
PRECAUTIONS



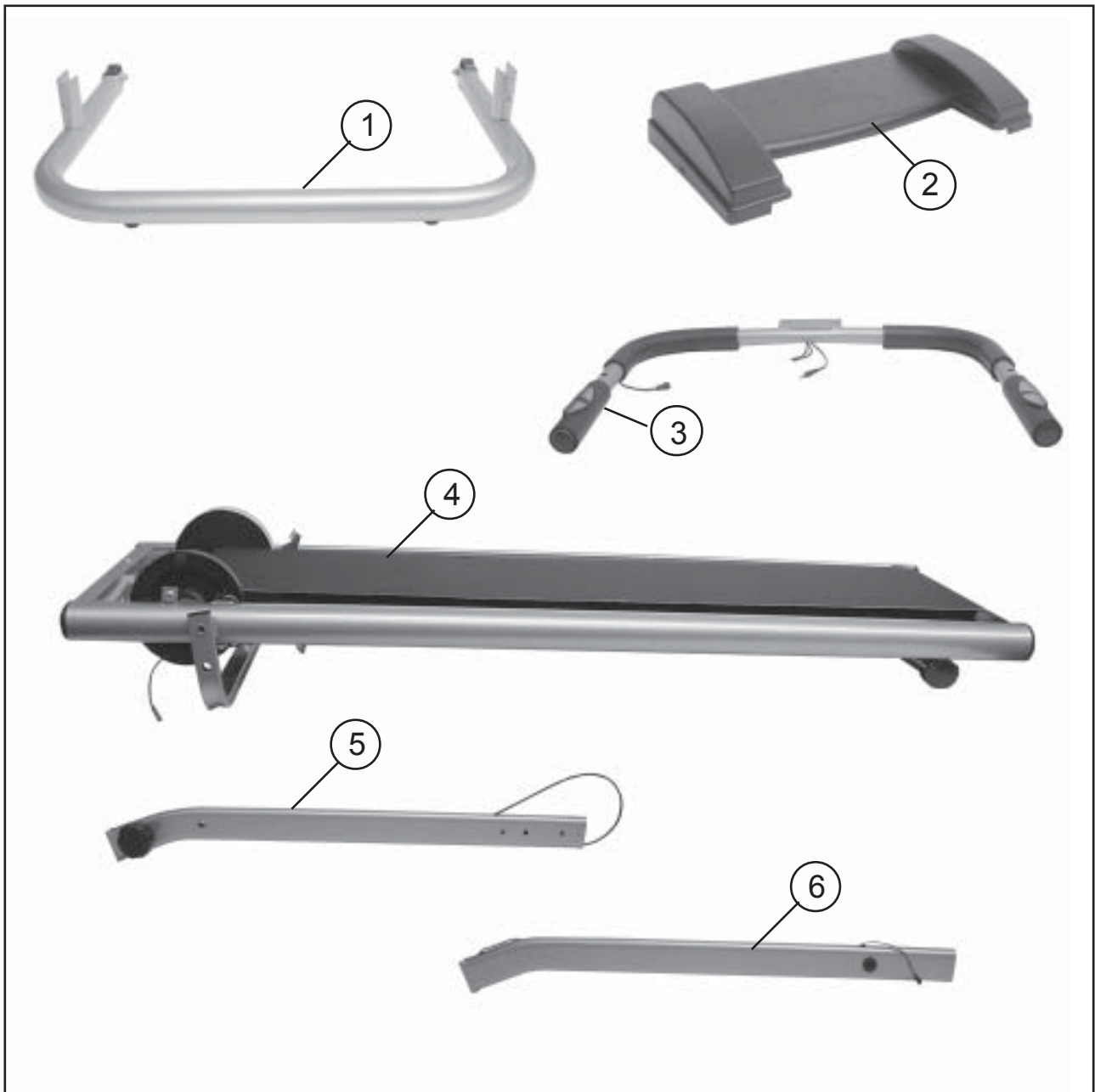
WARNING: To reduce the risk of serious injury, read the following important precautions before using the Running Machine.

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.



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 health problems. Read all instructions before using the Running Machine.

