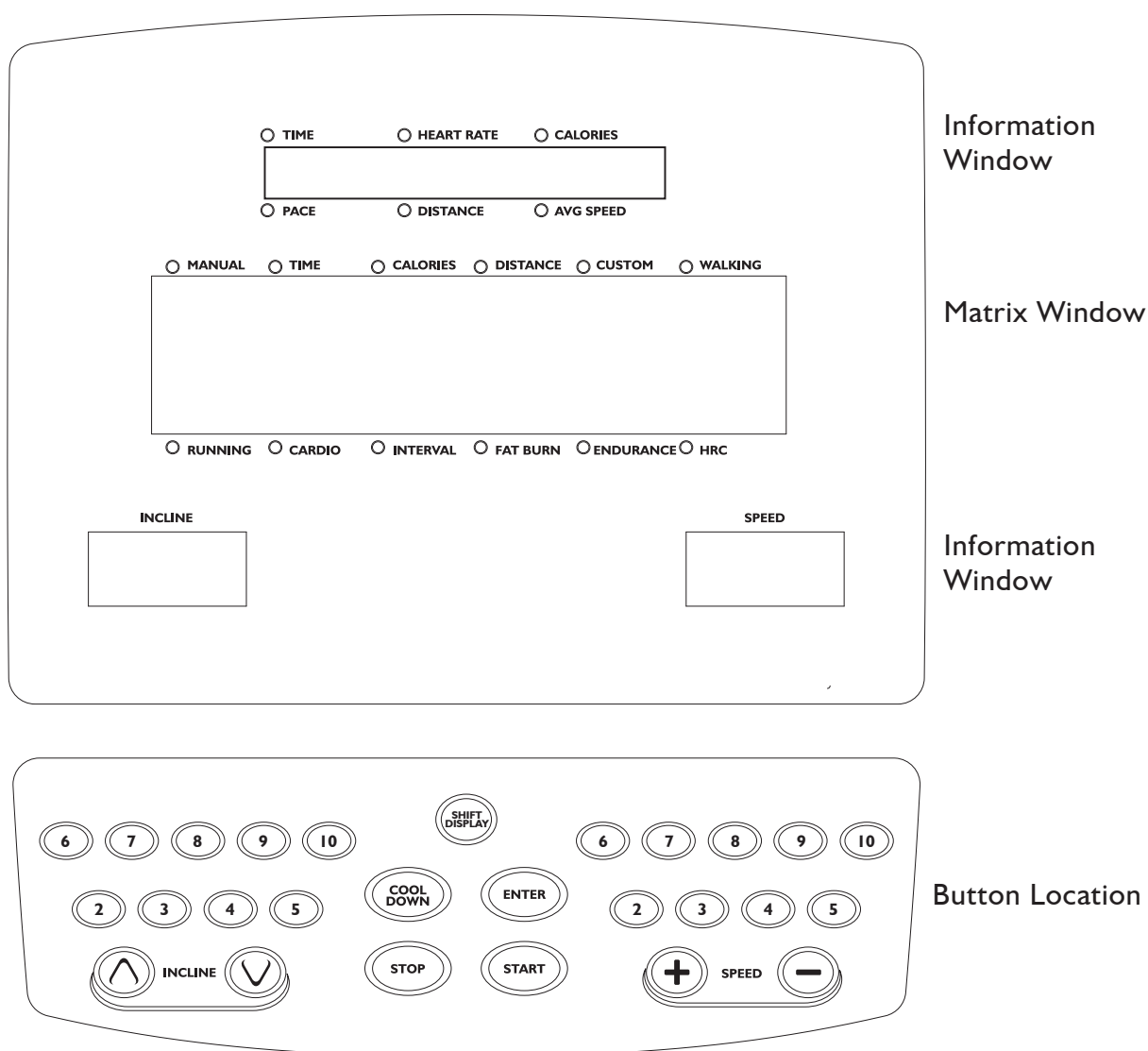
POWER CORD

The power cord of the treadmill must be plugged into a properly grounded electrical outlet. Locate the power cord so it will not come in contact with the wheels of the treadmills during operation. This may cause the power cord to become pinched or damaged. Damage to the power cord could result in a fire hazard or cause personal injury through electrical shock.

OPERATING INSTRUCTIONS FOR CTI

Display instruction

The display of your CTI is used to operate the unit. It includes information windows, matrix window and button location.



OPERATING INSTRUCTIONS

INFORMATION WINDOW

The information windows provide two different types of information: program directions and user information data. Program directions will be explained with programs later. User information data includes:

User information Data	Description
TIME	Indicates time in minutes and seconds (mm:ss).
HEART RATE	Indicates heart rate , beats per minute during your workout. (Only displayed if you are using contact heart rate bar or chest belt.)
CALORIES	Indicates accumulated calories burned during your workout.
PACE	Indicates time required per mile or kilometer.
DISTANCE	Indicates exercising distance of your workout.
AVG SPEED	Indicates average speed of your workout.
INCLINE	Indicates current incline of your workout.
SPEED	Indicates speed of your workout. (Either miles or kilometers.)







