
PRECAUTIONS



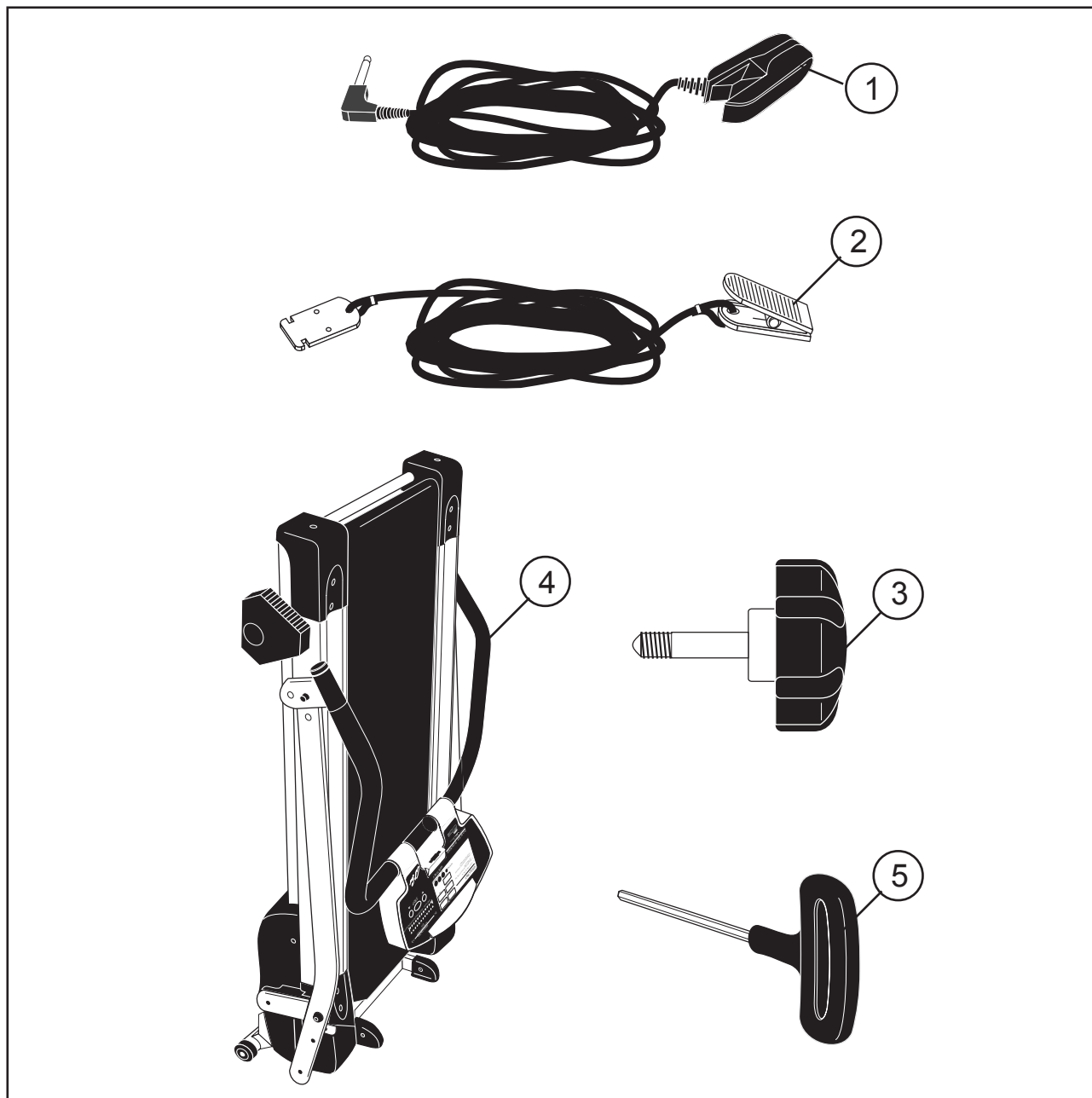
WARNING: To reduce the risk of serious injury, read the following important precautions before using the Running Machine.

1. Read all instructions in this instruction book before using the Running Machine. Use the Running Machine only in the way described in this instruction book.
2. It is the responsibility of the owner to ensure that all users are adequately informed of all precautions.
3. Use the Running Machine indoors on a level surface.
4. The safety level of the Running Machine can be maintained only if it is examined regularly for damage and wear. Replace defective components immediately. If there are any defective components, do not use the Running Machine.
5. Keep children away from the Running Machine at all times.
6. Wear appropriate clothing and athletic shoes when exercising; do not wear loose clothing or jewellery when exercising.
7. If you feel pain or dizziness while exercising, stop immediately and cool down.
8. The Running Machine is intended for home use only.
9. The Running Machine is not intended for therapeutic purposes.
10. Before switching on, make sure that the voltage of your electricity supply is the same as that indicated on the rating plate.



