TOORX
PROFESSIONAL LINE

INSTRUCTION

TRX 8500
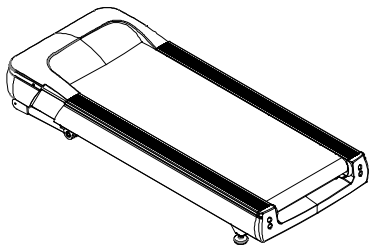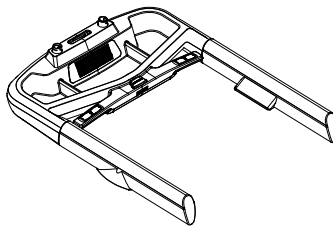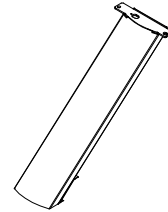
CE

UNPACK AND VERIFY THE CONTENTS OF THE BOX:

● Lift up and remove the box that surrounds the Treadmill.

● Check the following items are present. If any of the parts are missing, contact with the dealer.
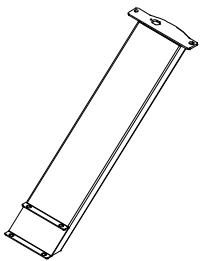
Platform frame

Console

Left upright post

Right upright post
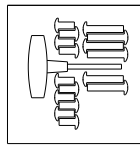
Hardware bag

Silicon oil bottle

说明书
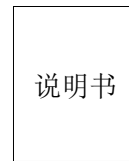
Owner's mannul
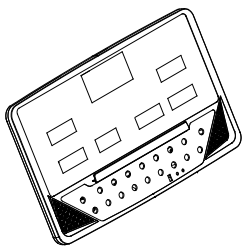
Plastic center parts of console
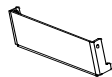
Left clamp ring
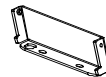
Right clamp ring

Main parts
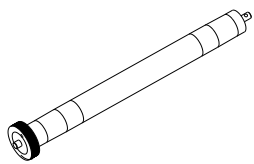
Front roller
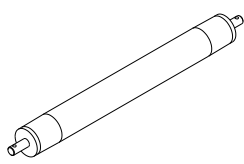
Rear roller

Side rail
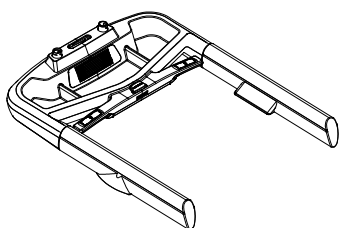
Console
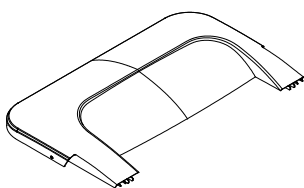
Motor cover
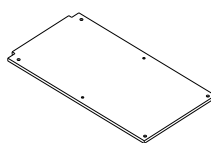
Running deck
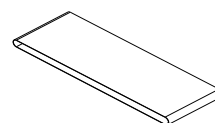
Running belt
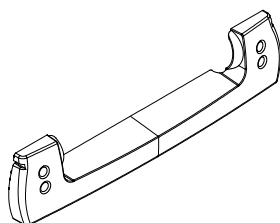
Rear cover
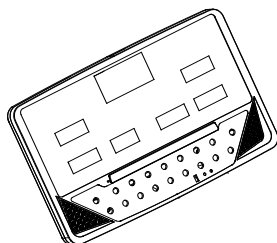
Plastic central parts of console
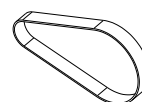
Motor belt
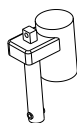
Incline motor
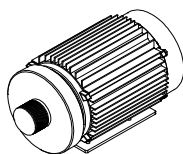
Motor

Hardware bag
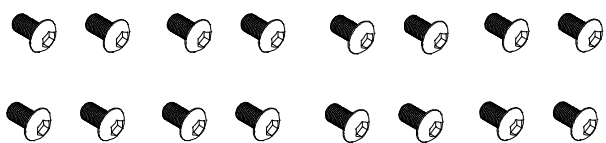
Allen C.K.S. Full thread screw
M8*15

Allen C.K.S. Full thread screw
M8*25
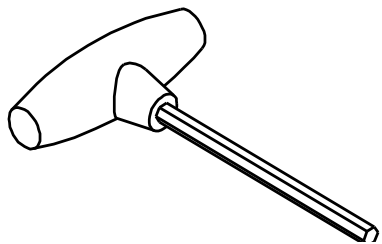
T shaped wretch
8×75
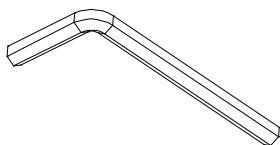
L Allen wrench
6×35×80
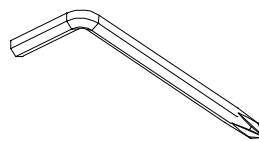
L Allen wrench
5×35×85S

Treadmill introduction
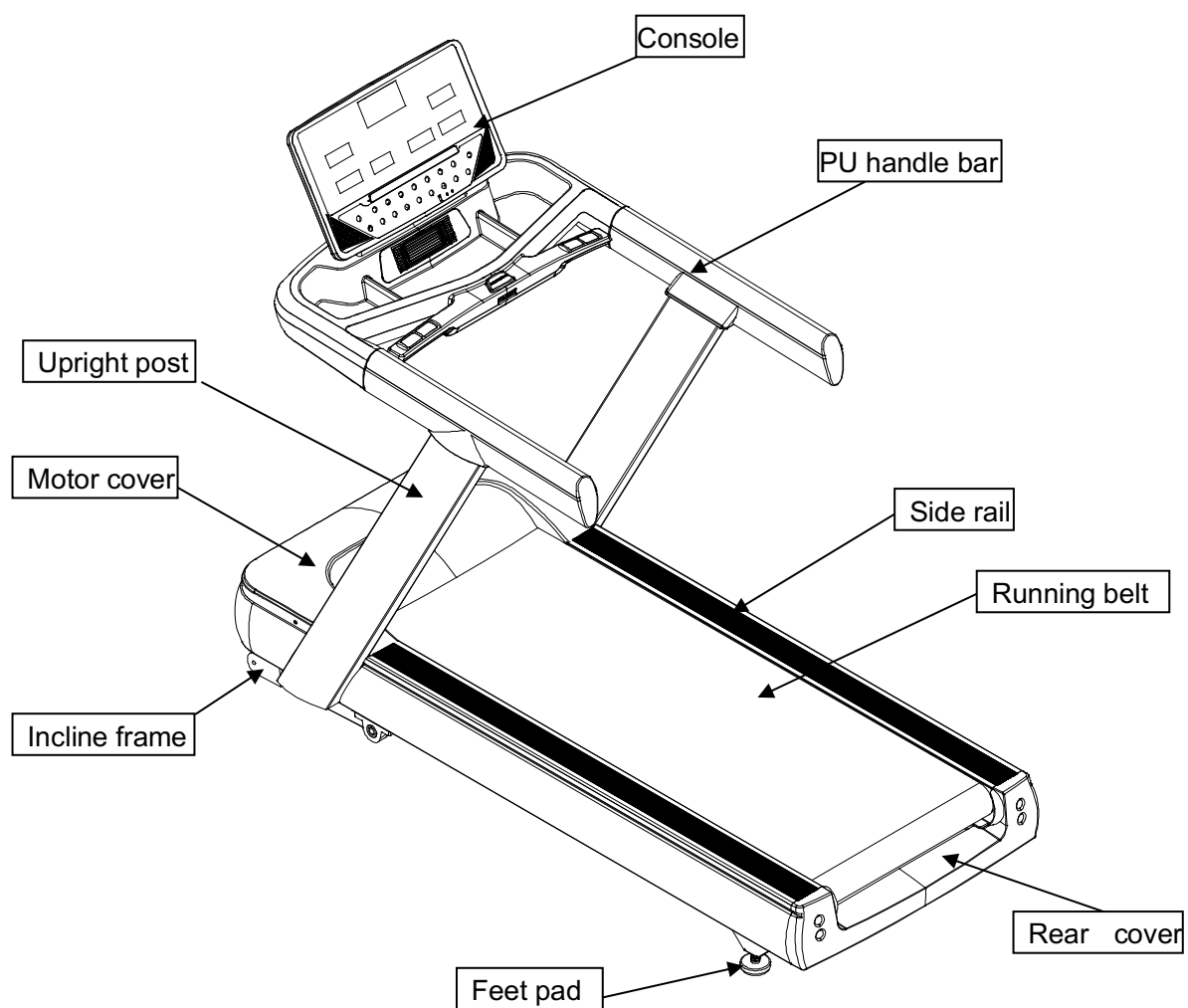
Working voltage	AC220V 50Hz
Dimension	2015*915*1595mm
Running surface	1560*580mm
Speed range	1.0－22.0Km/h