OPERATING INSTRUCTIONS

Matrix window










The Matrix Window displays the workout program you select. Each program displays a different exercise profile. Flashing lamp bar in the window displays your location on the exercise course.

Button Location




There are buttons for operating the machine, adjusting incline level, and adjusting exercise speed. A description of each button is listed below.

	Start your workout.
	Enter Data
	Stop your workout
	Stop your workout slowly
	Change (TIME 、 HEART RATE 、 CALORIES) and (PACE 、 DISTANCE 、 AVG SPEED) value.
	Adjust speed. Every press will increase 0.1 mile. Press and hold this button to increase quickly.

OPERATING INSTRUCTIONS

	Adjust speed. Every press will decrease 0.1 mile. Press and hold this button to decrease quickly.
	Adjust incline level. Every press will increase 1 level. Press and hold this button to increase quickly.
	Adjust incline level. Every press will decrease 1 level. Press and hold this button to decrease quickly.
	Numeric key. User can adjust incline and speed using this quick key.
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OPERATING INSTRUCTIONS

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NOTE : When using Speed Quick key, to increase speed from the displayed speed, when user presses a quick key for a speed faster than indicated, the user must then press “ENTER” to verify speed selection before change will occur.







Programs

There are different exercise programs, includes manual, set time, set calories, set distance, custom (1 and 2), walking, running, cardio, interval, fat burn, endurance and HRC. Operations are explained as follows.

Press “”, when asked in the scrolling display to enable elevation / incline.

OPERATING INSTRUCTIONS

Manual


step 1	Turn on the power and press “  ” 、 “  ” 、 “  ” or “  ” to set your weight and press “  ”. The default value is 176 LBS.
step 2	Press “  ” .

Center Display counts down 3 seconds, and then starts belt.

During your workout, you can change speed and incline using Quick Keys, corresponding arrow or “+” “-” keys.














When Using Speed Quick keys, for any Increase in speed, user

Must press “  ” after selection before Speed will Increase.

Press “  ”, when asked in the scrolling display to enable elevation / incline.

OPERATING INSTRUCTIONS


SET TIME/SET CALORIES/SET DISTANCE

step 1	Turn on the power press “  ” 、 “  ” 、 “  ” or “  ” to set your weight and press “  ”. The default value is 176 LBS.
step 2	Press “  ” or “  ” to select TIME/ CALORIES/DISTANCE program, then press “  ”.
step 3	Use “  ” 、 “  ” 、 “  ” or “  ” to set time/calories/distance then press “  ”.

Center Display counts down 3 seconds, and then starts belt.
During your workout, you can change speed and incline using
Quick Keys, corresponding arrow or “+” “-” keys.





















When Using Speed Quick keys, for any Increase in speed, user

Must press “  ” after selection before Speed will Increase.


Press “  ”, when asked in the scrolling display to enable
elevation / incline.


OPERATING INSTRUCTIONS

CUSTOM LEARN 1 / CUSTOM LEARN 2

step 1	Turn on the power and press “  ” 、 “  ” 、 “  ” or “  ” to set your weight, then press “  ”. The default value is 176 LBS.
step 2	Press “  ” or “  ” to select CUSTOM program, then press “  ”.
step 3	To Program, press “  ” after changing profile segment, press “  ” and repeat. When complete press “  ”, display will show Time of workout.
step 4	Two custom programs can be memorized. Press “  ” or “  ” to set incline level. Press “  ” or “  ” to set speed.
step 5	Press “  ” 、 “  ” 、 “  ” or “  ” to set your exercise time, then press “  ”.



















Center Display counts down 3 seconds, and then starts belt. During your workout, you can change speed and incline using Quick Keys, corresponding arrow or “+” “-” keys.


When Using Speed Quick keys, for any Increase in speed, user Must press “” after selection before Speed will Increase.

Press “”, when asked in the scrolling display to enable elevation / incline.

OPERATING INSTRUCTIONS

WALKING/RUNNING/CARDIO/INTERVAL/FAT BURN/ENDURANCE

step 1	Turn on the power. Press “  ” 、 “  ” 、 “  ” or “  ” to set your weight, then press “  ”. The default value is 176 LBS.
step 2	Press “  ” or “  ” to select WALKING/ RUNNING/ CARDIO/ INTERVAL /FAT BURN/ ENDURANCE program, then press “  ”.
step 3	Press “  ” 、 “  ” 、 “  ” or “  ” to choose from three different exercise levels, then press “  ”.
step 4	Press “  ” 、 “  ” 、 “  ” or “  ” to set exercise time, then press “  ”.




















