

casall®



casall® 1.1T Treadmill

Assembly Instructions and Owner's Manual

Dear Customer,

We are pleased, that you have a chosen Casall Fitness Equipment. This quality product has been designed for in-home use and has been tested and certified according to the European Norm EN 957-1/6. Please carefully read the instructions prior to assembly and first use and be sure to keep the instructions for reference and maintenance.

We wish you lots of success and fun while training,

Warranty

Casall quality products have been designed and tested to meet the needs and requirements of a committed Fitness-Training of in-home use. This product is tested to the Standard EN 957.

Casall warrants to the original purchaser 1 Years against possible defects in material.

Excluded from warranty are wearing parts and damages caused by misuse of the product. In the case of claim please contact your specialist dealer.

The warranty period starts at the date the product was purchased (please carefully retain your sales receipt).

For more info contact: kundservice@casall.se

Customer Service

To best possible support you in the case of problems with your product, we would ask you to please quote the product Model Name and Serial Number.

These can be found on the sticker underside your product.

Model name:

Serial number:

Waste Disposal



Casall products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

Batteries and **accumulators** do not belong in the domestic waste. Please, dispose this article correctly (local refuse sites).

Contact

If you have questions you cannot resolve with the help of this manual, or need to order replacement parts please call the outlet from where you purchased this machine or email

kundservice@casall.se

Please have the product model name, number and serial number ready when you call.

Advice

The owner's manual is only for the customer reference. Casall cannot guarantee for mistakes occurring due to translation or change in technical specification of the product.

Precautions

Before assembling or using the treadmill, please read the following instructions carefully. They contain important information for use and maintenance of the equipment as well as for your personal safety. Keep these instructions in a safe place for maintenance purposes or for ordering spare parts.

- **Product-Scope:** This product is made for home use only and tested up to a maximum body weight of 100 kilograms.
- **Product-Performance:** This treadmill is tested to the European Standard EN 957-1/6 HB. The equipment is not suitable for therapeutic training.
- **Product-Scope: Noise compliance:** This treadmill meets the requirements of the noise pollution standards.
- **Product-Performance:** The noise creation of treadmill is under 70db.
- **Product-Maintenance:** For keeping the run quality use the provided silicon spray every month or after a working time of 100 kilometers between the belt and the running surface.
- **Product-Maintenance: Search for noisy parts:** If you should notice unusual noises, such as grinding, clacking etc. try to locate it and have it repaired by a professional. Make sure the treadmill is not used until after repairs have been made.
- **Product-Feature:** The speed can be changed by the computer.
- **Use-Safety Key System:** Insert the safety key in safety key base then fold up safety key to light up the screen of console and fold down safety key to turn off the screen of console. If such actions cannot be performed it means safety key is malfunctioning.
- **Use-Safety key:** When the safety key is lifted up, it means the treadmill is powered. When the safety key is pulled down, the treadmill is not powered.
- **Use-Safety:** The function of the emergency stop: The Safety Key functions as the emergency stop. In an emergency situation, remove the Safety Key from the console and the treadmill will come to a stop.

- Note: The exerciser may not be used by persons with a weight of over 100 kg.
 - Note: This product is designed for the physical exercise by adults. Please ensure that children only use it under adult supervision
 - Note: Ensure that those present are aware of possible hazards, e.g. movable parts during training.
 - Note: Ensure that sufficient space is available to use the home exerciser with 2m long x 1m wide of clearance behind it and 1m of clearance for its flanks.
 - Note: Place the home exerciser on an even, non-slippery surface.
 - Note: Please ensure that liquids or perspiration never enter the electronic components.
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- Note: Keep the equipment indoors and away from moisture and dust. Do not put the equipment in a garage, covered patio or near water. If stored in these locations your warranty will be affected.
 - Note: The product is made for home use only. Warranty and manufacturer's liability do not extend to any product or damage to the product caused by commercial use.
 - Note: Consult your physician before starting with any exercise programs to receive advice on the optimal training technique.
 - Note: Incorrect/excessive training can cause health issues and injuries.
 - Note: If you feel sickness, chest pain, fits of dizziness or breathlessness during your training, stop training immediately and consult your physician.
 - Note: Ensure that training only starts after correct assembly, adjustment and inspection of the home exerciser.
 - Note: Follow the steps of the assembly instruction carefully.
 - Note: Only use suitable tools for assembly and ask for assistance if necessary.
 - Note: Only use original Casall parts as delivered (see checklist).
 - Note: Tighten all adjustable parts to prevent sudden movement while training.
 - Note: We suggest using an equipment mat to prevent damage on the ground.
 - Note: Please follow the advice as per correct training technique as detailed in the instructions.
 - Note: Do not use the home exerciser without shoes or with loose fitting footwear.
Note: Be aware of the position and proper fixation of adjustable or moving parts while mounting or dismounting the home exerciser.
 - Note: Allow the belt to fully stop before dismounting.
 - Note: never insert any part of your body or clothes into the body of the treadmill while it is running or ready for use.
 - Note: Attach the emergency stop cord to your clothing before starting the treadmill. The Treadmill has an emergency stop mechanism for your safety. Before starting your workout, fasten the cord of the safety key to your clothing. If the treadmill has been shut down by removing the safety key, restart it by reinserting the key. An automatic restart of the treadmill belt does not occur. An unmonitored use of the treadmill by other people can be prevented by removing the safety key and keeping it safely hidden. In case of any emergency, hold on tightly to the handrail or handle bar with both hands and leave the treadmill by means of the anti-slipping surface of the lateral platform. Activate the emergency stop mechanism (safety cut-out).
 - Note: Please keep the safety key in a safe place and ensure that it is kept out of reach of children!
 - Note: The unit requires a power supply of 220V – 240V / 50Hz. It should be connected to a safety socket with a dedicated 10A fuse. Before powering on and using the unit confirm that the unit is plugged into the appropriate power supply (observe markings) has been connected properly.
 - Note: If the equipment is in regular use, check all its components thoroughly every 1 – 2 months. Pay particular attention to the tightness of bolts and nuts. This applies especially to the securing bolts for saddle and handlebars.
 - Note: Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
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- Note: Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately and the user should refrain from using the equipment until this has been done.
- Note: Only use original Casall replacement parts.
- Note: Do not under any circumstances carry out electrical repairs or alterations yourself. Always ensure that such work is done by a properly qualified electrician/mechanic or from the advice of the Technical Support team.
- Note: Disconnect the apparatus from the mains before doing repair, maintenance or cleaning work.
- Note: Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel any sort of discomfort stop exercising immediately.

105

A

B

1X

1X

1X

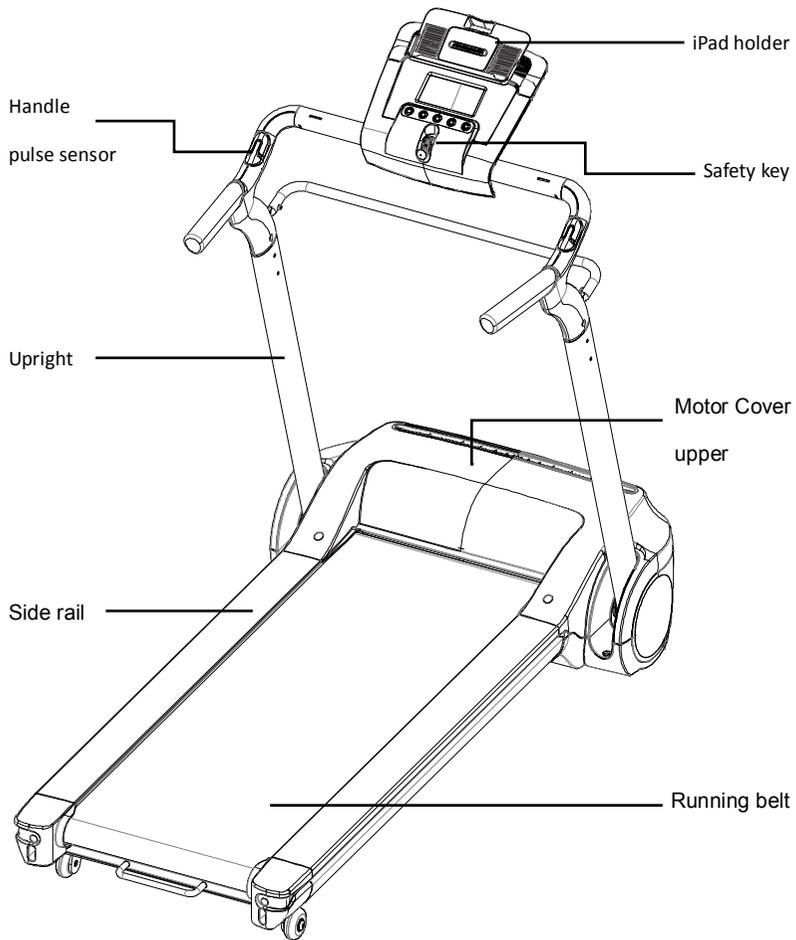


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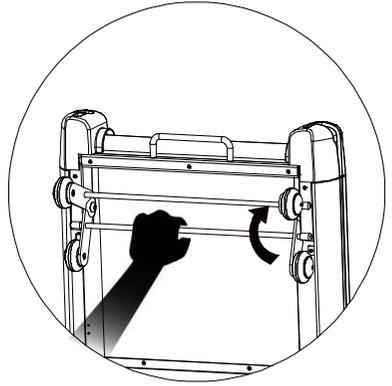
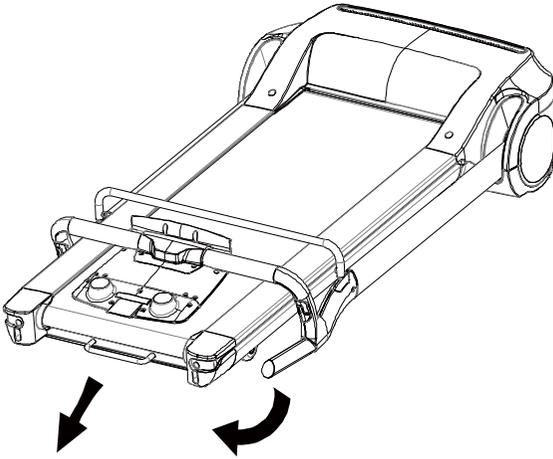
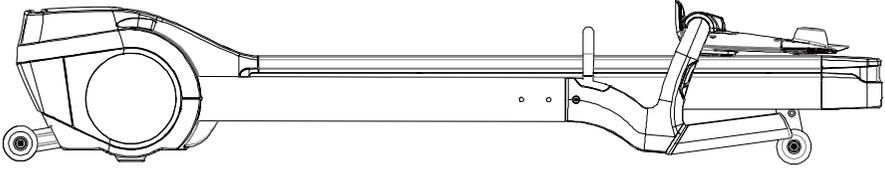
5mm