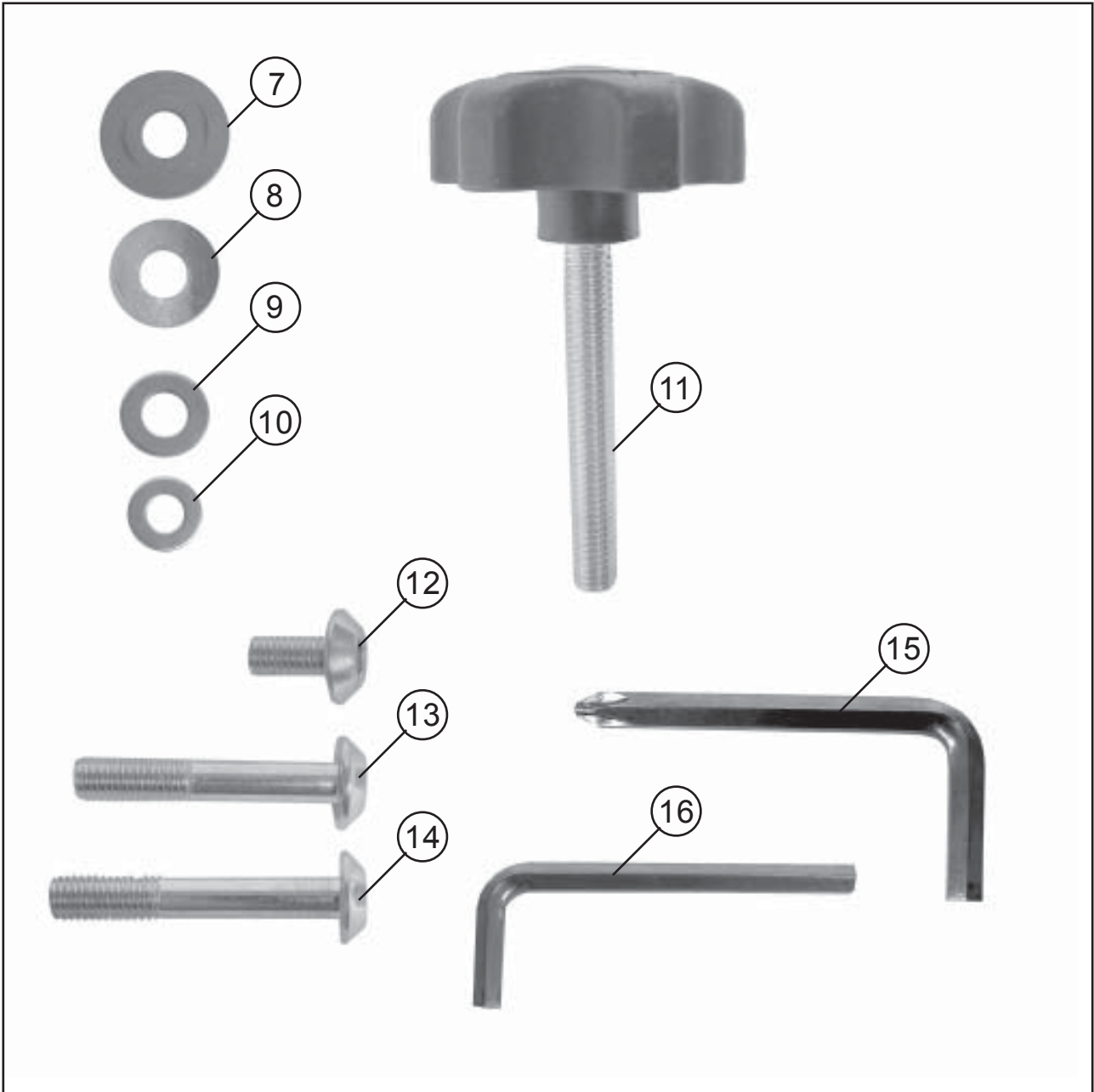
PARTS LIST



1. Base
2. Cover
3. Handlebars

4. Treadmill
5. Right upright arm
6. Left upright arm

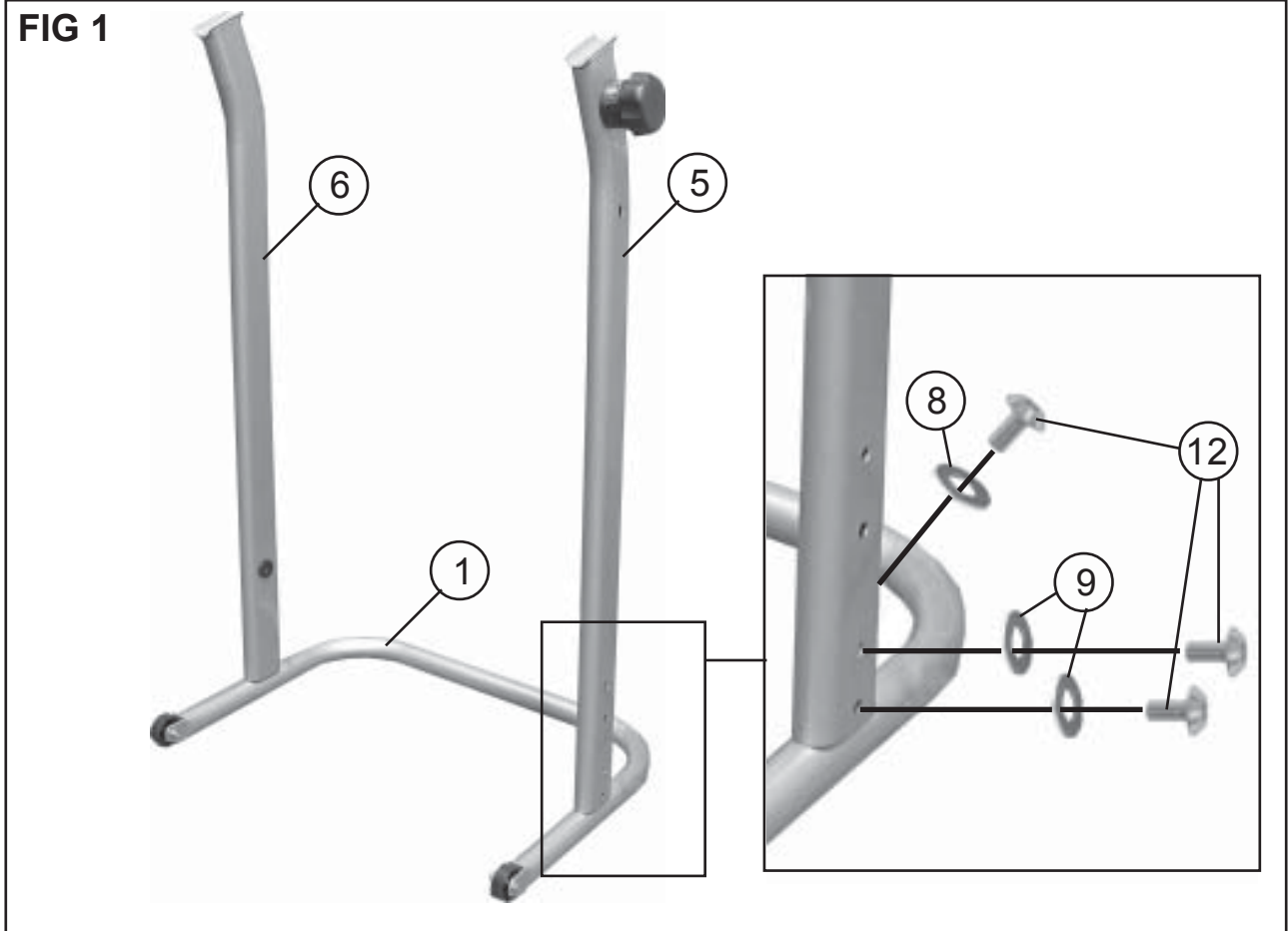
PARTS LIST



- 7. 25 mm Washer
- 8. Curved Washer
- 9. 16 mm Washer
- 10. 13 mm Washer
- 11. Locking pin

- 12. 15 mm bolt
- 13. 45 mm bolt
- 14. 50 mm bolt
- 15. Assembly Tool
- 16. Belt tension key

