

casall®

INFINITY 1.2T TREADMILL USER MANUAL



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 130 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, like 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:** The function of the immobilization method: The purpose of immobilizing the treadmill is to prevent unauthorized use. This can be accomplished by removing the Safety Key from the console, unclipping it from the cord and putting it in a non-accessible place
- **Use-Safety:** The emergency dismount: Follow the steps listed below if you experience pain, feel faint or need to stop your treadmill in an emergency situation: 1. Grip handrails for support 2. Step onto the lateral platform 3. Pull the Safety key off the console.
- **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.

- **Use-Scope:** The exerciser may not be used by persons with a weight of over 130 kg.
 - **Use-Scope:** This product is designed for the physical exercise by adults. Please ensure that children only use it under adult supervision
 - **Use-Environment:** Ensure that those present are aware of possible hazards, e.g. movable parts during training.
 - **Use-Environment:** 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.
 - **Use-Environment:** Place the home exerciser on an even, non-slippery surface.
 - **Use-Environment:** Please ensure that liquids or perspiration never enter the electronic.
 - **Use-Environment:** Keep the equipment indoors, away from moisture and dust. Do not put the equipment in a garage, covered patio or near water. If stored in this location your warranty will
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be affected.

- Use-Environment: 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.
- User-Health: Consult your physician before starting with any exercise programs to receive advice on the optimal training technique.
- User-Health: Incorrect/excessive training can cause health injuries.
- User-Health: If you feel sickness, chest pain, fits of dizziness or breathlessness during your training, stop training immediately and consult your physician.
- Product-Preparation: Ensure that training only starts after correct assembly, adjustment and inspection of the home exerciser.
- Product-Preparation: Follow the steps of the assembly instruction carefully.
- Product-Preparation: Only use suitable tools for assembly and ask for assistance if necessary.
- Product-Preparation: Only use original Wellness parts as delivered (see checklist).
- Product-Preparation: Tighten all adjustable parts to prevent sudden movement while training.
- Product-Preparation: We suggest using an equipment mat to prevent damage on the ground.
- Use-Instruction: Please follow the advice as per correct training technique as detailed in the instructions.
- Use-Instruction: Do not use the home exerciser without shoes or with loose fitting footwear.

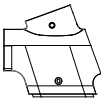
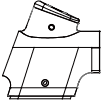





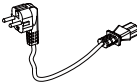

Use-Safety: Be aware of the position and proper fixation of adjustable or moving parts while mounting or dismounting the home exerciser.

- Use-Safety: Allow the belt to fully stop before dismounting.
 - Use-Safety: Pay attention: never insert any part of your body or clothes into the body of the treadmill while it is running or ready for use.
 - Use-Safety: 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 emergence stop mechanism (safety cut-out).
 - Use-Safety: Please keep the safety key in a safe place and ensure that it is kept out of reach of children!
 - Product-Power-Safety: The unit requires a power supply of AC110V – 125V, 50/60Hz. It should be connected to a safety socket with a dedicated 10A fuse. Before powering on and using the unit confirm that the the unit is plugged into the appropriate power supply (observe markings) has been connected properly.
 - Product-Maintenance: 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
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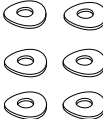


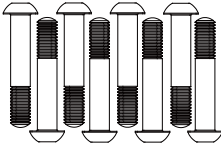


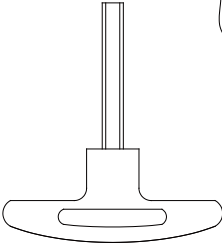
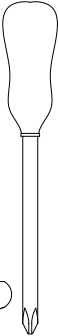
to the securing bolts for saddle and handlebars.

- Product-Maintenance: Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
- Product-Maintenance: 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.
- Product-Maintenance: Only use original Wellness replacement parts.
- Product-Maintenance: 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 the advice of the Technical Support team is sought firstly
- Product-Maintenance: Disconnect the apparatus from the mains before doing repair, maintenance or cleaning work.

A.CONTENTS CHECKLIST

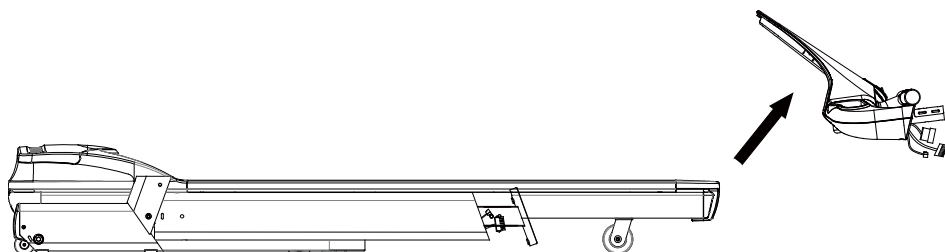
203 2X	202 2X	204 2X	208 2X	E 1 x	205 2X
					
108 1X	C 1X	902 1X			
					

B.HARDWARE COMPARISON CHART



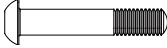

844 4X15MM 6X	845 4X12MM 2X	808 8MM 6X	810 M8X18X18 2X	223 2X	A 5mm 1X	B 1X
						
806 M8X42X10 8X	824 M8X52X17 2X	826 8X17X1.5 2X				
						

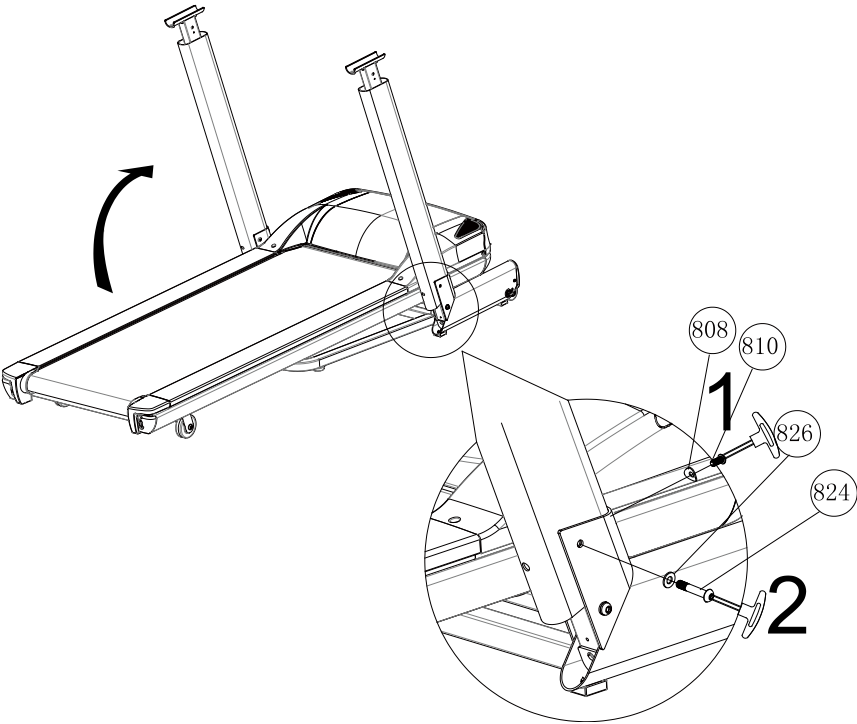
Assembly instruction

1.


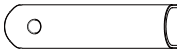



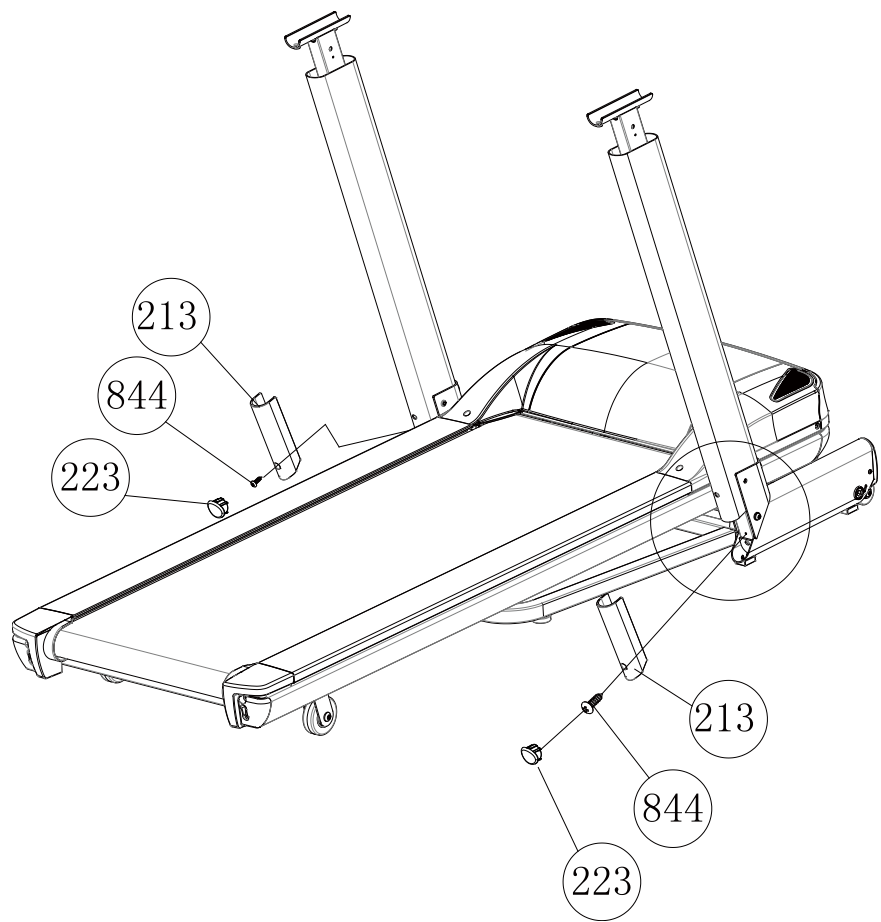
2.

808	X2	
810	X2	
824	X2	
826	X2	

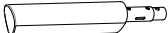
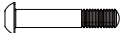


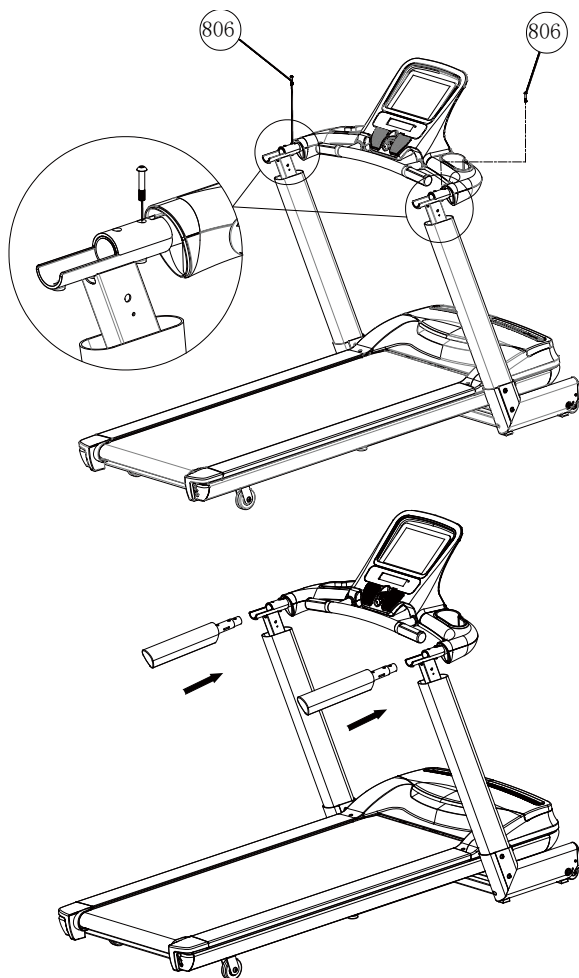
3.