Center Display counts down 3 seconds, and then starts belt. During your workout, you can change speed and incline using Quick Keys, corresponding arrow or “+” “-” keys. When Using Speed Quick keys, for any Increase in speed, user Must press “  ” after selection before Speed will Increase.

NOTE: These programs will NOT allow manual changing of Elevation during routine. Speed can be changed, but Speed profile will now show User change for the rest of the routine.


Press “  ”, when asked in the scrolling display to enable elevation / incline.


OPERATING INSTRUCTIONS

HEART RATE CONTROL

step 1	Turn on the power. Press “  ” 、 “  ” 、 “  ” or “  ” to set your weight, then press “  ”. The default value is 176 LBS.
step 2	Press “  ” or “  ” to select HRC program, then press “  ”.
step 3	Press “  ” 、 “  ” 、 “  ” or “  ” to set age. The default value is 25. Then press “  ”.
step 4	Press “  ” 、 “  ” 、 “  ” or “  ” to set max heart rate %. The default value is 60%, then press “  ”. Press “  ” to begin.

Center Display counts down 3 seconds, and then starts belt. During your workout, you can change speed and incline using Quick Keys, corresponding arrow or “+” “-” keys.

When Using Speed Quick keys, for any Increase in speed, user Must press “” after selection before Speed will Increase.


Press “”, when asked in the scrolling display to enable elevation / incline.

OPERATING INSTRUCTIONS

Heart rate checks are made every 15 seconds-









- A. If heart rate is less than 50 bpm, (regardless of target), elevation will move to 0%, after 0%, speed will reduce by 0.1 mph every 15 seconds, when minimum speed is reached, end exercise will occur.
- B. If heart rate is less than 3 bpm below target, there will be no change.
- C. If heart rate is between 3 and 5 bpm below target, elevation will increase by 0.5% every 30 seconds.
- D. If heart rate is between 6 and 10 bpm below target, elevation will increase by 1% every 30 seconds.
- E. If heart rate is between 11 and 20 bpm below target, elevation will increase by 1% every 15 seconds.
- F. If heart rate is more than 20 bpm below target, no change will occur, as system assumes that there may be an error in the heart rate signal. User must ensure that Chest Strap is working properly.
- G. If heart rate is less than 3 bpm Above target, there is no change.
- H. If heart rate is more than 3 bpm Above target, elevation will decrease by 1% every 15 seconds. When elevation reaches 0%, then speed will begin lowering 0.1 mph every 15 seconds, until minimum is reached or heart rate is on target range.

USER CAN AND SHOULD STOP HEART RATE CONTROL PROGRAM AT ANY TIME FOR ANY OVERWORK OR OUT OF RANGE CONDITION, JUST BY PRESSING ANY **STOP BUTTON**, OR REMOVING THE SAFETY KEY.

Press “”, when asked in the scrolling display to enable elevation / incline.

OPERATING INSTRUCTIONS

NOTE:

1. Press “  ” during exercise, speed will decrease to “0”, but elevation will not change. After treadmill belt has stopped, the information window for (TIME, HEART RATE, CALORIES, then PACE, DISTANCE, AVG SPEED) will rotate between values every 5 seconds, a large STOP will show in the dot matrix. This is telling you to press the “  ” to reset treadmill last user information. If the user presses “  ” before “  ”, routine will begin at minimum speed, and routine will “Add” to the exercise values displayed.
2. Pressing “  ” during a routine will begin slowly decreasing speed and elevation until minimums are reached, and then belt stops. After belt stops, user and restart by pressing “  ” or press “  ” to reset.
3. Press “  ”, when asked in the scrolling display to enable elevation / incline.

OPERATION SYNOPSIS OF PROGRAMS

MANUAL PROGRAM

1. The user has the option to input their weight or just press Start.
2. The user makes all speed and elevation changes manually.
3. When the belt starts, a Dot Matrix Track Shows $\frac{1}{4}$ mile track. A Blinking L.E.D. indicates present location simulated on the track. In the center of the track will be a "0". L.E.D.'s turn off when "Passed". When all L.E.D.'s turn off the user has completed $\frac{1}{4}$ of a mile, then a "1" will be displayed in the center of the track, and all L.E.D.'s will be on indicating the beginning of the user's 2nd $\frac{1}{4}$ mile run. This will continue for as long as the runner is on the treadmill. The final number displayed in the center of the track will indicate how many $\frac{1}{4}$ miles have been completed.