Technical   Information：

915

1595

2015
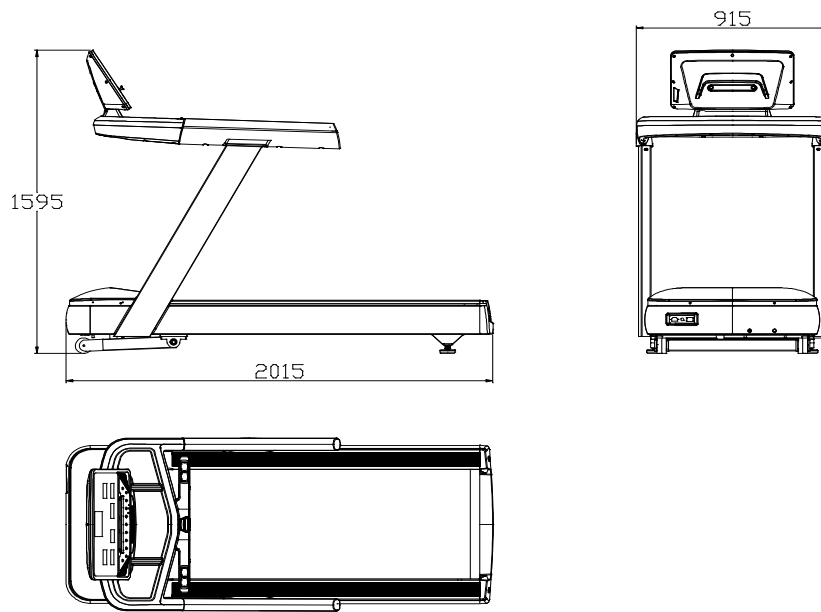
*WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

