

# casall®

INFINITY 1.5 TREADMILL USER MANUAL



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**Dear Customer,**

We are pleased, that you have 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**

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**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](mailto:kundservice@casall.se)

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## Customer Service

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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:

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## Waste Disposal

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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).

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## Contact

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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](mailto:kundservice@casall.se)

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

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## Advice

The owner's manual is only for the customer reference. Casall can not be held responsible for mistakes occurring due to translation or change in technical specification of the product.

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## 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 150 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.

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- Use-Scope: The exerciser may not be used by persons with a weight of over 150 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 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 Casall 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.

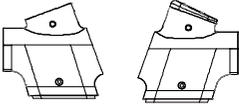
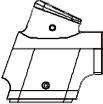
- Use-Safety: Allow the belt to fully stop before dismounting.
  - Use-Safety: Pay attention: never insert any part of your body or clothes into the body of the treadmill while it is running or ready for use.
  - Use-Safety: Attach the emergency stop cord to your clothing before starting the treadmill. 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
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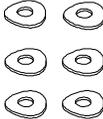
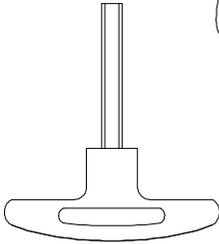
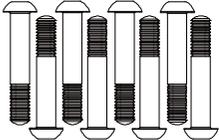
to the handrail or handle bar with both hands and leave the treadmill by means of the anti-slipping surface of the lateral platform. Activate the emergency stop mechanism (safety cut-out).

- 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 AC220V – 240V, 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 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 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 Casall 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 with the advice of the Technical Support team.
  - Product-Maintenance: Disconnect the apparatus from the mains before doing repair, maintenance or cleaning work.
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**A. CONTENTS CHECKLIST**

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

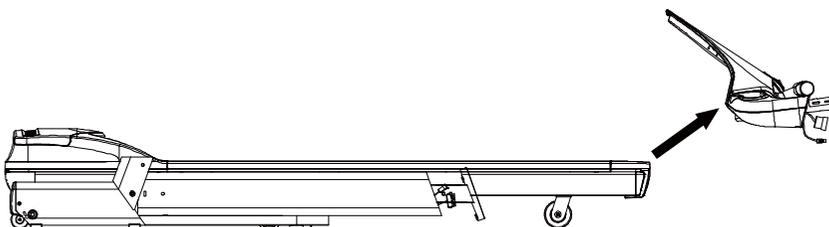
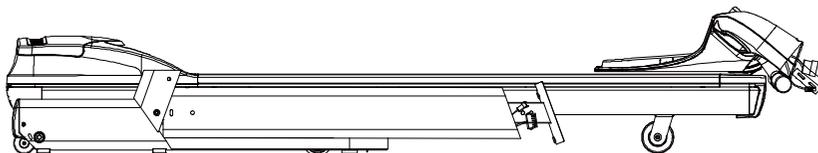
**B. HARDWARE COMPARISON CHART**

844 4X15MM 6X	845 4X12MM 2X	808 8MM 6X	810 M8X18X18 2X	223 2X	A 5mm 1X	B 1X
						
806 M8X45X15 8X	824 M8X52X17 2X	826 8X17X1.5 2X				
						

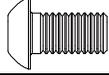
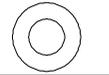
## Assembly instruction

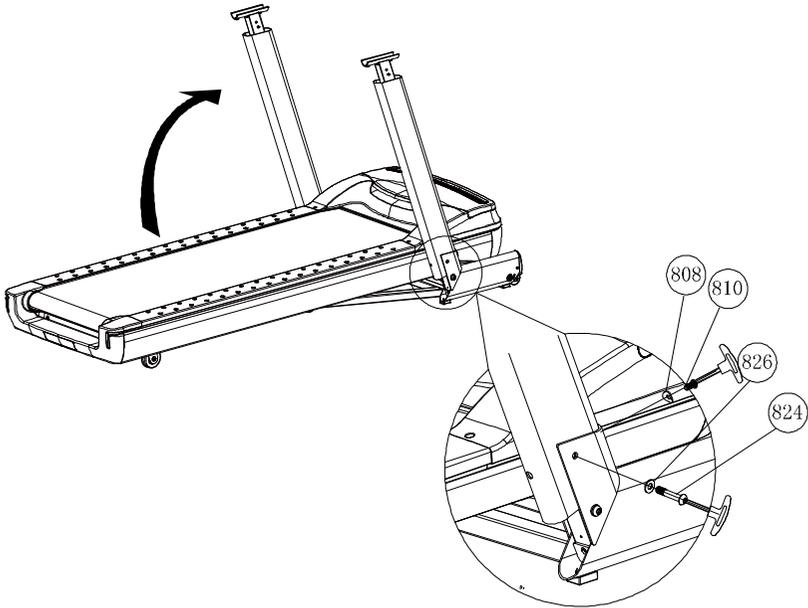
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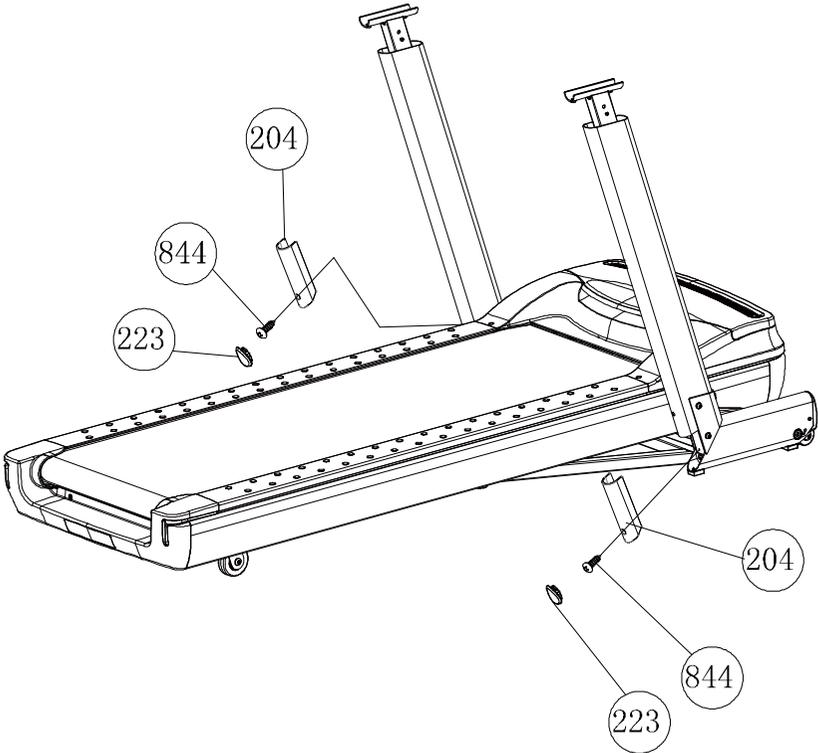
2.

808	X2	
810	X2	
826	X2	
824	X2	



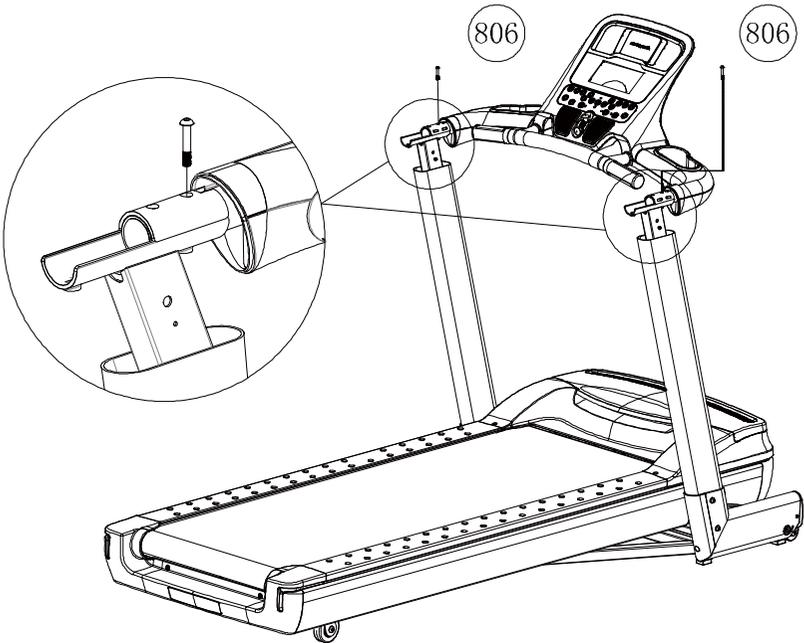
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844	X2	
204	X2	
223	X2	

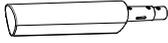


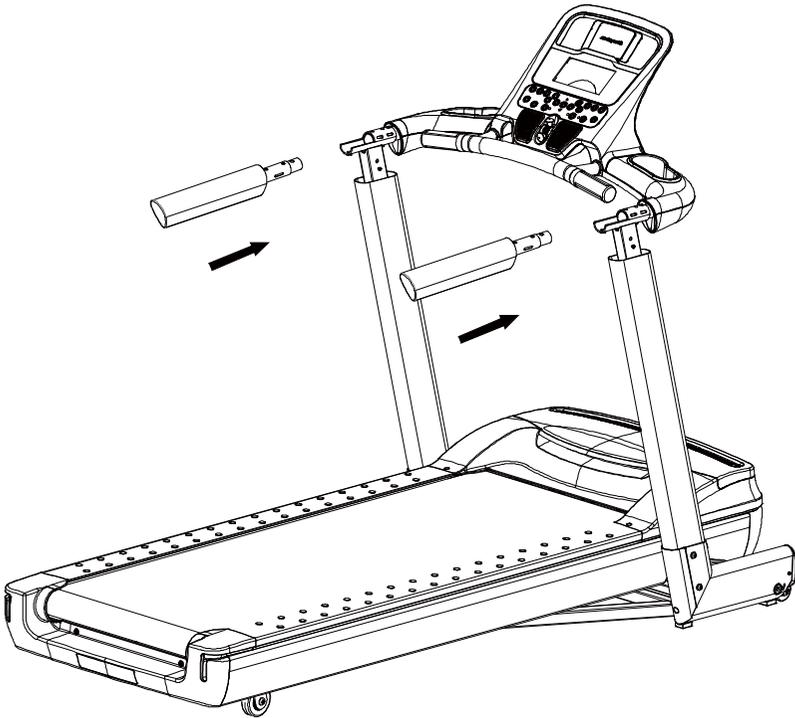
4.