TIME PROGRAM

1. After selecting the Time Program, the user inputs the time desired for the exercise and then presses "Start" to begin. Time will then count down and end routine when time runs out.
2. The user makes all speed and elevation changes manually.
3. When the belt starts, a Dot Matrix Track Shows $\frac{1}{4}$ mile track. A Blinking L.E.D. indicates present location simulated on the track. In the center of the track will be a "0". L.E.D.'s turn off when "Passed". When all L.E.D.'s turn off the user has completed $\frac{1}{4}$ of a mile, then a "1" will be displayed in the center of the track, and all L.E.D.'s will be on indicating the beginning of the user's 2nd $\frac{1}{4}$ mile run. This will continue for as long as the runner is on the treadmill. The final number displayed in the center of the track will indicate how many $\frac{1}{4}$ miles have been completed.

OPERATION SYNOPSIS OF PROGRAMS

CALORIES PROGRAM

1. After selecting the Calories Program, the user inputs the Calories desired to 'burn', then presses "Start" to begin. Calories will count down and end routine when Calories reaches "0".
2. The user makes all speed and elevation changes manually.
3. When the belt starts, a Dot Matrix Track Shows $\frac{1}{4}$ mile track. A Blinking L.E.D. indicates present location simulated on the track. In the center of the track will be a "0". L.E.D.'s turn off when "Passed". When all L.E.D.'s turn off the user has completed $\frac{1}{4}$ of a mile, then a "1" will be displayed in the center of the track, and all L.E.D.'s will be on indicating the beginning of the user's 2nd $\frac{1}{4}$ mile run. This will continue for as long as the runner is on the treadmill. The final number displayed in the center of the track will indicate how many $\frac{1}{4}$ miles have been completed.

DISTANCE PROGRAM

1. After selecting the Distance Program, the user inputs the Distance desired for routine, then presses "Start" to begin. Distance will count down and end routine when Distance reaches "0".
2. The user makes all speed and elevation changes manually.
3. When the belt starts, a Dot Matrix Track Shows $\frac{1}{4}$ mile track. A Blinking L.E.D. indicates present location simulated on the track. In the center of the track will be a "0". L.E.D.'s turn off when "Passed". When all L.E.D.'s turn off the user has completed $\frac{1}{4}$ of a mile, then a "1" will be displayed in the center of the track, and all L.E.D.'s will be on indicating the beginning of the user's 2nd $\frac{1}{4}$ mile run. This will continue for as long as the runner is on the treadmill. The final number displayed in the center of the track will indicate how many $\frac{1}{4}$ miles have been completed.


PROGRAM PROFILE

WALKING PROGRAM PROFILES

Speed starts at 0.5, max. allowable speed is 3.3 mph

User input is required to adjust desired speed above 0.5mph.

Level 1			Level 2			Level 3		
Stage	Elevation	Speed	Stage	Elevation	Speed	Stage	Elevation	Speed
1	0	0.5	1	0	0.5	1	2	0.5
2	3	0.5	2	4	0.5	2	8	0.5
3	7	0.5	3	9	0.5	3	11	0.5
4	1	0.5	4	1	0.5	4	1	0.5
5	5	0.5	5	7	0.5	5	8	0.5
6	9	0.5	6	11	0.5	6	13	0.5
7	3	0.5	7	3	0.5	7	4	0.5
8	0	0.5	8	0	0.5	8	0	0.5
9	5	0.5	9	7	0.5	9	8	0.5
10	9	0.5	10	11	0.5	10	13	0.5
11	0	0.5	11	0	0.5	11	2	0.5
12	3	0.5	12	6	0.5	12	6	0.5
13	7	0.5	13	10	0.5	13	11	0.5
14	1	0.5	14	1	0.5	14	4	0.5
15	5	0.5	15	7	0.5	15	10	0.5

NOTE 1 - Press “”, when asked in the scrolling display to enable elevation / incline.

NOTE 2 - Elevation cannot be changed. Speed can be manually changed but all remaining speed segments will follow manual input and not program.

NOTE 3 - Last 1:45 minutes, speed begins decreasing approximately every 10-12 seconds.


PROGRAM PROFILE

RUNNING PROGRAM PROFILES

Maximum speed allowed is 8 mph

User input is required to adjust speed

Level 1			Level 2			Level 3		
Stage	Elevation	Speed	Stage	Elevation	Speed	Stage	Elevation	Speed
1	0	3	1	2	4.5	1	4	6
2	3	3	2	5	4.5	2	8	6
3	6	3	3	7	4.5	3	10	6
4	8	3	4	9	4.5	4	12	6
5	0	3	5	3	4.5	5	4	6
6	6	3	6	6	4.5	6	8	6
7	9	3	7	12	4.5	7	12	6
8	11	3	8	13	4.5	8	14	6
9	9	3	9	10	4.5	9	12	6
10	3	3	10	4	4.5	10	6	6
11	0	3	11	2	4.5	11	4	6
12	3	3	12	6	4.5	12	8	6
13	5	3	13	8	4.5	13	10	6
14	7	3	14	10	4.5	14	12	6
15	0	3	15	1	4.5	15	4	6

NOTE 1 - Press “”, when asked in the scrolling display to enable elevation / incline.