1X



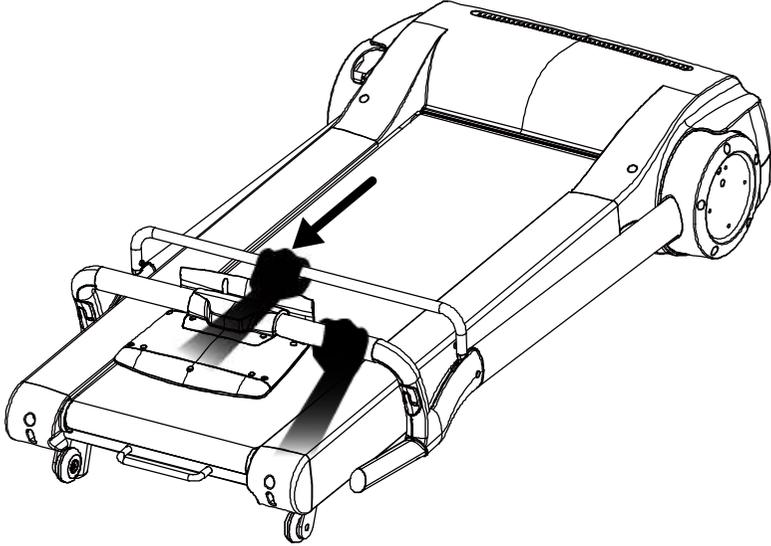


Assembly

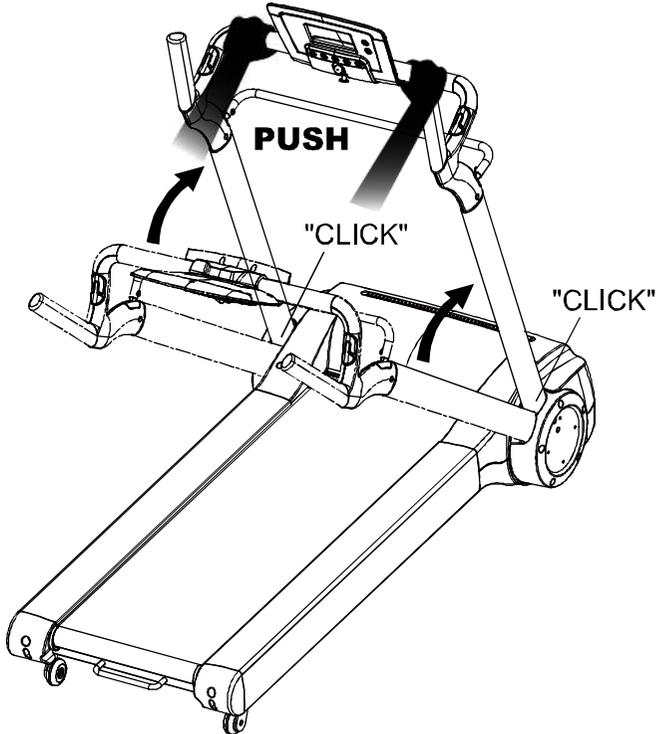


Unfold

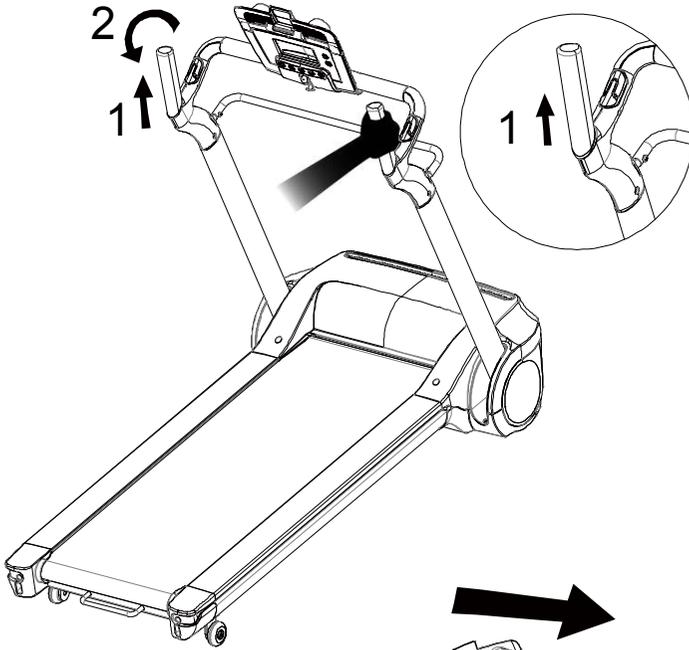
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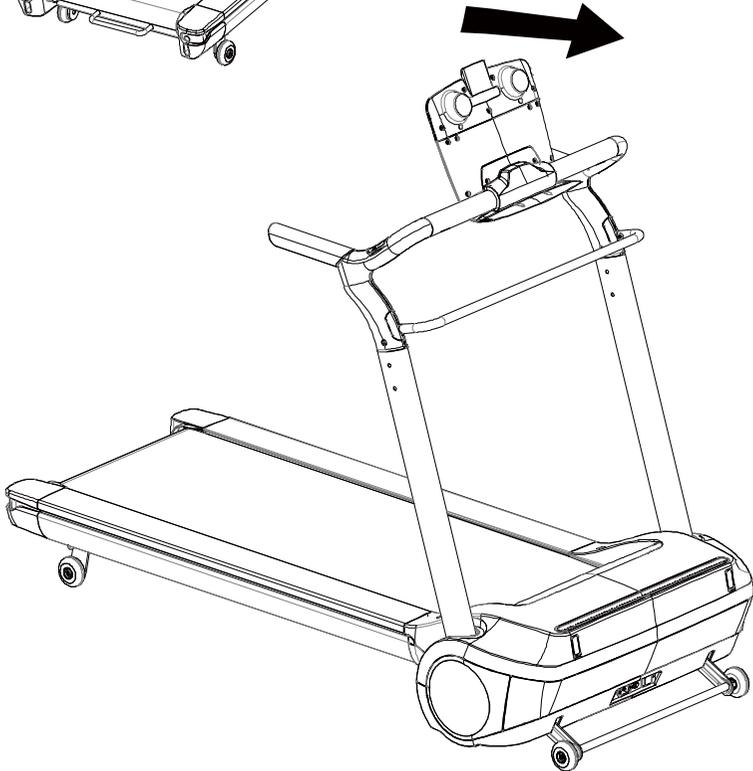
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3.



4.



5.

Connecting the power cord for treadmill and turning on the power switch(observe markings).



Power plug



Power switch

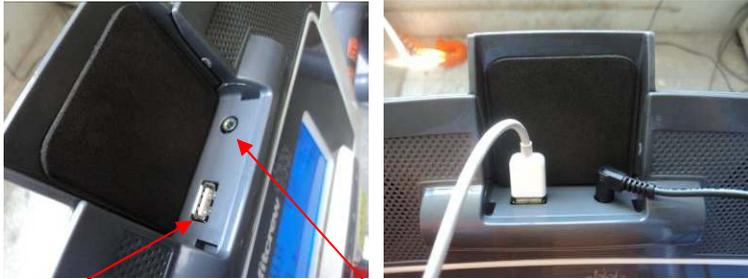
Power socket

Insert the safety key in safety key base then fold up safety key to light up the screen of console and fold down safety key to turn off the screen of console.



