



**OWNER'S MANUAL
709 Elementary CARDIO
KIDS BIG FOOT
MOTORIZED TREADMILL**

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INTRODUCTION



KEY FEATURES

Congratulations on choosing a state-of-the-art treadmill.

You have taken the first step to a healthier and more rewarding lifestyle.

CAUTION!

Before beginning any exercise program, always consult your physician. If you experience chest pains, nausea, dizziness or shortness of breath, STOP exercising and consult your physician before continuing.

This treadmill is especially designed to give you reliable performance and enjoyable workouts in the comfort of your home. Please find below the features and benefits of this treadmill.

Compact frame to take up less space and 78-degree-fold design is better for space saving.

The base frame is hidden below the main frame to maximize the running surface size.

Gas assisted lift makes folding and unfolding of the deck safe and easy.

The folding lock release mechanism is located at the end of the deck so that when folded, only adults can access the release.

Low impact design with cushions so that your joints are protected against injury.

Self-centering belt alignment helps to keep the running belt always tracked correctly in the center.

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I. IMPORTANT SAFETY PRECAUTIONS

When using an electrical product, basic precautions should always be followed. Read all instructions before using this treadmill.

WARNING!

Connect this unit to a properly grounded outlet only.

GROUNDING INSTRUCTIONS

This product must be grounded! If treadmill should malfunction or break down, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. This plug must be connected to an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.

DANGER!

Improper connection of the equipment-grounding conductor can result in a risk of electrical shock. Check with a qualified electrician or service technician 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.

ELECTRICAL SAFETY

To reduce the risk of burns, fire, electrical shock or injury to persons, take the following precautions.

- DO NOT leave the treadmill unattended at any time when plugged in. Unplug the treadmill from the power source when it is not in use.
- DO NOT use the treadmill if the unit is wet or the plug or cable is damaged or the treadmill is not working properly. DO NOT use damaged or defective equipment. Keep equipment out of use until unit is repaired by trained technician.
- Keep the power cable and plug away from heated surfaces.
- NEVER place the power cord under carpeting or have any object on top of the power cord.
- ONLY use the power cord provided with this treadmill.
- To disconnect, turn the switch to the off position, then remove the plug from the outlet.

MECHANICAL SAFETY

- Before you start exercise, make sure the unit functions correctly. To maintain the safety level of the exercise equipment, DO NOT use a faulty device.
- Replace defective components immediately and/or keep the equipment out of use until repair.
- Inspect the equipment prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
- DO NOT use attachments not recommended by the manufacturer.
- NEVER drop or insert any object into any opening.
- ONLY one person may use the treadmill at a time.
- NEVER activate the speed when someone else is standing on the treadmill.

APPROPRIATE ATTIRE

- Always wear appropriate clothing. DO NOT wear clothing that might catch on any part of the treadmill.
- Always wear non-slippery shoes during workout with the treadmill. DO NOT wear shoes with heels or leather soles. Check the soles of your shoes and remove any dirt and embedded stones.

II. SETTING UP YOUR TREADMILL

CAUTION!

Make sure the running deck is level to the ground. If the deck is positioned on uneven surface, it would cause premature damage to the electronic system.

To make exercise a desirable daily activity for you, the treadmill should be placed in a comfortable and convenient setting. This treadmill is designed to use minimal floor space and to fit nicely in your home.

- DO NOT place the treadmill outdoors.
- DO NOT place the treadmill near water or in high moisture content environment.
- Make sure power cord is not in the path of heavy traffic.
- If your room is carpeted, check the clearance to make sure there is enough space between the carpet fiber and the treadmill deck. If you are uncertain, it is best to place a mat beneath your treadmill.
- Locate the treadmill at least 4 feet from walls or furniture.
- Allow a safety area of 5 feet X 3 feet behind the treadmill so that you can easily get on and off the treadmill without being trapped during an emergency.

Occasionally after extended use you will find a fine black dust below your treadmill. This is normal wear and DOES NOT mean there is anything wrong with your treadmill. This dust can be easily removed with a vacuum cleaner. If you wish to prevent this dust from getting on your floor or carpet, place a mat beneath your treadmill.

LEVELING THE BASE

It is important that you place the treadmill on a firm level surface.

Check the treadmill to ensure the frame is level once you have moved the treadmill into the position of your choice.

USE DEDICATED CIRCUIT

The outlet selected should be a dedicated circuit. It is particularly important that NO sensitive electrical equipments, such as computer or TV, share the same circuit.

III. HANDLING YOUR TREADMILL

FOLDING THE TREADMILL

Folding and unfolding of this treadmill is made easy with the assistance of gas shock. After the treadmill has come to a complete stop, make sure the elevation is lowered all the way to the lowest level before folding the treadmill. With caution, fold up the deck slowly with both hands. When you hear a click, the deck is locked in place.

UNFOLDING THE TREADMILL

Pull out the lock pin on the upright post (L) with your left hand. At the same time, press the deck slowly with right hand. Use both hands to bring the deck slowly to the ground. As the deck gets closer to the ground, it will drop at a faster rate and feel heavier. Please handle with caution.

MOVING THE TREADMILL

This treadmill is easy to move around safely.

To move the treadmill:

1. Turn power switch off.
2. Unplug the power cord.
3. Make sure the deck is at 0% grade elevation.
4. Fold the treadmill and make sure lock is engaged. You should hear a click to indicate positive engagement.
5. Simply roll the treadmill on four wheels to the desired location.

IV. OPERATING THE TREADMILL

TURN POWER ON

WARNING!
NEVER use this treadmill without first securing the safety tether clip to your clothing.

The ON/OFF switch for the treadmill is located next to the power supply cord at the back of the motor cover. Flip this switch to the "ON" position.

SAFETY TETHER KEY AND CLIP

CAUTION!
For your safety, step onto the belt when the speed is no more than 1.5 MPH or 2.4 Km/H.

The safety key is designed to cut the main power to the treadmill should you fall. Therefore, the safety key is designed to bring the treadmill to a abrupt stop. At high speeds, it may be uncomfortable and somewhat dangerous to come to a complete stop immediately. So, use the safety key as emergency stop only. To bring the treadmill to a complete stop safely and comfortably, use the red stop button.

NEVER start the treadmill at a running speed and attempt to get on while it is moving fast.

Your treadmill will not start unless the safety key is properly inserted into the key holder at the side of the console. The other end of the safety key should be securely clipped to your clothing so that in case you fall, you will pull the safety key from the console, which will stop the treadmill immediately to minimize injury. For your safety, never use the treadmill without securing the safety key clipped to your clothing. Pull on the safety key clip to make sure it will not come off your clothing.

GETTING ON AND OFF THE TREADMILL

NOTE!
The deck should NOT be folded unless the elevation is at 0% grade. Attempts to fold the deck while it is elevated may cause damage to the frame.

Handle with care when getting on or off the treadmill. Try to use the handlebars while getting on or off. While you are preparing to use the treadmill, do not stand on the running belt. Straddle the running belt by placing your feet on both side rails of the treadmill deck. Place your foot on the belt only after the belt has begun to move at a consistent slow speed.

During exercise, keep your body and head facing forward at all times. Never attempt to turn around on the treadmill when the running belt is still moving. When you have finished exercising, stop the treadmill by pressing the red stop button. Wait until the treadmill comes to a complete stop before attempting to get off the treadmill.