ASSEMBLY INSTRUCTIONS

Step 1: Take out the machine from box and put it on the flat floor. Remove the screws on the left, right and front sides of the motor cover. Remove the motor cover.(As shown)
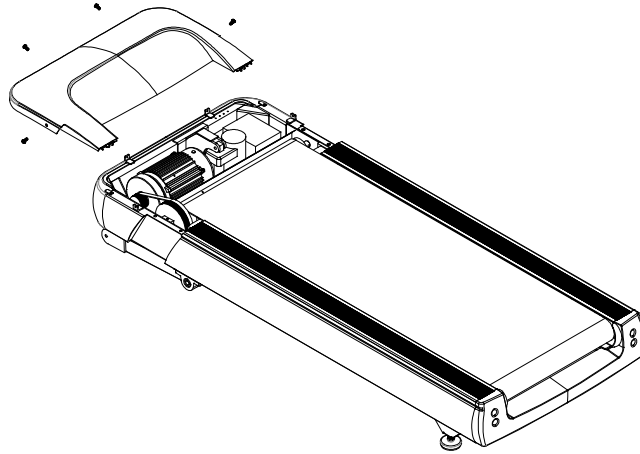
Step 2: Fix the left upright post on platform with 4pcs Allen C.K.S. half thread screws M8*20. And then connect the communication cables which on right upright post and platform.Last, fix the right upright post with 4pcs Allen C.K.S. half thread screws M8*20.
Note: All screws should not be locked tightly.
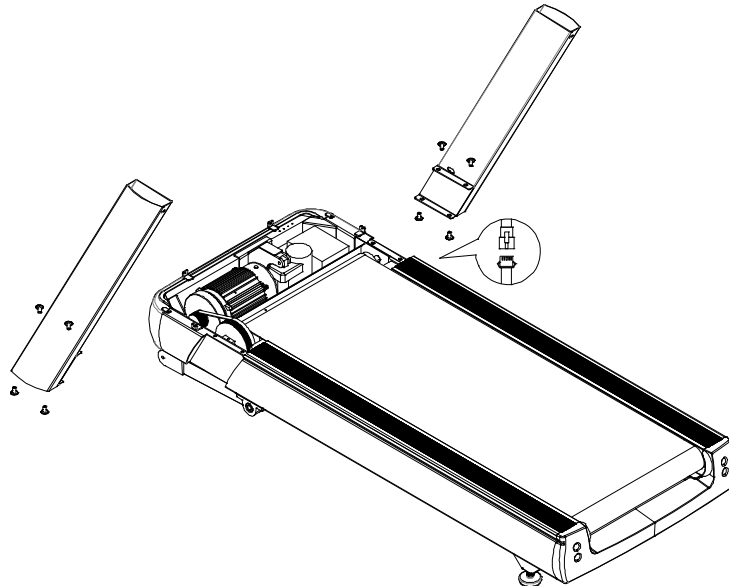
Step 3: Insert clamping rings of the upright posts into handle bars on the both sides of the main frame, and then fix with 2pcs screws M8*20 each side. Draw out the signal wire when install the clamp ring of thr right upright post (with lock now).
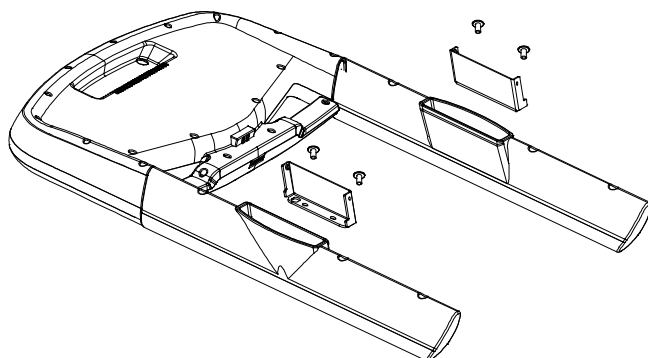
Step 4: Put the handle bar in a horizontal line (as the direction of the figures), then connect the console and upright posts with 4 pcs of M8*20. (without lock now)
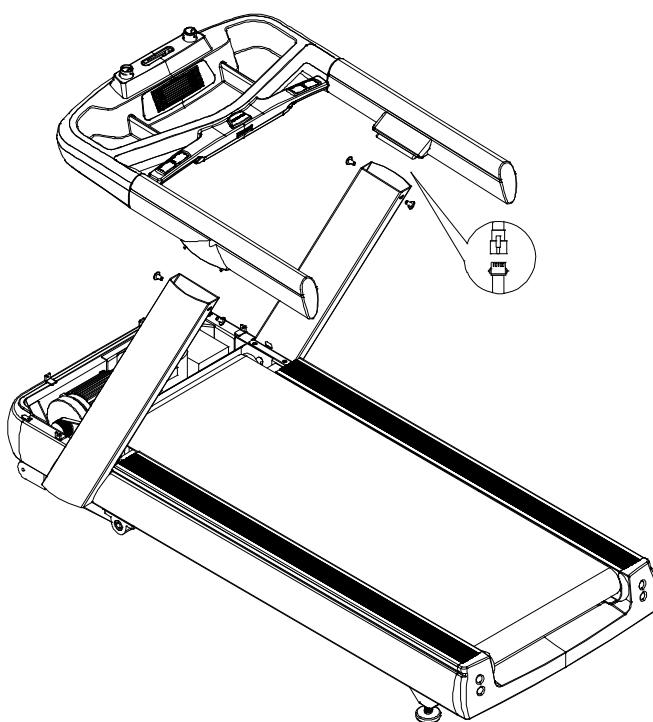
Step 5：Put the Console A on the treadmill and connect all the wires well, use 2pcs Allen socket full thread screw M8*25 to tighten the console.(with lock now)
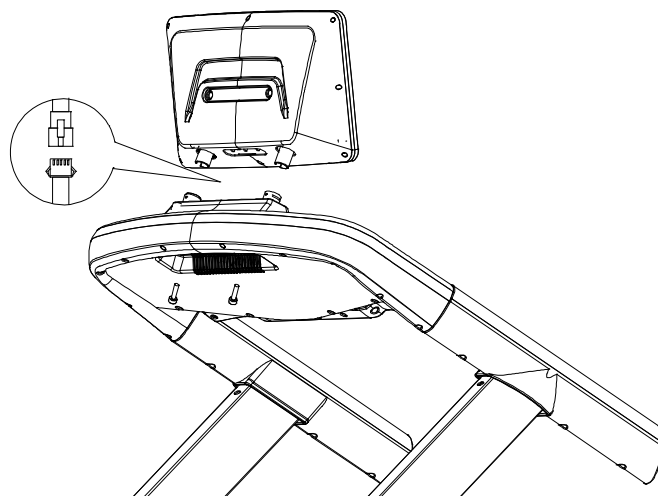
Step 6: Install the motor cover on the main frame with 4 pcs screws M4*16. Fix all screws by tools, and then finished.
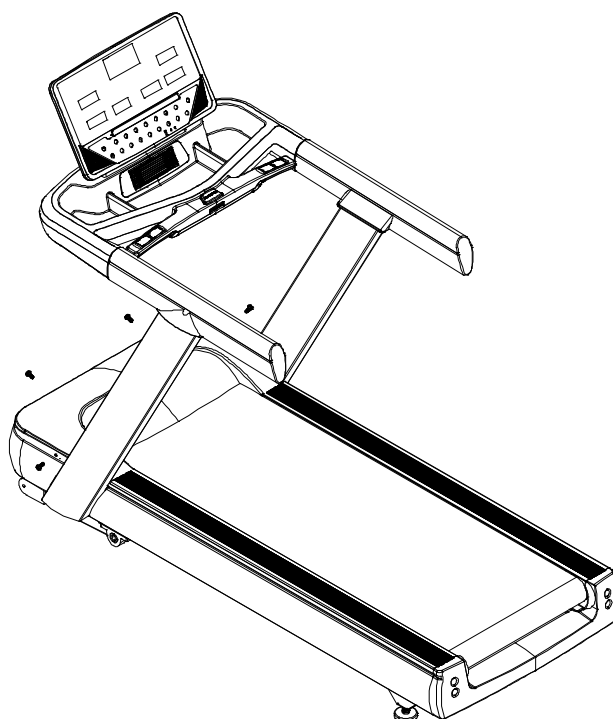
MOVING THE TREADMILL

The treadmill can be moved around in house safely in its fold-up position by using the transport wheels.
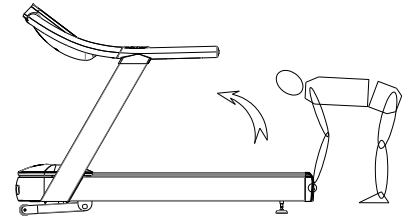
When moving this machine, following things must be determined:

1.The main frame has been fallen to the lowest point.

2.The power switch has been closed.

3.The power plug has been pulled out of the power socket.
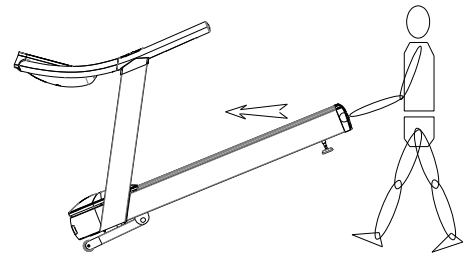
After specifying the above points, grasp the end of the platform with both hands and lift the machine up. Stand up straight and move the machine forward or backward slowly. After moving to the right place, allow deck to begin slowly dropping before releasing hands.
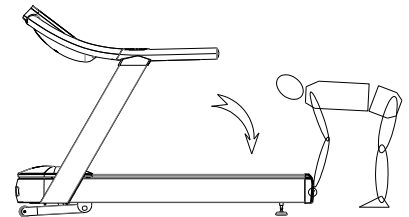
Ground guiding

This treadmill must be grounded. If the treadmill is broken or damaged, the ground wire can form a circuit with a minimum resistance. The current is introduced into the ground, thereby reducing the risk of electric shock. The product is equipped with a cable which has a conductor and a grounding plug that can be grounded. This plug must be plugged into a socket that conforms to local codes and regulations for installation and grounding.