844	X2	
213	X2	
223	X2	

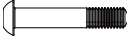



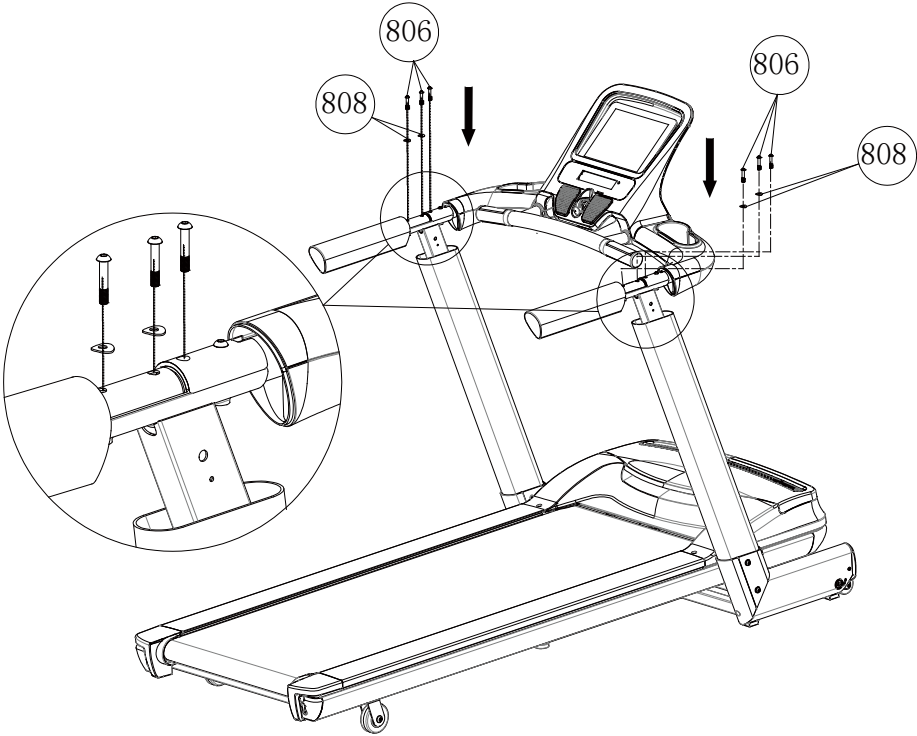
4.

205	X2	
806	X 2	

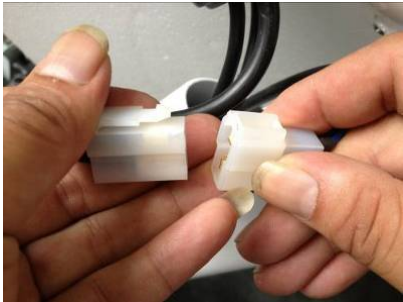
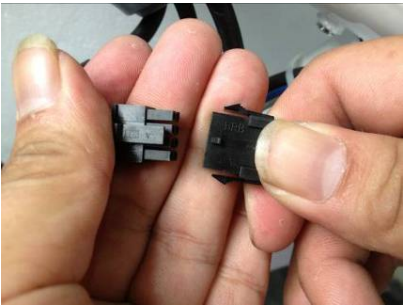
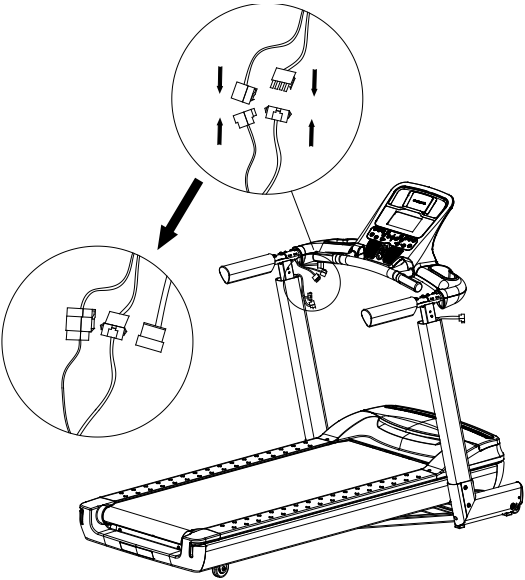


5.




806	X6	
808	X4	

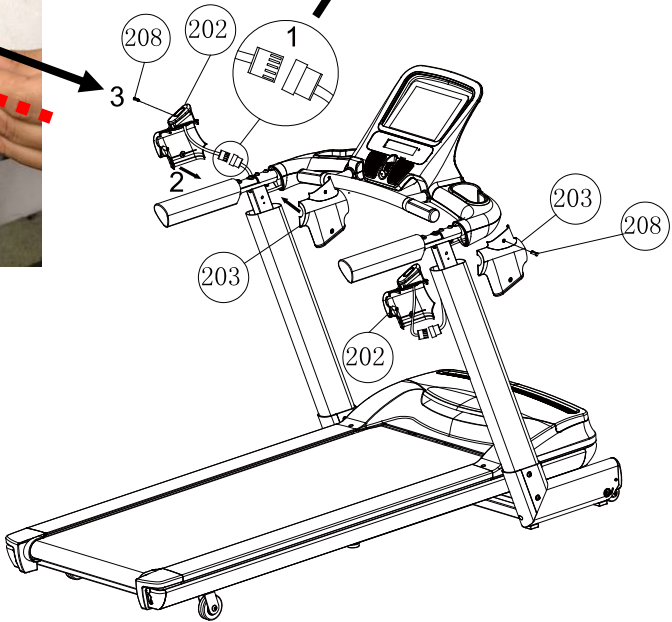


6.





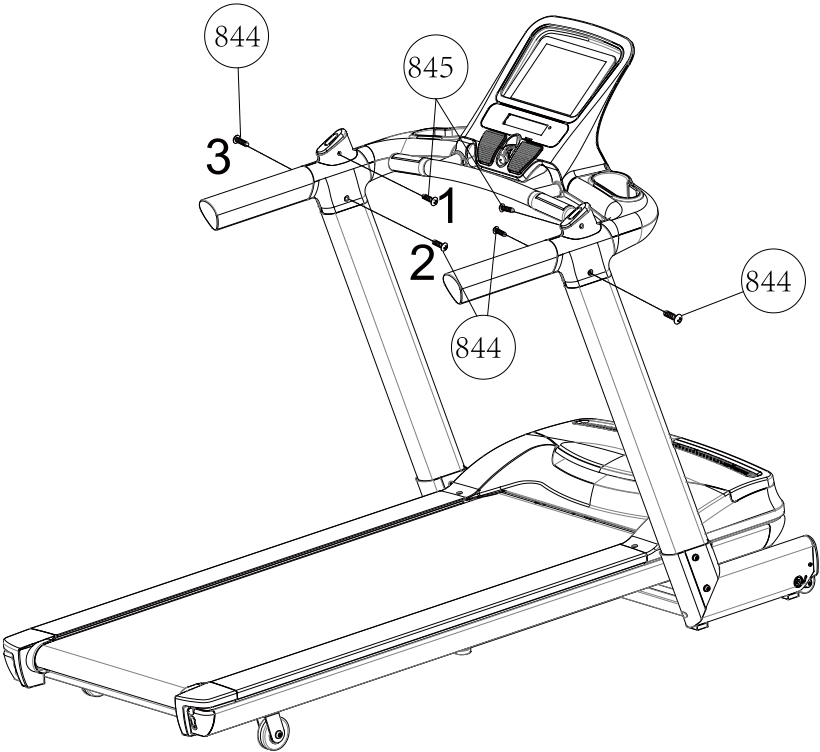
7.

208	X2	
202	X2	
203	X2	



8.

844	X4	
845	X2	



Power on the computer

1.Conncting the
power cord



2.Turn on the
power switch



3. Inserting the
safety key into the
slot of console



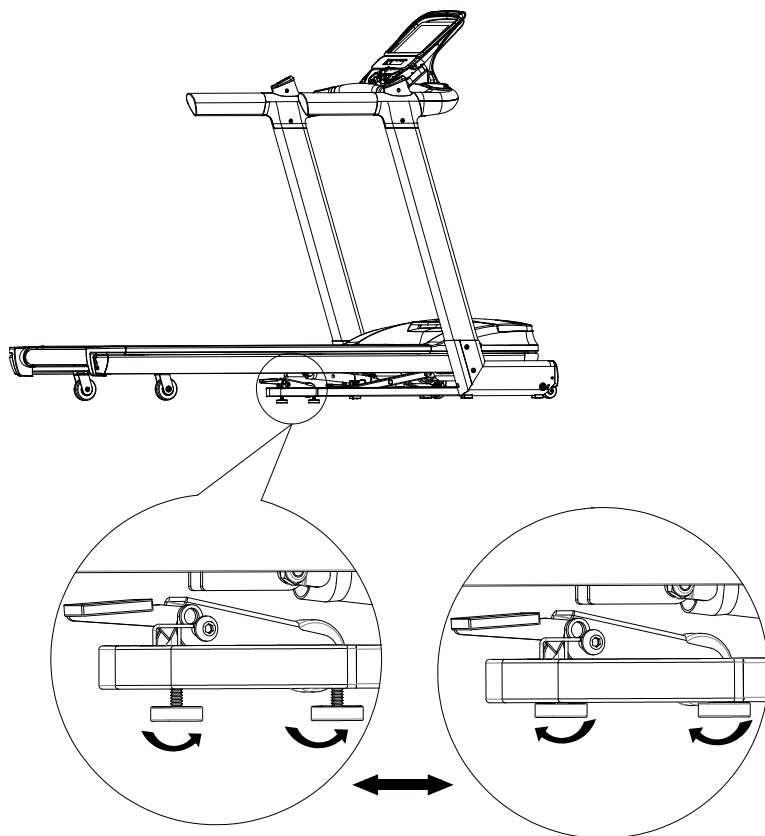
4. Press the safety
slightly, and push it
up to light the LCD



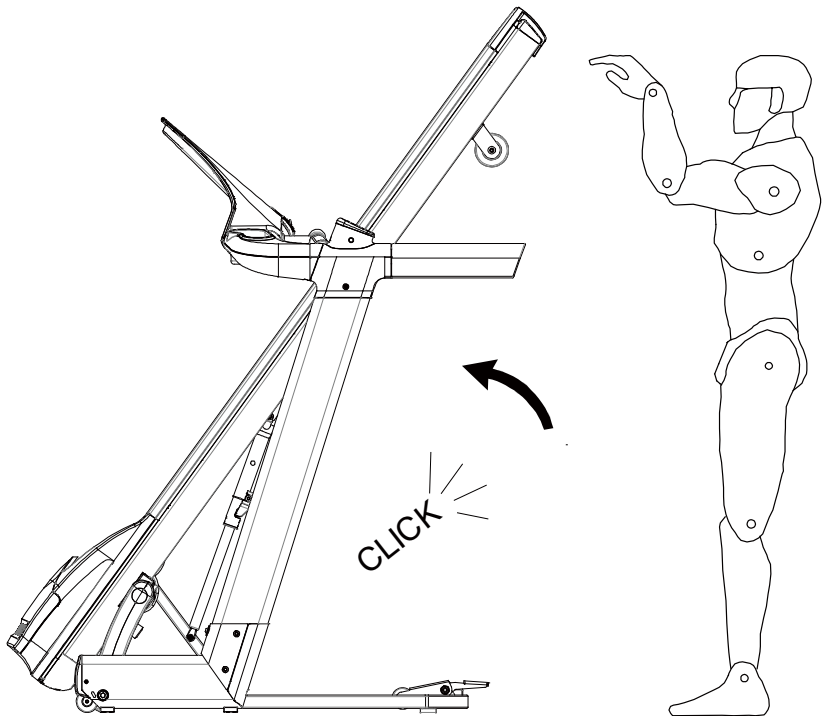
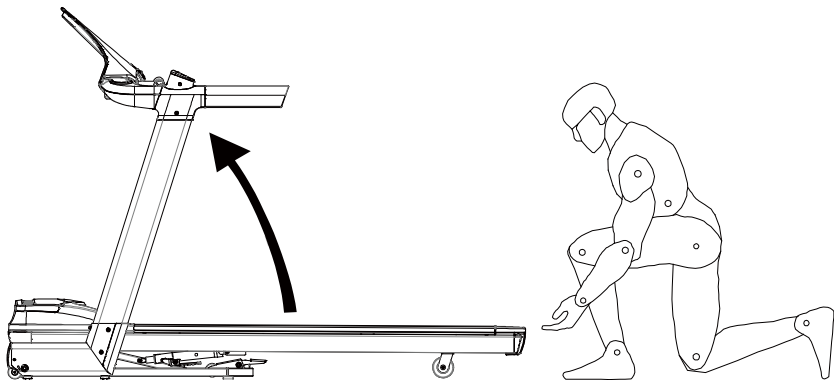
Adjustable cushion