NOTE 2 - Elevation cannot be changed. Speed can be manually changed but all remaining speed segments will follow manual input and not program.

NOTE 3 - Last 1:45 minutes, speed begins decreasing approximately every 10-12 seconds.

PROGRAM PROFILE

INTERVAL PROGRAM PROFILES

Level 1			Level 2			Level 3		
Stage	Elevation	Speed	Stage	Elevation	Speed	Stage	Elevation	Speed
1	0	1	1	0	1	1	0	1
2	4	2.5	2	6	4	2	8	2.5
3	0	2.5	3	0	4	3	4	4
4	6	2.5	4	8	4	4	10	5.5
5	0	4	5	0	5.5	5	4	5.5
6	8	4	6	10	5.5	6	12	5.5
7	0	4	7	0	5.5	7	4	7
8	10	4	8	12	5.5	8	14	7
9	0	4	9	0	5.5	9	4	7
10	8	4	10	10	5.5	10	12	5.5
11	0	4	11	0	5.5	11	4	5.5
12	6	2.5	12	8	4	12	10	5.5
13	0	2.5	13	0	4	13	4	4
14	4	2.5	14	6	4	14	8	4
15	0	2.5	15	0	4	15	0	4

NOTE 1 - Press “”, when asked in the scrolling display to enable elevation / incline.


NOTE 2 - Elevation cannot be changed. Speed can be manually changed but all remaining speed segments will follow manual input and not program.

NOTE 3 - Last 1:45 minutes, speed begins decreasing approximately every 10-12 seconds.

PROGRAM PROFILE

CARDIO PROGRAM PROFILE

Level 1			Level 2			Level 3		
Stage	Elevation	Speed	Stage	Elevation	Speed	Stage	Elevation	Speed
1	0	1	1	0	1	1	0	1.5
2	3	2.5	2	5	2.5	2	7	2.5
3	5	4	3	7	4	3	9	4
4	7	4	4	9	4	4	11	5.5
5	5	2.5	5	7	4	5	9	5.5
6	3	1	6	5	2.5	6	7	4
7	0	1	7	0	1	7	0	2.5
8	0	1	8	0	1	8	0	1.5
9	0	1	9	0	1	9	0	2.5
10	3	1	10	5	2.5	10	7	4
11	5	2.5	11	7	4	11	9	5.5
12	7	4	12	9	4	12	11	5.5
13	5	4	13	7	4	13	9	4
14	3	4	14	5	4	14	7	4
15	0	4	15	0	4	15	0	4

NOTE 1 - Press “”, when asked in the scrolling display to enable elevation / incline.


NOTE 2 - Elevation cannot be changed. Speed can be manually changed but all remaining speed segments will follow manual input and not program.

NOTE 3 - Last 1:45 minutes, speed begins decreasing approximately every 10-12 seconds.

PROGRAM PROFILE

FAT BURN PROGRAM PROFILE

Level 1			Level 2			Level 3		
Stage	Elevation	Speed	Stage	Elevation	Speed	Stage	Elevation	Speed
1	0	2.5	1	0	2.5	1	0	4
2	4	2.5	2	6	4	2	8	4
3	0	4	3	4	4	3	4	5.5
4	6	4	4	8	5.5	4	12	5.5
5	0	5.5	5	4	5.5	5	4	5.5
6	10	4	6	12	4	6	14	4
7	0	5.5	7	4	5.5	7	4	5.5
8	10	5.5	8	12	5.5	8	14	5.5
9	0	5.5	9	4	5.5	9	4	5.5
10	10	4	10	12	4	10	14	4
11	0	5.5	11	4	5.5	11	4	5.5
12	6	4	12	8	5.5	12	12	5.5
13	0	4	13	4	4	13	4	5.5
14	4	4	14	6	4	14	8	5.5
15	0	4	15	0	4	15	0	5.5

NOTE 1 - Press “”, when asked in the scrolling display to enable elevation / incline.

NOTE 2 - Elevation cannot be changed. Speed can be manually changed but all remaining speed segments will follow manual input and not program.

NOTE 3 - Last 1:45 minutes, speed begins decreasing approximately every 10-12 seconds.