806	x 2	
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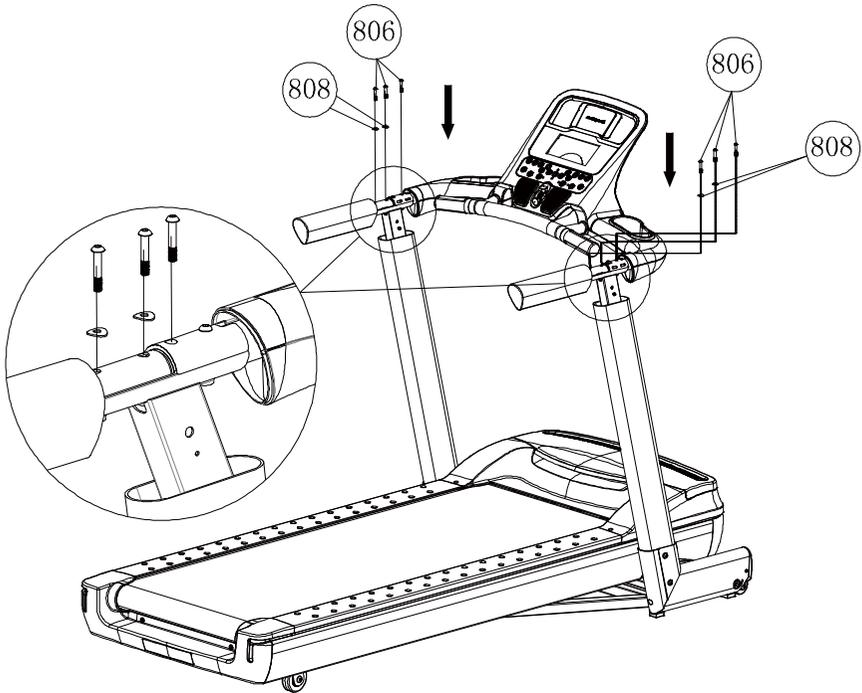
5.

205	X2	
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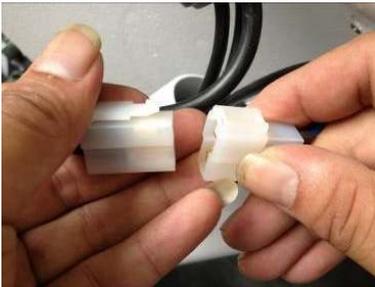
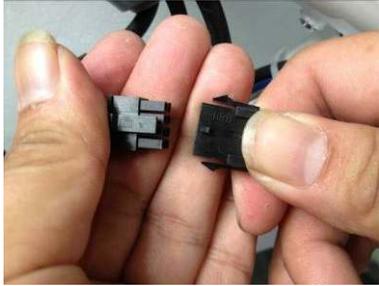
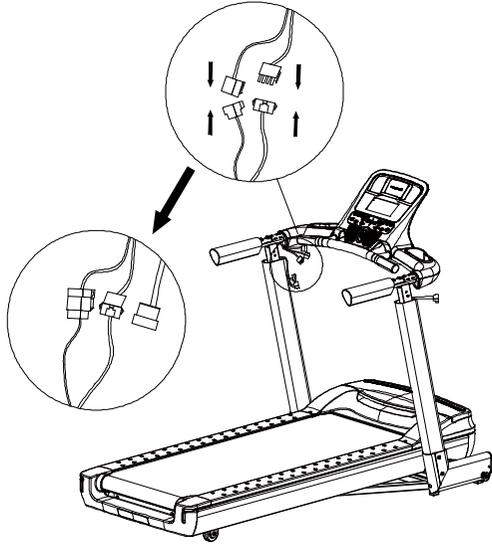


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806	X6	
808	X4	

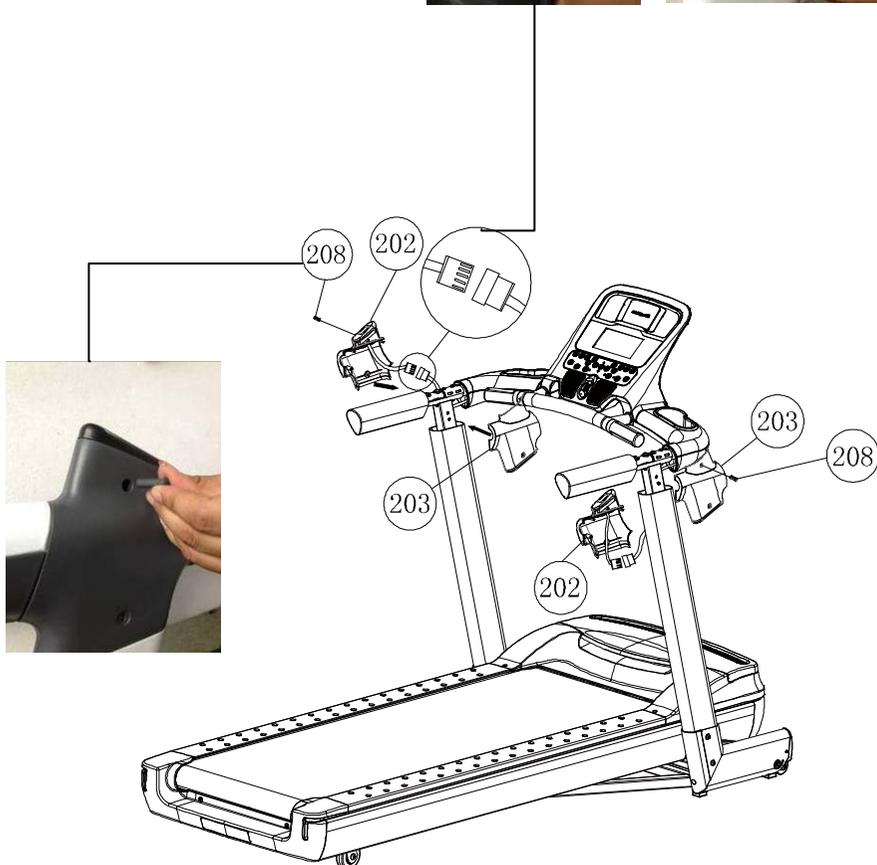


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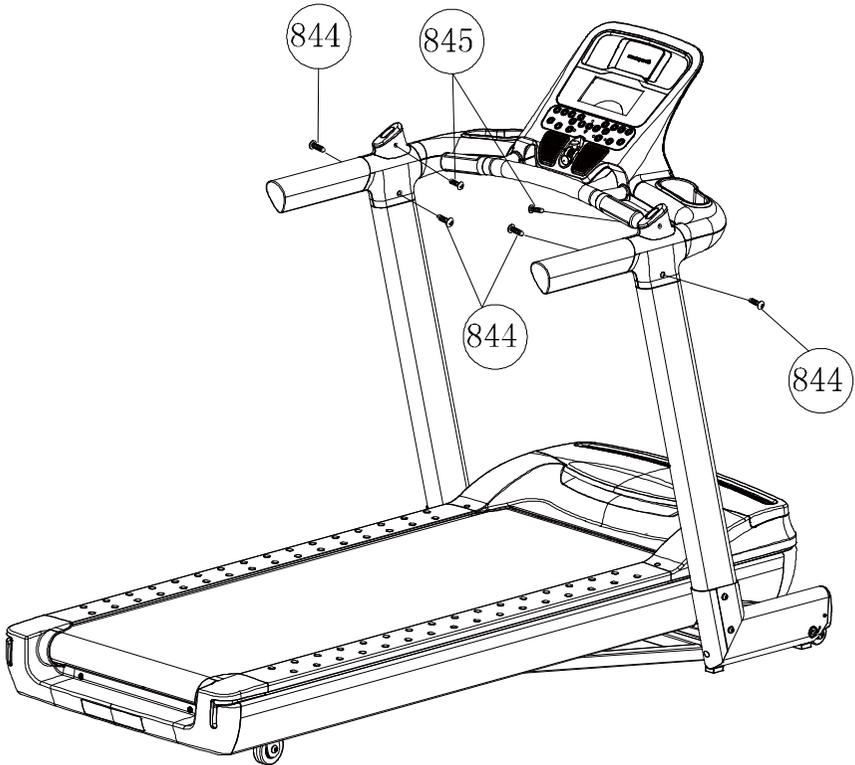
8.

208	X2	
202	X2	
203	X2	



9.

844	X4	
845	X2	



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## Power on the computer

1. Connecting 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 turn it to the  
up to light up the LCD



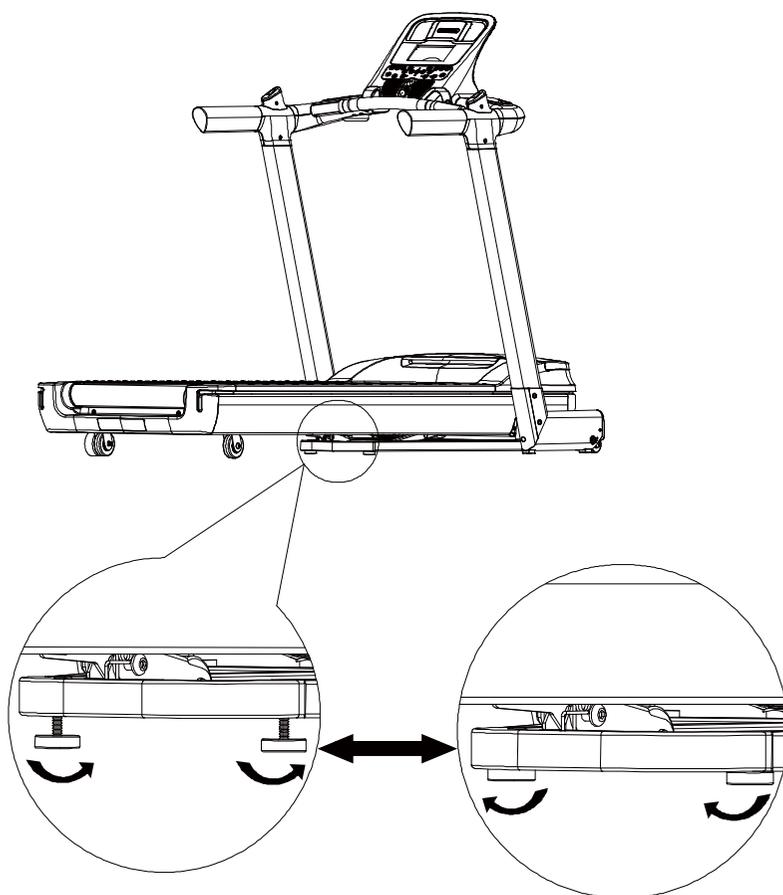
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## Adjustable cushion

