

# casall®

## Easy Run1.1T TREADMILL USER MANUAL



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**Dear Customer,**

We are pleased, that you have chosen a 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

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.

Modelname:

Serialnumber:

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## Waste Disposal



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

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

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## Contact

If you have questions you cannot resolve with the help of this manual, or need to order replacement parts

please call the outlet from where you purchased this machine or email [kundservice@casall.se](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** Fitness can not guarantee for mistakes occurring due to translation or change in technical specification of the product.

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## Precautions

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

- **Product-Scope:** This product is made for home use only and tested up to a maximum body weight of 100 kilograms.
- **Product-Performance:** This treadmill is tested to the European Standard EN 957-1/6 HB. The equipment is not suitable for therapeutic training.
- **Product-Scope: Noise compliance:** This treadmill meets the requirements of the noise pollution standards.
- **Product-Performance:** The noise creation of treadmill is under 70db.
- **Product-Maintenance:** For keeping the run quality use the provided silicon spray every month or after a working time of 100 kilometers between the belt and the running surface.
- **Product-Maintenance:** Search for noisy parts: If you should notice unusual noises, 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 Key System:** Insert the safety key in safety key base then fold up safety key to light up the screen of console and fold down safety key to turn off the screen of console. If console can not be lighted up by fold up the safety key or console can not be turned off by fold down the safety key, which will be that safety key System is malfunction.
- **Use-Safety key :** After fold up safety key as the safety key is vertical, which means the treadmill is under using, when user pull out the safety key backwards, which will fold down the safety key as the safety key is horizontal and powered off the machine.
- **Use-Safety:** 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-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 emergency stop mechanism (safety cut-out).



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- 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 Fitness 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: 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 220V – 240V / 50Hz. It should be connected to a safety socket with a dedicated 10A fuse. Before powering on and using the unit confirm that the unit is plugged into the appropriate power supply (observe markings) has been connected properly.
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- **WARNING!** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.
  - **Product-Maintenance:** Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
  - Routine cleaning of your treadmill will extend the product's life.
  - **Warning:** To prevent electrical shock, be sure the power to the treadmill is OFF and the power cord is unplugged from the wall electrical outlet before attempting and cleaning or maintenance.
  - **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.
  - **After exercising:** Immediately wipe off the sweat; perspiration can ruin the appearance and proper function of the treadmill.
  - **Weekly:** Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually makes it to underneath the treadmill. Vacuum underneath treadmill once a week.
  - Use a damp cloth to clean the Home Exerciser and avoid the use of aggressive detergents when cleaning the bike.
  - The home exerciser should not be used or stored in a moist area because of possible corrosion.
  - In case of repair please ask your dealer for advice.
  - Replace defective components immediately and/or keep the equipment out of use until repair.
  - Only use original spare parts for repair.
  - Check at least every 4 weeks that all connecting elements are tightly fitted and in good condition. Pay particular attention to the tightness of bolts and nuts. This applies especially to the securing bolts for saddle and handlebars.
  - After exercising, immediately wipe off the sweat; perspiration can ruin the appearance and proper function of the Home Exerciser.
  - Use a damp cloth to clean the Home Exerciser. Never use abrasives or solvents to clean the Home Exerciser. 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.
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Check list

106

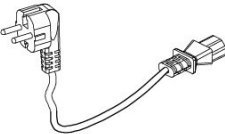
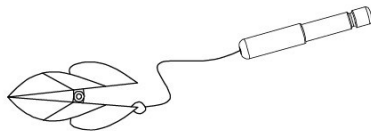
A

B

1X

1X

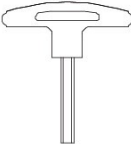
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C

5mm

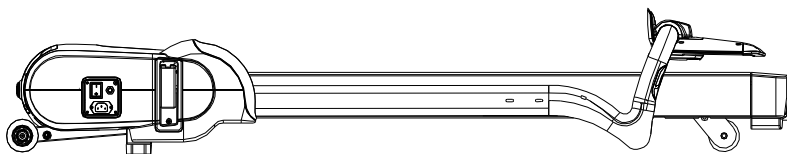
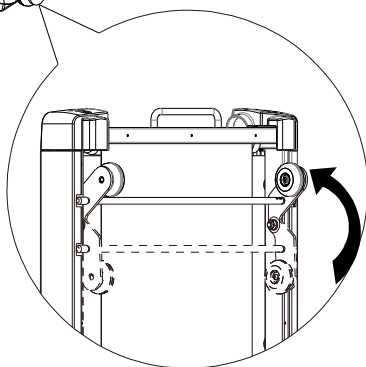
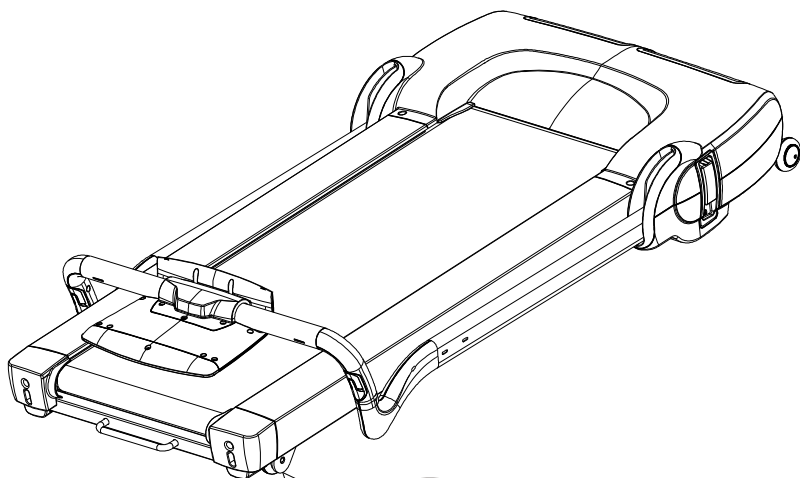
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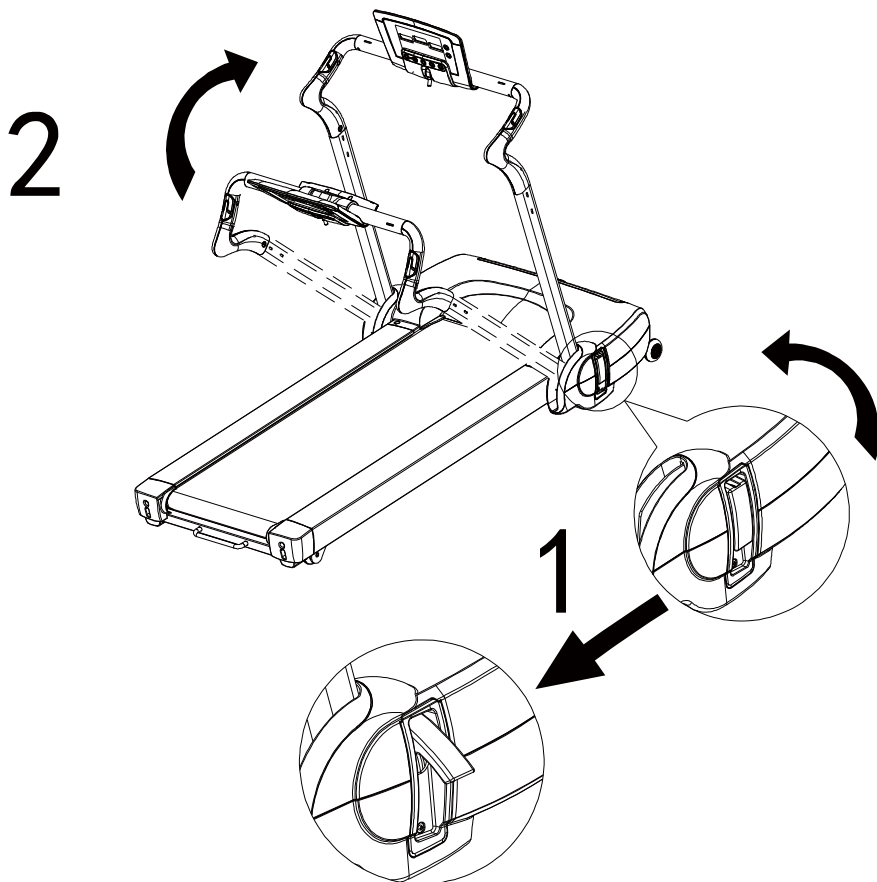