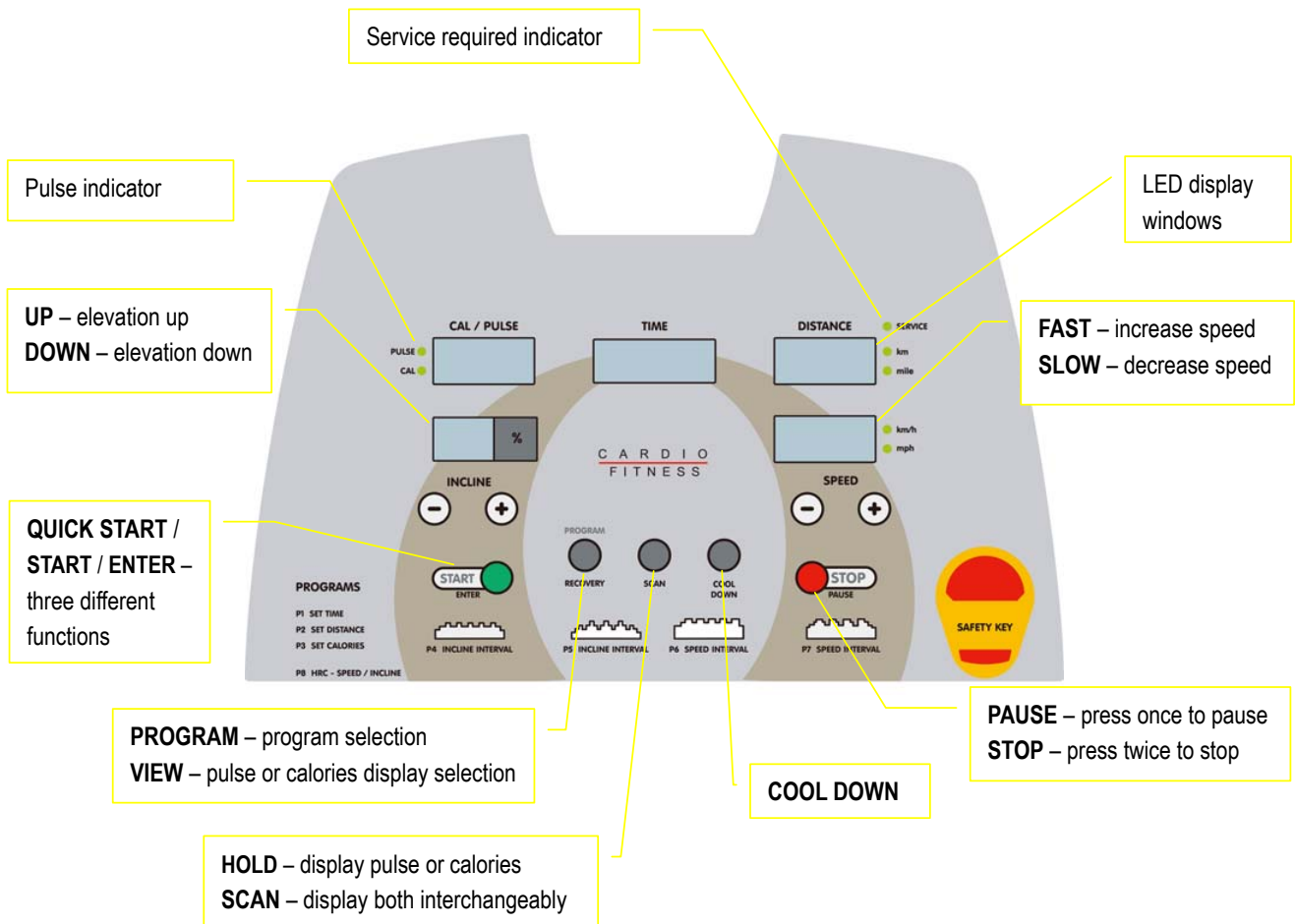
If you feel uneasy with the speed and are not sure how to stop, hold the handlebars, lift your feet off the running belt and place on both sides of the side landing. The side landing is a non-moving platform and would be a good place to rest before resuming the workout. Always remember to start at a low speed for your safety and comfort.

V. OPERATING THE CONSOLE

MODEL 709 & 710

DISPLAY VALUES

Display	Resolution	Range	Increment
PULSE	XXX	40-240	1
ELEVATION (%)	XX	0-12	1%
DISTANCE (Miles)	XX.X	00.1 – 99.0	0.1
DISTANCE (Km)	XX.X	00.1 – 99.0	0.1
SPEED (Miles/H)	XX.X	00.6 – 10.0	0.1
SPEED (Km/H)TX1	XX.X	01.0 – 16.0	0.1
TIME	XX:XX	00:01 – 99:00	00.01
CALORIES	XXX	1-999	1



SPEED ADJUSTMENTS

FAST and SLOW will adjust speed by increments of 0.1Km/H during workout. Or you may hold these buttons to ramp up or down.

ELEVATION ADJUSTMENTS

For safety reasons, elevation is designed to be manually adjusted only. At no time will treadmill automatically adjust elevation except during one of the following three programs:

P2 = elevation program, H-SE = HRC by speed and elevation, and H-E = HRC by elevation.

Elevation may be adjusted even while the running belt is not moving. However, during the program setup mode, elevation will not be adjustable.

PULSE FUNCTION

This treadmill features wireless heart rate monitoring, the most advanced technology to date for accurate read out of your heart rate. For convenience, this treadmill is also designed to pick up heart rate info via the contact sensors located on the horizontal handlebar. Treadmill will look for wireless pulse signal first. If no wireless pulse signal is present, then treadmill will look for the signal from contact sensors.

To use the wireless pulse monitoring system, you must wear the heart rate transmitter chest strap. Place the contact surface next to your skin directly under your heart to pick up the pulse signals from your heart. The heart rate transmitter strap is an optional purchase and not included with this treadmill.

To use the contact heart rate, place your hands gently but firmly around the contact sensors on the handlebars. Movements in the hands may cause difficulty for the treadmill to pick up the signal properly. When signal is picked up, the LED light next to the pulse display window will light up and flash to the rate of your heart beat.

Please note that some fibers used in clothes (e.g. polyester, polyamide) create static electricity which may prevent reliable heart rate measurement. Also, note that mobile phone, television and other electrical appliances form an electro-magnetic field around them, which may also cause problems in heart rate measurement.

PAUSE FUNCTION

When STOP button is pressed during workout, program is suspended. After the running belt has

come to a complete stop, display will count down from 03:00. During pause mode, only START and STOP buttons will function.

If START is pressed within three minutes during the pause mode, treadmill will bring the running belt movement back to the speed at which the treadmill was paused. Workout values will resume counting and continue where it left off.

If STOP is pressed during the pause mode, program will end. After three minutes if no button is pressed, treadmill will automatically end the workout program.

END OF WORKOUT STATS

When you have completed your workout or if you have ended your workout, the display windows will report your workout stats for one minute. After the running belt has come to a complete stop, the displays will show total time, total distance, total calories and average speed. Then the display will go to idle mode, ready for the next workout setup. If you wish to skip the workout stats report, simply press the STOP button, which will skip display to the idle mode.

UNIT CONVERSION

To change units from metric to English or English to metric, you must be in the idle mode. Follow the steps below to make the unit conversion.

1. Simultaneously press both the STOP and SLOW together.
2. The message center will display unit.
3. Simply press START to confirm.

Notice that the LED lights next to both the speed and distance display windows on the upper right corner will have changed the measurement unit accordingly.

VIEW / PROGRAM

During workout setup – this button will select program.

During workout – this button will change PULSE to CALORIES or CALORIES to PULSE.

SCAN / HOLD

This button will allow user to view calories and pulse display values interchangeably (SCAN). Or user may view calories or pulse only (HOLD).

COOL DOWN

Whenever you are ready to stop your workout, even if you are in the middle of a program, be sure to use the COOL DOWN program. When the cool down button is pressed, it will automatically interrupt the current workout and go directly into cool down routine, which is

programmed for four minutes. The first two minutes will reduce speed and elevation by 50% of your last display values. The last two minutes will reduce speed by another 50% and the elevation will reduce to 0%.

PRESET PROGRAMS

QUICK START

QUICK START

Once the power is on and the safety tether key is secured in place, simply press the START button, and after three-second count down treadmill will activate and maintain the running belt at 1.0 Km/H.

Once the power is turned on and the safety key is secured in place, simply press the QUICK START button. Treadmill will activate at 1.0 Km/H (.6 mph) after 3 seconds. You may increase/decrease speed or elevation at any time during your workout. To end workout, simply press the STOP button to stop the treadmill. During manual quick start workout, time will count up. During other program workouts, time will count down.

