

Adventure 3 Plus Service Manual



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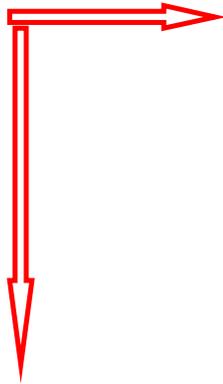
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CHAPTER 1: Serial Number Location

1-1 Serial Number Location



CHAPTER 2: Preventative Maintenance

2.1 PREVENTATIVE MAINTENANCE

Preventative maintenance is the key to smoothly operating equipment, as well as keeping the user's liability to a minimum. Equipment needs to be inspected at regular intervals. Defective components must be replaced immediately. Improperly working equipment must be kept out of use until it is repaired. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so.

AFTER EACH USE (DAILY)

Clean and inspect, following these steps:

- Turn off the treadmill with the ON / OFF switch, then unplug the power cord at the wall outlet.
- Wipe down the running belt, deck, motor cover, and console casing with a damp cloth. Never use solvents, as they can cause damage to the treadmill.
- Inspect the power cord. If the power cord is damaged, contact Customer Technical Support.
- Make sure the power cord is not underneath the treadmill or in any other area where it can become pinched or cut.
- Check the tension and alignment of the running belt. Make sure that the treadmill belt will not damage any other components on the treadmill by being misaligned.
- If any labels are damaged or illegible, contact Customer Technical Support for replacements.

EVERY WEEK (WEEKLY)

Clean underneath the treadmill following these steps:

- Turn off the treadmill with the ON / OFF switch, then unplug the power cord at the wall outlet.
- Fold the treadmill into the upright position, making sure that the lock latch is secured.
- Move the treadmill to a remote location.
- Wipe or vacuum any dust particles or other objects that may have accumulated underneath the treadmill.
- Return the treadmill to its previous position.

EVERY MONTH - IMPORTANT!

- Turn off the treadmill with the ON / OFF switch, then unplug the power cord at the wall outlet.
- Inspect all assembly bolts of the machine for proper tightness.
- Remove the motor cover. Wait until ALL display screens turn off.
- Clean the motor and lower board area to eliminate any lint or dust particles that may have accumulated. Failure to do so may result in premature failure of key electrical components.
- Vacuum and wipe down the belt with a damp cloth. Vacuum any black / white particles that may accumulate around the unit. These particles may accumulate from normal treadmill use.

CHAPTER 2: Preventative Maintenance

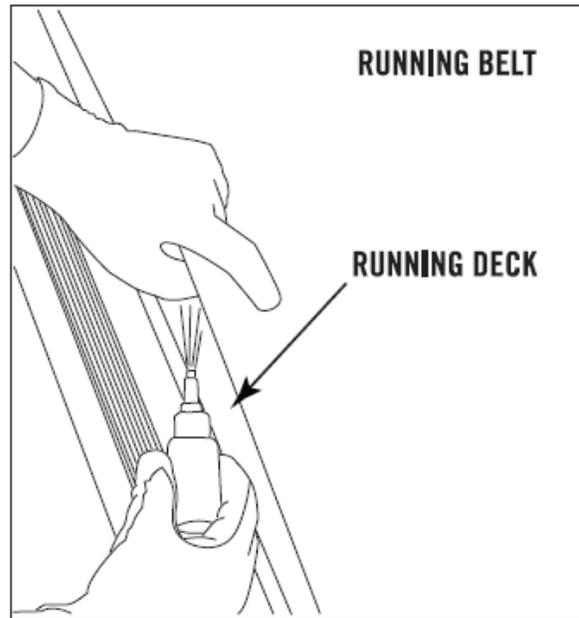
2.1 PREVENTATIVE MAINTENANCE-CONTINUED

EVERY 6 MONTHS OR 150 MILES

It is necessary to lubricate your treadmill running deck every six months or 150 miles (240 kilometers) to maintain optimal performance. Once the treadmill reaches 150 miles (240 kilometers), the console will display the message “**LUBE**” or “**LUBE BELT**”. The treadmill will not operate while the message is showing. Hold ‘**STOP**’ for 5 seconds to suspend message for 5 miles.