Danger! Improper connection of grounding conductor may lead to electric shock hazard. If you do not know whether the grounding of the equipment is appropriate, please consult qualified electrician or maintenance personnel. Please do not change the plug attached to this product. If the plug is inconsistent with the socket, let the qualified electrician install a suitable socket.

The product is used on a 220-240V circuit and equipped with a grounding socket as shown in the following illustration.

Method of usage

1: Switch on the power and unfold the treadmill to the lowest position. Check whether the mashine is normal.

2: Secure the safety tether clip to clothing chest.

3: Before exercising, check the stability and function of the treadmill. It is strictly prohibited to stand on the running belt to start. Stand on the side rail and hold the handle bar before running. When starting up, hold the handle bar in one hand and press the "**START**" key in the other hand. The treadmill is delayed for 5 seconds, running at a speed of 1.0Km/h. Press "**Speed**" "＋" key, increase the motor speed up to 2.5-3.5Km/h (this is one of the most comfortable running speed). Hold the handle bars with both hands at the same time. The feet stride up the belt successively, and soon can run with the same speed.

4: After a few minutes, you can increase the speed. Hold the handle bar in one hand, and press "**Speed**" "**+**" key to increase speed slowly or "**Speed**" "**-**" key to decrease speed.

5: When running ,press the speed key can quickly enter the running speed you want.

6: You can press "**Stop**" key to stop at any time during the exercise.

7: Default mode use

Switching power supply, turn on the power switch. After display normal, press the "PROG" key to choose one of the automatic operation modes for the current to run. Press the "Start" key to start the treadmill and the mashine starts according to the selected mode automatically. In the state of running, press "Speed" "+" key or "Speed " "+" key to change the current speed. Press the "Stop" key to stop.

8: Heart rate test: When the treadmill is connected to the power supply, hold the metal sensors of the handle pulse with both hands. After a few senconds, your hreart rate will be displayed on the heart rate display window.(Note: This value is not considered as mental data,but can only be used for sports reference.)

Board instruction
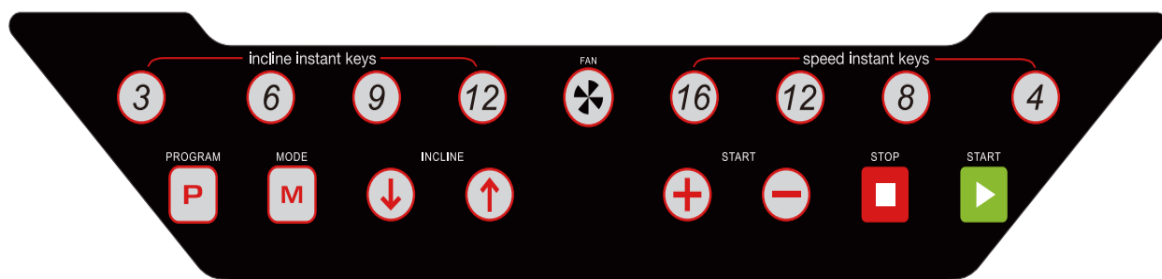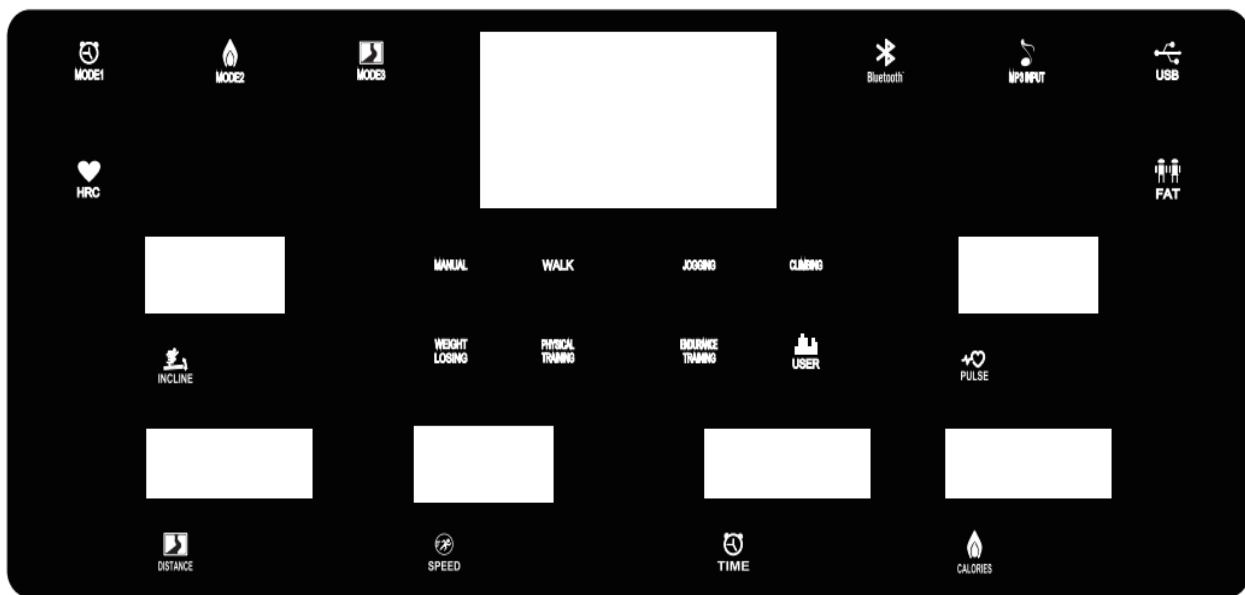
(I).LED window instruction:

1.1."**SPEED**" window：Display the speed numerical value.

1.2."**TIME**" window：Display the time numerical value.

1.3."**DISTANCE**" "**STEP**" window：Display the distence and setps numerical value.

1.4."**CALORIES**" window：Display the calories numerical value.

1.5."**PULSE**" window：Display the pulse numerical value.

1.6."**INCLINE**" window：Display the inclination numerical value.

(Ⅱ).Button instruction：

2.1. "**PROG**"：Program select key: when the treadmill is stopped, cycle select from the manual program to "**P1-P36→U1~U3→FAT**"as you prefer.

2.2. "**MODE**"：When the initial state of the manual mode is selected as normal mode, the **MODE** key can be recycled to select the Time countdown in the mannual mode→calories countdown→distance countdown→Normal mode. The reposition of default is 30 minutes when in P1-P36.

2.3. "**START/PAUSE**" key: When the treadmill is stopped, press the **START** key to turn on the treadmill. Press "**START**" key when running, it will pause.

2.4. "**STOP**" key, when the treadmill is running, stop the treadmill slowly by pressing the **STOP** key one time.

2.5. "**Speed +**" key: In the condition of stopping or body fat testing, add the key for increasing parameters. In running state, add the key for increasing speed.

2.6. "**Speed –**" key: In the condition of stopping or body fat testing, add the key for decreasing parameter. In the running state, add the key for decreasing speed.

2.7. "**QUICK SPEED**" key: When the treadmill is running, speed up directly by pressing the quick speed key **4, 8, 12, 16.**

2.8. "**Incline +** " key: Increase the incline by pressing this key.