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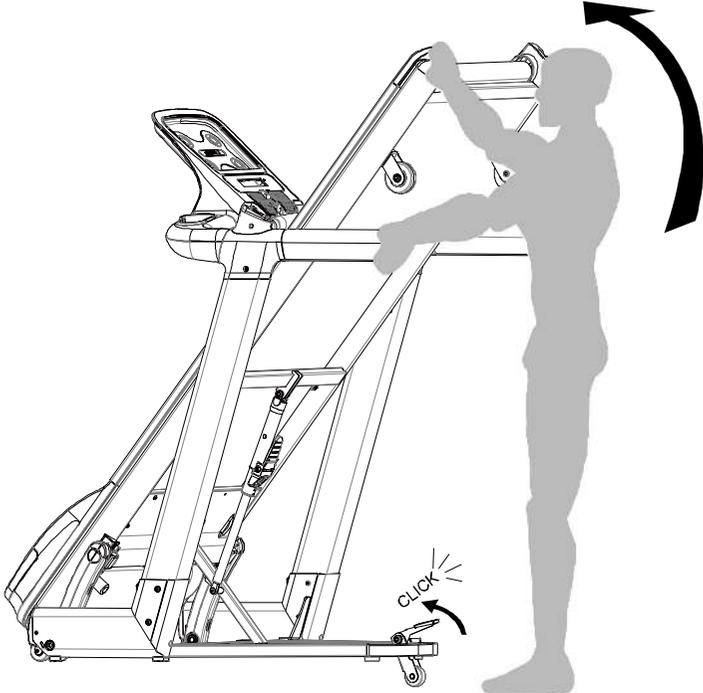
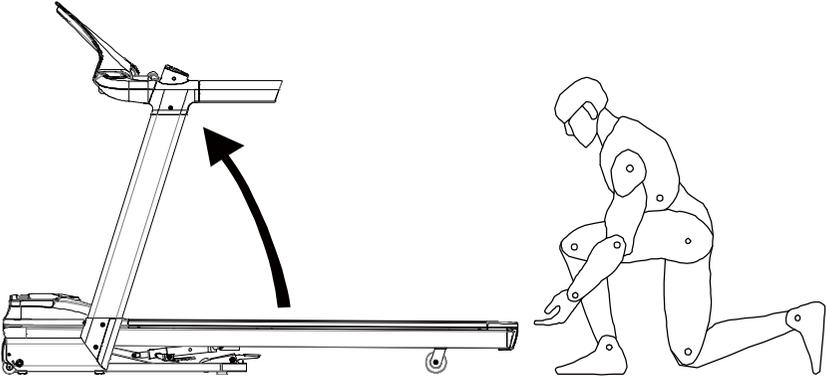
### Adjusting the Feet

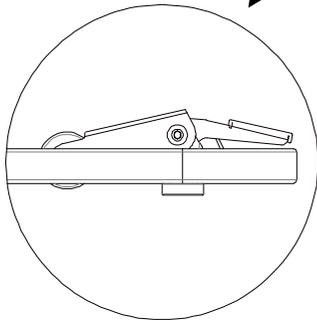
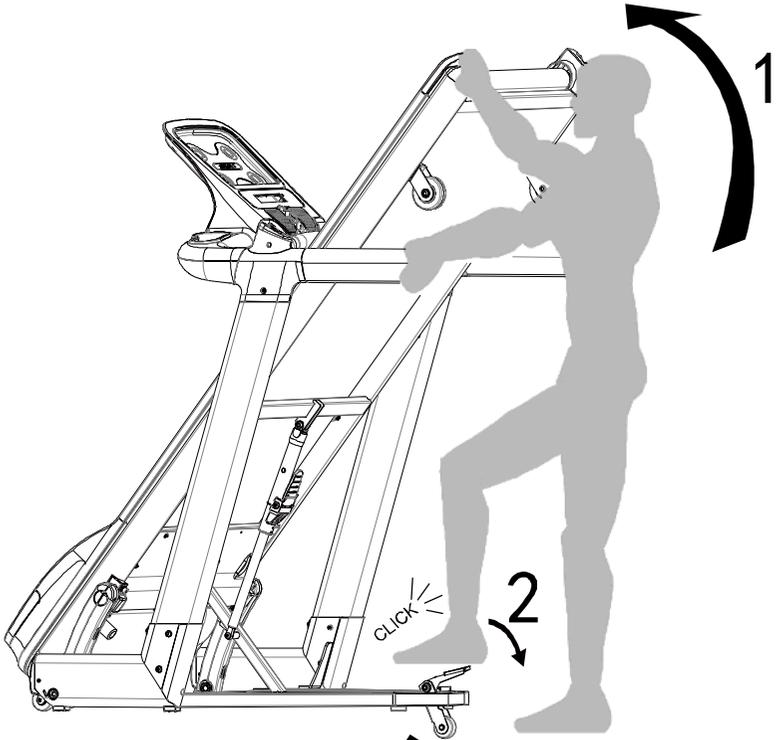
If your treadmill is slightly unbalanced due to uneven floor surfaces, you can adjust the feet to prevent any wobbling. This is done by screwing the feet in or out until the treadmill sits evenly on the floor.

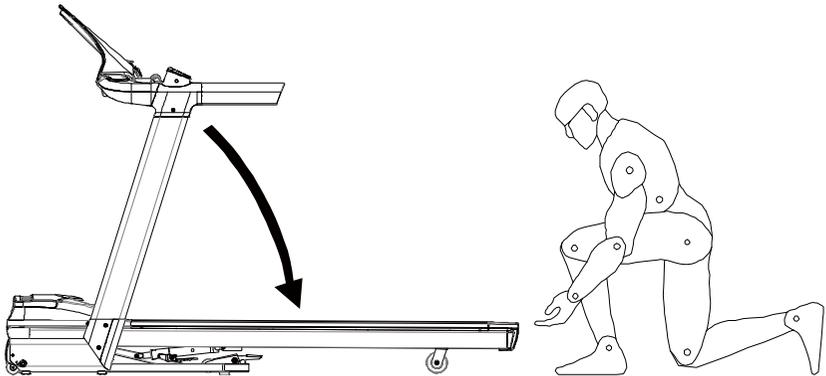
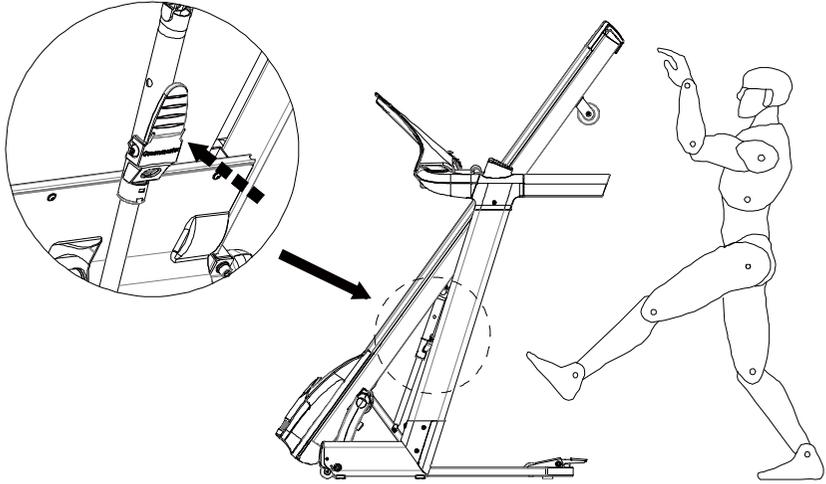


Fold up/Unfold up

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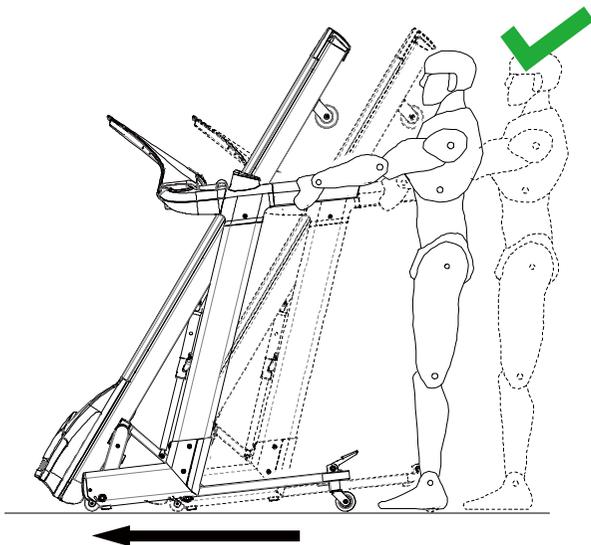




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Transport

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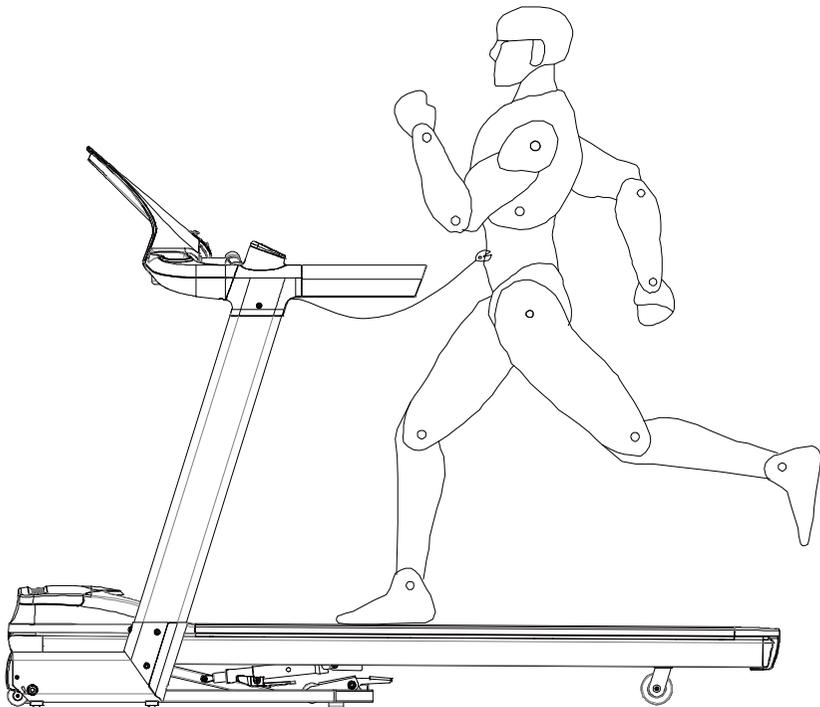
## Correct Use

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**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 issues and injuries.