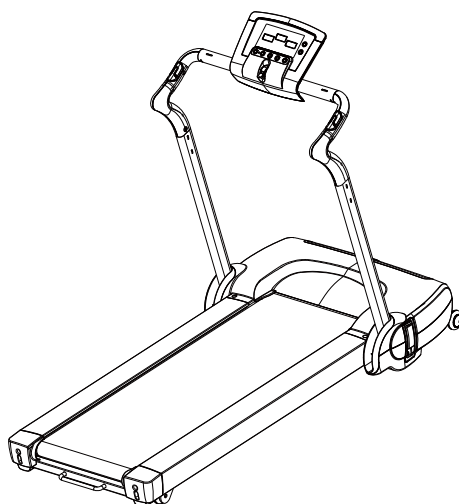
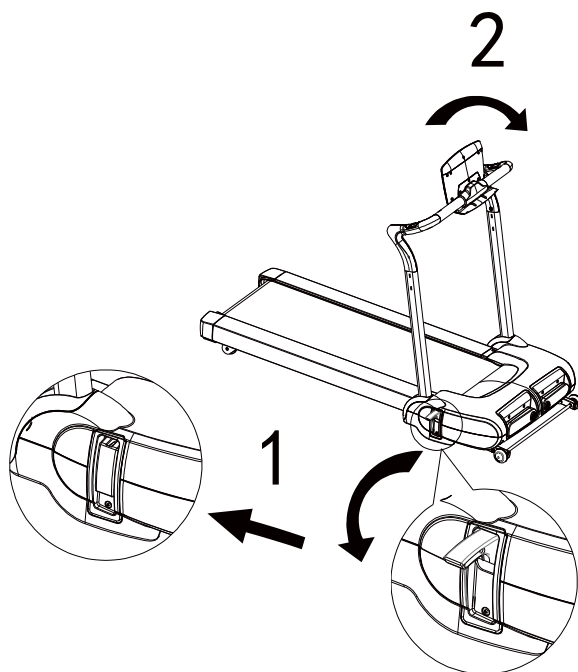
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## ASSEMBLY INSTRUCTIONS

1

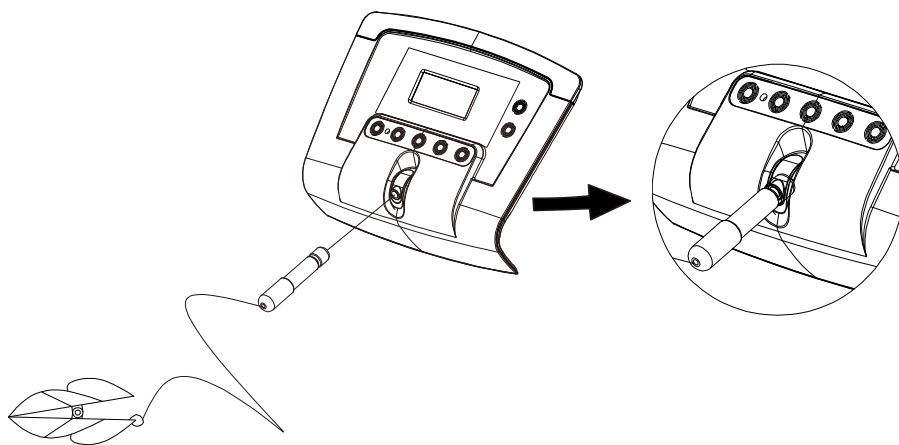






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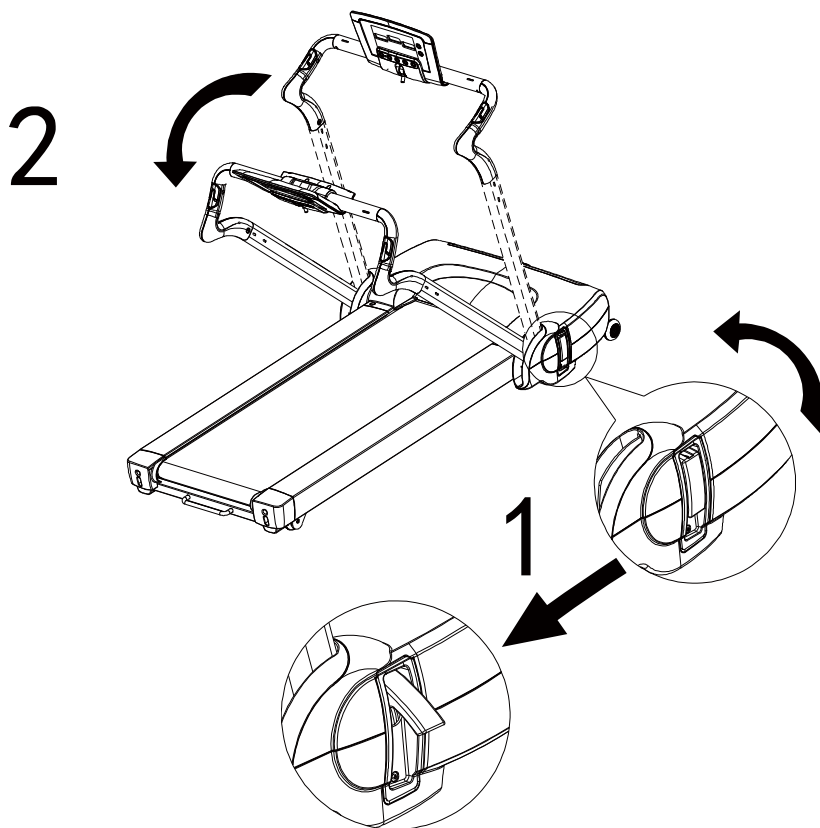
**Safety key operating instructions**



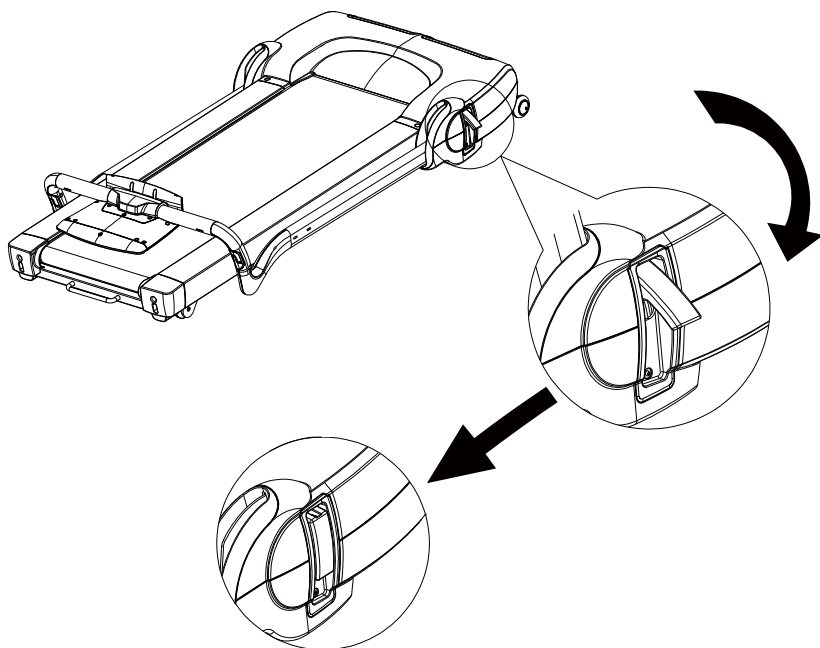
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## FOLDING INSTRUCTIONS