1. Turn power on
2. Check safety key secured to treadmill and clip secured to user clothing
3. Press START to begin workout

SPEED PROGRAMS

Once the power is turned on and the safety key is secured in place, you may press the PROGRAM button to choose the pre-set speed program P1, press START key to activate the treadmill. Where user may customize, the default value (or the previous input value) will flash indicating that you may either confirm the value flashing or change the value. Once you have made your data input, press START to activate the treadmill.

1. Turn power on
2. Check safety key secured to treadmill and clip secured to user clothing
3. Press the PROGRAM button once, P1 (speed program) will be displayed
4. Press ENTER to confirm
5. Use FAST or SLOW buttons to input workout time
6. Press ENTER to confirm
7. Use FAST or SLOW buttons to input intensity level based on maximum speed
8. Press ENTER to confirm, program will begin workout

ELEVATION PROGRAMS

Once the power is turned on and the safety key is secured in place, you may press the PROGRAM button twice to choose the pre-set elevation program P2. Where user may customize, the default value (or the previous input value) will flash indicating that you may either confirm the value flashing or change the value. Once you have made your data input, press START to activate the treadmill.

1. Turn power on
2. Check safety key secured to treadmill and clip secured to user clothing
3. Press the PROGRAM button twice, P2 (elevation program) will be displayed
4. Press ENTER to confirm
5. Use FAST or SLOW buttons to input workout time
6. Press ENTER to confirm
7. Use FAST or SLOW buttons to input intensity level based on maximum elevation
8. Press ENTER to confirm, program will begin workout

TARGET TRAINING PROGRAMS

Users have the option to customize workout based on setting training targets for time and distance. Once the power is turned on and the safety key is secured in place, you may press the PROGRAM button to choose one of the target program, P3 set training target based on time and P4 set training target based on distance. Where user may customize, the default value (or the previous input value) will flash indicating that you may either confirm the value flashing or change the value. Once you have made your data input, press START to activate the treadmill.

1. Turn power on
2. Check safety key secured to treadmill and clip secured to user clothing
3. Press the PROGRAM button three times for P3 = Target time, or press the program button four times for P4 = Target distance
4. Press ENTER to confirm
5. Use FAST and SLOW buttons to input target time or distance
6. Press ENTER to confirm, program will begin workout

HEART RATE CONTROL PROGRAMS

Users have the option to customize their heart rate control programs based on their target heart rate value. Once the power is turned on and the safety key is secured in place, you may press the PROGRAM button to select H-SE program, H-S program or H-E program. Where user may customize, the default value (or the previous input value) will flash indicating that you may either confirm the value flashing or change the value. Once you have made your data input, press START to activate the treadmill.

Treadmill will automatically adjust by elevation or speed or both (depending on which program is chosen) to reach and maintain the user's target heart rate. During workout, users may still be able to adjust speed or elevation. During workout, time counts down from total time, which is defined as time for workout and cool down.

At the end of the workout, treadmill will automatically go into cool down mode. Cool down mode is pre-set up for 4 minutes. In the first two minutes, speed and elevation will be reduced by 50%. The last two minutes, speed will be reduced by another 50% and elevation will go to 0%.

To use the heart rate control programs, user must wear wireless transmitter chest strap.

INSTRUCTIONS FOR TARGET

HEART RATE CONTROL PROGRAMS

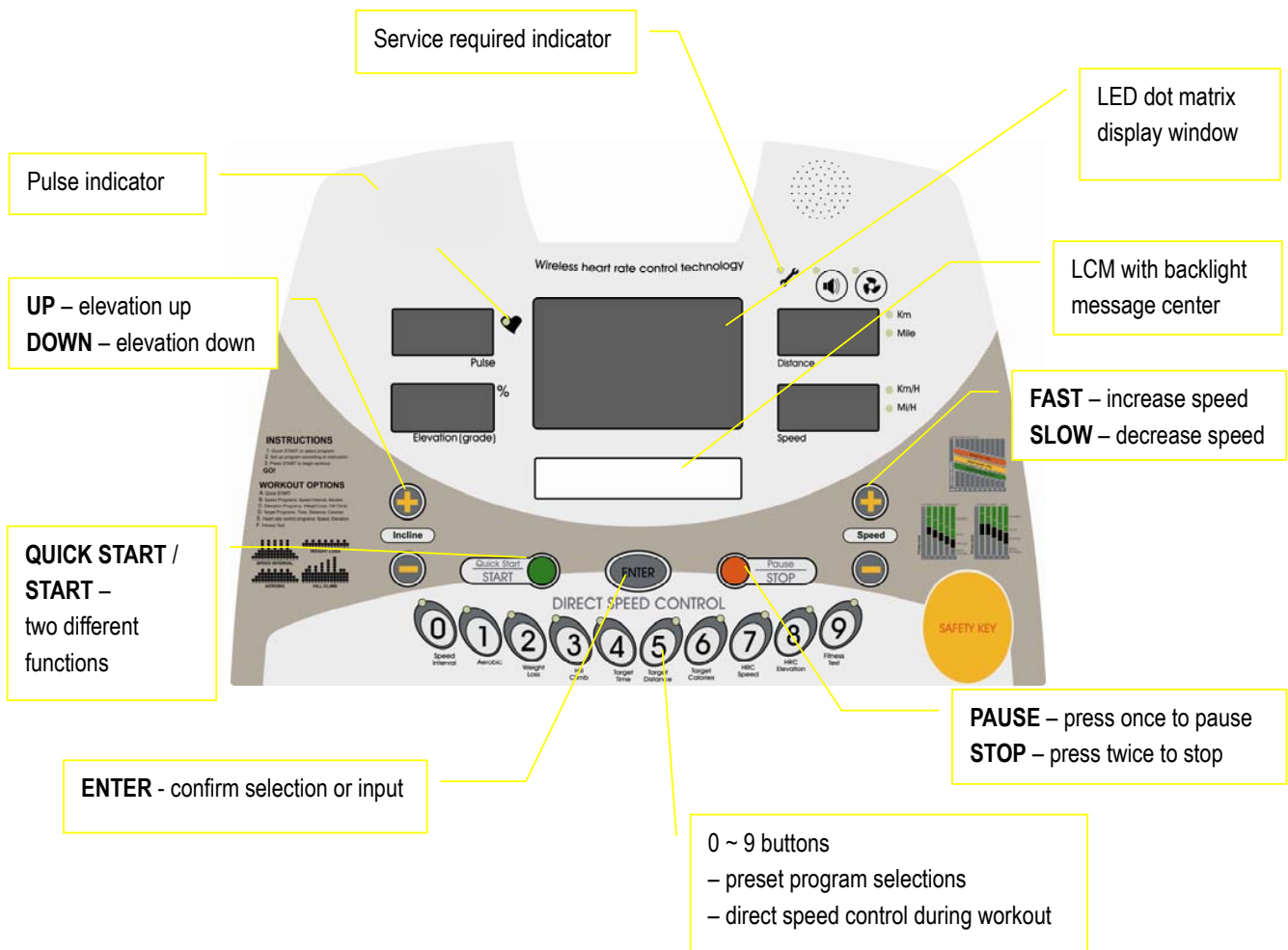
1. Turn power on
2. Check safety key secured to treadmill and clip secured to user clothing
3. Press PROGRAM button to select H-SE (HRC by speed and elevation adjustments), H-S (HRC by speed adjustment only) or H-E (HRC by elevation adjustment only).
4. Press ENTER to confirm
5. Use FAST or SLOW buttons to input your age
6. Press ENTER to confirm
7. Use FAST or SLOW buttons to input workout time
8. Press ENTER to confirm
9. Use FAST or SLOW buttons to input target heart rate
10. Press START to begin workout

VI. OPERATING THE CONSOLE

Model 711

DISPLAY VALUES

Display	Resolution	Range	Increment
PULSE	XXX	40-240	1
ELEVATION (%)	XX	0-12	1%
DISTANCE (Miles)	XX.X	00.1 – 99.0	0.1
DISTANCE (Km)	XX.X	00.1 – 99.0	0.1
SPEED (Miles/H)	XX.X	00.5 – 11.0	0.1
SPEED (Km/H)TX3	XX.X	00.8 – 18.0	0.1
TIME	XX:XX	00:01 – 99:00	00.01
CALORIES	XXX	1-999	1



SPEED ADJUSTMENTS

There are three ways to adjust speed during workout. FAST and SLOW will adjust speed by increments of 0.1Km/H. Or you may hold these buttons to ramp up or down. If the speed adjustment increment is large, it is easier to use the number buttons, which function as direct speed control buttons during the workout. Another way to adjust speed is to press the extension-keys on the handle bar cover. Extension-key FAST and SLOW will also adjust speed by increments of 0.1Km/H.