ASSEMBLY



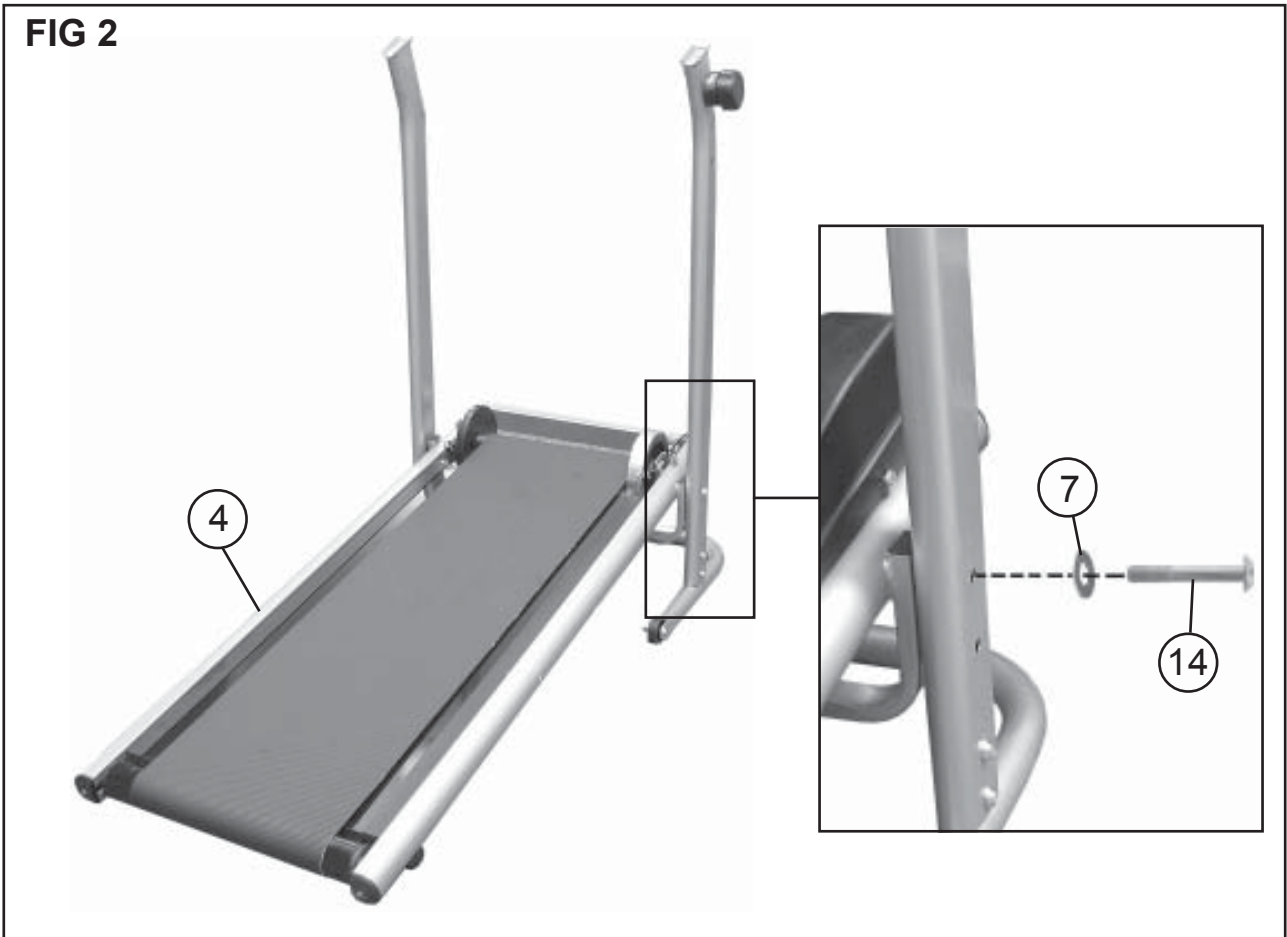
1. Open the box and remove all packing material. Lay the base out on the floor.
2. Place the left and right upright arms onto the base as shown (fig 1) and secure into place using the bolts and washers shown.