1



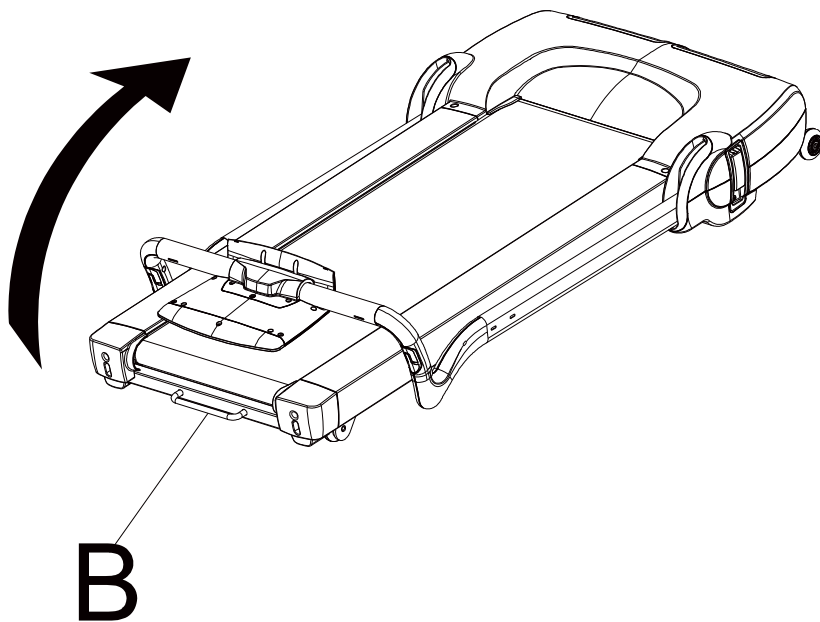




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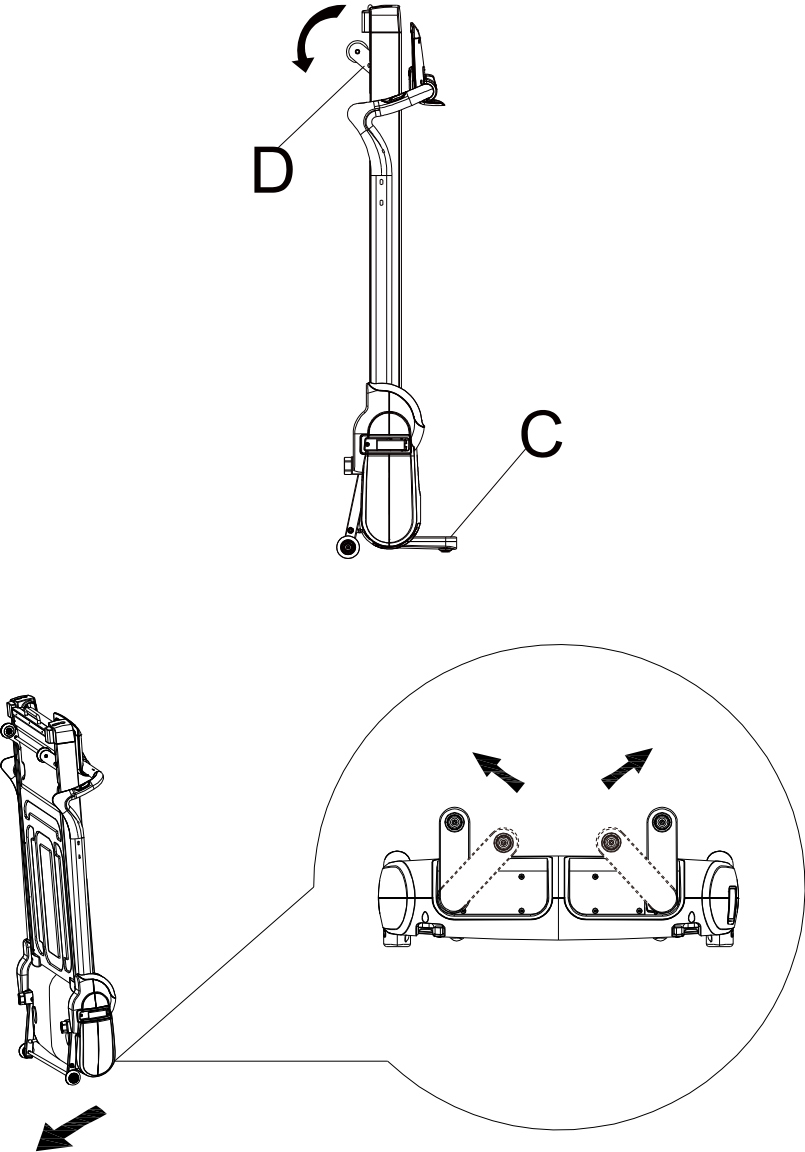
### FOLDING INSTRUCTIONS

3.



**FOLDING INSTRUCTIONS**

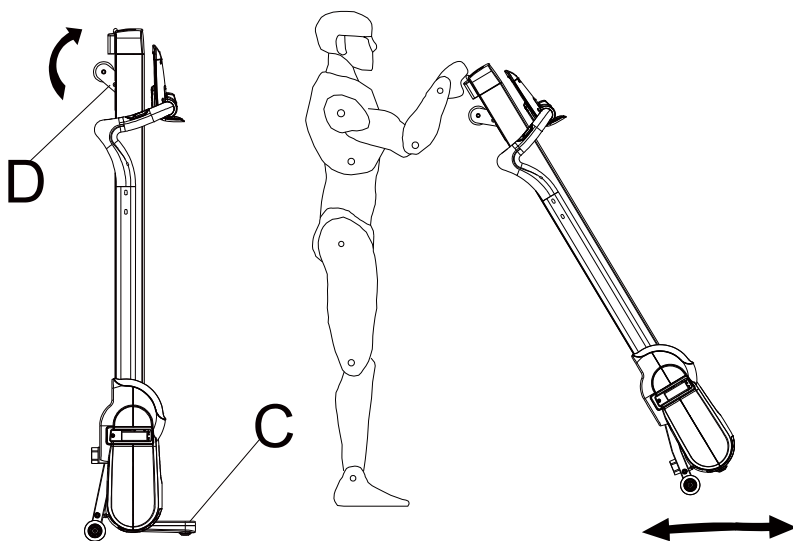
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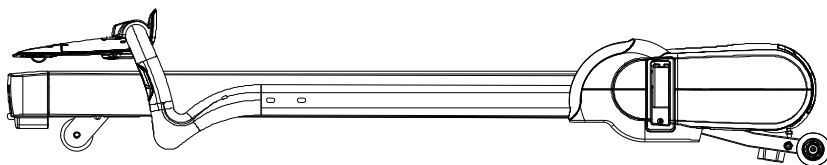
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## UNFOLDING INSTRUCTIONS

1



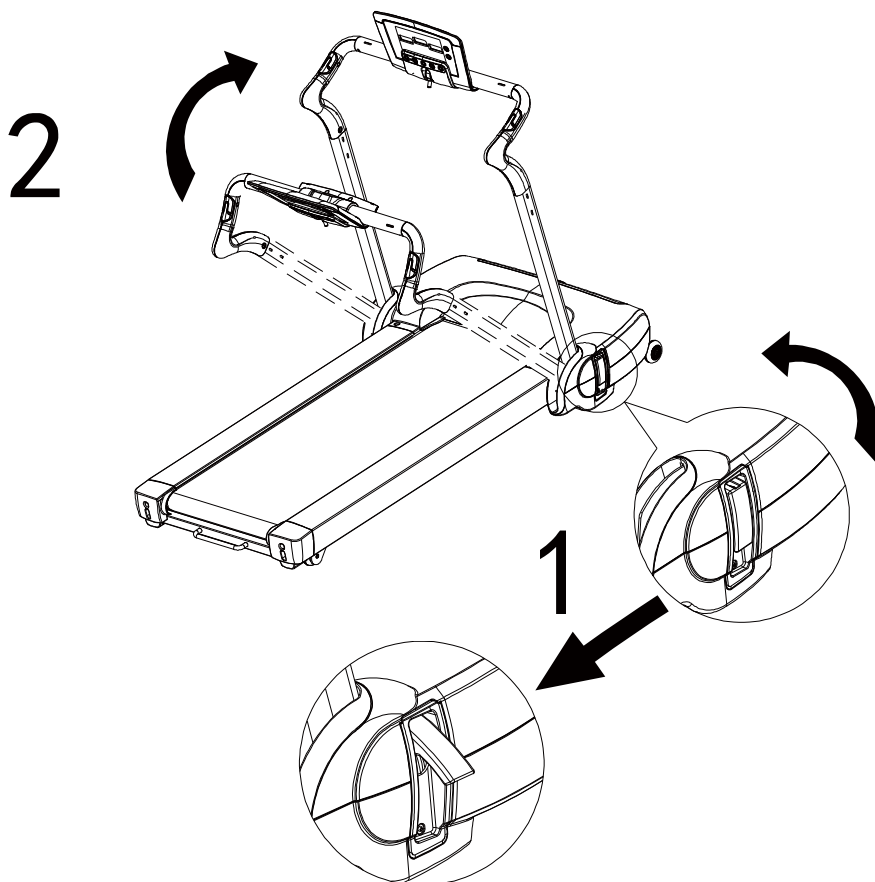
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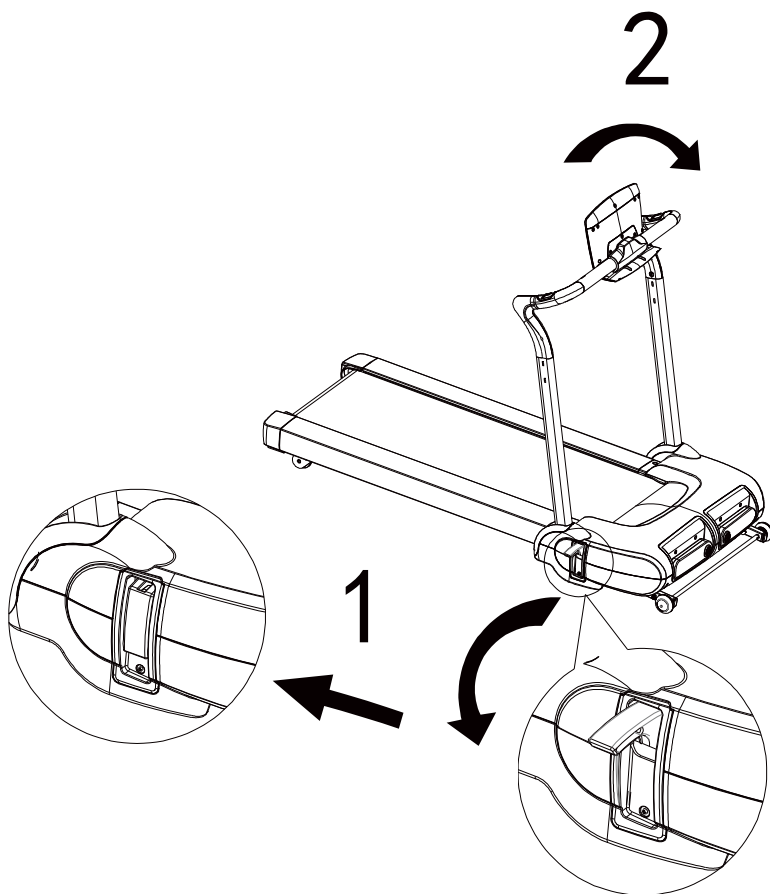