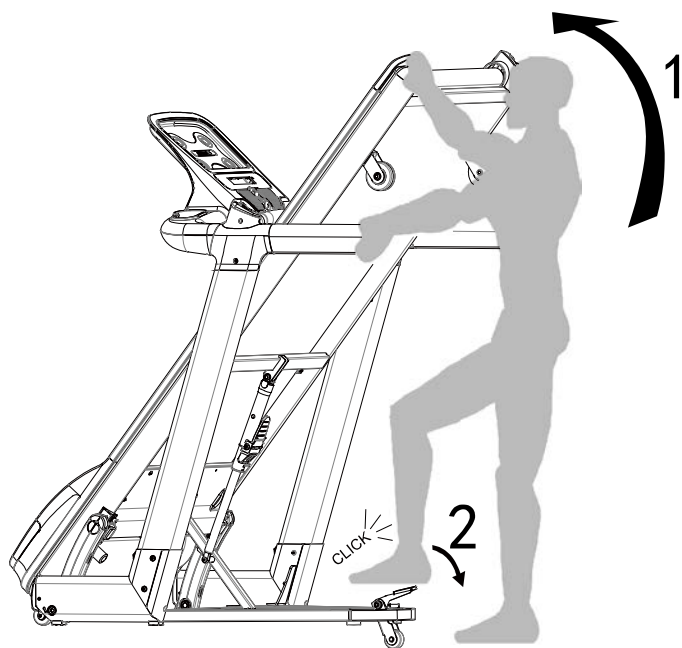
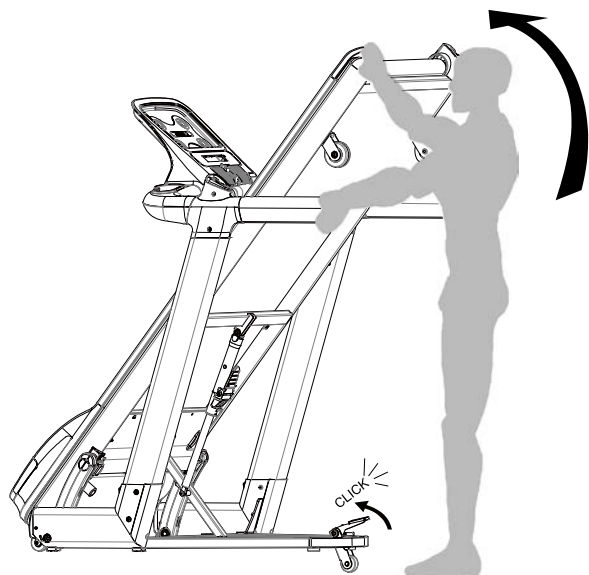
Adjusting the Feet

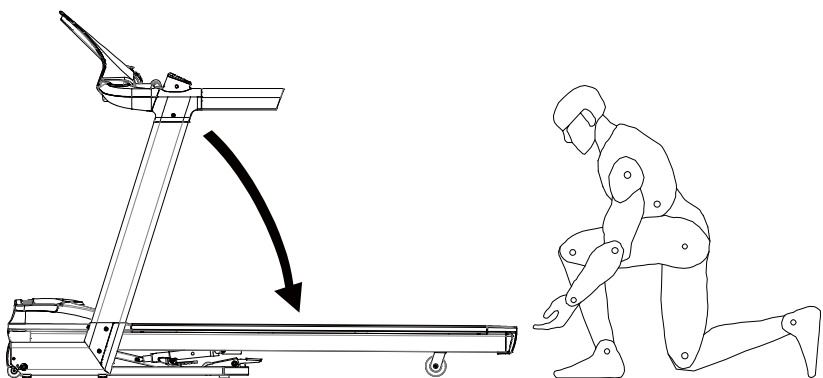
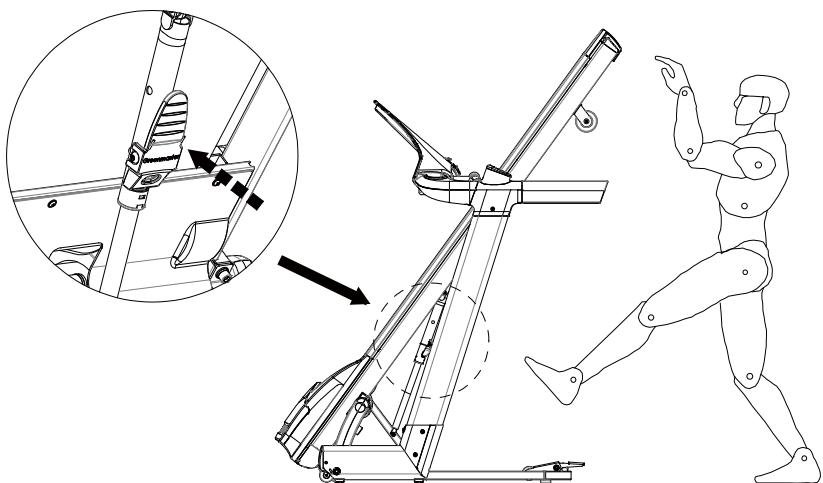
If your treadmill is slightly unbalanced due to uneven floor surfaces, you can adjust the feet to prevent any wobbling. This is done by screwing the feet in or out until the treadmill sits evenly on the floor.



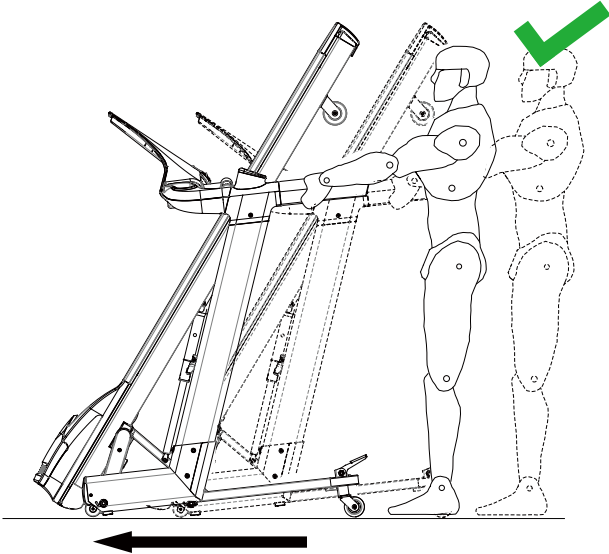
Fold up/Unfold up







Transport

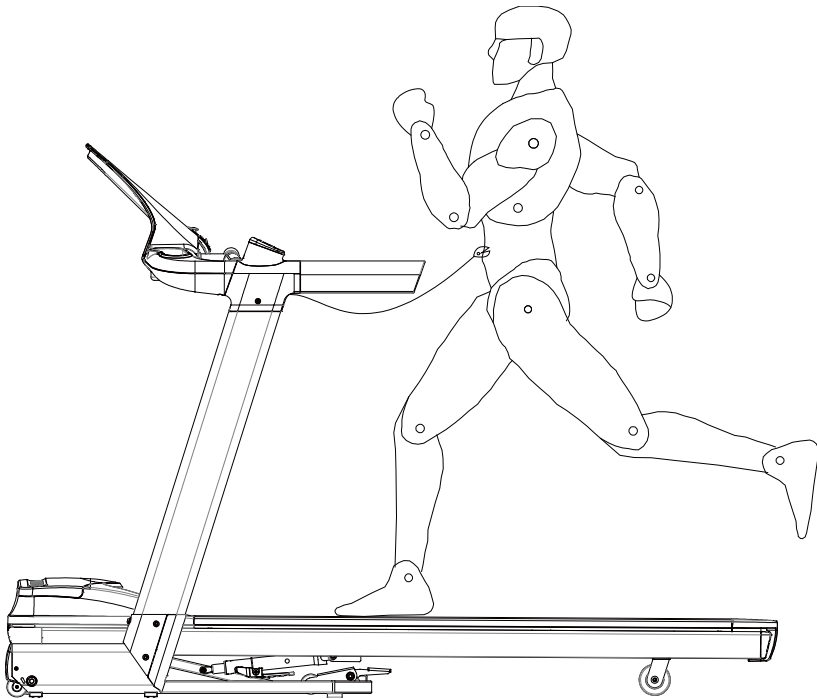


Correct Use

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 hand 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 injuries.

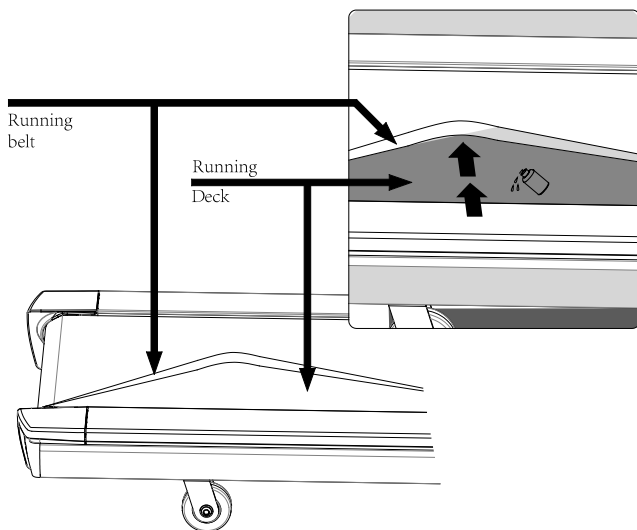


GB: DECK LUBRICATION:

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.