Your treadmill came with a bottle of lubricant which can be used for two applications.

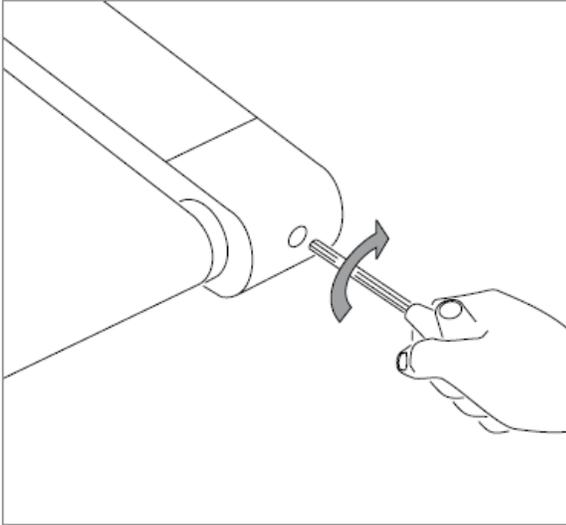
- Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet.
- Loosen both the rear roller bolts. (for best results, place two removable marks on both sides of the frame and note roller position). Once the belt is loosened, take the bottle of lubricant and apply it to the entire top surface of the running deck. Tighten both rear roller bolts (matching up the marks for proper position) to original position. After you have applied lubricant, plug in the power cord, insert the safety key, start the treadmill and walk on the belt for two minutes to spread the lubricant.
- Lubricate the air shocks with Teflon based spray.
- Once lubrication is complete, reset the console by pressing and holding ‘**STOP**’ and ‘**SPEED +**’ buttons for 5 seconds.



CHAPTER 2: Preventative Maintenance

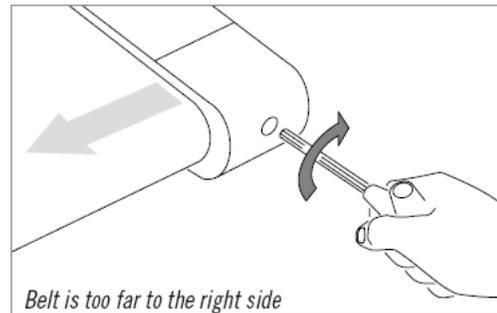
2.2 TENSIONING & CENTERING THE RUNNING BELT

If you can feel a slipping sensation when running on the treadmill, the running belt must be tightened. In most cases, the belt has stretched from use, causing the belt to slip. This is a normal and common adjustment. To eliminate this slipping, turn the treadmill off and tension both the rear roller bolts using the supplied Allen wrench, turning them $\frac{1}{4}$ turn to the right as shown. Turn the treadmill on and check for slipping. Repeat if necessary, but never turn the roller bolts more than $\frac{1}{4}$ turn at a time. Belt is properly tensioned when the slipping sensation is gone.

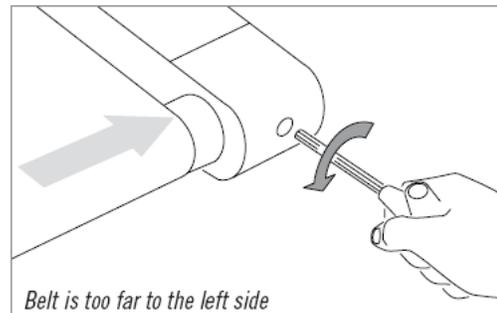


The running belt has been properly adjusted at the factory before it was shipped. At times the belt can move off-center during shipment. Before operating the treadmill, make sure the belt is centered and remains centered to maintain smooth operation.

If the running belt is too far to the right side: With the treadmill running at 1 mph, turn the left adjustment bolt counter-clockwise $\frac{1}{4}$ turn at a time (using the supplied Allen wrench). Check the belt alignment. Allow belt to run a full cycle to gauge if more adjustment is needed. Repeat if necessary, until the belt remains centered during use.