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## UNFOLDING INSTRUCTIONS

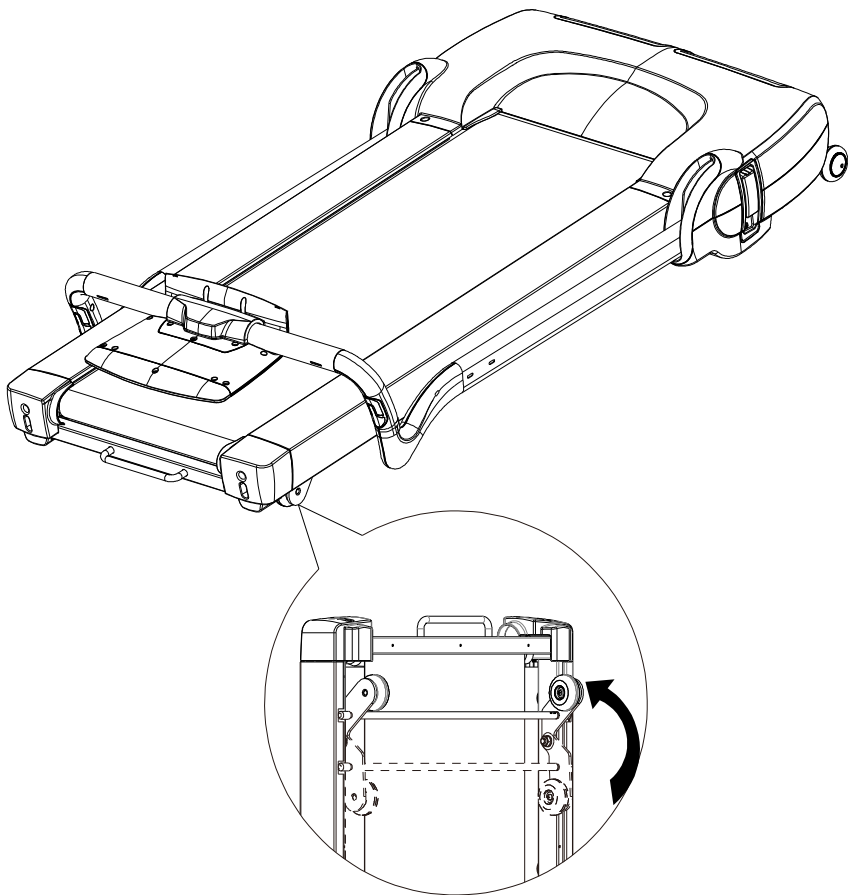
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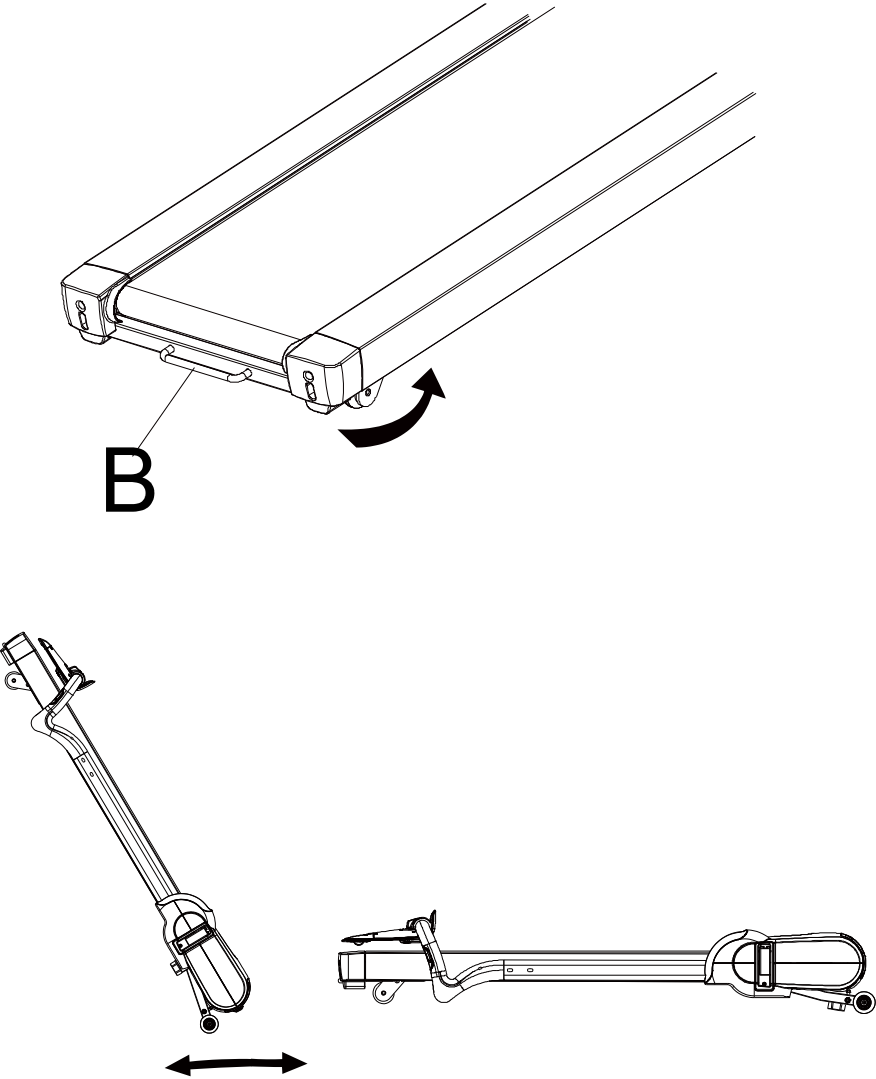


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**Manual adjust incline level**



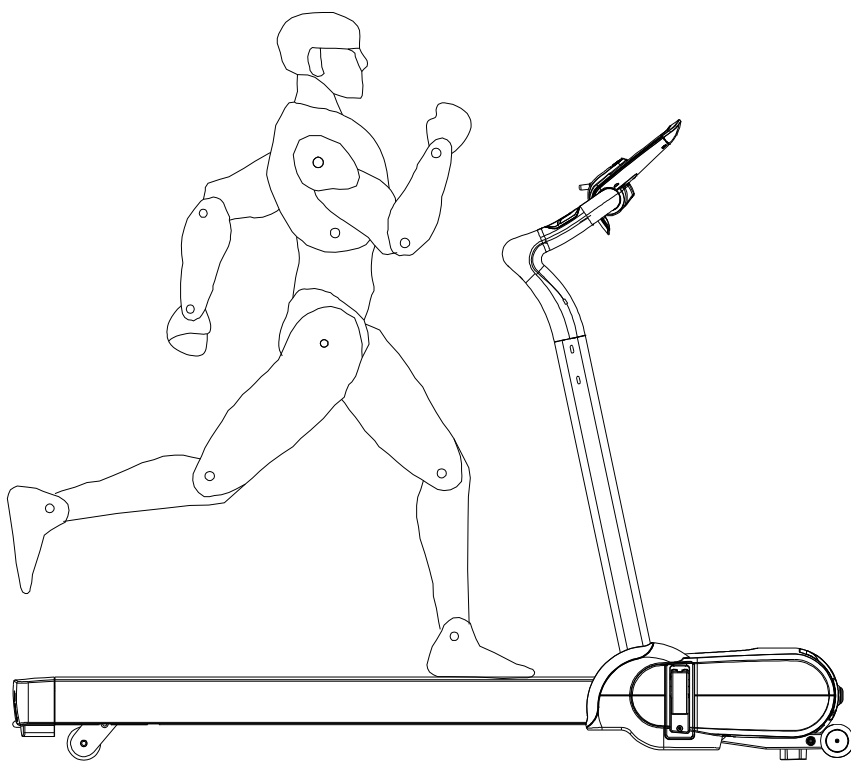
Transportation





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**Correct use**



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## Deck Lubrication

The walking belt has been pre-lubricated at the factory. However, it is recommended that the running board be checked periodically for lubrication to ensure optimal treadmill performance. Your treadmill should not have to be lubricated usually within the first year or 500 hours 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 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:**

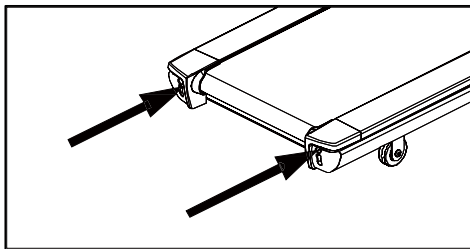
1. Position the walking belt so that the seam is located on top and in centre of the walking board.
  2. Insert the spray nozzle into the spray head of the lubricant can.
  3. While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 6 seconds from the front of the treadmill. Apply the silicone spray to the walking board, moving from the front of 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.
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## Belt adjustment

Belt adjustment and tension performs two functions: adjustment for tension and centering. The running belt has been adjusted properly at the factory. However transportation, uneven flooring or other unpredicted reasons could cause the belt to shift off center resulting in the belt rubbing with the plastic side rail or end caps and possibly causing damage. To adjust the belt back to it's proper position please follow the directions below:

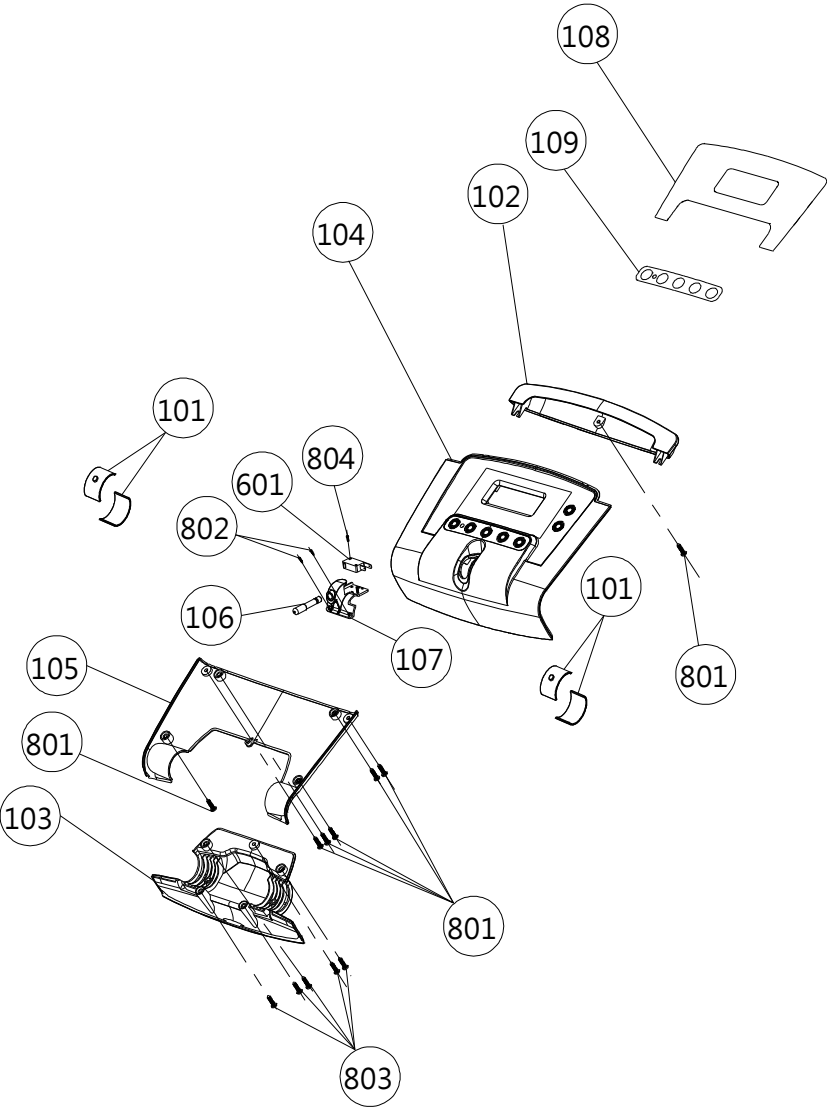
- **Walking belt has shifted to the left:** First unplug the power cord from the surge protector. Using the hex key provided, turn the left rear roller adjustment bolt  $\frac{1}{4}$  turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 4 km/h (2.5 mph). You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.
- **Walking belt has shifted to the right:** First unplug the power cord from the surge protector. Using the hex key provided, turn the right rear roller adjustment bolt  $\frac{1}{4}$  turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 4 km/h (2.5 mph). You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.
- **Walking belt is slipping:** First unplug the power cord from the surge protector. Using the hex key provided, turn both the left and right rear roller adjustment bolts the same distance, usually a  $\frac{1}{4}$  turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 4 km/h (2.5 mph). You should now walk on the belt to determine if the belt is still slipping. Repeat the above procedure until the walking belt is not slipping. The tension should be just tight enough not to slip.

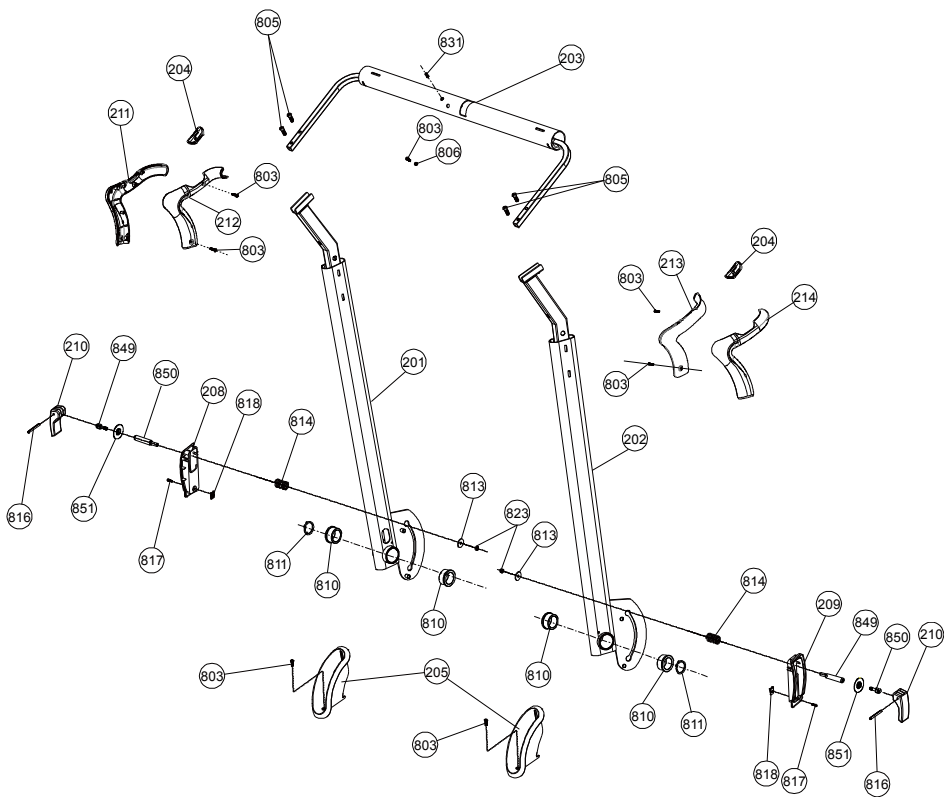
**WARNING! Do not over tighten rollers! This will cause premature roller bearing failure!**