WARNING: Before beginning this or any exercise program, consult your doctor. This is especially important for people over the age of 35 or those with pre-existing health problems. Read all instructions before using the Running Machine.

PARTS LIST



1. Pulse monitor
2. Safety key
3. Locking bolt (x 4)

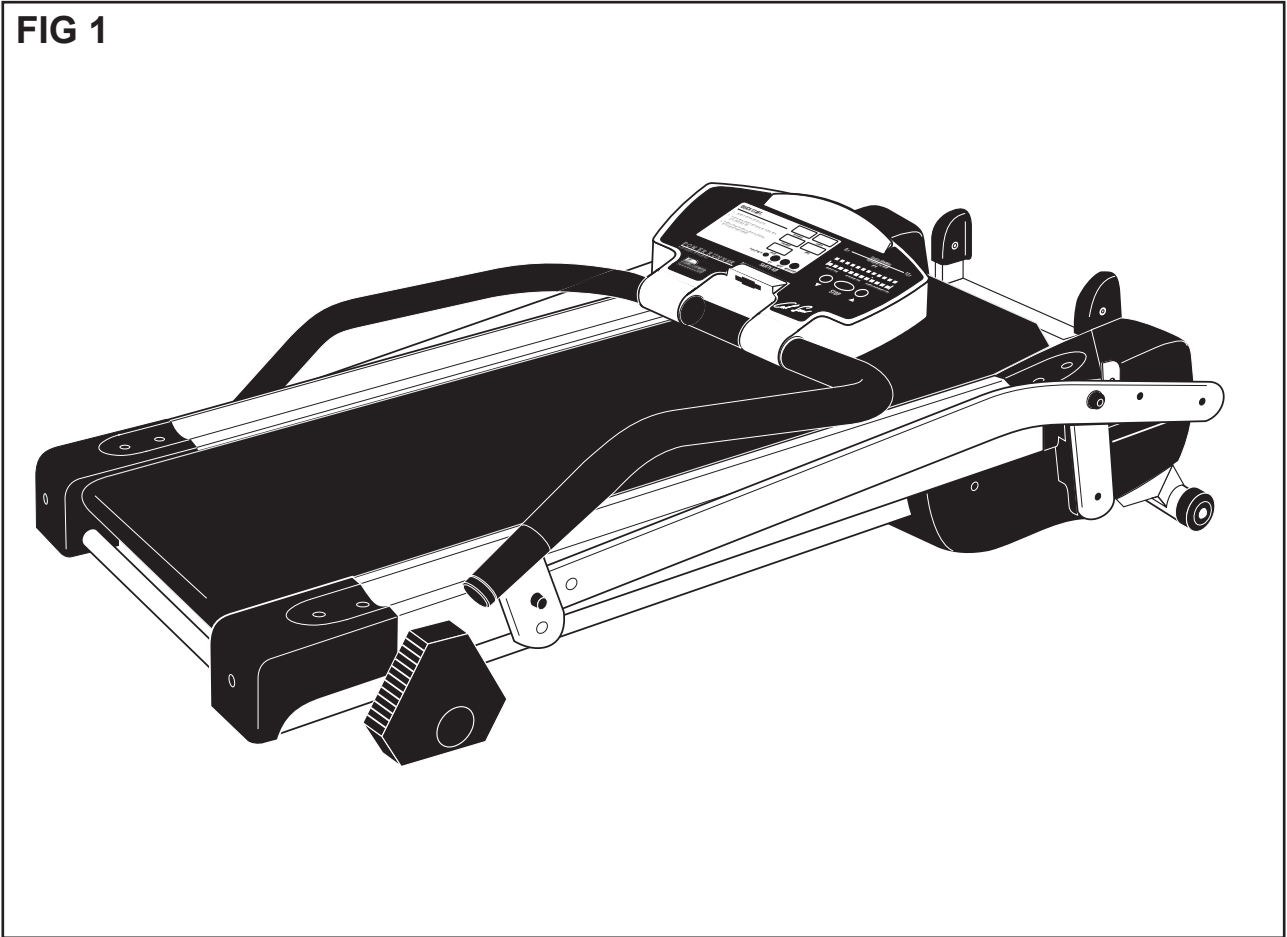
4. Main body (in it's storage position)
5. Belt tension key