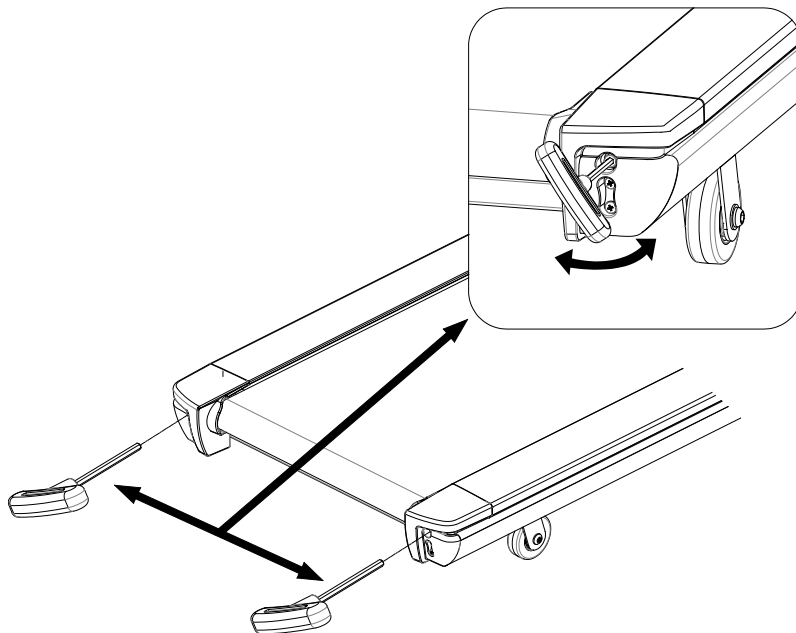
Belt Adjustment

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:

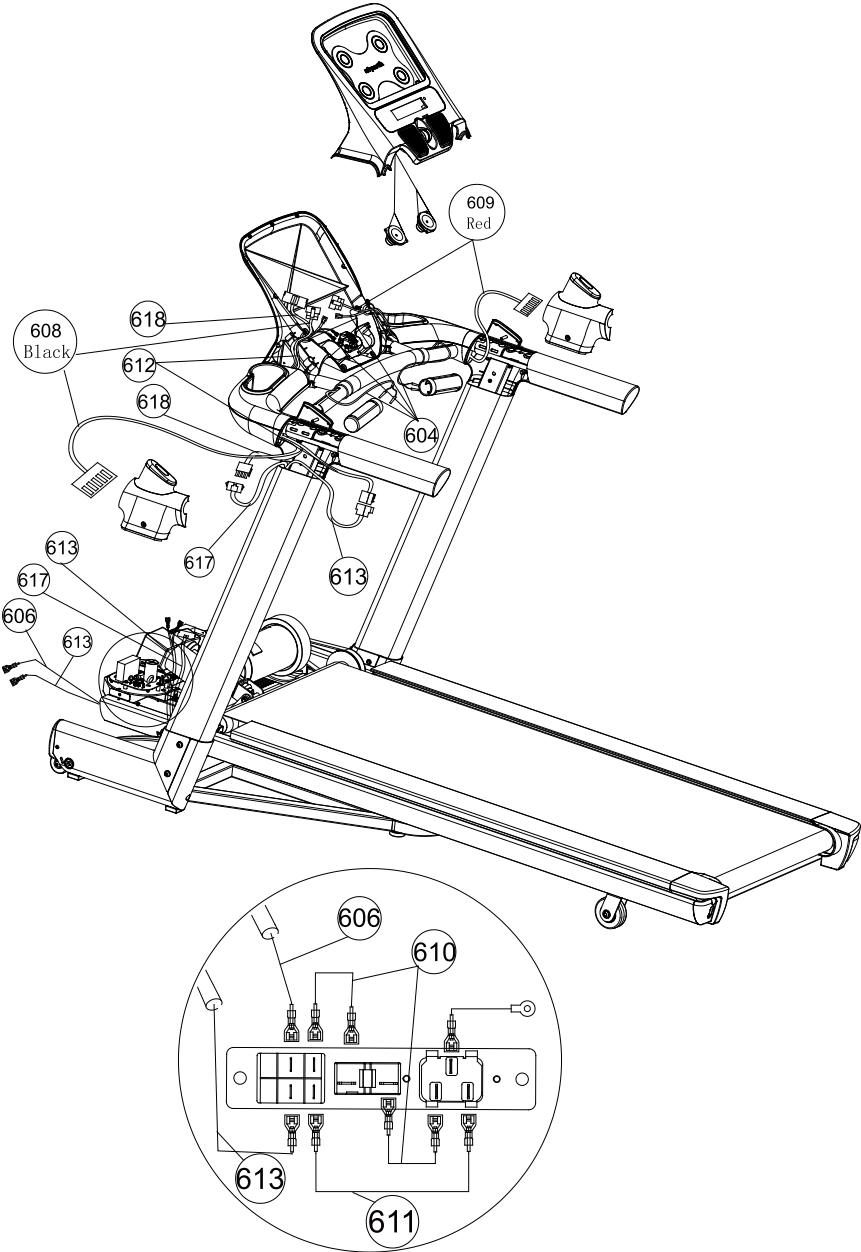
If the belt has only moved by 1-2mm this will not affect the operation of your treadmill

1. If your belt tends to walk to the right, simply adjust the left belt tension bolt by turning it $\frac{1}{4}$ turn counter clockwise. Follow with a test.
2. If your belt tends to walk to the left, rotate the left tension bolt clockwise $\frac{1}{4}$ 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 $\frac{1}{4}$ turn. If it appears tight, simply loosen both bolts evenly $\frac{1}{4}$ turn.

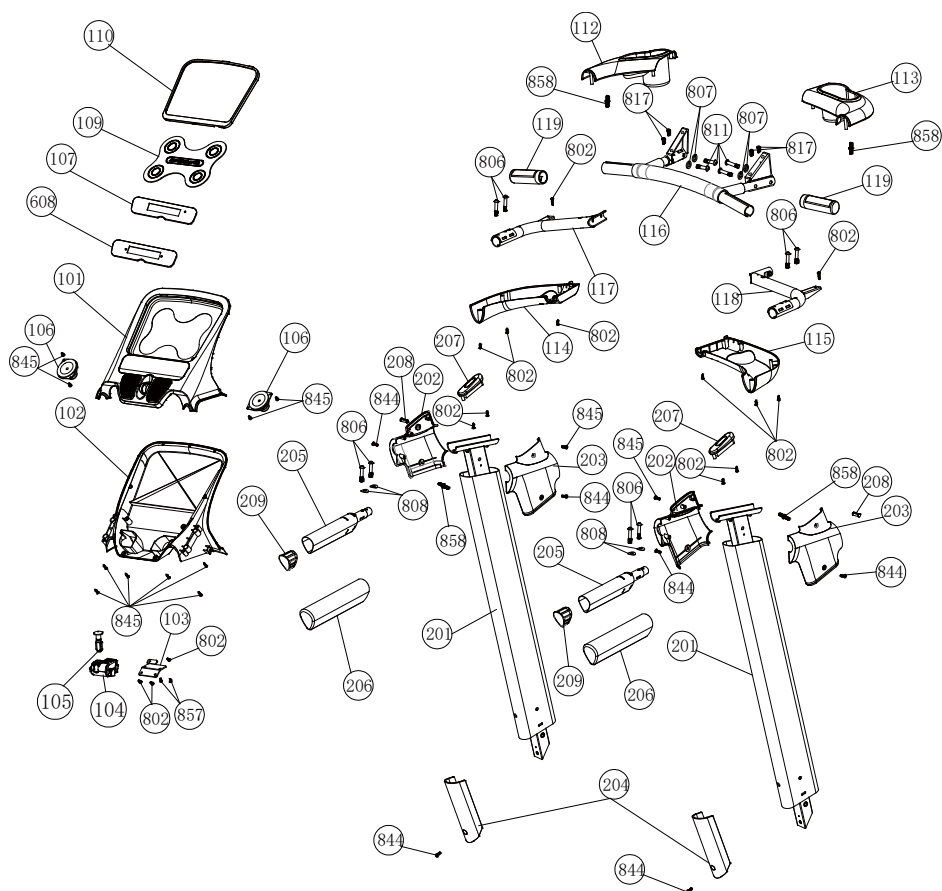
WARNING! Do not over tighten rollers! This will cause premature roller bearing failure!