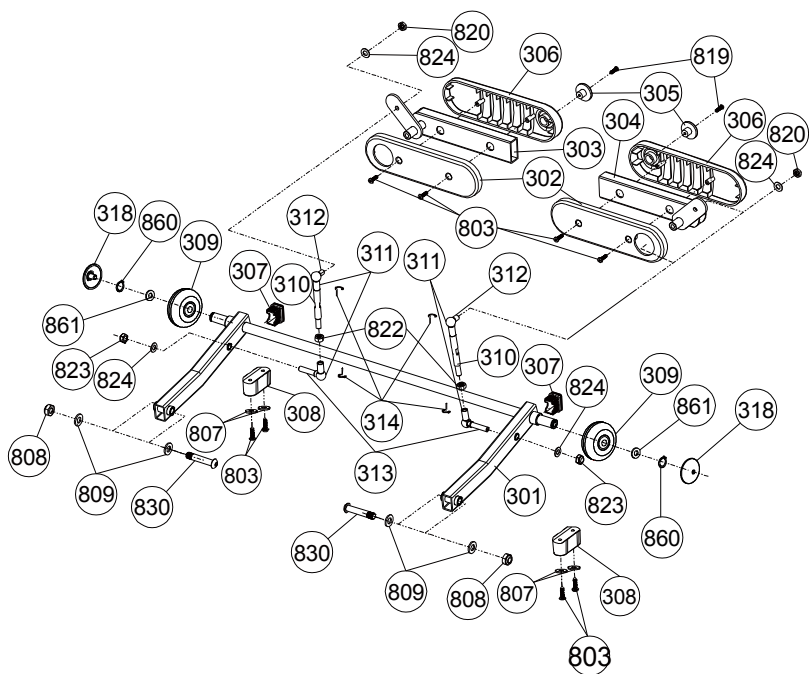


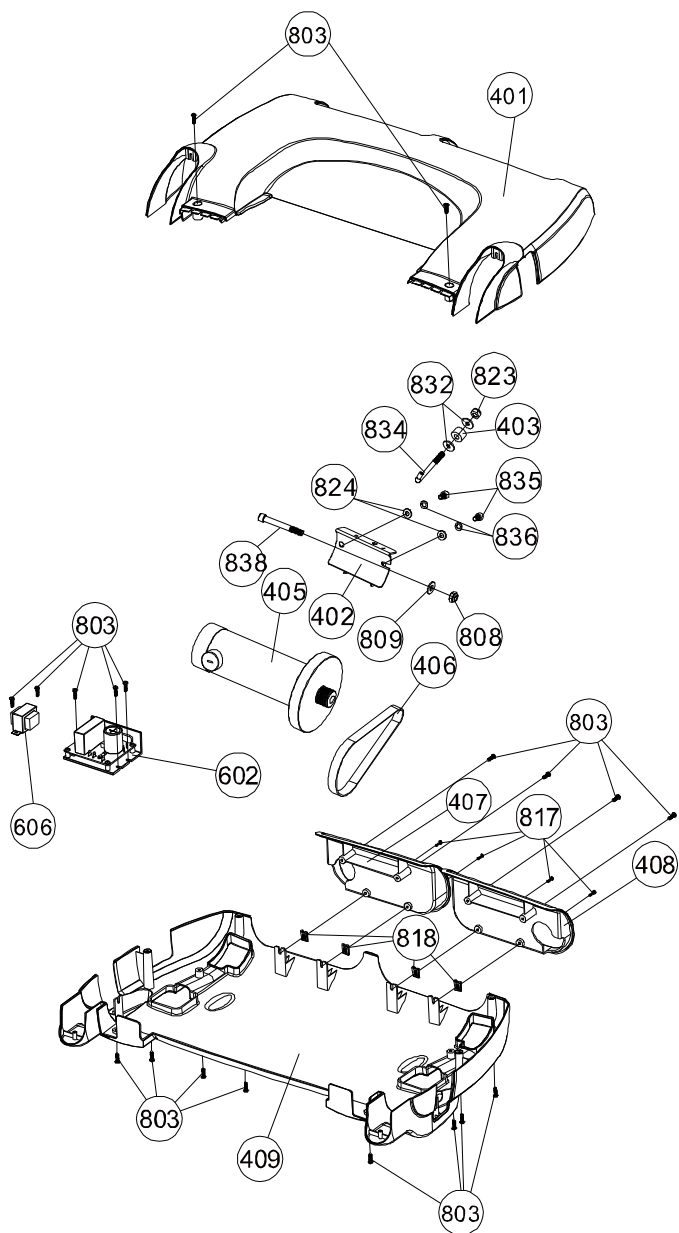
Right and left tension bolts are located at the rear of the treadmill. PARTS DIAGRAM

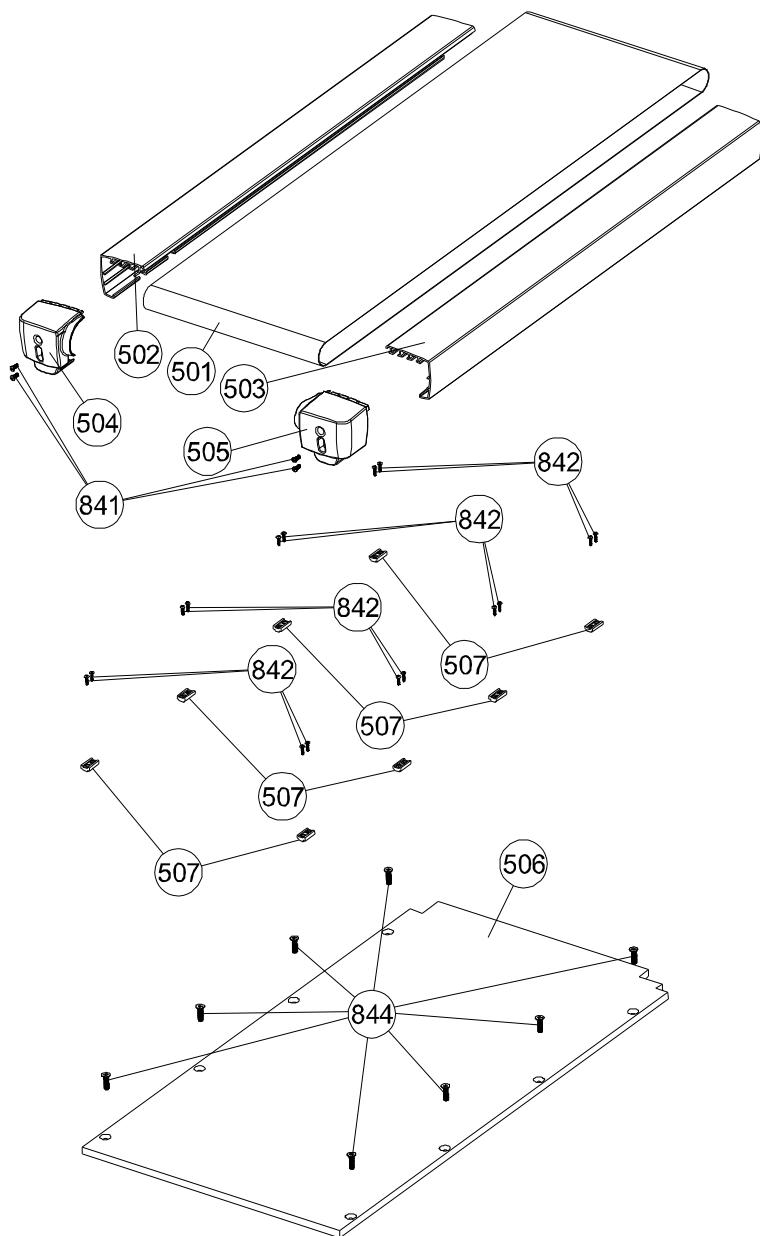
A MAJORITY OF THE PARTS SHOWN HERE HAVE BEEN PREASSEMBLED AT THE FACTORY.



