

FOR MODEL :

T101

T102

TREO
FITNESS

TREO
FITNESS

TREADMILL OWNER'S GUIDE

INTRODUCTION

CONGRATULATIONS and THANK YOU for your purchase of this Treo Fitness treadmill!

Whether your goal is to win races or simply enjoy a fuller, healthier lifestyle, an Treo Fitness treadmill can help you attain it – adding club-quality performance to your at-home workouts, with the ergonomics and innovative features you need to get stronger and healthier, faster. Because we're committed to designing fitness equipment from the inside out, we use only the highest quality components. It's a commitment we back with one of the strongest frame-to-motor warranty packages in the industry.

You want exercise equipment that offers the most comfort, the best reliability and the highest quality in its class.

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IMPORTANT SAFETY INSTRUCTIONS

FOR HOUSEHOLD USE ONLY

SAVE THESE INSTRUCTIONS

Read all instructions before using this treadmill. When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.



Connect this exercise product to a properly grounded outlet only. See grounding instructions.

GROUNDING INSTRUCTIONS

This product must be grounded. If a treadmill should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.



Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is rated more than 10 amperes and is for use on a circuit having a suitable volts and is factory-equipped with a specific electric cord and plug to permit connection to a proper electric circuit. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product. If the product must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel.



OPERATION

To reduce the risk of damaging important components on your treadmill, it is strongly recommended that your treadmill is plugged into a dedicated 16 amp circuit, without the use of an additional extension cord and/or power strip. Failure to comply may void the warranty.

IMPORTANT:

It is essential that your treadmill is used only indoors, in a climate controlled room. If your treadmill has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the treadmill is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.



TO REDUCE THE RISK OF INJURY TO PERSONS:

Stand on the siderails before starting the treadmill. Read Instruction Manual before using. Remove safety key when not in use and store out of reach of children.

When using an electrical appliance, basic precautions should always be followed, including the following. Read all instructions before using this appliance:



TO REDUCE THE RISK OF ELECTRIC SHOCK:

Always unplug this appliance (or treadmill) from the electrical outlet immediately after using and before cleaning.



TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Close supervision is necessary when this appliance (or treadmill) is used by, on, or near children, invalids, or disabled persons.
- Use this appliance (or treadmill) only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this appliance (or treadmill) if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance (or treadmill) to a service center for examination and repair.
- Do not carry this appliance (or treadmill) by supply cord or use cord as a handle.
- Keep the cord away from heated surfaces.
- Never operate the appliance (or treadmill) with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Never drop or insert any object into any opening.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Never use the treadmill before securing the safety tether clip to your clothing.
- If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Do not wear clothes that might catch on any part of the treadmill.
- Always wear athletic shoes while using this equipment.
- Do not jump on the treadmill.
- Unplug treadmill before moving or cleaning it. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- At no time should more than one person be on treadmill while in operation.
- The treadmill should not be used by persons weighing more than 110 kg. Failure to comply will void the warranty.
- The treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
- Do not use treadmill in any location that is not temperature controlled, such as but not limited to garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply may void the warranty.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

SAVE THESE INSTRUCTIONS



At NO time should pets or children under the age of 12 be closer to the treadmill than 10 feet. At NO time should children under the age of 12 use the treadmill. Children over the age of 12 should not use the treadmill without adult supervision.

BEFORE YOU BEGIN

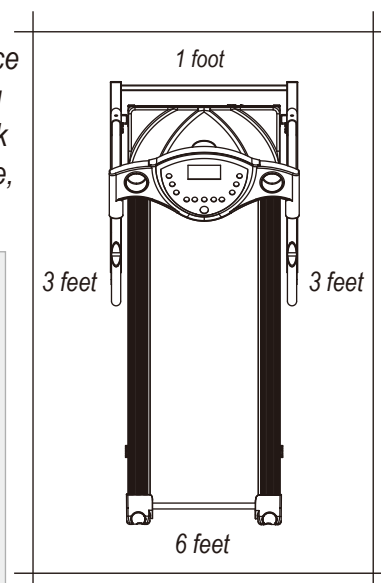
CONGRATULATIONS! on choosing your treadmill. You've taken an important step in developing and sustaining an exercise program! Your treadmill is a tremendously effective tool for achieving your personal fitness goals. Regular use of your treadmill can improve the quality of your life in so many ways. **HERE ARE JUST A FEW OF THE HEALTH BENEFITS OF EXERCISE:**

- Weight Loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels
- Reduced Stress
- Help In Countering Anxiety and Depression
- An Improved Self Image

The key to reaping these benefits is to develop the exercise habit. Your new Treo Fitness Treadmill will help you eliminate the obstacles that prevent you from getting in your exercise time. Inclement weather and darkness won't interfere with your workout when you use your Treo Fitness Treadmill in the comfort of your home. This manual provides you with basic information for using and enjoying your new machine. A more complete knowledge of your new Treo Fitness Treadmill will assist you in realizing your goal of a healthy lifestyle.

LOCATION OF THE TREADMILL

Place the treadmill on a level surface. There should be 6 feet of clearance behind the treadmill, 3 feet on each side and one foot in front for folding and the power cord. Do not place the treadmill in any area that will block any vent or air openings. The treadmill should not be located in a garage, covered patio, near water or outdoors.



DO NOT STAND ON THE BELT

While you are preparing to use the treadmill, do not stand on the belt. Place your feet on the side rails before starting the treadmill. Start walking on the belt only after the belt has begun to move. Never start the treadmill at a fast running speed and attempt to jump on!

SAFETY KEY

Your treadmill will not start unless the safety key is placed in position. Attach the clip end securely to your clothing. This safety key is designed to cut the power to the treadmill if you should fall. Check the operation of the safety key every 2 weeks.



NEVER USE THE TREADMILL WITHOUT SECURING THE SAFETY KEY CLIP TO YOUR CLOTHING. PULL ON THE SAFETY KEY CLIP FIRST TO MAKE SURE IT WILL NOT COME OFF YOUR CLOTHING.

PROPER USAGE

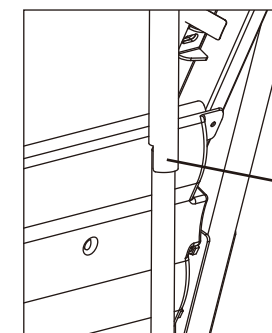
Your treadmill is capable of reaching high speeds. Always start off using a slower speed and adjust the speed in small increments to reach a higher speed level. Never leave the treadmill unattended while it is running. When not in use, remove the safety key, turn the on/off switch to off and unplug the power cord. Make sure to follow the MAINTENANCE schedule in this manual. Keep your body and head facing forward. Do not attempt to turn around or look backwards while the treadmill is running. Stop your workout immediately if you feel pain, faint, dizzy or are short of breath.



Do not operate the treadmill if the power cord or plug is damaged. If the treadmill appears to not be working properly, do not use the treadmill.

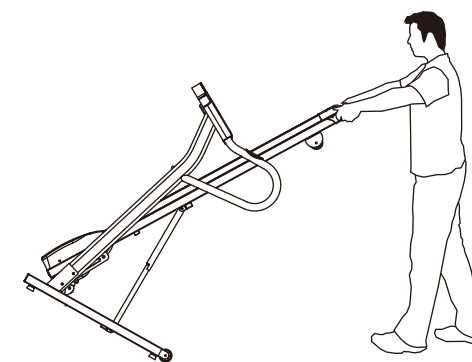
FOLDING

Firmly grasp the back end of the treadmill. Carefully lift the end of the treadmill deck into the upright position until the foot lock latch engages and securely locks the deck into position. Make sure the deck is securely latched before letting go. To unfold, firmly grasp the back end of the treadmill. Gently press down on the foot lock latch with your foot until the lock latch disengages. Carefully lower the deck to the ground.



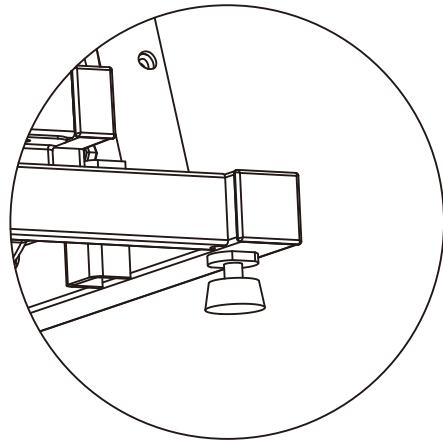
MOVING

Your Treo Fitness treadmill has a pair of transport wheels built into the base frame. To move, make sure the treadmill is folded and securely latched. Then firmly grasp the handbars, tilt treadmill back and roll.



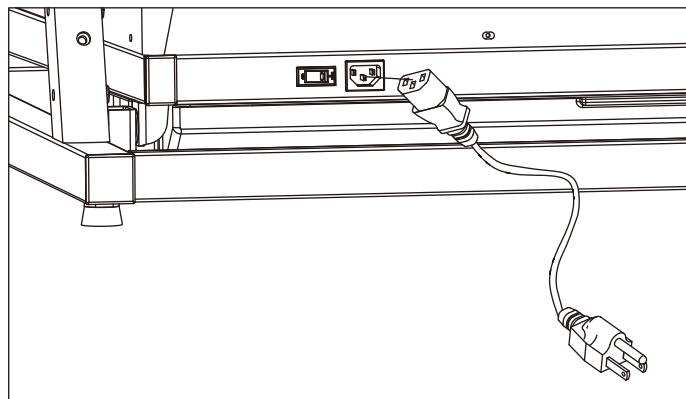
LEVELLING

The treadmill should be level for optimum use. Once you have placed the treadmill where you intend to use it, raise or lower the adjustable levellers located on the treadmill base frame. Once you have levelled the treadmill, lock the levellers in place by tightening the pad against the frame. To assure the treadmill is level, a carpenter's level is recommended.



TURN POWER ON

Make sure that your treadmill is properly connected to a power outlet. The on/off switch is located next to the power cord. Flip this switch to the 'on' position, so that the switch is lit. You will hear a beep and the console will light up.