PROGRESS



ASSEMBLY

FIG 2

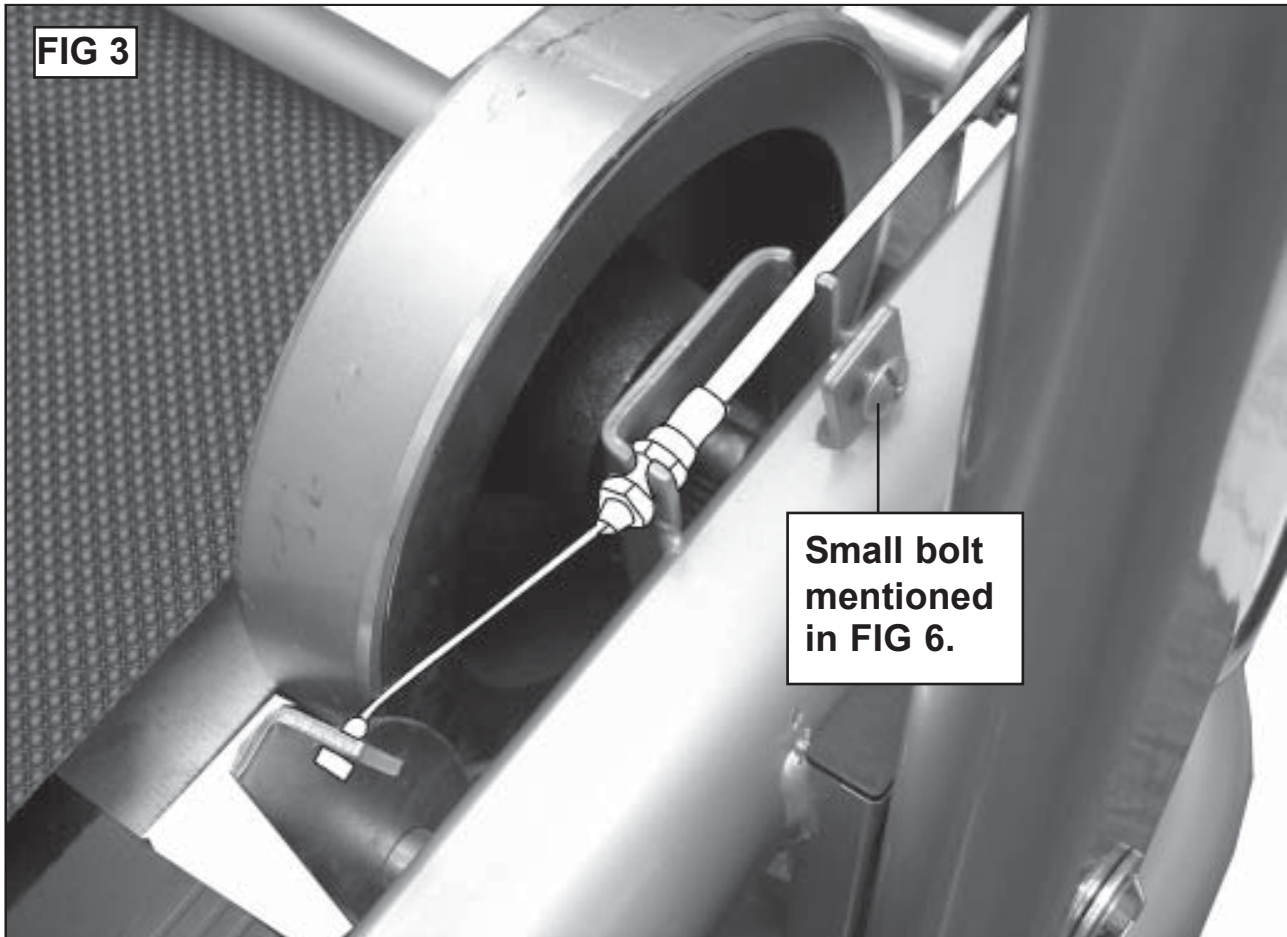


1. With assistance, place the treadmill into the position shown and secure by placing the 50mm bolt and 25mm washer into the hole indicated on the upright arm (see fig 2) .
2. Repeat on the other arm.