OPERATING INSTRUCTIONS

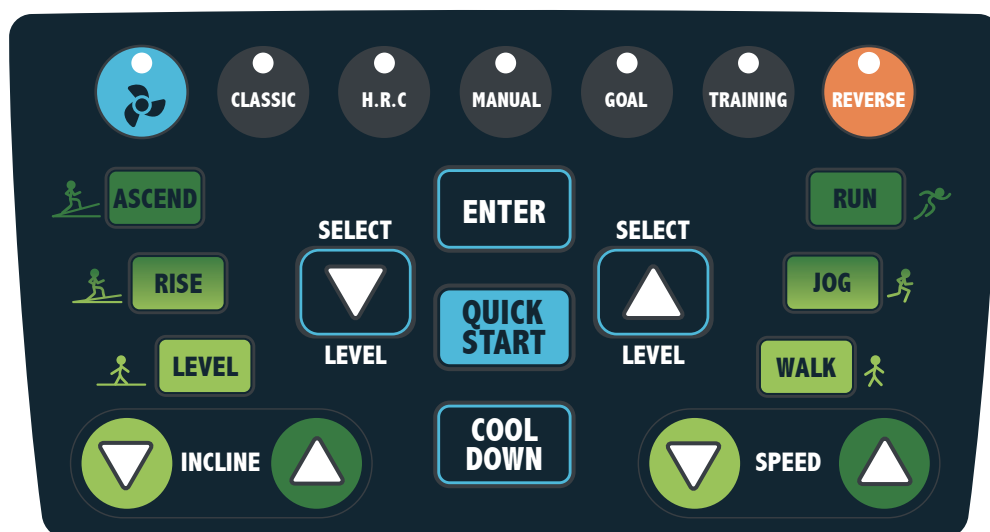
Display instruction

The display layout for your PT10 & PT7. It includes information windows, matrix window and button location.



▲ Information Window

▼ Button Location



OPERATING INSTRUCTIONS

INFORMATION WINDOW

The information window provides user workout data which includes:

User workout data	Description
TIME	Indicates time in minutes and seconds (mm:ss).
HEART RATE	Indicates heart rate , beats per minute during your workout. (Only displayed if you are using contact heart rate bar or chest belt.)
CALORIES	Indicates accumulated calories burned during your workout.
INCLINE	Indicates current incline of your workout.
DISTANCE	Indicates distance of workout.
PACE	Indicates time required per mile or kilometer.
SPEED	Indicates speed of your workout. (Either miles or kilometers.)










OPERATING INSTRUCTIONS

Matrix window










The Matrix Window displays the workout program you select. Each program displays a different exercise profile. Flashing lamp bar in the window displays your location on the exercise course.

Buttons Location






There are buttons for operating the machine, adjusting incline level, and adjusting exercise speed. A description of each button is listed below.

	Start workout
	Enter Data
	Stop workout
	Stop workout slowly
 	Adjust workout level
  	Adjust incline level. Every press will increase 1 level. Press and hold the button to adjust quickly.

OPERATING INSTRUCTIONS

	<p>Adjust speed. Every press will decrease 0.1 mile.</p> <p>Press and hold button to adjust in 1.0 increments.</p>
	<p>Adjust fan strength. There are three adjustments. off. Low. and High. Fan can be used only when safety key is attached.</p>
	<p>Elevation quick key for 0.</p>
	<p>Elevation quick key. Level 8 for GEN mode and Level 3 for SIL mode.</p>
	<p>Elevation quick key. Level 15 for GEN mode and Level 6 for SIL mode.</p>
	<p>Speed quick key. 2.5 MPH for GEN mode and 1.5 MPH for SIL mode.</p>
	<p>Speed quick key. 3.5 MPH for GEN mode and 2.5 MPH for SIL mode.</p>
	<p>Speed quick key. 4.5 MPH for GEN mode and 3.5 MPH for SIL mode.</p>
	<p>Choose CLASSIC exercise programs which include CARDIO, FAT BURN, and INTERVAL.</p>









OPERATING INSTRUCTIONS

	Choose Heart rate control exercise programs which include TARGET, HILL, and INTERVAL.
	MANUAL program.
	Choose GOAL exercise programs which include TIME, DISTANCE and CALORIES.
	Choose TRAINING exercise programs which include GERKIN, USB, CUSTOM 1, CUSTOM 2 and CUSTOM 3.
	REVERSE program which belt runs backward. (Only for PT10)

OPERATING INSTRUCTIONS

SETTINGS

1. PT7 & PT10 are designed for general market(GEN mode) and Rehad/Geriatric market(SIL mode). User can switch modes by following steps.









step 1	Remove safety key.	
step 2	Press and hold “  ” and “  ” for 3+ seconds.	
step 3	Preplace safety key and press “   ” to choose GEN or SIL mode.	
step 4	Press “  ” to go back exercise mode.	Keep pressing “   ” to choose “MPH” or “KM”, and then press “  ”.
step 5	Light test scan, and then it will go back to exercise mode directly.	



Programs

There are different exercise programs, includes MANUAL, CLASSIC, H.R.C, GOAL, TRAINING and REVERSE. Operations are explained as follows.

OPERATING INSTRUCTIONS










Manual



step 1	<p>Turn on the power, Steelflex PT10 scrolls. Press</p> <p>“”, the matrix window shows</p> <p>154LBS . User can adjust weight by any “”</p> <p>and “”, then press “” or</p> <p>press “” to begin.</p>
step 2	<p>Press “”, and then press “” .</p> <p>Or press “” to begin.</p>

Note: During workout, user can change speed and incline by using “” and “” .