2.9. "**Incline –**" key: Decrease the incline by pressing this key.

2.10. "**QUICK INCLINE**" key: In the running state, increase the incline directly by pressing the quick incline key **3, 6, 9, 12.**

(Ⅲ). Conersion of public and British system：

3.1. After pulling out the safety key, press the "**PROGRAM**" and "**MODE**" keys. The screen shows "**M**"changes from kilometers to miles.

3.2. After pulling out the safety key, press the "**PROGRAM**" and "**MODE**" keys. The screen shows "**KM**"changes from miles to kilometers.

(Ⅳ).Safety key function：

Safety key is composed of a touch switch, a clothes clip and a nylon rope. It has the function of emergent shutdown. In any state, pull-out safety locks, the treadmill and the keyboard of console stop, and the window displays: "**E-07**" with sound. Then put well the safety lock, all show that the full light for 2 seconds, then go to the system default state of work.

(Ⅴ).Guidance for safe usage：

5.1. Put the power cord into the electrical outlet with 10A. Flip this switch to the "**ON**" position. The screen shines with prompt sound and then identifies the safety key.

5.2. Put the safety key on the correct position and the clip on the chest. All show that the full light for 2 seconds, and go to the default state of work: all the counter become zero and set value reset. The treadmill enters into the P0 Normal Mode.

5.3. Press the "**PROG**" key to circularly choose a program：**P0~P36，U1, U2, U3, FAT**;

a)"**P 0**"user program. Press "**MODE**" key to cycle select 4 training modes. User can select the speed and inclination. Speed default is 1.0km/h, and inclination default is 0%.

Training mode 1: Counting. Time, distance, calorie is plus. The select function is closed.

Training mode 2: Time Countdown. Under selecting, time window flickers, press "**+**" and "**-**" to modify the value. The range is 5-99 minute. Default is 30:00.

Training mode 3: Calories Countdown. Under selecting, calories window flickers, press "**+**" and "**-**" to modify the value. The range is 20-990CAL. Default is 50CAL.

Training mode 4 : Distance Countdown. Under selecting, Distance window flickers, press "**+**" and "**-**" to modify the value. The range is 1.0-99.0km. Default is 1.0KM.

b)"**P1-P36**" Preset program. Only for Time Countdown mode. Under selecting, time window flickers, press "**+**" and "**-**" to select. The range is 5-99 minute. Default is 30:00. Press "**MODE**" key to return to Defaults.

5.4. Press "**START**" key after setting up training mode. Screen displays 5 seconds into the countdown, accompanied by five hint sound. After the countdown to 1, treadmill start gently; speed up slowly to the display, then the constant speed operation smoothly.

a) For P1—P36, Speed and inclination is divided into 16 segments. Each segment has the same time. The speed after selecting will be avail in current segment. When run to next segment. It will sound 3 times in advance. When finish 16 segments, the motor will stop with a long prompt sound.

b) Press "**START**" key when running, it will pause. Press "**START**" key again, it will running, the record data will keep on.

5.5. Press "**STOP**" key when running, the treadmill will slowly till stop. All will return to the default state.

5.6. In any state, pull off the safety key and the screen shows "**E-07**" with promote sound. The treadmill stops running.

5.7. The controller always under the inspection. Treadmill will stop once the abnormal case happens. Window will show the ERR message and sound.

5.8. Method of body fat testing： Press "**PROG**" key to select program **FAT**. "**DISTANCE**" window shows setting program number and press "**MODE**" key to select program sequence number. Right "**TIME**" window shows setting program parameter, and press "＋" and "－" keys to set parameter.

a) Item number **F1:** means Sex, the 1(male), 2(female). Parameter setting range：1-2. Default value：1；

b) Item number **F3:** means Age, the range is 1-99, and the original is 25.

c) Item number **F3:** means Height, the range is 100-220CM(39-87inch), the original is 170CM(67inch)

d) Item number   **F4:** means Weight, the range is 20-150KG(44-330pound), the original is 70KG (154pound)

e) Item number   **F5:** mean BMI, show you have finished the set item , and enter into body fat function. Put two hands on the handle bar, wait for 8 seconds, and the window will show the BMI. Take the Asian people for example,

BMI under 18 is under weight;

Between 18 and 24 is normal weight;

Between 25 and 28 is over weight;

And over 29 is obesity.

(Ⅵ). Fan：（Optional）

6.1. When the fan stops, press the fan key and the fan starts running; when the fan is running, press the fan key, and the fan stops.

(Ⅶ). MP3：（Optional）

7.1. The console has a built-in dual channel sound, a switching mode power supply, and a non signal silent function. The audio adapter is connected to the MP3 heatset jack and the audio input hole of the electronic meter with a distributed audio adapter wire. This is s voice playback.

(Ⅷ). H R C：

8.1. The default of HRC is three groups;the speed limitation of HRC1, HRC2, HRC3 is 9 km/h, 11 km/h and 13km/h.

8.2. HRC can set the range of methods, orders and parameter. When you press the program button to display the HRC, press mode to confirm and go to the next setting group. It can start when you press the speed button to set the final parameters set.

A: Age range：15-80 years old, the default is 25 years old.

B: Target heart rate(THR): (220-age)*0.6

C: The correction range of the target heart rate: 80-180

D: The default of time is 30 minutes. The correction range: 5-99 minutes.

8.3. Speed change

A: Changing frequency, HRC check the heart rate once every 30 seconds (heart rate has been shown).

B: When the user's heart rate is lower than the target heart rate 30 beats / min, the speed is increased 2.0

km / h.

    C: When the user's heart rate is lower than the target heart rate 6-29 beats / min, the speed is increased 1.0 km / h.

    D: When the user's heart rate is higher than the target heart rate 30 beats / min, the speed is decreased 2.0 km / h.

    E: When the user's heart rate is higher than the target heart rate 6-29 beats / min, the speed is decreased 1.0 km / h.

    F: When the user's heart rate is higher or lower than the target heart rate 0-5 beats/min, the speed won't change.

8.4. According to the following situation, the treadmill will be slow down to the lowest speed in 20 seconds, and then stop after running 15 seconds in the lowest speed and sound once per second.

    A: Can't check the heart rate one minute.

    B: The heart rate will decrease speed in the lowest speed 1.0 km / h (0.6m / h).

    C: The heart rate is higher than (220- age).

8.5. You can not decrease speed lower than the lowest speed when above the lowest speed, For example: the lowest speed is 1.0km / h, it will be 1.0 km / h when you decrease speed from 1.6 km /h to 1.0 km / h.

8.6. The inclination isn't controlled by the heart rate, it can be adjusted manually. The initial speed is 1.0km/h, it can't be adjusted speed by heat rate before one minute you are running.

(Ⅸ).Step counting

9.1. After starting the treadmill, check the size of the current changes of motor. And the steps are diaplayed in the corresponding "**STEP**" window through the internal calculation formula.