Example: to change from 3 Km/H to 8 Km/H, we could just press the number 8 button once. Also we could press and hold the FAST button or extension-key FAST until the speed display shows 8 Km/H.

ELEVATION ADJUSTMENTS

For safety reasons, elevation is designed to be manually adjusted only. At no time will treadmill automatically adjust elevation except during one of the following three programs: elevation program, HRC adjust by elevation, and fitness test.

Elevation may be adjusted even while the running belt is not moving. However, during the program setup mode, elevation will not be adjustable.

There are two ways to adjust elevation during workout: UP and DOWN on the console, extension-key UP and DOWN on the handle bar cover. The buttons will adjust elevation by increments of 1%.

PULSE FUNCTION

This treadmill features wireless heart rate monitoring, the most advanced technology to date for accurate read out of your heart rate. For convenience, this treadmill is also designed to pick up heart rate info via the contact sensors located on the horizontal handlebar. Treadmill will look for wireless pulse signal first. If no wireless pulse signal is present, then treadmill will look for the signal from contact sensors.

To use the wireless pulse monitoring system, you must wear the heart rate transmitter chest strap. Place the contact surface next to your skin directly under your heart to pick up the pulse signals from your heart. The heart rate transmitter strap is an optional purchase and not included with this treadmill.

To use the contact heart rate, place your hands gently but firmly around the contact sensors on the handlebars. Movements in the hands may cause difficulty for the treadmill to pick up the signal properly. When signal is picked up, the LED light next to the pulse display window will light up and flash to the rate of your heart beat.

Please note that some fibers used in clothes (e.g. polyester, polyamide) create static electricity which may prevent reliable heart rate measurement. Also, note that mobile phone, television and other electrical appliances form an electro-magnetic field around them, which may also cause problems in heart rate measurement.

PAUSE FUNCTION

When STOP button is pressed during workout, program is suspended. Message center will flash "WORKOUT PAUSED". After the running belt has come to a complete stop, dot matrix display window will count down from 3:00. During pause mode, only START and STOP buttons will function.

If START is pressed within three minutes during the pause mode, treadmill will bring the running belt movement back to the speed at which the treadmill was paused. Workout values will resume counting and continue where it was left off.

If STOP is pressed during the pause mode, program will end. After three minutes if no button is pressed, treadmill will automatically end the workout program.

END OF WORKOUT STATS

When you have completed your workout or if you have ended your workout, the display will report your workout stats. After the running belt has come to a complete stop, the message center will display total time, total distance, total calories and average speed twice. Then the display will go to idle mode, ready for the next user workout setup. If you wish to skip the workout stats report, simply press the STOP button, which will skip display to the idle mode.

UNIT CONVERSION

To change from metric to English or English to metric, you must be in the idle mode, where the dot matrix window displays a flashing heart. Follow the steps below to make the unit conversion.

1. Simultaneously press both the STOP and SLOW buttons together.
2. The message center will show Km to Mi or Mi to Km.
3. Simply press START to confirm.

Notice that the LED light next to the distance display window on the upper right corner will have changed the measurement unit accordingly.

PRESET PROGRAMS

QUICK START

QUICK START Once the power is turned on and the safety key is secured in place, simply press the QUICK

START button. Treadmill will activate at 1.0 Km/H. You may increase or decrease speed or elevation at any time during your workout. To end workout, simply press the STOP button to stop the treadmill. During workout, time will count up.

1. Turn power on
2. Check safety key secured to treadmill and clip secured to user clothing
3. Press START to begin workout

SPEED PROGRAMS

Once the power is turned on and the safety key is secured in place, you may press the numeric button 0 or 1 to choose one of the two pre-set speed programs, SPEED INTERVAL or AEROBIC. Message center will prompt user to set up workout duration, and intensity level based on max speed value. Once you have made your selection, press START key to activate the treadmill.

During workout, treadmill will automatically adjust speed according to pre-set program settings. User may still be able to adjust speed if the preset is not appropriate. The entire remaining program will scale up or down accordingly. During workout, user may adjust elevation level at will. To end workout, simply press the STOP button to stop the treadmill. During workout, time counts down from target workout time.

1. Turn power on
2. Check safety key secured to treadmill and clip secured to user clothing
3. Press 0 for SPEED INTERVAL program or 1 for AEROBIC program
4. Display will show program selected
5. Press ENTER to confirm
6. Use numeric buttons to input workout duration
7. Press ENTER to confirm
8. Use numeric buttons to input intensity level based on maximum speed
9. Press ENTER to confirm
10. Press START to begin workout

ELEVATION PROGRAMS

Once the power is turned on and the safety key is secured in place, you may press the numeric buttons 2 or 3 to choose one of the two pre-set elevation programs, WEIGHT LOSS or HILL CLIMB. Message center will prompt user to set up workout duration, and intensity level based on max elevation value. Once you have made your selection, press START key to activate the treadmill.

During workout, treadmill will automatically adjust elevation according to pre-set program setting. User may still be able to adjust elevation if the preset is not appropriate. The entire remaining program will scale up or down accordingly. During workout, user may adjust speed level at will. To end workout, simply press the STOP button to stop the treadmill. During workout, time counts down from target workout time.

1. Turn power on
2. Check safety key secured to treadmill and clip secured to user clothing
3. Press 2 for WEIGHT LOSS program or 3 for HILL CLIMB program
4. Display will show program selected
5. Press ENTER to confirm
6. Use numeric buttons to input workout duration
7. Press ENTER to confirm
8. Use numeric buttons to input intensity level based on maximum elevation
9. Press ENTER to confirm
10. Press START to begin workout

TARGET TRAINING PROGRAMS

Users have the option to customize workout based on setting training targets for time, distance, or calories. Once the power is turned on and the safety key is secured in place, you may press the numeric button 4 to set training target based on time or 5 to set training target based on distance or 6 to set training target based on calories. Message center will prompt user to set up workout target value. Once you have made your selection, press START key to activate the treadmill.

During workout, users may adjust speed and or elevation at will. To end workout, simply press the stop button to stop the treadmill. During workout, target training value will be displayed on the dot matrix display window.

1. Turn power on
2. Check safety key secured to treadmill and clip secured to user clothing
3. Press 9 to select fitness test program
4. Display will show program selected
5. Press ENTER to confirm
6. Use numeric buttons to input training target value
7. Press ENTER to confirm
8. Press START to begin workout

HEART RATE CONTROL PROGRAMS

Users have the option to customize their heart rate control programs based on their target heart rate value. Once the power is turned on and the safety key is secured in place, you may press the numeric button 7 to select HRC program adjust by speed or numeric button 8 to select HRC program adjust by elevation. Message center will prompt user to set up workout step by step. Once you have made your selection, press START button to activate the treadmill.

Users also have the option to set up their warm up speed and warm up time. During warm up mode, target heart rate training function will not be in operation.

After the warm up mode, treadmill will automatically adjust by elevation or speed (depending on which program is chosen) to reach and maintain the user's target heart rate. During workout mode, users may still be able to adjust speed or elevation. During workout, time counts down from total time, which is defined as time of warm up, workout and cool down.