ASSEMBLY

STEP 1 OF 4

THE MAIN BODY

FIG 1



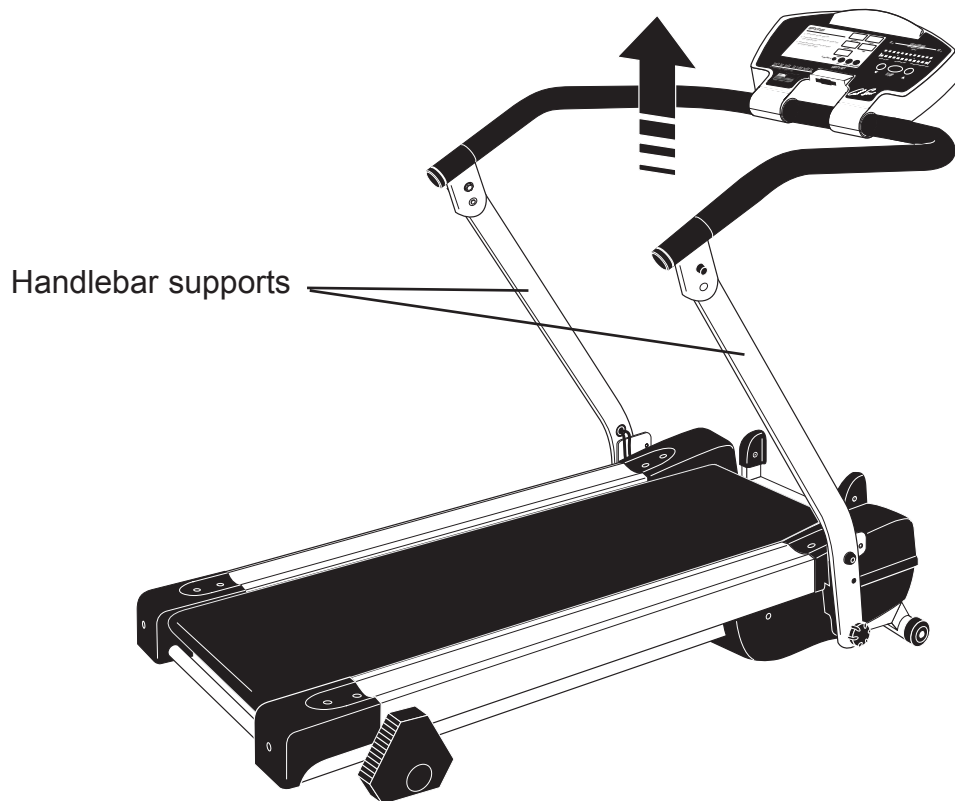
1. Open the box and remove all packing material. Lay the main body out on the floor as shown (fig 1).

ASSEMBLY

STEP 2 OF 4

OPENING THE RUNNING MACHINE

FIG 2



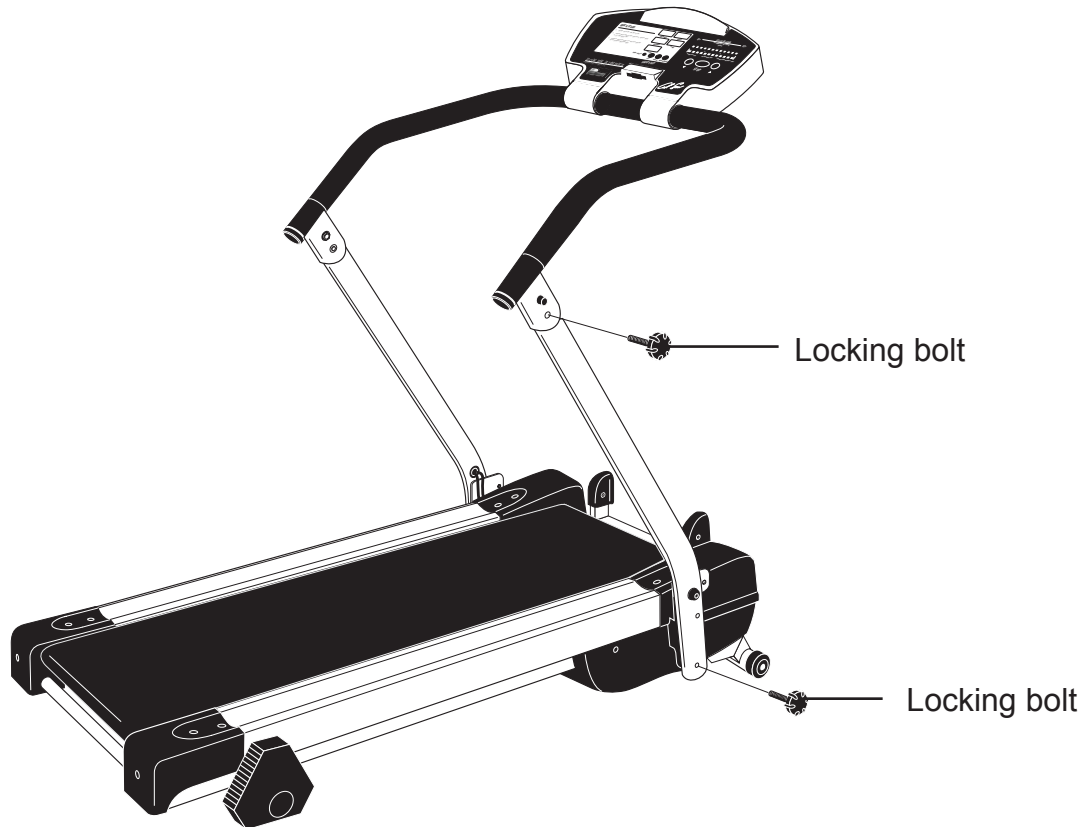
1. With assistance, lift the handle bar supports (fig 2).
2. Get somebody to hold the handle bar supports in place while you carry out the next step.