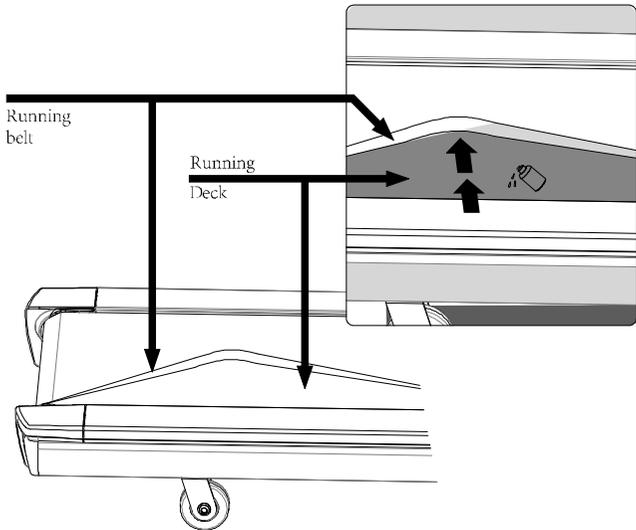


**GB: DECK LUBRICATION:**

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,

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keep liquids away and keep it out of direct sunlight. Inspect and tighten all parts of the treadmill regularly. Replace any worn parts immediately.

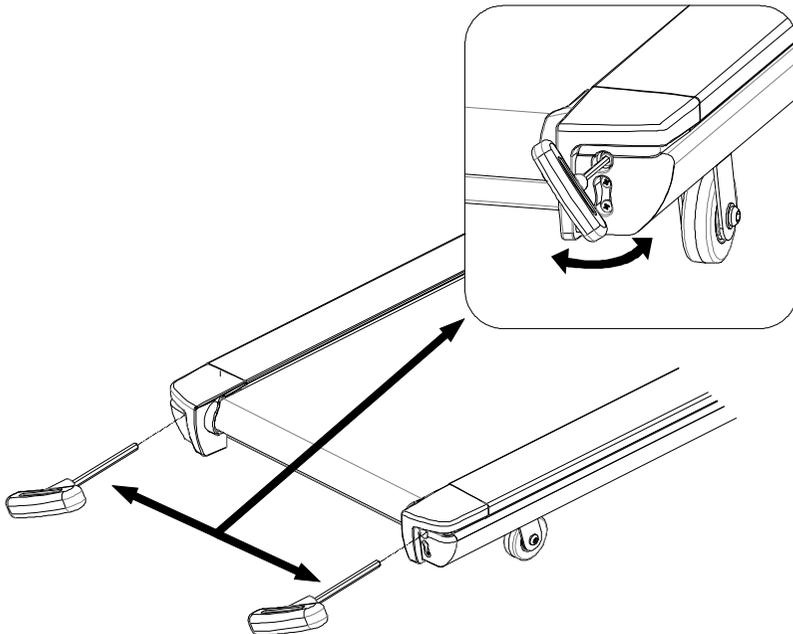
### **Belt Adjustment**

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:

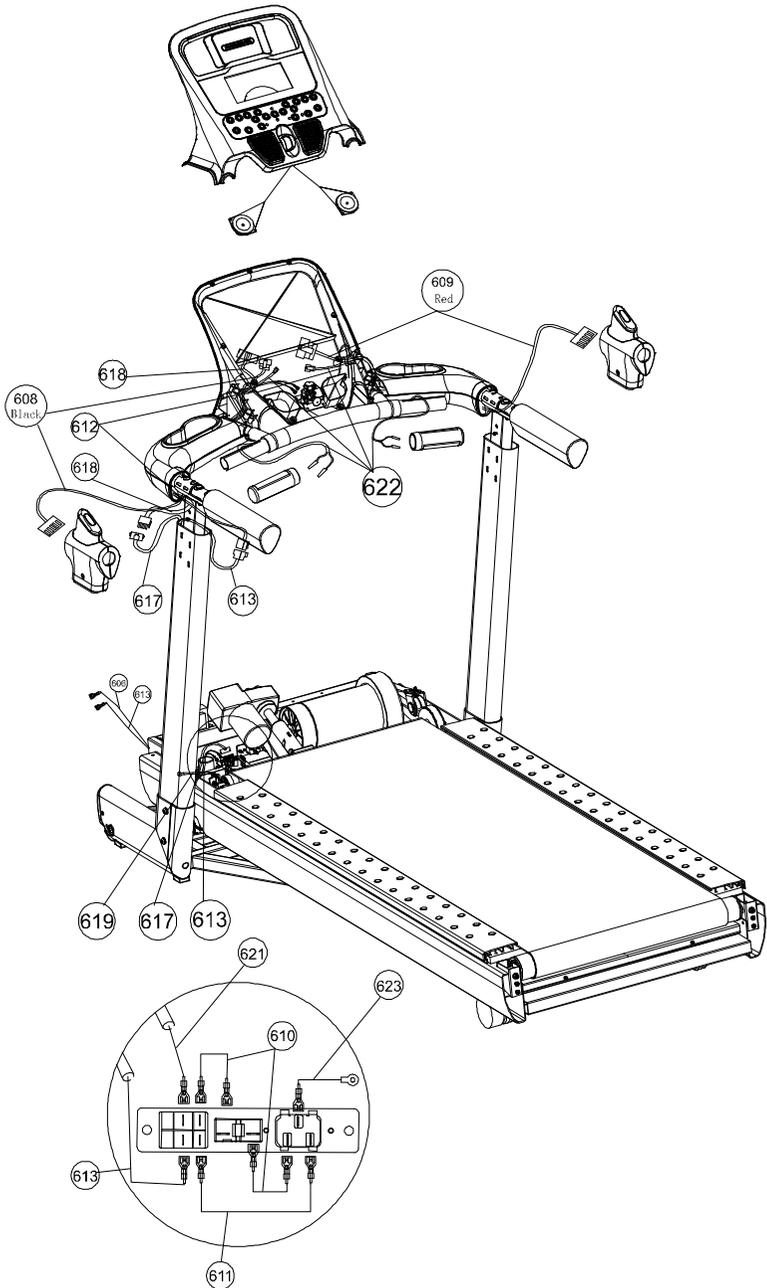
If the belt has only moved by 1-2mm this will not affect the operation of your treadmill