At the end of the workout time, treadmill will automatically go into cool down mode. Cool down mode is pre-set up for 4 minutes. In the first two minutes, speed and elevation will be reduced by 50%. The last two minutes, speed and elevation will be reduced by another 50%. To end workout, simply press STOP to stop the treadmill.

To use the heart rate control programs, user must wear wireless transmitter chest strap. Signals from contact heart rate sensors will not be used in heart rate control programs.

1. Turn power on
2. Check safety key secured to treadmill and clip secured to user clothing
3. Press 7 (8) to select HRC program adjust by speed (elevation).
4. Display will show program selected
5. Press ENTER to confirm
6. Use numeric buttons to input your age
7. Press ENTER to confirm
8. Use numeric buttons to input workout time
9. Press ENTER to confirm
10. Use numeric buttons to input target heart rate
11. Press ENTER to confirm
12. Use numeric buttons to input warm up time
13. Press ENTER to confirm
14. Use numeric buttons to input warm up speed
15. Press ENTER to confirm
16. Press START to begin workout

FITNESS TEST PROGRAM

Fitness test is a motivational program designed to determine user's physical fitness level. During workout, user will not be able to adjust speed or elevation. The program will increase workout intensity level. And based on the actual heart rate picked up from the transmitter and the age user input, the treadmill computer will be able to assess user's physical fit level.

To use the fitness test program, user must wear the wireless transmitter chest strap. If treadmill does not pick up the transmitter heart rate signal, this program will not function.

1. Turn power on
2. Check safety key secured to treadmill and clip secured to user clothing
3. Press 9 to select fitness test program
4. Display will show program selected
5. Press ENTER to confirm
6. Use numeric buttons to input your age
7. Press ENTER to confirm
8. Press START to begin workout

VII. EXERCISE TIPS AND GUIDELINES

STRETCH

CAUTION!

Always consult your physician before beginning any exercise program.

Stretching prior to exercise will improve flexibility and reduce chances of exercise related injury. Ease into each of these stretches with a slow gentle motion. Hold for a count of 10. DO NOT bounce. Repeat the stretch exercises again after cool down will help to loosen and relax your muscles to prevent soreness.

WARM UP

The first five minutes of a workout should be devoted to warming up. This warm up will limber your muscles and prepare them for more strenuous exercise. Warm up on the treadmill by

walking at slow speed.

COOL DOWN

NEVER stop exercising suddenly. A cool down period of about 5 minutes will allow your heart to re-adjust to the decreased demand. Use a low speed setting during the cool down to gradually lower your heart rate.

HOW OFTEN ?

It is most often recommended that you exercise at least three to four times a week to maintain cardiovascular fitness. If you have other goals such as weight loss or fat loss, you will achieve your goal faster with more frequent exercise. Whether it is three days or six days, remember that your ultimate goal should be to make exercise a lifetime habit.

HOW LONG ?

For aerobic exercise benefits, it is recommended that you exercise for about thirty minutes per session. Always start slowly, especially if you have been sedentary during the past year. In the beginning, you may begin with as little as 5 minutes per session. Your body will need time to adjust to the new activity. As your body adjusts, gradually increase your workout time per session.

If your goal is weight loss, a longer exercise session at lower intensities has been found to be most effective. A workout time of 45-50 minutes or more is recommended for best weight loss results.

HOW HARD?

CAUTION!

For your health and safety, DO NOT over exert yourself.

How hard you work out is determined by your goal. Regardless of your fitness goals, always begin an exercise program at low intensity. Aerobic exercise does not have to be painful to be beneficial!

CAUTION!

If you experience chest pains, nausea, dizziness or shortness of breath, STOP exercising immediately and consult your physician before continuing.

There are two ways to measure your exercise intensity. The first is by evaluating your perceived exertion level and the second is by monitoring your heart rate.

During exercise, if you cannot maintain a conversation without gasping, you are working too hard.

A good rule of thumb is to work to the point of exhilaration, not exhaustion. If you cannot catch your breath, it is time to slow down. Always be aware of other warning signs of overexertion.

To monitor your heart rate you can use a pulse monitor or take your pulse with your fingers.

Pulse monitors are convenient tools for monitoring your heart rate. However, these values are for reference only. You should always listen to your body first.

You can measure your pulse with your fingers by placing your first two fingers lightly over the blood vessel (carotid artery) on your neck located next to your Adam's apple. Count your pulse for ten seconds and multiply by six. This figure is your heart rate in beats per minute. Compare this

TARGET HEART RATE

number to the Target Heart rate zone for your age group.

VIII. MAINTENANCE

CLEANING

DANGER!

To reduce the risk of electrical shock, always unplug the treadmill from the electrical outlet immediately after use and before cleaning.

Remove dust on the treadmill with vacuum or slightly damp cloth. Fold up the deck and clean the floor with vacuum periodically will help to prolong the treadmill product life.

NEVER use solvents on the deck or running belt. Use of solvents can reduce critical lubrication of the deck and belt.

RUNNING BELT CENTERING ADJUSTMENT

When you run or walk, you may push off harder with one foot than the other. This will cause the running belt to run off centered. This treadmill is designed and built to ensure proper tracking of the belt is always centered on the deck. Occasionally the belt may need further adjustment to keep it centered. To center the belt, use the enclosed Allen wrench to adjust the rear roller position.

BELT CENTERING PROCEDURE

1. DO NOT wear loose clothing, neckties or loose jewelry while making this adjustment.
2. NEVER turn the bolt more than 1/4 turn at a time.
3. Always tighten one side and loosen the other to prevent over tightening or over loosening the belt.
4. Run the treadmill. Adjust belt while the treadmill is running at 4 Mi/H (6.4 Km/H) with no person on the belt.

After making the adjustment, walk on the belt for five minutes to test. If necessary, repeat the procedure but NEVER turn the bolts more than 1/4 turn at a time. Over tightening the belt can significantly shorten the belt life.

IF BELT TOO FAR TO THE LEFT SIDE:

1. Turn the left roller bolt 1/4 turn clockwise (tighten)
2. Turn the right roller bolt 1/4 turn counterclockwise (loosen)

IF BELT TOO FAR TO THE RIGHT SIDE:

1. Turn the right roller bolt 1/4 turn clockwise (tighten)
2. Turn the left roller bolt 1/4 turn counterclockwise (loosen)

RUNNING BELT TENSIONING ADJUSTMENT

CAUTION!

Over tightening of the belt will severely shorten the life of the belt and may cause further damage to other components.

If you place your feet on the belt and feel a slipping sensation, then the belt has stretched and is slipping across the rollers. All belts will stretch over time. This is a normal and common adjustment on any treadmill. To eliminate this slipping, tension both Allen bolts on the rear roller 1/4 turn. Try the treadmill again to check for slipping. Repeat if necessary, but NEVER turn the roller bolts more than 1/4 turn at a time.

DRIVE BELT TENSIONING ADJUSTMENT

If you have tensioned the running belt and are still experiencing a slipping sensation, call your dealer. Only an authorized dealer should perform tensioning of the drive belt.

LUBRICATING THE DECK

NOTE!

A well lubricated deck will ensure longevity of your treadmill in addition to providing you with the optimal performance.

A well-lubricated deck will ensure high performance of your treadmill and reduce the level of normal wear and tear to important components. This treadmill has been pre-lubed at the factory. However, for optimal performance, the running deck may require periodic lubrication. With average usage (30 minute workout at 5-6 Km/H 3 times a week for two people) lubricate every six months. You may adjust the timing of the lubrication based on the intensity of the treadmill use level.

To check the lubrication level, simply lift the running belt, and put your hand as far into the center of the belt as you can reach. If your hand shows signs of silicone, then it does not need additional lubrication. If the board feels dry and there is very little evidence of silicone on your hand, then additional lubrication should be added.