ASSEMBLY

STEP 3 OF 4

FITTING THE LOCKING BOLTS

FIG 3



1. Secure the handle bar supports into place using the 4 locking bolts provided, 2 on each side.

ASSEMBLY

STEP 4 OF 4

COMPLETED UNIT

FIG 4



1. Adjust the angle of the monitor to suit your requirements.



Note: make sure that all locking bolts are secure.

BATTERIES

1. Remove the battery compartment cover on the back of the monitor.
2. Insert 2 new (AA size) batteries into the battery holder and replace the battery compartment cover.

OPERATION

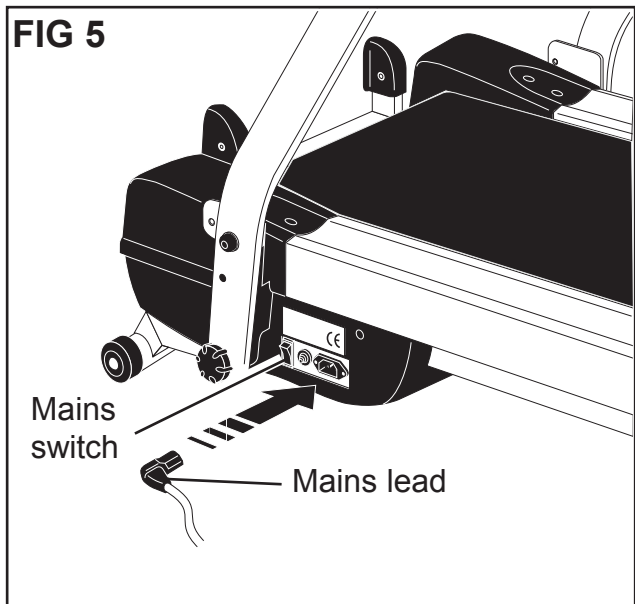
SWITCHING ON/OFF

1. Insert the mains lead into the main body as shown (fig 5). Plug the other end into the mains power supply.
2. Press the mains switch to the ON position, an indicator light on the switch will light up when the switch is ON.



Note: Next to the mains switch there is a reset switch, this will 'trip' if the belt gets jammed or there is a power surge. To reset the switch simply push the switch in.