Safety key

6. How to assemble the mediaport housing and play music



USB Power charge

MP3 audio input

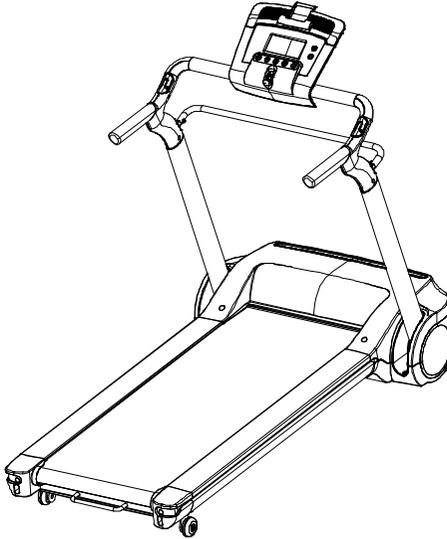


Audio input connection cable and USB connection cable need to pull out form mediaport housing

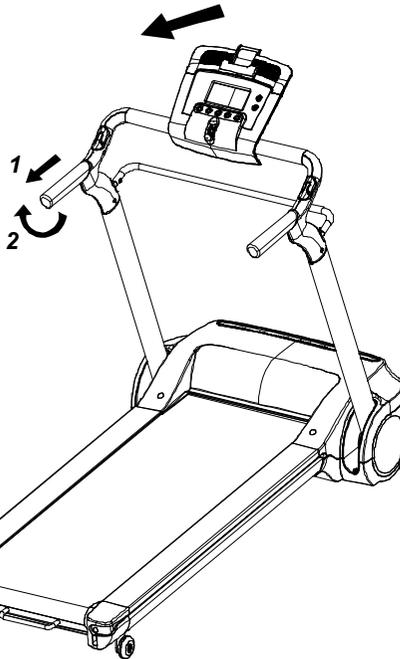


Folding

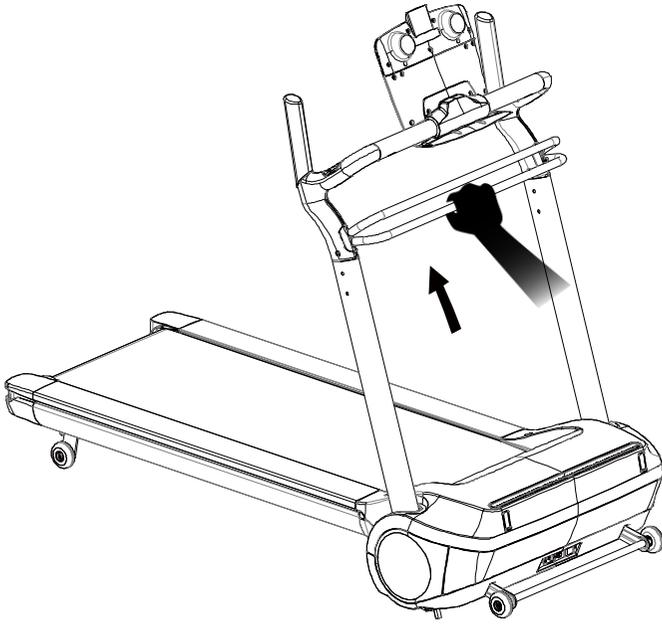
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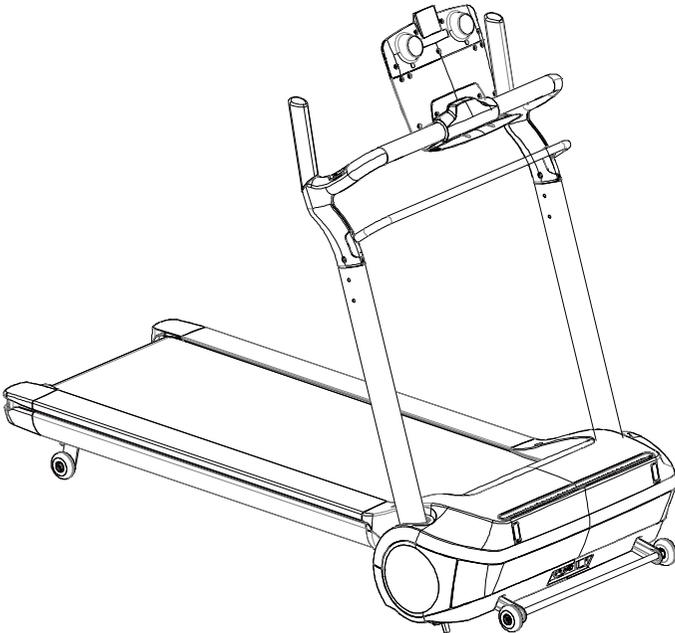
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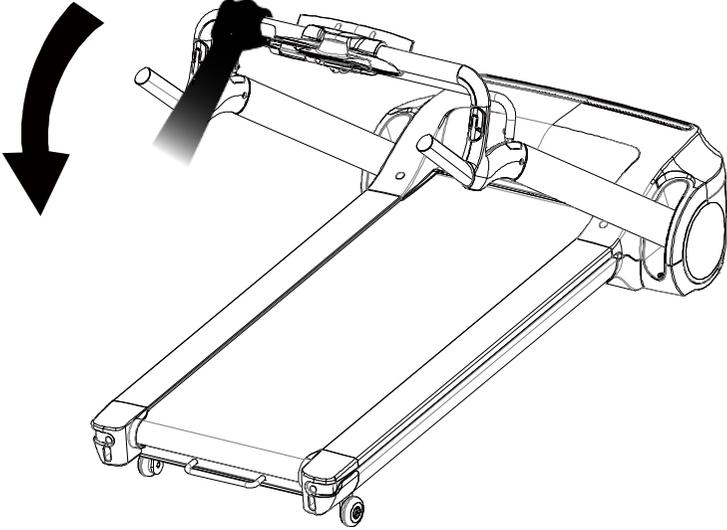
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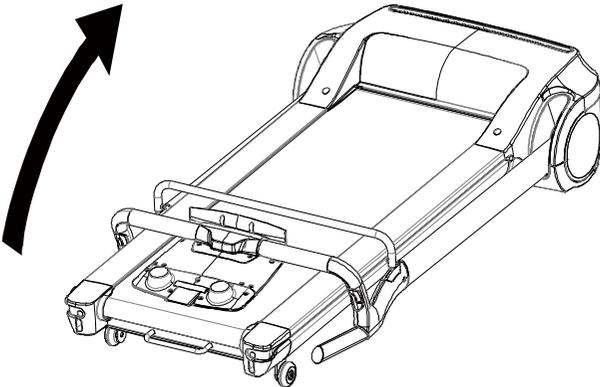
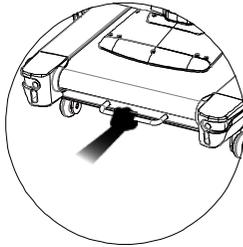
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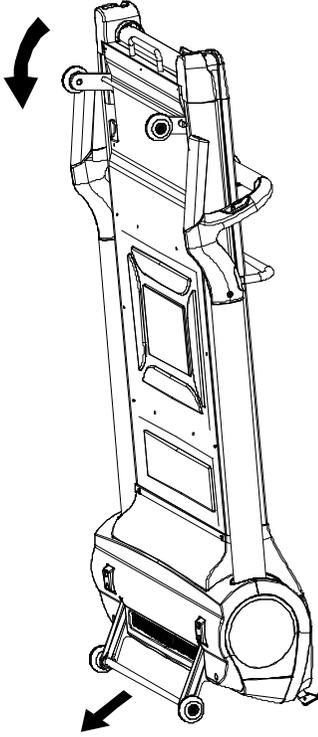
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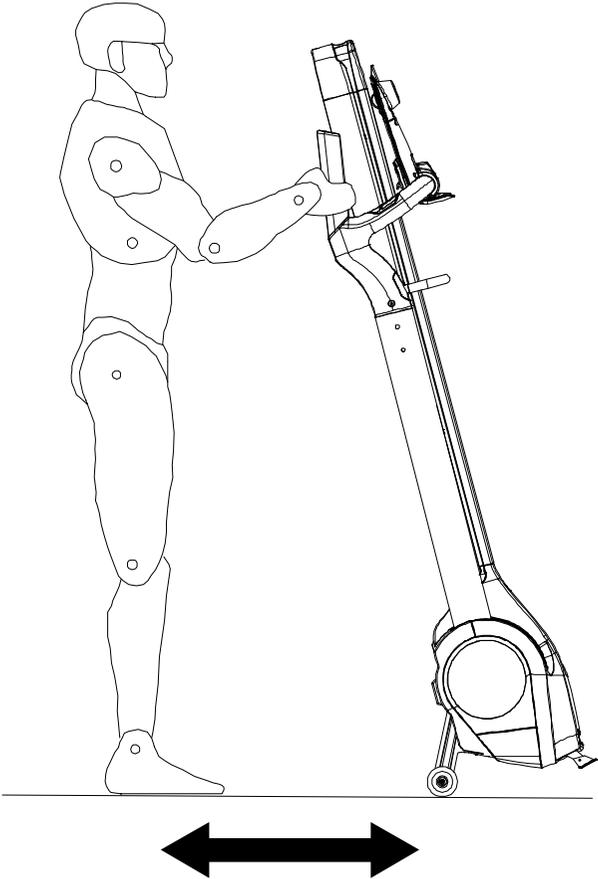
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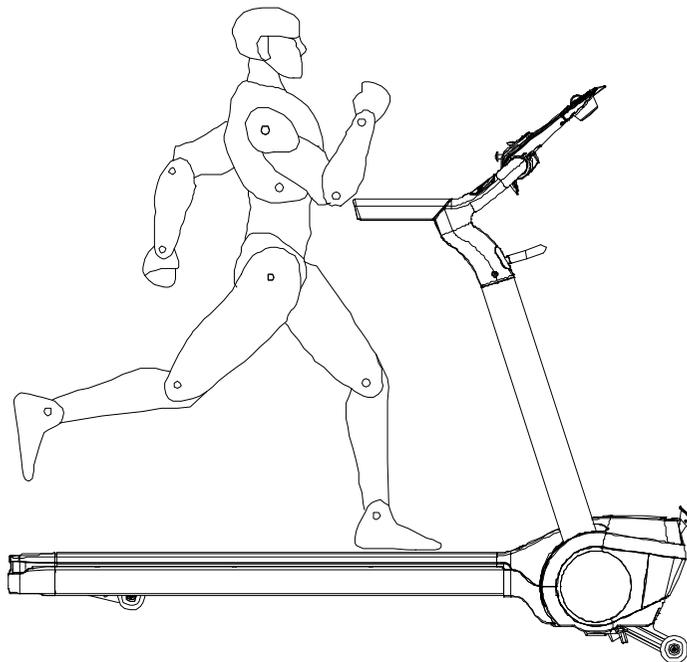
7.