TO LUBRICATE THE DECK:

1. Stop running belt so that the seam is located on top and in the center of the deck.
2. Insert nozzle into spray head of lubricant can.
3. Lift running belt.
4. Position nozzle between the belt and the board approximately 200mm (8") from the front of the treadmill.
5. Apply the silicon from the front to the rear of the treadmill on each side of the treadmill. Try to reach the spray as far into the center of the running deck as possible. The spray time should be approximately four seconds for each side.
6. Spread the silicon by running the treadmill at 1 Km/H and step gently on the belt from left to right. Do that for a few minutes and allow the silicon to soak into the belt.

IX. TROUBLE SHOOTING

WHEN TO CALL FOR HELP

This treadmill is designed with user safety as the number one priority. In the event of electrical failure, the treadmill will shut off automatically to prevent user injury and to prevent damage to expensive components such as the motor.

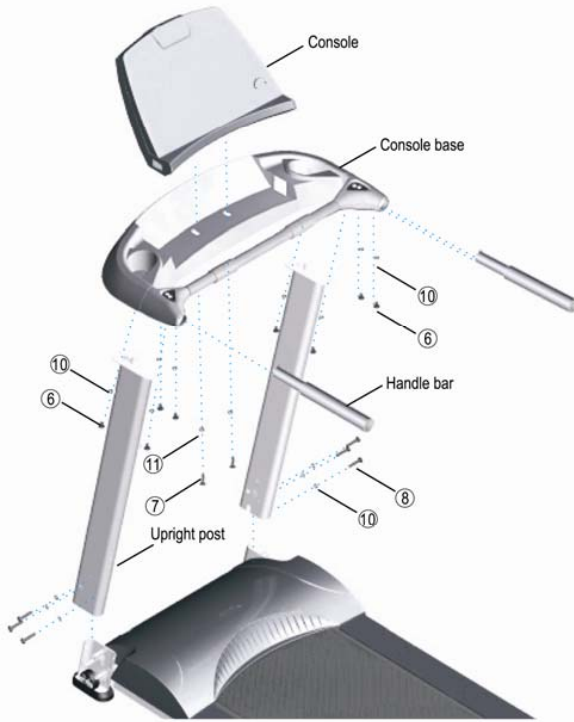
When you encounter unusual behavior from the treadmill, simply go to the front of the treadmill and turn the power switch off and on to reset the treadmill. This should clear incidental errors and ready the treadmill for normal operation again.

TROUBLE SHOOTING GUIDE

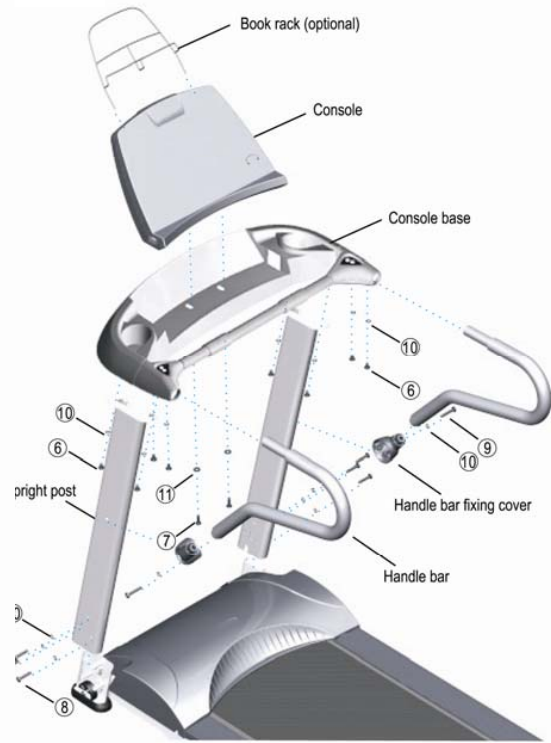
Problem	Potential cause	Corrections
Treadmill will not start	<ol style="list-style-type: none"> 1. Not plugged in 2. Safety tether key not inserted 3. House circuit breaker tripped 4. Treadmill circuit breaker tripped 5. Switch on OFF 	<ol style="list-style-type: none"> 1. Plug into grounded outlet. 2. Insert safety tether key into console. 3. Reset or replace fuse. 4. Lubricate treadmill deck and reset. 5. Turn switch to ON
Running belt slips	<ol style="list-style-type: none"> 1. Running belt not tight enough 2. Drive belt not tight enough 	<ol style="list-style-type: none"> 1. Adjust running belt tension 2. Adjust drive belt tension
Running belt hesitates when stepped on	<ol style="list-style-type: none"> 1. Insufficient lubrication 2. Running belt too tight 	<ol style="list-style-type: none"> 1. Apply silicone lubricant between Belt and deck 2. Adjust running belt tension
Running belt is off centered	Running belt tension not even across the rear roller	Center the running belt

X. PART DESCRIPTION

709 & 710



711



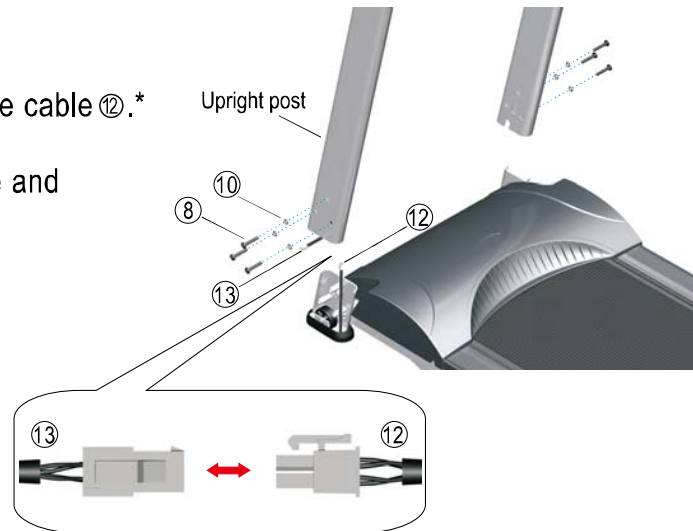
No.	Part description	Graph	Quantity	
			709/710	711
1	Console		1	1
2	Console base		1	1
3	Upright post (R+L)		2	2
4	Handle bar (R+L)		2	0
5	Handle bar (R+L)		0	2
6	Screw, dome head M8x15mm		8	8
7	Screw, dome head M8x30mm		2	2
8	Screw, dome head M8x50mm		6	6
9	Screw, dome head M8x55mm		0	2
10	Washer, star M8x0.8mm		14	16

No.	Part description	Graph	Quantity	
			709/710	711
11	Washer, flat M10x2mm		2	2
12	Cable, main frame, 1920mm		1	1
13	Cable, upright post, 1230mm		1	1
14	Cable, console, 440mm		1	1
15	Cable, ext. key, PCB, 270mm		0	2
16	Cable, ext. key, 200mm		0	2
17	Cable, ext. key, 380mm		0	0
18	Cable, signal, handle pulse PCB, 390mm		1	1
19	Cable, sensor, 1150mm		1	1
20	Allen key wrench, 6x50x90mm		1	1
21	Handle bar fixing cover		0	2

XI. ASSEMBLY DESCRIPTION

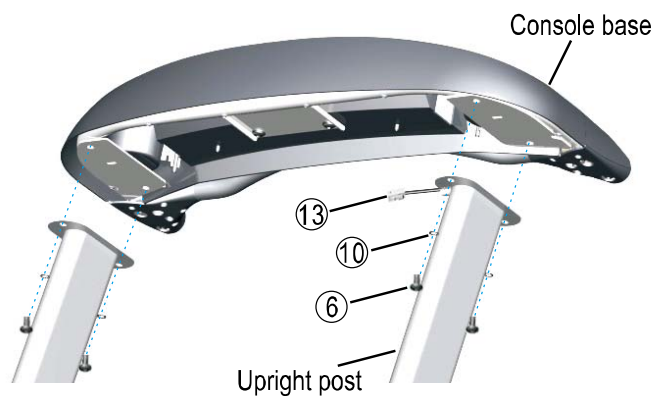
STEP 1 Assemble upright post

1. Connect upright cable ⑬ to main frame cable ⑫.*
2. Position the left upright post with care and make sure cables are not pinched.
3. Secure each upright post with three star washers ⑩ and three screws ⑧, M8x50mm.
4. DO NOT tighten any screw on upright post until you finish STEP 2.