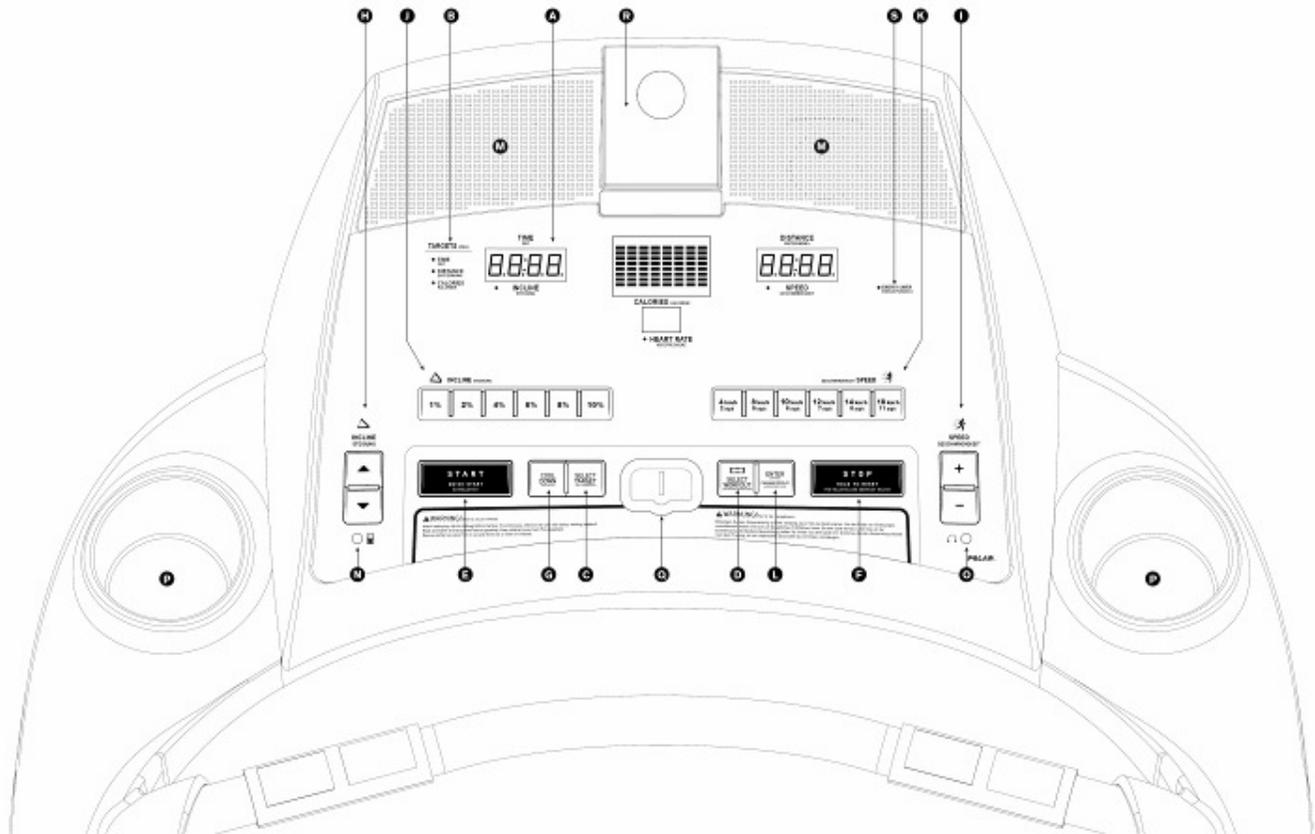


If the running belt is too far to the left side: With the treadmill running at 1 mph, turn the right adjustment bolt counter-clockwise $\frac{1}{4}$ turn at a time (using the supplied Allen wrench). Check the belt alignment. Allow belt to run a full cycle to gauge if more adjustment is needed. Repeat if necessary, until the belt remains centered during use.