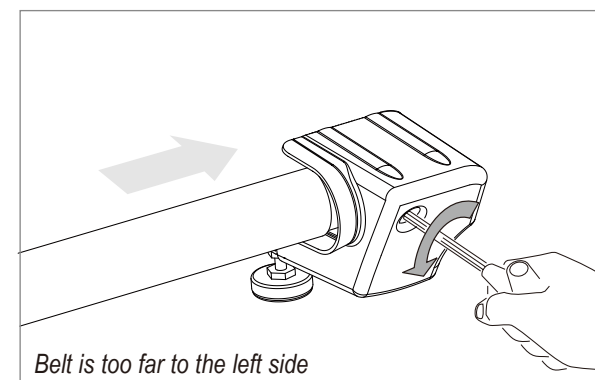
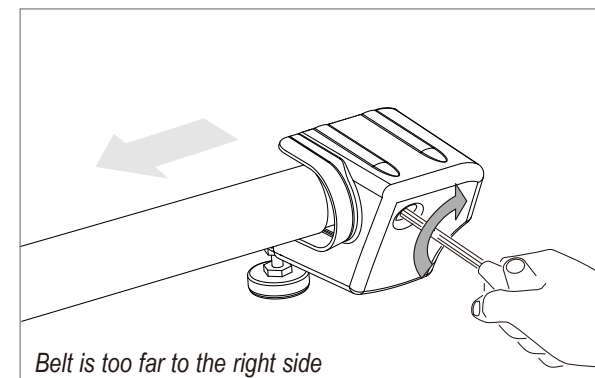
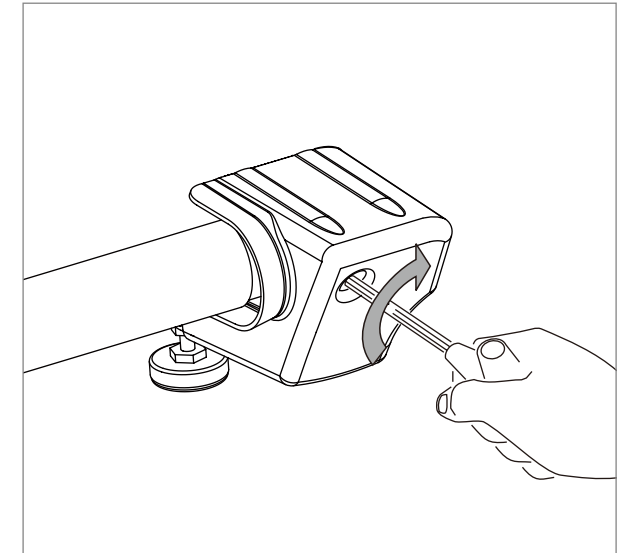


TENSIONING THE RUNNING BELT

The running belt has been properly adjusted at the factory before it was shipped. At times the belt can move off-center during shipment.

CAUTION: Running belt should NOT be moving during tensioning. Over-tightening the running belt can cause excessive wear on the treadmill as well as its components. Never over-tighten the 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 **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 **1/4 turn** at a time. Belt is properly tensioned when the slipping sensation is gone.



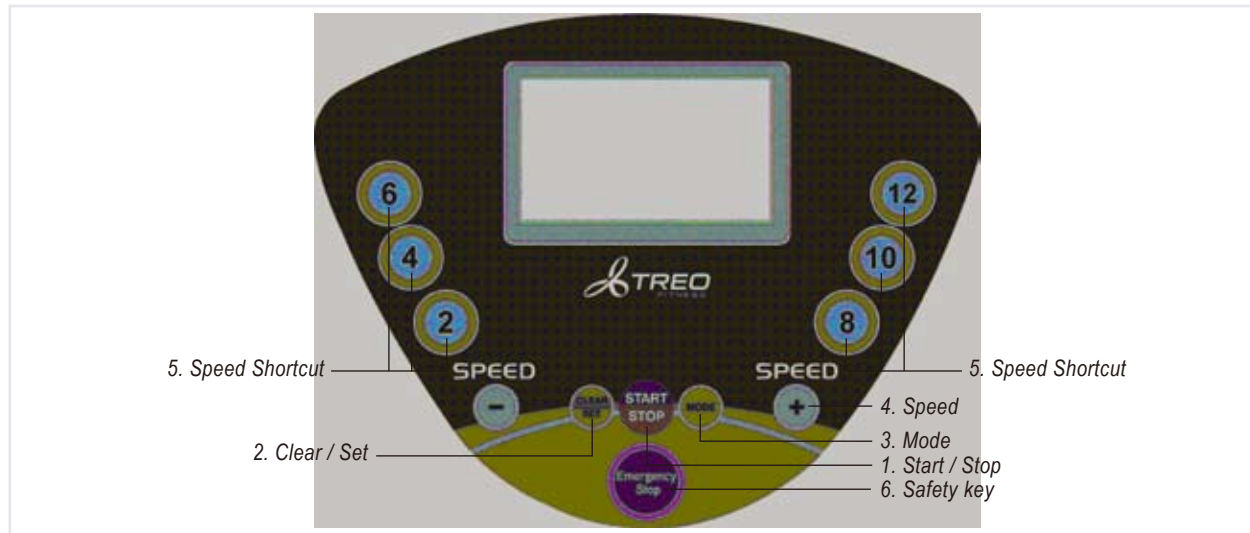
CENTERING THE RUNNING BELT

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.

CAUTION: Do not run belt faster than 1 mph while centering. Keep fingers, hair and clothing away from belt at all times.

If the running belt is too far to the right side: With the treadmill running at 1 mph, turn the right adjustment bolt clockwise **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 **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.



1. “Start / Stop” Key

Press this key, machine begins to run at the speed of 1.0km/h. When the machine runs at the speed of more than 3.5km/h, press this key, machine stops slowly, during this operation, none keys are in function.

2. “Clear / Set” Key

When the machine stops, press this key, all the figures will be cleared. Then press it again for 3 seconds, time, distance and calorie can be changed. Press “set +” or “set -”, time, distance and calorie can be set. Then press “start/stop”, the machine runs at the speed of 1km/h, the set figures will be counted down. When the figures turn to 0, machine stops.

3. “Mode” Key

When all the figures are cleared, press this key, the running program can be chosen. Totally 12 programs can be chosen. Each program lasts 30 minutes. Speed can be set automatically every minute, while speed also can be set handmade within one minute.

4. “Speed” Key

Press this key “+” or “-”, it can adjust the running speed of the treadmill.

5. “Speed Shortcut”

Press these keys, speed 2,4,6,etc, it can be chosen directly which speed you want. The highest speed is 16km/h.

6. “Safety Key”

Under emergent situation, pull safety key, machine stops immediately.

Power the treadmill on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill below the motor shield. Ensure that the safety key is installed, as the treadmill will not power on without it. When the power is turned on, all the lights on the display will light for a short time.

SELF-CHECKING

When using for the first time, it is necessary to make the machine carry on self-check:

- Remove the safety key, press MODE and hold, then insert the safety key again, the machine enters into self-checking state. During this state, pressing START/STOP can terminate the self-checking.

QUICK-START OPERATION

1. Press and release the START/STOP to wake display up (if not already on). Note: Installing the safety key will also wake up the console.
2. Press and release the START/STOP to begin belt movement, at 1.0 Km/hr, then adjust to the desired speed using the ‘+’ or ‘-’. You may also use the rapid speed keys (2, 4, 6,8,10 and 12) to adjust the speed. The speed range is from 1.0km/h to 16.0km/h. You can also use ‘+’ or ‘-’ to adjust the speed on handrail.
3. To slow the treadmill down, press and hold the ‘-’ key to desired speed. You may also press the rapid speed adjust keys: 2,4,6,8,10,12
4. In a state of running, single press START/STOP, the walking belt will gradually slow down if the speed is above 3.5km/h.
5. In the state of running, single press CLEAR will reset all number except the speed. Then enter into manual mode.
6. To stop the tread-belt press and release the START/STOP.

INCLINE FEATURE

When use the treadmill,you can select the different incline according your own fitness program.



PULSE GRIP FEATURE

The Pulse (Heart Rate) console window will display your current heart rate in beats per minute during the workout. You must use both stainless steel sensors to display your pulse. Pulse value displays anytime the upper display is receiving a Grip Pulse signal.

CALORIE DISPLAY

Displays the cumulative calories burned at any given time during your workout.

Note: This is only a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.

PROGRAMMABLE OPERATIONS

This treadmill offers 12 present programs (P1,P2, P3.....P12, see attachment.)

Each preset program has a maximum speed level that is displayed when a desired workout is chosen. The speed that the particular program will be displayed in the Speed window. Each program has various speed changes throughout.

TO SELECT A PROGRAM

- Make sure the machine is in the stop position, single press ‘clear/set’ to enter into resetting state. Press ‘MODE’ to choose desired program (P1,P2,P12), then press and release ‘START/STOP’ to begin the program with default values.
- The speed window will now be showing the preset speed of the selected program.
- Each program will continue 30 minutes. After every one minute program and speed can be altered manually or automatically.