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!**

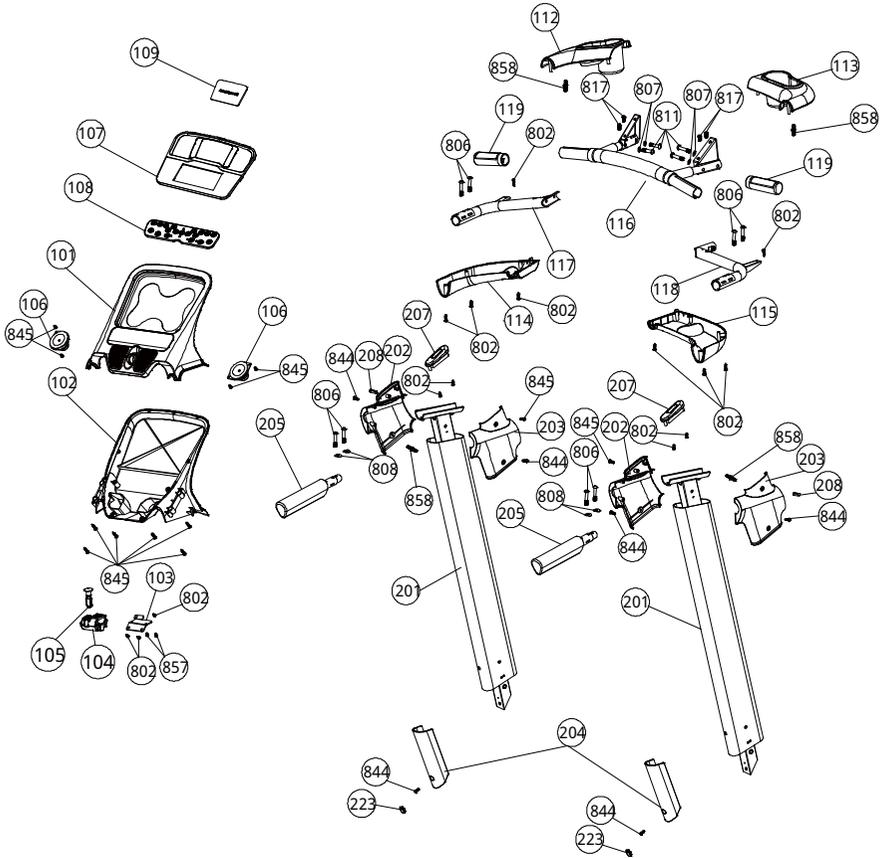


Wiring diagram

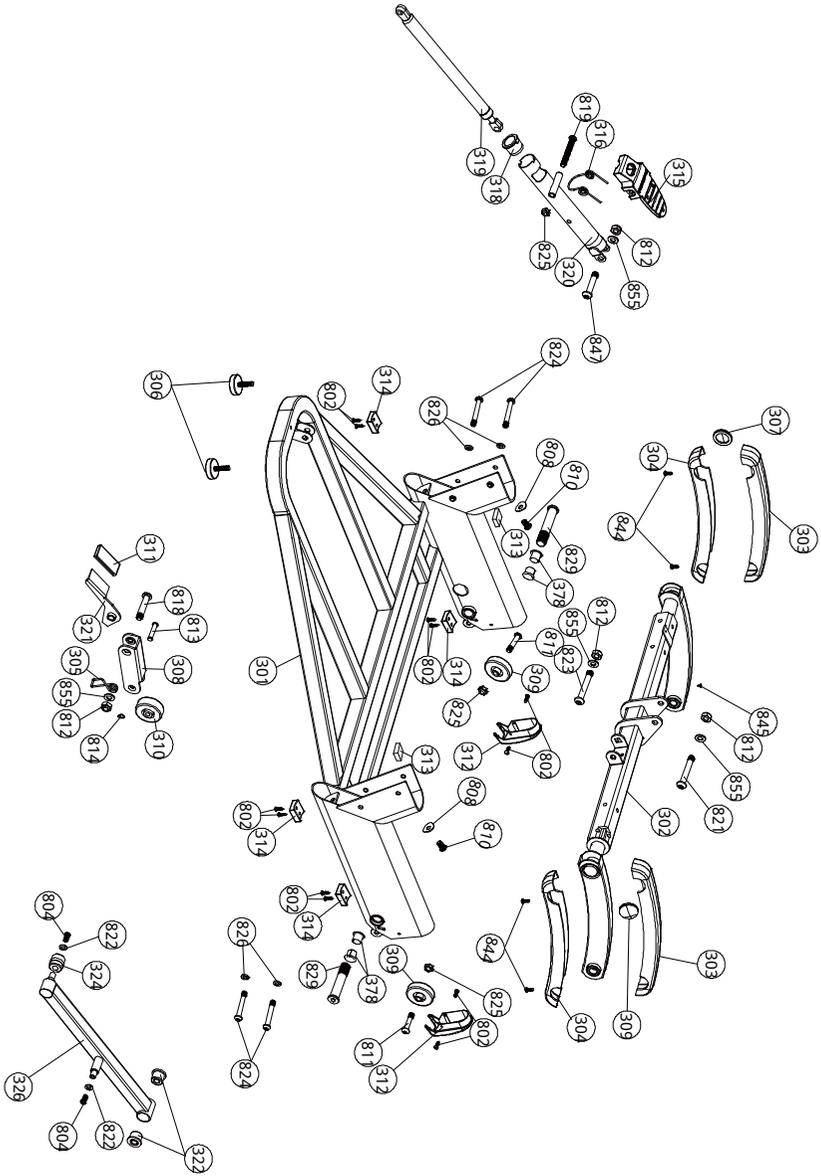


Exploded view

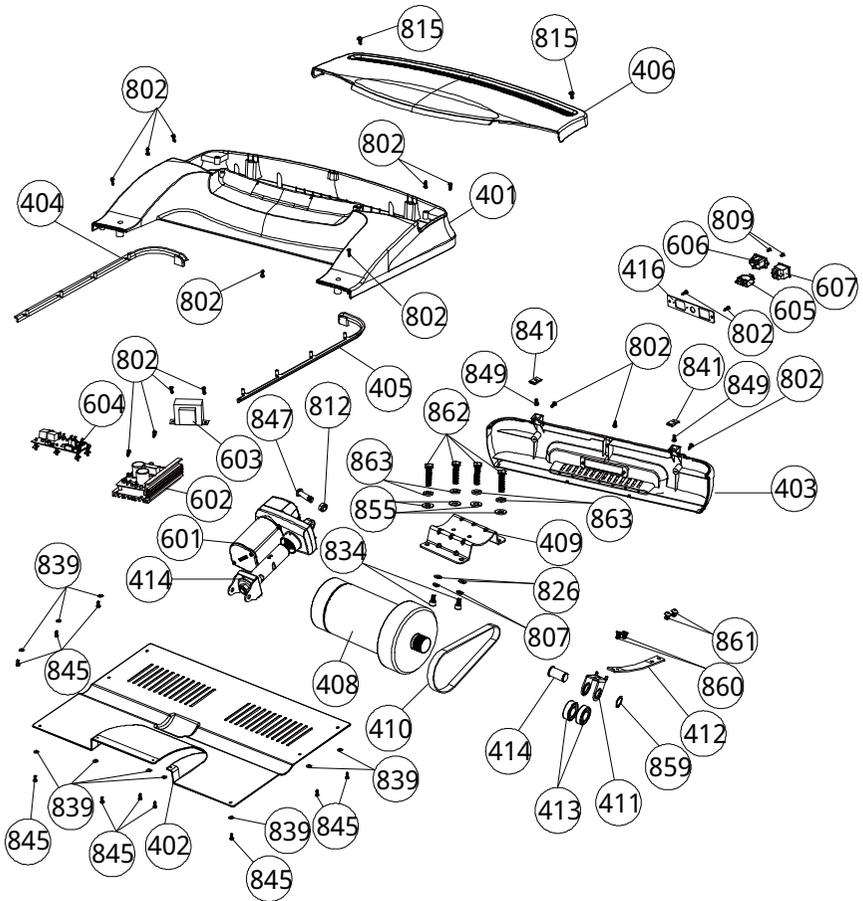
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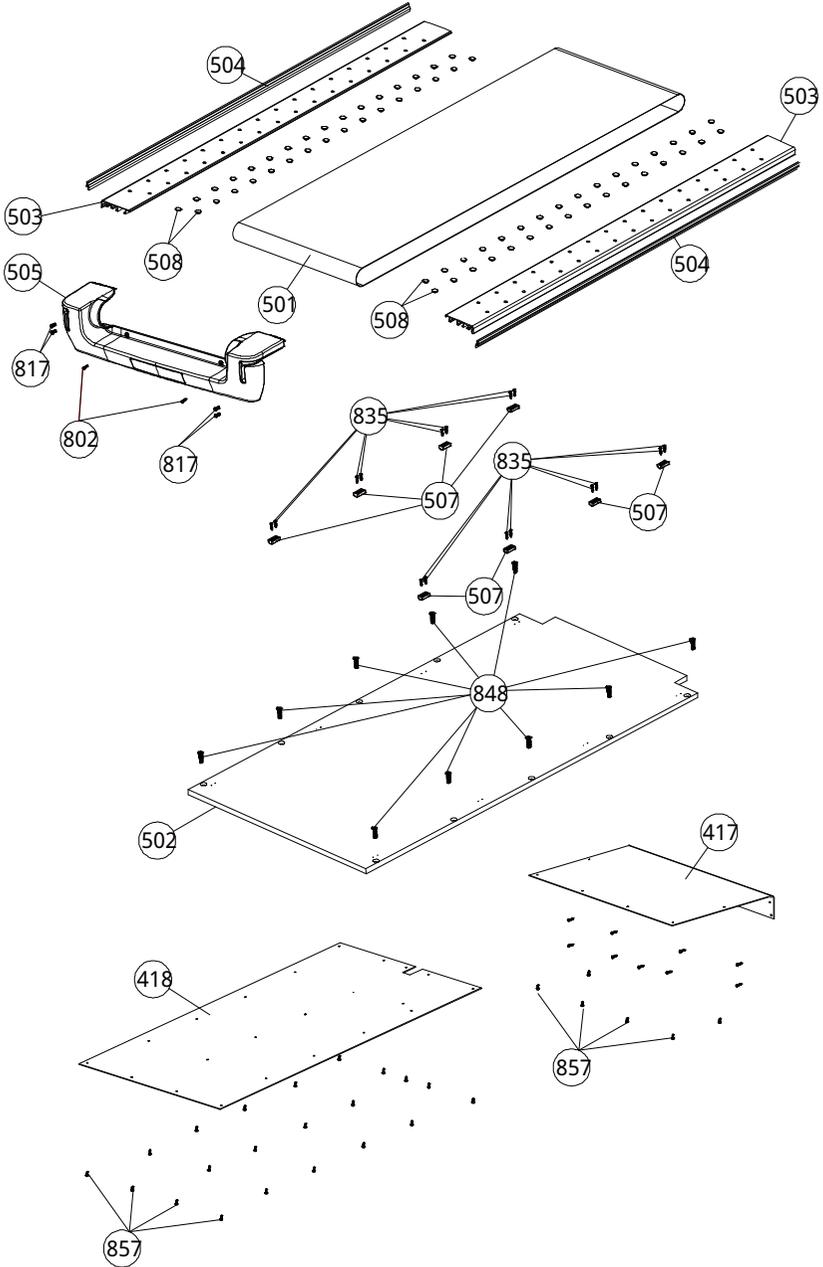
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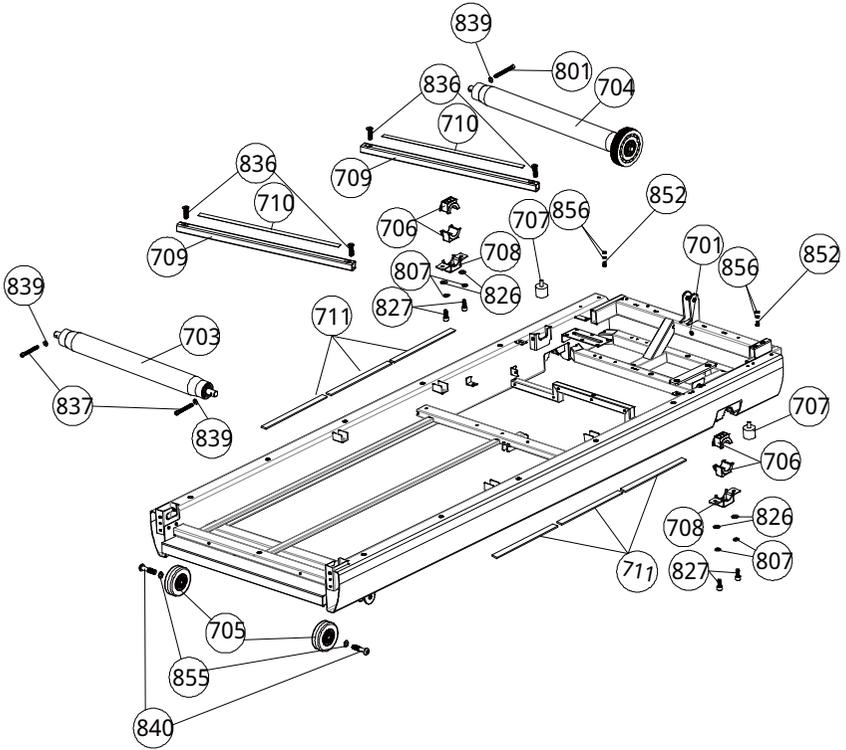
3.