CHAPTER 3: Console Overlay and Workout Description

3.1 CONSOLE DESCRIPTION



Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

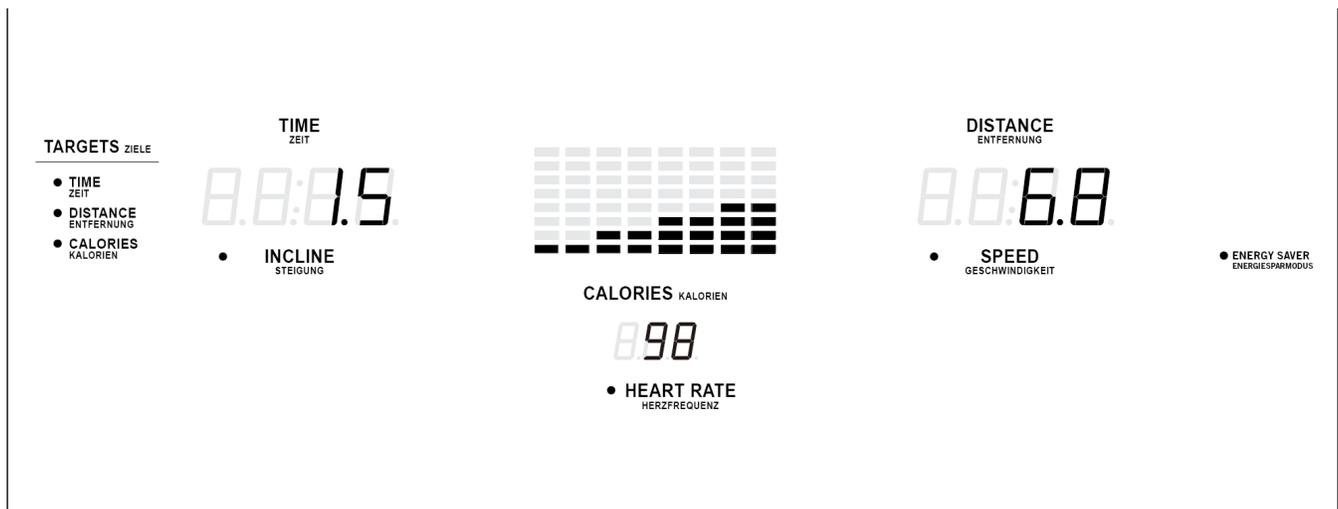
- A) **LED DISPLAY WINDOWS:** time, distance, calories, heart rate, speed, incline and workout profiles.
- B) **TARGET LED INDICATORS :** indicate what target (if any) is set for the current program.
- C) **SELECT TARGET :** press to select your desired target.
- D) **SELECT WORKOUT:** press to select your desired workout.
- E) **START:** press to begin exercising, start your workout, or resume exercising after pause.
- F) **STOP:** press to pause/end your workout. Hold for 3 seconds to reset the console.
- G) **COOL DOWN:** press to enter cool down mode. Cool down lasts for 4 minutes and reduces speed and incline to allow your heart to readjust to decreased demand.
- H) **INCLINE ▲ / ▼ KEYS :** used to adjust incline in small increments (0.5% Increments).
- I) **SPEED + / - KEYS :** used to adjust speed in small increments (0.1 Mph or 0.1 KMPH increments).
- J) **INCLINE QUICK KEYS :** used to reach desired incline more quickly.
- K) **SPEED QUICK KEYS :** used to reach desired speed more quickly.
- L) **ENTER / CHANGE DISPLAY KEYS :** used to adjust target and workout settings. Press enter to change display feedback during workout.
- M) **SPEAKERS :** music plays through speakers when your CD/ mp 3 player is connected to the console.

CHAPTER 3: Console Overlay and Workout Description

3.1 CONSOLE DESCRIPTION-CONTINUED

- N) **AUDIO IN JACK:** plug your CD / mp 3 player into the console using the included audio adaptor cable.
- O) **AUDIO OUT / HEADPHONE JACK:** plug your headphones into this jack to listen to your music through the headphones. Note: when headphones are plugged into the headphone jack the sound will no longer come out through the speakers.
- P) **WATER BOTTLE POCKETS :** holds personal workout equipment.
- Q) **SAFETY KEY POSITION:** enables treadmill when safety key is inserted.
- R) **MP3 PLAYER POCKET :** used to store your mp 3 player.
- S) **ENERGY SAVER :** after entering stand-by mode for 10 minutes energy saver will run automatically to minimize energy consumption. Press any key will withdraw the Energy Save Mode.