T101 PROGRAM INFORMATION

P1

TIME (mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED (Km/h)	1	2	2	2	3	3	3	4	4	4	4	5	5	5	5	5	6	6	6	6	7	7	7	7	8	8	8	9	9	9

P2

TIME (mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED (Km/h)	9	9	9	8	8	8	8	8	7	7	7	7	6	6	6	6	5	5	5	5	4	4	4	4	3	3	2	2	1	1

P3

TIME (mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED (Km/h)	4	4	4	5	5	5	6	6	6	6	7	7	7	8	8	8	8	9	9	8	8	8	7	7	7	6	5	4	4	4

P4

TIME (mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED (Km/h)	4	4	4	5	5	5	6	6	6	6	7	7	6	6	6	7	7	7	8	8	8	9	9	9	8	8	8	6	5	4

P5

TIME (mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
SPEED (Km/h)	4	5	5	5	6	6	6	8	8	8	8	5	5	5	6	6	6	9	9	9	5	5	5	5	9	9	9	6	6	5	5

P6

TIME (mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED (Km/h)	6	6	7	7	7	8	8	8	8	9	9	9	9	9	8	8	8	8	9	9	9	8	8	8	9	9	9	8	8	8

P7

TIME (mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED (Km/h)	4	4	4	5	5	5	6	6	6	6	7	7	7	7	8	8	8	9	9	9	8	8	8	7	7	6	6	6	5	5

P8

TIME (mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED (Km/h)	3	3	3	4	4	5	5	6	6	7	7	9	9	9	8	8	7	7	6	6	8	8	9	9	9	9	8	8	7	7

P9

TIME (mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED (Km/h)	4	4	5	5	6	7	7	9	9	8	3	3	9	9	4	4	8	8	9	9	5	5	5	8	8	7	5	5	4	4

P10

TIME (mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED (Km/h)	3	4	5	6	5	6	6	5	4	2	1	2	3	6	7	6	6	5	4	2	6	5	3	6	4	3	6	5	4	2

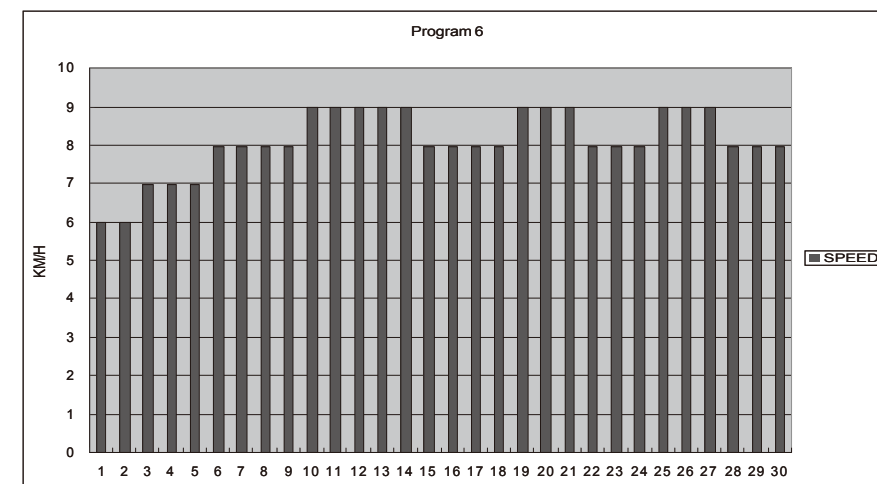
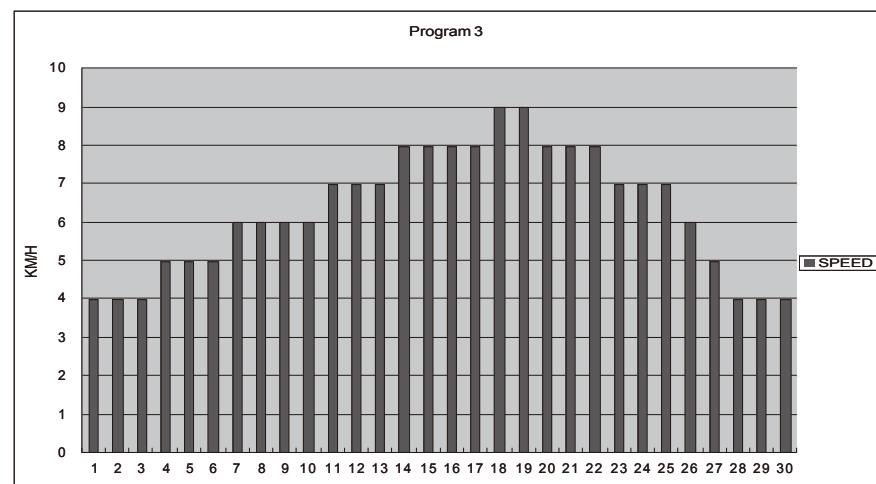
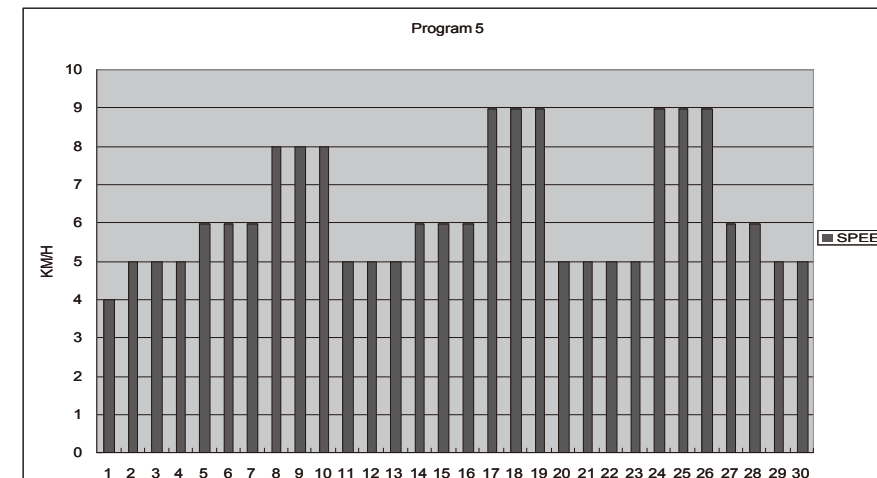
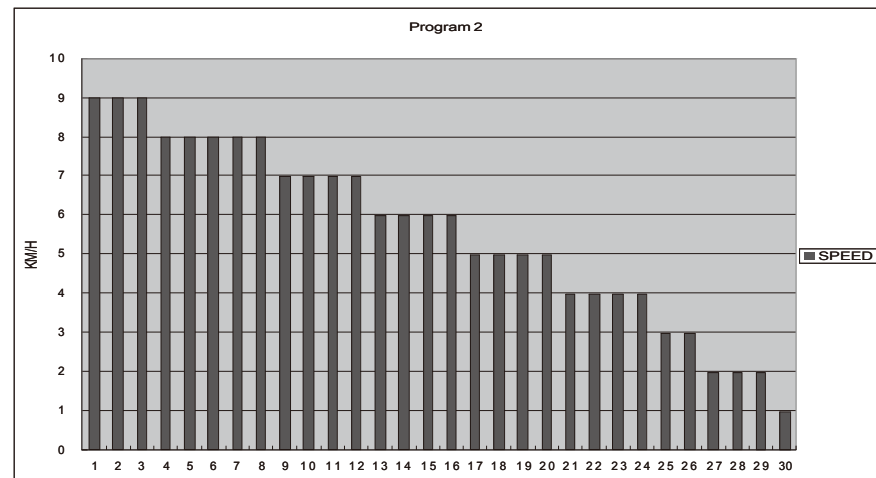
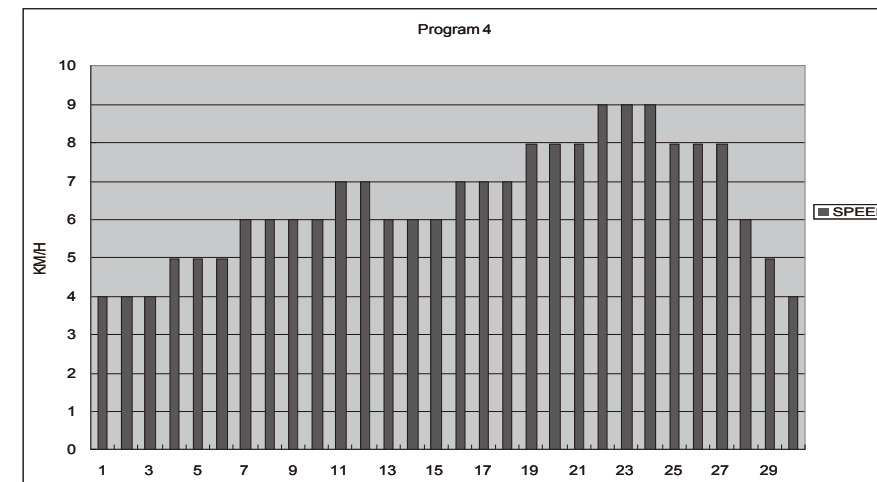
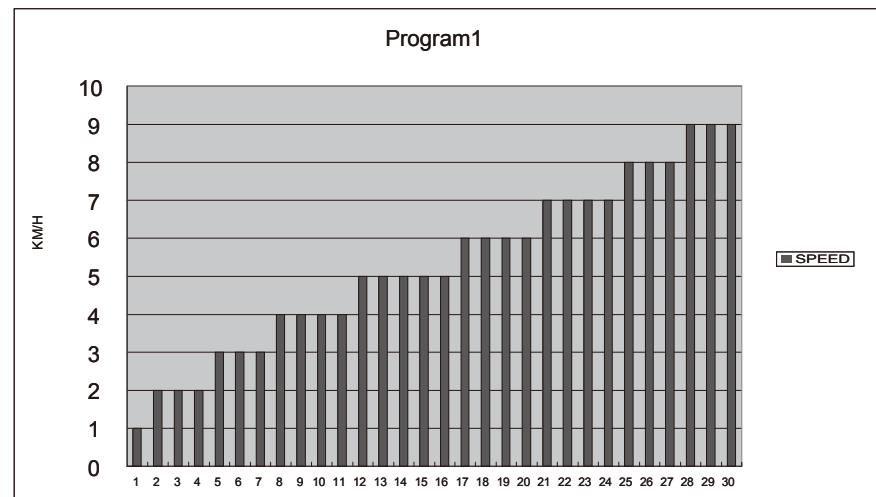
P11

TIME (mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED (Km/h)	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5