9.2. Caution：The following factors may affect thr accuracy of the step count: ways of walking, weight and characteristics of usage. For example, step counting system is difficult to measure the number of users with light weight (weight less than 110 pounds or 50kg, or speed less than 1MPH or 1.6 km/h).

9.3. Presentation：Display of steps is genernally 1-9999. After 9999 steps, the format will change. Users should add one 0 to the number of display. For example, the 1001=10010 step, 1505=15050 step, 2005=20050 step is displayed.

(Ⅹ). Automatic shutdown

After running 5 minutes, no running is detected and the treadmill automatically stops to prevent accidents andsave energy.

(XI).Lubrication message "LUB"

A: When the total workout distance of treadmill reach 2000KM, the console will display message "LUB" to remind user the running belt should be lubricated. And in the right bottom corner of display window, it will show number 01 to 99. It is the accumulated times that this message displayed.

B. The treadmill could work normally even it shows "LUB" message. But the "LUB" message will keep flashing on display when the user runs on it.

C. After lubricated the treadmill by manual, when treadmill is in standby mode, user could press key "P" and "STOP" for 5 seconds at the same time to clean "LUB" message. And the distance 2000KM for lubration will be recount.

Program Speed Table:

PROG. CLASSIFICATION	LEVEL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	SPEED	1.0	3.0	3.0	7.0	7.0	5.0	5.0	5.0	7.0	7.0	5.0	5.0	5.0	5.0	3.0	2.0
	INCLINE	2	2	6	6	8	8	6	6	4	4	4	6	6	2	2	2
P2	SPEED	2.0	3.0	3.0	6.0	5.0	5.0	8.0	5.0	5.0	6.0	8.0	8.0	8.0	5.0	4.0	3.0
	INCLINE	3	3	9	9	9	2	2	8	8	4	1	1	4	4	4	4
P3	SPEED	2.0	3.0	5.0	5.0	7.0	7.0	8.0	5.0	5.0	6.0	8.0	8.0	8.0	5.0	4.0	3.0
	INCLINE	1	2	3	4	5	5	7	7	4	4	4	4	6	3	2	2
P4	SPEED	2.0	2.0	3.0	5.0	5.0	5.0	8.0	8.0	8.0	8.0	5.0	5.0	5.0	3.0	3.0	2.0
	INCLINE	3	3	6	6	6	9	9	9	9	9	9	6	6	6	2	2
P5	SPEED	3.0	4.0	5.0	6.0	7.0	8.0	9.0	10.0	10.0	10.0	9.0	8.0	7.0	5.0	4.0	3.0
	INCLINE	2	2	4	4	8	8	6	6	6	6	8	7	6	5	1	1
P6	SPEED	3.0	4.0	5.0	5.0	6.0	6.0	7.0	7.0	7.0	9.0	9.0	10.0	10.0	11.0	5.0	3.0
	INCLINE	1	8	8	8	8	8	7	7	7	7	7	5	5	3	3	1
P7	SPEED	3.0	4.0	9.0	4.0	11.0	4.0	10.0	4.0	9.0	4.0	8.0	4.0	11.0	5.0	3.0	2.0
	INCLINE	1	1	4	4	4	6	6	6	8	8	8	10	10	10	6	2
P8	SPEED	3.0	5.0	8.0	3.0	5.0	7.0	9.0	3.0	5.0	7.0	10.0	3.0	5.0	7.0	11.0	5.0
	INCLINE	3	3	8	8	3	3	7	7	3	3	6	6	3	3	5	5
P9	SPEED	3.0	7.0	9.0	4.0	7.0	10.0	4.0	7.0	11.0	5.0	7.0	12.0	4.0	7.0	12.0	6.0
	INCLINE	3	6	6	3	7	7	3	8	8	3	9	9	3	3	7	7
P10	SPEED	3.0	5.0	6.0	6.0	6.0	9.0	10.0	6.0	6.0	9.0	10.0	6.0	6.0	6.0	11.0	3.0
	INCLINE	2	7	7	7	5	5	5	8	8	8	8	8	8	4	4	4
P11	SPEED	4.0	5.0	7.0	9.0	10.0	11.0	9.0	6.0	8.0	9.0	10.0	10.0	11.0	9.0	6.0	5.0
	INCLINE	1	6	6	6	3	3	3	7	7	4	4	4	4	6	6	6
P12	SPEED	4.0	6.0	10.0	10.0	7.0	10.0	10.0	10.0	7.0	7.0	10.0	10.0	10.0	10.0	6.0	5.0
	INCLINE	3	8	8	6	9	9	5	5	8	8	8	4	4	4	4	4
P13	SPEED	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0
	INCLINE	4	8	10	12	4	8	10	12	4	8	10	12	4	8	10	12
P14	SPEED	2.0	3.0	3.0	6.0	9.0	11.0	3.0	6.0	9.0	11.0	3.0	6.0	9.0	11.0	3.0	6.0
	INCLINE	5	9	11	12	5	9	11	12	5	9	11	12	5	9	11	12
P15	SPEED	4.0	6.0	11.0	11.0	9.0	6.0	11.0	11.0	9.0	6.0	11.0	11.0	9.0	6.0	11.0	11.0
	INCLINE	2	3	4	5	6	8	7	8	8	7	7	6	5	4	3	2
P16	SPEED	2.0	4.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0
	INCLINE	2	4	5	6	2	4	5	6	2	4	5	6	2	4	5	6
P17	SPEED	2.0	2.0	2.0	4.0	6.0	6.0	9.0	11.0	11.0	2.0	4.0	6.0	6.0	11.0	11.0	9.0
	INCLINE	2	4	6	8	10	12	12	12	12	12	12	10	8	6	4	2
P18	SPEED	3.0	6.0	3.0	6.0	6.0	3.0	6.0	6.0	3.0	6.0	6.0	3.0	6.0	6.0	3.0	6.0
	INCLINE	2	6	8	2	6	8	2	6	8	2	6	8	2	6	8	2
P19	SPEED	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0
	INCLINE	10	8	6	4	10	8	6	4	10	8	6	4	10	8	6	4
P20	SPEED	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0