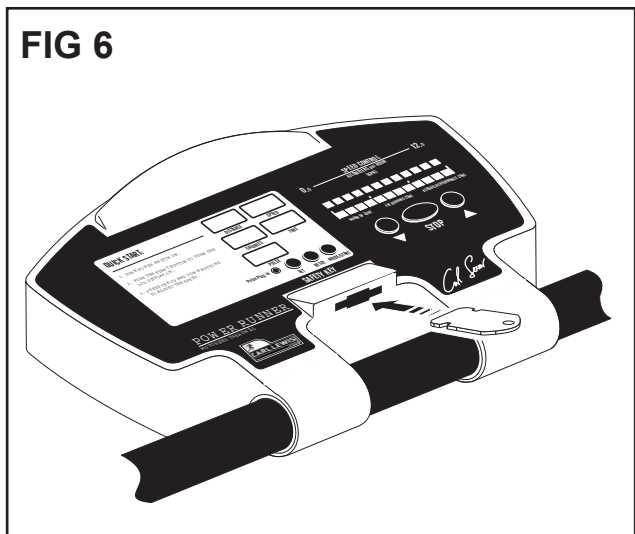
FIG 5



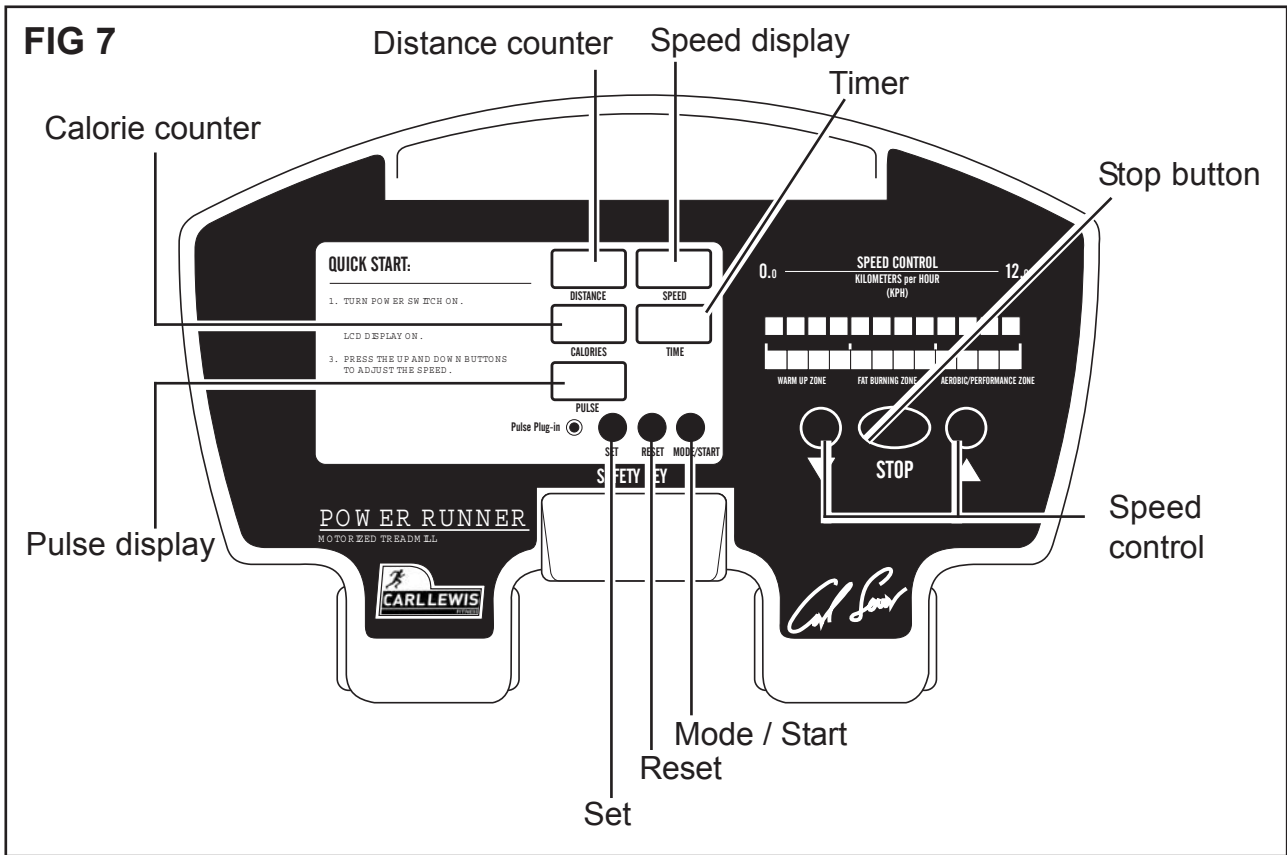
BASIC OPERATION

1. Insert the safety key into the monitor as shown (fig 6).
2. Stand on the treadmill and slowly adjust the speed using the speed control buttons to the required level.

FIG 6



MONITOR



FUNCTION BUTTONS

Mode: To select the mode required when the running machine is in stop mode.

Set: To set the selected (flashing) mode to a specific value.

Reset: Press the Reset button briefly to reset the selected mode, press and hold for 2 seconds to reset all of the modes.

Stop: Press the Stop button to stop the running machine.

Speed control: Use these buttons to adjust the speed of the running machine.

KILOMETERS TO MILES

To change the display from kilometers to miles, press and hold the Mode and Set buttons for 2 seconds.

The current setting is indicated by a small black triangle in the speed and distance displays.

MONITOR

HOW TO PRESET VALUES

1. Press the Stop button to stop the running machine.
2. Press the Mode button to select the mode you want to preset, the selected mode will flash.
3. Press the Set button to set the display to the required value.
4. To begin exercising use the speed control button to start the running machine.