4.



5.



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**Spare part list**

<b>Part No.</b>	<b>Part name</b>	<b>Quantity</b>
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
108	Computer Key board	1
109	Pad soft cushion	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 pulse 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 sets	2
207	Motion control sensor	2
208	Handlebar cover insert	2

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Part No.	Part name	Quantity
223	Upright rubber cap- OD14X6.5	2
301	Base Frame	1
302	Elevation support Frame	1
303	Elevation support Frame cover-Upper	2
304	Elevation support Frame cover-Lower	2
305	089 Spring 2.0Xφ14X4	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
309	Base frame transport wheel-Front ID8.5XOD50X25	2
310	Base frame transport -Rear ID8X50X18	1
311	Foot lock plastic cover	1
312	Base frame transport wheel cover –Front	2
313	Eva foam-30X30X10MM	2
314	Base Frame Rubber Cushion-25X28X11XR24	4
315	Soft drop shock holder foot locker	1
316	Spring φ2.0X 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

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<b>Part No.</b>	<b>Part name</b>	<b>Quantity</b>
378	Dry bearing 14X15X1.0	4
401	Motor hood cover	1
402	Motor cover –Bottom	1
403	Motor Front Cover	1
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
410	OD19.95X39 Axis	1
411	Tension bearing fix plate base	1
412	Tension bearing fix plate base	1
413	Bearing 6004	2
414	Elevation motor gear sleeve assembly	1
416	Power switch board	1
417	Main frame belt bottom cover-front	1
418	Main frame belt bottom cover-rear	1
501	Running belt	1
502	Running deck	1
503	Side rail	2
504	Side rail decorate strip	2
505	Side rail rear end cap	1
507	Side rail guider	8
508	Non-slip rubber cap	62

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Part No.	Part name	Quantity
601	Elevation motor	1
602	Motor control board	1
603	Transformer	1
604	Elevation control board	1
605	Electric Protector	1
606	Electric Outlet	1
607	Power Switch	1
608	Motion control sensor wire-red 600mm	1
609	Motion control sensor wire-black 600mm	1
610	Single wire-red-150mm	2
611	Single wire-white-150mm	1
612	Blue/Grey 2 cables-Upper 750mm	1
613	Blue/Grey 2 cables-Lower 2250mm	1
616	6PIN cable-220mm	1
617	8 PIN cable-Lower2250 mm	1
618	8 PIN cable-Upper 600mm	1
619	Grounding wire-300mm	1
622	Handle pluse sensor wire-600mm	2
623	Grounding wire-220mm	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

Part No.	Part name	Quantity
708	Elevation support tube fix holder	2
709	Cross bar	2
710	Cross bar EVA sticker- 15XL400XT3.0	2
711	Main frame EVA sticker-25XL300XT3.0	7
801	Inner hexagon M6X70X70	1
802	M4X15 Screw	45
804	M6X17 screw/washer	2
806	Button head inner hexagon M8X42x10	8
807	Spring washer $\phi$ 8X 14 X2	10
808	Curve washer $\phi$ 8.5X20.5X2	6
809	Round head cross- screw M3X8	2
810	Button head inner hexagon M8X18	2
811	Button head inner hexagon M8X36	6
812	Locknut M10	5
813	$\phi$ 8X36 Bolt	1
814	M8 C-clip	1
815	M5X10 screw/washer	2
817	Round head cross- screw M5X14	8
818	Inner hexagon M10X52	1
819	Button head inner hexagon M8X65	1
821	Inner hexagon M10X80X35(CAP)	1
822	Washer $\phi$ 6X13X1.5	2
823	Button head inner hexagon M10X58	1
824	Button head inner hexagon M8X52x17	4

Part No.	Part name	Quantity
825	Locknut M8	3
826	Washer $\phi$ 8X17X1.5	10
827	Inner hexagon M8X20X20(CAP)	4
829	Flat head inner hexagon M14X80X24.5	2
834	Inner hexagon M8X12X12(CAP)	2
835	M4X19 Screw	16
836	Cross-screw M8X25	4
837	Inner hexagon M6X55	2
839	Washer $\phi$ 6X13X1.5	13
840	Button head inner hexagon M10X38X10	2
841	Shrapnel 21X13X0.7	2
844	M4X15 screw	10
845	M4X12 screw	58
847	Button head inner hexagon M10X30X30	2
848	Cross-screw M8X30X30	10
849	M4.2X16 Screw	2
852	Outer hexagon screw M5X15	2
855	Washer $\phi$ 10X20X1.5	10
856	Thin Nut M5	4
857	Cross-screw M4X12	2
858	Plastic insert	4
859	M20 C-clip	1
860	ross-screw M6X10X10	2
861	Button head inner hexagon M8X15X15	2

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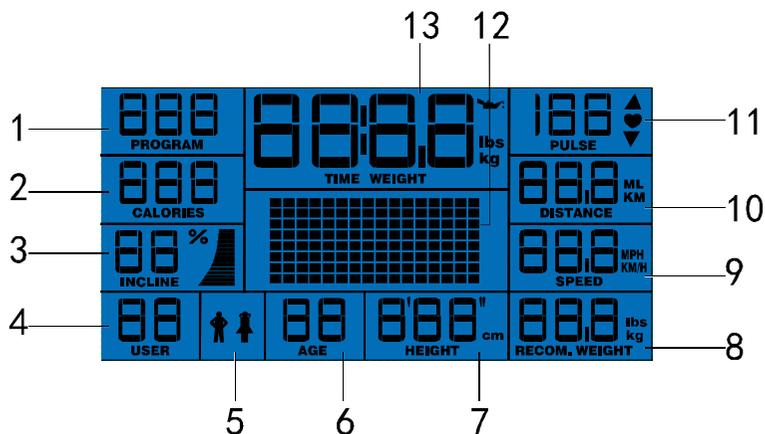
<b>Part No.</b>	<b>Part name</b>	<b>Quantity</b>
862	Outer hexagon screw M10X20X20	4
863	Spring washer $\phi$ 10X17X3	4
901	Hardware Kit	1
903	IWM weight scale	1
C	Power cord	1
E	Silicone bottle	1

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# 1.5T COMPUTER INSTRUCTIONS

## LCD DISPLAY

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### (1) PROGRAMMES

9 PROGRAMMES, IWM, P1 to P8

### (2) CALORIES

Calories range from 0 to 990

### (3) INCLINE

Minimum incline is 0 level, maximum incline is 12 level

### (4) USER CODE

User code selected from U1 to U7

---

**(5) GENDER**

Male and female , the default display is male icon

**(6) AGE**

Age setting range from 10 years to 70 years , the default age display is 30

**(7) HEIGHT**

The default age display is 165cm

**(8) RECOMMENDATION WEIGHT**

The recommendation weight display

**(9) SPEED**

The lowest speed is 1.0KM/H, the highest speed is 20 KM/H

**(10) DISTANCE**

Distance range from 0.0 to 99.9 KM

**(11) PULSE**

Display the actual PULSE

**(12) DOT MATRIX ( SPEED PROFILE OR INCLINE PROFILE )**

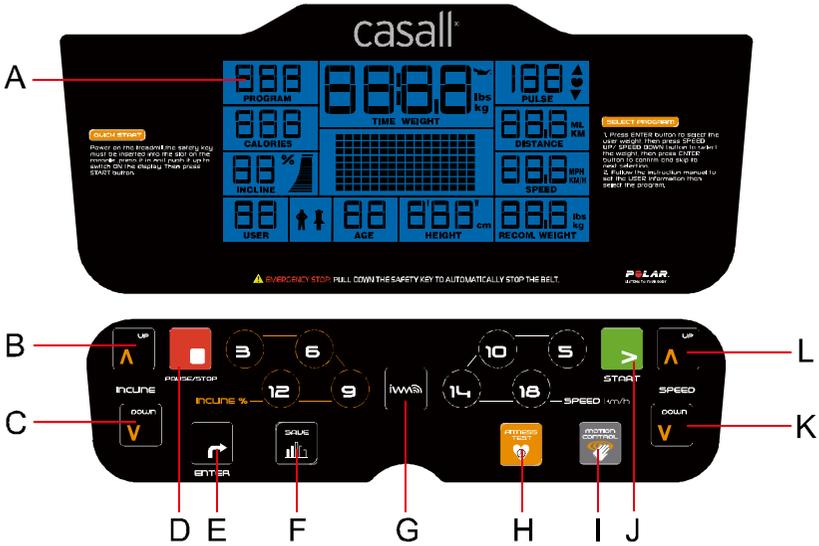
Display the actual speed or incline profile

**(13)TIME/WEIGHT**

Display the workout time

Display the weight measurement

---



LCD	A	G	IWM
INCLINE UP	B	H	FITNESS TEST
INCLINE DOWN	C	I	CUSTOM SAVE PROGRAM
PAUSE /STOP	D	J	START
ENTER	E	K	SPEED DOWN
SAVE	F	L	SPEED UP

---

## Buttons and Functions



### **START**

Press to start exercise at an initial speed of 0.6 mph / 1.KM/H

**START**



### **STOP**

Press to stop exercise during workout time.

**STOP**



### **ENTER**

- Press to confirm program and preset function values during setting mode.
- Press to run setting procedure before pressing the START button.

**ENTER**



### **CUSTOM PROGRAM SAVE**

When selecting the custom program from C1 to C3, follow the instructions to press this button and save the program as your own custom workout program. Follow the C1-C3 CUSTOM PROGRAM operating instructions for details.



### **FIT-TEST**

Press the FIT TEST button to start the Fitness-Test function to test your physical condition during a workout. Follow the Fitness-Test operating instructions for details.



### **IWM PROGRAMMES**

Press the IWM to start the intelligent weight management program

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### SPEED “SPEED UP/ SPEED -DOWN” BUTTON

- Press to increase/decrease exercise speed by 0.1mph or km/h.
- Hold the button to continuously increase/decrease speed by 0.5mph or km/h per second. Release the button to stop the function.
- Press to select programs and preset related function value.



### INCLINE “INCLINE-UP/ INCLINE -DOWN” BUTTON

Press up or down to change incline level.



### DIRECT SPEED AND INCLINE BUTTONS

Press the Direct Speed or Direct Incline buttons to adjust the speed or incline to your desired volume directly.