PROGRESS



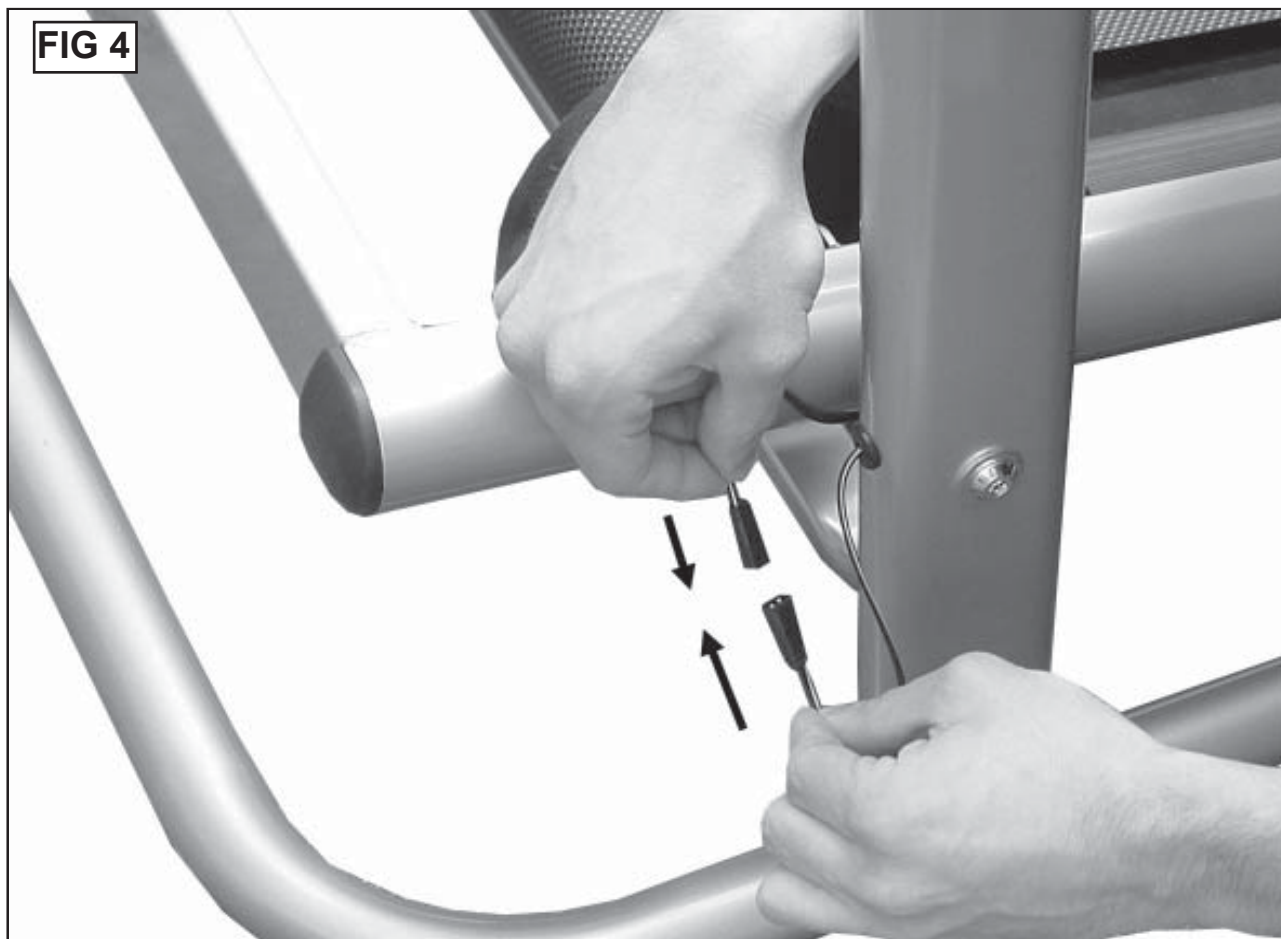
ASSEMBLY



The tension control wire must be connected to the treadmill.
Set the tension control to its lowest setting to make this step easier.

1. The tension control wire is a thin wire which pokes through the bottom of the right upright arm (5).
2. Connect this wire to the treadmill as shown (fig 3).

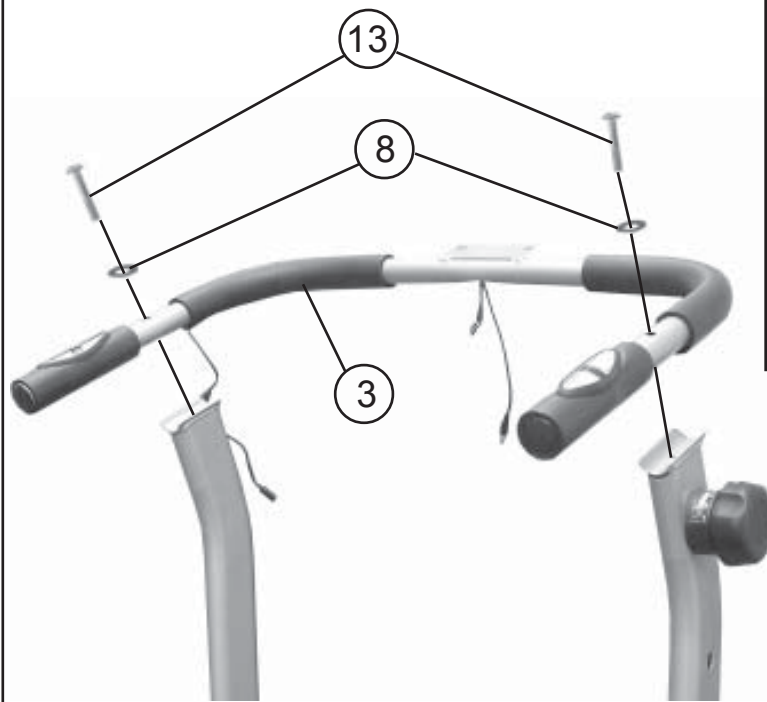
ASSEMBLY



1. The monitor wire on the other side of the treadmill should be connected together as shown.

ASSEMBLY

FIG 5



1. Fit the handlebars and use the 45 mm bolts and remaining curved washers to fix into place.
2. Connect the two ends of the pulse monitor wire together as shown.