MONITOR DISPLAYS

TIMER

- | | |
|------------|---|
| Count Up | The computer starts counting up from 00:00 during training. |
| Count Down | The computer will count down from the preset time to 00:00. |

SPEED DISPLAY

Displays the current SPEED in kph or miles.

DISTANCE COUNTER

- | | |
|------------|--|
| Count Up | The computer accumulates total workout distance during training. |
| Count Down | The computer will count down from the preset distance to 0.00. |

CALORIE COUNTER

- | | |
|------------|---|
| Count Up | The computer accumulates the calorie consumption during training. |
| Count Down | The computer will count down from the preset calories to 0. |

PULSE DISPLAY

Displays your current pulse rate in BPM (see page 12 for more details).

PULSE SENSOR

The pulse sensor is not a medical device. Several things, including user movement, may affect the accuracy of the sensor.

The pulse sensor is intended only as an exercise aid in determining general heart rate trends.



FIG 8

Connect the 3.5mm plug on the pulse sensor to the monitor (fig 8) and clip the sensor to your ear lobe (fig 9).

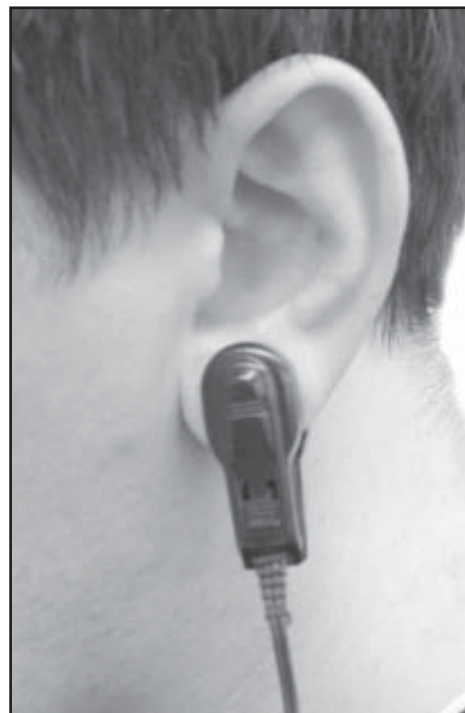
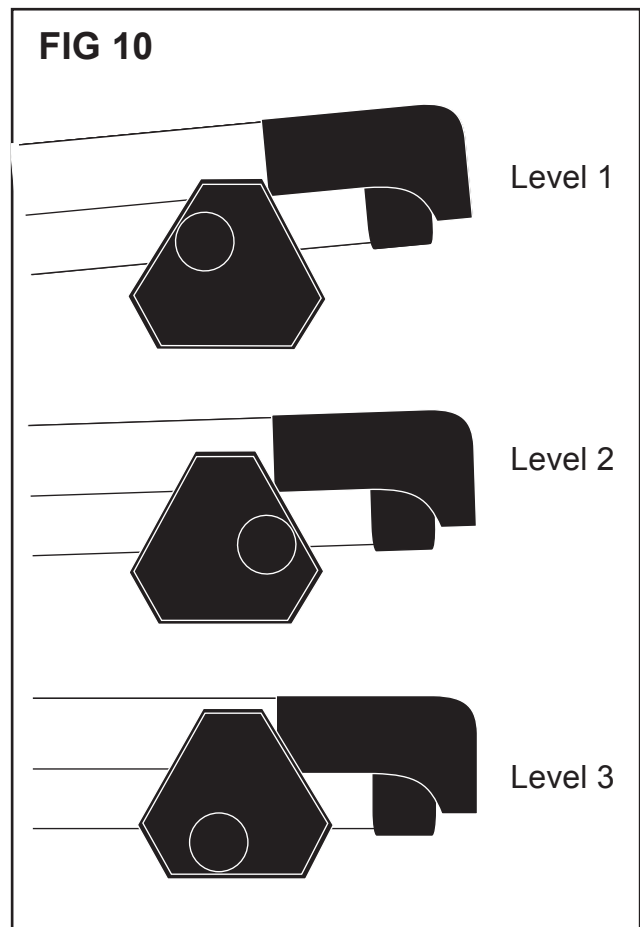