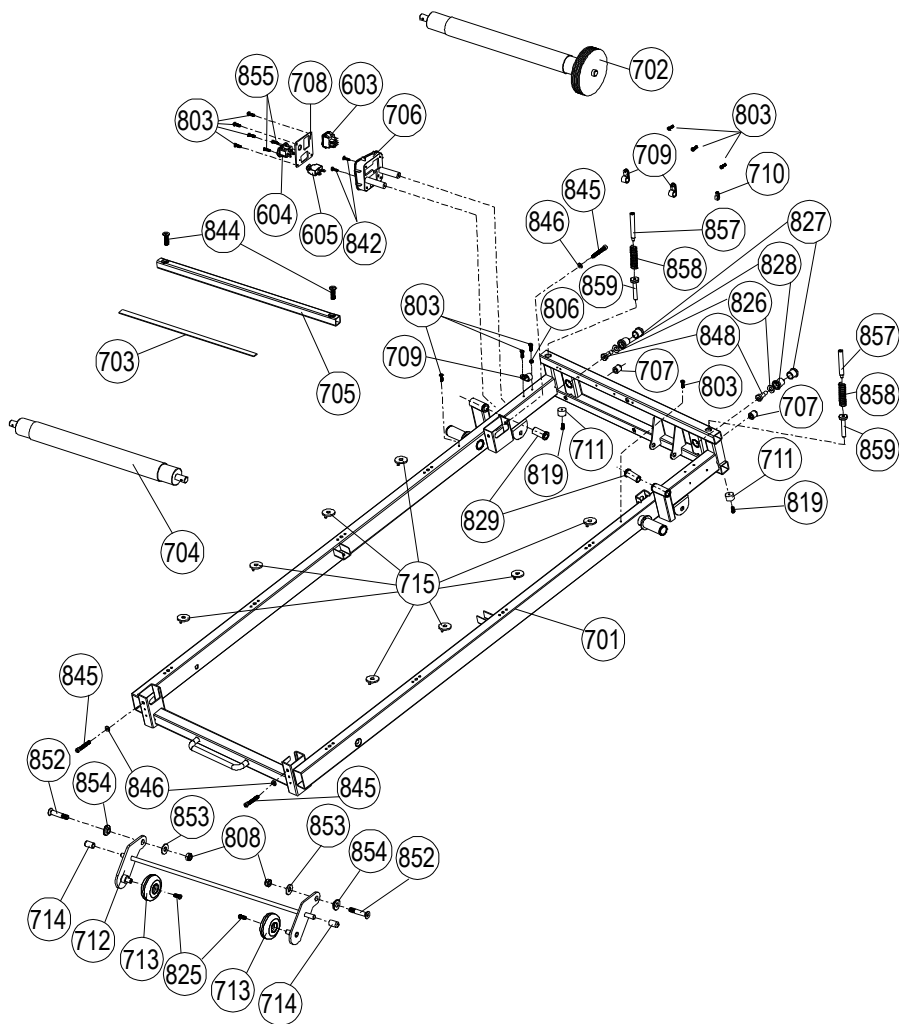




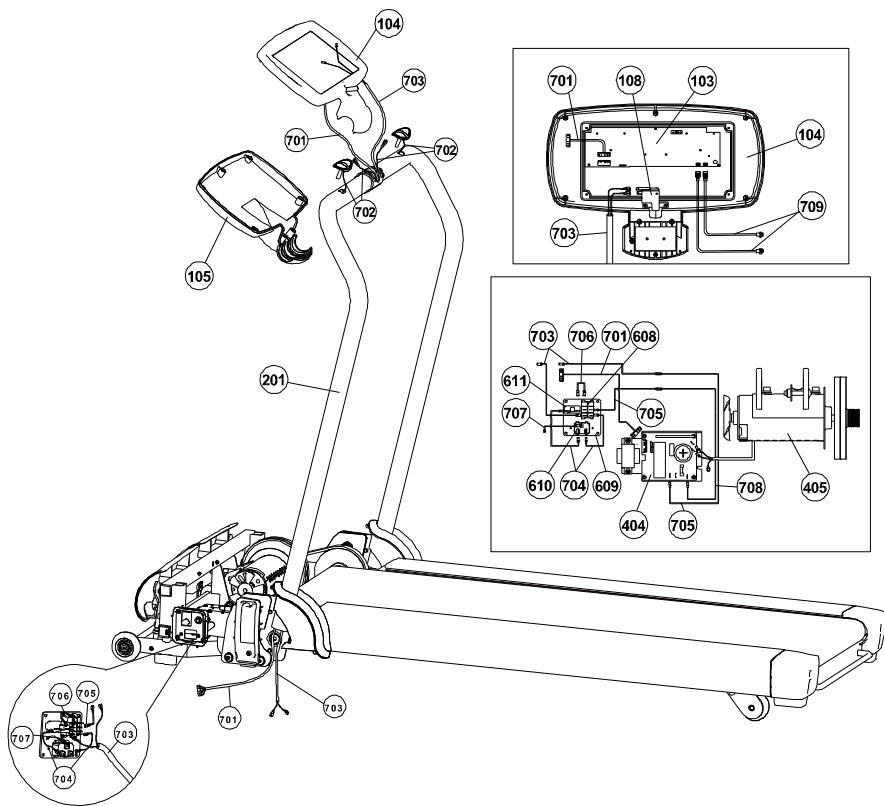








WIRING DIAGRAM



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### Spare Part List

Part No.	Part name	Qty
101	Console housing holder	4
102	Console housing decorate cover-upper	1
103	Console housing lower	1
104	Computer	1
105	console housing -rear	1
106	safety key	1
107	safety key box	1
108	Overlay	1
109	Covering Keys	1
201	Upright-left	1
202	Upright-Right	1
203	console support frame	1
204	pulse sensor	2
205	uptight lower cover	2
208	Fold locker cover-right	1
209	Fold locker cover-right	1
210	fold locker	1
211	Left handlebar cover -outer	2
212	Left handlebar cover -inner	1
213	Right handlebar cover -inner	1
214	Right handlebar cover -outer	1
301	Front transport wheel frame	1
302	front foot cover inner	2
303	Front foot braket-left	1
304	Front foot braket-right	1
305	front foot front cushion	2
306	front foot cover outer	2
307	Front transport frame end cap 20X30	2

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308	Front transport frame lower cushion	2
309	Transportion wheel	2
310	front foot Connect tube	2
312	M8X18.5 ball head	4
313	M8X42.5 ball head	2
314	Cliper $\phi$ 1X42	2
318	Transportion Wheel side cover	2
401	motor cover top	1
402	motor holder	1
403	8X26X11 PU cushion	1
405	DC motor	1
406	driving belt	1
407	Front motor cover –left	1
408	Front motor cover –right	1
409	motor cover -lower	1
501	Running belt	1
502	Side rail –left	1
503	Side rail –right	1
504	Rear end cap –left	1
505	Rear end cap –right	1
506	Running deck	1
507	side rail guider	8
601	Microswitch	1
602	motor control board	1
603	Power switch	1
604	power plug	1
605	Power protector	1

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606	transformer	1
701	Main frame	1
702	front roller	1
703	Cross bar eva sheet	1
704	Rear roller	1
705	Main frame cross bar	1
706	power plate cover	1
707	Cushion 10X20X22	2
708	power plate	2
709	Cliper OD12X12X31	3
710	Cliper OD7X10X24	1
711	Round cushion	2
712	Rear transport braket	2
713	Transport wheel	2
714	Transport braket end cap	2
715	Deck cushion	8
801	4X12 mm screw	12
802	M3X8 mm screw	2
803	M4X15 mm screw	45
804	3X14 mm screw	1
805	M5X20 mm washer	4
806	Φ4.2x8 washer	2
807	Φ4X9X0.8 washer	4
808	M10 nut	5
809	Φ10X20X1.5mm washer	5
810	Upright sleeve ID25XOD32XOD35X16	4

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811	Clip ring M25	2
813	Φ8X23X2 mm washer	2
814	Spring Φ 3x27	2
849	M8X20X76.5X Φ 12.5 bolt	2
816	5.3X50 mm lock pin	2
817	4.2X16 mm screw	6
818	Spring metal 21X13X0.7	6
819	M4X12mm screw	4
820	M8X14X4mm nut	2
821	Φ10X15.5 mm washer	4
822	M8 thin nut	2
823	M8 nut	5
824	Φ8X17X1.5 washer	6
861	Φ16X26X2 mm washer	2
826	Φ10X33X2 washer	2
827	14X19.5-18X15.5-22X4 bushing	2
828	10X22.7-18X18.7-22X4 Bushing	2
829	ID12X46.5-16X43.5-20X3 bushing	2
830	M10x40x10 Bolt	2
831	M6X9 bolt	1
832	Φ9x35x8 mm washer	2
834	M8X78 bolt	1
835	M8X12 allen bolt	2
837	M3X14 Screw	4
836	Φ8X14X2 spring washer	2
838	M10X78 bolt	1

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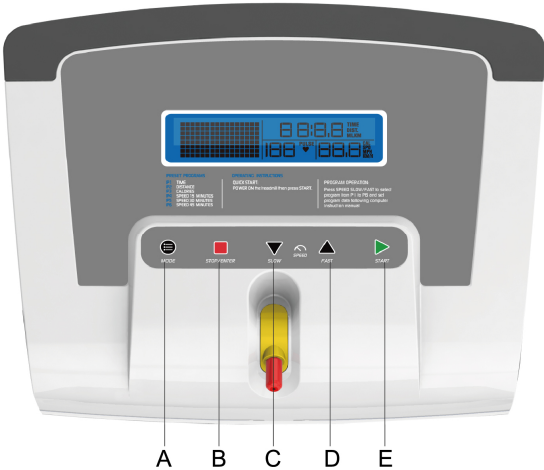
841	M5X14 mm screw	4
842	M4X19 mm screw	18
844	M8X30mm bolt	10
845	M6X65 bolt	3
846	Φ6X13X1.5 washer	3
848	M8X33.8 bolt	2
API12-850	M6X8X29.5XΦ12.5 bolt	
API12-851	Φ6.2X40X1 flang washer	
852	M10X52X14 mm screw	2
853	Φ10X26X2 mm washer	2
854	Metal bushing 10x7.6	2
855	M3X8mm screw	2
857	M6X8-10X66	2
858	Pressure springΦ1.2X13.6X60X11	2
859	Foot cushion stationary axis 7.8X55.8-M4X10-M6X10	2
860	Clip ring M15	2
862	M4X6 Screw	4

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# Computer instruction



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



MODE	BUTTON	<b>A</b>	<b>B</b>	STOP/ENTER BUTTON
SLOW	BUTTON	<b>C</b>	<b>D</b>	FAST BUTTON
START	BUTTON	<b>E</b>	<b>F</b>	LCDD ISPLAY

## START

Press to start exercise initial speed 0.5 ml/0.8 km.

## STOP / ENTER

1. Press to confirm program and preset function values under setting mode.
2. Press to quit preset program and function value after complete single program.
3. Setting procedure: returns to beginning of setting mode before pressing the START key.
4. Press to stop exercise during workout time.



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## FAST/SLOW BUTTON

1. Press to increase/decrease exercise speed by 0.1ml /km.
2. Hold the button to increase/decrease rapid speed by 0.1ml/km per second and release the button to stop the function.

Press to select programs and preset related function value.

## MODE BUTTON

Please MODE button the exchange the display

## IMPORTANT

The console display will turn itself off automatically about five minutes after the belt has stopped moving.

The pulse function is for reference only, and not to be used for medical purposes.

## SAFETY KEY

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

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

## COMPUTER OPERATION

Power on monitor full for 2 seconds. P1 will blink in the upper right window, press UP/DOWN keys for desired program. Press STOP/ENTER to confirm selected program or press the START key directly to start exercise without a function value.

Please see instructions next for different program options.

## QUICK START

Press the start button enter into the QUICK START MODE when the LCD display "P1"

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

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

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-CALORIES: Accumulates and displays calories consume during workout time.

-SPEED: Displays current speed.

#### PROGRAM1–TIME

1. Press STOP/ENTER to confirm the program and press START button to start exercise.
2. Press STOP/ENTER before starting exercise to run presetting procedure, with P1 blinking.
3. Press FAST/SLOW button to run preset time target value and press START key.

-TIME: The time will count down from preset target value when starting exercise. While time counts down to 0 (zero), the speed goes down to 0 (zero) when the preset target is reached)

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

-CALORIES: Accumulates and displays calories consume during workout time.

-SPEED: Displays current speed.

#### PROGRAM2–DISTANCE

1. Press STOP/ENTER to confirm the program.
2. Press STOP/ENTER before starting exercise to run presetting procedure, with P2 blinking.
3. Press FAST/SLOW keys to preset the distance target values and press START.

- DISTANCE: The distance will count down from preset target value. While distance counts down to 0(zero), speed goes down to 0 (zero) when the preset target is reached.