PROGRESS

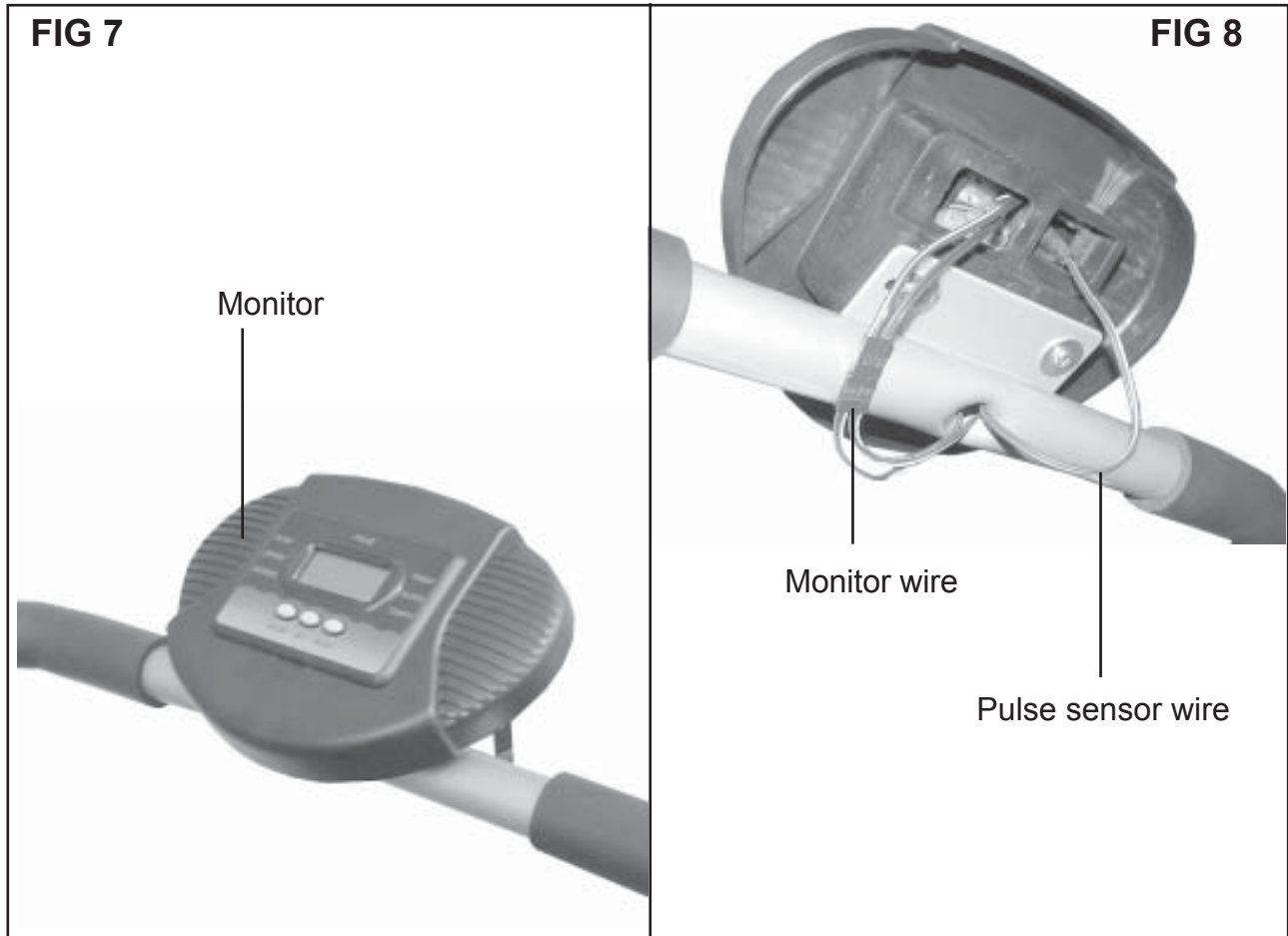


ASSEMBLY



1. There are two small bolts (see **FIG 3** for the location) which are fitted to the top of the treadmill, remove these bolts and place the cover into position. replace the bolts and together with the two remaining washers (10) secure the cover.