FIG 9

ADJUSTMENTS

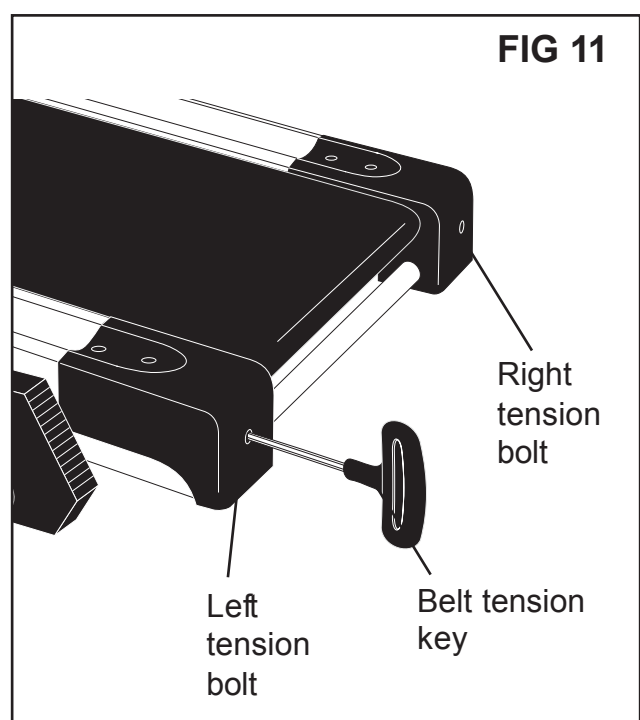
ADJUSTING THE INCLINE

1. The running machine can be set to one of three height levels by rotating the rear feet.
2. On the top of the feet there are small bumps used to indicate the height setting.
3. Make sure that both feet are set to the same level.



ADJUSTING THE BELT

1. If the belt tends to slide to the right, tighten the right tension bolt by 1/4 of a turn.
2. If the belt tends to slide to the left, tighten the left tension bolt by 1/4 of a turn.
3. If the belt seems slack, tighten both tension bolts by 1/4 of a turn.
4. If the belt seems tight, loosen both tension bolts by 1/4 of a turn.



Note: retest the running machine after each 1/4 of a turn.

CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.



WARNING: Before beginning this or any exercise program, consult your doctor. This is especially important for people over the age of 35 or those with pre-existing health problems.

WHY EXERCISE?

Exercise has been proven essential for good health and general well-being. Regular exercise will :

- Relieve tension and stress
- Provide enjoyment and fun
- Stimulate the mind
- Help maintain stable weight
- Control appetite
- Boost self-image
- Improve muscle tone and strength
- Improve flexibility
- Lower blood pressure
- Relieve insomnia

TARGET HEART RATE

	TRAINING ZONE
AGE	MIN-MAX (BPM)
20	133 -167
25	132 -166
30	130 -164
35	129 -162
40	127 -161
45	125 -159
50	124 -156
55	122 -155
60	121 -153
65	119-151
70	118-150
75	117-147
80	115-146
85	114-144

HOW TO TAKE YOUR PULSE

The most common place to measure your pulse is the artery on the thumb-side of the wrist.

Touch this area lightly until you feel your pulse/heart beat. Count the number of heart beats for 10 seconds and multiply by 6.



Note: This is a guide only and performance will depend on the fitness and condition (health) of the person using the exercise equipment.

BEGINNERS GUIDE

If you're beginning an exercise program, you should check with your doctor if:

- You have been diagnosed with heart problems, high blood pressure or other medical conditions.
- You have not exercised for over a year.
- If you are over 35 and do not currently exercise.
- You are pregnant.
- You have diabetes.
- You have chest pain, or experience dizziness or fainting spells.
- You are recovering from an injury or illness.

WORK-OUT TIPS

- Always perform stretching exercises both before and after your work-out.
- Start slowly, doing too much too soon can lead to injuries.
- If you are sore or tired, give yourself a few extra days to recover.

HOW TO BEGIN

- Whatever your level of fitness you should be able to build up to running continuously for 25 minutes in the space of twelve weeks. Make a commitment to run at least three times a week following this simple run/walk programme which will gradually ease you towards the goal.

Week 1	Run for 1 minute, walk for 90 seconds. Repeat 8 times.
Week 2	Run for 2 minutes, walk for 1 minute. Repeat 8 times.
Week 3	Run for 3 minutes, walk for 1 minute. Repeat 6 times.
Week 4+5	Run for 5 minutes, walk for 2 minutes. Repeat 4 times.
Week 6+7	Run for 8 minutes, walk for 2 minutes. Repeat 3 times.
Week 8+9	Run for 8 minutes, walk for 1 minute. Repeat 3 times.
Week 10+11	Run for 12 minutes, walk for 1 minute. Repeat twice.
Week 12	Run for 25 minutes continuously

- After each session walk for five minutes to cool down and stretch gently for another five minutes. Don't worry about speed or distance, time on your feet is your only concern.