OPERATING INSTRUCTIONS










GOAL

step 1	Set weight by pressing “  ” or “  ”.
step 2	Press “  ”.
step 3	Pressing “  ” or “  ” to set TIME, DISTANCE or CALORIES and then press “  ”.
step 4	Adjust workout time, distance or calories by press “  ” or “  ”.
step 5	Press “  ”.

Note: During workout, user can change speed and incline by using “” and “”.

OPERATING INSTRUCTIONS

CLASSIC
















step 1	Set weight by pressing “  ” or “  ”.
step 2	Press “  ”.
step 3	Pressing “  ” or “  ” to choose CARDIO, FAT BURN or INTERVAL program and then press “  ”.
step 4	Adjust workout time by press “  ” or “  ”.
step 5	Press “  ”.

Note: During workout, user can change speed and incline by

using “” and “”.











OPERATING INSTRUCTIONS

H.R.C.


step 1	Set weight by pressing “  ” or “  ”.	
step 2	Press “  ”.	
step 3	Press “  ” or “  ” to choose TARGET, HILL or INTERVAL program and then press “  ”.	
step 4	Press “  ” or “  ” to set AGE and then press “  ”.	
step 5	Choose TARGET program	Choose HILL or INTERVAL program
	Press “  ” or “  ” to set MAX H.R.% and then press “  ”.	Press “  ” or “  ” to set workout time, and then press “  ”.

OPERATING INSTRUCTIONS

TRAINING

step 1	Set weight by pressing “  ” or “  ”.
step 2	Press “  ”.
step 3	<p>Press “” or “” to choose GERKIN, USB, CUSTOM1, CUSTOM 2 or CUSTOM 3 and then press “”.</p> <p>Press “” or “” to change time, and then press “”.</p>
step 4	Press “  ”.

Note: During workout, user can change speed and incline by






using “” and “”.

OPERATING INSTRUCTIONS


REVERSE (Only for PT10)

step 1	Set weight by pressing “  ” or “  ”.
step 2	Press “  ”.
step 3	Press “  ”.



Note:

1. Under REVERSE program, max. speed is 3 MPH.
2. When exercising, user can change speed and incline by pressing “  ” and “  ”.
3. When exercising, “  ”, “  ” and “  ” speed quick key are locked.

User can not change speed by pressing these three buttons.

4. When REVERSE program finishes, if user wants to choose other program, user have to press and hold “  ” to back to standby mode.

OPERATING INSTRUCTIONS

1. When pressing “”, speed and elevation decrease to 0 slowly.
2. When pressing “”, speed decrease to 0 MPH, but elevation will not change.
3. All exercise information will be kept for 5 minutes after exercising. After 5 minutes, it will turn to standby mode.
4. Under standby mode, if no operation in 5 minutes, it will turn to sleep mode which turns off display. Press any button to leave sleep mode.

ERROR CODE

1. When the display shows E1, indicates Drive Motor Error.
2. When the display shows E6, indicates an elevation motor signal error.
3. When the display shows E7, indicates elevation moto error.
4. When the display shows USB ERR, USB is not detected.
5. When the display shows USB DATA ERR, it means USB format mistake. Please re-check if data format is correct.

MAINTENANCE

All Steelflex series products are designed for heavy usage environment. To keep your Steelflex product in good condition, we strongly recommend some preventative maintenance tips.

Cleaning

When cleaning the exterior of the unit, a non-abrasive cleanser and soft cotton cloth are strongly recommended. At no time should cleaner be applied directly to any part of the equipment. Instead, place the non-abrasive cleaning solution on a soft cloth and wipe down the unit.

- Clean the console and all exterior surface regularly.
- Vacuum running belt regularly to keep debris from accumulating
- Inspect exterior parts regularly for wear and tear, especially the running belt and deck
- Inspect area under treadmill and vacuum regularly.

Item	Daily	Weekly	Monthly	Quarterly	Bi-Annual
Console Mounting Bolt					Inspect
Frame	Clean				Inspect
Console	Clean		Inspect		
Safety Stop	Test				
Power Cord			Inspect		
Run Belt Top		Clean (Vacuum)			
Run Belt Tension			Inspect		
Rear Adjustable foot				Adjust	
V Belt				Adjust	
Motor Pulley				Clean	