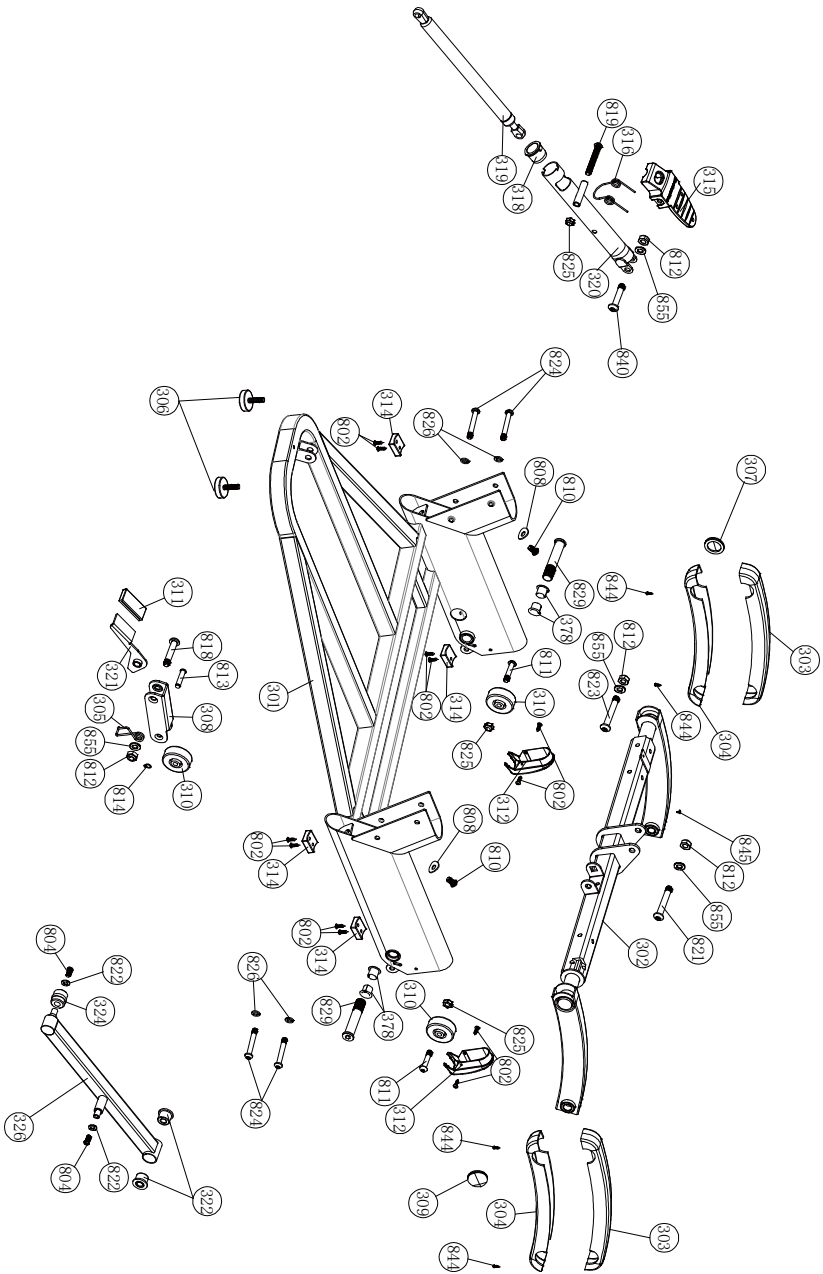
Wiring diagram



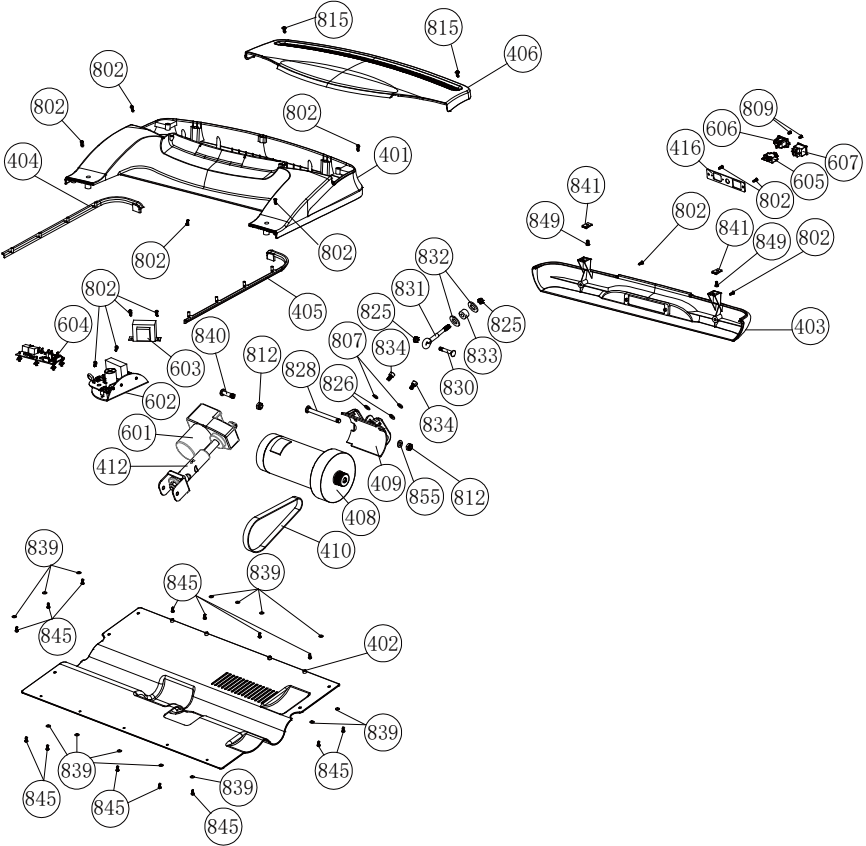
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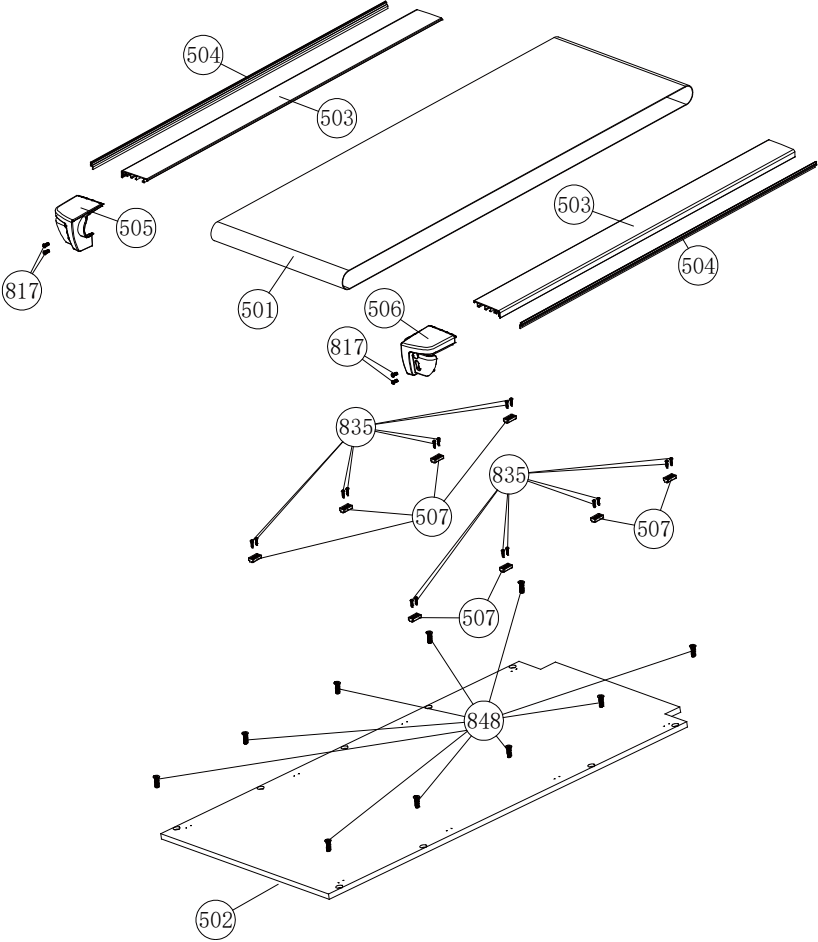
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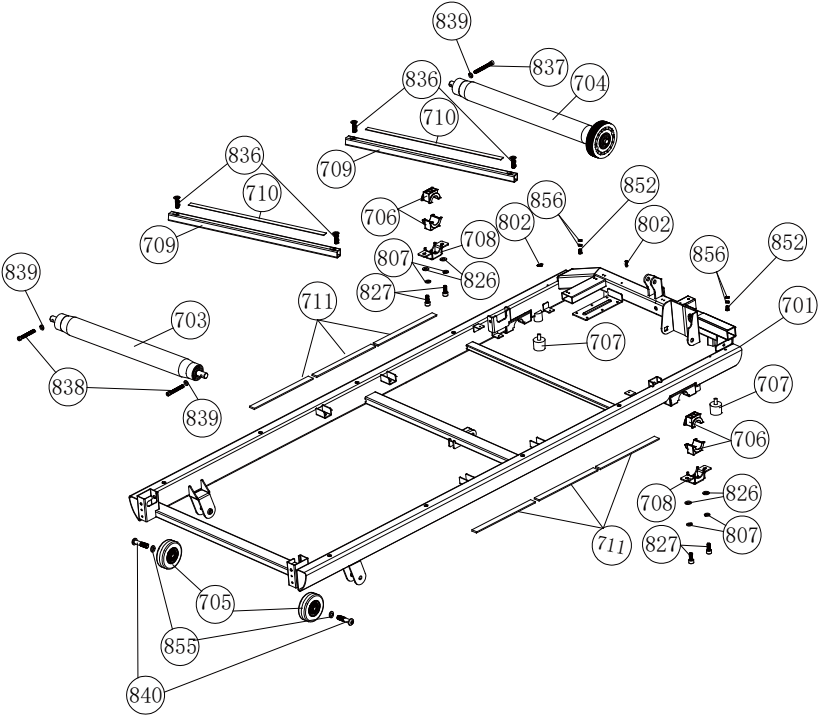
3.



4.



5.



Part No.	Part name	Quantity
101	Console housing-upper	1
102	Console housing-lower	1
103	Safety Key fix plate	1
104	Safety Key base	1
105	Safety Key	1
106	Loud speaker	2
107	Computer fixed frame	1
109	Pad soft cushion	1
110	iPad protection frame	1
112	Box holder-upper-Left	1
113	Box holder-upper-Right	1
114	Box holder-lower-Left	1
115	Box holder-lower-Right	1
116	Front handlebar assembly sets	1
117	Console tube assembly sets-Left	1
118	Console tube assembly sets-Right	1
119	Handle pluse cover sets	2
201	Upright tube	2
202	Handle bar cover-Left	2
203	Handle bar cover-Right	2
204	Upright tube lower cover	2
205	Handle Bar	2
207	Motion control sensor	2
208	Handlebar cover insert	2
301	Base Frame	1

Part No.	Part name	Quantity
302	Elevation support Frame	1
303	Elevation support Frame cover-Upper	2
304	Elevation support Frame cover-Lower	2
305	089 Spring 2.0X \$ 14X4	1
306	Base Frame Rubber adjustment Cushion–Rear 36X10-M8X25	2
307	Elevation support Frame ring cover-Left	1
308	Transport wheel Bracket	1
309	Elevation support Frame ring cover-Right	1
310	Transport wheel	3
311	Foot lock plastic cover	1
312	Base frame transport wheel cover –Front	2
314	Base Frame Rubber Cushion	4
315	Soft drop shock holder foot locker	1
316	Spring \$ 2.0X 6 X16.5	1
318	Soft drop shock holder Nylon cover 22.5X28.2X22	1
319	Gas Shock	1
320	Soft drop Shock tube	1
321	Foot locker	1
322	Fold up support bushing ID10X22X26X15	2
324	Fold up support insert ID10XOD24X24.5	1
326	Fold up support	1
378	Dry bearing 14X15X1.0	4
401	Motor hood cover	1
402	Motor cover –Bottom	1
403	Motor Front Cover	1

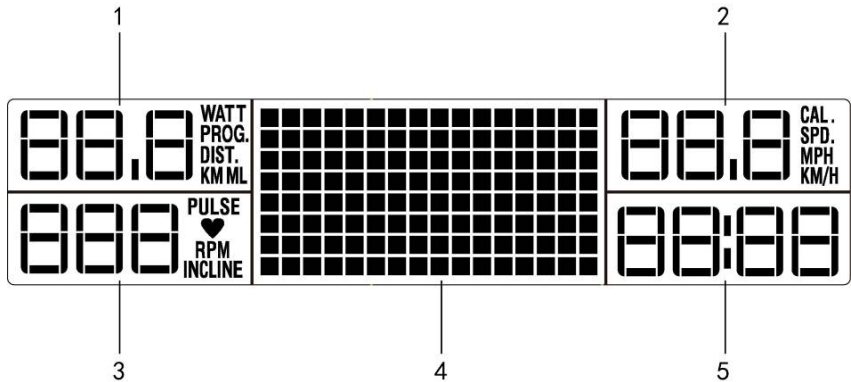
Part No.	Part name	Quantity
404	Motor hood decorate strip-Left	1
405	Motor hood decorate strip-Right	1
406	Motor hood vent cover	1
408	Motor	1
409	Motor holder	1
410	Driving belt	1
412	Elevation motor gear sleeve assembly	1
416	Power switch board	1
501	Running belt	1
502	Running deck	1
503	Side rail	2
504	Side rail decorate strip	2
505	Side rail rear cap-Left	1
506	Side rail rear cap-Right	1
507	Side rail guider	10
601	Elevation motor	
602	Motor control board	1
603	Transformer	1
618	8 PIN cable-Upper 750mm	1
617	8 PIN cable-Upper 2250mm	1
612	Blue/Grey 2 cables-Upper 750mm	1
613	Blue/Grey 2 cables-Lower 2250mm	1
610	Single wire-red-150mm	2
611	Single wire-white-150mm	1
607	Grounding wire-450mm	1

Part No.	Part name	Quantity
604	Handle pluse sensor wire-600mm	2
616	6PIN cable-220mm	1
609	Motion control sensor wire-red 600mm	1
608	Motion control sensor wire-black 600mm	1
614	Grounding wire-300mm	1
604	Elevation control board	1
605	Electric Protector	1
606	Electric Outlet	1
607	Power Switch	1
608	Computer assembly	1
701	Main frame	1
703	Rear Roller Tube+Shaft	1
704	Front Roller Tube+Shaft	1
705	Rear Caster	2
706	Nylon25.6X25X41.6XR17	4
707	Ruber cushion with shaft	2
708	Elevation support tube fix holder	2
709	Main frame cross bar	2
710	EVA foam 15XL450XT3.0	2
711	EVA foam 25XL300XT3.0	7
802	M4X15 Screw	44
804	M6X17 Screw/Washer	2
806	Button head inner hexagon M8X42	8
807	Spring washer ϕ 8X 14 X2	10
808	Curve washer ϕ 8.5X20.5X2	6

Part No.	Part name	Quantity
809	Round head cross- screw M3X8	2
810	Button head inner hexagon M8X18	4
811	Button head inner hexagon M8X36	6
812	Locknut M10	6
813	⌀ 8X36 Bolt	1
814	M8 C-clip	1
815	M5X14 screw/washer	2
817	Round head cross- screw M5X14	8
818	Inner hexagon M10X52	1
819	Button head inner hexagon M8X65	1
821	Button head inner hexagon screw M10X67	1
822	Washer ⌀ 6X13X1.5	2
823	Button head inner hexagon M10X58	1
824	Button head inner hexagon M8X52	4
825	Locknut M8	5
826	Washer ⌀ 8X17X1.5	10
827	Inner hexagon M8X20X20	4
828	M10X116 Bolt	1
829	Flat head inner hexagon M14X80X24.5	2
830	M8X48X10 Bolt	1
831	OD8XM8X85X20 Bolt	1
832	Washer ⌀ 8X26X3	2
833	8X26X11 rubber bushing	1
834	Inner hexagon M8X12X12	2
835	M4X19 screw	16

Part No.	Part name	Quantity
836	Cross-screw M8X25	4
837	Inner hexagon M6X70	1
838	Inner hexagon M6X55	2
839	Washer ⌀ 6X13X1.5	17
840	Button head inner hexagon M10X38X10	4
841	Shrapnel 21X13X0.7	2
844	M4X15 screw	10
845	M4X12 screw	27
848	Cross-screw M8X30	10
849	4.2X16 Screw	2
852	Outer hexagon screw M5X15	2
855	Washer ⌀ 10X20X1.5	7
856	Thin Nut M5	4
857	Cross-screw M4X12	2
858	Plastic insert	4
901	Hardware Kit	1

Display



(1)PROGRAM/ DISTANCE

9 PROGRAMMES, IWM, P1 to P8

Distance range from 0.0 to 99.9 KM

(2)CALORIES/SPEED

Calories range from 0 to 990

Minimum speed is 1.0KM/H, maximum speed 18.0KM/H

(3)PULSE/INCLINE

Display the current pulse

Minimum incline is 0 level, maximum incline is 12 level

(4)DOT MATRIX (SPEED PROFILE OR INCLINE PROFILE)

Display the actual speed or incline profile

(4.1)WEIGHT

Display the user weight setting

(4.2)USER

User code from U1 to U6

(4.3)GENDER

Male and female, the default display is male icon

(4.4) AGE

Age setting range from 10 years to 99 years , the default age display is 30

(5) TIME

Display the workout time

Buttons and Functions



START

START

Press to start exercise at an initial speed of 1.0 KM/H/ 0.6 mph .