3.2 DISPLAY WINDOWS DESCRIPTION



- **TIME:** Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.
- **DISTANCE:** Shown as miles. Indicates distance traveled or distance remaining during your workout.
- **SPEED:** Shown as MPH or KMPH. Indicates how fast your walking or running surface is moving.
- **INCLINE:** Shown as percent. Indicates the incline of your walking or running surface.
- **CALORIES:** Total calories burned or calories remaining left to burn during your workout.
- **HEART RATE:** Shown as BPM (beats per minute). Used to monitor your heart rate (displayed when contact is made with both pulse grips).
- **PROGRAM PROFILES:** Represents the profile of the program being used (speed during speed based programs and incline during incline based programs).
- **TARGETS :** LED lights up next to currently selected target. If no LED is lit, no target is activated.
- **WORKOUTS:** LED lights up next to currently selected workout.

CHAPTER 3: Console Overlay and Workout Description

3.3 GETTING STARTED & SELECTING A WORKOUT

- 1) Check to make sure nothing is on or will hinder the movement of the treadmill.
- 2) Plug in the power cord and turn the treadmill ON.
- 3) Stand on the side rails of the treadmill.
- 4) Attach the safety key clip to part of your clothing.
- 5) Insert the safety key into the safety keyhole in the console.
- 6) You have two options to start your workout:

A) QUICK START

Simply press the GO/START key to begin working out.

Time, distance, and calories will all count up from zero. OR.....

B) SELECT A TARGET AND WORKOUT

- 1) Select a TARGET using the SELECT TARGET key.
- 2) Adjust the TARGET settings using the ARROW keys.
- 3) Press ENTER to advance.
- 4) Select a WORKOUT using the SELECT WORKOUT key.
- 5) Press GO/START to begin workout.

NOTE: If no TARGET or WORKOUT is selected, the program will function as a MANUAL program. All changes in speed and incline will need to be from the user in this setting.

CHANGING YOUR TARGET MID-WORKOUT

You can change your Target “on-the-fly” without losing your current workout stats.

Anytime during your workout, press the SELECT TARGET key until you have selected the new TARGET you would like.

Use the ▲ / ▼ or + / – keys to enter in the value of your new TARGET and press enter . All previous workout statistics will be rolled into the new TARGET, so you’ll never miss a beat.

NOTE: If you accidentally press the SELECT TARGET key during a workout, if no buttons are pressed after 5 seconds, the current target will resume.

CHANGING YOUR WORKOUT MID-WORKOUT

You can change your Workout “on-the-fly”.

Anytime during your workout, press the SELECT WORKOUT key until you have selected the new WORKOUT you would like. Press ENTER.

New workout will begin at the first segment after warm up and all workout statistics will roll over.

NOTE: HRC is not available for workout changing. If you accidentally press the SELECT WORKOUT button during a workout, if no buttons are pressed after 5 seconds the current program will resume.

3.3 GETTING STARTED & SELECTING A WORKOUT-CONTINUED

TARGET PROFILES



TARGET 1 – TIME: Allows user to set a target based on how long they would like to workout. Time targets can range from 15:00 – 99:00. TIME will count down. DISTANCE and CALORIES will count up from zero.



TARGET 2 – DISTANCE: Allows user to set a target based on distance they would like to complete. Distance target can range from 0.25 – 26.25 MILE or 0.4-42 KM. DISTANCE will count down. TIME and CALORIES will count up from zero.



TARGET 3 – CALORIES : Allows user to set a target based on the number of calories they would like to burn. Calories target can range from 20 – 980 calories. CALORIES will count down. TIME and DISTANCE will count up from zero.



NO TARGET: Allows user to select a workout profile that has no specified time, distance, or calorie target. TIME, DISTANCE, and CALORIES will all count up from zero.

TO RESET THE CONSOLE

Hold STOP key for 3 seconds.

FINISHING YOUR WORKOUT

When your workout is complete, the monitor display will flash “FINISHED” and beep. Your workout information will stay displayed on the console for 30-45 seconds and then reset.

CLEAR CURRENT SELECTION

To clear the current program selection or screen, hold the STOP button for 3-5 seconds.