Transport



Correct Use



Correct biomechanical position: Please refer to left picture. Running straight on the treadmill is made easier by focusing on a fixed object in front of you in the room. Run as if you wanted to approach the object. Always keep a distance which you can reach the front handle bar.

Major exercise type: This equipment focuses on your lower body, and it can train your thigh and shank muscles

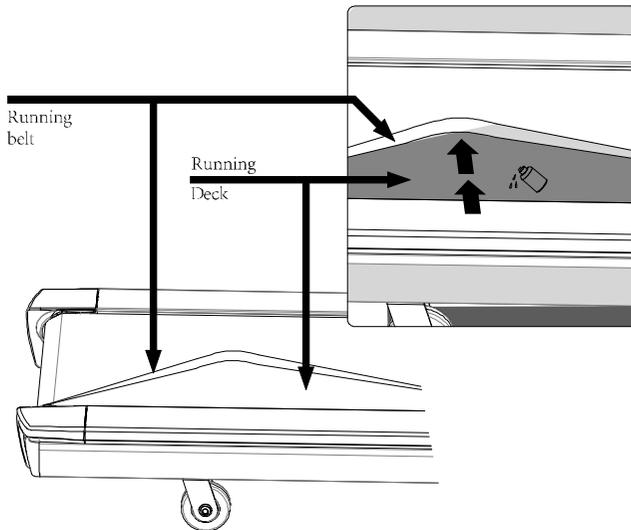
Important: Incorrect/excessive training can cause health issues and injuries.

GB: DECK LUBRICATION:

The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance. Please ensure the lubrication of the running belt is checked every 4-6 weeks after the initial 100 miles/kilometers of use. Every 30 days or 30 hours of operation lift the sides of the walking belt and feel the top surface of the walking board as far as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, follow the instructions below. Please use a non-petroleum based silicone.

To apply lubricant to the walking belt:

1. Position the walking belt so that the seam is located on top and in center of the walking board.
2. Insert the spray nozzle into the spray head of the lubricant can if a nozzle is required.
3. While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 6" from the front of the treadmill. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 4 seconds on each side.
4. Allow the silicone to "set" for 1 minute before using the treadmill.



RUNNING BELT ADJUSTMENT

This information forms part of the self maintenance and must be carried out periodically by the user*

Proper maintenance is very important to ensure your treadmill is always in top working condition.

Improper maintenance could cause damage or shorten the life of your treadmill and exceed the LIMITED WARRANTY coverage.

IMPORTANT: Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight. Inspect and tighten all parts of the treadmill regularly. Replace any worn parts immediately.

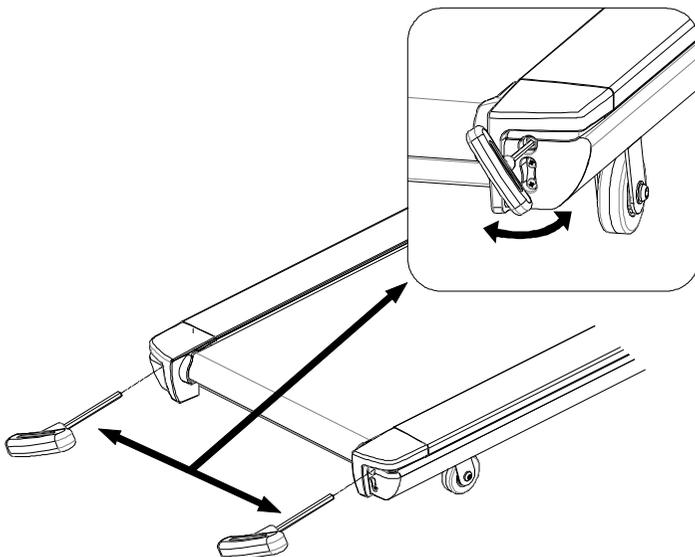
Belt Adjustment

The running belt has been adjusted properly by the factory. However transportation, uneven flooring or other unpredicted reasons could cause the belt to shift off centre resulting in the belt rubbing with the plastic side rail or end caps and possibly causing damage. To adjust the belt back to its proper position please follow the directions below:

If the belt has only moved by 1-2mm this will not affect the operation of your treadmill

1. If your belt tends to walk to the right, simply adjust the left belt tension bolt by turning it 1/4 turn counter clockwise. Follow with a test.
2. If your belt tends to walk to the left, rotate the left tension bolt clockwise 1/4 turn at a time, and follow with a test. If the belt continues to walk to the left, simply adjust the right tension bolt counter clockwise.
3. If your belt appears to be loose, simply tighten both bolts evenly 1/4 turn. If it appears tight, simply loosen both bolts evenly 1/4 turn.

WARNING! Do not over tighten rollers! This will cause premature roller bearing failure!