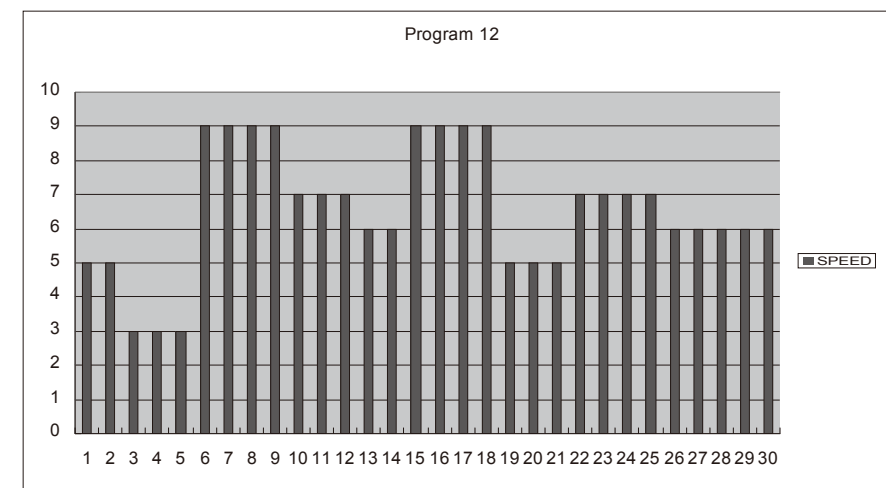
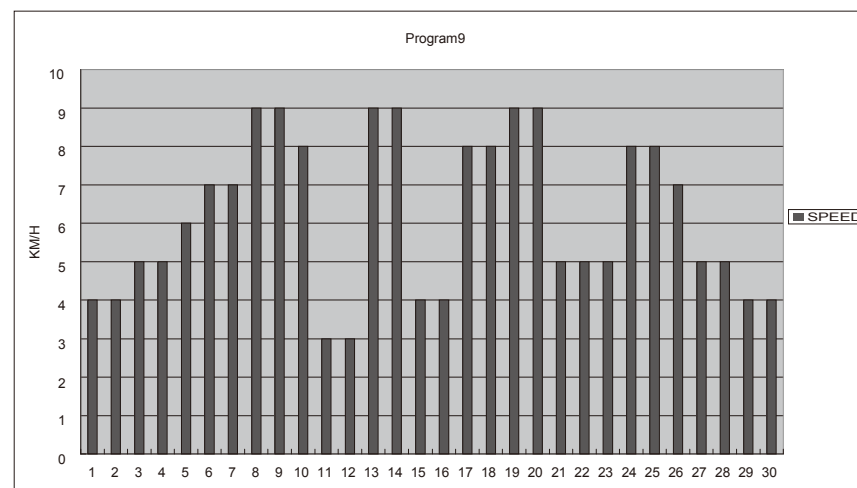
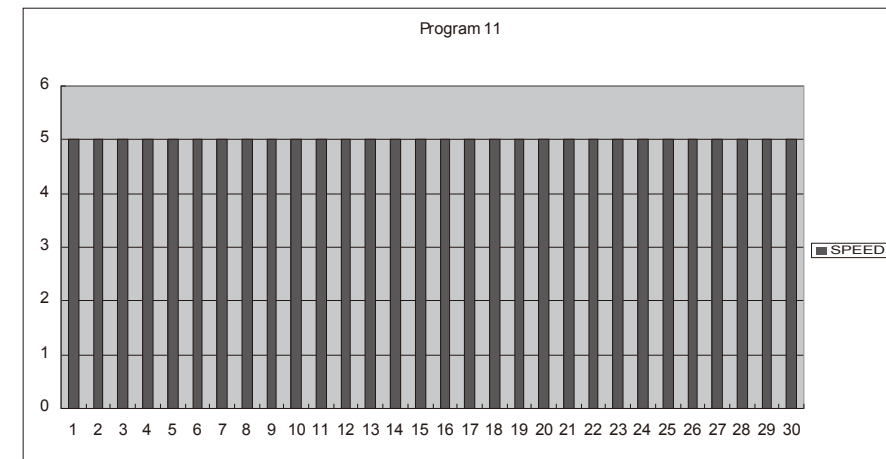
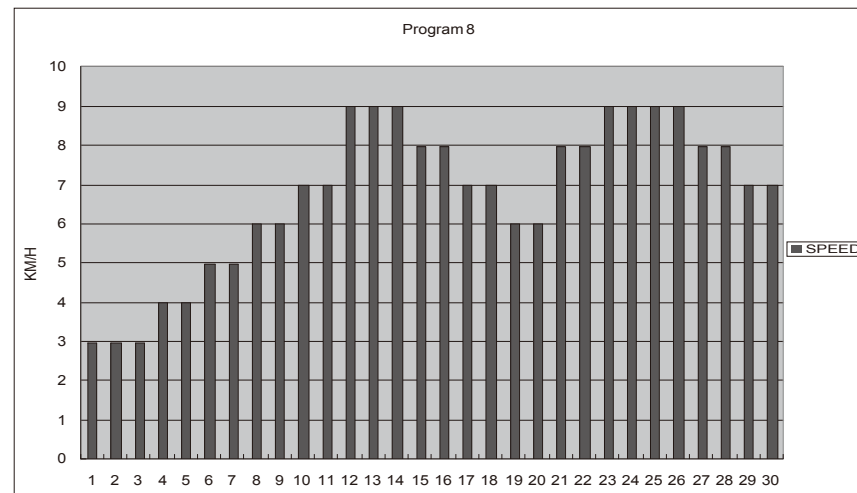
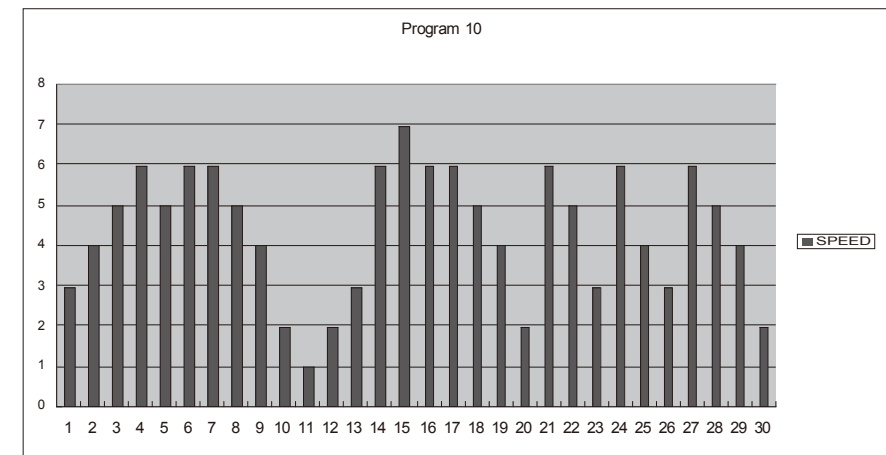
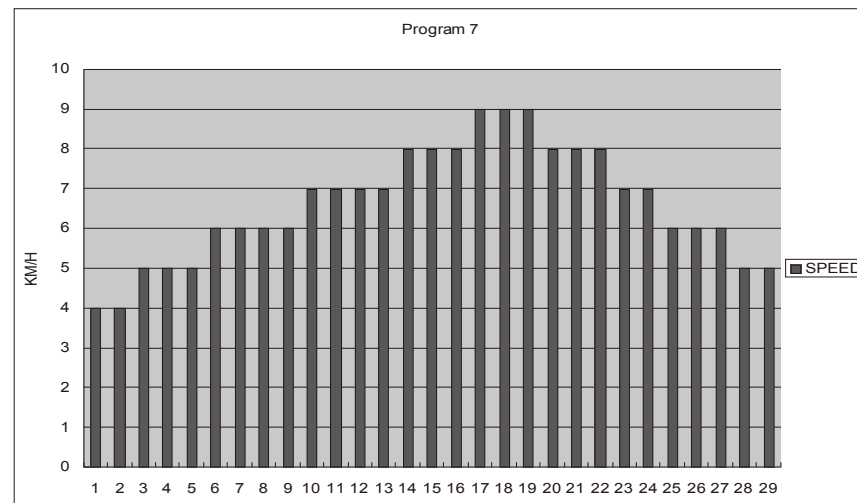
P12

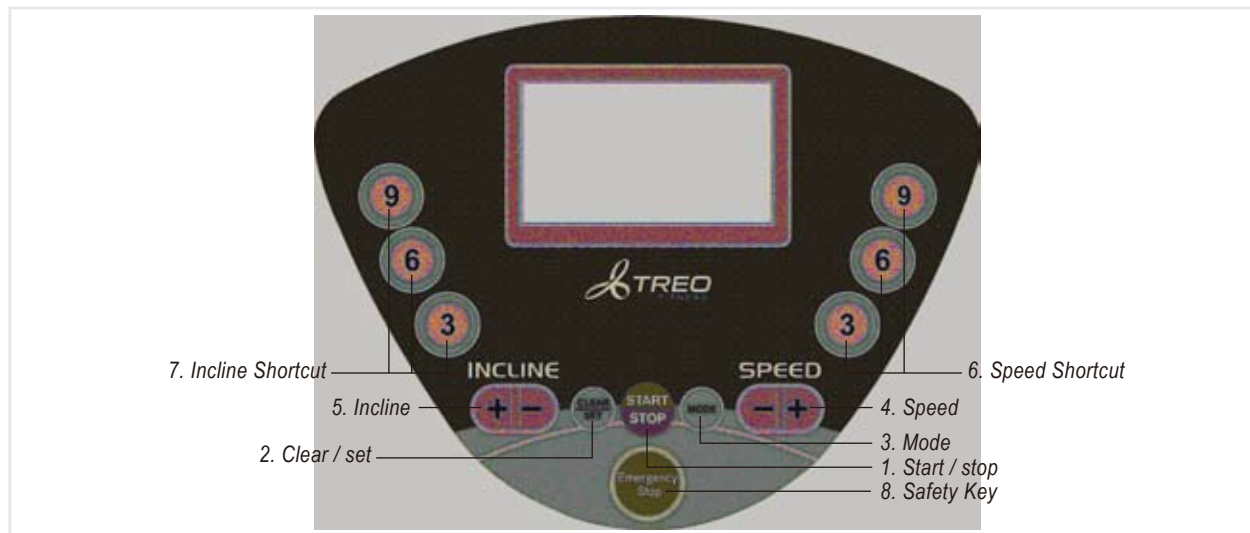
TIME (mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED (Km/h)	5	5	3	3	3	9	9	9	9	7	7	7	6	6	9	9	9	9	5	5	5	7	7	7	7	6	6	6	6	6

T101 PROGRAM INFORMATION



T101 PROGRAM INFORMATION





1. “Start / Stop” Key

Press this key, machine begins to run at the speed of 1.0km/h. When the machine runs at the speed of more than 3.5km/h, press this key, machine stops slowly, during this operation, none keys are in function.