STOP / ENTER

STOP/ENTER

Press to stop exercise during workout time

Press to confirm program and preset function values during setting mode.

Press to run setting procedure before pressing the START button.



SPEED

Press to increase/decrease exercise speed by 0.1KM/H or 0.1MPH.

Hold the button to continuously increase/decrease speed by 0.5 KM/H or MPH or per second.



Press to select programs and preset related function value.



DISPLAY MODE

Exercise data will be scan during exercise every 10 seconds

Press the DISPLAY MODE button to switch the PROGRAM/DISTANCE, PULSE/INCLINE, SPEED/CALORIES



INCLINE UP

Press Incline up button to increase the incline level., the Max.incline is level 12

INCLINE

INCLINE DOWN




Press Incline down button to decrease the incline level., the minimum incine is level 0.



MOTION CONTROL

The treadmill speed can be increased, decreased or stopped using the Motion Control sensors on the handlebars. Instructions as below:

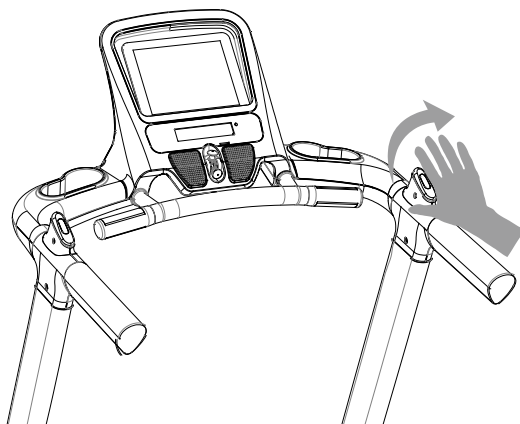
Press the  MOTION CONTROL button on the console to switch the motion control function on and off:

When the Motion control symbol is **displayed** the MOTION CONTROL is **active**.

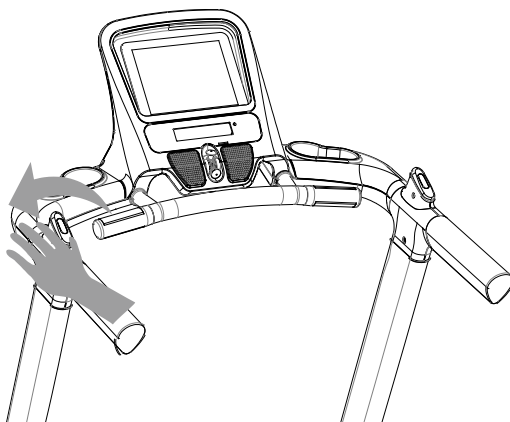
When the Motion control symbol is **OFF** the MOTION CONTROL is **inactive**.



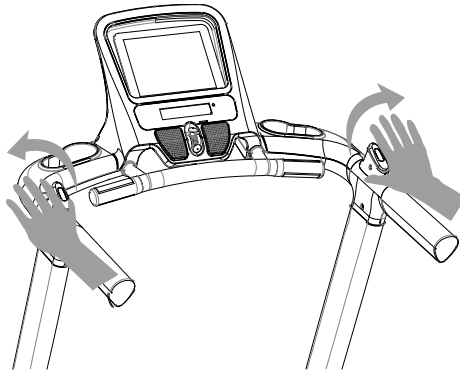
1. After switching on the MOTION CONTROL wave your right hand approximately 6 cm above the motion sensor on the right handle bar to increase the speed. The sensor will sound one short BEEP per scan and speed up by 0.1 km/mph per BEEP. Holding your right hand approximately 6 cm above the right sensor results in the sensor repeatedly sounding consecutive BEEPs and increasing the speed quickly by 0.1 km/hr / mph per second.




2. Wave your left hand approximately 6 cm above the motion sensor on the left handle bar to decrease the speed. The sensor will sound one short BEEP per scan and decrease speed by 0.1 km/ mph. Holding your left hand approximately 6 cm above the left sensor results in the sensor repeatedly sounding consecutive BEEPs and decreasing speed quickly by 0.1KM/H per second.



3. Wave both hands approximately 6 cm above both motion sensors at the same time. The sensor will sound two short BEEP sounds then slow the treadmill belt to a stop.



Always switch off the motion control function by touching the  **MOTION CONTROL** button on the console before turning off the power to the treadmill (the icon is no longer highlighted in the display).

MP3 Playing

The treadmill comes with loud speaker , conncting the MP3 audio data line for iPad or mobile device with MP3 audio output.Then you can enjoy music. And there is an USB jack at the rear of console,it can charge to player once connect the USB cable



USB

POWER ON MODE

When the unit is switched on, "PRESS START TO QUICK START OR STOP/ENTER TO SELECT PROGRAM" will display on the LCD. Press START to begin training in QUICK START MODE or STOP/ENTER to go into PROGRAM MODE.

UNIT CONVERSION MODE – (KM / ML.)

Power on the treadmill, press and hold the START button then push up the safety key to switch on computer.

The console will STOP/ENTER into the UNIT CONVERSION MODE. The console will sound a BEEP and show the current default setting KM (kilometres) or ML (miles). Use START to switch between KM and ML. Press STOP/STOP/ENTER to confirm the selection and return to POWER ON MODE. The console will sound an extended BEEP as it saves the new setting.

SLEEP MODE

When the power is on the computer will automatically enter SLEEP MODE if there is no movement for 3 minutes without receiving any input. Press any button to return to POWER ON MODE when the computer is in the SLEEP MODE.

SAFETY KEY

The safety key must be inserted into the slot and press to turn up 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 the cord to disengage the safety key from the console. To continue operation turn the power switch to off, turn the safety key to "on" position then turn the switch on again.

****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.**

QUICK START MODE

Press the START after power on the treadmill to start the Quick Start workout mode, when in QUICK START MODE, the treadmill will countdown from 3 to zero and then the belt start at 1.0KM/H or 0.6ML speed. The workout Time, Distance and approximate Calories figure will count up from 0. The running speed will also display on screen. The user can press SPEED-UP and SPEED-DOWN button to adjust running speed, and press INCLINE-UP and INCLINE-DOWN buttons to adjust the INCLINE level.

Press the STOP button to pause the program, and START to restart, or press STOP again to return to POWER ON MODE.

Program Selecting Procedure

POWER ON status, user may then press the "STOP/ENTER" button on the computer key board ,then "IWM" will be shown and flashing on the computer LCD screen .Press the SPEED UP/DOWN button to select the one of program. Then computer LCD screen will show "IWM→P1→P2→P3→P4→P5→P6→P7→P8" (Scan)



Short introduction of the IWM

IWM is a customized exercise e program. It calculates the calories needed to be burned by the user to maintain proper weight. This calculation is based on food intake and weight in contrast with standard body mass index (BMI). It is just like having a personal training Consultant.

The IWM console obtains user weight through button typing. It then displays current user weight. Information on ideal weight is then provided to the user. This weight is based on standard BMI data. The IWM system will generate a personal exercise program automatically. This custom exercise program is based on the difference between actual weight and the weight of standard BMI for the user size, gender and age.

IWM is not only for people who are overweight. It is also perfect for people who understand weight loss, diet and exercise.

If the actual measured user weight is lower than the standard BMI, the smart IWM program-would also suggest an exercise program to reinforce muscle building (to help reach standard. BMI).

The good news is that the IWM can be implemented on various categories of CV equipment ranging from Treadmills to Stationary bikes and cross trainers.

IWM works as your own personal trainer that guides you in a customized workout with proper intensity, time, distance and calories burning.

The Body Mass Index Introduction

Body Mass Index (BMI) is to used to assess how much an individual's body weight departs from what is normal or desirable for his or her height. This weight excess or deficiency may, in part be accounted for by body fat. Although other factors such as muscularity also effect BMI significantly.

The World Health Organization (WHO) regards a BMI of less than 18.5 as underweight and may indicate malnutrition, an eating disorder, or other health problems. While a BMI greater than 25 is considered

overweight and one above 30 is considered obese. The ranges of BMI values are only as statistical guide when applied to adults. They are not a prediction of health.

The Body mass index (BMI) is a heuristic proxy for human body fat based on an individual's weight and height. BMI does not actually quantify the percentage of body fat. The BMI is defined as the individual's body weight divided by the square of his height. The formula is universally used in medicine.

Program

Intelligent Weight Management (IWM) Program

Turn on the power of equipment. Then POWER ON the computer, press the STOP/ENTER button, "IWM" will be show and flashing on the computer LCD screen, then press the "STOP/ENTER" button to operate the IWM program. After pressing the "STOP/ENTER" button, the figure "0.0", "WEIGHT" would start blinking. The weight blinking means that console is waiting for user's weight inputting. Press STOP/ENTER to confirm and switch to user setting. Before selecting and starting the IWM program, you have to set up your personal basic data, including the WEIGHT, USER CODE, GENDER, AGE, HEIGHT, RECOMMENDATION BODY WEIGHT

USER WEIGHT

When the IWM displays on the dot matrix area, press the STOP/ENTER button, the figure "0.0", "WEIGHT" will be flashing, user then may press the STOP/ENTER button and speed UP/DOWN button to input the weight . Then press STOP/ENTER to confirm setting.

USER " ID "

After the USER WEIGHT has been confirmed , " USER" display will blinking ,user will need to select the USER CODE first, press the UP/DOWN button to select the USER CODE from U1 to U6. This is shown in the SPEED display. Press the STOP/ENTER button to confirm the USER CODE. After setting the USER CODE, profile will convert to next goal.

USER "GENDER "

After assigning your user ID, the GENDER icon will display the initial value " MEN" on the LCD. Press the UP/DOWN button to switch between MEN and WOMEN icon, then press STOP/ENTER button to select your GENDER.

USER "AGE "

After the GENDER has been confirmed the SPEED's display will show AGE initial value "30" or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user age information then, press STOP/ENTER to confirm.

USER "HEIGHT "

After the USER AGE has been confirmed the HEIGHT display will show 160CM or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user height information, and then press STOP/ENTER to confirm.

RECOMMENDATION WEIGHT

After finish user HEIGHT set up, the RECOM. display will show the recommend user weight on "RECOM." weight numbers that calculated through user height based on standard BMI. You can also press the up/down button to adjust the recommend body weight, and then press STOP/ENTER to confirm.

After finish user profile set up, the console will display the recommend user weight on "RECOM." weight numbers that calculated through user height based on standard BMI. You can compare the exact body weight and recommend body weight. Console would also automatically generate the personalized workout program with target calories. All you need to do now is press START button and enjoy your workout. Computer LCD display will show the (USER / DIST.) in the upper left, (PULSE / INCLINE) in the lower left, exercise graphics in the dot matrix, (CAL. / SPD.) in the upper right, (TIME) in the lower right.