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

-CALORIES: Accumulates and displays calories consume during workout time.

-SPEED: Displays current speed.

#### PROGRAM3–CALORIES

1. Press STOP/ENTER to confirm the program and press START key to start exercise.
2. Press STOP/ENTER before starting exercise to run presetting procedure, with P3 blinking.
3. Press FAST/SLOW keys to run preset calories target value and press START key.

-CALORIES: Calories will count down from preset target value. While the distance counts down to 0 (zero), the speed goes down to 0 (zero) when the preset target is reached.

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

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

-SPEED: Displays current speed.

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#### PROGRAM4--15 MINUTES PRESET SPEED

1. Press STOP/ENTER to confirm the program.
2. Press START key to start the exercise, or press STOP/ENTER before starting exercise to run preset procedure with P4 blinking.
3. The LCD will display "L1" after press the STOP/ENTER button, and press SPEED UP/DOWN to select the level from L1 to L7, and then press STOP/ENTER button to confirm.

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

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

-PULSE: Detects and displays current heart rate.

-CALORIES: Accumulates and displays calories consume during workout time.

-SPEED: Displays current speed.

LEVEL	TIME	15~14	14~12	12~10	10~9	9~8	8~7	7~6	6~5	5~4	4~3	3~2	2~0
1	KM/ML	0.8/0.5	2.4/1.5	3.2/2.0	4.8/3.0	5.6/3.5	6.4/4.0	7.2/4.5	6.4/4.0	4.8/3.0	3.2/2.0	2.4/1.5	1.6/1.0
2	KM/ML	0.8/0.5	3.2/2.0	4.0/2.5	5.6/3.5	6.4/4.0	7.2/4.5	8.0/5.0	7.2/4.5	5.6/3.5	4.0/2.5	3.2/2.0	1.6/1.0
3	KM/ML	0.8/0.5	4.0/2.5	4.8/3.0	6.4/4.0	7.2/4.5	8.0/5.0	8.8/5.5	8.0/5.0	6.4/4.0	4.8/3.0	4.0/2.5	1.6/1.0
4	KM/ML	0.8/0.5	4.8/3.0	5.6/3.5	7.2/4.5	8.0/5.0	8.8/5.5	9.6/6.0	8.8/5.5	7.2/4.5	5.6/3.5	4.8/3.0	1.6/1.0
5	KM/ML	0.8/0.5	5.6/3.5	6.4/4.0	8.0/5.0	8.8/5.5	9.6/6.0	10.4/6.5	9.6/6.0	8.0/5.0	6.4/4.0	5.6/3.5	1.6/1.0
6	KM/ML	0.8/0.5	6.4/4.0	7.2/4.5	8.8/5.5	9.6/6.0	10.4/6.5	11.2/7.0	10.4/6.5	8.8/5.5	7.2/4.5	6.4/4.0	1.6/1.0
7	KM/ML	0.8/0.5	7.2/4.5	8.0/5.0	9.6/6.0	10.4/6.5	11.2/7.0	12.0/7.5	11.2/7.0	9.6/6.0	8.0/5.0	7.2/4.5	1.6/1.0

#### PROGRAM5--30 MINUTES PRESET SPEED

1. Press STOP/ENTER to confirm the program.
2. Press START key to start exercise or press STOP/ENTER before starting exercise to run preset procedure with P5 blinking.
3. The LCD will display "L1" after press the STOP/ENTER button, and press FAST/SLOW to select the level from L1 to L7, and then press STOP/ENTER button to confirm.

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

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

-PULSE: Detect and displays current heart rate.

-CALORIES: Accumulates and displays calories consume during workout time.

-SPEED: Displays current speed.

LEVEL	TIME	30~29	29~27	27~23	23~19	19~12	12~5	5~1	1~0
1	KM/ML	0.8/0.5	1.6/1.0	4.8/3.0	6.4/4.0	7.2/4.5	4.8/3.0	3.2/1.0	1.6/1.0
2	KM/ML	0.8/0.5	3.2/2.0	5.6/3.5	7.2/4.5	8.0/5.0	5.6/3.5	4.0/1.5	1.6/1.0
3	KM/ML	0.8/0.5	4.0/2.5	6.4/4.0	8.0/5.0	8.8/5.5	6.4/4.0	4.8/3.0	1.6/1.0
4	KM/ML	0.8/0.5	4.8/3.0	7.2/4.5	8.8/5.5	9.6/6.0	7.2/4.5	5.6/3.5	1.6/1.0
5	KM/ML	0.8/0.5	5.6/3.5	8.0/5.0	9.6/6.0	10.4/6.5	8.0/5.0	6.4/4.0	1.6/1.0
6	KM/ML	0.8/0.5	6.4/4.0	8.8/5.5	10.4/6.5	11.2/7.0	8.8/5.5	7.2/4.5	1.6/1.0
7	KM/ML	0.8/0.5	7.2/4.5	9.6/6.0	11.2/7.0	12.0/7.5	9.6/6.0	8.0/5.0	1.6/1.0

#### PROGRAM 6 – 45 MINUTES PRESET SPEED

1. Press STOP/ENTER to confirm the program.
2. Press START key to start exercise or press STOP/ENTER before starting exercise to run preset procedure with P6 blinking.
3. The LCD will display “L1” after press the STOP/ENTER button, and press FAST/SLOW to select the level from Level 1 to Level 7 , and then press STOP/ENTER button to confirm

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

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

-CALORIES: Accumulates and displays calories consume during workout time.

-SPEED: Displays current speed

LEVEL	TIME	45~ 44	44~ 42	42~ 38	38~ 35	35~ 31	31~ 29	29~ 28	28~ 24	24~ 23	23~ 21	21~ 17	17~ 16	16~ 14	14~ 10	10~ 9	9~7	7~3	3~2	2~1	1~0
1	KM/	1.6/	2.4/	4.8/	7.2/	4.8/	6.4/	7.2/	4.8/	6.4/	7.2/	4.8/	6.4/	7.2/	4.8/	6.4/	7.2/	4.8/	6.4/	7.2/	3.2/
	ML	1.0	1.5	3.0	4.5	3.0	4.0	4.5	3.0	4.0	4.5	3.0	4.0	4.5	3.0	4.0	4.5	3.0	4.0	4.5	2.0
2	KM/	1.6/	3.2/	5.6/	8.0/	5.6/	7.2/	8.0/	5.6/	7.2/	8.0/	5.6/	7.2/	8.0/	5.6/	7.2/	8.0/	5.6/	7.2/	8.0/	3.2/
	ML	1.0	2.0	3.5	5.0	3.5	4.5	5.0	3.5	4.5	5.0	3.5	4.5	5.0	3.5	4.5	5.0	3.5	4.5	5.0	2.0
3	KM/	1.6/	4.0/	6.4/	8.8/	6.4/	8.0/	8.8/	6.4/	8.0/	8.8/	6.4/	8.0/	8.8/	6.4/	8.0/	8.8/	6.4/	8.0/	8.8/	3.2/
	ML	1.0	2.5	4.0	5.5	4.0	5.0	5.5	4.0	5.0	5.5	4.0	5.0	5.5	4.0	5.0	5.5	4.0	5.0	5.5	2.0
4	KM/	1.6/	4.8/	7.2/	9.6/	7.2/	8.8/	9.6/	7.2/	8.8/	9.6/	7.2/	8.8/	9.6/	7.2/	8.8/	9.6/	7.2/	8.8/	9.6/	3.2/
	ML	1.0	3.0	4.5	6.0	4.5	5.5	6.0	4.5	5.5	6.0	4.5	5.5	6.0	4.5	5.5	6.0	4.5	5.5	6.0	2.0
5	KM/	1.6/	5.6/	8.0/	10.4	8.0/	9.6/	10.4	8.0/	9.6/	10.4	8.0/	9.6/	10.4	8.0/	9.6/	10.4	8.0/	9.6/	10.4	3.2/
	ML	1.0	3.5	5.0	/6.5	5.0	6.0	/6.5	5.0	6.0	/6.5	5.0	6.0	/6.5	5.0	6.0	/6.5	5.0	6.0	/6.5	2.0
6	KM/	1.6/	6.4/	8.8/	11.2	8.8/	10.4	11.2	8.8/	10.4	11.2/	8.8/	10.4	11.2	8.8/	10.4	11.2	8.8/	10.4	11.2	3.2/
	ML	1.0	4.0	5.5	/7.0	5.5	/6.5	/7.0	5.5	/6.5	7.0	5.5	/6.5	/7.0	5.5	/6.5	/7.0	5.5	/6.5	/7.0	2.0
7	KM/	1.6/	7.2/	9.6/	12.0	9.6/	11.2	12.0	9.6/	11.2/	12.0	9.6/	11.2	12.0	9.6/	11.2	12.0	9.6/	11.2/	12.0	3.2/
	ML	1.0	4.5	6.0	/7.5	6.0	/7.0	/7.5	6.0	7.0	/7.5	6.0	/7.0	/7.5	6.0	/7.0	/7.5	6.0	7.0	/7.5	2.0