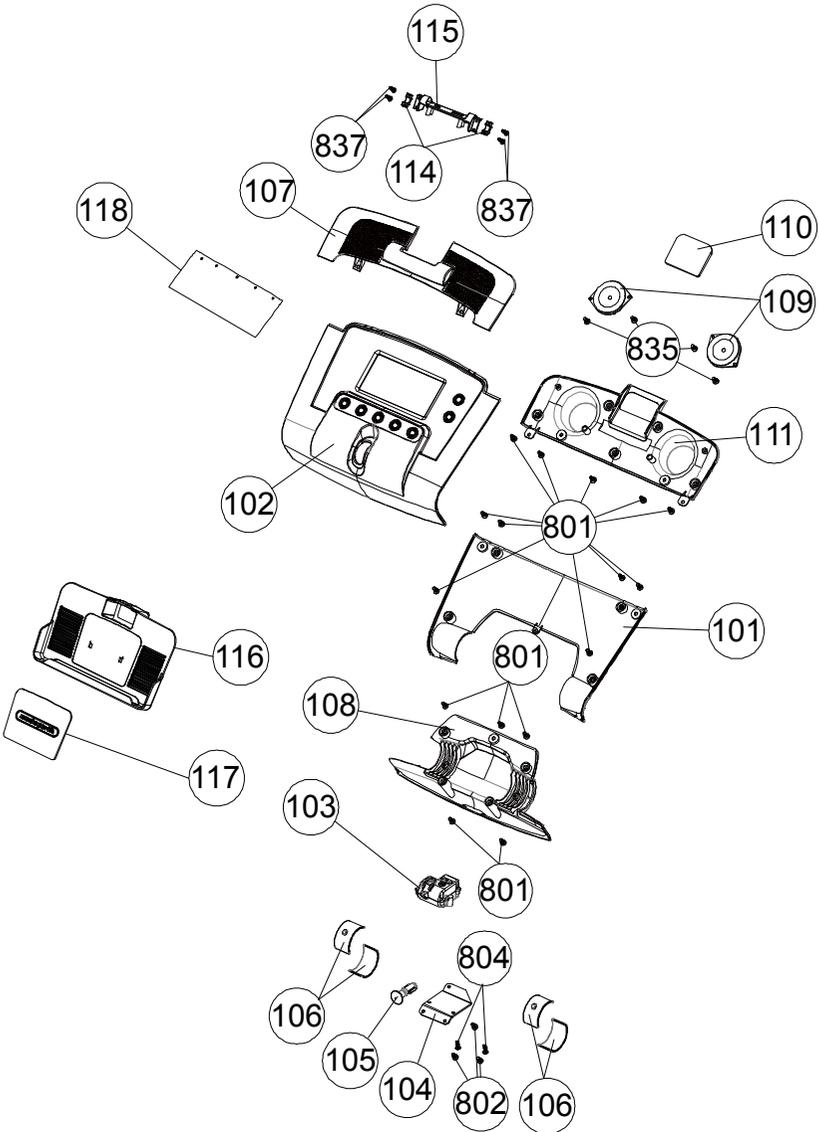
Adjust Incline

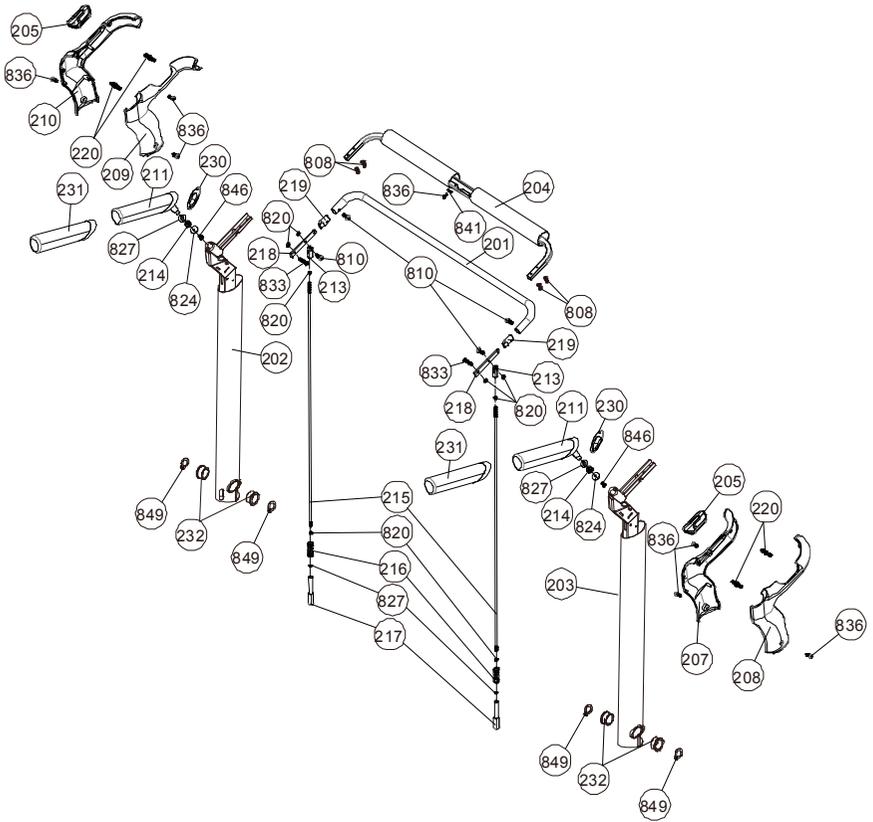


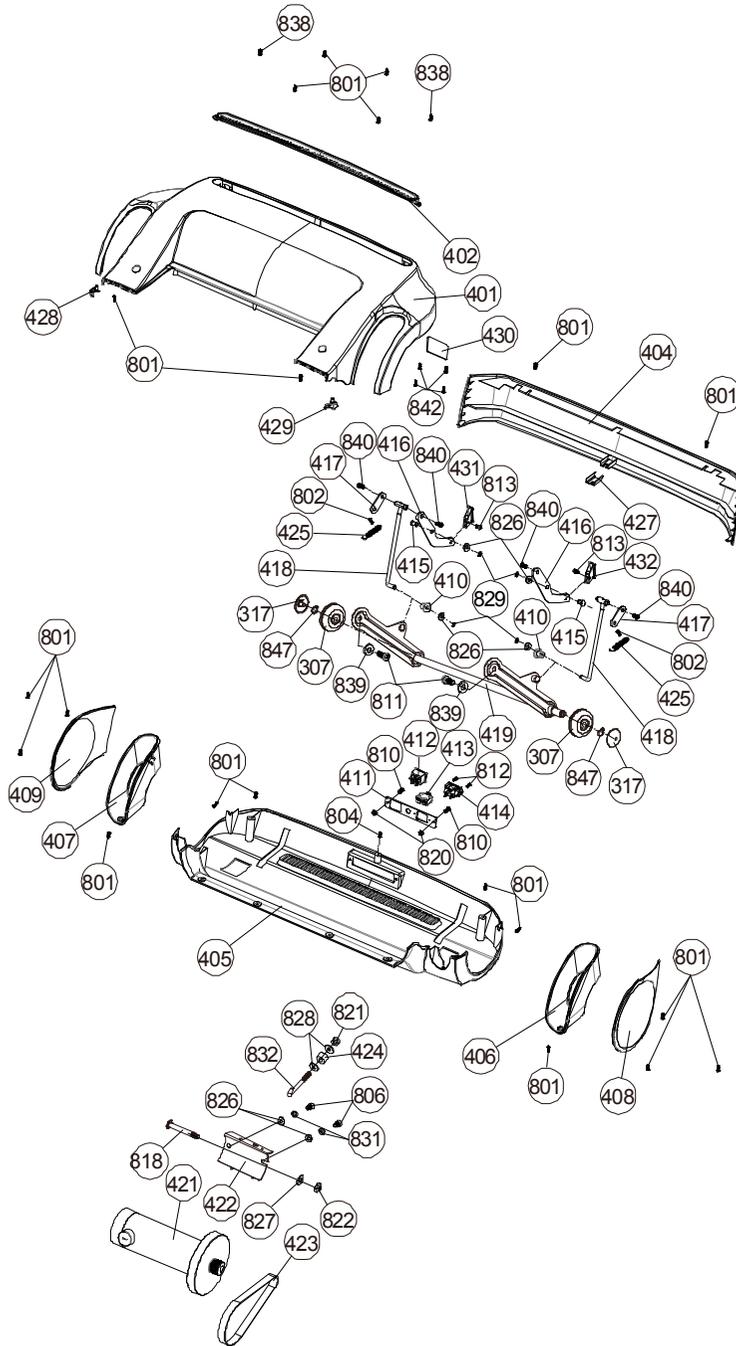
The treadmill has two levels of inclination:

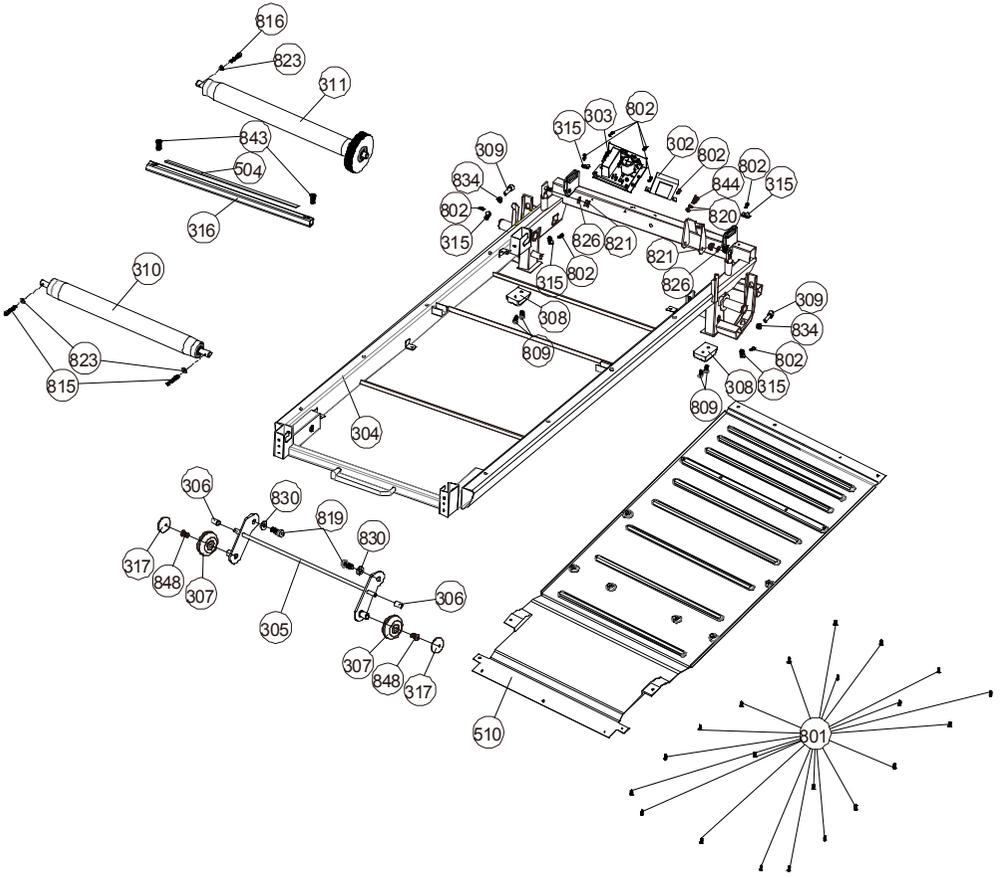
The level can be changed by adjusting the inclination leg. Use the handle (A) to lift the treadmill with one hand and adjust the inclination leg with the other hand as shown in the drawing (B).