	INCLINE	12	8	2	12	8	2	12	8	2	12	8	2	12	8	2	2
P21	SPEED	2.0	6.0	2.0	6.0	11.0	2.0	6.0	11.0	2.0	6.0	11.0	2.0	6.0	11.0	2.0	6.0
	INCLINE	12	9	3	12	9	3	12	9	3	12	9	3	12	9	3	3
P22	SPEED	4.0	6.0	11.0	6.0	2.0	11.0	6.0	2.0	11.0	6.0	2.0	11.0	6.0	2.0	11.0	6.0
	INCLINE	2	4	10	2	4	10	2	6	12	6	8	12	6	8	12	2
P23	SPEED	4.0	6.0	11.0	6.0	6.0	2.0	11.0	6.0	6.0	2.0	11.0	6.0	6.0	2.0	11.0	6.0
	INCLINE	2	3	4	5	6	6	7	8	10	11	12	12	12	12	10	2
P24	SPEED	4.0	6.0	11.0	6.0	4.0	11.0	6.0	4.0	11.0	6.0	4.0	11.0	6.0	4.0	11.0	6.0
	INCLINE	4	4	5	6	7	8	10	10	12	12	12	12	12	12	10	2
P25	SPEED	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0
	INCLINE	5	9	11	12	5	9	11	12	5	9	11	12	5	9	11	12
P26	SPEED	3.0	4.0	4.0	7.0	10.0	12.0	4.0	7.0	10.0	12.0	4.0	7.0	10.0	12.0	4.0	7.0
	INCLINE	6	10	12	12	6	10	11	12	6	10	12	12	6	10	12	12
P27	SPEED	5.0	7.0	12.0	12.0	10.0	7.0	12.0	12.0	10.0	7.0	12.0	12.0	10.0	7.0	12.0	12.0
	INCLINE	3	4	5	6	7	9	8	9	9	8	8	7	6	5	4	3
P28	SPEED	3.0	5.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0
	INCLINE	3	5	6	7	3	5	6	7	3	5	6	7	3	5	6	7
P29	SPEED	3.0	3.0	3.0	5.0	7.0	7.0	10.0	12.0	12.0	3.0	5.0	7.0	7.0	12.0	12.0	10.0
	INCLINE	3	5	7	9	11	12	12	12	12	12	12	11	9	7	5	3
P30	SPEED	4.0	7.0	4.0	7.0	7.0	4.0	7.0	7.0	4.0	7.0	7.0	4.0	7.0	7.0	4.0	7.0
	INCLINE	3	7	9	3	7	9	3	7	9	3	7	9	3	7	9	3
P31	SPEED	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0
	INCLINE	11	9	7	5	11	9	7	5	11	9	7	5	11	9	7	5
P32	SPEED	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0
	INCLINE	12	9	3	12	9	3	12	9	3	12	9	3	12	9	3	3
P33	SPEED	3.0	7.0	3.0	7.0	12.0	3.0	7.0	12.0	3.0	7.0	12.0	7.0	7.0	12.0	3.0	7.0
	INCLINE	12	10	4	12	10	4	12	10	4	12	10	4	12	10	4	4
P34	SPEED	5.0	7.0	12.0	7.0	3.0	12.0	7.0	3.0	12.0	7.0	3.0	12.0	7.0	3.0	12.0	7.0
	INCLINE	3	5	11	3	5	11	3	7	12	7	9	12	7	9	12	3
P35	SPEED	5.0	7.0	12.0	7.0	7.0	3.0	12.0	7.0	7.0	3.0	12.0	7.0	7.0	3.0	12.0	7.0
	INCLINE	3	4	5	6	7	7	8	9	11	12	12	12	12	12	11	3
P36	SPEED	5.0	7.0	12.0	7.0	5.0	12.0	7.0	5.0	12.0	7.0	5.0	12.0	7.0	5.0	12.0	7.0
	INCLINE	5	5	6	7	8	9	11	11	12	12	12	12	12	12	11	

EXPLODED DRAWING
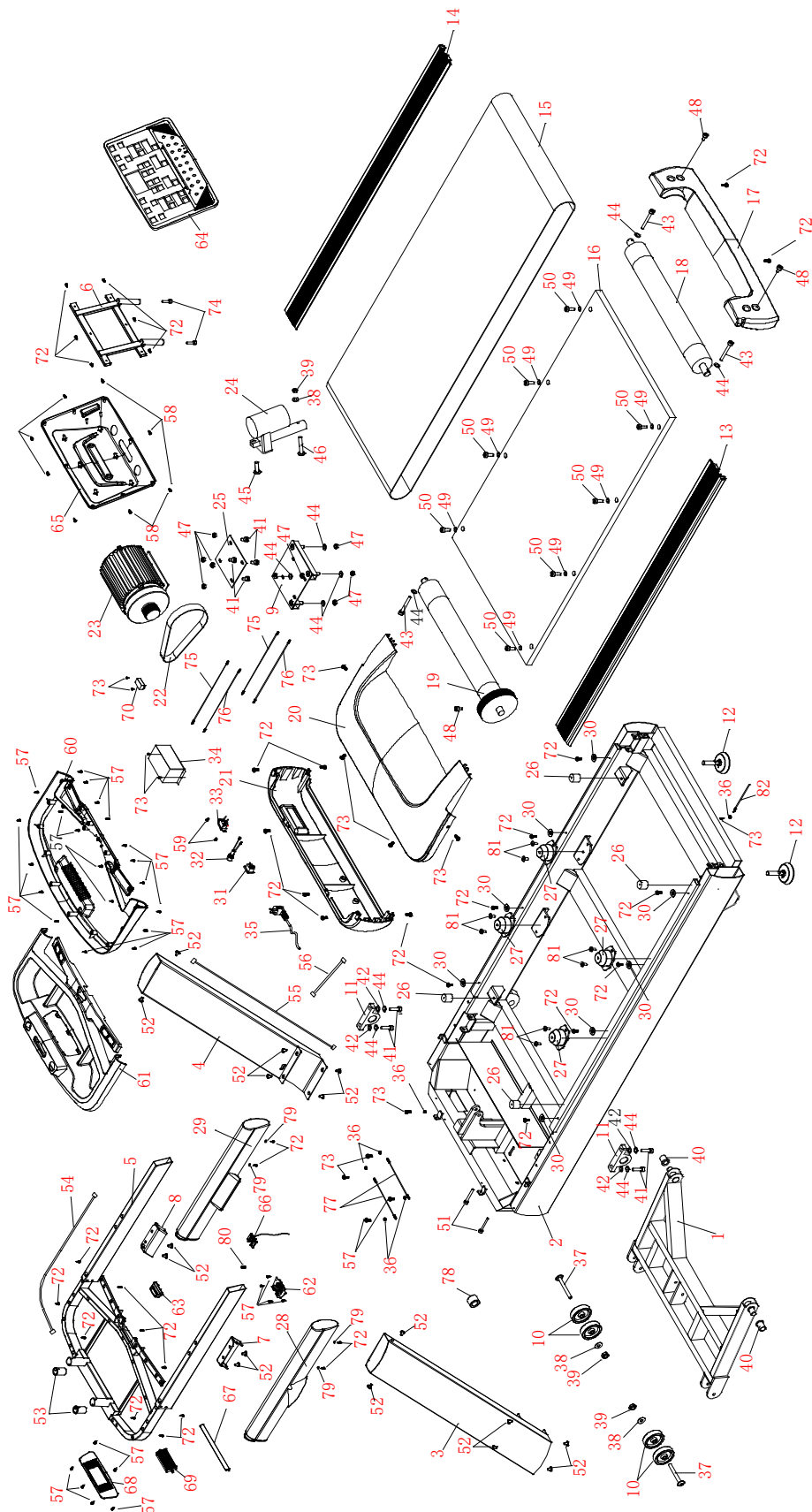
NO	NAME	QUANTITY
1	Incline frame	1
2	Platform frame	1
3	Left upright post	1
4	Right upright post	1
5	Console frame	1
6	Screen board frame	1
7	Left clamp ring	1
8	Right clamp ring	1
9	Motor base frame	1
10	Wheel Φ78×Φ12.2×t23	4
11	Permanent seat	2
12	Feet pad Φ74×86×M12	2
13	Left side rail 25.4×108.4×1475	1
14	Right side rail 25.4×108.4×1475	1
15	Running belt 3360×580×t3.2 Tire pattern	1
16	3050CA Running deck 1410×680×25	1
17	Rear cover 830.5×90×180	1
18	2650CA Rear roller Φ85×Φ25×618×691	1
19	2650CA Front roller Φ150×Φ85×Φ25×648	1
20	3050 Motor cover 1800×496×94	1
21	3050 Front cover 3050/830×130.5×162	1
22	Motor belt 270PJ10(HUTCHINSON)	1
23	Motor	1
24	Incline motor 92W/100mm/AC220V	1
25	Square cushion 180×130×Φ12×t5.0	1
26	Cylinder cushion Φ30×30×M8×8	4
27	Arrange ushering cushion 80×54×40(Red)	4
28	Left PU handle bar 774×75×135	1
29	Right PU handle bar 774×75×135	1
30	Side rail guider t2.0×29×40	8
31	Switch KCD4	1
32	Fuse(with wire) FP-ZHY-8(6.35×30)/15A	1
33	Computer end socket 250V/10A/	1
34	Converter	1
35	Power cord 3×1.5mm2×3000	1
36	Lock washer Φ5	6
37	Allen C.K.S. halfthread screw M12×80×20	2
38	Flat washer Φ12	3
39	Hex self-locking nut M12	3
40	Powder metallurgy set Φ35×Φ30×Φ20×27	2
41	Allen socket full thread screw M10×35(Grade 8.8)	8
42	Spring washer Φ10	4
43	Allen socket full thread screw M10×80	3
44	Falt washer Φ10	10