How hard should you work?

When exercising, you should try to stay within your target heart rate (THR) zone.

The table on the next page will tell you the THR for your age. This is only a guide and will depend on the fitness and condition (health) of the person using the exercise equipment.

Always be aware of how you feel when you exercise. If you feel dizzy or light-headed, stop immediately and rest. If you're not breaking a sweat, speed it up!

SPECIFICATIONS

Dimensions (L x W x H)	Folded	1420mm x 708mm x 1140mm
	Open	1250mm x 708mm x 290mm
Net Weight		48kg
Motor		2.5HP
Walking surface area		902mm x 368mm
Speed range		0.5 - 7 mph
Incline		Manual 3 position
Maximum weight limit		110 kg
Class Rating		HC

Please note that the specifications are subject to change without notice.

SUPPORT

CUSTOMER SERVICE HELPLINE NUMBER	0870 873 0076
SPARE PARTS NUMBER	0870 873 0095

Opening hours	Mon-Thu 8 am - 6 pm
	Fri 8 am - 4 pm
	Sat-Sun Closed

ELECTRICAL SAFETY

**WARNING!**

Read these safety instructions thoroughly before connecting this product to the mains supply.

- Before switching on, make sure that the voltage of your electricity supply is the same as that indicated on the rating plate. This product is designed to operate on 230VAC 50Hz. Connecting it to any other power source may cause damage.
- This product may be fitted with a non-rewireable plug. If it is necessary to change the fuse in the plug, the fuse cover must be refitted. If the fuse cover becomes lost or damaged, the plug must not be used until a suitable replacement is obtained.
- If the plug has to be changed because it is not suitable for your socket, or due to damage, it should be cut off and a replacement fitted, following the wiring instructions shown below. The old plug must be disposed of safely, as insertion into a 13 amp socket could cause an electrical hazard.

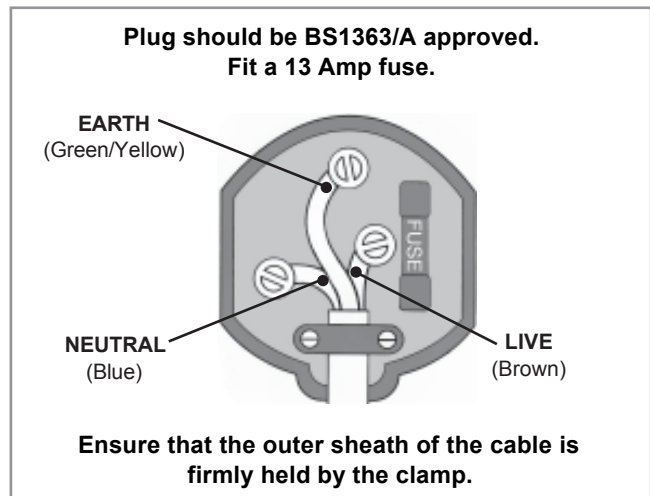
**WARNING!**

The wires in the power cable of this product are coloured in accordance with the following code:

Blue = Neutral **Brown = Live** **Green/Yellow = Earth**

If the colours of the wires in the power cable of this product do not correspond with the markings on the terminals of your plug, proceed as follows (refer to the plug wiring diagram)

- The wire which is coloured **Blue** must be connected to the terminal which is marked **N** or coloured **Black**.
- The wire which is coloured **Brown** must be connected to the terminal which is marked **L** or coloured **Red**.



- The wire which is coloured **Green & Yellow** must be connected to the terminal which is marked with an Earth symbol (shown left) or coloured **Green**.

**WARNING!**

A 13amp fuse must be fitted.

There are no user-serviceable parts inside - always refer to qualified service personnel.

Do not allow this product to be exposed to rain or moisture during use or storage.

**WARNING!**

This appliance **MUST** be earthed.

GUARANTEE

This product is guaranteed for twelve months from the date of original purchase. If any defect arises due to faulty materials or workmanship the unit will be either replaced, a refund will be given, or the unit will be repaired free of charge (where possible) during this period by the dealer from whom you purchased the unit.

- The guarantee is subject to the following provisions:-
- The guarantee is only valid within the boundaries of the country of purchase.
- The product must be correctly installed and operated in accordance with the instructions contained in this manual.
- It must be used solely for domestic purposes.
- The guarantee does not cover accidental damage, misuse, cabinet parts, or knobs.
- The guarantee will be rendered invalid if the product is resold or has been damaged by inexpert repair.
- The manufacturer disclaims any liability for incidental or consequential damages.
- The guarantee is in addition to, and does not diminish, your statutory or legal rights.