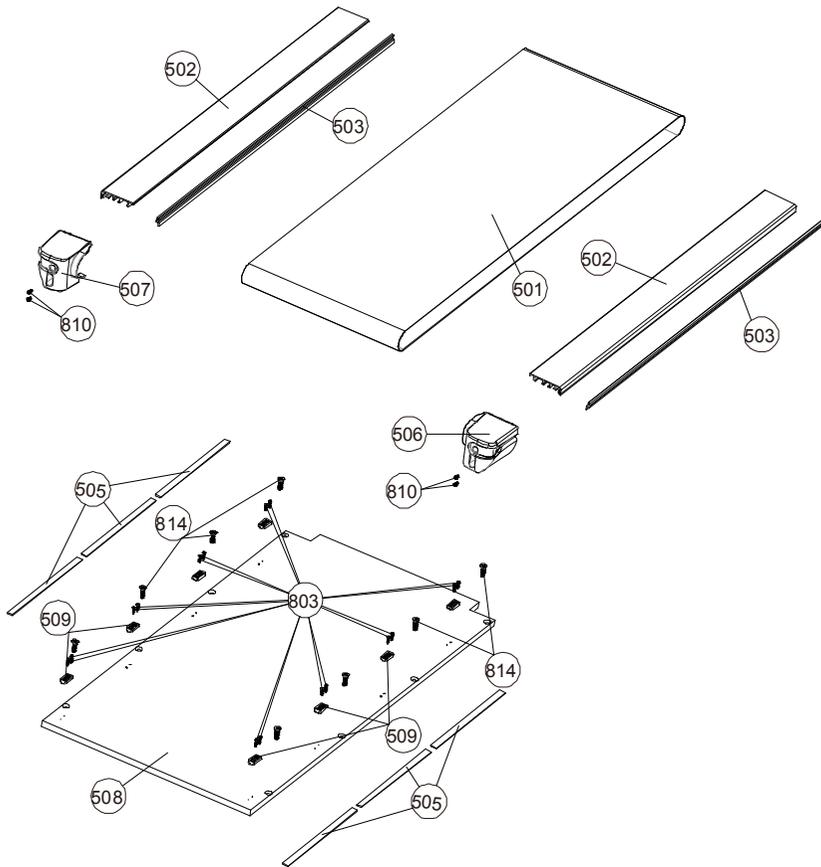
Exploded view

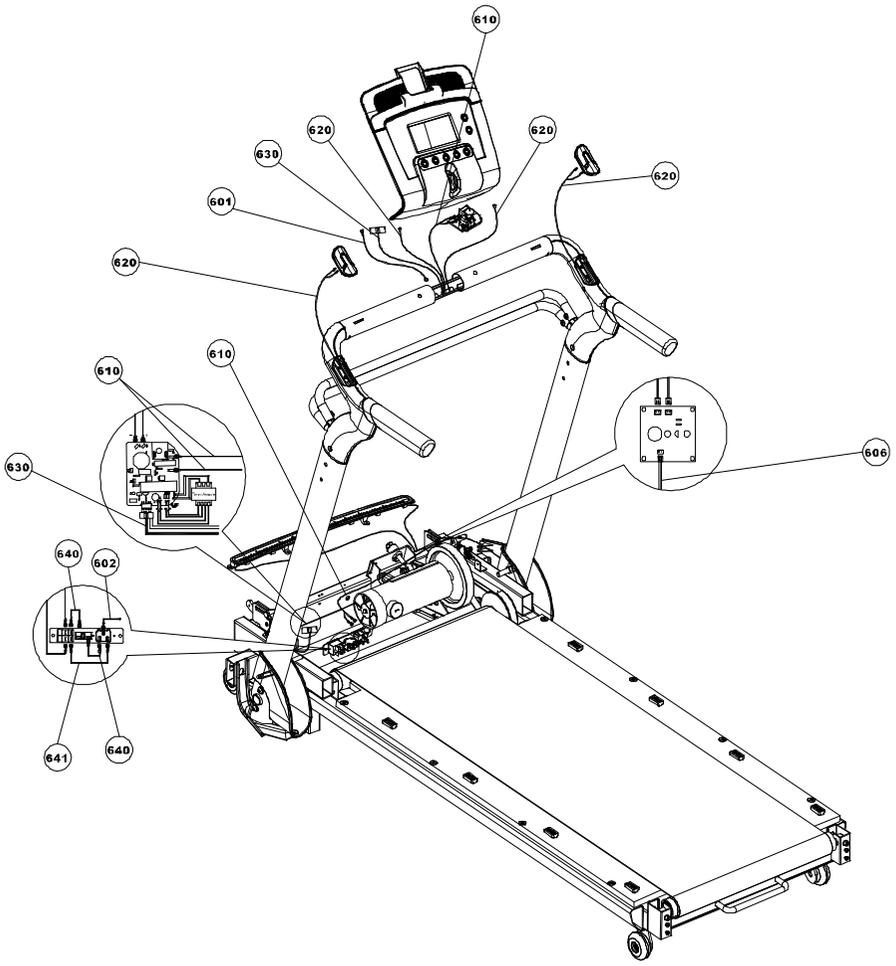












Spare Part List

Part No.	Part name	Qty
101	Console housing -rear	1
102	computer	1
103	Safety Key base	1
104	Safety Key base fix bracket	1
105	Safety Key	1
106	Console housing holder	2
107	Loudspeaker upper cover	1
108	Console housing -lower	1
109	Loudspeaker	2
110	Computer EVA sticker	1
111	Loudspeaker lower cover	1
112	Computer display overlay	1
113	Computer Button overlay	1
114	MP3 socket bracket	1
115	MP3 socket	2
116	iPad holder	1
117	Soft cushion	1
201	Fold up grip	1
202	Upright -left	1
203	Upright -right	1
204	Console housing support tube	1
205	Hand pulse sensor	2
206	Handlebar cover decorate cover-front	2

207	Handlebar cover right -inner	1
208	Handlebar cover right -outside	1
209	Handelbar cover left -inner	1
210	Handlebar cover left -outside	1
211	Side handlebar	2
212	Folding system connectible plate	1
213	Stationary pin OD12X32	2
214	ø2X3-ø15X16 Spring	2
215	Fold up grip connect rod	2
216	φ1.8X14X49X10 Spring	2
217	Upright lock pin	2
218	Fold up grip connector	2
219	Fold up grip connecting bushing	2
220	OD6X12-9X3 Plastic insert	4
230	Handlebar cover decorate cover-front	2
231	Handlebar Foam grip	2
232	Upright Sleeve ID25XOD31XOD35X13	4
274	IWM Scale	1
301	Foam cushion	6
302	Transformer	1
303	Control board	1
304	Main Frame	1
305	Rear transport wheel bracket	1
306	Rear transport axle cap	2
307	Transportation wheel ID16XOD63.5X24	4

308	Square foot 60X40X19	2
309	M8X30 bump bolt	2
310	Rear roller tube	1
311	Front roller tube	1
312	Main frame supporting foot assembly-left	1
313	Motor holder bracket end cap	4
314	Main frame supporting foot assembly-Right	1
315	Wire clip OD7X10X24	4
401	Motor Cover-upper	1
402	Motor hood decorate cover-upper	1
404	Motor Cover-Front	1
405	Motor Cover-Bottom	1
406	Upright lower cover-right	1
407	Upright lower cover-left	1
408	Motor hood side cover -right	1
409	Motor hood side cover -left	1
410	Transport wheel bracket connecting bushing	2
411	Power switch board	1
412	Power Switch-16A	1
413	Electric protector 230V-10A	1
414	Electric outlet	1
415	Stationary pin OD8X17	2
416	Fold up foot	2
417	Connecting plate	2
418	Transport wheel bracket connecting tube	2

419	Transport wheel bracket	1
420	Fold up foot cover	2
421	Motor	1
422	Motor holder	1
423	Driving belt	1
424	PU Cushion 8X26X11	1
425	Spring ϕ 1.2X10.7X61X33	2
427	washer 21X13X0.7	1
428	side rail front decoate cover -Left	1
429	side rail front decoate cover -Right	1
501	Running belt	1
502	Side rail	2
503	Side rail decorate cover	2
504	Side rail end cap-right	1
505	Side rail end cap-left	1
506	Rear end cap - right	1
507	Rear end cap - left	1
508	Running deck	1
509	Side rail guider	8
510	Belt cover- bottom	1
601	Grounding cable	1
610	2 pin Safety key cable	1
620	Hand Pulse Sensor wire	2
630	Seven pin cable	1
631	M4X12 Screw	53

802	M4X15 Screw	24
803	M4X19 Screw	16
804	M4X12 Screw	3
805	M8X48 Bolt	1
806	M8X12 Screw	2
807	M8X45 Allen Bolt	4
808	M5X14 Screw	4
809	M5X14 Screw/washer	4
810	Round Head Screw M5X14	10
811	M10X53 Screw	2
812	M3X8 Screw	2
813	M5X10 Screw	2
814	M8X30 Screw	8
815	M6X55 Allen Bolt	1
816	M6X65 Allen Bolt	1
817	M8X20 Allen Bolt	4
818	Outside hex head screw M10X80	1
819	Head hex screw M12X25	2
820	M5 Thin Nut	10
821	M8 Nut	3
822	M10 Nut	1
823	6.2X13X1.2 Washer	3
824	6.4X18X1.5 Washer	2
825	8X17X1.5 Washer	6
826	8.5X16.5X1.5 Washer	8

827	10.5X20X1.5 Washer	1
828	9X35X8 Curved Washer	2
829	M10 C-clip	10
830	12X25X3 Washer	2
831	8X14X2 Washer	2
832	OD8XM8X78X25 Bolt	1
833	M5X24 Screw	2
834	M8 Thin Nut	2
835	M4X6 Screw	6
836	M4X15 Allen head	7
837	M3X14 Screw	4
839	washer 21X13X0.7	2
840	M6X10 screw	4
841	Owner manual	1
847	"C" clip - M15	2
848	Cup head hex screw M6X12	2
849	"C" clip – M25	4
850	M4X35 screw	2
851	M3X14 screw	1
A	Power cord	1
B	Silicone oil bottle	1

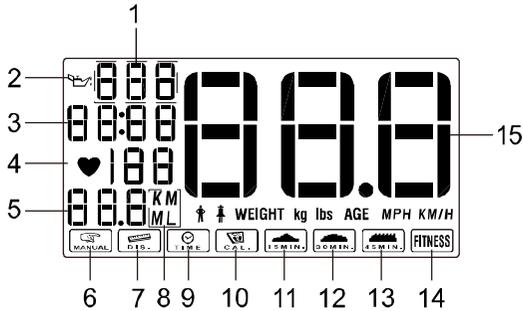
Computer operate instruction





Before assembling or using your fitness equipment, please carefully read the precautions included in the assembly instructions.

Display



CALORIES (1)

The calories display range is from 0 to 999.

OIL CAN (2)

The computer will display oil can when the total distance up to 300km.

TIME (3)

The TIME display range is from 00:00 to 99:00. The initial TIME is "32:00"

PULSE (4)

The range of the PULSE display is from 0 to 199 BPM.

DISTANCE (5)

The DISTANCE display range is from 0.0 to 99.9km.

PROGRAM – MANUAL (6)

MEASURE in km/miles (8)

PROGRAM – DISTANCE (7)

PROGRAM – TIME (9)

PROGRAM – CALORIES (10)

PROGRAM – 15 Minutes (11)

PROGRAM – 30 Minutes (12)

PROGRAM – 45 Minutes (13)

PROGRAM – Fitness test (14)

SPEED (15)

The range of the Speed is from 0.0 to 14.0km/h; Mph.

Buttons and Functions



START

START button

Press the button to start the computer or start the program.

The initial speed of 0.8 km/h



STOP/ENTER

STOP / ENTER button

Press to confirm a program and preset function values under setting mode.

Press to quit preset program and function values after completing a single program.

Setting procedure: returns to beginning of setting mode before pressing the START key.

Press to stop exercise during workout time.



FAST

SPEED Up button

Press the button to increase the speed or set the program.



SLOW

SPEED Down button

Press the button to decrease the speed or set the program.



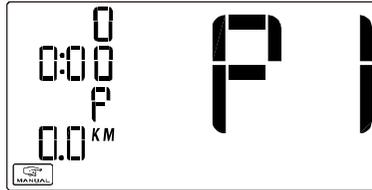
FITNESS TEST

FITNESS TEST button

Press the button to start the Fitness Test set up.