After start the exercise program, the target calories would countdown till zero. IWM automatically adjusts the intensity of your work out to help you achieve and maintain your ideal weight. You can adjust the SPEED intensity by pressing related buttons during exercise. The workout time would be changed accordingly. For example, you increase SPEED manually then the workout time will become shorter accordingly. It because the target calories are preset by IWM, once you increase SPEED the workout time would become shorter to maintain the same calories consuming

All exercise figures will be displayed on the computer display screen when you start to do exercise, and the figures will be scan automatically during exercise.

To switch the screen display while exercising, press the "MODE" button to switch the " (USER / DIST.) , (PULSE / INCLINE) , (CAL. / SPD.) " .

Press the "MODE" button first, the USER, PULSE and CAL. will be shown on the computer display screen and present all the time.

Press the "MODE" button second, the (DIST.) , (INCLINE) and (SPD.) will be shown on the computer display screen and present all the time

Press the "MODE" button third, computer display screen figures will come back to scan status automatically

To pause the program while exercising, press the "STOP" button. To quit the program, press the "STOP button" twice. At the end of the program when the target has been achieved, the computer will beep.

P1- TARGET TIME PROGRAM

Power on the computer, press the STOP/ENTER button, then the IWM will be flashing. Press the SPEED UP/DOWN button to select the P1(Program 1) , then press the STOP/ENTER button again, computer will go to P1 procedure

Weight setting

When the P1 display on the computer display screen dot matrix area, users press the STOP/ENTER button, the figure "0.0" and the dot will be flashing that point at WEIGHT. Press the SPEED "UP /DOWN" button to input the weight and press the STOP/ENTER button to confirm.

Time setting

After inputting weight, press the STOP/ENTER button to confirm

After you have selected "P1-Target time program" press the "STOP/ENTER" button. The "TIME "display will show the time of "30:00", press the SPEED "UP /DOWN" button to adjust target time, then press the "STOP/ENTER" button to confirm the setting. Press the "START" button to begin the exercise program. To increase or decrease the speed while exercising, press the SPEED "UP /DOWN" button, The program will count down from the defined target time, "DISTANCE and CALORIES" will count up from "0".

All exercise figures will be displayed on the computer display screen when you start to do exercise, and the figures will be scan automatically during exercise. And the initial speed will be 3.2KM/hr/2.0ML and the incline will be at "0"

To switch the screen display while exercising, press the "MODE" button to switch the " (PROG. / DIST.) , (PULSE / INCLINE) , (CAL. / SPD.) " .

Press the "MODE" button first, the (PROG) , (PULSE) , (CAL.) will be shown on the computer display screen and present all the time.

Press the "MODE" button second, the (DIST.) , (INCLINE) , (SPD.) will be shown on the computer display screen and present all the time

Press the "MODE" button third, computer display screen figures will come back to scan status automatically

The user may press SPEED UP or SPEED DOWN buttons to adjust the running speed.

The user may press INCLINE UP or INCLINEDOWN button to adjust the treadmill angle.

To pause the program while exercising, press the STOP button. To resume exercising, press the "START" button, or press the STOP button again to return to POWER ON MODE. The time counts down at the end of the program the computer will "beep".

P2: TARGET DISTANCE PROGRAM

Power on the computer, press the STOP/ENTER button, then the IWM will be flashing. Press the SPEED UP/DOWN button to select the P2(Program 2) , then press the STOP/ENTER button again, computer will go to P2 procedure

Weight setting

When the P2 display on the computer display screen dot matrix area, users press the STOP/ENTER button, the figure "0.0" and the dot will be flashing where point at WEIGHT. Press the SPEED "UP /DOWN" button to input the weight and press the STOP/ENTER button to confirm.

Distance setting

After inputting weight, press the STOP/ENTER button to confirm,

After you have selected "P2- Target distance program", The "DISTANCE" display will show the DISTANCE setting of 5.0KM / 3.2ML, press the SPEED UP/DOWN button to adjust target DISTANCE, then press "STOP/ENTER" to confirm. Press the "START" button to begin the exercise program. To increase or decrease the SPEED while exercising, press the SPEED "UP and DOWN" button. The "DISTANCE" will count down the preset DISTANCE, the "TIME and CALORIES" will count up from 0. And the initial speed will be 3.2KM/2.0ML and the incline will be at "0"

All exercise figures will be displayed on the computer display screen when you start to do exercise, and the figures will be scan automatically during exercise.

To switch the screen display while exercising, press the "MODE" button to switch the "(PROG. / DIST.) , (PULSE / INCLINE) , (CAL. / SPD.)".

Press the "MODE" button first, the (PROG) , (PULSE) , (CAL.)will be shown on the computer display screen and present all the time.

Press the "MODE" button second, the(DIST.) , (INCLINE) , (SPD.) will be show on the computer display screen and present all the time

Press the "MODE" button third, computer display screen figures will come back to scan status automatically

The user may at any time during the workout period alter the speed with SPEED UP or SPEED DOWN, angle with INCLINE UP or INCLINE DOWN.

To pause the program while exercising, press the "STOP/ENTER" button. To resume exercising, press the "START" button, or press the STOP button again to return to POWER ON MODE. The "DISTANCE" counts down at the end of the program the computer will "beep".

P3 - TARGET CALORIES PROGRAM

Power on the computer, press the STOP/ENTER button, then the IWM will be flashing. Press the SPEED UP/DOWN button to select the P3 (Program 3) , then press the STOP/ENTER button again, computer will go to P3 procedure

Weight setting

When the P3 display on the computer display screen dot matrix area, users press the STOP/ENTER button, the figure "0.0" and the dot will be flashing where point at WEIGHT. Press the SPEED "UP /DOWN" button to input the weight and press the STOP/ENTER button to confirm.

Calories setting

After inputting weight, press the STOP/ENTER button to confirm.

After you have selected "P3- Target calories program", the CALORIES display will show the calories setting "50", press the SPEED "UP/DOWN" button to adjust target calories, then press "STOP/ENTER" to confirm. Press the "START" button to initiate the program, P3 – TARGET CALORIES. To increase or decrease the speed while exercising, press the SPEED "UP and DOWN" button. The target calories will count down from the Target Calories value, the TIME, DISTANCE will count up from 0, running at an initial speed setting of 3.2KM/2.0ML.

All exercise figures will be displayed on the computer display screen when you start to do exercise, and the figures will be scan automatically during exercise. And the speed will be 3.2KM/2.0ML and the incline will be at "0" And the initial speed will be 3.2KM/2.0ML and the incline will be at "0"

To switch the screen display while exercising, press the "MODE" button to switch the "(PROG. / DIST.) , (PULSE / INCLINE) , (CAL. / SPD.)".

Press the "MODE" button first, the (PROG) , (PULSE) , (CAL.) . will be show on the computer display screen and present all the time.

Press the "MODE" button second, the (DIST.) , (INCLINE) , (SPD.) will be show on the computer display screen and present all the time

Press the "MODE" button third, computer display screen figures will come back to scan status automatically. The user may at any time during the workout period alter the speed with SPEED-UP / SPEED-DOWN, angle with INCLINE-UP / INCLINE-DOWN.

To pause the program while exercising, press the "STOP" button. To resume exercising, press the "START" button, or press the STOP button again to return to POWER ON MODE. At the end of the program when the preset "Calories" target has been achieved, the computer will "beep".

P4 –INTERVAL INCLINE PROGRAM

Power on the computer, press the STOP/ENTER button, then the IWM will be flashing. Press the SPEED UP/DOWN button to select the P4(Program 4) , then press the STOP/ENTER button again, computer will go to P4 procedure

Weight setting

When the P4 display on the computer display screen dot matrix area, users may press the STOP/ENTER button, the figure "0.0" and the dot will be flashing that point at WEIGHT. Press the SPEED "UP /DOWN" button to input the weight and press the STOP/ENTER button to confirm.

Duration Time setting

After inputting weight, press the STOP/ENTER button to confirm

After you have selected "P4- INTERVAL Incline program" press the "STOP/ENTER" button. The "TIME" display will show the time of "24:00" workout time, press the SPEED "UP /DOWN" button to set up total workout time in iINTERvals of 4:00 (min.), then press STOP/ENTER to confirm the setting.

The user may then press START to initiate the program, P4 – INCLINE INTERVAL.

To increase or decrease the speed while exercising, press the SPEED "UP /DOWN" button, The program will count down the from pre-set time, "DISTANCE and CALORIES" will count up.

The initial speed level will be 3.2KM/2.0ML, incline level will be running change under the program as table below

Incline level	2	2	9	9	2	2	9	9	2	2	9	9	2	2	9	9
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All exercise figures will be displayed on the computer display screen when you start to do exercise, and the figures will be scan automatically during exercise. To switch the screen display while exercising, press the "MODE" button to switch the "(PROG. / DIST.) , (PULSE / INCLINE) , (CAL. / SPD.)" .

Press the "MODE" button first, the (PROG) , (PULSE) , (CAL.) will be shown on the computer display screen and present all the time.

Press the "MODE" button second, the (DIST.) , (INCLINE) , (SPD.) will be shown on the computer display screen and present all the time

Press the "MODE" button third, computer display screen figures will come back to scan status automatically

To pause the program while exercising, press the STOP button. To resume exercising, press the "START" button, or press the STOP button again to return to POWER ON MODE. The time counts down at the end of the program the computer will "beep".

P5 –INTERVAL SPEED PROGRAM

Power on the computer, press the STOP/ENTER button, then the IWM will be flashing. Press the SPEED UP/DOWN button to select the P5(Program 5) , then press the STOP/ENTER button again, computer will go to P5 procedure

Weight setting

When the P5 display on the computer display screen dot matrix area, users press the STOP/ENTER button, the figure"0.0" and the dot will be flashing that point at WEIGHT. Press the SPEED "UP /DOWN" button to input the weight and press the STOP/ENTER button to confirm.

Time setting

After inputting weight, press the STOP/ENTER button to confirm

After you have selected "P5- INTERVAL SPEED PROGRAM" press the "STOP/ENTER" button. The

"TIME" display will show the time of "24:00", press the SPEED "UP /DOWN" button to set up total workout time in iINTERvals of 4:00 (min.), then press STOP/ENTER to confirm the setting. Press the "START" button to begin the exercise program. The program will count down the pre-set time, "DISTANCE and CALORIES" will count up from 0.

Incline level will be located at "o" angle, speed level will be running change under the program as table below

Speed	KM	4.5	4.5	8.0	8.0	4.5	4.5	8.0	8.0	4.5	4.5	8.0	8.0	4.5	4.5	8.0	8.0
section	ML	2.8	2.8	5.0	5.0	2.8	2.8	5.0	5.0	2.8	2.8	5.0	5.0	2.8	2.8	5.0	5.0

All exercise figures will be displayed on the computer display screen when you start to do exercise, and the figures will be scan automatically during exercise.

To switch the screen display while exercising, press the "MODE" button to switch the "(PROG. / DIST.) , (PULSE / INCLINE) , (CAL. / SPD.)" .

Press the "MODE" button first, (PROG) , (PULSE) , (CAL.) will be shown on the computer display screen and present all the time.

Press the "MODE" button second, (DIST.) , (INCLINE) , (SPD.)will be shown on the computer display screen and present all the time

Press the "MODE" button third, computer display screen figures will come back to scan status automatically

To pause the program while exercising, press the STOP button. To resume exercising, press the "START" button, or press the STOP button again to return to POWER ON MODE. The time counts down at the end of the program the computer will "beep".