2. “Clear / Set” Key

When the machine stops, press this key, all the figures will be cleared. Then press it again for 3 seconds, time, distance and calorie can be changed. Press “set +” or “set -”, time, distance and calorie can be set. Then press “start/stop”, the machine runs at the speed of 1km/h, the set figures will be counted down. When the figures turn to 0, machine stops.

3. “Mode” Key

When all the figures are cleared, press this key, the running program can be chosen. Totally 12 programs can be chosen. Each program lasts 30 minutes. Speed can be set automatically every minute, while speed also can be set handmade within one minute.

4. “Speed” Key

Press this key “+” or “-”, it can adjust the running speed of the treadmill.

5. “Incline” Key

Press this key “+” or “-”, it can adjust the incline of the treadmill.

6. “Speed Shortcut” Key

Press these keys, speed 3, 6, 9, it can be chosen directly which speed you want. The highest speed is 16km/h.

7. “Incline Shortcut” Key

Press these keys, speed 3, 6, 9, it can be chosen directly which incline you want. The highest incline is 12 degree.

8. “Safety Key”

Under emergent situation, pull safety key, machine stops immediately

Power the treadmill on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill below the motor shield. Ensure that the safety key is installed, as the treadmill will not power on without it. When the power is turned on, all the lights on the display will light for a short time.

SELF-CHECKING

When using for the first time, it is necessary to make the machine carry on self-check:

- Remove the safety key, press MODE and hold, then insert the safety key again, the machine enters into self-checking state. During this state, pressing START/STOP can terminate the self-checking.

QUICK-START OPERATION

1. Press and release the START/STOP to wake display up (if not already on). Note: Installing the safety key will also wake up the console.
2. Press and release the START/STOP to begin belt movement, at 1.0 Km/hr, then adjust to the desired speed using the ‘+’ or ‘-’. You may also use the rapid speed keys (3, 6, 9) to adjust the speed. The speed range is from 1.0km/h to 12.0km/h. You can also use ‘+’ or ‘-’ to adjust the speed on handrail.
3. To slow the treadmill down, press and hold the ‘-’ key to desired speed. You may also press the rapid speed adjust keys: 3, 6, 9.
4. In a state of running, single press START/STOP, the walking belt will gradually slow down if the speed is above 3.5km/h, if under 3.5km/h, then it will stop immediately.
5. In the state of running, single press CLEAR will reset all number except the speed. Then enter into manual mode.
6. To stop the tread-belt press and release the START/STOP.

INCLINE FEATURE

1. Incline may be adjusted anytime after belt movement.
2. The incline range is from 0 to 10 levels.
3. Press the ‘up’ or ‘down’ to achieve desired level of effort. Four Quick access key of 3, 6 and 9 are also available to adjust the incline percent.
4. You can also adjust the incline percent by using the ‘+’ or ‘-’ on handrail.
5. The display will indicate incline percent as adjustments are made.
6. Incline will remain in its position when display is turned off.

PULSE GRIP FEATURE

The Pulse (Heart Rate) console window will display your current heart rate in beats per minute during the workout. You must use both stainless steel sensors to display your pulse. Pulse value displays anytime the upper display is receiving a Grip Pulse signal.

CALORIE DISPLAY

Displays the cumulative calories burned at any given time during your workout.

Note: This is only a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes

PROGRAMMABLE OPERATIONS

This treadmill offers 12 present programs (P1,P2, P3.....P12, see attachment). The first 9 preset programs (P1 to P9) are only for speed; the last 3 preset programs (P10 to P12) are a combination on speed and incline. Be careful when using the last 3 present programs as they are designed for advanced users. Children under 16 years of age are not recommended to use the last 3 preset programs.

Each preset program has a maximum speed level that is displayed when a desired workout is chosen. The speed that the particular program will achieve will be displayed in the Speed window. Each program has various speed changes throughout.

TO SELECT A PROGRAM

- Make sure the machine is in the stop position, single press ‘clear/set’ to enter into resetting state. Press ‘MODE’ to choose desired program (P1,P2,P12), then press and release ‘START/STOP’ to begin the program with default values.
- The speed window will now be showing the preset speed of the selected program.
- Each program will continue 30 minutes. After every one minute program and speed can be altered manually or automatically. 3 Seconds before the ending of program a buzzer will sound three times, then the running belt will come to a stop.

T102 PROGRAM INFORMATION

P1

TIME (mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED (Km/h)	1	3	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1

P2

TIME (mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED (Km/h)	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2

P3

TIME (mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED (Km/h)	3	4	6	8	10	8	6	4	2	2	2	4	6	8	10	8	6	4	2	2	2	4	6	8	10	8	6	4	2	2

P4

TIME (mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED (Km/h)	4	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2

P5

TIME (mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED (Km/h)	5	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2

P6

TIME (mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED (Km/h)	6	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2

P7

TIME (mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED (Km/h)	7	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1

P8

TIME (mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED (Km/h)	8	4	6	8	6	6	4	4	2	2	1	4	6	8	6	6	4	4	2	2	1	4	6	8	6	6	4	4	2	2

P9

TIME (mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED (Km/h)	9	4	6	8	10	8	6	4	2	2	1	4	6	8	10	8	6	4	2	2	1	4	6	8	10	8	6	4	2	2

P10

TIME (mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED (Km/h)	1	2	6	6	8	10	6	6	2	2	1	2	6	6	8	10	6	6	2	2	1	2	6	6	8	10	6	6	2	2
INCLINE (%)	7	5	3	5	9	4	2	4	6	8	10	10	1	2	3	4	5	6	7	8	9	2	1	2	1	2	1	1	2	0