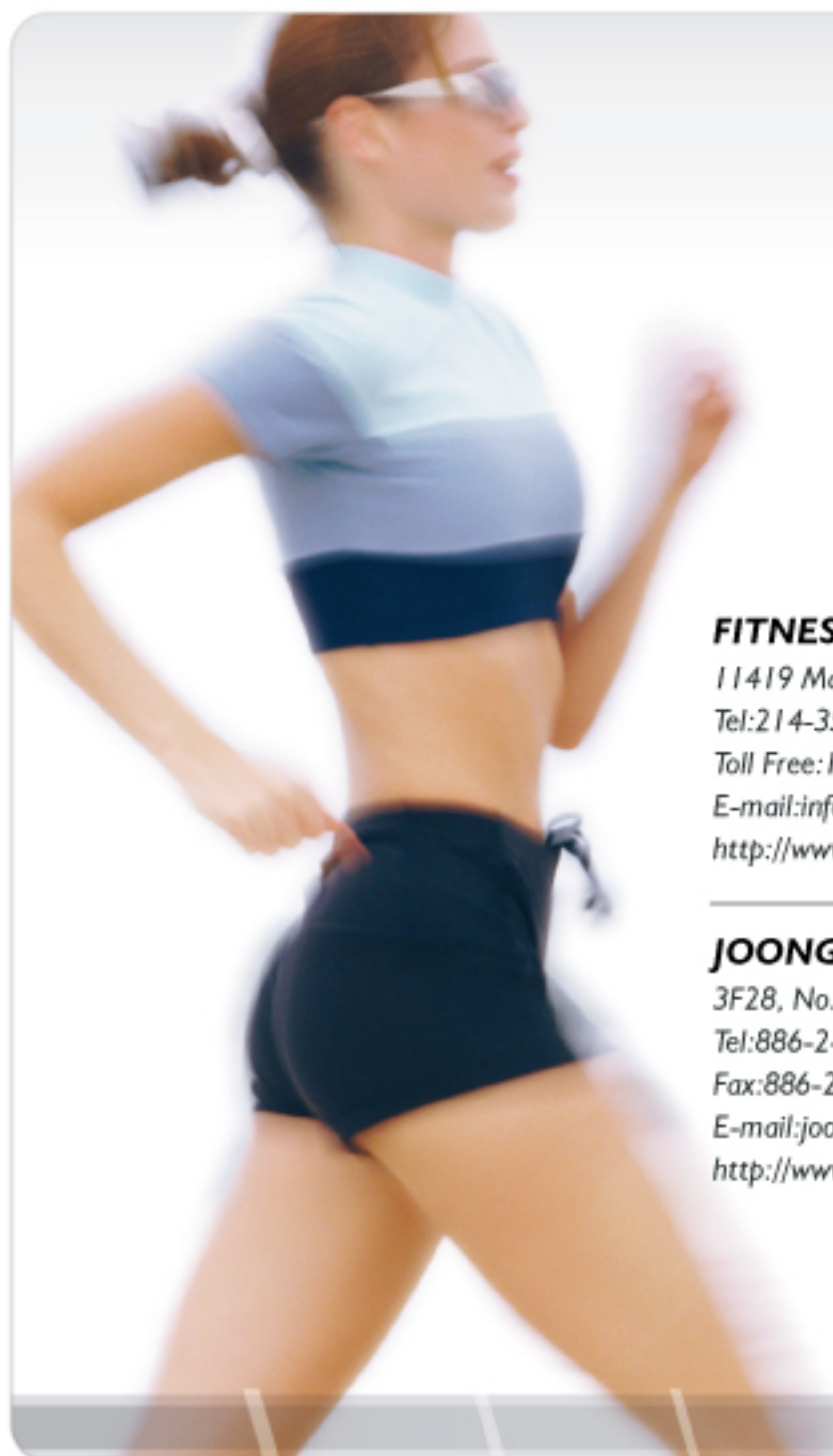
WARNING

Always disconnect power before cleaning or working on treadmill.

WARRANTY

WARRANTY CONDITIONS

1. The warranty applies only to the original owner, and covers the cost of parts repair or replacement and does not include freight charges. Proof of purchase must be demonstrated.
2. The warranty applies only to the original owner and is non transferable.
3. If you are in US, please contact your local dealer or FMI for details of warranty. If you are in other countries, please contact your local dealer or JCI for details of warranty .
4. Labor coverage is provided only by authorized dealer or by factory authorization.
5. Any reimbursement for travel outside of the dealers' normal service or coverage area will be the responsibility of the customer.
6. Warranty does not cover failure due to improper assembly, installation or use.
7. This warranty does not cover customer instruction, installation, set up or adjustment. User is responsible for reasonable and necessary maintenance.
8. The warranty will not be extended to any product whose serial number has been removed, altered, or defaced.
9. This warranty does not cover damage or equipment failure caused by, or resulting from accident, misuse, abuse, improper assembly or installation, un-authorized modification, or failure to provide reasonable and necessary care as outlined in the owner's manual.
10. If you are in US, this warranty becomes **VALID ONLY** when are warranty registration form included, is completely filled in, signed by the original owner and received by FMI **WITHIN 30 DAYS** of the purchaser's receipt of the product. If you are outside of the US, please contact your local dealer.



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