45	Allen C.K.S. full thread screw M10×40×20	1
46	Allen C.K.S. half thread screw M12×70×20	1
47	Hex self-locking nut M10	8
48	Allen socket full thread screw M8×15	3
49	Flat washer Φ8	8
50	Allen socket full thread screw M8×25	8
51	Allen socket full thread screw M8×80	2
52	Allen C.K.S. full thread screw M8×15	16
53	Hollow circular tube plug Φ35×t1.2	2
54	Communication wire L-900mm	1
55	Communication wire L-1100mm	1
56	Communication wire L-800mm	1
57	Philips full thread screw M4×16(Steel nail)	38
58	Philips self-tapping screw ST4×14	4
59	Philips self-tapping screw ST3×10	2
60	Console B 908×458×100	1
61	Console A 908×458×130	1
62	Safety key mounting plate 106×54×24	1
63	Safety key press 83.5×42.7×33.2	1
64	Plastic center parts of console 583×354×25	1
65	Screen board B 583×354×101	1
66	Safety key drawing (with rope clip) L-1000	1
67	Saucer 300×25×20	1
68	Air outlet installer 300×84×25	1
69	Air outlet 148×51×18	1
70	Filter	1
71	Twill weave ground wire L-300mm	1
72	Philips self-tapping screw ST4×15	37
73	Philips full thread screw M4×10(Steel nail)	77
74	Allen C.K.S. full thread screw M8×25	2
75	Power connection wire L-450mm/1.5mm2/	2
76	Power connection wire L-450mm/1.5mm2/	2
77	Wire(ground) L-200mm/1.5mm^2/	2
78	Magnetic ring Φ35×Φ22×t15.0(Nickel)	1
79	Flat washer Φ4.5×12×t1.0	4
80	Setting bolt spring	1
81	Allen socket full thread screw M8×10	8

TREADMILL MAINTENANCE

1. LUBRICATION

After running the belt for a period of time, it must be lubricated with specially designed silicone oil. Suggestion:

use less than 3h per week	lubricate once per 5 months
use 4-7h per week	lubricate once per 2 months
use more than 7h per week	lubricate once per month

Do not lubricate too much. Remember that reasonable lubrication is an important factor of improving thr service life of treadmill.

2. ADJUSTING THE BELT TENSION:

All running belts are properly set at the factory and after installation. It may stretch of be off center after use. Stretching is normal during the break-in period. For example, the user has stopped and slipped while running. When this occurs, the running belt should be adjusted synchronously by clockwising direction in half circle. If the running belt is too loose, the running belt and the roller turn skidding when walk on the belt. But too tight is not good. It is easy to increase the load of motor and damage motor belt and rollers, etc.

3. CENTRING THE RUNNING BELT

All running belts are properly set at the factory and after installation. It may stretch of be off center after use. Stretching is normal during the break-in period. The causes of phenomenon are as follows:

① The treadmill is not stationed well.

② Feet are not on the center of the belt when the user is exercising.

③ The user's two feet are inhomogeneous.

For artificially caused deviation phenomenon, unload rotation for a few minutes can be restored to normal. For the deviation phenomenon which cannot be automatically recovered, the six angle wrench in 6mm with random natching is adjusted gradually in half circle.

If toward the left side of the deck, using wrench, turn the left adjustment bolt clockwise 1/4 turn and the left adjustment bolt counter clockwise 1/4. If toward the right side of the deck, turn the right adjustment bolt clockwise 1/4 turn and the left adjustment bolt counter clockwise 1/4.

The deviation of the running belt is not in the slope of warrenty, mainly maintain by the user according to the owner's mannual.Deviation will seriously damage the running belt. It must be found in time and correct in time.
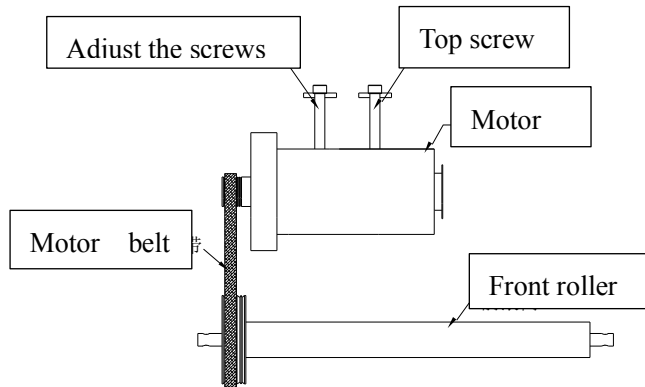
4. ADJUSTMENT OF THE MOTOR BELT

All running belts are properly set at the factory and after installation. It may stretch of be off center after use. Stretching is normal during the break-in period. It is mainly adjusted by the user.

Steps of Adjustment：① Use the wrench to clockwisely adjust the bolts

②The adjustment range is based on the non-skidding of belt with load.

Caution: Regularly clean the belt and the belt pulley.

Garlando