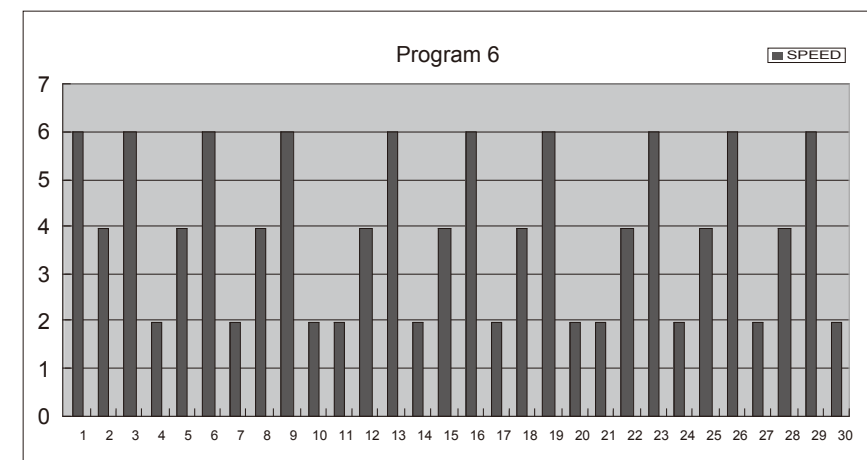
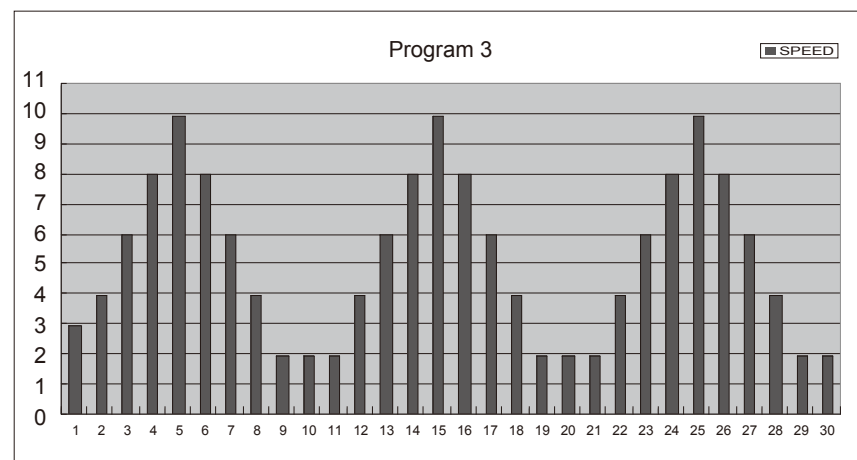
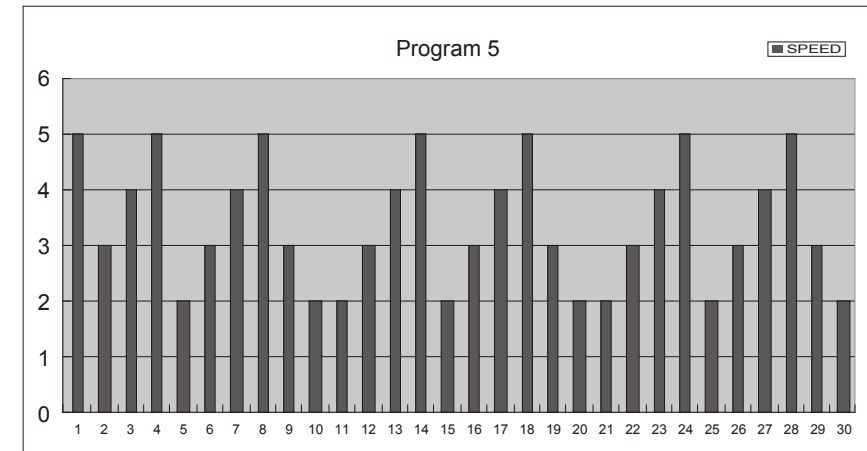
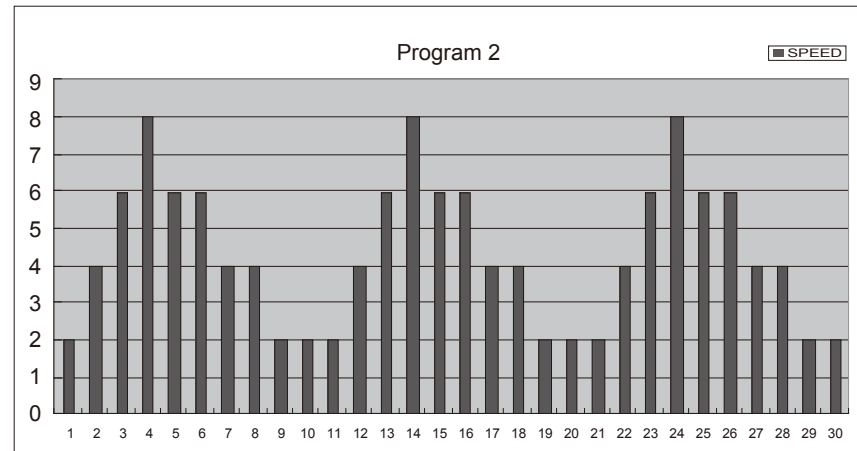
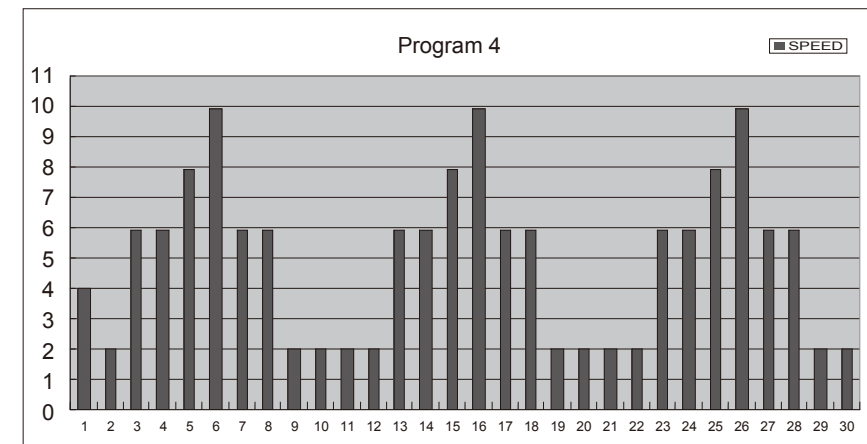
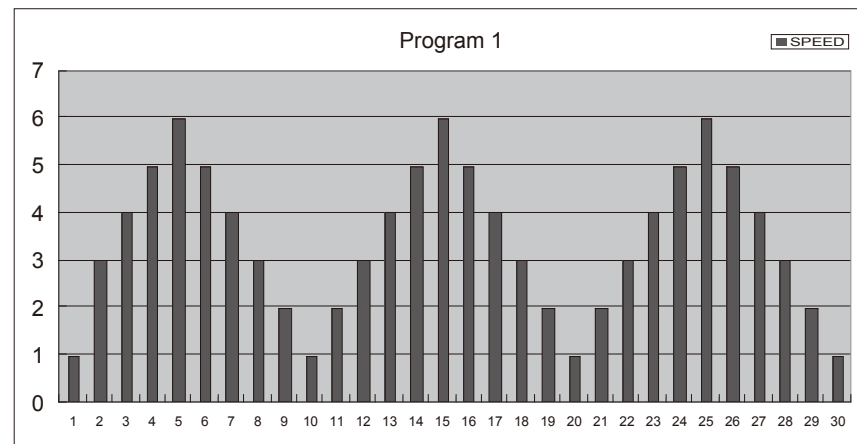
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TIME (mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED (Km/h)	2	3	4	5	2	3	4	5	3	2	1	3	4	5	2	3	4	5	3	2	1	3	4	5	2	3	4	5	3	2
INCLINE (%)	3	1	2	3	4	4	3	2	1	0	1	1	2	3	4	4	3	2	1	0	1	1	2	3	4	4	3	2	1	0

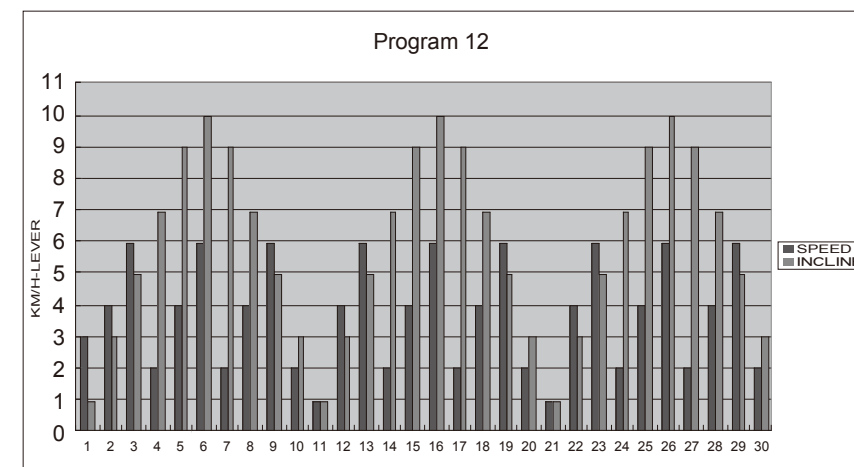
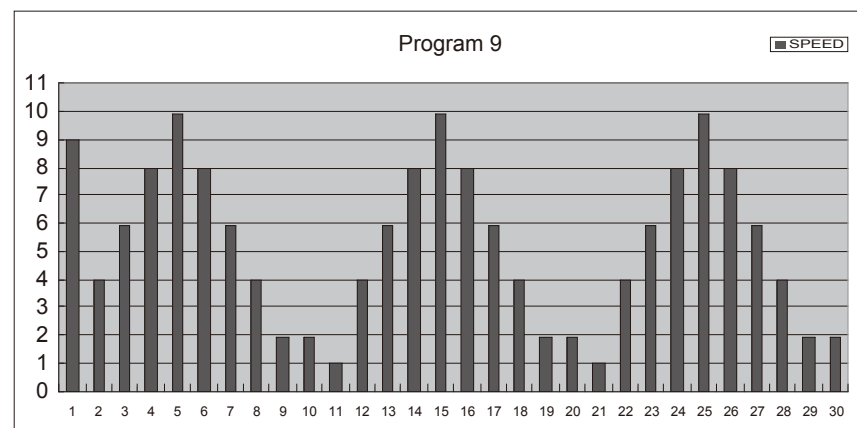
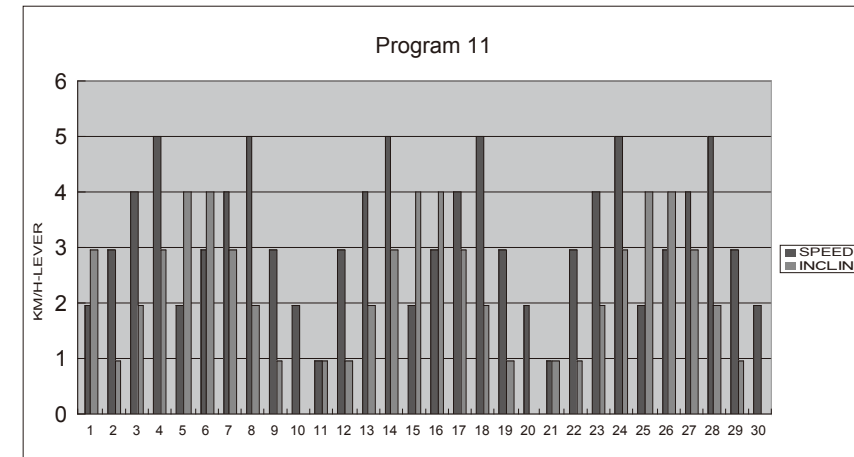
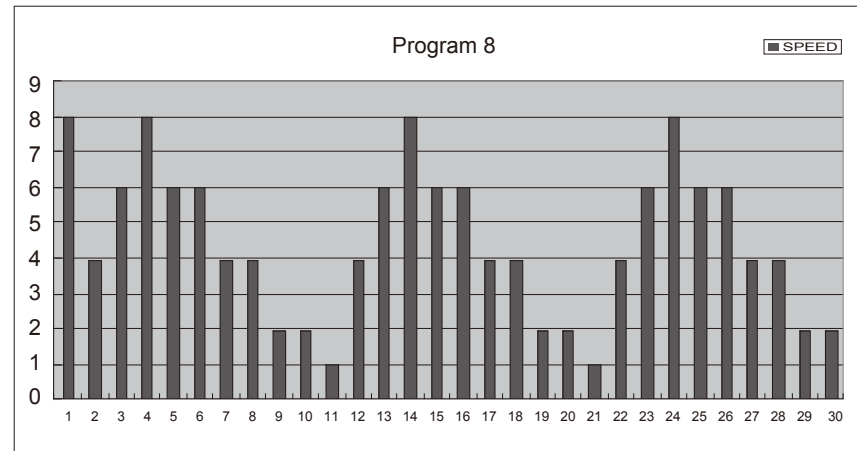
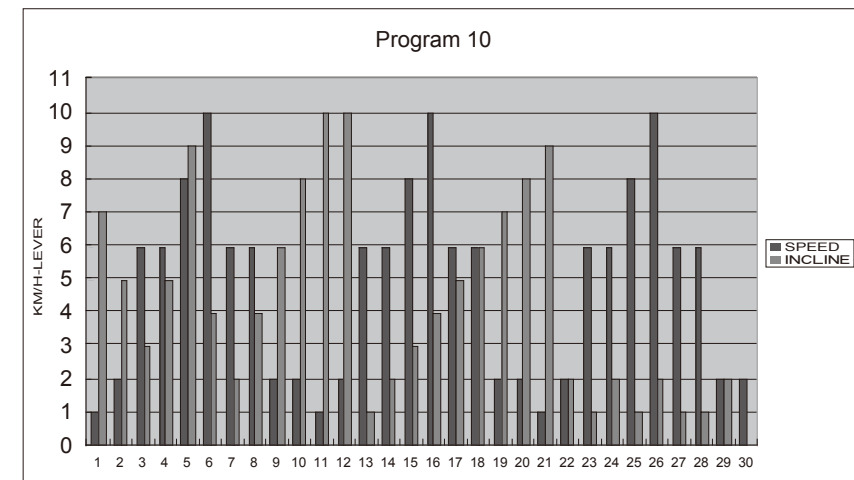
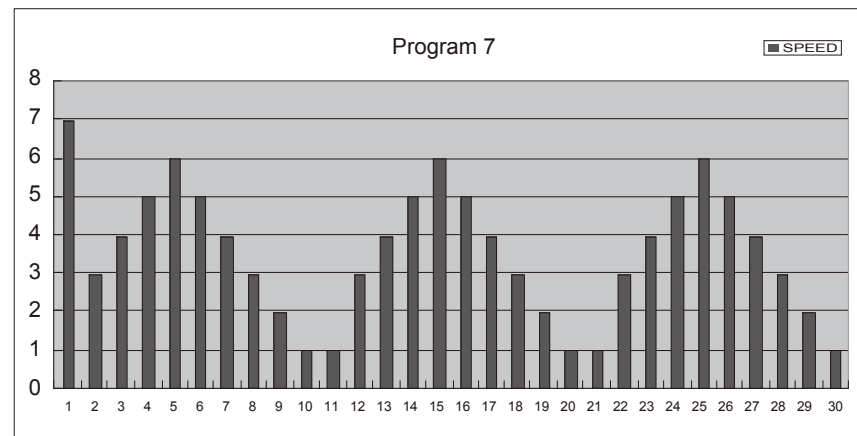
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TIME (mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
SPEED (Km/h)	3	4	6	2	4	6	2	4	6	2	1	4	6	2	4	6	2	4	6	2	1	4	6	2	4	6	2	4	6	2
INCLINE (%)	1	3	5	7	9	10	9	7	5	3	1	3	5	7	9	10	9	7	5	3	1	3	5	7	9	10	9	7	5	3