ASSEMBLY



1. Remove the screws and washers from the rear of the monitor and secure the monitor to the handlebars (3)
2. Connect the two parts of the monitor wire together. Plug the pulse sensor into the monitor as shown.

ASSEMBLY

FIG 9



1. Remove the display from the monitor bracket, insert 2 AA batteries into the battery holder.

NOTE

Note: Refer to the diagram inside the battery compartment for correct installation of batteries.

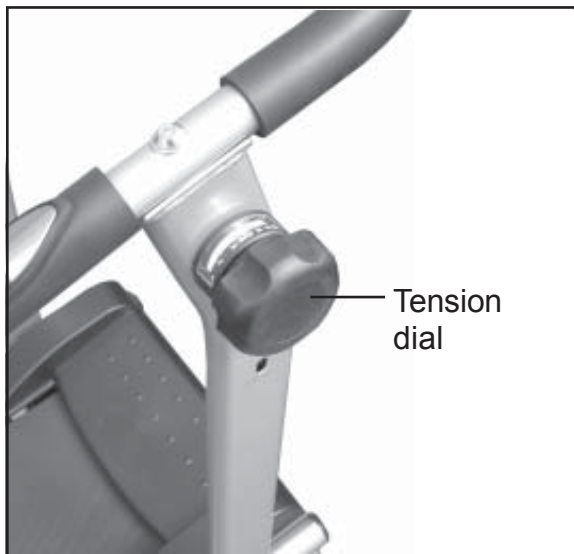


We recommend the use of Ever Ready Energizer Batteries.

OPERATION

BASIC OPERATION

1. Remove the locking pin from the side of the running machine.
2. Lower the treadmill into the normal position and insert the locking pin into the position shown.
3. Adjust the monitor to show the required display (see page 15).
4. Adjust the resistance of the treadmill using the tension dial on the right upright post



MONITOR

FUNCTION BUTTONS

When you first start walking on the machine, the monitor will start in scan mode, this means the monitor will cycle through each mode in turn, changing every 5 seconds.

To stay on a specific display, press the **Mode** button until the monitor shows the display you want. The choices are Speed, Distance, Time, Calories, Tempo and Pulse.

When the mode you want has been selected, you can press the **Set** button to pre-program the display for a count down instead of the usual count up.

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



Note: Pulse or Speed modes cannot be pre-programmed

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.

To obtain a reading of your heart rate, simply place one hand on each pulse sensor, and select the pulse option on the display.



Warning: We do not recommend that you hold the pulse sensors when running.

ADJUSTMENTS

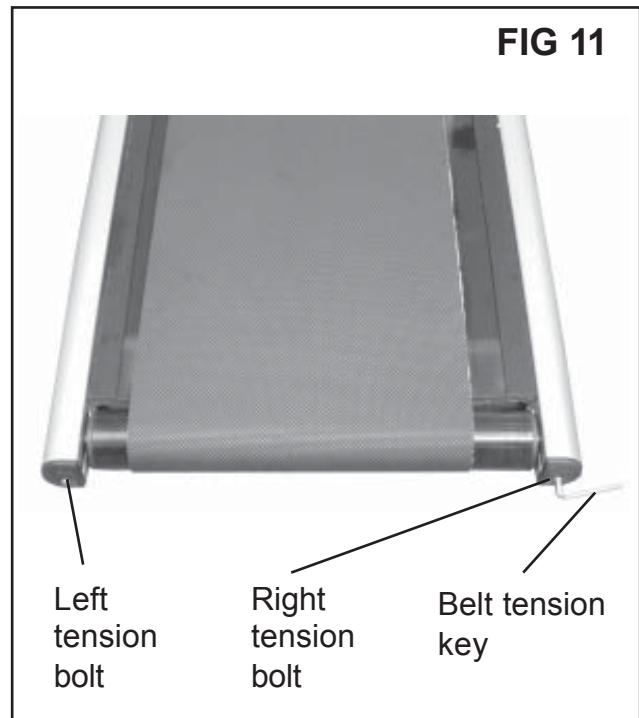
ADJUSTING THE BELT

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.

FIG 11



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 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	480 mm x 640 mm x 1225 mm
	Open	1250 mm x 640 mm x 1190 mm
Space Required (L x W x H)	1850mm x 1240mm x 2000mm (may vary according to the size of the user)	
Net Weight	29 kg	
Walking surface area	1260 mm x 340 mm	
Maximum weight limit	120 kg	
Braking system	Speed independent	
Class Rating	HC	

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
ADDRESS	12 Thames Road Barking Essex IG11 0HX	

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.