POWER ON

After connecting the power cord, please insert and flip up the “Safety Key” then following to turn on the Power Switch. The LCD screen will light up.



SAFETY KEY

The safety key must be inserted into the slot on the console in order to operate the treadmill. Always insert the safety key and attach the clip to your clothing at your waist before beginning your workout.

If you should encounter problems and need to stop the motor quickly, simply pull on the cord to disengage the safety key from the console. To continue set the speed controller to stop and then reinsert the safety key into the console, then press start.

**Please do not operate the safety key as power switch of treadmill. Please must power off the treadmill by turning power switch off after you finish workout. Please always set the safety key in “on” position then switch on the treadmill by power switch.

SLEEP MODE

When the power is ON the computer will automatically enter POWER OFF MODE if it is left idle for 5 minutes, press any button to return to the power on status when the computer is in the POWER OFF MODE.

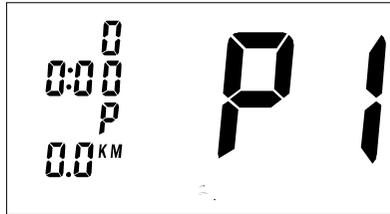
CONVERSION CONSOLE DISPLAY IN Metric(KM) OR English(ML)

Switch the power on, press and hold START button and hold them, then pull up the safety key, console will display “KM” or “ML”, use START button to select between “KM” and “ML”, then press STOP/ENTER to confirm and return power on status.

COMPUTER OPERATION

Power on – “P1” (manual) will flash in the LCD display. Press FAST/SLOW keys for desired program.

Please refer to the following instructions for different program options.



QUICK START

Press the START key directly to start exercise without a function value.

PROGRAM 1 – MANUAL

1. Select the desired program by pressing the FAST/SLOW button.
2. Press STOP / ENTER to confirm the program.
3. Press START to begin your exercise.

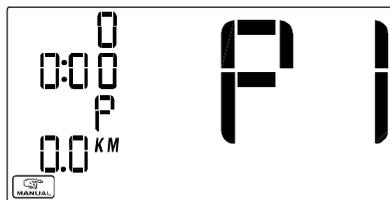
TIME: Accumulates and displays workout time from start of exercise.

DISTANCE: Accumulates and displays workout distance from start of exercise.

CALORIES: Accumulates and displays calories consumed during workout time.

SPEED: Displays current speed.

To pause the program while exercising, press the STOP/ENTER button. To resume exercising, press the "START" button. To stop the program press the STOP/ENTER button twice.



PROGRAM 2 – DISTANCE

1. Select the desired program by pressing the FAST/SLOW button.
2. Press STOP / ENTER to confirm the program.
3. Adjust your desired distance by pressing FAST/SLOW and confirm with STOP/ENTER
4. Press START to begin your exercise.

DISTANCE: Press SPEED UP/ DOWN to preset the distance target values and press START.

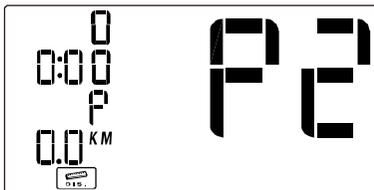
The distance will count down from preset target value. While distance counts down to 0 (zero), speed goes down to 0 (zero) by 0.1 km per second (when the preset target is reached).

TIME: Accumulates and displays workout time from start of exercise.

CALORIES: Accumulates and displays calories consumed during workout time.

SPEED: Displays current speed.

To pause the program while exercising, press the STOP/ENTER button. To resume exercising, press the "START" button. To stop the program press the STOP/ENTER button twice.



PROGRAM 3 – TIME

1. Select the desired program by pressing the FAST/SLOW button.
2. Press STOP / ENTER to confirm the program.
3. Adjust your desired time by pressing the FAST/SLOW button, press STOP/ENTER to confirm
4. Press START to begin your exercise.

TIME: Press FAST/SLOW keys to preset time target value and press START.

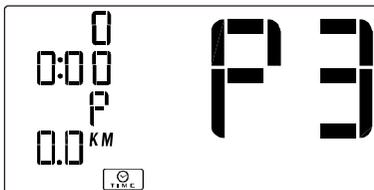
The time will count down from preset target value when starting exercise. While time counts down, the speed goes down to 0 (zero) by 0.1 km per second (when the preset target is reached).

DISTANCE: Accumulates and displays workout distance from start of exercise.

CALORIES: Accumulates and displays calories consumed during workout time.

SPEED: Displays current speed.

To pause the program while exercising, press the STOP/ENTER button. To resume exercising, press the "START" button. To stop the program press the STOP/ENTER button twice.



PROGRAM 4 – CALORIES

1. Select the desired program by pressing the FAST/SLOW button.
2. Press STOP / ENTER to confirm the program.
3. Adjust your desired calories by pressing the FAST/SLOW button, press STOP/ENTER to confirm.
4. Press START to begin your exercise.

CALORIES: Press FAST/SLOW keys to preset calories target value and press START.

Calories will count down from preset target value. While the Calories counts down to 0 (zero), the speed goes down to 0 (zero) by 0.1 km per second (when the preset target is reached).

TIME: Accumulates and displays workout time from start of exercise.

DISTANCE: Accumulates and displays workout distance from start of exercise.

SPEED: Displays current speed.

To pause the program while exercising, press the STOP/ENTER button. To resume exercising, press the “START” button. To stop the program press the STOP/ENTER button twice.



PROGRAM 5 – 15 MINUTES PRESET SPEED

1. Select the desired program by pressing the FAST/SLOW button.
2. Press STOP / ENTER to confirm the program.
3. You can choose between 5 level steps (L1 to L5) L1=easy, L5=hard. Select your desired Level by pressing the FAST/SLOW button and press STOP/ENTER to confirm.
4. Press START to begin your exercise.

TIME: Accumulates and displays workout time from start of exercise. The time will count up from 0:00 when starting exercise. While time reach the 15minutes counts down, the speed goes down to 0 (zero) by 0.1 km per second (when the preset target is reached)

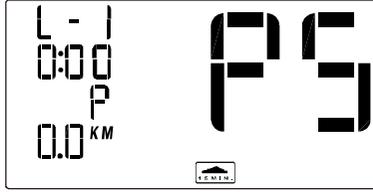
DISTANCE: Accumulates and displays workout distance from start of exercise.

PULSE: Detects and displays current heart rate.

CALORIES: Accumulates and displays calories consumed during workout time.

SPEED: Displays current speed.

To pause the program while exercising, press the STOP/ENTER button. To resume exercising, press the “START” button. To stop the program press the STOP/ENTER button twice.



Level selection and speed profile as below

LEVEL	TIME	0~1	1~3	3~5	5~6	6~7	7~8
L1	KM/ML	0.8/0.5	3.2/2.0	4.8/3.0	6.4/4.0	7.2/4.5	8.0/5.0
L2	KM/ML	0.8/0.5	4.0/2.5	5.6/3.5	7.2/4.5	8.0/5.0	8.8/5.5
L3	KM/ML	0.8/0.5	4.8/3.0	6.4/4.0	8.0/5.0	8.8/5.5	9.6/6.0
L4	KM/ML	0.8/0.5	5.6/3.5	7.2/4.5	8.8/5.5	9.6/6.0	10.4/6.5
L5	KM/ML	0.8/0.5	6.4/4.0	8.0/5.0	9.6/6.0	10.4/6.5	11.2/7

LEVEL	TIME	8~9	9~10	10~11	11~12	12~13	13~15
L1	KM/ML	8.8/5.5	8.0/5.0	6.4/4.0	4.8/3.0	3.2/1.6	1.6/1.0
L2	KM/ML	9.6/6.0	8.8/5.5	7.2/4.5	5.6/3.5	4.0/2.5	1.6/1.0
L3	KM/ML	10.4/6.5	9.6/6.0	8.0/5.0	6.4/4.0	4.8/3.0	1.6/1.0
L4	KM/ML	11.2/7.0	10.4/6.5	8.8/5.5	7.2/4.5	5.6/3.5	1.6/1.0
L5	KM/ML	12.0/7.5	11.2/7	9.6/6.0	8.0/5.0	6.4/4.0	1.6/1.0

PROGRAM 6 – 30 MINUTES PRESET SPEED

1. Select the desired program by pressing the FAST/SLOW button.
2. Press STOP / ENTER to confirm the program.
3. You can choose between 5 level steps (L1 to L5) L1=easy, L5=hard. Select your desired level by

pressing the FAST/SLOW button and press STOP/ENTER to confirm.

4. Press START to begin your exercise.

TIME: Accumulates and displays workout time from start of exercise. While time counts up, the speed goes down to 0 (zero) by 0.1 km per second (when the TTIME 30 minutes is reached)

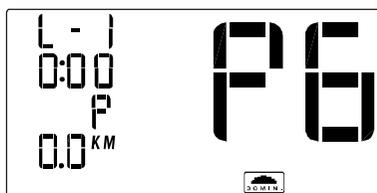
DISTANCE: Accumulates and displays workout distance from start of exercise.

PULSE: Detects and displays current heart rate.

CALORIES: Accumulates and displays calories consumed during workout time.

SPEED: Displays current speed.

To pause the program while exercising, press the STOP/ENTER button. To resume exercising, press the "START" button. To stop the program press the STOP/ENTER button twice.