USING YOUR CD / MP3 PLAYER (ADVENTURE 3 PLUS ONLY)



1) Connect the included audio adaptor cable to the audio in jack on the top right of the console and the headphone jack on your CD/ mp 3 player.

2) Use your CD / mp 3 player buttons to adjust song settings.

3) Remove the audio adaptor cable when not in use.



4) If you don not want to use the speakers , you can plug your headphones into the audio out jack at the bottom of the console.

3.4 PROGRAM INFORMATION

PROGRAM INFORMATION

1. MANUAL (P1): Allows 'on the fly' manual speed and incline changes.

2. INTERVALS (P2): Improve your strength, speed and endurance by increasing and decreasing the speed throughout your workout to involve your heart and other muscles. Speed changes; time defaults to 30 minutes.

3. WEIGHT LOSS (P3): Promotes weight loss by increasing and decreasing the speed, while keeping you in your fat burning zone.

Segment		Warm Up		1	2	3	4	5	6	7	8	Segments 1–8 repeat until target is complete
Time		4:00 Mins		30 sec								
Level 1	Incline	0	0.5	1.5	1.5	1	0.5	0.5	0.5	1	1.5	
	Speed	1	1.5	2	2.5	3	3.5	4	3.5	3	2.5	

4. HRC (P4): Once the HRC program is selected, press 'ENTER'. To adjust your target heart rate, press the plus (+) or minus (-) incline buttons.

Your target heart rate should be set at a number that you will be able to exercise at throughout the majority of your workout.

Once you have chosen your target heart rate, press the 'START' button and begin your workout.

After the 4 minutes warm up period, the elevation level will increase gradually to get the user to the entered target heart rate zone. Once the user is at the target heart rate zone, plus or minus 5 beats, the elevation level will remain at the current resistance level.

If the user is more than 25 beats per minute above the target heart rate zone, the console will shut down for safety reasons.

NOTE: The chest strap is required to use the HRC program, with HRC program you can only choose time as your workout target.

CHAPTER 4: Engineering Mode

4.1 ENGINEERING MODE

- 1) To enter Engineering Mode, press & hold the INCLINE UP “▲” and SPEED DOWN “—” keys at the same time for 3-5 seconds until Engineering Menu appears on the display.
- 2) Use the INCLINE and SPEED UP and DOWN keys to select a parameter.
- 3) Press ENTER to enter a parameter setting.
- 4) Use the INCLINE and SPEED UP and DOWN keys to change the parameter.
- 5) Press the START key to save the change to the parameter.
- 6) Press and hold the STOP key to exit Engineering Mode and return to normal operation.



4.2 ENGINEERING MODE OVERVIEW

MODE	FUNCTION	DESCRIPTION
ENG 0	Display Test	Start Key – LCD/LED on Stop Key – LCD/LED off Any Other Key - Will show on the display window. Hold the STOP key for 3 seconds to return to the Engineering Menu.
ENG 1	Hardware Test	Motor & Incline Motor Test.
ENG 2	Auto Calibration	Digital MCB, unnecessary to do Auto Calibration. Press the START key, the words “NO FUNCTION” will scroll on the screen.
ENG 3	Switch Function	Use the INCLINE or SPEED UP and DOWN keys to switch DEMO MODE off or on (Demo on=1 & Demo off=0 on the middle window) Use the START key to select unit (1=KM & 0=Mile on the CALORIES window) Use the ENTER key to select the languages.(0=English, 1=Germany, 2=Dutch, 3=French on the HEART RATE window). Press the ENTER key to withdraw the languages selection.
ENG 4	Information	Accumulated Time and Distance Press and hold the START key for 5 seconds to clear all data. Remarks: Unit of Time is Hour on the TIME window. Unit of Distance is KM or Mile based on your set on the DISTANCE window.
SECOND LEVEL ENG 8	Software Version	To Get to ENG 8 - Enter into ENG 3, the press and hold the SPEED UP and INCLINE DOWN key at the same time for 3-5 seconds. Press ENTER at P0 - Software version. Press ENTER at P1 - Select speed up rate (normal or quick). Press ENTER at P3 - Hold the START key to clear all data.

※ “START” key to save the change.