T102 PROGRAM INFORMATION

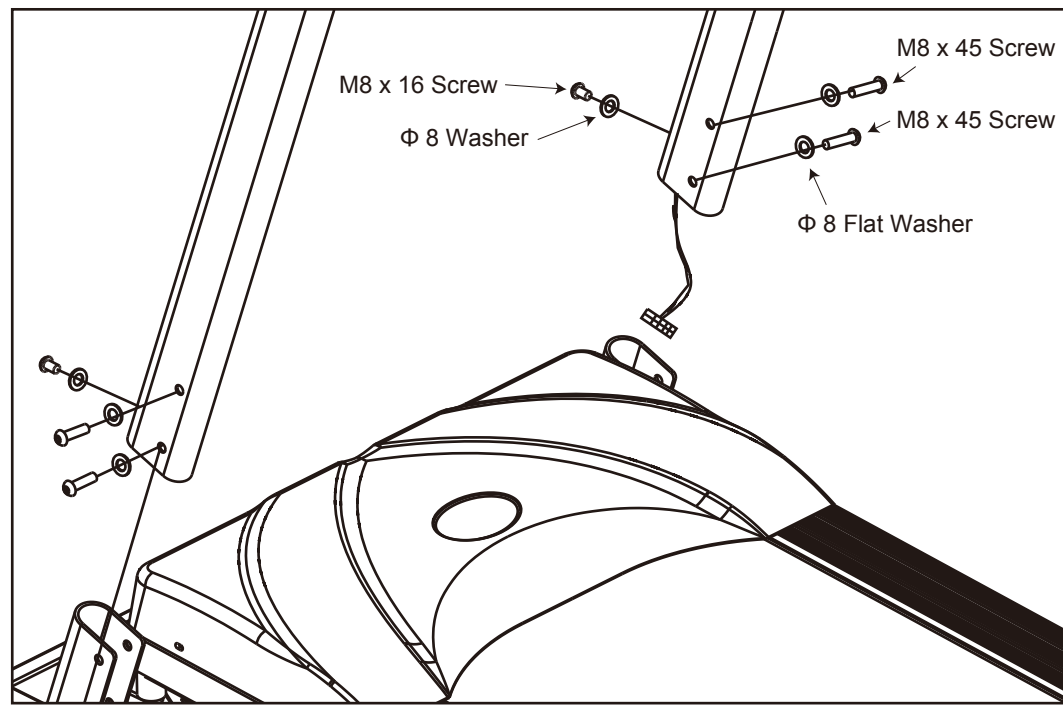


T102 PROGRAM INFORMATION

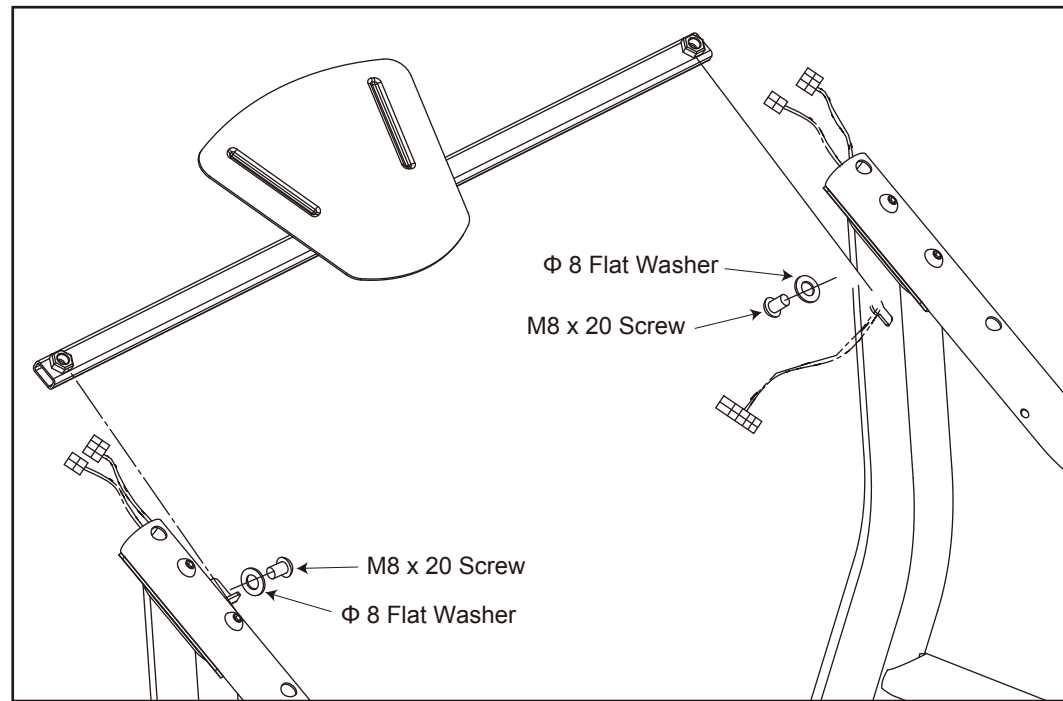


INSTALLATION GUIDE

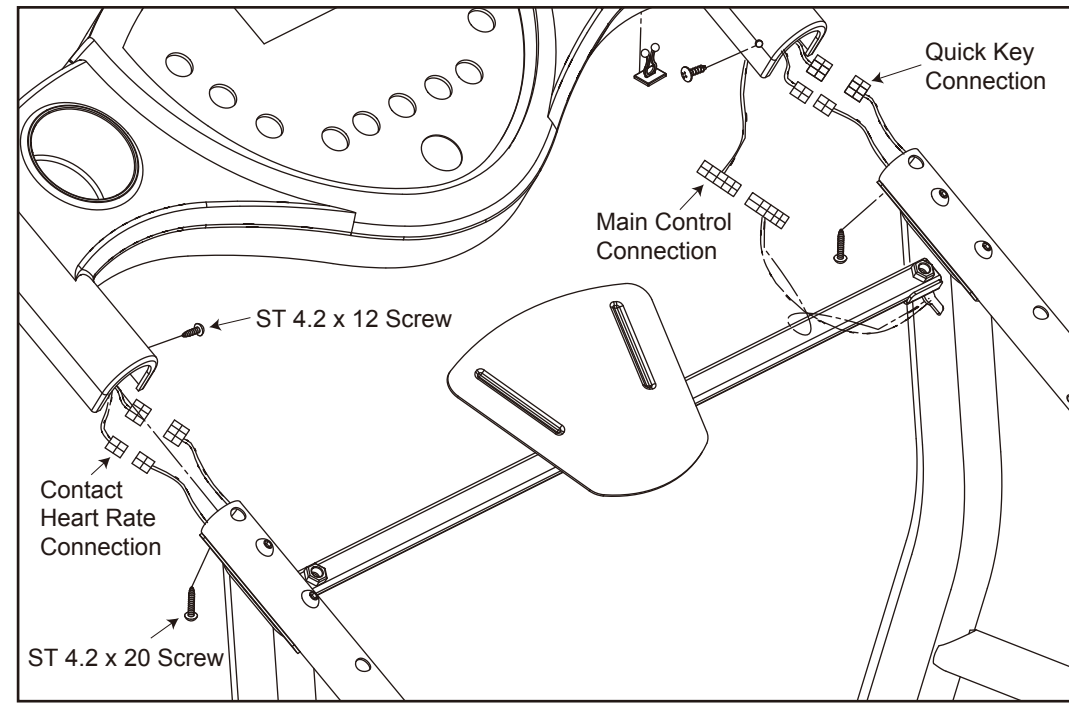
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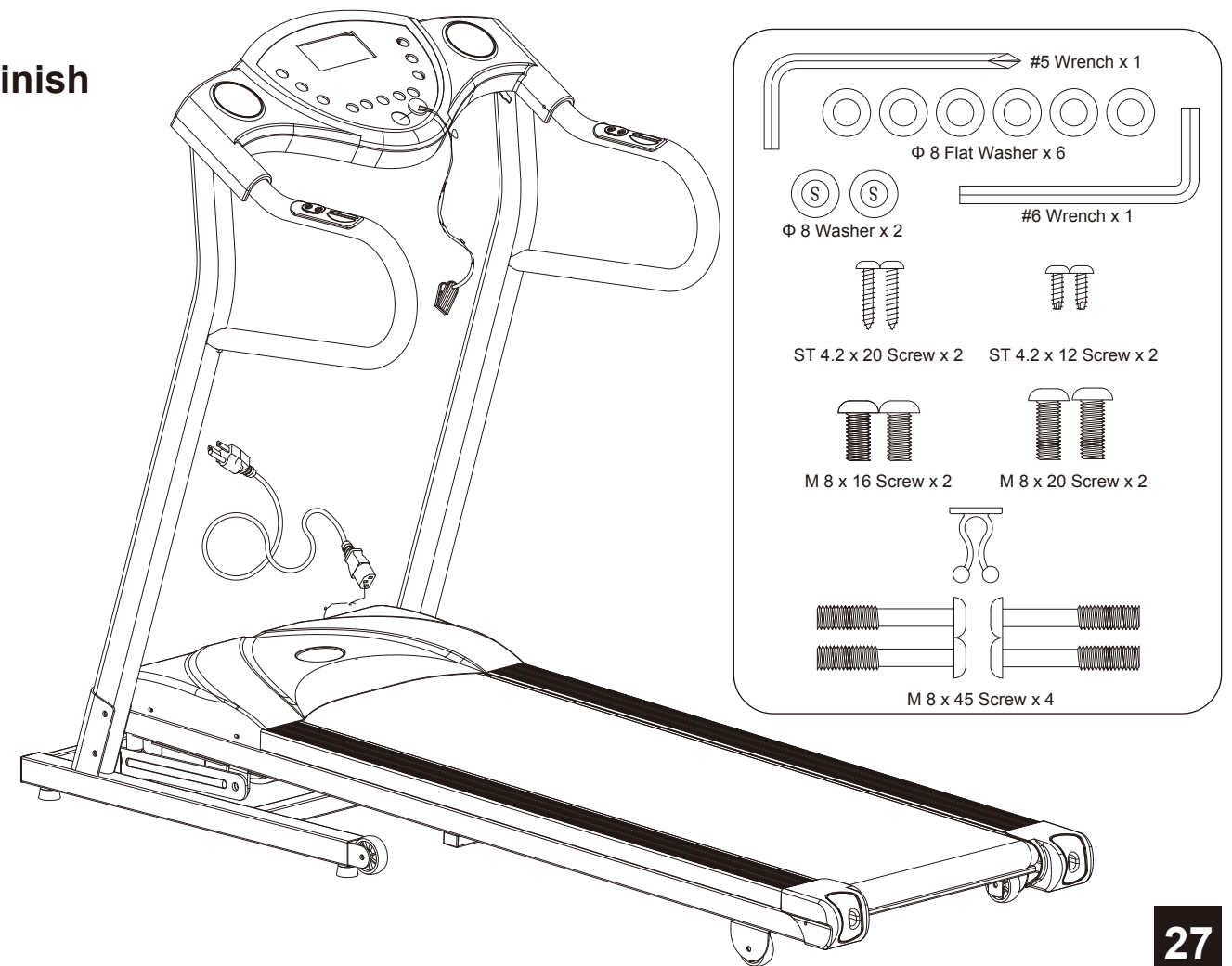
2



3



Finish



CONDITIONING GUIDELINES

ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING AN EXERCISE PROGRAM.

HOW OFTEN? (Frequency of Workouts)

The American Heart Association recommends that you exercise at least 3 to 4 days per week to maintain cardiovascular fitness. If you have other goals such as weight or fat loss, you will achieve your goal faster with more frequent exercise. Whether it's 3 days or 6 days, remember that your ultimate goal should be to make exercise a lifetime habit. Many people are successful staying with a fitness program if they set aside a specific time of day to exercise. It doesn't matter whether it's in the morning before breakfast, during lunch hour or while watching the evening news. What's more important is that it's a time that allows you to keep a schedule, and a time when you won't be interrupted. To be successful with your fitness program, you have to make it a priority in your life. So decide on a time, pull out your day planner and pencil in your exercise times for the next month!

HOW LONG? (Duration of Workouts)

For aerobic exercise benefits, it's recommended that you exercise from between 24 and 60 minutes per session. But start slowly and gradually increase your exercise times. If you've been sedentary during the past year, it may be a good idea to keep your exercise times to as little as five minutes initially. Your body will need time to adjust to the new activity. If your goal is weight loss, a longer exercise session at lower intensities has been found to be most effective. A workout time of 48 minutes or more is recommended for best weight loss results.

HOW HARD? (Intensity of Workouts)

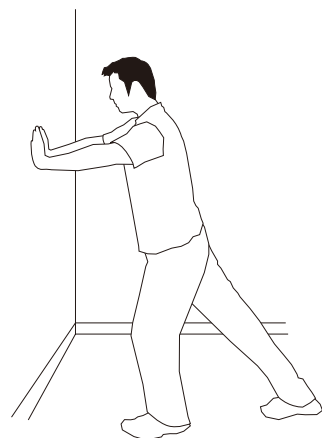
How hard you workout is also determined by your goals. If you use your treadmill to prepare for a 5K run, you will probably work out at a higher intensity than if your goal is general fitness. Regardless of your long term goals, always begin an exercise program at low intensity. Aerobic exercise does not have to be painful to be beneficial! There are two ways to measure your exercise intensity. The first is by monitoring your heart rate (using the grip pulse handlebars or a wireless chest transmitter - may be sold separately), and the second is by evaluating your perceived exertion level (this is simpler than it sounds!).

PERCEIVED EXERTION LEVEL

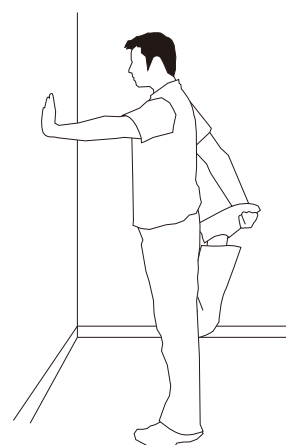
A simple way to gauge your exercise intensity is to evaluate your perceived exertion level. While exercising, if you are too winded to maintain a conversation without gasping, you are working out too hard. A good rule of thumb is to work to the point of exhilaration, not exhaustion. If you cannot catch your breath, it's time to slow down. Always be aware of these warning signs of overexertion.