STEP 2 Assemble console base

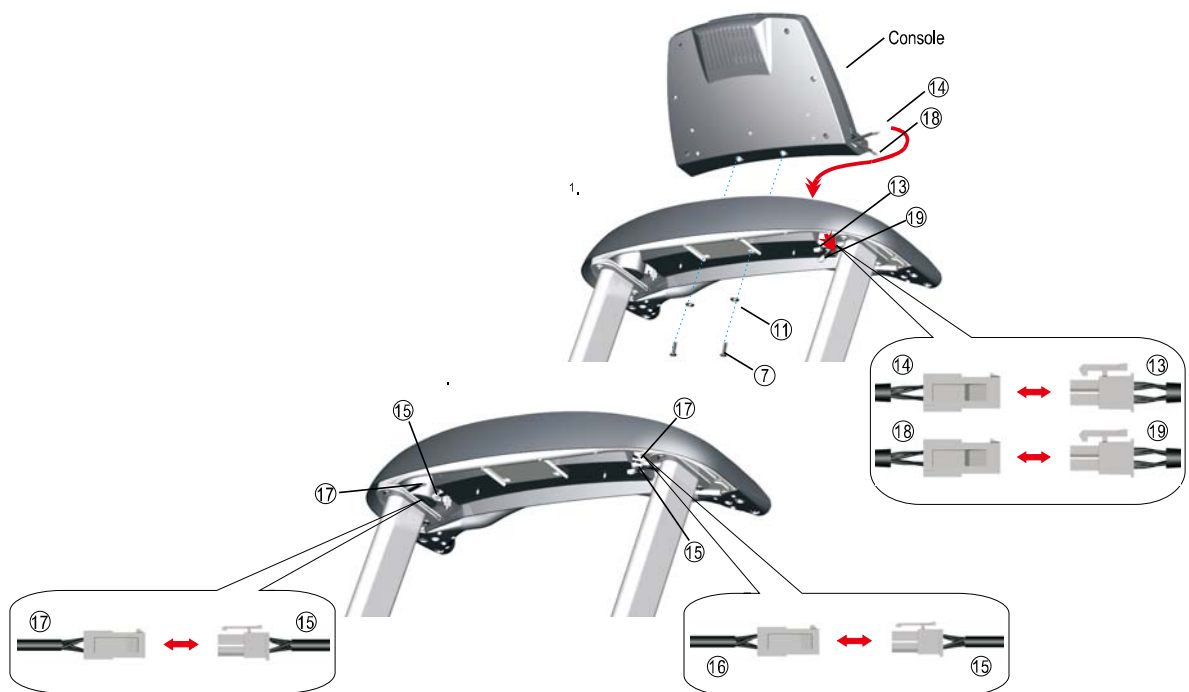
1. Position console base on upright posts and be careful not to damage cables.
2. Secure each upright post with two screws M8x15mm ⑥ and two star washers ⑩.
3. Tighten console base screws.
4. Tighten the three screws, M8x50 on the bottom of each upright post. (Refer to STEP 1)



*All cable connector alignment must be correct and secured tightly. Refer to detailed drawing. Be careful not to pinch or damage cables during assembly process.

STEP 3 Assemble Console

1. Insert console cable/cables #14 and #18 through the holes on the console base before setting the console on the base.
2. Secure and tighten console in place with two screws #7, M8x30mm and two flat washers #1.
3. Connect console cable #14 to upright cable #13 from the bottom.
4. Also connect contact HR cables #18 to #19 together from the bottom.
5. For model 711 only: Connect extension key cables #16 to #17 and #17 to #15 together on both sides of the console from the bottom.



STEP 4 Assemble handle bar

1. Insert handle bars into the console base.
2. Secure each handle bar to the console base with two screws #6, M8x15 and two star washers #10.

*All cable connector alignment must be correct and secured tightly. Refer to detailed drawing. Be careful not to pinch or damage cables during assembly process.

3. For model 711 only: Insert fixing cover onto bottom of handle bar and secure them to the upright post with one screw #9, M8x55 and one star washer #10.
4. Tighten all screws after they are in position.



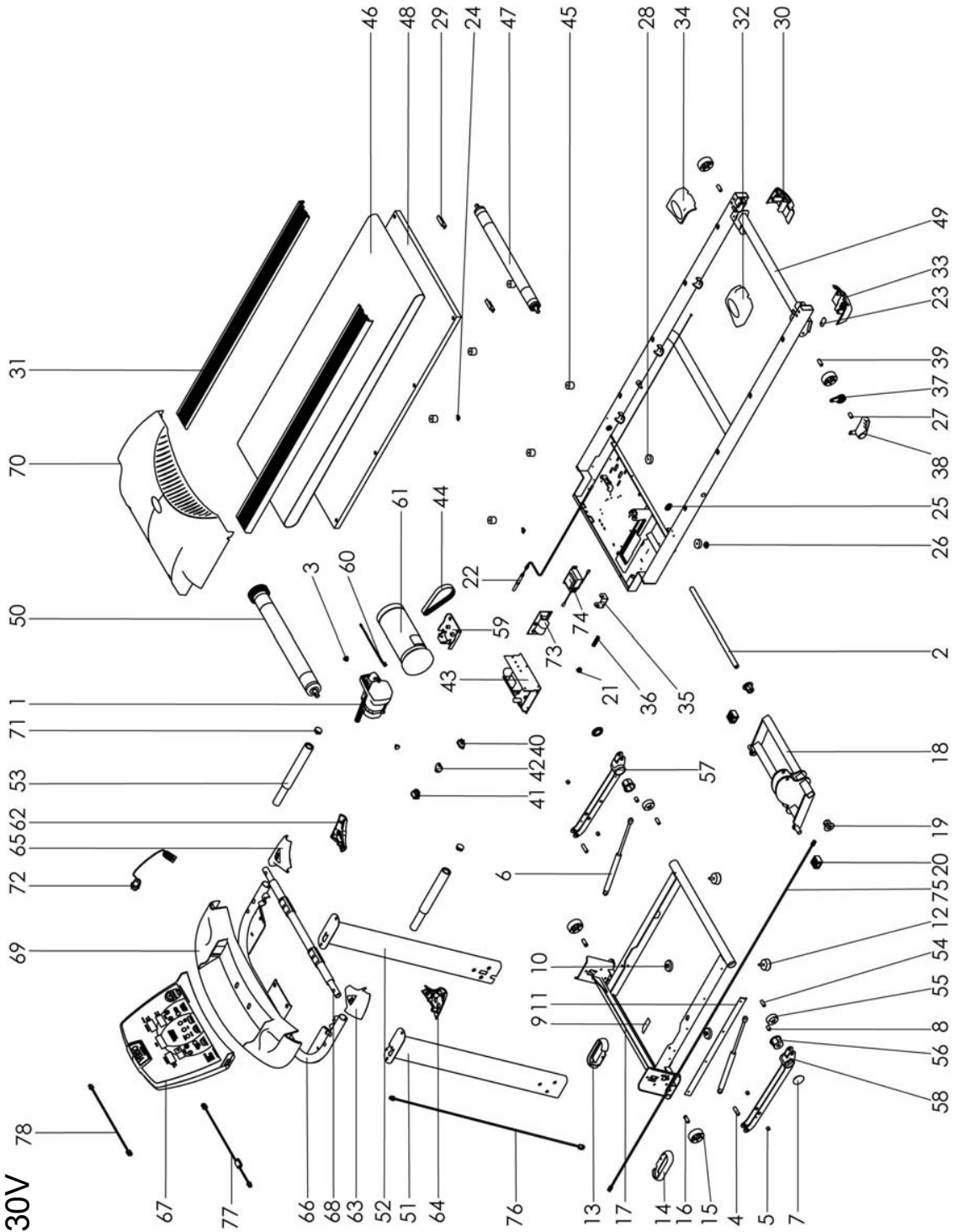
*All cable connector alignment must be correct and secured tightly. Refer to detailed drawing. Be careful not to pinch or damage cables during assembly process.