### MOTION CONTROL

The treadmill speed can be increased, decreased or stopped using the Motion Control sensors on the handlebars. To do this follow the instructions below:



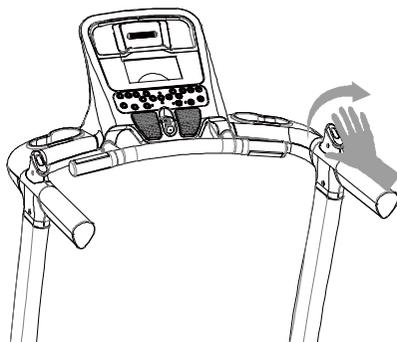
Press the **MOTION CONTROL** button on the console to switch the motion control function on and off:

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

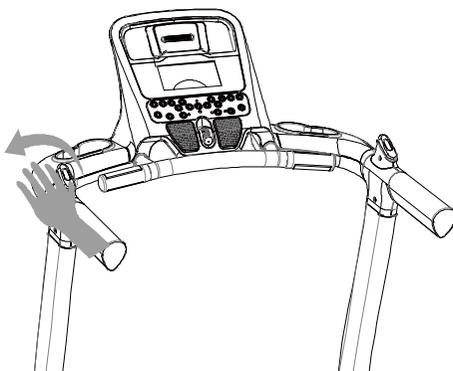
When the Motion control symbol is **OFF** the **MOTION CONTROL** is **inactive**.

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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.



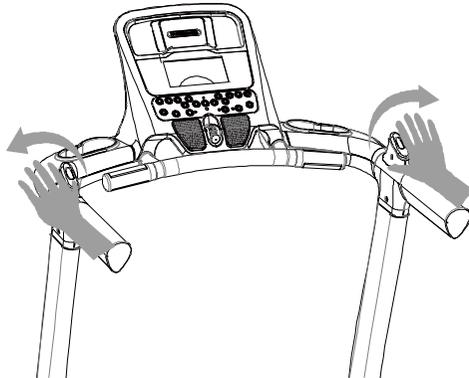
2. Wave your left hand approximately 6 cm above the motion sensor on the left handle bar to decrease the speed. The sensor will sound one short BEEP per scan and decrease speed by 0.1 km/ mph. Holding your left hand approximately 6 cm above the left sensor results in the sensor repeatedly sounding consecutive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



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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.



### **MP3 Playing**

The treadmill comes with loud speaker.

Connct the MP3 audio data line for iPad or mobile device with MP3 audio output to enjoy music. There is aslo an USB jack at the rear of console which can charge the devices that contain USB sockets.



USB

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## POWER ON MODE

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



## UNIT CONVERSION MODE – (KM / ML.)

Power on the treadmill, press and hold the START button then push the safety key up to light up the computer. The console will enter into the UNIT CONVERSION MODE. The console will sound a BEEP and show the current default setting KM (kilometers) or ML (miles). Use START to switch between KM and ML. Press the PAUSE/ STOP button to confirm the selection and return to POWER ON MODE. The console will sound an extended BEEP as it saves the new setting. To exit UNIT CONVERSION MODE without saving use the PAUSE/ STOP button.

## 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.**

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## **FITNESS-TEST**

The Fitness-Test function is the feature to let the user test their physical condition during a workout. The fitness rating is determined by measuring how quickly the user's pulse slows down and with that measuring the user physical condition. The faster the pulse slows down, the better the user's physical condition. Users can record their fitness rating to use for reference. To start the Fitness-Test, press the "Fitness-Test" button toward the end of a workout (while your pulse is still under trainings load). The treadmill will enter the PAUSE/STOP status. Put both hands on the hand pulse sensors within 10 seconds (for models equipped with a chest belt pulse transmitter, keep the chest belt on, no need to hold the hand pulse). The pulse receiver will scan and detect the user's pulse in 10 seconds and enter the Fitness-Test function. TIME counts down from 01:00 to 00:00. After the count-down the SPEED LCD window will show the Fitness rating (1-6). The lower the number the better your fitness. Record the rating for future comparison. After completion of the Fitness-Test (1 minute) the training can be resumed by pressing the START button.

During the Fitness-Test, if you want to stop the function and stop workout, press the PAUSE/STOP button and return to POWER ON status.

During the Fitness-Test, if you want to continue the previous program, press the START button to continue the previous program.

After pressing the Fitness-Test button, if the pulse receiver fails to scan and receive the user's pulse the computer will show "FAIL" and stay at PAUSE/STOP status. Press the PAUSE/STOP button to return to POWER ON status or press the START button to continue the previous program.

The Fitness-Test cannot be activated while in the COOL DOWN.

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## Intelligent Weight Management Program Operation Procedures

1. Keep the safety key on "ON" position then turn on the power of treadmill. Press the button of "IWM" on console, the light would start blinking. Press the STOP/ENTER button and SPEED- UP / SPEED-DOWN button to set user's weight
2. Press INCLINE UP/INCLINE DOWN or SPEED- UP / SPEED-DOWN buttons to select user ID (between U1 to U7) then press ENTER to confirm.
3. After assigning your user ID, the gender icon will display on the Upper LCD. Press the INCLINE UP/INCLINE DOWN or SPEED UP/SPEED DOWN buttons to switch between male and female icon then press the ENTER button to select your gender
4. Next set the users age. The default age is 30, press INCLINE UP/DOWN or SPEED UP/SPEED DOWN buttons to adjust the user age. Press ENTER button to confirm.
5. Now set the user height. Press INCLINE UP/DOWN or SPEED UP/SPEED DOWN buttons to adjust the users height then press ENTER button to confirm.
6. After the user profile set up is complete, the console will display the recommend user weight on "RECOM." weight numbers which are calculated through users height based on standard BMI measurements. You can compare the exact body weight and recommend body weight. The console will also automatically generate personalized workout program with target calories and target distance. All you need to do now is press START button and enjoy your workout. After starting the exercise program, the target calories and distance will countdown till zero. The console will adjust speed and incline automatically.
7. You can adjust the speed and incline by pressing related buttons during exercise. The workout time will be changed according to speed and incline change. For example, if you increase speed manually then the workout time will become shorter accordingly. This is due to It because the target calories been preset by IWM, once you increase speed the workout time will 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 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.

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## Program

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Power on the computer, press the ENTER button and SPEED- UP / SPEED-DOWN button to set up user's weight. To select one of the User programs, you will need to select the USER CODE first, press the SPEED- UP / SPEED-DOWN button to select the USER CODE from U1 to U7. This is shown in the SPEED display. Press the ENTER button to confirm the USER CODE. If the user information has been previously input, press ENTER button and hold for 5 seconds. The computer will then skip the user information set up procedure and enter the program select procedure. To input new information, please follow the below procedure.

### SET UP USER CODE

After setting the User WEIGHT, User ID will show a blinking "U1", press "SPEED UP / SPEED DOWN" button to choose the User ID from U1 to U7 and press the ENTER button to assign the user ID shown.

PROGRAM P1	WEIGHT 00 kg		PULSE F
CALORIES 0	DISTANCE 00 KM		
INCLINE 0 %	SPEED 00 KM/H		
USER U1	AGE 30	HEIGHT 160 cm	RECOM. WEIGHT 614 lbs kg

PROGRAM P1	WEIGHT 60.0 kg		PULSE F
CALORIES 0	DISTANCE 00 KM		
INCLINE 0 %	SPEED 00 KM/H		
USER U7	AGE 30	HEIGHT 160 cm	RECOM. WEIGHT 614 kg

### SET USER GENDER

After assigning your user ID, the gender icon will display on the Upper LCD. Press the SPEED -UP/SPEED-DOWN button to switch between male and female icon then press the ENTER button to select your gender.

### SET USER AGE

After setting the User gender, the LCD will display the current (or default) setting for Age (30). Press the UP and DOWN button to set the user Age and press ENTER to save.

### SET USER HEIGHT

After setting the user Age, the LCD will display current (or default) setting for Height (160 cm / 5'3"). Press the UP and DOWN buttons to set the user height and press ENTER to save.

---

### **SET USER RECOMMENDATION WEIGHT**

After setting the user Height, the LCD will display current (or default) setting for recommendation weight (61.4kg'). Press the UP and DOWN buttons to set the user recommendation weight and press ENTER to save. Generally speaking , we don't recommend user to set up recommendation weight.

### **PROGRAM MODE**

After setting the user Height, the LCD will display a blinking P -, indicating that the user is now free to select from Programs 1-8. Press the UP and DOWN buttons to select the program and press the ENTER button to set up that program. Details on each of the Programs follow.







LEVEL	MIN. INCLINE LEVEL	MAX. INCLINE LEVEL
1	0.0	4.0
2	0.0	7.0
3	1.0	5.0
4	1.0	8.0
5	2.0	6.0
6	2.0	9.0
7	3.0	7.0
8	3.0	10.0
9	4.0	8.0
10	4.0	11.0
11	5.0	9.0
12	5.0	12.0

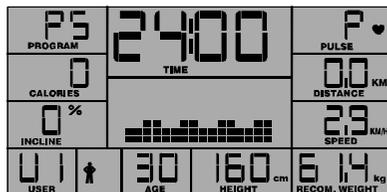
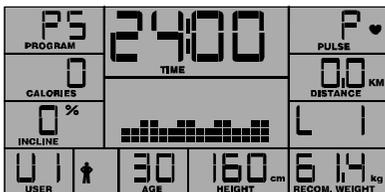
### P5 - SPEED INTERVAL PROGRAM

If the user selects P5 and presses ENTER, L1 will first be blinking and the user must select a Performance Level between L1 and L12 using UP /DOWN to set the min. and max. speed setting.

After setting the preferred Performance level (ENTER), then press ENTER to confirm the setting, the LCD will display a blinking 24:00 (min.) workout time. The user must then use UP /DOWN buttons to adjust the total workout time in intervals of 4:00 (min.) and then press ENTER to confirm the setting.

The user may press START to initiate the program, P5- SPEED INTERVAL.

As previously described in Program P1, the user may at any time during the workout period alter the speed with "SPEED-UP/SPEED-DOWN" button, angle with INCLINE-UP/ INCLINE-DOWN. The User may also pause (STOP) or STOP (2x) the workout, and will at the conclusion of any given program enter the COOL DOWN program as detail LCD above.