STRETCH FIRST

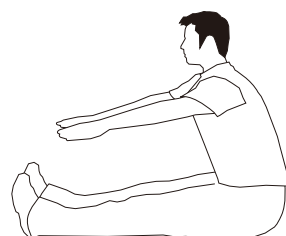
Before using your product, it is best to take a few minutes doing a few gentle stretching exercises. Stretching prior to exercise will improve flexibility and reduce chances of exercise related injury. Ease into each of these stretches with a slow gentle motion. Do not stretch to the point of pain. Make sure not to bounce while doing these stretches.

**1. STANDING CALF MUSCLE STRETCH**

Stand near a wall with the toes of your left foot about 18" from the wall, and the right foot about 12" behind the other foot. Lean forward, pushing against the wall with your palms. Keep your heels flat and hold this position for a count of 15 seconds. Make sure that you do not bounce while stretching. Repeat on the other side.

**2. STANDING QUADRICEPS STRETCH**

Using a wall to provide balance, grasp your left ankle with your left hand and hold your foot against the back of your thigh for 15 seconds. Repeat with your right ankle and hand.

**3. SITTING HAMSTRING & LOWER BACK MUSCLE STRETCH**

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers towards your toes and hold for a count of 15 seconds. Make sure that you do not bounce while stretching. Sit upright again. Repeat one time.

WARM UP

The first 2 to 5 minutes of a workout should be devoted to warming up. The warm-up will limber your muscles and prepare them for more strenuous exercise. Make sure that you warm-up on your product at a slow pace. The warm up should gradually bring your heart rate into your Target Heart Rate Zone.

COOL DOWN

Never stop exercising suddenly! A cool-down period of 3-5 minutes allows your heart to readjust to the decreased demand. Make sure that your cool down period consists of a very slow pace to allow your heart rate to lower. After the cool-down, repeat the stretching exercises listed above to loosen and relax your muscles.

An important step in developing a long term fitness program is to determine your goals. Is your primary goal for exercising to lose weight? Improve muscle? Reduce stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. Below are some common exercise goals:

- Weight Loss - lower intensity, longer duration workouts
- Improve Body Shape and Tone - interval workouts, alternate between hi and low intensities
- Increased Energy Level - more frequent daily workouts
- Improved Sports Performance - high intensity workouts
- Improved Cardiovascular Endurance - moderate intensity, longer duration workouts

If possible try to define your personal goals in precise, measurable terms, and then put your goals in writing. The more specific you can be, the easier it will be to track your progress. If your goals are long term, divide them up into monthly and weekly segments. Longer term goals can lose some of the immediate motivation benefits. Short term goals are easier to achieve. Your console provides you with several readouts that can be used to record your progress. You can track Distance, Calories or Time.