XII.^{709/710} 110V / 230V Part List

ITEM.	DESCUPTION	PART.NO.	QTY.
1	Motor, incline, 230V	S004679	1
	Motor, incline, 110V	S005238	1
2	Shaft, fixing	M004198	1
3	Screw, hex, special	M001447	2
4	Sleeve, frame, H	M004212	2
5	Sleeve, gas shock	M004220	4
6	Cylinder, hybrid	M005925	2
7	Cap, frame, H	M004246	2
8	Sleeve, fixing, frame, base	M004244	2
9	Cardboard, frame, base	O006519	1
10	Foot, front, frame, base	M004264	2
11	Jacket, cable, frame, base	M004939	1
12	Foot, adjustable	M004614	2
13	Cover, fix, wheel, front, R	M004263	1
14	Cover, fix, wheel, front, L	M004254	1
15	Wheel, moving	M003823	4
16	Bushing, wheel	M004936	2
17	Coating, frame, base	S006094	1
18	Coating, incline	S006096	1
19	Bushing, tube, connection	M001406	2
20	Slider, track	M004940	2
21	Cap, pin, lock	M005770	1
22	Assy, cable, pin, lock	S006126	1
23	Rubber	M001821	1
24	Bracket, stopper, side landing	M004184	2
25	Bushing, snap	M005376	1
26	Bushing, snap	M001438	1
27	Sleeve, pin, lock	M004175	1
28	Foot, frame, main	M004180	2
29	Guard, deck	M005361	2
30	Cap, frame, main, rear, btm, R	M007138	1
31	Landing, side	M007136	2
32	Cap, frame, main, rear, top, L	M007139	1
33	Cap, frame, main, rear, btm, L	M007140	1
34	Cap, frame, main, rear, top, R	M007137	1
35	Bracket, pin, lock	M004187	1
36	Spring, pin, lock	M004193	1
37	Lever, release	M005886	1
38	Haft, release	M005887	1

ITEM.	DESCUPTION	PART.NO.	QTY.
39	Bushing, wheel, rear	M004183	2
40	Inlet, AC	M003150	1
41	Switch, power	M006157	1
42	Breaker, circuit, 230V	M005689	1
	Breaker, circuit, 110V	M003149	
43	Controller, 230V	S006089	1
	Controller, 110V	S006114	
44	Belt, drive	M001688	1
45	Cushion, deck	M001557	6
46	Belt, running	M003833	1
47	Roller, rear	S004663	1
48	Deck	M004952	1
49	Coating, frame, main	S006099	1
50	Roller, front	S005417	1
51	Coating, upright, L	S006274	1
52	Coating, upright, R	S006275	1
53	Bar, handle	S006277	2
54	Sleeve, shaft	M004129	2
55	Wheel, incline	M005931	2
56	Bushing, fix, frame, base	M004942	2
57	Coating, frame, H, R	S006211	1
58	Coating, frame, H, L	S006202	1
59	Weldment, bracket, motor	S005514	1
60	Sensor, speed, w/ cable	S006867	1
61	Motor, 230V	M002627	1
	Motor, 110V	M002628	1
62	Cover, bar, handle, btm, R	M007145	1
63	Cover, bar, handle, top, L	M007142	1
64	Cover, bar, handle, btm, L	M007143	1
65	Cover, bar, handle, top, R	M007144	1
66	Coating, bracket, console	S006273	1
67	Assy Console	S006906	1
68	Assy, bar, horizontal	S006270	1
69	Cover, base, console	M007148	1
70	Cover, motor	M007141	1
71	Cap, handlebar end	M004294	2
72	Key, safety	S005017	1
73	Filter 230V only	S004850	1
74	Choke 230V only	M004158	1
75	Cable, signal, frame, main 1920mm	M004259	1
76	Cable, signal, upright 1230mm	M004262	1
77	Signal cable+ ferrite core 465mm	M003907	1
78	Signal cable, Hand pulse PCB(6P) 390mm	M004743	1

709/710 110V /230V



XIII. 711 110V / 230V Part List

ITEM.	DESCUIPTION	PART.NO.	QTY.
1	Shaft, fixing	M004198	1
2	Screw, hex, special	M001447	2
3	Sleeve, frame, H	M004212	2
4	Sleeve, gas shock	M004220	4
5	Cylinder, hybrid	M005925	2
6	Sleeve, fixing, frame, base	M004244	2
7	Cap, frame, H	M004246	2
8	Foot, front, frame, base	M004264	2
9	Jacket, cable, frame, base	M004939	1
10	Foot, adjustable	M004614	2
11	Cover, fix, wheel, front, R	M004263	1
12	Bushing, wheel	M004936	2
13	Cover, fix, wheel, front, L	M004254	1
14	Wheel, moving	M003823	4
15	Coating, frame, base	S006094	1
16	Coating, incline	S006096	1
17	Bushing, tube, connection	M001406	2
18	Slider, track	M004940	2
19	Cover, fixing, bar, handle	M004553	2
20	Coating, upright, L	S006283	1
21	Coating, upright, R	S006284	1
22	Cap, pin, lock	M005770	1
23	Cover, back	M005830	1
24	Assy, cable, pin, lock	S006126	1
25	Cover, motor	M007141	1
26	Signal cable+ ferrite core 465mm	M003907	1
27	Key, safety	S005017	1
28	Sleeve, pin, lock	M004175	1
29	Foot, frame, main	M004180	2
30	Guard, deck	M005361	2
31	Landing, side	M007136	2
32	Cap, frame, main, rear, top, L	M007139	1
33	Cap, frame, main, rear, btm, L	M007140	1
34	Cap, frame, main, rear, top, R	M007137	1
35	Cap, frame, main, rear, btm, R	M007138	1
36	Spring, pin, lock	M004193	1
37	Lever, release	M005886	1
38	Haft, release	M005887	1
39	Bracket, pin, lock	M004187	1

ITEM.	DESCUPTION	PART.NO.	QTY.
40	Bushing, wheel, rear	M004183	2
41	Inlet, AC	M003150	1
42	Switch, power	M006157	1
43	Breaker, circuit, 230V	M005689	1
	Breaker, circuit, 110V	M003149	1
44	Controller, 230V	S006691	1
	Controller, 110V	S006719	1
45	Filter 230V only	S004850	1
46	Choke 230V only	M004158	1
47	Belt, drive	M001688	1
48	Roller, front	S005417	1
49	Cushion, deck	M001557	6
50	Belt, running	M003833	1
51	Roller, rear	S004663	1
52	Deck	M004952	1
53	Coating, frame, main	S006099	1
54	Weldment, bracket, motor	S005514	1
55	Sensor, speed, w/ cable	S006867	1
56	Motor, 2HP 230V	M005404	1
	Motor, 2HP 110V	M006801	1
57	Assy, bar, horizontal	S006270	1
58	Bar, handle	S006286	2
59	Assy Console	S006287	1
60	Cover, bar, handle, btm, L	M007142	1
61	Cover, bar, handle, top, R	M007144	1
62	Cover, bar, handle, btm, R	M007145	1
63	Cover, bar, handle, top, L	M007143	1
64	Cover, base, console	M004266	1
65	Coating, bracket, console	S006273	1
66	Signal cable, Hand pulse PCB(6P) 390mm	M004743	1
67	Motor, incline, 230V	S004679	1
	Motor, incline, 110V	S005238	1
68	Bushing, fix, frame, base	M004942	2
69	Coating, frame, H, L	S006202	1
70	Wheel, incline	M005931	2
71	Sleeve, shaft	M004129	2
72	Coating, frame, H, R	S006211	1
73	Cable, signal, upright 1230mm	M004262	1
74	Cable, signal, frame, main 1920mm	M004259	1

711 110V / 230V