Level selection and speed profile as below

LEVEL	TIME	0~1	1~3	3~7	7~11	11~18	18~25	25~29	29~30
L1	KM/ML	0.8/0.5	3.2/2.0	6.4/4.0	8.0/5.0	8.8/5.5	6.4/4.0	4.8/3.0	1.6/1.0
L2	KM/ML	0.8/0.5	4.0/2.5	7.2/4.5	8.8/5.5	9.6/6.0	7.2/4.5	5.6/3.5	1.6/1.0
L3	KM/ML	0.8/0.5	4.8/3.0	8.0/5.0	9.6/6.0	10.4/6.5	8.0/5.0	6.4/4.0	1.6/1.0
L4	KM/ML	0.8/0.5	5.6/3.5	8.8/5.5	10.4/6.5	11.2/7.0	8.8/5.5	7.2/4.5	1.6/1.0
L5	KM/ML	0.8/0.5	6.4/4.0	9.6/6.0	11.2/7	12.0/7.5	9.6/6.0	8.0/5.0	1.6/1.0

PROGRAM 7 – 45 MINUTES PRESET SPEED

1. Select the desired program by pressing the FAST/SLOW button.
2. Press STOP / ENTER to confirm the program.
3. You can choose between 5 level steps (L1 to L5) L1=easy, L5=hard. Select your desired Level by

pressing the FAST/SLOW button and press STOP/ENTER to confirm.

4. Press START to begin your exercise.

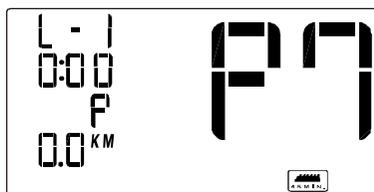
TIME: Accumulates and displays workout time from start of exercise. While time counts up, the speed goes down to 0 (zero) by 0.1 km per second (when the TTIME 45 minutes is reached)

DISTANCE: Accumulates and displays workout distance from start of exercise.

CALORIES: Accumulates and displays calories consumed during workout time.

SPEED: Displays current speed.

To pause the program while exercising, press the STOP/ENTER button. To resume exercising, press the "START" button. To stop the program press the STOP/ENTER button twice.



Level selection and speed profile as below

LEVEL	TIME	0~1	1~3	3~7	7~10	10~14	14~16	16~17
L1	KM/ML	1.6/1.0	3.2/2.0	6.4/4.0	8.8/5.5	6.4/4.0	8.0/5.0	8.8/5.5
L2	KM/ML	1.6/1.0	4.0/2.5	7.2/4.5	9.6/6.0	7.2/4.5	8.8/5.5	9.6/6.0
L3	KM/ML	1.6/1.0	4.8/3.0	8.0/5.0	10.4/6.5	8.0/5.0	9.6/6.0	10.4/6.5
L4	KM/ML	1.6/1.0	5.6/3.5	8.8/5.5	11.2/7.0	8.8/5.5	10.4/6.5	11.2/7.0
L5	KM/ML	1.6/1.0	6.4/4.0	9.6/6.0	12.0/7.5	9.6/6.0	11.2/7	12.0/7.5

LEVEL	TIME	17~21	21~22	22~24	24~28	28~29	29~31	31~35
L1	KM/ML	6.4/4.0	8.0/5.0	8.8/5.5	6.4/4.0	8.0/5.0	8.8/5.5	6.4/4.0
L2	KM/ML	7.2/4.5	8.8/5.5	9.6/6.0	7.2/4.5	8.8/5.5	9.6/6.0	7.2/4.5
L3	KM/ML	8.0/5.0	9.6/6.0	10.4/6.5	8.0/5.0	9.6/6.0	10.4/6.5	8.0/5.0
L4	KM/ML	8.8/5.5	10.4/6.5	11.2/7.0	8.8/5.5	10.4/6.5	11.2/7.0	8.8/5.5
L5	KM/ML	9.6/6.0	11.2/7	12.0/7.5	9.6/6.0	11.2/7	12.0/7.5	9.6/6.0

LEVEL	TIME	35~36	36~38	38~42	42~43	43~44	44~45
L1	KM/ML	8.0/5.0	8.8/5.5	6.4/4.0	8.0/5.0	8.8/5.5	3.2/1.6
L2	KM/ML	8.8/5.5	9.6/6.0	7.2/4.5	8.8/5.5	9.6/6.0	3.2/1.6
L3	KM/ML	9.6/6.0	10.4/6.5	8.0/5.0	9.6/6.0	10.4/6.5	3.2/1.6
L4	KM/ML	10.4/6.5	11.2/7.0	8.8/5.5	10.4/6.5	11.2/7.0	3.2/1.6
L5	KM/ML	11.2/7	12.0/7.5	9.6/6.0	11.2/7	12.0/7.5	3.2/1.6

FITNESS TEST PROGRAM

The FITNESS TEST program requires the user to input their personal data including user Gender, weight and age. The program will use this information and detect the user's heart rate (by hand pulse) to recommend the user adjusts the speed in order to maintain the efficient workout heart rate and to achieve the best workout result. Then based on how good the user can follow the computer program and reach the proper speed and maintain the efficient workout heart rate, the computer program will give the user a score to be recorded on the training chart inside the owner's manual. User should start from low speed and upgrade to high speed after achieving the highest score in the low level speed. And continue to upgrade the speed level.

To start the FITNESS TEST PROGRAM, press FITNESS TEST button while console is in the POWER ON mode.

The console display is shown as below:

User Gender Set Up

After pressing the FITNESS TEST button, User Gender will be flashing. User can press UP or DOWN button to select male or female. Then Press STOP/ENTER button to save the user gender setting.

User Weight Set Up

After pressing the STOP/ENTER button, the WEIGHT displays the factory default setting 68KG/150LB will be flashing. Press UP and DOWN button to adjust the user weight. Press the UP once to increase each segment by 1 KG/1LB. Press and hold the UP or DOWN button to speed up the weight adjustment. The set up range is from 20-200KG/44-440LB. Press STOP button to save the user weight.

User Age Set Up

After pressing the STOP/ENTER button, the AGE displays the factory default setting 35 flashing. Press UP and DOWN button to adjust the age. Press the UP or DOWN button once to increase the age by 1. Press and hold the UP or DOWN button to speed up the age adjustment. The Age Set up range is from 10-99. Press the STOP button to save the user age.

Fitness Program

The fitness test program will start to run from the target distance 3.2 kg/2.0ml count down to 0, and the time and calorie will be count up from 0:00.

After the distance of the program has counted down to 0, the program will enter a 1 minute recovery

mode.

Recovery Function

Recovery is the feature to let the user test their physical condition after a workout. The recovery rating is determined by measuring how quickly the user's pulse slows down after the workout to justify the user physical condition. The faster the pulse slows down, the better the user's physical condition. Users can record their recovery rating as below chart after each workout to use for reference.

In the recovery mode, the "UP","DOWN","START" buttons have no function.

During the RECOVERY procedure, if you want to stop the RECOVERY and stop workout, press the STOP/ENTER button and return to POWER ON status.

During the RECOVERY procedure, if you want to continue the previous program, press the START button to continue the previous program.

When the user holds the handle pulse sensor, the computer will display the heart rate and will continue to count down the time.

Computer display shows rEC (Recovery) and the time display counts down for 60 seconds. After time counts down to 0, Speed display will show user's test result "Fx.x ". The Recovery function will be stop if the user press the STOP/ENTER button. If the user doesn't hold the handle pulse sensor or the computer cannot detect the pulse in 10 seconds, the LCD will display "FAIL" after finishing the program. And then the computer will enter into power on mode if press STOP/ENTER button.

The user will get different fitness level (F1.0 –F4.0) base on the user input data and test situation. It will be better if the level of the result was closer to F1.0 and the goal is to complete the set distance of 2.0 Miles (3.2km) in the latest amount of time. The user controls the speed as needed to reach the goal and a point value will be given at the completion of the test.



F1	Excellent
F2	Good
F3	Normal
F4	Under normal

Heart Rate Operation

The computer comes with EKG hand pulse sensors which can be found on the handlebars. To operate pulse rate function, place the palms of your hands over the sensors. It will take a few seconds for your pulse rate to be displayed on the console. To keep monitoring, keep gripping the sensors. If the readings are intermittent you may not have full contact with the sensors or not enough of your palm on the sensor. Remove your hand and place it over the sensor again.

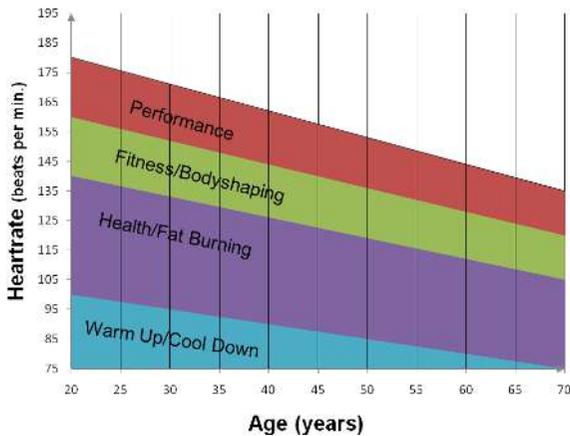
Heart Rate Training

To maximize your results from training it is essential to monitor the intensity of your workout through your heart rate.

It is imperative that you accurately determine the target pulse rate to train under in order to improve your fitness level at a safe, comfortable and sustainable level.

The following table on the next page is a rough guide to determine the level in which you should be exercising based upon your maximum heart rate (MHR).

Heart Rate diagram



You can calculate the target-heartrate for your training as follow:

Maximum heartrate = 220 minus age

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

Health/Fat Burning: 50 – 70% of your max. heartrate

Fitness/Bodyshaping: 70 – 80% of your max. heartrate

Performance: 80 - 90% of your max. heartrate

Example:

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

$$220 - 25 = 195$$

70% of 195 = 136.5

80% of 195 = 156

Your target-heartrate should be between 136.5 and 156 beats per minute.



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