P6 –WEIGHT LOSS PROGRAM

Power on the computer, press the STOP/ENTER button, then the IWM will be flashing. Press the SPEED UP/DOWN button to select the P6(Program 6) , then press the STOP/ENTER button again, computer will go to P6 procedure

Weight setting

When the P6 display on the computer display screen dot matrix area, users may press the STOP/ENTER button, the figure"0.0" and the dot will be flashing that point at WEIGHT. Press the SPEED "UP /DOWN" button to input the weight and press the STOP/ENTER button to confirm.

Time setting

After inputting weight, press the STOP/ENTER button to confirm

After you have selected "P6-Weight loss program" press the "STOP/ENTER" button. The "TIME" display will show the time of "30:00", press the SPEED "UP /DOWN" button to set up total workout time in iINTERvals of 5:00 (min.), then press STOP/ENTER to confirm the setting. Press the "START" button to begin the exercise program. The program will count down the pre-set time, "DISTANCE and CALORIES" will count up from 0.

The speed level and incline level will be running change under the program as table below

Speed section	KM	4.2	4.2	6.1	6.1	4.2	4.2	6.1	6.1	4.2	4.2	6.1	6.1	4.2	4.2	6.1	6.1
	ML	2.6	2.6	3.8	3.8	2.6	2.6	3.8	3.8	2.6	2.6	3.8	3.8	2.6	2.6	3.8	3.8
Incline section		2	2	6	6	2	2	6	6	2	2	6	6	2	2	6	6

All exercise figures will be displayed on the computer display screen when you start to do exercise, and the figures will be scan automatically during exercise.

To switch the screen display while exercising, press the “MODE” button to switch the “ (PROG. / DIST.) , (PULSE / INCLINE) , (CAL. / SPD.) ” .

Press the “MODE” button first, (PROG) , (PULSE) , (CAL.) will be shown on the computer display screen and present all the time.

Press the “MODE” button second, (DIST.) , (INCLINE) , (SPD.) will be shown on the computer display screen and present all the time

Press the “MODE” button third, computer display screen figures will come back to scan status automatically

To pause the program while exercising, press the STOP button. To resume exercising, press the “START” button, or press the STOP button again to return to POWER ON MODE. The time counts down at the end of the program the computer will “beep”.

P7 –5K SELF COMPETITION PROGRAM

Power on the computer, press the STOP/ENTER button, then the IWM will be flashing. Press the SPEED UP/DOWN button to select the P7(Program 7) , then press the STOP/ENTER button again, computer will go to P6 procedure

Weight setting

When the P6 display on the computer display screen dot matrix area, users press the STOP/ENTER button, the figure“0.0” and the dot will be flashing that point at WEIGHT. Press the SPEED “UP /DOWN” button to input the weight and press the STOP/ENTER button to confirm.

After inputting weight, press the STOP/ENTER button to confirm .The display shows the preset distance 5.0KM / 3.0ML and P7 .The user may then press START to initiate the program, P7 – 5K SELF LEARNING. The Speed starts from 3.2 KM / 2.0 ML, and Time and Calories begin to count up from 0. During the course of the workout, Distance will gradually count down from 5.0 KM / 3.0 ML. The incline level will alter every 2 minutes

At the end of the workout the user may observe the Time and Calories displayed and note these values as target parameters to be improved upon in the next workout session (for example with the goal to achieve a faster time and/or a higher level of calories spent).

All exercise figures will be displayed on the computer display screen when you start to do exercise, and the

figures will be scan automatically during exercise.

To increase or decrease the speed while exercising, press the SPEED "UP /DOWN" button,

To switch the screen display while exercising, press the "MODE" button to switch the "(PROG. / DIST.) , (PULSE / INCLINE) , (CAL. / SPD.)" .

Press the "MODE" button first, (PROG) , (PULSE) , (CAL.) will be shown on the computer display screen and present all the time.

Press the "MODE" button second, (DIST.) , (INCLINE) , (SPD.)will be shown on the computer display screen and present all the time

Press the "MODE" button third, computer display screen figures will come back to scan status automatically

The user may at any time during the workout period alter the speed with SPEED-UP / SPEED-DOWN, angle with INCLINEUP or INCLINE DOWN. To pause the program while exercising, press the STOP/ENTER button. To resume exercising, press the "START" button, or press the STOP button again to return to POWER ON MODE. The target distance 5KM counts down at the end of the program the computer will "beep".

Note: During the workout Users can override the Speed and Incline settings by pressing the SPEED UP or SPEED DOWN and INCLINE UP or INCLINE DOWN buttons.

P8: HEART RATE CONTROL PROGRAM

Power on the computer, press the STOP/ENTER button, then the IWM will be flashing. Press the SPEED UP/DOWN button to select the P8 (Program 8) , then press the STOP/ENTER button again, computer will go to P8 procedure

Weight setting

When the P8 display on the computer display screen dot matrix area, please press the STOP/ENTER button, the figure"0.0" and the dot will be flashing where point at WEIGHT. Press the SPEED "UP /DOWN" button to input the weight and press the STOP/ENTER button to confirm.

Age setting

After inputting weight, press the STOP/ENTER button to confirm. The AGE display will show the default setting of "30", press the SPEED "UP /DOWN " button to adjust your real age then press "STOP/ENTER" to confirm.

Preset target workout Max. pulse rate setting

After inputting the age , press "STOP/ENTER" button to confirm, the "PULSE" display will show a default figure"161" and flashing.

Press the SPEED "UP /DOWN" button to set up the PULSE, after setting the PULSE, press the "STOP/ENTER" button to continue the program setting.

Please note that the default Max. Pulse is based on the age inputting , if user change the age ,the default

Max. Pulse will be calculated automatically

Time setting

After inputting the default Max. Pulse, press the STOP/ENTER button to confirm, the TIME display will show the workout time setting of "30:00", press the "UP /DOWN " button to adjust workout time then press "STOP/ENTER" to confirm. Press the "START" button to begin exercise program. If the pulse is not detected by hand pulse sensor, the "PULSE" display will show the "P" and flashing . The Speed starts from 3.2 km/h / 2.0 mph.

To increase or decrease the SPEED while exercising, press the SPEED "UP/DOWN" button. The time will count down to the end. The DISTANCE and CALORIES display will count up from 0.

All exercise figures will be displayed on the computer display screen when you start to do exercise, and the figures will be scan automatically during exercise.

To switch the screen display while exercising, press the "MODE" button to switch the " (PROG. / DIST.) , (PULSE / INCLINE) , (CAL. / SPD.) " .

Press the "MODE" button first, the (PROG) , (PULSE) , (CAL.) will be shown on the computer display screen and present all the time.

Press the "MODE" button second, the (DIST.) , (INCLINE) , (SPD.) will be shown on the computer display screen and present all the time

Press the "MODE" button third, computer display screen figures will come back to scan status automatically

To pause the program while exercising, press the "STOP/ENTER" button. Press the "STOP/ENTER" button twice, the program will return to POWER ON status. At the end of the program when the target has been achieved, the computer will beep.

The computer will detect the user's pulse and compare it with the preset estimate normal pulse every 30 seconds. (The pulse figure wouldn't show on the computer LCD screen when the actual pulse is lower than 40) The 3 minutes warm up program will count down from the pre-set time. If the actual PULSE does not reach the target workout pulse, the incline will increase one level every 30 seconds automatically.

WARM UP –Heart rate program

After completing the TIME set up and starting the program, there is a total 3 minute warm up section. The WARM UP section will help you reach the target workout PULSE. The SPEED will start from 3.2KM/ 2ML. When the "warm up" section starts, the LCD display will show the words "warm up".

When the user uses the "Warm up and Target pulse" program, the "DISTANCE and CALORIES" will count up from 0. The computer will detect the user pulse and compare it with the "preset estimate normal pulse" every 30 seconds. The 3 minutes warm up program will count down from the pre-set time. If the actual

PULSE does not reach the target workout pulse, the incline will increase one level every 30 seconds automatically. "The preset estimate normal pulse" is equal to Default Max. Pulse/0.85 *0.65, for example, the Preset target workout Max. pulse rate is 161, then the preset estimate normal pulse will be "161/0.85*0.65=123"

If the computer does not detect the user actual PULSE, the computer will pause the compare function and stop increasing the incline. Program SPEED will decrease 1.0KM/0.6ML every 30 seconds automatically. The LCD "PULSE" display will show "P" and flashing three times. When the computer detects the actual pulse rate has reached the Preset target workout Max. pulse rate twice in the "warm up" section, the INCLINE will stop increasing and continue at the same INCLINE until the 3 minute warm up is completed and then go into the Target pulse main program.

If you cannot reach the preset target workout pulse in 3 minutes, the program will continue the second 3 minutes WARM UP section. If during the second WARM UP the user still cannot reach the preset target workout heart rate, the computer will continue to the third WARM UP section for 3 minutes. If the third WARM UP section still cannot bring up the actual pulse rate to the preset target workout pulse, the computer will sound a beep, meanwhile the program will STOP, and TIME display will show "FAIL", 10 seconds later, the program will return to power on status.

Heart rate main program

After the actual pulse rate reaches the preset target workout Max. pulse rate and completes the warm up section, the computer will go into the main program and the time will count down from the pre-set time. During the main program, the computer will detect the user pulse rate every 30 seconds. The time will count down to the end. The DISTANCE, CALORIES will continue to count up from the "Warm up" section into the Target pulse Program. To increase or decrease the selected Pulse rate while exercising, press the SPEED "UP and DOWN" button.

If the actual pulse rate is lower than preset target workout Max. pulse rate, the INCLINE will be increased 1 level. Incline will stop increasing until the actual pulse rate reach the preset target workout Max. pulse rate

If the actual pulse rate is higher than preset target workout Max. pulse rate, the INCLINE will be increased 1 level every 30 seconds until the actual pulse rate meets the preset target workout Max. pulse rate

If the computer does not detect the user actual pulse rate, the computer will pause the compare function. The LCD "PULSE" display will show "P" every 30 seconds and flashing three times.

If the actual pulse is higher than the maximum target pulse rate for 3 minutes or over, the preset time counts down to the end, the computer will stop the Target pulse program and then begin the COOL DOWN function.

COOL DOWN –Heart rate program

After completing the Target pulse and the TIME counts down to zero there is a one-minute COOL DOWN program. The TIME display will show “COOL” for 10 seconds and start flashing. The SPEED will return to 20 watts as the time counts down from 1:00 (including the 10 seconds ‘COOL’ display time).

When the computer starts the COOL DOWN program, the SPEED will return to the 3.2KM/2.0ML, the “DISTANCE and CALORIES” will continue in the “Target pulse” program display and count up continue.

To pause the program while exercising, press the “STOP” button. Press the “STOP” button twice and the program will return to POWER ON.

The “UP, DOWN, START, STOP/ENTER” buttons do not work in the “COOL DOWN” program.

Heart Rate Operation

The treadmill 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.

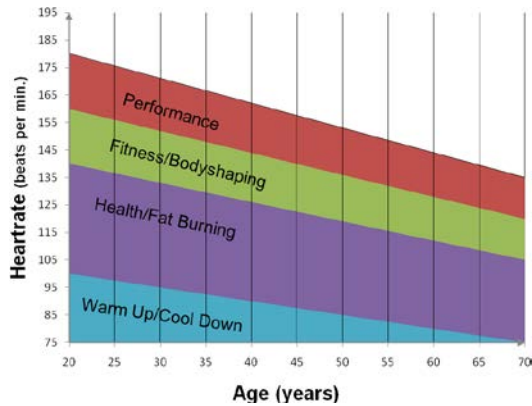
Heart Rate Training

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 within which to train in order that you may improve your fitness at a safe, comfortable and sustainable level.

The following table is a rough guide to determine the level at 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 follows:

$$\text{Maximum heartrate} = 220 \text{ minus age}$$

For the different training targets 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:

$$220 - 25 = 195$$

$$70\% \text{ of } 195 = 136.5$$

$$80\% \text{ of } 195 = 156$$

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