LEVEL	MIN. SPEED(ML)	MAX. SPEED(ML)	MAX. SPEED(KM)	MAX. SPEED(KM)
1	1.8	3.0	2.9	4.8
2	2.0	3.4	3.2	5.4
3	2.2	3.8	3.5	6.1
4	2.4	4.2	3.8	6.7
5	2.6	4.6	4.2	7.4
6	2.8	5.0	4.5	8.0
7	3.0	5.4	4.8	8.6
8	3.2	5.8	5.1	9.3
9	3.4	6.2	5.4	9.9
10	3.6	6.6	5.8	10.6
11	3.8	7.0	6.1	11.2
12	4.0	7.2	6.4	11.5

#### P6 - WEIGHT LOSS PROGRAM

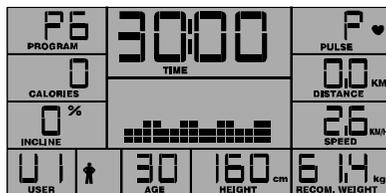
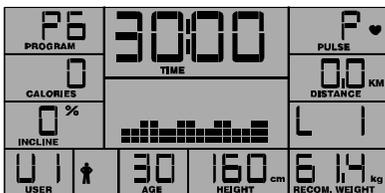
If the user selects P6 and presses ENTER, L1 will first be blinking and the user must select a Performance Level between L1 and L12 using UP /DOWN to set the min. and max. speed and incline settings.

After setting the preferred Performance level, the LCD will display a blinking 30:00 (min.) workout time. The user must then use UP /DOWN buttons to adjust the total workout time in intervals of 5:00 (min.) and then press ENTER to confirm the setting.

The user may then press START to initiate the program, P6 – WEIGHT LOSS.

As previously described in Program P1, the user may at any time during the workout period alter the speed with “SPEED-UP/SPEED-DOWN” button, angle with INCLINE-UP / INCLINE-DOWN. The User may also pause (STOP) or STOP (2x) the workout, and will at the conclusion of any given program enter the COOL DOWN program as detail LCD above.

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



LEVEL	MIN. SPEED(ML)	MAX. SPEED(ML)	MIN. SPEED(KM)	MAX. SPEED(KM)	MIN. INCLINE LEVEL	MAX INCLINE LEVEL
1	1.6	2.8	2.6	4.5	0	1
2	1.8	3.0	2.9	4.8	0	2
3	2.0	3.2	3.2	5.1	1	3
4	2.2	3.4	3.5	5.4	1	4
5	2.4	3.6	3.8	5.8	2	5
6	2.6	3.8	4.2	6.1	2	6
7	2.8	4.0	4.5	6.4	3	7
8	3.0	4.2	4.8	6.7	3	8
9	3.2	4.4	5.1	7.0	3	9
10	3.4	4.6	5.4	7.4	4	10
11	3.6	4.8	5.8	7.7	4	11
12	3.8	5.0	6.1	8.0	4	12

#### P7- 5K SELF LEARNING PROGRAM

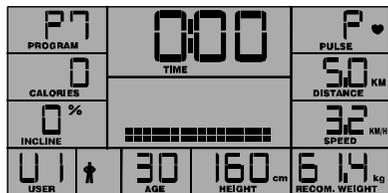
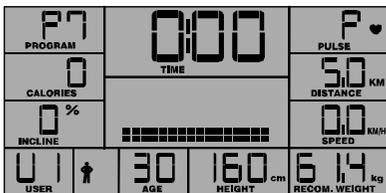
If the user selects the P7 and presses ENTER, the display shows the preset distance 5 km / 3mi.

The user may then press START to initiate the program, P7 – 5K SELF LEARNING. The Speed starts from 3.2 km/h / 2.0 mph, and Time and Calories begin to count up from 0. During the course of the workout, Distance will gradually count down from 5 km / 3 mi.

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).

As previously described in Program P1, the user may at any time during the workout period alter the speed with “SPEED-UP/SPEED-DOWN” button, angle with INCLINE-UP / INCLINE-DOWN. The User may also pause (STOP) or STOP (2x) the workout, and will at the conclusion of any given program enter the COOL DOWN program as detail LCD above.

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



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## **P8 - HEART RATE CONTROL PROGRAM**

If the user selects P8 and presses ENTER, the display will show a calculated initial Target Heart Rate (based on user age) as shown at the end of this manual. The user must now set the Target Heart Rate using "SPEED-UP / SPEED-DOWN" button according to the user's own physical condition and professional trainer or doctor's instruction, and then pressing START to confirm the user-defined setting. After this the user must then enter a Total Workout Time in 3:00 (min.) intervals or accept the default 60:00 (min.).

The user may then press START to initiate the program, P8 – HEART RATE CONTROL.

Upon beginning the HEART RATE CONTROL program, up to 3 consecutive 3 minute monitoring phases are executed just after the program initiates and the belt begins moving.

### **Phase 1 – Speed Adjust**

In the first Phase, the user's heart rate will be monitored continuously and at 30 second intervals counting down from 3:00 (min.). If the Threshold Heart Rate (approx. 75% Target Heart Rate) is not met, the Speed of the treadmill will be increased at 0.8 km/hr / 0.5 mph at a time. The treadmill will continue to increase Speed in this Phase beginning at 3.2 km/h / 2 mph up to the maximum of Level 7.2 km/h / 4.5 mph. If the Threshold Heart Rate is met in this Phase, then the program skips Phase 3 below and begins directly with HEART RATE CONTROL MODE.

Note: The Speed will not change when the program cannot detect the heart rate.

### **Phase 2 – Incline Adjust**

In the second Phase, the user's heart rate will again be monitored continuously and at 30 second intervals counting down from 3:00 (min.), if the Threshold Heart Rate (approx. 75% Target Heart Rate) is still not met, the Incline of the treadmill will be raised at one level at a time. The treadmill will continue to raise during this Phase up to the maximum of Level 5. If the Threshold Heart Rate is met in this Phase, then the program skips Phases 2 and 3 below and begins directly with HEART RATE CONTROL MODE.

Note: The incline level will not change when the program cannot detect the heart rate.

### **Phase 3 – Extended Monitoring**

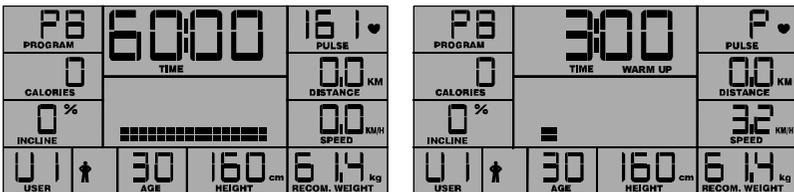
In the third Phase, there is no further change to Incline or Speed, and the user's heart rate is monitored continuously counting down from 3:00 (min.) at fixed Speed and Incline settings. If during this period the Threshold Heart Rate (approx. 75% Target Heart Rate) is not met then the display will give an indication that the HEART RATE CONTROL Program has fail (shows the word FAIL at the top of the display) and after blinking 10 seconds will return to the POWER ON MODE. If during the extended monitoring period of 3 minutes the Threshold Heart Rate is achieved the program will switch over to HEART RATE CONTROL MODE as described in the next section.

---

### HEART RATE CONTROL MODE

When the program enters into the HEART RATE CONTROL Program, the total time continues to count down, Calories spent and Distance traversed increase, and the treadmill will run with the same Speed and Incline level determined by the warm-up phases (Incline, Speed, and Extended Monitoring). Throughout the duration of the program, the Incline level will be adjusted to maintain the Target Heart Rate, and speed will be subsequently adjusted if the incline reaches a minimum or maximum level. At every 30 second interval the program will monitor the actual user hear rate and modify incline or speed to maintain the user-defined Target Heart Rate. If the Target Heart Rate is exceed for just over 3:00 (min), then the monitored heart rate will flash 10 seconds before the unit switches into COOL DOWN MODE. If the unit cannot detect the actual heart rate it will display a 'P' (pulse) in place of the heart rate value until the sensors pick up a signal. If no pulse can be detected for a period of more than 30 seconds, incline and speed will reduce to their minimum levels (LO (level) and 3.2 km/h / 5 mph) respectively.

As previously described in Program P1, the user may at any time during the workout period alter the speed with "SPEED- UP / SPEED-DOWN" BUTTON, angle with INCLINE-UP / INCLINE-DOWN. The User may also pause (STOP) or STOP (2x) the workout, and will at the conclusion of any given program enter the COOL DOWN program as detail LCD above.



### P9 -11: CUSTOM COURSE 1 – 3 (C1-C3) PROGRAM

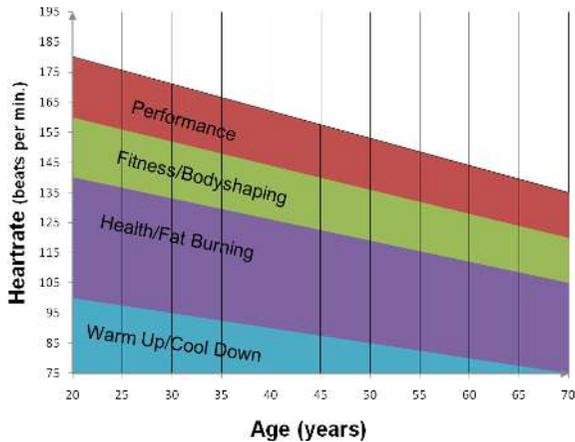
If the user selects the P9 program and presses ENTER button, the LCD will display " C1", and "C1" will be flashing, using the "SPEED- UP / SPEED-DOWN " button to select code from" C1" to "C3". Or LCD will display the previously saved Speed Profile or Preset Profile.

#### TIME SETTING

User selects the "C1" and presses then ENTER button, the "TIME" window will display the default time "60:00" and flashing . Then press the "SPEED- UP / SPEED-DOWN " button to adjust the preset time, or the program can maintain settings for a total workout period of 60 minutes.



### Heart Rate diagram



You can calculate the target-heart rate for your training as follows:

**Maximum heart rate = 220 minus age**

For the different training targets you should train with the following percentage of your maximum heart rate:

**Health/Fat Burning:                    50 – 70% of your max. heart rate**

**Fitness/Body shaping:                70 – 80% of your max. heart rate**

**Performance:                            80 - 90% of your max. heart rate**

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-heart rate 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.